



BIEG WALENTYNKOWY 5 KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-02-10
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	SIADAK Arkadiusz	173		M-30	1	00:17:46.30		3:33	16.9 (100%)
2	HUBERT Łukasz	66	TKKF KOSZALIN	M-30	2	00:18:25.42	+00:00:39 (3.5%)	3:41	16.3 (96.4%)
3	RYKIEL Michał	169		M-30	3	00:19:05.82	+00:01:19 (6.9%)	3:49	15.7 (92.9%)
4	MAJKOWICZ Rafał	112		M-30	4	00:19:06.17	+00:01:19 (7.0%)	3:49	15.7 (92.9%)
5	CZAPLIŃSKI Jacek	29	TAGER KOSZALIN	M-30	5	00:19:14.91	+00:01:28 (7.7%)	3:51	15.6 (92.3%)
6	KAWKA Adrian	79		M-30	6	00:19:29.97	+00:01:43 (8.9%)	3:54	15.4 (91.1%)
7	STENCEL Maciej	185	GTS CZARNA DĄBRÓWKA	M-30	7	00:20:12.91	+00:02:26 (12.1%)	4:02	14.8 (87.6%)
8	CIASTOŃ Tomasz	26	ORSKOV FOODS TEAM	M-30	8	00:20:18.31	+00:02:32 (12.5%)	4:03	14.8 (87.6%)
9	DZIĘBOWSKI Mariusz	45		M-30	9	00:20:29.56	+00:02:43 (13.3%)	4:06	14.6 (86.4%)
10	MAZURSKI Paweł	116		M-30	10	00:20:42.42	+00:02:56 (14.2%)	4:08	14.5 (85.8%)
11	BIEŃKOWSKI Tomasz	7	IQ CONSULTING KOSZALIN	M-30	11	00:20:55.14	+00:03:08 (15.0%)	4:11	14.3 (84.6%)
12	WEBER Paweł	145	ENERGON	M-30	12	00:21:26.98	+00:03:40 (17.1%)	4:17	14 (82.8%)
13	OLCZAK Krzysztof	143		M-30	13	00:21:28.79	+00:03:42 (17.3%)	4:17	14 (82.8%)
14	PAWLAK Łukasz	146	KAMIEŃ RYMAŃSKI	M-30	14	00:21:53.06	+00:04:06 (18.8%)	4:22	13.7 (81.1%)
15	OTTO Michał	139		M-30	15	00:22:04.48	+00:04:18 (19.5%)	4:24	13.6 (80.5%)
16	WÓJCICKI Adrian	217	DEAF KOSZALIN	M-30	16	00:22:15.59	+00:04:29 (20.2%)	4:27	13.5 (79.9%)
17	ŻUKOWSKI Cezary	227	MIGAWKOWE.PL	M-30	17	00:22:41.36	+00:04:55 (21.7%)	4:32	13.2 (78.1%)
18	BARTHA Adrian	4		M-30	18	00:23:12.49	+00:05:26 (23.4%)	4:38	12.9 (76.3%)
19	KAZIMIERCZAK Leszek	80	LOVELASY DĄBKI	M-30	19	00:23:23.75	+00:05:37 (24.0%)	4:40	12.8 (75.7%)
20	JADCZAK Tomasz	67	JW1223	M-30	20	00:23:26.88	+00:05:40 (24.2%)	4:41	12.8 (75.7%)
21	KŁOSIŃSKI Michał	85		M-30	21	00:23:49.58	+00:06:03 (25.4%)	4:46	12.6 (74.6%)
22	DĘBSKI Damian	35		M-30	22	00:23:52.63	+00:06:06 (25.6%)	4:46	12.6 (74.6%)
23	MYK Paweł	127		M-30	23	00:24:09.44	+00:06:23 (26.4%)	4:50	12.4 (73.4%)
24	CHOŁUJ Karol	21	ZAWSZE DO PRZODU	M-30	24	00:24:11.21	+00:06:24 (26.5%)	4:50	12.4 (73.4%)
25	PRZYBYSZ Damian	160		M-30	25	00:24:40.77	+00:06:54 (28.0%)	4:56	12.2 (72.2%)
26	BODO Rafał	10		M-30	26	00:25:01.83	+00:07:15 (29.0%)	5:00	12 (71.0%)
27	KOSZ Paweł	91		M-30	27	00:25:20.39	+00:07:34 (29.9%)	5:04	11.8 (69.8%)

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28	PACAN Bartosz	141	ŚWIAT PŁYTEK U KRYSPINA	M-30	28	00:25:24.07	+00:07:37 (30.0%)	5:04	11.8 (69.8%)
29	KRZANOWSKI Marcin	99	MARCINBIEGA	M-30	29	00:25:25.95	+00:07:39 (30.1%)	5:05	11.8 (69.8%)
30	DOWNAR-ZAPOLSKI Paweł	41		M-30	30	00:25:26.48	+00:07:40 (30.1%)	5:05	11.8 (69.8%)
31	ZIELIŃSKI Maciej	223		M-30	31	00:26:01.60	+00:08:15 (31.7%)	5:12	11.5 (68.0%)
32	SATYŁA Tomasz	171	CZARNE BIEGA	M-30	32	00:26:15.61	+00:08:29 (32.3%)	5:15	11.4 (67.5%)
33	PRZYBYŁ Krzysztof	158		M-30	33	00:26:18.31	+00:08:32 (32.4%)	5:15	11.4 (67.5%)
34	ORYSZCZYN Arkadiusz	137		M-30	34	00:26:26.08	+00:08:39 (32.8%)	5:17	11.3 (66.9%)
35	SPICA Łukasz	176		M-30	35	00:26:26.55	+00:08:40 (32.8%)	5:17	11.3 (66.9%)
36	KĘSIK Łukasz	234	ŚWIAT PŁYTEK U KRYSPINA	M-30	36	00:26:30.20	+00:08:43 (32.9%)	5:18	11.3 (66.9%)
37	KACZMAREK Łukasz	72	WOJOWNICY WÓDY	M-30	37	00:26:38.18	+00:08:51 (33.3%)	5:19	11.3 (66.9%)
38	DĘGA Piotr	36	CZARNE BIEGA	M-30	38	00:27:12.89	+00:09:26 (34.7%)	5:26	11 (65.1%)
39	GONTEK Łukasz	52	VW BATORY	M-30	39	00:27:31.94	+00:09:45 (35.5%)	5:30	10.9 (64.5%)
40	MAĆKOWIAK Paweł	111	SKB DZIK POLICE	M-30	40	00:27:35.58	+00:09:49 (35.6%)	5:31	10.9 (64.5%)
41	BILL Łukasz	8		M-30	41	00:28:29.17	+00:10:42 (37.6%)	5:42	10.5 (62.1%)
42	PŁOTKA Grzegorz	155	1982	M-30	42	00:29:07.54	+00:11:21 (39.0%)	5:49	10.3 (60.9%)
43	ZIMNOWŁOCKI Mariusz	224	DEAF KOSZALIN	M-30	43	00:29:31.07	+00:11:44 (39.8%)	5:54	10.2 (60.4%)
44	SZULC Adam	197	SZULC RUNNERS TEAM	M-30	44	00:31:21.28	+00:13:34 (43.3%)	6:16	9.6 (56.8%)

Znaleziono 44 wynik(ów)