



BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz
Data: 2020-02-09
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	HUBERT Łukasz	65	TKKF KOSZALIN	M-30	1	00:17:47.66		3:33	16.9 (100%)
2	RYKIEL Michał	193	TAGER SPORT I PRZYJACIELE	M-30	2	00:18:11.78	+00:00:24 (2.2%)	3:38	16.5 (97.6%)
3	ZIEMAN Michał	247	404 NOT FOUND	M-30	3	00:18:28.38	+00:00:40 (3.7%)	3:41	16.2 (95.9%)
4	CZAPLIŃSKI Jacek	27	TAGER SPORT I PRZYJACIELE	M-30	4	00:18:46.15	+00:00:58 (5.2%)	3:45	16 (94.7%)
5	GOSTKOWSKI Łukasz	50	404 NOT FOUND	M-30	5	00:19:14.11	+00:01:26 (7.5%)	3:50	15.6 (92.3%)
6	KAWKA Adrian	88		M-30	6	00:19:24.00	+00:01:36 (8.3%)	3:52	15.5 (91.7%)
7	CICHOSZ-MIELEWCZYK Mateusz	25	POZYTYWNE NAKRĘCENI	M-30	7	00:19:30.18	+00:01:42 (8.8%)	3:54	15.4 (91.1%)
8	MIŁASZEWSKI Przemek	145	AMBRA POLSKA	M-30	8	00:20:08.57	+00:02:20 (11.7%)	4:01	14.9 (88.2%)
9	ŁUKAWSKI Mariusz	128	JW 1223	M-30	9	00:20:29.17	+00:02:41 (13.1%)	4:05	14.6 (86.4%)
10	WEBER Paweł	230	FPP FUNCTIONAL POLISH PERFORMANCE	M-30	10	00:21:00.56	+00:03:12 (15.3%)	4:12	14.3 (84.6%)
11	KIEŁCZYŃSKI Dawid	92	TEAM DAVE BUKÓWKA	M-30	11	00:21:01.51	+00:03:13 (15.4%)	4:12	14.3 (84.6%)
12	OLCZAK Krzysztof	163		M-30	12	00:21:07.80	+00:03:20 (15.8%)	4:13	14.2 (84.0%)
13	ŻUREK Mateusz	250		M-30	13	00:21:18.67	+00:03:31 (16.5%)	4:15	14.1 (83.4%)
14	SITARCZYK Damian	199	FUNDACJA ZASTOPIJ	M-30	14	00:21:36.15	+00:03:48 (17.6%)	4:19	13.9 (82.2%)
15	CZYŻYKOWSKI Łukasz	28		M-30	15	00:21:53.01	+00:04:05 (18.7%)	4:22	13.7 (81.1%)
16	ZAWILSKI Robert	244		M-30	16	00:22:12.24	+00:04:24 (19.9%)	4:26	13.5 (79.9%)
17	ŻUKOWSKI Cezary	249		M-30	17	00:22:14.23	+00:04:26 (20.0%)	4:26	13.5 (79.9%)
18	HAMALA Marcin	58	TAGER SPORT	M-30	18	00:22:52.16	+00:05:04 (22.2%)	4:34	13.1 (77.5%)
19	LIPNIEWICZ Paweł	124		M-30	19	00:23:03.80	+00:05:16 (22.8%)	4:36	13 (76.9%)
20	KOCHAŃSKI Tomasz	253		M-30	20	00:23:32.64	+00:05:44 (24.4%)	4:42	12.7 (75.1%)
21	NOSAL Mariusz	159		M-30	21	00:23:38.78	+00:05:51 (24.7%)	4:43	12.7 (75.1%)
22	BODO Rafał	11	ZOZKOSZ KOSZALIN	M-30	22	00:23:55.87	+00:06:08 (25.6%)	4:47	12.5 (74.0%)
23	JASIEK Paweł	71	#ZABIEGANINOCA	M-30	23	00:24:06.49	+00:06:18 (26.2%)	4:49	12.4 (73.4%)
24	SKOKOWSKI Marek	201		M-30	24	00:24:34.06	+00:06:46 (27.6%)	4:54	12.2 (72.2%)
25	ORLIKOWSKI Robert	166	POŁCZYN BIEGA ♥	M-30	25	00:24:38.21	+00:06:50 (27.8%)	4:55	12.2 (72.2%)
26	MICHALCZYK Kamil	139		M-30	26	00:24:41.19	+00:06:53 (27.9%)	4:56	12.2 (72.2%)

						Czas netto 5km		Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat		Różn		
27	DĘBSKI Damian	30	1986.	M-30	27	00:24:53.32	+00:07:05 (28.5%)	4:58	12.1 (71.6%)
28	KACZMAREK Łukasz	251	WOJOWNICYWÓDY	M-30	28	00:25:15.12	+00:07:27 (29.5%)	5:03	11.9 (70.4%)
29	CIEŚLAK Grzegorz	26		M-30	29	00:25:25.57	+00:07:37 (30.0%)	5:05	11.8 (69.8%)
30	HARASIMOWICZ Michał	59		M-30	30	00:25:32.04	+00:07:44 (30.3%)	5:06	11.7 (69.2%)
31	MITUNIEWICZ Adrian	147		M-30	31	00:25:46.51	+00:07:58 (31.0%)	5:09	11.6 (68.6%)
32	GONTEK Łukasz	49	VW BATORY	M-30	32	00:26:14.86	+00:08:27 (32.2%)	5:15	11.4 (67.5%)
33	ADAMOWICZ Maciej	1	SP MIELNO	M-30	33	00:26:15.00	+00:08:27 (32.2%)	5:15	11.4 (67.5%)
34	ŚWIDERSKI Marcin	227		M-30	34	00:26:15.55	+00:08:27 (32.2%)	5:15	11.4 (67.5%)
35	ŁODYGA Łukasz	127		M-30	35	00:26:15.56	+00:08:27 (32.2%)	5:15	11.4 (67.5%)
36	MASŁOWSKI Artur	137		M-30	36	00:26:18.65	+00:08:30 (32.4%)	5:15	11.4 (67.5%)
37	SZYMAŃSKI Patryk	221	1987.	M-30	37	00:26:18.86	+00:08:31 (32.4%)	5:15	11.4 (67.5%)
38	PACAN Bartosz	170		M-30	38	00:26:46.28	+00:08:58 (33.5%)	5:21	11.2 (66.3%)
39	KRAWCZUK Maciej	107		M-30	39	00:27:08.79	+00:09:21 (34.5%)	5:25	11 (65.1%)
40	TABISZ Sławomir	228	12 BBSP	M-30	40	00:27:18.04	+00:09:30 (34.8%)	5:27	11 (65.1%)
41	ŚMIŁOWSKI Mariusz	226		M-30	41	00:27:29.48	+00:09:41 (35.3%)	5:29	10.9 (64.5%)
42	SZWEDA Mateusz	220	WATAHA	M-30	42	00:27:46.02	+00:09:58 (35.9%)	5:33	10.8 (63.9%)
43	POŁOCZAŃSKI Piotr	184	SZWAGRY BIEGAJĄ	M-30	43	00:27:50.32	+00:10:02 (36.1%)	5:34	10.8 (63.9%)
44	ORYSZCZYN Arkadiusz	167	DZIKIE ŻÓŁWIE	M-30	44	00:28:06.60	+00:10:18 (36.7%)	5:37	10.7 (63.3%)
45	SZMYT Marcin	215		M-30	45	00:28:28.70	+00:10:41 (37.5%)	5:41	10.5 (62.1%)
46	SIGNAROWSKI Dawid	198	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	46	00:30:12.03	+00:12:24 (41.1%)	6:02	9.9 (58.6%)
47	KIEDOS Dariusz	91	JW 1223	M-30	47	00:31:11.78	+00:13:24 (43.0%)	6:14	9.6 (56.8%)
48	KULIGOWSKI Maksym	119	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	48	00:32:02.67	+00:14:15 (44.5%)	6:24	9.4 (55.6%)
49	ŚCIEPŁEK Mateusz	223	FUNDACJA ZASTOPUJ	M-30	49	00:37:01.82	+00:19:14 (51.9%)	7:24	8.1 (47.9%)
50	BIEŃKOWSKI Tomasz	9	ADA&TOMEK	M-30	50	00:37:40.28	+00:19:52 (52.8%)	7:32	8 (47.3%)

Znaleziono 50 wynik(ów)