



VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2016-12-31
Miejsce: Koszalin
Dystans: 5.3 km



Klasyfikacja: M18-29

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	GUZOWSKI Denis	104	TALEX BORYSŁAW BORZYTUCHOM	M18-29	1	00:00:15	00:05:53	00:12:04	00:18:20	00:18:56.50	00:19:11.55		3:34	16.8 (100%)
2	KURKUL Przemek	189	PAŁÓWKO	M18-29	2	00:00:16	00:06:08	00:12:24	00:18:36	00:19:15.50	00:19:32.35	+00:00:19 (1.6%)	3:38	16.5 (98.2%)
3	BARTKOWIAK Janusz	28	K.B. ZDRÓJ MENTOR	M18-29	3	00:00:15	00:06:09	00:12:29	00:18:44	00:19:20.85	00:19:36.65	+00:00:24 (2.1%)	3:39	16.4 (97.6%)
4	ORZECOWSKI Kamil	240		M18-29	4	00:00:16	00:06:06	00:12:25	00:18:45	00:19:23.15	00:19:39.15	+00:00:26 (2.3%)	3:39	16.4 (97.6%)
5	GOSTKOWSKI Łukasz	95	KB GOCH BYTÓW	M18-29	5	00:00:18	00:06:17	00:12:32	00:18:53	00:19:31.25	00:19:49.50	+00:00:34 (3.0%)	3:40	16.3 (97.0%)
6	LEŚNIEWSKI Konrad	193	KB BRYZA POSTOMINO	M18-29	6	00:00:15	00:06:12	00:12:35	00:18:59	00:19:37.15	00:19:52.95	+00:00:40 (3.5%)	3:42	16.2 (96.4%)
7	USTIANOWSKI Wojciech	329	JW 1223 (ROZBIEGANY KOSZALIN)	M18-29	7	00:00:17	00:06:28	00:13:04	00:19:29	00:20:05.50	00:20:23.40	+00:01:09 (5.7%)	3:47	15.8 (94.0%)
8	KLIMOWICZ Michał	151	NIEZRZESZONY	M18-29	8	00:00:17	00:06:27	00:13:10	00:19:45	00:20:21.80	00:20:38.90	+00:01:25 (7.0%)	3:50	15.6 (92.9%)
9	LUBLEWSKI Dawid	436		M18-29	9	00:00:18	00:06:32	00:13:31	00:20:36	00:21:18.95	00:21:37.80	+00:02:22 (11.1%)	4:01	14.9 (88.7%)
10	KISIELEWICZ Krzysztof	439	KORZYBSKIE REKINY	M18-29	10	00:00:21	00:07:02	00:14:07	00:21:04	00:21:47.35	00:22:08.85	+00:02:50 (13.1%)	4:06	14.6 (86.9%)
11	ŁUKAWSKI Mariusz	198	JW 1223	M18-29	11	00:00:19	00:06:47	00:14:00	00:21:31	00:22:15.05	00:22:35.00	+00:03:18 (14.9%)	4:12	14.3 (85.1%)
12	NOWACZYK Christian	235		M18-29	12	00:00:21	00:07:05	00:14:31	00:21:54	00:22:33.10	00:22:54.25	+00:03:36 (16.0%)	4:15	14.1 (83.9%)
13	ŻEROMSKI Dawid	426		M18-29	13	00:00:18	00:06:59	00:14:22	00:21:58	00:22:43.00	00:23:01.95	+00:03:46 (16.6%)	4:17	14 (83.3%)
14	JAMNIAK Bartosz	120	MTS HAMER MIASTKO	M18-29	14	00:00:16	00:06:54	00:14:30	00:22:08	00:22:49.85	00:23:06.55	+00:03:53 (17.0%)	4:18	13.9 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
15	ŻYLICZ Paweł	431	STOPA SŁUPSK	M18-29	15	00:00:17	00:07:13	00:14:40	00:22:07	00:22:51.00	00:23:08.00	+00:03:54 (17.1%)	4:18	13.9 (82.7%)
16	DESZCZ Tomasz	434	RONIN GOLDTEAM	M18-29	16	00:00:15	00:06:52	00:15:12	00:22:27	00:23:09.70	00:23:25.30	+00:04:13 (18.2%)	4:22	13.7 (81.5%)
17	CZERSKI Paweł	62		M18-29	17	00:00:18	00:07:18	00:14:51	00:22:34	00:23:12.95	00:23:31.50	+00:04:16 (18.4%)	4:22	13.7 (81.5%)
18	KOSIŃSKI Mateusz	164	DRUŻYNA SZPIKU	M18-29	18	00:00:27	00:07:30	00:15:04	00:22:36	00:23:17.90	00:23:45.05	+00:04:21 (18.7%)	4:23	13.6 (81.0%)
19	ŚNIADECKI Wojciech	317		M18-29	19	00:00:16	00:06:50	00:14:39	00:22:45	00:23:32.30	00:23:49.15	+00:04:35 (19.5%)	4:26	13.5 (80.4%)
20	BOBER Jakub	37		M18-29	20	00:00:21	00:07:12	00:15:12	00:22:53	00:23:39.90	00:24:01.20	+00:04:43 (20.0%)	4:27	13.4 (79.8%)
21	WASYLÓW Mateusz	337	DROZDOWO	M18-29	21	00:00:18	00:07:10	00:15:19	00:23:14	00:24:01.60	00:24:19.60	+00:05:05 (21.2%)	4:31	13.2 (78.6%)
22	FILIPEK Damian	80		M18-29	22	00:00:16	00:06:54	00:14:59	00:23:15	00:24:02.70	00:24:19.40	+00:05:06 (21.2%)	4:32	13.2 (78.6%)
23	GOŃKA Krzysztof	94	DECATHLON KOSZALIN	M18-29	23	00:00:20	00:07:39	00:15:39	00:23:13	00:24:04.40	00:24:25.25	+00:05:07 (21.3%)	4:32	13.2 (78.6%)
24	WACHOLC Michał	333		M18-29	24	00:00:21	00:07:52	00:15:55	00:23:58	00:24:44.80	00:25:06.30	+00:05:48 (23.5%)	4:40	12.8 (76.2%)
25	NACHYŁA Paweł	227	DZIKI KOSZALIN	M18-29	25	00:00:29	00:08:03	00:16:02		00:24:48.75	00:25:18.00	+00:05:52 (23.7%)	4:40	12.8 (76.2%)
26	SABISZ Krzysztof	284		M18-29	26	00:00:28	00:08:17	00:16:18	00:24:07	00:24:53.15	00:25:21.20	+00:05:56 (23.9%)	4:41	12.8 (76.2%)
26	BŁANK Krystian	35		M18-29	27	00:00:27	00:08:19	00:16:19	00:24:09	00:24:53.15	00:25:20.65	+00:05:56 (23.9%)	4:41	12.8 (76.2%)
28	RUTKOWSKI Artur	283		M18-29	28	00:00:21	00:07:26	00:15:41	00:24:14	00:24:54.40	00:25:15.70	+00:05:57 (23.9%)	4:41	12.8 (76.2%)
29	PRUS Mikołaj	441		M18-29	29	00:00:25	00:08:19	00:16:20	00:24:21	00:24:54.65	00:25:20.10	+00:05:58 (24.0%)	4:42	12.8 (76.2%)
30	LASKOWSKI Grzegorz	192		M18-29	30	00:00:23	00:07:58	00:16:23	00:25:10	00:26:00.70	00:26:23.85	+00:07:04 (27.2%)	4:54	12.2 (72.6%)
31	CHWALEBA Maciej	56		M18-29	31	00:00:28	00:08:18	00:16:39	00:25:10	00:26:01.00	00:26:29.55	+00:07:04 (27.2%)	4:54	12.2 (72.6%)
32	ŻANDARSKI Paweł	425		M18-29	32	00:00:17	00:08:01	00:16:36	00:25:09	00:26:01.75	00:26:19.70	+00:07:05 (27.2%)	4:54	12.2 (72.6%)
33	WENCLAWSKI Michał	341	ARAGORTEAM\ NIGHT RUNNERS SŁUPSK	M18-29	33	00:00:24	00:08:34	00:17:21	00:26:10	00:27:01.15	00:27:25.30	+00:08:04 (29.9%)	5:05	11.8 (70.2%)
34	SPICA Łukasz	294		M18-29	34	00:00:30	00:09:13	00:18:39	00:28:22	00:29:07.30	00:29:37.80	+00:10:10 (35.0%)	5:29	10.9 (64.9%)
35	WIERZBICKI Kacper	347		M18-29	35	00:00:16	00:09:06	00:18:32	00:28:58	00:29:51.90	00:30:08.60	+00:10:55 (36.6%)	5:38	10.6 (63.1%)
36	SZKATULSKI Tomasz	309	DARŁOWO	M18-29	36	00:00:33	00:09:30	00:19:16	00:29:06	00:30:08.10	00:30:41.65	+00:11:11 (37.1%)	5:41	10.6 (63.1%)
37	SZULC Adam	312		M18-29	37	00:00:38	00:09:29	00:19:37	00:29:45	00:30:36.75	00:31:15.70	+00:11:40 (38.1%)	5:46	10.4 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.7km	Start_All 3.4km	Start_All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
38	GAWEŁ Michał	87		M18-29	38	00:00:35	00:10:09	00:20:41	00:30:25	00:31:12.50	00:31:47.70	+00:12:16 (39.3%)	5:53	10.2 (60.7%)

Znaleziono 38 wynik(ów)