



XVIII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT
WALCOWANIE ŁACZNO SIĘ WIECZĄ

Event: XVIII MIĘDZYNARODOWY BIEG WENEDÓW
Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin
Date: 2020-09-12
Place: Koszalin
Distance: 10 km



Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Net time 10km	Gap	Pace min/km	Pace km/h
1	CZERNIEWSKI Marcin	23	AML SŁUPSK	M30-39	1	00:00:14	00:04:50	00:09:24	00:14:03	00:18:43	00:23:29	00:28:18	00:32:58.20		3:17	18.2 (100%)
2	PERLIK Tomasz	133	MTS HAMER	M30-39	2	00:00:13	00:04:51	00:09:29	00:14:15	00:19:07	00:24:01	00:29:00	00:33:48.90	+00:00:50 (2.5%)	3:22	17.7 (97.3%)
3	HUBERT Łukasz	51	TKKF KOSZALIN1	M30-39	3	00:00:13	00:05:00	00:10:02	00:15:15	00:20:32	00:25:52	00:31:14	00:36:19.85	+00:03:21 (9.3%)	3:38	16.5 (90.7%)
4	WALCZAK Paweł	182	1989.	M30-39	4	00:00:14	00:05:11	00:10:20	00:15:28	00:20:48	00:26:16	00:31:45	00:37:02.15	+00:04:03 (11.0%)	3:42	16.2 (89.0%)
5	WOJTALIK Łukasz	195	TRUCHCIKI	M30-39	5	00:00:14	00:05:02	00:10:14	00:15:32	00:20:56	00:26:29	00:32:06	00:37:38.55	+00:04:40 (12.4%)	3:45	15.9 (87.4%)
6	WIECZOREK Łukasz	189	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M30-39	6	00:00:18	00:05:50	00:11:35	00:17:29	00:23:25	00:29:22	00:35:13	00:40:43.15	+00:07:44 (19.0%)	4:04	14.7 (80.8%)
7	WICHER Krzysztof	188	ADWOKATURA	M30-39	7	00:00:14	00:05:39	00:11:11	00:17:00	00:23:05	00:29:08	00:35:14	00:40:58.65	+00:08:00 (19.5%)	4:05	14.6 (80.2%)
8	GAJLEWICZ Dominik	37	MTS HAMER	M30-39	8	00:00:14	00:05:28	00:11:06	00:16:58	00:23:00	00:29:00	00:35:11	00:41:09.50	+00:08:11 (19.9%)	4:07	14.6 (80.2%)
9	KAWKA Adrian	64	RAKIETY	M30-39	9	00:00:14	00:05:20	00:10:52	00:16:37	00:22:36	00:29:21	00:35:34	00:41:35.25	+00:08:37 (20.7%)	4:09	14.4 (79.1%)
10	RUBASZNIK Radosław	149	CSSP KOSZALIN	M30-39	10	00:00:19	00:06:20	00:12:09	00:18:03	00:23:57	00:29:55	00:35:54	00:41:40.10	+00:08:41 (20.9%)	4:10	14.4 (79.1%)
11	CHUPTYŚ Adrian	18	RUNDORFINA	M30-39	11	00:00:16	00:05:43	00:11:37	00:17:48	00:24:07	00:30:29	00:36:54	00:43:04.45	+00:10:06 (23.5%)	4:18	13.9 (76.4%)
12	BARUTOWICZ Grzegorz	5	1981.	M30-39	12	00:00:17	00:06:11	00:12:12	00:18:23	00:24:43	00:31:11	00:37:37	00:43:53.10	+00:10:54 (24.9%)	4:23	13.7 (75.3%)
13	WERS Krzysztof	187		M30-39	13	00:00:19	00:06:14	00:12:22	00:18:37	00:24:49	00:31:10	00:37:42	00:43:56.75	+00:10:58 (25.0%)	4:23	13.7 (75.3%)
14	WEBER Paweł	186	FPP	M30-39	14	00:00:17	00:06:07	00:12:10	00:18:25	00:24:47	00:31:14	00:37:46	00:44:04.85	+00:11:06 (25.2%)	4:24	13.6 (74.7%)
15	MIŁASZEWSKI Przemek	120	AMBRA PL	M30-39	15	00:00:19	00:06:18	00:12:30	00:18:49	00:25:03	00:31:30	00:38:07	00:44:16.30	+00:11:18 (25.5%)	4:25	13.6 (74.7%)

Place	Participant	Number	Club	Category	MCat							Net time	Gap	Pace min/km	Pace km/h	
						Dobieg	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6				10km
16	SITARCZYK Damian	158	FUNDACJA ZASTOPUJ	M30-39	16	00:00:20	00:06:02	00:12:00	00:18:21	00:24:56	00:31:40	00:38:43	00:45:46.30	+00:12:48 (28.0%)	4:34	13.1 (72.0%)
17	MARCINIAK Maciej	109	KS POGOŃ POŁCZYN ZDRÓJ	M30-39	17	00:00:16	00:06:05	00:12:15	00:18:36	00:25:00	00:32:05	00:39:23	00:46:42.75	+00:13:44 (29.4%)	4:40	12.8 (70.3%)
18	MAZURSKI Paweł	115		M30-39	18	00:00:17	00:06:38	00:13:13	00:19:53	00:26:31	00:33:20	00:40:27	00:47:17.40	+00:14:19 (30.3%)	4:43	12.7 (69.8%)
19	ZAWADZKI Damian	203	KB WYGAN	M30-39	19	00:00:20	00:06:53	00:13:37	00:20:21	00:27:11	00:34:08	00:40:56	00:47:22.95	+00:14:24 (30.4%)	4:44	12.7 (69.8%)
20	KOWALCZYK Piotr	79	FOR-REST-RUN	M30-39	20	00:00:19	00:06:52	00:13:29	00:20:17	00:27:12	00:34:17	00:41:31	00:48:32.75	+00:15:34 (32.1%)	4:51	12.4 (68.1%)
21	WIELGAT Łukasz	190	KB BRYZA POSTOMINO	M30-39	21	00:00:20	00:06:14	00:12:22	00:18:51	00:26:02	00:34:17	00:42:18	00:49:11.20	+00:16:13 (33.0%)	4:55	12.2 (67.0%)
22	STAWISZYNSKI Jarosław	165	FRK	M30-39	22	00:00:20	00:06:52	00:13:44	00:20:44	00:27:52	00:35:10	00:42:32	00:49:14.75	+00:16:16 (33.1%)	4:55	12.2 (67.0%)
23	SZYMAŃSKI Piotr	172		M30-39	23	00:00:22	00:06:57	00:13:41	00:20:29	00:27:25	00:34:46	00:42:17	00:49:34.10	+00:16:35 (33.5%)	4:57	12.1 (66.5%)
24	WYSOCKI Arkadiusz	199		M30-39	24	00:00:15	00:06:19	00:13:36	00:21:26	00:29:15	00:36:50	00:44:26	00:51:51.80	+00:18:53 (36.4%)	5:11	11.6 (63.7%)
25	ADAMOWICZ Maciej	1	SP MIELNO	M30-39	25	00:00:16	00:06:38	00:13:53	00:21:18	00:29:03	00:36:51	00:44:50	00:52:17.10	+00:19:18 (36.9%)	5:13	11.5 (63.2%)
26	SZYSZKOWSKI Tomasz	174	FOR-REST-RUN	M30-39	26	00:00:22	00:07:09	00:14:28	00:22:04	00:29:41	00:37:25	00:45:12	00:52:34.15	+00:19:35 (37.3%)	5:15	11.4 (62.6%)
27	BODO Rafał	7	ZOZKOSZ KOSZALIN	M30-39	27	00:00:19	00:07:05	00:14:15	00:21:33	00:29:10	00:36:54	00:44:48	00:52:34.80	+00:19:36 (37.3%)	5:15	11.4 (62.6%)
28	CZESZEK Ireneusz	24	FUNDACJA ZASTOPUJ	M30-39	28	00:00:17	00:06:21	00:13:28	00:20:59	00:28:51	00:37:13	00:45:13	00:52:41.25	+00:19:43 (37.4%)	5:16	11.4 (62.6%)
29	PANASZEWSKI Przemysław	129		M30-39	29	00:00:22	00:07:25	00:14:44	00:22:15	00:29:54	00:37:30	00:45:25	00:52:57.55	+00:19:59 (37.7%)	5:17	11.3 (62.1%)
30	CZARNECKI Radek	21		M30-39	30	00:00:22	00:06:56	00:13:42	00:21:01	00:28:48	00:36:58	00:44:53	00:53:18.95	+00:20:20 (38.2%)	5:19	11.3 (62.1%)
31	MITUNIEWICZ Adrian	122		M30-39	31	00:00:20	00:07:22	00:14:42	00:22:14	00:29:54	00:37:45	00:45:51	00:53:50.90	+00:20:52 (38.8%)	5:23	11.1 (61.0%)
32	POŁOCZAŃSKI Piotr	142	SZWAGRY BIEGAJĄ	M30-39	32	00:00:22	00:07:41	00:15:08	00:22:44	00:30:46	00:38:43	00:46:49	00:54:14.40	+00:21:16 (39.2%)	5:25	11.1 (61.0%)
33	SZMYT Marcin	170	SZWAGRY BIEGAJĄ	M30-39	33	00:00:23	00:07:34	00:14:52	00:22:38	00:30:47	00:39:12	00:48:01	00:56:37.50	+00:23:39 (41.8%)	5:39	10.6 (58.2%)
34	PIETRZYK Rafał	139		M30-39	34	00:00:23	00:07:52	00:15:45	00:23:53	00:32:23	00:40:50	00:49:25	00:58:16.80	+00:25:18 (43.4%)	5:49	10.3 (56.6%)
35	SZCZYPEK Arkadiusz	169	FUNDACJA ZASTOPUJ	M30-39	35	00:00:19	00:07:28	00:14:54	00:22:20	00:30:52	00:39:51	00:49:42	00:58:17.80	+00:25:19 (43.4%)	5:49	10.3 (56.6%)
36	KRUPIŃSKI Adam	89	FUNDACJA ZASTOPUJ	M30-39	36	00:00:18	00:06:51	00:14:42	00:22:33	00:33:17	00:42:50	00:52:17	01:00:34.25	+00:27:36 (45.6%)	6:03	9.9 (54.4%)
	ZAREMBA Tomasz	201		M30-39		00:00:18 DNF	00:07:06 DNF	00:14:33 DNF	00:22:45 DNF	00:31:32 DNF	00:40:12 DNF	DNF	DNF	-	-	- (0.0%)
	CZAPLIŃSKI Jacek	19		M30-39		00:00:17 DNF	00:05:44 DNF	00:11:14 DNF	00:16:55 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Total 38 results.