



Event: III DecaRun Koszalin
Organiser: Spółka Decathlon sp. z o.o. z siedzibą w Warszawie
Date: 2019-08-15
Place: Koszalin
Distance: 10 km

III DECARUN KOSZALIN 10 KM

B4SPORT



Classification: M-40

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	BORYCHOWSKI Mariusz	220	HERKULES	M-40	1	00:08:01	00:16:08	00:24:23	00:32:36.55		3:15	18.4 (100%)
2	GOLIŃSKI Łukasz	71	K.B. SPRINT ŚWIDWIN	M-40	2	00:09:12	00:18:42	00:28:13	00:37:40.35	+00:05:03 (13.4%)	3:46	15.9 (86.4%)
3	RUDNIKOWSKI Maciej	236	KLUB BIEGACZA DARŁOWSKIE CHARTY / BIEGUZROWISKOWY.PL	M-40	3	00:09:23	00:18:56	00:28:33	00:38:01.45	+00:05:24 (14.2%)	3:48	15.8 (85.9%)
4	DUDA Grzegorz	54	BEST BEASTS	M-40	4	00:09:09	00:18:51	00:28:47	00:38:39.25	+00:06:02 (15.6%)	3:51	15.5 (84.2%)
5	WITKIEWICZ Eryk	303	KB 10 BIAŁOGARD	M-40	5	00:09:16	00:19:02	00:28:57	00:38:52.90	+00:06:16 (16.1%)	3:53	15.4 (83.7%)
6	PICK Tomasz	215	SKSG KORONA SZCZECIN	M-40	6	00:09:32	00:19:26	00:29:26	00:39:01.70	+00:06:25 (16.4%)	3:54	15.4 (83.7%)
7	WALEŃSKI Michał	155		M-40	7	00:09:45	00:19:58	00:30:36	00:41:13.70	+00:08:37 (20.9%)	4:07	14.6 (79.3%)
8	SMAGOWSKI Wojciech	256	KB SPRINT ŚWIDWIN	M-40	8	00:09:47	00:20:01	00:30:38	00:41:27.50	+00:08:50 (21.3%)	4:08	14.5 (78.8%)
9	MAĆKOWIAK Krzysztof	164	HEIZZENTRALEN24.DE	M-40	9	00:10:05	00:20:38	00:31:30	00:42:05.60	+00:09:29 (22.5%)	4:12	14.3 (77.7%)
10	KOZIEŁ Paweł	140		M-40	10	00:10:22	00:21:18	00:32:25	00:43:31.55	+00:10:55 (25.1%)	4:21	13.8 (75.0%)
11	SZYMAŃSKI Piotr	276		M-40	11	00:11:10	00:22:09	00:33:10	00:44:11.90	+00:11:35 (26.2%)	4:25	13.6 (73.9%)
12	KWIETNIEWSKI Daniel	153		M-40	12	00:11:00	00:22:35	00:34:14	00:45:42.65	+00:13:06 (28.7%)	4:34	13.1 (71.2%)
13	ŻURAWIK Piotr	327		M-40	13	00:11:23	00:23:05	00:34:56	00:46:33.50	+00:13:56 (30.0%)	4:39	12.9 (70.1%)
14	OLEARCZUK Arkadiusz	136		M-40	14	00:10:50	00:22:35	00:34:52	00:46:43.15	+00:14:06 (30.2%)	4:40	12.8 (69.6%)

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						2.5km	5km	7.5km				
15	ROGOŻA Ireneusz	233		M-40	15	00:11:37	00:23:29	00:35:27	00:47:22.35	+00:14:45 (31.2%)	4:44	12.7 (69.0%)
16	GROCHOWALSKI Rafał	77	K.B.SPRINT ŚWIDWIN	M-40	16	00:11:09	00:22:58	00:35:02	00:47:30.05	+00:14:53 (31.4%)	4:45	12.6 (68.5%)
17	KOCLEJDA Grzegorz	127	RUNDORFINA	M-40	17	00:11:59	00:23:48	00:35:41	00:47:37.75	+00:15:01 (31.5%)	4:45	12.6 (68.5%)
18	DERLIŃSKI Adam	51	TORNADO KOSZALIN	M-40	18	00:11:07	00:23:05	00:35:33	00:47:59.10	+00:15:22 (32.0%)	4:47	12.5 (67.9%)
19	BUDZIŃSKI Paweł	29	DRUŻYNA SZPIKU	M-40	19	00:11:58	00:24:14	00:36:31	00:48:08.00	+00:15:31 (32.3%)	4:48	12.5 (67.9%)
20	BROCA Jarosław	26	FOREST RUN KOSZALIN	M-40	20	00:11:46	00:23:38	00:35:55	00:48:11.55	+00:15:35 (32.3%)	4:49	12.5 (67.9%)
21	ANTKOWIAK Sebastian	1	DB - ACTIVE	M-40	21	00:11:17	00:23:10	00:35:39	00:48:19.65	+00:15:43 (32.5%)	4:50	12.4 (67.4%)
22	WIATRZYK Krzysztof	297	DARŁOWO	M-40	22	00:11:25	00:23:19	00:35:56	00:48:28.40	+00:15:51 (32.7%)	4:50	12.4 (67.4%)
23	BAWOŁ Andrzej	9	: -)	M-40	23	00:11:33	00:23:33	00:36:00	00:49:02.60	+00:16:26 (33.5%)	4:54	12.2 (66.3%)
24	PIECHOTA Robert	217	ROZBIEGANY KOSZALIN	M-40	24	00:11:22	00:23:29	00:36:40	00:49:06.30	+00:16:29 (33.6%)	4:54	12.2 (66.3%)
25	REMLAKOWSKI Krzysztof	232	WE RUN	M-40	25	00:11:47	00:23:52	00:36:22	00:49:10.25	+00:16:33 (33.7%)	4:55	12.2 (66.3%)
26	WOJCIECHOWSKI Andrzej	305		M-40	26	00:12:06	00:24:18	00:36:55	00:49:24.55	+00:16:48 (34.0%)	4:56	12.1 (65.8%)
27	KRASIŃSKI Witold	144		M-40	27	00:11:40	00:24:06	00:36:54	00:49:33.10	+00:16:56 (34.2%)	4:57	12.1 (65.8%)
28	MIELCZAREK Maciej	179	M&M	M-40	28	00:11:42	00:24:09	00:37:09	00:50:17.30	+00:17:40 (35.2%)	5:01	11.9 (64.7%)
29	KUSZYŃSKI Dariusz	152	CASTORAMA KOSZALIN	M-40	29	00:12:27	00:25:07	00:37:49	00:50:27.25	+00:17:50 (35.4%)	5:02	11.9 (64.7%)
30	GAJEK Artur	59	KORZYBSKIE REKINY	M-40	30	00:11:47	00:24:26	00:37:37	00:51:06.50	+00:18:29 (36.2%)	5:06	11.7 (63.6%)
31	STALUSZKA Dariusz	263	21.BLT	M-40	31	00:12:32	00:25:18	00:38:17	00:51:21.55	+00:18:45 (36.5%)	5:08	11.7 (63.6%)
32	BOJANOWSKI Mihał	20	KOŁOBRZESKI KLUB MORSÓW	M-40	32	00:11:28	00:24:28	00:38:22	00:52:21.65	+00:19:45 (37.7%)	5:14	11.5 (62.5%)
33	GALICKI Robert	60		M-40	33	00:12:47	00:26:29	00:39:51	00:53:04.55	+00:20:28 (38.6%)	5:18	11.3 (61.4%)
34	PANCERZYŃSKI Łukasz	207		M-40	34	00:12:59	00:26:14	00:39:44	00:53:11.35	+00:20:34 (38.7%)	5:19	11.3 (61.4%)
35	MONGIAŁO Marcin	189	FAST FEET K-LIN	M-40	35	00:12:21	00:25:17	00:38:57	00:53:24.50	+00:20:47 (38.9%)	5:20	11.2 (60.9%)
36	KAMINSKI Tomasz	104	JEDNOSTKA WOJSKOWA 1223	M-40	36	00:11:27	00:24:57	00:39:58	00:53:59.20	+00:21:22 (39.6%)	5:23	11.1 (60.3%)
37	BARSZCZEWSKI Sebastian	4	BŁĘKITNY PATROL WWF	M-40	37	00:12:29	00:26:01	00:40:19	00:54:37.30	+00:22:00 (40.3%)	5:27	11 (59.8%)

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38	DUDZIAK Piotr	55		M-40	38	00:12:50	00:27:24	00:42:09	00:56:30.60	+00:23:54 (42.3%)	5:39	10.6 (57.6%)
39	JAROSZEWICZ Mirosław	96		M-40	39	00:12:56	00:27:02	00:41:36	00:57:02.65	+00:24:26 (42.8%)	5:42	10.5 (57.1%)
40	KLONOWSKI Artur	125	KOSPEL	M-40	40	00:13:16	00:27:15	00:41:54	00:57:14.95	+00:24:38 (43.0%)	5:43	10.5 (57.1%)
41	KOŁODZIEJCZAK Artur	129	NIGHT RUNNERS NEKLA	M-40	41	00:14:25	00:31:16	00:48:39	01:06:33.15	+00:33:56 (51.0%)	6:39	9 (48.9%)

Total 41 results.