



BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT

Organizator: Fundacja Wolność i Demokracja, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-02-26
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: M18-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KASZEWSKI Zbigniew	119	TALEX BORYSŁAW BORZYTUCHOM	M18-29	1	00:00:01	00:08:33	00:17:05	00:25:28	00:33:43	00:34:14.45	00:34:16.05		3:25	17.5 (100%)
2	HERING Mateusz	82	TALEX BORZYTUCHOM	M18-29	2	00:00:02	00:09:05	00:18:16	00:27:20	00:36:07	00:36:40.30	00:36:42.40	+00:02:25 (6.6%)	3:40	16.4 (93.7%)
3	KRAUS Damian	142	CHROBRY GRYFICE	M18-29	3	00:00:01	00:08:55	00:18:01	00:27:13	00:36:29	00:37:06.10	00:37:07.80	+00:02:51 (7.7%)	3:42	16.2 (92.6%)
4	ORZECOWSKI Kamil	201		M18-29	4	00:00:01	00:08:53	00:17:56	00:27:24	00:36:40	00:37:10.40	00:37:12.00	+00:02:55 (7.9%)	3:43	16.1 (92.0%)
5	BRAUN Grzegorz	21	GRYFICE	M18-29	5	00:00:01	00:08:53	00:18:28	00:28:28	00:38:38	00:39:30.10	00:39:31.45	+00:05:15 (13.3%)	3:57	15.2 (86.9%)
6	SZKOŁUDA Miłosz	279	DECATHLON KOSZALIN	M18-29	6	00:00:04	00:09:32	00:19:10	00:29:01	00:39:01	00:39:39.80	00:39:43.95	+00:05:25 (13.7%)	3:57	15.1 (86.3%)
7	DURMAN Dawid	52		M18-29	7	00:00:03	00:09:27	00:19:22	00:29:20	00:39:13	00:39:47.45	00:39:51.20	+00:05:33 (13.9%)	3:58	15.1 (86.3%)
8	DZIEMIANKO Karol	53	ZAWISZA BORZYTUCHOM	M18-29	8	00:00:02	00:10:03	00:20:22	00:30:34	00:40:46	00:41:18.50	00:41:21.15	+00:07:04 (17.1%)	4:07	14.5 (82.9%)
9	USTIANOWSKI Wojciech	297	JW1223 (ROZBIEGANY KOSZALIN)	M18-29	9	00:00:03	00:09:36	00:19:55	00:30:20	00:41:01	00:41:34.45	00:41:38.25	+00:07:20 (17.6%)	4:09	14.4 (82.3%)
10	GIERLACH Jacek	63	STOPA SŁUPSK	M18-29	10	00:00:04	00:09:55	00:20:13	00:30:41	00:40:58	00:41:35.75	00:41:40.05	+00:07:21 (17.7%)	4:09	14.4 (82.3%)
11	MOKSA Dariusz	184		M18-29	11	00:00:03	00:09:36	00:19:56	00:30:20	00:41:14	00:41:58.05	00:42:01.80	+00:07:43 (18.4%)	4:11	14.3 (81.7%)
12	GRACHEL Darek	73	#BIEGOHOLIZM	M18-29	12	00:00:03	00:09:55	00:20:36	00:31:18	00:42:15	00:43:00.80	00:43:04.15	+00:08:46 (20.4%)	4:18	13.9 (79.4%)
13	GLAZER Piotr	64	TECHNIKUM LEŚNE W WARCINIE	M18-29	13	00:00:03	00:09:26	00:20:34	00:31:45	00:42:51	00:43:31.00	00:43:34.25	+00:09:16 (21.3%)	4:21	13.8 (78.9%)
14	KULIŚ Przemysław	153		M18-29	14	00:00:06	00:10:03	00:21:02	00:32:20	00:42:57	00:43:34.60	00:43:40.60	+00:09:20 (21.4%)	4:21	13.8 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	MATEBLOWSKI Szymon	20	DECATHLON KOSZALIN	M18-29	15	00:00:04	00:10:34	00:21:42	00:32:53	00:43:27	00:44:05.85	00:44:10.55	+00:09:51 (22.4%)	4:24	13.6 (77.7%)
16	GRZYSTEK Adam	77	PARKRUN GDAŃSK POŁUDNIE	M18-29	16	00:00:09	00:10:47	00:21:41	00:32:33	00:43:29	00:44:13.15	00:44:22.45	+00:09:58 (22.6%)	4:25	13.6 (77.7%)
17	JAKUBOWSKI Karol	92	2BZ	M18-29	17	00:00:09	00:10:50	00:22:23	00:33:57	00:45:32	00:46:16.15	00:46:25.65	+00:12:01 (26.0%)	4:37	13 (74.3%)
18	MISZCZYK Jan	183	ROZBIEGANY KOSZALIN	M18-29	18	00:00:19	00:11:02	00:22:35	00:34:27	00:46:21	00:46:59.40	00:47:18.50	+00:12:44 (27.1%)	4:41	12.8 (73.1%)
19	WOJCIECHOWSKI Marcin	315		M18-29	19	00:00:20	00:11:22	00:23:15	00:35:20	00:47:07	00:47:52.00	00:48:12.25	+00:13:37 (28.5%)	4:47	12.5 (71.4%)
20	UTTKE Kamil	298	DZIADOSTWOOOOO	M18-29	20	00:00:08	00:11:32	00:23:26	00:35:32	00:47:34	00:48:19.25	00:48:27.90	+00:14:04 (29.1%)	4:49	12.4 (70.9%)
21	SKONECZNY Kacper	257	KONTRA DARŁOWO	M18-29	21	00:00:12	00:10:48	00:22:28	00:35:02	00:47:49	00:48:22.25	00:48:34.80	+00:14:07 (29.2%)	4:50	12.4 (70.9%)
22	SZAREK Arkadiusz	277		M18-29	22	00:00:04	00:11:16	00:23:07	00:35:33	00:48:16	00:49:00.45	00:49:05.15	+00:14:46 (30.1%)	4:54	12.2 (69.7%)
23	NOWAK Piotr	196		M18-29	23	00:00:04	00:11:19	00:23:08	00:35:34	00:48:19	00:49:07.00	00:49:11.35	+00:14:52 (30.3%)	4:54	12.2 (69.7%)
24	BOBER Jakub	16	AKADEMIA POMORSKA	M18-29	24	00:00:04	00:11:08	00:23:22	00:36:02	00:48:29	00:49:14.80	00:49:19.75	+00:15:00 (30.5%)	4:55	12.2 (69.7%)
25	CZEPUKOJĆ Wojciech	43		M18-29	25	00:00:25	00:12:21	00:24:28	00:36:33	00:48:34	00:49:22.90	00:49:48.35	+00:15:08 (30.7%)	4:56	12.1 (69.1%)
26	WACHOLC Michał	300		M18-29	26	00:00:09	00:12:08	00:24:46	00:37:19	00:49:45	00:50:30.35	00:50:39.65	+00:16:15 (32.2%)	5:03	11.9 (68.0%)
27	GONTARZ Wojciech	69	HONEY STINGER RUNNERS	M18-29	27	00:00:09	00:12:04	00:24:43	00:37:46	00:50:13	00:50:59.45	00:51:09.25	+00:16:45 (32.8%)	5:06	11.8 (67.4%)
28	PUSZ Kuba	223	JS1373	M18-29	28	00:00:10	00:11:41	00:24:26	00:38:43	00:52:55	00:53:46.35	00:53:56.45	+00:19:31 (36.3%)	5:22	11.2 (64.0%)
29	SPICA Łukasz	265		M18-29	29	00:00:25	00:13:04	00:26:05	00:39:44	00:53:12	00:53:55.45	00:54:21.30	+00:19:41 (36.5%)	5:23	11.1 (63.4%)
30	KARPIŃSKI Mateusz	117		M18-29	30	00:00:23	00:13:11	00:27:27	00:42:20	00:57:49	00:58:52.30	00:59:15.55	+00:24:37 (41.8%)	5:53	10.2 (58.3%)
31	SZKATULSKI Tomasz	278	DARŁOWO	M18-29	31	00:00:18	00:12:53	00:27:37	00:43:13	00:58:26	00:59:22.05	00:59:40.10	+00:25:07 (42.3%)	5:56	10.1 (57.7%)
32	WIERZBICKI Kacper	309		M18-29	32	00:00:04	00:13:24	00:27:42	00:43:30	01:00:13	01:01:11.70	01:01:16.30	+00:26:57 (44.0%)	6:07	9.8 (56.0%)
	KĘPKA Adrian	120		M18-29		DNF	00:09:10 DNF	00:18:52 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 33 wynik(ów)