



Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2015-05-24
Miejsce: Koszalin
Dystans: 10 km

XIII MIĘDZYNARODOWY BIEG WENEDÓW - 10KM

B4SPORT



Klasyfikacja: M-4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CICHOCKI Jarosław	363	KB 10 BIAŁOGARD	M-4	1	00:00:15	00:08:08	00:16:10	00:24:16	00:32:21	00:32:37	00:32:37		3:15	18.4 (100%)
2	BORYCHOWSKI Mariusz	378	TUPOT USTKA	M-4	2	00:00:16	00:08:12	00:16:25	00:24:47	00:33:16	00:33:33	00:33:33	+00:00:56 (2.8%)	3:21	17.9 (97.3%)
3	RYBARCZYK Jan	250		M-4	3	00:00:16	00:08:23	00:16:49	00:25:21	00:33:45	00:33:59	00:33:59	+00:01:22 (4.0%)	3:23	17.7 (96.2%)
4	SZYMAŃSKI Sylwester	287	ULKS BARWICETEAM BIEGOWY SZCZECINEK	M-4	4	00:00:15	00:08:49	00:17:31	00:26:09	00:34:33	00:34:48	00:34:48	+00:02:11 (6.3%)	3:28	17.2 (93.5%)
5	BERG Thoralf	349	SCHWEDTER HASEN	M-4	5	00:00:15	00:08:53	00:17:54	00:26:59	00:36:16	00:36:35	00:36:35	+00:03:58 (10.8%)	3:39	16.4 (89.1%)
6	JAROSZ Wiesław	415	JW. 1223 BLOG	M-4	6	00:00:17	00:09:24	00:18:59	00:28:55	00:38:52	00:39:08	00:39:08	+00:06:31 (16.7%)	3:54	15.3 (83.2%)
7	KRYCZKA Stanisław	458	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-4	7	00:00:19	00:09:33	00:19:09	00:29:00	00:38:56	00:39:14	00:39:14	+00:06:37 (16.9%)	3:55	15.3 (83.2%)
8	HESSEL Lars	352	SV TURBINE NEUBRANDENBURG E.V.	M-4	8	00:00:18	00:09:38	00:19:20	00:29:16	00:39:07	00:39:27	00:39:27	+00:06:50 (17.3%)	3:56	15.2 (82.6%)
9	POLAK Szymon	222	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-4	9	00:00:23	00:09:43	00:19:29	00:29:29	00:39:20	00:39:37	00:39:37	+00:07:00 (17.7%)	3:57	15.1 (82.1%)
10	RADLIŃSKI Leopold	233	PUPIL KOSZALIN	M-4	10	00:00:19	00:09:59	00:19:53	00:29:49	00:39:25	00:39:42	00:39:42	+00:07:05 (17.8%)	3:58	15.1 (82.1%)
11	GÓRA Sylwester	453	PHILIPS-PIŁA	M-4	11	00:00:16	00:09:54	00:19:48	00:29:45	00:39:33	00:39:50	00:39:50	+00:07:13 (18.1%)	3:59	15.1 (82.1%)
12	GĄSECKI Tomasz	58		M-4	12	00:00:25	00:10:00	00:19:48	00:29:50	00:39:51	00:40:11	00:40:11	+00:07:34 (18.8%)	4:01	14.9 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						0.07km	2.535km	5km	7.465km	9.93km	10km	10km			
13	WIDONIAK Rafał	312		M-4	13	00:00:20	00:10:10	00:20:13	00:30:21	00:40:06	00:40:23	00:40:23	+00:07:46 (19.2%)	4:02	14.9 (81.0%)
14	RUDNIKOWSKI Maciej	244		M-4	14	00:00:21	00:09:44	00:19:43	00:30:08	00:40:13	00:40:30	00:40:30	+00:07:53 (19.5%)	4:03	14.8 (80.4%)
15	BEMOWICZ Tomasz	414		M-4	15	00:00:22	00:10:09	00:20:07	00:30:21	00:40:14	00:40:31	00:40:31	+00:07:54 (19.5%)	4:03	14.8 (80.4%)
16	POWARZYŃSKI Krzysztof	456		M-4	16	00:00:19	00:09:56	00:19:55	00:30:07	00:40:18	00:40:35	00:40:35	+00:07:58 (19.6%)	4:03	14.8 (80.4%)
17	BYKOWSKI Robert	442	FORMA ROSNOWO CSSP	M-4	17	00:00:20	00:10:07	00:20:23	00:30:58	00:41:33	00:41:53	00:41:53	+00:09:16 (22.1%)	4:11	14.3 (77.7%)
18	STĘŻAŁA Artur	270	JW 1223 2DPLOT	M-4	18	00:00:23	00:10:12	00:20:35	00:31:08	00:41:39	00:41:57	00:41:57	+00:09:20 (22.2%)	4:11	14.3 (77.7%)
19	GÓRNY Norbert	64	FORMA ROSNOWO	M-4	19	00:00:34	00:10:22	00:20:36	00:31:37	00:42:21	00:42:42	00:42:42	+00:10:05 (23.6%)	4:16	14.1 (76.6%)
20	MATYJASEK Zbigniew	176		M-4	20	00:00:18	00:09:51	00:20:42	00:31:55	00:42:51	00:43:11	00:43:11	+00:10:34 (24.5%)	4:19	13.9 (75.5%)
21	TROŚNIAK Piotr	432	KB 10 BIAŁOGARD	M-4	21	00:00:25	00:10:58	00:21:35	00:32:16	00:42:56	00:43:17	00:43:17	+00:10:40 (24.6%)	4:19	13.9 (75.5%)
22	PAKUŁSKI Marcin	205		M-4	22	00:00:41	00:11:17	00:22:00	00:32:45	00:43:20	00:43:38	00:43:38	+00:11:01 (25.2%)	4:21	13.8 (75.0%)
23	OGRODNIK Grzegorz	199	JW 1223 1DPLOT	M-4	23	00:00:18	00:10:58	00:22:06	00:33:04	00:43:47	00:44:05	00:44:05	+00:11:28 (26.0%)	4:24	13.6 (73.9%)
24	WALTER Przemysław	304	KB DZIESIĄTKA BIAŁOGARD	M-4	24	00:00:25	00:10:56	00:21:37	00:32:35	00:43:39	00:44:07	00:44:07	+00:11:30 (26.1%)	4:24	13.6 (73.9%)
25	GAWRON Piotr	56	KB GOCH BYTÓW	M-4	25	00:00:31	00:11:42	00:22:55	00:33:50	00:44:26	00:44:46	00:44:46	+00:12:09 (27.1%)	4:28	13.4 (72.8%)
26	TROTT Daniel	470		M-4	26	00:00:36	00:12:12	00:23:46	00:34:26	00:44:56	00:45:11	00:45:11	+00:12:34 (27.8%)	4:31	13.3 (72.3%)
27	ZIOMKO Rafał	336	KOŁOBRZEG	M-4	27	00:00:28	00:11:34	00:22:40	00:33:58	00:45:10	00:45:31	00:45:31	+00:12:54 (28.3%)	4:33	13.2 (71.7%)
28	KOISZEWSKI Krzysztof	112		M-4	28	00:00:20	00:11:00	00:22:27	00:33:56	00:45:26	00:45:44	00:45:44	+00:13:07 (28.7%)	4:34	13.1 (71.2%)
29	SPALIK Mariusz	435		M-4	29	00:00:20	00:10:51	00:22:12	00:33:57	00:45:49	00:46:08	00:46:08	+00:13:31 (29.3%)	4:36	13 (70.7%)
30	BRYŁA Krzysztof	16		M-4	30	00:00:31	00:11:34	00:22:52	00:34:34	00:46:10	00:46:29	00:46:29	+00:13:52 (29.8%)	4:38	12.9 (70.1%)
31	KRAKOWIAK Sławomir	130		M-4	31	00:00:24	00:11:31	00:22:57	00:34:29	00:46:08	00:46:30	00:46:30	+00:13:53 (29.9%)	4:39	12.9 (70.1%)
32	RAMA Janusz	234		M-4	32	00:00:29	00:12:14	00:23:53	00:35:21	00:46:34	00:46:54	00:46:54	+00:14:17 (30.5%)	4:41	12.8 (69.6%)
33	SZTUBA Bartłomiej	284		M-4	33	00:00:20	00:11:24	00:23:11	00:35:11	00:46:39	00:47:00	00:47:00	+00:14:23 (30.6%)	4:42	12.8 (69.6%)
34	TRZECIAK Dariusz	296		M-4	34	00:00:37	00:12:13	00:24:02	00:35:43	00:46:55	00:47:15	00:47:15	+00:14:38 (31.0%)	4:43	12.7 (69.0%)
35	ZIOMEK Darek	334	4RUN TKKF KOSZALIN	M-4	35	00:00:24	00:11:35	00:23:12	00:35:08	00:46:57	00:47:16	00:47:16	+00:14:39 (31.0%)	4:43	12.7 (69.0%)

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36	JABŁOŃSKI Arkadiusz	83		M-4	36	00:00:34	00:12:37	00:24:19	00:35:50	00:47:02	00:47:23	00:47:23	+00:14:46 (31.2%)	4:44	12.7 (69.0%)
37	JURA Krzysztof	89	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-4	37	00:00:25	00:11:51	00:23:48	00:36:04	00:47:14	00:47:36	00:47:36	+00:14:59 (31.5%)	4:45	12.6 (68.5%)
38	MATEJKO Jacek	175	TKKF KOSZALIN	M-4	38	00:00:32	00:11:55	00:23:38	00:35:29	00:47:17	00:47:37	00:47:37	+00:15:00 (31.5%)	4:45	12.6 (68.5%)
39	KAJKOWSKI Rafał	94	DODOMISIE KOSZALIN	M-4	39	00:00:16	00:11:01	00:22:53	00:35:15	00:47:26	00:47:49	00:47:49	+00:15:12 (31.8%)	4:46	12.5 (67.9%)
40	JANKOWSKI Maciej	413		M-4	40	00:00:32	00:11:25	00:23:01	00:35:35	00:47:40	00:48:01	00:48:01	+00:15:24 (32.1%)	4:48	12.5 (67.9%)
41	RUTKOWSKI Witold	248		M-4	41	00:00:26	00:11:55	00:23:54	00:36:02	00:48:09	00:48:28	00:48:28	+00:15:51 (32.7%)	4:50	12.4 (67.4%)
42	KROTOWSKI Grzegorz	134	K.B. TUPOT USTKA	M-4	42	00:00:24	00:11:40	00:23:31	00:35:48	00:48:09	00:48:29	00:48:29	+00:15:52 (32.7%)	4:50	12.4 (67.4%)
43	URBANOWICZ Grzegorz	300		M-4	43	00:00:20	00:11:41	00:23:38	00:35:57	00:48:13	00:48:35	00:48:35	+00:15:58 (32.9%)	4:51	12.3 (66.8%)
44	STERNKIKER Mario	355	SCHWEDTER HASEN	M-4	44	00:00:23	00:11:54	00:23:59	00:36:07	00:48:14	00:48:39	00:48:39	+00:16:02 (33.0%)	4:51	12.3 (66.8%)
45	SZCZEPANIAK Jacek	282		M-4	45	00:00:25	00:11:30	00:23:28	00:35:54	00:48:18	00:48:40	00:48:40	+00:16:03 (33.0%)	4:52	12.3 (66.8%)
46	KILAR Tomasz	106		M-4	46	00:00:35	00:12:05	00:24:07	00:36:14	00:48:19	00:48:45	00:48:45	+00:16:08 (33.1%)	4:52	12.3 (66.8%)
47	NACHYŁA Piotr	429		M-4	47	00:00:34	00:12:29	00:24:31	00:36:35	00:48:28	00:48:49	00:48:49	+00:16:12 (33.2%)	4:52	12.3 (66.8%)
48	RÓJ Andrzej	388		M-4	48	00:00:24	00:12:28	00:24:34	00:36:56	00:48:45	00:49:05	00:49:05	+00:16:28 (33.5%)	4:54	12.2 (66.3%)
49	RADECKI Jacek	229		M-4	49	00:00:24	00:11:56	00:23:58	00:36:29	00:48:45	00:49:06	00:49:06	+00:16:29 (33.6%)	4:54	12.2 (66.3%)
50	KRASIŃSKI Witold	131		M-4	50	00:00:28	00:11:22	00:23:22	00:36:04	00:48:50	00:49:07	00:49:07	+00:16:30 (33.6%)	4:54	12.2 (66.3%)
51	DĄBROWSKI Grzegorz	36		M-4	51	00:00:26	00:11:43	00:23:58	00:36:31	00:48:49	00:49:09	00:49:09	+00:16:32 (33.6%)	4:54	12.2 (66.3%)
52	IWANIEC Dariusz	81		M-4	52	00:00:27	00:11:56	00:24:00	00:36:28	00:48:51	00:49:13	00:49:13	+00:16:36 (33.7%)	4:55	12.2 (66.3%)
53	KOŁAKOWSKI Dariusz	115	K. B. SPRINT ŚWIDWIN	M-4	53	00:00:33	00:12:19	00:24:30	00:36:50	00:49:03	00:49:25	00:49:25	+00:16:48 (34.0%)	4:56	12.1 (65.8%)
54	MĘDEL Cezary	178		M-4	54	00:00:30	00:12:23	00:24:43	00:37:15	00:49:26	00:49:48	00:49:48	+00:17:11 (34.5%)	4:58	12 (65.2%)
55	CHAMERA Krzysztof	24		M-4	55	00:00:41	00:12:04	00:24:05	00:37:00	00:49:31	00:49:55	00:49:55	+00:17:18 (34.7%)	4:59	12 (65.2%)
56	KUTWIN Artur	152		M-4	56	00:00:29	00:12:27	00:24:42	00:37:29	00:49:55	00:50:19	00:50:19	+00:17:42 (35.2%)	5:01	11.9 (64.7%)
57	LAMPKOWSKI Krzysztof	466		M-4	57	00:00:22	00:11:27	00:24:14	00:37:37	00:50:50	00:51:16	00:51:16	+00:18:39 (36.4%)	5:07	11.7 (63.6%)
58	KARWASZ Krzysztof	100	KATEDRA KOSZALIN	M-4	58	00:00:29	00:12:29	00:25:31	00:38:39	00:51:22	00:51:44	00:51:44	+00:19:07 (37.0%)	5:10	11.6 (63.0%)

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59	PIĄTKOWSKI Bartosz	211	AKT KOSZALIN	M-4	59	00:00:32	00:13:07	00:26:00	00:38:58	00:51:38	00:51:59	00:51:59	+00:19:22 (37.3%)	5:11	11.5 (62.5%)
60	ROGOŻA Ireneusz	240		M-4	60	00:00:36	00:13:32	00:27:06	00:39:52	00:52:01	00:52:20	00:52:20	+00:19:43 (37.7%)	5:14	11.5 (62.5%)
61	ŚLUSARZ Krzysztof	288		M-4	61	00:00:36	00:13:03	00:26:36	00:39:50	00:53:13	00:53:37	00:53:37	+00:21:00 (39.2%)	5:21	11.2 (60.9%)
62	TURCZYN Grzegorz	297		M-4	62	00:00:35	00:12:42	00:25:23	00:39:23	00:53:36	00:54:03	00:54:03	+00:21:26 (39.7%)	5:24	11.1 (60.3%)
63	DZIESZUK Dariusz	394	4RUN TKKF KOSZALIN	M-4	63	00:00:33	00:14:02	00:27:48	00:41:09	00:53:57	00:54:18	00:54:18	+00:21:41 (39.9%)	5:25	11 (59.8%)
64	BARTOSIK Jarosław	347		M-4	64	00:00:38	00:12:41	00:26:12	00:40:06	00:54:14	00:54:35	00:54:35	+00:21:58 (40.2%)	5:27	11 (59.8%)
65	PUŚCIAN Krzysztof Kamil	377		M-4	65	00:00:35	00:13:36	00:26:55	00:40:41	00:54:20	00:54:43	00:54:43	+00:22:06 (40.4%)	5:28	11 (59.8%)
66	NIEDBAŁA Konrad	469		M-4	66	00:00:40	00:13:41	00:26:52	00:40:53	00:54:22	00:54:45	00:54:45	+00:22:08 (40.4%)	5:28	11 (59.8%)
67	STUDZIŃSKI Siergiej	472		M-4	67	00:00:31	00:14:19	00:27:46	00:41:26	00:54:42	00:55:02	00:55:02	+00:22:25 (40.7%)	5:30	10.9 (59.2%)
68	SOBOLEWSKI Marek	344		M-4	68	00:00:19	00:12:59	00:27:10	00:41:27	00:55:59	00:56:19	00:56:19	+00:23:42 (42.1%)	5:37	10.7 (58.2%)
69	NOREK Tomasz	193		M-4	69	00:00:38	00:13:56	00:27:46	00:42:05	00:56:28	00:56:53	00:56:53	+00:24:16 (42.7%)	5:41	10.5 (57.1%)
70	SZYMAŃSKI Tomasz	473	TEAM BIEGOWY SZCZECINEK	M-4	70	00:00:37	00:14:17	00:28:26	00:42:54	00:56:50	00:57:13	00:57:13	+00:24:36 (43.0%)	5:43	10.5 (57.1%)
71	RASZPLA Radosław	235		M-4	71	00:00:29	00:12:25	00:26:49	00:41:29	00:56:50	00:57:19	00:57:19	+00:24:42 (43.1%)	5:43	10.5 (57.1%)
72	SZCZEBLEWSKI Grzegorz	410		M-4	72	00:00:33	00:14:41	00:29:04	00:44:05	00:58:21	00:58:48	00:58:48	+00:26:11 (44.5%)	5:52	10.2 (55.4%)
73	TYLUŚ Damian	298		M-4	73	00:00:30	00:14:20	00:29:01	00:43:54	00:58:34	00:58:59	00:58:59	+00:26:22 (44.7%)	5:53	10.2 (55.4%)
74	KOLASA Tomasz	114		M-4	74	00:00:40	00:14:39	00:29:15	00:44:10	00:58:54	00:59:14	00:59:14	+00:26:37 (44.9%)	5:55	10.1 (54.9%)
75	KRYSIAK Andrzej	138		M-4	75	00:00:35	00:13:46	00:27:57	00:43:35	00:59:22	00:59:53	00:59:53	+00:27:16 (45.5%)	5:59	10 (54.3%)
76	ZAWADA Andrzej	420		M-4	76	00:00:36	00:12:52	00:26:38	00:42:13	01:00:05	01:00:39	01:00:39	+00:28:02 (46.2%)	6:03	9.9 (53.8%)
77	GROCHOWSKI Rafał	68		M-4	77	00:00:45	00:15:37	00:31:03	00:46:55	01:03:07	01:03:33	01:03:33	+00:30:56 (48.7%)	6:21	9.4 (51.1%)
78	RZEDZICKI Rafał	392		M-4	78	00:00:42	00:16:16	00:32:37	00:49:35	01:05:47	01:06:10	01:06:10	+00:33:33 (50.7%)	6:37	9.1 (49.5%)
79	GŁOWIŃSKI Krzysztof	450		M-4	79	00:00:42	00:15:39	00:31:36	00:48:12	01:05:58	01:06:31	01:06:31	+00:33:54 (51.0%)	6:39	9 (48.9%)