



BIEG TRZECH KRÓLI 5 KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

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



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SIADAK Arkadiusz	182		M-30	1	00:18:53.70		3:46	15.9 (100%)
2	CZAPLIŃSKI Jacek	30	FREE BIRDS	M-30	2	00:19:02.20	+00:00:08 (0.7%)	3:48	15.8 (99.4%)
3	KALKOWSKI Paweł	80	JW1223	M-30	3	00:19:31.60	+00:00:37 (3.2%)	3:54	15.4 (96.9%)
4	ŁUKAWSKI Mariusz	118	JW1223	M-30	4	00:19:50.75	+00:00:57 (4.8%)	3:58	15.1 (95.0%)
5	CICHOSZ MIELEWCZYK Mateusz	251	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	5	00:19:56.15	+00:01:02 (5.2%)	3:59	15.1 (95.0%)
6	CUBER Wojciech	29	#ZABIEGANINOCA	M-30	6	00:20:04.35	+00:01:10 (5.9%)	4:00	15 (94.3%)
7	ZIENKIEWICZ Wojciech	236	BARBARIANS KOSZALIN	M-30	7	00:20:19.40	+00:01:25 (7.0%)	4:04	14.8 (93.1%)
8	STEBELSKI Jasiak	193		M-30	8	00:20:34.30	+00:01:40 (8.2%)	4:06	14.6 (91.8%)
9	BONISŁAWSKI Jarosław	13	MAM ŚWIRA	M-30	9	00:20:49.30	+00:01:55 (9.3%)	4:09	14.4 (90.6%)
10	KUKIEŁA Tomasz	114		M-30	10	00:21:05.85	+00:02:12 (10.4%)	4:13	14.2 (89.3%)
11	RUSINEK Artur	175		M-30	11	00:21:17.30	+00:02:23 (11.2%)	4:15	14.1 (88.7%)
12	STRUMIŃSKI Rafał	195	ŻYTŃNIA TEAM	M-30	12	00:21:23.00	+00:02:29 (11.6%)	4:16	14 (88.1%)
13	OLEJNIK Bartłomiej	142		M-30	13	00:21:32.90	+00:02:39 (12.3%)	4:18	13.9 (87.4%)
14	KOZIEŁ Paweł	107	WICHER RĄBINO	M-30	14	00:22:06.90	+00:03:13 (14.6%)	4:25	13.6 (85.5%)
15	KŁOS Tomasz	94		M-30	15	00:22:10.65	+00:03:16 (14.8%)	4:26	13.5 (84.9%)
16	OTTO Michał	147		M-30	16	00:22:46.75	+00:03:53 (17.1%)	4:33	13.2 (83.0%)
17	KAMYK Piotr	82	MH IT SERWIS KOSZALIN	M-30	17	00:23:05.05	+00:04:11 (18.1%)	4:37	13 (81.8%)
18	ŻUKOWSKI Cezary	241	MIGAWKOWE.PL	M-30	18	00:23:05.40	+00:04:11 (18.2%)	4:37	13 (81.8%)
19	MRUGALSKI Damian	246		M-30	19	00:23:19.25	+00:04:25 (19.0%)	4:40	12.9 (81.1%)
20	RÓG Michał	174	JW1223	M-30	20	00:23:29.60	+00:04:35 (19.6%)	4:42	12.8 (80.5%)
21	CHOŁUJ Karol	26	ZAWSZE DO PRZODU	M-30	21	00:23:36.00	+00:04:42 (19.9%)	4:43	12.7 (79.9%)
22	MARZEC Łukasz	123		M-30	22	00:23:41.95	+00:04:48 (20.3%)	4:44	12.7 (79.9%)
23	SKOWROŃSKI Tomasz	185		M-30	23	00:23:58.15	+00:05:04 (21.2%)	4:47	12.5 (78.6%)
24	DZIĘBOWSKI Mariusz	38		M-30	24	00:24:06.40	+00:05:12 (21.6%)	4:49	12.4 (78.0%)
25	SZULC Szymon	212		M-30	25	00:24:13.90	+00:05:20 (22.0%)	4:50	12.4 (78.0%)
26	FRAŃCZAK Sławomir	42		M-30	26	00:24:29.10	+00:05:35 (22.8%)	4:53	12.3 (77.4%)
27	KIEŁTYKA Tomasz	90	#ZABIEGANINOCA	M-30	27	00:24:30.00	+00:05:36 (22.9%)	4:54	12.2 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	KAZIMIERCZAK Leszek	86	SKURCZTEAM	M-30	28	00:25:01.05	+00:06:07 (24.5%)	5:00	12 (75.5%)
29	KOWALCZYK Piotr	105		M-30	29	00:25:15.00	+00:06:21 (25.2%)	5:03	11.9 (74.8%)
30	ROGALA Łukasz	173	NIGHT RUNNERS SŁUPSK	M-30	30	00:25:17.50	+00:06:23 (25.3%)	5:03	11.9 (74.8%)
31	BRZOSTKO Przemysław	20		M-30	31	00:25:24.90	+00:06:31 (25.7%)	5:05	11.8 (74.2%)
32	RYCHLIŃSKI Damian	177		M-30	32	00:25:39.70	+00:06:46 (26.4%)	5:08	11.7 (73.6%)
33	HRYCAJ Tomasz	63		M-30	33	00:25:43.95	+00:06:50 (26.6%)	5:08	11.7 (73.6%)
34	ZALESKI Tomasz	235		M-30	34	00:26:17.60	+00:07:23 (28.1%)	5:15	11.4 (71.7%)
35	GRĄBCZEWSKI Rafał	58	JW1223	M-30	35	00:26:19.00	+00:07:25 (28.2%)	5:15	11.4 (71.7%)
36	BODO Rafał	12		M-30	36	00:26:23.85	+00:07:30 (28.4%)	5:16	11.4 (71.7%)
37	KACZMAREK Łukasz	78	WOJOWNICY WÓDY	M-30	37	00:27:43.00	+00:08:49 (31.8%)	5:32	10.8 (67.9%)
38	GAWLIK Artur	50	BIEGNIJMY.PL	M-30	38	00:27:47.35	+00:08:53 (32.0%)	5:33	10.8 (67.9%)
39	SZULC Adam	211	SZULC RUNNERS TEAM	M-30	39	00:28:13.75	+00:09:20 (33.1%)	5:38	10.6 (66.7%)
40	SOWIERSZENKO Maciej	189	DECATHLON KOSZALIN	M-30	40	00:28:23.75	+00:09:30 (33.5%)	5:40	10.6 (66.7%)
41	BASIAK Krystian	4	JW1223	M-30	41	00:28:29.80	+00:09:36 (33.7%)	5:42	10.5 (66.0%)
42	HRYCIÓW Paweł	64	JW1223	M-30	42	00:28:30.75	+00:09:37 (33.7%)	5:42	10.5 (66.0%)
43	WIĘCKOWSKI Maciej	229	KARLINO BIEGAJ	M-30	43	00:28:33.60	+00:09:39 (33.8%)	5:42	10.5 (66.0%)
44	ŻAK Rafał	240		M-30	44	00:28:33.95	+00:09:40 (33.9%)	5:42	10.5 (66.0%)
45	OSTAPIŃSKI Tomasz	146		M-30	45	00:29:15.40	+00:10:21 (35.4%)	5:51	10.3 (64.8%)
46	BRZEZIŃSKI Bartosz	19		M-30	46	00:29:29.20	+00:10:35 (35.9%)	5:53	10.2 (64.2%)
47	PACAN Bartosz	150		M-30	47	00:29:33.70	+00:10:40 (36.1%)	5:54	10.2 (64.2%)
48	NOWAK Piotr	140		M-30	48	00:30:03.20	+00:11:09 (37.1%)	6:00	10 (62.9%)
49	SZYMAŃSKI Marcin	214	TEAM BIEGOWY SZCZECINEK	M-30	49	00:30:09.85	+00:11:16 (37.4%)	6:02	9.9 (62.3%)
50	KOLBA Bartosz	95		M-30	50	00:30:32.50	+00:11:38 (38.1%)	6:06	9.8 (61.6%)
51	PŁOTKA Grzegorz	160		M-30	51	00:30:36.95	+00:11:43 (38.3%)	6:07	9.8 (61.6%)
52	KOSECKI Tomasz	101	ZAKWAS	M-30	52	00:32:15.15	+00:13:21 (41.4%)	6:27	9.3 (58.5%)
53	LEŚNIEWSKI Dominik	243		M-30	53	00:32:49.65	+00:13:55 (42.4%)	6:34	9.1 (57.2%)

Znaleziono 53 wynik(ów)