



BIEG ZAKOCHANYCH - 10 KM

B4SPORT

Organiser: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Date: 2017-02-12
Place: Jamno
Distance: 10 km



Classification: M-30

Place	Participant	Number	Club	Category	MCat	Start time	Start All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	BEDNARZ Paweł	29	13-TY FUN CLUB ASI CHMIEL:*	M-30	1	00:00:03	00:17:06	00:35:29.55	00:35:32.60		3:32	16.9 (100%)
2	FAMULSKI Cezary	72	JW 1223 KOSZALIN	M-30	2	00:00:02	00:19:09	00:38:02.45	00:38:05.25	+00:02:32 (6.7%)	3:48	15.8 (93.5%)
3	WOJDASIEWICZ Tadeusz	303		M-30	3	00:00:05	00:19:08	00:38:27.90	00:38:33.80	+00:02:58 (7.7%)	3:50	15.6 (92.3%)
4	STENCEL Maciej	261		M-30	4	00:00:03	00:19:57	00:39:47.40	00:39:51.10	+00:04:17 (10.8%)	3:58	15.1 (89.3%)
5	STACHOWIAK Adrian	257		M-30	5	00:00:03	00:19:54	00:40:06.15	00:40:09.70	+00:04:36 (11.5%)	4:00	15 (88.8%)
6	PANCEWICZ Piotr	221	RUNNERSWALDE DARŁOWO	M-30	6	00:00:08	00:20:54	00:41:30.45	00:41:39.10	+00:06:00 (14.5%)	4:09	14.5 (85.8%)
7	KUKIEŁA Tomasz	155		M-30	7	00:00:09	00:21:49	00:42:48.75	00:42:58.35	+00:07:19 (17.1%)	4:16	14 (82.8%)
8	KOSIŃSKI Wojciech	141	JAZZ TEAM	M-30	8	00:00:03	00:21:32	00:43:03.70	00:43:07.10	+00:07:34 (17.6%)	4:18	13.9 (82.2%)
9	ŚNIEŻKO Marcin	281	TKKF KOSZALIN	M-30	9	00:00:04	00:21:23	00:43:04.50	00:43:09.20	+00:07:34 (17.6%)	4:18	13.9 (82.2%)
10	KALKOWSKI Paweł	118	JW1223 KOSZALIN	M-30	10	00:00:10	00:21:59	00:43:08.65	00:43:19.05	+00:07:39 (17.7%)	4:18	13.9 (82.2%)
11	SIWIK Stanisław	252	JW 3775 DARŻEWO	M-30	11	00:00:07	00:22:05	00:43:44.80	00:43:52.65	+00:08:15 (18.9%)	4:22	13.7 (81.1%)
12	WILKOWSKI Krzysztof	299		M-30	12	00:00:03	00:21:31	00:43:53.95	00:43:57.50	+00:08:24 (19.1%)	4:23	13.7 (81.1%)
13	MANIKOWSKI Przemysław	176		M-30	13	00:00:05	00:22:37	00:44:26.00	00:44:31.10	+00:08:56 (20.1%)	4:26	13.5 (79.9%)
14	LENKIEWICZ Piotr	161	AT-AKTYWNY TRZEBIATÓW	M-30	14	00:00:18	00:22:07	00:44:35.55	00:44:53.90	+00:09:06 (20.4%)	4:27	13.5 (79.9%)

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15	PIETRZAK Kamil	231	ACTIVE MALBORK	M-30	15	00:00:05	00:22:40	00:44:51.10	00:44:56.35	+00:09:21 (20.9%)	4:29	13.4 (79.3%)
16	MICKIEWICZ Adam	191	JW3937 MRZEŻYNO	M-30	16	00:00:07	00:21:57	00:44:54.60	00:45:02.45	+00:09:25 (21.0%)	4:29	13.4 (79.3%)
17	KŁOS Tomasz	133		M-30	17	00:00:04	00:22:04	00:45:03.80	00:45:08.40	+00:09:34 (21.2%)	4:30	13.3 (78.7%)
18	PSTRAĞOWSKI Marcin	236	DZIKI KOSZALIN	M-30	18	00:00:07	00:22:34	00:45:14.00	00:45:21.85	+00:09:44 (21.5%)	4:31	13.3 (78.7%)
19	NOWAK Piotr	209	CZARNE BIEGA	M-30	19	00:00:05	00:22:59	00:45:47.70	00:45:53.20	+00:10:18 (22.5%)	4:34	13.1 (77.5%)
20	ŁABEJSZA Łukasz	167	WOJOWNICY WÓDY	M-30	20	00:00:12	00:22:45	00:46:02.70	00:46:14.70	+00:10:33 (22.9%)	4:36	13 (76.9%)
21	STOJEWSKI Jarosław	263		M-30	21	00:00:05	00:23:14	00:46:15.85	00:46:20.85	+00:10:46 (23.3%)	4:37	13 (76.9%)
22	NIECKARZ Krzysztof	206		M-30	22	00:00:06	00:23:06	00:46:17.85	00:46:24.45	+00:10:48 (23.3%)	4:37	13 (76.9%)
23	SKOWROŃSKI Tomasz	253		M-30	23	00:00:28	00:23:41	00:46:28.25	00:46:56.70	+00:10:58 (23.6%)	4:38	12.9 (76.3%)
24	HRYCIÓW Paweł	96	BIAŁOGARD	M-30	24	00:00:14	00:23:06	00:46:47.95	00:47:02.60	+00:11:18 (24.2%)	4:40	12.8 (75.7%)
25	MICHALAK Michał	190	DZIKI KOSZALIN	M-30	25	00:00:28	00:22:52	00:46:52.70	00:47:20.95	+00:11:23 (24.3%)	4:41	12.8 (75.7%)
26	MRUGALSKI Damian	201	MOSG	M-30	26	00:00:11	00:24:53	00:47:16.35	00:47:27.65	+00:11:46 (24.9%)	4:43	12.7 (75.1%)
27	ROGALSKI Roberto	245	TKKF KOSZALIN	M-30	27	00:00:08	00:23:42	00:47:18.80	00:47:27.25	+00:11:49 (25.0%)	4:43	12.7 (75.1%)
28	MUCHA Krzysztof	202	KOSZALIN	M-30	28	00:00:08	00:23:30	00:47:47.65	00:47:55.80	+00:12:18 (25.7%)	4:46	12.6 (74.6%)
29	OTTO Michał	218		M-30	29	00:00:08	00:23:31	00:47:48.05	00:47:56.30	+00:12:18 (25.7%)	4:46	12.6 (74.6%)
30	KAMYK Piotr	120	MH KOSZALIN - IT SERWIS WWW.MH-INFORMATYKA.PL	M-30	30	00:00:08	00:23:43	00:47:58.45	00:48:07.00	+00:12:28 (26.0%)	4:47	12.5 (74.0%)
31	ŚWIĘTOŃ Rafał	284	JAZZ TEAM	M-30	31	00:00:04	00:23:50	00:48:10.00	00:48:14.00	+00:12:40 (26.3%)	4:49	12.5 (74.0%)
32	BASIAK Krystian	26	KOSZALIN	M-30	32	00:00:14	00:23:17	00:48:18.25	00:48:32.60	+00:12:48 (26.5%)	4:49	12.4 (73.4%)
33	CHOŁUJ Karol	52	ZAWSZE DO PRZODU	M-30	33	00:00:11	00:24:05	00:48:48.90	00:49:00.00	+00:13:19 (27.3%)	4:52	12.3 (72.8%)
34	JAKOWIENKO Grzegorz	102		M-30	34	00:00:17	00:24:34	00:49:00.25	00:49:17.40	+00:13:30 (27.6%)	4:54	12.2 (72.2%)
35	DZIĘBOWSKI Mariusz	69		M-30	35	00:00:31	00:24:08	00:49:09.65	00:49:41.05	+00:13:40 (27.8%)	4:55	12.2 (72.2%)
36	JAROSZEWSKI Daniel	320		M-30	36	00:00:16	00:24:30	00:49:12.35	00:49:29.30	+00:13:42 (27.9%)	4:55	12.2 (72.2%)
37	ZDROWIECKI Artur	311		M-30	37	00:00:08	00:24:12	00:49:45.65	00:49:54.05	+00:14:16 (28.7%)	4:58	12.1 (71.6%)

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38	METERA Piotr	183	RUNNERSWALDE	M-30	38	00:00:25	00:24:57	00:50:04.50	00:50:29.55	+00:14:34 (29.1%)	5:00	12 (71.0%)
39	BRYGAŁA Tomasz	45		M-30	39	00:00:20	00:24:55	00:50:27.70	00:50:47.95	+00:14:58 (29.7%)	5:02	11.9 (70.4%)
40	FELSKI Łukasz	73		M-30	40	00:00:22	00:25:31	00:50:35.00	00:50:57.05	+00:15:05 (29.8%)	5:03	11.9 (70.4%)
41	KRZANOWSKI Marcin	151	MARCINBIEGA	M-30	41	00:00:12	00:25:14	00:50:49.70	00:51:02.25	+00:15:20 (30.2%)	5:05	11.8 (69.8%)
42	KOWALCZYK Piotr	144		M-30	42	00:00:27	00:24:58	00:51:39.50	00:52:06.85	+00:16:09 (31.3%)	5:09	11.6 (68.6%)
43	OLIŃSKI Arek	323		M-30	43	00:00:21	00:26:16	00:51:57.55	00:52:19.15	+00:16:28 (31.7%)	5:11	11.5 (68.0%)
44	ORYSZCZYN Arkadiusz	213		M-30	44	00:00:06	00:26:14	00:52:04.30	00:52:10.40	+00:16:34 (31.8%)	5:12	11.5 (68.0%)
45	KAZIMIERCZAK Leszek	328		M-30	45	00:00:05	00:25:28	00:52:33.65	00:52:38.90	+00:17:04 (32.5%)	5:15	11.4 (67.5%)
46	JÓŹWIAK Mariusz	112		M-30	46	00:00:06	00:26:05	00:52:53.20	00:52:59.30	+00:17:23 (32.9%)	5:17	11.3 (66.9%)
47	NAPIERAŁA Marcin	203		M-30	47	00:00:30	00:28:02	00:53:49.60	00:54:19.60	+00:18:20 (34.1%)	5:22	11.1 (65.7%)
48	JABŁOŃSKI Tomasz	100	AR SPOKO SŁAWNO	M-30	48	00:00:18	00:26:28	00:53:57.85	00:54:16.65	+00:18:28 (34.2%)	5:23	11.1 (65.7%)
49	KOŁODZIEJ Jakub	138		M-30	49	00:00:13	00:28:02	00:54:28.45	00:54:42.30	+00:18:58 (34.8%)	5:26	11 (65.1%)
50	HRYCAJ Tomasz	95		M-30	50	00:00:13	00:27:03	00:55:15.15	00:55:28.80	+00:19:45 (35.8%)	5:31	10.9 (64.5%)
51	PECZYŃSKI Tomasz	227		M-30	51	00:00:14	00:29:11	00:55:19.15	00:55:33.35	+00:19:49 (35.8%)	5:31	10.8 (63.9%)
52	HOPPE Bronisław	93	JW3937	M-30	52	00:00:16	00:27:39	00:55:25.90	00:55:42.00	+00:19:56 (36.0%)	5:32	10.8 (63.9%)
53	WOJTANOWSKI Tomasz	304	KB.SPRINT.ŚWIDWIN	M-30	53	00:00:31	00:27:39	00:55:43.65	00:56:15.05	+00:20:14 (36.3%)	5:34	10.8 (63.9%)
54	RYBARCZYK Ireneusz	327		M-30	54	00:00:22	00:29:26	00:56:23.95	00:56:46.90	+00:20:54 (37.1%)	5:38	10.6 (62.7%)
55	BĄK Zbigniew	27	RUNNERSWALDE DARŁOWO	M-30	55	00:00:25	00:28:12	00:56:33.90	00:56:59.70	+00:21:04 (37.3%)	5:39	10.6 (62.7%)
56	KACZMAREK Łukasz	116	WOJOWNICY WÓDY	M-30	56	00:00:12	00:26:47	00:56:44.25	00:56:56.50	+00:21:14 (37.4%)	5:40	10.6 (62.7%)
57	KOWALSKI Kamil	147		M-30	57	00:00:26	00:29:09	00:56:56.80	00:57:23.30	+00:21:27 (37.7%)	5:41	10.5 (62.1%)
58	JURKIEWICZ Andrzej	113		M-30	58	00:00:18	00:27:36	00:57:23.10	00:57:41.50	+00:21:53 (38.2%)	5:44	10.5 (62.1%)
59	BURDA Bartosz	47		M-30	59	00:00:13	00:28:36	00:57:49.80	00:58:03.15	+00:22:20 (38.6%)	5:47	10.4 (61.5%)
60	PACAN Bartosz	219	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	60	00:00:23	00:28:52	00:58:02.20	00:58:25.50	+00:22:32 (38.8%)	5:48	10.3 (60.9%)

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61	JANKOWSKI Remigiusz	106		M-30	61	00:00:12	00:28:23	00:58:41.25	00:58:54.10	+00:23:11 (39.5%)	5:52	10.2 (60.4%)
62	MADEJ Krzysztof	171	MRÓWECZKI	M-30	62	00:00:15	00:28:19	00:59:13.35	00:59:29.05	+00:23:43 (40.1%)	5:55	10.1 (59.8%)
63	BOŚ Grzegorz	41		M-30	63	00:00:18	00:29:56	00:59:58.40	01:00:17.35	+00:24:28 (40.8%)	5:59	10 (59.2%)
64	LEŚNIEWSKI Dominik	162	RAMS TRAINING HOUSE	M-30	64	00:00:07	00:34:40	01:08:58.90	01:09:05.90	+00:33:29 (48.5%)	6:53	8.7 (51.5%)
65	KITŁOWSKI Marcin	131	CZARNE BIEGA	M-30	65	00:00:28	00:35:32	01:14:13.50	01:14:42.40	+00:38:43 (52.2%)	7:25	8.1 (47.9%)
66	PASEK Jan	223		M-30	66	00:00:22	00:35:55	01:17:29.55	01:17:51.95	+00:42:00 (54.2%)	7:44	7.7 (45.6%)

Total 66 results.