



BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

Organizator: Rada Osiedla Jamno - Łąbusz
Data: 2020-02-09
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	DUDA Grzegorz	35	BEST BEASTS	M-40	1	00:19:19.75		3:51	15.5 (100%)
2	TRĘBSKI Krzysztof	229	#ZABIEGANINOCA	M-40	2	00:19:29.61	+00:00:09 (0.8%)	3:53	15.4 (99.4%)
3	LEWANDOWSKI Jacek	123	TAPETY KOSZALIN MONIUSZKI	M-40	3	00:19:32.91	+00:00:13 (1.1%)	3:54	15.3 (98.7%)
4	BRALSKI Andrzej	13	#ZABIEGANINOCA	M-40	4	00:20:16.62	+00:00:56 (4.7%)	4:03	14.8 (95.5%)
5	KOZIEŁ Paweł	103		M-40	5	00:20:40.93	+00:01:21 (6.5%)	4:08	14.5 (93.5%)
6	JANKOWSKI Grzegorz	69	POZYTYWNE NAKRĘCENI	M-40	6	00:20:50.86	+00:01:31 (7.3%)	4:10	14.4 (92.9%)
7	BUDZIŃSKI Paweł	18	TAGER SPORT KOSZALIN / DRUŻYNA SZPIKU	M-40	7	00:21:08.94	+00:01:49 (8.6%)	4:13	14.2 (91.6%)
8	NARKUN Jarek	154		M-40	8	00:21:10.59	+00:01:50 (8.7%)	4:14	14.2 (91.6%)
9	ŻEBROWSKI Mariusz	248	KARLINO BIEGAJ	M-40	9	00:21:20.10	+00:02:00 (9.4%)	4:16	14.1 (91.0%)
10	KUCAL Paweł	117		M-40	10	00:21:26.46	+00:02:06 (9.8%)	4:17	14 (90.3%)
11	WIKTOROWSKI Maciej	234		M-40	11	00:21:34.25	+00:02:14 (10.4%)	4:18	13.9 (89.7%)
12	GAWRYSIAK Przemysław	43		M-40	12	00:22:10.36	+00:02:50 (12.8%)	4:26	13.5 (87.1%)
13	KONKEL Łukasz	96		M-40	13	00:22:21.92	+00:03:02 (13.6%)	4:28	13.4 (86.5%)
14	PĘKAŁA Piotr	175	SP MANOWO	M-40	14	00:22:32.04	+00:03:12 (14.2%)	4:30	13.3 (85.8%)
15	SKIBA Artur	200		M-40	15	00:22:37.45	+00:03:17 (14.6%)	4:31	13.3 (85.8%)
16	POLAŃSKI Norbert	183	21BLT	M-40	16	00:22:38.28	+00:03:18 (14.6%)	4:31	13.3 (85.8%)
17	MIERZWA Szczepan	143		M-40	17	00:22:51.95	+00:03:32 (15.5%)	4:34	13.1 (84.5%)
18	PIETRYKA Artur	177	KARLINO BIEGAJ	M-40	18	00:23:05.82	+00:03:46 (16.3%)	4:37	13 (83.9%)
19	RÓG Michał	190	8PPLOT	M-40	19	00:23:27.53	+00:04:07 (17.6%)	4:41	12.8 (82.6%)
20	HAŁKA Arkadiusz	57	TRUCHT ŁOBEZ	M-40	20	00:23:51.35	+00:04:31 (19.0%)	4:46	12.6 (81.3%)
21	MONGIAŁO Marcin	148	FAST FEET K-LIN	M-40	21	00:23:54.27	+00:04:34 (19.1%)	4:46	12.6 (81.3%)
22	KAJKOWSKI Rafał	84	CSSP KOSZALIN	M-40	22	00:24:04.39	+00:04:44 (19.7%)	4:49	12.5 (80.6%)
23	ANTKOWIAK Sebastian	2	DB - ACTIVE	M-40	23	00:24:09.66	+00:04:49 (20.0%)	4:50	12.4 (80.0%)
24	SAWIŃSKI Jacek	197		M-40	24	00:24:32.15	+00:05:12 (21.2%)	4:54	12.2 (78.7%)
25	KRASIŃSKI Witold	106		M-40	25	00:24:48.97	+00:05:29 (22.1%)	4:57	12.1 (78.1%)
26	KULAWIŃSKI Marek	118		M-40	26	00:25:13.94	+00:05:54 (23.4%)	5:02	11.9 (76.8%)

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27	STALUSZKA Dariusz	203		M-40	27	00:25:32.95	+00:06:13 (24.3%)	5:06	11.7 (75.5%)
28	MARCINKOWSKI Jacek	134	SSK ORZEŁ ŚWIESZYNO	M-40	28	00:26:30.09	+00:07:10 (27.1%)	5:18	11.3 (72.9%)
29	KOPEĆ Krzysztof	97		M-40	29	00:26:30.24	+00:07:10 (27.1%)	5:18	11.3 (72.9%)
30	SARBIEWSKI Przemysław	196		M-40	30	00:27:03.73	+00:07:43 (28.6%)	5:24	11.1 (71.6%)
31	CHAMERA Tomasz	21	WATAHA	M-40	31	00:27:13.26	+00:07:53 (29.0%)	5:26	11 (71.0%)
32	JĘDRZEJKO Mirosław	74		M-40	32	00:27:50.49	+00:08:30 (30.6%)	5:34	10.8 (69.7%)
33	KAMINSKI Tomasz	85	WODNA SŁUŻBA RATOWNICZA	M-40	33	00:27:58.34	+00:08:38 (30.9%)	5:35	10.7 (69.0%)
34	PROKOPCZUK Adam	187		M-40	34	00:28:04.76	+00:08:45 (31.2%)	5:37	10.7 (69.0%)
35	STRZELECKI Sebastian 'Kaszana'	207	SAILING TEAM FERAJNA	M-40	35	00:28:51.33	+00:09:31 (33.0%)	5:46	10.4 (67.1%)
36	HARASYM Daniel	60	FUNDACJA ZASTOPIJ	M-40	36	00:28:56.69	+00:09:36 (33.2%)	5:47	10.4 (67.1%)
37	KOCHAŃSKI Krzysztof	252		M-40	37	00:29:23.96	+00:10:04 (34.3%)	5:52	10.2 (65.8%)
38	BRZEZIŃSKI Paweł	15	PAB TRI KOSZALIN	M-40	38	00:29:44.04	+00:10:24 (35.0%)	5:56	10.1 (65.2%)
39	RUSIECKI Paweł	191	WSPL SPZOZ W KOSZALINIE	M-40	39	00:30:06.57	+00:10:46 (35.8%)	6:01	10 (64.5%)
40	GOLDFARB Michał	47	TAGER SPORT	M-40	40	00:30:31.52	+00:11:11 (36.7%)	6:06	9.8 (63.2%)
41	KLONOWSKI Artur	93	KOSPEL	M-40	41	00:30:31.53	+00:11:11 (36.7%)	6:06	9.8 (63.2%)
42	BABIARZ Jacek	3	PRESS GLASS - BIEGAMY I WSPIERAMY	M-40	42	00:31:16.97	+00:11:57 (38.2%)	6:15	9.6 (61.9%)

Znaleziono 42 wynik(ów)