

## XIV BIEG WENEDÓW - 10KM

### Organizator:

Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej

### Data:

2016-05-22

### Miejsce:

Koszalin

### Dystans:

10 km

### Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ZBLEWSKI Tadeusz	502	4RUN TEAM BYTÓW	M-30	1	00:02:29	00:18:46	00:35:25.00	00:37:54.55		3:32	16.9
2	STENCEL Maciej	433		M-30	2	00:02:31	00:20:37	00:40:23.65	00:42:55.35	+00:04:58	4:02	14.9
3	OSMULSKI Marcin	399	JW1223	M-30	3	00:02:34	00:19:54	00:40:29.15	00:43:03.90	+00:05:04	4:02	14.8
4	BRZOZOWSKI Piotr	312	BIEGAJĄCY TCZEW	M-30	4	00:02:30	00:20:06	00:40:59.80	00:43:30.50	+00:05:34	4:06	14.6
5	WOJCIECHOWICZ Jacek	459	WWW.STUDIOTANCAPASJA.PL	M-30	5	00:02:30	00:19:51	00:42:58.30	00:45:29.15	+00:07:33	4:17	14
6	TUTUS Michał	425	JW1223	M-30	6	00:02:33	00:21:40	00:43:39.00	00:46:12.60	+00:08:14	4:21	13.7
7	NOWAKOWSKI Rafał	398		M-30	7	00:02:31	00:21:48	00:43:49.00	00:46:20.55	+00:08:24	4:22	13.7
8	SMAGOWSKI Wojtek	426	K.B.SPRINT SWIDWIN	M-30	8	00:02:34	00:21:45	00:43:56.75	00:46:31.05	+00:08:31	4:23	13.7
9	SROKA Sylwester	474		M-30	9	00:02:33	00:22:09	00:44:02.35	00:46:35.60	+00:08:37	4:24	13.6
10	CIUPA Marcin	499		M-30	10	00:02:40	00:22:18	00:44:30.50	00:47:11.00	+00:09:05	4:27	13.5
11	PŁAŻAŁSKI Przemysław	508	RUN GRYF GRYFICE	M-30	11	00:02:30	00:22:34	00:45:19.30	00:47:49.35	+00:09:54	4:31	13.2
12	ŚNIEŻKO Marcin	501	TKKF KOSZALIN	M-30	12	00:02:41	00:22:30	00:45:20.65	00:48:02.15	+00:09:55	4:32	13.2
13	KOWALSKI Łukasz	367		M-30	13	00:02:32	00:23:27	00:45:47.55	00:48:19.85	+00:10:22	4:34	13.1
14	LESZCZYŃSKI Tomasz	380		M-30	14	00:02:47	00:23:15	00:46:55.95	00:49:43.50	+00:11:30	4:41	12.8
15	KRAWCZUK Szymon	371	GEPARD GLEŻNOWO	M-30	15	00:02:42	00:23:54	00:47:01.20	00:49:43.60	+00:11:36	4:42	12.8
16	NAGRABECKI Hubert	395		M-30	16	00:02:32	00:23:27	00:47:26.40	00:49:58.90	+00:12:01	4:44	12.6
17	SZYMCZAK Michał	469		M-30	17	00:02:30	00:22:45	00:48:02.85	00:50:32.90	+00:12:37	4:48	12.5
18	ŁABEJSZA Łukasz	382	WOJOWNICY WÓDY	M-30	18	00:02:40	00:23:32	00:48:23.65	00:51:03.70	+00:12:58	4:50	12.4
19	KORZEC Artur	364		M-30	19	00:02:34	00:23:41	00:48:31.40	00:51:06.35	+00:13:06	4:51	12.4
20	WYSOCKI Lukasz	463		M-30	20	00:02:47	00:24:20	00:48:47.50	00:51:34.80	+00:13:22	4:52	12.3
21	ŚWIĘTOŃ Rafał	443		M-30	21	00:02:43	00:23:44	00:49:18.10	00:52:01.35	+00:13:53	4:55	12.2
22	JÓŻWIAK Mariusz	344		M-30	22	00:02:35	00:24:54	00:51:14.10	00:53:49.15	+00:15:49	5:07	11.7
23	JURKIEWICZ Andrzej	345	JW 1223	M-30	23	00:02:41	00:25:33	00:51:16.50	00:53:58.15	+00:15:51	5:07	11.7
24	WICHER Krzysztof	454	ADWOKATURA/ZHP	M-30	24	00:02:38	00:24:08	00:51:22.50	00:54:01.00	+00:15:57	5:08	11.7
25	KISIEL Michał	353	TEAM BIEGOWY SZCZECINEK	M-30	25	00:02:39	00:24:46	00:51:30.50	00:54:10.35	+00:16:05	5:09	11.6
26	KOPACZ Rafał	360	RAFALKOPACZ.PL	M-30	26	00:02:36	00:23:53	00:51:34.40	00:54:10.85	+00:16:09	5:09	11.6
27	KACZMAREK Łukasz	348	WOJOWNICY WÓDY	M-30	27	00:02:40	00:24:22	00:51:55.85	00:54:36.05	+00:16:30	5:11	11.6
28	MAJKOWICZ Mirosław	489		M-30	28	00:02:41	00:25:30	00:52:05.70	00:54:47.25	+00:16:40	5:12	11.5
29	SZAFIRSKI Sebastian	437		M-30	29	00:02:40	00:25:10	00:52:39.75	00:55:20.50	+00:17:14	5:16	11.4
30	ĆWIKLIŃSKI Jakub	317		M-30	30	00:02:41	00:25:56	00:52:41.95	00:55:23.30	+00:17:16	5:16	11.4

Msc	Imię i Nazwisko	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	Różn	Tempo min/km	Tempo km/h	
31	STAWISZYŃSKI Jarosław	430	FORUM ROZWOJU KOSZALINA	M-30	31	00:02:46	00:26:38	00:53:26.20	00:55:52.90	+00:17:41	5:18	11.3
32	TESKA Bartosz	431		M-30	32	00:02:39	00:25:52	00:53:10.95	00:55:59.15	+00:17:55	5:20	11.2
33	SZARY Szymon	438		M-30	33	00:02:46	00:27:07	00:54:11.55	00:56:58.30	+00:18:46	5:25	11.1
34	KUPREWICZ Grzegorz	375	ROZBIEGANY KOSZALIN	M-30	34	00:02:34	00:25:59	00:54:16.15	00:56:50.85	+00:18:51	5:25	11.1
35	KUCHARCZYK Jacek	485	BIAŁY ZĄBEK	M-30	35	00:02:38	00:25:35	00:54:49.85	00:57:28.20	+00:19:24	5:29	10.9
36	BARAN Grzegorz	303		M-30	36	00:02:35	00:26:37	00:55:01.80	00:57:37.65	+00:19:36	5:30	10.9
37	ROGALSKI Roberto	472	TKKF KOSZALIN	M-30	37	00:02:34	00:25:19	00:55:17.00	00:57:51.50	+00:19:52	5:31	10.9
38	GIBES Maciej	332		M-30	38	00:02:45	00:27:22	00:55:25.55	00:58:11.20	+00:20:00	5:32	10.8
39	SZMIGIERO Sebastian	440		M-30	39	00:02:38	00:27:03	00:57:05.90	00:59:44.50	+00:21:40	5:42	10.5
40	SIEPRACKI Adam	424	FORUM ROZWOJU KOSZALINA	M-30	40	00:02:46	00:28:32	00:57:49.15	01:00:35.85	+00:22:24	5:46	10.4
41	GAWLIK Artur	331	BIEGNIJMY.PL	M-30	41	00:02:42	00:26:42	00:57:50.00	01:00:32.00	+00:22:25	5:47	10.4
42	PIOTROWSKI Marcin	404		M-30	42	00:02:38	00:26:54	00:58:48.70	01:01:26.70	+00:23:23	5:52	10.2
43	RETERSKI Przemysław	416		M-30	43	00:02:48	00:27:41	00:58:51.15	01:01:39.25	+00:23:26	5:53	10.2
44	WEGNER Przemysław	452		M-30	44	00:02:45	00:27:24	00:59:36.00	01:02:21.00	+00:24:11	5:57	10.1
45	ZIELIŃSKI Jarosław	503		M-30	45	00:02:42	00:27:58	01:00:34.90	01:03:17.05	+00:25:09	6:03	9.9
46	SZYSZKOWSKI Tomasz	441		M-30	46	00:02:38	00:30:20	01:04:02.85	01:06:41.15	+00:28:37	6:24	9.4
47	GAJC Bartek	330		M-30	47	00:02:49	00:30:17	01:04:53.30	01:07:42.30	+00:29:28	6:29	9.2
48	OSTAPIŃSKI Tomasz	400		M-30	48	00:02:45	00:32:45	01:10:22.95	01:13:08.90	+00:34:57	7:02	8.5
49	MADEJAK Paweł	384		M-30	49	00:02:35	00:34:05	01:13:09.85	01:15:45.10	+00:37:44	7:19	8.2

Znaleziono 49 wynik(ów)