



XIV KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM - ATEST PZLA

B4SPORT

Wydarzenie: XIV Koszaliński Bieg Sylwestrowy oraz Marsz Nordic Walking
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2023-12-30
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SOKOŁOWSKI Ryszard	2	LKB.IM BRACI PETK	M30	1	00:04:57	00:10:19	00:15:33.75		3:06	19.3 (100%)
2	CZERNIEWSKI Marcin	96	AML SŁUPSK	M30	2	00:04:56	00:10:34	00:16:21.85	+00:00:48 (4.9%)	3:16	18.3 (94.8%)
3	SMOŁUCH Marcin	249	KB.BRYZA POSTOMINO	M30	3	00:05:40	00:12:01	00:18:25.40	+00:02:51 (15.5%)	3:41	16.3 (84.5%)
4	TOMKOWSKI Przemysław	279	CHRYSTUS KRÓLEM	M30	4	00:05:42	00:12:20	00:18:43.95	+00:03:10 (16.9%)	3:44	16 (82.9%)
5	ZDANIUKIEWICZ Grzegorz	53		M30	5	00:05:56	00:12:22	00:18:50.35	+00:03:16 (17.4%)	3:46	15.9 (82.4%)
6	KLIMOWICZ Michał	154		M30	6	00:05:51	00:12:21	00:18:50.40	+00:03:16 (17.4%)	3:46	15.9 (82.4%)
7	KOWALSKI Damian	162	KB BRYZA POSTOMINO	M30	7	00:05:46	00:12:30	00:19:17.20	+00:03:43 (19.3%)	3:51	15.6 (80.8%)
8	BARTHA Adrian	67		M30	8	00:06:12	00:13:30	00:20:46.80	+00:05:13 (25.1%)	4:09	14.4 (74.6%)
9	KISIELEWICZ Krzysztof	151	KORZYBSKIE REKINY	M30	9	00:06:48	00:14:01	00:21:06.70	+00:05:32 (26.3%)	4:13	14.2 (73.6%)
10	LUBLEWSKI Dawid	179	BIEGOLAS	M30	10	00:06:24	00:13:52	00:21:21.10	+00:05:47 (27.1%)	4:16	14.1 (73.1%)
11	KURKOWSKI Piotr	174		M30	11	00:06:48	00:14:25	00:21:57.35	+00:06:23 (29.1%)	4:23	13.7 (71.0%)
12	SAWICKI Marcin	241		M30	12	00:07:00	00:14:47	00:22:04.05	+00:06:30 (29.5%)	4:24	13.6 (70.5%)
13	GAŁKOWSKI Marcin	110	BIEGOLAS	M30	13	00:06:29	00:14:16	00:22:07.05	+00:06:33 (29.6%)	4:25	13.6 (70.5%)
14	PRĘDKI Grzegorz	226	KB BRYZA POSTOMINO	M30	14	00:07:09	00:14:52	00:22:21.90	+00:06:48 (30.4%)	4:28	13.4 (69.4%)
15	PSUJEK Seweryn	229	POLSKA	M30	15	00:06:54	00:15:03	00:23:24.90	+00:07:51 (33.5%)	4:40	12.8 (66.3%)
16	PRZYGÓCKI Sylwester	228	LION STRONG TEAM	M30	16	00:08:08	00:16:15	00:24:35.50	+00:09:01 (36.7%)	4:55	12.2 (63.2%)
17	NOWOTKA Piotr	203	FUNDACJA ZASTOPIJ	M30	17	00:07:21	00:16:15	00:24:44.55	+00:09:10 (37.1%)	4:56	12.1 (62.7%)
18	SILSKI Michał	243		M30	18	00:08:57	00:17:11	00:24:48.95	+00:09:15 (37.3%)	4:57	12.1 (62.7%)
19	TOMKOWSKI Krzysztof	278		M30	19	00:07:49	00:16:46	00:25:15.70	+00:09:41 (38.4%)	5:03	11.9 (61.7%)
20	WOŹNIAK Ireneusz	57		M30	20	00:08:18	00:17:13	00:25:23.50	+00:09:49 (38.7%)	5:04	11.8 (61.1%)
21	ANGRYS Maciej	62	FUNDACJA ZASTOPIJ	M30	21	00:08:27	00:17:13	00:25:37.85	+00:10:04 (39.3%)	5:07	11.7 (60.6%)
22	MANDZIAK Piotr	186		M30	22	00:07:42	00:16:55	00:25:43.25	+00:10:09 (39.5%)	5:08	11.7 (60.6%)
23	PIETRZYKOWSKI Mateusz	224		M30	23	00:08:55	00:18:57	00:28:16.40	+00:12:42 (45.0%)	5:39	10.6 (54.9%)
24	KRAJEWSKI Robert	166		M30	24	00:09:09	00:19:15	00:29:43.20	+00:14:09 (47.6%)	5:56	10.1 (52.3%)
25	WIERZBICKI Kacper	59		M30	25	00:09:31	00:19:50	00:29:59.60	+00:14:25 (48.1%)	5:59	10 (51.8%)
26	KARPIŃSKI Marcin	143	GUMIS TEAM	M30	26	00:09:25	00:19:38	00:30:22.80	+00:14:49 (48.8%)	6:04	9.9 (51.3%)
27	SOSNOWSKI Tomasz	252	TKKF KOSZALIN	M30	27	00:09:11	00:20:19	00:31:21.35	+00:15:47 (50.4%)	6:16	9.6 (49.7%)

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28	KARŻANOWSKI Aleksander	145		M30	28	00:09:45	00:21:18	00:31:28.70	+00:15:54 (50.6%)	6:17	9.5 (49.2%)

Znaleziono 28 wynik(ów)