



XVII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin
Data: 2019-05-25
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 0.18km	Herk_All 2.635km	Herk_All 5.09km	Herk_All 7.545km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	JAROSZ Wiesław	54	JW. 1223/POLITECHNIKA KOSZALIŃSKA	M40-49	1	00:00:43	00:09:34	00:18:30	00:27:33	00:36:33.55		3:39	16.4 (100%)
2	ZABORSKI Ryszard	155	TKKF KOSZALIN	M40-49	2	00:00:43	00:09:30	00:18:33	00:27:50	00:37:04.35	+00:00:30 (1.4%)	3:42	16.2 (98.8%)
3	FOLTYNIEWICZ Maciej	41	KS TRIATHLON SZCZECINEK	M40-49	3	00:00:43	00:09:43	00:18:55	00:28:19	00:37:38.20	+00:01:04 (2.9%)	3:45	15.9 (97.0%)
4	WOJCIECHOWICZ Jacek	151	WWW.STUDIOTANCAPASJA.PL	M40-49	4	00:00:44	00:10:19	00:20:05	00:29:49	00:39:25.05	+00:02:51 (7.3%)	3:56	15.2 (92.7%)
5	BURDA Robert	16	KOSPEL	M40-49	5	00:00:50	00:10:36	00:20:37	00:30:49	00:40:40.25	+00:04:06 (10.1%)	4:04	14.8 (90.2%)
6	MUCHA Krzysztof	102		M40-49	6	00:00:49	00:10:56	00:21:15	00:31:48	00:42:23.65	+00:05:50 (13.8%)	4:14	14.2 (86.6%)
7	GÓRNY Norbert	44	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	7	00:01:05	00:11:11	00:21:36	00:32:20	00:42:48.60	+00:06:15 (14.6%)	4:16	14 (85.4%)
8	PEKAŁA Piotr	114		M40-49	8	00:01:01	00:11:20	00:21:48	00:32:29	00:42:50.40	+00:06:16 (14.7%)	4:17	14 (85.4%)
9	IWANIEC Dariusz	50	TKKF KOSZALIN	M40-49	9	00:00:55	00:11:33	00:22:26	00:33:34	00:44:28.25	+00:07:54 (17.8%)	4:26	13.5 (82.3%)
10	WIKTOROWSKI Maciej	148		M40-49	10	00:00:50	00:11:28	00:22:47	00:34:16	00:45:38.05	+00:09:04 (19.9%)	4:33	13.1 (79.9%)
11	MICERSKI Tomasz	97	TKKF KOSZALIN	M40-49	11	00:00:56	00:11:50	00:23:04	00:34:19	00:45:38.95	+00:09:05 (19.9%)	4:33	13.1 (79.9%)
12	KLEMANN Paweł	63	TKKF KOSZALIN	M40-49	12	00:01:03	00:11:49	00:22:43	00:34:08	00:45:49.95	+00:09:16 (20.2%)	4:34	13.1 (79.9%)
13	KWIETNIEWSKI Daniel	84		M40-49	13	00:01:09	00:11:50	00:23:04	00:34:32	00:45:55.30	+00:09:21 (20.4%)	4:35	13.1 (79.9%)
14	JANKOWSKI Mariusz	52		M40-49	14	00:00:54	00:12:01	00:23:25	00:35:04	00:46:03.40	+00:09:29 (20.6%)	4:36	13 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	Herk_All	Herk_All	Herk_All	Czas	Różn	Tempo	Tempo
						0.18km	2.635km	5.09km	7.545km	netto		10km	min/km
15	ROGOŻA Ireneusz	121		M40-49	15	00:01:03	00:12:21	00:23:38	00:35:06	00:46:04.45	+00:09:30 (20.7%)	4:36	13 (79.3%)
16	BŁACH Piotr	12		M40-49	16	00:01:02	00:12:21	00:23:41	00:35:11	00:46:11.65	+00:09:38 (20.9%)	4:37	13 (79.3%)
17	DERLIŃSKI Adam	33	TORNADO KOSZALIN	M40-49	17	00:00:47	00:11:51	00:23:13	00:35:04	00:46:21.35	+00:09:47 (21.1%)	4:38	12.9 (78.7%)
18	BIELIŃSKI Michał	9	ROZBIEGANY KOSZALIN	M40-49	18	00:01:04	00:12:37	00:24:01	00:35:30	00:46:43.75	+00:10:10 (21.8%)	4:40	12.8 (78.0%)
19	CHOŁUJ Jarek	22	ROZBIEGANY KOSZALIN	M40-49	19	00:00:57	00:12:26	00:24:12	00:35:48	00:46:43.90	+00:10:10 (21.8%)	4:40	12.8 (78.0%)
20	ANTKOWIAK Sebastian	2	DB - ACTIVE	M40-49	20	00:01:01	00:11:56	00:23:40	00:35:38	00:47:16.65	+00:10:43 (22.7%)	4:43	12.7 (77.4%)
21	WOJCIECHOWSKI Andrzej	152		M40-49	21	00:01:01	00:12:30	00:24:18	00:36:09	00:47:52.35	+00:11:18 (23.6%)	4:47	12.5 (76.2%)
22	PIECHOTA Robert	115	ROZBIEGANY KOSZALIN	M40-49	22	00:00:53	00:12:15	00:24:18	00:36:56	00:48:30.15	+00:11:56 (24.6%)	4:51	12.4 (75.6%)
23	CZUCZAK Tomasz	164		M40-49	23	00:00:58	00:12:20	00:24:08	00:36:24	00:48:32.15	+00:11:58 (24.7%)	4:51	12.4 (75.6%)
24	KONKEL Łukasz	67		M40-49	24	00:01:02	00:12:42	00:24:42	00:36:57	00:48:36.50	+00:12:02 (24.8%)	4:51	12.3 (75.0%)
25	CZADROWSKI Piotr	28		M40-49	25	00:01:15	00:13:35	00:25:39	00:37:34	00:49:18.40	+00:12:44 (25.9%)	4:55	12.2 (74.4%)
26	PIETRYKA Artur	116	KARLINOBIEGAJ!	M40-49	26	00:01:07	00:12:50	00:25:15	00:37:41	00:49:30.00	+00:12:56 (26.1%)	4:57	12.1 (73.8%)
27	KRASIŃSKI Witold	76		M40-49	27	00:01:04	00:12:47	00:24:53	00:37:14	00:49:35.20	+00:13:01 (26.3%)	4:57	12.1 (73.8%)
28	DĄBROWSKI Grzegorz	32		M40-49	28	00:01:06	00:13:14	00:25:41	00:38:12	00:50:12.80	+00:13:39 (27.2%)	5:01	12 (73.2%)
29	MAZUR Mirosław	95		M40-49	29	00:01:06	00:13:26	00:25:51	00:38:19	00:50:17.70	+00:13:44 (27.3%)	5:01	11.9 (72.6%)
30	KUBACZKA Andrzej	81		M40-49	30	00:01:16	00:13:29	00:25:39	00:38:17	00:51:08.40	+00:14:34 (28.5%)	5:06	11.7 (71.3%)
31	PAWŁOWSKI Grzegorz	112		M40-49	31	00:01:14	00:13:40	00:26:12	00:38:44	00:51:10.55	+00:14:37 (28.6%)	5:07	11.7 (71.3%)
32	KOCIENIEWSKI Rafał	65		M40-49	32	00:01:15	00:13:56	00:26:55	00:39:29	00:51:15.65	+00:14:42 (28.7%)	5:07	11.7 (71.3%)
33	JASIENIECKI Piotr	55	KP ZEFIR WYSZEWO	M40-49	33	00:00:58	00:13:19	00:26:03	00:39:03	00:51:57.30	+00:15:23 (29.6%)	5:11	11.5 (70.1%)
34	BUDZIŃSKI Paweł	163		M40-49	34	00:01:11	00:14:04	00:26:53	00:39:50	00:52:29.30	+00:15:55 (30.3%)	5:14	11.4 (69.5%)
35	DIDŁUCH Jacek	35	KOŁOBRZEG BIEGA MARATON TEAM	M40-49	35	00:01:08	00:13:27	00:26:14	00:39:27	00:52:38.65	+00:16:05 (30.6%)	5:15	11.4 (69.5%)
36	KULAWIŃSKI Marek	168		M40-49	36	00:01:13	00:14:03	00:27:13	00:40:47	00:54:25.70	+00:17:52 (32.8%)	5:26	11 (67.1%)
37	RUSIECKI Paweł	124	WSPL SP ZOZ W KOSZALINIE	M40-49	37	00:01:12	00:15:19	00:29:44	00:44:37	00:59:39.15	+00:23:05 (38.7%)	5:57	10.1 (61.6%)

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38	DYBALSKI Krzysztof	38		M40-49	38	00:01:19	00:15:31	00:30:16	00:45:36	01:00:56.90	+00:24:23 (40.0%)	6:05	9.8 (59.8%)
39	KOPCZYŃSKI Michał	70		M40-49	39	00:01:14	00:15:23	00:30:55	00:47:49	01:03:50.70	+00:27:17 (42.7%)	6:23	9.4 (57.3%)

Znaleziono 39 wynik(ów)