



X KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie:
Organizator:

X Koszaliński Bieg Sylwestrowy
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2018-12-29
Koszalin
5 km

Data:
Miejsce:
Dystans:



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	426	1 BZ LĘBORK	M40-49	1	00:16:30.36		3:18	18.2 (100%)
2	ZABORSKI Ryszard	265	TKKF KOSZALIN	M40-49	2	00:17:59.30	+00:01:28 (8.2%)	3:35	16.7 (91.8%)
3	RUDNIKOWSKI Maciej	203		M40-49	3	00:19:02.85	+00:02:32 (13.3%)	3:48	15.8 (86.8%)
4	ZUKAL Piotr	273		M40-49	4	00:19:28.95	+00:02:58 (15.3%)	3:53	15.4 (84.6%)
5	WOJCIECHOWICZ Jacek	255		M40-49	5	00:19:39.57	+00:03:09 (16.0%)	3:55	15.3 (84.1%)
6	NOWACKI Rafał	170		M40-49	6	00:19:41.89	+00:03:11 (16.2%)	3:56	15.2 (83.5%)
7	KLEMANN Paweł	105	TKKF KOSZALIN	M40-49	7	00:20:19.94	+00:03:49 (18.8%)	4:03	14.8 (81.3%)
8	SZULC Arek	271		M40-49	8	00:20:40.95	+00:04:10 (20.2%)	4:08	14.5 (79.7%)
9	PICK Tomasz	180		M40-49	9	00:20:41.15	+00:04:10 (20.2%)	4:08	14.5 (79.7%)
10	ROMANOWICZ Piotr	199		M40-49	10	00:20:45.34	+00:04:14 (20.5%)	4:09	14.5 (79.7%)
11	STĘŻAŁA Artur	228		M40-49	11	00:20:58.82	+00:04:28 (21.3%)	4:11	14.3 (78.6%)
12	MUCHA Krzysztof	165		M40-49	12	00:21:10.05	+00:04:39 (22.0%)	4:14	14.2 (78.0%)
13	BAJGERT Robert	439		M40-49	13	00:21:28.24	+00:04:57 (23.1%)	4:17	14 (76.9%)
14	KUŁAKOWSKI Dawid	410	TKKF KOSZALIN	M40-49	14	00:21:54.00	+00:05:23 (24.6%)	4:22	13.7 (75.3%)
15	SPRINGER Marcin	221		M40-49	15	00:22:04.51	+00:05:34 (25.2%)	4:24	13.6 (74.7%)
16	IWANIEC Dariusz	75	TKKF KOSZALIN	M40-49	16	00:22:05.94	+00:05:35 (25.3%)	4:25	13.6 (74.7%)
17	MICHALSKI Jakub	158		M40-49	17	00:22:21.14	+00:05:50 (26.2%)	4:28	13.4 (73.6%)
18	CHOŁUJ Jarek	25		M40-49	18	00:22:27.70	+00:05:57 (26.5%)	4:29	13.4 (73.6%)
19	SZYMAŃSKI Piotr	238		M40-49	19	00:22:40.47	+00:06:10 (27.2%)	4:32	13.2 (72.5%)
20	JARZYNA Roman	81		M40-49	20	00:22:57.72	+00:06:27 (28.1%)	4:35	13.1 (72.0%)
21	CAŁA Bartosz	21		M40-49	21	00:23:03.21	+00:06:32 (28.4%)	4:36	13 (71.4%)
22	MICERSKI Tomasz	157	TKKF KOSZALIN	M40-49	22	00:23:06.43	+00:06:36 (28.6%)	4:37	13 (71.4%)
23	MOSIOŁEK Piotr	163		M40-49	23	00:23:10.65	+00:06:40 (28.8%)	4:38	12.9 (70.9%)
24	ANTKOWIAK Sebastian	1		M40-49	24	00:23:13.10	+00:06:42 (28.9%)	4:38	12.9 (70.9%)
25	MAZUREK Marcin	153		M40-49	25	00:23:18.16	+00:06:47 (29.2%)	4:39	12.9 (70.9%)
26	GAWRYSIAK Przemysław	51		M40-49	26	00:23:43.35	+00:07:12 (30.4%)	4:44	12.6 (69.2%)
27	WIKTOROWSKI Maciej	252		M40-49	27	00:23:45.23	+00:07:14 (30.5%)	4:45	12.6 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	ŻMUDA Jarosław	277		M40-49	28	00:23:46.57	+00:07:16 (30.6%)	4:45	12.6 (69.2%)
29	WÓJCIK Damian	261		M40-49	29	00:23:46.75	+00:07:16 (30.6%)	4:45	12.6 (69.2%)
30	PIECHOTA Robert	181		M40-49	30	00:23:47.22	+00:07:16 (30.6%)	4:45	12.6 (69.2%)
31	HOC Dariusz	69		M40-49	31	00:23:59.04	+00:07:28 (31.2%)	4:47	12.5 (68.7%)
32	KAJKOWSKI Rafał	93		M40-49	32	00:24:03.38	+00:07:33 (31.4%)	4:48	12.5 (68.7%)
33	GUTOWSKI Sebastian	61		M40-49	33	00:24:30.09	+00:07:59 (32.6%)	4:54	12.2 (67.0%)
34	POLAŃSKI Norbert	188		M40-49	34	00:24:36.23	+00:08:05 (32.9%)	4:55	12.2 (67.0%)
35	PODSIADŁO Marcin	187		M40-49	35	00:24:43.09	+00:08:12 (33.2%)	4:56	12.1 (66.5%)
36	PIETRYKA Artur	182		M40-49	36	00:24:50.03	+00:08:19 (33.5%)	4:58	12.1 (66.5%)
37	MĘDEL Cezary	156		M40-49	37	00:25:01.81	+00:08:31 (34.1%)	5:00	12 (65.9%)
38	SARAPUK Piotr	211		M40-49	38	00:25:17.06	+00:08:46 (34.7%)	5:03	11.9 (65.4%)
39	GALICKI Robert	50		M40-49	39	00:25:21.16	+00:08:50 (34.9%)	5:04	11.8 (64.8%)
40	JASIENIECKI Piotr	82		M40-49	40	00:25:26.75	+00:08:56 (35.1%)	5:05	11.8 (64.8%)
41	DUDEK Bartłomiej	47		M40-49	41	00:25:47.65	+00:09:17 (36.0%)	5:09	11.6 (63.7%)
42	REMPŁAKOWSKI Krzysztof	192		M40-49	42	00:25:53.40	+00:09:23 (36.2%)	5:10	11.6 (63.7%)
43	STALUSZKA Dariusz	222		M40-49	43	00:25:53.78	+00:09:23 (36.3%)	5:10	11.6 (63.7%)
44	HAŁKA Arkadiusz	293		M40-49	44	00:26:12.76	+00:09:42 (37.0%)	5:14	11.5 (63.2%)
45	SKIBA Artur	216		M40-49	45	00:26:32.88	+00:10:02 (37.8%)	5:18	11.3 (62.1%)
46	REMPŁAKOWSKI Zbigniew	193		M40-49	46	00:26:42.30	+00:10:11 (38.2%)	5:20	11.2 (61.5%)
47	DEREŃ Grzegorz	39		M40-49	47	00:26:55.09	+00:10:24 (38.7%)	5:23	11.1 (61.0%)
48	DERECKI Bartosz	38		M40-49	48	00:27:09.09	+00:10:38 (39.2%)	5:25	11 (60.4%)
49	ŻMUDA Tomasz	275		M40-49	49	00:27:44.76	+00:11:14 (40.5%)	5:32	10.8 (59.3%)
50	BERNACKI Adam	10		M40-49	50	00:27:50.39	+00:11:20 (40.7%)	5:34	10.8 (59.3%)
51	WIATRZYK Krzysztof	248		M40-49	51	00:27:51.86	+00:11:21 (40.8%)	5:34	10.8 (59.3%)
52	KOŁAKOWSKI Dariusz	110		M40-49	52	00:27:57.31	+00:11:26 (41.0%)	5:35	10.7 (58.8%)
53	KĘPKA Mirosław	101		M40-49	53	00:27:57.42	+00:11:27 (41.0%)	5:35	10.7 (58.8%)
54	FAJGIER Tomasz	48		M40-49	54	00:28:05.97	+00:11:35 (41.3%)	5:37	10.7 (58.8%)
55	KOMODA Mariusz	111		M40-49	55	00:29:08.53	+00:12:38 (43.4%)	5:49	10.3 (56.6%)
56	BARTOSIK Jarosław	8		M40-49	56	00:29:49.21	+00:13:18 (44.6%)	5:57	10.1 (55.5%)
57	ZIELIŃSKI Tomasz	268		M40-49	57	00:30:01.50	+00:13:31 (45.0%)	6:00	10 (54.9%)
58	JANCZEWSKI Jacek	77		M40-49	58	00:32:06.46	+00:15:36 (48.6%)	6:25	9.3 (51.1%)
59	CHILŃSKI Tomek	24		M40-49	59	00:32:47.37	+00:16:17 (49.7%)	6:33	9.2 (50.5%)
60	FRASZKIEWICZ Jarosław	49		M40-49	60	00:34:18.54	+00:17:48 (51.9%)	6:51	8.7 (47.8%)

Znaleziono 60 wynik(ów)