



BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organizator: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-12-03
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	BORYCHOWSKI Mariusz	13	KB TUPOT USTKA	M-40	1	00:17:33.40		3:30	17.1 (100%)
2	GARSKI Krystin	45	ŚWIAT PŁYTEK U KRYSPIŃA	M-40	2	00:18:39.45	+00:01:06 (5.9%)	3:44	16.1 (94.2%)
3	GÓRA Sylwester	51	#ZABIEGANINOCA	M-40	3	00:19:37.75	+00:02:04 (10.6%)	3:55	15.3 (89.5%)
4	TRĘBSKI Krzysztof	187	ZABIEGANINOCA	M-40	4	00:19:59.35	+00:02:25 (12.2%)	4:00	15 (87.7%)
5	KASPERSKI Dariusz	79		M-40	5	00:20:38.90	+00:03:05 (15.0%)	4:07	14.5 (84.8%)
6	PAKULSKI Marcin	131		M-40	6	00:20:51.45	+00:03:18 (15.8%)	4:10	14.4 (84.2%)
7	ZWOLIŃSKI Jan	209	TKKF KOSZALIN	M-40	7	00:20:58.30	+00:03:24 (16.3%)	4:11	14.3 (83.6%)
8	SZUBERT Marcin	182	KOŁOBRZEG BIEGA	M-40	8	00:21:18.50	+00:03:45 (17.6%)	4:15	14.1 (82.5%)
9	CHOŁUJ Jarek	20	ROZBIEGANY KOSZALIN	M-40	9	00:21:44.25	+00:04:10 (19.2%)	4:20	13.8 (80.7%)
10	GAWRYSIAK Przemysław	47		M-40	10	00:21:44.55	+00:04:11 (19.3%)	4:20	13.8 (80.7%)
11	KAJKOWSKI Rafał	73	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M-40	11	00:21:51.25	+00:04:17 (19.7%)	4:22	13.7 (80.1%)
12	MAJCHRZAK Paweł	105	KARLINO BIEGAJ	M-40	12	00:21:57.00	+00:04:23 (20.0%)	4:23	13.7 (80.1%)
13	IWANIEC Dariusz	60	TKKF KOSZALIN	M-40	13	00:22:05.35	+00:04:31 (20.5%)	4:25	13.6 (79.5%)
14	ZIÓŁKOWSKI Wojciech	208	#ZABIEGANINOCA	M-40	14	00:22:24.50	+00:04:51 (21.7%)	4:28	13.4 (78.4%)
15	PICK Tomasz	137	MK KOSZALIN	M-40	15	00:22:28.50	+00:04:55 (21.9%)	4:29	13.3 (77.8%)
16	MICHALCZYK Mariusz	112	JW1223	M-40	16	00:23:10.45	+00:05:37 (24.2%)	4:38	12.9 (75.4%)
17	NIEDBAŁA Konrad	117		M-40	17	00:23:44.55	+00:06:11 (26.1%)	4:44	12.6 (73.7%)
18	RASZPLA Radosław	147	BBL	M-40	18	00:23:47.50	+00:06:14 (26.2%)	4:45	12.6 (73.7%)
19	ANTKOWIAK Sebastian	1	DB ACTIVE	M-40	19	00:23:50.40	+00:06:17 (26.4%)	4:46	12.6 (73.7%)
20	JASIŃSKI Cezary	66	MNBC	M-40	20	00:23:54.10	+00:06:20 (26.5%)	4:46	12.6 (73.7%)
21	KRASIŃSKI Witold	96	JW1223	M-40	21	00:24:41.60	+00:07:08 (28.9%)	4:56	12.2 (71.3%)
22	SEEWALD Jan	155	ZAKWAS	M-40	22	00:24:46.80	+00:07:13 (29.1%)	4:57	12.1 (70.8%)
23	LEWANDOWSKI Rafał	103		M-40	23	00:24:47.75	+00:07:14 (29.2%)	4:57	12.1 (70.8%)
24	DOMAŃSKI Adam	30		M-40	24	00:25:06.25	+00:07:32 (30.1%)	5:01	12 (70.2%)
25	DANOWSKI Maciej	28	FITNES CLUB FORMA	M-40	25	00:25:14.35	+00:07:40 (30.4%)	5:02	11.9 (69.6%)
26	TURCZYN Grzegorz	189	NIGHT RUNNERS SŁUPSK	M-40	26	00:25:38.85	+00:08:05 (31.5%)	5:07	11.7 (68.4%)
27	URBAŃSKI Tomasz	191		M-40	27	00:25:41.15	+00:08:07 (31.6%)	5:08	11.7 (68.4%)

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28	JUSIŃSKI Sebastian	68		M-40	28	00:25:47.05	+00:08:13 (31.9%)	5:09	11.6 (67.8%)
29	WOJCIECHOWSKI Piotr	204		M-40	29	00:25:50.95	+00:08:17 (32.1%)	5:10	11.6 (67.8%)
30	FAJGIER Tomasz	36		M-40	30	00:26:02.35	+00:08:28 (32.6%)	5:12	11.5 (67.3%)
31	BERNACKI Adam	4	ADRÓG	M-40	31	00:26:14.05	+00:08:40 (33.1%)	5:14	11.4 (66.7%)
32	NOWAK Bartłomiej	123	SAILING TEAM FERAJNA	M-40	32	00:26:40.80	+00:09:07 (34.2%)	5:20	11.2 (65.5%)
33	GALICKI Robert	40		M-40	33	00:26:42.00	+00:09:08 (34.2%)	5:20	11.2 (65.5%)
34	GAŁECKI Jacek	41	KARLINO BIEGAJ	M-40	34	00:28:17.50	+00:10:44 (37.9%)	5:39	10.6 (62.0%)
35	ZIELIŃSKI Jarosław	206	AMATOR	M-40	35	00:28:18.20	+00:10:44 (38.0%)	5:39	10.6 (62.0%)
36	FRASZKIEWICZ Jarosław	38		M-40	36	00:28:44.50	+00:11:11 (38.9%)	5:44	10.4 (60.8%)
37	BRESZKA Paweł	14	POLSKA	M-40	37	00:29:30.50	+00:11:57 (40.5%)	5:54	10.2 (59.6%)
38	HNATOWSKI Artur	56	SZYBKIESTOPY	M-40	38	00:29:33.70	+00:12:00 (40.6%)	5:54	10.1 (59.1%)
39	WALKOWIAK Dariusz	194		M-40	39	00:31:35.65	+00:14:02 (44.4%)	6:19	9.5 (55.6%)
40	CHOJNACKI Bartosz	19		M-40	40	00:32:19.75	+00:14:46 (45.7%)	6:28	9.3 (54.4%)
41	RAMA Janusz	144		M-40	41	00:33:23.45	+00:15:50 (47.4%)	6:40	9 (52.6%)
42	ŻYWOT Norbert	211		M-40	42	00:33:25.35	+00:15:51 (47.5%)	6:41	9 (52.6%)

Znaleziono 42 wynik(ów)