

# FIVE SEASIDE - KOŁOBRZESKI BIEG 5KM

B4SPORT

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



Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>CZERNIEWSKI Marcin</b>	<b>154</b>	AML SŁUPSK	M-30	1	00:07:52	<b>00:16:08.20</b>		3:13	18.6 (100%)
2	<b>WITKOWSKI Mateusz</b>	<b>148</b>		M-30	2	00:08:01	<b>00:16:28.10</b>	+00:00:19 (2.0%)	3:17	18.2 (97.8%)
3	<b>SARBAK Bartosz</b>	<b>113</b>	12 PUŁK LOGISTYCZNY	M-15	1	00:08:00	<b>00:16:28.75</b>	+00:00:20 (2.1%)	3:17	18.2 (97.8%)
4	<b>ŁUKASZEWSKI Sebastian</b>	<b>78</b>	ATLAS RUNNING TEAM	M-40	1	00:08:24	<b>00:17:13.75</b>	+00:01:05 (6.3%)	3:26	17.4 (93.5%)
5	<b>KUBIAK Michał</b>	<b>68</b>	NIGHT RUNNERS	M-40	2	00:08:25	<b>00:17:14.25</b>	+00:01:06 (6.4%)	3:26	17.4 (93.5%)
6	<b>STADNIK Rafał</b>	<b>123</b>		M-40	3	00:08:24	<b>00:17:24.70</b>	+00:01:16 (7.3%)	3:28	17.2 (92.5%)
7	<b>ISKRA Paweł</b>	<b>32</b>	CTS	M-30	3	00:08:30	<b>00:17:34.55</b>	+00:01:26 (8.2%)	3:30	17.1 (91.9%)
8	<b>KRYZEL Tomasz</b>	<b>64</b>	KUJAWSCY RUNNERS	M-30	4	00:08:33	<b>00:17:41.15</b>	+00:01:32 (8.8%)	3:32	17 (91.4%)
9	<b>SIADAK Arkadiusz</b>	<b>117</b>		M-40	4	00:08:39	<b>00:17:46.15</b>	+00:01:37 (9.2%)	3:33	16.9 (90.9%)
10	<b>ANDRZEJEWSKI Marcin</b>	<b>2</b>	12 PÓŁK KOŁOBRZEG	M-40	5	00:08:47	<b>00:17:52.45</b>	+00:01:44 (9.7%)	3:34	16.8 (90.3%)
11	<b>BARAŃSKI Przemysław</b>	<b>3</b>	MLUKS TRZEBIATÓW	M-30	5	00:08:40	<b>00:17:57.70</b>	+00:01:49 (10.2%)	3:35	16.7 (89.8%)
12	<b>WERS Krzysztof</b>	<b>143</b>	NADMORSKY BIEGACZE KOŁOBRZEG	M-30	6	00:08:42	<b>00:18:00.10</b>	+00:01:51 (10.4%)	3:36	16.7 (89.8%)
13	<b>BOCHEŃKO Daniel</b>	<b>135</b>	MD RUN TRAINING	M-50	1	00:08:43	<b>00:18:07.40</b>	+00:01:59 (11.0%)	3:37	16.6 (89.2%)
14	<b>PARCHETA Wojciech</b>	<b>99</b>	LANGE THREE COACH	M-15	2	00:08:51	<b>00:18:10.85</b>	+00:02:02 (11.2%)	3:38	16.5 (88.7%)
15	<b>GUZOWSKI Dariusz</b>	<b>25</b>	TALEX BORYSŁAW BORZYTUCHOM	M-50	2	00:08:50	<b>00:18:21.35</b>	+00:02:13 (12.1%)	3:40	16.3 (87.6%)
16	<b>PROŚNIEWSKI Mirosław</b>	<b>107</b>	GRYFICKA SIŁA BIEGOWA	M-40	6	00:09:12	<b>00:19:06.10</b>	+00:02:57 (15.5%)	3:49	15.7 (84.4%)
17	<b>HOŁUB Kamil</b>	<b>82</b>		M-40	7	00:09:22	<b>00:19:12.40</b>	+00:03:04 (16.0%)	3:50	15.6 (83.9%)
18	<b>SŁUPCZEWSKI Krzysztof</b>	<b>121</b>	TKKF KOSZALIN	M-40	8	00:09:37	<b>00:19:13.40</b>	+00:03:05 (16.1%)	3:50	15.6 (83.9%)
19	<b>BOLECHOWSKI Cezary</b>	<b>7</b>		M-15	3	00:09:32	<b>00:19:21.90</b>	+00:03:13 (16.7%)	3:52	15.5 (83.3%)
20	<b>KULCZYK Jerzy</b>	<b>71</b>		M-60	1	00:09:32	<b>00:19:23.35</b>	+00:03:15 (16.8%)	3:52	15.5 (83.3%)
21	<b>PĘKAŁA Mikołaj</b>	<b>103</b>	INFERNO RUNING TEAM	M-15	4	00:09:36	<b>00:19:24.05</b>	+00:03:15 (16.8%)	3:52	15.5 (83.3%)
22	<b>SKORYCH Andrii</b>	<b>119</b>	NADMORSKY BIEGACZE KOŁOBRZEG	M-30	7	00:09:33	<b>00:19:25.40</b>	+00:03:17 (16.9%)	3:53	15.5 (83.3%)
23	<b>SILSKI Michał</b>	<b>118</b>	LESZCZE	M-30	8	00:10:03	<b>00:19:53.20</b>	+00:03:45 (18.9%)	3:58	15.1 (81.2%)
24	<b>JĘDRZEJEWSKI Łukasz</b>	<b>39</b>		M-40	9	00:09:54	<b>00:19:54.80</b>	+00:03:46 (19.0%)	3:58	15.1 (81.2%)
25	<b>NOWICKI Michał</b>	<b>93</b>	GIZA TEAM	M-40	10	00:09:48	<b>00:20:01.15</b>	+00:03:52 (19.4%)	4:00	15 (80.6%)
26	<b>DURKA Rafał</b>	<b>18</b>		M-30	9	00:10:01	<b>00:20:06.30</b>	+00:03:58 (19.7%)	4:01	14.9 (80.1%)
27	<b>CYSEWSKI Krzysztof</b>	<b>156</b>		M-30	10	00:09:53	<b>00:20:24.50</b>	+00:04:16 (20.9%)	4:04	14.7 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
28	<b>CHRZANOWSKI Mariusz</b>	<b>9</b>	NADMORSKY BIEGACZE KOŁOBRZEG	M-50	3	00:10:00	<b>00:20:36.20</b>	+00:04:28 (21.7%)	4:07	14.6 (78.5%)
29	<b>KAŁUŻA Michał</b>	<b>43</b>		M-15	5	00:10:28	<b>00:21:03.85</b>	+00:04:55 (23.4%)	4:12	14.3 (76.9%)
30	<b>KAMIŃSKI Gracjan</b>	<b>44</b>		M-30	11	00:10:25	<b>00:21:10.30</b>	+00:05:02 (23.8%)	4:14	14.2 (76.3%)
31	<b>KUBIK Krystian</b>	<b>69</b>	RUN GRYF GRYFICE	M-30	12	00:10:09	<b>00:21:22.50</b>	+00:05:14 (24.5%)	4:16	14 (75.3%)
32	<b>CIEŚLEWICZ Hubert</b>	<b>11</b>		M-30	13	00:10:19	<b>00:21:32.55</b>	+00:05:24 (25.1%)	4:18	13.9 (74.7%)
33	<b>SZCZUPACZYŃSKI Arkadiusz</b>	<b>130</b>	GRYFICKA SIŁA BIEGOWA	M-60	2	00:10:36	<b>00:21:37.65</b>	+00:05:29 (25.4%)	4:19	13.9 (74.7%)
34	<b>ZWOLIŃSKI Jan</b>	<b>151</b>	TKKF KOSZALIN	M-50	4	00:10:43	<b>00:21:40.90</b>	+00:05:32 (25.6%)	4:20	13.8 (74.2%)
35	<b>MOSZYŃSKI Jacek</b>	<b>86</b>	TKKF KOSZALIN	M-60	3	00:10:57	<b>00:21:41.00</b>	+00:05:32 (25.6%)	4:20	13.8 (74.2%)
36	<b>KAŁUŻA Mariusz</b>	<b>42</b>	NADMORSKIE STOWARZYSZENIE	M-40	11	00:10:57	<b>00:21:41.40</b>	+00:05:33 (25.6%)	4:20	13.8 (74.2%)
37	<b>ZYGAN Marcin</b>	<b>152</b>	NADMORSKIE STOWARZYSZENIE	M-40	12	00:10:54	<b>00:21:55.90</b>	+00:05:47 (26.4%)	4:23	13.7 (73.7%)
38	<b>KIŻEWSKI Waldemar</b>	<b>48</b>		M-40	13	00:10:37	<b>00:22:00.95</b>	+00:05:52 (26.7%)	4:24	13.6 (73.1%)
39	<b>WIŚNIEWSKI Stanisław</b>	<b>147</b>		M-40	14	00:10:41	<b>00:22:10.25</b>	+00:06:02 (27.2%)	4:26	13.5 (72.6%)
40	<b>KNAPIK Rafał</b>	<b>51</b>		M-40	15	00:11:04	<b>00:22:10.95</b>	+00:06:02 (27.3%)	4:26	13.5 (72.6%)
41	<b>GRZEGORCZYK Rafał</b>	<b>23</b>	GRYFICKA SIŁA BIEGOWA	M-50	5	00:10:44	<b>00:22:13.10</b>	+00:06:04 (27.4%)	4:26	13.5 (72.6%)
42	<b>SARBIEWSKI Przemysław</b>	<b>114</b>	HQ MNC NE	M-40	16	00:11:02	<b>00:22:16.30</b>	+00:06:08 (27.5%)	4:27	13.5 (72.6%)
43	<b>ZABIELSKI Tomasz</b>	<b>150</b>		M-40	17	00:11:09	<b>00:22:16.40</b>	+00:06:08 (27.6%)	4:27	13.5 (72.6%)
44	<b>NIEMIAROWSKI Przemysław</b>	<b>88</b>	STOWARZYSZENIE NADMORSKY BIEGACZE	M-40	18	00:10:56	<b>00:22:20.60</b>	+00:06:12 (27.8%)	4:28	13.4 (72.0%)
45	<b>TRZECIAK Jakub</b>	<b>137</b>		M-15	6	00:11:33	<b>00:22:40.75</b>	+00:06:32 (28.8%)	4:32	13.2 (71.0%)
46	<b>OSTAPIŃSKI Michał</b>	<b>98</b>	NADMORSKIE STOWARZYSZENIE	M-40	19	00:11:01	<b>00:22:43.70</b>	+00:06:35 (29.0%)	4:32	13.2 (71.0%)
47	<b>DRAŻKOWSKI Tomasz</b>	<b>17</b>		M-15	7	00:11:19	<b>00:23:09.70</b>	+00:07:01 (30.3%)	4:37	13 (69.9%)
48	<b>HORNIATKIEWICZ Aleksander</b>	<b>30</b>		M-60	4	00:11:32	<b>00:23:14.40</b>	+00:07:06 (30.6%)	4:38	12.9 (69.4%)
49	<b>KARPIŃSKI Marcin</b>	<b>45</b>		M-40	20	00:11:23	<b>00:23:14.45</b>	+00:07:06 (30.6%)	4:38	12.9 (69.4%)
50	<b>JAREK Kiraga</b>	<b>36</b>		M-30	14	00:11:03	<b>00:23:18.35</b>	+00:07:10 (30.8%)	4:39	12.9 (69.4%)
51	<b>LEWANDOWSKI Jacek</b>	<b>75</b>	NADMORSKY BIEGACZE	M-40	21	00:11:43	<b>00:23:37.10</b>	+00:07:28 (31.7%)	4:43	12.7 (68.3%)
52	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>129</b>	NADMORSKIE STOWARZYSZENIE	M-40	22	00:11:53	<b>00:23:40.80</b>	+00:07:32 (31.9%)	4:44	12.7 (68.3%)
53	<b>STACHOWIAK Piotr</b>	<b>122</b>		M-30	15	00:11:54	<b>00:23:41.90</b>	+00:07:33 (31.9%)	4:44	12.7 (68.3%)
54	<b>PĘKAŁA Piotr</b>	<b>104</b>		M-50	6	00:12:14	<b>00:23:50.10</b>	+00:07:41 (32.3%)	4:46	12.6 (67.7%)
55	<b>NAZOREK Jacek</b>	<b>87</b>		M-40	23	00:11:35	<b>00:23:51.85</b>	+00:07:43 (32.4%)	4:46	12.6 (67.7%)
56	<b>SZPAK Robert</b>	<b>132</b>	MOSIR KOŁOBRZEG	M-30	16	00:11:56	<b>00:23:59.50</b>	+00:07:51 (32.7%)	4:47	12.5 (67.2%)
57	<b>RAFAŁ Dzikoń</b>	<b>108</b>	NADMORSKIE STOWARZYSZENIE	M-50	7	00:12:11	<b>00:24:04.05</b>	+00:07:55 (33.0%)	4:48	12.5 (67.2%)
58	<b>KUŻAJ Sławomir</b>	<b>72</b>		M-60	5	00:11:37	<b>00:24:32.50</b>	+00:08:24 (34.2%)	4:54	12.2 (65.6%)
59	<b>ŚWIĄTEK Adam</b>	<b>134</b>	NADMORSKIE STOWARZYSZENIE	M-30	17	00:11:17	<b>00:24:33.25</b>	+00:08:25 (34.3%)	4:54	12.2 (65.6%)
60	<b>PŁUCIENNIK Mariusza</b>	<b>106</b>		M-40	24	00:11:54	<b>00:24:51.40</b>	+00:08:43 (35.1%)	4:58	12.1 (65.1%)
61	<b>FENGIER Maksym</b>	<b>20</b>		M-40	25	00:12:36	<b>00:25:00.75</b>	+00:08:52 (35.5%)	5:00	12 (64.5%)
62	<b>NOGA Sebastian</b>	<b>89</b>		M-30	18	00:12:39	<b>00:25:06.40</b>	+00:08:58 (35.7%)	5:01	12 (64.5%)
63	<b>JĘDRZEJCZYK Franciszek</b>	<b>37</b>		M-50	8	00:12:24	<b>00:25:24.70</b>	+00:09:16 (36.5%)	5:04	11.8 (63.4%)
64	<b>OLESIŃSKI Marcin</b>	<b>96</b>		M-30	19	00:11:53	<b>00:25:31.50</b>	+00:09:23 (36.8%)	5:06	11.8 (63.4%)
65	<b>KASPROWICZ Przemysław</b>	<b>46</b>	NADMORSKY BIEGACZE KOŁOBRZEG	M-40	26	00:12:47	<b>00:25:32.50</b>	+00:09:24 (36.8%)	5:06	11.7 (62.9%)
66	<b>WALEŃSKI Michał</b>	<b>141</b>	TKKF KOSZALIN	M-50	9	00:12:43	<b>00:26:20.65</b>	+00:10:12 (38.7%)	5:16	11.4 (61.3%)
67	<b>PAWLAK Sebastian</b>	<b>102</b>		M-15	8	00:12:20	<b>00:26:21.85</b>	+00:10:13 (38.8%)	5:16	11.4 (61.3%)
68	<b>KRZYSZTOF Zygmunt</b>	<b>66</b>		M-15	9	00:12:21	<b>00:26:21.95</b>	+00:10:13 (38.8%)	5:16	11.4 (61.3%)
69	<b>KORZEŃ Kacper</b>	<b>54</b>		M-15	10	00:13:51	<b>00:26:38.75</b>	+00:10:30 (39.4%)	5:19	11.3 (60.8%)
70	<b>TURZYŃSKI Tomasz</b>	<b>155</b>		M-50	10	00:12:31	<b>00:26:40.70</b>	+00:10:32 (39.5%)	5:20	11.3 (60.8%)
71	<b>KRAJEWSKI Marek</b>	<b>60</b>		M-40	27	00:13:51	<b>00:26:46.35</b>	+00:10:38 (39.7%)	5:21	11.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>SZELEJEWSKI Adrian</b>	<b>131</b>		M-30	20	00:13:40	<b>00:27:26.00</b>	+00:11:17 (41.2%)	5:29	10.9 (58.6%)
73	<b>KOWALEWSKI Andrzej</b>	<b>57</b>		M-40	28	00:13:08	<b>00:27:28.00</b>	+00:11:19 (41.3%)	5:29	10.9 (58.6%)
74	<b>KOZŁOWIECKI Waldemar</b>	<b>59</b>	TKKF KOSZALIN	M70+	1	00:13:47	<b>00:28:00.50</b>	+00:11:52 (42.4%)	5:36	10.7 (57.5%)
75	<b>HOJDYCZ Jan</b>	<b>29</b>	MORSY POSEJDON KOSZALIN	M-60	6	00:14:17	<b>00:29:29.00</b>	+00:13:20 (45.3%)	5:53	10.2 (54.8%)
76	<b>NOWACKI Tomasz</b>	<b>91</b>		M-40	29	00:15:02	<b>00:30:42.50</b>	+00:14:34 (47.5%)	6:08	9.8 (52.7%)
77	<b>CIELOCH Radosław</b>	<b>10</b>		M-15	11	00:14:46	<b>00:30:46.20</b>	+00:14:38 (47.6%)	6:09	9.8 (52.7%)
78	<b>BUTOWICZ Adam</b>	<b>8</b>		M-60	7	00:15:14	<b>00:31:31.15</b>	+00:15:22 (48.8%)	6:18	9.5 (51.1%)
79	<b>HELLER Zdzisław</b>	<b>28</b>		M-60	8	00:15:48	<b>00:32:21.85</b>	+00:16:13 (50.1%)	6:28	9.3 (50.0%)
	<b>ELIASZ Wiktor</b>	<b>19</b>	UKS ZEFIREK PEGOCIN	M-15		DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 80 wynik(ów)