



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-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	RYBACZEK Sebastian	196	8PLOT	M-40	1	00:18:27.13		3:41	16.2 (100%)
2	WALEŃSKI Michał	239	TKKF KOSZALIN	M-40	2	00:19:09.31	+00:00:42 (3.7%)	3:50	15.7 (96.9%)
3	SZULC Arek	230	MARYCZ.COM	M-40	3	00:19:22.86	+00:00:55 (4.8%)	3:52	15.5 (95.7%)
4	LEWANDOWSKI Jacek	135	TAPETY KOSZALIN MONIUSZKI	M-40	4	00:19:37.43	+00:01:10 (6.0%)	3:55	15.3 (94.4%)
5	DUDA Grzegorz	47	BEST BEASTS	M-40	5	00:19:37.60	+00:01:10 (6.0%)	3:55	15.3 (94.4%)
6	TRĘBSKI Krzysztof	236	#ZABIEGANINOCA	M-40	6	00:20:03.24	+00:01:36 (8.0%)	4:00	15 (92.6%)
7	BRALSKI Andrzej	19	#ZABIEGANINOCA	M-40	7	00:20:22.29	+00:01:55 (9.4%)	4:04	14.7 (90.7%)
8	JANKOWSKI Grzegorz	78	POZYTYWNIENIE NAKRĘCENI	M-40	8	00:20:30.91	+00:02:03 (10.1%)	4:06	14.6 (90.1%)
9	KOZIEŁ Paweł	119		M-40	9	00:20:34.43	+00:02:07 (10.3%)	4:06	14.6 (90.1%)
10	KUCAL Paweł	131		M-40	10	00:20:40.19	+00:02:13 (10.7%)	4:08	14.5 (89.5%)
11	PĘKAŁA Piotr	180	SP MANOWO	M-40	11	00:20:46.92	+00:02:19 (11.2%)	4:09	14.4 (88.9%)
12	SZAMOTULSKI Henryk	222		M-40	12	00:20:57.22	+00:02:30 (11.9%)	4:11	14.3 (88.3%)
13	WIKTOROWSKI Maciej	246		M-40	13	00:21:05.52	+00:02:38 (12.5%)	4:13	14.2 (87.7%)
14	GÓRA Sylwester	61	#ZABIEGANINOCA	M-40	14	00:21:15.60	+00:02:48 (13.2%)	4:15	14.1 (87.0%)
15	BUDZIŃSKI Paweł	25	TAGER SPORT KOSZALIN / DRUŻYNA SZPIKU	M-40	15	00:21:39.00	+00:03:11 (14.8%)	4:19	13.9 (85.8%)
16	BŁASZCZYK Piotr	14		M-40	16	00:21:42.83	+00:03:15 (15.0%)	4:20	13.8 (85.2%)
17	CIASTOŃ Tomasz	33	ORSKOV FOODS TEAM	M-40	17	00:21:43.79	+00:03:16 (15.1%)	4:20	13.8 (85.2%)
18	GAWRYSIAK Przemysław	52		M-40	18	00:22:03.93	+00:03:36 (16.4%)	4:24	13.6 (84.0%)
19	PŁAŻAŁSKI Przemysław	186		M-40	19	00:22:13.50	+00:03:46 (17.0%)	4:26	13.5 (83.3%)
20	JAKÓBCZYK Sławomir	76	BRAK	M-40	20	00:22:49.13	+00:04:22 (19.1%)	4:33	13.1 (80.9%)
21	PIETRYKA Artur	182	KARLINOBIEGAJ	M-40	21	00:22:58.80	+00:04:31 (19.7%)	4:35	13.1 (80.9%)
22	BAWOŁ Andrzej	10	:)	M-40	22	00:23:02.51	+00:04:35 (19.9%)	4:36	13 (80.2%)
23	HAŁKA Arkadiusz	66	TRUCHT ŁOBEZ	M-40	23	00:23:07.12	+00:04:39 (20.2%)	4:37	13 (80.2%)
24	KONKEL Łukasz	111		M-40	24	00:23:26.70	+00:04:59 (21.3%)	4:41	12.8 (79.0%)
25	SAWIŃSKI Jacek	201		M-40	25	00:23:28.12	+00:05:00 (21.4%)	4:41	12.8 (79.0%)
26	MONGIAŁO Marcin	158	FAST FEET K-LIN	M-40	26	00:23:36.01	+00:05:08 (21.8%)	4:43	12.7 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	SARBIEWSKI Przemysław	200		M-40	27	00:23:52.63	+00:05:25 (22.7%)	4:46	12.6 (77.8%)
28	ANTKOWIAK Sebastian	2	DB - ACTIVE	M-40	28	00:23:52.88	+00:05:25 (22.7%)	4:46	12.6 (77.8%)
29	MARCINKOWSKI Jacek	146	SSK ORZEŁ ŚWIESZYNO	M-40	29	00:24:10.36	+00:05:43 (23.7%)	4:50	12.4 (76.5%)
30	KRASIŃSKI Witold	122		M-40	30	00:24:10.39	+00:05:43 (23.7%)	4:50	12.4 (76.5%)
31	PAWŁOWSKI Grzegorz	178	GAMMAX	M-40	31	00:24:16.85	+00:05:49 (24.0%)	4:51	12.4 (76.5%)
32	KAJKOWSKI Rafał	93	CSSP	M-40	32	00:24:43.14	+00:06:16 (25.4%)	4:56	12.1 (74.7%)
33	STALUSZKA Dariusz	210	21BLT	M-40	33	00:24:54.13	+00:06:27 (25.9%)	4:58	12 (74.1%)
34	KAMYK Piotr	95	HTTPS://MH-INFORMATYKA.PL	M-40	34	00:24:59.89	+00:06:32 (26.2%)	5:00	12 (74.1%)
35	KUSZYŃSKI Dariusz	133		M-40	35	00:25:00.04	+00:06:32 (26.2%)	5:00	12 (74.1%)
36	URBANOWICZ Michał	237		M-40	36	00:25:21.52	+00:06:54 (27.2%)	5:04	11.8 (72.8%)
37	KOPEĆ Krzysztof	113		M-40	37	00:25:44.74	+00:07:17 (28.3%)	5:09	11.7 (72.2%)
38	JĘDRZEJKO Mirosław	83		M-40	38	00:26:38.21	+00:08:11 (30.7%)	5:19	11.3 (69.8%)
39	BEDNAREK Krzysztof	11	MORSACZEBIEGACZE	M-40	39	00:27:05.13	+00:08:38 (31.9%)	5:25	11.1 (68.5%)
40	KAMINSKI Tomasz	94	8PLOT	M-40	40	00:27:27.22	+00:09:00 (32.8%)	5:29	10.9 (67.3%)
41	KLONOWSKI Artur	106		M-40	41	00:27:50.61	+00:09:23 (33.7%)	5:34	10.8 (66.7%)
42	RUSIECKI Paweł	193	WSPL SPZOZ W KOSZALINIE	M-40	42	00:27:55.00	+00:09:27 (33.9%)	5:35	10.7 (66.0%)
43	STRZELECKI Sebastian 'Kaszana'	218	SAILING TEAM FERAJNA	M-40	43	00:28:09.38	+00:09:42 (34.5%)	5:37	10.7 (66.0%)
44	BRZEZIŃSKI Paweł	21		M-40	44	00:28:18.96	+00:09:51 (34.8%)	5:39	10.6 (65.4%)
45	CHAMERA Tomasz	31	WATAHA	M-40	45	00:29:27.05	+00:10:59 (37.3%)	5:53	10.2 (63.0%)
46	KARPIŃSKI Tomek	99	AKADEMIA MALUCHA	M-40	46	00:29:40.74	+00:11:13 (37.8%)	5:56	10.1 (62.3%)
47	HARASYM Daniel	68	FUNDACJA ZASTOPIJ	M-40	47	00:29:41.18	+00:11:14 (37.8%)	5:56	10.1 (62.3%)
48	BABIARZ Jacek	3	PRESS GLASS - BIEGAMY I WSPIERAMY	M-40	48	00:32:34.07	+00:14:06 (43.3%)	6:30	9.2 (56.8%)
49	KARNICKI Artur	97	TKKF KOSZALIN	M-40	49	00:35:24.74	+00:16:57 (47.9%)	7:05	8.5 (52.5%)
50	KHOURI Michał	198	KLUB ROGATEGO MORSA	M-40	50	00:35:30.95	+00:17:03 (48.0%)	7:06	8.4 (51.9%)

Znaleziono 50 wynik(ów)