



ZIMOWA ZA-DYSZKA - MIASTKO - 10KM

B4SPORT

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



Klasyfikacja: M-4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KOWALSKI Mirosław	56	TEAM BIEGOWY SZCZECINEK	M-4	1	00:00:07	00:38:05.60	00:38:13.50		3:48	15.7 (100%)
2	WNUK Stanisław	130	MARATONCZYK WIELKI KLINCZ	M-4	2	00:00:10	00:42:45.00	00:42:55.80	+00:04:39 (10.9%)	4:16	14 (89.2%)
3	CHUDY Henryk	10	K.S. OLSZEWSKI I SYNOWIE	M-4	3	00:00:12	00:42:51.30	00:43:03.90	+00:04:45 (11.1%)	4:17	14 (89.2%)
4	BOROWSKI Tomasz	142	MTS HAMER	M-4	4	00:00:17	00:45:35.00	00:45:52.20	+00:07:29 (16.4%)	4:33	13.2 (84.1%)
5	KUBIŃSKI Rafał	59	ALLIANZ RUNNING TEAM	M-4	5	00:00:13	00:46:38.40	00:46:51.40	+00:08:32 (18.3%)	4:39	12.9 (82.2%)
6	SIKORSKI Witold	197	KB RUN 42	M-4	6	00:00:15	00:48:09.50	00:48:25.30	+00:10:03 (20.9%)	4:49	12.5 (79.6%)
7	STRZELECKI Zbigniew	105	KORZYBSKIE REKINY	M-4	7	00:00:16	00:48:16.40	00:48:32.70	+00:10:10 (21.1%)	4:49	12.4 (79.0%)
8	SKOWYRSKI Janusz	98	TKKF KOSZALIN / ROWERIA KOSZALIN	M-4	8	00:00:09	00:48:26.10	00:48:35.70	+00:10:20 (21.4%)	4:50	12.4 (79.0%)
9	WILIŃSKI Marek	126		M-4	9	00:00:13	00:48:29.75	00:48:43.70	+00:10:24 (21.5%)	4:51	12.4 (79.0%)
10	BUTOWICZ Adam	9		M-4	10	00:00:11	00:48:36.35	00:48:47.85	+00:10:30 (21.6%)	4:51	12.3 (78.3%)
11	KALICKI Jerzy	218		M-4	11	00:00:09	00:50:15.25	00:50:25.00	+00:12:09 (24.2%)	5:01	11.9 (75.8%)
12	ŁASZCZ Adam	65	MTS HAMER MIASTKO	M-4	12	00:00:12	00:51:18.15	00:51:30.50	+00:13:12 (25.7%)	5:07	11.7 (74.5%)
13	ŚWIETLIK Tomasz	117		M-4	13	00:00:17	00:51:18.30	00:51:35.40	+00:13:12 (25.8%)	5:07	11.7 (74.5%)
14	OZYMKO Jan	84		M-4	14	00:00:27	00:51:48.00	00:52:15.00	+00:13:42 (26.5%)	5:10	11.6 (73.9%)
15	KOZŁOWIECKI Waldemar	216	TKKF KOSZALIN	M-4	15	00:00:21	00:52:28.15	00:52:49.95	+00:14:22 (27.4%)	5:14	11.4 (72.6%)
16	NOWAK Adam	81	TEAM BIEGOWY SZCZECINEK	M-4	16	00:00:17	00:53:19.65	00:53:37.55	+00:15:14 (28.6%)	5:20	11.3 (72.0%)
17	MALEK Andrzej	172	POZYTYWNA ENDORFINA	M-4	17	00:00:19	00:53:25.00	00:53:44.05	+00:15:19 (28.7%)	5:20	11.2 (71.3%)
18	JURA Kazimierz	46	MTS HAMER	M-4	18	00:00:29	00:53:33.00	00:54:02.60	+00:15:27 (28.9%)	5:21	11.2 (71.3%)
19	SZUTA Grzegorz	221		M-4	19	00:00:17	00:53:35.60	00:53:53.20	+00:15:30 (28.9%)	5:21	11.2 (71.3%)
20	MAJKOWSKI Stanisław	68	KB GOCH BYTÓW	M-4	20	00:00:14	00:54:05.90	00:54:20.05	+00:16:00 (29.6%)	5:24	11.1 (70.7%)
21	MARCZAK Andrzej	71		M-4	21	00:00:16	00:55:30.25	00:55:47.15	+00:17:24 (31.4%)	5:33	10.8 (68.8%)
22	KARNICKI Zygmunt	48	TKKF KOSZALIN	M-4	22	00:00:10	00:56:29.75	00:56:39.80	+00:18:24 (32.6%)	5:38	10.6 (67.5%)
23	MALCZEWSKI Dariusz	171	BOBOLICE	M-4	23	00:00:19	00:58:21.85	00:58:41.20	+00:20:16 (34.7%)	5:50	10.3 (65.6%)
24	MUSZYŃSKI Jacek	179	KB GOCH BYTÓW	M-4	24	00:00:14	01:00:27.50	01:00:42.25	+00:22:21 (37.0%)	6:02	9.9 (63.1%)
25	SŁOMSKI Zenon	199	KORZYBSKIE REKINY	M-4	25	00:00:15	01:04:14.85	01:04:30.55	+00:26:09 (40.7%)	6:25	9.3 (59.2%)
26	DREWNIAK Cezary	224		M-4	26	00:00:21	01:10:29.60	01:10:51.50	+00:32:24 (46.0%)	7:03	8.5 (54.1%)

Znaleziono 26 wynik(ów)