



XVIII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT
INTELLIGENT SPORTS

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



Classification: M40-49

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	BORYCHOWSKI Mariusz	210	TKKF KOSZALIN1	M40-49	1	00:00:13	00:04:50	00:09:24	00:14:03	00:18:48	00:23:41	00:28:37	00:33:31.70		3:21	17.9 (100%)
2	ZABORSKI Ryszard	200	TKKF KOSZALIN	M40-49	2	00:00:13	00:05:02	00:10:03	00:15:14	00:20:31	00:25:51	00:31:16	00:36:34.45	+00:03:02 (8.3%)	3:39	16.4 (91.6%)
3	HOŁUB Kamil	49	MLUKS TRZEBIATÓW	M40-49	3	00:00:13	00:05:09	00:10:20	00:15:44	00:21:10	00:26:34	00:32:05	00:37:24.55	+00:03:52 (10.4%)	3:44	16 (89.4%)
4	RUDNIKOWSKI Maciej	150	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M40-49	4	00:00:14	00:05:24	00:10:47	00:16:13	00:21:39	00:27:08	00:32:37	00:37:54.20	+00:04:22 (11.5%)	3:47	15.8 (88.3%)
5	WITKIEWICZ Eryk	193	1976.	M40-49	5	00:00:14	00:05:31	00:10:53	00:16:14	00:21:37	00:27:05	00:32:40	00:37:59.20	+00:04:27 (11.7%)	3:47	15.8 (88.3%)
6	KASZUBIAK Klaudiusz	63		M40-49	6	00:00:15	00:05:21	00:10:41	00:16:07	00:21:39	00:27:14	00:32:55	00:38:22.75	+00:04:51 (12.6%)	3:50	15.6 (87.2%)
7	GOLIŃSKI Łukasz	41	3:10 TEAM ŚWIDWIN	M40-49	7	00:00:15	00:05:32	00:11:02	00:16:31	00:22:07	00:27:41	00:33:16	00:38:48.45	+00:05:16 (13.6%)	3:52	15.5 (86.6%)
8	WOJCIECHOWICZ Jacek	194	WWW.STUDIOTANCAPASJA.PL	M40-49	8	00:00:16	00:05:34	00:11:03	00:16:38	00:22:16	00:27:58	00:33:35	00:39:06.40	+00:05:34 (14.3%)	3:54	15.3 (85.5%)
9	ZYCH Paweł	207	ALLIANZ RUNNING TEAM	M40-49	9	00:00:14	00:05:17	00:10:39	00:16:11	00:21:53	00:27:40	00:33:30	00:39:10.50	+00:05:38 (14.4%)	3:55	15.3 (85.5%)
10	BURDA Robert	14	KOSPEL	M40-49	10	00:00:16	00:05:39	00:11:13	00:16:57	00:22:45	00:28:36	00:34:21	00:39:42.20	+00:06:10 (15.6%)	3:58	15.1 (84.4%)
11	LANGE Grzegorz	98	LANGE TRI COACH	M40-49	11	00:00:16	00:05:35	00:11:01	00:16:33	00:22:14	00:28:23	00:34:20	00:39:50.45	+00:06:18 (15.8%)	3:59	15.1 (84.4%)
12	BIEDRZYCKI Krzysztof	6	CW FANZA	M40-49	12	00:00:14	00:05:34	00:11:06	00:16:41	00:22:27	00:28:19	00:34:11	00:39:59.30	+00:06:27 (16.2%)	3:59	15 (83.8%)
13	MICHALAK Grzegorz	117	KARLINO BIEGAJ!	M40-49	13	00:00:15	00:05:35	00:11:06	00:16:48	00:22:39	00:28:31	00:34:29	00:40:10.50	+00:06:38 (16.5%)	4:01	14.9 (83.2%)
14	MACKOJĆ Krzysztof	106	EL-MACKOJĆ	M40-49	14	00:00:15	00:05:25	00:10:44	00:16:12	00:21:42	00:27:24	00:33:26	00:41:00.05	+00:07:28 (18.2%)	4:06	14.6 (81.6%)
15	KOZIEŁ Paweł	83	TRUCHCIKI	M40-49	15	00:00:16	00:05:51	00:11:45	00:17:48	00:23:54	00:30:03	00:36:12	00:42:07.65	+00:08:35 (20.4%)	4:12	14.2 (79.3%)
16	PĘKAŁA Piotr	134	SOSW KOSZALIN	M40-49	16	00:00:22	00:06:25	00:12:18	00:18:19	00:24:25	00:30:27	00:36:27	00:42:09.15	+00:08:37 (20.5%)	4:13	14.2 (79.3%)

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	Gap	Pace min/km	Pace km/h
													10km			
17	IWANIEC Dariusz	52	TKKF KOSZALIN	M40-49	17	00:00:17	00:06:08	00:12:05	00:18:12	00:24:28	00:30:48	00:37:10	00:43:07.00	+00:09:35 (22.2%)	4:18	13.9 (77.7%)
18	KOZAK Grzegorz	82	FPP	M40-49	18	00:00:17	00:06:07	00:12:10	00:18:25	00:24:47	00:31:14	00:37:23	00:43:12.40	+00:09:40 (22.4%)	4:19	13.9 (77.7%)
19	MAZUR Tomasz	113	I LO SZCZECINEK	M40-49	19	00:00:16	00:05:51	00:11:46	00:17:51	00:24:05	00:30:33	00:37:06	00:43:15.90	+00:09:44 (22.5%)	4:19	13.9 (77.7%)
20	URBAŃSKI Tomasz	181		M40-49	20	00:00:19	00:06:21	00:12:24	00:18:47	00:25:10	00:31:34	00:38:02	00:44:22.05	+00:10:50 (24.4%)	4:26	13.5 (75.4%)
21	KWIETNIEWSKI Daniel	97		M40-49	21	00:00:19	00:06:07	00:12:10	00:18:25	00:24:47	00:31:18	00:37:58	00:44:28.95	+00:10:57 (24.6%)	4:26	13.5 (75.4%)
22	OLEARCZYK Arkadiusz	125	BOBOLICKIE BRACTWO BIEGOWE	M40-49	22	00:00:18	00:05:52	00:11:52	00:18:11	00:24:44	00:31:54	00:38:47	00:45:31.60	+00:11:59 (26.4%)	4:33	13.2 (73.7%)
23	SZYMAŃSKI Piotr	173	SZYMON TEAM	M40-49	23	00:00:21	00:06:55	00:13:30	00:20:03	00:26:33	00:33:08	00:39:35	00:45:37.85	+00:12:06 (26.5%)	4:33	13.1 (73.2%)
24	KOBYLAK Janusz	70	KOŁOBRZEG BIEGA	M40-49	24	00:00:17	00:06:17	00:12:39	00:19:20	00:26:03	00:32:50	00:39:34	00:46:02.35	+00:12:30 (27.2%)	4:36	13 (72.6%)
25	CZERNIAK Gracjan	22		M40-49	25	00:00:21	00:06:50	00:13:18	00:19:51	00:26:21	00:33:00	00:39:37	00:46:06.95	+00:12:35 (27.3%)	4:36	13 (72.6%)
26	DERLIŃSKI Adam	29	TORNADO KOSZALIN	M40-49	26	00:00:18	00:06:20	00:12:38	00:19:07	00:25:53	00:32:48	00:39:47	00:46:35.40	+00:13:03 (28.0%)	4:39	12.9 (72.1%)
27	SAWIŃSKI Jacek	157		M40-49	27	00:00:20	00:07:00	00:13:49	00:20:31	00:27:24	00:34:12	00:40:57	00:47:38.85	+00:14:07 (29.6%)	4:45	12.6 (70.4%)
28	WIKTOROWSKI Maciej	191		M40-49	28	00:00:18	00:06:18	00:12:51	00:19:41	00:26:40	00:33:40	00:40:49	00:47:43.10	+00:14:11 (29.7%)	4:46	12.6 (70.4%)
29	HAŁKA Arkadiusz	46	TRUCHCIKI	M40-49	29	00:00:19	00:06:44	00:13:27	00:20:16	00:27:14	00:34:16	00:41:22	00:48:02.30	+00:14:30 (30.2%)	4:48	12.5 (69.8%)
30	ROGOŹA Ireneusz	147		M40-49	30	00:00:21	00:06:50	00:13:33	00:20:15	00:27:15	00:34:29	00:41:48	00:48:33.50	+00:15:01 (31.0%)	4:51	12.4 (69.3%)
31	BUDZIŃSKI Paweł	13	DRUŻYNA SZPIKU	M40-49	31	00:00:19	00:07:04	00:13:58	00:20:55	00:28:05	00:35:27	00:42:58	00:50:00.50	+00:16:28 (33.0%)	5:00	12 (67.0%)
32	GALICKI Robert	38		M40-49	32	00:00:24	00:07:32	00:14:36	00:21:34	00:28:50	00:36:10	00:43:38	00:50:29.20	+00:16:57 (33.6%)	5:03	11.9 (66.5%)
33	SARAPUK Piotr	153		M40-49	33	00:00:22	00:07:02	00:13:43	00:20:30	00:27:10	00:34:31	00:44:09	00:50:50.75	+00:17:19 (34.1%)	5:05	11.8 (65.9%)
34	CZUCZAK Tomasz	209		M40-49	34	00:00:22	00:07:04	00:13:57	00:21:04	00:28:25	00:36:21	00:44:12	00:51:06.30	+00:17:34 (34.4%)	5:06	11.7 (65.4%)
35	PUŚCIAN Krzysztof	145	SP MANOWO	M40-49	35	00:00:23	00:07:12	00:14:17	00:21:27	00:28:34	00:35:38	00:43:20	00:51:07.70	+00:17:36 (34.4%)	5:06	11.7 (65.4%)
36	ANTKOWIAK Sebastian	4	DB - ACTIVE	M40-49	36	00:00:22	00:06:58	00:13:45	00:20:58	00:28:25	00:35:54	00:43:28	00:51:13.35	+00:17:41 (34.5%)	5:07	11.7 (65.4%)
37	BRZEZIŃSKI Paweł	12		M40-49	37	00:00:16	00:07:02	00:14:10	00:21:30	00:28:53	00:36:29	00:44:13	00:51:40.10	+00:18:08 (35.1%)	5:10	11.6 (64.8%)
38	KONKEL Łukasz	72		M40-49	38	00:00:22	00:07:07	00:14:13	00:21:26	00:28:47	00:36:14	00:44:10	00:51:50.20	+00:18:18 (35.3%)	5:11	11.6 (64.8%)
39	ŚLIWIŃSKI Rafał	175	AQUA-MED ALEKSANDRA ŚLIWIŃSKA	M40-49	39	00:00:17	00:06:44	00:13:54	00:21:15	00:28:53	00:36:41	00:44:32	00:52:22.15	+00:18:50 (36.0%)	5:14	11.5 (64.2%)
40	KAZIMIERCZAK Leszek	65	1980.	M40-49	40	00:00:25	00:07:15	00:14:24	00:21:45	00:29:12	00:37:05	00:45:05	00:52:49.50	+00:19:17 (36.5%)	5:17	11.4 (63.7%)
41	PAWŁOWSKI Grzegorz	130	GAMMAX	M40-49	41	00:00:20	00:06:45	00:13:41	00:20:59	00:28:47	00:36:49	00:45:08	00:53:23.50	+00:19:51 (37.2%)	5:20	11.2 (62.6%)

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	Gap	Pace min/km	Pace km/h
													time 10km			
42	HRYNIEWICZ Rafał	50		M40-49	42	00:00:20	00:07:35	00:15:12	00:22:56	00:30:44	00:38:40	00:46:40	00:54:17.70	+00:20:46 (38.2%)	5:25	11 (61.5%)
43	KULAWIŃSKI Marek	94		M40-49	43	00:00:21	00:07:59	00:15:40	00:23:19	00:31:08	00:38:57	00:47:01	00:54:57.10	+00:21:25 (39.0%)	5:29	10.9 (60.9%)
44	GARNCAREK Paweł	39		M40-49	44	00:00:26	00:08:14	00:16:01	00:23:50	00:31:57	00:40:13	00:48:24	00:56:19.95	+00:22:48 (40.5%)	5:38	10.7 (59.8%)
45	KURŁOWICZ Krzysztof	95	OKS WWW.SZKOLNICTWO.PL	M40-49	45	00:00:23	00:08:08	00:15:46	00:23:06	00:31:36	00:40:02	00:49:04	00:57:01.05	+00:23:29 (41.2%)	5:42	10.5 (58.7%)
46	DIDŁUCH Jacek	31		M40-49	46	00:00:23	00:07:53	00:15:26	00:23:04	00:30:57	00:39:33	00:48:17	00:57:05.60	+00:23:33 (41.3%)	5:42	10.5 (58.7%)
47	SARBIEWSKI Przemysław	155	102 BATALION OCHRONY	M40-49	47	00:00:25	00:09:17	00:19:17	00:29:39	00:37:48	00:46:16	00:54:46	01:03:10.15	+00:29:38 (46.9%)	6:19	9.5 (53.1%)
48	DUCHNOWSKI Dariusz	35	BIAŁA PODLASKA	M40-49	48	00:00:27	00:09:23	00:18:53	00:29:03	00:39:18	00:49:14	00:59:26	01:09:20.15	+00:35:48 (51.6%)	6:56	8.7 (48.6%)
49	HARASYM Daniel	47	FUNDACJA ZASTOPIJ	M40-49	49	00:00:23	00:08:37	00:17:41	00:27:30	00:37:59	00:49:06	01:00:06	01:11:12.55	+00:37:40 (52.9%)	7:07	8.4 (46.9%)
	KLONOWSKI Artur	69		M40-49		00:00:23 DNF	00:08:08 DNF	00:15:46 DNF	00:23:33 DNF	00:33:58 DNF	DNF	DNF	DNF		-	- (0.0%)
	SLUPCZEWSKI Krzysztof	161	SDROG KOSZALIN	M40-49		00:00:16 DNF	00:05:35 DNF	00:11:20 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ADRYAN Adam	2	WATAHA ŁĄCZY NAS BIEGANIE	M40-49		00:00:23 DNF	00:07:17 DNF	00:14:46 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WALEŃSKI Michał	183	TKKF KOSZALIN	M40-49		00:00:21 DNF	00:07:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Total 53 results.