



BIEG ZAKOCHANYCH - 10 KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-02-12
Miejsce: Jamno
Dystans: 10 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PAKULSKI Marcin	220		M-40	1	00:00:07	00:19:51	00:39:46.45	00:39:53.80		3:58	15.1 (100%)
2	GARSKI Krystian	232	ŚWIAT PŁYTEK U KRYSPIŃ	M-40	2	00:00:04	00:20:51	00:41:07.80	00:41:11.80	+00:01:21 (3.3%)	4:06	14.6 (96.7%)
3	UZNAŃSKI Ryszard	292	KOŁOBRZEG BIEGA	M-40	3	00:00:02	00:20:59	00:41:48.30	00:41:50.50	+00:02:01 (4.9%)	4:10	14.4 (95.4%)
4	WÓJCIK Damian	308	RUNNERSWALDE DARŁOWO	M-40	4	00:00:07	00:20:54	00:41:59.35	00:42:07.15	+00:02:12 (5.3%)	4:12	14.3 (94.7%)
5	CHOŁUJ Jarek	51	ROZBIEGANY KOSZALIN	M-40	5	00:00:10	00:22:03	00:43:40.25	00:43:50.95	+00:03:53 (8.9%)	4:22	13.7 (90.7%)
6	SZULC Arek	326	ROZBIEGANY KOSZALIN	M-40	6	00:00:11	00:22:49	00:43:44.85	00:43:56.45	+00:03:58 (9.1%)	4:22	13.7 (90.7%)
7	WUJTIUK Piotr	309		M-40	7	00:00:07	00:21:50	00:43:57.05	00:44:05.00	+00:04:10 (9.5%)	4:23	13.6 (90.1%)
8	KASPERSKI Dariusz	127		M-40	8	00:00:05	00:22:02	00:44:09.45	00:44:15.40	+00:04:23 (9.9%)	4:25	13.6 (90.1%)
9	PEKAŁA Piotr	229	ROZBIEGANY KOSZALIN	M-40	9	00:00:09	00:22:39	00:44:11.60	00:44:21.50	+00:04:25 (10.0%)	4:25	13.6 (90.1%)
10	ZWOLIŃSKI Jan	315	TKKF KOSZALIN	M-40	10	00:00:04	00:22:21	00:44:25.50	00:44:30.40	+00:04:39 (10.5%)	4:26	13.5 (89.4%)
11	URBAŃSKI Tomasz	290		M-40	11	00:00:08	00:22:07	00:44:52.05	00:45:00.30	+00:05:05 (11.4%)	4:29	13.4 (88.7%)
12	ZIOMKO Rafał	314		M-40	12	00:00:15	00:22:33	00:45:03.65	00:45:19.00	+00:05:17 (11.7%)	4:30	13.3 (88.1%)
13	KAMELSKI Piotr	119	SŁAWNO	M-40	13	00:00:02	00:22:24	00:45:05.60	00:45:08.55	+00:05:19 (11.8%)	4:30	13.3 (88.1%)
14	IWANIEC Dariusz	98	TKKF KOSZALIN	M-40	14	00:00:07	00:22:52	00:45:15.50	00:45:22.65	+00:05:29 (12.1%)	4:31	13.3 (88.1%)
15	RAMA Janusz	240		M-40	15	00:00:13	00:22:52	00:45:24.90	00:45:38.25	+00:05:38 (12.4%)	4:32	13.2 (87.4%)
16	SZYMAŃSKI Piotr	280		M-40	16	00:00:09	00:22:19	00:45:29.75	00:45:39.45	+00:05:43 (12.6%)	4:33	13.2 (87.4%)
17	KLEBBA Artur	132		M-40	17	00:00:05	00:22:17	00:45:35.90	00:45:41.10	+00:05:49 (12.8%)	4:33	13.2 (87.4%)
18	KUŁAKOWSKI Dawid	156	TKKF KOSZALIN	M-40	18	00:00:23	00:22:55	00:46:25.90	00:46:49.60	+00:06:39 (14.3%)	4:38	12.9 (85.4%)
19	MICERSKI Tomasz	187	TKKF KOSZALIN	M-40	19	00:00:23	00:22:56	00:46:30.20	00:46:53.60	+00:06:43 (14.5%)	4:39	12.9 (85.4%)
20	GAWRYSIAK Przemysław	78		M-40	20	00:00:04	00:22:47	00:46:38.50	00:46:43.15	+00:06:52 (14.7%)	4:39	12.9 (85.4%)
21	KOWALCZYK Mariusz	146	WZAJEMNEJ ADORACJI:-)	M-40	21	00:00:07	00:23:32	00:47:09.85	00:47:17.25	+00:07:23 (15.7%)	4:43	12.7 (84.1%)
22	MATYSIUK Grzegorz	179		M-40	22	00:00:07	00:23:28	00:47:26.05	00:47:33.15	+00:07:39 (16.1%)	4:44	12.6 (83.4%)
23	ROGOŻA Ireneusz	246	BIEGNIJMY.PL	M-40	23	00:00:10	00:23:12	00:47:36.45	00:47:46.60	+00:07:50 (16.5%)	4:45	12.6 (83.4%)
24	KAJKOWSKI Rafał	117	MAŁDOMRAFIWA KOSZALIN	M-40	24	00:00:20	00:24:21	00:47:54.65	00:48:15.55	+00:08:08 (17.0%)	4:47	12.5 (82.8%)
25	OSTROWSKI Krzysztof	217		M-40	25	00:00:11	00:23:44	00:48:05.30	00:48:17.25	+00:08:18 (17.3%)	4:48	12.5 (82.8%)
26	TESKA Bartosz	285	TKKF KOSZALIN	M-40	26	00:00:11	00:23:42	00:48:06.40	00:48:18.10	+00:08:19 (17.3%)	4:48	12.5 (82.8%)
27	KRASIŃSKI Witold	148		M-40	27	00:00:13	00:23:27	00:48:06.45	00:48:19.45	+00:08:20 (17.3%)	4:48	12.5 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	JAROSZ Dariusz	109	TKKF KOSZALIN	M-40	28	00:00:32	00:24:05	00:48:10.65	00:48:42.85	+00:08:24 (17.4%)	4:49	12.5 (82.8%)
29	DZIESZUK Dariusz	68	TKKF KOSZALIN	M-40	29	00:00:09	00:24:28	00:48:11.10	00:48:20.25	+00:08:24 (17.5%)	4:49	12.5 (82.8%)
30	CYBULSKI Robert	57	MTS HAMER MIASTKO	M-40	30	00:00:23	00:24:18	00:48:23.00	00:48:46.85	+00:08:36 (17.8%)	4:50	12.4 (82.1%)
31	KASPERSKI Mirosław	126	B-RUN-EK KOSZALIN	M-40	31	00:00:10	00:23:57	00:48:25.35	00:48:35.65	+00:08:38 (17.9%)	4:50	12.4 (82.1%)
32	ŻMIJA Dariusz	316		M-40	32	00:00:12	00:23:44	00:48:36.85	00:48:49.10	+00:08:50 (18.2%)	4:51	12.3 (81.5%)
33	REMPLAKOWSKI Krzysztof	244	WE RUN	M-40	33	00:00:09	00:24:18	00:49:09.90	00:49:18.90	+00:09:23 (19.1%)	4:54	12.2 (80.8%)
34	DĄBROWSKI Grzegorz	62		M-40	34	00:00:16	00:24:49	00:49:13.20	00:49:29.80	+00:09:26 (19.2%)	4:55	12.2 (80.8%)
35	MĘDEL Cezary	185		M-40	35	00:00:15	00:24:50	00:49:15.35	00:49:31.15	+00:09:28 (19.2%)	4:55	12.2 (80.8%)
36	JABŁOŃSKI Arkadiusz	101		M-40	36	00:00:11	00:25:16	00:50:34.75	00:50:45.75	+00:10:48 (21.4%)	5:03	11.9 (78.8%)
37	DOMAŃSKI Adam	64		M-40	37	00:00:12	00:25:42	00:50:39.15	00:50:51.55	+00:10:52 (21.5%)	5:03	11.8 (78.1%)
38	RASZPLA Radosław	243		M-40	38	00:00:12	00:24:58	00:50:44.55	00:50:56.80	+00:10:58 (21.6%)	5:04	11.8 (78.1%)
39	MAJCHRZAK Paweł	172	SUNDAYBIKERS KARLINO TEAM	M-40	39	00:00:06	00:25:06	00:51:53.30	00:52:00.10	+00:12:06 (23.3%)	5:11	11.6 (76.8%)
40	FAJGIER Tomasz	71		M-40	40	00:00:07	00:25:39	00:52:31.00	00:52:38.05	+00:12:44 (24.3%)	5:15	11.4 (75.5%)
41	WARZECHA Bartosz	295		M-40	41	00:00:16	00:25:52	00:52:36.05	00:52:52.65	+00:12:49 (24.4%)	5:15	11.4 (75.5%)
42	TURCZYN Grzegorz	288	NIGHT RUNNERS SŁUPSK	M-40	42	00:00:17	00:26:19	00:52:59.30	00:53:16.45	+00:13:12 (24.9%)	5:17	11.3 (74.8%)
43	MIĄSEK Ryszard	186		M-40	43	00:00:18	00:26:06	00:53:00.50	00:53:18.70	+00:13:14 (25.0%)	5:18	11.3 (74.8%)
44	HNATOWSKI Artur	89	DM FC KOSZALIN	M-40	44	00:00:05	00:25:28	00:53:19.40	00:53:24.90	+00:13:32 (25.4%)	5:19	11.3 (74.8%)
45	RUDECKI Jacek	241		M-40	45	00:00:20	00:26:22	00:54:01.15	00:54:21.55	+00:14:14 (26.4%)	5:24	11.1 (73.5%)
46	KOTULSKI Piotr	143	KLUB BIEGACZY JYSK	M-40	46	00:00:09	00:26:31	00:54:01.70	00:54:10.85	+00:14:15 (26.4%)	5:24	11.1 (73.5%)
47	ŻYWOT Norbert	318	PARKRUN KOŁOBRZEG	M-40	47	00:00:25	00:27:12	00:54:05.50	00:54:30.70	+00:14:19 (26.5%)	5:24	11.1 (73.5%)
48	BERNACKI Adam	30	EB	M-40	48	00:00:18	00:26:59	00:54:10.85	00:54:29.05	+00:14:24 (26.6%)	5:25	11.1 (73.5%)
49	PIETRYKA Artur	230	KRLINO	M-40	49	00:00:17	00:27:09	00:54:11.50	00:54:28.95	+00:14:25 (26.6%)	5:25	11.1 (73.5%)
50	JASIŃSKI Cezary	111	ZAKOCHANY W MAGDALENIE	M-40	50	00:00:10	00:26:09	00:54:36.90	00:54:47.10	+00:14:50 (27.2%)	5:27	11 (72.8%)
51	DANOWSKI Maciej	60	FITNESS CLUB FORMA	M-40	51	00:00:07	00:27:16	00:54:58.60	00:55:06.55	+00:15:12 (27.7%)	5:29	10.9 (72.2%)
52	KUREK Adrian	158		M-40	52	00:00:22	00:27:37	00:55:10.40	00:55:32.45	+00:15:23 (27.9%)	5:31	10.9 (72.2%)
53	KOŁAKOWSKI Dariusz	137	K.B.SPRINT ŚWIDWIN	M-40	53	00:00:30	00:27:39	00:55:44.50	00:56:15.45	+00:15:58 (28.6%)	5:34	10.8 (71.5%)
54	FRASZKIEWICZ Jarosław	76		M-40	54	00:00:29	00:29:19	00:57:32.90	00:58:02.25	+00:17:46 (30.9%)	5:45	10.4 (68.9%)
55	BRESZKA Paweł	43	BIEGNIJMY TO	M-40	55	00:00:27	00:28:53	00:58:34.10	00:59:01.95	+00:18:47 (32.1%)	5:51	10.2 (67.5%)
56	ŚRODA Wojciech	282		M-40	56	00:00:29	00:29:31	00:58:36.10	00:59:05.80	+00:18:49 (32.1%)	5:51	10.2 (67.5%)
57	KOLASA Tomasz	135	KĄPIELE NA SPONTANIE	M-40	57	00:00:15	00:30:10	01:01:11.45	01:01:26.75	+00:21:25 (35.0%)	6:07	9.8 (64.9%)
58	ZIELIŃSKI Jarosław	312	AMATOR	M-40	58	00:00:17	00:30:27	01:03:24.15	01:03:41.60	+00:23:37 (37.3%)	6:20	9.5 (62.9%)

Znaleziono 58 wynik(ów)