



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-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZABORSKI Ryszard	220	TKKF KOSZALIN	M-40	1	00:17:40.09		3:32	17 (100%)
2	KOZAK Arkadiusz	121	TKKF KOSZALIN	M-40	2	00:17:51.31	+00:00:11 (1.0%)	3:34	16.8 (98.8%)
3	GARSKI Kryspin	238	ŚWIAT PŁYTEK U KRYSPIŃ	M-40	3	00:18:33.78	+00:00:53 (4.8%)	3:42	16.2 (95.3%)
4	ZUKAL Piotr	225		M-40	4	00:19:05.14	+00:01:25 (7.4%)	3:49	15.7 (92.4%)
5	DUDA Grzegorz	43	METALCORP TEAM	M-40	5	00:19:24.73	+00:01:44 (9.0%)	3:53	15.5 (91.2%)
6	GÓRA Sylwester	202	#ZABIEGANINOCA	M-40	6	00:19:43.12	+00:02:03 (10.4%)	3:56	15.2 (89.4%)
7	LEWANDOWSKI Jacek	107		M-40	7	00:20:15.03	+00:02:34 (12.8%)	4:03	14.8 (87.1%)
8	SPRINGER Marcin	178		M-40	8	00:20:33.80	+00:02:53 (14.1%)	4:06	14.6 (85.9%)
9	MUCHA Krzysztof	126		M-40	9	00:20:40.77	+00:03:00 (14.6%)	4:08	14.5 (85.3%)
10	PICK Tomasz	151	DEAF KOSZALIN	M-40	10	00:20:53.22	+00:03:13 (15.4%)	4:10	14.4 (84.7%)
11	CHOŁUJ Jarek	20		M-40	11	00:21:30.60	+00:03:50 (17.9%)	4:18	13.9 (81.8%)
12	BŁASZCZYK Piotr	9		M-40	12	00:21:47.76	+00:04:07 (18.9%)	4:21	13.8 (81.2%)
13	KWIETNIEWSKI Daniel	106		M-40	13	00:21:54.90	+00:04:14 (19.4%)	4:23	13.7 (80.6%)
14	KONKEL Łukasz	88		M-40	14	00:22:00.30	+00:04:20 (19.7%)	4:24	13.6 (80.0%)
15	KOZIEŁ Paweł	93		M-40	15	00:22:20.10	+00:04:40 (20.9%)	4:28	13.4 (78.8%)
16	GAWRYSIAK Przemysław	50		M-40	16	00:22:23.75	+00:04:43 (21.1%)	4:28	13.4 (78.8%)
17	WIKTOROWSKI Maciej	211		M-40	17	00:22:35.00	+00:04:54 (21.8%)	4:31	13.3 (78.2%)
18	ANTKOWIAK Sebastian	2	DB - ACTIVE	M-40	18	00:22:39.72	+00:04:59 (22.0%)	4:32	13.2 (77.6%)
19	HEŁAK Robert	62		M-40	19	00:23:00.67	+00:05:20 (23.2%)	4:36	13 (76.5%)
20	POLAŃSKI Norbert	156	21BLT	M-40	20	00:23:06.94	+00:05:26 (23.6%)	4:37	13 (76.5%)
21	KUSZYŃSKI Dariusz	105		M-40	21	00:23:07.62	+00:05:27 (23.6%)	4:37	13 (76.5%)
22	KŁOS Tomasz	84		M-40	22	00:23:20.43	+00:05:40 (24.3%)	4:40	12.9 (75.9%)
23	RAPIŃCZUK Jan	161	BDSUOT WARSZAWA	M-40	23	00:23:35.14	+00:05:55 (25.1%)	4:43	12.7 (74.7%)
24	STALUSZKA Dariusz	179	21.BLT	M-40	24	00:24:29.66	+00:06:49 (27.9%)	4:54	12.2 (71.8%)
25	GAPPA Michał	49	1972	M-40	25	00:24:44.81	+00:07:04 (28.6%)	4:57	12.1 (71.2%)
26	HAŁKA Arkadiusz	59	TRUCHT ŁOBEZ	M-40	26	00:25:00.40	+00:07:20 (29.3%)	5:00	12 (70.6%)
27	KRASIŃSKI Witold	95		M-40	27	00:25:09.40	+00:07:29 (29.8%)	5:02	11.9 (70.0%)

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28	DANOWSKI Maciek	31	FITNESS CLUB FORMA BIAŁOGARD	M-40	28	00:25:21.12	+00:07:41 (30.3%)	5:04	11.8 (69.4%)
29	SZMIGIERO Sebastian	191	W.P.K SŁOŃ TEAM	M-40	29	00:25:21.72	+00:07:41 (30.3%)	5:04	11.8 (69.4%)
30	WAJDA Waldemar	204		M-40	30	00:25:25.17	+00:07:45 (30.5%)	5:05	11.8 (69.4%)
31	RÓJ Andrzej	165		M-40	31	00:25:49.63	+00:08:09 (31.6%)	5:10	11.6 (68.2%)
32	MONGIAŁO Marcin	124	FAST FEET K-LIN	M-40	32	00:28:01.55	+00:10:21 (37.0%)	5:36	10.7 (62.9%)
33	DOMAŃSKI Adam	38		M-40	33	00:28:28.26	+00:10:48 (37.9%)	5:41	10.5 (61.8%)
34	SKIBA Artur	174	PARALOTNIOWY PPGG	M-40	34	00:28:56.39	+00:11:16 (38.9%)	5:47	10.4 (61.2%)
35	ŚLEDŹ Andrzej	198	WĘŻEŁEK	M-40	35	00:31:33.51	+00:13:53 (44.0%)	6:18	9.5 (55.9%)
36	RUSIECKI Paweł	166	WSPL SP ZOZ KOSZALIN	M-40	36	00:31:52.56	+00:14:12 (44.6%)	6:22	9.4 (55.3%)
37	RYHANYCZ Paweł	168	JEDWABIŚCI	M-40	37	00:35:00.44	+00:17:20 (49.5%)	7:00	8.6 (50.6%)
38	KARNICKI Artur	76		M-40	38	00:35:45.92	+00:18:05 (50.6%)	7:09	8.4 (49.4%)
39	KULAWINSKI Marek	102		M-40	39	00:42:56.66	+00:25:16 (58.9%)	8:35	7 (41.2%)

Znaleziono 39 wynik(ów)