

**KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 1 MILA**

Organizator: Urząd Miasta i Gminy Koszalin, Zarząd Obiektów Sportowych Sp. z o.o.  
 Data: 2016-11-11  
 Miejsce: Koszalin  
 Dystans: 1.609 km  
 Klasyfikacja wg czasów netto.


**KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 1 MILA, OPEN**

| M-ce | Nazwisko i imię      | Nr  | Klub                              | M-scowość         | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|----------------------|-----|-----------------------------------|-------------------|------|--------|--------|------|-------------|--------|------|
| 1    | IGNACZAK PIOTR       | 256 | KB 10 BIAŁOGARD                   | BIAŁOGARD         | POL  | M-OPEN | 1      | M 1  | 00:05:20.70 | 3:19   | 18.1 |
| 2    | BARAŃSKI PRZEMYSŁAW  | 243 | KM PSP SZCZECIN/ MLUKS TRZEBIATÓW | TRZEBIATÓW        | POL  | M-OPEN | 2      | M 2  | 00:05:27.20 | 3:23   | 17.7 |
| 3    | TUTUS MICHAŁ         | 290 | JW 1223                           | KOSZALIN          | POL  | M-OPEN | 3      | M 3  | 00:05:31.90 | 3:26   | 17.5 |
| 4    | CHWIAŁKOWSKI CYPRIAN | 246 |                                   | MACHLINY          | POL  | M-OPEN | 4      | M 4  | 00:05:36.00 | 3:28   | 17.3 |
| 5    | JAŻWIŃSKI DAWID      | 262 | TKKF KOSZALIN                     | KOSZALIN          | POL  | M-OPEN | 5      | M 5  | 00:05:47.30 | 3:35   | 16.7 |
| 6    | ŚNIADECKI WOJCIECH   | 289 |                                   | DARŁOWO           | POL  | M-OPEN | 6      | M 6  | 00:05:53.65 | 3:39   | 16.4 |
| 7    | SIWIK STANISŁAW      | 283 | 283. KRT DARŻEWÓ                  | KOSZALIN          | POL  | M-OPEN | 7      | M 7  | 00:05:54.60 | 3:40   | 16.3 |
| 8    | ZBOIŃSKI WOJCIECH    | 294 |                                   | KOSZALIN          | POL  | M-OPEN | 8      | M 8  | 00:05:55.45 | 3:40   | 16.3 |
| 9    | WEBER PAWEŁ          | 291 |                                   | KOSZALIN          | POL  | M-OPEN | 9      | M 9  | 00:06:04.00 | 3:46   | 15.9 |
| 10   | FRONTCZAK IZABELA    | 251 | TKKF KOSZALIN                     | SZCZECINEK        | POL  | K-OPEN | 1      | K 1  | 00:06:14.35 | 3:52   | 15.5 |
| 11   | JAROSZ JAKUB         | 259 | TKKF KOSZALIN                     | SUCHA KOSZALIŃSKA | POL  | M-OPEN | 10     | M 10 | 00:06:24.40 | 3:59   | 15.1 |
| 12   | PEC DANIEL           | 274 |                                   | KOSZALIN          | POL  | M-OPEN | 11     | M 11 | 00:06:31.05 | 4:02   | 14.8 |
| 13   | JAROSZ DARIUSZ       | 260 | TKKF KOSZALIN                     | SUCHA KOSZALIŃSKA | POL  | M-OPEN | 12     | M 12 | 00:06:31.40 | 4:02   | 14.8 |
| 14   | JAROSZ KONRAD        | 261 | GIMNAZJUM NR 9                    | KOSZALIN          | POL  | M-OPEN | 13     | M 13 | 00:06:31.55 | 4:03   | 14.8 |
| 15   | BRONIKOWSKI ADRIAN   | 296 |                                   | KOSZALIN          | POL  | M-OPEN | 14     | M 14 | 00:06:41.80 | 4:09   | 14.4 |
| 16   | WRÓBLEWSKI JACEK     | 293 | GIMNAZJUM 7                       | KOSZALIN          | POL  | M-OPEN | 15     | M 15 | 00:06:44.25 | 4:11   | 14.3 |
| 17   | GAWROŃSKI PAWEŁ      | 252 |                                   | KOSZALIN          | POL  | M-OPEN | 16     | M 16 | 00:06:50.30 | 4:14   | 14.1 |
| 18   | GRZYBOWSKI PIOTR     | 254 | KB RUN 42                         | SZCZĘGLINO NOWE   | POL  | M-OPEN | 17     | M 17 | 00:06:53.80 | 4:17   | 14   |
| 19   | SZADZIŃSKA NATALIA   | 286 | KSKK                              | KOSZALIN          | POL  | K-OPEN | 2      | K 2  | 00:07:06.55 | 4:24   | 13.6 |
| 20   | STĘPNIEWSKI KAROL    | 285 |                                   | KOSZALIN          | POL  | M-OPEN | 18     | M 18 | 00:07:08.30 | 4:25   | 13.5 |
| 21   | SZULC MARCEL         | 288 | ROZBIEGANY KOSZALIN               | KOSZALIN          | POL  | M-OPEN | 19     | M 19 | 00:07:54.05 | 4:54   | 12.2 |
| 22   | SZULC ARKADIUSZ      | 287 | ROZBIEGANY KOSZALIN               | KOSZALIN          | POL  | M-OPEN | 20     | M 20 | 00:07:54.50 | 4:55   | 12.2 |
| 23   | HAJDAS DANIEL        | 255 | SYLWETKA4YOU                      | KOSZALIN          | POL  | M-OPEN | 21     | M 21 | 00:07:59.90 | 4:58   | 12.1 |
| 24   | KORDECKI OSKAR       | 266 |                                   | KOSZALIN          | POL  | M-OPEN | 22     | M 22 | 00:08:03.75 | 5:00   | 12   |
| 25   | MICHALAK DARIA       | 271 | ZSP1 SŁUPSK                       | GRASINO           | POL  | K-OPEN | 3      | K 3  | 00:08:10.50 | 5:04   | 11.8 |
| 26   | GŁOWACKI WŁODZIMIERZ | 253 |                                   | KOSZALIN          | POL  | M-OPEN | 23     | M 23 | 00:08:18.15 | 5:09   | 11.6 |
| 27   | CYGAN HANNA          | 248 |                                   | KOSZALIN          | POL  | K-OPEN | 4      | K 4  | 00:08:40.05 | 5:22   | 11.1 |
| 28   | BANASZEK JAKUB       | 242 | ZSS OBJAZDA                       | OBJAZDA           | POL  | M-OPEN | 24     | M 24 | 00:08:40.10 | 5:22   | 11.1 |
| 29   | WIŚNIEWSKI PAWEŁ     | 292 | FOOTBALL ACADEMY KOSZALIN         | KONIKOWO          | POL  | M-OPEN | 25     | M 25 | 00:09:09.80 | 5:41   | 10.5 |
| 30   | JANACZYK ELIZA       | 258 | SP10                              | KOSZALIN          | POL  | K-OPEN | 5      | K 5  | 00:09:20.50 | 5:47   | 10.4 |
| 31   | FOSTACZ AGATA        | 250 | ZSS OBJAZDA                       | GĄBINO            | POL  | K-OPEN | 6      | K 6  | 00:09:31.25 | 5:54   | 10.2 |
| 32   | BEK KACPER           | 245 | GRYF LOK BIAŁOGARD                | BIAŁOGARD         | POL  | M-OPEN | 26     | M 26 | 00:09:41.90 | 6:01   | 10   |
| 33   | WĄSIK KLAUDIA        | 297 | GRYF LOK BIAŁOGARD                | BIAŁOGARD         | POL  | K-OPEN | 7      | K 7  | 00:09:42.00 | 6:01   | 10   |
| 34   | ROGANOWSKI RAFAŁ     | 279 |                                   | KOSZALIN          | POL  | M-OPEN | 27     | M 27 | 00:09:57.65 | 6:10   | 9.7  |
| 35   | ROGANOWSKI KRZYSZTOF | 281 |                                   | ZŁOCIENIEC        | POL  | M-OPEN | 28     | M 28 | 00:09:58.10 | 6:11   | 9.7  |
| 36   | ROGANOWSKI HUBERT    | 280 |                                   | KOSZALIN          | POL  | M-OPEN | 29     | M 29 | 00:09:58.50 | 6:11   | 9.7  |
| 37   | KRACZKOWSKI MARCEL   | 267 |                                   | KOSZALIN          | POL  | M-OPEN | 30     | M 30 | 00:10:19.65 | 6:25   | 9.3  |
| 38   | MAZUREK HANNA        | 270 | BABECZKI KOSZALIN                 | KOSZALIN          | POL  | K-OPEN | 8      | K 8  | 00:10:25.35 | 6:28   | 9.3  |
| 39   | KRAMARZ STANISŁAW    | 269 | ROSSBIEGANI                       | KOSZALIN          | POL  | M-OPEN | 31     | M 31 | 00:10:31.50 | 6:31   | 9.2  |
| 40   | BAGIŃSKA AGNIESZKA   | 241 |                                   | KOSZALIN          | POL  | K-OPEN | 9      | K 9  | 00:10:33.55 | 6:33   | 9.2  |
| 41   | IMIOŁEK MARCEL       | 257 |                                   | KOSZALIN          | POL  | M-OPEN | 32     | M 32 | 00:10:36.50 | 6:35   | 9.1  |
| 42   | KRAMARZ ANETA        | 268 | ROSSBIEGANI                       | KOSZALIN          | POL  | K-OPEN | 10     | K 10 | 00:10:36.80 | 6:35   | 9.1  |
| 43   | SKOWRON ADAM         | 284 | CSSP                              | KOSZALIN          | POL  | M-OPEN | 33     | M 33 | 00:10:45.55 | 6:40   | 9    |
| 44   | KAZIMIERCZAK LESZEK  | 298 | CSSP                              | KOSZALIN          | POL  | M-OPEN | 34     | M 34 | 00:10:46.60 | 6:41   | 9    |
| 45   | RABKA MICHAŁ         | 277 |                                   | KOSZALIN          | POL  | M-OPEN | 35     | M 35 | 00:10:50.30 | 6:43   | 8.9  |
| 46   | RABKA MONIKA         | 276 |                                   | KOSZALIN          | POL  | K-OPEN | 11     | K 11 | 00:10:54.55 | 6:46   | 8.9  |

**KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 1 MILA, OPEN c.d.**

| M-ce | Nazwisko i imię         | Nr  | Klub          | M-sconość | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------------|-----|---------------|-----------|------|--------|--------|------|-------------|--------|------|
| 47   | KARMAZYN-GAWĘDA BARBARA | 263 |               | KOSZALIN  | POL  | K-OPEN | 12     | K 12 | 00:11:02.10 | 6:51   | 8.8  |
| 48   | CYGAN EWA               | 247 |               | KOSZALIN  | POL  | K-OPEN | 13     | K 13 | 00:11:32.40 | 7:09   | 8.4  |
| 49   | SIENKIEWICZ JULIA       | 282 |               | KOSZALIN  | POL  | K-OPEN | 14     | K 14 | 00:11:37.15 | 7:12   | 8.3  |
| 50   | KOMOROWSKI MAKSYMILIAN  | 265 | SP 10         | KOSZALIN  | POL  | M-OPEN | 36     | M 36 | 00:11:42.90 | 7:16   | 8.2  |
| 51   | RABKA JAKUB             | 278 |               | KOSZALIN  | POL  | M-OPEN | 37     | M 37 | 00:12:16.75 | 7:37   | 7.9  |
| 52   | DYBA RYSZARD            | 249 |               | KOSZALIN  | POL  | M-OPEN | 38     | M 38 | 00:12:17.00 | 7:37   | 7.9  |
| 53   | ZDROWIECKI IGOR         | 295 |               | KOSZALIN  | POL  | M-OPEN | 39     | M 39 | 00:12:21.20 | 7:40   | 7.8  |
| 54   | BARTNIK MARIAN          | 244 | TKKF KOSZALIN | KOSZALIN  | POL  | M-OPEN | 40     | M 40 | 00:12:33.55 | 7:47   | 7.7  |

**KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 1 MILA, K-OPEN**

| M-ce | Nazwisko i imię         | Nr  | Klub               | M-sconość  | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------------|-----|--------------------|------------|------|--------|--------|------|-------------|--------|------|
| 1    | FRONTCZAK IZABELA       | 251 | TKKF KOSZALIN      | SZCZECINEK | POL  | K-OPEN | 1      | K 1  | 00:06:14.35 | 3:52   | 15.5 |
| 2    | SZADZIŃSKA NATALIA      | 286 | KSKK               | KOSZALIN   | POL  | K-OPEN | 2      | K 2  | 00:07:06.55 | 4:24   | 13.6 |
| 3    | MICHAŁAK DARIA          | 271 | ZSP1 SŁUPSK        | GRAŚINO    | POL  | K-OPEN | 3      | K 3  | 00:08:10.50 | 5:04   | 11.8 |
| 4    | CYGAN HANNA             | 248 |                    | KOSZALIN   | POL  | K-OPEN | 4      | K 4  | 00:08:40.05 | 5:22   | 11.1 |
| 5    | JANACZYK ELIZA          | 258 | SP10               | KOSZALIN   | POL  | K-OPEN | 5      | K 5  | 00:09:20.50 | 5:47   | 10.4 |
| 6    | FOSTACZ AGATA           | 250 | ZSS OBJAZDA        | GĄBINO     | POL  | K-OPEN | 6      | K 6  | 00:09:31.25 | 5:54   | 10.2 |
| 7    | WAŚCZUK KLAUDIA         | 297 | GRYF LOK BIAŁOGARD | BIAŁOGARD  | POL  | K-OPEN | 7      | K 7  | 00:09:42.00 | 6:01   | 10   |
| 8    | MAZUREK HANNA           | 270 | BABECZKI KOSZALIN  | KOSZALIN   | POL  | K-OPEN | 8      | K 8  | 00:10:25.35 | 6:28   | 9.3  |
| 9    | BAGIŃSKA AGNIESZKA      | 241 |                    | KOSZALIN   | POL  | K-OPEN | 9      | K 9  | 00:10:33.55 | 6:33   | 9.2  |
| 10   | KRAMARZ ANETA           | 268 | ROSSBIEGANI        | KOSZALIN   | POL  | K-OPEN | 10     | K 10 | 00:10:36.80 | 6:35   | 9.1  |
| 11   | RABKA MONIKA            | 276 |                    | KOSZALIN   | POL  | K-OPEN | 11     | K 11 | 00:10:54.55 | 6:46   | 8.9  |
| 12   | KARMAZYN-GAWĘDA BARBARA | 263 |                    | KOSZALIN   | POL  | K-OPEN | 12     | K 12 | 00:11:02.10 | 6:51   | 8.8  |
| 13   | CYGAN EWA               | 247 |                    | KOSZALIN   | POL  | K-OPEN | 13     | K 13 | 00:11:32.40 | 7:09   | 8.4  |
| 14   | SIENKIEWICZ JULIA       | 282 |                    | KOSZALIN   | POL  | K-OPEN | 14     | K 14 | 00:11:37.15 | 7:12   | 8.3  |

**KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 1 MILA, M-OPEN**

| M-ce | Nazwisko i imię      | Nr  | Klub                              | M-sconość         | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|----------------------|-----|-----------------------------------|-------------------|------|--------|--------|------|-------------|--------|------|
| 1    | IGNACZAK PIOTR       | 256 | KB 10 BIAŁOGARD                   | BIAŁOGARD         | POL  | M-OPEN | 1      | M 1  | 00:05:20.70 | 3:19   | 18.1 |
| 2    | BARAŃSKI PRZEMYSŁAW  | 243 | KM PSP SZCZECIN/ MLUKS TRZEBIATÓW | TRZEBIATÓW        | POL  | M-OPEN | 2      | M 2  | 00:05:27.20 | 3:23   | 17.7 |
| 3    | TUTUS MICHAŁ         | 290 | JW 1223                           | KOSZALIN          | POL  | M-OPEN | 3      | M 3  | 00:05:31.90 | 3:26   | 17.5 |
| 4    | CHWIAŁKOWSKI CYPRIAN | 246 |                                   | MACHLINY          | POL  | M-OPEN | 4      | M 4  | 00:05:36.00 | 3:28   | 17.3 |
| 5    | JAŻWIŃSKI DAWID      | 262 | TKKF KOSZALIN                     | KOSZALIN          | POL  | M-OPEN | 5      | M 5  | 00:05:47.30 | 3:35   | 16.7 |
| 6    | ŚNIADECKI WOJCIECH   | 289 |                                   | DARŁOWO           | POL  | M-OPEN | 6      | M 6  | 00:05:53.65 | 3:39   | 16.4 |
| 7    | SIWIK STANISŁAW      | 283 | 283. KRT DARŻEWO                  | KOSZALIN          | POL  | M-OPEN | 7      | M 7  | 00:05:54.60 | 3:40   | 16.3 |
| 8    | ZBOIŃSKI WOJCIECH    | 294 |                                   | KOSZALIN          | POL  | M-OPEN | 8      | M 8  | 00:05:55.45 | 3:40   | 16.3 |
| 9    | WEBER PAWEŁ          | 291 |                                   | KOSZALIN          | POL  | M-OPEN | 9      | M 9  | 00:06:04.00 | 3:46   | 15.9 |
| 10   | JAROSZ JAKUB         | 259 | TKKF KOSZALIN                     | SUCHA KOSZALIŃSKA | POL  | M-OPEN | 10     | M 10 | 00:06:24.40 | 3:59   | 15.1 |
| 11   | PEC DANIEL           | 274 |                                   | KOSZALIN          | POL  | M-OPEN | 11     | M 11 | 00:06:31.05 | 4:02   | 14.8 |
| 12   | JAROSZ DARIUSZ       | 260 | TKKF KOSZALIN                     | SUCHA KOSZALIŃSKA | POL  | M-OPEN | 12     | M 12 | 00:06:31.40 | 4:02   | 14.8 |
| 13   | JAROSZ KONRAD        | 261 | GIMNAZJUM NR 9                    | KOSZALIN          | POL  | M-OPEN | 13     | M 13 | 00:06:31.55 | 4:03   | 14.8 |
| 14   | BRONIKOWSKI ADRIAN   | 296 |                                   | KOSZALIN          | POL  | M-OPEN | 14     | M 14 | 00:06:41.80 | 4:09   | 14.4 |
| 15   | WRÓBLEWSKI JACEK     | 293 | GIMNAZJUM 7                       | KOSZALIN          | POL  | M-OPEN | 15     | M 15 | 00:06:44.25 | 4:11   | 14.3 |
| 16   | GAWROŃSKI PAWEŁ      | 252 |                                   | KOSZALIN          | POL  | M-OPEN | 16     | M 16 | 00:06:50.30 | 4:14   | 14.1 |
| 17   | GRZYBOWSKI PIOTR     | 254 | KB RUN 42                         | SZCZEGLIŃSKO NOWE | POL  | M-OPEN | 17     | M 17 | 00:06:53.80 | 4:17   | 14   |
| 18   | STĘPNIEWSKI KAROL    | 285 |                                   | KOSZALIN          | POL  | M-OPEN | 18     | M 18 | 00:07:08.30 | 4:25   | 13.5 |
| 19   | SZULC MARCEL         | 288 | ROZBIEGANY KOSZALIN               | KOSZALIN          | POL  | M-OPEN | 19     | M 19 | 00:07:54.05 | 4:54   | 12.2 |
| 20   | SZULC ARKADIUSZ      | 287 | ROZBIEGANY KOSZALIN               | KOSZALIN          | POL  | M-OPEN | 20     | M 20 | 00:07:54.50 | 4:55   | 12.2 |
| 21   | HAJDAS DANIEL        | 255 | SYLWETKA4YOU                      | KOSZALIN          | POL  | M-OPEN | 21     | M 21 | 00:07:59.90 | 4:58   | 12.1 |
| 22   | KORDECKI OSKAR       | 266 |                                   | KOSZALIN          | POL  | M-OPEN | 22     | M 22 | 00:08:03.75 | 5:00   | 12   |
| 23   | GŁOWACKI WŁODZIMIERZ | 253 |                                   | KOSZALIN          | POL  | M-OPEN | 23     | M 23 | 00:08:18.15 | 5:09   | 11.6 |
| 24   | BANASZEK JAKUB       | 242 | ZSS OBJAZDA                       | OBJAZDA           | POL  | M-OPEN | 24     | M 24 | 00:08:40.10 | 5:22   | 11.1 |

**KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 1 MILA, M-OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                      | M-scowość  | Kraj | Kat.   | M. kat | K/M  | Netto       | min/km | km/h |
|------|------------------------|-----|---------------------------|------------|------|--------|--------|------|-------------|--------|------|
| 25   | WIŚNIEWSKI PAWEŁ       | 292 | FOOTBALL ACADEMY KOSZALIN | KONIKOWO   | POL  | M-OPEN | 25     | M 25 | 00:09:09.80 | 5:41   | 10.5 |
| 26   | BEK KACPER             | 245 | GRYF LOK BIAŁOGARD        | BIAŁOGARD  | POL  | M-OPEN | 26     | M 26 | 00:09:41.90 | 6:01   | 10   |
| 27   | ROGANOWSKI RAFAŁ       | 279 |                           | KOSZALIN   | POL  | M-OPEN | 27     | M 27 | 00:09:57.65 | 6:10   | 9.7  |
| 28   | ROGANOWSKI KRZYSZTOF   | 281 |                           | ZŁOCIENIEC | POL  | M-OPEN | 28     | M 28 | 00:09:58.10 | 6:11   | 9.7  |
| 29   | ROGANOWSKI HUBERT      | 280 |                           | KOSZALIN   | POL  | M-OPEN | 29     | M 29 | 00:09:58.50 | 6:11   | 9.7  |
| 30   | KRACZKOWSKI MARCEL     | 267 |                           | KOSZALIN   | POL  | M-OPEN | 30     | M 30 | 00:10:19.65 | 6:25   | 9.3  |
| 31   | KRAMARZ STANISŁAW      | 269 | ROSSBIEGANI               | KOSZALIN   | POL  | M-OPEN | 31     | M 31 | 00:10:31.50 | 6:31   | 9.2  |
| 32   | IMIOŁEK MARCEL         | 257 |                           | KOSZALIN   | POL  | M-OPEN | 32     | M 32 | 00:10:36.50 | 6:35   | 9.1  |
| 33   | SKOWRON ADAM           | 284 | CSSP                      | KOSZALIN   | POL  | M-OPEN | 33     | M 33 | 00:10:45.55 | 6:40   | 9    |
| 34   | KAZIMIERCZAK LESZEK    | 298 | CSSP                      | KOSZALIN   | POL  | M-OPEN | 34     | M 34 | 00:10:46.60 | 6:41   | 9    |
| 35   | RABKA MICHAŁ           | 277 |                           | KOSZALIN   | POL  | M-OPEN | 35     | M 35 | 00:10:50.30 | 6:43   | 8.9  |
| 36   | KOMOROWSKI MAKSYMILIAN | 265 | SP 10                     | KOSZALIN   | POL  | M-OPEN | 36     | M 36 | 00:11:42.90 | 7:16   | 8.2  |
| 37   | RABKA JAKUB            | 278 |                           | KOSZALIN   | POL  | M-OPEN | 37     | M 37 | 00:12:16.75 | 7:37   | 7.9  |
| 38   | DYBA RYSZARD           | 249 |                           | KOSZALIN   | POL  | M-OPEN | 38     | M 38 | 00:12:17.00 | 7:37   | 7.9  |
| 39   | ZDROWIECKI IGOR        | 295 |                           | KOSZALIN   | POL  | M-OPEN | 39     | M 39 | 00:12:21.20 | 7:40   | 7.8  |
| 40   | BARTNIK MARIAN         | 244 | TKKF KOSZALIN             | KOSZALIN   | POL  | M-OPEN | 40     | M 40 | 00:12:33.55 | 7:47   | 7.7  |