

XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

Organizator: Stowarzyszenie "Bieg Zaślubin";Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu
Data: 2018-03-11
Miejsce: Kołobrzeg
Dystans: 15 km

HERKULES
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Klasyfikacja: M45

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	**HELAK Karol**	**187**	K B AKTYWNI KRZYŻ WLKP	M45	1	00:02:36	00:26:53	00:29:33	00:54:16	**00:56:59.95**		3:48	15.8 (100%)
2	**BIENKOWSKI Rafał**	**668**		M45	2	00:02:35	00:27:14	00:29:59	00:55:06	**00:57:48.05**	+00:00:48 (1.4%)	3:51	15.6 (98.7%)
3	**BUDZIAK Zbigniew**	**55**	BENOBUDZIAK.PL	M45	3	00:02:33	00:27:23	00:30:12	00:55:57	**00:58:38.80**	+00:01:38 (2.8%)	3:54	15.3 (96.8%)
4	**GŁÓW Tomasz**	**159**	KREISEL RUNNING TEAM	M45	4	00:02:38	00:27:52	00:30:41	00:56:25	**00:59:04.80**	+00:02:04 (3.5%)	3:56	15.2 (96.2%)
5	**NAGLACKI Grzegorz**	**385**	MLUKS TRZEBIATÓW	M45	5	00:02:33	00:27:15	00:30:00	00:56:53	**00:59:36.70**	+00:02:36 (4.4%)	3:58	15.1 (95.6%)
6	**GARBACZ Krzysztof**	**140**		M45	6	00:02:41	00:27:58	00:30:51	00:57:44	**01:00:32.90**	+00:03:32 (5.9%)	4:02	14.9 (94.3%)
7	**BAJGERT Robert**	**15**		M45	7	00:02:44	00:28:54	00:31:53	00:59:33	**01:02:25.65**	+00:05:25 (8.7%)	4:09	14.4 (91.1%)
8	**STACHOWICZ Wiesław**	**672**	BRZOZA BIEGA	M45	8	00:03:07	00:30:49	00:32:58	01:00:01	**01:02:30.55**	+00:05:30 (8.8%)	4:10	14.4 (91.1%)
9	**BIEDRZYCKI Krzysztof**	**31**		M45	9	00:02:45	00:29:02	00:32:03	01:00:23	**01:03:29.80**	+00:06:29 (10.2%)	4:14	14.2 (89.9%)
10	**POTASZNIK Artur**	**444**	MARATOŃCZYK TEAM SZCZECIN	M45	10	00:02:47	00:29:47	00:32:52	01:00:53	**01:03:45.50**	+00:06:45 (10.6%)	4:15	14.1 (89.2%)
11	**TROŚNIAK Piotr**	**683**	KB 10 BIAŁOGARD	M45	11	00:02:59	00:30:20	00:33:30	01:02:03	**01:04:57.90**	+00:07:57 (12.3%)	4:19	13.9 (88.0%)
12	**WYSZKOWSKI Marcin**	**629**	KOŁOBRZEG MARATON TEAM	M45	12	00:02:59	00:30:56	00:33:57	01:02:51	**01:05:42.55**	+00:08:42 (13.3%)	4:22	13.7 (86.7%)
13	**PUCHAŁA Sławomir**	**459**	BLUE TEAM PIŁA	M45	13	00:02:53	00:30:57	00:34:08	01:04:09	**01:07:23.60**	+00:10:23 (15.4%)	4:29	13.4 (84.8%)
14	**ODWROT Hubert**	**394**	3:33 TEAM	M45	14	00:03:07	00:31:52	00:35:04	01:04:24	**01:07:32.90**	+00:10:32 (15.6%)	4:30	13.3 (84.2%)
15	**JAROCHOWICZ Norbert**	**210**		M45	15	00:02:52	00:30:52	00:34:13	01:04:45	**01:07:50.90**	+00:10:50 (16.0%)	4:31	13.3 (84.2%)

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
16	**ŚLIWA Marek**	**571**	NUTRILITE TEAM	M45	16	00:02:53	00:31:01	00:34:16	01:04:45	**01:07:53.70**	+00:10:53 (16.0%)	4:31	13.3 (84.2%)
17	**FILAROWSKI Stefan**	**129**	GRUPA NURKÓW INŻYNIERII	M45	17	00:03:04	00:31:37	00:34:51	01:04:56	**01:08:09.75**	+00:11:09 (16.4%)	4:32	13.2 (83.5%)
18	**MACKOJĆ Krzysztof**	**348**		M45	18	00:02:51	00:31:27	00:34:44	01:04:57	**01:08:10.55**	+00:11:10 (16.4%)	4:32	13.2 (83.5%)
19	**KAŹMIERCZAK Robert**	**624**		M45	19	00:03:08	00:32:30	00:35:45	01:05:26	**01:08:22.50**	+00:11:22 (16.6%)	4:33	13.2 (83.5%)
20	**BIELECKI Andrzej**	**36**	3:33 TEAM	M45	20	00:03:05	00:32:06	00:35:20	01:05:27	**01:08:39.00**	+00:11:39 (17.0%)	4:34	13.1 (82.9%)
21	**KWINTAL Janek**	**313**		M45	21	00:03:14	00:32:44	00:36:02	01:05:58	**01:08:51.40**	+00:11:51 (17.2%)	4:35	13.1 (82.9%)
22	**BULIKOWSKI Paweł**	**60**		M45	22	00:03:14	00:32:38	00:35:55	01:06:02	**01:09:12.95**	+00:12:13 (17.7%)	4:36	13 (82.3%)
23	**PĘKAŁA Piotr**	**427**	ROZBIEGANY KOSZALIN	M45	23	00:03:22	00:33:45	00:37:06	01:06:19	**01:09:23.90**	+00:12:23 (17.9%)	4:37	13 (82.3%)
24	**ANDRYSKOWSKI Zdzisław**	**682**	KOLARZ-POL	M45	24	00:02:46	00:31:16	00:34:32	01:06:14	**01:09:30.60**	+00:12:30 (18.0%)	4:38	12.9 (81.6%)
25	**CYBULSKI Robert**	**86**	HAMER MIASTKO	M45	25	00:03:13	00:33:26	00:36:45	01:06:52	**01:09:57.75**	+00:12:57 (18.5%)	4:39	12.9 (81.6%)
26	**GIEDRYS Wojtek**	**149**	3:33 TEAM	M45	26	00:03:02	00:32:15	00:35:38	01:07:15	**01:10:36.95**	+00:13:37 (19.3%)	4:42	12.7 (80.4%)
27	**MALICKI Grzegorz**	**354**	SCYZORYK	M45	27	00:03:19	00:32:57	00:36:19	01:07:29	**01:10:42.35**	+00:13:42 (19.4%)	4:42	12.7 (80.4%)
28	**TRZECIAK Dariusz**	**584**	KOŁOBRZEG BIEGA	M45	28	00:03:13	00:33:17	00:36:39	01:07:43	**01:10:46.45**	+00:13:46 (19.5%)	4:43	12.7 (80.4%)
29	**GUZIKIEWICZ Mirosław**	**177**	ROZBIEGANY GOLENIÓW	M45	29	00:03:25	00:34:41	00:37:55	01:08:24	**01:11:36.65**	+00:14:36 (20.4%)	4:46	12.6 (79.7%)
30	**BUCZKOWSKI Jacek**	**54**	8BREM	M45	30	00:03:06	00:33:27	00:36:54	01:09:18	**01:12:12.95**	+00:15:13 (21.1%)	4:48	12.5 (79.1%)
31	**PETA Andrzej**	**426**	MTS HAMER MIASTKO	M45	31	00:03:13	00:33:42	00:37:07	01:09:13	**01:12:37.55**	+00:15:37 (21.5%)	4:50	12.4 (78.5%)
32	**SKAŁECKI Robert**	**511**	PARKRUN ŚWIDWIN	M45	32	00:03:17	00:32:47	00:36:03	01:09:29	**01:12:43.95**	+00:15:44 (21.6%)	4:50	12.4 (78.5%)
33	**TADROWSKI Tomasz**	**574**		M45	33	00:03:25	00:34:33	00:37:57	01:09:38	**01:12:44.45**	+00:15:44 (21.6%)	4:50	12.4 (78.5%)
34	**DYBUS Thomas Henri**	**119**	ROZBIEGANY GOLENIÓW	M45	34	00:04:01	00:34:35	00:37:49	01:10:11	**01:13:33.70**	+00:16:33 (22.5%)	4:54	12.2 (77.2%)
35	**DADEŁO Robert**	**93**		M45	35	00:03:22	00:34:27	00:37:53	01:10:07	**01:13:37.25**	+00:16:37 (22.6%)	4:54	12.2 (77.2%)
36	**UZNAŃSKI Ryszard**	**596**		M45	36	00:03:04	00:33:47	00:37:20	01:10:25	**01:13:47.00**	+00:16:47 (22.7%)	4:55	12.2 (77.2%)
37	**ROMANIUK Wojciech**	**477**	NIEZRZESZONY	M45	37	00:03:31	00:35:21	00:38:50	01:11:13	**01:14:19.85**	+00:17:19 (23.3%)	4:57	12.1 (76.6%)
38	**HOC Dariusz**	**193**		M45	38	00:03:17	00:34:23	00:37:52	01:11:35	**01:14:49.70**	+00:17:49 (23.8%)	4:59	12 (75.9%)

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39	**WOLSKI Tomasz**	**623**	WIECZORNE BIEGANIE W SZCZECINIE	M45	39	00:03:20	00:34:24	00:38:04	01:12:15	**01:15:42.25**	+00:18:42 (24.7%)	5:02	11.9 (75.3%)
40	**SZELIGA Paweł**	**555**	KPP KOŁOBRZEG	M45	40	00:03:42	00:36:56	00:40:29	01:12:34	**01:15:45.25**	+00:18:45 (24.8%)	5:03	11.9 (75.3%)
41	**ROGOWSKI Robert**	**474**	SKRZYWIENI GOŚCIE	M45	41	00:03:28	00:35:23	00:38:53	01:12:47	**01:16:47.60**	+00:19:47 (25.8%)	5:07	11.7 (74.1%)
42	**PAWELEC Artur**	**419**	ROZBIEGANY GOLENIÓW	M45	42	00:03:31	00:37:00	00:40:39	01:13:58	**01:16:59.45**	+00:19:59 (26.0%)	5:08	11.7 (74.1%)
43	**KOSIOR Piotr**	**270**		M45	43	00:03:13	00:34:34	00:38:16	01:13:33	**01:17:18.25**	+00:20:18 (26.3%)	5:09	11.6 (73.4%)
44	**WILKLISZ Wojciech**	**613**		M45	44	00:03:15	00:35:27	00:39:10	01:14:20	**01:17:48.05**	+00:20:48 (26.7%)	5:11	11.6 (73.4%)
45	**STOLARCZYK Maciej**	**533**		M45	45	00:03:49	00:36:15	00:39:52	01:14:20	**01:17:48.90**	+00:20:48 (26.8%)	5:11	11.6 (73.4%)
46	**REPKA Marek**	**470**	LUPUS TEAM	M45	46	00:03:28	00:36:11	00:39:54	01:14:48	**01:18:23.25**	+00:21:23 (27.3%)	5:13	11.5 (72.8%)
47	**NACHYŁA Piotr**	**383**	STOPA SŁUPSK	M45	47	00:03:47	00:37:10	00:40:54	01:15:12	**01:18:37.90**	+00:21:37 (27.5%)	5:14	11.4 (72.2%)
48	**SERWADCZAK Piotr**	**504**	P+E	M45	48	00:03:12	00:35:25	00:39:07	01:15:23	**01:19:05.50**	+00:22:05 (27.9%)	5:16	11.4 (72.2%)
49	**JABŁOŃSKI Andrzej**	**200**	NIEZRZESZONY	M45	49	00:03:46	00:36:49	00:40:32	01:15:26	**01:19:11.35**	+00:22:11 (28.0%)	5:16	11.4 (72.2%)
50	**BRZEZIŃSKI Krzysztof**	**51**		M45	50	00:03:41	00:37:25	00:41:09	01:15:36	**01:19:12.60**	+00:22:12 (28.0%)	5:16	11.4 (72.2%)
51	**BARAŃSKI Grzegorz**	**20**	SAR-BSR KOŁOBRZEG KMT	M45	51	00:03:56	00:37:58	00:41:40	01:15:45	**01:19:17.15**	+00:22:17 (28.1%)	5:17	11.4 (72.2%)
52	**ORZEŁ Jacek**	**406**		M45	52	00:03:31	00:37:12	00:40:59	01:17:00	**01:20:48.45**	+00:23:48 (29.5%)	5:23	11.1 (70.3%)
53	**KRASIŃSKI Witold**	**286**	JW 1223	M45	53	00:03:21	00:36:10	00:40:05	01:20:10	**01:24:19.30**	+00:27:19 (32.4%)	5:37	10.7 (67.7%)
54	**WRÓBLEWSKI Jarosław**	**627**	RAZ SZCZECIN	M45	54	00:03:46	00:39:23	00:43:20	01:21:11	**01:25:01.70**	+00:28:01 (33.0%)	5:40	10.6 (67.1%)
55	**JOŃCZYK Tadeusz**	**218**	SAM SOBIE BIEGAM :)	M45	55	00:03:50	00:40:57	00:45:14	01:24:10	**01:27:45.15**	+00:30:45 (35.0%)	5:51	10.3 (65.2%)
56	**KULAWIŃSKI Marek**	**302**		M45	56	00:04:09	00:41:18	00:45:16	01:23:54	**01:27:47.20**	+00:30:47 (35.1%)	5:51	10.3 (65.2%)
57	**SZYNKOWSKI Krzysztof**	**569**	BULK-CARGO PORT SZCZECIN	M45	57	00:03:55	00:40:35	00:44:34	01:24:02	**01:27:59.00**	+00:30:59 (35.2%)	5:51	10.2 (64.6%)
58	**RUDZIŃSKI Jacek**	**489**	KB HERMES GRYFINO	M45	58	00:03:10	00:48:12	00:51:11	01:24:23	**01:28:41.00**	+00:31:41 (35.7%)	5:54	10.1 (63.9%)
59	**HNAT Rafał**	**190**	KP PSP WAŁCZ	M45	59	00:03:56	00:42:48	00:45:48	01:25:48	**01:30:45.35**	+00:33:45 (37.2%)	6:03	9.9 (62.7%)
60	**ZDANOWICZ Marek**	**636**	SAVE THE RING	M45	60	00:03:37	00:42:01	00:46:19	01:27:44	**01:31:51.95**	+00:34:52 (38.0%)	6:07	9.8 (62.0%)
61	**MŁODZIEJEWSKI Krzysztof**	**375**		M45	61	00:03:42	00:40:36	00:45:05	01:28:34	**01:32:42.85**	+00:35:42 (38.5%)	6:10	9.7 (61.4%)

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62	**WOŹNIAK Jacek**	**657**		M45	62	00:04:10	00:44:14	00:48:37	01:30:20	**01:34:29.70**	+00:37:29 (39.7%)	6:17	9.5 (60.1%)
63	**KOŁAKOWSKI Dariusz**	**256**	K.B. SPRINT ŚWIDWIN	M45	63	00:03:53	00:53:31	00:58:00	01:34:08	**01:38:04.80**	+00:41:04 (41.9%)	6:32	9.2 (58.2%)
64	**WIESIOŁEK Grzegorz**	**612**		M45	64	00:03:41	00:44:46	00:49:06	01:35:14	**01:39:35.90**	+00:42:35 (42.8%)	6:38	9 (57.0%)
65	**KRYSA Krzysztof**	**291**		M45	65	00:03:52	00:48:12	00:53:22	01:43:39	**01:47:50.35**	+00:50:50 (47.1%)	7:11	8.3 (52.5%)
66	**ADAMCZYK Mirosław**	**2**		M45	66	00:04:40	00:49:15	00:54:10	01:42:43	**01:47:57.45**	+00:50:57 (47.2%)	7:11	8.3 (52.5%)
67	**RAMA Janusz**	**465**	KOŁOBRZEG BIEGA - PARKRUN	M45	67	00:04:41	00:52:05	00:57:05	01:47:57	**01:53:14.05**	+00:56:14 (49.7%)	7:32	7.9 (50.0%)
68	**KĘDZIERSKI Jarosław**	**699**		M45	68	00:04:09	00:49:36	00:55:05	01:49:43	**01:55:20.40**	+00:58:20 (50.6%)	7:41	7.8 (49.4%)
69	**BEMOWICZ Tomasz**	**479**	KB WYGAN	M45	69	00:02:58	00:30:53	00:34:04			+00:04:31	4:20	13.8 (87.3%)

Znaleziono 69 wynik(ów)