



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-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	237	MARIO TEAM	M-40	1	00:16:19.99		3:16	18.4 (100%)
2	ZABORSKI Ryszard	223	JAMNO	M-40	2	00:17:38.39	+00:01:18 (7.4%)	3:31	17 (92.4%)
3	GARSKI Kryspin	45	ŚWIAT PŁYTEK U KRYPINA	M-40	3	00:17:41.51	+00:01:21 (7.7%)	3:32	17 (92.4%)
4	DUDA Grzegorz	37	METALCORP TEAM	M-40	4	00:18:44.08	+00:02:24 (12.8%)	3:44	16 (87.0%)
5	ZUKAL Piotr	228		M-40	5	00:19:24.99	+00:03:04 (15.9%)	3:53	15.5 (84.2%)
6	WOJCIECHOWICZ Jacek	220	WWW.STUDIOTANCAPASJA.PL	M-40	6	00:19:35.63	+00:03:15 (16.6%)	3:55	15.3 (83.2%)
7	URBAŃSKI Tomasz	208	KARLINO BIEGAJ	M-40	7	00:20:14.10	+00:03:54 (19.3%)	4:02	14.8 (80.4%)
8	MUCHA Krzysztof	131		M-40	8	00:20:25.58	+00:04:05 (20.0%)	4:05	14.7 (79.9%)
9	PICK Tomasz	161	DEAF KOSZALIN	M-40	9	00:20:39.59	+00:04:19 (20.9%)	4:08	14.5 (78.8%)
10	SPRINGER Marcin	189		M-40	10	00:21:05.91	+00:04:45 (22.6%)	4:13	14.2 (77.2%)
11	PAKULSKI Marcin	152		M-40	11	00:21:14.23	+00:04:54 (23.1%)	4:15	14.1 (76.6%)
12	GÓRA Sylwester	51	#ZABIEGANINOCA	M-40	12	00:21:41.28	+00:05:21 (24.7%)	4:20	13.8 (75.0%)
13	CHOŁUJ Jarek	19		M-40	13	00:21:50.85	+00:05:30 (25.2%)	4:22	13.7 (74.5%)
14	GAWRYSIAK Przemysław	238		M-40	14	00:22:11.12	+00:05:51 (26.4%)	4:26	13.5 (73.4%)
15	KWIETNIEWSKI Daniel	109		M-40	15	00:22:16.53	+00:05:56 (26.7%)	4:27	13.5 (73.4%)
16	ANTKOWIAK Sebastian	1	DB - ACTIVE	M-40	16	00:22:27.53	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
17	POLAŃSKI Norbert	165	21BLT	M-40	17	00:22:34.99	+00:06:14 (27.7%)	4:31	13.3 (72.3%)
18	WIKTOROWSKI Maciej	217		M-40	18	00:22:41.37	+00:06:21 (28.0%)	4:32	13.2 (71.7%)
19	KAJKOWSKI Rafał	71	CSSP KOSZALIN	M-40	19	00:22:47.09	+00:06:27 (28.3%)	4:33	13.2 (71.7%)
20	JARZYNA Roman	65	SZWLA	M-40	20	00:22:50.60	+00:06:30 (28.5%)	4:34	13.1 (71.2%)
21	KONKEL Łukasz	91		M-40	21	00:22:59.64	+00:06:39 (29.0%)	4:36	13 (70.7%)
22	JASIŃSKI Cezary	66		M-40	22	00:23:06.38	+00:06:46 (29.3%)	4:37	13 (70.7%)
23	KŁOS Tomasz	86		M-40	23	00:23:06.81	+00:06:46 (29.3%)	4:37	13 (70.7%)
24	KOZIEŁ Paweł	96		M-40	24	00:23:20.28	+00:07:00 (30.0%)	4:40	12.9 (70.1%)
25	KUSZYŃSKI Dariusz	108		M-40	25	00:23:31.82	+00:07:11 (30.6%)	4:42	12.7 (69.0%)
26	WOJCIECHOWSKI Andrzej	54		M-40	26	00:23:53.26	+00:07:33 (31.6%)	4:46	12.6 (68.5%)
27	KRASIŃSKI Witold	98		M-40	27	00:24:13.45	+00:07:53 (32.6%)	4:50	12.4 (67.4%)

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28	STALUSZKA Dariusz	190	21.BLT	M-40	28	00:24:14.80	+00:07:54 (32.6%)	4:51	12.4 (67.4%)
29	SKIBA Artur	183	PARALOTNIOWY PPGG	M-40	29	00:24:20.63	+00:08:00 (32.9%)	4:52	12.3 (66.8%)
30	DOMAŃSKI Adam	33		M-40	30	00:25:20.19	+00:09:00 (35.5%)	5:04	11.8 (64.1%)
31	HAŁKA Arkadiusz	58	TRUCHT ŁOBEZ	M-40	31	00:25:23.94	+00:09:03 (35.7%)	5:04	11.8 (64.1%)
32	SZMIGIERO Sebastian	197	W.P.K SŁOŃ TEAM	M-40	32	00:25:32.32	+00:09:12 (36.0%)	5:06	11.7 (63.6%)
33	DANOWSKI Maciek	29	FITNESS CLUB FORMA BIAŁOGARD	M-40	33	00:25:55.37	+00:09:35 (37.0%)	5:11	11.6 (63.0%)
34	KULAWINSKI Marek	106		M-40	34	00:25:57.18	+00:09:37 (37.1%)	5:11	11.6 (63.0%)
35	MONGIAŁO Marcin	129	FAST FEET K-LIN	M-40	35	00:26:24.38	+00:10:04 (38.1%)	5:16	11.4 (62.0%)
36	RÓJ Andrzej	172		M-40	36	00:26:54.84	+00:10:34 (39.3%)	5:23	11.1 (60.3%)
37	RUSIECKI Paweł	174	WSPL SP ZOZ KOSZALIN	M-40	37	00:32:11.49	+00:15:51 (49.3%)	6:26	9.3 (50.5%)
38	ŚLEDŹ Andrzej	204	WĘZEŁEK	M-40	38	00:32:31.98	+00:16:11 (49.8%)	6:30	9.2 (50.0%)
39	KARNICKI Artur	75		M-40	39	00:37:44.74	+00:21:24 (56.7%)	7:33	7.9 (42.9%)

Znaleziono 39 wynik(ów)