

FIVE SEASIDE - KOŁOBRZESKI BIEG 5KM

B4SPORT

Organizator: Seaside Park Hotel Kołobrzeg
Data: 2025-03-01
Miejsce: Kołobrzeg
Dystans: 5 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CZERNIEWSKI Marcin	154	AML SŁUPSK	M-30	1	00:07:52	00:16:08.20		3:13	18.6 (100%)
2	WITKOWSKI Mateusz	148		M-30	2	00:08:01	00:16:28.10	+00:00:19 (2.0%)	3:17	18.2 (97.8%)
3	ISKRA Paweł	32	CTS	M-30	3	00:08:30	00:17:34.55	+00:01:26 (8.2%)	3:30	17.1 (91.9%)
4	KRYZEL Tomasz	64	KUJAWSCY RUNNERRS	M-30	4	00:08:33	00:17:41.15	+00:01:32 (8.8%)	3:32	17 (91.4%)
5	BARAŃSKI Przemysław	3	MLUKS TRZEBIATÓW	M-30	5	00:08:40	00:17:57.70	+00:01:49 (10.2%)	3:35	16.7 (89.8%)
6	WERS Krzysztof	143	NADMORSKY BIEGACZE KOŁOBRZEG	M-30	6	00:08:42	00:18:00.10	+00:01:51 (10.4%)	3:36	16.7 (89.8%)
7	SKORYCH Andrii	119	NADMORSKY BIEGACZE KOŁOBRZEG	M-30	7	00:09:33	00:19:25.40	+00:03:17 (16.9%)	3:53	15.5 (83.3%)
8	SILSKI Michał	118	LESZCZE	M-30	8	00:10:03	00:19:53.20	+00:03:45 (18.9%)	3:58	15.1 (81.2%)
9	DURKA Rafał	18		M-30	9	00:10:01	00:20:06.30	+00:03:58 (19.7%)	4:01	14.9 (80.1%)
10	CYSEWSKI Krzysztof	156		M-30	10	00:09:53	00:20:24.50	+00:04:16 (20.9%)	4:04	14.7 (79.0%)
11	KAMIŃSKI Gracjan	44		M-30	11	00:10:25	00:21:10.30	+00:05:02 (23.8%)	4:14	14.2 (76.3%)
12	KUBIK Krystian	69	RUN GRYF GRYFICE	M-30	12	00:10:09	00:21:22.50	+00:05:14 (24.5%)	4:16	14 (75.3%)
13	CIEŚLEWICZ Hubert	11		M-30	13	00:10:19	00:21:32.55	+00:05:24 (25.1%)	4:18	13.9 (74.7%)
14	JAREK Kiraga	36		M-30	14	00:11:03	00:23:18.35	+00:07:10 (30.8%)	4:39	12.9 (69.4%)
15	STACHOWIAK Piotr	122		M-30	15	00:11:54	00:23:41.90	+00:07:33 (31.9%)	4:44	12.7 (68.3%)
16	SZPAK Robert	132	MOSIR KOŁOBRZEG	M-30	16	00:11:56	00:23:59.50	+00:07:51 (32.7%)	4:47	12.5 (67.2%)
17	ŚWIĄTEK Adam	134	NADMORSKIE STOWARZYSZENIE	M-30	17	00:11:17	00:24:33.25	+00:08:25 (34.3%)	4:54	12.2 (65.6%)
18	NOGA Sebastian	89		M-30	18	00:12:39	00:25:06.40	+00:08:58 (35.7%)	5:01	12 (64.5%)
19	OLESIŃSKI Marcin	96		M-30	19	00:11:53	00:25:31.50	+00:09:23 (36.8%)	5:06	11.8 (63.4%)
20	SZELEJEWSKI Adrian	131		M-30	20	00:13:40	00:27:26.00	+00:11:17 (41.2%)	5:29	10.9 (58.6%)

Znaleziono 20 wynik(ów)