

KOŁOBRZESKA 15-STKA ZAŚLUBIN

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Kołobrzaska 15-stka Zaślubin

Miejski Ośrodek Sportu i Rekreacji

2024-03-17

Kołobrzeg

15 km



Klasyfikacja: M-50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	SZYMAŃSKI Sylwek	483	SZCZECINECCY BIEGACZE	M-50	1	00:00:00	00:54:49.61	00:54:49.93		3:39	16.4 (100%)
2	MEYER Ireneusz	335		M-50	2	00:00:03	00:55:38.03	00:55:41.28	+00:00:48 (1.5%)	3:42	16.2 (98.8%)
3	BUDZIAK Zbigniew	58	GRYFICKA SIŁA BIEGOWA	M-50	3	00:00:01	00:56:45.62	00:56:47.08	+00:01:56 (3.4%)	3:47	15.9 (97.0%)
4	RUDNIKOWSKI Maciej	417	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M-50	4	00:00:02	00:56:59.62	00:57:01.85	+00:02:10 (3.8%)	3:47	15.8 (96.3%)
5	MACKOJĆ Krzysztof	299	EL-MACKOJĆ	M-50	5	00:00:01	00:57:09.13	00:57:10.16	+00:02:19 (4.1%)	3:48	15.7 (95.7%)
6	PICK Tomasz	383	BIEGOLAS KOSZALIN	M-50	6	00:00:06	00:59:38.06	00:59:44.15	+00:04:48 (8.1%)	3:58	15.1 (92.1%)
7	HAWROT Sylwester	150	ROZBIEGANY GOLENIOW	M-50	7	00:00:07	01:01:17.81	01:01:25.00	+00:06:28 (10.6%)	4:05	14.7 (89.6%)
8	WALEŃSKI Michał	518	P1PK4	M-50	8	00:00:05	01:01:30.94	01:01:36.63	+00:06:41 (10.9%)	4:06	14.6 (89.0%)
9	ŻMUDA Jarosław	585	CW FANZA	M-50	9	00:00:02	01:01:52.56	01:01:55.48	+00:07:02 (11.4%)	4:07	14.5 (88.4%)
10	BURDA Robert	64	KOSPEL	M-50	10	00:00:04	01:02:59.37	01:03:03.93	+00:08:09 (13.0%)	4:11	14.3 (87.2%)
11	GEREK Dariusz	130		M-50	11	00:00:00	01:04:09.13	01:04:09.45	+00:09:19 (14.5%)	4:16	14 (85.4%)
12	ŻURAWIK Piotr	597	GM KĘPICE	M-50	12	00:00:15	01:05:00.55	01:05:16.53	+00:10:10 (15.7%)	4:20	13.8 (84.1%)
13	BAJGERT Robert	17	VOLTAIX.PL	M-50	13	00:00:04	01:05:10.93	01:05:15.82	+00:10:21 (15.9%)	4:20	13.8 (84.1%)
14	UZNAŃSKI Ryszard	515	KOŁOBRZEG BIEGA	M-50	14	00:00:02	01:05:19.68	01:05:22.23	+00:10:30 (16.1%)	4:21	13.8 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
15	TRZECIAK Darek	506	KOŁOBRZEG MARATON TEAM	M-50	15	00:00:27	01:05:19.86	01:05:47.27	+00:10:30 (16.1%)	4:21	13.8 (84.1%)
16	LESZCZEŁOWSKI Piotr	284	SHELTIES RACE	M-50	16	00:00:40	01:05:46.91	01:06:27.47	+00:10:57 (16.7%)	4:23	13.7 (83.5%)
17	WYRWA Przemysław	559	TEAM TERMINATORUN	M-50	17	00:00:15	01:06:32.71	01:06:48.62	+00:11:43 (17.6%)	4:26	13.5 (82.3%)
18	KRÓL Piotr	241		M-50	18	00:00:19	01:06:46.18	01:07:05.44	+00:11:56 (17.9%)	4:27	13.5 (82.3%)
19	ŚWITAL Leszek	496	MORSY MARGONIN	M-50	19	00:00:11	01:07:10.43	01:07:22.14	+00:12:20 (18.4%)	4:28	13.4 (81.7%)
20	MATUSZCZYK Paweł	323	MOVEMIRACLE	M-50	20	00:00:12	01:07:23.56	01:07:36.01	+00:12:33 (18.6%)	4:29	13.4 (81.7%)
21	FIAŁKOWSKI Krzysztof	116	TERMINATORUN	M-50	21	00:00:13	01:07:29.48	01:07:43.29	+00:12:39 (18.8%)	4:29	13.3 (81.1%)
22	ZWOLIŃSKI Jan	580	TKKF KOSZALIN	M-50	22	00:00:20	01:07:36.53	01:07:57.40	+00:12:46 (18.9%)	4:30	13.3 (81.1%)
23	JABŁOŃSKI Andrzej	163	TEAM JABŁOŃSCY	M-50	23	00:00:12	01:08:19.73	01:08:32.53	+00:13:30 (19.8%)	4:33	13.2 (80.5%)
24	MARCINKOWSKI Zbigniew	316	HOMANIT	M-50	24	00:00:04	01:08:40.36	01:08:44.56	+00:13:50 (20.2%)	4:34	13.1 (79.9%)
25	SUCHANOWSKI Zygmunt	465	RESPECT LOTYŃ	M-50	25	00:00:03	01:10:05.82	01:10:09.76	+00:15:16 (21.8%)	4:40	12.8 (78.0%)
26	KONECKI Dariusz	216	KB SPOKO SŁAWNO	M-50	26	00:00:30	01:10:59.02	01:11:29.91	+00:16:09 (22.8%)	4:43	12.7 (77.4%)
27	PROKOPIUK Jarosław	398	GDYNIA BIEGA	M-50	27	00:00:09	01:11:20.15	01:11:29.71	+00:16:30 (23.1%)	4:45	12.6 (76.8%)
28	DOMAŃSKI Adam	98	KOŁOBRZEG BIEGA	M-50	28	00:00:14	01:12:01.35	01:12:15.61	+00:17:11 (23.9%)	4:48	12.5 (76.2%)
29	MAZUR Mirosław	328	TKKF KOSZALIN	M-50	29	00:00:26	01:12:01.74	01:12:28.30	+00:17:12 (23.9%)	4:48	12.5 (76.2%)
30	OGONOWSKI Marek	365	KPP WAŁCZ	M-50	30	00:00:25	01:13:33.65	01:13:59.61	+00:18:44 (25.5%)	4:54	12.2 (74.4%)
31	BUNIEWICZ Krzysztof	61		M-50	31	00:00:41	01:13:42.44	01:14:24.37	+00:18:52 (25.6%)	4:54	12.2 (74.4%)
32	FELSKI Mariusz	114	MŻS WOŁCZA MAŁA	M-50	32	00:00:36	01:14:00.66	01:14:37.51	+00:19:11 (25.9%)	4:56	12.2 (74.4%)
33	GRZESIAK Zbigniew	143		M-50	33	00:00:35	01:14:24.62	01:14:59.97	+00:19:35 (26.3%)	4:57	12.1 (73.8%)
34	KUROWSKI Marcin	270	SHELTIES RACE	M-50	34	00:00:41	01:14:28.58	01:15:09.82	+00:19:38 (26.4%)	4:57	12.1 (73.8%)
35	GUZIKIEWICZ Mirosław	145	ROZBIEGANY GOLENIOW	M-50	35	00:00:13	01:14:40.87	01:14:54.55	+00:19:51 (26.6%)	4:58	12.1 (73.8%)
36	NACHYŁA Piotr	357	STOPA SŁUPSK	M-50	36	00:00:45	01:15:00.10	01:15:45.21	+00:20:10 (26.9%)	5:00	12 (73.2%)
37	KOŁODZIEJCZAK Grzegorz	214		M-50	37	00:00:21	01:15:26.63	01:15:48.39	+00:20:37 (27.3%)	5:01	11.9 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							15km	15km			
38	CHAMIER GLISZCZYŃSKI Marian	68	TUCHOMSKIE ORŁY	M-50	38	00:00:16	01:15:40.46	01:15:57.35	+00:20:50 (27.5%)	5:02	11.9 (72.6%)
39	DĄBROWSKI Marek	89	BIEGACZE JÓZEFA NOJI	M-50	39	00:00:20	01:15:46.40	01:16:06.57	+00:20:56 (27.6%)	5:03	11.9 (72.6%)
40	SZYMAŃSKI Roman	484	BUKOWSKI KLUB BIEGACZA	M-50	40	00:00:40	01:16:00.42	01:16:41.35	+00:21:10 (27.9%)	5:04	11.8 (72.0%)
41	BIMPTZAS Achillefs	38	KOURKOURIKIS TRAINING TEAM	M-50	41	00:00:22	01:16:03.82	01:16:26.78	+00:21:14 (27.9%)	5:04	11.8 (72.0%)
42	ZYGAROWICZ Janusz	582	WCR BYDGOSZCZ	M-50	42	00:00:18	01:16:16.73	01:16:34.83	+00:21:27 (28.1%)	5:05	11.8 (72.0%)
43	ZAWORA Wiesław	566	TEAM TERMINATORUN	M-50	43	00:00:12	01:16:56.49	01:17:09.26	+00:22:06 (28.7%)	5:07	11.7 (71.3%)
44	KOPCEWICZ Robert	217	BIEGOLENIE GOLENIÓW	M-50	44	00:00:13	01:17:18.21	01:17:32.21	+00:22:28 (29.1%)	5:09	11.6 (70.7%)
45	ORŁOWSKI Paweł	376		M-50	45	00:00:47	01:18:12.43	01:18:59.86	+00:23:22 (29.9%)	5:12	11.5 (70.1%)
46	WOLSKI Tomasz	551	WIECZORNE BIEGANIE W SZCZECINIE	M-50	46	00:00:10	01:18:17.27	01:18:27.73	+00:23:27 (30.0%)	5:13	11.5 (70.1%)
47	KASPRZYK Bogdan	190	KS WILKI POMORSKIE	M-50	47	00:00:20	01:18:48.45	01:19:08.50	+00:23:58 (30.4%)	5:15	11.4 (69.5%)
48	TUDRUJ Andrzej	508		M-50	48	00:00:28	01:18:55.26	01:19:23.59	+00:24:05 (30.5%)	5:15	11.4 (69.5%)
49	STACHOWSKI Andrzej	453	MONIA GYM	M-50	49	00:00:34	01:18:58.81	01:19:33.66	+00:24:09 (30.6%)	5:15	11.4 (69.5%)
50	GAPSKI Bogdan	126	BIEGACZE JÓZEFA NOJI	M-50	50	00:00:06	01:19:14.80	01:19:21.37	+00:24:25 (30.8%)	5:16	11.4 (69.5%)
51	MALICKI Grzegorz	309	SCYZORYK	M-50	51	00:00:28	01:19:20.98	01:19:49.10	+00:24:31 (30.9%)	5:17	11.3 (68.9%)
52	BOROWIEC Mariusz	48		M-50	52	00:00:54	01:19:55.18	01:20:49.68	+00:25:05 (31.4%)	5:19	11.3 (68.9%)
53	BEDNARCZYK Arkadiusz	27	STOPA SŁUPSK	M-50	53	00:00:45	01:20:07.04	01:20:52.34	+00:25:17 (31.6%)	5:20	11.2 (68.3%)
54	FURMAN Tomasz	120		M-50	54	00:00:23	01:20:09.20	01:20:33.11	+00:25:19 (31.6%)	5:20	11.2 (68.3%)
55	KRUK Waldemar	245		M-50	55	00:00:10	01:20:14.18	01:20:24.84	+00:25:24 (31.7%)	5:20	11.2 (68.3%)
56	LASOTA Grzegorz	280		M-50	56	00:00:30	01:21:18.07	01:21:48.34	+00:26:28 (32.6%)	5:25	11.1 (67.7%)
57	KLIMEK Andrzej	205		M-50	57	00:00:41	01:22:01.57	01:22:43.40	+00:27:11 (33.2%)	5:28	11 (67.1%)
58	OCHOWIAK Piotr	362		M-50	58	00:00:30	01:22:02.40	01:22:33.14	+00:27:12 (33.2%)	5:28	11 (67.1%)
59	ŁUCZEJKO Sławomir	296	TEAM BIEGOWY SZCZECINEK	M-50	59	00:00:24	01:22:35.84	01:23:00.64	+00:27:46 (33.6%)	5:30	10.9 (66.5%)
60	SZCZECIŃSKI Mariusz	475	KRÓLICZKI W PLECAKU	M-50	60	00:00:42	01:23:06.94	01:23:49.06	+00:28:17 (34.0%)	5:32	10.8 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
61	MARZEC Piotr	320		M-50	61	00:00:44	01:23:08.82	01:23:52.98	+00:28:19 (34.1%)	5:32	10.8 (65.9%)
62	OLSZAK Grzegorz	371		M-50	62	00:00:42	01:23:32.67	01:24:15.30	+00:28:43 (34.4%)	5:34	10.8 (65.9%)
63	DWÓŹNIK Robert	106	DAM RADE	M-50	63	00:00:19	01:24:22.87	01:24:42.50	+00:29:33 (35.0%)	5:37	10.7 (65.2%)
64	BARAŃSKI Grzegorz	21	SAR-BSR KOŁOBRZEG MARATON TEAM	M-50	64	00:00:33	01:25:07.44	01:25:40.85	+00:30:17 (35.6%)	5:40	10.6 (64.6%)
65	CIESZYŃSKI Mariusz	81	BEAUTY STUDIO LĘBORK	M-50	65	00:00:35	01:25:11.98	01:25:47.44	+00:30:22 (35.6%)	5:40	10.6 (64.6%)
66	ADAMCZYK Robert	1		M-50	66	00:00:41	01:25:48.20	01:26:30.13	+00:30:58 (36.1%)	5:43	10.5 (64.0%)
67	HANĆ Ryszard	147	NIE ZRZESZONY	M-50	67	00:00:16	01:25:49.15	01:26:05.77	+00:30:59 (36.1%)	5:43	10.5 (64.0%)
68	KLUPŚ Janusz	210	POZYTYWNI Z PASJA	M-50	68	00:00:26	01:25:51.11	01:26:17.75	+00:31:01 (36.1%)	5:43	10.5 (64.0%)
69	RÓŻAŃSKI Krzysztof	414		M-50	69	00:00:00	01:26:14.61	01:26:14.93	+00:31:25 (36.4%)	5:44	10.4 (63.4%)
70	POLAŃSKI Dariusz	393		M-50	70	00:00:33	01:26:36.25	01:27:09.65	+00:31:46 (36.7%)	5:46	10.4 (63.4%)
71	ROSIAK Jacek	413	ZJEW TEAM	M-50	71	00:00:48	01:28:21.32	01:29:10.00	+00:33:31 (37.9%)	5:53	10.2 (62.2%)
72	GRABOWSKI Marek	140	BBL ZŁOTÓW	M-50	72	00:00:34	01:29:31.18	01:30:06.06	+00:34:41 (38.8%)	5:58	10.1 (61.6%)
73	WOŹNIAK Dariusz	553	WWW.LIMO300C.COM	M-50	73	00:00:01	01:31:06.68	01:31:08.45	+00:36:17 (39.8%)	6:04	9.9 (60.4%)
74	KAZIMIERCZAK Robert	593		M-50	74	00:00:34	01:31:40.99	01:32:15.14	+00:36:51 (40.2%)	6:06	9.8 (59.8%)
75	JOŃCZYK Tadeusz	177	KOŁOBRZEG MARATON TEAM	M-50	75	00:00:31	01:35:54.66	01:36:26.18	+00:41:05 (42.8%)	6:23	9.4 (57.3%)
76	BUCZKOWSKI Jacek	56	12 PUŁK LOGISTYCZNY	M-50	76	00:00:37	01:36:27.76	01:37:05.61	+00:41:38 (43.2%)	6:25	9.3 (56.7%)
77	JANCZEWSKI Jacek	165		M-50	77	00:00:49	01:37:47.87	01:38:37.11	+00:42:58 (43.9%)	6:31	9.2 (56.1%)
78	KRYSA Krzysztof	251		M-50	78	00:00:52	01:40:37.19	01:41:30.15	+00:45:47 (45.5%)	6:42	8.9 (54.3%)
79	OKOŃ Stanisław	366	KB WYGAN	M-50	79	00:00:45	01:41:35.58	01:42:20.97	+00:46:45 (46.0%)	6:46	8.9 (54.3%)
80	ZACH Sebastian	562	TKKF WODNIK WIĘCBORK	M-50	80	00:00:47	01:46:08.32	01:46:55.35	+00:51:18 (48.3%)	7:04	8.5 (51.8%)

Znaleziono 80 wynik(ów)