



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

Organiser: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Date: 2016-12-04
Place: Koszalin
Distance: 5 km



Classification: M-30

Place	Participant	Number	Club	Category	MCat	Start time	Bike_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	BEDNARZ Paweł	14	13-TY FUN CLUB ASI CHMIEL :*	M-30	1	00:00:06	00:08:02	00:17:12.75	00:17:19.55		3:26	17.4 (100%)
2	FAMULSKI Cezary	49	JW 1223 KOSZALIN	M-30	2	00:00:07	00:08:55	00:18:16.80	00:18:24.05	+00:01:04 (5.8%)	3:39	16.4 (94.3%)
3	TUTUS Michał	241	JW 1223	M-30	3	00:00:17	00:09:00	00:18:25.60	00:18:43.25	+00:01:12 (6.6%)	3:41	16.3 (93.7%)
4	SIEMIĄTKOWSKI Robert	246		M-30	4	00:00:08	00:09:25	00:19:09.10	00:19:17.80	+00:01:56 (10.1%)	3:49	15.7 (90.2%)
5	WOJCIECHOWICZ Jacek	312	WWW.STUDIOTANCAPASJA.PL	M-30	5	00:00:07	00:09:17	00:19:15.15	00:19:22.70	+00:02:02 (10.6%)	3:51	15.6 (89.7%)
6	MOSEK Radosław	180		M-30	6	00:00:16	00:09:32	00:19:42.55	00:19:59.05	+00:02:29 (12.7%)	3:56	15.2 (87.4%)
7	SIWIK Stanisław	249	JW 3775 DARŻEWO	M-30	7	00:00:09	00:09:46	00:20:05.70	00:20:14.95	+00:02:52 (14.3%)	4:01	14.9 (85.6%)
8	SZEWCZUK Paweł	273		M-30	8	00:00:10	00:10:03	00:20:34.50	00:20:44.70	+00:03:21 (16.3%)	4:06	14.6 (83.9%)
9	JAKUBOWSKI Krystian	80	CAPTAIN AMERICA VS THE FLASH	M-30	9	00:00:15	00:10:09	00:20:39.25	00:20:55.20	+00:03:26 (16.7%)	4:08	14.5 (83.3%)
10	PIETRZAK Kamil	217	ACTIVE MALBORK	M-30	10	00:00:16	00:09:49	00:20:44.35	00:21:00.40	+00:03:31 (17.0%)	4:08	14.5 (83.3%)
11	WEBER Paweł	300		M-30	11	00:00:10	00:10:04	00:20:54.35	00:21:05.25	+00:03:41 (17.7%)	4:11	14.3 (82.2%)
12	LESZCZYŃSKI Tomasz	143	JW1223	M-30	12	00:00:18	00:09:58	00:20:58.50	00:21:16.60	+00:03:45 (17.9%)	4:11	14.3 (82.2%)
13	KALKOWSKI Paweł	96		M-30	13	00:00:16	00:10:34	00:21:05.50	00:21:21.55	+00:03:52 (18.4%)	4:13	14.2 (81.6%)
14	KOSIŃSKI Wojciech	120	JAZZ TEAM	M-30	14	00:00:15	00:10:30	00:21:11.70	00:21:26.90	+00:03:58 (18.8%)	4:14	14.2 (81.6%)
15	ŚNIEŻKO Marcin	350	TKKF KOSZALIN	M-30	15	00:00:28	00:10:14	00:21:17.05	00:21:45.10	+00:04:04 (19.1%)	4:15	14.1 (81.0%)
16	WIERZBICKI Sylwester	304		M-30	16	00:00:15	00:10:34	00:21:17.60	00:21:32.65	+00:04:04 (19.2%)	4:15	14.1 (81.0%)
17	KITŁOWSKI Marcin	106	CZARNE BIEGA	M-30	17	00:00:15	00:10:14	00:21:18.40	00:21:33.50	+00:04:05 (19.2%)	4:15	14.1 (81.0%)
18	WILKOWSKI Krzysztof	307		M-30	18	00:00:08	00:10:08	00:21:23.70	00:21:32.05	+00:04:10 (19.5%)	4:16	14 (80.5%)
19	STRUMIŃSKI Rafał	266	DZIKI KOSZALIN	M-30	19	00:00:11	00:10:12	00:21:24.55	00:21:35.70	+00:04:11 (19.6%)	4:16	14 (80.5%)
20	TESKA Bartosz	288	TKKF KOSZALIN	M-30	20	00:00:07	00:10:21	00:21:33.10	00:21:41.00	+00:04:20 (20.1%)	4:18	13.9 (79.9%)
21	MROCZKOWSKI Marek	182	ROZBIEGANY KOSZALIN	M-30	21	00:00:29	00:10:55	00:21:37.40	00:22:06.40	+00:04:24 (20.4%)	4:19	13.9 (79.9%)
22	DZIĘBOWSKI Mariusz	47		M-30	22	00:00:24	00:10:47	00:21:44.80	00:22:09.35	+00:04:32 (20.8%)	4:21	13.8 (79.3%)
23	NOWAK Piotr	193	CZARNE BIEGA	M-30	23	00:00:19	00:10:40	00:21:49.30	00:22:09.00	+00:04:36 (21.1%)	4:22	13.7 (78.7%)
24	STOJEWSKI Jarosław	264	JA_BEZ_SILNA	M-30	24	00:00:13	00:10:18	00:21:52.00	00:22:05.60	+00:04:39 (21.3%)	4:22	13.7 (78.7%)
25	SZYMAJDA Grzegorz	235	TKKF KOSZALIN	M-30	25	00:00:07	00:10:27	00:21:55.00	00:22:02.70	+00:04:42 (21.5%)	4:23	13.7 (78.7%)
26	ŚWIĘTOŃ Rafał	287	JAZZ TEAM	M-30	26	00:00:15	00:10:40	00:21:57.90	00:22:13.25	+00:04:45 (21.6%)	4:23	13.7 (78.7%)
27	PSTRĄGOWSKI Marcin	226	DZIKI KOSZALIN	M-30	27	00:00:12	00:10:23	00:21:58.30	00:22:10.90	+00:04:45 (21.7%)	4:23	13.7 (78.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Bike_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
28	KUKIEŁA Tomasz	136		M-30	28	00:00:22	00:11:20	00:21:59.40	00:22:21.80	+00:04:46 (21.7%)	4:23	13.6 (78.2%)
29	KRAWCZYK Tomasz	128		M-30	29	00:00:15	00:11:01	00:22:03.55	00:22:18.80	+00:04:50 (22.0%)	4:24	13.6 (78.2%)
30	ŁABEJSZA Łukasz	151	WOJOWNICY WÓDY	M-30	30	00:00:12	00:10:33	00:22:26.20	00:22:38.30	+00:05:13 (23.3%)	4:29	13.4 (77.0%)
31	KUŁAKOWSKI Dawid	137	TKKF KOSZALIN	M-30	31	00:00:22	00:10:53	00:22:28.75	00:22:50.95	+00:05:16 (23.4%)	4:29	13.4 (77.0%)
32	SOROKA Piotr	257		M-30	32	00:00:17	00:10:52	00:22:29.35	00:22:47.05	+00:05:16 (23.5%)	4:30	13.3 (76.4%)
33	RYBARCZYK Ireneusz	242		M-30	33	00:00:10	00:10:36	00:22:30.40	00:22:41.05	+00:05:17 (23.5%)	4:30	13.3 (76.4%)
34	KAMYK Piotr	98	MH KOSZALIN - SERWIS IT	M-30	34	00:00:09	00:10:38	00:22:36.60	00:22:45.70	+00:05:23 (23.9%)	4:31	13.3 (76.4%)
35	GAWRYSIAK Przemysław	59		M-30	35	00:00:07	00:10:50	00:22:48.75	00:22:56.05	+00:05:36 (24.5%)	4:33	13.1 (75.3%)
36	ROGAŁSKI Roberto	237	TKKF KOSZALIN	M-30	36	00:00:10	00:11:03	00:22:52.50	00:23:03.10	+00:05:39 (24.8%)	4:34	13.1 (75.3%)
37	CHOŁUJ Karol	33		M-30	37	00:00:28	00:11:01	00:23:03.30	00:23:31.85	+00:05:50 (25.3%)	4:36	13 (74.7%)
38	WICHER Krzysztof	356	ADWOKATURA	M-30	38	00:00:25	00:11:07	00:23:05.65	00:23:31.20	+00:05:52 (25.5%)	4:37	13 (74.7%)
39	SKOWROŃSKI Tomasz	250		M-30	39	00:00:33	00:11:21	00:23:07.35	00:23:40.85	+00:05:54 (25.6%)	4:37	13 (74.7%)
40	NIECKARZ Krzysztof	189		M-30	40	00:00:32	00:11:27	00:23:10.50	00:23:42.60	+00:05:57 (25.7%)	4:38	12.9 (74.1%)
41	MRUGALSKI Damian	345	MOSG	M-30	41	00:00:21	00:11:15	00:23:15.30	00:23:36.80	+00:06:02 (26.0%)	4:39	12.9 (74.1%)
42	WOŁOWIEC Przemek	316		M-30	42	00:00:15	00:11:32	00:23:19.35	00:23:35.00	+00:06:06 (26.2%)	4:40	12.9 (74.1%)
43	STAWISZYŃSKI Jarosław	337	FORUM ROZWOJU KOSZALINA	M-30	43	00:00:39	00:11:30	00:23:25.65	00:24:05.50	+00:06:12 (26.5%)	4:41	12.8 (73.6%)
44	STOKROCKI Wojciech	265		M-30	44	00:00:35	00:11:57	00:23:40.25	00:24:15.80	+00:06:27 (27.3%)	4:44	12.7 (73.0%)
45	JAKOWIENKO Grzegorz	78		M-30	45	00:00:30	00:11:29	00:23:48.40	00:24:19.25	+00:06:35 (27.7%)	4:45	12.6 (72.4%)
46	SZULC Szymon	281	GRYF LOK BIAŁOGARD	M-30	46	00:00:15	00:11:22	00:23:50.55	00:24:06.50	+00:06:37 (27.8%)	4:46	12.6 (72.4%)
47	JABŁOŃSKI Tomasz	76	AR SPOKO SŁAWNO	M-30	47	00:00:06	00:11:21	00:23:51.30	00:23:58.20	+00:06:38 (27.8%)	4:46	12.6 (72.4%)
48	KRZANOWSKI Marcin	129		M-30	48	00:00:27	00:11:47	00:23:52.15	00:24:19.90	+00:06:39 (27.9%)	4:46	12.6 (72.4%)
49	FIJAŁKOWSKI Piotr	51	TEAM BIEGOWY SZCZECINEK	M-30	49	00:00:21	00:11:52	00:23:53.40	00:24:15.20	+00:06:40 (28.0%)	4:46	12.6 (72.4%)
50	MROZIK Mariusz	183		M-30	50	00:00:22	00:11:50	00:23:57.00	00:24:19.50	+00:06:44 (28.1%)	4:47	12.5 (71.8%)
51	OLIŃSKI Arek	197	WIDZEW	M-30	51	00:00:18	00:11:31	00:24:05.60	00:24:24.05	+00:06:52 (28.6%)	4:49	12.4 (71.3%)
52	OTTO Michał	204		M-30	52	00:00:17	00:11:44	00:24:11.85	00:24:29.55	+00:06:59 (28.9%)	4:50	12.4 (71.3%)
53	FELKOWSKI Tomasz	352		M-30	53	00:00:30	00:11:42	00:24:13.75	00:24:44.15	+00:07:01 (29.0%)	4:50	12.4 (71.3%)
54	ATALSKI Damian	2		M-30	54	00:00:18	00:11:24	00:24:18.20	00:24:36.30	+00:07:05 (29.2%)	4:51	12.3 (70.7%)
55	BRYGAŁA Tomasz	27		M-30	55	00:00:34	00:11:49	00:24:19.25	00:24:53.90	+00:07:06 (29.2%)	4:51	12.3 (70.7%)
56	HRYCIÓW Paweł	71	BIAŁOGARD	M-30	56	00:00:37	00:12:43	00:24:19.70	00:24:57.30	+00:07:06 (29.2%)	4:52	12.3 (70.7%)
57	KOŁODZIEJ Jakub	112		M-30	57	00:00:18	00:11:35	00:24:20.75	00:24:39.65	+00:07:08 (29.3%)	4:52	12.3 (70.7%)
58	ZDROWIECKI Artur	325		M-30	58	00:00:12	00:11:01	00:24:30.40	00:24:42.40	+00:07:17 (29.8%)	4:54	12.2 (70.1%)
59	KACZMAREK Łukasz	94	WOJOWNICY WÓDY	M-30	59	00:00:11	00:11:22	00:24:34.65	00:24:46.05	+00:07:21 (30.0%)	4:55	12.2 (70.1%)
60	MIĄSEK Ryszard	167		M-30	60	00:00:34	00:12:16	00:24:39.70	00:25:13.90	+00:07:26 (30.2%)	4:55	12.2 (70.1%)
61	KOWALCZYK Piotr	122		M-30	61	00:00:32	00:12:04	00:24:45.35	00:25:17.55	+00:07:32 (30.5%)	4:57	12.1 (69.5%)
62	JÓZWIAK Mariusz	89		M-30	62	00:00:22	00:11:53	00:24:56.60	00:25:18.70	+00:07:43 (31.0%)	4:59	12 (69.0%)
63	KUREK Adrian	140		M-30	63	00:00:15	00:12:30	00:24:59.25	00:25:14.50	+00:07:46 (31.1%)	4:59	12 (69.0%)
64	LEWANDOWSKI Andrzej	146		M-30	64	00:00:06	00:10:52	00:25:02.25	00:25:08.75	+00:07:49 (31.3%)	5:00	12 (69.0%)
65	PIOR Tomasz	218		M-30	65	00:00:11	00:11:44	00:25:10.45	00:25:21.85	+00:07:57 (31.6%)	5:02	11.9 (68.4%)
66	LEWICZ Jan	149		M-30	66	00:00:16	00:12:05	00:25:23.55	00:25:39.95	+00:08:10 (32.2%)	5:04	11.8 (67.8%)
67	KOZŁOWSKI Tomasz	125		M-30	67	00:00:09	00:11:57	00:25:39.15	00:25:48.15	+00:08:26 (32.9%)	5:07	11.7 (67.2%)
68	KUPREWICZ Grzegorz	138	JW1223	M-30	68	00:00:14	00:11:56	00:25:39.75	00:25:54.40	+00:08:27 (32.9%)	5:08	11.7 (67.2%)
69	NAPIERAŁA Marcin	186		M-30	69	00:00:38	00:12:59	00:25:54.65	00:26:33.10	+00:08:41 (33.6%)	5:11	11.6 (66.7%)
70	ZATORSKI Zbigniew	322	X---O---X	M-30	70	00:00:12	00:12:47	00:26:15.85	00:26:28.15	+00:09:03 (34.5%)	5:15	11.4 (65.5%)
71	KAZIMIERCZAK Leszek	103		M-30	71	00:00:38	00:12:41	00:26:27.45	00:27:05.75	+00:09:14 (34.9%)	5:17	11.3 (64.9%)

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72	ORYSZCZYN Arkadiusz	199		M-30	72	00:00:17	00:12:06	00:26:28.40	00:26:45.80	+00:09:15 (35.0%)	5:17	11.3 (64.9%)
73	POLASIK Paweł	222	TEAM BIEGOWY SZCZECINEK	M-30	73	00:00:24	00:13:23	00:26:49.65	00:27:13.90	+00:09:36 (35.8%)	5:21	11.2 (64.4%)
74	KRZEMIŃSKI Michał	130	ROZBIEGANY KOSZALIN	M-30	74	00:00:31	00:13:37	00:26:55.45	00:27:27.35	+00:09:42 (36.1%)	5:23	11.1 (63.8%)
75	IMIOŁEK Jacek	73		M-30	75	00:00:29	00:13:22	00:27:01.25	00:27:30.85	+00:09:48 (36.3%)	5:24	11.1 (63.8%)
76	BAK Zbigniew	12	RUNNERSWALDE DARŁOWO	M-30	76	00:00:34	00:13:39	00:27:14.50	00:27:49.30	+00:10:01 (36.8%)	5:27	11 (63.2%)
77	BASIAK Krystian	11	KOSZALIN	M-30	77	00:00:38	00:13:16	00:27:22.85	00:28:01.30	+00:10:10 (37.1%)	5:28	11 (63.2%)
78	KOTULSKI Piotr	121	KLUB BIEGACZY JYSK	M-30	78	00:00:23	00:13:04	00:27:39.95	00:28:03.60	+00:10:27 (37.8%)	5:32	10.8 (62.1%)
79	WITAŁA Michał	308		M-30	79	00:00:21	00:13:08	00:28:18.05	00:28:39.10	+00:11:05 (39.2%)	5:39	10.6 (60.9%)
80	BOŚ Grzegorz	24		M-30	80	00:00:33	00:13:49	00:28:23.40	00:28:56.90	+00:11:10 (39.4%)	5:40	10.6 (60.9%)
81	PACAN Bartosz	206		M-30	81	00:00:30	00:13:58	00:28:38.15	00:29:08.20	+00:11:25 (39.9%)	5:43	10.5 (60.3%)
82	SIEPRACKI Adam	247	FORUM ROZWOJU KOSZALINA	M-30	82	00:00:39	00:14:30	00:29:39.65	00:30:19.05	+00:12:26 (42.0%)	5:56	10.1 (58.0%)
83	ZIÓŁKOWSKI Andrzej	332	OSP SYPNIEWO	M-30	83	00:00:08	00:13:14	00:29:41.35	00:29:50.30	+00:12:28 (42.0%)	5:56	10.1 (58.0%)
84	WIECZOREK Wojciech	303		M-30	84	00:00:23	00:15:12	00:31:24.95	00:31:48.10	+00:14:12 (45.2%)	6:17	9.5 (54.6%)
85	LEŚNIEWSKI Dominik	145	RAMS TRAINING HOUSE	M-30	85	00:00:24	00:15:54	00:32:15.60	00:32:39.60	+00:15:02 (46.6%)	6:27	9.3 (53.4%)

Total 85 results.