



Organizator:

Data:

Miejsce:

Dystans:

Koszalińskie Towarzystwo Krzewienia Kultury

Fizycznej

2016-05-22

Koszalin

21.1 km

PÓŁMARATON KOSZALIN - 21.1KM

B4SPORT



Klasyfikacja: M40-44

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	SZYMAŃSKI Sylwester	203	TEAM BIEGOWY SZCZECINEK-ULKS BARWICE	M40-44	1	00:00:33	00:04:03	00:23:00	00:42:04	01:01:05	01:19:23.95	01:19:57.20		3:45	15.9 (100%)
2	MIERZWA Witold	140	DARŁOWO	M40-44	2	00:00:34	00:04:06	00:23:35	00:43:32	01:03:54	01:25:01.70	01:25:35.80	+00:05:37 (6.6%)	4:01	14.9 (93.7%)
3	RUDNIKOWSKI Maciej	178	BIEGUZDROWISKOWY.PL	M40-44	3	00:00:34	00:04:12	00:24:33	00:46:07	01:08:54	01:31:23.40	01:31:58.10	+00:11:59 (13.1%)	4:19	13.9 (87.4%)
4	KONDRACIUK Piotr	100	ROZBIEGANY KOSZALIN - DRUŻYNA SZPIKU	M40-44	4	00:00:36	00:04:39	00:27:08	00:49:53	01:12:56	01:35:45.15	01:36:21.15	+00:16:21 (17.1%)	4:32	13.2 (83.0%)
5	SOBCZYK Łukasz	186	KOŁOBRZEG BIEGA	M40-44	5	00:00:34	00:04:30	00:26:22	00:48:30	01:11:36	01:35:47.70	01:36:22.55	+00:16:23 (17.1%)	4:32	13.2 (83.0%)
6	JAROSZ Wiesław	79	JW. 1223/BLOG	M40-44	6	00:00:34	00:04:16	00:24:47	00:47:47	01:12:10	01:36:12.40	01:36:46.65	+00:16:48 (17.5%)	4:33	13.2 (83.0%)
7	KALETA Sebastian	84	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-44	7	00:00:35	00:04:31	00:26:38	00:49:40	01:13:58	01:38:14.05	01:38:49.25	+00:18:50 (19.2%)	4:39	12.9 (81.1%)
8	SKIBIŃSKI Krzysztof	183	TKKF TRIATHLON KOSZALIN	M40-44	8	00:00:36	00:04:43	00:27:24	00:51:05	01:15:11	01:39:21.25	01:39:57.60	+00:19:57 (20.1%)	4:42	12.7 (79.9%)
9	WALTER Przemysław	218	KB 10 BIAŁOGARD	M40-44	9	00:00:37	00:04:54	00:27:34	00:50:25	01:14:19	01:39:31.95	01:40:09.70	+00:20:08 (20.2%)	4:43	12.7 (79.9%)
10	WINKEL Jerzy	223		M40-44	10	00:00:36	00:04:25	00:26:31	00:50:23	01:15:43	01:40:54.75	01:41:30.95	+00:21:30 (21.3%)	4:46	12.5 (78.6%)
11	MATYJASEK Zbigniew	244	TKKF KOSZALIN	M40-44	11	00:00:34	00:04:16	00:26:47	00:50:53	01:15:58	01:41:15.15	01:41:49.35	+00:21:51 (21.6%)	4:47	12.5 (78.6%)
12	ZIEMBA Daniel	235		M40-44	12	00:00:37	00:04:21	00:26:35	00:50:15	01:15:17	01:41:42.50	01:42:19.55	+00:22:18 (21.9%)	4:49	12.4 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
13	DUDZIAK Piotr	34	BIEGNIJMY.PL	M40-44	13	00:00:43	00:05:01	00:29:00	00:54:29	01:20:05	01:45:34.10	01:46:17.55	+00:26:10 (24.8%)	5:00	12 (75.5%)
14	SPALIK Mariusz	191	MTSHAMERMIASTKO	M40-44	14	00:00:35	00:04:34	00:28:02	00:53:07	01:19:13	01:45:56.35	01:46:31.80	+00:26:32 (25.1%)	5:01	12 (75.5%)
15	ZIOMKO Rafał	236		M40-44	15	00:00:37	00:04:59	00:28:54	00:54:13	01:20:41	01:48:40.20	01:49:17.35	+00:29:16 (26.9%)	5:09	11.7 (73.6%)
16	TROTT Daniel	211	AKADEMIA PILKARSKA KOWICA KOŁOBRZEG	M40-44	16	00:00:48	00:05:21	00:29:16	00:54:40	01:23:04	01:51:12.00	01:52:00.80	+00:31:48 (28.6%)	5:16	11.4 (71.7%)
17	BEDNARCZYK Arkadiusz	5	TRIDEA	M40-44	17	00:00:34	00:05:01	00:29:35	00:55:32	01:23:30	01:51:52.85	01:52:27.25	+00:32:28 (29.0%)	5:18	11.3 (71.1%)
18	ROGOŻA Ireneusz	174	BIEGNIJMY.PL	M40-44	18	00:00:43	00:05:34	00:30:54	00:56:35	01:23:26	01:52:01.55	01:52:44.70	+00:32:37 (29.1%)	5:18	11.3 (71.1%)
19	JANKIEWICZ Tomasz	70	MTS HAMER MIASTKO	M40-44	19	00:00:39	00:05:15	00:30:40	00:56:48	01:25:10	01:54:14.25	01:54:53.25	+00:34:50 (30.5%)	5:24	11.1 (69.8%)
20	GAJEK Artur	40	KORZYBSKIE REKINY	M40-44	20	00:00:42	00:05:33	00:32:12	00:58:47	01:26:36	01:54:16.90	01:54:59.05	+00:34:52 (30.5%)	5:24	11.1 (69.8%)
21	KRAKOWIAK Sławomir	113		M40-44	21	00:00:40	00:05:16	00:29:35	00:55:19	01:24:18	01:54:48.30	01:55:28.80	+00:35:24 (30.8%)	5:26	11 (69.2%)
22	DEMBICKI Daniel	33		M40-44	22	00:00:43	00:05:13	00:30:37	00:58:06	01:26:47	01:55:56.80	01:56:40.70	+00:36:32 (31.5%)	5:29	10.9 (68.6%)
23	JANKOWSKI Marcin	72	CHAMPION - POLICE	M40-44	23	00:00:40	00:05:30	00:31:28	00:57:52	01:25:45	01:56:25.60	01:57:05.80	+00:37:01 (31.8%)	5:31	10.9 (68.6%)
24	KLOSKOWSKI Dariusz	96		M40-44	24	00:00:39	00:05:16	00:29:58	00:56:50	01:25:54	01:57:41.20	01:58:20.65	+00:38:17 (32.5%)	5:34	10.8 (67.9%)
25	CZAPLICKI Paweł	238	TKKF KOSZALIN	M40-44	25	00:00:38	00:05:33	00:32:00	00:59:32	01:28:19	01:57:53.05	01:58:31.25	+00:38:29 (32.6%)	5:35	10.7 (67.3%)
26	ZIELIŃSKI Przemysław	234		M40-44	26	00:00:45	00:05:17	00:30:48	00:58:51	01:28:21	01:58:19.30	01:59:05.00	+00:38:55 (32.9%)	5:36	10.7 (67.3%)
27	MĘDEL Cezary	138		M40-44	27	00:00:51	00:05:43	00:32:33	01:00:46	01:30:31	02:01:30.30	02:02:21.30	+00:42:06 (34.7%)	5:45	10.4 (65.4%)
28	BOROWIEC Mariusz	13		M40-44	28	00:00:51	00:06:31	00:35:37	01:04:16	01:32:59	02:02:24.95	02:03:16.85	+00:43:01 (35.1%)	5:48	10.3 (64.8%)
29	SIENICKI Piotr	180	ROZBIEGANY KOSZALIN	M40-44	29	00:00:44	00:05:55	00:33:18	01:02:14	01:32:50	02:04:42.45	02:05:26.45	+00:45:18 (36.3%)	5:54	10.2 (64.2%)
30	KOZŁOWSKI Maciej	112	TT SZCZECIN	M40-44	30	00:00:44	00:06:05	00:35:08	01:05:12	01:35:25	02:05:51.20	02:06:35.90	+00:46:27 (36.9%)	5:57	10.1 (63.5%)
31	RAMA Janusz	173	KOŁOBRZEG BIEGA	M40-44	31	00:00:38	00:05:41	00:32:16	01:00:15	01:33:48	02:06:20.25	02:06:59.00	+00:46:56 (37.2%)	5:59	10 (62.9%)
32	PIĄTKOWSKI Bartosz	165		M40-44	32	00:00:43	00:05:37	00:32:06	01:01:42	01:33:50	02:06:59.85	02:07:43.50	+00:47:35 (37.5%)	6:01	10 (62.9%)
33	WITEK Sebastian	249	RAJSPOORT ACTIVE TEAM	M40-44	33	00:00:49	00:05:51	00:34:09	01:03:51	01:35:33	02:07:36.50	02:08:26.40	+00:48:12 (37.8%)	6:02	9.9 (62.3%)
34	WOLF Emil	242	TKKF KOSZALIN	M40-44	34	00:00:45	00:05:57	00:34:06	01:03:19	01:35:11	02:08:35.00	02:09:20.80	+00:49:11 (38.3%)	6:05	9.8 (61.6%)
35	ZARĘBSKI Maciej	233		M40-44	35	00:00:36	00:05:33	00:35:11	01:06:49	01:39:14	02:13:23.10	02:13:59.50	+00:53:59 (40.5%)	6:19	9.5 (59.7%)

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36	DATA Dariusz	32		M40-44	36	00:00:41	00:06:09	00:35:23	01:09:08	01:45:44	02:24:24.35	02:25:06.30	+01:05:00 (45.0%)	6:50	8.8 (55.3%)
37	NAJDER Krzysiek	146		M40-44	37	00:00:45	00:06:55	00:41:34	01:16:13	01:51:56	02:28:43.05	02:29:28.75	+01:09:19 (46.6%)	7:02	8.5 (53.5%)
38	PUŚCIAN Krzysztof	172	GIMNAZJUM W MANOWIE	M40-44	38	00:00:43	00:06:17	00:37:03	01:13:51	01:51:01	02:29:58.10	02:30:41.35	+01:10:34 (47.1%)	7:06	8.4 (52.8%)
39	SZCZEBLEWSKI Grzegorz	201		M40-44	39	00:00:46	00:06:52						+00:14:27	6:41	9 (56.6%)

Znaleziono 39 wynik(ów)