KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2021-11-13
Miejsce: Koszalin
Dystans: 5 km

B4SPORT
HERKULES
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Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	**SIODMIAK Igor**	**66**	7PRO SIÓDMIAK TEAM	M14-29	1	00:03:35	00:07:16	00:11:00	00:14:44	**00:17:47.55**		3:33	16.9 (100%)
2	**KĘPKA Adrian**	**19**	KĘPKA NA TRASIE	M14-29	2	00:03:35	00:07:16	00:11:00	00:14:46	**00:18:15.20**	+00:00:27 (2.5%)	3:39	16.4 (97.0%)
3	**USS Miłosz**	**75**		M14-29	3	00:03:35	00:07:16	00:11:00	00:14:46	**00:18:21.40**	+00:00:33 (3.1%)	3:40	16.3 (96.4%)
4	**MAJKOWICZ Rafał**	**99**	BIEGOLAS KOSZALIN	M30-39	1	00:03:37	00:07:30	00:11:31	00:15:32	**00:19:19.25**	+00:01:31 (7.9%)	3:51	15.5 (91.7%)
5	**PAWŁOWICZ Roland**	**89**	7PRO SIÓDMIAK TEAM	M14-29	4	00:03:40	00:07:37	00:11:38	00:15:41	**00:19:34.30**	+00:01:46 (9.1%)	3:54	15.3 (90.5%)
6	**WESOŁOWSKI Marcin**	**77**	OBSESJA BIEGANIA	M30-39	2	00:03:51	00:07:54	00:11:59	00:16:07	**00:20:13.20**	+00:02:25 (12.0%)	4:02	14.8 (87.6%)
7	**PICK Tomasz**	**60**	BIEGOLAS KOSZALIN	M50-59	1	00:03:58	00:08:05	00:12:13	00:16:23	**00:20:25.20**	+00:02:37 (12.9%)	4:05	14.7 (87.0%)
8	**KOZIEŁ Paweł**	**93**		M40-49	1	00:03:59	00:08:11	00:12:26	00:16:44	**00:20:44.95**	+00:02:57 (14.2%)	4:08	14.5 (85.8%)
9	**ZUKAL Piotr**	**98**	7PRO SIÓDMIAK TEAM	M40-49	2	00:04:06	00:08:17	00:12:31	00:16:46	**00:20:55.95**	+00:03:08 (15.0%)	4:11	14.3 (84.6%)
10	**BARTHA Adrian**	**3**		M30-39	3	00:04:01	00:08:21	00:12:46	00:17:09	**00:20:56.15**	+00:03:08 (15.0%)	4:11	14.3 (84.6%)
11	**BENCYCH Michał**	**90**	7PRO SIÓDMIAK TEAM	M14-29	5	00:04:04	00:08:24	00:12:51	00:17:19	**00:21:37.10**	+00:03:49 (17.7%)	4:19	13.9 (82.2%)
12	**WICHER Krzysztof**	**91**	ADWOKATURA	M40-49	3	00:04:10	00:08:33	00:13:01	00:17:28	**00:21:54.15**	+00:04:06 (18.8%)	4:22	13.7 (81.1%)
13	**KRACZKOWSKI Przemysław**	**37**	142BLP TRZEBIATÓW	M40-49	4	00:04:14	00:08:37	00:13:06	00:17:38	**00:22:11.55**	+00:04:24 (19.8%)	4:26	13.5 (79.9%)
14	**MACIEJCZYK Mateusz**	**44**		M30-39	4	00:04:25	00:08:55	00:13:29	00:18:05	**00:22:28.95**	+00:04:41 (20.9%)	4:29	13.4 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	**SZPITER Tomasz**	**71**		M50-59	2	00:04:22	00:08:58	00:13:37	00:18:16	**00:22:55.30**	+00:05:07 (22.4%)	4:35	13.1 (77.5%)
16	**STENKA Rafał**	**67**		M30-39	5	00:04:11	00:08:41	00:13:27	00:18:18	**00:23:02.15**	+00:05:14 (22.8%)	4:36	13 (76.9%)
17	**OLEARCZYK Arkadiusz**	**51**		M40-49	5	00:04:21	00:08:57	00:13:39	00:18:24	**00:23:10.20**	+00:05:22 (23.2%)	4:38	12.9 (76.3%)
18	**WINKOWSKI Ireneusz**	**95**		M40-49	6	00:04:26	00:09:10	00:13:52	00:18:36	**00:23:12.00**	+00:05:24 (23.3%)	4:38	12.9 (76.3%)
19	**SEROWSKI Łukasz**	**63**	BIEGOLAS KOSZALIN	M30-39	6	00:04:27	00:09:10	00:13:59	00:18:43	**00:23:23.50**	+00:05:35 (23.9%)	4:40	12.8 (75.7%)
20	**ADASZYNSKI Wiesław**	**2**	BIEGOLAS KOSZALIN	M50-59	3	00:04:16	00:08:50	00:13:31	00:18:16	**00:23:24.95**	+00:05:37 (24.0%)	4:40	12.8 (75.7%)
21	**GRĄBCZEWSKI Dawid**	**20**		M30-39	7	00:04:17	00:08:54	00:13:51	00:18:47	**00:23:32.40**	+00:05:44 (24.4%)	4:42	12.7 (75.1%)
22	**KUCHARCZYK Damian**	**40**	KSW HUSARIA	M30-39	8	00:04:58	00:09:47	00:14:35	00:19:19	**00:23:32.85**	+00:05:45 (24.4%)	4:42	12.7 (75.1%)
23	**WIECZORKOWSKI Władysław**	**78**		M60-69	1	00:04:29	00:09:13	00:14:00	00:18:46	**00:23:32.90**	+00:05:45 (24.4%)	4:42	12.7 (75.1%)
24	**SZYDŁOWSKI Michał**	**72**		M14-29	6	00:04:29	00:09:16	00:14:14	00:19:09	**00:23:46.95**	+00:05:59 (25.2%)	4:45	12.6 (74.6%)
25	**HOREGLAD Paweł**	**25**	SPEEDY GONZALES	M14-29	7	00:04:33	00:09:24	00:14:20	00:19:18	**00:23:50.55**	+00:06:03 (25.4%)	4:46	12.6 (74.6%)
26	**PAWŁOWSKI Michał**	**58**	PRECON-POLSKA	M40-49	7	00:04:27	00:09:15	00:14:22	00:19:14	**00:23:52.65**	+00:06:05 (25.5%)	4:46	12.6 (74.6%)
27	**CHUDZIK Zbigniew**	**9**	TKKF KOSZALIN	M60-69	2	00:04:53	00:09:46	00:14:36	00:19:28	**00:24:09.20**	+00:06:21 (26.3%)	4:49	12.4 (73.4%)
28	**MACIĄG Piotr**	**43**		M40-49	8	00:04:47	00:09:41	00:14:38	00:19:32	**00:24:19.05**	+00:06:31 (26.8%)	4:51	12.3 (72.8%)
29	**DANIELAK Tomasz**	**11**		M14-29	8	00:04:10	00:09:03	00:14:07	00:19:26	**00:24:32.80**	+00:06:45 (27.5%)	4:54	12.2 (72.2%)
30	**ZAWISKA Bartłomiej**	**83**		M30-39	9	00:04:53	00:09:45	00:14:43	00:19:49	**00:24:34.05**	+00:06:46 (27.6%)	4:54	12.2 (72.2%)
31	**JAROSZ Dariusz**	**26**	TKKF KOSZALIN	M40-49	9	00:04:51	00:09:45	00:14:41	00:19:38	**00:24:36.00**	+00:06:48 (27.7%)	4:55	12.2 (72.2%)
32	**KASPRZYK Bogdan**	**28**	KM PSP KOSZALIN	M40-49	10	00:04:48	00:09:43	00:14:45	00:19:46	**00:24:36.30**	+00:06:48 (27.7%)	4:55	12.2 (72.2%)
33	**KLENIEWSKI Piotr**	**29**		M60-69	3	00:04:45	00:09:44	00:14:40	00:19:50	**00:24:48.55**	+00:07:01 (28.3%)	4:57	12.1 (71.6%)
34	**BOREJKO Łukasz**	**7**		M30-39	10	00:05:07	00:10:14	00:15:19	00:20:20	**00:25:01.25**	+00:07:13 (28.9%)	5:00	12 (71.0%)
35	**MACIĄG Paweł**	**42**	HOMOSAPIE	M40-49	11	00:04:58	00:09:57	00:14:59	00:20:05	**00:25:09.85**	+00:07:22 (29.3%)	5:01	11.9 (70.4%)
36	**OSTROWSKI Jacek**	**53**	142BLP TRZEBIATÓW	M30-39	11	00:04:49	00:09:56	00:15:09	00:20:24	**00:25:17.50**	+00:07:29 (29.7%)	5:03	11.9 (70.4%)
37	**BOGACKI Tomasz**	**6**	TKKF KOSZALIN	M60-69	4	00:04:59	00:09:59	00:15:06	00:20:15	**00:25:19.55**	+00:07:32 (29.7%)	5:03	11.8 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
38	**KALINOWSKI Krzysztof**	**94**	ADWOKATURA	M40-49	12	00:05:07	00:10:10	00:15:16	00:20:29	**00:25:30.05**	+00:07:42 (30.2%)	5:06	11.8 (69.8%)
39	**BURKIET Paweł**	**8**		M40-49	13	00:04:39	00:09:39	00:14:54	00:20:19	**00:25:48.50**	+00:08:00 (31.1%)	5:09	11.6 (68.6%)
40	**STAŃCZYK Sławomir**	**101**		M30-39	12	00:04:53	00:10:03	00:15:15	00:20:35	**00:25:49.65**	+00:08:02 (31.1%)	5:09	11.6 (68.6%)
41	**GAWIECKI Piotr**	**18**	ROZBIEGANY KOSZALIN	M40-49	14	00:04:55	00:10:00	00:15:14	00:20:44	**00:25:52.35**	+00:08:04 (31.2%)	5:10	11.6 (68.6%)
42	**KARASIEWICZ Robert**	**27**		M40-49	15	00:04:59	00:10:13	00:15:31	00:20:49	**00:26:03.75**	+00:08:16 (31.7%)	5:12	11.5 (68.0%)
43	**ADAMSKI Dariusz**	**1**	POLANÓW	M30-39	13	00:05:05	00:10:09	00:15:19	00:20:44	**00:26:08.70**	+00:08:21 (31.9%)	5:13	11.5 (68.0%)
44	**WYSOCZAŃSKI Daniel**	**82**	ROZBIEGANA USTKA	M40-49	16	00:05:14	00:10:31	00:15:44	00:21:06	**00:26:20.75**	+00:08:33 (32.5%)	5:16	11.4 (67.5%)
45	**PAJOR Tomasz**	**54**	HOMOSAPIE	M40-49	17	00:04:58	00:10:04	00:15:31	00:21:11	**00:26:43.30**	+00:08:55 (33.4%)	5:20	11.2 (66.3%)
46	**OSOBNIAK Ryszard**	**52**		M60-69	5	00:05:19	00:10:44	00:16:07	00:21:30	**00:26:44.10**	+00:08:56 (33.4%)	5:20	11.2 (66.3%)
47	**KOZŁOWIECKI Waldemar**	**36**	TKKF KOSZALIN	M70+	1	00:05:16	00:10:46	00:16:13	00:21:40	**00:27:10.75**	+00:09:23 (34.5%)	5:26	11 (65.1%)
48	**PARSZCZYŃSKI Michał**	**55**		M14-29	9	00:05:40	00:11:08	00:16:33	00:22:57	**00:27:18.00**	+00:09:30 (34.8%)	5:27	11 (65.1%)
49	**ŻUCHELKOWSKI Henryk**	**85**		M30-39	14	00:05:01	00:10:44	00:16:20	00:21:58	**00:27:22.40**	+00:09:34 (35.0%)	5:28	11 (65.1%)
50	**PIETRZYK Rafał**	**61**	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ KALISZ POMORSKI	M30-39	15	00:05:34	00:11:20	00:17:06	00:22:57	**00:28:35.80**	+00:10:48 (37.8%)	5:43	10.5 (62.1%)
51	**GUTOWSKI Marek**	**23**		M40-49	18	00:05:41	00:11:20	00:17:13	00:23:19	**00:29:03.90**	+00:11:16 (38.8%)	5:48	10.3 (60.9%)
52	**KOWALCZYK Andrzej**	**33**		M50-59	4	00:05:24	00:11:03	00:16:53	00:23:01	**00:29:12.50**	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
53	**SIMINIAK Łukasz**	**65**		M30-39	16	00:06:03	00:12:02	00:18:03	00:24:09	**00:29:32.75**	+00:11:45 (39.8%)	5:54	10.2 (60.4%)
54	**HELLER Zdzisław**	**24**	HERBMARATONOW.PL	M60-69	6	00:05:47	00:12:01	00:18:14	00:24:30	**00:30:33.65**	+00:12:46 (41.8%)	6:06	9.8 (58.0%)
55	**KOSICKI Piotr**	**32**		M50-59	5	00:06:46	00:14:29	00:22:30	00:30:32	**00:38:05.55**	+00:20:18 (53.3%)	7:37	7.9 (46.7%)
56	**PASEK Jan**	**57**	KLUB BIEGOWY JANTAR ŚWIESZYNO	M60-69	7	00:07:25	00:15:51	00:24:52	00:33:43	**00:42:11.90**	+00:24:24 (57.8%)	8:26	7.1 (42.0%)

Znaleziono 56 wynik(ów)