



Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2016-08-13
Miejsce: Koszalin
Dystans: 15 km

KOSZALIŃSKI BIEG GÓRSKI 15KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	BEDNARZ Paweł	442	MODEST.MAN.KOSZALIN(N)ACŁAW	M-2	1	00:00:04	00:25:41	00:50:35	01:17:46.20	01:17:51.10		5:11	11.6 (100%)
2	KĘPKA Adrian	413		M-2	2	00:00:05	00:24:26	00:51:45	01:17:52.45	01:17:58.30	+00:00:06 (0.1%)	5:11	11.6 (100%)
3	TUTUS Michał	428	JW 1223	M-3	1	00:00:14	00:25:43	00:51:46	01:18:46.45	01:19:01.40	+00:01:00 (1.3%)	5:15	11.4 (98.3%)
4	WOJCIECHOWICZ Jacek	430	WWW.STUDIOTANCAPASJA.PL	M-3	2	00:00:05	00:25:54	00:53:47	01:22:58.45	01:23:04.35	+00:05:12 (6.3%)	5:31	10.8 (93.1%)
5	JURA Krzysztof	411	MTS HAMER	M-4	1	00:00:08	00:26:08	00:54:40	01:23:00.50	01:23:08.85	+00:05:14 (6.3%)	5:32	10.8 (93.1%)
6	WOJTALIK Łukasz	447		M-3	3	00:00:06	00:25:41	00:53:28	01:23:22.45	01:23:28.50	+00:05:36 (6.7%)	5:33	10.8 (93.1%)
7	JAROSZ Wiesław	408	JW. 1223/BLOG	M-4	2	00:00:06	00:24:32	00:54:14	01:26:33.25	01:26:39.75	+00:08:47 (10.1%)	5:46	10.4 (89.7%)
8	TELATYŃSKA Sylwia	437		Kobiety	1	00:00:06	00:26:35	00:55:53	01:26:40.90	01:26:47.30	+00:08:54 (10.3%)	5:46	10.4 (89.7%)
9	STACHOWIAK Adrian	444		M-2	3	00:00:16	00:27:56	00:57:18	01:27:45.60	01:28:02.10	+00:09:59 (11.4%)	5:51	10.3 (88.8%)
10	ENGLERT Grzegorz	403		M-3	4	00:00:10	00:28:16	00:58:45	01:28:38.00	01:28:48.00	+00:10:51 (12.3%)	5:54	10.2 (87.9%)
11	DURAŁ Grzegorz	440	WKB PIAST WROCŁAW	M-3	5	00:00:05	00:27:52	00:59:08	01:29:20.20	01:29:26.10	+00:11:34 (12.9%)	5:57	10.1 (87.1%)
12	DZIADOWIEC Marek	402		M-2	4	00:00:14	00:28:40	00:58:19	01:29:44.05	01:29:58.15	+00:11:57 (13.3%)	5:58	10 (86.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
13	STEBELSKI Jasiek	426		M-2	5	00:00:12	00:28:23	00:59:34	01:30:12.35	01:30:25.25	+00:12:26 (13.8%)	6:00	10 (86.2%)
14	KLATKA Andrzej	439		M-5	1	00:00:08	00:27:57	00:58:53	01:31:53.95	01:32:02.00	+00:14:07 (15.4%)	6:07	9.8 (84.5%)
15	KONKEL Aga	415		Kobiety	2	00:00:09	00:29:23	01:00:25	01:32:23.70	01:32:32.85	+00:14:37 (15.8%)	6:09	9.7 (83.6%)
16	JADZIEWICZ Kuba	443		M-3	6	00:00:10	00:28:19	01:00:10	01:32:58.95	01:33:08.95	+00:15:12 (16.4%)	6:11	9.7 (83.6%)
17	PEKAŁA Piotr	424	ROZBIEGANY KOSZALIN	M-4	3	00:00:11	00:30:49	01:01:56	01:33:34.15	01:33:45.70	+00:15:47 (16.9%)	6:14	9.6 (82.8%)
18	BŁASZCZYK Tadeusz	446		M-5	2	00:00:11	00:29:14	01:01:12	01:34:09.85	01:34:21.55	+00:16:23 (17.4%)	6:16	9.6 (82.8%)
19	DZIETCZYK Kamil	436		M-3	7	00:00:06	00:29:55	01:03:15	01:34:51.70	01:34:58.50	+00:17:05 (18.0%)	6:19	9.5 (81.9%)
20	WÓJCIK Damian	448	RUNNERSWADE	M-4	4	00:00:10	00:29:33	01:01:11	01:35:09.85	01:35:20.35	+00:17:23 (18.3%)	6:20	9.5 (81.9%)
21	CHODOR Martyna	445	TKKF KOSZALIN	Kobiety	3	00:00:09	00:29:54	01:02:11	01:35:51.90	01:36:01.75	+00:18:05 (18.9%)	6:23	9.4 (81.0%)
22	JAROSZ Dariusz	407	TKKF KOSZALIN	M-4	5	00:00:10	00:30:11	01:03:27	01:36:21.40	01:36:31.70	+00:18:35 (19.3%)	6:25	9.3 (80.2%)
23	JARZYNA Roman	410	SZWLA STARGARD	M-4	6	00:00:13	00:29:24	01:03:20	01:37:48.50	01:38:01.75	+00:20:02 (20.5%)	6:31	9.2 (79.3%)
24	DUDZIAK Piotr	401	BIEGNIJMY.PL	M-4	7	00:00:06	00:31:05	01:05:11	01:39:29.25	01:39:36.20	+00:21:43 (21.8%)	6:38	9 (77.6%)
25	BIECIŃSKI Michał	453	ROZBIEGANY KOSZALIN	M-3	8	00:00:12	00:32:22	01:05:42	01:39:44.25	01:39:56.55	+00:21:58 (22.0%)	6:38	9 (77.6%)
26	WOJCIECHOWSKI Marcin	431		M-2	6	00:00:17	00:31:33	01:06:38	01:44:12.90	01:44:30.10	+00:26:26 (25.4%)	6:56	8.6 (74.1%)
27	MISZCZYK Jan	420	FCKC	M-2	7	00:00:16	00:31:20	01:07:31	01:44:49.90	01:45:06.50	+00:27:03 (25.8%)	6:59	8.6 (74.1%)
28	JUSZCZAK Krzysztof	412		M-6	1	00:00:12	00:33:01	01:08:58	01:45:35.80	01:45:47.85	+00:27:49 (26.4%)	7:02	8.5 (73.3%)
29	BŁACH Piotr	449		M-3	9	00:00:15	00:33:22	01:08:12	01:45:46.65	01:46:02.55	+00:28:00 (26.5%)	7:03	8.5 (73.3%)
30	DZIĘBOWSKI Mariusz	441		M-3	10	00:00:17	00:32:19	01:08:54	01:46:52.25	01:47:10.10	+00:29:06 (27.2%)	7:07	8.4 (72.4%)
31	JAROSZ Jakub	409	TKKF KOSZALIN	M-2	8	00:00:10	00:31:17	01:07:39	01:48:00.85	01:48:11.55	+00:30:14 (28.0%)	7:12	8.3 (71.6%)
32	KSZCZANOWICZ Jacek	416		M-4	8	00:00:17	00:30:16	01:05:40	01:48:06.10	01:48:23.75	+00:30:19 (28.1%)	7:12	8.3 (71.6%)
33	CHWALEBA Jan	435		M-4	9	00:00:15	00:32:08	01:09:22	01:49:13.75	01:49:29.55	+00:31:27 (28.8%)	7:16	8.2 (70.7%)
34	KUKIEŁKA Tomasz	452		M-3	11	00:00:14	00:31:14	01:08:55	01:49:50.45	01:50:04.85	+00:32:04 (29.2%)	7:19	8.2 (70.7%)
35	RATAJCZAK Robert	434		M-4	10	00:00:25	00:33:14	01:10:27	01:49:52.60	01:50:18.20	+00:32:06 (29.2%)	7:19	8.2 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
36	WESOŁOWSKI Jarosław	450		M-4	11	00:00:15	00:31:17	01:07:40	01:50:15.95	01:50:31.75	+00:32:29 (29.5%)	7:21	8.2 (70.7%)
37	WINIARSKA Agata	429	POWER TRAINING	Kobiety	4	00:00:06	00:33:53	01:14:23	01:50:33.20	01:50:40.15	+00:32:47 (29.7%)	7:22	8.1 (69.8%)
38	KONKEL Łukasz	414		M-3	12	00:00:10	00:32:48	01:08:57	01:50:56.25	01:51:06.45	+00:33:10 (29.9%)	7:23	8.1 (69.8%)
39	WOLF Weronika	432	TKKF KOSZALIN	Kobiety	5	00:00:08	00:35:53	01:13:34	01:51:18.85	01:51:27.20	+00:33:32 (30.1%)	7:25	8.1 (69.8%)
40	BORKOWSKA-KOWALCZYK Daria	400	WOMENS FIGHT CLUB KOSZALIN	Kobiety	6	00:00:13	00:34:34	01:12:06	01:51:45.45	01:51:58.70	+00:33:59 (30.4%)	7:27	8.1 (69.8%)
41	MAZUR Emiliusz	419	JRG-2 KOSZALIN	M-4	12	00:00:06	00:29:16	01:10:19	01:54:56.65	01:55:03.30	+00:37:10 (32.3%)	7:39	7.8 (67.2%)
42	GRABOWSKA-LESISZ Aneta	404		Kobiety	7	00:00:15	00:35:47	01:15:50	01:57:46.40	01:58:01.50	+00:40:00 (34.0%)	7:51	7.6 (65.5%)
43	PACAN Mira	421	ŚWIAT PŁYTEK U KRYSPIŃSKA	Kobiety	8	00:00:09	00:36:31	01:16:46	01:58:39.70	01:58:49.60	+00:40:53 (34.5%)	7:54	7.6 (65.5%)
44	BANKIEWICZ Michał	451	POWER TRAINING	M-3	13	00:00:07	00:37:04	01:18:38	01:59:39.45	01:59:46.85	+00:41:53 (35.0%)	7:58	7.5 (64.7%)
45	GUDZIŃSKI Lech	405		M-6	2	00:00:05	00:38:24	01:20:28	02:04:24.40	02:04:29.70	+00:46:38 (37.5%)	8:17	7.2 (62.1%)
46	TUDRUJ Andrzej	427		M-4	13	00:00:17	00:37:45	01:20:31	02:05:43.85	02:06:00.90	+00:47:57 (38.1%)	8:22	7.2 (62.1%)
47	WOLF Beata	433	BIGYELLOWFOOT ADVENTURE TEAM	Kobiety	9	00:00:07	00:39:24	01:22:45	02:08:44.75	02:08:52.60	+00:50:58 (39.6%)	8:35	7 (60.3%)
48	HELLER Zdzisław	406	NIEZRZESZONY	M-6	3	00:00:12	00:40:51	01:26:02	02:14:39.20	02:14:51.80	+00:56:53 (42.2%)	8:58	6.7 (57.8%)
49	MARCZAK Małgorzata	418	AMATOR	Kobiety	10	00:00:11	00:42:08	01:31:33	02:22:09.25	02:22:20.90	+01:04:23 (45.3%)	9:28	6.3 (54.3%)
50	PASEK Jan	423		M-6	4	00:00:12	00:44:39	01:37:08	02:35:18.50	02:35:31.00	+01:17:32 (49.9%)	10:21	5.8 (50.0%)
51	PASEK Paula	422		Kobiety	11	00:00:11	00:44:40	01:36:44	02:35:18.95	02:35:30.80	+01:17:32 (49.9%)	10:21	5.8 (50.0%)
52	SIEMIASZŁO Kamil	438	TEAM SERE	M-3	14	00:00:10	00:35:52	01:19:49			+00:29:14	7:58	7.5 (64.7%)
53	PIĄTKOWSKI Przemysław	425		M-3	15	00:00:06	00:28:24				+00:02:43	5:40	10.6 (91.4%)

Znaleziono 53 wynik(ów)