



Organizator:

Data:

Miejsce:

Dystans:

XIX MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej, Gmina Miasto Koszalin
2021-10-10
Koszalin
10 km

B4SPORT
INTELEKTUALNE SPORTOWE PRACOWNIE



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	SZYMAŃSKI Łukasz	82	MLUKS TRZEBIATÓW	M30-39	1	00:00:18	00:05:17	00:10:12	00:15:09	00:20:06	00:25:10	00:30:16	00:35:17.85		3:31	17 (100%)
2	LESYK Rafał	50	KOCURY	M30-39	2	00:00:18	00:05:17	00:10:12	00:15:11	00:20:24	00:25:42	00:30:54	00:36:12.50	+00:00:54 (2.5%)	3:37	16.6 (97.6%)
3	SZARŁATA Piotr	80		M30-39	3	00:00:20	00:05:41	00:11:11	00:16:43	00:22:14	00:27:41	00:33:08	00:38:19.05	+00:03:01 (7.9%)	3:49	15.7 (92.4%)
4	WESOŁOWSKI Marcin	89	OBSESJA BIEGANIA	M30-39	4	00:00:21	00:05:54	00:11:35	00:17:24	00:23:13	00:29:02	00:34:55	00:40:34.90	+00:05:17 (13.0%)	4:03	14.8 (87.1%)
5	MACIEJCZYK Mateusz	54		M30-39	5	00:00:22	00:06:24	00:12:33	00:18:44	00:24:55	00:31:18	00:37:30	00:43:19.85	+00:08:02 (18.5%)	4:19	13.9 (81.8%)
6	MITUNIEWICZ Adrian	59	BIEGOLAS KOSZALIN	M30-39	6	00:00:22	00:06:23	00:12:30	00:18:39	00:24:53	00:31:05	00:37:22	00:43:23.90	+00:08:06 (18.7%)	4:20	13.8 (81.2%)
7	NOWICKI Michał	61	KB WYGAN	M30-39	7	00:00:23	00:06:16	00:12:27	00:18:40	00:24:55	00:31:20	00:37:35	00:43:35.60	+00:08:17 (19.0%)	4:21	13.8 (81.2%)
8	WEBER Paweł	88		M30-39	8	00:00:22	00:06:23	00:12:30	00:18:39	00:24:54	00:31:16	00:37:45	00:43:54.75	+00:08:36 (19.6%)	4:23	13.7 (80.6%)
9	SEROWSKI Łukasz	72	BIEGOLAS KOSZALIN	M30-39	9	00:00:27	00:06:29	00:12:34	00:18:48	00:25:09	00:31:34	00:38:03	00:44:09.30	+00:08:51 (20.1%)	4:24	13.6 (80.0%)
10	ŻMIJEWSKI Wojciech	98	MJT SERWIS SPORT TEAM	M30-39	10	00:00:30	00:06:50	00:13:33	00:20:25	00:27:24	00:34:39	00:41:52	00:48:37.75	+00:13:19 (27.4%)	4:51	12.3 (72.4%)
11	KUPCZAK Damian	49	OSP SIANÓW	M30-39	11	00:00:31	00:07:20	00:14:11	00:21:08	00:28:10	00:35:16	00:42:28	00:49:22.90	+00:14:05 (28.5%)	4:56	12.2 (71.8%)
12	CIEŚLAK Grzegorz	15		M30-39	12	00:00:37	00:07:43	00:14:58	00:22:17	00:29:39	00:37:00	00:44:11	00:51:12.20	+00:15:54 (31.1%)	5:07	11.7 (68.8%)
13	PIETRZYK Rafał	69	KLUB OLIMPIJCZYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	M30-39	13	00:00:34	00:08:19	00:16:07	00:24:06	00:31:57	00:39:46	00:47:46	00:55:04.70	+00:19:46 (35.9%)	5:30	10.9 (64.1%)

Znaleziono 13 wynik(ów)