



PÓŁMARATON KOSZALIN - 21.1KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-05-22
Miejsce: Koszalin
Dystans: 21.1 km



Klasyfikacja: M30-39

Punkt pomiarowy: 16,1 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km	16.1km
1	BEDNARZ Paweł	6	MODEST.MAN.KOSZALI(N)ACŁAW	M30-39	00:00:33	00:03:34	00:21:39	00:40:43	01:00:28
2	WOJCIECHOWSKI Jarosław	226		M30-39	00:00:33	00:04:03	00:23:00	00:41:59	01:00:43
3	RUDNIK Krzysztof	177	NIGHT RUNNERS SŁUPSK	M30-39	00:00:33	00:04:06	00:23:16	00:42:36	01:02:19
4	LECKI Mateusz	123	TEAM BIEGOWY SZCZECINEK	M30-39	00:00:34	00:04:16	00:24:30	00:44:40	01:05:36
5	WOŚ Kamil	229	PSZCZÓŁKOWSKI TEAM	M30-39	00:00:33	00:04:17	00:24:31	00:45:00	01:06:26
6	ANDRUSZ Kamil	2	TRIDEA / MNIAM.NET	M30-39	00:00:37	00:04:23	00:24:57	00:45:46	01:06:39
7	GOLIŃSKI Łukasz	46	K.B. SPRINT ŚWIDWIN	M30-39	00:00:34	00:04:29	00:25:36	00:46:46	01:08:18
8	GROCHOWALSKI Rafał	50	K.B. SPRINT ŚWIDWIN	M30-39	00:00:35	00:04:31	00:26:33	00:49:53	01:13:59
9	NAKONIECZNY Rafał	147	BAJADERKI KOSZALIN	M30-39	00:00:39	00:05:00	00:28:14	00:50:48	01:14:16
10	BONISŁAWSKI Jarosław	12	FADOMODA TEAM	M30-39	00:00:52	00:05:19	00:27:39	00:50:28	01:14:18
11	NOWACKI Rafał	151		M30-39	00:00:41	00:04:38	00:26:14	00:49:28	01:14:36
12	GRĘŻLIKOWSKI Adam	49		M30-39	00:00:36	00:04:51	00:27:55	00:51:31	01:15:22
13	KAPUŚCIŃSKI Robert	88	JW 1223 KOSZALIN	M30-39	00:00:34	00:04:31	00:26:35	00:50:24	01:15:47
14	SKIERKA Grzegorz	184	MKS ŚWIĘC SŁAWNO	M30-39	00:00:44	00:05:41	00:29:47	00:52:44	01:18:22
14	MROCZKOWSKI Marek	145	ROZBIEGANY KOSZALIN	M30-39	00:00:44	00:05:41	00:29:47	00:52:44	01:18:23
16	KOBUS Maciej	97		M30-39	00:00:40	00:05:25	00:29:22	00:53:26	01:18:41
17	GLIŃSKI Łukasz	44		M30-39	00:00:41	00:04:52	00:27:52	00:52:37	01:18:42
18	JAMROZIAK Grzegorz	67	KLUB BIEGACZA KAMIEŃ POMORSKI	M30-39	00:00:38	00:05:01	00:29:02	00:53:34	01:18:48
19	EMILIT Grzegorz	38		M30-39	00:00:38	00:05:18	00:29:33	00:54:28	01:19:22
20	BIELIŃSKI Michał	7	ROZBIEGANY KOSZALIN	M30-39	00:00:40	00:05:26	00:30:10	00:54:47	01:19:23
21	MAĆKOWIAK Krzysztof	125	ROZBIEGANY KOSZALIN	M30-39	00:00:39	00:05:27	00:30:10	00:54:48	01:19:25
22	MALINOWSKI Mariusz	130		M30-39	00:00:44	00:04:55	00:28:34	00:53:28	01:20:04
23	WILKOWSKI Krzysztof	222		M30-39	00:00:35	00:04:52	00:29:06	00:54:20	01:20:31
24	MOSEK Radosław	144		M30-39	00:00:37	00:05:28	00:30:44	00:55:36	01:20:54

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km	16.1km
25	KORDYLAS Michał	103		M30-39	00:00:42	00:05:28	00:30:16	00:55:24	01:20:58
26	TOMALIK Karol	253	PORANNE BIEGANIE	M30-39	00:00:40	00:04:59	00:28:13	00:53:55	01:21:46
27	BRESZKA Tomasz	15	CAPTAIN AMERICA VS THE FLASH	M30-39	00:00:37	00:05:03	00:29:00	00:55:14	01:22:41
28	MERDA Piotr	135	MTS HAMER MIASTKO	M30-39	00:00:38	00:05:16	00:30:40	00:56:48	01:22:54
29	JANUSZEK Adam	76		M30-39	00:00:51	00:04:54	00:29:03	00:55:50	01:23:00
30	KAMIŃSKI Łukasz	86	KŁAM SZCZECIN	M30-39	00:00:47	00:05:33	00:31:10	00:56:48	01:23:05
31	SZEWCZUK Paweł	202	-	M30-39	00:00:37	00:05:28	00:30:44	00:55:59	01:23:44
32	JAKIMA Szymon	63		M30-39	00:00:38	00:05:11	00:29:34	00:55:03	01:23:54
33	CZAPLIŃSKI Jacek	27		M30-39	00:00:41	00:05:00	00:28:49	00:55:50	01:24:28
34	STOKROCKI Wojciech	196		M30-39	00:00:45	00:05:41	00:32:05	00:58:07	01:24:39
35	ŻYWICKI Bartosz	237	DZIKI KOSZALIN	M30-39	00:00:42	00:05:09	00:30:15	00:57:12	01:24:59
36	BARANOWSKI Piotr	4	ROZBIEGANY KOSZALIN	M30-39	00:00:36	00:05:30	00:30:32	00:56:43	01:25:06
37	JAKUBOWSKI Krystian	65	CAPTAIN AMERICA VS THE FLASH	M30-39	00:00:36	00:05:04	00:29:00	00:55:17	01:25:34
38	KURCZYK Zbigniew	119		M30-39	00:00:37	00:05:23	00:30:20	00:56:56	01:26:35
39	SOROKA Piotr	188		M30-39	00:00:48	00:05:42	00:31:58	00:58:52	01:27:05
40	ŁOPIŃSKI Piotr	124		M30-39	00:00:42	00:05:19	00:30:09	00:58:02	01:28:59
41	KIEŁTYKA Rafał	94		M30-39	00:00:46	00:05:25	00:31:00	00:58:52	01:29:07
42	CHOŁUJ Karol	19	ZAWSZE DO PRZODU	M30-39	00:00:44	00:05:24	00:31:43	00:59:35	01:29:16
43	ZADROŻNY Szymon	231	RUNNER'S OF WAŁCZ	M30-39	00:00:46	00:05:50	00:34:16	01:02:29	01:29:23
44	GOŁDYN Marek	239	TKKF KOSZALIN	M30-39	00:00:41	00:05:52	00:33:33	01:01:29	01:29:48
45	KORUS Marcin	105		M30-39	00:00:45	00:05:38	00:32:10	01:00:17	01:30:10
46	PSTRĄGOWSKI Marcin	171	DZIKI KOSZALIN	M30-39	00:00:42	00:04:45	00:28:19	00:54:21	01:30:21
47	SUBALSKI Michał	200		M30-39	00:00:46	00:05:31	00:31:49	00:59:38	01:30:22
48	GWIZDAŁA Radosław	54	MY OWN CLUB	M30-39	00:00:51	00:05:39	00:32:00	01:00:07	01:30:59
49	CINCIO Robert	26	TKKF TRIATHLON KOSZALIN	M30-39	00:00:41	00:05:08	00:31:23	01:00:04	01:31:59
50	DZIĘBOWSKI Mariusz	37		M30-39	00:00:47	00:05:36	00:32:16	01:02:25	01:33:40
51	KOWALCZYK Piotr	108		M30-39	00:00:48	00:05:48	00:32:54	01:02:40	01:36:13
52	POLIKOWSKI Patryk	257	ORP ISKRA	M30-39	00:00:45	00:05:40	00:33:29	01:05:06	01:36:37
53	STOSIO Krzysztof	198	WWW.WKOLOBRZEGU.COM.PL	M30-39	00:00:52	00:05:54	00:33:23	01:02:27	01:36:48
54	MIĄSEK Ryszard	139		M30-39	00:00:45	00:05:28	00:31:52	01:01:10	01:36:55
55	TORCZ Karol	209	SZKÓŁKA PŁYWACKA DEPKA	M30-39	00:00:40	00:05:30	00:32:16	01:04:08	01:37:51
56	BORYS Przemysław	14	BIEGNIJMY.PL	M30-39	00:00:50	00:06:18	00:36:25	01:07:55	01:40:12
57	HRYCIÓW Paweł	59	BIAŁOGARD	M30-39	00:00:39	00:05:50	00:35:30	01:07:38	01:40:23
58	GRUDZIŃSKI Marcin	51		M30-39	00:00:52	00:06:14	00:35:59	01:07:28	01:41:13
59	BAR Wojciech	3		M30-39	00:00:43	00:05:21	00:32:21	01:06:18	01:41:52
60	OLINSKI Arek	153	WIDZEW	M30-39	00:00:34	00:05:08	00:34:03	01:07:03	01:42:26
61	ŻUREK Kamila	240		M30-39	00:00:34	00:06:15	00:37:12	01:10:10	01:45:24
62	KURŁOWICZ Krzysiek	260		M30-39	00:00:42	00:06:01	00:37:43	01:13:35	01:50:45
63	PIOR Tomasz	168		M30-39	00:00:40	00:05:31	00:34:45	01:13:12	01:54:05
64	TOMCZAK Marek	208	ROZBIEGANY KOSZALIN	M30-39	00:00:35	00:04:41	00:27:19	00:51:07	
65	PRZYKUCKI Tomasz	170		M30-39	00:00:37	00:04:19	00:25:51		
66	LECH Sylwester	122	SZKÓŁKA PŁYWACKA DEPKA	M30-39	00:00:39	00:05:26	00:30:39	00:58:45	
67	ROSZCZYŃSKI Michał	175		M30-39	00:00:39	00:05:10	00:29:29	00:56:43	