



BIEG KRÓLI - 7KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-01-06
Miejsce: Jamno
Dystans: 7 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	GARSKI Kryspin	91	ŚWIAT PŁYTEK/SEXYRUNNERS	M-40	1	00:00:07	00:13:05	00:26:24.75	00:26:32.70		3:46	15.9 (100%)
2	PAKULSKI Marcin	237		M-40	2	00:00:20	00:13:42	00:27:34.25	00:27:54.45	+00:01:09 (4.2%)	3:56	15.2 (95.6%)
3	WÓJCIK Damian	344	RUNNERSWALDE DARŁOWO	M-40	3	00:00:10	00:13:35	00:28:00.50	00:28:11.30	+00:01:35 (5.7%)	4:00	15 (94.3%)
4	LESZCZYŃSKI Marcin	177	SZKÓŁKA PŁYWACKA DEPKA KOŁOBRZEG	M-40	4	00:00:09	00:14:15	00:28:57.90	00:29:06.95	+00:02:33 (8.8%)	4:08	14.5 (91.2%)
5	BAJGERT Robert	28	VOLTIX.PL	M-40	5	00:00:09	00:14:17	00:29:03.90	00:29:12.95	+00:02:39 (9.1%)	4:09	14.5 (91.2%)
6	UZNAŃSKI Ryszard	324	KOŁOBRZEG BIEGA	M-40	6	00:00:07	00:14:31	00:29:34.35	00:29:41.50	+00:03:09 (10.7%)	4:13	14.2 (89.3%)
7	WUJTIUK Piotr	345		M-40	7	00:00:09	00:14:32	00:29:41.80	00:29:51.40	+00:03:17 (11.1%)	4:14	14.1 (88.7%)
8	ZWOLIŃSKI Jan	350	TKKF KOSZALIN	M-40	8	00:00:09	00:14:48	00:29:45.15	00:29:54.75	+00:03:20 (11.2%)	4:15	14.1 (88.7%)
9	CHOŁUJ Jarek	61	ROZBIEGANY KOSZALIN	M-40	9	00:00:16	00:14:53	00:29:50.65	00:30:07.60	+00:03:25 (11.5%)	4:15	14.1 (88.7%)
10	KASPERSKI Dariusz	143		M-40	10	00:00:18	00:15:27	00:30:36.70	00:30:54.70	+00:04:11 (13.7%)	4:22	13.7 (86.2%)
11	PEKAŁA Piotr	247	ROZBIEGANY KOSZALIN	M-40	11	00:00:18	00:15:30	00:30:58.20	00:31:17.00	+00:04:33 (14.7%)	4:25	13.6 (85.5%)
12	BARTOSZUK Adam	33	BT KOŁOBRZEG	M-40	12	00:00:15	00:15:29	00:31:22.50	00:31:38.20	+00:04:57 (15.8%)	4:29	13.4 (84.3%)
13	KUŁAKOWSKI Dawid	173	TKKF KOSZALIN	M-40	13	00:00:27	00:15:47	00:31:30.20	00:31:57.65	+00:05:05 (16.2%)	4:30	13.3 (83.6%)
14	IWANIEC Dariusz	115	TKKF KOSZALIN	M-40	14	00:00:11	00:15:41	00:31:30.85	00:31:42.40	+00:05:06 (16.2%)	4:30	13.3 (83.6%)
15	MICERSKI Tomasz	201	TKKF KOSZALIN	M-40	15	00:00:28	00:15:47	00:31:39.30	00:32:07.30	+00:05:14 (16.6%)	4:31	13.3 (83.6%)
16	TESKA Bartosz	315	TKKF KOSZALIN	M-40	16	00:00:09	00:15:26	00:31:42.10	00:31:51.70	+00:05:17 (16.7%)	4:31	13.2 (83.0%)
17	ZIOMKO Rafał	349		M-40	17	00:00:31	00:15:40	00:31:43.55	00:32:14.65	+00:05:18 (16.7%)	4:31	13.2 (83.0%)
18	JAROSZ Dariusz	123	TKKF KOSZALIN	M-40	18	00:00:26	00:15:27	00:31:57.45	00:32:23.70	+00:05:32 (17.4%)	4:33	13.1 (82.4%)
19	DRELISZAK Mariusz	78		M-40	19	00:00:10	00:15:43	00:32:03.60	00:32:13.85	+00:05:38 (17.6%)	4:34	13.1 (82.4%)
20	BURKIET Marek	58	JW1223	M-40	20	00:00:15	00:15:32	00:32:23.10	00:32:38.90	+00:05:58 (18.4%)	4:37	13 (81.8%)
21	ROGOŻA Ireneusz	265	BIEGNIJMY.PL	M-40	21	00:00:16	00:16:15	00:32:33.20	00:32:49.60	+00:06:08 (18.9%)	4:39	12.9 (81.1%)
22	KRASIŃSKI Witold	163		M-40	22	00:00:19	00:15:45	00:32:34.25	00:32:53.35	+00:06:09 (18.9%)	4:39	12.9 (81.1%)
23	SZYMAŃSKI Piotr	310	ROSNOWO	M-40	23	00:00:13	00:16:06	00:32:40.65	00:32:54.50	+00:06:15 (19.2%)	4:40	12.9 (81.1%)
24	HOC Dariusz	111		M-40	24	00:00:15	00:16:17	00:32:46.80	00:33:02.50	+00:06:22 (19.4%)	4:41	12.8 (80.5%)
25	GAWRYSIAK Przemysław	95		M-40	25	00:00:13	00:16:11	00:32:49.85	00:33:03.40	+00:06:25 (19.5%)	4:41	12.8 (80.5%)
26	KSZCZANOWICZ Jacek	169		M-40	26	00:00:31	00:16:02	00:32:56.20	00:33:27.20	+00:06:31 (19.8%)	4:42	12.8 (80.5%)
27	SZAŁKOWSKI Wojtek	297	TUPOT USTKA	M-40	27	00:00:22	00:17:28	00:33:39.60	00:34:01.75	+00:07:14 (21.5%)	4:48	12.5 (78.6%)

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28	KOWALCZYK Mariusz	162	WZAJEMNIEJ ADORACJI	M-40	28	00:00:14	00:16:37	00:33:40.65	00:33:54.80	+00:07:15 (21.6%)	4:48	12.5 (78.6%)
29	MRÓZ Dawid	212		M-40	29	00:00:11	00:17:04	00:33:49.60	00:34:01.00	+00:07:24 (21.9%)	4:50	12.4 (78.0%)
30	DZIESZUK Dariusz	81	TKKF KOSZALIN	M-40	30	00:00:12	00:16:45	00:33:57.65	00:34:10.00	+00:07:32 (22.2%)	4:51	12.4 (78.0%)
31	OSTROWSKI Krzysztof	233		M-40	31	00:00:10	00:16:45	00:33:59.15	00:34:09.40	+00:07:34 (22.3%)	4:51	12.4 (78.0%)
32	PUŚCIAN Krzysztof	256	GIMNAZJUM W MANOWIE	M-40	32	00:00:21	00:17:28	00:34:00.75	00:34:22.70	+00:07:36 (22.3%)	4:51	12.3 (77.4%)
33	DĄBROWSKI Grzegorz	72		M-40	33	00:00:17	00:16:42	00:34:07.10	00:34:24.65	+00:07:42 (22.6%)	4:52	12.3 (77.4%)
34	REMPŁAKOWSKI Krzysztof	261	WE RUN	M-40	34	00:00:13	00:16:53	00:34:18.80	00:34:32.75	+00:07:54 (23.0%)	4:54	12.2 (76.7%)
35	WARZECHA Bartosz	327		M-40	35	00:00:28	00:17:24	00:34:42.40	00:35:11.00	+00:08:17 (23.9%)	4:57	12.1 (76.1%)
36	ŻMIJA Dariusz	351	CONTRA PRIME FOOD	M-40	36	00:00:32	00:17:11	00:34:42.50	00:35:14.60	+00:08:17 (23.9%)	4:57	12.1 (76.1%)
37	KAMELSKI Piotr	136	SŁAWNO	M-40	37	00:00:18	00:16:34	00:34:54.80	00:35:13.00	+00:08:30 (24.3%)	4:59	12 (75.5%)
38	MAJCHRZAK Paweł	188	SUNDBIKERS KARLINO TEAM	M-40	38	00:00:13	00:16:22	00:35:09.30	00:35:22.45	+00:08:44 (24.9%)	5:01	11.9 (74.8%)
39	MĘDEL Cezary	199		M-40	39	00:00:26	00:17:40	00:35:25.20	00:35:52.10	+00:09:00 (25.4%)	5:03	11.9 (74.8%)
40	BERNACKI Adam	38	EB BERNACKI	M-40	40	00:00:16	00:17:26	00:35:33.20	00:35:49.35	+00:09:08 (25.7%)	5:04	11.8 (74.2%)
41	RASZPLA Radosław	260	CIOTECZKI.PL	M-40	41	00:00:15	00:17:23	00:36:11.25	00:36:26.65	+00:09:46 (27.0%)	5:10	11.6 (73.0%)
42	PIETRYKA Artur	248	KARLINO	M-40	42	00:00:17	00:17:41	00:36:12.05	00:36:29.05	+00:09:47 (27.0%)	5:10	11.6 (73.0%)
43	FAJGIER Tomasz	84		M-40	43	00:00:18	00:17:10	00:36:29.10	00:36:47.70	+00:10:04 (27.6%)	5:12	11.5 (72.3%)
44	KASPERSKI Mirosław	142	B-RUN-EK KOSZALIN	M-40	44	00:00:22	00:18:29	00:36:31.40	00:36:53.55	+00:10:06 (27.7%)	5:13	11.5 (72.3%)
45	MIĄSEK Ryszard	200		M-40	45	00:00:28	00:17:58	00:36:37.80	00:37:06.10	+00:10:13 (27.9%)	5:14	11.5 (72.3%)
46	HNATOWSKI Artur	109	DM FC KOSZALIN	M-40	46	00:00:19	00:17:45	00:36:39.20	00:36:58.30	+00:10:14 (27.9%)	5:14	11.5 (72.3%)
47	BUBĘŁA Adam	55		M-40	47	00:00:20	00:18:14	00:36:48.25	00:37:08.95	+00:10:23 (28.2%)	5:15	11.4 (71.7%)
48	LEWANDOWSKI Rafał	180		M-40	48	00:00:27	00:18:17	00:37:05.65	00:37:32.65	+00:10:40 (28.8%)	5:17	11.3 (71.1%)
49	DOMAŃSKI Adam	76		M-40	49	00:00:25	00:18:59	00:37:16.60	00:37:42.10	+00:10:51 (29.1%)	5:19	11.3 (71.1%)
50	KAJKOWSKI Rafał	134		M-40	50	00:00:32	00:19:11	00:37:19.95	00:37:52.60	+00:10:55 (29.3%)	5:20	11.3 (71.1%)
51	NOWAK Bartłomiej	225	SAILING TEAM FERAJNA	M-40	51	00:00:30	00:18:58	00:37:42.15	00:38:12.20	+00:11:17 (29.9%)	5:23	11.1 (69.8%)
52	KOTULSKI Piotr	159	KLUB BIEGACZY JYSK	M-40	52	00:00:19	00:18:33	00:37:42.40	00:38:02.30	+00:11:17 (30.0%)	5:23	11.1 (69.8%)
53	ŻUREK Paweł	359		M-40	53	00:00:12	00:17:09	00:37:55.15	00:38:07.60	+00:11:30 (30.3%)	5:25	11.1 (69.8%)
54	JASIŃSKI Cezary	125	UBOTY Z KGB	M-40	54	00:00:26	00:18:17	00:38:02.30	00:38:28.55	+00:11:37 (30.6%)	5:26	11 (69.2%)
55	WOJCIECHOWSKI Andrzej	340		M-40	55	00:00:17	00:18:27	00:38:21.95	00:38:39.00	+00:11:57 (31.2%)	5:28	10.9 (68.6%)
56	KUREK Adrian	175		M-40	56	00:00:30	00:19:10	00:38:28.10	00:38:58.70	+00:12:03 (31.3%)	5:29	10.9 (68.6%)
57	KOŁAKOWSKI Dariusz	361		M-40	57	00:00:38	00:19:22	00:38:31.05	00:39:10.00	+00:12:06 (31.4%)	5:30	10.9 (68.6%)
58	DANOWSKI Maciej	69	FITNESS CLUB FORMA	M-40	58	00:00:14	00:18:43	00:38:38.05	00:38:52.40	+00:12:13 (31.6%)	5:31	10.9 (68.6%)
59	JABŁOŃSKI Arkadiusz	118		M-40	59	00:00:24	00:19:09	00:38:48.05	00:39:12.20	+00:12:23 (31.9%)	5:32	10.8 (67.9%)
60	RADECKI Jacek	354		M-40	60	00:00:31	00:19:11	00:39:01.50	00:39:33.20	+00:12:36 (32.3%)	5:34	10.8 (67.9%)
61	ŚRODA Wojciech	312		M-40	61	00:00:38	00:19:38	00:39:30.40	00:40:08.55	+00:13:05 (33.1%)	5:38	10.6 (66.7%)
62	FRASZKIEWICZ Jarosław	89		M-40	62	00:00:36	00:19:51	00:39:31.75	00:40:08.65	+00:13:07 (33.2%)	5:38	10.6 (66.7%)
63	KOLASA Tomasz	149	KAPIELE NA SPONTANIE	M-40	63	00:00:25	00:20:00	00:40:03.15	00:40:29.00	+00:13:38 (34.1%)	5:43	10.5 (66.0%)
64	BRESZKA Paweł	52	BIEGNIJMY TO	M-40	64	00:00:37	00:19:46	00:40:24.60	00:41:01.60	+00:13:59 (34.6%)	5:46	10.4 (65.4%)
65	TURCZYN Grzegorz	320	NIGHT RUNNERS SŁUPSK	M-40	65	00:00:33	00:19:39	00:41:00.95	00:41:34.45	+00:14:36 (35.6%)	5:51	10.2 (64.2%)
66	RAMA Janusz	257		M-40	66	00:00:46	00:21:47	00:45:12.65	00:45:59.15	+00:18:47 (41.6%)	6:27	9.3 (58.5%)
67	ŻYWOT Norbert	353	PARKRUN KOŁOBRZEG	M-40	67	00:00:42	00:21:53	00:45:16.45	00:45:59.15	+00:18:51 (41.7%)	6:28	9.3 (58.5%)
68	ZIELIŃSKI Jarosław	347	AMATOR	M-40	68	00:00:18	00:21:26	00:46:20.25	00:46:38.40	+00:19:55 (43.0%)	6:37	9.1 (57.2%)
69	STRZELECKI Sebastian	290	SAILING TEAM FERAJNA	M-40	69	00:00:30	00:23:18	00:47:06.95	00:47:37.15	+00:20:42 (43.9%)	6:43	8.9 (56.0%)