



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

XII KOSZALIŃSKI BIEG GÓRSKI - 15 KM

XII KOSZALIŃSKI BIEG GÓRSKI
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2021-06-05
Koszalin
15.9 km

B4SPORT



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	lap1 5.3km	lap2 10.6km	Czas netto 15.9km	Różn	Tempo min/km	Tempo km/h
1	HERMAN Arkadiusz	18		M40-49	1	00:25:45	00:54:09	01:22:30.20		5:11	11.6 (100%)
2	DUDA Grzegorz	141	BEST BEAST	M40-49	2	00:25:09	00:53:31	01:23:42.00	+00:01:11 (1.4%)	5:15	11.4 (98.3%)
3	TOKARSKI Szymon	71		M40-49	3	00:26:41	00:55:31	01:24:06.20	+00:01:36 (1.9%)	5:17	11.3 (97.4%)
4	WALEŃSKI Michał	73	TKKF KOSZALIN	M40-49	4	00:25:40	00:54:19	01:24:41.50	+00:02:11 (2.6%)	5:19	11.3 (97.4%)
5	MAZUR Emilusz	2		M40-49	5	00:26:45	00:55:26	01:24:58.80	+00:02:28 (2.9%)	5:20	11.2 (96.6%)
6	JURJEWICZ Grzegorz	22		M40-49	6	00:26:13	00:56:12	01:26:05.00	+00:03:34 (4.2%)	5:24	11.1 (95.7%)
7	WOJCIECHOWSKI Jacek	78		M40-49	7	00:26:46	00:55:29	01:26:23.25	+00:03:53 (4.5%)	5:25	11 (94.8%)
8	MARCINOWSKI Krzysztof	49	RUN4FUN	M40-49	8	00:30:06	01:01:12	01:31:40.25	+00:09:10 (10.0%)	5:45	10.4 (89.7%)
9	IWANIEC Dariusz	19	TKKF/BIEGOLAS KOSZALIN	M40-49	9	00:28:54	00:59:42	01:31:40.80	+00:09:10 (10.0%)	5:45	10.4 (89.7%)
10	LEWANDOWSKI Jacek	39	TAPETY KOSZALIN MONIUSZKI 2	M40-49	10	00:28:16	01:02:52	01:36:49.55	+00:14:19 (14.8%)	6:05	9.9 (85.3%)
11	CZERNIAK Gracjan	7		M40-49	11	00:31:23	01:04:59	01:39:01.15	+00:16:30 (16.7%)	6:13	9.6 (82.8%)
12	JANKOWSKI Piotr	20		M40-49	12	00:30:26	01:03:24	01:39:24.90	+00:16:54 (17.0%)	6:15	9.6 (82.8%)
13	MICERSKI Tomasz	50	BIEGOLAS KOSZALIN	M40-49	13	00:31:07	01:07:41	01:43:21.30	+00:20:51 (20.2%)	6:30	9.2 (79.3%)
14	MARCINKOWSKI Jacek	48	BIEGOLAS ORZEŁ DRUŻYNA SZPIKU	M40-49	14	00:29:56	01:05:43	01:46:07.25	+00:23:37 (22.3%)	6:40	9 (77.6%)
15	OLEARCZYK Arkadiusz	55	BOBOLICKIE BRAC'TWO BIEGOWE	M40-49	15	00:30:30	01:07:13	01:46:15.00	+00:23:44 (22.3%)	6:40	9 (77.6%)
16	KNAPIK Piotr	27	LKS ISKRA JASZKOWA	M40-49	16	00:33:59	01:10:23	01:47:48.90	+00:25:18 (23.5%)	6:46	8.8 (75.9%)
17	KUŁAKOWSKI Dawid	35	TKKF/BIEGOLAS KOSZALIN	M40-49	17	00:32:13	01:12:00	01:48:59.05	+00:26:28 (24.3%)	6:51	8.8 (75.9%)
18	BUDZIŃSKI Paweł	5	BIEGOLAS ORZEŁ DRUŻYNA SZPIKU	M40-49	18	00:32:45	01:10:56	01:50:11.00	+00:27:40 (25.1%)	6:55	8.7 (75.0%)
19	BOJANOWSKI Michał	4	KOŁOBRZESKI KLUB MORSÓW	M40-49	19	00:33:27	01:11:30	01:53:59.75	+00:31:29 (27.6%)	7:10	8.4 (72.4%)
20	MACIĄG Piotr	42		M40-49	20	00:35:25	01:15:07	01:56:06.65	+00:33:36 (28.9%)	7:18	8.2 (70.7%)
21	MACIĄŻEK Jarosław	43		M40-49	21	00:36:06	01:14:42	01:56:21.60	+00:33:51 (29.1%)	7:19	8.2 (70.7%)
22	BIERNACKI Harvey	3		M40-49	22	00:34:06	01:12:59	01:56:53.50	+00:34:23 (29.4%)	7:21	8.2 (70.7%)
23	MACIĄG Paweł	41	HOMOSAPIE	M40-49	23	00:35:27	01:15:05	01:57:07.75	+00:34:37 (29.6%)	7:21	8.1 (69.8%)
24	DIDŁUCH Jacek	10	KOŁOBRZEG BIEGA	M40-49	24	00:35:02	01:15:45	01:57:17.35	+00:34:47 (29.7%)	7:22	8.1 (69.8%)
25	SOBOCIŃSKI Michał	66		M40-49	25	00:36:56	01:17:54	02:02:41.80	+00:40:11 (32.8%)	7:42	7.8 (67.2%)
26	PAJOR Tomasz	56	HOMOSAPIE	M40-49	26	00:39:39	01:28:37	02:17:50.75	+00:55:20 (40.1%)	8:40	6.9 (59.5%)

