



BIEG TRZECH KRÓLI - II ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz
Data: 2020-01-06
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	ZIEMAN Michał	259	404 NOT FOUND	M-30	1	00:17:38.80		3:31	17 (100%)
2	HUBERT Łukasz	72	TKKF KOSZALIN	M-30	2	00:17:45.61	+00:00:06 (0.6%)	3:33	16.9 (99.4%)
3	RYKIEL Michał	197	DĄBROWSKI TEAM	M-30	3	00:17:55.83	+00:00:17 (1.6%)	3:35	16.7 (98.2%)
4	MAJKOWICZ Rafał	141		M-30	4	00:18:01.08	+00:00:22 (2.1%)	3:36	16.6 (97.6%)
5	MIELEWCZYK Łukasz	152	GRUPA BIEGOWA MRT	M-30	5	00:18:07.09	+00:00:28 (2.6%)	3:37	16.6 (97.6%)
6	KAWKA Adrian	100	BEST BEASTS	M-30	6	00:19:00.94	+00:01:22 (7.2%)	3:48	15.8 (92.9%)
7	GOSTKOWSKI Łukasz	59	404 NOT FOUND	M-30	7	00:19:34.41	+00:01:55 (9.8%)	3:54	15.3 (90.0%)
8	CICHOSZ-MIELEWCZYK Mateusz	35	POZYTYWNIENAKRĘCENI	M-30	8	00:19:42.42	+00:02:03 (10.5%)	3:56	15.2 (89.4%)
9	CUBER Wojciech	37	#ZABIEGANINOCA	M-30	9	00:20:52.64	+00:03:13 (15.5%)	4:10	14.4 (84.7%)
10	WEBER Paweł	241	FPP	M-30	10	00:21:01.67	+00:03:22 (16.1%)	4:12	14.3 (84.1%)
11	ŁUKAWSKI Mariusz	139	8PPLOT	M-30	11	00:21:10.11	+00:03:31 (16.6%)	4:14	14.2 (83.5%)
12	ŻUREK Mateusz	263		M-30	12	00:21:17.47	+00:03:38 (17.1%)	4:15	14.1 (82.9%)
13	OLCZAK Krzysztof	169		M-30	13	00:21:18.13	+00:03:39 (17.2%)	4:15	14.1 (82.9%)
14	SITARCZYK Damian	205	FUNDACJA ZASTOPIJ	M-30	14	00:21:21.76	+00:03:42 (17.4%)	4:16	14.1 (82.9%)
15	CZYŻYKOWSKI Łukasz	40		M-30	15	00:21:27.85	+00:03:49 (17.8%)	4:17	14 (82.4%)
16	SZULC Szymon	228	SZULC RUNNERS TEAM	M-30	16	00:21:41.85	+00:04:03 (18.7%)	4:20	13.8 (81.2%)
17	NOSAL Mariusz	165		M-30	17	00:22:06.02	+00:04:27 (20.2%)	4:25	13.6 (80.0%)
18	BARTHA Adrian	9		M-30	18	00:22:14.78	+00:04:35 (20.7%)	4:27	13.5 (79.4%)
19	ŻUKOWSKI Cezary	262		M-30	19	00:22:41.35	+00:05:02 (22.2%)	4:32	13.2 (77.6%)
20	HARASIMOWICZ Michał	67	12BBSP	M-30	20	00:23:13.78	+00:05:34 (24.0%)	4:38	12.9 (75.9%)
21	BAGNIUK Piotr	4		M-30	21	00:23:19.00	+00:05:40 (24.3%)	4:39	12.9 (75.9%)
22	GĄSIOR Grzegorz	53	CSSP	M-30	22	00:23:32.12	+00:05:53 (25.0%)	4:42	12.7 (74.7%)
23	CHOŁUJ Karol	29	ZAWSZE DO PRZODU	M-30	23	00:23:40.41	+00:06:01 (25.5%)	4:44	12.7 (74.7%)
24	BODO Rafał	15	ZOSKOSZ KOSZALIN	M-30	24	00:23:41.41	+00:06:02 (25.5%)	4:44	12.7 (74.7%)
25	MICHALCZYK Kamil	151		M-30	25	00:24:06.06	+00:06:27 (26.8%)	4:49	12.4 (72.9%)
26	SKOKOWSKI Marek	206		M-30	26	00:24:15.02	+00:06:36 (27.2%)	4:51	12.4 (72.9%)

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27	DĘBSKI Damian	42		M-30	27	00:24:20.40	+00:06:41 (27.5%)	4:52	12.3 (72.4%)
28	JASIEK Paweł	80	#ZABIEGANINOCA	M-30	28	00:24:23.02	+00:06:44 (27.6%)	4:52	12.3 (72.4%)
29	GONTEK Łukasz	58	VW BATORY	M-30	29	00:25:12.19	+00:07:33 (30.0%)	5:02	11.9 (70.0%)
30	LIPNIEWICZ Paweł	136		M-30	30	00:25:20.81	+00:07:42 (30.4%)	5:04	11.8 (69.4%)
31	CIEŚLAK Grzegorz	36		M-30	31	00:25:40.42	+00:08:01 (31.3%)	5:08	11.7 (68.8%)
32	ADAMOWICZ Maciej	1	SP MIELNO	M-30	32	00:26:02.43	+00:08:23 (32.2%)	5:12	11.5 (67.6%)
33	ŁODYGA Łukasz	138		M-30	33	00:26:16.40	+00:08:37 (32.8%)	5:15	11.4 (67.1%)
34	SZWEDA Mateusz	231	WATACH	M-30	34	00:26:38.08	+00:08:59 (33.7%)	5:19	11.3 (66.5%)
35	WESOŁOWSKI Łukasz	244		M-30	35	00:27:12.50	+00:09:33 (35.1%)	5:26	11 (64.7%)
36	ŚWIDERSKI Marcin	234		M-30	36	00:27:33.84	+00:09:55 (36.0%)	5:30	10.9 (64.1%)
37	MITUNIEWICZ Adrian	156		M-30	37	00:27:33.91	+00:09:55 (36.0%)	5:30	10.9 (64.1%)
38	KACZMAREK Łukasz	88	WOJOWNICY WÓDY	M-30	38	00:27:42.41	+00:10:03 (36.3%)	5:32	10.8 (63.5%)
39	ORYSZCZYN Arkadiusz	172	DZIKIE ŻÓŁWIE	M-30	39	00:27:46.46	+00:10:07 (36.5%)	5:33	10.8 (63.5%)
40	SZYMAŃSKI Patryk	194		M-30	40	00:28:03.77	+00:10:24 (37.1%)	5:36	10.7 (62.9%)
41	MASŁOWSKI Artur	149		M-30	41	00:28:04.86	+00:10:26 (37.2%)	5:37	10.7 (62.9%)
42	SIGNAROWSKI Dawid	204	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	42	00:28:17.36	+00:10:38 (37.6%)	5:39	10.6 (62.4%)
43	TABISZ Sławomir	235	12BBSP	M-30	43	00:28:26.39	+00:10:47 (38.0%)	5:41	10.6 (62.4%)
44	SZCZESIAK Paweł	223	ROWERY MAŁGOŚKA	M-30	44	00:28:28.48	+00:10:49 (38.0%)	5:41	10.5 (61.8%)
45	SPICA Łukasz	209	DZIKIE ŻÓŁWIE	M-30	45	00:29:12.77	+00:11:33 (39.6%)	5:50	10.3 (60.6%)
46	ORLIKOWSKI Robert	171	POŁCZYN BIEGA ♥	M-30	46	00:30:00.58	+00:12:21 (41.2%)	6:00	10 (58.8%)
47	KULIGOWSKI Maksym	132	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	47	00:30:53.02	+00:13:14 (42.9%)	6:10	9.7 (57.1%)
48	POŁOCZAŃSKI Piotr	189		M-30	48	00:32:01.65	+00:14:22 (44.9%)	6:24	9.4 (55.3%)
49	SZMYT Marcin	225		M-30	49	00:32:01.66	+00:14:22 (44.9%)	6:24	9.4 (55.3%)
50	KIEDOS Dariusz	104	8PPLOT	M-30	50	00:32:19.90	+00:14:41 (45.4%)	6:28	9.3 (54.7%)
51	ŚCIEPŁEK Mateusz	233	FUNDACJA ZASTOPIJ	M-30	51	00:36:17.85	+00:18:39 (51.4%)	7:15	8.3 (48.8%)

Znaleziono 51 wynik(ów)