

# BIEG - 5KM

**Wydarzenie:** XIV Koszaliński Bieg Górski  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2023-05-06  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: OPEN-M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BORYCHOWSKI Mariusz</b>	<b>105</b>		OPEN-M	1	<b>00:18:32.70</b>		3:42	16.2 (100%)
2	<b>WOJTKIEWICZ Mateusz</b>	<b>92</b>	KB 'DZIESIĄTKA' BIAŁOGARD	OPEN-M	2	<b>00:18:55.35</b>	+00:00:22 (2.0%)	3:47	15.9 (98.1%)
3	<b>FEDORCZAK Łukasz</b>	<b>16</b>	BIEGOLAS KOSZALIN	OPEN-M	3	<b>00:19:29.10</b>	+00:00:56 (4.8%)	3:53	15.4 (95.1%)
4	<b>MIKODA Grzegorz</b>	<b>52</b>		OPEN-M	4	<b>00:19:33.45</b>	+00:01:00 (5.2%)	3:54	15.3 (94.4%)
5	<b>WITKIEWICZ Eryk</b>	<b>90</b>		OPEN-M	5	<b>00:19:37.85</b>	+00:01:05 (5.5%)	3:55	15.3 (94.4%)
6	<b>WALEŃSKI Michał</b>	<b>94</b>	TKKF KOSZALIN	OPEN-M	6	<b>00:20:31.00</b>	+00:01:58 (9.6%)	4:06	14.6 (90.1%)
7	<b>SMAGOWSKI Wojtek</b>	<b>76</b>	OSP RĄBINO	OPEN-M	7	<b>00:21:20.05</b>	+00:02:47 (13.1%)	4:16	14.1 (87.0%)
8	<b>TULO Piotr</b>	<b>102</b>	KS START PUŁAWSKI WARKA	OPEN-M	8	<b>00:21:39.95</b>	+00:03:07 (14.4%)	4:19	13.9 (85.8%)
9	<b>BARUTOWICZ Grzegorz</b>	<b>4</b>		OPEN-M	9	<b>00:23:38.40</b>	+00:05:05 (21.6%)	4:43	12.7 (78.4%)
10	<b>OLSZAK Jakub</b>	<b>60</b>		OPEN-M	10	<b>00:23:43.70</b>	+00:05:11 (21.8%)	4:44	12.6 (77.8%)
11	<b>MAZURSKI Paweł</b>	<b>50</b>		OPEN-M	11	<b>00:24:29.95</b>	+00:05:57 (24.3%)	4:53	12.3 (75.9%)
12	<b>SCHWARZ Ludwik</b>	<b>95</b>		OPEN-M	12	<b>00:24:37.15</b>	+00:06:04 (24.7%)	4:55	12.2 (75.3%)
13	<b>KOZŁOWICZ Krzysztof</b>	<b>35</b>		OPEN-M	13	<b>00:24:37.65</b>	+00:06:04 (24.7%)	4:55	12.2 (75.3%)
14	<b>ADASZYNSKI Wiesław</b>	<b>2</b>	BIEGOLAS KOSZALIN	OPEN-M	14	<b>00:24:48.40</b>	+00:06:15 (25.2%)	4:57	12.1 (74.7%)
15	<b>REDLICKI Piotr</b>	<b>71</b>		OPEN-M	15	<b>00:24:50.95</b>	+00:06:18 (25.4%)	4:58	12.1 (74.7%)
16	<b>KISIELIŃSKI Igor</b>	<b>32</b>		OPEN-M	16	<b>00:24:51.65</b>	+00:06:18 (25.4%)	4:58	12.1 (74.7%)
17	<b>MAZUR Mirosław</b>	<b>103</b>	TKKF KOSZALIN	OPEN-M	17	<b>00:25:29.80</b>	+00:06:57 (27.3%)	5:05	11.8 (72.8%)
18	<b>PAWŁOWSKI Grzegorz</b>	<b>65</b>		OPEN-M	18	<b>00:26:03.00</b>	+00:07:30 (28.8%)	5:12	11.5 (71.0%)
19	<b>BODO Rafał</b>	<b>6</b>	ZOZKOSZ KOSZALIN	OPEN-M	19	<b>00:26:04.80</b>	+00:07:32 (28.9%)	5:12	11.5 (71.0%)
20	<b>OLSZAK Grzegorz</b>	<b>59</b>		OPEN-M	20	<b>00:26:30.05</b>	+00:07:57 (30.0%)	5:18	11.3 (69.8%)
21	<b>MACIĄG Piotr</b>	<b>45</b>		OPEN-M	21	<b>00:26:37.25</b>	+00:08:04 (30.3%)	5:19	11.3 (69.8%)
22	<b>GOŁKA Elias</b>	<b>21</b>		OPEN-M	22	<b>00:27:18.60</b>	+00:08:45 (32.1%)	5:27	11 (67.9%)
23	<b>KUBIK Dariusz</b>	<b>42</b>	SAINT-GOBAIN SQUAD	OPEN-M	23	<b>00:28:29.30</b>	+00:09:56 (34.9%)	5:41	10.5 (64.8%)
24	<b>OSOBNIAK Ryszard</b>	<b>62</b>		OPEN-M	24	<b>00:28:32.25</b>	+00:09:59 (35.0%)	5:42	10.5 (64.8%)
25	<b>BINIEK Elias</b>	<b>5</b>		OPEN-M	25	<b>00:29:07.55</b>	+00:10:34 (36.3%)	5:49	10.3 (63.6%)
26	<b>PIETRZYK Rafał</b>	<b>68</b>		OPEN-M	26	<b>00:29:51.70</b>	+00:11:19 (37.9%)	5:58	10.1 (62.3%)

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27	<b>JUSZCZAK Krzysztof</b>	<b>29</b>		OPEN-M	27	<b>00:31:21.90</b>	+00:12:49 (40.9%)	6:16	9.6 (59.3%)
28	<b>MACIĄG Paweł</b>	<b>46</b>	HOMOSAPIE	OPEN-M	28	<b>00:31:31.05</b>	+00:12:58 (41.2%)	6:18	9.5 (58.6%)
29	<b>HELLER Zdzisław</b>	<b>26</b>	HERBMARATONOW.PL	OPEN-M	29	<b>00:31:44.80</b>	+00:13:12 (41.6%)	6:20	9.5 (58.6%)

Znaleziono 29 wynik(ów)