



## XIII MIĘDZYNARODOWY BIEG WENEDÓW - 10KM

B4SPORT

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



Klasyfikacja: M-5

| 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   | <b>BURMEISTER Burkhardt</b>  | <b>351</b> | SCHWEDTER HASEN         | M-5       | 1    | 00:00:17 | 00:09:22 | 00:19:00 | 00:28:52 | 00:38:51 | <b>00:39:10</b> | <b>00:39:10</b>  |                   | 3:55         | 15.3 (100%)  |
| 2   | <b>ZELEK Jan</b>             | <b>331</b> | 4RUN TKKF KOSZALIN      | M-5       | 2    | 00:00:17 | 00:09:58 | 00:19:55 | 00:30:03 | 00:40:08 | <b>00:40:27</b> | <b>00:40:27</b>  | +00:01:17 (3.2%)  | 4:02         | 14.8 (96.7%) |
| 3   | <b>KOŚCIELNIAK Robert</b>    | <b>126</b> |                         | M-5       | 3    | 00:00:16 | 00:09:54 | 00:20:19 | 00:31:02 | 00:41:18 | <b>00:41:34</b> | <b>00:41:34</b>  | +00:02:24 (5.8%)  | 4:09         | 14.4 (94.1%) |
| 4   | <b>ROGALSKI Marcin</b>       | <b>238</b> | VOCALIS SZCZECIN        | M-5       | 4    | 00:00:21 | 00:10:28 | 00:20:40 | 00:31:07 | 00:41:29 | <b>00:41:49</b> | <b>00:41:49</b>  | +00:02:39 (6.3%)  | 4:10         | 14.3 (93.5%) |
| 5   | <b>CZYŻEWSKI Janusz</b>      | <b>34</b>  | KOŁOBRZEG BIEGA         | M-5       | 5    | 00:00:21 | 00:10:31 | 00:21:04 | 00:31:44 | 00:42:13 | <b>00:42:34</b> | <b>00:42:34</b>  | +00:03:24 (8.0%)  | 4:15         | 14.1 (92.2%) |
| 6   | <b>BOGDANOWICZ Krzysztof</b> | <b>12</b>  | 4RUN TKKF KOSZALIN      | M-5       | 6    | 00:00:17 | 00:10:42 | 00:21:52 | 00:33:25 | 00:44:26 | <b>00:44:43</b> | <b>00:44:43</b>  | +00:05:33 (12.4%) | 4:28         | 13.4 (87.6%) |
| 7   | <b>MIECZKOWSKI Michał</b>    | <b>181</b> | KTC KOŁOBRZEG           | M-5       | 7    | 00:00:31 | 00:11:27 | 00:22:45 | 00:34:09 | 00:45:23 | <b>00:45:45</b> | <b>00:45:45</b>  | +00:06:35 (14.4%) | 4:34         | 13.1 (85.6%) |
| 8   | <b>ADAMCZAK Andrzej</b>      | <b>2</b>   | TKKF TRIATHLON KOSZALIN | M-5       | 8    | 00:00:28 | 00:11:39 | 00:23:03 | 00:34:27 | 00:45:31 | <b>00:45:50</b> | <b>00:45:50</b>  | +00:06:40 (14.5%) | 4:35         | 13.1 (85.6%) |
| 9   | <b>STANKIEWICZ Wiesław</b>   | <b>362</b> |                         | M-5       | 9    | 00:00:27 | 00:11:19 | 00:22:45 | 00:34:17 | 00:45:40 | <b>00:46:01</b> | <b>00:46:01</b>  | +00:06:51 (14.9%) | 4:36         | 13 (85.0%)   |
| 10  | <b>NIWIŃSKI Grzegorz</b>     | <b>447</b> | TUPOT USTKA             | M-5       | 10   | 00:00:45 | 00:12:04 | 00:23:06 | 00:34:24 | 00:46:00 | <b>00:46:25</b> | <b>00:46:25</b>  | +00:07:15 (15.6%) | 4:38         | 12.9 (84.3%) |
| 10  | <b>CHUDZIK Zbigniew</b>      | <b>29</b>  | 4RUN TKKF KOSZALIN      | M-5       | 11   | 00:00:25 | 00:11:36 | 00:23:00 | 00:34:29 | 00:46:06 | <b>00:46:25</b> | <b>00:46:25</b>  | +00:07:15 (15.6%) | 4:38         | 12.9 (84.3%) |
| 12  | <b>WILIŃSKI Marek</b>        | <b>316</b> |                         | M-5       | 12   | 00:00:24 | 00:11:24 | 00:22:54 | 00:34:37 | 00:46:18 | <b>00:46:38</b> | <b>00:46:38</b>  | +00:07:28 (16.0%) | 4:39         | 12.9 (84.3%) |

| 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      |
|-----|----------------------------|------------|--------------------|-----------|------|----------|----------|----------|----------|----------|-----------------|------------------|----------------------|--------------|-----------------|
| 13  | <b>ALABA Jerzy</b>         | <b>468</b> | KB 10 BIAŁOGARD    | M-5       | 13   | 00:00:36 | 00:12:26 | 00:23:56 | 00:35:27 | 00:46:42 | <b>00:46:59</b> | <b>00:46:59</b>  | +00:07:49<br>(16.6%) | 4:41         | 12.8<br>(83.7%) |
| 14  | <b>SIKORSKI Witold</b>     | <b>259</b> | KB RUN 42          | M-5       | 14   | 00:00:35 | 00:11:53 | 00:23:39 | 00:35:28 | 00:46:51 | <b>00:47:10</b> | <b>00:47:10</b>  | +00:08:00<br>(17.0%) | 4:43         | 12.7<br>(83.0%) |
| 15  | <b>ŚWIETLIK Tomasz</b>     | <b>289</b> |                    | M-5       | 15   | 00:00:28 | 00:11:41 | 00:23:28 | 00:35:42 | 00:47:47 | <b>00:48:06</b> | <b>00:48:06</b>  | +00:08:56<br>(18.6%) | 4:48         | 12.5<br>(81.7%) |
| 16  | <b>SIDELKO Robert</b>      | <b>254</b> |                    | M-5       | 16   | 00:00:33 | 00:12:18 | 00:23:57 | 00:35:52 | 00:47:46 | <b>00:48:08</b> | <b>00:48:08</b>  | +00:08:58<br>(18.6%) | 4:48         | 12.5<br>(81.7%) |
| 17  | <b>NIEMCZUK Dariusz</b>    | <b>491</b> |                    | M-5       | 17   | 00:00:18 | 00:11:27 | 00:23:32 | 00:36:05 | 00:47:50 | <b>00:48:10</b> | <b>00:48:10</b>  | +00:09:00<br>(18.7%) | 4:49         | 12.5<br>(81.7%) |
| 18  | <b>STRZELECKI Zbigniew</b> | <b>275</b> |                    | M-5       | 18   | 00:00:30 | 00:12:14 | 00:24:20 | 00:36:36 | 00:48:42 | <b>00:49:04</b> | <b>00:49:04</b>  | +00:09:54<br>(20.2%) | 4:54         | 12.2<br>(79.7%) |
| 19  | <b>PEŁKA Janusz</b>        | <b>210</b> |                    | M-5       | 19   | 00:00:39 | 00:12:14 | 00:24:23 | 00:36:45 | 00:49:17 | <b>00:49:45</b> | <b>00:49:45</b>  | +00:10:35<br>(21.3%) | 4:58         | 12.1<br>(79.1%) |
| 20  | <b>BOGACKI Tomasz</b>      | <b>11</b>  | 4RUN TKKF KOSZALIN | M-5       | 20   | 00:00:25 | 00:12:14 | 00:24:37 | 00:37:10 | 00:49:46 | <b>00:50:09</b> | <b>00:50:09</b>  | +00:10:59<br>(21.9%) | 5:00         | 12 (78.4%)      |
| 21  | <b>OSOBNIAK Ryszard</b>    | <b>204</b> |                    | M-5       | 21   | 00:00:38 | 00:12:27 | 00:24:44 | 00:37:27 | 00:50:06 | <b>00:50:29</b> | <b>00:50:29</b>  | +00:11:19<br>(22.4%) | 5:02         | 11.9<br>(77.8%) |
| 22  | <b>OPALIŃSKI Stanisław</b> | <b>423</b> |                    | M-5       | 22   | 00:00:30 | 00:12:45 | 00:25:28 | 00:38:19 | 00:51:00 | <b>00:51:19</b> | <b>00:51:19</b>  | +00:12:09<br>(23.7%) | 5:07         | 11.7<br>(76.5%) |
| 23  | <b>KOSIŃSKI Krzysztof</b>  | <b>438</b> |                    | M-5       | 23   | 00:00:32 | 00:13:36 | 00:27:39 | 00:42:11 | 00:57:03 | <b>00:57:27</b> | <b>00:57:27</b>  | +00:18:17<br>(31.8%) | 5:44         | 10.4<br>(68.0%) |
| 24  | <b>ŁAWRYNOWICZ Wiktor</b>  | <b>404</b> |                    | M-5       | 24   | 00:00:20 | 00:12:49 | 00:27:15 | 00:42:10 | 00:57:33 | <b>00:58:00</b> | <b>00:58:00</b>  | +00:18:50<br>(32.5%) | 5:48         | 10.3<br>(67.3%) |
| 25  | <b>ZARBOCK Krzysztof</b>   | <b>433</b> |                    | M-5       | 25   | 00:00:33 | 00:14:01 | 00:27:48 | 00:42:25 | 00:57:35 | <b>00:58:01</b> | <b>00:58:01</b>  | +00:18:51<br>(32.5%) | 5:48         | 10.3<br>(67.3%) |
| 26  | <b>KORPAL Cezary</b>       | <b>124</b> |                    | M-5       | 26   | 00:00:42 | 00:16:13 | 00:30:45 | 00:45:13 | 01:00:07 | <b>01:00:35</b> | <b>01:00:35</b>  | +00:21:25<br>(35.4%) | 6:03         | 9.9<br>(64.7%)  |
| 27  | <b>SCHMIDT Dariusz</b>     | <b>441</b> |                    | M-5       | 27   | 00:00:39 | 00:14:19 | 00:29:11 | 00:45:28 | 01:01:52 | <b>01:02:17</b> | <b>01:02:17</b>  | +00:23:07<br>(37.1%) | 6:13         | 9.6<br>(62.7%)  |
| 28  | <b>HELLER Zdzisław</b>     | <b>74</b>  |                    | M-5       | 28   | 00:00:31 | 00:14:55 | 00:30:24 | 00:46:23 | 01:02:07 | <b>01:02:31</b> | <b>01:02:31</b>  | +00:23:21<br>(37.4%) | 6:15         | 9.6<br>(62.7%)  |
| 29  | <b>WALO Zbigniew</b>       | <b>302</b> |                    | M-5       | 29   | 00:00:43 | 00:16:15 | 00:33:15 | 00:50:59 | 01:09:26 | <b>01:09:59</b> | <b>01:09:59</b>  | +00:30:49<br>(44.0%) | 6:59         | 8.6<br>(56.2%)  |
| 30  | <b>MRUGALSKI Stanisław</b> | <b>187</b> |                    | M-5       | 30   | 00:00:31 | 00:11:52 | 01:30:20 | 01:39:58 | 01:50:06 |                 |                  | +01:11:15            | 11:05        | 5.4<br>(35.3%)  |

Znaleziono 30 wynik(ów)