



## BIEG KRÓLI - 7.4KM

B4SPORT

**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2016-01-06  
**Place:** Jamno  
**Distance:** 7.4 km



Classification: M-60

Place	Participant	Number	Club	Category	MCat	Start time	Net time 7.4km	Czas brutto 7.4km	Gap	Pace min/km	Pace km/h
1	DĘGA Ryszard	37	TUPOT-USTKA	M-60	1	00:00:09	00:31:44.25	00:31:53.90		4:17	14 (100%)
2	MIELEWCZYK Leszek	207	LTS LĘBORK	M-60	2	00:00:14	00:35:44.20	00:35:58.60	+00:03:59 (11.2%)	4:49	12.4 (88.6%)
3	OSOBNIAK Ryszard	226		M-60	3	00:00:18	00:36:35.05	00:36:53.80	+00:04:50 (13.2%)	4:56	12.1 (86.4%)
4	MARKOWSKI Andrzej	194	TKKF KOSZALIN	M-60	4	00:00:05	00:37:08.90	00:37:13.95	+00:05:24 (14.6%)	5:01	12 (85.7%)
5	KOZŁOWIECKI Waldemar	150	TKKF KOSZALIN	M-60	5	00:00:04	00:37:09.65	00:37:14.40	+00:05:25 (14.6%)	5:01	11.9 (85.0%)
6	DONIGIEWICZ Leszek	38		M-60	6	00:00:29	00:37:46.95	00:38:16.70	+00:06:02 (16.0%)	5:06	11.8 (84.3%)
7	STARZEC Andrzej	277		M-60	7	00:00:26	00:38:15.10	00:38:42.05	+00:06:30 (17.0%)	5:10	11.6 (82.9%)
8	STANIASZEK Bogusław	415		M-60	8	00:00:14	00:38:46.20	00:39:00.45	+00:07:01 (18.1%)	5:14	11.5 (82.1%)
9	KARNICKI Zygmunt	118	TKKF KOSZALIN	M-60	9	00:00:18	00:39:37.55	00:39:56.10	+00:07:53 (19.9%)	5:21	11.2 (80.0%)
10	MUSZYŃSKI Jacek	214	KB GOCH BYTÓW	M-60	10	00:00:21	00:39:41.50	00:40:02.50	+00:07:57 (20.0%)	5:21	11.2 (80.0%)
11	WOCH Zbigniew	345	NIEZRZESZONY	M-60	11	00:00:06	00:40:07.60	00:40:13.75	+00:08:23 (20.9%)	5:25	11.1 (79.3%)
12	GUDZIŃSKI Lech	373		M-60	12	00:00:32	00:40:28.45	00:41:01.15	+00:08:44 (21.6%)	5:28	11 (78.6%)
13	PAULIŃSKI Jan	230		M-60	13	00:00:07	00:41:41.45	00:41:49.05	+00:09:57 (23.9%)	5:38	10.6 (75.7%)
14	HELLER Zdzisław	76	NIEZRZESZONY	M-60	14	00:00:26	00:43:55.50	00:44:22.00	+00:12:11 (27.7%)	5:56	10.1 (72.1%)
15	ZIELIŃSKI Andrzej	361		M-60	15	00:00:21	00:44:34.95	00:44:56.75	+00:12:50 (28.8%)	6:01	10 (71.4%)
16	JURCZAK Jarosław	102	KS HANZA GOLENIÓW	M-60	16	00:00:15	00:50:25.25	00:50:40.55	+00:18:41 (37.1%)	6:48	8.8 (62.9%)
17	PASEK Jan	229		M-60	17	00:00:08	00:53:05.00	00:53:13.75	+00:21:20 (40.2%)	7:10	8.4 (60.0%)
18	HAUSMAN Andrzej	75	KSR ROWERIA	M-60	18	00:00:31	00:53:08.15	00:53:40.05	+00:21:23 (40.3%)	7:10	8.4 (60.0%)

Total 18 results.