



# XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

**Organizator:** Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu  
**Data:** 2018-03-11  
**Miejsce:** Kołobrzeg  
**Dystans:** 15 km



Klasyfikacja: WP

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	FIDO Adam	128	36DROP	M40	1	00:02:32	00:26:44	00:29:22	00:53:20	<b>00:55:42.25</b>		3:42	16.2
2	RYCAK Bartosz	494	5 PUŁK INŻYNIERYJNY	M20	2	00:02:33	00:26:44	00:29:22	00:53:27	<b>00:56:00.95</b>	+00:00:18	3:44	16.1
3	TERLIKOWSKI Grzegorz	577		M30	4	00:02:38	00:27:13	00:29:55	00:55:01	<b>00:57:29.05</b>	+00:01:46	3:49	15.7
4	SZOPIŃSKI Tomasz	559	KB BRYZA POSTOMINO	M35	5	00:02:45	00:27:35	00:30:19	00:55:32	<b>00:58:02.70</b>	+00:02:20	3:52	15.5
5	GROCHOWALSKI Rafał	170	21 BLT/K.B. SPRINT ŚWIDWIN	M40	9	00:02:46	00:28:23	00:31:13	00:57:22	<b>01:00:07.65</b>	+00:04:25	4:00	15
6	PISKORZ Szymon	431	KP PSP GRYFICE	M30	6	00:02:41	00:28:34	00:31:25	00:58:14	<b>01:00:51.95</b>	+00:05:09	4:03	14.8
7	PIECYK Robert	429		M40	13	00:02:43	00:28:45	00:31:41	00:58:25	<b>01:01:14.75</b>	+00:05:32	4:05	14.7
8	STACHOWICZ Wiesław	672	BRZOZA BIEGA	M45	8	00:03:07	00:30:49	00:32:58	01:00:01	<b>01:02:30.55</b>	+00:06:48	4:10	14.4
9	ANTOSIŁ Grzegorz	12	KB BRYZA POSTOMINO	M40	16	00:02:54	00:30:08	00:33:04	01:01:16	<b>01:04:04.10</b>	+00:08:21	4:16	14
10	ROMANOWSKI Dariusz	478	KPW ŚWINOUJŚCIE	M35	14	00:03:05	00:30:45	00:33:49	01:02:23	<b>01:05:23.75</b>	+00:09:41	4:21	13.8
11	BZDAWKA Rafał	66	KPW ŚWINOUJŚCIE	M40	25	00:03:07	00:32:02	00:35:06	01:02:59	<b>01:05:55.35</b>	+00:10:13	4:23	13.7
12	MICKIEWICZ Adam	658	JW 3937	M30	10	00:03:09	00:31:01	00:34:11	01:03:12	<b>01:06:02.75</b>	+00:10:20	4:24	13.6
13	SOWIŃSKI Saturnin	521	1.SLT	M50	8	00:03:00	00:30:57	00:34:05	01:03:14	<b>01:06:17.80</b>	+00:10:35	4:25	13.6
14	OLESZCZAK Robert	399	KP PSP GRYFICE	M40	29	00:03:13	00:31:42	00:34:51	01:04:42	<b>01:07:51.70</b>	+00:12:09	4:31	13.3
15	FILAROWSKI Stefan	129	GRUPA NURKÓW INŻYNIERII	M45	17	00:03:04	00:31:37	00:34:51	01:04:56	<b>01:08:09.75</b>	+00:12:27	4:32	13.2
16	OLESZCZAK Piotr	400	OSP GRYFICE	M16	2	00:03:27	00:32:44	00:35:53	01:07:37	<b>01:10:59.35</b>	+00:15:17	4:43	12.7
17	HOPPE Bronisław	196	JW 3937	M35	25	00:03:24	00:33:25	00:36:49	01:08:54	<b>01:12:00.85</b>	+00:16:18	4:48	12.5
18	BUCZKOWSKI Jacek	54	8BREM	M45	30	00:03:06	00:33:27	00:36:54	01:09:18	<b>01:12:12.95</b>	+00:16:30	4:48	12.5
19	KUŹMIŃSKA Maryla	673	BRZOZA BIEGA	K35	4	00:03:25	00:34:10	00:37:35	01:09:03	<b>01:12:23.75</b>	+00:16:41	4:49	12.4
20	WĘDZIŃSKI Maciej	607	RUNGRYF GRYFICE	M40	41	00:03:05	00:32:50	00:36:18	01:09:07	<b>01:12:29.85</b>	+00:16:47	4:50	12.4
21	SKAŁECKI Robert	511	PARKRUN ŚWIDWIN	M45	32	00:03:17	00:32:47	00:36:03	01:09:29	<b>01:12:43.95</b>	+00:17:01	4:50	12.4
22	PRZYBYSZ Michał	457		M30	20	00:03:04	00:33:50	00:37:17	01:09:44	<b>01:13:05.20</b>	+00:17:22	4:52	12.3
23	POMORYNKO Krzysztof	443		M35	29	00:03:24	00:34:59	00:38:23	01:10:41	<b>01:13:55.90</b>	+00:18:13	4:55	12.2
24	LANGE Damian	316	12 WOLIŃSKI DYWIZJON TRĄLOWCÓW	M30	23	00:03:01	00:32:16	00:35:49	01:10:48	<b>01:14:19.45</b>	+00:18:37	4:57	12.1
25	MEISSNER Bogusław	365	K.B. SPRINT ŚWIDWIN	M55	18	00:03:20	00:34:06	00:37:37	01:11:01	<b>01:14:35.10</b>	+00:18:52	4:58	12.1
26	BARTOSZUK Adam	26	MORSY KOŁOBRZEG	M40	47	00:03:26	00:36:24	00:39:58	01:11:54	<b>01:14:54.50</b>	+00:19:12	4:59	12
27	CHORAŻEWSKI Sebastian	76		M40	48	00:03:11	00:34:58	00:38:28	01:11:48	<b>01:15:01.75</b>	+00:19:19	5:00	12

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Tempo min/km	Tempo km/h		
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km			netto 15km	Różn
28	SZELIGA Paweł	555	KPP KOŁOBRZEG	M45	40	00:03:42	00:36:56	00:40:29	01:12:34	<b>01:15:45.25</b>	+00:20:03	5:03	11.9
29	JĘDRZEJAK Maciej	216	BIEGACZE ŚWINOUJŚCIE	M40	52	00:03:20	00:35:02	00:38:34	01:12:15	<b>01:15:48.95</b>	+00:20:06	5:03	11.9
30	ŻYWOT Norbert	651	KOŁOBRZEG BIEGA - PARKRUN	M40	55	00:03:09	00:34:46	00:38:22	01:12:28	<b>01:15:59.40</b>	+00:20:17	5:04	11.8
31	DURMAN Sławomir	117		M30	25	00:03:24	00:36:34	00:40:22	01:13:14	<b>01:16:26.20</b>	+00:20:43	5:05	11.8
32	ZABROCKI Karol	630		M35	34	00:03:24	00:36:23	00:39:57	01:13:55	<b>01:17:27.45</b>	+00:21:45	5:09	11.6
33	DOMAŃSKI Adam	109	JW 3775	M40	64	00:03:40	00:37:10	00:40:54	01:15:31	<b>01:18:48.80</b>	+00:23:06	5:15	11.4
34	SERWADCZAK Piotr	504	P+E	M45	48	00:03:12	00:35:25	00:39:07	01:15:23	<b>01:19:05.50</b>	+00:23:23	5:16	11.4
35	ŁYSON Piotr	345		M20	22	00:03:46	00:39:45	00:43:32	01:16:27	<b>01:19:27.95</b>	+00:23:45	5:17	11.3
36	DAWIDOWSKI Michał	96	KP PSP KAMIEŃ POMORSKI/ENDORFINA NOWOGARD	M40	72	00:03:31	00:37:58	00:41:39	01:17:12	<b>01:20:42.35</b>	+00:25:00	5:22	11.2
37	BARRA Marzena	22	8 FOW	K20	4	00:03:53	00:39:31	00:43:29	01:19:06	<b>01:22:33.40</b>	+00:26:51	5:30	10.9
38	RUCIŃSKI Marcin	486		M35	45	00:03:53	00:39:31	00:43:29	01:19:06	<b>01:22:33.80</b>	+00:26:51	5:30	10.9
39	SIELICKI Mateusz	506		M20	24	00:03:46	00:39:11	00:42:53	01:19:36	<b>01:23:14.30</b>	+00:27:32	5:32	10.8
40	JANUSZEWSKA Anna	208		K35	19	00:03:18	00:39:06	00:43:00	01:20:29	<b>01:24:09.20</b>	+00:28:26	5:36	10.7
41	KRASIŃSKI Witold	286	JW 1223	M45	53	00:03:21	00:36:10	00:40:05	01:20:10	<b>01:24:19.30</b>	+00:28:37	5:37	10.7
42	BUDZIŃSKI Paweł	57	DRUŻYNA SZPIKU	M35	49	00:03:38	00:38:37	00:42:24	01:20:41	<b>01:24:28.90</b>	+00:28:46	5:37	10.7
43	PRYCA Adam	453	POMORSKI DWIZJON STRAŻY GRANICZNEJ ŚWINOUJŚCIE	M35	50	00:04:06	00:41:05	00:44:59	01:21:34	<b>01:24:49.80</b>	+00:29:07	5:39	10.6
44	WRÓBLEWSKI Jarosław	627	RAZ SZCZECIN	M45	54	00:03:46	00:39:23	00:43:20	01:21:11	<b>01:25:01.70</b>	+00:29:19	5:40	10.6
45	GŁOWACKI Adrian	158	MAGIKKOMPUTEROWY	M30	37	00:03:54	00:39:24	00:43:17	01:21:18	<b>01:25:19.80</b>	+00:29:37	5:41	10.5
46	ŚLIWIŃSKA Małgorzata	572	KPW ŚWINOUJŚCIE	K40	15	00:03:52	00:39:31	00:43:29	01:21:43	<b>01:25:23.00</b>	+00:29:40	5:41	10.5
47	KRZESIŃSKI Michał	292		M30	41	00:03:30	00:35:07	00:38:48	01:21:15	<b>01:25:48.90</b>	+00:30:06	5:43	10.5
48	DĄBROWSKI Wiktor	98	PAŃSTWO DĄBREK	M20	30	00:04:02	00:41:24	00:45:30	01:22:37	<b>01:26:25.85</b>	+00:30:43	5:45	10.4
49	ZAROBIAK Katarzyna	632	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:03:48	00:39:40	00:43:39	01:22:46	<b>01:26:54.90</b>	+00:31:12	5:47	10.4
50	ŚWIERCZ Dariusz	573	WAŁECKA ŚCIEMA	M50	35	00:03:37	00:39:44	00:43:52	01:23:13	<b>01:27:41.95</b>	+00:31:59	5:50	10.3
51	WASIAK Sylwester	601	GWIEZDNA FLOTA MASZEWO	M35	57	00:03:58	00:42:48	00:47:04	01:26:02	<b>01:30:01.40</b>	+00:34:19	6:00	10
52	KUBISIAK Damian	295		M35	58	00:03:54	00:42:24	00:46:18	01:25:54	<b>01:30:02.45</b>	+00:34:20	6:00	10
53	HNAT Rafał	190	KP PSP WAŁCZ	M45	59	00:03:56	00:42:48	00:45:48	01:25:48	<b>01:30:45.35</b>	+00:35:03	6:03	9.9
54	MŁODZIEJEWSKI Krzysztof	375		M45	61	00:03:42	00:40:36	00:45:05	01:28:34	<b>01:32:42.85</b>	+00:37:00	6:10	9.7
55	PIĄTEK Mateusz	428	13. DWIZJON TRĄLOWCÓW GDYNIA	M30	47	00:03:49	00:42:41	00:46:56	01:30:25	<b>01:34:22.60</b>	+00:38:40	6:17	9.5
56	GAWLIŃSKI Marcin	145	BLUE TEAM PIŁA	M35	61	00:04:05	00:44:21	00:48:43	01:31:39	<b>01:35:48.80</b>	+00:40:06	6:23	9.4
57	KOŁAKOWSKI Dariusz	256	K.B. SPRINT ŚWIDWIN	M45	63	00:03:53	00:53:31	00:58:00	01:34:08	<b>01:38:04.80</b>	+00:42:22	6:32	9.2
58	LEWANDOWSKA Izabela	322		K40	35	00:04:13	00:49:27	00:54:08	01:39:50	<b>01:44:20.65</b>	+00:48:38	6:57	8.6
59	RAMA Janusz	465	KOŁOBRZEG BIEGA - PARKRUN	M45	67	00:04:41	00:52:05	00:57:05	01:47:57	<b>01:53:14.05</b>	+00:57:31	7:32	7.9
60	ANGIEL Władysław	9	TKKF KOLEJARZ BYDGOSZCZ	M80+	1	00:04:36	00:53:11	00:58:22	01:48:05	<b>01:53:21.75</b>	+00:57:39	7:33	7.9

Znaleziono 60 wynik(ów)