



BIEG WALENTYNKOWY 5 KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-02-11
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	ORZECHOWSKI Kamil	159	TKKF KOSZALIN	M-30	1	00:18:02.35		3:36	16.6 (100%)
2	SIADAK Arkadiusz	207		M-30	2	00:18:20.65	+00:00:18 (1.7%)	3:40	16.3 (98.2%)
3	HOFMAN Darek	74	GOGGLE PAE/WOLF TEAM	M-30	3	00:18:57.30	+00:00:54 (4.8%)	3:47	15.8 (95.2%)
4	CZAPLIŃSKI Jacek	34	FREE BIRDS	M-30	4	00:18:58.00	+00:00:55 (4.9%)	3:47	15.8 (95.2%)
5	WICHER Krzysztof	259	GABINET REHABILITACJI AKTYWNEJ	M-30	5	00:19:02.95	+00:01:00 (5.3%)	3:48	15.7 (94.6%)
6	STEBELSKI Jasiak	219		M-30	6	00:19:34.70	+00:01:32 (7.9%)	3:54	15.3 (92.2%)
7	CICHOSZ-MIELEWCZYK Mateusz	277	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	7	00:19:53.55	+00:01:51 (9.3%)	3:58	15.1 (91.0%)
8	PIĄTKOWSKI Grzegorz	175	WICHER RĄBINO	M-30	8	00:20:53.55	+00:02:51 (13.7%)	4:10	14.4 (86.7%)
9	FADDA Bruno-André	46		M-30	9	00:20:54.50	+00:02:52 (13.7%)	4:10	14.4 (86.7%)
10	MICKIEWICZ Adam	143	JW3937 MRZEŻYNO	M-30	10	00:20:57.05	+00:02:54 (13.9%)	4:11	14.3 (86.1%)
11	RUSINEK Artur	200		M-30	11	00:21:05.45	+00:03:03 (14.5%)	4:13	14.2 (85.5%)
12	FABICH Adrian	45	USTECKA SZKOŁA BIEGANIA	M-30	12	00:21:08.25	+00:03:05 (14.7%)	4:13	14.2 (85.5%)
13	KUKIEŁA Tomasz	125		M-30	13	00:21:45.15	+00:03:42 (17.1%)	4:21	13.8 (83.1%)
14	SZYMCZAK Michał	241		M-30	14	00:21:46.45	+00:03:44 (17.2%)	4:21	13.8 (83.1%)
15	OLEJNIK Bartłomiej	158	ŻYTŃNIA TEAM	M-30	15	00:21:52.65	+00:03:50 (17.5%)	4:22	13.7 (82.5%)
16	BONISŁAWSKI Jarosław	17	MAM ŚWIRA	M-30	16	00:21:54.10	+00:03:51 (17.6%)	4:22	13.7 (82.5%)
17	KŁOS Tomasz	106		M-30	17	00:22:01.05	+00:03:58 (18.1%)	4:24	13.6 (81.9%)
18	JADCZAK Tomasz	78		M-30	18	00:22:19.55	+00:04:17 (19.2%)	4:27	13.4 (80.7%)
19	KOZIEŁ Paweł	115	WICHER RĄBINO	M-30	19	00:22:23.50	+00:04:21 (19.4%)	4:28	13.4 (80.7%)
20	KAMYK Piotr	97	MH IT SERWIS KOSZALIN	M-30	20	00:22:28.60	+00:04:26 (19.7%)	4:29	13.3 (80.1%)
21	BOGUMIŁOW Marcin	16		M-30	21	00:22:40.20	+00:04:37 (20.4%)	4:32	13.2 (79.5%)
22	OTTO Michał	165		M-30	22	00:22:50.05	+00:04:47 (21.0%)	4:34	13.1 (78.9%)
23	FRĄTCZAK Sławomir	50		M-30	23	00:23:15.45	+00:05:13 (22.4%)	4:39	12.9 (77.7%)
24	RÓG Michał	199	JW 1223	M-30	24	00:23:16.35	+00:05:14 (22.5%)	4:39	12.9 (77.7%)
25	ŻUKOWSKI Cezary	274	MIGAWKOWE.PL	M-30	25	00:23:43.15	+00:05:40 (23.9%)	4:44	12.6 (75.9%)
26	MIKIETYŃSKI Michał	145	„ZABIEGANI NOCĄ”	M-30	26	00:23:48.80	+00:05:46 (24.2%)	4:45	12.6 (75.9%)
27	DZIĘBOWSKI Mariusz	44		M-30	27	00:24:09.90	+00:06:07 (25.4%)	4:50	12.4 (74.7%)

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28	HRYCIÓW Paweł	76	JW1223	M-30	28	00:25:04.45	+00:07:02 (28.1%)	5:01	12 (72.3%)
29	MARZEC Łukasz	136		M-30	29	00:25:11.55	+00:07:09 (28.4%)	5:02	11.9 (71.7%)
30	RYCHLIŃSKI Damian	202		M-30	30	00:25:14.75	+00:07:12 (28.5%)	5:03	11.9 (71.7%)
31	KAZIMIERCZAK Leszek	101	SKURCZTEAM	M-30	31	00:25:34.15	+00:07:31 (29.4%)	5:07	11.7 (70.5%)
32	BAK Sebastian	7	ŁOSOŚ T.E.A.M	M-30	32	00:25:34.85	+00:07:32 (29.5%)	5:06	11.7 (70.5%)
33	PACAN Bartosz	168	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	33	00:26:00.90	+00:07:58 (30.7%)	5:12	11.5 (69.3%)
34	ZALESKI Tomasz	264		M-30	34	00:26:05.95	+00:08:03 (30.9%)	5:13	11.5 (69.3%)
35	KOWALCZYK Piotr	114		M-30	35	00:26:12.60	+00:08:10 (31.2%)	5:14	11.5 (69.3%)
36	BODO Rafał	15		M-30	36	00:26:19.15	+00:08:16 (31.5%)	5:15	11.4 (68.7%)
37	GRĄBCZEWSKI Rafał	67	JW 1223	M-30	37	00:26:22.50	+00:08:20 (31.6%)	5:16	11.4 (68.7%)
38	SZULC Szymon	239	SZULC RUNNERS TEAM	M-30	38	00:26:23.55	+00:08:21 (31.7%)	5:16	11.4 (68.7%)
39	BASIAK Krystian	6	JW1223	M-30	39	00:26:44.95	+00:08:42 (32.6%)	5:21	11.2 (67.5%)
40	KACZMAREK Łukasz	92	WOJOWNICY WÓDY	M-30	40	00:26:58.65	+00:08:56 (33.1%)	5:23	11.1 (66.9%)
41	ROGAŁA Łukasz	196	NIGHT RUNNERS SŁUPSK	M-30	41	00:26:59.20	+00:08:56 (33.2%)	5:23	11.1 (66.9%)
42	WEILAND Adrian	257		M-30	42	00:28:01.10	+00:09:58 (35.6%)	5:36	10.7 (64.5%)
43	PŁOTKA Grzegorz	181		M-30	43	00:28:30.00	+00:10:27 (36.7%)	5:42	10.5 (63.3%)
44	JANKOWSKI Remigiusz	82		M-30	44	00:28:38.75	+00:10:36 (37.0%)	5:43	10.5 (63.3%)
45	GAWLIK Artur	58	BIEGNIJMY.PL	M-30	45	00:28:49.15	+00:10:46 (37.4%)	5:46	10.4 (62.7%)
46	ŻAK Rafał	273		M-30	46	00:29:13.20	+00:11:10 (38.3%)	5:50	10.3 (62.0%)
47	KOSECKI Tomasz	111	ZAKWAS	M-30	47	00:30:08.05	+00:12:05 (40.1%)	6:01	10 (60.2%)
48	SZULC Adam	238	SZULC RUNNERS TEAM	M-30	48	00:30:37.85	+00:12:35 (41.1%)	6:07	9.8 (59.0%)
49	NOWAK Piotr	156		M-30	49	00:32:01.25	+00:13:58 (43.7%)	6:24	9.4 (56.6%)
50	LEŚNIEWSKI Dominik	269	RAMS	M-30	50	00:34:20.35	+00:16:18 (47.5%)	6:52	8.7 (52.4%)

Znaleziono 50 wynik(ów)