



XIII KOSZALIŃSKI BIEG SYLWESTROWY - 5.1 KM

B4SPORT

Wydarzenie: XIII Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2022-12-31
Miejsce: Koszalin
Dystans: 5.1 km



Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.35km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
1	RODZUCH Daniel	162		M30	1	00:05:42	00:11:58	00:18:10.35		3:33	16.8 (100%)
2	MICHAŁOWSKI Piotr	127		M30	2	00:05:45	00:12:12	00:18:35.00	+00:00:24 (2.2%)	3:38	16.5 (98.2%)
3	ORZECZOWSKI Kamil	141	TKKF KOSZALIN	M30	3	00:06:06	00:12:41	00:18:47.45	+00:00:37 (3.3%)	3:40	16.3 (97.0%)
4	NEJMAN Jerzy	133		M30	4	00:05:45	00:12:15	00:19:02.90	+00:00:52 (4.6%)	3:43	16.1 (95.8%)
5	FEDORCZAK Łukasz	45	BIEGOLAS KOSZALIN	M30	5	00:06:01	00:12:33	00:19:06.30	+00:00:55 (4.9%)	3:44	16 (95.2%)
6	KLIMOWICZ Michał	92		M30	6	00:05:58	00:12:34	00:19:15.30	+00:01:04 (5.6%)	3:46	15.9 (94.6%)
7	SZOPIŃSKI Tomasz	191		M30	7	00:06:00	00:12:48	00:19:48.60	+00:01:38 (8.3%)	3:52	15.5 (92.3%)
8	TŁUSTEK Łukasz	198	KB BRYZA POSTOMINO	M30	8	00:06:12	00:13:09	00:20:08.00	+00:01:57 (9.7%)	3:56	15.2 (90.5%)
9	BARAN Krzysztof	7		M30	9	00:06:06	00:13:04	00:20:18.85	+00:02:08 (10.5%)	3:58	15.1 (89.9%)
10	BARTHA Adrian	9		M30	10	00:06:15	00:13:29	00:20:47.75	+00:02:37 (12.6%)	4:04	14.7 (87.5%)
11	KISIELEWICZ Krzysztof	90	KORZYBSKIE REKINY	M30	11	00:06:53	00:14:10	00:21:23.65	+00:03:13 (15.1%)	4:11	14.3 (85.1%)
12	GAWĘDA Emil	51	DARŁOWSKIE CHARTY/KĘPKA NA TRASIE	M30	12	00:06:48	00:14:15	00:21:34.15	+00:03:23 (15.7%)	4:13	14.2 (84.5%)
13	LIPIŃSKI Sebastian	111	ZDARTE PODESZWY	M30	13	00:06:46	00:14:18	00:21:56.75	+00:03:46 (17.2%)	4:18	14 (83.3%)
14	ŁUKAWSKI Mariusz	115	JW 1223	M30	14	00:06:32	00:14:16	00:22:02.35	+00:03:52 (17.5%)	4:19	13.9 (82.7%)
15	BOREJKO Łukasz	21		M30	15	00:07:44	00:15:47	00:22:37.20	+00:04:26 (19.7%)	4:26	13.5 (80.4%)
16	ŚNIEŻKO Marcin	196		M30	16	00:07:23	00:15:35	00:23:37.25	+00:05:26 (23.1%)	4:37	13 (77.4%)
17	OWCZARZ Marcin	142	FIGA PRACOWNIA PROJEKTOWA	M30	17	00:07:18	00:15:32	00:23:38.90	+00:05:28 (23.2%)	4:38	12.9 (76.8%)
18	LUBLEWSKI Dawid	112	MARNI BIEGACZE	M30	18	00:07:45	00:15:53	00:23:55.60	+00:05:45 (24.0%)	4:41	12.8 (76.2%)
19	SZULTKA Mariusz	193		M30	19	00:07:38	00:16:02	00:24:19.15	+00:06:08 (25.3%)	4:46	12.6 (75.0%)
20	ORLIKOWSKI Robert	139	POŁCZYN BIEGA ♥	M30	20	00:07:36	00:16:07	00:24:49.75	+00:06:39 (26.8%)	4:51	12.3 (73.2%)
21	FIGARSKI Leszek	47		M30	21	00:07:15	00:15:53	00:24:55.65	+00:06:45 (27.1%)	4:53	12.3 (73.2%)
22	ANGRYS Maciej	3	FUNDACJA ZASTOPIJ	M30	22	00:08:08	00:16:50	00:25:06.50	+00:06:56 (27.6%)	4:55	12.2 (72.6%)
23	MENDELSKI Łukasz	125		M30	23	00:06:45	00:12:54	00:25:25.00	+00:07:14 (28.5%)	4:59	12 (71.4%)
24	ZAREMBA Tomasz	231		M30	24	00:08:09	00:17:03	00:25:27.95	+00:07:17 (28.6%)	4:59	12 (71.4%)
25	PANASZEWSKI Przemysław	143		M30	25	00:07:57	00:16:54	00:25:46.85	+00:07:36 (29.5%)	5:03	11.9 (70.8%)
26	MANDZIAK Piotr	316		M30	26	00:08:16	00:17:27	00:26:03.70	+00:07:53 (30.3%)	5:06	11.7 (69.6%)
27	ŻUCHELKOWSKI Henryk	230	NEPTUN KOŁOBRZEG	M30	27	00:08:14	00:17:18	00:26:11.00	+00:08:00 (30.6%)	5:08	11.7 (69.6%)

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28	LEWKOWICZ Karol	232		M30	28	00:08:02	00:17:10	00:26:28.25	+00:08:17 (31.3%)	5:11	11.6 (69.0%)
29	MAJEWSKI Kamil	116		M30	29	00:08:03	00:17:13	00:26:28.40	+00:08:18 (31.4%)	5:11	11.6 (69.0%)
30	JEWSTAFIEW Adam	76	BIEGAJ KAROLINA	M30	30	00:08:58	00:18:44	00:28:36.50	+00:10:26 (36.5%)	5:36	10.7 (63.7%)
31	PAWLIK Marcin	146		M30	31	00:09:35	00:19:56	00:30:03.50	+00:11:53 (39.5%)	5:53	10.2 (60.7%)
32	SZOPKA Jakub	192		M30	32	00:09:39	00:20:09	00:30:15.65	+00:12:05 (39.9%)	5:55	10.1 (60.1%)
33	ŁUBNIEWSKI Arkadiusz	114		M30	33	00:11:11	00:20:56	00:30:27.35	+00:12:17 (40.3%)	5:58	10 (59.5%)
34	BURMAN Tomasz	237	ANANASY Z 3 FAL	M30	34	00:10:05	00:20:11	00:30:45.00	+00:12:34 (40.9%)	6:01	10 (59.5%)
35	ŁASYCIA Krzysztof	113		M30	35	00:10:58	00:23:44	00:37:27.30	+00:19:16 (51.5%)	7:20	8.2 (48.8%)
36	WESOŁOWSKI Łukasz	209		M30	36	00:11:13	00:24:42	00:37:42.15	+00:19:31 (51.8%)	7:23	8.1 (48.2%)

Znaleziono 36 wynik(ów)