



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: M65

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	RUSIECKI Henryk	490	HERMES GRYFINO	M65	1	00:02:58	00:31:50	00:34:58	01:03:42	01:06:43.35		4:26	13.5 (100%)
2	PLATA Tadeusz	432	MARATOŃCZYK TEAM SZCZECIN	M65	2	00:02:54	00:31:16	00:34:27	01:04:01	01:07:18.35	+00:00:35 (0.9%)	4:29	13.4 (99.3%)
3	STACHOWIAK Ryszard	524		M65	3	00:03:16	00:31:58	00:35:19	01:06:47	01:10:07.00	+00:03:23 (4.8%)	4:40	12.8 (94.8%)
4	RÓŻYCKI Edward	485	MUKS TORNADO	M65	4	00:03:28	00:34:40	00:38:05	01:09:05	01:12:20.20	+00:05:36 (7.8%)	4:49	12.4 (91.9%)
5	JONKO Wojciech	217		M65	5	00:03:09	00:32:59	00:36:31	01:09:42	01:13:23.85	+00:06:40 (9.1%)	4:53	12.3 (91.1%)
6	RAŚ Ryszard Marek	467	EKO-WOD-KAN	M65	6	00:03:13	00:36:44	00:40:34	01:15:51	01:19:29.90	+00:12:46 (16.1%)	5:18	11.3 (83.7%)
7	MOCZYŃSKI Leszek	378	BIEGAM DLA BYDGOSZCZY	M65	7	00:03:39	00:36:59	00:40:45	01:16:54	01:20:47.10	+00:14:03 (17.4%)	5:23	11.1 (82.2%)
8	ŁAZARCZYK Wacław Bogdan	338		M65	8	00:03:55	00:39:23	00:43:11	01:18:06	01:21:51.40	+00:15:08 (18.5%)	5:27	11 (81.5%)
9	ZIELIŃSKI Grzegorz	638	BIEGAM DLA PRZYJEMNOŚCI	M65	9	00:03:46	00:38:04	00:41:53	01:18:08	01:22:05.10	+00:15:21 (18.7%)	5:28	11 (81.5%)
10	LAJTER Jerzy	314	4RUN TEAM PIŁA	M65	10	00:03:55	00:39:55	00:44:03	01:22:22	01:26:15.90	+00:19:32 (22.7%)	5:45	10.4 (77.0%)
11	PEDA Leszek	423	POLICE	M65	11	00:03:42	00:39:00	00:42:56	01:22:21	01:26:28.15	+00:19:44 (22.8%)	5:45	10.4 (77.0%)
12	GAZARKIEWICZ Antoni	147	BHMW_GDYŃIA	M65	12	00:04:00	00:41:09	00:45:19	01:24:16	01:28:13.60	+00:21:30 (24.4%)	5:52	10.2 (75.6%)
13	URLICKI Lech	593	KB SPOCENI NOWA SÓL	M65	13	00:03:50	00:41:37	00:45:53	01:27:17	01:31:34.05	+00:24:50 (27.1%)	6:06	9.8 (72.6%)
14	PŁUSKA Tadeusz	436		M65	14	00:03:31	00:39:58	00:44:02	01:27:59	01:32:37.95	+00:25:54 (28.0%)	6:10	9.7 (71.9%)
15	BYKOWSKI Bogdan	65	BRACTWO BIEGACZY Z-GORA	M65	15	00:04:07	00:44:22	00:49:00	01:35:35	01:40:02.00	+00:33:18 (33.3%)	6:40	9 (66.7%)
16	ZAKRZEWSKI Tadeusz	675		M65	16	00:04:00	00:45:12	00:50:08	01:40:38	01:45:35.95	+00:38:52 (36.8%)	7:02	8.5 (63.0%)
17	WIELIŃSKI Krzysztof	611	KB HERMES GRYFINO	M65	17	00:04:22	00:47:57	00:52:40	01:41:33	01:46:24.55	+00:39:41 (37.3%)	7:05	8.5 (63.0%)
18	KOPCEWICZ Henryk	263		M65	18	00:04:43	00:52:22	00:57:38	01:50:47	01:56:43.20	+00:49:59 (42.8%)	7:46	7.7 (57.0%)

Znaleziono 18 wynik(ów)