



BIEG TRZECH KRÓLI 5 KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organiser: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Date: 2018-01-06
Place: Koszalin
Distance: 5 km



Classification: M-60

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	STACHOWIAK Ryszard	190		M-60	1	00:21:33.90		4:18	13.9 (100%)
2	OSOBNIAK Ryszard	143		M-60	2	00:24:44.45	+00:03:10 (12.8%)	4:57	12.1 (87.1%)
3	KOZŁOWIECKI Waldemar	109	TKKF KOSZALIN	M-60	3	00:25:16.05	+00:03:42 (14.7%)	5:03	11.9 (85.6%)
4	JUSZCZAK Krzysztof	75		M-60	4	00:26:12.30	+00:04:38 (17.7%)	5:14	11.4 (82.0%)
5	KARNICKI Zygmunt	253	TKKF KOSZALIN	M-60	5	00:27:46.95	+00:06:13 (22.4%)	5:33	10.8 (77.7%)
6	PAULIŃSKI Jan	155		M-60	6	00:28:02.75	+00:06:28 (23.1%)	5:36	10.7 (77.0%)
7	HELLER Zdzisław	61	NIEZRZESZONY	M-60	7	00:28:25.55	+00:06:51 (24.1%)	5:41	10.6 (76.3%)
8	WOJANOWSKI Zbigniew	232	BIEGAM BO LUBIĘ	M-60	8	00:32:24.05	+00:10:50 (33.4%)	6:29	9.3 (66.9%)
9	PASEK Jan	153		M-60	9	00:33:03.45	+00:11:29 (34.8%)	6:36	9.1 (65.5%)

Total 9 results.