



# BIEG MIKOŁAJKOWY - I ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

**Organiser:** Rada Osiedla Jamno - Łabusz  
**Date:** 2019-12-01  
**Place:** Koszalin  
**Distance:** 5 km



Classification: M-20

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	JAKUBEK Patryk	75	7 DAYS	M-20	1	00:17:11.57		3:26	17.5 (100%)
2	KRYZEL Tomasz	122	TRZEBIATÓW	M-20	2	00:18:04.39	+00:00:52 (4.9%)	3:36	16.6 (94.9%)
3	DYLEWSKI Tomasz	43		M-20	3	00:18:56.26	+00:01:44 (9.2%)	3:47	15.8 (90.3%)
4	CHRUSZCZ Mateusz	28	GRONO RUSINOWO	M-20	4	00:19:15.03	+00:02:03 (10.7%)	3:51	15.6 (89.1%)
5	STOLTMAN Marcin	213	7 DAYS	M-20	5	00:19:15.23	+00:02:03 (10.7%)	3:51	15.6 (89.1%)
6	KORMAN Kamil	108		M-20	6	00:19:27.71	+00:02:16 (11.7%)	3:53	15.4 (88.0%)
7	CIUĆKA Mateusz	33	3 SPORTOWY	M-20	7	00:19:48.00	+00:02:36 (13.2%)	3:57	15.2 (86.9%)
8	CHABOWSKI Wojciech	23		M-20	8	00:20:33.35	+00:03:21 (16.4%)	4:06	14.6 (83.4%)
9	NOGA Sebastian	164	TKKF KOSZALIN	M-20	9	00:20:55.84	+00:03:44 (17.9%)	4:11	14.3 (81.7%)
10	KOZIEŁ Adam	111	SOMGORSI	M-20	10	00:20:56.14	+00:03:44 (17.9%)	4:11	14.3 (81.7%)
11	SOBCZYK Fabian	205	PRESS GLASS - BIEGAMY I WSPIERAMY	M-20	11	00:21:46.89	+00:04:35 (21.1%)	4:21	13.8 (78.9%)
12	OKUTNIK Szymon	102	HARPAGAN TEAM	M-20	12	00:22:03.25	+00:04:51 (22.0%)	4:24	13.6 (77.7%)
13	POMORSKI Łukasz	185		M-20	13	00:22:18.36	+00:05:06 (22.9%)	4:27	13.4 (76.6%)
14	CHRUSZCZ Mariusz	27		M-20	14	00:23:10.07	+00:05:58 (25.8%)	4:38	12.9 (73.7%)
15	SOSNOWSKI Tomasz	209	FPP	M-20	15	00:24:27.10	+00:07:15 (29.7%)	4:53	12.3 (70.3%)
16	MITUNIEWICZ Adrian	155		M-20	16	00:28:07.73	+00:10:56 (38.9%)	5:37	10.7 (61.1%)
17	KUBIAK Maciej	125		M-20	17	00:28:16.74	+00:11:05 (39.2%)	5:39	10.6 (60.6%)
18	POLAK Mateusz	183	KOSPEL	M-20	18	00:28:41.71	+00:11:30 (40.1%)	5:44	10.5 (60.0%)
19	KULIGOWSKI Maksym	128	PRESS GLASS - BIEGAMY I WSPIERAMY	M-20	19	00:30:20.24	+00:13:08 (43.3%)	6:04	9.9 (56.6%)
20	SZMYT Marcin	115		M-20	20	00:31:40.24	+00:14:28 (45.7%)	6:20	9.5 (54.3%)
21	BYSTROŃ Krzysztof	22	FUNDACJA ZASTOPUJ	M-20	21	00:34:55.74	+00:17:44 (50.8%)	6:59	8.6 (49.1%)

Total 21 results.