



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: M-OPEN-Powiat

Place	Participant	Number	Club	Category	MCat	Bike				Net time 15km	Gap	Pace min/km	Pace km/h
						0.698km	7.151km	7.849km	14.303km				
1	FIDO Adam	128	36DROP	M40	1	00:02:32	00:26:44	00:29:22	00:53:20	00:55:42.25		3:42	16.2 (100%)
2	BIENKOWSKI Rafał	668		M45	2	00:02:35	00:27:14	00:29:59	00:55:06	00:57:48.05	+00:02:05 (3.6%)	3:51	15.6 (96.3%)
3	ŻMUDA Tomasz	644	CW FANZA KOŁOBRZEG	M40	6	00:02:37	00:27:47	00:30:37	00:56:30	00:59:17.10	+00:03:34 (6.0%)	3:57	15.2 (93.8%)
4	KUBISZ Mateusz	296	KOŁOBRZEG MARATON TEAM	M30	5	00:02:39	00:27:53	00:30:42	00:56:55	00:59:38.05	+00:03:55 (6.6%)	3:58	15.1 (93.2%)
5	ELIASZ Wiktor	123	KMKL SZTORM KOŁOBRZEG	M16	1	00:02:36	00:28:33	00:31:27	00:57:12	00:59:48.70	+00:04:06 (6.9%)	3:59	15.1 (93.2%)
6	PISKORZ Szymon	431	KP PSP GRYFICE	M30	6	00:02:41	00:28:34	00:31:25	00:58:14	01:00:51.95	+00:05:09 (8.5%)	4:03	14.8 (91.4%)
7	OBOLIK Mirosław	393		M55	1	00:02:47	00:28:14	00:31:06	00:58:10	01:01:02.85	+00:05:20 (8.8%)	4:04	14.7 (90.7%)
8	PIECYK Robert	429		M40	13	00:02:43	00:28:45	00:31:41	00:58:25	01:01:14.75	+00:05:32 (9.0%)	4:05	14.7 (90.7%)
9	BIEDRZYCKI Andrzej	33	OSP STARY BOREK	M60	2	00:02:44	00:28:46	00:31:43	00:58:52	01:01:49.85	+00:06:07 (9.9%)	4:07	14.6 (90.1%)
10	BAJGERT Robert	15		M45	7	00:02:44	00:28:54	00:31:53	00:59:33	01:02:25.65	+00:06:43 (10.8%)	4:09	14.4 (88.9%)
11	BIEDRZYCKI Krzysztof	31		M45	9	00:02:45	00:29:02	00:32:03	01:00:23	01:03:29.80	+00:07:47 (12.3%)	4:14	14.2 (87.7%)
12	KIERZNOWSKI Andrzej	249	KB WYGAN	M60	3	00:02:50	00:30:28	00:33:32	01:01:42	01:04:31.05	+00:08:48 (13.7%)	4:18	13.9 (85.8%)
13	SOBCZYK Łukasz	516	KOŁOBRZEG BIEGA	M40	21	00:02:52	00:29:53	00:32:53	01:01:41	01:04:42.50	+00:09:00 (13.9%)	4:18	13.9 (85.8%)
14	ZAWADZKI Damian	635	KB WYGAN	M35	13	00:02:59	00:30:54	00:33:57	01:02:21	01:05:19.20	+00:09:36 (14.7%)	4:21	13.8 (85.2%)

Place	Participant	Number	Club	Category	MCat	Bike				Net time 15km	Gap	Pace min/km	Pace km/h
						0.698km	7.151km	7.849km	14.303km				
15	WYSZKOWSKI Marcin	629	KOŁOBRZEG MARATON TEAM	M45	12	00:02:59	00:30:56	00:33:57	01:02:51	01:05:42.55	+00:10:00 (15.2%)	4:22	13.7 (84.6%)
16	TWARÓG Eugeniusz	585		M40	30	00:02:59	00:31:32	00:34:46	01:05:01	01:08:02.15	+00:12:19 (18.1%)	4:32	13.2 (81.5%)
17	SZCZYGIELSKI Radosław	552		M30	13	00:03:00	00:31:46	00:35:01	01:04:54	01:08:05.75	+00:12:23 (18.2%)	4:32	13.2 (81.5%)
18	FILAROWSKI Stefan	129	GRUPA NURKÓW INŻYNIERII	M45	17	00:03:04	00:31:37	00:34:51	01:04:56	01:08:09.75	+00:12:27 (18.3%)	4:32	13.2 (81.5%)
19	FRYDRYCH Wojciech	133	KOŁOBRZEG MARATON TEAM	M30	14	00:03:05	00:32:34	00:35:46	01:05:14	01:08:09.85	+00:12:27 (18.3%)	4:32	13.2 (81.5%)
20	MACKOJĆ Krzysztof	348		M45	18	00:02:51	00:31:27	00:34:44	01:04:57	01:08:10.55	+00:12:28 (18.3%)	4:32	13.2 (81.5%)
21	KAŻMIERCZAK Robert	624		M45	19	00:03:08	00:32:30	00:35:45	01:05:26	01:08:22.50	+00:12:40 (18.5%)	4:33	13.2 (81.5%)
22	MALINOWSKI Zbigniew	356	KOŁOBRZEG MORZEM SPORTÓW	M60	8	00:03:11	00:32:46	00:35:58	01:05:39	01:08:41.65	+00:12:59 (18.9%)	4:34	13.1 (80.9%)
23	AUGUSTYNIAK Grzegorz	14	PAN	M40	32	00:03:09	00:32:33	00:35:50	01:06:02	01:09:07.85	+00:13:25 (19.4%)	4:36	13 (80.2%)
24	ŻMUDA Jarosław	646	CW FANZA KOŁOBRZEG	M40	33	00:03:01	00:32:30	00:35:50	01:06:11	01:09:08.35	+00:13:26 (19.4%)	4:36	13 (80.2%)
25	UKRAIŃSKI Sławomir	590	KOŁOBRZEG BIEGA	M50	11	00:03:02	00:32:09	00:35:31	01:06:46	01:10:03.35	+00:14:21 (20.5%)	4:40	12.8 (79.0%)
26	DUDA Andrzej	114		M50	12	00:02:46	00:32:24	00:35:48	01:07:26	01:10:36.75	+00:14:54 (21.1%)	4:42	12.7 (78.4%)
27	TRZECIAK Dariusz	584	KOŁOBRZEG BIEGA	M45	28	00:03:13	00:33:17	00:36:39	01:07:43	01:10:46.45	+00:15:04 (21.3%)	4:43	12.7 (78.4%)
28	TAMAS Mateusz	576		M20	12	00:03:21	00:33:22	00:36:40	01:07:43	01:10:55.80	+00:15:13 (21.5%)	4:43	12.7 (78.4%)
29	CHRZANOWSKI Mariusz	669		M50	14	00:03:13	00:32:58	00:36:16	01:07:58	01:11:38.45	+00:15:56 (22.2%)	4:46	12.6 (77.8%)
30	KUKIEŁKA Wojciech	300		M35	27	00:03:59	00:34:58	00:38:20	01:08:53	01:12:07.80	+00:16:25 (22.8%)	4:48	12.5 (77.2%)
31	BUCZKOWSKI Jacek	54	8BREM	M45	30	00:03:06	00:33:27	00:36:54	01:09:18	01:12:12.95	+00:16:30 (22.9%)	4:48	12.5 (77.2%)
32	WALERIAŃCZYK Roman	599	GMINA KOŁOBRZEG	M50	16	00:03:11	00:34:16	00:37:52	01:10:02	01:13:21.95	+00:17:39 (24.1%)	4:53	12.3 (75.9%)
33	MIECZKOWSKI Michał	674	KTC KOŁOBRZEG	M55	14	00:03:23	00:34:16	00:37:42	01:09:51	01:13:22.95	+00:17:40 (24.1%)	4:53	12.3 (75.9%)
34	GERKE Mateusz	148		M20	16	00:03:29	00:34:53	00:38:17	01:10:20	01:13:23.65	+00:17:41 (24.1%)	4:53	12.3 (75.9%)
35	TROCKI Robert	580		M40	43	00:03:08	00:34:41	00:38:09	01:10:32	01:13:46.60	+00:18:04 (24.5%)	4:55	12.2 (75.3%)
36	UZNAŃSKI Ryszard	596		M45	36	00:03:04	00:33:47	00:37:20	01:10:25	01:13:47.00	+00:18:04 (24.5%)	4:55	12.2 (75.3%)
37	POMORYNKO Krzysztof	443		M35	29	00:03:24	00:34:59	00:38:23	01:10:41	01:13:55.90	+00:18:13 (24.7%)	4:55	12.2 (75.3%)

Place	Participant	Number	Club	Category	MCat	Bike_All	Spike_All	Bike_All	Spike_All	Net	Gap	Pace	Pace
						0.698km	7.151km	7.849km	14.303km	time			
											15km	min/km	km/h
38	BANAŚ Adam	18		M35	30	00:03:16	00:34:40	00:38:11	01:10:39	01:14:01.45	+00:18:19 (24.7%)	4:56	12.2 (75.3%)
39	WYGANOWSKI Andrzej	628	K.B.WYGAN	M70	2	00:03:27	00:35:17	00:38:45	01:10:56	01:14:10.90	+00:18:28 (24.9%)	4:56	12.1 (74.7%)
40	ROMANIUK Wojciech	477	NIEZRZESZONY	M45	37	00:03:31	00:35:21	00:38:50	01:11:13	01:14:19.85	+00:18:37 (25.1%)	4:57	12.1 (74.7%)
41	SZUBERT Marcin	563	KOŁOBRZEG BIEGA	M40	44	00:03:45	00:35:55	00:39:22	01:11:05	01:14:31.75	+00:18:49 (25.3%)	4:58	12.1 (74.7%)
42	HOC Dariusz	193		M45	38	00:03:17	00:34:23	00:37:52	01:11:35	01:14:49.70	+00:19:07 (25.6%)	4:59	12 (74.1%)
43	BARTOSZUK Adam	26	MORSY KOŁOBRZEG	M40	47	00:03:26	00:36:24	00:39:58	01:11:54	01:14:54.50	+00:19:12 (25.6%)	4:59	12 (74.1%)
44	SZELIGA Paweł	555	KPP KOŁOBRZEG	M45	40	00:03:42	00:36:56	00:40:29	01:12:34	01:15:45.25	+00:20:03 (26.5%)	5:03	11.9 (73.5%)
45	HAŁY Dorian	656		M16	3	00:03:04	00:32:08	00:35:25	01:12:42	01:15:57.15	+00:20:14 (26.7%)	5:03	11.8 (72.8%)
46	ŻYWOT Norbert	651	KOŁOBRZEG BIEGA - PARKRUN	M40	55	00:03:09	00:34:46	00:38:22	01:12:28	01:15:59.40	+00:20:17 (26.7%)	5:04	11.8 (72.8%)
46	OPALIŃSKI Stanisław	403	KOŁOBRZEG BIEGA - PARKRUN	M60	13	00:03:06	00:34:47	00:38:18	01:12:31	01:16:03.75	+00:20:21 (26.8%)	5:04	11.8 (72.8%)
48	LEWANDOWSKI Jacek	325		M40	56	00:03:38	00:36:21	00:39:58	01:13:03	01:16:10.40	+00:20:28 (26.9%)	5:04	11.8 (72.8%)
49	TROJANOWICZ Wiesław	581		M40	60	00:03:49	00:35:47	00:39:32	01:13:31	01:17:23.30	+00:21:41 (28.0%)	5:09	11.6 (71.6%)
50	JANKOWIAK Marek	205		M35	36	00:03:57	00:38:01	00:41:37	01:14:21	01:17:51.30	+00:22:09 (28.5%)	5:11	11.6 (71.6%)
51	DOMAŃSKI Adam	109	JW 3775	M40	64	00:03:40	00:37:10	00:40:54	01:15:31	01:18:48.80	+00:23:06 (29.3%)	5:15	11.4 (70.4%)
52	SZCZYGIELSKI Michał	553	KOŁOBRZEG MARATON TEAM	M35	39	00:03:28	00:36:16	00:39:56	01:15:42	01:19:11.45	+00:23:29 (29.7%)	5:16	11.4 (70.4%)
53	BARAŃSKI Grzegorz	20	SAR-BSR KOŁOBRZEG KMT	M45	51	00:03:56	00:37:58	00:41:40	01:15:45	01:19:17.15	+00:23:34 (29.7%)	5:17	11.4 (70.4%)
54	HRYCAJ Tomasz	197		M30	30	00:03:35	00:36:59	00:40:45	01:15:43	01:19:20.00	+00:23:37 (29.8%)	5:17	11.3 (69.8%)
55	RAŚ Ryszard Marek	467	EKO-WOD-KAN	M65	6	00:03:13	00:36:44	00:40:34	01:15:51	01:19:29.90	+00:23:47 (29.9%)	5:18	11.3 (69.8%)
56	SIKORSKI Adam	508	SIKORROWO	M30	32	00:03:20	00:36:25	00:40:22	01:16:09	01:19:34.35	+00:23:52 (30.0%)	5:18	11.3 (69.8%)
57	CIBORSKI Sławomir	80	NIEZRZESZONY	M40	67	00:03:36	00:36:38	00:40:18	01:15:40	01:19:38.40	+00:23:56 (30.1%)	5:18	11.3 (69.8%)
58	ZIENCINA Marcin	640		M35	40	00:03:46	00:38:10	00:42:04	01:16:49	01:20:12.80	+00:24:30 (30.6%)	5:20	11.2 (69.1%)
59	TWOROGAL Robert	586		M40	71	00:03:57	00:37:59	00:41:42	01:16:54	01:20:37.10	+00:24:54 (30.9%)	5:22	11.2 (69.1%)
60	ORZEŁ Jacek	406		M45	52	00:03:31	00:37:12	00:40:59	01:17:00	01:20:48.45	+00:25:06 (31.1%)	5:23	11.1 (68.5%)

Place	Participant	Number	Club	Category	MCat	Bike_All	Spike_All	Bike_All	Spike_All	Net	Gap	Pace	Pace
						0.698km	7.151km	7.849km	14.303km	time 15km		min/km	km/h
61	MYSZYŃSKI Paweł	382		M35	43	00:03:26	00:36:21	00:40:04	01:17:49	01:21:49.10	+00:26:06 (31.9%)	5:27	11 (67.9%)
62	ŁAZARCZYK Wacław Bogdan	338		M65	8	00:03:55	00:39:23	00:43:11	01:18:06	01:21:51.40	+00:26:09 (31.9%)	5:27	11 (67.9%)
63	KIEŁKOWSKI Przemysław	248	KOŁOBRZEG MARATON TEAM	M35	44	00:03:48	00:38:44	00:42:33	01:18:55	01:22:15.10	+00:26:32 (32.3%)	5:29	10.9 (67.3%)
64	JĘDRUSZAK Marek	215		M60	19	00:03:43	00:38:07	00:42:06	01:19:06	01:23:00.65	+00:27:18 (32.9%)	5:32	10.8 (66.7%)
65	SIELICKI Mateusz	506		M20	24	00:03:46	00:39:11	00:42:53	01:19:36	01:23:14.30	+00:27:32 (33.1%)	5:32	10.8 (66.7%)
66	RONIJ Łukasz	482	ANDREW'S TEAM	M35	46	00:04:06	00:41:13	00:44:38	01:19:47	01:23:21.75	+00:27:39 (33.2%)	5:33	10.8 (66.7%)
67	WOLAŃSKI Mariusz	622		M50	27	00:04:00	00:39:44	00:43:35	01:20:08	01:23:57.95	+00:28:15 (33.7%)	5:35	10.7 (66.0%)
68	PASIKOWSKI Piotr	415	BALTICUS	M50	28	00:03:26	00:38:41	00:42:47	01:20:01	01:24:17.95	+00:28:35 (33.9%)	5:37	10.7 (66.0%)
69	DIDŁUCH Jacek	103	KOŁOBRZEG BIEGA MARATON TEAM	M40	77	00:03:14	00:36:34	00:40:17	01:20:28	01:24:18.45	+00:28:36 (33.9%)	5:37	10.7 (66.0%)
70	RZESZOTARSKI Jacek	498	SAR-BSR KOŁOBRZEG MARATON TEAM	M40	78	00:03:57	00:37:58	00:43:52	01:20:49	01:24:19.90	+00:28:37 (33.9%)	5:37	10.7 (66.0%)
71	BIEDRZYCKI Dawid	34		M20	26	00:03:30	00:38:54	00:42:49	01:21:00	01:24:36.00	+00:28:53 (34.2%)	5:38	10.6 (65.4%)
72	OKOŃ Stanisław	397	KB WYGAN	M50	29	00:03:32	00:35:42	00:39:21	01:20:09	01:24:42.95	+00:29:00 (34.2%)	5:38	10.6 (65.4%)
73	BUDZICH Marcin	56		M30	35	00:03:57	00:41:19	00:45:22	01:21:34	01:24:43.95	+00:29:01 (34.3%)	5:38	10.6 (65.4%)
74	DOBEK Tomasz	104		M30	36	00:03:58	00:40:23	00:44:22	01:21:13	01:24:48.95	+00:29:06 (34.3%)	5:39	10.6 (65.4%)
75	CZEKIERDA Bartosz	89	GMINA DYGOWO	M20	28	00:02:35	00:31:56	00:35:21	01:22:05	01:25:24.45	+00:29:42 (34.8%)	5:41	10.5 (64.8%)
76	SZCZERBA Łukasz	550		M30	39	00:04:17	00:41:02	00:44:59	01:21:50	01:25:36.65	+00:29:54 (34.9%)	5:42	10.5 (64.8%)
77	KRZESIŃSKI Michał	292		M30	41	00:03:30	00:35:07	00:38:48	01:21:15	01:25:48.90	+00:30:06 (35.1%)	5:43	10.5 (64.8%)
78	MICHALSKI Adam	653		M35	53	00:03:36	00:39:46	00:43:54	01:22:36	01:26:23.95	+00:30:41 (35.5%)	5:45	10.4 (64.2%)
79	JOŃCZYK Tadeusz	218	SAM SOBIE BIEGAM :)	M45	55	00:03:50	00:40:57	00:45:14	01:24:10	01:27:45.15	+00:32:02 (36.5%)	5:51	10.3 (63.6%)
80	KULAWIŃSKI Marek	302		M45	56	00:04:09	00:41:18	00:45:16	01:23:54	01:27:47.20	+00:32:04 (36.5%)	5:51	10.3 (63.6%)
81	DEPTA Paweł	102		M40	84	00:04:08	00:42:25	00:46:30	01:24:15	01:27:59.85	+00:32:17 (36.7%)	5:52	10.2 (63.0%)
82	ZDANOWICZ Marek	636	SAVE THE RING	M45	60	00:03:37	00:42:01	00:46:19	01:27:44	01:31:51.95	+00:36:09 (39.4%)	6:07	9.8 (60.5%)
83	KACZMAREK Zenon	226	MORSY KOŁOBRZEG	M70	5	00:04:05	00:42:05	00:46:28	01:27:59	01:32:34.05	+00:36:51 (39.8%)	6:10	9.7 (59.9%)

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						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	time 15km			
84	MŁODZIEJSKI Krzysztof	375		M45	61	00:03:42	00:40:36	00:45:05	01:28:34	01:32:42.85	+00:37:00 (39.9%)	6:10	9.7 (59.9%)
85	BIELAK Wojciech	35	UKS EKONOM KOŁOBRZEG	M16	6	00:03:38	00:38:36	00:43:17	01:29:14	01:32:51.75	+00:37:09 (40.0%)	6:11	9.7 (59.9%)
86	KAZIMIERSKI Marek	242		M30	44	00:03:27	00:39:24	00:43:42	01:28:34	01:33:20.95	+00:37:38 (40.3%)	6:13	9.6 (59.3%)
87	SPIESZYŃSKI Michał	522		M30	45	00:03:55	00:41:40	00:46:07	01:29:29	01:34:10.30	+00:38:28 (40.8%)	6:16	9.6 (59.3%)
88	WOŹNIAK Jacek	657		M45	62	00:04:10	00:44:14	00:48:37	01:30:20	01:34:29.70	+00:38:47 (41.1%)	6:17	9.5 (58.6%)
89	ROMAŃSKI Maciej	480	TATACOWYMIATA	M30	48	00:04:09	00:43:05	00:47:26	01:30:18	01:34:43.20	+00:39:00 (41.2%)	6:18	9.5 (58.6%)
90	BRYNDZA Piotr	49		M40	94	00:04:05	00:43:16	00:47:34	01:30:43	01:35:34.60	+00:39:52 (41.7%)	6:22	9.4 (58.0%)
91	BONEW Marcin	665		M40	95	00:03:43	00:43:07	00:47:40	01:33:15	01:37:53.95	+00:42:11 (43.1%)	6:31	9.2 (56.8%)
92	REMBARZ Piotr	469		M30	50	00:03:49	00:41:23	00:45:49	01:32:40	01:37:58.10	+00:42:15 (43.1%)	6:31	9.2 (56.8%)
93	PAWLIUTKIN Aleksandr	422		M40	96	00:04:05	00:44:40	00:49:13	01:33:50	01:38:13.00	+00:42:30 (43.3%)	6:32	9.2 (56.8%)
94	BARSZCZAK Tomasz	23	KOŁOBRZEG BIEGA	M20	33	00:04:26	00:46:07	00:50:30	01:34:57	01:39:47.95	+00:44:05 (44.2%)	6:39	9 (55.6%)
95	SCHMIDT Dariusz	670		M50	41	00:04:12	00:46:36	00:51:04	01:36:51	01:41:16.45	+00:45:34 (45.0%)	6:45	8.9 (54.9%)
96	WOŹNIAK Piotr	667		M55	30	00:03:48	00:56:54	01:00:05	01:37:58	01:44:00.50	+00:48:18 (46.4%)	6:56	8.7 (53.7%)
97	ZAKRZEWSKI Tadeusz	675		M65	16	00:04:00	00:45:12	00:50:08	01:40:38	01:45:35.95	+00:49:53 (47.2%)	7:02	8.5 (52.5%)
98	JANKOWSKI Remigiusz	207		M35	64	00:04:03	00:47:00	00:52:17	01:42:52	01:47:21.60	+00:51:39 (48.1%)	7:09	8.4 (51.9%)
99	KRYSA Krzysztof	291		M45	65	00:03:52	00:48:12	00:53:22	01:43:39	01:47:50.35	+00:52:08 (48.3%)	7:11	8.3 (51.2%)
100	RAMA Janusz	465	KOŁOBRZEG BIEGA - PARKRUN	M45	67	00:04:41	00:52:05	00:57:05	01:47:57	01:53:14.05	+00:57:31 (50.8%)	7:32	7.9 (48.8%)
101	BEMOWICZ Tomasz	479	KB WYGAN	M45	69	00:02:58	00:30:53	00:34:04			+00:04:42	4:20	13.8 (85.2%)
102	KAZIMIERSKI Piotr	241		M30	52	00:03:01	00:32:11	00:35:42			+00:06:20	4:32	13.2 (81.5%)

Total 102 results.