



## BIEG MIKOŁAJKOWY - 5KM

B4SPORT

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



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KAMIENIECKI Rafał	349	TUPOT-USTKA	M-30	1	00:03:58	00:18:25.50	00:22:23.60		3:41	16.3 (100%)
2	MUSIAŁ Krzysztof	436	4RUN TTKF KOSZALIN	M-30	2	00:03:55	00:18:51.35	00:22:46.40	+00:00:25 (2.3%)	3:46	15.9 (97.5%)
3	GARSKI Krystian	419	ŚWIAT PŁYTEK U KRYSPIŃA / SEXYRUNNERS	M-30	3	00:04:01	00:18:53.50	00:22:54.95	+00:00:28 (2.5%)	3:46	15.9 (97.5%)
4	SKIERKA Grzegorz	222	MKS ŚWIĘC SŁAWNO	M-30	4	00:03:55	00:19:42.25	00:23:38.05	+00:01:16 (6.5%)	3:56	15.2 (93.3%)
5	FAMULSKI Cezary	252	FORMA ROSNOWO	M-30	5	00:04:03	00:20:03.15	00:24:06.80	+00:01:37 (8.1%)	4:00	15 (92.0%)
6	KAPUŚCIŃSKI Robert	54	JW 1223 KOSZALIN	M-30	6	00:03:55	00:20:07.55	00:24:03.40	+00:01:42 (8.5%)	4:01	14.9 (91.4%)
7	KACHLIŃSKI Kamil	93	BIEGNIJMY.PL	M-30	7	00:04:01	00:20:10.00	00:24:11.45	+00:01:44 (8.6%)	4:02	14.9 (91.4%)
8	LEMAŃCZYK Andrzej	431	DORIAN TEAM	M-30	8	00:03:56	00:20:13.30	00:24:09.65	+00:01:47 (8.9%)	4:02	14.8 (90.8%)
9	MATUSZEWSKI Karol	418	RED WOLF TEAM	M-30	9	00:03:55	00:20:16.60	00:24:12.05	+00:01:51 (9.1%)	4:03	14.8 (90.8%)
10	SIEMIĄTKOWSKI Robert	302	RUNNERSWALDE DARŁOWO	M-30	10	00:04:15	00:20:32.50	00:24:47.75	+00:02:07 (10.3%)	4:06	14.6 (89.6%)
11	RAJNER Krzysztof	88		M-30	11	00:03:59	00:20:37.15	00:24:36.65	+00:02:11 (10.6%)	4:07	14.6 (89.6%)
12	MROCZKOWSKI Marek	92	ROZBIEGANI KOSZALIN	M-30	12	00:04:06	00:20:57.00	00:25:03.05	+00:02:31 (12.1%)	4:11	14.3 (87.7%)
13	KRUK Marcin	303	XXX	M-30	13	00:04:03	00:21:03.00	00:25:06.90	+00:02:37 (12.5%)	4:12	14.3 (87.7%)
14	MALINOWSKI Mariusz	40		M-30	14	00:04:22	00:21:07.85	00:25:29.95	+00:02:42 (12.8%)	4:13	14.2 (87.1%)
15	PSTRAŁOWSKI Marcin	78		M-30	15	00:04:05	00:21:22.95	00:25:28.00	+00:02:57 (13.8%)	4:16	14 (85.9%)
16	WEBER Paweł	401	AMADEUS GYM CROSS	M-30	16	00:04:01	00:21:24.10	00:25:25.15	+00:02:58 (13.9%)	4:16	14 (85.9%)
17	EMILIT Grzegorz	386	KEEP COLM AND GO ON	M-30	17	00:03:58	00:21:24.35	00:25:23.05	+00:02:58 (13.9%)	4:17	14 (85.9%)
18	DZIETCZYK Kamil	409	JW 1749	M-30	18	00:03:58	00:21:25.80	00:25:24.20	+00:03:00 (14.0%)	4:17	14 (85.9%)
19	GAŁKA Marcin	167	TRZEBIATÓW	M-30	19	00:03:57	00:21:49.90	00:25:47.50	+00:03:24 (15.6%)	4:22	13.7 (84.0%)
20	SOROKA Piotr	304		M-30	20	00:04:00	00:21:57.20	00:25:57.20	+00:03:31 (16.1%)	4:23	13.7 (84.0%)
21	CUBER Wojciech	269		M-30	21	00:03:56	00:22:02.05	00:25:58.80	+00:03:36 (16.4%)	4:24	13.6 (83.4%)
22	GOŁDYN Marek	25		M-30	22	00:04:13	00:22:09.20	00:26:22.20	+00:03:43 (16.8%)	4:25	13.5 (82.8%)
23	SZAŁKOWSKI Wojtek	266	TUPOT USTKA	M-30	23	00:04:29	00:22:15.70	00:26:45.45	+00:03:50 (17.2%)	4:27	13.5 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
24	<b>STRUMIŃSKI Rafał</b>	<b>206</b>	ŻYTANIA TEAM	M-30	24	00:04:07	<b>00:22:16.80</b>	<b>00:26:24.25</b>	+00:03:51 (17.3%)	4:27	13.5 (82.8%)
25	<b>JÓZWIAK Mariusz</b>	<b>110</b>		M-30	25	00:04:00	<b>00:22:26.55</b>	<b>00:26:26.85</b>	+00:04:01 (17.9%)	4:29	13.4 (82.2%)
26	<b>ZIÓŁKOWSKI Wojciech</b>	<b>151</b>	KB 'GOCH' BYTÓW	M-30	26	00:03:59	<b>00:22:28.95</b>	<b>00:26:28.35</b>	+00:04:03 (18.0%)	4:29	13.3 (81.6%)
27	<b>SZULC Arkadiusz</b>	<b>132</b>		M-30	27	00:03:55	<b>00:22:29.45</b>	<b>00:26:25.25</b>	+00:04:03 (18.1%)	4:30	13.3 (81.6%)
28	<b>WIECZOREK Wojciech</b>	<b>165</b>		M-30	28	00:04:17	<b>00:22:38.85</b>	<b>00:26:56.65</b>	+00:04:13 (18.6%)	4:31	13.2 (81.0%)
29	<b>WALCZAK Rafał</b>	<b>389</b>		M-30	29	00:03:59	<b>00:22:41.25</b>	<b>00:26:40.85</b>	+00:04:15 (18.8%)	4:32	13.2 (81.0%)
30	<b>SUGIER Michał</b>	<b>220</b>	NMC	M-30	30	00:04:04	<b>00:22:45.10</b>	<b>00:26:49.45</b>	+00:04:19 (19.0%)	4:33	13.2 (81.0%)
31	<b>KUKIEŁA Tomasz</b>	<b>288</b>		M-30	31	00:04:01	<b>00:22:45.60</b>	<b>00:26:47.55</b>	+00:04:20 (19.0%)	4:33	13.2 (81.0%)
32	<b>BIL Adrian</b>	<b>308</b>		M-30	32	00:04:14	<b>00:22:48.05</b>	<b>00:27:02.35</b>	+00:04:22 (19.2%)	4:33	13.2 (81.0%)
33	<b>ROGALSKI Roberto</b>	<b>31</b>	ZAWSZE SIĘGAJ WYŻEJ	M-30	33	00:04:01	<b>00:22:50.25</b>	<b>00:26:51.25</b>	+00:04:24 (19.3%)	4:34	13.1 (80.4%)
34	<b>ŻYWICKI Bartosz</b>	<b>106</b>	DZIKI KOSZALIN	M-30	34	00:04:03	<b>00:22:51.70</b>	<b>00:26:54.90</b>	+00:04:26 (19.4%)	4:34	13.1 (80.4%)
35	<b>ŁABEJSZA Łukasz</b>	<b>192</b>	WOJOWNICY WÓDY	M-30	35	00:04:01	<b>00:22:59.40</b>	<b>00:27:01.30</b>	+00:04:33 (19.9%)	4:36	13 (79.8%)
36	<b>KAMYK Piotr</b>	<b>168</b>	MH KOSZALIN ITSERWIS	M-30	36	00:03:58	<b>00:22:59.70</b>	<b>00:26:58.60</b>	+00:04:34 (19.9%)	4:36	13 (79.8%)
37	<b>KITŁOWSKI Marcin</b>	<b>250</b>		M-30	37	00:04:22	<b>00:23:02.20</b>	<b>00:27:24.55</b>	+00:04:36 (20.0%)	4:36	13 (79.8%)
37	<b>STAWISZYŃSKI Jarosław</b>	<b>293</b>	FRK	M-30	38	00:04:33	<b>00:23:02.20</b>	<b>00:27:35.95</b>	+00:04:36 (20.0%)	4:36	13 (79.8%)
39	<b>WILKOWSKI Krzysztof</b>	<b>73</b>		M-30	39	00:04:03	<b>00:23:03.60</b>	<b>00:27:06.65</b>	+00:04:38 (20.1%)	4:36	13 (79.8%)
40	<b>MERDA Piotr</b>	<b>282</b>	MTS HAMER MIASTKO	M-30	40	00:04:02	<b>00:23:08.30</b>	<b>00:27:11.10</b>	+00:04:42 (20.4%)	4:37	13 (79.8%)
41	<b>STACHOLIŃSKI Hubert</b>	<b>227</b>		M-30	41	00:04:06	<b>00:23:13.35</b>	<b>00:27:20.00</b>	+00:04:47 (20.7%)	4:38	12.9 (79.1%)
42	<b>CHOJNACKI Bartosz</b>	<b>119</b>		M-30	42	00:04:04	<b>00:23:18.15</b>	<b>00:27:22.20</b>	+00:04:52 (20.9%)	4:39	12.9 (79.1%)
43	<b>ZASIMOWSKI Adam</b>	<b>79</b>	BIEGAM BO LUBIĘ	M-30	43	00:04:12	<b>00:23:19.50</b>	<b>00:27:31.80</b>	+00:04:54 (21.0%)	4:39	12.9 (79.1%)
44	<b>WIELGUS Paweł</b>	<b>331</b>	OKONEK	M-30	44	00:03:59	<b>00:23:20.35</b>	<b>00:27:20.30</b>	+00:04:54 (21.1%)	4:40	12.8 (78.5%)
45	<b>NAKONIECZNY Rafał</b>	<b>123</b>	BAJADERKI KOSZALIN	M-30	45	00:04:09	<b>00:23:28.50</b>	<b>00:27:38.20</b>	+00:05:03 (21.5%)	4:41	12.8 (78.5%)
46	<b>KANIEWSKI Jacek</b>	<b>413</b>	W.P.K SŁOŃ TEAM USTKA	M-30	46	00:04:21	<b>00:23:36.30</b>	<b>00:27:57.95</b>	+00:05:10 (21.9%)	4:43	12.7 (77.9%)
47	<b>WIERZBICKI Sylwester</b>	<b>301</b>	RUNNERSWALDE DARŁOWO	M-30	47	00:04:15	<b>00:23:41.95</b>	<b>00:27:57.60</b>	+00:05:16 (22.3%)	4:44	12.7 (77.9%)
48	<b>KACZMAREK Łukasz</b>	<b>190</b>	KLUB	M-30	48	00:04:04	<b>00:23:47.05</b>	<b>00:27:51.90</b>	+00:05:21 (22.5%)	4:45	12.6 (77.3%)
49	<b>LEWANDOWSKI Marek</b>	<b>214</b>		M-30	49	00:04:30	<b>00:23:47.35</b>	<b>00:28:18.20</b>	+00:05:21 (22.5%)	4:45	12.6 (77.3%)
50	<b>BONISŁAWSKI Jarosław</b>	<b>149</b>	B/K	M-30	50	00:03:56	<b>00:23:47.45</b>	<b>00:27:43.90</b>	+00:05:21 (22.6%)	4:45	12.6 (77.3%)
51	<b>MRUGALSKI Damian</b>	<b>285</b>		M-30	51	00:04:25	<b>00:23:54.55</b>	<b>00:28:20.20</b>	+00:05:29 (22.9%)	4:47	12.5 (76.7%)
52	<b>CHOŁUJ Karol</b>	<b>179</b>	ZAWSZE DO PRZODU	M-30	52	00:04:09	<b>00:23:56.05</b>	<b>00:28:05.65</b>	+00:05:30 (23.0%)	4:47	12.5 (76.7%)
53	<b>KUŁAKOWSKI Dawid</b>	<b>9</b>	AMADORES	M-30	53	00:03:56	<b>00:23:59.85</b>	<b>00:27:56.40</b>	+00:05:34 (23.2%)	4:48	12.5 (76.7%)
54	<b>KĘPIŃSKI Marcin</b>	<b>320</b>		M-30	54	00:04:27	<b>00:24:20.60</b>	<b>00:28:48.50</b>	+00:05:55 (24.3%)	4:52	12.3 (75.5%)
55	<b>SUBALSKI Michał</b>	<b>321</b>		M-30	55	00:04:22	<b>00:24:22.90</b>	<b>00:28:45.05</b>	+00:05:57 (24.4%)	4:52	12.3 (75.5%)
56	<b>GROCHOWSKI Rafał</b>	<b>378</b>		M-30	56	00:04:10	<b>00:24:26.50</b>	<b>00:28:36.85</b>	+00:06:01 (24.6%)	4:53	12.3 (75.5%)
57	<b>FELKOWSKI Tomasz</b>	<b>445</b>		M-30	57	00:04:30	<b>00:24:28.90</b>	<b>00:28:59.30</b>	+00:06:03 (24.7%)	4:53	12.3 (75.5%)
58	<b>STRÓŻYNA Michał</b>	<b>111</b>		M-30	58	00:04:35	<b>00:24:31.25</b>	<b>00:29:06.80</b>	+00:06:05 (24.9%)	4:54	12.2 (74.8%)
59	<b>KOZIBRODA Marcin</b>	<b>408</b>	TRIATHLON SZCZECINEK	M-30	59	00:04:04	<b>00:24:45.70</b>	<b>00:28:50.60</b>	+00:06:20 (25.6%)	4:57	12.1 (74.2%)
60	<b>KIKTA Piotr</b>	<b>376</b>		M-30	60	00:04:14	<b>00:24:47.85</b>	<b>00:29:02.75</b>	+00:06:22 (25.7%)	4:57	12.1 (74.2%)
61	<b>SIEPRACKI Adam</b>	<b>188</b>	FORUM ROZWOJU KOSZALINA	M-30	61	00:04:33	<b>00:24:57.40</b>	<b>00:29:30.70</b>	+00:06:31 (26.2%)	4:59	12 (73.6%)
62	<b>KUPREWICZ Grzegorz</b>	<b>136</b>		M-30	62	00:04:02	<b>00:25:04.25</b>	<b>00:29:06.65</b>	+00:06:38 (26.5%)	5:00	12 (73.6%)
63	<b>ŚWIĘTOŃ Rafał</b>	<b>216</b>		M-30	63	00:04:20	<b>00:25:19.85</b>	<b>00:29:40.70</b>	+00:06:54 (27.3%)	5:04	11.8 (72.4%)
64	<b>BAK Zbigniew</b>	<b>317</b>	RUNNERSWALDE	M-30	64	00:04:29	<b>00:25:27.10</b>	<b>00:29:56.90</b>	+00:07:01 (27.6%)	5:05	11.8 (72.4%)
65	<b>HRYCIÓW Paweł</b>	<b>97</b>		M-30	65	00:04:30	<b>00:25:36.30</b>	<b>00:30:06.70</b>	+00:07:10 (28.0%)	5:07	11.7 (71.8%)
66	<b>KAŻMIERCZAK Tomasz</b>	<b>382</b>	JW 3937	M-30	66	00:04:05	<b>00:25:37.15</b>	<b>00:29:42.30</b>	+00:07:11 (28.1%)	5:07	11.7 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
67	<b>KURŁOWICZ Krzysztof</b>	<b>449</b>	WESOŁE BLONDYNKI	M-30	67	00:04:07	<b>00:25:44.15</b>	<b>00:29:51.15</b>	+00:07:18 (28.4%)	5:08	11.7 (71.8%)
68	<b>OPOZDA Paweł</b>	<b>345</b>	FORUM ROZWOJU KOSZALINA (FRK)	M-30	68	00:04:34	<b>00:25:45.95</b>	<b>00:30:20.45</b>	+00:07:20 (28.5%)	5:09	11.6 (71.2%)
69	<b>KAMIŃSKI Tomasz</b>	<b>273</b>	JW1223	M-30	69	00:04:11	<b>00:25:57.60</b>	<b>00:30:08.70</b>	+00:07:32 (29.0%)	5:11	11.6 (71.2%)
70	<b>KRYGIER Ireneusz</b>	<b>410</b>	W,P,K, SŁOŃ TEAM USTKA	M-30	70	00:04:23	<b>00:26:06.70</b>	<b>00:30:30.00</b>	+00:07:41 (29.4%)	5:13	11.5 (70.6%)
71	<b>MAKULEC Krzysztof</b>	<b>115</b>		M-30	71	00:04:20	<b>00:26:11.70</b>	<b>00:30:32.45</b>	+00:07:46 (29.7%)	5:14	11.5 (70.6%)
72	<b>KOWALCZYK Piotr</b>	<b>174</b>	-	M-30	72	00:07:58	<b>00:26:11.90</b>	<b>00:34:10.50</b>	+00:07:46 (29.7%)	5:14	11.5 (70.6%)
73	<b>GIGOŁO Łukasz</b>	<b>197</b>	SUNDBYBIKERS KARLINO TEAM	M-30	73	00:04:27	<b>00:26:25.75</b>	<b>00:30:53.35</b>	+00:08:00 (30.3%)	5:17	11.3 (69.3%)
74	<b>PIOR Tomasz</b>	<b>26</b>		M-30	74	00:04:04	<b>00:26:33.15</b>	<b>00:30:37.85</b>	+00:08:07 (30.6%)	5:18	11.3 (69.3%)
75	<b>SYLDATK Adam</b>	<b>415</b>	LĘBORK	M-30	75	00:04:15	<b>00:26:33.80</b>	<b>00:30:49.65</b>	+00:08:08 (30.6%)	5:18	11.3 (69.3%)
76	<b>PUCHALSKI Marcin</b>	<b>272</b>	KLUB	M-30	76	00:04:18	<b>00:26:35.60</b>	<b>00:30:54.55</b>	+00:08:10 (30.7%)	5:19	11.3 (69.3%)
77	<b>IDZIAK Paweł</b>	<b>334</b>	TEAM BIEGOWY SZCZECINEK	M-30	77	00:04:02	<b>00:26:37.20</b>	<b>00:30:39.30</b>	+00:08:11 (30.8%)	5:19	11.3 (69.3%)
78	<b>KOWALENKO Robert</b>	<b>270</b>		M-30	78	00:04:31	<b>00:26:42.80</b>	<b>00:31:13.95</b>	+00:08:17 (31.0%)	5:20	11.2 (68.7%)
79	<b>KAZIMIERCZAK Leszek</b>	<b>251</b>	CSSP	M-30	79	00:03:59	<b>00:26:45.40</b>	<b>00:30:44.45</b>	+00:08:19 (31.1%)	5:21	11.2 (68.7%)
80	<b>IGNACAK Marcin</b>	<b>130</b>		M-30	80	00:04:17	<b>00:26:58.60</b>	<b>00:31:15.85</b>	+00:08:33 (31.7%)	5:23	11.1 (68.1%)
81	<b>GAWLIK Artur</b>	<b>8</b>		M-30	81	00:04:13	<b>00:27:00.70</b>	<b>00:31:13.95</b>	+00:08:35 (31.8%)	5:24	11.1 (68.1%)
82	<b>STRUKIEL Daniel</b>	<b>53</b>	RUNCANBEFUN	M-30	82	00:04:05	<b>00:27:01.70</b>	<b>00:31:06.90</b>	+00:08:36 (31.8%)	5:24	11.1 (68.1%)
83	<b>PILARSKI Krzysztof</b>	<b>417</b>		M-30	83	00:04:26	<b>00:27:06.10</b>	<b>00:31:32.85</b>	+00:08:40 (32.0%)	5:25	11.1 (68.1%)
84	<b>IWANEK Paweł</b>	<b>354</b>	FRK	M-30	84	00:04:34	<b>00:27:36.75</b>	<b>00:32:11.30</b>	+00:09:11 (33.3%)	5:31	10.9 (66.9%)
85	<b>KIPER Jarosław</b>	<b>128</b>	JW1223	M-30	85	00:04:18	<b>00:27:49.45</b>	<b>00:32:08.05</b>	+00:09:23 (33.8%)	5:34	10.8 (66.3%)
86	<b>OLIŃSKI Arek</b>	<b>439</b>		M-30	86	00:04:10	<b>00:27:55.45</b>	<b>00:32:05.80</b>	+00:09:29 (34.0%)	5:35	10.7 (65.6%)
87	<b>CINCIO Robert</b>	<b>224</b>	TKKF TRIATHLON KOSZALIN	M-30	87	00:04:29	<b>00:28:00.15</b>	<b>00:32:29.45</b>	+00:09:34 (34.2%)	5:36	10.7 (65.6%)
88	<b>WIĘCKOWSKI Maciej</b>	<b>51</b>	MWCONSTRUCTION TEAM	M-30	88	00:04:33	<b>00:28:46.25</b>	<b>00:33:19.25</b>	+00:10:20 (36.0%)	5:45	10.4 (63.8%)
89	<b>ZIELIŃSKI Jarosław</b>	<b>241</b>	NIEZRZESZONY	M-30	89	00:04:25	<b>00:28:50.75</b>	<b>00:33:15.95</b>	+00:10:25 (36.1%)	5:46	10.4 (63.8%)
90	<b>NOWACZYK Adrian</b>	<b>310</b>		M-30	90	00:04:38	<b>00:29:04.75</b>	<b>00:33:42.75</b>	+00:10:39 (36.6%)	5:48	10.3 (63.2%)
91	<b>RETERSKI Przemysław</b>	<b>144</b>		M-30	91	00:04:08	<b>00:29:13.25</b>	<b>00:33:21.60</b>	+00:10:47 (36.9%)	5:50	10.3 (63.2%)
92	<b>SKOWRON Adam</b>	<b>356</b>		M-30	92	00:04:00	<b>00:29:25.00</b>	<b>00:33:25.25</b>	+00:10:59 (37.4%)	5:53	10.2 (62.6%)
93	<b>IMIOŁEK Jacek</b>	<b>57</b>		M-30	93	00:04:31	<b>00:30:34.95</b>	<b>00:35:06.55</b>	+00:12:09 (39.8%)	6:07	9.8 (60.1%)
94	<b>KOWALEWSKI Daniel</b>	<b>28</b>	BAŁTYK-TRANSPORT TEAM	M-30	94	00:04:28	<b>00:30:45.75</b>	<b>00:35:14.20</b>	+00:12:20 (40.1%)	6:09	9.8 (60.1%)
95	<b>MICHALAK Michał</b>	<b>108</b>	DZIKI KOSZALIN	M-30	95	00:04:03	<b>00:34:23.65</b>	<b>00:38:26.65</b>	+00:15:58 (46.4%)	6:52	8.7 (53.4%)
96	<b>TELEGA Michał</b>	<b>237</b>		M-30	96	00:04:27	<b>00:36:52.05</b>	<b>00:41:19.20</b>	+00:18:26 (50.0%)	7:22	8.1 (49.7%)
97	<b>WILKOWSKI Piotr</b>	<b>156</b>		M-30	97	00:04:23	<b>00:38:57.90</b>	<b>00:43:21.20</b>	+00:20:32 (52.7%)	7:47	7.7 (47.2%)
98	<b>KALOCIŃSKI Krzysztof</b>	<b>47</b>	ROZBIEGANY KOSZALIN	M-30	98	00:04:20	<b>00:40:27.55</b>	<b>00:44:47.65</b>	+00:22:02 (54.5%)	8:05	7.4 (45.4%)
99	<b>WANAGO Daniel</b>	<b>379</b>	DORIAN TEAM	M-30	99	00:04:23					(0.0%)

Znaleziono 99 wynik(ów)