



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-40

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	JAROSZ Wiesław	65	JW. 1223/BLOG	M-40	1	00:00:08	00:05:46	00:11:42	00:17:40.95	00:17:49.00		3:39	16.4 (100%)
2	PEC Marek	138		M-40	2	00:00:07	00:06:25	00:12:59	00:19:16.50	00:19:24.00	+00:01:35 (8.3%)	3:59	15 (91.5%)
3	STĘŻAŁA Artur	168	JW1223	M-40	3	00:00:07	00:06:24	00:12:56	00:19:28.05	00:19:35.40	+00:01:47 (9.2%)	4:01	14.9 (90.9%)
4	POLAŃSKI Dariusz	145		M-40	4	00:00:07	00:06:15	00:12:59	00:19:44.35	00:19:51.85	+00:02:03 (10.4%)	4:05	14.7 (89.6%)
5	TOMCZAK Wojtek	192		M-40	5	00:00:08	00:06:27	00:13:16	00:20:34.90	00:20:43.70	+00:02:53 (14.1%)	4:15	14.1 (86.0%)
6	GÓRECKI Mirosław	46	JW 1223	M-40	6	00:00:12	00:07:16	00:14:16	00:21:14.25	00:21:26.95	+00:03:33 (16.7%)	4:23	13.6 (82.9%)
7	IWANIEC Dariusz	56	TKKF KOSZALIN	M-40	7	00:00:09	00:07:00	00:14:14	00:21:20.50	00:21:29.65	+00:03:39 (17.1%)	4:25	13.6 (82.9%)
8	PEKAŁA Piotr	142	ROZBIEGANY KOSZALIN	M-40	8	00:00:11	00:07:33	00:14:42	00:21:40.40	00:21:51.75	+00:03:59 (18.4%)	4:29	13.4 (81.7%)
9	KOWALCZYK Mariusz	90	WZAJEMNEJ ADORACJI	M-40	9	00:00:11	00:06:56	00:14:08	00:21:44.25	00:21:55.30	+00:04:03 (18.7%)	4:29	13.3 (81.1%)
10	DUDZIAK Piotr	34	ROZBIEGANY KOSZALIN	M-40	10	00:00:09	00:07:07	00:14:18	00:21:47.00	00:21:56.00	+00:04:06 (18.8%)	4:30	13.3 (81.1%)
11	MICERSKI Tomasz	116	TKKF KOSZALIN	M-40	11	00:00:11	00:07:18	00:14:37	00:21:58.85	00:22:10.65	+00:04:17 (19.6%)	4:33	13.2 (80.5%)
12	OSTROWSKI Krzysztof	135		M-40	12	00:00:08	00:07:02	00:14:33	00:22:00.15	00:22:08.65	+00:04:19 (19.6%)	4:33	13.2 (80.5%)
13	BURKIET Marek	18	JW 1223	M-40	13	00:00:13	00:07:26	00:14:51	00:22:11.45	00:22:25.15	+00:04:30 (20.3%)	4:35	13.1 (79.9%)
14	PUŚCIAN Krzysztof	148	GIMNAZJUM W MANOWIE	M-40	14	00:00:11	00:07:27	00:14:49	00:22:21.80	00:22:33.50	+00:04:40 (20.9%)	4:37	13 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.609km	Start All 3.218km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 4.828km	brutto 4.828km			
15	CYBULSKI Robert	31	MTS HAMER MIASTKO	M-40	15	00:00:11	00:07:19	00:14:52	00:22:30.45	00:22:42.00	+00:04:49 (21.4%)	4:39	12.9 (78.7%)
16	SZYMAŃSKI Piotr	189	BIEGAM BO TAK MAM	M-40	16	00:00:10	00:07:17	00:14:55	00:22:33.00	00:22:43.15	+00:04:52 (21.6%)	4:40	12.9 (78.7%)
17	BYKOWSKI Robert	19	CSSP KOSZALIN / FORMA ROSNOWO	M-40	17	00:00:17	00:08:07	00:15:36	00:22:51.50	00:23:09.30	+00:05:10 (22.6%)	4:44	12.7 (77.4%)
18	JASIENIECKI Piotr	66		M-40	18	00:00:13	00:08:01	00:15:44	00:23:21.95	00:23:35.65	+00:05:41 (24.3%)	4:50	12.4 (75.6%)
19	KARTOSZ Mariusz	77	RUNGRYF GRYFICE	M-40	19	00:00:11	00:07:50	00:15:41	00:23:36.60	00:23:47.90	+00:05:55 (25.1%)	4:53	12.3 (75.0%)
20	DZIESZUK Dariusz	35	TKKF KOSZALIN	M-40	20	00:00:12	00:08:00	00:15:58	00:23:39.45	00:23:51.75	+00:05:58 (25.3%)	4:53	12.3 (75.0%)
21	MĘDEL Cezary	114		M-40	21	00:00:14	00:08:00	00:16:15	00:24:08.05	00:24:22.90	+00:06:27 (26.7%)	4:59	12 (73.2%)
22	HNATOWSKI Artur	54	DM FC KOSZALIN	M-40	22	00:00:08	00:08:02	00:16:19	00:24:32.65	00:24:41.30	+00:06:51 (28.0%)	5:04	11.8 (72.0%)
23	REMLAKOWSKI Krzysztof	150		M-40	23	00:00:21	00:08:48	00:16:48	00:24:34.65	00:24:55.75	+00:06:53 (28.1%)	5:05	11.8 (72.0%)
24	CHOŁUJ Jarek	24	ROZBIEGANY KOSZALIN	M-40	24	00:00:17	00:08:57	00:17:24	00:25:30.75	00:25:48.40	+00:07:49 (30.7%)	5:16	11.4 (69.5%)
25	ZIĘBA Paweł	213	TKKF KOSZALIN	M-40	25	00:00:12	00:07:45	00:16:42	00:26:00.60	00:26:12.70	+00:08:19 (32.0%)	5:22	11.1 (67.7%)
26	WOJCIECHOWSKI Andrzej	225		M-40	26	00:00:15	00:08:39	00:17:25	00:26:07.75	00:26:23.35	+00:08:26 (32.3%)	5:24	11.1 (67.7%)
27	BERNACKI Adam	8	WWW.BERNACKI.COM.PL	M-40	27	00:00:12	00:08:48	00:17:51	00:26:24.60	00:26:37.45	+00:08:43 (33.0%)	5:28	11 (67.1%)
28	KINOWSKI Karol	82		M-40	28	00:00:21	00:09:16	00:18:09	00:26:26.35	00:26:48.05	+00:08:45 (33.1%)	5:28	11 (67.1%)
29	JASIŃSKI Cezary	67		M-40	29	00:00:12	00:09:01	00:18:15	00:27:08.45	00:27:20.85	+00:09:27 (34.8%)	5:37	10.7 (65.2%)
30	SZADZIŃSKI Krzysztof	175	JW 1223	M-40	30	00:00:08	00:08:36	00:18:02	00:27:14.60	00:27:22.60	+00:09:33 (35.1%)	5:38	10.6 (64.6%)
31	SOBOLEWSKI Marek	161		M-40	31	00:00:10	00:08:40	00:18:21	00:27:24.10	00:27:34.55	+00:09:43 (35.5%)	5:40	10.6 (64.6%)
32	MASZOTA Rafał	109		M-40	32	00:00:21	00:09:29	00:19:03	00:28:18.00	00:28:39.20	+00:10:37 (37.5%)	5:51	10.2 (62.2%)
33	BRESZKA Paweł	14	BIEGNIJMY TO	M-40	33	00:00:19	00:09:42	00:19:14	00:28:38.90	00:28:58.45	+00:10:57 (38.3%)	5:55	10.1 (61.6%)
34	RADECKI Jacek	224	CSSP KOSZALIN	M-40	34	00:00:20	00:09:27	00:19:06	00:28:48.30	00:29:09.10	+00:11:07 (38.6%)	5:57	10.1 (61.6%)
35	BENEDYSIUK Sławomir	6	CSSP KOSZALIN	M-40	35	00:00:20	00:09:26	00:19:03	00:28:49.10	00:29:09.30	+00:11:08 (38.6%)	5:57	10.1 (61.6%)
36	KAJKOWSKI Rafał	71	MAŁDOMRAFIWA KOSZALIN	M-40	36	00:00:19	00:09:26	00:19:04	00:28:49.65	00:29:09.50	+00:11:08 (38.7%)	5:58	10.1 (61.6%)
37	KRASIŃSKI Witold	94		M-40	37	00:00:19	00:09:26	00:19:03	00:28:49.80	00:29:08.95	+00:11:08 (38.7%)	5:57	10.1 (61.6%)

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
38	KALETA Sebastian	72	CSSP KOSZALIN	M-40	38	00:00:19	00:09:26	00:19:04	00:28:50.15	00:29:09.60	+00:11:09 (38.7%)	5:58	10.1 (61.6%)
39	NEJMAN Grzegorz	128	ORLEN RUNNING TEAM	M-40	39	00:00:18	00:10:13	00:20:20	00:30:21.65	00:30:40.10	+00:12:40 (41.8%)	6:17	9.5 (57.9%)
40	KIPER Jarosław	83	JW 1223	M-40	40	00:00:08	00:09:37	00:19:58	00:30:21.75	00:30:30.45	+00:12:40 (41.8%)	6:17	9.5 (57.9%)

Znaleziono 40 wynik(ów)