



## PÓŁMARATON KOSZALIN - 21.1KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2016-05-22  
**Miejsce:** Koszalin  
**Dystans:** 21.1 km



Klasyfikacja: M30-39

Punkt pomiarowy: 11,1 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km
1	<b>BEDNARZ Paweł</b>	<b>6</b>	MODEST.MAN.KOSZALI(N)ACŁAW	M30-39	00:00:33	00:03:34	00:21:39	00:40:43
2	<b>WOJCIECHOWSKI Jarosław</b>	<b>226</b>		M30-39	00:00:33	00:04:03	00:23:00	00:41:59
3	<b>RUDNIK Krzysztof</b>	<b>177</b>	NIGHT RUNNERS SŁUPSK	M30-39	00:00:33	00:04:06	00:23:16	00:42:36
4	<b>LECKI Mateusz</b>	<b>123</b>	TEAM BIEGOWY SZCZECINEK	M30-39	00:00:34	00:04:16	00:24:30	00:44:40
5	<b>WOŚ Kamil</b>	<b>229</b>	PSZCZÓLKOWSKI TEAM	M30-39	00:00:33	00:04:17	00:24:31	00:45:00
6	<b>ANDRUSZ Kamil</b>	<b>2</b>	TRIDEA / MNIAM.NET	M30-39	00:00:37	00:04:23	00:24:57	00:45:46
7	<b>GOLIŃSKI Łukasz</b>	<b>46</b>	K.B. SPRINT ŚWIDWIN	M30-39	00:00:34	00:04:29	00:25:36	00:46:46
8	<b>NOWACKI Rafał</b>	<b>151</b>		M30-39	00:00:41	00:04:38	00:26:14	00:49:28
9	<b>GROCHOWALSKI Rafał</b>	<b>50</b>	K.B. SPRINT ŚWIDWIN	M30-39	00:00:35	00:04:31	00:26:33	00:49:53
10	<b>KAPUŚCIŃSKI Robert</b>	<b>88</b>	JW 1223 KOSZALIN	M30-39	00:00:34	00:04:31	00:26:35	00:50:24
11	<b>BONISŁAWSKI Jarosław</b>	<b>12</b>	FADOMODA TEAM	M30-39	00:00:52	00:05:19	00:27:39	00:50:28
12	<b>NAKONIECZNY Rafał</b>	<b>147</b>	BAJADERKI KOSZALIN	M30-39	00:00:39	00:05:00	00:28:14	00:50:48
13	<b>TOMCZAK Marek</b>	<b>208</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:35	00:04:41	00:27:19	00:51:07
14	<b>GRĘŻLIKOWSKI Adam</b>	<b>49</b>		M30-39	00:00:36	00:04:51	00:27:55	00:51:31
15	<b>GLIŃSKI Łukasz</b>	<b>44</b>		M30-39	00:00:41	00:04:52	00:27:52	00:52:37
16	<b>MROCZKOWSKI Marek</b>	<b>145</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:44	00:05:41	00:29:47	00:52:44
16	<b>SKIERKA Grzegorz</b>	<b>184</b>	MKS ŚWIĘC SŁAWNO	M30-39	00:00:44	00:05:41	00:29:47	00:52:44
18	<b>KOBUS Maciej</b>	<b>97</b>		M30-39	00:00:40	00:05:25	00:29:22	00:53:26
19	<b>MALINOWSKI Mariusz</b>	<b>130</b>		M30-39	00:00:44	00:04:55	00:28:34	00:53:28
20	<b>JAMROZIAK Grzegorz</b>	<b>67</b>	KLUB BIEGACZA KAMIEŃ POMORSKI	M30-39	00:00:38	00:05:01	00:29:02	00:53:34
21	<b>TOMALIK Karol</b>	<b>253</b>	PORANNE BIEGANIE	M30-39	00:00:40	00:04:59	00:28:13	00:53:55
22	<b>WILKOWSKI Krzysztof</b>	<b>222</b>		M30-39	00:00:35	00:04:52	00:29:06	00:54:20
23	<b>PSTRĄGOWSKI Marcin</b>	<b>171</b>	DZIKI KOSZALIN	M30-39	00:00:42	00:04:45	00:28:19	00:54:21
24	<b>EMILIT Grzegorz</b>	<b>38</b>		M30-39	00:00:38	00:05:18	00:29:33	00:54:28

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km
25	<b>BIELIŃSKI Michał</b>	<b>7</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:40	00:05:26	00:30:10	00:54:47
26	<b>MAĆKOWIAK Krzysztof</b>	<b>125</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:39	00:05:27	00:30:10	00:54:48
27	<b>JAKIMA Szymon</b>	<b>63</b>		M30-39	00:00:38	00:05:11	00:29:34	00:55:03
28	<b>BRESZKA Tomasz</b>	<b>15</b>	CAPTAIN AMERICA VS THE FLASH	M30-39	00:00:37	00:05:03	00:29:00	00:55:14
29	<b>JAKUBOWSKI Krystian</b>	<b>65</b>	CAPTAIN AMERICA VS THE FLASH	M30-39	00:00:36	00:05:04	00:29:00	00:55:17
30	<b>KORDYLAS Michał</b>	<b>103</b>		M30-39	00:00:42	00:05:28	00:30:16	00:55:24
31	<b>MOSEK Radosław</b>	<b>144</b>		M30-39	00:00:37	00:05:28	00:30:44	00:55:36
32	<b>CZAPLIŃSKI Jacek</b>	<b>27</b>		M30-39	00:00:41	00:05:00	00:28:49	00:55:50
33	<b>JANUSZEK Adam</b>	<b>76</b>		M30-39	00:00:51	00:04:54	00:29:03	00:55:50
34	<b>SZEWCZUK Paweł</b>	<b>202</b>	-	M30-39	00:00:37	00:05:28	00:30:44	00:55:59
35	<b>BARANOWSKI Piotr</b>	<b>4</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:36	00:05:30	00:30:32	00:56:43
36	<b>ROSZCZYŃSKI Michał</b>	<b>175</b>		M30-39	00:00:39	00:05:10	00:29:29	00:56:43
37	<b>MERDA Piotr</b>	<b>135</b>	MTS HAMER MIASTKO	M30-39	00:00:38	00:05:16	00:30:40	00:56:48
38	<b>KAMIŃSKI Łukasz</b>	<b>86</b>	KŁAM SZCZECIN	M30-39	00:00:47	00:05:33	00:31:10	00:56:48
39	<b>KURCZYK Zbigniew</b>	<b>119</b>		M30-39	00:00:37	00:05:23	00:30:20	00:56:56
40	<b>ŻYWICKI Bartosz</b>	<b>237</b>	DZIKI KOSZALIN	M30-39	00:00:42	00:05:09	00:30:15	00:57:12
41	<b>ŁOPIŃSKI Piotr</b>	<b>124</b>		M30-39	00:00:42	00:05:19	00:30:09	00:58:02
42	<b>STOKROCKI Wojciech</b>	<b>196</b>		M30-39	00:00:45	00:05:41	00:32:05	00:58:07
43	<b>LECH Sylwester</b>	<b>122</b>	SZKÓŁKA PŁYWACKA DEPKA	M30-39	00:00:39	00:05:26	00:30:39	00:58:45
44	<b>KIEŁTYKA Rafał</b>	<b>94</b>		M30-39	00:00:46	00:05:25	00:31:00	00:58:52
45	<b>SOROKA Piotr</b>	<b>188</b>		M30-39	00:00:48	00:05:42	00:31:58	00:58:52
46	<b>CHOŁUJ Karol</b>	<b>19</b>	ZAWSZE DO PRZODU	M30-39	00:00:44	00:05:24	00:31:43	00:59:35
47	<b>SUBALSKI Michał</b>	<b>200</b>		M30-39	00:00:46	00:05:31	00:31:49	00:59:38
48	<b>CINCIO Robert</b>	<b>26</b>	TKKF TRIATHLON KOSZALIN	M30-39	00:00:41	00:05:08	00:31:23	01:00:04
49	<b>GWIZDAŁA Radosław</b>	<b>54</b>	MY OWN CLUB	M30-39	00:00:51	00:05:39	00:32:00	01:00:07
50	<b>KORUS Marcin</b>	<b>105</b>		M30-39	00:00:45	00:05:38	00:32:10	01:00:17
51	<b>MIĄSEK Ryszard</b>	<b>139</b>		M30-39	00:00:45	00:05:28	00:31:52	01:01:10
52	<b>GOŁDYN Marek</b>	<b>239</b>	TKKF KOSZALIN	M30-39	00:00:41	00:05:52	00:33:33	01:01:29
53	<b>DZIĘBOWSKI Mariusz</b>	<b>37</b>		M30-39	00:00:47	00:05:36	00:32:16	01:02:25
54	<b>STOSIO Krzysztof</b>	<b>198</b>	WWW.WKOLOBRZEGU.COM.PL	M30-39	00:00:52	00:05:54	00:33:23	01:02:27
55	<b>ZADROŻNY Szymon</b>	<b>231</b>	RUNNER'S OF WAŁCZ	M30-39	00:00:46	00:05:50	00:34:16	01:02:29
56	<b>KOWALCZYK Piotr</b>	<b>108</b>		M30-39	00:00:48	00:05:48	00:32:54	01:02:40
57	<b>TORCZ Karol</b>	<b>209</b>	SZKÓŁKA PŁYWACKA DEPKA	M30-39	00:00:40	00:05:30	00:32:16	01:04:08
58	<b>POLIKOWSKI Patryk</b>	<b>257</b>	ORP ISKRA	M30-39	00:00:45	00:05:40	00:33:29	01:05:06
59	<b>BAR Wojciech</b>	<b>3</b>		M30-39	00:00:43	00:05:21	00:32:21	01:06:18
60	<b>OLINSKI Arek</b>	<b>153</b>	WIDZEW	M30-39	00:00:34	00:05:08	00:34:03	01:07:03
61	<b>GRUDZIŃSKI Marcin</b>	<b>51</b>		M30-39	00:00:52	00:06:14	00:35:59	01:07:28
62	<b>HRYCIÓW Paweł</b>	<b>59</b>	BIAŁOGARD	M30-39	00:00:39	00:05:50	00:35:30	01:07:38
63	<b>BORYS Przemysław</b>	<b>14</b>	BIEGNIJMY.PL	M30-39	00:00:50	00:06:18	00:36:25	01:07:55
64	<b>ŻUREK Kamila</b>	<b>240</b>		M30-39	00:00:34	00:06:15	00:37:12	01:10:10
65	<b>PIOR Tomasz</b>	<b>168</b>		M30-39	00:00:40	00:05:31	00:34:45	01:13:12
66	<b>KURŁOWICZ Krzysiek</b>	<b>260</b>		M30-39	00:00:42	00:06:01	00:37:43	01:13:35
67	<b>PRZYKUCKI Tomasz</b>	<b>170</b>		M30-39	00:00:37	00:04:19	00:25:51	

Znaleziono 67 wynik(ów)