



BIEG POLITECHNIKI KOSZALIŃSKIEJ - 5 KM

B4SPORT

Organizator: Politechnika Koszalińska
Data: 2016-06-18
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	188	KL ISKRA BIAŁOGARD	M-18	1	00:00:22	00:08:08	00:16:04.60	00:16:26.85		3:12	18.7 (100%)
2	RYBACZEK Sebastian	149	FORMA ROSNOWO	M-30	1	00:00:22	00:08:29	00:17:18.10	00:17:40.10	+00:01:13 (7.1%)	3:27	17.3 (92.5%)
3	JAROSZ Wiesław	185		M-40	1	00:00:22	00:08:28	00:17:46.45	00:18:09.05	+00:01:41 (9.6%)	3:33	16.9 (90.4%)
4	BURDA Robert	18	KOSPEL	M-40	2	00:00:23	00:08:58	00:17:52.90	00:18:16.30	+00:01:48 (10.1%)	3:34	16.8 (89.8%)
5	KANAREK Jakub	71	TKKF TRIATHLON KOSZALIN	M-40	3	00:00:46	00:09:08	00:18:27.65	00:19:14.05	+00:02:23 (12.9%)	3:41	16.2 (86.6%)
6	EMILIT Grzegorz	36		M-30	2	00:00:24	00:09:15	00:18:31.15	00:18:55.70	+00:02:26 (13.2%)	3:42	16.2 (86.6%)
7	MODRZEJEWSKI Mateusz	119	KOCHAM ASIE :*	M-18	2	00:00:24	00:09:19	00:18:31.70	00:18:56.05	+00:02:27 (13.2%)	3:42	16.2 (86.6%)
8	BABULA Jarosław	2	BANK MILLENNIUM	M-30	3	00:00:23	00:09:15	00:18:51.80	00:19:14.85	+00:02:47 (14.8%)	3:46	15.9 (85.0%)
9	SZEWCUK Paweł	166	ROSNOWO	M-30	4	00:00:24	00:09:17	00:18:55.10	00:19:19.35	+00:02:50 (15.0%)	3:47	15.9 (85.0%)
10	OLCZAK Krzysztof	129		M-30	5	00:00:28	00:09:18	00:18:56.55	00:19:24.95	+00:02:51 (15.1%)	3:47	15.8 (84.5%)
11	ZBOIŃSKI Wojcich	182		M-40	4	00:00:23	00:09:28	00:19:05.30	00:19:28.80	+00:03:00 (15.8%)	3:49	15.7 (84.0%)
12	JAŻWIŃSKI Dawid	61	TKKF KOSZALIN	M-14	1	00:00:22	00:08:58	00:19:15.80	00:19:38.35	+00:03:11 (16.5%)	3:51	15.6 (83.4%)
13	ROMAŃCZUK Kamil	195		M-18	3	00:00:27	00:09:29	00:19:18.80	00:19:46.75	+00:03:14 (16.8%)	3:51	15.5 (82.9%)
14	RAJNER Krzysztof	191		M-30	6	00:00:32	00:09:42	00:19:19.95	00:19:52.65	+00:03:15 (16.8%)	3:52	15.5 (82.9%)

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15	GOŁDYN Marek	46		M-30	7	00:00:25	00:10:18	00:20:10.60	00:20:36.35	+00:04:06 (20.3%)	4:02	14.9 (79.7%)
16	FALUTA Grzegorz	196	POGOŃ SZCZECIN	M-30	8	00:00:31	00:10:16	00:20:15.10	00:20:46.70	+00:04:10 (20.6%)	4:03	14.8 (79.1%)
17	IWANIEC Dariusz	57	TKKF KOSZALIN	M-40	5	00:00:24	00:10:08	00:20:18.85	00:20:43.00	+00:04:14 (20.9%)	4:03	14.8 (79.1%)
18	MUCHA Krzysztof	124		M-30	9	00:00:30	00:10:17	00:20:27.40	00:20:57.85	+00:04:22 (21.4%)	4:05	14.7 (78.6%)
19	KORCZYŃSKI Sławomir	85	DECATHLON KOSZALIN	M-18	4	00:00:24	00:09:51	00:20:28.55	00:20:53.10	+00:04:23 (21.5%)	4:05	14.6 (78.1%)
20	ŁABEJSZA Łukasz	106		M-30	10	00:00:29	00:10:14	00:20:30.45	00:21:00.00	+00:04:25 (21.6%)	4:06	14.6 (78.1%)
21	MOSIOŁEK Piotr	120		M-40	6	00:00:39	00:10:14	00:20:39.05	00:21:18.05	+00:04:34 (22.2%)	4:07	14.5 (77.5%)
22	SZAMREJ Wojciech	425		M-50	1	00:00:38	00:10:02	00:20:42.45	00:21:20.80	+00:04:37 (22.4%)	4:08	14.5 (77.5%)
23	STANKIEWICZ Wiesław	156		M-50	2	00:00:27	00:10:21	00:20:46.00	00:21:13.90	+00:04:41 (22.6%)	4:09	14.4 (77.0%)
24	RUTKOWSKI Ryszard	197		M-50	3	00:00:21	00:10:21	00:20:59.55	00:21:21.35	+00:04:54 (23.4%)	4:12	14.3 (76.5%)
25	PIŃCZUK Jan	134		M-18	5	00:00:36	00:10:38	00:21:01.55	00:21:37.80	+00:04:56 (23.5%)	4:12	14.3 (76.5%)
26	STACHOWIAK Gracjan	155	SZ.P. 17	M-13	1	00:00:23	00:10:27	00:21:11.20	00:21:34.25	+00:05:06 (24.1%)	4:14	14.2 (75.9%)
27	SKOWROŃSKI Tomasz	199		M-30	11	00:00:35	00:11:11	00:21:46.65	00:22:22.05	+00:05:42 (26.2%)	4:21	13.8 (73.8%)
28	GOTOWAŁA Rafał	47		M-30	12	00:00:39	00:10:54	00:22:01.75	00:22:41.30	+00:05:57 (27.0%)	4:24	13.6 (72.7%)
29	MINSCHINSKI Daniel	118		M-18	6	00:00:29	00:10:45	00:22:03.10	00:22:32.25	+00:05:58 (27.1%)	4:24	13.6 (72.7%)
30	HAWRANIAK Hubert	52	POLSKA	M-18	7	00:00:23	00:10:28	00:22:36.70	00:23:00.55	+00:06:32 (28.9%)	4:31	13.3 (71.1%)
31	POIOTROWSKI Krzysztof	146	B-RUN-EK	M-14	2	00:00:46	00:11:20	00:22:42.00	00:23:28.70	+00:06:37 (29.2%)	4:32	13.2 (70.6%)
32	JAROSZ Konrad	186		M-14	3	00:00:39	00:11:11	00:22:44.20	00:23:23.25	+00:06:39 (29.3%)	4:32	13.2 (70.6%)
33	FELKOWSKI Tomasz	39		M-30	13	00:00:41	00:11:41	00:22:56.95	00:23:38.65	+00:06:52 (29.9%)	4:35	13.1 (70.1%)
34	KOWALCZYK Mariusz	187		M-40	7	00:00:40	00:11:41	00:22:57.30	00:23:38.25	+00:06:52 (30.0%)	4:35	13.1 (70.1%)
35	SZCZYTKOWSKI Marek	164	K.B. SPRINT ŚWIDWIN	M-40	8	00:00:39	00:11:17	00:23:06.25	00:23:45.80	+00:07:01 (30.4%)	4:37	13 (69.5%)
36	SZCZYTKOWSKI Jakub	165		M-14	4	00:00:40	00:11:17	00:23:06.45	00:23:47.05	+00:07:01 (30.4%)	4:37	13 (69.5%)
37	TOMASZEWSKI Krzysztof	190		M-30	14	00:00:29	00:11:18	00:23:08.00	00:23:37.65	+00:07:03 (30.5%)	4:37	13 (69.5%)

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38	KACZMAREK Łukasz	67	WOJOWNICY WÓDY	M-30	15	00:00:29	00:11:13	00:23:08.50	00:23:38.30	+00:07:03 (30.5%)	4:37	13 (69.5%)
39	KUPREWICZ Grzegorz	98	ROZBIEGANY KOSZALIN	M-30	16	00:00:31	00:11:09	00:23:10.05	00:23:41.20	+00:07:05 (30.6%)	4:38	12.9 (69.0%)
40	KRZEMIŃSKI Michał	93	BÓG DAŁ NAM CIAŁO A MY MUSIMY Z NIEGO ZROBIĆ ORĘŻ	M-30	17	00:00:30	00:11:37	00:23:11.25	00:23:42.00	+00:07:06 (30.7%)	4:38	12.9 (69.0%)
41	WRÓBLEWSKI Jacek	180	GIMNAZJUM 7	M-14	5	00:00:23	00:10:53	00:23:15.45	00:23:38.60	+00:07:10 (30.9%)	4:39	12.9 (69.0%)
42	JAŻWIŃSKI Dominik	62	SZ.P. 17	M-13	2	00:00:24	00:11:25	00:23:27.75	00:23:52.60	+00:07:23 (31.5%)	4:41	12.8 (68.4%)
43	WYDRA Paweł	181	NIGHT RUNNERS	M-18	8	00:00:36	00:11:14	00:23:28.35	00:24:05.15	+00:07:23 (31.5%)	4:41	12.8 (68.4%)
44	KANAREK Bartosz	72	KANAREK TEAM	M-13	3	00:00:46	00:11:43	00:23:31.40	00:24:17.70	+00:07:26 (31.7%)	4:42	12.8 (68.4%)
45	KOWALSKI Kamil	428		M-18	9	00:00:36	00:11:38	00:23:38.55	00:24:15.35	+00:07:33 (32.0%)	4:43	12.7 (67.9%)
46	KAZIMIERCZAK Leszek	77	CSSP KOSZALIN	M-30	18	00:00:25	00:11:29	00:23:42.45	00:24:08.00	+00:07:37 (32.2%)	4:44	12.6 (67.4%)
47	GAWROŃSKI Paweł	44	OGIEŃ W SZOPIE	M-18	10	00:00:39	00:11:52	00:23:43.25	00:24:22.60	+00:07:38 (32.2%)	4:44	12.6 (67.4%)
48	GŁOWACKI Włodzimierz	45		M-70+	1	00:00:22	00:11:28	00:23:43.95	00:24:06.05	+00:07:39 (32.3%)	4:44	12.6 (67.4%)
49	TOMASZEWSKI Marek	171		M-30	19	00:00:35	00:12:03	00:23:54.80	00:24:30.50	+00:07:50 (32.8%)	4:47	12.5 (66.8%)
50	TUREK Marcin	176		M-30	20	00:00:27	00:11:16	00:24:14.35	00:24:41.85	+00:08:09 (33.7%)	4:50	12.4 (66.3%)
51	KOPERSKI Jan	193	MKS ŚWIĘC	M-50	4	00:00:33	00:12:27	00:24:38.05	00:25:11.20	+00:08:33 (34.7%)	4:55	12.2 (65.2%)
52	SZANIAWSKI Damian	162		M-18	11	00:00:41	00:14:39	00:25:06.95	00:25:48.80	+00:09:02 (36.0%)	5:01	11.9 (63.6%)
53	TUDRUJ Andrzej	175		M-40	9	00:00:39	00:12:21	00:25:20.35	00:26:00.10	+00:09:15 (36.6%)	5:04	11.8 (63.1%)
54	WAWRZYN Grzegorz	430	COPY-SERWIS	M-40	10	00:00:38	00:12:30	00:25:26.55	00:26:05.20	+00:09:21 (36.8%)	5:05	11.8 (63.1%)
55	KOSZOWSKI Krystian	189		M-30	21	00:00:42	00:12:55	00:25:32.80	00:26:14.80	+00:09:28 (37.1%)	5:06	11.7 (62.6%)
56	ZIĘBA Paweł	183	TKKF KOSZALIN	M-40	11	00:00:32	00:12:31	00:25:43.50	00:26:16.00	+00:09:38 (37.5%)	5:08	11.7 (62.6%)
57	MRUGALSKI Stanisław	123	MTS HAMER MIASTKO	M-50	5	00:00:46	00:13:12	00:26:10.75	00:26:56.90	+00:10:06 (38.6%)	5:14	11.5 (61.5%)
58	CINCIO Wojciech	23	TKKF TRIATHLON KOSZALIN	M-13	4	00:00:37	00:12:57	00:26:22.20	00:26:59.60	+00:10:17 (39.0%)	5:16	11.4 (61.0%)
59	NAJDORA Paweł	125		M-18	12	00:00:41	00:12:48	00:26:34.55	00:27:16.40	+00:10:29 (39.5%)	5:19	11.3 (60.4%)
60	HELLER Zdzisław	53	NIEZRZESZONY	M-60	1	00:00:24	00:13:14	00:26:36.95	00:27:01.60	+00:10:32 (39.6%)	5:19	11.3 (60.4%)

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61	ŁADA Paweł	107		M-30	22	00:00:32	00:12:45	00:26:55.35	00:27:27.90	+00:10:50 (40.3%)	5:23	11.1 (59.4%)
62	GAWIECKI Piotr	42	ROZBIEGANY KOSZALIN	M-40	12	00:00:34	00:13:22	00:26:59.15	00:27:33.60	+00:10:54 (40.4%)	5:23	11.1 (59.4%)
63	KURŁOWICZ Krzysztof	192		M-30	23	00:00:28	00:12:16	00:27:01.75	00:27:30.65	+00:10:57 (40.5%)	5:24	11.1 (59.4%)
64	KIPER Jarosław	81	JW1223	M-40	13	00:00:40	00:13:27	00:27:07.70	00:27:48.30	+00:11:03 (40.7%)	5:25	11.1 (59.4%)
65	FAJCHO Filip	37		M-13	5	00:00:40	00:13:29	00:27:13.55	00:27:53.80	+00:11:08 (41.0%)	5:26	11 (58.8%)
66	DEMBICKI Jakub	30		M-13	6	00:00:33	00:13:04	00:27:17.85	00:27:50.85	+00:11:13 (41.1%)	5:27	11 (58.8%)
67	JĘDRZEJEWSKI Krzysztof	63	K.S.R. ROWERIA	M-30	24	00:00:25	00:12:48	00:27:30.85	00:27:56.10	+00:11:26 (41.6%)	5:30	10.9 (58.3%)
68	STOLARCZYK Łukasz	159	BIEGNIJMY.PL	M-18	13	00:00:34	00:13:11	00:27:54.40	00:28:28.75	+00:11:49 (42.4%)	5:34	10.8 (57.8%)
69	POLETAJEW Andrzej	427	JUDO GWARDIA	M-13	7	00:00:40	00:14:08	00:29:29.65	00:30:10.00	+00:13:25 (45.5%)	5:54	10.2 (54.5%)
70	POLETAREW Bartosz	426		M-30	25	00:00:38	00:14:09	00:29:32.30	00:30:10.30	+00:13:27 (45.6%)	5:54	10.2 (54.5%)
71	HAUSMAN Andrzej	51	KSR ROWERIA	M-60	2	00:00:34	00:14:25	00:29:43.90	00:30:18.65	+00:13:39 (45.9%)	5:56	10.1 (54.0%)
72	BOGUSŁAWSKI Filip	13	SZ.P 17	M-13	8	00:00:25	00:15:50	00:31:02.90	00:31:27.95	+00:14:58 (48.2%)	6:12	9.7 (51.9%)
73	PIOR Tomasz	198		M-30	26	00:00:42	00:15:16	00:31:21.20	00:32:03.85	+00:15:16 (48.7%)	6:16	9.6 (51.3%)
74	PIOR Kacper	135		M-13	9	00:00:42	00:15:17	00:31:21.45	00:32:03.90	+00:15:16 (48.7%)	6:16	9.6 (51.3%)
75	SZCZEBLEWSKI Józef	163		M-60	3	00:00:22	00:16:06	00:33:30.05	00:33:52.20	+00:17:25 (52.0%)	6:42	9 (48.1%)
76	BIERKA Michał	9		M-13	10	00:00:38	00:15:33	00:33:58.80	00:34:37.30	+00:17:54 (52.7%)	6:47	8.8 (47.1%)
77	KILAR Igor	80	BIEGAM Z MAMĄ TATĄ BABCIA I SIOSTRĄ	M-13	11	00:00:43	00:17:30	00:36:13.30	00:36:57.15	+00:20:08 (55.6%)	7:14	8.3 (44.4%)
78	KILAR Tomasz	281	HILL KILER KOSZALIN	M-40	14	00:00:43	00:17:30	00:36:13.35	00:36:57.05	+00:20:08 (55.6%)	7:14	8.3 (44.4%)
79	BARTNIK Marian	6	TKKF KOSZALIN	M-70+	2	00:00:21	00:18:04	00:37:31.35	00:37:52.85	+00:21:26 (57.2%)	7:30	8 (42.8%)

Znaleziono 79 wynik(ów)