

## IX KOSZALIŃSKI BIEG GÓRSKI - 15KM

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
Data: 2018-04-14  
Miejsce: Koszalin  
Dystans: 15 km  
Klasyfikacja wg czasów netto.



## IX KOSZALIŃSKI BIEG GÓRSKI - 15KM, OPEN

| M-ce | Nazwisko i imię       | Nr  | Klub                                   | M-scowość         | Kraj | Kat.   | M. kat | K/M  | 5km      | 10km     | Netto       | min/km | km/h |
|------|-----------------------|-----|----------------------------------------|-------------------|------|--------|--------|------|----------|----------|-------------|--------|------|
| 1    | KĘPKA ADRIAN          | 139 | DECATHLON KOSZALIN                     | WIEKOWO           | POL  | M18-29 | 1      | M 1  | 00:23:10 | 00:47:51 | 01:12:20.67 | 4:49   | 12.4 |
| 2    | JAROSZ WIESŁAW        | 91  | JW. 1223/BLOG                          | KOSZALIN          | POL  | M40-49 | 1      | M 2  | 00:23:48 | 00:49:03 | 01:14:41.57 | 4:58   | 12   |
| 3    | IGNACZAK PIOTR        | 85  | KB.10.BIAŁOGARD                        | BIAŁOGARD         | POL  | M18-29 | 2      | M 3  | 00:24:11 | 00:50:13 | 01:18:14.03 | 5:12   | 11.5 |
| 4    | SZKOŁUDA MIŁOSZ       | 140 | DECATHLON KOSZALIN                     | POLANÓW           | POL  | M18-29 | 3      | M 4  | 00:24:44 | 00:51:15 | 01:19:08.20 | 5:16   | 11.4 |
| 5    | STEBELSKI JASIEK      | 125 |                                        | KOSZALIN          | POL  | M30-39 | 1      | M 5  | 00:25:11 | 00:52:53 | 01:19:31.54 | 5:18   | 11.3 |
| 6    | GAWĘŁ IRENEUSZ        | 79  |                                        | POŁCZYN-ZDRÓJ     | POL  | M40-49 | 2      | M 6  | 00:25:58 | 00:52:53 | 01:19:50.69 | 5:19   | 11.3 |
| 7    | WOJCIECHOWICZ JACEK   | 132 | WWW.STUDIOTANCAPASJA.PL                | KOSZALIN          | POL  | M40-49 | 3      | M 7  | 00:26:02 | 00:52:58 | 01:22:20.43 | 5:29   | 10.9 |
| 8    | TOKARSKI SZYMON       | 131 | RUNTOTHEHILLS                          | KOSZALIN          | POL  | M40-49 | 4      | M 8  | 00:26:11 | 00:53:55 | 01:22:36.68 | 5:30   | 10.9 |
| 9    | KRAWCZYK KAMIL        | 103 | LOTOS RUNNING TEAM                     | GDAŃSK            | POL  | M18-29 | 4      | M 9  | 00:26:15 | 00:55:02 | 01:23:39.58 | 5:34   | 10.8 |
| 10   | WOJTALIK ŁUKASZ       | 133 | POŁCZYN ZDRÓJ                          | POŁCZYN ZDRÓJ     | POL  | M30-39 | 2      | M 10 | 00:27:13 | 00:56:01 | 01:25:18.06 | 5:41   | 10.6 |
| 11   | WOJTAS STEFAN         | 134 | TRIPAKA PRZECHELEWO                    | CZŁUCHÓW          | POL  | M30-39 | 3      | M 11 | 00:28:04 | 00:57:15 | 01:26:10.13 | 5:44   | 10.4 |
| 12   | SOKALSKI DAWID        | 123 | BRĄK                                   | MŚCICE            | POL  | M18-29 | 5      | M 12 | 00:29:16 | 00:58:50 | 01:28:12.99 | 5:52   | 10.2 |
| 13   | MOKSA DARIUSZ         | 110 |                                        | KOSZALIN          | POL  | M18-29 | 6      | M 13 | 00:26:56 | 00:56:23 | 01:28:14.11 | 5:52   | 10.2 |
| 14   | PAKUŁSKI MARCIN       | 138 |                                        | KOSZALIN          | POL  | M40-49 | 5      | M 14 | 00:28:40 | 00:58:35 | 01:28:55.81 | 5:55   | 10.1 |
| 15   | POLANSKI DARIUSZ      | 115 | MLUKS TRZEBIATÓW                       | MRZĘŻYNO          | POL  | M50-59 | 1      | M 15 | 00:29:09 | 00:59:18 | 01:29:25.50 | 5:57   | 10.1 |
| 16   | PIŃSKI PAWEŁ          | 114 |                                        | KOSZALIN          | POL  | M30-39 | 4      | M 16 | 00:28:02 | 00:58:21 | 01:29:37.01 | 5:58   | 10   |
| 17   | JANKOWSKI PIOTR       | 88  |                                        | SZCZECIN          | POL  | M40-49 | 6      | M 17 | 00:28:33 | 00:58:57 | 01:29:43.80 | 5:58   | 10   |
| 18   | ŚNIEŻKO MARCIN        | 130 | TKKF KOSZALIN                          | KOSZALIN          | POL  | M30-39 | 5      | M 18 | 00:29:37 | 00:59:58 | 01:31:49.10 | 6:07   | 9.8  |
| 19   | MAKSYMOWICZ KORNELIA  | 106 | KOŁOBRZEG                              | KOŁOBRZEG         | POL  | K-OPEN | 1      | K 1  | 00:30:20 | 01:01:56 | 01:32:52.17 | 6:11   | 9.7  |
| 20   | PRUCIAK KRZYSZTOF     | 116 | LECZYMY DURŚ / WKURW_TEAM              | OLAWA             | POL  | M30-39 | 6      | M 19 | 00:26:57 | 00:58:56 | 01:33:44.92 | 6:15   | 9.6  |
| 21   | JAWORSKI KRZYSZTOF    | 92  |                                        | SŁUPSK            | POL  | M30-39 | 7      | M 20 | 00:29:46 | 01:01:51 | 01:34:57.01 | 6:19   | 9.5  |
| 22   | KONKEL AGNIESZKA      | 97  |                                        | KOSZALIN          | POL  | K-OPEN | 2      | K 2  | 00:29:37 | 01:02:04 | 01:35:40.38 | 6:22   | 9.4  |
| 23   | LEWANDOWSKI JACEK     | 105 |                                        | STARY BOREK       | POL  | M40-49 | 7      | M 21 | 00:30:27 | 01:03:19 | 01:36:34.02 | 6:26   | 9.3  |
| 24   | STACHOWIAK RYSZARD    | 124 |                                        | BIAŁOGARD         | POL  | M60-69 | 1      | M 22 | 00:30:21 | 01:03:45 | 01:36:43.86 | 6:26   | 9.3  |
| 25   | PRZEWŁOCKI MICHAŁ     | 117 | TKKF KOSZALIN                          | KOSZALIN          | POL  | M30-39 | 8      | M 23 | 00:28:47 | 00:58:25 | 01:37:17.61 | 6:29   | 9.2  |
| 26   | CHOŁUJ JAREK          | 74  | ROZBIEGANY KOSZALIN                    | KOSZALIN          | POL  | M40-49 | 8      | M 24 | 00:30:16 | 01:03:31 | 01:38:20.53 | 6:33   | 9.2  |
| 27   | JAROSZ DARIUSZ        | 90  | TKKF KOSZALIN                          | SUCHA KOSZALIŃSKA | POL  | M40-49 | 9      | M 25 | 00:31:46 | 01:05:05 | 01:38:28.80 | 6:33   | 9.1  |
| 28   | RUDZIŃSKI RADOSŁAW    | 119 | TRYGŁAW TYCHOWO                        | BIAŁOGARD         | POL  | M30-39 | 9      | M 26 | 00:29:50 | 01:02:32 | 01:38:42.97 | 6:34   | 9.1  |
| 29   | CHORAŻY KAROLINA      | 75  | LEO-TEAM                               | KOSZALIN          | POL  | K-OPEN | 3      | K 3  | 00:32:16 | 01:05:18 | 01:39:13.90 | 6:36   | 9.1  |
| 30   | CIEKLIŃSKI JACEK      | 76  |                                        | KARLINO           | POL  | M30-39 | 10     | M 27 | 00:31:00 | 01:05:16 | 01:39:30.94 | 6:38   | 9    |
| 31   | SZYMUŚ PAWEŁ          | 129 | WOJSKOWY KLUB SPORTOWY POLIGON DRAWSKI | STARGARD          | POL  | M30-39 | 11     | M 28 | 00:32:02 | 01:05:44 | 01:39:44.66 | 6:38   | 9    |
| 32   | KOWALCZYK MARIUSZ     | 101 |                                        | KOSZALIN          | POL  | M40-49 | 10     | M 29 | 00:31:56 | 01:05:55 | 01:39:56.70 | 6:39   | 9    |
| 33   | MISZCZYK JAN          | 109 | ROZBIEGANY KOSZALIN                    | KOSZALIN          | POL  | M30-39 | 12     | M 30 | 00:31:00 | 01:05:11 | 01:39:59.96 | 6:40   | 9    |
| 34   | SOBOLEWSKI KRZYSZTOF  | 122 |                                        | KOSZALIN          | POL  | M40-49 | 11     | M 31 | 00:31:08 | 01:05:18 | 01:40:50.21 | 6:43   | 8.9  |
| 35   | OKOŁOTOWICZ SEBASTIAN | 126 |                                        | SŁUPSK            | POL  | M30-39 | 13     | M 32 | 00:28:38 | 01:02:12 | 01:41:26.02 | 6:45   | 8.9  |
| 36   | MARZEC ŁUKASZ         | 107 |                                        | KOSZALIN          | POL  | M30-39 | 14     | M 33 | 00:32:02 | 01:06:37 | 01:41:50.83 | 6:47   | 8.8  |
| 37   | JAROS ADAM            | 89  |                                        | SŁUPSK            | POL  | M40-49 | 12     | M 34 | 00:34:06 | 01:08:21 | 01:41:54.07 | 6:47   | 8.8  |
| 38   | SZKUDLAREK ROMAN      | 128 | DRUŻYNA SZPIKU                         | DRAWSKO POMORSKIE | POL  | M50-59 | 2      | M 35 | 00:33:18 | 01:08:13 | 01:44:56.04 | 6:59   | 8.6  |
| 39   | SZCZYGIELSKI MICHAŁ   | 127 | KOŁOBRZEG MARATON TEAM                 | KOŁOBRZEG         | POL  | M30-39 | 15     | M 36 | 00:33:24 | 01:09:02 | 01:45:03.49 | 7:00   | 8.6  |
| 40   | KONKEL ŁUKASZ         | 98  |                                        | KOSZALIN          | POL  | M30-39 | 16     | M 37 | 00:32:56 | 01:08:44 | 01:45:58.72 | 7:03   | 8.5  |
| 41   | KACZMAREK ŁUKASZ      | 94  | WOJOWNICY WÓDY                         | KOSZALIN          | POL  | M30-39 | 17     | M 38 | 00:33:04 | 01:08:34 | 01:46:13.02 | 7:04   | 8.5  |
| 42   | GÓRECKI MIROSLAW      | 81  | 8.PUŁK PRZECIWLOTNICZY                 | KOSZALIN          | POL  | M40-49 | 13     | M 39 | 00:34:54 | 01:10:55 | 01:46:37.15 | 7:06   | 8.4  |
| 43   | GAŁECKI JACEK         | 137 |                                        | KARLINO           | POL  | M50-59 | 3      | M 40 | 00:33:36 | 01:09:57 | 01:47:15.97 | 7:09   | 8.4  |
| 44   | MIŁASZEWSKI PRZEMEK   | 108 | NIEZRZESZONY                           | KOSZALIN          | POL  | M30-39 | 18     | M 41 | 00:33:02 | 01:08:34 | 01:47:16.73 | 7:09   | 8.4  |
| 45   | DZIEBOWSKI MARIUSZ    | 78  |                                        | KOSZALIN          | POL  | M30-39 | 19     | M 42 | 00:33:57 | 01:10:12 | 01:47:18.94 | 7:09   | 8.4  |

**IX KOSZALIŃSKI BIEG GÓRSKI - 15KM, OPEN c.d.**

| M-ce | Nazwisko i imię           | Nr  | Klub                      | M-scowość  | Kraj | Kat.   | M. kat | K/M  | 5km      | 10km     | Netto       | min/km | km/h |
|------|---------------------------|-----|---------------------------|------------|------|--------|--------|------|----------|----------|-------------|--------|------|
| 46   | BIENKOWSKI TOMASZ         | 71  |                           | NIEKLONICE | POL  | M30-39 | 20     | M 43 | 00:31:05 | 01:05:46 | 01:48:05.92 | 7:12   | 8.3  |
| 47   | KILAR TOMASZ              | 95  | KOSZALIN                  | KOSZALIN   | POL  | M40-49 | 14     | M 44 | 00:35:07 | 01:12:03 | 01:53:32.99 | 7:34   | 7.9  |
| 48   | KWIATKOWSKA DOMINIKA      | 104 |                           | WĘGORZEWO  | POL  | K-OPEN | 4      | K 4  | 00:35:26 | 01:13:18 | 01:54:57.98 | 7:39   | 7.8  |
| 49   | JANKOWSKA MONIKA          | 87  |                           | SZCZECINEK | POL  | K-OPEN | 5      | K 5  | 00:36:18 | 01:15:23 | 01:55:28.24 | 7:41   | 7.8  |
| 50   | JUSZCZAK KRZYSZTOF        | 93  |                           | KOSZALIN   | POL  | M60-69 | 2      | M 45 | 00:36:18 | 01:15:23 | 01:56:01.23 | 7:44   | 7.8  |
| 51   | PACAN BARTOSZ             | 113 | ŚWIAT PŁYTEK U KRYPINA    | BYTÓW      | POL  | M30-39 | 21     | M 46 | 00:35:42 | 01:14:18 | 01:57:35.14 | 7:50   | 7.7  |
| 52   | RAK ADAM                  | 118 |                           | UNIEŚCIE   | POL  | M30-39 | 22     | M 47 | 00:35:47 | 01:14:54 | 01:57:53.88 | 7:51   | 7.6  |
| 53   | DUDZIAK PIOTR             | 77  | FOR-REST-RUN KOSZALIN     | KOSZALIN   | POL  | M40-49 | 15     | M 48 | 00:35:52 | 01:14:57 | 01:58:12.61 | 7:52   | 7.6  |
| 54   | BORKOWSKA-KOWALCZYK DARIA | 72  |                           | KOSZALIN   | POL  | K-OPEN | 6      | K 6  | 00:37:19 | 01:16:36 | 01:58:26.37 | 7:53   | 7.6  |
| 55   | KOŁODZIEJCZAK GRZEGORZ    | 96  |                           | TUROWO     | POL  | M40-49 | 16     | M 49 | 00:37:56 | 01:18:45 | 01:59:56.23 | 7:59   | 7.5  |
| 56   | GRZYTEK MARCIN            | 82  |                           | SITNO      | POL  | M30-39 | 23     | M 50 | 00:37:55 | 01:18:44 | 01:59:57.51 | 7:59   | 7.5  |
| 57   | KOWALCZYK PIOTR           | 100 |                           | KOSZALIN   | POL  | M30-39 | 24     | M 51 | 00:37:04 | 01:17:20 | 02:01:27.94 | 8:05   | 7.4  |
| 58   | RUTKOWSKI ARTUR           | 120 | RUTKOWSKI TEAM            | SIANÓW     | POL  | M18-29 | 7      | M 52 | 00:34:28 | 01:15:43 | 02:05:06.11 | 8:20   | 7.2  |
| 59   | RYCHLIŃSKI DAMIAN         | 121 |                           | SŁUPSK     | POL  | M30-39 | 25     | M 53 | 00:38:57 | 01:20:28 | 02:05:41.71 | 8:22   | 7.2  |
| 60   | JANICKA KATARZYNA         | 86  | TKKF KOSZALIN / GIPO TEAM | KOSZALIN   | POL  | K-OPEN | 7      | K 7  | 00:38:59 | 01:20:31 | 02:05:43.25 | 8:22   | 7.2  |
| 61   | GOŁASZEWSKA JOANNA        | 80  | GIPO TEAM                 | KOSZALIN   | POL  | K-OPEN | 8      | K 8  | 00:42:17 | 01:26:03 | 02:08:49.17 | 8:35   | 7    |
| 62   | HAŁAJKO MAGDALENA         | 83  | HEISENBERG TEAM           | KOSZALIN   | POL  | K-OPEN | 9      | K 9  | 00:37:36 | 01:23:14 | 02:21:35.97 | 9:26   | 6.4  |
| 63   | HELLER ZDZISŁAW           | 84  | NIEZRZESZONY              | KOSZALIN   | POL  | M60-69 | 3      | M 54 | 00:42:14 | 01:28:18 | 02:21:36.37 | 9:26   | 6.4  |
| 64   | MOŹDŻEN ANNA              | 111 |                           | KOSZALIN   | POL  | K-OPEN | 10     | K 10 | 00:46:48 | 01:38:10 |             | 9:49   | 6.1  |
| 65   | KOWALSKA KASIA            | 102 |                           | KOSZALIN   | POL  | K-OPEN | 11     | K 11 | 00:46:48 | 01:38:10 |             | 9:49   | 6.1  |
|      | PACAN MIRA                | 112 | ŚWIAT PŁYTEK U KRYPINA    | BYTÓW      | POL  | K-OPEN |        |      | DNF      | DNF      | DNF         | -      | -    |