



KOSZALIŃSKI BIEG GÓRSKI 5KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Data: 2015-08-29
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ZWOLIŃSKI Jan	102	4RUN TKKF KOSZALIN	M-4	1	00:00:06	00:26:05	00:26:11		5:13	11.5 (100%)
2	ZBOIŃSKI Wojciech	46		M-4	2	00:00:07	00:26:52	00:26:59	+00:00:47 (2.9%)	5:22	11.2 (97.4%)
3	OGRODNIK Grzegorz	57	JW 1223 1DPLOT	M-4	3	00:00:06	00:27:25	00:27:31	+00:01:20 (4.9%)	5:29	10.9 (94.8%)
4	WINKEL Łukasz	38		M-4	4	00:00:10	00:29:07	00:29:17	+00:03:02 (10.4%)	5:49	10.3 (89.6%)
5	LAMPKOWSKI Krzysztof	6		M-4	5	00:00:11	00:29:26	00:29:37	+00:03:21 (11.4%)	5:53	10.2 (88.7%)
6	KILAR Tomasz	22		M-4	6	00:00:10	00:29:59	00:30:09	+00:03:54 (13.0%)	5:59	10 (87.0%)
7	BRYŁA Krzysztof	10	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	M-4	7	00:00:07	00:30:02	00:30:09	+00:03:57 (13.2%)	6:00	10 (87.0%)
8	KAJKOWSKI Rafał	66	DODOMISIE KOSZALIN	M-4	8	00:00:05	00:30:10	00:30:15	+00:04:05 (13.5%)	6:02	9.9 (86.1%)
9	WINKEL Jerzy	37		M-4	9	00:00:12	00:30:21	00:30:33	+00:04:16 (14.1%)	6:04	9.9 (86.1%)
10	ROGOŻA Ireneusz	35		M-4	10	00:00:09	00:30:40	00:30:49	+00:04:35 (14.9%)	6:08	9.8 (85.2%)
11	IWANIEC Dariusz	44		M-4	11	00:00:13	00:30:42	00:30:55	+00:04:37 (15.0%)	6:08	9.8 (85.2%)
12	GRZYBOWSKI Piotr	20	KB RUN 42	M-4	12	00:00:10	00:31:08	00:31:18	+00:05:03 (16.2%)	6:13	9.6 (83.5%)
13	KRASIŃSKI Witold	3		M-4	13	00:00:08	00:31:11	00:31:19	+00:05:06 (16.4%)	6:14	9.6 (83.5%)
14	PUŚCIAN Krzysztof Kamil	21	GIMNAZJUM W MANOWIE	M-4	14	00:00:12	00:31:44	00:31:56	+00:05:39 (17.8%)	6:20	9.5 (82.6%)
15	MĘDEL Cezary	33		M-4	15	00:00:11	00:32:59	00:33:10	+00:06:54 (20.9%)	6:35	9.1 (79.1%)
16	ZIĘBA Paweł	41		M-4	16	00:00:17	00:33:14	00:33:31	+00:07:09 (21.5%)	6:38	9 (78.3%)
17	ROGANOWSKI Rafał	29		M-4	17	00:00:07	00:35:17	00:35:24	+00:09:12 (26.1%)	7:03	8.5 (73.9%)
18	GAWIECKI Piotr	42		M-4	18	00:00:06	00:36:51	00:36:57	+00:10:46 (29.2%)	7:22	8.1 (70.4%)
19	MŁYNARSKI Piotr	60		M-4	19	00:00:09	00:47:14	00:47:23	+00:21:09 (44.8%)	9:26	6.4 (55.7%)

Znaleziono 19 wynik(ów)