



BIEG TRZECH KRÓLI 5 KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-01-20
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-OPEN

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	ORZECHOWSKI Kamil	147	TKKF KOSZALIN	M-30	1	00:16:49.32	+00:00:29 (2.9%)	3:22	17.8 (96.7%)
3	ZACHARCZUK Albin	236	MARIO TEAM	M-20	1	00:17:17.10	+00:00:57 (5.5%)	3:27	17.4 (94.6%)
4	SZKOŁUDA Miłosz	196	DECATHLON KOSZALIN	M-20	2	00:17:26.29	+00:01:06 (6.3%)	3:29	17.2 (93.5%)
5	ZABORSKI Ryszard	223	JAMNO	M-40	2	00:17:38.39	+00:01:18 (7.4%)	3:31	17 (92.4%)
6	GARSKI Kryspin	45	ŚWIAT PŁYTEK U KRYSPINA	M-40	3	00:17:41.51	+00:01:21 (7.7%)	3:32	17 (92.4%)
7	SIADAK Arkadiusz	181		M-30	2	00:17:48.57	+00:01:28 (8.3%)	3:33	16.8 (91.3%)
8	JAKUBEK Patryk	63	ŚWIAT PŁYTEK U KRYSPINA	M-20	3	00:18:07.75	+00:01:47 (9.9%)	3:37	16.6 (90.2%)
9	HUBERT Łukasz	62	TKKF KOSZALIN	M-30	3	00:18:19.19	+00:01:59 (10.8%)	3:39	16.4 (89.1%)
10	DUDA Grzegorz	37	METALCORP TEAM	M-40	4	00:18:44.08	+00:02:24 (12.8%)	3:44	16 (87.0%)
11	CZAPLIŃSKI Jacek	26	TAGER KOSZALIN	M-30	4	00:18:47.09	+00:02:27 (13.1%)	3:45	16 (87.0%)
12	MAJKOWICZ Rafał	115		M-30	5	00:18:52.01	+00:02:32 (13.4%)	3:46	15.9 (86.4%)
13	WICHER Krzysztof	214	ADWOKATURA	M-30	6	00:18:59.90	+00:02:39 (14.0%)	3:48	15.8 (85.9%)
14	RYKIEL Michał	177	JEDWABIŚCI	M-30	7	00:19:04.01	+00:02:44 (14.3%)	3:48	15.7 (85.3%)
15	ZUKAL Piotr	228		M-40	5	00:19:24.99	+00:03:04 (15.9%)	3:53	15.5 (84.2%)
16	KAWKA Adrian	78		M-30	8	00:19:31.17	+00:03:11 (16.3%)	3:54	15.4 (83.7%)
17	WOJCIECHOWICZ Jacek	220	WWW.STUDIOTANCAPASJA.PL	M-40	6	00:19:35.63	+00:03:15 (16.6%)	3:55	15.3 (83.2%)
18	KOŚCIELNIAK Robert	94	TKKF KOSZALIN	M-50	1	00:19:40.70	+00:03:20 (17.0%)	3:56	15.2 (82.6%)
19	CUBER Wojciech	25	#ZABIEGANINOCA	M-30	9	00:19:40.95	+00:03:20 (17.0%)	3:56	15.2 (82.6%)
20	CICHOSZ-MIELEWCZYK Mateusz	24	ŚWIAT PŁYTEK U KRYSPINA	M-30	10	00:19:46.96	+00:03:26 (17.4%)	3:57	15.2 (82.6%)
21	URBAŃSKI Tomasz	208	KARLINO BIEGAJ	M-40	7	00:20:14.10	+00:03:54 (19.3%)	4:02	14.8 (80.4%)
22	MUCHA Krzysztof	131		M-40	8	00:20:25.58	+00:04:05 (20.0%)	4:05	14.7 (79.9%)
23	BIEŃKOWSKI Tomasz	239		M-30	11	00:20:28.85	+00:04:08 (20.3%)	4:05	14.7 (79.9%)
24	NIEWIADA Marek	136	FLOTA ŚWINOUJŚCIE	M-30	12	00:20:33.08	+00:04:13 (20.5%)	4:06	14.6 (79.3%)
25	BRZEZINSKI Jan	15	TEAM PIOTRUŚ	M-50	2	00:20:34.19	+00:04:14 (20.6%)	4:06	14.6 (79.3%)
26	MAZURSKI Paweł	121		M-30	13	00:20:36.44	+00:04:16 (20.7%)	4:07	14.6 (79.3%)
27	PICK Tomasz	161	DEAF KOSZALIN	M-40	9	00:20:39.59	+00:04:19 (20.9%)	4:08	14.5 (78.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	ROMANOWSKI Piotr	171		M-30	14	00:20:42.62	+00:04:22 (21.1%)	4:08	14.5 (78.8%)
29	DZIĘBOWSKI Mariusz	39		M-30	15	00:20:45.98	+00:04:25 (21.3%)	4:09	14.4 (78.3%)
30	KATRYCZ Zbigniew	77		M-50	3	00:20:50.47	+00:04:30 (21.6%)	4:10	14.4 (78.3%)
31	SPRINGER Marcin	189		M-40	10	00:21:05.91	+00:04:45 (22.6%)	4:13	14.2 (77.2%)
32	PAKULSKI Marcin	152		M-40	11	00:21:14.23	+00:04:54 (23.1%)	4:15	14.1 (76.6%)
33	KALKOWSKI Paweł	72	JW1223/BLOG	M-30	16	00:21:16.74	+00:04:56 (23.2%)	4:15	14.1 (76.6%)
34	FABICH Adrian	40	USB	M-30	17	00:21:22.93	+00:05:02 (23.6%)	4:16	14 (76.1%)
35	KOŁODZIEJ Krystian	89	BESTIE OCR LEGIONOWO	M-30	18	00:21:26.37	+00:05:06 (23.8%)	4:17	14 (76.1%)
36	WEBER Paweł	155	ENERGON	M-30	19	00:21:37.03	+00:05:17 (24.4%)	4:19	13.9 (75.5%)
37	MIKIETYŃSKI Michał	126	ZABIEGAMI NOCA	M-30	20	00:21:40.19	+00:05:20 (24.6%)	4:20	13.8 (75.0%)
38	GÓRA Sylwester	51	#ZABIEGANINOCA	M-40	12	00:21:41.28	+00:05:21 (24.7%)	4:20	13.8 (75.0%)
39	CHOŁUJ Jarek	19		M-40	13	00:21:50.85	+00:05:30 (25.2%)	4:22	13.7 (74.5%)
40	OTTO Michał	149		M-30	21	00:21:50.98	+00:05:30 (25.2%)	4:22	13.7 (74.5%)
41	GLISZCZYŃSKI Łukasz	47	ŚWIAT PŁYTEK U KRYPINA	M-20	4	00:22:10.72	+00:05:50 (26.4%)	4:26	13.5 (73.4%)
42	GAWRYSIAK Przemysław	238		M-40	14	00:22:11.12	+00:05:51 (26.4%)	4:26	13.5 (73.4%)
43	KWIETNIEWSKI Daniel	109		M-40	15	00:22:16.53	+00:05:56 (26.7%)	4:27	13.5 (73.4%)
44	CHABOWSKI Wojciech	17		M-20	5	00:22:26.58	+00:06:06 (27.2%)	4:29	13.4 (72.8%)
45	OLCZAK Krzysztof	143		M-30	22	00:22:26.68	+00:06:06 (27.2%)	4:29	13.4 (72.8%)
46	ANTKOWIAK Sebastian	1	DB - ACTIVE	M-40	16	00:22:27.53	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
47	KRUPIŃSKI Krzysztof	100	E-UROLOG.EU	M-50	4	00:22:29.46	+00:06:09 (27.4%)	4:29	13.3 (72.3%)
48	POLAŃSKI Norbert	165	21BLT	M-40	17	00:22:34.99	+00:06:14 (27.7%)	4:31	13.3 (72.3%)
49	WIKTOROWSKI Maciej	217		M-40	18	00:22:41.37	+00:06:21 (28.0%)	4:32	13.2 (71.7%)
50	WÓJCICI Adrian	221	DEAF KOSZALIN	M-30	23	00:22:41.73	+00:06:21 (28.0%)	4:32	13.2 (71.7%)
51	KAJKOWSKI Rafał	71	CSSP KOSZALIN	M-40	19	00:22:47.09	+00:06:27 (28.3%)	4:33	13.2 (71.7%)
52	JARZYNA Roman	65	SZWLA	M-40	20	00:22:50.60	+00:06:30 (28.5%)	4:34	13.1 (71.2%)
53	WIŚNIEWSKI Łukasz	219		M-20	6	00:22:59.38	+00:06:39 (29.0%)	4:35	13.1 (71.2%)
54	KONKEL Łukasz	91		M-40	21	00:22:59.64	+00:06:39 (29.0%)	4:36	13 (70.7%)
55	OPALIŃSKI Stanisław	144	KLUB SENIORÓW	M-60	1	00:23:06.19	+00:06:46 (29.3%)	4:37	13 (70.7%)
56	JASIŃSKI Cezary	66		M-40	22	00:23:06.38	+00:06:46 (29.3%)	4:37	13 (70.7%)
57	KŁOS Tomasz	86		M-40	23	00:23:06.81	+00:06:46 (29.3%)	4:37	13 (70.7%)
58	BARTHA Adrian	2		M-30	24	00:23:09.22	+00:06:49 (29.5%)	4:37	13 (70.7%)
59	GAŁECKI Jacek	43	KARLINOBIEGAJ	M-50	5	00:23:19.25	+00:06:59 (30.0%)	4:39	12.9 (70.1%)
60	KOZIEŁ Paweł	96		M-40	24	00:23:20.28	+00:07:00 (30.0%)	4:40	12.9 (70.1%)
61	KAZIMIERCZAK Leszek	79	LOVELASY DĄBKI	M-30	25	00:23:29.77	+00:07:09 (30.5%)	4:42	12.8 (69.6%)
62	KUSZYŃSKI Dariusz	108		M-40	25	00:23:31.82	+00:07:11 (30.6%)	4:42	12.7 (69.0%)
63	CHOŁUJ Karol	20	ZAWSZE DO PRZODU	M-30	26	00:23:32.36	+00:07:12 (30.6%)	4:42	12.7 (69.0%)
64	DOMAŃSKI Krzysztof	34		M-14	1	00:23:42.13	+00:07:22 (31.1%)	4:44	12.7 (69.0%)
65	WOJCIECHOWSKI Andrzej	54		M-40	26	00:23:53.26	+00:07:33 (31.6%)	4:46	12.6 (68.5%)
66	OSOBNIAK Ryszard	148	KOSZALIN - NIEZRZESZONY	M-60	2	00:23:53.31	+00:07:33 (31.6%)	4:46	12.6 (68.5%)
67	ORLIKOWSKI Robert	145	POŁCZYN	M-30	27	00:24:02.65	+00:07:42 (32.1%)	4:48	12.5 (67.9%)
68	GRĄBCZEWSKI Rafał	55	JW 1223	M-30	28	00:24:05.75	+00:07:45 (32.2%)	4:49	12.4 (67.4%)
69	KRASIŃSKI Witold	98		M-40	27	00:24:13.45	+00:07:53 (32.6%)	4:50	12.4 (67.4%)
70	STALUSZKA Dariusz	190	21.BLT	M-40	28	00:24:14.80	+00:07:54 (32.6%)	4:51	12.4 (67.4%)
71	SKIBA Artur	183	PARALOTNIOWY PPGG	M-40	29	00:24:20.63	+00:08:00 (32.9%)	4:52	12.3 (66.8%)

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						5km	Różn		
72	ŻUKOWSKI Cezary	231	MIGAWKOWE.PL	M-30	29	00:24:21.34	+00:08:01 (32.9%)	4:52	12.3 (66.8%)
73	KŁOSIŃSKI Michał	87		M-30	30	00:24:26.45	+00:08:06 (33.2%)	4:53	12.3 (66.8%)
74	SZULC Marek	200	SZULC RUNNERS TEAME	M-50	6	00:24:32.19	+00:08:12 (33.4%)	4:54	12.2 (66.3%)
75	DĘBSKI Damian	30		M-30	31	00:24:33.07	+00:08:13 (33.5%)	4:54	12.2 (66.3%)
76	MRUGALSKI Stanisław	130		M-50	7	00:24:44.77	+00:08:24 (34.0%)	4:57	12.1 (65.8%)
77	KOZIEŁ Adam	95		M-20	7	00:24:55.41	+00:08:35 (34.5%)	4:59	12 (65.2%)
78	BODO Rafał	7		M-30	32	00:24:56.12	+00:08:36 (34.5%)	4:59	12 (65.2%)
79	MYK Paweł	132		M-30	33	00:25:00.94	+00:08:40 (34.7%)	5:00	12 (65.2%)
80	PRYCA Adam	166		M-30	34	00:25:02.65	+00:08:42 (34.8%)	5:00	12 (65.2%)
81	KOSZ Paweł	93		M-30	35	00:25:02.90	+00:08:42 (34.8%)	5:00	12 (65.2%)
82	DOWNAR-ZAPOLSKI Paweł	35		M-30	36	00:25:09.21	+00:08:49 (35.1%)	5:01	11.9 (64.7%)
83	PACAN Bartosz	151	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	37	00:25:14.90	+00:08:54 (35.3%)	5:03	11.9 (64.7%)
84	DOMAŃSKI Adam	33		M-40	30	00:25:20.19	+00:09:00 (35.5%)	5:04	11.8 (64.1%)
85	HAŁKA Arkadiusz	58	TRUCHT ŁOBEZ	M-40	31	00:25:23.94	+00:09:03 (35.7%)	5:04	11.8 (64.1%)
86	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%)
87	JANUSZEWSKI Jacek	64	17 WOG KOSZALIN	M-50	8	00:25:43.67	+00:09:23 (36.5%)	5:08	11.7 (63.6%)
88	JUSZCZAK Krzysztof	69		M-60	3	00:25:44.75	+00:09:24 (36.6%)	5:09	11.7 (63.6%)
89	FAJGIER Tomasz	41		M-50	9	00:25:51.35	+00:09:31 (36.8%)	5:10	11.6 (63.0%)
90	KĘSIK Łukasz	233	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	38	00:25:54.66	+00:09:34 (37.0%)	5:10	11.6 (63.0%)
91	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%)
92	KULAWINSKI Marek	106		M-40	34	00:25:57.18	+00:09:37 (37.1%)	5:11	11.6 (63.0%)
93	SATYŁA Tomasz	179	TEAM CZARNEBIEGA	M-30	39	00:26:06.24	+00:09:46 (37.4%)	5:13	11.5 (62.5%)
94	ZIELIŃSKI Maciej	226		M-30	40	00:26:10.93	+00:09:50 (37.6%)	5:14	11.5 (62.5%)
95	GROMADA Bartosz	56		M-30	41	00:26:11.20	+00:09:51 (37.6%)	5:14	11.5 (62.5%)
96	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%)
97	ORYSZCZYN Arkadiusz	146		M-30	42	00:26:27.44	+00:10:07 (38.3%)	5:17	11.3 (61.4%)
98	HRYCIÓW Paweł	61	JW1223	M-30	43	00:26:35.28	+00:10:15 (38.6%)	5:19	11.3 (61.4%)
99	WIERZBICKI Kacper	215		M-30	44	00:26:35.78	+00:10:15 (38.6%)	5:19	11.3 (61.4%)
100	KOZŁOWSKI Adrian	97	OSP POŁCZYŃ -ZDRÓJ	M-30	45	00:26:48.47	+00:10:28 (39.1%)	5:21	11.2 (60.9%)
101	WIŚNIEWSKI Jarosław	218		M-50	10	00:26:48.93	+00:10:28 (39.1%)	5:21	11.2 (60.9%)
102	KOZŁOWIECKI Waldemar	84	TKKF KOSZALIN	M-60	4	00:26:49.78	+00:10:29 (39.1%)	5:22	11.2 (60.9%)
103	NESTOR Petro	133		M-50	11	00:26:50.11	+00:10:30 (39.1%)	5:22	11.2 (60.9%)
104	RÓJ Andrzej	172		M-40	36	00:26:54.84	+00:10:34 (39.3%)	5:23	11.1 (60.3%)
105	SPICA Łukasz	188		M-30	46	00:27:08.77	+00:10:48 (39.8%)	5:25	11 (59.8%)
106	WĄSOWSKI Robert	212		M-20	8	00:27:10.17	+00:10:50 (39.9%)	5:26	11 (59.8%)
107	JURA Kazimierz	68	MTS HAMER	M-70+	1	00:27:15.68	+00:10:55 (40.1%)	5:27	11 (59.8%)
108	DĘGA Piotr	31	TEAM CZARNEBIEGA	M-30	47	00:27:19.55	+00:10:59 (40.2%)	5:28	11 (59.8%)
109	HNATOWSKI Artur	60	LOVELASY DĄBKI	M-50	12	00:27:23.36	+00:11:03 (40.4%)	5:28	11 (59.8%)
110	PRZYBYŁ Krzysztof	168		M-30	48	00:27:25.87	+00:11:05 (40.5%)	5:29	10.9 (59.2%)
111	GŁOWACKI Włodzimierz	46		M-70+	2	00:27:39.07	+00:11:19 (40.9%)	5:31	10.8 (58.7%)
112	KARNICKI Zygmunt	74	TKKF KOSZALIN	M-60	5	00:27:57.54	+00:11:37 (41.6%)	5:35	10.7 (58.2%)
113	KARPIŃSKI Mateusz	76		M-20	9	00:28:05.21	+00:11:45 (41.8%)	5:37	10.7 (58.2%)
114	HELLER Zdzisław	59	NIEZRZESZONY	M-60	6	00:28:11.63	+00:11:51 (42.1%)	5:38	10.6 (57.6%)
115	BOKOTA Adam	10		M-50	13	00:28:17.31	+00:11:57 (42.3%)	5:39	10.6 (57.6%)

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116	CICHOSZ Jerzy	23		M-70+	3	00:28:29.80	+00:12:09 (42.7%)	5:42	10.5 (57.1%)
117	KACZMAREK Łukasz	70	WOJOWNICY WÓDY	M-30	49	00:28:38.45	+00:12:18 (43.0%)	5:43	10.5 (57.1%)
118	PŁOTKA Grzegorz	163		M-30	50	00:28:40.18	+00:12:20 (43.0%)	5:44	10.5 (57.1%)
119	NIEWIADOWSKI Robert	138		M-30	51	00:28:54.17	+00:12:34 (43.5%)	5:46	10.4 (56.5%)
120	ZIMNOWŁOCKI Mariusz	227	DEAF KOSZALIN	M-30	52	00:30:52.76	+00:14:32 (47.1%)	6:10	9.7 (52.7%)
121	SZULC Szymon	202	SZULC RUNNERS TEAME	M-30	53	00:31:10.63	+00:14:50 (47.6%)	6:14	9.6 (52.2%)
122	STAŃCZYK Franciszek	192	NIEZRZESZONY	M-70+	4	00:31:12.08	+00:14:52 (47.7%)	6:14	9.6 (52.2%)
123	STRACH Marek	241		M-60	7	00:32:06.41	+00:15:46 (49.1%)	6:25	9.3 (50.5%)
124	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%)
125	ŚLEDŹ Andrzej	204	WĘZEŁEK	M-40	38	00:32:31.98	+00:16:11 (49.8%)	6:30	9.2 (50.0%)
126	SZULC Adam	201	SZULC RUNNERS TEAME	M-30	54	00:33:16.19	+00:16:56 (50.9%)	6:39	9 (48.9%)
127	KARNICKI Artur	75		M-40	39	00:37:44.74	+00:21:24 (56.7%)	7:33	7.9 (42.9%)
128	BARTNIK Marian	3	TKKF KOSZALIN	M-70+	5	00:43:37.04	+00:27:17 (62.6%)	8:43	6.9 (37.5%)

Znaleziono 128 wynik(ów)