



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: M35

| Place | Participant | Number | Club | Category | MCat | Bike_All 0.698km | Spike_All 7.151km | Bike_All 7.849km | Spike_All 14.303km | Net time 15km | Gap | Pace min/km | Pace km/h |
|-------|--------------------|--------|-------------------------|----------|------|---------------------|----------------------|---------------------|-----------------------|---------------------|----------------------|----------------|-----------------|
| 1 | KARCZ Artur | 235 | DRUŻYNA SZPIKU | M35 | 1 | 00:02:31 | 00:26:44 | 00:29:22 | 00:53:20 | 00:55:44.85 | | 3:42 | 16.1 (100%) |
| 2 | PRENDECKI Rafał | 447 | | M35 | 2 | 00:02:30 | 00:26:19 | 00:28:56 | 00:53:16 | 00:55:45.30 | +00:00:00 (0.0%) | 3:43 | 16.1 (100%) |
| 3 | NOWAK Daniel | 389 | ROZBIEGANY GOLENIÓW | M35 | 3 | 00:02:26 | 00:26:56 | 00:29:35 | 00:54:49 | 00:57:26.25 | +00:01:41 (2.9%) | 3:49 | 15.7 (97.5%) |
| 4 | KUBIAK Piotr | 293 | PRECON POLSKA-JASTROWIE | M35 | 4 | 00:02:39 | 00:27:25 | 00:30:07 | 00:55:01 | 00:57:30.25 | +00:01:45 (3.1%) | 3:50 | 15.7 (97.5%) |
| 5 | SZOPIŃSKI Tomasz | 559 | KB BRYZA POSTOMINO | M35 | 5 | 00:02:45 | 00:27:35 | 00:30:19 | 00:55:32 | 00:58:02.70 | +00:02:17 (4.0%) | 3:52 | 15.5 (96.3%) |
| 6 | SIADAK Arkadiusz | 505 | | M35 | 6 | 00:02:35 | 00:27:05 | 00:29:50 | 00:55:35 | 00:58:15.30 | +00:02:30 (4.3%) | 3:53 | 15.5 (96.3%) |
| 7 | ULDYNOWICZ Łukasz | 591 | MLUKS MOKASYN PŁOTY | M35 | 7 | 00:02:39 | 00:27:39 | 00:30:27 | 00:55:47 | 00:58:26.75 | +00:02:41 (4.6%) | 3:53 | 15.4 (95.7%) |
| 8 | ŁAZOWSKI Marcin | 339 | POGOŃ SZCZECIN | M35 | 8 | 00:02:45 | 00:27:40 | 00:30:25 | 00:56:05 | 00:58:46.10 | +00:03:01 (5.1%) | 3:55 | 15.3 (95.0%) |
| 9 | GOLIŃSKI Łukasz | 161 | K.B. SPRINT ŚWIDWIN | M35 | 9 | 00:02:44 | 00:28:14 | 00:31:06 | 00:56:47 | 00:59:24.00 | +00:03:39 (6.1%) | 3:57 | 15.2 (94.4%) |
| 10 | CZAPLIŃSKI Jacek | 690 | TAGER KOSZALIN | M35 | 10 | 00:02:44 | 00:29:01 | 00:31:56 | 00:59:33 | 01:02:23.90 | +00:06:39 (10.7%) | 4:09 | 14.4 (89.4%) |
| 11 | ANDREJCZUK Piotr | 7 | KB AKTYWNI KRZYŻ WLKP | M35 | 11 | 00:02:46 | 00:29:12 | 00:32:08 | 01:00:09 | 01:03:06.00 | +00:07:21 (11.7%) | 4:12 | 14.3 (88.8%) |
| 12 | PŁOŃSKI Jakub | 435 | DZIKIE DZIKI GORZÓW | M35 | 12 | 00:02:48 | 00:29:53 | 00:32:50 | 01:01:01 | 01:03:57.65 | +00:08:12 (12.8%) | 4:15 | 14.1 (87.6%) |
| 13 | ZAWADZKI Damian | 635 | KB WYGAN | M35 | 13 | 00:02:59 | 00:30:54 | 00:33:57 | 01:02:21 | 01:05:19.20 | +00:09:34 (14.7%) | 4:21 | 13.8 (85.7%) |
| 14 | ROMANOWSKI Dariusz | 478 | KPW ŚWINOUJŚCIE | M35 | 14 | 00:03:05 | 00:30:45 | 00:33:49 | 01:02:23 | 01:05:23.75 | +00:09:38 (14.8%) | 4:21 | 13.8 (85.7%) |

| Place | Participant | Number | Club | Category | MCat | | | | | Net | Gap | Pace min/km | Pace km/h |
|-------|-----------------------------|------------|------------------------------------|----------|------|---------------------|----------------------|---------------------|-----------------------|--------------------|----------------------|----------------|-----------------|
| | | | | | | Bike_All 0.698km | Spike_All 7.151km | Bike_All 7.849km | Spike_All 14.303km | time 15km | | | |
| 15 | BULIKOWSKI Tomasz | 59 | | M35 | 15 | 00:03:08 | 00:31:49 | 00:34:56 | 01:03:54 | 01:06:45.50 | +00:11:00 (16.5%) | 4:27 | 13.5 (83.9%) |
| 16 | PROŚNIEWSKI Mirosław | 450 | RUNGRYF GRYFICE | M35 | 16 | 00:02:48 | 00:30:18 | 00:33:21 | 01:03:29 | 01:06:48.20 | +00:11:03 (16.5%) | 4:27 | 13.5 (83.9%) |
| 17 | IWANOWSKI Rafał | 199 | AT AKTYWNY TRZEBIATÓW | M35 | 17 | 00:03:00 | 00:31:04 | 00:34:14 | 01:03:53 | 01:07:08.10 | +00:11:23 (17.0%) | 4:28 | 13.4 (83.2%) |
| 18 | PŁAŻALSKI Łukasz | 434 | HUSARIA RACE TEAM GRYFICE | M35 | 18 | 00:02:53 | 00:31:25 | 00:34:38 | 01:04:59 | 01:07:59.40 | +00:12:14 (18.0%) | 4:31 | 13.2 (82.0%) |
| 19 | DYMEK Paweł | 120 | KB AKTYWNI KRZYŻ WLKP | M35 | 19 | 00:02:59 | 00:31:28 | 00:34:43 | 01:05:43 | 01:08:56.15 | +00:13:11 (19.1%) | 4:35 | 13.1 (81.4%) |
| 20 | LEWANDOWSKI Piotr | 324 | SKB DZIK | M35 | 20 | 00:03:10 | 00:32:22 | 00:35:45 | 01:06:24 | 01:09:33.20 | +00:13:48 (19.8%) | 4:38 | 12.9 (80.1%) |
| 21 | KUKIEŁA Tomasz | 299 | ROZBIEGANA KUKIEŁKA | M35 | 21 | 00:03:18 | 00:32:45 | 00:35:57 | 01:06:38 | 01:09:46.50 | +00:14:01 (20.1%) | 4:39 | 12.9 (80.1%) |
| 22 | PROKOPOWICZ Marcin | 449 | 3:33 TEAM | M35 | 22 | 00:03:11 | 00:33:19 | 00:36:38 | 01:07:04 | 01:10:16.80 | +00:14:31 (20.7%) | 4:41 | 12.8 (79.5%) |
| 23 | ROJEK Michał | 476 | | M35 | 23 | 00:03:24 | 00:34:37 | 00:37:59 | 01:08:24 | 01:11:32.20 | +00:15:47 (22.1%) | 4:46 | 12.6 (78.3%) |
| 24 | WILKOWSKI Krzysztof | 614 | L | M35 | 24 | 00:03:03 | 00:32:49 | 00:36:15 | 01:08:11 | 01:11:38.50 | +00:15:53 (22.2%) | 4:46 | 12.6 (78.3%) |
| 25 | HOPPE Bronisław | 196 | JW 3937 | M35 | 25 | 00:03:24 | 00:33:25 | 00:36:49 | 01:08:54 | 01:12:00.85 | +00:16:16 (22.6%) | 4:48 | 12.5 (77.6%) |
| 26 | DARONIN Pavlo | 95 | | M35 | 26 | 00:03:31 | 00:34:46 | 00:38:00 | 01:08:56 | 01:12:05.40 | +00:16:20 (22.7%) | 4:48 | 12.5 (77.6%) |
| 27 | KUKIEŁKA Wojciech | 300 | | M35 | 27 | 00:03:59 | 00:34:58 | 00:38:20 | 01:08:53 | 01:12:07.80 | +00:16:22 (22.7%) | 4:48 | 12.5 (77.6%) |
| 28 | CIESZYŃSKI Marcin | 84 | | M35 | 28 | 00:03:27 | 00:35:10 | 00:38:35 | 01:10:01 | 01:13:03.15 | +00:17:18 (23.7%) | 4:52 | 12.3 (76.4%) |
| 29 | POMORYNKO Krzysztof | 443 | | M35 | 29 | 00:03:24 | 00:34:59 | 00:38:23 | 01:10:41 | 01:13:55.90 | +00:18:11 (24.6%) | 4:55 | 12.2 (75.8%) |
| 30 | BANAŚ Adam | 18 | | M35 | 30 | 00:03:16 | 00:34:40 | 00:38:11 | 01:10:39 | 01:14:01.45 | +00:18:16 (24.7%) | 4:56 | 12.2 (75.8%) |
| 31 | ŻUKOWSKI Cezary | 648 | MIGAWKOWE.PL / ROZBIEGANY KOSZALIN | M35 | 31 | 00:03:20 | 00:35:27 | 00:39:00 | 01:11:30 | 01:14:46.60 | +00:19:01 (25.4%) | 4:59 | 12 (74.5%) |
| 32 | ANIOŁA Dominik | 10 | | M35 | 32 | 00:03:23 | 00:34:57 | 00:38:33 | 01:12:08 | 01:15:40.50 | +00:19:55 (26.3%) | 5:02 | 11.9 (73.9%) |
| 33 | MARZEC Łukasz | 360 | | M35 | 33 | 00:03:39 | 00:36:51 | 00:40:29 | 01:13:44 | 01:17:20.95 | +00:21:36 (27.9%) | 5:09 | 11.6 (72.0%) |
| 34 | ZABROCKI Karol | 630 | | M35 | 34 | 00:03:24 | 00:36:23 | 00:39:57 | 01:13:55 | 01:17:27.45 | +00:21:42 (28.0%) | 5:09 | 11.6 (72.0%) |
| 35 | KOŁECKI Tomasz | 257 | | M35 | 35 | 00:03:57 | 00:38:00 | 00:41:37 | 01:14:20 | 01:17:50.90 | +00:22:06 (28.4%) | 5:11 | 11.6 (72.0%) |
| 36 | JANKOWIAK Marek | 205 | | M35 | 36 | 00:03:57 | 00:38:01 | 00:41:37 | 01:14:21 | 01:17:51.30 | +00:22:06 (28.4%) | 5:11 | 11.6 (72.0%) |
| 37 | DROŹDZIŃSKI Konrad | 113 | | M35 | 37 | 00:03:25 | 00:34:47 | 00:38:19 | 01:14:37 | 01:18:13.25 | +00:22:28 (28.7%) | 5:12 | 11.5 (71.4%) |

| Place | Participant | Number | Club | Category | MCat | Bike | | | | Net | Gap | Pace min/km | Pace km/h |
|-------|------------------------------|------------|--|----------|------|----------|----------|----------|----------|--------------------|----------------------|----------------|-----------------|
| | | | | | | 0.698km | 7.151km | 7.849km | 14.303km | time 15km | | | |
| 38 | RUDNIK Tomasz | 487 | | M35 | 38 | 00:03:20 | 00:34:27 | 00:37:58 | 01:15:01 | 01:19:08.85 | +00:23:24 (29.6%) | 5:16 | 11.4 (70.8%) |
| 39 | SZCZYGIELSKI Michał | 553 | KOŁOBRZEG MARATON TEAM | M35 | 39 | 00:03:28 | 00:36:16 | 00:39:56 | 01:15:42 | 01:19:11.45 | +00:23:26 (29.6%) | 5:16 | 11.4 (70.8%) |
| 40 | ZIENCINA Marcin | 640 | | M35 | 40 | 00:03:46 | 00:38:10 | 00:42:04 | 01:16:49 | 01:20:12.80 | +00:24:27 (30.5%) | 5:20 | 11.2 (69.6%) |
| 41 | HASS Artur | 186 | E-FIZJO TEAM | M35 | 41 | 00:03:25 | 00:36:10 | 00:39:44 | 01:17:20 | 01:21:24.90 | +00:25:40 (31.5%) | 5:25 | 11.1 (68.9%) |
| 42 | KOZŁOWSKI Witold | 283 | | M35 | 42 | 00:03:40 | 00:38:35 | 00:42:04 | 01:18:35 | 01:21:44.50 | +00:25:59 (31.8%) | 5:27 | 11 (68.3%) |
| 43 | MYSZYŃSKI Paweł | 382 | | M35 | 43 | 00:03:26 | 00:36:21 | 00:40:04 | 01:17:49 | 01:21:49.10 | +00:26:04 (31.9%) | 5:27 | 11 (68.3%) |
| 44 | KIEŁKOWSKI Przemysław | 248 | KOŁOBRZEG MARATON TEAM | M35 | 44 | 00:03:48 | 00:38:44 | 00:42:33 | 01:18:55 | 01:22:15.10 | +00:26:30 (32.2%) | 5:29 | 10.9 (67.7%) |
| 45 | RUCIŃSKI Marcin | 486 | | M35 | 45 | 00:03:53 | 00:39:31 | 00:43:29 | 01:19:06 | 01:22:33.80 | +00:26:48 (32.5%) | 5:30 | 10.9 (67.7%) |
| 46 | RONIJ Łukasz | 482 | ANDREW'S TEAM | M35 | 46 | 00:04:06 | 00:41:13 | 00:44:38 | 01:19:47 | 01:23:21.75 | +00:27:36 (33.1%) | 5:33 | 10.8 (67.1%) |
| 47 | KULIK Sebastian | 304 | GRABOWO | M35 | 47 | 00:03:23 | 00:36:26 | 00:40:29 | 01:19:45 | 01:24:01.00 | +00:28:16 (33.6%) | 5:36 | 10.7 (66.5%) |
| 48 | KOWALCZYK Piotr | 275 | | M35 | 48 | 00:03:27 | 00:38:29 | 00:42:32 | 01:20:36 | 01:24:28.60 | +00:28:43 (34.0%) | 5:37 | 10.7 (66.5%) |
| 49 | BUDZIŃSKI Paweł | 57 | DRUŻYNA SZPIKU | M35 | 49 | 00:03:38 | 00:38:37 | 00:42:24 | 01:20:41 | 01:24:28.90 | +00:28:44 (34.0%) | 5:37 | 10.7 (66.5%) |
| 50 | PRYCA Adam | 453 | POMORSKI DWIZJON STRAŻY GRANICZNEJ ŚWINOUJŚCIE | M35 | 50 | 00:04:06 | 00:41:05 | 00:44:59 | 01:21:34 | 01:24:49.80 | +00:29:04 (34.3%) | 5:39 | 10.6 (65.8%) |
| 51 | RZEPKA Bartosz | 497 | KUNA KOWANÓWKO | M35 | 51 | 00:03:51 | 00:39:40 | 00:43:37 | 01:21:47 | 01:25:45.65 | +00:30:00 (35.0%) | 5:43 | 10.5 (65.2%) |
| 52 | OSSES Wojciech | 408 | KUNA KOWANÓWKO | M35 | 52 | 00:03:50 | 00:39:39 | 00:43:36 | 01:21:42 | 01:25:45.90 | +00:30:01 (35.0%) | 5:43 | 10.5 (65.2%) |
| 53 | MICHALSKI Adam | 653 | | M35 | 53 | 00:03:36 | 00:39:46 | 00:43:54 | 01:22:36 | 01:26:23.95 | +00:30:39 (35.5%) | 5:45 | 10.4 (64.6%) |
| 54 | ZAROBIAK Piotr | 633 | WIECZORNE BIEGANIE W SZCZECINIE | M35 | 54 | 00:03:46 | 00:39:39 | 00:43:38 | 01:22:45 | 01:26:54.10 | +00:31:09 (35.8%) | 5:47 | 10.4 (64.6%) |
| 55 | KOŁODZIEJSKI Wojtek | 258 | | M35 | 55 | 00:03:59 | 00:41:22 | 00:45:32 | 01:23:58 | 01:27:54.15 | +00:32:09 (36.6%) | 5:51 | 10.2 (63.4%) |
| 56 | DOMAŃSKI Dominik | 110 | | M35 | 56 | 00:03:48 | 00:40:49 | 00:45:03 | 01:24:26 | 01:28:22.30 | +00:32:37 (36.9%) | 5:53 | 10.2 (63.4%) |
| 57 | WASIAK Sylwester | 601 | GWIEZDNA FLOTA MASZEWO | M35 | 57 | 00:03:58 | 00:42:48 | 00:47:04 | 01:26:02 | 01:30:01.40 | +00:34:16 (38.1%) | 6:00 | 10 (62.1%) |
| 58 | KUBISIAK Damian | 295 | | M35 | 58 | 00:03:54 | 00:42:24 | 00:46:18 | 01:25:54 | 01:30:02.45 | +00:34:17 (38.1%) | 6:00 | 10 (62.1%) |
| 59 | ŁYSOŃ Andrzej | 344 | | M35 | 59 | 00:03:47 | 00:41:54 | 00:46:15 | 01:27:13 | 01:31:06.65 | +00:35:21 (38.8%) | 6:04 | 9.9 (61.5%) |
| 60 | SIWEK Piotr | 510 | GWIEZDNA FLOTA MASZEWO | M35 | 60 | 00:03:56 | 00:42:47 | 00:47:10 | 01:28:44 | 01:33:14.95 | +00:37:30 (40.2%) | 6:13 | 9.7 (60.2%) |

| 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 | GAWLIŃSKI Marcin | 145 | BLUE TEAM PIŁA | M35 | 61 | 00:04:05 | 00:44:21 | 00:48:43 | 01:31:39 | 01:35:48.80 | +00:40:03 (41.8%) | 6:23 | 9.4 (58.4%) |
| 62 | JAROSZ Artur | 211 | | M35 | 62 | 00:03:51 | 00:46:30 | 00:51:14 | 01:41:23 | 01:45:34.15 | +00:49:49 (47.2%) | 7:02 | 8.5 (52.8%) |
| 63 | USZPOLEWICZ Patryk | 594 | | M35 | 63 | 00:04:40 | 00:49:14 | 00:54:09 | 01:41:08 | 01:46:01.85 | +00:50:17 (47.4%) | 7:04 | 8.5 (52.8%) |
| 64 | JANKOWSKI Remigiusz | 207 | | M35 | 64 | 00:04:03 | 00:47:00 | 00:52:17 | 01:42:52 | 01:47:21.60 | +00:51:36 (48.1%) | 7:09 | 8.4 (52.2%) |

Total 64 results.