



## 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-40

Place	Participant	Number	Club	Category	MCat	Laps 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>KASZUBIAK Klaudiusz</b>	<b>111</b>		M-40	1	00:09:10	<b>00:18:13.65</b>		3:38	16.5 (100%)
2	<b>ZUKAL Piotr</b>	<b>324</b>		M-40	2	00:09:21	<b>00:18:46.70</b>	+00:00:33 (2.9%)	3:45	16 (97.0%)
3	<b>POŁUBIŃSKI Paweł</b>	<b>225</b>	BORNE BIEGA	M-40	3	00:09:23	<b>00:19:17.05</b>	+00:01:03 (5.5%)	3:51	15.6 (94.5%)
4	<b>SIENIAWSKI Jarek</b>	<b>250</b>	MEDEN-INMED SPORTS TEAM	M-40	4	00:09:46	<b>00:19:27.05</b>	+00:01:13 (6.3%)	3:53	15.4 (93.3%)
5	<b>LEWANDOWSKI Jacek</b>	<b>157</b>	STARY BOREK	M-40	5	00:09:44	<b>00:19:29.50</b>	+00:01:15 (6.5%)	3:53	15.4 (93.3%)
6	<b>MAZUR Emiliusz</b>	<b>174</b>	DARŁOWSKI OGR	M-40	6	00:09:49	<b>00:19:48.80</b>	+00:01:35 (8.0%)	3:57	15.1 (91.5%)
7	<b>KUKIEŁA Tomasz</b>	<b>151</b>	ROZBIEGANY FUN CLUB KAROLINKI I MATYLDKI K	M-40	7	00:09:43	<b>00:20:00.35</b>	+00:01:46 (8.9%)	4:00	15 (90.9%)
8	<b>KRACZKOWSKI Przemysław</b>	<b>143</b>		M-40	8	00:10:03	<b>00:20:30.45</b>	+00:02:16 (11.1%)	4:06	14.6 (88.5%)
9	<b>BŁASZCZYK Piotr</b>	<b>14</b>		M-40	9	00:10:38	<b>00:21:24.50</b>	+00:03:10 (14.9%)	4:16	14 (84.8%)
10	<b>KONOWALSKI Bartosz</b>	<b>131</b>		M-40	10	00:11:08	<b>00:22:15.05</b>	+00:04:01 (18.1%)	4:27	13.5 (81.8%)
11	<b>IWANIEC Darek</b>	<b>93</b>	TKKF KOSZALIN	M-40	11	00:10:54	<b>00:22:21.85</b>	+00:04:08 (18.5%)	4:28	13.4 (81.2%)
12	<b>WILKOWSKI Krzysztof</b>	<b>301</b>	FOR-REST-RUN	M-40	12	00:11:23	<b>00:22:57.80</b>	+00:04:44 (20.6%)	4:35	13.1 (79.4%)
13	<b>GOSTOMCZYK Krzysztof</b>	<b>74</b>	KB SPOKO SŁAWNO	M-40	13	00:11:23	<b>00:23:04.65</b>	+00:04:51 (21.0%)	4:37	13 (78.8%)
14	<b>JAWORSKI Robert</b>	<b>63</b>		M-40	14	00:11:46	<b>00:24:00.20</b>	+00:05:46 (24.1%)	4:48	12.5 (75.8%)
15	<b>JASIENIECKI Piotr</b>	<b>99</b>	KP ZEFIR WYSZEWO	M-40	15	00:11:49	<b>00:24:08.95</b>	+00:05:55 (24.5%)	4:49	12.4 (75.2%)
16	<b>GAWIECKI Piotr</b>	<b>65</b>	ROZBIEGANY KOSZALIN	M-40	16	00:12:03	<b>00:24:24.10</b>	+00:06:10 (25.3%)	4:52	12.3 (74.5%)
17	<b>HAŁKA Arkadiusz</b>	<b>82</b>	TRUCHT ŁOBEZ	M-40	17	00:12:09	<b>00:24:49.05</b>	+00:06:35 (26.6%)	4:57	12.1 (73.3%)
18	<b>SAWIŃSKI Jacek</b>	<b>246</b>		M-40	18	00:12:13	<b>00:25:37.70</b>	+00:07:24 (28.9%)	5:07	11.7 (70.9%)
19	<b>KASPRZYK Bogdan</b>	<b>110</b>	KM PSP KOSZALIN / JRG 2	M-40	19	00:12:42	<b>00:25:45.70</b>	+00:07:32 (29.2%)	5:09	11.7 (70.9%)
20	<b>KLIMKOWSKI Paweł</b>	<b>123</b>		M-40	20	00:14:23	<b>00:29:34.05</b>	+00:11:20 (38.4%)	5:54	10.1 (61.2%)
21	<b>MACIEJEWSKI Tomasz</b>	<b>162</b>		M-40	21	00:15:11	<b>00:31:31.85</b>	+00:13:18 (42.2%)	6:18	9.5 (57.6%)
22	<b>KARNICKI Artur</b>	<b>148</b>		M-40	22	00:17:14	<b>00:35:53.70</b>	+00:17:40 (49.2%)	7:10	8.4 (50.9%)
23	<b>MONDRON Paweł</b>	<b>187</b>		M-40	23	00:17:15	<b>00:37:22.35</b>	+00:19:08 (51.2%)	7:28	8 (48.5%)

Total 23 results.