



**Organizator:** ZOS Koszalin  
**Data:** 2016-08-28  
**Miejsce:** Koszalin  
**Dystans:** 6 km

## BIEG WAKACYJNY 6 KM

B4SPORT



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2km	Start_All 4km	Czas netto 6km	Czas brutto 6km	Różn	Tempo min/km	Tempo km/h
1	<b>BEDNARZ Paweł</b>	<b>32</b>	MODEST MAN KOSZALI(N)ACŁAW	M30-39	1	00:00:07	00:07:09	00:14:51	<b>00:22:45.10</b>	<b>00:22:52.65</b>		3:47	15.8 (100%)
2	<b>KĘPKA Adrian</b>	<b>73</b>		M18-29	1	00:00:07	00:07:42	00:15:56	<b>00:24:12.00</b>	<b>00:24:19.95</b>	+00:01:26 (6.0%)	4:02	14.9 (94.3%)
3	<b>BARAŃSKI Przemysław</b>	<b>85</b>	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M18-29	2	00:00:07	00:07:54	00:16:37	<b>00:24:55.55</b>	<b>00:25:03.15</b>	+00:02:10 (8.7%)	4:09	14.4 (91.1%)
4	<b>KOZAK Arkadiusz</b>	<b>24</b>	TKKF KOSZALIN	M40-49	1	00:00:07	00:07:42	00:15:56	<b>00:25:00.35</b>	<b>00:25:08.00</b>	+00:02:15 (9.0%)	4:10	14.4 (91.1%)
5	<b>SKIERKA Grzegorz</b>	<b>5</b>	MKS ŚWIĘC SŁAWNO	M30-39	2	00:00:08	00:08:16	00:17:26	<b>00:26:24.30</b>	<b>00:26:32.75</b>	+00:03:39 (13.8%)	4:24	13.6 (86.1%)
6	<b>BIEDRZYCKI Adam</b>	<b>6</b>	OSP STARY BOREK	M30-39	3	00:00:08	00:08:41	00:17:47	<b>00:27:05.00</b>	<b>00:27:13.95</b>	+00:04:19 (16.0%)	4:30	13.3 (84.2%)
7	<b>MOSEK Radosław</b>	<b>30</b>		M30-39	4	00:00:08	00:08:46	00:18:08	<b>00:27:45.15</b>	<b>00:27:53.90</b>	+00:05:00 (18.0%)	4:37	13 (82.3%)
8	<b>SZAMREJ Wojciech</b>	<b>66</b>		M50-59	1	00:00:08	00:08:52	00:18:34	<b>00:28:22.80</b>	<b>00:28:31.20</b>	+00:05:37 (19.8%)	4:43	12.7 (80.4%)
9	<b>DZIADOWIEC Marek</b>	<b>62</b>		M18-29	3	00:00:09	00:09:30	00:19:17	<b>00:28:41.90</b>	<b>00:28:51.85</b>	+00:05:56 (20.7%)	4:47	12.5 (79.1%)
10	<b>ŻYLICZ Paweł</b>	<b>36</b>	STOPA SŁUPSK	M18-29	4	00:00:07	00:09:00	00:18:52	<b>00:28:51.00</b>	<b>00:28:58.95</b>	+00:06:05 (21.1%)	4:48	12.5 (79.1%)
11	<b>RACZYŃSKI Kazimierz</b>	<b>33</b>	PASIEKAZPASJA.PL	M40-49	2	00:00:10	00:09:19	00:19:15	<b>00:29:14.75</b>	<b>00:29:25.20</b>	+00:06:29 (22.2%)	4:52	12.3 (77.8%)
12	<b>IWANIEC Dariusz</b>	<b>8</b>	TKKF KOSZALIN	M40-49	3	00:00:08	00:09:11	00:19:11	<b>00:29:31.55</b>	<b>00:29:40.15</b>	+00:06:46 (22.9%)	4:55	12.2 (77.2%)
13	<b>SKOWYRSKI Janusz</b>	<b>34</b>	TKKF KOSZALIN / ROWERIA KOSZALIN	M50-59	2	00:00:10	00:09:25	00:19:45	<b>00:30:00.15</b>	<b>00:30:10.15</b>	+00:07:15 (24.2%)	5:00	12 (75.9%)
14	<b>RUTKOWSKI Ryszard</b>	<b>60</b>	RUTKOWSCY TEAM	M50-59	3	00:00:08	00:09:33	00:19:54	<b>00:30:21.60</b>	<b>00:30:30.20</b>	+00:07:36 (25.1%)	5:03	11.9 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2km	Start_All 4km	Czas netto 6km	Czas brutto 6km	Różn	Tempo min/km	Tempo km/h
15	<b>WILKOWSKI Krzysztof</b>	<b>82</b>		M30-39	5	00:00:09	00:09:42	00:20:18	<b>00:30:57.40</b>	<b>00:31:07.25</b>	+00:08:12 (26.5%)	5:09	11.6 (73.4%)
16	<b>ROGOŹA Ireneusz</b>	<b>78</b>	BIEGNIJMY.PL	M40-49	4	00:00:11	00:09:51	00:20:35	<b>00:31:24.90</b>	<b>00:31:36.10</b>	+00:08:39 (27.6%)	5:14	11.5 (72.8%)
17	<b>KONKEL Łukasz</b>	<b>77</b>		M30-39	6	00:00:09	00:09:31	00:20:17	<b>00:32:01.15</b>	<b>00:32:10.80</b>	+00:09:16 (28.9%)	5:20	11.2 (70.9%)
18	<b>RASZPLA Radek</b>	<b>83</b>		M40-49	5	00:00:09	00:09:56	00:21:25	<b>00:32:30.30</b>	<b>00:32:39.95</b>	+00:09:45 (30.0%)	5:25	11.1 (70.3%)
19	<b>KOPCZEWSKI Dariusz</b>	<b>26</b>		M50-59	4	00:00:10	00:09:40	00:20:49	<b>00:32:46.95</b>	<b>00:32:57.75</b>	+00:10:01 (30.6%)	5:27	11 (69.6%)
20	<b>JANUSZEWSKI Jacek</b>	<b>48</b>	17 WOG	M50-59	5	00:00:10	00:10:06	00:21:31	<b>00:33:15.65</b>	<b>00:33:25.65</b>	+00:10:30 (31.6%)	5:32	10.8 (68.4%)
21	<b>KOWALCZYK Piotr</b>	<b>86</b>		M30-39	7	00:00:10	00:10:12	00:21:35	<b>00:33:16.90</b>	<b>00:33:27.05</b>	+00:10:31 (31.6%)	5:32	10.8 (68.4%)
22	<b>SZAMREJ Piotr</b>	<b>67</b>		M18-29	5	00:00:09	00:10:10	00:22:02	<b>00:34:21.00</b>	<b>00:34:30.15</b>	+00:11:35 (33.8%)	5:43	10.5 (66.5%)
23	<b>KARNICKI Zygmunt</b>	<b>23</b>	TKKF KOSZALIN	M60+	1	00:00:09	00:10:47	00:22:37	<b>00:34:29.25</b>	<b>00:34:38.40</b>	+00:11:44 (34.0%)	5:44	10.4 (65.8%)
24	<b>KUPREWICZ Grzegorz</b>	<b>54</b>	JW1223	M30-39	8	00:00:11	00:10:32	00:23:18	<b>00:36:43.25</b>	<b>00:36:54.25</b>	+00:13:58 (38.0%)	6:07	9.8 (62.0%)
	<b>WEBER Paweł</b>	<b>84</b>		M30-39		DNF	00:08:43 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 25 wynik(ów)