

# TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10 KM

B4SPORT  
INTELEGENTE ZAWODY SPORTOWE

**Wydarzenie:** TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH  
**Organizator:** Fundacja Wolność i Demokracja, KTKKF, Fundacja Herkules All Sports  
**Data:** 2020-03-01  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Lap 4.9km	Lap 6.6km	Lap 8.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>HUBERT Łukasz</b>	<b>207</b>	TKKF KOSZALIN	M30-39	1	00:05:38	00:11:35	00:17:40	00:23:48	00:30:02	<b>00:36:10.85</b>		3:37	16.6 (100%)
2	<b>ROSZKOWSKI Damian</b>	<b>294</b>	BAGNA IZBICKIE	M30-39	2	00:06:00	00:12:12	00:18:27	00:24:44	00:30:57	<b>00:36:56.75</b>	+00:00:45 (2.1%)	3:41	16.2 (97.6%)
3	<b>RYKIEL Michał</b>	<b>301</b>	DĄBROWSKI TEAM	M30-39	3	00:05:55	00:12:10	00:18:28	00:24:54	00:31:18	<b>00:37:32.25</b>	+00:01:21 (3.6%)	3:45	16 (96.4%)
4	<b>WALCZAK Paweł</b>	<b>52</b>		M30-39	4	00:05:54	00:12:11	00:18:57	00:26:51	00:33:18	<b>00:39:42.90</b>	+00:03:32 (8.9%)	3:58	15.1 (91.0%)
5	<b>GIERLACH Jacek</b>	<b>192</b>	STOPA SŁUPSK	M30-39	5	00:06:11	00:12:55	00:19:51	00:26:55	00:34:07	<b>00:41:03.55</b>	+00:04:52 (11.9%)	4:06	14.6 (88.0%)
6	<b>WIECZOREK Łukasz</b>	<b>332</b>	CSSP KOSZALIN	M30-39	6	00:06:38	00:13:37	00:20:34	00:27:38	00:34:42	<b>00:41:27.70</b>	+00:05:16 (12.7%)	4:08	14.5 (87.3%)
7	<b>NOWICKI Michał</b>	<b>274</b>	KB WYGAN	M30-39	7	00:06:52	00:13:40	00:20:32	00:27:31	00:34:36	<b>00:41:33.45</b>	+00:05:22 (12.9%)	4:09	14.4 (86.7%)
8	<b>KAWKA Adrian</b>	<b>223</b>		M30-39	8	00:06:15	00:13:17	00:20:23	00:27:33	00:34:41	<b>00:41:42.15</b>	+00:05:31 (13.2%)	4:10	14.4 (86.7%)
9	<b>RUBASZNIK Radosław</b>	<b>296</b>		M30-39	9	00:06:43	00:13:51	00:21:04	00:28:29	00:35:51	<b>00:42:57.60</b>	+00:06:46 (15.8%)	4:17	14 (84.3%)
10	<b>MŁYNARCZYK Zbyszek</b>	<b>266</b>	CSPS USTKA	M30-39	10	00:07:10	00:14:27	00:21:48	00:29:13	00:36:44	<b>00:44:11.35</b>	+00:08:00 (18.1%)	4:25	13.6 (81.9%)
11	<b>ŻUREK Mateusz</b>	<b>348</b>		M30-39	11	00:06:48	00:13:58	00:21:24	00:28:57	00:36:47	<b>00:44:20.45</b>	+00:08:09 (18.4%)	4:26	13.5 (81.3%)
12	<b>SMOCZYŃSKI Marek</b>	<b>309</b>	MBC TEAM	M30-39	12	00:07:27	00:14:54	00:22:23	00:30:07	00:37:53	<b>00:45:34.50</b>	+00:09:23 (20.6%)	4:33	13.2 (79.5%)
13	<b>OLSZAR Grzegorz</b>	<b>277</b>	DARŁOWSKIE CHARTY	M30-39	13	00:07:17	00:14:49	00:22:27	00:30:20	00:38:24	<b>00:46:09.15</b>	+00:09:58 (21.6%)	4:36	13 (78.3%)
14	<b>ZAWILSKI Robert</b>	<b>343</b>		M30-39	14	00:08:04	00:16:03	00:24:06	00:31:45	00:39:11	<b>00:46:13.35</b>	+00:10:02 (21.7%)	4:37	13 (78.3%)
15	<b>SITARCZYK Damian</b>	<b>304</b>		M30-39	15	00:08:06	00:15:44	00:23:26	00:31:18	00:38:59	<b>00:46:13.90</b>	+00:10:03 (21.7%)	4:37	13 (78.3%)
16	<b>GRACZYK Paweł</b>	<b>198</b>	KAMIEŃ RYMAŃSKI	M30-39	16	00:06:59	00:14:30	00:22:13	00:30:06	00:38:11	<b>00:46:16.00</b>	+00:10:05 (21.8%)	4:37	13 (78.3%)
17	<b>CZYŻYKOWSKI Łukasz</b>	<b>180</b>		M30-39	17	00:07:49	00:15:34	00:23:25	00:31:19	00:39:23	<b>00:47:03.60</b>	+00:10:52 (23.1%)	4:42	12.7 (76.5%)
18	<b>REDLICKI Piotr</b>	<b>291</b>		M30-39	18	00:07:17	00:15:04	00:23:06	00:31:01	00:39:02	<b>00:47:07.60</b>	+00:10:56 (23.2%)	4:42	12.7 (76.5%)
19	<b>RUTKOWSKI Artur</b>	<b>299</b>	RUNKING	M30-39	19	00:07:36	00:15:28	00:23:39	00:32:08	00:40:40	<b>00:48:47.85</b>	+00:12:37 (25.9%)	4:52	12.3 (74.1%)
20	<b>JOCHYM Mariusz</b>	<b>216</b>	WATAHA	M30-39	20	00:07:57	00:15:53	00:24:07	00:32:35	00:41:08	<b>00:48:51.60</b>	+00:12:40 (25.9%)	4:53	12.3 (74.1%)
21	<b>KACZMAREK Łukasz</b>	<b>218</b>	WOJOWNICY WÓDY	M30-39	21	00:08:15	00:16:36	00:25:07	00:33:38	00:41:35	<b>00:49:26.70</b>	+00:13:15 (26.8%)	4:56	12.1 (72.9%)
22	<b>IHNATOWICZ Łukasz</b>	<b>208</b>	WOLNY ŚLEDŹ	M30-39	22	00:08:04	00:16:20	00:24:48	00:33:16	00:41:36	<b>00:49:26.70</b>	+00:13:15 (26.8%)	4:56	12.1 (72.9%)
23	<b>BUREK Marcin</b>	<b>49</b>		M30-39	23	00:07:44	00:15:54	00:24:11	00:32:37	00:41:24	<b>00:49:27.85</b>	+00:13:17 (26.9%)	4:56	12.1 (72.9%)
24	<b>DĘBSKI Damian</b>	<b>184</b>		M30-39	24	00:08:04	00:16:03	00:24:06	00:32:33	00:41:16	<b>00:49:46.50</b>	+00:13:35 (27.3%)	4:58	12.1 (72.9%)
25	<b>MICHALCZYK Kamil</b>	<b>261</b>	KOSZALIN	M30-39	25	00:07:52	00:15:48	00:24:02	00:32:31	00:41:10	<b>00:49:48.10</b>	+00:13:37 (27.4%)	4:58	12 (72.3%)
26	<b>JABŁOŃSKI Arkadiusz</b>	<b>210</b>	JW 1223	M30-39	26	00:07:41	00:15:39	00:23:45	00:32:26	00:41:18	<b>00:50:13.30</b>	+00:14:02 (28.0%)	5:01	11.9 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap					Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km				
27	<b>HARASIMOWICZ Michał</b>	<b>202</b>	12. BBSP	M30-39	27	00:07:49	00:16:07	00:24:44	00:33:30	00:42:22	<b>00:50:39.95</b>	+00:14:29 (28.6%)	5:03	11.8 (71.1%)
28	<b>KAWA Marcin</b>	<b>15</b>		M30-39	28	00:07:49	00:15:46	00:24:18	00:33:05	00:41:59	<b>00:50:45.60</b>	+00:14:34 (28.7%)	5:04	11.8 (71.1%)
29	<b>SZCZYPEK Arkadiusz</b>	<b>317</b>	FUNDACJA ZASTOPIJ	M30-39	29	00:07:55	00:16:16	00:24:48	00:33:40	00:42:39	<b>00:51:34.55</b>	+00:15:23 (29.8%)	5:09	11.6 (69.9%)
30	<b>SZYMAŃSKI Patryk</b>	<b>321</b>	1987	M30-39	30	00:07:59	00:16:04	00:24:50	00:34:01	00:43:17	<b>00:52:19.45</b>	+00:16:08 (30.9%)	5:13	11.5 (69.3%)
31	<b>SZYSZKOWSKI Tomasz</b>	<b>323</b>	FOR-REST-RUN KOSZALIN	M30-39	31	00:08:30	00:17:11	00:26:02	00:34:55	00:43:49	<b>00:52:20.25</b>	+00:16:09 (30.9%)	5:14	11.5 (69.3%)
32	<b>SOBOLEWSKI Marcin</b>	<b>310</b>	1983	M30-39	32	00:08:13	00:16:46	00:25:44	00:35:03	00:44:27	<b>00:53:50.70</b>	+00:17:39 (32.8%)	5:23	11.1 (66.9%)
33	<b>MITUNIEWICZ Adrian</b>	<b>265</b>		M30-39	33	00:09:00	00:18:07	00:27:06	00:36:02	00:45:09	<b>00:54:11.40</b>	+00:18:00 (33.2%)	5:25	11.1 (66.9%)
34	<b>CHRUŚLAK Dawid</b>	<b>175</b>		M30-39	34	00:08:30	00:17:33	00:26:41	00:35:59	00:45:27	<b>00:54:50.10</b>	+00:18:39 (34.0%)	5:29	10.9 (65.7%)
35	<b>WESOŁOWSKI Łukasz</b>	<b>331</b>	KOSZALIN	M30-39	35	00:08:46	00:18:21	00:28:07	00:37:59	00:47:45	<b>00:56:48.40</b>	+00:20:37 (36.3%)	5:40	10.6 (63.9%)
36	<b>POŁOCZAŃSKI Piotr</b>	<b>287</b>	SZWAGRY BIEGAJĄ	M30-39	36	00:08:21	00:17:10	00:27:30	00:38:02	00:48:06	<b>00:57:11.30</b>	+00:21:00 (36.7%)	5:43	10.5 (63.3%)
37	<b>SZMYT Marcin</b>	<b>319</b>		M30-39	37	00:08:21	00:17:11	00:27:31	00:38:02	00:48:06	<b>00:57:11.35</b>	+00:21:00 (36.7%)	5:43	10.5 (63.3%)
38	<b>PIETRZYK Rafał</b>	<b>284</b>		M30-39	38	00:08:51	00:18:15	00:28:01	00:38:01	00:48:11	<b>00:58:16.65</b>	+00:22:05 (37.9%)	5:49	10.3 (62.0%)

Znaleziono 38 wynik(ów)