



# BIEG TRZECH KRÓLI 5 KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łąbusz, Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-01-06  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: M-16

| Msc | Zawodnik                   | Numer      | Klub                       | Kategoria | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|------------|----------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 1   | <b>SIÓDMIAK Igor</b>       | <b>184</b> | MKP SZCZECINEK / TRIATHLON | M-16      | 1    | <b>00:16:50.75</b> |                   | 3:22         | 17.8 (100%)  |
| 2   | <b>JEFIMCZYK Norbert</b>   | <b>72</b>  | LKS FENIX SŁUPSK           | M-16      | 2    | <b>00:16:54.35</b> | +00:00:03 (0.4%)  | 3:22         | 17.8 (100%)  |
| 3   | <b>KĘPKA Adrian</b>        | <b>89</b>  | DECATHLON KOSZALIN         | M-16      | 3    | <b>00:17:26.90</b> | +00:00:36 (3.5%)  | 3:29         | 17.2 (96.6%) |
| 4   | <b>JAKUBEK Patryk</b>      | <b>66</b>  | ŚWIAT PŁYTEK U KRYSPIŃ     | M-16      | 4    | <b>00:18:12.00</b> | +00:01:21 (7.4%)  | 3:38         | 16.5 (92.7%) |
| 5   | <b>GLAZER Piotr</b>        | <b>52</b>  | MODLITWA BIEGANIA GRYFINO  | M-16      | 5    | <b>00:21:27.05</b> | +00:04:36 (21.5%) | 4:17         | 14 (78.7%)   |
| 6   | <b>RUSINEK Dawid</b>       | <b>176</b> |                            | M-16      | 6    | <b>00:21:33.10</b> | +00:04:42 (21.8%) | 4:18         | 13.9 (78.1%) |
| 7   | <b>DROZDOWSKI Marcin</b>   | <b>36</b>  | MORPOL                     | M-16      | 7    | <b>00:22:29.25</b> | +00:05:38 (25.1%) | 4:29         | 13.3 (74.7%) |
| 8   | <b>GLISZCZYŃSKI Łukasz</b> | <b>53</b>  | UKSN SPRINT SŁAWNO         | M-16      | 8    | <b>00:23:04.10</b> | +00:06:13 (27.0%) | 4:36         | 13 (73.0%)   |
| 9   | <b>BOBER Jakub</b>         | <b>10</b>  |                            | M-16      | 9    | <b>00:23:09.90</b> | +00:06:19 (27.3%) | 4:37         | 13 (73.0%)   |
| 10  | <b>GONTARZ Wojciech</b>    | <b>55</b>  |                            | M-16      | 10   | <b>00:23:37.10</b> | +00:06:46 (28.7%) | 4:43         | 12.7 (71.3%) |
| 11  | <b>SULL Kacper</b>         | <b>199</b> | NIGHT RUNNERS SŁUPSK       | M-16      | 11   | <b>00:23:37.80</b> | +00:06:47 (28.7%) | 4:43         | 12.7 (71.3%) |
| 12  | <b>BRESZKA Michał</b>      | <b>18</b>  | DARŁOWSKIE CHARTY          | M-16      | 12   | <b>00:24:05.40</b> | +00:07:14 (30.1%) | 4:49         | 12.5 (70.2%) |
| 13  | <b>PUSZ Jakub</b>          | <b>165</b> | ELEKTRONIK KOSZALIN        | M-16      | 13   | <b>00:24:25.90</b> | +00:07:35 (31.0%) | 4:53         | 12.3 (69.1%) |
| 14  | <b>SZKOŁUDA Miłosz</b>     | <b>206</b> | DECATHLON KOSZALIN         | M-16      | 14   | <b>00:24:31.60</b> | +00:07:40 (31.3%) | 4:54         | 12.2 (68.5%) |
| 15  | <b>GAŁKA Dominik</b>       | <b>46</b>  | SP 1 TRZEBIATÓW            | M-16      | 15   | <b>00:25:56.90</b> | +00:09:06 (35.1%) | 5:11         | 11.6 (65.2%) |
| 16  | <b>DOMAŃSKI Krzysztof</b>  | <b>35</b>  |                            | M-16      | 16   | <b>00:26:27.90</b> | +00:09:37 (36.3%) | 5:17         | 11.3 (63.5%) |
| 17  | <b>SZAFIRSKI Kacper</b>    | <b>202</b> | CAMINO SŁUPSK              | M-16      | 17   | <b>00:27:43.95</b> | +00:10:53 (39.3%) | 5:32         | 10.8 (60.7%) |
| 18  | <b>MASTALERZ Konrad</b>    | <b>124</b> | DECATHLON KOSZALIN         | M-16      | 18   | <b>00:27:46.05</b> | +00:10:55 (39.3%) | 5:33         | 10.8 (60.7%) |

Znaleziono 18 wynik(ów)