



BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz
Data: 2018-12-02
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZABORSKI Ryszard	191	JAMNO/TKKF KOSZALIN	M-40	1	00:17:47.07		3:33	16.9 (100%)
2	GARSKI Kryspin	38	ŚWIAT PŁYTEK U KRYSPINA	M-40	2	00:17:57.88	+00:00:10 (1.0%)	3:35	16.7 (98.8%)
3	GÓRA Sylwester	209	#ZABIEGANINOCA	M-40	3	00:19:17.02	+00:01:29 (7.8%)	3:51	15.6 (92.3%)
4	WOJCIECHOWICZ Jacek	187	WWW.STUDIOTANCAPASJA.PL	M-40	4	00:19:17.34	+00:01:30 (7.8%)	3:51	15.5 (91.7%)
5	TREBSKI Krzysztof	205	#ZABIEGANINOCA	M-40	5	00:19:19.61	+00:01:32 (8.0%)	3:52	15.5 (91.7%)
6	ZUKAL Piotr	194		M-40	6	00:19:21.11	+00:01:34 (8.1%)	3:52	15.5 (91.7%)
7	PICK Tomasz	131	DEAF KOSZALIN	M-40	7	00:19:31.32	+00:01:44 (8.9%)	3:54	15.4 (91.1%)
8	PAKULSKI Marcin	124		M-40	8	00:20:10.96	+00:02:23 (11.9%)	4:02	14.9 (88.2%)
9	MUCHA Krzysztof	110		M-40	9	00:20:24.38	+00:02:37 (12.8%)	4:05	14.7 (87.0%)
10	URBAŃSKI Tomasz	174	KARLINO BIEGAJ	M-40	10	00:20:40.50	+00:02:53 (14.0%)	4:08	14.5 (85.8%)
11	SPRINGER Marcin	157		M-40	11	00:21:25.41	+00:03:38 (17.0%)	4:17	14 (82.8%)
12	GAWRYSIAK Przemysław	39		M-40	12	00:21:42.99	+00:03:55 (18.1%)	4:20	13.8 (81.7%)
13	CHOŁUJ Jarek	13		M-40	13	00:22:03.76	+00:04:16 (19.4%)	4:24	13.6 (80.5%)
14	ANTKOWIAK Sebastian	1	DB - ACTIVE	M-40	14	00:22:15.45	+00:04:28 (20.1%)	4:27	13.5 (79.9%)
15	RAPINCZUK Jan	138	BDSUOT WARSZAWA	M-40	15	00:22:37.97	+00:04:50 (21.4%)	4:31	13.3 (78.7%)
16	KAJKOWSKI Rafał	217	CSSP KOSZALIN	M-40	16	00:22:44.48	+00:04:57 (21.8%)	4:33	13.2 (78.1%)
17	RASZPLA Radosław	140		M-40	17	00:23:16.33	+00:05:29 (23.6%)	4:39	12.9 (76.3%)
18	JASIŃSKI Cezary	54		M-40	18	00:23:29.99	+00:05:42 (24.3%)	4:42	12.8 (75.7%)
19	POLAŃSKI Norbert	211		M-40	19	00:23:38.50	+00:05:51 (24.8%)	4:43	12.7 (75.1%)
20	KRASIŃSKI Witold	80		M-40	20	00:24:36.43	+00:06:49 (27.7%)	4:55	12.2 (72.2%)
21	DOMAŃSKI Adam	25		M-40	21	00:25:03.75	+00:07:16 (29.0%)	5:00	12 (71.0%)
22	KULAWINSKI Marek	86		M-40	22	00:25:48.37	+00:08:01 (31.1%)	5:09	11.6 (68.6%)
23	SZMIGIERO Sebastian	165	W.P.K SŁOŃ TEAM	M-40	23	00:26:15.04	+00:08:27 (32.3%)	5:15	11.4 (67.5%)
24	WIŚNIEWSKI Jarosław	202		M-40	24	00:26:19.10	+00:08:32 (32.4%)	5:15	11.4 (67.5%)
25	SKIBA Artur	210		M-40	25	00:26:22.49	+00:08:35 (32.6%)	5:16	11.4 (67.5%)
26	GAŁKA Marcin	36	21BLT	M-40	26	00:26:38.52	+00:08:51 (33.2%)	5:19	11.3 (66.9%)
27	DANOWSKI Maciej	21	FITNESS CLUB FORMA	M-40	27	00:26:42.44	+00:08:55 (33.4%)	5:20	11.2 (66.3%)

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28	MONGIAŁO Marcin	107	FAST FEET K-LIN	M-40	28	00:26:52.99	+00:09:05 (33.8%)	5:22	11.2 (66.3%)
29	RÓJ Andrzej	143		M-40	29	00:26:55.25	+00:09:08 (33.9%)	5:23	11.1 (65.7%)
30	FAJGIER Tomasz	33		M-40	30	00:27:23.64	+00:09:36 (35.1%)	5:28	11 (65.1%)
31	BARTOSIK Jarosław	3		M-40	31	00:27:35.81	+00:09:48 (35.6%)	5:31	10.9 (64.5%)
32	BERNACKI Adam	6		M-40	32	00:27:40.08	+00:09:53 (35.7%)	5:32	10.8 (63.9%)
33	RYHANYCZ Paweł	147	JEDWABIŚCI	M-40	33	00:29:10.02	+00:11:22 (39.0%)	5:50	10.3 (60.9%)
34	WALKOWIAK Dariusz	176		M-40	34	00:30:33.09	+00:12:46 (41.8%)	6:06	9.8 (58.0%)
35	RUSIECKI Paweł	145	WSPL SP ZOZ KOSZALIN	M-40	35	00:30:35.14	+00:12:48 (41.9%)	6:07	9.8 (58.0%)
36	ŚLEDŹ Andrzej	171	WĘŻELEK	M-40	36	00:31:49.14	+00:14:02 (44.1%)	6:21	9.4 (55.6%)

Znaleziono 36 wynik(ów)