

# BIEG POLITECHNIKI KOSZALIŃSKIEJ

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Bieg Politechniki Koszalińskiej z okazji 55-lecia Uczelni  
**Organizator:** Politechnika Koszalińska  
**Data:** 2023-05-20  
**Miejsce:** KOSZALIN  
**Dystans:** 5.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.7km	3.4km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
1	<b>PROWANCKI Patryk</b>	<b>65</b>	WILKI POMORSKIE	M 18-29	1	00:05:44	00:11:45	<b>00:17:41.10</b>		3:28	17.3 (100%)
2	<b>KOZIEŁ Sebastian</b>	<b>35</b>	DZIESIĄTKA BIAŁOGARD	M 18-29	2	00:05:55	00:12:11	<b>00:18:29.85</b>	+00:00:48 (4.4%)	3:37	16.6 (96.0%)
3	<b>FEDORCZAK Łukasz</b>	<b>12</b>	BIEGOLAS KOSZALIN	M 30-39	1	00:06:16	00:12:47	<b>00:19:16.10</b>	+00:01:35 (8.2%)	3:46	15.9 (91.9%)
4	<b>HOŁUB Kamil</b>	<b>24</b>	MLUKS TRZEBIATÓW	M 40-49	1	00:06:17	00:12:58	<b>00:19:24.90</b>	+00:01:43 (8.9%)	3:48	15.8 (91.3%)
5	<b>WITKIEWICZ Eryk</b>	<b>85</b>		M 40-49	2	00:06:25	00:13:04	<b>00:19:38.40</b>	+00:01:57 (10.0%)	3:50	15.6 (90.2%)
6	<b>PICK Tomasz</b>	<b>62</b>	BIEGOLAS KOSZALIN	M 50-59	1	00:06:37	00:13:14	<b>00:19:40.80</b>	+00:01:59 (10.1%)	3:51	15.6 (90.2%)
7	<b>KRYNICKA - GRZYB Małgorzata</b>	<b>41</b>		K 30-39	1	00:06:31	00:13:20	<b>00:20:10.80</b>	+00:02:29 (12.4%)	3:57	15.2 (87.9%)
8	<b>SZULC Arek Arbuz</b>	<b>76</b>	7PROTEAM	M 40-49	3	00:06:48	00:13:39	<b>00:20:16.75</b>	+00:02:35 (12.8%)	3:58	15.1 (87.3%)
9	<b>WALEŃSKI Michał</b>	<b>90</b>		M 40-49	4	00:06:48	00:13:39	<b>00:20:16.80</b>	+00:02:35 (12.8%)	3:58	15.1 (87.3%)
10	<b>MILEWSKI Tomasz</b>	<b>50</b>	PARKRUN KOSZALIN	M 40-49	5	00:06:59	00:13:55	<b>00:20:43.60</b>	+00:03:02 (14.7%)	4:03	14.8 (85.5%)
11	<b>KONKEL Agnieszka</b>	<b>32</b>		K 30-39	2	00:06:48	00:13:43	<b>00:20:44.20</b>	+00:03:03 (14.7%)	4:03	14.8 (85.5%)
12	<b>IWANIEC Dariusz</b>	<b>26</b>	POLITECHNIKA KOSZALIŃSKA	M 40-49	6	00:06:58	00:14:08	<b>00:21:08.90</b>	+00:03:27 (16.4%)	4:08	14.5 (83.8%)
13	<b>BARUTOWICZ Grzegorz</b>	<b>3</b>		M 40-49	7	00:06:59	00:14:12	<b>00:21:29.80</b>	+00:03:48 (17.7%)	4:12	14.2 (82.1%)
14	<b>KRUK Marcin</b>	<b>38</b>		M 40-49	8	00:06:58	00:14:17	<b>00:21:44.95</b>	+00:04:03 (18.7%)	4:15	14.1 (81.5%)
15	<b>MARCHLEWSKI Maciej</b>	<b>46</b>		M 14-17	1	00:06:55	00:14:26	<b>00:21:59.15</b>	+00:04:18 (19.6%)	4:18	13.9 (80.3%)
16	<b>SZUTA Karol</b>	<b>77</b>		M 30-39	2	00:07:16	00:14:52	<b>00:22:07.55</b>	+00:04:26 (20.1%)	4:20	13.8 (79.8%)
17	<b>MALINOWSKI Mariusz</b>	<b>45</b>		M 40-49	9	00:07:04	00:14:43	<b>00:22:10.50</b>	+00:04:29 (20.2%)	4:20	13.8 (79.8%)
18	<b>KRUPIŃSKI Krzysztof</b>	<b>39</b>	E-UROLOG.EU	M 50-59	2	00:07:16	00:14:54	<b>00:22:33.85</b>	+00:04:52 (21.6%)	4:25	13.6 (78.6%)
19	<b>OLSZAK Jakub</b>	<b>56</b>		M 14-17	2	00:07:02	00:15:17	<b>00:22:58.30</b>	+00:05:17 (23.0%)	4:30	13.3 (76.9%)
20	<b>PĘKAŁA Piotr</b>	<b>61</b>	SOSW KOSZALIN	M 50-59	3	00:07:41	00:15:26	<b>00:23:02.85</b>	+00:05:21 (23.3%)	4:30	13.3 (76.9%)
21	<b>MARKIEWICZ Zbigniew</b>	<b>47</b>	AZS POLITECHNIKI KOSZALIŃSKIEJ	M 18-29	3	00:07:06	00:15:08	<b>00:23:12.45</b>	+00:05:31 (23.8%)	4:32	13.2 (76.3%)
22	<b>SŁAWIŃSKI Marek</b>	<b>71</b>		M 30-39	3	00:07:17	00:15:08	<b>00:23:16.85</b>	+00:05:35 (24.0%)	4:33	13.2 (76.3%)
23	<b>ADASZYŃSKI Wiesław</b>	<b>1</b>	BIEGOLAS KOSZALIN	M 50-59	4	00:07:17	00:15:25	<b>00:23:23.90</b>	+00:05:42 (24.4%)	4:35	13.1 (75.7%)
24	<b>SAWIŃSKI Jacek</b>	<b>68</b>		M 40-49	10	00:07:46	00:15:43	<b>00:23:26.65</b>	+00:05:45 (24.6%)	4:35	13.1 (75.7%)
25	<b>KRZEWIŃSKA Małgorzata</b>	<b>42</b>	TKKF KOSZALIN	K 60-69	1	00:07:50	00:15:46	<b>00:23:35.65</b>	+00:05:54 (25.0%)	4:37	13 (75.1%)
26	<b>WOLNY Mariusz</b>	<b>86</b>		M 30-39	4	00:07:40	00:15:35	<b>00:23:39.65</b>	+00:05:58 (25.3%)	4:38	12.9 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.7km	3.4km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
27	<b>HOREGLAD Paweł</b>	<b>25</b>	SPEEDY GONZALES	M 18-29	4	00:07:40	00:15:48	<b>00:23:45.75</b>	+00:06:04 (25.6%)	4:39	12.9 (74.6%)
28	<b>DRABKOWSKA Agnieszka</b>	<b>9</b>		K 40-49	1	00:07:45	00:15:43	<b>00:23:47.10</b>	+00:06:06 (25.6%)	4:39	12.9 (74.6%)
29	<b>FEDORCZAK Joanna</b>	<b>11</b>	BIEGOLAS KOSZALIN	K 40-49	2	00:07:50	00:15:52	<b>00:23:51.00</b>	+00:06:09 (25.8%)	4:40	12.8 (74.0%)
30	<b>POKOJOWY Rafał</b>	<b>64</b>		M 30-39	5	00:07:22	00:15:34	<b>00:23:53.35</b>	+00:06:12 (26.0%)	4:40	12.8 (74.0%)
31	<b>NOREK Tomek</b>	<b>54</b>		M 50-59	5	00:07:50	00:16:00	<b>00:24:03.90</b>	+00:06:22 (26.5%)	4:42	12.7 (73.4%)
32	<b>SKOWYRSKI Janusz</b>	<b>70</b>	TKKFBIEGOLASKOSZALIN	M 60-69	1	00:07:45	00:15:56	<b>00:24:17.50</b>	+00:06:36 (27.2%)	4:45	12.6 (72.8%)
33	<b>WAWRZYN Grzegorz</b>	<b>83</b>		M 40-49	11	00:07:29	00:15:29	<b>00:24:19.15</b>	+00:06:38 (27.3%)	4:46	12.6 (72.8%)
34	<b>KISIELIŃSKI Igor</b>	<b>31</b>		M 50-59	6	00:08:00	00:16:09	<b>00:24:20.90</b>	+00:06:39 (27.4%)	4:46	12.6 (72.8%)
35	<b>RUTKOWSKI Ryszard</b>	<b>67</b>	RUNKING / SPORTOWIEC.INFO	M 50-59	7	00:07:40	00:15:58	<b>00:24:32.45</b>	+00:06:51 (27.9%)	4:48	12.5 (72.3%)
36	<b>GARNCAREK Paweł</b>	<b>13</b>		M 40-49	12	00:08:18	00:16:45	<b>00:24:55.95</b>	+00:07:14 (29.1%)	4:53	12.3 (71.1%)
37	<b>GAWROŃSKI Bartosz</b>	<b>15</b>		M 30-39	6	00:07:57	00:16:43	<b>00:25:03.40</b>	+00:07:22 (29.4%)	4:54	12.2 (70.5%)
38	<b>ŚWIDERSKI Marcin</b>	<b>78</b>		M 30-39	7	00:07:55	00:16:23	<b>00:25:03.70</b>	+00:07:22 (29.4%)	4:54	12.2 (70.5%)
39	<b>LEWANDOWSKA Anna</b>	<b>44</b>		K 30-39	3	00:07:54	00:16:47	<b>00:25:04.85</b>	+00:07:23 (29.5%)	4:54	12.2 (70.5%)
40	<b>OLSZAK Grzegorz</b>	<b>55</b>		M 40-49	13	00:08:02	00:16:39	<b>00:25:05.30</b>	+00:07:24 (29.5%)	4:55	12.2 (70.5%)
40	<b>GRUNWALD Karolina</b>	<b>21</b>		K 30-39	4	00:07:37	00:16:19	<b>00:25:05.30</b>	+00:07:24 (29.5%)	4:55	12.2 (70.5%)
42	<b>GIEDROWICZ Aleksandra</b>	<b>17</b>		K 30-39	5	00:07:59	00:16:34	<b>00:25:10.55</b>	+00:07:29 (29.8%)	4:56	12.2 (70.5%)
43	<b>GRABAREK Ewelina</b>	<b>19</b>		K 30-39	6	00:08:08	00:16:44	<b>00:25:27.30</b>	+00:07:46 (30.5%)	4:59	12 (69.4%)
44	<b>JĘDRZEJCZYK Franciszek</b>	<b>27</b>		M 50-59	8	00:08:24	00:16:55	<b>00:25:27.70</b>	+00:07:46 (30.5%)	4:59	12 (69.4%)
45	<b>GIŻYCKI Łukasz</b>	<b>18</b>		M 18-29	5	00:07:35	00:16:35	<b>00:25:28.90</b>	+00:07:47 (30.6%)	4:59	12 (69.4%)
46	<b>MONGIAŁO Marcin</b>	<b>52</b>		M 40-49	14	00:08:25	00:16:53	<b>00:25:34.30</b>	+00:07:53 (30.8%)	5:00	12 (69.4%)
47	<b>PEKA Mateusz</b>	<b>59</b>	POLITECHNIKA KOSZALIŃSKA	M 18-29	6	00:07:37	00:16:17	<b>00:25:53.15</b>	+00:08:12 (31.7%)	5:04	11.8 (68.2%)
48	<b>PIECHOTA Robert</b>	<b>63</b>		M 50-59	9	00:08:32	00:17:20	<b>00:25:55.30</b>	+00:08:14 (31.8%)	5:04	11.8 (68.2%)
49	<b>ANTKOWIAK Sebastian</b>	<b>2</b>	DB-ACTIVE	M 40-49	15	00:08:08	00:16:54	<b>00:25:57.20</b>	+00:08:16 (31.9%)	5:05	11.8 (68.2%)
50	<b>KILAR Tomasz</b>	<b>93</b>		M 40-49	16	00:08:25	00:17:15	<b>00:26:12.45</b>	+00:08:31 (32.5%)	5:08	11.7 (67.6%)
51	<b>KĘSIK Michał</b>	<b>30</b>	ZDARTE PODESZWY	M 40-49	17	00:08:46	00:17:36	<b>00:26:24.95</b>	+00:08:43 (33.1%)	5:10	11.6 (67.1%)
52	<b>KONKEL Łukasz</b>	<b>33</b>		M 40-49	18	00:08:32	00:17:30	<b>00:26:26.95</b>	+00:08:45 (33.1%)	5:10	11.6 (67.1%)
53	<b>BOGACKA Lucyna</b>	<b>5</b>	TKKF KOSZALIN	K 60-69	2	00:08:31	00:17:31	<b>00:26:37.85</b>	+00:08:56 (33.6%)	5:13	11.5 (66.5%)
54	<b>KOZŁOWIECKI Waldemar</b>	<b>36</b>	TKKF KOSZALIN	M OPEN	1	00:09:00	00:18:17	<b>00:27:33.80</b>	+00:09:52 (35.8%)	5:24	11.1 (64.2%)
55	<b>FABJAŃSKI Karol</b>	<b>10</b>		M 18-29	7	00:08:15	00:17:51	<b>00:27:37.50</b>	+00:09:56 (36.0%)	5:24	11.1 (64.2%)
56	<b>OSENKOWSKI Artur</b>	<b>58</b>		M 30-39	8	00:08:09	00:17:52	<b>00:28:34.20</b>	+00:10:53 (38.1%)	5:36	10.7 (61.8%)
57	<b>KRAJCZYŃSKI Mariusz</b>	<b>37</b>	LEPSZY KOSZALIN	M 40-49	19	00:08:47	00:18:44	<b>00:28:58.75</b>	+00:11:17 (39.0%)	5:40	10.6 (61.3%)
58	<b>PEŁKA Iwona</b>	<b>60</b>		K 50-59	1	00:09:33	00:19:50	<b>00:29:40.35</b>	+00:11:59 (40.4%)	5:49	10.3 (59.5%)
59	<b>GRABSKI Michał</b>	<b>20</b>		M 18-29	8	00:08:45	00:19:03	<b>00:30:12.55</b>	+00:12:31 (41.5%)	5:55	10.1 (58.4%)
60	<b>HELLER Zdzisław</b>	<b>23</b>	HERBMARATONOW.PL	M 60-69	2	00:09:42	00:20:06	<b>00:30:21.00</b>	+00:12:39 (41.7%)	5:57	10.1 (58.4%)
61	<b>PAŁKA Gabriela</b>	<b>92</b>		K OPEN	1	00:09:45	00:20:30	<b>00:32:21.20</b>	+00:14:40 (45.3%)	6:20	9.5 (54.9%)
62	<b>KOTARA-PAŁKA Małgorzata</b>	<b>91</b>		K 40-49	3	00:09:45	00:20:29	<b>00:32:21.25</b>	+00:14:40 (45.3%)	6:20	9.5 (54.9%)
63	<b>KOSZOWSKI Krystian</b>	<b>89</b>		M 40-49	20	00:09:47	00:21:21	<b>00:33:21.85</b>	+00:15:40 (47.0%)	6:32	9.2 (53.2%)
64	<b>WALO Zbigniew</b>	<b>82</b>		M 60-69	3	00:10:34	00:22:04	<b>00:33:42.25</b>	+00:16:01 (47.5%)	6:36	9.1 (52.6%)
65	<b>SOBCZYK Kacper</b>	<b>73</b>		M 18-29	9	00:08:47	00:20:31	<b>00:34:14.00</b>	+00:16:32 (48.3%)	6:42	8.9 (51.4%)
66	<b>TREJDER Maria</b>	<b>80</b>	BAJADERKI KOSZALIN	K 50-59	2	00:10:58	00:23:00	<b>00:35:25.20</b>	+00:17:44 (50.1%)	6:56	8.6 (49.7%)
67	<b>KAFFKE Krzesimir</b>	<b>29</b>		M 18-29	10	00:09:19	00:24:13	<b>00:39:14.85</b>	+00:21:33 (54.9%)	7:41	7.8 (45.1%)
68	<b>BOLEK Adrian</b>	<b>7</b>		M 18-29	11	00:09:55	00:24:15	<b>00:39:17.45</b>	+00:21:36 (55.0%)	7:42	7.8 (45.1%)