



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

KOSZALIŃSKI BIEG GÓRSKI 5KM

B4SPORT



Klasyfikacja: Mężczyźni

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	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)

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24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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 52 wynik(ów)