



**Event:**  
**Organiser:**  
**Date:**  
**Place:**  
**Distance:**

III DecaRun Koszalin  
Spółka Decathlon sp. z o.o. z siedzibą w Warszawie  
2019-08-15  
Koszalin  
10 km

## III DECARUN KOSZALIN 10 KM

B4SPORT



Classification: M-50

| Place | Participant           | Number | Club                     | Category | MCat | Laps<br>2.5km | Laps<br>5km | Laps<br>7.5km | Net<br>time<br>10km | Gap               | Pace<br>min/km | Pace<br>km/h |
|-------|-----------------------|--------|--------------------------|----------|------|---------------|-------------|---------------|---------------------|-------------------|----------------|--------------|
| 1     | ZWOLIŃSKI Jan         | 326    | TKKF KOSZALIN            | M-50     | 1    | 00:09:44      | 00:19:40    | 00:29:53      | <b>00:39:57.60</b>  |                   | 3:59           | 15 (100%)    |
| 2     | KRUPIŃSKI Krzysztof   | 146    | E-UROLOG.EU              | M-50     | 2    | 00:11:28      | 00:22:48    | 00:34:26      | <b>00:45:55.55</b>  | +00:05:57 (13.0%) | 4:35           | 13.1 (87.3%) |
| 3     | PAWŁOWSKI Maciej      | 211    |                          | M-50     | 3    | 00:11:16      | 00:22:52    | 00:34:45      | <b>00:46:28.80</b>  | +00:06:31 (14.0%) | 4:38           | 12.9 (86.0%) |
| 4     | GÓRA Roman            | 76     | BIEGOLASKOSZALIN         | M-50     | 4    | 00:11:48      | 00:23:43    | 00:35:28      | <b>00:46:39.65</b>  | +00:06:42 (14.4%) | 4:39           | 12.9 (86.0%) |
| 5     | WILIŃSKI Marek        | 300    | KB ŚPRINT ŚWIDWIN        | M-50     | 5    | 00:11:56      | 00:23:55    | 00:36:03      | <b>00:48:10.50</b>  | +00:08:12 (17.1%) | 4:49           | 12.5 (83.3%) |
| 6     | KAŻMIERCZAK Andrzej   | 116    |                          | M-50     | 6    | 00:11:44      | 00:23:36    | 00:36:03      | <b>00:48:26.05</b>  | +00:08:28 (17.5%) | 4:50           | 12.4 (82.7%) |
| 7     | GUDANIEC Radosław     | 329    | TRIATKHLON TKKF KOSZALIN | M-50     | 7    | 00:12:07      | 00:24:34    | 00:37:23      | <b>00:50:18.75</b>  | +00:10:21 (20.6%) | 5:01           | 11.9 (79.3%) |
| 8     | CHMARA Grzegorz       | 34     | STM TEAM                 | M-50     | 8    | 00:12:30      | 00:25:17    | 00:38:16      | <b>00:51:51.45</b>  | +00:11:53 (22.9%) | 5:11           | 11.6 (77.3%) |
| 9     | GASEK Wiesław         | 62     | PARKRUN ŚWIDWIN          | M-50     | 9    | 00:12:43      | 00:26:05    | 00:39:39      | <b>00:53:08.70</b>  | +00:13:11 (24.8%) | 5:18           | 11.3 (75.3%) |
| 10    | KISIELIŃSKI Igor      | 120    | TKKF KOSZALIN            | M-50     | 10   | 00:12:24      | 00:25:13    | 00:39:50      | <b>00:55:33.65</b>  | +00:15:36 (28.1%) | 5:33           | 10.8 (72.0%) |
| 11    | PIECHOCKI Robert      | 216    |                          | M-50     | 11   | 00:13:14      | 00:27:23    | 00:41:54      | <b>00:56:49.60</b>  | +00:16:52 (29.7%) | 5:40           | 10.6 (70.7%) |
| 12    | TRZEŚNIEWSKI Zbigniew | 284    |                          | M-50     | 12   | 00:13:23      | 00:27:34    | 00:42:32      | <b>00:58:29.35</b>  | +00:18:31 (31.7%) | 5:50           | 10.3 (68.7%) |
| 13    | WALCZAK Adam          | 289    |                          | M-50     | 13   | 00:13:44      | 00:28:37    | 00:44:03      | <b>00:59:45.00</b>  | +00:19:47 (33.1%) | 5:58           | 10 (66.7%)   |

Total 13 results.