

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: M40-49

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	SIADAK Arkadiusz	303		M40-49	1	00:05:58	00:11:58	00:18:08	00:24:17	00:30:39	00:36:36.80		3:39	16.4 (100%)
2	ŁUKASZEWSKI Sebastian	249	STARGARDZKI ZWIĄZEK WETERANÓW LEKKIEJ ATLETYKI	M40-49	2	00:05:57	00:12:07	00:18:23	00:24:38	00:30:51	00:36:44.75	+00:00:07 (0.4%)	3:40	16.3 (99.4%)
3	ZABORSKI Ryszard	340	TKKF KOSZALIN	M40-49	3	00:05:55	00:11:56	00:18:03	00:24:17	00:30:39	00:36:50.75	+00:00:13 (0.6%)	3:41	16.3 (99.4%)
4	RYBACZEK Sebastian	350	JW 1223	M40-49	4	00:05:58	00:12:06	00:18:22	00:24:38	00:30:53	00:36:59.20	+00:00:22 (1.0%)	3:41	16.2 (98.8%)
5	MACKOJĆ Krzysztof	255	EL-MACKOJĆ	M40-49	5	00:06:00	00:12:12	00:18:29	00:24:54	00:31:17	00:37:30.60	+00:00:53 (2.4%)	3:45	16 (97.6%)
6	RUDNIKOWSKI Maciej	297	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M40-49	6	00:05:58	00:12:19	00:18:42	00:25:10	00:31:39	00:37:59.00	+00:01:22 (3.6%)	3:47	15.8 (96.3%)
7	WOJCIECHOWICZ Jacek	334	WWW.STUDIOTANCAPASJA.PL	M40-49	7	00:06:16	00:12:56	00:19:40	00:26:27	00:33:09	00:39:43.10	+00:03:06 (7.8%)	3:58	15.1 (92.1%)
8	LEWANDOWSKI Jacek	248	TAPETY KOSZALIN MONIUSZKI	M40-49	8	00:06:23	00:13:02	00:19:46	00:26:33	00:33:21	00:39:56.90	+00:03:20 (8.3%)	3:59	15 (91.5%)
9	BIEDRZYCKI Krzysztof	165		M40-49	9	00:06:26	00:13:08	00:19:49	00:26:36	00:33:26	00:39:59.55	+00:03:22 (8.4%)	3:59	15 (91.5%)
10	BURDA Robert	170	KOSPEL	M40-49	10	00:06:38	00:13:22	00:20:08	00:26:59	00:33:42	00:40:07.05	+00:03:30 (8.7%)	4:00	15 (91.5%)
11	SZYSZKA Konrad	322	WIECZORNE BIEGANIE W SZCZECINIE	M40-49	11	00:06:31	00:13:28	00:20:30	00:27:30	00:34:31	00:41:20.75	+00:04:43 (11.4%)	4:08	14.5 (88.4%)
12	KOZIEŁ Paweł	235	PROFESJONALNI AMATORZY	M40-49	12	00:06:38	00:13:45	00:20:58	00:28:09	00:35:25	00:42:22.70	+00:05:45 (13.6%)	4:14	14.2 (86.6%)
13	BARANOWSKI Piotr	162		M40-49	13	00:06:51	00:13:50	00:20:57	00:28:09	00:35:28	00:42:43.50	+00:06:06 (14.3%)	4:16	14 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km				
14	URBAŃSKI Tomasz	327		M40-49	14	00:07:07	00:14:09	00:21:23	00:28:35	00:35:49	00:42:58.65	+00:06:21 (14.8%)	4:17	14 (85.4%)
15	GÓRNY Norbert	196	CSSP KOSZALIN	M40-49	15	00:06:50	00:14:02	00:21:20	00:28:38	00:36:00	00:43:16.50	+00:06:39 (15.4%)	4:19	13.9 (84.8%)
16	MAZUR Tomasz	259	I LO SZCZECINEK	M40-49	16	00:06:50	00:14:01	00:21:22	00:28:44	00:36:11	00:43:18.90	+00:06:42 (15.5%)	4:19	13.9 (84.8%)
17	KUCAL Paweł	243		M40-49	17	00:07:07	00:14:11	00:21:24	00:28:45	00:36:10	00:43:26.90	+00:06:50 (15.7%)	4:20	13.8 (84.1%)
18	NOWAK Paweł	272	TRIPAKA PRZECHLEWO	M40-49	18	00:07:14	00:14:25	00:21:44	00:29:04	00:36:26	00:43:36.95	+00:07:00 (16.1%)	4:21	13.8 (84.1%)
19	JANKOWSKI Piotr	163		M40-49	19	00:07:18	00:14:39	00:22:11	00:29:43	00:37:13	00:44:41.40	+00:08:04 (18.1%)	4:28	13.4 (81.7%)
20	BUDZIŃSKI Paweł	169	TAGER SPORT / DRUŻYNA SZPIKU	M40-49	20	00:07:23	00:14:54	00:22:30	00:30:18	00:38:01	00:45:13.85	+00:08:37 (19.1%)	4:31	13.3 (81.1%)
21	KWIETNIEWSKI Daniel	246		M40-49	21	00:07:11	00:14:35	00:22:18	00:30:07	00:37:57	00:45:40.30	+00:09:03 (19.8%)	4:34	13.1 (79.9%)
22	IWANIEC Dariusz	209	TKKF KOSZALIN	M40-49	22	00:07:18	00:14:59	00:22:42	00:30:27	00:38:17	00:45:41.20	+00:09:04 (19.9%)	4:34	13.1 (79.9%)
23	KOZAK Grzegorz	234	FPP	M40-49	23	00:07:42	00:15:25	00:23:08	00:30:56	00:38:43	00:45:45.75	+00:09:08 (20.0%)	4:34	13.1 (79.9%)
24	PEKAŁA Piotr	282	SP MANOWO	M40-49	24	00:08:20	00:16:03	00:23:48	00:31:31	00:39:05	00:46:00.80	+00:09:24 (20.4%)	4:36	13 (79.3%)
25	KRAWCZUK Szymon	238	DARŁOWSKIE CHARTY	M40-49	25	00:07:32	00:15:20	00:23:05	00:30:52	00:38:39	00:46:06.55	+00:09:29 (20.6%)	4:36	13 (79.3%)
26	MYSZYŃSKI Paweł	269	SP5 KOŁOBRZEG	M40-49	26	00:07:21	00:15:00	00:22:47	00:30:35	00:38:30	00:46:07.95	+00:09:31 (20.6%)	4:36	13 (79.3%)
27	WILKOWSKI Krzysztof	333	FOR-REST-RUN KOSZALIN	M40-49	27	00:07:36	00:15:09	00:22:59	00:30:49	00:38:45	00:46:21.90	+00:09:45 (21.0%)	4:38	12.9 (78.7%)
28	KIELAR Łukasz	227		M40-49	28	00:07:36	00:15:12	00:22:59	00:30:49	00:38:44	00:46:27.45	+00:09:50 (21.2%)	4:38	12.9 (78.7%)
29	PILAREK Ireneusz	285		M40-49	29	00:07:23	00:14:56	00:22:37	00:30:36	00:38:45	00:46:40.30	+00:10:03 (21.6%)	4:40	12.9 (78.7%)
30	ŁUSZCZEWSKI Krzysztof	251	ŻYTANIA TEAM	M40-49	30	00:07:27	00:15:12	00:23:13	00:31:18	00:39:24	00:47:18.65	+00:10:41 (22.6%)	4:43	12.7 (77.4%)
31	RÓG Michał	295	8PPLOT	M40-49	31	00:07:52	00:15:40	00:23:39	00:31:43	00:39:53	00:47:33.50	+00:10:56 (23.0%)	4:45	12.6 (76.8%)
32	DERLIŃSKI Adam	183	TORNADO KOSZALIN	M40-49	32	00:07:15	00:15:00	00:23:00	00:31:12	00:39:34	00:47:40.30	+00:11:03 (23.2%)	4:46	12.6 (76.8%)
33	GALICKI Robert	189	BOBOLICKIE BRACtwo BIEGOWE	M40-49	33	00:08:25	00:16:51	00:24:54	00:32:47	00:40:39	00:48:05.10	+00:11:28 (23.9%)	4:48	12.5 (76.2%)
34	MONGIAŁO Marcin	268	FAST FEET K-LIN	M40-49	34	00:08:11	00:16:15	00:24:29	00:32:42	00:40:50	00:48:34.65	+00:11:57 (24.6%)	4:51	12.3 (75.0%)
35	MACIĄG Piotr	252	HOMOSAPIE	M40-49	35	00:07:54	00:15:59	00:24:15	00:32:35	00:40:55	00:48:53.75	+00:12:16 (25.1%)	4:53	12.3 (75.0%)
36	ANTKOWIAK Sebastian	161	DB - ACTIVE	M40-49	36	00:07:26	00:15:26	00:23:51	00:32:19	00:40:54	00:49:22.90	+00:12:46 (25.9%)	4:56	12.1 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km				
37	HAINCE Paweł	199		M40-49	37	00:07:49	00:15:50	00:23:59	00:32:29	00:41:05	00:49:25.15	+00:12:48 (25.9%)	4:56	12.1 (73.8%)
38	PAJOR Tomasz	279	HOMOSAPIE	M40-49	38	00:07:54	00:15:59	00:24:16	00:32:40	00:41:12	00:49:35.80	+00:12:59 (26.2%)	4:57	12.1 (73.8%)
39	KRASIŃSKI Witold	237		M40-49	39	00:07:57	00:15:53	00:24:07	00:32:36	00:41:16	00:49:52.30	+00:13:15 (26.6%)	4:59	12 (73.2%)
40	MICHALSKI Jakub	262		M40-49	40	00:08:48	00:17:26	00:26:01	00:34:24	00:42:32	00:49:59.55	+00:13:22 (26.8%)	4:59	12 (73.2%)
41	BOJANOWSKI Michał	351	KOŁOBRZESKI KLUB MORSÓW	M40-49	41	00:07:53	00:16:05	00:24:39	00:33:20	00:41:40	00:50:30.60	+00:13:53 (27.5%)	5:03	11.9 (72.6%)
42	NEUBAUER Łukasz	271		M40-49	42	00:07:41	00:15:48	00:24:12	00:32:59	00:41:53	00:50:31.90	+00:13:55 (27.5%)	5:03	11.9 (72.6%)
43	KONKEL Łukasz	229		M40-49	43	00:08:26	00:16:54	00:25:29	00:33:58	00:42:27	00:50:32.40	+00:13:55 (27.6%)	5:03	11.9 (72.6%)
44	CHABOWSKI Dawid	173		M40-49	44	00:07:56	00:16:08	00:24:33	00:33:13	00:42:07	00:50:39.20	+00:14:02 (27.7%)	5:04	11.8 (72.0%)
45	PUŚCIAN Krzysztof	288	SP MANOWO	M40-49	45	00:08:26	00:16:53	00:25:40	00:34:25	00:43:07	00:51:44.95	+00:15:08 (29.2%)	5:10	11.6 (70.7%)
46	PAWŁOWSKI Grzegorz	62	GAMMAX	M40-49	46	00:07:43	00:15:56	00:24:35	00:33:32	00:42:48	00:51:53.70	+00:15:16 (29.4%)	5:11	11.6 (70.7%)
47	KAMINSKI Tomasz	219	WODNA SŁUŻBA RATOWNICZA	M40-49	47	00:08:15	00:16:31	00:25:21	00:34:26	00:43:18	00:52:25.80	+00:15:49 (30.2%)	5:14	11.4 (69.5%)
48	KULAWIŃSKI Marek	244		M40-49	48	00:09:02	00:18:05	00:27:02	00:35:56	00:45:00	00:53:51.85	+00:17:15 (32.0%)	5:23	11.1 (67.7%)
49	KASPRZYK Bogdan	222	KM PSP KOSZALIN	M40-49	49	00:08:03	00:16:48	00:25:50	00:35:11	00:44:40	00:53:54.65	+00:17:17 (32.1%)	5:23	11.1 (67.7%)
50	KĘSIK Michał	226	ZDARTE PODESZWY	M40-49	50	00:08:59	00:18:13	00:27:27	00:36:57	00:46:02	00:54:38.90	+00:18:02 (33.0%)	5:27	11 (67.1%)
51	CIECHAŃSKI Michał	177	1979	M40-49	51	00:08:58	00:18:13	00:27:28	00:37:01	00:46:14	00:55:31.80	+00:18:55 (34.1%)	5:33	10.8 (65.9%)
52	HARASYM Daniel	203	FUNDACJA ZASTOPUJ	M40-49	52	00:09:33	00:19:30	00:29:58	00:41:01	00:51:58	01:02:36.60	+00:25:59 (41.5%)	6:15	9.6 (58.5%)
53	OLCZYKOWSKI Bartosz	275		M40-49	53	00:10:11	00:20:54	00:32:03	00:43:27	00:55:15	01:06:48.20	+00:30:11 (45.2%)	6:40	9 (54.9%)
54	RYHANYCZ Paweł	300		M40-49	54	00:10:30	00:21:53	00:33:28	00:45:18	00:57:31		+00:26:52	6:55	8.7 (53.0%)

Znaleziono 54 wynik(ów)