



XIII KOSZALIŃSKI BIEG SYLWESTROWY - 5.1 KM

B4SPORT

Wydarzenie:
Organizator:

XIII Koszaliński Bieg Sylwestrowy
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2022-12-31
Koszalin
5.1 km

Data:
Miejsce:
Dystans:



Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.35km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
1	RUDNIKOWSKI Maciej	165	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWYPL	M40	1	00:05:51	00:12:24	00:18:47.80		3:40	16.3 (100%)
2	WITKIEWICZ Eryk	213		M40	2	00:05:56	00:12:32	00:18:57.00	+00:00:09 (0.8%)	3:42	16.1 (98.8%)
3	WALEŃSKI Michał	204	TKKF KOSZALIN	M40	3	00:06:00	00:12:33	00:18:59.60	+00:00:11 (1.0%)	3:43	16.1 (98.8%)
4	SMAGOWSKI Wojtek	179	OSP RĄBINO	M40	4	00:06:04	00:12:46	00:19:26.80	+00:00:39 (3.3%)	3:48	15.7 (96.3%)
5	MIKODA Grzegorz	129		M40	5	00:06:07	00:12:52	00:19:46.00	+00:00:58 (4.9%)	3:52	15.5 (95.1%)
6	KALETA Sebastian	79		M40	6	00:06:10	00:13:07	00:20:04.85	+00:01:17 (6.4%)	3:56	15.2 (93.3%)
7	WICHER Krzysztof	211	ADWOKATURA	M40	7	00:06:11	00:13:10	00:20:08.80	+00:01:21 (6.7%)	3:56	15.2 (93.3%)
8	KOZIEŁ Paweł	99		M40	8	00:06:17	00:13:22	00:20:20.75	+00:01:32 (7.6%)	3:59	15 (92.0%)
9	WENT Jakub	207		M40	9	00:05:30	00:12:14	00:20:37.20	+00:01:49 (8.8%)	4:02	14.8 (90.8%)
10	KRACZKOWSKI Przemysław	101		M40	10	00:06:38	00:13:58	00:21:27.95	+00:02:40 (12.4%)	4:12	14.3 (87.7%)
11	MAZUREK Marcin	124		M40	11	00:06:44	00:14:15	00:21:33.90	+00:02:46 (12.8%)	4:13	14.2 (87.1%)
12	SAWIŃSKI Jacek	171		M40	12	00:06:42	00:14:09	00:21:37.60	+00:02:49 (13.1%)	4:14	14.2 (87.1%)
13	KRUK Marcin	102	TKKF MASTERS KOSZALIN	M40	13	00:06:33	00:14:06	00:21:51.85	+00:03:04 (14.0%)	4:17	14 (85.9%)
14	PODŁYSKA Tadeusz	157	ZASAPANI HYDRO	M40	14	00:06:57	00:14:33	00:22:05.90	+00:03:18 (14.9%)	4:19	13.9 (85.3%)
15	IWANIEC Dariusz	69	TKKF KOSZALIN	M40	15	00:06:43	00:14:24	00:22:08.30	+00:03:20 (15.1%)	4:20	13.8 (84.7%)
16	ZUKAL Piotr	227	7PRO SIÓDZIAK TEAM	M40	16	00:07:08	00:14:46	00:22:10.65	+00:03:22 (15.2%)	4:20	13.8 (84.7%)
17	SŁUPCZEWSKI Krzysztof	177	SDROG KOSZALIN	M40	17	00:07:13	00:14:58	00:22:23.65	+00:03:35 (16.1%)	4:23	13.7 (84.0%)
18	PŁOSKI Krzysztof	156	DOM RYBAKA BOBOLIN	M40	18	00:07:19	00:14:55	00:22:27.60	+00:03:39 (16.3%)	4:24	13.6 (83.4%)
19	BARUTOWICZ Grzegorz	12		M40	19	00:07:01	00:14:45	00:22:50.50	+00:04:02 (17.7%)	4:28	13.4 (82.2%)
20	MAZUR Emilusz	123		M40	20	00:06:55	00:14:51	00:22:55.35	+00:04:07 (18.0%)	4:29	13.4 (82.2%)
21	CZERNIAK Gracjan	33		M40	21	00:07:13	00:15:11	00:22:59.35	+00:04:11 (18.2%)	4:30	13.3 (81.6%)
22	BRZEZIŃSKI Paweł	22	IRON DAD	M40	22	00:07:14	00:15:23	00:23:15.75	+00:04:27 (19.2%)	4:33	13.2 (81.0%)
23	NOSAL Mariusz	134		M40	23	00:07:25	00:15:32	00:23:29.50	+00:04:41 (20.0%)	4:36	13 (79.8%)
24	BOJANOWSKI Michał	20	KOŁOBRZESKI KLUB MORSÓW	M40	24	00:07:15	00:15:18	00:23:35.70	+00:04:47 (20.3%)	4:37	13 (79.8%)
25	MICERSKI Tomasz	126	TKKF KOSZALIN	M40	25	00:07:31	00:15:41	00:23:38.05	+00:04:50 (20.5%)	4:38	12.9 (79.1%)
26	KALINOWSKI Krzysztof	240		M40	26	00:06:54	00:14:59	00:23:43.65	+00:04:55 (20.8%)	4:39	12.9 (79.1%)
27	DIDŁUCH Jacek	37	KARLINOBIEGAJ	M40	27	00:07:44	00:15:54	00:24:05.55	+00:05:17 (22.0%)	4:43	12.7 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.35km				
28	SUDER-MAKSYMOWICZ Grzegorz	187	:-)	M40	28	00:07:15	00:15:39	00:24:08.85	+00:05:21 (22.2%)	4:43	12.7 (77.9%)
29	DĄBROWSKI Grzegorz	36		M40	29	00:07:50	00:16:08	00:24:19.60	+00:05:31 (22.7%)	4:46	12.6 (77.3%)
30	BODO Rafał	17	ZOZKOSZ KOSZALIN	M40	30	00:07:39	00:16:03	00:24:20.75	+00:05:32 (22.8%)	4:46	12.6 (77.3%)
31	STRZELECKI Grzegorz	185	FIGA PRACOWNIA PROJEKTOWA	M40	31	00:07:19	00:15:53	00:24:27.65	+00:05:39 (23.2%)	4:47	12.5 (76.7%)
32	SARBIEWSKI Przemysław	170		M40	32	00:08:08	00:16:34	00:24:33.25	+00:05:45 (23.4%)	4:48	12.5 (76.7%)
33	PAWŁOWSKI Grzegorz	148	GAMMAX	M40	33	00:07:47	00:16:29	00:24:35.60	+00:05:47 (23.6%)	4:49	12.4 (76.1%)
34	RYBAK Przemysław	167		M40	34	00:07:56	00:16:29	00:24:38.55	+00:05:50 (23.7%)	4:49	12.4 (76.1%)
35	BURKIET Paweł	23		M40	35	00:07:42	00:16:14	00:24:41.75	+00:05:53 (23.9%)	4:50	12.4 (76.1%)
36	KASPRZYK Bogdan	84		M40	36	00:07:53	00:16:33	00:25:01.15	+00:06:13 (24.9%)	4:54	12.2 (74.8%)
37	WALCZAK Rafał	202		M40	37	00:07:12	00:16:05	00:25:11.20	+00:06:23 (25.4%)	4:56	12.2 (74.8%)
38	BUTRYM Wiktor	25	BAŁTYK KOSZALIN	M40	38	00:07:43	00:16:25	00:25:17.95	+00:06:30 (25.7%)	4:57	12.1 (74.2%)
39	ORŁOWSKI Paweł	140		M40	39	00:08:05	00:16:47	00:25:29.10	+00:06:41 (26.2%)	4:59	12 (73.6%)
40	KANIEWSKI Jacek	82	W. P. K. SŁOŃ TEAM USTKA	M40	40	00:07:52	00:16:34	00:25:30.10	+00:06:42 (26.3%)	5:00	12 (73.6%)
41	ANTKOWIAK Sebastian	4	DB - ACTIVE	M40	41	00:07:26	00:16:21	00:25:34.75	+00:06:46 (26.5%)	5:00	12 (73.6%)
42	MONGIAŁO Marcin	131		M40	42	00:08:07	00:17:01	00:25:39.85	+00:06:52 (26.8%)	5:01	11.9 (73.0%)
43	KINOWSKI Karol	89	CHRUPI, CHRUPI...	M40	43	00:08:21	00:17:16	00:25:44.85	+00:06:57 (27.0%)	5:02	11.9 (73.0%)
44	ORŁOWSKI Bartosz	34	51050942	M40	44	00:07:51	00:16:57	00:25:52.70	+00:07:04 (27.4%)	5:04	11.8 (72.4%)
45	KARASIEWICZ Robert	83		M40	45	00:08:04	00:17:01	00:26:19.85	+00:07:32 (28.6%)	5:09	11.6 (71.2%)
46	KANIEWSKI Paweł	81		M40	46	00:08:08	00:17:19	00:26:38.85	+00:07:51 (29.5%)	5:13	11.5 (70.6%)
47	GUTOWSKI Marek	58		M40	47	00:08:47	00:18:15	00:27:46.65	+00:08:58 (32.3%)	5:26	11 (67.5%)
48	PIETRYKA Artur	154	KARLINOBIEGAJ	M40	48	00:08:58	00:18:44	00:28:36.25	+00:09:48 (34.3%)	5:36	10.7 (65.6%)
49	TOMCZYK Krzysztof	199		M40	49	00:09:36	00:19:55	00:30:03.60	+00:11:15 (37.5%)	5:53	10.2 (62.6%)
50	KWOLEK Maciej	109		M40	50	00:09:16	00:20:27	00:31:41.80	+00:12:54 (40.7%)	6:12	9.7 (59.5%)
51	HARASYM Daniel	62	FUNDACJA ZASTOPUJ	M40	51	00:09:54	00:20:51	00:32:10.90	+00:13:23 (41.6%)	6:18	9.5 (58.3%)

Znaleziono 51 wynik(ów)