



X KOSZALIŃSKI BIEG GÓRSKI - 15 KM

B4SPORT

Wydarzenie: KOSZALIŃSKI BIEG GÓRSKI
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-03-30
Miejsce: Koszalin
Dystans: 15 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 5km	Finish_All 10km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	GAWĘŁ Ireneusz	40		M40-49	1	00:24:39	00:49:49	01:14:56.95		4:59	12 (100%)
2	JAROSZ Wiesław	232	JW.1223/BLOG	M40-49	2	00:23:40	00:49:34	01:16:04.89	+00:01:07 (1.5%)	5:04	11.8 (98.3%)
3	DUDA Grzegorz	34	METALCORP TEAM, BEST BEASTS	M40-49	3	00:25:02	00:51:58	01:19:51.57	+00:04:54 (6.1%)	5:19	11.3 (94.2%)
4	WOJCIECHOWICZ Jacek	211	WWW.STUDIOTANCAPASJA.PL	M40-49	4	00:26:11	00:54:07	01:22:23.81	+00:07:26 (9.0%)	5:29	10.9 (90.8%)
5	MAZUR Emilusz	117	ŻYJ Z ENERGIA	M40-49	5	00:26:59	00:54:56	01:22:50.63	+00:07:53 (9.5%)	5:31	10.9 (90.8%)
6	PAKULSKI Marcin	136		M40-49	6	00:27:45	00:56:13	01:24:22.20	+00:09:25 (11.2%)	5:37	10.7 (89.2%)
7	TOKARSKI Szymon	193		M40-49	7	00:26:21	00:54:45	01:25:24.32	+00:10:27 (12.2%)	5:41	10.5 (87.5%)
8	ROMANOWICZ Piotr	159	RUNGRYF GRYFICE	M40-49	8	00:27:27	00:56:55	01:26:48.87	+00:11:51 (13.7%)	5:47	10.4 (86.7%)
9	LESZCZYŃSKI Marcin	100		M40-49	9	00:28:40	00:57:45	01:27:10.60	+00:12:13 (14.0%)	5:48	10.3 (85.8%)
10	LEWANDOWSKI Jacek	101		M40-49	10	00:27:42	00:57:29	01:28:21.83	+00:13:24 (15.2%)	5:53	10.2 (85.0%)
11	JANKOWSKI Piotr	54		M40-49	11	00:27:05	00:57:15	01:29:02.01	+00:14:05 (15.8%)	5:56	10.1 (84.2%)
12	SPRINGER Marcin	178		M40-49	12	00:28:18	00:59:37	01:31:41.95	+00:16:45 (18.3%)	6:06	9.8 (81.7%)
13	CHOŁUJ Jarosław	20		M40-49	13	00:29:30	01:01:13	01:31:58.40	+00:17:01 (18.5%)	6:07	9.8 (81.7%)
14	ENGLERT Grzegorz	36	SPEKTOS TEAM	M40-49	14	00:30:31	01:02:37	01:33:46.64	+00:18:49 (20.1%)	6:15	9.6 (80.0%)
15	TOMALIK Karol	237		M40-49	15	00:30:19	01:03:18	01:34:40.95	+00:19:43 (20.8%)	6:18	9.5 (79.2%)
16	URBAŃSKI Tomasz	198		M40-49	16	00:29:25	01:02:36	01:37:38.51	+00:22:41 (23.2%)	6:30	9.2 (76.7%)
17	BRESZKA Tomasz	231	DARŁOWSKIE CHARTY	M40-49	17	00:31:04	01:03:31	01:37:51.38	+00:22:54 (23.4%)	6:31	9.2 (76.7%)
18	PŁOSKI Krzysztof	151	DARŁOWSKIE CHARTY	M40-49	18	00:29:56	01:03:08	01:39:30.72	+00:24:33 (24.7%)	6:38	9 (75.0%)
19	KRACZKOWSKI Przemysław	83		M40-49	19	00:31:56	01:05:27	01:40:13.44	+00:25:16 (25.2%)	6:40	9 (75.0%)
20	MACIĄŻEK Jarosław	107		M40-49	20	00:33:13	01:06:44	01:40:55.41	+00:25:58 (25.7%)	6:43	8.9 (74.2%)
21	JAROS Adam	58		M40-49	21	00:32:20	01:07:16	01:41:59.25	+00:27:02 (26.5%)	6:48	8.8 (73.3%)
22	BŁACH Piotr	230		M40-49	22	00:33:43	01:08:16	01:42:05.44	+00:27:08 (26.6%)	6:48	8.8 (73.3%)
23	KONKEL Łukasz	75		M40-49	23	00:32:42	01:07:34	01:43:52.24	+00:28:55 (27.8%)	6:55	8.7 (72.5%)
24	SZUBERT Marcin	190	KOŁOBRZEG BIEGA	M40-49	24	00:34:51	01:10:27	01:45:50.82	+00:30:53 (29.2%)	7:03	8.5 (70.8%)
25	PIETRYKA Artur	145	KARLINOBIEGAJ	M40-49	25	00:33:47	01:09:02	01:46:07.14	+00:31:10 (29.4%)	7:04	8.5 (70.8%)
26	KOŁODZIEJCZAK Grzegorz	73		M40-49	26	00:32:48	01:09:13	01:47:00.32	+00:32:03 (30.0%)	7:08	8.4 (70.0%)
27	PIECHOTA Robert	144	ROZBIEGANY KOSZALIN	M40-49	27	00:33:06	01:11:34	01:47:24.94	+00:32:27 (30.2%)	7:09	8.4 (70.0%)

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28	JANKOWSKI Mariusz	55		M40-49	28	00:32:27	01:09:00	01:49:26.99	+00:34:30 (31.5%)	7:17	8.2 (68.3%)
29	BOROWIEC Mariusz	12		M40-49	29	00:35:50	01:13:52	01:52:47.36	+00:37:50 (33.5%)	7:31	8 (66.7%)
30	MACIĄG Piotr	106	HOMOSAPIE	M40-49	30	00:35:07	01:12:48	01:54:05.75	+00:39:08 (34.3%)	7:36	7.9 (65.8%)
31	KOZIBRODA Marcin	81	TEAM BIEGOWY SZCZECINEK	M40-49	31	00:34:59	01:15:52	01:54:28.86	+00:39:31 (34.5%)	7:37	7.9 (65.8%)
32	PAJOR Tomasz	135	HOMOSAPIE	M40-49	32	00:35:28	01:14:57	01:56:12.11	+00:41:15 (35.5%)	7:44	7.7 (64.2%)
33	PROTASIEWICZ Robert	155		M40-49	33	00:30:13	01:07:25	01:56:39.27	+00:41:42 (35.8%)	7:46	7.7 (64.2%)
34	PODSIADŁO Marcin	154		M40-49	34	00:36:05	01:15:19	01:58:38.02	+00:43:41 (36.8%)	7:54	7.6 (63.3%)
35	MACIAG Paweł	105		M40-49	35	00:36:49	01:21:45	02:07:15.82	+00:52:18 (41.1%)	8:29	7.1 (59.2%)
36	TRUSIAK Miłosz	195		M40-49	36	00:37:18	01:20:46	02:09:52.63	+00:54:55 (42.3%)	8:39	6.9 (57.5%)
	WIATRZYK Krzysztof	206	DARŁOWO	M40-49		00:32:47 DNF	01:10:39 DNF	DNF	-	-	- (0.0%)

Znaleziono 37 wynik(ów)