



IX KOSZALIŃSKI BIEG GÓRSKI - 5KM

B4SPORT

Wydarzenie: IX Koszaliński Bieg Górski
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-04-14
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZABORSKI Ryszard	60	TKKF KOSZALIN/ORKIESTRA WOJSKOWA	M40-49	1	00:22:56.35		4:35	13.1 (100%)
2	MUSIAŁ Krzysztof	68	TKKF KOSZALIN/8PPLOT	M30-39	1	00:24:04.49	+00:01:08 (4.7%)	4:49	12.5 (95.4%)
3	JAŻWIŃSKI Dawid	18	TKKF KOSZALIN	M16-29	1	00:26:03.36	+00:03:07 (12.0%)	5:12	11.5 (87.8%)
4	CZAPLIŃSKI Jacek	6	TAGER KOSZALIN	M30-39	2	00:26:44.28	+00:03:47 (14.2%)	5:20	11.2 (85.5%)
5	SIENIAWSKI Jarosław	41	MEDEN-INMED SPORTS TEAM	M40-49	2	00:27:00.31	+00:04:03 (15.1%)	5:24	11.1 (84.7%)
6	PICK Tomasz	37	DEAF KOSZALIN	M40-49	3	00:27:13.37	+00:04:17 (15.7%)	5:26	11 (84.0%)
7	KASPEROWICZ Zdzisław	19	TEAM KASPEROWICZ	M40-49	4	00:27:38.51	+00:04:42 (17.0%)	5:31	10.9 (83.2%)
8	WIELGUS Paweł	55	TEAM KASPEROWICZ	M30-39	3	00:27:44.69	+00:04:48 (17.3%)	5:33	10.8 (82.4%)
9	IWANIEC Dariusz	14	TKKF KOSZALIN	M40-49	5	00:28:11.25	+00:05:14 (18.6%)	5:38	10.6 (80.9%)
10	BESZTERDA Sebastian	3	NIETOPERZE KOSZALIN	M40-49	6	00:28:14.11	+00:05:17 (18.8%)	5:38	10.6 (80.9%)
11	SOSNOWSKI Tomasz	66	MEDEN-INMED SPORTS TEAM	M16-29	2	00:28:25.52	+00:05:29 (19.3%)	5:41	10.6 (80.9%)
12	MUCHA Krzysztof	34	KOSZALIN	M40-49	7	00:28:30.67	+00:05:34 (19.5%)	5:42	10.5 (80.2%)
13	SZYMAŃSKI Piotr	48		M30-39	4	00:28:41.51	+00:05:45 (20.0%)	5:44	10.5 (80.2%)
14	KUŁAKOWSKI Dawid	28	TKKF KOSZALIN	M40-49	8	00:28:45.13	+00:05:48 (20.2%)	5:45	10.4 (79.4%)
15	NOWAK Adam	65	DECATHLON KOSZALIN	M16-29	3	00:29:09.84	+00:06:13 (21.3%)	5:50	10.3 (78.6%)
16	MICERSKI Tomasz	33	TKKF KOSZALIN	M40-49	9	00:29:14.54	+00:06:18 (21.6%)	5:50	10.3 (78.6%)
17	KRÓL Artur	62		M30-39	5	00:29:25.27	+00:06:28 (22.0%)	5:53	10.2 (77.9%)
18	JADCZAK Tomasz	15		M30-39	6	00:29:33.79	+00:06:37 (22.4%)	5:54	10.1 (77.1%)
19	BESZTERDA Jakub	4		M16-29	4	00:29:53.04	+00:06:56 (23.2%)	5:58	10 (76.3%)
20	WACHOLC Michał	52		M16-29	5	00:30:24.16	+00:07:27 (24.5%)	6:04	9.9 (75.6%)
21	WRÓBLEWSKI Jacek	59	TKKF KOSZALIN	M16-29	6	00:30:28.62	+00:07:32 (24.7%)	6:05	9.8 (74.8%)
22	JAROSZ Konrad	17	GIMNAZJUM NR 9	M16-29	7	00:30:36.06	+00:07:39 (25.0%)	6:07	9.8 (74.8%)
23	SKOWYRSKI Janusz	42	TKKF KOSZALIN	M50-59	1	00:31:07.59	+00:08:11 (26.3%)	6:13	9.6 (73.3%)
24	STRZYŻ Łukasz	44		M30-39	7	00:31:16.30	+00:08:19 (26.6%)	6:15	9.6 (73.3%)
25	RÓG Michał	39		M30-39	8	00:32:19.06	+00:09:22 (29.0%)	6:27	9.3 (71.0%)
26	KOPCZEWSKI Dariusz	21		M50-59	2	00:32:34.05	+00:09:37 (29.6%)	6:30	9.2 (70.2%)
27	POCZĄTEK Mikołaj	38		M30-39	9	00:33:01.04	+00:10:04 (30.5%)	6:36	9.1 (69.5%)

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28	MEGIER Wojtek	64	ELEKTRONIK	M50-59	3	00:33:11.51	+00:10:15 (30.9%)	6:38	9 (68.7%)
29	JASIŃSKI Cezary	70		M40-49	10	00:33:15.04	+00:10:18 (31.0%)	6:39	9 (68.7%)
30	BARAŃSKI Maciej	1	BIEGAM PRZEZ SIOSTRĘ	M16-29	8	00:33:18.36	+00:10:22 (31.1%)	6:39	9 (68.7%)
31	RUTKOWSKI Lucjan	40	ARCAN TEAM	M50-59	4	00:33:27.08	+00:10:30 (31.4%)	6:41	9 (68.7%)
32	CHUDZIK Zbigniew	5	TKKF KOSZALIN	M50-59	5	00:33:27.76	+00:10:31 (31.4%)	6:41	9 (68.7%)
33	KRASIŃSKI Witold	24	JW 1223	M40-49	11	00:33:34.69	+00:10:38 (31.7%)	6:43	8.9 (67.9%)
34	HAŁKA Arkadiusz	13	TRUCHT ŁOBEZ	M40-49	12	00:33:47.32	+00:10:50 (32.1%)	6:45	8.9 (67.9%)
35	KOZŁOWIECKI Waldek	23	TKKF KOSZALIN	M60-69	1	00:34:15.19	+00:11:18 (33.0%)	6:51	8.8 (67.2%)
36	GRĄBCZEWSKI Rafał	11	KŁOSIAKI	M30-39	10	00:34:46.75	+00:11:50 (34.0%)	6:57	8.6 (65.6%)
37	KLENIEWSKI Piotr	20	ZACHODNIOPOMORSKIE	M50-59	6	00:35:03.75	+00:12:07 (34.6%)	7:00	8.6 (65.6%)
38	MAJKOWICZ Mirosław	69	FORDEMAJKI	M30-39	11	00:35:45.92	+00:12:49 (35.9%)	7:09	8.4 (64.1%)
39	GŁOWACKI Włodzimierz	8		M70+	1	00:38:02.07	+00:15:05 (39.7%)	7:36	7.9 (60.3%)
40	JANCZEWSKI Jacek	16		M40-49	13	00:38:14.69	+00:15:18 (40.0%)	7:38	7.8 (59.5%)
41	KOPCZYŃSKI Michał	22	JW 1223	M40-49	14	00:39:19.13	+00:16:22 (41.7%)	7:51	7.6 (58.0%)
42	NIEWIADOWSKI Robert	35		M30-39	12	00:39:59.64	+00:17:03 (42.6%)	8:00	7.5 (57.3%)
43	WOJCIECHOWSKI Adam	57		M16-29	9	00:41:20.65	+00:18:24 (44.5%)	8:16	7.3 (55.7%)
44	WALKOWIAK Dariusz	53		M40-49	15	00:45:13.79	+00:22:17 (49.3%)	9:02	6.6 (50.4%)
45	BARTNIK Marian	2	TKKF KOSZALIN	M70+	2	00:58:33.43	+00:35:37 (60.8%)	11:42	5.1 (38.9%)

Znaleziono 45 wynik(ów)