

DOKOŁA JEZIORA

VII Maraton, Półmaraton, Ćwierćmaraton

Międzyczasy- Dystans / (Miejsce) / Tempo



2018-06-10, Tarnobrzeg

M-ce	Nr	Imię i nazwisko	1/8	1/4	3/8	1/2	5/8	3/4	7/8	Netto	Wynik/Tempo
Maraton											
1	26	Rafał CZARNECKI	20:31 / (1) / 3:53	41:16 / (1) / 3:54	1:01:19 / (1) / 3:52	1:22:35 / (1) / 3:54	1:42:45 / (1) / 3:53	2:03:48 / (1) / 3:54	2:23:58 / (1) / 3:53	2:45:14	2:45:14 / 3:54
2	20	Mariusz TURCZYN	20:31 / (2) / 3:53	41:17 / (2) / 3:54	1:01:53 / (2) / 3:54	1:24:12 / (2) / 3:59	1:47:02 / (2) / 4:03	2:12:08 / (2) / 4:10	2:40:19 / (2) / 4:20	3:12:15	3:12:15 / 4:33
3	23	Adrian KIJOWSKI	20:46 / (3) / 3:56	42:36 / (3) / 4:02	1:04:39 / (3) / 4:05	1:28:11 / (3) / 4:10	1:52:33 / (3) / 4:16	2:19:51 / (3) / 4:25	2:47:56 / (3) / 4:32	3:13:07	3:13:07 / 4:34
4	9	Marcin KUCHARSKI	21:56 / (5) / 4:09	44:16 / (5) / 4:11	1:06:54 / (4) / 4:13	1:31:18 / (4) / 4:19	1:55:38 / (4) / 4:23	2:21:57 / (4) / 4:29	2:48:56 / (4) / 4:34	3:16:40	3:16:42 / 4:39
5	13	Grzegorz PTASZNIK	23:11 / (6) / 4:23	47:07 / (6) / 4:28	1:10:32 / (6) / 4:27	1:35:26 / (7) / 4:31	1:59:41 / (7) / 4:32	2:26:56 / (6) / 4:38	2:56:19 / (6) / 4:46	3:25:48	3:25:51 / 4:52
6	7	Krzysztof KOMAR	25:44 / (8) / 4:52	50:48 / (8) / 4:48	1:14:57 / (8) / 4:44	1:40:10 / (8) / 4:44	2:04:55 / (8) / 4:44	2:31:37 / (8) / 4:47	2:59:06 / (8) / 4:51	3:27:45	3:27:55 / 4:55
7	14	Maciej RAJCZAK	21:31 / (4) / 4:04	44:09 / (4) / 4:11	1:07:16 / (5) / 4:15	1:32:57 / (5) / 4:24	1:58:18 / (5) / 4:29	2:27:59 / (7) / 4:40	2:57:10 / (7) / 4:47	3:32:28	3:32:29 / 5:02
8	6	Anna KAPICA	26:05 / (1) / 4:56	52:05 / (1) / 4:56	1:18:01 / (1) / 4:55	1:45:47 / (1) / 5:00	2:14:00 / (1) / 5:04	2:43:20 / (1) / 5:09	3:12:06 / (1) / 5:12	3:41:35	3:41:45 / 5:15
9	24	Andrzej POŁOŃSKI	26:47 / (12) / 5:04	52:36 / (11) / 4:59	1:19:20 / (10) / 5:00	1:47:48 / (10) / 5:06	2:15:57 / (10) / 5:09	2:45:00 / (9) / 5:12	3:14:50 / (9) / 5:16	3:44:32	3:44:36 / 5:19
10	110	Janusz MUCHA	26:08 / (9) / 4:57	52:26 / (10) / 4:58	1:18:48 / (9) / 4:58	1:46:47 / (9) / 5:03	2:15:12 / (9) / 5:07	2:46:55 / (10) / 5:16	3:17:24 / (10) / 5:20	3:47:36	3:47:53 / 5:24
11	5	Mateusz GRĘBOWIEC	26:46 / (11) / 5:04	53:36 / (12) / 5:04	1:20:04 / (11) / 5:03	1:47:54 / (11) / 5:06	2:16:16 / (12) / 5:10	2:47:08 / (11) / 5:16	3:19:30 / (11) / 5:24	3:49:05	3:49:17 / 5:26
12	3	Krzysztof CYWKA	27:11 / (14) / 5:09	53:56 / (13) / 5:06	1:20:34 / (12) / 5:05	1:48:35 / (12) / 5:08	2:16:00 / (11) / 5:09	2:47:34 / (12) / 5:17	3:19:51 / (12) / 5:24	3:51:49	3:52:01 / 5:29
13	4	Jerzy DOMAŃSKI	29:35 / (18) / 5:36	59:09 / (19) / 5:36	1:27:53 / (19) / 5:33	1:59:01 / (18) / 5:38	2:30:08 / (16) / 5:41	3:02:56 / (16) / 5:46	3:36:01 / (14) / 5:51	4:08:00	4:08:18 / 5:53
14	27	Paweł RUTYNA	27:35 / (16) / 5:13	54:59 / (15) / 5:12	1:22:26 / (14) / 5:12	1:50:54 / (13) / 5:15	2:21:13 / (13) / 5:21	2:59:13 / (13) / 5:39	3:34:08 / (13) / 5:48	4:11:27	4:11:34 / 5:57
15	8	Tomasz KRASKA	30:15 / (20) / 5:44	1:00:41 / (20) / 5:45	1:30:52 / (22) / 5:44	2:01:18 / (22) / 5:44	2:31:52 / (20) / 5:45	3:05:08 / (18) / 5:51	3:41:00 / (15) / 5:59	4:15:34	4:15:41 / 6:03
16	2	Rafał BOREK	31:21 / (23) / 5:56	1:02:06 / (22) / 5:53	1:30:52 / (21) / 5:44	2:00:45 / (21) / 5:43	2:31:14 / (18) / 5:44	3:06:37 / (19) / 5:53	3:42:00 / (16) / 6:00	4:15:42	4:15:57 / 6:03
17	16	Janusz STĘPNIAK	31:47 / (24) / 6:01	1:01:29 / (21) / 5:49	1:30:36 / (20) / 5:43	2:00:21 / (19) / 5:42	2:31:16 / (19) / 5:44	3:04:35 / (17) / 5:49	3:43:17 / (17) / 6:02	4:19:37	4:19:39 / 6:09
18	21	Marcin WÓJTOWICZ	27:04 / (13) / 5:08	54:56 / (14) / 5:12	1:23:10 / (15) / 5:15	1:53:25 / (15) / 5:22	2:25:26 / (15) / 5:30	3:01:54 / (15) / 5:44	3:43:26 / (18) / 6:03	4:21:38	4:21:41 / 6:12
19	11	Stanisław Adam OLBRYŚ	32:17 / (25) / 6:07	1:06:03 / (25) / 6:15	1:37:03 / (24) / 6:07	2:09:02 / (24) / 6:06	2:44:18 / (23) / 6:13	3:21:20 / (23) / 6:21	3:55:01 / (20) / 6:21	4:28:21	4:28:22 / 6:21
20	1	Dariusz BARNAŚ	26:14 / (10) / 4:58	52:23 / (9) / 4:57	1:20:58 / (13) / 5:07	1:51:59 / (14) / 5:18	2:24:27 / (14) / 5:28	2:59:57 / (14) / 5:41	3:50:36 / (19) / 6:14	4:30:40	4:30:44 / 6:24
21	18	Krzysztof TURBIARZ	28:22 / (17) / 5:22	57:28 / (17) / 5:26	1:27:35 / (18) / 5:32	2:00:33 / (20) / 5:42	2:37:09 / (21) / 5:57	3:15:01 / (21) / 6:09	3:59:21 / (21) / 6:28	4:39:40	4:39:53 / 6:37
22	25	Michał PRZYGODA	27:34 / (15) / 5:13	55:19 / (16) / 5:14	1:24:16 / (16) / 5:19	1:54:45 / (16) / 5:26	2:30:10 / (17) / 5:41	3:06:45 / (20) / 5:54	4:00:03 / (22) / 6:30	4:50:28	4:50:40 / 6:53
23	100	Marek STĘPIEŃ	31:02 / (21) / 5:53	1:05:28 / (24) / 6:12	1:41:45 / (25) / 6:25	2:18:41 / (25) / 6:34	3:02:09 / (25) / 6:54	3:41:30 / (24) / 7:00	4:21:25 / (23) / 7:04	5:01:08	5:01:08 / 7:08
24	17	Adam SZYMAŃSKI	33:08 / (26) / 6:17	1:07:23 / (26) / 6:23	1:46:06 / (26) / 6:42	2:28:11 / (26) / 7:01	3:12:05 / (26) / 7:17	3:57:51 / (26) / 7:30	4:43:22 / (24) / 7:40	5:30:23	5:30:38 / 7:50
25	10	Jakub KULIK	34:13 / (27) / 6:29	1:09:46 / (27) / 6:36	1:48:24 / (27) / 6:51	2:29:50 / (27) / 7:06	3:15:50 / (27) / 7:25	4:04:11 / (27) / 7:43	4:50:38 / (25) / 7:52	5:39:29	5:39:55 / 8:03