



## 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-50

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	<b>BURDA Robert</b>	<b>48</b>	BALT-T AGENCY	M-50	1	00:00:04	00:21:00	<b>00:42:43.10</b>	<b>00:42:47.20</b>		4:16	14 (100%)
2	<b>RUTKOWSKI Ryszard</b>	<b>247</b>	RUTKOWSKI TEAM	M-50	2	00:00:04	00:21:32	<b>00:44:07.55</b>	<b>00:44:11.60</b>	+00:01:24 (3.2%)	4:24	13.6 (97.1%)
3	<b>NIEMCZUK Dariusz</b>	<b>208</b>		M-50	3	00:00:05	00:22:05	<b>00:45:12.25</b>	<b>00:45:18.05</b>	+00:02:29 (5.5%)	4:31	13.3 (95.0%)
4	<b>SAŁABON Grzegorz</b>	<b>250</b>	RWT BYDGOSZCZ	M-50	4	00:00:02	00:22:25	<b>00:45:33.00</b>	<b>00:45:35.50</b>	+00:02:49 (6.2%)	4:33	13.2 (94.3%)
5	<b>WOCH Edward</b>	<b>301</b>		M-50	5	00:00:22	00:22:37	<b>00:45:49.35</b>	<b>00:46:11.85</b>	+00:03:06 (6.8%)	4:34	13.1 (93.6%)
6	<b>CHWALEBA Jan</b>	<b>55</b>	WZU SA	M-50	6	00:00:14	00:22:30	<b>00:45:53.90</b>	<b>00:46:08.25</b>	+00:03:10 (6.9%)	4:35	13.1 (93.6%)
7	<b>WILIŃSKI Marek</b>	<b>298</b>	K.B. SPRINT ŚWIDWIN	M-50	7	00:00:11	00:23:21	<b>00:46:17.25</b>	<b>00:46:28.55</b>	+00:03:34 (7.7%)	4:37	13 (92.9%)
8	<b>MEISSNER Bogusław</b>	<b>181</b>		M-50	8	00:00:09	00:23:01	<b>00:47:05.00</b>	<b>00:47:14.00</b>	+00:04:21 (9.3%)	4:42	12.7 (90.7%)
9	<b>CHUDZIK Zbigniew</b>	<b>54</b>	TKKF KOSZALIN	M-50	9	00:00:08	00:23:42	<b>00:47:43.55</b>	<b>00:47:52.30</b>	+00:05:00 (10.5%)	4:46	12.6 (90.0%)
10	<b>KRUPIŃSKI Krzysztof</b>	<b>150</b>	E-UROLOG	M-50	10	00:00:07	00:23:59	<b>00:48:02.30</b>	<b>00:48:09.65</b>	+00:05:19 (11.1%)	4:48	12.5 (89.3%)
11	<b>SKOWYRSKI Janusz</b>	<b>254</b>	TKKF KOSZALIN	M-50	11	00:00:08	00:23:39	<b>00:48:18.75</b>	<b>00:48:27.15</b>	+00:05:35 (11.6%)	4:49	12.4 (88.6%)
12	<b>KARCZEWSKI Krzysztof</b>	<b>123</b>	AT - AKTYWNY TRZEBIATÓW	M-50	12	00:00:10	00:24:20	<b>00:48:30.40</b>	<b>00:48:41.30</b>	+00:05:47 (11.9%)	4:51	12.4 (88.6%)
13	<b>KUBIŃSKI Rafał</b>	<b>154</b>	NIGHT RUNNERS SŁUPSK	M-50	13	00:00:10	00:23:38	<b>00:48:32.05</b>	<b>00:48:42.35</b>	+00:05:48 (12.0%)	4:51	12.4 (88.6%)
14	<b>JANUSZEWSKI Jacek</b>	<b>107</b>	17 WOG KOSZALIN	M-50	14	00:00:09	00:24:06	<b>00:49:24.70</b>	<b>00:49:34.20</b>	+00:06:41 (13.5%)	4:56	12.1 (86.4%)
15	<b>NAPIERAŁA Bogumił</b>	<b>204</b>	KORA KOSZALIN	M-50	15	00:00:06	00:25:08	<b>00:50:24.80</b>	<b>00:50:31.20</b>	+00:07:41 (15.3%)	5:02	11.9 (85.0%)
16	<b>ŚWIETLIK Tomasz</b>	<b>283</b>		M-50	16	00:00:06	00:25:07	<b>00:50:24.85</b>	<b>00:50:31.25</b>	+00:07:41 (15.3%)	5:02	11.9 (85.0%)
17	<b>ŁUCZEJKO Sławomir</b>	<b>169</b>	TEAM BIEGOWY SZCZECINEK	M-50	17	00:00:15	00:26:21	<b>00:52:18.25</b>	<b>00:52:33.75</b>	+00:09:35 (18.3%)	5:13	11.5 (82.1%)
18	<b>PEŁKA Janusz</b>	<b>228</b>		M-50	18	00:00:12	00:27:39	<b>00:54:15.95</b>	<b>00:54:28.55</b>	+00:11:32 (21.3%)	5:25	11.1 (79.3%)
19	<b>SZAFIRSKI Marek</b>	<b>319</b>	CAMINO SŁUPSK	M-50	19	00:00:16	00:27:06	<b>00:55:09.05</b>	<b>00:55:25.25</b>	+00:12:25 (22.5%)	5:30	10.9 (77.9%)
20	<b>BORUC Jacek</b>	<b>40</b>		M-50	20	00:00:14	00:26:47	<b>00:55:40.95</b>	<b>00:55:55.70</b>	+00:12:57 (23.3%)	5:34	10.8 (77.1%)
21	<b>SMARSZCZ Wiesław</b>	<b>255</b>	RWT BYDGOSZCZ	M-50	21	00:00:03	00:27:53	<b>00:58:37.05</b>	<b>00:58:40.15</b>	+00:15:53 (27.1%)	5:51	10.2 (72.9%)
22	<b>TRZEŚNIEWSKI Zbigniew</b>	<b>287</b>		M-50	22	00:00:29	00:29:44	<b>00:59:39.85</b>	<b>01:00:09.10</b>	+00:16:56 (28.4%)	5:58	10.1 (72.1%)
23	<b>BALCERZAK Bogdan</b>	<b>322</b>		M-50	23	00:00:29	00:30:43	<b>01:05:23.15</b>	<b>01:05:52.50</b>	+00:22:40 (34.7%)	6:32	9.2 (65.7%)

Znaleziono 23 wynik(ów)