



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: M40

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	FIDO Adam	128	36DROP	M40	1	00:02:32	00:26:44	00:29:22	00:53:20	00:55:42.25		3:42	16.2 (100%)
2	POLAK Szymon	440	ROZBIEGANY KOSZALIN	M40	2	00:02:32	00:26:20	00:28:58	00:53:38	00:56:18.15	+00:00:35 (1.1%)	3:45	16 (98.8%)
3	RUTKOWSKI Jan	492	GKS KASZUBI LUZINO	M40	3	00:02:39	00:27:33	00:30:18	00:55:32	00:58:03.75	+00:02:21 (4.1%)	3:52	15.5 (95.7%)
4	RUDNIKOWSKI Maciej	488	BIEGUZDROWISKOWY.PL	M40	4	00:02:36	00:27:25	00:30:14	00:56:14	00:58:51.30	+00:03:09 (5.4%)	3:55	15.3 (94.4%)
5	WITKIEWICZ Eryk	615		M40	5	00:02:40	00:28:11	00:30:57	00:56:12	00:58:56.10	+00:03:13 (5.5%)	3:55	15.3 (94.4%)
6	ŻMUDA Tomasz	644	CW FANZA KOŁOBRZEG	M40	6	00:02:37	00:27:47	00:30:37	00:56:30	00:59:17.10	+00:03:34 (6.0%)	3:57	15.2 (93.8%)
7	KONARSKI Bartosz	260	ERAKAWY RUNNERS	M40	7	00:02:43	00:28:22	00:31:10	00:56:44	00:59:27.80	+00:03:45 (6.3%)	3:57	15.1 (93.2%)
8	CZOSNOWSKI Krzysztof	91	KB HERMES GRYFINO	M40	8	00:02:43	00:28:12	00:31:00	00:56:57	00:59:36.15	+00:03:53 (6.5%)	3:58	15.1 (93.2%)
9	GROCHOWALSKI Rafał	170	21 BLT/K.B. SPRINT ŚWIDWIN	M40	9	00:02:46	00:28:23	00:31:13	00:57:22	01:00:07.65	+00:04:25 (7.4%)	4:00	15 (92.6%)
10	SAPIKOWSKI Mariusz	502	ROZBIEGANY GOLENIÓW	M40	10	00:02:40	00:28:18	00:31:10	00:57:37	01:00:18.45	+00:04:36 (7.6%)	4:01	14.9 (92.0%)
11	FIAŁKA Maciej	127	LOKATOR PIŁA	M40	11	00:02:42	00:28:29	00:31:22	00:57:39	01:00:22.30	+00:04:40 (7.7%)	4:01	14.9 (92.0%)
12	BURDA Robert	62	KOSPEL	M40	12	00:02:44	00:28:24	00:31:16	00:57:55	01:00:41.30	+00:04:59 (8.2%)	4:02	14.8 (91.4%)
13	PIECYK Robert	429		M40	13	00:02:43	00:28:45	00:31:41	00:58:25	01:01:14.75	+00:05:32 (9.0%)	4:05	14.7 (90.7%)
14	PRENDECKI Marcin	446		M40	14	00:02:58	00:29:34	00:32:24	01:00:02	01:02:51.35	+00:07:09 (11.4%)	4:11	14.3 (88.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All	Spike_All	Bike_All	Spike_All	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km				
15	CENTKA Michał	67	TEAM ŚWIĘTA	M40	15	00:02:39	00:28:59	00:31:56	01:00:10	01:03:11.15	+00:07:28 (11.8%)	4:12	14.2 (87.7%)
16	ANTOSIK Grzegorz	12	KB BRYZA POSTOMINO	M40	16	00:02:54	00:30:08	00:33:04	01:01:16	01:04:04.10	+00:08:21 (13.1%)	4:16	14 (86.4%)
17	HARASIMOWICZ Sławek	184	DĘBNOTEAM	M40	17	00:02:40	00:29:03	00:32:09	01:01:16	01:04:09.55	+00:08:27 (13.2%)	4:16	14 (86.4%)
18	TOMALIK Karol	662	KAROLMAN	M40	18	00:02:56	00:30:14	00:33:15	01:01:15	01:04:16.65	+00:08:34 (13.3%)	4:17	14 (86.4%)
19	PRYK Rafał	456	ROZBIEGANY GOLENIÓW	M40	19	00:02:52	00:30:31	00:33:36	01:01:44	01:04:35.30	+00:08:53 (13.8%)	4:18	13.9 (85.8%)
20	PAKULSKI Marcin	413		M40	20	00:03:12	00:30:37	00:33:40	01:01:49	01:04:41.65	+00:08:59 (13.9%)	4:18	13.9 (85.8%)
21	SOBCZYK Łukasz	516	KOŁOBRZEG BIEGA	M40	21	00:02:52	00:29:53	00:32:53	01:01:41	01:04:42.50	+00:09:00 (13.9%)	4:18	13.9 (85.8%)
22	STEFANOWICZ Paweł	530	ORLEN RUNNING TEAM	M40	22	00:02:56	00:30:37	00:33:48	01:02:09	01:05:05.95	+00:09:23 (14.4%)	4:20	13.8 (85.2%)
23	GŁOĆKO Wojciech	153		M40	23	00:02:41	00:30:06	00:33:07	01:01:53	01:05:08.40	+00:09:26 (14.5%)	4:20	13.8 (85.2%)
24	BARANOWSKI Piotr	19		M40	24	00:03:01	00:30:58	00:34:02	01:02:44	01:05:54.40	+00:10:12 (15.5%)	4:23	13.7 (84.6%)
25	BZDAWKA Rafał	66	KPW ŚWINOUJŚCIE	M40	25	00:03:07	00:32:02	00:35:06	01:02:59	01:05:55.35	+00:10:13 (15.5%)	4:23	13.7 (84.6%)
26	CHOMONT Rafał	74		M40	26	00:03:03	00:31:18	00:34:25	01:03:42	01:06:49.80	+00:11:07 (16.6%)	4:27	13.5 (83.3%)
27	WARDYN Jarek	600		M40	27	00:02:58	00:31:52	00:34:57	01:04:03	01:06:54.95	+00:11:12 (16.8%)	4:27	13.4 (82.7%)
28	JANKIEWICZ Tomasz	204	MTS HAMER MIASTKO	M40	28	00:02:48	00:31:45	00:35:00	01:04:49	01:07:51.10	+00:12:08 (17.9%)	4:31	13.3 (82.1%)
29	OLESZCZAK Robert	399	KP PSP GRYFICE	M40	29	00:03:13	00:31:42	00:34:51	01:04:42	01:07:51.70	+00:12:09 (17.9%)	4:31	13.3 (82.1%)
30	TWARÓG Eugeniusz	585		M40	30	00:02:59	00:31:32	00:34:46	01:05:01	01:08:02.15	+00:12:19 (18.1%)	4:32	13.2 (81.5%)
31	SURDACKI Piotr	545		M40	31	00:02:59	00:31:55	00:35:10	01:05:11	01:08:15.30	+00:12:33 (18.4%)	4:33	13.2 (81.5%)
32	AUGUSTYNIAK Grzegorz	14	PAN	M40	32	00:03:09	00:32:33	00:35:50	01:06:02	01:09:07.85	+00:13:25 (19.4%)	4:36	13 (80.2%)
33	ŻMUDA Jarosław	646	CW FANZA KOŁOBRZEG	M40	33	00:03:01	00:32:30	00:35:50	01:06:11	01:09:08.35	+00:13:26 (19.4%)	4:36	13 (80.2%)
34	SZYMANOWICZ Łukasz	565		M40	34	00:03:04	00:31:34	00:34:51	01:05:47	01:09:09.30	+00:13:27 (19.5%)	4:36	13 (80.2%)
35	KASPEROWICZ Dariusz	239	WIECZORNE BIEGANIE W SZCZECINIE	M40	35	00:03:10	00:31:38	00:34:51	01:06:08	01:09:23.70	+00:13:41 (19.7%)	4:37	13 (80.2%)
36	BRATUŚ Andrzej	45	EUROTRUCK S.C.	M40	36	00:03:08	00:32:40	00:36:00	01:06:34	01:09:44.85	+00:14:02 (20.1%)	4:39	12.9 (79.6%)
37	TALAREK Robert	575	KRZEWINKOWA	M40	37	00:03:07	00:32:41	00:36:09	01:07:29	01:10:34.30	+00:14:52 (21.1%)	4:42	12.8 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All	Spike_All	Bike_All	Spike_All	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km				
38	KOŁTUNIAK Hubert	259		M40	38	00:03:19	00:33:39	00:36:55	01:07:46	01:10:55.00	+00:15:12 (21.5%)	4:43	12.7 (78.4%)
39	TOWSTOKORY Marek	579		M40	39	00:02:58	00:33:15	00:36:42	01:07:54	01:11:17.05	+00:15:34 (21.9%)	4:45	12.6 (77.8%)
40	NADOLNY Przemysław	384	INTER-COPY SZCZECIN	M40	40	00:03:24	00:34:23	00:37:45	01:09:16	01:12:27.35	+00:16:45 (23.1%)	4:49	12.4 (76.5%)
41	WĘDZIŃSKI Maciej	607	RUNGRYF GRYFICE	M40	41	00:03:05	00:32:50	00:36:18	01:09:07	01:12:29.85	+00:16:47 (23.2%)	4:50	12.4 (76.5%)
42	CYNARSKI Marek	87		M40	42	00:03:29	00:34:57	00:38:20	01:10:12	01:13:30.40	+00:17:48 (24.2%)	4:54	12.2 (75.3%)
43	TROCKI Robert	580		M40	43	00:03:08	00:34:41	00:38:09	01:10:32	01:13:46.60	+00:18:04 (24.5%)	4:55	12.2 (75.3%)
44	SZUBERT Marcin	563	KOŁOBRZEG BIEGA	M40	44	00:03:45	00:35:55	00:39:22	01:11:05	01:14:31.75	+00:18:49 (25.3%)	4:58	12.1 (74.7%)
45	DOMAGAŁA Sławomir	107	KORYUKAN ŚWIDWIN	M40	45	00:03:19	00:34:06	00:37:37	01:11:02	01:14:43.20	+00:19:00 (25.4%)	4:58	12 (74.1%)
46	SZYPOSZYŃSKI Kamil	570	MECENAS I PRZYJACIELE	M40	46	00:03:21	00:34:07	00:37:39	01:11:02	01:14:44.00	+00:19:01 (25.5%)	4:58	12 (74.1%)
47	BARTOSZUK Adam	26	MORSY KOŁOBRZEG	M40	47	00:03:26	00:36:24	00:39:58	01:11:54	01:14:54.50	+00:19:12 (25.6%)	4:59	12 (74.1%)
48	CHORAŻEWSKI Sebastian	76		M40	48	00:03:11	00:34:58	00:38:28	01:11:48	01:15:01.75	+00:19:19 (25.8%)	5:00	12 (74.1%)
49	PRUSZANOW Marcin	452	KB HERMES GRYFINO	M40	49	00:03:32	00:35:53	00:39:18	01:12:01	01:15:14.80	+00:19:32 (26.0%)	5:01	12 (74.1%)
50	CIEPŁUCHA Marcin	81	SZCZECINBUKOWE	M40	50	00:03:18	00:34:01	00:37:27	01:11:36	01:15:19.30	+00:19:37 (26.0%)	5:01	11.9 (73.5%)
51	HERMAN Paweł	189	MLUKS TRZEBIATÓW	M40	51	00:03:28	00:35:14	00:38:40	01:12:16	01:15:44.25	+00:20:02 (26.5%)	5:03	11.9 (73.5%)
52	JĘDRZEJAK Maciej	216	BIEGACZE ŚWINOUJŚCIE	M40	52	00:03:20	00:35:02	00:38:34	01:12:15	01:15:48.95	+00:20:06 (26.5%)	5:03	11.9 (73.5%)
53	CEBULAK Dariusz	686	AT AKTYWNY TRZEBIATÓW	M40	53	00:03:26	00:35:29	00:39:05	01:12:19	01:15:49.50	+00:20:07 (26.5%)	5:03	11.9 (73.5%)
54	MAJCHRZAK Paweł	349	KARLINO BIEGAJ	M40	54	00:02:53	00:34:03	00:37:24	01:12:31	01:15:57.80	+00:20:15 (26.7%)	5:03	11.8 (72.8%)
55	ŻYWOT Norbert	651	KOŁOBRZEG BIEGA - PARKRUN	M40	55	00:03:09	00:34:46	00:38:22	01:12:28	01:15:59.40	+00:20:17 (26.7%)	5:04	11.8 (72.8%)
56	LEWANDOWSKI Jacek	325		M40	56	00:03:38	00:36:21	00:39:58	01:13:03	01:16:10.40	+00:20:28 (26.9%)	5:04	11.8 (72.8%)
57	CIESZYŃSKI Mariusz	83	BEAUTY STUDIO ŁĘBORK	M40	57	00:03:31	00:35:40	00:39:16	01:13:00	01:16:44.75	+00:21:02 (27.4%)	5:07	11.7 (72.2%)
58	KOWALCZYK Mariusz	276	ROZBIEGANY KOSZALIN	M40	58	00:03:24	00:35:59	00:39:56	01:13:38	01:16:50.50	+00:21:08 (27.5%)	5:07	11.7 (72.2%)
59	KUSZ Radosław	311	KRÓLICZKI W PLECAKU	M40	59	00:03:12	00:35:30	00:39:10	01:13:29	01:17:08.90	+00:21:26 (27.8%)	5:08	11.7 (72.2%)
60	TROJANOWICZ Wiesław	581		M40	60	00:03:49	00:35:47	00:39:32	01:13:31	01:17:23.30	+00:21:41 (28.0%)	5:09	11.6 (71.6%)

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						0.698km	7.151km	7.849km	14.303km				
61	LIZAKOWSKI Piotr	331	NYHA IV SZCZECIN	M40	61	00:03:26	00:35:27	00:39:07	01:13:57	01:17:31.80	+00:21:49 (28.2%)	5:10	11.6 (71.6%)
62	GUZIKIEWICZ Marcin	178	ROZBIEGANY GOLENIÓW	M40	62	00:03:33	00:35:13	00:38:46	01:13:04	01:17:38.95	+00:21:56 (28.3%)	5:10	11.6 (71.6%)
63	STOJECKI Bartosz	532	ROZBIEGANY GOLENIÓW	M40	63	00:03:34	00:35:14	00:38:47	01:13:05	01:17:39.15	+00:21:56 (28.3%)	5:10	11.6 (71.6%)
64	DOMAŃSKI Adam	109	JW 3775	M40	64	00:03:40	00:37:10	00:40:54	01:15:31	01:18:48.80	+00:23:06 (29.3%)	5:15	11.4 (70.4%)
65	JAWORSKI Robert	212	KB BRYZA POSTOMINO	M40	65	00:03:39	00:35:54	00:39:41	01:15:10	01:19:03.45	+00:23:21 (29.5%)	5:16	11.4 (70.4%)
66	PODKOWA Piotr	438	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	66	00:03:00	00:32:40	00:36:08	01:14:32	01:19:10.40	+00:23:28 (29.6%)	5:16	11.4 (70.4%)
67	CIBORSKI Sławomir	80	NIEZRZESZONY	M40	67	00:03:36	00:36:38	00:40:18	01:15:40	01:19:38.40	+00:23:56 (30.1%)	5:18	11.3 (69.8%)
68	BUJANOWSKI Grzegorz	58	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	68	00:03:32	00:36:37	00:40:27	01:16:27	01:20:14.15	+00:24:31 (30.6%)	5:21	11.2 (69.1%)
69	NIERYCHLEWSKI Maciej	388	BEZRZECZE TEAM	M40	69	00:03:36	00:37:54	00:41:38	01:16:36	01:20:17.00	+00:24:34 (30.6%)	5:21	11.2 (69.1%)
70	GAJEWSKI Przemysław	677		M40	70	00:03:49	00:39:04	00:42:53	01:16:39	01:20:25.10	+00:24:42 (30.7%)	5:21	11.2 (69.1%)
71	TWOROGAL Robert	586		M40	71	00:03:57	00:37:59	00:41:42	01:16:54	01:20:37.10	+00:24:54 (30.9%)	5:22	11.2 (69.1%)
72	DAWIDOWSKI Michał	96	KP PSP KAMIEŃ POMORSKI/ENDORFINA NOWOGARD	M40	72	00:03:31	00:37:58	00:41:39	01:17:12	01:20:42.35	+00:25:00 (31.0%)	5:22	11.2 (69.1%)
73	ADRYAN Adam	5	CKB SŁUPSK	M40	73	00:03:26	00:37:07	00:40:58	01:17:18	01:20:51.30	+00:25:09 (31.1%)	5:23	11.1 (68.5%)
74	SPYCHAŁA Maciej	523	WRONIECKI KLUB BIEGACZA	M40	74	00:04:04	00:41:28	00:45:26	01:18:14	01:21:29.65	+00:25:47 (31.6%)	5:25	11 (67.9%)
75	MALICKI Krzysztof	353	AKTYWNI Z CUKRZYCĄ	M40	75	00:03:58	00:39:14	00:43:08	01:19:39	01:23:16.10	+00:27:33 (33.1%)	5:33	10.8 (66.7%)
76	PRYCIŃSKI Krzysztof	455		M40	76	00:03:34	00:39:28	00:43:22	01:20:23	01:24:00.20	+00:28:17 (33.7%)	5:36	10.7 (66.0%)
77	DIDŁUCH Jacek	103	KOŁOBRZEG BIEGA MARATON TEAM	M40	77	00:03:14	00:36:34	00:40:17	01:20:28	01:24:18.45	+00:28:36 (33.9%)	5:37	10.7 (66.0%)
78	RZESZOTARSKI Jacek	498	SAR-BSR KOŁOBRZEG MARATON TEAM	M40	78	00:03:57	00:37:58	00:43:52	01:20:49	01:24:19.90	+00:28:37 (33.9%)	5:37	10.7 (66.0%)
79	PASTERNAK Wojciech	416		M40	79	00:04:03	00:40:40	00:44:42	01:22:46	01:26:21.55	+00:30:39 (35.5%)	5:45	10.4 (64.2%)
80	KOZŁOWSKI Maciej	282		M40	80	00:03:47	00:39:35	00:43:39	01:23:06	01:27:21.75	+00:31:39 (36.2%)	5:49	10.3 (63.6%)
81	ZIEMKIEWICZ Jarek	639	UKS RUNNING TEAM	M40	81	00:03:51	00:41:59	00:46:05	01:23:58	01:27:51.70	+00:32:09 (36.6%)	5:51	10.2 (63.0%)
82	DANOWSKI Maciej	94	FITNES CLUB FORMA	M40	82	00:03:49	00:40:38	00:44:54	01:24:30	01:27:52.65	+00:32:10 (36.6%)	5:51	10.2 (63.0%)
83	PUŚCIAN Krzysztof	460	SP W MANOWIE	M40	83	00:03:55	00:40:43	00:44:51	01:23:53	01:27:56.25	+00:32:14 (36.7%)	5:51	10.2 (63.0%)

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						0.698km	7.151km	7.849km	14.303km				
84	DEPTA Paweł	102		M40	84	00:04:08	00:42:25	00:46:30	01:24:15	01:27:59.85	+00:32:17 (36.7%)	5:52	10.2 (63.0%)
85	SKWARK Krzysztof	514		M40	85	00:03:55	00:40:25	00:44:34	01:23:39	01:28:00.15	+00:32:17 (36.7%)	5:52	10.2 (63.0%)
86	ADAMCZYK Piotr	3		M40	86	00:04:04	00:40:54	00:44:57	01:24:13	01:28:08.55	+00:32:26 (36.8%)	5:52	10.2 (63.0%)
87	BANAŚ Marcin	664	WIECZORNE BIEGANIE W SZCZECINIE	M40	87	00:03:43	00:38:36	00:42:45	01:23:54	01:28:15.80	+00:32:33 (36.9%)	5:53	10.2 (63.0%)
88	KACZOR Piotr	227	GWIEZDNA FLOTA MASZEWO	M40	88	00:03:59	00:42:49	00:47:03	01:25:45	01:29:42.65	+00:34:00 (37.9%)	5:58	10 (61.7%)
89	SZYMAŃSKI Artur	567	BS FAMILY TEAM	M40	89	00:03:59	00:41:22	00:45:32	01:26:09	01:30:19.70	+00:34:37 (38.3%)	6:01	10 (61.7%)
90	GARGULIŃSKI Andrzej	142		M40	90	00:04:03	00:42:02	00:46:20	01:26:43	01:30:37.90	+00:34:55 (38.5%)	6:02	9.9 (61.1%)
91	MAŁECKI Artur	357		M40	91	00:04:13	00:44:07	00:48:20	01:27:36	01:31:06.15	+00:35:23 (38.9%)	6:04	9.9 (61.1%)
92	SKRZYPCZAK Bogusław	652		M40	92	00:04:32	00:45:40	00:49:52	01:29:55	01:33:53.70	+00:38:11 (40.7%)	6:15	9.6 (59.3%)
93	GAŁUSZKA Marcin	139	FINISZ MORĄG	M40	93	00:03:55	00:42:28	00:47:01	01:29:31	01:34:26.45	+00:38:44 (41.0%)	6:17	9.5 (58.6%)
94	BRYNDZA Piotr	49		M40	94	00:04:05	00:43:16	00:47:34	01:30:43	01:35:34.60	+00:39:52 (41.7%)	6:22	9.4 (58.0%)
95	BONEW Marcin	665		M40	95	00:03:43	00:43:07	00:47:40	01:33:15	01:37:53.95	+00:42:11 (43.1%)	6:31	9.2 (56.8%)
96	PAWLIUTKIN Aleksandr	422		M40	96	00:04:05	00:44:40	00:49:13	01:33:50	01:38:13.00	+00:42:30 (43.3%)	6:32	9.2 (56.8%)
97	SIENICKI Piotr	507	FOR-REST-RUN TEAM	M40	97	00:03:46	00:43:07	00:47:52	01:34:14	01:39:02.20	+00:43:19 (43.8%)	6:36	9.1 (56.2%)
98	RZYDUCH Piotr	499		M40	98	00:04:03	00:45:27	00:49:51	01:35:23	01:39:47.95	+00:44:05 (44.2%)	6:39	9 (55.6%)
99	MŁYNAREK Piotr	376		M40	99	00:05:10	00:59:14	01:05:01	01:52:23	01:57:32.35	+01:01:50 (52.6%)	7:50	7.7 (47.5%)
100	KAMIŃSKI Andrzej	232		M40	100	00:05:11	00:59:15	01:05:02	01:52:24	01:57:34.35	+01:01:52 (52.6%)	7:50	7.7 (47.5%)
101	RADAWIEC Kamil	464		M40	101	00:02:49	00:28:51				+00:02:06	4:02	14.9 (92.0%)
102	DEJNEKO Tomasz	100		M40	102	00:03:40	00:40:11				+00:13:27	5:37	10.7 (66.0%)
103	BIZUNOWICZ Krystian	39	ROZBIEGANY GOLENIÓW	M40	103	02:09:59					+	185:41	0.3 (1.9%)