



Organizator:
Data:
Miejsce:
Dystans:

XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

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

B4SPORT



Klasyfikacja: M45

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	NAGLACKI Grzegorz	499	RAZ SZCZECIN	M45	1	00:00:03	00:22:07	00:38:25	00:57:09.80	00:57:13.75		3:48	15.7 (100%)
2	GIBA Jacek	198	MKL MARATON ŚWINOUJŚCIE	M45	2	00:00:04	00:22:19	00:38:25	00:57:16.95	00:57:20.95	+00:00:07 (0.2%)	3:49	15.7 (100%)
3	WOJNACH Andrzej	837	WIECZORNE BIEGANIE W SZCZECINIE	M45	3	00:00:08	00:22:22	00:38:47	00:58:05.90	00:58:14.40	+00:00:56 (1.6%)	3:52	15.5 (98.7%)
4	PROCHNA Krzysztof	592	MĘŻCZYŻNA	M45	4	00:00:07	00:22:49	00:39:10	00:58:13.35	00:58:20.35	+00:01:03 (1.8%)	3:52	15.5 (98.7%)
5	GARBACZ Krzysztof	185		M45	5	00:00:05	00:22:29	00:38:59	00:58:25.95	00:58:31.20	+00:01:16 (2.2%)	3:53	15.4 (98.1%)
6	BIEDRZYCKI Krzysztof	43		M45	6	00:00:05	00:23:36	00:40:46	01:00:53.85	01:00:59.55	+00:03:44 (6.1%)	4:03	14.8 (94.3%)
7	ODWROT Hubert	514	3:33 TEAM	M45	7	00:00:10	00:23:31	00:40:49	01:00:56.85	01:01:06.85	+00:03:47 (6.2%)	4:03	14.8 (94.3%)
8	BEMOWICZ Tomasz	40	KB WYGAN	M45	8	00:00:06	00:23:33	00:40:43	01:01:02.50	01:01:08.65	+00:03:52 (6.4%)	4:04	14.7 (93.6%)
9	CHWALISZ Włodek	106	3:33 TEAM	M45	9	00:00:18	00:23:34	00:41:02	01:01:16.00	01:01:34.50	+00:04:06 (6.7%)	4:05	14.7 (93.6%)
10	BAJGERT Robert	21	VOLTAIX.PL	M45	10	00:00:19	00:23:38	00:41:01	01:01:20.30	01:01:40.00	+00:04:10 (6.8%)	4:05	14.7 (93.6%)
11	POTASZNIK Artur	589	MARATOŃCZYK TEAM SZCZECIN	M45	11	00:00:05	00:23:24	00:40:59	01:01:37.90	01:01:43.35	+00:04:28 (7.3%)	4:06	14.6 (93.0%)
12	ZWOLIŃSKI Jan	882	TKKF KOSZALIN	M45	12	00:00:10	00:24:18	00:42:10	01:02:40.45	01:02:50.45	+00:05:30 (8.8%)	4:10	14.4 (91.7%)
13	UZNAŃSKI Ryszard	793	KOŁOBRZEG BIEGA	M45	13	00:00:06	00:23:36	00:42:15	01:03:48.55	01:03:54.95	+00:06:38 (10.4%)	4:15	14.1 (89.8%)
14	BACHORSKI Tomasz	20	KS GRYF KIETRZ	M45	14	00:00:27	00:23:55	00:42:38	01:03:58.95	01:04:26.65	+00:06:49 (10.7%)	4:15	14.1 (89.8%)

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	OLEJNIK Przemek	519	NIEZRZESZONY	M45	15	00:00:14	00:23:53	00:42:35	01:04:01.90	01:04:16.80	+00:06:52 (10.7%)	4:16	14.1 (89.8%)
16	WILK Daniel	820	KLUB BIEGACZA AKTYWNI KRZYŻ WLKP.	M45	16	00:00:08	00:24:11	00:42:54	01:04:02.90	01:04:11.80	+00:06:53 (10.7%)	4:16	14.1 (89.8%)
17	SZPITER Tomasz	749	OLAWS ZŁOTORYJA	M45	17	00:00:15	00:24:26	00:42:41	01:04:22.00	01:04:37.05	+00:07:12 (11.2%)	4:17	14 (89.2%)
18	WALTER Przemysław	801	KB 10 BIAŁOGARD	M45	18	00:00:10	00:24:30	00:43:12	01:04:47.55	01:04:58.15	+00:07:37 (11.8%)	4:19	13.9 (88.5%)
19	TCHÓRZEWSKI Marek	770		M45	19	00:00:09	00:24:31	00:43:04	01:04:50.75	01:05:00.70	+00:07:40 (11.8%)	4:19	13.9 (88.5%)
20	TROSNIAK Piotr	778	10 BIAŁOGARD	M45	20	00:00:14	00:24:46	00:43:26	01:04:53.50	01:05:07.65	+00:07:43 (11.9%)	4:19	13.9 (88.5%)
21	KRASKIEWICZ Tomasz	376	BULK CARGO PORT SZCZECIN	M45	21	00:00:11	00:24:17	00:43:12	01:05:02.95	01:05:14.40	+00:07:53 (12.1%)	4:20	13.8 (87.9%)
22	ANDRYSKOWSKI Zdzisław	12		M45	22	00:00:06	00:24:07	00:43:10	01:05:30.80	01:05:37.65	+00:08:21 (12.7%)	4:22	13.7 (87.3%)
23	PUCHAŁA Sławomir	600	BLUE TEAM PILA	M45	23	00:00:09	00:24:18	00:43:38	01:05:42.30	01:05:51.90	+00:08:32 (13.0%)	4:22	13.7 (87.3%)
24	RADOMINSKI Piotr	606		M45	24	00:00:15	00:25:10	00:44:24	01:06:06.95	01:06:21.95	+00:08:57 (13.5%)	4:24	13.6 (86.6%)
25	GIEDRYS Wojtek	199	3:33 TEAM	M45	25	00:00:19	00:25:00	00:43:53	01:06:07.45	01:06:27.35	+00:08:57 (13.6%)	4:24	13.6 (86.6%)
26	JAROCHOWICZ Norbert	279	NTS	M45	26	00:00:05	00:24:29	00:43:41	01:06:07.60	01:06:13.35	+00:08:57 (13.6%)	4:24	13.6 (86.6%)
27	SZCZECIŃSKI Mariusz	733	KRÓLICZKI W PLECAKU	M45	27	00:00:13	00:25:47	00:45:39	01:06:44.65	01:06:58.35	+00:09:34 (14.4%)	4:27	13.5 (86.0%)
28	OLESZCZUK Karol	523		M45	28	00:00:17	00:26:00	00:45:35	01:07:15.15	01:07:32.60	+00:10:05 (15.0%)	4:29	13.4 (85.4%)
29	FILAROWSKI Stefan	177	GRUPA NURKÓW INŻYNIERII	M45	29	00:00:26	00:26:16	00:45:21	01:07:17.70	01:07:44.40	+00:10:07 (15.1%)	4:29	13.4 (85.4%)
30	WRÓBLEWSKI Grzegorz	854		M45	30	00:00:38	00:26:18	00:45:59	01:07:33.65	01:08:11.75	+00:10:23 (15.4%)	4:30	13.3 (84.7%)
31	GLONEK Dariusz	201		M45	31	00:00:30	00:25:27	00:45:07	01:07:46.30	01:08:16.35	+00:10:36 (15.7%)	4:31	13.3 (84.7%)
32	URBAŃSKI Tomasz	791		M45	32	00:00:13	00:25:52	00:45:33	01:07:59.85	01:08:13.00	+00:10:50 (15.9%)	4:32	13.2 (84.1%)
33	STASIOŁEK Tomasz	711	KLUB MIŁOŚNIKÓW ŻONY (CUDZEJ)	M45	33	00:00:26	00:26:21	00:45:42	01:07:59.90	01:08:26.65	+00:10:50 (15.9%)	4:32	13.2 (84.1%)
34	BRZAKAŁA Waldemar	67	KB KAMIEŃ POMORSKI	M45	34	00:00:18	00:26:04	00:45:51	01:08:04.00	01:08:22.60	+00:10:54 (16.0%)	4:32	13.2 (84.1%)
35	RYŻEWSKI Krzysztof	910	QUADIMODO RACING	M45	35	00:00:12	00:25:18	00:45:33	01:08:21.85	01:08:34.25	+00:11:12 (16.4%)	4:33	13.2 (84.1%)
36	BIELECKI Andrzej	46	3:33 TEAM	M45	36	00:00:19	00:25:45	00:45:47	01:08:30.40	01:08:49.50	+00:11:20 (16.6%)	4:34	13.1 (83.4%)
37	POLAŃSKI Dariusz	586	JW 3411 MRZEŻYNO	M45	37	00:00:11	00:27:26	00:47:15	01:09:13.30	01:09:24.80	+00:12:03 (17.4%)	4:36	13 (82.8%)

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
38	HNITECKI Marek	250		M45	38	00:00:30	00:26:39	00:46:32	01:09:15.80	01:09:46.55	+00:12:06 (17.5%)	4:37	13 (82.8%)
39	DYBUS Thomas Henri	166	VFL FOSITE HELGOLAND	M45	39	00:00:17	00:26:26	00:46:39	01:09:23.15	01:09:40.55	+00:12:13 (17.6%)	4:37	13 (82.8%)
40	STĘPNIAK Grzegorz	716	KLUB BIEGACZA KAMIEŃ POMORSKI	M45	40	00:00:14	00:25:09	00:45:09	01:09:27.70	01:09:41.85	+00:12:17 (17.7%)	4:37	13 (82.8%)
41	PEKAŁA Piotr	562	ROZBIEGANY KOSZALIN	M45	41	00:00:21	00:26:35	00:46:52	01:09:32.60	01:09:54.20	+00:12:22 (17.8%)	4:38	12.9 (82.2%)
42	SOBKOWIAK Robert	689		M45	42	00:00:34	00:26:14	00:47:06	01:10:44.45	01:11:19.30	+00:13:34 (19.2%)	4:43	12.7 (80.9%)
43	JARZYNA Roman	282	SZWLA STARGARD	M45	43	00:00:08	00:26:11	00:47:10	01:11:22.20	01:11:31.05	+00:14:12 (19.9%)	4:45	12.6 (80.3%)
44	RÓŻAŃSKI Jacek	635	NIEZRZESZONY	M45	44	00:00:36	00:26:59	00:47:49	01:11:40.60	01:12:16.95	+00:14:30 (20.2%)	4:46	12.6 (80.3%)
45	WALERIAŃCZYK Roman	798	GMINA KOŁOBRZEG	M45	45	00:00:33	00:27:12	00:48:06	01:11:46.40	01:12:19.80	+00:14:36 (20.4%)	4:47	12.5 (79.6%)
46	UKRAIŃSKI Sławomir	789	KOŁOBRZEG BIEGA	M45	46	00:00:10	00:26:58	00:48:10	01:11:54.45	01:12:04.55	+00:14:44 (20.5%)	4:47	12.5 (79.6%)
47	KAŻMIERCZAK Robert	894		M45	47	00:00:28	00:27:10	00:48:30	01:11:55.80	01:12:23.80	+00:14:46 (20.5%)	4:47	12.5 (79.6%)
48	TRZECIAK Dariusz	781	KOŁOBRZEG BIEGA	M45	48	00:00:41	00:28:08	00:49:13	01:12:17.10	01:12:58.35	+00:15:07 (20.9%)	4:49	12.5 (79.6%)
49	PAWELEC Artur	554	ROZBIEGANY GOLENIÓW	M45	49	00:00:15	00:27:17	00:49:04	01:12:20.55	01:12:36.20	+00:15:10 (21.0%)	4:49	12.4 (79.0%)
50	PRZYCHÓDZKO Roman	598	KTC KOŁOBRZEG	M45	50	00:00:24	00:26:31	00:47:15	01:12:54.25	01:13:18.50	+00:15:44 (21.6%)	4:51	12.3 (78.3%)
51	KOSIOR Piotr	357		M45	51	00:00:31	00:26:51	00:48:24	01:13:06.15	01:13:37.85	+00:15:56 (21.8%)	4:52	12.3 (78.3%)
52	SKOWROŃSKI Łukasz	678		M45	52	00:00:22	00:27:40	00:49:25	01:13:19.55	01:13:42.45	+00:16:09 (22.0%)	4:53	12.3 (78.3%)
53	WOLSKI Tomasz	844		M45	53	00:00:28	00:27:16	00:48:52	01:13:41.35	01:14:09.35	+00:16:31 (22.4%)	4:54	12.2 (77.7%)
54	WIATRZYK Krzysztof	811	DARŁOWO	M45	54	00:00:18	00:26:42	00:48:32	01:14:00.60	01:14:18.75	+00:16:50 (22.8%)	4:56	12.2 (77.7%)
55	ORZEŁ Jacek	530		M45	55	00:00:36	00:27:30	00:49:01	01:14:21.05	01:14:57.85	+00:17:11 (23.1%)	4:57	12.1 (77.1%)
56	ROGOŻA Ireneusz	625		M45	56	00:00:23	00:28:05	00:49:40	01:14:26.55	01:14:50.25	+00:17:16 (23.2%)	4:57	12.1 (77.1%)
57	WILKLISZ Wojciech	821	SZCZECIN BIEGA	M45	57	00:00:54	00:27:59	00:50:16	01:14:27.25	01:15:21.80	+00:17:17 (23.2%)	4:57	12.1 (77.1%)
58	KACZOROWSKI Mieczysław	301	109 SZPITAL WOJSKOWY	M45	58	00:00:13	00:28:10	00:50:08	01:14:45.40	01:14:58.55	+00:17:35 (23.5%)	4:59	12 (76.4%)
59	JANKOWSKI Jarosław	275	AT-AKTYWNY TRZEBIATÓW	M45	59	00:00:53	00:28:59	00:50:57	01:15:30.30	01:16:23.30	+00:18:20 (24.3%)	5:02	11.9 (75.8%)
60	ZIOMKO Rafał	876		M45	60	00:00:29	00:27:55	00:50:05	01:15:33.60	01:16:02.70	+00:18:23 (24.3%)	5:02	11.9 (75.8%)

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
61	NITA Wiesław	503	VILLAGE PUNK RUN	M45	61	00:00:45	00:28:37	00:51:15	01:16:07.20	01:16:52.20	+00:18:57 (24.9%)	5:04	11.8 (75.2%)
62	PIECHOTA Robert	564		M45	62	00:00:22	00:27:03	00:50:51	01:16:26.80	01:16:49.65	+00:19:17 (25.2%)	5:05	11.8 (75.2%)
63	SOROCZYŃSKI Cezary	697		M45	63	00:00:11	00:27:52	00:50:40	01:16:38.05	01:16:49.25	+00:19:28 (25.4%)	5:06	11.7 (74.5%)
64	BEDNARCZYK Piotr	36		M45	64	00:00:48	00:29:32	00:52:47	01:17:56.00	01:18:44.10	+00:20:46 (26.7%)	5:11	11.5 (73.2%)
65	KĘPKA Mirosław	324	KB.SPRINT.ŚWIDWIN	M45	65	00:00:53	00:29:36	00:52:53	01:18:19.15	01:19:12.85	+00:21:09 (27.0%)	5:13	11.5 (73.2%)
66	STACHOWSKI Andrzej	709		M45	66	00:00:57	00:29:39	00:52:58	01:20:02.60	01:21:00.15	+00:22:52 (28.6%)	5:20	11.2 (71.3%)
67	ADAMCZYK Arkadiusz	6	BLUE TEAM PIŁA	M45	67	00:00:11	00:30:24	00:54:16	01:21:03.30	01:21:14.40	+00:23:53 (29.5%)	5:24	11.1 (70.7%)
68	BOROWIEC Mariusz	63		M45	68	00:01:02	00:31:09	00:55:01	01:21:03.85	01:22:06.15	+00:23:54 (29.5%)	5:24	11.1 (70.7%)
69	KUCHARCZYK Robert	395	RUNGRYF	M45	69	00:00:43	00:29:01	00:53:02	01:21:39.40	01:22:22.70	+00:24:29 (30.0%)	5:26	11 (70.1%)
70	JOŃCZYK Tadeusz	290	DLA IRKA	M45	70	00:00:35	00:29:48	00:54:41	01:22:15.05	01:22:51.00	+00:25:05 (30.5%)	5:29	10.9 (69.4%)
71	OLESZEK Tomasz	524	RASCH POLSKA	M45	71	00:00:56	00:32:04	00:56:32	01:22:25.85	01:23:22.60	+00:25:16 (30.7%)	5:29	10.9 (69.4%)
72	WILKOSZ Tomasz	822	HAIRBOX	M45	72	00:00:35	00:31:56	00:55:57	01:22:27.75	01:23:03.05	+00:25:17 (30.7%)	5:29	10.9 (69.4%)
73	MARTUSZEWSKI Ryszard	471	RUNNERS OF WAŁCZ	M45	73	00:01:03	00:29:17	00:57:18	01:23:13.80	01:24:17.75	+00:26:04 (31.3%)	5:32	10.8 (68.8%)
74	KURZYMSKI Piotr	411	BIZON TEAM	M45	74	00:00:13	00:29:52	00:55:12	01:23:33.35	01:23:47.20	+00:26:23 (31.6%)	5:34	10.8 (68.8%)
75	ANTOSIEWICZ Robert	15	LULACLUB	M45	75	00:00:38	00:31:15	00:56:45	01:25:04.25	01:25:42.65	+00:27:54 (32.8%)	5:40	10.6 (67.5%)
76	KOŁAKOWSKI Dariusz	344	KB.SPRINT.ŚWIDWIN	M45	76	00:00:53	00:33:44	00:59:44	01:26:58.10	01:27:52.00	+00:29:48 (34.3%)	5:47	10.3 (65.6%)
77	HAPKE Piotr	240	WAŁECKA ŚCIEMA	M45	77	00:00:26	00:31:24	00:57:55	01:27:04.75	01:27:30.95	+00:29:54 (34.4%)	5:48	10.3 (65.6%)
78	SCHULZ Radek	665	3:33 TEAM	M45	78	00:00:19	00:30:40	00:57:13	01:27:07.80	01:27:27.60	+00:29:58 (34.4%)	5:48	10.3 (65.6%)
79	KRUPINIEWICZ Antoni	384	SKORPION	M45	79	00:00:59	00:32:35	01:00:01	01:31:12.30	01:32:12.10	+00:34:02 (37.3%)	6:04	9.9 (63.1%)
80	JABŁOŃSKI Robert	265	FIZJOTERAPIA	M45	80	00:00:58	00:34:15	01:01:30	01:31:43.00	01:32:41.65	+00:34:33 (37.7%)	6:06	9.8 (62.4%)
81	SOKÓŁ Mirosław	696		M45	81	00:00:50	00:34:25	01:01:57	01:31:59.75	01:32:49.85	+00:34:49 (37.9%)	6:07	9.8 (62.4%)
82	GRABOWSKI Krzysztof	958		M45	82	00:00:52	00:33:51	01:02:03	01:32:20.10	01:33:12.80	+00:35:10 (38.1%)	6:09	9.7 (61.8%)
83	HNAT Rafał	249	RUNNERS OF WAŁCZ	M45	83	00:00:25	00:29:55	00:59:49	01:34:30.50	01:34:56.35	+00:37:20 (39.5%)	6:18	9.5 (60.5%)

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
84	KOLASA Tomasz	343		M45	84	00:00:43	00:33:46	01:03:17	01:37:00.60	01:37:44.50	+00:39:50 (41.1%)	6:28	9.3 (59.2%)
85	MANOWSKI Andrzej	466	DENTSU AEGIS RUNNERS	M45	85	00:00:39	00:32:34	01:03:37	01:38:02.70	01:38:41.95	+00:40:52 (41.7%)	6:32	9.2 (58.6%)
86	KRYSA Krzysztof	385		M45	86	00:00:52	00:36:20	01:09:15	01:46:43.50	01:47:36.20	+00:49:33 (46.4%)	7:06	8.4 (53.5%)
87	LEGAWIEC Paweł	420	3:33 TEAM	M45	87	00:00:40	00:37:29	01:10:34	01:47:47.35	01:48:27.40	+00:50:37 (47.0%)	7:11	8.4 (53.5%)
88	KĘDZIERSKI Jarek	322		M45	88	00:00:22	00:35:16	01:08:13	01:47:56.75	01:48:19.25	+00:50:46 (47.0%)	7:11	8.3 (52.9%)

Znaleziono 88 wynik(ów)