



Organizator:

Data:

Miejsce:

Dystans:

Koszalińskie Towarzystwo Krzewienia Kultury

Fizycznej

2016-05-22

Koszalin

21.1 km

PÓŁMARATON KOSZALIN - 21.1KM

B4SPORT



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	WOJCIECHOWSKI Jarosław	226		M30-39	1	00:00:33	00:04:03	00:23:00	00:41:59	01:00:43	01:19:34.45	01:20:08.05		3:46	15.9 (100%)
2	BEDNARZ Paweł	6	MODEST.MAN.KOSZALI(N)ACŁAW	M30-39	2	00:00:33	00:03:34	00:21:39	00:40:43	01:00:28	01:20:26.05	01:20:59.55	+00:00:51 (1.1%)	3:48	15.7 (98.7%)
3	RUDNIK Krzysztof	177	NIGHT RUNNERS SŁUPSK	M30-39	3	00:00:33	00:04:06	00:23:16	00:42:36	01:02:19	01:21:57.10	01:22:30.65	+00:02:22 (2.9%)	3:53	15.4 (96.9%)
4	LECKI Mateusz	123	TEAM BIEGOWY SZCZECINEK	M30-39	4	00:00:34	00:04:16	00:24:30	00:44:40	01:05:36	01:27:09.00	01:27:43.10	+00:07:34 (8.7%)	4:07	14.5 (91.2%)
5	ANDRUSZ Kamil	2	TRIDEA / MNIAM.NET	M30-39	5	00:00:37	00:04:23	00:24:57	00:45:46	01:06:39	01:27:26.40	01:28:03.55	+00:07:51 (9.0%)	4:08	14.5 (91.2%)
6	WOŚ Kamil	229	PSZCZÓŁKOWSKI TEAM	M30-39	6	00:00:33	00:04:17	00:24:31	00:45:00	01:06:26	01:27:34.50	01:28:07.85	+00:08:00 (9.1%)	4:09	14.5 (91.2%)
7	GOLIŃSKI Łukasz	46	K.B. SPRINT ŚWIDWIN	M30-39	7	00:00:34	00:04:29	00:25:36	00:46:46	01:08:18	01:30:09.65	01:30:44.35	+00:10:35 (11.7%)	4:16	14 (88.1%)
8	GROCHOWALSKI Rafał	50	K.B. SPRINT ŚWIDWIN	M30-39	8	00:00:35	00:04:31	00:26:33	00:49:53	01:13:59	01:38:42.05	01:39:17.05	+00:19:07 (19.4%)	4:40	12.8 (80.5%)
9	NAKONIECZNY Rafał	147	BAJADERKI KOSZALIN	M30-39	9	00:00:39	00:05:00	00:28:14	00:50:48	01:14:16	01:39:10.80	01:39:50.70	+00:19:36 (19.8%)	4:42	12.8 (80.5%)
10	GREŻLIKOWSKI Adam	49		M30-39	10	00:00:36	00:04:51	00:27:55	00:51:31	01:15:22	01:39:28.70	01:40:05.20	+00:19:54 (20.0%)	4:42	12.7 (79.9%)
11	NOWACKI Rafał	151		M30-39	11	00:00:41	00:04:38	00:26:14	00:49:28	01:14:36	01:40:58.35	01:41:40.10	+00:21:23 (21.2%)	4:47	12.5 (78.6%)
12	KAPUŚCIŃSKI Robert	88	JW 1223 KOSZALIN	M30-39	12	00:00:34	00:04:31	00:26:35	00:50:24	01:15:47	01:41:10.60	01:41:45.05	+00:21:36 (21.4%)	4:47	12.5 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
13	JAMROZIAK Grzegorz	67	KLUB BIEGACZA KAMIEŃ POMORSKI	M30-39	13	00:00:38	00:05:01	00:29:02	00:53:34	01:18:48	01:42:49.90	01:43:28.45	+00:23:15 (22.6%)	4:52	12.3 (77.4%)
14	MAĆKOWIAK Krzysztof	125	ROZBIEGANY KOSZALIN	M30-39	14	00:00:39	00:05:27	00:30:10	00:54:48	01:19:25	01:43:30.10	01:44:09.85	+00:23:55 (23.1%)	4:54	12.2 (76.7%)
15	BIELIŃSKI Michał	7	ROZBIEGANY KOSZALIN	M30-39	15	00:00:40	00:05:26	00:30:10	00:54:47	01:19:23	01:43:45.00	01:44:25.05	+00:24:10 (23.3%)	4:55	12.2 (76.7%)
16	GLIŃSKI Łukasz	44		M30-39	16	00:00:41	00:04:52	00:27:52	00:52:37	01:18:42	01:44:45.70	01:45:27.00	+00:25:11 (24.0%)	4:57	12.1 (76.1%)
17	MROCZKOWSKI Marek	145	ROZBIEGANY KOSZALIN	M30-39	17	00:00:44	00:05:41	00:29:47	00:52:44	01:18:23	01:46:32.55	01:47:17.10	+00:26:58 (25.3%)	5:02	11.9 (74.8%)
17	SKIERKA Grzegorz	184	MKS ŚWIĘC SŁAWNO	M30-39	18	00:00:44	00:05:41	00:29:47	00:52:44	01:18:22	01:46:32.60	01:47:17.10	+00:26:58 (25.3%)	5:02	11.9 (74.8%)
19	BONISŁAWSKI Jarosław	12	FADOMODA TEAM	M30-39	19	00:00:52	00:05:19	00:27:39	00:50:28	01:14:18	01:46:58.00	01:47:50.45	+00:27:23 (25.6%)	5:04	11.8 (74.2%)
20	MOSEK Radosław	144		M30-39	20	00:00:37	00:05:28	00:30:44	00:55:36	01:20:54	01:47:07.30	01:47:44.55	+00:27:32 (25.7%)	5:04	11.8 (74.2%)
21	KORDYLAS Michał	103		M30-39	21	00:00:42	00:05:28	00:30:16	00:55:24	01:20:58	01:47:08.65	01:47:51.30	+00:27:34 (25.7%)	5:04	11.8 (74.2%)
22	KAMIŃSKI Łukasz	86	KŁAM SZCZECIN	M30-39	22	00:00:47	00:05:33	00:31:10	00:56:48	01:23:05	01:47:53.40	01:48:40.65	+00:28:18 (26.2%)	5:06	11.7 (73.6%)
23	WILKOWSKI Krzysztof	222		M30-39	23	00:00:35	00:04:52	00:29:06	00:54:20	01:20:31	01:48:00.00	01:48:35.60	+00:28:25 (26.3%)	5:07	11.7 (73.6%)
24	MALINOWSKI Mariusz	130		M30-39	24	00:00:44	00:04:55	00:28:34	00:53:28	01:20:04	01:48:16.55	01:49:00.75	+00:28:42 (26.5%)	5:07	11.7 (73.6%)
25	KOBUS Maciej	97		M30-39	25	00:00:40	00:05:25	00:29:22	00:53:26	01:18:41	01:49:01.70	01:49:42.05	+00:29:27 (27.0%)	5:10	11.6 (73.0%)
26	EMILIT Grzegorz	38		M30-39	26	00:00:38	00:05:18	00:29:33	00:54:28	01:19:22	01:49:15.75	01:49:54.20	+00:29:41 (27.2%)	5:10	11.6 (73.0%)
27	MERDA Piotr	135	MTS HAMER MIASTKO	M30-39	27	00:00:38	00:05:16	00:30:40	00:56:48	01:22:54	01:49:17.80	01:49:55.85	+00:29:43 (27.2%)	5:10	11.6 (73.0%)
28	TOMALIK Karol	253	PORANNE BIEGANIE	M30-39	28	00:00:40	00:04:59	00:28:13	00:53:55	01:21:46	01:50:39.15	01:51:19.70	+00:31:04 (28.1%)	5:14	11.4 (71.7%)
29	BRESZKA Tomasz	15	CAPTAIN AMERICA VS THE FLASH	M30-39	29	00:00:37	00:05:03	00:29:00	00:55:14	01:22:41	01:51:17.15	01:51:54.65	+00:31:42 (28.5%)	5:16	11.4 (71.7%)
30	CZAPLIŃSKI Jacek	27		M30-39	30	00:00:41	00:05:00	00:28:49	00:55:50	01:24:28	01:52:39.50	01:53:20.90	+00:33:05 (29.4%)	5:20	11.2 (70.4%)
31	STOKROCKI Wojciech	196		M30-39	31	00:00:45	00:05:41	00:32:05	00:58:07	01:24:39	01:52:51.05	01:53:36.85	+00:33:16 (29.5%)	5:20	11.2 (70.4%)
32	ŻYWICKI Bartosz	237	DZIKI KOSZALIN	M30-39	32	00:00:42	00:05:09	00:30:15	00:57:12	01:24:59	01:53:35.85	01:54:18.65	+00:34:01 (30.0%)	5:23	11.1 (69.8%)
33	JAKIMA Szymon	63		M30-39	33	00:00:38	00:05:11	00:29:34	00:55:03	01:23:54	01:54:25.60	01:55:04.30	+00:34:51 (30.5%)	5:25	11.1 (69.8%)
34	JANUSZEK Adam	76		M30-39	34	00:00:51	00:04:54	00:29:03	00:55:50	01:23:00	01:54:55.95	01:55:47.15	+00:35:21 (30.8%)	5:26	11 (69.2%)
35	SZEWCZUK Paweł	202	-	M30-39	35	00:00:37	00:05:28	00:30:44	00:55:59	01:23:44	01:54:58.80	01:55:36.75	+00:35:24 (30.8%)	5:26	11 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
36	GOŁDYN Marek	239	TKKF KOSZALIN	M30-39	36	00:00:41	00:05:52	00:33:33	01:01:29	01:29:48	01:55:10.15	01:55:51.60	+00:35:35 (30.9%)	5:27	11 (69.2%)
37	ZADROŻNY Szymon	231	RUNNER'S OF WAŁCZ	M30-39	37	00:00:46	00:05:50	00:34:16	01:02:29	01:29:23	01:55:31.35	01:56:17.65	+00:35:56 (31.1%)	5:28	11 (69.2%)
38	KURCZYK Zbigniew	119		M30-39	38	00:00:37	00:05:23	00:30:20	00:56:56	01:26:35	01:57:31.65	01:58:09.20	+00:37:57 (32.3%)	5:34	10.8 (67.9%)
39	BARANOWSKI Piotr	4	ROZBIEGANY KOSZALIN	M30-39	39	00:00:36	00:05:30	00:30:32	00:56:43	01:25:06	01:57:48.90	01:58:25.50	+00:38:14 (32.5%)	5:35	10.7 (67.3%)
40	SOROKA Piotr	188		M30-39	40	00:00:48	00:05:42	00:31:58	00:58:52	01:27:05	01:58:06.65	01:58:54.95	+00:38:32 (32.6%)	5:35	10.7 (67.3%)
41	JAKUBOWSKI Krystian	65	CAPTAIN AMERICA VS THE FLASH	M30-39	41	00:00:36	00:05:04	00:29:00	00:55:17	01:25:34	01:59:13.30	01:59:49.95	+00:39:38 (33.3%)	5:39	10.6 (66.7%)
42	KIEŁTYKA Rafał	94		M30-39	42	00:00:46	00:05:25	00:31:00	00:58:52	01:29:07	02:00:34.60	02:01:20.90	+00:41:00 (34.0%)	5:42	10.5 (66.0%)
43	CHOŁUJ Karol	19	ZAWSZE DO PRZODU	M30-39	43	00:00:44	00:05:24	00:31:43	00:59:35	01:29:16	02:01:07.80	02:01:52.40	+00:41:33 (34.3%)	5:44	10.5 (66.0%)
44	ŁOPIŃSKI Piotr	124		M30-39	44	00:00:42	00:05:19	00:30:09	00:58:02	01:28:59	02:01:56.30	02:02:38.85	+00:42:21 (34.7%)	5:46	10.4 (65.4%)
45	KORUS Marcin	105		M30-39	45	00:00:45	00:05:38	00:32:10	01:00:17	01:30:10	02:02:03.40	02:02:48.65	+00:42:28 (34.8%)	5:47	10.4 (65.4%)
46	CINCIO Robert	26	TKKF TRIATHLON KOSZALIN	M30-39	46	00:00:41	00:05:08	00:31:23	01:00:04	01:31:59	02:03:44.65	02:04:25.95	+00:44:10 (35.7%)	5:51	10.2 (64.2%)
47	DZIĘBOWSKI Mariusz	37		M30-39	47	00:00:47	00:05:36	00:32:16	01:02:25	01:33:40	02:04:22.30	02:05:09.55	+00:44:47 (36.0%)	5:53	10.2 (64.2%)
48	SUBALSKI Michał	200		M30-39	48	00:00:46	00:05:31	00:31:49	00:59:38	01:30:22	02:04:25.15	02:05:11.75	+00:44:50 (36.0%)	5:53	10.2 (64.2%)
49	GWIZDAŁA Radosław	54	MY OWN CLUB	M30-39	49	00:00:51	00:05:39	00:32:00	01:00:07	01:30:59	02:04:40.00	02:05:31.85	+00:45:05 (36.2%)	5:54	10.2 (64.2%)
50	PSTRĄGOWSKI Marcin	171	DZIKI KOSZALIN	M30-39	50	00:00:42	00:04:45	00:28:19	00:54:21	01:30:21	02:07:04.50	02:07:47.45	+00:47:30 (37.4%)	6:01	10 (62.9%)
51	POLIKOWSKI Patryk	257	ORP ISKRA	M30-39	51	00:00:45	00:05:40	00:33:29	01:05:06	01:36:37	02:08:37.60	02:09:23.30	+00:49:03 (38.1%)	6:05	9.8 (61.6%)
52	STOSIO Krzysztof	198	WWW.WKOLOBRZEGU.COM.PL	M30-39	52	00:00:52	00:05:54	00:33:23	01:02:27	01:36:48	02:09:17.25	02:10:09.50	+00:49:42 (38.5%)	6:07	9.8 (61.6%)
53	BORYS Przemysław	14	BIEGNIJMY.PL	M30-39	53	00:00:50	00:06:18	00:36:25	01:07:55	01:40:12	02:10:11.90	02:11:01.90	+00:50:37 (38.9%)	6:10	9.7 (61.0%)
54	MIĄSEK Ryszard	139		M30-39	54	00:00:45	00:05:28	00:31:52	01:01:10	01:36:55	02:10:53.30	02:11:38.60	+00:51:18 (39.2%)	6:12	9.7 (61.0%)
55	TORCZ Karol	209	SZKÓŁKA PŁYWACKA DEPKA	M30-39	55	00:00:40	00:05:30	00:32:16	01:04:08	01:37:51	02:13:15.00	02:13:55.10	+00:53:40 (40.3%)	6:18	9.5 (59.7%)
56	HRYCIÓW Paweł	59	BIĄŁOGARD	M30-39	56	00:00:39	00:05:50	00:35:30	01:07:38	01:40:23	02:14:01.15	02:14:40.50	+00:54:26 (40.6%)	6:21	9.4 (59.1%)
57	KOWALCZYK Piotr	108		M30-39	57	00:00:48	00:05:48	00:32:54	01:02:40	01:36:13	02:14:29.55	02:15:18.20	+00:54:55 (40.8%)	6:22	9.4 (59.1%)
58	BAR Wojciech	3		M30-39	58	00:00:43	00:05:21	00:32:21	01:06:18	01:41:52	02:15:04.30	02:15:47.55	+00:55:29 (41.1%)	6:24	9.4 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
59	GRUDZIŃSKI Marcin	51		M30-39	59	00:00:52	00:06:14	00:35:59	01:07:28	01:41:13	02:17:41.55	02:18:34.35	+00:58:07 (42.2%)	6:31	9.2 (57.9%)
60	OLINSKI Arek	153	WIDZEW	M30-39	60	00:00:34	00:05:08	00:34:03	01:07:03	01:42:26	02:21:28.95	02:22:03.85	+01:01:54 (43.8%)	6:42	8.9 (56.0%)
61	ŻUREK Kamila	240		M30-39	61	00:00:34	00:06:15	00:37:12	01:10:10	01:45:24	02:21:29.55	02:22:04.00	+01:01:55 (43.8%)	6:42	8.9 (56.0%)
62	KURŁOWICZ Krzysiek	260		M30-39	62	00:00:42	00:06:01	00:37:43	01:13:35	01:50:45	02:31:43.35	02:32:26.15	+01:12:08 (47.6%)	7:11	8.3 (52.2%)
63	PIOR Tomasz	168		M30-39	63	00:00:40	00:05:31	00:34:45	01:13:12	01:54:05	02:36:09.90	02:36:50.55	+01:16:35 (49.0%)	7:24	8.1 (50.9%)
64	TOMCZAK Marek	208	ROZBIEGANY KOSZALIN	M30-39	64	00:00:35	00:04:41	00:27:19	00:51:07				+00:09:09	4:36	13 (81.8%)
65	ROSZCZYŃIAŁSKI Michał	175		M30-39	65	00:00:39	00:05:10	00:29:29	00:56:43				+00:14:45	5:06	11.7 (73.6%)
66	LECH Sylwester	122	SZKÓŁKA PŁYWACKA DEPKA	M30-39	66	00:00:39	00:05:26	00:30:39	00:58:45				+00:16:46	5:17	11.3 (71.1%)
67	PRZYKUCKI Tomasz	170		M30-39	67	00:00:37	00:04:19	00:25:51					+00:05:55	4:23	13.6 (85.5%)

Znaleziono 67 wynik(ów)