

MISTRZOSTWA MASTERS W BIEGU GÓRSKIM - 10KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: Mistrzostwa Polski Masters w Anglosaskim Biegu Górskim - XV
Organizator: Bieg Górski - 10km i 5km
Data: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Miejsce: 2024-04-13
Dystans: Koszalin
 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	WOLSKI Marcin	94	DGS DIAGNOSTICS TEAM	M-35	1	00:18:57	00:38:05.75		3:48	15.8 (100%)
2	OSIŃSKI Wojciech	58	TEAM ZABIEGANEDNI	M-35	2	00:18:41	00:38:11.75	+00:00:06 (0.3%)	3:49	15.7 (99.4%)
3	KOZAK Arkadiusz	35	TKKF KOSZALIN	M-50	1	00:18:58	00:38:22.70	+00:00:16 (0.7%)	3:50	15.6 (98.7%)
4	SZYMAŃSKI Sylwek	83	SZCZECINECCY BIEGACZE	M-50	2	00:19:19	00:39:01.45	+00:00:55 (2.4%)	3:54	15.4 (97.5%)
5	WASZCZUK Tomasz	88	WASZCZUK TEAM	M-40	1	00:19:07	00:39:05.90	+00:01:00 (2.6%)	3:54	15.4 (97.5%)
6	ORGANKA Marcin	57	LŁKB TRUCHT ŁOBEZ	M-40	2	00:19:49	00:40:16.85	+00:02:11 (5.4%)	4:01	14.9 (94.3%)
7	HUBERT Łukasz	23	7 PRO SIÓDMIĄK TEAM/BIEGOLAS	M-40	3	00:19:38	00:40:22.70	+00:02:16 (5.7%)	4:02	14.9 (94.3%)
8	BUŻNIAK Arkadiusz	10	MKL BRYGADA BESKIDÓW	M-35	3	00:20:04	00:41:20.45	+00:03:14 (7.8%)	4:08	14.5 (91.8%)
9	DŁUGOSZ Jacek	14	LKB RUDNIK	M-40	4	00:20:06	00:41:23.60	+00:03:17 (8.0%)	4:08	14.5 (91.8%)
10	SZYMAŃSKI Piotr, Krzysztof	82		M-35	4	00:20:17	00:41:44.60	+00:03:38 (8.7%)	4:10	14.4 (91.1%)
11	TOMKOWSKI Przemysław	85	CHRYSTUS KRÓLEM	M-35	5	00:20:39	00:41:57.10	+00:03:51 (9.2%)	4:11	14.3 (90.5%)
12	STARSZAK Marcin	78	DĘBOWA GÓRA RUN!	M-40	5	00:20:53	00:42:03.50	+00:03:57 (9.4%)	4:12	14.3 (90.5%)
13	BURZYŃSKI Aleksander	9	STOPA SŁUPSK	M-45	1	00:20:43	00:42:58.55	+00:04:52 (11.4%)	4:17	14 (88.6%)
14	GUZOWSKI Dariusz	19	TALEX BORZYTUCHOM	M-50	3	00:21:02	00:43:15.50	+00:05:09 (11.9%)	4:19	13.9 (88.0%)
15	SEMIK Łukasz	68	HERNIK TEAM	OPEN -M	1	00:21:08	00:43:23.45	+00:05:17 (12.2%)	4:20	13.8 (87.3%)
16	WOJTALIK Łukasz	93		M-40	6	00:21:44	00:44:07.25	+00:06:01 (13.7%)	4:24	13.6 (86.1%)
17	PIENIAWSKI Mateusz	63		M-35	6	00:22:20	00:45:03.20	+00:06:57 (15.4%)	4:30	13.3 (84.2%)
18	SKORYCH Andrii	73	YULI	OPEN -M	2	00:21:49	00:45:07.30	+00:07:01 (15.6%)	4:30	13.3 (84.2%)
19	CHMIELEWSKI Tomasz	11		M-40	7	00:22:17	00:45:49.25	+00:07:43 (16.9%)	4:34	13.1 (82.9%)
20	WALEŃSKI Michał	106	TKKF KOSZALIN	M-50	4	00:22:49	00:46:28.75	+00:08:23 (18.0%)	4:38	12.9 (81.6%)
21	KASZTELAN Ula	104	TKKF KOSZALIN	K-35	1	00:22:48	00:46:46.90	+00:08:41 (18.6%)	4:40	12.8 (81.0%)
22	WOJCIECHOWICZ Jacek	91	PASJA TEAM	M-45	2	00:22:50	00:46:56.45	+00:08:50 (18.8%)	4:41	12.8 (81.0%)
23	NOWAK Dariusz	54	AGC	M-40	8	00:22:53	00:46:57.90	+00:08:52 (18.9%)	4:41	12.8 (81.0%)
24	ZIELIŃSKA Anna	95	TRUCHT ŁOBEZ	K-50	1	00:22:02	00:47:09.65	+00:09:03 (19.2%)	4:42	12.7 (80.4%)
25	KOCIOŁOWICZ Łukasz	31	WOJTEK KOTARBA ULTRAWAY TEAM	M-40	9	00:22:26	00:47:10.70	+00:09:04 (19.3%)	4:43	12.7 (80.4%)
26	WIRKUS Antonina	89	LKB IM. BRACI PETK ŁĘBORK	K-35	2	00:23:21	00:47:31.70	+00:09:25 (19.8%)	4:45	12.6 (79.7%)

							Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km				
27	BŁĘDZKI Adam	6	DIRTY SPARROWS	M-35	7	00:23:30	00:48:07.05	+00:10:01 (20.8%)	4:48	12.5 (79.1%)
28	KURKOWSKI Piotr	39		M-35	8	00:23:18	00:48:16.85	+00:10:11 (21.1%)	4:49	12.4 (78.5%)
29	BARTH Krystian	2	FUNDACJA ZASTOPUJ	OPEN -M	3	00:23:16	00:48:37.20	+00:10:31 (21.6%)	4:51	12.3 (77.8%)
30	KOZAR Krzysztof	36	AGC	M-40	10	00:24:19	00:48:44.35	+00:10:38 (21.8%)	4:52	12.3 (77.8%)
31	MATYJASEK Zbigniew	48	TKKF KOSZALIN	M-50	5	00:24:07	00:49:07.35	+00:11:01 (22.4%)	4:54	12.2 (77.2%)
32	SOLARSKI Robert	75	STRĄKMAN ADAM SUŁOWSKI	M-35	9	00:24:09	00:49:29.30	+00:11:23 (23.0%)	4:56	12.1 (76.6%)
33	ZWOLIŃSKI Jan	97	TKKF KOSZALIN	M-55	1	00:24:32	00:49:44.20	+00:11:38 (23.4%)	4:58	12.1 (76.6%)
34	ŚLIWIŃSKA Wioleta	100		K-40	1	00:24:11	00:50:18.95	+00:12:13 (24.3%)	5:01	11.9 (75.3%)
35	BARUTOWICZ Grzegorz	4	BIEGACZE ROZRABIACZE	M-40	11	00:24:56	00:50:54.20	+00:12:48 (25.2%)	5:05	11.8 (74.7%)
36	SILSKI Michał	70		OPEN -M	4	00:25:16	00:51:19.95	+00:13:14 (25.8%)	5:07	11.7 (74.1%)
37	KONKEL Agnieszka	32		K-35	3	00:24:54	00:51:48.15	+00:13:42 (26.5%)	5:10	11.6 (73.4%)
38	JANKOWSKI Mariusz	25	CSB DRAWSKO/TEAM BIEGOWY SZCZECINEKK	M-45	3	00:25:15	00:51:49.60	+00:13:43 (26.5%)	5:10	11.6 (73.4%)
39	MAZUR Mirosław	50	TKKF KOSZALIN	M-50	6	00:25:55	00:52:01.90	+00:13:56 (26.8%)	5:12	11.5 (72.8%)
40	KUBIŃSKA Kamila	107	TSK ORZEŁ OSIEK	K-35	4	00:25:53	00:52:17.80	+00:14:12 (27.2%)	5:13	11.5 (72.8%)
41	WIZE Małgorzata	90		K-40	2	00:25:40	00:52:46.85	+00:14:41 (27.8%)	5:16	11.4 (72.2%)
42	PŁOSKOŃSKI Piotr	66	KBKS RADOMSKO	M-55	2	00:25:15	00:53:29.75	+00:15:24 (28.8%)	5:20	11.2 (70.9%)
43	CIEŚLEWICZ-GALAS Katarzyna	13	HERNIK TEAM	K-40	3	00:25:54	00:53:32.65	+00:15:26 (28.9%)	5:21	11.2 (70.9%)
44	GULBITOWICZ Karol	18		M-35	10	00:25:41	00:54:47.60	+00:16:41 (30.5%)	5:28	11 (69.6%)
45	ŚLIWIŃSKI Krzysztof	101		M-40	12	00:26:51	00:55:00.20	+00:16:54 (30.7%)	5:30	10.9 (69.0%)
46	BARTKOWIAK Wojciech	3		M-50	7	00:26:52	00:55:09.75	+00:17:04 (30.9%)	5:30	10.9 (69.0%)
47	CHODOR Izabela	99	TKKF KOSZALIN	K-40	4	00:26:57	00:55:22.10	+00:17:16 (31.2%)	5:32	10.8 (68.4%)
48	SCHWARZ Ludwik	108		M-55	3	00:27:50	00:55:33.60	+00:17:27 (31.4%)	5:33	10.8 (68.4%)
49	ZŁOTNIK Paweł	96	SZCZECIN	M-40	13	00:26:49	00:55:42.20	+00:17:36 (31.6%)	5:34	10.8 (68.4%)
50	WOJCIECHOWICZ Marcin	92		M-45	4	00:27:46	00:55:55.45	+00:17:49 (31.9%)	5:35	10.7 (67.7%)
51	MYK Ewa	51	8 PLOT	OPEN -K	1	00:27:58	00:56:43.45	+00:18:37 (32.8%)	5:40	10.6 (67.1%)
52	STASZAK Wojciech	79		OPEN -M	5	00:28:30	00:56:49.40	+00:18:43 (33.0%)	5:40	10.6 (67.1%)
53	SIMLAT Anna	71	UKL FENIKS ŚWIDWIN	K-40	5	00:27:46	00:57:00.05	+00:18:54 (33.2%)	5:42	10.5 (66.5%)
54	SEROWSKI Łukasz	69	BIEGLAS KOSZALIN	M-40	14	00:27:58	00:57:36.60	+00:19:30 (33.9%)	5:45	10.4 (65.8%)
55	SUDER-MAKSYMOWICZ Grzegorz	80		M-40	15	00:28:04	00:57:38.45	+00:19:32 (33.9%)	5:45	10.4 (65.8%)
56	TOMKOWSKI Krzysztof	86	TURYSTA	M-35	11	00:28:27	00:57:47.90	+00:19:42 (34.1%)	5:46	10.4 (65.8%)
57	ŻULICKI Juliusz	98	AGC	M-40	16	00:28:25	00:57:52.80	+00:19:47 (34.2%)	5:47	10.4 (65.8%)
58	KUBIAK Katarzyna	38		K-40	6	00:28:04	00:58:40.45	+00:20:34 (35.1%)	5:52	10.2 (64.6%)
59	MACIĄG Piotr	43		M-40	17	00:28:31	00:58:45.75	+00:20:40 (35.2%)	5:52	10.2 (64.6%)
60	JANKOJĆ Dominik	24		M-40	18	00:30:00	00:59:35.70	+00:21:29 (36.1%)	5:57	10.1 (63.9%)
61	OLSZAK Grzegorz	56		M-50	8	00:29:54	00:59:38.25	+00:21:32 (36.1%)	5:57	10.1 (63.9%)
62	PIŁAT Wiesław	64	PARKRUN KOSZALIN	M-50	9	00:28:03	01:00:49.60	+00:22:43 (37.4%)	6:04	9.9 (62.7%)
63	OLECHNOWICZ Sławomir	55	STOPA SŁUPSK	M-45	5	00:29:49	01:01:13.10	+00:23:07 (37.8%)	6:07	9.8 (62.0%)
64	POLAŃSKI Piotr	67	KMP KOSZALIN	OPEN -M	6	00:29:58	01:02:21.30	+00:24:15 (38.9%)	6:14	9.6 (60.8%)
65	ŚLEDŹ Przemysław	84		M-40	19	00:29:29	01:03:09.15	+00:25:03 (39.7%)	6:18	9.5 (60.1%)
66	FILICZKOWSKA Anetta	16	TKKF KOSZALIN	K-45	1	00:31:05	01:05:14.70	+00:27:08 (41.6%)	6:31	9.2 (58.2%)
67	HAŁAJKO Magdalena	20		K-40	7	00:30:19	01:05:23.95	+00:27:18 (41.7%)	6:32	9.2 (58.2%)
68	GARNCAREK Paweł	17		M-40	20	00:31:59	01:05:24.75	+00:27:19 (41.8%)	6:32	9.2 (58.2%)
69	MACIĄG Paweł	44		M-40	21	00:29:57	01:05:42.15	+00:27:36 (42.0%)	6:34	9.1 (57.6%)
70	KOS Jan	33	FUNDACJA ZASTOPUJ	M-55	4	00:33:58	01:09:43.50	+00:31:37 (45.4%)	6:58	8.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
71	KRUK Michał	102	FUNDACJA ZASTOPIJ	M-40	22	00:40:20	01:20:58.10	+00:42:52 (52.9%)	8:05	7.4 (46.8%)
72	PAUL Andrzej	62	FUNDACJA ZASTOPIJ	M-40	23	00:40:22	01:20:59.05	+00:42:53 (53.0%)	8:05	7.4 (46.8%)
73	HARASYM Daniel	21	FUNDACJA ZASTOPIJ	M-45	6	00:39:17	01:22:21.10	+00:44:15 (53.7%)	8:14	7.3 (46.2%)
74	SIWEK Mirosława	72	UKŁ FENIKS	K-50	2	00:46:03	01:26:50.75	+00:48:45 (56.1%)	8:41	6.9 (43.7%)
75	BRODOWSKA-ROLIK Agnieszka	8	DEMONY PRĘDKOŚCI	K-40	8	00:46:02	01:26:51.40	+00:48:45 (56.1%)	8:41	6.9 (43.7%)
76	MARKIEWICZ Izabela	47	DEMON PRĘDKOŚCI	K-40	9	00:46:06	01:26:51.50	+00:48:45 (56.1%)	8:41	6.9 (43.7%)
DNC	BORYCHOWSKI Mariusz	7		M-50		00:19:45				(0.0%)
	DZIUBEK Henryk	15	FUNDACJA ZASTOPIJ	M-35		00:38:39 DNF	DNF		-	- (0.0%)

Znaleziono 78 wynik(ów)