KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

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

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km
1	**BOGACKA Lucyna**	**5**	TKKF KOSZALIN	K60+	00:05:19	00:10:33	00:15:49	00:21:06
2	**USS Miłosz**	**75**		M14-29	00:03:35	00:07:16	00:11:00	00:14:46
3	**MACIEJCZYK Mateusz**	**44**		M30-39	00:04:25	00:08:55	00:13:29	00:18:05
4	**SIODMIAK Igor**	**66**	7PRO SIÓDMIAK TEAM	M14-29	00:03:35	00:07:16	00:11:00	00:14:44
5	**MAJKOWICZ Rafał**	**99**	BIEGOLAS KOSZALIN	M30-39	00:03:37	00:07:30	00:11:31	00:15:32
6	**PAWŁOWICZ Roland**	**89**	7PRO SIÓDMIAK TEAM	M14-29	00:03:40	00:07:37	00:11:38	00:15:41
7	**POCHRANOWICZ Aleksandra**	**88**	7PRO SIÓDMIAK TEAM	K30-39	00:03:49	00:07:42	00:11:46	00:15:58
8	**WESOŁOWSKI Marcin**	**77**	OBSESJA BIEGANIA	M30-39	00:03:51	00:07:54	00:11:59	00:16:07
9	**KOZIEŁ Paweł**	**93**		M40-49	00:03:59	00:08:11	00:12:26	00:16:44
10	**ZUKAL Piotr**	**98**	7PRO SIÓDMIAK TEAM	M40-49	00:04:06	00:08:17	00:12:31	00:16:46
11	**BENCYCH Michał**	**90**	7PRO SIÓDMIAK TEAM	M14-29	00:04:04	00:08:24	00:12:51	00:17:19
12	**MAZIEC Beata**	**46**	BIEGOLAS KOSZALIN	K30-39	00:04:19	00:08:57	00:13:38	00:18:17
13	**ZYG-SIÓDMIAK Kamila**	**84**	7PRO SIÓDMIAK TEAM	K30-39	00:04:27	00:09:23	00:14:24	00:19:20
14	**DANIELAK Tomasz**	**11**		M14-29	00:04:10	00:09:03	00:14:07	00:19:26
15	**GRUNWALD Karolina**	**21**		K30-39	00:04:28	00:09:31	00:14:50	00:20:15
16	**KOZŁOWIECKI Waldemar**	**36**	TKKF KOSZALIN	M70+	00:05:16	00:10:46	00:16:13	00:21:40
17	**BARTHA Adrian**	**3**		M30-39	00:04:01	00:08:21	00:12:46	00:17:09
18	**KĘPKA Adrian**	**19**	KĘPKA NA TRASIE	M14-29	00:03:35	00:07:16	00:11:00	00:14:46
19	**ZATOŃ Olga**	**92**		K30-39	00:03:59	00:08:11	00:12:27	00:16:44
20	**SZPITER Tomasz**	**71**		M50-59	00:04:22	00:08:58	00:13:37	00:18:16
21	**STENKA Rafał**	**67**		M30-39	00:04:11	00:08:41	00:13:27	00:18:18
22	**OLEARCZYK Arkadiusz**	**51**		M40-49	00:04:21	00:08:57	00:13:39	00:18:24
23	**WINKOWSKI Ireneusz**	**95**		M40-49	00:04:26	00:09:10	00:13:52	00:18:36
24	**SEROWSKI Łukasz**	**63**	BIEGOLAS KOSZALIN	M30-39	00:04:27	00:09:10	00:13:59	00:18:43
25	**GRĄBCZEWSKI Dawid**	**20**		M30-39	00:04:17	00:08:54	00:13:51	00:18:47
26	**KRZEWIŃSKA Małgorzata**	**38**	TKKF KOSZALIN	K60+	00:04:53	00:09:46	00:14:37	00:19:28
27	**KLENIEWSKI Piotr**	**29**		M60-69	00:04:45	00:09:44	00:14:40	00:19:50
28	**KARASIEWICZ Robert**	**27**		M40-49	00:04:59	00:10:13	00:15:31	00:20:49

Msc	Zawodnik	Numer	Klub	Kategoria	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km
29	**KUBIAK Katarzyna**	**39**		K40-49	00:05:07	00:10:35	00:16:03	00:21:33
30	**PEŁKA Iwona**	**59**		K50-59	00:05:28	00:11:06	00:16:43	00:22:21
31	**MAJ Agnieszka**	**45**		K40-49	00:05:36	00:11:16	00:16:52	00:22:29
32	**WACHHOLZ Beata**	**76**	KB BRYZA POSTOMINO	K50-59	00:05:55	00:12:04	00:18:18	00:24:33
33	**ADASZYNSKI Wiesław**	**2**	BIEGOLAS KOSZALIN	M50-59	00:04:16	00:08:50	00:13:31	00:18:16
34	**ŻUCHELKOWSKI Henryk**	**85**		M30-39	00:05:01	00:10:44	00:16:20	00:21:58
35	**PICK Tomasz**	**60**	BIEGOLAS KOSZALIN	M50-59	00:03:58	00:08:05	00:12:13	00:16:23
36	**WIECZORKOWSKI Władysław**	**78**		M60-69	00:04:29	00:09:13	00:14:00	00:18:46
37	**HOREGLAD Paweł**	**25**	SPEEDY GONZALES	M14-29	00:04:33	00:09:24	00:14:20	00:19:18
38	**PAWŁOWSKI Michał**	**58**	PRECON-POLSKA	M40-49	00:04:27	00:09:15	00:14:22	00:19:14
39	**CHUDZIK Zbigniew**	**9**	TKKF KOSZALIN	M60-69	00:04:53	00:09:46	00:14:36	00:19:28
40	**WYSOCKA Urszula**	**81**		K30-39	00:05:12	00:10:31	00:15:49	00:21:05
41	**BORUSIŃSKA Marta**	**100**		K30-39	00:05:23	00:10:52	00:16:13	00:21:37
42	**KOLIGAT Anna**	**31**		K40-49	00:05:38	00:11:05	00:16:27	00:21:54
43	**CZYCZYN Angelika**	**10**		K30-39	00:05:15	00:10:58	00:16:40	00:22:35
44	**DEPTA Kasia**	**12**		K30-39	00:05:29	00:11:20	00:17:25	00:23:24
45	**MRÓZ Małgorzata**	**96**		K30-39	00:05:33	00:11:16	00:17:15	00:23:20
46	**SIKORSKA-LÖWE Katarzyna**	**64**		K40-49	00:05:38	00:11:39	00:17:42	00:23:41
47	**KOBUS-MAŁANECZ Agnieszka**	**30**		K40-49	00:05:38	00:11:34	00:17:34	00:23:36
48	**PARSZCZYŃSKI Michał**	**55**		M14-29	00:05:40	00:11:08	00:16:33	00:22:57
49	**SZYDŁOWSKI Michał**	**72**		M14-29	00:04:29	00:09:16	00:14:14	00:19:09
50	**MACIĄG Piotr**	**43**		M40-49	00:04:47	00:09:41	00:14:38	00:19:32
51	**JAROSZ Dariusz**	**26**	TKKF KOSZALIN	M40-49	00:04:51	00:09:45	00:14:41	00:19:38
52	**MACIĄG Paweł**	**42**	HOMOSAPIE	M40-49	00:04:58	00:09:57	00:14:59	00:20:05
53	**BURKIET Paweł**	**8**		M40-49	00:04:39	00:09:39	00:14:54	00:20:19
54	**STAŃCZYK Sławomir**	**101**		M30-39	00:04:53	00:10:03	00:15:15	00:20:35
55	**PAJOR Tomasz**	**54**	HOMOSAPIE	M40-49	00:04:58	00:10:04	00:15:31	00:21:11
56	**KOWALCZYK Andrzej**	**33**		M50-59	00:05:24	00:11:03	00:16:53	00:23:01
57	**MONDROŃ Katarzyna**	**47**		K40-49	00:05:28	00:11:20	00:17:24	00:23:31
58	**WICHER Krzysztof**	**91**	ADWOKATURA	M40-49	00:04:10	00:08:33	00:13:01	00:17:28
59	**KASPRZYK Bogdan**	**28**	KM PSP KOSZALIN	M40-49	00:04:48	00:09:43	00:14:45	00:19:46
60	**BOREJKO Łukasz**	**7**		M30-39	00:05:07	00:10:14	00:15:19	00:20:20
61	**OSTROWSKI Jacek**	**53**	142BLP TRZEBIATÓW	M30-39	00:04:49	00:09:56	00:15:09	00:20:24
61	**GRYGLEWSKA Magdalena**	**22**	142BLP TRZEBIATÓW	K30-39	00:04:48	00:09:53	00:15:03	00:19:45
63	**BOGACKI Tomasz**	**6**	TKKF KOSZALIN	M60-69	00:04:59	00:09:59	00:15:06	00:20:15
64	**GAWIECKI Piotr**	**18**	ROZBIEGANY KOSZALIN	M40-49	00:04:55	00:10:00	00:15:14	00:20:44
65	**WYSOCZAŃSKI Daniel**	**82**	ROZBIEGANA USTKA	M40-49	00:05:14	00:10:31	00:15:44	00:21:06
66	**SUCHODOLSKA Aleksandra**	**68**		K30-39	00:05:23	00:10:58	00:16:31	00:22:02
67	**PIETRZYK Rafał**	**61**	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ KALISZ POMORSKI	M30-39	00:05:34	00:11:20	00:17:06	00:22:57
68	**ŻYSZKIEWICZ Izabela**	**86**	ROZBIEGANA USTKA	K50-59	00:05:32	00:11:15	00:16:57	00:22:50
69	**GAWIECKA Mariola**	**17**	ROZBIEGANY KOSZALIN	K40-49	00:06:17	00:13:05	00:20:03	00:26:50
70	**KOZŁOWIECKA Małgorzata**	**35**		K60+	00:07:07	00:14:38	00:22:04	00:29:45
71	**KUCHARCZYK Damian**	**40**	KSW HUSARIA	M30-39	00:04:58	00:09:47	00:14:35	00:19:19
72	**KRACZKOWSKI Przemysław**	**37**	142BLP TRZEBIATÓW	M40-49	00:04:14	00:08:37	00:13:06	00:17:38
73	**KALINOWSKI Krzysztof**	**94**	ADWOKATURA	M40-49	00:05:07	00:10:10	00:15:16	00:20:29

Msc	Zawodnik	Numer	Klub	Kategoria	Lap1 1km	Lap2 2km	Lap3 3km	Lap4 4km
74	**DRULIK-HOŁUB Marta**	**13**		K40-49	00:05:06	00:10:16	00:15:27	00:20:34
75	**ADAMSKI Dariusz**	**1**	POLANÓW	M30-39	00:05:05	00:10:09	00:15:19	00:20:44
76	**HELLER Zdzisław**	**24**	HERBMARATONOW.PL	M60-69	00:05:47	00:12:01	00:18:14	00:24:30
77	**KOSICKI Piotr**	**32**		M50-59	00:06:46	00:14:29	00:22:30	00:30:32
78	**PASEK Paula**	**56**	KLUB BIEGOWY JANTAR ŚWIESZYNO	K30-39	00:07:20	00:15:51	00:24:51	00:33:43
79	**PASEK Jan**	**57**	KLUB BIEGOWY JANTAR ŚWIESZYNO	M60-69	00:07:25	00:15:51	00:24:52	00:33:43
80	**OSOBNIAK Ryszard**	**52**		M60-69	00:05:19	00:10:44	00:16:07	00:21:30
81	**MRUGAŁA Magdalena**	**50**	RUNGRYF GRYFICE	K30-39	00:05:27	00:10:55	00:16:23	00:22:01
82	**GUTOWSKI Marek**	**23**		M40-49	00:05:41	00:11:20	00:17:13	00:23:19
83	**SIMINIAK Łukasz**	**65**		M30-39	00:06:03	00:12:02	00:18:03	00:24:09
84	**PLATA Katarzyna**	**62**		K40-49	00:06:50	00:14:28	00:22:01	00:29:25
85	**FELKOWSKA Karolina**	**14**		K30-39	00:06:50	00:14:29	00:22:01	00:29:25
86	**BECHLER Zofia**	**4**	GWIAZDY PÓŁNOCY	K40-49	00:09:04	00:18:04	00:27:01	00:35:47
87	**ZAWISKA Bartłomiej**	**83**		M30-39	00:04:53	00:09:45	00:14:43	00:19:49
88	**KWIATKOWSKA Małgorzata**	**41**	GWIAZDY PÓŁNOCY	K50-59	00:08:59	00:18:02	00:26:59	00:35:43
89	**GRZEBIELUCHA Ewa**	**97**	GWIAZDY PÓŁNOCY	K30-39	00:08:59	00:18:02	00:26:57	00:35:44

Znaleziono 89 wynik(ów)