



III DECARUN KOSZALIN 5 KM

B4SPORT

Event: III DecaRun Koszalin
Organiser: Spółka Decathlon sp. z o.o. z siedzibą w Warszawie
Date: 2019-08-15
Place: Koszalin
Distance: 5 km



Classification: M-30

Place	Participant	Number	Club	Category	MCat	Laps 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	PERLIK Tomasz	214	MTS HAMER MIASTKO	M-30	1	00:08:20	00:16:49.45		3:22	17.8 (100%)
2	SIADAK Arkadiusz	249		M-30	2	00:08:43	00:17:15.65	+00:00:26 (2.5%)	3:27	17.4 (97.8%)
3	MAJKOWICZ Rafał	165		M-30	3	00:08:47	00:17:54.80	+00:01:05 (6.1%)	3:35	16.7 (93.8%)
4	RYKIEL Michał	243	DĄBROWSKI TEAM	M-30	4	00:09:04	00:18:25.30	+00:01:35 (8.7%)	3:41	16.3 (91.6%)
5	ROKOSZ Radosław	346	JW 1223	M-30	5	00:09:21	00:18:44.50	+00:01:55 (10.2%)	3:44	16 (89.9%)
6	MASŁOWSKI Mateusz	173	TEAM ROGELLI	M-30	6	00:09:22	00:19:04.15	+00:02:14 (11.8%)	3:48	15.7 (88.2%)
7	PRZEWŁOCKI Michał	227	TKKF KOSZALIN	M-30	7	00:09:28	00:19:25.10	+00:02:35 (13.4%)	3:53	15.5 (87.1%)
8	CIASTOŃ Tomasz	38	ORSKOV FOODS TEAM	M-30	8	00:09:39	00:19:49.35	+00:02:59 (15.1%)	3:57	15.1 (84.8%)
9	POPŁAWSKI Daniel	226		M-30	9	00:09:18	00:19:49.85	+00:03:00 (15.2%)	3:58	15.1 (84.8%)
10	RYBICKI Andrzej	242	KB SPOKO SŁAWNO	M-30	10	00:10:18	00:20:52.60	+00:04:03 (19.4%)	4:10	14.4 (80.9%)
11	LIS Stanisław	343		M-30	11	00:10:14	00:20:59.65	+00:04:10 (19.9%)	4:12	14.3 (80.3%)
12	OLCZAK Krzysztof	198		M-30	12	00:10:45	00:21:22.45	+00:04:33 (21.3%)	4:16	14 (78.7%)
13	DAVIES Chris	47		M-30	13	00:10:36	00:21:48.20	+00:04:58 (22.8%)	4:21	13.8 (77.5%)
14	WEBER Paweł	292	FPP	M-30	14	00:10:47	00:21:50.60	+00:05:01 (23.0%)	4:22	13.7 (77.0%)
15	BIĘNKOWSKI Tomasz	169		M-30	15	00:10:55	00:22:13.40	+00:05:23 (24.3%)	4:26	13.5 (75.8%)
16	THOMAS Daniel	281	PRECON POLSKA	M-30	16	00:10:52	00:22:14.50	+00:05:25 (24.4%)	4:26	13.5 (75.8%)
17	ADAMOWICZ Paweł	344		M-30	17	00:10:47	00:22:31.10	+00:05:41 (25.3%)	4:30	13.3 (74.7%)
18	BOREK Daniel	21		M-30	18	00:11:22	00:23:06.65	+00:06:17 (27.2%)	4:37	13 (73.0%)
19	ZAKIELARZ Piotr	315	PRECON POLSKA	M-30	19	00:11:28	00:23:08.45	+00:06:19 (27.3%)	4:37	13 (73.0%)
20	HAMALA Marcin	342	TAGER KOSZALIN	M-30	20	00:11:38	00:23:15.85	+00:06:26 (27.7%)	4:39	12.9 (72.5%)
21	REDLICKI Piotr	340		M-30	21	00:11:37	00:23:19.40	+00:06:29 (27.9%)	4:39	12.9 (72.5%)
22	MIKUSZEWSKI Arkadiusz	83		M-30	22	00:12:02	00:23:19.80	+00:06:30 (27.9%)	4:40	12.9 (72.5%)
23	KARWAN Krystian	109	AUTOSTORE	M-30	23	00:12:02	00:24:48.85	+00:07:59 (32.2%)	4:57	12.1 (68.0%)
24	SOLNICA Waldemar	258	KOSZALIN CASTORAMA	M-30	24	00:12:11	00:24:57.40	+00:08:07 (32.6%)	4:59	12 (67.4%)
25	NADOLNY Krzysztof	193		M-30	25	00:12:44	00:25:06.45	+00:08:17 (33.0%)	5:01	12 (67.4%)
26	ZAREMBA Tomasz	318		M-30	26	00:12:10	00:25:22.65	+00:08:33 (33.7%)	5:04	11.8 (66.3%)
27	SEMOSKIN Sergey	94		M-30	27	00:13:01	00:26:09.60	+00:09:20 (35.7%)	5:13	11.5 (64.6%)

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28	BRZEZIŃSKI Paweł	28		M-30	28	00:13:03	00:27:31.70	+00:10:42 (38.9%)	5:30	10.9 (61.2%)
29	MACIEJEWSKI Maciej	163	FPP	M-30	29	00:13:23	00:27:33.65	+00:10:44 (39.0%)	5:30	10.9 (61.2%)
30	BRZEZIŃSKI Dariusz	27	BRUNNERS	M-30	30	00:14:50	00:29:48.20	+00:12:58 (43.5%)	5:57	10.1 (56.7%)
31	ZACHCIAŁ Paweł	313	JW 1223	M-30	31	00:14:04	00:30:17.05	+00:13:27 (44.4%)	6:03	9.9 (55.6%)
32	GRUDZIŃSKI Arkadiusz	80	JW 1223	M-30	32	00:14:04	00:30:41.00	+00:13:51 (45.2%)	6:08	9.8 (55.1%)
33	WĘCŁAW Sławomir	295		M-30	33	00:15:20	00:31:18.05	+00:14:28 (46.3%)	6:15	9.6 (53.9%)
34	KIEDOS Dariusz	117	JW1223	M-30	34	00:14:04	00:31:18.40	+00:14:28 (46.3%)	6:15	9.6 (53.9%)
35	GNACINSKI Krzysztof	69		M-30	35	00:15:09	00:32:27.50	+00:15:38 (48.2%)	6:29	9.2 (51.7%)
36	HESTKOWSKI Łukasz	90		M-30	36	00:16:15	00:32:33.55	+00:15:44 (48.3%)	6:30	9.2 (51.7%)
37	CZEKAŁSKI Mateusz	43		M-30	37	00:17:25	00:38:03.20	+00:21:13 (55.8%)	7:36	7.9 (44.4%)

Total 37 results.