

V OGÓLNOPOLSKI BIEG ULICZNY IM. BRACI MIKRUT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Gmina Koronowo
Data: 2015-04-25
Miejsce: Koronowo
Dystans: 10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PAWŁOWSKI Mariusz	220		M30-39	1	00:10:21	00:23:57	00:33:03	00:34:14	00:34:17		3:25	17.5 (100%)
2	CHĘTNIK Rafał	35	LKS ZANTYR SZTUM	M30-39	2	00:11:29	00:26:12	00:36:01	00:37:21	00:37:25	+00:03:08 (8.4%)	3:44	16.1 (92.0%)
3	HORODYSKI Piotr	340	TKKF KOLEJARZ BYDGOSZCZ	M30-39	3	00:11:27	00:26:39	00:36:51	00:38:07	00:38:10	+00:03:53 (10.2%)	3:48	15.7 (89.7%)
4	HAPKE Tomasz	199	NIEZRZESZONY	M30-39	4	00:11:30	00:26:44	00:36:58	00:38:12	00:38:15	+00:03:58 (10.4%)	3:49	15.7 (89.7%)
5	GROCHOWALSKI Tomasz	338	TKKF KOLEJARZ BYDGOSZCZ	M30-39	5	00:11:32	00:27:04	00:37:36	00:38:55	00:38:58	+00:04:41 (12.0%)	3:53	15.4 (88.0%)
6	BRZOZOWSKI Krzysztof	257		M30-39	6	00:11:48	00:27:41	00:38:46	00:40:09	00:40:12	+00:05:55 (14.7%)	4:00	14.9 (85.1%)
7	KUK Piotr	300	LKS	M30-39	7	00:11:50	00:28:20	00:39:32	00:40:50	00:40:54	+00:06:37 (16.2%)	4:05	14.7 (84.0%)
8	MALECHA Łukasz	65		M30-39	8	00:12:17	00:29:28	00:40:47	00:41:59	00:42:04	+00:07:47 (18.5%)	4:11	14.3 (81.7%)
9	GŁOGOWSKI Krzysztof	317		M30-39	9	00:12:01	00:28:58	00:40:38	00:42:10	00:42:13	+00:07:56 (18.8%)	4:13	14.2 (81.1%)
10	OCHEŃDAL Maciej	261	VICTORIA KORONOWO	M30-39	10	00:12:53	00:29:52	00:41:07	00:42:29	00:42:36	+00:08:19 (19.5%)	4:14	14.1 (80.6%)
11	IZDEBSKI Paweł	318	NIEZRZESZONY	M30-39	11	00:12:24	00:29:55	00:41:55	00:43:10	00:43:17	+00:09:00 (20.8%)	4:19	13.9 (79.4%)
12	NAWROCKI Tomasz	102		M30-39	12	00:13:22	00:30:40	00:41:51	00:43:05	00:43:20	+00:09:03 (20.9%)	4:18	13.9 (79.4%)
13	SAWICKI Łukasz	250		M30-39	13	00:13:07	00:30:23	00:42:20	00:43:46	00:43:59	+00:09:42 (22.1%)	4:22	13.7 (78.3%)
14	IZBANER Piotr	267		M30-39	14	00:12:53	00:30:50	00:42:48	00:43:56	00:44:02	+00:09:45 (22.1%)	4:23	13.7 (78.3%)
15	GIOLDA Paweł	58		M30-39	15	00:13:40	00:31:23	00:43:03	00:44:23	00:44:29	+00:10:12 (22.9%)	4:26	13.5 (77.1%)
16	PASIEKA Tomasz	46	KLUB ŻOŁNIERZY REZERWY LOK NAKŁO / NAKIELSKI KLUB BIEGACZA	M30-39	16	00:13:43	00:31:30	00:43:24	00:44:49	00:44:59	+00:10:42 (23.8%)	4:28	13.4 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	DRABJEWSKI Paweł	304	TKKF WODNIK WIĘCIBORK	M30-39	17	00:13:38	00:31:41	00:43:44	00:45:10	00:45:21	+00:11:04 (24.4%)	4:31	13.3 (76.0%)
18	KĘPA Dawid	243		M30-39	18	00:13:39	00:32:08	00:44:30	00:46:02	00:46:10	+00:11:53 (25.7%)	4:36	13 (74.3%)
19	KĘSKRAWIEC Piotr	320		M30-39	19	00:13:48	00:32:01	00:44:39	00:46:07	00:46:19	+00:12:02 (26.0%)	4:36	13 (74.3%)
20	DACH Łukasz	77		M30-39	20	00:13:40	00:32:53	00:45:14	00:46:38	00:46:42	+00:12:25 (26.6%)	4:39	12.9 (73.7%)
21	DOLATOWSKI Tomasz	128	ACID DRINKERS	M30-39	21	00:13:45	00:32:25	00:45:02	00:46:32	00:46:45	+00:12:28 (26.7%)	4:39	12.9 (73.7%)
22	SUCZYŃSKI Błażej	52		M30-39	22	00:13:47	00:32:35	00:45:17	00:46:33	00:46:47	+00:12:30 (26.7%)	4:39	12.9 (73.7%)
22	KOKOCIŃSKI Michał	42		M30-39	23	00:13:47	00:32:36	00:45:17	00:46:33	00:46:47	+00:12:30 (26.7%)	4:39	12.9 (73.7%)
24	MUSIAŁ Radosław	211		M30-39	24	00:13:49	00:32:38	00:45:31	00:47:07	00:47:16	+00:12:59 (27.5%)	4:42	12.7 (72.6%)
25	GIERACH Marcin		TRISPACE	M30-39	25	00:14:36	00:33:26	00:46:16	00:47:47	00:48:01	+00:13:44 (28.6%)	4:46	12.6 (72.0%)
26	SZTEJKA Damian	116	BENEFITKSO ODSZKODOWANIA	M30-39	26	00:14:26	00:33:49	00:46:32	00:47:56	00:48:08	+00:13:51 (28.8%)	4:47	12.5 (71.4%)
27	JAGODZIŃSKI Marcin	41		M30-39	27	00:14:04	00:33:44	00:46:33	00:47:57	00:48:10	+00:13:53 (28.8%)	4:47	12.5 (71.4%)
28	BRONIKOWSKI Karol			M30-39	28	00:13:47	00:33:25	00:46:41	00:48:18	00:48:24	+00:14:07 (29.2%)	4:49	12.4 (70.9%)
29	LEWANDOWSKI Tomasz	149		M30-39	29	00:14:10	00:33:08	00:46:34	00:48:18	00:48:30	+00:14:13 (29.3%)	4:49	12.4 (70.9%)
30	LOTA Marcin	98	LOTKI	M30-39	30	00:13:43	00:33:19	00:46:38	00:48:16	00:48:31	+00:14:14 (29.3%)	4:49	12.4 (70.9%)
31	KARWASZ Andrzej	92		M30-39	31	00:13:37	00:33:12	00:47:01	00:48:37	00:48:50	+00:14:33 (29.8%)	4:51	12.3 (70.3%)
32	MIELCARSKI Michał	154	MIELCAR TEAM	M30-39	32	00:14:21	00:34:01	00:47:22	00:48:55	00:49:08	+00:14:51 (30.2%)	4:53	12.3 (70.3%)
33	KOSIŁO Marcin	96		M30-39	33	00:14:39	00:34:26	00:47:23	00:48:47	00:49:10	+00:14:53 (30.3%)	4:52	12.3 (70.3%)
34	PARTATUS Andrzej	251		M30-39	34	00:14:53	00:34:44	00:47:24	00:49:04	00:49:14	+00:14:57 (30.4%)	4:54	12.2 (69.7%)
35	PISZCZEK Jakub	326	ASTORIA BYDGOSZCZ	M30-39	35	00:15:06	00:34:40	00:47:42	00:49:16	00:49:28	+00:15:11 (30.7%)	4:55	12.2 (69.7%)
36	KRAHL Radek	323		M30-39	36	00:14:51	00:34:32	00:47:30	00:49:07	00:49:29	+00:15:12 (30.7%)	4:54	12.2 (69.7%)
37	GŻYL Mikołaj	339	'EXODUS'	M30-39	37	00:14:04	00:34:11	00:47:42	00:49:16	00:49:31	+00:15:14 (30.8%)	4:55	12.2 (69.7%)
38	ŁAZNOWSKI Janusz	44	TKKF WODNIK	M30-39	38	00:15:28	00:35:11	00:47:47	00:49:15	00:49:32	+00:15:15 (30.8%)	4:55	12.2 (69.7%)
39	BIZOŃ Michał	54		M30-39	39	00:14:58	00:34:46	00:47:49	00:49:16	00:49:33	+00:15:16 (30.8%)	4:55	12.2 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	DAWIDOWICZ Maciej	125	POGRANICZNIK.PL	M30-39	40	00:14:43	00:34:27		00:49:19	00:49:33	+00:15:16 (30.8%)	4:55	12.2 (69.7%)
39	NOWAK Jacek	210		M30-39	41	00:14:10	00:34:33		00:49:27	00:49:33	+00:15:16 (30.8%)	4:56	12.1 (69.1%)
42	JASKULSKI Ariel	218		M30-39	42	00:14:11	00:34:33	00:48:38	00:50:13	00:50:26	+00:16:09 (32.0%)	5:01	11.9 (68.0%)
43	DUDEK Dawid	38	POLONIA BYDGOSZCZ	M30-39	43	00:14:09	00:35:04	00:48:48	00:50:19	00:50:28	+00:16:11 (32.1%)	5:01	11.9 (68.0%)
44	SZULC Rafał	173		M30-39	44	00:14:50	00:35:22	00:48:56	00:50:31	00:50:40	+00:16:23 (32.3%)	5:03	11.9 (68.0%)
45	KOSCIELAK Maciej	148	ŻANDARMI Z BYDGOSZCZY	M30-39	45	00:15:27	00:35:45	00:48:46	00:50:20	00:50:41	+00:16:24 (32.4%)	5:02	11.9 (68.0%)
45	RAKOWSKI Paweł	165	ŻANDARMI Z BYDGOSZCZY	M30-39	46	00:15:28	00:35:47	00:48:47	00:50:21	00:50:41	+00:16:24 (32.4%)	5:02	11.9 (68.0%)
47	PIETREWICZ Patryk	277		M30-39	47	00:25:47		00:47:27	00:50:25	00:50:53	+00:16:36 (32.6%)	5:02	11.9 (68.0%)
48	BRZYKCY Mateusz	122		M30-39	48	00:14:28	00:35:23	00:49:52	00:51:39	00:51:50	+00:17:33 (33.9%)	5:09	11.6 (66.3%)
48	RZEMEK Sławomir	69	ERZET	M30-39	49	00:14:59	00:35:45	00:50:02	00:51:38	00:51:50	+00:17:33 (33.9%)	5:09	11.6 (66.3%)
50	JAROSZEWSKI Wojciech	139		M30-39	50	00:15:38	00:36:24	00:50:00	00:51:32	00:51:56	+00:17:39 (34.0%)	5:09	11.6 (66.3%)
51	ŁOŚ Piotr	307		M30-39	51	00:15:09	00:36:01	00:50:03	00:51:36	00:51:59	+00:17:42 (34.0%)	5:09	11.6 (66.3%)
52	DĄBROWSKI Artur	37	WOJSKOWA KOMENDA TRANSPORTU WROCŁAW	M30-39	52	00:15:21	00:36:24	00:50:38	00:52:19	00:52:30	+00:18:13 (34.7%)	5:13	11.5 (65.7%)
53	KOZIEŁ Tomasz	43		M30-39	53	00:15:23	00:36:39	00:50:42	00:52:16	00:52:34	+00:18:17 (34.8%)	5:13	11.5 (65.7%)
54	SOPOLIŃSKI Jacek	168		M30-39	54	00:15:56	00:36:51	00:50:41	00:52:27	00:52:44	+00:18:27 (35.0%)	5:14	11.4 (65.1%)
55	BIAŁOBLÓCKI Marek	74		M30-39	55	00:15:16	00:37:20	00:52:20	00:54:10	00:54:20	+00:20:03 (36.9%)	5:25	11.1 (63.4%)
56	JASINIECKI Wojciech	88	RUN BYDGOSZCZ	M30-39	56	00:15:43	00:37:40	00:52:35	00:54:20	00:54:45	+00:20:28 (37.4%)	5:26	11 (62.9%)
57	GROTT Bartłomiej	82		M30-39	57	00:16:22	00:37:57	00:52:42	00:54:25	00:54:54	+00:20:37 (37.6%)	5:26	11 (62.9%)
57	GRYLEWICZ Tomasz	83		M30-39	58	00:16:24	00:37:58	00:52:43	00:54:26	00:54:54	+00:20:37 (37.6%)	5:26	11 (62.9%)
59	MURAWIEC Krzysztof	308		M30-39	59	00:15:26	00:38:02	00:53:16	00:55:04	00:55:11	+00:20:54 (37.9%)	5:30	10.9 (62.3%)
60	PYJOS Marcin	48	TRISPACE	M30-39	60	00:16:45	00:38:59	00:53:33	00:55:09	00:55:25	+00:21:08 (38.1%)	5:30	10.9 (62.3%)
61	STEFANOWICZ Wojtek	170	RUN BYDGOSZCZ	M30-39	61	00:17:12	00:39:43	00:54:21	00:55:58	00:56:20	+00:22:03 (39.1%)	5:35	10.7 (61.1%)
62	MIKUŁA Tomasz	156	GORDON RUN TEAM	M30-39	62	00:16:34	00:39:10	00:54:35	00:56:30	00:56:52	+00:22:35 (39.7%)	5:39	10.6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
63	REMLINGER Michał	49	RUN BYDGOSZCZ	M30-39	63	00:18:02	00:40:50	00:55:28	00:57:17	00:57:43	+00:23:26 (40.6%)	5:43	10.5 (60.0%)
64	LIS Marcin	212	BANK PKO BP	M30-39	64	00:17:53	00:41:14	00:57:15	00:58:43	00:59:08	+00:24:51 (42.0%)	5:52	10.2 (58.3%)
65	TROJAN Łukasz	271	KS KORONOWO	M30-39	65	00:16:26	00:40:40	00:57:04	00:58:50	00:59:09	+00:24:52 (42.0%)	5:53	10.2 (58.3%)
66	WOLSKI Przemysław	120		M30-39	66	00:15:11	00:39:30	00:57:21	00:59:21	00:59:30	+00:25:13 (42.4%)	5:56	10.1 (57.7%)
67	ADRYCH Karol	299		M30-39	67	00:15:38	00:39:49	00:57:43	00:59:26	00:59:34	+00:25:17 (42.4%)	5:56	10.1 (57.7%)
68	SZARLEJ Marcin	213	BANK PKO BP	M30-39	68	00:18:17	00:42:43	00:58:09	00:59:42	01:00:06	+00:25:49 (43.0%)	5:58	10.1 (57.7%)
69	ŁAZNOWSKI Karol	266		M30-39	69	00:18:38	00:43:50	00:59:33	01:01:15	01:01:37	+00:27:20 (44.4%)	6:07	9.8 (56.0%)
70	BILSKI Michał			M30-39	70	00:18:25	00:44:13	01:01:15	01:02:58	01:03:25	+00:29:08 (45.9%)	6:17	9.5 (54.3%)
71	SZWEDA Wojciech	72	TKKF WODNIK WIĘCIBORK	M30-39	71	00:18:11	00:43:06	01:01:00	01:03:01	01:03:28	+00:29:11 (46.0%)	6:18	9.5 (54.3%)
72	SEROCKI Bartosz	70	FRANEK I RÓŻA	M30-39	72	00:17:57	00:44:35	01:01:23	01:03:06	01:03:30	+00:29:13 (46.0%)	6:18	9.5 (54.3%)
73	ŻYCHOWSKI Rafał	189	BOLS - BIEGAJĄCY OKAZYJNIE LUDZIE SZUBINA	M30-39	73	00:18:33	00:44:02	01:01:31	01:03:42	01:04:09	+00:29:52 (46.6%)	6:22	9.4 (53.7%)
74	CIESIELSKI Damian		BANK SPÓŁDZIELCZY W KORONOWIE	M30-39	74	00:17:55	00:44:03	01:01:43	01:03:45	01:04:14	+00:29:57 (46.6%)	6:22	9.4 (53.7%)
75	BOBEK Klaun	312		M30-39	75	00:18:40	00:45:08	01:02:29	01:04:28	01:04:51	+00:30:34 (47.1%)	6:26	9.3 (53.1%)
76	KOŁODZIEJCZAK Piotr	322	HUSKY-TEAM BYDGOSZCZ	M30-39	76	00:18:54	00:46:35	01:04:09	01:06:20	01:06:45	+00:32:28 (48.6%)	6:38	9 (51.4%)
77	SŁOMA Michał	272		M30-39	77	00:18:38	00:44:47	01:04:07	01:06:24	01:06:49	+00:32:32 (48.7%)	6:38	9 (51.4%)
78	STARZECKI Michał	269		M30-39	78	00:33:41			01:06:43	01:07:08	+00:32:51 (48.9%)	6:40	9 (51.4%)

Znaleziono 78 wynik(ów)