



# 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: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 5km	Start All 10km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	STEBELSKI Jasiak	125		M30-39	1	00:25:11	00:52:53	<b>01:19:31.54</b>		5:18	11.3 (100%)
2	WOJTALIK Łukasz	133	POŁCZYŃ ZDRÓJ	M30-39	2	00:27:13	00:56:01	<b>01:25:18.06</b>	+00:05:46 (6.8%)	5:41	10.6 (93.8%)
3	WOJTAS Stefan	134	TRIPAKA PRZECHLEWO	M30-39	3	00:28:04	00:57:15	<b>01:26:10.13</b>	+00:06:38 (7.7%)	5:44	10.4 (92.0%)
4	PIŃSKI Paweł	114		M30-39	4	00:28:02	00:58:21	<b>01:29:37.01</b>	+00:10:05 (11.3%)	5:58	10 (88.5%)
5	ŚNIEŻKO Marcin	130	TKKF KOSZALIN	M30-39	5	00:29:37	00:59:58	<b>01:31:49.10</b>	+00:12:17 (13.4%)	6:07	9.8 (86.7%)
6	PRUCIAK Krzysztof	116	LECYMY DURŚ / WKURW_TEAM	M30-39	6	00:26:57	00:58:56	<b>01:33:44.92</b>	+00:14:13 (15.2%)	6:15	9.6 (85.0%)
7	JAWORSKI Krzysztof	92		M30-39	7	00:29:46	01:01:51	<b>01:34:57.01</b>	+00:15:25 (16.2%)	6:19	9.5 (84.1%)
8	PRZEWŁOCKI Michał	117	TKKF KOSZALIN	M30-39	8	00:28:47	00:58:25	<b>01:37:17.61</b>	+00:17:46 (18.3%)	6:29	9.2 (81.4%)
9	RUDZIŃSKI Radosław	119	TRYGŁAW TYCHOWO	M30-39	9	00:29:50	01:02:32	<b>01:38:42.97</b>	+00:19:11 (19.4%)	6:34	9.1 (80.5%)
10	CIEKLIŃSKI Jacek	76		M30-39	10	00:31:00	01:05:16	<b>01:39:30.94</b>	+00:19:59 (20.1%)	6:38	9 (79.6%)
11	SZYMUŚ Paweł	129	WOJSKOWY KLUB SPORTOWY POLIGON DRAWSKI	M30-39	11	00:32:02	01:05:44	<b>01:39:44.66</b>	+00:20:13 (20.3%)	6:38	9 (79.6%)
12	MISZCZYK Jan	109	ROZBIEGANY KOSZALIN	M30-39	12	00:31:00	01:05:11	<b>01:39:59.96</b>	+00:20:28 (20.5%)	6:40	9 (79.6%)
13	OKOŁOTOWIC Sebastian	126		M30-39	13	00:28:38	01:02:12	<b>01:41:26.02</b>	+00:21:54 (21.6%)	6:45	8.9 (78.8%)
14	MARZEC Łukasz	107		M30-39	14	00:32:02	01:06:37	<b>01:41:50.83</b>	+00:22:19 (21.9%)	6:47	8.8 (77.9%)
15	SZCZYGIELSKI Michał	127	KOŁOBRZEG MARATON TEAM	M30-39	15	00:33:24	01:09:02	<b>01:45:03.49</b>	+00:25:31 (24.3%)	7:00	8.6 (76.1%)
16	KONKEL Łukasz	98		M30-39	16	00:32:56	01:08:44	<b>01:45:58.72</b>	+00:26:27 (25.0%)	7:03	8.5 (75.2%)
17	KACZMAREK Łukasz	94	WOJOWNICY WÓDY	M30-39	17	00:33:04	01:08:34	<b>01:46:13.02</b>	+00:26:41 (25.1%)	7:04	8.5 (75.2%)
18	MŁASZEWSKI Przemek	108	NIEZRZESZONY	M30-39	18	00:33:02	01:08:34	<b>01:47:16.73</b>	+00:27:45 (25.9%)	7:09	8.4 (74.3%)
19	DZIEBOWSKI Mariusz	78		M30-39	19	00:33:57	01:10:12	<b>01:47:18.94</b>	+00:27:47 (25.9%)	7:09	8.4 (74.3%)
20	BIEŃKOWSKI Tomasz	71		M30-39	20	00:31:05	01:05:46	<b>01:48:05.92</b>	+00:28:34 (26.4%)	7:12	8.3 (73.5%)
21	PACAN Bartosz	113	ŚWIAT PŁYTEK U KRYSPIŃA	M30-39	21	00:35:42	01:14:18	<b>01:57:35.14</b>	+00:38:03 (32.4%)	7:50	7.7 (68.1%)
22	RAK Adam	118		M30-39	22	00:35:47	01:14:54	<b>01:57:53.88</b>	+00:38:22 (32.5%)	7:51	7.6 (67.3%)
23	GRZYSTEK Marcin	82		M30-39	23	00:37:55	01:18:44	<b>01:59:57.51</b>	+00:40:25 (33.7%)	7:59	7.5 (66.4%)
24	KOWALCZYK Piotr	100		M30-39	24	00:37:04	01:17:20	<b>02:01:27.94</b>	+00:41:56 (34.5%)	8:05	7.4 (65.5%)
25	RYCHLIŃSKI Damian	121		M30-39	25	00:38:57	01:20:28	<b>02:05:41.71</b>	+00:46:10 (36.7%)	8:22	7.2 (63.7%)