



# VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

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



Klasyfikacja: M60-69

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	<b>CHUDY Henryk</b>	<b>53</b>	K S OLSZEWSKI I SYNOWIE	M60-69	1	00:00:18	00:06:44	00:13:45	00:20:48	<b>00:21:32.05</b>	<b>00:21:50.05</b>		4:03	14.8 (100%)
2	<b>KUBIAK Andrzej</b>	<b>182</b>		M60-69	2	00:00:21	00:07:52	00:15:54	00:24:00	<b>00:24:43.75</b>	<b>00:25:05.35</b>	+00:03:11 (12.9%)	4:40	12.9 (87.2%)
3	<b>JUSZCZAK Krzysztof</b>	<b>132</b>		M60-69	3	00:00:35	00:08:22	00:16:33	00:25:04	<b>00:25:57.25</b>	<b>00:26:32.40</b>	+00:04:25 (17.0%)	4:53	12.3 (83.1%)
4	<b>RUDZIŃSKI Bronisław</b>	<b>281</b>		M60-69	4	00:00:26	00:08:13	00:16:41	00:25:07	<b>00:26:02.55</b>	<b>00:26:29.35</b>	+00:04:30 (17.3%)	4:54	12.2 (82.4%)
5	<b>OSOBNIAK Ryszard</b>	<b>241</b>	ROZBIEGANY KOSZALIN	M60-69	5	00:00:33	00:08:25	00:17:01	00:25:28	<b>00:26:17.30</b>	<b>00:26:50.60</b>	+00:04:45 (18.1%)	4:57	12.1 (81.8%)
6	<b>KOZŁOWIECKI Waldemar</b>	<b>169</b>	TKKF KOSZALIN	M60-69	6	00:00:16	00:08:29	00:17:02	00:25:33	<b>00:26:27.15</b>	<b>00:26:43.75</b>	+00:04:55 (18.6%)	4:59	12 (81.1%)
7	<b>JURA Kazimierz</b>	<b>131</b>	MTS HAMER	M60-69	7	00:00:38	00:08:49	00:17:48	00:26:55	<b>00:27:47.20</b>	<b>00:28:25.65</b>	+00:06:15 (22.5%)	5:14	11.4 (77.0%)
8	<b>KARNICKI Zygmunt</b>	<b>142</b>	TKKF KOSZALIN	M60-69	8	00:00:25	00:08:37	00:17:53	00:27:13	<b>00:28:06.00</b>	<b>00:28:31.70</b>	+00:06:33 (23.4%)	5:18	11.3 (76.4%)
9	<b>HELLER Zdzisław</b>	<b>108</b>	NIEZRZESZONY	M60-69	9	00:00:36	00:08:56	00:18:02	00:27:19	<b>00:28:12.35</b>	<b>00:28:48.35</b>	+00:06:40 (23.7%)	5:19	11.3 (76.4%)
10	<b>PAULIŃSKI Jan</b>	<b>249</b>	JAMNO	M60-69	10	00:00:21	00:09:06	00:18:57	00:29:14	<b>00:30:36.75</b>	<b>00:30:57.90</b>	+00:09:04 (29.7%)	5:46	10.4 (70.3%)
11	<b>PASEK Jan</b>	<b>248</b>		M60-69	11	00:00:26	00:10:18	00:21:49	00:33:37	<b>00:34:37.35</b>	<b>00:35:03.90</b>	+00:13:05 (37.8%)	6:31	9.2 (62.2%)
12	<b>PANKOWIECKI Roman</b>	<b>226</b>		M60-69	12	00:00:23	00:10:05	00:21:57	00:34:22	<b>00:35:33.85</b>	<b>00:35:57.40</b>	+00:14:01 (39.4%)	6:42	8.9 (60.1%)
13	<b>HAUSMAN Andrzej</b>	<b>107</b>	KSR ROWERIA	M60-69	13	00:00:28	00:10:24	00:22:48	00:35:17	<b>00:36:32.70</b>	<b>00:37:01.35</b>	+00:15:00 (41.1%)	6:53	8.7 (58.8%)
14	<b>WALENTOWICZ Ireneusz</b>	<b>443</b>		M60-69	14	00:00:38	00:16:21	00:34:35	00:53:36	<b>00:57:04.20</b>	<b>00:57:42.40</b>	+00:35:32 (62.3%)	10:46	5.6 (37.8%)

Znaleziono 14 wynik(ów)