



BIEG WALENTYNKOWY

B4SPORT

Wydarzenie: Bieg Walentynkowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2023-02-18
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Start Premii 2.3km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CZERNIEWSKI Marcin	112	AML SŁUPSK	Premia M - 1 km	1	00:04:50	00:07:10	00:10:25	00:16:04.00		3:12	18.7 (100%)
2	WITKOWSKI Mateusz	105	WITKOWSKI TRENINGI ON-LINE	Premia M - 1 km	2	00:04:51	00:07:11	00:10:27	00:16:12.40	+00:00:08 (0.9%)	3:14	18.5 (98.9%)
3	PROWANCKI Patryk	79	WILKI POMORSKIE	Premia M - 1 km	3	00:04:51	00:07:11	00:10:27	00:16:26.20	+00:00:22 (2.3%)	3:17	18.3 (97.9%)
4	PIOTRASCHKE Piotr	113	AML SŁUPSK	Premia M - 1 km	4	00:04:50	00:07:10	00:10:28	00:16:30.10	+00:00:26 (2.6%)	3:18	18.2 (97.3%)
5	RUDNIK Krzysztof	82		Premia M - 1 km	5	00:05:06	00:07:39	00:11:08	00:16:59.45	+00:00:55 (5.4%)	3:23	17.7 (94.7%)
6	KĘPKA Adrian	33		Premia M - 1 km	6	00:05:05	00:07:38	00:11:08	00:17:03.10	+00:00:59 (5.8%)	3:24	17.6 (94.1%)
7	RYBARCZYK Jan	87	ŻYJ Z ENERGIA	Premia M - 1 km	7	00:05:05	00:07:38	00:11:08	00:17:08.50	+00:01:04 (6.3%)	3:25	17.5 (93.6%)
8	KOZAK Arkadiusz	120	HERKULES	Premia M - 1 km	8	00:05:13	00:07:48	00:11:24	00:17:43.40	+00:01:39 (9.3%)	3:32	16.9 (90.4%)
9	SIADAK Arkadiusz	89		Premia M - 1 km	9	00:05:25	00:08:06	00:11:51	00:18:16.65	+00:02:12 (12.1%)	3:39	16.4 (87.7%)
10	RUDNIKOWSKI Maciej	83	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	Premia M - 1 km	10	00:05:33	00:08:20	00:12:03	00:18:25.10	+00:02:21 (12.8%)	3:41	16.3 (87.2%)
11	SZNYTER Hubert	116		Premia M - 1 km	11	00:05:41	00:08:27	00:12:07	00:18:31.80	+00:02:27 (13.3%)	3:42	16.2 (86.6%)
12	SMAGOWSKI Wojciech	90	OSP RĄBINO	Premia M - 1 km	12	00:05:34	00:08:19	00:12:06	00:18:34.10	+00:02:30 (13.5%)	3:42	16.2 (86.6%)
13	FEDORCZAK Łukasz	15	BIEGOLAS KOSZALIN	Premia M - 1 km	13	00:05:35	00:08:21	00:12:06	00:18:40.40	+00:02:36 (14.0%)	3:44	16.1 (86.1%)
14	MICHAŁOWSKI Piotr	63		Premia M - 1 km	14	00:05:33	00:08:21	00:12:09	00:18:45.15	+00:02:41 (14.3%)	3:45	16 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Start_Premii 2.3km	Lap 3.3km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
15	WITKIEWICZ Eryk	104		Premia M - 1 km	15	00:05:41	00:08:27	00:12:14	00:18:49.10	+00:02:45 (14.6%)	3:45	15.9 (85.0%)
16	KLIMOWICZ Michał	35		Premia M - 1 km	16	00:05:35	00:08:39	00:12:34	00:19:13.55	+00:03:09 (16.4%)	3:50	15.6 (83.4%)
17	SZULC Arkadiusz Arbuz	96	7PROTEAM	Premia M - 1 km	17	00:05:59	00:08:53	00:12:55	00:19:34.75	+00:03:30 (17.9%)	3:54	15.3 (81.8%)
18	WRZESZCZ Bartosz	107		Premia M - 1 km	18	00:05:44	00:08:43	00:12:50	00:19:40.30	+00:03:36 (18.3%)	3:56	15.3 (81.8%)
19	WEBER Paweł	103	BIEGOLAS KOSZALIN	Premia M - 1 km	19	00:05:53	00:08:49	00:12:54	00:19:41.95	+00:03:37 (18.4%)	3:56	15.2 (81.3%)
20	NOWAK Radosław	67	WEST COAST TEAM ŚWINOUJŚCIE	Premia M - 1 km	20	00:05:42	00:08:38	00:12:46	00:19:44.50	+00:03:40 (18.6%)	3:56	15.2 (81.3%)
21	KOZAK Grzegorz	7	TKKF KOSZALIN	Premia M - 1 km	21	00:05:53	00:08:49	00:12:54	00:19:45.30	+00:03:41 (18.7%)	3:57	15.2 (81.3%)
22	KOZIEŁ Paweł	42	KĘPKANATRASIE	Premia M - 1 km	22	00:05:53	00:08:48	00:12:54	00:19:49.30	+00:03:45 (18.9%)	3:57	15.1 (80.7%)
23	KONKEL Agnieszka	39		Premia K - 1 km	1	00:05:54	00:08:54	00:13:02	00:20:08.55	+00:04:04 (20.2%)	4:01	14.9 (79.7%)
24	MRÓWKA Katarzyna	65	KAMIENNOGÓRSKA GRUPA BIEGOWA	Premia K - 1 km	2	00:06:17	00:09:23	00:13:37	00:21:00.80	+00:04:56 (23.5%)	4:12	14.3 (76.5%)
24	WALEŃSKI Michał	8	TKKF KOSZALIN	Premia M - 1 km	23	00:06:34	00:09:41	00:13:54	00:21:00.80	+00:04:56 (23.5%)	4:12	14.3 (76.5%)
26	SZCZUBLEWSKI Martin	95	KAMIEŃ RYMAŃSKI	Premia M - 1 km	24	00:06:03	00:09:14	00:13:35	00:21:01.75	+00:04:57 (23.6%)	4:12	14.3 (76.5%)
27	GAWĘDA Emil	22	DARŁOWSKIE CHARTY / #KĘPKANATRASIE	Premia M - 1 km	25	00:06:21	00:09:33	00:13:53	00:21:30.50	+00:05:26 (25.3%)	4:18	14 (74.9%)
28	SAWIŃSKI Jacek	88		Premia M - 1 km	26	00:06:33	00:09:41	00:14:00	00:21:30.80	+00:05:26 (25.3%)	4:18	14 (74.9%)
29	KRUK Marcin	45	TKKF MASTERS KOSZALIN	Premia M - 1 km	27	00:06:07	00:09:18	00:13:43	00:21:34.20	+00:05:30 (25.5%)	4:18	13.9 (74.3%)
30	GUDANIEC Katarzyna	25		Premia K - 1 km	3	00:06:24	00:09:37	00:14:03	00:21:49.20	+00:05:45 (26.4%)	4:21	13.8 (73.8%)
31	MARCINKOWSKI Patryk	57	KAMIEŃ RYMAŃSKI	Premia M - 1 km	28	00:06:46	00:10:03	00:14:34	00:21:53.20	+00:05:49 (26.6%)	4:22	13.7 (73.3%)
32	MAZIEC Beata	59	BIEGOLAS/TKKF KOSZALIN	Premia K - 1 km	4	00:06:45	00:10:03	00:14:34	00:22:10.80	+00:06:06 (27.6%)	4:26	13.5 (72.2%)
33	CHUDY Henryk	10	K SOLSZEWSKI I SYNOWIE	Premia M - 1 km	29	00:06:41	00:09:58	00:14:28	00:22:25.05	+00:06:21 (28.3%)	4:29	13.4 (71.7%)
34	WASYLEWICZ Krzysztof	102	KAMIEŃ RYMAŃSKI	Premia M - 1 km	30	00:06:39	00:10:02	00:14:47	00:22:38.40	+00:06:34 (29.0%)	4:31	13.3 (71.1%)
35	KORNELUK Oskar	40	KAMIEŃ RYMAŃSKI	Premia M - 1 km	31	00:07:33	00:10:50	00:15:19	00:22:41.75	+00:06:37 (29.2%)	4:32	13.2 (70.6%)
36	REDLICKI Piotr	80		Premia M - 1 km	32	00:06:37	00:10:00	00:14:37	00:22:42.80	+00:06:38 (29.3%)	4:32	13.2 (70.6%)
37	SCHWARZ Ludwik	115		Premia M - 1 km	33	00:07:19	00:10:43	00:15:09	00:22:48.60	+00:06:44 (29.6%)	4:33	13.2 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Start_Premii 2.3km	Lap 3.3km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
38	ADASZYŃSKI Wiesław	3	BIEGOLAS KOSZALIN	Premia M - 1 km	34	00:06:41	00:10:06	00:14:59	00:22:52.10	+00:06:48 (29.7%)	4:34	13.1 (70.1%)
39	MAZUR Emiliusz	60	GROOT TEAM	Premia M - 1 km	35	00:06:59	00:10:26	00:15:03	00:22:56.65	+00:06:52 (30.0%)	4:35	13.1 (70.1%)
40	MARCINIAK Maciej	58	KS POGOŃ POŁCZYN ZDRÓJ	Premia M - 1 km	36	00:06:54	00:10:22	00:14:44	00:22:58.20	+00:06:54 (30.1%)	4:35	13.1 (70.1%)
41	KRZEWIŃSKA Małgorzata	46	TKKF KOSZALIN	Premia K - 1 km	5	00:07:01	00:10:24	00:15:04	00:22:59.25	+00:06:55 (30.1%)	4:35	13.1 (70.1%)
42	KUROWSKI Marcin	52	SHELTIES RACE	Premia M - 1 km	37	00:07:04	00:10:29	00:15:06	00:22:59.90	+00:06:55 (30.1%)	4:35	13.1 (70.1%)
43	SUDER-MAKSYMOWICZ Grzegorz	94		Premia M - 1 km	38	00:06:47	00:10:10	00:14:54	00:23:08.95	+00:07:04 (30.6%)	4:37	13 (69.5%)
44	BODO Rafał	6	ZOZKOSZ KOSZALIN	Premia M - 1 km	39	00:07:05	00:10:32	00:15:16	00:23:30.40	+00:07:26 (31.7%)	4:42	12.8 (68.4%)
45	MANDZIAK Piotr	56		Premia M - 1 km	40	00:06:50	00:10:20	00:15:08	00:23:39.90	+00:07:35 (32.1%)	4:43	12.7 (67.9%)
46	FEDORCZAK Joanna	16	BIEGOLAS KOSZALIN	Premia K - 1 km	6	00:07:01	00:10:38	00:15:30	00:23:51.20	+00:07:47 (32.6%)	4:46	12.6 (67.4%)
47	STASZAK Paweł	91	KAMIEŃ RYMAŃSKI	Premia M - 1 km	41	00:07:27	00:10:56	00:15:51	00:23:54.00	+00:07:50 (32.8%)	4:46	12.6 (67.4%)
48	DĄBROWSKI Grzegorz	12		Premia M - 1 km	42	00:07:17	00:10:50	00:15:42	00:23:57.20	+00:07:53 (32.9%)	4:47	12.5 (66.8%)
49	KISIELIŃSKI Igor	34		Premia M - 1 km	43	00:07:01	00:10:30	00:15:20	00:24:05.60	+00:08:01 (33.3%)	4:49	12.5 (66.8%)
50	RYBAK Daria	85		Premia K - 1 km	7	00:07:13	00:10:42	00:15:37	00:24:11.75	+00:08:07 (33.6%)	4:50	12.4 (66.3%)
51	RYBAK Przemysław	86		Premia M - 1 km	44	00:07:13	00:10:42	00:15:37	00:24:12.00	+00:08:08 (33.6%)	4:50	12.4 (66.3%)
52	GIEDROWICZ Aleksandra	23		Premia K - 1 km	8	00:07:09	00:10:41	00:15:40	00:24:13.25	+00:08:09 (33.7%)	4:50	12.4 (66.3%)
53	DRULIK-HOŁUB Marta	14		Premia K - 1 km	9	00:07:28	00:11:08	00:15:44	00:24:19.80	+00:08:15 (34.0%)	4:51	12.3 (65.8%)
54	MAZUR Mirosław	61	TKKF KOSZALIN	Premia M - 1 km	45	00:07:11	00:10:49	00:15:51	00:24:31.90	+00:08:27 (34.5%)	4:54	12.2 (65.2%)
55	ADAMOWICZ Kinga	2		Premia K - 1 km	10	00:07:10	00:10:49	00:15:51	00:24:38.20	+00:08:34 (34.8%)	4:55	12.2 (65.2%)
56	BUDZIŃSKI Paweł	9	KĘPKA NA TRASIE - DRUŻYNA SZPIKU	Premia M - 1 km	46	00:07:32	00:11:18	00:16:16	00:24:41.95	+00:08:37 (35.0%)	4:56	12.2 (65.2%)
57	FOLTYNIEWICZ Maciej	18		Premia M - 1 km	47	00:07:20	00:10:57	00:16:10	00:24:54.95	+00:08:50 (35.5%)	4:58	12 (64.2%)
57	FOLTYNIEWICZ Grażyna	19		Premia K - 1 km	11	00:07:20	00:10:57	00:16:11	00:24:54.95	+00:08:50 (35.5%)	4:58	12 (64.2%)
59	DRABKOWSKA Agnieszka	13	CUDAK ♥	Premia K - 1 km	12	00:07:22	00:11:01	00:16:02	00:25:02.60	+00:08:58 (35.8%)	5:00	12 (64.2%)
60	KOLIGAT Anna	38		Premia K - 1 km	13	00:07:37	00:11:21	00:16:32	00:25:24.40	+00:09:20 (36.8%)	5:04	11.8 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Start_Premii 2.3km	Lap 3.3km	Czas		Tempo min/km	Tempo km/h
									netto 5km	Różn		
61	RUDZIŃSKI Bronisław	84		Premia M - 1 km	48	00:07:26	00:11:08	00:16:21	00:25:38.35	+00:09:34 (37.3%)	5:07	11.7 (62.6%)
62	LESZCZEŁOWSKI Piotr	53	SHELTIES RACE	Premia M - 1 km	49	00:07:46	00:11:32	00:16:46	00:25:41.50	+00:09:37 (37.5%)	5:08	11.7 (62.6%)
63	KUROWSKA Olga	51	SHELTIES RACE	Premia K - 1 km	14	00:07:44	00:11:32	00:16:47	00:25:41.60	+00:09:37 (37.5%)	5:08	11.7 (62.6%)
64	PLESIEWICZ Tomasz	78	TKKF KOSZALIN	Premia M - 1 km	50	00:07:50	00:11:39	00:16:58	00:26:10.15	+00:10:06 (38.6%)	5:14	11.5 (61.5%)
65	MRÓWKA Mariusz	66		Premia M - 1 km	51	00:07:24	00:11:27	00:17:01	00:26:23.90	+00:10:19 (39.1%)	5:16	11.4 (61.0%)
66	TOBER-REKSA Edyta	98		Premia K - 1 km	15	00:08:14	00:12:07	00:17:26	00:26:28.15	+00:10:24 (39.3%)	5:17	11.3 (60.4%)
67	REKSA Radosław	81		Premia M - 1 km	52	00:08:07	00:12:06	00:17:22	00:26:28.20	+00:10:24 (39.3%)	5:17	11.3 (60.4%)
68	GANNON Julia	21	KAMIEŃ RYMAŃSKI	Premia K - 1 km	16	00:08:16	00:12:00	00:17:28	00:26:34.65	+00:10:30 (39.5%)	5:18	11.3 (60.4%)
69	BARTON Krystyna	4	PRZECHEWKO	Premia K - 1 km	17	00:07:44	00:11:32	00:16:53	00:26:34.80	+00:10:30 (39.6%)	5:18	11.3 (60.4%)
70	PAWŁOWSKA Urszula	71		Premia K - 1 km	18	00:08:06	00:12:05	00:17:28	00:26:41.70	+00:10:37 (39.8%)	5:20	11.2 (59.9%)
71	FLIS Anna	17		Premia K - 1 km	19	00:08:21	00:12:15	00:17:38	00:26:57.30	+00:10:53 (40.4%)	5:23	11.1 (59.4%)
72	PIETRZYKOWSKI Mateusz	77		Premia M - 1 km	53	00:08:21	00:12:16	00:17:38	00:26:57.35	+00:10:53 (40.4%)	5:23	11.1 (59.4%)
73	PIETRZYK Rafał	76		Premia M - 1 km	54	00:08:20	00:12:23	00:17:55	00:27:18.60	+00:11:14 (41.2%)	5:27	11 (58.8%)
74	JUSZCZAK Krzysztof	29		Premia M - 1 km	55	00:07:57	00:12:03	00:17:48	00:27:57.75	+00:11:53 (42.5%)	5:35	10.7 (57.2%)
75	MALISZEWSKA Natalia	62	KAMIEŃ RYMAŃSKI	Premia K - 1 km	20	00:07:58	00:12:21	00:18:37	00:27:58.50	+00:11:54 (42.6%)	5:35	10.7 (57.2%)
76	MILEK Emilia	64	KAMIEŃ RYMAŃSKI	Premia K - 1 km	21	00:09:16	00:13:13	00:19:08	00:27:58.65	+00:11:54 (42.6%)	5:35	10.7 (57.2%)
77	PEŁKA Iwona	72		Premia K - 1 km	22	00:08:31	00:12:37	00:18:17	00:28:02.35	+00:11:58 (42.7%)	5:36	10.7 (57.2%)
78	KUKLIŃSKA Beata	49	DREAM TEAM	Premia K - 1 km	23	00:08:31	00:12:58	00:18:48	00:28:30.95	+00:12:26 (43.7%)	5:42	10.5 (56.1%)
79	WOLF Beata	106	TKKF KOSZALIN	Premia K - 1 km	24	00:08:52	00:13:07	00:18:57	00:28:36.90	+00:12:32 (43.9%)	5:43	10.5 (56.1%)
80	MACIEJEWSKI Radosław	54	RADRADTEAM	Premia M - 1 km	56	00:08:51	00:13:07	00:18:56	00:28:36.95	+00:12:32 (43.9%)	5:43	10.5 (56.1%)
81	KANIEWSKA Anetta	30		Premia K - 1 km	25	00:08:27	00:12:43	00:18:37	00:28:47.55	+00:12:43 (44.2%)	5:45	10.4 (55.6%)
81	KANIEWSKI Patryk	31		Premia M - 1 km	57	00:08:27	00:12:43	00:18:38	00:28:47.55	+00:12:43 (44.2%)	5:45	10.4 (55.6%)
83	HELLER Zdzisław	27	HERBMARATONOW.PL	Premia M - 1 km	58	00:08:31	00:12:44	00:18:33	00:28:54.00	+00:12:50 (44.4%)	5:46	10.4 (55.6%)

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84	KRZYSZTOFIK Sebastian	48		Premia M - 1 km	59	00:09:32	00:13:51	00:19:19	00:29:07.00	+00:13:03 (44.8%)	5:49	10.3 (55.1%)
85	SUDER-MAKSYMOWICZ Monika	93		Premia K - 1 km	26	00:08:57	00:13:13	00:19:10	00:29:18.20	+00:13:14 (45.2%)	5:51	10.2 (54.5%)
86	BEDNARZ Katarzyna	5		Premia K - 1 km	27	00:09:00	00:13:24	00:19:22	00:29:37.05	+00:13:33 (45.8%)	5:55	10.1 (54.0%)
87	STĘPIEŃ Karolina	92		Premia K - 1 km	28	00:09:08	00:13:47	00:20:22	00:31:33.70	+00:15:29 (49.1%)	6:18	9.5 (50.8%)
88	CICHOSZ Jerzy	11		Premia M - 1 km	60	00:09:47	00:14:34	00:20:55	00:32:14.50	+00:16:10 (50.2%)	6:26	9.3 (49.7%)
89	ADAMEK Kamila	1		Premia K - 1 km	29	00:09:43	00:14:33	00:21:18	00:32:53.00	+00:16:49 (51.1%)	6:34	9.1 (48.7%)
90	OLCZYKOWSKI Bartosz	114		Premia M - 1 km	61	00:09:55	00:14:44	00:21:25	00:32:53.80	+00:16:49 (51.2%)	6:34	9.1 (48.7%)
91	ZENGOTA Dominika	109	KAMIEŃ RYMAŃSKI	Premia K - 1 km	30	00:10:21	00:15:11	00:22:00	00:33:37.65	+00:17:33 (52.2%)	6:43	8.9 (47.6%)
92	WALKOWIAK Daria	100		Premia K - 1 km	31	00:09:32	00:15:22	00:22:33	00:34:36.85	+00:18:32 (53.6%)	6:55	8.7 (46.5%)
93	KRZYSZTOFIK Katarzyna	47		Premia K - 1 km	32	00:09:32	00:15:22	00:22:33	00:34:38.05	+00:18:34 (53.6%)	6:55	8.7 (46.5%)
94	MAKSYLEWICZ Daniela	55		Premia K - 1 km	33	00:08:52	00:13:34	00:19:43		+	5:58	10 (53.5%)
95	SZYPRYT Karol	97	DREAM TEAM	Premia M - 1 km	62	00:08:32		00:28:30		+	8:38	6.9 (36.9%)

Znaleziono 95 wynik(ów)