



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-50

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	OSIŃSKI Ryszard	230	ACTIVE MALBORK	M-50	1	00:00:07	00:12:54	00:27:00.50	00:27:08.15		3:51	15.5 (100%)
2	KOPCEWICZ Robert	154		M-50	2	00:00:07	00:13:20	00:27:19.60	00:27:27.55	+00:00:19 (1.2%)	3:54	15.4 (99.4%)
3	GRZESIK Eugeniusz	106	TKKF KOSZALIN	M-50	3	00:00:08	00:13:41	00:28:06.15	00:28:14.20	+00:01:05 (3.9%)	4:00	14.9 (96.1%)
4	KOŚCIELNIAK Robert	158	TKKF KOSZALIN	M-50	4	00:00:09	00:14:19	00:28:54.95	00:29:04.60	+00:01:54 (6.6%)	4:07	14.5 (93.5%)
5	SZAMREJ Wojciech	298		M-50	5	00:00:12	00:14:10	00:29:15.80	00:29:27.85	+00:02:15 (7.7%)	4:10	14.4 (92.9%)
6	CZYŻEWSKI Janusz	67	KOŁOBRZEG BIEGA	M-50	6	00:00:09	00:14:30	00:29:49.55	00:29:58.85	+00:02:49 (9.4%)	4:15	14.1 (91.0%)
7	RUTKOWSKI Ryszard	266	RUTKOWSKI TEAM	M-50	7	00:00:08	00:15:19	00:30:59.75	00:31:08.25	+00:03:59 (12.9%)	4:25	13.5 (87.1%)
8	NIEMCZUK Dariusz	222		M-50	8	00:00:17	00:15:13	00:31:10.45	00:31:27.70	+00:04:09 (13.4%)	4:27	13.5 (87.1%)
9	WILIŃSKI Marek	335	K. B SPRINT ŚWIDWIN	M-50	9	00:00:13	00:15:59	00:31:35.25	00:31:48.85	+00:04:34 (14.5%)	4:30	13.3 (85.8%)
10	SAŁABON Grzegorz	269	RWT BYDGOSZCZ	M-50	10	00:00:07	00:15:31	00:32:04.35	00:32:12.15	+00:05:03 (15.8%)	4:35	13.1 (84.5%)
11	ALABA Jerzy	363		M-50	11	00:00:17	00:16:11	00:32:09.30	00:32:26.85	+00:05:08 (16.0%)	4:35	13.1 (84.5%)
12	ŚWIETLIK Tomasz	313		M-50	12	00:00:15	00:16:25	00:32:51.70	00:33:07.40	+00:05:51 (17.8%)	4:41	12.8 (82.6%)
13	KUBIŃSKI Rafał	171	ALLIANZ RUNNING TEAM	M-50	13	00:00:13	00:15:57	00:32:51.85	00:33:05.10	+00:05:51 (17.8%)	4:41	12.8 (82.6%)
14	KRUPIŃSKI Krzysztof	166	E-UROLOG	M-50	14	00:00:12	00:16:12	00:33:07.55	00:33:19.90	+00:06:07 (18.5%)	4:43	12.7 (81.9%)
15	SZULC Marek	306		M-50	15	00:00:17	00:16:21	00:33:19.60	00:33:37.25	+00:06:19 (19.0%)	4:45	12.6 (81.3%)
16	MEISSNER Bogusław	196		M-50	16	00:00:12	00:16:07	00:33:32.35	00:33:44.70	+00:06:31 (19.5%)	4:47	12.5 (80.6%)
17	KISIELIŃSKI Igor	146		M-50	17	00:00:15	00:16:12	00:33:42.25	00:33:57.75	+00:06:41 (19.9%)	4:48	12.5 (80.6%)
18	JANUSZEWSKI Jacek	121	17 WOG KOSZALIN	M-50	18	00:00:22	00:16:34	00:34:07.25	00:34:29.45	+00:07:06 (20.8%)	4:52	12.3 (79.4%)
19	SKOWYRSKI Janusz	273	TKKF KOSZALIN	M-50	19	00:00:11	00:16:15	00:34:10.75	00:34:22.30	+00:07:10 (21.0%)	4:53	12.3 (79.4%)
20	MEGIER Wojtek	195		M-50	20	00:00:23	00:17:27	00:34:41.25	00:35:04.80	+00:07:40 (22.1%)	4:57	12.1 (78.1%)
21	PEŁKA Janusz	246		M-50	21	00:00:08	00:16:57	00:35:02.75	00:35:10.95	+00:08:02 (22.9%)	5:00	12 (77.4%)
22	SMARSZCZ Wiesław	274	RWT BYDGOSZCZ	M-50	22	00:00:08	00:18:00	00:38:02.05	00:38:10.25	+00:11:01 (29.0%)	5:26	11 (71.0%)
23	SIKORSKI Witold	360		M-50	23	00:00:28	00:19:07	00:38:06.30	00:38:35.05	+00:11:05 (29.1%)	5:26	11 (71.0%)
24	BORUC Jacek	49	PARKRUN SZCZECINEK	M-50	24	00:00:20	00:18:54	00:38:25.30	00:38:45.90	+00:11:24 (29.7%)	5:29	10.9 (70.3%)
25	BALCERZAK Bogdan	29	ZSM DARŁOWO	M-50	25	00:00:37	00:19:26	00:39:38.55	00:40:16.05	+00:12:38 (31.9%)	5:39	10.6 (68.4%)
26	TRZEŚNIEWSKI Zbigniew	319		M-50	26	00:00:36	00:21:01	00:42:29.90	00:43:06.15	+00:15:29 (36.4%)	6:04	9.9 (63.9%)

