



BIEG MIKOŁAJKOWY - I ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz
Data: 2019-12-01
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PYSHNIAK Kostiantyn	51		M-30	1	00:16:23.78		3:16	18.3 (100%)
2	ZIEMAN Michał	256	404 NOT FOUND	M-30	2	00:17:21.22	+00:00:57 (5.5%)	3:28	17.3 (94.5%)
3	HUBERT Łukasz	73	TKKF KOSZALIN	M-30	3	00:17:32.86	+00:01:09 (6.6%)	3:30	17.1 (93.4%)
4	MAJKOWICZ Rafał	138		M-30	4	00:17:45.61	+00:01:21 (7.7%)	3:33	16.9 (92.3%)
5	MIELEWCZYK Łukasz	152	GRUPA BIEGOWA MRT	M-30	5	00:17:53.64	+00:01:29 (8.4%)	3:34	16.8 (91.8%)
6	RYKIEL Michał	192	DĄBROWSKI TEAM	M-30	6	00:17:55.94	+00:01:32 (8.6%)	3:35	16.7 (91.3%)
7	HOŁUB Kamil	71	TRZEBIATÓW	M-30	7	00:18:37.76	+00:02:13 (12.0%)	3:43	16.1 (88.0%)
8	KAWKA Adrian	92	BEST BEASTS	M-30	8	00:19:21.32	+00:02:57 (15.3%)	3:52	15.5 (84.7%)
9	CICHOSZ-MIELEWCZYK Mateusz	31	POZYTYWNIENIE NAKRĘCENI	M-30	9	00:19:25.55	+00:03:01 (15.6%)	3:53	15.5 (84.7%)
10	GOSTKOWSKI Łukasz	54	404 NOT FOUND	M-30	10	00:19:30.86	+00:03:07 (16.0%)	3:54	15.4 (84.2%)
11	ŁUKAWSKI Mariusz	135	JEDNOSTKA WOJSKOWA 1223	M-30	11	00:19:44.89	+00:03:21 (17.0%)	3:57	15.2 (83.1%)
12	PRZEWŁOCKI Michał	187	TKKF KOSZALIN	M-30	12	00:19:47.68	+00:03:23 (17.2%)	3:57	15.2 (83.1%)
13	CUBER Wojciech	34	#ZABIEGANINOCA	M-30	13	00:19:51.15	+00:03:27 (17.4%)	3:58	15.1 (82.5%)
14	KOŁODZIEJ Krystian	223	BESTIE OCR LEGIONOWO	M-30	14	00:20:34.28	+00:04:10 (20.3%)	4:07	14.6 (79.8%)
15	OLCZAK Krzysztof	169		M-30	15	00:20:41.75	+00:04:17 (20.8%)	4:08	14.5 (79.2%)
16	WĘSIERSKI Krystian	241	POZYTYWNIENIE NAKRĘCENI	M-30	16	00:20:50.22	+00:04:26 (21.3%)	4:10	14.4 (78.7%)
17	WEBER Paweł	237	FPP	M-30	17	00:21:12.71	+00:04:48 (22.7%)	4:14	14.2 (77.6%)
18	CZYŻYKOWSKI Łukasz	36		M-30	18	00:21:18.24	+00:04:54 (23.0%)	4:15	14.1 (77.0%)
19	NOSAL Mariusz	165		M-30	19	00:21:25.88	+00:05:02 (23.5%)	4:17	14 (76.5%)
20	GAŚSIOR Grzegorz	47	CSSP	M-30	20	00:21:37.49	+00:05:13 (24.2%)	4:19	13.9 (76.0%)
21	ZAWILSKI Robert	254		M-30	21	00:21:45.24	+00:05:21 (24.6%)	4:21	13.8 (75.4%)
22	HAMALA Marcin	66	TAGER SPORT	M-30	22	00:21:49.51	+00:05:25 (24.9%)	4:22	13.7 (74.9%)
23	ŻUREK Mateusz	259		M-30	23	00:22:06.64	+00:05:42 (25.8%)	4:25	13.6 (74.3%)
24	KAZIMIERCZAK Leszek	93	FOR-REST-RUN	M-30	24	00:22:26.13	+00:06:02 (26.9%)	4:29	13.4 (73.2%)
25	BARTHA Adrian	7		M-30	25	00:22:36.26	+00:06:12 (27.5%)	4:31	13.3 (72.7%)
26	CHOŁUJ Karol	25	MONOLITH LIFE TEAM	M-30	26	00:22:51.04	+00:06:27 (28.2%)	4:34	13.1 (71.6%)
27	MICHALCZYK Kamil	251	JEDNOSTKA WOJSKOWA 1223	M-30	27	00:22:53.53	+00:06:29 (28.4%)	4:34	13.1 (71.6%)

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28	SITARCZYK Damian	199		M-30	28	00:23:11.38	+00:06:47 (29.3%)	4:38	12.9 (70.5%)
29	HARASIMOWICZ Michał	67	12 BBSP	M-30	29	00:23:18.50	+00:06:54 (29.7%)	4:39	12.9 (70.5%)
30	LIPNIEWICZ Paweł	132	LIPNE MUMIE	M-30	30	00:24:07.07	+00:07:43 (32.0%)	4:49	12.4 (67.8%)
31	SKOKOWSKI Marek	202		M-30	31	00:24:13.39	+00:07:49 (32.3%)	4:50	12.4 (67.8%)
32	KAMYK Piotr	253	MH-INFORMATYKAWP.PL	M-30	32	00:24:20.34	+00:07:56 (32.6%)	4:52	12.3 (67.2%)
33	ŁODYGA Łukasz	134		M-30	33	00:24:30.56	+00:08:06 (33.1%)	4:54	12.2 (66.7%)
34	DĘBSKI Damian	38		M-30	34	00:24:57.49	+00:08:33 (34.3%)	4:59	12 (65.6%)
35	KOPEĆ Krzysztof	107		M-30	35	00:25:24.18	+00:09:00 (35.5%)	5:04	11.8 (64.5%)
36	JASIEK Paweł	162	#ZABIEGANINOCA	M-30	36	00:25:27.69	+00:09:03 (35.6%)	5:05	11.8 (64.5%)
37	ORYSZCZYN Arkadiusz	170	DZIKIE ŻÓŁWIE	M-30	37	00:25:39.73	+00:09:15 (36.1%)	5:08	11.7 (63.9%)
38	ŚWIDERSKI Marcin	231		M-30	38	00:26:06.31	+00:09:42 (37.2%)	5:13	11.5 (62.8%)
39	CIEŚLAK Grzegorz	32		M-30	39	00:26:16.34	+00:09:52 (37.6%)	5:15	11.4 (62.3%)
40	GONTEK Łukasz	53	VW BATORY	M-30	40	00:26:29.34	+00:10:05 (38.1%)	5:17	11.3 (61.7%)
41	SZWEDA Mateusz	229	JEDNOSTKA WOJSKOWA 1223	M-30	41	00:26:34.69	+00:10:10 (38.3%)	5:18	11.3 (61.7%)
42	MASŁOWSKI Artur	148		M-30	42	00:26:39.50	+00:10:15 (38.5%)	5:19	11.3 (61.7%)
43	SZYMAŃSKI Patryk	230		M-30	43	00:26:39.66	+00:10:15 (38.5%)	5:20	11.3 (61.7%)
44	WESOŁOWSKI Łukasz	240		M-30	44	00:26:56.53	+00:10:32 (39.1%)	5:23	11.1 (60.7%)
45	SPICA Łukasz	220	DZIKIE ŻÓŁWIE	M-30	45	00:27:05.02	+00:10:41 (39.5%)	5:25	11.1 (60.7%)
46	SIGNAROWSKI Dawid	198	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	46	00:27:14.97	+00:10:51 (39.8%)	5:27	11 (60.1%)
47	TABISZ Sławomir	232	12 BBSP	M-30	47	00:27:19.47	+00:10:55 (40.0%)	5:28	11 (60.1%)
48	PRZYBYŁ Krzysztof	188		M-30	48	00:27:21.47	+00:10:57 (40.1%)	5:28	11 (60.1%)
49	BRZEZIŃSKI Paweł	18		M-30	49	00:27:59.63	+00:11:35 (41.4%)	5:35	10.7 (58.5%)
50	MACIEJEWSKI Maciej	136	FPP	M-30	50	00:28:29.05	+00:12:05 (42.4%)	5:41	10.5 (57.4%)
51	KIEDOS Dariusz	97	JEDNOSTKA WOJSKOWA 1223	M-30	51	00:31:24.43	+00:15:00 (47.8%)	6:16	9.6 (52.5%)
52	SARBIEWSKI Przemysław	195		M-30	52	00:32:34.29	+00:16:10 (49.7%)	6:30	9.2 (50.3%)

Znaleziono 52 wynik(ów)