

KOSZALIŃSKI BIEG GÓRSKI 5 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-05-03
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ORZECHOWSKI Kamil	58	TKKF KOSZALIN	M16-29	1	00:00:06	00:19:56.80	00:20:03.40		3:59	15 (100%)
2	KULCZYK Jerzy	110		M50-59	1	00:00:06	00:20:14.90	00:20:21.65	+00:00:18 (1.5%)	4:03	14.8 (98.7%)
3	ZABORSKI Ryszard	93	TKKF KOSZALIN	M40-49	1	00:00:06	00:20:43.65	00:20:50.10	+00:00:46 (3.8%)	4:08	14.5 (96.7%)
4	FAMULSKI Cezary	98	JW 1223 KOSZALIN	M30-39	1	00:00:07	00:20:54.30	00:21:01.50	+00:00:57 (4.6%)	4:10	14.4 (96.0%)
5	MUSIAŁ Krzysztof	112	TKKF KOSZALIN	M30-39	2	00:00:07	00:21:05.15	00:21:12.35	+00:01:08 (5.4%)	4:13	14.2 (94.7%)
6	SZKOŁUDA Miłosz	108	DECATHLON KOSZALIN	M16-29	2	00:00:07	00:21:10.85	00:21:17.95	+00:01:14 (5.8%)	4:14	14.2 (94.7%)
7	SŁOBODZIAN Jerzy	75	NYSA BIEGA	M50-59	2	00:00:07	00:21:42.65	00:21:49.85	+00:01:45 (8.1%)	4:20	13.8 (92.0%)
8	WOJCIECHOWICZ Jacek	91	WWW.STUDIOTANCAPASJA.PL	M30-39	3	00:00:06	00:22:05.70	00:22:12.45	+00:02:08 (9.7%)	4:25	13.6 (90.7%)
9	DZIUBAŃSKI Grzegorz	16	OPEL ACTIVE TEAM	M30-39	4	00:00:07	00:22:37.80	00:22:45.25	+00:02:41 (11.9%)	4:31	13.3 (88.7%)
10	BARTOSIŃSKI Bartłomiej	121	DECATHLON KOSZALIN	M16-29	3	00:00:07	00:22:52.65	00:23:00.15	+00:02:55 (12.8%)	4:34	13.1 (87.3%)
11	RYŚKIEWICZ Rafał	74		M40-49	2	00:00:06	00:23:00.10	00:23:07.00	+00:03:03 (13.3%)	4:36	13 (86.7%)
12	ZWOLIŃSKI Jan	96	TKKF KOSZALIN	M40-49	3	00:00:09	00:23:01.15	00:23:11.10	+00:03:04 (13.3%)	4:36	13 (86.7%)
13	SZAMREJ Wojciech	78		M50-59	3	00:00:07	00:23:01.55	00:23:09.35	+00:03:04 (13.4%)	4:36	13 (86.7%)
14	BONISŁAWSKI Jarosław	100	FADOMODA TEAM	M30-39	5	00:00:11	00:23:06.30	00:23:18.20	+00:03:09 (13.7%)	4:37	13 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	JAŻWIŃSKI Dawid	28	TKKF KOSZALIN	M16-29	4	00:00:08	00:23:15.20	00:23:23.35	+00:03:18 (14.2%)	4:39	12.9 (86.0%)
16	MAZUR Emiliusz	51	ŻYJ Z ENERGIA	M40-49	4	00:00:07	00:23:25.40	00:23:32.95	+00:03:28 (14.8%)	4:41	12.8 (85.3%)
17	BARANOWSKI Piotr	2		M40-49	5	00:00:06	00:23:45.60	00:23:52.05	+00:03:48 (16.0%)	4:45	12.6 (84.0%)
18	ŚNIEŻKO Marcin	82	TKKF KOSZALIN	M30-39	6	00:00:08	00:24:03.85	00:24:12.25	+00:04:07 (17.1%)	4:48	12.5 (83.3%)
19	ZATORSKI Zbigniew	119	KOŁOBRZEG BIEGA	M30-39	7	00:00:14	00:24:27.35	00:24:41.40	+00:04:30 (18.4%)	4:53	12.3 (82.0%)
20	ŁAGUTKO Kamila	111	ŻYJ Z ENERGIA	K30-39	1	00:00:07	00:24:30.55	00:24:38.35	+00:04:33 (18.6%)	4:54	12.2 (81.3%)
21	CHAMIELEC Bogusław	113		M50-59	4	00:00:10	00:24:46.70	00:24:57.00	+00:04:49 (19.5%)	4:57	12.1 (80.7%)
22	RUTKOWSKI Ryszard	73	RUTKOWSKI TEAM	M50-59	5	00:00:07	00:24:48.50	00:24:56.00	+00:04:51 (19.6%)	4:57	12.1 (80.7%)
23	MAJ-DZIUBAŃSKA Izabela	80	AKMB PĘDZIWIATR GLIWICE	K30-39	2	00:00:07	00:25:08.85	00:25:16.80	+00:05:12 (20.7%)	5:01	11.9 (79.3%)
24	CZAPLIŃSKI Jacek	13		M30-39	8	00:00:10	00:25:13.05	00:25:24.00	+00:05:16 (20.9%)	5:02	11.9 (79.3%)
25	JARZYNA Roman	26		M40-49	6	00:00:09	00:25:13.80	00:25:22.90	+00:05:17 (20.9%)	5:02	11.9 (79.3%)
26	WRÓBLEWSKI Jacek	92	TKKF KOSZALIN	M16-29	5	00:00:09	00:25:37.60	00:25:47.25	+00:05:40 (22.2%)	5:07	11.7 (78.0%)
27	JADCZAK Tomasz	114		M30-39	9	00:00:09	00:25:51.45	00:26:00.85	+00:05:54 (22.9%)	5:10	11.6 (77.3%)
28	GOŃKA Krzysztof	122	DECATHLON KOSZALIN	M16-29	6	00:00:08	00:25:59.20	00:26:07.35	+00:06:02 (23.2%)	5:11	11.5 (76.7%)
29	SZABLA Ewelina	77		K30-39	3	00:00:08	00:26:10.25	00:26:18.50	+00:06:13 (23.8%)	5:14	11.5 (76.7%)
30	MISZCZYK Jan	53	ROZBIEGANY KOSZALIN	M16-29	7	00:00:18	00:26:11.50	00:26:29.55	+00:06:14 (23.8%)	5:14	11.5 (76.7%)
31	KAJKOWSKI Rafał	32	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	7	00:00:06	00:26:14.10	00:26:20.75	+00:06:17 (24.0%)	5:14	11.4 (76.0%)
32	RUTKOWSKI Artur	72	RUTKOWSKI TEAM	M16-29	8	00:00:07	00:26:14.90	00:26:22.10	+00:06:18 (24.0%)	5:15	11.4 (76.0%)
33	MUCHA Krzysztof	56	KOSZALIN	M30-39	10	00:00:09	00:26:15.15	00:26:25.05	+00:06:18 (24.0%)	5:15	11.4 (76.0%)
34	WACHOLC Michał	85		M16-29	9	00:00:07	00:26:21.00	00:26:28.70	+00:06:24 (24.3%)	5:16	11.4 (76.0%)
35	BIL Adrian	6		M30-39	11	00:00:14	00:26:21.30	00:26:35.65	+00:06:24 (24.3%)	5:16	11.4 (76.0%)
36	BRESZKA Tomasz	104		M30-39	12	00:00:08	00:26:28.40	00:26:37.05	+00:06:31 (24.7%)	5:17	11.3 (75.3%)
37	PĘKAŁA Piotr	64	ROZBIEGANY KOSZALIN	M40-49	8	00:00:11	00:26:55.45	00:27:06.90	+00:06:58 (25.9%)	5:23	11.1 (74.0%)

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38	ŚWIETLIK Tomasz	52		M50-59	6	00:00:10	00:27:01.55	00:27:12.15	+00:07:04 (26.2%)	5:24	11.1 (74.0%)
39	RÓG Michał	71	JW 1223 KOSZALIN	M30-39	13	00:00:12	00:27:10.35	00:27:23.10	+00:07:13 (26.6%)	5:26	11 (73.3%)
40	CIUPA Marcin	11	H2DESIGN	M40-49	9	00:00:10	00:27:11.90	00:27:22.05	+00:07:15 (26.7%)	5:26	11 (73.3%)
41	CHODOR Izabela	9	TKKF KOSZALIN	K30-39	4	00:00:10	00:27:26.30	00:27:37.25	+00:07:29 (27.3%)	5:29	10.9 (72.7%)
42	KOWALCZYK Mariusz	41	ROZBIEGANY KOSZALIN	M40-49	10	00:00:10	00:27:39.40	00:27:50.20	+00:07:42 (27.9%)	5:32	10.8 (72.0%)
43	JAROSZEWSKI Daniel	4		M30-39	14	00:00:13	00:27:43.70	00:27:57.10	+00:07:46 (28.1%)	5:32	10.8 (72.0%)
44	ROGOŻA Ireneusz	70		M40-49	11	00:00:12	00:27:44.20	00:27:56.90	+00:07:47 (28.1%)	5:32	10.8 (72.0%)
45	CHOŁUJ Jarek	10		M40-49	12	00:00:12	00:27:44.55	00:27:57.15	+00:07:47 (28.1%)	5:33	10.8 (72.0%)
46	ZUKAL Piotr	120		M40-49	13	00:00:19	00:27:47.50	00:28:07.00	+00:07:50 (28.2%)	5:33	10.8 (72.0%)
47	WICHER Krzysztof	88	ADWOKATURA	M30-39	15	00:00:11	00:28:10.50	00:28:21.85	+00:08:13 (29.2%)	5:38	10.7 (71.3%)
48	OTTO Michał	60		M30-39	16	00:00:09	00:28:17.70	00:28:27.00	+00:08:20 (29.5%)	5:39	10.6 (70.7%)
49	JUSZCZAK Krzysztof	31		M60-69	1	00:00:22	00:28:31.65	00:28:54.05	+00:08:34 (30.1%)	5:42	10.5 (70.0%)
50	MRUGALSKA Magdalena	107	JW 1223 KOSZALIN	K16-29	1	00:00:15	00:28:32.70	00:28:48.00	+00:08:35 (30.1%)	5:42	10.5 (70.0%)
51	RETERSKI Damian	102		M16-29	10	00:00:12	00:28:33.60	00:28:46.25	+00:08:36 (30.2%)	5:42	10.5 (70.0%)
52	WIATRZYK Krzysztof	87	DARŁOWO	M40-49	14	00:00:10	00:28:34.75	00:28:45.10	+00:08:37 (30.2%)	5:43	10.5 (70.0%)
53	KRZEWIŃSKA Małgorzata	46	TKKF KOSZALIN	K50-59	1	00:00:10	00:28:38.55	00:28:49.50	+00:08:41 (30.4%)	5:43	10.5 (70.0%)
54	SZAMREJ Piotr	118		M16-29	11	00:00:15	00:28:40.40	00:28:55.95	+00:08:43 (30.4%)	5:44	10.5 (70.0%)
55	MAJCHRZAK Paweł	50	SUNDAYBIKERS KARLINO TEAM	M40-49	15	00:00:09	00:28:52.30	00:29:02.20	+00:08:55 (30.9%)	5:46	10.4 (69.3%)
56	OSOBNIAK Ryszard	59	ROZBIEGANY KOSZALIN	M60-69	2	00:00:17	00:28:53.00	00:29:10.10	+00:08:56 (30.9%)	5:46	10.4 (69.3%)
57	KRUPIŃSKI Krzysztof	45	E-UROLOG.EU	M50-59	7	00:00:17	00:28:55.50	00:29:13.00	+00:08:58 (31.0%)	5:47	10.4 (69.3%)
58	KOŻŁOWIECKI Waldemar	42	TKKF KOSZALIN	M60-69	3	00:00:11	00:29:05.75	00:29:17.30	+00:09:08 (31.4%)	5:49	10.3 (68.7%)
59	ZDROWIECKI Artur	94		M30-39	17	00:00:10	00:29:24.15	00:29:34.75	+00:09:27 (32.2%)	5:52	10.2 (68.0%)
60	BORKOWSKA-KOWALCZYK Daria	7	WOMENS FIGHT CLUB KOSZALIN ROZBIEGANY KOSZALIN	K30-39	5	00:00:11	00:29:26.75	00:29:37.75	+00:09:29 (32.3%)	5:53	10.2 (68.0%)

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61	KRASIŃSKI Witold	43		M40-49	16	00:00:15	00:29:41.85	00:29:57.05	+00:09:45 (32.8%)	5:56	10.1 (67.3%)
62	BŁACH Piotr	103		M30-39	18	00:00:08	00:29:44.60	00:29:53.25	+00:09:47 (32.9%)	5:57	10.1 (67.3%)
63	BRZEZIŃSKI Robert	106	HERKULES	M30-39	19	00:00:06	00:29:47.95	00:29:54.05	+00:09:51 (33.1%)	5:57	10.1 (67.3%)
64	BARTKOWSKI Ryszard	99		M60-69	4	00:00:09	00:30:16.00	00:30:25.35	+00:10:19 (34.1%)	6:03	9.9 (66.0%)
65	DUDZIAK Piotr	15	KOSZALIN	M40-49	17	00:00:10	00:30:24.40	00:30:34.75	+00:10:27 (34.4%)	6:04	9.9 (66.0%)
66	JANUSZEWSKI Jacek	24	17 WOG KOSZALIN	M50-59	8	00:00:14	00:30:27.20	00:30:41.55	+00:10:30 (34.5%)	6:05	9.9 (66.0%)
67	GRZYBOWSKI Piotr	109		M40-49	18	00:00:12	00:30:41.60	00:30:53.70	+00:10:44 (35.0%)	6:08	9.8 (65.3%)
68	LASKOWSKI Grzegorz	49		M30-39	20	00:00:14	00:30:43.50	00:30:58.00	+00:10:46 (35.1%)	6:08	9.8 (65.3%)
69	POTRZEBOWSKA Agata	66	DEAF	K30-39	6	00:00:12	00:30:47.90	00:31:00.15	+00:10:51 (35.2%)	6:09	9.7 (64.7%)
70	KOWALCZYK Piotr	40		M30-39	21	00:00:18	00:30:50.10	00:31:08.40	+00:10:53 (35.3%)	6:10	9.7 (64.7%)
71	MRUGALSKI Stanisław	55		M50-59	9	00:00:20	00:31:01.35	00:31:21.70	+00:11:04 (35.7%)	6:12	9.7 (64.7%)
72	DĄBROWSKA Alicja	14	TKKF KOSZALIN	K50-59	2	00:00:10	00:31:03.50	00:31:14.20	+00:11:06 (35.8%)	6:12	9.7 (64.7%)
73	KUPREWICZ Grzegorz	47	JW 1223 KOSZALIN	M30-39	22	00:00:11	00:31:06.25	00:31:18.15	+00:11:09 (35.9%)	6:13	9.6 (64.0%)
74	BASIAK Krystian	5	KOSZALIN	M30-39	23	00:00:13	00:31:06.45	00:31:19.45	+00:11:09 (35.9%)	6:13	9.6 (64.0%)
75	KARNICKI Zygmunt	34	TKKF KOSZALIN	M60-69	5	00:00:16	00:31:47.65	00:32:03.65	+00:11:50 (37.3%)	6:21	9.4 (62.7%)
76	ZIĘBA Paweł	95	TKKF KOSZALIN	M40-49	19	00:00:12	00:31:49.05	00:32:01.45	+00:11:52 (37.3%)	6:21	9.4 (62.7%)
77	GŁOWACKI Włodzimierz	143	BABECZKI KOSZALIN	M70+	1	00:00:13	00:31:54.90	00:32:08.60	+00:11:58 (37.5%)	6:23	9.4 (62.7%)
78	POTRZEBOWSKI Marek	67	DEAF	M30-39	24	00:00:13	00:32:08.00	00:32:21.55	+00:12:11 (37.9%)	6:25	9.3 (62.0%)
79	JURKIEWICZ Andrzej	30		M30-39	25	00:00:15	00:32:36.35	00:32:51.50	+00:12:39 (38.8%)	6:31	9.2 (61.3%)
80	SZEWCZYK Paulina	79		K16-29	2	00:00:11	00:32:37.10	00:32:48.35	+00:12:40 (38.8%)	6:31	9.2 (61.3%)
81	SEEWALD Jan	105		M40-49	20	00:00:14	00:32:42.00	00:32:56.90	+00:12:45 (39.0%)	6:32	9.2 (61.3%)
82	KOSIM Maciej	39	NIGHT RUNNERS WROCŁAW	M40-49	21	00:00:15	00:32:42.05	00:32:57.35	+00:12:45 (39.0%)	6:32	9.2 (61.3%)
83	MAZUREK Barbara	142	BABECZKI KOSZALIN	K30-39	7	00:00:14	00:32:50.65	00:33:05.55	+00:12:53 (39.3%)	6:34	9.1 (60.7%)

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84	HELLER Zdzisław	21	NIEZRZESZONY	M60-69	6	00:00:17	00:32:58.75	00:33:15.85	+00:13:01 (39.5%)	6:35	9.1 (60.7%)
85	GZELA Olga	20	BABECZKI KOSZALIN, ROZBIEGANY KOSZALIN	K30-39	8	00:00:14	00:33:01.25	00:33:15.35	+00:13:04 (39.6%)	6:36	9.1 (60.7%)
86	KLENIEWSKI Piotr	36	ZACHODNIOPOMORSKIE	M50-59	10	00:00:08	00:33:05.20	00:33:14.00	+00:13:08 (39.7%)	6:37	9.1 (60.7%)
87	KONKEL Joanna	37	MKS 'ŚWIĘC SŁAWNO'	K50-59	3	00:00:11	00:33:22.20	00:33:34.00	+00:13:25 (40.2%)	6:40	9 (60.0%)
88	HRYCIÓW Paweł	22	BIAŁOGARD	M30-39	26	00:00:14	00:33:26.15	00:33:40.15	+00:13:29 (40.3%)	6:41	9 (60.0%)
89	HRANKOWSKA Monika	25		K30-39	9	00:00:16	00:33:33.85	00:33:50.05	+00:13:37 (40.6%)	6:42	8.9 (59.3%)
90	WIERZBICKI Kacper	90		M16-29	12	00:00:13	00:34:16.10	00:34:29.75	+00:14:19 (41.8%)	6:51	8.8 (58.7%)
91	GAWIECKA Mariola	18	ROZBIEGANY KOSZALIN	K40-49	1	00:00:10	00:34:29.95	00:34:40.65	+00:14:33 (42.2%)	6:54	8.7 (58.0%)
92	WALCZAK Agnieszka	86	TKKF KOSZALIN	K40-49	2	00:00:15	00:34:49.75	00:35:05.60	+00:14:52 (42.7%)	6:58	8.6 (57.3%)
93	BRESZKA Paweł	8	DARŁOWO	M40-49	22	00:00:16	00:35:01.80	00:35:18.35	+00:15:05 (43.1%)	7:00	8.6 (57.3%)
94	WENCŁAW-JUSZCZAK Marta	117		K40-49	3	00:00:13	00:35:18.10	00:35:31.15	+00:15:21 (43.5%)	7:03	8.5 (56.7%)
95	SAGAN Jadwiga	115		K40-49	4	00:00:14	00:35:33.65	00:35:47.80	+00:15:36 (43.9%)	7:06	8.4 (56.0%)
96	RETERSKI Przemysław	101		M30-39	27	00:00:12	00:36:02.65	00:36:15.30	+00:16:05 (44.7%)	7:12	8.3 (55.3%)
97	FRUBA Karina	17	STOPA SŁUPSK	K30-39	10	00:00:12	00:36:10.25	00:36:23.00	+00:16:13 (44.9%)	7:14	8.3 (55.3%)
98	KOROL Elżbieta	38	BABECZKI KOSZALIN	K40-49	5	00:00:15	00:36:13.60	00:36:29.05	+00:16:16 (44.9%)	7:14	8.3 (55.3%)
99	KURCZ Barbara	48	BABECZKI KOSZALIN	K40-49	6	00:00:17	00:36:28.25	00:36:45.75	+00:16:31 (45.3%)	7:17	8.2 (54.7%)
100	IMIOŁEK Jacek	23		M40-49	23	00:00:18	00:37:52.10	00:38:10.10	+00:17:55 (47.3%)	7:34	7.9 (52.7%)
101	TREJDER Maria	83	BAJADERKI KOSZALIN	K40-49	7	00:00:12	00:38:24.50	00:38:36.90	+00:18:27 (48.1%)	7:40	7.8 (52.0%)
102	MOŻEJKO Anna	54	BABECZKI KOSZALIN	K30-39	11	00:00:16	00:38:45.15	00:39:01.15	+00:18:48 (48.5%)	7:45	7.7 (51.3%)
103	STEC Edyta	76	BABECZKI KOSZALIN	K30-39	12	00:00:15	00:38:45.85	00:39:01.20	+00:18:49 (48.5%)	7:45	7.7 (51.3%)
104	PASEK Jan	62		M60-69	7	00:00:10	00:39:05.20	00:39:15.60	+00:19:08 (49.0%)	7:49	7.7 (51.3%)
105	KOZŁOWIECKA Małgorzata	97		K50-59	4	00:00:13	00:39:11.75	00:39:25.60	+00:19:14 (49.1%)	7:50	7.7 (51.3%)
106	VON BARDELEBEN Agnieszka	84	BABECZKI KOSZALIN	K40-49	8	00:00:17	00:39:15.80	00:39:32.95	+00:19:19 (49.2%)	7:51	7.6 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	PASEK Paula	61		K30-39	13	00:00:11	00:43:20.20	00:43:31.85	+00:23:23 (54.0%)	8:40	6.9 (46.0%)
108	RADOMSKA Iwona	68		K16-29	3	00:00:18	00:44:41.45	00:44:59.75	+00:24:44 (55.4%)	8:56	6.7 (44.7%)
109	GARBACZ-ZATORSKA Milena	116		K40-49	9	00:00:13	00:44:49.75	00:45:03.05	+00:24:52 (55.5%)	8:58	6.7 (44.7%)
110	KRAWCZUK-KIEŁB Anna	44	ŻYJ Z ENERGIA	K40-49	10	00:00:17	00:47:09.15	00:47:26.55	+00:27:12 (57.7%)	9:25	6.4 (42.7%)
111	RESPONDEK Dariusz	69		M40-49	24	00:00:10					(0.0%)

Znaleziono 111 wynik(ów)