

# MISTRZOSTWA MASTERS W BIEGU GÓRSKIM - 10KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Mistrzostwa Polski Masters w Anglosaskim Biegu Górskim - XV  
Bieg Górski - 10km i 5km  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2024-04-13  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WOLSKI Marcin</b>	<b>94</b>	DGS DIAGNOSTICS TEAM	M-35	1	00:18:57	<b>00:38:05.75</b>		3:48	15.8 (100%)
2	<b>OSIŃSKI Wojciech</b>	<b>58</b>	TEAM ZABIEGANEDNI	M-35	2	00:18:41	<b>00:38:11.75</b>	+00:00:06 (0.3%)	3:49	15.7 (99.4%)
3	<b>KOZAK Arkadiusz</b>	<b>35</b>	TKKF KOSZALIN	M-50	1	00:18:58	<b>00:38:22.70</b>	+00:00:16 (0.7%)	3:50	15.6 (98.7%)
4	<b>SZYMAŃSKI Sylwek</b>	<b>83</b>	SZCZECINECCY BIEGACZE	M-50	2	00:19:19	<b>00:39:01.45</b>	+00:00:55 (2.4%)	3:54	15.4 (97.5%)
5	<b>WASZCZUK Tomasz</b>	<b>88</b>	WASZCZUK TEAM	M-40	1	00:19:07	<b>00:39:05.90</b>	+00:01:00 (2.6%)	3:54	15.4 (97.5%)
6	<b>ORGANKA Marcin</b>	<b>57</b>	LŁKB TRUCHT ŁOBEZ	M-40	2	00:19:49	<b>00:40:16.85</b>	+00:02:11 (5.4%)	4:01	14.9 (94.3%)
7	<b>HUBERT Łukasz</b>	<b>23</b>	7 PRO SIÓDMIAK TEAM/BIEGOLAS	M-40	3	00:19:38	<b>00:40:22.70</b>	+00:02:16 (5.7%)	4:02	14.9 (94.3%)
8	<b>BUŻNIAK Arkadiusz</b>	<b>10</b>	MKL BRYGADA BESKIDÓW	M-35	3	00:20:04	<b>00:41:20.45</b>	+00:03:14 (7.8%)	4:08	14.5 (91.8%)
9	<b>DŁUGOSZ Jacek</b>	<b>14</b>	LKB RUDNIK	M-40	4	00:20:06	<b>00:41:23.60</b>	+00:03:17 (8.0%)	4:08	14.5 (91.8%)
10	<b>SZYMAŃSKI Piotr, Krzysztof</b>	<b>82</b>		M-35	4	00:20:17	<b>00:41:44.60</b>	+00:03:38 (8.7%)	4:10	14.4 (91.1%)
11	<b>TOMKOWSKI Przemysław</b>	<b>85</b>	CHRYSTUS KRÓLEM	M-35	5	00:20:39	<b>00:41:57.10</b>	+00:03:51 (9.2%)	4:11	14.3 (90.5%)
12	<b>STARSZAK Marcin</b>	<b>78</b>	DĘBOWA GÓRA RUN!	M-40	5	00:20:53	<b>00:42:03.50</b>	+00:03:57 (9.4%)	4:12	14.3 (90.5%)
13	<b>BURZYŃSKI Aleksander</b>	<b>9</b>	STOPA SŁUPSK	M-45	1	00:20:43	<b>00:42:58.55</b>	+00:04:52 (11.4%)	4:17	14 (88.6%)
14	<b>GUZOWSKI Dariusz</b>	<b>19</b>	TALEX BORZYTUCHOM	M-50	3	00:21:02	<b>00:43:15.50</b>	+00:05:09 (11.9%)	4:19	13.9 (88.0%)
15	<b>SEMIK Łukasz</b>	<b>68</b>	HERNIK TEAM	OPEN -M	1	00:21:08	<b>00:43:23.45</b>	+00:05:17 (12.2%)	4:20	13.8 (87.3%)
16	<b>WOJTALIK Łukasz</b>	<b>93</b>		M-40	6	00:21:44	<b>00:44:07.25</b>	+00:06:01 (13.7%)	4:24	13.6 (86.1%)
17	<b>PIENIAWSKI Mateusz</b>	<b>63</b>		M-35	6	00:22:20	<b>00:45:03.20</b>	+00:06:57 (15.4%)	4:30	13.3 (84.2%)
18	<b>SKORYCH Andrii</b>	<b>73</b>	YULI	OPEN -M	2	00:21:49	<b>00:45:07.30</b>	+00:07:01 (15.6%)	4:30	13.3 (84.2%)
19	<b>CHMIELEWSKI Tomasz</b>	<b>11</b>		M-40	7	00:22:17	<b>00:45:49.25</b>	+00:07:43 (16.9%)	4:34	13.1 (82.9%)
20	<b>WALEŃSKI Michał</b>	<b>106</b>	TKKF KOSZALIN	M-50	4	00:22:49	<b>00:46:28.75</b>	+00:08:23 (18.0%)	4:38	12.9 (81.6%)
21	<b>KASZTELAN Ula</b>	<b>104</b>	TKKF KOSZALIN	K-35	1	00:22:48	<b>00:46:46.90</b>	+00:08:41 (18.6%)	4:40	12.8 (81.0%)
22	<b>WOJCIECHOWICZ Jacek</b>	<b>91</b>	PASJA TEAM	M-45	2	00:22:50	<b>00:46:56.45</b>	+00:08:50 (18.8%)	4:41	12.8 (81.0%)
23	<b>NOWAK Dariusz</b>	<b>54</b>	AGC	M-40	8	00:22:53	<b>00:46:57.90</b>	+00:08:52 (18.9%)	4:41	12.8 (81.0%)
24	<b>ZIELIŃSKA Anna</b>	<b>95</b>	TRUCHT ŁOBEZ	K-50	1	00:22:02	<b>00:47:09.65</b>	+00:09:03 (19.2%)	4:42	12.7 (80.4%)
25	<b>KOCIOŁOWICZ Łukasz</b>	<b>31</b>	WOJTEK KOTARBA ULTRAWAY TEAM	M-40	9	00:22:26	<b>00:47:10.70</b>	+00:09:04 (19.3%)	4:43	12.7 (80.4%)
26	<b>WIRKUS Antonina</b>	<b>89</b>	LKB IM. BRACI PETK LĘBORK	K-35	2	00:23:21	<b>00:47:31.70</b>	+00:09:25 (19.8%)	4:45	12.6 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	<b>BŁĘDZKI Adam</b>	<b>6</b>	DIRTY SPARROWS	M-35	7	00:23:30	<b>00:48:07.05</b>	+00:10:01 (20.8%)	4:48	12.5 (79.1%)
28	<b>KURKOWSKI Piotr</b>	<b>39</b>		M-35	8	00:23:18	<b>00:48:16.85</b>	+00:10:11 (21.1%)	4:49	12.4 (78.5%)
29	<b>BARTH Krystian</b>	<b>2</b>	FUNDACJA ZASTOPUJ	OPEN -M	3	00:23:16	<b>00:48:37.20</b>	+00:10:31 (21.6%)	4:51	12.3 (77.8%)
30	<b>KOZAR Krzysztof</b>	<b>36</b>	AGC	M-40	10	00:24:19	<b>00:48:44.35</b>	+00:10:38 (21.8%)	4:52	12.3 (77.8%)
31	<b>MATYJASEK Zbigniew</b>	<b>48</b>	TKKF KOSZALIN	M-50	5	00:24:07	<b>00:49:07.35</b>	+00:11:01 (22.4%)	4:54	12.2 (77.2%)
32	<b>SOLARSKI Robert</b>	<b>75</b>	STRĄKMAN ADAM SUŁOWSKI	M-35	9	00:24:09	<b>00:49:29.30</b>	+00:11:23 (23.0%)	4:56	12.1 (76.6%)
33	<b>ZWOLIŃSKI Jan</b>	<b>97</b>	TKKF KOSZALIN	M-55	1	00:24:32	<b>00:49:44.20</b>	+00:11:38 (23.4%)	4:58	12.1 (76.6%)
34	<b>ŚLIWIŃSKA Wioleta</b>	<b>100</b>		K-40	1	00:24:11	<b>00:50:18.95</b>	+00:12:13 (24.3%)	5:01	11.9 (75.3%)
35	<b>BARUTOWICZ Grzegorz</b>	<b>4</b>	BIEGACZE ROZRABIACZE	M-40	11	00:24:56	<b>00:50:54.20</b>	+00:12:48 (25.2%)	5:05	11.8 (74.7%)
36	<b>SILSKI Michał</b>	<b>70</b>		OPEN -M	4	00:25:16	<b>00:51:19.95</b>	+00:13:14 (25.8%)	5:07	11.7 (74.1%)
37	<b>KONKEL Agnieszka</b>	<b>32</b>		K-35	3	00:24:54	<b>00:51:48.15</b>	+00:13:42 (26.5%)	5:10	11.6 (73.4%)
38	<b>JANKOWSKI Mariusz</b>	<b>25</b>	CSB DRAWSKO/TEAM BIEGOWY SZCZECINEKK	M-45	3	00:25:15	<b>00:51:49.60</b>	+00:13:43 (26.5%)	5:10	11.6 (73.4%)
39	<b>MAZUR Mirosław</b>	<b>50</b>	TKKF KOSZALIN	M-50	6	00:25:55	<b>00:52:01.90</b>	+00:13:56 (26.8%)	5:12	11.5 (72.8%)
40	<b>KUBIŃSKA Kamila</b>	<b>107</b>	TSK ORZEŁ OSIEK	K-35	4	00:25:53	<b>00:52:17.80</b>	+00:14:12 (27.2%)	5:13	11.5 (72.8%)
41	<b>WIZE Małgorzata</b>	<b>90</b>		K-40	2	00:25:40	<b>00:52:46.85</b>	+00:14:41 (27.8%)	5:16	11.4 (72.2%)
42	<b>PŁOSKOŃSKI Piotr</b>	<b>66</b>	KBKS RADOMSKO	M-55	2	00:25:15	<b>00:53:29.75</b>	+00:15:24 (28.8%)	5:20	11.2 (70.9%)
43	<b>CIEŚLEWICZ-GALAS Katarzyna</b>	<b>13</b>	HERNIK TEAM	K-40	3	00:25:54	<b>00:53:32.65</b>	+00:15:26 (28.9%)	5:21	11.2 (70.9%)
44	<b>GULBITOWICZ Karol</b>	<b>18</b>		M-35	10	00:25:41	<b>00:54:47.60</b>	+00:16:41 (30.5%)	5:28	11 (69.6%)
45	<b>ŚLIWIŃSKI Krzysztof</b>	<b>101</b>		M-40	12	00:26:51	<b>00:55:00.20</b>	+00:16:54 (30.7%)	5:30	10.9 (69.0%)
46	<b>BARTKOWIAK Wojciech</b>	<b>3</b>		M-50	7	00:26:52	<b>00:55:09.75</b>	+00:17:04 (30.9%)	5:30	10.9 (69.0%)
47	<b>CHODOR Izabela</b>	<b>99</b>	TKKF KOSZALIN	K-40	4	00:26:57	<b>00:55:22.10</b>	+00:17:16 (31.2%)	5:32	10.8 (68.4%)
48	<b>SCHWARZ Ludwik</b>	<b>108</b>		M-55	3	00:27:50	<b>00:55:33.60</b>	+00:17:27 (31.4%)	5:33	10.8 (68.4%)
49	<b>ZŁOTNIK Paweł</b>	<b>96</b>	SZCZECIN	M-40	13	00:26:49	<b>00:55:42.20</b>	+00:17:36 (31.6%)	5:34	10.8 (68.4%)
50	<b>WOJCIECHOWICZ Marcin</b>	<b>92</b>		M-45	4	00:27:46	<b>00:55:55.45</b>	+00:17:49 (31.9%)	5:35	10.7 (67.7%)
51	<b>MYK Ewa</b>	<b>51</b>	8 PLOT	OPEN -K	1	00:27:58	<b>00:56:43.45</b>	+00:18:37 (32.8%)	5:40	10.6 (67.1%)
52	<b>STASZAK Wojciech</b>	<b>79</b>		OPEN -M	5	00:28:30	<b>00:56:49.40</b>	+00:18:43 (33.0%)	5:40	10.6 (67.1%)
53	<b>SIMLAT Anna</b>	<b>71</b>	UKL FENIKS ŚWIDWIN	K-40	5	00:27:46	<b>00:57:00.05</b>	+00:18:54 (33.2%)	5:42	10.5 (66.5%)
54	<b>SEROWSKI Łukasz</b>	<b>69</b>	BIEGLAS KOSZALIN	M-40	14	00:27:58	<b>00:57:36.60</b>	+00:19:30 (33.9%)	5:45	10.4 (65.8%)
55	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>80</b>		M-40	15	00:28:04	<b>00:57:38.45</b>	+00:19:32 (33.9%)	5:45	10.4 (65.8%)
56	<b>TOMKOWSKI Krzysztof</b>	<b>86</b>	TURYSTA	M-35	11	00:28:27	<b>00:57:47.90</b>	+00:19:42 (34.1%)	5:46	10.4 (65.8%)
57	<b>ŻULICKI Juliusz</b>	<b>98</b>	AGC	M-40	16	00:28:25	<b>00:57:52.80</b>	+00:19:47 (34.2%)	5:47	10.4 (65.8%)
58	<b>KUBIAK Katarzyna</b>	<b>38</b>		K-40	6	00:28:04	<b>00:58:40.45</b>	+00:20:34 (35.1%)	5:52	10.2 (64.6%)
59	<b>MACIĄG Piotr</b>	<b>43</b>		M-40	17	00:28:31	<b>00:58:45.75</b>	+00:20:40 (35.2%)	5:52	10.2 (64.6%)
60	<b>JANKOJĆ Dominik</b>	<b>24</b>		M-40	18	00:30:00	<b>00:59:35.70</b>	+00:21:29 (36.1%)	5:57	10.1 (63.9%)
61	<b>OLSZAK Grzegorz</b>	<b>56</b>		M-50	8	00:29:54	<b>00:59:38.25</b>	+00:21:32 (36.1%)	5:57	10.1 (63.9%)
62	<b>PIŁAT Wiesław</b>	<b>64</b>	PARKRUN KOSZALIN	M-50	9	00:28:03	<b>01:00:49.60</b>	+00:22:43 (37.4%)	6:04	9.9 (62.7%)
63	<b>OLECHNOWICZ Sławomir</b>	<b>55</b>	STOPA SŁUPSK	M-45	5	00:29:49	<b>01:01:13.10</b>	+00:23:07 (37.8%)	6:07	9.8 (62.0%)
64	<b>POLAŃSKI Piotr</b>	<b>67</b>	KMP KOSZALIN	OPEN -M	6	00:29:58	<b>01:02:21.30</b>	+00:24:15 (38.9%)	6:14	9.6 (60.8%)
65	<b>ŚLEDŹ Przemysław</b>	<b>84</b>		M-40	19	00:29:29	<b>01:03:09.15</b>	+00:25:03 (39.7%)	6:18	9.5 (60.1%)
66	<b>FILICZKOWSKA Anetta</b>	<b>16</b>	TKKF KOSZALIN	K-45	1	00:31:05	<b>01:05:14.70</b>	+00:27:08 (41.6%)	6:31	9.2 (58.2%)
67	<b>HAŁAJKO Magdalena</b>	<b>20</b>		K-40	7	00:30:19	<b>01:05:23.95</b>	+00:27:18 (41.7%)	6:32	9.2 (58.2%)
68	<b>GARNCAREK Paweł</b>	<b>17</b>		M-40	20	00:31:59	<b>01:05:24.75</b>	+00:27:19 (41.8%)	6:32	9.2 (58.2%)
69	<b>MACIĄG Paweł</b>	<b>44</b>		M-40	21	00:29:57	<b>01:05:42.15</b>	+00:27:36 (42.0%)	6:34	9.1 (57.6%)
70	<b>KOS Jan</b>	<b>33</b>	FUNDACJA ZASTOPUJ	M-55	4	00:33:58	<b>01:09:43.50</b>	+00:31:37 (45.4%)	6:58	8.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
71	<b>KRUK Michał</b>	<b>102</b>	FUNDACJA ZASTOPIJ	M-40	22	00:40:20	<b>01:20:58.10</b>	+00:42:52 (52.9%)	8:05	7.4 (46.8%)
72	<b>PAUL Andrzej</b>	<b>62</b>	FUNDACJA ZASTOPIJ	M-40	23	00:40:22	<b>01:20:59.05</b>	+00:42:53 (53.0%)	8:05	7.4 (46.8%)
73	<b>HARASYM Daniel</b>	<b>21</b>	FUNDACJA ZASTOPIJ	M-45	6	00:39:17	<b>01:22:21.10</b>	+00:44:15 (53.7%)	8:14	7.3 (46.2%)
74	<b>SIWEK Mirosława</b>	<b>72</b>	UKL FENIKS	K-50	2	00:46:03	<b>01:26:50.75</b>	+00:48:45 (56.1%)	8:41	6.9 (43.7%)
75	<b>BRODOWSKA-ROLIK Agnieszka</b>	<b>8</b>	DEMONY PRĘDKOŚCI	K-40	8	00:46:02	<b>01:26:51.40</b>	+00:48:45 (56.1%)	8:41	6.9 (43.7%)
76	<b>MARKIEWICZ Izabela</b>	<b>47</b>	DEMON PRĘDKOŚCI □	K-40	9	00:46:06	<b>01:26:51.50</b>	+00:48:45 (56.1%)	8:41	6.9 (43.7%)
DNC	<b>BORYCHOWSKI Mariusz</b>	<b>7</b>		M-50		00:19:45				(0.0%)
	<b>DZIUBEK Henryk</b>	<b>15</b>	FUNDACJA ZASTOPIJ	M-35		00:38:39 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 78 wynik(ów)