



## BIEG MIKOŁAJKOWY - 5KM

B4SPORT

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



Klasyfikacja: M-50

| Msc | Zawodnik                   | Numer      | Klub                         | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|------------|------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>KOŚCIELNIAK Robert</b>  | <b>207</b> | 4RUN TKKF KOSZALIN           | M-50      | 1    | 00:03:57    | <b>00:20:19.65</b> | <b>00:24:17.50</b> |                   | 4:04         | 14.8 (100%)  |
| 2   | <b>CZYŻEWSKI Janusz</b>    | <b>125</b> | KOŁOBRZEG BIEGA MARATON TEAM | M-50      | 2    | 00:03:58    | <b>00:20:24.75</b> | <b>00:24:23.65</b> | +00:00:05 (0.4%)  | 4:05         | 14.7 (99.3%) |
| 3   | <b>WOCH Edward</b>         | <b>103</b> |                              | M-50      | 3    | 00:04:05    | <b>00:21:26.75</b> | <b>00:25:32.40</b> | +00:01:07 (5.2%)  | 4:17         | 14 (94.6%)   |
| 4   | <b>NIEMCZUK Dariusz</b>    | <b>69</b>  |                              | M-50      | 4    | 00:04:00    | <b>00:21:31.50</b> | <b>00:25:31.65</b> | +00:01:11 (5.6%)  | 4:18         | 13.9 (93.9%) |
| 5   | <b>STANKIEWICZ Wiesław</b> | <b>277</b> |                              | M-50      | 5    | 00:04:02    | <b>00:21:54.45</b> | <b>00:25:56.55</b> | +00:01:34 (7.2%)  | 4:22         | 13.7 (92.6%) |
| 6   | <b>KUBIŃSKI Rafał</b>      | <b>171</b> | ALLIANZ RUNNING TEAM         | M-50      | 6    | 00:04:00    | <b>00:22:22.85</b> | <b>00:26:23.10</b> | +00:02:03 (9.2%)  | 4:28         | 13.4 (90.5%) |
| 7   | <b>BUTOWICZ Adam</b>       | <b>240</b> |                              | M-50      | 7    | 00:04:01    | <b>00:23:06.40</b> | <b>00:27:07.55</b> | +00:02:46 (12.0%) | 4:37         | 13 (87.8%)   |
| 8   | <b>SCHWARZ Ludwik</b>      | <b>333</b> |                              | M-50      | 8    | 00:03:56    | <b>00:23:09.80</b> | <b>00:27:06.20</b> | +00:02:50 (12.2%) | 4:38         | 12.9 (87.2%) |
| 9   | <b>ŚWIETLIK Tomasz</b>     | <b>120</b> |                              | M-50      | 9    | 00:03:57    | <b>00:23:33.00</b> | <b>00:27:30.05</b> | +00:03:13 (13.7%) | 4:42         | 12.7 (85.8%) |
| 10  | <b>MIELEWCZYK Leszek</b>   | <b>195</b> | LTS ŁĘBORK                   | M-50      | 10   | 00:04:17    | <b>00:24:11.15</b> | <b>00:28:28.95</b> | +00:03:51 (16.0%) | 4:50         | 12.4 (83.8%) |
| 11  | <b>OSOBNIAK Ryszard</b>    | <b>164</b> |                              | M-50      | 11   | 00:04:16    | <b>00:24:25.00</b> | <b>00:28:41.15</b> | +00:04:05 (16.7%) | 4:53         | 12.3 (83.1%) |
| 12  | <b>JANUSZEWSKI Jacek</b>   | <b>131</b> | NIEZRZESZONY                 | M-50      | 12   | 00:04:22    | <b>00:24:32.10</b> | <b>00:28:54.85</b> | +00:04:12 (17.1%) | 4:54         | 12.2 (82.4%) |
| 13  | <b>SKOWYRSKI Janusz</b>    | <b>3</b>   | ROWERIA KOSZALIN             | M-50      | 13   | 00:04:07    | <b>00:24:34.80</b> | <b>00:28:42.50</b> | +00:04:15 (17.3%) | 4:55         | 12.2 (82.4%) |
| 14  | <b>WITKA Piotr</b>         | <b>194</b> | KLUB ŁEBA MORS POLAND        | M-50      | 14   | 00:04:17    | <b>00:24:35.20</b> | <b>00:28:52.40</b> | +00:04:15 (17.3%) | 4:55         | 12.2 (82.4%) |
| 15  | <b>KOPCZEWSKI Dariusz</b>  | <b>23</b>  |                              | M-50      | 15   | 00:04:17    | <b>00:24:36.10</b> | <b>00:28:53.85</b> | +00:04:16 (17.4%) | 4:55         | 12.2 (82.4%) |
| 16  | <b>KORPAL Cezary</b>       | <b>42</b>  | ROZBIEGANY KOSZALIN          | M-50      | 16   | 00:04:11    | <b>00:24:50.65</b> | <b>00:29:02.50</b> | +00:04:31 (18.2%) | 4:58         | 12.1 (81.8%) |
| 17  | <b>WOJANOWSKI Zbigniew</b> | <b>27</b>  |                              | M-50      | 17   | 00:03:58    | <b>00:25:39.45</b> | <b>00:29:37.60</b> | +00:05:19 (20.8%) | 5:07         | 11.7 (79.1%) |
| 18  | <b>ŁUCZEJKO Sławomir</b>   | <b>249</b> | TEAM BIEGOWY SZCZECINEK      | M-50      | 18   | 00:04:02    | <b>00:25:49.10</b> | <b>00:29:51.90</b> | +00:05:29 (21.3%) | 5:09         | 11.6 (78.4%) |
| 19  | <b>MRUGALSKI Stanisław</b> | <b>124</b> | MTS HAMER                    | M-50      | 19   | 00:04:37    | <b>00:26:31.10</b> | <b>00:31:08.65</b> | +00:06:11 (23.3%) | 5:18         | 11.3 (76.4%) |
| 20  | <b>SZULC Zbigniew</b>      | <b>297</b> |                              | M-50      | 20   | 00:04:25    | <b>00:26:44.55</b> | <b>00:31:09.55</b> | +00:06:24 (24.0%) | 5:20         | 11.2 (75.7%) |
| 21  | <b>STEFANIAK Piotr</b>     | <b>196</b> | KLUB ŁEBA MORS POLAND        | M-50      | 21   | 00:04:18    | <b>00:26:47.95</b> | <b>00:31:06.25</b> | +00:06:28 (24.1%) | 5:21         | 11.2 (75.7%) |
| 22  | <b>WOLAŃSKI Mariusz</b>    | <b>259</b> |                              | M-50      | 22   | 00:04:00    | <b>00:27:21.75</b> | <b>00:31:22.70</b> | +00:07:02 (25.7%) | 5:28         | 11 (74.3%)   |
| 23  | <b>SZULC Marek</b>         | <b>262</b> |                              | M-50      | 23   | 00:04:26    | <b>00:28:40.55</b> | <b>00:33:06.60</b> | +00:08:20 (29.1%) | 5:44         | 10.5 (70.9%) |

| Msc | Zawodnik                 | Numer      | Klub                | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------------|------------|---------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 24  | <b>SŁAWIŃSKI Mariusz</b> | <b>396</b> | WALENIE KOŁOBRZEG   | M-50      | 24   | 00:04:21    | <b>00:29:53.15</b> | <b>00:34:14.25</b> | +00:09:33 (32.0%) | 5:58         | 10 (67.6%)  |
| 25  | <b>GÓRNIAK Stanisław</b> | <b>347</b> |                     | M-50      | 25   | 00:04:15    | <b>00:30:00.30</b> | <b>00:34:15.85</b> | +00:09:40 (32.3%) | 6:00         | 10 (67.6%)  |
| 26  | <b>WALO Zbigniew</b>     | <b>163</b> |                     | M-50      | 26   | 00:04:14    | <b>00:30:09.65</b> | <b>00:34:24.30</b> | +00:09:50 (32.6%) | 6:02         | 9.9 (66.9%) |
| 27  | <b>MACHAŁA Janusz</b>    | <b>189</b> |                     | M-50      | 27   | 00:04:19    | <b>00:34:21.50</b> | <b>00:38:40.85</b> | +00:14:01 (40.8%) | 6:52         | 8.7 (58.8%) |
| 28  | <b>KĘPIŃSKI Jan</b>      | <b>48</b>  | ROZBIEGANY KOSZALIN | M-50      | 28   | 00:04:18    | <b>00:37:26.45</b> | <b>00:41:45.05</b> | +00:17:06 (45.7%) | 7:29         | 8 (54.1%)   |

Znaleziono 28 wynik(ów)