



Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2016-01-06
Miejsce: Jamno
Dystans: 7.4 km

BIEG KRÓLI - 7.4KM

B4SPORT



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
1	KAMIŃSKI Daniel	114	KL ISKRA BIAŁOGARD	M-30	1	00:00:04	00:26:38.05	00:26:42.50		3:35	16.7 (100%)
2	WILCZEWSKI Mariusz	332	ABWOOD SŁAWNO	M-30	2	00:00:06	00:28:10.65	00:28:16.95	+00:01:32 (5.5%)	3:48	15.8 (94.6%)
3	KAMIENIECKI Rafal	416		M-30	3	00:00:07	00:28:26.35	00:28:33.55	+00:01:48 (6.3%)	3:50	15.6 (93.4%)
4	FAMULSKI Cezary	47	FORMA ROSNOWO	M-30	4	00:00:05	00:29:42.00	00:29:47.75	+00:03:03 (10.3%)	4:00	14.9 (89.2%)
5	KAPUŚCIŃSKI Robert	117	JW 1223 KOSZALIN	M-30	5	00:00:05	00:30:26.20	00:30:31.65	+00:03:48 (12.5%)	4:06	14.6 (87.4%)
6	SIEMIĄTKOWSKI Robert	263	RUNNERSWALDE DARŁOWO	M-30	6	00:00:07	00:30:31.85	00:30:39.70	+00:03:53 (12.8%)	4:07	14.5 (86.8%)
7	ROKOSZ Radosław	257	JW 1223	M-30	7	00:00:09	00:30:41.75	00:30:51.50	+00:04:03 (13.2%)	4:08	14.5 (86.8%)
8	SKIERKA Grzegorz	266	MKS ŚWIĘC SŁAWNO	M-30	8	00:00:16	00:30:45.30	00:31:01.90	+00:04:07 (13.4%)	4:09	14.4 (86.2%)
9	KOBUS Maciej	130		M-30	9	00:00:08	00:31:26.50	00:31:34.85	+00:04:48 (15.3%)	4:14	14.1 (84.4%)
10	ŚNIEŻKO Marcin	384	TKKF KOSZALIN	M-30	10	00:00:06	00:32:02.85	00:32:09.15	+00:05:24 (16.9%)	4:19	13.9 (83.2%)
11	PIĄTEK Wiktor	235	JW1223	M-30	11	00:00:14	00:32:07.95	00:32:22.80	+00:05:29 (17.1%)	4:20	13.8 (82.6%)
12	RAJNER Krzysztof	249		M-30	12	00:00:09	00:32:29.65	00:32:39.15	+00:05:51 (18.0%)	4:23	13.7 (82.0%)
13	PŁAŻALSKI Przemysław	240	BRAK	M-30	13	00:00:05	00:32:31.90	00:32:37.15	+00:05:53 (18.1%)	4:23	13.6 (81.4%)
14	KRUK Marcin	158	XXX	M-30	14	00:00:08	00:32:37.05	00:32:45.60	+00:05:59 (18.3%)	4:24	13.6 (81.4%)
15	MAKOWIECKI Marcin	187	MLUKS MOKASYN PŁOTY	M-30	15	00:00:03	00:32:50.65	00:32:54.55	+00:06:12 (18.9%)	4:26	13.5 (80.8%)
16	STRUMIŃSKI Rafał	284	ŻYTNIA TEAM	M-30	16	00:00:11	00:33:03.65	00:33:15.50	+00:06:25 (19.4%)	4:28	13.4 (80.2%)
17	PSTRĄGOWSKI Marcin	244		M-30	17	00:00:09	00:33:07.75	00:33:17.70	+00:06:29 (19.6%)	4:28	13.4 (80.2%)
18	KUKIEŁA Tomasz	163		M-30	18	00:00:08	00:33:18.65	00:33:27.10	+00:06:40 (20.0%)	4:30	13.3 (79.6%)
19	EMILIT Grzegorz	44	KEEP COLM AND HOLD ON	M-30	19	00:00:06	00:33:24.00	00:33:30.60	+00:06:45 (20.3%)	4:30	13.3 (79.6%)
20	GOŁDYN Marek	63	TKKF KOSZALIN	M-30	20	00:00:09	00:33:28.65	00:33:37.65	+00:06:50 (20.4%)	4:31	13.3 (79.6%)
21	BIL Adrian	6		M-30	21	00:00:17	00:33:40.55	00:33:58.35	+00:07:02 (20.9%)	4:33	13.2 (79.0%)
22	SZULC Arkadiusz	298		M-30	22	00:00:04	00:33:41.75	00:33:46.70	+00:07:03 (21.0%)	4:33	13.2 (79.0%)
23	KAMYK Piotr	115	MH IT SERWIS	M-30	23	00:00:09	00:33:57.80	00:34:07.05	+00:07:19 (21.6%)	4:35	13.1 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
24	GAŁKA Marcin	53	TRZEBIATÓW	M-30	24	00:00:07	00:34:01.70	00:34:09.50	+00:07:23 (21.7%)	4:35	13 (77.8%)
25	MALINOWSKI Mariusz	191		M-30	25	00:00:24	00:34:02.35	00:34:26.70	+00:07:24 (21.8%)	4:35	13 (77.8%)
26	SOROKA Piotr	273		M-30	26	00:00:12	00:34:03.40	00:34:16.30	+00:07:25 (21.8%)	4:36	13 (77.8%)
27	WIERZBICKI Jakub	328		M-30	27	00:00:11	00:34:15.35	00:34:27.20	+00:07:37 (22.2%)	4:37	13 (77.8%)
28	ŻYWICKI Bartosz	369	DZIKI KOSZALIN	M-30	28	00:00:12	00:34:19.85	00:34:32.35	+00:07:41 (22.4%)	4:38	12.9 (77.2%)
29	ROGALSKI Roberto	255	ZAWSZE SIĘGAJ WYŻEJ	M-30	29	00:00:07	00:34:20.60	00:34:28.25	+00:07:42 (22.4%)	4:38	12.9 (77.2%)
30	WILKOWSKI Krzysztof	334		M-30	30	00:00:06	00:34:22.70	00:34:29.15	+00:07:44 (22.5%)	4:38	12.9 (77.2%)
31	JAROSZEWSKI Daniel	390		M-30	31	00:00:04	00:34:34.35	00:34:38.65	+00:07:56 (23.0%)	4:40	12.8 (76.6%)
32	ŁABEJSZA Łukasz	176	WOJOWNICY WÓDY	M-30	32	00:00:08	00:34:43.25	00:34:51.90	+00:08:05 (23.3%)	4:41	12.8 (76.6%)
33	KITŁOWSKI Marcin	127	KLUB	M-30	33	00:00:27	00:34:54.50	00:35:22.35	+00:08:16 (23.7%)	4:43	12.7 (76.0%)
34	KOPREK Łukasz	141	SŁONECZNY PATROL KOSZALIN	M-30	34	00:00:30	00:35:03.80	00:35:34.40	+00:08:25 (24.0%)	4:44	12.7 (76.0%)
35	MERDA Piotr	200	MTS HAMER	M-30	35	00:00:20	00:35:06.15	00:35:26.65	+00:08:28 (24.1%)	4:44	12.6 (75.4%)
36	MICHALAK Michał	204	DZIKI KOSZALIN	M-30	36	00:04:41	00:35:12.35	00:39:54.15	+00:08:34 (24.3%)	4:45	12.6 (75.4%)
37	DZIĘBOWSKI Mariusz	43		M-30	37	00:00:13	00:35:18.50	00:35:31.85	+00:08:40 (24.6%)	4:46	12.6 (75.4%)
38	STAWISZYŃSKI Jarosław	279	FRK	M-30	38	00:00:24	00:35:24.60	00:35:48.65	+00:08:46 (24.8%)	4:47	12.5 (74.9%)
39	ZIÓŁKOWSKI Wojciech	366	KB 'GOCH' BYTÓW	M-30	39	00:00:07	00:35:25.95	00:35:33.55	+00:08:47 (24.8%)	4:47	12.5 (74.9%)
40	LEWANDOWSKI Marek	170		M-30	40	00:00:36	00:35:26.25	00:36:02.70	+00:08:48 (24.8%)	4:47	12.5 (74.9%)
41	CUBER Wojciech	387		M-30	41	00:00:06	00:35:29.50	00:35:36.40	+00:08:51 (25.0%)	4:47	12.5 (74.9%)
42	KĘPIŃSKI Marcin	123		M-30	42	00:00:40	00:35:29.75	00:36:09.85	+00:08:51 (25.0%)	4:47	12.5 (74.9%)
43	WIECZOREK Wojciech	327		M-30	43	00:00:42	00:35:41.20	00:36:23.90	+00:09:03 (25.4%)	4:49	12.4 (74.3%)
44	ŚWIĘTOŃ Rafał	309		M-30	44	00:00:11	00:35:54.30	00:36:05.50	+00:09:16 (25.8%)	4:51	12.4 (74.3%)
45	ŁOPIŃSKI Piotr	178		M-30	45	00:00:19	00:35:55.30	00:36:14.75	+00:09:17 (25.9%)	4:51	12.4 (74.3%)
46	STRÓŻYNA Michał	282		M-30	46	00:00:14	00:36:05.00	00:36:19.00	+00:09:26 (26.2%)	4:52	12.3 (73.7%)
47	MROCZKOWSKI Marek	212	ROZBIEGANY KOSZALIN	M-30	47	00:00:42	00:36:07.20	00:36:49.90	+00:09:29 (26.3%)	4:52	12.3 (73.7%)
48	SUGIER Michał	285	NMC	M-30	48	00:00:13	00:36:22.05	00:36:35.70	+00:09:44 (26.8%)	4:54	12.2 (73.1%)
49	JÓŻWIAK Mariusz	100		M-30	49	00:00:15	00:36:25.05	00:36:40.05	+00:09:47 (26.9%)	4:55	12.2 (73.1%)
50	MRUGALSKI Damian	379		M-30	50	00:00:33	00:36:25.45	00:36:59.10	+00:09:47 (26.9%)	4:55	12.2 (73.1%)
51	KALKOWSKI Paweł	386		M-30	51	00:00:15	00:36:26.50	00:36:41.70	+00:09:48 (26.9%)	4:55	12.2 (73.1%)
52	WIERZBICKI Sylwester	330	RUNNERSWALDE DARŁOWO	M-30	52	00:00:42	00:36:26.60	00:37:08.70	+00:09:48 (26.9%)	4:55	12.2 (73.1%)
53	KUŁAKOWSKI Dawid	164	AMADORES	M-30	53	00:00:15	00:36:30.00	00:36:45.50	+00:09:51 (27.0%)	4:55	12.2 (73.1%)
54	CHOJNACKI Bartosz	20		M-30	54	00:00:10	00:36:39.60	00:36:50.35	+00:10:01 (27.3%)	4:57	12.1 (72.5%)
55	BONISŁAWSKI Jarosław	9	B/K	M-30	55	00:00:20	00:37:02.00	00:37:22.55	+00:10:23 (28.1%)	5:00	12 (71.9%)
56	CHOŁUJ Karol	22	ZAWSZE DO PRZODU	M-30	56	00:00:17	00:37:03.15	00:37:20.15	+00:10:25 (28.1%)	5:00	12 (71.9%)
57	CINCIO Robert	425	TKKF KOSZALIN	M-30	57	00:00:16	00:37:05.10	00:37:21.25	+00:10:27 (28.2%)	5:00	12 (71.9%)
58	GOŁOFIT Piotr	383		M-30	58	00:00:06	00:37:23.25	00:37:30.00	+00:10:45 (28.8%)	5:03	11.9 (71.3%)
59	GORGOL Piotr	65		M-30	59	00:00:30	00:37:24.20	00:37:54.55	+00:10:46 (28.8%)	5:03	11.9 (71.3%)
60	KAŻMIERCZAK Tomasz	120	JW 3937	M-30	60	00:00:07	00:37:33.15	00:37:40.40	+00:10:55 (29.1%)	5:04	11.8 (70.7%)
61	SUBALSKI Michał	381		M-30	61	00:00:24	00:37:39.70	00:38:04.35	+00:11:01 (29.3%)	5:05	11.8 (70.7%)
62	KAMIŃSKI Tomasz	113	JW1223	M-30	62	00:00:05	00:37:52.90	00:37:58.60	+00:11:14 (29.7%)	5:07	11.7 (70.1%)
63	STĘPIEŃ Paweł	385		M-30	63	00:00:11	00:38:18.00	00:38:29.00	+00:11:39 (30.5%)	5:10	11.6 (69.5%)
64	SKOWRON Adam	267		M-30	64	00:00:07	00:38:22.60	00:38:30.15	+00:11:44 (30.6%)	5:11	11.6 (69.5%)
65	RECZKA Wiktor	254	JW 2031	M-30	65	00:00:14	00:38:25.15	00:38:39.25	+00:11:47 (30.7%)	5:11	11.6 (69.5%)
66	BAK Zbigniew	3	RUNNERSWALDE	M-30	66	00:00:41	00:38:28.50	00:39:09.85	+00:11:50 (30.8%)	5:11	11.5 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
67	SZULC Szymon	296	GRYF LOK BIAŁOGARD	M-30	67	00:00:27	00:38:33.95	00:39:01.25	+00:11:55 (30.9%)	5:12	11.5 (68.9%)
68	SIEPRACKI Adam	265	FORUM ROZWOJU KOSZALINA	M-30	68	00:00:24	00:39:23.45	00:39:47.55	+00:12:45 (32.4%)	5:19	11.3 (67.7%)
69	KUPREWICZ Grzegorz	165		M-30	69	00:00:07	00:39:34.15	00:39:41.25	+00:12:56 (32.7%)	5:20	11.2 (67.1%)
70	KAZIMIERCZAK Leszek	410		M-30	70	00:00:07	00:39:38.05	00:39:45.10	+00:13:00 (32.8%)	5:21	11.2 (67.1%)
71	JURCZAK Daniel	101	KS HANZA GOLENIÓW	M-30	71	00:00:13	00:39:52.00	00:40:05.55	+00:13:13 (33.2%)	5:23	11.1 (66.5%)
72	LEMAŃCZYK Andrzej	402		M-30	72	00:00:28	00:39:52.25	00:40:20.55	+00:13:14 (33.2%)	5:23	11.1 (66.5%)
73	IDZIAK Paweł	82	TEAM BIEGOWY SZCZECINEK	M-30	73	00:00:10	00:39:53.35	00:40:03.95	+00:13:15 (33.2%)	5:23	11.1 (66.5%)
74	OLIŃSKI Arek	399		M-30	74	00:00:21	00:40:34.25	00:40:55.40	+00:13:56 (34.4%)	5:28	10.9 (65.3%)
75	KACZMAREK Łukasz	107		M-30	75	00:00:09	00:40:38.35	00:40:47.55	+00:14:00 (34.5%)	5:29	10.9 (65.3%)
76	KOWALCZYK Piotr	146	-	M-30	76	00:00:33	00:40:43.10	00:41:16.60	+00:14:05 (34.6%)	5:30	10.9 (65.3%)
77	PUCHALSKI Marcin	246		M-30	77	00:00:41	00:40:43.40	00:41:24.60	+00:14:05 (34.6%)	5:30	10.9 (65.3%)
78	HRYCIÓW Paweł	81		M-30	78	00:00:31	00:40:49.45	00:41:21.20	+00:14:11 (34.8%)	5:31	10.9 (65.3%)
79	ORYSZCZYN Arkadiusz	426		M-30	79	00:00:23	00:40:51.85	00:41:14.95	+00:14:13 (34.8%)	5:31	10.9 (65.3%)
80	KOWALENKO Robert	392		M-30	80	00:00:32	00:40:52.50	00:41:24.85	+00:14:14 (34.8%)	5:31	10.9 (65.3%)
81	BEDNAREK Krzysztof	4	JW 5308 KOSZALIN	M-30	81	00:00:11	00:40:57.95	00:41:09.75	+00:14:19 (35.0%)	5:32	10.8 (64.7%)
82	PIOR Tomasz	236		M-30	82	00:00:33	00:41:44.25	00:42:17.55	+00:15:06 (36.2%)	5:38	10.6 (63.5%)
83	KOCHAŃSKI Krzysztof	422		M-30	83	00:00:14	00:41:49.00	00:42:03.00	+00:15:10 (36.3%)	5:39	10.6 (63.5%)
84	PILARSKI Krzysztof	417		M-30	84	00:00:18	00:42:11.75	00:42:30.10	+00:15:33 (36.9%)	5:42	10.5 (62.9%)
85	IGNACAK Marcin	83		M-30	85	00:00:36	00:42:17.85	00:42:54.15	+00:15:39 (37.0%)	5:42	10.5 (62.9%)
86	GIZIŃSKI Marcin	421		M-30	86	00:00:17	00:42:18.05	00:42:35.85	+00:15:40 (37.0%)	5:42	10.5 (62.9%)
87	KOWALEWSKI Daniel	147	BAŁTYK-TRANSPORT TEAM	M-30	87	00:00:39	00:42:55.40	00:43:34.50	+00:16:17 (37.9%)	5:47	10.3 (61.7%)
88	STRUKIEL Daniel	283	RUNCANBEFUN	M-30	88	00:00:12	00:43:00.85	00:43:13.65	+00:16:22 (38.1%)	5:48	10.3 (61.7%)
89	MIĄSEK Ryszard	391		M-30	89	00:00:29	00:43:10.70	00:43:39.70	+00:16:32 (38.3%)	5:50	10.3 (61.7%)
90	KOZŁOWSKI Tomasz	151		M-30	90	00:00:05	00:43:24.85	00:43:30.65	+00:16:46 (38.7%)	5:52	10.2 (61.1%)
91	GAWLIK Artur	57		M-30	91	00:00:40	00:43:42.50	00:44:22.75	+00:17:04 (39.1%)	5:54	10.2 (61.1%)
92	KRYGIER Ireneusz	159	W.P.K. SŁOŃ TEAM USTKA	M-30	92	00:00:22	00:43:48.00	00:44:10.80	+00:17:09 (39.2%)	5:55	10.1 (60.5%)
93	NAKONIECZNY Rafał	216	BAJADERKI KOSZALIN	M-30	93	00:00:38	00:44:02.15	00:44:40.15	+00:17:24 (39.5%)	5:57	10.1 (60.5%)
94	ZIELIŃSKI Jarosław	360	NIEZRZESZONY	M-30	94	00:00:21	00:45:23.75	00:45:45.65	+00:18:45 (41.3%)	6:08	9.8 (58.7%)
95	TELEGA Michał	310		M-30	95	00:00:31	00:45:56.60	00:46:28.10	+00:19:18 (42.0%)	6:12	9.7 (58.1%)
96	STĘPNIAK Tomasz	406		M-30	96	00:00:43	00:48:37.45	00:49:21.05	+00:21:59 (45.2%)	6:34	9.1 (54.5%)
97	WIĘCKOWSKI Maciej	382	MW CONSTRUCTION TEAM	M-30	97	00:00:37	00:55:36.95	00:56:14.15	+00:28:58 (52.1%)	7:30	8 (47.9%)

Znaleziono 97 wynik(ów)