



XX BIEG WENEDÓW - 10 KM

B4SPORT
INTELEKTUALNE SŁOWNO KULTURY

Wydarzenie: XX BIEG WENEDÓW
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2022-10-08
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_1 0.75km	Lap_1 2km	Lap_1 2.75km	Lap_2 4km	Lap_1 4.75km	Lap_3 6km	Lap_1 6.75km	Lap_5 8km	Lap_5 8.75km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	RUDNIK Krzysztof	56		M40-49	1	00:02:46	00:07:03	00:10:04	00:14:44	00:17:31	00:22:16	00:25:04	00:29:46	00:32:31	00:36:54.70		3:41	16.3 (100%)
2	LASAK Konrad	37		M18-29	1	00:02:45	00:07:29	00:10:04	00:14:44	00:17:31	00:22:15	00:25:03	00:29:46	00:32:30	00:37:03.35	+00:00:08 (0.4%)	3:42	16.2 (99.4%)
3	RYBARCZYK Jan	57	ŻYJ Z ENERGIA	M50-59	1	00:02:45	00:07:28	00:10:10	00:14:54	00:17:39	00:22:26	00:25:12	00:29:59	00:32:45	00:37:13.50	+00:00:18 (0.8%)	3:43	16.1 (98.8%)
4	FEDORCZAK Łukasz	22	BIEGOLAS KOSZALIN	M30-39	1	00:02:47	00:07:30	00:10:18	00:15:11	00:18:01	00:22:58	00:25:50	00:30:48	00:33:39	00:38:20.85	+00:01:26 (3.7%)	3:50	15.7 (96.3%)
5	MACKOJC Krzysztof	42	EL-MACKOJC	M40-49	2	00:02:47	00:07:31	00:10:19	00:15:11	00:18:02	00:22:06	00:25:50	00:30:48	00:33:39	00:38:27.40	+00:01:32 (4.0%)	3:50	15.6 (95.7%)
6	MAZUR Jurir	77		M40-49	3	00:03:08	00:05:59	00:11:05	00:14:03	00:19:16	00:22:15	00:27:33	00:30:42	00:37:00	00:39:05.45	+00:02:10 (5.6%)	3:54	15.4 (94.5%)
7	NEJMAN Jerzy	45		M30-39	2	00:02:46	00:07:30	00:10:18	00:15:12	00:18:04	00:23:10	00:26:10	00:31:30	00:34:30	00:39:38.65	+00:02:43 (6.9%)	3:57	15.1 (92.6%)
8	KLIMOWICZ Michał	28		M30-39	3	00:02:49	00:07:51	00:10:48	00:15:54	00:18:53	00:23:58	00:26:55	00:32:02	00:35:00	00:39:50.55	+00:02:55 (7.4%)	3:59	15.1 (92.6%)
9	PICK Tomasz	51	BIEGOLAS KOSZALIN	M50-59	2	00:02:50	00:07:51	00:10:48	00:15:56	00:18:56	00:24:07	00:27:07	00:32:21	00:35:24	00:40:20.10	+00:03:25 (8.5%)	4:02	14.9 (91.4%)
10	KOZIEŁ Paweł	32	KĘPKA TEAM	M40-49	4	00:02:53	00:07:58	00:11:01	00:16:18	00:19:24	00:24:43	00:27:51	00:33:10	00:36:16	00:41:10.40	+00:04:15 (10.4%)	4:07	14.6 (89.6%)
11	XXXXXXX Tomek	69		M30-39	4	00:02:49	00:07:33	00:10:28	00:15:54	00:18:55	00:23:03	00:27:27	00:33:01	00:36:15	00:41:46.35	+00:04:51 (11.6%)	4:10	14.4 (88.3%)
12	MACIEJCZYK Mateusz	40		M30-39	5	00:02:58	00:08:24	00:11:35	00:17:11	00:20:26	00:26:05	00:29:20	00:34:50	00:38:01	00:43:07.45	+00:06:12 (14.4%)	4:18	13.9 (85.3%)
13	MOSZYŃSKI Jacek	44	TKKF KOSZALIN	M50-59	3	00:03:07	00:08:35	00:11:51	00:17:24	00:20:42	00:26:14	00:29:30	00:35:05	00:38:20	00:43:38.75	+00:06:44 (15.4%)	4:21	13.8 (84.7%)
14	KORCZYŃSKI Sławomir	29	SAPKID.PL	M30-39	6	00:02:59	00:08:20	00:11:31	00:17:18	00:20:37	00:26:13	00:29:32	00:35:26	00:38:52	00:44:35.10	+00:07:40 (17.2%)	4:27	13.5 (82.8%)
15	KOŚCIELNIAK Robert	75	TKKF KOSZALIN	M50-59	4	00:03:07	00:08:36	00:11:51	00:17:36	00:20:57	00:26:50	00:30:17	00:36:10	00:39:30	00:44:53.05	+00:07:58 (17.8%)	4:29	13.4 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_1	Lap_1	Lap_1	Lap_2	Lap_1	Lap_3	Lap_1	Lap_5	Lap_5	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.75km	2km	2.75km	4km	4.75km	6km	6.75km	8km	8.75km	10km			
16	SUCHANOWSKI Zygmunt	60	RESPECT LOTYŃ	M50-59	5	00:02:58	00:08:27	00:11:44	00:17:31	00:20:54	00:26:44	00:30:08	00:36:03	00:39:29	00:45:13.65	+00:08:18 (18.4%)	4:31	13.3 (81.6%)
17	OLSZAK Jakub	50		M16-17	1	00:03:08	00:08:43	00:12:03	00:17:56	00:21:17	00:27:06	00:30:33	00:36:29	00:39:52	00:45:17.20	+00:08:22 (18.5%)	4:31	13.2 (81.0%)
18	CHWALEBA Maciek	16	8PPLOT	M30-39	7	00:03:31	00:09:13	00:12:19	00:17:53	00:21:05	00:27:07	00:30:27	00:36:36	00:39:55	00:45:45.95	+00:08:51 (19.3%)	4:34	13.1 (80.4%)
19	CHUDY Henryk	14	KS OLSZEWSKI I SYNOWIE	M60-69	1	00:03:01	00:08:49	00:12:07	00:18:03	00:21:27	00:27:32	00:31:00	00:37:08	00:40:39	00:46:41.70	+00:09:47 (21.0%)	4:40	12.9 (79.1%)
20	SZMID Tomasz	63		M30-39	8	00:03:43	00:09:51	00:13:20	00:19:25	00:22:55	00:28:48	00:32:16	00:38:10	00:41:30	00:46:49.05	+00:09:54 (21.2%)	4:40	12.8 (78.5%)
21	DZIKOŃ Rafał	21	RAFTER-RUN	M40-49	5	00:03:32	00:09:23	00:12:48	00:18:45	00:22:10	00:28:14	00:31:46	00:37:53	00:41:24	00:47:10.25	+00:10:15 (21.7%)	4:43	12.7 (77.9%)
22	BRZEZIŃSKI Paweł	9	IRONDAD	M40-49	6	00:03:14	00:09:08	00:12:30	00:18:41	00:22:11	00:28:18	00:31:47	00:37:56	00:41:28	00:47:18.40	+00:10:23 (22.0%)	4:43	12.7 (77.9%)
23	BOREJKO Łukasz	7		M30-39	9	00:03:20	00:09:15	00:12:36	00:18:39	00:22:09	00:28:08	00:31:36	00:37:47	00:41:26	00:47:28.35	+00:10:33 (22.2%)	4:44	12.6 (77.3%)
24	PIEKUTOWSKI Artur	52		M40-49	7	00:03:09	00:08:58	00:12:23	00:18:26	00:21:57	00:28:08	00:31:43	00:37:57	00:41:33	00:47:36.45	+00:10:41 (22.5%)	4:45	12.6 (77.3%)
25	KRZEWIŃSKA Małgorzata	33	TKKF KOSZALIN	K60+	1	00:03:24	00:09:29	00:13:00	00:19:07	00:22:35	00:28:42	00:32:15	00:38:14	00:41:43	00:47:40.10	+00:10:45 (22.6%)	4:46	12.6 (77.3%)
26	ŻYSZKIEWICZ Piotr	74	ROZBIEGANA USTKA	M50-59	6	00:03:41	00:09:54	00:13:26	00:19:30	00:23:05	00:29:05	00:32:34	00:38:32	00:42:00	00:47:41.35	+00:10:46 (22.6%)	4:46	12.6 (77.3%)
27	LESZCZEŁOWSKI Piotr	38	SHELTIES RACE	M40-49	8	00:03:38	00:09:38	00:13:12	00:19:16	00:22:48	00:28:58	00:32:35	00:38:50	00:42:23	00:48:04.30	+00:11:09 (23.2%)	4:48	12.5 (76.7%)
28	SKOWYRSKI Janusz	58	TKKF BIEGOLAS KOSZALIN	M60-69	2	00:03:16	00:09:11	00:12:41	00:18:51	00:22:29	00:28:40	00:32:14	00:38:30	00:42:06	00:48:05.15	+00:11:10 (23.2%)	4:48	12.5 (76.7%)
29	ADASZYNSKI Wiesław	1	BIEGOLASKOSZALIN	M50-59	7	00:02:57	00:08:50	00:12:16	00:18:27	00:22:02	00:28:24	00:32:05	00:38:17	00:42:04	00:48:13.90	+00:11:19 (23.5%)	4:49	12.4 (76.1%)
30	JANKOJC Dominik	25		M40-49	9	00:03:25	00:09:29	00:13:02	00:19:14	00:22:51	00:29:02	00:32:40	00:38:55	00:42:32	00:48:34.05	+00:11:39 (24.0%)	4:51	12.4 (76.1%)
31	DĄBROWSKA Alicja	17	TKKF KOSZALIN	K50-59	1	00:03:34	00:09:45	00:13:25	00:19:44	00:23:22	00:29:02	00:33:10	00:39:22	00:42:56	00:48:42.95	+00:11:48 (24.2%)	4:52	12.3 (75.5%)
32	SUDER-MAKSYMOWICZ Grzegorz	62		M40-49	10	00:03:19	00:09:25	00:12:57	00:19:08	00:22:40	00:28:56	00:32:41	00:39:14	00:42:58	00:48:58.90	+00:12:04 (24.6%)	4:53	12.3 (75.5%)
33	STENKA Rafał	59		M30-39	10	00:03:07	00:08:56	00:12:24	00:18:46	00:22:25	00:28:55	00:32:37	00:39:09	00:42:57	00:49:16.20	+00:12:21 (25.1%)	4:55	12.2 (74.8%)
34	MAZUR Mirosław	43	TKKF KOSZALIN	M50-59	8	00:03:23	00:09:27	00:13:00	00:19:11	00:22:50	00:29:09	00:32:50	00:39:26	00:43:13	00:49:36.85	+00:12:42 (25.6%)	4:57	12.1 (74.2%)
35	GRUNWALD Karolina	23		K30-39	1	00:03:20	00:09:14	00:12:43	00:19:05	00:22:52	00:29:30	00:33:11	00:39:56	00:43:38	00:49:56.30	+00:13:01 (26.1%)	4:59	12 (73.6%)
36	CHUDZIK Zbigniew	15	TKKF KOSZALIN	M60-69	3	00:03:23	00:09:34	00:13:06	00:19:23	00:23:05	00:29:29	00:33:10	00:39:42	00:43:33	00:49:57.15	+00:13:02 (26.1%)	4:59	12 (73.6%)
37	ZALIŃSKA Aneta	70	ROZBIEGANA USTKA	K40-49	1	00:03:44	00:10:05	00:13:45	00:19:58	00:23:36	00:30:02	00:33:41	00:40:04	00:43:49	00:50:01.45	+00:13:06 (26.2%)	5:00	12 (73.6%)
38	BUKIET Paweł	11		M40-49	11	00:03:25	00:09:36	00:13:13	00:19:36	00:23:20	00:30:00	00:33:52	00:40:46	00:44:44	00:51:17.05	+00:14:22 (28.0%)	5:07	11.7 (71.8%)
39	KASPRZYK Bogdan	27		M40-49	12	00:03:36	00:09:56	00:13:41	00:20:07	00:23:56	00:30:28	00:34:20	00:40:59	00:45:00	00:51:26.90	+00:14:32 (28.3%)	5:08	11.7 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_1	Lap_1	Lap_1	Lap_2	Lap_1	Lap_3	Lap_1	Lap_5	Lap_5	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.75km	2km	2.75km	4km	4.75km	6km	6.75km	8km	8.75km	10km			
40	DRULIK-HOŁUB Marta	20		K40-49	2	00:03:41	00:10:06	00:13:50	00:20:19	00:24:09	00:30:48	00:34:40	00:41:28	00:45:20	00:51:47.75	+00:14:53 (28.7%)	5:10	11.6 (71.2%)
41	BOGACKA Lucyna	6	TKKF KOSZALIN	K60+	2	00:03:42	00:10:11	00:13:59	00:20:35	00:24:26	00:31:01	00:34:56	00:41:40	00:45:36	00:52:06.00	+00:15:11 (29.2%)	5:12	11.5 (70.6%)
42	WOJDA Paulina	66		K30-39	2	00:03:36	00:09:55	00:13:35	00:20:14	00:24:03	00:30:44	00:34:35	00:41:27	00:45:15	00:52:06.35	+00:15:11 (29.2%)	5:12	11.5 (70.6%)
43	OLSZAK Grzegorz	49		M40-49	13	00:03:39	00:10:12	00:14:01	00:20:47	00:24:43	00:31:39	00:35:30	00:42:19	00:46:10	00:52:39.00	+00:15:44 (29.9%)	5:15	11.4 (69.9%)
44	KUROWSKI Marcin	36	SHELTIES RACE	M40-49	14	00:03:56	00:10:47	00:14:39	00:21:30	00:25:19	00:32:05	00:35:54	00:42:44	00:46:39	00:52:50.15	+00:15:55 (30.1%)	5:17	11.4 (69.9%)
45	KUROWSKA Olga	35	SHELTIES RACE	K40-49	3	00:03:57	00:10:48	00:14:40	00:21:31	00:25:21	00:32:06	00:35:58	00:42:50	00:46:51	00:53:16.15	+00:16:21 (30.7%)	5:19	11.3 (69.3%)
46	WYSOCHAŃSKI Daniel	68	ROZBIEGANA USTKA	M40-49	15	00:03:44	00:10:19	00:14:10	00:20:52	00:24:53	00:31:48	00:35:52	00:42:47	00:46:48	00:53:24.40	+00:16:29 (30.9%)	5:20	11.2 (68.7%)
47	WOJCIECHOWSKA Kasia	65		K30-39	3	00:03:24	00:09:59	00:13:54	00:20:57	00:24:58	00:31:53	00:35:57	00:42:48	00:46:53	00:53:31.10	+00:16:36 (31.0%)	5:21	11.2 (68.7%)
48	ANTKOWIAK Joanna	2	#BIEGAJLESZNO	K40-49	4	00:03:54	00:10:45	00:14:39	00:21:29	00:25:19	00:32:04	00:35:58	00:43:07	00:47:03	00:53:34.50	+00:16:39 (31.1%)	5:21	11.2 (68.7%)
49	DRELISZAK Mariusz	19	17. WOG KOSZALIN	M40-49	16	00:03:22	00:09:32	00:13:07	00:20:06	00:24:07	00:31:22	00:35:33	00:42:52	00:46:56	00:53:41.30	+00:16:46 (31.2%)	5:22	11.2 (68.7%)
50	MACKIW Michał	41		M18-29	2	00:03:32	00:09:54	00:13:49	00:20:34	00:24:42	00:31:49	00:35:54	00:43:11	00:47:34	00:54:24.40	+00:17:29 (32.2%)	5:26	11 (67.5%)
51	ZAWISKA Anna	71		K30-39	4	00:03:43	00:10:31	00:14:32	00:21:52	00:25:55	00:32:54	00:37:10	00:44:25	00:48:22	00:55:05.25	+00:18:10 (33.0%)	5:30	10.9 (66.9%)
52	LISZTWAN Anna	39		K30-39	5	00:04:03	00:11:29	00:15:37	00:22:34	00:26:31	00:33:26	00:37:26	00:44:54	00:49:11	00:55:45.00	+00:18:50 (33.8%)	5:34	10.8 (66.3%)
53	KOZŁOWIECKI Waldemar	76		M70+	1	00:03:48	00:10:48	00:14:59	00:22:06	00:26:02	00:33:10	00:37:15	00:44:39	00:48:50	00:55:55.40	+00:19:00 (34.0%)	5:35	10.7 (65.6%)
54	RADZIMSKI Marcel	55		M18-29	3	00:03:28	00:09:39	00:13:19	00:20:24	00:24:31	00:32:09	00:36:26	00:44:19	00:48:40	00:56:04.50	+00:19:09 (34.2%)	5:36	10.7 (65.6%)
55	JUSZCZAK Krzysztof	26		M60-69	4	00:03:56	00:10:55	00:15:09	00:22:34	00:26:56	00:34:30	00:38:54	00:46:24	00:50:48	00:58:00.80	+00:21:06 (36.4%)	5:48	10.3 (63.2%)
56	WYSOCKA Urszula	67	SPORTOWE BIELICE	K30-39	6	00:03:39	00:10:45	00:14:49	00:22:25	00:26:37	00:34:11	00:38:31	00:46:24	00:50:44	00:58:01.95	+00:21:07 (36.4%)	5:48	10.3 (63.2%)
57	PIETRYKA Artur	53	KARLINOBIEGAJ	M40-49	17	00:03:43	00:10:45	00:14:52	00:22:23	00:26:33	00:33:59	00:38:22	00:46:20	00:51:07	00:58:50.15	+00:21:55 (37.3%)	5:53	10.2 (62.6%)
58	BUSZAC Paweł	12		M30-39	11	00:04:11	00:11:36	00:16:00	00:23:39	00:28:09	00:35:38	00:40:06	00:47:35	00:51:54	00:58:50.50	+00:21:55 (37.3%)	5:53	10.2 (62.6%)
59	CHRYSOPIAK Janina	13		K40-49	5	00:04:06	00:11:57	00:16:22	00:23:58	00:28:09	00:35:41	00:40:07	00:47:33	00:51:57	00:58:52.95	+00:21:58 (37.3%)	5:53	10.2 (62.6%)
60	PLESIEWICZ Tomasz	54	TKKF KOSZALIN	M50-59	9	00:04:13	00:11:37	00:15:46	00:23:41	00:28:12	00:36:20	00:40:55	00:48:37	00:52:59	01:00:27.90	+00:23:33 (39.0%)	6:02	9.9 (60.7%)
61	BROWKA Anna	8	SHELTIES RACE	K40-49	6	00:04:02	00:11:32	00:15:43	00:23:43	00:28:13	00:36:21	00:40:57	00:48:39	00:53:00	01:00:29.70	+00:23:35 (39.0%)	6:02	9.9 (60.7%)
62	SUDER-MAKSYMOWICZ Monika	61		K40-49	7	00:04:15	00:11:59	00:16:28	00:24:01	00:28:32	00:36:14	00:40:58	00:48:54	00:53:24	01:00:33.90	+00:23:39 (39.1%)	6:03	9.9 (60.7%)
63	ŻYSZKIEWICZ Izabela	73	ROZBIEGANA USTKA	K50-59	2	00:04:11	00:11:55	00:16:16	00:24:05	00:28:42	00:36:45	00:41:13	00:48:58	00:53:26	01:00:59.85	+00:24:05 (39.5%)	6:05	9.8 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_1	Lap_1	Lap_1	Lap_2	Lap_1	Lap_3	Lap_1	Lap_5	Lap_5	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.75km	2km	2.75km	4km	4.75km	6km	6.75km	8km	8.75km	10km			
64	BEDNARZ Katarzyna	3	NESSI TEAM	K40-49	8	00:04:07	00:11:54	00:16:16	00:24:11	00:28:44	00:36:48	00:41:23	00:49:34	00:54:26	01:02:12.65	+00:25:17 (40.7%)	6:13	9.6 (58.9%)
65	KUKLIŃSKA Beata	34	DREAM TEAM	K40-49	9	00:04:06	00:11:57	00:16:22	00:25:10	00:30:01	00:39:06	00:43:55	00:52:59	00:58:02	01:06:57.00	+00:30:02 (44.9%)	6:41	9 (55.2%)
66	KOSMAN Katarzyna	30		K40-49	10	00:04:14	00:12:12	00:16:54	00:25:27	00:30:20	00:39:06	00:44:10	00:53:16	00:58:27	01:07:22.25	+00:30:27 (45.2%)	6:44	8.9 (54.6%)
67	KOSMAN Piotr	31	EKIPA Z TARNOWA	M40-49	18	00:04:14	00:12:12	00:16:54	00:25:27	00:30:19	00:39:04	00:44:08	00:53:14	00:58:25	01:07:23.45	+00:30:28 (45.2%)	6:44	8.9 (54.6%)
68	OLCZYKOWSKI Bartosz	48	WILLA BLANKA	M40-49	19	00:04:38	00:13:04	00:18:08	00:27:15	00:32:31	00:41:52	00:47:06	00:56:07	01:01:23	01:10:23.75	+00:33:29 (47.6%)	7:02	8.5 (52.1%)
69		100		Drużyna	1													(0.0%)

Znaleziono 69 wynik(ów)