

LECIMY DLA JULKI 10 KM

B4SPORT



Organizator: Gimnazjum 11 Koszalin, TKKF Koszalin
Data: 2016-10-23
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	733	KL ISKRA BIAŁOGARD	Mężczyźni	1	00:01:59	00:09:28	00:19:08	00:29:27	00:39:37.80	00:41:37.10		3:57	15.1 (100%)
2	BEDNARZ Paweł	651	13-TY FUN CLUB ASI CHMIEL:*	Mężczyźni	2	00:01:59	00:09:29	00:19:38	00:30:14	00:40:24.45	00:42:23.60	+00:00:46 (1.9%)	4:02	14.9 (98.7%)
3	WIKTOROWICZ Sławomir	726	JW1223 KOSZALIN	Mężczyźni	3	00:01:59	00:10:28	00:21:11	00:31:57	00:42:24.25	00:44:23.80	+00:02:46 (6.5%)	4:14	14.2 (94.0%)
4	GRZESIK Eugeniusz	667	TKKF KOSZALIN	Mężczyźni	4	00:01:59	00:11:26	00:23:09	00:34:46	00:45:56.90	00:47:56.35	+00:06:19 (13.8%)	4:35	13.1 (86.8%)
5	SOBCZYK Łukasz	740	KOŁOBRZEG BIEGA	Mężczyźni	5	00:01:59	00:10:55	00:22:27	00:34:22	00:46:23.05	00:48:22.50	+00:06:45 (14.6%)	4:38	12.9 (85.4%)
6	SKIERKA Grzegorz	609	MKS ŚWIĘC SŁAWNO	Mężczyźni	6	00:02:03	00:11:34	00:23:09	00:34:58	00:46:39.25	00:48:42.75	+00:07:01 (15.1%)	4:39	12.9 (85.4%)
7	CHUDY Henryk	656	KS OLSZEWSKI I SYNOWIE	Mężczyźni	7	00:01:59	00:11:31	00:23:18	00:35:17	00:46:52.15	00:48:52.10	+00:07:14 (15.4%)	4:41	12.8 (84.8%)
8	MOSEK Radosław	691		Mężczyźni	8	00:02:04	00:11:32	00:23:02	00:34:53	00:46:57.70	00:49:02.10	+00:07:19 (15.6%)	4:41	12.8 (84.8%)
9	SOBCZAK-CZYNSZ Anna	714	FIZJOLINE SZCZECIN	Kobiety	1	00:01:59	00:12:08	00:23:53	00:35:59	00:48:00.55	00:49:59.55	+00:08:22 (17.5%)	4:48	12.5 (82.8%)
10	KONKEL Agnieszka	796		Kobiety	2	00:02:01	00:12:01	00:23:51	00:36:04	00:48:19.20	00:50:21.00	+00:08:41 (18.0%)	4:50	12.4 (82.1%)
11	CZYNSZ Piotr	658	SZCZECIN	Mężczyźni	9	00:01:59	00:12:09	00:24:24	00:37:00	00:49:14.35	00:51:14.00	+00:09:36 (19.5%)	4:55	12.2 (80.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
12	GĄSIOR Krystian	663	ROZBIEGANY SUSZ	Mężczyźni	10	00:02:03	00:11:47	00:24:16	00:36:58	00:49:29.05	00:51:32.65	+00:09:51 (19.9%)	4:56	12.1 (80.1%)
13	PEKAŁA Piotr	700	ROZBIEGANY KOSZALIN	Mężczyźni	11	00:02:03	00:12:36	00:25:06	00:37:44	00:49:55.20	00:51:58.20	+00:10:17 (20.6%)	4:59	12 (79.5%)
14	CHOŁUJ Jarek	655	ROZBIEGANY KOSZALIN	Mężczyźni	12	00:02:04	00:12:07	00:24:47	00:37:59	00:50:46.25	00:52:50.55	+00:11:08 (21.9%)	5:04	11.8 (78.1%)
15	DUDZIAK Piotr	660	ROZBIEGANY KOSZALIN	Mężczyźni	13	00:01:59	00:12:20	00:25:07	00:38:06	00:50:49.60	00:52:49.55	+00:11:11 (22.0%)	5:05	11.8 (78.1%)
16	JARZYNA Roman	674		Mężczyźni	14	00:02:02	00:12:33	00:25:15	00:38:38	00:51:31.75	00:53:33.85	+00:11:53 (23.1%)	5:09	11.6 (76.8%)
17	KAMELSKI Piotr	675	SŁAWNO	Mężczyźni	15	00:02:00	00:12:34	00:25:35	00:38:55	00:51:33.30	00:53:34.15	+00:11:55 (23.1%)	5:09	11.6 (76.8%)
18	JAROSZ Dariusz	673	TKKF KOSZALIN	Mężczyźni	16	00:02:02	00:12:44	00:25:57	00:39:15	00:51:42.65	00:53:45.45	+00:12:04 (23.4%)	5:10	11.6 (76.8%)
19	PRZEWROCKI Michał	739		Mężczyźni	17	00:02:06	00:12:41	00:25:13	00:38:34	00:51:52.65	00:53:58.65	+00:12:14 (23.6%)	5:11	11.6 (76.8%)
20	IWANIEC Dariusz	670	TKKF KOSZALIN	Mężczyźni	18	00:02:02	00:12:47	00:26:04	00:39:13	00:51:54.00	00:53:56.20	+00:12:16 (23.6%)	5:11	11.6 (76.8%)
21	ŁOPIŃSKI Piotr	688		Mężczyźni	19	00:02:01	00:12:50	00:25:55	00:39:15	00:52:05.20	00:54:06.50	+00:12:27 (23.9%)	5:12	11.5 (76.2%)
22	TESKA Bartosz	720	TKKF KOSZALIN	Mężczyźni	20	00:02:01	00:12:54	00:26:11	00:39:26	00:52:13.20	00:54:14.75	+00:12:35 (24.1%)	5:13	11.5 (76.2%)
23	KOSIŃSKI Wojtek	681		Mężczyźni	21	00:02:00	00:12:52	00:26:09	00:39:31	00:52:22.70	00:54:22.75	+00:12:44 (24.3%)	5:14	11.5 (76.2%)
24	KONIECZNA Anka	794	ROZBIEGANY KOSZALIN	Kobiety	3	00:02:06	00:13:19	00:26:13	00:39:23	00:52:27.00	00:54:33.00	+00:12:49 (24.4%)	5:14	11.4 (75.5%)
25	ŚWIĘTOŃ Rafał	718		Mężczyźni	22	00:02:00	00:12:52	00:26:09	00:39:34	00:52:27.65	00:54:28.00	+00:12:49 (24.5%)	5:14	11.4 (75.5%)
26	RUTKOWSKI Ryszard	711	RUTKOWSCY TEAM	Mężczyźni	23	00:01:59	00:12:29	00:25:48	00:39:38	00:52:42.50	00:54:42.45	+00:13:04 (24.8%)	5:16	11.4 (75.5%)
27	SKOWYRSKI Janusz	712	TKKF KOSZALIN	Mężczyźni	24	00:02:02	00:12:47	00:26:05	00:39:36	00:52:48.55	00:54:50.95	+00:13:10 (25.0%)	5:16	11.4 (75.5%)
28	KRAWCZYK Tomasz	684		Mężczyźni	25	00:02:01	00:12:52	00:26:09	00:39:38	00:53:25.00	00:55:26.40	+00:13:47 (25.8%)	5:20	11.2 (74.2%)
29	GÓRECKI Mirosław	545	JW1223	Mężczyźni	26	00:02:05	00:13:07	00:26:27	00:40:14	00:53:46.75	00:55:51.90	+00:14:08 (26.3%)	5:22	11.2 (74.2%)
30	KRAKOWIAK Sławomir	735		Mężczyźni	27	00:02:02	00:12:48	00:26:24	00:40:33	00:54:08.95	00:56:11.70	+00:14:31 (26.8%)	5:24	11.1 (73.5%)
31	TELESIEWICZ Henryk	731	KS OLSZEWSKI I SYNOWIE	Mężczyźni	28	00:01:59	00:12:20	00:26:11	00:40:19	00:54:09.10	00:56:08.70	+00:14:31 (26.8%)	5:24	11.1 (73.5%)
32	WILKOWSKI Krzysztof	727		Mężczyźni	29	00:02:00	00:13:17	00:27:05	00:40:56	00:54:14.40	00:56:15.30	+00:14:36 (26.9%)	5:25	11.1 (73.5%)
33	PEŁECHATA Julita	698		Kobiety	4	00:01:59	00:12:54	00:26:39	00:40:56	00:54:46.35	00:56:46.25	+00:15:08 (27.6%)	5:28	11 (72.8%)
34	JAROSZ Jakub	738	TKKF KOSZALIN	Mężczyźni	30	00:02:00	00:13:08	00:27:50	00:41:19	00:54:50.10	00:56:50.90	+00:15:12 (27.7%)	5:29	10.9 (72.2%)

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35	PUŚCIAN Krzysztof	706	GIMNAZJUM W MANOWIE	Mężczyźni	31	00:02:00	00:13:49	00:27:42	00:42:01	00:54:51.75	00:56:52.10	+00:15:13 (27.8%)	5:29	10.9 (72.2%)
36	GOŃKA Krzysztof	665	DECATHLON KOSZALIN	Mężczyźni	32	00:02:01	00:13:09	00:26:53	00:41:20	00:54:53.80	00:56:55.45	+00:15:16 (27.8%)	5:29	10.9 (72.2%)
37	RUTKOWSKI Artur	710	RUTKOWSCY TEAM	Mężczyźni	33	00:02:00	00:12:44	00:26:24	00:40:51	00:54:58.80	00:56:58.80	+00:15:21 (27.9%)	5:29	10.9 (72.2%)
38	KONKEL Łukasz	792		Mężczyźni	34	00:02:03	00:13:21	00:27:04	00:41:23	00:55:08.65	00:57:11.95	+00:15:30 (28.1%)	5:30	10.9 (72.2%)
39	LEMAŃCZYK Adrian	741		Mężczyźni	35	00:02:00	00:12:17	00:27:53	00:42:44	00:55:41.85	00:57:42.45	+00:16:04 (28.8%)	5:34	10.8 (71.5%)
40	PSTRĄGOWSKI Marcin	705	DZIKI KOSZALIN	Mężczyźni	36	00:02:01	00:12:53	00:26:40	00:41:02	00:55:53.80	00:57:54.95	+00:16:16 (29.1%)	5:35	10.7 (70.9%)
41	RACZKOWSKI Marcin	546		Mężczyźni	37	00:02:00	00:12:50	00:27:54	00:42:45	00:56:06.60	00:58:07.40	+00:16:28 (29.4%)	5:36	10.7 (70.9%)
42	WIATRZYK Krzysztof	734		Mężczyźni	38	00:02:01	00:13:02	00:26:54	00:41:37	00:56:29.60	00:58:31.15	+00:16:51 (29.9%)	5:39	10.6 (70.2%)
43	WICHER Krzysztof	725	ADWOKATURA	Mężczyźni	39	00:02:02	00:12:55	00:27:16	00:42:07	00:56:45.90	00:58:48.65	+00:17:08 (30.2%)	5:40	10.6 (70.2%)
44	PIEKARZEWICZ Tomasz	701	BOBOLICE	Mężczyźni	40	00:02:06	00:14:15	00:28:10	00:42:28	00:56:47.65	00:58:54.00	+00:17:09 (30.2%)	5:40	10.6 (70.2%)
45	KRZEWIŃSKA Małgorzata	685	TKKF KOSZALIN	Kobiety	5	00:02:02	00:13:59	00:28:23	00:42:36	00:56:51.60	00:58:53.85	+00:17:13 (30.3%)	5:41	10.6 (70.2%)
46	TARASIEWICZ Dorota	719	FABRYKAPOZYCJI.PL	Kobiety	6	00:02:03	00:14:01	00:28:16	00:42:36	00:57:04.60	00:59:07.70	+00:17:26 (30.6%)	5:42	10.5 (69.5%)
47	DYBOWSKI Wit	661		Mężczyźni	41	00:02:01	00:13:32	00:28:08	00:42:39	00:57:09.30	00:59:10.95	+00:17:31 (30.7%)	5:42	10.5 (69.5%)
48	WALOCHA Krzysztof	724		Mężczyźni	42	00:02:07	00:14:19	00:28:54	00:43:31	00:57:20.60	00:59:27.95	+00:17:42 (30.9%)	5:44	10.5 (69.5%)
49	ROGOŻA Ireneusz	707	BIEGNIJMY.PL	Mężczyźni	43	00:02:04	00:14:18	00:28:43	00:43:30	00:57:39.40	00:59:43.45	+00:18:01 (31.3%)	5:45	10.4 (68.9%)
50	RUSINEK Artur	709		Mężczyźni	44	00:02:03	00:12:21	00:26:45	00:42:35	00:57:41.30	00:59:45.10	+00:18:03 (31.3%)	5:46	10.4 (68.9%)
51	OSOBNIAK Ryszard	695	ROZBIEGANY KOSZALIN	Mężczyźni	45	00:02:01	00:13:58	00:28:40	00:43:37	00:57:58.00	00:59:59.95	+00:18:20 (31.6%)	5:47	10.4 (68.9%)
52	KUŁAKOWSKI Dawid	686	TKKF KOSZALIN	Mężczyźni	46	00:02:03	00:13:57	00:28:42	00:44:02	00:58:12.05	01:00:15.95	+00:18:34 (31.9%)	5:49	10.3 (68.2%)
53	OSTROWSKI Krzysztof	786		Mężczyźni	47	00:02:02	00:13:59	00:28:38	00:43:44	00:58:13.75	01:00:16.25	+00:18:35 (31.9%)	5:49	10.3 (68.2%)
54	CHODOR Izabela	654		Kobiety	7	00:02:05	00:14:18	00:28:55	00:44:00	00:58:16.55	01:00:22.00	+00:18:38 (32.0%)	5:49	10.3 (68.2%)
55	MICERSKI Tomasz	690	TKKF KOSZALIN	Mężczyźni	48	00:02:04	00:13:56	00:28:42	00:44:02	00:58:18.50	01:00:22.55	+00:18:40 (32.0%)	5:49	10.3 (68.2%)
56	KOZŁOWIECKI Waldemar	729		Mężczyźni	49	00:02:00	00:14:15	00:29:02	00:44:07	00:58:31.75	01:00:32.30	+00:18:53 (32.3%)	5:51	10.3 (68.2%)
57	DZIĘBOWSKI Mariusz	790		Mężczyźni	50	00:02:06	00:13:36	00:28:29	00:43:41	00:58:34.85	01:00:41.45	+00:18:57 (32.3%)	5:51	10.2 (67.5%)

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58	PEŁKA Janusz	699		Mężczyźni	51	00:02:00	00:13:47	00:28:59	00:44:22	00:58:57.15	01:00:57.60	+00:19:19 (32.8%)	5:53	10.2 (67.5%)
59	KORPAL Cezary	680	ROZBIEGANY KOSZALIN	Mężczyźni	52	00:02:03	00:14:22	00:29:24	00:44:40	00:59:11.90	01:01:15.40	+00:19:34 (33.1%)	5:55	10.1 (66.9%)
60	GRABOWSKA-LESISZ Aneta	666		Kobiety	8	00:02:04	00:13:35	00:28:30	00:43:41	00:59:12.30	01:01:17.15	+00:19:34 (33.1%)	5:55	10.1 (66.9%)
61	SOKÓŁ Michał	799		Mężczyźni	53	00:02:07	00:18:11	00:39:17	00:39:39	00:59:14.85	01:01:22.05	+00:19:37 (33.1%)	5:55	10.1 (66.9%)
62	JANUSZEWSKI Jacek	672	17 WOG KOSZALIN	Mężczyźni	54	00:02:02	00:13:56	00:28:27	00:43:34	00:59:15.10	01:01:17.90	+00:19:37 (33.1%)	5:55	10.1 (66.9%)
63	ŚRODA Wojciech	717		Mężczyźni	55	00:02:07	00:14:35	00:29:38	00:44:40	00:59:24.90	01:01:32.65	+00:19:47 (33.3%)	5:56	10.1 (66.9%)
64	PIĘTKO Joanna	702		Kobiety	9	00:02:06	00:14:34	00:29:38	00:44:40	00:59:26.20	01:01:32.20	+00:19:48 (33.3%)	5:56	10.1 (66.9%)
65	NOREK Tomek	694		Mężczyźni	56	00:02:05	00:14:24	00:29:29	00:44:53	01:00:08.10	01:02:13.85	+00:20:30 (34.1%)	6:00	10 (66.2%)
66	KOWALCZYK Piotr	682		Mężczyźni	57	00:02:05	00:14:03	00:29:18	00:44:56	01:00:54.65	01:02:59.85	+00:21:16 (34.9%)	6:05	9.9 (65.6%)
67	LASKOWSKI Grzegorz	732		Mężczyźni	58	00:02:03	00:14:29	00:30:19	00:46:05	01:01:21.30	01:03:24.35	+00:21:43 (35.4%)	6:08	9.8 (64.9%)
68	RASZPLA Radosław	544		Mężczyźni	59	00:02:04	00:13:52	00:29:17	00:45:56	01:02:13.90	01:04:18.60	+00:22:36 (36.3%)	6:13	9.6 (63.6%)
69	SOBALA Anna	713		Kobiety	10	00:02:04	00:14:44	00:30:35	00:46:13	01:02:22.65	01:04:27.50	+00:22:44 (36.5%)	6:14	9.6 (63.6%)
70	MALCZEWSKI Dariusz	689	BOBOLICE	Mężczyźni	60	00:02:06	00:15:09	00:31:11	00:47:20	01:03:07.25	01:05:13.85	+00:23:29 (37.2%)	6:18	9.5 (62.9%)
71	KONKEL Joanna	580	MKS 'ŚWIĘC ' SŁAWNO	Kobiety	11	00:02:04	00:15:41	00:31:36	00:47:33	01:03:24.35	01:05:28.70	+00:23:46 (37.5%)	6:20	9.5 (62.9%)
72	BIELAK Małgorzata	771		Kobiety	12	00:02:46	00:15:01	00:31:05	00:47:19	01:03:43.35	01:06:30.15	+00:24:05 (37.8%)	6:22	9.4 (62.3%)
73	WALCZAK Agnieszka	723	TKKF KOSZALIN	Kobiety	13	00:02:05	00:14:59	00:31:14	00:47:56	01:04:52.60	01:06:57.70	+00:25:14 (38.9%)	6:29	9.2 (60.9%)
74	RUMKOWSKI Piotr	708		Mężczyźni	61	00:02:04	00:15:29	00:32:04	00:49:25	01:06:26.95	01:08:31.60	+00:26:49 (40.4%)	6:38	9 (59.6%)
75	KARNICKI Zygmunt	676	TKKF KOSZALIN	Mężczyźni	62	00:02:04	00:15:28	00:32:15	00:49:41	01:06:35.05	01:08:39.55	+00:26:57 (40.5%)	6:39	9 (59.6%)
76	PSTRAGOWSKA Marlena	704	BIEGNIJMY.PL	Kobiety	14	00:02:01	00:15:48	00:33:38	00:50:04	01:06:39.25	01:08:40.95	+00:27:01 (40.5%)	6:39	9 (59.6%)
77	FRASZKIEWICZ Jarosław	662		Mężczyźni	63	00:02:07	00:16:02	00:32:49	00:50:21	01:07:34.40	01:09:42.15	+00:27:56 (41.4%)	6:45	8.9 (58.9%)
78	TRZEŚNIEWSKI Zbigniew	721		Mężczyźni	64	00:02:08	00:16:48	00:33:57	00:51:04	01:07:56.30	01:10:04.30	+00:28:18 (41.7%)	6:47	8.8 (58.3%)
79	VON BARDELEBEN Agnieszka	722	BABECZKI KOSZALIN	Kobiety	15	00:02:05	00:16:42	00:33:39	00:51:14	01:08:41.45	01:10:46.85	+00:29:03 (42.3%)	6:52	8.7 (57.6%)
80	MOŻEJKO Anna	692	BABECZKI KOSZALIN	Kobiety	16	00:02:05	00:16:46	00:33:42	00:51:16	01:08:51.60	01:10:57.10	+00:29:13 (42.4%)	6:53	8.7 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
80	STEC Edyta	716	BABECZKI KOSZALIN	Kobiety	17	00:02:05	00:16:47	00:33:43	00:51:16	01:08:51.60	01:10:56.85	+00:29:13 (42.4%)	6:53	8.7 (57.6%)
82	KURŁOWICZ Krzysztof	730	WESOŁE BLONDYNKI	Mężczyźni	65	00:02:03	00:14:59	00:33:19	00:51:10	01:09:20.45	01:11:23.75	+00:29:42 (42.8%)	6:56	8.7 (57.6%)
83	POLETAJEW Wiktoria	703		Kobiety	18	00:02:07	00:16:49	00:33:42	00:52:44	01:10:56.25	01:13:03.90	+00:31:18 (44.1%)	7:05	8.5 (56.3%)
84	PASEK Paula	696		Kobiety	19	00:02:06	00:17:53	00:35:35	00:53:56	01:12:42.90	01:14:48.95	+00:33:05 (45.5%)	7:16	8.3 (55.0%)
85	STASZYŃSKA Marianna	715	BTC"ORZEL,,BIAŁOGARD	Kobiety	20	00:02:03	00:16:58	00:35:06	00:53:51	01:13:19.50	01:15:23.30	+00:33:41 (46.0%)	7:20	8.2 (54.3%)
86	PASEK Jan	697		Mężczyźni	66	00:02:07	00:18:16	00:38:14	00:59:08	01:20:19.35	01:22:26.35	+00:40:41 (50.7%)	8:01	7.5 (49.7%)

Znaleziono 86 wynik(ów)