XIX MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin
Data: 2021-10-10
Miejsce: Koszalin
Dystans: 10 km

HERKULES
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Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	**SZYMAŃSKI Sylwester**	**81**	SZCZECINECCY BIEGACZE	M40-49	1	00:00:18	00:05:17	00:10:12	00:15:09	00:20:00	00:24:49	00:29:37	**00:34:17.15**		3:25	17.5 (100%)
2	**SZYMAŃSKI Łukasz**	**82**	MLUKS TRZEBIATÓW	M30-39	1	00:00:18	00:05:17	00:10:12	00:15:09	00:20:06	00:25:10	00:30:16	**00:35:17.85**	+00:01:00 (2.9%)	3:31	17 (97.1%)
3	**SIADAK Arkadiusz**	**73**		M40-49	2	00:00:18	00:05:24	00:10:29	00:15:35	00:20:43	00:25:51	00:30:52	**00:35:45.35**	+00:01:28 (4.1%)	3:34	16.8 (96.0%)
4	**LESYK Rafal**	**50**	KOCURY	M30-39	2	00:00:18	00:05:17	00:10:12	00:15:11	00:20:24	00:25:42	00:30:54	**00:36:12.50**	+00:01:55 (5.3%)	3:37	16.6 (94.9%)
5	**MACKOJĆ Krzysztof**	**55**	EL-MACKOJĆ	M40-49	3	00:00:19	00:05:29	00:10:47	00:16:07	00:21:27	00:26:50	00:32:15	**00:37:30.55**	+00:03:13 (8.6%)	3:45	16 (91.4%)
6	**HOŁUB Kamil**	**30**	MLUKS TRZEBIATÓW	M40-49	4	00:00:18	00:05:27	00:10:52	00:16:17	00:21:41	00:27:04	00:32:25	**00:37:31.45**	+00:03:14 (8.6%)	3:45	16 (91.4%)
7	**SZARŁATA Piotr**	**80**		M30-39	3	00:00:20	00:05:41	00:11:11	00:16:43	00:22:14	00:27:41	00:33:08	**00:38:19.05**	+00:04:01 (10.5%)	3:49	15.7 (89.7%)
8	**POŁUBIŃSKI Paweł**	**70**	KOCURY	M40-49	5	00:00:20	00:05:47	00:11:11	00:16:44	00:22:14	00:27:41	00:33:04	**00:38:19.25**	+00:04:02 (10.5%)	3:49	15.7 (89.7%)
9	**PICK Tomasz**	**67**	BIEGOLAS KOSZALIN	M50-59	1	00:00:22	00:05:53	00:11:30	00:17:08	00:22:49	00:28:31	00:34:10	**00:39:22.65**	+00:05:05 (12.9%)	3:56	15.2 (86.9%)
10	**BURDA Robert**	**11**	KOSPEL	M40-49	6	00:00:20	00:05:55	00:11:31	00:17:10	00:22:52	00:28:34	00:34:16	**00:39:31.90**	+00:05:14 (13.3%)	3:57	15.2 (86.9%)
11	**ZWOLIŃSKI Jan**	**97**	TKKF KOSZALIN	M50-59	2	00:00:20	00:05:54	00:11:30	00:17:08	00:22:48	00:28:32	00:34:16	**00:39:40.10**	+00:05:22 (13.6%)	3:58	15.1 (86.3%)
12	**SŁUPCZEWSKI Krzysztof**	**74**	SDROG KOSZALIN KOPARKAKOSZALIN.PL	M40-49	7	00:00:20	00:05:52	00:11:28	00:17:08	00:22:49	00:28:32	00:34:17	**00:39:48.30**	+00:05:31 (13.9%)	3:58	15.1 (86.3%)
13	**KOZIEŁ Paweł**	**42**	KOCURY	M40-49	8	00:00:21	00:05:54	00:11:35	00:17:19	00:23:08	00:28:56	00:34:48	**00:40:24.45**	+00:06:07 (15.1%)	4:02	14.9 (85.1%)
14	**WESOŁOWSKI Marcin**	**89**	OBSESJA BIEGANIA	M30-39	4	00:00:21	00:05:54	00:11:35	00:17:24	00:23:13	00:29:02	00:34:55	**00:40:34.90**	+00:06:17 (15.5%)	4:03	14.8 (84.6%)
15	**GAWEŁ Marcin**	**23**	BRAK	M18-39	1	00:00:19	00:05:27	00:10:56	00:16:42	00:22:29	00:28:23	00:34:28	**00:40:37.10**	+00:06:19 (15.6%)	4:03	14.8 (84.6%)
16	**SMAGOWSKI Wojciech**	**75**	OSP RĄBINO	M40-49	9	00:00:24	00:05:54	00:11:33	00:17:19	00:23:10	00:29:03	00:35:02	**00:40:57.10**	+00:06:39 (16.3%)	4:05	14.7 (84.0%)
17	**BLOCH Radosław**	**5**		M18-39	2	00:00:31	00:06:34	00:12:36	00:18:39	00:24:37	00:30:29	00:36:11	**00:41:39.05**	+00:07:21 (17.7%)	4:09	14.4 (82.3%)
18	**MOSZYŃSKI Jacek**	**60**	TKKF KOSZALIN	M50-59	3	00:00:23	00:06:18	00:12:11	00:18:12	00:24:12	00:30:15	00:36:17	**00:42:07.60**	+00:07:50 (18.6%)	4:12	14.2 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
19	**MAZUR Tomasz**	**57**	I LO SZCZECINEK	M40-49	10	00:00:24	00:06:23	00:12:30	00:18:38	00:24:51	00:30:54	00:36:52	**00:42:31.70**	+00:08:14 (19.4%)	4:15	14.1 (80.6%)
20	**KOZAK Grzegorz**	**41**	FPP	M40-49	11	00:00:22	00:06:23	00:12:30	00:18:38	00:24:52	00:30:59	00:37:04	**00:42:55.35**	+00:08:38 (20.1%)	4:17	14 (80.0%)
21	**BIERZANOWSKI Rafał**	**4**		M40-49	12	00:00:28	00:06:30	00:12:34	00:18:44	00:24:53	00:31:01	00:37:14	**00:43:17.95**	+00:09:00 (20.8%)	4:19	13.9 (79.4%)
22	**MACIEJCZYK Mateusz**	**54**		M30-39	5	00:00:22	00:06:24	00:12:33	00:18:44	00:24:55	00:31:18	00:37:30	**00:43:19.85**	+00:09:02 (20.9%)	4:19	13.9 (79.4%)
23	**MITUNIEWICZ Adrian**	**59**	BIEGOLAS KOSZALIN	M30-39	6	00:00:22	00:06:23	00:12:30	00:18:39	00:24:53	00:31:05	00:37:22	**00:43:23.90**	+00:09:06 (21.0%)	4:20	13.8 (78.9%)
24	**BUDZIŃSKI Paweł**	**10**	KĘPKA NA TRASIE/DRUŻYNA SZPIKU	M40-49	13	00:00:25	00:06:31	00:12:43	00:18:52	00:25:12	00:31:37	00:37:46	**00:43:34.35**	+00:09:17 (21.3%)	4:21	13.8 (78.9%)
25	**NOWICKI Michał**	**61**	KB WYGAN	M30-39	7	00:00:23	00:06:16	00:12:27	00:18:40	00:24:55	00:31:20	00:37:35	**00:43:35.60**	+00:09:18 (21.4%)	4:21	13.8 (78.9%)
26	**KUBIK Krystian**	**48**	MLUKS TRZEBIATÓW	M18-39	3	00:00:16	00:05:55	00:12:04	00:18:20	00:24:40	00:31:00	00:37:27	**00:43:46.15**	+00:09:29 (21.7%)	4:22	13.7 (78.3%)
27	**WEBER Paweł**	**88**		M30-39	8	00:00:22	00:06:23	00:12:30	00:18:39	00:24:54	00:31:16	00:37:45	**00:43:54.75**	+00:09:37 (21.9%)	4:23	13.7 (78.3%)
28	**SEROWSKI Łukasz**	**72**	BIEGOLAS KOSZALIN	M30-39	9	00:00:27	00:06:29	00:12:34	00:18:48	00:25:09	00:31:34	00:38:03	**00:44:09.30**	+00:09:52 (22.4%)	4:24	13.6 (77.7%)
29	**ADASZYNSKI Wiesław**	**1**	BIEGOLAS KOSZALIN	M50-59	4	00:00:26	00:06:27	00:12:32	00:18:45	00:25:07	00:31:32	00:38:03	**00:44:10.55**	+00:09:53 (22.4%)	4:25	13.6 (77.7%)
30	**BARUTOWICZ Grzegorz**	**3**		M40-49	14	00:00:25	00:06:30	00:12:33	00:18:42	00:25:10	00:31:33	00:38:03	**00:44:18.60**	+00:10:01 (22.6%)	4:25	13.5 (77.1%)
31	**CZERNIAK Gracjan**	**17**		M40-49	15	00:00:30	00:06:54	00:13:13	00:19:38	00:25:57	00:32:16	00:38:33	**00:44:38.90**	+00:10:21 (23.2%)	4:27	13.4 (76.6%)
32	**TROŚNIAK Piotr**	**83**	DZIESIĄTKA BIAŁOGARD	M40-49	16	00:00:26	00:06:31	00:12:42	00:19:02	00:25:24	00:31:53	00:38:26	**00:44:45.55**	+00:10:28 (23.4%)	4:28	13.4 (76.6%)
33	**SUCHANOWSKI Zygmunt**	**77**	RESPECT LOTYŃ	M50-59	5	00:00:21	00:06:20	00:12:37	00:19:00	00:25:28	00:31:59	00:38:34	**00:44:58.20**	+00:10:41 (23.8%)	4:29	13.3 (76.0%)
34	**DZIKOŃ Rafał**	**102**		M40-49	17	00:00:33	00:07:05	00:13:31	00:19:52	00:26:14	00:32:44	00:39:14	**00:45:20.15**	+00:11:03 (24.4%)	4:32	13.2 (75.4%)
35	**PAWŁOWSKI Grzegorz**	**64**	GAMMAX	M40-49	18	00:00:28	00:06:36	00:12:59	00:19:31	00:26:04	00:32:36	00:39:10	**00:45:23.90**	+00:11:06 (24.5%)	4:32	13.2 (75.4%)
36	**PIEKUTOWSKI Artur**	**68**		M40-49	19	00:00:23	00:06:22	00:12:36	00:18:56	00:25:27	00:32:07	00:38:48	**00:45:32.35**	+00:11:15 (24.7%)	4:33	13.2 (75.4%)
37	**IWANIEC Darek**	**31**	TKKF KOSZALIN	M40-49	20	00:00:30	00:07:04	00:13:27	00:19:54	00:26:21	00:32:55	00:39:36	**00:45:41.55**	+00:11:24 (25.0%)	4:34	13.1 (74.9%)
38	**WILKOWSKI Krzysztof**	**90**	FOR-REST-RUN	M40-49	21	00:00:29	00:06:50	00:13:20	00:19:56	00:26:33	00:33:13	00:39:52	**00:46:27.85**	+00:12:10 (26.2%)	4:38	12.9 (73.7%)
39	**CHUDZIK Zbigniew**	**13**	TKKF KOSZALIN	M60-69	1	00:00:26	00:07:04	00:13:42	00:20:24	00:27:05	00:33:46	00:40:29	**00:46:50.35**	+00:12:33 (26.8%)	4:41	12.8 (73.1%)
40	**CIECHAŃSKI Michał**	**14**	ZDARTE PODESZWY	M40-49	22	00:00:31	00:06:49	00:13:19	00:19:56	00:26:33	00:33:43	00:40:43	**00:47:31.05**	+00:13:13 (27.8%)	4:45	12.6 (72.0%)
41	**ŻYSZKIEWICZ Piotr**	**100**	ROZBIEGANA USTKA	M50-59	6	00:00:32	00:07:25	00:14:14	00:21:07	00:27:55	00:34:43	00:41:30	**00:47:57.35**	+00:13:40 (28.5%)	4:47	12.5 (71.4%)
42	**ANTKOWIAK Sebastian**	**2**	DB - ACTIVE	M40-49	23	00:00:32	00:07:03	00:13:32	00:20:14	00:27:07	00:34:07	00:41:08	**00:48:04.10**	+00:13:46 (28.7%)	4:48	12.5 (71.4%)
43	**MAZUR Mirosław**	**58**		M50-59	7	00:00:27	00:07:09	00:13:57	00:20:51	00:27:43	00:34:37	00:41:33	**00:48:18.35**	+00:14:01 (29.0%)	4:49	12.4 (70.9%)
44	**BOGACKI Tomasz**	**7**	TKKF KOSZALIN	M60-69	2	00:00:26	00:07:09	00:13:57	00:20:51	00:27:43	00:34:37	00:41:33	**00:48:18.40**	+00:14:01 (29.0%)	4:49	12.4 (70.9%)
45	**BRZEZIŃSKI Paweł**	**8**		M40-49	24	00:00:20	00:06:38	00:13:19	00:20:08	00:27:00	00:34:11	00:41:26	**00:48:26.95**	+00:14:09 (29.2%)	4:50	12.4 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
46	**ŻMIJEWSKI Wojciech**	**98**	MJT SERWIS SPORT TEAM	M30-39	10	00:00:30	00:06:50	00:13:33	00:20:25	00:27:24	00:34:39	00:41:52	**00:48:37.75**	+00:14:20 (29.5%)	4:51	12.3 (70.3%)
47	**MACIĄG Piotr**	**52**	HOMOSAPIE	M40-49	25	00:00:33	00:07:05	00:13:44	00:20:37	00:27:37	00:34:46	00:41:56	**00:48:53.70**	+00:14:36 (29.9%)	4:53	12.3 (70.3%)
48	**MACIEJCZYK Alan**	**53**		M18-39	4	00:00:24	00:06:46	00:13:21	00:20:23	00:27:40	00:34:47	00:42:00	**00:49:00.55**	+00:14:43 (30.0%)	4:54	12.2 (69.7%)
49	**KUPCZAK Damian**	**49**	OSP SIANÓW	M30-39	11	00:00:31	00:07:20	00:14:11	00:21:08	00:28:10	00:35:16	00:42:28	**00:49:22.90**	+00:15:05 (30.6%)	4:56	12.2 (69.7%)
50	**BURKIET Pawel**	**12**		M40-49	26	00:00:29	00:07:06	00:13:46	00:20:42	00:27:49	00:35:01	00:42:15	**00:49:28.30**	+00:15:11 (30.7%)	4:56	12.1 (69.1%)
51	**DANIELAK Tomasz**	**19**		M18-39	5	00:00:27	00:07:16	00:14:03	00:20:58	00:28:14	00:35:33	00:42:52	**00:49:42.30**	+00:15:25 (31.0%)	4:58	12.1 (69.1%)
52	**PAJOR Tomasz**	**62**	HOMOSAPIE	M40-49	27	00:00:32	00:07:09	00:13:53	00:20:55	00:28:06	00:35:38	00:43:12	**00:50:31.30**	+00:16:14 (32.1%)	5:03	11.9 (68.0%)
53	**CIEŚLAK Grzegorz**	**15**		M30-39	12	00:00:37	00:07:43	00:14:58	00:22:17	00:29:39	00:37:00	00:44:11	**00:51:12.20**	+00:16:55 (33.0%)	5:07	11.7 (66.9%)
54	**ZAŁUCKI Maciej**	**95**	ZEN SPORT TEAM	M18-39	6	00:00:27	00:07:31	00:14:53	00:22:18	00:29:46	00:37:08	00:44:28	**00:51:33.70**	+00:17:16 (33.5%)	5:09	11.6 (66.3%)
55	**MACIĄG Paweł**	**51**	HOMOSAPIE	M40-49	28	00:00:32	00:07:13	00:14:04	00:21:10	00:28:46	00:36:35	00:44:17	**00:51:38.05**	+00:17:20 (33.6%)	5:09	11.6 (66.3%)
56	**KARASIEWICZ Robert**	**33**		M40-49	29	00:00:34	00:07:40	00:14:56	00:22:10	00:29:32	00:37:04	00:44:26	**00:51:47.15**	+00:17:30 (33.8%)	5:10	11.6 (66.3%)
57	**URA Marcin**	**85**	MALTAŃSKA	M40-49	30	00:00:34	00:07:41	00:14:58	00:22:22	00:29:55	00:37:26	00:44:59	**00:52:26.95**	+00:18:09 (34.6%)	5:14	11.4 (65.1%)
58	**KOZŁOWIECKI Waldemar**	**43**	TKKF KOSZALIN	M70+	1	00:00:25	00:07:42	00:15:18	00:22:35	00:29:55	00:37:25	00:44:59	**00:52:27.70**	+00:18:10 (34.6%)	5:14	11.4 (65.1%)
59	**WYSOCZAŃSKI Daniel**	**94**	ROZBIEGANA USTKA	M40-49	31	00:00:32	00:08:12	00:15:40	00:23:04	00:30:34	00:37:59	00:45:31	**00:52:50.60**	+00:18:33 (35.1%)	5:17	11.4 (65.1%)
60	**SWATOWSKI Łukasz**	**79**		M40-49	32	00:00:42	00:08:29	00:16:21	00:24:13	00:31:49	00:39:30	00:46:55	**00:53:39.65**	+00:19:22 (36.1%)	5:21	11.2 (64.0%)
61	**KOTNOWSKI Marcin**	**40**	MALTAŃSKA	M40-49	33	00:00:34	00:07:41	00:15:14	00:23:03	00:30:58	00:38:48	00:46:42	**00:54:10.40**	+00:19:53 (36.7%)	5:25	11.1 (63.4%)
62	**KNEBLEWSKI Łukasz**	**38**		M40-49	34	00:00:33	00:08:04	00:15:50	00:23:31	00:31:16	00:39:10	00:46:56	**00:54:12.00**	+00:19:54 (36.7%)	5:25	11.1 (63.4%)
63	**KĘSIK Michał**	**35**	ZDARTE PODESZWY	M40-49	35	00:00:37	00:08:05	00:15:37	00:23:13	00:31:04	00:39:06	00:46:56	**00:54:12.05**	+00:19:54 (36.7%)	5:25	11.1 (63.4%)
64	**GUTOWSKI Marek**	**26**		M40-49	36	00:00:34	00:08:07	00:15:43	00:23:30	00:31:27	00:39:27	00:47:12	**00:54:41.40**	+00:20:24 (37.3%)	5:28	11 (62.9%)
65	**JUSZCZAK Krzysztof**	**32**		M60-69	3	00:00:30	00:07:42	00:15:19	00:22:59	00:30:55	00:38:57	00:47:02	**00:54:58.50**	+00:20:41 (37.6%)	5:29	10.9 (62.3%)
66	**DYBALSKI Krzysztof**	**22**		M40-49	37	00:00:37	00:08:00	00:15:42	00:23:28	00:31:20	00:39:23	00:47:19	**00:55:03.95**	+00:20:46 (37.7%)	5:30	10.9 (62.3%)
67	**PIETRZYK Rafał**	**69**	KLUB OLIMPIJCZYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	M30-39	13	00:00:34	00:08:19	00:16:07	00:24:06	00:31:57	00:39:46	00:47:46	**00:55:04.70**	+00:20:47 (37.8%)	5:30	10.9 (62.3%)
68	**KRUSZYNSKI Stanisław**	**44**	DARŁOWSKIECHARTY.KLUBMORSÓW DARŁOWO	M60-69	4	00:00:34	00:08:23	00:16:23	00:24:44	00:32:52	00:41:05	00:49:07	**00:57:13.45**	+00:22:56 (40.1%)	5:43	10.5 (60.0%)
69	**SWATOWSKI Bartosz**	**78**		M40-49	38	00:00:42	00:09:18	00:17:48	00:26:15	00:34:33	00:42:55	00:51:22	**00:58:26.20**	+00:24:09 (41.3%)	5:50	10.3 (58.9%)
70	**PERSZKE Dawid**	**66**		M18-39	7	00:00:32	00:07:27	00:15:24	00:24:22	00:32:59	00:42:04	00:50:31	**00:58:43.80**	+00:24:26 (41.6%)	5:52	10.2 (58.3%)
71	**HELLER Zdzisław**	**28**	HERBMARATONOW.PL	M60-69	5	00:00:37	00:08:24	00:16:32	00:24:55	00:33:22	00:41:57	00:50:30	**00:59:06.65**	+00:24:49 (42.0%)	5:54	10.2 (58.3%)
72	**BARTNIK Marian**	**103**	TKKF KOSZALIN	M70+	2	00:00:23	00:14:26	00:30:24	00:47:06	00:59:28				+00:39:28	10:21	5.8 (33.1%)

Znaleziono 72 wynik(ów)