



# BIEG WALENTYNKOWY 5 KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łąbusz, Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-02-11  
**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	<b>BORYCHOWSKI Mariusz</b>	<b>20</b>	KB TUPOT USTKA	M-40	1	<b>00:17:31.70</b>		3:30	17.1 (100%)
2	<b>GARSKI Kryspin</b>	<b>57</b>	ŚWIAT PŁYTEK U KRYPINA	M-40	2	<b>00:18:55.55</b>	+00:01:23 (7.4%)	3:47	15.8 (92.4%)
3	<b>GAŁKOWSKI Dariusz</b>	<b>24</b>		M-40	3	<b>00:19:28.50</b>	+00:01:56 (10.0%)	3:53	15.4 (90.1%)
4	<b>TRĘBSKI Krzysztof</b>	<b>244</b>	ZABIEGANINOCA	M-40	4	<b>00:19:40.90</b>	+00:02:09 (10.9%)	3:56	15.2 (88.9%)
5	<b>BAJGERT Robert</b>	<b>5</b>	VOLTAIX.PL	M-40	5	<b>00:19:52.90</b>	+00:02:21 (11.8%)	3:58	15.1 (88.3%)
6	<b>PAKULSKI Marcin</b>	<b>169</b>		M-40	6	<b>00:20:47.10</b>	+00:03:15 (15.7%)	4:09	14.4 (84.2%)
7	<b>MUCHA Krzysztof</b>	<b>149</b>	KOSZALIN	M-40	7	<b>00:20:56.20</b>	+00:03:24 (16.3%)	4:11	14.3 (83.6%)
8	<b>BADLIK Marcin</b>	<b>4</b>	COS SG	M-40	8	<b>00:21:37.65</b>	+00:04:05 (19.0%)	4:19	13.9 (81.3%)
9	<b>CHOŁUJ Jarek</b>	<b>29</b>	ROZBIEGANY KOSZALIN	M-40	9	<b>00:21:40.65</b>	+00:04:08 (19.1%)	4:20	13.8 (80.7%)
10	<b>KASPERSKI Dariusz</b>	<b>100</b>		M-40	10	<b>00:21:43.30</b>	+00:04:11 (19.3%)	4:20	13.8 (80.7%)
11	<b>OSTAFI Robert</b>	<b>161</b>		M-40	11	<b>00:21:43.85</b>	+00:04:12 (19.3%)	4:20	13.8 (80.7%)
12	<b>PRYGIEL Jarosław</b>	<b>186</b>	21BLT , PARKRUN ŚWIDWIN	M-40	12	<b>00:21:47.10</b>	+00:04:15 (19.5%)	4:21	13.8 (80.7%)
13	<b>ROMANOWICZ Piotr</b>	<b>198</b>	NIE ZRZESZONY	M-40	13	<b>00:22:05.25</b>	+00:04:33 (20.6%)	4:25	13.6 (79.5%)
14	<b>PICK Tomasz</b>	<b>176</b>	MK KOSZALIN	M-40	14	<b>00:22:10.75</b>	+00:04:39 (21.0%)	4:26	13.5 (78.9%)
15	<b>URBAŃSKI Tomasz</b>	<b>248</b>		M-40	15	<b>00:22:10.95</b>	+00:04:39 (21.0%)	4:26	13.5 (78.9%)
16	<b>SZUBERT Marcin</b>	<b>236</b>	KOŁOBRZEG BIEGA	M-40	16	<b>00:22:14.80</b>	+00:04:43 (21.2%)	4:27	13.5 (78.9%)
17	<b>JARZYNA Roman</b>	<b>85</b>		M-40	17	<b>00:22:15.70</b>	+00:04:44 (21.3%)	4:27	13.5 (78.9%)
18	<b>KAJKOWSKI Rafał</b>	<b>93</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M-40	18	<b>00:22:26.30</b>	+00:04:54 (21.9%)	4:29	13.4 (78.4%)
19	<b>IWANIEC Dariusz</b>	<b>77</b>	TKKF KOSZALIN	M-40	19	<b>00:22:27.25</b>	+00:04:55 (21.9%)	4:29	13.4 (78.4%)
20	<b>HOC Dariusz</b>	<b>72</b>		M-40	20	<b>00:22:48.95</b>	+00:05:17 (23.2%)	4:33	13.1 (76.6%)
21	<b>ANTKOWIAK Sebastian</b>	<b>3</b>	DB - ACTIVE	M-40	21	<b>00:23:03.15</b>	+00:05:31 (24.0%)	4:36	13 (76.0%)
22	<b>RASZPLA Radosław</b>	<b>194</b>	BBL	M-40	22	<b>00:23:27.75</b>	+00:05:56 (25.3%)	4:41	12.8 (74.9%)
23	<b>JAWORSKI Robert</b>	<b>87</b>	BRYZA POSTOMINO	M-40	23	<b>00:23:35.70</b>	+00:06:04 (25.7%)	4:43	12.7 (74.3%)
24	<b>MICHALCZYK Mariusz</b>	<b>141</b>	JW1223	M-40	24	<b>00:23:42.50</b>	+00:06:10 (26.1%)	4:44	12.6 (73.7%)
25	<b>ZIÓŁKOWSKI Wojciech</b>	<b>271</b>	#ZABIEGANINOCA	M-40	25	<b>00:23:49.75</b>	+00:06:18 (26.4%)	4:46	12.6 (73.7%)
26	<b>KRASIŃSKI Witold</b>	<b>121</b>	JW1223	M-40	26	<b>00:23:54.80</b>	+00:06:23 (26.7%)	4:47	12.5 (73.1%)
27	<b>MAJCHRZAK Paweł</b>	<b>132</b>	KARLINO BIEGAJ	M-40	27	<b>00:24:05.05</b>	+00:06:33 (27.2%)	4:49	12.5 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	<b>DOMAŃSKI Adam</b>	<b>40</b>		M-40	28	<b>00:24:06.85</b>	+00:06:35 (27.3%)	4:49	12.4 (72.5%)
29	<b>PODSIADŁO Marcin</b>	<b>183</b>	1978	M-40	29	<b>00:24:39.85</b>	+00:07:08 (28.9%)	4:56	12.2 (71.3%)
30	<b>ŁUSZCZEWSKI Krzysztof</b>	<b>131</b>	ŻYTANIA TEAM	M-40	30	<b>00:24:43.90</b>	+00:07:12 (29.1%)	4:56	12.1 (70.8%)
31	<b>ŻYWOT Norbert</b>	<b>275</b>		M-40	31	<b>00:24:45.60</b>	+00:07:13 (29.2%)	4:57	12.1 (70.8%)
32	<b>ADRYAN Adam</b>	<b>1</b>	CKB SŁUPSK	M-40	32	<b>00:24:53.00</b>	+00:07:21 (29.6%)	4:58	12.1 (70.8%)
33	<b>KULAWIŃSKI Marek</b>	<b>126</b>		M-40	33	<b>00:25:05.55</b>	+00:07:33 (30.1%)	5:01	12 (70.2%)
34	<b>KAMIŃSKI Tomasz</b>	<b>95</b>	TKKF-JW 1223	M-40	34	<b>00:25:10.45</b>	+00:07:38 (30.4%)	5:02	11.9 (69.6%)
35	<b>GALICKI Robert</b>	<b>52</b>		M-40	35	<b>00:25:11.20</b>	+00:07:39 (30.4%)	5:02	11.9 (69.6%)
36	<b>PIĘTOSA Daniel</b>	<b>177</b>	FREERUNNER	M-40	36	<b>00:25:15.50</b>	+00:07:43 (30.6%)	5:03	11.9 (69.6%)
37	<b>DANOWSKI Maciej</b>	<b>38</b>	FITNES CLUB FORMA	M-40	37	<b>00:25:15.95</b>	+00:07:44 (30.6%)	5:03	11.9 (69.6%)
38	<b>NIEDBAŁA Konrad</b>	<b>151</b>		M-40	38	<b>00:25:18.35</b>	+00:07:46 (30.7%)	5:03	11.8 (69.0%)
39	<b>DUBACKI Kazimierz</b>	<b>43</b>	NIGHT RUNNERS SŁUPSK	M-40	39	<b>00:25:23.15</b>	+00:07:51 (31.0%)	5:04	11.8 (69.0%)
40	<b>RAMA Janusz</b>	<b>191</b>		M-40	40	<b>00:25:33.55</b>	+00:08:01 (31.4%)	5:06	11.7 (68.4%)
41	<b>SEEWALD Jan</b>	<b>205</b>	ZAKWAS	M-40	41	<b>00:25:47.85</b>	+00:08:16 (32.1%)	5:09	11.6 (67.8%)
42	<b>GAWRYSIAK Przemysław</b>	<b>59</b>		M-40	42	<b>00:25:54.10</b>	+00:08:22 (32.3%)	5:10	11.6 (67.8%)
43	<b>JASIŃSKI Cezary</b>	<b>86</b>	MNBC	M-40	43	<b>00:26:06.75</b>	+00:08:35 (32.9%)	5:13	11.5 (67.3%)
44	<b>NOWAK Bartłomiej</b>	<b>157</b>	SAILING TEAM FERAJNA	M-40	44	<b>00:26:37.15</b>	+00:09:05 (34.2%)	5:19	11.3 (66.1%)
45	<b>MONGIAŁO Marcin</b>	<b>148</b>		M-40	45	<b>00:26:44.85</b>	+00:09:13 (34.5%)	5:21	11.2 (65.5%)
46	<b>FAJGIER Tomasz</b>	<b>47</b>		M-40	46	<b>00:27:08.55</b>	+00:09:36 (35.4%)	5:25	11 (64.3%)
47	<b>TURCZYN Grzegorz</b>	<b>246</b>	NIGHT RUNNERS SŁUPSK	M-40	47	<b>00:27:37.30</b>	+00:10:05 (36.5%)	5:31	10.9 (63.7%)
48	<b>GAŁKA Marcin</b>	<b>54</b>		M-40	48	<b>00:27:42.30</b>	+00:10:10 (36.7%)	5:32	10.8 (63.2%)
49	<b>BERNACKI Adam</b>	<b>9</b>	ADRÓG	M-40	49	<b>00:27:48.10</b>	+00:10:16 (37.0%)	5:33	10.8 (63.2%)
50	<b>ZIELIŃSKI Tomasz</b>	<b>267</b>		M-40	50	<b>00:28:21.75</b>	+00:10:50 (38.2%)	5:40	10.6 (62.0%)
51	<b>KIJKO Jacek</b>	<b>279</b>		M-40	51	<b>00:28:45.40</b>	+00:11:13 (39.0%)	5:45	10.4 (60.8%)
52	<b>STRZELECKI Sebastian</b>	<b>223</b>	SAILING TEAM FERAJNA	M-40	52	<b>00:29:20.85</b>	+00:11:49 (40.3%)	5:52	10.2 (59.6%)
53	<b>WALKOWIAK Dariusz</b>	<b>251</b>		M-40	53	<b>00:30:50.05</b>	+00:13:18 (43.2%)	6:10	9.7 (56.7%)
54	<b>BRESZKA Paweł</b>	<b>21</b>	POLSKA	M-40	54	<b>00:31:06.00</b>	+00:13:34 (43.6%)	6:13	9.6 (56.1%)
55	<b>KARPIŃSKI Tomek</b>	<b>99</b>		M-40	55	<b>00:32:04.75</b>	+00:14:33 (45.4%)	6:24	9.4 (55.0%)
DNC	<b>GUTOWSKI Sebastian</b>	<b>68</b>	GUCIOR-RUN	M-40				-	- (0.0%)

Znaleziono 56 wynik(ów)