



BIEG TRZECH KRÓLI 5 KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-01-20
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	ORZECHOWSKI Kamil	147	TKKF KOSZALIN	M-30	1	00:16:49.32		3:22	17.8 (100%)
2	SIADAK Arkadiusz	181		M-30	2	00:17:48.57	+00:00:59 (5.5%)	3:33	16.8 (94.4%)
3	HUBERT Łukasz	62	TKKF KOSZALIN	M-30	3	00:18:19.19	+00:01:29 (8.2%)	3:39	16.4 (92.1%)
4	CZAPLIŃSKI Jacek	26	TAGER KOSZALIN	M-30	4	00:18:47.09	+00:01:57 (10.4%)	3:45	16 (89.9%)
5	MAJKOWICZ Rafał	115		M-30	5	00:18:52.01	+00:02:02 (10.8%)	3:46	15.9 (89.3%)
6	WICHER Krzysztof	214	ADWOKATURA	M-30	6	00:18:59.90	+00:02:10 (11.5%)	3:48	15.8 (88.8%)
7	RYKIEL Michał	177	JEDWABIŚCI	M-30	7	00:19:04.01	+00:02:14 (11.8%)	3:48	15.7 (88.2%)
8	KAWKA Adrian	78		M-30	8	00:19:31.17	+00:02:41 (13.8%)	3:54	15.4 (86.5%)
9	CUBER Wojciech	25	#ZABIEGANINOCA	M-30	9	00:19:40.95	+00:02:51 (14.5%)	3:56	15.2 (85.4%)
10	CICHOSZ-MIELEWCZYK Mateusz	24	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	10	00:19:46.96	+00:02:57 (15.0%)	3:57	15.2 (85.4%)
11	BIEŃKOWSKI Tomasz	239		M-30	11	00:20:28.85	+00:03:39 (17.9%)	4:05	14.7 (82.6%)
12	NIEWIADA Marek	136	FLOTA ŚWINOUJŚCIE	M-30	12	00:20:33.08	+00:03:43 (18.1%)	4:06	14.6 (82.0%)
13	MAZURSKI Paweł	121		M-30	13	00:20:36.44	+00:03:47 (18.4%)	4:07	14.6 (82.0%)
14	ROMANOWSKI Piotr	171		M-30	14	00:20:42.62	+00:03:53 (18.8%)	4:08	14.5 (81.5%)
15	DZIĘBOWSKI Mariusz	39		M-30	15	00:20:45.98	+00:03:56 (19.0%)	4:09	14.4 (80.9%)
16	KALKOWSKI Paweł	72	JW1223/BLOG	M-30	16	00:21:16.74	+00:04:27 (20.9%)	4:15	14.1 (79.2%)
17	FABICH Adrian	40	USB	M-30	17	00:21:22.93	+00:04:33 (21.3%)	4:16	14 (78.7%)
18	KOŁODZIEJ Krystian	89	BESTIE OCR LEGIONOWO	M-30	18	00:21:26.37	+00:04:37 (21.5%)	4:17	14 (78.7%)
19	WEBER Paweł	155	ENERGON	M-30	19	00:21:37.03	+00:04:47 (22.2%)	4:19	13.9 (78.1%)
20	MIKIETYŃSKI Michał	126	ZABIEGAMI NOCA	M-30	20	00:21:40.19	+00:04:50 (22.4%)	4:20	13.8 (77.5%)
21	OTTO Michał	149		M-30	21	00:21:50.98	+00:05:01 (23.0%)	4:22	13.7 (77.0%)
22	OLCZAK Krzysztof	143		M-30	22	00:22:26.68	+00:05:37 (25.1%)	4:29	13.4 (75.3%)
23	WÓJCICI Adrian	221	DEAF KOSZALIN	M-30	23	00:22:41.73	+00:05:52 (25.9%)	4:32	13.2 (74.2%)
24	BARTHA Adrian	2		M-30	24	00:23:09.22	+00:06:19 (27.3%)	4:37	13 (73.0%)
25	KAZIMIERCZAK Leszek	79	LOVELASY DĄBKI	M-30	25	00:23:29.77	+00:06:40 (28.4%)	4:42	12.8 (71.9%)
26	CHOŁUJ Karol	20	ZAWSZE DO PRZODU	M-30	26	00:23:32.36	+00:06:43 (28.5%)	4:42	12.7 (71.3%)
27	ORLIKOWSKI Robert	145	POŁCZYN	M-30	27	00:24:02.65	+00:07:13 (30.0%)	4:48	12.5 (70.2%)

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28	GRĄBCZEWSKI Rafał	55	JW 1223	M-30	28	00:24:05.75	+00:07:16 (30.2%)	4:49	12.4 (69.7%)
29	ŻUKOWSKI Cezary	231	MIGAWKOWE.PL	M-30	29	00:24:21.34	+00:07:32 (30.9%)	4:52	12.3 (69.1%)
30	KŁOSIŃSKI Michał	87		M-30	30	00:24:26.45	+00:07:37 (31.2%)	4:53	12.3 (69.1%)
31	DĘBSKI Damian	30		M-30	31	00:24:33.07	+00:07:43 (31.5%)	4:54	12.2 (68.5%)
32	BODO Rafał	7		M-30	32	00:24:56.12	+00:08:06 (32.5%)	4:59	12 (67.4%)
33	MYK Paweł	132		M-30	33	00:25:00.94	+00:08:11 (32.8%)	5:00	12 (67.4%)
34	PRYCA Adam	166		M-30	34	00:25:02.65	+00:08:13 (32.8%)	5:00	12 (67.4%)
35	KOSZ Paweł	93		M-30	35	00:25:02.90	+00:08:13 (32.8%)	5:00	12 (67.4%)
36	DOWNAR-ZAPOLSKI Paweł	35		M-30	36	00:25:09.21	+00:08:19 (33.1%)	5:01	11.9 (66.9%)
37	PACAN Bartosz	151	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	37	00:25:14.90	+00:08:25 (33.4%)	5:03	11.9 (66.9%)
38	KĘSIK Łukasz	233	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	38	00:25:54.66	+00:09:05 (35.1%)	5:10	11.6 (65.2%)
39	SATYŁA Tomasz	179	TEAM CZARNEBIEGA	M-30	39	00:26:06.24	+00:09:16 (35.6%)	5:13	11.5 (64.6%)
40	ZIELIŃSKI Maciej	226		M-30	40	00:26:10.93	+00:09:21 (35.8%)	5:14	11.5 (64.6%)
41	GROMADA Bartosz	56		M-30	41	00:26:11.20	+00:09:21 (35.8%)	5:14	11.5 (64.6%)
42	ORYSZCZYN Arkadiusz	146		M-30	42	00:26:27.44	+00:09:38 (36.4%)	5:17	11.3 (63.5%)
43	HRYCIÓW Paweł	61	JW1223	M-30	43	00:26:35.28	+00:09:45 (36.7%)	5:19	11.3 (63.5%)
44	WIERZBICKI Kacper	215		M-30	44	00:26:35.78	+00:09:46 (36.8%)	5:19	11.3 (63.5%)
45	KOZŁOWSKI Adrian	97	OSP POŁCZYN -ZDRÓJ	M-30	45	00:26:48.47	+00:09:59 (37.2%)	5:21	11.2 (62.9%)
46	SPICA Łukasz	188		M-30	46	00:27:08.77	+00:10:19 (38.0%)	5:25	11 (61.8%)
47	DĘGA Piotr	31	TEAM CZARNEBIEGA	M-30	47	00:27:19.55	+00:10:30 (38.4%)	5:28	11 (61.8%)
48	PRZYBYŁ Krzysztof	168		M-30	48	00:27:25.87	+00:10:36 (38.7%)	5:29	10.9 (61.2%)
49	KACZMAREK Łukasz	70	WOJOWNICY WÓDY	M-30	49	00:28:38.45	+00:11:49 (41.3%)	5:43	10.5 (59.0%)
50	PŁOTKA Grzegorz	163		M-30	50	00:28:40.18	+00:11:50 (41.3%)	5:44	10.5 (59.0%)
51	NIEWIADOWSKI Robert	138		M-30	51	00:28:54.17	+00:12:04 (41.8%)	5:46	10.4 (58.4%)
52	ZIMNOWŁOCKI Mariusz	227	DEAF KOSZALIN	M-30	52	00:30:52.76	+00:14:03 (45.5%)	6:10	9.7 (54.5%)
53	SZULC Szymon	202	SZULC RUNNERS TEAME	M-30	53	00:31:10.63	+00:14:21 (46.0%)	6:14	9.6 (53.9%)
54	SZULC Adam	201	SZULC RUNNERS TEAME	M-30	54	00:33:16.19	+00:16:26 (49.4%)	6:39	9 (50.6%)

Znaleziono 54 wynik(ów)