

## XX BIEG WENEDÓW - 10 KM

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
 Data: 2022-10-08  
 Miejsce: Koszalin  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.



## XX BIEG WENEDÓW - 10 KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.75km	6km	6.75km	8km	8.75km	Netto	min/km	km/h
1	RUDNIK KRZYSZTOF	56		ŚLUPSK	POL	M40-49	1	M 1	00:17:31	00:22:16	00:25:04	00:29:46	00:32:31	00:36:54.70	3:41	16.3
2	LASAK KONRAD	37		SZCZECINEK	POL	M18-29	1	M 2	00:17:31	00:22:15	00:25:03	00:29:46	00:32:30	00:37:03.35	3:42	16.2
3	RYBARCZYK JAN	57	ŻYJ Z ENERGIA	DARŁOWO	POL	M50-59	1	M 3	00:17:39	00:22:26	00:25:12	00:29:59	00:32:45	00:37:13.50	3:43	16.1
4	FEDORCZAK ŁUKASZ	22	BIEGOLAS KOSZALIN	KONIKOWO	POL	M30-39	1	M 4	00:18:01	00:22:58	00:25:50	00:30:48	00:33:39	00:38:20.85	3:50	15.7
5	MACKOJCZYK KRZYSZTOF	42	EL-MACKOJCZ	KOŁOBRZEG	POL	M40-49	2	M 5	00:18:02	00:22:06	00:25:50	00:30:48	00:33:39	00:38:27.40	3:50	15.6
6	MAZUR JURIR	77			POL	M40-49	3	M 6	00:19:16	00:22:15	00:27:33	00:30:42	00:37:00	00:39:05.45	3:54	15.4
7	NEJMAN JERZY	45		KOSZALIN	POL	M30-39	2	M 7	00:18:04	00:23:10	00:26:10	00:31:30	00:34:30	00:39:38.65	3:57	15.1
8	KLIMOWICZ MICHAŁ	28		KOSZALIN/WARSZAWA	POL	M30-39	3	M 8	00:18:53	00:23:58	00:26:55	00:32:02	00:35:00	00:39:50.55	3:59	15.1
9	PICK TOMASZ	51	BIEGOLAS KOSZALIN	KOSZALIN	POL	M50-59	2	M 9	00:18:56	00:24:07	00:27:07	00:32:21	00:35:24	00:40:20.10	4:02	14.9
10	KOZIEŁ PAWEŁ	32	KĘPKA TEAM	RABINO	POL	M40-49	4	M 10	00:19:24	00:24:43	00:27:51	00:33:10	00:36:16	00:41:10.40	4:07	14.6
11	XXXXXXX TOMEK	69		KOSZALIN	POL	M30-39	4	M 11	00:18:55	00:23:03	00:27:27	00:33:01	00:36:15	00:41:46.35	4:10	14.4
12	MACIEJCZYK MATEUSZ	40		POLANOW	POL	M30-39	5	M 12	00:20:26	00:26:05	00:29:20	00:34:50	00:38:01	00:43:07.45	4:18	13.9
13	MOSZYŃSKI JACEK	44	TKKF KOSZALIN	SIAŃÓW	POL	M50-59	3	M 13	00:20:42	00:26:14	00:29:30	00:35:05	00:38:20	00:43:38.75	4:21	13.8
14	KORCZYŃSKI SŁAWOMIR	29	SAPKID.PL	KOSZALIN	POL	M30-39	6	M 14	00:20:37	00:26:13	00:29:32	00:35:26	00:38:52	00:44:35.10	4:27	13.5
15	KOŚCIELNIAK ROBERT	75	TKKF KOSZALIN	KOSZALIN	POL	M50-59	4	M 15	00:20:57	00:26:50	00:30:17	00:36:10	00:39:30	00:44:53.05	4:29	13.4
16	SUCHANOWSKI ZYGMUNT	60	RESPECT LOTYŃ	LOTYŃ	POL	M50-59	5	M 16	00:20:54	00:26:44	00:30:08	00:36:03	00:39:29	00:45:13.65	4:31	13.3
17	OLSZAK JAKUB	50		KOSZALIN	POL	M16-17	1	M 17	00:21:17	00:27:06	00:30:33	00:36:29	00:39:52	00:45:17.20	4:31	13.2
18	CHWALEBA MACIEK	16	8PLOT	KOSZALIN	POL	M30-39	7	M 18	00:21:05	00:27:07	00:30:27	00:36:36	00:39:55	00:45:45.95	4:34	13.1
19	CHUDY HENRYK	14	KS OLSZEWSKI I SYNOWIE	SŁAWSKO	POL	M60-69	1	M 19	00:21:27	00:27:32	00:31:00	00:37:08	00:40:39	00:46:41.70	4:40	12.9
20	SZMID TOMASZ	63		KOSZALIN	POL	M30-39	8	M 20	00:22:55	00:28:48	00:32:16	00:38:10	00:41:30	00:46:49.05	4:40	12.8
21	DZIKOŃ RAFAŁ	21	RAFTER-RUN	KOŁOBRZEG	POL	M40-49	5	M 21	00:22:10	00:28:14	00:31:46	00:37:53	00:41:24	00:47:10.25	4:43	12.7
22	BRZEZIŃSKI PAWEŁ	9	IRONDAD	KOSZALIN	POL	M40-49	6	M 22	00:22:11	00:28:18	00:31:47	00:37:56	00:41:28	00:47:18.40	4:43	12.7
23	BOREJKO ŁUKASZ	7		KOSZALIN	POL	M30-39	9	M 23	00:22:09	00:28:08	00:31:36	00:37:47	00:41:26	00:47:28.35	4:44	12.6
24	PIEKUTOWSKI ARTUR	52		NIEKŁONICE	POL	M40-49	7	M 24	00:21:57	00:28:08	00:31:43	00:37:57	00:41:33	00:47:36.45	4:45	12.6
25	KRZEWIŃSKA MAŁGORZATA	33	TKKF KOSZALIN	KOSZALIN	POL	K60+	1	K 1	00:22:35	00:28:42	00:32:15	00:38:14	00:41:43	00:47:40.10	4:46	12.6
26	ŻYSZKIEWICZ PIOTR	74	ROZBIEGANA USTKA	USTKA	POL	M50-59	6	M 25	00:23:05	00:29:05	00:32:34	00:38:32	00:42:00	00:47:41.35	4:46	12.6
27	LESZCZEŁOWSKI PIOTR	38	SHELTIES RACE	ZŁOCENIEC	POL	M40-49	8	M 26	00:22:48	00:28:58	00:32:35	00:38:50	00:42:23	00:48:04.30	4:48	12.5
28	SKOWYRSKI JANUSZ	58	TKKF BIEGOLAS KOSZALIN	STARE BIELICE	POL	M60-69	2	M 27	00:22:29	00:28:40	00:32:14	00:38:30	00:42:06	00:48:05.15	4:48	12.5
29	ADASZYŃSKI WIESŁAW	1	BIEGOLASKOSZALIN	BOBOLICE	POL	M50-59	7	M 28	00:22:02	00:28:24	00:32:05	00:38:17	00:42:04	00:48:13.90	4:49	12.4
30	JANKOJCZYK DOMINIK	25		CEWLINO	POL	M40-49	9	M 29	00:22:51	00:29:02	00:32:40	00:38:55	00:42:32	00:48:34.05	4:51	12.4
31	DĄBROWSKA ALICJA	17	TKKF KOSZALIN	SIAŃÓW	POL	K50-59	1	K 2	00:23:22	00:29:02	00:33:10	00:39:22	00:42:56	00:48:42.95	4:52	12.3
32	SUDER-MAKSYMOWICZ GRZEGORZ	62		USTRONIE MORSKIE	POL	M40-49	10	M 30	00:22:40	00:28:56	00:32:41	00:39:14	00:42:58	00:48:58.90	4:53	12.3
33	STENKA RAFAŁ	59		KOSZALIN	POL	M30-39	10	M 31	00:22:25	00:28:55	00:32:37	00:39:09	00:42:57	00:49:16.20	4:55	12.2
34	MAZUR MIROSLAW	43	TKKF KOSZALIN	KOSZALIN	POL	M50-59	8	M 32	00:22:50	00:29:09	00:32:50	00:39:26	00:43:13	00:49:36.85	4:57	12.1
35	GRUNWALD KAROLINA	23		BOBOLICE	POL	K30-39	1	K 3	00:22:52	00:29:30	00:33:11	00:39:56	00:43:38	00:49:56.30	4:59	12
36	CHUDZIŃSKI ZBIGNIEW	15	TKKF KOSZALIN	STARE BIELICE	POL	M60-69	3	M 33	00:23:05	00:29:29	00:33:10	00:39:42	00:43:33	00:49:57.15	4:59	12
37	ZALIŃSKA ANETA	70	ROZBIEGANA USTKA	USTKA	POL	K40-49	1	K 4	00:23:36	00:30:02	00:33:41	00:40:04	00:43:49	00:50:01.45	5:00	12
38	BUKIET PAWEŁ	11		KOSZALIN	POL	M40-49	11	M 34	00:23:20	00:30:00	00:33:52	00:40:46	00:44:44	00:51:17.05	5:07	11.7
39	KASPRZYK BOGDAN	27		MŚCICE	POL	M40-49	12	M 35	00:23:56	00:30:28	00:34:20	00:40:59	00:45:00	00:51:26.90	5:08	11.7
40	DRULIK-HOŁUB MARTA	20		KOSZALIN	POL	K40-49	2	K 5	00:24:09	00:30:48	00:34:40	00:41:28	00:45:20	00:51:47.75	5:10	11.6
41	BOGACKA LUCYNA	6	TKKF KOSZALIN	KOSZALIN	POL	K60+	2	K 6	00:24:26	00:31:01	00:34:56	00:41:40	00:45:36	00:52:06.00	5:12	11.5
42	WOJDA PAULINA	66		DYGOWO	POL	K30-39	2	K 7	00:24:03	00:30:44	00:34:35	00:41:27	00:45:15	00:52:06.35	5:12	11.5
43	OLSZAK GRZEGORZ	49		KOSZALIN	POL	M40-49	13	M 36	00:24:43	00:31:39	00:35:30	00:42:19	00:46:10	00:52:39.00	5:15	11.4
44	KUROWSKI MARCIN	36	SHELTIES RACE	ŚLUPSK	POL	M40-49	14	M 37	00:25:19	00:32:05	00:35:54	00:42:44	00:46:39	00:52:50.15	5:17	11.4
45	KUROWSKA OLGA	35	SHELTIES RACE	ŚLUPSK	POL	K40-49	3	K 8	00:25:21	00:32:06	00:35:58	00:42:50	00:46:51	00:53:16.15	5:19	11.3

**XX BIEG WENEDÓW - 10 KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	4.75km	6km	6.75km	8km	8.75km	Netto	min/km	km/h
46	WYSOCHAŃSKI DANIEL	68	ROZBIEGANA USTKA	USTKA	POL	M40-49	15	M 38	00:24:53	00:31:48	00:35:52	00:42:47	00:46:48	00:53:24.40	5:20	11.2
47	WOJCIECHOWSKA KASIA	65		KOŁOBRZEG	POL	K30-39	3	K 9	00:24:58	00:31:53	00:35:57	00:42:48	00:46:53	00:53:31.10	5:21	11.2
48	ANTKOWIAK JOANNA	2	#BIEGAJLESZNO	LESZNO	POL	K40-49	4	K 10	00:25:19	00:32:04	00:35:58	00:43:07	00:47:03	00:53:34.50	5:21	11.2
49	DRELISZAK MARIUSZ	19	17. WOG KOSZALIN	KOSZALIN	POL	M40-49	16	M 39	00:24:07	00:31:22	00:35:33	00:42:52	00:46:56	00:53:41.30	5:22	11.2
50	MACKIW MICHAŁ	41		KOSZALIN	POL	M18-29	2	M 40	00:24:42	00:31:49	00:35:54	00:43:11	00:47:34	00:54:24.40	5:26	11
51	ZAWISKA ANNA	71		KOSZALIN	POL	K30-39	4	K 11	00:25:55	00:32:54	00:37:10	00:44:25	00:48:22	00:55:05.25	5:30	10.9
52	LISZTWA ANNA	39		KOSZALIN	POL	K30-39	5	K 12	00:26:31	00:33:26	00:37:26	00:44:54	00:49:11	00:55:45.00	5:34	10.8
53	KOZŁOWIECKI WALDEMAR	76		KOSZALIN	POL	M70+	1	M 41	00:26:02	00:33:10	00:37:15	00:44:39	00:48:50	00:55:55.40	5:35	10.7
54	RADZIMSKI MARCEL	55		ŚWIEMINO	POL	M18-29	3	M 42	00:24:31	00:32:09	00:36:26	00:44:19	00:48:40	00:56:04.50	5:36	10.7
55	JUSZCZAK KRZYSZTOF	26		KOSZALIN	POL	M60-69	4	M 43	00:26:56	00:34:30	00:38:54	00:46:24	00:50:48	00:58:00.80	5:48	10.3
56	WYSOCKA URSZULA	67	SPORTOWE BIELICE	KOSZALIN	POL	K30-39	6	K 13	00:26:37	00:34:11	00:38:31	00:46:24	00:50:44	00:58:01.95	5:48	10.3
57	PIETRYKA ARTUR	53	KARLINOBIEGAJ	KARLINO	POL	M40-49	17	M 44	00:26:33	00:33:59	00:38:22	00:46:20	00:51:07	00:58:50.15	5:53	10.2
58	BUSZAC PAWEŁ	12		KOŁOBRZEG	POL	M30-39	11	M 45	00:28:09	00:35:38	00:40:06	00:47:35	00:51:54	00:58:50.50	5:53	10.2
59	CHRYSZTOFIK JANINA	13		KOSZALIN	POL	K40-49	5	K 14	00:28:09	00:35:41	00:40:07	00:47:33	00:51:57	00:58:52.95	5:53	10.2
60	PLESIEWICZ TOMASZ	54	TKKF KOSZALIN	KOSZALIN	POL	M50-59	9	M 46	00:28:12	00:36:20	00:40:55	00:48:37	00:52:59	01:00:27.90	6:02	9.9
61	BROWKA ANNA	8	SHELTIES RACE	ŚLUPSK	POL	K40-49	6	K 15	00:28:13	00:36:21	00:40:57	00:48:39	00:53:00	01:00:29.70	6:02	9.9
62	SUDER-MAKSYMOWICZ MONIKA	61		USTRONIE MORSKIE	POL	K40-49	7	K 16	00:28:32	00:36:14	00:40:58	00:48:54	00:53:24	01:00:33.90	6:03	9.9
63	ŻYSZKIEWICZ IZABELA	73	ROZBIEGANA USTKA	USTKA	POL	K50-59	2	K 17	00:28:42	00:36:45	00:41:13	00:48:58	00:53:26	01:00:59.85	6:05	9.8
64	BEDNARZ KATARZYNA	3	NESSI TEAM	KOŁOBRZEG	POL	K40-49	8	K 18	00:28:44	00:36:48	00:41:23	00:49:34	00:54:26	01:02:12.65	6:13	9.6
65	KUKLIŃSKA BEATA	34	DREAM TEAM	BYTÓW	POL	K40-49	9	K 19	00:30:01	00:39:06	00:43:55	00:52:59	00:58:02	01:06:57.00	6:41	9
66	KOSMAN KATARZYNA	30		KOMORÓW	POL	K40-49	10	K 20	00:30:20	00:39:06	00:44:10	00:53:16	00:58:27	01:07:22.25	6:44	8.9
67	KOSMAN PIOTR	31	EKIPA Z TARNOWA	KOMORÓW	POL	M40-49	18	M 47	00:30:19	00:39:04	00:44:08	00:53:14	00:58:25	01:07:23.45	6:44	8.9
68	OLCZYKOWSKI BARTOSZ	48	WILLA BLANKA	DĄBKI	POL	M40-49	19	M 48	00:32:31	00:41:52	00:47:06	00:56:07	01:01:23	01:10:23.75	7:02	8.5
69		100			POL	DRUŻYNA	1	1								