

XXI BIEG WENEDÓW - 10KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Event: XXI Bieg Wenedów
Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2023-06-25
Place: Koszalin
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	2km	4km	6km	8km	Net time 10km	Gap	Pace min/km	Pace km/h
1	FRANCZAK Mariusz	14	DTR BIEGA / MARIO TEAM	M-40	1	00:07:44	00:15:32	00:23:23	00:31:20	00:39:11.45		3:55	15.3 (100%)
2	ZIELIŃSKI Emil	69	TEAM TERMINATORUN	M-18	1	00:07:29	00:15:18	00:23:30	00:31:48	00:40:00.55	+00:00:49 (2.0%)	4:00	15 (98.0%)
3	WERS Krzysztof	61	NADMORSZY BIEGACZE KOŁOBRZEG	M-30	1	00:08:04	00:16:16	00:24:30	00:32:47	00:40:56.95	+00:01:45 (4.3%)	4:05	14.7 (96.1%)
4	LASAK Konrad	35		M-18	2	00:07:46	00:16:01	00:24:35	00:33:17	00:41:46.90	+00:02:35 (6.2%)	4:10	14.4 (94.1%)
5	MACKOJĆ Krzysztof	38	EL-MACKOJĆ	M-50	1	00:08:10	00:16:28	00:25:03	00:33:35	00:41:52.80	+00:02:41 (6.4%)	4:11	14.3 (93.5%)
6	WITKIEWICZ Eryk	65	KB DZIESIĄTKA BIALOGARD	M-40	2	00:08:02	00:16:30	00:25:06	00:33:38	00:41:57.00	+00:02:45 (6.6%)	4:11	14.3 (93.5%)
7	FEDORCZAK Łukasz	13	BIEGOLAS KOSZALIN	M-30	2	00:07:47	00:16:09	00:24:46	00:33:34	00:42:04.00	+00:02:52 (6.8%)	4:12	14.3 (93.5%)
8	ŻMUDA Tomasz	70	CW FANZA KOŁOBRZEG	M-40	3	00:08:27	00:16:58	00:25:35	00:34:14	00:43:01.50	+00:03:50 (8.9%)	4:18	13.9 (90.8%)
9	WALEŃSKI Michał	60	TKKF KOSZALIN	M-40	4	00:08:35	00:17:12	00:26:04	00:35:02	00:43:55.20	+00:04:43 (10.8%)	4:23	13.7 (89.5%)
10	METLICKA Wiktoria	42	ULKS TALEX BORZYTUCHOM	K-18	1	00:08:38	00:17:24	00:26:14	00:35:12	00:44:07.90	+00:04:56 (11.2%)	4:24	13.6 (88.9%)
11	BARTHA Adrian	3		M-30	3	00:08:30	00:17:23	00:26:33	00:35:54	00:45:04.35	+00:05:52 (13.0%)	4:30	13.3 (86.9%)
12	DOMOWICZ Ewelina	10		K-30	1	00:08:39	00:17:27	00:26:35	00:35:55	00:45:20.15	+00:06:08 (13.6%)	4:32	13.2 (86.3%)
13	GRZESIK Eugeniusz	18	TKKF KOSZALIN	M-50	2	00:08:39	00:17:46	00:27:05	00:36:29	00:45:33.00	+00:06:21 (14.0%)	4:33	13.2 (86.3%)

Place	Participant	Number	Club	Category	MCat	2km	4km	6km	8km	Net time	Gap	Pace min/km	Pace km/h
										10km			
14	HERUDZINSKI Piotr	22	AMATOR	M-60	1	00:08:44	00:17:47	00:27:04	00:36:29	00:45:39.50	+00:06:28 (14.2%)	4:33	13.1 (85.6%)
15	KONKEL Agnieszka	29		K-30	2	00:08:47	00:17:46	00:27:02	00:36:37	00:46:14.30	+00:07:02 (15.2%)	4:37	13 (85.0%)
16	OLSAK Jakub	48		M-18	3	00:08:53	00:18:13	00:27:41	00:37:09	00:46:21.15	+00:07:09 (15.5%)	4:38	12.9 (84.3%)
17	STEFAŃSKA Małgorzata	55	-	K-40	1	00:09:04	00:18:21	00:27:44	00:37:13	00:46:27.25	+00:07:15 (15.6%)	4:38	12.9 (84.3%)
18	LIPIŃSKI Sebastian	37		M-30	4	00:09:04	00:18:38	00:28:13	00:37:59	00:47:16.90	+00:08:05 (17.1%)	4:43	12.7 (83.0%)
19	KOCIOŁOWICZ Łukasz	28		M-40	5	00:09:14	00:18:41	00:28:17	00:38:03	00:47:21.75	+00:08:10 (17.3%)	4:44	12.7 (83.0%)
20	KOWALCZYK Michał	30		M-18	4	00:08:57	00:18:18	00:28:13	00:38:09	00:48:13.20	+00:09:01 (18.7%)	4:49	12.4 (81.0%)
21	WNĘK Maciej	66		M-18	5	00:09:29	00:19:02	00:28:42	00:38:34	00:48:25.30	+00:09:13 (19.1%)	4:50	12.4 (81.0%)
22	DRABKOWSKA Agnieszka	11		K-40	2	00:09:29	00:19:17	00:29:22	00:39:30	00:49:32.65	+00:10:21 (20.9%)	4:57	12.1 (79.1%)
23	MOSZYŃSKI Jacek	44	TKKF KOSZALIN	M-50	3	00:09:42	00:19:33	00:29:31	00:39:34	00:49:44.35	+00:10:32 (21.2%)	4:58	12.1 (79.1%)
24	BARUTOWICZ Grzegorz	5		M-40	6	00:09:34	00:19:13	00:29:04	00:39:21	00:49:56.90	+00:10:45 (21.5%)	4:59	12 (78.4%)
25	ORLIKOWSKI Robert	49	POŁCZYN BIEGA ♥	M-30	5	00:09:29	00:19:17	00:29:22	00:39:43	00:50:03.60	+00:10:52 (21.7%)	5:00	12 (78.4%)
26	DĄBROWSKA Alicja	8	TKKF KOSZALIN	K-50	1	00:10:01	00:20:14	00:30:32	00:40:40	00:50:23.35	+00:11:11 (22.2%)	5:02	11.9 (77.8%)
27	SKRODZKI Paweł	52		M-30	6	00:09:00	00:18:37	00:29:01	00:39:38	00:50:29.95	+00:11:18 (22.4%)	5:02	11.9 (77.8%)
28	BOSEK Paweł	7	BOSKI TEAM	M-40	7	00:09:58	00:20:03	00:30:23	00:40:48	00:50:48.15	+00:11:36 (22.9%)	5:04	11.8 (77.1%)
29	SŁAWIŃSKI Marek	53	BIEGAM POWOLI ALE DOKŁADNIE ☺	M-30	7	00:09:21	00:19:26	00:29:46	00:40:22	00:51:05.50	+00:11:54 (23.3%)	5:06	11.7 (76.5%)
30	KRZEWIŃSKA Małgorzata	31	TKKF KOSZALIN	K-60	1	00:09:44	00:19:52	00:30:14	00:40:46	00:51:24.55	+00:12:13 (23.8%)	5:08	11.7 (76.5%)
31	LESZCZEŁOWSKI Piotr	36	SHELTIES RACE	M-40	8	00:11:01	00:21:25	00:31:31	00:41:44	00:51:41.80	+00:12:30 (24.2%)	5:10	11.6 (75.8%)
32	SZUTA Karol	59		M-30	8	00:09:46	00:20:01	00:30:51	00:41:50	00:52:38.65	+00:13:27 (25.6%)	5:15	11.4 (74.5%)
33	GIEDROWICZ Aleksandra	15		K-30	3	00:09:52	00:20:23	00:31:17	00:42:08	00:52:47.85	+00:13:36 (25.8%)	5:16	11.4 (74.5%)
34	SENGSTOCK Dawid	43		M-30	9	00:10:02	00:20:30	00:31:21	00:42:27	00:53:01.00	+00:13:49 (26.1%)	5:18	11.3 (73.9%)
35	KISIELIŃSKI Igor	26		M-50	4	00:09:59	00:20:06	00:30:49	00:41:58	00:53:16.75	+00:14:05 (26.4%)	5:19	11.3 (73.9%)
36	BARTKOWIAK Wojciech	4		M-50	5	00:09:48	00:20:19	00:31:15	00:42:24	00:53:20.95	+00:14:09 (26.5%)	5:20	11.3 (73.9%)

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										10km			
37	HAMULAK Dariusz	20	BIAŁOGARD BIEGA	M-50	6	00:10:27	00:21:12	00:32:09	00:43:09	00:54:04.25	+00:14:52 (27.5%)	5:24	11.1 (72.5%)
38	SUDER-MAKSYMOWICZ Grzegorz	58		M-40	9	00:09:45	00:19:55	00:30:53	00:42:37	00:54:26.75	+00:15:15 (28.0%)	5:26	11 (71.9%)
39	DRELISZAK Mariusz	12	17.WOG	M-40	10	00:10:35	00:21:27	00:32:28	00:43:36	00:54:37.80	+00:15:26 (28.3%)	5:27	11 (71.9%)
40	MANDZIAK Piotr	40		M-30	10	00:10:21	00:21:07	00:32:00	00:43:33	00:54:52.75	+00:15:41 (28.6%)	5:29	10.9 (71.2%)
41	WIĘSEK Natalia	62	ULTRA WAY TEAM	K-30	4	00:10:14	00:21:15	00:32:22	00:43:45	00:54:56.40	+00:15:44 (28.7%)	5:29	10.9 (71.2%)
42	KUBIAK Katarzyna	32		K-40	3	00:09:53	00:20:27	00:31:41	00:43:22	00:55:02.55	+00:15:51 (28.8%)	5:30	10.9 (71.2%)
43	OLSZAK Grzegorz	47		M-40	11	00:10:35	00:21:40	00:33:01	00:44:21	00:55:30.95	+00:16:19 (29.4%)	5:33	10.8 (70.6%)
44	ALABA Jerzy	2		M-60	2	00:10:47	00:21:23	00:32:29	00:44:19	00:55:32.85	+00:16:21 (29.4%)	5:33	10.8 (70.6%)
45	DĄBROWSKI Grzegorz	9	MNC NE	M-50	7	00:10:34	00:21:41	00:33:02	00:44:22	00:55:40.05	+00:16:28 (29.6%)	5:34	10.8 (70.6%)
46	SUCHODOLSKA Aleksandra	56		K-30	5	00:10:54	00:21:58	00:33:36	00:45:23	00:56:57.30	+00:17:45 (31.2%)	5:41	10.5 (68.6%)
47	NIEWIŃSKA SĘK Monika	45		K-40	4	00:10:28	00:21:35	00:33:08	00:45:00	00:56:58.00	+00:17:46 (31.2%)	5:41	10.5 (68.6%)
48	WILK Piotr	64	NIEZRZESZONY	M-60	3	00:10:27	00:21:35	00:33:21	00:45:15	00:57:18.05	+00:18:06 (31.6%)	5:43	10.5 (68.6%)
49	OSOBNIAK Ryszard	50		M-60	4	00:11:03	00:22:20	00:33:52	00:45:39	00:57:24.40	+00:18:12 (31.7%)	5:44	10.5 (68.6%)
50	JANKOJC Dominik	23		M-40	12	00:11:14	00:22:45	00:34:14	00:45:52	00:57:32.80	+00:18:21 (31.9%)	5:45	10.4 (68.0%)
51	KUROWSKI Marcin	34		M-50	8	00:12:56	00:25:05	00:36:35	00:47:55	00:58:13.25	+00:19:01 (32.7%)	5:49	10.3 (67.3%)
52	BOGACKA Lucyna	6	TKKF KOSZALIN	K-60	2	00:11:13	00:22:44	00:34:36	00:46:42	00:58:48.50	+00:19:37 (33.4%)	5:52	10.2 (66.7%)
53	KNEBLEWSKI Łukasz	27		M-40	13	00:12:00	00:24:07	00:36:13	00:48:23	01:00:00.60	+00:20:49 (34.7%)	6:00	10 (65.4%)
54	KOZŁOWIECKI Waldemar	71	TKKF KOSZALIN	M-70	1	00:11:16	00:22:50	00:35:00	00:47:31	01:00:08.15	+00:20:56 (34.8%)	6:00	10 (65.4%)
55	RADZIMSKI Marcel	51		M-18	6	00:10:20	00:22:34	00:35:02	00:47:44	01:00:17.70	+00:21:06 (35.0%)	6:01	10 (65.4%)
56	SŁUPECKA Aneta	54		K-30	6	00:11:47	00:23:48	00:38:04	00:51:43	01:04:19.15	+00:25:07 (39.1%)	6:25	9.3 (60.8%)
57	OLESZKIEWICZ Magdalena	46		K-18	2	00:11:47	00:23:49	00:38:04	00:51:43	01:04:19.45	+00:25:08 (39.1%)	6:25	9.3 (60.8%)
58	HELLER Zdzisław	21	HERBMARATONOW.PL	M-60	5	00:12:46	00:26:01	00:39:02	00:52:02	01:05:09.15	+00:25:57 (39.8%)	6:30	9.2 (60.1%)
59	SUDER-MAKSYMOWICZ Monika	57		K-40	5	00:12:46	00:25:53	00:39:33	00:53:45	01:07:31.85	+00:28:20 (42.0%)	6:45	8.9 (58.2%)

Place	Participant	Number	Club	Category	MCat	2km	4km	6km	8km	Net time 10km	Gap	Pace min/km	Pace km/h
60	MAKSYLEWICZ Daniela	39		K-18	3	00:12:21	00:26:21	00:40:17	00:54:49	01:09:10.50	+00:29:59 (43.3%)	6:55	8.7 (56.9%)
61	PEŁKA Iwona	72		K-50	2	00:12:47	00:26:02	00:40:19	00:55:50	01:10:01.10	+00:30:49 (44.0%)	7:00	8.6 (56.2%)

Total 61 results.