

Organizator:

Fundacja Wolność i Demokracja, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej

Data:

2017-02-26

Miejsce:

Koszalin

Dystans:

10 km

BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM



Klasyfikacja: M50-59

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	KOŚCIELNIAK Robert	135	TKKF KOSZALIN	M50-59	1	00:00:02	00:09:59	00:20:11	00:30:30	00:40:40	00:41:08.05	00:41:10.80		4:06	14.6 (100%)
2	GRZESIK Eugeniusz	75	TKKF KOSZALIN	M50-59	2	00:00:02	00:09:48	00:20:08	00:30:29	00:40:39	00:41:12.90	00:41:15.25	+00:00:04 (0.2%)	4:07	14.6 (100%)
3	KROCZYŃSKI Sławomir	145		M50-59	3	00:00:10	00:10:05	00:20:26	00:31:02	00:41:23	00:42:25.20	00:42:36.10	+00:01:17 (3.0%)	4:14	14.1 (96.6%)
4	BŁASZCZYK Tadeusz	15		M50-59	4	00:00:05	00:10:31	00:21:17	00:32:07	00:42:49	00:43:28.75	00:43:34.25	+00:02:20 (5.4%)	4:20	13.8 (94.5%)
5	WILIŃSKI Marek	311	K.B. SPRINT ŚWIDWIN	M50-59	5	00:00:09	00:11:17	00:22:42	00:34:05	00:45:33	00:46:16.90	00:46:26.75	+00:05:08 (11.1%)	4:37	13 (89.0%)
6	SALABON Grzegorz	251	RWT BYDGOSZCZ-WŁ LĘBORK	M50-59	6	00:00:01	00:10:48	00:22:21	00:34:04	00:46:07	00:46:51.25	00:46:52.90	+00:05:43 (12.2%)	4:41	12.8 (87.7%)
7	MAJCHRZAK Dariusz	165		M50-59	7	00:00:32	00:10:56	00:22:21	00:34:11	00:46:11	00:46:57.50	00:47:29.50	+00:05:49 (12.4%)	4:41	12.8 (87.7%)
8	NIEMCZUK Darek	348		M50-59	8	00:00:22	00:11:07	00:22:50	00:34:54	00:46:21	00:46:59.90	00:47:21.95	+00:05:51 (12.5%)	4:41	12.8 (87.7%)
9	CHUDZINSKI Dariusz	37		M50-59	9	00:00:22	00:11:48	00:23:13	00:34:54	00:46:21	00:47:00.55	00:47:22.65	+00:05:52 (12.5%)	4:42	12.8 (87.7%)
10	DUDA Andrzej	50		M50-59	10	00:00:10	00:11:13	00:22:47	00:34:37	00:46:25	00:47:07.95	00:47:18.55	+00:05:59 (12.7%)	4:42	12.7 (87.0%)
11	MELLER Paweł	331	17 WOG	M50-59	11	00:00:05	00:11:24	00:23:07	00:34:52	00:46:25	00:47:11.05	00:47:16.30	+00:06:03 (12.8%)	4:43	12.7 (87.0%)
12	ALABA Jerzy	497		M50-59	12	00:00:16	00:11:43	00:23:22	00:35:09	00:46:54	00:47:32.40	00:47:48.65	+00:06:24 (13.5%)	4:45	12.6 (86.3%)
13	GUDANIEC Radosław	337	TKKF TRIATHLON KOSZALIN	M50-59	13	00:00:05	00:11:11	00:23:13	00:35:23	00:47:10	00:47:53.20	00:47:58.90	+00:06:45 (14.1%)	4:47	12.5 (85.6%)
14	ŚWIETLIK Tomasz	289		M50-59	14	00:00:23	00:11:48	00:23:40	00:35:28	00:47:32	00:48:17.95	00:48:41.70	+00:07:09 (14.8%)	4:49	12.4 (84.9%)
15	STRUŚ Artur	271	KB BRYZA POSTOMINO	M50-59	15	00:00:10	00:11:36	00:23:37	00:35:36	00:47:43	00:48:23.80	00:48:34.25	+00:07:15 (15.0%)	4:50	12.4 (84.9%)

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
16	ZAWADA Andrzej	321	ZESPÓŁ SZKÓŁ SAMORZĄDOWYCH W OBJEŹDZIE	M50-59	16	00:00:28	00:11:38	00:23:29	00:35:45	00:48:06	00:48:53.20	00:49:21.65	+00:07:45 (15.9%)	4:53	12.3 (84.2%)
17	NAPIERAŁA Bogumił	193	KORA KOSZALIN	M50-59	17	00:00:19	00:12:12	00:24:37	00:37:04	00:49:30	00:50:13.80	00:50:33.55	+00:09:05 (18.1%)	5:01	11.9 (81.5%)
18	RAWSKI Jarosław	232		M50-59	18	00:00:11	00:12:47	00:25:33	00:37:55	00:49:48	00:50:31.50	00:50:42.95	+00:09:23 (18.6%)	5:03	11.9 (81.5%)
19	KARCZEWSKI Krzysztof	115	AT - AKTYWNY TRZEBIATÓW	M50-59	19	00:00:14	00:12:10	00:24:50	00:38:05	00:50:43	00:51:29.20	00:51:43.70	+00:10:21 (20.1%)	5:08	11.7 (80.1%)
20	JANUSZEWSKI Jacek	96	17 WOK KOSZALIN	M50-59	20	00:00:15	00:12:11	00:24:54	00:37:49	00:50:51	00:51:42.35	00:51:57.45	+00:10:34 (20.4%)	5:10	11.6 (79.5%)
21	KISIELIŃSKI Igor	122	TKKF KOSZALIN	M50-59	21	00:00:11	00:12:08	00:24:30	00:38:04	00:51:53	00:52:51.90	00:53:03.65	+00:11:43 (22.2%)	5:17	11.3 (77.4%)
22	PEŁKA Janusz	214	TKKF KOSZALIN	M50-59	22	00:00:23	00:12:11	00:25:50	00:39:06	00:52:34	00:53:21.25	00:53:45.10	+00:12:13 (22.9%)	5:20	11.2 (76.7%)
23	ŁUCZEJKO Sławomir	163	TEAM BIEGOWY SZCZECINEK	M50-59	23	00:00:26	00:12:57	00:26:15	00:39:45	00:53:41	00:54:38.40	00:55:04.80	+00:13:30 (24.7%)	5:27	11 (75.3%)
24	RUTKOWSKI Lucjan	248	ARCAN TEAM	M50-59	24	00:00:07	00:13:30	00:27:23	00:41:14	00:54:17	00:55:10.30	00:55:17.40	+00:14:02 (25.4%)	5:31	10.9 (74.7%)
25	SIKORA Tomasz	254		M50-59	25	00:00:08	00:13:05	00:26:33	00:40:33	00:54:56	00:55:51.90	00:56:00.75	+00:14:43 (26.4%)	5:35	10.7 (73.3%)
26	TRZEŚNIEWSKI Zbigniew	292		M50-59	26	00:00:07	00:13:12	00:26:59	00:41:03	00:55:19	00:56:18.80	00:56:25.80	+00:15:10 (27.0%)	5:37	10.7 (73.3%)
27	SZAFIRSKI Marek	274	CAMINO SŁUPSK	M50-59	27	00:00:24	00:13:27	00:27:38	00:42:04	00:56:13	00:57:00.25	00:57:24.30	+00:15:52 (27.8%)	5:42	10.5 (71.9%)
28	GÓRNIAK Stanisław	71	WŁ SŁUPSK	M50-59	28	00:00:11	00:13:28	00:27:34	00:42:18	00:56:09	00:57:03.90	00:57:15.70	+00:15:55 (27.9%)	5:42	10.5 (71.9%)
29	SMARSZCZ Wiesław	260	TEAM RWT BYDGOSZCZ-WŁ LĘBORK	M50-59	29	00:00:04	00:13:04	00:27:28	00:42:39	00:57:54	00:58:38.55	00:58:43.45	+00:17:30 (29.9%)	5:51	10.2 (69.9%)
30	SCHMIDT Dariusz	499		M50-59	30	00:00:22	00:14:35	00:29:58	00:46:04	01:02:40	01:03:40.45	01:04:02.45	+00:22:32 (35.4%)	6:22	9.4 (64.4%)
31	FILIPCZYK Mieczysław	61	NIEZRZESZONY	M50-59	31	00:00:04	00:14:09	00:29:59	00:46:31	01:03:11	01:04:15.45	01:04:20.35	+00:23:07 (36.0%)	6:25	9.3 (63.7%)

Znaleziono 31 wynik(ów)