



## BIEG - 15KM

B4SPORT

**Wydarzenie:** XIV Koszaliński Bieg Górski  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2023-05-06  
**Miejsce:** Koszalin  
**Dystans:** 14.4 km



Klasyfikacja: OPEN-M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4.8km	9.6km	Czas netto 14.4km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Arkadiusz</b>	<b>96</b>	TKKF KOSZALIN	M-50	1	00:20:01	00:39:56	<b>01:00:30.20</b>		4:12	14.3 (100%)
2	<b>KOZIEŁ Sebastian</b>	<b>34</b>	KB DZIESIĄTKA BIAŁOGARD	M-18	1	00:19:45	00:40:35	<b>01:01:25.40</b>	+00:00:55 (1.5%)	4:15	14.1 (98.6%)
3	<b>WALCZAK Paweł</b>	<b>99</b>		M-30	1	00:20:19	00:41:21	<b>01:02:35.45</b>	+00:02:05 (3.3%)	4:20	13.8 (96.5%)
4	<b>SZYMAŃSKI Piotr, Krzysztof</b>	<b>83</b>		M-30	2	00:21:05	00:42:36	<b>01:03:31.90</b>	+00:03:01 (4.8%)	4:24	13.6 (95.1%)
5	<b>MIECHUR Bogumił</b>	<b>98</b>	GÓRAL Z MAZUR RUNING TEAM	M-40	1	00:20:20	00:42:15	<b>01:03:49.25</b>	+00:03:19 (5.2%)	4:25	13.5 (94.4%)
6	<b>MACKOJC Krzysztof</b>	<b>47</b>	EL-MACKOJC	M-50	2	00:20:53	00:43:01	<b>01:04:44.90</b>	+00:04:14 (6.6%)	4:29	13.3 (93.0%)
7	<b>SZARŁATA Piotr</b>	<b>81</b>		M-30	3	00:20:42	00:43:24	<b>01:05:30.60</b>	+00:05:00 (7.6%)	4:32	13.2 (92.3%)
8	<b>OSTROWSKI Marcin</b>	<b>63</b>	SZCZYT ZA SZCZYTEM	M-30	4	00:21:20	00:43:51	<b>01:06:11.90</b>	+00:05:41 (8.6%)	4:35	13.1 (91.6%)
9	<b>PICK Tomasz</b>	<b>67</b>	BIEGOLAS KOSZALIN	M-50	3	00:22:10	00:45:20	<b>01:07:59.35</b>	+00:07:29 (11.0%)	4:43	12.7 (88.8%)
10	<b>WOJCIECHOWICZ Jacek</b>	<b>91</b>	PASJA TEAM	M-40	2	00:22:12	00:45:13	<b>01:08:59.10</b>	+00:08:28 (12.3%)	4:47	12.5 (87.4%)
11	<b>STERNIK Tomasz</b>	<b>78</b>	PASJA TEAM	M-40	3	00:22:14	00:45:58	<b>01:09:26.00</b>	+00:08:55 (12.9%)	4:49	12.4 (86.7%)
12	<b>WĘGLEWICZ Maciej</b>	<b>87</b>	PASJA TEAM	M-30	5	00:22:16	00:46:11	<b>01:09:59.45</b>	+00:09:29 (13.6%)	4:51	12.3 (86.0%)
13	<b>MAZUR Emilusz</b>	<b>49</b>	GROOT	M-40	4	00:23:07	00:47:09	<b>01:10:35.45</b>	+00:10:05 (14.3%)	4:54	12.2 (85.3%)
14	<b>ŚWITLIŃSKI Damian</b>	<b>85</b>		M-30	6	00:23:49	00:47:27	<b>01:10:41.50</b>	+00:10:11 (14.4%)	4:54	12.2 (85.3%)
15	<b>CIESIELSKI Marcin</b>	<b>100</b>		M-30	7	00:23:13	00:47:06	<b>01:10:54.65</b>	+00:10:24 (14.7%)	4:55	12.2 (85.3%)
16	<b>IWANIEC Dariusz</b>	<b>28</b>	TKKF KOSZALIN	M-40	5	00:23:15	00:47:18	<b>01:11:25.85</b>	+00:10:55 (15.3%)	4:57	12.1 (84.6%)
17	<b>ŚNIEŻKO Marcin</b>	<b>84</b>	TKKF KOSZALIN	M-40	6	00:23:23	00:47:22	<b>01:12:12.05</b>	+00:11:41 (16.2%)	5:00	12 (83.9%)
18	<b>GRZESIK Eugeniusz</b>	<b>25</b>	TKKF KOSZALIN	M-50	4	00:23:30	00:48:22	<b>01:13:45.45</b>	+00:13:15 (18.0%)	5:07	11.7 (81.8%)
19	<b>KROCZYŃSKI Sławomir</b>	<b>38</b>	BIEGOLAS KOSZALIN	M-60	1	00:24:24	00:49:17	<b>01:14:12.40</b>	+00:13:42 (18.5%)	5:09	11.6 (81.1%)
20	<b>SZCZUBLEWSKI Martin</b>	<b>82</b>	KAMIEŃ RYMAŃSKI	M-30	8	00:22:57	00:48:12	<b>01:15:08.00</b>	+00:14:37 (19.5%)	5:13	11.5 (80.4%)
21	<b>POLIŃSKI Robert</b>	<b>70</b>		M-30	9	00:24:13	00:49:22	<b>01:15:35.95</b>	+00:15:05 (20.0%)	5:14	11.4 (79.7%)
22	<b>KRACZKOWSKI Przemysław</b>	<b>37</b>		M-40	7	00:24:50	00:50:58	<b>01:16:59.90</b>	+00:16:29 (21.4%)	5:20	11.2 (78.3%)
23	<b>STACHOWICZ Wiesław</b>	<b>97</b>		M-50	5	00:24:48	00:51:46	<b>01:17:09.45</b>	+00:16:39 (21.6%)	5:21	11.2 (78.3%)
24	<b>ROMAN Góra</b>	<b>72</b>	TKKF KOSZALIN	M-60	2	00:25:13	00:51:54	<b>01:17:48.10</b>	+00:17:17 (22.2%)	5:24	11.1 (77.6%)
25	<b>CIECHAŃSKI Michał</b>	<b>11</b>	ZDARTE PODESZWY	M-40	8	00:24:51	00:51:23	<b>01:18:26.50</b>	+00:17:56 (22.9%)	5:26	11 (76.9%)
26	<b>BOREJKO Łukasz</b>	<b>9</b>	BIEGOLAS KOSZALIN	M-30	10	00:26:06	00:52:53	<b>01:18:30.65</b>	+00:18:00 (22.9%)	5:27	11 (76.9%)
27	<b>SKOWYRSKI Janusz</b>	<b>74</b>	TKKF KOSZALIN	M-60	3	00:25:13	00:51:56	<b>01:19:00.45</b>	+00:18:30 (23.4%)	5:29	10.9 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	4.8km	9.6km	Czas netto 14.4km	Różn	Tempo min/km	Tempo km/h
28	<b>OKOŁOTOWICZ Sebastian</b>	<b>56</b>		M-40	9	00:23:50	00:49:32	<b>01:19:09.20</b>	+00:18:39 (23.6%)	5:29	10.9 (76.2%)
29	<b>SEROWSKI Łukasz</b>	<b>73</b>	BIEGOLAS KOSZALIN	M-40	10	00:25:10	00:51:46	<b>01:19:18.95</b>	+00:18:48 (23.7%)	5:30	10.9 (76.2%)
30	<b>BARTKOWIAK Wojciech</b>	<b>3</b>		M-50	6	00:26:03	00:53:01	<b>01:20:10.95</b>	+00:19:40 (24.5%)	5:34	10.8 (75.5%)
31	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>80</b>		M-40	11	00:26:48	00:54:39	<b>01:22:28.35</b>	+00:21:58 (26.6%)	5:43	10.5 (73.4%)
32	<b>MICERSKI Tomasz</b>	<b>51</b>	TKKF KOSZALIN	M-40	12	00:26:23	00:54:38	<b>01:23:22.35</b>	+00:22:52 (27.4%)	5:47	10.4 (72.7%)
33	<b>GARNCAREK Paweł</b>	<b>19</b>		M-40	13	00:30:45	01:02:40	<b>01:34:22.85</b>	+00:33:52 (35.9%)	6:33	9.2 (64.3%)
34	<b>KĘSIK Michał</b>	<b>31</b>	ZDARTE PODESZWY	M-40	14	00:31:33	01:04:51	<b>01:38:07.85</b>	+00:37:37 (38.3%)	6:48	8.8 (61.5%)
35	<b>KOZŁOWIECKI Waldemar</b>	<b>36</b>	TKKF KOSZALIN	M-70+	1	00:31:36	01:04:54	<b>01:38:10.25</b>	+00:37:40 (38.4%)	6:49	8.8 (61.5%)
36	<b>DEKIERT Artur</b>	<b>12</b>		M-50	7	00:27:46	01:05:17	<b>01:39:30.55</b>	+00:39:00 (39.2%)	6:54	8.7 (60.8%)
37	<b>MIZEREK Piotr + Thule</b>	<b>53</b>	THULE FAMILY	M-30	11	00:37:21	01:16:48	<b>01:58:48.25</b>	+00:58:18 (49.1%)	8:15	7.3 (51.0%)

Znaleziono 37 wynik(ów)