



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

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



Klasyfikacja: M-60

| 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 | OSOBNIAK Ryszard | 202 | ROZBIEGANY KOSZALIN | M-60 | 1 | 00:00:32 | 00:11:55 | 00:24:10.50 | 00:24:43.20 | | 4:50 | 12.4 (100%) |
| 2 | JUSZCZAK Krzysztof | 91 | | M-60 | 2 | 00:00:36 | 00:12:57 | 00:26:55.35 | 00:27:31.50 | +00:02:44 (10.2%) | 5:23 | 11.1 (89.5%) |
| 3 | PAULIŃSKI Jan | 212 | | M-60 | 3 | 00:00:14 | 00:13:27 | 00:27:55.05 | 00:28:09.50 | +00:03:44 (13.4%) | 5:35 | 10.7 (86.3%) |
| 4 | KARNICKI Zygmunt | 101 | TKKF KOSZALIN | M-60 | 4 | 00:00:26 | 00:13:12 | 00:27:59.40 | 00:28:25.85 | +00:03:48 (13.6%) | 5:35 | 10.7 (86.3%) |
| 5 | HELLER Zdzisław | 67 | | M-60 | 5 | 00:00:32 | 00:13:52 | 00:28:55.80 | 00:29:28.30 | +00:04:45 (16.4%) | 5:47 | 10.4 (83.9%) |
| 6 | WOŹNIAK Stanisław | 317 | NIERZESZONY | M-60 | 6 | 00:00:24 | 00:14:08 | 00:30:10.35 | 00:30:34.90 | +00:05:59 (19.9%) | 6:02 | 9.9 (79.8%) |
| 7 | PASEK Jan | 210 | | M-60 | 7 | 00:00:31 | 00:15:05 | 00:32:09.20 | 00:32:41.10 | +00:07:58 (24.8%) | 6:26 | 9.3 (75.0%) |
| 8 | HAUSMAN Andrzej | 66 | KSR ROWERIA | M-60 | 8 | 00:00:18 | 00:15:20 | 00:33:48.55 | 00:34:07.30 | +00:09:38 (28.5%) | 6:45 | 8.9 (71.8%) |

Znaleziono 8 wynik(ów)