

## TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 5KM

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Fundacja Herkules All Sports  
 Data: 2021-08-15  
 Miejsce: Koszalin  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.



### TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 5KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1km	2km	3km	4km	Netto	min/km	km/h
1	PYSHNIAK KOSTIANTYN	173	TKKF KOSZALIN	UKRAINA	POL	M18-29	1	M 1	00:03:04	00:06:12	00:09:32	00:12:52	00:16:12.25	3:14	18.5
2	STEMPNIAK SEBASTIAN	149	PKO BP	WARSZAWA	POL	M30-39	1	M 2	00:03:22	00:06:53	00:10:30	00:14:08	00:17:19.55	3:27	17.3
3	SIADAK ARKADIUSZ	145		KOSZALIN	POL	M40-49	1	M 3	00:03:23	00:06:54	00:10:27	00:14:02	00:17:22.40	3:28	17.3
4	RYBACZEK SEBASTIAN	169	8PLOT	KOSZALIN	POL	M40-49	2	M 4	00:03:21	00:06:51	00:10:26	00:14:03	00:17:30.45	3:30	17.1
5	WALEŃSKI MICHAŁ	154	TKKF KOSZALIN	SIANÓW	POL	M40-49	3	M 5	00:03:21	00:06:51	00:10:27	00:14:03	00:17:35.65	3:31	17.1
6	PICK TOMASZ	142	MŁODE WILKI	KOSZALIN	POL	M50-59	1	M 6	00:03:24	00:06:58	00:10:36	00:14:18	00:17:50.45	3:34	16.8
7	GAWĘŁ MARCIN	178		KOSZALIN	POL	M18-29	2	M 7	00:03:25	00:06:59	00:10:49	00:14:49	00:18:46.25	3:45	16
8	ZWOLIŃSKI JAN	165	TKKF KOSZALIN	WIERCISZEWO	POL	M50-59	2	M 8	00:03:32	00:07:22	00:11:17	00:15:12	00:18:56.75	3:47	15.8
9	KOZIEŁ PAWEŁ	128	MŁODE WILKI	RAJINO	POL	M40-49	4	M 9	00:03:36	00:07:29	00:11:27	00:15:26	00:19:16.65	3:51	15.6
10	SKOTAREK SŁAWOMIR	147	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	M50-59	3	M 10	00:03:36	00:07:30	00:11:28	00:15:30	00:19:23.65	3:52	15.5
11	WICHER KRZYSZTOF	176	ADWOKATURA	KOSZALIN	POL	M40-49	5	M 11	00:03:43	00:07:42	00:11:45	00:15:50	00:19:40.00	3:56	15.3
12	ZATOŃ OLGA	162	MŁODE WILKI	ŚWIDWIN	POL	K30-39	1	K 1	00:03:41	00:07:40	00:11:43	00:15:47	00:19:44.25	3:56	15.2
13	KORENI ALEKSANDER	170		KOSZALIN	POL	M30-39	2	M 12	00:04:02	00:08:09	00:12:07	00:16:02	00:20:09.00	4:01	14.9
14	IWANIEC DARIUSZ	120	TKKF KOSZALIN	SIERAKOWO	POL	M40-49	6	M 13	00:03:44	00:07:45	00:11:53	00:16:10	00:20:12.15	4:02	14.9
15	KRACZKOWSKI PRZEMYSŁAW	130	14ZBOT 14ZBLP	KOSZALIN	POL	M40-49	7	M 14	00:04:01	00:08:10	00:12:17	00:16:22	00:20:18.60	4:03	14.8
16	BLOCH RADOŚLAW	103		DOBROWO	POL	M18-29	3	M 15	00:04:13	00:08:22	00:12:26	00:16:38	00:20:28.75	4:05	14.7
17	MAZUR TOMASZ	135	I LO SZCZECINEK	SZCZECINEK	POL	M40-49	8	M 16	00:03:57	00:08:07	00:12:21	00:16:38	00:20:32.15	4:06	14.6
18	OLEARCZYK ARKADIUSZ	139	MŁODE WILKI	BOBOLICE	POL	M40-49	9	M 17	00:03:56	00:08:07	00:12:20	00:16:38	00:20:46.50	4:09	14.4
19	CHUDY HENRYK	106	K S OLSZEWSKI I SYNOWIE	SŁAWSKO	POL	M60-69	1	M 18	00:03:55	00:08:07	00:12:20	00:16:38	00:21:02.70	4:12	14.3
20	MARCINIAK MACIEJ	134	KS POGOŃ POŁCZYŃ ZDRÓJ	POŁCZYŃ ZDRÓJ	POL	M30-39	3	M 19	00:03:55	00:08:08	00:12:29	00:16:56	00:21:09.60	4:13	14.2
21	HAŁKA JUSTYNA	114	MŁODE WILKI	ŁOBEZ	POL	K40-49	1	K 2	00:03:59	00:08:12	00:12:30	00:16:55	00:21:12.35	4:14	14.2
22	STRUMIŃSKI RAFAŁ	150	14Z BLP	KOSZALIN	POL	M40-49	10	M 20	00:04:11	00:08:35	00:13:02	00:17:31	00:21:43.30	4:20	13.8
23	SUCHANOWSKI ZYGMUNT	151	RESPECT LOTYŃ	LOTYŃ	POL	M50-59	4	M 21	00:03:50	00:08:15	00:12:42	00:17:19	00:21:43.45	4:20	13.8
24	DĄBROWSKA ALICJA	108	TKKF KOSZALIN	SIANÓW	POL	K50-59	1	K 3	00:04:14	00:08:42	00:13:05	00:17:31	00:21:45.05	4:21	13.8
25	BOJANOWSKI MICHAŁ	104	KOŁOBRZEG BIEGA	KOŁOBRZEG	POL	M40-49	11	M 22	00:04:19	00:08:43	00:13:11	00:17:46	00:22:22.05	4:28	13.4
26	GIEDROWICZ ALEKSANDRA	111		KOSZALIN	POL	K30-39	2	K 4	00:04:05	00:08:39	00:13:31	00:18:18	00:22:58.30	4:35	13.1
27	HOREGLAD PAWEŁ	118	SPEEDY GONZALES	KOSZALIN	POL	M18-29	4	M 23	00:04:03	00:08:42	00:13:36	00:18:38	00:22:58.30	4:35	13.1
28	MACIĄG PIOTR	168	HOMOSAPIE	KOSZALIN	POL	M40-49	12	M 24	00:04:36	00:09:17	00:13:58	00:18:35	00:23:00.15	4:36	13
29	ANTKOWIAK SEBASTIAN	102	DB - ACTIVE	KOSZALIN	POL	M40-49	13	M 25	00:04:14	00:08:42	00:13:27	00:18:23	00:23:11.25	4:38	12.9
30	ADASZYŃSKI WIESŁAW	174		BOBOLICE	POL	M50-59	5	M 26	00:04:07	00:08:49	00:13:44	00:18:41	00:23:18.90	4:39	12.9
31	GRUNWALD KAROLINA	112		BOBOLICE	POL	K30-39	3	K 5	00:04:20	00:09:08	00:13:47	00:18:42	00:23:19.05	4:39	12.9
32	MACIĄG PAWEŁ	132	HOMOSAPIE	STARE BIELICE	POL	M40-49	14	M 27	00:04:41	00:09:23	00:14:06	00:18:46	00:23:22.05	4:40	12.8
33	WOJNA TOMASZ	159		STRZEZENICE	POL	M50-59	6	M 28	00:04:20	00:09:08	00:13:48	00:18:22	00:23:26.85	4:41	12.8
34	KAZIMIERCZAK LESZEK	125	FOR-REST-RUN	KOSZALIN	POL	M40-49	15	M 29	00:04:32	00:09:19	00:14:10	00:19:03	00:23:42.85	4:44	12.7
35	DRULIK-HOŁUB MARTA	109		KOSZALIN	POL	K40-49	2	K 6	00:04:34	00:09:19	00:14:06	00:18:57	00:23:47.70	4:45	12.6
36	NOSAL MARIUSZ	138		SZCZECINEK	POL	M40-49	16	M 30	00:04:31	00:09:17	00:14:10	00:19:09	00:23:51.90	4:46	12.6
37	JAROSZEWSKI DANIEL	167	PMW	KOSZALIN	POL	M40-49	17	M 31	00:04:53	00:09:38	00:14:31	00:19:22	00:23:52.30	4:46	12.6
38	MONGIAŁO MARCIN	136	KĘPKA-NA-TRASIE	KOSZALIN	POL	M40-49	18	M 32	00:04:45	00:09:36	00:14:19	00:19:15	00:23:58.55	4:47	12.5
39	HAŁAJKO MAGDALENA	113		KOSZALIN	POL	K30-39	4	K 7	00:04:38	00:09:24	00:14:19	00:19:18	00:24:20.65	4:52	12.3
40	KASPRZYK BOGDAN	124	KM PSP KOSZALIN/ JRG-2	MŚCICE	POL	M40-49	19	M 33	00:04:45	00:09:45	00:14:48	00:19:48	00:24:21.25	4:52	12.3
41	ŚWIETLIK TOMASZ	153	LEO TEAM	KOSZALIN	POL	M60-69	2	M 34	00:04:41	00:09:39	00:14:39	00:19:41	00:24:34.15	4:54	12.2
42	KOZŁOWIECKI WALDEMAR	129	TKKF KOSZALIN	KOSZALIN	POL	M70+	1	M 35	00:04:41	00:09:39	00:14:39	00:19:41	00:24:37.15	4:55	12.2
43	RUDOWICZ DAWID	144		KOŁOBRZEG	POL	M30-39	4	M 36	00:04:45	00:09:29	00:14:23	00:19:36	00:24:49.10	4:57	12.1
44	PAJÓR TOMASZ	140	HOMOSAPIE	KOSZALIN	POL	M40-49	20	M 37	00:04:42	00:09:32	00:14:30	00:19:44	00:25:00.55	5:00	12
45	SKOTAREK MARZENA	146	OPALENICKI KLUB BIEGACZA	OPALENICA	POL	K50-59	2	K 8	00:05:01	00:10:04	00:15:13	00:20:15	00:25:08.45	5:01	11.9
46	CHMIELEWSKI PAWEŁ	105	5HOPS+	NAMYSŁÓW	POL	M40-49	21	M 38	00:04:21	00:09:32	00:14:56	00:20:29	00:25:48.05	5:09	11.6

**TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 5KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1km	2km	3km	4km	Netto	min/km	km/h
47	WĘCŁAWIAK MAREK	156		KOSZALIN	POL	M40-49	22	M 39	00:05:01	00:10:13	00:15:34	00:20:56	00:25:52.95	5:10	11.6
48	HNATOWSKI ARTUR	116	CSSP KOSZALIN	KOSZALIN	POL	M50-59	7	M 40	00:04:43	00:09:55	00:15:17	00:20:48	00:26:09.55	5:13	11.5
49	JUSZCZAK KRZYSZTOF	122		KOSZALIN	POL	M60-69	3	M 41	00:04:50	00:10:03	00:15:25	00:20:55	00:26:25.05	5:17	11.4
50	MIRKIEWICZ MARCIN	171		KAMIEŃ RYMAŃSKI	POL	M18-29	5	M 42	00:04:46	00:10:04	00:15:38	00:21:20	00:26:38.50	5:19	11.3
51	PEŁKA IWONA	166		KOSZALIN	POL	K50-59	3	K 9	00:05:04	00:10:31	00:16:00	00:21:31	00:26:39.30	5:19	11.3
52	WOJCIECHOWSKI PRZEMEK	158		KOSZALIN	POL	M18-29	6	M 43	00:04:08	00:09:14	00:15:41	00:21:26	00:26:48.45	5:21	11.2
53	ADAMOWICZ MACIEJ	101		KOSZALIN	POL	M30-39	5	M 44	00:04:35	00:10:00	00:15:53	00:21:46	00:27:10.45	5:26	11
54	KILJAN SYLWIA	126		KOSZALIN	POL	K30-39	5	K 10	00:05:20	00:10:52	00:16:38	00:22:20	00:27:51.35	5:34	10.8
55	SZKUDLAREK ARKADIUSZ	172		RYMAŃ	POL	M18-29	7	M 45	00:05:01	00:10:33	00:16:27	00:22:31	00:27:52.75	5:34	10.8
56	SWAT KAROLINA	152		KOSZALIN	POL	K18-29	1	K 11	00:04:40	00:10:12	00:16:19	00:22:29	00:28:01.95	5:36	10.7
57	CHRYSZTOFIK JANINA	175		BOBOLICE	POL	K40-49	3	K 12	00:04:52	00:10:38	00:16:38	00:22:59	00:28:50.30	5:46	10.4
58	HOJDYCZ JUSTYNA	117		KOSZALIN	POL	K30-39	6	K 13	00:04:49	00:10:26	00:16:15	00:22:31	00:28:52.05	5:46	10.4
59	HELLER ZDZISŁAW	115	HERBMARATONOW.PL	KOSZALIN	POL	M60-69	4	M 46	00:05:16	00:11:06	00:17:14	00:23:20	00:29:07.70	5:49	10.3
60	WILKOSZ WIESŁAW	157		KRAKÓW	POL	M30-39	6	M 47	00:05:11	00:10:23	00:16:29	00:23:00	00:29:24.95	5:52	10.2
61	WROBLEWSKI JERZY	160	PARKRUN SZCZECINEK	SZCZECINEK	POL	M60-69	5	M 48	00:05:35	00:11:19	00:17:13	00:23:19	00:29:35.25	5:55	10.1
62	WALKOWIAK DARIUSZ	155		KROKOWO	POL	M40-49	23	M 49	00:04:52	00:10:40	00:16:56	00:23:30	00:29:57.55	5:59	10
63	BARTNIK MARIAN	177		KOSZALIN	POL	M70+	2	M 50	00:00:55	00:12:28	00:23:13	00:33:33		8:23	7.2