



BIEG WALENTYNKOWY 5 KM

B4SPORT

Organiser: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Date: 2019-02-10
Place: Koszalin
Distance: 5 km



Classification: M-60

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	OPALIŃSKI Stanisław	136	SENIORA	M-60	1	00:22:35.20		4:31	13.3 (100%)
2	OSOBNIAK Ryszard	138	KOSZALIN -NIEZRZESZONY	M-60	2	00:23:59.42	+00:01:24 (5.9%)	4:48	12.5 (94.0%)
3	WOCH Edward	130		M-60	3	00:24:08.93	+00:01:33 (6.5%)	4:49	12.4 (93.2%)
4	KOZŁOWIECKI Waldemar	231	TKKF KOSZALIN	M-60	4	00:25:34.34	+00:02:59 (11.7%)	5:06	11.7 (88.0%)
5	JUSZCZAK Krzysztof	71		M-60	5	00:25:56.59	+00:03:21 (12.9%)	5:11	11.6 (87.2%)
6	KARNICKI Zygmunt	75	TKKF KOSZALIN	M-60	6	00:27:42.36	+00:05:07 (18.5%)	5:32	10.8 (81.2%)
7	HELLER Zdzisław	63	NIEZRZESZONY	M-60	7	00:29:10.53	+00:06:35 (22.6%)	5:50	10.3 (77.4%)
8	WOCH Zbigniew	210		M-60	8	00:30:10.67	+00:07:35 (25.2%)	6:02	9.9 (74.4%)
9	STRACH Marek	235		M-60	9	00:31:08.21	+00:08:33 (27.5%)	6:13	9.6 (72.2%)
10	WOJANOWSKI Zbigniew	215	SPORT I REKREACJA DELFIN GRUDZIĄDZ	M-60	10	00:32:09.58	+00:09:34 (29.8%)	6:26	9.3 (69.9%)

Total 10 results.