



# XX BIEG WENEDÓW - 10 KM

B4SPORT  
WIELKOPOLSKIE CENTRUM SPORTOWE

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



Klasyfikacja: M30-39

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	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	<b>00:38:20.85</b>		3:50	15.7 (100%)
2	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	<b>00:39:38.65</b>	+00:01:17 (3.3%)	3:57	15.1 (96.2%)
3	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	<b>00:39:50.55</b>	+00:01:29 (3.8%)	3:59	15.1 (96.2%)
4	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	<b>00:41:46.35</b>	+00:03:25 (8.2%)	4:10	14.4 (91.7%)
5	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	<b>00:43:07.45</b>	+00:04:46 (11.1%)	4:18	13.9 (88.5%)
6	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	<b>00:44:35.10</b>	+00:06:14 (14.0%)	4:27	13.5 (86.0%)
7	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	<b>00:45:45.95</b>	+00:07:25 (16.2%)	4:34	13.1 (83.4%)
8	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	<b>00:46:49.05</b>	+00:08:28 (18.1%)	4:40	12.8 (81.5%)
9	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	<b>00:47:28.35</b>	+00:09:07 (19.2%)	4:44	12.6 (80.3%)
10	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	<b>00:49:16.20</b>	+00:10:55 (22.2%)	4:55	12.2 (77.7%)
11	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	<b>00:58:50.50</b>	+00:20:29 (34.8%)	5:53	10.2 (65.0%)

Znaleziono 11 wynik(ów)