



TROPem WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 5KM

B4SPORT

Event: Bieg Pamięci Żołnierzy Wyklętych - Koszalin
Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Fundacja Herkules All Sports
Date: 2021-08-15
Place: Koszalin
Distance: 5 km



Classification: M-Open

Place	Participant	Number	Club	Category	MCat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Net time 5km	Gap	Pace min/km	Pace km/h
1	PYSHNIAK Kostiantyn	173	TKKF KOSZALIN	M18-29	1	00:03:04	00:06:12	00:09:32	00:12:52	00:16:12.25		3:14	18.5 (100%)
2	STEMPNIAK Sebastian	149	PKO BP	M30-39	1	00:03:22	00:06:53	00:10:30	00:14:08	00:17:19.55	+00:01:07 (6.5%)	3:27	17.3 (93.5%)
3	SIADAK Arkadiusz	145		M40-49	1	00:03:23	00:06:54	00:10:27	00:14:02	00:17:22.40	+00:01:10 (6.7%)	3:28	17.3 (93.5%)
4	RYBACZEK Sebastian	169	8PPLOT	M40-49	2	00:03:21	00:06:51	00:10:26	00:14:03	00:17:30.45	+00:01:18 (7.4%)	3:30	17.1 (92.4%)
5	WALEŃSKI Michał	154	TKKF KOSZALIN	M40-49	3	00:03:21	00:06:51	00:10:27	00:14:03	00:17:35.65	+00:01:23 (7.9%)	3:31	17.1 (92.4%)
6	PICK Tomasz	142	MŁODE WILKI	M50-59	1	00:03:24	00:06:58	00:10:36	00:14:18	00:17:50.45	+00:01:38 (9.2%)	3:34	16.8 (90.8%)
7	GAWĘŁ Marcin	178		M18-29	2	00:03:25	00:06:59	00:10:49	00:14:49	00:18:46.25	+00:02:34 (13.7%)	3:45	16 (86.5%)
8	ZWOLIŃSKI Jan	165	TKKF KOSZALIN	M50-59	2	00:03:32	00:07:22	00:11:17	00:15:12	00:18:56.75	+00:02:44 (14.5%)	3:47	15.8 (85.4%)
9	KOZIEŁ Paweł	128	MŁODE WILKI	M40-49	4	00:03:36	00:07:29	00:11:27	00:15:26	00:19:16.65	+00:03:04 (15.9%)	3:51	15.6 (84.3%)
10	SKOTAREK Sławomir	147	OPALENICKI KLUB BIEGACZA	M50-59	3	00:03:36	00:07:30	00:11:28	00:15:30	00:19:23.65	+00:03:11 (16.4%)	3:52	15.5 (83.8%)
11	WICHER Krzysztof	176	ADWOKATURA	M40-49	5	00:03:43	00:07:42	00:11:45	00:15:50	00:19:40.00	+00:03:27 (17.6%)	3:56	15.3 (82.7%)
12	KORENI Aleksander	170		M30-39	2	00:04:02	00:08:09	00:12:07	00:16:02	00:20:09.00	+00:03:56 (19.6%)	4:01	14.9 (80.5%)
13	IWANIEC Dariusz	120	TKKF KOSZALIN	M40-49	6	00:03:44	00:07:45	00:11:53	00:16:10	00:20:12.15	+00:03:59 (19.8%)	4:02	14.9 (80.5%)
14	KRACZKOWSKI Przemysław	130	14ZBOT 142BLP	M40-49	7	00:04:01	00:08:10	00:12:17	00:16:22	00:20:18.60	+00:04:06 (20.2%)	4:03	14.8 (80.0%)
15	BLOCH Radosław	103		M18-29	3	00:04:13	00:08:22	00:12:26	00:16:38	00:20:28.75	+00:04:16 (20.9%)	4:05	14.7 (79.5%)
16	MAZUR Tomasz	135	I LO SZCZECINEK	M40-49	8	00:03:57	00:08:07	00:12:21	00:16:38	00:20:32.15	+00:04:19 (21.1%)	4:06	14.6 (78.9%)
17	OLEARCZYK Arkadiusz	139	MŁODE WILKI	M40-49	9	00:03:56	00:08:07	00:12:20	00:16:38	00:20:46.50	+00:04:34 (22.0%)	4:09	14.4 (77.8%)
18	CHUDY Henryk	106	K S OLSZEWSKI I SYNOWIE	M60-69	1	00:03:55	00:08:07	00:12:20	00:16:38	00:21:02.70	+00:04:50 (23.0%)	4:12	14.3 (77.3%)
19	MARCINIAK Maciej	134	KS POGOŃ POŁCZYN ZDRÓJ	M30-39	3	00:03:55	00:08:08	00:12:29	00:16:56	00:21:09.60	+00:04:57 (23.4%)	4:13	14.2 (76.8%)
20	STRUMIŃSKI Rafał	150	142 BLP	M40-49	10	00:04:11	00:08:35	00:13:02	00:17:31	00:21:43.30	+00:05:31 (25.4%)	4:20	13.8 (74.6%)
21	SUCHANOWSKI Zygmunt	151	RESPECT LOTYŃ	M50-59	4	00:03:50	00:08:15	00:12:42	00:17:19	00:21:43.45	+00:05:31 (25.4%)	4:20	13.8 (74.6%)
22	BOJANOWSKI Michał	104	KOŁOBRZEG BIEGA	M40-49	11	00:04:19	00:08:43	00:13:11	00:17:46	00:22:22.05	+00:06:09 (27.6%)	4:28	13.4 (72.4%)
23	HOREGLAD Paweł	118	SPEEDY GONZALES	M18-29	4	00:04:03	00:08:42	00:13:36	00:18:38	00:22:58.30	+00:06:46 (29.5%)	4:35	13.1 (70.8%)
24	MACIĄG Piotr	168	HOMOSAPIE	M40-49	12	00:04:36	00:09:17	00:13:58	00:18:35	00:23:00.15	+00:06:47 (29.6%)	4:36	13 (70.3%)
25	ANTKOWIAK Sebastian	102	DB - ACTIVE	M40-49	13	00:04:14	00:08:42	00:13:27	00:18:23	00:23:11.25	+00:06:59 (30.1%)	4:38	12.9 (69.7%)
26	ADASZYŃSKI Wiesław	174		M50-59	5	00:04:07	00:08:49	00:13:44	00:18:41	00:23:18.90	+00:07:06 (30.5%)	4:39	12.9 (69.7%)
27	MACIĄG Paweł	132	HOMOSAPIE	M40-49	14	00:04:41	00:09:23	00:14:06	00:18:46	00:23:22.05	+00:07:09 (30.7%)	4:40	12.8 (69.2%)

Place	Participant	Number	Club	Category	MCat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Net time 5km	Gap	Pace min/km	Pace km/h
28	WOJNA Tomasz	159		M50-59	6	00:04:20	00:09:08	00:13:48	00:18:22	00:23:26.85	+00:07:14 (30.9%)	4:41	12.8 (69.2%)
29	KAZIMIERCZAK Leszek	125	FOR-REST-RUN	M40-49	15	00:04:32	00:09:19	00:14:10	00:19:03	00:23:42.85	+00:07:30 (31.7%)	4:44	12.7 (68.6%)
30	NOSAL Mariusz	138		M40-49	16	00:04:31	00:09:17	00:14:10	00:19:09	00:23:51.90	+00:07:39 (32.1%)	4:46	12.6 (68.1%)
31	JAROSZEWSKI Daniel	167	PMW	M40-49	17	00:04:53	00:09:38	00:14:31	00:19:22	00:23:52.30	+00:07:40 (32.1%)	4:46	12.6 (68.1%)
32	MONGIAŁO Marcin	136	KĘPKA-NA-TRASIE	M40-49	18	00:04:45	00:09:36	00:14:19	00:19:15	00:23:58.55	+00:07:46 (32.4%)	4:47	12.5 (67.6%)
33	KASPRZYK Bogdan	124	KM PSP KOSZALIN/ JRG-2	M40-49	19	00:04:45	00:09:45	00:14:48	00:19:48	00:24:21.25	+00:08:09 (33.5%)	4:52	12.3 (66.5%)
34	ŚWIETLIK Tomasz	153	LEO TEAM	M60-69	2	00:04:41	00:09:39	00:14:39	00:19:41	00:24:34.15	+00:08:21 (34.0%)	4:54	12.2 (65.9%)
35	KOZŁOWIECKI Waldemar	129	TKKF KOSZALIN	M70+	1	00:04:41	00:09:39	00:14:39	00:19:41	00:24:37.15	+00:08:24 (34.2%)	4:55	12.2 (65.9%)
36	RUDOWICZ Dawid	144		M30-39	4	00:04:45	00:09:29	00:14:23	00:19:36	00:24:49.10	+00:08:36 (34.7%)	4:57	12.1 (65.4%)
37	PAJOR Tomasz	140	HOMOSAPIE	M40-49	20	00:04:42	00:09:32	00:14:30	00:19:44	00:25:00.55	+00:08:48 (35.2%)	5:00	12 (64.9%)
38	CHMIELEWSKI Paweł	105	5HOPS+	M40-49	21	00:04:21	00:09:32	00:14:56	00:20:29	00:25:48.05	+00:09:35 (37.2%)	5:09	11.6 (62.7%)
39	WĘCŁAWIAK Marek	156		M40-49	22	00:05:01	00:10:13	00:15:34	00:20:56	00:25:52.95	+00:09:40 (37.4%)	5:10	11.6 (62.7%)
40	HNATOWSKI Artur	116	CSSP KOSZALIN	M50-59	7	00:04:43	00:09:55	00:15:17	00:20:48	00:26:09.55	+00:09:57 (38.1%)	5:13	11.5 (62.2%)
41	JUSZCZAK Krzysztof	122		M60-69	3	00:04:50	00:10:03	00:15:25	00:20:55	00:26:25.05	+00:10:12 (38.7%)	5:17	11.4 (61.6%)
42	MIRKIEWICZ Marcin	171		M18-29	5	00:04:46	00:10:04	00:15:38	00:21:20	00:26:38.50	+00:10:26 (39.2%)	5:19	11.3 (61.1%)
43	WOJCIECHOWSKI Przemek	158		M18-29	6	00:04:08	00:09:14	00:15:41	00:21:26	00:26:48.45	+00:10:36 (39.6%)	5:21	11.2 (60.5%)
44	ADAMOWICZ Maciej	101		M30-39	5	00:04:35	00:10:00	00:15:53	00:21:46	00:27:10.45	+00:10:58 (40.4%)	5:26	11 (59.5%)
45	SZKUDLAREK Arkadiusz	172		M18-29	7	00:05:01	00:10:33	00:16:27	00:22:31	00:27:52.75	+00:11:40 (41.9%)	5:34	10.8 (58.4%)
46	HELLER Zdzisław	115	HERBMARATONOW.PL	M60-69	4	00:05:16	00:11:06	00:17:14	00:23:20	00:29:07.70	+00:12:55 (44.4%)	5:49	10.3 (55.7%)
47	WILKOSZ Wiesław	157		M30-39	6	00:05:11	00:10:23	00:16:29	00:23:00	00:29:24.95	+00:13:12 (44.9%)	5:52	10.2 (55.1%)
48	WROBLEWSKI Jerzy	160	PARKRUN SZCZECINEK	M60-69	5	00:05:35	00:11:19	00:17:13	00:23:19	00:29:35.25	+00:13:23 (45.2%)	5:55	10.1 (54.6%)
49	WALKOWIAK Dariusz	155		M40-49	23	00:04:52	00:10:40	00:16:56	00:23:30	00:29:57.55	+00:13:45 (45.9%)	5:59	10 (54.1%)
50	BARTNIK Marian	177		M70+	2	00:00:55	00:12:28	00:23:13	00:33:33		+	8:23	7.2 (38.9%)

Total 50 results.