

Wydarzenie: II DECARUN KOSZALIN
Organizator: Decathlon Koszalin
Data: 2018-08-15
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M18-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.667km	3.333km				
1	ORZECHOWSKI Kamil	193	TKKF KOSZALIN	M18-39	1	00:05:59	00:12:06	00:18:10.20		3:38	16.5 (100%)
2	BARAŃSKI Przemysław	7	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M18-39	2	00:05:59	00:12:14	00:18:38.85	+00:00:28 (2.6%)	3:43	16.1 (97.6%)
3	PIONK Rafał	208	KPW GDYNIA/RUNNERSI S7 BANINO	M18-39	3	00:06:09	00:12:35	00:18:50.30	+00:00:40 (3.5%)	3:46	15.9 (96.4%)
4	HUBERT Łukasz	85	TKKF KOSZALIN	M18-39	4	00:06:23	00:13:04	00:19:49.95	+00:01:39 (8.4%)	3:58	15.1 (91.5%)
5	HOŁUB Kamil	83	MLUKS TRZEBIATÓW	M18-39	5	00:06:34	00:13:26	00:20:10.50	+00:02:00 (9.9%)	4:02	14.9 (90.3%)
6	LUBLEWSKI Dawid	154	GABINET REHABILITACJI AKTYWNEJ KOSZALIN	M18-39	6	00:06:39	00:13:33	00:20:23.65	+00:02:13 (10.9%)	4:04	14.7 (89.1%)
7	JAROSZ Przemysław	92	JW 1223/BLOG	M18-39	7	00:06:34	00:13:30	00:20:26.45	+00:02:16 (11.1%)	4:05	14.7 (89.1%)
8	KASZUBIAK Klaudiusz	108		M18-39	8	00:06:55	00:13:57	00:20:27.10	+00:02:16 (11.2%)	4:05	14.7 (89.1%)
9	ROKOSZ Radosław	227	JW 1223	M18-39	9	00:06:49	00:13:46	00:20:40.65	+00:02:30 (12.1%)	4:08	14.5 (87.9%)
10	WICHER Krzysztof	284	GABINET REHABILITACJI AKTYWNEJ KOSZALIN	M18-39	10	00:06:52	00:13:55	00:20:45.60	+00:02:35 (12.5%)	4:09	14.4 (87.3%)
11	PRZEWŁOCKI Michał	221	TKKF KOSZALIN	M18-39	11	00:06:41	00:13:44	00:20:47.90	+00:02:37 (12.6%)	4:09	14.4 (87.3%)
12	HOREGLAD Paweł	84	SPEEDY GONZALES	M18-39	12	00:07:06	00:14:21	00:21:11.80	+00:03:01 (14.3%)	4:14	14.2 (86.1%)
13	RUSINEK Artur	231		M18-39	13	00:07:01	00:14:19	00:21:29.05	+00:03:18 (15.4%)	4:17	14 (84.8%)
14	PAWŁOWICZ Roland	317	HUSARIA RACE TEAM	M18-39	14	00:06:51	00:14:04	00:21:33.45	+00:03:23 (15.7%)	4:18	13.9 (84.2%)
15	SKOWROŃSKI Tomasz	240		M18-39	15	00:07:55	00:15:06	00:21:53.35	+00:03:43 (17.0%)	4:22	13.7 (83.0%)
16	BIEŃKOWSKI Tomasz	15	KOSZALIŃSKI RANKING BIEGACZY	M18-39	16	00:06:58	00:14:32	00:21:57.20	+00:03:47 (17.2%)	4:23	13.7 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						1.667km	3.333km	netto		min/km	km/h
17	JAMNIAK Bartosz	89	TKKF KOSZALIN	M18-39	17	00:07:06	00:14:38	00:22:14.05	+00:04:03 (18.3%)	4:26	13.5 (81.8%)
18	WASZAK Karol	134	KORZYBSKIE REKINY	M18-39	18	00:07:10	00:14:48	00:22:21.90	+00:04:11 (18.8%)	4:28	13.4 (81.2%)
19	BASSEL Marcin	12		M18-39	19	00:07:33	00:15:06	00:22:35.50	+00:04:25 (19.6%)	4:31	13.3 (80.6%)
20	BONISŁAWSKI Jarosław	23	MAM ŚWIRA	M18-39	20	00:07:36	00:15:25	00:22:54.75	+00:04:44 (20.7%)	4:34	13.1 (79.4%)
21	STRZYŻ Łukasz	255	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	21	00:07:30	00:15:16	00:22:57.35	+00:04:47 (20.8%)	4:35	13.1 (79.4%)
22	MIŁASZEWSKI Przemek	176	HOLIDAY SPORT	M18-39	22	00:07:36	00:15:22	00:23:04.75	+00:04:54 (21.3%)	4:36	13 (78.8%)
23	SAKS Krystian	234		M18-39	23	00:07:22	00:15:20	00:23:14.40	+00:05:04 (21.8%)	4:38	12.9 (78.2%)
24	KWIETNIEWSKI Daniel	147		M18-39	24	00:07:34	00:15:21	00:23:14.80	+00:05:04 (21.8%)	4:39	12.9 (78.2%)
25	MARCINIAK Michał	161		M18-39	25	00:07:28	00:15:12	00:23:15.85	+00:05:05 (21.9%)	4:39	12.9 (78.2%)
26	CHUPTYŚ Adrian	39	RUNDORFINA CZAPLINEK	M18-39	26	00:07:32	00:15:29	00:23:32.65	+00:05:22 (22.8%)	4:42	12.7 (77.0%)
27	MIKIETYNSKI Michał	174	ZABIEGANI NOCĄ	M18-39	27	00:07:49	00:15:52	00:23:34.20	+00:05:24 (22.9%)	4:42	12.7 (77.0%)
28	LENIK Hubert	149		M18-39	28	00:07:16	00:15:32	00:23:37.00	+00:05:26 (23.1%)	4:43	12.7 (77.0%)
29	OLCZAK Krzysztof	191		M18-39	29	00:07:48	00:15:56	00:23:46.30	+00:05:36 (23.6%)	4:45	12.6 (76.4%)
30	KOZIEŁ Paweł	128		M18-39	30	00:07:42	00:15:53	00:23:59.30	+00:05:49 (24.3%)	4:48	12.5 (75.8%)
31	BARUTOWICZ Grzegorz	11		M18-39	31	00:07:36	00:15:32	00:23:59.50	+00:05:49 (24.3%)	4:48	12.5 (75.8%)
32	MARZEC Łukasz	165		M18-39	32	00:07:57	00:15:54	00:24:08.35	+00:05:58 (24.7%)	4:49	12.4 (75.2%)
33	RÓG Michał	230		M18-39	33	00:08:22	00:17:04	00:25:07.70	+00:06:57 (27.7%)	5:01	11.9 (72.1%)
34	RUTKOWSKI Artur	232	KOSZALIŃSKI RANKING BIEGACZY	M18-39	34	00:07:44	00:16:17	00:25:11.90	+00:07:01 (27.9%)	5:02	11.9 (72.1%)
35	WITKOWSKI Krzysztof	294	DECATHLON CAR ŁÓDŹ	M18-39	35	00:08:11	00:16:51	00:25:21.85	+00:07:11 (28.4%)	5:04	11.8 (71.5%)
36	MINKO Bartek	177		M18-39	36	00:08:23	00:17:09	00:25:29.15	+00:07:18 (28.7%)	5:05	11.8 (71.5%)
37	GOSTOMCZYK Krzysztof	74		M18-39	37	00:08:25	00:17:10	00:25:49.55	+00:07:39 (29.6%)	5:10	11.6 (70.3%)
38	CZUB Maciej	46		M18-39	38	00:09:01	00:17:35	00:26:22.40	+00:08:12 (31.1%)	5:16	11.4 (69.1%)
39	ŻUKOWSKI Cezary	314	ROZBIEGANY KOSZALIN / FOR-REST-RUN / MIGAWKOWE.PL	M18-39	39	00:08:52	00:17:36	00:26:24.90	+00:08:14 (31.2%)	5:17	11.4 (69.1%)

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						1.667km	3.333km	netto 5km			
40	WITEK Adrian	293		M18-39	40	00:07:57	00:17:08	00:26:27.05	+00:08:16 (31.3%)	5:17	11.3 (68.5%)
41	BILL Łukasz	17		M18-39	41	00:08:15	00:17:11	00:26:31.50	+00:08:21 (31.5%)	5:18	11.3 (68.5%)
42	DĘBSKI Damian	50		M18-39	42	00:08:44	00:17:35	00:26:47.75	+00:08:37 (32.2%)	5:21	11.2 (67.9%)
43	MASTALERZ Konrad	166	DECATHLON KOSZALIN	M18-39	43	00:08:29	00:18:02	00:27:40.85	+00:09:30 (34.4%)	5:32	10.8 (65.5%)
44	NIEWIADOWSKI Robert	187		M18-39	44	00:08:43	00:18:15	00:27:58.15	+00:09:47 (35.0%)	5:35	10.7 (64.8%)
45	SZKATULSKI Tomasz	259	DARŁOWSKIE CHARTY	M18-39	45	00:09:01	00:18:35	00:28:00.30	+00:09:50 (35.1%)	5:36	10.7 (64.8%)
46	KOZŁOWSKI Krzysztof	271		M18-39	46	00:09:03	00:18:44	00:28:06.50	+00:09:56 (35.4%)	5:37	10.7 (64.8%)
47	WIERZBICKI Kacper	288	ŁUBU DUBU ...	M18-39	47	00:09:24	00:19:09	00:28:13.40	+00:10:03 (35.6%)	5:38	10.6 (64.2%)
48	MARSZAŁKOWSKI Radosław	164		M18-39	48	00:09:25	00:19:02	00:28:15.90	+00:10:05 (35.7%)	5:39	10.6 (64.2%)
49	BODO Rafał	19		M18-39	49	00:08:57	00:18:40	00:28:26.20	+00:10:16 (36.1%)	5:41	10.6 (64.2%)
50	KRZANOWSKI Marcin	135	MARCINBIEGA	M18-39	50	00:08:46	00:18:44	00:28:34.35	+00:10:24 (36.4%)	5:42	10.5 (63.6%)
51	MASTALERZ Hubert	167		M18-39	51	00:09:25	00:19:18	00:28:59.95	+00:10:49 (37.3%)	5:48	10.3 (62.4%)
52	MURAWSKI Rafał	184	WATAHA-ŁĄCZY NAS BIEGANIE	M18-39	52	00:09:12	00:19:02	00:29:06.65	+00:10:56 (37.6%)	5:49	10.3 (62.4%)
53	RADOMSKI Michał	223		M18-39	53	00:08:54	00:18:57	00:29:11.55	+00:11:01 (37.8%)	5:50	10.3 (62.4%)
54	NOWAK Eryk	305		M18-39	54	00:09:53	00:19:32	00:29:30.00	+00:11:19 (38.4%)	5:54	10.2 (61.8%)
55	BRZEZIŃSKI Paweł	29		M18-39	55	00:08:59	00:19:33	00:29:58.50	+00:11:48 (39.4%)	5:59	10 (60.6%)
56	WYSOCKI Krystian	301		M18-39	56	00:10:23	00:21:21	00:32:01.45	+00:13:51 (43.3%)	6:24	9.4 (57.0%)
57	SZYMAŃSKI Marcin	265	TEAM BIEGOWY SZCZECINEK	M18-39	57	00:10:39	00:21:40	00:32:54.55	+00:14:44 (44.8%)	6:35	9.1 (55.2%)

Znaleziono 57 wynik(ów)