



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-Open

Place	Participant	Number	Club	Category	MCat	Laps 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
1	PYSHNIAK Kostiantyn	282	TKKF KOSZALIN	M-20	1	00:08:02	00:16:14.85		3:15	18.5 (100%)
2	SIÓDMIAK Igor	252	7PRO SIÓDMIAK TEAM, MBC ,MKP	M-20	2	00:08:09	00:16:35.30	+00:00:20 (2.1%)	3:19	18.1 (97.8%)
3	PERLIK Tomasz	214	MTS HAMER MIASTKO	M-30	1	00:08:20	00:16:49.45	+00:00:34 (3.4%)	3:22	17.8 (96.2%)
4	SIADAK Arkadiusz	249		M-30	2	00:08:43	00:17:15.65	+00:01:00 (5.9%)	3:27	17.4 (94.1%)
5	MAJKOWICZ Rafał	165		M-30	3	00:08:47	00:17:54.80	+00:01:39 (9.3%)	3:35	16.7 (90.3%)
6	GOS Mateusz	73	START PUŁAWSKI WARKA	M-20	3	00:08:49	00:18:06.60	+00:01:51 (10.3%)	3:37	16.6 (89.7%)
7	KASZUBIAK Klaudiusz	111		M-40	1	00:09:10	00:18:13.65	+00:01:58 (10.9%)	3:38	16.5 (89.2%)
8	RYKIEL Michał	243	DĄBROWSKI TEAM	M-30	4	00:09:04	00:18:25.30	+00:02:10 (11.8%)	3:41	16.3 (88.1%)
9	ROKOSZ Radosław	346	JW 1223	M-30	5	00:09:21	00:18:44.50	+00:02:29 (13.3%)	3:44	16 (86.5%)
10	ZUKAL Piotr	324		M-40	2	00:09:21	00:18:46.70	+00:02:31 (13.5%)	3:45	16 (86.5%)
11	MASŁOWSKI Mateusz	173	TEAM ROGELLI	M-30	6	00:09:22	00:19:04.15	+00:02:49 (14.8%)	3:48	15.7 (84.9%)
12	POŁUBIŃSKI Paweł	225	BORNE BIEGA	M-40	3	00:09:23	00:19:17.05	+00:03:02 (15.7%)	3:51	15.6 (84.3%)
13	DĄBKOWSKI Maciej	48	7PRO SIÓDMIAK TEAM / MKP	M-20	4	00:09:40	00:19:21.70	+00:03:06 (16.1%)	3:52	15.5 (83.8%)
14	PRZEWŁOCKI Michał	227	TKKF KOSZALIN	M-30	7	00:09:28	00:19:25.10	+00:03:10 (16.3%)	3:53	15.5 (83.8%)
15	SIENIAWSKI Jarek	250	MEDEN-INMED SPORTS TEAM	M-40	4	00:09:46	00:19:27.05	+00:03:12 (16.5%)	3:53	15.4 (83.2%)
16	OPIELA Paweł	202	7PRO SIÓDMIAK TEAM	M-20	5	00:09:41	00:19:28.40	+00:03:13 (16.6%)	3:53	15.4 (83.2%)
17	LEWANDOWSKI Jacek	157	STARY BOREK	M-40	5	00:09:44	00:19:29.50	+00:03:14 (16.6%)	3:53	15.4 (83.2%)
18	MAZUR Emiliusz	174	DARŁOWSKI OGR	M-40	6	00:09:49	00:19:48.80	+00:03:33 (18.0%)	3:57	15.1 (81.6%)
19	CIASOŃ Tomasz	38	ORSKOV FOODS TEAM	M-30	8	00:09:39	00:19:49.35	+00:03:34 (18.0%)	3:57	15.1 (81.6%)
20	POPŁAWSKI Daniel	226		M-30	9	00:09:18	00:19:49.85	+00:03:35 (18.1%)	3:58	15.1 (81.6%)
21	KUKIEŁA Tomasz	151	ROZBIEGANY FUN CLUB KAROLINKI I MATYLDKI K	M-40	7	00:09:43	00:20:00.35	+00:03:45 (18.8%)	4:00	15 (81.1%)
22	KRACZKOWSKI Przemysław	143		M-40	8	00:10:03	00:20:30.45	+00:04:15 (20.8%)	4:06	14.6 (78.9%)
23	RYBICKI Andrzej	242	KB SPOKO SŁAWNO	M-30	10	00:10:18	00:20:52.60	+00:04:37 (22.2%)	4:10	14.4 (77.8%)
24	LIS Stanisław	343		M-30	11	00:10:14	00:20:59.65	+00:04:44 (22.6%)	4:12	14.3 (77.3%)
25	SZPITER Tomasz	3	OLAWS ZŁOTORYJA	M-50	1	00:10:22	00:21:05.90	+00:04:51 (23.0%)	4:13	14.2 (76.8%)
26	OLCZAK Krzysztof	198		M-30	12	00:10:45	00:21:22.45	+00:05:07 (24.0%)	4:16	14 (75.7%)
27	RADOMSKI Heronim	231	CZARNE BIEGA	M-50	2	00:10:29	00:21:23.35	+00:05:08 (24.0%)	4:16	14 (75.7%)

Place	Participant	Number	Club	Category	MCat	Laps 2.5km	Net	Gap	Pace min/km	Pace km/h
							time 5km			
28	BŁASZCZYK Piotr	14		M-40	9	00:10:38	00:21:24.50	+00:05:09 (24.1%)	4:16	14 (75.7%)
29	SOSNOWSKI Tomasz	260	FPP FUNKCJONALNOŚĆ PONAD POMPE	M-20	6	00:10:47	00:21:34.15	+00:05:19 (24.7%)	4:18	13.9 (75.1%)
30	PAWŁOWICZ Roland	210	7PRO SIÓDMIAK TEAM	M-20	7	00:10:46	00:21:45.60	+00:05:30 (25.3%)	4:21	13.8 (74.6%)
31	MARCINIAK Michał	168		M-20	8	00:10:40	00:21:45.90	+00:05:31 (25.4%)	4:21	13.8 (74.6%)
32	DAVIES Chris	47		M-30	13	00:10:36	00:21:48.20	+00:05:33 (25.5%)	4:21	13.8 (74.6%)
33	WEBER Paweł	292	FPP	M-30	14	00:10:47	00:21:50.60	+00:05:35 (25.6%)	4:22	13.7 (74.1%)
34	HAWRYLAK Marcin	85	AMPIO TEAM	M-50	3	00:10:38	00:21:50.80	+00:05:35 (25.6%)	4:22	13.7 (74.1%)
35	RUTKOWSKI Ryszard	240	RUNKING	M-50	4	00:10:52	00:22:06.00	+00:05:51 (26.5%)	4:25	13.6 (73.5%)
36	BIENKOWSKI Tomasz	169		M-30	15	00:10:55	00:22:13.40	+00:05:58 (26.9%)	4:26	13.5 (73.0%)
37	THOMAS Daniel	281	PRECON POLSKA	M-30	16	00:10:52	00:22:14.50	+00:05:59 (27.0%)	4:26	13.5 (73.0%)
38	KONOWALSKI Bartosz	131		M-40	10	00:11:08	00:22:15.05	+00:06:00 (27.0%)	4:27	13.5 (73.0%)
39	KLENIEWSKI Piotr	121	ROZBIEGANY KOSZALIN	M-50	5	00:11:01	00:22:21.20	+00:06:06 (27.3%)	4:28	13.4 (72.4%)
40	IWANIEC Darek	93	TKKF KOSZALIN	M-40	11	00:10:54	00:22:21.85	+00:06:07 (27.4%)	4:28	13.4 (72.4%)
41	HOREGLAD Paweł	91	SPEEDY GONZALES	M-20	9	00:10:24	00:22:23.10	+00:06:08 (27.4%)	4:28	13.4 (72.4%)
42	ZAKIELARZ Jan	316	PRECON POLSKA JASTROWIE	M-60+	1	00:11:01	00:22:27.20	+00:06:12 (27.6%)	4:29	13.4 (72.4%)
43	ADAMOWICZ Paweł	344		M-30	17	00:10:47	00:22:31.10	+00:06:16 (27.8%)	4:30	13.3 (71.9%)
44	WILKOWSKI Krzysztof	301	FOR-REST-RUN	M-40	12	00:11:23	00:22:57.80	+00:06:42 (29.2%)	4:35	13.1 (70.8%)
45	GOSTOMCZYK Krzysztof	74	KB SPOKO SŁAWNO	M-40	13	00:11:23	00:23:04.65	+00:06:49 (29.6%)	4:37	13 (70.3%)
46	BOREK Daniel	21		M-30	18	00:11:22	00:23:06.65	+00:06:51 (29.7%)	4:37	13 (70.3%)
47	ZAKIELARZ Piotr	315	PRECON POLSKA	M-30	19	00:11:28	00:23:08.45	+00:06:53 (29.8%)	4:37	13 (70.3%)
48	HAMALA Marcin	342	TAGER KOSZALIN	M-30	20	00:11:38	00:23:15.85	+00:07:01 (30.2%)	4:39	12.9 (69.7%)
49	REDLICKI Piotr	340		M-30	21	00:11:37	00:23:19.40	+00:07:04 (30.3%)	4:39	12.9 (69.7%)
50	MIKUSZEWSKI Arkadiusz	83		M-30	22	00:12:02	00:23:19.80	+00:07:04 (30.4%)	4:40	12.9 (69.7%)
51	JAWORSKI Robert	63		M-40	14	00:11:46	00:24:00.20	+00:07:45 (32.3%)	4:48	12.5 (67.6%)
52	JASIENIECKI Piotr	99	KP ZEFIR WYSZEWO	M-40	15	00:11:49	00:24:08.95	+00:07:54 (32.7%)	4:49	12.4 (67.0%)
53	OLEARCZYK Patryk	159	BOBOLICKIE BRAC'TWO BIEGOWE	M-20	10	00:12:58	00:24:12.45	+00:07:57 (32.9%)	4:50	12.4 (67.0%)
54	BOGACKI Tomasz	19	TKKF KOSZALIN	M-60+	2	00:12:05	00:24:14.85	+00:08:00 (33.0%)	4:51	12.4 (67.0%)
55	BIENKOWSKI Jarosław	11	DECATHLON PRZYMORZE TEAM	M-20	11	00:11:57	00:24:24.00	+00:08:09 (33.4%)	4:52	12.3 (66.5%)
56	GAWIECKI Piotr	65	ROZBIEGANY KOSZALIN	M-40	16	00:12:03	00:24:24.10	+00:08:09 (33.4%)	4:52	12.3 (66.5%)
57	WRÓBLEWSKI Mateusz	311		M-20	12	00:12:49	00:24:44.90	+00:08:30 (34.3%)	4:57	12.1 (65.4%)
58	KARWAN Krystian	109	AUTOSTORE	M-30	23	00:12:02	00:24:48.85	+00:08:34 (34.5%)	4:57	12.1 (65.4%)
59	HAŁKA Arkadiusz	82	TRUCHT ŁOBEZ	M-40	17	00:12:09	00:24:49.05	+00:08:34 (34.5%)	4:57	12.1 (65.4%)
60	SOLNICA Waldemar	258	KOSZALIN CASTORAMA	M-30	24	00:12:11	00:24:57.40	+00:08:42 (34.9%)	4:59	12 (64.9%)
61	NADOLNY Krzysztof	193		M-30	25	00:12:44	00:25:06.45	+00:08:51 (35.3%)	5:01	12 (64.9%)
62	BUTOWICZ Adam	32		M-50	6	00:12:25	00:25:09.65	+00:08:54 (35.4%)	5:02	11.9 (64.3%)
63	ZAREMBA Tomasz	318		M-30	26	00:12:10	00:25:22.65	+00:09:07 (36.0%)	5:04	11.8 (63.8%)
64	KORUBA Robert	135	MORSACZEBIEGACZE	M-50	7	00:12:38	00:25:28.30	+00:09:13 (36.2%)	5:05	11.8 (63.8%)
65	SAWIŃSKI Jacek	246		M-40	18	00:12:13	00:25:37.70	+00:09:22 (36.6%)	5:07	11.7 (63.2%)
66	KASPRZYK Bogdan	110	KM PSP KOSZALIN / JRG 2	M-40	19	00:12:42	00:25:45.70	+00:09:30 (36.9%)	5:09	11.7 (63.2%)
67	CZUB Maciek	45		M-20	13	00:12:05	00:25:46.75	+00:09:31 (37.0%)	5:09	11.6 (62.7%)
68	SEMOSKIN Sergey	94		M-30	27	00:13:01	00:26:09.60	+00:09:54 (37.9%)	5:13	11.5 (62.2%)
69	JANUSZEWSKI Jacek	97	17 WOG KOSZALIN	M-50	8	00:13:03	00:26:39.60	+00:10:24 (39.1%)	5:20	11.3 (61.1%)
70	SŁOMSKI Zenon	254	KORZYBSKIE REKINY	M-60+	3	00:13:02	00:26:58.05	+00:10:43 (39.8%)	5:23	11.1 (60.0%)
71	BRZEZIŃSKI Paweł	28		M-30	28	00:13:03	00:27:31.70	+00:11:16 (41.0%)	5:30	10.9 (58.9%)

Place	Participant	Number	Club	Category	MCat	Laps 2.5km	Net time 5km	Gap	Pace min/km	Pace km/h
72	MACIEJEWSKI Maciej	163	FPP	M-30	29	00:13:23	00:27:33.65	+00:11:18 (41.0%)	5:30	10.9 (58.9%)
73	KRZEMIŃSKI Andrzej	147		M-50	9	00:14:05	00:28:19.20	+00:12:04 (42.6%)	5:39	10.6 (57.3%)
74	WITEK Adrian	302		M-20	14	00:14:00	00:28:32.80	+00:12:17 (43.1%)	5:42	10.5 (56.8%)
75	KLIMKOWSKI Pawel	123		M-40	20	00:14:23	00:29:34.05	+00:13:19 (45.0%)	5:54	10.1 (54.6%)
76	GŁOWACKI Włodzimierz	68		M-60+	4	00:13:58	00:29:36.75	+00:13:21 (45.1%)	5:55	10.1 (54.6%)
77	WYSOCKI Krystian	312		M-20	15	00:14:45	00:29:40.15	+00:13:25 (45.2%)	5:56	10.1 (54.6%)
78	BRZEZIŃSKI Dariusz	27	BRUNNERS	M-30	30	00:14:50	00:29:48.20	+00:13:33 (45.5%)	5:57	10.1 (54.6%)
79	ZACHCIAŁ Pawel	313	JW 1223	M-30	31	00:14:04	00:30:17.05	+00:14:02 (46.3%)	6:03	9.9 (53.5%)
80	GRUDZIŃSKI Arkadiusz	80	JW 1223	M-30	32	00:14:04	00:30:41.00	+00:14:26 (47.0%)	6:08	9.8 (53.0%)
81	CICHOSZ Jerzy	39		M-60+	5	00:15:06	00:30:57.75	+00:14:42 (47.5%)	6:11	9.7 (52.4%)
82	WĘCŁAW Sławomir	295		M-30	33	00:15:20	00:31:18.05	+00:15:03 (48.1%)	6:15	9.6 (51.9%)
83	KIEDOS Dariusz	117	JW1223	M-30	34	00:14:04	00:31:18.40	+00:15:03 (48.1%)	6:15	9.6 (51.9%)
84	MACIEJEWSKI Tomasz	162		M-40	21	00:15:11	00:31:31.85	+00:15:17 (48.5%)	6:18	9.5 (51.4%)
85	GNACINSKI Krzysztof	69		M-30	35	00:15:09	00:32:27.50	+00:16:12 (49.9%)	6:29	9.2 (49.7%)
86	HESTKOWSKI Łukasz	90		M-30	36	00:16:15	00:32:33.55	+00:16:18 (50.1%)	6:30	9.2 (49.7%)
87	MRUGAJSKI Stanisław	190	MTS HAMER MIASTKO	M-50	10	00:15:45	00:33:01.90	+00:16:47 (50.8%)	6:36	9.1 (49.2%)
88	RULEWICZ Artur	238		M-50	11	00:16:12	00:33:19.00	+00:17:04 (51.2%)	6:39	9 (48.6%)
89	JANISZEWSKI Kacper	95	AUTOSTORE	M-20	16	00:15:49	00:34:34.45	+00:18:19 (53.0%)	6:54	8.7 (47.0%)
90	KARNICKI Artur	148		M-40	22	00:17:14	00:35:53.70	+00:19:38 (54.7%)	7:10	8.4 (45.4%)
91	MONDRON Paweł	187		M-40	23	00:17:15	00:37:22.35	+00:21:07 (56.5%)	7:28	8 (43.2%)
92	CZEKALSKI Mateusz	43		M-30	37	00:17:25	00:38:03.20	+00:21:48 (57.3%)	7:36	7.9 (42.7%)
93	SZCZEBLEWSKI Józef	271		M-60+	6	00:27:50	00:46:50.00	+00:30:35 (65.3%)	9:22	6.4 (34.6%)
94	BARTNIK Marian	5	TKKF KOSZALIN	M-60+	7	00:24:04	00:49:34.05	+00:33:19 (67.2%)	9:54	6.1 (33.0%)

Total 94 results.