



KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 4.8280 KM

B4SPORT

Organizator: Urząd Miasta i Gminy Koszalin, Zarząd Obiektów Sportowych Sp. z o.o.
Data: 2016-11-11
Miejsce: Koszalin
Dystans: 4.828 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.609km	Start All 3.218km	Czas netto 4.828km	Czas brutto 4.828km	Różn	Tempo min/km	Tempo km/h
1	BORZĘCKI Norbert	13		M-30	1	00:00:07	00:05:26	00:10:49	00:16:28.40	00:16:35.60		3:24	17.6 (100%)
2	BEDNARZ Paweł	5	13-TY FUN CLUB ASI CHMIEL :*	M-30	2	00:00:06	00:05:28	00:11:09	00:16:48.10	00:16:55.00	+00:00:19 (2.0%)	3:28	17.2 (97.7%)
3	FAMULSKI Cezary	38	JW 1223 KOSZALIN	M-30	3	00:00:07	00:06:03	00:12:10	00:18:07.10	00:18:14.60	+00:01:38 (9.1%)	3:45	16 (90.9%)
4	GOLECKI Mirosław	44	CSSP KOSZALIN	M-30	4	00:00:08	00:06:24	00:12:39	00:19:02.95	00:19:11.40	+00:02:34 (13.5%)	3:56	15.2 (86.4%)
5	SZEWCZUK Paweł	180		M-30	5	00:00:07	00:06:12	00:12:41	00:19:19.65	00:19:27.55	+00:02:51 (14.8%)	4:00	15 (85.2%)
6	MOSEK Radosław	120		M-30	6	00:00:12	00:06:24	00:13:00	00:19:39.35	00:19:51.60	+00:03:10 (16.2%)	4:04	14.7 (83.5%)
7	KAPUSCINSKI Robert	75	JW 1223 KOSZALIN	M-30	7	00:00:08	00:06:30	00:13:10	00:19:52.15	00:20:00.95	+00:03:23 (17.1%)	4:06	14.6 (83.0%)
8	RAJNER Krzysztof	149		M-30	8	00:00:11	00:06:37	00:13:17	00:20:01.15	00:20:13.00	+00:03:32 (17.7%)	4:08	14.5 (82.4%)
9	CIUPA Marcin	30	H2 DESIGN	M-30	9	00:00:09	00:07:01	00:13:59	00:20:50.35	00:20:59.95	+00:04:21 (21.0%)	4:18	13.9 (79.0%)
10	TESKA Bartosz	191	TKKF KOSZALIN	M-30	10	00:00:08	00:06:54	00:13:57	00:20:52.30	00:21:00.55	+00:04:23 (21.1%)	4:19	13.9 (79.0%)
11	KOZŁOWSKI Tomasz	91		M-30	11	00:00:08	00:06:38	00:13:46	00:20:56.85	00:21:05.60	+00:04:28 (21.4%)	4:20	13.8 (78.4%)
12	KRACZKOWSKI Przemysław	92		M-30	12	00:00:12	00:06:58	00:13:59	00:21:02.80	00:21:15.10	+00:04:34 (21.7%)	4:21	13.8 (78.4%)
13	MISIKONIS Kamil	119	KS MASTERS GRYFICE	M-30	13	00:00:07	00:06:46	00:14:11	00:21:33.75	00:21:41.25	+00:05:05 (23.6%)	4:27	13.4 (76.1%)
14	SZYMAJDA Grzegorz	215	TKKF KOSZALIN	M-30	14	00:00:09	00:07:07	00:14:35	00:21:52.30	00:22:01.35	+00:05:23 (24.7%)	4:31	13.3 (75.6%)
15	PSTRĄGOWSKI Marcin	147	DZIKI KOSZALIN	M-30	15	00:00:09	00:06:49	00:14:23	00:21:56.45	00:22:06.05	+00:05:28 (24.9%)	4:32	13.2 (75.0%)
16	KAMYK Piotr	74	MH KOSZALIN - IT SERWIS	M-30	16	00:00:08	00:06:57	00:14:26	00:21:57.15	00:22:05.70	+00:05:28 (25.0%)	4:32	13.2 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All	Start All	Czas	Czas	Różn	Tempo min/km	Tempo km/h
							1.609km	3.218km	netto 4.828km	brutto 4.828km			
17	DZIĘBOWSKI Mariusz	36		M-30	17	00:00:14	00:07:17	00:14:46	00:21:58.35	00:22:12.85	+00:05:29 (25.0%)	4:32	13.2 (75.0%)
18	MAZUR Marcin	110		M-30	18	00:00:25	00:07:48	00:15:13	00:22:11.45	00:22:36.50	+00:05:43 (25.8%)	4:35	13.1 (74.4%)
19	ZDROWIECKI Artur	211		M-30	19	00:00:08	00:07:06	00:14:48	00:22:26.10	00:22:34.35	+00:05:57 (26.6%)	4:38	12.9 (73.3%)
20	SOKOŁOWSKI Maciej	162		M-30	20	00:00:23	00:07:45	00:15:07	00:22:29.35	00:22:53.30	+00:06:00 (26.7%)	4:39	12.9 (73.3%)
21	KUŁAKOWSKI Dawid	98	TKKF KOSZALIN	M-30	21	00:00:11	00:07:19	00:14:52	00:22:30.25	00:22:42.10	+00:06:01 (26.8%)	4:39	12.9 (73.3%)
22	ŁABEJSZA Łukasz	103	WOJOWNICY WÓDY	M-30	22	00:00:17	00:07:40	00:15:14	00:22:38.70	00:22:56.35	+00:06:10 (27.3%)	4:41	12.8 (72.7%)
23	ROGALSKI Roberto	153	TKKF KOSZALIN	M-30	23	00:00:15	00:07:20	00:15:03	00:22:40.35	00:22:55.50	+00:06:11 (27.3%)	4:41	12.8 (72.7%)
24	RYBARCZYK Ireneusz	156		M-30	24	00:00:11	00:07:36	00:15:06	00:22:42.70	00:22:54.00	+00:06:14 (27.5%)	4:42	12.8 (72.7%)
25	SKOWROŃSKI Tomasz	158		M-30	25	00:00:14	00:07:56	00:15:37	00:22:51.25	00:23:05.75	+00:06:22 (27.9%)	4:43	12.7 (72.2%)
26	MRUGALSKI Damian	124	MOSG	M-30	26	00:00:15	00:08:04	00:15:51	00:23:06.85	00:23:22.25	+00:06:38 (28.7%)	4:47	12.5 (71.0%)
27	CHOJNACKI Bartosz	23	JAMNO	M-30	27	00:00:09	00:07:45	00:15:30	00:23:10.85	00:23:20.50	+00:06:42 (28.9%)	4:47	12.5 (71.0%)
28	TUKAJSKI Tomasz	195	BIKE U UP	M-30	28	00:00:10	00:07:44	00:15:33	00:23:35.70	00:23:46.15	+00:07:07 (30.2%)	4:53	12.3 (69.9%)
29	WALCZAK Marcin	199		M-30	29	00:00:13	00:07:52	00:16:06	00:23:48.90	00:24:02.80	+00:07:20 (30.8%)	4:55	12.2 (69.3%)
30	STOKROCKI Wojciech	171		M-30	30	00:00:17	00:08:25	00:16:17	00:23:59.20	00:24:16.85	+00:07:30 (31.3%)	4:57	12.1 (68.8%)
31	OLIŃSKI Arek	131	WIDZEW	M-30	31	00:00:09	00:07:46	00:16:08	00:24:05.45	00:24:15.10	+00:07:37 (31.6%)	4:59	12 (68.2%)
32	JABŁOŃSKI Tomasz	57	SPOKO	M-30	32	00:00:12	00:07:39	00:15:54	00:24:14.75	00:24:27.45	+00:07:46 (32.1%)	5:01	12 (68.2%)
33	KOZŁOWSKI Tomasz	3		M-30	33	00:00:12	00:07:47	00:16:03	00:24:30.10	00:24:42.35	+00:08:01 (32.8%)	5:04	11.8 (67.0%)
34	SZULC Szymon	185	GRYF LOK \ SZULC RUNNERS	M-30	34	00:00:14	00:08:11	00:16:46	00:24:53.80	00:25:08.70	+00:08:25 (33.8%)	5:09	11.6 (65.9%)
35	KUPREWICZ Grzegorz	99	JW 1223 KOSZALIN	M-30	35	00:00:10	00:08:12	00:16:29	00:24:56.95	00:25:07.10	+00:08:28 (34.0%)	5:09	11.6 (65.9%)
36	WILKOWSKI Krzysztof	202		M-30	36	00:00:10	00:08:12	00:16:28	00:24:57.20	00:25:07.75	+00:08:28 (34.0%)	5:09	11.6 (65.9%)
37	ATALSKI Damian	1		M-30	37	00:00:21	00:08:37	00:16:54	00:25:06.35	00:25:28.05	+00:08:37 (34.4%)	5:12	11.5 (65.3%)
38	GIL Remigiusz	41	LYCONET PRO TEAM	M-30	38	00:00:16	00:07:57	00:16:08	00:25:11.60	00:25:28.00	+00:08:43 (34.6%)	5:13	11.5 (65.3%)

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							1.609km	3.218km	4.828km	4.828km			
39	LEWANDOWSKI Andrzej	218		M-30	39	00:00:18	00:08:06	00:16:36	00:25:28.85	00:25:46.85	+00:09:00 (35.4%)	5:16	11.4 (64.8%)
40	OSENKOWSKI Artur	134	JW1223 KOSZALIN 4DPLOT	M-30	40	00:00:22	00:08:53	00:17:16	00:25:32.70	00:25:55.15	+00:09:04 (35.5%)	5:17	11.3 (64.2%)
41	GROSIĄK Tomasz	48		M-30	41	00:00:14	00:08:12	00:16:59	00:25:48.80	00:26:03.75	+00:09:20 (36.2%)	5:20	11.2 (63.6%)
42	STOJEWSKI Jarosław	170	JA_BEZ_SILNA	M-30	42	00:00:20	00:08:29	00:17:19	00:26:03.75	00:26:24.05	+00:09:35 (36.8%)	5:23	11.1 (63.1%)
43	BATYŃSKI Jakub	4	WŁASNY	M-30	43	00:00:16	00:09:04	00:17:46	00:26:08.50	00:26:25.45	+00:09:40 (37.0%)	5:24	11.1 (63.1%)
44	KAMIŃSKI Tomasz	73	JW 1223 /24 BST	M-30	44	00:00:11	00:08:43	00:17:28	00:26:16.15	00:26:27.50	+00:09:47 (37.3%)	5:26	11 (62.5%)
45	RETERSKI Przemysław	151		M-30	45	00:00:15	00:08:38	00:17:38	00:26:39.00	00:26:54.35	+00:10:10 (38.2%)	5:31	10.9 (61.9%)
46	ORYSZCZYN Arkadiusz	133		M-30	46	00:00:22	00:09:35	00:18:21	00:27:11.55	00:27:34.25	+00:10:43 (39.4%)	5:37	10.7 (60.8%)
47	BONISŁAWSKI Jarosław	11	FADOMODA TEAM	M-30	47	00:00:19	00:09:25	00:18:26	00:27:25.70	00:27:45.15	+00:10:57 (39.9%)	5:40	10.6 (60.2%)
48	KOŁODZIEJ Jakub	85		M-30	48	00:00:24	00:09:44	00:18:59	00:27:28.25	00:27:53.15	+00:10:59 (40.0%)	5:41	10.5 (59.7%)
49	KACAŁA Jacek	221		M-30	49	00:00:21	00:09:26	00:18:36	00:27:45.85	00:28:06.90	+00:11:17 (40.7%)	5:44	10.4 (59.1%)
50	MEHDI Raul	112		M-30	50	00:00:24	00:09:50	00:19:01	00:27:50.50	00:28:14.85	+00:11:22 (40.8%)	5:45	10.4 (59.1%)
51	JANACZYK Marcin	61	JW 1223	M-30	51	00:00:24	00:09:09	00:18:35	00:28:01.60	00:28:26.45	+00:11:33 (41.2%)	5:48	10.3 (58.5%)
52	JANKOWSKI Remigiusz	62		M-30	52	00:00:17	00:08:59	00:18:35	00:28:12.60	00:28:30.45	+00:11:44 (41.6%)	5:50	10.3 (58.5%)
53	SKRZYPEK Marcin	160	NIETOPERZE KOSZALIN	M-30	53	00:00:23	00:09:15	00:18:28	00:28:14.35	00:28:37.55	+00:11:45 (41.7%)	5:50	10.3 (58.5%)
54	JAKUBOWSKI Krystian	60	BIEGNIJMY TO	M-30	54	00:00:18	00:09:43	00:19:15	00:28:39.65	00:28:58.35	+00:12:11 (42.5%)	5:56	10.1 (57.4%)
55	KACZMAREK Łukasz	70	WOJOWNICY WÓDY	M-30	55	00:00:20	00:09:26	00:19:03	00:28:49.10	00:29:09.15	+00:12:20 (42.8%)	5:57	10.1 (57.4%)
56	ŁUKASZCZYK Marcin	104	DE PERRO	M-30	56	00:00:22	00:09:47	00:19:25	00:29:01.30	00:29:23.80	+00:12:32 (43.2%)	6:00	10 (56.8%)
57	HRYCIÓW Paweł	55	BIAŁOGARD	M-30	57	00:00:20	00:09:47	00:20:02	00:29:34.35	00:29:55.10	+00:13:05 (44.3%)	6:07	9.8 (55.7%)
58	ROSIŃSKI Rafał	228		M-30	58	00:00:13	00:10:00	00:20:12	00:29:55.55	00:30:08.85	+00:13:27 (45.0%)	6:11	9.7 (55.1%)
59	ZIELIŃSKI Jarosław	212	AMATOR	M-30	59	00:00:14	00:09:16	00:19:29	00:30:06.90	00:30:21.25	+00:13:38 (45.3%)	6:14	9.6 (54.5%)
60	GAWLIK Artur	40	BIEGNIJMY.PL	M-30	60	00:00:21	00:10:09	00:21:15	00:32:42.05	00:33:03.90	+00:16:13 (49.6%)	6:46	8.9 (50.6%)

Znaleziono 60 wynik(ów)