

# FIVE SEASIDE - KOŁOBRZESKI BIEG 5KM

B4SPORT

**Organizator:** Seaside Park Hotel Kołobrzeg  
**Data:** 2025-03-01  
**Miejsce:** Kołobrzeg  
**Dystans:** 5 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>ŁUKASZEWSKI Sebastian</b>	<b>78</b>	ATLAS RUNNING TEAM	M-40	1	00:08:24	<b>00:17:13.75</b>		3:26	17.4 (100%)
2	<b>KUBIAK Michał</b>	<b>68</b>	NIGHT RUNNERS	M-40	2	00:08:25	<b>00:17:14.25</b>	+00:00:00 (0.0%)	3:26	17.4 (100%)
3	<b>STADNIK Rafał</b>	<b>123</b>		M-40	3	00:08:24	<b>00:17:24.70</b>	+00:00:10 (1.0%)	3:28	17.2 (98.9%)
4	<b>SIADAK Arkadiusz</b>	<b>117</b>		M-40	4	00:08:39	<b>00:17:46.15</b>	+00:00:32 (3.0%)	3:33	16.9 (97.1%)
5	<b>ANDRZEJEWSKI Marcin</b>	<b>2</b>	12 PÓŁK KOŁOBRZEG	M-40	5	00:08:47	<b>00:17:52.45</b>	+00:00:38 (3.6%)	3:34	16.8 (96.6%)
6	<b>PROŚNIEWSKI Mirosław</b>	<b>107</b>	GRYFICKA SIŁA BIEGOWA	M-40	6	00:09:12	<b>00:19:06.10</b>	+00:01:52 (9.8%)	3:49	15.7 (90.2%)
7	<b>HOŁUB Kamil</b>	<b>82</b>		M-40	7	00:09:22	<b>00:19:12.40</b>	+00:01:58 (10.3%)	3:50	15.6 (89.7%)
8	<b>SŁUPCZEWSKI Krzysztof</b>	<b>121</b>	TKKF KOSZALIN	M-40	8	00:09:37	<b>00:19:13.40</b>	+00:01:59 (10.4%)	3:50	15.6 (89.7%)
9	<b>JĘDRZEJEWSKI Łukasz</b>	<b>39</b>		M-40	9	00:09:54	<b>00:19:54.80</b>	+00:02:41 (13.5%)	3:58	15.1 (86.8%)
10	<b>NOWICKI Michał</b>	<b>93</b>	GIZA TEAM	M-40	10	00:09:48	<b>00:20:01.15</b>	+00:02:47 (13.9%)	4:00	15 (86.2%)
11	<b>KAŁUŻA Mariusz</b>	<b>42</b>	NADMORSKIE STOWARZYSZENIE	M-40	11	00:10:57	<b>00:21:41.40</b>	+00:04:27 (20.6%)	4:20	13.8 (79.3%)
12	<b>ZYGAN Marcin</b>	<b>152</b>	NADMORSKIE STOWARZYSZENIE	M-40	12	00:10:54	<b>00:21:55.90</b>	+00:04:42 (21.4%)	4:23	13.7 (78.7%)
13	<b>KIŻEWSKI Waldemar</b>	<b>48</b>		M-40	13	00:10:37	<b>00:22:00.95</b>	+00:04:47 (21.7%)	4:24	13.6 (78.2%)
14	<b>WIŚNIEWSKI Stanisław</b>	<b>147</b>		M-40	14	00:10:41	<b>00:22:10.25</b>	+00:04:56 (22.3%)	4:26	13.5 (77.6%)
15	<b>KNAPIK Rafał</b>	<b>51</b>		M-40	15	00:11:04	<b>00:22:10.95</b>	+00:04:57 (22.3%)	4:26	13.5 (77.6%)
16	<b>SARBIEWSKI Przemysław</b>	<b>114</b>	HQ MNC NE	M-40	16	00:11:02	<b>00:22:16.30</b>	+00:05:02 (22.6%)	4:27	13.5 (77.6%)
17	<b>ZABIELSKI Tomasz</b>	<b>150</b>		M-40	17	00:11:09	<b>00:22:16.40</b>	+00:05:02 (22.6%)	4:27	13.5 (77.6%)
18	<b>NIEWIAROWSKI Przemysław</b>	<b>88</b>	STOWARZYSZENIE NADMORSZY BIEGACZE	M-40	18	00:10:56	<b>00:22:20.60</b>	+00:05:06 (22.9%)	4:28	13.4 (77.0%)
19	<b>OSTAPIŃSKI Michał</b>	<b>98</b>	NADMORSKIE STOWARZYSZENIE	M-40	19	00:11:01	<b>00:22:43.70</b>	+00:05:29 (24.2%)	4:32	13.2 (75.9%)
20	<b>KARPIŃSKI Marcin</b>	<b>45</b>		M-40	20	00:11:23	<b>00:23:14.45</b>	+00:06:00 (25.9%)	4:38	12.9 (74.1%)
21	<b>LEWANDOWSKI Jacek</b>	<b>75</b>	NADMORSZY BIEGACZE	M-40	21	00:11:43	<b>00:23:37.10</b>	+00:06:23 (27.1%)	4:43	12.7 (73.0%)
22	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>129</b>	NADMORSKIE STOWARZYSZENIE	M-40	22	00:11:53	<b>00:23:40.80</b>	+00:06:27 (27.2%)	4:44	12.7 (73.0%)
23	<b>NAZOREK Jacek</b>	<b>87</b>		M-40	23	00:11:35	<b>00:23:51.85</b>	+00:06:38 (27.8%)	4:46	12.6 (72.4%)
24	<b>PŁUCIENNIK Mariusza</b>	<b>106</b>		M-40	24	00:11:54	<b>00:24:51.40</b>	+00:07:37 (30.7%)	4:58	12.1 (69.5%)
25	<b>FENGIER Maksym</b>	<b>20</b>		M-40	25	00:12:36	<b>00:25:00.75</b>	+00:07:47 (31.1%)	5:00	12 (69.0%)
26	<b>KASPROWICZ Przemysław</b>	<b>46</b>	NADMORSZY BIEGACZE KOŁOBRZEG	M-40	26	00:12:47	<b>00:25:32.50</b>	+00:08:18 (32.5%)	5:06	11.7 (67.2%)
27	<b>KRAJEWSKI Marek</b>	<b>60</b>		M-40	27	00:13:51	<b>00:26:46.35</b>	+00:09:32 (35.6%)	5:21	11.2 (64.4%)

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28	<b>KOWALEWSKI Andrzej</b>	<b>57</b>		M-40	28	00:13:08	<b>00:27:28.00</b>	+00:10:14 (37.3%)	5:29	10.9 (62.6%)
29	<b>NOWACKI Tomasz</b>	<b>91</b>		M-40	29	00:15:02	<b>00:30:42.50</b>	+00:13:28 (43.9%)	6:08	9.8 (56.3%)

Znaleziono 29 wynik(ów)