

# LECIMY DLA JULKI 5 KM

B4SPORT



**Organiser:** Gimnazjum 11 Koszalin, TKKF Koszalin  
**Date:** 2016-10-23  
**Place:** Koszalin  
**Distance:** 5 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	KĘPKA Adrian	578		Mężczyźni	1	00:02:12	00:09:48	00:19:54.75	00:22:07.25		3:59	15.1 (100%)
2	KOŚCIELNIAK Robert	582	TKKF KOSZALIN	Mężczyźni	2	00:02:13	00:11:48	00:23:24.55	00:25:37.60	+00:03:29 (14.9%)	4:40	12.8 (84.8%)
3	BILEK Sebastian	549	DORIAN TEAM	Mężczyźni	3	00:02:14	00:11:44	00:24:10.80	00:26:25.60	+00:04:16 (17.6%)	4:50	12.4 (82.1%)
4	SKOWROŃSKI Tomasz	610		Mężczyźni	4	00:02:12	00:12:41	00:25:42.95	00:27:55.10	+00:05:48 (22.6%)	5:08	11.7 (77.5%)
5	ROGAŁSKI Roberto	605	TKKF KOSZALIN	Mężczyźni	5	00:02:19	00:13:03	00:26:06.50	00:28:25.80	+00:06:11 (23.7%)	5:13	11.5 (76.2%)
6	WILK Piotr	625		Mężczyźni	6	00:02:14	00:12:47	00:26:16.30	00:28:30.90	+00:06:21 (24.2%)	5:15	11.4 (75.5%)
7	KISIELIŃSKI Igor	579	TKKF	Mężczyźni	7	00:02:17	00:13:06	00:26:20.00	00:28:37.10	+00:06:25 (24.4%)	5:16	11.4 (75.5%)
8	ŚLEZIAŃSKI Kamil	737		Mężczyźni	8	00:02:17	00:13:11	00:26:39.40	00:28:56.95	+00:06:44 (25.3%)	5:19	11.3 (74.8%)
9	KOPCZEWSKI Dariusz	581		Mężczyźni	9	00:02:19	00:13:22	00:27:07.90	00:29:27.80	+00:07:13 (26.6%)	5:25	11.1 (73.5%)
10	WOŁOWIEC Przemek	752		Mężczyźni	10	00:02:16	00:13:55	00:27:35.00	00:29:51.35	+00:07:40 (27.8%)	5:31	10.9 (72.2%)
11	DERLIŃSKI Adam	745		Mężczyźni	11	00:02:18	00:13:46	00:27:42.05	00:30:00.65	+00:07:47 (28.1%)	5:32	10.8 (71.5%)
12	ZARZYCKI Paweł	748		Mężczyźni	12	00:02:15	00:14:20	00:28:26.20	00:30:41.25	+00:08:31 (30.0%)	5:41	10.6 (70.2%)
13	BOGACKI Tomasz	556	TKKF KOSZALIN	Mężczyźni	13	00:02:13	00:14:05	00:28:31.60	00:30:45.20	+00:08:36 (30.2%)	5:42	10.5 (69.5%)
14	BRZĘCZEK Tomek	558	TĘCZA :)	Mężczyźni	14	00:02:16	00:14:09	00:28:32.90	00:30:49.20	+00:08:38 (30.2%)	5:42	10.5 (69.5%)
15	ZIĘBA Paweł	628	TKKF KOSZALIN	Mężczyźni	15	00:02:13	00:14:08	00:28:46.80	00:31:00.70	+00:08:52 (30.8%)	5:45	10.4 (68.9%)
16	TRUSIŁO Maciej	617	22 KDW PŁOMIEŃ ZHP KOSZALIN	Mężczyźni	16	00:02:21	00:14:13	00:29:16.60	00:31:37.75	+00:09:21 (32.0%)	5:51	10.3 (68.2%)
17	WANAGO Daniel	800	DORIAN TEAM	Mężczyźni	17	00:02:19	00:15:01	00:29:20.90	00:31:40.00	+00:09:26 (32.2%)	5:52	10.2 (67.5%)
18	JURKIEWICZ Norbert	575	10 KDW ZHP 'CZARNE PANTERY'	Mężczyźni	18	00:02:13	00:14:18	00:29:24.30	00:31:37.55	+00:09:29 (32.3%)	5:52	10.2 (67.5%)
19	GAWIECKI Piotr	570	ROZBIEGANY KOSZALIN	Mężczyźni	19	00:02:13	00:15:04	00:29:24.95	00:31:38.25	+00:09:30 (32.3%)	5:53	10.2 (67.5%)
20	BARAŃSKI Maciej	553		Mężczyźni	20	00:02:15	00:14:57	00:29:27.05	00:31:42.45	+00:09:32 (32.4%)	5:53	10.2 (67.5%)
21	RADZIWON Jakub	602	ZHP KOSZALIN	Mężczyźni	21	00:02:22	00:14:10	00:29:35.60	00:31:57.80	+00:09:40 (32.7%)	5:55	10.1 (66.9%)
22	BUCZEK Dariusz	560		Mężczyźni	22	00:02:18	00:14:19	00:30:39.15	00:32:57.25	+00:10:44 (35.0%)	6:07	9.8 (64.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Start_All 2.5km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
23	<b>PACAN Bartosz</b>	<b>594</b>		Mężczyźni	23	00:02:15	00:15:15	<b>00:30:43.20</b>	<b>00:32:58.45</b>	+00:10:48 (35.2%)	6:08	9.8 (64.9%)
24	<b>WIERZBICKI Kacper</b>	<b>622</b>	BIEGNIJCIE LUDZISKA	Mężczyźni	24	00:02:17	00:15:23	<b>00:31:03.60</b>	<b>00:33:20.65</b>	+00:11:08 (35.9%)	6:12	9.7 (64.2%)
25	<b>SEEWALD Jan</b>	<b>608</b>		Mężczyźni	25	00:02:16	00:14:34	<b>00:31:10.10</b>	<b>00:33:26.10</b>	+00:11:15 (36.1%)	6:14	9.6 (63.6%)
26	<b>PUCUŁA Jacek</b>	<b>746</b>		Mężczyźni	26	00:02:12	00:15:16	<b>00:31:47.40</b>	<b>00:33:59.85</b>	+00:11:52 (37.4%)	6:21	9.4 (62.3%)
27	<b>MRUGALSKI Stanisław</b>	<b>592</b>	MTS HAMER	Mężczyźni	27	00:02:16	00:16:11	<b>00:32:08.70</b>	<b>00:34:24.70</b>	+00:12:13 (38.1%)	6:25	9.3 (61.6%)
28	<b>MAŁASZUK Grzegorz</b>	<b>587</b>		Mężczyźni	28	00:02:18	00:16:46	<b>00:33:22.25</b>	<b>00:35:40.25</b>	+00:13:27 (40.3%)	6:40	9 (59.6%)
29	<b>ZALECH Tomasz</b>	<b>524</b>		Mężczyźni	29	00:02:19	00:16:02	<b>00:33:24.65</b>	<b>00:35:44.45</b>	+00:13:29 (40.4%)	6:41	9 (59.6%)
30	<b>OLCZAK Krzysztof</b>	<b>593</b>		Mężczyźni	30	00:02:15	00:16:22	<b>00:33:54.95</b>	<b>00:36:09.95</b>	+00:14:00 (41.3%)	6:46	8.8 (58.3%)
31	<b>MADERA Wojtek</b>	<b>548</b>		Mężczyźni	31	00:02:16	00:17:13	<b>00:34:39.15</b>	<b>00:36:55.15</b>	+00:14:44 (42.5%)	6:55	8.7 (57.6%)
32	<b>HOŁÓWKA Tomasz</b>	<b>573</b>	DECATHLON	Mężczyźni	32	00:02:11	00:16:57	<b>00:36:08.40</b>	<b>00:38:20.25</b>	+00:16:13 (44.9%)	7:13	8.3 (55.0%)
33	<b>GAŁĄZKIEWICZ Kamil</b>	<b>568</b>	15 GZ KOSYNIERZY ZHP	Mężczyźni	33	00:02:21	00:16:51	<b>00:36:11.75</b>	<b>00:38:33.15</b>	+00:16:17 (45.0%)	7:14	8.3 (55.0%)
34	<b>HAUSMAN Andrzej</b>	<b>572</b>	KSR ROWERIA	Mężczyźni	34	00:02:14	00:19:20	<b>00:41:55.45</b>	<b>00:44:09.60</b>	+00:22:00 (52.5%)	8:23	7.2 (47.7%)
35	<b>SZYSZKOWSKI Tomasz</b>	<b>615</b>		Mężczyźni	35	00:02:18	00:21:12	<b>00:43:35.95</b>	<b>00:45:54.05</b>	+00:23:41 (54.3%)	8:43	6.9 (45.7%)
36	<b>KONARZEWSKI Jacek</b>	<b>744</b>		Mężczyźni	36	00:02:16	00:14:57			+00:05:10	5:58	10 (66.2%)
37	<b>JAŚKIEWICZ Wojciech</b>	<b>574</b>		Mężczyźni	37	00:02:17	00:16:12			+00:06:24	6:28	9.3 (61.6%)
38	<b>STACIWA Daniel</b>	<b>751</b>		Mężczyźni	38	00:02:23	00:17:37			+00:07:50	7:02	8.5 (56.3%)

Total 38 results.