



TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 5KM

B4SPORT

Wydarzenie: Bieg Pamięci Żołnierzy Wyklętych - Koszalin
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Fundacja Herkules All Sports
Data: 2021-08-15
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SIADAK Arkadiusz	145		M40-49	1	00:03:23	00:06:54	00:10:27	00:14:02	00:17:22.40		3:28	17.3 (100%)
2	RYBACZEK Sebastian	169	8PPLOT	M40-49	2	00:03:21	00:06:51	00:10:26	00:14:03	00:17:30.45	+00:00:08 (0.8%)	3:30	17.1 (98.8%)
3	WALEŃSKI Michał	154	TKKF KOSZALIN	M40-49	3	00:03:21	00:06:51	00:10:27	00:14:03	00:17:35.65	+00:00:13 (1.3%)	3:31	17.1 (98.8%)
4	KOZIEŁ Paweł	128	MŁODE WILKI	M40-49	4	00:03:36	00:07:29	00:11:27	00:15:26	00:19:16.65	+00:01:54 (9.9%)	3:51	15.6 (90.2%)
5	WICHER Krzysztof	176	ADWOKATURA	M40-49	5	00:03:43	00:07:42	00:11:45	00:15:50	00:19:40.00	+00:02:17 (11.7%)	3:56	15.3 (88.4%)
6	IWANIEC Dariusz	120	TKKF KOSZALIN	M40-49	6	00:03:44	00:07:45	00:11:53	00:16:10	00:20:12.15	+00:02:49 (14.0%)	4:02	14.9 (86.1%)
7	KRACZKOWSKI Przemysław	130	14ZBOT 142BLP	M40-49	7	00:04:01	00:08:10	00:12:17	00:16:22	00:20:18.60	+00:02:56 (14.5%)	4:03	14.8 (85.5%)
8	MAZUR Tomasz	135	I LO SZCZECINEK	M40-49	8	00:03:57	00:08:07	00:12:21	00:16:38	00:20:32.15	+00:03:09 (15.4%)	4:06	14.6 (84.4%)
9	OLEARCZYK Arkadiusz	139	MŁODE WILKI	M40-49	9	00:03:56	00:08:07	00:12:20	00:16:38	00:20:46.50	+00:03:24 (16.4%)	4:09	14.4 (83.2%)
10	STRUMIŃSKI Rafał	150	142 BLP	M40-49	10	00:04:11	00:08:35	00:13:02	00:17:31	00:21:43.30	+00:04:20 (20.0%)	4:20	13.8 (79.8%)
11	BOJANOWSKI Michał	104	KOŁOBRZEG BIEGA	M40-49	11	00:04:19	00:08:43	00:13:11	00:17:46	00:22:22.05	+00:04:59 (22.3%)	4:28	13.4 (77.5%)
12	MACIĄG Piotr	168	HOMOSAPIE	M40-49	12	00:04:36	00:09:17	00:13:58	00:18:35	00:23:00.15	+00:05:37 (24.5%)	4:36	13 (75.1%)
13	ANTKOWIAK Sebastian	102	DB - ACTIVE	M40-49	13	00:04:14	00:08:42	00:13:27	00:18:23	00:23:11.25	+00:05:48 (25.1%)	4:38	12.9 (74.6%)
14	MACIĄG Paweł	132	HOMOSAPIE	M40-49	14	00:04:41	00:09:23	00:14:06	00:18:46	00:23:22.05	+00:05:59 (25.7%)	4:40	12.8 (74.0%)
15	KAZIMIERCZAK Leszek	125	FOR-REST-RUN	M40-49	15	00:04:32	00:09:19	00:14:10	00:19:03	00:23:42.85	+00:06:20 (26.7%)	4:44	12.7 (73.4%)
16	NOSAL Mariusz	138		M40-49	16	00:04:31	00:09:17	00:14:10	00:19:09	00:23:51.90	+00:06:29 (27.2%)	4:46	12.6 (72.8%)
17	JAROSZEWSKI Daniel	167	PMW	M40-49	17	00:04:53	00:09:38	00:14:31	00:19:22	00:23:52.30	+00:06:29 (27.2%)	4:46	12.6 (72.8%)
18	MONGIAŁO Marcin	136	KĘPKA-NA-TRASIE	M40-49	18	00:04:45	00:09:36	00:14:19	00:19:15	00:23:58.55	+00:06:36 (27.5%)	4:47	12.5 (72.3%)
19	KASPRZYK Bogdan	124	KM PSP KOSZALIN/ JRG-2	M40-49	19	00:04:45	00:09:45	00:14:48	00:19:48	00:24:21.25	+00:06:58 (28.7%)	4:52	12.3 (71.1%)
20	PAJOR Tomasz	140	HOMOSAPIE	M40-49	20	00:04:42	00:09:32	00:14:30	00:19:44	00:25:00.55	+00:07:38 (30.5%)	5:00	12 (69.4%)
21	CHMIELEWSKI Paweł	105	5HOPS+	M40-49	21	00:04:21	00:09:32	00:14:56	00:20:29	00:25:48.05	+00:08:25 (32.7%)	5:09	11.6 (67.1%)
22	WĘCŁAWIAK Marek	156		M40-49	22	00:05:01	00:10:13	00:15:34	00:20:56	00:25:52.95	+00:08:30 (32.9%)	5:10	11.6 (67.1%)
23	WALKOWIAK Dariusz	155		M40-49	23	00:04:52	00:10:40	00:16:56	00:23:30	00:29:57.55	+00:12:35 (42.0%)	5:59	10 (57.8%)

Znaleziono 23 wynik(ów)