



IV EDYCJA BIEGU TROPEM 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

Klasyfikacja: M-40

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	ŻMUDA Tomasz	327	CW FANZA KOŁOBRZEG	M-40	1	00:00:02	00:09:06	00:18:25	00:27:47	00:37:06	00:37:40.10	00:37:43.00		3:46	15.9 (100%)
2	WITKIEWICZ Eryk	308	KB 10 BIAŁOGARD	M-40	2	00:00:03	00:09:06	00:18:33	00:28:05	00:37:26	00:38:00.45	00:38:04.00	+00:00:20 (0.9%)	3:48	15.8 (99.4%)
3	RUDNIKOWSKI Maciej	252	BIEGUZDROWISKOWY.PL	M-40	3	00:00:03	00:09:10	00:18:48	00:28:23	00:37:54	00:38:28.30	00:38:32.00	+00:00:48 (2.1%)	3:50	15.6 (98.1%)
4	ZYCH Dariusz	326	4RUN TEAM	M-40	4	00:00:04	00:09:36	00:19:16	00:28:52	00:38:18	00:38:50.95	00:38:55.00	+00:01:10 (3.0%)	3:53	15.4 (96.9%)
5	JAROSZ Wiesław	99	8 KOSZALIŃSKI PLOT/BLOG	M-40	5	00:00:03	00:09:23	00:18:58	00:28:45	00:38:34	00:39:07.80	00:39:11.00	+00:01:27 (3.7%)	3:54	15.3 (96.2%)
6	POLAK Szymon	233	ROZBIEGANY KOSZALIN	M-40	6	00:00:03	00:09:14	00:19:00	00:29:00	00:39:10	00:39:48.60	00:39:52.00	+00:02:08 (5.4%)	3:58	15.1 (95.0%)
7	BURDA Robert	24	KOSPEL	M-40	7	00:00:06	00:09:47	00:19:51	00:29:55	00:39:35	00:40:04.00	00:40:10.00	+00:02:23 (6.0%)	4:00	15 (94.3%)
8	MAZUR Emilusz	185		M-40	8	00:00:05	00:09:38	00:19:47	00:30:02	00:40:13	00:40:56.60	00:41:02.00	+00:03:16 (8.0%)	4:05	14.7 (92.5%)
9	BIEDRZYCKI Krzysztof	9	NIEZRZESZONY	M-40	9	00:00:03	00:09:50	00:19:55	00:30:12	00:40:35	00:41:13.30	00:41:17.00	+00:03:33 (8.6%)	4:07	14.6 (91.8%)
10	GROŃSKI Rafał	73		M-40	10	00:00:05	00:09:49	00:19:59	00:30:32	00:41:00	00:41:34.90	00:41:40.00	+00:03:54 (9.4%)	4:09	14.4 (90.6%)
11	SZYMCZAK Henryk	283		M-40	11	00:00:07	00:10:34	00:20:50	00:31:07	00:41:15	00:41:49.35	00:41:57.00	+00:04:09 (9.9%)	4:11	14.3 (89.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							2.46km	4.92km	7.38km	9.84km					
11	KALETA Sebastian	106	CSSP KOSZALIN	M-40	12	00:00:04	00:09:35	00:19:52	00:30:29	00:41:12	00:41:52.25	00:41:57.00	+00:04:12 (10.0%)	4:11	14.3 (89.9%)
13	KOISZEWSKI Krzysztof	122	MIRAP LĘBORK	M-40	13	00:00:03	00:09:51	00:20:26	00:31:01	00:41:41	00:42:18.60	00:42:22.00	+00:04:38 (11.0%)	4:13	14.2 (89.3%)
14	BYKOWSKI Robert	351	JW CSSP/FORMA ROSNOWO	M-40	14	00:00:04	00:10:03	00:20:31	00:31:07	00:41:42	00:42:23.65	00:42:28.00	+00:04:43 (11.1%)	4:14	14.2 (89.3%)
15	PAKULSKI Marcin	219		M-40	15	00:00:09	00:10:21	00:20:50	00:31:29	00:42:04	00:42:38.20	00:42:48.00	+00:04:58 (11.7%)	4:15	14.1 (88.7%)
16	TROŚNIAK Piotr	292	DZIESIĄTKA BIAŁOGARD	M-40	16	00:00:14	00:10:45	00:21:22	00:31:46	00:42:15	00:42:47.30	00:43:02.00	+00:05:07 (12.0%)	4:16	14 (88.1%)
17	KONDRACIUK Piotr	129	DRUŻYNA SZPIKU KOSZALIN	M-40	17	00:00:08	00:10:41	00:21:27	00:32:09	00:42:34	00:43:13.40	00:43:22.00	+00:05:33 (12.9%)	4:19	13.9 (87.4%)
18	TCHÓRZEWSKI Marek	289		M-40	18	00:00:09	00:10:39	00:21:27	00:32:09	00:42:41	00:43:18.75	00:43:28.00	+00:05:38 (13.0%)	4:19	13.9 (87.4%)
19	WINKEL Jerzy	306		M-40	19	00:00:05	00:10:06	00:20:42	00:31:44	00:42:53	00:43:36.80	00:43:42.00	+00:05:56 (13.6%)	4:21	13.8 (86.8%)
20	ZWOLIŃSKI Jan	325	TKKF KSZALIN	M-40	20	00:00:05	00:10:46	00:21:31	00:32:25	00:43:10	00:43:44.15	00:43:50.00	+00:06:04 (13.9%)	4:22	13.7 (86.2%)
21	ZIOMKO Rafał	323		M-40	21	00:00:19	00:10:50	00:21:46	00:32:41	00:43:15	00:43:51.10	00:44:11.00	+00:06:11 (14.1%)	4:23	13.7 (86.2%)
22	KURLAPSKI Mariusz	160	STR ŚWIDWIN	M-40	22	00:00:07	00:10:42	00:21:34	00:32:37	00:43:48	00:44:27.25	00:44:35.00	+00:06:47 (15.3%)	4:26	13.5 (84.9%)
23	JASICZEK Dariusz	100	CSSP KOSZALIN	M-40	23	00:00:10	00:10:35	00:21:27	00:32:38	00:43:49	00:44:29.25	00:44:40.00	+00:06:49 (15.3%)	4:27	13.5 (84.9%)
24	SZTUBA Bartłomiej	334		M-40	24	00:00:07	00:11:16	00:22:26	00:33:36	00:44:23	00:44:58.90	00:45:06.00	+00:07:18 (16.3%)	4:29	13.3 (83.6%)
25	CHOŁUJ Jarosław	31	ROZBIEGANY KOSZALIN	M-40	25	00:00:13	00:11:10	00:22:20	00:33:30	00:44:38	00:45:16.50	00:45:30.00	+00:07:36 (16.8%)	4:31	13.2 (83.0%)
26	ŻMUDA Jarosław	328	CW FANZA KOŁOBRZEG	M-40	26	00:00:04	00:11:08	00:22:27	00:33:46	00:44:58	00:45:35.85	00:45:40.00	+00:07:55 (17.4%)	4:33	13.2 (83.0%)
27	PUŚCIAN Krzysztof Kamil	239	GIMNAZJUM W MANOWIE	M-40	27	00:00:10	00:10:57	00:22:15	00:33:41	00:45:14	00:45:50.00	00:46:00.00	+00:08:09 (17.8%)	4:35	13.1 (82.4%)
28	PINDRAL Piotr	229		M-40	28	00:00:14	00:11:29	00:22:33	00:34:00	00:45:14	00:45:55.70	00:46:10.00	+00:08:15 (18.0%)	4:35	13.1 (82.4%)
29	KSZCZANOWICZ Jacek	151		M-40	29	00:00:26	00:11:05	00:22:24	00:34:01	00:45:33	00:46:14.35	00:46:41.00	+00:08:34 (18.5%)	4:37	13 (81.8%)
30	IWANIEC Dariusz	88	OSP SIERAKOWO	M-40	30	00:00:07	00:11:04	00:22:39	00:34:20	00:45:49	00:46:30.55	00:46:38.00	+00:08:50 (19.0%)	4:39	12.9 (81.1%)
31	KAŹMIERCZAK Robert	335		M-40	31	00:00:17	00:11:25	00:22:58	00:34:39	00:46:10	00:46:48.85	00:47:06.00	+00:09:08 (19.5%)	4:40	12.8 (80.5%)
32	SZALKOWSKI Wojtek	279	TUPOT USTKA	M-40	32	00:00:21	00:12:04	00:23:53	00:35:26	00:46:29	00:47:06.55	00:47:28.00	+00:09:26 (20.0%)	4:42	12.7 (79.9%)
33	DUDZIAK Piotr	47		M-40	33	00:00:04	00:10:43	00:22:29	00:34:35	00:46:28	00:47:09.25	00:47:14.00	+00:09:29 (20.1%)	4:43	12.7 (79.9%)
34	KAMELSKI Piotr	108	B/K	M-40	34	00:00:15	00:11:45	00:23:26	00:35:19	00:46:42	00:47:19.30	00:47:35.00	+00:09:39 (20.4%)	4:44	12.7 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							2.46km	4.92km	7.38km	9.84km					
35	BEDNARCZYK Piotr	6		M-40	35	00:00:18	00:11:24	00:22:57	00:34:41	00:46:40	00:47:23.65	00:47:42.00	+00:09:43 (20.5%)	4:44	12.7 (79.9%)
36	KILAR Tomasz	344		M-40	36	00:00:24	00:11:29	00:23:10	00:34:58	00:46:41	00:47:23.75	00:47:48.00	+00:09:43 (20.5%)	4:44	12.7 (79.9%)
37	BUCZYŃSKI Eugeniusz	23	JW 1696	M-40	37	00:00:24	00:11:33	00:23:04	00:34:52	00:46:43	00:47:26.50	00:47:51.00	+00:09:46 (20.6%)	4:44	12.6 (79.2%)
38	JABŁOŃSKI Arkadiusz	91		M-40	38	00:00:22	00:11:29	00:23:14	00:35:04	00:46:46	00:47:28.35	00:47:51.00	+00:09:48 (20.7%)	4:44	12.6 (79.2%)
39	WACHOWIAK Bogdan	298		M-40	39	00:00:11	00:11:47	00:23:31	00:35:19	00:47:01	00:47:43.25	00:47:55.00	+00:10:03 (21.1%)	4:46	12.6 (79.2%)
40	MATYJASEK Zbigniew	184	TKKF KOSZALIN	M-40	40	00:00:07	00:10:59	00:23:23	00:36:09	00:47:12	00:47:55.80	00:48:03.00	+00:10:15 (21.4%)	4:47	12.5 (78.6%)
41	JABŁOŃSKI Andrzej	90	CZARNE BIEGA	M-40	41	00:00:20	00:11:30	00:23:17	00:35:29	00:47:36	00:48:18.95	00:48:39.00	+00:10:38 (22.0%)	4:49	12.4 (78.0%)
42	WALERIAŃCZYK Roman	350		M-40	42	00:00:12	00:11:22	00:23:16	00:35:19	00:47:45	00:48:31.35	00:48:44.00	+00:10:51 (22.4%)	4:51	12.4 (78.0%)
43	SOŁTYS Zbigniew	356		M-40	43	00:00:23	00:12:08	00:24:07	00:36:02	00:47:54	00:48:35.55	00:48:59.00	+00:10:55 (22.5%)	4:51	12.3 (77.4%)
44	ROGOŻA Ireneusz	249	BIEGNIJMY.PL	M-40	44	00:00:13	00:12:10	00:24:14	00:36:15	00:48:06	00:48:51.35	00:49:05.00	+00:11:11 (22.9%)	4:53	12.3 (77.4%)
45	MĘDEL Cezary	189		M-40	45	00:00:07	00:11:44	00:24:00	00:36:20	00:48:38	00:49:15.05	00:49:23.00	+00:11:34 (23.5%)	4:55	12.2 (76.7%)
46	KRASIŃSKI Witold	142	JW 1223	M-40	46	00:00:15	00:12:29	00:24:51	00:36:54	00:48:34	00:49:17.30	00:49:33.00	+00:11:37 (23.6%)	4:55	12.2 (76.7%)
47	KUTWIN Artur	161		M-40	47	00:00:05	00:11:36	00:23:36	00:36:09	00:48:34	00:49:20.30	00:49:26.00	+00:11:40 (23.7%)	4:56	12.2 (76.7%)
48	GASIOROWSKI Piotr	60	CSWL DRAWSKO	M-40	48	00:00:17	00:12:19	00:24:23	00:36:46	00:48:51	00:49:28.80	00:49:46.00	+00:11:48 (23.9%)	4:56	12.1 (76.1%)
49	SIENICKI Piotr	258	ROZBIEGANY KOSZALIN	M-40	49	00:00:15	00:12:05	00:24:20	00:36:30	00:48:48	00:49:30.85	00:49:46.00	+00:11:50 (23.9%)	4:57	12.1 (76.1%)
50	DZIESZUK Dariusz	50	TKKF KOSZALIN	M-40	50	00:00:15	00:12:22	00:24:37	00:37:02	00:49:12	00:49:52.95	00:50:08.00	+00:12:12 (24.5%)	4:59	12 (75.5%)
51	RASZPLA Radosław	245	CIOTECZKI.PL	M-40	51	00:00:13	00:11:33	00:23:43	00:36:25	00:49:32	00:50:16.40	00:50:30.00	+00:12:36 (25.1%)	5:01	11.9 (74.8%)
52	CHAMERA Krzysztof	26	BMG SŁUPSK	M-40	52	00:00:27	00:12:38	00:25:21	00:37:49	00:50:24	00:51:00.85	00:51:28.00	+00:13:20 (26.2%)	5:06	11.8 (74.2%)
53	KANDUT Tomasz	111		M-40	53	00:00:21	00:12:20	00:24:55	00:37:36	00:50:19	00:51:02.75	00:51:24.00	+00:13:22 (26.2%)	5:06	11.8 (74.2%)
54	KOŁAKOWSKI Dariusz	124	K.B.SPRINT ŚWIDWIN	M-40	54	00:00:19	00:11:59	00:24:28	00:37:25	00:50:23	00:51:07.05	00:51:27.00	+00:13:26 (26.3%)	5:06	11.7 (73.6%)
55	KANIOWSKI Jacek	112	W.P.K. SŁON TEAM USTKA	M-40	55	00:00:17	00:12:15	00:24:54	00:37:45	00:50:27	00:51:10.15	00:51:28.00	+00:13:30 (26.4%)	5:07	11.7 (73.6%)
56	GROCHOWSKI Rafał	72		M-40	56	00:00:22	00:12:09	00:24:30	00:37:25	00:50:25	00:51:10.25	00:51:33.00	+00:13:30 (26.4%)	5:07	11.7 (73.6%)
57	HOC Dariusz	84		M-40	57	00:00:09	00:12:54	00:25:52	00:38:39	00:50:48	00:51:20.45	00:51:30.00	+00:13:40 (26.6%)	5:08	11.7 (73.6%)

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							2.46km	4.92km	7.38km	9.84km					
58	BORUCH Adam	20	:)	M-40	58	00:00:31	00:12:38	00:25:28	00:38:32	00:51:16	00:51:53.80	00:52:25.00	+00:14:13 (27.4%)	5:11	11.6 (73.0%)
59	HNATOWSKI Artur	83	DM FC KOSZALIN	M-40	59	00:00:30	00:12:09	00:24:59	00:38:11	00:51:12	00:51:58.00	00:52:28.00	+00:14:17 (27.5%)	5:11	11.5 (72.3%)
60	KĘPKA Mirosław	121	K.B.SPRINT ŚWIDWIN	M-40	60	00:00:12	00:12:19	00:25:26	00:38:58	00:51:49	00:52:34.00	00:52:46.00	+00:14:53 (28.3%)	5:15	11.4 (71.7%)
61	ŚLUSARZ Krzysztof	285		M-40	61	00:00:21	00:12:27	00:25:25	00:38:32	00:51:48	00:52:36.00	00:52:57.00	+00:14:55 (28.4%)	5:15	11.4 (71.7%)
62	WOLF Emil	316	TKKF KOSZALIN	M-40	62	00:00:11	00:12:53	00:26:06	00:39:16	00:52:12	00:52:55.65	00:53:07.00	+00:15:15 (28.8%)	5:17	11.3 (71.1%)
63	NIEDBAŁA Konrad	207		M-40	63	00:00:19	00:12:43	00:25:30	00:38:50	00:52:15	00:53:02.40	00:53:22.00	+00:15:22 (29.0%)	5:18	11.3 (71.1%)
64	RAMA Janusz	244	KLUB	M-40	64	00:00:27	00:13:09	00:25:58	00:39:13	00:52:44	00:53:31.75	00:53:59.00	+00:15:51 (29.6%)	5:21	11.2 (70.4%)
65	JOŃCZYK Tadeusz	103		M-40	65	00:00:09	00:12:46	00:26:13	00:39:47	00:52:45	00:53:34.50	00:53:44.00	+00:15:54 (29.7%)	5:21	11.2 (70.4%)
66	KRUSZYŃSKI Marcin	149		M-40	66	00:00:26	00:13:17	00:26:24	00:39:52	00:53:19	00:54:06.10	00:54:33.00	+00:16:26 (30.4%)	5:24	11.1 (69.8%)
67	FAJGIER Tomasz	54		M-40	67	00:00:10	00:12:37	00:26:07	00:39:59	00:53:47	00:54:36.60	00:54:47.00	+00:16:56 (31.0%)	5:27	11 (69.2%)
67	RADECKI Jacek	241	JW CS SP	M-40	68	00:00:10	00:12:37	00:26:07	00:39:59	00:53:48	00:54:36.60	00:54:47.00	+00:16:56 (31.0%)	5:27	11 (69.2%)
69	KRÓL Marcin	147		M-40	69	00:00:22	00:12:47	00:26:16	00:40:20	00:54:57	00:55:53.55	00:56:16.00	+00:18:13 (32.6%)	5:35	10.7 (67.3%)
70	NEUBAUER Łukasz	206		M-40	70	00:00:20	00:13:39	00:27:16	00:41:03	00:55:07	00:55:59.30	00:56:20.00	+00:18:19 (32.7%)	5:36	10.7 (67.3%)
71	DĄBROWSKI Grzegorz	40		M-40	71	00:00:23	00:12:53	00:26:36	00:41:13	00:55:31	00:56:17.75	00:56:41.00	+00:18:37 (33.1%)	5:37	10.7 (67.3%)
72	ZIĘBA Paweł	321		M-40	72	00:00:12	00:12:14	00:26:21	00:41:23	00:55:40	00:56:32.00	00:56:44.00	+00:18:51 (33.4%)	5:39	10.6 (66.7%)
73	SOBOLEWSKI Marek	265		M-40	73	00:00:04	00:13:21	00:27:47	00:42:52	00:56:44	00:57:30.00	00:57:34.00	+00:19:49 (34.5%)	5:45	10.4 (65.4%)
74	JAKÓBCZAK Darek	92		M-40	74	00:00:25	00:14:37	00:29:01	00:43:25	00:56:55	00:57:43.40	00:58:09.00	+00:20:03 (34.7%)	5:46	10.4 (65.4%)
75	BOCHEŃSKI Marcin	14	PARKRUN SZCZECINEK	M-40	75	00:00:19	00:13:48	00:27:57	00:42:28	00:57:05	00:57:59.90	00:58:19.00	+00:20:19 (35.1%)	5:48	10.3 (64.8%)
76	WOŹNIAK Dariusz	318	WWW.LIMO300C.COM	M-40	76	00:00:27	00:13:30	00:27:59	00:42:46	00:57:22	00:58:09.85	00:58:37.00	+00:20:29 (35.2%)	5:49	10.3 (64.8%)
77	BENEDYSIUK Sławomir	7		M-40	77	00:00:09	00:12:24	00:26:32	00:41:25	00:57:19	00:58:15.90	00:58:25.00	+00:20:35 (35.3%)	5:49	10.3 (64.8%)
78	KONIECZKA Piotr	130		M-40	78	00:00:20	00:14:03	00:28:23	00:43:18	00:58:18	00:59:15.80	00:59:36.00	+00:21:35 (36.4%)	5:55	10.1 (63.5%)
79	URBAŃSKI Aleksander	294	17WOG KOSZALIN	M-40	79	00:00:04	00:13:50	00:28:29	00:43:34	00:58:47	00:59:36.50	00:59:41.00	+00:21:56 (36.8%)	5:57	10.1 (63.5%)
80	LIUDVINAVICIUS Robertas	349		M-40	80	00:00:33	00:26:23	00:39:54	00:53:29				+00:25:42	7:14	8.3 (52.2%)

Znaleziono 80 wynik(ów)