



## 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](http://www.herkules.org.pl)

Klasyfikacja: M-50

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>BARAŃSKI Bogusław</b>	<b>368</b>		M-50	1	00:00:02	00:09:15	00:18:59	00:28:46	00:38:39	<b>00:39:16.10</b>	<b>00:39:19.00</b>		3:55	15.3 (100%)
2	<b>BIEDRZYCKI Andrzej</b>	<b>11</b>	OSP STARY BOREK	M-50	2	00:00:03	00:09:37	00:19:31	00:29:52	00:40:01	<b>00:40:40.50</b>	<b>00:40:44.00</b>	+00:01:24 (3.5%)	4:04	14.7 (96.1%)
3	<b>KOŚCIELNIAK Robert</b>	<b>134</b>	TKKF KOSZALIN	M-50	3	00:00:03	00:09:50	00:19:55	00:30:09	00:40:13	<b>00:40:43.60</b>	<b>00:40:47.00</b>	+00:01:27 (3.6%)	4:04	14.7 (96.1%)
4	<b>GRZESIK Eugeniusz</b>	<b>75</b>	TKKF KOSZALIN	M-50	4	00:00:06	00:10:17	00:20:46	00:31:17	00:41:35	<b>00:42:09.25</b>	<b>00:42:16.00</b>	+00:02:53 (6.8%)	4:13	14.2 (92.8%)
5	<b>CZYŻEWSKI Janusz</b>	<b>39</b>	KOLOBRZEG BIEGA	M-50	5	00:00:07	00:10:16	00:20:45	00:31:35	00:42:36	<b>00:43:14.65</b>	<b>00:43:22.00</b>	+00:03:58 (9.2%)	4:19	13.9 (90.8%)
6	<b>STUSIO Zenon</b>	<b>274</b>		M-50	6	00:00:06	00:10:27	00:21:13	00:32:07	00:42:58	<b>00:43:38.20</b>	<b>00:43:45.00</b>	+00:04:22 (10.0%)	4:21	13.7 (89.5%)
7	<b>WOCH Edward</b>	<b>309</b>		M-50	7	00:00:19	00:11:20	00:22:29	00:33:42	00:44:54	<b>00:45:33.95</b>	<b>00:45:53.00</b>	+00:06:17 (13.8%)	4:33	13.2 (86.3%)
8	<b>KUBIŃSKI Rafał</b>	<b>153</b>	ALLIANZ RUNNING TEAM	M-50	8	00:00:03	00:10:25	00:21:35	00:33:06	00:44:50	<b>00:45:34.20</b>	<b>00:45:38.00</b>	+00:06:18 (13.8%)	4:33	13.2 (86.3%)
9	<b>BOGDANOWICZ Krzysztof</b>	<b>15</b>	TKKF KOSZALIN	M-50	9	00:00:06	00:11:16	00:22:18	00:33:39	00:45:01	<b>00:45:38.15</b>	<b>00:45:45.00</b>	+00:06:22 (14.0%)	4:33	13.1 (85.6%)
10	<b>CHWALEBA Jan</b>	<b>36</b>		M-50	10	00:00:07	00:11:12	00:22:46	00:34:27	00:46:02	<b>00:46:43.45</b>	<b>00:46:51.00</b>	+00:07:27 (16.0%)	4:40	12.8 (83.7%)
11	<b>BUTOWICZ Adam</b>	<b>25</b>		M-50	11	00:00:07	00:10:56	00:22:36	00:34:31	00:46:20	<b>00:46:57.25</b>	<b>00:47:05.00</b>	+00:07:41 (16.4%)	4:41	12.8 (83.7%)

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					
12	<b>SKOWYRSKI Janusz</b>	<b>261</b>	ROWERIA/TKKF KOSZALIN	M-50	12	00:00:19	00:11:22	00:22:55	00:34:45	00:46:20	<b>00:46:57.90</b>	<b>00:47:17.00</b>	+00:07:41 (16.4%)	4:41	12.8 (83.7%)
13	<b>SIKORSKI Witold</b>	<b>333</b>	KB RUN 42	M-50	13	00:00:13	00:11:14	00:22:49	00:34:50	00:46:19	<b>00:46:58.75</b>	<b>00:47:12.00</b>	+00:07:42 (16.4%)	4:41	12.8 (83.7%)
14	<b>DUDA Andrzej</b>	<b>43</b>		M-50	14	00:00:08	00:11:16	00:22:52	00:34:39	00:46:22	<b>00:47:02.10</b>	<b>00:47:11.00</b>	+00:07:46 (16.5%)	4:42	12.8 (83.7%)
15	<b>ŚWIETLIK Tomasz</b>	<b>287</b>		M-50	15	00:00:15	00:11:39	00:23:26	00:35:12	00:46:48	<b>00:47:21.30</b>	<b>00:47:37.00</b>	+00:08:05 (17.1%)	4:44	12.7 (83.0%)
16	<b>CHUDZIK Zbigniew</b>	<b>35</b>	TKKF KOSZALIN	M-50	16	00:00:07	00:11:35	00:23:20	00:35:13	00:47:13	<b>00:47:50.15</b>	<b>00:47:58.00</b>	+00:08:34 (17.9%)	4:47	12.5 (81.7%)
17	<b>JANUSZEWSKI Jacek</b>	<b>97</b>	NIEZRZESZONY	M-50	17	00:00:22	00:11:33	00:23:21	00:35:28	00:47:30	<b>00:48:11.35</b>	<b>00:48:34.00</b>	+00:08:55 (18.5%)	4:49	12.4 (81.0%)
18	<b>PEŁKA Janusz</b>	<b>224</b>		M-50	18	00:00:09	00:11:31	00:23:17	00:35:08	00:47:31	<b>00:48:16.00</b>	<b>00:48:25.00</b>	+00:08:59 (18.6%)	4:49	12.4 (81.0%)
19	<b>HYNDA Waldemar</b>	<b>87</b>	KB 10 BIAŁOGARD	M-50	19	00:00:18	00:11:37	00:23:36	00:35:50	00:48:08	<b>00:48:53.50</b>	<b>00:49:12.00</b>	+00:09:37 (19.7%)	4:53	12.3 (80.4%)
20	<b>KAMIŃSKI Piotr</b>	<b>110</b>	BIEGACZE Z WAŁCZA	M-50	20	00:00:07	00:11:04	00:23:15	00:35:51	00:48:47	<b>00:49:28.50</b>	<b>00:49:36.00</b>	+00:10:12 (20.6%)	4:56	12.1 (79.1%)
21	<b>SZKUDLAREK Roman</b>	<b>281</b>	DRUŻYNA SZPIKU	M-50	21	00:00:13	00:12:14	00:24:23	00:36:31	00:49:06	<b>00:49:51.10</b>	<b>00:50:05.00</b>	+00:10:35 (21.2%)	4:59	12 (78.4%)
22	<b>NAPIERAŁA Bogumił</b>	<b>345</b>		M-50	22	00:00:05	00:11:36	00:24:23	00:37:13	00:49:45	<b>00:50:26.40</b>	<b>00:50:32.00</b>	+00:11:10 (22.1%)	5:02	11.9 (77.8%)
23	<b>SCHWARZ Ludwik</b>	<b>257</b>		M-50	23	00:00:04	00:12:23	00:24:51	00:37:22	00:49:53	<b>00:50:37.40</b>	<b>00:50:42.00</b>	+00:11:21 (22.4%)	5:03	11.8 (77.1%)
24	<b>MARCZAK Andrzej</b>	<b>177</b>		M-50	24	00:00:07	00:12:38	00:25:42	00:38:30	00:51:12	<b>00:51:59.55</b>	<b>00:52:07.00</b>	+00:12:43 (24.5%)	5:12	11.5 (75.2%)
25	<b>WILIŃSKI Marek</b>	<b>303</b>		M-50	25	00:00:11	00:12:21	00:25:28	00:39:00	00:51:50	<b>00:52:34.05</b>	<b>00:52:46.00</b>	+00:13:17 (25.3%)	5:15	11.4 (74.5%)
26	<b>WOJANOWSKI Zbigniew</b>	<b>311</b>		M-50	26	00:00:13	00:12:56	00:26:16	00:39:53	00:53:18	<b>00:54:07.50</b>	<b>00:54:21.00</b>	+00:14:51 (27.4%)	5:24	11.1 (72.5%)
27	<b>NOWAK Włodzimierz</b>	<b>364</b>		M-50	27	00:00:12	00:14:04	00:27:48	00:41:07	00:53:28	<b>00:54:12.65</b>	<b>00:54:25.00</b>	+00:14:56 (27.6%)	5:25	11.1 (72.5%)
28	<b>SZAFIRSKI Marek</b>	<b>278</b>	CAMINO SŁUPSK	M-50	28	00:00:27	00:13:27	00:27:04	00:40:31	00:54:00	<b>00:54:41.75</b>	<b>00:55:09.00</b>	+00:15:25 (28.2%)	5:28	11 (71.9%)
29	<b>BORUC Jacek</b>	<b>18</b>		M-50	29	00:00:17	00:13:21	00:27:07	00:40:52	00:55:08	<b>00:55:59.25</b>	<b>00:56:17.00</b>	+00:16:43 (29.9%)	5:36	10.7 (69.9%)
30	<b>RUTKOWSKI Lucjan</b>	<b>253</b>		M-50	30	00:00:17	00:14:23	00:28:56	00:43:15	00:56:19	<b>00:57:07.85</b>	<b>00:57:25.00</b>	+00:17:51 (31.3%)	5:42	10.5 (68.6%)
31	<b>WOLAŃSKI Mariusz</b>	<b>315</b>		M-50	31	00:00:15	00:13:39	00:27:56	00:42:21	00:56:55	<b>00:57:47.70</b>	<b>00:58:03.00</b>	+00:18:31 (32.1%)	5:46	10.4 (68.0%)
32	<b>SIKORA Tomasz</b>	<b>361</b>		M-50	32	00:00:08	00:14:00	00:28:28	00:42:56	00:57:28	<b>00:58:15.05</b>	<b>00:58:24.00</b>	+00:18:58 (32.6%)	5:49	10.3 (67.3%)

Znaleziono 32 wynik(ów)