



Event:
Organiser:
Date:
Place:
Distance:

III DecaRun Koszalin
Spółka Decathlon sp. z o.o. z siedzibą w Warszawie
2019-08-15
Koszalin
10 km

III DECARUN KOSZALIN 10 KM

B4SPORT



Classification: M-30

Place	Participant	Number	Club	Category	MCat	Laps 2.5km	Laps 5km	Laps 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	WOJTALIK Łukasz	306	POŁCZYN BIEGA	M-30	1	00:08:49	00:18:06	00:27:36	00:37:05.25		3:42	16.2 (100%)
2	CZAPLIŃSKI Jacek	42	TAGER SPORT	M-30	2	00:09:35	00:19:23	00:29:14	00:39:00.20	+00:01:54 (4.9%)	3:54	15.4 (95.1%)
3	KLIMOWICZ Michał	124		M-30	3	00:09:42	00:19:43	00:29:58	00:40:03.30	+00:02:58 (7.4%)	4:00	15 (92.6%)
4	SOMINKA Paweł	259	BAŁTYK-TRANS-SPEDITION	M-30	4	00:09:43	00:19:43	00:30:01	00:40:05.65	+00:03:00 (7.5%)	4:00	15 (92.6%)
5	CHRAPEK Janusz	36	BONVM KLUB SPORTOWY	M-30	5	00:09:03	00:20:25	00:30:49	00:40:51.15	+00:03:45 (9.2%)	4:05	14.7 (90.7%)
6	DZIADEK Krzysztof	56		M-30	6	00:10:04	00:20:28	00:31:11	00:41:42.35	+00:04:37 (11.1%)	4:10	14.4 (88.9%)
7	TARNOWSKI Mariusz	280		M-30	7	00:09:33	00:20:02	00:30:52	00:42:02.30	+00:04:57 (11.8%)	4:12	14.3 (88.3%)
8	STAŃCZYK Sławomir	264		M-30	8	00:10:09	00:20:37	00:31:22	00:42:09.90	+00:05:04 (12.0%)	4:13	14.2 (87.7%)
9	RETKA Bartosz	335		M-30	9	00:10:43	00:21:42	00:32:45	00:43:16.70	+00:06:11 (14.3%)	4:19	13.9 (85.8%)
10	CHUPTYŚ Adrian	37	RUNDORFINA	M-30	10	00:10:10	00:21:03	00:32:17	00:43:19.50	+00:06:14 (14.4%)	4:19	13.9 (85.8%)
11	RUBASZNIK Radosław	235		M-30	11	00:10:46	00:21:48	00:33:02	00:43:58.05	+00:06:52 (15.6%)	4:23	13.6 (84.0%)
12	ŁOPIŃSKI Piotr	161	FSD	M-30	12	00:11:05	00:22:30	00:34:03	00:45:37.70	+00:08:32 (18.7%)	4:33	13.1 (80.9%)
13	KUBIŚ Paweł	149	RUNDORFINA	M-30	13	00:11:53	00:23:36	00:35:01	00:46:02.80	+00:08:57 (19.5%)	4:36	13 (80.2%)
14	OLSZAR Grzegorz	200	DARŁOWSKIE CHARTY/POLICJA	M-30	14	00:11:23	00:22:57	00:34:50	00:46:48.85	+00:09:43 (20.8%)	4:40	12.8 (79.0%)
15	BARUTOWICZ Grzegorz	6		M-30	15	00:11:37	00:23:25	00:35:22	00:47:18.65	+00:10:13 (21.6%)	4:43	12.7 (78.4%)
16	JÓZEFIAK Adrian	101		M-30	16	00:11:32	00:23:18	00:35:13	00:47:19.90	+00:10:14 (21.6%)	4:44	12.7 (78.4%)
17	PILAREK Ireneusz	221		M-30	17	00:11:38	00:23:23	00:35:19	00:47:27.60	+00:10:22 (21.9%)	4:44	12.6 (77.8%)
18	KARASIUK Adam	106	AUTOSTORE	M-30	18	00:11:16	00:23:05	00:35:17	00:47:40.85	+00:10:35 (22.2%)	4:46	12.6 (77.8%)
19	KOPACZ Rafał	132		M-30	19	00:11:36	00:23:12	00:35:26	00:47:59.10	+00:10:53 (22.7%)	4:47	12.5 (77.2%)
20	FIGARSKI Leszek	57		M-30	20	00:11:56	00:23:55	00:36:05	00:48:12.50	+00:11:07 (23.1%)	4:49	12.4 (76.5%)
21	CZERNIAK Gracjan	44		M-30	21	00:11:43	00:23:49	00:36:06	00:48:14.35	+00:11:09 (23.1%)	4:49	12.4 (76.5%)
22	MISZCZYK Jan	183	ROZBIEGANY KOSZALIN	M-30	22	00:11:40	00:24:03	00:36:39	00:49:02.30	+00:11:57 (24.4%)	4:54	12.2 (75.3%)
23	GARNCAREK Paweł	61	ORZEŁ ŚWIESZYNO	M-30	23	00:12:06	00:24:33	00:37:10	00:49:38.50	+00:12:33 (25.3%)	4:57	12.1 (74.7%)
24	ZIELIŃSKI Maciej	320		M-30	24	00:11:51	00:24:14	00:37:03	00:49:53.65	+00:12:48 (25.7%)	4:59	12 (74.1%)
25	KOWALCZYK Piotr	137	FOR-REST-RUN	M-30	25	00:11:49	00:24:22	00:37:32	00:50:52.35	+00:13:47 (27.1%)	5:05	11.8 (72.8%)
26	BODNAR Radosław	15	POŁCZYN BIEGA	M-30	26	00:12:29	00:25:15	00:38:11	00:51:07.50	+00:14:02 (27.5%)	5:06	11.7 (72.2%)
27	KAZIMIEROWICZ Radosław	113	VTT KOSZALIN	M-30	27	00:12:20	00:25:01	00:38:21	00:51:41.30	+00:14:36 (28.2%)	5:10	11.6 (71.6%)

Place	Participant	Number	Club	Category	MCat	Laps 2.5km	Laps 5km	Laps 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
28	BOŚ Grzegorz	24	SUBVENTUM TEAM	M-30	28	00:12:40	00:25:14	00:37:45	00:51:56.65	+00:14:51 (28.6%)	5:11	11.5 (71.0%)
29	ORLIKOWSKI Robert	203	POŁCZYN BIEGA	M-30	29	00:12:40	00:25:26	00:38:21	00:52:01.90	+00:14:56 (28.7%)	5:12	11.5 (71.0%)
30	GROMADA Bartosz	78		M-30	30	00:11:53	00:25:03	00:38:18	00:52:04.80	+00:14:59 (28.8%)	5:12	11.5 (71.0%)
31	SZYSZKOWSKI Tomasz	277		M-30	31	00:12:07	00:25:12	00:38:38	00:52:06.65	+00:15:01 (28.8%)	5:12	11.5 (71.0%)
32	SZYMEN Karol	330		M-30	32	00:11:16	00:24:36	00:38:25	00:52:26.05	+00:15:20 (29.3%)	5:14	11.4 (70.4%)
33	DĘBEK Michał	52		M-30	33	00:12:39	00:25:46	00:39:19	00:52:51.45	+00:15:46 (29.8%)	5:17	11.4 (70.4%)
34	STUBIEDA Robert	268	KARLINO BIEGAJ !	M-30	34	00:12:38	00:25:45	00:39:18	00:52:51.65	+00:15:46 (29.8%)	5:17	11.4 (70.4%)
35	RZESZUTEK Michał	244	KAMIEŃ RYMAŃSKI	M-30	35	00:12:02	00:25:02	00:38:58	00:53:04.00	+00:15:58 (30.1%)	5:18	11.3 (69.8%)
36	LENIK Hubert	154	JW 1223	M-30	36	00:11:27	00:24:55	00:39:20	00:53:45.40	+00:16:40 (31.0%)	5:22	11.2 (69.1%)
37	WILCZYŃSKI Piotr	299		M-30	37	00:12:33	00:25:54	00:39:39	00:54:01.90	+00:16:56 (31.4%)	5:24	11.1 (68.5%)
38	BODO Rafał	17	ZOZKOSZ KOSZALIN	M-30	38	00:12:27	00:25:53	00:40:02	00:54:57.05	+00:17:51 (32.5%)	5:29	10.9 (67.3%)
39	SZYMAŃSKI Patryk	275		M-30	39	00:13:57	00:28:01	00:42:08	00:55:32.60	+00:18:27 (33.2%)	5:33	10.8 (66.7%)
40	KONKEL Łukasz	341		M-30	40	00:12:27	00:25:46	00:40:13	00:55:33.20	+00:18:27 (33.2%)	5:33	10.8 (66.7%)
41	MURAWSKI Rafał	192		M-30	41	00:13:13	00:27:30	00:42:21	00:57:26.00	+00:20:20 (35.4%)	5:44	10.4 (64.2%)
42	KISIEL Radek	119		M-30	42	00:13:35	00:28:36	00:44:07	00:59:48.55	+00:22:43 (38.0%)	5:58	10 (61.7%)
43	PRZYBYŁ Krzysztof	228		M-30	43	00:13:57	00:28:01	00:43:57	01:00:16.60	+00:23:11 (38.5%)	6:01	10 (61.7%)
44	SZWEDA Mateusz	273	JW	M-30	44	00:13:57	00:28:01	00:43:58	01:00:17.60	+00:23:12 (38.5%)	6:01	10 (61.7%)
45	BAJ Norbert	2	AUTOSTORE	M-30	45	00:13:40	00:30:13	00:47:44	01:05:26.95	+00:28:21 (43.3%)	6:32	9.2 (56.8%)
46	SZYMANOWICZ Marcin	274		M-30	46	00:15:38	00:32:32	00:49:42	01:07:53.95	+00:30:48 (45.4%)	6:47	8.8 (54.3%)

Total 46 results.