



# TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT

**Wydarzenie:** Tropem Wilczym Bieg Pamięci Żołnierzy Wyklętych  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-03-03  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 0.04km	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PERLIK Tomasz</b>	<b>251</b>	MTS HAMER MIASTKO	M30-39	1	00:00:08	00:05:42	00:11:23	00:17:04	00:22:48	00:28:41	<b>00:34:27.68</b>		3:26	17.4 (100%)
2	<b>SIADAK Arkadiusz</b>	<b>271</b>		M30-39	2	00:00:08	00:05:57	00:11:55	00:17:55	00:24:03	00:30:09	<b>00:35:57.48</b>	+00:01:29 (4.2%)	3:35	16.7 (96.0%)
3	<b>HUBERT Łukasz</b>	<b>176</b>	TKKF KOSZALIN	M30-39	3	00:00:08	00:06:05	00:12:20	00:18:47	00:25:25	00:32:02	<b>00:38:15.62</b>	+00:03:47 (9.9%)	3:49	15.7 (90.2%)
4	<b>SZARŁATA Piotr</b>	<b>280</b>		M30-39	4	00:00:08	00:05:59	00:12:17	00:18:44	00:25:25	00:32:03	<b>00:38:17.85</b>	+00:03:50 (10.0%)	3:49	15.7 (90.2%)
5	<b>CZAPLIŃSKI Jacek</b>	<b>147</b>	TAGER KOSZALIN	M30-39	5	00:00:10	00:06:23	00:12:47	00:19:23	00:25:58	00:32:37	<b>00:39:00.01</b>	+00:04:32 (11.6%)	3:54	15.4 (88.5%)
6	<b>RYKIEL Michał</b>	<b>269</b>		M30-39	6	00:00:09	00:06:25	00:13:05	00:19:45	00:26:21	00:32:55	<b>00:39:16.80</b>	+00:04:49 (12.3%)	3:55	15.3 (87.9%)
7	<b>KAWKA Adrian</b>	<b>192</b>		M30-39	7	00:00:11	00:06:29	00:13:23	00:20:34	00:27:52	00:35:01	<b>00:42:01.62</b>	+00:07:33 (18.0%)	4:12	14.3 (82.2%)
8	<b>RYBACKI Dawid</b>	<b>267</b>	PKP SKM TRÓJMIASTO	M30-39	8	00:00:16	00:06:56	00:13:52	00:20:58	00:28:09	00:35:19	<b>00:42:20.13</b>	+00:07:52 (18.6%)	4:14	14.2 (81.6%)
9	<b>KOŁODZIEJ Krystian</b>	<b>197</b>	BESTIE OCR LEGIONOWO	M30-39	9	00:00:14	00:07:03	00:13:55	00:20:54	00:28:04	00:35:20	<b>00:42:22.86</b>	+00:07:55 (18.7%)	4:14	14.2 (81.6%)
10	<b>FRYDRYCH Wojciech</b>	<b>161</b>		M30-39	10	00:00:12	00:07:10	00:14:14	00:21:24	00:28:34	00:35:41	<b>00:42:24.86</b>	+00:07:57 (18.8%)	4:14	14.2 (81.6%)
11	<b>OKOŁOTOWICZ Sebastian</b>	<b>241</b>		M30-39	11	00:00:18	00:07:04	00:13:37	00:20:42	00:27:59	00:35:35	<b>00:43:04.57</b>	+00:08:36 (20.0%)	4:18	13.9 (79.9%)
12	<b>WILUSZ Krzysztof</b>	<b>298</b>	STOPA SŁUPSK	M30-39	12	00:00:16	00:07:20	00:14:32	00:21:49	00:29:02	00:36:17	<b>00:43:34.70</b>	+00:09:07 (20.9%)	4:21	13.8 (79.3%)
13	<b>CIASOŃ Tomasz</b>	<b>146</b>	ORSKOV FOODS TEAM	M30-39	13	00:00:17	00:07:17	00:14:26	00:21:42	00:29:11	00:36:41	<b>00:43:43.81</b>	+00:09:16 (21.2%)	4:22	13.7 (78.7%)
14	<b>CHUPTYŚ Adrian</b>	<b>145</b>	RUNDORFINA	M30-39	14	00:00:21	00:07:54	00:15:13	00:22:40	00:30:17	00:37:50	<b>00:45:01.83</b>	+00:10:34 (23.5%)	4:30	13.3 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km	netto		10km	min/km
15	<b>MALINOWSKI Mariusz</b>	<b>225</b>		M30-39	15	00:00:17	00:07:28	00:14:57	00:22:34	00:30:12	00:37:39	<b>00:45:03.09</b>	+00:10:35 (23.5%)	4:30	13.3 (76.4%)
16	<b>JÓZEFIAK Adrian</b>	<b>35</b>		M30-39	16	00:00:16	00:07:46	00:15:10	00:22:45	00:30:17	00:37:51	<b>00:45:04.63</b>	+00:10:36 (23.6%)	4:30	13.3 (76.4%)
17	<b>JADCZAK Tomasz</b>	<b>207</b>	JW1223	M30-39	17	00:00:11	00:07:42	00:15:11	00:22:48	00:30:23	00:37:57	<b>00:45:17.55</b>	+00:10:49 (23.9%)	4:31	13.2 (75.9%)
18	<b>ŻUREK Mateusz</b>	<b>317</b>		M30-39	18	00:00:18	00:07:29	00:14:45	00:22:12	00:29:45	00:37:36	<b>00:45:19.89</b>	+00:10:52 (24.0%)	4:31	13.2 (75.9%)
19	<b>OLCZAK Krzysztof</b>	<b>242</b>		M30-39	19	00:00:19	00:08:00	00:15:32	00:23:09	00:30:42	00:38:23	<b>00:45:37.81</b>	+00:11:10 (24.5%)	4:33	13.2 (75.9%)
20	<b>ROKITA Michał</b>	<b>263</b>		M30-39	20	00:00:15	00:07:24	00:14:41	00:22:20	00:30:11	00:38:11	<b>00:46:25.13</b>	+00:11:57 (25.8%)	4:38	12.9 (74.1%)
21	<b>KRAWCZUK Szymon</b>	<b>209</b>	DARŁOWSKIE CHARTY	M30-39	21	00:00:20	00:08:14	00:15:59	00:23:42	00:31:30	00:39:16	<b>00:46:52.54</b>	+00:12:24 (26.5%)	4:41	12.8 (73.6%)
22	<b>RAKOWSKI Jakub</b>	<b>260</b>		M30-39	22	00:00:27	00:08:17	00:15:59	00:23:42	00:31:30	00:39:16	<b>00:47:01.43</b>	+00:12:33 (26.7%)	4:42	12.8 (73.6%)
23	<b>OTTO Michał</b>	<b>247</b>		M30-39	23	00:00:10	00:07:21	00:15:03	00:23:07	00:31:26	00:39:50	<b>00:48:10.60</b>	+00:13:42 (28.5%)	4:49	12.5 (71.8%)
24	<b>MILEWSKI Tomasz</b>	<b>229</b>		M30-39	24	00:00:17	00:07:57	00:15:41	00:23:40	00:31:49	00:40:03	<b>00:48:11.23</b>	+00:13:43 (28.5%)	4:49	12.5 (71.8%)
25	<b>WÓJCICKI Adrian</b>	<b>304</b>	DEAF KOSZALIN	M30-39	25	00:00:18	00:07:38	00:15:23	00:23:31	00:31:57	00:40:23	<b>00:48:20.20</b>	+00:13:52 (28.7%)	4:50	12.4 (71.3%)
26	<b>GOŁDYN Marek</b>	<b>164</b>	TKKF KOSZALIN	M30-39	26	00:00:24	00:08:28	00:16:23	00:24:25	00:32:33	00:40:43	<b>00:48:31.73</b>	+00:14:04 (29.0%)	4:51	12.4 (71.3%)
27	<b>GRZYSTEK Marcin</b>	<b>168</b>		M30-39	27	00:00:26	00:08:58	00:17:01	00:25:08	00:33:16	00:41:26	<b>00:48:52.19</b>	+00:14:24 (29.5%)	4:53	12.3 (70.7%)
28	<b>PILAREK Ireneusz</b>	<b>256</b>		M30-39	28	00:00:26	00:08:29	00:16:10	00:24:08	00:32:53	00:41:43	<b>00:49:49.98</b>	+00:15:22 (30.8%)	4:58	12 (69.0%)
29	<b>OLSZAR Grzegorz</b>	<b>243</b>	MSWIA	M30-39	29	00:00:20	00:08:21	00:16:37	00:25:02	00:33:26	00:41:56	<b>00:50:04.67</b>	+00:15:36 (31.2%)	5:00	12 (69.0%)
30	<b>KOPACZ Rafał</b>	<b>201</b>		M30-39	30	00:00:28	00:08:28	00:16:36	00:24:59	00:33:25	00:41:59	<b>00:50:36.92</b>	+00:16:09 (31.9%)	5:03	11.9 (68.4%)
31	<b>ŻUKOWSKI Cezary</b>	<b>316</b>		M30-39	31	00:00:28	00:09:18	00:18:09	00:26:25	00:34:34	00:42:50	<b>00:50:45.40</b>	+00:16:17 (32.1%)	5:04	11.8 (67.8%)
32	<b>JABŁOŃSKI Arkadiusz</b>	<b>178</b>	JW1223	M30-39	32	00:00:27	00:08:28	00:16:28	00:24:51	00:33:22	00:42:14	<b>00:50:56.69</b>	+00:16:29 (32.4%)	5:05	11.8 (67.8%)
33	<b>KRAWCZYK Tomasz</b>	<b>210</b>		M30-39	33	00:00:21	00:08:33	00:16:52	00:25:19	00:34:01	00:42:44	<b>00:51:01.93</b>	+00:16:34 (32.5%)	5:06	11.8 (67.8%)
34	<b>MYK Paweł</b>	<b>236</b>	JW1223	M30-39	34	00:00:14	00:08:33	00:17:03	00:25:34	00:34:06	00:42:42	<b>00:51:01.98</b>	+00:16:34 (32.5%)	5:06	11.8 (67.8%)
35	<b>NOSAL Mariusz</b>	<b>239</b>		M30-39	35	00:00:26	00:08:24	00:16:34	00:25:00	00:33:38	00:42:28	<b>00:51:18.12</b>	+00:16:50 (32.8%)	5:07	11.7 (67.2%)
36	<b>JOCHYM Mariusz</b>	<b>185</b>	JW1223	M30-39	36	00:00:27	00:08:40	00:17:14	00:26:02	00:34:50	00:43:45	<b>00:52:07.76</b>	+00:17:40 (33.9%)	5:12	11.5 (66.1%)
37	<b>WOJTANOWSKI Michał</b>	<b>57</b>		M30-39	37	00:00:23	00:09:33	00:18:45	00:27:35	00:35:50	00:44:21	<b>00:53:07.54</b>	+00:18:39 (35.1%)	5:18	11.3 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km	netto 10km		min/km	km/h
38	<b>KRZANOWSKI Marcin</b>	<b>211</b>	MARCINBIEGA	M30-39	38	00:00:26	00:09:09	00:17:59	00:26:54	00:35:46	00:44:42	<b>00:53:10.33</b>	+00:18:42 (35.2%)	5:19	11.3 (64.9%)
39	<b>MYSZYŃSKI Paweł</b>	<b>237</b>	SZKOŁA PODSTAWOWA NR 5 W KOŁOBRZEGU	M30-39	39	00:00:11	00:07:58	00:16:31	00:25:28	00:34:52	00:44:23	<b>00:53:11.56</b>	+00:18:43 (35.2%)	5:19	11.3 (64.9%)
40	<b>DĘBSKI Damian</b>	<b>152</b>		M30-39	40	00:00:25	00:09:18	00:18:08	00:26:53	00:35:46	00:44:53	<b>00:53:23.36</b>	+00:18:55 (35.5%)	5:20	11.2 (64.4%)
41	<b>SZYSZKOWSKI Tomasz</b>	<b>283</b>		M30-39	41	00:00:28	00:09:23	00:18:12	00:27:03	00:35:54	00:44:59	<b>00:53:46.08</b>	+00:19:18 (35.9%)	5:22	11.2 (64.4%)
42	<b>KOWALCZYK Piotr</b>	<b>203</b>	FOR-REST-RUN KOSZALIN	M30-39	42	00:00:26	00:09:17	00:18:13	00:27:10	00:36:15	00:45:27	<b>00:54:16.28</b>	+00:19:48 (36.5%)	5:25	11.1 (63.8%)
43	<b>DZIADOWIEC Marek</b>	<b>157</b>		M30-39	43	00:00:18	00:08:37	00:17:07	00:26:22	00:36:04	00:45:51	<b>00:54:22.48</b>	+00:19:54 (36.6%)	5:26	11 (63.2%)
44	<b>HRYCIÓW Paweł</b>	<b>175</b>	JW1223	M30-39	44	00:00:27	00:08:38	00:17:37	00:26:53	00:35:46	00:45:22	<b>00:54:23.65</b>	+00:19:55 (36.6%)	5:26	11 (63.2%)
45	<b>KACZMAREK Łukasz</b>	<b>187</b>	WOJOWNICY WÓDY	M30-39	45	00:00:24	00:09:04	00:18:14	00:27:38	00:37:12	00:46:24	<b>00:54:30.11</b>	+00:20:02 (36.8%)	5:27	11 (63.2%)
46	<b>LEWANDOWSKI Marek</b>	<b>218</b>	FOR-REST-RUN KOSZALIN	M30-39	46	00:00:28	00:09:54	00:19:15	00:28:21	00:37:28	00:46:36	<b>00:54:57.03</b>	+00:20:29 (37.3%)	5:29	10.9 (62.6%)
47	<b>ORYSZCZYN Arkadiusz</b>	<b>245</b>		M30-39	47	00:00:25	00:10:13	00:19:27	00:28:19	00:38:02	00:47:51	<b>00:57:18.51</b>	+00:22:50 (39.9%)	5:43	10.5 (60.3%)
48	<b>SPICA Łukasz</b>	<b>292</b>		M30-39	48	00:00:25	00:10:24	00:20:28	00:31:19	00:43:16	00:54:56	<b>01:06:19.14</b>	+00:31:51 (48.0%)	6:37	9 (51.7%)
49	<b>BIEŃKOWSKI Tomasz</b>	<b>36</b>		M30-39	49	00:00:11	00:07:10	00:14:41	00:22:15	00:30:07	00:38:13		+00:09:32	4:36	13 (74.7%)
50	<b>KWIDZIŃSKI Michał</b>	<b>214</b>		M30-39	50	00:00:28	00:09:41	00:18:42	00:28:14	00:37:19	00:46:26		+00:17:45	5:35	10.7 (61.5%)
51	<b>JĘDRZEJEWSKI Krzysztof</b>	<b>184</b>		M30-39	51	00:00:27	00:09:16	00:19:00	00:28:52	00:39:45	00:50:40		+00:21:58	6:06	9.8 (56.3%)

Znaleziono 51 wynik(ów)