



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: M60-69

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	OPALIŃSKI Stanisław	107	BIEGAM BO LUBIĘ	M60-69	1	00:00:51	00:12:35	00:24:29	00:36:18	00:47:43.35		4:46	12.6 (100%)
2	DZIUBA Leszek	40		M60-69	2	00:01:05	00:12:47	00:24:36	00:36:18	00:47:47.80	+00:00:04 (0.2%)	4:46	12.6 (100%)
3	ALABA Jerzy	1		M60-69	3	00:01:17	00:13:00	00:24:35	00:36:22	00:48:20.10	+00:00:36 (1.3%)	4:50	12.4 (98.4%)
4	OSOBNIAK Ryszard	108		M60-69	4	00:00:57	00:12:47	00:25:02	00:37:23	00:49:16.55	+00:01:33 (3.2%)	4:55	12.2 (96.8%)
5	NIWIŃSKI Grzegorz	103	K. B. TUPOT USTKA	M60-69	5	00:01:11	00:12:48	00:24:54	00:37:17	00:49:22.25	+00:01:38 (3.3%)	4:56	12.2 (96.8%)
6	BOGACKI Tomasz	14	TKKF KOSZALIN	M60-69	6	00:01:04	00:13:24	00:25:50	00:38:33	00:51:02.60	+00:03:19 (6.5%)	5:06	11.8 (93.7%)
7	KOZŁOWIECKI Waldemar	75	TKKF KOSZALIN	M60-69	7	00:01:16	00:14:08	00:26:50	00:40:11	00:53:06.75	+00:05:23 (10.1%)	5:18	11.3 (89.7%)
8	JUSZCZAK Krzysztof	59		M60-69	8	00:01:00	00:13:27	00:26:49	00:40:32	00:54:10.75	+00:06:27 (11.9%)	5:25	11.1 (88.1%)
9	KARNICKI Zygmunt	61	TKKF KOSZALIN	M60-69	9	00:01:04	00:14:18	00:28:21	00:42:55	00:57:42.85	+00:09:59 (17.3%)	5:46	10.4 (82.5%)
10	HELLER Zdzisław	45	NIEZRZESZONY	M60-69	10	00:01:16	00:15:40	00:30:47	00:45:51	01:01:03.20	+00:13:19 (21.8%)	6:06	9.8 (77.8%)
11	PASEK Jan	110	KLUB BIEGOWY JANTAR ŚWIESZYNO	M60-69	11	00:01:22	00:18:29	00:37:07	00:56:08	01:15:10.80	+00:27:27 (36.5%)	7:31	8 (63.5%)
12	SZCZEBLEWSKI Józef	165		M60-69	12	00:01:26	00:19:59	00:39:09	00:59:50	01:20:48.00	+00:33:04 (40.9%)	8:04	7.4 (58.7%)
	ZIELIŃSKI Grzegorz	157		M60-69		00:01:09 DNF	00:14:08 DNF	DNF	DNF	DNF		-	- (0.0%)

Total 13 results.