



Klasyfikacja: M-40

XIV BIEG WENEDÓW - 10KM

B4SPORT

Organizator:

Koszalińskie Towarzystwo Krzewienia Kultury

Data:

2016-05-22

Miejsce:

Koszalin

Dystans:

10 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	POLAK Szymon	407		M-40	1	00:02:31	00:19:21	00:39:08.90	00:41:40.45		3:54	15.3 (100%)
2	RYŚKIEWICZ Rafał	421		M-40	2	00:02:29	00:19:15	00:40:25.90	00:42:55.45	+00:01:17 (3.2%)	4:02	14.8 (96.7%)
3	BAJGERT Robert	302	KB WYGAN/VOLTAIX.PL	M-40	3	00:02:33	00:20:41	00:41:44.30	00:44:17.60	+00:02:35 (6.2%)	4:10	14.4 (94.1%)
4	WIDONIAK Rafał	506	BIEGNIJMY.PL	M-40	4	00:02:34	00:20:26	00:42:54.60	00:45:29.45	+00:03:45 (8.8%)	4:17	14 (91.5%)
5	GÓRNY Norbert	334	FORMA ROSNOWO	M-40	5	00:02:40	00:20:28	00:42:57.45	00:45:38.30	+00:03:48 (8.9%)	4:17	14 (91.5%)
6	ZWOLIŃSKI Jan	473	TKKF KOSZALIN	M-40	6	00:02:31	00:21:09	00:43:50.15	00:46:21.50	+00:04:41 (10.7%)	4:23	13.7 (89.5%)
7	WYSZKOWSKI Marcin	464	KB WYGAN	M-40	7	00:02:39	00:21:54	00:44:46.35	00:47:25.45	+00:05:37 (12.6%)	4:28	13.4 (87.6%)
8	JASICZEK Dariusz	342	CSSP KOSZALIN	M-40	8	00:02:41	00:22:17	00:44:49.80	00:47:30.85	+00:05:40 (12.7%)	4:28	13.4 (87.6%)
9	STENDERA Maik	479	TSV BLAU WEISS 65 SCHWEDT E,V.SCHWEDTER HASEN	M-40	9	00:02:36	00:22:12	00:45:14.05	00:47:50.50	+00:06:05 (13.5%)	4:31	13.3 (86.9%)
10	STEFANOWICZ Paweł	484		M-40	10	00:02:31	00:21:47	00:45:28.90	00:48:00.15	+00:06:20 (13.9%)	4:32	13.2 (86.3%)
11	KAMELSKI Piotr	350	B/K	M-40	11	00:02:30	00:23:19	00:47:18.05	00:49:49.00	+00:08:09 (17.2%)	4:43	12.7 (83.0%)
12	KSZCZANOWICZ Jacek	374		M-40	12	00:02:38	00:23:03	00:47:32.75	00:50:11.05	+00:08:23 (17.7%)	4:45	12.6 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
13	ATAŁAP Artur	301		M-40	13	00:02:34	00:23:29	00:48:11.70	00:50:45.90	+00:09:02 (18.8%)	4:49	12.5 (81.7%)
14	IWANIEC Dariusz	470	TKKF KOSZALIN	M-40	14	00:02:36	00:23:39	00:48:28.75	00:51:05.40	+00:09:19 (19.2%)	4:50	12.4 (81.0%)
15	KAŻMIERCZAK Robert	494		M-40	15	00:02:39	00:23:55	00:48:44.05	00:51:23.45	+00:09:35 (19.7%)	4:52	12.3 (80.4%)
16	JASIENIECKI Piotr	343		M-40	16	00:02:32	00:24:42	00:49:03.45	00:51:35.50	+00:09:54 (20.2%)	4:54	12.2 (79.7%)
17	KRASIŃSKI Witold	369		M-40	17	00:02:35	00:23:51	00:49:56.40	00:52:32.00	+00:10:47 (21.6%)	4:59	12 (78.4%)
18	HESSEL Lars	477	SV TURBINE NEUBRANDENBURG	M-40	18	00:02:31	00:24:24	00:51:02.40	00:53:34.30	+00:11:53 (23.3%)	5:06	11.8 (77.1%)
19	WAWRZYN Grzegorz	450	COPY-SERWIS	M-40	19	00:02:32	00:23:59	00:51:25.05	00:53:57.05	+00:12:16 (23.9%)	5:08	11.7 (76.5%)
20	DROZDZ Mariusz	321		M-40	20	00:02:41	00:25:04	00:52:46.50	00:55:28.15	+00:13:37 (25.8%)	5:16	11.4 (74.5%)
21	KAJKOWSKI Rafał	349	CSSP KOSZALIN	M-40	21	00:02:50	00:27:03	00:54:07.95	00:56:58.55	+00:14:59 (27.7%)	5:24	11.1 (72.5%)
22	PUDŁO Paweł	492	NIGHT RUNNERS SŁUPSK	M-40	22	00:02:38	00:25:15	00:54:19.55	00:56:58.05	+00:15:10 (27.9%)	5:26	11 (71.9%)
23	DĄBROWSKI Grzegorz	320		M-40	23	00:02:32	00:25:52	00:54:29.85	00:57:02.45	+00:15:20 (28.2%)	5:27	11 (71.9%)
24	MLAZGA Jacek	392		M-40	24	00:02:44	00:27:08	00:54:44.10	00:57:28.65	+00:15:35 (28.5%)	5:28	11 (71.9%)
25	MAŁETKA Piotr	505	COLBERG TEAM	M-40	25	00:02:42	00:27:01	00:55:14.75	00:57:57.65	+00:16:05 (29.1%)	5:31	10.9 (71.2%)
26	ŚLUSZRZ Krzysztof	442		M-40	26	00:02:43	00:27:16	00:55:17.65	00:58:01.05	+00:16:08 (29.2%)	5:31	10.8 (70.6%)
27	MARTYNOWSKI Marcin	389		M-40	27	00:02:35	00:27:19	00:55:26.30	00:58:01.35	+00:16:17 (29.4%)	5:32	10.8 (70.6%)
28	KOROL Krzysztof	363		M-40	28	00:02:36	00:26:13	00:55:45.70	00:58:22.35	+00:16:36 (29.8%)	5:34	10.8 (70.6%)
29	TURCZYN Grzegorz	444	NIGHT RUNNERS SŁUPSK	M-40	29	00:02:39	00:26:44	00:55:58.00	00:58:37.35	+00:16:49 (30.1%)	5:35	10.7 (69.9%)
30	KOLAKOWSKI Dariusz	504	K. B. SPRINT ŚWIDWIN	M-40	30	00:02:46	00:26:53	00:57:07.95	00:59:54.70	+00:17:59 (31.5%)	5:42	10.5 (68.6%)
31	WARZECHA Bartosz	449		M-40	31	00:02:46	00:27:55	00:57:12.40	00:59:59.25	+00:18:03 (31.6%)	5:43	10.5 (68.6%)
32	ZIELIŃSKI Ernest	298		M-40	32	00:02:37	00:28:12	00:57:40.70	01:00:17.80	+00:18:31 (32.1%)	5:46	10.4 (68.0%)
33	DANOWSKI Maciej	510	KB 'DZIESIĄTKA BIAŁOGARD'	M-40	33	00:02:35	00:28:14	00:57:42.10	01:00:17.95	+00:18:33 (32.2%)	5:46	10.4 (68.0%)
34	RASZPLA Radosław	413	CIOTECZKI.PL	M-40	34	00:02:36	00:25:21	00:58:17.50	01:00:54.30	+00:19:08 (32.8%)	5:49	10.3 (67.3%)
35	PIETRZYCKI Dariusz	497		M-40	35	00:02:38	00:27:53	00:58:36.35	01:01:14.50	+00:19:27 (33.2%)	5:51	10.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
36	FAJGIER Tomasz	325		M-40	36	00:02:35	00:26:32	00:59:43.60	01:02:19.15	+00:20:34 (34.5%)	5:58	10 (65.4%)
37	BRESZKA Paweł	311	RUNNERSWALDE DARŁOWO	M-40	37	00:02:42	00:29:49	01:01:45.15	01:04:27.45	+00:22:36 (36.6%)	6:10	9.7 (63.4%)
38	TWITCHETT Iain	445	LONE BADGER	M-40	38	00:02:43	00:30:27	01:03:25.95	01:06:09.65	+00:24:17 (38.3%)	6:20	9.5 (62.1%)
39	KRYSIAK Andrzej	483		M-40	39	00:02:37	00:28:33	01:03:45.60	01:06:23.10	+00:24:36 (38.6%)	6:22	9.4 (61.4%)
40	WITKIEWICZ Eryk	500	KB 'DZIESIĄTKA BIAŁOGARD'	M-40	40	00:02:30	00:19:54			+00:00:33	3:58	15.1 (98.7%)
	BEMOWICZ Tomasz	493	KB WYGAN	M-40		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 41 wynik(ów)