



# XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

**Organiser:** Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu  
**Date:** 2018-03-11  
**Place:** Kołobrzeg  
**Distance:** 15 km



Classification: G-M

| Place | Participant                    | Number     | Club                   | Category | MCat | Bike_All<br>0.698km | Spike_All<br>7.151km | Bike_All<br>7.849km | Spike_All<br>14.303km | Net<br>time<br>15km | Gap               | Pace<br>min/km | Pace<br>km/h |
|-------|--------------------------------|------------|------------------------|----------|------|---------------------|----------------------|---------------------|-----------------------|---------------------|-------------------|----------------|--------------|
| 1     | <b>BIENKOWSKI Rafał</b>        | <b>668</b> |                        | M45      | 2    | 00:02:35            | 00:27:14             | 00:29:59            | 00:55:06              | <b>00:57:48.05</b>  |                   | 3:51           | 15.6 (100%)  |
| 2     | <b>ŻMUDA Tomasz</b>            | <b>644</b> | CW FANZA KOŁOBRZEG     | M40      | 6    | 00:02:37            | 00:27:47             | 00:30:37            | 00:56:30              | <b>00:59:17.10</b>  | +00:01:29 (2.5%)  | 3:57           | 15.2 (97.4%) |
| 3     | <b>BIEDRZYCKI Andrzej</b>      | <b>33</b>  | OSP STARY BOREK        | M60      | 2    | 00:02:44            | 00:28:46             | 00:31:43            | 00:58:52              | <b>01:01:49.85</b>  | +00:04:01 (6.5%)  | 4:07           | 14.6 (93.6%) |
| 4     | <b>FRYDRYCH Wojciech</b>       | <b>133</b> | KOŁOBRZEG MARATON TEAM | M30      | 14   | 00:03:05            | 00:32:34             | 00:35:46            | 01:05:14              | <b>01:08:09.85</b>  | +00:10:21 (15.2%) | 4:32           | 13.2 (84.6%) |
| 5     | <b>TAMAS Mateusz</b>           | <b>576</b> |                        | M20      | 12   | 00:03:21            | 00:33:22             | 00:36:40            | 01:07:43              | <b>01:10:55.80</b>  | +00:13:07 (18.5%) | 4:43           | 12.7 (81.4%) |
| 6     | <b>WALERIAŃCZYK Roman</b>      | <b>599</b> | GMINA KOŁOBRZEG        | M50      | 16   | 00:03:11            | 00:34:16             | 00:37:52            | 01:10:02              | <b>01:13:21.95</b>  | +00:15:33 (21.2%) | 4:53           | 12.3 (78.8%) |
| 7     | <b>GERKE Mateusz</b>           | <b>148</b> |                        | M20      | 16   | 00:03:29            | 00:34:53             | 00:38:17            | 01:10:20              | <b>01:13:23.65</b>  | +00:15:35 (21.2%) | 4:53           | 12.3 (78.8%) |
| 8     | <b>LEWANDOWSKI Jacek</b>       | <b>325</b> |                        | M40      | 56   | 00:03:38            | 00:36:21             | 00:39:58            | 01:13:03              | <b>01:16:10.40</b>  | +00:18:22 (24.1%) | 5:04           | 11.8 (75.6%) |
| 9     | <b>SZCZERBA Łukasz</b>         | <b>550</b> |                        | M30      | 39   | 00:04:17            | 00:41:02             | 00:44:59            | 01:21:50              | <b>01:25:36.65</b>  | +00:27:48 (32.5%) | 5:42           | 10.5 (67.3%) |
| 10    | <b>MICHALSKI Adam</b>          | <b>653</b> |                        | M35      | 53   | 00:03:36            | 00:39:46             | 00:43:54            | 01:22:36              | <b>01:26:23.95</b>  | +00:28:35 (33.1%) | 5:45           | 10.4 (66.7%) |
| 11    | <b>MŁODZIEJEWSKI Krzysztof</b> | <b>375</b> |                        | M45      | 61   | 00:03:42            | 00:40:36             | 00:45:05            | 01:28:34              | <b>01:32:42.85</b>  | +00:34:54 (37.7%) | 6:10           | 9.7 (62.2%)  |
| 12    | <b>KAZIMIERSKI Marek</b>       | <b>242</b> |                        | M30      | 44   | 00:03:27            | 00:39:24             | 00:43:42            | 01:28:34              | <b>01:33:20.95</b>  | +00:35:32 (38.1%) | 6:13           | 9.6 (61.5%)  |
| 13    | <b>BARSZCZAK Tomasz</b>        | <b>23</b>  | KOŁOBRZEG BIEGA        | M20      | 33   | 00:04:26            | 00:46:07             | 00:50:30            | 01:34:57              | <b>01:39:47.95</b>  | +00:41:59 (42.1%) | 6:39           | 9 (57.7%)    |

Total 13 results.