



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: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	RUDNIKOWSKI Maciej	342		M40-49	1	00:06:07	00:12:34	00:18:34.63		3:43	16.1 (100%)
2	PICK Tomasz	307		M40-49	2	00:06:28	00:13:05	00:19:02.27	+00:00:27 (2.4%)	3:48	15.8 (98.1%)
3	ŻMUDA Tomasz	554		M40-49	3	00:06:34	00:13:10	00:19:13.32	+00:00:38 (3.4%)	3:50	15.6 (96.9%)
4	WALENSKI Michał	402		M40-49	4	00:06:19	00:12:56	00:19:16.67	+00:00:42 (3.6%)	3:51	15.6 (96.9%)
5	SZULC Arek	386		M40-49	5	00:06:48	00:13:37	00:19:39.32	+00:01:04 (5.5%)	3:55	15.3 (95.0%)
6	NOWACKI Rafał	283		M40-49	6	00:06:36	00:13:26	00:19:46.73	+00:01:12 (6.1%)	3:57	15.2 (94.4%)
7	LEWANDOWSKI Jacek	220		M40-49	7	00:06:45	00:13:33	00:19:58.12	+00:01:23 (7.0%)	3:59	15 (93.2%)
8	BARANOWSKI Piotr	10		M40-49	8	00:06:51	00:13:56	00:20:35.60	+00:02:00 (9.8%)	4:07	14.6 (90.7%)
9	CAŁA Bartosz	33		M40-49	9	00:07:17	00:14:21	00:20:47.30	+00:02:12 (10.6%)	4:09	14.4 (89.4%)
10	KUCAL Paweł	208		M40-49	10	00:06:42	00:14:08	00:21:02.65	+00:02:28 (11.7%)	4:12	14.3 (88.8%)
11	SZYMAŃSKI Piotr	389		M40-49	11	00:06:55	00:14:09	00:21:03.87	+00:02:29 (11.8%)	4:12	14.3 (88.8%)
12	SZAMOTULSKI Henryk	379		M40-49	12	00:06:51	00:14:04	00:21:05.67	+00:02:31 (11.9%)	4:13	14.2 (88.2%)
13	BAJGERT Robert	7		M40-49	13	00:07:12	00:14:26	00:21:07.92	+00:02:33 (12.1%)	4:13	14.2 (88.2%)
14	KOZIEŁ Paweł	191		M40-49	14	00:06:56	00:14:22	00:21:12.31	+00:02:37 (12.4%)	4:14	14.2 (88.2%)
15	KUŁAKOWSKI Dawid	209		M40-49	15	00:07:14	00:14:29	00:21:12.84	+00:02:38 (12.4%)	4:14	14.1 (87.6%)
16	WIKTOROWSKI Maciej	415	TAGER SPORT	M40-49	16	00:06:49	00:14:25	00:21:23.68	+00:02:49 (13.2%)	4:16	14 (87.0%)
17	KALETA Sebastian	144		M40-49	17	00:06:55	00:14:23	00:21:26.19	+00:02:51 (13.3%)	4:17	14 (87.0%)
18	GAWRON Piotr	81		M40-49	18	00:07:20	00:14:38	00:21:33.64	+00:02:59 (13.8%)	4:18	13.9 (86.3%)
19	IWANIEC Dariusz	1		M40-49	19	00:07:20	00:14:51	00:21:56.42	+00:03:21 (15.3%)	4:23	13.7 (85.1%)
20	MAJCHRZAK Paweł	235		M40-49	20	00:07:23	00:14:57	00:22:08.43	+00:03:33 (16.1%)	4:25	13.6 (84.5%)
21	ROGOŻA Ireneusz	339		M40-49	21	00:07:13	00:14:59	00:22:12.13	+00:03:37 (16.3%)	4:26	13.5 (83.9%)
22	JARZYNA Roman	129		M40-49	22	00:07:25	00:15:05	00:22:14.17	+00:03:39 (16.5%)	4:26	13.5 (83.9%)
23	MAZUREK Marcin	250		M40-49	23	00:07:28	00:15:13	00:22:20.11	+00:03:45 (16.8%)	4:28	13.4 (83.2%)
24	GAWRYSIAK Przemysław	82		M40-49	24	00:07:23	00:15:01	00:22:20.89	+00:03:46 (16.9%)	4:28	13.4 (83.2%)
25	BUDZIŃSKI Paweł	29		M40-49	25	00:07:28	00:15:10	00:22:23.76	+00:03:49 (17.1%)	4:28	13.4 (83.2%)
26	PĘKAŁA Piotr	306		M40-49	26	00:08:22	00:15:42	00:22:26.08	+00:03:51 (17.2%)	4:29	13.4 (83.2%)
27	WILKOWSKI Krzysztof	418		M40-49	27	00:07:32	00:15:15	00:22:27.37	+00:03:52 (17.3%)	4:29	13.4 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto	Różn		
28	RASZPLA Radosław	332		M40-49	28	00:07:49	00:15:23	00:22:33.90	+00:03:59 (17.7%)	4:30	13.3 (82.6%)
29	PIETRYKA Artur	311		M40-49	29	00:07:28	00:15:20	00:22:59.26	+00:04:24 (19.2%)	4:36	13 (80.7%)
30	SAWIŃSKI Jacek	351		M40-49	30	00:07:55	00:15:48	00:23:09.66	+00:04:35 (19.8%)	4:38	12.9 (80.1%)
31	PIECHOTA Robert	308		M40-49	31	00:07:49	00:16:00	00:23:17.83	+00:04:43 (20.3%)	4:39	12.9 (80.1%)
32	POLAŃSKI Norbert	320		M40-49	32	00:08:02	00:16:04	00:23:17.93	+00:04:43 (20.3%)	4:39	12.9 (80.1%)
33	SARAPUK Piotr	348		M40-49	33	00:08:00	00:15:58	00:23:24.95	+00:04:50 (20.7%)	4:41	12.8 (79.5%)
34	DĄBROWSKI Grzegorz	53		M40-49	34	00:07:59	00:16:01	00:23:25.97	+00:04:51 (20.7%)	4:41	12.8 (79.5%)
35	RELUGA Grzegorz	333		M40-49	35	00:07:49	00:15:55	00:23:39.12	+00:05:04 (21.5%)	4:43	12.7 (78.9%)
36	KOZŁOWSKI Rafał	194		M40-49	36	00:07:57	00:15:59	00:23:42.73	+00:05:08 (21.7%)	4:44	12.7 (78.9%)
37	WOJCIECHOWSKI Andrzej	425		M40-49	37	00:08:00	00:16:18	00:23:46.89	+00:05:12 (21.9%)	4:45	12.6 (78.3%)
38	MONGIAŁO Marcin	267		M40-49	38	00:08:08	00:16:19	00:23:55.85	+00:05:21 (22.4%)	4:47	12.5 (77.6%)
39	SKIBA Artur	357		M40-49	39	00:08:02	00:16:10	00:23:59.70	+00:05:25 (22.6%)	4:48	12.5 (77.6%)
40	CHOŁUJ Jarek	40		M40-49	40	00:08:42	00:16:50	00:24:00.32	+00:05:25 (22.6%)	4:48	12.5 (77.6%)
41	BURKIET Marek	31		M40-49	41	00:08:14	00:16:20	00:24:00.66	+00:05:26 (22.6%)	4:48	12.5 (77.6%)
42	MICERSKI Tomasz	253		M40-49	42	00:07:54	00:16:19	00:24:02.92	+00:05:28 (22.8%)	4:48	12.5 (77.6%)
43	SOROCZYŃSKI Cezary	365		M40-49	43	00:08:10	00:16:29	00:24:09.14	+00:05:34 (23.1%)	4:49	12.4 (77.0%)
44	MOSIOŁEK Piotr	268		M40-49	44	00:08:01	00:16:17	00:24:12.47	+00:05:37 (23.3%)	4:50	12.4 (77.0%)
45	MAZUR Mirosław	229		M40-49	45	00:08:21	00:16:36	00:24:19.37	+00:05:44 (23.6%)	4:52	12.3 (76.4%)
46	HAŁKA Arkadiusz	108		M40-49	46	00:08:17	00:16:37	00:24:20.87	+00:05:46 (23.7%)	4:52	12.3 (76.4%)
47	PAWŁOWSKI Grzegorz	302		M40-49	47	00:08:07	00:16:27	00:24:22.06	+00:05:47 (23.8%)	4:52	12.3 (76.4%)
48	MARCINKOWSKI Jacek	243		M40-49	48	00:08:33	00:16:51	00:24:25.14	+00:05:50 (23.9%)	4:53	12.3 (76.4%)
49	KRASIŃSKI Witold	195		M40-49	49	00:08:04	00:16:30	00:24:27.88	+00:05:53 (24.1%)	4:53	12.3 (76.4%)
50	MUCHA Krzysztof	271		M40-49	50	00:08:07	00:16:33	00:24:30.04	+00:05:55 (24.2%)	4:54	12.2 (75.8%)
51	ANTKOWIAK Sebastian	3		M40-49	51	00:07:56	00:16:26	00:24:33.59	+00:05:58 (24.4%)	4:54	12.2 (75.8%)
52	SCHWAB Thomas	352		M40-49	52	00:08:22	00:16:50	00:24:41.81	+00:06:07 (24.8%)	4:56	12.1 (75.2%)
53	KONKEL Łukasz	174		M40-49	53	00:08:03	00:16:26	00:24:50.71	+00:06:16 (25.2%)	4:58	12.1 (75.2%)
54	WIDZINIEWICZ Jarosław	442		M40-49	54	00:08:49	00:17:25	00:25:12.87	+00:06:38 (26.3%)	5:02	11.9 (73.9%)
55	HAKKARAINEN Jouni	104		M40-49	55	00:08:29	00:17:15	00:25:26.01	+00:06:51 (27.0%)	5:05	11.8 (73.3%)
56	REMPLAKOWSKI Krzysztof	335		M40-49	56	00:09:02	00:17:43	00:25:43.10	+00:07:08 (27.8%)	5:08	11.7 (72.7%)
57	KAJKOWSKI Rafał	143		M40-49	57	00:08:34	00:17:20	00:25:52.46	+00:07:17 (28.2%)	5:10	11.6 (72.0%)
58	PODSIADŁO Marcin	319		M40-49	58	00:08:31	00:17:24	00:26:01.04	+00:07:26 (28.6%)	5:12	11.5 (71.4%)
59	CZUCZAK Tomasz	439		M40-49	59	00:09:02	00:17:54	00:26:09.97	+00:07:35 (29.0%)	5:14	11.5 (71.4%)
60	SKRZYPCZAK Bogusław	361		M40-49	60	00:09:06	00:18:11	00:26:37.18	+00:08:02 (30.2%)	5:19	11.3 (70.2%)
61	CIECHAŃSKI Michał	46		M40-49	61	00:09:08	00:18:22	00:26:49.75	+00:08:15 (30.8%)	5:22	11.2 (69.6%)
62	JAROSIK Mariusz	128		M40-49	62	00:09:20	00:18:43	00:26:58.31	+00:08:23 (31.1%)	5:23	11.1 (68.9%)
63	OSOWSKI Andrzej	292		M40-49	63	00:08:49	00:18:02	00:27:00.21	+00:08:25 (31.2%)	5:24	11.1 (68.9%)
64	KĘSIK Michał	158		M40-49	64	00:09:13	00:18:28	00:27:04.56	+00:08:29 (31.4%)	5:25	11.1 (68.9%)
65	JUSINSKI Sebastian	135		M40-49	65	00:09:04	00:18:19	00:27:10.89	+00:08:36 (31.7%)	5:26	11 (68.3%)
66	URBANOWICZ Michał	399		M40-49	66	00:08:45	00:18:07	00:27:18.77	+00:08:44 (32.0%)	5:27	11 (68.3%)
67	DYMEK Remek	66		M40-49	67	00:08:51	00:18:31	00:27:32.31	+00:08:57 (32.5%)	5:30	10.9 (67.7%)
68	HOC Dariusz	114		M40-49	68	00:09:59	00:19:20	00:27:33.66	+00:08:59 (32.6%)	5:30	10.9 (67.7%)
69	JĘDRZEJKO Mirosław	133		M40-49	69	00:09:21	00:19:00	00:27:36.79	+00:09:02 (32.7%)	5:31	10.9 (67.7%)
70	STALUSZKA Dariusz	369		M40-49	70	00:09:21	00:18:54	00:28:04.06	+00:09:29 (33.8%)	5:36	10.7 (66.5%)
71	KEPKA Mirosław	156		M40-49	71	00:09:23	00:18:57	00:28:07.00	+00:09:32 (33.9%)	5:37	10.7 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	GUTOWSKI Sebastian	102		M40-49	72	00:09:24	00:18:58	00:28:07.35	+00:09:32 (33.9%)	5:37	10.7 (66.5%)
73	KOŁAKOWSKI Dariusz	169		M40-49	73	00:09:23	00:18:56	00:28:08.77	+00:09:34 (34.0%)	5:37	10.7 (66.5%)
74	GRZYBOWSKI Piotr	100		M40-49	74	00:09:44	00:19:39	00:28:27.24	+00:09:52 (34.7%)	5:41	10.5 (65.2%)
75	FRASZKIEWICZ Jarosław	72		M40-49	75	00:09:31	00:19:24	00:28:39.00	+00:10:04 (35.2%)	5:43	10.5 (65.2%)
76	ZIĘBA Paweł	446		M40-49	76	00:09:42	00:19:54	00:29:24.77	+00:10:50 (36.8%)	5:52	10.2 (63.4%)
77	KOZACZUK Jarosław	189		M40-49	77	00:09:51	00:20:04	00:29:31.04	+00:10:56 (37.1%)	5:54	10.2 (63.4%)
78	CHAMERA Tomasz	38		M40-49	78	00:09:44	00:19:42	00:29:38.25	+00:11:03 (37.3%)	5:55	10.1 (62.7%)
79	HARASYM Daniel	110		M40-49	79	00:09:48	00:19:59	00:29:55.82	+00:11:21 (37.9%)	5:59	10 (62.1%)
80	IWANIAK Dariusz	120		M40-49	80	00:10:01	00:20:44	00:31:02.17	+00:12:27 (40.1%)	6:12	9.7 (60.2%)
81	KWOLEK Maciej	215		M40-49	81	00:09:58	00:21:17	00:31:36.73	+00:13:02 (41.2%)	6:19	9.5 (59.0%)
82	KIERSZK Grzegorz	160		M40-49	82	00:10:21	00:21:47	00:32:35.69	+00:14:01 (43.0%)	6:31	9.2 (57.1%)
83	NADER Bogusław	274		M40-49	83	00:10:28	00:21:51	00:32:44.08	+00:14:09 (43.2%)	6:32	9.2 (57.1%)
84	KARNICKI Artur	52		M40-49	84	00:10:50	00:22:43	00:34:14.40	+00:15:39 (45.7%)	6:51	8.8 (54.7%)
85	RYHANYCZ Paweł	345		M40-49	85	00:11:38	00:24:18	00:35:51.69	+00:17:17 (48.2%)	7:10	8.4 (52.2%)
86	LUBIERSKI Marcin	227		M40-49	86	00:12:43	00:27:46	00:41:16.93	+00:22:42 (55.0%)	8:15	7.3 (45.3%)

Znaleziono 86 wynik(ów)