



KOSZALIŃSKI BIEG GÓRSKI 5KM

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury
Date: 2015-08-29
Place: Koszalin
Distance: 5 km



Classification: Mężczyźni

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	MUSIAŁ Krzysztof	34	TKKF KOSZALIN	M-3	1	00:00:05	00:23:31	00:23:36		4:42	12.8 (100%)
2	SKIERKA Grzegorz	8	MKS ŚWIĘC SŁAWNO	M-3	2	00:00:06	00:24:38	00:24:44	+00:01:07 (4.5%)	4:55	12.2 (95.3%)
3	ŚNIADECKI Dawid	11		M-2	1	00:00:06	00:25:14	00:25:20	+00:01:43 (6.8%)	5:02	11.9 (93.0%)
4	ŚNIEŻKO Marcin	70	TKKF KOSZALIN	M-3	3	00:00:08	00:25:19	00:25:27	+00:01:48 (7.1%)	5:03	11.8 (92.2%)
5	EMILIT Grzegorz	24	KB GARNKI	M-3	4	00:00:05	00:25:50	00:25:55	+00:02:19 (9.0%)	5:10	11.6 (90.6%)
6	FILIPPPI Nikolaus	2	TSG MUUSTVGEN	M-3	5	00:00:07	00:25:59	00:26:06	+00:02:28 (9.5%)	5:11	11.5 (89.8%)
7	ZWOLIŃSKI Jan	102	4RUN TKKF KOSZALIN	M-4	1	00:00:06	00:26:05	00:26:11	+00:02:34 (9.8%)	5:13	11.5 (89.8%)
8	WEŁNIŃSKI Bartek	53		M-1	1	00:00:07	00:26:23	00:26:30	+00:02:52 (10.9%)	5:16	11.4 (89.1%)
9	RAJNER Krzysztof	51		M-3	6	00:00:09	00:26:41	00:26:50	+00:03:10 (11.9%)	5:20	11.2 (87.5%)
10	ZBOIŃSKI Wojciech	46		M-4	2	00:00:07	00:26:52	00:26:59	+00:03:21 (12.5%)	5:22	11.2 (87.5%)
11	PIĄTEK Wiktor	39	JW 1223 3DPLOT	M-3	7	00:00:12	00:27:01	00:27:13	+00:03:30 (13.0%)	5:24	11.1 (86.7%)
12	KAPUŚCIŃSKI Robert	12		M-3	8	00:00:07	00:27:08	00:27:15	+00:03:37 (13.3%)	5:25	11.1 (86.7%)
13	OGRODNIK Grzegorz	57	JW 1223 1DPLOT	M-4	3	00:00:06	00:27:25	00:27:31	+00:03:54 (14.2%)	5:29	10.9 (85.2%)
14	BOGDANOWICZ Krzysztof	1	4RUN TKKF KOSZALIN	M-5	1	00:00:10	00:28:45	00:28:55	+00:05:14 (18.2%)	5:45	10.4 (81.3%)
15	WINKEL Łukasz	38		M-4	4	00:00:10	00:29:07	00:29:17	+00:05:36 (19.2%)	5:49	10.3 (80.5%)
16	LEMAŃCZYK Andrzej	18	DORIAN TEAM SŁAWNO	M-3	9	00:00:06	00:29:26	00:29:32	+00:05:55 (20.1%)	5:53	10.2 (79.7%)
16	LAMPKOWSKI Krzysztof	6		M-4	5	00:00:11	00:29:26	00:29:37	+00:05:55 (20.1%)	5:53	10.2 (79.7%)
18	SOKOŁOWSKI Maciej	47		M-3	10	00:00:17	00:29:40	00:29:57	+00:06:09 (20.7%)	5:56	10.1 (78.9%)
19	LUBAWIŃSKI Jerzy	4	K.B.SPRINT ŚWIDWIN	M-5	2	00:00:08	00:29:41	00:29:49	+00:06:10 (20.8%)	5:56	10.1 (78.9%)
20	KILAR Tomasz	22		M-4	6	00:00:10	00:29:59	00:30:09	+00:06:28 (21.6%)	5:59	10 (78.1%)
21	BRYŁA Krzysztof	10	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	M-4	7	00:00:07	00:30:02	00:30:09	+00:06:31 (21.7%)	6:00	10 (78.1%)
22	KAJKOWSKI Rafał	66	DODOMISIE KOSZALIN	M-4	8	00:00:05	00:30:10	00:30:15	+00:06:39 (22.0%)	6:02	9.9 (77.3%)
23	ZAORSKI Damian	63		M-3	11	00:00:12	00:30:18	00:30:30	+00:06:47 (22.4%)	6:03	9.9 (77.3%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
24	WINKEL Jerzy	37		M-4	9	00:00:12	00:30:21	00:30:33	+00:06:50 (22.5%)	6:04	9.9 (77.3%)
25	ROGOŻA Ireneusz	35		M-4	10	00:00:09	00:30:40	00:30:49	+00:07:09 (23.3%)	6:08	9.8 (76.6%)
26	IWANIEC Dariusz	44		M-4	11	00:00:13	00:30:42	00:30:55	+00:07:11 (23.4%)	6:08	9.8 (76.6%)
27	OSOBNIAK Ryszard	5		M-5	3	00:00:10	00:30:46	00:30:56	+00:07:15 (23.6%)	6:09	9.8 (76.6%)
28	PSTRĄGOWSKI Marcin	75		M-3	12	00:00:15	00:30:47	00:31:02	+00:07:16 (23.6%)	6:09	9.7 (75.8%)
29	KOZŁOWIECKI Waldemar	15	4RUN TKKF KOSZALIN	M-6	1	00:00:05	00:30:58	00:31:03	+00:07:27 (24.1%)	6:11	9.7 (75.8%)
30	GRZYBOWSKI Piotr	20	KB RUN 42	M-4	12	00:00:10	00:31:08	00:31:18	+00:07:37 (24.5%)	6:13	9.6 (75.0%)
31	KRASIŃSKI Witold	3		M-4	13	00:00:08	00:31:11	00:31:19	+00:07:40 (24.6%)	6:14	9.6 (75.0%)
32	WANAGO Daniel	19		M-3	13	00:00:13	00:31:21	00:31:34	+00:07:50 (25.0%)	6:16	9.6 (75.0%)
33	LEWANDOWSKI Marek	76		M-3	14	00:00:16	00:31:35	00:31:51	+00:08:04 (25.5%)	6:19	9.5 (74.2%)
34	STANKIEWICZ Wiesław	56		M-5	4	00:00:07	00:31:38	00:31:45	+00:08:07 (25.7%)	6:19	9.5 (74.2%)
35	STRUMIŃSKI Rafał	45		M-3	15	00:00:14	00:31:39	00:31:53	+00:08:08 (25.7%)	6:19	9.5 (74.2%)
35	WÓJCIK Sebastian	55	ŻYTANIA TEAM	M-3	16	00:00:15	00:31:39	00:31:54	+00:08:08 (25.7%)	6:19	9.5 (74.2%)
37	OLEJNIK Bartłomiej	52	ŻYTANIA TEAM	M-3	17	00:00:14	00:31:40	00:31:54	+00:08:09 (25.7%)	6:20	9.5 (74.2%)
38	PUŚCIAN Krzysztof Kamil	21	GIMNAZJUM W MANOWIE	M-4	14	00:00:12	00:31:44	00:31:56	+00:08:13 (25.9%)	6:20	9.5 (74.2%)
39	KUŁAKOWSKI Dawid	40		M-3	18	00:00:17	00:31:45	00:32:02	+00:08:14 (25.9%)	6:21	9.4 (73.4%)
40	NIREWICZ Bartosz	68		M-3	19	00:00:12	00:32:18	00:32:30	+00:08:47 (27.2%)	6:27	9.3 (72.7%)
41	MUSIAŁ Marcin	84		M-3	20	00:00:14	00:32:33	00:32:47	+00:09:02 (27.8%)	6:30	9.2 (71.9%)
42	CHUDZIK Zbigniew	83	4RUN TKKF KOSZALIN	M-5	5	00:00:08	00:32:44	00:32:52	+00:09:13 (28.2%)	6:32	9.2 (71.9%)
43	MĘDEL Cezary	33		M-4	15	00:00:11	00:32:59	00:33:10	+00:09:28 (28.7%)	6:35	9.1 (71.1%)
44	ZIĘBA Paweł	41		M-4	16	00:00:17	00:33:14	00:33:31	+00:09:43 (29.2%)	6:38	9 (70.3%)
45	SZWEC Jakub	69		M-1	2	00:00:14	00:34:05	00:34:19	+00:10:34 (31.0%)	6:49	8.8 (68.8%)
46	WAWRZYNIAK Filip	49		M-2	2	00:00:18	00:34:56	00:35:14	+00:11:25 (32.7%)	6:59	8.6 (67.2%)
47	ROGANOWSKI Rafał	29		M-4	17	00:00:07	00:35:17	00:35:24	+00:11:46 (33.3%)	7:03	8.5 (66.4%)
47	KOWALSKI Cezary	50		M-2	3	00:00:18	00:35:17	00:35:35	+00:11:46 (33.3%)	7:03	8.5 (66.4%)
49	PUCUŁA Jacek	123		M-6	2	00:00:13	00:35:20	00:35:33	+00:11:49 (33.4%)	7:04	8.5 (66.4%)
50	KWIATKOWSKI Mariusz	74		M-3	21	00:00:16	00:35:27	00:35:43	+00:11:56 (33.7%)	7:05	8.5 (66.4%)
51	GUDZIŃSKI Lech	27		M-6	3	00:00:14	00:35:52	00:36:06	+00:12:21 (34.4%)	7:10	8.4 (65.6%)
52	BORODZIUK Jakub	17		M-2	4	00:00:15	00:36:35	00:36:50	+00:13:04 (35.7%)	7:19	8.2 (64.1%)
53	GAWIECKI Piotr	42		M-4	18	00:00:06	00:36:51	00:36:57	+00:13:20 (36.2%)	7:22	8.1 (63.3%)
54	JANACZYK Marcin	48		M-3	22	00:00:17	00:37:07	00:37:24	+00:13:36 (36.6%)	7:25	8.1 (63.3%)
55	KUPREWICZ Grzegorz	28		M-3	23	00:00:15	00:39:12	00:39:27	+00:15:41 (40.0%)	7:50	7.7 (60.2%)
56	RETKA Bartosz	62	FORMA ROSNOWO/8 KOSZALIŃSKI PUŁK PRZECIWLOTNICZY	M-2	5	00:00:06	00:39:37	00:39:43	+00:16:06 (40.6%)	7:55	7.6 (59.4%)
57	HELLER Zdzisław	31		M-5	6	00:00:14	00:42:11	00:42:25	+00:18:40 (44.3%)	8:26	7.1 (55.5%)
58	MŁYNARSKI Hubert	58		M-1	3	00:00:08	00:43:12	00:43:20	+00:19:41 (45.6%)	8:38	6.9 (53.9%)
59	MŁYNARSKI Piotr	60		M-4	19	00:00:09	00:47:14	00:47:23	+00:23:43 (50.2%)	9:26	6.4 (50.0%)
60	HAUSMAN Andrzej	30	KSR ROWERIA	M-6	4	00:00:08	00:47:29	00:47:37	+00:23:58 (50.5%)	9:29	6.3 (49.2%)

Total 60 results.