



VII KOSZALIŃSKI BIEG SYLWESTROWY - 5.37 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2015-12-27
Miejsce: Koszalin
Dystans: 5.37 km



Klasyfikacja: M-3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.37km	Czas brutto 5.37km	Różn	Tempo min/km	Tempo km/h
1	RUDNIK Krzysztof	440		M-3	1	00:18:17.80	00:18:17.80		3:24	17.6 (100%)
2	WITKIEWICZ Eryk	412		M-3	2	00:19:20.35	00:19:20.35	+00:01:02 (5.4%)	3:36	16.7 (94.9%)
3	KACZMAREK Tomasz	119	TEAM BIEGOWY SZCZECINEK	M-3	3	00:19:21.95	00:19:21.95	+00:01:04 (5.5%)	3:36	16.7 (94.9%)
4	ŻMUDA Tomasz	378	CW FANZA KOŁOBRZEG	M-3	4	00:19:59.90	00:19:59.90	+00:01:42 (8.5%)	3:43	16.1 (91.5%)
5	WOJTALIK Łukasz	361		M-3	5	00:20:00.85	00:20:00.85	+00:01:43 (8.6%)	3:43	16.1 (91.5%)
6	LESZCZYŃSKI Michał	183		M-3	6	00:20:16.70	00:20:16.70	+00:01:58 (9.8%)	3:46	15.9 (90.3%)
7	GÓRSKI Daniel	79	DOIT-NOW.PL	M-3	7	00:20:21.70	00:20:21.70	+00:02:03 (10.1%)	3:47	15.8 (89.8%)
8	MRÓWKA Michał	214	AMBITIOUS RUNNERS TEAM	M-3	8	00:20:24.45	00:20:24.45	+00:02:06 (10.3%)	3:47	15.8 (89.8%)
9	WILCZEWSKI Krzysztof	346		M-3	9	00:20:29.55	00:20:29.55	+00:02:11 (10.7%)	3:48	15.7 (89.2%)
10	FELIŃSKI Radosław	149		M-3	10	00:20:36.00	00:20:36.00	+00:02:18 (11.2%)	3:50	15.6 (88.6%)
11	KAMIENIECKI Rafał	126	K.B. TUPOT USTKA	M-3	11	00:20:58.85	00:20:58.85	+00:02:41 (12.8%)	3:54	15.4 (87.5%)
12	KAPUŚCIŃSKI Robert	130	JW1223BDOW	M-3	12	00:20:59.65	00:20:59.65	+00:02:41 (12.8%)	3:54	15.4 (87.5%)
13	GOŹDZIEWICZ Leszek	75	BIEGAMYRAZEM.PL	M-3	13	00:21:02.75	00:21:02.75	+00:02:44 (13.1%)	3:55	15.3 (86.9%)
14	KALETA Sebastian	122		M-3	14	00:21:04.25	00:21:04.25	+00:02:46 (13.2%)	3:55	15.3 (86.9%)
15	BONISŁAWSKI Jarosław	16		M-3	15	00:21:08.05	00:21:08.05	+00:02:50 (13.4%)	3:56	15.2 (86.4%)
16	POPŁAWSKI Michał	249		M-3	16	00:21:16.75	00:21:16.75	+00:02:58 (14.0%)	3:57	15.2 (86.4%)
17	MAZUR Emilusz	416		M-3	17	00:21:17.35	00:21:17.35	+00:02:59 (14.1%)	3:57	15.1 (85.8%)
18	RAJNER Krzysztof	258		M-3	18	00:21:20.55	00:21:20.55	+00:03:02 (14.3%)	3:58	15.1 (85.8%)
19	SKIERKA Grzegorz	396		M-3	19	00:21:36.60	00:21:36.60	+00:03:18 (15.3%)	4:01	14.9 (84.7%)
20	SIEMIĄTKOWSKI Robert	281	RUNNERSWALDE	M-3	20	00:21:41.15	00:21:41.15	+00:03:23 (15.6%)	4:02	14.9 (84.7%)
21	GOŹDZIEWICZ Paweł	74	BIEGAMYRAZEM.PL	M-3	21	00:21:47.00	00:21:47.00	+00:03:29 (16.0%)	4:03	14.8 (84.1%)
22	GAWROŃSKI Bartek	69	OGIEŃ W SZOPIE	M-3	22	00:21:58.95	00:21:58.95	+00:03:41 (16.8%)	4:05	14.7 (83.5%)
23	PANCEWICZ Piotr	432	RUNNERSWALDE	M-3	23	00:22:00.50	00:22:00.50	+00:03:42 (16.9%)	4:05	14.6 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.37km	Czas brutto 5.37km	Różn	Tempo min/km	Tempo km/h
24	KRUK Macin	171		M-3	24	00:22:12.85	00:22:12.85	+00:03:55 (17.6%)	4:08	14.5 (82.4%)
25	PRĘDKI Grzegorz	252		M-3	25	00:22:22.20	00:22:22.20	+00:04:04 (18.2%)	4:09	14.4 (81.8%)
26	PIĄTEK Wiktor	238	JW 1223 3DPLOT	M-3	26	00:22:26.65	00:22:26.65	+00:04:08 (18.5%)	4:10	14.4 (81.8%)
27	PASCHKE Roman	231		M-3	27	00:22:28.50	00:22:28.50	+00:04:10 (18.6%)	4:11	14.3 (81.3%)
28	ZIMNIAK Leszek	373	GRUNWALD TEAM POZNAŃ	M-3	28	00:22:34.55	00:22:34.55	+00:04:16 (19.0%)	4:12	14.3 (81.3%)
29	BARANOWSKI Piotr	3		M-3	29	00:22:34.65	00:22:34.65	+00:04:16 (19.0%)	4:12	14.3 (81.3%)
30	PSTRĄGOWSKI Marcin	254		M-3	30	00:22:43.30	00:22:43.30	+00:04:25 (19.5%)	4:13	14.2 (80.7%)
31	WEBER Paweł	335	AMADEUS CROSSTRaining GYM	M-3	31	00:22:48.15	00:22:48.15	+00:04:30 (19.8%)	4:14	14.1 (80.1%)
32	ŚNIEŻKO Marcin	422		M-3	32	00:22:58.40	00:22:58.40	+00:04:40 (20.4%)	4:16	14 (79.5%)
33	GOŁDYN Marek	71		M-3	33	00:23:04.50	00:23:04.50	+00:04:46 (20.7%)	4:17	14 (79.5%)
34	PŁAŻALSKI Łukasz	404		M-3	34	00:23:09.00	00:23:09.00	+00:04:51 (21.0%)	4:18	13.9 (79.0%)
35	PŁAŻALSKI Przemysław	407		M-3	35	00:23:18.00	00:23:18.00	+00:05:00 (21.5%)	4:20	13.8 (78.4%)
36	WIERZBICKI Jakub	343		M-3	36	00:23:20.45	00:23:20.45	+00:05:02 (21.6%)	4:20	13.8 (78.4%)
37	WESOŁOWSKI Arkadiusz	337		M-3	37	00:23:21.50	00:23:21.50	+00:05:03 (21.7%)	4:20	13.8 (78.4%)
38	BOROWIAK Maciej	19	WOZIMYSIE.PL	M-3	38	00:23:26.70	00:23:26.70	+00:05:08 (22.0%)	4:21	13.7 (77.8%)
39	WILKOWSKI Krzysztof	350		M-3	39	00:23:42.10	00:23:42.10	+00:05:24 (22.8%)	4:24	13.6 (77.3%)
40	WIECZOREK Wojciech	341		M-3	40	00:23:42.25	00:23:42.25	+00:05:24 (22.8%)	4:24	13.6 (77.3%)
41	GAŁKA Marcin	65		M-3	41	00:23:45.15	00:23:45.15	+00:05:27 (23.0%)	4:25	13.6 (77.3%)
42	KACZMAREK Rafał	117	RUNGRYF GRYFICE	M-3	42	00:23:45.25	00:23:45.25	+00:05:27 (23.0%)	4:25	13.6 (77.3%)
43	HANIER Szymon	443		M-3	43	00:23:47.40	00:23:47.40	+00:05:29 (23.1%)	4:25	13.5 (76.7%)
44	ROGALSKI Roberto	265	ZAWSZE SIĘGAJ WYŻEJ	M-3	44	00:23:51.25	00:23:51.25	+00:05:33 (23.3%)	4:26	13.5 (76.7%)
44	WICHER Krzysztof	339		M-3	45	00:23:51.25	00:23:51.25	+00:05:33 (23.3%)	4:26	13.5 (76.7%)
46	SZULC Arkadiusz	313		M-3	46	00:23:52.05	00:23:52.05	+00:05:34 (23.3%)	4:26	13.5 (76.7%)
47	JAROSZEWSKI Daniel	384	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-3	47	00:23:54.00	00:23:54.00	+00:05:36 (23.4%)	4:27	13.5 (76.7%)
48	KUKIEŁA Tomasz	178		M-3	48	00:23:54.80	00:23:54.80	+00:05:37 (23.5%)	4:27	13.5 (76.7%)
49	SOROKA Piotr	292		M-3	49	00:23:55.90	00:23:55.90	+00:05:38 (23.5%)	4:27	13.5 (76.7%)
50	PALLACH Lech	230	BIEGAMYRAZEM.PL	M-3	50	00:23:56.90	00:23:56.90	+00:05:39 (23.6%)	4:27	13.5 (76.7%)
51	STRUMIŃSKI Rafał	303	ŻYTANIA TEAM	M-3	51	00:24:03.05	00:24:03.05	+00:05:45 (23.9%)	4:28	13.4 (76.1%)
52	ZIÓŁKOWSKI Wojciech	375		M-3	52	00:24:03.65	00:24:03.65	+00:05:45 (24.0%)	4:28	13.4 (76.1%)
53	BIL Adrian	12		M-3	53	00:24:07.55	00:24:07.55	+00:05:49 (24.2%)	4:29	13.4 (76.1%)
54	MUSIAŁ Marcin	218		M-3	54	00:24:10.50	00:24:10.50	+00:05:52 (24.3%)	4:30	13.3 (75.6%)
55	SZAŁKOWSKI Wojciech	307	K.B. TUPOT USTKA	M-3	55	00:24:10.70	00:24:10.70	+00:05:52 (24.3%)	4:30	13.3 (75.6%)
56	BORECKI Grzegorz	17		M-3	56	00:24:16.35	00:24:16.35	+00:05:58 (24.6%)	4:31	13.3 (75.6%)
57	SZOSTAK Piotr	383		M-3	57	00:24:30.00	00:24:30.00	+00:06:12 (25.3%)	4:33	13.2 (75.0%)
58	KAMYK Piotr	398		M-3	58	00:24:33.15	00:24:33.15	+00:06:15 (25.5%)	4:34	13.1 (74.4%)
59	SPELAK Krzysztof	293		M-3	59	00:24:34.65	00:24:34.65	+00:06:16 (25.6%)	4:34	13.1 (74.4%)
60	GOTOWAŁA Rafał	73		M-3	60	00:24:35.75	00:24:35.75	+00:06:17 (25.6%)	4:34	13.1 (74.4%)
61	MICHALIK Michał	84		M-3	61	00:24:40.45	00:24:40.45	+00:06:22 (25.8%)	4:35	13.1 (74.4%)
62	SUGIER Michał	306		M-3	62	00:24:52.40	00:24:52.40	+00:06:34 (26.4%)	4:37	13 (73.9%)
63	WIERZBICKI Sylwester	433		M-3	63	00:24:58.95	00:24:58.95	+00:06:41 (26.8%)	4:38	12.9 (73.3%)
64	WALCZAK Rafał	331		M-3	64	00:25:01.15	00:25:01.15	+00:06:43 (26.9%)	4:39	12.9 (73.3%)
65	KRAWCZYK Tomasz	169		M-3	65	00:25:08.15	00:25:08.15	+00:06:50 (27.2%)	4:40	12.8 (72.7%)
66	KUŁAKOWSKI Dawid	181		M-3	66	00:25:09.95	00:25:09.95	+00:06:52 (27.3%)	4:41	12.8 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5.37km	5.37km			
67	HOK Marek	92		M-3	67	00:25:12.70	00:25:12.70	+00:06:54 (27.4%)	4:41	12.8 (72.7%)
68	STAWISZYŃSKI Jarosław	298	FORUM ROZWOJU KOSZALINA	M-3	68	00:25:13.80	00:25:13.80	+00:06:56 (27.5%)	4:41	12.8 (72.7%)
69	ŁABEJSZA Łukasz	403		M-3	69	00:25:14.85	00:25:14.85	+00:06:57 (27.5%)	4:41	12.8 (72.7%)
70	JAGŁA Łukasz	102		M-3	70	00:25:22.00	00:25:22.00	+00:07:04 (27.9%)	4:43	12.7 (72.2%)
71	ŚWIĘTOŃ Rafał	320		M-3	71	00:25:27.55	00:25:27.55	+00:07:09 (28.1%)	4:44	12.7 (72.2%)
72	PODHORODECKI Rafal	245		M-3	72	00:25:37.80	00:25:37.80	+00:07:20 (28.6%)	4:46	12.6 (71.6%)
72	WINGERT Paweł	525		M-3	73	00:25:37.80	00:25:37.80	+00:07:20 (28.6%)	4:46	12.6 (71.6%)
74	KĘPIŃSKI Marcin	137		M-3	74	00:25:39.60	00:25:39.60	+00:07:21 (28.7%)	4:46	12.6 (71.6%)
75	CHOŁUJ Karol	524		M-3	75	00:25:56.55	00:25:56.55	+00:07:38 (29.5%)	4:49	12.4 (70.5%)
76	RODZIEWICZ Jakub	411		M-3	76	00:26:07.90	00:26:07.90	+00:07:50 (30.0%)	4:51	12.3 (69.9%)
77	DEREŃ Grzegorz	48	K.B.SPRINT ŚWIDWIN	M-3	77	00:26:08.55	00:26:08.55	+00:07:50 (30.0%)	4:51	12.3 (69.9%)
78	PUZYREWSKI Wojciech	256	FORREST GUMP	M-3	78	00:26:13.25	00:26:13.25	+00:07:55 (30.2%)	4:52	12.3 (69.9%)
79	ŻUREK Rafał	506		M-3	79	00:26:19.50	00:26:19.50	+00:08:01 (30.5%)	4:54	12.2 (69.3%)
80	KACZMAREK Łukasz	120		M-3	80	00:26:20.90	00:26:20.90	+00:08:03 (30.6%)	4:54	12.2 (69.3%)
81	STOBBE Gregor	302		M-3	81	00:26:26.35	00:26:26.35	+00:08:08 (30.8%)	4:55	12.2 (69.3%)
82	KACHLICKI Kamil	115		M-3	82	00:26:40.30	00:26:40.30	+00:08:22 (31.4%)	4:57	12.1 (68.8%)
83	HOKUBACZ Paweł	513		M-3	83	00:26:45.80	00:26:45.80	+00:08:28 (31.6%)	4:58	12 (68.2%)
84	BAK Zbigniew	8	RUNNERSWALDE	M-3	84	00:26:51.90	00:26:51.90	+00:08:34 (31.9%)	5:00	12 (68.2%)
85	KURŁOWICZ Krzysztof	430		M-3	85	00:28:18.20	00:28:18.20	+00:10:00 (35.4%)	5:16	11.4 (64.8%)
86	KRYGIER Ireneusz	173	W.P.K. SŁOŃ TEAM USTKA	M-3	86	00:28:40.90	00:28:40.90	+00:10:23 (36.2%)	5:20	11.2 (63.6%)
87	KOWALCZYK Piotr	162		M-3	87	00:28:50.50	00:28:50.50	+00:10:32 (36.6%)	5:22	11.2 (63.6%)
88	KAZIMIERCZAK Leszek	413		M-3	88	00:28:51.55	00:28:51.55	+00:10:33 (36.6%)	5:22	11.2 (63.6%)
89	BOJKE Piotr	15		M-3	89	00:28:53.75	00:28:53.75	+00:10:35 (36.7%)	5:22	11.2 (63.6%)
90	PIOR Tomasz	241		M-3	90	00:29:21.10	00:29:21.10	+00:11:03 (37.7%)	5:27	11 (62.5%)
91	WILKOWSKI Piotr	349		M-3	91	00:29:22.25	00:29:22.25	+00:11:04 (37.7%)	5:28	11 (62.5%)
92	KULIŃSKI Marek	180		M-3	92	00:29:29.30	00:29:29.30	+00:11:11 (38.0%)	5:29	10.9 (61.9%)
93	ZIELIŃSKI Jarosław	370		M-3	93	00:29:42.50	00:29:42.50	+00:11:24 (38.4%)	5:31	10.8 (61.4%)
94	IMIOŁEK Marcin	95		M-3	94	00:29:58.40	00:29:58.40	+00:11:40 (39.0%)	5:34	10.8 (61.4%)
95	GAWLIK Artur	67		M-3	95	00:30:06.30	00:30:06.30	+00:11:48 (39.2%)	5:36	10.7 (60.8%)
96	IWANЕК Paweł	97		M-3	96	00:30:55.50	00:30:55.50	+00:12:37 (40.8%)	5:45	10.4 (59.1%)
97	WIĘCKOWSKI Maciej	344	MW CONSTRUCTION S.C.	M-3	97	00:31:07.60	00:31:07.60	+00:12:49 (41.2%)	5:47	10.4 (59.1%)
98	IMIOŁEK Jacek	96		M-3	98	00:31:21.00	00:31:21.00	+00:13:03 (41.6%)	5:50	10.3 (58.5%)
99	RETERSKI Przemysław	263		M-3	99	00:32:06.45	00:32:06.45	+00:13:48 (43.0%)	5:58	10 (56.8%)
100	HUBERT Łukasz	510		M-3	100	00:32:43.90	00:32:43.90	+00:14:26 (44.1%)	6:05	9.8 (55.7%)
101	CHOJNACKI Bartosz	517		M-3	101	00:33:51.25	00:33:51.25	+00:15:33 (46.0%)	6:18	9.5 (54.0%)
102	SZYSZKOWSKI Tomasz	316		M-3	102	00:34:41.15	00:34:41.15	+00:16:23 (47.3%)	6:27	9.3 (52.8%)
103	JAŁYŃSKI Adam	105	OGIEŃ W SZOPIE	M-3	103	00:36:16.65	00:36:16.65	+00:17:58 (49.6%)	6:45	8.9 (50.6%)
104	KROMER Przemysław	522		M-3	104					(0.0%)

Znaleziono 104 wynik(ów)