



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



Klasyfikacja: M60

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	KOTARSKI Wiesław	273	GRUPA AZOTY POLICE	M60	1	00:02:38	00:27:48	00:30:37	00:56:40	00:59:27.80		3:57	15.1 (100%)
2	BIEDRZYCKI Andrzej	33	OSP STARY BOREK	M60	2	00:02:44	00:28:46	00:31:43	00:58:52	01:01:49.85	+00:02:22 (3.8%)	4:07	14.6 (96.7%)
3	KIERZNOWSKI Andrzej	249	KB WYGAN	M60	3	00:02:50	00:30:28	00:33:32	01:01:42	01:04:31.05	+00:05:03 (7.8%)	4:18	13.9 (92.1%)
4	BARAŃSKI Bogusław	21	MLUKS TRZEBIATÓW	M60	4	00:02:45	00:30:48	00:33:57	01:02:36	01:05:36.55	+00:06:08 (9.4%)	4:22	13.7 (90.7%)
5	KOSAKOWSKI Marian	266	MARATOŃCZYK TEAM SZCZECIN	M60	5	00:02:56	00:31:01	00:34:08	01:03:37	01:06:36.35	+00:07:08 (10.7%)	4:26	13.5 (89.4%)
6	CHUDY Henryk	79	KS OLSZEWSKI I SYNOWIE	M60	6	00:02:53	00:30:17	00:33:27	01:03:25	01:06:42.85	+00:07:15 (10.9%)	4:26	13.5 (89.4%)
7	OSTROWSKI Marian	410	SENIOR 54	M60	7	00:03:07	00:31:53	00:35:09	01:05:16	01:08:29.20	+00:09:01 (13.2%)	4:33	13.1 (86.8%)
8	MALINOWSKI Zbigniew	356	KOŁOBRZEG MORZEM SPORTÓW	M60	8	00:03:11	00:32:46	00:35:58	01:05:39	01:08:41.65	+00:09:13 (13.4%)	4:34	13.1 (86.8%)
9	LANGIEWICZ Jacek	317	MKJ POLICE	M60	9	00:03:16	00:32:39	00:35:57	01:06:02	01:09:16.90	+00:09:49 (14.2%)	4:37	13 (86.1%)
10	MAŁKIŃSKI Józef	358	RWT W BYDGOSZCZY	M60	10	00:03:31	00:34:40	00:38:07	01:09:46	01:13:08.10	+00:13:40 (18.7%)	4:52	12.3 (81.5%)
11	SZCZEPAŃSKI Zbigniew	549	MACIEJUNIO	M60	11	00:03:07	00:33:53	00:37:27	01:10:24	01:13:46.50	+00:14:18 (19.4%)	4:55	12.2 (80.8%)
12	GAWEŁ Zbigniew	143	MIASTO SŁUPSK	M60	12	00:03:23	00:34:43	00:38:12	01:10:16	01:13:47.90	+00:14:20 (19.4%)	4:55	12.2 (80.8%)
13	OPALIŃSKI Stanisław	403	KOŁOBRZEG BIEGA - PARKRUN	M60	13	00:03:06	00:34:47	00:38:18	01:12:31	01:16:03.75	+00:16:35 (21.8%)	5:04	11.8 (78.1%)
14	OLSZYK Tadeusz	401	BIEGACZE ŚWINOUJŚCIE	M60	14	00:03:30	00:36:38	00:40:14	01:13:21	01:16:45.70	+00:17:17 (22.5%)	5:07	11.7 (77.5%)
15	MAZUREK Ryszard	362		M60	15	00:03:49	00:37:14	00:40:57	01:15:28	01:19:00.70	+00:19:32 (24.7%)	5:16	11.4 (75.5%)
16	KONOPIŃSKI Leszek	261	BIEGACZE ŚWINOUJŚCIE	M60	16	00:03:30	00:36:20	00:40:06	01:16:20	01:20:04.45	+00:20:36 (25.7%)	5:20	11.2 (74.2%)
17	SUJAK Włodzimierz	543	MARECKI VS EQUATOR	M60	17	00:04:04	00:38:35	00:42:20	01:17:06	01:20:39.15	+00:21:11 (26.3%)	5:22	11.2 (74.2%)
18	KACZMARCZYK Stanisław	225	SZWLA	M60	18	00:03:38	00:37:39	00:41:26	01:17:16	01:20:58.05	+00:21:30 (26.6%)	5:23	11.1 (73.5%)
19	JĘDRUSZAK Marek	215		M60	19	00:03:43	00:38:07	00:42:06	01:19:06	01:23:00.65	+00:23:32 (28.4%)	5:32	10.8 (71.5%)
20	OPACZYK Paweł	402	PRESTO TRAVEL	M60	20	00:03:52	00:39:32	00:43:28	01:20:11	01:24:03.55	+00:24:35 (29.3%)	5:36	10.7 (70.9%)
21	DENISIUK Krzysztof	101	SZCZECIN	M60	21	00:03:47	00:39:49	00:43:46	01:21:06	01:24:53.65	+00:25:25 (30.0%)	5:39	10.6 (70.2%)
22	WŁODARCZYK Józef	618	SZURAM SOBIE	M60	22	00:04:05	00:40:46	00:44:44	01:24:50	01:29:02.10	+00:29:34 (33.2%)	5:56	10.1 (66.9%)
23	DZIEKOŃSKI Jacek	121		M60	23	00:03:53	00:40:49	00:44:52	01:26:33	01:30:55.85	+00:31:28 (34.6%)	6:03	9.9 (65.6%)
24	HELLER Zdzisław	188	NIEZRZESZONY	M60	24	00:03:55	00:45:25	00:50:03	01:34:37	01:38:47.50	+00:39:19 (39.8%)	6:35	9.1 (60.3%)
25	JURCZAK Jarosław	219		M60	25	00:04:28	00:52:12	00:57:38	01:49:12	01:54:51.05	+00:55:23 (48.2%)	7:39	7.8 (51.7%)
26	SZCZEBLEWSKI Józef	547		M60	26	00:04:07	00:55:03	01:00:38	01:58:04	02:04:00.35	+01:04:32 (52.0%)	8:16	7.3 (48.3%)

