

**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-40

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>POLAK Szymon</b>	<b>246</b>	ROZBIEGANY KOSZALIN	M-40	1	00:00:02	00:06:59	00:14:09	00:21:25	00:28:43	<b>00:35:53.50</b>	<b>00:35:56.40</b>		3:35	16.7 (100%)
2	<b>BERG Thoralf</b>	<b>105</b>	SCHWEDTER HASEN	M-40	2	00:00:02	00:06:56	00:14:06	00:21:25	00:28:45	<b>00:36:29.75</b>	<b>00:36:31.85</b>	+00:00:36 (1.7%)	3:38	16.4 (98.2%)
3	<b>JAROSZ Wiesław</b>	<b>163</b>	JW 1223/BLOG	M-40	3	00:00:03	00:07:02	00:14:24	00:21:58	00:29:41	<b>00:37:11.70</b>	<b>00:37:14.85</b>	+00:01:18 (3.5%)	3:43	16.1 (96.4%)
4	<b>RUDNIKOWSKI Maciej</b>	<b>262</b>	BIEGUZDROWISKOWY.PL	M-40	4	00:00:03	00:07:12	00:14:44	00:22:24	00:30:05	<b>00:37:33.65</b>	<b>00:37:36.80</b>	+00:01:40 (4.4%)	3:45	16 (95.8%)
5	<b>ZABORSKI Ryszard</b>	<b>321</b>	TKKF KOSZALIN ( ORKIESTRA WOJSKOWA KOSZALIN)	M-40	5	00:00:02	00:06:59	00:14:18	00:22:02	00:29:53	<b>00:37:35.35</b>	<b>00:37:37.60</b>	+00:01:41 (4.5%)	3:45	16 (95.8%)
6	<b>MORAWSKI Janusz</b>	<b>346</b>		M-40	6	00:00:04	00:07:40	00:15:26	00:23:15	00:30:53	<b>00:38:13.50</b>	<b>00:38:18.35</b>	+00:02:20 (6.1%)	3:49	15.7 (94.0%)
7	<b>BURDA Robert</b>	<b>117</b>	KOSPEL	M-40	7	00:00:03	00:07:26	00:15:10	00:23:05	00:31:01	<b>00:38:37.35</b>	<b>00:38:41.05</b>	+00:02:43 (7.1%)	3:51	15.5 (92.8%)
8	<b>BEMOWICZ Tomasz</b>	<b>345</b>	KB WYGAN	M-40	8	00:00:04	00:07:41	00:15:32	00:23:26	00:31:21	<b>00:39:07.60</b>	<b>00:39:12.30</b>	+00:03:14 (8.3%)	3:54	15.3 (91.6%)
9	<b>RYŚKIEWICZ Rafał</b>	<b>267</b>		M-40	9	00:00:02	00:07:36	00:15:48	00:24:13	00:32:49	<b>00:41:08.05</b>	<b>00:41:10.55</b>	+00:05:14 (12.7%)	4:06	14.6 (87.4%)
10	<b>ZWOLIŃSKI Jan</b>	<b>329</b>	TKKF KOSZALIN	M-40	10	00:00:03	00:07:55	00:16:08	00:24:36	00:33:06	<b>00:41:17.00</b>	<b>00:41:20.90</b>	+00:05:23 (13.1%)	4:07	14.5 (86.8%)
11	<b>GÓRNY Norbert</b>	<b>147</b>	FORMA ROSNOWO	M-40	11	00:00:06	00:07:50	00:16:04	00:24:40	00:33:19	<b>00:41:50.25</b>	<b>00:41:56.95</b>	+00:05:56 (14.2%)	4:11	14.3 (85.6%)
12	<b>TCHÓRZEWSKI Marek</b>	<b>297</b>		M-40	12	00:00:05	00:08:07	00:16:34	00:25:19	00:34:10	<b>00:42:56.45</b>	<b>00:43:02.25</b>	+00:07:02 (16.4%)	4:17	14 (83.8%)
13	<b>JASICZEK Darek</b>	<b>165</b>	CSSP KOSZALIN	M-40	13	00:00:10	00:08:29	00:17:03	00:25:45	00:34:40	<b>00:43:21.20</b>	<b>00:43:31.75</b>	+00:07:27 (17.2%)	4:20	13.8 (82.6%)
14	<b>MATYJASEK Zbigniew</b>	<b>215</b>	TKKF KOSZALIN	M-40	14	00:00:03	00:07:43	00:16:17	00:25:20	00:34:28	<b>00:43:28.20</b>	<b>00:43:31.70</b>	+00:07:34 (17.4%)	4:20	13.8 (82.6%)
15	<b>PEKAŁA Piotr</b>	<b>239</b>	ROZBIEGANY KOSZALIN	M-40	15	00:00:07	00:08:25	00:17:08	00:25:55	00:34:51	<b>00:43:35.60</b>	<b>00:43:42.60</b>	+00:07:42 (17.7%)	4:21	13.8 (82.6%)
16	<b>UZNAŃSKI Ryszard</b>	<b>306</b>	KOŁOBRZEG BIEGA	M-40	16	00:00:02	00:07:57	00:16:25	00:25:24	00:34:29	<b>00:43:37.85</b>	<b>00:43:40.25</b>	+00:07:44 (17.7%)	4:21	13.8 (82.6%)
17	<b>TOKARSKI Szymon</b>	<b>299</b>		M-40	17	00:00:16	00:08:28	00:17:07	00:25:58	00:35:00	<b>00:43:56.90</b>	<b>00:44:12.95</b>	+00:08:03 (18.3%)	4:23	13.7 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2km	Start_All 4km	Start_All 6km	Start_All 8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
18	<b>CHOŁUJ Jarek</b>	<b>120</b>	ROZBIEGANY KOSZALIN	M-40	18	00:00:05	00:08:36	00:17:12	00:26:10	00:35:08	<b>00:43:59.75</b>	<b>00:44:05.15</b>	+00:08:06 (18.4%)	4:24	13.6 (81.4%)
19	<b>IWANIEC Dariusz</b>	<b>159</b>	TKKF KOSZALIN	M-40	19	00:00:06	00:08:34	00:17:16	00:26:14	00:35:19	<b>00:44:03.65</b>	<b>00:44:10.60</b>	+00:08:10 (18.5%)	4:24	13.6 (81.4%)
20	<b>STĘPNIIEWSKI Marcin</b>	<b>283</b>	MARKOS RUNNING TEAM	M-40	20	00:00:06	00:08:28	00:17:10	00:26:02	00:35:14	<b>00:44:04.05</b>	<b>00:44:10.55</b>	+00:08:10 (18.6%)	4:24	13.6 (81.4%)
21	<b>STEFANOWICZ Paweł</b>	<b>338</b>		M-40	21	00:00:10	00:08:13	00:17:12	00:26:32	00:35:50	<b>00:44:46.70</b>	<b>00:44:56.80</b>	+00:08:53 (19.8%)	4:28	13.4 (80.2%)
22	<b>RACZYŃSKI Kazimierz</b>	<b>253</b>	ZESPÓŁ SZKÓŁ NR 1 IM. MIKOŁAJA KOPERNIKA W KOSZALINIE	M-40	22	00:00:07	00:08:21	00:17:16	00:26:30	00:35:50	<b>00:45:07.85</b>	<b>00:45:15.10</b>	+00:09:14 (20.5%)	4:30	13.3 (79.6%)
23	<b>TOMCZAK Dominik</b>	<b>300</b>	CSMW USTKA	M-40	23	00:00:06	00:08:20	00:17:17	00:26:40	00:36:10	<b>00:45:51.70</b>	<b>00:45:58.00</b>	+00:09:58 (21.7%)	4:35	13.1 (78.4%)
24	<b>PUŚCIAN Krzysztof</b>	<b>252</b>	GIMNAZJUM W MANOWIE	M-40	24	00:00:04	00:08:52	00:17:56	00:27:20	00:36:52	<b>00:46:19.05</b>	<b>00:46:23.95</b>	+00:10:25 (22.5%)	4:37	13 (77.8%)
25	<b>PROKOPIUK Jan</b>	<b>251</b>		M-40	25	00:00:03	00:08:03	00:17:21	00:26:55	00:36:53	<b>00:46:21.80</b>	<b>00:46:25.50</b>	+00:10:28 (22.6%)	4:38	12.9 (77.2%)
26	<b>TESKA Bartosz</b>	<b>298</b>	TKKF KOSZALIN	M-40	26	00:00:12	00:08:53	00:17:59	00:27:32	00:37:15	<b>00:46:34.75</b>	<b>00:46:47.05</b>	+00:10:41 (22.9%)	4:39	12.9 (77.2%)
27	<b>DUDZIAK Piotr</b>	<b>131</b>	KOSZALIN	M-40	27	00:00:05	00:08:47	00:18:07	00:27:39	00:37:16	<b>00:46:45.70</b>	<b>00:46:50.90</b>	+00:10:52 (23.2%)	4:40	12.8 (76.6%)
28	<b>KSZCZANOWICZ Jacek</b>	<b>195</b>		M-40	28	00:00:11	00:08:48	00:17:42	00:27:06	00:36:52	<b>00:46:50.60</b>	<b>00:47:01.90</b>	+00:10:57 (23.4%)	4:41	12.8 (76.6%)
29	<b>MICERSKI Tomasz</b>	<b>218</b>	TKKF KOSZALIN	M-40	29	00:00:07	00:08:50	00:18:10	00:27:46	00:37:32	<b>00:46:51.80</b>	<b>00:46:59.10</b>	+00:10:58 (23.4%)	4:41	12.8 (76.6%)
30	<b>MICHALCZYK Mariusz</b>	<b>219</b>	JW 1223	M-40	30	00:00:10	00:09:03	00:18:15	00:27:53	00:37:34	<b>00:47:03.10</b>	<b>00:47:13.65</b>	+00:11:09 (23.7%)	4:42	12.8 (76.6%)
31	<b>GREMBLEWSKI Dariusz</b>	<b>356</b>		M-40	31	00:00:09	00:09:25				<b>00:47:17.80</b>	<b>00:47:26.80</b>	+00:11:24 (24.1%)	4:43	12.7 (76.0%)
32	<b>CIUPA Marcin</b>	<b>121</b>	H2DESIGN	M-40	32	00:00:05	00:08:23	00:17:33	00:27:30	00:37:36	<b>00:47:22.35</b>	<b>00:47:27.45</b>	+00:11:28 (24.2%)	4:44	12.7 (76.0%)
33	<b>SZYMAŃSKI Piotr</b>	<b>293</b>		M-40	33	00:00:16	00:09:27	00:18:44	00:28:17	00:37:55	<b>00:47:27.30</b>	<b>00:47:44.10</b>	+00:11:33 (24.4%)	4:44	12.6 (75.4%)
34	<b>CZAPLICKI Paweł</b>	<b>124</b>	TKKF KOSZALIN	M-40	34	00:00:04	00:09:12	00:18:48	00:28:29	00:38:29	<b>00:48:04.35</b>	<b>00:48:08.35</b>	+00:12:10 (25.3%)	4:48	12.5 (74.9%)
35	<b>DEMBICKI Daniel</b>	<b>128</b>		M-40	35	00:00:08	00:08:57	00:18:25	00:28:20	00:38:24	<b>00:48:18.75</b>	<b>00:48:27.70</b>	+00:12:25 (25.7%)	4:49	12.4 (74.3%)
36	<b>JANKOWSKI Jakub</b>	<b>161</b>		M-40	36	00:00:06	00:08:56	00:18:26	00:28:12	00:38:16	<b>00:48:21.15</b>	<b>00:48:28.10</b>	+00:12:27 (25.8%)	4:50	12.4 (74.3%)
37	<b>BURKIET Marek</b>	<b>118</b>	JW 1223	M-40	37	00:00:10	00:09:03	00:18:16	00:27:55	00:38:13	<b>00:48:55.05</b>	<b>00:49:05.80</b>	+00:13:01 (26.6%)	4:53	12.3 (73.7%)
38	<b>PIECHOTA Robert</b>	<b>240</b>		M-40	38	00:00:05	00:08:54	00:18:36	00:29:00	00:39:15	<b>00:49:17.70</b>	<b>00:49:23.55</b>	+00:13:24 (27.2%)	4:55	12.2 (73.1%)
39	<b>GAJEK Artur</b>	<b>141</b>	KORZYBSKIE REKINY	M-40	39	00:00:09	00:09:10	00:18:39	00:28:29	00:38:49	<b>00:49:27.90</b>	<b>00:49:37.05</b>	+00:13:34 (27.4%)	4:56	12.1 (72.5%)
40	<b>STERNKIKER Mario</b>	<b>281</b>	SCHWEDTER HASEN	M-40	40	00:00:05	00:09:19	00:19:13	00:29:37	00:40:13	<b>00:50:28.00</b>	<b>00:50:33.15</b>	+00:14:34 (28.9%)	5:02	11.9 (71.3%)
41	<b>TUCKI Marek</b>	<b>303</b>		M-40	41	00:00:16	00:09:29	00:19:19	00:29:50	00:40:35	<b>00:50:41.30</b>	<b>00:50:57.80</b>	+00:14:47 (29.2%)	5:04	11.8 (70.7%)
42	<b>RASZPLA Radosław</b>	<b>255</b>	BBL	M-40	42	00:00:10	00:09:14	00:18:48	00:29:37	00:40:43	<b>00:51:12.60</b>	<b>00:51:22.85</b>	+00:15:19 (29.9%)	5:07	11.7 (70.1%)
43	<b>WALCZAK Rafał</b>	<b>307</b>		M-40	43	00:00:08	00:08:50	00:18:48	00:29:27	00:40:33	<b>00:51:24.05</b>	<b>00:51:32.60</b>	+00:15:30 (30.2%)	5:08	11.7 (70.1%)

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
44	<b>FAJGIER Tomasz</b>	<b>135</b>		M-40	44	00:00:06	00:09:13	00:19:19	00:30:13	00:41:08	<b>00:51:26.30</b>	<b>00:51:33.00</b>	+00:15:32 (30.2%)	5:08	11.7 (70.1%)
45	<b>BOROWIEC Mariusz</b>	<b>112</b>		M-40	45	00:00:19	00:10:30	00:20:49	00:31:17	00:41:51	<b>00:52:25.10</b>	<b>00:52:44.10</b>	+00:16:31 (31.5%)	5:14	11.4 (68.3%)
46	<b>BERNACKI Adam</b>	<b>106</b>	EB BERNACKI	M-40	46	00:00:11	00:09:57	00:20:23	00:31:05	00:42:02	<b>00:52:46.00</b>	<b>00:52:57.15</b>	+00:16:52 (32.0%)	5:16	11.4 (68.3%)
47	<b>KOMODA Mariusz</b>	<b>177</b>		M-40	47	00:00:05	00:09:32	00:19:53	00:30:46	00:41:55	<b>00:53:04.30</b>	<b>00:53:09.70</b>	+00:17:10 (32.4%)	5:18	11.3 (67.7%)
48	<b>BUBNOWICZ Sławomir</b>	<b>327</b>		M-40	48	00:00:10	00:09:27	00:19:49	00:30:55	00:42:25	<b>00:53:48.20</b>	<b>00:53:58.90</b>	+00:17:54 (33.3%)	5:22	11.2 (67.1%)
49	<b>RETERSKI Przemysław</b>	<b>257</b>		M-40	49	00:00:09	00:09:51	00:20:28	00:32:07	00:43:12	<b>00:53:59.25</b>	<b>00:54:09.10</b>	+00:18:05 (33.5%)	5:24	11.1 (66.5%)
50	<b>GRONOWSKI Cezary</b>	<b>352</b>		M-40	50	00:00:15	00:10:27	00:20:51	00:31:52	00:43:22	<b>00:54:16.10</b>	<b>00:54:31.20</b>	+00:18:22 (33.9%)	5:25	11.1 (66.5%)
51	<b>KRASIŃSKI Witold</b>	<b>187</b>		M-40	51	00:00:08	00:09:25	00:19:39	00:30:55	00:42:37	<b>00:54:19.50</b>	<b>00:54:28.05</b>	+00:18:26 (33.9%)	5:26	11 (65.9%)
52	<b>ĆWIKLIŃSKI Jakub</b>	<b>127</b>		M-40	52	00:00:09	00:21:36	00:32:43	00:43:46		<b>00:54:44.70</b>	<b>00:54:54.35</b>	+00:18:51 (34.4%)	5:28	11 (65.9%)
53	<b>SEEWALD Jan</b>	<b>270</b>		M-40	53	00:00:15	00:10:08	00:20:25	00:31:33	00:43:23	<b>00:55:10.50</b>	<b>00:55:26.15</b>	+00:19:17 (34.9%)	5:31	10.9 (65.3%)
54	<b>KOWALCZYK Mariusz</b>	<b>184</b>	ROZBIEGANY KOSZALIN	M-40	54	00:00:06	00:08:37	00:18:42	00:30:18	00:42:44	<b>00:55:43.95</b>	<b>00:55:50.65</b>	+00:19:50 (35.6%)	5:34	10.8 (64.7%)
55	<b>LUPA Erik</b>	<b>202</b>	SC SCHORFHEIDE	M-40	55	00:00:11	00:10:43	00:21:59	00:33:43	00:45:52	<b>00:57:55.30</b>	<b>00:58:07.05</b>	+00:22:01 (38.0%)	5:47	10.4 (62.3%)
56	<b>BITTNER Łukasz</b>	<b>110</b>	TEAM PAPRY 20	M-40	56	00:00:13	00:10:49	00:22:06	00:33:57	00:46:20	<b>00:59:01.60</b>	<b>00:59:15.40</b>	+00:23:08 (39.2%)	5:54	10.2 (61.1%)
57	<b>FRASZKIEWICZ Jarosław</b>	<b>140</b>		M-40	57	00:00:14	00:11:16	00:23:10	00:35:58	00:49:08	<b>01:02:10.25</b>	<b>01:02:25.05</b>	+00:26:16 (42.3%)	6:13	9.6 (57.5%)
58	<b>ZIELIŃSKI Jarosław</b>	<b>326</b>		M-40	58	00:00:10	00:10:32	00:22:28	00:35:24	00:49:50	<b>01:04:34.05</b>	<b>01:04:44.55</b>	+00:28:40 (44.4%)	6:27	9.3 (55.7%)

Znaleziono 58 wynik(ów)