



Organiser:

Date:

Place:

Distance:

Koszalińskie Towarzystwo Krzewienia Kultury

Fizycznej

2016-05-22

Koszalin

21.1 km

PÓŁMARATON KOSZALIN - 21.1KM

B4SPORT



Classification: M55-59

Place	Participant	Number	Club	Category	MCat	Start time	1.1km	6.1km	11.1km	16.1km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	NIWIŃSKI Grzegorz	150	K.B. TUPOT USTKA	M55-59	1	00:00:49	00:05:10	00:27:52	00:51:13	01:15:12	01:40:37.60	01:41:27.00		4:46	12.6 (100%)
2	ADAMCZAK Andrzej	1	TRIATHLON KOSZALIN	M55-59	2	00:00:44	00:05:17	00:29:34	00:54:24	01:18:45	01:42:12.65	01:42:57.60	+00:01:35 (1.5%)	4:50	12.4 (98.4%)
3	BŁASZCZYK Tadeusz	9		M55-59	3	00:00:39	00:04:57	00:27:49	00:51:33	01:16:10	01:42:29.75	01:43:08.90	+00:01:52 (1.8%)	4:51	12.4 (98.4%)
4	CHWALEBA Jan	25		M55-59	4	00:00:43	00:05:10	00:28:55	00:54:01	01:20:38	01:48:00.50	01:48:44.20	+00:07:22 (6.8%)	5:07	11.7 (92.9%)
5	MELLER Paweł	134	JW 1223	M55-59	5	00:00:44	00:05:42	00:31:37	00:56:52	01:22:53	01:49:14.85	01:49:59.10	+00:08:37 (7.9%)	5:10	11.6 (92.1%)
6	KOSAKOWSKI Krzysztof	106	TKKF KOLEJARZ BYDGOSZCZ	M55-59	6	00:00:44	00:05:23	00:30:27	00:56:32	01:23:05	01:49:27.20	01:50:12.05	+00:08:49 (8.1%)	5:11	11.6 (92.1%)
7	SIKORSKI Witold	182	KB RUN 42	M55-59	7	00:00:43	00:05:25	00:30:15	00:56:37	01:23:51	01:50:34.25	01:51:17.35	+00:09:56 (9.0%)	5:14	11.5 (91.3%)
8	NIEMCZUK Dariusz	247		M55-59	8	00:00:47	00:05:37	00:32:42	00:59:34	01:26:05	01:52:51.10	01:53:38.95	+00:12:13 (10.8%)	5:20	11.2 (88.9%)
9	CHUDZIK Zbigniew	23	TKKF KOSZALIN	M55-59	9	00:00:41	00:05:30	00:31:55	00:59:13	01:27:42	01:56:27.15	01:57:08.40	+00:15:49 (13.6%)	5:31	10.9 (86.5%)
10	WILIŃSKI Marek	221	K.B SPRINT ŚWIDWIN	M55-59	10	00:00:44	00:05:31	00:31:40	00:58:57	01:28:17	01:57:12.90	01:57:56.95	+00:16:35 (14.2%)	5:33	10.8 (85.7%)
11	ŚWIETLIK Tomasz	205		M55-59	11	00:00:48	00:05:43	00:31:42	00:59:17	01:26:56	01:59:15.10	02:00:03.55	+00:18:37 (15.6%)	5:39	10.6 (84.1%)
12	KRUSZYŃSKI Stanisław	194	RUNNERSWALDE.DARŁOWO.. MORSS	M55-59	12	00:00:38	00:05:53	00:34:12	01:03:50	01:32:57	01:59:22.85	02:00:01.10	+00:18:45 (15.7%)	5:39	10.6 (84.1%)

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13	KARWAT Stanisław	90	PARKRUN SZCZECINEK	M55-59	13	00:00:46	00:05:35	00:33:17	01:05:57	01:38:03	02:08:58.00	02:09:44.95	+00:28:20 (22.0%)	6:06	9.8 (77.8%)
14	WOJANOWSKI Zbigniew	224	BIEGAM BO LUBIĘ	M55-59	14	00:00:39	00:05:28	00:33:10	01:06:20	01:42:29	02:21:08.95	02:21:48.05	+00:40:31 (28.7%)	6:41	9 (71.4%)

Total 14 results.