



X KOSZALIŃSKI BIEG GÓRSKI - 5 KM

B4SPORT

Wydarzenie: KOSZALIŃSKI BIEG GÓRSKI
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-03-30
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M40-49

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------|-------|---|-----------|------|----------------|-------------------|--------------|--------------|
| 1 | ZABORSKI Ryszard | 219 | TKKF KOSZALIN | M40-49 | 1 | 00:22:14.41 | | 4:26 | 13.5 (100%) |
| 2 | KASZUBIAK Klaudiusz | 66 | | M40-49 | 2 | 00:24:19.96 | +00:02:05 (8.6%) | 4:52 | 12.3 (91.1%) |
| 3 | ZUKAL Piotr | 240 | | M40-49 | 3 | 00:24:42.51 | +00:02:28 (10.0%) | 4:56 | 12.1 (89.6%) |
| 4 | SIENIAWSKI Jarek | 174 | MEDEN-INMED SPORTS TEAM | M40-49 | 4 | 00:25:00.71 | +00:02:46 (11.1%) | 5:00 | 12 (88.9%) |
| 5 | PICK Tomasz | 143 | DEAF KOSZALIN | M40-49 | 5 | 00:25:40.94 | +00:03:26 (13.4%) | 5:08 | 11.7 (86.7%) |
| 6 | MUCHA Krzysztof | 128 | | M40-49 | 6 | 00:26:53.85 | +00:04:39 (17.3%) | 5:22 | 11.2 (83.0%) |
| 7 | KASPEROWICZ Zdzisław | 64 | PRO DYSTANS KASPEROWICZ | M40-49 | 7 | 00:27:05.21 | +00:04:50 (17.9%) | 5:25 | 11.1 (82.2%) |
| 8 | WIELGUS Paweł | 207 | PRO DYSTANS KASPEROWICZ | M40-49 | 8 | 00:27:52.86 | +00:05:38 (20.2%) | 5:34 | 10.8 (80.0%) |
| 9 | SEEWALD Jan | 173 | ZAKWAS | M40-49 | 9 | 00:28:35.47 | +00:06:21 (22.2%) | 5:43 | 10.5 (77.8%) |
| 10 | KRASIŃSKI Witold | 84 | | M40-49 | 10 | 00:31:22.06 | +00:09:07 (29.1%) | 6:16 | 9.6 (71.1%) |
| 11 | MAZUR Mirosław | 118 | | M40-49 | 11 | 00:31:50.31 | +00:09:35 (30.1%) | 6:22 | 9.4 (69.6%) |
| 12 | KOZAK Grzegorz | 80 | | M40-49 | 12 | 00:31:51.11 | +00:09:36 (30.2%) | 6:22 | 9.4 (69.6%) |
| 13 | SARAPUK Piotr | 170 | | M40-49 | 13 | 00:32:40.94 | +00:10:26 (32.0%) | 6:32 | 9.2 (68.1%) |
| 14 | CZUCZAK Tomasz | 29 | | M40-49 | 14 | 00:33:04.73 | +00:10:50 (32.8%) | 6:37 | 9.1 (67.4%) |
| 15 | KAMIŃSKI Tomasz | 61 | JEDNOSTKA WOJSKOWA 1223 | M40-49 | 15 | 00:35:43.64 | +00:13:29 (37.8%) | 7:08 | 8.4 (62.2%) |
| 16 | WAJDA Waldemar | 201 | | M40-49 | 16 | 00:36:51.52 | +00:14:37 (39.7%) | 7:22 | 8.1 (60.0%) |
| 17 | BEDNAREK Krzysztof | 4 | BIURO UBEZPIECZENIOWO-FINANSOWE 'KRIS' KRZYSZTOF BEDNAREK | M40-49 | 17 | 00:37:16.89 | +00:15:02 (40.3%) | 7:27 | 8 (59.3%) |
| 18 | JANCZEWSKI Jacek | 52 | ROZBIEGANY KOSZALIN | M40-49 | 18 | 00:37:24.76 | +00:15:10 (40.6%) | 7:29 | 8 (59.3%) |
| 19 | ZAWADZKI Sebastian | 223 | | M40-49 | 19 | 00:39:03.32 | +00:16:48 (43.1%) | 7:48 | 7.7 (57.0%) |
| 20 | RUSIECKI Paweł | 163 | WSPL SP ZOZ KOSZALIN | M40-49 | 20 | 00:42:03.10 | +00:19:48 (47.1%) | 8:24 | 7.1 (52.6%) |
| 21 | RYHANYCZ Paweł | 166 | JEDWABIŚCI | M40-49 | 21 | 00:45:03.99 | +00:22:49 (50.7%) | 9:00 | 6.7 (49.6%) |
| 22 | KARNICKI Artur | 62 | | M40-49 | 22 | 00:48:21.24 | +00:26:06 (54.0%) | 9:40 | 6.2 (45.9%) |

Znaleziono 22 wynik(ów)