



# XX BIEG WENEDÓW - 10 KM

B4SPORT  
INTELIGENTNE DANE O SPORTOWCACH

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



Klasyfikacja: M-OPEN

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	<b>RUDNIK Krzysztof</b>	<b>56</b>		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	<b>00:36:54.70</b>		3:41	16.3 (100%)
2	<b>LASAK Konrad</b>	<b>37</b>		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	<b>00:37:03.35</b>	+00:00:08 (0.4%)	3:42	16.2 (99.4%)
3	<b>RYBARCZYK Jan</b>	<b>57</b>	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	<b>00:37:13.50</b>	+00:00:18 (0.8%)	3:43	16.1 (98.8%)
4	<b>FEDORCZAK Łukasz</b>	<b>22</b>	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	<b>00:38:20.85</b>	+00:01:26 (3.7%)	3:50	15.7 (96.3%)
5	<b>MACKOJC Krzysztof</b>	<b>42</b>	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	<b>00:38:27.40</b>	+00:01:32 (4.0%)	3:50	15.6 (95.7%)
6	<b>MAZUR Jurir</b>	<b>77</b>		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	<b>00:39:05.45</b>	+00:02:10 (5.6%)	3:54	15.4 (94.5%)
7	<b>NEJMAN Jerzy</b>	<b>45</b>		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	<b>00:39:38.65</b>	+00:02:43 (6.9%)	3:57	15.1 (92.6%)
8	<b>KLIMOWICZ Michał</b>	<b>28</b>		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	<b>00:39:50.55</b>	+00:02:55 (7.4%)	3:59	15.1 (92.6%)
9	<b>PICK Tomasz</b>	<b>51</b>	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	<b>00:40:20.10</b>	+00:03:25 (8.5%)	4:02	14.9 (91.4%)
10	<b>KOZIEŁ Paweł</b>	<b>32</b>	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	<b>00:41:10.40</b>	+00:04:15 (10.4%)	4:07	14.6 (89.6%)
11	<b>XXXXXXX Tomek</b>	<b>69</b>		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	<b>00:41:46.35</b>	+00:04:51 (11.6%)	4:10	14.4 (88.3%)
12	<b>MACIEJCZYK Mateusz</b>	<b>40</b>		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	<b>00:43:07.45</b>	+00:06:12 (14.4%)	4:18	13.9 (85.3%)
13	<b>MOSZYŃSKI Jacek</b>	<b>44</b>	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	<b>00:43:38.75</b>	+00:06:44 (15.4%)	4:21	13.8 (84.7%)
14	<b>KORCZYŃSKI Sławomir</b>	<b>29</b>	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	<b>00:44:35.10</b>	+00:07:40 (17.2%)	4:27	13.5 (82.8%)
15	<b>KOŚCIELNIAK Robert</b>	<b>75</b>	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	<b>00:44:53.05</b>	+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	<b>SUCHANOWSKI Zygmunt</b>	<b>60</b>	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	<b>00:45:13.65</b>	+00:08:18 (18.4%)	4:31	13.3 (81.6%)
17	<b>OLSZAK Jakub</b>	<b>50</b>		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	<b>00:45:17.20</b>	+00:08:22 (18.5%)	4:31	13.2 (81.0%)
18	<b>CHWALEBA Maciek</b>	<b>16</b>	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	<b>00:45:45.95</b>	+00:08:51 (19.3%)	4:34	13.1 (80.4%)
19	<b>CHUDY Henryk</b>	<b>14</b>	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	<b>00:46:41.70</b>	+00:09:47 (21.0%)	4:40	12.9 (79.1%)
20	<b>SZMID Tomasz</b>	<b>63</b>		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	<b>00:46:49.05</b>	+00:09:54 (21.2%)	4:40	12.8 (78.5%)
21	<b>DZIKOŃ Rafał</b>	<b>21</b>	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	<b>00:47:10.25</b>	+00:10:15 (21.7%)	4:43	12.7 (77.9%)
22	<b>BRZEZIŃSKI Paweł</b>	<b>9</b>	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	<b>00:47:18.40</b>	+00:10:23 (22.0%)	4:43	12.7 (77.9%)
23	<b>BOREJKO Łukasz</b>	<b>7</b>		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	<b>00:47:28.35</b>	+00:10:33 (22.2%)	4:44	12.6 (77.3%)
24	<b>PIEKUTOWSKI Artur</b>	<b>52</b>		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	<b>00:47:36.45</b>	+00:10:41 (22.5%)	4:45	12.6 (77.3%)
25	<b>ŻYSZKIEWICZ Piotr</b>	<b>74</b>	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	<b>00:47:41.35</b>	+00:10:46 (22.6%)	4:46	12.6 (77.3%)
26	<b>LESZCZEŁOWSKI Piotr</b>	<b>38</b>	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	<b>00:48:04.30</b>	+00:11:09 (23.2%)	4:48	12.5 (76.7%)
27	<b>SKOWYRSKI Janusz</b>	<b>58</b>	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	<b>00:48:05.15</b>	+00:11:10 (23.2%)	4:48	12.5 (76.7%)
28	<b>ADASZYNSKI Wiesław</b>	<b>1</b>	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	<b>00:48:13.90</b>	+00:11:19 (23.5%)	4:49	12.4 (76.1%)
29	<b>JANKOJC Dominik</b>	<b>25</b>		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	<b>00:48:34.05</b>	+00:11:39 (24.0%)	4:51	12.4 (76.1%)
30	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>62</b>		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	<b>00:48:58.90</b>	+00:12:04 (24.6%)	4:53	12.3 (75.5%)
31	<b>STENKA Rafał</b>	<b>59</b>		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	<b>00:49:16.20</b>	+00:12:21 (25.1%)	4:55	12.2 (74.8%)
32	<b>MAZUR Mirosław</b>	<b>43</b>	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	<b>00:49:36.85</b>	+00:12:42 (25.6%)	4:57	12.1 (74.2%)
33	<b>CHUDZIK Zbigniew</b>	<b>15</b>	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	<b>00:49:57.15</b>	+00:13:02 (26.1%)	4:59	12 (73.6%)
34	<b>BUKIET Paweł</b>	<b>11</b>		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	<b>00:51:17.05</b>	+00:14:22 (28.0%)	5:07	11.7 (71.8%)
35	<b>KASPRZYK Bogdan</b>	<b>27</b>		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	<b>00:51:26.90</b>	+00:14:32 (28.3%)	5:08	11.7 (71.8%)
36	<b>OLSZAK Grzegorz</b>	<b>49</b>		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	<b>00:52:39.00</b>	+00:15:44 (29.9%)	5:15	11.4 (69.9%)
37	<b>KUROWSKI Marcin</b>	<b>36</b>	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	<b>00:52:50.15</b>	+00:15:55 (30.1%)	5:17	11.4 (69.9%)
38	<b>WYSOCZAŃSKI Daniel</b>	<b>68</b>	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	<b>00:53:24.40</b>	+00:16:29 (30.9%)	5:20	11.2 (68.7%)
39	<b>DRELISZAK Mariusz</b>	<b>19</b>	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	<b>00:53:41.30</b>	+00:16:46 (31.2%)	5:22	11.2 (68.7%)

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	<b>MACKIW Michał</b>	<b>41</b>		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	<b>00:54:24.40</b>	+00:17:29 (32.2%)	5:26	11 (67.5%)
41	<b>KOZŁOWIECKI Waldemar</b>	<b>76</b>		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	<b>00:55:55.40</b>	+00:19:00 (34.0%)	5:35	10.7 (65.6%)
42	<b>RADZIMSKI Marcel</b>	<b>55</b>		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	<b>00:56:04.50</b>	+00:19:09 (34.2%)	5:36	10.7 (65.6%)
43	<b>JUSZCZAK Krzysztof</b>	<b>26</b>		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	<b>00:58:00.80</b>	+00:21:06 (36.4%)	5:48	10.3 (63.2%)
44	<b>PIETRYKA Artur</b>	<b>53</b>	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	<b>00:58:50.15</b>	+00:21:55 (37.3%)	5:53	10.2 (62.6%)
45	<b>BUSZAC Paweł</b>	<b>12</b>		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	<b>00:58:50.50</b>	+00:21:55 (37.3%)	5:53	10.2 (62.6%)
46	<b>PLESIEWICZ Tomasz</b>	<b>54</b>	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	<b>01:00:27.90</b>	+00:23:33 (39.0%)	6:02	9.9 (60.7%)
47	<b>KOSMAN Piotr</b>	<b>31</b>	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	<b>01:07:23.45</b>	+00:30:28 (45.2%)	6:44	8.9 (54.6%)
48	<b>OLCZYKOWSKI Bartosz</b>	<b>48</b>	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	<b>01:10:23.75</b>	+00:33:29 (47.6%)	7:02	8.5 (52.1%)

Znaleziono 48 wynik(ów)