



## BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łabusz  
**Data:** 2018-12-02  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: M-30

| Msc | Zawodnik                   | Numer | Klub                             | Kategoria | Mkat | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|-------|----------------------------------|-----------|------|----------------|-------------------|--------------|--------------|
| 1   | GARSKI Dawid               | 119   | ŚWIAT PŁYTEK U KRYSPINA          | M-30      | 1    | 00:16:38.86    |                   | 3:19         | 18 (100%)    |
| 2   | HUBERT Łukasz              | 50    | TKKF KOSZALIN                    | M-30      | 2    | 00:18:12.87    | +00:01:34 (8.6%)  | 3:38         | 16.5 (91.7%) |
| 3   | SIADAK Arkadiusz           | 152   |                                  | M-30      | 3    | 00:18:21.68    | +00:01:42 (9.3%)  | 3:40         | 16.3 (90.6%) |
| 4   | DUDA Grzegorz              | 30    | METALCORP TEAM                   | M-30      | 4    | 00:19:00.26    | +00:02:21 (12.4%) | 3:48         | 15.8 (87.8%) |
| 5   | CZAPLIŃSKI Jacek           | 19    | TAGER KOSZALIN                   | M-30      | 5    | 00:19:04.99    | +00:02:26 (12.8%) | 3:49         | 15.7 (87.2%) |
| 6   | RYKIEL Michał              | 148   | JEDWABIŚCI                       | M-30      | 6    | 00:19:15.52    | +00:02:36 (13.6%) | 3:51         | 15.6 (86.7%) |
| 7   | BRALSKI Andrzej            | 204   | #ZABIEGANINOCA                   | M-30      | 7    | 00:19:23.45    | +00:02:44 (14.1%) | 3:52         | 15.5 (86.1%) |
| 8   | KALKOWSKI Paweł            | 57    | JW1223/BLOG                      | M-30      | 8    | 00:19:36.83    | +00:02:57 (15.1%) | 3:55         | 15.3 (85.0%) |
| 9   | MAJKOWICZ Rafał            | 93    |                                  | M-30      | 9    | 00:19:56.45    | +00:03:17 (16.5%) | 3:59         | 15.1 (83.9%) |
| 10  | CUBER Wojciech             | 203   | #ZABIEGANINOCA                   | M-30      | 10   | 00:19:59.26    | +00:03:20 (16.7%) | 3:59         | 15 (83.3%)   |
| 11  | MIŁASZEWSKI Przemek        | 106   | TEAM HOLIDAY SPORT               | M-30      | 11   | 00:20:11.67    | +00:03:32 (17.6%) | 4:02         | 14.9 (82.8%) |
| 12  | CICHOSZ-MIELEWCZYK Mateusz | 18    | ŚWIAT PŁYTEK U KRYSPINA          | M-30      | 12   | 00:20:17.30    | +00:03:38 (17.9%) | 4:03         | 14.8 (82.2%) |
| 13  | KAWKA Adrian               | 61    |                                  | M-30      | 13   | 00:20:37.24    | +00:03:58 (19.3%) | 4:07         | 14.6 (81.1%) |
| 14  | KWIETNIEWSKI Daniel        | 89    |                                  | M-30      | 14   | 00:21:21.80    | +00:04:42 (22.1%) | 4:16         | 14 (77.8%)   |
| 15  | DZIĘBOWSKI Mariusz         | 32    |                                  | M-30      | 15   | 00:21:43.12    | +00:05:04 (23.3%) | 4:20         | 13.8 (76.7%) |
| 16  | OTTO Michał                | 121   |                                  | M-30      | 16   | 00:22:07.92    | +00:05:29 (24.8%) | 4:25         | 13.6 (75.6%) |
| 17  | KONKEL Łukasz              | 72    |                                  | M-30      | 17   | 00:22:13.44    | +00:05:34 (25.1%) | 4:26         | 13.5 (75.0%) |
| 18  | KOZIEŁ Paweł               | 76    |                                  | M-30      | 18   | 00:22:18.32    | +00:05:39 (25.4%) | 4:27         | 13.4 (74.4%) |
| 19  | WEBER Paweł                | 181   | ENERGON                          | M-30      | 19   | 00:22:32.29    | +00:05:53 (26.1%) | 4:30         | 13.3 (73.9%) |
| 20  | KUKIEŁA Tomasz             | 85    | FAN CLUB KAROLINKI I MATYLDKI K. | M-30      | 20   | 00:23:16.89    | +00:06:38 (28.5%) | 4:39         | 12.9 (71.7%) |
| 21  | CHOŁUJ Karol               | 14    |                                  | M-30      | 21   | 00:23:40.52    | +00:07:01 (29.7%) | 4:44         | 12.7 (70.6%) |
| 22  | BARTHA Adrian              | 2     |                                  | M-30      | 22   | 00:23:49.02    | +00:07:10 (30.1%) | 4:45         | 12.6 (70.0%) |
| 23  | WÓJCICKI Adrian            | 188   | DEAF KOSZALIN                    | M-30      | 23   | 00:23:52.20    | +00:07:13 (30.3%) | 4:46         | 12.6 (70.0%) |
| 24  | KŁOS Tomasz                | 68    |                                  | M-30      | 24   | 00:23:54.23    | +00:07:15 (30.4%) | 4:46         | 12.6 (70.0%) |
| 25  | ŻUKOWSKI Cezary            | 197   | MIGAWKOWE.PL                     | M-30      | 25   | 00:24:03.40    | +00:07:24 (30.8%) | 4:48         | 12.5 (69.4%) |
| 26  | KAZIMIERCZAK Leszek        | 62    | LOVELASY DĄBK                    | M-30      | 26   | 00:24:19.72    | +00:07:40 (31.6%) | 4:51         | 12.3 (68.3%) |
| 27  | KUSZYŃSKI Dariusz          | 88    |                                  | M-30      | 27   | 00:24:26.26    | +00:07:47 (31.9%) | 4:53         | 12.3 (68.3%) |

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|-----|------------------------|-------|-------------------------|-----------|------|----------------|-------------------|--------------|--------------|
| 28  | PACAN Bartosz          | 123   | ŚWIAT PŁYTEK U KRYSPINA | M-30      | 28   | 00:24:30.46    | +00:07:51 (32.1%) | 4:54         | 12.2 (67.8%) |
| 29  | KŁOSIŃSKI Michał       | 69    |                         | M-30      | 29   | 00:25:01.28    | +00:08:22 (33.5%) | 5:00         | 12 (66.7%)   |
| 30  | LEWICZ Jan             | 92    |                         | M-30      | 30   | 00:25:03.35    | +00:08:24 (33.6%) | 5:00         | 12 (66.7%)   |
| 31  | DĘBSKI Damian          | 22    |                         | M-30      | 31   | 00:25:03.75    | +00:08:24 (33.6%) | 5:00         | 12 (66.7%)   |
| 32  | BODO Rafał             | 7     |                         | M-30      | 32   | 00:25:20.78    | +00:08:41 (34.3%) | 5:04         | 11.8 (65.6%) |
| 33  | KOSZ Paweł             | 74    |                         | M-30      | 33   | 00:25:26.89    | +00:08:48 (34.6%) | 5:05         | 11.8 (65.6%) |
| 34  | MYK Paweł              | 111   |                         | M-30      | 34   | 00:25:37.08    | +00:08:58 (35.0%) | 5:07         | 11.7 (65.0%) |
| 35  | KACZMAREK Łukasz       | 56    | WOJOWNICY WÓDY          | M-30      | 35   | 00:25:45.87    | +00:09:07 (35.4%) | 5:09         | 11.6 (64.4%) |
| 36  | DOWNAR-ZAPOLSKI Paweł  | 28    |                         | M-30      | 36   | 00:25:49.93    | +00:09:11 (35.6%) | 5:10         | 11.6 (64.4%) |
| 37  | SZULC Szymon           | 169   |                         | M-30      | 37   | 00:26:00.66    | +00:09:21 (36.0%) | 5:12         | 11.5 (63.9%) |
| 38  | ORYSZCZYN Arkadiusz    | 118   |                         | M-30      | 38   | 00:26:16.57    | +00:09:37 (36.6%) | 5:15         | 11.4 (63.3%) |
| 39  | MARSZAŁKOWSKI Radosław | 99    |                         | M-30      | 39   | 00:26:21.55    | +00:09:42 (36.8%) | 5:16         | 11.4 (63.3%) |
| 40  | SATYŁA Tomasz          | 150   | TEAM CZARNEBIEGA        | M-30      | 40   | 00:26:25.63    | +00:09:46 (37.0%) | 5:17         | 11.3 (62.8%) |
| 41  | KRZANOWSKI Marcin      | 212   | MARCINBIEGA             | M-30      | 41   | 00:26:35.25    | +00:09:56 (37.4%) | 5:19         | 11.3 (62.8%) |
| 42  | DĘGA Piotr             | 23    |                         | M-30      | 42   | 00:26:35.49    | +00:09:56 (37.4%) | 5:19         | 11.3 (62.8%) |
| 43  | PRZYBYŁ Krzysztof      | 136   |                         | M-30      | 43   | 00:26:53.49    | +00:10:14 (38.1%) | 5:22         | 11.2 (62.2%) |
| 44  | KURŁOWICZ Krzysztof    | 214   |                         | M-30      | 44   | 00:27:10.16    | +00:10:31 (38.7%) | 5:26         | 11 (61.1%)   |
| 45  | HRYCIÓW Paweł          | 49    | JW1223                  | M-30      | 45   | 00:27:27.80    | +00:10:48 (39.4%) | 5:29         | 10.9 (60.6%) |
| 46  | PŁOTKA Grzegorz        | 133   |                         | M-30      | 46   | 00:27:44.88    | +00:11:06 (40.0%) | 5:33         | 10.8 (60.0%) |
| 47  | SPICA Łuki             | 156   |                         | M-30      | 47   | 00:29:27.25    | +00:12:48 (43.5%) | 5:53         | 10.2 (56.7%) |
| 48  | ZIMNOWŁOCKI Mariusz    | 206   | DEAF KOSZALIN           | M-30      | 48   | 00:32:31.49    | +00:15:52 (48.8%) | 6:30         | 9.2 (51.1%)  |
| 49  | GRĄBCZEWSKI Rafał      | 219   | JW1223                  | M-30      | 49   | 00:33:24.52    | +00:16:45 (50.2%) | 6:41         | 9 (50.0%)    |

Znaleziono 49 wynik(ów)