



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-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	248	KB TUPOT USTKA	M-40	1	00:17:00.30		3:24	17.6 (100%)
2	GARSKI Kryspin	49	ŚWIAT PŁYTEK U KRYSPIŃA	M-40	2	00:18:17.00	+00:01:16 (7.0%)	3:39	16.4 (93.2%)
3	TRĘBSKI Krzysztof	217	#ZABIEGANINOCA	M-40	3	00:19:37.45	+00:02:37 (13.3%)	3:55	15.3 (86.9%)
4	BAJGERT Robert	3	VOLTAIX.PL	M-40	4	00:19:45.45	+00:02:45 (13.9%)	3:57	15.2 (86.4%)
5	URBAŃSKI Tomasz	222		M-40	5	00:19:56.30	+00:02:56 (14.7%)	3:59	15 (85.2%)
6	PAKULSKI Marcin	151		M-40	6	00:20:18.65	+00:03:18 (16.3%)	4:03	14.8 (84.1%)
7	SZUBERT Marcin	209	KOŁOBRZEG BIEGA	M-40	7	00:21:16.10	+00:04:15 (20.0%)	4:15	14.1 (80.1%)
8	OSTAFI Robert	144		M-40	8	00:21:17.60	+00:04:17 (20.1%)	4:15	14.1 (80.1%)
9	MUCHA Krzysztof	133		M-40	9	00:21:27.95	+00:04:27 (20.8%)	4:17	14 (79.5%)
10	IWANIEC Dariusz	65	TKKF KOSZALIN	M-40	10	00:21:36.25	+00:04:35 (21.3%)	4:19	13.9 (79.0%)
11	KAJKOWSKI Rafał	79	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M-40	11	00:21:45.75	+00:04:45 (21.9%)	4:21	13.8 (78.4%)
12	KASPERSKI Dariusz	85		M-40	12	00:21:46.15	+00:04:45 (21.9%)	4:21	13.8 (78.4%)
13	CHOŁUJ Jarek	25	ROZBIEGANY KOSZALIN	M-40	13	00:22:15.65	+00:05:15 (23.6%)	4:27	13.5 (76.7%)
14	PICK Tomasz	158		M-40	14	00:22:31.40	+00:05:31 (24.5%)	4:30	13.3 (75.6%)
15	MAJCHRZAK Paweł	119	KARLINO BIEGAJ	M-40	15	00:22:49.30	+00:05:49 (25.5%)	4:34	13.1 (74.4%)
16	ANTKOWIAK Sebastian	2	DB - ACTIVE	M-40	16	00:23:08.30	+00:06:08 (26.5%)	4:37	13 (73.9%)
17	ZIÓŁKOWSKI Wojciech	238	#ZABIEGANINOCA	M-40	17	00:23:23.20	+00:06:22 (27.3%)	4:40	12.8 (72.7%)
18	RASZPLA Radosław	171	BBL	M-40	18	00:23:26.65	+00:06:26 (27.5%)	4:41	12.8 (72.7%)
19	MICHALCZYK Mariusz	128		M-40	19	00:23:42.15	+00:06:41 (28.3%)	4:44	12.7 (72.2%)
20	JASIŃSKI Cezary	70	MNBC	M-40	20	00:23:43.35	+00:06:43 (28.3%)	4:44	12.6 (71.6%)
21	PODSIADŁO Marcin	162		M-40	21	00:23:58.05	+00:06:57 (29.0%)	4:47	12.5 (71.0%)
22	DOMAŃSKI Adam	34		M-40	22	00:24:03.25	+00:07:02 (29.3%)	4:48	12.5 (71.0%)
23	JAWORSKI Robert	71	BRYZA POSTOMINO	M-40	23	00:24:06.25	+00:07:05 (29.5%)	4:49	12.4 (70.5%)
24	KAMIŃSKI Tomasz	81	TKKF-JW 1223	M-40	24	00:24:15.50	+00:07:15 (29.9%)	4:51	12.4 (70.5%)
25	KRASIŃSKI Witold	110	JW1223	M-40	25	00:24:17.55	+00:07:17 (30.0%)	4:51	12.4 (70.5%)
26	KAŻMIERCZAK Tomasz	88	JW 3937	M-40	26	00:24:24.05	+00:07:23 (30.3%)	4:52	12.3 (69.9%)
27	GUTOWSKI Sebastian	60	GUCIOR-RUN	M-40	27	00:24:25.55	+00:07:25 (30.4%)	4:53	12.3 (69.9%)

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28	REMBALSKI Piotr	250	ŚWIAT PŁYTEK U KRYSPINA	M-40	28	00:24:35.80	+00:07:35 (30.9%)	4:55	12.2 (69.3%)
29	DANOWSKI Maciej	32	FITNES CLUB FORMA	M-40	29	00:24:38.50	+00:07:38 (31.0%)	4:55	12.2 (69.3%)
30	GALICKI Robert	44		M-40	30	00:25:08.70	+00:08:08 (32.4%)	5:01	11.9 (67.6%)
31	NIEDBAŁA Konrad	135		M-40	31	00:25:09.10	+00:08:08 (32.4%)	5:01	11.9 (67.6%)
32	FAJGIER Tomasz	39		M-40	32	00:25:17.25	+00:08:16 (32.8%)	5:03	11.9 (67.6%)
33	SEEWALD Jan	180	ZAKWAS	M-40	33	00:25:42.60	+00:08:42 (33.9%)	5:08	11.7 (66.5%)
34	WOJCIECHOWSKI Piotr	233		M-40	34	00:26:07.05	+00:09:06 (34.9%)	5:13	11.5 (65.3%)
35	GAŁKA Marcin	47		M-40	35	00:26:09.75	+00:09:09 (35.0%)	5:14	11.5 (65.3%)
36	TURCZYN Grzegorz	220	NIGHT RUNNERS SŁUPSK	M-40	36	00:26:42.95	+00:09:42 (36.3%)	5:20	11.2 (63.6%)
37	BERNACKI Adam	6	ADRÓG	M-40	37	00:26:44.55	+00:09:44 (36.4%)	5:21	11.2 (63.6%)
38	ŻYWOT Norbert	242		M-40	38	00:26:59.75	+00:09:59 (37.0%)	5:24	11.1 (63.1%)
39	NOWAK Bartłomiej	141		M-40	39	00:27:19.95	+00:10:19 (37.8%)	5:28	11 (62.5%)
40	KARPIŃSKI Tomek	84		M-40	40	00:27:35.20	+00:10:34 (38.4%)	5:31	10.9 (61.9%)
41	BRESZKA Paweł	17	POLSKA	M-40	41	00:30:00.70	+00:13:00 (43.3%)	6:00	10 (56.8%)
42	FRASZKIEWICZ Jarosław	41		M-40	42	00:30:18.50	+00:13:18 (43.9%)	6:03	9.9 (56.3%)
43	CHOJNACKI Bartosz	24	ROWERY MAŁGOŚKA	M-40	43	00:31:30.45	+00:14:30 (46.0%)	6:18	9.5 (54.0%)
44	WALKOWIAK Dariusz	225		M-40	44	00:31:38.05	+00:14:37 (46.2%)	6:19	9.5 (54.0%)
45	STRZELECKI Sebastian	257		M-40	45	00:31:47.65	+00:14:47 (46.5%)	6:21	9.4 (53.4%)
46	RAMA Janusz	168		M-40	46	00:32:47.20	+00:15:46 (48.1%)	6:33	9.2 (52.3%)

Znaleziono 46 wynik(ów)