



VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

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



Klasyfikacja: M50-59

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	KULCZYK Jerzy	435		M50-59	1	00:00:15	00:06:07	00:12:29	00:18:44	00:19:20.45	00:19:36.35		3:39	16.4 (100%)
2	GRZESIK Eugeniusz	102	TKKF KOSZALIN	M50-59	2	00:00:15	00:06:33	00:13:22	00:20:08	00:20:47.55	00:21:02.85	+00:01:27 (7.0%)	3:55	15.3 (93.3%)
3	SZAMREJ Wojciech	306		M50-59	3	00:00:18	00:06:37	00:13:34	00:20:32	00:21:17.30	00:21:35.95	+00:01:56 (9.1%)	4:00	14.9 (90.9%)
4	CHAJNOWSKI Jarosław	48	TKKF TRIATHLON KOSZALIN	M50-59	4	00:00:22	00:07:34	00:15:01	00:22:07	00:22:47.70	00:23:10.35	+00:03:27 (15.2%)	4:18	13.9 (84.8%)
5	ADAMCZAK Andrzej	26	TRIATHLON KOSZALIN LABO SPORT	M50-59	5	00:00:22	00:07:34	00:15:02	00:22:22	00:23:06.60	00:23:28.80	+00:03:46 (16.3%)	4:21	13.8 (84.1%)
6	RUTKOWSKI Ryszard	282	RUTKOWSKI TEAM	M50-59	6	00:00:20	00:07:18	00:14:55	00:22:28	00:23:10.85	00:23:31.55	+00:03:50 (16.6%)	4:22	13.7 (83.5%)
7	NIEMCZUK Dariusz	233	JAMNO	M50-59	7	00:00:21	00:07:36	00:15:05	00:22:46	00:23:27.20	00:23:49.15	+00:04:06 (17.5%)	4:25	13.6 (82.9%)
8	KISIELIŃSKI Igor	149		M50-59	8	00:00:25	00:07:47	00:15:44	00:23:19	00:24:08.50	00:24:33.80	+00:04:48 (19.9%)	4:33	13.2 (80.5%)
9	KUBIŃSKI Rafał	184	NIGHT RUNNERS SŁUPSK	M50-59	9	00:00:19	00:07:34	00:15:23	00:23:22	00:24:11.30	00:24:30.75	+00:04:50 (20.0%)	4:33	13.1 (79.9%)
10	CHWALEBA Jan	55		M50-59	10	00:00:28	00:07:38	00:15:28	00:23:30	00:24:16.30	00:24:44.70	+00:04:55 (20.3%)	4:34	13.1 (79.9%)
11	KRUPIŃSKI Krzysztof	178	E-UROLOG	M50-59	11	00:00:22	00:07:59	00:15:47	00:23:28	00:24:18.15	00:24:40.35	+00:04:57 (20.4%)	4:35	13.1 (79.9%)
12	PEŁKA Janusz	254		M50-59	12	00:00:20	00:07:47	00:16:23	00:24:29	00:25:12.45	00:25:33.20	+00:05:52 (23.3%)	4:45	12.6 (76.8%)
13	JANUSZEWSKI Jacek	124	17 WOG KOSZALIN	M50-59	13	00:00:28	00:08:07	00:16:23	00:24:39	00:25:26.05	00:25:54.10	+00:06:05 (24.0%)	4:47	12.5 (76.2%)
14	ŚWIETLIK Tomasz	320		M50-59	14	00:00:27	00:08:04	00:16:17	00:24:53	00:25:39.35	00:26:06.85	+00:06:18 (24.6%)	4:50	12.4 (75.6%)

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	CHUDZIK Zbigniew	54	TKKF KOSZALIN	M50-59	15	00:00:23	00:08:20	00:16:39	00:24:58	00:25:45.40	00:26:09.05	+00:06:24 (24.9%)	4:51	12.3 (75.0%)
16	SKOWYRSKI Janusz	289	TKKF KOSZALIN	M50-59	16	00:00:19	00:08:01	00:16:34	00:25:22	00:26:17.30	00:26:36.75	+00:06:56 (26.4%)	4:57	12.1 (73.8%)
17	SZULC Marek	313		M50-59	17	00:00:32	00:08:42	00:17:08	00:25:31	00:26:22.15	00:26:54.85	+00:07:01 (26.7%)	4:58	12.1 (73.8%)
18	MEGIER Wojtek	212		M50-59	18	00:00:26	00:08:25	00:17:07	00:25:43	00:26:35.55	00:27:01.75	+00:07:15 (27.3%)	5:00	12 (73.2%)
19	NIWIŃSKI Grzegorz	234	K.B. TUPOT USTKA	M50-59	19	00:00:42	00:08:52	00:17:42	00:26:36	00:27:30.15	00:28:13.00	+00:08:09 (29.7%)	5:11	11.6 (70.7%)
20	WILIŃSKI Marek	349	K. B SPRINT ŚWIDWIN	M50-59	20	00:00:28	00:08:55	00:17:51	00:26:42	00:27:34.65	00:28:03.50	+00:08:14 (29.9%)	5:12	11.5 (70.1%)
21	MRUGALSKI Stanisław	223		M50-59	21	00:00:43	00:09:11	00:18:27	00:27:38	00:28:39.05	00:29:22.80	+00:09:18 (32.5%)	5:24	11.1 (67.7%)
22	KRAWCZYK Bohdan	176		M50-59	22	00:00:47	00:10:09	00:19:30	00:28:09	00:29:07.30	00:29:55.10	+00:09:46 (33.6%)	5:29	10.9 (66.5%)
23	KLENIEWICZ Piotr	440		M50-59	23	00:00:17	00:08:52	00:18:20	00:28:13	00:29:10.80	00:29:28.25	+00:09:50 (33.7%)	5:30	10.9 (66.5%)
24	WOLAŃSKI Mariusz	414		M50-59	24	00:00:17	00:09:39	00:19:07	00:28:16	00:29:13.65	00:29:30.65	+00:09:53 (33.8%)	5:30	10.9 (66.5%)
25	CZERSKI Piotr	61		M50-59	25	00:00:38	00:10:07	00:19:43	00:28:40	00:29:31.15	00:30:09.65	+00:10:10 (34.5%)	5:34	10.8 (65.9%)
26	SIKORSKI Witold	287	KB RUN 42	M50-59	26	00:00:29	00:09:25	00:18:48	00:29:16	00:30:50.05	00:31:19.70	+00:11:29 (37.3%)	5:49	10.3 (62.8%)
27	LEWEK Maciej	194	PRZYJACIELE Z RADZYN	M50-59	27	00:00:17	00:09:25	00:20:24	00:31:20	00:32:22.60	00:32:39.80	+00:13:02 (40.3%)	6:06	9.8 (59.8%)
28	KĘPIŃSKI Jan	146		M50-59	28	00:00:22	00:12:00	00:26:14	00:40:20	00:41:33.65	00:41:55.75	+00:22:13 (53.5%)	7:50	7.7 (47.0%)

Znaleziono 28 wynik(ów)