

BIEG WALENTYNKOWY - 5 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: Bieg Walentynkowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2024-02-17
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.6km	3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	STADNIK Jacek	175		M30	1	00:05:05	00:10:24	00:15:49.60		3:09	19 (100%)
2	ADAMSKI Daniel	81	RAZ SZCZECIN / MURAWSKI TEAM	M18	1	00:05:04	00:10:28	00:16:03.05	+00:00:13 (1.4%)	3:12	18.7 (98.4%)
3	KOSICKI Kajetan	134	AML SŁUPSK	M14	1	00:05:04	00:10:40	00:16:43.25	+00:00:53 (5.3%)	3:20	17.9 (94.2%)
4	RYBARCZYK Jan	166	DARŁOWO	M50	1	00:05:18	00:11:17	00:17:04.75	+00:01:15 (7.3%)	3:24	17.6 (92.6%)
5	HUBERT Łukasz	119	7PRO SIÓDMIĄK TEAM	M40	1	00:05:22	00:11:23	00:17:15.55	+00:01:25 (8.3%)	3:27	17.4 (91.6%)
6	OSIŃSKI Wojciech	47	TEAM ZABIEGANE DNI	M30	2	00:05:17	00:11:22	00:17:29.30	+00:01:39 (9.5%)	3:29	17.2 (90.5%)
7	SZNYTER Hubert	182	NICE'SRUNNERS TEAM	M18	2	00:05:43	00:12:06	00:18:27.20	+00:02:37 (14.2%)	3:41	16.3 (85.8%)
8	RUDNIKOWSKI Maciej	164	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M50	2	00:05:47	00:12:11	00:18:31.15	+00:02:41 (14.5%)	3:42	16.2 (85.3%)
9	WOJNIUSZ Adrian	198	FEIFER TEAM/ DARŁOWSKIE CHARTY	M40	2	00:05:49	00:12:14	00:18:38.35	+00:02:48 (15.1%)	3:43	16.1 (84.7%)
10	PICK Tomasz	158	BIEGOLAS KOSZALIN	M50	3	00:06:01	00:12:36	00:18:55.95	+00:03:06 (16.4%)	3:47	15.9 (83.7%)
11	MICHAŁOWSKI Piotr	149	KB BIEGAJĄCY DIETETYK TEAM	M30	3	00:05:53	00:12:34	00:19:01.70	+00:03:12 (16.8%)	3:48	15.8 (83.2%)
12	SZULC Arek Arbuz	185	7PROSIÓDMIĄKTEAM	M40	3	00:06:11	00:12:44	00:19:04.45	+00:03:14 (17.0%)	3:48	15.7 (82.6%)
13	SŁUPCZEWSKI Krzysztof	1		M40	4	00:06:09	00:12:53	00:19:24.10	+00:03:34 (18.4%)	3:52	15.5 (81.6%)
14	PACYNA Daniel	154		M40	5	00:05:59	00:12:42	00:19:25.55	+00:03:35 (18.5%)	3:53	15.5 (81.6%)
15	SMAGOWSKI Wojtek	171	OSP RĄBINO	M40	6	00:06:09	00:12:52	00:19:25.95	+00:03:36 (18.6%)	3:53	15.5 (81.6%)
16	SZKOŁUDA Sabina	180	NICE'SRUNNERS TEAM	K18	1	00:06:12	00:12:55	00:19:26.20	+00:03:36 (18.6%)	3:53	15.4 (81.1%)
17	WALEŃSKI Michał	76	TKKF KOSZALIN	M50	4	00:06:10	00:12:53	00:19:26.50	+00:03:36 (18.6%)	3:53	15.4 (81.1%)
18	WASIELEWSKA Paulina	193	UKL 'ÓSEMKA' POLICE	K18	2	00:06:08	00:12:52	00:19:27.30	+00:03:37 (18.6%)	3:53	15.4 (81.1%)
19	CZAPLIŃSKI Jacek	107	NICE'SRUNNERSTEAM	M40	7	00:06:12	00:12:55	00:19:30.95	+00:03:41 (18.9%)	3:54	15.4 (81.1%)
20	KOZIEŁ Paweł	137	JJ RUNNERS TEAM / FIGA TEAM BIAŁOGARD	M40	8	00:06:14	00:13:13	00:19:51.60	+00:04:02 (20.3%)	3:58	15.1 (79.5%)
21	WEBER Paweł	194	BIEGOLAS	M40	9	00:06:10	00:13:01	00:20:02.00	+00:04:12 (21.0%)	4:00	15 (78.9%)
22	PEKAŁA Mikołaj	157		M18	3	00:06:32	00:13:30	00:20:10.80	+00:04:21 (21.6%)	4:02	14.9 (78.4%)
23	KASZTELAN Urszula	127	TRIATHLON TKKF KOSZALIN	K30	1	00:06:26	00:13:26	00:20:27.05	+00:04:37 (22.6%)	4:05	14.7 (77.4%)
24	BARTHA Tomasz	86		M14	2	00:06:18	00:13:29	00:20:34.55	+00:04:44 (23.1%)	4:06	14.6 (76.8%)
25	WOJCIECHOWICZ Jacek	197	PASJA TEAM	M40	10	00:06:32	00:13:42	00:20:43.50	+00:04:53 (23.6%)	4:08	14.5 (76.3%)
26	URBAŃSKI Tomasz	191		M50	5	00:06:18	00:13:28	00:20:45.70	+00:04:56 (23.8%)	4:09	14.5 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.6km	3.3km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
27	KOLCHINA Anastasia	131	AML SŁUPSK	K18	3	00:06:09	00:13:30	00:20:53.10	+00:05:03 (24.2%)	4:10	14.4 (75.8%)
28	BARTHA Adrian	85		M30	4	00:06:17	00:13:38	00:20:59.40	+00:05:09 (24.6%)	4:11	14.3 (75.3%)
29	SAWICKI Marcin	167		M30	5	00:06:40	00:14:00	00:21:14.40	+00:05:24 (25.5%)	4:14	14.1 (74.2%)
30	KURKOWSKI Piotr	141		M30	6	00:06:38	00:14:00	00:21:15.00	+00:05:25 (25.5%)	4:15	14.1 (74.2%)
31	KOWALIK Natalia	136	MKL SZCZECINEK	K18	4	00:06:34	00:13:50	00:21:17.10	+00:05:27 (25.6%)	4:15	14.1 (74.2%)
32	WIZE Małgorzata	196		K40	1	00:06:30	00:14:01	00:21:24.75	+00:05:35 (26.1%)	4:16	14 (73.7%)
33	SOBCZAK Wiktoria	172	AZS GUMED	K18	5	00:06:27	00:13:57	00:21:31.50	+00:05:41 (26.5%)	4:18	13.9 (73.2%)
34	MAZUR Tomasz	148	I LO SZCZECINEK	M40	11	00:06:45	00:14:14	00:21:52.05	+00:06:02 (27.6%)	4:22	13.7 (72.1%)
35	GUDANIEC Katarzyna	114	TRIATHLON TKKF KOSZALIN	K30	2	00:06:48	00:14:24	00:22:01.20	+00:06:11 (28.1%)	4:24	13.6 (71.6%)
36	SEROWSKI Łukasz	168	BIEGOLAS KOSZALIN	M40	12	00:07:00	00:14:38	00:22:15.95	+00:06:26 (28.9%)	4:27	13.5 (71.1%)
37	ZWOLIŃSKI Jan	17	TKKF KOSZALIN	M50	6	00:07:06	00:14:49	00:22:22.75	+00:06:33 (29.3%)	4:28	13.4 (70.5%)
38	SUCHANOWSKI Zygmunt	177	RESPECT LOTYŃ	M50	7	00:06:48	00:14:36	00:22:24.45	+00:06:34 (29.4%)	4:28	13.4 (70.5%)
39	WOJNIUSZ Kamila	199	FEIFER TEAM/ DARŁOWSKIE CHARTY	K30	3	00:07:01	00:14:48	00:22:28.10	+00:06:38 (29.6%)	4:29	13.4 (70.5%)
40	FLIS Anna	109	WŚCIEKŁE PIĘŚCI MOPSA	K30	4	00:07:31	00:15:14	00:22:33.20	+00:06:43 (29.8%)	4:30	13.3 (70.0%)
41	ROGOSZ Jakub	163	LUMBERJACKS CROSS GARAGE	M30	7	00:07:16	00:15:05	00:22:34.75	+00:06:45 (29.9%)	4:30	13.3 (70.0%)
42	HOPE Przemysław	118	KORONA SZCZECIN	M18	4	00:07:10	00:14:55	00:22:35.15	+00:06:45 (29.9%)	4:31	13.3 (70.0%)
43	BACHLIŃSKI Daniel	83		M18	5	00:07:13	00:15:02	00:22:44.75	+00:06:55 (30.4%)	4:32	13.2 (69.5%)
44	GRUNWALD Karolina	111		K30	5	00:07:14	00:15:04	00:22:48.20	+00:06:58 (30.6%)	4:33	13.2 (69.5%)
45	BOCZEK Bartłomiej	92	SKWARKI	M18	6	00:07:08	00:15:11	00:23:10.55	+00:07:20 (31.7%)	4:38	12.9 (67.9%)
46	BUDZIŃSKI Paweł	97	DRUŻYNA SZPIKU	M40	13	00:07:31	00:15:32	00:23:18.55	+00:07:28 (32.1%)	4:39	12.9 (67.9%)
47	WOŹNIAK Ireneusz	200		M30	8	00:07:23	00:15:39	00:23:38.65	+00:07:49 (33.1%)	4:43	12.7 (66.8%)
48	MAJEWSKA Dorota	146	BIEGOLAS KOSZALIN , BIAŁOGARD BIEGA	K50	1	00:07:30	00:15:41	00:23:45.70	+00:07:56 (33.4%)	4:45	12.6 (66.3%)
49	KISIELIŃSKI Igor	129		M60	1	00:07:31	00:15:40	00:23:48.45	+00:07:58 (33.5%)	4:45	12.6 (66.3%)
50	JANKOJĆ Dominik	121		M40	14	00:07:54	00:16:13	00:23:54.85	+00:08:05 (33.8%)	4:46	12.6 (66.3%)
51	MARCINIAK Maciej	147	ROZKOCHANY POŁCZYN	M30	9	00:08:16	00:16:39	00:24:12.70	+00:08:23 (34.6%)	4:50	12.4 (65.3%)
52	ZDONEK Krzysztof	202		M40	15	00:07:52	00:16:12	00:24:15.00	+00:08:25 (34.7%)	4:51	12.4 (65.3%)
53	KLENIEWSKI Piotr	130		M60	2	00:07:27	00:15:44	00:24:16.85	+00:08:27 (34.8%)	4:51	12.4 (65.3%)
54	TUROWICZ Mikołaj	189		M18	7	00:07:18	00:15:59	00:24:29.45	+00:08:39 (35.4%)	4:53	12.3 (64.7%)
55	SKOWYRSKI Janusz	170	BIEGOLAS KOSZALIN	M60	3	00:07:30	00:15:53	00:24:30.80	+00:08:41 (35.4%)	4:54	12.2 (64.2%)
56	OLSZAK Grzegorz	152		M50	8	00:07:46	00:16:18	00:24:33.50	+00:08:43 (35.6%)	4:54	12.2 (64.2%)
57	KRZEWIŃSKA Małgorzata	140	TKKF KOSZALIN	K60+	1	00:07:52	00:16:20	00:24:40.90	+00:08:51 (35.9%)	4:56	12.2 (64.2%)
58	HAŁAJKO Magdalena	116	TKKF KOSZALIN	K40	2	00:07:40	00:16:13	00:24:42.70	+00:08:53 (36.0%)	4:56	12.1 (63.7%)
59	BIESEK Krzysztof	89		M40	16	00:07:45	00:16:22	00:24:48.85	+00:08:59 (36.2%)	4:57	12.1 (63.7%)
60	BADOWSKA Agnieszka	84		K40	3	00:07:57	00:16:25	00:24:51.10	+00:09:01 (36.3%)	4:58	12.1 (63.7%)
61	STACHOWIAK Ryszard	174		M70+	1	00:07:31	00:16:12	00:24:56.60	+00:09:07 (36.5%)	4:59	12 (63.2%)
62	SUDER-MAKSYMOWICZ Grzegorz	178		M40	17	00:07:53	00:16:24	00:24:59.00	+00:09:09 (36.7%)	4:59	12 (63.2%)
63	KANIOWSKI Jacek	124	W.P.K SŁOŃ TEAM USTKA	M40	18	00:07:43	00:16:17	00:25:04.25	+00:09:14 (36.9%)	5:00	12 (63.2%)
64	LEWANDOWSKA Anna	142		K30	6	00:07:38	00:16:27	00:25:05.20	+00:09:15 (36.9%)	5:01	12 (63.2%)
65	KAŻMIERCZAK Tomasz	128	JW3937	M40	19	00:08:09	00:16:52	00:25:05.35	+00:09:15 (36.9%)	5:01	12 (63.2%)
66	MYK Ewa	151		K30	7	00:08:11	00:16:54	00:25:22.40	+00:09:32 (37.6%)	5:04	11.8 (62.1%)
67	ŁAJDYCH Ariel	144		M40	20	00:07:10	00:16:05	00:25:29.35	+00:09:39 (37.9%)	5:05	11.8 (62.1%)
68	SCHWARZ Ludwik	28		M50	9	00:08:12	00:17:03	00:25:35.70	+00:09:46 (38.2%)	5:07	11.7 (61.6%)
69	RUTKOWSKI Ryszard	165	RUNKING BIEGACZY	M60	4	00:07:20	00:16:08	00:25:36.75	+00:09:47 (38.2%)	5:07	11.7 (61.6%)
70	GÓRALSKA Monika	110	BIAŁOGARD BIEGA	K40	4	00:08:14	00:17:16	00:25:45.00	+00:09:55 (38.5%)	5:09	11.7 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.6km	3.3km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
71	KRAJEWSKI Robert	139		M30	10	00:08:16	00:17:06	00:25:58.95	+00:10:09 (39.1%)	5:11	11.6 (61.1%)
72	OSOBNIAK Ryszard	153		M60	5	00:08:21	00:17:35	00:26:28.60	+00:10:39 (40.2%)	5:17	11.3 (59.5%)
73	PIETRZYKOWSKI Mateusz	161	WŚCIEKŁE PIĘŚCI MOPSA	M30	11	00:08:37	00:18:10	00:26:30.60	+00:10:41 (40.3%)	5:18	11.3 (59.5%)
74	PIECHOTA Robert	159		M50	10	00:08:29	00:17:46	00:26:31.95	+00:10:42 (40.3%)	5:18	11.3 (59.5%)
75	ZAREMBA Tomasz	41		M40	21	00:08:23	00:17:56	00:26:47.30	+00:10:57 (40.9%)	5:21	11.2 (58.9%)
76	KOZŁOWIECKI Waldemar	138	TKKF KOSZALIN	M70+	2	00:08:34	00:17:48	00:27:06.65	+00:11:17 (41.6%)	5:25	11.1 (58.4%)
77	BOGUCKI Dariusz	94		M40	22	00:08:52	00:18:18	00:27:28.55	+00:11:38 (42.4%)	5:29	10.9 (57.4%)
78	KOWALCZYK Karolina	135		K40	5	00:08:51	00:18:33	00:27:43.25	+00:11:53 (42.9%)	5:32	10.8 (56.8%)
79	BŁĄŻEJCZAK-BOGUCKA Paulina	90		K30	8	00:08:53	00:18:32	00:27:56.70	+00:12:07 (43.4%)	5:35	10.7 (56.3%)
80	CHOMA Edyta	103	SKWARKI	K30	9	00:08:53	00:18:31	00:28:01.20	+00:12:11 (43.5%)	5:36	10.7 (56.3%)
81	KOZAK Katarzyna	2		K18	6	00:08:51	00:19:22	00:28:08.45	+00:12:18 (43.8%)	5:37	10.7 (56.3%)
82	KOSICKA Zofia	16	SŁUPSK -AML	K14	1	00:09:05	00:18:58	00:28:08.95	+00:12:19 (43.8%)	5:37	10.7 (56.3%)
83	KARŻANOWSKI Aleksander	126		M30	12	00:09:09	00:18:48	00:28:09.20	+00:12:19 (43.8%)	5:37	10.7 (56.3%)
84	KARŻANOWSKA-KUŹNIARSKA Tatiana	125		K30	10	00:09:07	00:18:46	00:28:11.00	+00:12:21 (43.8%)	5:38	10.6 (55.8%)
85	MULARCZYK Aneta	150		K30	11	00:09:07	00:18:46	00:28:12.50	+00:12:22 (43.9%)	5:38	10.6 (55.8%)
86	CZAPLA Paulina	106		K40	6	00:08:49	00:18:34	00:28:14.35	+00:12:24 (44.0%)	5:38	10.6 (55.8%)
87	BUCHAR Hanna	96		K18	7	00:08:44	00:18:39	00:28:18.35	+00:12:28 (44.1%)	5:39	10.6 (55.8%)
88	CHMIELEWICZ Hubert	100		M18	8	00:08:44	00:18:40	00:28:21.05	+00:12:31 (44.2%)	5:40	10.6 (55.8%)
89	KOSICKA Iwona	133	STOPA SŁUPSK	K40	7	00:09:05	00:19:01	00:28:23.65	+00:12:34 (44.3%)	5:40	10.6 (55.8%)
90	BUTOWICZ Adam	99		M60	6	00:08:54	00:18:49	00:28:26.35	+00:12:36 (44.3%)	5:41	10.6 (55.8%)
91	GUDANIEC Dorota	113	TRIATHLON TKKF KOSZALIN	K60+	2	00:09:06	00:18:54	00:28:27.25	+00:12:37 (44.4%)	5:41	10.5 (55.3%)
92	ŚLEDŹ Przemysław	186		M40	23	00:08:26	00:18:31	00:28:43.15	+00:12:53 (44.9%)	5:44	10.4 (54.7%)
93	GUZOWSKA Elżbieta	115		K40	8	00:08:52	00:18:46	00:28:47.65	+00:12:58 (45.0%)	5:45	10.4 (54.7%)
94	PIETRUŚ Magdalena	160		K30	12	00:08:42	00:18:34	00:28:47.80	+00:12:58 (45.0%)	5:45	10.4 (54.7%)
95	ŁUKAWSKA Pola	145		K14	2	00:08:40	00:18:56	00:29:11.95	+00:13:22 (45.8%)	5:50	10.3 (54.2%)
96	SZUL Daria	184		K30	13	00:09:09	00:18:59	00:29:16.40	+00:13:26 (45.9%)	5:51	10.3 (54.2%)
97	PEŁKA Iwona	155		K50	2	00:09:14	00:19:30	00:29:17.50	+00:13:27 (46.0%)	5:51	10.2 (53.7%)
98	JANUSZEWSKI Jacek	122	NIEZRZESZONY	M60	7	00:09:20	00:19:30	00:29:45.70	+00:13:56 (46.8%)	5:57	10.1 (53.2%)
99	SOKOŁOWSKA Tola	173		K40	9	00:09:02	00:19:26	00:29:54.00	+00:14:04 (47.1%)	5:58	10 (52.6%)
100	SUCHANOWSKA Anna	176	RESPECT LOTYŃ	K50	3	00:09:19	00:19:43	00:30:08.40	+00:14:18 (47.5%)	6:01	10 (52.6%)
101	BEDNARZ Katarzyna	87		K50	4	00:09:27	00:20:05	00:30:37.45	+00:14:47 (48.3%)	6:07	9.8 (51.6%)
102	JUSZCZAK Krzysztof	123		M70+	3	00:09:11	00:20:01	00:31:04.00	+00:15:14 (49.1%)	6:12	9.7 (51.1%)
103	BIAŁAS Kamilla	88		K40	10	00:09:42	00:20:32	00:31:11.15	+00:15:21 (49.3%)	6:14	9.6 (50.5%)
104	SZPITER Tomasz	183	OLAWS ZŁOTORYJA	M50	11	00:09:47	00:20:38	00:31:12.45	+00:15:22 (49.3%)	6:14	9.6 (50.5%)
104	WACHHOLZ Beata	192		K50	5	00:09:47	00:20:38	00:31:12.45	+00:15:22 (49.3%)	6:14	9.6 (50.5%)
106	HELLER Zdzisław	117		M60	8	00:09:42	00:20:33	00:31:12.60	+00:15:23 (49.3%)	6:14	9.6 (50.5%)
107	CICHECKA Żaneta	104		K30	14	00:09:52	00:20:48	00:31:44.85	+00:15:55 (50.1%)	6:20	9.5 (50.0%)
108	BOCHAŃSKA Anna	91		K40	11	00:09:50	00:20:48	00:31:45.95	+00:15:56 (50.2%)	6:21	9.4 (49.5%)
109	TOMASZEWICZ Agnieszka	187		K40	12	00:09:53	00:20:50	00:31:54.10	+00:16:04 (50.4%)	6:22	9.4 (49.5%)
110	LEWANDOWSKI Marek Krzysztof	143		M40	24	00:10:17	00:21:40	00:32:41.20	+00:16:51 (51.6%)	6:32	9.2 (48.4%)
111	WIECHEĆ Anna	195		K30	15	00:10:17	00:21:39	00:32:41.50	+00:16:51 (51.6%)	6:32	9.2 (48.4%)
112	BRZEZICKA Natalia	95	KORONA SZCZECIN	K18	8	00:09:44	00:21:23	00:33:00.95	+00:17:11 (52.1%)	6:36	9.1 (47.9%)
113	DĘBOWSKA-SZCZYTKOWSKA Izabella	108		K50	6	00:10:04	00:22:04	00:33:40.45	+00:17:50 (53.0%)	6:44	8.9 (46.8%)
114	SZCZYTKOWSKI Marek	179		M50	12	00:10:03	00:22:04	00:33:40.80	+00:17:51 (53.0%)	6:44	8.9 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.6km	3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
115	WROBLEWSKI Jerzy	201	PARKRUN SZCZECINEK	M60	9	00:10:17	00:22:08	00:34:29.80	+00:18:40 (54.1%)	6:53	8.7 (45.8%)
116	KOROTKA Ewa	132		K40	13	00:09:07	00:20:41		+	6:16	9.6 (50.5%)
117	KALINARCZYK Mateusz	7	CZACHA TEAM	M30	13	00:08:51			+	5:31	10.8 (56.8%)

Znaleziono 117 wynik(ów)