



## XII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

**Wydarzenie:** XII Koszaliński Bieg Sylwestrowy  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2021-12-29  
**Miejsce:** Koszalin  
**Dystans:** 5.1 km



Klasyfikacja: M14-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
1	<b>SIÓDIAK Igor</b>	<b>144</b>	7PRO SIÓDIAK TEAM / PENTATHLON SZ-EK / MBC	M14-39	1	00:05:24	00:10:43	<b>00:16:05.40</b>		3:09	19
2	<b>SOKOŁOWSKI Ryszard</b>	<b>146</b>	LKB BRACI PETK	M14-39	2	00:04:44	00:10:54	<b>00:16:20.30</b>	+00:00:14	3:12	18.7
3	<b>CZERNIEWSKI Marcin</b>	<b>23</b>	AML SŁUPSK	M14-39	3	00:05:24	00:11:11	<b>00:17:06.05</b>	+00:01:00	3:21	17.9
4	<b>WIŚNIEWSKI Kacper</b>	<b>174</b>	KB DZIESIĄTKA BIAŁOGARD	M14-39	4	00:05:30	00:11:22	<b>00:17:23.75</b>	+00:01:18	3:24	17.6
5	<b>KĘPKA Adrian</b>	<b>64</b>	@KEPKANATRASIE	M14-39	5	00:05:42	00:11:43	<b>00:17:44.05</b>	+00:01:38	3:28	17.3
6	<b>GUZOWSKI Denis</b>	<b>46</b>	JW 3775/ PRAWIE JAK HERMES	M14-39	6	00:05:39	00:11:42	<b>00:17:49.35</b>	+00:01:43	3:29	17.2
7	<b>SZOPIŃSKI Tomasz</b>	<b>158</b>	KB BRYZA POSTOMINO	M14-39	7	00:06:14	00:12:53	<b>00:19:13.30</b>	+00:03:07	3:46	15.9
8	<b>KRYZEL Tomasz</b>	<b>83</b>	KUJAWSCY RUNNERS	M14-39	8	00:06:08	00:12:43	<b>00:19:22.85</b>	+00:03:17	3:47	15.8
9	<b>FEDORCZAK Łukasz</b>	<b>33</b>		M14-39	9	00:06:39	00:13:39	<b>00:20:29.80</b>	+00:04:24	4:00	14.9
10	<b>RODZIEWICZ Marcin</b>	<b>138</b>		M14-39	10	00:06:41	00:13:40	<b>00:20:47.35</b>	+00:04:41	4:04	14.7
11	<b>KISIELEWICZ Krzysztof</b>	<b>65</b>	KORZYBSKIE REKINY	M14-39	11	00:07:11	00:14:16	<b>00:21:20.70</b>	+00:05:15	4:10	14.3
12	<b>GAWEŁ Marcin</b>	<b>39</b>	BRAK	M14-39	12	00:07:02	00:14:16	<b>00:21:22.10</b>	+00:05:16	4:11	14.3
13	<b>KORCZYŃSKI Sławomir</b>	<b>92</b>		M14-39	13	00:07:04	00:14:40	<b>00:22:03.45</b>	+00:05:58	4:19	13.9
14	<b>WEBER Paweł</b>	<b>168</b>	BIEGOLAS	M14-39	14	00:07:15	00:14:40	<b>00:22:16.50</b>	+00:06:11	4:21	13.7
15	<b>SZCZUBLEWSKI Martin</b>	<b>153</b>	KAMIEŃ RYMAŃSKI	M14-39	15	00:07:07	00:14:32	<b>00:22:18.35</b>	+00:06:12	4:22	13.7
16	<b>KMITA Michał</b>	<b>67</b>		M14-39	16	00:07:14	00:14:59	<b>00:22:27.00</b>	+00:06:21	4:24	13.6
17	<b>KORMAN Kamil</b>	<b>87</b>	8PPLOT	M14-39	17	00:06:37	00:15:23	<b>00:22:27.20</b>	+00:06:21	4:24	13.6
18	<b>WIERZBICKI Sylwester</b>	<b>173</b>	DARŁOWSKIE CHARTY	M14-39	18	00:07:19	00:15:05	<b>00:22:43.40</b>	+00:06:38	4:27	13.5
19	<b>MOKRZYCKI Michał</b>	<b>102</b>		M14-39	19	00:08:08	00:15:59	<b>00:23:34.65</b>	+00:07:29	4:37	13
20	<b>KRUK Marcin</b>	<b>79</b>		M14-39	20	00:07:30	00:15:32	<b>00:23:35.45</b>	+00:07:30	4:37	13
21	<b>KATA Marcin</b>	<b>63</b>	DZIKIE ŻÓŁWE	M14-39	21	00:07:53	00:15:59	<b>00:24:03.00</b>	+00:07:57	4:42	12.7
22	<b>ŚNIADECKI Wojciech</b>	<b>159</b>		M14-39	22	00:07:11	00:15:44	<b>00:24:05.40</b>	+00:08:00	4:43	12.7
23	<b>ORDA Marcin</b>	<b>117</b>	KAMIEŃ RYMAŃSKI	M14-39	23	00:07:30	00:16:07	<b>00:24:16.65</b>	+00:08:11	4:45	12.6
24	<b>RADZIMSKI Marcel</b>	<b>134</b>		M14-39	24	00:07:30	00:15:46	<b>00:24:18.45</b>	+00:08:13	4:45	12.6
25	<b>RETERSKI Damian</b>	<b>136</b>		M14-39	25	00:08:03	00:16:23	<b>00:24:22.50</b>	+00:08:17	4:46	12.6
26	<b>TOMCZYK Mateusz</b>	<b>162</b>	KB SPOKO SŁAWNO	M14-39	26	00:08:14	00:16:33	<b>00:24:25.85</b>	+00:08:20	4:47	12.5
27	<b>WĄSOWSKI Robert</b>	<b>167</b>	SPORTOWE BIELICE	M14-39	27	00:08:25	00:16:42	<b>00:24:48.90</b>	+00:08:43	4:51	12.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
28	<b>KASPRZYKOWSKI Wojciech</b>	<b>60</b>	BRAK	M14-39	28	00:07:45	00:16:14	<b>00:24:54.50</b>	+00:08:49	4:52	12.3
29	<b>HOREGLAD Paweł</b>	<b>52</b>	SPEEDY GONZALES	M14-39	29	00:07:58	00:16:36	<b>00:25:07.20</b>	+00:09:01	4:55	12.2
30	<b>BOREJKO Łukasz</b>	<b>11</b>		M14-39	30	00:08:18	00:16:46	<b>00:25:13.35</b>	+00:09:07	4:56	12.1
31	<b>BODO Rafał</b>	<b>8</b>	ZOZKOSZ KOSZALIN	M14-39	31	00:08:40	00:17:19	<b>00:25:48.60</b>	+00:09:43	5:03	11.9
32	<b>POŁOCZAŃSKI Piotr</b>	<b>133</b>	SZWAGRY BIEGAJĄ	M14-39	32	00:08:34	00:17:12	<b>00:26:16.50</b>	+00:10:11	5:09	11.6
33	<b>ŻUCHELKOWSKI Henryk</b>	<b>187</b>		M14-39	33	00:09:20	00:18:36	<b>00:27:13.10</b>	+00:11:07	5:20	11.2
34	<b>MILTO Adam</b>	<b>101</b>		M14-39	34	00:09:02	00:18:14	<b>00:27:25.45</b>	+00:11:20	5:22	11.2
35	<b>ZIMNOWŁOCKI Mariusz</b>	<b>183</b>	DEAF KOSZALIN	M14-39	35	00:08:40	00:18:02	<b>00:27:40.10</b>	+00:11:34	5:25	11.1
36	<b>BOMBA Arkadiusz</b>	<b>10</b>		M14-39	36	00:08:27	00:18:17	<b>00:28:13.40</b>	+00:12:08	5:31	10.8
37	<b>SALOMON Kacper</b>	<b>188</b>		M14-39	37	00:09:32	00:19:33	<b>00:28:35.25</b>	+00:12:29	5:36	10.7
38	<b>SLAZAK Robert</b>	<b>145</b>	CANCERFIGHTER	M14-39	38	00:07:00	00:19:00	<b>00:29:00.00</b>	+00:12:54	5:41	10.6
39	<b>OLEARCZYK Patryk</b>	<b>116</b>	BOBOLICKIE BRACtwo BIEGOWE	M14-39	39	00:09:57	00:19:43	<b>00:29:05.75</b>	+00:13:00	5:42	10.5
40	<b>CIEKLIŃSKI Jacek</b>	<b>19</b>	POD KOSZEM	M14-39	40	00:10:11	00:22:50	<b>00:29:45.55</b>	+00:13:40	5:50	10.3
41	<b>CISZKOWSKI Konrad</b>	<b>20</b>		M14-39	41	00:08:57	00:19:42	<b>00:30:25.40</b>	+00:14:20	5:57	10.1
42	<b>SZMYT Hubert</b>	<b>156</b>	SZWAGRY BIEGAJĄ	M14-39	42	00:10:05	00:21:23	<b>00:33:06.25</b>	+00:17:00	6:29	9.2

Znaleziono 42 wynik(ów)