



KOSZALIŃSKI BIEG GÓRSKI 5 KM

B4SPORT

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



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FAMULSKI Cezary	98	JW 1223 KOSZALIN	M30-39	1	00:00:07	00:20:54.30	00:21:01.50		4:10	14.4 (100%)
2	MUSIAŁ Krzysztof	112	TKKF KOSZALIN	M30-39	2	00:00:07	00:21:05.15	00:21:12.35	+00:00:10 (0.9%)	4:13	14.2 (98.6%)
3	WOJCIECHOWICZ Jacek	91	WWW.STUDIOTANCAPASJA.PL	M30-39	3	00:00:06	00:22:05.70	00:22:12.45	+00:01:11 (5.4%)	4:25	13.6 (94.4%)
4	DZIUBAŃSKI Grzegorz	16	OPEL ACTIVE TEAM	M30-39	4	00:00:07	00:22:37.80	00:22:45.25	+00:01:43 (7.6%)	4:31	13.3 (92.4%)
5	BONISŁAWSKI Jarosław	100	FADOMODA TEAM	M30-39	5	00:00:11	00:23:06.30	00:23:18.20	+00:02:12 (9.5%)	4:37	13 (90.3%)
6	ŚNIEŻKO Marcin	82	TKKF KOSZALIN	M30-39	6	00:00:08	00:24:03.85	00:24:12.25	+00:03:09 (13.1%)	4:48	12.5 (86.8%)
7	ZATORSKI Zbigniew	119	KOŁOBRZEG BIEGA	M30-39	7	00:00:14	00:24:27.35	00:24:41.40	+00:03:33 (14.5%)	4:53	12.3 (85.4%)
8	CZAPLIŃSKI Jacek	13		M30-39	8	00:00:10	00:25:13.05	00:25:24.00	+00:04:18 (17.1%)	5:02	11.9 (82.6%)
9	JADCZAK Tomasz	114		M30-39	9	00:00:09	00:25:51.45	00:26:00.85	+00:04:57 (19.2%)	5:10	11.6 (80.6%)
10	MUCHA Krzysztof	56	KOSZALIN	M30-39	10	00:00:09	00:26:15.15	00:26:25.05	+00:05:20 (20.4%)	5:15	11.4 (79.2%)
11	BIL Adrian	6		M30-39	11	00:00:14	00:26:21.30	00:26:35.65	+00:05:27 (20.7%)	5:16	11.4 (79.2%)
12	BRESZKA Tomasz	104		M30-39	12	00:00:08	00:26:28.40	00:26:37.05	+00:05:34 (21.0%)	5:17	11.3 (78.5%)
13	RÓG Michał	71	JW 1223 KOSZALIN	M30-39	13	00:00:12	00:27:10.35	00:27:23.10	+00:06:16 (23.1%)	5:26	11 (76.4%)
14	JAROSZEWSKI Daniel	4		M30-39	14	00:00:13	00:27:43.70	00:27:57.10	+00:06:49 (24.6%)	5:32	10.8 (75.0%)
15	WICHER Krzysztof	88	ADWOKATURA	M30-39	15	00:00:11	00:28:10.50	00:28:21.85	+00:07:16 (25.8%)	5:38	10.7 (74.3%)
16	OTTO Michał	60		M30-39	16	00:00:09	00:28:17.70	00:28:27.00	+00:07:23 (26.1%)	5:39	10.6 (73.6%)
17	ZDROWIECKI Artur	94		M30-39	17	00:00:10	00:29:24.15	00:29:34.75	+00:08:29 (28.9%)	5:52	10.2 (70.8%)
18	BŁACH Piotr	103		M30-39	18	00:00:08	00:29:44.60	00:29:53.25	+00:08:50 (29.7%)	5:57	10.1 (70.1%)
19	BRZEZIŃSKI Robert	106	HERKULES	M30-39	19	00:00:06	00:29:47.95	00:29:54.05	+00:08:53 (29.8%)	5:57	10.1 (70.1%)
20	LASKOWSKI Grzegorz	49		M30-39	20	00:00:14	00:30:43.50	00:30:58.00	+00:09:49 (32.0%)	6:08	9.8 (68.1%)
21	KOWALCZYK Piotr	40		M30-39	21	00:00:18	00:30:50.10	00:31:08.40	+00:09:55 (32.2%)	6:10	9.7 (67.4%)
22	KUPREWICZ Grzegorz	47	JW 1223 KOSZALIN	M30-39	22	00:00:11	00:31:06.25	00:31:18.15	+00:10:11 (32.8%)	6:13	9.6 (66.7%)
23	BASIAK Krystian	5	KOSZALIN	M30-39	23	00:00:13	00:31:06.45	00:31:19.45	+00:10:12 (32.8%)	6:13	9.6 (66.7%)
24	POTRZEBOWSKI Marek	67	DEAF	M30-39	24	00:00:13	00:32:08.00	00:32:21.55	+00:11:13 (34.9%)	6:25	9.3 (64.6%)
25	JURKIEWICZ Andrzej	30		M30-39	25	00:00:15	00:32:36.35	00:32:51.50	+00:11:42 (35.9%)	6:31	9.2 (63.9%)
26	HRYCIÓW Paweł	22	BIAŁOGARD	M30-39	26	00:00:14	00:33:26.15	00:33:40.15	+00:12:31 (37.5%)	6:41	9 (62.5%)
27	RETERSKI Przemysław	101		M30-39	27	00:00:12	00:36:02.65	00:36:15.30	+00:15:08 (42.0%)	7:12	8.3 (57.6%)

Znaleziono 27 wynik(ów)