

## BIEG WALENTYNKOWY

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
 Data: 2023-02-18  
 Miejsce: Koszalin  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.



### BIEG WALENTYNKOWY, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	2.3km	3.3km	Netto	min/km	km/h
1	CZERNIEWSKI MARCIN	112	AML SŁUPSK	SŁUPSK	POL	PREMIA M - 1 KM	1	M 1	00:04:50	00:07:10	00:10:25	00:16:04.00	3:12	18.7
2	WITKOWSKI MATEUSZ	105	WITKOWSKI TRENINGI ON-LINE	NOWE BIELICE	POL	PREMIA M - 1 KM	2	M 2	00:04:51	00:07:11	00:10:27	00:16:12.40	3:14	18.5
3	PROWANCKI PATRYK	79	WILKI POMORSKIE	KOSZALIN	POL	PREMIA M - 1 KM	3	M 3	00:04:51	00:07:11	00:10:27	00:16:26.20	3:17	18.3
4	PIOTRASCHKE PIOTR	113	AML SŁUPSK	SŁUPSK	POL	PREMIA M - 1 KM	4	M 4	00:04:50	00:07:10	00:10:28	00:16:30.10	3:18	18.2
5	RUDNIK KRZYSZTOF	82		SŁUPSK	POL	PREMIA M - 1 KM	5	M 5	00:05:06	00:07:39	00:11:08	00:16:59.45	3:23	17.7
6	KĘPKA ADRIAN	33		WIEKOWO	POL	PREMIA M - 1 KM	6	M 6	00:05:05	00:07:38	00:11:08	00:17:03.10	3:24	17.6
7	RYBARCZYK JAN	87	ŻYJ Z ENERGIA	DARŁOWO	POL	PREMIA M - 1 KM	7	M 7	00:05:05	00:07:38	00:11:08	00:17:08.50	3:25	17.5
8	KOZAK ARKADIUSZ	120	HERKULES	BONIN	POL	PREMIA M - 1 KM	8	M 8	00:05:13	00:07:48	00:11:24	00:17:43.40	3:32	16.9
9	SIADAK ARKADIUSZ	89		KOSZALIN	POL	PREMIA M - 1 KM	9	M 9	00:05:25	00:08:06	00:11:51	00:18:16.65	3:39	16.4
10	RUDNIKOWSKI MACIEJ	83	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	DARŁOWO	POL	PREMIA M - 1 KM	10	M 10	00:05:33	00:08:20	00:12:03	00:18:25.10	3:41	16.3
11	SZNYTER HUBERT	116		POLANÓW	POL	PREMIA M - 1 KM	11	M 11	00:05:41	00:08:27	00:12:07	00:18:31.80	3:42	16.2
12	SMAGOWSKI WOJCIECH	90	OSP RĄBINO	RĄBINO	POL	PREMIA M - 1 KM	12	M 12	00:05:34	00:08:19	00:12:06	00:18:34.10	3:42	16.2
13	FEDORCZAK ŁUKASZ	15	BIEGOLAS KOSZALIN	KONIKOWO	POL	PREMIA M - 1 KM	13	M 13	00:05:35	00:08:21	00:12:06	00:18:40.40	3:44	16.1
14	MICHAŁOWSKI PIOTR	63		PRZECHELEWO	POL	PREMIA M - 1 KM	14	M 14	00:05:33	00:08:21	00:12:09	00:18:45.15	3:45	16
15	WITKIEWICZ ERYK	104		BIALOGARD	POL	PREMIA M - 1 KM	15	M 15	00:05:41	00:08:27	00:12:14	00:18:49.10	3:45	15.9
16	KLIMOWICZ MICHAŁ	35		KOSZALIN	POL	PREMIA M - 1 KM	16	M 16	00:05:35	00:08:39	00:12:34	00:19:13.55	3:50	15.6
17	SZULC ARKADIUSZ ARBUZ	96	7PROTEAM	KOSZALIN	POL	PREMIA M - 1 KM	17	M 17	00:05:59	00:08:53	00:12:55	00:19:34.75	3:54	15.3
18	WRZESZCZ BARTOSZ	107		BROKĘCINO	POL	PREMIA M - 1 KM	18	M 18	00:05:44	00:08:43	00:12:50	00:19:40.30	3:56	15.3
19	WEBER PAWEŁ	103	BIEGOLAS KOSZALIN	KOSZALIN	POL	PREMIA M - 1 KM	19	M 19	00:05:53	00:08:49	00:12:54	00:19:41.95	3:56	15.2
20	NOWAK RADOSŁAW	67	WEST COAST TEAM ŚWINOUJŚCIE	ŚWINOUJŚCIE	POL	PREMIA M - 1 KM	20	M 20	00:05:42	00:08:38	00:12:46	00:19:44.50	3:56	15.2
21	KOZAK GRZEGORZ	7	TKKF KOSZALIN	KOSZALIN	POL	PREMIA M - 1 KM	21	M 21	00:05:53	00:08:49	00:12:54	00:19:45.30	3:57	15.2
22	KOZIEŁ PAWEŁ	42	KĘPKANATRASIE	RĄBINO	POL	PREMIA M - 1 KM	22	M 22	00:05:53	00:08:48	00:12:54	00:19:49.30	3:57	15.1
23	KONKEL AGNIESZKA	39		KOSZALIN	POL	PREMIA K - 1 KM	1	K 1	00:05:54	00:08:54	00:13:02	00:20:08.55	4:01	14.9
24	MROWKA KATARZYNA	65	KAMIENNOGÓRSKA GRUPA BIEGOWA	KAMIENNA GÓRA	POL	PREMIA K - 1 KM	2	K 2	00:06:17	00:09:23	00:13:37	00:21:00.80	4:12	14.3
25	WALEŃSKI MICHAŁ	8	TKKF KOSZALIN	KOSZALIN	POL	PREMIA M - 1 KM	23	M 23	00:06:34	00:09:41	00:13:54	00:21:00.80	4:12	14.3
26	SZCZUBLEWSKI MARTIN	95	KAMIEŃ RYMAŃSKI	KOSZALIN	POL	PREMIA M - 1 KM	24	M 24	00:06:03	00:09:14	00:13:35	00:21:01.75	4:12	14.3
27	GAWĘDA EMIL	22	DARŁOWSKIE CHARTY / #KĘPKANATRASIE	STARY JAROSŁAW	POL	PREMIA M - 1 KM	25	M 25	00:06:21	00:09:33	00:13:53	00:21:30.50	4:18	14
28	SAWIŃSKI JACEK	88		KOSZALIN	POL	PREMIA M - 1 KM	26	M 26	00:06:33	00:09:41	00:14:00	00:21:30.80	4:18	14
29	KRUK MARCIN	45	TKKF MASTERS KOSZALIN	KOSZALIN	POL	PREMIA M - 1 KM	27	M 27	00:06:07	00:09:18	00:13:43	00:21:34.20	4:18	13.9
30	GUDANIEC KATARZYNA	25		KOSZALIN	POL	PREMIA K - 1 KM	3	K 3	00:06:24	00:09:37	00:14:03	00:21:49.20	4:21	13.8
31	MARCINKOWSKI PATRYK	57	KAMIEŃ RYMAŃSKI	RYMAŃ	POL	PREMIA M - 1 KM	28	M 28	00:06:46	00:10:03	00:14:34	00:21:53.20	4:22	13.7
32	MAZIEC BEATA	59	BIEGOLAS/TKKF KOSZALIN	KOSZALIN	POL	PREMIA K - 1 KM	4	K 4	00:06:45	00:10:03	00:14:34	00:22:10.80	4:26	13.5
33	CHUDY HENRYK	10	K SOLSZEWSKI I SYNOWIE	SŁAWSKO	POL	PREMIA M - 1 KM	29	M 29	00:06:41	00:09:58	00:14:28	00:22:25.05	4:29	13.4
34	WASYLEWICZ KRZYSTOF	102	KAMIEŃ RYMAŃSKI	RYMAŃ	POL	PREMIA M - 1 KM	30	M 30	00:06:39	00:10:02	00:14:47	00:22:38.40	4:31	13.3
35	KORNELUK OSKAR	40	KAMIEŃ RYMAŃSKI	RYMAŃ	POL	PREMIA M - 1 KM	31	M 31	00:07:33	00:10:50	00:15:19	00:22:41.75	4:32	13.2
36	REDLIICKI PIOTR	80		SZCZECINEK	POL	PREMIA M - 1 KM	32	M 32	00:06:37	00:10:00	00:14:37	00:22:42.80	4:32	13.2
37	SCHWARZ LUDWIK	115		KOSZALIN	POL	PREMIA M - 1 KM	33	M 33	00:07:19	00:10:43	00:15:09	00:22:48.60	4:33	13.2
38	ADASZYŃSKI WIESLAW	3	BIEGOLAS KOSZALIN	BOBOLICE	POL	PREMIA M - 1 KM	34	M 34	00:06:41	00:10:06	00:14:59	00:22:52.10	4:34	13.1
39	MAZUR EMILIUSZ	60	GROOT TEAM	DARŁOWO	POL	PREMIA M - 1 KM	35	M 35	00:06:59	00:10:26	00:15:03	00:22:56.65	4:35	13.1
40	MARCINIAK MACIEJ	58	KS POGOŃ POŁCZYN ZDRÓJ	POŁCZYN ZDRÓJ	POL	PREMIA M - 1 KM	36	M 36	00:06:54	00:10:22	00:14:44	00:22:58.20	4:35	13.1
41	KRZEWIŃSKA MAŁGORZATA	46	TKKF KOSZALIN	KOSZALIN	POL	PREMIA K - 1 KM	5	K 5	00:07:01	00:10:24	00:15:04	00:22:59.25	4:35	13.1
42	KUROWSKI MARCIN	52	SHELTIES RACE	SŁUPSK	POL	PREMIA M - 1 KM	37	M 37	00:07:04	00:10:29	00:15:06	00:22:59.90	4:35	13.1
43	SUDER-MAKSYMOWICZ GRZEGORZ	94		USTRONIE MORSKIE	POL	PREMIA M - 1 KM	38	M 38	00:06:47	00:10:10	00:14:54	00:23:08.95	4:37	13
44	BODO RAFAŁ	6	ZOZKOSZ KOSZALIN	KOSZALIN	POL	PREMIA M - 1 KM	39	M 39	00:07:05	00:10:32	00:15:16	00:23:30.40	4:42	12.8

**BIEG WALENTYNKOWY, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	2.3km	3.3km	Netto	min/km	km/h
45	MANDZIAK PIOTR	56		KONIKOWO	POL	PREMIA M - 1 KM	40	M 40	00:06:50	00:10:20	00:15:08	00:23:39.90	4:43	12.7
46	FEDORCZAK JOANNA	16	BIEGOLAS KOSZALIN	KONIKOWO	POL	PREMIA K - 1 KM	6	K 6	00:07:01	00:10:38	00:15:30	00:23:51.20	4:46	12.6
47	STASZAK PAWEŁ	91	KAMIEŃ RYMAŃSKI	RYMAŃ	POL	PREMIA M - 1 KM	41	M 41	00:07:27	00:10:56	00:15:51	00:23:54.00	4:46	12.6
48	DĄBROWSKI GRZEGORZ	12		KOSZALIN	POL	PREMIA M - 1 KM	42	M 42	00:07:17	00:10:50	00:15:42	00:23:57.20	4:47	12.5
49	KISIELIŃSKI IGOR	34		KOSZALIN	POL	PREMIA M - 1 KM	43	M 43	00:07:01	00:10:30	00:15:20	00:24:05.60	4:49	12.5
50	RYBAK DARIA	85		KOSZALIN	POL	PREMIA K - 1 KM	7	K 7	00:07:13	00:10:42	00:15:37	00:24:11.75	4:50	12.4
51	RYBAK PRZEMYSŁAW	86		KOSZALIN	POL	PREMIA M - 1 KM	44	M 44	00:07:13	00:10:42	00:15:37	00:24:12.00	4:50	12.4
52	GIEDROWICZ ALEKSANDRA	23		KOSZALIN	POL	PREMIA K - 1 KM	8	K 8	00:07:09	00:10:41	00:15:40	00:24:13.25	4:50	12.4
53	DRULIK-HOŁUB MARTA	14		KOSZALIN	POL	PREMIA K - 1 KM	9	K 9	00:07:28	00:11:08	00:15:44	00:24:19.80	4:51	12.3
54	MAZUR MIROŚLAW	61	TKKF KOSZALIN	KOSZALIN	POL	PREMIA M - 1 KM	45	M 45	00:07:11	00:10:49	00:15:51	00:24:31.90	4:54	12.2
55	ADAMOWICZ KINGA	2		SZCZECINEK	POL	PREMIA K - 1 KM	10	K 10	00:07:10	00:10:49	00:15:51	00:24:38.20	4:55	12.2
56	BUDZIŃSKI PAWEŁ	9	KĘPKA NA TRASIE - DRUŻYNA SZPIKU	KONIKOWO	POL	PREMIA M - 1 KM	46	M 46	00:07:32	00:11:18	00:16:16	00:24:41.95	4:56	12.2
57	FOLTYNIEWICZ GRAŻYNA	19		SZCZECINEK	POL	PREMIA K - 1 KM	11	K 11	00:07:20	00:10:57	00:16:11	00:24:54.95	4:58	12
58	FOLTYNIEWICZ MACIEJ	18		SZCZECINEK	POL	PREMIA M - 1 KM	47	M 47	00:07:20	00:10:57	00:16:10	00:24:54.95	4:58	12
59	DRABKOWSKA AGNIESZKA	13	CUDAK	BIAŁOGARD	POL	PREMIA K - 1 KM	12	K 12	00:07:22	00:11:01	00:16:02	00:25:02.60	5:00	12
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60	KOLIGAT ANNA	38		KOSZALIN	POL	PREMIA K - 1 KM	13	K 13	00:07:37	00:11:21	00:16:32	00:25:24.40	5:04	11.8
61	RUDZIŃSKI BRONISŁAW	84		KOSZALIN	POL	PREMIA M - 1 KM	48	M 48	00:07:26	00:11:08	00:16:21	00:25:38.35	5:07	11.7
62	LESZCZEŁOWSKI PIOTR	53	SHELTIES RACE	ZŁOCENIEC	POL	PREMIA M - 1 KM	49	M 49	00:07:46	00:11:32	00:16:46	00:25:41.50	5:08	11.7
63	KUROWSKA OLGA	51	SHELTIES RACE	SŁUPSK	POL	PREMIA K - 1 KM	14	K 14	00:07:44	00:11:32	00:16:47	00:25:41.60	5:08	11.7
64	PLESIEWICZ TOMASZ	78	TKKF KOSZALIN	KOSZALIN	POL	PREMIA M - 1 KM	50	M 50	00:07:50	00:11:39	00:16:58	00:26:10.15	5:14	11.5
65	MRÓWKA MARIUSZ	66		KAMIENNA GÓRA	POL	PREMIA M - 1 KM	51	M 51	00:07:24	00:11:27	00:17:01	00:26:23.90	5:16	11.4
66	TOBER-REKSA EDYTA	98		ŁOBEZ	POL	PREMIA K - 1 KM	15	K 15	00:08:14	00:12:07	00:17:26	00:26:28.15	5:17	11.3
67	REKSA RADOŚLAW	81		ŁOBEZ	POL	PREMIA M - 1 KM	52	M 52	00:08:07	00:12:06	00:17:22	00:26:28.20	5:17	11.3
68	GANNON JULIA	21	KAMIEŃ RYMAŃSKI	RYMAŃ	POL	PREMIA K - 1 KM	16	K 16	00:08:16	00:12:00	00:17:28	00:26:34.65	5:18	11.3
69	BARTON KRYSZYNA	4	PRZECHLEWO	PRZECHLEWO	POL	PREMIA K - 1 KM	17	K 17	00:07:44	00:11:32	00:16:53	00:26:34.80	5:18	11.3
70	PAWŁOWSKA URSZULA	71		KOŁOBRZEG	POL	PREMIA K - 1 KM	18	K 18	00:08:06	00:12:05	00:17:28	00:26:41.70	5:20	11.2
71	FLIS ANNA	17		KOSZALIN	POL	PREMIA K - 1 KM	19	K 19	00:08:21	00:12:15	00:17:38	00:26:57.30	5:23	11.1
72	PIETRZYKOWSKI MATEUSZ	77		KOSZALIN	POL	PREMIA M - 1 KM	53	M 53	00:08:21	00:12:16	00:17:38	00:26:57.35	5:23	11.1
73	PIETRZYK RAFAŁ	76		KALISZ POMORSKI	POL	PREMIA M - 1 KM	54	M 54	00:08:20	00:12:23	00:17:55	00:27:18.60	5:27	11
74	JUSZCZAK KRZYSZTOF	29		KOSZALIN	POL	PREMIA M - 1 KM	55	M 55	00:07:57	00:12:03	00:17:48	00:27:57.75	5:35	10.7
75	MALISZEWSKA NATALIA	62	KAMIEŃ RYMAŃSKI	RYMAŃ	POL	PREMIA K - 1 KM	20	K 20	00:07:58	00:12:21	00:18:37	00:27:58.50	5:35	10.7
76	MILEK EMILIA	64	KAMIEŃ RYMAŃSKI	RYMAŃ	POL	PREMIA K - 1 KM	21	K 21	00:09:16	00:13:13	00:19:08	00:27:58.65	5:35	10.7
77	PEŁKA IWONA	72		KOSZALIN	POL	PREMIA K - 1 KM	22	K 22	00:08:31	00:12:37	00:18:17	00:28:02.35	5:36	10.7
78	KUKLIŃSKA BEATA	49	DREAM TEAM	BYTÓW	POL	PREMIA K - 1 KM	23	K 23	00:08:31	00:12:58	00:18:48	00:28:30.95	5:42	10.5
79	WOLF BEATA	106	TKKF KOSZALIN	KOSZALIN	POL	PREMIA K - 1 KM	24	K 24	00:08:52	00:13:07	00:18:57	00:28:36.90	5:43	10.5
80	MACIEJEWSKI RADOŚLAW	54	RADRADTEAM	MANOWO	POL	PREMIA M - 1 KM	56	M 56	00:08:51	00:13:07	00:18:56	00:28:36.95	5:43	10.5
81	KANIEWSKI PATRYK	31		BONIN	POL	PREMIA M - 1 KM	57	M 57	00:08:27	00:12:43	00:18:38	00:28:47.55	5:45	10.4
82	KANIEWSKA ANETTA	30		BONIN	POL	PREMIA K - 1 KM	25	K 25	00:08:27	00:12:43	00:18:37	00:28:47.55	5:45	10.4
83	HELLER ZDZISŁAW	27	HERB MARATONOW.PL	KOSZALIN	POL	PREMIA M - 1 KM	58	M 58	00:08:31	00:12:44	00:18:33	00:28:54.00	5:46	10.4
84	KRZYSZTOFIK SEBASTIAN	48		KOSZALIN	POL	PREMIA M - 1 KM	59	M 59	00:09:32	00:13:51	00:19:19	00:29:07.00	5:49	10.3
85	SUDER-MAKSYMOWICZ MONIKA	93		USTRONIE MORSKIE	POL	PREMIA K - 1 KM	26	K 26	00:08:57	00:13:13	00:19:10	00:29:18.20	5:51	10.2
86	BEDNARZ KATARZYNA	5		KOŁOBRZEG	POL	PREMIA K - 1 KM	27	K 27	00:09:00	00:13:24	00:19:22	00:29:37.05	5:55	10.1
87	STĘPIEŃ KAROLINA	92		SŁAWNO	POL	PREMIA K - 1 KM	28	K 28	00:09:08	00:13:47	00:20:22	00:31:33.70	6:18	9.5
88	CICHOSZ JERZY	11		KOSZALIN	POL	PREMIA M - 1 KM	60	M 60	00:09:47	00:14:34	00:20:55	00:32:14.50	6:26	9.3
89	ADAMEK KAMILA	1		SŁAWNO	POL	PREMIA K - 1 KM	29	K 29	00:09:43	00:14:33	00:21:18	00:32:53.00	6:34	9.1
90	OLCZYKOWSKI BARTOSZ	114		DĄBKI	POL	PREMIA M - 1 KM	61	M 61	00:09:55	00:14:44	00:21:25	00:32:53.80	6:34	9.1
91	ZENGOTA DOMINIKA	109	KAMIEŃ RYMAŃSKI	RYMAŃ	POL	PREMIA K - 1 KM	30	K 30	00:10:21	00:15:11	00:22:00	00:33:37.65	6:43	8.9
92	WALKOWIAK DARIA	100		KOSZALIN	POL	PREMIA K - 1 KM	31	K 31	00:09:32	00:15:22	00:22:33	00:34:36.85	6:55	8.7
93	KRZYSZTOFIK KATARZYNA	47		KOSZALIN	POL	PREMIA K - 1 KM	32	K 32	00:09:32	00:15:22	00:22:33	00:34:38.05	6:55	8.7
94	MAKSYLEWICZ DANIELA	55		ŁOBEZ	POL	PREMIA K - 1 KM	33	K 33	00:08:52	00:13:34	00:19:43		5:58	10
95	SZYPRYT KAROL	97	DREAM TEAM	BYTÓW	POL	PREMIA M - 1 KM	62	M 62	00:08:32		00:28:30		8:38	6.9