



# IX KOSZALIŃSKI BIEG GÓRSKI - 15KM

B4SPORT

**Wydarzenie:** IX Koszaliński Bieg Górski  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-04-14  
**Miejsce:** Koszalin  
**Dystans:** 15 km



Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 5km	Start All 10km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	<b>KĘPKA Adrian</b>	<b>139</b>	DECATHLON KOSZALIN	M18-29	1	00:23:10	00:47:51	<b>01:12:20.67</b>		4:49	12.4 (100%)
2	<b>JAROSZ Wiesław</b>	<b>91</b>	JW. 1223/BLOG	M40-49	1	00:23:48	00:49:03	<b>01:14:41.57</b>	+00:02:20 (3.1%)	4:58	12 (96.8%)
3	<b>IGNACZAK Piotr</b>	<b>85</b>	KB.10.BIAŁOGARD	M18-29	2	00:24:11	00:50:13	<b>01:18:14.03</b>	+00:05:53 (7.5%)	5:12	11.5 (92.7%)
4	<b>SZKOŁUDA Miłosz</b>	<b>140</b>	DECATHLON KOSZALIN	M18-29	3	00:24:44	00:51:15	<b>01:19:08.20</b>	+00:06:47 (8.6%)	5:16	11.4 (91.9%)
5	<b>STEBELSKI Jasiek</b>	<b>125</b>		M30-39	1	00:25:11	00:52:53	<b>01:19:31.54</b>	+00:07:10 (9.0%)	5:18	11.3 (91.1%)
6	<b>GAWEŁ Ireneusz</b>	<b>79</b>		M40-49	2	00:25:58	00:52:53	<b>01:19:50.69</b>	+00:07:30 (9.4%)	5:19	11.3 (91.1%)
7	<b>WOJCIECHOWICZ Jacek</b>	<b>132</b>	WWW.STUDIOTANCAPASJA.PL	M40-49	3	00:26:02	00:52:58	<b>01:22:20.43</b>	+00:09:59 (12.1%)	5:29	10.9 (87.9%)
8	<b>TOKARSKI Szymon</b>	<b>131</b>	RUNTOTHEHILLS	M40-49	4	00:26:11	00:53:55	<b>01:22:36.68</b>	+00:10:16 (12.4%)	5:30	10.9 (87.9%)
9	<b>KRAWCZYK Kamil</b>	<b>103</b>	LOTOS RUNNING TEAM	M18-29	4	00:26:15	00:55:02	<b>01:23:39.58</b>	+00:11:18 (13.5%)	5:34	10.8 (87.1%)
10	<b>WOJTALIK Łukasz</b>	<b>133</b>	POŁCZYN ZDRÓJ	M30-39	2	00:27:13	00:56:01	<b>01:25:18.06</b>	+00:12:57 (15.2%)	5:41	10.6 (85.5%)
11	<b>WOJTAS Stefan</b>	<b>134</b>	TRIPAKA PRZECHLEWO	M30-39	3	00:28:04	00:57:15	<b>01:26:10.13</b>	+00:13:49 (16.0%)	5:44	10.4 (83.9%)
12	<b>SOKALSKI Dawid</b>	<b>123</b>	BRAK	M18-29	5	00:29:16	00:58:50	<b>01:28:12.99</b>	+00:15:52 (18.0%)	5:52	10.2 (82.3%)
13	<b>MOKSA Dariusz</b>	<b>110</b>		M18-29	6	00:26:56	00:56:23	<b>01:28:14.11</b>	+00:15:53 (18.0%)	5:52	10.2 (82.3%)
14	<b>PAKULSKI Marcin</b>	<b>138</b>		M40-49	5	00:28:40	00:58:35	<b>01:28:55.81</b>	+00:16:35 (18.7%)	5:55	10.1 (81.5%)
15	<b>POLAŃSKI Dariusz</b>	<b>115</b>	MLUKS TRZEBIATÓW	M50-59	1	00:29:09	00:59:18	<b>01:29:25.50</b>	+00:17:04 (19.1%)	5:57	10.1 (81.5%)
16	<b>PIŃSKI Paweł</b>	<b>114</b>		M30-39	4	00:28:02	00:58:21	<b>01:29:37.01</b>	+00:17:16 (19.3%)	5:58	10 (80.6%)
17	<b>JANKOWSKI Piotr</b>	<b>88</b>		M40-49	6	00:28:33	00:58:57	<b>01:29:43.80</b>	+00:17:23 (19.4%)	5:58	10 (80.6%)
18	<b>ŚNIEŻKO Marcin</b>	<b>130</b>	TKKF KOSZALIN	M30-39	5	00:29:37	00:59:58	<b>01:31:49.10</b>	+00:19:28 (21.2%)	6:07	9.8 (79.0%)
19	<b>PRUCIAK Krzysztof</b>	<b>116</b>	LECYMY DURŚ / WKURW_TEAM	M30-39	6	00:26:57	00:58:56	<b>01:33:44.92</b>	+00:21:24 (22.8%)	6:15	9.6 (77.4%)
20	<b>JAWORSKI Krzysztof</b>	<b>92</b>		M30-39	7	00:29:46	01:01:51	<b>01:34:57.01</b>	+00:22:36 (23.8%)	6:19	9.5 (76.6%)
21	<b>LEWANDOWSKI Jacek</b>	<b>105</b>		M40-49	7	00:30:27	01:03:19	<b>01:36:34.02</b>	+00:24:13 (25.1%)	6:26	9.3 (75.0%)
22	<b>STACHOWIAK Ryszard</b>	<b>124</b>		M60-69	1	00:30:21	01:03:45	<b>01:36:43.86</b>	+00:24:23 (25.2%)	6:26	9.3 (75.0%)
23	<b>PRZEWŁOCKI Michał</b>	<b>117</b>	TKKF KOSZALIN	M30-39	8	00:28:47	00:58:25	<b>01:37:17.61</b>	+00:24:56 (25.6%)	6:29	9.2 (74.2%)
24	<b>CHOŁUJ Jarek</b>	<b>74</b>	ROZBIEGANY KOSZALIN	M40-49	8	00:30:16	01:03:31	<b>01:38:20.53</b>	+00:25:59 (26.4%)	6:33	9.2 (74.2%)
25	<b>JAROSZ Dariusz</b>	<b>90</b>	TKKF KOSZALIN	M40-49	9	00:31:46	01:05:05	<b>01:38:28.80</b>	+00:26:08 (26.5%)	6:33	9.1 (73.4%)
26	<b>RUDZIŃSKI Radosław</b>	<b>119</b>	TRYGLAW TYCHOWO	M30-39	9	00:29:50	01:02:32	<b>01:38:42.97</b>	+00:26:22 (26.7%)	6:34	9.1 (73.4%)
27	<b>CIEKLIŃSKI Jacek</b>	<b>76</b>		M30-39	10	00:31:00	01:05:16	<b>01:39:30.94</b>	+00:27:10 (27.3%)	6:38	9 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start		Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						All 5km	All 10km				
28	<b>SZYMUŚ Paweł</b>	<b>129</b>	WOJSKOWY KLUB SPORTOWY POLIGON DRAWSKI	M30-39	11	00:32:02	01:05:44	<b>01:39:44.66</b>	+00:27:23 (27.5%)	6:38	9 (72.6%)
29	<b>KOWALCZYK Mariusz</b>	<b>101</b>		M40-49	10	00:31:56	01:05:55	<b>01:39:56.70</b>	+00:27:36 (27.6%)	6:39	9 (72.6%)
30	<b>MISZCZYK Jan</b>	<b>109</b>	ROZBIEGANY KOSZALIN	M30-39	12	00:31:00	01:05:11	<b>01:39:59.96</b>	+00:27:39 (27.7%)	6:40	9 (72.6%)
31	<b>SOBOLEWSKI Krzysztof</b>	<b>122</b>		M40-49	11	00:31:08	01:05:18	<b>01:40:50.21</b>	+00:28:29 (28.3%)	6:43	8.9 (71.8%)
32	<b>OKOŁOTOWIC Sebastian</b>	<b>126</b>		M30-39	13	00:28:38	01:02:12	<b>01:41:26.02</b>	+00:29:05 (28.7%)	6:45	8.9 (71.8%)
33	<b>MARZEC Łukasz</b>	<b>107</b>		M30-39	14	00:32:02	01:06:37	<b>01:41:50.83</b>	+00:29:30 (29.0%)	6:47	8.8 (71.0%)
34	<b>JAROS Adam</b>	<b>89</b>		M40-49	12	00:34:06	01:08:21	<b>01:41:54.07</b>	+00:29:33 (29.0%)	6:47	8.8 (71.0%)
35	<b>SZKUDLAREK Roman</b>	<b>128</b>	DRUŻYNA SZPIKU	M50-59	2	00:33:18	01:08:13	<b>01:44:56.04</b>	+00:32:35 (31.1%)	6:59	8.6 (69.4%)
36	<b>SZCZYGIELSKI Michał</b>	<b>127</b>	KOŁOBRZEG MARATON TEAM	M30-39	15	00:33:24	01:09:02	<b>01:45:03.49</b>	+00:32:42 (31.1%)	7:00	8.6 (69.4%)
37	<b>KONKEL Łukasz</b>	<b>98</b>		M30-39	16	00:32:56	01:08:44	<b>01:45:58.72</b>	+00:33:38 (31.7%)	7:03	8.5 (68.5%)
38	<b>KACZMAREK Łukasz</b>	<b>94</b>	WOJOWNICY WÓDY	M30-39	17	00:33:04	01:08:34	<b>01:46:13.02</b>	+00:33:52 (31.9%)	7:04	8.5 (68.5%)
39	<b>GÓRECKI Mirosław</b>	<b>81</b>	8.PUŁK PRZECIWLOTNICZY	M40-49	13	00:34:54	01:10:55	<b>01:46:37.15</b>	+00:34:16 (32.1%)	7:06	8.4 (67.7%)
40	<b>GAŁECKI Jacek</b>	<b>137</b>		M50-59	3	00:33:36	01:09:57	<b>01:47:15.97</b>	+00:34:55 (32.6%)	7:09	8.4 (67.7%)
41	<b>MIŁASZEWSKI Przemek</b>	<b>108</b>	NIEZRZESZONY	M30-39	18	00:33:02	01:08:34	<b>01:47:16.73</b>	+00:34:56 (32.6%)	7:09	8.4 (67.7%)
42	<b>DZIĘBOWSKI Mariusz</b>	<b>78</b>		M30-39	19	00:33:57	01:10:12	<b>01:47:18.94</b>	+00:34:58 (32.6%)	7:09	8.4 (67.7%)
43	<b>BIEŃKOWSKI Tomasz</b>	<b>71</b>		M30-39	20	00:31:05	01:05:46	<b>01:48:05.92</b>	+00:35:45 (33.1%)	7:12	8.3 (66.9%)
44	<b>KILAR Tomasz</b>	<b>95</b>	KOSZALIN	M40-49	14	00:35:07	01:12:03	<b>01:53:32.99</b>	+00:41:12 (36.3%)	7:34	7.9 (63.7%)
45	<b>JUSZCZAK Krzysztof</b>	<b>93</b>		M60-69	2	00:36:18	01:15:23	<b>01:56:01.23</b>	+00:43:40 (37.6%)	7:44	7.8 (62.9%)
46	<b>PACAN Bartosz</b>	<b>113</b>	ŚWIAT PŁYTEK U KRYSPIŃ	M30-39	21	00:35:42	01:14:18	<b>01:57:35.14</b>	+00:45:14 (38.5%)	7:50	7.7 (62.1%)
47	<b>RAK Adam</b>	<b>118</b>		M30-39	22	00:35:47	01:14:54	<b>01:57:53.88</b>	+00:45:33 (38.6%)	7:51	7.6 (61.3%)
48	<b>DUDZIAK Piotr</b>	<b>77</b>	FOR-REST-RUN KOSZALIN	M40-49	15	00:35:52	01:14:57	<b>01:58:12.61</b>	+00:45:51 (38.8%)	7:52	7.6 (61.3%)
49	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>96</b>		M40-49	16	00:37:56	01:18:45	<b>01:59:56.23</b>	+00:47:35 (39.7%)	7:59	7.5 (60.5%)
50	<b>GRZYSTEK Marcin</b>	<b>82</b>		M30-39	23	00:37:55	01:18:44	<b>01:59:57.51</b>	+00:47:36 (39.7%)	7:59	7.5 (60.5%)
51	<b>KOWALCZYK Piotr</b>	<b>100</b>		M30-39	24	00:37:04	01:17:20	<b>02:01:27.94</b>	+00:49:07 (40.4%)	8:05	7.4 (59.7%)
52	<b>RUTKOWSKI Artur</b>	<b>120</b>	RUTKOWSKI TEAM	M18-29	7	00:34:28	01:15:43	<b>02:05:06.11</b>	+00:52:45 (42.2%)	8:20	7.2 (58.1%)
53	<b>RYCHLIŃSKI Damian</b>	<b>121</b>		M30-39	25	00:38:57	01:20:28	<b>02:05:41.71</b>	+00:53:21 (42.4%)	8:22	7.2 (58.1%)
54	<b>HELLER Zdzisław</b>	<b>84</b>	NIEZRZESZONY	M60-69	3	00:42:14	01:28:18	<b>02:21:36.37</b>	+01:09:15 (48.9%)	9:26	6.4 (51.6%)

Znaleziono 54 wynik(ów)