



# IX KOSZALIŃSKI BIEG GÓRSKI - 5KM

B4SPORT

**Wydarzenie:** IX Koszaliński Bieg Górski  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-04-14  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik              | Numer | Klub                             | Kategoria | Mkat | Czas netto 5km | Różn              | Tempo min/km | Tempo 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%)  |

| Msc | Zawodnik                           | Numer      | Klub                    | Kategoria | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo 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>POCZĄTEK 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%) |

Znaleziono 66 wynik(ów)