



ZIMOWA ZA-DYSZKA - MIASTKO - 10KM

B4SPORT

Organizator: Miasteckie Towarzystwo Sportowe HAMER w Miastku
Data: 2016-02-21
Miejsce: Miastko
Dystans: 10 km



Klasyfikacja: M-3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	GUZOWSKI Dariusz	31	CARRY PET FOOD TRZEBIELINO	M-3	1	00:00:08	00:35:52.80	00:36:00.90		3:35	16.7 (100%)
2	BORYCHOWSKI Mariusz	4	KB TUPOT USTKA	M-3	2	00:00:07	00:35:54.00	00:36:01.60	+00:00:01 (0.1%)	3:35	16.7 (100%)
3	SZYMAŃSKI Sylwester	203	TEAM BIEGOWY SZCZECINEK/ULKS BARWICE	M-3	3	00:00:07	00:36:23.55	00:36:30.70	+00:00:30 (1.4%)	3:38	16.5 (98.8%)
4	GARSKI Krystin	27	ŚWIAT PŁYTEK/SEXYRUNNERS	M-3	4	00:00:11	00:38:53.40	00:39:05.15	+00:03:00 (7.7%)	3:53	15.4 (92.2%)
5	KRYCZKA Stanisław	58	MTS HAMER MIASTKO	M-3	5	00:00:08	00:40:42.70	00:40:51.10	+00:04:49 (11.9%)	4:04	14.7 (88.0%)
6	JURA Krzysztof	45	MTS HAMER	M-3	6	00:00:07	00:41:27.85	00:41:35.25	+00:05:35 (13.5%)	4:08	14.5 (86.8%)
7	WANTOCH REKOWSKI Zbigniew	122	JRG MIASTKO	M-3	7	00:00:10	00:42:09.45	00:42:19.60	+00:06:16 (14.9%)	4:12	14.2 (85.0%)
8	KOISZEWSKI Krzysztof	52	MIRAP LĘBORK	M-3	8	00:00:09	00:44:17.65	00:44:27.20	+00:08:24 (19.0%)	4:25	13.5 (80.8%)
9	ECKERT Zbigniew	21	TEAM BIEGOWY SZCZECINEK	M-3	9	00:00:17	00:44:37.45	00:44:54.70	+00:08:44 (19.6%)	4:27	13.4 (80.2%)
10	DWULIT Dariusz	18	MTS HAMER MIASTKO	M-3	10	00:00:19	00:45:07.30	00:45:26.40	+00:09:14 (20.5%)	4:30	13.3 (79.6%)
11	FELSKI Mariusz	24	MŻS WOŁCZA MAŁA	M-3	11	00:00:18	00:45:22.55	00:45:40.80	+00:09:29 (20.9%)	4:32	13.2 (79.0%)
12	LANGE Piotr	64	MŻS WOŁCZA MAŁA	M-3	12	00:00:08	00:45:53.40	00:46:01.50	+00:10:00 (21.8%)	4:35	13.1 (78.4%)
13	JANKIEWICZ Tomasz	39	MTS HAMER MIASTKO	M-3	13	00:00:09	00:45:59.90	00:46:09.80	+00:10:07 (22.0%)	4:36	13 (77.8%)
14	GAWRON Piotr	29	KB GOCH BYTÓW	M-3	14	00:00:15	00:46:56.75	00:47:12.70	+00:11:03 (23.6%)	4:41	12.8 (76.6%)
15	PETA Andrzej	88	MTS HAMER MIASTKO	M-3	15	00:00:08	00:47:16.35	00:47:24.65	+00:11:23 (24.1%)	4:43	12.7 (76.0%)
16	SPALIK Mariusz	103	MTSHAMER	M-3	16	00:00:08	00:47:20.45	00:47:29.20	+00:11:27 (24.2%)	4:44	12.7 (76.0%)
17	GAJEK Artur	25	KORZYBSKIE REKINY	M-3	17	00:00:16	00:47:56.90	00:48:13.30	+00:12:04 (25.2%)	4:47	12.5 (74.9%)
18	KOŁODZIEJCZAK Grzegorz	165	PARKRUN SZCZECINEK	M-3	18	00:00:18	00:48:21.60	00:48:40.15	+00:12:28 (25.8%)	4:50	12.4 (74.3%)
19	GONTARZ Rafał	148	POZYTYWNA ENDORFINA	M-3	19	00:00:16	00:49:04.95	00:49:21.20	+00:13:12 (26.9%)	4:54	12.2 (73.1%)
20	PUŚCIAN Krzysztof Kamil	95	GIMNAZJUM W MANOWIE	M-3	20	00:00:15	00:49:56.60	00:50:11.70	+00:14:03 (28.2%)	4:59	12 (71.9%)
21	DUDZIAK Piotr	16		M-3	21	00:00:07	00:50:01.50	00:50:09.40	+00:14:08 (28.3%)	5:00	12 (71.9%)
22	PAKUŁA Przemek	85	MTS HAMER MIASTKO	M-3	22	00:00:25	00:51:06.65	00:51:32.10	+00:15:13 (29.8%)	5:06	11.7 (70.1%)
23	SZYMAŃSKI Tomasz	115	TEAM BIEGOWY SZCZECINEK	M-3	23	00:00:26	00:51:47.10	00:52:13.60	+00:15:54 (30.7%)	5:10	11.6 (69.5%)
24	WÓJCIK Damian	208	RUNNERSWALDE DARŁOWO	M-3	24	00:00:21	00:51:56.10	00:52:17.90	+00:16:03 (30.9%)	5:11	11.6 (69.5%)
25	SZCZEPANIAK Jacek	109	KORZYBSKIE REKINY	M-3	25	00:00:16	00:52:31.60	00:52:47.60	+00:16:38 (31.7%)	5:15	11.4 (68.3%)
26	GAWIECKI Piotr	223	ROZBIEGANI KOSZALIN	M-3	26	00:00:08	00:52:35.50	00:52:43.80	+00:16:42 (31.8%)	5:15	11.4 (68.3%)
27	KUCHENBEKIER Arkadiusz	61		M-3	27	00:00:21	00:52:46.60	00:53:07.60	+00:16:53 (32.0%)	5:16	11.4 (68.3%)

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28	SZYMAŃSKI Jarosław	114	TEAM BIEGOWY SZCZECINEK	M-3	28	00:00:28	00:53:00.90	00:53:29.40	+00:17:08 (32.3%)	5:18	11.3 (67.7%)
29	KĘPKA Mirosław	49	K.B. SPRINT ŚWIDWIN	M-3	29	00:00:13	00:53:01.45	00:53:14.50	+00:17:08 (32.3%)	5:18	11.3 (67.7%)
30	DOMASZK Zbigniew	15		M-3	30	00:00:14	00:53:30.95	00:53:45.55	+00:17:38 (33.0%)	5:21	11.2 (67.1%)
31	PRZYMORSKI Waldemar	94		M-3	31	00:00:24	00:54:11.75	00:54:36.10	+00:18:18 (33.8%)	5:25	11.1 (66.5%)
32	PRZYBYŁ Tadeusz	93		M-3	32	00:00:20	00:54:52.05	00:55:12.30	+00:18:59 (34.6%)	5:29	10.9 (65.3%)
33	GWIAZDA Mariusz	151	-	M-3	33	00:00:18	00:54:52.80	00:55:11.40	+00:19:00 (34.6%)	5:29	10.9 (65.3%)
34	WALCZAK Robert	214		M-3	34	00:00:13	00:55:02.15	00:55:15.45	+00:19:09 (34.8%)	5:30	10.9 (65.3%)
35	DEREŃ Grzegorz	14	K.B. SPRINT ŚWIDWIN	M-3	35	00:00:12	00:55:04.40	00:55:16.40	+00:19:11 (34.9%)	5:30	10.9 (65.3%)
36	SIENICKI Piotr	194	ROZBIEGANY KOSZALIN	M-3	36	00:00:12	00:55:22.20	00:55:35.10	+00:19:29 (35.2%)	5:32	10.8 (64.7%)
37	MICERSKI Tomek	177	BEZ KLUBU	M-3	37	00:00:13	00:55:40.70	00:55:54.55	+00:19:47 (35.6%)	5:34	10.8 (64.7%)
38	TURCZYN Grzegorz	118	NIGHT RUNNERS SŁUPSK	M-3	38	00:00:24	00:56:01.85	00:56:25.85	+00:20:09 (36.0%)	5:36	10.7 (64.1%)
39	PUDŁOS Paweł	188	S Ł U P S K	M-3	39	00:00:12	00:57:57.30	00:58:09.40	+00:22:04 (38.1%)	5:47	10.4 (62.3%)
40	GREBIENIK Andrzej	30		M-3	40	00:00:23	00:58:09.40	00:58:32.70	+00:22:16 (38.3%)	5:48	10.3 (61.7%)
41	PIEKARZEWICZ Tomasz	186	BOBOLICE	M-3	41	00:00:19	00:58:22.35	00:58:41.45	+00:22:29 (38.5%)	5:50	10.3 (61.7%)
42	ZIĘBA Paweł	210		M-3	42	00:00:12	00:59:52.15	01:00:04.85	+00:23:59 (40.1%)	5:59	10 (59.9%)
43	JASIŃSKI Marek	229		M-3	43	00:00:16	01:01:08.00	01:01:24.00	+00:25:15 (41.3%)	6:06	9.8 (58.7%)
44	JONIK Maciej	225		M-3	44	00:00:22	01:02:40.15	01:03:02.25	+00:26:47 (42.7%)	6:16	9.6 (57.5%)

Znaleziono 44 wynik(ów)