



VI BIEG POLITECHNIKI KOSZALIŃSKIEJ - 5 KM

B4SPORT

Wydarzenie: VI Bieg Politechniki Koszalińskiej
Organizator: Politechnika Koszalińska
Data: 2019-06-08
Miejsce: Koszalin
Dystans: 4.2 km

 **HERKULES**
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Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 2.1km	Czas netto 4.1km	Różn	Tempo min/km	Tempo km/h
1	MAJKOWICZ Rafał	57		M-30	1	00:07:18	00:14:35.65		3:33	16.9 (100%)
2	RYKIEL Michał	351	DĄBROWSKI TEAM	M-30	2	00:07:18	00:14:50.55	+00:00:14 (1.7%)	3:37	16.6 (98.2%)
3	KUCHTA Piotr	52	KB PIONIER SZCZECIN	M-30	3	00:07:31	00:15:04.50	+00:00:28 (3.2%)	3:40	16.3 (96.4%)
4	KUKIEŁA Tomasz	53	ROZBIEGANY FUN CLUB KAROLINKI I MATYLDKI K.	M-40	1	00:07:50	00:15:47.05	+00:01:11 (7.5%)	3:50	15.6 (92.3%)
5	MUCHA Krzysztof	66	JW 1223	M-40	2	00:07:57	00:15:54.55	+00:01:18 (8.3%)	3:52	15.5 (91.7%)
6	JABŁOŃSKI Tomasz	43	KB SPOKO SŁAWNO	M-40	3	00:08:00	00:15:57.70	+00:01:22 (8.6%)	3:53	15.4 (91.1%)
7	BARANOWSKI Piotr	2		M-40	4	00:07:58	00:16:01.70	+00:01:26 (8.9%)	3:54	15.4 (91.1%)
8	SKOWROŃSKI Tomasz	98		M-30	4	00:08:25	00:16:33.05	+00:01:57 (11.8%)	4:02	14.9 (88.2%)
9	KUŁAKOWSKI Dawid	55	TKKF KOSZALIN	M-40	5	00:08:22	00:16:37.10	+00:02:01 (12.2%)	4:03	14.8 (87.6%)
10	BIEŃKOWSKI Tomasz	352	IQ CONSULTING	M-30	5	00:08:03	00:16:39.40	+00:02:03 (12.4%)	4:03	14.8 (87.6%)
11	ŻMIJOWSKI Piotr	129		M-40	6	00:08:16	00:16:40.65	+00:02:05 (12.5%)	4:04	14.7 (87.0%)
12	IWANIEC Dariusz	30	TKKF KOSZALIN	M-40	7	00:08:20	00:16:59.30	+00:02:23 (14.1%)	4:08	14.5 (85.8%)
13	HOREGLAD Paweł	27	SPEEDY GONZALES	M-18	1	00:08:31	00:17:00.95	+00:02:25 (14.2%)	4:09	14.5 (85.8%)
14	KLENIEWSKI Piotr	42		M-50	1	00:08:20	00:17:03.30	+00:02:27 (14.4%)	4:09	14.4 (85.2%)
15	RUTKOWSKI Ryszard	94	RUNKING	M-50	2	00:08:16	00:17:05.45	+00:02:29 (14.6%)	4:10	14.4 (85.2%)
16	DRAŻKOWSKI Tomasz	16	MIEJSKI KLUB PŁYWACKI SZCZECINEK	M-14	1	00:08:13	00:17:05.90	+00:02:30 (14.6%)	4:10	14.4 (85.2%)
17	KAMELSKI Piotr	130	SPOKO SŁAWNO	M-40	8	00:08:38	00:17:22.85	+00:02:47 (16.0%)	4:14	14.2 (84.0%)
18	MICERSKI Tomasz	62	TKKF KOSZALIN	M-40	9	00:08:53	00:17:30.55	+00:02:54 (16.6%)	4:16	14.1 (83.4%)
19	MARCINKOWSKI Michał	59	ORLEN RUNNING TEAM	M-30	6	00:08:47	00:17:51.85	+00:03:16 (18.3%)	4:21	13.8 (81.7%)
20	DAVIES Chris	10		M-30	7	00:08:33	00:17:51.95	+00:03:16 (18.3%)	4:21	13.8 (81.7%)
21	ROGOŻA Ireneusz	90		M-40	10	00:08:37	00:17:53.55	+00:03:17 (18.4%)	4:21	13.7 (81.1%)
22	GAŚIOR Krystian	19		M-18	2	00:08:32	00:17:54.25	+00:03:18 (18.5%)	4:21	13.7 (81.1%)
23	ZIELIŃSKI Rafał	127		M-40	11	00:08:47	00:17:57.45	+00:03:21 (18.7%)	4:22	13.7 (81.1%)
24	PIECZKA Bartosz	75		M-18	3	00:09:12	00:17:58.65	+00:03:23 (18.8%)	4:23	13.7 (81.1%)
25	RASZPLA Radosław	250		M-40	12	00:08:54	00:18:02.40	+00:03:26 (19.1%)	4:23	13.6 (80.5%)
26	OLCZAK Krzyszto	69		M-30	8	00:08:49	00:18:05.50	+00:03:29 (19.3%)	4:24	13.6 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 2.1km	Czas		Tempo min/km	Tempo km/h
							netto 4.1km	Różn		
27	PAKUŁA Piotr	73		M-18	4	00:08:56	00:18:22.80	+00:03:47 (20.6%)	4:29	13.4 (79.3%)
28	WILKOWSKI Krzysztof	115	FOR-REST-RUN	M-40	13	00:09:05	00:18:27.35	+00:03:51 (20.9%)	4:30	13.3 (78.7%)
29	BEDNARSKI Tomasz	4		M-18	5	00:09:05	00:18:40.10	+00:04:04 (21.8%)	4:33	13.2 (78.1%)
30	DOBOSZ Jarosław	13		M-50	3	00:09:30	00:19:19.10	+00:04:43 (24.5%)	4:42	12.7 (75.1%)
31	WRÓBLEWSKI Mateusz	123		M-14	2	00:09:57	00:19:22.15	+00:04:46 (24.7%)	4:43	12.7 (75.1%)
32	DĄBROWSKI Grzegorz	12		M-40	14	00:09:42	00:19:27.70	+00:04:52 (25.0%)	4:44	12.6 (74.6%)
33	BOGACKI Tomasz	7	TKKF KOSZALIN	M-60	1	00:09:54	00:19:42.10	+00:05:06 (25.9%)	4:48	12.5 (74.0%)
34	KOZŁOWIECKI Waldemar	48	TKKF KOSZALIN	M-60	2	00:09:54	00:19:55.60	+00:05:19 (26.8%)	4:51	12.4 (73.4%)
35	JASIENIECKI Piotr	34	KP ZEFIR WYSZEWO	M-40	15	00:10:08	00:19:59.15	+00:05:23 (27.0%)	4:52	12.3 (72.8%)
36	GIERULA Kacper	20		M-18	6	00:09:27	00:20:00.25	+00:05:24 (27.0%)	4:52	12.3 (72.8%)
37	HAŁKA Arkadiusz	26	TRUCHT ŁOBEZ	M-40	16	00:10:00	00:20:03.85	+00:05:28 (27.3%)	4:53	12.3 (72.8%)
38	MAZUR Mirosław	61		M-40	17	00:10:05	00:20:10.35	+00:05:34 (27.7%)	4:55	12.2 (72.2%)
39	PACAN Bartosz	72	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	9	00:10:12	00:20:18.55	+00:05:42 (28.1%)	4:57	12.1 (71.6%)
40	NOWICKI Krzysztof	288	ANOX TEAM	M-40	18	00:10:00	00:20:26.50	+00:05:50 (28.6%)	4:59	12 (71.0%)
41	MRUGALSKI Stanisław	65	MTS HAMER MIASTKO	M-50	4	00:10:11	00:20:36.15	+00:06:00 (29.2%)	5:01	11.9 (70.4%)
42	ŁASYCIA Krzysztof	56		M-18	7	00:10:11	00:20:37.70	+00:06:02 (29.3%)	5:01	11.9 (70.4%)
43	JANUSZEWSKI Jacek	32	17 WOG KOSZALIN	M-50	5	00:10:15	00:20:47.50	+00:06:11 (29.8%)	5:04	11.8 (69.8%)
44	PANCERZYŃSKI Łukasz	293		M-40	19	00:10:28	00:21:06.05	+00:06:30 (30.8%)	5:08	11.7 (69.2%)
45	ZIELIŃSKI Grzegorz	126		M-60	3	00:10:17	00:21:16.20	+00:06:40 (31.4%)	5:11	11.6 (68.6%)
46	JANCZEWSKI Jacek	281	ROZBIEGANY KOSZALIN	M-40	20	00:10:48	00:21:34.25	+00:06:58 (32.3%)	5:15	11.4 (67.5%)
47	PIOR Tomasz	77		M-30	10	00:10:20	00:21:55.05	+00:07:19 (33.4%)	5:20	11.2 (66.3%)
48	WITEK Adrian	116		M-18	8	00:10:44	00:22:06.45	+00:07:30 (34.0%)	5:23	11.1 (65.7%)
49	SUDER-MAKSYMOWICZ Filip	105	UKS SOKÓŁ USTRONIE MORSKIE	M-13	1	00:11:24	00:22:16.65	+00:07:41 (34.5%)	5:26	11 (65.1%)
50	SAWIŃSKI Jacek	95		M-40	21	00:11:07	00:22:19.80	+00:07:44 (34.6%)	5:26	11 (65.1%)
51	NIEWIADOWSKI Robert	68	WWW.ARTE-IT.PL	M-30	11	00:10:56	00:22:22.85	+00:07:47 (34.8%)	5:27	11 (65.1%)
52	PASEK Nikodem	299		M-13	2	00:10:47	00:22:37.70	+00:08:02 (35.5%)	5:31	10.9 (64.5%)
53	WNUK LIPIŃSKI Krzysztof	117		M-18	9	00:10:16	00:22:49.40	+00:08:13 (36.1%)	5:34	10.8 (63.9%)
54	ŁUBNIEWSKI Arkadiusz	286	ANOX TEAM	M-30	12	00:11:03	00:22:49.55	+00:08:13 (36.1%)	5:33	10.8 (63.9%)
55	ŁASTOWSKI Paweł	41	DRWALE	M-30	13	00:11:17	00:22:56.55	+00:08:20 (36.4%)	5:35	10.7 (63.3%)
56	KRUPSKI Paweł	50		M-18	10	00:12:42	00:24:41.90	+00:10:06 (40.9%)	6:01	10 (59.2%)
57	WOJANOWSKI Zbigniew	119	SPORT I REKREACJA DELFIN	M-60	4	00:11:42	00:24:42.15	+00:10:06 (40.9%)	6:01	10 (59.2%)
58	KOPCZYŃSKI Michał	44	JW1223	M-40	22	00:12:17	00:24:54.80	+00:10:19 (41.4%)	6:04	9.9 (58.6%)
59	PASEK Jan	300	KLUB BIEGOWY JANTAR SWIESZYNO	M-60	5	00:14:06	00:29:00.30	+00:14:24 (49.7%)	7:04	8.5 (50.3%)
60	BARTNIK Marian	297	TKKF KOSZALIN	M-70+	1	00:18:15	00:37:27.05	+00:22:51 (61.0%)	9:08	6.6 (39.1%)

Znaleziono 60 wynik(ów)