



Organizator:

Data:

Miejsce:

Dystans:

XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu
2018-03-11
Kołobrzeg
15 km

B4SPORT



Klasyfikacja: M30-Powiat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	KUBISZ Mateusz	296	KOŁOBRZEG MARATON TEAM	M30	5	00:02:39	00:27:53	00:30:42	00:56:55	00:59:38.05		3:58	15.1 (100%)
2	PISKORZ Szymon	431	KP PSP GRYFICE	M30	6	00:02:41	00:28:34	00:31:25	00:58:14	01:00:51.95	+00:01:13 (2.0%)	4:03	14.8 (98.0%)
3	ZAWADZKI Damian	635	KB WYGAN	M35	13	00:02:59	00:30:54	00:33:57	01:02:21	01:05:19.20	+00:05:41 (8.7%)	4:21	13.8 (91.4%)
4	SZCZYGIELSKI Radosław	552		M30	13	00:03:00	00:31:46	00:35:01	01:04:54	01:08:05.75	+00:08:27 (12.4%)	4:32	13.2 (87.4%)
5	FRYDRYCH Wojciech	133	KOŁOBRZEG MARATON TEAM	M30	14	00:03:05	00:32:34	00:35:46	01:05:14	01:08:09.85	+00:08:31 (12.5%)	4:32	13.2 (87.4%)
6	KUKIEŁKA Wojciech	300		M35	27	00:03:59	00:34:58	00:38:20	01:08:53	01:12:07.80	+00:12:29 (17.3%)	4:48	12.5 (82.8%)
7	POMORYNKO Krzysztof	443		M35	29	00:03:24	00:34:59	00:38:23	01:10:41	01:13:55.90	+00:14:17 (19.3%)	4:55	12.2 (80.8%)
8	BANAŚ Adam	18		M35	30	00:03:16	00:34:40	00:38:11	01:10:39	01:14:01.45	+00:14:23 (19.4%)	4:56	12.2 (80.8%)
9	JANKOWIAK Marek	205		M35	36	00:03:57	00:38:01	00:41:37	01:14:21	01:17:51.30	+00:18:13 (23.4%)	5:11	11.6 (76.8%)
10	SZCZYGIELSKI Michał	553	KOŁOBRZEG MARATON TEAM	M35	39	00:03:28	00:36:16	00:39:56	01:15:42	01:19:11.45	+00:19:33 (24.7%)	5:16	11.4 (75.5%)
11	HRYCAJ Tomasz	197		M30	30	00:03:35	00:36:59	00:40:45	01:15:43	01:19:20.00	+00:19:41 (24.8%)	5:17	11.3 (74.8%)
12	SIKORSKI Adam	508	SIKORROWO	M30	32	00:03:20	00:36:25	00:40:22	01:16:09	01:19:34.35	+00:19:56 (25.1%)	5:18	11.3 (74.8%)
13	ZIENCINA Marcin	640		M35	40	00:03:46	00:38:10	00:42:04	01:16:49	01:20:12.80	+00:20:34 (25.7%)	5:20	11.2 (74.2%)
14	MYSZYŃSKI Paweł	382		M35	43	00:03:26	00:36:21	00:40:04	01:17:49	01:21:49.10	+00:22:11 (27.1%)	5:27	11 (72.8%)
15	KIEŁKOWSKI Przemysław	248	KOŁOBRZEG MARATON TEAM	M35	44	00:03:48	00:38:44	00:42:33	01:18:55	01:22:15.10	+00:22:37 (27.5%)	5:29	10.9 (72.2%)
16	RONIJ Łukasz	482	ANDREW'S TEAM	M35	46	00:04:06	00:41:13	00:44:38	01:19:47	01:23:21.75	+00:23:43 (28.5%)	5:33	10.8 (71.5%)
17	BUDZICH Marcin	56		M30	35	00:03:57	00:41:19	00:45:22	01:21:34	01:24:43.95	+00:25:05 (29.6%)	5:38	10.6 (70.2%)
18	DOBEK Tomasz	104		M30	36	00:03:58	00:40:23	00:44:22	01:21:13	01:24:48.95	+00:25:10 (29.7%)	5:39	10.6 (70.2%)
19	SZCZERBA Łukasz	550		M30	39	00:04:17	00:41:02	00:44:59	01:21:50	01:25:36.65	+00:25:58 (30.3%)	5:42	10.5 (69.5%)
20	KRZESIŃSKI Michał	292		M30	41	00:03:30	00:35:07	00:38:48	01:21:15	01:25:48.90	+00:26:10 (30.5%)	5:43	10.5 (69.5%)
21	MICHAŁSKI Adam	653		M35	53	00:03:36	00:39:46	00:43:54	01:22:36	01:26:23.95	+00:26:45 (31.0%)	5:45	10.4 (68.9%)
22	KAZIMIERSKI Marek	242		M30	44	00:03:27	00:39:24	00:43:42	01:28:34	01:33:20.95	+00:33:42 (36.1%)	6:13	9.6 (63.6%)
23	SPIESZYŃSKI Michał	522		M30	45	00:03:55	00:41:40	00:46:07	01:29:29	01:34:10.30	+00:34:32 (36.7%)	6:16	9.6 (63.6%)
24	ROMAŃSKI Maciej	480	TATACOWYMIATA	M30	48	00:04:09	00:43:05	00:47:26	01:30:18	01:34:43.20	+00:35:05 (37.0%)	6:18	9.5 (62.9%)
25	REMBARZ Piotr	469		M30	50	00:03:49	00:41:23	00:45:49	01:32:40	01:37:58.10	+00:38:20 (39.1%)	6:31	9.2 (60.9%)
26	JANKOWSKI Remigiusz	207		M35	64	00:04:03	00:47:00	00:52:17	01:42:52	01:47:21.60	+00:47:43 (44.5%)	7:09	8.4 (55.6%)
27	KAZIMIERSKI Piotr	241		M30	52	00:03:01	00:32:11	00:35:42			+00:05:00	4:32	13.2 (87.4%)

