



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-50

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	GRZESIK Eugeniusz	355	TKKF KOSZALIN	M-50	1	00:00:06	00:09:21	00:19:25.15	00:19:31.55		3:53	15.5 (100%)
2	CZYŻEWSKI Janusz	35	KOŁOBRZEG BIEGA	M-50	2	00:00:22	00:10:24	00:21:27.00	00:21:49.80	+00:02:01 (9.5%)	4:17	14 (90.3%)
3	ŚWIETLIK Tomasz	286		M-50	3	00:00:10	00:10:34	00:21:27.85	00:21:38.50	+00:02:02 (9.5%)	4:17	14 (90.3%)
4	WOCH Edward	310		M-50	4	00:00:19	00:10:39	00:21:38.60	00:21:58.55	+00:02:13 (10.3%)	4:19	13.9 (89.7%)
5	LATOS Piotr	142	PRECON POLSKA-JASTROWIE	M-50	5	00:00:15	00:10:46	00:21:48.90	00:22:04.40	+00:02:23 (11.0%)	4:21	13.8 (89.0%)
6	WILIŃSKI Marek	306	K.B. SPRINT ŚWIDWIN	M-50	6	00:00:20	00:10:53	00:21:55.10	00:22:16.00	+00:02:29 (11.4%)	4:23	13.7 (88.4%)
7	KISIELIŃSKI Igor	105		M-50	7	00:00:08	00:10:34	00:22:03.00	00:22:11.40	+00:02:37 (11.9%)	4:24	13.6 (87.7%)
8	RUTKOWSKI Ryszard	239	RUTKOWSKI TEAM	M-50	8	00:00:06	00:10:58	00:22:22.80	00:22:29.00	+00:02:57 (13.2%)	4:28	13.4 (86.5%)
9	NIEMCZUK Dariusz	191		M-50	9	00:00:36	00:10:59	00:22:28.85	00:23:05.35	+00:03:03 (13.6%)	4:29	13.3 (85.8%)
10	SAŁABON Grzegorz	244		M-50	10	00:00:10	00:11:02	00:22:42.30	00:22:52.75	+00:03:17 (14.5%)	4:32	13.2 (85.2%)
11	KUBIŃSKI Rafał	132	NIGHT RUNNERS SŁUPSK	M-50	11	00:00:13	00:11:06	00:23:03.10	00:23:16.65	+00:03:37 (15.8%)	4:36	13 (83.9%)
12	SZULC Marek	280		M-50	12	00:00:16	00:11:15	00:23:05.30	00:23:22.00	+00:03:40 (15.9%)	4:37	13 (83.9%)
13	JANUSZEWSKI Jacek	360	17 WOG KOSZALIN	M-50	13	00:00:25	00:11:16	00:23:36.15	00:24:01.30	+00:04:11 (17.7%)	4:43	12.7 (81.9%)
14	ZAKIELARZ Jan	321		M-50	14	00:00:08	00:11:26	00:24:04.90	00:24:13.05	+00:04:39 (19.4%)	4:49	12.5 (80.6%)
15	MEISSNER Bogusław	163		M-50	15	00:00:21	00:11:36	00:24:09.50	00:24:30.50	+00:04:44 (19.6%)	4:49	12.4 (80.0%)
16	SZAFIRSKI Marek	270	CAMINO SŁUPSK	M-50	16	00:00:29	00:12:14	00:24:50.85	00:25:20.60	+00:05:25 (21.8%)	4:58	12.1 (78.1%)
17	MRUGALSKI Stanisław	184		M-50	17	00:00:42	00:12:44	00:26:09.75	00:26:52.15	+00:06:44 (25.8%)	5:14	11.5 (74.2%)
18	SMARSZCZ Wiesław	253		M-50	18	00:00:11	00:12:40	00:26:25.90	00:26:37.50	+00:07:00 (26.5%)	5:17	11.3 (72.9%)
19	KORPAL Cezary	118	ROZBIEGANY KOSZALIN	M-50	19	00:00:22	00:13:42	00:27:10.05	00:27:32.95	+00:07:44 (28.5%)	5:26	11 (71.0%)
20	ŁUCZEJKO Sławomir	152	TEAM BIEGOWY SZCZECINEK	M-50	20	00:00:21	00:13:35	00:27:46.20	00:28:08.00	+00:08:21 (30.1%)	5:33	10.8 (69.7%)
21	BORUC Jacek	23	PARKRUN SZCZECINEK	M-50	21	00:00:21	00:13:35	00:27:46.85	00:28:08.15	+00:08:21 (30.1%)	5:33	10.8 (69.7%)
22	KLENIIEWSKI Piotr	107		M-50	22	00:00:10	00:13:38	00:28:03.80	00:28:13.95	+00:08:38 (30.8%)	5:36	10.7 (69.0%)
23	SKOWYRSKI Janusz	251	TKKF KOSZALIN	M-50	23	00:00:25	00:14:25	00:28:16.45	00:28:41.65	+00:08:51 (31.3%)	5:39	10.6 (68.4%)
24	SIKORSKI Witold	248	KB RUN 42	M-50	24	00:00:28	00:13:29	00:29:43.65	00:30:11.95	+00:10:18 (34.7%)	5:56	10.1 (65.2%)
25	SŁAWIŃSKI Mariusz	252		M-50	25	00:00:25	00:14:09	00:31:01.65	00:31:27.00	+00:11:36 (37.4%)	6:12	9.7 (62.6%)
26	WOJANOWSKI Zbigniew	311	'BIEGAM BO LUBIĘ	M-50	26	00:00:22	00:14:31	00:31:54.00	00:32:16.10	+00:12:28 (39.1%)	6:22	9.4 (60.6%)

Total 26 results.

