



## BIEG MIKOŁAJKOWY - 5KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej  
**Data:** 2015-12-06  
**Miejsce:** Jamno  
**Dystans:** 5 km



Klasyfikacja: M-18

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	425	KL ISKRA BIAŁOGARD	M-18	1	00:03:55	00:16:29.85	00:20:24.90		3:17	18.2 (100%)
2	KRUCZKOWSKI Damian	322	JEDNOSTKA WOJSKOWA 1696 ZŁOCIENIEC	M-18	2	00:03:55	00:16:45.85	00:20:40.90	+00:00:16 (1.6%)	3:21	17.9 (98.4%)
3	GAWRON Piotr	242	ULKS TALEX BORZYTUCHOM	M-18	3	00:03:54	00:17:27.60	00:21:22.45	+00:00:57 (5.5%)	3:29	17.2 (94.5%)
4	WILCZEWSKI Mariusz	246	MKS ŚWIĘC ABWOOD SŁAWNO	M-18	4	00:03:58	00:19:00.80	00:22:58.90	+00:02:30 (13.2%)	3:48	15.8 (86.8%)
5	IGNACZAK Piotr	289	KB.10 BIAŁOGARD	M-18	5	00:03:55	00:19:07.85	00:23:02.90	+00:02:38 (13.8%)	3:49	15.7 (86.3%)
6	USTIANOWSKI Wojciech	87	JW1223	M-18	6	00:04:05	00:19:32.50	00:23:38.15	+00:03:02 (15.6%)	3:54	15.3 (84.1%)
7	RETKA Bartosz	395		M-18	7	00:03:55	00:19:39.95	00:23:35.30	+00:03:10 (16.1%)	3:56	15.3 (84.1%)
8	HEJMAN Damian	271	RUNNERSCLUB.PL	M-18	8	00:03:57	00:20:23.90	00:24:20.90	+00:03:54 (19.1%)	4:04	14.7 (80.8%)
9	LIZAKOWSKI Patryk	267		M-18	9	00:04:01	00:20:30.30	00:24:31.30	+00:04:00 (19.5%)	4:06	14.6 (80.2%)
10	MICKIEWICZ Adam	166	36 DROPMRZEŻYNO	M-18	10	00:03:57	00:20:30.40	00:24:27.60	+00:04:00 (19.6%)	4:06	14.6 (80.2%)
11	NOGA Sebastian	72	4RUN TTKF KOSZALIN	M-18	11	00:04:01	00:20:42.20	00:24:43.45	+00:04:12 (20.3%)	4:08	14.5 (79.7%)
12	KOBUS Maciej	10		M-18	12	00:04:04	00:20:44.60	00:24:49.10	+00:04:14 (20.5%)	4:09	14.5 (79.7%)
13	ZIELIŃSKI Mateusz	29	SŁONECZNY PATROL KOSZALIN	M-18	13	00:04:28	00:20:49.30	00:25:17.90	+00:04:19 (20.8%)	4:09	14.4 (79.1%)
14	PRUS Mikołaj	433	ARAGORTEAM	M-18	14	00:03:55	00:20:51.15	00:24:46.55	+00:04:21 (20.9%)	4:10	14.4 (79.1%)
15	MAKSYMIOUK Miron	447		M-18	15	00:04:04	00:20:52.05	00:24:56.05	+00:04:22 (20.9%)	4:10	14.4 (79.1%)
16	JAMNIAK Bartosz	403	MTS HAMER MIASTKO	M-18	16	00:03:58	00:21:00.25	00:24:58.35	+00:04:30 (21.5%)	4:12	14.3 (78.6%)
17	KAŹMIERCZAK Dawid	211		M-18	17	00:04:11	00:21:15.95	00:25:27.80	+00:04:46 (22.4%)	4:15	14.1 (77.5%)
18	KALKOWSKI Piotr	161		M-18	18	00:04:12	00:21:25.40	00:25:37.90	+00:04:55 (23.0%)	4:17	14 (76.9%)
19	WALASEK Robert	64	BARCZEWSKI TEAM	M-18	19	00:03:57	00:21:28.60	00:25:25.95	+00:04:58 (23.2%)	4:17	14 (76.9%)
20	JURA Michał	392	MTS HAMER	M-18	20	00:03:58	00:21:32.40	00:25:31.30	+00:05:02 (23.4%)	4:18	13.9 (76.4%)
21	KALKOWSKI Paweł	15		M-18	21	00:04:12	00:21:34.65	00:25:46.85	+00:05:04 (23.5%)	4:18	13.9 (76.4%)
22	NACHYŁA Paweł	100	DZIKI KOSZALIN	M-18	22	00:04:05	00:21:42.50	00:25:47.95	+00:05:12 (24.0%)	4:20	13.8 (75.8%)
23	MROCZKOWSKI Piotr	38	ROZBIEGANY KOSZALIN	M-18	23	00:04:11	00:22:00.05	00:26:11.80	+00:05:30 (25.0%)	4:24	13.6 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
24	<b>JAKUBOWSKI Karol</b>	<b>361</b>	2BZ	M-18	24	00:04:04	<b>00:22:22.60</b>	<b>00:26:27.40</b>	+00:05:52 (26.3%)	4:28	13.4 (73.6%)
25	<b>DZIĘBOWSKI Mariusz</b>	<b>86</b>		M-18	25	00:04:08	<b>00:22:33.60</b>	<b>00:26:42.15</b>	+00:06:03 (26.9%)	4:30	13.3 (73.1%)
26	<b>DORAWA Wojtek</b>	<b>14</b>		M-18	26	00:04:10	<b>00:22:54.50</b>	<b>00:27:05.15</b>	+00:06:24 (28.0%)	4:35	13.1 (72.0%)
27	<b>BROVCHENKO Jurii</b>	<b>422</b>	ŚWIAT PŁYTEK U KRYSPIŃA	M-18	27	00:04:13	<b>00:23:12.85</b>	<b>00:27:26.10</b>	+00:06:43 (28.9%)	4:38	12.9 (70.9%)
28	<b>SPICA Łukasz</b>	<b>281</b>		M-18	28	00:04:01	<b>00:23:15.75</b>	<b>00:27:16.75</b>	+00:06:45 (29.1%)	4:39	12.9 (70.9%)
29	<b>ŁABAŃSKI Waldemar</b>	<b>75</b>		M-18	29	00:04:28	<b>00:23:24.55</b>	<b>00:27:52.75</b>	+00:06:54 (29.5%)	4:40	12.8 (70.3%)
30	<b>KOPREK Łukasz</b>	<b>32</b>	SŁONECZNY PATROL KOSZALIN	M-18	30	00:04:27	<b>00:23:35.75</b>	<b>00:28:03.10</b>	+00:07:05 (30.1%)	4:43	12.7 (69.8%)
31	<b>MYDŁOWSKI Maciej</b>	<b>226</b>	TEAM BIEGOWY SZCZECINEK	M-18	31	00:04:02	<b>00:23:38.05</b>	<b>00:27:40.75</b>	+00:07:08 (30.2%)	4:43	12.7 (69.8%)
32	<b>WOJCIECHOWSKI Adrian</b>	<b>99</b>	AMADEUS CROSSTRaining GYM	M-18	32	00:04:27	<b>00:23:38.55</b>	<b>00:28:06.35</b>	+00:07:08 (30.2%)	4:43	12.7 (69.8%)
33	<b>KOWALSKI Konrad</b>	<b>381</b>	DORIAN TEAM	M-18	33	00:04:23	<b>00:24:04.25</b>	<b>00:28:27.55</b>	+00:07:34 (31.5%)	4:48	12.5 (68.7%)
34	<b>DORAWA Piotr</b>	<b>36</b>		M-18	34	00:04:11	<b>00:24:14.80</b>	<b>00:28:26.35</b>	+00:07:44 (32.0%)	4:51	12.4 (68.1%)
35	<b>SZPILER Krzysztof</b>	<b>60</b>		M-18	35	00:04:26	<b>00:24:49.20</b>	<b>00:29:15.95</b>	+00:08:19 (33.5%)	4:57	12.1 (66.5%)
36	<b>DUDEK Mateusz</b>	<b>291</b>		M-18	36	00:04:16	<b>00:24:52.05</b>	<b>00:29:08.50</b>	+00:08:22 (33.7%)	4:58	12.1 (66.5%)
37	<b>ORYSZCZYN Arkadiusz</b>	<b>287</b>		M-18	37	00:04:01	<b>00:25:14.20</b>	<b>00:29:15.50</b>	+00:08:44 (34.6%)	5:02	11.9 (65.4%)
38	<b>SZULC Szymon</b>	<b>255</b>	GRYF LOK BIAŁOGARD	M-18	38	00:04:24	<b>00:25:32.50</b>	<b>00:29:57.10</b>	+00:09:02 (35.4%)	5:06	11.7 (64.3%)
39	<b>MORDACZ Tomasz</b>	<b>296</b>	PORZECZE BIEGA :)	M-18	39	00:04:20	<b>00:26:07.95</b>	<b>00:30:27.95</b>	+00:09:38 (36.9%)	5:13	11.5 (63.2%)
40	<b>GÓRKA Krystian</b>	<b>448</b>		M-18	40	00:04:08	<b>00:27:00.15</b>	<b>00:31:08.70</b>	+00:10:30 (38.9%)	5:24	11.1 (61.0%)
41	<b>RATAJCZYK Robert</b>	<b>384</b>		M-18	41	00:04:26	<b>00:27:05.35</b>	<b>00:31:31.60</b>	+00:10:35 (39.1%)	5:25	11.1 (61.0%)
42	<b>KRZEMIŃSKI Michał</b>	<b>438</b>	PARABELLUM SOPOT	M-18	42	00:04:04	<b>00:27:23.95</b>	<b>00:31:28.25</b>	+00:10:54 (39.8%)	5:28	10.9 (59.9%)
43	<b>GRELA Maciej</b>	<b>253</b>	FOLLOW ME SZCZECINEK	M-18	43	00:04:19	<b>00:27:34.75</b>	<b>00:31:54.55</b>	+00:11:04 (40.2%)	5:31	10.9 (59.9%)
44	<b>PAWLIK Mateusz</b>	<b>63</b>		M-18	44	00:03:57	<b>00:28:33.65</b>	<b>00:32:31.45</b>	+00:12:03 (42.2%)	5:42	10.5 (57.7%)
45	<b>SZULC Adam</b>	<b>263</b>		M-18	45	00:04:25	<b>00:28:39.25</b>	<b>00:33:05.20</b>	+00:12:09 (42.4%)	5:44	10.5 (57.7%)
46	<b>KUJAWSKI Michał</b>	<b>412</b>		M-18	46	00:04:10	<b>00:28:48.50</b>	<b>00:32:59.45</b>	+00:12:18 (42.7%)	5:45	10.4 (57.1%)
47	<b>WIERZBICKI Kacper</b>	<b>37</b>	JW 1223	M-18	47	00:04:16	<b>00:29:48.30</b>	<b>00:34:05.15</b>	+00:13:18 (44.6%)	5:57	10.1 (55.5%)

Znaleziono 47 wynik(ów)