



# 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-50

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	<b>BARAŃSKI Bogusław</b>	<b>2</b>	MLUKS TRZEBIATÓW	M-50	1	00:00:06	00:06:10	00:12:44	<b>00:19:05.75</b>	<b>00:19:12.65</b>		3:57	15.2 (100%)
2	<b>GRZESIK Eugeniusz</b>	<b>49</b>	PATRIA INVICTUS	M-50	2	00:00:07	00:06:23	00:12:55	<b>00:19:23.50</b>	<b>00:19:30.65</b>	+00:00:17 (1.5%)	4:00	15 (98.7%)
3	<b>SZAMREJ Wojciech</b>	<b>178</b>		M-50	3	00:00:07	00:06:22	00:13:07	<b>00:19:41.85</b>	<b>00:19:49.75</b>	+00:00:36 (3.1%)	4:04	14.7 (96.7%)
4	<b>ŚWIETLIK Tomasz</b>	<b>190</b>		M-50	4	00:00:09	00:07:07	00:14:32	<b>00:21:46.25</b>	<b>00:21:55.25</b>	+00:02:40 (12.3%)	4:30	13.3 (87.5%)
5	<b>RUTKOWSKI Ryszard</b>	<b>155</b>		M-50	5	00:00:07	00:07:13	00:14:47	<b>00:22:07.55</b>	<b>00:22:15.15</b>	+00:03:01 (13.7%)	4:34	13.1 (86.2%)
6	<b>NIEMCZAK Dariusz</b>	<b>226</b>		M-50	6	00:00:15	00:07:33	00:14:59	<b>00:22:14.05</b>	<b>00:22:29.90</b>	+00:03:08 (14.1%)	4:36	13 (85.5%)
7	<b>KISIELIŃSKI Igor</b>	<b>84</b>	TKKF KOSZALIN	M-50	7	00:00:10	00:07:37	00:15:06	<b>00:22:26.15</b>	<b>00:22:36.35</b>	+00:03:20 (14.9%)	4:38	12.9 (84.9%)
8	<b>KRAWCZYK Bohdan</b>	<b>96</b>	MR	M-50	8	00:00:09	00:07:31	00:15:12	<b>00:22:29.60</b>	<b>00:22:39.00</b>	+00:03:23 (15.1%)	4:39	12.9 (84.9%)
9	<b>SKOWYRSKI Janusz</b>	<b>159</b>	TKKF KOSZALIN	M-50	9	00:00:09	00:07:44	00:15:22	<b>00:22:53.90</b>	<b>00:23:03.75</b>	+00:03:48 (16.6%)	4:44	12.7 (83.6%)
10	<b>CHWALEBA Jan</b>	<b>26</b>		M-50	10	00:00:22	00:08:24	00:15:44	<b>00:23:00.25</b>	<b>00:23:22.40</b>	+00:03:54 (17.0%)	4:45	12.6 (82.9%)
11	<b>ZAWADA Andrzej</b>	<b>210</b>	ZSP1 SŁUPSK	M-50	11	00:00:23	00:07:52	00:15:34	<b>00:23:24.20</b>	<b>00:23:47.45</b>	+00:04:18 (18.4%)	4:50	12.4 (81.6%)
12	<b>CHUDZIK Zbigniew</b>	<b>25</b>	TKKF KOSZALIN	M-50	12	00:00:12	00:08:00	00:15:58	<b>00:23:45.70</b>	<b>00:23:57.95</b>	+00:04:39 (19.6%)	4:55	12.2 (80.3%)
13	<b>JANUSZEWSKI Jacek</b>	<b>63</b>	17 WOG KOSZALIN	M-50	13	00:00:17	00:08:06	00:16:04	<b>00:23:50.50</b>	<b>00:24:07.70</b>	+00:04:44 (19.9%)	4:56	12.2 (80.3%)
14	<b>SZULC Marek</b>	<b>187</b>	NIEZRZESZONY	M-50	14	00:00:15	00:08:09	00:16:11	<b>00:24:00.45</b>	<b>00:24:16.30</b>	+00:04:54 (20.5%)	4:58	12.1 (79.6%)
15	<b>KRUPIŃSKI Krzysztof</b>	<b>97</b>		M-50	15	00:00:09	00:08:21	00:16:51	<b>00:25:00.20</b>	<b>00:25:09.85</b>	+00:05:54 (23.6%)	5:10	11.6 (76.3%)
16	<b>CYGAN Adam</b>	<b>33</b>		M-50	16	00:00:24	00:09:35	00:18:05	<b>00:26:00.70</b>	<b>00:26:25.25</b>	+00:06:54 (26.6%)	5:23	11.1 (73.0%)
17	<b>MRUGALSKI Stanisław</b>	<b>123</b>		M-50	17	00:00:26	00:09:14	00:18:28	<b>00:27:28.65</b>	<b>00:27:54.95</b>	+00:08:22 (30.5%)	5:41	10.6 (69.7%)
18	<b>WOLSKI Zbigniew</b>	<b>222</b>		M-50	18	00:00:15	00:09:48	00:20:09	<b>00:30:46.95</b>	<b>00:31:02.35</b>	+00:11:41 (38.0%)	6:22	9.4 (61.8%)
19	<b>BERTHELSEN Robert</b>	<b>220</b>		M-50	19	00:00:12	00:10:17	00:21:18	<b>00:33:20.65</b>	<b>00:33:32.75</b>	+00:14:14 (42.7%)	6:54	8.7 (57.2%)

Znaleziono 19 wynik(ów)