



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-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SIÓDMIAK Igor	159	MKP SZCZECINEK / TRIATHLON	M-16	1	00:16:21.50		3:16	18.3 (100%)
2	KRYZEL Daniel	35	TALEX BORZYTUCHOM	M-16	2	00:16:25.00	+00:00:03 (0.4%)	3:17	18.3 (100%)
3	BORYCHOWSKI Mariusz	13	KB TUPOT USTKA	M-40	1	00:17:33.40	+00:01:11 (6.8%)	3:30	17.1 (93.4%)
4	JAKUBEK Patryk	61	ŚWIAT PŁYTEK U KRYPINA	M-16	3	00:17:58.50	+00:01:37 (9.0%)	3:35	16.7 (91.3%)
5	LEWANDOWSKI Bogdan	220	MKL SZCZECINEK	M-16	4	00:18:04.85	+00:01:43 (9.5%)	3:37	16.6 (90.7%)
6	SIADAK Arkadiusz	157		M-30	1	00:18:27.45	+00:02:05 (11.4%)	3:41	16.3 (89.1%)
7	GARSKI Kryspin	45	ŚWIAT PŁYTEK U KRYPINA	M-40	2	00:18:39.45	+00:02:17 (12.3%)	3:44	16.1 (88.0%)
8	CZAPLIŃSKI Jacek	26	FREE BIRDS	M-30	2	00:19:06.60	+00:02:45 (14.4%)	3:49	15.7 (85.8%)
9	STEBELSKI Jasiek	166		M-16	5	00:19:36.35	+00:03:14 (16.6%)	3:55	15.3 (83.6%)
10	GÓRA Sylwester	51	#ZABIEGANINOCA	M-40	3	00:19:37.75	+00:03:16 (16.7%)	3:55	15.3 (83.6%)
11	WICHER Krzysztof	197	GABINET REHABILITACJI AKTYWNEJ	M-30	3	00:19:45.60	+00:03:24 (17.2%)	3:57	15.2 (83.1%)
12	CICHOSZ-MIELEWCZYK Mateusz	24	ŚWIAT PŁYTEK U KRYPINA	M-30	4	00:19:49.20	+00:03:27 (17.5%)	3:57	15.1 (82.5%)
13	KALKOWSKI Paweł	74	JW 1223	M-30	5	00:19:50.00	+00:03:28 (17.5%)	3:58	15.1 (82.5%)
14	TRĘBSKI Krzysztof	187	ZABIEGANINOCA	M-40	4	00:19:59.35	+00:03:37 (18.2%)	4:00	15 (82.0%)
15	ZIENKIEWICZ Wojciech	207	BARBARIANS KOSZALIN	M-30	6	00:20:03.60	+00:03:42 (18.5%)	4:00	15 (82.0%)
16	UZNAŃSKI Wojciech	192	BT	M-16	6	00:20:22.75	+00:04:01 (19.7%)	4:04	14.7 (80.3%)
17	ŁUKAWSKI Mariusz	104	JW 1223	M-16	7	00:20:36.70	+00:04:15 (20.6%)	4:07	14.6 (79.8%)
18	CUBER Wojciech	25	#ZABIEGANINOCA	M-30	7	00:20:38.00	+00:04:16 (20.7%)	4:07	14.5 (79.2%)
19	KASPERSKI Dariusz	79		M-40	5	00:20:38.90	+00:04:17 (20.8%)	4:07	14.5 (79.2%)
20	SULL Kacper	172	NIGHT RUNNERS SŁUPSK	M-16	8	00:20:38.95	+00:04:17 (20.8%)	4:07	14.5 (79.2%)
21	PAKUŁSKI Marcin	131		M-40	6	00:20:51.45	+00:04:29 (21.6%)	4:10	14.4 (78.7%)
22	ZWOLIŃSKI Jan	209	TKKF KOSZALIN	M-40	7	00:20:58.30	+00:04:36 (22.0%)	4:11	14.3 (78.1%)
23	KAPUŚCIŃSKI Robert	77		M-30	8	00:21:14.80	+00:04:53 (23.0%)	4:14	14.1 (77.0%)
24	SZUBERT Marcin	182	KOŁOBRZEG BIEGA	M-40	8	00:21:18.50	+00:04:57 (23.2%)	4:15	14.1 (77.0%)
25	JAROSZ Jakub	65	TKKF KOSZALIN	M-16	9	00:21:19.60	+00:04:58 (23.3%)	4:15	14.1 (77.0%)
26	BONISŁAWSKI Jarosław	10	MAM ŚWIRA	M-30	9	00:21:24.15	+00:05:02 (23.6%)	4:16	14 (76.5%)
27	SZEWCZYK Dawid	180		M-16	10	00:21:25.35	+00:05:03 (23.6%)	4:17	14 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	KUKIEŁA Tomasz	214		M-30	10	00:21:35.55	+00:05:14 (24.2%)	4:19	13.9 (76.0%)
29	STRUMIŃSKI Rafał	168	ŻYTANIA TEAM	M-30	11	00:21:35.75	+00:05:14 (24.3%)	4:19	13.9 (76.0%)
30	CHOŁUJ Jarek	20	ROZBIEGANY KOSZALIN	M-40	9	00:21:44.25	+00:05:22 (24.7%)	4:20	13.8 (75.4%)
31	GAWRYSIAK Przemysław	47		M-40	10	00:21:44.55	+00:05:23 (24.8%)	4:20	13.8 (75.4%)
32	OLEJNIK Bartłomiej	124	ŻYTANIA TEAM	M-30	12	00:21:44.60	+00:05:23 (24.8%)	4:20	13.8 (75.4%)
33	STACHOWIAK Ryszard	163		M-60	1	00:21:50.80	+00:05:29 (25.1%)	4:22	13.7 (74.9%)
34	KAJKOWSKI Rafał	73	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M-40	11	00:21:51.25	+00:05:29 (25.1%)	4:22	13.7 (74.9%)
35	MAJCHRZAK Paweł	105	KARLINO BIEGAJ	M-40	12	00:21:57.00	+00:05:35 (25.5%)	4:23	13.7 (74.9%)
36	MUCHA Krzysztof	115	KOSZALIN	M-30	13	00:22:00.50	+00:05:39 (25.7%)	4:24	13.6 (74.3%)
37	SOROKA Piotr	162		M-30	14	00:22:02.95	+00:05:41 (25.8%)	4:24	13.6 (74.3%)
38	IWANIEC Dariusz	60	TKKF KOSZALIN	M-40	13	00:22:05.35	+00:05:43 (25.9%)	4:25	13.6 (74.3%)
39	MIELCZAREK Ksawery	113	JAMNO	M-16	11	00:22:07.15	+00:05:45 (26.0%)	4:25	13.6 (74.3%)
40	NIEMCZUK Dariusz	119	JAMNO	M-50	1	00:22:14.70	+00:05:53 (26.5%)	4:26	13.5 (73.8%)
41	OTTO Michał	127		M-30	15	00:22:21.50	+00:06:00 (26.8%)	4:28	13.4 (73.2%)
42	ZIÓLKOWSKI Wojciech	208	#ZABIEGANINOCA	M-40	14	00:22:24.50	+00:06:03 (27.0%)	4:28	13.4 (73.2%)
43	PICK Tomasz	137	MK KOSZALIN	M-40	15	00:22:28.50	+00:06:07 (27.2%)	4:29	13.3 (72.7%)
44	KŁOS Tomasz	84		M-30	16	00:22:28.60	+00:06:07 (27.2%)	4:29	13.3 (72.7%)
45	ALABA Jerzy	153	KB 10 BIAŁOGARD	M-50	2	00:22:30.50	+00:06:09 (27.3%)	4:30	13.3 (72.7%)
46	FABJAN Wiesław	34	KOBISIA TEAM OLEŚNICA	M-50	3	00:22:30.80	+00:06:09 (27.3%)	4:30	13.3 (72.7%)
47	KOZIEŁ Paweł	94	WICHER RĄBINO	M-30	17	00:22:41.55	+00:06:20 (27.9%)	4:32	13.2 (72.1%)
48	KIERKOSZ Marek	82		M-50	4	00:22:45.75	+00:06:24 (28.1%)	4:33	13.2 (72.1%)
49	NOWAK Adam	222	DECATHLON	M-16	12	00:23:05.00	+00:06:43 (29.1%)	4:37	13 (71.0%)
50	KAMYK Piotr	76	MH IT SERWIS KOSZALIN	M-30	18	00:23:06.10	+00:06:44 (29.2%)	4:37	13 (71.0%)
51	MICHALCZYK Mariusz	112	JW1223	M-40	16	00:23:10.45	+00:06:48 (29.4%)	4:38	12.9 (70.5%)
52	KRUPIŃSKI Krzysztof	97	E-UROLOG.EU	M-50	5	00:23:13.55	+00:06:52 (29.6%)	4:38	12.9 (70.5%)
53	PUSZ Jakub	143	ELEKTRONIK KOSZALIN	M-16	13	00:23:15.20	+00:06:53 (29.7%)	4:39	12.9 (70.5%)
54	RÓG Michał	149	JW 1223	M-30	19	00:23:16.05	+00:06:54 (29.7%)	4:39	12.9 (70.5%)
55	GLISZCZYŃSKI Łukasz	219	UKSN SPRINT SŁAWNO	M-16	14	00:23:23.05	+00:07:01 (30.0%)	4:40	12.8 (69.9%)
56	HRYCIÓW Paweł	58	JW1223	M-30	20	00:23:32.45	+00:07:10 (30.5%)	4:42	12.7 (69.4%)
57	BERNECKI Edward	6		M-50	6	00:23:32.65	+00:07:11 (30.5%)	4:42	12.7 (69.4%)
58	CHOŁUJ Karol	21	ZAWSZE DO PRZODU	M-30	21	00:23:35.85	+00:07:14 (30.7%)	4:43	12.7 (69.4%)
59	DROZDOWSKI Marcin	32	MORPOL	M-16	15	00:23:39.50	+00:07:18 (30.9%)	4:43	12.7 (69.4%)
60	BOBER Jakub	7		M-16	16	00:23:40.75	+00:07:19 (30.9%)	4:44	12.7 (69.4%)
61	NIEDBAŁA Konrad	117		M-40	17	00:23:44.55	+00:07:23 (31.1%)	4:44	12.6 (68.9%)
62	RASZPLA Radosław	147	BBL	M-40	18	00:23:47.50	+00:07:26 (31.2%)	4:45	12.6 (68.9%)
63	MIKIETYŃSKI Michał	114	„ZABIEGANI NOCĄ”	M-30	22	00:23:48.85	+00:07:27 (31.3%)	4:45	12.6 (68.9%)
64	ANTKOWIAK Sebastian	1	DB ACTIVE	M-40	19	00:23:50.40	+00:07:28 (31.4%)	4:46	12.6 (68.9%)
65	ŻUKOWSKI Cezary	210	MIGAWKOWE.PL	M-30	23	00:23:52.40	+00:07:30 (31.5%)	4:46	12.6 (68.9%)
66	JASIŃSKI Cezary	66	MNBC	M-40	20	00:23:54.10	+00:07:32 (31.6%)	4:46	12.6 (68.9%)
67	SZULC Marek	184	SZULC RUNNERS TEAM	M-50	7	00:24:16.80	+00:07:55 (32.6%)	4:51	12.4 (67.8%)
68	DZIĘBOWSKI Mariusz	33		M-30	24	00:24:25.85	+00:08:04 (33.0%)	4:53	12.3 (67.2%)
69	GONTARZ Wojciech	50		M-16	17	00:24:29.10	+00:08:07 (33.2%)	4:53	12.3 (67.2%)
70	PODSIADŁO Marcin	221		M-30	25	00:24:30.20	+00:08:08 (33.2%)	4:54	12.2 (66.7%)
71	KACZMAREK Łukasz	72	WOJOWNICY WODY	M-30	26	00:24:33.05	+00:08:11 (33.4%)	4:54	12.2 (66.7%)

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72	JANUSZEWSKI Jacek	64	17WOG KOSZALIN	M-50	8	00:24:34.00	+00:08:12 (33.4%)	4:54	12.2 (66.7%)
73	SZEWCZYK Paweł	179		M-16	18	00:24:35.10	+00:08:13 (33.5%)	4:55	12.2 (66.7%)
74	OSOBNIAK Ryszard	125	ROZBIEGANY KOSZALIN	M-60	2	00:24:37.75	+00:08:16 (33.6%)	4:55	12.2 (66.7%)
75	KRASIŃSKI Witold	96	JW1223	M-40	21	00:24:41.60	+00:08:20 (33.8%)	4:56	12.2 (66.7%)
76	MARZEC Łukasz	109		M-30	27	00:24:44.70	+00:08:23 (33.9%)	4:57	12.1 (66.1%)
77	SEEWALD Jan	155	ZAKWAS	M-40	22	00:24:46.80	+00:08:25 (34.0%)	4:57	12.1 (66.1%)
78	LEWANDOWSKI Rafał	103		M-40	23	00:24:47.75	+00:08:26 (34.0%)	4:57	12.1 (66.1%)
79	SZULC Szymon	226		M-30	28	00:24:48.85	+00:08:27 (34.1%)	4:57	12.1 (66.1%)
80	DOMAŃSKI Adam	30		M-40	24	00:25:06.25	+00:08:44 (34.8%)	5:01	12 (65.6%)
81	PACAN Bartosz	130	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	29	00:25:13.70	+00:08:52 (35.2%)	5:02	11.9 (65.0%)
82	DANOWSKI Maciej	28	FITNES CLUB FORMA	M-40	25	00:25:14.35	+00:08:52 (35.2%)	5:02	11.9 (65.0%)
83	KOPCZEWSKI Dariusz	87		M-50	9	00:25:14.90	+00:08:53 (35.2%)	5:03	11.9 (65.0%)
84	KOWALCZYK Piotr	92		M-30	30	00:25:16.45	+00:08:54 (35.3%)	5:03	11.9 (65.0%)
85	WIERZBICKI Kacper	198		M-16	19	00:25:16.55	+00:08:55 (35.3%)	5:03	11.9 (65.0%)
86	KAMIŃSKI Tomasz	75	TKKF-JW 1223	M-30	31	00:25:26.30	+00:09:04 (35.7%)	5:05	11.8 (64.5%)
87	GAŁKA Dominik	42	SP NR 1 TRZEBIATÓW	M-16	20	00:25:29.70	+00:09:08 (35.8%)	5:06	11.8 (64.5%)
88	MEGIER Wojciech	110	ELEKTRONIK	M-50	10	00:25:31.05	+00:09:09 (35.9%)	5:06	11.8 (64.5%)
89	TURCZYN Grzegorz	189	NIGHT RUNNERS SŁUPSK	M-40	26	00:25:38.85	+00:09:17 (36.2%)	5:07	11.7 (63.9%)
90	PELC Maciej	135		M-30	32	00:25:39.65	+00:09:18 (36.3%)	5:08	11.7 (63.9%)
91	URBAŃSKI Tomasz	191		M-40	27	00:25:41.15	+00:09:19 (36.3%)	5:08	11.7 (63.9%)
92	JUSIŃSKI Sebastian	68		M-40	28	00:25:47.05	+00:09:25 (36.6%)	5:09	11.6 (63.4%)
93	KLENIEWSKI Piotr	83	ZACHODNIOPOMORSKIE	M-50	11	00:25:47.65	+00:09:26 (36.6%)	5:09	11.6 (63.4%)
94	MASTALERZ Konrad	224	DECATHLON	M-16	21	00:25:49.40	+00:09:27 (36.7%)	5:09	11.6 (63.4%)
95	GRĄBCZEWSKI Rafał	54	JW1223	M-30	33	00:25:49.95	+00:09:28 (36.7%)	5:10	11.6 (63.4%)
96	WOJCIECHOWSKI Piotr	204		M-40	29	00:25:50.95	+00:09:29 (36.7%)	5:10	11.6 (63.4%)
97	HRYCAJ Tomasz	57		M-30	34	00:25:57.35	+00:09:35 (37.0%)	5:11	11.6 (63.4%)
98	SZAFIRSKI Marek	177	CAMINO SŁUPSK	M-50	12	00:25:57.50	+00:09:36 (37.0%)	5:11	11.6 (63.4%)
99	FAJGIER Tomasz	36		M-40	30	00:26:02.35	+00:09:40 (37.2%)	5:12	11.5 (62.8%)
100	JUSZCZAK Krzysztof	69		M-60	3	00:26:05.85	+00:09:44 (37.3%)	5:13	11.5 (62.8%)
101	KOZŁOWIECKI Waldemar	95	TKKF KOSZALIN	M-60	4	00:26:08.10	+00:09:46 (37.4%)	5:13	11.5 (62.8%)
102	RYCHLIŃSKI Damian	152		M-30	35	00:26:11.70	+00:09:50 (37.6%)	5:14	11.5 (62.8%)
103	BERNACKI Adam	4	ADRÓG	M-40	31	00:26:14.05	+00:09:52 (37.6%)	5:14	11.4 (62.3%)
104	KARNICKI Zygmunt	78	TKKF KOSZALIN	M-60	5	00:26:30.55	+00:10:09 (38.3%)	5:18	11.3 (61.7%)
105	KAZIMIERCZAK Leszek	80	SKURCZTEAM	M-30	36	00:26:31.60	+00:10:10 (38.3%)	5:18	11.3 (61.7%)
106	RUSINEK Artur	150		M-30	37	00:26:38.20	+00:10:16 (38.6%)	5:19	11.3 (61.7%)
107	NOWAK Bartłomiej	123	SAILING TEAM FERAJNA	M-40	32	00:26:40.80	+00:10:19 (38.7%)	5:20	11.2 (61.2%)
108	GALICKI Robert	40		M-40	33	00:26:42.00	+00:10:20 (38.7%)	5:20	11.2 (61.2%)
109	BRESZKA Michał	15		M-16	22	00:26:42.05	+00:10:20 (38.7%)	5:20	11.2 (61.2%)
110	SZAFIRSKI Kacper	176	CAMINO SŁUPSK	M-16	23	00:26:49.85	+00:10:28 (39.0%)	5:22	11.2 (61.2%)
111	WIĘCKOWSKI Maciej	199	KARLINO BIEGAJ!	M-30	38	00:26:59.40	+00:10:37 (39.4%)	5:24	11.1 (60.7%)
112	GAŁKA Marcin	43		M-30	39	00:27:07.50	+00:10:46 (39.7%)	5:25	11.1 (60.7%)
113	BODO Rafał	9		M-30	40	00:27:08.40	+00:10:46 (39.7%)	5:25	11.1 (60.7%)
114	WOJANOWSKI Zbigniew	202	BIEGAM BO LUBIĘ	M-60	6	00:27:19.60	+00:10:58 (40.1%)	5:27	11 (60.1%)
115	TRZEŚNIEWSKI Zbigniew	188		M-50	13	00:27:24.95	+00:11:03 (40.3%)	5:29	10.9 (59.6%)

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116	DOMAŃSKI Krzysztof	31		M-16	24	00:27:28.00	+00:11:06 (40.4%)	5:29	10.9 (59.6%)
117	ZALESKI Tomasz	205		M-30	41	00:27:40.70	+00:11:19 (40.9%)	5:32	10.8 (59.0%)
118	GAWLIK Artur	46	BIEGNIJMY.PL	M-30	42	00:27:46.75	+00:11:25 (41.1%)	5:33	10.8 (59.0%)
119	PAULIŃSKI Jan	134	JAMNO	M-60	7	00:27:53.00	+00:11:31 (41.3%)	5:34	10.8 (59.0%)
120	MAŁYSZEWICZ Andrzej	107		M-50	14	00:28:08.00	+00:11:46 (41.9%)	5:37	10.7 (58.5%)
121	POKRZYWKA Tomasz	141		M-50	15	00:28:17.10	+00:11:55 (42.2%)	5:39	10.6 (57.9%)
122	GAŁECKI Jacek	41	KARLINO BIEGAJ	M-40	34	00:28:17.50	+00:11:56 (42.2%)	5:39	10.6 (57.9%)
123	ZIELIŃSKI Jarosław	206	AMATOR	M-40	35	00:28:18.20	+00:11:56 (42.2%)	5:39	10.6 (57.9%)
124	OSTAPIŃSKI Tomasz	126		M-30	43	00:28:32.05	+00:12:10 (42.7%)	5:42	10.5 (57.4%)
125	PUSZ Jacek	227		M-50	16	00:28:38.75	+00:12:17 (42.9%)	5:43	10.5 (57.4%)
126	FRASZKIEWICZ Jarosław	38		M-40	36	00:28:44.50	+00:12:23 (43.1%)	5:44	10.4 (56.8%)
127	PŁOTKA Grzegorz	139		M-30	44	00:28:50.75	+00:12:29 (43.3%)	5:46	10.4 (56.8%)
128	STAŃCZYK Franciszek	165	NIEZRZESZONY	M-70	1	00:29:15.65	+00:12:54 (44.1%)	5:51	10.3 (56.3%)
129	HELLER Zdzisław	55	NIEZRZESZONY	M-60	8	00:29:29.10	+00:13:07 (44.5%)	5:53	10.2 (55.7%)
130	BRESZKA Paweł	14	POLSKA	M-40	37	00:29:30.50	+00:13:09 (44.6%)	5:54	10.2 (55.7%)
131	HNATOWSKI Artur	56	SZYBKIESTOPY	M-40	38	00:29:33.70	+00:13:12 (44.7%)	5:54	10.1 (55.2%)
132	CICHOSZ Jerzy	23		M-70	2	00:29:34.30	+00:13:12 (44.7%)	5:54	10.1 (55.2%)
133	KOSECKI Tomasz	89	ZAKWAS	M-30	45	00:30:21.65	+00:14:00 (46.1%)	6:04	9.9 (54.1%)
134	RUSINEK Dawid	151		M-16	25	00:30:21.90	+00:14:00 (46.1%)	6:04	9.9 (54.1%)
135	WALKOWIAK Dariusz	194		M-40	39	00:31:35.65	+00:15:14 (48.2%)	6:19	9.5 (51.9%)
136	NOWAK Piotr	122		M-30	46	00:32:02.35	+00:15:40 (48.9%)	6:24	9.4 (51.4%)
137	CHOJNACKI Bartosz	19		M-40	40	00:32:19.75	+00:15:58 (49.4%)	6:28	9.3 (50.8%)
138	PASEK Jan	133	KLUB BIEGOWY JANTAR ŚWIESZYNO	M-60	9	00:32:56.15	+00:16:34 (50.3%)	6:35	9.1 (49.7%)
139	RAMA Janusz	144		M-40	41	00:33:23.45	+00:17:01 (51.0%)	6:40	9 (49.2%)
140	ŻYWOT Norbert	211		M-40	42	00:33:25.35	+00:17:03 (51.1%)	6:41	9 (49.2%)
141	LEŚNIEWSKI Dominik	215	RAMS TRAINING HOUSE	M-30	47	00:33:31.10	+00:17:09 (51.2%)	6:42	9 (49.2%)
142	BARTNIK Marian	136	TKKF KOSZALIN	M-70	3	00:40:11.55	+00:23:50 (59.3%)	8:02	7.5 (41.0%)

Znaleziono 142 wynik(ów)