



Organizator:

Data:

Miejsce:

Dystans:

XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu
2018-03-11
Kołobrzeg
15 km

B4SPORT



Klasyfikacja: M40-Powiat

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	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	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	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%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Bike_All	Spike_All	Bike_All	Spike_All	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
							0.698km	7.151km	7.849km	14.303km				
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	MŁODZIEJEWSKI 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All	Spike_All	Bike_All	Spike_All	Czas	Różn	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km	netto 15km			
39	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)

Znaleziono 45 wynik(ów)