

# BIEG PO KOZAKA - 9 KM

B4SPORT



**Wydarzenie:**  
**Organizator:**

**BIEG PO KOZAKA**  
MGOSiR Kępice, Fundacja Valetudinaria,  
Nadleśnictwo Warcino, Fundacja Herkules All  
Sports, Burmistrz Miasta i Gminy Kępice

**Data:**  
**Miejsce:**  
**Dystans:**

2020-09-19  
Korzybie  
9 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_3km 3km	Lap_6km 6km	Czas netto 9km	Różn	Tempo min/km	Tempo km/h
1	<b>GUZOWSKI Dariusz</b>	<b>11</b>	TALEX BORZYTUCHOM	M50-59	1	00:10:47	00:22:08	<b>00:33:23.30</b>		3:42	16.2 (100%)
2	<b>KRYZEL Tomasz</b>	<b>30</b>	UKS WIKING RYCHNOWY	M16-39	1	00:10:53	00:22:10	<b>00:33:35.50</b>	+00:00:12 (0.6%)	3:44	16.1 (99.4%)
3	<b>WALCZAK Paweł</b>	<b>52</b>		M16-39	2	00:10:53	00:22:25	<b>00:34:06.85</b>	+00:00:42 (2.1%)	3:47	15.8 (97.5%)
4	<b>WOJDASIEWICZ Tadeusz</b>	<b>55</b>		M16-39	3	00:11:20	00:23:08	<b>00:34:57.95</b>	+00:01:34 (4.5%)	3:53	15.4 (95.1%)
5	<b>CZUPA Oskar</b>	<b>8</b>		M16-39	4	00:11:43	00:23:46	<b>00:35:37.85</b>	+00:02:15 (6.3%)	3:57	15.2 (93.8%)
6	<b>HERMAN Arkadiusz</b>	<b>13</b>		M40-49	1	00:11:41	00:23:49	<b>00:35:48.75</b>	+00:02:25 (6.7%)	3:58	15.1 (93.2%)
7	<b>WALEŃSKI Michał</b>	<b>53</b>	TKKF KOSZALIN	M40-49	2	00:11:45	00:23:54	<b>00:36:14.85</b>	+00:02:51 (7.9%)	4:01	14.9 (92.0%)
8	<b>IWANIEC Dariusz</b>	<b>14</b>	BIEGOLAS KOSZALIN	M40-49	3	00:12:38	00:25:28	<b>00:38:05.40</b>	+00:04:42 (12.3%)	4:14	14.2 (87.7%)
9	<b>JANKOWSKI Grzegorz</b>	<b>16</b>	POZYTYWNIENIE NAKRECONY	M40-49	4	00:12:19	00:25:32	<b>00:39:05.45</b>	+00:05:42 (14.6%)	4:20	13.8 (85.2%)
10	<b>JAKUBEK Patryk</b>	<b>15</b>	RUNTASTYCZNI TEAM BYTÓW	M16-39	5	00:10:59	00:26:02	<b>00:39:06.25</b>	+00:05:42 (14.6%)	4:20	13.8 (85.2%)
11	<b>OLESZEK Jerzy</b>	<b>38</b>	SZKOŁA PODOFICERSKA MW	M40-49	5	00:12:50	00:26:12	<b>00:39:35.65</b>	+00:06:12 (15.7%)	4:24	13.6 (84.0%)
12	<b>CZYŻYKOWSKI Krzysztof</b>	<b>9</b>	3FALE TEAM	M16-39	6	00:13:01	00:26:36	<b>00:39:56.35</b>	+00:06:35 (16.4%)	4:26	13.5 (83.3%)
13	<b>SIDOR Mariusz</b>	<b>41</b>	3FALE TEAM	M16-39	7	00:12:37	00:26:24	<b>00:40:03.20</b>	+00:06:40 (16.6%)	4:27	13.5 (83.3%)
14	<b>TREDER Marian</b>	<b>50</b>	TEAM TREDER	M50-59	2	00:13:42	00:27:19	<b>00:41:10.75</b>	+00:07:50 (19.0%)	4:34	13.1 (80.9%)
15	<b>TURCZYN Tomasz</b>	<b>60</b>		M40-49	6	00:13:02	00:26:55	<b>00:41:27.70</b>	+00:08:05 (19.5%)	4:36	13 (80.2%)
16	<b>STRZELECKI Zbigniew</b>	<b>47</b>	KORZYBSKIE REKINY	M60+	1	00:13:00	00:28:22	<b>00:42:51.90</b>	+00:09:23 (21.9%)	4:45	12.6 (77.8%)
17	<b>SZPITER Tomasz</b>	<b>49</b>	OLAWS ZŁOTORYJA	M50-59	3	00:14:26	00:28:55	<b>00:43:33.00</b>	+00:10:11 (23.3%)	4:50	12.4 (76.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_3km	Lap_6km	Czas netto	Różn	Tempo min/km	Tempo km/h
						3km	6km	9km			
18	<b>JUNGLING Mirosław</b>	<b>19</b>		M40-49	7	00:14:22	00:29:31	<b>00:44:04.95</b>	+00:10:47 (24.4%)	4:53	12.2 (75.3%)
19	<b>SADZIŃSKI Karol</b>	<b>40</b>	3FALE TEAM	M16-39	8	00:13:53	00:29:16	<b>00:44:15.90</b>	+00:10:53 (24.6%)	4:55	12.2 (75.3%)
20	<b>MASŁOWSKI Roman</b>	<b>62</b>		M16-39	9	00:14:21	00:30:25	<b>00:45:31.05</b>	+00:12:14 (26.8%)	5:03	11.9 (73.5%)
20	<b>LACZKOWSKI Grzegorz</b>	<b>64</b>		M16-39	9	00:14:21	00:30:28	<b>00:45:30.70</b>	+00:12:14 (26.8%)	5:03	11.9 (73.5%)
22	<b>PACAK Łukasz</b>	<b>58</b>		M16-39	11	00:14:24	00:30:23	<b>00:45:58.65</b>	+00:12:38 (27.4%)	5:06	11.7 (72.2%)
23	<b>KRUMPLEWSKI Mariusz</b>	<b>29</b>		M40-49	8	00:14:23	00:30:35	<b>00:47:07.55</b>	+00:13:48 (29.2%)	5:14	11.5 (71.0%)
24	<b>STANIUK Bartosz</b>	<b>42</b>	TOYOTA KAWISBIKE TEAM SŁUPSK	M16-39	12	00:15:24	00:31:40	<b>00:48:39.40</b>	+00:15:19 (31.4%)	5:24	11.1 (68.5%)
25	<b>KANIA Brajan</b>	<b>20</b>	-/ROZBIEGANA AKADEMIA, AKADEMIA POMORSKA W SŁUPSKU	M16-39	13	00:15:26	00:31:54	<b>00:49:02.30</b>	+00:15:40 (31.9%)	5:26	11 (67.9%)
26	<b>BURMAN Tomasz</b>	<b>5</b>	3FALETEAM	M16-39	14	00:16:25	00:34:48	<b>00:52:14.55</b>	+00:18:53 (36.1%)	5:48	10.3 (63.6%)
27	<b>STAWIARZ Bartłomiej</b>	<b>44</b>	3 FALE TEAM	M40-49	9	00:16:25	00:34:48	<b>00:52:14.70</b>	+00:18:53 (36.1%)	5:48	10.3 (63.6%)
28	<b>JUNGLING Piotr</b>	<b>18</b>		M50-59	4	00:17:53	00:35:24	<b>00:52:42.90</b>	+00:19:24 (36.7%)	5:51	10.2 (63.0%)
29	<b>KOWALEWSKI Jacek</b>	<b>56</b>		M40-49	10	00:16:52	00:34:35	<b>00:53:26.30</b>	+00:20:08 (37.6%)	5:56	10.1 (62.3%)
30	<b>RADOMSKI Michał</b>	<b>61</b>		M40-49	11	00:17:23	00:36:29	<b>00:55:33.15</b>	+00:22:13 (39.9%)	6:10	9.7 (59.9%)

Znaleziono 30 wynik(ów)