



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: M60

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KULCZYK Jerzy	172		M60	1	00:06:18	00:13:41	00:21:01.45		4:12	14.3 (100%)
2	GÓRA Roman	115	TKKF KOSZALIN	M60	2	00:07:42	00:16:08	00:24:10.65	+00:03:09 (13.0%)	4:50	12.4 (86.7%)
3	BOGACKI Tomasz	75	TKKF KOSZALIN	M60	3	00:07:42	00:16:07	00:24:16.05	+00:03:14 (13.4%)	4:51	12.4 (86.7%)
4	KLENIEWSKI Piotr	153		M60	4	00:07:59	00:16:52	00:25:23.85	+00:04:22 (17.2%)	5:04	11.8 (82.5%)
5	SKOWYRSKI Janusz	245	TKKF KOSZALIN	M60	5	00:07:46	00:16:37	00:25:40.15	+00:04:38 (18.1%)	5:08	11.7 (81.8%)
6	RUDZIŃSKI Bronisław	5		M60	6	00:07:51	00:16:52	00:26:00.00	+00:04:58 (19.1%)	5:12	11.5 (80.4%)
7	OSOBNIAK Ryszard	209		M60	7	00:08:29	00:17:49	00:26:54.55	+00:05:53 (21.9%)	5:22	11.2 (78.3%)
8	BUTOWICZ Adam	86		M60	8	00:08:52	00:19:05	00:28:51.65	+00:07:50 (27.2%)	5:46	10.4 (72.7%)
9	HELLER Zdzisław	126		M60	9	00:09:27	00:20:04	00:30:47.95	+00:09:46 (31.7%)	6:09	9.7 (67.8%)
10	WALO Zbigniew	285		M60	10	00:09:32	00:20:31	00:31:36.10	+00:10:34 (33.5%)	6:19	9.5 (66.4%)
11	JUSZCZAK Krzysztof	137		M60	11	00:09:29	00:21:04	00:32:57.85	+00:11:56 (36.2%)	6:35	9.1 (63.6%)
12	WROBLEWSKI Jerzy	58	PARKRUN SZCZECINEK	M60	12	00:10:30	00:21:58	00:33:56.90	+00:12:55 (38.1%)	6:47	8.8 (61.5%)
13	MARCZAK Andrzej	188	WPK SŁOŃ TEAM	M60	13	00:11:01	00:23:39	00:36:52.45	+00:15:51 (43.0%)	7:22	8.1 (56.6%)

Znaleziono 13 wynik(ów)