



KOSZALIŃSKI BIEG GÓRSKI 5 KM

B4SPORT

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



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ZABORSKI Ryszard	93	TKKF KOSZALIN	M40-49	1	00:00:06	00:20:43.65	00:20:50.10		4:08	14.5 (100%)
2	RYŚKIEWICZ Rafał	74		M40-49	2	00:00:06	00:23:00.10	00:23:07.00	+00:02:16 (9.9%)	4:36	13 (89.7%)
3	ZWOLIŃSKI Jan	96	TKKF KOSZALIN	M40-49	3	00:00:09	00:23:01.15	00:23:11.10	+00:02:17 (10.0%)	4:36	13 (89.7%)
4	MAZUR Emilusz	51	ŻYJ Z ENERGIA	M40-49	4	00:00:07	00:23:25.40	00:23:32.95	+00:02:41 (11.5%)	4:41	12.8 (88.3%)
5	BARANOWSKI Piotr	2		M40-49	5	00:00:06	00:23:45.60	00:23:52.05	+00:03:01 (12.8%)	4:45	12.6 (86.9%)
6	JARZYNA Roman	26		M40-49	6	00:00:09	00:25:13.80	00:25:22.90	+00:04:30 (17.8%)	5:02	11.9 (82.1%)
7	KAJKOWSKI Rafał	32	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	7	00:00:06	00:26:14.10	00:26:20.75	+00:05:30 (21.0%)	5:14	11.4 (78.6%)
8	PEKAŁA Piotr	64	ROZBIEGANY KOSZALIN	M40-49	8	00:00:11	00:26:55.45	00:27:06.90	+00:06:11 (23.0%)	5:23	11.1 (76.6%)
9	CIUPA Marcin	11	H2DESIGN	M40-49	9	00:00:10	00:27:11.90	00:27:22.05	+00:06:28 (23.8%)	5:26	11 (75.9%)
10	KOWALCZYK Mariusz	41	ROZBIEGANY KOSZALIN	M40-49	10	00:00:10	00:27:39.40	00:27:50.20	+00:06:55 (25.1%)	5:32	10.8 (74.5%)
11	ROGOŻA Ireneusz	70		M40-49	11	00:00:12	00:27:44.20	00:27:56.90	+00:07:00 (25.3%)	5:32	10.8 (74.5%)
12	CHOŁUJ Jarek	10		M40-49	12	00:00:12	00:27:44.55	00:27:57.15	+00:07:00 (25.3%)	5:33	10.8 (74.5%)
13	ZUKAL Piotr	120		M40-49	13	00:00:19	00:27:47.50	00:28:07.00	+00:07:03 (25.4%)	5:33	10.8 (74.5%)
14	WIATRZYK Krzysztof	87	DARŁOWO	M40-49	14	00:00:10	00:28:34.75	00:28:45.10	+00:07:51 (27.5%)	5:43	10.5 (72.4%)
15	MAJCHRZAK Paweł	50	SUNDBIKERS KARLINO TEAM	M40-49	15	00:00:09	00:28:52.30	00:29:02.20	+00:08:08 (28.2%)	5:46	10.4 (71.7%)
16	KRASIŃSKI Witold	43		M40-49	16	00:00:15	00:29:41.85	00:29:57.05	+00:08:58 (30.2%)	5:56	10.1 (69.7%)
17	DUDZIAK Piotr	15	KOSZALIN	M40-49	17	00:00:10	00:30:24.40	00:30:34.75	+00:09:40 (31.8%)	6:04	9.9 (68.3%)
18	GRZYBOWSKI Piotr	109		M40-49	18	00:00:12	00:30:41.60	00:30:53.70	+00:09:57 (32.5%)	6:08	9.8 (67.6%)
19	ZIĘBA Paweł	95	TKKF KOSZALIN	M40-49	19	00:00:12	00:31:49.05	00:32:01.45	+00:11:05 (34.9%)	6:21	9.4 (64.8%)
20	SEEWALD Jan	105		M40-49	20	00:00:14	00:32:42.00	00:32:56.90	+00:11:58 (36.6%)	6:32	9.2 (63.4%)
21	KOSIM Maciej	39	NIGHT RUNNERS WROCŁAW	M40-49	21	00:00:15	00:32:42.05	00:32:57.35	+00:11:58 (36.6%)	6:32	9.2 (63.4%)
22	BRESZKA Paweł	8	DARŁOWO	M40-49	22	00:00:16	00:35:01.80	00:35:18.35	+00:14:18 (40.8%)	7:00	8.6 (59.3%)
23	IMIOŁEK Jacek	23		M40-49	23	00:00:18	00:37:52.10	00:38:10.10	+00:17:08 (45.3%)	7:34	7.9 (54.5%)
24	RESPONDEK Dariusz	69		M40-49	24	00:00:10					(0.0%)

Znaleziono 24 wynik(ów)