

I MIKOŁAJKOWY BIEG O PUCHAR REKTORA PWSZ W KOSZALINIE

Wydarzenie/ Event: I Mikołajkowe zmagania sportowe o nagrody
Rektora Państwowej Wyższej Szkoły Zawodowej w
Koszalinie

**Organizator/
Organizer:** PWSZ Koszalin

Data/ Date: 2017-12-06

Miejsce/ Place: Koszalin

Dystans/ Distance: 5 km



Klasyfikacja/ Classification: Wszyscy/ Open

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	1.5km	3km	Czas netto 5km	Różn/ Gap	Tempo min/km	Tempo km/h
1	KĘPKA Adrian	132	PWSZ KOSZALIN	M18-29	1	00:05:34	00:11:31	00:17:27.90		3:29	17.2
2	IGNACZAK Piotr	184	KB 10 BIAŁOGARD	M18-29	2	00:05:51	00:12:04	00:18:05.20	+00:00:37	3:37	16.6
3	JURCZYSZYN Rafał	125	A&R	M30-39	1	00:06:05	00:12:21	00:18:26.45	+00:00:58	3:41	16.3
4	WICHER Krzysztof	169	ADWOKATURA	M30-39	2	00:06:15	00:12:52	00:19:27.05	+00:01:59	3:53	15.4
5	PRZEWŁOCKI Michał	148	INTER-METAL	M30-39	3	00:06:22	00:13:03	00:19:55.10	+00:02:27	3:59	15.1
6	URBAŃSKI Tomasz	166	KARLINO BIEGAJ	M40-49	1	00:06:26	00:13:12	00:19:59.00	+00:02:31	3:59	15
7	ZIELIŃSKI Kacper	178		M18-29	3	00:06:45	00:13:23	00:19:59.55	+00:02:31	4:00	15
8	FAMULSKI Cezary	111	PWSZ KOSZALIN /JW 1223 KOSZALIN	M30-39	4	00:06:29	00:13:17	00:20:20.90	+00:02:53	4:04	14.7
9	FASTYN Bartłomiej	181		M18-29	4	00:06:28	00:13:18	00:20:33.65	+00:03:05	4:06	14.6
10	KONKEL Agnieszka	133		K30-39	1	00:06:35	00:13:44	00:20:46.80	+00:03:18	4:09	14.4
11	JAŻWIŃSKI Dawid	124	TKKF KOSZALIN	M13-17	1	00:06:28	00:14:07	00:20:47.60	+00:03:19	4:09	14.4
12	ROBAKOWSKI Marek	150	ELEKTRONIK	M13-17	2	00:07:01	00:14:06	00:20:50.45	+00:03:22	4:10	14.4
13	MIKOŁAJCZAK Radosław	141		M18-29	5	00:06:40	00:14:05	00:21:18.55	+00:03:50	4:15	14.1
14	GRZELĄZKA Sylwester	183		M30-39	5	00:06:56	00:14:08	00:21:27.10	+00:03:59	4:17	14
15	ZACHOLSKI Wojciech	175	PWSZ KOSZALIN	M18-29	6	00:06:35	00:14:06	00:21:41.40	+00:04:13	4:20	13.8

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						1.5km	3km				
16	RUDZIŃSKI Radosław	151	TYCHOWO TEAM	M30-39	6	00:06:56	00:14:20	00:21:45.45	+00:04:17	4:21	13.8
17	MAJCHRZAK Kacper	139	ELEKTRONIK	M13-17	3	00:07:00	00:14:14	00:21:58.90	+00:04:31	4:23	13.6
18	WIELECHOWSKI Filip	170	PWSZ KOSZALIN	M18-29	7	00:06:57	00:14:35	00:22:07.70	+00:04:39	4:25	13.6
19	WRÓBLEWSKI Jacek	174	TKKF KOSZALIN	M13-17	4	00:06:54	00:14:57	00:22:20.70	+00:04:52	4:28	13.4
20	ĆWIKOWSKI Tomasz	109	PWSZ KOSZALIN	M18-29	8	00:06:35	00:14:33	00:22:21.65	+00:04:53	4:28	13.4
21	DAWIDOWICZ Radosław	110	PWSZ	M18-29	9	00:07:31	00:15:10	00:22:37.20	+00:05:09	4:31	13.3
22	SHTEFAN Yuliia	155	PWSZ KOSZALIN	K30-39	2	00:07:32	00:15:11	00:22:37.65	+00:05:09	4:31	13.3
23	CHODOROWSKI Tomasz	106	PWSZ KOSZALIN	M18-29	10	00:07:38	00:15:36	00:22:53.20	+00:05:25	4:34	13.1
24	SZEWCZYK Paweł	162		M13-17	5	00:07:26	00:15:26	00:23:02.10	+00:05:34	4:36	13
25	SZEWCZYK Dawid	163		M13-17	6	00:05:48	00:12:11	00:23:10.15	+00:05:42	4:38	12.9
26	URBAŃSKI Paweł	182	KU AZS-PWSZ KOSZALIN	M18-29	11	00:07:29	00:15:05	00:23:11.05	+00:05:43	4:38	12.9
27	WIOREK Paweł	185		M18-29	12	00:07:13	00:15:28	00:23:12.35	+00:05:44	4:38	12.9
28	ŻUKOWSKI Cezary	180	MIGAWKOWE.PL	M30-39	7	00:07:23	00:15:31	00:23:29.35	+00:06:01	4:41	12.8
29	ŚNIADECKI Wojciech	165	PWSZ KOSZALIN WF	M18-29	13	00:06:37	00:15:09	00:23:29.75	+00:06:01	4:42	12.8
30	SARNOWSKI Szymon	154	ELEKTRONIK	M13-17	7	00:07:04	00:15:08	00:23:49.70	+00:06:21	4:45	12.6
31	KRASIŃSKI Witold	136	JW1223	M40-49	2	00:08:08	00:16:17	00:24:07.75	+00:06:39	4:49	12.4
32	ZIOBRO Wiktor	186		M13-17	8	00:08:09	00:16:48	00:24:32.70	+00:07:04	4:54	12.2
33	KWIATKOWSKA Dominika	138		K18-29	1	00:08:04	00:16:26	00:24:33.65	+00:07:05	4:54	12.2
34	WIŚNIEWSKI Damian	172		M18-29	14	00:07:52	00:16:56	00:25:11.80	+00:07:43	5:02	11.9
35	KAWALEC Maciej	131	PWSZ KOSZALIN	M18-29	15	00:08:27	00:17:10	00:25:15.55	+00:07:47	5:03	11.9
36	HEIB Michał	116	ELEKTRONIK	M18-29	16	00:08:25	00:16:51	00:25:16.65	+00:07:48	5:03	11.9
37	SZNYTER Sabina	164	DECATHLON KOSZALIN	K18-29	2	00:08:35	00:17:21	00:25:39.75	+00:08:11	5:08	11.7
38	ZIOMEK Maja	179	DECATHLON KOSZALIN	K18-29	3	00:08:36	00:17:20	00:25:40.30	+00:08:12	5:08	11.7
39	KOWALCZYK Piotr	134		M30-39	8	00:08:10	00:16:42	00:25:40.35	+00:08:12	5:08	11.7
40	KARNICKI Zygmunt	129	TKKF KOSZALIN	M60-69	1	00:08:20	00:17:02	00:25:53.10	+00:08:25	5:10	11.6
41	BORUCH Mateusz	104	ELEKTRONIK	M13-17	9	00:08:13	00:17:09	00:25:56.55	+00:08:28	5:11	11.6
42	HRYCIÓW Paweł	119	JW1223	M30-39	9	00:08:36	00:17:27	00:26:00.00	+00:08:32	5:12	11.5
43	JUSZCZAK Krzysztof	126		M60-69	2	00:08:38	00:17:25	00:26:20.50	+00:08:52	5:16	11.4
44	CIEŚLAK Radosław	107	KU AZS PWSZ KOSZALIN	M18-29	17	00:09:01	00:17:56	00:26:21.35	+00:08:53	5:16	11.4
45	HAŁADEJ Kinga	115		K18-29	4	00:09:01	00:18:08	00:26:34.10	+00:09:06	5:18	11.3
46	JANAS Filip	121		M18-29	18	00:08:57	00:18:06	00:26:35.70	+00:09:07	5:19	11.3

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47	KURŁOWICZ Krzysztof	187		M30-39	10	00:08:19	00:17:47	00:27:11.05	+00:09:43	5:26	11
48	JASIŃSKA Natalia	123		K13-17	1	00:08:39	00:18:06	00:27:27.30	+00:09:59	5:29	10.9
49	SZEWCZYK Paulina	161		K18-29	5	00:08:53	00:18:20	00:27:36.35	+00:10:08	5:31	10.9
50	STATKIEWICZ Jakub	159	PWSZ	M18-29	19	00:07:54	00:18:28	00:27:40.45	+00:10:12	5:32	10.8
51	ROBAKOWSKA Żaneta	149	GABINET REHABILITACJI AKTYWNEJ	K30-39	3	00:08:42	00:18:11	00:27:48.00	+00:10:20	5:33	10.8
52	USAREK Karol	167	PWSZ	M18-29	20	00:09:07	00:18:34	00:28:40.55	+00:11:12	5:44	10.5
53	ANTKOWIAK Sebastian	101	DB ACTIVE	M40-49	3	00:09:17	00:19:12	00:29:42.70	+00:12:14	5:56	10.1
54	HELLER Zdzisław	117	NIEZRZESZONY	M60-69	3	00:09:45	00:19:47	00:29:44.60	+00:12:16	5:56	10.1
55	MARCZAK Małgorzata	140	AMATOR	K50+	1	00:09:21	00:19:30	00:29:47.55	+00:12:19	5:57	10.1
56	HAJDAMOWICZ Bartek	114	PWSZ	M18-29	21	00:09:29	00:19:29	00:30:15.60	+00:12:47	6:03	9.9
57	WALKOWIAK Dariusz	168		M40-49	4	00:09:21	00:20:10	00:31:06.80	+00:13:38	6:13	9.6
58	STASZYŃSKA Marianna	158	BTC,,ORZEŁ' BIAŁOGARD	K50+	2	00:10:36	00:21:37	00:32:28.65	+00:15:00	6:29	9.2
	RUDZIŃSKI Jacek	152	TYCHOWO TEAM	M40-49		00:08:28 DNF	DNF	DNF		-	-
	MODRZEJEWSKI Marcin	142		M18-29		DNF	DNF	DNF		-	-
	HUBKO Kacper	120	PWSZ	M18-29		DNF	DNF	DNF		-	-
	HRYB Oliwia	118		K18-29		DNF	DNF	DNF		-	-

Znaleziono 62 wynik(ów)