



BIEG ZAKOCHANYCH - 10.2KM

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury
Date: Fizycznej 2016-02-14
Place: Jamno
Distance: 10.2 km



Classification: M-40

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
1	GARSKI Kryspin	407	ŚWIAT PŁYTEK U KRYSPIŃA / SEXYRUNNERS	M-40	1	00:00:03	00:15:10	00:39:23.35	00:39:26.95		3:51	15.5 (100%)
2	WIDONIAK Rafał	360	BIEGNIJMY.PL	M-40	2	00:00:03	00:15:10	00:39:54.65	00:39:58.15	+00:00:31 (1.3%)	3:54	15.3 (98.7%)
3	GÓRA Sylwester	73		M-40	3	00:00:02	00:15:47	00:40:32.10	00:40:34.10	+00:01:08 (2.8%)	3:58	15.1 (97.4%)
4	SOBCZYK Łukasz	299	KOŁOBRZEG BIEGA	M-40	4	00:00:02	00:16:05	00:42:08.75	00:42:10.80	+00:02:45 (6.5%)	4:07	14.5 (93.5%)
5	BAJGERT Robert	2	VOLTAIX.PL/KB WYGAN	M-40	5	00:00:12	00:16:12	00:42:10.00	00:42:22.00	+00:02:46 (6.6%)	4:08	14.5 (93.5%)
6	UZNAŃSKI Ryszard	353		M-40	6	00:00:01	00:16:06	00:42:57.55	00:42:59.25	+00:03:34 (8.3%)	4:12	14.2 (91.6%)
7	LESZCZYŃSKI Marcin	182	WWW.GARROSH.PL	M-40	7	00:00:03	00:16:53	00:43:05.45	00:43:08.95	+00:03:42 (8.6%)	4:13	14.2 (91.6%)
8	HABUŁYK Tomasz	82		M-40	8	00:00:05	00:17:05	00:43:45.90	00:43:51.45	+00:04:22 (10.0%)	4:17	14 (90.3%)
9	SZYMCZAK Henryk	340		M-40	9	00:00:07	00:17:36	00:44:00.00	00:44:07.65	+00:04:36 (10.5%)	4:18	13.9 (89.7%)
10	WINKEL Jerzy	371		M-40	10	00:00:04	00:16:23	00:44:19.10	00:44:23.85	+00:04:55 (11.1%)	4:20	13.8 (89.0%)
11	GRZYWA Roman	79	18.WOG	M-40	11	00:00:06	00:17:42	00:45:45.95	00:45:52.90	+00:06:22 (13.9%)	4:29	13.4 (86.5%)
12	JANKIEWICZ Tomasz	105	MTS HAMER MIASTKO	M-40	12	00:00:04	00:17:25	00:46:02.75	00:46:07.20	+00:06:39 (14.5%)	4:30	13.3 (85.8%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
13	WINKEL Łukasz	370		M-40	13	00:00:06	00:17:37	00:46:07.70	00:46:14.10	+00:06:44 (14.6%)	4:31	13.3 (85.8%)
14	ZIOMKO Rafał	398		M-40	14	00:00:25	00:18:17	00:46:08.40	00:46:33.75	+00:06:45 (14.6%)	4:31	13.3 (85.8%)
15	CHOŁUJ Jarosław	32		M-40	15	00:00:10	00:18:28	00:46:18.25	00:46:28.65	+00:06:54 (14.9%)	4:32	13.2 (85.2%)
16	PETA Andrzej	258	MTS HAMER MIASTKO	M-40	16	00:00:05	00:17:45	00:46:22.55	00:46:27.90	+00:06:59 (15.1%)	4:32	13.2 (85.2%)
17	KURLAPSKI Mariusz	178	STR ŚWIDWIN	M-40	17	00:00:06	00:17:48	00:47:07.15	00:47:13.15	+00:07:43 (16.4%)	4:37	13 (83.9%)
18	WÓJCIK Damian	389	RUNNERSWALDE DARŁOWO	M-40	18	00:00:13	00:17:59	00:47:08.55	00:47:22.15	+00:07:45 (16.4%)	4:37	13 (83.9%)
19	KSZCZANOWICZ Jacek	172		M-40	19	00:00:28	00:18:14	00:47:14.80	00:47:43.25	+00:07:51 (16.6%)	4:37	13 (83.9%)
20	GÓRECKI Mirosław	428	CZARNY KOŃ	M-40	20	00:00:25	00:18:34	00:47:16.15	00:47:41.85	+00:07:52 (16.7%)	4:38	12.9 (83.2%)
21	ZIELIŃSKI Przemysław	396		M-40	21	00:00:19	00:18:23	00:47:25.40	00:47:44.95	+00:08:02 (16.9%)	4:38	12.9 (83.2%)
22	ZWOLIŃSKI Jan	401	TKKF KOSZALIN	M-40	22	00:00:10	00:18:22	00:47:32.90	00:47:43.55	+00:08:09 (17.2%)	4:39	12.9 (83.2%)
23	JAROSZ Dariusz	112	TKKF KOSZALIN	M-40	23	00:00:12	00:18:46	00:47:34.00	00:47:46.70	+00:08:10 (17.2%)	4:39	12.9 (83.2%)
24	OGRODNIK Grzegorz	241	JW1223	M-40	24	00:00:05	00:18:26	00:48:01.40	00:48:06.65	+00:08:38 (18.0%)	4:42	12.7 (81.9%)
25	JABŁOŃSKI Arkadiusz	98		M-40	25	00:00:24	00:18:37	00:48:08.90	00:48:33.25	+00:08:45 (18.2%)	4:43	12.7 (81.9%)
26	RAMA Janusz	277	KOŁOBRZEG	M-40	26	00:00:21	00:19:21	00:48:18.05	00:48:39.95	+00:08:54 (18.5%)	4:44	12.7 (81.9%)
27	PUŚCIAN Krzysztof Kamil	273	GIMNAZJUM W MANOWIE	M-40	27	00:00:06	00:18:27	00:48:24.75	00:48:31.55	+00:09:01 (18.6%)	4:44	12.6 (81.3%)
28	KAJKOWSKI Rafał	118	CS SP KOSZALIN	M-40	28	00:00:06	00:18:56	00:48:28.75	00:48:35.15	+00:09:05 (18.8%)	4:45	12.6 (81.3%)
29	DEMBICKI Daniel	42		M-40	29	00:00:10	00:18:24	00:48:38.05	00:48:48.95	+00:09:14 (19.0%)	4:46	12.6 (81.3%)
30	KRASIŃSKI Witold	165		M-40	30	00:00:11	00:18:37	00:48:42.30	00:48:53.80	+00:09:18 (19.1%)	4:46	12.6 (81.3%)
31	MĘDEL Cezary	215		M-40	31	00:00:08	00:18:48	00:48:55.15	00:49:03.85	+00:09:31 (19.5%)	4:47	12.5 (80.6%)
32	ROGOŻA Ireneusz	283		M-40	32	00:00:06	00:18:27	00:48:59.55	00:49:06.20	+00:09:36 (19.6%)	4:48	12.5 (80.6%)
33	IWANIEC Dariusz	94	OSP SIERAKOWO	M-40	33	00:00:09	00:18:46	00:49:14.55	00:49:24.30	+00:09:51 (20.0%)	4:49	12.4 (80.0%)
34	KAMELSKI Piotr	122	B/K	M-40	34	00:00:08	00:19:20	00:49:23.30	00:49:32.00	+00:09:59 (20.2%)	4:50	12.4 (80.0%)
35	DUDZIAK Piotr	48		M-40	35	00:00:09	00:18:48	00:49:29.85	00:49:39.40	+00:10:06 (20.4%)	4:51	12.4 (80.0%)

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36	KACHLICKI Kamil	116		M-40	36	00:00:07	00:19:08	00:49:47.00	00:49:54.80	+00:10:23 (20.9%)	4:52	12.3 (79.4%)
37	KASPERSKI Mirosław	129	B-RUN-EK KOSZALIN	M-40	37	00:00:07	00:19:17	00:50:06.90	00:50:14.45	+00:10:43 (21.4%)	4:54	12.2 (78.7%)
38	KANIOWSKI Jacek	126	W.P.K SŁOŃ TEAM USTKA	M-40	38	00:00:20	00:19:07	00:50:40.30	00:51:00.80	+00:11:16 (22.3%)	4:58	12.1 (78.1%)
39	GAWIECKI Piotr	63		M-40	39	00:00:02	00:19:07	00:51:00.80	00:51:03.55	+00:11:37 (22.8%)	5:00	12 (77.4%)
40	DZIESZUK Dariusz	49	TKKF KOSZALIN	M-40	40	00:00:09	00:20:02	00:51:15.60	00:51:25.25	+00:11:52 (23.2%)	5:01	11.9 (76.8%)
41	KĘPKA Mirosław	135	K.B.SPRINT ŚWIDWIN	M-40	41	00:00:17	00:20:03	00:51:16.40	00:51:33.40	+00:11:53 (23.2%)	5:01	11.9 (76.8%)
42	PAKULSKI Marcin	249		M-40	42	00:00:25	00:24:10	00:51:24.30	00:51:50.15	+00:12:00 (23.4%)	5:02	11.9 (76.8%)
43	SZYMAŃSKI Jarosław	339	TEAM BIEGOWY SZCZECINEK	M-40	43	00:00:17	00:20:29	00:51:57.95	00:52:15.10	+00:12:34 (24.2%)	5:05	11.8 (76.1%)
44	RASZPLA Radosław	280	CIOTECZKI.PL	M-40	44	00:00:07	00:19:23	00:51:58.00	00:52:05.50	+00:12:34 (24.2%)	5:05	11.8 (76.1%)
45	KOZIBRODA Marcin	159	TEAM BIEGOWY SZCZECINEK	M-40	45	00:00:11	00:20:44	00:52:00.80	00:52:12.15	+00:12:37 (24.3%)	5:05	11.8 (76.1%)
46	NOREK Tomek	237		M-40	46	00:00:19	00:19:56	00:52:02.05	00:52:21.50	+00:12:38 (24.3%)	5:06	11.8 (76.1%)
47	HOC Dariusz	86		M-40	47	00:00:10	00:21:59	00:53:48.95	00:53:59.65	+00:14:25 (26.8%)	5:16	11.4 (73.5%)
48	ŚRODA Wojciech	343		M-40	48	00:00:29	00:21:44	00:54:21.00	00:54:50.55	+00:14:57 (27.5%)	5:19	11.3 (72.9%)
49	WOLF Emil	385		M-40	49	00:00:14	00:21:24	00:54:25.50	00:54:39.55	+00:15:02 (27.6%)	5:20	11.2 (72.3%)
50	GROCHOWSKI Rafał	77		M-40	50	00:00:22	00:20:41	00:54:45.65	00:55:08.45	+00:15:22 (28.1%)	5:22	11.2 (72.3%)
51	FAJGIER Tomasz	52		M-40	51	00:00:06	00:21:23	00:54:53.35	00:55:00.00	+00:15:30 (28.2%)	5:22	11.1 (71.6%)
52	ŻYWOT Norbert	403	WT KOŁOBRZEG	M-40	52	00:00:21	00:21:03	00:54:55.25	00:55:16.65	+00:15:31 (28.3%)	5:23	11.1 (71.6%)
53	KOŁAKOWSKI Dariusz	142	K.B.SPRINT ŚWIDWIN	M-40	53	00:00:30	00:21:33	00:54:55.50	00:55:26.45	+00:15:32 (28.3%)	5:23	11.1 (71.6%)
54	SIENICKI Piotr	293		M-40	54	00:00:12	00:21:13	00:55:04.95	00:55:17.25	+00:15:41 (28.5%)	5:24	11.1 (71.6%)
55	NIEDBAŁA Konrad	233		M-40	55	00:00:26	00:20:51	00:55:13.20	00:55:39.70	+00:15:49 (28.7%)	5:24	11.1 (71.6%)
56	MIELCZAREK Maciej	220		M-40	56	00:00:25	00:22:42	00:55:27.50	00:55:53.35	+00:16:04 (29.0%)	5:26	11 (71.0%)
57	DĄBROWSKI Grzegorz	41		M-40	57	00:00:13	00:21:15	00:55:30.05	00:55:43.50	+00:16:06 (29.0%)	5:26	11 (71.0%)
58	RADECKI Jacek	274	JW CS SP	M-40	58	00:00:06	00:21:00	00:55:36.90	00:55:43.80	+00:16:13 (29.2%)	5:27	11 (71.0%)

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59	HNATOWSKI Artur	85	DM FC KOSZALIN	M-40	59	00:00:26	00:20:27	00:55:38.90	00:56:05.55	+00:16:15 (29.2%)	5:27	11 (71.0%)
60	GIGOŁO Łukasz	67	SUNDAYBIKERS KARLINO TEAM	M-40	60	00:00:04	00:20:29	00:56:05.25	00:56:10.00	+00:16:41 (29.8%)	5:30	10.9 (70.3%)
61	ŁUKASZYK Andrzej	410		M-40	61	00:00:15	00:21:41	00:56:30.55	00:56:45.60	+00:17:07 (30.3%)	5:32	10.8 (69.7%)
62	SOBOLEWSKI Marek	302		M-40	62	00:00:14	00:21:15	00:57:03.60	00:57:17.65	+00:17:40 (31.0%)	5:35	10.7 (69.0%)
63	TURCZYN Grzegorz	348	NIGHT RUNNERS SŁUPSK	M-40	63	00:00:24	00:21:47	00:57:21.70	00:57:46.25	+00:17:58 (31.3%)	5:37	10.7 (69.0%)
64	BENEDYSIUK Sławomir	419		M-40	64	00:00:09	00:21:18	00:57:33.40	00:57:43.05	+00:18:10 (31.6%)	5:38	10.6 (68.4%)
65	JĘDRASZCZYK Marek	113	WŁ SŁUPSK	M-40	65	00:00:18	00:21:37	00:58:49.90	00:59:08.00	+00:19:26 (33.0%)	5:46	10.4 (67.1%)
66	ŚLEDŹ Andrzej	342	WŁ SŁUPSK	M-40	66	00:00:17	00:21:39	00:58:50.45	00:59:08.10	+00:19:27 (33.1%)	5:46	10.4 (67.1%)
67	KIPER Jarosław	406	JW 1223	M-40	67	00:00:09	00:22:14	00:58:58.35	00:59:07.70	+00:19:35 (33.2%)	5:46	10.4 (67.1%)
68	KOŁODZIEJCZAK Grzegorz	143	PARKRUN SZCZECINEK	M-40	68	00:00:31	00:23:12	00:59:55.95	01:00:27.20	+00:20:32 (34.3%)	5:52	10.2 (65.8%)
69	JAKÓBCZAK Darek	99		M-40	69	00:00:22	00:24:22	01:00:08.70	01:00:30.95	+00:20:45 (34.5%)	5:53	10.2 (65.8%)
70	MAJCHRZAK Paweł	200		M-40	70	00:00:05	00:21:31	01:00:09.45	01:00:14.95	+00:20:46 (34.5%)	5:53	10.2 (65.8%)
71	URBAŃSKI Aleksander	350	17WOG KOSZALIN	M-40	71	00:00:29	00:22:59	01:00:13.70	01:00:42.75	+00:20:50 (34.6%)	5:54	10.2 (65.8%)
72	HAMUŁKA Krzysztof	413		M-40	72	00:00:10	00:21:46	01:01:13.35	01:01:24.00	+00:21:50 (35.7%)	6:00	10 (64.5%)
73	SZCZYTKOWSKI Marek	327	K.B.SPRINT ŚWIDWIN	M-40	73	00:00:20	00:24:06	01:02:05.80	01:02:26.55	+00:22:42 (36.6%)	6:05	9.9 (63.9%)
74	KONIECZKA Piotr	147		M-40	74	00:00:30	00:23:44	01:02:49.20	01:03:19.25	+00:23:25 (37.3%)	6:09	9.7 (62.6%)
75	SZYMAŃSKI Tomasz	338	TEAM BIEGOWY SZCZECINEK	M-40	75	00:00:13	00:21:46	01:03:52.95	01:04:06.25	+00:24:29 (38.3%)	6:15	9.6 (61.9%)
76	WOŹNIAK Dariusz	388	WWW.LIMO300C.COM	M-40	76	00:00:25	00:24:30	01:05:25.85	01:05:50.90	+00:26:02 (39.8%)	6:24	9.4 (60.6%)
77	RUSIECKI Paweł	287	WSPL SP ZOZ W KOSZALINIE	M-40	77	00:00:27	00:24:27	01:06:59.80	01:07:27.65	+00:27:36 (41.2%)	6:34	9.1 (58.7%)
78	FORNALAK Rafał	59		M-40	78	00:00:20	00:26:26	01:17:18.15	01:17:38.80	+00:37:54 (49.0%)	7:34	7.9 (51.0%)

Total 78 results.