



IX KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie: IX Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-12-30
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Start_All 3.42km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	285		M40-49	1	00:05:53	00:11:45	00:17:21.50		3:28	17.3 (100%)
2	ZABORSKI Ryszard	258	TKKF KOSZALIN - ORKIESTRA WOJSKOWA	M40-49	2	00:06:05	00:12:16	00:18:13.55	+00:00:52 (4.8%)	3:38	16.5 (95.4%)
3	RUDNIKOWSKI Maciej	202	BIEGUZDROWISKOWY.PL	M40-49	3	00:06:11	00:12:38	00:18:39.05	+00:01:17 (6.9%)	3:43	16.1 (93.1%)
4	ŻMUDA Tomasz	266	CW FANZA KOŁOBRZEG	M40-49	4	00:06:31	00:13:12	00:19:28.40	+00:02:06 (10.9%)	3:53	15.4 (89.0%)
5	ZWOLIŃSKI Jan	265	TKKF KOSZALIN	M40-49	5	00:06:57	00:14:02	00:20:28.10	+00:03:06 (15.2%)	4:05	14.7 (85.0%)
6	JANKOWSKI Grzegorz	73	ŚWIAT PŁYTEK U KRYPINA	M40-49	6	00:06:31	00:13:49	00:20:35.20	+00:03:13 (15.7%)	4:07	14.6 (84.4%)
7	GAWRON Piotr	50	KB GOCH BYTÓW	M40-49	7	00:07:18	00:14:32	00:21:14.30	+00:03:52 (18.3%)	4:14	14.1 (81.5%)
8	KOCZOROWSKI Paweł	109	POLNI WOJOWNICY USTKA	M40-49	8	00:06:50	00:14:16	00:21:20.90	+00:03:59 (18.7%)	4:16	14.1 (81.5%)
9	SZULC Arek	280		M40-49	9	00:07:27	00:14:41	00:21:21.40	+00:03:59 (18.7%)	4:16	14 (80.9%)
10	CHROSTEK Adam	24		M40-49	10	00:07:12	00:14:35	00:21:25.30	+00:04:03 (19.0%)	4:17	14 (80.9%)
11	WINKEL Łukasz	252		M40-49	11	00:07:12	00:14:32	00:21:37.00	+00:04:15 (19.7%)	4:19	13.9 (80.3%)
12	WÓJCIK Damian	256	RUNNERSWALDE DARŁOWO	M40-49	12	00:07:18	00:14:46	00:21:43.10	+00:04:21 (20.1%)	4:20	13.8 (79.8%)
13	PRYGIEL Jarosław	190	21 BLT ŚWIDWIN	M40-49	13	00:07:11	00:14:41	00:21:47.75	+00:04:26 (20.4%)	4:21	13.8 (79.8%)
14	IWANIEC Dariusz	71	TKKF KOSZALIN	M40-49	14	00:07:16	00:14:50	00:21:49.85	+00:04:28 (20.5%)	4:22	13.7 (79.2%)

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								netto 5km	Różn		
15	ŻMUDA Jarosław	268	CW FANZA KOŁOBRZEG	M40-49	15	00:07:16	00:15:00	00:22:11.15	+00:04:49 (21.8%)	4:26	13.5 (78.0%)
16	KAJKOWSKI Rafał	87	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	16	00:07:12	00:14:46	00:22:15.75	+00:04:54 (22.0%)	4:27	13.5 (78.0%)
17	JĘDRASZCZYK Marek	78	WŁ SŁUPSK	M40-49	17	00:07:31	00:15:13	00:22:19.30	+00:04:57 (22.2%)	4:28	13.4 (77.5%)
18	DOMASZK Zbigniew	40	ŚWIAT PLYTEK U KRYPINA	M40-49	18	00:07:21	00:15:09	00:22:22.05	+00:05:00 (22.4%)	4:28	13.4 (77.5%)
19	KUŁAKOWSKI Dawid	129	TKKF KOSZALIN	M40-49	19	00:07:37	00:15:27	00:22:23.75	+00:05:02 (22.5%)	4:28	13.4 (77.5%)
20	HOC Dariusz	68		M40-49	20	00:07:37	00:15:21	00:22:27.60	+00:05:06 (22.7%)	4:29	13.4 (77.5%)
21	SZYMAŃSKI Piotr	229		M40-49	21	00:07:59	00:15:45	00:23:00.45	+00:05:38 (24.6%)	4:36	13 (75.1%)
22	POLAŃSKI Norbert	188	21BLT	M40-49	22	00:07:38	00:15:37	00:23:01.10	+00:05:39 (24.6%)	4:36	13 (75.1%)
23	CHOŁUJ Jarosław	22	ROZBIEGANY KOSZALIN	M40-49	23	00:07:42	00:15:35	00:23:03.40	+00:05:41 (24.7%)	4:36	13 (75.1%)
24	GAŁECKI Jacek	47	KARLINO BIEGAJ	M40-49	24	00:07:40	00:15:44	00:23:11.20	+00:05:49 (25.1%)	4:38	12.9 (74.6%)
25	PEKAŁA Piotr	182	ROZBIEGANY/WILKI KOSZALIN	M40-49	25	00:08:19	00:16:11	00:23:12.65	+00:05:51 (25.2%)	4:38	12.9 (74.6%)
26	MAJCHRZAK Paweł	146	KARLINO BIEGAJ	M40-49	26	00:07:38	00:15:42	00:23:13.50	+00:05:52 (25.3%)	4:38	12.9 (74.6%)
27	MICERSKI Tomasz	159	TKKF KOSZALIN	M40-49	27	00:07:37	00:15:42	00:23:18.65	+00:05:57 (25.5%)	4:39	12.9 (74.6%)
28	PICK Tomasz	185	MK KOSZALIN	M40-49	28	00:08:07	00:16:16	00:23:34.15	+00:06:12 (26.4%)	4:42	12.7 (73.4%)
29	KŁOCZKO Arkadiusz	103		M40-49	29	00:08:09	00:16:21	00:23:58.85	+00:06:37 (27.6%)	4:47	12.5 (72.3%)
30	REMLAKOWSKI Krzysztof	197	WE RUN	M40-49	30	00:08:21	00:16:28	00:24:00.05	+00:06:38 (27.7%)	4:48	12.5 (72.3%)
31	KANIOWSKI Jacek	89	W.P.K. SŁOŃ TEAM	M40-49	31	00:07:45	00:16:04	00:24:04.00	+00:06:42 (27.9%)	4:48	12.5 (72.3%)
32	ANTKOWIAK Sebastian	2	DB ACTIVE	M40-49	32	00:07:42	00:16:05	00:24:04.45	+00:06:42 (27.9%)	4:48	12.5 (72.3%)
33	KRASIŃSKI Witold	123	JW 1223	M40-49	33	00:08:10	00:16:31	00:24:14.05	+00:06:52 (28.4%)	4:50	12.4 (71.7%)
34	SKIBA Artur	210	ŚWIDWIŃSKIE STOWARZYSZENIE LOTNICTWA REKREACYJNEGO	M40-49	34	00:07:58	00:16:29	00:24:18.70	+00:06:57 (28.6%)	4:51	12.3 (71.1%)
35	PIECHOTA Robert	186	ROZBIEGANY KOSZALIN	M40-49	35	00:07:47	00:16:39	00:24:20.70	+00:06:59 (28.7%)	4:52	12.3 (71.1%)
36	ADRYAN Adam	1	CKB SŁUPSK	M40-49	36	00:08:11	00:16:41	00:24:38.95	+00:07:17 (29.6%)	4:55	12.2 (70.5%)
37	GAWRYSIAK Przemysław	51		M40-49	37	00:07:58	00:16:20	00:25:01.65	+00:07:40 (30.6%)	5:00	12 (69.4%)

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								netto 5km	Różn		
38	LEWANDOWSKI Rafał	137		M40-49	38	00:08:21	00:17:13	00:25:15.75	+00:07:54 (31.3%)	5:03	11.9 (68.8%)
39	DUDZIAK Piotr	43	FOR-REST-RUN KOSZALIN	M40-49	39	00:08:04	00:16:53	00:25:19.85	+00:07:58 (31.5%)	5:04	11.8 (68.2%)
40	HANASZ Sebastian	64		M40-49	40	00:08:38	00:17:28	00:25:26.65	+00:08:05 (31.8%)	5:05	11.8 (68.2%)
41	DUBACKI Kazimierz Stanisław	42	NIGHT RUNNERS SŁUPSK	M40-49	41	00:08:06	00:17:08	00:25:34.25	+00:08:12 (32.1%)	5:06	11.7 (67.6%)
42	JASIENIECKI Piotr	77	SPARK	M40-49	42	00:08:59	00:17:50	00:25:38.85	+00:08:17 (32.3%)	5:07	11.7 (67.6%)
43	DOMAŃSKI Adam	38		M40-49	43	00:08:57	00:17:51	00:25:42.50	+00:08:21 (32.5%)	5:08	11.7 (67.6%)
44	GALICKI Robert	46		M40-49	44	00:09:13	00:18:15	00:26:07.65	+00:08:46 (33.6%)	5:13	11.5 (66.5%)
45	JUSIŃSKI Sebastian	82		M40-49	45	00:08:27	00:17:36	00:26:09.55	+00:08:48 (33.6%)	5:13	11.5 (66.5%)
46	DANOWSKI Maciej	32	FITNESS CLUB FORMA	M40-49	46	00:08:31	00:17:59	00:26:14.40	+00:08:52 (33.8%)	5:14	11.4 (65.9%)
47	KOŁAKOWSKI Dariusz	110	K.B.SPRINT ŚWIDWIN	M40-49	47	00:09:02	00:18:09	00:26:27.50	+00:09:06 (34.4%)	5:17	11.3 (65.3%)
48	WĘCŁAWIAK Marek	247		M40-49	48	00:08:26	00:17:42	00:26:28.45	+00:09:06 (34.4%)	5:17	11.3 (65.3%)
49	KĘPKA Mirosław	94	KB SPRINT ŚWIDWIN	M40-49	49	00:09:02	00:18:11	00:26:41.70	+00:09:20 (35.0%)	5:20	11.2 (64.7%)
50	DEREŃ Grzegorz	35	K.B.SPRINT ŚWIDWIN	M40-49	50	00:08:57	00:18:12	00:26:42.20	+00:09:20 (35.0%)	5:20	11.2 (64.7%)
51	GUTOWSKI Sebastian	62	GUCIOR-RUN	M40-49	51	00:08:55	00:18:18	00:26:52.80	+00:09:31 (35.4%)	5:22	11.2 (64.7%)
52	TURCZYN Grzegorz	236	NIGHT RUNNERS SŁUPSK	M40-49	52	00:09:07	00:18:22	00:26:59.55	+00:09:38 (35.7%)	5:23	11.1 (64.2%)
53	KINOWSKI Karol	98	DON'T TREAD ON ME!	M40-49	53	00:09:23	00:18:45	00:27:02.70	+00:09:41 (35.8%)	5:24	11.1 (64.2%)
54	ŚLEDŹ Andrzej	233	WŁ SŁUPSK	M40-49	54	00:08:44	00:18:29	00:27:24.30	+00:10:02 (36.7%)	5:28	10.9 (63.0%)
55	DZIESZUK Darek	270	TKKF KOSZALIN	M40-49	55	00:09:45	00:19:28	00:27:54.65	+00:10:33 (37.8%)	5:34	10.8 (62.4%)
56	ZIELIŃSKI Tomasz	261		M40-49	56	00:08:57	00:18:57	00:28:01.85	+00:10:40 (38.1%)	5:36	10.7 (61.8%)
57	ZIELIŃSKI Jarosław	259	AMATOR	M40-49	57	00:08:51	00:18:49	00:28:30.15	+00:11:08 (39.1%)	5:42	10.5 (60.7%)
58	HNATOWSKI Artur	67	SZYBKIE STOPY	M40-49	58	00:09:18	00:19:13	00:29:08.95	+00:11:47 (40.4%)	5:49	10.3 (59.5%)
59	KOWALSKI Marek	118		M40-49	59	00:09:36	00:19:57	00:29:43.70	+00:12:22 (41.6%)	5:56	10.1 (58.4%)
60	FRASZKIEWICZ Jarosław	45		M40-49	60	00:09:47	00:20:13	00:29:52.80	+00:12:31 (41.9%)	5:58	10 (57.8%)

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61	BRESZKA Paweł	14	DARŁOWSKIE CHARTY	M40-49	61	00:10:00	00:20:34	00:30:21.60	+00:13:00 (42.8%)	6:04	9.9 (57.2%)
62	WALKOWIAK Dariusz	242		M40-49	62	00:09:51	00:21:31	00:32:43.55	+00:15:22 (47.0%)	6:32	9.2 (53.2%)

Znaleziono 62 wynik(ów)