



# KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2021-11-13  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: M40-49

| Msc | Zawodnik               | Numer | Klub                | Kategoria | Mkat | Lap1<br>1km | Lap2<br>2km | Lap3<br>3km | Lap4<br>4km | Czas<br>netto<br>5km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------|-------|---------------------|-----------|------|-------------|-------------|-------------|-------------|----------------------|-------------------|-----------------|---------------|
| 1   | KOZIEŁ Paweł           | 93    |                     | M40-49    | 1    | 00:03:59    | 00:08:11    | 00:12:26    | 00:16:44    | <b>00:20:44.95</b>   |                   | 4:08            | 14.5 (100%)   |
| 2   | ZUKAL Piotr            | 98    | 7PRO SIÓDMIAK TEAM  | M40-49    | 2    | 00:04:06    | 00:08:17    | 00:12:31    | 00:16:46    | <b>00:20:55.95</b>   | +00:00:11 (0.9%)  | 4:11            | 14.3 (98.6%)  |
| 3   | WICHER Krzysztof       | 91    | ADWOKATURA          | M40-49    | 3    | 00:04:10    | 00:08:33    | 00:13:01    | 00:17:28    | <b>00:21:54.15</b>   | +00:01:09 (5.3%)  | 4:22            | 13.7 (94.5%)  |
| 4   | KRACZKOWSKI Przemysław | 37    | 142BLP TRZEBIATÓW   | M40-49    | 4    | 00:04:14    | 00:08:37    | 00:13:06    | 00:17:38    | <b>00:22:11.55</b>   | +00:01:26 (6.5%)  | 4:26            | 13.5 (93.1%)  |
| 5   | OLEARCZYK Arkadiusz    | 51    |                     | M40-49    | 5    | 00:04:21    | 00:08:57    | 00:13:39    | 00:18:24    | <b>00:23:10.20</b>   | +00:02:25 (10.4%) | 4:38            | 12.9 (89.0%)  |
| 6   | WINKOWSKI Ireneusz     | 95    |                     | M40-49    | 6    | 00:04:26    | 00:09:10    | 00:13:52    | 00:18:36    | <b>00:23:12.00</b>   | +00:02:27 (10.6%) | 4:38            | 12.9 (89.0%)  |
| 7   | PAWŁOWSKI Michał       | 58    | PRECON-POLSKA       | M40-49    | 7    | 00:04:27    | 00:09:15    | 00:14:22    | 00:19:14    | <b>00:23:52.65</b>   | +00:03:07 (13.1%) | 4:46            | 12.6 (86.9%)  |
| 8   | MACIĄG Piotr           | 43    |                     | M40-49    | 8    | 00:04:47    | 00:09:41    | 00:14:38    | 00:19:32    | <b>00:24:19.05</b>   | +00:03:34 (14.7%) | 4:51            | 12.3 (84.8%)  |
| 9   | JAROSZ Dariusz         | 26    | TKKF KOSZALIN       | M40-49    | 9    | 00:04:51    | 00:09:45    | 00:14:41    | 00:19:38    | <b>00:24:36.00</b>   | +00:03:51 (15.7%) | 4:55            | 12.2 (84.1%)  |
| 10  | KASPRZYK Bogdan        | 28    | KM PSP KOSZALIN     | M40-49    | 10   | 00:04:48    | 00:09:43    | 00:14:45    | 00:19:46    | <b>00:24:36.30</b>   | +00:03:51 (15.7%) | 4:55            | 12.2 (84.1%)  |
| 11  | MACIĄG Paweł           | 42    | HOMOSAPIE           | M40-49    | 11   | 00:04:58    | 00:09:57    | 00:14:59    | 00:20:05    | <b>00:25:09.85</b>   | +00:04:24 (17.5%) | 5:01            | 11.9 (82.1%)  |
| 12  | KALINOWSKI Krzysztof   | 94    | ADWOKATURA          | M40-49    | 12   | 00:05:07    | 00:10:10    | 00:15:16    | 00:20:29    | <b>00:25:30.05</b>   | +00:04:45 (18.6%) | 5:06            | 11.8 (81.4%)  |
| 13  | BURKIET Paweł          | 8     |                     | M40-49    | 13   | 00:04:39    | 00:09:39    | 00:14:54    | 00:20:19    | <b>00:25:48.50</b>   | +00:05:03 (19.6%) | 5:09            | 11.6 (80.0%)  |
| 14  | GAWIECKI Piotr         | 18    | ROZBIEGANI KOSZALIN | M40-49    | 14   | 00:04:55    | 00:10:00    | 00:15:14    | 00:20:44    | <b>00:25:52.35</b>   | +00:05:07 (19.8%) | 5:10            | 11.6 (80.0%)  |
| 15  | KARASIEWICZ Robert     | 27    |                     | M40-49    | 15   | 00:04:59    | 00:10:13    | 00:15:31    | 00:20:49    | <b>00:26:03.75</b>   | +00:05:18 (20.4%) | 5:12            | 11.5 (79.3%)  |
| 16  | WYSOCZAŃSKI Daniel     | 82    | ROZBIEGANA USTKA    | M40-49    | 16   | 00:05:14    | 00:10:31    | 00:15:44    | 00:21:06    | <b>00:26:20.75</b>   | +00:05:35 (21.2%) | 5:16            | 11.4 (78.6%)  |
| 17  | PAJOR Tomasz           | 54    | HOMOSAPIE           | M40-49    | 17   | 00:04:58    | 00:10:04    | 00:15:31    | 00:21:11    | <b>00:26:43.30</b>   | +00:05:58 (22.4%) | 5:20            | 11.2 (77.2%)  |
| 18  | GUTOWSKI Marek         | 23    |                     | M40-49    | 18   | 00:05:41    | 00:11:20    | 00:17:13    | 00:23:19    | <b>00:29:03.90</b>   | +00:08:18 (28.6%) | 5:48            | 10.3 (71.0%)  |

Znaleziono 18 wynik(ów)