

KOSZALIŃSKI BIEG GÓRSKI 15KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2015-08-29
Miejsce: Koszalin
Dystans: 15 km



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 | JAROSZ Wiesław | 125 | JW. 1223 BLOG | M-4 | 1 | 00:00:05 | 00:23:46 | 00:49:43 | 01:16:36 | 01:16:41 | | 5:06 | 11.7 (100%) |
| 2 | RYBACZEK Sebastian | 115 | FORMA ROSNOWO JW 1223 - 3DPLOT | M-3 | 1 | 00:00:06 | 00:24:23 | 00:50:48 | 01:18:05 | 01:18:11 | +00:01:29 (1.9%) | 5:12 | 11.5 (98.3%) |
| 3 | SZYMAŃSKI Piotr | 104 | | M-3 | 2 | 00:00:07 | 00:25:07 | 00:52:01 | 01:19:51 | 01:19:58 | +00:03:15 (4.1%) | 5:19 | 11.3 (96.6%) |
| 4 | WOJCIECHOWICZ Jacek | 103 | WWW.STUDIOTANCAPASJA.PL | M-3 | 3 | 00:00:07 | 00:25:56 | 00:53:19 | 01:21:27 | 01:21:34 | +00:04:51 (6.0%) | 5:25 | 11 (94.0%) |
| 5 | KALETA Sebastian | 127 | | M-3 | 4 | 00:00:05 | 00:26:17 | 00:54:46 | 01:23:07 | 01:23:12 | +00:06:31 (7.8%) | 5:32 | 10.8 (92.3%) |
| 6 | GRODZKI Tomasz | 122 | ZSM DARŁOWO | M-4 | 2 | 00:00:13 | 00:27:07 | 00:55:07 | 01:23:55 | 01:24:08 | +00:07:19 (8.7%) | 5:35 | 10.7 (91.5%) |
| 7 | SZYMCZAK Henryk | 98 | | M-4 | 3 | 00:00:06 | 00:27:12 | 00:55:52 | 01:25:34 | 01:25:40 | +00:08:58 (10.5%) | 5:42 | 10.5 (89.7%) |
| 8 | WOJTALIK Łukasz | 105 | | M-3 | 5 | 00:00:07 | 00:26:41 | 00:56:38 | 01:26:20 | 01:26:27 | +00:09:44 (11.3%) | 5:45 | 10.4 (88.9%) |
| 9 | WASZKIEWICZ Piotr | 114 | | M-2 | 1 | 00:00:11 | 00:28:23 | 00:58:00 | 01:26:41 | 01:26:52 | +00:10:05 (11.6%) | 5:46 | 10.4 (88.9%) |
| 10 | WITKOWSKI Tomasz | 121 | ŻARY RUNNERS TEAM | M-4 | 4 | 00:00:09 | 00:27:32 | 00:57:26 | 01:27:56 | 01:28:05 | +00:11:20 (12.9%) | 5:51 | 10.2 (87.2%) |
| 11 | MATYJASEK Zbigniew | 85 | NIEBIESKIE BERETY - 7BOW | M-4 | 5 | 00:00:06 | 00:26:28 | 00:56:58 | 01:28:04 | 01:28:10 | +00:11:28 (13.0%) | 5:52 | 10.2 (87.2%) |
| 12 | OKOŁOTOWICZ Sebastian | 97 | | M-3 | 6 | 00:00:14 | 00:27:49 | 00:58:36 | 01:29:50 | 01:30:04 | +00:13:14 (14.7%) | 5:59 | 10 (85.5%) |
| 13 | ŻYLICZ Paweł | 108 | STOPA SŁUPSK | M-2 | 2 | 00:00:11 | 00:29:28 | 00:59:33 | 01:29:55 | 01:30:06 | +00:13:19 (14.8%) | 5:59 | 10 (85.5%) |
| 14 | KOWALSKI Łukasz | 126 | | M-3 | 7 | 00:00:12 | 00:28:59 | 00:58:13 | 01:33:15 | 01:33:27 | +00:16:39 (17.9%) | 6:13 | 9.7 (82.9%) |
| 15 | CHWALEBA Jan | 96 | | M-5 | 1 | 00:00:10 | 00:29:30 | 01:01:48 | 01:34:35 | 01:34:45 | +00:17:59 (19.0%) | 6:18 | 9.5 (81.2%) |
| 16 | JAROSZ Dariusz | 100 | 4RUN TKKF KOSZALIN | M-4 | 6 | 00:00:09 | 00:29:46 | 01:02:59 | 01:35:01 | 01:35:10 | +00:18:25 (19.4%) | 6:20 | 9.5 (81.2%) |
| 17 | KIERKOSZ Marek | 107 | | M-4 | 7 | 00:00:14 | 00:29:52 | 01:02:16 | 01:35:10 | 01:35:24 | +00:18:34 (19.5%) | 6:20 | 9.5 (81.2%) |
| 18 | JANKOWSKI Piotr | 92 | | M-4 | 8 | 00:00:07 | 00:29:36 | 01:02:33 | 01:35:25 | 01:35:32 | +00:18:49 (19.7%) | 6:21 | 9.4 (80.3%) |
| 19 | WYSOCKI Piotr | 95 | NIGHT RUNNERS STOPA SŁUPSK | M-5 | 2 | 00:00:16 | 00:30:56 | 01:03:16 | 01:36:56 | 01:37:12 | +00:20:20 (21.0%) | 6:27 | 9.3 (79.5%) |
| 20 | BARANOWSKI Piotr | 87 | | M-3 | 8 | 00:00:13 | 00:30:58 | 01:03:31 | 01:38:33 | 01:38:46 | +00:21:57 (22.3%) | 6:34 | 9.1 (77.8%) |
| 21 | CZUCZAK Tomasz | 131 | | M-3 | 9 | 00:00:12 | 00:29:57 | 01:02:53 | 01:38:35 | 01:38:47 | +00:21:59 (22.3%) | 6:34 | 9.1 (77.8%) |
| 22 | WOJCIECHOWSKI Marcin | 116 | | M-2 | 3 | 00:00:16 | 00:32:37 | 01:05:58 | 01:38:45 | 01:39:01 | +00:22:09 (22.4%) | 6:35 | 9.1 (77.8%) |
| 23 | MARKOWSKI Andrzej | 88 | 4RUN TKKF KOSZALIN | M-6 | 1 | 00:00:08 | 00:31:18 | 01:04:19 | 01:39:18 | 01:39:26 | +00:22:42 (22.9%) | 6:37 | 9.1 (77.8%) |
| 24 | KONKEL Łukasz | 130 | | M-3 | 10 | 00:00:13 | 00:32:05 | 01:05:54 | 01:39:51 | 01:40:04 | +00:23:15 (23.3%) | 6:39 | 9 (76.9%) |
| 25 | CHODOR Martyna | 94 | 4RUN TKKF KOSZALIN | Kobiety | 1 | 00:00:12 | 00:32:07 | 01:05:54 | 01:40:15 | 01:40:27 | +00:23:39 (23.6%) | 6:41 | 9 (76.9%) |
| 26 | KRAKOWIAK Sławomir | 124 | | M-4 | 9 | 00:00:11 | 00:32:40 | 01:05:55 | 01:40:17 | 01:40:28 | +00:23:41 (23.6%) | 6:41 | 9 (76.9%) |
| 27 | SZTUBA Bartłomiej | 111 | | M-4 | 10 | 00:00:11 | 00:31:49 | 01:06:14 | 01:41:16 | 01:41:27 | +00:24:40 (24.4%) | 6:45 | 8.9 (76.1%) |

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|-----|------------------------------|------------|-------------------------|-----------|------|-------------|----------|----------|-----------------|------------------|-------------------|--------------|---------------|
| 28 | WIATRZYK Krzysztof | 93 | | M-4 | 11 | 00:00:14 | 00:32:07 | 01:07:22 | 01:41:47 | 01:42:01 | +00:25:11 (24.7%) | 6:47 | 8.8 (75.2%) |
| 29 | ZAGRODZKI Ireneusz | 90 | KB TUPOT USTKA | M-5 | 3 | 00:00:10 | 00:31:18 | 01:05:29 | 01:42:15 | 01:42:25 | +00:25:39 (25.1%) | 6:49 | 8.8 (75.2%) |
| 30 | OLECHNOWICZ Zbigniew | 91 | TUPOT USTKA | M-6 | 2 | 00:00:15 | 00:32:38 | 01:06:11 | 01:42:37 | 01:42:52 | +00:26:01 (25.4%) | 6:50 | 8.8 (75.2%) |
| 31 | WIERZBICKI Jakub | 99 | | M-3 | 11 | 00:00:17 | 00:33:59 | 01:08:46 | 01:42:48 | 01:43:05 | +00:26:12 (25.5%) | 6:51 | 8.8 (75.2%) |
| 32 | WILKOWSKI Krzysztof | 106 | | M-3 | 12 | 00:00:14 | 00:32:48 | 01:08:05 | 01:43:20 | 01:43:34 | +00:26:44 (25.9%) | 6:53 | 8.7 (74.4%) |
| 33 | STEFANIAK Piotr | 113 | KLUB MORS ŁEBA | M-5 | 4 | 00:00:11 | 00:33:18 | 01:09:57 | 01:48:20 | 01:48:31 | +00:31:44 (29.3%) | 7:13 | 8.3 (70.9%) |
| 34 | JUSZCZAK Krzysztof | 89 | | M-6 | 3 | 00:00:10 | 00:33:40 | 01:10:30 | 01:49:00 | 01:49:10 | +00:32:24 (29.7%) | 7:16 | 8.3 (70.9%) |
| 35 | ŻELECHOWSKA Magdalena | 118 | | Kobiety | 2 | 00:00:08 | 00:34:55 | 01:11:34 | 01:50:35 | 01:50:43 | +00:33:59 (30.7%) | 7:22 | 8.1 (69.2%) |
| 36 | WITKA Grażyna | 112 | | Kobiety | 3 | 00:00:11 | 00:35:18 | 01:14:00 | 01:51:45 | 01:51:56 | +00:35:09 (31.5%) | 7:27 | 8.1 (69.2%) |
| 37 | DZIĘBOWSKI Mariusz | 132 | | M-2 | 4 | 00:00:10 | 00:34:24 | 01:11:32 | 01:53:16 | 01:53:26 | +00:36:40 (32.4%) | 7:33 | 7.9 (67.5%) |
| 38 | KONEFAŁ Dariusz | 101 | | M-4 | 12 | 00:00:16 | 00:36:44 | 01:15:04 | 01:53:20 | 01:53:36 | +00:36:44 (32.4%) | 7:33 | 7.9 (67.5%) |
| 39 | GRUDZIŃSKI Marcin | 86 | | M-3 | 13 | 00:00:16 | 00:36:10 | 01:15:53 | 01:55:55 | 01:56:11 | +00:39:19 (33.9%) | 7:43 | 7.8 (66.7%) |
| 40 | KONKEL Joanna | 110 | | Kobiety | 4 | 00:00:15 | 00:38:08 | 01:16:28 | 01:56:00 | 01:56:15 | +00:39:24 (34.0%) | 7:44 | 7.8 (66.7%) |
| 41 | CINCIO Robert | 133 | TKKF TRIATHLON KOSZALIN | M-3 | 14 | 00:00:11 | 00:35:47 | 01:15:50 | 01:59:25 | 01:59:36 | +00:42:49 (35.9%) | 7:57 | 7.5 (64.1%) |
| 42 | WOLF Beata | 117 | | Kobiety | 5 | 00:00:08 | 00:36:41 | 01:17:21 | 02:00:22 | 02:00:30 | +00:43:46 (36.4%) | 8:01 | 7.5 (64.1%) |
| 43 | HAŁAJKO Magdalena | 119 | | Kobiety | 6 | 00:00:08 | 00:36:48 | 01:17:02 | 02:00:23 | 02:00:31 | +00:43:47 (36.4%) | 8:01 | 7.5 (64.1%) |
| 44 | ZIĘTARA Ryszard | 109 | | M-6 | 4 | 00:00:09 | 00:36:14 | 01:18:13 | 02:07:06 | 02:07:15 | +00:50:30 (39.7%) | 8:28 | 7.1 (60.7%) |
| 45 | PEŁKA Janusz | 128 | | M-5 | 5 | 00:00:15 | 00:44:53 | 01:35:22 | 02:26:45 | 02:27:00 | +01:10:09 (47.8%) | 9:47 | 6.1 (52.1%) |
| 46 | FIDO Adam | 120 | | M-3 | 15 | 00:00:06 | 00:25:17 | | | | +00:01:31 | 5:03 | 11.9 (101.7%) |
| 47 | KORSZAŃSKI Łukasz | 129 | | M-3 | 16 | 00:00:15 | 00:38:02 | | | | +00:14:16 | 7:36 | 7.9 (67.5%) |

Znaleziono 47 wynik(ów)