



## IV EDYCJA BIEGU TROPDEM WILCZYM - KOSZALIN - 10 KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2016-02-28  
**Miejsce:** Koszalin  
**Dystans:** 10 km

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: M-18

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.46km	4.92km	7.38km	9.84km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WITKOWSKI Mateusz</b>	<b>353</b>	KL BIAŁOGARD	M-18	1	00:00:03	00:07:59	00:16:06	00:24:15	00:32:14	<b>00:32:42.85</b>	<b>00:32:46.00</b>		3:16	18.3 (100%)
2	<b>SOLSKI Marcin</b>	<b>267</b>		M-18	2	00:00:04	00:09:24	00:19:00	00:28:37	00:38:18	<b>00:38:47.50</b>	<b>00:38:52.00</b>	+00:06:04 (15.7%)	3:52	15.5 (84.7%)
2	<b>KĘPKA Adrian</b>	<b>358</b>		M-18	3	00:00:04	00:09:28	00:19:02	00:28:37	00:38:19	<b>00:38:47.90</b>	<b>00:38:52.00</b>	+00:06:05 (15.7%)	3:52	15.5 (84.7%)
4	<b>USTIANOWSKI Wojciech</b>	<b>295</b>	JW1223	M-18	4	00:00:07	00:09:28	00:19:15	00:29:14	00:39:05	<b>00:39:38.00</b>	<b>00:39:45.00</b>	+00:06:55 (17.5%)	3:57	15.1 (82.5%)
5	<b>DURMAN Dawid</b>	<b>49</b>		M-18	5	00:00:07	00:09:47	00:19:48	00:29:45	00:39:32	<b>00:40:04.15</b>	<b>00:40:12.00</b>	+00:07:21 (18.4%)	4:00	15 (82.0%)
6	<b>MODRZEJEWSKI Mateusz</b>	<b>195</b>	(JW 1223) DLA ŻONKI ASI	M-18	6	00:00:04	00:10:01	00:20:17	00:30:33	00:40:45	<b>00:41:18.05</b>	<b>00:41:23.00</b>	+00:08:35 (20.8%)	4:07	14.5 (79.2%)
7	<b>PENDRAK Kamil</b>	<b>225</b>	VIOLA CLUB POLONIA	M-18	7	00:00:06	00:10:35	00:21:05	00:31:28	00:41:34	<b>00:42:10.55</b>	<b>00:42:17.00</b>	+00:09:27 (22.4%)	4:13	14.2 (77.6%)
7	<b>MICKIEWICZ Adam</b>	<b>191</b>	36DROP MRZEŻYNO	M-18	8	00:00:05	00:09:51	00:20:15	00:30:57	00:41:36	<b>00:42:11.60</b>	<b>00:42:17.00</b>	+00:09:28 (22.5%)	4:13	14.2 (77.6%)
9	<b>BOGUSŁAW Łukasz</b>	<b>16</b>		M-18	9	00:00:06	00:10:05	00:20:37	00:31:14	00:41:37	<b>00:42:13.85</b>	<b>00:42:20.00</b>	+00:09:31 (22.5%)	4:13	14.2 (77.6%)
10	<b>MOKSA Dariusz</b>	<b>196</b>		M-18	10	00:00:03	00:09:27	00:19:38	00:30:28	00:41:40	<b>00:42:23.30</b>	<b>00:42:27.00</b>	+00:09:40 (22.8%)	4:14	14.2 (77.6%)
11	<b>KORCZYŃSKI Sławomir</b>	<b>132</b>	DECATHLON KOSZALIN	M-18	11	00:00:03	00:09:53	00:20:31	00:31:13	00:41:52	<b>00:42:26.55</b>	<b>00:42:30.00</b>	+00:09:43 (22.9%)	4:14	14.1 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	2.46km	4.92km	7.38km	9.84km					
12	<b>HEJMAN Damian</b>	<b>81</b>	RUNNERSCLUB.PL	M-18	12	00:00:06	00:10:04	00:20:31	00:31:10	00:41:53	<b>00:42:34.15</b>	<b>00:42:41.00</b>	+00:09:51 (23.2%)	4:15	14.1 (77.0%)
13	<b>FLESZER Natan</b>	<b>59</b>	KOSTRZYŃSKI KLUB BIEGACZA	M-18	13	00:00:07	00:10:06	00:20:46	00:31:45	00:42:20	<b>00:42:57.75</b>	<b>00:43:05.00</b>	+00:10:14 (23.9%)	4:17	14 (76.5%)
14	<b>KWIATKIEWICZ Bartosz</b>	<b>162</b>	GB JUTROSIN - KOBYLIN I PRZYJACIELE	M-18	14	00:00:05	00:09:50	00:21:00	00:32:22	00:43:36	<b>00:44:16.45</b>	<b>00:44:22.00</b>	+00:11:33 (26.1%)	4:25	13.5 (73.8%)
15	<b>JAKUBOWSKI Karol</b>	<b>93</b>	2BZ	M-18	15	00:00:08	00:10:39	00:21:56	00:33:04	00:43:46	<b>00:44:22.40</b>	<b>00:44:31.00</b>	+00:11:39 (26.3%)	4:26	13.5 (73.8%)
16	<b>KUZAN Sławek</b>	<b>355</b>	CZARNE BIEGA	M-18	16	00:00:28	00:10:46	00:21:44	00:33:01	00:44:04	<b>00:44:45.70</b>	<b>00:45:14.00</b>	+00:12:02 (26.9%)	4:28	13.4 (73.2%)
17	<b>WOJCIECHOWSKI Adrian</b>	<b>313</b>	AMADEUS CROSSGYM	M-18	17	00:00:11	00:10:58	00:22:25	00:34:06	00:45:32	<b>00:46:11.55</b>	<b>00:46:23.00</b>	+00:13:28 (29.2%)	4:37	13 (71.0%)
18	<b>SAPIECHO Bartłomiej</b>	<b>341</b>		M-18	18	00:00:22	00:11:18	00:22:55	00:34:33	00:45:48	<b>00:46:22.25</b>	<b>00:46:45.00</b>	+00:13:39 (29.5%)	4:38	12.9 (70.5%)
19	<b>ŁABANSKI Waldemar</b>	<b>167</b>		M-18	19	00:00:18	00:11:03	00:22:18	00:34:19	00:46:36	<b>00:47:16.45</b>	<b>00:47:35.00</b>	+00:14:33 (30.8%)	4:43	12.7 (69.4%)
20	<b>KURŁOWICZ Robert</b>	<b>362</b>		M-18	20	00:00:23	00:11:52	00:23:53	00:35:42	00:46:51	<b>00:47:26.30</b>	<b>00:47:50.00</b>	+00:14:43 (31.0%)	4:44	12.6 (68.9%)
21	<b>SZYMCZAK Dawid</b>	<b>370</b>		M-18	21	00:00:11	00:11:28	00:23:20	00:35:16	00:46:52	<b>00:47:31.00</b>	<b>00:47:42.00</b>	+00:14:48 (31.2%)	4:45	12.6 (68.9%)
22	<b>WOJCIECHOWSKI Marcin</b>	<b>314</b>		M-18	22	00:00:25	00:11:38	00:23:15	00:35:02	00:46:53	<b>00:47:31.00</b>	<b>00:47:56.00</b>	+00:14:48 (31.2%)	4:45	12.6 (68.9%)
23	<b>DUDEK Mateusz</b>	<b>44</b>		M-18	23	00:00:14	00:11:49	00:23:15	00:35:04	00:46:57	<b>00:47:38.80</b>	<b>00:47:53.00</b>	+00:14:55 (31.3%)	4:45	12.6 (68.9%)
23	<b>NACHYŁA Paweł</b>	<b>201</b>	DZIKI KOSZALIN	M-18	24	00:00:07	00:10:40	00:22:14	00:34:26	00:46:59	<b>00:47:45.75</b>	<b>00:47:53.00</b>	+00:15:02 (31.5%)	4:46	12.6 (68.9%)
25	<b>GOŃKA Krzysztof</b>	<b>67</b>	DECATHLON KOSZALIN	M-18	25	00:00:05	00:11:08	00:23:08	00:35:13	00:47:09	<b>00:47:46.75</b>	<b>00:47:52.00</b>	+00:15:03 (31.5%)	4:46	12.6 (68.9%)
26	<b>KUBALA Mateusz</b>	<b>152</b>	DECATHLON KOSZALIN	M-18	26	00:00:05	00:11:10	00:23:22	00:35:28	00:47:09	<b>00:47:55.80</b>	<b>00:48:01.00</b>	+00:15:12 (31.7%)	4:47	12.5 (68.3%)
27	<b>NOWAK Kuba</b>	<b>340</b>		M-18	27	00:00:10	00:10:39	00:22:03	00:35:07	00:47:38	<b>00:48:10.00</b>	<b>00:48:20.00</b>	+00:15:27 (32.1%)	4:49	12.5 (68.3%)
28	<b>MISZCZYK Jan</b>	<b>193</b>		M-18	28	00:00:28	00:11:36	00:23:39	00:36:05	00:48:19	<b>00:49:05.55</b>	<b>00:49:34.00</b>	+00:16:22 (33.4%)	4:54	12.2 (66.7%)
29	<b>LAS Mateusz</b>	<b>163</b>		M-18	29	00:00:30	00:11:48	00:24:04	00:36:18	00:48:27	<b>00:49:10.25</b>	<b>00:49:41.00</b>	+00:16:27 (33.5%)	4:55	12.2 (66.7%)
30	<b>PERZANOWSKI Jarosław</b>	<b>227</b>	JW 1223	M-18	30	00:00:06	00:11:32	00:24:18	00:37:00	00:49:08	<b>00:49:51.00</b>	<b>00:49:57.00</b>	+00:17:08 (34.4%)	4:59	12 (65.6%)
31	<b>OLESIŃSKI Marcin</b>	<b>215</b>		M-18	31	00:00:12	00:11:39	00:24:13	00:38:27	00:49:53	<b>00:50:29.55</b>	<b>00:50:42.00</b>	+00:17:46 (35.2%)	5:03	11.9 (65.0%)
32	<b>BOBER Jakub</b>	<b>13</b>	AKADEMIA POMORSKA	M-18	32	00:00:15	00:12:02	00:24:09	00:37:34	00:50:13	<b>00:50:57.30</b>	<b>00:51:13.00</b>	+00:18:14 (35.8%)	5:05	11.8 (64.5%)
33	<b>RADZIKOWSKI Damian</b>	<b>242</b>		M-18	33	00:00:26	00:12:52	00:25:25	00:38:08	00:50:53	<b>00:51:40.85</b>	<b>00:52:07.00</b>	+00:18:58 (36.7%)	5:10	11.6 (63.4%)
34	<b>JAROS Damian</b>	<b>98</b>	ZHP	M-18	34	00:00:25	00:12:29	00:25:21	00:38:42	00:51:53	<b>00:52:39.75</b>	<b>00:53:05.00</b>	+00:19:56 (37.9%)	5:16	11.4 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.46km	4.92km	7.38km	9.84km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
35	<b>MARSZAŁKOWSKI Radosław</b>	<b>182</b>		M-18	35	00:00:21	00:13:21	00:26:37	00:39:42	00:53:00	<b>00:53:42.40</b>	<b>00:54:04.00</b>	+00:20:59 (39.1%)	5:22	11.2 (61.2%)
36	<b>MATEJKO Marcin</b>	<b>183</b>		M-18	36	00:00:23	00:13:32	00:27:11	00:40:55	00:54:03	<b>00:54:45.55</b>	<b>00:55:09.00</b>	+00:22:02 (40.3%)	5:28	11 (60.1%)
37	<b>WIERZBICKI Kacper</b>	<b>352</b>		M-18	37	00:00:14	00:13:44	00:27:57	00:42:42	00:58:02	<b>00:58:56.30</b>	<b>00:59:11.00</b>	+00:26:13 (44.5%)	5:53	10.2 (55.7%)
38	<b>ŁOSIEWICZ Paulina</b>	<b>172</b>		M-18	38	00:00:03	00:13:48	00:28:50	00:44:11	00:59:36	<b>01:00:33.30</b>	<b>01:00:37.00</b>	+00:27:50 (46.0%)	6:03	9.9 (54.1%)

Znaleziono 38 wynik(ów)