



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: M55

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	OBOLIK Mirosław	393		M55	1	00:02:47	00:28:14	00:31:06	00:58:10	01:01:02.85		4:04	14.7 (100%)
2	KOLEBUK Marek	255	MG	M55	2	00:02:36	00:28:38	00:31:34	00:58:41	01:01:31.55	+00:00:28 (0.8%)	4:06	14.6 (99.3%)
3	RATAJCZAK Janusz	468	KB AKTYWNI KRZYŻ WLKP	M55	3	00:02:45	00:28:50	00:31:52	00:59:32	01:02:28.85	+00:01:26 (2.3%)	4:09	14.4 (98.0%)
4	SZCZUPACZYŃSKI Arkadiusz	551	RUNGRYF GRYFICE	M55	4	00:02:44	00:30:55	00:34:02	01:02:26	01:05:29.20	+00:04:26 (6.8%)	4:21	13.7 (93.2%)
5	MICHAŁOWSKI Jan	371	KB HERMES GRYFINO	M55	5	00:03:04	00:31:33	00:34:41	01:02:58	01:05:55.05	+00:04:52 (7.4%)	4:23	13.7 (93.2%)
6	PIŁCZYŃSKI Zbigniew	663		M55	6	00:02:53	00:30:45	00:33:54	01:02:59	01:05:59.15	+00:04:56 (7.5%)	4:23	13.6 (92.5%)
7	PLUTA Grzegorz	433	KB HERMES GRYFINO	M55	7	00:02:48	00:30:06	00:33:14	01:02:58	01:06:01.65	+00:04:58 (7.5%)	4:24	13.6 (92.5%)
8	KULIŃSKI Bogdan	306	GŁOGÓW DRUŻYNA SZPIKU KGHM	M55	8	00:02:59	00:31:17	00:34:34	01:04:07	01:07:16.80	+00:06:13 (9.3%)	4:29	13.4 (91.2%)
9	LIPIŃSKI Krzysztof	327	KB MANIAC POZNAŃ	M55	9	00:03:24	00:32:49	00:36:04	01:05:57	01:09:02.70	+00:07:59 (11.6%)	4:36	13 (88.4%)
10	MICHALAK Jacek	368		M55	10	00:03:01	00:32:10	00:35:31	01:07:13	01:10:27.50	+00:09:24 (13.4%)	4:41	12.8 (87.1%)
11	BRZÓSKA Eugeniusz	52	KB HERMES GRYFINO	M55	11	00:03:08	00:33:12	00:36:36	01:07:35	01:10:48.30	+00:09:45 (13.8%)	4:43	12.7 (86.4%)
12	SZYDŁOWSKI Witold	564		M55	12	00:03:01	00:32:40	00:36:00	01:08:31	01:11:57.25	+00:10:54 (15.2%)	4:47	12.5 (85.0%)
13	KARCZEWSKI Krzysztof	236	PG SPORTOWA PACZKA	M55	13	00:03:21	00:34:33	00:37:57	01:09:27	01:12:35.10	+00:11:32 (15.9%)	4:50	12.4 (84.4%)
14	MIECZKOWSKI Michał	674	KTC KOŁOBRZEG	M55	14	00:03:23	00:34:16	00:37:42	01:09:51	01:13:22.95	+00:12:20 (16.8%)	4:53	12.3 (83.7%)

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			
15	KALETKA Dariusz	228	KALETKA TEAM	M55	15	00:03:21	00:34:07	00:37:33	01:10:07	01:13:38.30	+00:12:35 (17.1%)	4:54	12.2 (83.0%)
16	PYTLARZ Waldemar	463		M55	16	00:03:38	00:35:39	00:39:06	01:11:00	01:14:18.10	+00:13:15 (17.8%)	4:57	12.1 (82.3%)
17	SOSIN Tomasz	520	SZWLA	M55	17	00:03:33	00:34:58	00:38:29	01:10:58	01:14:19.75	+00:13:16 (17.9%)	4:57	12.1 (82.3%)
18	MEISSNER Bogusław	365	K.B. SPRINT ŚWIDWIN	M55	18	00:03:20	00:34:06	00:37:37	01:11:01	01:14:35.10	+00:13:32 (18.2%)	4:58	12.1 (82.3%)
19	GAŚIOREK Tomasz	671	BRZOZA BIEGA	M55	19	00:03:36	00:35:47	00:39:25	01:12:25	01:15:51.50	+00:14:48 (19.5%)	5:03	11.9 (81.0%)
20	GRZELAK Sebastian	175	ROZBIEGANY GOLENIÓW	M55	20	00:03:33	00:37:01	00:40:40	01:14:00	01:17:13.15	+00:16:10 (20.9%)	5:08	11.7 (79.6%)
21	BUZAŁA Walenty	64	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	21	00:03:30	00:35:22	00:39:51	01:14:48	01:18:33.40	+00:17:30 (22.3%)	5:14	11.5 (78.2%)
22	LENARTOWICZ Stanisław	319		M55	22	00:03:46	00:37:51	00:41:36	01:17:22	01:21:09.50	+00:20:06 (24.8%)	5:24	11.1 (75.5%)
23	RUTKOWSKI Lucjan	493	ARCAN TEAM	M55	23	00:04:01	00:39:44	00:43:32	01:20:34	01:24:07.15	+00:23:04 (27.4%)	5:36	10.7 (72.8%)
24	HAŁAS Tomasz	181		M55	24	00:04:01	00:40:40	00:44:39	01:21:15	01:25:02.05	+00:23:59 (28.2%)	5:40	10.6 (72.1%)
25	KOWALSKI Zbigniew	278	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	25	00:03:36	00:39:30	00:43:38	01:23:28	01:27:49.75	+00:26:46 (30.5%)	5:51	10.2 (69.4%)
26	LEWANDOWSKI Mirosław	323	GOLENIÓW	M55	26	00:04:06	00:40:40	00:44:50	01:23:50	01:27:53.00	+00:26:50 (30.5%)	5:51	10.2 (69.4%)
26	JANISZEWSKI Mieczysław	203	BULK-CARGO PORT SZCZECIN	M55	27	00:03:58	00:40:46	00:44:56	01:24:02	01:27:59.95	+00:26:57 (30.6%)	5:51	10.2 (69.4%)
28	SKORUPA Edward	512		M55	28	00:04:00	00:41:03	00:45:13	01:25:30	01:29:57.75	+00:28:54 (32.1%)	5:59	10 (68.0%)
29	WIELGOSZ Leszek	610	KB SPOCENI NOWA SÓL	M55	29	00:03:51	00:41:37	00:45:53	01:27:17	01:31:34.55	+00:30:31 (33.3%)	6:06	9.8 (66.7%)
30	WOŹNIAK Piotr	667		M55	30	00:03:48	00:56:54	01:00:05	01:37:58	01:44:00.50	+00:42:57 (41.3%)	6:56	8.7 (59.2%)
31	SKOWRONSKI Bogdan	513	SZWLA	M55	31								(0.0%)

Znaleziono 31 wynik(ów)