



BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

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



Klasyfikacja: M-OPEN

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	KĘPKA Adrian	65	DECATHLON KOSZALIN	M-20	1	00:17:20.78	+00:00:41 (4.0%)	3:28	17.3 (96.1%)
3	JAKUBEK Patryk	51	ŚWIAT PŁYTEK U KRYSPINA	M-20	2	00:17:43.26	+00:01:04 (6.1%)	3:32	16.9 (93.9%)
4	ZABORSKI Ryszard	191	JAMNO/TKKF KOSZALIN	M-40	1	00:17:47.07	+00:01:08 (6.4%)	3:33	16.9 (93.9%)
5	SZKOŁUDA Miłosz	207	DECATHLON KOSZALIN	M-20	3	00:17:53.07	+00:01:14 (6.9%)	3:34	16.8 (93.3%)
6	GARSKI Kryspin	38	ŚWIAT PŁYTEK U KRYSPINA	M-40	2	00:17:57.88	+00:01:19 (7.3%)	3:35	16.7 (92.8%)
7	HUBERT Łukasz	50	TKKF KOSZALIN	M-30	2	00:18:12.87	+00:01:34 (8.6%)	3:38	16.5 (91.7%)
8	SIADAK Arkadiusz	152		M-30	3	00:18:21.68	+00:01:42 (9.3%)	3:40	16.3 (90.6%)
9	DUDA Grzegorz	30	METALCORP TEAM	M-30	4	00:19:00.26	+00:02:21 (12.4%)	3:48	15.8 (87.8%)
10	CZAPLIŃSKI Jacek	19	TAGER KOSZALIN	M-30	5	00:19:04.99	+00:02:26 (12.8%)	3:49	15.7 (87.2%)
11	RYKIEL Michał	148	JEDWABIŚCI	M-30	6	00:19:15.52	+00:02:36 (13.6%)	3:51	15.6 (86.7%)
12	GÓRA Sylwester	209	#ZABIEGANINOCĄ	M-40	3	00:19:17.02	+00:02:38 (13.7%)	3:51	15.6 (86.7%)
13	WOJCIECHOWICZ Jacek	187	WWW.STUDIOTANCAPASJA.PL	M-40	4	00:19:17.34	+00:02:38 (13.7%)	3:51	15.5 (86.1%)
14	TRĘBSKI Krzysztof	205	#ZABIEGANINOCĄ	M-40	5	00:19:19.61	+00:02:40 (13.9%)	3:52	15.5 (86.1%)
15	ZUKAL Piotr	194		M-40	6	00:19:21.11	+00:02:42 (14.0%)	3:52	15.5 (86.1%)
16	BRALSKI Andrzej	204	#ZABIEGANINOCĄ	M-30	7	00:19:23.45	+00:02:44 (14.1%)	3:52	15.5 (86.1%)
17	LEWANDOWSKI Bogdan	90		M-14	1	00:19:27.62	+00:02:48 (14.5%)	3:53	15.4 (85.6%)
18	PICK Tomasz	131	DEAF KOSZALIN	M-40	7	00:19:31.32	+00:02:52 (14.7%)	3:54	15.4 (85.6%)
19	KALKOWSKI Paweł	57	JW1223/BLOG	M-30	8	00:19:36.83	+00:02:57 (15.1%)	3:55	15.3 (85.0%)
20	KOŚCIELNIAK Robert	75	TKKF KOSZALIN	M-50	1	00:19:50.21	+00:03:11 (16.1%)	3:58	15.1 (83.9%)
21	MAJKOWICZ Rafał	93		M-30	9	00:19:56.45	+00:03:17 (16.5%)	3:59	15.1 (83.9%)
22	CUBER Wojciech	203	#ZABIEGANINOCĄ	M-30	10	00:19:59.26	+00:03:20 (16.7%)	3:59	15 (83.3%)
23	PAKUŁSKI Marcin	124		M-40	8	00:20:10.96	+00:03:32 (17.5%)	4:02	14.9 (82.8%)
24	MIŁASZEWSKI Przemek	106	TEAM HOLIDAY SPORT	M-30	11	00:20:11.67	+00:03:32 (17.6%)	4:02	14.9 (82.8%)
25	RUSINEK Dawid	146		M-20	4	00:20:16.04	+00:03:37 (17.9%)	4:03	14.8 (82.2%)
26	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%)
27	MUCHA Krzysztof	110		M-40	9	00:20:24.38	+00:03:45 (18.4%)	4:05	14.7 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						5km			
28	KAWKA Adrian	61		M-30	13	00:20:37.24	+00:03:58 (19.3%)	4:07	14.6 (81.1%)
29	URBAŃSKI Tomasz	174	KARLINO BIEGAJ	M-40	10	00:20:40.50	+00:04:01 (19.5%)	4:08	14.5 (80.6%)
30	MIELCZAREK Ksawery	104	JAMNO	M-14	2	00:20:51.78	+00:04:12 (20.2%)	4:10	14.4 (80.0%)
31	NOWAK Adam	114	DECATHLON KOSZALIN	M-20	5	00:20:52.08	+00:04:13 (20.2%)	4:10	14.4 (80.0%)
32	KWIETNIEWSKI Daniel	89		M-30	14	00:21:21.80	+00:04:42 (22.1%)	4:16	14 (77.8%)
33	SPRINGER Marcin	157		M-40	11	00:21:25.41	+00:04:46 (22.3%)	4:17	14 (77.8%)
34	KATRYCZ Zbigniew	60		M-50	2	00:21:40.49	+00:05:01 (23.2%)	4:20	13.8 (76.7%)
35	GAWRYSIAK Przemysław	39		M-40	12	00:21:42.99	+00:05:04 (23.3%)	4:20	13.8 (76.7%)
36	DZIĘBOWSKI Mariusz	32		M-30	15	00:21:43.12	+00:05:04 (23.3%)	4:20	13.8 (76.7%)
37	SULL Kacper	163	NIGHT RUNNERS SŁUPSK	M-20	6	00:22:00.27	+00:05:21 (24.3%)	4:24	13.6 (75.6%)
38	CHOŁUJ Jarek	13		M-40	13	00:22:03.76	+00:05:24 (24.5%)	4:24	13.6 (75.6%)
39	OTTO Michał	121		M-30	16	00:22:07.92	+00:05:29 (24.8%)	4:25	13.6 (75.6%)
40	GAŁECKI Jacek	34	KARLINOBIEGAJ	M-50	3	00:22:11.92	+00:05:33 (25.0%)	4:26	13.5 (75.0%)
41	KONKEL Łukasz	72		M-30	17	00:22:13.44	+00:05:34 (25.1%)	4:26	13.5 (75.0%)
42	ANTKOWIAK Sebastian	1	DB - ACTIVE	M-40	14	00:22:15.45	+00:05:36 (25.2%)	4:27	13.5 (75.0%)
43	KOZIEŁ Paweł	76		M-30	18	00:22:18.32	+00:05:39 (25.4%)	4:27	13.4 (74.4%)
44	KLENIEWSKI Piotr	66	ZACHODNIOPOMORSKIE	M-50	4	00:22:26.11	+00:05:47 (25.8%)	4:29	13.4 (74.4%)
45	NIEMCZUK Dariusz	113	JAMNO	M-50	5	00:22:28.00	+00:05:49 (25.9%)	4:29	13.4 (74.4%)
46	KRUPIŃSKI Krzysztof	82	E-UROLOG.EU	M-50	6	00:22:30.35	+00:05:51 (26.0%)	4:30	13.3 (73.9%)
47	WEBER Paweł	181	ENERGON	M-30	19	00:22:32.29	+00:05:53 (26.1%)	4:30	13.3 (73.9%)
48	WIŚNIEWSKI Łukasz	184		M-14	3	00:22:37.13	+00:05:58 (26.4%)	4:31	13.3 (73.9%)
49	RAPINCZUK Jan	138	BDSUOT WARSZAWA	M-40	15	00:22:37.97	+00:05:59 (26.4%)	4:31	13.3 (73.9%)
50	KAJKOWSKI Rafał	217	CSSP KOSZALIN	M-40	16	00:22:44.48	+00:06:05 (26.8%)	4:33	13.2 (73.3%)
51	CHABOWSKI Wojciech	11		M-20	7	00:23:14.09	+00:06:35 (28.3%)	4:38	12.9 (71.7%)
52	RASZPLA Radosław	140		M-40	17	00:23:16.33	+00:06:37 (28.5%)	4:39	12.9 (71.7%)
53	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%)
54	JASIŃSKI Cezary	54		M-40	18	00:23:29.99	+00:06:51 (29.2%)	4:42	12.8 (71.1%)
55	POLAŃSKI Norbert	211		M-40	19	00:23:38.50	+00:06:59 (29.6%)	4:43	12.7 (70.6%)
56	CHOŁUJ Karol	14		M-30	21	00:23:40.52	+00:07:01 (29.7%)	4:44	12.7 (70.6%)
57	KOZIEŁ Adam	77		M-20	8	00:23:41.86	+00:07:02 (29.7%)	4:44	12.7 (70.6%)
58	BARTHA Adrian	2		M-30	22	00:23:49.02	+00:07:10 (30.1%)	4:45	12.6 (70.0%)
59	OSOBNIAK Ryszard	120	NIEZRZESZONY - KOSZALIN	M-60	1	00:23:51.48	+00:07:12 (30.2%)	4:46	12.6 (70.0%)
60	WÓJCICKI Adrian	188	DEAF KOSZALIN	M-30	23	00:23:52.20	+00:07:13 (30.3%)	4:46	12.6 (70.0%)
61	KŁOS Tomasz	68		M-30	24	00:23:54.23	+00:07:15 (30.4%)	4:46	12.6 (70.0%)
62	MRUGALSKI Stanisław	109	WILKI KOSZALIN	M-50	7	00:23:58.42	+00:07:19 (30.6%)	4:47	12.5 (69.4%)
63	ŻUKOWSKI Cezary	197	MIGAWKOWE.PL	M-30	25	00:24:03.40	+00:07:24 (30.8%)	4:48	12.5 (69.4%)
64	DOMAŃSKI Krzysztof	26		M-14	4	00:24:15.15	+00:07:36 (31.4%)	4:51	12.4 (68.9%)
65	KAZIMIERCZAK Leszek	62	LOVELASY DĄBKI	M-30	26	00:24:19.72	+00:07:40 (31.6%)	4:51	12.3 (68.3%)
66	KUSZYŃSKI Dariusz	88		M-30	27	00:24:26.26	+00:07:47 (31.9%)	4:53	12.3 (68.3%)
67	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%)
68	KOZŁOWIECKI Waldemar	79	TKKF KOSZALIN	M-60	2	00:24:31.79	+00:07:52 (32.1%)	4:54	12.2 (67.8%)
69	KRASIŃSKI Witold	80		M-40	20	00:24:36.43	+00:07:57 (32.3%)	4:55	12.2 (67.8%)
70	OPALIŃSKI Stanisław	117	PARKRUN POLSKA	M-60	3	00:24:39.74	+00:08:00 (32.5%)	4:56	12.2 (67.8%)
71	KŁOSIŃSKI Michał	69		M-30	29	00:25:01.28	+00:08:22 (33.5%)	5:00	12 (66.7%)

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						5km			
72	LEWICZ Jan	92		M-30	30	00:25:03.35	+00:08:24 (33.6%)	5:00	12 (66.7%)
73	DĘBSKI Damian	22		M-30	31	00:25:03.75	+00:08:24 (33.6%)	5:00	12 (66.7%)
74	DOMAŃSKI Adam	25		M-40	21	00:25:03.75	+00:08:24 (33.6%)	5:00	12 (66.7%)
75	KAŻMIERCZAK Dominik	64		M-14	5	00:25:12.76	+00:08:33 (34.0%)	5:02	11.9 (66.1%)
76	BODO Rafał	7		M-30	32	00:25:20.78	+00:08:41 (34.3%)	5:04	11.8 (65.6%)
77	JANUSZEWSKI Jacek	53	17 WOG KOSZALIN	M-50	8	00:25:24.69	+00:08:45 (34.5%)	5:05	11.8 (65.6%)
78	KOSZ Paweł	74		M-30	33	00:25:26.89	+00:08:48 (34.6%)	5:05	11.8 (65.6%)
79	MYK Paweł	111		M-30	34	00:25:37.08	+00:08:58 (35.0%)	5:07	11.7 (65.0%)
80	RADZIMSKI Marcel	137		M-14	6	00:25:38.42	+00:08:59 (35.1%)	5:07	11.7 (65.0%)
81	MEGIER Wojtek	100	ELEKTRONIK	M-50	9	00:25:41.94	+00:09:03 (35.2%)	5:08	11.7 (65.0%)
82	KACZMAREK Łukasz	56	WOJOWNICY WÓDY	M-30	35	00:25:45.87	+00:09:07 (35.4%)	5:09	11.6 (64.4%)
83	KULAWINSKI Marek	86		M-40	22	00:25:48.37	+00:09:09 (35.5%)	5:09	11.6 (64.4%)
84	DOWNAR-ZAPOLSKI Paweł	28		M-30	36	00:25:49.93	+00:09:11 (35.6%)	5:10	11.6 (64.4%)
85	PAWŁOWICZ Ryszard	199		M-50	10	00:25:57.30	+00:09:18 (35.9%)	5:11	11.6 (64.4%)
86	SZULC Marek	170		M-50	11	00:25:59.05	+00:09:20 (35.9%)	5:11	11.5 (63.9%)
87	SZULC Szymon	169		M-30	37	00:26:00.66	+00:09:21 (36.0%)	5:12	11.5 (63.9%)
88	SZMIGIERO Sebastian	165	W.P.K SŁOŃ TEAM	M-40	23	00:26:15.04	+00:09:36 (36.6%)	5:15	11.4 (63.3%)
89	ORYSZCZYN Arkadiusz	118		M-30	38	00:26:16.57	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
90	WIŚNIEWSKI Jarosław	202		M-40	24	00:26:19.10	+00:09:40 (36.7%)	5:15	11.4 (63.3%)
91	MARZAŁKOWSKI Radosław	99		M-30	39	00:26:21.55	+00:09:42 (36.8%)	5:16	11.4 (63.3%)
92	SKIBA Artur	210		M-40	25	00:26:22.49	+00:09:43 (36.9%)	5:16	11.4 (63.3%)
93	MAŁYSZEWICZ Andrzej	97		M-50	12	00:26:23.58	+00:09:44 (36.9%)	5:16	11.4 (63.3%)
94	SATYŁA Tomasz	150	TEAM CZARNEBIEGA	M-30	40	00:26:25.63	+00:09:46 (37.0%)	5:17	11.3 (62.8%)
95	GAŁKA Dominik	35	SP NR 1	M-14	7	00:26:26.25	+00:09:47 (37.0%)	5:17	11.3 (62.8%)
96	JUSZCZAK Krzysztof	55		M-60	4	00:26:35.24	+00:09:56 (37.4%)	5:19	11.3 (62.8%)
97	KRZANOWSKI Marcin	212	MARCINBIEGA	M-30	41	00:26:35.25	+00:09:56 (37.4%)	5:19	11.3 (62.8%)
98	DĘGA Piotr	23		M-30	42	00:26:35.49	+00:09:56 (37.4%)	5:19	11.3 (62.8%)
99	GAŁKA Marcin	36	21BLT	M-40	26	00:26:38.52	+00:09:59 (37.5%)	5:19	11.3 (62.8%)
100	DANOWSKI Maciej	21	FITNESS CLUB FORMA	M-40	27	00:26:42.44	+00:10:03 (37.7%)	5:20	11.2 (62.2%)
101	MONGIAŁO Marcin	107	FAST FEET K-LIN	M-40	28	00:26:52.99	+00:10:14 (38.1%)	5:22	11.2 (62.2%)
102	PRZYBYŁ Krzysztof	136		M-30	43	00:26:53.49	+00:10:14 (38.1%)	5:22	11.2 (62.2%)
103	RÓJ Andrzej	143		M-40	29	00:26:55.25	+00:10:16 (38.2%)	5:23	11.1 (61.7%)
104	KURŁOWICZ Krzysztof	214		M-30	44	00:27:10.16	+00:10:31 (38.7%)	5:26	11 (61.1%)
105	WĄSOWSKI Robert	178		M-20	9	00:27:12.38	+00:10:33 (38.8%)	5:26	11 (61.1%)
106	FAJGIER Tomasz	33		M-40	30	00:27:23.64	+00:10:44 (39.2%)	5:28	11 (61.1%)
107	HRYCIÓW Paweł	49	JW1223	M-30	45	00:27:27.80	+00:10:48 (39.4%)	5:29	10.9 (60.6%)
108	WIERZBICKI Kacper	182		M-20	10	00:27:28.36	+00:10:49 (39.4%)	5:29	10.9 (60.6%)
109	BARTOSIK Jarosław	3		M-40	31	00:27:35.81	+00:10:56 (39.7%)	5:31	10.9 (60.6%)
110	BERNACKI Adam	6		M-40	32	00:27:40.08	+00:11:01 (39.8%)	5:32	10.8 (60.0%)
111	PŁOTKA Grzegorz	133		M-30	46	00:27:44.88	+00:11:06 (40.0%)	5:33	10.8 (60.0%)
112	GŁOWACKI Włodzimierz	40	JEDWABIŚCI	M-70+	1	00:27:47.54	+00:11:08 (40.1%)	5:33	10.8 (60.0%)
113	CICHOSZ Jerzy	17		M-70+	2	00:28:28.12	+00:11:49 (41.5%)	5:41	10.5 (58.3%)
114	HELLER Zdzisław	48	NIEZRZESZONY	M-60	5	00:28:40.59	+00:12:01 (41.9%)	5:44	10.5 (58.3%)
115	RYHANYCZ Paweł	147	JEDWABIŚCI	M-40	33	00:29:10.02	+00:12:31 (42.9%)	5:50	10.3 (57.2%)

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116	KARPIŃSKI Mateusz	59		M-20	11	00:29:19.85	+00:12:40 (43.2%)	5:52	10.2 (56.7%)
117	KARNICKI Zygmunt	58	TKKF KOSZALIN	M-60	6	00:29:24.18	+00:12:45 (43.4%)	5:52	10.2 (56.7%)
118	SPICA Luki	156		M-30	47	00:29:27.25	+00:12:48 (43.5%)	5:53	10.2 (56.7%)
119	STAŃCZYK Franciszek	159	NIEZRZESZONY	M-70+	3	00:29:34.43	+00:12:55 (43.7%)	5:55	10.1 (56.1%)
120	PAULIŃSKI Jan	126	JAMNO	M-60	7	00:30:32.36	+00:13:53 (45.5%)	6:06	9.8 (54.4%)
121	WALKOWIAK Dariusz	176		M-40	34	00:30:33.09	+00:13:54 (45.5%)	6:06	9.8 (54.4%)
122	RUSIECKI Paweł	145	WSPL SP ZOZ KOSZALIN	M-40	35	00:30:35.14	+00:13:56 (45.6%)	6:07	9.8 (54.4%)
123	ŚLEDŹ Andrzej	171	WĘŻEŁEK	M-40	36	00:31:49.14	+00:15:10 (47.7%)	6:21	9.4 (52.2%)
124	ZIMNOWŁOCKI Mariusz	206	DEAF KOSZALIN	M-30	48	00:32:31.49	+00:15:52 (48.8%)	6:30	9.2 (51.1%)
125	GRĄBCZEWSKI Rafał	219	JW1223	M-30	49	00:33:24.52	+00:16:45 (50.2%)	6:41	9 (50.0%)
126	MAŁYSZEWICZ Tomasz	95	#TEAMDKMS,#BWM,#BIEGACZE	M-20	12	00:33:54.60	+00:17:15 (50.9%)	6:47	8.8 (48.9%)
127	BARTNIK Marian	198	TKKF KOSZALIN	M-70+	4	00:42:07.56	+00:25:28 (60.5%)	8:25	7.1 (39.4%)

Znaleziono 127 wynik(ów)