



XXII BIEG WENEDÓW - 10KM

B4SPORT
INTELLIGENT ENERGY EQUIPMENT

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



Klasyfikacja: OPEN -M

| 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 | MACKOJĆ Krzysztof | 31 | EL-MACKOJĆ | 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 | PĘKAŁA 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 | 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%) |
| 9 | 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%) |
| 10 | 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%) |
| 11 | 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%) |
| 12 | STREŃK 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%) |
| 13 | 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%) |
| 14 | 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%) |
| 15 | PĘKAŁA 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%) |
| 16 | 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%) |

| 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 | | | | | |
| 17 | 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%) |
| 18 | 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%) |
| 19 | 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%) |
| 20 | 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%) |
| 21 | 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%) |
| 22 | 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%) |
| 23 | 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%) |
| 24 | 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%) |
| 25 | 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%) |
| 26 | 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%) |
| 27 | 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%) |
| 28 | 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%) |
| 29 | 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%) |
| 30 | 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%) |
| 31 | 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%) |
| 32 | 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%) |
| 33 | 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%) |
| 34 | 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%) |
| 35 | 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%) |
| 36 | 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%) |
| 37 | 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%) |
| 38 | 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 38 wynik(ów)