



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

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



Klasyfikacja: M-60

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	DĘGA Ryszard	441	TUPOT USTKA	M-60	1	00:03:58	00:20:16.15	00:24:14.45		4:03	14.8 (100%)
2	DONIGIEWICZ Leszek	186		M-60	2	00:04:11	00:22:56.05	00:27:07.75	+00:02:39 (11.6%)	4:35	13.1 (88.5%)
3	DUDKIEWICZ Leszek	397	4RUN TKKF KOSZALIN	M-60	3	00:04:18	00:24:28.15	00:28:46.65	+00:04:12 (17.2%)	4:53	12.3 (83.1%)
4	KOZŁOWIECKI Waldemar	21	4RUN TKKF KOSZALIN	M-60	4	00:03:55	00:25:08.65	00:29:04.50	+00:04:52 (19.4%)	5:01	11.9 (80.4%)
5	STANIASZEK Bogusław	346	TUPOT USTKA	M-60	5	00:04:01	00:25:37.40	00:29:39.35	+00:05:21 (20.9%)	5:07	11.7 (79.1%)
6	MARKOWSKI Andrzej	435	4RUN TKKF KOSZALIN	M-60	6	00:03:58	00:25:52.10	00:29:50.50	+00:05:35 (21.6%)	5:10	11.6 (78.4%)
7	KARNICKI Zygmunt	30	4RUN TKKF KOSZALIN	M-60	7	00:04:10	00:26:00.05	00:30:10.15	+00:05:43 (22.0%)	5:12	11.5 (77.7%)
8	MUSZYNSKI Jacek	424	KLUB BIEGACZA GOCH	M-60	8	00:04:13	00:26:22.80	00:30:36.10	+00:06:06 (23.2%)	5:16	11.4 (77.0%)
9	GUDZIŃSKI Lech	450		M-60	9	00:04:13	00:27:10.50	00:31:24.40	+00:06:54 (25.4%)	5:26	11 (74.3%)
10	PAULIŃSKI Jan	66		M-60	10	00:04:06	00:28:00.85	00:32:07.50	+00:07:44 (27.6%)	5:36	10.7 (72.3%)
11	PASEK Jan	258		M-60	11	00:04:24	00:31:55.75	00:36:20.00	+00:11:39 (36.5%)	6:23	9.4 (63.5%)
12	HAUSMAN Andrzej	50	KSR ROWERIA	M-60	12	00:04:22	00:32:09.85	00:36:32.75	+00:11:53 (37.0%)	6:26	9.3 (62.8%)

Znaleziono 12 wynik(ów)