



## X SYLWESTROWY NORDIC WALKING - 3 KM

B4SPORT

**Wydarzenie:** X Koszaliński Bieg Sylwestrowy  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-12-29  
**Miejsce:** Koszalin  
**Dystans:** 3 km



Klasyfikacja: M-OPEN

| Msc | Zawodnik                  | Numer      | Klub           | Kategoria | Mkat | Start_All<br>1.71km | Czas<br>netto<br>3km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------------|------------|----------------|-----------|------|---------------------|----------------------|-------------------|-----------------|---------------|
| 1   | <b>SKIBA Krzysztof</b>    | <b>303</b> | MSPORT TEAM    | M-OPEN    | 1    |                     | <b>00:11:27.56</b>   |                   | 3:49            | 15.7 (100%)   |
| 2   | <b>FRĄCKOWIAK Roman</b>   | <b>286</b> |                | M-OPEN    | 2    |                     | <b>00:11:36.30</b>   | +00:00:08 (1.3%)  | 3:52            | 15.5 (98.7%)  |
| 3   | <b>FRĄCKOWIAK Mateusz</b> | <b>287</b> |                | M-OPEN    | 3    |                     | <b>00:11:51.36</b>   | +00:00:23 (3.3%)  | 3:57            | 15.2 (96.8%)  |
| 4   | <b>MACIEJEWSKI Tomasz</b> | <b>294</b> |                | M-OPEN    | 4    |                     | <b>00:11:56.50</b>   | +00:00:28 (4.0%)  | 3:58            | 15.1 (96.2%)  |
| 5   | <b>KUBIK Krystian</b>     | <b>291</b> | RUNGRYFGRYFICE | M-OPEN    | 5    |                     | <b>00:13:20.04</b>   | +00:01:52 (14.1%) | 4:26            | 13.5 (86.0%)  |
| 6   | <b>BIELAŃSKI Sławomir</b> | <b>284</b> |                | M-OPEN    | 6    |                     | <b>00:14:17.19</b>   | +00:02:49 (19.8%) | 4:46            | 12.6 (80.3%)  |
| 7   | <b>POPŁAWSKI Jerzy</b>    | <b>299</b> |                | M-OPEN    | 7    |                     | <b>00:14:20.88</b>   | +00:02:53 (20.1%) | 4:47            | 12.5 (79.6%)  |
| 8   | <b>BARTNIK Marian</b>     | <b>281</b> | TKKF KOSZALIN  | M-OPEN    | 8    |                     | <b>00:16:23.77</b>   | +00:04:56 (30.1%) | 5:28            | 11 (70.1%)    |

Znaleziono 8 wynik(ów)