



IX KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie:
Organizator:

IX Bieg Sylwestrowy
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2017-12-30
Koszalin
5 km

Data:
Miejsce:
Dystans:



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Start_All 3.42km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WENT Jakub	246		M30-39	1	00:06:05	00:12:04	00:17:16.55		3:27	17.4 (100%)
2	WOJTALIK Łukasz	254	POŁCZYN BIEGA	M30-39	2	00:06:10	00:12:38	00:18:50.10	+00:01:33 (8.3%)	3:46	15.9 (91.4%)
3	GOSTKOWSKI Łukasz	58	KB GOCH BYTÓW	M30-39	3	00:06:33	00:13:11	00:19:10.90	+00:01:54 (9.9%)	3:50	15.6 (89.7%)
4	MUSIAŁ Krzysztof	279	TKK KOSZALIN	M30-39	4	00:06:35	00:13:13	00:19:13.30	+00:01:56 (10.1%)	3:50	15.6 (89.7%)
5	CZAPLIŃSKI Jacek	28	TAGER KOSZALIN	M30-39	5	00:06:20	00:13:02	00:19:23.35	+00:02:06 (10.9%)	3:52	15.5 (89.1%)
6	WICHER Krzysztof	248	GABINET REHABILITACJI AKTYWNEJ / ADWOKATURA	M30-39	6	00:06:33	00:13:28	00:19:47.40	+00:02:30 (12.7%)	3:57	15.2 (87.4%)
7	WOJCIECHOWICZ Jacek	253	WWW.STUDIOTANCAPASJA.PL	M30-39	7	00:06:33	00:13:26	00:20:01.50	+00:02:44 (13.7%)	4:00	15 (86.2%)
8	SZYMAŃSKI Paweł	228		M30-39	8	00:06:05	00:13:19	00:20:13.05	+00:02:56 (14.6%)	4:02	14.8 (85.1%)
9	SABISZ Krzysztof	272		M30-39	9	00:07:11	00:14:11	00:20:26.35	+00:03:09 (15.5%)	4:05	14.7 (84.5%)
10	MUCHA Krzysztof	166		M30-39	10	00:07:14	00:14:46	00:21:36.40	+00:04:19 (20.0%)	4:19	13.9 (79.9%)
11	SZYMCZAK Michał	230		M30-39	11	00:07:26	00:14:58	00:21:49.85	+00:04:33 (20.9%)	4:22	13.7 (78.7%)
12	RUSINEK Artur	204	GABINET REHABILITACJI AKTYWNEJ	M30-39	12	00:07:05	00:14:42	00:21:55.55	+00:04:39 (21.2%)	4:23	13.7 (78.7%)
13	HAMALA Marcin	63	FREE BIRDS	M30-39	13	00:07:04	00:14:38	00:21:55.80	+00:04:39 (21.2%)	4:23	13.7 (78.7%)
14	KRACZKOWSKI Przemysław	122		M30-39	14	00:07:16	00:14:50	00:21:58.35	+00:04:41 (21.4%)	4:23	13.7 (78.7%)
15	SZYMAŃSKI Piotr	227	NAJLEPSZY	M30-39	15	00:07:20	00:14:54	00:22:10.95	+00:04:54 (22.1%)	4:26	13.5 (77.6%)
16	OSTAFI Robert	175	ATF TEAM	M30-39	16	00:07:35	00:15:16	00:22:19.40	+00:05:02 (22.6%)	4:27	13.4 (77.0%)
17	POMORYNKO Krzysztof	189		M30-39	17	00:07:32	00:15:20	00:22:24.30	+00:05:07 (22.9%)	4:29	13.4 (77.0%)
18	RYCHŁOWSKI Piotr	206		M30-39	18	00:07:30	00:15:23	00:22:39.50	+00:05:22 (23.8%)	4:31	13.2 (75.9%)
19	KŁOS Tomasz	106		M30-39	19	00:07:33	00:15:22	00:22:45.80	+00:05:29 (24.1%)	4:33	13.2 (75.9%)
20	LICHACY Marcei	138	DARŁOWO	M30-39	20	00:07:49	00:15:44	00:22:54.00	+00:05:37 (24.6%)	4:34	13.1 (75.3%)
21	KOZIEŁ Paweł	119	WICHER RĄBINO	M30-39	21	00:07:30	00:15:37	00:22:56.25	+00:05:39 (24.7%)	4:35	13.1 (75.3%)
22	KWIETNIEWSKI Daniel	131		M30-39	22	00:07:44	00:15:49	00:23:19.55	+00:06:03 (25.9%)	4:39	12.9 (74.1%)
23	WILKOWSKI Krzysztof	251		M30-39	23	00:08:19	00:16:10	00:23:24.90	+00:06:08 (26.2%)	4:40	12.8 (73.6%)
24	KAMYK Piotr	88	MH OPROGRAMOWANIE ERP WWW.MH-INFORMATYKA.PL	M30-39	24	00:07:30	00:15:52	00:23:27.05	+00:06:10 (26.3%)	4:41	12.8 (73.6%)
25	MARZEC Łukasz	154		M30-39	25	00:07:48	00:15:49	00:23:35.15	+00:06:18 (26.8%)	4:43	12.7 (73.0%)
26	SZULC Szymon	225	SZULC RUNNERS TEAM	M30-39	26	00:07:44	00:16:10	00:23:38.85	+00:06:22 (26.9%)	4:43	12.7 (73.0%)
27	MAKOWIECKI Marcin	149		M30-39	27	00:07:54	00:16:10	00:23:46.05	+00:06:29 (27.3%)	4:45	12.6 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.71km	3.42km				
28	NACHYŁA Paweł	168	DZIKI KOSZALIN	M30-39	28	00:07:52	00:16:13	00:23:50.55	+00:06:34 (27.5%)	4:46	12.6 (72.4%)
29	OTTO Michał	177		M30-39	29	00:08:10	00:16:29	00:24:06.75	+00:06:50 (28.4%)	4:49	12.4 (71.3%)
30	ŻUKOWSKI Cezary	269	MIGAWKOWE.PL	M30-39	30	00:08:08	00:16:33	00:24:12.55	+00:06:56 (28.6%)	4:50	12.4 (71.3%)
31	ROGAŁA Tomasz	200		M30-39	31	00:07:52	00:16:22	00:24:19.50	+00:07:02 (29.0%)	4:51	12.3 (70.7%)
32	KAZIMIEROWICZ Radosław	92	VTT KOSZALIN	M30-39	32	00:08:07	00:16:44	00:24:48.15	+00:07:31 (30.3%)	4:57	12.1 (69.5%)
33	CAŁA Bartosz	19	ŚWIAT PŁYTEK U KRYSPINA	M30-39	33	00:08:24	00:16:58	00:24:57.60	+00:07:41 (30.8%)	4:59	12 (69.0%)
34	KOBUS Piotr	107		M30-39	34	00:08:12	00:16:48	00:25:03.10	+00:07:46 (31.0%)	5:00	12 (69.0%)
35	KOWALCZYK Piotr	117		M30-39	35	00:08:20	00:17:07	00:25:21.40	+00:08:04 (31.9%)	5:04	11.8 (67.8%)
36	GAWĘDA Emil	48	GMINA DARŁOWO	M30-39	36	00:08:59	00:17:50	00:25:37.50	+00:08:20 (32.6%)	5:07	11.7 (67.2%)
37	ROGAŁA Łukasz	201	NIGHT RUNNERS SŁUPSK	M30-39	37	00:08:36	00:17:29	00:25:46.60	+00:08:30 (33.0%)	5:09	11.6 (66.7%)
38	PODSIADŁO Marcin	271		M30-39	38	00:08:10	00:17:08	00:25:48.65	+00:08:32 (33.1%)	5:09	11.6 (66.7%)
39	RYCHLIŃSKI Damian	205		M30-39	39	00:08:46	00:17:44	00:25:52.25	+00:08:35 (33.2%)	5:10	11.6 (66.7%)
40	GAWLIK Artur	49	BIEGNIJMY.PL	M30-39	40	00:08:37	00:17:44	00:26:21.90	+00:09:05 (34.5%)	5:16	11.4 (65.5%)
41	DOMAŃSKI Dominik	283		M30-39	41	00:08:57	00:18:02	00:26:25.95	+00:09:09 (34.6%)	5:17	11.3 (64.9%)
42	CZERNIAK Gracjan	29		M30-39	42	00:08:53	00:18:08	00:26:45.05	+00:09:28 (35.4%)	5:21	11.2 (64.4%)
43	KAZIMIERCZAK Leszek	282		M30-39	43	00:08:59	00:18:13	00:26:52.00	+00:09:35 (35.7%)	5:22	11.2 (64.4%)
44	KACZMAREK Łukasz	85	WOJOWNICY WÓDY	M30-39	44	00:08:58	00:18:12	00:26:56.40	+00:09:39 (35.9%)	5:23	11.1 (63.8%)
45	PACAN Bartosz	179	ŚWIAT PŁYTEK U KRYSPINA	M30-39	45	00:09:22	00:18:41	00:26:58.65	+00:09:42 (36.0%)	5:23	11.1 (63.8%)
46	KUPREWICZ Grzegorz	281		M30-39	46	00:08:52	00:18:20	00:27:02.20	+00:09:45 (36.1%)	5:24	11.1 (63.8%)
47	BODO Rafał	10		M30-39	47	00:08:46	00:18:16	00:27:21.10	+00:10:04 (36.8%)	5:28	11 (63.2%)
48	GOERIG Michał	56		M30-39	48	00:09:08	00:18:38	00:27:25.45	+00:10:08 (37.0%)	5:29	10.9 (62.6%)
49	GRĄBCZEWSKI Rafał	59	JW 1223	M30-39	49	00:09:06	00:18:37	00:27:41.20	+00:10:24 (37.6%)	5:32	10.8 (62.1%)
50	SKOWROŃSKI Paweł	211	WARSZAWA	M30-39	50	00:09:06	00:18:37	00:27:41.65	+00:10:25 (37.6%)	5:32	10.8 (62.1%)
51	KOPCZYŃSKI Michał	111	JW1224	M30-39	51	00:09:02	00:18:49	00:27:53.25	+00:10:36 (38.1%)	5:34	10.8 (62.1%)
52	WIĘCKOWSKI Maciej	276		M30-39	52	00:09:20	00:19:04	00:27:55.70	+00:10:39 (38.1%)	5:35	10.7 (61.5%)
53	SZYSZKOWSKI Tomasz	232	ROZBIEGANY KOSZALIN	M30-39	53	00:08:42	00:18:52	00:28:30.25	+00:11:13 (39.4%)	5:42	10.5 (60.3%)
54	JĘDRZEJEWSKI Krzysztof	80		M30-39	54	00:09:00	00:19:32	00:28:54.70	+00:11:38 (40.2%)	5:46	10.4 (59.8%)
55	BASIAK Krystian	4	JW 1223	M30-39	55	00:09:44	00:19:47	00:29:38.75	+00:12:22 (41.7%)	5:55	10.1 (58.0%)
56	HRYCIÓW Paweł	69	JW 1223	M30-39	56	00:09:46	00:19:48	00:29:38.90	+00:12:22 (41.7%)	5:55	10.1 (58.0%)
57	PŁOTKA Grzegorz	187		M30-39	57	00:09:39	00:20:10	00:30:13.30	+00:12:56 (42.8%)	6:02	9.9 (56.9%)
58	ŁUBNIEWSKI Arkadiusz	142	ANOX TEAM	M30-39	58	00:10:29	00:21:26	00:31:38.45	+00:14:21 (45.4%)	6:19	9.5 (54.6%)
59	NOWAK Piotr	169		M30-39	59	00:09:45	00:22:02	00:33:04.65	+00:15:48 (47.8%)	6:37	9.1 (52.3%)

Znaleziono 59 wynik(ów)