



XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

Organizator:

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

Data:

2018-03-11

Miejsce:

Kołobrzeg

Dystans:

15 km



Klasyfikacja: M50

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	ANTONOWICZ Wojciech	11		M50	1	00:02:40	00:28:23	00:31:15	00:57:31	01:00:14.80		4:01	14.9 (100%)
2	KOPCEWICZ Robert	262	ROZBIEGANY GOLENIÓW	M50	2	00:02:40	00:28:20	00:31:12	00:57:45	01:00:37.35	+00:00:22 (0.6%)	4:02	14.8 (99.3%)
3	ZWOLIŃSKI Jan	643	TKKF KOSZALIN	M50	3	00:02:52	00:29:38	00:32:32	00:59:03	01:01:40.70	+00:01:25 (2.3%)	4:06	14.6 (98.0%)
4	KOWALSKI Cezary	277	PARKRUN SZCZECIN	M50	4	00:02:45	00:29:12	00:32:11	00:59:15	01:02:05.60	+00:01:50 (3.0%)	4:08	14.5 (97.3%)
5	KOŚCIELNIAK Robert	271	TKKF KOSZALIN	M50	5	00:02:52	00:29:49	00:32:45	01:00:04	01:02:46.30	+00:02:31 (4.0%)	4:11	14.3 (96.0%)
6	MORGIEWICZ Piotr	380	RUNGRYF GRYFICE	M50	6	00:02:48	00:30:04	00:33:04	01:00:33	01:03:32.00	+00:03:17 (5.2%)	4:14	14.2 (95.3%)
7	MICHAŁSKI Janusz	370		M50	7	00:03:04	00:30:44	00:33:48	01:01:40	01:04:21.15	+00:04:06 (6.4%)	4:17	14 (94.0%)
8	SOWIŃSKI Saturnin	521	1.SLT	M50	8	00:03:00	00:30:57	00:34:05	01:03:14	01:06:17.80	+00:06:03 (9.1%)	4:25	13.6 (91.3%)
9	ZEMBIK Grzegorz	637	KB HERMES GRYFINO	M50	9	00:02:59	00:31:27	00:34:35	01:03:19	01:06:20.35	+00:06:05 (9.2%)	4:25	13.6 (91.3%)
10	SOBKOWIAK Robert	518		M50	10	00:03:02	00:31:18	00:34:33	01:05:32	01:08:46.80	+00:08:32 (12.4%)	4:35	13.1 (87.9%)
11	UKRAIŃSKI Sławomir	590	KOŁOBRZEG BIEGA	M50	11	00:03:02	00:32:09	00:35:31	01:06:46	01:10:03.35	+00:09:48 (14.0%)	4:40	12.8 (85.9%)
12	DUDA Andrzej	114		M50	12	00:02:46	00:32:24	00:35:48	01:07:26	01:10:36.75	+00:10:21 (14.7%)	4:42	12.7 (85.2%)
13	POLAŃSKI Dariusz	441	ORZEŁ MRZEŻYNO	M50	13	00:02:53	00:32:01	00:35:23	01:07:15	01:10:47.45	+00:10:32 (14.9%)	4:43	12.7 (85.2%)
14	CHRZANOWSKI Mariusz	669		M50	14	00:03:13	00:32:58	00:36:16	01:07:58	01:11:38.45	+00:11:23 (15.9%)	4:46	12.6 (84.6%)
15	ANDRYSKOWSKI Marek	8	STOWARZYSZENIE 42,2 LĘBORK	M50	15	00:03:19	00:34:54	00:38:22	01:10:07	01:13:19.55	+00:13:04 (17.8%)	4:53	12.3 (82.6%)
16	WALERIAŃCZYK Roman	599	GMINA KOŁOBRZEG	M50	16	00:03:11	00:34:16	00:37:52	01:10:02	01:13:21.95	+00:13:07 (17.9%)	4:53	12.3 (82.6%)
17	GRYGORUK Cezary	173		M50	17	00:03:29	00:35:14	00:38:43	01:10:25	01:13:39.40	+00:13:24 (18.2%)	4:54	12.2 (81.9%)
18	STRUŚ Artur	536	KB BRYZA POSTOMINO	M50	18	00:03:20	00:34:23	00:37:53	01:10:25	01:13:43.30	+00:13:28 (18.3%)	4:54	12.2 (81.9%)
19	LITZBARSKI Marek	330	DUDYCZ RUN	M50	19	00:03:31	00:35:44	00:39:16	01:11:05	01:14:13.70	+00:13:58 (18.8%)	4:56	12.1 (81.2%)
20	NOWICKI Tomasz	661	SZWLA	M50	20	00:03:26	00:35:47	00:39:25	01:12:52	01:16:08.25	+00:15:53 (20.9%)	5:04	11.8 (79.2%)
21	FURMAN Tomasz	134		M50	21	00:03:20	00:36:12	00:39:55	01:15:13	01:19:19.40	+00:19:04 (24.0%)	5:17	11.3 (75.8%)
22	ŻURKOWSKI Tomasz	650	BIEGAM Z ŻONĄ	M50	22	00:03:27	00:36:21	00:40:04	01:15:49	01:19:25.55	+00:19:10 (24.1%)	5:17	11.3 (75.8%)
23	ŁUCZEJKO Sławomir	342	TEAM BIEGOWY SZCZECINEK	M50	23	00:03:37	00:37:06	00:40:49	01:16:40	01:20:32.45	+00:20:17 (25.2%)	5:22	11.2 (75.2%)
24	STACHOWSKI Andrzej	525		M50	24	00:03:37	00:38:09	00:41:54	01:16:52	01:20:34.40	+00:20:19 (25.2%)	5:22	11.2 (75.2%)
25	KĘDZIERSKI Krzysztof	245	SMT SZCZECIN	M50	25	00:03:42	00:38:33	00:42:32	01:19:41	01:23:39.85	+00:23:25 (28.0%)	5:34	10.8 (72.5%)
26	BERENT Robert	30	TUPOT USTKA	M50	26	00:03:51	00:38:35	00:42:18	01:19:54	01:23:53.35	+00:23:38 (28.2%)	5:35	10.7 (71.8%)
27	WOLAŃSKI Mariusz	622		M50	27	00:04:00	00:39:44	00:43:35	01:20:08	01:23:57.95	+00:23:43 (28.2%)	5:35	10.7 (71.8%)

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			
28	PASIKOWSKI Piotr	415	BALTICUS	M50	28	00:03:26	00:38:41	00:42:47	01:20:01	01:24:17.95	+00:24:03 (28.5%)	5:37	10.7 (71.8%)
29	OKOŃ Stanisław	397	KB WYGAN	M50	29	00:03:32	00:35:42	00:39:21	01:20:09	01:24:42.95	+00:24:28 (28.9%)	5:38	10.6 (71.1%)
30	SZŁAPKA Dariusz	557		M50	30	00:03:55	00:40:18	00:44:20	01:21:23	01:24:58.25	+00:24:43 (29.1%)	5:39	10.6 (71.1%)
31	OLEJNIK Janusz	398		M50	31	00:03:52	00:40:32	00:44:35	01:22:36	01:26:30.80	+00:26:16 (30.4%)	5:46	10.4 (69.8%)
32	KĄŁUŻYNSKI Piotr	230	WRONIECKI KLUB BIEGACZA	M50	32	00:04:05	00:41:30	00:45:27	01:23:04	01:26:43.95	+00:26:29 (30.5%)	5:46	10.4 (69.8%)
33	MAKOWSKI Dariusz	351	KB HERMES GRYFINO	M50	33	00:04:03	00:40:21	00:44:21	01:22:50	01:27:07.75	+00:26:52 (30.9%)	5:48	10.3 (69.1%)
34	WITKOWSKI Andrzej	617		M50	34	00:03:54	00:39:39	00:43:58	01:23:34	01:27:37.90	+00:27:23 (31.3%)	5:50	10.3 (69.1%)
35	ŚWIERCZ Dariusz	573	WAŁECKA ŚCIEMA	M50	35	00:03:37	00:39:44	00:43:52	01:23:13	01:27:41.95	+00:27:27 (31.3%)	5:50	10.3 (69.1%)
36	HANĆ Ryszard	182		M50	36	00:03:48	00:41:26	00:45:41	01:23:47	01:27:58.20	+00:27:43 (31.5%)	5:51	10.2 (68.5%)
37	KISIELIŃSKI Igor	251	TKKF KOSZALIN	M50	37	00:03:45	00:39:02	00:43:13	01:25:19	01:29:41.35	+00:29:26 (32.8%)	5:58	10 (67.1%)
38	GAŁECKI Jacek	138	KARLINO BIEGAJ	M50	38	00:03:42	00:41:11	00:45:16	01:25:58	01:29:56.15	+00:29:41 (33.0%)	5:59	10 (67.1%)
39	GRABOWSKI Marek	167		M50	39	00:03:45	00:40:42	00:44:51	01:27:39	01:31:48.05	+00:31:33 (34.4%)	6:07	9.8 (65.8%)
40	ADAMCZYK Arkadiusz	1	BLUE TEAM PIŁA	M50	40	00:04:00	00:42:32	00:46:48	01:27:53	01:32:05.00	+00:31:50 (34.6%)	6:08	9.8 (65.8%)
41	SCHMIDT Dariusz	670		M50	41	00:04:12	00:46:36	00:51:04	01:36:51	01:41:16.45	+00:41:01 (40.5%)	6:45	8.9 (59.7%)
42	JAŃCZUK Stanisław	209	NOCNE WILKI	M50	42	00:04:14	00:49:38	00:54:11	01:41:19	01:46:20.90	+00:46:06 (43.3%)	7:05	8.5 (57.0%)

Znaleziono 42 wynik(ów)