



KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2021-11-13
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SIODMIAK Igor	66	7PRO SIÓDMIAK TEAM	M14-29	1	00:03:35	00:07:16	00:11:00	00:14:44	00:17:47.55		3:33	16.9 (100%)
2	KĘPKA Adrian	19	KĘPKA NA TRASIE	M14-29	2	00:03:35	00:07:16	00:11:00	00:14:46	00:18:15.20	+00:00:27 (2.5%)	3:39	16.4 (97.0%)
3	USS Miłosz	75		M14-29	3	00:03:35	00:07:16	00:11:00	00:14:46	00:18:21.40	+00:00:33 (3.1%)	3:40	16.3 (96.4%)
4	MAJKOWICZ Rafał	99	BIEGOLAS KOSZALIN	M30-39	1	00:03:37	00:07:30	00:11:31	00:15:32	00:19:19.25	+00:01:31 (7.9%)	3:51	15.5 (91.7%)
5	PAWŁOWICZ Roland	89	7PRO SIÓDMIAK TEAM	M14-29	4	00:03:40	00:07:37	00:11:38	00:15:41	00:19:34.30	+00:01:46 (9.1%)	3:54	15.3 (90.5%)
6	POCHRANOWICZ Aleksandra	88	7PRO SIÓDMIAK TEAM	K30-39	1	00:03:49	00:07:42	00:11:46	00:15:58	00:20:06.95	+00:02:19 (11.5%)	4:01	14.9 (88.2%)
7	WESOŁOWSKI Marcin	77	OBSESJA BIEGANIA	M30-39	2	00:03:51	00:07:54	00:11:59	00:16:07	00:20:13.20	+00:02:25 (12.0%)	4:02	14.8 (87.6%)
8	PICK Tomasz	60	BIEGOLAS KOSZALIN	M50-59	1	00:03:58	00:08:05	00:12:13	00:16:23	00:20:25.20	+00:02:37 (12.9%)	4:05	14.7 (87.0%)
9	KOZIEŁ Paweł	93		M40-49	1	00:03:59	00:08:11	00:12:26	00:16:44	00:20:44.95	+00:02:57 (14.2%)	4:08	14.5 (85.8%)
10	ZATOŃ Olga	92		K30-39	2	00:03:59	00:08:11	00:12:27	00:16:44	00:20:55.00	+00:03:07 (14.9%)	4:11	14.3 (84.6%)
11	ZUKAL Piotr	98	7PRO SIÓDMIAK TEAM	M40-49	2	00:04:06	00:08:17	00:12:31	00:16:46	00:20:55.95	+00:03:08 (15.0%)	4:11	14.3 (84.6%)
12	BARTHA Adrian	3		M30-39	3	00:04:01	00:08:21	00:12:46	00:17:09	00:20:56.15	+00:03:08 (15.0%)	4:11	14.3 (84.6%)
13	BENCYCH Michał	90	7PRO SIÓDMIAK TEAM	M14-29	5	00:04:04	00:08:24	00:12:51	00:17:19	00:21:37.10	+00:03:49 (17.7%)	4:19	13.9 (82.2%)
14	WICHER Krzysztof	91	ADWOKATURA	M40-49	3	00:04:10	00:08:33	00:13:01	00:17:28	00:21:54.15	+00:04:06 (18.8%)	4:22	13.7 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
15	KRACZKOWSKI Przemysław	37	142BLP TRZEBIATÓW	M40-49	4	00:04:14	00:08:37	00:13:06	00:17:38	00:22:11.55	+00:04:24 (19.8%)	4:26	13.5 (79.9%)
16	MACIEJCZYK Mateusz	44		M30-39	4	00:04:25	00:08:55	00:13:29	00:18:05	00:22:28.95	+00:04:41 (20.9%)	4:29	13.4 (79.3%)
17	MAZIEC Beata	46	BIEGOLAS KOSZALIN	K30-39	3	00:04:19	00:08:57	00:13:38	00:18:17	00:22:54.15	+00:05:06 (22.3%)	4:34	13.1 (77.5%)
18	SZPITER Tomasz	71		M50-59	2	00:04:22	00:08:58	00:13:37	00:18:16	00:22:55.30	+00:05:07 (22.4%)	4:35	13.1 (77.5%)
19	STENKA Rafał	67		M30-39	5	00:04:11	00:08:41	00:13:27	00:18:18	00:23:02.15	+00:05:14 (22.8%)	4:36	13 (76.9%)
20	OLEARCZYK Arkadiusz	51		M40-49	5	00:04:21	00:08:57	00:13:39	00:18:24	00:23:10.20	+00:05:22 (23.2%)	4:38	12.9 (76.3%)
21	WINKOWSKI Ireneusz	95		M40-49	6	00:04:26	00:09:10	00:13:52	00:18:36	00:23:12.00	+00:05:24 (23.3%)	4:38	12.9 (76.3%)
22	SEROWSKI Łukasz	63	BIEGOLAS KOSZALIN	M30-39	6	00:04:27	00:09:10	00:13:59	00:18:43	00:23:23.50	+00:05:35 (23.9%)	4:40	12.8 (75.7%)
23	ADASZYNSKI Wiesław	2	BIEGOLAS KOSZALIN	M50-59	3	00:04:16	00:08:50	00:13:31	00:18:16	00:23:24.95	+00:05:37 (24.0%)	4:40	12.8 (75.7%)
24	GRĄBCZEWSKI Dawid	20		M30-39	7	00:04:17	00:08:54	00:13:51	00:18:47	00:23:32.40	+00:05:44 (24.4%)	4:42	12.7 (75.1%)
25	KUCHARCZYK Damian	40	KSW HUSARIA	M30-39	8	00:04:58	00:09:47	00:14:35	00:19:19	00:23:32.85	+00:05:45 (24.4%)	4:42	12.7 (75.1%)
26	WIECZORKOWSKI Władysław	78		M60-69	1	00:04:29	00:09:13	00:14:00	00:18:46	00:23:32.90	+00:05:45 (24.4%)	4:42	12.7 (75.1%)
27	SZYDŁOWSKI Michał	72		M14-29	6	00:04:29	00:09:16	00:14:14	00:19:09	00:23:46.95	+00:05:59 (25.2%)	4:45	12.6 (74.6%)
28	HOREGLAD Paweł	25	SPEEDY GONZALES	M14-29	7	00:04:33	00:09:24	00:14:20	00:19:18	00:23:50.55	+00:06:03 (25.4%)	4:46	12.6 (74.6%)
29	PAWŁOWSKI Michał	58	PRECON-POLSKA	M40-49	7	00:04:27	00:09:15	00:14:22	00:19:14	00:23:52.65	+00:06:05 (25.5%)	4:46	12.6 (74.6%)
30	CHUDZIK Zbigniew	9	TKKF KOSZALIN	M60-69	2	00:04:53	00:09:46	00:14:36	00:19:28	00:24:09.20	+00:06:21 (26.3%)	4:49	12.4 (73.4%)
31	ZYG-SIÓDMIĄK Kamila	84	7PRO SIÓDMIĄK TEAM	K30-39	4	00:04:27	00:09:23	00:14:24	00:19:20	00:24:10.60	+00:06:23 (26.4%)	4:50	12.4 (73.4%)
32	KRZEWIŃSKA Małgorzata	38	TKKF KOSZALIN	K60+	1	00:04:53	00:09:46	00:14:37	00:19:28	00:24:13.60	+00:06:26 (26.6%)	4:50	12.4 (73.4%)
33	MACIĄG Piotr	43		M40-49	8	00:04:47	00:09:41	00:14:38	00:19:32	00:24:19.05	+00:06:31 (26.8%)	4:51	12.3 (72.8%)
34	DANIELAK Tomasz	11		M14-29	8	00:04:10	00:09:03	00:14:07	00:19:26	00:24:32.80	+00:06:45 (27.5%)	4:54	12.2 (72.2%)
35	ZAWISKA Bartłomiej	83		M30-39	9	00:04:53	00:09:45	00:14:43	00:19:49	00:24:34.05	+00:06:46 (27.6%)	4:54	12.2 (72.2%)
36	JAROSZ Dariusz	26	TKKF KOSZALIN	M40-49	9	00:04:51	00:09:45	00:14:41	00:19:38	00:24:36.00	+00:06:48 (27.7%)	4:55	12.2 (72.2%)
37	KASPRZYK Bogdan	28	KM PSP KOSZALIN	M40-49	10	00:04:48	00:09:43	00:14:45	00:19:46	00:24:36.30	+00:06:48 (27.7%)	4:55	12.2 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Czas		Tempo min/km	Tempo km/h
										netto 5km	Różn		
38	KLENIEWSKI Piotr	29		M60-69	3	00:04:45	00:09:44	00:14:40	00:19:50	00:24:48.55	+00:07:01 (28.3%)	4:57	12.1 (71.6%)
39	BOREJKO Łukasz	7		M30-39	10	00:05:07	00:10:14	00:15:19	00:20:20	00:25:01.25	+00:07:13 (28.9%)	5:00	12 (71.0%)
40	MACIĄG Paweł	42	HOMOSAPIE	M40-49	11	00:04:58	00:09:57	00:14:59	00:20:05	00:25:09.85	+00:07:22 (29.3%)	5:01	11.9 (70.4%)
41	OSTROWSKI Jacek	53	142BLP TRZEBIATÓW	M30-39	11	00:04:49	00:09:56	00:15:09	00:20:24	00:25:17.50	+00:07:29 (29.7%)	5:03	11.9 (70.4%)
41	GRYGLEWSKA Magdalena	22	142BLP TRZEBIATÓW	K30-39	5	00:04:48	00:09:53	00:15:03	00:19:45	00:25:17.50	+00:07:29 (29.7%)	5:03	11.9 (70.4%)
43	BOGACKI Tomasz	6	TKKF KOSZALIN	M60-69	4	00:04:59	00:09:59	00:15:06	00:20:15	00:25:19.55	+00:07:32 (29.7%)	5:03	11.8 (69.8%)
44	GRUNWALD Karolina	21		K30-39	6	00:04:28	00:09:31	00:14:50	00:20:15	00:25:25.15	+00:07:37 (30.0%)	5:05	11.8 (69.8%)
45	KALINOWSKI Krzysztof	94	ADWOKATURA	M40-49	12	00:05:07	00:10:10	00:15:16	00:20:29	00:25:30.05	+00:07:42 (30.2%)	5:06	11.8 (69.8%)
46	DRULIK-HOŁUB Marta	13		K40-49	1	00:05:06	00:10:16	00:15:27	00:20:34	00:25:34.30	+00:07:46 (30.4%)	5:06	11.7 (69.2%)
47	BURKIET Paweł	8		M40-49	13	00:04:39	00:09:39	00:14:54	00:20:19	00:25:48.50	+00:08:00 (31.1%)	5:09	11.6 (68.6%)
48	STAŃCZYK Sławomir	101		M30-39	12	00:04:53	00:10:03	00:15:15	00:20:35	00:25:49.65	+00:08:02 (31.1%)	5:09	11.6 (68.6%)
49	GAWIECKI Piotr	18	ROZBIEGANY KOSZALIN	M40-49	14	00:04:55	00:10:00	00:15:14	00:20:44	00:25:52.35	+00:08:04 (31.2%)	5:10	11.6 (68.6%)
50	KARASIEWICZ Robert	27		M40-49	15	00:04:59	00:10:13	00:15:31	00:20:49	00:26:03.75	+00:08:16 (31.7%)	5:12	11.5 (68.0%)
51	ADAMSKI Dariusz	1	POLANÓW	M30-39	13	00:05:05	00:10:09	00:15:19	00:20:44	00:26:08.70	+00:08:21 (31.9%)	5:13	11.5 (68.0%)
52	WYSOCKA Urszula	81		K30-39	7	00:05:12	00:10:31	00:15:49	00:21:05	00:26:14.35	+00:08:26 (32.2%)	5:14	11.4 (67.5%)
53	WYSOCZAŃSKI Daniel	82	ROZBIEGANA USTKA	M40-49	16	00:05:14	00:10:31	00:15:44	00:21:06	00:26:20.75	+00:08:33 (32.5%)	5:16	11.4 (67.5%)
54	BOGACKA Lucyna	5	TKKF KOSZALIN	K60+	2	00:05:19	00:10:33	00:15:49	00:21:06	00:26:23.00	+00:08:35 (32.6%)	5:16	11.4 (67.5%)
55	PAJOR Tomasz	54	HOMOSAPIE	M40-49	17	00:04:58	00:10:04	00:15:31	00:21:11	00:26:43.30	+00:08:55 (33.4%)	5:20	11.2 (66.3%)
56	OSOBNIAK Ryszard	52		M60-69	5	00:05:19	00:10:44	00:16:07	00:21:30	00:26:44.10	+00:08:56 (33.4%)	5:20	11.2 (66.3%)
57	BORUSIŃSKA Marta	100		K30-39	8	00:05:23	00:10:52	00:16:13	00:21:37	00:26:50.20	+00:09:02 (33.7%)	5:22	11.2 (66.3%)
58	KUBIAK Katarzyna	39		K40-49	2	00:05:07	00:10:35	00:16:03	00:21:33	00:26:59.05	+00:09:11 (34.1%)	5:23	11.1 (65.7%)
59	KOZŁOWIECKI Waldemar	36	TKKF KOSZALIN	M70+	1	00:05:16	00:10:46	00:16:13	00:21:40	00:27:10.75	+00:09:23 (34.5%)	5:26	11 (65.1%)
60	KOLIGAT Anna	31		K40-49	3	00:05:38	00:11:05	00:16:27	00:21:54	00:27:14.05	+00:09:26 (34.7%)	5:26	11 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1	Lap2	Lap3	Lap4	Czas	Różn	Tempo min/km	Tempo km/h
						1km	2km	3km	4km	netto 5km			
61	PARSZCZYŃSKI Michał	55		M14-29	9	00:05:40	00:11:08	00:16:33	00:22:57	00:27:18.00	+00:09:30 (34.8%)	5:27	11 (65.1%)
62	ŻUCHELKOWSKI Henryk	85		M30-39	14	00:05:01	00:10:44	00:16:20	00:21:58	00:27:22.40	+00:09:34 (35.0%)	5:28	11 (65.1%)
63	MRUGAŁA Magdalena	50	RUNGRYF GRYFICE	K30-39	9	00:05:27	00:10:55	00:16:23	00:22:01	00:27:26.75	+00:09:39 (35.2%)	5:29	10.9 (64.5%)
64	SUCHODOLSKA Aleksandra	68		K30-39	10	00:05:23	00:10:58	00:16:31	00:22:02	00:27:34.10	+00:09:46 (35.5%)	5:30	10.9 (64.5%)
65	PEŁKA Iwona	59		K50-59	1	00:05:28	00:11:06	00:16:43	00:22:21	00:27:47.85	+00:10:00 (36.0%)	5:33	10.8 (63.9%)
66	MAJ Agnieszka	45		K40-49	4	00:05:36	00:11:16	00:16:52	00:22:29	00:27:54.80	+00:10:07 (36.3%)	5:34	10.8 (63.9%)
67	CZYCZYN Angelika	10		K30-39	11	00:05:15	00:10:58	00:16:40	00:22:35	00:28:30.00	+00:10:42 (37.6%)	5:42	10.5 (62.1%)
68	PIETRZYK Rafał	61	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ KALISZ POMORSKI	M30-39	15	00:05:34	00:11:20	00:17:06	00:22:57	00:28:35.80	+00:10:48 (37.8%)	5:43	10.5 (62.1%)
69	ŻYSZKIEWICZ Izabela	86	ROZBIEGANA USTKA	K50-59	2	00:05:32	00:11:15	00:16:57	00:22:50	00:28:45.30	+00:10:57 (38.1%)	5:45	10.4 (61.5%)
70	GUTOWSKI Marek	23		M40-49	18	00:05:41	00:11:20	00:17:13	00:23:19	00:29:03.90	+00:11:16 (38.8%)	5:48	10.3 (60.9%)
71	KOWALCZYK Andrzej	33		M50-59	4	00:05:24	00:11:03	00:16:53	00:23:01	00:29:12.50	+00:11:24 (39.1%)	5:50	10.3 (60.9%)
72	DEPTA Kasia	12		K30-39	12	00:05:29	00:11:20	00:17:25	00:23:24	00:29:15.10	+00:11:27 (39.2%)	5:51	10.3 (60.9%)
73	MRÓZ Małgorzata	96		K30-39	13	00:05:33	00:11:16	00:17:15	00:23:20	00:29:15.45	+00:11:27 (39.2%)	5:51	10.3 (60.9%)
74	SIKORSKA-LÖWE Katarzyna	64		K40-49	5	00:05:38	00:11:39	00:17:42	00:23:41	00:29:22.75	+00:11:35 (39.4%)	5:52	10.2 (60.4%)
75	MONDRÓŃ Katarzyna	47		K40-49	6	00:05:28	00:11:20	00:17:24	00:23:31	00:29:28.60	+00:11:41 (39.6%)	5:53	10.2 (60.4%)
76	KOBUS-MAŁANECZ Agnieszka	30		K40-49	7	00:05:38	00:11:34	00:17:34	00:23:36	00:29:30.55	+00:11:43 (39.7%)	5:54	10.2 (60.4%)
77	SIMINIAK Łukasz	65		M30-39	16	00:06:03	00:12:02	00:18:03	00:24:09	00:29:32.75	+00:11:45 (39.8%)	5:54	10.2 (60.4%)
78	HELLER Zdzisław	24	HERBMARATONOW.PL	M60-69	6	00:05:47	00:12:01	00:18:14	00:24:30	00:30:33.65	+00:12:46 (41.8%)	6:06	9.8 (58.0%)
79	WACHHOLZ Beata	76	KB BRYZA POSTOMINO	K50-59	3	00:05:55	00:12:04	00:18:18	00:24:33	00:30:36.90	+00:12:49 (41.9%)	6:07	9.8 (58.0%)
80	GAWIECKA Mariola	17	ROZBIEGANY KOSZALIN	K40-49	8	00:06:17	00:13:05	00:20:03	00:26:50	00:33:37.15	+00:15:49 (47.1%)	6:43	8.9 (52.7%)
81	PLATA Katarzyna	62		K40-49	9	00:06:50	00:14:28	00:22:01	00:29:25	00:36:42.20	+00:18:54 (51.5%)	7:20	8.2 (48.5%)
82	FELKOWSKA Karolina	14		K30-39	14	00:06:50	00:14:29	00:22:01	00:29:25	00:36:42.35	+00:18:54 (51.5%)	7:20	8.2 (48.5%)
83	KOZŁOWIECKA Małgorzata	35		K60+	3	00:07:07	00:14:38	00:22:04	00:29:45	00:37:15.75	+00:19:28 (52.3%)	7:27	8.1 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
84	KOSICKI Piotr	32		M50-59	5	00:06:46	00:14:29	00:22:30	00:30:32	00:38:05.55	+00:20:18 (53.3%)	7:37	7.9 (46.7%)
85	PASEK Paula	56	KLUB BIEGOWY JANTAR ŚWIESZYNO	K30-39	15	00:07:20	00:15:51	00:24:51	00:33:43	00:42:11.70	+00:24:24 (57.8%)	8:26	7.1 (42.0%)
86	PASEK Jan	57	KLUB BIEGOWY JANTAR ŚWIESZYNO	M60-69	7	00:07:25	00:15:51	00:24:52	00:33:43	00:42:11.90	+00:24:24 (57.8%)	8:26	7.1 (42.0%)
87	KWIATKOWSKA Małgorzata	41	GWIAZDY PÓŁNOCY	K50-59	4	00:08:59	00:18:02	00:26:59	00:35:43	00:44:08.10	+00:26:20 (59.7%)	8:49	6.8 (40.2%)
88	BECHLER Zofia	4	GWIAZDY PÓŁNOCY	K40-49	10	00:09:04	00:18:04	00:27:01	00:35:47	00:44:09.05	+00:26:21 (59.7%)	8:49	6.8 (40.2%)
89	GRZEBIELUCHA Ewa	97	GWIAZDY PÓŁNOCY	K30-39	16	00:08:59	00:18:02	00:26:57	00:35:44	00:44:09.25	+00:26:21 (59.7%)	8:49	6.8 (40.2%)

Znaleziono 89 wynik(ów)