

# 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: OPEN -M

| 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>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%) |
| 22  | <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%) |
| 23  | <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%) |
| 24  | <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%) |
| 25  | <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%) |
| 26  | <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%) |

| Msc | Zawodnik                          | Numer      | Klub                                 | Kategoria | Mkat | 5km          | Czas netto 10km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------------|------------|--------------------------------------|-----------|------|--------------|--------------------|-------------------|--------------|--------------|
| 27  | <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%) |
| 28  | <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%) |
| 29  | <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%) |
| 30  | <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%) |
| 31  | <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%) |
| 32  | <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%) |
| 33  | <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%) |
| 34  | <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%) |
| 35  | <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%) |
| 36  | <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%)   |
| 37  | <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%) |
| 38  | <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%) |
| 39  | <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%) |
| 40  | <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%) |
| 41  | <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%) |
| 42  | <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%) |
| 43  | <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%) |
| 44  | <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%) |
| 45  | <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%) |
| 46  | <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%) |
| 47  | <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%) |
| 48  | <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%) |
| 49  | <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%) |
| 50  | <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%)  |
| 51  | <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%)  |
| 52  | <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%)  |
| 53  | <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%)  |
| 54  | <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%)  |
| 55  | <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%)  |
| 56  | <b>KOS Jan</b>                    | <b>33</b>  | FUNDACJA ZASTOPIJ                    | M-55      | 4    | 00:33:58     | <b>01:09:43.50</b> | +00:31:37 (45.4%) | 6:58         | 8.6 (54.4%)  |
| 57  | <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%)  |
| 58  | <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%)  |
| 59  | <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%)  |
| 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 61 wynik(ów)