

# IX KOSZALIŃSKI BIEG GÓRSKI - 5KM

B4SPORT

**Event:** IX Koszaliński Bieg Górski  
**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2018-04-14  
**Place:** Koszalin  
**Distance:** 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	ZABORSKI Ryszard	60	TKKF KOSZALIN/ORKIESTRA WOJSKOWA	M40-49	1	00:22:56.35		4:35	13.1 (100%)
2	MUSIAŁ Krzysztof	68	TKKF KOSZALIN/8PPLOT	M30-39	1	00:24:04.49	+00:01:08 (4.7%)	4:49	12.5 (95.4%)
3	JAŻWIŃSKI Dawid	18	TKKF KOSZALIN	M16-29	1	00:26:03.36	+00:03:07 (12.0%)	5:12	11.5 (87.8%)
4	CZAPLIŃSKI Jacek	6	TAGER KOSZALIN	M30-39	2	00:26:44.28	+00:03:47 (14.2%)	5:20	11.2 (85.5%)
5	SIENIAWSKI Jarosław	41	MEDEN-INMED SPORTS TEAM	M40-49	2	00:27:00.31	+00:04:03 (15.1%)	5:24	11.1 (84.7%)
6	PICK Tomasz	37	DEAF KOSZALIN	M40-49	3	00:27:13.37	+00:04:17 (15.7%)	5:26	11 (84.0%)
7	KASPEROWICZ Zdzisław	19	TEAM KASPEROWICZ	M40-49	4	00:27:38.51	+00:04:42 (17.0%)	5:31	10.9 (83.2%)
8	WIELGUS Paweł	55	TEAM KASPEROWICZ	M30-39	3	00:27:44.69	+00:04:48 (17.3%)	5:33	10.8 (82.4%)
9	IWANIEC Dariusz	14	TKKF KOSZALIN	M40-49	5	00:28:11.25	+00:05:14 (18.6%)	5:38	10.6 (80.9%)
10	BESZTERDA Sebastian	3	NIETOPERZE KOSZALIN	M40-49	6	00:28:14.11	+00:05:17 (18.8%)	5:38	10.6 (80.9%)
11	SOSNOWSKI Tomasz	66	MEDEN-INMED SPORTS TEAM	M16-29	2	00:28:25.52	+00:05:29 (19.3%)	5:41	10.6 (80.9%)
12	MUCHA Krzysztof	34	KOSZALIN	M40-49	7	00:28:30.67	+00:05:34 (19.5%)	5:42	10.5 (80.2%)
13	SZYMAŃSKI Piotr	48		M30-39	4	00:28:41.51	+00:05:45 (20.0%)	5:44	10.5 (80.2%)
14	KUŁAKOWSKI Dawid	28	TKKF KOSZALIN	M40-49	8	00:28:45.13	+00:05:48 (20.2%)	5:45	10.4 (79.4%)
15	NOWAK Adam	65	DECATHLON KOSZALIN	M16-29	3	00:29:09.84	+00:06:13 (21.3%)	5:50	10.3 (78.6%)
16	MICERSKI Tomasz	33	TKKF KOSZALIN	M40-49	9	00:29:14.54	+00:06:18 (21.6%)	5:50	10.3 (78.6%)
17	KRÓL Artur	62		M30-39	5	00:29:25.27	+00:06:28 (22.0%)	5:53	10.2 (77.9%)
18	JADCZAK Tomasz	15		M30-39	6	00:29:33.79	+00:06:37 (22.4%)	5:54	10.1 (77.1%)
19	BESZTERDA Jakub	4		M16-29	4	00:29:53.04	+00:06:56 (23.2%)	5:58	10 (76.3%)
20	WACHOLC Michał	52		M16-29	5	00:30:24.16	+00:07:27 (24.5%)	6:04	9.9 (75.6%)
21	WRÓBLEWSKI Jacek	59	TKKF KOSZALIN	M16-29	6	00:30:28.62	+00:07:32 (24.7%)	6:05	9.8 (74.8%)
22	JAROSZ Konrad	17	GIMNAZJUM NR 9	M16-29	7	00:30:36.06	+00:07:39 (25.0%)	6:07	9.8 (74.8%)
23	HAŁKA Justyna	12	TRUCHT ŁOBEZ	K-Open	1	00:30:51.66	+00:07:55 (25.7%)	6:10	9.7 (74.0%)
24	SKOWYRSKI Janusz	42	TKKF KOSZALIN	M50-59	1	00:31:07.59	+00:08:11 (26.3%)	6:13	9.6 (73.3%)
25	STRZYŻ Łukasz	44		M30-39	7	00:31:16.30	+00:08:19 (26.6%)	6:15	9.6 (73.3%)
26	SZABLA Ewelina	46	TKKF KOSZALIN	K-Open	2	00:31:27.93	+00:08:31 (27.1%)	6:17	9.5 (72.5%)
27	KRZEWIŃSKA Małgorzata	26	TKKF KOSZALIN	K-Open	3	00:31:58.83	+00:09:02 (28.3%)	6:23	9.4 (71.8%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
28	<b>RÓG Michał</b>	<b>39</b>		M30-39	8	<b>00:32:19.06</b>	+00:09:22 (29.0%)	6:27	9.3 (71.0%)
29	<b>KOPCZEWSKI Dariusz</b>	<b>21</b>		M50-59	2	<b>00:32:34.05</b>	+00:09:37 (29.6%)	6:30	9.2 (70.2%)
30	<b>KRZEWIŃSKA Monika</b>	<b>27</b>	TKKF KOSZALIN	K-Open	4	<b>00:32:57.22</b>	+00:10:00 (30.4%)	6:35	9.1 (69.5%)
31	<b>POCZAŁEK Mikołaj</b>	<b>38</b>		M30-39	9	<b>00:33:01.04</b>	+00:10:04 (30.5%)	6:36	9.1 (69.5%)
32	<b>MEGIER Wojtek</b>	<b>64</b>	ELEKTRONIK	M50-59	3	<b>00:33:11.51</b>	+00:10:15 (30.9%)	6:38	9 (68.7%)
33	<b>JASIŃSKI Cezary</b>	<b>70</b>		M40-49	10	<b>00:33:15.04</b>	+00:10:18 (31.0%)	6:39	9 (68.7%)
34	<b>BARAŃSKI Maciej</b>	<b>1</b>	BIEGAM PRZEZ SIOSTRĘ	M16-29	8	<b>00:33:18.36</b>	+00:10:22 (31.1%)	6:39	9 (68.7%)
35	<b>RUTKOWSKI Lucjan</b>	<b>40</b>	ARCAN TEAM	M50-59	4	<b>00:33:27.08</b>	+00:10:30 (31.4%)	6:41	9 (68.7%)
36	<b>CHUDZIK Zbigniew</b>	<b>5</b>	TKKF KOSZALIN	M50-59	5	<b>00:33:27.76</b>	+00:10:31 (31.4%)	6:41	9 (68.7%)
37	<b>KRASIŃSKI Witold</b>	<b>24</b>	JW 1223	M40-49	11	<b>00:33:34.69</b>	+00:10:38 (31.7%)	6:43	8.9 (67.9%)
38	<b>HAŁKA Arkadiusz</b>	<b>13</b>	TRUCHT ŁOBEZ	M40-49	12	<b>00:33:47.32</b>	+00:10:50 (32.1%)	6:45	8.9 (67.9%)
39	<b>ZIOMEK Maja</b>	<b>67</b>	DECATHLON KOSZALIN	K-Open	5	<b>00:33:48.14</b>	+00:10:51 (32.1%)	6:45	8.9 (67.9%)
40	<b>SZNYTER Sabina</b>	<b>61</b>	DECATHLON KOSZALIN	K-Open	6	<b>00:34:09.09</b>	+00:11:12 (32.8%)	6:49	8.8 (67.2%)
41	<b>KOZŁOWIECKI Waldek</b>	<b>23</b>	TKKF KOSZALIN	M60-69	1	<b>00:34:15.19</b>	+00:11:18 (33.0%)	6:51	8.8 (67.2%)
42	<b>GRĄBCZEWSKI Rafał</b>	<b>11</b>	KŁOSIAKI	M30-39	10	<b>00:34:46.75</b>	+00:11:50 (34.0%)	6:57	8.6 (65.6%)
43	<b>GOLEC Ania</b>	<b>10</b>		K-Open	7	<b>00:35:02.97</b>	+00:12:06 (34.6%)	7:00	8.6 (65.6%)
44	<b>KLENIEWSKI Piotr</b>	<b>20</b>	ZACHODNIOPOMORSKIE	M50-59	6	<b>00:35:03.75</b>	+00:12:07 (34.6%)	7:00	8.6 (65.6%)
45	<b>MAJKOWICZ Mirosław</b>	<b>69</b>	FORDEMAJKI	M30-39	11	<b>00:35:45.92</b>	+00:12:49 (35.9%)	7:09	8.4 (64.1%)
46	<b>GŁUCH Katarzyna</b>	<b>9</b>	FORMA	K-Open	8	<b>00:36:08.49</b>	+00:13:12 (36.5%)	7:13	8.3 (63.4%)
47	<b>TWORSKA Magdalena</b>	<b>51</b>		K-Open	9	<b>00:36:50.52</b>	+00:13:54 (37.7%)	7:22	8.1 (61.8%)
48	<b>SZEWCZYK Paulina</b>	<b>47</b>		K-Open	10	<b>00:37:24.64</b>	+00:14:28 (38.7%)	7:28	8 (61.1%)
49	<b>SKIBIŃSKA Linda</b>	<b>149</b>		K-Open	11	<b>00:37:31.28</b>	+00:14:34 (38.9%)	7:30	8 (61.1%)
50	<b>GŁOWACKI Włodzimierz</b>	<b>8</b>		M70+	1	<b>00:38:02.07</b>	+00:15:05 (39.7%)	7:36	7.9 (60.3%)
51	<b>MAZUREK Barbara</b>	<b>32</b>	BABECZKI KOSZALIN	K-Open	12	<b>00:38:14.37</b>	+00:15:18 (40.0%)	7:39	7.8 (59.5%)
52	<b>JANCZEWSKI Jacek</b>	<b>16</b>		M40-49	13	<b>00:38:14.69</b>	+00:15:18 (40.0%)	7:38	7.8 (59.5%)
53	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>31</b>		K-Open	13	<b>00:38:56.96</b>	+00:16:00 (41.1%)	7:47	7.7 (58.8%)
54	<b>KOPCZYŃSKI Michał</b>	<b>22</b>	JW 1223	M40-49	14	<b>00:39:19.13</b>	+00:16:22 (41.7%)	7:51	7.6 (58.0%)
55	<b>NIEWIADOWSKI Robert</b>	<b>35</b>		M30-39	12	<b>00:39:59.64</b>	+00:17:03 (42.6%)	8:00	7.5 (57.3%)
56	<b>SZYMUŚ Agnieszka</b>	<b>63</b>		K-Open	14	<b>00:40:00.21</b>	+00:17:03 (42.7%)	8:00	7.5 (57.3%)
57	<b>WOJCIECHOWSKI Adam</b>	<b>57</b>		M16-29	9	<b>00:41:20.65</b>	+00:18:24 (44.5%)	8:16	7.3 (55.7%)
58	<b>TREJDER Maria</b>	<b>50</b>	BAJADERKI	K-Open	15	<b>00:42:52.32</b>	+00:19:55 (46.5%)	8:34	7 (53.4%)
59	<b>KOZŁOWIECKA Małgorzata</b>	<b>29</b>		K-Open	16	<b>00:43:00.86</b>	+00:20:04 (46.7%)	8:36	7 (53.4%)
60	<b>WOLF Beata</b>	<b>135</b>	TKKF KOSZALIN	K-Open	17	<b>00:44:04.80</b>	+00:21:08 (48.0%)	8:49	6.8 (51.9%)
61	<b>KRYSTOSIK Paulina</b>	<b>25</b>	WIECZORNE BIEGANIE 8 KM	K-Open	18	<b>00:44:13.87</b>	+00:21:17 (48.1%)	8:50	6.8 (51.9%)
62	<b>SUSKA Joanna</b>	<b>45</b>		K-Open	19	<b>00:44:27.84</b>	+00:21:31 (48.4%)	8:53	6.7 (51.1%)
63	<b>WALKOWIAK Dariusz</b>	<b>53</b>		M40-49	15	<b>00:45:13.79</b>	+00:22:17 (49.3%)	9:02	6.6 (50.4%)
64	<b>STASZYŃSKA Marianna</b>	<b>43</b>	BTC,,ORZEŁ'	K-Open	20	<b>00:45:40.58</b>	+00:22:44 (49.8%)	9:08	6.6 (50.4%)
65	<b>KWIATKOWSKA Agnieszka</b>	<b>30</b>		K-Open	21	<b>00:48:25.69</b>	+00:25:29 (52.6%)	9:41	6.2 (47.3%)
66	<b>BARTNIK Marian</b>	<b>2</b>	TKKF KOSZALIN	M70+	2	<b>00:58:33.43</b>	+00:35:37 (60.8%)	11:42	5.1 (38.9%)

Total 66 results.