



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: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PERLIK Tomasz	305		M30-39	1	00:05:33	00:11:20	00:16:58.25		3:23	17.7 (100%)
2	WENT Jakub	408		M30-39	2	00:05:56	00:11:49	00:17:05.17	+00:00:06 (0.7%)	3:25	17.6 (99.4%)
3	SZOPIŃSKI Tomasz	381		M30-39	3	00:05:54	00:12:01	00:17:42.56	+00:00:44 (4.2%)	3:32	16.9 (95.5%)
4	HUBERT Łukasz	117		M30-39	4	00:05:53	00:12:00	00:17:49.46	+00:00:51 (4.8%)	3:33	16.8 (94.9%)
5	MAJKOWICZ Rafał	112		M30-39	5	00:05:51	00:12:12	00:18:14.02	+00:01:15 (6.9%)	3:38	16.5 (93.2%)
6	CZAPLIŃSKI Jacek	50		M30-39	6	00:05:57	00:12:26	00:18:34.97	+00:01:36 (8.7%)	3:42	16.2 (91.5%)
7	DYLIK Wojciech	65		M30-39	7	00:06:10	00:12:48	00:18:57.06	+00:01:58 (10.4%)	3:47	15.8 (89.3%)
8	DORSZYŃSKI Grzegorz	61		M30-39	8	00:06:13	00:12:49	00:19:08.14	+00:02:09 (11.3%)	3:49	15.7 (88.7%)
9	RODZIEWICZ Marcin	336		M30-39	9	00:06:28	00:13:00	00:19:12.92	+00:02:14 (11.7%)	3:50	15.6 (88.1%)
10	ZYGMUNT Krzysztof	551		M30-39	10	00:06:33	00:13:26	00:19:47.87	+00:02:49 (14.3%)	3:57	15.2 (85.9%)
11	MACHNICKI Rafał	231		M30-39	11	00:06:26	00:13:24	00:19:55.33	+00:02:57 (14.8%)	3:59	15.1 (85.3%)
12	GOSTKOWSKI Łukasz	92		M30-39	12	00:06:23	00:13:17	00:20:04.02	+00:03:05 (15.4%)	4:00	15 (84.7%)
13	IGNACZYŃSKI Dariusz	118		M30-39	13	00:07:02	00:14:32	00:21:23.89	+00:04:25 (20.7%)	4:16	14 (79.1%)
14	MISZCZYŃSKI Bartosz	263		M30-39	14	00:06:54	00:14:22	00:21:27.60	+00:04:29 (20.9%)	4:17	14 (79.1%)
15	MORAŁIEWICZ Piotr	422		M30-39	15	00:07:03	00:14:27	00:21:31.96	+00:04:33 (21.2%)	4:18	13.9 (78.5%)
16	OLCZAK Krzysztof	287		M30-39	16	00:07:16	00:14:40	00:21:37.34	+00:04:39 (21.5%)	4:19	13.9 (78.5%)
17	ŻUREK Mateusz	557		M30-39	17	00:07:01	00:14:30	00:21:39.06	+00:04:40 (21.6%)	4:19	13.9 (78.5%)
18	BARAN Krzysztof	9		M30-39	18	00:07:06	00:14:37	00:21:40.08	+00:04:41 (21.7%)	4:20	13.8 (78.0%)
19	KARASIUK Adam	148		M30-39	19	00:07:28	00:14:50	00:21:41.35	+00:04:43 (21.8%)	4:20	13.8 (78.0%)
20	NIEWIADA Marek	278		M30-39	20	00:07:14	00:14:44	00:21:42.35	+00:04:44 (21.8%)	4:20	13.8 (78.0%)
21	PLAŻAŁSKI Przemysław	318		M30-39	21	00:07:24	00:14:50	00:21:50.20	+00:04:51 (22.3%)	4:22	13.7 (77.4%)
22	CZERNIAK Gracjan	51		M30-39	22	00:07:25	00:15:08	00:22:04.63	+00:05:06 (23.1%)	4:24	13.6 (76.8%)
23	SITARCZYK Damian	356		M30-39	23	00:06:58	00:14:53	00:22:05.33	+00:05:07 (23.2%)	4:25	13.6 (76.8%)
24	MALINOWSKI Mariusz	241		M30-39	24	00:07:20	00:15:02	00:22:09.40	+00:05:11 (23.4%)	4:26	13.5 (76.3%)
25	KRAWCZYK Tomasz	199		M30-39	25	00:07:45	00:15:29	00:22:16.15	+00:05:17 (23.8%)	4:27	13.5 (76.3%)
26	SKOWROŃSKI Tomasz	358		M30-39	26	00:07:49	00:15:24	00:22:16.36	+00:05:18 (23.8%)	4:27	13.5 (76.3%)
27	OTTO Michał	294		M30-39	27	00:07:32	00:15:11	00:22:18.73	+00:05:20 (23.9%)	4:27	13.4 (75.7%)

								Czas netto			
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	5km	Różn	Tempo min/km	Tempo km/h
28	BASSEL Marcin	448	KOSZALIN	M30-39	28	00:08:24	00:16:25	00:23:08.81	+00:06:10 (26.7%)	4:37	13 (73.4%)
29	PILAREK Ireneusz	313		M30-39	29	00:07:56	00:15:50	00:23:21.91	+00:06:23 (27.4%)	4:40	12.8 (72.3%)
30	BARTHA Adrian	12		M30-39	30	00:07:36	00:15:46	00:23:23.39	+00:06:25 (27.4%)	4:40	12.8 (72.3%)
31	BAGNIUK Piotr	5		M30-39	31	00:07:44	00:15:47	00:23:36.28	+00:06:38 (28.1%)	4:43	12.7 (71.8%)
32	LIPNIEWICZ Paweł	224		M30-39	32	00:07:52	00:15:52	00:23:39.67	+00:06:41 (28.3%)	4:44	12.7 (71.8%)
33	MISZCZYK Jan	261		M30-39	33	00:08:04	00:16:22	00:23:52.99	+00:06:54 (28.9%)	4:46	12.6 (71.2%)
34	BODO Rafał	21		M30-39	34	00:08:05	00:16:19	00:24:01.74	+00:07:03 (29.4%)	4:48	12.5 (70.6%)
35	ŻUKOWSKI Cezary	556		M30-39	35	00:08:37	00:16:47	00:24:25.58	+00:07:27 (30.5%)	4:53	12.3 (69.5%)
36	MAZURSKI Paweł	251		M30-39	36	00:07:39	00:16:18	00:24:27.58	+00:07:29 (30.6%)	4:53	12.3 (69.5%)
37	DĘBSKI Damian	59		M30-39	37	00:08:06	00:16:33	00:24:30.00	+00:07:31 (30.7%)	4:54	12.2 (68.9%)
38	ZIELIŃSKI Maciej	443		M30-39	38	00:08:00	00:16:31	00:24:32.94	+00:07:34 (30.9%)	4:54	12.2 (68.9%)
39	KAZIMIEROWICZ Radosław	154		M30-39	39	00:08:25	00:16:54	00:24:52.55	+00:07:54 (31.8%)	4:58	12.1 (68.4%)
40	NOSAL Mariusz	281		M30-39	40	00:08:40	00:17:23	00:25:10.34	+00:08:12 (32.6%)	5:02	11.9 (67.2%)
41	KAMYK Piotr	147		M30-39	41	00:08:23	00:17:19	00:25:22.49	+00:08:24 (33.1%)	5:04	11.8 (66.7%)
42	NADOLNY Krzysztof	275		M30-39	42	00:08:44	00:17:20	00:25:26.86	+00:08:28 (33.3%)	5:05	11.8 (66.7%)
43	SZYDŁO Piotr	388		M30-39	43	00:07:55	00:17:15	00:25:45.02	+00:08:46 (34.1%)	5:09	11.7 (66.1%)
44	PISKÓRZ Radosław	316		M30-39	44	00:08:28	00:17:25	00:25:55.53	+00:08:57 (34.5%)	5:11	11.6 (65.5%)
45	CIEŚLAK Grzegorz	47		M30-39	45	00:08:50	00:17:51	00:26:00.36	+00:09:02 (34.7%)	5:12	11.5 (65.0%)
46	FIERKA Tomasz	71		M30-39	46	00:08:31	00:17:29	00:26:01.20	+00:09:02 (34.8%)	5:12	11.5 (65.0%)
47	KALOCIŃSKI Krzysztof	146		M30-39	47	00:09:05	00:17:55	00:26:11.15	+00:09:12 (35.2%)	5:14	11.5 (65.0%)
48	POŁOCZAŃSKI Piotr	321		M30-39	48	00:08:16	00:17:16	00:26:12.22	+00:09:13 (35.2%)	5:14	11.4 (64.4%)
49	BRZOSKOWSKI Artur	27		M30-39	49	00:08:51	00:17:36	00:26:15.76	+00:09:17 (35.4%)	5:15	11.4 (64.4%)
50	MACHNICKI Robert	230		M30-39	50	00:08:25	00:17:34	00:26:16.07	+00:09:17 (35.4%)	5:15	11.4 (64.4%)
51	STANIUK Bartosz	371		M30-39	51	00:08:38	00:17:45	00:26:22.33	+00:09:24 (35.6%)	5:16	11.4 (64.4%)
52	KOBUS Piotr	167		M30-39	52	00:08:19	00:17:53	00:26:33.29	+00:09:35 (36.1%)	5:18	11.3 (63.8%)
53	SZYMAŃSKI Patryk	390		M30-39	53	00:09:44	00:19:37	00:26:48.94	+00:09:50 (36.7%)	5:21	11.2 (63.3%)
54	SZYSZKOWSKI Tomasz	391		M30-39	54	00:09:14	00:18:28	00:26:56.30	+00:09:58 (37.0%)	5:23	11.1 (62.7%)
55	PIETRZYK Rafał	312		M30-39	55	00:09:04	00:18:18	00:27:01.63	+00:10:03 (37.2%)	5:24	11.1 (62.7%)
56	MAJEWSKI Kamil	236		M30-39	56	00:09:17	00:18:34	00:27:15.72	+00:10:17 (37.7%)	5:27	11 (62.1%)
57	BAJ Norbert	6		M30-39	57	00:08:44	00:18:04	00:27:27.71	+00:10:29 (38.2%)	5:29	10.9 (61.6%)
58	KOBUS Maciej	166		M30-39	58	00:08:07	00:18:06	00:27:55.22	+00:10:56 (39.2%)	5:35	10.7 (60.5%)
59	KOPEĆ Krzysztof	176	M30-39	59	00:09:16	00:18:51	00:28:04.37	+00:11:06 (39.5%)	5:36	10.7 (60.5%)	
60	MARSZAŁKOWSKI Radosław	248	M30-39	60	00:09:35	00:19:19	00:28:19.59	+00:11:21 (40.1%)	5:40	10.6 (59.9%)	
61	ORYSZCZYN Arkadiusz	290	M30-39	61	00:09:53	00:19:33	00:28:20.04	+00:11:21 (40.1%)	5:40	10.6 (59.9%)	
62	SPICA Łukasz	367	M30-39	62	00:09:22	00:19:08	00:28:24.49	+00:11:26 (40.3%)	5:41	10.6 (59.9%)	
63	BRZEZIŃSKI Paweł	26	M30-39	63	00:08:37	00:18:42	00:28:32.06	+00:11:33 (40.5%)	5:42	10.5 (59.3%)	
64	WESOŁOWSKI Łukasz	411	M30-39	64	00:09:17	00:19:46	00:29:02.04	+00:12:03 (41.5%)	5:48	10.3 (58.2%)	
65	SZWEDA Mateusz	387	M30-39	65	00:09:44	00:19:37	00:29:10.54	+00:12:12 (41.8%)	5:50	10.3 (58.2%)	
66	GRUDZIŃSKI Arkadiusz	98	M30-39	66	00:09:22	00:20:03	00:30:12.19	+00:13:13 (43.8%)	6:02	9.9 (55.9%)	
67	DZIADEK Krzysztof	68	M30-39	67	00:10:33	00:21:06	00:30:45.66	+00:13:47 (44.8%)	6:09	9.8 (55.4%)	
68	LENIK Hubert	219	M30-39	68	00:10:40	00:22:08	00:32:22.43	+00:15:24 (47.6%)	6:28	9.3 (52.5%)	
69	KRAWCZUK Maciej	196	M30-39	69	00:10:52	00:22:05	00:32:22.74	+00:15:24 (47.6%)	6:28	9.3 (52.5%)	
70	KIEDOS Dariusz	159	M30-39	70	00:10:48	00:22:09	00:32:24.15	+00:15:25 (47.6%)	6:28	9.3 (52.5%)	
71	HRYCIÓW Paweł	116	M30-39	71	00:10:46	00:22:07	00:32:27.34	+00:15:29 (47.7%)	6:29	9.2 (52.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	SARBIEWSKI Przemysław	350		M30-39	72	00:10:59	00:22:46	00:33:40.42	+00:16:42 (49.6%)	6:44	8.9 (50.3%)
73	KARWAN Krystian	151		M30-39	73	00:11:52	00:25:21	00:35:16.69	+00:18:18 (51.9%)	7:03	8.5 (48.0%)
74	ŚCIEPŁEK Mateusz	392		M30-39	74	00:11:16	00:25:12	00:37:38.11	+00:20:39 (54.9%)	7:31	8 (45.2%)

Znaleziono 74 wynik(ów)