



XX BIEG WENEDÓW - 10 KM

B4SPORT

Wydarzenie:
Organizator:

XX BIEG WENEDÓW
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej

Data:
Miejsce:
Dystans:

2022-10-08
Koszalin
10 km



Klasyfikacja: M50-59

| 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 | 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 | | 3:43 | 16.1 (100%) |
| 2 | 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 | +00:03:06 (7.7%) | 4:02 | 14.9 (92.5%) |
| 3 | 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 | +00:06:25 (14.7%) | 4:21 | 13.8 (85.7%) |
| 4 | 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 | +00:07:39 (17.1%) | 4:29 | 13.4 (83.2%) |
| 5 | 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 | +00:08:00 (17.7%) | 4:31 | 13.3 (82.6%) |
| 6 | 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 | +00:10:27 (21.9%) | 4:46 | 12.6 (78.3%) |
| 7 | ADASZYŃSKI 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 | +00:11:00 (22.8%) | 4:49 | 12.4 (77.0%) |
| 8 | 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 | +00:12:23 (25.0%) | 4:57 | 12.1 (75.2%) |
| 9 | 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 | +00:23:14 (38.4%) | 6:02 | 9.9 (61.5%) |

Znaleziono 9 wynik(ów)