



# I KOŁOBRZESKI PÓLMARATON BRZEGIEM BAŁTYKU

B4SPORT

**Organiser:** Kołobrzegskie Stowarzyszenie Biegów Ulicznych  
„Nadmorscy Biegacze”  
**Date:** 2024-05-19  
**Place:** Kołobrzeg  
**Distance:** 21.1 km



Classification: M-40

Place	Participant	Number	Club	Category	MCat	Powiat Kołobrzeg	10.6km	Net time 21.1km	Gap	Pace min/km	Pace km/h
1	BRESKA Daniel	23	ŚCIGAŁ TEAM	M-40	1		00:40:25	<b>01:22:26.87</b>		3:54	15.4 (100%)
2	RUTA Maciej	200	SZAKALE BAŁUT	M-40	2		00:42:20	<b>01:26:28.66</b>	+00:04:01 (4.7%)	4:05	14.6 (94.8%)
3	WOJTALIK Łukasz	282		M-40	3		00:41:48	<b>01:27:17.13</b>	+00:04:50 (5.5%)	4:08	14.5 (94.2%)
4	ZAWALSKI Mariusz	290		M-40	4	TAK	00:43:47	<b>01:29:01.48</b>	+00:06:34 (7.4%)	4:13	14.2 (92.2%)
5	KALETA Sebastian	97		M-40	5		00:44:31	<b>01:30:04.27</b>	+00:07:37 (8.5%)	4:16	14.1 (91.6%)
6	KOZIEŁ Paweł	113	JJ RUNNERS TEAM	M-40	6		00:45:18	<b>01:32:45.72</b>	+00:10:18 (11.1%)	4:23	13.6 (88.3%)
7	SPICZAK-BRZEZIŃSKI Robert	222		M-40	7	TAK	00:46:38	<b>01:35:23.31</b>	+00:12:56 (13.6%)	4:31	13.3 (86.4%)
8	BUDYCH Arek	29		M-40	8		00:48:40	<b>01:36:25.91</b>	+00:13:59 (14.5%)	4:34	13.1 (85.1%)
9	WESOŁOWSKI Marcin	271	JOBMAN GROUP	M-40	9		00:47:02	<b>01:36:52.40</b>	+00:14:25 (14.9%)	4:35	13.1 (85.1%)
10	TALAREK Robert	253	SMT SZCZECIN	M-40	10		00:47:16	<b>01:38:10.79</b>	+00:15:43 (16.0%)	4:39	12.9 (83.8%)
11	AUGUSTYNIAK Grzegorz	3	WYGAN KOŁOBRZEG	M-40	11	TAK	00:48:55	<b>01:38:42.79</b>	+00:16:15 (16.5%)	4:40	12.8 (83.1%)
12	PROKOP Tomek	196		M-40	12		00:48:39	<b>01:38:55.17</b>	+00:16:28 (16.7%)	4:41	12.8 (83.1%)
13	SOBCZYK Łukasz	221	KOŁOBRZEG BIEGA	M-40	13	TAK	00:44:35	<b>01:39:21.73</b>	+00:16:54 (17.0%)	4:42	12.7 (82.5%)
14	ŚCIBISZ Paweł	247	10BIEGACZA BIAŁOGARD	M-40	14		00:50:14	<b>01:40:52.15</b>	+00:18:25 (18.3%)	4:46	12.6 (81.8%)
15	AUGUSTYNIAK Grzegorz	2	UKL FENIKS ŚWIDWIN	M-40	15		00:50:57	<b>01:41:01.57</b>	+00:18:34 (18.4%)	4:47	12.5 (81.2%)
16	KIERZEK Przemysław	103	PŁONĄCE UDA	M-40	16		00:49:24	<b>01:41:02.70</b>	+00:18:35 (18.4%)	4:47	12.5 (81.2%)
17	SZUBERT Marcin	242	KOŁOBRZEG BIEGA	M-40	17	TAK	00:50:25	<b>01:42:44.70</b>	+00:20:17 (19.8%)	4:52	12.3 (79.9%)
18	WACHOWSKI Rafał	262	KOŁOBRZEG BIEGA	M-40	18	TAK	00:46:56	<b>01:43:02.89</b>	+00:20:36 (20.0%)	4:52	12.3 (79.9%)
19	CZECHOWSKI Rafał	36	NIESKOŃCZONOŚĆ	M-40	19		00:52:09	<b>01:43:03.78</b>	+00:20:36 (20.0%)	4:53	12.3 (79.9%)
20	PRZYTARSKI Łukasz	197	DRUŻYNA LESZCZYŃSKIEGO	M-40	20		00:47:59	<b>01:43:22.56</b>	+00:20:55 (20.2%)	4:53	12.2 (79.2%)
21	MAZUR Emilusz	155	PSP KOSZALIN	M-40	21		00:49:56	<b>01:43:57.10</b>	+00:21:30 (20.7%)	4:55	12.2 (79.2%)
22	KELLER Marcin	102		M-40	22		00:50:00	<b>01:45:27.14</b>	+00:23:00 (21.8%)	4:59	12 (77.9%)
23	KLEIST Marek	105		M-40	23		00:49:39	<b>01:45:53.17</b>	+00:23:26 (22.1%)	5:01	12 (77.9%)
24	DOSKONAŁY Łukasz	43		M-40	24		00:52:17	<b>01:46:21.99</b>	+00:23:55 (22.5%)	5:02	11.9 (77.3%)
25	GRZESIAK Dariusz	73		M-40	25		00:52:49	<b>01:46:53.13</b>	+00:24:26 (22.9%)	5:03	11.8 (76.6%)
26	WIŚNIEWSKI Stanisław	278		M-40	26		00:51:09	<b>01:46:54.62</b>	+00:24:27 (22.9%)	5:03	11.8 (76.6%)
27	KAŁUŻA Mariusz	98	PAMIATKOWO RUN TEAM	M-40	27	TAK	00:54:14	<b>01:48:00.30</b>	+00:25:33 (23.7%)	5:07	11.7 (76.0%)

Place	Participant	Number	Club	Category	MCat	Powiat Kołobrzeg	10.6km	Net time		Pace min/km	Pace km/h
								21.1km	Gap		
28	ZYGAN Marcin	296	NADMORSZY BIEGACZE	M-40	28	TAK	00:54:16	<b>01:48:28.55</b>	+00:26:01 (24.0%)	5:08	11.7 (76.0%)
29	ZIÓŁKOWSKI Robert	295	LINCOLN ELECTRIC RUNNING TEAM	M-40	29		00:53:08	<b>01:48:46.84</b>	+00:26:19 (24.2%)	5:09	11.6 (75.3%)
30	KWAŚNIAK Przemysław	134		M-40	30	TAK	00:53:30	<b>01:50:58.01</b>	+00:28:31 (25.7%)	5:15	11.4 (74.0%)
31	ŻDANOW Oleksandr	298		M-40	31	TAK	00:54:34	<b>01:52:48.48</b>	+00:30:21 (26.9%)	5:20	11.2 (72.7%)
32	STOŁOWSKI Robert	230		M-40	32		00:55:03	<b>01:53:06.32</b>	+00:30:39 (27.1%)	5:21	11.2 (72.7%)
33	KADECKI Piotr	95	KSIR SPORTICO BIAŁOŚLIWIE	M-40	33		00:53:14	<b>01:53:31.06</b>	+00:31:04 (27.4%)	5:22	11.2 (72.7%)
34	STAWICKI Tomasz	317		M-40	34		00:54:06	<b>01:53:43.86</b>	+00:31:16 (27.5%)	5:23	11.1 (72.1%)
35	KIEŁKOWSKI Przemysław	311		M-40	35	TAK	00:57:08	<b>01:53:58.55</b>	+00:31:31 (27.7%)	5:24	11.1 (72.1%)
36	DIDŁUCH Jacek	41	KARLINOBIEGAJ	M-40	36		00:55:11	<b>01:54:00.28</b>	+00:31:33 (27.7%)	5:24	11.1 (72.1%)
37	BĄK Tomasz	10	TEAM TEMPO	M-40	37		00:57:00	<b>01:54:08.06</b>	+00:31:41 (27.8%)	5:24	11.1 (72.1%)
38	KRZYŻAŃSKI Jakub	125		M-40	38	TAK	00:54:21	<b>01:55:22.25</b>	+00:32:55 (28.5%)	5:28	11 (71.4%)
39	PIETRASIK Dawid	187		M-40	39		00:54:58	<b>01:55:53.40</b>	+00:33:26 (28.9%)	5:29	10.9 (70.8%)
40	DUDENKO Jerzy	47		M-40	40		00:57:51	<b>01:57:07.02</b>	+00:34:40 (29.6%)	5:33	10.8 (70.1%)
41	OLEJNIK Mariusz	174		M-40	41		00:56:42	<b>01:57:35.06</b>	+00:35:08 (29.9%)	5:34	10.8 (70.1%)
42	KRAJEWSKI Marek	119		M-40	42	TAK	00:56:48	<b>01:57:38.20</b>	+00:35:11 (29.9%)	5:34	10.8 (70.1%)
43	SZYMAŃSKI Artur	243	BS FAMILY TEAM	M-40	43		00:56:32	<b>01:58:11.94</b>	+00:35:45 (30.2%)	5:36	10.7 (69.5%)
44	JANKOWIAK Marek	85		M-40	44	TAK	00:59:42	<b>01:59:39.23</b>	+00:37:12 (31.1%)	5:40	10.6 (68.8%)
45	BRODECKI Artur	25	BIEGOLAS KOSZALIN	M-40	45		00:59:25	<b>02:00:41.54</b>	+00:38:14 (31.7%)	5:43	10.5 (68.2%)
46	OLESEK Krzysztof	176	STARGARD. JA SIĘ NIE ŚCIGAM	M-40	46		00:59:01	<b>02:00:50.00</b>	+00:38:23 (31.8%)	5:43	10.5 (68.2%)
47	BRANICKI Dawid	22		M-40	47	TAK	00:56:20	<b>02:01:09.18</b>	+00:38:42 (31.9%)	5:44	10.4 (67.5%)
48	PŁAŻAŁSKI Przemysław	300		M-40	48		00:59:15	<b>02:02:24.88</b>	+00:39:58 (32.6%)	5:48	10.3 (66.9%)
49	OSTAPIŃSKI Michał	181	SUPER KSIĘGOWY	M-40	49	TAK	00:59:28	<b>02:05:48.18</b>	+00:43:21 (34.5%)	5:57	10.1 (65.6%)
50	SUDER-MAKSYMOWICZ Grzegorz	236		M-40	50	TAK	01:01:14	<b>02:06:02.85</b>	+00:43:35 (34.6%)	5:58	10 (64.9%)
51	SERKIES Piotr	208	WENY.PWR	M-40	51		01:00:12	<b>02:06:05.59</b>	+00:43:38 (34.6%)	5:58	10 (64.9%)
52	BOJANOWSKI Michał	15		M-40	52	TAK	00:56:50	<b>02:06:14.31</b>	+00:43:47 (34.7%)	5:58	10 (64.9%)
53	BARDADYN Artur	7	BURSZTYNEK	M-40	53		01:04:17	<b>02:06:31.25</b>	+00:44:04 (34.8%)	5:59	10 (64.9%)
54	CZYNSZAK Krystian	37	STARGARD JA SIĘ NIE ŚCIGAM	M-40	54		01:01:07	<b>02:07:41.98</b>	+00:45:15 (35.4%)	6:03	9.9 (64.3%)
55	WERESZCZYŃSKI Krzysztof	268	WIECZORNE BIEGANIE W SZCZECINIE	M-40	55		01:02:58	<b>02:09:23.86</b>	+00:46:56 (36.3%)	6:07	9.8 (63.6%)
56	GÓRSKI Marek	68		M-40	56		00:59:30	<b>02:09:41.49</b>	+00:47:14 (36.4%)	6:08	9.8 (63.6%)
57	SZYMAŃSKI Andrzej	244	ELKOPLAST	M-40	57	TAK	00:58:42	<b>02:12:06.60</b>	+00:49:39 (37.6%)	6:15	9.6 (62.3%)
58	BOROWSKI Mariusz	19	COLBERG	M-40	58		01:04:14	<b>02:12:32.87</b>	+00:50:06 (37.8%)	6:16	9.6 (62.3%)
59	WILKOWSKI Krzysztof	276	FOR-REST-RUN KOSZALIN	M-40	59		01:03:06	<b>02:12:39.95</b>	+00:50:13 (37.9%)	6:17	9.5 (61.7%)
60	PIOTROWSKI Łukasz	301		M-40	60	TAK	00:59:20	<b>02:12:47.27</b>	+00:50:20 (37.9%)	6:17	9.5 (61.7%)
61	NOWAK Marcin	169		M-40	61	TAK	01:02:04	<b>02:13:43.37</b>	+00:51:16 (38.3%)	6:20	9.5 (61.7%)
62	DZIKOŃ Rafał	49	RAFTER-RUN	M-40	62	TAK	01:00:45	<b>02:13:51.70</b>	+00:51:24 (38.4%)	6:20	9.5 (61.7%)
63	PŁAŻAŁSKI Łukasz	193		M-40	63	TAK	01:03:39	<b>02:14:14.98</b>	+00:51:48 (38.6%)	6:21	9.4 (61.0%)
64	WINIARSKI Marcin	277		M-40	64		01:02:49	<b>02:14:30.85</b>	+00:52:03 (38.7%)	6:22	9.4 (61.0%)
65	STASZEWSKI Mariusz	224		M-40	65		01:06:26	<b>02:17:47.84</b>	+00:55:20 (40.2%)	6:31	9.2 (59.7%)
66	MŁYNAREK Piotr	164		M-40	66		01:08:10	<b>02:26:39.57</b>	+01:04:12 (43.8%)	6:57	8.6 (55.8%)
67	GARBIEŃ Tomasz	59		M-40	67		01:11:17	<b>02:30:41.12</b>	+01:08:14 (45.3%)	7:08	8.4 (54.5%)
68	STEPNIEWSKI Robert	226	BEZ KLUBU	M-40	68	TAK	01:21:15	<b>02:55:46.24</b>	+01:33:19 (53.1%)	8:19	7.2 (46.8%)
DQ	CHRZAŚTOWSKI Sebastian	34	RUN BOY RUN	M-40			01:10:35	DQ			(0.0%)