



XVI MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin
Data: 2018-05-27
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 0.2km	Herk_All 2.65km	Herk_All 5.1km	Herk_All 7.55km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	PAŁKA Piotr	403		M30-39	1	00:00:29	00:09:10	00:18:23	00:27:35	00:36:11.00		3:37	16.6 (100%)
2	ORZECZOWSKI Kamil	328	TKKF KOSZALIN	M30-39	2	00:00:29	00:09:10	00:18:23	00:27:35	00:36:14.80	+00:00:03 (0.2%)	3:37	16.6 (100%)
3	SIADAK Arkadiusz	351		M30-39	3	00:00:30	00:09:17	00:18:25	00:27:46	00:37:12.84	+00:01:01 (2.8%)	3:43	16.1 (97.0%)
4	GOLIŃSKI Łukasz	261	K.B. SPRINT ŚWIDWIN	M30-39	4	00:00:32	00:09:50	00:19:28	00:29:12	00:38:40.45	+00:02:29 (6.4%)	3:52	15.5 (93.4%)
5	SOBSTEL Krystian	358	CIACHU CIACH PRACOWNIA RĘKODZIEŁA	M30-39	5	00:00:39	00:10:21	00:20:00	00:29:53	00:39:08.71	+00:02:57 (7.6%)	3:54	15.3 (92.2%)
6	STEBELSKI Jasiek	365		M30-39	6	00:00:33	00:09:46	00:19:30	00:29:33	00:39:34.53	+00:03:23 (8.6%)	3:57	15.2 (91.6%)
7	NAKONIECZNY Rafał	325	TKKF KOSZALIN	M30-39	7	00:00:34	00:10:15	00:20:02	00:30:13	00:40:18.34	+00:04:07 (10.2%)	4:01	14.9 (89.8%)
8	CZAPLIŃSKI Jacek	238	TAGER KOSZALIN	M30-39	8	00:00:32	00:09:50	00:19:54	00:30:20	00:40:28.31	+00:04:17 (10.6%)	4:02	14.8 (89.2%)
9	USTIANOWSKI Wojciech	378	JW 1223	M30-39	9	00:00:35	00:10:17	00:20:16	00:30:26	00:40:28.96	+00:04:17 (10.6%)	4:02	14.8 (89.2%)
10	SZYMCZAK Michał	371		M30-39	10	00:00:32	00:10:37	00:21:08	00:31:57	00:42:41.68	+00:06:30 (15.3%)	4:16	14.1 (84.9%)
11	ROKOSZ Radosław	346	8 KOSZALIŃSKI PUŁK PRZECIWLOTNICZY	M30-39	11	00:00:36	00:10:24	00:20:55	00:31:55	00:43:11.33	+00:07:00 (16.2%)	4:19	13.9 (83.7%)
12	OKOŁOTOWICZ Sebastian	410		M30-39	12	00:00:48	00:10:56	00:21:16	00:32:48	00:44:47.34	+00:08:36 (19.2%)	4:28	13.4 (80.7%)
13	GOŁDYN Marek	262	TKKF KOSZALIN	M30-39	13	00:00:43	00:12:02	00:23:25	00:34:49	00:45:47.74	+00:09:36 (21.0%)	4:34	13.1 (78.9%)
14	JAMNIAK Bartosz	271	TKKF KOSZALIN	M30-39	14	00:00:35	00:11:12	00:22:38	00:34:15	00:45:51.45	+00:09:40 (21.1%)	4:35	13.1 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk				Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.2km	2.65km	5.1km	7.55km				
15	MIŁASZEWSKI Przemek	320	TEAM HOLIDAY SPORT	M30-39	15	00:00:37	00:11:28	00:22:48	00:34:32	00:46:17.67	+00:10:06 (21.8%)	4:37	13 (78.3%)
16	JÓZEFIAK Adrian	281		M30-39	16	00:00:44	00:11:51	00:23:16	00:34:56	00:46:27.54	+00:10:16 (22.1%)	4:38	12.9 (77.7%)
17	ŁOPIŃSKI Piotr	308	FSD	M30-39	17	00:00:42	00:11:53	00:23:21	00:35:06	00:46:43.38	+00:10:32 (22.6%)	4:40	12.8 (77.1%)
18	NACHYŁA Paweł	324	DZIKI KOSZALIN	M30-39	18	00:00:40	00:11:14	00:22:44	00:34:56	00:46:49.90	+00:10:38 (22.7%)	4:40	12.8 (77.1%)
19	STAWISZYŃSKI Jarek	364	FORUM ROZWOJU KOSZALINA	M30-39	19	00:00:49	00:12:09	00:23:45	00:35:33	00:46:53.09	+00:10:42 (22.8%)	4:41	12.8 (77.1%)
20	MARCINIAK Maciej	413		M30-39	20	00:00:32	00:11:10	00:22:39	00:34:47	00:47:11.29	+00:11:00 (23.3%)	4:43	12.7 (76.5%)
21	SOŁTYS Rafał	359		M30-39	21	00:00:36	00:10:53	00:22:44	00:35:08	00:47:34.16	+00:11:23 (23.9%)	4:45	12.6 (75.9%)
22	HAMALA Marcin	267	TAGER	M30-39	22	00:00:53	00:12:05	00:23:37	00:35:43	00:47:44.57	+00:11:33 (24.2%)	4:46	12.6 (75.9%)
23	RÓG Michał	347		M30-39	23	00:00:53	00:12:50	00:24:56	00:36:52	00:48:04.05	+00:11:53 (24.7%)	4:48	12.5 (75.3%)
24	WILKOWSKI Krzysztof	389		M30-39	24	00:00:48	00:12:48	00:24:51	00:36:57	00:48:35.23	+00:12:24 (25.5%)	4:51	12.3 (74.1%)
25	STASIOROWSKI Sebastian	362		M30-39	25	00:00:47	00:11:45	00:23:38	00:36:21	00:49:03.87	+00:12:52 (26.3%)	4:54	12.2 (73.5%)
26	KWIETNIEWSKI Daniel	306		M30-39	26	00:00:56	00:12:22	00:24:23	00:36:56	00:49:39.42	+00:13:28 (27.1%)	4:57	12.1 (72.9%)
27	KOŁODZIEJ Jakub	291		M30-39	27	00:00:48	00:12:48	00:24:58	00:37:29	00:49:43.10	+00:13:32 (27.2%)	4:58	12.1 (72.9%)
28	BUDZIŃSKI Paweł	228	DRUŻYNA SZPIKU	M30-39	28	00:00:44	00:12:35	00:24:48	00:37:29	00:49:43.63	+00:13:32 (27.2%)	4:58	12.1 (72.9%)
29	BARUTOWICZ Grzegorz	215		M30-39	29	00:00:49	00:12:22	00:24:18	00:36:59	00:49:55.50	+00:13:44 (27.5%)	4:59	12 (72.3%)
30	WIECZOREK Jacek	408		M30-39	30	00:00:49	00:12:19	00:24:40	00:37:24	00:50:25.92	+00:14:14 (28.3%)	5:02	11.9 (71.7%)
31	KWIDZIŃSKI Michał	305		M30-39	31	00:00:59	00:13:39	00:26:06	00:38:49	00:50:27.62	+00:14:16 (28.3%)	5:02	11.9 (71.7%)
32	KONKEL Łukasz	293		M30-39	32	00:00:42	00:12:31	00:24:55	00:38:11	00:51:38.53	+00:15:27 (29.9%)	5:09	11.6 (69.9%)
33	KACZMAREK Łukasz	284	WOJOWNICY WÓDY	M30-39	33	00:00:40	00:12:22	00:25:34	00:39:17	00:52:48.05	+00:16:37 (31.5%)	5:16	11.4 (68.7%)
34	KAZIMIERCZAK Leszek	288	CSSP	M30-39	34	00:00:54	00:13:28	00:26:32	00:40:05	00:53:15.58	+00:17:04 (32.1%)	5:19	11.3 (68.1%)
35	SZYNKARUK Marek	411		M30-39	35	00:01:00	00:14:14	00:27:41	00:40:38	00:53:34.22	+00:17:23 (32.5%)	5:21	11.2 (67.5%)
36	RYCHLIŃSKI Damian	350		M30-39	36	00:00:48	00:13:06	00:26:28	00:40:23	00:53:40.92	+00:17:29 (32.6%)	5:22	11.2 (67.5%)
37	SZYSZKOWSKI Tomasz	374	ROZBIEGANY KOSZALIN	M30-39	37	00:00:51	00:13:45	00:26:54	00:40:16	00:53:41.15	+00:17:30 (32.6%)	5:22	11.2 (67.5%)

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38	MAŃKIEWICZ Konrad	313		M30-39	38	00:00:55	00:13:58	00:26:41	00:40:15	00:53:56.60	+00:17:45 (32.9%)	5:23	11.1 (66.9%)
39	MAŁKOWSKI Tomasz	312		M30-39	39	00:00:49	00:13:46	00:26:55	00:40:38	00:54:02.80	+00:17:51 (33.1%)	5:24	11.1 (66.9%)
40	KOWALCZYK Piotr	297		M30-39	40	00:00:47	00:13:20	00:26:49	00:41:06	00:55:28.27	+00:19:17 (34.8%)	5:32	10.8 (65.1%)
41	DĘBSKI Damian	244		M30-39	41	00:01:02	00:14:22	00:28:27	00:42:08	00:55:33.36	+00:19:22 (34.9%)	5:33	10.8 (65.1%)
42	BILL Łukasz	219		M30-39	42	00:01:01	00:14:27	00:28:24	00:42:39	00:56:43.81	+00:20:32 (36.2%)	5:40	10.6 (63.9%)
43	HRYCIÓW Paweł	270	JW1223	M30-39	43	00:00:59	00:14:04	00:29:08	00:45:15	01:01:26.30	+00:25:15 (41.1%)	6:08	9.8 (59.0%)
44	JĘDRZEJEWSKI Krzysztof	279		M30-39	44	00:00:48	00:16:23	00:34:42	00:53:29	01:10:55.80	+00:34:44 (49.0%)	7:05	8.5 (51.2%)
	EMILIT Grzegorz	253	10 BIAŁOGARD	M30-39		00:00:32 DNF	00:09:43 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 45 wynik(ów)