



TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT
INTELEKTUALNE SPORTEKSPERTYZA

Wydarzenie: Tropem Wilczym Bieg Pamięci Żołnierzy Wyklętych
Organizator: Fundacja Wolność i Demokracja; Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-03-04
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ORZECZOWSKI Kamil	135	TKKF KOSZALIN	M-30	1	00:00:02	00:05:54	00:11:50	00:17:52	00:23:57	00:30:03	00:35:53.95	00:35:55.95		3:35	16.7 (100%)
2	KARCZ Artur	77		M-30	2	00:00:01	00:05:51	00:11:50	00:17:56	00:24:03	00:30:11	00:36:21.30	00:36:22.50	+00:00:27 (1.3%)	3:38	16.5 (98.8%)
3	SIADAK Arkadiusz	166		M-30	3	00:00:01	00:06:04	00:12:20	00:18:46	00:25:13	00:31:41	00:38:00.95	00:38:02.75	+00:02:07 (5.6%)	3:48	15.8 (94.6%)
4	GOLIŃSKI Łukasz	48	K.B. SPRINT ŚWIDWIN	M-30	4	00:00:01	00:06:15	00:12:37	00:19:09	00:25:34	00:32:04	00:38:17.65	00:38:19.15	+00:02:23 (6.3%)	3:49	15.7 (94.0%)
5	WILCZEWSKI Krzysztof	209		M-30	5	00:00:03	00:06:40	00:13:23	00:20:07	00:26:47	00:33:21	00:39:34.20	00:39:37.65	+00:03:40 (9.3%)	3:57	15.2 (91.0%)
6	CZAPLIŃSKI Jacek	30	TAGER KOSZALIN	M-30	6	00:00:03	00:06:24	00:12:52	00:19:34	00:26:20	00:33:09	00:39:44.60	00:39:47.75	+00:03:50 (9.7%)	3:58	15.1 (90.4%)
7	KRUKOWSKI Błażej	96		M-30	7	00:00:03	00:06:40	00:13:24	00:20:11	00:26:53	00:33:38	00:40:21.45	00:40:25.30	+00:04:27 (11.0%)	4:02	14.9 (89.2%)
8	STEBELSKI Jasiak	176		M-30	8	00:00:08	00:06:48	00:13:39	00:20:36	00:27:35	00:34:37	00:41:22.80	00:41:31.65	+00:05:28 (13.2%)	4:08	14.5 (86.8%)
9	WICHER Krzysztof	206	ADWOKATURA	M-30	9	00:00:03	00:06:31	00:13:14	00:20:11	00:27:22	00:34:37	00:41:32.00	00:41:35.70	+00:05:38 (13.6%)	4:09	14.4 (86.2%)
10	SOMINKA Paweł	173	BAŁTYK-TRANS-SPEDITION	M-30	10	00:00:03	00:06:33	00:13:24	00:20:26	00:27:33	00:34:42	00:41:38.25	00:41:41.85	+00:05:44 (13.8%)	4:09	14.4 (86.2%)
11	PRZEWŁOCKI Michał	149	TKKF KOSZALIN	M-30	11	00:00:03	00:06:36	00:13:21	00:20:16	00:27:28	00:35:01	00:42:39.85	00:42:43.35	+00:06:45 (15.9%)	4:16	14.1 (84.4%)
12	MŁYNARCZYK Zbigniew	124	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	M-30	12	00:00:01	00:06:38	00:13:32	00:20:41	00:28:01	00:35:25	00:42:40.40	00:42:42.20	+00:06:46 (15.9%)	4:16	14.1 (84.4%)
13	RUDZIŃSKI Radosław	162	TRYGŁAW TYCHOWO	M-30	13	00:00:03	00:06:42	00:13:54	00:21:13	00:28:31	00:36:01	00:43:12.55	00:43:15.90	+00:07:18 (16.9%)	4:19	13.9 (83.2%)
14	CIEKLIŃSKI Jacek	28		M-30	14	00:00:18	00:07:25	00:14:36	00:22:02	00:29:35	00:36:47	00:43:42.00	00:44:00.20	+00:07:48 (17.9%)	4:22	13.7 (82.0%)
15	ŁOPIŃSKI Piotr	108	FSD	M-30	15	00:00:09	00:07:18	00:14:39	00:21:57	00:29:15	00:36:36	00:43:42.90	00:43:52.05	+00:07:48 (17.9%)	4:22	13.7 (82.0%)
16	BIEDRZYCKI Adam	13	CW FANZA KOŁOBRZEG	M-30	16	00:00:06	00:08:07	00:15:55	00:23:29	00:30:50	00:38:08	00:45:09.60	00:45:16.55	+00:09:15 (20.5%)	4:31	13.3 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
17	NOWICKI Michał	250	KB WYGAN	M-30	17	00:00:07	00:07:20	00:14:48	00:22:21	00:29:59	00:37:39	00:45:15.15	00:45:22.40	+00:09:21 (20.7%)	4:31	13.3 (79.6%)
18	RYTTEL Marcin	165		M-30	18	00:00:06	00:07:14	00:14:52	00:22:34	00:30:18	00:38:09	00:45:41.50	00:45:48.00	+00:09:47 (21.4%)	4:34	13.1 (78.4%)
19	GOŁDYN Marek	49	TKKF KOSZALIN	M-30	19	00:00:10	00:07:48	00:15:23	00:23:05	00:30:47	00:38:25	00:45:43.40	00:45:54.20	+00:09:49 (21.5%)	4:34	13.1 (78.4%)
20	WILKOWSKI Krzysztof	211		M-30	20	00:00:09	00:07:39	00:14:58	00:22:36	00:30:26	00:38:23	00:45:52.95	00:46:02.45	+00:09:59 (21.8%)	4:35	13.1 (78.4%)
21	CHOŁUJ Karol	25	MONOLITH LIFE TEAM	M-30	21	00:00:09	00:07:28	00:15:03	00:22:50	00:30:42	00:38:36	00:46:17.10	00:46:26.60	+00:10:23 (22.4%)	4:37	13 (77.8%)
22	KRACZKOWSKI Przemysław	93		M-30	22	00:00:12	00:07:52	00:15:38	00:23:25	00:31:14	00:39:00	00:46:26.05	00:46:38.85	+00:10:32 (22.7%)	4:38	12.9 (77.2%)
23	MALINOWSKI Mariusz	113		M-30	23	00:00:10	00:07:30	00:15:14	00:23:03	00:31:07	00:39:10	00:46:48.90	00:46:59.55	+00:10:54 (23.3%)	4:40	12.8 (76.6%)
24	KOŹMIŃSKI Patryk	92		M-30	24	00:00:07	00:07:33	00:15:21	00:23:14	00:31:12	00:39:12	00:46:52.00	00:46:59.60	+00:10:58 (23.4%)	4:41	12.8 (76.6%)
25	KWIDZIŃSKI Michał	102		M-30	25	00:00:16	00:07:33	00:14:48	00:22:10	00:30:12	00:38:45	00:46:57.25	00:47:13.95	+00:11:03 (23.5%)	4:41	12.8 (76.6%)
26	WALOCHA Krzysztof	200		M-30	26	00:00:10	00:07:55	00:15:40	00:23:27	00:31:19	00:39:14	00:47:03.30	00:47:14.15	+00:11:09 (23.7%)	4:42	12.7 (76.0%)
27	KOZIEŁ Paweł	90	WICHER RĄBINO	M-30	27	00:00:07	00:07:38	00:15:29	00:23:27	00:31:32	00:39:32	00:47:11.20	00:47:18.30	+00:11:17 (23.9%)	4:43	12.7 (76.0%)
28	ŻUKOWSKI Cezary	229	CZAREK W BIEGU	M-30	28	00:00:06	00:07:28	00:15:13	00:23:17	00:31:22	00:39:28	00:47:13.20	00:47:20.15	+00:11:19 (24.0%)	4:43	12.7 (76.0%)
29	MISZCZYK Jan	123	ROZBIEGANY KOSZALIN	M-30	29	00:00:08	00:07:15	00:15:12	00:23:12	00:31:31	00:39:54	00:47:40.25	00:47:48.90	+00:11:46 (24.7%)	4:46	12.6 (75.4%)
30	KWIETNIEWSKI Daniel	103		M-30	30	00:00:12	00:07:48	00:15:32	00:23:30	00:31:33	00:39:43	00:47:45.70	00:47:58.50	+00:11:51 (24.8%)	4:46	12.6 (75.4%)
31	MILEWSKI Tomasz	122		M-30	31	00:00:17	00:08:14	00:16:10	00:24:00	00:32:03	00:39:59	00:48:07.60	00:48:25.45	+00:12:13 (25.4%)	4:48	12.5 (74.9%)
32	SIKORSKI Adam	353	SIKORROWO	M-30	32	00:00:05	00:07:30	00:15:21	00:23:17	00:31:35	00:40:09	00:48:23.85	00:48:29.25	+00:12:29 (25.8%)	4:50	12.4 (74.3%)
33	OTTO Michał	136		M-30	33	00:00:05	00:07:16	00:15:05	00:23:13	00:31:34	00:40:06	00:48:29.55	00:48:34.80	+00:12:35 (26.0%)	4:50	12.4 (74.3%)
34	KONKEL Łukasz	85		M-30	34	00:00:10	00:07:57	00:15:59	00:24:07	00:32:22	00:40:42	00:48:42.55	00:48:52.90	+00:12:48 (26.3%)	4:52	12.3 (73.7%)
35	KUBIŚ Paweł	98	APTEKARZE	M-30	35	00:00:08	00:08:17	00:16:33	00:24:52	00:32:58	00:40:57	00:48:49.45	00:48:58.35	+00:12:55 (26.5%)	4:53	12.3 (73.7%)
36	JADCZAK Tomasz	64		M-30	36	00:00:12	00:08:16	00:16:27	00:24:42	00:33:06	00:41:16	00:48:54.25	00:49:07.00	+00:13:00 (26.6%)	4:53	12.3 (73.7%)
37	KOZIK Przemysław	71	PARKRUN ŚWIDWIN	M-30	37	00:00:03	00:07:34	00:15:15	00:23:26	00:31:50	00:40:33	00:49:06.30	00:49:09.80	+00:13:12 (26.9%)	4:54	12.2 (73.1%)
38	LENARTOWICZ Tomasz	104	GWARDIA KOSZALIN	M-30	38	00:00:16	00:08:12	00:16:07	00:24:29	00:32:53	00:41:04	00:49:06.75	00:49:23.00	+00:13:12 (26.9%)	4:54	12.2 (73.1%)
39	RUDNIK Tomasz	159		M-30	39	00:00:18	00:08:16	00:16:10	00:24:20	00:32:36	00:41:02	00:49:23.35	00:49:42.00	+00:13:29 (27.3%)	4:56	12.1 (72.5%)
40	HUDASZEK Grzegorz	61	PARKRUN ŚWIDWIN	M-30	40	00:00:20	00:08:22	00:16:29	00:25:06	00:33:29	00:41:52	00:50:12.90	00:50:33.00	+00:14:18 (28.5%)	5:01	11.9 (71.3%)
41	STOKROCKI Wojciech	179		M-30	41	00:00:18	00:08:32	00:17:00	00:25:23	00:33:42	00:42:08	00:50:18.80	00:50:37.45	+00:14:24 (28.6%)	5:01	11.9 (71.3%)
42	MYSZYŃSKI Paweł	130	SP5KOŁOBRZEG	M-30	42	00:00:05	00:07:45	00:15:57	00:24:44	00:33:31	00:42:08	00:50:29.05	00:50:34.50	+00:14:35 (28.9%)	5:02	11.9 (71.3%)

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43	SZCZYGIELSKI Michał	184	KOŁOBRZEG MARATON TEAM	M-30	43	00:00:07	00:08:21	00:16:51	00:25:15	00:33:47	00:42:14	00:50:29.70	00:50:37.00	+00:14:35 (28.9%)	5:03	11.9 (71.3%)
44	SZULC Szymon	188	SZULC RUNNERS TEAM	M-30	44	00:00:12	00:08:13	00:16:29	00:24:48	00:33:28	00:42:06	00:50:36.20	00:50:48.60	+00:14:42 (29.1%)	5:03	11.9 (71.3%)
45	HRYCAJ Tomasz	58		M-30	45	00:00:11	00:07:58	00:16:11	00:24:48	00:33:24	00:42:11	00:50:50.20	00:51:01.40	+00:14:56 (29.4%)	5:05	11.8 (70.7%)
46	ZIENCINA Marcin	223		M-30	46	00:00:13	00:08:00	00:16:22	00:24:59	00:33:51	00:42:40	00:51:05.85	00:51:19.05	+00:15:11 (29.7%)	5:06	11.7 (70.1%)
47	KAZIMIEROWICZ Radosław	79	VTT KOSZALIN	M-30	47	00:00:15	00:08:46	00:17:31	00:26:11	00:34:46	00:43:33	00:52:03.80	00:52:18.80	+00:16:09 (31.0%)	5:12	11.5 (68.9%)
48	JABŁOŃSKI Arkadiusz	63	JW1223	M-30	48	00:00:14	00:07:50	00:15:59	00:24:36	00:33:32	00:42:53	00:52:09.60	00:52:24.20	+00:16:15 (31.2%)	5:13	11.5 (68.9%)
49	LICHACY Marcel	107		M-30	49	00:00:13	00:08:45	00:17:40	00:26:35	00:35:26	00:43:52	00:52:15.45	00:52:28.65	+00:16:21 (31.3%)	5:13	11.5 (68.9%)
50	GAWĘDA Emil	44		M-30	50	00:00:12	00:08:46	00:17:41	00:26:36	00:35:27	00:43:52	00:52:16.15	00:52:28.50	+00:16:22 (31.3%)	5:13	11.5 (68.9%)
51	SOBOLEWSKI Marcin	172		M-30	51	00:00:19	00:08:22	00:16:48	00:25:18	00:34:09	00:43:12	00:52:31.25	00:52:50.80	+00:16:37 (31.6%)	5:15	11.4 (68.3%)
52	MACIĄG Piotr	109		M-30	52	00:00:21	00:09:10	00:18:16	00:27:20	00:36:21	00:44:39	00:52:46.75	00:53:08.25	+00:16:52 (32.0%)	5:16	11.4 (68.3%)
53	KOWALCZYK Piotr	88		M-30	53	00:00:13	00:08:15	00:16:55	00:25:46	00:34:51	00:44:03	00:53:00.15	00:53:13.15	+00:17:06 (32.3%)	5:18	11.3 (67.7%)
54	KAŻMIERCZAK Leszek	231	CSSP KOSZALIN	M-30	54	00:00:16	00:08:44	00:17:38	00:26:34	00:35:32	00:44:31	00:53:03.50	00:53:19.75	+00:17:09 (32.3%)	5:18	11.3 (67.7%)
55	KACZMAREK Łukasz	73	WOJOWNICY WÓDY	M-30	55	00:00:20	00:08:29	00:17:23	00:26:35	00:35:44	00:44:36	00:53:04.30	00:53:24.45	+00:17:10 (32.4%)	5:18	11.3 (67.7%)
56	WICENS Jacek	205	JW1223	M-30	56	00:00:15	00:08:58	00:17:57	00:27:03	00:36:15	00:45:25	00:53:35.05	00:53:51.00	+00:17:41 (33.0%)	5:21	11.2 (67.1%)
57	GRĄBCZEWSKI Rafał	52	JW1223	M-30	57	00:00:14	00:08:56	00:17:50	00:26:45	00:35:38	00:44:43	00:53:52.40	00:54:07.20	+00:17:58 (33.4%)	5:23	11.1 (66.5%)
58	MACIĄG Paweł	110		M-30	58	00:00:22	00:09:10	00:18:15	00:27:22	00:36:24	00:45:25	00:54:04.05	00:54:26.15	+00:18:10 (33.6%)	5:24	11.1 (66.5%)
59	JAROSZEWSKI Daniel	69	ROZBIEGANY KOSZALIN	M-30	59	00:00:11	00:08:19	00:16:55	00:25:42	00:34:37	00:44:30	00:54:06.60	00:54:18.00	+00:18:12 (33.7%)	5:24	11.1 (66.5%)
60	MILASZEWSKI Przemysław	238		M-30	60	00:00:20	00:08:29	00:17:23	00:26:36	00:35:44	00:44:59	00:54:23.25	00:54:43.45	+00:18:29 (34.0%)	5:26	11 (65.9%)
61	RYCHLIŃSKI Damian	164		M-30	61	00:00:17	00:08:45	00:17:30	00:26:50	00:36:21	00:45:37	00:54:40.60	00:54:58.30	+00:18:46 (34.3%)	5:28	11 (65.9%)
62	MICHALAK Szczepan	120		M-30	62	00:00:21	00:09:02	00:18:14	00:27:13	00:36:31	00:46:03	00:54:52.25	00:55:13.75	+00:18:58 (34.6%)	5:29	10.9 (65.3%)
63	HANC Michał	55	HAJALE 16	M-30	63	00:00:18	00:09:10	00:18:29	00:27:41	00:37:01	00:46:26	00:55:28.85	00:55:47.10	+00:19:34 (35.3%)	5:32	10.8 (64.7%)
64	WIĘCKOWSKI Maciej	208	KARLINO BIEGAJ!	M-30	64	00:00:12	00:08:52	00:18:14	00:27:35	00:37:40	00:47:33	00:56:25.15	00:56:38.10	+00:20:31 (36.4%)	5:38	10.6 (63.5%)
65	HRYCIÓW Paweł	59	JW1223	M-30	65	00:00:16	00:08:56	00:17:59	00:27:34	00:37:25	00:47:09	00:57:07.80	00:57:24.35	+00:21:13 (37.2%)	5:42	10.5 (62.9%)
66	BASIAK Krystian	10	JW1223	M-30	66	00:00:15	00:08:57	00:18:03	00:27:35	00:37:27	00:47:11	00:57:08.25	00:57:24.20	+00:21:14 (37.2%)	5:42	10.5 (62.9%)
67	SZULC Adam	190	SZULC RUNNERS TEAM	M-30	67	00:00:11	00:08:44	00:18:10	00:27:58	00:37:42	00:47:33	00:57:30.30	00:57:41.40	+00:21:36 (37.6%)	5:45	10.4 (62.3%)

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68	FALTYNOWSKI Dariusz	41	JW1223	M-30	68	00:00:14	00:09:40	00:19:21	00:29:13	00:39:30	00:50:12	01:00:48.55	01:01:02.90	+00:24:54 (41.0%)	6:04	9.9 (59.3%)
69	ORŁOWSKI Maciej	240		M-30	69	00:00:12	00:08:16	00:16:35	00:25:04	00:33:26	00:41:27	01:05:05.30	01:05:18.25	+00:29:11 (44.8%)	6:30	9.2 (55.1%)
70	GAWLIK Artur	45	BIEGNIJMY.PL	M-30	70	00:00:11	00:09:07	00:26:08	00:37:13	00:48:24	00:59:23	01:09:27.50	01:09:38.55	+00:33:33 (48.3%)	6:56	8.6 (51.5%)
71	WOJTANOWSKI Michał	330		M-30	71	00:00:19	00:09:09	00:17:56	00:26:15	00:34:05	00:41:27			+00:11:24	4:59	12 (71.9%)
72	JĘDRZEJEWSKI Krzysztof	72		M-30	72	00:00:11	00:09:02	00:19:47	00:30:37	00:41:16	00:52:30			+00:22:27	6:19	9.5 (56.9%)

Znaleziono 72 wynik(ów)