



BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-12-03
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SIADAK Arkadiusz	157		M-30	1	00:18:27.45		3:41	16.3 (100%)
2	CZAPLIŃSKI Jacek	26	FREE BIRDS	M-30	2	00:19:06.60	+00:00:39 (3.4%)	3:49	15.7 (96.3%)
3	WICHER Krzysztof	197	GABINET REHABILITACJI AKTYWNEJ	M-30	3	00:19:45.60	+00:01:18 (6.6%)	3:57	15.2 (93.3%)
4	CICHOSZ-MIELEWCZYK Mateusz	24	ŚWIAT PŁYTEK U KRYSPIŃSKA	M-30	4	00:19:49.20	+00:01:21 (6.9%)	3:57	15.1 (92.6%)
5	KALKOWSKI Paweł	74	JW 1223	M-30	5	00:19:50.00	+00:01:22 (6.9%)	3:58	15.1 (92.6%)
6	ZIENKIEWICZ Wojciech	207	BARBARIANS KOSZALIN	M-30	6	00:20:03.60	+00:01:36 (8.0%)	4:00	15 (92.0%)
7	CUBER Wojciech	25	#ZABIEGANINOCA	M-30	7	00:20:38.00	+00:02:10 (10.5%)	4:07	14.5 (89.0%)
8	KAPUŚCIŃSKI Robert	77		M-30	8	00:21:14.80	+00:02:47 (13.1%)	4:14	14.1 (86.5%)
9	BONISŁAWSKI Jarosław	10	MAM ŚWIRA	M-30	9	00:21:24.15	+00:02:56 (13.8%)	4:16	14 (85.9%)
10	KUKIEŁA Tomasz	214		M-30	10	00:21:35.55	+00:03:08 (14.5%)	4:19	13.9 (85.3%)
11	STRUMIŃSKI Rafał	168	ŻYTŃNIA TEAM	M-30	11	00:21:35.75	+00:03:08 (14.5%)	4:19	13.9 (85.3%)
12	OLEJNIK Bartłomiej	124	ŻYTŃNIA TEAM	M-30	12	00:21:44.60	+00:03:17 (15.1%)	4:20	13.8 (84.7%)
13	MUCHA Krzysztof	115	KOSZALIN	M-30	13	00:22:00.50	+00:03:33 (16.1%)	4:24	13.6 (83.4%)
14	SOROKA Piotr	162		M-30	14	00:22:02.95	+00:03:35 (16.3%)	4:24	13.6 (83.4%)
15	OTTO Michał	127		M-30	15	00:22:21.50	+00:03:54 (17.4%)	4:28	13.4 (82.2%)
16	KŁOS Tomasz	84		M-30	16	00:22:28.60	+00:04:01 (17.9%)	4:29	13.3 (81.6%)
17	KOZIEŁ Paweł	94	WICHER RĄBINO	M-30	17	00:22:41.55	+00:04:14 (18.7%)	4:32	13.2 (81.0%)
18	KAMYK Piotr	76	MH IT SERWIS KOSZALIN	M-30	18	00:23:06.10	+00:04:38 (20.1%)	4:37	13 (79.8%)
19	RÓG Michał	149	JW 1223	M-30	19	00:23:16.05	+00:04:48 (20.7%)	4:39	12.9 (79.1%)
20	HRYCIÓW Paweł	58	JW1223	M-30	20	00:23:32.45	+00:05:05 (21.6%)	4:42	12.7 (77.9%)
21	CHOŁUJ Karol	21	ZAWSZE DO PRZODU	M-30	21	00:23:35.85	+00:05:08 (21.8%)	4:43	12.7 (77.9%)
22	MIKIETYŃSKI Michał	114	„ZABIEGANI NOCĄ”	M-30	22	00:23:48.85	+00:05:21 (22.5%)	4:45	12.6 (77.3%)
23	ŻUKOWSKI Cezary	210	MIGAWKOWE.PL	M-30	23	00:23:52.40	+00:05:24 (22.7%)	4:46	12.6 (77.3%)
24	DZIĘBOWSKI Mariusz	33		M-30	24	00:24:25.85	+00:05:58 (24.4%)	4:53	12.3 (75.5%)
25	PODSIADŁO Marcin	221		M-30	25	00:24:30.20	+00:06:02 (24.7%)	4:54	12.2 (74.8%)
26	KACZMAREK Łukasz	72	WOJOWNICY WODY	M-30	26	00:24:33.05	+00:06:05 (24.8%)	4:54	12.2 (74.8%)
27	MARZEC Łukasz	109		M-30	27	00:24:44.70	+00:06:17 (25.4%)	4:57	12.1 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	SZULC Szymon	226		M-30	28	00:24:48.85	+00:06:21 (25.6%)	4:57	12.1 (74.2%)
29	PACAN Bartosz	130	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	29	00:25:13.70	+00:06:46 (26.8%)	5:02	11.9 (73.0%)
30	KOWALCZYK Piotr	92		M-30	30	00:25:16.45	+00:06:49 (27.0%)	5:03	11.9 (73.0%)
31	KAMIŃSKI Tomasz	75	TKKF-JW 1223	M-30	31	00:25:26.30	+00:06:58 (27.4%)	5:05	11.8 (72.4%)
32	PELC Maciej	135		M-30	32	00:25:39.65	+00:07:12 (28.1%)	5:08	11.7 (71.8%)
33	GRĄBCZEWSKI Rafał	54	JW1223	M-30	33	00:25:49.95	+00:07:22 (28.5%)	5:10	11.6 (71.2%)
34	HRYCAJ Tomasz	57		M-30	34	00:25:57.35	+00:07:29 (28.9%)	5:11	11.6 (71.2%)
35	RYCHLIŃSKI Damian	152		M-30	35	00:26:11.70	+00:07:44 (29.5%)	5:14	11.5 (70.6%)
36	KAZIMIERCZAK Leszek	80	SKURCZTEAM	M-30	36	00:26:31.60	+00:08:04 (30.4%)	5:18	11.3 (69.3%)
37	RUSINEK Artur	150		M-30	37	00:26:38.20	+00:08:10 (30.7%)	5:19	11.3 (69.3%)
38	WIĘCKOWSKI Maciej	199	KARLINO BIEGAJ!	M-30	38	00:26:59.40	+00:08:31 (31.6%)	5:24	11.1 (68.1%)
39	GAŁKA Marcin	43		M-30	39	00:27:07.50	+00:08:40 (32.0%)	5:25	11.1 (68.1%)
40	BODO Rafał	9		M-30	40	00:27:08.40	+00:08:40 (32.0%)	5:25	11.1 (68.1%)
41	ZALESKI Tomasz	205		M-30	41	00:27:40.70	+00:09:13 (33.3%)	5:32	10.8 (66.3%)
42	GAWLIK Artur	46	BIEGNIJMY.PL	M-30	42	00:27:46.75	+00:09:19 (33.6%)	5:33	10.8 (66.3%)
43	OSTAPIŃSKI Tomasz	126		M-30	43	00:28:32.05	+00:10:04 (35.3%)	5:42	10.5 (64.4%)
44	PŁOTKA Grzegorz	139		M-30	44	00:28:50.75	+00:10:23 (36.0%)	5:46	10.4 (63.8%)
45	KOSECKI Tomasz	89	ZAKWAS	M-30	45	00:30:21.65	+00:11:54 (39.2%)	6:04	9.9 (60.7%)
46	NOWAK Piotr	122		M-30	46	00:32:02.35	+00:13:34 (42.4%)	6:24	9.4 (57.7%)
47	LEŚNIEWSKI Dominik	215	RAMS TRAINING HOUSE	M-30	47	00:33:31.10	+00:15:03 (44.9%)	6:42	9 (55.2%)

Znaleziono 47 wynik(ów)