

**Event:** II DECARUN KOSZALIN  
**Organiser:** Decathlon Koszalin  
**Date:** 2018-08-15  
**Place:** Koszalin  
**Distance:** 5 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	Start All 1.667km	Start All 3.333km	Net time 5km	Gap	Pace min/km	Pace km/h
1	ZUKAL Piotr	309		M40-49	1	00:06:43	00:13:19	<b>00:19:53.85</b>		3:58	15.1 (100%)
2	ŻMUDA Tomasz	312	CW FANZA KOŁOBRZEG	M40-49	2	00:06:40	00:13:34	<b>00:20:18.10</b>	+00:00:24 (2.0%)	4:03	14.8 (98.0%)
3	SIENIAWSKI Jarek	236	MEDEN-INMED SPORTS TEAM	M40-49	3	00:06:49	00:13:55	<b>00:20:56.50</b>	+00:01:02 (5.0%)	4:11	14.3 (94.7%)
4	SZULC Arkadiusz	324	ROZBIEGANY KOSZALIN	M40-49	4	00:07:11	00:14:21	<b>00:21:10.70</b>	+00:01:16 (6.0%)	4:14	14.2 (94.0%)
5	PICK Tomasz	201	DEAF KOSZALIN	M40-49	5	00:07:09	00:14:29	<b>00:21:18.90</b>	+00:01:25 (6.7%)	4:15	14.1 (93.4%)
6	MAKSYMOWICZ Marcin	157	TEAM ZABIEGANIE DNI	M40-49	6	00:06:57	00:14:31	<b>00:21:53.80</b>	+00:01:59 (9.1%)	4:22	13.7 (90.7%)
7	PUŚCIAN Krzysztof	222	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	7	00:07:20	00:14:46	<b>00:22:22.90</b>	+00:02:29 (11.1%)	4:28	13.4 (88.7%)
8	MUCHA Krzysztof	182		M40-49	8	00:07:33	00:15:08	<b>00:22:28.85</b>	+00:02:35 (11.5%)	4:29	13.3 (88.1%)
9	MARCINKOWSKI Jacek	162	ORZEŁ ŚWIESZYNO	M40-49	9	00:07:30	00:15:10	<b>00:22:36.65</b>	+00:02:42 (12.0%)	4:31	13.3 (88.1%)
10	IWANIEC Dariusz	86	TKKF KOSZALIN	M40-49	10	00:07:35	00:15:08	<b>00:22:40.95</b>	+00:02:47 (12.3%)	4:32	13.2 (87.4%)
11	KUŁAKOWSKI Dawid	143	TKKF KOSZALIN	M40-49	11	00:07:35	00:15:08	<b>00:22:41.10</b>	+00:02:47 (12.3%)	4:32	13.2 (87.4%)
12	KAMELSKI Piotr	106		M40-49	12	00:07:24	00:15:16	<b>00:23:04.70</b>	+00:03:10 (13.8%)	4:37	13 (86.1%)
13	KAJKOWSKI Rafał	104	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	13	00:07:29	00:15:35	<b>00:23:57.60</b>	+00:04:03 (17.0%)	4:47	12.5 (82.8%)
14	PITUS Radosław	210	PITUS MEBLE	M40-49	14	00:07:43	00:15:51	<b>00:24:08.90</b>	+00:04:15 (17.6%)	4:49	12.4 (82.1%)
15	SZUBERT Marcin	263	KOŁOBRZEG BIEGA	M40-49	15	00:08:09	00:16:16	<b>00:24:11.40</b>	+00:04:17 (17.7%)	4:50	12.4 (82.1%)
16	GAWIECKI Piotr	67		M40-49	16	00:08:14	00:16:26	<b>00:24:41.95</b>	+00:04:48 (19.4%)	4:56	12.1 (80.1%)
17	ANTKOWIAK Sebastian	3	DB - ACTIVE	M40-49	17	00:08:06	00:16:16	<b>00:24:43.10</b>	+00:04:49 (19.5%)	4:56	12.1 (80.1%)
18	KONOWALSKI Bartosz	123	BIEGAM BO LUBIĘ OSTROŁĘKA	M40-49	18	00:08:32	00:16:47	<b>00:24:52.35</b>	+00:04:58 (20.0%)	4:58	12.1 (80.1%)
19	JASIENIECKI Piotr	319		M40-49	19	00:08:23	00:17:02	<b>00:25:45.70</b>	+00:05:51 (22.8%)	5:09	11.6 (76.8%)
20	KRASIŃSKI Witold	131		M40-49	20	00:08:22	00:17:06	<b>00:26:01.65</b>	+00:06:07 (23.6%)	5:12	11.5 (76.2%)
21	WAJDA Waldemar	278	BORNE BIEGA	M40-49	21	00:08:22	00:17:19	<b>00:26:03.20</b>	+00:06:09 (23.6%)	5:12	11.5 (76.2%)
22	CZEPIEL Łukasz	44	KORZYBSKIE REKINY	M40-49	22	00:09:02	00:18:16	<b>00:27:50.80</b>	+00:07:56 (28.5%)	5:34	10.8 (71.5%)
23	DROPKO Grzegorz	51		M40-49	23	00:08:45	00:18:08	<b>00:27:55.15</b>	+00:08:01 (28.7%)	5:35	10.7 (70.9%)
24	SOBKO Krzysztof	242	FSE LOGISTIC	M40-49	24	00:08:55	00:18:38	<b>00:28:19.85</b>	+00:08:26 (29.8%)	5:40	10.6 (70.2%)
25	WÓJCIK Marcin	298	RAZEM TRENUJEMY SPORT	M40-49	25	00:09:28	00:19:04	<b>00:28:23.35</b>	+00:08:29 (29.9%)	5:40	10.6 (70.2%)
26	KASPRZYK Bogdan	107	JRG 2 KOSZALIN	M40-49	26	00:09:35	00:19:24	<b>00:28:58.10</b>	+00:09:04 (31.3%)	5:47	10.4 (68.9%)
27	FAJGIER Tomasz	57		M40-49	27	00:08:46	00:18:44	<b>00:29:07.70</b>	+00:09:13 (31.7%)	5:49	10.3 (68.2%)

Place	Participant	Number	Club	Category	MCat	Start_All 1.667km	Start_All 3.333km	Net time 5km	Gap	Pace min/km	Pace km/h
28	<b>WALKOWIAK Dariusz</b>	<b>279</b>		M40-49	28	00:09:05	00:19:24	<b>00:29:40.70</b>	+00:09:46 (33.0%)	5:56	10.1 (66.9%)

Total 28 results.