



BIEG POLITECHNIKI KOSZALIŃSKIEJ - 10KM

B4SPORT

Organizator: Politechnika Koszalińska
Data: 2016-06-18
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	GOLECKI Mirosław	243	FORMA-ROSNOWO	M-30	1	00:00:22	00:08:57	00:17:59	00:26:56	00:35:49.65	00:36:12.40		3:35	16.7 (100%)
2	KOBUS Maciej	284		M-30	2	00:00:24	00:09:37	00:19:31	00:29:50	00:39:43.60	00:40:08.05	+00:03:53 (9.8%)	3:58	15.1 (90.4%)
3	SIWIK Stanisław	370		M-30	3	00:00:25	00:09:23	00:19:26	00:29:39	00:39:55.40	00:40:20.55	+00:04:05 (10.3%)	3:59	15 (89.8%)
4	BONISŁAWSKI Jarosław	205	FADOMODA TEAM	M-30	4	00:00:25	00:09:49	00:20:01	00:30:16	00:40:14.50	00:40:39.80	+00:04:24 (11.0%)	4:01	14.9 (89.2%)
5	MOSEK Radosław	354		M-30	5	00:00:24	00:10:29	00:20:58	00:31:35	00:41:22.05	00:41:46.30	+00:05:32 (13.4%)	4:08	14.5 (86.8%)
6	KAPUŚCIŃSKI Robert	275	JW 1223 KOSZALIN	M-30	6	00:00:22	00:09:38	00:20:11	00:31:26	00:41:55.15	00:42:17.25	+00:06:05 (14.5%)	4:11	14.3 (85.6%)
7	CZAPLIŃSKI Jacek	223		M-30	7	00:00:35	00:10:20	00:20:37	00:31:25	00:42:05.65	00:42:40.90	+00:06:16 (14.9%)	4:12	14.3 (85.6%)
8	LESZCZYŃSKI Tomasz	308		M-30	8	00:00:31	00:10:16	00:20:44	00:31:35	00:42:16.85	00:42:47.90	+00:06:27 (15.3%)	4:13	14.2 (85.0%)
9	MROCZKOWSKI Marek	335	ROZBIEGANY KOSZALIN	M-30	9	00:00:36	00:10:59	00:21:44	00:32:20	00:42:28.25	00:43:04.45	+00:06:38 (15.6%)	4:14	14.1 (84.4%)
10	WILKOWSKI Krzysztof	408	ROZBIEGANY KOSZALIN	M-30	10	00:00:29	00:10:09	00:21:01	00:32:22	00:43:15.15	00:43:44.90	+00:07:25 (17.2%)	4:19	13.9 (83.2%)
11	PSTRĄGOWSKI Marcin	357	DZIKI KOSZALIN	M-30	11	00:00:30	00:10:16	00:21:15	00:32:46	00:43:27.40	00:43:58.20	+00:07:37 (17.6%)	4:20	13.8 (82.6%)
12	SOROKA Piotr	373		M-30	12	00:00:27	00:10:27	00:21:41	00:33:24	00:44:53.55	00:45:21.00	+00:09:03 (20.2%)	4:29	13.4 (80.2%)
13	BIL Adrian	203		M-30	13	00:00:27	00:10:36	00:22:09	00:34:01	00:45:17.15	00:45:45.05	+00:09:27 (20.9%)	4:31	13.2 (79.0%)
14	ŁOPIŃSKI Piotr	313		M-30	14	00:00:29	00:10:50	00:22:13	00:34:03	00:45:42.00	00:46:11.05	+00:09:52 (21.6%)	4:34	13.1 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	JURKIEWICZ Przemysław	268		M-30	15	00:00:29	00:11:09	00:22:34	00:34:09	00:45:42.35	00:46:12.25	+00:09:52 (21.6%)	4:34	13.1 (78.4%)
16	KONKEL Łukasz	289		M-30	16	00:00:26	00:10:42	00:22:13	00:34:22	00:46:07.20	00:46:33.40	+00:10:17 (22.3%)	4:36	13 (77.8%)
17	RÓG Michał	424	JW 1223	M-30	17	00:00:36	00:11:10	00:22:44	00:34:36	00:46:12.60	00:46:49.20	+00:10:22 (22.5%)	4:37	13 (77.8%)
18	SZOSTAK Piotr	383		M-30	18	00:00:26	00:11:06	00:22:56	00:34:52	00:46:21.15	00:46:48.00	+00:10:31 (22.7%)	4:38	12.9 (77.2%)
19	JAROSZEWSKI Daniel	264	ROZBIEGANY KOSZALIN	M-30	19	00:00:22	00:11:12	00:22:38	00:34:43	00:46:30.55	00:46:53.35	+00:10:40 (23.0%)	4:39	12.9 (77.2%)
20	LEWANDOWSKI Marek	310		M-30	20	00:00:35	00:11:06	00:22:38	00:35:02	00:47:02.65	00:47:38.50	+00:11:13 (23.8%)	4:42	12.8 (76.6%)
21	MIĄSEK Ryszard	327		M-30	21	00:00:36	00:11:27	00:23:23	00:35:27	00:47:21.70	00:47:57.70	+00:11:32 (24.4%)	4:44	12.7 (76.0%)
22	KOPACZ Rafał	290	RAFALKOPACZ.PL	M-30	22	00:00:27	00:11:28	00:23:16	00:35:28	00:47:33.95	00:48:00.95	+00:11:44 (24.7%)	4:45	12.6 (75.4%)
23	BAKOWSKI Łukasz	3		M-30	23	00:00:32	00:12:01	00:24:00	00:36:21	00:47:46.15	00:48:18.95	+00:11:56 (25.0%)	4:46	12.6 (75.4%)
24	ŚWIĘTOŃ Rafał	388		M-30	24	00:00:50	00:11:20	00:23:25	00:36:02	00:47:57.25	00:48:47.80	+00:12:07 (25.3%)	4:47	12.5 (74.9%)
25	CINCIO Robert	221	TKKF TRIATHLON KOSZALIN	M-30	25	00:00:32	00:10:58	00:23:02	00:35:36	00:48:10.45	00:48:42.95	+00:12:20 (25.6%)	4:49	12.5 (74.9%)
26	SZAFIRSKI Sebastian	379		M-30	26	00:00:23	00:10:28	00:23:01	00:35:57	00:48:16.35	00:48:39.95	+00:12:26 (25.8%)	4:49	12.4 (74.3%)
27	HOŁUBASZ Paweł	256		M-30	27	00:00:34	00:11:36	00:23:59	00:36:28	00:48:21.95	00:48:56.80	+00:12:32 (25.9%)	4:50	12.4 (74.3%)
28	KUŁAKOWSKI Dawid	304		M-30	28	00:00:31	00:12:00	00:24:07	00:36:34	00:48:34.70	00:49:05.85	+00:12:45 (26.2%)	4:51	12.4 (74.3%)
29	JARUGA Artur	265	-----	M-30	29	00:00:32	00:12:19	00:24:50	00:37:35	00:50:07.05	00:50:39.25	+00:14:17 (28.5%)	5:00	12 (71.9%)
30	KAZIMIEROWICZ Radek	280		M-30	30	00:00:34	00:11:31	00:24:21	00:38:00	00:50:58.25	00:51:32.90	+00:15:08 (29.7%)	5:05	11.8 (70.7%)
31	KAMIŃSKI Tomasz	272	JW 1223 / POLITECHNIKA KOSZALIŃSKA	M-30	31	00:00:22	00:11:17	00:24:17	00:37:57	00:51:21.45	00:51:44.30	+00:15:31 (30.2%)	5:08	11.7 (70.1%)
32	SZYMAŃSKI Michał	385		M-30	32	00:00:30	00:12:22	00:25:12	00:38:30	00:51:26.00	00:51:56.15	+00:15:36 (30.3%)	5:08	11.7 (70.1%)
33	KAMYK Piotr	273	MH - WWW.MH-INFORMATYKA.PL	M-30	33	00:00:34	00:13:36	00:27:19	00:41:03	00:53:59.40	00:54:33.50	+00:18:09 (33.6%)	5:23	11.1 (66.5%)
34	GAWLIK Artur	240	BIEGNIJMY.PL	M-30	34	00:00:37	00:12:47	00:26:22	00:40:43	00:54:59.25	00:55:36.50	+00:19:09 (34.8%)	5:29	10.9 (65.3%)
35	SZYSZKOWSKI Tomasz	387		M-30	35	00:00:26	00:13:09	00:27:25	00:42:05	00:56:20.70	00:56:47.40	+00:20:31 (36.4%)	5:38	10.6 (63.5%)

Znaleziono 35 wynik(ów)