



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: M45

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	HELAK Karol	187	K B AKTYWNI KRZYŻ WLKP	M45	1	00:02:36	00:26:53	00:29:33	00:54:16	00:56:59.95		3:48	15.8 (100%)
2	BIENKOWSKI Rafał	668		M45	2	00:02:35	00:27:14	00:29:59	00:55:06	00:57:48.05	+00:00:48 (1.4%)	3:51	15.6 (98.7%)
3	BUDZIAK Zbigniew	55	BENOBUDZIAK.PL	M45	3	00:02:33	00:27:23	00:30:12	00:55:57	00:58:38.80	+00:01:38 (2.8%)	3:54	15.3 (96.8%)
4	GŁÓW Tomasz	159	KREISEL RUNNING TEAM	M45	4	00:02:38	00:27:52	00:30:41	00:56:25	00:59:04.80	+00:02:04 (3.5%)	3:56	15.2 (96.2%)
5	NAGLACKI Grzegorz	385	MLUKS TRZEBIATÓW	M45	5	00:02:33	00:27:15	00:30:00	00:56:53	00:59:36.70	+00:02:36 (4.4%)	3:58	15.1 (95.6%)
6	GARBACZ Krzysztof	140		M45	6	00:02:41	00:27:58	00:30:51	00:57:44	01:00:32.90	+00:03:32 (5.9%)	4:02	14.9 (94.3%)
7	BAJGERT Robert	15		M45	7	00:02:44	00:28:54	00:31:53	00:59:33	01:02:25.65	+00:05:25 (8.7%)	4:09	14.4 (91.1%)
8	STACHOWICZ Wiesław	672	BRZOZA BIEGA	M45	8	00:03:07	00:30:49	00:32:58	01:00:01	01:02:30.55	+00:05:30 (8.8%)	4:10	14.4 (91.1%)
9	BIEDRZYCKI Krzysztof	31		M45	9	00:02:45	00:29:02	00:32:03	01:00:23	01:03:29.80	+00:06:29 (10.2%)	4:14	14.2 (89.9%)
10	POTASZNIK Artur	444	MARATOŃCZYK TEAM SZCZECIN	M45	10	00:02:47	00:29:47	00:32:52	01:00:53	01:03:45.50	+00:06:45 (10.6%)	4:15	14.1 (89.2%)
11	TROŚNIAK Piotr	683	KB 10 BIAŁOGARD	M45	11	00:02:59	00:30:20	00:33:30	01:02:03	01:04:57.90	+00:07:57 (12.3%)	4:19	13.9 (88.0%)
12	WYSZKOWSKI Marcin	629	KOŁOBRZEG MARATON TEAM	M45	12	00:02:59	00:30:56	00:33:57	01:02:51	01:05:42.55	+00:08:42 (13.3%)	4:22	13.7 (86.7%)
13	PUCHAŁA Sławomir	459	BLUE TEAM PIŁA	M45	13	00:02:53	00:30:57	00:34:08	01:04:09	01:07:23.60	+00:10:23 (15.4%)	4:29	13.4 (84.8%)
14	ODWROT Hubert	394	3:33 TEAM	M45	14	00:03:07	00:31:52	00:35:04	01:04:24	01:07:32.90	+00:10:32 (15.6%)	4:30	13.3 (84.2%)
15	JAROCHOWICZ Norbert	210		M45	15	00:02:52	00:30:52	00:34:13	01:04:45	01:07:50.90	+00:10:50 (16.0%)	4:31	13.3 (84.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All	Spike_All	Bike_All	Spike_All	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km	15km			
16	ŚLIWA Marek	571	NUTRILITE TEAM	M45	16	00:02:53	00:31:01	00:34:16	01:04:45	01:07:53.70	+00:10:53 (16.0%)	4:31	13.3 (84.2%)
17	FILAROWSKI Stefan	129	GRUPA NURKÓW INŻYNIERII	M45	17	00:03:04	00:31:37	00:34:51	01:04:56	01:08:09.75	+00:11:09 (16.4%)	4:32	13.2 (83.5%)
18	MACKOJĆ Krzysztof	348		M45	18	00:02:51	00:31:27	00:34:44	01:04:57	01:08:10.55	+00:11:10 (16.4%)	4:32	13.2 (83.5%)
19	KAŻMIERCZAK Robert	624		M45	19	00:03:08	00:32:30	00:35:45	01:05:26	01:08:22.50	+00:11:22 (16.6%)	4:33	13.2 (83.5%)
20	BIELECKI Andrzej	36	3:33 TEAM	M45	20	00:03:05	00:32:06	00:35:20	01:05:27	01:08:39.00	+00:11:39 (17.0%)	4:34	13.1 (82.9%)
21	KWINTAL Janek	313		M45	21	00:03:14	00:32:44	00:36:02	01:05:58	01:08:51.40	+00:11:51 (17.2%)	4:35	13.1 (82.9%)
22	BULIKOWSKI Paweł	60		M45	22	00:03:14	00:32:38	00:35:55	01:06:02	01:09:12.95	+00:12:13 (17.7%)	4:36	13 (82.3%)
23	PĘKAŁA Piotr	427	ROZBIEGANY KOSZALIN	M45	23	00:03:22	00:33:45	00:37:06	01:06:19	01:09:23.90	+00:12:23 (17.9%)	4:37	13 (82.3%)
24	ANDRYSKOWSKI Zdzisław	682	KOLARZ-POL	M45	24	00:02:46	00:31:16	00:34:32	01:06:14	01:09:30.60	+00:12:30 (18.0%)	4:38	12.9 (81.6%)
25	CYBULSKI Robert	86	HAMER MIASTKO	M45	25	00:03:13	00:33:26	00:36:45	01:06:52	01:09:57.75	+00:12:57 (18.5%)	4:39	12.9 (81.6%)
26	GIEDRYS Wojtek	149	3:33 TEAM	M45	26	00:03:02	00:32:15	00:35:38	01:07:15	01:10:36.95	+00:13:37 (19.3%)	4:42	12.7 (80.4%)
27	MALICKI Grzegorz	354	SCYZORYK	M45	27	00:03:19	00:32:57	00:36:19	01:07:29	01:10:42.35	+00:13:42 (19.4%)	4:42	12.7 (80.4%)
28	TRZECIAK Dariusz	584	KOŁOBRZEG BIEGA	M45	28	00:03:13	00:33:17	00:36:39	01:07:43	01:10:46.45	+00:13:46 (19.5%)	4:43	12.7 (80.4%)
29	GUZIKIEWICZ Mirosław	177	ROZBIEGANY GOLENIÓW	M45	29	00:03:25	00:34:41	00:37:55	01:08:24	01:11:36.65	+00:14:36 (20.4%)	4:46	12.6 (79.7%)
30	BUCZKOWSKI Jacek	54	8BREM	M45	30	00:03:06	00:33:27	00:36:54	01:09:18	01:12:12.95	+00:15:13 (21.1%)	4:48	12.5 (79.1%)
31	PETA Andrzej	426	MTS HAMER MIASTKO	M45	31	00:03:13	00:33:42	00:37:07	01:09:13	01:12:37.55	+00:15:37 (21.5%)	4:50	12.4 (78.5%)
32	SKAŁECKI Robert	511	PARKRUN ŚWIDWIN	M45	32	00:03:17	00:32:47	00:36:03	01:09:29	01:12:43.95	+00:15:44 (21.6%)	4:50	12.4 (78.5%)
33	TADROWSKI Tomasz	574		M45	33	00:03:25	00:34:33	00:37:57	01:09:38	01:12:44.45	+00:15:44 (21.6%)	4:50	12.4 (78.5%)
34	DYBUS Thomas Henri	119	ROZBIEGANY GOLENIÓW	M45	34	00:04:01	00:34:35	00:37:49	01:10:11	01:13:33.70	+00:16:33 (22.5%)	4:54	12.2 (77.2%)
35	DADEŁO Robert	93		M45	35	00:03:22	00:34:27	00:37:53	01:10:07	01:13:37.25	+00:16:37 (22.6%)	4:54	12.2 (77.2%)
36	UZNAŃSKI Ryszard	596		M45	36	00:03:04	00:33:47	00:37:20	01:10:25	01:13:47.00	+00:16:47 (22.7%)	4:55	12.2 (77.2%)
37	ROMANIUK Wojciech	477	NIEZRZESZONY	M45	37	00:03:31	00:35:21	00:38:50	01:11:13	01:14:19.85	+00:17:19 (23.3%)	4:57	12.1 (76.6%)
38	HOC Dariusz	193		M45	38	00:03:17	00:34:23	00:37:52	01:11:35	01:14:49.70	+00:17:49 (23.8%)	4:59	12 (75.9%)

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						0.698km	7.151km	7.849km	14.303km	15km			
39	WOLSKI Tomasz	623	WIECZORNE BIEGANIE W SZCZECINIE	M45	39	00:03:20	00:34:24	00:38:04	01:12:15	01:15:42.25	+00:18:42 (24.7%)	5:02	11.9 (75.3%)
40	SZELIGA Paweł	555	KPP KOŁOBRZEG	M45	40	00:03:42	00:36:56	00:40:29	01:12:34	01:15:45.25	+00:18:45 (24.8%)	5:03	11.9 (75.3%)
41	ROGOWSKI Robert	474	SKRZYWIENI GOŚCIE	M45	41	00:03:28	00:35:23	00:38:53	01:12:47	01:16:47.60	+00:19:47 (25.8%)	5:07	11.7 (74.1%)
42	PAWELEC Artur	419	ROZBIEGANY GOLENIÓW	M45	42	00:03:31	00:37:00	00:40:39	01:13:58	01:16:59.45	+00:19:59 (26.0%)	5:08	11.7 (74.1%)
43	KOSIOR Piotr	270		M45	43	00:03:13	00:34:34	00:38:16	01:13:33	01:17:18.25	+00:20:18 (26.3%)	5:09	11.6 (73.4%)
44	WILKLISZ Wojciech	613		M45	44	00:03:15	00:35:27	00:39:10	01:14:20	01:17:48.05	+00:20:48 (26.7%)	5:11	11.6 (73.4%)
45	STOLARCZYK Maciej	533		M45	45	00:03:49	00:36:15	00:39:52	01:14:20	01:17:48.90	+00:20:48 (26.8%)	5:11	11.6 (73.4%)
46	REPKA Marek	470	LUPUS TEAM	M45	46	00:03:28	00:36:11	00:39:54	01:14:48	01:18:23.25	+00:21:23 (27.3%)	5:13	11.5 (72.8%)
47	NACHYŁA Piotr	383	STOPA SŁUPSK	M45	47	00:03:47	00:37:10	00:40:54	01:15:12	01:18:37.90	+00:21:37 (27.5%)	5:14	11.4 (72.2%)
48	SERWADCZAK Piotr	504	P+E	M45	48	00:03:12	00:35:25	00:39:07	01:15:23	01:19:05.50	+00:22:05 (27.9%)	5:16	11.4 (72.2%)
49	JABŁOŃSKI Andrzej	200	NIEZRZESZONY	M45	49	00:03:46	00:36:49	00:40:32	01:15:26	01:19:11.35	+00:22:11 (28.0%)	5:16	11.4 (72.2%)
50	BRZEZIŃSKI Krzysztof	51		M45	50	00:03:41	00:37:25	00:41:09	01:15:36	01:19:12.60	+00:22:12 (28.0%)	5:16	11.4 (72.2%)
51	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	+00:22:17 (28.1%)	5:17	11.4 (72.2%)
52	ORZEŁ Jacek	406		M45	52	00:03:31	00:37:12	00:40:59	01:17:00	01:20:48.45	+00:23:48 (29.5%)	5:23	11.1 (70.3%)
53	KRASIŃSKI Witold	286	JW 1223	M45	53	00:03:21	00:36:10	00:40:05	01:20:10	01:24:19.30	+00:27:19 (32.4%)	5:37	10.7 (67.7%)
54	WRÓBLEWSKI Jarosław	627	RAZ SZCZECIN	M45	54	00:03:46	00:39:23	00:43:20	01:21:11	01:25:01.70	+00:28:01 (33.0%)	5:40	10.6 (67.1%)
55	JOŃCZYK Tadeusz	218	SAM SOBIE BIEGAM :)	M45	55	00:03:50	00:40:57	00:45:14	01:24:10	01:27:45.15	+00:30:45 (35.0%)	5:51	10.3 (65.2%)
56	KULAWIŃSKI Marek	302		M45	56	00:04:09	00:41:18	00:45:16	01:23:54	01:27:47.20	+00:30:47 (35.1%)	5:51	10.3 (65.2%)
57	SZYNKOWSKI Krzysztof	569	BULK-CARGO PORT SZCZECIN	M45	57	00:03:55	00:40:35	00:44:34	01:24:02	01:27:59.00	+00:30:59 (35.2%)	5:51	10.2 (64.6%)
58	RUDZIŃSKI Jacek	489	KB HERMES GRYFINO	M45	58	00:03:10	00:48:12	00:51:11	01:24:23	01:28:41.00	+00:31:41 (35.7%)	5:54	10.1 (63.9%)
59	HNAT Rafał	190	KP PSP WAŁCZ	M45	59	00:03:56	00:42:48	00:45:48	01:25:48	01:30:45.35	+00:33:45 (37.2%)	6:03	9.9 (62.7%)
60	ZDANOWICZ Marek	636	SAVE THE RING	M45	60	00:03:37	00:42:01	00:46:19	01:27:44	01:31:51.95	+00:34:52 (38.0%)	6:07	9.8 (62.0%)
61	MŁODZIEJEWSKI Krzysztof	375		M45	61	00:03:42	00:40:36	00:45:05	01:28:34	01:32:42.85	+00:35:42 (38.5%)	6:10	9.7 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All	Spike_All	Bike_All	Spike_All	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km	15km			
62	WOŹNIAK Jacek	657		M45	62	00:04:10	00:44:14	00:48:37	01:30:20	01:34:29.70	+00:37:29 (39.7%)	6:17	9.5 (60.1%)
63	KOŁAKOWSKI Dariusz	256	K.B. SPRINT ŚWIDWIN	M45	63	00:03:53	00:53:31	00:58:00	01:34:08	01:38:04.80	+00:41:04 (41.9%)	6:32	9.2 (58.2%)
64	WIESIOŁEK Grzegorz	612		M45	64	00:03:41	00:44:46	00:49:06	01:35:14	01:39:35.90	+00:42:35 (42.8%)	6:38	9 (57.0%)
65	KRYSA Krzysztof	291		M45	65	00:03:52	00:48:12	00:53:22	01:43:39	01:47:50.35	+00:50:50 (47.1%)	7:11	8.3 (52.5%)
66	ADAMCZYK Mirosław	2		M45	66	00:04:40	00:49:15	00:54:10	01:42:43	01:47:57.45	+00:50:57 (47.2%)	7:11	8.3 (52.5%)
67	RAMA Janusz	465	KOŁOBRZEG BIEGA - PARKRUN	M45	67	00:04:41	00:52:05	00:57:05	01:47:57	01:53:14.05	+00:56:14 (49.7%)	7:32	7.9 (50.0%)
68	KĘDZIERSKI Jarosław	699		M45	68	00:04:09	00:49:36	00:55:05	01:49:43	01:55:20.40	+00:58:20 (50.6%)	7:41	7.8 (49.4%)
69	BEMOWICZ Tomasz	479	KB WYGAN	M45	69	00:02:58	00:30:53	00:34:04			+00:04:31	4:20	13.8 (87.3%)

Znaleziono 69 wynik(ów)