



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: M40-49

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	ZABORSKI Ryszard	395	TKKF KOSZALIN-ORKIESTRA WOJSKOWA	M40-49	1	00:00:30	00:09:14	00:18:23	00:27:37	00:36:34.00		3:39	16.4 (100%)
2	KALETA Sebastian	286	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-49	2	00:00:33	00:09:49	00:19:27	00:29:12	00:38:52.11	+00:02:18 (5.9%)	3:53	15.4 (93.9%)
3	WOJCIECHOWICZ Jacek	392		M40-49	3	00:00:31	00:09:47	00:19:27	00:29:22	00:39:25.47	+00:02:51 (7.2%)	3:56	15.2 (92.7%)
4	TOKARSKI Szymon	376		M40-49	4	00:00:40	00:10:03	00:19:45	00:29:42	00:39:28.17	+00:02:54 (7.4%)	3:56	15.2 (92.7%)
5	BURDA Robert	230	KOSPEL	M40-49	5	00:00:34	00:10:12	00:20:08	00:30:16	00:39:55.97	+00:03:21 (8.4%)	3:59	15 (91.5%)
6	KUBIAK Maciej	302	REKU	M40-49	6	00:00:35	00:10:11	00:20:16	00:30:26	00:40:27.21	+00:03:53 (9.6%)	4:02	14.8 (90.2%)
7	SIENIAWSKI Jarosław	352	MEDEN-INMED SPORTS TEAM	M40-49	7	00:00:39	00:10:24	00:20:22	00:30:32	00:40:56.55	+00:04:22 (10.7%)	4:05	14.7 (89.6%)
8	GÓRNY Norbert	264	CSSP KOSZALIN	M40-49	8	00:00:42	00:10:31	00:20:43	00:31:07	00:41:06.41	+00:04:32 (11.0%)	4:06	14.6 (89.0%)
9	BIEDRZYCKI Krzysztof	216	CW FANZA	M40-49	9	00:00:33	00:10:20	00:20:27	00:31:26	00:41:32.93	+00:04:58 (12.0%)	4:09	14.4 (87.8%)
10	SOBCZYK Łukasz	357	KOŁOBRZEG BIEGA	M40-49	10	00:00:36	00:10:34	00:21:02	00:31:49	00:42:24.36	+00:05:50 (13.8%)	4:14	14.2 (86.6%)
11	SMAGOWSKI Wojciech	356	KB SPRINT ŚWIDWIN	M40-49	11	00:00:33	00:10:16	00:20:45	00:31:42	00:42:27.57	+00:05:53 (13.9%)	4:14	14.1 (86.0%)
12	KORZENIOWSKI Sylwester	295	JW 1223	M40-49	12	00:00:34	00:10:32	00:21:06	00:32:06	00:42:35.31	+00:06:01 (14.1%)	4:15	14.1 (86.0%)
13	MAZUR Emilusz	316	ŻYJ Z ENERGIA	M40-49	13	00:00:36	00:10:56	00:21:41	00:32:26	00:42:58.99	+00:06:24 (14.9%)	4:17	14 (85.4%)
14	BRZOZOWSKI Piotr	227	BIEGAJĄCY TCZEW	M40-49	14	00:00:33	00:10:15	00:20:41	00:31:23	00:44:10.29	+00:07:36 (17.2%)	4:25	13.6 (82.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk				Czas netto	Różn	Tempo min/km	Tempo km/h
						0.2km	2.65km	5.1km	7.55km	10km			
15	CHOŁUJ Jarosław	235	ROZBIEGANY KOSZALIN	M40-49	15	00:00:41	00:11:13	00:22:06	00:33:17	00:44:26.75	+00:07:52 (17.7%)	4:26	13.5 (82.3%)
16	PYPŁACZ Krystian	342	ATMAN RUNNERS	M40-49	16	00:00:35	00:10:34	00:21:10	00:32:51	00:44:29.93	+00:07:55 (17.8%)	4:26	13.5 (82.3%)
17	BADLIK Marcin	213	IPA REGION PRZEMYSŁ	M40-49	17	00:00:34	00:11:20	00:22:42	00:34:01	00:44:48.34	+00:08:14 (18.4%)	4:28	13.4 (81.7%)
18	LEWANDOWSKI Jacek	307		M40-49	18	00:00:43	00:11:36	00:22:51	00:34:24	00:45:33.86	+00:08:59 (19.7%)	4:33	13.2 (80.5%)
19	MUCHA Krzysztof	323		M40-49	19	00:00:40	00:11:30	00:22:44	00:34:22	00:45:49.46	+00:09:15 (20.2%)	4:34	13.1 (79.9%)
20	PROTASEWICZ Andrzej	337	SŁAWNO	M40-49	20	00:00:41	00:11:51	00:23:15	00:35:03	00:46:22.30	+00:09:48 (21.1%)	4:38	12.9 (78.7%)
21	PUŚCIAN Krzysztof	340	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	21	00:00:42	00:11:56	00:23:20	00:34:52	00:46:34.61	+00:10:00 (21.5%)	4:39	12.9 (78.7%)
22	ROGOŻA Ireneusz	345		M40-49	22	00:00:42	00:11:51	00:23:26	00:35:09	00:46:47.68	+00:10:13 (21.9%)	4:40	12.8 (78.0%)
23	KAJKOWSKI Rafał	285	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	23	00:00:43	00:11:45	00:23:15	00:35:07	00:47:05.92	+00:10:31 (22.4%)	4:42	12.7 (77.4%)
24	PIECHOTA Robert	334	ROBIEGANY KOSZALIN	M40-49	24	00:00:35	00:11:35	00:23:06	00:35:42	00:47:44.94	+00:11:10 (23.4%)	4:46	12.6 (76.8%)
25	MICERSKI Tomasz	318	TKKF KOSZALIN	M40-49	25	00:00:38	00:11:44	00:23:27	00:35:52	00:48:07.93	+00:11:33 (24.0%)	4:48	12.5 (76.2%)
26	GAJEK Artur	257	KORZYBSKIE REKINY	M40-49	26	00:00:44	00:12:28	00:24:21	00:36:21	00:48:17.42	+00:11:43 (24.3%)	4:49	12.4 (75.6%)
27	DEMBICKI Daniel	241		M40-49	27	00:00:44	00:12:11	00:24:10	00:36:19	00:48:26.97	+00:11:52 (24.5%)	4:50	12.4 (75.6%)
28	WIATRZYK Krzysztof	383	DARŁOWO	M40-49	28	00:00:42	00:11:55	00:23:44	00:36:13	00:48:41.47	+00:12:07 (24.9%)	4:52	12.3 (75.0%)
29	DOMAŃSKI Andrzej	247		M40-49	29	00:00:44	00:11:30	00:23:17	00:36:08	00:49:30.86	+00:12:56 (26.1%)	4:57	12.1 (73.8%)
30	KAŻMIERCZAK Robert	289		M40-49	30	00:00:38	00:12:21	00:24:55	00:37:36	00:49:37.63	+00:13:03 (26.3%)	4:57	12.1 (73.8%)
31	BURKIET Marek	231	JW1223	M40-49	31	00:00:45	00:12:00	00:23:42	00:36:32	00:50:00.84	+00:13:26 (26.9%)	5:00	12 (73.2%)
32	SZOSTAK Piotr	370		M40-49	32	00:00:48	00:12:27	00:24:48	00:37:48	00:51:10.03	+00:14:36 (28.5%)	5:07	11.7 (71.3%)
33	DERLIŃSKI Adam	243	TORNADO KOSZALIN	M40-49	33	00:00:49	00:12:53	00:25:33	00:38:36	00:51:13.73	+00:14:39 (28.6%)	5:07	11.7 (71.3%)
34	JASIŃSKI Cezary	277	MNBC	M40-49	34	00:00:46	00:12:47	00:25:38	00:38:46	00:51:40.33	+00:15:06 (29.2%)	5:10	11.6 (70.7%)
35	DOMAŃSKI Adam	246		M40-49	35	00:00:57	00:13:39	00:26:22	00:39:25	00:51:51.98	+00:15:17 (29.5%)	5:11	11.6 (70.7%)
36	ANTKOWIAK Sebastian	212	DB - ACTIVE	M40-49	36	00:00:47	00:12:46	00:25:22	00:38:43	00:52:40.17	+00:16:06 (30.6%)	5:16	11.4 (69.5%)
37	KAMIŃSKI Tomasz	287	JW 1223	M40-49	37	00:00:51	00:12:38	00:25:35	00:39:43	00:53:45.56	+00:17:11 (32.0%)	5:22	11.2 (68.3%)

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						0.2km	2.65km	5.1km	7.55km				
38	KULAWIŃSKI Marek	304		M40-49	38	00:01:02	00:13:50	00:26:35	00:40:15	00:54:34.73	+00:18:00 (33.0%)	5:27	11 (67.1%)
39	WAJDA Waldemar	380	BORNE BIEGA	M40-49	39	00:01:00	00:14:14	00:27:41	00:41:12	00:54:48.56	+00:18:14 (33.3%)	5:28	10.9 (66.5%)
40	MAZUR Mirosław	317		M40-49	40	00:00:56	00:14:15	00:27:54	00:41:54	00:55:31.54	+00:18:57 (34.1%)	5:33	10.8 (65.9%)
41	RETERSKI Przemysław	343		M40-49	41	00:00:51	00:13:55	00:27:53	00:41:55	00:55:32.50	+00:18:58 (34.2%)	5:33	10.8 (65.9%)
42	WĘCŁAWIAK Marek	382		M40-49	42	00:00:57	00:13:54	00:27:25	00:41:33	00:56:06.95	+00:19:32 (34.8%)	5:36	10.7 (65.2%)
43	GREMBLEWSKI Darek	266		M40-49	43	00:00:44	00:12:50	00:27:01	00:36:13	00:56:17.36	+00:19:43 (35.0%)	5:37	10.7 (65.2%)
44	PODSIADŁO Marcin	335		M40-49	44	00:00:48	00:13:29	00:27:03	00:41:57	00:56:57.60	+00:20:23 (35.8%)	5:41	10.5 (64.0%)
45	KRASIŃSKI Witold	299	JW 1223	M40-49	45	00:00:54	00:13:58	00:28:08	00:43:17	00:58:11.17	+00:21:37 (37.2%)	5:49	10.3 (62.8%)

Znaleziono 45 wynik(ów)