



X KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie: X Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-12-29
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ORZECHOWSKI Kamil	175	TKKF KOSZALIN	M30-39	1	00:17:18.03		3:27	17.3 (100%)
2	SZOPIŃSKI Tomasz	237		M30-39	2	00:18:02.99	+00:00:44 (4.2%)	3:36	16.6 (96.0%)
3	WENT Jakub	247		M30-39	3	00:18:04.92	+00:00:46 (4.3%)	3:36	16.6 (96.0%)
4	SZARŁATA Piotr	235		M30-39	4	00:18:14.01	+00:00:55 (5.1%)	3:38	16.5 (95.4%)
5	GOSTKOWSKI Łukasz	56		M30-39	5	00:19:08.77	+00:01:50 (9.6%)	3:49	15.7 (90.8%)
6	CZAPLIŃSKI Jacek	32		M30-39	6	00:19:17.59	+00:01:59 (10.3%)	3:51	15.6 (90.2%)
7	RODZIEWICZ Marcin	196		M30-39	7	00:19:20.54	+00:02:02 (10.6%)	3:52	15.5 (89.6%)
8	DUDA Grzegorz	46		M30-39	8	00:19:24.81	+00:02:06 (10.9%)	3:52	15.5 (89.6%)
9	KLIMOWICZ Michał	107		M30-39	9	00:19:32.41	+00:02:14 (11.5%)	3:54	15.4 (89.0%)
10	MAJKOWICZ Rafał	145		M30-39	10	00:19:47.29	+00:02:29 (12.6%)	3:57	15.2 (87.9%)
11	RYKIEL Michał	208		M30-39	11	00:19:48.87	+00:02:30 (12.7%)	3:57	15.2 (87.9%)
12	CZARNOWSKI Łukasz	33		M30-39	12	00:20:41.34	+00:03:23 (16.4%)	4:08	14.5 (83.8%)
13	PRZEWŁOCKI Michał	189	TKKF KOSZALIN	M30-39	13	00:20:49.33	+00:03:31 (16.9%)	4:09	14.4 (83.2%)
14	NIEWIADA Marek	169		M30-39	14	00:21:06.64	+00:03:48 (18.0%)	4:13	14.2 (82.1%)
15	WASINIEWSKI Dariusz	244		M30-39	15	00:21:37.38	+00:04:19 (20.0%)	4:19	13.9 (80.3%)
16	JERMAKOWICZ Bartłomiej	83		M30-39	16	00:21:41.82	+00:04:23 (20.3%)	4:20	13.8 (79.8%)
17	BARAN Krzysztof	348		M30-39	17	00:21:59.77	+00:04:41 (21.3%)	4:23	13.6 (78.6%)
18	CHUPTYŚ Adrian	30		M30-39	18	00:22:00.48	+00:04:42 (21.4%)	4:24	13.6 (78.6%)
19	BIEŃKOWSKI Tomasz	13		M30-39	19	00:22:05.01	+00:04:46 (21.7%)	4:25	13.6 (78.6%)
20	MISZCZYSZYN Bartosz	162		M30-39	20	00:22:18.42	+00:05:00 (22.4%)	4:27	13.5 (78.0%)
21	STRUMIŃSKI Rafał	229		M30-39	21	00:22:23.00	+00:05:04 (22.7%)	4:28	13.4 (77.5%)
22	WÓJCICKI Grzegorz	260		M30-39	22	00:22:32.15	+00:05:14 (23.2%)	4:30	13.3 (76.9%)
23	OTTO Michał	177		M30-39	23	00:22:34.81	+00:05:16 (23.4%)	4:30	13.3 (76.9%)
24	STAŃCZYK Sławomir	225		M30-39	24	00:23:05.52	+00:05:47 (25.1%)	4:37	13 (75.1%)
25	NACHYŁA Paweł	168		M30-39	25	00:23:20.37	+00:06:02 (25.9%)	4:40	12.9 (74.6%)
26	OLCZAK Krzysztof	172		M30-39	26	00:23:36.68	+00:06:18 (26.7%)	4:43	12.7 (73.4%)
27	BARTHA Adrian	6		M30-39	27	00:23:37.25	+00:06:19 (26.8%)	4:43	12.7 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	KŁOS Tomasz	108		M30-39	28	00:23:38.50	+00:06:20 (26.8%)	4:43	12.7 (73.4%)
29	RÓG Michał	202		M30-39	29	00:23:41.03	+00:06:23 (27.0%)	4:44	12.7 (73.4%)
30	WODNICKI Krzysztof	254		M30-39	30	00:23:45.61	+00:06:27 (27.2%)	4:45	12.6 (72.8%)
31	KONKEL Łukasz	115		M30-39	31	00:23:56.60	+00:06:38 (27.7%)	4:47	12.5 (72.3%)
32	SOŁTYS Rafał	220		M30-39	32	00:24:09.71	+00:06:51 (28.4%)	4:49	12.4 (71.7%)
33	HAMALA Marcin	66		M30-39	33	00:24:18.29	+00:07:00 (28.8%)	4:51	12.3 (71.1%)
34	CZERNIAK Gracjan	34		M30-39	34	00:24:19.28	+00:07:01 (28.9%)	4:51	12.3 (71.1%)
35	KAMYK Piotr	96		M30-39	35	00:24:24.17	+00:07:06 (29.1%)	4:52	12.3 (71.1%)
36	WYSOCKI Lukasz	264		M30-39	36	00:24:26.93	+00:07:08 (29.2%)	4:53	12.3 (71.1%)
37	PILAREK Ireneusz	183		M30-39	37	00:24:44.30	+00:07:26 (30.1%)	4:56	12.1 (69.9%)
38	SARBIEWSKI Przemysław	212		M30-39	38	00:24:44.61	+00:07:26 (30.1%)	4:56	12.1 (69.9%)
39	KAZIMIERCZAK Leszek	98		M30-39	39	00:24:47.67	+00:07:29 (30.2%)	4:57	12.1 (69.9%)
40	KRAWCZYK Tomasz	126		M30-39	40	00:24:47.77	+00:07:29 (30.2%)	4:57	12.1 (69.9%)
41	LEMANCZYK Andrzej	136		M30-39	41	00:24:48.33	+00:07:30 (30.3%)	4:57	12.1 (69.9%)
42	KOZIEŁ Paweł	122		M30-39	42	00:24:49.94	+00:07:31 (30.3%)	4:57	12.1 (69.9%)
43	SYCHA Jarosław	234		M30-39	43	00:25:13.06	+00:07:55 (31.4%)	5:02	11.9 (68.8%)
44	KAZIMIEROWICZ Radosław	99		M30-39	44	00:25:17.30	+00:07:59 (31.6%)	5:03	11.9 (68.8%)
45	DĘBSKI Damian	41		M30-39	45	00:25:27.72	+00:08:09 (32.1%)	5:05	11.8 (68.2%)
46	GORGOL Piotr	55		M30-39	46	00:25:28.39	+00:08:10 (32.1%)	5:05	11.8 (68.2%)
47	STANIUK Bartosz	223		M30-39	47	00:25:29.21	+00:08:11 (32.1%)	5:05	11.8 (68.2%)
48	ŻUKOWSKI Cezary	278		M30-39	48	00:25:29.38	+00:08:11 (32.1%)	5:05	11.8 (68.2%)
49	RUDZIŃSKI Radosław	204		M30-39	49	00:25:31.54	+00:08:13 (32.2%)	5:06	11.8 (68.2%)
50	KOBUS Piotr	109		M30-39	50	00:25:43.45	+00:08:25 (32.7%)	5:08	11.7 (67.6%)
51	BODO Rafał	14		M30-39	51	00:26:00.99	+00:08:42 (33.5%)	5:12	11.5 (66.5%)
52	MAŁKOWSKI Tomasz	147		M30-39	52	00:26:09.53	+00:08:51 (33.9%)	5:13	11.5 (66.5%)
53	BANCEWICZ Radek	4		M30-39	53	00:26:12.29	+00:08:54 (34.0%)	5:14	11.5 (66.5%)
54	ROGAŁA Tomasz	198		M30-39	54	00:26:14.64	+00:08:56 (34.1%)	5:14	11.4 (65.9%)
55	SITEK Alfred	215		M30-39	55	00:26:44.42	+00:09:26 (35.3%)	5:20	11.2 (64.7%)
56	WIERZBICKI Jacek	250		M30-39	56	00:26:47.50	+00:09:29 (35.4%)	5:21	11.2 (64.7%)
57	HRYCIÓW Paweł	72		M30-39	57	00:27:07.90	+00:09:49 (36.2%)	5:25	11.1 (64.2%)
58	MYK Paweł	167		M30-39	58	00:27:11.32	+00:09:53 (36.4%)	5:26	11 (63.6%)
59	MARSZAŁKOWSKI Radosław	150		M30-39	59	00:27:11.68	+00:09:53 (36.4%)	5:26	11 (63.6%)
60	ORYSZCZYN Arkadiusz	174		M30-39	60	00:27:16.34	+00:09:58 (36.6%)	5:27	11 (63.6%)
61	GROMADA Bartosz	58		M30-39	61	00:27:38.27	+00:10:20 (37.4%)	5:31	10.9 (63.0%)
62	ZIELIŃSKI Maciej	269		M30-39	62	00:27:38.77	+00:10:20 (37.4%)	5:31	10.9 (63.0%)
63	HAŁAJKO Tomasz	64		M30-39	63	00:27:40.90	+00:10:22 (37.5%)	5:32	10.8 (62.4%)
64	MAJEWSKI Kamil	144		M30-39	64	00:28:05.90	+00:10:47 (38.4%)	5:37	10.7 (61.8%)
65	PŁOTKA Grzegorz	185		M30-39	65	00:28:27.13	+00:11:09 (39.2%)	5:41	10.5 (60.7%)
66	GRĄBCZEWSKI Rafał	280	JW1223	M30-39	66	00:34:44.85	+00:17:26 (50.2%)	6:56	8.6 (49.7%)

Znaleziono 66 wynik(ów)