



**Organiser:**  
**Date:**  
**Place:**  
**Distance:**

## XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

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

B4SPORT



Classification: M55

Place	Participant	Number	Club	Category	MCat	Start time	Bike5_All 6km	Bike10_All 10km	Net time 15km	Czas brutto 15km	Gap	Pace min/km	Pace km/h
1	BARAN Jacek	25		M55	1	00:00:05	00:22:42	00:39:22	<b>00:58:48.15</b>	<b>00:58:53.15</b>		3:55	15.3 (100%)
2	RATAJCZAK Janusz	613		M55	2	00:00:05	00:22:59	00:40:10	<b>01:00:18.50</b>	<b>01:00:24.05</b>	+00:01:30 (2.5%)	4:01	14.9 (97.4%)
3	MYSZKOWSKI Jan	497		M55	3	00:00:12	00:23:52	00:41:38	<b>01:02:03.10</b>	<b>01:02:15.95</b>	+00:03:14 (5.2%)	4:08	14.5 (94.8%)
4	KIERZNOWSKI Andrzej	327	KB WYGAN	M55	4	00:00:12	00:23:57	00:42:01	<b>01:02:51.70</b>	<b>01:03:03.75</b>	+00:04:03 (6.5%)	4:11	14.3 (93.5%)
5	MACIEJKO Witold	454		M55	5	00:00:06	00:23:54	00:42:41	<b>01:03:51.70</b>	<b>01:03:58.00</b>	+00:05:03 (7.9%)	4:15	14.1 (92.2%)
6	KROCZYŃSKI Sławomir	379		M55	6	00:00:06	00:24:03	00:42:28	<b>01:04:03.15</b>	<b>01:04:10.10</b>	+00:05:15 (8.2%)	4:16	14 (91.5%)
7	LIPIŃSKI Krzysztof	437		M55	7	00:00:08	00:24:13	00:43:03	<b>01:04:44.15</b>	<b>01:04:52.90</b>	+00:05:56 (9.2%)	4:18	13.9 (90.8%)
8	KULIŃSKI Bogdan	920	DRUŻYNA SZPIKU KGH	M55	8	00:00:09	00:24:23	00:43:17	<b>01:05:32.35</b>	<b>01:05:42.25</b>	+00:06:44 (10.3%)	4:22	13.7 (89.5%)
9	SOSIN Tomasz	698	SZWLA	M55	9	00:00:17	00:26:07	00:45:55	<b>01:08:26.85</b>	<b>01:08:44.80</b>	+00:09:38 (14.1%)	4:33	13.1 (85.6%)
10	SZYDKOWSKI Witold	955		M55	10	00:00:10	00:25:56	00:45:50	<b>01:08:29.15</b>	<b>01:08:39.85</b>	+00:09:41 (14.1%)	4:33	13.1 (85.6%)
11	KIELING Mariusz	325	GULKS BARWICE	M55	11	00:00:11	00:25:29	00:45:43	<b>01:09:24.50</b>	<b>01:09:35.50</b>	+00:10:36 (15.3%)	4:37	13 (85.0%)
12	ADAMCZAK Krzysztof	1	SZWLA STARGARD	M55	12	00:00:23	00:27:14	00:47:33	<b>01:11:23.65</b>	<b>01:11:47.55</b>	+00:12:35 (17.6%)	4:45	12.6 (82.4%)
13	STEFANIAK Piotr	713	ŁEBA MORS POLAND	M55	13	00:00:15	00:27:01	00:47:36	<b>01:11:42.45</b>	<b>01:11:57.70</b>	+00:12:54 (18.0%)	4:46	12.6 (82.4%)
14	KOLANKOWSKI Andrzej	340		M55	14	00:00:27	00:27:29	00:48:29	<b>01:11:44.95</b>	<b>01:12:12.35</b>	+00:12:56 (18.0%)	4:47	12.5 (81.7%)

Place	Participant	Number	Club	Category	MCat	Start time	Bike5_All 6km	Bike10_All 10km	Net time 15km	Czas brutto 15km	Gap	Pace min/km	Pace km/h
15	WILIŃSKI Marek	819	KB.SPRINT.ŚWIDWIN	M55	15	00:00:53	00:27:54	00:48:35	<b>01:11:47.50</b>	<b>01:12:41.10</b>	+00:12:59 (18.1%)	4:47	12.5 (81.7%)
16	LITAROWICZ Adam	438	-----	M55	16	00:00:03	00:26:20	00:47:35	<b>01:11:59.50</b>	<b>01:12:03.05</b>	+00:13:11 (18.3%)	4:48	12.5 (81.7%)
17	OSZMIAŃSKI Stanisław	536	KB BRYZA POSTOMINO	M55	17	00:00:27	00:26:00	00:47:35	<b>01:12:25.30</b>	<b>01:12:52.35</b>	+00:13:37 (18.8%)	4:49	12.4 (81.0%)
18	KACZMARCZYK Stanisław	297	SZWLA	M55	18	00:00:17	00:27:05	00:48:13	<b>01:12:29.90</b>	<b>01:12:47.15</b>	+00:13:41 (18.9%)	4:50	12.4 (81.0%)
19	WOŹNIAK Piotr	848		M55	19	00:00:38	00:27:16	00:48:19	<b>01:13:09.10</b>	<b>01:13:47.35</b>	+00:14:20 (19.6%)	4:52	12.3 (80.4%)
20	DAŚKO Marek	131		M55	20	00:00:23	00:28:03	00:49:32	<b>01:13:48.55</b>	<b>01:14:11.80</b>	+00:15:00 (20.3%)	4:55	12.2 (79.7%)
21	SŁOWIŃSKI Roman	683	BIEGAMY RAZEM	M55	21	00:00:07	00:26:46	00:49:01	<b>01:13:58.50</b>	<b>01:14:06.25</b>	+00:15:10 (20.5%)	4:55	12.2 (79.7%)
22	CHUDZIK Zbigniew	105	TKKF KOSZALIN	M55	22	00:00:14	00:27:34	00:49:18	<b>01:14:05.20</b>	<b>01:14:19.65</b>	+00:15:17 (20.6%)	4:56	12.1 (79.1%)
23	MIECZKOWSKI Michał	913	KTC KOŁOBRZEG	M55	23	00:00:25	00:27:55	00:49:39	<b>01:14:10.00</b>	<b>01:14:35.45</b>	+00:15:21 (20.7%)	4:56	12.1 (79.1%)
24	CZARNECKI Mirosław	122		M55	24	00:00:11	00:27:04	00:49:25	<b>01:14:17.65</b>	<b>01:14:29.15</b>	+00:15:29 (20.9%)	4:57	12.1 (79.1%)
25	ŚWIETLIK Tomasz	766		M55	25	00:00:21	00:28:07	00:49:42	<b>01:14:33.70</b>	<b>01:14:55.30</b>	+00:15:45 (21.1%)	4:58	12.1 (79.1%)
26	KARCZEWSKI Krzysztof	311	AT-AKTYWNY TRZEBIATÓW	M55	26	00:00:42	00:27:30	00:49:41	<b>01:14:59.20</b>	<b>01:15:41.30</b>	+00:16:11 (21.6%)	4:59	12 (78.4%)
27	ZDANIUKIEWICZ Grzegorz	871	WĘŻEŁ ŁĄCZNOŚCI WAŁCZ	M55	27	00:00:51	00:28:30	00:50:28	<b>01:15:06.00</b>	<b>01:15:57.95</b>	+00:16:17 (21.7%)	5:00	12 (78.4%)
28	LENARTOWICZ Stanisław	422		M55	28	00:00:13	00:28:28	00:50:20	<b>01:15:39.30</b>	<b>01:15:52.90</b>	+00:16:51 (22.3%)	5:02	11.9 (77.8%)
29	BUZAŁA Walenty	86	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	29	00:00:32	00:27:59	00:49:52	<b>01:15:47.65</b>	<b>01:16:20.30</b>	+00:16:59 (22.4%)	5:03	11.9 (77.8%)
30	KALINOWSKI Krzysztof	306		M55	30	00:00:28	00:28:30	00:50:50	<b>01:16:12.75</b>	<b>01:16:41.25</b>	+00:17:24 (22.8%)	5:04	11.8 (77.1%)
31	GASEK Wiesław	189	KB.SPRINT.ŚWIDWIN	M55	31	00:00:20	00:27:56	00:50:45	<b>01:16:38.70</b>	<b>01:16:59.40</b>	+00:17:50 (23.3%)	5:06	11.7 (76.5%)
32	KRAJEWSKI Józef	373		M55	32	00:00:43	00:28:48	00:51:38	<b>01:17:14.70</b>	<b>01:17:57.75</b>	+00:18:26 (23.9%)	5:08	11.7 (76.5%)
33	KOWALSKI Zbigniew	366	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	33	00:00:33	00:28:56	00:52:23	<b>01:18:22.65</b>	<b>01:18:56.05</b>	+00:19:34 (25.0%)	5:13	11.5 (75.2%)
34	PEŁKA Janusz	560		M55	34	00:00:47	00:29:30	00:53:05	<b>01:18:48.50</b>	<b>01:19:35.75</b>	+00:20:00 (25.4%)	5:15	11.4 (74.5%)
35	JANISZEWSKI Mieczysław	273	BULK CARGO PORT SZCZECIN	M55	35	00:00:47	00:29:57	00:53:28	<b>01:19:50.45</b>	<b>01:20:37.95</b>	+00:21:02 (26.4%)	5:19	11.3 (73.9%)
36	SUJAK Włodzimierz	725	MARECKI VS EQUATOR	M55	36	00:01:01	00:30:37	00:54:38	<b>01:20:15.30</b>	<b>01:21:16.45</b>	+00:21:27 (26.7%)	5:21	11.2 (73.2%)
37	KOLANOWSKI Wojciech	342		M55	37	00:00:34	00:30:12	00:54:27	<b>01:21:32.20</b>	<b>01:22:06.50</b>	+00:22:44 (27.9%)	5:26	11 (71.9%)

Place	Participant	Number	Club	Category	MCat	Start time	Bike5_All 6km	Bike10_All 10km	Net time 15km	Czas brutto 15km	Gap	Pace min/km	Pace km/h
38	<b>LENKIEWICZ Stanisław</b>	<b>424</b>	MARATON DEBNO	M55	38	00:00:31	00:30:12	00:54:25	<b>01:21:44.05</b>	<b>01:22:15.70</b>	+00:22:55 (28.1%)	5:26	11 (71.9%)
39	<b>SKORUPA Edward</b>	<b>676</b>		M55	39	00:00:16	00:28:44	00:52:57	<b>01:22:15.65</b>	<b>01:22:31.65</b>	+00:23:27 (28.5%)	5:29	10.9 (71.2%)
40	<b>LEWANDOWSKI Mirosław</b>	<b>432</b>	RASCH POLSKA GOLENIÓW	M55	40	00:00:56	00:31:54	00:56:29	<b>01:23:32.30</b>	<b>01:24:28.35</b>	+00:24:44 (29.6%)	5:34	10.8 (70.6%)
41	<b>PAJĄK Krzysztof</b>	<b>541</b>	RUNGRYF GRYFICE	M55	41	00:01:03	00:32:18	00:58:15	<b>01:26:39.95</b>	<b>01:27:42.95</b>	+00:27:51 (32.2%)	5:46	10.4 (68.0%)
42	<b>HRYNIEWICZ Andrzej</b>	<b>259</b>		M55	42	00:00:52	00:32:44	00:59:17	<b>01:28:00.10</b>	<b>01:28:52.15</b>	+00:29:11 (33.2%)	5:52	10.2 (66.7%)
43	<b>BĘDZIAK Jerzy</b>	<b>938</b>		M55	43	00:00:10	00:30:56	00:58:00	<b>01:29:12.90</b>	<b>01:29:23.40</b>	+00:30:24 (34.1%)	5:56	10.1 (66.0%)
44	<b>CHAWZIUK Robert</b>	<b>91</b>	PUSZCZYK BUKOWY	M55	44	00:00:48	00:33:49	01:01:53	<b>01:32:30.95</b>	<b>01:33:19.65</b>	+00:33:42 (36.4%)	6:10	9.7 (63.4%)
45	<b>FILIPCZYK Mieczysław</b>	<b>178</b>	NIEZRZESZONY	M55	45	00:00:12	00:32:12	01:00:50	<b>01:34:30.25</b>	<b>01:34:42.55</b>	+00:35:42 (37.8%)	6:18	9.5 (62.1%)
46	<b>SALITA Lech</b>	<b>661</b>	ALTOM GNIEZNO	M55	46	00:00:51	00:35:00	01:05:25	<b>01:36:23.35</b>	<b>01:37:14.90</b>	+00:37:35 (39.0%)	6:25	9.3 (60.8%)
47	<b>SIKORA Tomasz</b>	<b>670</b>		M55	47	00:00:16	00:34:51	01:06:00	<b>01:39:27.05</b>	<b>01:39:43.40</b>	+00:40:38 (40.9%)	6:37	9 (58.8%)
48	<b>SOWIŃSKI Janusz</b>	<b>701</b>	KB BRYZA POSTOMINO	M55	48	00:00:45	00:32:36	01:03:05	<b>01:39:35.65</b>	<b>01:40:21.00</b>	+00:40:47 (41.0%)	6:38	9 (58.8%)
49	<b>NOWICKI Sławomir</b>	<b>511</b>		M55	49	00:00:47	00:35:43	01:06:15	<b>01:40:17.15</b>	<b>01:41:04.15</b>	+00:41:29 (41.4%)	6:41	9 (58.8%)
	<b>REKOWSKI Adam</b>	<b>617</b>	PLK S.A. CENTRALA	M55		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 50 results.