

## PÓŁMARATON KOSZALIN - 21.1KM

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej

Data: 2016-05-22

Miejsce: Koszalin

Dystans: 21.1 km

Klasyfikacja wg czasów netto.

W klasyfikacji open pierwsze 30 miejsc wg czasu brutto



### PÓŁMARATON KOSZALIN - 21.1KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.1km	6.1km	11.1km	16.1km	Netto	Brutto	min/km	km/h
1	SZYMAŃSKI SYLWESTER	203	TEAM BIEGOWY SZCZECINEK-ULKS BARWICE	SZCZECINEK	POL	M40-44	1	M 1	00:04:03	00:23:00	00:42:04	01:01:05	01:19:23.95	01:19:57.20	3:45	15.9
2	WOJCIECHOWSKI JAROSŁAW	226		ŚWINOUJŚCIE	POL	M30-39	1	M 2	00:04:03	00:23:00	00:41:59	01:00:43	01:19:34.45	01:20:08.05	3:46	15.9
3	BEDNARZ PAWEŁ	6	MODEST.MAN.KOSZALI(N)A CŁAW	KOSZALIN-NACŁAW	POL	M30-39	2	M 3	00:03:34	00:21:39	00:40:43	01:00:28	01:20:26.05	01:20:59.55	3:48	15.7
4	RUDNIK KRZYSZTOF	177	NIGHT RUNNERS SŁUPSK	KRĘPA SŁUPSKA	POL	M30-39	3	M 4	00:04:06	00:23:16	00:42:36	01:02:19	01:21:57.10	01:22:30.65	3:53	15.4
5	MIERZWA WITOLD	140	DARŁOWO	DARŁOWO	POL	M40-44	2	M 5	00:04:06	00:23:35	00:43:32	01:03:54	01:25:01.70	01:25:35.80	4:01	14.9
6	LECKI MATEUSZ	123	TEAM BIEGOWY SZCZECINEK	SZCZECINEK	POL	M30-39	4	M 6	00:04:16	00:24:30	00:44:40	01:05:36	01:27:09.00	01:27:43.10	4:07	14.5
7	ANDRUSZ KAMIL	2	TRIDEA / MNIAM.NET	GDYNIA	POL	M30-39	5	M 7	00:04:23	00:24:57	00:45:46	01:06:39	01:27:26.40	01:28:03.55	4:08	14.5
8	WOŚ KAMIL	229	PSZCZÓŁKOWSKI TEAM	GDYŃSK	POL	M30-39	6	M 8	00:04:17	00:24:31	00:45:00	01:06:26	01:27:34.50	01:28:07.85	4:09	14.5
9	CHRZAŚCZ PIOTR	21		KOSZALIN	POL	M18-29	1	M 9	00:04:07	00:25:01	00:45:30	01:06:56	01:28:04.00	01:28:39.00	4:10	14.4
10	CHUDY HENRYK	22	K SOLSZEWSKI I SYNOWIE	SŁAWSKO	POL	M60-64	1	M 10	00:04:17	00:24:30	00:45:31	01:07:32	01:29:36.30	01:30:12.25	4:14	14.1
11	KĘPKA ADRIAN	92		DARŁOWO/WIEKOWO	POL	M18-29	2	M 11	00:04:15	00:24:30	00:44:58	01:06:50	01:29:46.05	01:30:21.20	4:15	14.1
12	KRYCZKA STANISŁAW	114	MTS HAMER MIASTKO	MIASTKO	POL	M45-49	1	M 12	00:04:18	00:24:32	00:45:16	01:07:07	01:29:49.95	01:30:23.90	4:15	14.1
13	GOLIŃSKI ŁUKASZ	46	K.B. SPRINT ŚWIDWIN	ŚWIDWIN	POL	M30-39	7	M 13	00:04:29	00:25:36	00:46:46	01:08:18	01:30:09.65	01:30:44.35	4:16	14
14	GRZESIK EUGENIUSZ	52	TKKF KOSZALIN	KOSZALIN	POL	M50-54	1	M 14	00:04:27	00:25:40	00:47:07	01:08:47	01:30:13.45	01:30:48.75	4:16	14
15	RUDNIKOWSKI MACIEJ	178	BIEGUZDROWISKOWY.PL	DARŁOWO	POL	M40-44	3	M 15	00:04:12	00:24:33	00:46:07	01:08:54	01:31:23.40	01:31:58.10	4:19	13.9
16	MAGALSKI TOMASZ	126	KLUB BIEGACZA KAMIEŃ POMORSKI	KAMIEŃ POMORSKI	POL	M18-29	3	M 16	00:04:27	00:25:39	00:46:52	01:09:22	01:32:14.75	01:32:50.05	4:22	13.7
17	BIEDRZYCKI KRZYSZTOF	259	CW FANZA KOŁOBRZEG	KOŁOBRZEG	POL	M45-49	2	M 17	00:04:36	00:26:48	00:49:04	01:11:21	01:33:41.55	01:34:17.20	4:26	13.5
18	KONDRACIUK PIOTR	100	ROZBIEGANY KOSZALIN - DRUŻYNA SZPIKU	KOSZALIN	POL	M40-44	4	M 18	00:04:39	00:27:08	00:49:53	01:12:56	01:35:45.15	01:36:21.15	4:32	13.2
19	SOBCZYK ŁUKASZ	186	KOŁOBRZEG BIEGA	KOŁOBRZEG	POL	M40-44	5	M 19	00:04:30	00:26:22	00:48:30	01:11:36	01:35:47.70	01:36:22.55	4:32	13.2
20	JAROSZ WIESŁAW	79	JW. 1223/BLOG	KOSZALIN	POL	M40-44	6	M 20	00:04:16	00:24:47	00:47:47	01:12:10	01:36:12.40	01:36:46.65	4:33	13.2
21	CZYŻEWSKI JANUSZ	29	KOŁOBRZEG BIEGA MARATON TEAM	KOŁOBRZEG	POL	M50-54	2	M 21	00:04:30	00:26:37	00:49:28	01:13:16	01:36:48.95	01:37:23.65	4:35	13.1
22	TCHÓRZEWSKI MAREK	207		KOSZALIN	POL	M45-49	3	M 22	00:04:43	00:27:20	00:50:05	01:13:33	01:37:16.20	01:37:51.50	4:36	13
23	KASZTELAN URSZULA	91	TKKF TRIATHLON KOSZALIN	KOSZALIN	POL	K30-39	1	K 1	00:04:40	00:26:21	00:49:24	01:13:38	01:37:38.20	01:38:14.10	4:37	13
24	KALETA SEBASTIAN	84	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	KOSZALIN	POL	M40-44	7	M 23	00:04:31	00:26:38	00:49:40	01:13:58	01:38:14.05	01:38:49.25	4:39	12.9
25	GROCHOWALSKI RAFAŁ	50	K.B. SPRINT ŚWIDWIN	ŚWIDWIN	POL	M30-39	8	M 24	00:04:31	00:26:33	00:49:53	01:13:59	01:38:42.05	01:39:17.05	4:40	12.8
26	STACHOWIAK ADRIAN	193	280 KOMPANIA RADIOTECHNICZNA	KOŁOBRZEG	POL	M18-29	4	M 25	00:04:29	00:26:26	00:50:08	01:14:43	01:38:53.50	01:39:29.60	4:41	12.8
27	NAKONIECZNY RAFAŁ	147	BAJADERKI KOSZALIN	KOSZALIN	POL	M30-39	9	M 26	00:05:00	00:28:14	00:50:48	01:14:16	01:39:10.80	01:39:50.70	4:42	12.8
28	SKIBIŃSKI KRZYSZTOF	183	TKKF TRIATHLON KOSZALIN	KOSZALIN	POL	M40-44	8	M 27	00:04:43	00:27:24	00:51:05	01:15:11	01:39:21.25	01:39:57.60	4:42	12.7
29	GRĘŻLIKOWSKI ADAM	49		SZCZECINEK	POL	M30-39	10	M 28	00:04:51	00:27:55	00:51:31	01:15:22	01:39:28.70	01:40:05.20	4:42	12.7
30	WALTER PRZEMYSŁAW	218	KB 10 BIAŁOGARD	BIAŁOGARD	POL	M40-44	9	M 29	00:04:54	00:27:34	00:50:25	01:14:19	01:39:31.95	01:40:09.70	4:43	12.7
31	NIWIŃSKI GRZEGORZ	150	K.B. TUPOT USTKA	USTKA	POL	M55-59	1	M 30	00:05:10	00:27:52	00:51:13	01:15:12	01:40:37.60	01:41:27.00	4:46	12.6
32	WINKEL JERZY	223		KOSZALIN	POL	M40-44	10	M 31	00:04:25	00:26:31	00:50:23	01:15:43	01:40:54.75	01:41:30.95	4:46	12.5
33	NOWACKI RAFAŁ	151		PRZECHLEWO	POL	M30-39	11	M 32	00:04:38	00:26:14	00:49:28	01:14:36	01:40:58.35	01:41:40.10	4:47	12.5
34	KAPUŚCIŃSKI ROBERT	88	JW 1223 KOSZALIN	KOSZALIN	POL	M30-39	12	M 33	00:04:31	00:26:35	00:50:24	01:15:47	01:41:10.60	01:41:45.05	4:47	12.5
35	MATYJASEK ZBIGNIEW	244	TKKF KOSZALIN	KOSZALIN	POL	M40-44	11	M 34	00:04:16	00:26:47	00:50:53	01:15:58	01:41:15.15	01:41:49.35	4:47	12.5
36	ZIEMBA DANIEL	235		LUBIN	POL	M40-44	12	M 35	00:04:21	00:26:35	00:50:15	01:15:17	01:41:42.50	01:42:19.55	4:49	12.4
37	CHAJNOWSKI JAROSŁAW	252	TKKF TRIATHLON KOSZALIN	KOSZALIN	POL	M50-54	3	M 36	00:05:16	00:29:33	00:54:22	01:18:44	01:42:12.15	01:42:57.55	4:50	12.4







**PÓŁMARATON KOSZALIN - 21.1KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.1km	6.1km	11.1km	16.1km	Netto	Brutto	min/km	km/h
201	GRUDZIŃSKI MARCIN	51		KOSZALIN	POL	M30-39	59	M 170	00:06:14	00:35:59	01:07:28	01:41:13	02:17:41.55	02:18:34.35	6:31	9.2
202	KOLASA TOMASZ	98	KĄPIELE NA SPONTANIE	KOŁOBRZEG	POL	M45-49	17	M 171	00:06:20	00:38:30	01:10:58	01:44:26	02:18:04.15	02:18:52.30	6:32	9.2
203	JANUSZEWSKI JACEK	77	17 WOG KOSZALIN	KOSZALIN	POL	M50-54	16	M 172	00:05:25	00:31:44	01:02:26	01:39:35	02:21:08.80	02:21:49.75	6:41	9
204	WOJANOWSKI ZBIGNIEW	224	BIEGAM BO LUBIĘ	GRUDZIĄDZ	POL	M55-59	14	M 173	00:05:28	00:33:10	01:06:20	01:42:29	02:21:08.95	02:21:48.05	6:41	9
205	OLINSKI AREK	153	WIDZEW	SIANÓW	POL	M30-39	60	M 174	00:05:08	00:34:03	01:07:03	01:42:26	02:21:28.95	02:22:03.85	6:42	8.9
206	ŻUREK KAMILA	240		KOSZALIN	POL	M30-39	61	M 175	00:06:15	00:37:12	01:10:10	01:45:24	02:21:29.55	02:22:04.00	6:42	8.9
207	BRODOWSKA HONORATA	16		KOSZALIN	POL	K30-39	13	K 32	00:06:15	00:37:59	01:11:32	01:46:16	02:21:33.55	02:22:20.80	6:42	8.9
208	KANIA PAULINA	87	HERB PIETRUSZKI	KOSZALIN	POL	K18-29	7	K 33	00:05:54	00:35:16	01:08:08	01:44:59	02:22:32.50	02:23:16.40	6:45	8.9
209	DĄBROWSKA ALICJA	116	TKKF KOSZALIN	SIANÓW	POL	K50-54	1	K 34	00:06:13	00:36:02	01:08:39	01:45:18	02:23:08.90	02:23:58.60	6:47	8.8
210	JAROSZ JAKUB	78	TKKF KOSZALIN	SUCHA KOSZALIŃSKA	POL	M18-29	18	M 176	00:05:12	00:32:41	01:05:39	01:45:58	02:23:17.00	02:23:56.65	6:47	8.8
211	PRENDECKA SYLWIA	169	RUNNERS OF WAŁCZ	KŁĘBOWIEC	POL	K30-39	14	K 35	00:05:49	00:37:03	01:11:18	01:45:31	02:23:50.65	02:24:30.85	6:49	8.8
212	DATA DARIUSZ	32		KOSZALIN	POL	M40-44	36	M 177	00:06:09	00:35:23	01:09:08	01:45:44	02:24:24.35	02:25:06.30	6:50	8.8
213	JANKOWSKA JUSTYNA	71		SŁUPSK	POL	K30-39	15	K 36	00:05:30	00:35:33	01:10:17	01:47:42	02:24:48.90	02:25:25.45	6:51	8.7
214	MALINOWSKA MAŁGORZATA	129	STR- ŚWIDWIN	ŚWIDWIN	POL	K55-59	2	K 37	00:05:53	00:37:19	01:14:10	01:51:13	02:27:59.85	02:28:42.50	7:00	8.6
215	MARZEC EDWIN	255	HERB PIETRUSZKI	KOSZALIN	POL	M18-29	19	M 178	00:05:53	00:35:15	01:08:08	01:47:48	02:28:20.50	02:29:04.70	7:01	8.5
216	KOZŁOWSKA-NAJDER MAGDA	111		KOSZALIN	POL	K40-44	10	K 38	00:06:54	00:41:33	01:16:12	01:51:56	02:28:42.50	02:29:29.20	7:02	8.5
217	NAJDER KRZYSIEK	146		KOSZALIN	POL	M40-44	37	M 179	00:06:55	00:41:34	01:16:13	01:51:56	02:28:43.05	02:29:28.75	7:02	8.5
218	PUSCIAN KRZYSZTOF	172	GIMNAZJUM W MANOWIE	MANOWO	POL	M40-44	38	M 180	00:06:17	00:37:03	01:13:51	01:51:01	02:29:58.10	02:30:41.35	7:06	8.4
219	KUREK ANETA	120	GIMNAZJUM W MANOWIE	MANOWO	POL	K40-44	11	K 39	00:06:19	00:37:04	01:13:52	01:51:03	02:29:59.45	02:30:41.70	7:06	8.4
220	KURŁOWICZ KRZYSIEK	260		KOSZALIN	POL	M30-39	62	M 181	00:06:01	00:37:43	01:13:35	01:50:45	02:31:43.35	02:32:26.15	7:11	8.3
221	GZELA OLGA	55	BIEGNIJMY.PL	KOSZALIN	POL	K30-39	16	K 40	00:05:57	00:38:23	01:14:12	01:51:29	02:31:53.25	02:32:34.70	7:11	8.3
222	DZIUBA KRZYSZTOF	254		LUBLINIEC	POL	M18-29	20	M 182	00:06:17	00:35:22	01:08:03	01:49:39	02:31:55.65	02:32:32.80	7:11	8.3
223	KOMOROWSKA BEATA	99	ROZBIEGANY KOSZALIN	KOSZALIN	POL	K30-39	17	K 41	00:06:27	00:38:57	01:15:25	01:54:35	02:34:32.75	02:35:20.75	7:19	8.2
224	TREJDER MARIA	210	BAJADERKI KOSZALIN	KOSZALIN	POL	K40-44	12	K 42	00:06:53	00:40:59	01:18:24	01:57:14	02:35:53.80	02:36:41.75	7:23	8.1
225	PIOR TOMASZ	168		KONIKOWO	POL	M30-39	63	M 183	00:05:31	00:34:45	01:13:12	01:54:05	02:36:09.90	02:36:50.55	7:24	8.1
226	KURCZ BARBARA	118	BABECZKI KOSZALIN	KOSZALIN	POL	K45-49	4	K 43	00:07:00	00:42:00	01:19:38	01:59:27	02:42:38.35	02:43:28.55	7:42	7.8
227	PASEK PAULA	158		DUNOWO	POL	K30-39	18	K 44	00:06:42	00:41:42	01:21:37	02:04:08	02:50:32.35	02:51:23.85	8:04	7.4
228	PASEK JAN	159		DUNOWO	POL	M60-64	10	M 184	00:06:43	00:41:43	01:21:39	02:04:09	02:50:33.50	02:51:24.10	8:05	7.4
229	GOŃKA KRZYSZTOF	47	DECATHLON KOSZALIN	KOSZALIN	POL	M18-29	21	M 185	00:05:18	00:30:17	00:56:02	01:23:20			5:10	11.6
230	BIELSKI SEBASTIAN	8	NOWOGARD	NOWOGARD	POL	M18-29	22	M 186	00:04:22	00:25:54	00:48:26				4:21	13.8
231	TOMCZAK MAREK	208	ROZBIEGANY KOSZALIN	KOSZALIN	POL	M30-39	64	M 187	00:04:41	00:27:19	00:51:07				4:36	13
232	ROSZCZYŃSKI MICHAŁ	175		GDYNIA	POL	M30-39	65	M 188	00:05:10	00:29:29	00:56:43				5:06	11.7
233	LECH SYLWESTER	122	SZKÓŁKA PŁYWACKA DEPKA	KOŁOBRZEG	POL	M30-39	66	M 189	00:05:26	00:30:39	00:58:45				5:17	11.3
234	TARNIOŃEK KATARZYNA	206		DARŁOWO	POL	K30-39	19	K 45	00:05:09	00:30:11	00:59:18				5:20	11.2
235	PRZYKUCKI TOMASZ	170		MROZÓW	POL	M30-39	67	M 190	00:04:19	00:25:51					4:23	13.6
236	SZCZEBLEWSKI GRZEGORZ	201		KOSZALIN	POL	M40-44	39	M 191	00:06:52						6:41	9
	GODLEWSKI TOMASZ	45		KOSZALIN	POL	M18-29			00:05:57	00:32:12	00:58:49	01:30:29	DNF	DNF	-	-
									DNF	DNF	DNF	DNF				