



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: M50-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GUZOWSKI Dariusz	103		M50-59	1	00:06:10	00:12:30	00:18:27.05		3:41	16.3 (100%)
2	GRALAK Arkadiusz	96		M50-59	2	00:06:32	00:13:08	00:19:14.74	+00:00:47 (4.1%)	3:51	15.6 (95.7%)
3	ZWOLIŃSKI Jan	450		M50-59	3	00:06:57	00:13:57	00:20:23.34	+00:01:56 (9.5%)	4:04	14.7 (90.2%)
4	KRUPIŃSKI Krzysztof	201		M50-59	4	00:07:25	00:15:08	00:22:16.40	+00:03:49 (17.2%)	4:27	13.5 (82.8%)
5	FAJGIER Tomasz	70		M50-59	5	00:07:10	00:14:46	00:22:17.21	+00:03:50 (17.2%)	4:27	13.5 (82.8%)
6	GÓRA Roman	93		M50-59	6	00:07:50	00:15:31	00:22:30.61	+00:04:03 (18.0%)	4:30	13.3 (81.6%)
7	KLENIEWSKI Piotr	163		M50-59	7	00:07:41	00:15:41	00:23:14.96	+00:04:47 (20.6%)	4:39	12.9 (79.1%)
8	STANKIEWICZ Wiesław	373		M50-59	8	00:07:45	00:15:50	00:23:18.86	+00:04:51 (20.9%)	4:39	12.9 (79.1%)
9	KIERSZTYN Robert	161		M50-59	9	00:07:35	00:16:00	00:23:51.59	+00:05:24 (22.7%)	4:46	12.6 (77.3%)
10	SKOWYRSKI Janusz	359		M50-59	10	00:08:01	00:16:11	00:23:51.95	+00:05:24 (22.7%)	4:46	12.6 (77.3%)
11	CHUDZIK Zbigniew	44		M50-59	11	00:08:19	00:16:32	00:24:04.21	+00:05:37 (23.3%)	4:48	12.5 (76.7%)
12	GAWEŁ Stanisław	80		M50-59	12	00:08:35	00:16:51	00:24:35.85	+00:06:08 (25.0%)	4:55	12.2 (74.8%)
13	MRUGALSKI Stanisław	270		M50-59	13	00:08:37	00:17:29	00:25:48.80	+00:07:21 (28.5%)	5:09	11.6 (71.2%)
14	KUŻAJ Sławomir	214		M50-59	14	00:08:39	00:17:52	00:26:10.14	+00:07:43 (29.5%)	5:14	11.5 (70.6%)
15	CYGAN Adam	49		M50-59	15	00:09:20	00:18:27	00:26:29.03	+00:08:01 (30.3%)	5:17	11.3 (69.3%)
16	KUNYSZ Tomasz	210		M50-59	16	00:08:48	00:18:28	00:27:20.41	+00:08:53 (32.5%)	5:28	11 (67.5%)
17	WIŚNIEWSKI Jarosław	420		M50-59	17	00:09:19	00:18:48	00:27:33.96	+00:09:06 (33.1%)	5:30	10.9 (66.9%)
18	WILIŃSKI Marek	416		M50-59	18	00:09:25	00:18:59	00:28:09.31	+00:09:42 (34.5%)	5:37	10.7 (65.6%)
19	TRZESNIEWSKI Zbigniew	397		M50-59	19	00:09:40	00:19:54	00:29:54.77	+00:11:27 (38.3%)	5:59	10 (61.3%)
20	BANACH Andrzej	8		M50-59	20	00:10:36	00:21:39	00:31:27.05	+00:12:59 (41.3%)	6:17	9.5 (58.3%)
21	KORUBA Robert	184		M50-59	21	00:10:30	00:21:41	00:31:36.41	+00:13:09 (41.6%)	6:19	9.5 (58.3%)
22	ZIMNY Dariusz	447		M50-59	22	00:11:20	00:21:25	00:31:56.35	+00:13:29 (42.2%)	6:23	9.4 (57.7%)
23	BADZIĄG Waldemar	4		M50-59	23	00:10:18	00:21:37	00:32:04.38	+00:13:37 (42.5%)	6:24	9.4 (57.7%)
24	ZIELIŃSKI Tomasz	444		M50-59	24	00:10:23	00:21:46	00:32:25.45	+00:13:58 (43.1%)	6:29	9.2 (56.4%)
25	BENEWIAT Zenon	18		M50-59	25	00:11:38	00:23:57	00:35:25.81	+00:16:58 (47.9%)	7:05	8.5 (52.1%)