



# BIEG WALENTYNKOWY

B4SPORT

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



Klasyfikacja: Premia M - 1 km

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	<b>CZERNIEWSKI Marcin</b>	<b>112</b>	AML SŁUPSK	Premia M - 1 km	1	00:04:50	00:07:10	00:10:25	<b>00:16:04.00</b>	+00:00:00 (-359,900.0%)	3:12	18.7 (100%)
2	<b>WITKOWSKI Mateusz</b>	<b>105</b>	WITKOWSKI TRENINGI ON-LINE	Premia M - 1 km	2	00:04:51	00:07:11	00:10:27	<b>00:16:12.40</b>	+00:00:00 (-358,427.2%)	3:14	18.5 (98.9%)
3	<b>PROWANCKI Patryk</b>	<b>79</b>	WILKI POMORSKIE	Premia M - 1 km	3	00:04:51	00:07:11	00:10:27	<b>00:16:26.20</b>	+00:00:00 (-358,244.0%)	3:17	18.3 (97.9%)
4	<b>PIOTRASCHKE Piotr</b>	<b>113</b>	AML SŁUPSK	Premia M - 1 km	4	00:04:50	00:07:10	00:10:28	<b>00:16:30.10</b>	+00:00:02 (-354,617.9%)	3:18	18.2 (97.3%)
5	<b>RUDNIK Krzysztof</b>	<b>82</b>		Premia M - 1 km	5	00:05:06	00:07:39	00:11:08	<b>00:16:59.45</b>	+00:00:14 (-334,394.3%)	3:23	17.7 (94.7%)
6	<b>KĘPKA Adrian</b>	<b>33</b>		Premia M - 1 km	6	00:05:05	00:07:38	00:11:08	<b>00:17:03.10</b>	+00:00:15 (-333,836.7%)	3:24	17.6 (94.1%)
7	<b>RYBARCZYK Jan</b>	<b>87</b>	ŻYJ Z ENERGIA	Premia M - 1 km	7	00:05:05	00:07:38	00:11:08	<b>00:17:08.50</b>	+00:00:15 (-333,598.2%)	3:25	17.5 (93.6%)
8	<b>KOZAK Arkadiusz</b>	<b>120</b>	HERKULES	Premia M - 1 km	8	00:05:13	00:07:48	00:11:24	<b>00:17:43.40</b>	+00:00:21 (-323,958.2%)	3:32	16.9 (90.4%)
9	<b>SZNYTER Hubert</b>	<b>116</b>		Premia M - 1 km	11	00:05:41	00:08:27	00:12:07	<b>00:18:31.80</b>	+00:00:25 (-318,581.8%)	3:42	16.2 (86.6%)
10	<b>RUDNIKOWSKI Maciej</b>	<b>83</b>	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	Premia M - 1 km	10	00:05:33	00:08:20	00:12:03	<b>00:18:25.10</b>	+00:00:28 (-313,731.7%)	3:41	16.3 (87.2%)
11	<b>SIADAK Arkadiusz</b>	<b>89</b>		Premia M - 1 km	9	00:05:25	00:08:06	00:11:51	<b>00:18:16.65</b>	+00:00:29 (-312,194.0%)	3:39	16.4 (87.7%)
12	<b>FEDORCZAK Łukasz</b>	<b>15</b>	BIEGOLAS KOSZALIN	Premia M - 1 km	13	00:05:35	00:08:21	00:12:06	<b>00:18:40.40</b>	+00:00:30 (-310,878.0%)	3:44	16.1 (86.1%)
13	<b>SMAGOWSKI Wojciech</b>	<b>90</b>	OSP RĄBINO	Premia M - 1 km	12	00:05:34	00:08:19	00:12:06	<b>00:18:34.10</b>	+00:00:32 (-309,095.1%)	3:42	16.2 (86.6%)
14	<b>WITKIEWICZ Eryk</b>	<b>104</b>		Premia M - 1 km	15	00:05:41	00:08:27	00:12:14	<b>00:18:49.10</b>	+00:00:32 (-308,686.6%)	3:45	15.9 (85.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap			Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.6km	Start Premii 2.3km	3.3km				
15	MICHAŁOWSKI Piotr	63		Premia M - 1 km	14	00:05:33	00:08:21	00:12:09	<b>00:18:45.15</b>	+00:00:34 (-306,391.8%)	3:45	16 (85.6%)
16	KLIMOWICZ Michał	35		Premia M - 1 km	16	00:05:35	00:08:39	00:12:34	<b>00:19:13.55</b>	+00:00:40 (-298,367.4%)	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	<b>00:19:34.75</b>	+00:00:47 (-289,252.0%)	3:54	15.3 (81.8%)
18	KOZAK Grzegorz	7	TKKF KOSZALIN	Premia M - 1 km	21	00:05:53	00:08:49	00:12:54	<b>00:19:45.30</b>	+00:00:50 (-285,829.9%)	3:57	15.2 (81.3%)
19	KOZIEŁ Paweł	42	KĘPKANATRASIE	Premia M - 1 km	22	00:05:53	00:08:48	00:12:54	<b>00:19:49.30</b>	+00:00:50 (-285,655.0%)	3:57	15.1 (80.7%)
20	WEBER Paweł	103	BIEGOLAS KOSZALIN	Premia M - 1 km	19	00:05:53	00:08:49	00:12:54	<b>00:19:41.95</b>	+00:00:50 (-285,480.4%)	3:56	15.2 (81.3%)
21	WRZESZCZ Bartosz	107		Premia M - 1 km	18	00:05:44	00:08:43	00:12:50	<b>00:19:40.30</b>	+00:00:51 (-284,379.6%)	3:56	15.3 (81.8%)
22	NOWAK Radosław	67	WEST COAST TEAM ŚWINOUJŚCIE	Premia M - 1 km	20	00:05:42	00:08:38	00:12:46	<b>00:19:44.50</b>	+00:00:53 (-282,772.7%)	3:56	15.2 (81.3%)
23	WALEŃSKI Michał	8	TKKF KOSZALIN	Premia M - 1 km	23	00:06:34	00:09:41	00:13:54	<b>00:21:00.80</b>	+00:00:58 (-277,069.4%)	4:12	14.3 (76.5%)
24	SAWIŃSKI Jacek	88		Premia M - 1 km	26	00:06:33	00:09:41	00:14:00	<b>00:21:30.80</b>	+00:01:04 (-270,856.5%)	4:18	14 (74.9%)
25	GAWĘDA Emil	22	DARŁOWSKIE CHARTY / #KĘPKANATRASIE	Premia M - 1 km	25	00:06:21	00:09:33	00:13:53	<b>00:21:30.50</b>	+00:01:05 (-269,813.4%)	4:18	14 (74.9%)
26	SZCZUBLEWSKI Martin	95	KAMIEŃ RYMAŃSKI	Premia M - 1 km	24	00:06:03	00:09:14	00:13:35	<b>00:21:01.75</b>	+00:01:06 (-268,572.2%)	4:12	14.3 (76.5%)
27	MARCINIAK Maciej	58	KS POGOŃ POŁCZYŃ ZDRÓJ	Premia M - 1 km	36	00:06:54	00:10:22	00:14:44	<b>00:22:58.20</b>	+00:01:07 (-267,138.4%)	4:35	13.1 (70.1%)
28	KRUK Marcin	45	TKKF MASTERS KOSZALIN	Premia M - 1 km	27	00:06:07	00:09:18	00:13:43	<b>00:21:34.20</b>	+00:01:10 (-264,216.7%)	4:18	13.9 (74.3%)
29	SCHWARZ Ludwik	115		Premia M - 1 km	33	00:07:19	00:10:43	00:15:09	<b>00:22:48.60</b>	+00:01:11 (-262,828.9%)	4:33	13.2 (70.6%)
30	KORNELUK Oskar	40	KAMIEŃ RYMAŃSKI	Premia M - 1 km	31	00:07:33	00:10:50	00:15:19	<b>00:22:41.75</b>	+00:01:13 (-260,920.1%)	4:32	13.2 (70.6%)
31	CHUDY Henryk	10	K SOLSZEWSKI I SYNOWIE	Premia M - 1 km	29	00:06:41	00:09:58	00:14:28	<b>00:22:25.05</b>	+00:01:15 (-259,278.5%)	4:29	13.4 (71.7%)
32	MARCINKOWSKI Patryk	57	KAMIEŃ RYMAŃSKI	Premia M - 1 km	28	00:06:46	00:10:03	00:14:34	<b>00:21:53.20</b>	+00:01:16 (-258,608.5%)	4:22	13.7 (73.3%)
33	REDLICKI Piotr	80		Premia M - 1 km	32	00:06:37	00:10:00	00:14:37	<b>00:22:42.80</b>	+00:01:22 (-253,050.4%)	4:32	13.2 (70.6%)
34	KUROWSKI Marcin	52	SHELTIES RACE	Premia M - 1 km	37	00:07:04	00:10:29	00:15:06	<b>00:22:59.90</b>	+00:01:22 (-253,004.7%)	4:35	13.1 (70.1%)
35	MAZUR Emiliusz	60	GROOT TEAM	Premia M - 1 km	35	00:06:59	00:10:26	00:15:03	<b>00:22:56.65</b>	+00:01:22 (-252,822.1%)	4:35	13.1 (70.1%)
36	BODO Rafał	6	ZOZKOSZ KOSZALIN	Premia M - 1 km	39	00:07:05	00:10:32	00:15:16	<b>00:23:30.40</b>	+00:01:28 (-247,070.8%)	4:42	12.8 (68.4%)
37	SUDER-MAKSYMOWICZ Grzegorz	94		Premia M - 1 km	38	00:06:47	00:10:10	00:14:54	<b>00:23:08.95</b>	+00:01:29 (-246,462.3%)	4:37	13 (69.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Start_Premii 2.3km	Lap 3.3km	Czas	Różn	Tempo min/km	Tempo km/h
									netto 5km			
38	WASYLEWICZ Krzysztof	102	KAMIEŃ RYMAŃSKI	Premia M - 1 km	30	00:06:39	00:10:02	00:14:47	<b>00:22:38.40</b>	+00:01:29 (- 246,332.3%)	4:31	13.3 (71.1%)
39	MANDZIAK Piotr	56		Premia M - 1 km	40	00:06:50	00:10:20	00:15:08	<b>00:23:39.90</b>	+00:01:33 (- 243,422.1%)	4:43	12.7 (67.9%)
40	KISIELIŃSKI Igor	34		Premia M - 1 km	43	00:07:01	00:10:30	00:15:20	<b>00:24:05.60</b>	+00:01:35 (- 241,284.1%)	4:49	12.5 (66.8%)
41	DĄBROWSKI Grzegorz	12		Premia M - 1 km	42	00:07:17	00:10:50	00:15:42	<b>00:23:57.20</b>	+00:01:37 (- 239,920.5%)	4:47	12.5 (66.8%)
42	ADASZYŃSKI Wiesław	3	BIEGOLAS KOSZALIN	Premia M - 1 km	34	00:06:41	00:10:06	00:14:59	<b>00:22:52.10</b>	+00:01:37 (- 239,633.3%)	4:34	13.1 (70.1%)
43	STASZAK Paweł	91	KAMIEŃ RYMAŃSKI	Premia M - 1 km	41	00:07:27	00:10:56	00:15:51	<b>00:23:54.00</b>	+00:01:39 (- 238,085.8%)	4:46	12.6 (67.4%)
44	RYBAK Przemysław	86		Premia M - 1 km	44	00:07:13	00:10:42	00:15:37	<b>00:24:12.00</b>	+00:01:40 (- 237,722.3%)	4:50	12.4 (66.3%)
45	BUDZIŃSKI Paweł	9	KĘPKA NA TRASIE - DRUŻYNA SZPIKU	Premia M - 1 km	46	00:07:32	00:11:18	00:16:16	<b>00:24:41.95</b>	+00:01:43 (- 235,247.4%)	4:56	12.2 (65.2%)
46	MAZUR Mirosław	61	TKKF KOSZALIN	Premia M - 1 km	45	00:07:11	00:10:49	00:15:51	<b>00:24:31.90</b>	+00:01:47 (- 231,668.6%)	4:54	12.2 (65.2%)
47	RUDZIŃSKI Bronisław	84		Premia M - 1 km	48	00:07:26	00:11:08	00:16:21	<b>00:25:38.35</b>	+00:01:57 (- 224,108.5%)	5:07	11.7 (62.6%)
48	FOLTYNIEWICZ Maciej	18		Premia M - 1 km	47	00:07:20	00:10:57	00:16:10	<b>00:24:54.95</b>	+00:01:58 (- 223,536.4%)	4:58	12 (64.2%)
49	LESZCZEŁOWSKI Piotr	53	SHELTIES RACE	Premia M - 1 km	49	00:07:46	00:11:32	00:16:46	<b>00:25:41.50</b>	+00:01:59 (- 222,931.7%)	5:08	11.7 (62.6%)
50	REKSA Radosław	81		Premia M - 1 km	52	00:08:07	00:12:06	00:17:22	<b>00:26:28.20</b>	+00:02:01 (- 221,907.6%)	5:17	11.3 (60.4%)
51	PLESIEWICZ Tomasz	78	TKKF KOSZALIN	Premia M - 1 km	50	00:07:50	00:11:39	00:16:58	<b>00:26:10.15</b>	+00:02:03 (- 220,302.4%)	5:14	11.5 (61.5%)
52	PIETRZYKOWSKI Mateusz	77		Premia M - 1 km	53	00:08:21	00:12:16	00:17:38	<b>00:26:57.35</b>	+00:02:07 (- 217,295.3%)	5:23	11.1 (59.4%)
53	KRZYSZTOFIK Sebastian	48		Premia M - 1 km	59	00:09:32	00:13:51	00:19:19	<b>00:29:07.00</b>	+00:02:13 (- 213,487.2%)	5:49	10.3 (55.1%)
54	PIETRZYK Rafał	76		Premia M - 1 km	54	00:08:20	00:12:23	00:17:55	<b>00:27:18.60</b>	+00:02:17 (- 210,947.6%)	5:27	11 (58.8%)
55	MRÓWKA Mariusz	66		Premia M - 1 km	51	00:07:24	00:11:27	00:17:01	<b>00:26:23.90</b>	+00:02:19 (- 209,747.4%)	5:16	11.4 (61.0%)
56	JUSZCZAK Krzysztof	29		Premia M - 1 km	55	00:07:57	00:12:03	00:17:48	<b>00:27:57.75</b>	+00:02:30 (- 203,176.3%)	5:35	10.7 (57.2%)
57	MACIEJEWSKI Radosław	54	RADRADTEAM	Premia M - 1 km	56	00:08:51	00:13:07	00:18:56	<b>00:28:36.95</b>	+00:02:33 (- 201,278.7%)	5:43	10.5 (56.1%)
58	HELLER Zdzisław	27	HERBMARATONOW.PL	Premia M - 1 km	58	00:08:31	00:12:44	00:18:33	<b>00:28:54.00</b>	+00:02:33 (- 201,047.6%)	5:46	10.4 (55.6%)
59	KANIEWSKI Patryk	31		Premia M - 1 km	57	00:08:27	00:12:43	00:18:38	<b>00:28:47.55</b>	+00:02:39 (- 197,867.0%)	5:45	10.4 (55.6%)
60	CICHOSZ Jerzy	11		Premia M - 1 km	60	00:09:47	00:14:34	00:20:55	<b>00:32:14.50</b>	+00:03:06 (- 183,939.9%)	6:26	9.3 (49.7%)

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
61	<b>OLCZYKOWSKI Bartosz</b>	<b>114</b>		Premia M - 1 km	61	00:09:55	00:14:44	00:21:25	<b>00:32:53.80</b>	+00:03:25 (- 175,043.6%)	6:34	9.1 (48.7%)

Znaleziono 61 wynik(ów)