



KOSZALIŃSKI BIEG GÓRSKI 5 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-05-03
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-OPEN

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|-------------------------|-----------|------|-------------|----------------|-----------------|-------------------|--------------|--------------|
| 1 | ORZECHOWSKI Kamil | 58 | TKKF KOSZALIN | M16-29 | 1 | 00:00:06 | 00:19:56.80 | 00:20:03.40 | | 3:59 | 15 (100%) |
| 2 | KULCZYK Jerzy | 110 | | M50-59 | 1 | 00:00:06 | 00:20:14.90 | 00:20:21.65 | +00:00:18 (1.5%) | 4:03 | 14.8 (98.7%) |
| 3 | ZABORSKI Ryszard | 93 | TKKF KOSZALIN | M40-49 | 1 | 00:00:06 | 00:20:43.65 | 00:20:50.10 | +00:00:46 (3.8%) | 4:08 | 14.5 (96.7%) |
| 4 | FAMULSKI Cezary | 98 | JW 1223 KOSZALIN | M30-39 | 1 | 00:00:07 | 00:20:54.30 | 00:21:01.50 | +00:00:57 (4.6%) | 4:10 | 14.4 (96.0%) |
| 5 | MUSIAŁ Krzysztof | 112 | TKKF KOSZALIN | M30-39 | 2 | 00:00:07 | 00:21:05.15 | 00:21:12.35 | +00:01:08 (5.4%) | 4:13 | 14.2 (94.7%) |
| 6 | SZKOŁUDA Miłosz | 108 | DECATHLON KOSZALIN | M16-29 | 2 | 00:00:07 | 00:21:10.85 | 00:21:17.95 | +00:01:14 (5.8%) | 4:14 | 14.2 (94.7%) |
| 7 | SŁOBODZIAN Jerzy | 75 | NYSA BIEGA | M50-59 | 2 | 00:00:07 | 00:21:42.65 | 00:21:49.85 | +00:01:45 (8.1%) | 4:20 | 13.8 (92.0%) |
| 8 | WOJCIECHOWICZ Jacek | 91 | WWW.STUDIOTANCAPASJA.PL | M30-39 | 3 | 00:00:06 | 00:22:05.70 | 00:22:12.45 | +00:02:08 (9.7%) | 4:25 | 13.6 (90.7%) |
| 9 | DZIUBAŃSKI Grzegorz | 16 | OPEL ACTIVE TEAM | M30-39 | 4 | 00:00:07 | 00:22:37.80 | 00:22:45.25 | +00:02:41 (11.9%) | 4:31 | 13.3 (88.7%) |
| 10 | BARTOSIŃSKI Bartłomiej | 121 | DECATHLON KOSZALIN | M16-29 | 3 | 00:00:07 | 00:22:52.65 | 00:23:00.15 | +00:02:55 (12.8%) | 4:34 | 13.1 (87.3%) |
| 11 | RYŚKIEWICZ Rafał | 74 | | M40-49 | 2 | 00:00:06 | 00:23:00.10 | 00:23:07.00 | +00:03:03 (13.3%) | 4:36 | 13 (86.7%) |
| 12 | ZWOLIŃSKI Jan | 96 | TKKF KOSZALIN | M40-49 | 3 | 00:00:09 | 00:23:01.15 | 00:23:11.10 | +00:03:04 (13.3%) | 4:36 | 13 (86.7%) |
| 13 | SZAMREJ Wojciech | 78 | | M50-59 | 3 | 00:00:07 | 00:23:01.55 | 00:23:09.35 | +00:03:04 (13.4%) | 4:36 | 13 (86.7%) |
| 14 | BONISŁAWSKI Jarosław | 100 | FADOMODA TEAM | M30-39 | 5 | 00:00:11 | 00:23:06.30 | 00:23:18.20 | +00:03:09 (13.7%) | 4:37 | 13 (86.7%) |
| 15 | JAŻWIŃSKI Dawid | 28 | TKKF KOSZALIN | M16-29 | 4 | 00:00:08 | 00:23:15.20 | 00:23:23.35 | +00:03:18 (14.2%) | 4:39 | 12.9 (86.0%) |
| 16 | MAZUR Emilisz | 51 | ŻYJ Z ENERGIA | M40-49 | 4 | 00:00:07 | 00:23:25.40 | 00:23:32.95 | +00:03:28 (14.8%) | 4:41 | 12.8 (85.3%) |
| 17 | BARANOWSKI Piotr | 2 | | M40-49 | 5 | 00:00:06 | 00:23:45.60 | 00:23:52.05 | +00:03:48 (16.0%) | 4:45 | 12.6 (84.0%) |
| 18 | ŚNIEŻKO Marcin | 82 | TKKF KOSZALIN | M30-39 | 6 | 00:00:08 | 00:24:03.85 | 00:24:12.25 | +00:04:07 (17.1%) | 4:48 | 12.5 (83.3%) |
| 19 | ZATORSKI Zbigniew | 119 | KOŁOBRZEG BIEGA | M30-39 | 7 | 00:00:14 | 00:24:27.35 | 00:24:41.40 | +00:04:30 (18.4%) | 4:53 | 12.3 (82.0%) |
| 20 | CHAMIELEC Bogusław | 113 | | M50-59 | 4 | 00:00:10 | 00:24:46.70 | 00:24:57.00 | +00:04:49 (19.5%) | 4:57 | 12.1 (80.7%) |
| 21 | RUTKOWSKI Ryszard | 73 | RUTKOWSKI TEAM | M50-59 | 5 | 00:00:07 | 00:24:48.50 | 00:24:56.00 | +00:04:51 (19.6%) | 4:57 | 12.1 (80.7%) |
| 22 | CZAPLIŃSKI Jacek | 13 | | M30-39 | 8 | 00:00:10 | 00:25:13.05 | 00:25:24.00 | +00:05:16 (20.9%) | 5:02 | 11.9 (79.3%) |
| 23 | JARZYNA Roman | 26 | | M40-49 | 6 | 00:00:09 | 00:25:13.80 | 00:25:22.90 | +00:05:17 (20.9%) | 5:02 | 11.9 (79.3%) |
| 24 | WRÓBLEWSKI Jacek | 92 | TKKF KOSZALIN | M16-29 | 5 | 00:00:09 | 00:25:37.60 | 00:25:47.25 | +00:05:40 (22.2%) | 5:07 | 11.7 (78.0%) |
| 25 | JADCZAK Tomasz | 114 | | M30-39 | 9 | 00:00:09 | 00:25:51.45 | 00:26:00.85 | +00:05:54 (22.9%) | 5:10 | 11.6 (77.3%) |
| 26 | GOŃKA Krzysztof | 122 | DECATHLON KOSZALIN | M16-29 | 6 | 00:00:08 | 00:25:59.20 | 00:26:07.35 | +00:06:02 (23.2%) | 5:11 | 11.5 (76.7%) |
| 27 | MISZCZYK Jan | 53 | ROZBIEGANY KOSZALIN | M16-29 | 7 | 00:00:18 | 00:26:11.50 | 00:26:29.55 | +00:06:14 (23.8%) | 5:14 | 11.5 (76.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|---|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 28 | KAJKOWSKI Rafał | 32 | CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN | M40-49 | 7 | 00:00:06 | 00:26:14.10 | 00:26:20.75 | +00:06:17 (24.0%) | 5:14 | 11.4 (76.0%) |
| 29 | RUTKOWSKI Artur | 72 | RUTKOWSKI TEAM | M16-29 | 8 | 00:00:07 | 00:26:14.90 | 00:26:22.10 | +00:06:18 (24.0%) | 5:15 | 11.4 (76.0%) |
| 30 | MUCHA Krzysztof | 56 | KOSZALIN | M30-39 | 10 | 00:00:09 | 00:26:15.15 | 00:26:25.05 | +00:06:18 (24.0%) | 5:15 | 11.4 (76.0%) |
| 31 | WACHOLC Michał | 85 | | M16-29 | 9 | 00:00:07 | 00:26:21.00 | 00:26:28.70 | +00:06:24 (24.3%) | 5:16 | 11.4 (76.0%) |
| 32 | BIL Adrian | 6 | | M30-39 | 11 | 00:00:14 | 00:26:21.30 | 00:26:35.65 | +00:06:24 (24.3%) | 5:16 | 11.4 (76.0%) |
| 33 | BRESZKA Tomasz | 104 | | M30-39 | 12 | 00:00:08 | 00:26:28.40 | 00:26:37.05 | +00:06:31 (24.7%) | 5:17 | 11.3 (75.3%) |
| 34 | PEKAŁA Piotr | 64 | ROZBIEGANY KOSZALIN | M40-49 | 8 | 00:00:11 | 00:26:55.45 | 00:27:06.90 | +00:06:58 (25.9%) | 5:23 | 11.1 (74.0%) |
| 35 | ŚWIETLIK Tomasz | 52 | | M50-59 | 6 | 00:00:10 | 00:27:01.55 | 00:27:12.15 | +00:07:04 (26.2%) | 5:24 | 11.1 (74.0%) |
| 36 | RÓG Michał | 71 | JW 1223 KOSZALIN | M30-39 | 13 | 00:00:12 | 00:27:10.35 | 00:27:23.10 | +00:07:13 (26.6%) | 5:26 | 11 (73.3%) |
| 37 | CIUPA Marcin | 11 | H2DESIGN | M40-49 | 9 | 00:00:10 | 00:27:11.90 | 00:27:22.05 | +00:07:15 (26.7%) | 5:26 | 11 (73.3%) |
| 38 | KOWALCZYK Mariusz | 41 | ROZBIEGANY KOSZALIN | M40-49 | 10 | 00:00:10 | 00:27:39.40 | 00:27:50.20 | +00:07:42 (27.9%) | 5:32 | 10.8 (72.0%) |
| 39 | JAROSZEWSKI Daniel | 4 | | M30-39 | 14 | 00:00:13 | 00:27:43.70 | 00:27:57.10 | +00:07:46 (28.1%) | 5:32 | 10.8 (72.0%) |
| 40 | ROGOŻA Ireneusz | 70 | | M40-49 | 11 | 00:00:12 | 00:27:44.20 | 00:27:56.90 | +00:07:47 (28.1%) | 5:32 | 10.8 (72.0%) |
| 41 | CHOŁUJ Jarek | 10 | | M40-49 | 12 | 00:00:12 | 00:27:44.55 | 00:27:57.15 | +00:07:47 (28.1%) | 5:33 | 10.8 (72.0%) |
| 42 | ZUKAL Piotr | 120 | | M40-49 | 13 | 00:00:19 | 00:27:47.50 | 00:28:07.00 | +00:07:50 (28.2%) | 5:33 | 10.8 (72.0%) |
| 43 | WICHER Krzysztof | 88 | ADWOKATURA | M30-39 | 15 | 00:00:11 | 00:28:10.50 | 00:28:21.85 | +00:08:13 (29.2%) | 5:38 | 10.7 (71.3%) |
| 44 | OTTO Michał | 60 | | M30-39 | 16 | 00:00:09 | 00:28:17.70 | 00:28:27.00 | +00:08:20 (29.5%) | 5:39 | 10.6 (70.7%) |
| 45 | JUSZCZAK Krzysztof | 31 | | M60-69 | 1 | 00:00:22 | 00:28:31.65 | 00:28:54.05 | +00:08:34 (30.1%) | 5:42 | 10.5 (70.0%) |
| 46 | RETERSKI Damian | 102 | | M16-29 | 10 | 00:00:12 | 00:28:33.60 | 00:28:46.25 | +00:08:36 (30.2%) | 5:42 | 10.5 (70.0%) |
| 47 | WIATRZYK Krzysztof | 87 | DARŁOWO | M40-49 | 14 | 00:00:10 | 00:28:34.75 | 00:28:45.10 | +00:08:37 (30.2%) | 5:43 | 10.5 (70.0%) |
| 48 | SZAMREJ Piotr | 118 | | M16-29 | 11 | 00:00:15 | 00:28:40.40 | 00:28:55.95 | +00:08:43 (30.4%) | 5:44 | 10.5 (70.0%) |
| 49 | MAJCHRZAK Paweł | 50 | SUNDBIKERS KARLINO TEAM | M40-49 | 15 | 00:00:09 | 00:28:52.30 | 00:29:02.20 | +00:08:55 (30.9%) | 5:46 | 10.4 (69.3%) |
| 50 | OSOBNIAK Ryszard | 59 | ROZBIEGANY KOSZALIN | M60-69 | 2 | 00:00:17 | 00:28:53.00 | 00:29:10.10 | +00:08:56 (30.9%) | 5:46 | 10.4 (69.3%) |
| 51 | KRUPIŃSKI Krzysztof | 45 | E-UROLOG.EU | M50-59 | 7 | 00:00:17 | 00:28:55.50 | 00:29:13.00 | +00:08:58 (31.0%) | 5:47 | 10.4 (69.3%) |
| 52 | KOZŁOWIECKI Waldemar | 42 | TKKF KOSZALIN | M60-69 | 3 | 00:00:11 | 00:29:05.75 | 00:29:17.30 | +00:09:08 (31.4%) | 5:49 | 10.3 (68.7%) |
| 53 | ZDROWIECKI Artur | 94 | | M30-39 | 17 | 00:00:10 | 00:29:24.15 | 00:29:34.75 | +00:09:27 (32.2%) | 5:52 | 10.2 (68.0%) |
| 54 | KRASIŃSKI Witold | 43 | | M40-49 | 16 | 00:00:15 | 00:29:41.85 | 00:29:57.05 | +00:09:45 (32.8%) | 5:56 | 10.1 (67.3%) |
| 55 | BŁACH Piotr | 103 | | M30-39 | 18 | 00:00:08 | 00:29:44.60 | 00:29:53.25 | +00:09:47 (32.9%) | 5:57 | 10.1 (67.3%) |
| 56 | BRZEZIŃSKI Robert | 106 | HERKULES | M30-39 | 19 | 00:00:06 | 00:29:47.95 | 00:29:54.05 | +00:09:51 (33.1%) | 5:57 | 10.1 (67.3%) |
| 57 | BARTKOWSKI Ryszard | 99 | | M60-69 | 4 | 00:00:09 | 00:30:16.00 | 00:30:25.35 | +00:10:19 (34.1%) | 6:03 | 9.9 (66.0%) |
| 58 | DUDZIAK Piotr | 15 | KOSZALIN | M40-49 | 17 | 00:00:10 | 00:30:24.40 | 00:30:34.75 | +00:10:27 (34.4%) | 6:04 | 9.9 (66.0%) |
| 59 | JANUSZEWSKI Jacek | 24 | 17 WOG KOSZALIN | M50-59 | 8 | 00:00:14 | 00:30:27.20 | 00:30:41.55 | +00:10:30 (34.5%) | 6:05 | 9.9 (66.0%) |
| 60 | GRZYBOWSKI Piotr | 109 | | M40-49 | 18 | 00:00:12 | 00:30:41.60 | 00:30:53.70 | +00:10:44 (35.0%) | 6:08 | 9.8 (65.3%) |
| 61 | LASKOWSKI Grzegorz | 49 | | M30-39 | 20 | 00:00:14 | 00:30:43.50 | 00:30:58.00 | +00:10:46 (35.1%) | 6:08 | 9.8 (65.3%) |
| 62 | KOWALCZYK Piotr | 40 | | M30-39 | 21 | 00:00:18 | 00:30:50.10 | 00:31:08.40 | +00:10:53 (35.3%) | 6:10 | 9.7 (64.7%) |
| 63 | MRUGALSKI Stanisław | 55 | | M50-59 | 9 | 00:00:20 | 00:31:01.35 | 00:31:21.70 | +00:11:04 (35.7%) | 6:12 | 9.7 (64.7%) |
| 64 | KUPREWICZ Grzegorz | 47 | JW 1223 KOSZALIN | M30-39 | 22 | 00:00:11 | 00:31:06.25 | 00:31:18.15 | +00:11:09 (35.9%) | 6:13 | 9.6 (64.0%) |
| 65 | BASIAK Krystian | 5 | KOSZALIN | M30-39 | 23 | 00:00:13 | 00:31:06.45 | 00:31:19.45 | +00:11:09 (35.9%) | 6:13 | 9.6 (64.0%) |
| 66 | KARNICKI Zygmunt | 34 | TKKF KOSZALIN | M60-69 | 5 | 00:00:16 | 00:31:47.65 | 00:32:03.65 | +00:11:50 (37.3%) | 6:21 | 9.4 (62.7%) |
| 67 | ZIĘBA Paweł | 95 | TKKF KOSZALIN | M40-49 | 19 | 00:00:12 | 00:31:49.05 | 00:32:01.45 | +00:11:52 (37.3%) | 6:21 | 9.4 (62.7%) |
| 68 | GŁOWACKI Włodzimierz | 143 | BABECZKI KOSZALIN | M70+ | 1 | 00:00:13 | 00:31:54.90 | 00:32:08.60 | +00:11:58 (37.5%) | 6:23 | 9.4 (62.7%) |
| 69 | POTRZEBOWSKI Marek | 67 | DEAF | M30-39 | 24 | 00:00:13 | 00:32:08.00 | 00:32:21.55 | +00:12:11 (37.9%) | 6:25 | 9.3 (62.0%) |
| 70 | JURKIEWICZ Andrzej | 30 | | M30-39 | 25 | 00:00:15 | 00:32:36.35 | 00:32:51.50 | +00:12:39 (38.8%) | 6:31 | 9.2 (61.3%) |
| 71 | SEEWALD Jan | 105 | | M40-49 | 20 | 00:00:14 | 00:32:42.00 | 00:32:56.90 | +00:12:45 (39.0%) | 6:32 | 9.2 (61.3%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|-----------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 72 | KOSIM Maciej | 39 | NIGHT RUNNERS WROCŁAW | M40-49 | 21 | 00:00:15 | 00:32:42.05 | 00:32:57.35 | +00:12:45 (39.0%) | 6:32 | 9.2 (61.3%) |
| 73 | HELLER Zdzisław | 21 | NIEZRZESZONY | M60-69 | 6 | 00:00:17 | 00:32:58.75 | 00:33:15.85 | +00:13:01 (39.5%) | 6:35 | 9.1 (60.7%) |
| 74 | KLENIEWSKI Piotr | 36 | ZACHODNIOPOMORSKIE | M50-59 | 10 | 00:00:08 | 00:33:05.20 | 00:33:14.00 | +00:13:08 (39.7%) | 6:37 | 9.1 (60.7%) |
| 75 | HRYCIÓW Paweł | 22 | BIAŁOGARD | M30-39 | 26 | 00:00:14 | 00:33:26.15 | 00:33:40.15 | +00:13:29 (40.3%) | 6:41 | 9 (60.0%) |
| 76 | WIERZBICKI Kacper | 90 | | M16-29 | 12 | 00:00:13 | 00:34:16.10 | 00:34:29.75 | +00:14:19 (41.8%) | 6:51 | 8.8 (58.7%) |
| 77 | BRESZKA Paweł | 8 | DARŁOWO | M40-49 | 22 | 00:00:16 | 00:35:01.80 | 00:35:18.35 | +00:15:05 (43.1%) | 7:00 | 8.6 (57.3%) |
| 78 | RETERSKI Przemysław | 101 | | M30-39 | 27 | 00:00:12 | 00:36:02.65 | 00:36:15.30 | +00:16:05 (44.7%) | 7:12 | 8.3 (55.3%) |
| 79 | IMIOŁEK Jacek | 23 | | M40-49 | 23 | 00:00:18 | 00:37:52.10 | 00:38:10.10 | +00:17:55 (47.3%) | 7:34 | 7.9 (52.7%) |
| 80 | PASEK Jan | 62 | | M60-69 | 7 | 00:00:10 | 00:39:05.20 | 00:39:15.60 | +00:19:08 (49.0%) | 7:49 | 7.7 (51.3%) |
| 81 | RESPONDEK Dariusz | 69 | | M40-49 | 24 | 00:00:10 | | | | | (0.0%) |

Znaleziono 81 wynik(ów)