

IX KOSZALIŃSKI BIEG GÓRSKI - 15KM

B4SPORT

Wydarzenie: IX Koszaliński Bieg Górski
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-04-14
Miejsce: Koszalin
Dystans: 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 5km	Start All 10km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	KĘPKA Adrian	139	DECATHLON KOSZALIN	M18-29	1	00:23:10	00:47:51	01:12:20.67		4:49	12.4 (100%)
2	JAROSZ Wiesław	91	JW. 1223/BLOG	M40-49	1	00:23:48	00:49:03	01:14:41.57	+00:02:20 (3.1%)	4:58	12 (96.8%)
3	IGNACZAK Piotr	85	KB.10.BIAŁOGARD	M18-29	2	00:24:11	00:50:13	01:18:14.03	+00:05:53 (7.5%)	5:12	11.5 (92.7%)
4	SZKOŁUDA Miłosz	140	DECATHLON KOSZALIN	M18-29	3	00:24:44	00:51:15	01:19:08.20	+00:06:47 (8.6%)	5:16	11.4 (91.9%)
5	STEBELSKI Jasiak	125		M30-39	1	00:25:11	00:52:53	01:19:31.54	+00:07:10 (9.0%)	5:18	11.3 (91.1%)
6	GAWEŁ Ireneusz	79		M40-49	2	00:25:58	00:52:53	01:19:50.69	+00:07:30 (9.4%)	5:19	11.3 (91.1%)
7	WOJCIECHOWICZ Jacek	132	WWW.STUDIOTANCAPASJA.PL	M40-49	3	00:26:02	00:52:58	01:22:20.43	+00:09:59 (12.1%)	5:29	10.9 (87.9%)
8	TOKARSKI Szymon	131	RUNTOTHEHILLS	M40-49	4	00:26:11	00:53:55	01:22:36.68	+00:10:16 (12.4%)	5:30	10.9 (87.9%)
9	KRAWCZYK Kamil	103	LOTOS RUNNING TEAM	M18-29	4	00:26:15	00:55:02	01:23:39.58	+00:11:18 (13.5%)	5:34	10.8 (87.1%)
10	WOJTALIK Łukasz	133	POŁCZYŃ ZDRÓJ	M30-39	2	00:27:13	00:56:01	01:25:18.06	+00:12:57 (15.2%)	5:41	10.6 (85.5%)
11	WOJTAS Stefan	134	TRIPAKA PRZECHLEWO	M30-39	3	00:28:04	00:57:15	01:26:10.13	+00:13:49 (16.0%)	5:44	10.4 (83.9%)
12	SOKALSKI Dawid	123	BRAK	M18-29	5	00:29:16	00:58:50	01:28:12.99	+00:15:52 (18.0%)	5:52	10.2 (82.3%)
13	MOKSA Dariusz	110		M18-29	6	00:26:56	00:56:23	01:28:14.11	+00:15:53 (18.0%)	5:52	10.2 (82.3%)
14	PAKULSKI Marcin	138		M40-49	5	00:28:40	00:58:35	01:28:55.81	+00:16:35 (18.7%)	5:55	10.1 (81.5%)
15	POLAŃSKI Dariusz	115	MLUKS TRZEBIATÓW	M50-59	1	00:29:09	00:59:18	01:29:25.50	+00:17:04 (19.1%)	5:57	10.1 (81.5%)
16	PIŃSKI Paweł	114		M30-39	4	00:28:02	00:58:21	01:29:37.01	+00:17:16 (19.3%)	5:58	10 (80.6%)
17	JANKOWSKI Piotr	88		M40-49	6	00:28:33	00:58:57	01:29:43.80	+00:17:23 (19.4%)	5:58	10 (80.6%)
18	ŚNIEŻKO Marcin	130	TKKF KOSZALIN	M30-39	5	00:29:37	00:59:58	01:31:49.10	+00:19:28 (21.2%)	6:07	9.8 (79.0%)
19	MAKSYMOWICZ Kornelia	106	KOŁOBRZEG	K-Open	1	00:30:20	01:01:56	01:32:52.17	+00:20:31 (22.1%)	6:11	9.7 (78.2%)
20	PRUCIAK Krzysztof	116	LECYMY DURŚ / WKURW_TEAM	M30-39	6	00:26:57	00:58:56	01:33:44.92	+00:21:24 (22.8%)	6:15	9.6 (77.4%)
21	JAWORSKI Krzysztof	92		M30-39	7	00:29:46	01:01:51	01:34:57.01	+00:22:36 (23.8%)	6:19	9.5 (76.6%)
22	KONKEL Agnieszka	97		K-Open	2	00:29:37	01:02:04	01:35:40.38	+00:23:19 (24.4%)	6:22	9.4 (75.8%)
23	LEWANDOWSKI Jacek	105		M40-49	7	00:30:27	01:03:19	01:36:34.02	+00:24:13 (25.1%)	6:26	9.3 (75.0%)
24	STACHOWIAK Ryszard	124		M60-69	1	00:30:21	01:03:45	01:36:43.86	+00:24:23 (25.2%)	6:26	9.3 (75.0%)
25	PRZEWŁOCKI Michał	117	TKKF KOSZALIN	M30-39	8	00:28:47	00:58:25	01:37:17.61	+00:24:56 (25.6%)	6:29	9.2 (74.2%)
26	CHOŁUJ Jarek	74	ROZBIEGANY KOSZALIN	M40-49	8	00:30:16	01:03:31	01:38:20.53	+00:25:59 (26.4%)	6:33	9.2 (74.2%)
27	JAROSZ Dariusz	90	TKKF KOSZALIN	M40-49	9	00:31:46	01:05:05	01:38:28.80	+00:26:08 (26.5%)	6:33	9.1 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 5km	Start All 10km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
28	RUDZIŃSKI Radosław	119	TRYGLAW TYCHOWO	M30-39	9	00:29:50	01:02:32	01:38:42.97	+00:26:22 (26.7%)	6:34	9.1 (73.4%)
29	CHORAŻY Karolina	75	LEO-TEAM	K-Open	3	00:32:16	01:05:18	01:39:13.90	+00:26:53 (27.1%)	6:36	9.1 (73.4%)
30	CIEKLIŃSKI Jacek	76		M30-39	10	00:31:00	01:05:16	01:39:30.94	+00:27:10 (27.3%)	6:38	9 (72.6%)
31	SZYMUŚ Paweł	129	WOJSKOWY KLUB SPORTOWY POLIGON DRAWSKI	M30-39	11	00:32:02	01:05:44	01:39:44.66	+00:27:23 (27.5%)	6:38	9 (72.6%)
32	KOWALCZYK Mariusz	101		M40-49	10	00:31:56	01:05:55	01:39:56.70	+00:27:36 (27.6%)	6:39	9 (72.6%)
33	MISZCZYK Jan	109	ROZBIEGANY KOSZALIN	M30-39	12	00:31:00	01:05:11	01:39:59.96	+00:27:39 (27.7%)	6:40	9 (72.6%)
34	SOBOLEWSKI Krzysztof	122		M40-49	11	00:31:08	01:05:18	01:40:50.21	+00:28:29 (28.3%)	6:43	8.9 (71.8%)
35	OKOŁOTOWIC Sebastian	126		M30-39	13	00:28:38	01:02:12	01:41:26.02	+00:29:05 (28.7%)	6:45	8.9 (71.8%)
36	MARZEC Łukasz	107		M30-39	14	00:32:02	01:06:37	01:41:50.83	+00:29:30 (29.0%)	6:47	8.8 (71.0%)
37	JAROS Adam	89		M40-49	12	00:34:06	01:08:21	01:41:54.07	+00:29:33 (29.0%)	6:47	8.8 (71.0%)
38	SZKUDLAREK Roman	128	DRUŻYNA SZPIKU	M50-59	2	00:33:18	01:08:13	01:44:56.04	+00:32:35 (31.1%)	6:59	8.6 (69.4%)
39	SZCZYGIELSKI Michał	127	KOŁOBRZEG MARATON TEAM	M30-39	15	00:33:24	01:09:02	01:45:03.49	+00:32:42 (31.1%)	7:00	8.6 (69.4%)
40	KONKEL Łukasz	98		M30-39	16	00:32:56	01:08:44	01:45:58.72	+00:33:38 (31.7%)	7:03	8.5 (68.5%)
41	KACZMAREK Łukasz	94	WOJOWNICY WODY	M30-39	17	00:33:04	01:08:34	01:46:13.02	+00:33:52 (31.9%)	7:04	8.5 (68.5%)
42	GÓRECKI Mirosław	81	8.PUŁK PRZECIWLOTNICZY	M40-49	13	00:34:54	01:10:55	01:46:37.15	+00:34:16 (32.1%)	7:06	8.4 (67.7%)
43	GAŁECKI Jacek	137		M50-59	3	00:33:36	01:09:57	01:47:15.97	+00:34:55 (32.6%)	7:09	8.4 (67.7%)
44	MIŁASZEWSKI Przemek	108	NIEZRZESZONY	M30-39	18	00:33:02	01:08:34	01:47:16.73	+00:34:56 (32.6%)	7:09	8.4 (67.7%)
45	DZIĘBOWSKI Mariusz	78		M30-39	19	00:33:57	01:10:12	01:47:18.94	+00:34:58 (32.6%)	7:09	8.4 (67.7%)
46	BIEŃKOWSKI Tomasz	71		M30-39	20	00:31:05	01:05:46	01:48:05.92	+00:35:45 (33.1%)	7:12	8.3 (66.9%)
47	KILAR Tomasz	95	KOSZALIN	M40-49	14	00:35:07	01:12:03	01:53:32.99	+00:41:12 (36.3%)	7:34	7.9 (63.7%)
48	KWIATKOWSKA Dominika	104		K-Open	4	00:35:26	01:13:18	01:54:57.98	+00:42:37 (37.1%)	7:39	7.8 (62.9%)
49	JANKOWSKA Monika	87		K-Open	5	00:36:18	01:15:23	01:55:28.24	+00:43:07 (37.3%)	7:41	7.8 (62.9%)
50	JUSZCZAK Krzysztof	93		M60-69	2	00:36:18	01:15:23	01:56:01.23	+00:43:40 (37.6%)	7:44	7.8 (62.9%)
51	PACAN Bartosz	113	ŚWIAT PŁYTEK U KRYPINA	M30-39	21	00:35:42	01:14:18	01:57:35.14	+00:45:14 (38.5%)	7:50	7.7 (62.1%)
52	RAK Adam	118		M30-39	22	00:35:47	01:14:54	01:57:53.88	+00:45:33 (38.6%)	7:51	7.6 (61.3%)
53	DUDZIAK Piotr	77	FOR-REST-RUN KOSZALIN	M40-49	15	00:35:52	01:14:57	01:58:12.61	+00:45:51 (38.8%)	7:52	7.6 (61.3%)
54	BORKOWSKA-KOWALCZYK Daria	72		K-Open	6	00:37:19	01:16:36	01:58:26.37	+00:46:05 (38.9%)	7:53	7.6 (61.3%)
55	KOŁODZIEJCZAK Grzegorz	96		M40-49	16	00:37:56	01:18:45	01:59:56.23	+00:47:35 (39.7%)	7:59	7.5 (60.5%)
56	GRZYTEK Marcin	82		M30-39	23	00:37:55	01:18:44	01:59:57.51	+00:47:36 (39.7%)	7:59	7.5 (60.5%)
57	KOWALCZYK Piotr	100		M30-39	24	00:37:04	01:17:20	02:01:27.94	+00:49:07 (40.4%)	8:05	7.4 (59.7%)
58	RUTKOWSKI Artur	120	RUTKOWSKI TEAM	M18-29	7	00:34:28	01:15:43	02:05:06.11	+00:52:45 (42.2%)	8:20	7.2 (58.1%)
59	RYCHLIŃSKI Damian	121		M30-39	25	00:38:57	01:20:28	02:05:41.71	+00:53:21 (42.4%)	8:22	7.2 (58.1%)
60	JANICKA Katarzyna	86	TKKF KOSZALIN / GIPO TEAM	K-Open	7	00:38:59	01:20:31	02:05:43.25	+00:53:22 (42.5%)	8:22	7.2 (58.1%)
61	GOŁASZEWSKA Joanna	80	GIPO TEAM	K-Open	8	00:42:17	01:26:03	02:08:49.17	+00:56:28 (43.8%)	8:35	7 (56.5%)
62	HAŁAJKO Magdalena	83	HEISENBERG TEAM	K-Open	9	00:37:36	01:23:14	02:21:35.97	+01:09:15 (48.9%)	9:26	6.4 (51.6%)
63	HELLER Zdzisław	84	NIEZRZESZONY	M60-69	3	00:42:14	01:28:18	02:21:36.37	+01:09:15 (48.9%)	9:26	6.4 (51.6%)
64	MOŹDŻEŃ Anna	111		K-Open	10	00:46:48	01:38:10		+00:50:19	9:49	6.1 (49.2%)
65	KOWALSKA Kasia	102		K-Open	11	00:46:48	01:38:10		+00:50:20	9:49	6.1 (49.2%)
	PACAN Mira	112	ŚWIAT PŁYTEK U KRYPINA	K-Open		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 66 wynik(ów)