



Organizator:

Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu

Data:

2018-03-11

Miejsce:

Kołobrzeg

Dystans:

15 km

XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT



Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	ZWIĄZEK Paweł	642	WIECZORNE BIEGANIE W SZCZECINIE	M30	1	00:02:24	00:26:12	00:28:45	00:51:44	00:54:12.10		3:36	16.6 (100%)
2	PAWLIŃSKI Piotr	421	GRUPA AZOTY POLICE	M30	2	00:02:28	00:26:15	00:28:48	00:52:16	00:54:47.50	+00:00:35 (1.1%)	3:39	16.4 (98.8%)
3	ORZECZOWSKI Kamil	405	TKKF KOSZALIN	M30	3	00:02:36	00:26:42	00:29:20	00:53:10	00:55:35.55	+00:01:23 (2.5%)	3:42	16.2 (97.6%)
4	TERLIKOWSKI Grzegorz	577		M30	4	00:02:38	00:27:13	00:29:55	00:55:01	00:57:29.05	+00:03:16 (5.7%)	3:49	15.7 (94.6%)
5	KUBISZ Mateusz	296	KOŁOBRZEG MARATON TEAM	M30	5	00:02:39	00:27:53	00:30:42	00:56:55	00:59:38.05	+00:05:25 (9.1%)	3:58	15.1 (91.0%)
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	+00:06:39 (10.9%)	4:03	14.8 (89.2%)
7	PRĘDKI Grzegorz	448	KB BRYZA POSTOMINO	M30	7	00:02:45	00:28:43	00:31:33	00:58:09	01:00:52.30	+00:06:40 (11.0%)	4:03	14.8 (89.2%)
8	KIESZKOWSKI Adam	250	TRI RZEŹNIA	M30	8	00:02:43	00:28:26	00:31:22	00:58:39	01:01:35.05	+00:07:22 (12.0%)	4:06	14.6 (88.0%)
9	DURKOWSKI Dawid	116	TATO BIEGA	M30	9	00:03:09	00:31:05	00:34:04	01:02:35	01:05:26.50	+00:11:14 (17.2%)	4:21	13.8 (83.1%)
10	MICKIEWICZ Adam	658	JW 3937	M30	10	00:03:09	00:31:01	00:34:11	01:03:12	01:06:02.75	+00:11:50 (17.9%)	4:24	13.6 (81.9%)
11	SZMYTKOWSKI Bartosz	558		M30	11	00:03:06	00:31:27	00:34:33	01:04:15	01:07:21.45	+00:13:09 (19.5%)	4:29	13.4 (80.7%)
12	SAMBOR Krzysztof	501	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M30	12	00:02:52	00:30:57	00:34:08	01:04:08	01:07:23.55	+00:13:11 (19.6%)	4:29	13.4 (80.7%)
13	SZCZYGIELSKI Radosław	552		M30	13	00:03:00	00:31:46	00:35:01	01:04:54	01:08:05.75	+00:13:53 (20.4%)	4:32	13.2 (79.5%)
14	FRYDRYCH Wojciech	133	KOŁOBRZEG MARATON TEAM	M30	14	00:03:05	00:32:34	00:35:46	01:05:14	01:08:09.85	+00:13:57 (20.5%)	4:32	13.2 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
15	BEDNARCZYK Tomasz	28		M30	15	00:03:14	00:32:35	00:35:48	01:06:17	01:09:30.95	+00:15:18 (22.0%)	4:38	12.9 (77.7%)
16	STAŃCZYK Sławomir	527	STARGARD. JA SIĘ NIE ŚCIGAM	M30	16	00:03:23	00:33:44	00:37:01	01:07:47	01:10:49.60	+00:16:37 (23.5%)	4:43	12.7 (76.5%)
17	SZOTA Robert	560	SMT SZCZECIN	M30	17	00:03:16	00:34:28	00:37:47	01:08:32	01:11:27.40	+00:17:15 (24.1%)	4:45	12.6 (75.9%)
18	MARTYNOWICZ Tobiasz	359	GRABOWO	M30	18	00:02:58	00:30:37	00:34:03	01:08:35	01:12:03.95	+00:17:51 (24.8%)	4:48	12.5 (75.3%)
19	GROCHOWSKI Krzysztof	171		M30	19	00:03:14	00:33:12	00:36:40	01:08:34	01:12:06.65	+00:17:54 (24.8%)	4:48	12.5 (75.3%)
20	PRZYBYSZ Michał	457		M30	20	00:03:04	00:33:50	00:37:17	01:09:44	01:13:05.20	+00:18:53 (25.8%)	4:52	12.3 (74.1%)
21	PENDRAK Kamil	425		M30	21	00:03:30	00:35:40	00:39:09	01:10:20	01:13:33.15	+00:19:21 (26.3%)	4:54	12.2 (73.5%)
22	FABICH Adrian	124	USB/ BALTIC SEALS	M30	22	00:03:30	00:36:45	00:40:27	01:10:40	01:13:44.60	+00:19:32 (26.5%)	4:55	12.2 (73.5%)
23	LANGE Damian	316	12 WOLIŃSKI DYWIZJON TRĄŁOWCÓW	M30	23	00:03:01	00:32:16	00:35:49	01:10:48	01:14:19.45	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
24	OTTO Michał	666		M30	24	00:03:04	00:33:44	00:37:17	01:11:38	01:15:17.65	+00:21:05 (28.0%)	5:01	12 (72.3%)
25	DURMAN Sławomir	117		M30	25	00:03:24	00:36:34	00:40:22	01:13:14	01:16:26.20	+00:22:14 (29.1%)	5:05	11.8 (71.1%)
26	HOFMAN Paweł	195		M30	26	00:03:45	00:38:45	00:42:07	01:14:46	01:17:54.35	+00:23:42 (30.4%)	5:11	11.6 (69.9%)
27	ADAMOWICZ Daniel	4	KB PIONIER SZCZECIN	M30	27	00:03:18	00:34:21	00:37:50	01:14:43	01:18:08.20	+00:23:56 (30.6%)	5:12	11.5 (69.3%)
28	WIELGAT Łukasz	609	KB BRYZA POSTOMINO	M30	28	00:03:42	00:35:48	00:39:30	01:14:44	01:18:17.80	+00:24:05 (30.8%)	5:13	11.5 (69.3%)
29	ORYSIAK Tomek	404	ŁOBEZ	M30	29	00:03:37	00:36:46	00:40:21	01:15:34	01:18:53.45	+00:24:41 (31.3%)	5:15	11.4 (68.7%)
30	HRYCAJ Tomasz	197		M30	30	00:03:35	00:36:59	00:40:45	01:15:43	01:19:20.00	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
31	DZIKOWSKI Karol	122		M30	31	00:03:25	00:36:24	00:40:06	01:15:48	01:19:31.85	+00:25:19 (31.8%)	5:18	11.3 (68.1%)
32	SIKORSKI Adam	508	SIKORROWO	M30	32	00:03:20	00:36:25	00:40:22	01:16:09	01:19:34.35	+00:25:22 (31.9%)	5:18	11.3 (68.1%)
33	SZCZYGIEL Paweł	554		M30	33	00:03:24	00:36:34	00:40:22	01:17:12	01:21:13.10	+00:27:01 (33.3%)	5:24	11.1 (66.9%)
34	GODOŃ Piotr	160	GRABOWO	M30	34	00:03:41	00:36:59	00:40:57	01:19:41	01:23:56.35	+00:29:44 (35.4%)	5:35	10.7 (64.5%)
35	BUDZICH Marcin	56		M30	35	00:03:57	00:41:19	00:45:22	01:21:34	01:24:43.95	+00:30:31 (36.0%)	5:38	10.6 (63.9%)
36	DOBEK Tomasz	104		M30	36	00:03:58	00:40:23	00:44:22	01:21:13	01:24:48.95	+00:30:36 (36.1%)	5:39	10.6 (63.9%)
37	GŁOWACKI Adrian	158	MAGIKKOMPUTEROWY	M30	37	00:03:54	00:39:24	00:43:17	01:21:18	01:25:19.80	+00:31:07 (36.5%)	5:41	10.5 (63.3%)

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						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km			
38	GAWĘDA Emil	144	GMINA DARŁOWO	M30	38	00:03:58	00:42:01	00:46:01	01:21:53	01:25:19.85	+00:31:07 (36.5%)	5:41	10.5 (63.3%)
39	SZCZERBA Łukasz	550		M30	39	00:04:17	00:41:02	00:44:59	01:21:50	01:25:36.65	+00:31:24 (36.7%)	5:42	10.5 (63.3%)
40	SOWA Krzysztof	654		M30	40	00:03:34	00:38:59	00:42:53	01:21:19	01:25:40.35	+00:31:28 (36.7%)	5:42	10.5 (63.3%)
41	KRZESIŃSKI Michał	292		M30	41	00:03:30	00:35:07	00:38:48	01:21:15	01:25:48.90	+00:31:36 (36.8%)	5:43	10.5 (63.3%)
42	ROZMUS Tomasz	484		M30	42	00:03:50	00:40:55	00:45:07	01:27:22	01:31:40.60	+00:37:28 (40.9%)	6:06	9.8 (59.0%)
43	SERKIS Piotr	503	ŁOBEZ	M30	43	00:04:09	00:42:42	00:47:06	01:28:17	01:32:18.95	+00:38:06 (41.3%)	6:09	9.7 (58.4%)
44	KAZIMIERSKI Marek	242		M30	44	00:03:27	00:39:24	00:43:42	01:28:34	01:33:20.95	+00:39:08 (41.9%)	6:13	9.6 (57.8%)
45	SPIESZYŃSKI Michał	522		M30	45	00:03:55	00:41:40	00:46:07	01:29:29	01:34:10.30	+00:39:58 (42.4%)	6:16	9.6 (57.8%)
46	KLUCZYŃSKI Mariusz	252		M30	46	00:03:52	00:41:24	00:45:38	01:30:10	01:34:12.75	+00:40:00 (42.5%)	6:16	9.6 (57.8%)
47	PIĄTEK Mateusz	428	13. DYWIZJON TRĄLOWCÓW GDYNIA	M30	47	00:03:49	00:42:41	00:46:56	01:30:25	01:34:22.60	+00:40:10 (42.6%)	6:17	9.5 (57.2%)
48	ROMAŃSKI Maciej	480	TATACOWYMIATA	M30	48	00:04:09	00:43:05	00:47:26	01:30:18	01:34:43.20	+00:40:31 (42.8%)	6:18	9.5 (57.2%)
49	KOŚKA Marek	272	PRECON POLSKA-JASTROWIE	M30	49	00:04:20	00:45:24	00:49:40	01:31:22	01:35:39.80	+00:41:27 (43.3%)	6:22	9.4 (56.6%)
50	REMBARZ Piotr	469		M30	50	00:03:49	00:41:23	00:45:49	01:32:40	01:37:58.10	+00:43:46 (44.7%)	6:31	9.2 (55.4%)
51	KALETKA Damian	229		M30	51	00:02:35	00:26:51	00:29:33			+00:00:47	3:45	15.9 (95.8%)
52	KAZIMIERSKI Piotr	241		M30	52	00:03:01	00:32:11	00:35:42			+00:06:57	4:32	13.2 (79.5%)

Znaleziono 52 wynik(ów)