



Organizator:
Data:
Miejsce:
Dystans:

XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

Stowarzyszenie "Bieg Zaślubin"
2017-03-12
Kołobrzeg
15 km

B4SPORT



Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	MARCHUK Sergii	931	SK KOVEL LKB RUDNIK	M30	1	00:00:03	00:18:36	00:31:11	00:46:42.45	00:46:45.80		3:06	19.3 (100%)
2	ZWIĄZEK Paweł	880	WIECZORNE BIEGANIE W SZCZECINIE	M30	2	00:00:04	00:20:29	00:35:11	00:52:32.55	00:52:37.05	+00:05:50 (11.1%)	3:30	17.1 (88.6%)
3	ROSZKOWSKI Tomasz	634	WARSZAWA NATOLIN ZACHODNI	M30	3	00:00:05	00:20:54	00:35:37	00:53:16.20	00:53:21.20	+00:06:33 (12.3%)	3:33	16.9 (87.6%)
4	TERLIKOWSKI Grzegorz	919		M30	4	00:00:04	00:21:39	00:37:18	00:55:38.15	00:55:42.35	+00:08:55 (16.0%)	3:42	16.2 (83.9%)
5	EMILIT Grzegorz	172	DZIESIĄTKA BIAŁOGARD	M30	5	00:00:07	00:22:12	00:38:03	00:56:37.55	00:56:45.00	+00:09:55 (17.5%)	3:46	15.9 (82.4%)
6	SIECZKOWSKI Michał	667		M30	6	00:00:07	00:22:18	00:38:24	00:56:41.85	00:56:49.05	+00:09:59 (17.6%)	3:46	15.9 (82.4%)
7	WILCZEWSKI Krzysztof	817	MKS 'ŚWIĘC' SŁAWNO	M30	7	00:00:09	00:22:18	00:38:19	00:56:58.20	00:57:07.30	+00:10:15 (18.0%)	3:47	15.8 (81.9%)
8	WILCZEWSKI Mariusz	818	MKS 'ŚWIĘC' SŁAWNO	M30	8	00:00:08	00:22:19	00:38:21	00:57:15.35	00:57:24.00	+00:10:32 (18.4%)	3:49	15.7 (81.3%)
9	BUŁAW Piotr	75	JW 4094, 4RUN TEAM PIŁA	M30	9	00:00:05	00:22:21	00:38:51	00:57:44.05	00:57:49.05	+00:11:01 (19.1%)	3:50	15.6 (80.8%)
10	SZOPIŃSKI Tomasz	748	KB BRYZA POSTOMINO	M30	10	00:00:04	00:22:29	00:39:13	00:58:32.90	00:58:37.50	+00:11:50 (20.2%)	3:54	15.4 (79.8%)
11	BIEDRZYCKI Adam	42	CW FANZA KOŁOBRZEG	M30	11	00:00:05	00:22:27	00:39:19	01:00:01.95	01:00:07.55	+00:13:19 (22.2%)	4:00	15 (77.7%)
12	PISKORZ Szymon	574	KP PSP GRYFICE	M30	12	00:00:07	00:23:24	00:40:41	01:00:08.95	01:00:16.65	+00:13:26 (22.3%)	4:00	15 (77.7%)
13	ULDYNOWICZ Łukasz	790	MLUKS MOKASYN PŁOTY	M30	13	00:00:06	00:23:04	00:40:28	01:01:02.15	01:01:08.20	+00:14:19 (23.5%)	4:04	14.7 (76.2%)
14	STACHOWIAK Adrian	708		M30	14	00:00:09	00:23:26	00:40:54	01:01:04.20	01:01:13.25	+00:14:21 (23.5%)	4:04	14.7 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
15	PRĘDKI Grzegorz	591	KB BRYZA POSTOMINO	M30	15	00:00:04	00:23:55	00:41:45	01:02:01.85	01:02:06.35	+00:15:19 (24.7%)	4:08	14.5 (75.1%)
16	RYBIŃSKI Grzegorz	649		M30	16	00:00:09	00:24:08	00:42:05	01:02:20.70	01:02:30.20	+00:15:38 (25.1%)	4:09	14.4 (74.6%)
17	CIEKLIŃSKI Jacek	899		M30	17	00:00:37	00:25:10	00:43:20	01:04:14.60	01:04:52.15	+00:17:32 (27.3%)	4:17	14 (72.5%)
18	LANGE Rafał	416	GWIEZDNA FLOTA MASZEWO	M30	18	00:00:12	00:25:18	00:43:48	01:04:22.30	01:04:35.15	+00:17:39 (27.4%)	4:17	14 (72.5%)
19	BEDNARCZYK Tomasz	37		M30	19	00:00:19	00:25:05	00:43:40	01:04:55.95	01:05:15.05	+00:18:13 (28.1%)	4:19	13.9 (72.0%)
20	KAZIMIERSKI Piotr	319		M30	20	00:00:24	00:25:14	00:44:12	01:05:19.40	01:05:44.20	+00:18:36 (28.5%)	4:21	13.8 (71.5%)
21	PIŃSKI Piotr	572	KREISEL RUNNING TEAM	M30	21	00:00:18	00:24:58	00:43:53	01:06:05.15	01:06:23.25	+00:19:22 (29.3%)	4:24	13.6 (70.5%)
22	REMBECKI Marcin	620		M30	22	00:00:30	00:23:28	00:41:27	01:06:09.40	01:06:40.15	+00:19:26 (29.4%)	4:24	13.6 (70.5%)
23	GRUSZCZYŃSKI Dawid	220	RANGRYF	M30	23	00:00:30	00:24:29	00:43:35	01:06:41.15	01:07:11.95	+00:19:58 (30.0%)	4:26	13.5 (69.9%)
24	SZCZYGIELSKI Radosław	738		M30	24	00:00:18	00:26:05	00:45:35	01:07:04.35	01:07:23.05	+00:20:21 (30.4%)	4:28	13.4 (69.4%)
25	GRUDOWSKI Konrad	219	SZCZECIN BUKOWE	M30	25	00:00:24	00:25:28	00:45:02	01:07:25.75	01:07:50.30	+00:20:43 (30.7%)	4:29	13.3 (68.9%)
26	SZYMAŃSKI Marek	755	KLUB BIEGACZA KAMIEŃ POMORSKI	M30	26	00:00:17	00:26:06	00:45:52	01:08:04.35	01:08:22.30	+00:21:21 (31.4%)	4:32	13.2 (68.4%)
27	NOWICKI Michał	512	KB WYGAN	M30	27	00:00:13	00:24:49	00:44:52	01:08:08.00	01:08:21.45	+00:21:25 (31.4%)	4:32	13.2 (68.4%)
28	ZIÓLKOWSKI Leszek	878	4RUN TEAM PIŁA	M30	28	00:00:22	00:26:02	00:45:47	01:08:08.80	01:08:30.90	+00:21:26 (31.5%)	4:32	13.2 (68.4%)
29	SZULC Przemysław	752	PRZEMYSŁAW SZULC	M30	29	00:00:14	00:25:38	00:45:45	01:08:17.75	01:08:31.90	+00:21:35 (31.6%)	4:33	13.2 (68.4%)
30	HOŁYŃSKI Leszek	255	WIECZORNE BIEGANIE W SZCZECINIE	M30	30	00:00:25	00:26:14	00:46:35	01:08:43.30	01:09:08.45	+00:22:00 (32.0%)	4:34	13.1 (67.9%)
31	DURMAN Sławomir	164		M30	31	00:00:17	00:26:28	00:46:15	01:08:47.80	01:09:05.75	+00:22:05 (32.1%)	4:35	13.1 (67.9%)
32	ZAWADA Wiktor	914		M30	32	00:00:27	00:25:19	00:45:24	01:08:48.70	01:09:16.00	+00:22:06 (32.1%)	4:35	13.1 (67.9%)
33	KRUKOWSKI Adam	383		M30	33	00:00:19	00:26:03	00:46:39	01:08:53.20	01:09:12.55	+00:22:10 (32.2%)	4:35	13.1 (67.9%)
34	WIERZBICKI Jakub	816	ŚWIDWIN	M30	34	00:00:10	00:25:18	00:45:29	01:08:57.55	01:09:08.45	+00:22:15 (32.3%)	4:35	13 (67.4%)
35	FERENS Rafał	953	MIASTKO	M30	35	00:00:11	00:23:54	00:44:22	01:09:36.55	01:09:47.65	+00:22:54 (32.9%)	4:38	12.9 (66.8%)
36	RUMISTRZEWICZ Robert	641		M30	36	00:00:19	00:27:02	00:47:31	01:10:10.70	01:10:30.35	+00:23:28 (33.4%)	4:40	12.8 (66.3%)
37	KISIEL Mariusz	330		M30	37	00:00:39	00:26:54	00:47:21	01:10:39.45	01:11:18.50	+00:23:57 (33.9%)	4:42	12.7 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
38	KULIK Sebastian	943	GRABOWO	M30	38	00:00:26	00:25:55	00:46:43	01:11:03.50	01:11:29.75	+00:24:21 (34.3%)	4:44	12.7 (65.8%)
39	DURKOWSKI Dawid	163		M30	39	00:00:22	00:27:31	00:49:02	01:11:12.05	01:11:34.10	+00:24:29 (34.4%)	4:44	12.6 (65.3%)
40	MICKIEWICZ Adam	911	JW 3937	M30	40	00:00:08	00:27:04	00:49:13	01:11:31.80	01:11:40.05	+00:24:49 (34.7%)	4:46	12.6 (65.3%)
41	OTTO Michał	539		M30	41	00:00:13	00:26:16	00:47:35	01:12:04.45	01:12:17.55	+00:25:22 (35.2%)	4:48	12.5 (64.8%)
42	PRZYBYSZ Michał	597		M30	42	00:00:45	00:26:52	00:47:38	01:12:08.90	01:12:54.55	+00:25:26 (35.3%)	4:48	12.5 (64.8%)
43	ROMANOWSKI Piotr	628	BRAK	M30	43	00:00:13	00:26:10	00:47:07	01:12:11.95	01:12:25.00	+00:25:29 (35.3%)	4:48	12.5 (64.8%)
44	SZYMAŃSKI Mateusz	756		M30	44	00:00:25	00:27:36	00:48:33	01:12:24.90	01:12:50.60	+00:25:42 (35.5%)	4:49	12.4 (64.2%)
45	SIKORSKI Adam	898	SIKORROWO	M30	45	00:00:13	00:27:30	00:48:46	01:12:33.95	01:12:47.85	+00:25:51 (35.6%)	4:50	12.4 (64.2%)
46	ADAMOWICZ Daniel	7	FUNDACJA KROK	M30	46	00:00:24	00:26:15	00:47:40	01:12:56.50	01:13:21.25	+00:26:14 (36.0%)	4:51	12.3 (63.7%)
47	GROCHOWSKI Krzysztof	218		M30	47	00:00:15	00:26:39	00:48:17	01:13:27.05	01:13:42.80	+00:26:44 (36.4%)	4:53	12.3 (63.7%)
48	KOTOWSKI Dominik	362		M30	48	00:00:36	00:28:08	00:49:46	01:13:52.35	01:14:28.80	+00:27:09 (36.8%)	4:55	12.2 (63.2%)
49	PIELICH Konrad	568		M30	49	00:00:54	00:27:16	00:48:59	01:14:14.20	01:15:08.35	+00:27:31 (37.1%)	4:56	12.1 (62.7%)
50	CHRZANOWSKI Bartłomiej	103		M30	50	00:00:41	00:28:01	00:49:54	01:14:29.95	01:15:11.00	+00:27:47 (37.3%)	4:58	12.1 (62.7%)
51	HRYCIÓW Paweł	258	BIAŁOGARD	M30	51	00:00:43	00:28:22	00:50:08	01:14:34.45	01:15:17.85	+00:27:52 (37.4%)	4:58	12.1 (62.7%)
52	WODNICKI Krzysztof	832	RUNGRYF GRYFICE	M30	52	00:00:35	00:27:36	00:49:49	01:15:10.80	01:15:46.25	+00:28:28 (37.9%)	5:00	12 (62.2%)
53	CHWIEDUK Andrzej	107		M30	53	00:00:29	00:28:00	00:50:19	01:15:12.95	01:15:42.25	+00:28:30 (37.9%)	5:00	12 (62.2%)
54	NACHYŁA Paweł	498	DZIKI KOSZALIN	M30	54	00:00:45	00:28:14	00:50:17	01:15:29.90	01:16:15.20	+00:28:47 (38.1%)	5:02	11.9 (61.7%)
55	WIELGAT Łukasz	813	KB BRYZA POSTOMINO	M30	55	00:00:22	00:27:39	00:49:56	01:15:30.75	01:15:53.05	+00:28:48 (38.1%)	5:02	11.9 (61.7%)
56	GODOŃ Piotr	947	GRABOWO	M30	56	00:00:25	00:28:29	00:50:31	01:15:51.35	01:16:16.40	+00:29:08 (38.4%)	5:03	11.9 (61.7%)
57	JAKIMA Szymon	269		M30	57	00:00:24	00:28:33	00:50:58	01:16:30.55	01:16:55.10	+00:29:48 (39.0%)	5:06	11.8 (61.1%)
58	ZAREMBSKI Dawid	892		M30	58	00:00:34	00:26:54	00:52:26	01:16:38.00	01:17:12.85	+00:29:55 (39.1%)	5:06	11.7 (60.6%)
59	DZIKOWSKI Karol	170		M30	59	00:00:43	00:28:02	00:50:29	01:17:11.00	01:17:54.15	+00:30:28 (39.5%)	5:08	11.7 (60.6%)
60	SZYNTOR Łukasz	935	GRA RUNNERS	M30	60	00:00:42	00:28:44	00:51:29	01:17:15.45	01:17:58.35	+00:30:33 (39.5%)	5:09	11.6 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
61	SZCZYGIEŁ Paweł	740		M30	61	00:00:17	00:28:04	00:51:28	01:17:28.35	01:17:45.70	+00:30:45 (39.7%)	5:09	11.6 (60.1%)
62	RUDZEWICZ Mariusz	640		M30	62	00:00:39	00:28:12	00:51:50	01:17:36.70	01:18:16.25	+00:30:54 (39.8%)	5:10	11.6 (60.1%)
63	SERAFIN Paweł	957		M30	63	00:01:00	00:28:57	00:52:18	01:17:44.45	01:18:45.30	+00:31:02 (39.9%)	5:11	11.6 (60.1%)
64	NIEWIDZIAJŁO Michał	502		M30	64	00:00:21	00:28:39	00:51:59	01:18:54.40	01:19:15.95	+00:32:11 (40.8%)	5:15	11.4 (59.1%)
65	KACZYŃSKI Mirosław	303		M30	65	00:00:18	00:30:40	00:55:14	01:19:03.35	01:19:21.40	+00:32:20 (40.9%)	5:16	11.4 (59.1%)
66	JANUS Grzegorz	277	RAMS TRAINING HOUSE/ RONIN GOLD TEAM	M30	66	00:00:42	00:29:09	00:53:24	01:19:50.75	01:20:32.75	+00:33:08 (41.5%)	5:19	11.3 (58.5%)
67	WARYSZ Dominik	802	RUNGRYF GRYFICE	M30	67	00:00:44	00:29:58	00:53:46	01:20:15.40	01:20:59.40	+00:33:32 (41.8%)	5:21	11.2 (58.0%)
68	WITA Filip	825	WOLSZTYŃSKI KLUB BIEGOWY	M30	68	00:01:00	00:31:34	00:55:04	01:20:17.30	01:21:18.20	+00:33:34 (41.8%)	5:21	11.2 (58.0%)
69	SAJA Przemysław	658		M30	69	00:00:34	00:30:33	00:54:31	01:20:47.80	01:21:22.60	+00:34:05 (42.2%)	5:23	11.1 (57.5%)
70	HRYCAJ Tomasz	257		M30	70	00:00:36	00:30:02	00:53:55	01:20:49.20	01:21:25.25	+00:34:06 (42.2%)	5:23	11.1 (57.5%)
71	KAZIMIERSKI Marek	917		M30	71	00:00:44	00:29:42	00:53:50	01:22:15.50	01:23:00.30	+00:35:33 (43.2%)	5:29	10.9 (56.5%)
72	WESOŁOWSKI Tomasz	810		M30	72	00:01:01	00:30:52	00:55:27	01:22:24.25	01:23:26.05	+00:35:41 (43.3%)	5:29	10.9 (56.5%)
73	KOWALCZYK Piotr	363		M30	73	00:00:44	00:29:27	00:54:01	01:22:30.45	01:23:14.45	+00:35:48 (43.4%)	5:30	10.9 (56.5%)
74	CYBULSKI Michał	117	KB DZIK	M30	74	00:00:39	00:31:38	00:56:52	01:22:42.80	01:23:22.60	+00:36:00 (43.5%)	5:30	10.9 (56.5%)
75	LIPIŃSKI Błażej	903	TWÓJ STOMATOLOG	M30	75	00:00:35	00:30:04	00:54:53	01:23:16.85	01:23:52.45	+00:36:34 (43.9%)	5:33	10.8 (56.0%)
76	REMBARZ Piotr	619		M30	76	00:01:01	00:31:07	00:56:24	01:24:47.15	01:25:48.15	+00:38:04 (44.9%)	5:39	10.6 (54.9%)
77	BUDZICH Marcin	77		M30	77	00:00:51	00:32:28	00:58:04	01:25:39.45	01:26:31.05	+00:38:57 (45.5%)	5:42	10.5 (54.4%)
78	JAWORSKI Szymon	287		M30	78	00:00:09	00:32:24	00:59:51	01:30:36.00	01:30:45.95	+00:43:53 (48.4%)	6:02	9.9 (51.3%)
79	HARNER Jacek	243		M30	79	00:00:39	00:31:39	00:58:42	01:31:19.40	01:31:59.25	+00:44:36 (48.9%)	6:05	9.9 (51.3%)
80	SOWA Krzysztof	699		M30	80	00:00:33	00:31:34	00:58:25	01:32:53.90	01:33:27.15	+00:46:11 (49.7%)	6:11	9.7 (50.3%)
81	SERKIS Piotr	942		M30	81	00:00:27	00:33:35	01:02:08	01:33:33.10	01:34:01.00	+00:46:50 (50.1%)	6:14	9.6 (49.7%)
82	SZCZYGIELSKI Michał	739		M30	82	00:00:43	00:34:31	01:03:07	01:34:02.20	01:34:46.00	+00:47:19 (50.3%)	6:16	9.6 (49.7%)
83	KUPREWICZ Grzegorz	406	JW1223	M30	83	00:00:13	00:33:56	01:03:23	01:35:01.05	01:35:14.75	+00:48:18 (50.8%)	6:20	9.5 (49.2%)

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84	SOBUŚ Jacek	690	JESTESMYFAJNI.PL	M30	84	00:00:50	00:34:58	01:06:23	01:37:42.95	01:38:33.55	+00:51:00 (52.2%)	6:30	9.2 (47.7%)
85	LEŚNIEWSKI Dominik	900	RAMS TRAINING HOUSE	M30	85	00:00:43	00:34:20	01:04:18	01:37:48.75	01:38:31.85	+00:51:06 (52.2%)	6:31	9.2 (47.7%)

Znaleziono 85 wynik(ów)