



# TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT  
HERKULES ORGANIZATOR

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



Klasyfikacja: M40-49

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>KARCZ Artur</b>	<b>189</b>	PIOTR POBŁOCKI	M40-49	1	00:00:08	00:05:48	00:11:36	00:17:23	00:23:16	00:29:23	<b>00:35:22.09</b>		3:32	17 (100%)
2	<b>ZABORSKI Ryszard</b>	<b>306</b>	TKKF KOSZALIN	M40-49	2	00:00:08	00:06:00	00:11:55	00:17:55	00:24:03	00:30:09	<b>00:36:14.02</b>	+00:00:51 (2.4%)	3:37	16.6 (97.6%)
3	<b>FIDO Adam</b>	<b>158</b>	JW 3937	M40-49	3	00:00:08	00:06:01	00:12:11	00:18:31	00:24:56	00:31:27	<b>00:37:47.71</b>	+00:02:25 (6.4%)	3:46	15.9 (93.5%)
4	<b>KUŁAKOWSKI Artur</b>	<b>213</b>	FLORIAN CHOJNICE	M40-49	4	00:00:14	00:06:28	00:12:45	00:19:04	00:25:23	00:31:45	<b>00:37:55.84</b>	+00:02:33 (6.8%)	3:47	15.8 (92.9%)
5	<b>RUDNIKOWSKI Maciej</b>	<b>265</b>	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M40-49	5	00:00:08	00:06:19	00:12:49	00:19:23	00:25:58	00:32:34	<b>00:38:58.22</b>	+00:03:36 (9.2%)	3:53	15.4 (90.6%)
6	<b>POŁUBIŃSKI Paweł</b>	<b>258</b>	BORNE BIEGA	M40-49	6	00:00:09	00:06:38	00:13:10	00:19:41	00:26:16	00:32:55	<b>00:39:29.78</b>	+00:04:07 (10.5%)	3:56	15.2 (89.4%)
7	<b>BURDA Robert</b>	<b>140</b>	KOSPEL	M40-49	7	00:00:10	00:06:47	00:13:31	00:20:15	00:26:58	00:33:41	<b>00:40:00.68</b>	+00:04:38 (11.6%)	4:00	15 (88.2%)
8	<b>WOJCIECHOWICZ Jacek</b>	<b>301</b>	WWW.STUDIOTANCPASJA.PL	M40-49	8	00:00:09	00:06:24	00:12:58	00:19:49	00:26:43	00:33:43	<b>00:40:34.27</b>	+00:05:12 (12.8%)	4:03	14.8 (87.1%)
9	<b>BARANOWSKI Piotr</b>	<b>133</b>		M40-49	9	00:00:10	00:06:49	00:13:35	00:20:24	00:27:17	00:34:06	<b>00:40:54.38</b>	+00:05:32 (13.5%)	4:05	14.7 (86.5%)
10	<b>SMAGOWSKI Wojtek</b>	<b>274</b>	KB SPRINT ŚWIDWIN	M40-49	10	00:00:14	00:06:51	00:13:37	00:20:29	00:27:26	00:34:21	<b>00:41:06.39</b>	+00:05:44 (14.0%)	4:06	14.6 (85.9%)
11	<b>MAĆKOWIAK Krzysztof</b>	<b>222</b>	ROZBIEGANY KOSZALIN	M40-49	11	00:00:10	00:06:49	00:13:36	00:20:28	00:27:32	00:34:46	<b>00:41:48.52</b>	+00:06:26 (15.4%)	4:10	14.4 (84.7%)
12	<b>NOWAK Paweł</b>	<b>240</b>	#TRIPAKA PRZECHLEWO	M40-49	12	00:00:11	00:07:05	00:14:06	00:21:17	00:28:31	00:35:41	<b>00:42:43.36</b>	+00:07:21 (17.2%)	4:16	14 (82.4%)
13	<b>LEWANDOWSKI Jacek</b>	<b>217</b>		M40-49	13	00:00:15	00:07:12	00:14:18	00:21:30	00:28:47	00:36:04	<b>00:43:00.17</b>	+00:07:38 (17.8%)	4:18	14 (82.4%)
14	<b>MUCHA Krzysztof</b>	<b>235</b>	JW1223	M40-49	14	00:00:10	00:07:18	00:14:38	00:21:51	00:29:12	00:36:30	<b>00:43:35.69</b>	+00:08:13 (18.9%)	4:21	13.8 (81.2%)
15	<b>IWANIEC Dariusz</b>	<b>177</b>	TKKF KOSZALIN	M40-49	15	00:00:12	00:07:35	00:14:53	00:22:09	00:29:39	00:37:06	<b>00:44:27.39</b>	+00:09:05 (20.4%)	4:26	13.5 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km				
16	<b>JANKOWSKI Piotr</b>	<b>180</b>		M40-49	16	00:00:16	00:07:45	00:15:10	00:22:44	00:30:17	00:37:52	<b>00:45:08.13</b>	+00:09:46 (21.6%)	4:30	13.3 (78.2%)
17	<b>STEFANOWICZ Paweł</b>	<b>277</b>	ORLEN RUNNING TEAM	M40-49	17	00:00:14	00:07:22	00:14:39	00:22:10	00:29:54	00:37:27	<b>00:45:10.10</b>	+00:09:48 (21.7%)	4:31	13.3 (78.2%)
18	<b>FILOWIAT Grzegorz</b>	<b>160</b>	ULKST BORNE SULINOWO	M40-49	18	00:00:21	00:07:47	00:15:15	00:22:47	00:30:22	00:37:56	<b>00:45:19.76</b>	+00:09:57 (22.0%)	4:31	13.2 (77.6%)
19	<b>KOZIEŁ Paweł</b>	<b>206</b>		M40-49	19	00:00:09	00:07:09	00:14:42	00:22:20	00:30:05	00:37:55	<b>00:45:26.05</b>	+00:10:03 (22.2%)	4:32	13.2 (77.6%)
20	<b>PROTASIEWICZ Robert</b>	<b>19</b>		M40-49	20	00:00:17	00:07:21	00:14:37	00:22:09	00:29:51	00:37:31	<b>00:45:40.14</b>	+00:10:18 (22.6%)	4:34	13.1 (77.1%)
21	<b>PŁOSKI Krzysztof</b>	<b>257</b>	DARŁOWSKIE CHARTY	M40-49	21	00:00:19	00:07:47	00:15:08	00:22:45	00:30:31	00:38:21	<b>00:45:44.84</b>	+00:10:22 (22.7%)	4:34	13.1 (77.1%)
22	<b>MICERSKI Tomasz</b>	<b>226</b>	TKKF KOSZALIN	M40-49	22	00:00:12	00:07:40	00:15:16	00:23:02	00:30:47	00:38:33	<b>00:46:00.09</b>	+00:10:38 (23.1%)	4:36	13 (76.5%)
23	<b>JANKOWSKI Mariusz</b>	<b>179</b>		M40-49	23	00:00:10	00:07:23	00:15:02	00:22:51	00:30:49	00:38:52	<b>00:46:42.42</b>	+00:11:20 (24.3%)	4:40	12.8 (75.3%)
24	<b>MICHALSKI Jakub</b>	<b>228</b>		M40-49	24	00:00:16	00:08:07	00:16:02	00:23:58	00:31:41	00:39:29	<b>00:46:57.80</b>	+00:11:35 (24.7%)	4:41	12.8 (75.3%)
25	<b>PIETRUSZKA Mikołaj</b>	<b>255</b>	TĘCZA RUN	M40-49	25	00:00:17	00:08:08	00:16:00	00:24:06	00:32:01	00:39:57	<b>00:47:48.97</b>	+00:12:26 (26.0%)	4:46	12.6 (74.1%)
26	<b>SZYMAŃSKI Piotr</b>	<b>282</b>		M40-49	26	00:00:22	00:08:09	00:15:52	00:23:40	00:31:47	00:40:00	<b>00:47:57.79</b>	+00:12:35 (26.3%)	4:47	12.5 (73.5%)
27	<b>ADRYAN Adam</b>	<b>131</b>		M40-49	27	00:00:19	00:08:06	00:15:58	00:23:58	00:32:05	00:40:33	<b>00:48:34.89</b>	+00:13:12 (27.2%)	4:51	12.4 (72.9%)
28	<b>ANTKOWIAK Sebastian</b>	<b>132</b>	DB - ACTIVE	M40-49	28	00:00:18	00:07:55	00:15:41	00:23:44	00:32:04	00:40:27	<b>00:48:38.90</b>	+00:13:16 (27.3%)	4:51	12.3 (72.4%)
29	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>198</b>	PARKRUN SZCZECINEK	M40-49	29	00:00:25	00:08:58	00:17:01	00:25:07	00:33:16	00:41:26	<b>00:48:52.72</b>	+00:13:30 (27.6%)	4:53	12.3 (72.4%)
30	<b>URBAŃSKI Tomasz</b>	<b>289</b>		M40-49	30	00:00:21	00:08:38	00:16:41	00:24:40	00:32:45	00:41:01	<b>00:49:06.23</b>	+00:13:44 (28.0%)	4:54	12.2 (71.8%)
31	<b>KONKEL Łukasz</b>	<b>200</b>		M40-49	31	00:00:18	00:08:32	00:16:46	00:24:56	00:33:11	00:41:29	<b>00:49:28.30</b>	+00:14:06 (28.5%)	4:56	12.1 (71.2%)
32	<b>CINCIO Robert</b>	<b>318</b>	TKKF TRIATHLON KOSZALIN	M40-49	32	00:00:17	00:07:51	00:15:45	00:24:06	00:32:40	00:41:17	<b>00:49:50.19</b>	+00:14:28 (29.0%)	4:59	12 (70.6%)
33	<b>GALICKI Robert</b>	<b>162</b>		M40-49	33	00:00:21	00:08:37	00:16:47	00:25:06	00:33:33	00:41:56	<b>00:49:54.94</b>	+00:14:32 (29.1%)	4:59	12 (70.6%)
34	<b>DERLIŃSKI Adam</b>	<b>151</b>	TORNADO KOSZALIN	M40-49	34	00:00:25	00:08:31	00:16:51	00:25:08	00:33:41	00:42:17	<b>00:50:15.61</b>	+00:14:53 (29.6%)	5:01	11.9 (70.0%)
35	<b>LESISZ Michał</b>	<b>216</b>		M40-49	35	00:00:25	00:08:36	00:16:55	00:25:13	00:33:43	00:42:23	<b>00:50:15.98</b>	+00:14:53 (29.6%)	5:01	11.9 (70.0%)
36	<b>MACIĄG Piotr</b>	<b>220</b>	HOMOSAPIE	M40-49	36	00:00:19	00:08:40	00:16:58	00:25:25	00:33:58	00:42:28	<b>00:50:28.46</b>	+00:15:06 (29.9%)	5:02	11.9 (70.0%)
37	<b>PĘKAŁA Piotr</b>	<b>253</b>		M40-49	37	00:00:28	00:09:24	00:18:12	00:27:02	00:35:49	00:44:15	<b>00:51:28.12</b>	+00:16:06 (31.3%)	5:08	11.7 (68.8%)
38	<b>PAJOR Tomek</b>	<b>248</b>	HOMOSAPIE	M40-49	38	00:00:20	00:08:44	00:17:03	00:25:35	00:34:23	00:43:17	<b>00:51:53.52</b>	+00:16:31 (31.8%)	5:11	11.6 (68.2%)
39	<b>WILKOWSKI Krzysztof</b>	<b>297</b>	FOR-REST-RUN KOSZALIN	M40-49	39	00:00:28	00:09:23	00:18:10	00:27:02	00:35:49	00:44:15	<b>00:52:00.42</b>	+00:16:38 (32.0%)	5:12	11.5 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All						Czas netto	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km	10km			
40	<b>KRASIŃSKI Witold</b>	<b>208</b>		M40-49	40	00:00:19	00:08:26	00:16:44	00:25:28	00:34:21	00:43:25	<b>00:52:05.82</b>	+00:16:43 (32.1%)	5:12	11.5 (67.6%)
41	<b>HAŁKA Arkadiusz</b>	<b>171</b>	TRUCHT ŁOBEZ	M40-49	41	00:00:16	00:08:34	00:17:12	00:26:06	00:34:57	00:43:55	<b>00:52:27.75</b>	+00:17:05 (32.6%)	5:14	11.4 (67.1%)
42	<b>MACIĄG Paweł</b>	<b>221</b>	HOMOSAPIE	M40-49	42	00:00:21	00:08:45	00:17:08	00:25:43	00:34:32	00:43:36	<b>00:52:33.09</b>	+00:17:11 (32.7%)	5:15	11.4 (67.1%)
43	<b>PUŚCIAN Krzysztof</b>	<b>259</b>	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	43	00:00:28	00:09:24	00:18:12	00:27:02	00:35:50	00:44:31	<b>00:52:42.41</b>	+00:17:20 (32.9%)	5:16	11.4 (67.1%)
44	<b>REMLAKOWSKI Krzysztof</b>	<b>261</b>	WE RUN	M40-49	44	00:00:22	00:09:05	00:17:43	00:26:27	00:35:22	00:44:24	<b>00:52:51.17</b>	+00:17:29 (33.1%)	5:17	11.4 (67.1%)
45	<b>MONGIAŁO Marcin</b>	<b>232</b>	FAST FEET K-LIN	M40-49	45	00:00:29	00:08:53	00:17:30	00:26:14	00:35:09	00:44:08	<b>00:52:59.95</b>	+00:17:37 (33.3%)	5:17	11.3 (66.5%)
46	<b>ORŁOWSKI Edward</b>	<b>244</b>		M40-49	46	00:00:13	00:08:42	00:17:32	00:26:24	00:35:25	00:44:28	<b>00:53:07.08</b>	+00:17:44 (33.4%)	5:18	11.3 (66.5%)
47	<b>KAMIŃSKI Tomasz</b>	<b>188</b>	JW1223	M40-49	47	00:00:18	00:08:30	00:17:15	00:26:27	00:35:44	00:44:43	<b>00:53:15.83</b>	+00:17:53 (33.6%)	5:19	11.3 (66.5%)
48	<b>WAJDA Waldemar</b>	<b>291</b>		M40-49	48	00:00:23	00:09:06	00:18:02	00:27:02	00:36:09	00:45:16	<b>00:54:02.72</b>	+00:18:40 (34.6%)	5:24	11.1 (65.3%)
49	<b>JASIENIECKI Piotr</b>	<b>182</b>	KP ZEFIR WYSZEWO	M40-49	49	00:00:30	00:09:22	00:18:17	00:27:10	00:36:15	00:45:33	<b>00:54:35.00</b>	+00:19:12 (35.2%)	5:27	11 (64.7%)
50	<b>JAROSZEWICZ Mirek</b>	<b>181</b>		M40-49	50	00:00:27	00:09:47	00:18:57	00:28:18	00:37:32	00:47:04	<b>00:56:17.94</b>	+00:20:55 (37.2%)	5:37	10.7 (62.9%)
51	<b>ZIOMKO Rafał</b>	<b>312</b>		M40-49	51	00:00:29	00:10:10	00:19:45	00:29:09	00:38:30	00:47:40	<b>00:56:32.06</b>	+00:21:09 (37.4%)	5:39	10.6 (62.4%)
52	<b>BUDZIŃSKI Paweł</b>	<b>139</b>	HOMOSAPIE	M40-49	52	00:00:22	00:09:34	00:19:11	00:29:03	00:38:56	00:48:21	<b>00:57:06.51</b>	+00:21:44 (38.1%)	5:42	10.5 (61.8%)
53	<b>ZIELIŃSKI Andrzej</b>	<b>37</b>		M40-49	53	00:00:24	00:10:07	00:20:08	00:29:34	00:39:03	00:48:12	<b>00:58:22.80</b>	+00:23:00 (39.4%)	5:50	10.3 (60.6%)
54	<b>ŚRODA Wojciech</b>	<b>284</b>		M40-49	54	00:00:27	00:10:16	00:20:00	00:29:36	00:39:13	00:48:55	<b>00:58:25.04</b>	+00:23:02 (39.5%)	5:50	10.3 (60.6%)
55	<b>ZIELIŃSKI Jarosław</b>	<b>311</b>	AMATOR	M40-49	55	00:00:27	00:09:54	00:20:41	00:32:07	00:43:59	00:55:50	<b>01:07:10.53</b>	+00:31:48 (47.3%)	6:43	8.9 (52.4%)
56	<b>RYHANYCZ Paweł</b>	<b>268</b>		M40-49	56	00:00:16	00:11:03	00:22:33	00:34:10	00:46:02	00:57:42	<b>01:08:01.44</b>	+00:32:39 (48.0%)	6:48	8.8 (51.8%)

Znaleziono 56 wynik(ów)