



# XIX MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin  
**Data:** 2021-10-10  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.08km	1.48km	2.9km	4.32km	5.74km	7.16km	8.58km	10km			
1	<b>SZYMAŃSKI Sylwester</b>	<b>81</b>	SZCZECINECCY BIEGACZE	M40-49	1	00:00:18	00:05:17	00:10:12	00:15:09	00:20:00	00:24:49	00:29:37	<b>00:34:17.15</b>		3:25	17.5 (100%)
2	<b>SIADAK Arkadiusz</b>	<b>73</b>		M40-49	2	00:00:18	00:05:24	00:10:29	00:15:35	00:20:43	00:25:51	00:30:52	<b>00:35:45.35</b>	+00:01:28 (4.1%)	3:34	16.8 (96.0%)
3	<b>MACKOJĆ Krzysztof</b>	<b>55</b>	EL-MACKOJĆ	M40-49	3	00:00:19	00:05:29	00:10:47	00:16:07	00:21:27	00:26:50	00:32:15	<b>00:37:30.55</b>	+00:03:13 (8.6%)	3:45	16 (91.4%)
4	<b>HOŁUB Kamil</b>	<b>30</b>	MLUKS TRZEBIATÓW	M40-49	4	00:00:18	00:05:27	00:10:52	00:16:17	00:21:41	00:27:04	00:32:25	<b>00:37:31.45</b>	+00:03:14 (8.6%)	3:45	16 (91.4%)
5	<b>POŁUBIŃSKI Paweł</b>	<b>70</b>	KOCURY	M40-49	5	00:00:20	00:05:47	00:11:11	00:16:44	00:22:14	00:27:41	00:33:04	<b>00:38:19.25</b>	+00:04:02 (10.5%)	3:49	15.7 (89.7%)
6	<b>BURDA Robert</b>	<b>11</b>	KOSPEL	M40-49	6	00:00:20	00:05:55	00:11:31	00:17:10	00:22:52	00:28:34	00:34:16	<b>00:39:31.90</b>	+00:05:14 (13.3%)	3:57	15.2 (86.9%)
7	<b>SŁUPCZEWSKI Krzysztof</b>	<b>74</b>	SDROG KOSZALIN KOPARKAKOSZALIN.PL	M40-49	7	00:00:20	00:05:52	00:11:28	00:17:08	00:22:49	00:28:32	00:34:17	<b>00:39:48.30</b>	+00:05:31 (13.9%)	3:58	15.1 (86.3%)
8	<b>KOZIEŁ Paweł</b>	<b>42</b>	KOCURY	M40-49	8	00:00:21	00:05:54	00:11:35	00:17:19	00:23:08	00:28:56	00:34:48	<b>00:40:24.45</b>	+00:06:07 (15.1%)	4:02	14.9 (85.1%)
9	<b>SMAGOWSKI Wojciech</b>	<b>75</b>	OSP RĄBINO	M40-49	9	00:00:24	00:05:54	00:11:33	00:17:19	00:23:10	00:29:03	00:35:02	<b>00:40:57.10</b>	+00:06:39 (16.3%)	4:05	14.7 (84.0%)
10	<b>MAZUR Tomasz</b>	<b>57</b>	I LO SZCZECINEK	M40-49	10	00:00:24	00:06:23	00:12:30	00:18:38	00:24:51	00:30:54	00:36:52	<b>00:42:31.70</b>	+00:08:14 (19.4%)	4:15	14.1 (80.6%)
11	<b>KOZAK Grzegorz</b>	<b>41</b>	FPP	M40-49	11	00:00:22	00:06:23	00:12:30	00:18:38	00:24:52	00:30:59	00:37:04	<b>00:42:55.35</b>	+00:08:38 (20.1%)	4:17	14 (80.0%)
12	<b>BIERZANOWSKI Rafał</b>	<b>4</b>		M40-49	12	00:00:28	00:06:30	00:12:34	00:18:44	00:24:53	00:31:01	00:37:14	<b>00:43:17.95</b>	+00:09:00 (20.8%)	4:19	13.9 (79.4%)
13	<b>BUDZIŃSKI Paweł</b>	<b>10</b>	KĘPKA NA TRASIE/DRUŻYNA SZPIKU	M40-49	13	00:00:25	00:06:31	00:12:43	00:18:52	00:25:12	00:31:37	00:37:46	<b>00:43:34.35</b>	+00:09:17 (21.3%)	4:21	13.8 (78.9%)
14	<b>BARUTOWICZ Grzegorz</b>	<b>3</b>		M40-49	14	00:00:25	00:06:30	00:12:33	00:18:42	00:25:10	00:31:33	00:38:03	<b>00:44:18.60</b>	+00:10:01 (22.6%)	4:25	13.5 (77.1%)
15	<b>CZERNIAK Gracjan</b>	<b>17</b>		M40-49	15	00:00:30	00:06:54	00:13:13	00:19:38	00:25:57	00:32:16	00:38:33	<b>00:44:38.90</b>	+00:10:21 (23.2%)	4:27	13.4 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg						Czas netto 10km	Różn	Tempo min/km	Tempo km/h	
						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
16	<b>TROŚNIAK Piotr</b>	<b>83</b>	DZIESIĄTKA BIAŁOGARD	M40-49	16	00:00:26	00:06:31	00:12:42	00:19:02	00:25:24	00:31:53	00:38:26	<b>00:44:45.55</b>	+00:10:28 (23.4%)	4:28	13.4 (76.6%)
17	<b>DZIKOŃ Rafał</b>	<b>102</b>		M40-49	17	00:00:33	00:07:05	00:13:31	00:19:52	00:26:14	00:32:44	00:39:14	<b>00:45:20.15</b>	+00:11:03 (24.4%)	4:32	13.2 (75.4%)
18	<b>PAWŁOWSKI Grzegorz</b>	<b>64</b>	GAMMAX	M40-49	18	00:00:28	00:06:36	00:12:59	00:19:31	00:26:04	00:32:36	00:39:10	<b>00:45:23.90</b>	+00:11:06 (24.5%)	4:32	13.2 (75.4%)
19	<b>PIEKUTOWSKI Artur</b>	<b>68</b>		M40-49	19	00:00:23	00:06:22	00:12:36	00:18:56	00:25:27	00:32:07	00:38:48	<b>00:45:32.35</b>	+00:11:15 (24.7%)	4:33	13.2 (75.4%)
20	<b>IWANIEC Darek</b>	<b>31</b>	TKKF KOSZALIN	M40-49	20	00:00:30	00:07:04	00:13:27	00:19:54	00:26:21	00:32:55	00:39:36	<b>00:45:41.55</b>	+00:11:24 (25.0%)	4:34	13.1 (74.9%)
21	<b>WILKOWSKI Krzysztof</b>	<b>90</b>	FOR-REST-RUN	M40-49	21	00:00:29	00:06:50	00:13:20	00:19:56	00:26:33	00:33:13	00:39:52	<b>00:46:27.85</b>	+00:12:10 (26.2%)	4:38	12.9 (73.7%)
22	<b>CIECHAŃSKI Michał</b>	<b>14</b>	ZDARTE PODESZWY	M40-49	22	00:00:31	00:06:49	00:13:19	00:19:56	00:26:33	00:33:43	00:40:43	<b>00:47:31.05</b>	+00:13:13 (27.8%)	4:45	12.6 (72.0%)
23	<b>ANTKOWIAK Sebastian</b>	<b>2</b>	DB - ACTIVE	M40-49	23	00:00:32	00:07:03	00:13:32	00:20:14	00:27:07	00:34:07	00:41:08	<b>00:48:04.10</b>	+00:13:46 (28.7%)	4:48	12.5 (71.4%)
24	<b>BRZEZIŃSKI Paweł</b>	<b>8</b>		M40-49	24	00:00:20	00:06:38	00:13:19	00:20:08	00:27:00	00:34:11	00:41:26	<b>00:48:26.95</b>	+00:14:09 (29.2%)	4:50	12.4 (70.9%)
25	<b>MACIĄG Piotr</b>	<b>52</b>	HOMOSAPIE	M40-49	25	00:00:33	00:07:05	00:13:44	00:20:37	00:27:37	00:34:46	00:41:56	<b>00:48:53.70</b>	+00:14:36 (29.9%)	4:53	12.3 (70.3%)
26	<b>BURKIET Paweł</b>	<b>12</b>		M40-49	26	00:00:29	00:07:06	00:13:46	00:20:42	00:27:49	00:35:01	00:42:15	<b>00:49:28.30</b>	+00:15:11 (30.7%)	4:56	12.1 (69.1%)
27	<b>PAJOR Tomasz</b>	<b>62</b>	HOMOSAPIE	M40-49	27	00:00:32	00:07:09	00:13:53	00:20:55	00:28:06	00:35:38	00:43:12	<b>00:50:31.30</b>	+00:16:14 (32.1%)	5:03	11.9 (68.0%)
28	<b>MACIĄG Paweł</b>	<b>51</b>	HOMOSAPIE	M40-49	28	00:00:32	00:07:13	00:14:04	00:21:10	00:28:46	00:36:35	00:44:17	<b>00:51:38.05</b>	+00:17:20 (33.6%)	5:09	11.6 (66.3%)
29	<b>KARASIEWICZ Robert</b>	<b>33</b>		M40-49	29	00:00:34	00:07:40	00:14:56	00:22:10	00:29:32	00:37:04	00:44:26	<b>00:51:47.15</b>	+00:17:30 (33.8%)	5:10	11.6 (66.3%)
30	<b>URA Marcin</b>	<b>85</b>	MALTAŃSKA	M40-49	30	00:00:34	00:07:41	00:14:58	00:22:22	00:29:55	00:37:26	00:44:59	<b>00:52:26.95</b>	+00:18:09 (34.6%)	5:14	11.4 (65.1%)
31	<b>WYSOCZAŃSKI Daniel</b>	<b>94</b>	ROZBIEGANA USTKA	M40-49	31	00:00:32	00:08:12	00:15:40	00:23:04	00:30:34	00:37:59	00:45:31	<b>00:52:50.60</b>	+00:18:33 (35.1%)	5:17	11.4 (65.1%)
32	<b>SWATOWSKI Łukasz</b>	<b>79</b>		M40-49	32	00:00:42	00:08:29	00:16:21	00:24:13	00:31:49	00:39:30	00:46:55	<b>00:53:39.65</b>	+00:19:22 (36.1%)	5:21	11.2 (64.0%)
33	<b>KOTNOWSKI Marcin</b>	<b>40</b>	MALTAŃSKA	M40-49	33	00:00:34	00:07:41	00:15:14	00:23:03	00:30:58	00:38:48	00:46:42	<b>00:54:10.40</b>	+00:19:53 (36.7%)	5:25	11.1 (63.4%)
34	<b>KNEBLEWSKI Łukasz</b>	<b>38</b>		M40-49	34	00:00:33	00:08:04	00:15:50	00:23:31	00:31:16	00:39:10	00:46:56	<b>00:54:12.00</b>	+00:19:54 (36.7%)	5:25	11.1 (63.4%)
35	<b>KĘSIK Michał</b>	<b>35</b>	ZDARTE PODESZWY	M40-49	35	00:00:37	00:08:05	00:15:37	00:23:13	00:31:04	00:39:06	00:46:56	<b>00:54:12.05</b>	+00:19:54 (36.7%)	5:25	11.1 (63.4%)
36	<b>GUTOWSKI Marek</b>	<b>26</b>		M40-49	36	00:00:34	00:08:07	00:15:43	00:23:30	00:31:27	00:39:27	00:47:12	<b>00:54:41.40</b>	+00:20:24 (37.3%)	5:28	11 (62.9%)
37	<b>DYBALSKI Krzysztof</b>	<b>22</b>		M40-49	37	00:00:37	00:08:00	00:15:42	00:23:28	00:31:20	00:39:23	00:47:19	<b>00:55:03.95</b>	+00:20:46 (37.7%)	5:30	10.9 (62.3%)
38	<b>SWATOWSKI Bartosz</b>	<b>78</b>		M40-49	38	00:00:42	00:09:18	00:17:48	00:26:15	00:34:33	00:42:55	00:51:22	<b>00:58:26.20</b>	+00:24:09 (41.3%)	5:50	10.3 (58.9%)

Znaleziono 38 wynik(ów)