



XIII MIĘDZYNARODOWY BIEG WENEDÓW - 10KM

B4SPORT

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



Klasyfikacja: M-6

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	DZIUBA Leszek	45	KB DZIESIĄTKA BIAŁOGARD	M-6	1	00:00:20	00:10:52	00:21:36	00:32:22	00:43:06	00:43:26	00:43:26		4:20	13.8 (100%)
2	KUBIAK Andrzej	380		M-6	2	00:00:23	00:11:37	00:23:18	00:35:00	00:46:37	00:46:57	00:46:57	+00:03:31 (7.5%)	4:41	12.8 (92.8%)
3	MARKOWSKI Andrzej	174	4RUN TTKF KOSZALIN	M-6	3	00:00:25	00:12:04	00:24:27	00:36:57	00:49:20	00:49:37	00:49:37	+00:06:11 (12.5%)	4:57	12.1 (87.7%)
4	KOZŁOWIECKI Waldemar	129	4RUN TTKF KOSZALIN	M-6	4	00:00:35	00:12:37	00:24:51	00:37:27	00:49:41	00:50:02	00:50:02	+00:06:36 (13.2%)	5:00	12 (87.0%)
5	JUSZCZAK Krzysztof	91		M-6	5	00:00:29	00:12:10	00:24:29	00:37:15	00:49:58	00:50:22	00:50:22	+00:06:56 (13.8%)	5:02	11.9 (86.2%)
6	KARNICKI Zygmunt	99	4RUN TTKF KOSZALIN	M-6	6	00:00:26	00:11:53	00:24:24	00:37:21	00:50:17	00:50:37	00:50:37	+00:07:11 (14.2%)	5:03	11.9 (86.2%)
7	RUDZIŃSKI Bronisław	475		M-6	7	00:00:32	00:12:16	00:24:56	00:37:47	00:50:23	00:50:46	00:50:46	+00:07:20 (14.4%)	5:04	11.8 (85.5%)
8	KACZMAREK Zbigniew	374		M-6	8	00:00:41	00:12:55	00:25:32	00:38:24	00:50:53	00:51:13	00:51:13	+00:07:47 (15.2%)	5:07	11.7 (84.8%)
9	GUDZIŃSKI Lech	71		M-6	9	00:00:29	00:13:44	00:27:35	00:41:26	00:55:20	00:55:46	00:55:46	+00:12:20 (22.1%)	5:34	10.8 (78.3%)
10	ZIĘTARA Ryszard	333		M-6	10	00:00:26	00:13:28	00:27:13	00:41:20	00:55:44	00:56:10	00:56:10	+00:12:44 (22.7%)	5:37	10.7 (77.5%)
11	PAULIŃSKI Jan	492		M-6	11	00:00:23	00:13:19	00:27:13	00:41:27	00:55:46	00:56:11	00:56:11	+00:12:45 (22.7%)	5:37	10.7 (77.5%)
12	NOWAK Wiesław	196		M-6	12	00:00:36	00:13:53	00:27:47	00:42:16	00:56:04	00:56:26	00:56:26	+00:13:00 (23.0%)	5:38	10.6 (76.8%)

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	HILLER Jerzy	77	PERFECT RUNNER TEAM	M-6	13	00:00:35	00:14:10	00:28:13	00:42:19	00:56:12	00:56:35	00:56:35	+00:13:09 (23.2%)	5:39	10.6 (76.8%)
14	SWATOWSKI Andrzej	278		M-6	14	00:00:41	00:14:17	00:27:56	00:42:18	00:56:26	00:56:51	00:56:51	+00:13:25 (23.6%)	5:41	10.6 (76.8%)
15	SKIERŚ Stanisław	262		M-6	15	00:00:37	00:14:17	00:28:32	00:42:57	00:57:52	00:58:20	00:58:20	+00:14:54 (25.5%)	5:50	10.3 (74.6%)
16	BŁACHNIO Marian	425		M-6	16	00:00:39	00:16:48	00:33:43	00:50:53	01:07:37	01:08:08	01:08:08	+00:24:42 (36.3%)	6:48	8.8 (63.8%)

Znaleziono 16 wynik(ów)