



X KOSZALIŃSKI BIEG GÓRSKI - 5 KM

B4SPORT

Wydarzenie:
Organizator:

KOSZALIŃSKI BIEG GÓRSKI
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2019-03-30
Koszalin
5 km

Data:
Miejsce:
Dystans:



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PERLIK Tomasz	141	MTS HAMER MIASTKO	M30-39	1	00:21:24.27		4:16	14 (100%)
2	HUBERT Łukasz	50	TKKF KOSZALIN	M30-39	2	00:23:33.80	+00:02:09 (9.2%)	4:42	12.7 (90.7%)
3	RYKIEL Michał	167		M30-39	3	00:24:08.17	+00:02:43 (11.3%)	4:49	12.4 (88.6%)
4	MAJKOWICZ Rafał	109		M30-39	4	00:24:46.05	+00:03:21 (13.6%)	4:57	12.1 (86.4%)
5	PIOTRKOWSKI Tomasz	147	STOPA SŁUPSK DECATHLON SŁUPSK	M30-39	5	00:24:56.42	+00:03:32 (14.2%)	4:59	12 (85.7%)
6	KRZYSZTOFIAK Mariusz	91		M30-39	6	00:26:54.84	+00:05:30 (20.5%)	5:23	11.1 (79.3%)
7	SZYMAŃSKI Piotr	192		M30-39	7	00:27:09.81	+00:05:45 (21.2%)	5:25	11 (78.6%)
8	BIEŃKOWSKI Tomasz	8		M30-39	8	00:27:30.97	+00:06:06 (22.2%)	5:30	10.9 (77.9%)
9	ŚNIEŻKO Marcin	241	TKKF KOSZALIN	M30-39	9	00:27:34.95	+00:06:10 (22.4%)	5:31	10.9 (77.9%)
10	PAWLAK Łukasz	246	KAMIEŃ RYMAŃSKI	M30-39	10	00:27:45.95	+00:06:21 (22.9%)	5:33	10.8 (77.1%)
11	MARZEC Łukasz	116		M30-39	11	00:27:55.98	+00:06:31 (23.4%)	5:35	10.7 (76.4%)
12	ZABŁOCKI Grzegorz	218		M30-39	12	00:27:59.62	+00:06:35 (23.5%)	5:36	10.7 (76.4%)
13	WEBER Paweł	204	ENERGON	M30-39	13	00:28:05.46	+00:06:41 (23.8%)	5:37	10.7 (76.4%)
14	FIGARSKI Leszek	37		M30-39	14	00:28:20.21	+00:06:55 (24.5%)	5:40	10.6 (75.7%)
15	LISOWSKI Sławomir	102		M30-39	15	00:28:25.73	+00:07:01 (24.7%)	5:41	10.6 (75.7%)
16	MAZURSKI Paweł	120		M30-39	16	00:28:55.31	+00:07:31 (26.0%)	5:47	10.4 (74.3%)
17	MIŁASZEWSKI Przemek	123	AMBRA PL	M30-39	17	00:29:10.21	+00:07:45 (26.6%)	5:50	10.3 (73.6%)
18	OLCZAK Krzysztof	131		M30-39	18	00:30:07.97	+00:08:43 (29.0%)	6:01	10 (71.4%)
19	SYCHA Jarosław	182		M30-39	19	00:30:17.68	+00:08:53 (29.3%)	6:03	9.9 (70.7%)
20	JOCHYM Mariusz	59		M30-39	20	00:32:09.21	+00:10:44 (33.4%)	6:25	9.3 (66.4%)
21	PACAN Bartosz	134		M30-39	21	00:32:11.52	+00:10:47 (33.5%)	6:26	9.3 (66.4%)
22	POCZĄTEK Mikołaj	152		M30-39	22	00:32:30.35	+00:11:06 (34.2%)	6:30	9.2 (65.7%)
23	KOSECKI Tomasz	77	ZAKWAS	M30-39	23	00:32:45.63	+00:11:21 (34.7%)	6:33	9.2 (65.7%)
24	DOWNAR-ZAPOLSKI Paweł	32		M30-39	24	00:33:50.94	+00:12:26 (36.8%)	6:46	8.9 (63.6%)
25	KOSZ Paweł	78		M30-39	25	00:34:04.98	+00:12:40 (37.2%)	6:49	8.8 (62.9%)
26	BILL Łukasz	9		M30-39	26	00:34:54.52	+00:13:30 (38.7%)	6:58	8.6 (61.4%)
27	BEDNARSKI Piotr	5	SPORTOWA PACZKA	M30-39	27	00:35:03.74	+00:13:39 (39.0%)	7:00	8.6 (61.4%)

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28	WIERZBICKI Kacper	208		M30-39	28	00:35:03.82	+00:13:39 (39.0%)	7:00	8.6 (61.4%)
29	BASIAK Krystian	3	JW1223 KOSZALIN	M30-39	29	00:35:31.01	+00:14:06 (39.7%)	7:06	8.4 (60.0%)
30	WIKTORSKI Paweł	209		M30-39	30	00:36:31.19	+00:15:06 (41.4%)	7:18	8.2 (58.6%)
31	MINDA Jacek	124	WIECZORNE BIEGANIE W GOLENIOWIE	M30-39	31	00:37:18.17	+00:15:53 (42.6%)	7:27	8 (57.1%)
32	MACIEJEWSKI Maciej	108	MEDEN-INMED SPORTS TEAM	M30-39	32	00:41:27.14	+00:20:02 (48.4%)	8:17	7.2 (51.4%)

Znaleziono 32 wynik(ów)