



Organizator:

Data:

Miejsce:

Dystans:

Koszalińskie Towarzystwo Krzewienia Kultury

Fizycznej

2016-02-14

Jamno

10.2 km

BIEG ZAKOCHANYCH - 10.2KM

B4SPORT



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas netto 10.2km	Czas brutto 10.2km	Różn	Tempo min/km	Tempo km/h
1	WASZCZUK Tomasz	357	WASZCZUK TEAM	M-30	1	00:00:01	00:14:17	00:37:25.75	00:37:27.20		3:40	16.3 (100%)
2	FAMULSKI Cezary	54	FORMA ROSNOWO	M-30	2	00:00:02	00:15:34	00:39:31.25	00:39:33.85	+00:02:05 (5.3%)	3:52	15.5 (95.1%)
3	KAMIENIECKI Rafał	123	TUPOT-USTKA	M-30	3	00:00:03	00:15:09	00:40:15.30	00:40:19.00	+00:02:49 (7.0%)	3:56	15.2 (93.3%)
4	ROKOSZ Radosław	284	JW 1223	M-30	4	00:00:04	00:15:45	00:40:47.35	00:40:51.70	+00:03:21 (8.2%)	3:59	15 (92.0%)
5	SIEMIĄTKOWSKI Robert	292	RUNNERSWALDE DARŁOWO	M-30	5	00:00:02	00:15:36	00:41:13.50	00:41:16.40	+00:03:47 (9.2%)	4:02	14.8 (90.8%)
6	WOJCIECHOWICZ Jacek	416		M-30	6	00:00:05	00:15:45	00:42:36.05	00:42:42.00	+00:05:10 (12.1%)	4:10	14.4 (88.3%)
7	KAPUŚCIŃSKI Robert	127	JW 1223 KOSZALIN	M-30	7	00:00:03	00:16:23	00:43:43.30	00:43:46.65	+00:06:17 (14.4%)	4:17	14 (85.9%)
8	SKIERKA Grzegorz	296	MKS ŚWIĘC SŁAWNO	M-30	8	00:00:23	00:17:27	00:44:12.50	00:44:35.70	+00:06:46 (15.3%)	4:20	13.8 (84.7%)
9	PŁAŻAŁSKI Przemysław	264	BRAK	M-30	9	00:00:04	00:17:05	00:44:17.15	00:44:21.95	+00:06:51 (15.5%)	4:20	13.8 (84.7%)
10	IWANOWSKI Rafał	96		M-30	10	00:00:04	00:17:05	00:44:17.40	00:44:21.90	+00:06:51 (15.5%)	4:20	13.8 (84.7%)
11	MROCZKOWSKI Marek	226	ROZBIEGANY KOSZALIN	M-30	11	00:00:23	00:17:27	00:44:21.35	00:44:44.95	+00:06:55 (15.6%)	4:20	13.8 (84.7%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Czas startu	3.94km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									10.2km	10.2km			
12	MALINOWSKI Mariusz	204			M-30	12	00:00:08	00:16:57	00:44:32.65	00:44:41.60	+00:07:06 (16.0%)	4:22	13.7 (84.0%)
13	KRUK Marcin	169	XXX		M-30	13	00:00:03	00:16:51	00:44:53.55	00:44:56.75	+00:07:27 (16.6%)	4:24	13.6 (83.4%)
14	GIEŁDA Jędrzej	65	SMASHING PĄPKINS		M-30	14	00:00:11	00:16:58	00:44:54.75	00:45:06.45	+00:07:29 (16.7%)	4:24	13.6 (83.4%)
15	ZIÓŁKOWSKI Wojciech	399	KB 'GOCH' BYTÓW		M-30	15	00:00:05	00:17:31	00:45:15.15	00:45:20.90	+00:07:49 (17.3%)	4:26	13.5 (82.8%)
16	EMILIT Grzegorz	51			M-30	16	00:00:14	00:17:33	00:45:19.75	00:45:34.05	+00:07:54 (17.4%)	4:26	13.5 (82.8%)
17	JAKUBOWSKI Krystian	405			M-30	17	00:00:14	00:17:57	00:45:24.10	00:45:38.65	+00:07:58 (17.6%)	4:27	13.5 (82.8%)
18	BONISŁAWSKI Jarosław	12	B/K		M-30	18	00:00:33	00:18:45	00:45:34.40	00:46:08.00	+00:08:08 (17.9%)	4:28	13.4 (82.2%)
19	LEWICZ Jan	185			M-30	19	00:00:15	00:17:32	00:46:09.20	00:46:24.85	+00:08:43 (18.9%)	4:31	13.3 (81.6%)
19	WIECZOREK Wojciech	361			M-30	20	00:00:13	00:18:29	00:46:09.20	00:46:22.35	+00:08:43 (18.9%)	4:31	13.3 (81.6%)
21	OLEJNIK Bartłomiej	242	ŻYTANIA TEAM		M-30	21	00:00:05	00:18:02	00:46:11.10	00:46:16.85	+00:08:45 (19.0%)	4:31	13.3 (81.6%)
22	STRUMIŃSKI Rafał	317	ŻYTANIA TEAM		M-30	22	00:00:05	00:18:01	00:46:16.25	00:46:21.40	+00:08:50 (19.1%)	4:32	13.2 (81.0%)
23	MERDA Piotr	212	MTS HAMER		M-30	23	00:00:04	00:17:25	00:46:26.90	00:46:31.65	+00:09:01 (19.4%)	4:33	13.2 (81.0%)
24	WIERZBICKI Jakub	365			M-30	24	00:00:17	00:17:33	00:46:29.80	00:46:47.10	+00:09:04 (19.5%)	4:33	13.2 (81.0%)
25	JAROSZEWSKI Daniel	411			M-30	25	00:00:01	00:17:48	00:47:15.65	00:47:17.35	+00:09:49 (20.8%)	4:38	12.9 (79.1%)
26	BIL Adrian	8			M-30	26	00:00:14	00:18:00	00:47:21.40	00:47:35.45	+00:09:55 (21.0%)	4:38	12.9 (79.1%)
27	ROSZCZYŃIALSKI Michał	285			M-30	27	00:00:08	00:18:11	00:47:22.20	00:47:30.20	+00:09:56 (21.0%)	4:38	12.9 (79.1%)
28	WILKOWSKI Krzysztof	369			M-30	28	00:00:07	00:17:55	00:47:26.50	00:47:34.05	+00:10:00 (21.1%)	4:39	12.9 (79.1%)
29	KAMYK Piotr	125	MH KOSZALIN IT SERWIS WWW.MH-INFORMATYKA.PL		M-30	29	00:00:08	00:18:17	00:47:29.25	00:47:37.25	+00:10:03 (21.2%)	4:39	12.9 (79.1%)
30	ŁABEJSZA Łukasz	190	WOJOWNICY WÓDY		M-30	30	00:00:27	00:18:55	00:47:39.50	00:48:07.20	+00:10:13 (21.5%)	4:40	12.8 (78.5%)
31	GRZYSTEK Marcin	78			M-30	31	00:00:28	00:18:34	00:47:57.10	00:48:26.05	+00:10:31 (21.9%)	4:42	12.8 (78.5%)
32	LEWANDOWSKI Marek	184			M-30	32	00:00:27	00:19:10	00:48:04.95	00:48:32.65	+00:10:39 (22.2%)	4:42	12.7 (77.9%)
33	STOJEWSKI Jarosław	314	B/K		M-30	33	00:00:04	00:17:49	00:48:06.25	00:48:11.05	+00:10:40 (22.2%)	4:43	12.7 (77.9%)
34	SIWIK Stanisław	295			M-30	34	00:00:11	00:18:32	00:48:33.60	00:48:45.40	+00:11:07 (22.9%)	4:45	12.6 (77.3%)

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									10.2km	10.2km			
35	KITŁOWSKI Marcin	137		KLUB	M-30	35	00:00:17	00:18:48	00:48:45.80	00:49:02.95	+00:11:20 (23.2%)	4:46	12.6 (77.3%)
36	CUBER Wojciech	36			M-30	36	00:00:06	00:18:48	00:48:54.75	00:49:00.85	+00:11:29 (23.5%)	4:47	12.5 (76.7%)
37	WIERZBICKI Sylwester	364		RUNNERSWALDE DARŁOWO	M-30	37	00:00:12	00:19:09	00:48:55.00	00:49:07.10	+00:11:29 (23.5%)	4:47	12.5 (76.7%)
38	NAKONIECZNY Rafał	231		BAJADERKI KOSZALIN	M-30	38	00:00:07	00:18:34	00:49:01.15	00:49:08.95	+00:11:35 (23.6%)	4:48	12.5 (76.7%)
39	WIELGUS Paweł	362		OKONEK	M-30	39	00:00:03	00:18:51	00:49:09.70	00:49:13.50	+00:11:43 (23.9%)	4:49	12.4 (76.1%)
40	SOROKA Piotr	304			M-30	40	00:00:09	00:18:51	00:49:22.70	00:49:32.55	+00:11:56 (24.2%)	4:50	12.4 (76.1%)
41	KUKIEŁA Tomasz	175			M-30	41	00:00:28	00:19:44	00:49:26.40	00:49:54.80	+00:12:00 (24.3%)	4:50	12.4 (76.1%)
42	ŻYWICKI Bartosz	402		DZIKI KOSZALIN	M-30	42	00:00:53	00:18:45	00:49:38.20	00:50:31.60	+00:12:12 (24.6%)	4:51	12.3 (75.5%)
43	MRUGALSKI Damian	229			M-30	43	00:00:21	00:20:08	00:49:50.35	00:50:12.05	+00:12:24 (24.9%)	4:53	12.3 (75.5%)
44	ŁOPIŃSKI Piotr	192			M-30	44	00:00:11	00:18:40	00:50:04.15	00:50:15.65	+00:12:38 (25.2%)	4:54	12.2 (74.8%)
45	RAJNER Krzysztof	276			M-30	45	00:00:22	00:20:41	00:50:22.85	00:50:45.20	+00:12:57 (25.7%)	4:56	12.1 (74.2%)
46	PSTRĄGOWSKI Marcin	270			M-30	46	00:00:16	00:18:37	00:50:25.45	00:50:41.55	+00:12:59 (25.8%)	4:56	12.1 (74.2%)
47	MICHALAK Michał	217		DZIKI KOSZALIN	M-30	47	00:02:35	00:18:03	00:50:29.40	00:53:04.75	+00:13:03 (25.9%)	4:56	12.1 (74.2%)
48	DZIĘBOWSKI Mariusz	50			M-30	48	00:00:21	00:18:50	00:50:33.55	00:50:55.15	+00:13:07 (26.0%)	4:57	12.1 (74.2%)
49	ŚWIĘTOŃ Rafał	345			M-30	49	00:00:15	00:20:08	00:50:34.45	00:50:50.40	+00:13:08 (26.0%)	4:57	12.1 (74.2%)
50	CHOŁUJ Karol	31		ZAWSZE DO PRZODU	M-30	50	00:00:12	00:18:58	00:50:41.80	00:50:54.50	+00:13:16 (26.2%)	4:58	12.1 (74.2%)
51	SUGIER Michał	320		NMC	M-30	51	00:00:16	00:19:32	00:50:47.85	00:51:04.60	+00:13:22 (26.3%)	4:58	12 (73.6%)
52	KAŻMIERCZAK Tomasz	132		JW 3937	M-30	52	00:00:09	00:20:08	00:50:56.55	00:51:05.90	+00:13:30 (26.5%)	4:59	12 (73.6%)
53	CINCIO Robert	433			M-30	53	00:00:08	00:18:51	00:50:58.75	00:51:07.30	+00:13:33 (26.6%)	4:59	12 (73.6%)
54	JÓŻWIAK Mariusz	114			M-30	54	00:00:10	00:19:20	00:51:01.65	00:51:11.80	+00:13:35 (26.6%)	5:00	12 (73.6%)
55	ROGALSKI Roberto	282		ZAWSZE SIĘGAJ WYŻEJ	M-30	55	00:00:12	00:19:34	00:51:19.70	00:51:31.80	+00:13:53 (27.1%)	5:01	11.9 (73.0%)
56	KACZMAREK Łukasz	117		KLUB	M-30	56	00:00:25	00:19:31	00:51:34.35	00:52:00.00	+00:14:08 (27.4%)	5:03	11.9 (73.0%)
57	STAWISZYŃSKI Jarosław	309		FORUM ROZWOJU KOSZALINA	M-30	57	00:00:33	00:20:48	00:51:37.40	00:52:10.80	+00:14:11 (27.5%)	5:03	11.9 (73.0%)

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									10.2km	10.2km			
58	SZULC Arkadiusz	426			M-30	58	00:00:11	00:20:24	00:52:06.45	00:52:17.95	+00:14:40 (28.2%)	5:06	11.7 (71.8%)
59	KUŁAKOWSKI Dawid	176	AMATEORES		M-30	59	00:00:11	00:19:44	00:52:53.05	00:53:04.90	+00:15:27 (29.2%)	5:11	11.6 (71.2%)
60	LENKIEWICZ Piotr	181			M-30	60	00:00:10	00:20:06	00:53:02.50	00:53:12.55	+00:15:36 (29.4%)	5:11	11.5 (70.6%)
61	SZULC Szymon	332	GRYF LOK \ SZULC RUNNERS TEAM		M-30	61	00:00:22	00:21:26	00:53:13.20	00:53:35.90	+00:15:47 (29.7%)	5:13	11.5 (70.6%)
62	KUPREWICZ Grzegorz	415			M-30	62	00:00:08	00:20:05	00:53:57.80	00:54:06.35	+00:16:32 (30.6%)	5:17	11.3 (69.3%)
63	MIĄSEK Ryszard	216			M-30	63	00:00:25	00:20:32	00:54:03.60	00:54:29.25	+00:16:37 (30.8%)	5:18	11.3 (69.3%)
64	PIOR Tomasz	260			M-30	64	00:00:24	00:20:45	00:54:21.55	00:54:46.50	+00:16:55 (31.1%)	5:19	11.3 (69.3%)
65	NOWACZYK Adrian	239			M-30	65	00:00:18	00:21:17	00:54:36.45	00:54:55.10	+00:17:10 (31.5%)	5:21	11.2 (68.7%)
66	HRYCIÓW Paweł	90			M-30	66	00:00:32	00:22:07	00:54:45.50	00:55:18.00	+00:17:19 (31.6%)	5:22	11.2 (68.7%)
67	KAZIMIERCZAK Leszek	131	CSSP		M-30	67	00:00:26	00:21:14	00:55:14.80	00:55:41.15	+00:17:49 (32.3%)	5:25	11.1 (68.1%)
68	ŁUSZCZEWSKI Krzysztof	198	ŻYTANIA TEAM		M-30	68	00:00:19	00:21:22	00:55:19.35	00:55:38.55	+00:17:53 (32.3%)	5:25	11.1 (68.1%)
69	SIEPRACKI Adam	294	FORUM ROZWOJU KOSZALINA		M-30	69	00:00:33	00:21:28	00:55:39.05	00:56:12.75	+00:18:13 (32.7%)	5:27	11 (67.5%)
70	KOBUS Maciej	139			M-30	70	00:00:33	00:21:13	00:55:48.60	00:56:21.85	+00:18:22 (32.9%)	5:28	11 (67.5%)
71	KURŁOWICZ Krzysztof	427			M-30	71	00:00:18	00:20:41	00:55:58.15	00:56:16.35	+00:18:32 (33.1%)	5:29	10.9 (66.9%)
72	KAMIŃSKI Tomasz	124	JW1223		M-30	72	00:00:03	00:20:54	00:56:06.35	00:56:09.85	+00:18:40 (33.3%)	5:30	10.9 (66.9%)
73	KOPREK Łukasz	150	SŁONECZNY PATROL KOSZALIN		M-30	73	00:00:29	00:21:19	00:56:21.20	00:56:50.45	+00:18:55 (33.6%)	5:31	10.9 (66.9%)
74	GIZIŃSKI Marcin	430			M-30	74	00:00:11	00:21:19	00:56:33.85	00:56:45.70	+00:19:08 (33.8%)	5:32	10.8 (66.3%)
75	KOWALCZYK Piotr	156	-		M-30	75	00:00:35	00:21:06	00:56:37.15	00:57:12.80	+00:19:11 (33.9%)	5:33	10.8 (66.3%)
76	BAK Zbigniew	6	RUNNERSWALDE		M-30	76	00:00:25	00:21:48	00:56:58.80	00:57:24.15	+00:19:33 (34.3%)	5:35	10.7 (65.6%)
77	OLINSKI Arek	243			M-30	77	00:00:30	00:22:09	00:57:00.00	00:57:30.35	+00:19:34 (34.3%)	5:35	10.7 (65.6%)
78	SKOWRON Adam	434			M-30	78	00:00:28	00:21:33	00:57:02.10	00:57:30.10	+00:19:36 (34.4%)	5:35	10.7 (65.6%)
79	NAPIERAŁA Marcin	232			M-30	79	00:00:27	00:22:20	00:57:09.75	00:57:37.00	+00:19:44 (34.5%)	5:36	10.7 (65.6%)
80	KOWALENKO Robert	418			M-30	80	00:00:33	00:21:01	00:57:57.10	00:58:30.15	+00:20:31 (35.4%)	5:40	10.6 (65.0%)

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81	KOZŁOWSKI Tomasz	160		M-30	81	00:00:08	00:19:58	00:58:15.70	00:58:23.70	+00:20:49 (35.8%)	5:42	10.5 (64.4%)
82	ZARZYCKI Dariusz	392		M-30	82	00:00:11	00:18:44	00:58:37.25	00:58:49.05	+00:21:11 (36.2%)	5:44	10.4 (63.8%)
83	IGNACAK Marcin	92		M-30	83	00:00:13	00:21:29	00:59:04.80	00:59:18.60	+00:21:39 (36.6%)	5:47	10.4 (63.8%)
84	ORYSZCZYN Arkadiusz	245		M-30	84	00:00:09	00:22:33	01:00:15.50	01:00:25.35	+00:22:49 (37.9%)	5:54	10.2 (62.6%)
85	GAWLIK Artur	64		M-30	85	00:00:35	00:22:25	01:00:28.50	01:01:03.55	+00:23:02 (38.1%)	5:55	10.1 (62.0%)
86	JANKOWSKI Remigiusz	4		M-30	86	00:00:32	00:24:06	01:02:00.50	01:02:32.50	+00:24:34 (39.6%)	6:04	9.9 (60.7%)
87	KOWALEWSKI Daniel	158	BAŁTYK-TRANSPORT TEAM	M-30	87	00:00:32	00:23:48	01:03:00.15	01:03:32.15	+00:25:34 (40.6%)	6:10	9.7 (59.5%)
88	TELEGA Michał	346		M-30	88	00:00:31	00:24:19	01:04:41.90	01:05:13.10	+00:27:16 (42.1%)	6:20	9.5 (58.3%)
89	ZIELIŃSKI Jarosław	395		M-30	89	00:00:24	00:23:38	01:05:40.70	01:06:05.55	+00:28:14 (43.0%)	6:26	9.3 (57.1%)
90	CHOJNACKI Bartosz	29		M-30	90	00:00:12	00:26:31	01:07:54.50	01:08:07.20	+00:30:28 (44.9%)	6:39	9 (55.2%)

Znaleziono 90 wynik(ów)