

PÓŁMARATON KOSZALIN - 21.1KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-05-22
Miejsce: Koszalin
Dystans: 21.1 km



Klasyfikacja: M55-59

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	**NIWIŃSKI Grzegorz**	**150**	K.B. TUPOT USTKA	M55-59	1	00:00:49	00:05:10	00:27:52	00:51:13	01:15:12	**01:40:37.60**	**01:41:27.00**		4:46	12.6 (100%)
2	**ADAMCZAK Andrzej**	**1**	TRIATHLON KOSZALIN	M55-59	2	00:00:44	00:05:17	00:29:34	00:54:24	01:18:45	**01:42:12.65**	**01:42:57.60**	+00:01:35 (1.5%)	4:50	12.4 (98.4%)
3	**BŁASZCZYK Tadeusz**	**9**		M55-59	3	00:00:39	00:04:57	00:27:49	00:51:33	01:16:10	**01:42:29.75**	**01:43:08.90**	+00:01:52 (1.8%)	4:51	12.4 (98.4%)
4	**CHWALEBA Jan**	**25**		M55-59	4	00:00:43	00:05:10	00:28:55	00:54:01	01:20:38	**01:48:00.50**	**01:48:44.20**	+00:07:22 (6.8%)	5:07	11.7 (92.9%)
5	**MELLER Paweł**	**134**	JW 1223	M55-59	5	00:00:44	00:05:42	00:31:37	00:56:52	01:22:53	**01:49:14.85**	**01:49:59.10**	+00:08:37 (7.9%)	5:10	11.6 (92.1%)
6	**KOSAKOWSKI Krzysztof**	**106**	TKKF KOLEJARZ BYDGOSZCZ	M55-59	6	00:00:44	00:05:23	00:30:27	00:56:32	01:23:05	**01:49:27.20**	**01:50:12.05**	+00:08:49 (8.1%)	5:11	11.6 (92.1%)
7	**SIKORSKI Witold**	**182**	KB RUN 42	M55-59	7	00:00:43	00:05:25	00:30:15	00:56:37	01:23:51	**01:50:34.25**	**01:51:17.35**	+00:09:56 (9.0%)	5:14	11.5 (91.3%)
8	**NIEMCZUK Dariusz**	**247**		M55-59	8	00:00:47	00:05:37	00:32:42	00:59:34	01:26:05	**01:52:51.10**	**01:53:38.95**	+00:12:13 (10.8%)	5:20	11.2 (88.9%)
9	**CHUDZIK Zbigniew**	**23**	TKKF KOSZALIN	M55-59	9	00:00:41	00:05:30	00:31:55	00:59:13	01:27:42	**01:56:27.15**	**01:57:08.40**	+00:15:49 (13.6%)	5:31	10.9 (86.5%)
10	**WILIŃSKI Marek**	**221**	K.B SPRINT ŚWIDWIN	M55-59	10	00:00:44	00:05:31	00:31:40	00:58:57	01:28:17	**01:57:12.90**	**01:57:56.95**	+00:16:35 (14.2%)	5:33	10.8 (85.7%)
11	**ŚWIETLIK Tomasz**	**205**		M55-59	11	00:00:48	00:05:43	00:31:42	00:59:17	01:26:56	**01:59:15.10**	**02:00:03.55**	+00:18:37 (15.6%)	5:39	10.6 (84.1%)
12	**KRUSZYŃSKI Stanisław**	**194**	RUNNERSWALDE.DARŁOWO.. MORSS	M55-59	12	00:00:38	00:05:53	00:34:12	01:03:50	01:32:57	**01:59:22.85**	**02:00:01.10**	+00:18:45 (15.7%)	5:39	10.6 (84.1%)

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13	**KARWAT Stanisław**	**90**	PARKRUN SZCZECINEK	M55-59	13	00:00:46	00:05:35	00:33:17	01:05:57	01:38:03	**02:08:58.00**	**02:09:44.95**	+00:28:20 (22.0%)	6:06	9.8 (77.8%)
14	**WOJANOWSKI Zbigniew**	**224**	BIEGAM BO LUBIĘ	M55-59	14	00:00:39	00:05:28	00:33:10	01:06:20	01:42:29	**02:21:08.95**	**02:21:48.05**	+00:40:31 (28.7%)	6:41	9 (71.4%)

Znaleziono 14 wynik(ów)