



XXII BIEG WENEDÓW - 10KM

B4SPORT
INTELEKTUALNE SPOŁYKOSTWOTWO

Wydarzenie: XXII Bieg Wenedów
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2024-05-25
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.5km	3.2km	4.9km	6.6km	8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SZYMAŃSKI Łukasz	51	ZALEWSKI PERFORMANCE ACADEMY/BP POBIEROWO	M-30	1	00:00:00	00:05:18	00:11:36	00:17:58	00:24:28	00:31:05	00:37:43.00	00:37:43.00		3:46	15.9 (100%)
2	MACKOJC Krzysztof	31	EL-MACKOJC	M-50	1	00:00:00	00:05:42	00:12:21	00:18:59	00:25:43	00:32:30	00:39:19.45	00:39:19.45	+00:01:36 (4.1%)	3:55	15.3 (96.2%)
3	CZAPLIŃSKI Jacek	10		M-40	1	00:00:00	00:05:33	00:12:06	00:18:49	00:25:44	00:32:52	00:40:08.70	00:40:08.70	+00:02:25 (6.0%)	4:00	15 (94.3%)
4	PEKAŁA Mikołaj	41		M-18	1	00:00:00	00:05:43	00:12:36	00:19:34	00:26:34	00:33:30	00:40:30.00	00:40:30.00	+00:02:47 (6.9%)	4:03	14.8 (93.1%)
5	WALEŃSKI Michał	59	TKKF KOSZALIN	M-50	2	00:00:00	00:05:48	00:12:42	00:19:43	00:26:45	00:33:50	00:40:45.70	00:40:45.70	+00:03:02 (7.5%)	4:04	14.7 (92.5%)
6	WITKIEWICZ Eryk	56	KLUB BIEGACZA DZIESIĄTKA BIALOGARD	M-40	2	00:00:00	00:05:47	00:12:35	00:19:36	00:26:49	00:34:01	00:41:12.10	00:41:12.10	+00:03:29 (8.5%)	4:07	14.6 (91.8%)
7	PIENIAWSKI Mateusz	42		M-30	2	00:00:00	00:05:47	00:12:43	00:19:50	00:27:13	00:34:38	00:41:53.05	00:41:53.05	+00:04:10 (10.0%)	4:11	14.3 (89.9%)
8	KASZTELAN Ula	20		K-30	1	00:00:00	00:06:02	00:13:04	00:20:15	00:27:33	00:35:01	00:42:28.85	00:42:28.85	+00:04:45 (11.2%)	4:14	14.1 (88.7%)
9	SAWICKI Marcin	46		M-30	3	00:00:00	00:06:13	00:13:30	00:20:47	00:28:13	00:35:32	00:42:31.85	00:42:31.85	+00:04:48 (11.3%)	4:15	14.1 (88.7%)
10	RADLIŃSKI Leopold	44	PUPIL KOSZALIN	M-50	3	00:00:00	00:06:05	00:13:18	00:20:37	00:27:57	00:35:19	00:42:32.50	00:42:32.50	+00:04:49 (11.3%)	4:15	14.1 (88.7%)
11	FLORCZYK Wojtek	12		M-30	4	00:00:00	00:06:05	00:13:34	00:21:05	00:28:42	00:36:07	00:43:33.30	00:43:33.30	+00:05:50 (13.4%)	4:21	13.8 (86.8%)
12	ADAMCZYK Michał	1		M-40	3	00:00:00	00:05:47	00:12:52	00:20:37	00:28:31	00:36:29	00:44:30.45	00:44:30.45	+00:06:47 (15.3%)	4:27	13.5 (84.9%)
13	METLICKA Wiktoria	36	ULKS TALEX BORZYTUCHOM	K-18	1	00:00:00	00:06:23	00:14:04	00:21:45	00:29:27	00:37:00	00:44:30.90	00:44:30.90	+00:06:47 (15.3%)	4:27	13.5 (84.9%)
14	STRENK Przemek	49		M-40	4	00:00:00	00:06:13	00:13:46	00:21:35	00:29:29	00:37:33	00:45:32.40	00:45:32.40	+00:07:49 (17.2%)	4:33	13.2 (83.0%)
15	KRUK Marcin	25	TKKF MASTERS KOSZALIN	M-40	5	00:00:00	00:06:22	00:14:09	00:22:11	00:30:10	00:38:21	00:46:39.15	00:46:39.15	+00:08:56 (19.2%)	4:39	12.9 (81.1%)
16	SILSKI Michał	47	LESZCZE	M-30	5	00:00:00	00:06:55	00:14:36	00:22:34	00:30:42	00:39:03	00:47:23.45	00:47:23.45	+00:09:40 (20.4%)	4:44	12.7 (79.9%)
17	PEKAŁA Piotr	40		M-50	5	00:00:00	00:06:48	00:14:55	00:23:07	00:31:25	00:39:42	00:47:42.45	00:47:42.45	+00:09:59 (20.9%)	4:46	12.6 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	1.5km	3.2km	4.9km	6.6km	8.3km					
18	SIUDOWSKI Robert	48		M-30	6	00:00:00	00:06:02	00:13:46	00:21:55	00:30:39	00:39:07	00:47:50.70	00:47:50.70	+00:10:07 (21.2%)	4:47	12.5 (78.6%)
19	KONKEL Agnieszka	22		K-40	1	00:00:00	00:06:23	00:14:08	00:22:16	00:30:44	00:39:23	00:47:58.30	00:47:58.30	+00:10:15 (21.4%)	4:47	12.5 (78.6%)
20	BARTEL Mateusz	3	#ZABIEGANINOCA	M-30	7	00:00:00	00:06:25	00:14:17	00:22:34	00:31:11	00:40:12	00:48:47.05	00:48:47.05	+00:11:04 (22.7%)	4:52	12.3 (77.4%)
21	KRZEWIŃSKA Małgorzata	27	TKKF KOSZALIN	K-60	1	00:00:00	00:07:08	00:15:39	00:24:16	00:32:53	00:41:34	00:50:07.30	00:50:07.30	+00:12:24 (24.7%)	5:00	12 (75.5%)
22	LEWANDOWSKA Anna	29		K-30	2	00:00:00	00:06:54	00:15:32	00:24:06	00:32:52	00:42:14	00:51:07.20	00:51:07.20	+00:13:24 (26.2%)	5:06	11.7 (73.6%)
23	KUBIAK Katarzyna	28		K-40	2	00:00:00	00:07:04	00:15:35	00:24:20	00:33:16	00:42:21	00:51:14.25	00:51:14.25	+00:13:31 (26.4%)	5:07	11.7 (73.6%)
24	TYLMAN Piotr	61	RUNDORFINA	M-40	6	00:00:00	00:06:23	00:14:04	00:22:14	00:32:56	00:42:18	00:51:37.15	00:51:37.15	+00:13:54 (26.9%)	5:09	11.6 (73.0%)
25	KLENIEWSKI Piotr	21		M-60	1	00:00:00	00:07:23	00:16:02	00:24:50	00:33:50	00:42:41	00:51:42.10	00:51:42.10	+00:13:59 (27.0%)	5:10	11.6 (73.0%)
26	HAMULAK Dariusz	15	BIAŁOGARD BIEGA	M-60	2	00:00:00	00:07:25	00:16:00	00:24:47	00:33:46	00:42:51	00:51:52.80	00:51:52.80	+00:14:09 (27.3%)	5:11	11.6 (73.0%)
27	RADLIŃSKA Alicja	43	PUPIL KOSZALIN	K-50	1	00:00:00	00:07:19	00:16:05	00:25:05	00:34:04	00:43:13	00:52:00.80	00:52:00.80	+00:14:17 (27.5%)	5:12	11.5 (72.3%)
28	WYSOCKA Ula	58		K-40	3	00:00:00	00:06:52	00:15:27	00:24:26	00:33:40	00:43:08	00:52:23.75	00:52:23.75	+00:14:40 (28.0%)	5:14	11.5 (72.3%)
29	JABŁOŃSKA Katarzyna	62		K-40	4	00:00:00	00:07:13	00:15:51	00:24:49	00:34:03	00:43:35	00:52:43.80	00:52:43.80	+00:15:00 (28.5%)	5:16	11.4 (71.7%)
30	SCHWARZ Ludwik	60		M-50	6	00:00:00	00:07:25	00:16:23	00:25:32	00:34:46	00:44:12	00:53:13.15	00:53:13.15	+00:15:30 (29.1%)	5:19	11.3 (71.1%)
31	ORŁOWSKI Paweł	39		M-50	7	00:00:00	00:06:50	00:15:13	00:24:15	00:33:45	00:43:44	00:53:39.75	00:53:39.75	+00:15:56 (29.7%)	5:21	11.2 (70.4%)
32	WIĘSEK Natalia	55	ULTRA WAY TEAM	K-30	3	00:00:00	00:06:55	00:15:21	00:24:16	00:33:45	00:43:42	00:53:57.95	00:53:57.95	+00:16:14 (30.1%)	5:23	11.1 (69.8%)
33	WIĘCKO Paweł	54	TORNADO KOSZALIN	M-18	2	00:00:00	00:07:15	00:15:50	00:24:59	00:34:37	00:44:35	00:54:31.55	00:54:31.55	+00:16:48 (30.8%)	5:27	11 (69.2%)
34	OLSZAK Grzegorz	38		M-50	8	00:00:00	00:07:49	00:16:55	00:26:28	00:36:04	00:45:28	00:54:32.45	00:54:32.45	+00:16:49 (30.8%)	5:27	11 (69.2%)
35	DERLIŃSKI Adam	11	TORNADO KOSZALIN	M-40	7	00:00:00	00:07:15	00:15:50	00:25:00	00:34:37	00:44:35	00:54:33.10	00:54:33.10	+00:16:50 (30.9%)	5:27	11 (69.2%)
36	ŚLEDŹ Przemysław	52		M-40	8	00:00:00	00:07:13	00:15:53	00:25:24	00:35:09	00:45:14	00:54:57.35	00:54:57.35	+00:17:14 (31.4%)	5:29	10.9 (68.6%)
37	WOJDA Paulina	57		K-30	4	00:00:00	00:07:10	00:16:03	00:25:51	00:35:27	00:45:18	00:55:12.35	00:55:12.35	+00:17:29 (31.7%)	5:31	10.9 (68.6%)
38	GIBES Maciej	13		M-40	9	00:00:00	00:07:32	00:16:30	00:25:59	00:36:00	00:46:09	00:55:59.45	00:55:59.45	+00:18:16 (32.6%)	5:35	10.7 (67.3%)
39	LISOWSKI Krzysztof	30		M-40	10	00:00:00	00:07:31	00:16:47	00:26:31	00:36:33	00:46:53	00:56:59.30	00:56:59.30	+00:19:16 (33.8%)	5:41	10.5 (66.0%)
40	WIĘSEK Artur	64		M-30	8	00:00:00	00:07:59	00:17:22	00:27:03	00:36:59	00:47:55	00:57:58.75	00:57:58.75	+00:20:15 (34.9%)	5:47	10.4 (65.4%)
41	MIŁASZEWSKI Przemek	37	AMBRA POLSKA	M-40	11	00:00:00	00:07:35	00:16:54	00:28:03	00:37:54	00:47:58	00:58:11.75	00:58:11.75	+00:20:28 (35.2%)	5:49	10.3 (64.8%)
42	RUDZIŃSKI Mateusz	63		M-18	3	00:00:00	00:08:07	00:18:20	00:28:39	00:38:55	00:49:15	00:58:43.30	00:58:43.30	+00:21:00 (35.8%)	5:52	10.2 (64.2%)
43	HRYCIÓW Paweł	16		M-40	12	00:00:00	00:08:07	00:18:20	00:28:39	00:38:55	00:49:15	00:58:50.30	00:58:50.30	+00:21:07 (35.9%)	5:53	10.2 (64.2%)

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						startu	1.5km	3.2km	4.9km	6.6km	8.3km					
44	KOZŁOWIECKI Waldemar	24	TKKF KOSZALIN	M-70	1	00:00:00	00:08:16	00:18:35	00:28:22	00:38:25	00:48:43	00:59:15.80	00:59:15.80	+00:21:32 (36.4%)	5:55	10.1 (63.5%)
45	KRYSTOSIK Dorota	26		K-30	5	00:00:00	00:08:13	00:18:19	00:28:36	00:39:03	00:49:38	00:59:37.20	00:59:37.20	+00:21:54 (36.7%)	5:57	10.1 (63.5%)
46	KAMIŃSKI Tomasz	19	JW1223	M-40	13	00:00:00	00:08:02	00:17:44	00:27:48	00:38:27	00:49:14	00:59:39.35	00:59:39.35	+00:21:56 (36.8%)	5:57	10.1 (63.5%)
47	BURDA Robert	8	KOSPEL	M-50	4	00:18:41	00:05:58	00:13:07	00:20:28	00:28:04	00:35:36	00:42:56.45	01:01:37.45	+00:05:13 (12.2%)	4:17	14 (88.1%)
48	JUSZCZAK Krzysztof	18		M-70	2	00:00:00	00:08:16	00:18:46	00:29:39	00:40:52	00:52:07	01:03:15.65	01:03:15.65	+00:25:32 (40.4%)	6:19	9.5 (59.7%)
49	MAJSTERKIEWICZ Natalia	32		K-18	2	00:00:00	00:08:17	00:19:02	00:30:24	00:43:03	00:55:30	01:07:10.20	01:07:10.20	+00:29:27 (43.8%)	6:43	8.9 (56.0%)
50	BOCHNIARZ Bartosz	5		M-18	4	00:00:00	00:08:17	00:19:02	00:30:24	00:43:04	00:55:30	01:07:10.35	01:07:10.35	+00:29:27 (43.9%)	6:43	8.9 (56.0%)
51	WALO Zbigniew	53	X	M-60	3	00:00:00	00:08:43	00:19:41	00:31:35	00:43:56	00:56:18	01:09:07.55	01:09:07.55	+00:31:24 (45.4%)	6:54	8.7 (54.7%)

Znaleziono 51 wynik(ów)