



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

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



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WIDONIAK Rafał	326	BIEGNIJMY.PL	M-40	1	00:03:57	00:18:28.55	00:22:25.90		3:41	16.2 (100%)
2	GÓRA Sylwester	329		M-40	2	00:03:54	00:19:31.50	00:23:26.25	+00:01:02 (5.4%)	3:54	15.4 (95.1%)
3	JURA Krzysztof	391	MTS HAMER	M-40	3	00:03:58	00:19:37.35	00:23:35.50	+00:01:08 (5.8%)	3:55	15.3 (94.4%)
4	RADLIŃSKI Leopold	359	PUPIL KOSZALIN	M-40	4	00:04:01	00:19:51.80	00:23:53.65	+00:01:23 (7.0%)	3:58	15.1 (93.2%)
5	KANIEWSKI Sebastian	444		M-40	5	00:03:55	00:19:53.90	00:23:49.45	+00:01:25 (7.1%)	3:58	15.1 (93.2%)
6	PAKULSKI Marcin	332		M-40	6	00:04:00	00:20:11.70	00:24:12.45	+00:01:43 (8.5%)	4:02	14.9 (92.0%)
7	ECKERT Zbigniew	428	TEAM BIEGOWY SZCZECINEK	M-40	7	00:04:01	00:20:15.75	00:24:16.75	+00:01:47 (8.8%)	4:03	14.8 (91.4%)
8	MATYJASEK Zbigniew	279	NIEBIESKIE BERETY.	M-40	8	00:03:56	00:20:19.20	00:24:15.35	+00:01:50 (9.1%)	4:03	14.8 (91.4%)
9	UZNAŃSKI Ryszard	299		M-40	9	00:03:59	00:20:27.65	00:24:26.65	+00:01:59 (9.7%)	4:05	14.7 (90.7%)
10	SOBCZYK Łukasz	351	KOŁOBRZEGBIEGA	M-40	10	00:03:58	00:20:30.25	00:24:28.85	+00:02:01 (9.9%)	4:06	14.6 (90.1%)
11	WINKEL Jerzy	147		M-40	11	00:03:58	00:20:46.75	00:24:44.85	+00:02:18 (11.1%)	4:09	14.4 (88.9%)
12	OGRODNIK Grzegorz	55	JW1223	M-40	12	00:04:03	00:21:30.90	00:25:34.20	+00:03:02 (14.1%)	4:18	13.9 (85.8%)
13	GRZYWA Roman	286	18.WOG	M-40	13	00:04:06	00:22:02.90	00:26:09.25	+00:03:34 (16.2%)	4:24	13.6 (84.0%)
14	CHOŁUJ Jarek	366		M-40	14	00:04:08	00:22:04.30	00:26:12.80	+00:03:35 (16.3%)	4:24	13.6 (84.0%)
15	KRAKOWIAK Sławomir	215		M-40	15	00:03:58	00:22:05.35	00:26:03.45	+00:03:36 (16.4%)	4:25	13.6 (84.0%)
16	KURLAPSKI Mariusz	162	STR JAWIDWIN	M-40	16	00:04:26	00:22:07.30	00:26:34.15	+00:03:38 (16.5%)	4:25	13.6 (84.0%)
17	ZWOLIŃSKI Jan	104	TKKF KOSZALIN	M-40	17	00:03:57	00:22:10.20	00:26:07.85	+00:03:41 (16.7%)	4:26	13.5 (83.3%)
18	LESZCZYŃSKI Marcin	298	WWW.GARROSH.PL	M-40	18	00:04:07	00:22:12.40	00:26:19.75	+00:03:43 (16.8%)	4:26	13.5 (83.3%)
19	KIERKOSZ Marek	434	DRUŻYNA SZPIKU	M-40	19	00:03:59	00:22:18.65	00:26:18.25	+00:03:50 (17.2%)	4:27	13.4 (82.7%)
20	ZIOMKO Rafał	314		M-40	20	00:04:17	00:22:19.30	00:26:36.45	+00:03:50 (17.2%)	4:27	13.4 (82.7%)
21	JANKIEWICZ Tomasz	344	MTS HAMER MIASTKO	M-40	21	00:04:03	00:22:22.05	00:26:25.35	+00:03:53 (17.4%)	4:28	13.4 (82.7%)
22	KAMELSKI Piotr	145	B/K	M-40	22	00:03:56	00:22:22.15	00:26:18.60	+00:03:53 (17.4%)	4:28	13.4 (82.7%)
23	DEMBICKI Daniel	341		M-40	23	00:04:01	00:22:25.65	00:26:27.40	+00:03:57 (17.6%)	4:29	13.4 (82.7%)

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24	PETA Andrzej	276	MTS HAMER MIASTKO	M-40	24	00:04:04	00:22:27.15	00:26:32.10	+00:03:58 (17.7%)	4:29	13.4 (82.7%)
25	WINKEL Łukasz	148		M-40	25	00:03:59	00:22:27.65	00:26:26.80	+00:03:59 (17.7%)	4:29	13.4 (82.7%)
26	PUŚCIAN Krzysztof Kamil	2	GIMNAZJUM W MANOWIE	M-40	26	00:03:56	00:22:35.75	00:26:32.15	+00:04:07 (18.2%)	4:31	13.3 (82.1%)
27	KOŁODZIEJCZAK Grzegorz	217	PARKRUN SZCZECINEK	M-40	27	00:04:16	00:22:46.30	00:27:03.05	+00:04:17 (18.9%)	4:33	13.2 (81.5%)
28	KOŁODZIEJCZAK Marcin	355		M-40	28	00:04:16	00:22:46.70	00:27:03.15	+00:04:18 (18.9%)	4:33	13.2 (81.5%)
29	JAROSZ Dariusz	13	4RUN TKKF KOSZALIN	M-40	29	00:04:10	00:22:56.10	00:27:06.65	+00:04:27 (19.4%)	4:35	13.1 (80.9%)
30	BORYSIEWICZ Grzegorz	235	JW1223	M-40	30	00:04:03	00:22:57.25	00:27:00.25	+00:04:28 (19.5%)	4:35	13.1 (80.9%)
31	IWANIEC Dariusz	318	4RUN TKKF KOSZALIN	M-40	31	00:04:07	00:22:58.50	00:27:05.60	+00:04:29 (19.6%)	4:35	13.1 (80.9%)
32	ROGOŻA Ireneusz	34		M-40	32	00:04:03	00:23:09.80	00:27:13.55	+00:04:41 (20.2%)	4:38	12.9 (79.6%)
33	DĄBROWSKI Grzegorz	146		M-40	33	00:04:07	00:23:37.80	00:27:45.45	+00:05:09 (21.8%)	4:43	12.7 (78.4%)
34	RASZPLA Radosław	338	CIOTECZKI.PL	M-40	34	00:04:07	00:23:44.10	00:27:51.25	+00:05:15 (22.2%)	4:44	12.6 (77.8%)
35	PLUCIŃSKI Grzegorz	368	-	M-40	35	00:04:26	00:24:00.45	00:28:26.90	+00:05:31 (23.0%)	4:48	12.5 (77.2%)
36	MAJCHRZAK Paweł	152		M-40	36	00:04:29	00:24:06.00	00:28:35.00	+00:05:37 (23.3%)	4:49	12.4 (76.5%)
37	HOC Dariusz	127		M-40	37	00:04:05	00:24:06.60	00:28:12.15	+00:05:38 (23.4%)	4:49	12.4 (76.5%)
38	DUDZIAK Piotr	160		M-40	38	00:04:12	00:24:12.30	00:28:24.55	+00:05:43 (23.7%)	4:50	12.4 (76.5%)
39	GAWIECKI Piotr	6		M-40	39	00:03:59	00:24:16.50	00:28:15.90	+00:05:47 (23.9%)	4:51	12.4 (76.5%)
40	MĘDEL Cezary	181		M-40	40	00:04:12	00:24:21.00	00:28:33.85	+00:05:52 (24.1%)	4:52	12.3 (75.9%)
41	NOREK Tomek	140		M-40	41	00:04:31	00:24:48.95	00:29:20.30	+00:06:20 (25.5%)	4:57	12.1 (74.7%)
42	BARTOSIK Jarosław	407		M-40	42	00:04:03	00:24:55.35	00:28:58.70	+00:06:26 (25.9%)	4:59	12 (74.1%)
43	KAJKOWSKI Rafał	335		M-40	43	00:04:12	00:24:57.55	00:29:10.35	+00:06:29 (26.0%)	4:59	12 (74.1%)
44	KASPERSKI Mirosław	231	B-RUN-EK KOSZALIN	M-40	44	00:04:09	00:25:12.20	00:29:21.20	+00:06:43 (26.7%)	5:02	11.9 (73.5%)
45	FAJGIER Tomasz	245		M-40	45	00:04:11	00:25:22.60	00:29:34.15	+00:06:54 (27.2%)	5:04	11.8 (72.8%)
46	KRASIŃSKI Witold	133		M-40	46	00:03:59	00:25:22.80	00:29:22.25	+00:06:54 (27.2%)	5:04	11.8 (72.8%)
47	SZYMAŃSKI Tomasz	150	TEAM BIEGOWY SZCZECINEK	M-40	47	00:04:04	00:25:35.15	00:29:39.45	+00:07:06 (27.8%)	5:07	11.7 (72.2%)
48	RADECKI Jacek	405	CS SP KOSZALIN	M-40	48	00:04:12	00:25:40.45	00:29:52.65	+00:07:11 (28.0%)	5:08	11.7 (72.2%)
49	ZIĘBA Paweł	18		M-40	49	00:03:56	00:25:48.70	00:29:45.60	+00:07:20 (28.4%)	5:09	11.6 (71.6%)
50	HNATOWSKI Artur	350	CSSP KOSZALIN	M-40	50	00:03:58	00:25:53.85	00:29:52.70	+00:07:25 (28.7%)	5:10	11.6 (71.6%)
51	JĘDRASZCZYK Marek	340		M-40	51	00:04:15	00:26:07.80	00:30:23.10	+00:07:39 (29.3%)	5:13	11.5 (71.0%)
52	DZIESZUK Dariusz	199	4RUN TKKF KOSZALIN	M-40	52	00:04:11	00:26:08.25	00:30:19.40	+00:07:39 (29.3%)	5:13	11.5 (71.0%)
53	ŚLEDŹ Andrzej	315		M-40	53	00:04:14	00:26:08.55	00:30:23.25	+00:07:40 (29.3%)	5:13	11.5 (71.0%)
54	ŚRODA Wojciech	328		M-40	54	00:04:18	00:26:12.15	00:30:30.15	+00:07:43 (29.5%)	5:14	11.5 (71.0%)
55	SOBOLEWSKI Marek	208		M-40	55	00:03:56	00:26:29.30	00:30:26.20	+00:08:00 (30.2%)	5:18	11.3 (69.8%)
56	BENEDYSIUK Sławomir	426	CSSP	M-40	56	00:04:13	00:26:45.50	00:30:59.35	+00:08:16 (31.0%)	5:21	11.2 (69.1%)
57	SIENICKI Piotr	70		M-40	57	00:04:28	00:26:53.50	00:31:21.75	+00:08:24 (31.3%)	5:22	11.2 (69.1%)
58	ŁUKASZYK Andrzej	437	DZIKI KOSZALIN	M-40	58	00:04:07	00:27:19.35	00:31:27.05	+00:08:50 (32.4%)	5:28	11 (67.9%)
59	HAMUŁKA Krzysztof	446	DZIKI KOSZALIN	M-40	59	00:04:08	00:27:43.45	00:31:51.50	+00:09:14 (33.4%)	5:32	10.8 (66.7%)
60	NIEDBAŁA Konrad	98		M-40	60	00:04:28	00:28:09.85	00:32:38.25	+00:09:41 (34.4%)	5:38	10.7 (66.0%)
61	ŻYWOT Norbert	113	WT KOŁOBRZEG	M-40	61	00:04:20	00:28:25.85	00:32:46.00	+00:09:57 (35.0%)	5:41	10.6 (65.4%)
62	SZCZYTKOWSKI Marek	201	K.B.SPRINT WIDWIN	M-40	62	00:04:14	00:29:22.60	00:33:36.95	+00:10:54 (37.1%)	5:52	10.2 (63.0%)
63	RUSIECKI Paweł	243	WSPL SP ZOZ W KOSZALINIE	M-40	63	00:04:28	00:29:37.45	00:34:06.35	+00:11:08 (37.6%)	5:55	10.1 (62.3%)
64	WOŹNIAK Dariusz	170	WWW.LIMO300C.COM	M-40	64	00:04:30	00:30:13.40	00:34:44.15	+00:11:44 (38.9%)	6:02	9.9 (61.1%)
65	RAMA Janusz	116	KOŁOBRZEG	M-40	65	00:04:19	00:32:31.75	00:36:51.45	+00:14:03 (43.2%)	6:30	9.2 (56.8%)
66	ZAWADA Andrzej	369	ZSP1 SŁUPSK	M-40	66	00:04:42	00:33:27.65	00:38:09.65	+00:14:59 (44.8%)	6:41	9 (55.6%)

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67	LUBIERSKI Marcin	175		M-40	67	00:04:21	00:34:31.15	00:38:52.65	+00:16:02 (46.5%)	6:54	8.7 (53.7%)
68	MIELCZAREK Maciej	182		M-40	68	00:04:17	00:36:57.00	00:41:14.75	+00:18:28 (50.0%)	7:23	8.1 (50.0%)
69	WOLF Emil	71		M-40	69	00:04:23	00:40:23.40	00:44:47.20	+00:21:54 (54.3%)	8:04	7.4 (45.7%)

Znaleziono 69 wynik(ów)