



BIEG POLITECHNIKI KOSZALIŃSKIEJ - 10KM

B4SPORT

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



Klasyfikacja: M-40

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	WIKTOROWICZ Sławomir	407		M-40	1	00:00:22	00:09:08	00:18:31	00:28:05	00:37:30.00	00:37:52.55		3:45	16 (100%)
2	GÓRNY Norbert	248	FORMA ROSNOWO	M-40	2	00:00:26	00:09:18	00:18:57	00:29:02	00:38:49.50	00:39:15.60	+00:01:19 (3.4%)	3:52	15.5 (96.9%)
3	BYKOWSKI Robert	213	FORMA ROSNOWO	M-40	3	00:00:23	00:09:41	00:19:31	00:29:29	00:39:19.40	00:39:43.35	+00:01:49 (4.6%)	3:56	15.3 (95.6%)
4	TCHÓRZEWSKI Marek	389		M-40	4	00:00:23	00:09:38	00:19:26	00:29:32	00:39:40.50	00:40:04.20	+00:02:10 (5.5%)	3:58	15.1 (94.4%)
5	MATYJASEK Zbigniew	321	TKKF KOSZALIN	M-40	5	00:00:23	00:09:20	00:19:22	00:29:46	00:39:51.35	00:40:14.65	+00:02:21 (5.9%)	3:59	15.1 (94.4%)
6	CHOŁUJ Jarosław	216	ROZBIEGANY KOSZALIN	M-40	6	00:00:26	00:09:52	00:20:02	00:30:37	00:40:54.00	00:41:20.25	+00:03:24 (8.3%)	4:05	14.7 (91.9%)
7	WINKEL Jerzy	409		M-40	7	00:00:23	00:09:25	00:19:52	00:30:38	00:41:22.15	00:41:45.75	+00:03:52 (9.4%)	4:08	14.5 (90.6%)
8	PEKAŁA Piotr	350	SOSW KOSZALIN	M-40	8	00:00:26	00:10:02	00:20:39	00:31:38	00:42:08.90	00:42:35.60	+00:04:38 (11.0%)	4:12	14.2 (88.8%)
9	WINKEL Łukasz	410		M-40	9	00:00:28	00:10:19	00:20:52	00:31:40	00:42:25.45	00:42:53.55	+00:04:55 (11.6%)	4:14	14.1 (88.1%)
10	ZIOMKO Rafał	419		M-40	10	00:00:30	00:10:23	00:21:17	00:32:09	00:42:35.60	00:43:05.80	+00:05:05 (12.0%)	4:15	14.1 (88.1%)
11	DUDZIAK Piotr	231	BIEGNIJMY.PL	M-40	11	00:00:24	00:10:26	00:21:28	00:32:27	00:43:05.05	00:43:29.20	+00:05:35 (13.0%)	4:18	13.9 (86.9%)
12	PUŚCIAN Krzysztof	358	GIMNAZJUM W MANOWIE	M-40	12	00:00:23	00:10:27	00:21:29	00:32:34	00:43:20.05	00:43:43.80	+00:05:50 (13.5%)	4:20	13.8 (86.3%)
13	WESOŁOWSKI Arkadiusz	403		M-40	13	00:00:26	00:10:19	00:21:14	00:32:39	00:43:34.10	00:44:00.80	+00:06:04 (13.9%)	4:21	13.8 (86.3%)
14	KSZCZANOWICZ Jacek	302		M-40	14	00:00:29	00:10:20	00:21:07	00:32:25	00:43:35.95	00:44:05.20	+00:06:05 (14.0%)	4:21	13.8 (86.3%)

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15	MEJGIER Paweł	323	TKKF WODNIK WIĘCBORK	M-40	15	00:00:30	00:10:55	00:21:56	00:33:03	00:43:58.35	00:44:28.90	+00:06:28 (14.7%)	4:23	13.6 (85.0%)
16	KRASIŃSKI Witold	297		M-40	16	00:00:31	00:10:38	00:21:49	00:33:13	00:44:17.85	00:44:48.85	+00:06:47 (15.3%)	4:25	13.5 (84.4%)
17	BURKIET Marek	211		M-40	17	00:00:23	00:10:21	00:21:26	00:32:58	00:44:39.25	00:45:02.65	+00:07:09 (16.0%)	4:27	13.4 (83.8%)
18	SOMINKA Andrzej	372	SSB (SOBIESAMBIEGAM)	M-40	18	00:00:32	00:10:35	00:21:47	00:33:28	00:45:00.65	00:45:32.65	+00:07:30 (16.7%)	4:30	13.3 (83.1%)
19	WALCZAK Rafał	400		M-40	19	00:00:27	00:10:19	00:21:45	00:33:27	00:45:01.50	00:45:29.25	+00:07:31 (16.7%)	4:30	13.3 (83.1%)
20	DEMBICKI Daniel	227		M-40	20	00:00:32	00:10:49	00:22:25	00:34:06	00:45:31.00	00:46:03.05	+00:08:01 (17.6%)	4:33	13.2 (82.5%)
21	BUCZYŃSKI Eugeniusz	209	JW 1696	M-40	21	00:00:41	00:11:30	00:22:57	00:34:38	00:46:08.60	00:46:49.85	+00:08:38 (18.7%)	4:36	13 (81.3%)
22	MĘDEL Cezary	326		M-40	22	00:00:27	00:11:19	00:23:02	00:34:51	00:46:14.25	00:46:41.40	+00:08:44 (18.9%)	4:37	13 (81.3%)
23	DZIESZUK Dariusz	235	TKKF KOSZALIN	M-40	23	00:00:30	00:11:31	00:23:23	00:35:13	00:46:38.10	00:47:08.25	+00:09:08 (19.6%)	4:39	12.9 (80.6%)
24	ROGOŻA Ireneusz	362	BIEGNIJMY.PL	M-40	24	00:00:31	00:11:31	00:23:25	00:35:22	00:46:46.65	00:47:18.25	+00:09:16 (19.8%)	4:40	12.8 (80.0%)
25	SZALKOWSKI Dariusz	380		M-40	25	00:00:37	00:10:45	00:22:42	00:35:02	00:47:06.20	00:47:43.75	+00:09:36 (20.4%)	4:42	12.7 (79.4%)
26	LESZCZ Paweł	307		M-40	26	00:00:27	00:10:34	00:22:02	00:34:56	00:47:28.65	00:47:55.85	+00:09:58 (21.0%)	4:44	12.6 (78.8%)
27	GWIAZDA Mariusz	252		M-40	27	00:00:32	00:11:08	00:23:00	00:35:27	00:47:30.30	00:48:02.35	+00:10:00 (21.1%)	4:45	12.6 (78.8%)
28	PIĄTKOWSKI Bartosz	351		M-40	28	00:00:26	00:11:26	00:23:44	00:36:34	00:48:13.80	00:48:40.00	+00:10:43 (22.2%)	4:49	12.4 (77.5%)
29	JASIENIECKI Piotr	266		M-40	29	00:00:25	00:11:33	00:23:29	00:35:25	00:48:31.85	00:48:57.60	+00:11:01 (22.7%)	4:51	12.4 (77.5%)
30	ZIELIŃSKI Tomasz	418		M-40	30	00:00:26	00:10:45	00:23:05	00:36:12	00:49:10.75	00:49:37.65	+00:11:40 (23.7%)	4:55	12.2 (76.3%)
31	ATAŁAP Artur	423	ROZBIEGANY KOSZALIN	M-40	31	00:00:34	00:12:40	00:24:53	00:37:24	00:49:16.10	00:49:50.20	+00:11:46 (23.9%)	4:55	12.2 (76.3%)
32	DĄBROWSKI Grzegorz	226		M-40	32	00:00:32	00:11:42	00:24:07	00:36:48	00:49:17.70	00:49:50.20	+00:11:47 (23.9%)	4:55	12.2 (76.3%)
33	HNATOWSKI Artur	255	DM FC KOSZALIN	M-40	33	00:00:25	00:11:13	00:23:39	00:36:57	00:49:21.75	00:49:46.90	+00:11:51 (24.0%)	4:56	12.2 (76.3%)
34	MICERSKI Tomasz	328		M-40	34	00:00:31	00:12:32	00:24:44	00:37:17	00:49:25.30	00:49:57.05	+00:11:55 (24.1%)	4:56	12.1 (75.6%)
35	DATA Dariusz	224		M-40	35	00:00:37	00:11:43	00:24:38	00:37:45	00:49:45.00	00:50:22.70	+00:12:15 (24.6%)	4:58	12.1 (75.6%)
36	NOREK Tomek	337		M-40	36	00:00:28	00:11:38	00:24:08	00:37:04	00:49:53.60	00:50:21.95	+00:12:23 (24.8%)	4:59	12 (75.0%)
37	CIĘŻKI Dominik	220		M-40	37	00:00:35	00:12:33	00:25:12	00:38:24	00:51:41.65	00:52:17.05	+00:14:11 (27.5%)	5:10	11.6 (72.5%)

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38	WARZECHA Bartosz	401		M-40	38	00:00:35	00:12:33	00:25:12	00:38:24	00:51:41.85	00:52:16.90	+00:14:11 (27.5%)	5:10	11.6 (72.5%)
39	BERNACKI Adam	202		M-40	39	00:00:33	00:13:37	00:27:20	00:41:05	00:53:59.50	00:54:33.05	+00:16:29 (30.5%)	5:24	11.1 (69.4%)

Znaleziono 39 wynik(ów)