



## KOSZALIŃSKI BIEG GÓRSKI 15KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej  
**Data:** 2015-08-29  
**Miejsce:** Koszalin  
**Dystans:** 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	JAROSZ Wiesław	125	JW. 1223 BLOG	M-4	1	00:00:05	00:23:46	00:49:43	01:16:36	01:16:41		5:06	11.7 (100%)
2	RYBACZEK Sebastian	115	FORMA ROSNOWO JW 1223 - 3DPLOT	M-3	1	00:00:06	00:24:23	00:50:48	01:18:05	01:18:11	+00:01:29 (1.9%)	5:12	11.5 (98.3%)
3	SZYMAŃSKI Piotr	104		M-3	2	00:00:07	00:25:07	00:52:01	01:19:51	01:19:58	+00:03:15 (4.1%)	5:19	11.3 (96.6%)
4	WOJCIECHOWICZ Jacek	103	WWW.STUDIOTANCAPASJA.PL	M-3	3	00:00:07	00:25:56	00:53:19	01:21:27	01:21:34	+00:04:51 (6.0%)	5:25	11 (94.0%)
5	KALETA Sebastian	127		M-3	4	00:00:05	00:26:17	00:54:46	01:23:07	01:23:12	+00:06:31 (7.8%)	5:32	10.8 (92.3%)
6	GRODZKI Tomasz	122	ZSM DARŁOWO	M-4	2	00:00:13	00:27:07	00:55:07	01:23:55	01:24:08	+00:07:19 (8.7%)	5:35	10.7 (91.5%)
7	SZYMCZAK Henryk	98		M-4	3	00:00:06	00:27:12	00:55:52	01:25:34	01:25:40	+00:08:58 (10.5%)	5:42	10.5 (89.7%)
8	WOJTALIK Łukasz	105		M-3	5	00:00:07	00:26:41	00:56:38	01:26:20	01:26:27	+00:09:44 (11.3%)	5:45	10.4 (88.9%)
9	WASZKIEWICZ Piotr	114		M-2	1	00:00:11	00:28:23	00:58:00	01:26:41	01:26:52	+00:10:05 (11.6%)	5:46	10.4 (88.9%)
10	WITKOWSKI Tomasz	121	ŻARY RUNNERS TEAM	M-4	4	00:00:09	00:27:32	00:57:26	01:27:56	01:28:05	+00:11:20 (12.9%)	5:51	10.2 (87.2%)
11	MATYJASEK Zbigniew	85	NIEBIESKIE BERETY - 7BOW	M-4	5	00:00:06	00:26:28	00:56:58	01:28:04	01:28:10	+00:11:28 (13.0%)	5:52	10.2 (87.2%)
12	OKOŁOTOWICZ Sebastian	97		M-3	6	00:00:14	00:27:49	00:58:36	01:29:50	01:30:04	+00:13:14 (14.7%)	5:59	10 (85.5%)
13	ŻYLICZ Paweł	108	STOPA SŁUPSK	M-2	2	00:00:11	00:29:28	00:59:33	01:29:55	01:30:06	+00:13:19 (14.8%)	5:59	10 (85.5%)
14	KOWALSKI Łukasz	126		M-3	7	00:00:12	00:28:59	00:58:13	01:33:15	01:33:27	+00:16:39 (17.9%)	6:13	9.7 (82.9%)
15	CHWALEBA Jan	96		M-5	1	00:00:10	00:29:30	01:01:48	01:34:35	01:34:45	+00:17:59 (19.0%)	6:18	9.5 (81.2%)
16	JAROSZ Dariusz	100	4RUN TTKF KOSZALIN	M-4	6	00:00:09	00:29:46	01:02:59	01:35:01	01:35:10	+00:18:25 (19.4%)	6:20	9.5 (81.2%)
17	KIERKOSZ Marek	107		M-4	7	00:00:14	00:29:52	01:02:16	01:35:10	01:35:24	+00:18:34 (19.5%)	6:20	9.5 (81.2%)
18	JANKOWSKI Piotr	92		M-4	8	00:00:07	00:29:36	01:02:33	01:35:25	01:35:32	+00:18:49 (19.7%)	6:21	9.4 (80.3%)
19	WYSOCKI Piotr	95	NIGHT RUNNERS STOPA SŁUPSK	M-5	2	00:00:16	00:30:56	01:03:16	01:36:56	01:37:12	+00:20:20 (21.0%)	6:27	9.3 (79.5%)
20	BARANOWSKI Piotr	87		M-3	8	00:00:13	00:30:58	01:03:31	01:38:33	01:38:46	+00:21:57 (22.3%)	6:34	9.1 (77.8%)
21	CZUCZAK Tomasz	131		M-3	9	00:00:12	00:29:57	01:02:53	01:38:35	01:38:47	+00:21:59 (22.3%)	6:34	9.1 (77.8%)
22	WOJCIECHOWSKI Marcin	116		M-2	3	00:00:16	00:32:37	01:05:58	01:38:45	01:39:01	+00:22:09 (22.4%)	6:35	9.1 (77.8%)
23	MARKOWSKI Andrzej	88	4RUN TTKF KOSZALIN	M-6	1	00:00:08	00:31:18	01:04:19	01:39:18	01:39:26	+00:22:42 (22.9%)	6:37	9.1 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
24	<b>KONKEL Łukasz</b>	<b>130</b>		M-3	10	00:00:13	00:32:05	01:05:54	<b>01:39:51</b>	<b>01:40:04</b>	+00:23:15 (23.3%)	6:39	9 (76.9%)
25	<b>CHODOR Martyna</b>	<b>94</b>	4RUN TKKF KOSZALIN	Kobiety	1	00:00:12	00:32:07	01:05:54	<b>01:40:15</b>	<b>01:40:27</b>	+00:23:39 (23.6%)	6:41	9 (76.9%)
26	<b>KRAKOWIAK Sławomir</b>	<b>124</b>		M-4	9	00:00:11	00:32:40	01:05:55	<b>01:40:17</b>	<b>01:40:28</b>	+00:23:41 (23.6%)	6:41	9 (76.9%)
27	<b>SZTUBA Bartłomiej</b>	<b>111</b>		M-4	10	00:00:11	00:31:49	01:06:14	<b>01:41:16</b>	<b>01:41:27</b>	+00:24:40 (24.4%)	6:45	8.9 (76.1%)
28	<b>WIATRZYK Krzysztof</b>	<b>93</b>		M-4	11	00:00:14	00:32:07	01:07:22	<b>01:41:47</b>	<b>01:42:01</b>	+00:25:11 (24.7%)	6:47	8.8 (75.2%)
29	<b>ZAGRODZKI Ireneusz</b>	<b>90</b>	KB TUPOT USTKA	M-5	3	00:00:10	00:31:18	01:05:29	<b>01:42:15</b>	<b>01:42:25</b>	+00:25:39 (25.1%)	6:49	8.8 (75.2%)
30	<b>OLECHNOWICZ Zbigniew</b>	<b>91</b>	TUPOT USTKA	M-6	2	00:00:15	00:32:38	01:06:11	<b>01:42:37</b>	<b>01:42:52</b>	+00:26:01 (25.4%)	6:50	8.8 (75.2%)
31	<b>WIERZBICKI Jakub</b>	<b>99</b>		M-3	11	00:00:17	00:33:59	01:08:46	<b>01:42:48</b>	<b>01:43:05</b>	+00:26:12 (25.5%)	6:51	8.8 (75.2%)
32	<b>WILKOWSKI Krzysztof</b>	<b>106</b>		M-3	12	00:00:14	00:32:48	01:08:05	<b>01:43:20</b>	<b>01:43:34</b>	+00:26:44 (25.9%)	6:53	8.7 (74.4%)
33	<b>STEFANIAK Piotr</b>	<b>113</b>	KLUB MORS ŁEBA	M-5	4	00:00:11	00:33:18	01:09:57	<b>01:48:20</b>	<b>01:48:31</b>	+00:31:44 (29.3%)	7:13	8.3 (70.9%)
34	<b>JUSZCZAK Krzysztof</b>	<b>89</b>		M-6	3	00:00:10	00:33:40	01:10:30	<b>01:49:00</b>	<b>01:49:10</b>	+00:32:24 (29.7%)	7:16	8.3 (70.9%)
35	<b>ŻELECHOWSKA Magdalena</b>	<b>118</b>		Kobiety	2	00:00:08	00:34:55	01:11:34	<b>01:50:35</b>	<b>01:50:43</b>	+00:33:59 (30.7%)	7:22	8.1 (69.2%)
36	<b>WITKA Grażyna</b>	<b>112</b>		Kobiety	3	00:00:11	00:35:18	01:14:00	<b>01:51:45</b>	<b>01:51:56</b>	+00:35:09 (31.5%)	7:27	8.1 (69.2%)
37	<b>DZIĘBOWSKI Mariusz</b>	<b>132</b>		M-2	4	00:00:10	00:34:24	01:11:32	<b>01:53:16</b>	<b>01:53:26</b>	+00:36:40 (32.4%)	7:33	7.9 (67.5%)
38	<b>KONEFAŁ Dariusz</b>	<b>101</b>		M-4	12	00:00:16	00:36:44	01:15:04	<b>01:53:20</b>	<b>01:53:36</b>	+00:36:44 (32.4%)	7:33	7.9 (67.5%)
39	<b>GRUDZIŃSKI Marcin</b>	<b>86</b>		M-3	13	00:00:16	00:36:10	01:15:53	<b>01:55:55</b>	<b>01:56:11</b>	+00:39:19 (33.9%)	7:43	7.8 (66.7%)
40	<b>KONKEL Joanna</b>	<b>110</b>		Kobiety	4	00:00:15	00:38:08	01:16:28	<b>01:56:00</b>	<b>01:56:15</b>	+00:39:24 (34.0%)	7:44	7.8 (66.7%)
41	<b>CINCIO Robert</b>	<b>133</b>	TKKF TRIATHLON KOSZALIN	M-3	14	00:00:11	00:35:47	01:15:50	<b>01:59:25</b>	<b>01:59:36</b>	+00:42:49 (35.9%)	7:57	7.5 (64.1%)
42	<b>WOLF Beata</b>	<b>117</b>		Kobiety	5	00:00:08	00:36:41	01:17:21	<b>02:00:22</b>	<b>02:00:30</b>	+00:43:46 (36.4%)	8:01	7.5 (64.1%)
43	<b>HAŁAJKO Magdalena</b>	<b>119</b>		Kobiety	6	00:00:08	00:36:48	01:17:02	<b>02:00:23</b>	<b>02:00:31</b>	+00:43:47 (36.4%)	8:01	7.5 (64.1%)
44	<b>ZIĘTARA Ryszard</b>	<b>109</b>		M-6	4	00:00:09	00:36:14	01:18:13	<b>02:07:06</b>	<b>02:07:15</b>	+00:50:30 (39.7%)	8:28	7.1 (60.7%)
45	<b>PEŁKA Janusz</b>	<b>128</b>		M-5	5	00:00:15	00:44:53	01:35:22	<b>02:26:45</b>	<b>02:27:00</b>	+01:10:09 (47.8%)	9:47	6.1 (52.1%)
46	<b>FIDO Adam</b>	<b>120</b>		M-3	15	00:00:06	00:25:17				+00:01:31	5:03	11.9 (101.7%)
47	<b>KORSZAŃSKI Łukasz</b>	<b>129</b>		M-3	16	00:00:15	00:38:02				+00:14:16	7:36	7.9 (67.5%)

Znaleziono 47 wynik(ów)