



XX BIEG WENEDÓW - 10 KM

B4SPORT
POLSKIE STOWZYSTWO BIEGOWE

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



Klasyfikacja: M60-69

| 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 | 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 | | 4:40 | 12.9 (100%) |
| 2 | 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 | +00:01:23 (2.9%) | 4:48 | 12.5 (96.9%) |
| 3 | 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 | +00:03:15 (6.5%) | 4:59 | 12 (93.0%) |
| 4 | 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 | +00:11:19 (19.5%) | 5:48 | 10.3 (79.8%) |

Znaleziono 4 wynik(ów)