

**Wydarzenie:**  
**Organizator:**

XV MIĘDZYNARODOWY BIEG WENEDÓW  
Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej, Gmina Miasto Koszalin

**Data:**  
**Miejsce:**  
**Dystans:**

2017-05-27  
Koszalin  
10 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 2km	Start All 4km	Start All 6km	Start All 8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BEDNARZ Paweł</b>	<b>104</b>	13-TY FUN CLUB ASI CHMIEL :*	M-30	1	00:00:02	00:06:38	00:13:53	00:21:19	00:29:01	<b>00:36:47.35</b>	<b>00:36:49.40</b>		3:40	16.3 (100%)
2	<b>ZATORSKI Zbigniew</b>	<b>322</b>	KOŁOBRZEG BIEGA	M-30	2	00:00:05	00:07:33	00:15:15	00:23:08	00:30:55	<b>00:38:33.35</b>	<b>00:38:38.35</b>	+00:01:46 (4.6%)	3:51	15.6 (95.7%)
3	<b>STACHOWIAK Adrian</b>	<b>276</b>	JW 3775	M-30	3	00:00:02	00:07:22	00:15:09	00:23:08	00:31:16	<b>00:39:22.65</b>	<b>00:39:25.05</b>	+00:02:35 (6.6%)	3:56	15.2 (93.3%)
4	<b>KARCZ Artur</b>	<b>171</b>	ORZEŁ MRZEŻYNO	M-30	4	00:00:05	00:07:34	00:15:24	00:23:23	00:31:28	<b>00:39:24.60</b>	<b>00:39:29.60</b>	+00:02:37 (6.7%)	3:56	15.2 (93.3%)
5	<b>POHLMANN André</b>	<b>245</b>	SCHWEDTER HASEN	M-30	5	00:00:03	00:07:09	00:14:49	00:22:54	00:31:09	<b>00:39:31.65</b>	<b>00:39:35.10</b>	+00:02:44 (6.9%)	3:57	15.2 (93.3%)
6	<b>SOBSTEŁ Krystian</b>	<b>274</b>		M-30	6	00:00:07	00:07:56	00:16:06	00:24:26	00:32:51	<b>00:40:36.25</b>	<b>00:40:44.00</b>	+00:03:48 (9.4%)	4:03	14.8 (90.8%)
7	<b>BIEDRZYCKI Adam</b>	<b>108</b>	CW FANZA KOŁOBRZEG	M-30	7	00:00:04	00:07:45	00:15:46	00:23:58	00:32:19	<b>00:40:43.75</b>	<b>00:40:48.60</b>	+00:03:56 (9.7%)	4:04	14.7 (90.2%)
8	<b>STEGE Aleksander</b>	<b>279</b>	SCHWEDTER HAUSEN	M-30	8	00:00:03	00:07:37	00:15:48	00:24:21	00:32:54	<b>00:41:14.65</b>	<b>00:41:18.55</b>	+00:04:27 (10.8%)	4:07	14.5 (89.0%)
9	<b>ROKOSZ Radosław</b>	<b>260</b>	JW 1223	M-30	9	00:00:03	00:07:47	00:16:01	00:24:33	00:33:17	<b>00:41:41.95</b>	<b>00:41:45.75</b>	+00:04:54 (11.8%)	4:10	14.4 (88.3%)
10	<b>RAJNER Krzysztof</b>	<b>254</b>		M-30	10	00:00:07	00:08:05	00:16:26	00:24:55	00:33:34	<b>00:42:06.05</b>	<b>00:42:13.45</b>	+00:05:18 (12.6%)	4:12	14.3 (87.7%)
11	<b>ŚNIEŻKO Marcin</b>	<b>334</b>	TKKF KOSZALIN	M-30	11	00:00:06	00:07:55	00:16:24	00:25:11	00:34:07	<b>00:42:47.55</b>	<b>00:42:54.30</b>	+00:06:00 (14.0%)	4:16	14 (85.9%)
12	<b>STRZELECKI Michał</b>	<b>285</b>	PZSF	M-30	12	00:00:03	00:08:15	00:16:54	00:25:41	00:34:36	<b>00:43:00.80</b>	<b>00:43:03.90</b>	+00:06:13 (14.5%)	4:18	14 (85.9%)
13	<b>MARCINIAK Maciej</b>	<b>213</b>	TKKF LUKS TECHNIK	M-30	13	00:00:02	00:07:31	00:16:08	00:25:12	00:34:28	<b>00:43:36.15</b>	<b>00:43:38.80</b>	+00:06:48 (15.6%)	4:21	13.8 (84.7%)
14	<b>MODRZEJEWSKI Mateusz</b>	<b>337</b>	KOCHAM ASIE	M-30	14	00:00:07	00:08:34	00:17:15	00:26:19	00:35:31	<b>00:44:16.05</b>	<b>00:44:23.85</b>	+00:07:28 (16.9%)	4:25	13.6 (83.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2km	Start_All 4km	Start_All 6km	Start_All 8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>CZAPLIŃSKI Jacek</b>	<b>125</b>		M-30	15	00:00:06	00:07:59	00:16:36	00:25:32	00:34:55	<b>00:44:23.40</b>	<b>00:44:30.10</b>	+00:07:36 (17.1%)	4:26	13.5 (82.8%)
16	<b>JAMNIAK Bartosz</b>	<b>160</b>	MTS HAMER MIASTKO	M-30	16	00:00:04	00:07:48	00:16:47	00:26:17	00:35:50	<b>00:44:56.95</b>	<b>00:45:01.25</b>	+00:08:09 (18.2%)	4:29	13.3 (81.6%)
17	<b>KUKIEŁA Tomasz</b>	<b>196</b>	WIELBICIELE KAROLINY I MATYLDY K.	M-30	17	00:00:11	00:09:04	00:17:59	00:27:02	00:36:21	<b>00:45:34.95</b>	<b>00:45:46.70</b>	+00:08:47 (19.3%)	4:33	13.2 (81.0%)
18	<b>ŁOPIŃSKI Piotr</b>	<b>204</b>		M-30	18	00:00:05	00:08:21	00:17:22	00:26:46	00:36:20	<b>00:45:42.85</b>	<b>00:45:48.15</b>	+00:08:55 (19.5%)	4:34	13.1 (80.4%)
19	<b>PRACOWITY Tomasz</b>	<b>250</b>		M-30	19	00:00:08					<b>00:47:02.00</b>	<b>00:47:10.00</b>	+00:10:14 (21.8%)	4:42	12.8 (78.5%)
20	<b>WILKOWSKI Krzysztof</b>	<b>316</b>		M-30	20	00:00:12	00:09:27	00:18:45	00:27:56	00:37:41	<b>00:47:32.15</b>	<b>00:47:44.90</b>	+00:10:44 (22.6%)	4:45	12.6 (77.3%)
21	<b>ZDROWIECKI Artur</b>	<b>324</b>		M-30	21	00:00:10	00:09:07	00:18:31	00:28:13	00:38:12	<b>00:47:36.30</b>	<b>00:47:46.65</b>	+00:10:48 (22.7%)	4:45	12.6 (77.3%)
22	<b>ŁABEJSZA Łukasz</b>	<b>203</b>	WOJOWNICY WÓDY	M-30	22	00:00:14	00:08:48	00:17:37	00:26:46	00:37:46	<b>00:47:37.55</b>	<b>00:47:52.35</b>	+00:10:50 (22.8%)	4:45	12.6 (77.3%)
23	<b>OTTO Michał</b>	<b>231</b>		M-30	23	00:00:06	00:08:45	00:18:13	00:28:03	00:38:07	<b>00:47:41.20</b>	<b>00:47:48.00</b>	+00:10:53 (22.9%)	4:46	12.6 (77.3%)
24	<b>RUSINEK Artur</b>	<b>264</b>		M-30	24	00:00:08	00:09:07	00:18:41	00:28:34	00:38:30	<b>00:47:51.90</b>	<b>00:48:00.10</b>	+00:11:04 (23.1%)	4:47	12.5 (76.7%)
25	<b>HAMALA Marcin</b>	<b>152</b>		M-30	25	00:00:07	00:09:11	00:18:27	00:28:01	00:37:56	<b>00:47:53.65</b>	<b>00:48:01.10</b>	+00:11:06 (23.2%)	4:47	12.5 (76.7%)
26	<b>WICHER Krzysztof</b>	<b>313</b>	ADWOKATURA	M-30	26	00:00:07	00:09:08	00:18:44	00:28:39	00:38:38	<b>00:48:02.05</b>	<b>00:48:09.35</b>	+00:11:14 (23.4%)	4:48	12.5 (76.7%)
27	<b>KRAWCZYK Tomasz</b>	<b>191</b>		M-30	27	00:00:05	00:09:03	00:18:24	00:28:06	00:38:20	<b>00:48:35.95</b>	<b>00:48:41.05</b>	+00:11:48 (24.3%)	4:51	12.3 (75.5%)
28	<b>JAROSZEWSKI Daniel</b>	<b>164</b>	ROZBIEGANY KOSZALIN	M-30	28	00:00:13	00:08:40	00:18:02	00:28:05	00:38:35	<b>00:48:43.15</b>	<b>00:48:56.15</b>	+00:11:55 (24.5%)	4:52	12.3 (75.5%)
29	<b>KAMYK Piotr</b>	<b>357</b>		M-30	29	00:00:06	00:08:44	00:18:13	00:28:12	00:38:42	<b>00:48:43.55</b>	<b>00:48:49.65</b>	+00:11:56 (24.5%)	4:52	12.3 (75.5%)
30	<b>BIL Adrian</b>	<b>109</b>		M-30	30	00:00:09	00:09:17	00:19:01	00:29:03	00:39:06	<b>00:49:02.05</b>	<b>00:49:11.20</b>	+00:12:14 (25.0%)	4:54	12.2 (74.8%)
31	<b>WOŁOWIEC Przemek</b>	<b>318</b>		M-30	31	00:00:06	00:09:36	00:19:17	00:29:04	00:39:05	<b>00:49:05.65</b>	<b>00:49:12.05</b>	+00:12:18 (25.1%)	4:54	12.2 (74.8%)
32	<b>BEDNARCZYK Wojciech</b>	<b>103</b>		M-30	32	00:00:08	00:08:32	00:18:09	00:28:24	00:39:10	<b>00:49:25.50</b>	<b>00:49:33.65</b>	+00:12:38 (25.6%)	4:56	12.1 (74.2%)
33	<b>STAWISZYŃSKI Jarosław</b>	<b>278</b>	FORUM ROZWOJU KOSZALINA	M-30	33	00:00:11	00:09:09	00:18:53	00:29:01	00:39:39	<b>00:49:46.85</b>	<b>00:49:57.85</b>	+00:12:59 (26.1%)	4:58	12.1 (74.2%)
34	<b>KUSZYŃSKI Dariusz</b>	<b>197</b>		M-30	34	00:00:16	00:09:57	00:19:54	00:30:09	00:40:34	<b>00:50:34.80</b>	<b>00:50:51.60</b>	+00:13:47 (27.3%)	5:03	11.9 (73.0%)
35	<b>KACZMAREK Łukasz</b>	<b>168</b>	WOJOWNICY WÓDY	M-30	35	00:00:15	00:09:11	00:19:18	00:29:54	00:40:36	<b>00:50:47.40</b>	<b>00:51:02.50</b>	+00:14:00 (27.6%)	5:04	11.8 (72.4%)
36	<b>SZULTKA Mariusz</b>	<b>290</b>		M-30	36	00:00:17	00:09:48	00:19:47	00:30:04	00:40:42	<b>00:50:59.70</b>	<b>00:51:16.80</b>	+00:14:12 (27.9%)	5:05	11.8 (72.4%)
37	<b>DZIĘBOWSKI Mariusz</b>	<b>134</b>		M-30	37	00:00:16	00:09:49	00:19:47	00:30:05	00:40:43	<b>00:51:00.70</b>	<b>00:51:17.60</b>	+00:14:13 (27.9%)	5:06	11.8 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2km	Start_All 4km	Start_All 6km	Start_All 8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>CZERWIŃSKI Daniel</b>	<b>126</b>	NIEZRZESZONY	M-30	38	00:00:11	00:09:24	00:19:36	00:30:24	00:41:06	<b>00:51:14.65</b>	<b>00:51:25.85</b>	+00:14:27 (28.2%)	5:07	11.7 (71.8%)
39	<b>HRYCAJ Tomasz</b>	<b>157</b>		M-30	39	00:00:10	00:09:35	00:19:47	00:30:16	00:41:05	<b>00:51:42.10</b>	<b>00:51:52.55</b>	+00:14:54 (28.8%)	5:10	11.6 (71.2%)
40	<b>RÓG Michał</b>	<b>261</b>	JW 1223	M-30	40	00:00:08	00:09:18	00:19:04	00:29:38	00:40:45	<b>00:51:44.20</b>	<b>00:51:52.75</b>	+00:14:56 (28.9%)	5:10	11.6 (71.2%)
41	<b>KAMIŃSKI Tomasz</b>	<b>170</b>	JW 1223	M-30	41	00:00:04	00:09:20	00:19:33	00:30:34	00:41:58	<b>00:52:06.90</b>	<b>00:52:11.10</b>	+00:15:19 (29.4%)	5:12	11.5 (70.6%)
42	<b>KOSECKI Tomasz</b>	<b>181</b>		M-30	42	00:00:15	00:10:31	00:20:46	00:31:13	00:41:55	<b>00:52:30.45</b>	<b>00:52:46.35</b>	+00:15:43 (29.9%)	5:15	11.4 (69.9%)
43	<b>KOŁODZIEJ Jakub</b>	<b>176</b>		M-30	43	00:00:13	00:09:55	00:20:07	00:31:01	00:42:13	<b>00:52:35.25</b>	<b>00:52:48.85</b>	+00:15:47 (30.0%)	5:15	11.4 (69.9%)
44	<b>BOŚ Grzegorz</b>	<b>114</b>		M-30	44	00:00:12	00:10:04	00:20:27	00:31:19	00:42:30	<b>00:53:12.45</b>	<b>00:53:24.55</b>	+00:16:25 (30.9%)	5:19	11.3 (69.3%)
45	<b>KOWALSKI Roman</b>	<b>185</b>	KOSPEL	M-30	45	00:00:10	00:09:37	00:19:57	00:30:48	00:42:04	<b>00:53:20.00</b>	<b>00:53:30.45</b>	+00:16:32 (31.0%)	5:20	11.3 (69.3%)
46	<b>ROGALSKI Roberto</b>	<b>333</b>	TKKF KOSZALIN	M-30	46	00:00:08	00:09:08	00:19:25	00:30:10	00:41:39	<b>00:53:33.45</b>	<b>00:53:41.80</b>	+00:16:46 (31.3%)	5:21	11.2 (68.7%)
47	<b>KUPREWICZ Grzegorz</b>	<b>198</b>	JW 1223	M-30	47	00:00:13	00:09:53	00:20:15	00:31:33	00:43:01	<b>00:53:50.95</b>	<b>00:54:04.20</b>	+00:17:03 (31.7%)	5:23	11.1 (68.1%)
48	<b>MACIĄŻEK Jarosław</b>	<b>205</b>		M-30	48	00:00:14	00:11:19	00:22:01	00:32:48	00:43:35	<b>00:53:56.15</b>	<b>00:54:10.75</b>	+00:17:08 (31.8%)	5:23	11.1 (68.1%)
49	<b>KAZIMIERCZAK Leszek</b>	<b>341</b>	CSSP KOSZALIN	M-30	49	00:00:14	00:10:10	00:20:58	00:32:08	00:43:16	<b>00:54:03.70</b>	<b>00:54:18.60</b>	+00:17:16 (31.9%)	5:24	11.1 (68.1%)
50	<b>RAPSIEWICZ Łukasz</b>	<b>335</b>		M-30	50	00:00:13	00:10:49	00:21:42	00:32:31	00:43:05	<b>00:54:15.85</b>	<b>00:54:29.65</b>	+00:17:28 (32.2%)	5:25	11.1 (68.1%)
51	<b>KAZIMIEROWICZ Radosław</b>	<b>173</b>	VTT KOSZALIN	M-30	51	00:00:11	00:09:22	00:19:44	00:31:13	00:42:46	<b>00:54:35.75</b>	<b>00:54:47.65</b>	+00:17:48 (32.6%)	5:27	11 (67.5%)
52	<b>KOWALCZYK Piotr</b>	<b>183</b>		M-30	52	00:00:09	00:09:18	00:20:11	00:31:31	00:43:07	<b>00:54:42.60</b>	<b>00:54:51.60</b>	+00:17:55 (32.8%)	5:28	11 (67.5%)
53	<b>BRZOSTKO Przemysław</b>	<b>130</b>		M-30	53	00:00:11	00:09:39	00:20:39	00:32:10	00:43:47	<b>00:55:34.65</b>	<b>00:55:45.85</b>	+00:18:47 (33.8%)	5:33	10.8 (66.3%)
54	<b>SZARY Szymon</b>	<b>132</b>		M-30	54	00:00:09	00:10:51	00:21:52	00:32:57	00:44:31	<b>00:55:59.80</b>	<b>00:56:09.75</b>	+00:19:12 (34.3%)	5:36	10.7 (65.6%)
55	<b>LASKOWSKI Grzegorz</b>	<b>199</b>		M-30	55	00:00:15	00:10:26	00:21:16	00:32:43	00:44:41	<b>00:57:30.00</b>	<b>00:57:45.25</b>	+00:20:42 (36.0%)	5:45	10.4 (63.8%)
56	<b>BASIAK Krystian</b>	<b>362</b>		M-30	56	00:00:12	00:10:24	00:21:02	00:33:23	00:45:44	<b>00:58:19.50</b>	<b>00:58:31.70</b>	+00:21:32 (36.9%)	5:49	10.3 (63.2%)
56	<b>HRYCIÓW Paweł</b>	<b>158</b>	BIĄŁOGARD	M-30	57	00:00:11	00:10:25	00:21:03	00:33:24	00:45:44	<b>00:58:19.50</b>	<b>00:58:31.40</b>	+00:21:32 (36.9%)	5:50	10.3 (63.2%)
58	<b>POTRZEBOWSKI Marek</b>	<b>249</b>	DEAF PZG	M-30	58	00:00:07	00:10:07	00:21:08	00:33:29	00:46:29	<b>00:58:46.45</b>	<b>00:58:54.35</b>	+00:21:59 (37.4%)	5:52	10.2 (62.6%)
59	<b>NAPIERAŁA Marcin</b>	<b>226</b>		M-30	59	00:00:17	00:11:35	00:23:16	00:35:28	00:48:02	<b>01:00:30.60</b>	<b>01:00:48.55</b>	+00:23:43 (39.2%)	6:03	9.9 (60.7%)
60	<b>BUDZIŃSKI Paweł</b>	<b>116</b>		M-30	60	00:00:09	00:10:02	00:21:04	00:33:01	00:46:52	<b>01:00:46.35</b>	<b>01:00:56.15</b>	+00:23:59 (39.5%)	6:04	9.9 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2km	Start_All 4km	Start_All 6km	Start_All 8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	<b>FALGOWSKI Paweł</b>	<b>136</b>		M-30	61	00:00:13	00:10:37	00:21:52	00:35:31	00:48:45	<b>01:02:38.75</b>	<b>01:02:52.45</b>	+00:25:51 (41.3%)	6:15	9.6 (58.9%)
62	<b>SZYSZKOWSKI Tomasz</b>	<b>294</b>	ROZBIEGANY KOSZALIN	M-30	62	00:00:07	00:11:19	00:23:37	00:36:39	00:50:09	<b>01:03:22.90</b>	<b>01:03:30.70</b>	+00:26:35 (42.0%)	6:20	9.5 (58.3%)
63	<b>KURŁOWICZ Krzysztof</b>	<b>350</b>		M-30	63	00:00:06	00:10:27	00:23:51	00:37:47	00:51:52	<b>01:05:26.60</b>	<b>01:05:33.05</b>	+00:28:39 (43.8%)	6:32	9.2 (56.4%)

Znaleziono 63 wynik(ów)