



BIEG KRÓLI - 7KM

B4SPORT

Organiser: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Date: 2017-01-06
Place: Jamno
Distance: 7 km



Classification: M-30

Place	Participant	Number	Club	Category	MCat	Start time	Bike_All 3.5km	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
1	BEDNARZ Paweł	37	13-TY FUN CLUB ASI CHMIEL.*	M-30	1	00:00:07	00:11:56	00:24:14.20	00:24:21.85		3:27	17.3 (100%)
2	FAMULSKI Cezary	85	JW 1223 KOSZALIN	M-30	2	00:00:08	00:13:03	00:26:01.20	00:26:09.65	+00:01:47 (6.9%)	3:43	16.1 (93.1%)
3	SZEWCZUK Paweł	300		M-30	3	00:00:10	00:13:32	00:27:31.50	00:27:42.00	+00:03:17 (11.9%)	3:56	15.3 (88.4%)
4	RODZIEWICZ Marcin	262		M-30	4	00:00:07	00:13:39	00:27:45.05	00:27:52.50	+00:03:30 (12.7%)	3:57	15.1 (87.3%)
5	PRZEWŁOCKI Michał	252		M-30	5	00:00:08	00:13:34	00:27:54.20	00:28:02.65	+00:03:40 (13.1%)	3:59	15.1 (87.3%)
6	DEPTA Krzysztof	73		M-30	6	00:00:08	00:13:31	00:27:56.00	00:28:04.85	+00:03:41 (13.2%)	3:59	15 (86.7%)
7	MOSEK Radosław	208		M-30	7	00:00:11	00:13:55	00:28:21.80	00:28:33.20	+00:04:07 (14.5%)	4:03	14.8 (85.5%)
8	KARCZ Artur	140	SZKÓŁKA PŁYWACKA DEPKA	M-30	8	00:00:09	00:14:18	00:28:53.90	00:29:03.30	+00:04:39 (16.1%)	4:07	14.5 (83.8%)
9	SIWIK Stanisław	271	JW 3775 DARŻEWO	M-30	9	00:00:11	00:14:47	00:29:41.20	00:29:52.70	+00:05:27 (18.4%)	4:14	14.1 (81.5%)
10	WILKOWSKI Krzysztof	336		M-30	10	00:00:10	00:14:40	00:30:30.05	00:30:40.05	+00:06:15 (20.5%)	4:21	13.8 (79.8%)
11	KITŁOWSKI Marcin	147	CZARNE BIEGA	M-30	11	00:00:13	00:15:04	00:30:45.70	00:30:59.25	+00:06:31 (21.2%)	4:23	13.7 (79.2%)
12	PIETRZAK Kamil	249	ACTIVE MALBORK	M-30	12	00:00:10	00:15:01	00:30:46.95	00:30:57.90	+00:06:32 (21.3%)	4:23	13.6 (78.6%)
13	KALKOWSKI Paweł	135		M-30	13	00:00:18	00:15:37	00:30:51.65	00:31:10.30	+00:06:37 (21.5%)	4:24	13.6 (78.6%)
14	KUKIEŁA Tomasz	172		M-30	14	00:00:21	00:15:56	00:31:03.65	00:31:25.00	+00:06:49 (22.0%)	4:26	13.5 (78.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Bike_All 3.5km	Net	Czas	Gap	Pace min/km	Pace km/h
								time 7km	brutto 7km			
15	OSTAFI Robert	232		M-30	15	00:00:11	00:15:50	00:31:12.60	00:31:23.85	+00:06:58 (22.3%)	4:27	13.5 (78.0%)
16	NIECKARZ Krzysztof	220		M-30	16	00:00:11	00:15:17	00:31:22.30	00:31:33.40	+00:07:08 (22.7%)	4:28	13.4 (77.5%)
17	KOSIŃSKI Wojciech	157	JAZZ TEAM	M-30	17	00:00:15	00:15:37	00:31:25.95	00:31:41.15	+00:07:11 (22.9%)	4:29	13.4 (77.5%)
18	ŚNIEŻKO Marcin	311	TKKF KOSZALIN	M-30	18	00:00:17	00:15:37	00:31:35.80	00:31:53.05	+00:07:21 (23.3%)	4:30	13.3 (76.9%)
19	STRUMIŃSKI Rafał	288	DZIKI KOSZALIN	M-30	19	00:00:12	00:15:14	00:31:37.45	00:31:50.30	+00:07:23 (23.4%)	4:31	13.3 (76.9%)
20	MUCHA Krzysztof	216		M-30	20	00:00:09	00:15:47	00:31:42.25	00:31:52.15	+00:07:28 (23.6%)	4:31	13.2 (76.3%)
21	PSTRĄGOWSKI Marcin	254	DZIKI KOSZALIN	M-30	21	00:00:12	00:15:17	00:31:51.70	00:32:04.10	+00:07:37 (23.9%)	4:33	13.2 (76.3%)
22	TORCZ Karol	316	SZKÓŁKA PŁYWACKA DEPKA	M-30	22	00:00:11	00:15:39	00:32:08.25	00:32:20.00	+00:07:54 (24.6%)	4:35	13.1 (75.7%)
23	KAMYK Piotr	137	MH KOSZALIN - IT SERWIS WWW.MH-INFORMATYKA.PL	M-30	23	00:00:16	00:15:58	00:32:20.80	00:32:37.25	+00:08:06 (25.1%)	4:37	13 (75.1%)
24	ŁABEJSZA Łukasz	185	WOJOWNICY WÓDY	M-30	24	00:00:15	00:16:08	00:32:30.60	00:32:45.70	+00:08:16 (25.4%)	4:38	12.9 (74.6%)
25	MRUGALSKI Damian	215	MOSG	M-30	25	00:00:15	00:16:29	00:32:32.50	00:32:47.60	+00:08:18 (25.5%)	4:38	12.9 (74.6%)
26	KARAŚ Radosław	139	NIGHT RUNNERS SŁUPSK	M-30	26	00:00:33	00:16:20	00:32:44.10	00:33:17.90	+00:08:29 (26.0%)	4:40	12.8 (74.0%)
27	WICHER Krzysztof	331	ADWOKATURA	M-30	27	00:00:14	00:16:21	00:32:45.40	00:33:00.30	+00:08:31 (26.0%)	4:40	12.8 (74.0%)
28	ZDROWIECKI Artur	346		M-30	28	00:00:15	00:16:12	00:32:45.90	00:33:01.50	+00:08:31 (26.0%)	4:40	12.8 (74.0%)
29	NOWAK Piotr	223	CZARNE BIEGA	M-30	29	00:00:21	00:16:46	00:33:10.80	00:33:31.80	+00:08:56 (27.0%)	4:44	12.7 (73.4%)
30	CHOŁUJ Karol	62	ZAWSZE DO PRZODU	M-30	30	00:00:23	00:16:16	00:33:26.05	00:33:49.90	+00:09:11 (27.5%)	4:46	12.6 (72.8%)
31	OTTO Michał	234		M-30	31	00:00:10	00:16:21	00:33:32.90	00:33:43.10	+00:09:18 (27.8%)	4:47	12.5 (72.3%)
32	STAWISZYŃSKI Jarosław	280	FORUM ROZWOJU KOSZALINA	M-30	32	00:00:35	00:16:33	00:33:39.55	00:34:14.55	+00:09:25 (28.0%)	4:48	12.5 (72.3%)
33	ROGALSKI Roberto	264	TKKF KOSZALIN	M-30	33	00:00:10	00:16:13	00:33:48.90	00:33:59.70	+00:09:34 (28.3%)	4:49	12.4 (71.7%)
34	DZIĘBOWSKI Mariusz	82		M-30	34	00:00:37	00:17:16	00:34:09.20	00:34:46.80	+00:09:55 (29.0%)	4:52	12.3 (71.1%)
35	BRYGAŁA Tomasz	54		M-30	35	00:00:22	00:16:40	00:34:11.25	00:34:33.85	+00:09:57 (29.1%)	4:53	12.3 (71.1%)
36	JAKOWIENKO Grzegorz	119		M-30	36	00:00:29	00:17:00	00:34:16.25	00:34:46.05	+00:10:02 (29.3%)	4:53	12.3 (71.1%)
37	SKOWROŃSKI Tomasz	272		M-30	37	00:00:27	00:17:26	00:34:19.05	00:34:47.00	+00:10:04 (29.4%)	4:54	12.2 (70.5%)

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38	OLIŃSKI Arek	227	ŁÓDZKI WIDZEW	M-30	38	00:00:23	00:17:01	00:34:32.25	00:34:55.35	+00:10:18 (29.8%)	4:56	12.2 (70.5%)
39	KOŁODZIEJ Jakub	151		M-30	39	00:01:04	00:17:21	00:34:49.90	00:35:54.60	+00:10:35 (30.4%)	4:58	12.1 (69.9%)
40	LEWANDOWSKI Marek	181	ENDORFINOLIK	M-30	40	00:00:35	00:17:05	00:34:51.35	00:35:26.85	+00:10:37 (30.5%)	4:58	12.1 (69.9%)
41	JABŁOŃSKI Tomasz	117	AR SPOKO SŁAWNO	M-30	41	00:00:17	00:16:56	00:34:55.35	00:35:13.00	+00:10:41 (30.6%)	4:59	12 (69.4%)
42	KRZANOWSKI Marcin	167	MARCINBIEGA	M-30	42	00:00:33	00:17:50	00:35:05.30	00:35:39.05	+00:10:51 (30.9%)	5:00	12 (69.4%)
43	HRYCIÓW Paweł	113	BIAŁOGARD	M-30	43	00:00:35	00:17:56	00:35:15.55	00:35:50.85	+00:11:01 (31.3%)	5:02	11.9 (68.8%)
44	SZULC Szymon	307	GRYF LOK BIAŁOGARD	M-30	44	00:00:18	00:17:44	00:35:21.55	00:35:39.85	+00:11:07 (31.5%)	5:03	11.9 (68.8%)
45	KOWALCZYK Piotr	160		M-30	45	00:00:26	00:17:01	00:35:32.30	00:35:58.80	+00:11:18 (31.8%)	5:04	11.8 (68.2%)
46	LEWICZ Jan	183		M-30	46	00:00:14	00:17:30	00:35:48.05	00:36:02.60	+00:11:33 (32.3%)	5:06	11.7 (67.6%)
47	KUPREWICZ Grzegorz	294		M-30	47	00:00:10	00:17:12	00:35:49.35	00:36:00.15	+00:11:35 (32.3%)	5:07	11.7 (67.6%)
48	KACZMAREK Łukasz	133	WOJOWNICY WÓDY	M-30	48	00:00:16	00:17:02	00:35:58.85	00:36:15.00	+00:11:44 (32.6%)	5:08	11.7 (67.6%)
49	MROZIK Mariusz	211	TEAM BIEGOWY SZCZECINEK	M-30	49	00:00:25	00:19:00	00:36:08.35	00:36:33.85	+00:11:54 (32.9%)	5:09	11.6 (67.1%)
50	KAZIMIERCZAK Leszek	145		M-30	50	00:00:18	00:17:47	00:36:16.25	00:36:34.60	+00:12:02 (33.2%)	5:10	11.6 (67.1%)
51	HRYCAJ Tomasz	112		M-30	51	00:00:34	00:18:15	00:36:51.00	00:37:25.50	+00:12:36 (34.2%)	5:15	11.4 (65.9%)
52	RYBARCZYK Ireneusz	268		M-30	52	00:00:21	00:19:01	00:37:15.30	00:37:37.10	+00:13:01 (34.9%)	5:19	11.3 (65.3%)
53	JÓŹWIAK Mariusz	126		M-30	53	00:00:33	00:18:46	00:37:18.55	00:37:52.00	+00:13:04 (35.0%)	5:19	11.3 (65.3%)
54	PECZYŃSKI Tomasz	244		M-30	54	00:00:22	00:19:19	00:37:40.45	00:38:03.20	+00:13:26 (35.7%)	5:23	11.1 (64.2%)
55	STOJEWSKI Jarosław	286	B/K	M-30	55	00:00:23	00:18:13	00:37:43.45	00:38:06.55	+00:13:29 (35.8%)	5:23	11.1 (64.2%)
56	FIJALKOWSKI Piotr	87	TEAM BIEGOWY SZCZECINEK	M-30	56	00:00:26	00:19:17	00:38:14.20	00:38:40.50	+00:14:00 (36.6%)	5:27	11 (63.6%)
57	FELSKI Łukasz	86		M-30	57	00:00:41	00:20:11	00:38:34.00	00:39:15.40	+00:14:19 (37.2%)	5:30	10.9 (63.0%)
58	NAPIERAŁA Marcin	218		M-30	58	00:00:27	00:19:41	00:39:02.15	00:39:29.25	+00:14:47 (37.9%)	5:34	10.8 (62.4%)
59	BASIAK Krystian	34	KOSZALIN	M-30	59	00:00:36	00:19:05	00:39:07.05	00:39:43.05	+00:14:52 (38.0%)	5:35	10.7 (61.8%)
60	BURDA Bartosz	57		M-30	60	00:00:21	00:19:25	00:39:39.05	00:40:00.95	+00:15:24 (38.9%)	5:39	10.6 (61.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Bike_All 3.5km	Net time 7km	Czas brutto 7km	Gap	Pace min/km	Pace km/h
61	ORYSZCZYN Arkadiusz	365		M-30	61	00:00:34	00:19:10	00:39:39.25	00:40:13.50	+00:15:25 (38.9%)	5:39	10.6 (61.3%)
62	SIEMIĄTKOWSKI Robert	270		M-30	62	00:00:40	00:19:43	00:40:21.25	00:41:01.50	+00:16:07 (39.9%)	5:45	10.4 (60.1%)
63	WIERZBICKI Sylwester	333		M-30	63	00:00:39	00:19:43	00:40:22.10	00:41:01.40	+00:16:07 (40.0%)	5:46	10.4 (60.1%)
64	BĄK Zbigniew	35	RUNNERSWALDE DARŁOWO	M-30	64	00:00:38	00:19:32	00:40:22.60	00:41:01.55	+00:16:08 (40.0%)	5:46	10.4 (60.1%)
65	LEŚNIEWSKI Dominik	178	RAMS TRAINING HOUSE	M-30	65	00:00:29	00:21:16	00:45:10.45	00:45:40.20	+00:20:56 (46.3%)	6:27	9.3 (53.8%)
66	PASEK Jan	239		M-30	66	00:00:21	00:21:46	00:46:51.10	00:47:12.50	+00:22:36 (48.3%)	6:41	9 (52.0%)

Total 66 results.