



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: M60-69

| 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 | CHUDY Henryk | 36 | K SOLSZEWSKI I SYNOWIE | M60-69 | 1 | 00:00:04 | 00:10:08 | 00:20:35 | 00:31:28 | 00:42:33 | 00:43:18.10 | 00:43:22.40 | | 4:19 | 13.9 (100%) |
| 2 | JUSZCZAK Krzysztof | 107 | | M60-69 | 2 | 00:00:34 | 00:12:02 | 00:24:38 | 00:37:40 | 00:50:29 | 00:51:16.85 | 00:51:51.30 | +00:07:58 (15.6%) | 5:07 | 11.7 (84.2%) |
| 3 | KOZŁOWIECKI Waldemar | 140 | TKKF KOSZALIN | M60-69 | 3 | 00:00:01 | 00:12:34 | 00:25:13 | 00:38:14 | 00:50:58 | 00:51:42.50 | 00:51:44.05 | +00:08:24 (16.3%) | 5:10 | 11.6 (83.5%) |
| 4 | MARKOWSKI Andrzej | 172 | TKKF KOSZALIN | M60-69 | 4 | 00:00:01 | 00:12:34 | 00:25:52 | 00:39:38 | 00:53:23 | 00:54:04.85 | 00:54:06.80 | +00:10:46 (19.9%) | 5:24 | 11.1 (79.9%) |
| 5 | KARNICKI Zygmunt | 116 | TKKF KOSZALIN | M60-69 | 5 | 00:00:07 | 00:12:29 | 00:26:00 | 00:39:53 | 00:53:48 | 00:54:38.90 | 00:54:46.45 | +00:11:20 (20.8%) | 5:27 | 11 (79.1%) |
| 6 | JURA Kazimierz | 106 | MTS HAMER | M60-69 | 6 | 00:00:20 | 00:12:57 | 00:26:35 | 00:40:13 | 00:53:55 | 00:54:47.20 | 00:55:07.45 | +00:11:29 (21.0%) | 5:28 | 11 (79.1%) |
| 7 | HELLER Zdzisław | 81 | NIEZRZESZONY | M60-69 | 7 | 00:00:23 | 00:13:42 | 00:28:14 | 00:42:48 | 00:57:06 | 00:57:56.00 | 00:58:19.55 | +00:14:37 (25.3%) | 5:47 | 10.4 (74.8%) |
| 8 | KACZMAREK Zenon | 110 | MORSY KOŁOBRZEG | M60-69 | 8 | 00:00:02 | 00:14:01 | 00:28:43 | 00:43:27 | 00:58:32 | 00:59:36.30 | 00:59:38.75 | +00:16:18 (27.4%) | 5:57 | 10.1 (72.7%) |
| 9 | ZIĘTARA Ryszard | 326 | | M60-69 | 9 | 00:00:13 | 00:14:36 | 00:30:45 | 00:48:35 | 01:07:49 | 01:09:05.40 | 01:09:18.55 | +00:25:47 (37.3%) | 6:54 | 8.7 (62.6%) |
| 10 | PASEK Jan | 210 | | M60-69 | 10 | 00:00:21 | 00:15:46 | 00:33:23 | 00:51:45 | 01:10:17 | 01:11:20.65 | 01:11:42.20 | +00:28:02 (39.3%) | 7:08 | 8.4 (60.4%) |

Znaleziono 10 wynik(ów)