



## XI KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

**Event:** XI Koszaliński Bieg Sylwestrowy  
**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2019-12-28  
**Place:** Koszalin  
**Distance:** 5 km



Classification: M30-39

Split point: 3,4 km

| Place | Participant          | Number | Club | Category | Lap<br>1.7km | Lap<br>3.4km |
|-------|----------------------|--------|------|----------|--------------|--------------|
| 1     | PERLIK Tomasz        | 305    |      | M30-39   | 00:05:33     | 00:11:20     |
| 2     | WENT Jakub           | 408    |      | M30-39   | 00:05:56     | 00:11:49     |
| 3     | HUBERT Łukasz        | 117    |      | M30-39   | 00:05:53     | 00:12:00     |
| 4     | SZOPIŃSKI Tomasz     | 381    |      | M30-39   | 00:05:54     | 00:12:01     |
| 5     | MAJKOWICZ Rafał      | 112    |      | M30-39   | 00:05:51     | 00:12:12     |
| 6     | CZAPLIŃSKI Jacek     | 50     |      | M30-39   | 00:05:57     | 00:12:26     |
| 7     | DYLIK Wojciech       | 65     |      | M30-39   | 00:06:10     | 00:12:48     |
| 8     | DORSZYŃSKI Grzegorz  | 61     |      | M30-39   | 00:06:13     | 00:12:49     |
| 9     | RODZIEWICZ Marcin    | 336    |      | M30-39   | 00:06:28     | 00:13:00     |
| 10    | GOSTKOWSKI Łukasz    | 92     |      | M30-39   | 00:06:23     | 00:13:17     |
| 11    | MACHNICKI Rafał      | 231    |      | M30-39   | 00:06:26     | 00:13:24     |
| 12    | ZYGMUNT Krzysztof    | 551    |      | M30-39   | 00:06:33     | 00:13:26     |
| 13    | MISZCZYSZYN Bartosz  | 263    |      | M30-39   | 00:06:54     | 00:14:22     |
| 14    | MORAĞIEWICZ Piotr    | 422    |      | M30-39   | 00:07:03     | 00:14:27     |
| 15    | ŻUREK Mateusz        | 557    |      | M30-39   | 00:07:01     | 00:14:30     |
| 16    | IGNACZYŃSKI Dariusz  | 118    |      | M30-39   | 00:07:02     | 00:14:32     |
| 17    | BARAN Krzysztof      | 9      |      | M30-39   | 00:07:06     | 00:14:37     |
| 18    | OLCZAK Krzysztof     | 287    |      | M30-39   | 00:07:16     | 00:14:40     |
| 19    | NIEWIADA Marek       | 278    |      | M30-39   | 00:07:14     | 00:14:44     |
| 20    | PŁAŻAŁSKI Przemysław | 318    |      | M30-39   | 00:07:24     | 00:14:50     |
| 21    | KARASIUK Adam        | 148    |      | M30-39   | 00:07:28     | 00:14:50     |
| 22    | SITARCZYK Damian     | 356    |      | M30-39   | 00:06:58     | 00:14:53     |
| 23    | MALINOWSKI Mariusz   | 241    |      | M30-39   | 00:07:20     | 00:15:02     |
| 24    | CZERNIAK Gracjan     | 51     |      | M30-39   | 00:07:25     | 00:15:08     |
| 25    | OTTO Michał          | 294    |      | M30-39   | 00:07:32     | 00:15:11     |
| 26    | SKOWROŃSKI Tomasz    | 358    |      | M30-39   | 00:07:49     | 00:15:24     |
| 27    | KRAWCZYK Tomasz      | 199    |      | M30-39   | 00:07:45     | 00:15:29     |
| 28    | BARTHA Adrian        | 12     |      | M30-39   | 00:07:36     | 00:15:46     |

| Place | Participant            | Number | Club     | Category | Lap<br>1.7km | Lap<br>3.4km |
|-------|------------------------|--------|----------|----------|--------------|--------------|
| 29    | BAGNIUK Piotr          | 5      | KOSZALIN | M30-39   | 00:07:44     | 00:15:47     |
| 30    | PILAREK Ireneusz       | 313    |          | M30-39   | 00:07:56     | 00:15:50     |
| 31    | LIPNIEWICZ Paweł       | 224    |          | M30-39   | 00:07:52     | 00:15:52     |
| 32    | MAZURSKI Paweł         | 251    |          | M30-39   | 00:07:39     | 00:16:18     |
| 33    | BODO Rafał             | 21     |          | M30-39   | 00:08:05     | 00:16:19     |
| 34    | MISZCZYK Jan           | 261    |          | M30-39   | 00:08:04     | 00:16:22     |
| 35    | BASSEL Marcin          | 448    |          | M30-39   | 00:08:24     | 00:16:25     |
| 36    | ZIELIŃSKI Maciej       | 443    |          | M30-39   | 00:08:00     | 00:16:31     |
| 37    | DĘBSKI Damian          | 59     |          | M30-39   | 00:08:06     | 00:16:33     |
| 38    | ŻUKOWSKI Cezary        | 556    |          | M30-39   | 00:08:37     | 00:16:47     |
| 39    | KAZIMIEROWICZ Radosław | 154    |          | M30-39   | 00:08:25     | 00:16:54     |
| 40    | SZYDŁO Piotr           | 388    |          | M30-39   | 00:07:55     | 00:17:15     |
| 41    | POŁOCZAŃSKI Piotr      | 321    |          | M30-39   | 00:08:16     | 00:17:16     |
| 42    | KAMYK Piotr            | 147    |          | M30-39   | 00:08:23     | 00:17:19     |
| 43    | NADOLNY Krzysztof      | 275    |          | M30-39   | 00:08:44     | 00:17:20     |
| 44    | NOSAL Mariusz          | 281    |          | M30-39   | 00:08:40     | 00:17:23     |
| 45    | PISKÓRZ Radosław       | 316    |          | M30-39   | 00:08:28     | 00:17:25     |
| 46    | FIERKA Tomasz          | 71     |          | M30-39   | 00:08:31     | 00:17:29     |
| 47    | MACHNICKI Robert       | 230    |          | M30-39   | 00:08:25     | 00:17:34     |
| 48    | BRZOSKOWSKI Artur      | 27     |          | M30-39   | 00:08:51     | 00:17:36     |
| 49    | STANIUK Bartosz        | 371    |          | M30-39   | 00:08:38     | 00:17:45     |
| 50    | CIEŚLAK Grzegorz       | 47     |          | M30-39   | 00:08:50     | 00:17:51     |
| 51    | KOBUS Piotr            | 167    |          | M30-39   | 00:08:19     | 00:17:53     |
| 52    | KALOCIŃSKI Krzysztof   | 146    |          | M30-39   | 00:09:05     | 00:17:55     |
| 53    | BAJ Norbert            | 6      |          | M30-39   | 00:08:44     | 00:18:04     |
| 54    | KOBUS Maciej           | 166    |          | M30-39   | 00:08:07     | 00:18:06     |
| 55    | PIETRZYK Rafał         | 312    |          | M30-39   | 00:09:04     | 00:18:18     |
| 56    | SZYSZKOWSKI Tomasz     | 391    |          | M30-39   | 00:09:14     | 00:18:28     |
| 57    | MAJEWSKI Kamil         | 236    |          | M30-39   | 00:09:17     | 00:18:34     |
| 58    | BRZEZIŃSKI Paweł       | 26     |          | M30-39   | 00:08:37     | 00:18:42     |
| 59    | KOPEĆ Krzysztof        | 176    |          | M30-39   | 00:09:16     | 00:18:51     |
| 60    | SPICA Łukasz           | 367    |          | M30-39   | 00:09:22     | 00:19:08     |
| 61    | MARSZAŁKOWSKI Radosław | 248    |          | M30-39   | 00:09:35     | 00:19:19     |
| 62    | ORYSZCZYN Arkadiusz    | 290    |          | M30-39   | 00:09:53     | 00:19:33     |
| 63    | SZWEDA Mateusz         | 387    |          | M30-39   | 00:09:44     | 00:19:37     |
| 64    | SZYMAŃSKI Patryk       | 390    |          | M30-39   | 00:09:44     | 00:19:37     |
| 65    | WESOŁOWSKI Łukasz      | 411    |          | M30-39   | 00:09:17     | 00:19:46     |
| 66    | GRUDZIŃSKI Arkadiusz   | 98     |          | M30-39   | 00:09:22     | 00:20:03     |
| 67    | DZIADEK Krzysztof      | 68     |          | M30-39   | 00:10:33     | 00:21:06     |
| 68    | KRAWCZUK Maciej        | 196    |          | M30-39   | 00:10:52     | 00:22:05     |
| 69    | HRYCIÓW Paweł          | 116    |          | M30-39   | 00:10:46     | 00:22:07     |
| 70    | LENIK Hubert           | 219    |          | M30-39   | 00:10:40     | 00:22:08     |
| 71    | KIEDOS Dariusz         | 159    |          | M30-39   | 00:10:48     | 00:22:09     |
| 72    | SARBIEWSKI Przemysław  | 350    |          | M30-39   | 00:10:59     | 00:22:46     |
| 73    | ŚCIEPŁEK Mateusz       | 392    |          | M30-39   | 00:11:16     | 00:25:12     |

| Place | Participant     | Number | Club | Category | Lap<br>1.7km | Lap<br>3.4km |
|-------|-----------------|--------|------|----------|--------------|--------------|
| 74    | KARWAN Krystian | 151    |      | M30-39   | 00:11:52     | 00:25:21     |

Total 74 results.