

# LECIMY DLA JULKI 10 KM

B4SPORT



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



Klasyfikacja: Mężczyźni

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	<b>WITKOWSKI Mateusz</b>	<b>733</b>	KL ISKRA BIAŁOGARD	Mężczyźni	1	00:01:59	00:09:28	00:19:08	00:29:27	<b>00:39:37.80</b>	<b>00:41:37.10</b>		3:57	15.1 (100%)
2	<b>BEDNARZ Paweł</b>	<b>651</b>	13-TY FUN CLUB ASI CHMIEL:*	Mężczyźni	2	00:01:59	00:09:29	00:19:38	00:30:14	<b>00:40:24.45</b>	<b>00:42:23.60</b>	+00:00:46 (1.9%)	4:02	14.9 (98.7%)
3	<b>WIKTOROWICZ Sławomir</b>	<b>726</b>	JW1223 KOSZALIN	Mężczyźni	3	00:01:59	00:10:28	00:21:11	00:31:57	<b>00:42:24.25</b>	<b>00:44:23.80</b>	+00:02:46 (6.5%)	4:14	14.2 (94.0%)
4	<b>GRZESIK Eugeniusz</b>	<b>667</b>	TKKF KOSZALIN	Mężczyźni	4	00:01:59	00:11:26	00:23:09	00:34:46	<b>00:45:56.90</b>	<b>00:47:56.35</b>	+00:06:19 (13.8%)	4:35	13.1 (86.8%)
5	<b>SOBCZYK Łukasz</b>	<b>740</b>	KOŁOBRZEG BIEGA	Mężczyźni	5	00:01:59	00:10:55	00:22:27	00:34:22	<b>00:46:23.05</b>	<b>00:48:22.50</b>	+00:06:45 (14.6%)	4:38	12.9 (85.4%)
6	<b>SKIERKA Grzegorz</b>	<b>609</b>	MKS ŚWIĘC SŁAWNO	Mężczyźni	6	00:02:03	00:11:34	00:23:09	00:34:58	<b>00:46:39.25</b>	<b>00:48:42.75</b>	+00:07:01 (15.1%)	4:39	12.9 (85.4%)
7	<b>CHUDY Henryk</b>	<b>656</b>	KS OLSZEWSKI I SYNOWIE	Mężczyźni	7	00:01:59	00:11:31	00:23:18	00:35:17	<b>00:46:52.15</b>	<b>00:48:52.10</b>	+00:07:14 (15.4%)	4:41	12.8 (84.8%)
8	<b>MOSEK Radosław</b>	<b>691</b>		Mężczyźni	8	00:02:04	00:11:32	00:23:02	00:34:53	<b>00:46:57.70</b>	<b>00:49:02.10</b>	+00:07:19 (15.6%)	4:41	12.8 (84.8%)
9	<b>CZYNSZ Piotr</b>	<b>658</b>	SZCZECIN	Mężczyźni	9	00:01:59	00:12:09	00:24:24	00:37:00	<b>00:49:14.35</b>	<b>00:51:14.00</b>	+00:09:36 (19.5%)	4:55	12.2 (80.8%)
10	<b>GĄSIOR Krystian</b>	<b>663</b>	ROZBIEGANY SUSZ	Mężczyźni	10	00:02:03	00:11:47	00:24:16	00:36:58	<b>00:49:29.05</b>	<b>00:51:32.65</b>	+00:09:51 (19.9%)	4:56	12.1 (80.1%)
11	<b>PEKAŁA Piotr</b>	<b>700</b>	ROZBIEGANY KOSZALIN	Mężczyźni	11	00:02:03	00:12:36	00:25:06	00:37:44	<b>00:49:55.20</b>	<b>00:51:58.20</b>	+00:10:17 (20.6%)	4:59	12 (79.5%)

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	<b>CHOŁUJ Jarek</b>	<b>655</b>	ROZBIEGANY KOSZALIN	Mężczyźni	12	00:02:04	00:12:07	00:24:47	00:37:59	<b>00:50:46.25</b>	<b>00:52:50.55</b>	+00:11:08 (21.9%)	5:04	11.8 (78.1%)
13	<b>DUDZIAK Piotr</b>	<b>660</b>	ROZBIEGANY KOSZALIN	Mężczyźni	13	00:01:59	00:12:20	00:25:07	00:38:06	<b>00:50:49.60</b>	<b>00:52:49.55</b>	+00:11:11 (22.0%)	5:05	11.8 (78.1%)
14	<b>JARZYNA Roman</b>	<b>674</b>		Mężczyźni	14	00:02:02	00:12:33	00:25:15	00:38:38	<b>00:51:31.75</b>	<b>00:53:33.85</b>	+00:11:53 (23.1%)	5:09	11.6 (76.8%)
15	<b>KAMELSKI Piotr</b>	<b>675</b>	SŁAWNO	Mężczyźni	15	00:02:00	00:12:34	00:25:35	00:38:55	<b>00:51:33.30</b>	<b>00:53:34.15</b>	+00:11:55 (23.1%)	5:09	11.6 (76.8%)
16	<b>JAROSZ Dariusz</b>	<b>673</b>	TKKF KOSZALIN	Mężczyźni	16	00:02:02	00:12:44	00:25:57	00:39:15	<b>00:51:42.65</b>	<b>00:53:45.45</b>	+00:12:04 (23.4%)	5:10	11.6 (76.8%)
17	<b>PRZEWROCKI Michał</b>	<b>739</b>		Mężczyźni	17	00:02:06	00:12:41	00:25:13	00:38:34	<b>00:51:52.65</b>	<b>00:53:58.65</b>	+00:12:14 (23.6%)	5:11	11.6 (76.8%)
18	<b>IWANIEC Dariusz</b>	<b>670</b>	TKKF KOSZALIN	Mężczyźni	18	00:02:02	00:12:47	00:26:04	00:39:13	<b>00:51:54.00</b>	<b>00:53:56.20</b>	+00:12:16 (23.6%)	5:11	11.6 (76.8%)
19	<b>ŁOPIŃSKI Piotr</b>	<b>688</b>		Mężczyźni	19	00:02:01	00:12:50	00:25:55	00:39:15	<b>00:52:05.20</b>	<b>00:54:06.50</b>	+00:12:27 (23.9%)	5:12	11.5 (76.2%)
20	<b>TESKA Bartosz</b>	<b>720</b>	TKKF KOSZALIN	Mężczyźni	20	00:02:01	00:12:54	00:26:11	00:39:26	<b>00:52:13.20</b>	<b>00:54:14.75</b>	+00:12:35 (24.1%)	5:13	11.5 (76.2%)
21	<b>KOSIŃSKI Wojtek</b>	<b>681</b>		Mężczyźni	21	00:02:00	00:12:52	00:26:09	00:39:31	<b>00:52:22.70</b>	<b>00:54:22.75</b>	+00:12:44 (24.3%)	5:14	11.5 (76.2%)
22	<b>ŚWIĘTOŃ Rafał</b>	<b>718</b>		Mężczyźni	22	00:02:00	00:12:52	00:26:09	00:39:34	<b>00:52:27.65</b>	<b>00:54:28.00</b>	+00:12:49 (24.5%)	5:14	11.4 (75.5%)
23	<b>RUTKOWSKI Ryszard</b>	<b>711</b>	RUTKOWSCY TEAM	Mężczyźni	23	00:01:59	00:12:29	00:25:48	00:39:38	<b>00:52:42.50</b>	<b>00:54:42.45</b>	+00:13:04 (24.8%)	5:16	11.4 (75.5%)
24	<b>SKOWYRSKI Janusz</b>	<b>712</b>	TKKF KOSZALIN	Mężczyźni	24	00:02:02	00:12:47	00:26:05	00:39:36	<b>00:52:48.55</b>	<b>00:54:50.95</b>	+00:13:10 (25.0%)	5:16	11.4 (75.5%)
25	<b>KRAWCZYK Tomasz</b>	<b>684</b>		Mężczyźni	25	00:02:01	00:12:52	00:26:09	00:39:38	<b>00:53:25.00</b>	<b>00:55:26.40</b>	+00:13:47 (25.8%)	5:20	11.2 (74.2%)
26	<b>GÓRECKI Mirosław</b>	<b>545</b>	JW1223	Mężczyźni	26	00:02:05	00:13:07	00:26:27	00:40:14	<b>00:53:46.75</b>	<b>00:55:51.90</b>	+00:14:08 (26.3%)	5:22	11.2 (74.2%)
27	<b>KRAKOWIAK Sławomir</b>	<b>735</b>		Mężczyźni	27	00:02:02	00:12:48	00:26:24	00:40:33	<b>00:54:08.95</b>	<b>00:56:11.70</b>	+00:14:31 (26.8%)	5:24	11.1 (73.5%)
28	<b>TELESIEWICZ Henryk</b>	<b>731</b>	KS OLSZEWSKI I SYNOWIE	Mężczyźni	28	00:01:59	00:12:20	00:26:11	00:40:19	<b>00:54:09.10</b>	<b>00:56:08.70</b>	+00:14:31 (26.8%)	5:24	11.1 (73.5%)
29	<b>WILKOWSKI Krzysztof</b>	<b>727</b>		Mężczyźni	29	00:02:00	00:13:17	00:27:05	00:40:56	<b>00:54:14.40</b>	<b>00:56:15.30</b>	+00:14:36 (26.9%)	5:25	11.1 (73.5%)
30	<b>JAROSZ Jakub</b>	<b>738</b>	TKKF KOSZALIN	Mężczyźni	30	00:02:00	00:13:08	00:27:50	00:41:19	<b>00:54:50.10</b>	<b>00:56:50.90</b>	+00:15:12 (27.7%)	5:29	10.9 (72.2%)
31	<b>PUŚCIAN Krzysztof</b>	<b>706</b>	GIMNAZJUM W MANOWIE	Mężczyźni	31	00:02:00	00:13:49	00:27:42	00:42:01	<b>00:54:51.75</b>	<b>00:56:52.10</b>	+00:15:13 (27.8%)	5:29	10.9 (72.2%)
32	<b>GOŃKA Krzysztof</b>	<b>665</b>	DECATHLON KOSZALIN	Mężczyźni	32	00:02:01	00:13:09	00:26:53	00:41:20	<b>00:54:53.80</b>	<b>00:56:55.45</b>	+00:15:16 (27.8%)	5:29	10.9 (72.2%)
33	<b>RUTKOWSKI Artur</b>	<b>710</b>	RUTKOWSCY TEAM	Mężczyźni	33	00:02:00	00:12:44	00:26:24	00:40:51	<b>00:54:58.80</b>	<b>00:56:58.80</b>	+00:15:21 (27.9%)	5:29	10.9 (72.2%)
34	<b>KONKEL Łukasz</b>	<b>792</b>		Mężczyźni	34	00:02:03	00:13:21	00:27:04	00:41:23	<b>00:55:08.65</b>	<b>00:57:11.95</b>	+00:15:30 (28.1%)	5:30	10.9 (72.2%)

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35	<b>LEMAŃCZYK Adrian</b>	<b>741</b>		Mężczyźni	35	00:02:00	00:12:17	00:27:53	00:42:44	<b>00:55:41.85</b>	<b>00:57:42.45</b>	+00:16:04 (28.8%)	5:34	10.8 (71.5%)
36	<b>PSTRĄGOWSKI Marcin</b>	<b>705</b>	DZIKI KOSZALIN	Mężczyźni	36	00:02:01	00:12:53	00:26:40	00:41:02	<b>00:55:53.80</b>	<b>00:57:54.95</b>	+00:16:16 (29.1%)	5:35	10.7 (70.9%)
37	<b>RACZKOWSKI Marcin</b>	<b>546</b>		Mężczyźni	37	00:02:00	00:12:50	00:27:54	00:42:45	<b>00:56:06.60</b>	<b>00:58:07.40</b>	+00:16:28 (29.4%)	5:36	10.7 (70.9%)
38	<b>WIATRZYK Krzysztof</b>	<b>734</b>		Mężczyźni	38	00:02:01	00:13:02	00:26:54	00:41:37	<b>00:56:29.60</b>	<b>00:58:31.15</b>	+00:16:51 (29.9%)	5:39	10.6 (70.2%)
39	<b>WICHER Krzysztof</b>	<b>725</b>	ADWOKATURA	Mężczyźni	39	00:02:02	00:12:55	00:27:16	00:42:07	<b>00:56:45.90</b>	<b>00:58:48.65</b>	+00:17:08 (30.2%)	5:40	10.6 (70.2%)
40	<b>PIEKARZEWICZ Tomasz</b>	<b>701</b>	BOBOLICE	Mężczyźni	40	00:02:06	00:14:15	00:28:10	00:42:28	<b>00:56:47.65</b>	<b>00:58:54.00</b>	+00:17:09 (30.2%)	5:40	10.6 (70.2%)
41	<b>DYBOWSKI Wit</b>	<b>661</b>		Mężczyźni	41	00:02:01	00:13:32	00:28:08	00:42:39	<b>00:57:09.30</b>	<b>00:59:10.95</b>	+00:17:31 (30.7%)	5:42	10.5 (69.5%)
42	<b>WALOCHA Krzysztof</b>	<b>724</b>		Mężczyźni	42	00:02:07	00:14:19	00:28:54	00:43:31	<b>00:57:20.60</b>	<b>00:59:27.95</b>	+00:17:42 (30.9%)	5:44	10.5 (69.5%)
43	<b>ROGOŻA Ireneusz</b>	<b>707</b>	BIEGNIJMY.PL	Mężczyźni	43	00:02:04	00:14:18	00:28:43	00:43:30	<b>00:57:39.40</b>	<b>00:59:43.45</b>	+00:18:01 (31.3%)	5:45	10.4 (68.9%)
44	<b>RUSINEK Artur</b>	<b>709</b>		Mężczyźni	44	00:02:03	00:12:21	00:26:45	00:42:35	<b>00:57:41.30</b>	<b>00:59:45.10</b>	+00:18:03 (31.3%)	5:46	10.4 (68.9%)
45	<b>OSOBNIAK Ryszard</b>	<b>695</b>	ROZBIEGANY KOSZALIN	Mężczyźni	45	00:02:01	00:13:58	00:28:40	00:43:37	<b>00:57:58.00</b>	<b>00:59:59.95</b>	+00:18:20 (31.6%)	5:47	10.4 (68.9%)
46	<b>KUŁAKOWSKI Dawid</b>	<b>686</b>	TKKF KOSZALIN	Mężczyźni	46	00:02:03	00:13:57	00:28:42	00:44:02	<b>00:58:12.05</b>	<b>01:00:15.95</b>	+00:18:34 (31.9%)	5:49	10.3 (68.2%)
47	<b>OSTROWSKI Krzysztof</b>	<b>786</b>		Mężczyźni	47	00:02:02	00:13:59	00:28:38	00:43:44	<b>00:58:13.75</b>	<b>01:00:16.25</b>	+00:18:35 (31.9%)	5:49	10.3 (68.2%)
48	<b>MICERSKI Tomasz</b>	<b>690</b>	TKKF KOSZALIN	Mężczyźni	48	00:02:04	00:13:56	00:28:42	00:44:02	<b>00:58:18.50</b>	<b>01:00:22.55</b>	+00:18:40 (32.0%)	5:49	10.3 (68.2%)
49	<b>KOZŁOWIECKI Waldemar</b>	<b>729</b>		Mężczyźni	49	00:02:00	00:14:15	00:29:02	00:44:07	<b>00:58:31.75</b>	<b>01:00:32.30</b>	+00:18:53 (32.3%)	5:51	10.3 (68.2%)
50	<b>DZIĘBOWSKI Mariusz</b>	<b>790</b>		Mężczyźni	50	00:02:06	00:13:36	00:28:29	00:43:41	<b>00:58:34.85</b>	<b>01:00:41.45</b>	+00:18:57 (32.3%)	5:51	10.2 (67.5%)
51	<b>PEŁKA Janusz</b>	<b>699</b>		Mężczyźni	51	00:02:00	00:13:47	00:28:59	00:44:22	<b>00:58:57.15</b>	<b>01:00:57.60</b>	+00:19:19 (32.8%)	5:53	10.2 (67.5%)
52	<b>KORPAL Cezary</b>	<b>680</b>	ROZBIEGANY KOSZALIN	Mężczyźni	52	00:02:03	00:14:22	00:29:24	00:44:40	<b>00:59:11.90</b>	<b>01:01:15.40</b>	+00:19:34 (33.1%)	5:55	10.1 (66.9%)
53	<b>SOKÓŁ Michał</b>	<b>799</b>		Mężczyźni	53	00:02:07	00:18:11	00:39:17	00:39:39	<b>00:59:14.85</b>	<b>01:01:22.05</b>	+00:19:37 (33.1%)	5:55	10.1 (66.9%)
54	<b>JANUSZEWSKI Jacek</b>	<b>672</b>	17 WOG KOSZALIN	Mężczyźni	54	00:02:02	00:13:56	00:28:27	00:43:34	<b>00:59:15.10</b>	<b>01:01:17.90</b>	+00:19:37 (33.1%)	5:55	10.1 (66.9%)
55	<b>ŚRODA Wojciech</b>	<b>717</b>		Mężczyźni	55	00:02:07	00:14:35	00:29:38	00:44:40	<b>00:59:24.90</b>	<b>01:01:32.65</b>	+00:19:47 (33.3%)	5:56	10.1 (66.9%)
56	<b>NOREK Tomek</b>	<b>694</b>		Mężczyźni	56	00:02:05	00:14:24	00:29:29	00:44:53	<b>01:00:08.10</b>	<b>01:02:13.85</b>	+00:20:30 (34.1%)	6:00	10 (66.2%)
57	<b>KOWALCZYK Piotr</b>	<b>682</b>		Mężczyźni	57	00:02:05	00:14:03	00:29:18	00:44:56	<b>01:00:54.65</b>	<b>01:02:59.85</b>	+00:21:16 (34.9%)	6:05	9.9 (65.6%)

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58	<b>LASKOWSKI Grzegorz</b>	<b>732</b>		Mężczyźni	58	00:02:03	00:14:29	00:30:19	00:46:05	<b>01:01:21.30</b>	<b>01:03:24.35</b>	+00:21:43 (35.4%)	6:08	9.8 (64.9%)
59	<b>RASZPLA Radosław</b>	<b>544</b>		Mężczyźni	59	00:02:04	00:13:52	00:29:17	00:45:56	<b>01:02:13.90</b>	<b>01:04:18.60</b>	+00:22:36 (36.3%)	6:13	9.6 (63.6%)
60	<b>MALCZEWSKI Dariusz</b>	<b>689</b>	BOBOLICE	Mężczyźni	60	00:02:06	00:15:09	00:31:11	00:47:20	<b>01:03:07.25</b>	<b>01:05:13.85</b>	+00:23:29 (37.2%)	6:18	9.5 (62.9%)
61	<b>RUMKOWSKI Piotr</b>	<b>708</b>		Mężczyźni	61	00:02:04	00:15:29	00:32:04	00:49:25	<b>01:06:26.95</b>	<b>01:08:31.60</b>	+00:26:49 (40.4%)	6:38	9 (59.6%)
62	<b>KARNICKI Zygmunt</b>	<b>676</b>	TKKF KOSZALIN	Mężczyźni	62	00:02:04	00:15:28	00:32:15	00:49:41	<b>01:06:35.05</b>	<b>01:08:39.55</b>	+00:26:57 (40.5%)	6:39	9 (59.6%)
63	<b>FRASZKIEWICZ Jarosław</b>	<b>662</b>		Mężczyźni	63	00:02:07	00:16:02	00:32:49	00:50:21	<b>01:07:34.40</b>	<b>01:09:42.15</b>	+00:27:56 (41.4%)	6:45	8.9 (58.9%)
64	<b>TRZEŚNIEWSKI Zbigniew</b>	<b>721</b>		Mężczyźni	64	00:02:08	00:16:48	00:33:57	00:51:04	<b>01:07:56.30</b>	<b>01:10:04.30</b>	+00:28:18 (41.7%)	6:47	8.8 (58.3%)
65	<b>KURŁOWICZ Krzysztof</b>	<b>730</b>	WESOŁE BLONDYNKI	Mężczyźni	65	00:02:03	00:14:59	00:33:19	00:51:10	<b>01:09:20.45</b>	<b>01:11:23.75</b>	+00:29:42 (42.8%)	6:56	8.7 (57.6%)
66	<b>PASEK Jan</b>	<b>697</b>		Mężczyźni	66	00:02:07	00:18:16	00:38:14	00:59:08	<b>01:20:19.35</b>	<b>01:22:26.35</b>	+00:40:41 (50.7%)	8:01	7.5 (49.7%)

Znaleziono 66 wynik(ów)