



Organizator:

Data:
Miejsce:
Dystans:

BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

Fundacja Wolność i Demokracja, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
2017-02-26
Koszalin
10 km

B4SPORT



Klasyfikacja: M40-49

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	POLAK Szymon	219	ROZBIEGANY KOSZALIN	M40-49	1	00:00:02	00:09:05	00:18:17	00:27:31	00:36:40	00:37:14.45	00:37:16.65		3:43	16.1 (100%)
2	GOLECKI Mirosław	65	CSSP KOSZALIN	M40-49	2	00:00:03	00:09:20	00:18:33	00:27:47	00:36:55	00:37:29.90	00:37:33.45	+00:00:15 (0.7%)	3:45	16 (99.4%)
3	JAROSZ Wiesław	98	JW. 1223/BLOG	M40-49	3	00:00:02	00:09:14	00:18:38	00:28:19	00:38:01	00:38:40.60	00:38:43.15	+00:01:26 (3.7%)	3:52	15.5 (96.3%)
4	BURDA Robert	28	KOSPEL	M40-49	4	00:00:02	00:09:36	00:19:32	00:29:32	00:39:10	00:39:45.50	00:39:48.25	+00:02:31 (6.3%)	3:58	15.1 (93.8%)
5	RUDNIKOWSKI Maciej	244	BIEGUZDROWISKOWY.PL	M40-49	5	00:00:02	00:09:22	00:19:18	00:29:28	00:39:32	00:40:08.60	00:40:10.80	+00:02:54 (7.2%)	4:00	15 (93.2%)
6	PAKULSKI Marcin	207		M40-49	6	00:00:05	00:09:37	00:19:40	00:29:55	00:40:10	00:40:44.35	00:40:49.40	+00:03:29 (8.6%)	4:04	14.7 (91.3%)
7	BIEDRZYCKI Krzysztof	12	CW FANZA KOŁOBRZEG	M40-49	7	00:00:02	00:10:00	00:20:19	00:30:21	00:40:12	00:40:50.10	00:40:52.75	+00:03:35 (8.8%)	4:05	14.7 (91.3%)
8	UZNAŃSKI Ryszard	299	KOŁOBRZEG BIEGA	M40-49	8	00:00:01	00:10:00	00:20:19	00:30:45	00:41:01	00:41:38.55	00:41:40.20	+00:04:24 (10.6%)	4:09	14.4 (89.4%)
9	KALETA Sebastian	111	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-49	9	00:00:05	00:09:55	00:20:17	00:30:52	00:41:26	00:42:12.90	00:42:18.10	+00:04:58 (11.8%)	4:13	14.2 (88.2%)
10	JAROSZEWICZ Grzegorz	99	PARKRUN SZCZECIN	M40-49	10	00:00:03	00:09:47	00:20:12	00:31:02	00:41:30	00:42:26.60	00:42:29.95	+00:05:12 (12.3%)	4:14	14.1 (87.6%)
11	MAZUR Emilusz	174		M40-49	11	00:00:03	00:09:59	00:20:35	00:31:16	00:42:00	00:42:39.75	00:42:42.85	+00:05:25 (12.7%)	4:15	14.1 (87.6%)
12	TROŚNIAK Piotr	291	10 BIAŁOGARD	M40-49	12	00:00:03	00:10:08	00:20:34	00:31:14	00:42:02	00:42:43.75	00:42:47.40	+00:05:29 (12.8%)	4:16	14 (87.0%)
13	SZULC Arek	281	ROZBIEGANY KOSZALIN	M40-49	13	00:00:06	00:10:50	00:21:31	00:32:23	00:42:23	00:43:01.45	00:43:08.35	+00:05:47 (13.4%)	4:18	13.9 (86.3%)
14	BARANOWSKI Piotr	3		M40-49	14	00:00:03	00:10:45	00:21:28	00:32:06	00:42:37	00:43:17.00	00:43:20.65	+00:06:02 (14.0%)	4:19	13.9 (86.3%)
15	CHOŁUJ Jarek	34	ROZBIEGANY KOSZALIN	M40-49	15	00:00:06	00:10:50	00:21:31	00:32:23	00:42:50	00:43:32.05	00:43:38.45	+00:06:17 (14.5%)	4:21	13.8 (85.7%)
16	SURDAKCI Piotr	272	MONIA TEAM	M40-49	16	00:00:08	00:10:07	00:21:04	00:32:14	00:43:13	00:43:53.05	00:44:01.60	+00:06:38 (15.1%)	4:23	13.7 (85.1%)
17	MATYJASEK Zbigniew	173	TKKF KOSZALIN	M40-49	17	00:00:05	00:10:01	00:21:00	00:32:16	00:43:22	00:44:00.70	00:44:05.70	+00:06:46 (15.4%)	4:24	13.6 (84.5%)

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		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
18	URBAŃSKI Tomasz	295		M40-49	18	00:00:09	00:10:48	00:21:40	00:32:31	00:43:22	00:44:03.80	00:44:13.60	+00:06:49 (15.5%)	4:24	13.6 (84.5%)
19	CENIUCH Sylwester	30	BIKE TEAM ROLETKI.HOME.PL	M40-49	19	00:00:02	00:10:09	00:20:40	00:31:52	00:43:23	00:44:07.10	00:44:09.65	+00:06:52 (15.6%)	4:24	13.6 (84.5%)
20	RACZYŃSKI Kazimierz	225	ZESPÓŁ SZKÓŁ NR 1 IM. MIKOŁAJA KOPERNIKA W KOSZALINIE	M40-49	20	00:00:07	00:10:30	00:21:21	00:32:25	00:43:27	00:44:10.20	00:44:17.25	+00:06:55 (15.7%)	4:25	13.6 (84.5%)
21	PEKAŁA Piotr	216	ROZBIEGANY KOSZALIN	M40-49	21	00:00:16	00:11:00	00:22:04	00:33:11	00:44:06	00:44:47.90	00:45:04.80	+00:07:33 (16.9%)	4:28	13.4 (83.2%)
22	ZWOLIŃSKI Jan	329	TKKF KOSZALIN	M40-49	22	00:00:04	00:11:05	00:22:15	00:33:34	00:44:39	00:45:21.65	00:45:25.75	+00:08:07 (17.9%)	4:32	13.2 (82.0%)
23	PERCZYŃSKI Jarosław	215	BEZ FORMY	M40-49	23	00:00:12	00:10:53	00:22:03	00:33:40	00:44:58	00:45:39.35	00:45:52.20	+00:08:24 (18.4%)	4:34	13.1 (81.4%)
24	KSZCZANOWICZ Jacek	151		M40-49	24	00:00:17	00:10:57	00:22:18	00:33:38	00:45:00	00:45:42.50	00:46:00.45	+00:08:28 (18.5%)	4:34	13.1 (81.4%)
25	SZAŁKOWSKI Wojtek	275	TUPOT USTKA	M40-49	25	00:00:25	00:11:20	00:22:39	00:33:53	00:45:05	00:45:43.50	00:46:08.90	+00:08:29 (18.6%)	4:34	13.1 (81.4%)
26	CIUPA Marcin	188	H2 DESIGN	M40-49	26	00:00:11	00:10:52	00:22:03	00:33:35	00:45:04	00:45:46.70	00:45:58.05	+00:08:32 (18.6%)	4:34	13.1 (81.4%)
27	TESKA Bartosz	290	TKKF KOSZALIN	M40-49	27	00:00:07	00:11:06	00:22:24	00:33:54	00:45:23	00:46:01.50	00:46:09.15	+00:08:47 (19.1%)	4:36	13 (80.7%)
28	JĘDRASZCZYK Marek	103	WŁ SŁUPSK	M40-49	28	00:00:11	00:10:39	00:22:00	00:33:52	00:45:36	00:46:18.45	00:46:29.95	+00:09:04 (19.6%)	4:37	13 (80.7%)
29	IWANIEC Dariusz	89	TKKF KOSZALIN	M40-49	29	00:00:06	00:11:17	00:22:47	00:34:11	00:45:39	00:46:22.40	00:46:28.55	+00:09:07 (19.7%)	4:38	12.9 (80.1%)
30	JASICZEK Darek	101	CSSP KOSZALIN	M40-49	30	00:00:13	00:11:06	00:22:37	00:34:18	00:45:45	00:46:23.90	00:46:37.45	+00:09:09 (19.7%)	4:38	12.9 (80.1%)
31	JANKOWSKI Piotr	94		M40-49	31	00:00:10	00:11:39	00:23:07	00:34:30	00:45:49	00:46:29.00	00:46:39.70	+00:09:14 (19.9%)	4:38	12.9 (80.1%)
32	SZYMAŃSKI Piotr	287		M40-49	32	00:00:12	00:11:05	00:22:27	00:34:15	00:46:18	00:46:57.75	00:47:10.50	+00:09:43 (20.7%)	4:41	12.8 (79.5%)
33	CYBULSKI Robert	39	MTS HAMER	M40-49	33	00:00:08	00:11:20	00:22:58	00:34:49	00:46:15	00:47:00.80	00:47:08.80	+00:09:46 (20.8%)	4:42	12.8 (79.5%)
34	KUŁAKOWSKI Dawid	154	TKKF KOSZALIN	M40-49	34	00:00:07	00:11:15	00:22:50	00:34:53	00:46:45	00:47:25.10	00:47:32.15	+00:10:10 (21.5%)	4:44	12.7 (78.9%)
35	MICERSKI Tomasz	178	TKKF KOSZALIN	M40-49	35	00:00:07	00:11:16	00:22:51	00:34:50	00:46:45	00:47:26.60	00:47:33.65	+00:10:12 (21.5%)	4:44	12.6 (78.3%)
36	BURKIET Marek	29	JW 1223	M40-49	36	00:00:10	00:11:32	00:23:20	00:35:17	00:47:00	00:47:43.20	00:47:53.90	+00:10:28 (22.0%)	4:46	12.6 (78.3%)
37	JARZYNA Roman	100	SZWLA STARGARD	M40-49	37	00:00:06	00:11:14	00:22:50	00:34:53	00:47:04	00:47:48.15	00:47:54.95	+00:10:33 (22.1%)	4:46	12.6 (78.3%)
38	PIETRZYCKI Adrian	217		M40-49	38	00:00:32	00:11:53	00:23:51	00:35:45	00:47:06	00:47:49.85	00:48:22.10	+00:10:35 (22.1%)	4:47	12.5 (77.6%)
39	WALERIAŃCZYK Roman	301	GMINA KOŁOBRZEG	M40-49	39	00:00:11	00:11:35	00:23:34	00:35:36	00:47:32	00:48:20.30	00:48:31.95	+00:11:05 (23.0%)	4:50	12.4 (77.0%)
40	KAŃDUŁA Mariusz	114	WŁ SŁUPSK	M40-49	40	00:00:12	00:11:43	00:23:47	00:36:03	00:47:39	00:48:20.95	00:48:33.25	+00:11:06 (23.0%)	4:50	12.4 (77.0%)
41	DIDŁUCH Jacek	48	KOŁOBRZEG BIEGA MARATON TEAM	M40-49	41	00:00:24	00:11:46	00:23:45	00:35:53	00:48:27	00:49:15.75	00:49:40.25	+00:12:01 (24.4%)	4:55	12.2 (75.8%)
42	DZIESZUK Dariusz	54	TKKF KOSZALIN	M40-49	42	00:00:20	00:12:24	00:24:38	00:36:45	00:48:36	00:49:16.35	00:49:37.15	+00:12:01 (24.4%)	4:55	12.2 (75.8%)
43	PUŚCIAN Krzysztof	224	GIMNAZJUM W MANOWIE	M40-49	43	00:00:05	00:11:40	00:24:34	00:36:51	00:48:51	00:49:30.50	00:49:36.35	+00:12:16 (24.8%)	4:57	12.1 (75.2%)

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		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
44	MICHALCZYK Mariusz	180	JW 1223	M40-49	44	00:00:11	00:11:32	00:23:23	00:35:48	00:48:42	00:49:32.55	00:49:43.95	+00:12:18 (24.8%)	4:57	12.1 (75.2%)
45	GWIAZDA Jarosław	78		M40-49	45	00:00:12	00:12:09	00:24:38	00:36:59	00:49:09	00:49:48.30	00:50:00.45	+00:12:33 (25.2%)	4:58	12 (74.5%)
46	BUCZYŃSKI Eugeniusz	27	JW 1696	M40-49	46	00:00:08	00:11:22	00:23:48	00:36:37	00:49:09	00:49:56.70	00:50:05.25	+00:12:42 (25.4%)	4:59	12 (74.5%)
47	HOC Dariusz	84		M40-49	47	00:00:25	00:12:30	00:25:03	00:37:45	00:49:35	00:50:13.90	00:50:39.65	+00:12:59 (25.9%)	5:01	11.9 (73.9%)
48	URBAŃSKI Arkadiusz	296		M40-49	48	00:00:09	00:12:04	00:24:33	00:37:03	00:49:41	00:50:30.60	00:50:40.45	+00:13:16 (26.3%)	5:03	11.9 (73.9%)
49	GIL Remigiusz	498	LYCONET TRIATHLON TEAM	M40-49	49	00:00:13	00:12:11	00:24:47	00:37:26	00:50:05	00:50:47.80	00:51:01.70	+00:13:33 (26.7%)	5:04	11.8 (73.3%)
50	DĄBROWSKI Grzegorz	47		M40-49	50	00:00:13	00:11:54	00:24:29	00:37:20	00:50:08	00:50:53.85	00:51:07.15	+00:13:39 (26.8%)	5:05	11.8 (73.3%)
51	DUDZIAK Piotr	51	KOSZALIN	M40-49	51	00:00:06	00:11:39	00:24:36	00:37:46	00:50:14	00:50:59.85	00:51:06.40	+00:13:45 (27.0%)	5:06	11.8 (73.3%)
52	NACHYŁA Piotr	191	STOPA SŁUPSK	M40-49	52	00:00:15	00:12:43	00:25:29	00:38:17	00:50:46	00:51:26.00	00:51:41.90	+00:14:11 (27.6%)	5:08	11.7 (72.7%)
53	MRÓZ Dawid	187		M40-49	53	00:00:03	00:11:45	00:24:39	00:37:53	00:50:53	00:51:42.75	00:51:46.10	+00:14:28 (28.0%)	5:10	11.6 (72.0%)
54	KOWALCZYK Mariusz	138	WZAJEMNEJ ADORACJI:-)	M40-49	54	00:00:13	00:12:05	00:25:03	00:38:18	00:50:58	00:51:45.85	00:51:59.45	+00:14:31 (28.1%)	5:10	11.6 (72.0%)
55	FAJGIER Tomasz	58		M40-49	55	00:00:11	00:12:07	00:25:00	00:38:14	00:51:05	00:51:55.55	00:52:06.90	+00:14:41 (28.3%)	5:11	11.6 (72.0%)
56	RASZPLA Radosław	227		M40-49	56	00:00:07	00:11:51	00:24:41	00:38:05	00:51:35	00:52:28.20	00:52:35.95	+00:15:13 (29.0%)	5:14	11.4 (70.8%)
57	MAJCHRZAK Paweł	166	SUNDBIKERS KARLINO TEAM	M40-49	57	00:00:04	00:11:38	00:24:22	00:38:11	00:52:08	00:53:03.45	00:53:08.10	+00:15:49 (29.8%)	5:18	11.3 (70.2%)
58	PRZYMORSKI Waldemar	221	W.P.K. SŁOŃ TEAM USTKA	M40-49	58	00:00:15	00:12:08	00:24:58	00:38:32	00:52:13	00:53:06.00	00:53:21.05	+00:15:51 (29.9%)	5:18	11.3 (70.2%)
59	BĄCZYK Adam	6	MONIA TEAM	M40-49	59	00:00:22	00:12:37	00:25:47	00:39:14	00:52:42	00:53:31.60	00:53:53.95	+00:16:17 (30.4%)	5:21	11.2 (69.6%)
60	CZAPLICKI Paweł	41	TKKF KOSZALIN	M40-49	60	00:00:21	00:12:56	00:26:15	00:39:41	00:52:52	00:53:36.65	00:53:57.85	+00:16:22 (30.5%)	5:21	11.2 (69.6%)
61	KOTULSKI Piotr	136	KLUB BIEGACZY JYSK	M40-49	61	00:00:09	00:12:19	00:25:41	00:39:14	00:52:59	00:53:46.85	00:53:56.35	+00:16:32 (30.8%)	5:22	11.2 (69.6%)
62	DANOWSKI Maciej	45	FITNESS CLUB FORMA	M40-49	62	00:00:10	00:13:00	00:26:28	00:40:03	00:53:12	00:53:56.25	00:54:06.50	+00:16:41 (31.0%)	5:23	11.1 (68.9%)
63	BOROWIEC Mariusz	18		M40-49	63	00:00:26	00:13:26	00:26:57	00:40:14	00:53:15	00:54:01.45	00:54:27.65	+00:16:47 (31.1%)	5:24	11.1 (68.9%)
64	ZIELIŃSKI Grzegorz	323	BRIDGESTONE	M40-49	64	00:00:15	00:13:14	00:26:49	00:40:16	00:53:15	00:54:07.00	00:54:22.60	+00:16:52 (31.2%)	5:24	11.1 (68.9%)
65	BERNACKI Adam	10	EB BERNACKI	M40-49	65	00:00:07	00:12:32	00:25:59	00:39:42	00:53:26	00:54:20.45	00:54:28.15	+00:17:06 (31.5%)	5:26	11 (68.3%)
66	SEKUŁA Mariusz	252		M40-49	66	00:00:15	00:12:25	00:25:51	00:39:51	00:54:18	00:55:09.80	00:55:25.75	+00:17:55 (32.5%)	5:31	10.9 (67.7%)
67	SKIBA Artur	255		M40-49	67	00:00:08	00:13:06	00:26:33	00:40:33	00:54:57	00:55:52.00	00:56:00.45	+00:18:37 (33.3%)	5:35	10.7 (66.5%)
68	ZIĘBA Paweł	325	TKKF KOSZALIN	M40-49	68	00:00:07	00:12:10	00:25:49	00:40:34	00:55:02	00:55:57.35	00:56:04.90	+00:18:42 (33.4%)	5:35	10.7 (66.5%)
69	ŚLEDŹ Andrzej	288	WŁ SŁUPSK	M40-49	69	00:00:12	00:12:56	00:27:07	00:41:20	00:55:34	00:56:22.70	00:56:35.35	+00:19:08 (33.9%)	5:38	10.6 (65.8%)

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70	KRASIŃSKI Witold	341		M40-49	70	00:00:09	00:12:14	00:25:51	00:40:38	00:56:02	00:57:00.05	00:57:09.40	+00:19:45 (34.7%)	5:42	10.5 (65.2%)
71	KLUPŚ Janusz	123		M40-49	71	00:00:30	00:13:23	00:27:40	00:42:08	00:56:36	00:57:24.95	00:57:55.75	+00:20:10 (35.1%)	5:44	10.4 (64.6%)
72	REMLAKOWSKI Krzysztof	234	WE RUN	M40-49	72	00:00:19	00:13:44	00:27:59	00:42:37	00:57:05	00:57:57.75	00:58:17.05	+00:20:43 (35.8%)	5:47	10.4 (64.6%)
73	RADECKI Jacek	226	CSSP KOSZALIN	M40-49	73	00:00:13	00:13:12	00:27:29	00:42:16	00:57:09	00:57:58.20	00:58:11.65	+00:20:43 (35.8%)	5:47	10.4 (64.6%)
74	HNATOWSKI Artur	83	SZYBKIE STOPY	M40-49	74	00:00:19	00:12:54	00:26:54	00:42:08	00:57:47	00:58:45.55	00:59:05.15	+00:21:31 (36.6%)	5:52	10.2 (63.4%)
75	JASIENIECKI Piotr	102		M40-49	75	00:00:16	00:12:55	00:26:52	00:41:59	00:58:10	00:59:10.35	00:59:26.95	+00:21:55 (37.1%)	5:55	10.1 (62.7%)
76	FRASZKIEWICZ Jarosław	62		M40-49	76	00:00:06	00:13:13	00:27:48	00:43:07	00:58:24	00:59:24.25	00:59:30.75	+00:22:09 (37.3%)	5:56	10.1 (62.7%)
77	KOMODA Mariusz	128		M40-49	77	00:00:17	00:13:51	00:28:36	00:43:45	00:58:44	00:59:33.95	00:59:51.40	+00:22:19 (37.5%)	5:57	10.1 (62.7%)
78	BRESZKA Paweł	23	DARŁOWO	M40-49	78	00:00:17	00:13:58	00:29:16	00:44:40	00:59:43	01:00:42.15	01:00:59.35	+00:23:27 (38.7%)	6:04	9.9 (61.5%)
79	SOBOLEWSKI Marek	332	17 WOG	M40-49	79	00:00:04	00:14:26	00:30:24	00:46:54	01:02:14	01:03:05.95	01:03:10.55	+00:25:51 (41.0%)	6:18	9.5 (59.0%)
DQ	KRÓL Marcin	146		M40-49		DQ	00:12:13 DQ	00:25:26 DQ	00:39:13 DQ	DQ	DQ	DQ		-	- (0.0%)

Znaleziono 80 wynik(ów)