



XIII MIĘDZYNARODOWY BIEG WENEDÓW - 10KM

B4SPORT
MULTISPORT & FITNESS

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Date: 2015-05-24
Place: Koszalin
Distance: 10 km



Classification: M-2

Place	Participant	Number	Club	Category	MCat	0.07km	2.535km	5km	7.465km	9.93km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	DIDOWODIUK Dmitro	365	UKRAINA	M-2	1	00:00:14	00:07:37	00:15:23	00:23:19	00:31:08	00:31:25	00:31:25		3:08	19.1 (100%)
2	OLIJNIK Pawel	371	UKRAINA	M-2	2	00:00:14	00:07:37	00:23:19			00:31:26	00:31:26	+00:00:01 (0.1%)	3:08	19.1 (100%)
3	MARYNICZ Witalii	467	UKRAINA	M-2	3	00:00:13	00:08:12	00:16:23	00:24:42		00:33:05	00:33:05	+00:01:40 (5.0%)	3:18	18.1 (94.8%)
4	WITKOWSKI Mateusz	1	KU AZS PWSZ KOSZALIN TKKF KOSZALIN	M-2	4	00:00:15	00:08:13	00:16:32	00:25:04	00:33:20	00:33:34	00:33:34	+00:02:09 (6.4%)	3:21	17.9 (93.7%)
5	KRUCZKOWSKI Damian	135		M-2	5	00:00:14	00:08:34	00:25:38	00:34:07		00:34:23	00:34:23	+00:02:58 (8.6%)	3:26	17.5 (91.6%)
6	WESOŁOWSKI Damian	310	AZS UAM POZNAŃ	M-2	6	00:00:15	00:08:53	00:17:55	00:27:09	00:36:30	00:36:44	00:36:44	+00:05:19 (14.5%)	3:40	16.3 (85.3%)
7	MAGALSKI Tomasz	436		M-2	7	00:00:24	00:09:47	00:19:29	00:29:15	00:38:45	00:39:02	00:39:02	+00:07:37 (19.5%)	3:54	15.4 (80.6%)
8	RETKA Bartosz	237	FORMA ROSNOWO	M-2	8	00:00:18	00:10:11	00:20:13	00:30:23	00:40:21	00:40:36	00:40:36	+00:09:11 (22.6%)	4:03	14.8 (77.5%)
9	GAJLEWICZ Dominik	439		M-2	9	00:00:21	00:09:48	00:20:04	00:30:30	00:40:54	00:41:15	00:41:15	+00:09:50 (23.8%)	4:07	14.5 (75.9%)
10	BUJKO Andrzej	368	CSSP KOSZALIN	M-2	10	00:00:27	00:10:35	00:20:47	00:31:07	00:41:07	00:41:25	00:41:25	+00:10:00 (24.1%)	4:08	14.5 (75.9%)
11	CHMIELEWSKI Bartosz	26	AMADEUS CROSSTRaining GYM	M-2	11	00:00:18	00:10:20	00:20:40	00:30:55	00:41:23	00:41:41	00:41:41	+00:10:16 (24.6%)	4:10	14.4 (75.4%)
12	SAWICZ Michał	253	FINISZ MORĄG BIEGACZ Z PÓŁNOCY	M-2	12	00:00:25	00:10:31	00:21:03	00:31:27	00:41:45	00:42:01	00:42:01	+00:10:36 (25.2%)	4:12	14.3 (74.9%)

Place	Participant	Number	Club	Category	MCat						Net time	Czas brutto	Gap	Pace min/km	Pace km/h
						0.07km	2.535km	5km	7.465km	9.93km	10km	10km			
13	NOGA Sebastian	192	4RUN TKKF KOSZALIN	M-2	13	00:00:22	00:10:33	00:21:21	00:32:01	00:42:19	00:42:35	00:42:35	+00:11:10 (26.2%)	4:15	14.1 (73.8%)
14	ŁUKAWSKI Mariusz	428	JW 1223 3DPLOT	M-2	14	00:00:30	00:10:37	00:21:05	00:31:47	00:42:24	00:42:42	00:42:42	+00:11:17 (26.4%)	4:16	14.1 (73.8%)
15	ROKOSZ Radosław	241	JW 1223	M-2	15	00:00:34	00:10:53	00:21:35	00:32:48	00:43:36	00:43:56	00:43:56	+00:12:31 (28.5%)	4:23	13.7 (71.7%)
16	NACHYŁA Paweł		DZIKI KOSZALIN	M-2	16	00:00:25	00:10:45	00:21:29	00:32:36	00:43:41	00:44:02	00:44:02	+00:12:37 (28.7%)	4:24	13.6 (71.2%)
17	ZIELIŃSKI Mateusz	332	SŁONECZNY PATROL KOSZALIN	M-2	17	00:00:40	00:11:49	00:22:39	00:33:24	00:43:51	00:44:10	00:44:10	+00:12:45 (28.9%)	4:25	13.6 (71.2%)
18	STRAPOĆ Tobiasz	461		M-2	18	00:00:25	00:10:06	00:21:25	00:33:00	00:44:04	00:44:23	00:44:23	+00:12:58 (29.2%)	4:26	13.5 (70.7%)
18	STEFAŃSKI Krzysztof	367	CSSP KOSZALIN	M-2	19	00:00:28	00:11:12	00:22:04	00:33:12	00:44:04	00:44:23	00:44:23	+00:12:58 (29.2%)	4:26	13.5 (70.7%)
20	WICENS Jacek	311	JACEK - BIEGAM BO LUBIĘ	M-2	20	00:00:27	00:11:25	00:22:26	00:33:37	00:44:19	00:44:38	00:44:38	+00:13:13 (29.6%)	4:27	13.4 (70.2%)
21	SINKIEWICZ Mirosław	390	JW 1223 3DPLOT	M-2	21	00:00:30	00:10:49	00:21:42	00:33:06	00:44:45	00:45:03.85	00:45:03.85	+00:13:38 (30.3%)	4:30	13.3 (69.6%)
22	GACA Radosław	53		M-2	22	00:00:44	00:11:03	00:22:10	00:33:24	00:44:52	00:45:12	00:45:12	+00:13:47 (30.5%)	4:31	13.3 (69.6%)
23	KOBUS Maciej	111		M-2	23	00:00:29	00:11:28	00:22:45	00:33:58	00:44:59	00:45:16	00:45:16	+00:13:51 (30.6%)	4:31	13.3 (69.6%)
24	RASIAK Adam	403	JW 1223 1DPLOT	M-2	24	00:00:29	00:11:17	00:22:26	00:33:49	00:44:59	00:45:19	00:45:19	+00:13:54 (30.7%)	4:31	13.2 (69.1%)
25	KORCZYŃSKI Sławomir	122		M-2	25	00:00:26	00:10:32	00:21:43	00:33:26	00:45:03	00:45:20	00:45:20	+00:13:55 (30.7%)	4:32	13.2 (69.1%)
26	LEWITA Szymon	158		M-2	26	00:00:26	00:11:00	00:22:03	00:33:38	00:45:20	00:45:37	00:45:37	+00:14:12 (31.1%)	4:33	13.2 (69.1%)
27	JAMNIAK Bartosz	437		M-2	27	00:00:22	00:10:49	00:22:19	00:34:04	00:45:36	00:45:58	00:45:58	+00:14:33 (31.7%)	4:35	13.1 (68.6%)
28	NOWAK Filip	369	CSSP KOSZALIN	M-2	28	00:00:28	00:11:58	00:23:42	00:35:08	00:46:02	00:46:23	00:46:23	+00:14:58 (32.3%)	4:38	12.9 (67.5%)
29	DORAWA Wojciech	42		M-2	29	00:00:27	00:11:30	00:23:01	00:34:43	00:46:19	00:46:40	00:46:40	+00:15:15 (32.7%)	4:40	12.9 (67.5%)
30	KURYŁOWICZ Bartosz	375		M-2	30	00:00:25	00:11:23	00:22:59	00:34:46	00:46:39	00:47:02	00:47:02	+00:15:37 (33.2%)	4:42	12.8 (67.0%)
31	TRAFNY Mateusz	361		M-2	31	00:00:23	00:11:55	00:23:42	00:35:22	00:46:44	00:47:06	00:47:06	+00:15:41 (33.3%)	4:42	12.7 (66.5%)
32	KRYSZCZUK Michał	139		M-2	32	00:00:42	00:12:19	00:24:30	00:36:08	00:47:25	00:47:43	00:47:43	+00:16:18 (34.2%)	4:46	12.6 (66.0%)
33	ADAMCZYK Karol	3		M-2	33	00:00:44	00:12:34	00:24:16	00:36:02	00:47:28	00:47:47	00:47:47	+00:16:22 (34.3%)	4:46	12.6 (66.0%)
34	MYDŁOWSKI Maciej	408		M-2	34	00:00:26	00:10:57	00:22:51	00:35:30	00:47:43	00:48:01	00:48:01	+00:16:36 (34.6%)	4:48	12.5 (65.4%)
35	RUDZIŃSKI Krzysztof	449		M-2	35	00:00:34	00:11:56	00:23:55	00:36:30	00:48:58	00:49:17	00:49:17	+00:17:52 (36.3%)	4:55	12.2 (63.9%)

Place	Participant	Number	Club	Category	MCat	0.07km	2.535km	5km	7.465km	9.93km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
36	SZYMAŃSKI Kacper	474	TEAM BIEGOWY SZCZECINEK	M-2	36	00:00:27	00:12:38	00:25:11	00:37:45	00:49:11	00:49:31	00:49:31	+00:18:06 (36.6%)	4:57	12.1 (63.4%)
36	GAWROŃSKI Paweł	57	OGIEŃ W SZOPIE	M-2	37	00:00:28	00:11:37	00:23:51	00:36:38	00:49:14	00:49:31	00:49:31	+00:18:06 (36.6%)	4:57	12.1 (63.4%)
38	SZEWCZYK Andrzej	283		M-2	38	00:00:36	00:12:05	00:24:33	00:37:29	00:49:56	00:50:15	00:50:15	+00:18:50 (37.5%)	5:01	11.9 (62.3%)
39	RUSINEK Dawid	463		M-2	39	00:00:35	00:13:03	00:25:53	00:38:22	00:50:06	00:50:26	00:50:26	+00:19:01 (37.7%)	5:02	11.9 (62.3%)
40	ANIELSKI Michał	427		M-2	40	00:00:38	00:13:04	00:25:40	00:38:44	00:50:24	00:50:44	00:50:44	+00:19:19 (38.1%)	5:04	11.8 (61.8%)
41	KOPREK Łukasz	121	SŁONECZNY PATROL KOSZALIN	M-2	41	00:00:40	00:12:19	00:24:36	00:37:30	00:50:28	00:50:48	00:50:48	+00:19:23 (38.2%)	5:04	11.8 (61.8%)
42	LUPZIK Radosław	426		M-2	42	00:00:37	00:13:04	00:25:41	00:38:57	00:51:51	00:52:08	00:52:08	+00:20:43 (39.7%)	5:12	11.5 (60.2%)
43	STOLARCZYK Łukasz	359		M-2	43	00:00:35	00:13:29	00:28:20	00:44:03	01:00:29	01:00:52	01:00:52	+00:29:27 (48.4%)	6:05	9.9 (51.8%)
44	POWARZYŃSKI Damian	457		M-2	44	00:00:42	00:15:15	00:30:04	00:45:46	01:00:35	01:00:58	01:00:58	+00:29:33 (48.5%)	6:05	9.8 (51.3%)

Total 44 results.