



KOSZALIŃSKI BIEG GÓRSKI 5KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2016-08-13
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-3

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	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)
16	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%)
17	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%)
18	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%)

Znaleziono 18 wynik(ów)