



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

XI KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

XI Koszaliński Bieg Sylwestrowy
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2019-12-28
Koszalin
5 km

B4SPORT



Klasyfikacja: M18-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PYSHNIAK Kostantyn	269	TKKF KOSZALIN	M18-29	1	00:05:26	00:10:55	00:16:22.76		3:16	18.3 (100%)
2	WRÓBEL Jabub	560		M18-29	2	00:05:27	00:11:19	00:16:50.13	+00:00:27 (2.7%)	3:22	17.8 (97.3%)
3	KĘPKA Adrian	157		M18-29	3	00:05:38	00:11:32	00:17:02.83	+00:00:40 (3.9%)	3:24	17.6 (96.2%)
4	LEWINSKI Konrad	222		M18-29	4	00:05:32	00:11:42	00:17:39.54	+00:01:16 (7.2%)	3:31	17 (92.9%)
5	ZAWADZKI Adrian	441		M18-29	5	00:06:06	00:13:17	00:19:44.89	+00:03:22 (17.1%)	3:57	15.2 (83.1%)
6	WIRKUS Kacper	419		M18-29	6	00:06:30	00:13:28	00:19:45.68	+00:03:22 (17.1%)	3:57	15.2 (83.1%)
7	KORMAN Kamil	180		M18-29	7	00:06:23	00:13:27	00:19:48.80	+00:03:26 (17.3%)	3:57	15.2 (83.1%)
8	KISIELEWICZ Krzysztof	162		M18-29	8	00:06:43	00:13:35	00:20:06.60	+00:03:43 (18.6%)	4:01	14.9 (81.4%)
9	RACISZ Mateusz	328		M18-29	9	00:06:45	00:13:42	00:21:02.61	+00:04:39 (22.2%)	4:12	14.3 (78.1%)
10	GACIA Maciej	76		M18-29	10	00:06:48	00:14:10	00:21:04.53	+00:04:41 (22.3%)	4:12	14.2 (77.6%)
11	GAWEL Marcin	78		M18-29	11	00:06:46	00:14:05	00:21:10.66	+00:04:47 (22.7%)	4:14	14.2 (77.6%)
12	NOGA Sebastian	279		M18-29	12	00:07:20	00:14:56	00:21:53.68	+00:05:30 (25.2%)	4:22	13.7 (74.9%)
13	ZIELIŃSKI Maciej	445		M18-29	13	00:06:38	00:14:33	00:21:55.65	+00:05:32 (25.3%)	4:23	13.7 (74.9%)
14	NIEDBALSKI Oktawian	277		M18-29	14	00:06:50	00:14:31	00:21:57.31	+00:05:34 (25.4%)	4:23	13.7 (74.9%)
15	WĄSOWSKI Robert	406		M18-29	15	00:07:18	00:14:55	00:22:07.54	+00:05:44 (26.0%)	4:25	13.6 (74.3%)
16	POMORSKI Łukasz	322		M18-29	16	00:07:33	00:15:29	00:22:51.99	+00:06:29 (28.4%)	4:34	13.1 (71.6%)
17	RUTKOWSKI Artur	344		M18-29	17	00:07:41	00:15:52	00:23:29.72	+00:07:06 (30.3%)	4:42	12.8 (69.9%)
18	KOPYNIAK Adrian	178		M18-29	18	00:08:12	00:16:00	00:23:35.42	+00:07:12 (30.6%)	4:43	12.7 (69.4%)
19	SZCZUBLEWSKI Martin	380		M18-29	19	00:07:31	00:15:45	00:23:42.81	+00:07:20 (30.9%)	4:44	12.6 (68.9%)
20	HOREGLAD Paweł	115		M18-29	20	00:08:31	00:16:57	00:24:25.34	+00:08:02 (32.9%)	4:53	12.3 (67.2%)
21	SEKRECKI Michał	354		M18-29	21	00:07:39	00:16:23	00:24:33.50	+00:08:10 (33.3%)	4:54	12.2 (66.7%)
22	GONTARZ Wojciech	90		M18-29	22	00:08:16	00:16:46	00:24:45.85	+00:08:23 (33.9%)	4:57	12.1 (66.1%)
23	MICHALAK Michał	255		M18-29	23	00:07:43	00:16:50	00:24:55.15	+00:08:32 (34.3%)	4:59	12 (65.6%)
24	WIŚNIEWSKI Łukasz	421		M18-29	24	00:09:08	00:17:28	00:25:13.01	+00:08:50 (35.0%)	5:02	11.9 (65.0%)
25	LIGOCKI Paweł	223		M18-29	25	00:08:29	00:17:23	00:25:33.16	+00:09:10 (35.9%)	5:06	11.7 (63.9%)
26	PAPIERNIK Błażej	298		M18-29	26	00:08:24	00:17:30	00:26:06.81	+00:09:44 (37.3%)	5:13	11.5 (62.8%)
27	GOLUBSKI Cezary	88		M18-29	27	00:07:52	00:17:35	00:26:08.00	+00:09:45 (37.3%)	5:13	11.5 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	MICHALUK Amadeusz	256		M18-29	28	00:08:05	00:17:17	00:26:11.41	+00:09:48 (37.5%)	5:14	11.5 (62.8%)
29	KACZOROWSKI Marek	141		M18-29	29	00:08:55	00:17:54	00:26:55.17	+00:10:32 (39.2%)	5:23	11.1 (60.7%)
30	MODRZYŃSKI Marcin	265		M18-29	30	00:09:17	00:18:50	00:28:00.26	+00:11:37 (41.5%)	5:36	10.7 (58.5%)
31	MAJKOWSKI Błażej	237		M18-29	31	00:10:33	00:21:06	00:30:41.08	+00:14:18 (46.6%)	6:08	9.8 (53.6%)
32	ZANDER Jakub	438		M18-29	32	00:09:42	00:21:28	00:31:37.76	+00:15:14 (48.2%)	6:19	9.5 (51.9%)
33	FRASZKIEWICZ Kacper	73		M18-29	33	00:09:25	00:20:24	00:31:51.33	+00:15:28 (48.6%)	6:22	9.4 (51.4%)
34	BYSTROŃ Krzysztof	32		M18-29	34	00:09:00	00:20:07	00:32:49.12	+00:16:26 (50.1%)	6:33	9.1 (49.7%)
35	MALISZEWSKI Łukasz	242		M18-29	35	00:10:03	00:20:29	00:32:52.86	+00:16:30 (50.2%)	6:34	9.1 (49.7%)
36	OSIEWICZ Dawid	291		M18-29	36	00:10:36	00:21:38	00:32:55.83	+00:16:33 (50.3%)	6:35	9.1 (49.7%)

Znaleziono 36 wynik(ów)