



# XVII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin  
**Date:** 2019-05-25  
**Place:** Koszalin  
**Distance:** 10 km



Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Start 0.18km	Herk_All 2.635km	Herk_All 5.09km	Herk_All 7.545km	Net time 10km	Gap	Pace min/km	Pace km/h
1	SIADAK Arkadiusz	130		M30-39	1	00:00:43	00:09:21	00:18:25	00:27:39	<b>00:36:43.00</b>		3:40	16.3 (100%)
2	RYKIEL Michał	128		M30-39	2	00:00:39	00:10:03	00:19:38	00:29:27	<b>00:39:09.00</b>	+00:02:26 (6.2%)	3:54	15.3 (93.9%)
3	CZAPLIŃSKI Jacek	29	TAGER KOSZALIN	M30-39	3	00:00:45	00:10:05	00:19:46	00:29:37	<b>00:39:17.00</b>	+00:02:34 (6.5%)	3:55	15.3 (93.9%)
4	ROKOSZ Radosław	122	JW 1223 KOSZALIN	M30-39	4	00:00:45	00:10:23	00:20:36	00:30:54	<b>00:40:59.00</b>	+00:04:16 (10.4%)	4:05	14.6 (89.6%)
5	SZMID Tomasz	138		M30-39	5	00:01:05	00:11:36	00:21:57	00:32:36	<b>00:43:02.50</b>	+00:06:19 (14.7%)	4:18	13.9 (85.3%)
6	CHUPTYŚ Adrian	24	RUNDORFINA	M30-39	6	00:00:52	00:10:54	00:21:30	00:32:20	<b>00:43:07.05</b>	+00:06:24 (14.8%)	4:18	13.9 (85.3%)
7	ROMANOWSKI Piotr	123	1983.	M30-39	7	00:01:08	00:12:03	00:22:41	00:33:19	<b>00:43:20.55</b>	+00:06:37 (15.3%)	4:20	13.8 (84.7%)
8	JAMNIAK Bartosz	51	TKKF KOSZALIN	M30-39	8	00:00:54	00:11:08	00:21:43	00:32:40	<b>00:43:21.20</b>	+00:06:38 (15.3%)	4:20	13.8 (84.7%)
9	ZYCH Krzysztof	160	ZYCHSPORT	M30-39	9	00:00:42	00:11:08	00:22:09	00:33:03	<b>00:43:42.25</b>	+00:06:59 (16.0%)	4:22	13.7 (84.0%)
10	BIEŃKOWSKI Tomasz	10	IQ CONSULTING	M30-39	10	00:00:48	00:10:55	00:21:37	00:32:58	<b>00:44:06.35</b>	+00:07:23 (16.8%)	4:24	13.6 (83.4%)
11	WEBER Paweł	146	ENERGON	M30-39	11	00:00:57	00:11:33	00:22:30	00:33:40	<b>00:44:36.45</b>	+00:07:53 (17.7%)	4:27	13.5 (82.8%)
12	ŁOPIŃSKI Piotr	89	FSD	M30-39	12	00:00:55	00:11:49	00:22:54	00:33:56	<b>00:44:39.65</b>	+00:07:56 (17.8%)	4:27	13.4 (82.2%)
13	LISOWSKI Sławomir	88		M30-39	13	00:00:58	00:11:13	00:22:05	00:33:19	<b>00:44:41.00</b>	+00:07:58 (17.8%)	4:28	13.4 (82.2%)
14	MARCINIAK Maciej	93	KS POGOŃ POŁCZYN ZDRÓJ	M30-39	14	00:00:58	00:11:43	00:22:02	00:33:30	<b>00:44:43.70</b>	+00:08:00 (17.9%)	4:28	13.4 (82.2%)

Place	Participant	Number	Club	Category	MCat	Start 0.18km	Herk_All 2.635km	Herk_All 5.09km	Herk_All 7.545km	Net time 10km	Gap	Pace min/km	Pace km/h
15	STAWISZYŃSKI Jarek	136	FORUM ROZWOJU KOSZALINA	M30-39	15	00:00:51	00:11:35	00:22:55	00:34:38	<b>00:45:46.00</b>	+00:09:03 (19.8%)	4:34	13.1 (80.4%)
16	DAVIES Chris	30		M30-39	16	00:01:01	00:11:59	00:23:32	00:35:04	<b>00:46:09.50</b>	+00:09:26 (20.5%)	4:36	13 (79.8%)
17	MAZURSKI Paweł	96		M30-39	17	00:00:41	00:11:39	00:23:02	00:35:04	<b>00:46:11.05</b>	+00:09:28 (20.5%)	4:37	13 (79.8%)
18	BARUTOWICZ Grzegorz	6		M30-39	18	00:01:00	00:12:20	00:23:52	00:35:34	<b>00:47:12.80</b>	+00:10:29 (22.2%)	4:43	12.7 (77.9%)
19	KOCIOŁOWICZ Łukasz	66		M30-39	19	00:01:07	00:12:57	00:24:37	00:36:11	<b>00:47:35.10</b>	+00:10:52 (22.8%)	4:45	12.6 (77.3%)
20	STASIOROWSKI Sebastian	134	1981.	M30-39	20	00:01:00	00:12:20	00:23:48	00:35:52	<b>00:47:47.65</b>	+00:11:04 (23.2%)	4:46	12.6 (77.3%)
21	JÓZEFIAK Adrian	57	KAMIEŃ RYMAŃSKI	M30-39	21	00:00:50	00:11:20	00:22:45	00:35:24	<b>00:48:19.10</b>	+00:11:36 (24.0%)	4:49	12.4 (76.1%)
22	BARTHA Adrian	5		M30-39	22	00:01:09	00:12:34	00:24:12	00:36:22	<b>00:48:20.35</b>	+00:11:37 (24.0%)	4:50	12.4 (76.1%)
23	ŚWIĘTOŃ Rafał	142		M30-39	23	00:01:04	00:12:26	00:24:21	00:36:34	<b>00:48:27.80</b>	+00:11:44 (24.2%)	4:50	12.4 (76.1%)
24	KRAWCZYK Tomasz	77		M30-39	24	00:01:07	00:12:54	00:24:56	00:37:00	<b>00:48:33.15</b>	+00:11:50 (24.4%)	4:51	12.4 (76.1%)
25	SZYMAŃSKI Mateusz	140	MTS HAMER MIASTKO	M30-39	25	00:01:10	00:13:27	00:25:37	00:37:41	<b>00:49:14.85</b>	+00:12:31 (25.4%)	4:55	12.2 (74.8%)
26	MAJKOWICZ Rafał	90		M30-39	26	00:00:42	00:09:41	00:19:18	00:28:56	<b>00:49:32.00</b>	+00:12:49 (25.9%)	4:57	12.1 (74.2%)
27	KOPACZ Rafał	69		M30-39	27	00:01:17	00:13:44	00:25:56	00:38:07	<b>00:49:59.35</b>	+00:13:16 (26.6%)	4:59	12 (73.6%)
28	GARNCAREK Paweł	43		M30-39	28	00:01:16	00:13:40	00:26:01	00:38:55	<b>00:51:15.85</b>	+00:14:32 (28.4%)	5:07	11.7 (71.8%)
29	KACZMAREK Łukasz	60	WOJOWNICY WÓDY	M30-39	29	00:01:13	00:13:39	00:26:29	00:39:03	<b>00:51:22.85</b>	+00:14:39 (28.5%)	5:08	11.7 (71.8%)
30	SZYSZKOWSKI Tomasz	141		M30-39	30	00:01:04	00:13:14	00:25:57	00:38:54	<b>00:51:25.15</b>	+00:14:42 (28.6%)	5:08	11.7 (71.8%)
31	DĘBSKI Damian	34		M30-39	31	00:01:05	00:12:52	00:25:13	00:38:26	<b>00:51:48.75</b>	+00:15:05 (29.1%)	5:10	11.6 (71.2%)
32	PIOTROWSKI Grzegorz	170	BIEGOWA ŚWIDNICA	M30-39	32	00:01:00	00:13:45	00:26:51	00:39:36	<b>00:51:57.95</b>	+00:15:14 (29.3%)	5:11	11.5 (70.6%)
33	KOWALCZYK Piotr	72	FOR-REST-RUN	M30-39	33	00:01:04	00:13:24	00:26:06	00:39:05	<b>00:52:01.50</b>	+00:15:18 (29.4%)	5:12	11.5 (70.6%)
34	LEWICZ Jan	85	CPSP USTKA	M30-39	34	00:01:09	00:13:35	00:26:37	00:39:48	<b>00:53:04.55</b>	+00:16:21 (30.8%)	5:18	11.3 (69.3%)
35	JURKIEWICZ Andrzej	58	CSSP	M30-39	35	00:01:16	00:14:07	00:27:27	00:41:04	<b>00:54:48.55</b>	+00:18:05 (33.0%)	5:28	10.9 (66.9%)
36	SZYMANOWICZ Marcin	139		M30-39	36	00:01:12	00:15:27	00:30:46	00:47:07	<b>01:02:55.65</b>	+00:26:12 (41.7%)	6:17	9.5 (58.3%)
	MARCINIAK Marcin	94	MACIEJ MARCINIAK BIKE TEAM	M30-39		00:00:58 DNF	00:11:43 DNF	00:22:45 DNF	DNF	<b>DNF</b>		-	- (0.0%)

Total 37 results.