



# XXII BIEG WENEDÓW - 10KM

B4SPORT  
POLSKIE CENTRUM SPORTU I REKREACJI

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



Klasyfikacja: M-40

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	<b>CZAPLIŃSKI Jacek</b>	<b>10</b>		M-40	1	00:00:00	00:05:33	00:12:06	00:18:49	00:25:44	00:32:52	<b>00:40:08.70</b>	<b>00:40:08.70</b>		4:00	15 (100%)
2	<b>WITKIEWICZ Eryk</b>	<b>56</b>	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	<b>00:41:12.10</b>	<b>00:41:12.10</b>	+00:01:03 (2.6%)	4:07	14.6 (97.3%)
3	<b>ADAMCZYK Michał</b>	<b>1</b>		M-40	3	00:00:00	00:05:47	00:12:52	00:20:37	00:28:31	00:36:29	<b>00:44:30.45</b>	<b>00:44:30.45</b>	+00:04:21 (9.8%)	4:27	13.5 (90.0%)
4	<b>STRENK Przemek</b>	<b>49</b>		M-40	4	00:00:00	00:06:13	00:13:46	00:21:35	00:29:29	00:37:33	<b>00:45:32.40</b>	<b>00:45:32.40</b>	+00:05:23 (11.8%)	4:33	13.2 (88.0%)
5	<b>KRUK Marcin</b>	<b>25</b>	TKKF MASTERS KOSZALIN	M-40	5	00:00:00	00:06:22	00:14:09	00:22:11	00:30:10	00:38:21	<b>00:46:39.15</b>	<b>00:46:39.15</b>	+00:06:30 (13.9%)	4:39	12.9 (86.0%)
6	<b>TYLMAN Piotr</b>	<b>61</b>	RUNDORFINA	M-40	6	00:00:00	00:06:23	00:14:04	00:22:14	00:32:56	00:42:18	<b>00:51:37.15</b>	<b>00:51:37.15</b>	+00:11:28 (22.2%)	5:09	11.6 (77.3%)
7	<b>DERLIŃSKI Adam</b>	<b>11</b>	TORNADO KOSZALIN	M-40	7	00:00:00	00:07:15	00:15:50	00:25:00	00:34:37	00:44:35	<b>00:54:33.10</b>	<b>00:54:33.10</b>	+00:14:24 (26.4%)	5:27	11 (73.3%)
8	<b>ŚLEDŹ Przemysław</b>	<b>52</b>		M-40	8	00:00:00	00:07:13	00:15:53	00:25:24	00:35:09	00:45:14	<b>00:54:57.35</b>	<b>00:54:57.35</b>	+00:14:48 (27.0%)	5:29	10.9 (72.7%)
9	<b>GIBES Maciej</b>	<b>13</b>		M-40	9	00:00:00	00:07:32	00:16:30	00:25:59	00:36:00	00:46:09	<b>00:55:59.45</b>	<b>00:55:59.45</b>	+00:15:50 (28.3%)	5:35	10.7 (71.3%)
10	<b>LISOWSKI Krzysztof</b>	<b>30</b>		M-40	10	00:00:00	00:07:31	00:16:47	00:26:31	00:36:33	00:46:53	<b>00:56:59.30</b>	<b>00:56:59.30</b>	+00:16:50 (29.6%)	5:41	10.5 (70.0%)
11	<b>MIŁASZEWSKI Przemek</b>	<b>37</b>	AMBRA POLSKA	M-40	11	00:00:00	00:07:35	00:16:54	00:28:03	00:37:54	00:47:58	<b>00:58:11.75</b>	<b>00:58:11.75</b>	+00:18:03 (31.0%)	5:49	10.3 (68.7%)
12	<b>HRYCIÓW Paweł</b>	<b>16</b>		M-40	12	00:00:00	00:08:07	00:18:20	00:28:39	00:38:55	00:49:15	<b>00:58:50.30</b>	<b>00:58:50.30</b>	+00:18:41 (31.8%)	5:53	10.2 (68.0%)
13	<b>KAMIŃSKI Tomasz</b>	<b>19</b>	JW1223	M-40	13	00:00:00	00:08:02	00:17:44	00:27:48	00:38:27	00:49:14	<b>00:59:39.35</b>	<b>00:59:39.35</b>	+00:19:30 (32.7%)	5:57	10.1 (67.3%)

Znaleziono 13 wynik(ów)