

XI KOSZALIŃSKI BIEG GÓRSKI - 5 KM

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
 Data: 2020-06-11
 Miejsce: Koszalin
 Dystans: 5 km
 Klasyfikacja wg czasów netto.


XI KOSZALIŃSKI BIEG GÓRSKI - 5 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|------------------------------|-------------------|------|--------|--------|------|-------------|--------|------|
| 1 | HOŁUB KAMIL | 46 | | KOSZALIN | POL | M-OPEN | 1 | M 1 | 00:24:20.45 | 4:52 | 12.3 |
| 2 | MAJKOWICZ RAFAL | 55 | | KOSZALIN | POL | M-OPEN | 2 | M 2 | 00:24:25.25 | 4:53 | 12.3 |
| 3 | KASZUBA ŁUKASZ | 172 | FARMER SPORT&DRINKING TEAM | KOSZALIN/DEBRZNO | POL | M-OPEN | 3 | M 3 | 00:24:42.75 | 4:56 | 12.1 |
| 4 | SIENIAWSKI JAROSŁAW | 92 | MEDEN-INMED SPORTS TEAM | BONIN | POL | M-OPEN | 4 | M 4 | 00:25:19.05 | 5:03 | 11.8 |
| 5 | LATAŃSKI RADOSŁAW | 51 | TOYOTA KAWISBIKE TEAM SŁUPSK | KUSICIE | POL | M-OPEN | 5 | M 5 | 00:26:07.75 | 5:13 | 11.5 |
| 6 | CHUPTYŚ ADRIAN | 9 | RUNDORFINA | CZAPLINEK | POL | M-OPEN | 6 | M 6 | 00:26:44.25 | 5:20 | 11.2 |
| 7 | BIENKOWSKI TOMASZ | 84 | FPP | NIEŁONICE | POL | M-OPEN | 7 | M 7 | 00:26:49.95 | 5:21 | 11.2 |
| 8 | KORMAN KAMIL | 39 | FPP | KOSZALIN | POL | M-OPEN | 8 | M 8 | 00:26:54.75 | 5:23 | 11.1 |
| 9 | KUKLIŃSKI MACIEJ | 49 | METROŻERCY | MIROSZEWO | POL | M-OPEN | 9 | M 9 | 00:27:11.85 | 5:26 | 11 |
| 10 | NARKUN JAREK | 70 | | BIAŁOGARD | POL | M-OPEN | 10 | M 10 | 00:27:29.15 | 5:29 | 10.9 |
| 11 | NIEDBALSKI OKTAWIAN | 272 | | KAMIEŃ RYMAŃSKI | POL | M-OPEN | 11 | M 11 | 00:27:38.45 | 5:31 | 10.8 |
| 12 | SOSNOWSKI TOMASZ | 98 | FPP | KOSZALIN | POL | M-OPEN | 12 | M 12 | 00:27:51.90 | 5:34 | 10.8 |
| 13 | CZYŻYKOWSKI ŁUKASZ | 129 | | KOSZALIN | POL | M-OPEN | 13 | M 13 | 00:27:55.35 | 5:35 | 10.7 |
| 14 | KOZAK GRZEGORZ | 40 | | KOSZALIN | POL | M-OPEN | 14 | M 14 | 00:27:58.65 | 5:35 | 10.7 |
| 15 | MARCINKOWSKI JACEK | 59 | SKK ORZEŁ ŚWIESZYNO | ŚWIESZYNO | POL | M-OPEN | 15 | M 15 | 00:28:10.65 | 5:38 | 10.7 |
| 16 | KRYNICKA MAGDALENA | 45 | | TRZEBIATÓW | POL | K-OPEN | 1 | K 1 | 00:28:20.85 | 5:40 | 10.6 |
| 17 | ŁAWNICZAK JUSTYNA | 127 | #ZABIEGANINOCA | ZAKRZEWO | POL | K-OPEN | 2 | K 2 | 00:28:32.35 | 5:42 | 10.5 |
| 18 | NOGA SEBASTIAN | 72 | TKKF KOSZALIN | KOSZALIN | POL | M-OPEN | 16 | M 16 | 00:28:42.25 | 5:44 | 10.4 |
| 19 | MUCHA KRZYSZTOF | 69 | JW 1223 | KOSZALIN | POL | M-OPEN | 17 | M 17 | 00:28:57.85 | 5:47 | 10.4 |
| 20 | GÓRA AGNIESZKA | 128 | #ZABIEGANINOCA | OKONEK | POL | K-OPEN | 3 | K 3 | 00:29:06.75 | 5:49 | 10.3 |
| 21 | FIGARSKI LESZEK | 15 | | KOSZALIN | POL | M-OPEN | 18 | M 18 | 00:29:15.00 | 5:51 | 10.3 |
| 22 | WEBER PAWEŁ | 112 | FPP | KOSZALIN | POL | M-OPEN | 19 | M 19 | 00:29:27.00 | 5:53 | 10.2 |
| 23 | SKOWYRSKI JANUSZ | 94 | TKKF KOSZALIN | BIESIEKIERZ | POL | M-OPEN | 20 | M 20 | 00:29:29.70 | 5:53 | 10.2 |
| 24 | KRÚPIŃSKI KRZYSZTOF | 44 | E-UROLOG.EU | KOSZALIN | POL | M-OPEN | 21 | M 21 | 00:29:32.10 | 5:54 | 10.2 |
| 25 | ZIELIŃSKI MACIEJ | 120 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-OPEN | 22 | M 22 | 00:29:37.80 | 5:55 | 10.1 |
| 26 | GRACZYK PAWEŁ | 156 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-OPEN | 23 | M 23 | 00:29:43.30 | 5:56 | 10.1 |
| 27 | KOZAR KRZYSZTOF | 41 | | KOSZALIN | POL | M-OPEN | 24 | M 24 | 00:29:47.25 | 5:57 | 10.1 |
| 28 | BARTHA ADRIAN | 2 | | KOŁOBRZEG | POL | M-OPEN | 25 | M 25 | 00:29:54.90 | 5:58 | 10 |
| 29 | JAROSZ DARIUSZ | 28 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POL | M-OPEN | 26 | M 26 | 00:30:14.35 | 6:02 | 9.9 |
| 30 | SZCZYPEK ARKADIUSZ | 102 | FUNDACJA ZASTOPIJ | SIAŃÓW | POL | M-OPEN | 27 | M 27 | 00:30:21.15 | 6:04 | 9.9 |
| 31 | PAŁASZEWSKA KAROLINA | 75 | | KOŁOBRZEG | POL | K-OPEN | 4 | K 4 | 00:30:27.35 | 6:05 | 9.9 |
| 32 | WIKTOROWSKI MACIEJ | 114 | TAGER SPORT | KOSZALIN | POL | M-OPEN | 28 | M 28 | 00:30:40.75 | 6:08 | 9.8 |
| 33 | KAPERA MIKOŁAJ | 35 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-OPEN | 29 | M 29 | 00:30:47.20 | 6:09 | 9.7 |
| 34 | ZAGALSKA PAULINA | 116 | | POŁCZYN ZDRÓJ | POL | K-OPEN | 5 | K 5 | 00:31:04.70 | 6:12 | 9.7 |
| 35 | SITARCZYK DAMIAN | 93 | FUNDACJA ZASTOPIJ | SIAŃÓW | POL | M-OPEN | 30 | M 30 | 00:31:07.30 | 6:13 | 9.6 |
| 36 | ANGRYS MACIEK | 58 | FUNDACJA ZASTOPIJ | SIAŃÓW | POL | M-OPEN | 31 | M 31 | 00:31:11.75 | 6:14 | 9.6 |
| 37 | KRZEWIŃSKA MAŁGORZATA | 48 | TKKF KOSZALIN | KOSZALIN | POL | K-OPEN | 6 | K 6 | 00:31:14.90 | 6:15 | 9.6 |
| 38 | KLUPŚ JANUSZ | 125 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | M-OPEN | 32 | M 32 | 00:32:01.95 | 6:24 | 9.4 |
| 39 | BODO RAFAŁ | 4 | ZOZKOSZ KOSZALIN | KOSZALIN | POL | M-OPEN | 33 | M 33 | 00:32:05.45 | 6:25 | 9.3 |
| 40 | DEJNAK MARIOLA | 13 | | GRYFICE | POL | K-OPEN | 7 | K 7 | 00:32:11.15 | 6:26 | 9.3 |
| 41 | DĄBROWSKI GRZEGORZ | 12 | | KOSZALIN | POL | M-OPEN | 34 | M 34 | 00:32:11.90 | 6:26 | 9.3 |
| 42 | KLUPŚ MONIKA | 126 | ROZBIEGANE JASTROWIE | JASTROWIE | POL | K-OPEN | 8 | K 8 | 00:32:30.95 | 6:30 | 9.2 |
| 43 | ROMANOWICZ MONIKA | 81 | DZIKIE ŻÓŁWIE | KOSZALIN | POL | K-OPEN | 9 | K 9 | 00:32:32.00 | 6:30 | 9.2 |
| 44 | MICHALUK AMADEUSZ | 67 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-OPEN | 35 | M 35 | 00:32:39.20 | 6:32 | 9.2 |
| 45 | SUCHODOLSKA ALEKSANDRA | 99 | DZIKIE ŻÓŁWIE | ROSNOWO | POL | K-OPEN | 10 | K 10 | 00:32:43.15 | 6:32 | 9.2 |
| 46 | MAZUR MIROSŁAW | 63 | | KOSZALIN | POL | M-OPEN | 36 | M 36 | 00:32:44.00 | 6:32 | 9.2 |

XI KOSZALIŃSKI BIEG GÓRSKI - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------------|-----|------------------------|------------------|------|--------|--------|------|-------------|--------|------|
| 47 | ANTKOWIAK SEBASTIAN | 1 | DB - ACTIVE | KOSZALIN | POL | M-OPEN | 37 | M 37 | 00:33:05.20 | 6:37 | 9.1 |
| 48 | KLENIWSKI PIOTR | 124 | ZACHODNIOPOMORSKIE | KOSZALIN | POL | M-OPEN | 38 | M 38 | 00:33:07.45 | 6:37 | 9.1 |
| 49 | PLATOSZ MAGDA | 79 | | KARLINO | POL | K-OPEN | 11 | K 11 | 00:33:16.05 | 6:39 | 9 |
| 50 | SARAPUK GABRIELA | 86 | TKKF KOSZALIN | KOSZALIN | POL | K-OPEN | 12 | K 12 | 00:33:16.75 | 6:39 | 9 |
| 51 | SARAPUK PIOTR | 85 | | KOSZALIN | POL | M-OPEN | 39 | M 39 | 00:33:23.50 | 6:40 | 9 |
| 52 | KACZMAREK ŁUKASZ | 30 | WOJOWNICY WÓDY | KOSZALIN | POL | M-OPEN | 40 | M 40 | 00:33:27.30 | 6:41 | 9 |
| 53 | RUTKOWSKI LUCJAN | 82 | ARCAN TEAM | TRZCIANKA | POL | M-OPEN | 41 | M 41 | 00:33:29.25 | 6:42 | 9 |
| 54 | KIŻEWSKI ARTUR | 38 | | SŁAWNO | POL | M-OPEN | 42 | M 42 | 00:33:53.55 | 6:46 | 8.8 |
| 55 | KUBIK KRYSZTIAN | 20 | | GRYFICE | POL | M-OPEN | 43 | M 43 | 00:34:00.35 | 6:48 | 8.8 |
| 56 | SŁUPECKA ANETA | 96 | | KOSZALIN | POL | K-OPEN | 13 | K 13 | 00:34:04.90 | 6:49 | 8.8 |
| 57 | KOZŁOWIECKI WALDEMAR | 43 | TKKF KOSZALIN | KOSZALIN | POL | M-OPEN | 44 | M 44 | 00:34:07.35 | 6:49 | 8.8 |
| 58 | KAZIMIERCZAK LESZEK | 164 | | KOSZALIN | POL | M-OPEN | 45 | M 45 | 00:34:28.75 | 6:53 | 8.7 |
| 59 | OSOBNIAK RYSZARD | 73 | | KOSZALIN | POL | M-OPEN | 46 | M 46 | 00:34:38.20 | 6:55 | 8.7 |
| 60 | BOGACKI TOMASZ | 6 | TKKF KOSZALIN | KOSZALIN | POL | M-OPEN | 47 | M 47 | 00:34:40.90 | 6:56 | 8.6 |
| 61 | BOGACKA LUCYNA | 5 | TKKF KOSZALIN | KOSZALIN | POL | K-OPEN | 14 | K 14 | 00:34:41.70 | 6:56 | 8.6 |
| 62 | BUCZKO KATARZYNA | 8 | | KOSZALIN | POL | K-OPEN | 15 | K 15 | 00:34:50.50 | 6:58 | 8.6 |
| 63 | PYREK IWONA | 76 | | WAŁCZ | POL | K-OPEN | 16 | K 16 | 00:34:56.30 | 6:59 | 8.6 |
| 64 | SYCHA JAROSŁAW | 101 | | KOSZALIN | POL | M-OPEN | 48 | M 48 | 00:34:58.30 | 6:59 | 8.6 |
| 65 | PISKORZ-WILCZAK IWONA | 77 | | KONIKOWO | POL | K-OPEN | 17 | K 17 | 00:35:03.65 | 7:00 | 8.6 |
| 66 | ŻOŁNIERCZUK PIOTR | 123 | | KOŁOBRZEG | POL | M-OPEN | 49 | M 49 | 00:35:06.40 | 7:01 | 8.5 |
| 67 | JANOWICZ PRZEMYSŁAW | 27 | MEDEN INMED SPOTS TEAM | KOSZALIN | POL | M-OPEN | 50 | M 50 | 00:35:17.70 | 7:03 | 8.5 |
| 68 | SARBIEWSKI PRZEMYSŁAW | 88 | | MRZEŻYNO | POL | M-OPEN | 51 | M 51 | 00:35:42.75 | 7:08 | 8.4 |
| 69 | PISKÓRZ JUSTYNA | 78 | | ROSNOWO | POL | K-OPEN | 18 | K 18 | 00:35:43.55 | 7:08 | 8.4 |
| 70 | SOBAJTIS KRZYSZTOF | 97 | | KOSZALIN | POL | M-OPEN | 52 | M 52 | 00:36:00.55 | 7:12 | 8.3 |
| 71 | HAMROL MAŁGORZATA | 21 | SPORTOWY KAŻMIERZ | KAŻMIERZ | POL | K-OPEN | 19 | K 19 | 00:36:05.00 | 7:13 | 8.3 |
| 72 | SZMYT MARCIN | 105 | SZWAGRY BIEGAJĄ | KOSZALIN | POL | M-OPEN | 53 | M 53 | 00:36:10.65 | 7:14 | 8.3 |
| 73 | WRÓBLEWSKA MARTA | 263 | | KOSZALIN | POL | K-OPEN | 20 | K 20 | 00:36:14.05 | 7:14 | 8.3 |
| 74 | GREMLEWSKI DARIUSZ | 276 | | KAMIEŃ RYMAŃSKI | POL | M-OPEN | 54 | M 54 | 00:36:14.55 | 7:14 | 8.3 |
| 75 | ZAWADZKA ALEKSANDRA | 118 | | BONIN | POL | K-OPEN | 21 | K 21 | 00:36:15.70 | 7:15 | 8.3 |
| 76 | SŁOMSKA DOROTA | 95 | | KOSZALIN | POL | K-OPEN | 22 | K 22 | 00:36:31.50 | 7:18 | 8.2 |
| 77 | SEKUŁA MARIUSZ | 89 | | KOSZALIN | POL | M-OPEN | 55 | M 55 | 00:36:37.50 | 7:19 | 8.2 |
| 78 | STOLARSKA MARTA | 273 | | GIŻYCKO | POL | K-OPEN | 23 | K 23 | 00:37:09.15 | 7:26 | 8.1 |
| 79 | SZLENDAK EWA | 280 | #ZABIEGANINOCA | ZAKRZEWO | POL | K-OPEN | 24 | K 24 | 00:37:12.45 | 7:26 | 8.1 |
| 80 | BEDNARZ KATARZYNA | 3 | | KOŁOBRZEG | POL | K-OPEN | 25 | K 25 | 00:37:15.45 | 7:27 | 8.1 |
| 81 | DEJNAK DAGMARA | 14 | | BONIN | POL | K-OPEN | 26 | K 26 | 00:37:23.65 | 7:28 | 8 |
| 82 | PADUCH PIOTR | 74 | | SZCZECIN | POL | M-OPEN | 56 | M 56 | 00:37:50.45 | 7:34 | 7.9 |
| 83 | WRÓBLEWSKI MATEUSZ | 115 | | KOSZALIN | POL | M-OPEN | 57 | M 57 | 00:38:02.40 | 7:36 | 7.9 |
| 84 | WESOŁOWSKI ŁUKASZ | 113 | KOSZALIN | KOSZALIN | POL | M-OPEN | 58 | M 58 | 00:38:04.90 | 7:37 | 7.9 |
| 85 | SZEWCIK PAULINA | 103 | | SZCZECINEK | POL | K-OPEN | 27 | K 27 | 00:38:05.00 | 7:37 | 7.9 |
| 86 | ZAKOŚCIELNA KATARZYNA | 117 | DZIKIE ŻÓŁWIE | KOSZALIN | POL | K-OPEN | 28 | K 28 | 00:38:12.55 | 7:38 | 7.8 |
| 87 | MAKOWSKA MONIKA | 56 | | SŁOWINO | POL | K-OPEN | 29 | K 29 | 00:38:35.95 | 7:43 | 7.8 |
| 88 | WITKOWSKI BARTOSZ | 107 | FUNDACJA ZASTOPIJ | SIANÓW | POL | M-OPEN | 59 | M 59 | 00:38:36.55 | 7:43 | 7.8 |
| 89 | ZADROŻNY SZYMON | 278 | | WAŁCZ | POL | M-OPEN | 60 | M 60 | 00:38:40.30 | 7:44 | 7.8 |
| 90 | MARCZAK MAŁGORZATA | 61 | | ŻELKOWO | POL | K-OPEN | 30 | K 30 | 00:39:01.65 | 7:48 | 7.7 |
| 91 | CZAPLIŃSKI PIOTR | 32 | FUNDACJA ZASTOPIJ | SIANÓW | POL | M-OPEN | 61 | M 61 | 00:39:05.05 | 7:49 | 7.7 |
| 92 | MACIEJEWSKI MACIEJ | 53 | FPP | KOSZALIN | POL | M-OPEN | 62 | M 62 | 00:39:10.95 | 7:50 | 7.7 |
| 93 | ŚLUSAKOWICZ JAKUB | 108 | FPP | KOSZALIN | POL | M-OPEN | 63 | M 63 | 00:40:04.55 | 8:01 | 7.5 |
| 94 | MARSCHAŁKOWSKA DOROTA | 62 | | KOSZALIN | POL | K-OPEN | 31 | K 31 | 00:40:25.70 | 8:05 | 7.4 |
| 95 | HORANIN ANNA | 24 | HORCIO TEAM | KOSZALIN | POL | K-OPEN | 32 | K 32 | 00:41:06.45 | 8:13 | 7.3 |
| 96 | KAPCIO MICHAŁ | 66 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-OPEN | 64 | M 64 | 00:41:22.85 | 8:16 | 7.3 |
| 97 | HARASYM DANIEL | 22 | FUNDACJA ZASTOPIJ | SIANÓW | POL | M-OPEN | 65 | M 65 | 00:41:31.00 | 8:18 | 7.2 |
| 98 | BORSUK DOROTA | 7 | | KOSZALIN | POL | K-OPEN | 33 | K 33 | 00:41:40.35 | 8:20 | 7.2 |
| 99 | KARNICKI ZYGMUNT | 36 | TKKF KOSZALIN | KOSZALIN | POL | M-OPEN | 66 | M 66 | 00:42:26.00 | 8:29 | 7.1 |
| 100 | CIŻMOWSKA BARBARA | 10 | MTS HAMER MIASTKO | KĘPICE | POL | K-OPEN | 34 | K 34 | 00:42:47.05 | 8:33 | 7 |
| 101 | SUDER-MAKSYMOWICZ MONIKA | 100 | | USTRONIE MORSKIE | POL | K-OPEN | 35 | K 35 | 00:43:00.95 | 8:36 | 7 |
| 102 | POLAK MATEUSZ | 80 | KOSPEL | WAŁCZ | POL | M-OPEN | 67 | M 67 | 00:43:14.25 | 8:38 | 6.9 |
| 103 | KOZŁOWIECKA MAŁGORZATA | 42 | | KOSZALIN | POL | K-OPEN | 36 | K 36 | 00:44:39.40 | 8:56 | 6.7 |

XI KOSZALIŃSKI BIEG GÓRSKI - 5 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|----|------------------------------------|-----------|------|--------|--------|------|-------------|--------|------|
| 104 | HEDDERGOTT KASIA | 23 | | KOSZALIN | POL | K-OPEN | 37 | K 37 | 00:44:45.10 | 8:57 | 6.7 |
| 105 | KRYSTOSIK PAULINA | 47 | BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE | KOSZALIN | POL | K-OPEN | 38 | K 38 | 00:46:00.30 | 9:12 | 6.5 |
| 106 | SARBIEWSKA GABRIELA | 87 | | MRZEŻYNO | POL | K-OPEN | 39 | K 39 | 00:46:31.90 | 9:18 | 6.4 |
| DNC | RYHANYCZ PAWEŁ | 83 | | KOSZALIN | POL | M-OPEN | DNC | DNC | | | |