



BIEG ZAKOCHANYCH - 10 KM

B4SPORT

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



Classification: M-60

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	MARUT Ryszard	177	KB TKKF PROMYK CIECHANOW	M-60	1	00:00:06	00:21:25	00:42:58.80	00:43:05.10		4:17	14 (100%)
2	KOZŁOWIECKI Waldemar	130	TKKF KOSZALIN	M-60	2	00:00:03	00:24:01	00:49:06.70	00:49:10.25	+00:06:07 (12.5%)	4:54	12.2 (87.1%)
3	OSOBNIAK Ryszard	216	ROZBIEGANY KOSZALIN	M-60	3	00:00:10	00:24:53	00:50:07.75	00:50:18.65	+00:07:08 (14.3%)	5:00	12 (85.7%)
4	JUSZCZAK Krzysztof	115		M-60	4	00:00:17	00:24:39	00:50:22.40	00:50:40.25	+00:07:23 (14.7%)	5:02	11.9 (85.0%)
5	MARKOWSKI Andrzej	321	TKKF KOSZALIN	M-60	5	00:00:07	00:25:46	00:52:18.25	00:52:26.05	+00:09:19 (17.8%)	5:13	11.5 (82.1%)
6	KARNICKI Zygmunt	124	TKKF KOSZALIN	M-60	6	00:00:11	00:26:04	00:54:01.00	00:54:12.45	+00:11:02 (20.4%)	5:24	11.1 (79.3%)
7	HELLER Zdzisław	88	NIEZRZESZONY	M-60	7	00:00:07	00:26:51	00:54:26.55	00:54:34.50	+00:11:27 (21.1%)	5:26	11 (78.6%)
8	PAULIŃSKI Jan	225		M-60	8	00:00:07	00:28:09	00:58:42.25	00:58:49.30	+00:15:43 (26.8%)	5:52	10.2 (72.9%)
9	WOŹNIAK Stanisław	307		M-60	9	00:00:16	00:30:10	01:01:10.55	01:01:26.60	+00:18:11 (29.7%)	6:07	9.8 (70.0%)
10	WOJANOWSKI Zbigniew	302	BIEGAM BO LUBIĘ	M-60	10	00:00:10	00:30:47	01:04:46.60	01:04:57.05	+00:21:47 (33.6%)	6:28	9.3 (66.4%)
11	HAUSMAN Andrzej	87	KSR ROWERIA	M-60	11	00:00:18	00:35:59	01:15:13.35	01:15:31.90	+00:32:14 (42.9%)	7:31	8 (57.1%)

Total 11 results.