

JAMNEŃSKI TOUR BIEGOWY - KLASYFIKACJA GENERALNA PO 3 EDYCJACH

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Herkules
Data: 2020-02-09
Miejsce: Koszalin
Dystans: 15 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	JAKUBEK Patryk	5067	7 DAYS	M-20	1	00:17:11.00	00:17:30.00	00:18:20.00	00:53:01.00	00:53:06.00		3:32	17 (100%)
2	HUBERT Łukasz	5065	TKKF KOSZALIN	M-30	1	00:17:32.00	00:17:45.00	00:17:47.00	00:53:04.00	00:53:10.00	+00:00:03 (0.1%)	3:32	17 (100%)
3	ZIEMAN Michał	5247	404 NOT FOUND	M-30	2	00:17:21.00	00:17:38.00	00:18:28.00	00:53:27.00	00:53:34.00	+00:00:26 (0.8%)	3:33	16.8 (98.8%)
4	RYKIEL Michał	5193	TAGER SPORT I PRZYJACIELE	M-30	3	00:17:55.00	00:17:55.00	00:18:11.00	00:54:01.00	00:54:07.00	+00:01:00 (1.9%)	3:36	16.7 (98.2%)
5	DYLEWSKI Tomasz	5037		M-20	2	00:18:56.00	00:18:30.00	00:18:44.00	00:56:10.00	00:56:35.00	+00:03:09 (5.6%)	3:44	16 (94.1%)
6	PICK Tomasz	5176	SKSG KORONA SZCZECIN	M-50	1	00:18:42.00	00:19:50.00	00:19:03.00	00:57:35.00	00:57:47.00	+00:04:34 (7.9%)	3:50	15.6 (91.8%)
7	KAWKA Adrian	5088		M-30	4	00:19:21.00	00:19:00.00	00:19:24.00	00:57:45.00	00:57:52.00	+00:04:44 (8.2%)	3:51	15.6 (91.8%)
8	DUDA Grzegorz	5035	BEST BEASTS	M-40	1	00:19:12.00	00:19:37.00	00:19:19.00	00:58:08.00	00:58:15.00	+00:05:07 (8.8%)	3:52	15.5 (91.2%)
9	STOLTMAN Marcin	5205	7 DAYS	M-20	3	00:19:15.00	00:19:22.00	00:19:32.00	00:58:09.00	00:58:20.00	+00:05:08 (8.8%)	3:52	15.5 (91.2%)
10	GOSTKOWSKI Łukasz	5050	404 NOT FOUND	M-30	5	00:19:30.00	00:19:34.00	00:19:14.00	00:58:18.00	00:58:28.00	+00:05:17 (9.1%)	3:53	15.4 (90.6%)
11	KORMAN Kamil	5100		M-20	4	00:19:27.00	00:19:35.00	00:19:24.00	00:58:26.00	00:58:34.00	+00:05:25 (9.3%)	3:53	15.4 (90.6%)
12	CICHOSZ-MIELEWCZYK Mateusz	5025	POZYTYWNE NAKRĘCENI	M-30	6	00:19:25.00	00:19:42.00	00:19:30.00	00:58:37.00	00:58:50.00	+00:05:36 (9.6%)	3:54	15.4 (90.6%)
13	LEWANDOWSKI Jacek	5123	TAPETY KOSZALIN MONIUSZKI	M-40	2	00:20:09.00	00:19:37.00	00:19:32.00	00:59:18.00	00:59:33.00	+00:06:17 (10.6%)	3:57	15.2 (89.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
14	TRĘBSKI Krzysztof	5229	#ZABIEGANINOCA	M-40	3	00:19:54.00	00:20:03.00	00:19:29.00	00:59:26.00	00:59:53.00	+00:06:25 (10.8%)	3:57	15.1 (88.8%)
15	CHABOWSKI Wojciech	5020		M-20	5	00:20:33.00	00:20:48.00	00:19:35.00	01:00:56.00	01:01:08.00	+00:07:55 (13.0%)	4:03	14.8 (87.1%)
15	JANKOWSKI Grzegorz	5069	POZYTYWNE NAKRĘCENI	M-40	4	00:19:36.00	00:20:30.00	00:20:50.00	01:00:56.00	01:01:09.00	+00:07:55 (13.0%)	4:03	14.8 (87.1%)
17	ŁUKAWSKI Mariusz	5128	JW 1223	M-30	7	00:19:44.00	00:21:10.00	00:20:29.00	01:01:23.00	01:01:39.00	+00:08:22 (13.6%)	4:05	14.7 (86.5%)
18	KOZIEŁ Paweł	5103		M-40	5	00:21:03.00	00:20:34.00	00:20:40.00	01:02:17.00	01:02:29.00	+00:09:16 (14.9%)	4:09	14.5 (85.3%)
19	KOZIEŁ Adam	5104		M-20	6	00:20:56.00	00:21:09.00	00:20:39.00	01:02:44.00	01:02:54.00	+00:09:43 (15.5%)	4:10	14.3 (84.1%)
20	DRAŹKOWSKI Tomasz	5033	MKP SZCZECINEK	M-14	1	00:21:16.00	00:20:39.00	00:21:04.00	01:02:59.00	01:03:12.00	+00:09:58 (15.8%)	4:11	14.3 (84.1%)
21	OLCZAK Krzysztof	5163		M-30	8	00:20:41.00	00:21:18.00	00:21:07.00	01:03:06.00	01:04:00.00	+00:10:05 (16.0%)	4:12	14.3 (84.1%)
22	WEBER Paweł	5230	FPP FUNCTIONAL POLISH PERFORMANCE	M-30	9	00:21:12.00	00:21:01.00	00:21:00.00	01:03:13.00	01:03:24.00	+00:10:12 (16.1%)	4:12	14.2 (83.5%)
23	BRZEZIŃSKI Jan	5016	TEAM PIOTRUŚ	M-50	2	00:21:00.00	00:21:09.00	00:21:11.00	01:03:20.00	01:03:51.00	+00:10:19 (16.3%)	4:13	14.2 (83.5%)
24	WIKTOROWSKI Maciej	5234		M-40	6	00:20:56.00	00:21:05.00	00:21:34.00	01:03:35.00	01:03:43.00	+00:10:34 (16.6%)	4:14	14.2 (83.5%)
25	KUCAL Paweł	5117		M-40	7	00:21:43.00	00:20:40.00	00:21:26.00	01:03:49.00	01:04:34.00	+00:10:48 (16.9%)	4:15	14.1 (82.9%)
26	CZYŻYKOWSKI Łukasz	5028		M-30	10	00:21:18.00	00:21:27.00	00:21:53.00	01:04:38.00	01:04:58.00	+00:11:37 (18.0%)	4:18	13.9 (81.8%)
27	ŻUREK Mateusz	5250		M-30	11	00:22:06.00	00:21:17.00	00:21:18.00	01:04:41.00	01:05:11.00	+00:11:40 (18.0%)	4:18	13.9 (81.8%)
28	BUDZIŃSKI Paweł	5018	TAGER SPORT KOSZALIN / DRUŻYNA SZPIKU	M-40	8	00:22:03.00	00:21:39.00	00:21:08.00	01:04:50.00	01:05:09.00	+00:11:49 (18.2%)	4:19	13.9 (81.8%)
29	GAWRYSIAK Przemysław	5043		M-40	9	00:21:25.00	00:22:03.00	00:22:10.00	01:05:38.00	01:05:53.00	+00:12:37 (19.2%)	4:22	13.7 (80.6%)
30	KRUPIŃSKI Krzysztof	5112	E-UROLOG.EU	M-50	3	00:22:00.00	00:22:21.00	00:21:47.00	01:06:08.00	01:06:35.00	+00:13:07 (19.8%)	4:24	13.6 (80.0%)
30	SITARCZYK Damian	5199	FUNDACJA ZASTOPUJ	M-30	12	00:23:11.00	00:21:21.00	00:21:36.00	01:06:08.00	01:06:31.00	+00:13:07 (19.8%)	4:24	13.6 (80.0%)
32	GAWEŁ Zbigniew	5041	POMERIDERS SŁUPSK	M-60	1	00:22:27.00	00:22:06.00	00:22:11.00	01:06:44.00	01:06:57.00	+00:13:43 (20.6%)	4:26	13.5 (79.4%)
33	NOSAL Mariusz	5159		M-30	13	00:21:25.00	00:22:06.00	00:23:38.00	01:07:09.00	01:07:37.00	+00:14:08 (21.0%)	4:28	13.4 (78.8%)
34	JOŃCA Jakub	5076	BEST BEASTS	M-14	2	00:22:38.00	00:21:29.00	00:23:20.00	01:07:27.00	01:07:57.00	+00:14:26 (21.4%)	4:29	13.3 (78.2%)
35	PIETRYKA Artur	5177	KARLINO BIEGAJ	M-40	10	00:22:17.00	00:22:58.00	00:23:05.00	01:08:20.00	01:08:40.00	+00:15:19 (22.4%)	4:33	13.2 (77.6%)
36	NOGA Sebastian	5158	TKKF KOSZALIN	M-20	7	00:20:55.00	00:21:25.00	00:26:05.00	01:08:25.00	01:08:51.00	+00:15:24 (22.5%)	4:33	13.2 (77.6%)

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37	KONKEL Łukasz	5096		M-40	11	00:23:06.00	00:23:26.00	00:22:21.00	01:08:53.00	01:09:14.00	+00:15:52 (23.0%)	4:35	13.1 (77.1%)
38	NIEMCZUK Dariusz	5156	JAMNO	M-50	4	00:23:04.00	00:22:53.00	00:22:59.00	01:08:56.00	01:09:25.00	+00:15:55 (23.1%)	4:35	13.1 (77.1%)
39	HAŁKA Arkadiusz	5057	TRUCHT ŁOBEZ	M-40	12	00:23:36.00	00:23:07.00	00:23:51.00	01:10:34.00	01:11:06.00	+00:17:33 (24.9%)	4:42	12.8 (75.3%)
40	ANTKOWIAK Sebastian	5002	DB - ACTIVE	M-40	13	00:22:56.00	00:23:52.00	00:24:09.00	01:10:57.00	01:11:36.00	+00:17:56 (25.3%)	4:43	12.7 (74.7%)
41	MONGIAŁO Marcin	5148	FAST FEET K-LIN	M-40	14	00:23:37.00	00:23:36.00	00:23:54.00	01:11:07.00	01:12:30.00	+00:18:06 (25.5%)	4:44	12.7 (74.7%)
42	MICHALCZYK Kamil	5139		M-30	14	00:22:53.00	00:24:06.00	00:24:41.00	01:11:40.00	01:12:15.00	+00:18:39 (26.0%)	4:46	12.6 (74.1%)
43	HNATOWSKI Artur	5063		M-50	5	00:24:04.00	00:23:55.00	00:24:03.00	01:12:02.00	01:12:55.00	+00:19:01 (26.4%)	4:48	12.5 (73.5%)
44	HARASIMOWICZ Michał	5059		M-30	15	00:23:18.00	00:23:13.00	00:25:32.00	01:12:03.00	01:12:58.00	+00:19:02 (26.4%)	4:48	12.5 (73.5%)
45	CHUDZIK Zbigniew	5023	TKKF KOSZALIN	M-50	6	00:23:40.00	00:25:08.00	00:23:32.00	01:12:20.00	01:12:47.00	+00:19:19 (26.7%)	4:49	12.4 (72.9%)
46	LIPNIEWICZ Paweł	5124		M-30	16	00:24:07.00	00:25:20.00	00:23:03.00	01:12:30.00	01:13:12.00	+00:19:29 (26.9%)	4:50	12.4 (72.9%)
47	SKOKOWSKI Marek	5201		M-30	17	00:24:13.00	00:24:15.00	00:24:34.00	01:13:02.00	01:13:58.00	+00:20:01 (27.4%)	4:52	12.3 (72.4%)
48	OSOBNIAK Ryszard	5168		M-60	2	00:24:33.00	00:24:39.00	00:24:26.00	01:13:38.00	01:14:23.00	+00:20:37 (28.0%)	4:54	12.2 (71.8%)
49	KAJKOWSKI Rafał	5084	CSSP KOSZALIN	M-40	15	00:24:54.00	00:24:43.00	00:24:04.00	01:13:41.00	01:13:48.00	+00:20:40 (28.0%)	4:54	12.2 (71.8%)
50	JASIEK Paweł	5071	#ZABIEGANINOCA	M-30	18	00:25:27.00	00:24:23.00	00:24:06.00	01:13:56.00	01:14:25.00	+00:20:55 (28.3%)	4:55	12.2 (71.8%)
51	KRASIŃSKI Witold	5106		M-40	16	00:24:59.00	00:24:10.00	00:24:48.00	01:13:57.00	01:14:36.00	+00:20:56 (28.3%)	4:55	12.2 (71.8%)
52	DĘBSKI Damian	5030	1986.	M-30	19	00:24:57.00	00:24:20.00	00:24:53.00	01:14:10.00	01:15:04.00	+00:21:09 (28.5%)	4:56	12.1 (71.2%)
53	STALUSZKA Dariusz	5203		M-40	17	00:25:21.00	00:24:54.00	00:25:32.00	01:15:47.00	01:16:30.00	+00:22:46 (30.0%)	5:03	11.9 (70.0%)
54	JUSZCZAK Krzysztof	5077		M-60	3	00:25:34.00	00:25:47.00	00:25:21.00	01:16:42.00	01:17:22.00	+00:23:41 (30.9%)	5:06	11.7 (68.8%)
55	ŁODYGA Łukasz	5127		M-30	20	00:24:30.00	00:26:16.00	00:26:15.00	01:17:01.00	01:17:33.00	+00:24:00 (31.2%)	5:08	11.7 (68.8%)
56	CIEŚLAK Grzegorz	5026		M-30	21	00:26:16.00	00:25:40.00	00:25:25.00	01:17:21.00	01:17:57.00	+00:24:20 (31.5%)	5:09	11.6 (68.2%)
56	MRUGALSKI Stanisław	5151	MTS HAMER	M-50	7	00:26:13.00	00:25:59.00	00:25:09.00	01:17:21.00	01:18:46.00	+00:24:20 (31.5%)	5:09	11.6 (68.2%)
58	MARCINKOWSKI Jacek	5134	SSK ORZEŁ ŚWIESZYNO	M-40	18	00:26:48.00	00:24:10.00	00:26:30.00	01:17:28.00	01:18:25.00	+00:24:27 (31.6%)	5:09	11.6 (68.2%)
59	KOPEĆ Krzysztof	5097		M-40	19	00:25:24.00	00:25:44.00	00:26:30.00	01:17:38.00	01:18:24.00	+00:24:37 (31.7%)	5:10	11.6 (68.2%)

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60	GONTEK Łukasz	5049	VW BATORY	M-30	22	00:26:29.00	00:25:12.00	00:26:14.00	01:17:55.00	01:18:30.00	+00:24:54 (32.0%)	5:11	11.6 (68.2%)
61	SAWIŃSKI Jacek	5197		M-40	20	00:30:12.00	00:23:28.00	00:24:32.00	01:18:12.00	01:19:17.00	+00:25:11 (32.2%)	5:12	11.5 (67.6%)
62	JĘDRZEJKO Mirosław	5074		M-40	21	00:25:03.00	00:26:38.00	00:27:50.00	01:19:31.00	01:20:04.00	+00:26:30 (33.3%)	5:18	11.3 (66.5%)
63	ŚWIDERSKI Marcin	5227		M-30	23	00:26:06.00	00:27:33.00	00:26:15.00	01:19:54.00	01:20:26.00	+00:26:53 (33.6%)	5:19	11.3 (66.5%)
64	KAMINSKI Tomasz	5085	WODNA SŁUŻBA RATOWNICZA	M-40	22	00:25:00.00	00:27:27.00	00:27:58.00	01:20:25.00	01:21:01.00	+00:27:24 (34.1%)	5:21	11.2 (65.9%)
65	SZWEDA Mateusz	5220	WATAHA	M-30	24	00:26:34.00	00:26:38.00	00:27:46.00	01:20:58.00	01:21:45.00	+00:27:57 (34.5%)	5:23	11.1 (65.3%)
66	SZYMAŃSKI Patryk	5221	1987.	M-30	25	00:26:39.00	00:28:03.00	00:26:18.00	01:21:00.00	01:21:47.00	+00:27:59 (34.5%)	5:24	11.1 (65.3%)
67	MASŁOWSKI Artur	5137		M-30	26	00:26:39.00	00:28:04.00	00:26:18.00	01:21:01.00	01:21:47.00	+00:28:00 (34.6%)	5:24	11.1 (65.3%)
68	MITUNIEWICZ Adrian	5147		M-30	27	00:28:07.00	00:27:33.00	00:25:46.00	01:21:26.00	01:22:39.00	+00:28:25 (34.9%)	5:25	11.1 (65.3%)
69	KARNICKI Zygmunt	5087	TKKF KOSZALIN	M-60	4	00:26:26.00	00:27:16.00	00:27:49.00	01:21:31.00	01:22:00.00	+00:28:30 (35.0%)	5:26	11 (64.7%)
69	ORYSZCZYN Arkadiusz	5167	DZIKIE ŻÓŁWIE	M-30	28	00:25:39.00	00:27:46.00	00:28:06.00	01:21:31.00	01:22:25.00	+00:28:30 (35.0%)	5:26	11 (64.7%)
71	WIŚNIEWSKI Jarosław	5235		M-50	8	00:26:58.00	00:27:05.00	00:27:32.00	01:21:35.00	01:22:15.00	+00:28:34 (35.0%)	5:26	11 (64.7%)
72	SZULC Marek	5217		M-50	9	00:28:49.00	00:27:09.00	00:26:16.00	01:22:14.00	01:22:53.00	+00:29:13 (35.5%)	5:28	10.9 (64.1%)
73	MURAWSKI Waldemar	5153	ZKS	M-50	10	00:27:14.00	00:28:29.00	00:26:33.00	01:22:16.00	01:23:12.00	+00:29:15 (35.6%)	5:29	10.9 (64.1%)
74	TABISZ Sławomir	5228	12 BBSP	M-30	29	00:27:19.00	00:28:26.00	00:27:18.00	01:23:03.00	01:23:58.00	+00:30:02 (36.2%)	5:32	10.8 (63.5%)
75	SARBIEWSKI Przemysław	5196		M-40	23	00:32:34.00	00:23:52.00	00:27:03.00	01:23:29.00	01:23:54.00	+00:30:28 (36.5%)	5:33	10.8 (63.5%)
76	KLONOWSKI Artur	5093	KOSPEL	M-40	24	00:25:32.00	00:27:50.00	00:30:31.00	01:23:53.00	01:24:40.00	+00:30:52 (36.8%)	5:35	10.7 (62.9%)
77	HELLER Zdzisław	5061	HERBMARATONOW.PL	M-60	5	00:28:09.00	00:27:29.00	00:28:22.00	01:24:00.00	01:24:35.00	+00:30:59 (36.9%)	5:36	10.7 (62.9%)
78	CHAMERA Tomasz	5021	WATAHA	M-40	25	00:28:01.00	00:29:27.00	00:27:13.00	01:24:41.00	01:25:25.00	+00:31:40 (37.4%)	5:38	10.6 (62.4%)
79	STRZELECKI Sebastian 'Kaszana'	5207	SAILING TEAM FERAJNA	M-40	26	00:27:42.00	00:28:09.00	00:28:51.00	01:24:42.00	01:25:09.00	+00:31:41 (37.4%)	5:38	10.6 (62.4%)
80	SIGNAROWSKI Dawid	5198	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	30	00:27:14.00	00:28:17.00	00:30:12.00	01:25:43.00	01:25:57.00	+00:32:42 (38.1%)	5:42	10.5 (61.8%)
81	BRZEZIŃSKI Paweł	5015	PAB TRI KOSZALIN	M-40	27	00:27:59.00	00:28:18.00	00:29:44.00	01:26:01.00	01:26:40.00	+00:33:00 (38.4%)	5:44	10.5 (61.8%)
82	MARCZAK Andrzej	5136		M-60	6	00:29:05.00	00:27:41.00	00:29:34.00	01:26:20.00	01:27:05.00	+00:33:19 (38.6%)	5:45	10.4 (61.2%)

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83	RUSIECKI Paweł	5191	WSPL SPZOZ W KOSZALINIE	M-40	28	00:28:30.00	00:27:55.00	00:30:06.00	01:26:31.00	01:27:17.00	+00:33:30 (38.7%)	5:46	10.4 (61.2%)
84	KĘDZIERA Izidor	5090		M-50	11	00:28:57.00	00:29:34.00	00:30:48.00	01:29:19.00	01:30:19.00	+00:36:18 (40.6%)	5:57	10.1 (59.4%)
85	WOJANOWSKI Zbigniew	5240	SPORT I REKREACJA DELFIN	M-60	7	00:29:56.00	00:29:40.00	00:30:17.00	01:29:53.00	01:30:16.00	+00:36:52 (41.0%)	5:59	10 (58.8%)
86	SZMYT Marcin	5215		M-30	31	00:31:40.00	00:32:01.00	00:28:28.00	01:32:09.00	01:32:45.00	+00:39:08 (42.5%)	6:08	9.8 (57.6%)
87	MAŁYSZEWICZ Andrzej	5133		M-50	12	00:28:35.00	00:28:38.00	00:35:21.00	01:32:34.00	01:33:33.00	+00:39:33 (42.7%)	6:10	9.7 (57.1%)
88	BABIARZ Jacek	5003	PRESS GLASS - BIEGAMY I WSPIERAMY	M-40	29	00:28:48.00	00:32:34.00	00:31:16.00	01:32:38.00	01:33:04.00	+00:39:37 (42.8%)	6:10	9.7 (57.1%)
89	POLAK Mateusz	5182	KOSPEL	M-20	8	00:28:41.00	00:33:34.00	00:30:55.00	01:33:10.00	01:33:58.00	+00:40:09 (43.1%)	6:12	9.7 (57.1%)
90	KULIGOWSKI Maksym	5119	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	32	00:30:20.00	00:30:53.00	00:32:02.00	01:33:15.00	01:33:38.00	+00:40:14 (43.1%)	6:13	9.7 (57.1%)
91	KIEDOS Dariusz	5091	JW 1223	M-30	33	00:31:24.00	00:32:19.00	00:31:11.00	01:34:54.00	01:35:45.00	+00:41:53 (44.1%)	6:19	9.5 (55.9%)
92	KACZYŃSKI Henryk	5082		M-60	8	00:35:47.00	00:32:24.00	00:38:58.00	01:47:09.00	01:47:21.00	+00:54:08 (50.5%)	7:08	8.4 (49.4%)

Znaleziono 92 wynik(ów)