



BIEG GŁÓWNY - 5 KM - ATEST PZLA - BIEG 2

B4SPORT

Wydarzenie: XV Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2024-12-28
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MEGIER Maciej	342	AZS AWFIS GDAŃSK	M18	1	00:04:31	00:09:28	00:14:25.70		2:53	20.8 (100%)
2	STADNIK Jacek	455		M30	1	00:04:49	00:10:17	00:15:43.80	+00:01:18 (8.3%)	3:08	19.1 (91.8%)
3	CZERNIEWSKI Marcin	151	AML SŁUPSK	M30	2	00:05:11	00:10:53	00:16:27.55	+00:02:01 (12.3%)	3:17	18.2 (87.5%)
4	SARBAK Bartosz	566	12 PLOG KOŁOBRZEG	M18	2	00:05:11	00:10:53	00:16:32.95	+00:02:07 (12.8%)	3:18	18.1 (87.0%)
5	PERZ Jan	388	ULTRA TRAIL ACADEMY	M18	3	00:05:10	00:10:55	00:16:50.55	+00:02:24 (14.3%)	3:22	17.8 (85.6%)
6	SZYMAŃSKI Łukasz	477	ZALEWSKI PERFORMANCE ACADEMY/ BP POBIEROWO	M30	3	00:05:26	00:11:23	00:17:12.60	+00:02:46 (16.2%)	3:26	17.4 (83.7%)
7	TROJAK Jakub	495	AML SŁUPSK	M14	1	00:05:21	00:11:12	00:17:22.65	+00:02:56 (17.0%)	3:28	17.3 (83.2%)
8	WENT Jakub	507		M40	1	00:05:43	00:11:45	00:17:32.35	+00:03:06 (17.7%)	3:30	17.1 (82.2%)
9	ISKRA Paweł	207	CTS	M30	4	00:05:24	00:11:27	00:17:38.15	+00:03:12 (18.2%)	3:31	17 (81.7%)
10	TOMKOWSKI Przemysław	491	CHRYSTUS KRÓLEM	M30	5	00:05:25	00:11:35	00:17:41.15	+00:03:15 (18.4%)	3:32	17 (81.7%)
11	SIADAK Arkadiusz	437		M40	2	00:05:30	00:11:37	00:17:47.20	+00:03:21 (18.9%)	3:33	16.9 (81.3%)
12	RUDNIKOWSKI Maciej	428	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M50	1	00:05:35	00:11:52	00:17:59.45	+00:03:33 (19.8%)	3:35	16.7 (80.3%)
13	STACHOWIAK Adrian	454		M30	6	00:05:48	00:11:58	00:18:02.20	+00:03:36 (20.0%)	3:36	16.6 (79.8%)
14	KRYZEL Tomasz	284	KUJAWSCY RUNNERS/SPORTOWY CZŁUCHÓW	M30	7	00:05:27	00:11:45	00:18:08.75	+00:03:43 (20.5%)	3:37	16.5 (79.3%)
15	HUBERT Łukasz	204		M40	3	00:05:39	00:12:00	00:18:20.40	+00:03:54 (21.3%)	3:40	16.4 (78.8%)
16	SMOŁUCH Marcin	448	KB BRYZA POSTOMINO	M30	8	00:05:55	00:12:17	00:18:21.95	+00:03:56 (21.4%)	3:40	16.3 (78.4%)
17	MAKOWSKI Marek	324	BRAK	M18	4	00:05:30	00:11:56	00:18:24.90	+00:03:59 (21.6%)	3:40	16.3 (78.4%)
18	MACIEJCZYK Mateusz	315		M30	9	00:05:42	00:12:04	00:18:25.85	+00:04:00 (21.7%)	3:41	16.3 (78.4%)
19	PARCHETA Wojciech	380	LANGE TRI COACH	M18	5	00:05:49	00:12:11	00:18:26.20	+00:04:00 (21.7%)	3:41	16.3 (78.4%)
20	MIKODA Grzegorz	344		M40	4	00:05:48	00:12:09	00:18:28.25	+00:04:02 (21.9%)	3:41	16.2 (77.9%)
21	ANDRZEJEWSKI Marcin	565	12 PLOG KOŁOBRZEG	M30	10	00:05:43	00:12:07	00:18:29.75	+00:04:04 (22.0%)	3:41	16.2 (77.9%)
22	SMAGOWSKI Wojtek	447	FIGA TEAM BIAŁOGARD	M40	5	00:05:48	00:12:09	00:18:34.65	+00:04:08 (22.3%)	3:42	16.2 (77.9%)
23	BAKALARZ Adam	103	DARŁOWSKIE CHARTY/ FEIFER TEAM	M40	6	00:05:52	00:12:17	00:18:36.00	+00:04:10 (22.4%)	3:43	16.1 (77.4%)
24	CZAPLIŃSKI Jacek	146	NICE'S RUNNERS REAM	M40	7	00:05:53	00:12:15	00:18:36.20	+00:04:10 (22.4%)	3:43	16.1 (77.4%)
25	MARCHLEWSKI Maciej	328	KS WILKI POMORSKIE	M14	2	00:05:44	00:12:13	00:18:36.55	+00:04:10 (22.5%)	3:43	16.1 (77.4%)
26	PĘKAŁA Mikołaj	389	INFERNO RUNNING TEAM	M18	6	00:05:45	00:12:13	00:18:45.00	+00:04:19 (23.0%)	3:45	16 (76.9%)
27	SZOPIŃSKI Tomasz	474	KB BRYZA POSTOMINO	M40	8	00:05:55	00:12:24	00:18:46.40	+00:04:20 (23.1%)	3:45	16 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas		Tempo min/km	Tempo km/h
						1.6km	3.3km	netto	Różn		
28	KLIMOWICZ Michał	255		M30	11	00:05:54	00:12:21	00:18:47.00	+00:04:21 (23.2%)	3:45	16 (76.9%)
29	BULCZAK Rafał	132		M40	9	00:05:50	00:12:23	00:18:52.60	+00:04:26 (23.6%)	3:46	15.9 (76.4%)
30	BUDZIAK Zbigniew	131	GRYFICKA SIŁA BIEGOWA	M50	2	00:05:54	00:12:26	00:19:00.05	+00:04:34 (24.1%)	3:48	15.8 (76.0%)
31	WILMONT Krzysztof	164		M30	12	00:06:02	00:12:39	00:19:03.90	+00:04:38 (24.3%)	3:48	15.7 (75.5%)
32	WITKIEWICZ Eryk	517	FIGA TEAM	M40	10	00:05:53	00:12:31	00:19:04.45	+00:04:38 (24.4%)	3:48	15.7 (75.5%)
33	WOJTAS Stefan	520	TRIPAKA PRZECHELEWO	M40	11	00:06:03	00:12:38	00:19:10.55	+00:04:44 (24.8%)	3:50	15.7 (75.5%)
34	TŁUSTEK Łukasz	486	KB BRYZA POSTOMINO	M30	13	00:06:05	00:12:41	00:19:11.15	+00:04:45 (24.8%)	3:50	15.6 (75.0%)
35	MAJROWSKI Mariusz	320	KB BRYZA POSTOMINO	M18	7	00:06:16	00:13:00	00:19:26.45	+00:05:00 (25.8%)	3:53	15.4 (74.0%)
35	MARCZUK Maksymilian	333		M18	7	00:05:59	00:12:40	00:19:26.45	+00:05:00 (25.8%)	3:53	15.4 (74.0%)
37	PICK Tomasz	392	BIEGOLAS KOSZALIN	M50	3	00:06:07	00:12:59	00:19:34.80	+00:05:09 (26.3%)	3:54	15.3 (73.6%)
38	KOWALSKI Damian	270	KB BRYZA POSTOMINO	M30	14	00:06:06	00:12:50	00:19:36.15	+00:05:10 (26.4%)	3:55	15.3 (73.6%)
39	NOWAK Dariusz	366	BIAŁOGARD BIEGA	M40	12	00:06:02	00:12:52	00:19:44.20	+00:05:18 (26.9%)	3:56	15.2 (73.1%)
40	KOPCZAK Paweł	567	FAJNA FABRYKA.PL	M30	15	00:06:23	00:13:13	00:19:46.70	+00:05:21 (27.0%)	3:57	15.2 (73.1%)
41	BURDA Robert	133	KOSPEL	M50	4	00:06:09	00:13:03	00:19:52.00	+00:05:26 (27.4%)	3:58	15.1 (72.6%)
42	JĘDRZEJEWSKI Łukasz	219		M40	13	00:06:13	00:13:09	00:19:52.30	+00:05:26 (27.4%)	3:58	15.1 (72.6%)
43	KALETA Sebastian	228		M40	14	00:06:08	00:13:02	00:19:59.60	+00:05:33 (27.8%)	3:59	15 (72.1%)
44	CIEŚLEWICZ Hubert	142		M30	16	00:06:06	00:13:03	00:20:00.80	+00:05:35 (27.9%)	4:00	15 (72.1%)
45	MALINOWSKI Norbert	325		M40	15	00:06:11	00:13:11	00:20:09.10	+00:05:43 (28.4%)	4:01	14.9 (71.6%)
46	GORSZKA Damian	180	PARKRUN SZCZECIN	M18	9	00:05:50	00:12:54	00:20:13.00	+00:05:47 (28.6%)	4:02	14.8 (71.2%)
47	MATYSIAK Wojciech	336		M40	16	00:06:18	00:13:23	00:20:14.15	+00:05:48 (28.7%)	4:02	14.8 (71.2%)
48	DUDA Grzegorz	161	BEST BEASTS	M40	17	00:06:09	00:13:13	00:20:16.90	+00:05:51 (28.9%)	4:03	14.8 (71.2%)
49	KOZIEŁ Paweł	275	FIGA TEAM	M40	18	00:06:18	00:13:24	00:20:18.70	+00:05:53 (29.0%)	4:03	14.8 (71.2%)
50	KOZDRA Piotr	273	KB SPOKO SŁAWNO	M30	17	00:06:27	00:13:24	00:20:25.65	+00:05:59 (29.4%)	4:05	14.7 (70.7%)
51	KOZAK Grzegorz	272	FPP	M40	19	00:06:18	00:13:24	00:20:26.15	+00:06:00 (29.4%)	4:05	14.7 (70.7%)
52	ŻULIŃSKI Jakub	540		M18	10	00:06:14	00:13:20	00:20:33.30	+00:06:07 (29.8%)	4:06	14.6 (70.2%)
53	KRACZKOWSKI Przemysław	278		M40	20	00:06:35	00:13:41	00:20:43.05	+00:06:17 (30.4%)	4:08	14.5 (69.7%)
54	KURKOWSKI Piotr	294	SKWARKI TEAM	M30	18	00:06:27	00:13:31	00:20:48.30	+00:06:22 (30.6%)	4:09	14.4 (69.2%)
55	KAŻMIERCZAK Bartosz	247		M30	19	00:06:14	00:13:20	00:20:50.05	+00:06:24 (30.7%)	4:10	14.4 (69.2%)
56	BACHLIŃSKI Daniel	100		M18	11	00:06:26	00:13:40	00:20:56.75	+00:06:31 (31.1%)	4:11	14.3 (68.8%)
57	KURKOWSKI Sylwester	295	GEPARD POLSKA	M50	5	00:06:31	00:13:52	00:21:03.90	+00:06:38 (31.5%)	4:12	14.3 (68.8%)
58	URBAŃSKI Tomasz	497	BIAŁOGARD BIEGA	M50	6	00:06:37	00:13:52	00:21:09.85	+00:06:44 (31.8%)	4:13	14.2 (68.3%)
59	PIŁCZYŃSKI Paweł	399	TOCZĄCA SIĘ PIŁKA	M30	20	00:06:31	00:14:00	00:21:11.95	+00:06:46 (31.9%)	4:14	14.2 (68.3%)
60	CIOSEK Łukasz	143	LIDER WINNICA	M18	12	00:06:00	00:13:18	00:21:15.75	+00:06:50 (32.1%)	4:15	14.1 (67.8%)
61	LIPIŃSKI Sebastian	306		M30	21	00:06:41	00:13:57	00:21:16.80	+00:06:51 (32.2%)	4:15	14.1 (67.8%)
62	KAWĘCKI Oktawiusz	244		M30	22	00:06:39	00:14:01	00:21:23.75	+00:06:58 (32.6%)	4:16	14 (67.3%)
63	OWCZARZ Marcin	379	FIGA TEAM	M30	23	00:06:41	00:14:06	00:21:25.10	+00:06:59 (32.6%)	4:17	14 (67.3%)
64	ŁUKAWSKI Mariusz	311	8 PLOT	M30	24	00:06:23	00:13:57	00:21:33.15	+00:07:07 (33.1%)	4:18	13.9 (66.8%)
65	ADRIAN Paweł	94		M30	25	00:06:39	00:14:19	00:21:33.45	+00:07:07 (33.1%)	4:18	13.9 (66.8%)
66	ŻUK Łukasz	539		M40	21	00:06:26	00:14:04	00:21:33.95	+00:07:08 (33.1%)	4:18	13.9 (66.8%)
66	BODYGUARD Piotr	118	PORK LEGS	M30	26	00:06:54	00:14:20	00:21:33.95	+00:07:08 (33.1%)	4:18	13.9 (66.8%)
68	CZERNIAK Gracjan	147		M40	22	00:06:53	00:14:14	00:21:34.65	+00:07:08 (33.1%)	4:18	13.9 (66.8%)
69	PODŁYSKA Tadeusz	403	ZASAPANI HYDRO	M40	23	00:06:53	00:14:22	00:21:44.00	+00:07:18 (33.6%)	4:20	13.8 (66.3%)
70	MOKRZYCKI Michał	351		M18	13	00:06:58	00:14:33	00:21:44.95	+00:07:19 (33.7%)	4:20	13.8 (66.3%)
71	ZWOLIŃSKI Jan	534	TKKF KOSZALIN	M50	7	00:06:50	00:14:11	00:21:47.50	+00:07:21 (33.8%)	4:21	13.8 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas netto	Różn	Tempo	Tempo
						1.6km	3.3km	5km		min/km	km/h
72	BOLECHOWSKI Cezary	123		M18	14	00:06:32	00:14:21	00:21:47.70	+00:07:22 (33.8%)	4:21	13.8 (66.3%)
73	KRUK Marcin	280	TKKF KOSZALIN MASTERS	M40	24	00:06:40	00:14:10	00:21:54.00	+00:07:28 (34.1%)	4:22	13.7 (65.9%)
74	TOMASIK Wiktor	488	FIGA TEAM BIAŁOGARD	M14	3	00:06:57	00:14:34	00:21:54.85	+00:07:29 (34.2%)	4:22	13.7 (65.9%)
75	RETERSKI Damian	423		M18	15	00:06:57	00:14:30	00:21:56.30	+00:07:30 (34.2%)	4:23	13.7 (65.9%)
76	BOCZEK Bartłomiej	117	SKWARKI TEAM	M18	16	00:06:49	00:14:33	00:22:04.40	+00:07:38 (34.6%)	4:24	13.6 (65.4%)
77	JĘDRZEJSKI Wojciech	220		M30	27	00:06:38	00:14:28	00:22:05.35	+00:07:39 (34.7%)	4:25	13.6 (65.4%)
78	MALINOWSKI Mariusz	326	KS WILKI POMORSKIE	M40	25	00:06:52	00:14:38	00:22:07.05	+00:07:41 (34.8%)	4:25	13.6 (65.4%)
79	STRZELECKI Grzegorz	464	FIGA TEAM	M40	26	00:06:44	00:14:27	00:22:08.55	+00:07:42 (34.8%)	4:25	13.6 (65.4%)
80	GORZKIEWICZ Dariusz	181	UKS UNIA BIAŁOGARD	M40	27	00:06:48	00:14:33	00:22:10.80	+00:07:45 (34.9%)	4:26	13.5 (64.9%)
81	TOMASIK Wojciech	487	FIGA TEAM BIAŁOGARD	M40	28	00:06:53	00:14:34	00:22:13.90	+00:07:48 (35.1%)	4:26	13.5 (64.9%)
82	PARZNIEMSKI Maciej	382	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M40	29	00:06:58	00:14:41	00:22:14.70	+00:07:49 (35.1%)	4:26	13.5 (64.9%)
83	MARGOŚ Andrzej	334		M40	30	00:07:05	00:14:55	00:22:25.85	+00:08:00 (35.7%)	4:29	13.4 (64.4%)
84	KOCHANOWSKI Roman	261	BIAŁOGARD BIEGA	M50	8	00:06:46	00:14:38	00:22:28.25	+00:08:02 (35.8%)	4:29	13.4 (64.4%)
85	BAJGERT Robert	102		M50	9	00:06:55	00:14:46	00:22:29.50	+00:08:03 (35.9%)	4:29	13.3 (63.9%)
86	SŁUPCZEWSKI Krzysztof	446	TKKF KOSZALIN	M40	31	00:07:04	00:14:51	00:22:31.85	+00:08:06 (36.0%)	4:30	13.3 (63.9%)
87	JĘDRZEJCZYK Mateusz	217		M30	28	00:06:52	00:14:45	00:22:34.10	+00:08:08 (36.1%)	4:30	13.3 (63.9%)
88	SŁOWIK Rafał	444	FIGA TEAM	M40	32	00:07:07	00:15:02	00:22:42.65	+00:08:16 (36.5%)	4:32	13.2 (63.5%)
89	ADAMCZEWSKI Marcin	91	FIGA TEAM	M40	33	00:07:08	00:15:01	00:22:44.05	+00:08:18 (36.5%)	4:32	13.2 (63.5%)
90	WINKEL Jerzy	514		M50	10	00:07:10	00:14:58	00:22:44.20	+00:08:18 (36.5%)	4:32	13.2 (63.5%)
91	PIŁAT Paweł	397		M40	34	00:06:55	00:14:50	00:22:54.55	+00:08:28 (37.0%)	4:34	13.1 (63.0%)
92	MAZURSKI Paweł	341		M30	29	00:07:01	00:14:58	00:23:00.05	+00:08:34 (37.3%)	4:36	13 (62.5%)
93	PRYCA Adam	409	PDSG ŚWINOUJŚCIE	M40	35	00:07:10	00:15:09	00:23:10.80	+00:08:45 (37.8%)	4:38	12.9 (62.0%)
94	REDLICKI Piotr	421		M40	36	00:07:03	00:15:08	00:23:13.25	+00:08:47 (37.9%)	4:38	12.9 (62.0%)
95	WINKEL Łukasz	515		M40	37	00:07:14	00:15:24	00:23:34.80	+00:09:09 (38.8%)	4:42	12.7 (61.1%)
96	JANASZEK Damian	209		M40	38	00:07:15	00:15:36	00:23:52.75	+00:09:27 (39.6%)	4:46	12.6 (60.6%)
97	PŁUCIENNIK Mariusz	402		M40	39	00:07:16	00:15:39	00:24:06.80	+00:09:41 (40.2%)	4:49	12.4 (59.6%)
98	ŁAJDYCH Ariel	308		M40	40	00:07:13	00:15:33	00:24:34.50	+00:10:08 (41.3%)	4:54	12.2 (58.7%)
99	KOPCZAK Dawid	569	FAJNA FABRYKA.PL	M30	30	00:07:53	00:16:59	00:24:45.55	+00:10:19 (41.7%)	4:57	12.1 (58.2%)
100	MUSIAŁ Grzegorz	359		M40	41	00:07:16	00:16:03	00:24:54.35	+00:10:28 (42.1%)	4:58	12 (57.7%)
101	GADEK Michał	170		M30	31	00:07:51	00:16:58	00:26:11.30	+00:11:45 (44.9%)	5:14	11.5 (55.3%)
102	SZYMAŃSKI Aleksander	476	OLEKSY BIEGA	M50	11	00:08:39	00:17:46	00:26:33.95	+00:12:08 (45.7%)	5:18	11.3 (54.3%)
103	KARKUT Dawid	237		M18	17	00:08:05	00:18:20	00:28:24.10	+00:13:58 (49.2%)	5:40	10.6 (51.0%)
104	BORZYKOWSKI Rafał	126		M40	42	00:08:47	00:18:57	00:28:54.55	+00:14:28 (50.1%)	5:46	10.4 (50.0%)
105	BEŻŁADA Bartosz	110		M18	18	00:08:48	00:18:58	00:28:55.70	+00:14:30 (50.1%)	5:47	10.4 (50.0%)
106	DYMEK Remek	163	DEAF KOSZALIN	M50	12	00:08:30	00:19:00	00:29:51.25	+00:15:25 (51.7%)	5:58	10.1 (48.6%)
107	NIKLAS Karol	361		M50	13						(0.0%)

Znaleziono 107 wynik(ów)