

# I MIKOŁAJKOWY BIEG O PUCHAR REKTORA PWSZ W KOSZALINIE

B4SPORT

**Wydarzenie:** I Mikołajkowe zmagania sportowe o nagrody  
Rektora Państwowej Wyższej Szkoły Zawodowej w  
Koszalinie  
**Organizator:** PWSZ Koszalin  
**Data:** 2017-12-06  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 1.5km	Finish_All 3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>KĘPKA Adrian</b>	<b>132</b>	PWSZ KOSZALIN	M18-29	1	00:05:34	00:11:31	<b>00:17:27.90</b>		3:29	17.2 (100%)
2	<b>IGNACZAK Piotr</b>	<b>184</b>	KB 10 BIAŁOGARD	M18-29	2	00:05:51	00:12:04	<b>00:18:05.20</b>	+00:00:37 (3.4%)	3:37	16.6 (96.5%)
3	<b>JURCZYSZYŃ Rafał</b>	<b>125</b>	A&R	M30-39	1	00:06:05	00:12:21	<b>00:18:26.45</b>	+00:00:58 (5.3%)	3:41	16.3 (94.8%)
4	<b>WICHER Krzysztof</b>	<b>169</b>	ADWOKATURA	M30-39	2	00:06:15	00:12:52	<b>00:19:27.05</b>	+00:01:59 (10.2%)	3:53	15.4 (89.5%)
5	<b>PRZEWŁOCKI Michał</b>	<b>148</b>	INTER-METAL	M30-39	3	00:06:22	00:13:03	<b>00:19:55.10</b>	+00:02:27 (12.3%)	3:59	15.1 (87.8%)
6	<b>URBAŃSKI Tomasz</b>	<b>166</b>	KARLINO BIEGAJ	M40-49	1	00:06:26	00:13:12	<b>00:19:59.00</b>	+00:02:31 (12.6%)	3:59	15 (87.2%)
7	<b>ZIELIŃSKI Kacper</b>	<b>178</b>		M18-29	3	00:06:45	00:13:23	<b>00:19:59.55</b>	+00:02:31 (12.6%)	4:00	15 (87.2%)
8	<b>FAMULSKI Cezary</b>	<b>111</b>	PWSZ KOSZALIN /JW 1223 KOSZALIN	M30-39	4	00:06:29	00:13:17	<b>00:20:20.90</b>	+00:02:53 (14.2%)	4:04	14.7 (85.5%)
9	<b>FASTYN Bartłomiej</b>	<b>181</b>		M18-29	4	00:06:28	00:13:18	<b>00:20:33.65</b>	+00:03:05 (15.1%)	4:06	14.6 (84.9%)
10	<b>KONKEL Agnieszka</b>	<b>133</b>		K30-39	1	00:06:35	00:13:44	<b>00:20:46.80</b>	+00:03:18 (16.0%)	4:09	14.4 (83.7%)
11	<b>JAŻWIŃSKI Dawid</b>	<b>124</b>	TKKF KOSZALIN	M13-17	1	00:06:28	00:14:07	<b>00:20:47.60</b>	+00:03:19 (16.0%)	4:09	14.4 (83.7%)
12	<b>ROBAKOWSKI Marek</b>	<b>150</b>	ELEKTRONIK	M13-17	2	00:07:01	00:14:06	<b>00:20:50.45</b>	+00:03:22 (16.2%)	4:10	14.4 (83.7%)
13	<b>MIKOŁAJCZAK Radosław</b>	<b>141</b>		M18-29	5	00:06:40	00:14:05	<b>00:21:18.55</b>	+00:03:50 (18.0%)	4:15	14.1 (82.0%)
14	<b>GRZELĄZKA Sylwester</b>	<b>183</b>		M30-39	5	00:06:56	00:14:08	<b>00:21:27.10</b>	+00:03:59 (18.6%)	4:17	14 (81.4%)
15	<b>ZACHOLSKI Wojciech</b>	<b>175</b>	PWSZ KOSZALIN	M18-29	6	00:06:35	00:14:06	<b>00:21:41.40</b>	+00:04:13 (19.5%)	4:20	13.8 (80.2%)
16	<b>RUDZIŃSKI Radosław</b>	<b>151</b>	TYCHOWO TEAM	M30-39	6	00:06:56	00:14:20	<b>00:21:45.45</b>	+00:04:17 (19.7%)	4:21	13.8 (80.2%)
17	<b>MAJCHRZAK Kacper</b>	<b>139</b>	ELEKTRONIK	M13-17	3	00:07:00	00:14:14	<b>00:21:58.90</b>	+00:04:31 (20.5%)	4:23	13.6 (79.1%)
18	<b>WIELECHOWSKI Filip</b>	<b>170</b>	PWSZ KOSZALIN	M18-29	7	00:06:57	00:14:35	<b>00:22:07.70</b>	+00:04:39 (21.1%)	4:25	13.6 (79.1%)
19	<b>WRÓBLEWSKI Jacek</b>	<b>174</b>	TKKF KOSZALIN	M13-17	4	00:06:54	00:14:57	<b>00:22:20.70</b>	+00:04:52 (21.8%)	4:28	13.4 (77.9%)
20	<b>ĆWIKOWSKI Tomasz</b>	<b>109</b>	PWSZ KOSZALIN	M18-29	8	00:06:35	00:14:33	<b>00:22:21.65</b>	+00:04:53 (21.9%)	4:28	13.4 (77.9%)
21	<b>DAWIDOWICZ Radosław</b>	<b>110</b>	PWSZ	M18-29	9	00:07:31	00:15:10	<b>00:22:37.20</b>	+00:05:09 (22.8%)	4:31	13.3 (77.3%)
22	<b>SHTEFAN Yuliiia</b>	<b>155</b>	PWSZ KOSZALIN	K30-39	2	00:07:32	00:15:11	<b>00:22:37.65</b>	+00:05:09 (22.8%)	4:31	13.3 (77.3%)
23	<b>CHODOROWSKI Tomasz</b>	<b>106</b>	PWSZ KOSZALIN	M18-29	10	00:07:38	00:15:36	<b>00:22:53.20</b>	+00:05:25 (23.7%)	4:34	13.1 (76.2%)
24	<b>SZEWCZYK Paweł</b>	<b>162</b>		M13-17	5	00:07:26	00:15:26	<b>00:23:02.10</b>	+00:05:34 (24.2%)	4:36	13 (75.6%)
25	<b>SZEWCZYK Dawid</b>	<b>163</b>		M13-17	6	00:05:48	00:12:11	<b>00:23:10.15</b>	+00:05:42 (24.6%)	4:38	12.9 (75.0%)
26	<b>URBAŃSKI Paweł</b>	<b>182</b>	KU AZS-PWSZ KOSZALIN	M18-29	11	00:07:29	00:15:05	<b>00:23:11.05</b>	+00:05:43 (24.7%)	4:38	12.9 (75.0%)
27	<b>WIOREK Paweł</b>	<b>185</b>		M18-29	12	00:07:13	00:15:28	<b>00:23:12.35</b>	+00:05:44 (24.7%)	4:38	12.9 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 1.5km	Finish_All 3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>ŻUKOWSKI Cezary</b>	<b>180</b>	MIGAWKOWE.PL	M30-39	7	00:07:23	00:15:31	<b>00:23:29.35</b>	+00:06:01 (25.6%)	4:41	12.8 (74.4%)
29	<b>ŚNIADECKI Wojciech</b>	<b>165</b>	PWSZ KOSZALIN WF	M18-29	13	00:06:37	00:15:09	<b>00:23:29.75</b>	+00:06:01 (25.7%)	4:42	12.8 (74.4%)
30	<b>SARNOWSKI Szymon</b>	<b>154</b>	ELEKTRONIK	M13-17	7	00:07:04	00:15:08	<b>00:23:49.70</b>	+00:06:21 (26.7%)	4:45	12.6 (73.3%)
31	<b>KRASIŃSKI Witold</b>	<b>136</b>	JW1223	M40-49	2	00:08:08	00:16:17	<b>00:24:07.75</b>	+00:06:39 (27.6%)	4:49	12.4 (72.1%)
32	<b>ZIOBRO Wiktor</b>	<b>186</b>		M13-17	8	00:08:09	00:16:48	<b>00:24:32.70</b>	+00:07:04 (28.8%)	4:54	12.2 (70.9%)
33	<b>KWIATKOWSKA Dominika</b>	<b>138</b>		K18-29	1	00:08:04	00:16:26	<b>00:24:33.65</b>	+00:07:05 (28.9%)	4:54	12.2 (70.9%)
34	<b>WIŚNIEWSKI Damian</b>	<b>172</b>		M18-29	14	00:07:52	00:16:56	<b>00:25:11.80</b>	+00:07:43 (30.7%)	5:02	11.9 (69.2%)
35	<b>KAWALEC Maciej</b>	<b>131</b>	PWSZ KOSZALIN	M18-29	15	00:08:27	00:17:10	<b>00:25:15.55</b>	+00:07:47 (30.9%)	5:03	11.9 (69.2%)
36	<b>HEIB Michał</b>	<b>116</b>	ELEKTRONIK	M18-29	16	00:08:25	00:16:51	<b>00:25:16.65</b>	+00:07:48 (30.9%)	5:03	11.9 (69.2%)
37	<b>SZNYTER Sabina</b>	<b>164</b>	DECATHLON KOSZALIN	K18-29	2	00:08:35	00:17:21	<b>00:25:39.75</b>	+00:08:11 (31.9%)	5:08	11.7 (68.0%)
38	<b>ZIOMEK Maja</b>	<b>179</b>	DECATHLON KOSZALIN	K18-29	3	00:08:36	00:17:20	<b>00:25:40.30</b>	+00:08:12 (32.0%)	5:08	11.7 (68.0%)
39	<b>KOWALCZYK Piotr</b>	<b>134</b>		M30-39	8	00:08:10	00:16:42	<b>00:25:40.35</b>	+00:08:12 (32.0%)	5:08	11.7 (68.0%)
40	<b>KARNICKI Zygmunt</b>	<b>129</b>	TKKF KOSZALIN	M60-69	1	00:08:20	00:17:02	<b>00:25:53.10</b>	+00:08:25 (32.5%)	5:10	11.6 (67.4%)
41	<b>BORUCH Mateusz</b>	<b>104</b>	ELEKTRONIK	M13-17	9	00:08:13	00:17:09	<b>00:25:56.55</b>	+00:08:28 (32.7%)	5:11	11.6 (67.4%)
42	<b>HRYCIÓW Paweł</b>	<b>119</b>	JW1223	M30-39	9	00:08:36	00:17:27	<b>00:26:00.00</b>	+00:08:32 (32.8%)	5:12	11.5 (66.9%)
43	<b>JUSZCZAK Krzysztof</b>	<b>126</b>		M60-69	2	00:08:38	00:17:25	<b>00:26:20.50</b>	+00:08:52 (33.7%)	5:16	11.4 (66.3%)
44	<b>CIEŚLAK Radosław</b>	<b>107</b>	KU AZS PWSZ KOSZALIN	M18-29	17	00:09:01	00:17:56	<b>00:26:21.35</b>	+00:08:53 (33.7%)	5:16	11.4 (66.3%)
45	<b>HAŁADEJ Kinga</b>	<b>115</b>		K18-29	4	00:09:01	00:18:08	<b>00:26:34.10</b>	+00:09:06 (34.3%)	5:18	11.3 (65.7%)
46	<b>JANAS Filip</b>	<b>121</b>		M18-29	18	00:08:57	00:18:06	<b>00:26:35.70</b>	+00:09:07 (34.3%)	5:19	11.3 (65.7%)
47	<b>KURŁOWICZ Krzysztof</b>	<b>187</b>		M30-39	10	00:08:19	00:17:47	<b>00:27:11.05</b>	+00:09:43 (35.8%)	5:26	11 (64.0%)
48	<b>JASIŃSKA Natalia</b>	<b>123</b>		K13-17	1	00:08:39	00:18:06	<b>00:27:27.30</b>	+00:09:59 (36.4%)	5:29	10.9 (63.4%)
49	<b>SZEWCZYK Paulina</b>	<b>161</b>		K18-29	5	00:08:53	00:18:20	<b>00:27:36.35</b>	+00:10:08 (36.7%)	5:31	10.9 (63.4%)
50	<b>STATKIEWICZ Jakub</b>	<b>159</b>	PWSZ	M18-29	19	00:07:54	00:18:28	<b>00:27:40.45</b>	+00:10:12 (36.9%)	5:32	10.8 (62.8%)
51	<b>ROBAKOWSKA Żaneta</b>	<b>149</b>	GABINET REHABILITACJI AKTYWNEJ	K30-39	3	00:08:42	00:18:11	<b>00:27:48.00</b>	+00:10:20 (37.2%)	5:33	10.8 (62.8%)
52	<b>USAREK Karol</b>	<b>167</b>	PWSZ	M18-29	20	00:09:07	00:18:34	<b>00:28:40.55</b>	+00:11:12 (39.1%)	5:44	10.5 (61.0%)
53	<b>ANTKOWIAK Sebastian</b>	<b>101</b>	DB ACTIVE	M40-49	3	00:09:17	00:19:12	<b>00:29:42.70</b>	+00:12:14 (41.2%)	5:56	10.1 (58.7%)
54	<b>HELLER Zdzisław</b>	<b>117</b>	NIEZRZESZONY	M60-69	3	00:09:45	00:19:47	<b>00:29:44.60</b>	+00:12:16 (41.3%)	5:56	10.1 (58.7%)
55	<b>MARCZAK Małgorzata</b>	<b>140</b>	AMATOR	K50+	1	00:09:21	00:19:30	<b>00:29:47.55</b>	+00:12:19 (41.4%)	5:57	10.1 (58.7%)
56	<b>HAJDAMOWICZ Bartek</b>	<b>114</b>	PWSZ	M18-29	21	00:09:29	00:19:29	<b>00:30:15.60</b>	+00:12:47 (42.3%)	6:03	9.9 (57.6%)
57	<b>WALKOWIAK Dariusz</b>	<b>168</b>		M40-49	4	00:09:21	00:20:10	<b>00:31:06.80</b>	+00:13:38 (43.9%)	6:13	9.6 (55.8%)
58	<b>STASZYŃSKA Marianna</b>	<b>158</b>	BTC,,ORZEŁ'BIAŁOGARD	K50+	2	00:10:36	00:21:37	<b>00:32:28.65</b>	+00:15:00 (46.2%)	6:29	9.2 (53.5%)
	<b>RUDZIŃSKI Jacek</b>	<b>152</b>	TYCHOWO TEAM	M40-49		00:08:28	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>MODRZEJEWSKI Marcin</b>	<b>142</b>		M18-29		DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>HUBKO Kacper</b>	<b>120</b>	PWSZ	M18-29		DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>HRYB Oliwia</b>	<b>118</b>		K18-29		DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 62 wynik(ów)