



KOSZALIŃSKI BIEG GÓRSKI 5KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-08-13
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	FAMULSKI Cezary	314	JW 1223 KOSZALIN/FORMA ROSNOWO	M-3	1	00:00:06	00:23:54.20	00:24:00.90		4:46	12.6 (100%)
2	RUDNIK Krzysztof	343	NIGHT RUNNERS SŁUPSK	M-3	2	00:00:05	00:26:00.65	00:26:05.95	+00:02:06 (8.1%)	5:12	11.5 (91.3%)
3	SZEWCZUK Paweł	363		M-3	3	00:00:06	00:26:15.35	00:26:22.20	+00:02:21 (9.0%)	5:15	11.4 (90.5%)
4	KLATKA Łukasz	366		M-2	1	00:00:05	00:26:53.50	00:26:58.75	+00:02:59 (11.1%)	5:22	11.2 (88.9%)
5	KOBUS Maciej	324		M-3	4	00:00:07	00:27:00.80	00:27:08.70	+00:03:06 (11.5%)	5:24	11.1 (88.1%)
6	ŁAGUTKO Kamila	336	ŻYJ Z ENERGIA	Kobiety	1	00:00:06	00:27:15.40	00:27:21.75	+00:03:21 (12.3%)	5:27	11 (87.3%)
7	WALENTOWICZ Ireneusz	361		M-6	1	00:11:38	00:27:40.80	00:39:19.50	+00:03:46 (13.6%)	5:32	10.8 (85.7%)
8	FIDO Adam	374	JW 3837	M-3	5	00:00:05	00:27:53.30	00:27:59.05	+00:03:59 (14.3%)	5:34	10.8 (85.7%)
9	GRZESIK Eugeniusz	317	TKKF KOSZALIN	M-5	1	00:00:05	00:28:07.65	00:28:13.40	+00:04:13 (15.0%)	5:37	10.7 (84.9%)
10	WEBER Paweł	357	CROSSFIT KOSZALIN	M-3	6	00:00:06	00:28:18.60	00:28:25.55	+00:04:24 (15.6%)	5:39	10.6 (84.1%)
11	JADCZAK Tomasz	321		M-3	7	00:00:06	00:28:18.90	00:28:25.25	+00:04:24 (15.6%)	5:39	10.6 (84.1%)
12	CZAPLIŃSKI Jacek	378		M-3	8	00:00:07	00:28:20.10	00:28:27.55	+00:04:25 (15.6%)	5:40	10.6 (84.1%)
13	IWANIEC Darek	375	TKKF KOSZALIN	M-4	1	00:00:08	00:28:36.35	00:28:44.35	+00:04:42 (16.4%)	5:43	10.5 (83.3%)
14	ZIÓŁKOWSKI Wojciech	380	GOCH BYTÓW	M-3	9	00:00:10	00:28:41.40	00:28:52.15	+00:04:47 (16.7%)	5:44	10.5 (83.3%)
15	RUTKOWSKI Ryszard	346	RUTKOWSCY TEAM	M-5	2	00:00:06	00:28:47.10	00:28:53.75	+00:04:52 (17.0%)	5:45	10.4 (82.5%)
16	TOMCZAK Wojciech	355		M-4	2	00:00:09	00:28:58.05	00:29:07.45	+00:05:03 (17.5%)	5:47	10.4 (82.5%)
17	ŚWIETLIK Tomasz	353		M-5	3	00:00:07	00:29:06.85	00:29:14.60	+00:05:12 (17.9%)	5:49	10.3 (81.7%)
18	WINKEL Jerzy	359	KMP KOSZALIN	M-4	3	00:00:07	00:29:07.30	00:29:15.15	+00:05:13 (17.9%)	5:49	10.3 (81.7%)
19	FRONTCZAK Izabela	362	TKKF KOSZALIN	Kobiety	2	00:00:07	00:29:17.65	00:29:25.20	+00:05:23 (18.4%)	5:51	10.2 (81.0%)
20	WILKOWSKI Krzysztof	358		M-3	10	00:00:08	00:29:31.65	00:29:40.20	+00:05:37 (19.0%)	5:54	10.2 (81.0%)
21	SZULC Arek	352	ROZBIEGANY KOSZALIN	M-3	11	00:00:14	00:29:32.25	00:29:46.75	+00:05:38 (19.1%)	5:54	10.2 (81.0%)
22	KAJKOWSKI Rafał	323	MAŁDOMRAF KOSZALIN	M-4	4	00:00:06	00:29:57.40	00:30:03.60	+00:06:03 (20.2%)	5:59	10 (79.4%)
23	MAJDA Patryk	337	JW 1223	M-2	2	00:00:11	00:30:06.45	00:30:17.80	+00:06:12 (20.6%)	6:01	10 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
24	KOWALCZYK Mariusz	329		M-4	5	00:00:13	00:30:31.75	00:30:45.45	+00:06:37 (21.7%)	6:06	9.8 (77.8%)
25	SKOWYRSKI Janusz	369	TKKF KOSZALIN	M-5	4	00:00:12	00:31:01.40	00:31:14.30	+00:07:07 (23.0%)	6:12	9.7 (77.0%)
26	KRASIŃSKI Witold	332		M-4	6	00:00:16	00:31:19.10	00:31:35.40	+00:07:24 (23.7%)	6:15	9.6 (76.2%)
27	PUŚCIAN Krzysztof	342	GIMNAZJUM W MANOWIE	M-4	7	00:00:07	00:31:22.70	00:31:29.95	+00:07:28 (23.8%)	6:16	9.6 (76.2%)
28	KUŁAKOWSKI Dawid	373	TKKF KOSZALIN	M-3	12	00:00:14	00:31:25.20	00:31:40.10	+00:07:31 (23.9%)	6:17	9.5 (75.4%)
29	PEŁECHATA Julita	341	ROZBIEGANY KOSZALIN	Kobiety	3	00:00:08	00:31:26.95	00:31:35.00	+00:07:32 (24.0%)	6:17	9.5 (75.4%)
30	SZABLA Ewelina	349		Kobiety	4	00:00:08	00:31:33.45	00:31:41.90	+00:07:39 (24.3%)	6:18	9.5 (75.4%)
31	MICKIEWICZ Adam	338	JW3937 MRZEŻYNO	M-2	3	00:00:10	00:31:54.85	00:32:05.80	+00:08:00 (25.1%)	6:23	9.4 (74.6%)
32	GAŁKA Marcin	315	JW3937 MRZEŻYNO	M-3	13	00:00:10	00:31:55.15	00:32:05.95	+00:08:00 (25.1%)	6:23	9.4 (74.6%)
33	ROGALSKI Roberto	371	TKKF KOSZALIN	M-3	14	00:00:10	00:32:36.45	00:32:47.05	+00:08:42 (26.7%)	6:31	9.2 (73.0%)
34	CHUDZIK Zbigniew	306	TKKF KOSZALIN	M-5	5	00:00:08	00:32:38.50	00:32:47.25	+00:08:44 (26.8%)	6:31	9.2 (73.0%)
35	DUDKIEWICZ Leszek	370	TKKF KOSZALIN	M-6	2	00:00:12	00:32:38.60	00:32:51.10	+00:08:44 (26.8%)	6:31	9.2 (73.0%)
36	DERENDA Mirosław	310	JUMIDE	M-3	15	00:00:15	00:32:45.80	00:33:01.20	+00:08:51 (27.0%)	6:33	9.2 (73.0%)
37	CYBULSKI Robert	307	MTS HAMER	M-4	8	00:00:15	00:32:47.85	00:33:03.50	+00:08:53 (27.1%)	6:33	9.1 (72.2%)
38	ANTOSZ Alicja	376		Kobiety	5	00:00:07	00:33:09.00	00:33:16.10	+00:09:14 (27.9%)	6:37	9 (71.4%)
39	SZAMREJ Piotr	351		M-2	4	00:00:09	00:33:16.50	00:33:25.90	+00:09:22 (28.2%)	6:39	9 (71.4%)
40	OSOBNIAK Ryszard	339	ROZBIEGANY KOSZALIN	M-6	3	00:00:12	00:33:21.35	00:33:34.00	+00:09:27 (28.3%)	6:40	9 (71.4%)
41	CHODOR Izabela	305		Kobiety	6	00:00:08	00:33:24.45	00:33:33.10	+00:09:30 (28.4%)	6:41	9 (71.4%)
42	HERBUŚ Julian	319	JW 1223	M-2	5	00:00:11	00:34:15.30	00:34:26.55	+00:10:21 (30.2%)	6:51	8.8 (69.8%)
43	JANUSZEWSKI Jacek	322	17 WOG KOSZALIN	M-5	6	00:00:14	00:34:21.40	00:34:36.05	+00:10:27 (30.4%)	6:52	8.7 (69.0%)
44	SOBALA Anna	347		Kobiety	7	00:00:17	00:34:23.00	00:34:40.00	+00:10:28 (30.5%)	6:52	8.7 (69.0%)
45	GŁOWACKI Włodzimierz	316	NIEZRZESZONY	M-7	1	00:00:05	00:34:23.95	00:34:29.20	+00:10:29 (30.5%)	6:52	8.7 (69.0%)
46	LAS Mateusz	364		M-2	6	00:00:17	00:34:37.65	00:34:55.45	+00:10:43 (31.0%)	6:55	8.7 (69.0%)
47	PYC Paweł	365		M-3	16	00:00:18	00:34:40.15	00:34:59.00	+00:10:45 (31.1%)	6:56	8.6 (68.3%)
48	KOPCZEWSKI Dariusz	326		M-5	7	00:00:13	00:34:49.10	00:35:02.80	+00:10:54 (31.3%)	6:57	8.6 (68.3%)
49	ZIĘBA Paweł	372	TKKF KOSZALIN	M-4	9	00:00:15	00:34:55.05	00:35:10.25	+00:11:00 (31.5%)	6:59	8.6 (68.3%)
50	RUTKOWSKI Lucjan	345	ARCAN TEAM	M-5	8	00:00:15	00:35:06.35	00:35:21.70	+00:11:12 (31.9%)	7:01	8.5 (67.5%)
51	KONKEL Joanna	325	MKS 'ŚWIĘC' SŁAWNO	Kobiety	8	00:00:13	00:35:52.80	00:36:05.90	+00:11:58 (33.4%)	7:10	8.4 (66.7%)
52	PUCAŁA Jacek	379		M-6	4	00:00:12	00:36:44.95	00:36:57.45	+00:12:50 (35.0%)	7:21	8.2 (65.1%)
53	PACAN Bartosz	340		M-3	17	00:00:10	00:36:49.90	00:37:00.00	+00:12:55 (35.1%)	7:22	8.1 (64.3%)
54	ZIĘTARA Ryszard	360		M-6	5	00:00:13	00:36:54.45	00:37:07.55	+00:13:00 (35.2%)	7:22	8.1 (64.3%)
55	KUPREWICZ Grzegorz	334	ROZBIEGANY KOSZALIN	M-3	18	00:00:09	00:37:35.75	00:37:44.85	+00:13:41 (36.4%)	7:31	8 (63.5%)
56	RUSIECKI Paweł	344	KOSAKOWO TEAM	M-4	10	00:00:16	00:38:23.25	00:38:40.15	+00:14:29 (37.7%)	7:40	7.8 (61.9%)
57	SZYLKA Justyna	367	ZSM GDAŃSK	Kobiety	9	00:00:07	00:38:29.25	00:38:37.20	+00:14:35 (37.9%)	7:42	7.8 (61.9%)
58	SUSKA Joanna	368	DUBOIS	Kobiety	10	00:00:08	00:38:43.05	00:38:51.70	+00:14:48 (38.3%)	7:44	7.7 (61.1%)
59	BARAŃSKI Maciej	300	SIUREK ROKU	M-2	7	00:00:09	00:38:54.00	00:39:03.40	+00:14:59 (38.6%)	7:46	7.7 (61.1%)
60	HRANKOWSKA Monika	320		Kobiety	11	00:00:13	00:39:24.95	00:39:38.05	+00:15:30 (39.4%)	7:53	7.6 (60.3%)
61	LABUDDA Katarzyna	335		Kobiety	12	00:00:07	00:39:30.00	00:39:37.45	+00:15:35 (39.5%)	7:54	7.6 (60.3%)
62	BRESZKA Paweł	302	DARŁOWO	M-4	11	00:00:16	00:40:35.80	00:40:52.00	+00:16:41 (41.1%)	8:07	7.4 (58.7%)
63	CHAŁAT Dorota	304	ERA KOBIET STOWARZYSZENIE	Kobiety	13	00:00:13	00:41:16.40	00:41:30.05	+00:17:22 (42.1%)	8:15	7.3 (57.9%)
64	KOROL Dominika	327	BABECZKI KOSZALIN	Kobiety	14	00:00:13	00:41:51.00	00:42:04.75	+00:17:56 (42.9%)	8:22	7.2 (57.1%)
65	BUDZYŃSKA Elżbieta	377	BBL SŁUPSK	Kobiety	15	00:00:09	00:43:11.55	00:43:20.65	+00:19:17 (44.7%)	8:38	6.9 (54.8%)
66	KRAWCZUK-KIEŁB Anna	333	ŻYJ Z ENERGIA	Kobiety	16	00:00:16	00:43:26.75	00:43:43.25	+00:19:32 (45.0%)	8:41	6.9 (54.8%)

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67	KOZŁOWIECKA Małgorzata	330		Kobiety	17	00:00:12	00:44:23.35	00:44:35.50	+00:20:29 (46.2%)	8:52	6.8 (54.0%)
68	HAUSMAN Andrzej	318	KS ROWERIA	M-6	6	00:00:11	00:47:19.75	00:47:31.60	+00:23:25 (49.5%)	9:28	6.3 (50.0%)
69	BARTNIK Marian	301	TKKF KOSZALIN	M-7	2	00:00:05	00:59:17.00	00:59:22.90	+00:35:22 (59.7%)	11:51	5.1 (40.5%)

Znaleziono 69 wynik(ów)