



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-12-04
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	GARSKI Kryspin	56	ŚWIAT PŁYTEK/SEXYRUNNERS	M-40	1	00:00:09	00:09:09	00:18:46.35	00:18:55.75		3:45	16 (100%)
2	PAKULSKI Marcin	207		M-40	2	00:00:09	00:09:25	00:19:14.90	00:19:24.60	+00:00:28 (2.5%)	3:51	15.6 (97.5%)
3	WÓJCIK Damian	318	RUNNERSWALDE DARŁOWO	M-40	3	00:00:07	00:09:26	00:19:22.10	00:19:29.70	+00:00:35 (3.1%)	3:52	15.5 (96.9%)
4	PRZEWŁOCKI Michał	223		M-40	4	00:00:26	00:09:38	00:19:49.10	00:20:15.45	+00:01:02 (5.3%)	3:57	15.1 (94.4%)
5	UZNAŃSKI Ryszard	295	KOŁOBRZEG BIEGA	M-40	5	00:00:06	00:09:43	00:19:57.45	00:20:04.25	+00:01:11 (5.9%)	3:59	15 (93.8%)
6	LESZCZYŃSKI Marcin	144	SZKÓŁKA PŁYWACKA DEPKA KOŁOBRZEG	M-40	6	00:00:07	00:09:57	00:20:04.10	00:20:11.90	+00:01:17 (6.5%)	4:00	15 (93.8%)
7	ZWOLIŃSKI Jan	335	TKKF KOSZALIN	M-40	7	00:00:07	00:10:06	00:20:39.65	00:20:47.35	+00:01:53 (9.1%)	4:08	14.5 (90.6%)
8	KAMELSKI Piotr	97	SŁAWNO	M-40	8	00:00:07	00:10:01	00:20:41.00	00:20:48.55	+00:01:54 (9.2%)	4:08	14.5 (90.6%)
9	WUJTIUK Piotr	319		M-40	9	00:00:11	00:10:22	00:21:19.25	00:21:30.45	+00:02:32 (12.0%)	4:15	14.1 (88.1%)
10	PĘKAŁA Piotr	215	ROZBIERAĆ KOSZALIN	M-40	10	00:00:27	00:10:44	00:21:23.55	00:21:51.05	+00:02:37 (12.2%)	4:16	14 (87.5%)
11	CHOŁUJ Jarek	32	ROZBIEGANY KOSZALIN	M-40	11	00:00:31	00:10:39	00:21:23.90	00:21:54.95	+00:02:37 (12.3%)	4:16	14 (87.5%)
12	JAROSZ Dariusz	86	TKKF KOSZALIN	M-40	12	00:00:09	00:10:24	00:21:43.80	00:21:52.80	+00:02:57 (13.6%)	4:20	13.8 (86.3%)
13	SZAŁKOWSKI Wojtek	271	TUPOT USTKA	M-40	13	00:00:11	00:10:34	00:21:45.55	00:21:57.25	+00:02:59 (13.7%)	4:21	13.8 (86.3%)
14	SZYMAŃSKI Piotr	284		M-40	14	00:00:25	00:10:42	00:21:54.05	00:22:20.00	+00:03:07 (14.3%)	4:23	13.7 (85.6%)
15	PUŚCIAN Krzysztof	228	GIMNAZJUM W MANOWIE	M-40	15	00:00:11	00:10:32	00:21:57.50	00:22:08.55	+00:03:11 (14.5%)	4:23	13.7 (85.6%)
16	ZIOMKO Rafał	329		M-40	16	00:00:30	00:11:10	00:22:04.25	00:22:34.35	+00:03:17 (14.9%)	4:24	13.6 (85.0%)
17	HOC Dariusz	68		M-40	17	00:00:13	00:10:56	00:22:09.20	00:22:22.85	+00:03:22 (15.3%)	4:25	13.5 (84.4%)
18	BARTOSZUK Adam	9		M-40	18	00:00:13	00:10:57	00:22:11.60	00:22:25.50	+00:03:25 (15.4%)	4:26	13.5 (84.4%)
19	IWANIEC Dariusz	74	TKKF KOSZALIN	M-40	19	00:00:10	00:10:34	00:22:13.55	00:22:24.05	+00:03:27 (15.5%)	4:26	13.5 (84.4%)
20	KOWALCZYK Mariusz	340	BIEGAM BO LUBIE	M-40	20	00:00:20	00:10:44	00:22:19.75	00:22:40.20	+00:03:33 (15.9%)	4:28	13.4 (83.8%)
21	MICERSKI Tomasz	168	TKKF KOSZALIN	M-40	21	00:00:19	00:10:55	00:22:29.75	00:22:49.30	+00:03:43 (16.6%)	4:30	13.3 (83.1%)
22	MAJCHRZAK Paweł	153	SUNDBIKERS KARLINO TEAM	M-40	22	00:00:09	00:10:22	00:22:32.45	00:22:42.30	+00:03:46 (16.7%)	4:30	13.3 (83.1%)
23	JABŁOŃSKI Arkadiusz	77		M-40	23	00:00:20	00:10:55	00:22:36.30	00:22:57.25	+00:03:49 (17.0%)	4:31	13.3 (83.1%)
24	DRELISZAK Mariusz	44		M-40	24	00:00:10	00:11:04	00:22:38.50	00:22:48.75	+00:03:52 (17.1%)	4:31	13.3 (83.1%)
25	KRASIŃSKI Witold	126		M-40	25	00:00:20	00:11:08	00:22:53.20	00:23:13.45	+00:04:06 (18.0%)	4:34	13.1 (81.9%)
26	OSTROWSKI Krzysztof	203		M-40	26	00:00:09	00:11:25	00:23:04.65	00:23:14.20	+00:04:18 (18.7%)	4:37	13 (81.3%)
27	TURCZYN Grzegorz	291	NIGHT RUNNERS SŁUPSK	M-40	27	00:00:37	00:11:08	00:23:25.05	00:24:02.75	+00:04:38 (19.8%)	4:41	12.8 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	ŻMIJA Dariusz	336	CONTRA PRIMEFOOD	M-40	28	00:00:29	00:11:18	00:23:34.60	00:24:04.50	+00:04:48 (20.4%)	4:43	12.7 (79.4%)
29	DĄBROWSKI Grzegorz	40		M-40	29	00:00:13	00:11:27	00:23:34.80	00:23:48.45	+00:04:48 (20.4%)	4:43	12.7 (79.4%)
30	SZABAŁOWSKI Marek	269		M-40	30	00:00:37	00:11:54	00:23:42.80	00:24:20.55	+00:04:56 (20.8%)	4:44	12.6 (78.8%)
31	ROGOŻA Ireneusz	238	BIEGNIJMY.PL	M-40	31	00:00:31	00:11:48	00:24:00.15	00:24:31.70	+00:05:13 (21.8%)	4:48	12.5 (78.1%)
32	REMPLAKOWSKI Krzysztof	236		M-40	32	00:00:25	00:11:46	00:24:00.45	00:24:26.35	+00:05:14 (21.8%)	4:48	12.5 (78.1%)
33	WARZECHA Bartosz	298		M-40	33	00:00:25	00:11:52	00:24:23.85	00:24:49.30	+00:05:37 (23.1%)	4:52	12.3 (76.9%)
34	RAMA Janusz	231		M-40	34	00:00:35	00:12:10	00:24:24.75	00:25:00.35	+00:05:38 (23.1%)	4:53	12.3 (76.9%)
35	KAJKOWSKI Rafał	95	MAŁDOMRAFIWA KOSZALIN	M-40	35	00:00:34	00:12:03	00:24:27.00	00:25:01.85	+00:05:40 (23.2%)	4:53	12.3 (76.9%)
36	DZIESZUK Dariusz	46	TKKF KOSZALIN	M-40	36	00:00:15	00:12:13	00:24:30.60	00:24:46.10	+00:05:44 (23.4%)	4:54	12.2 (76.3%)
37	RASZPLA Radosław	234		M-40	37	00:00:18	00:11:45	00:24:46.60	00:25:05.15	+00:06:00 (24.2%)	4:57	12.1 (75.6%)
38	MĘDEL Cezary	166		M-40	38	00:00:36	00:12:15	00:24:46.70	00:25:22.95	+00:06:00 (24.2%)	4:57	12.1 (75.6%)
39	ŚRODA Wojciech	285		M-40	39	00:00:17	00:12:03	00:24:51.05	00:25:09.00	+00:06:04 (24.5%)	4:58	12.1 (75.6%)
40	KOŁAKOWSKI Darek	351	K.B. SPRINT ŚWIDWIN	M-40	40	00:00:27	00:12:08	00:24:57.65	00:25:25.10	+00:06:11 (24.8%)	4:59	12 (75.0%)
41	WOJCIECHOWSKI Andrzej	313		M-40	41	00:00:14	00:11:52	00:25:03.00	00:25:17.65	+00:06:16 (25.1%)	5:00	12 (75.0%)
42	PIETRYKA Artur	216	KARLINO	M-40	42	00:00:17	00:12:01	00:25:11.00	00:25:28.60	+00:06:24 (25.5%)	5:02	11.9 (74.4%)
43	DOMAŃSKI Adam	43		M-40	43	00:00:24	00:12:36	00:25:24.70	00:25:49.25	+00:06:38 (26.1%)	5:05	11.8 (73.8%)
44	BERNACKI Adam	15	EB BERNACKI	M-40	44	00:00:15	00:12:27	00:25:32.95	00:25:48.50	+00:06:46 (26.5%)	5:06	11.7 (73.1%)
45	ŻYWOT Norbert	92		M-40	45	00:00:35	00:12:34	00:25:39.25	00:26:15.20	+00:06:52 (26.8%)	5:08	11.7 (73.1%)
46	JASIŃSKI Cezary	88	UBOTY Z KGB	M-40	46	00:00:33	00:12:14	00:25:40.35	00:26:14.20	+00:06:54 (26.9%)	5:08	11.7 (73.1%)
47	LEWANDOWSKI Rafał	147		M-40	47	00:00:16	00:12:22	00:25:43.60	00:26:00.40	+00:06:57 (27.0%)	5:08	11.7 (73.1%)
48	FAJGIER Tomasz	48		M-40	48	00:00:14	00:12:04	00:25:53.15	00:26:07.60	+00:07:06 (27.5%)	5:10	11.6 (72.5%)
49	DANOWSKI Maciej	37	FITNESS CLUB FORMA	M-40	49	00:00:09	00:12:17	00:25:54.50	00:26:04.05	+00:07:08 (27.5%)	5:11	11.6 (72.5%)
50	ZIĘBA Paweł	327	TKKF KOSZALIN	M-40	50	00:00:19	00:12:18	00:26:02.70	00:26:21.80	+00:07:16 (27.9%)	5:12	11.5 (71.9%)
51	RADECKI Jacek	229		M-40	51	00:00:14	00:12:26	00:26:05.45	00:26:19.75	+00:07:19 (28.0%)	5:13	11.5 (71.9%)
52	BALCERZAK Bogdan	5	ZSM DARŁOWO	M-40	52	00:00:35	00:13:04	00:26:16.90	00:26:52.20	+00:07:30 (28.6%)	5:15	11.4 (71.3%)
53	HNATOWSKI Artur	338	DM FC KOSZALIN	M-40	53	00:00:38	00:12:41	00:26:27.45	00:27:05.85	+00:07:41 (29.0%)	5:17	11.3 (70.6%)
54	SOBOLEWSKI Marek	255		M-40	54	00:00:25	00:13:21	00:26:56.10	00:27:21.85	+00:08:09 (30.3%)	5:23	11.1 (69.4%)
55	BRESZKA Paweł	25	BIEGNIJMY TO	M-40	55	00:00:34	00:13:39	00:27:14.45	00:27:49.30	+00:08:28 (31.1%)	5:27	11 (68.8%)
56	FRASZKIEWICZ Jarosław	52		M-40	56	00:00:30	00:13:36	00:27:34.90	00:28:05.70	+00:08:48 (31.9%)	5:31	10.9 (68.1%)
57	TRZEŚNIEWSKI Zbigniew	290		M-40	57	00:00:31	00:13:36	00:28:06.70	00:28:38.00	+00:09:20 (33.2%)	5:37	10.7 (66.9%)
58	SZCZYTKOWSKI Marek	272	KB SPRINT ŚWIDWIN	M-40	58	00:00:27	00:14:10	00:28:50.35	00:29:17.85	+00:10:04 (34.9%)	5:46	10.4 (65.0%)
59	KOLASA Tomasz	110	KĄPIELE NA SPONTANIE	M-40	59	00:00:24	00:14:08	00:30:10.50	00:30:35.35	+00:11:24 (37.8%)	6:02	9.9 (61.9%)

Znaleziono 59 wynik(ów)