



KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

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



Klasyfikacja: M30-39

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	MAJKOWICZ Rafał	99	BIEGOLAS KOSZALIN	M30-39	1	00:03:37	00:07:30	00:11:31	00:15:32	00:19:19.25		3:51	15.5 (100%)
2	WESOŁOWSKI Marcin	77	OBSESJA BIEGANIA	M30-39	2	00:03:51	00:07:54	00:11:59	00:16:07	00:20:13.20	+00:00:53 (4.4%)	4:02	14.8 (95.5%)
3	BARTHA Adrian	3		M30-39	3	00:04:01	00:08:21	00:12:46	00:17:09	00:20:56.15	+00:01:36 (7.7%)	4:11	14.3 (92.3%)
4	MACIEJCZYK Mateusz	44		M30-39	4	00:04:25	00:08:55	00:13:29	00:18:05	00:22:28.95	+00:03:09 (14.1%)	4:29	13.4 (86.5%)
5	STENKA Rafał	67		M30-39	5	00:04:11	00:08:41	00:13:27	00:18:18	00:23:02.15	+00:03:42 (16.1%)	4:36	13 (83.9%)
6	SEROWSKI Łukasz	63	BIEGOLAS KOSZALIN	M30-39	6	00:04:27	00:09:10	00:13:59	00:18:43	00:23:23.50	+00:04:04 (17.4%)	4:40	12.8 (82.6%)
7	GRĄBCZEWSKI Dawid	20		M30-39	7	00:04:17	00:08:54	00:13:51	00:18:47	00:23:32.40	+00:04:13 (17.9%)	4:42	12.7 (81.9%)
8	KUCHARCZYK Damian	40	KSW HUSARIA	M30-39	8	00:04:58	00:09:47	00:14:35	00:19:19	00:23:32.85	+00:04:13 (17.9%)	4:42	12.7 (81.9%)
9	ZAWISKA Bartłomiej	83		M30-39	9	00:04:53	00:09:45	00:14:43	00:19:49	00:24:34.05	+00:05:14 (21.4%)	4:54	12.2 (78.7%)
10	BOREJKO Łukasz	7		M30-39	10	00:05:07	00:10:14	00:15:19	00:20:20	00:25:01.25	+00:05:42 (22.8%)	5:00	12 (77.4%)
11	OSTROWSKI Jacek	53	142BLP TRZEBIATÓW	M30-39	11	00:04:49	00:09:56	00:15:09	00:20:24	00:25:17.50	+00:05:58 (23.6%)	5:03	11.9 (76.8%)
12	STAŃCZYK Sławomir	101		M30-39	12	00:04:53	00:10:03	00:15:15	00:20:35	00:25:49.65	+00:06:30 (25.2%)	5:09	11.6 (74.8%)
13	ADAMSKI Dariusz	1	POLANÓW	M30-39	13	00:05:05	00:10:09	00:15:19	00:20:44	00:26:08.70	+00:06:49 (26.1%)	5:13	11.5 (74.2%)
14	ŻUCHELKOWSKI Henryk	85		M30-39	14	00:05:01	00:10:44	00:16:20	00:21:58	00:27:22.40	+00:08:03 (29.4%)	5:28	11 (71.0%)

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	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	+00:09:16 (32.4%)	5:43	10.5 (67.7%)
16	SIMINIAK Łukasz	65		M30-39	16	00:06:03	00:12:02	00:18:03	00:24:09	00:29:32.75	+00:10:13 (34.6%)	5:54	10.2 (65.8%)

Znaleziono 16 wynik(ów)