



# XX BIEG WENEDÓW - 10 KM

B4SPORT

**Event:** XX BIEG WENEDÓW  
**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2022-10-08  
**Place:** Koszalin  
**Distance:** 10 km



Classification: M40-49

Place	Participant	Number	Club	Category	MCat	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	Net time 10km	Gap	Pace min/km	Pace 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	<b>00:36:54.70</b>		3:41	16.3 (100%)
2	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	<b>00:38:27.40</b>	+00:01:32 (4.0%)	3:50	15.6 (95.7%)
3	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	<b>00:39:05.45</b>	+00:02:10 (5.6%)	3:54	15.4 (94.5%)
4	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	<b>00:41:10.40</b>	+00:04:15 (10.4%)	4:07	14.6 (89.6%)
5	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	<b>00:47:10.25</b>	+00:10:15 (21.7%)	4:43	12.7 (77.9%)
6	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	<b>00:47:18.40</b>	+00:10:23 (22.0%)	4:43	12.7 (77.9%)
7	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	<b>00:47:36.45</b>	+00:10:41 (22.5%)	4:45	12.6 (77.3%)
8	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	<b>00:48:04.30</b>	+00:11:09 (23.2%)	4:48	12.5 (76.7%)
9	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	<b>00:48:34.05</b>	+00:11:39 (24.0%)	4:51	12.4 (76.1%)
10	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	<b>00:48:58.90</b>	+00:12:04 (24.6%)	4:53	12.3 (75.5%)
11	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	<b>00:51:17.05</b>	+00:14:22 (28.0%)	5:07	11.7 (71.8%)
12	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	<b>00:51:26.90</b>	+00:14:32 (28.3%)	5:08	11.7 (71.8%)
13	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	<b>00:52:39.00</b>	+00:15:44 (29.9%)	5:15	11.4 (69.9%)
14	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	<b>00:52:50.15</b>	+00:15:55 (30.1%)	5:17	11.4 (69.9%)

Place	Participant	Number	Club	Category	MCat	Lap_1	Lap_1	Lap_1	Lap_2	Lap_1	Lap_3	Lap_1	Lap_5	Lap_5	Net	Gap	Pace min/km	Pace km/h
						0.75km	2km	2.75km	4km	4.75km	6km	6.75km	8km	8.75km	10km			
15	<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%)
16	<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%)
17	<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%)
18	<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%)
19	<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%)

Total 19 results.