

**XIV KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM - ATEST PZLA**

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
 Data: 2023-12-30  
 Miejsce: Koszalin  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.


**XIV KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM - ATEST PZLA, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	3.3km	Netto	min/km	km/h
1	SOKOŁOWSKI RYSZARD	2	LKB.IM BRACI PETK	SŁUPSK	POL	M30	1	M 1	00:04:57	00:10:19	00:15:33.75	3:06	19.3
2	JEFIMCZYK NORBERT	136	AML SŁUPSK	SŁUPSK	POL	M18	1	M 2	00:04:57	00:10:19	00:15:38.65	3:07	19.2
3	PIOTRASCHKE PAWEŁ	225	AML SŁUPSK	SŁUPSK	POL	M40	1	M 3	00:04:58	00:10:31	00:16:14.70	3:14	18.5
4	CZERNIEWSKI MARCIN	96	AML SŁUPSK	SŁUPSK	POL	M30	2	M 4	00:04:56	00:10:34	00:16:21.85	3:16	18.3
5	PROWANCKI PATRYK	227	KS WILKI POMORSKIE	KOSZALIN	POL	M18	2	M 5	00:04:58	00:10:47	00:16:44.95	3:20	17.9
6	WENT JAKUB	54		LEBA	POL	M40	2	M 6	00:05:18	00:11:07	00:16:46.75	3:21	17.9
7	KARCZ ARTUR	142		MRZEŻYNO	POL	M40	3	M 7	00:05:16	00:11:11	00:17:12.40	3:26	17.4
8	TROJAK JAKUB	281	AML SŁUPSK	KOSZALIN	POL	M14	1	M 8	00:05:22	00:11:14	00:17:20.95	3:28	17.3
9	SIADAK ARKADIUSZ	242		KOSZALIN	POL	M40	4	M 9	00:05:26	00:11:36	00:17:43.80	3:32	16.9
10	MAKOWSKI MAREK	184	INDYWIDUALNIE	LISOWO	POL	M18	3	M 10	00:05:10	00:11:25	00:17:44.90	3:32	16.9
11	RUDNIKOWSKI MACIEJ	235	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	DARŁOWO	POL	M40	5	M 11	00:05:33	00:11:51	00:17:56.10	3:35	16.7
12	KASZTELAN MICHAŁ	147	3LITERY	KOSZALIN	POL	M14	2	M 12	00:05:31	00:11:45	00:17:59.75	3:35	16.7
13	GUZOWSKI DARIUSZ	121	TALEX BORZYTUCHOM	CETYŃ	POL	M50	1	M 13	00:05:32	00:11:50	00:18:01.70	3:36	16.7
14	MIKODA GRZEGORZ	195		BIAŁOGARD	POL	M40	6	M 14	00:05:34	00:11:52	00:18:07.95	3:37	16.6
15	SMOŁUCH MARCIN	249	KB.BRYZA POSTOMINO	MASŁOWICE	POL	M30	3	M 15	00:05:40	00:12:01	00:18:25.40	3:41	16.3
16	GLĄZOWSKI JACEK	113	ZALEWSKI PERFORMANCE ACADEMY/LUNA NIECHORZE	SZCZECIN	POL	M50	2	M 16	00:05:32	00:12:02	00:18:30.95	3:42	16.2
17	CHMIELEWSKI TOMASZ	90		BARWICE	POL	M40	7	M 17	00:05:36	00:12:03	00:18:40.05	3:44	16.1
18	TOMKOWSKI PRZEMYSŁAW	279	CHRYSTUS KRÓLEM	BIAŁY BÓR	POL	M30	4	M 18	00:05:42	00:12:20	00:18:43.95	3:44	16
19	ZDANIUKIEWICZ GRZEGORZ	53		KAWCZE	POL	M30	5	M 19	00:05:56	00:12:22	00:18:50.35	3:46	15.9
20	KLIMOWICZ MICHAŁ	154		KOSZALIN	POL	M30	6	M 20	00:05:51	00:12:21	00:18:50.40	3:46	15.9
21	ŚLEDZ ŁUKASZ	272		SŁAWNO	POL	M18	4	M 21	00:05:55	00:12:22	00:18:57.35	3:47	15.8
22	JANISZEWSKI MAREK	131		BYTÓW	POL	M40	8	M 22	00:05:44	00:12:21	00:19:08.25	3:49	15.7
23	SZULC AREK ARBUZ	270	7PROTEAM	KOSZALIN	POL	M40	9	M 23	00:06:11	00:12:50	00:19:08.80	3:49	15.7
24	KOWALSKI DAMIAN	162	KB BRYZA POSTOMINO	STARY KRAKÓW	POL	M30	7	M 24	00:05:46	00:12:30	00:19:17.20	3:51	15.6
25	SZOPIŃSKI TOMASZ	268	KB BRYZA POSTOMINO	NACMIERZ	POL	M40	10	M 25	00:06:00	00:12:49	00:19:27.50	3:53	15.4
26	WITKIEWICZ MATEUSZ	1	KB DZIESIĄTKA BIAŁOGARD	BIAŁOGARD	POL	M18	5	M 26	00:05:51	00:12:44	00:19:29.55	3:53	15.4
27	PACYNA DANIEL	211	FUNDACJA ZASTOPIJ	SJANÓW	POL	M40	11	M 27	00:05:52	00:12:38	00:19:29.95	3:53	15.4
28	ZATOŃ OLGA	60		ŚWIDWIN	POL	K30	1	K 1	00:06:01	00:12:47	00:19:30.10	3:54	15.4
29	KRYGER PATRYK	168	CRITERS TEAM	TCZEW	POL	M14	3	M 28	00:05:44	00:12:48	00:19:35.10	3:55	15.3
30	SMAGOWSKI WOJTEK	248	OSP RABINO	RABINO	POL	M40	12	M 29	00:05:59	00:12:50	00:19:38.30	3:55	15.3
31	WALEŃSKI MICHAŁ	3	TKKF KOSZALIN	SKIBIENKO	POL	M40	13	M 30	00:06:19	00:13:09	00:19:46.50	3:57	15.2
32	PICK TOMASZ	220	BIEGOLAS KOSZALIN / KORONA	KOSZALIN	POL	M50	3	M 31	00:06:17	00:13:12	00:19:49.75	3:57	15.1
33	BOLECHOWSKI CZESZY	79		USTRONIE MORSKIE	POL	M18	6	M 32	00:05:48	00:12:49	00:19:50.85	3:58	15.1
34	WITKIEWICZ ERYK	56	KB DZIESIĄTKA BIAŁOGARD	BIAŁOGARD	POL	M40	14	M 33	00:06:18	00:13:13	00:19:53.45	3:58	15.1
35	PEKAŁA MIKOŁAJ	218		KOSZALIN	POL	M18	7	M 34	00:06:03	00:12:58	00:19:58.70	3:59	15
36	BARTHA TOMASZ	68		KOŁOBRZEG	POL	M14	4	M 35	00:06:12	00:13:29	00:20:25.50	4:05	14.7
37	WEBER PAWEŁ	286	BIEGOLAS	KOSZALIN	POL	M40	15	M 36	00:06:19	00:13:21	00:20:26.55	4:05	14.7
38	ŚNIEŻKO MARCIN	274	TKKF KOSZALIN	KOSZALIN	POL	M40	16	M 37	00:06:19	00:13:26	00:20:36.00	4:07	14.6
39	BARTHA ADRIAN	67		KOŁOBRZEG	POL	M30	8	M 38	00:06:12	00:13:30	00:20:46.80	4:09	14.4
40	SZKOŁUDA SABINA	266	NICE'SRUNNERSTEAM	KOSZALIN	POL	K18	1	K 2	00:06:31	00:13:43	00:20:50.30	4:10	14.4
41	KOZIEŁ PAWEŁ	163	JJ RUNNERS TEAM	RABINO	POL	M40	17	M 39	00:06:50	00:14:02	00:20:51.75	4:10	14.4
42	KOŚCIELNIAK ROBERT	158	TKKF KOSZALIN	KOSZALIN	POL	M50	4	M 40	00:06:30	00:13:47	00:20:54.65	4:10	14.4
43	KULCZYK JERZY	172		TYCHOWO	POL	M60	1	M 41	00:06:18	00:13:41	00:21:01.45	4:12	14.3
44	OLSZAK JAKUB	206		KOSZALIN	POL	M14	5	M 42	00:06:29	00:13:44	00:21:05.60	4:13	14.2

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	3.3km	Netto	min/km	km/h
45	KISIELEWICZ KRZYSZTOF	151	KORZYBSKIE REKINY	KORZYBIE	POL	M30	9	M 43	00:06:48	00:14:01	00:21:06.70	4:13	14.2
46	ŻURAWIK PIOTR	55	GM KĘPICE	KĘPICE	POL	M50	5	M 44	00:06:33	00:13:56	00:21:17.60	4:15	14.1
47	WIZE MAŁGORZATA	52		SŁUPSK	POL	K40	1	K 3	00:06:26	00:13:50	00:21:19.55	4:15	14.1
48	LUBLEWSKI DAWID	179	BIEGOLAS	KOSZALIN	POL	M30	10	M 45	00:06:24	00:13:52	00:21:21.10	4:16	14.1
49	CHMIELEWICZ HUBERT	89		SŁAWNO	POL	M18	8	M 46	00:07:00	00:14:27	00:21:25.40	4:17	14
50	BAJGERT ROBERT	66	VOLTAIX.PL	KOŁOBRZEG	POL	M50	6	M 47	00:06:49	00:14:13	00:21:33.90	4:18	13.9
51	KASZTELAN URSZULA	146	TRIATHLON TKKF KOSZALIN	KOSZALIN	POL	K30	2	K 4	00:06:22	00:14:10	00:21:39.10	4:19	13.9
52	IWANIEC DARIUSZ	129	TKKF KOSZALIN	SIERAKOWO	POL	M40	18	M 48	00:06:45	00:14:15	00:21:39.20	4:19	13.9
53	KRACZKOWSKI PRZEMYSŁAW	165		KOSZALIN	POL	M40	19	M 49	00:06:53	00:14:16	00:21:41.30	4:20	13.8
54	DZIUBEK HENRYK	103	FUNDACJA ZASTOPIJ	SIANÓW	POL	M40	20	M 50	00:06:30	00:14:09	00:21:41.70	4:20	13.8
55	MAZUREK MARCIN	191		WARSZAWA	POL	M40	21	M 51	00:06:48	00:14:16	00:21:43.95	4:20	13.8
56	MAZIEC BEATA	190	TKKF KOSZALIN	KOSZALIN	POL	K30	3	K 5	00:06:50	00:14:22	00:21:46.60	4:21	13.8
57	KURKOWSKI PIOTR	174		KOSZALIN	POL	M30	11	M 52	00:06:48	00:14:25	00:21:57.35	4:23	13.7
58	SAWICKI MARCIN	241		KOSZALIN	POL	M30	12	M 53	00:07:00	00:14:47	00:22:04.05	4:24	13.6
59	MARCZUK MAKSYMILIAN	189		BARWINO	POL	M18	9	M 54	00:06:59	00:14:45	00:22:06.65	4:25	13.6
60	KĘPA MARTYNA	150	BRAK	BYTÓW	POL	K18	2	K 6	00:07:00	00:14:44	00:22:06.95	4:25	13.6
61	GAŁKOWSKI MARCIN	110	BIEGOLAS	NOWE BIELICE	POL	M30	13	M 55	00:06:29	00:14:16	00:22:07.05	4:25	13.6
62	GAŁGAŃSKI JAN	108		WROCLAW	POL	M18	10	M 56	00:07:24	00:15:14	00:22:10.00	4:26	13.5
63	PRĘDKI GRZEGORZ	226	KB BRYZA POSTOMINO	DARŁOWO	POL	M30	14	M 57	00:07:09	00:14:52	00:22:21.90	4:28	13.4
64	MOKRZYCKI MICHAŁ	198		KOSZALIN	POL	M18	11	M 58	00:07:11	00:15:04	00:22:23.60	4:28	13.4
65	TOMKOWSKI TOMASZ	277	FUNDACJA ZASTOPIJ	SIANÓW	POL	M18	12	M 59	00:07:47	00:15:22	00:22:24.35	4:28	13.4
66	RYBAK DARIA	237	GAMMAXRUN	KOSZALIN	POL	K40	2	K 7	00:06:57	00:14:37	00:22:25.95	4:29	13.4
67	KOZAK GRZEGORZ	4	FPP	KOSZALIN	POL	M50	7	M 60	00:06:57	00:14:37	00:22:26.15	4:29	13.4
68	RETERSKI DAMIAN	232		KOSZALIN	POL	M18	13	M 61	00:07:09	00:15:02	00:22:27.45	4:29	13.4
69	JANDERNAL LENA	61		ZIELIN	POL	K-OPEN	1	K 8	00:07:04	00:15:28	00:22:31.00	4:30	13.3
70	KURKOWSKI SYLWESTER	173		DARŁOWO	POL	M50	8	M 62	00:06:44	00:14:37	00:22:33.90	4:30	13.3
71	SKLENARSKI PIOTR	244		KOSZALIN	POL	M50	9	M 63	00:07:16	00:15:03	00:22:34.95	4:30	13.3
72	SUCHANOWSKI ZYGMUNT	259	RESPECT LOTYŃ	LOTYŃ	POL	M50	10	M 64	00:06:51	00:14:48	00:22:44.60	4:32	13.2
73	GAWRYSIAK PRZEMYSŁAW	111		WŁODARKA	POL	M40	22	M 65	00:07:07	00:14:58	00:22:48.45	4:33	13.2
74	PEKAŁA PIOTR	219	SOSW KOSZALIN	KOSZALIN	POL	M50	11	M 66	00:07:22	00:15:14	00:22:49.65	4:33	13.1
75	BUDZIŃSKI PAWEŁ	84	DRUŻYNA SZPIKU	KONIKOWO	POL	M40	23	M 67	00:07:17	00:15:15	00:22:52.20	4:34	13.1
76	JAROSIK MARIUSZ	133		MANOWO	POL	M50	12	M 68	00:06:57	00:15:01	00:22:53.15	4:34	13.1
77	HOREGLAD PAWEŁ	128	SPEEDY GONZALES	KOSZALIN	POL	M18	14	M 69	00:07:19	00:15:16	00:22:56.70	4:35	13.1
78	GUDANIEC KATARZYNA	119	TRIATHLON TKKF KOSZALIN	KOSZALIN	POL	K30	4	K 9	00:06:54	00:14:25	00:23:00.25	4:36	13
79	BIESEK KRZYSZTOF	70	-	KOSZALIN	POL	M40	24	M 70	00:07:02	00:15:01	00:23:04.10	4:36	13
80	NIEWIADA MAREK	200		ŚWINOUJŚCIE	POL	M40	25	M 71	00:07:06	00:15:06	00:23:11.60	4:38	12.9
81	CZERNIAK GRACJAN	95		KOSZALIN	POL	M40	26	M 72	00:07:27	00:15:31	00:23:12.05	4:38	12.9
82	HAMALA MARCIN	124		KOSZALIN	POL	M40	27	M 73	00:07:12	00:15:17	00:23:14.45	4:38	12.9
83	CZAPLIŃSKI JACEK	94	NICE'S RUNNERS TEAM	KOSZALIN	POL	M40	28	M 74	00:07:12	00:15:17	00:23:15.10	4:39	12.9
84	PSUJEK SEWERYN	229	POLSKA	SŁUPSK	POL	M30	15	M 75	00:06:54	00:15:03	00:23:24.90	4:40	12.8
85	BOJANOWSKI MICHAŁ	78	KOŁOBRZEG BIEGA	KOŁOBRZEG	POL	M40	29	M 76	00:07:11	00:15:14	00:23:30.95	4:42	12.8
86	HOPE PRZEMYSŁAW	127	KORONA SZCZECIN	KOSZALIN	POL	M18	15	M 77	00:07:02	00:15:14	00:23:31.15	4:42	12.8
87	KOWALCZYK MARCIN	161		NIEKŁONICE	POL	M40	30	M 78	00:07:28	00:15:37	00:23:36.90	4:43	12.7
88	MICHAŁAK ADAM	193		KOSZALIN	POL	M18	16	M 79	00:07:27	00:15:45	00:23:37.45	4:43	12.7
89	DROŹDŻAL JAROSŁAW	101	WOLNY STRZELEC	KOSZALIN	POL	M40	31	M 80	00:07:00	00:15:00	00:23:38.00	4:43	12.7
90	BOCZEK BARTŁOJEM	73		KOSZALIN	POL	M18	17	M 81	00:07:16	00:15:29	00:23:42.45	4:44	12.7
91	KOWALCZYK KAROL	159	KOWALCZYK.EU	PRZYTYK	POL	M40	32	M 82	00:07:21	00:15:34	00:23:44.35	4:44	12.6
92	FLIS ANNA	106	WŚCIEKŁE PIĘŚCI MOPSÓW	KOSZALIN	POL	K30	5	K 10	00:07:54	00:16:08	00:23:55.30	4:47	12.5
93	TOMASZEWICZ MAGDALENA	276		KINOWO	POL	K40	3	K 11	00:07:05	00:15:36	00:23:59.35	4:47	12.5
94	GIEDROWICZ ALEKSANDRA	112		KOSZALIN	POL	K30	6	K 12	00:07:03	00:15:36	00:24:01.10	4:48	12.5
95	DIDŁUCH JACEK	100	KARLINOBIEGAJ	POBŁOCIE WIELKIE	POL	M40	33	M 83	00:07:08	00:15:26	00:24:01.35	4:48	12.5
96	KRZEWIŃSKA MAŁGORZATA	169	TKKF KOSZALIN	KOSZALIN	POL	K60+	1	K 13	00:07:32	00:15:51	00:24:07.35	4:49	12.4
97	GÓRA ROMAN	115	TKKF KOSZALIN	KOSZALIN	POL	M60	2	M 84	00:07:42	00:16:08	00:24:10.65	4:50	12.4
98	OLSZAK GRZEGORZ	205		KOSZALIN	POL	M40	34	M 85	00:07:32	00:16:01	00:24:12.05	4:50	12.4
99	ORŁOWSKI PAWEŁ	208		SIANÓW	POL	M50	13	M 86	00:07:28	00:15:53	00:24:13.90	4:50	12.4
100	BOGACKI TOMASZ	75	TKKF KOSZALIN	KOSZALIN	POL	M60	3	M 87	00:07:42	00:16:07	00:24:16.05	4:51	12.4
101	GOŁDYN MAREK	114	KORMAX.COM.PL	KOSZALIN	POL	M40	35	M 88	00:08:16	00:16:33	00:24:16.50	4:51	12.4

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M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	3.3km	Netto	min/km	km/h
102	MRUGALSKA MAGDALENA	199	JW1223	KOSZALIN	POL	K30	7	K 14	00:07:33	00:16:01	00:24:25.60	4:53	12.3
103	STACHURA DANIEL	254		KOŁOBRZEG	POL	M18	18	M 89	00:15:55	00:24:27.75		4:53	12.3
104	NOWACZYK CHRISTIAN	202		BOBOLIN	POL	M18	19	M 90	00:07:31	00:16:02	00:24:29.05	4:53	12.3
105	PRZYGÓCKI SYLWESTER	228	LION STRONG TEAM	SIEMIANICE	POL	M30	16	M 91	00:08:08	00:16:15	00:24:35.50	4:55	12.2
106	WALCZAK ANNA	284		MALECHÓWKO	POL	K30	8	K 15	00:07:40	00:16:14	00:24:36.65	4:55	12.2
107	PAWŁOWSKI GRZEGORZ	216	GAMMAXRUN	MIELNO	POL	M40	36	M 92	00:07:48	00:16:43	00:24:44.30	4:56	12.1
108	NOWOTKA PIOTR	203	FUNDACJA ZASTOPIJ	SIANÓW	POL	M30	17	M 93	00:07:21	00:16:15	00:24:44.55	4:56	12.1
109	SILSKI MICHAŁ	243		KOSZALIN	POL	M30	18	M 94	00:08:57	00:17:11	00:24:48.95	4:57	12.1
110	JAROSIK MONIKA	134		MANOWO	POL	K40	4	K 16	00:07:21	00:16:05	00:24:49.50	4:57	12.1
111	KANIEWSKI JACEK	141	W. P. K SŁOŃ TEAM USTKA	SŁAWNO	POL	M40	37	M 95	00:07:41	00:16:12	00:24:55.45	4:59	12
112	KAŻMIERCZAK TOMASZ	149	JW 3937	KOSZALIN	POL	M40	38	M 96	00:07:56	00:16:30	00:24:57.05	4:59	12
113	KUBIAK KATARZYNA	171		GNIEZNO	POL	K40	5	K 17	00:07:47	00:16:27	00:25:05.20	5:01	12
114	GRABOWSKA-LESISZ ANETA	117		KOSZALIN	POL	K40	6	K 18	00:07:36	00:16:20	00:25:07.40	5:01	11.9
115	HAŁAJKO MAGDALENA	122	TKKF KOSZALIN	KOSZALIN	POL	K40	7	K 19	00:07:43	00:16:23	00:25:08.90	5:01	11.9
116	TOMKOWSKI KRZYSZTOF	278		BIAŁY BÓR	POL	M30	19	M 97	00:07:49	00:16:46	00:25:15.70	5:03	11.9
117	BADOWSKA AGNIESZKA	64		KOSZALIN	POL	K40	8	K 20	00:07:33	00:16:30	00:25:22.50	5:04	11.8
118	RYBAK PRZEMYSŁAW	238	GAMMAXRUN	KOSZALIN	POL	M40	39	M 98	00:07:51	00:16:39	00:25:23.05	5:04	11.8
119	WOŹNIAK IRENEUSZ	57		TATÓW	POL	M30	20	M 99	00:08:18	00:17:13	00:25:23.50	5:04	11.8
120	KLENIEWSKI PIOTR	153		KOSZALIN	POL	M60	4	M 100	00:07:59	00:16:52	00:25:23.85	5:04	11.8
121	MICERSKI TOMASZ	192	TKKF KOSZALIN	KOSZALIN	POL	M40	40	M 101	00:07:52	00:16:46	00:25:29.60	5:05	11.8
122	BOGACKA LUCYNA	74	TKKF KOSZALIN	KOSZALIN	POL	K60+	2	K 21	00:08:02	00:16:47	00:25:32.55	5:06	11.7
123	BAHR MARZENA	65		KRAKÓW	POL	K30	9	K 22	00:08:00	00:16:54	00:25:33.90	5:06	11.7
124	URBAŃSKI TOMASZ	283	BIAŁOGARD BIEGA	BIAŁOGARD	POL	M50	14	M 102	00:08:11	00:17:08	00:25:34.40	5:06	11.7
125	RAHOZA SZYMON	231	LION STRONG TEAM	SIEMIANICE	POL	M40	41	M 103	00:08:21	00:17:11	00:25:35.05	5:07	11.7
126	GÓRALSKA MONIKA	116	BIAŁOGARD BIEGA	BIAŁOGARD	POL	K40	9	K 23	00:08:10	00:17:08	00:25:35.20	5:07	11.7
127	JASIENIECKI PIOTR	135		KOSZALIN	POL	M50	15	M 104	00:08:16	00:17:11	00:25:37.50	5:07	11.7
128	ANGRYŚ MACIEJ	62	FUNDACJA ZASTOPIJ	SIANÓW	POL	M30	21	M 105	00:08:27	00:17:13	00:25:37.85	5:07	11.7
129	FIGARSKI LESZEK	183		KOSZALIN	POL	M40	42	M 106	00:07:49	00:16:28	00:25:39.40	5:07	11.7
130	SKOWYRSKI JANUSZ	245	TKKF KOSZALIN	KOSZALIN	POL	M60	5	M 107	00:07:46	00:16:37	00:25:40.15	5:08	11.7
131	MANDZIAK PIOTR	186		KONIKOWO	POL	M30	22	M 108	00:07:42	00:16:55	00:25:43.25	5:08	11.7
132	BOGUSZEWSKA-KAŻMIERCZAK AGNIESZKA	76	ZASAPANI HYDRO TRZCIANKA	TRZCIANKA	POL	K40	10	K 24	00:08:12	00:17:06	00:25:43.50	5:08	11.7
133	TRAPP SEBASTIAN	280	LION STRONG TEAM	SIEMIANICE	POL	M40	43	M 109	00:08:20	00:17:10	00:25:47.25	5:09	11.6
134	PAWŁOWSKA MAGDALENA	214	GAMMAXRUN	MIELNO	POL	K40	11	K 25	00:07:51	00:16:47	00:25:57.65	5:11	11.6
135	ZAREMBA TOMASZ	6		KOSZALIN	POL	M40	44	M 110	00:08:08	00:17:08	00:25:58.80	5:11	11.6
136	ORŁOWSKI BARTOSZ	207		KOSZALIN	POL	M40	45	M 111	00:07:57	00:16:57	00:25:59.95	5:11	11.5
137	RUDZIŃSKI BRONISŁAW	5		KOSZALIN	POL	M60	6	M 112	00:07:51	00:16:52	00:26:00.00	5:12	11.5
138	PIECHOTA ROBERT	221		KOSZALIN	POL	M50	16	M 113	00:07:48	00:17:10	00:26:25.90	5:17	11.4
139	BOJANOWSKA NIKOLA	77		KOŁOBRZEG	POL	K18	3	K 26	00:08:02	00:17:15	00:26:33.85	5:18	11.3
140	KASZUBA TOMASZ	148		KOSZALIN	POL	M50	17	M 114	00:07:50	00:17:21	00:26:41.45	5:20	11.2
141	SUDER-MAKSYMOWICZ GRZEGORZ	261		USTRONIE MORSKIE	POL	M40	46	M 115	00:08:10	00:17:11	00:26:43.00	5:20	11.2
142	MISZTAŁ ARKADIUSZ	197		BOBOLICE	POL	M40	47	M 116	00:08:01	00:17:18	00:26:46.65	5:21	11.2
143	OSOBNIAK RYSZARD	209		KOSZALIN	POL	M60	7	M 117	00:08:29	00:17:49	00:26:54.55	5:22	11.2
144	DYMEK REMEK	102		HAMELN	POL	M50	18	M 118	00:08:00	00:17:42	00:27:24.80	5:28	10.9
145	NIEWIADA JAROSŁAW	201		KOTLIN	POL	M50	19	M 119	00:08:07	00:17:48	00:27:26.60	5:29	10.9
146	PIETRZYKOWSKI MATEUSZ	224		KOSZALIN	POL	M30	23	M 120	00:08:55	00:18:57	00:28:16.40	5:39	10.6
147	CHOMA EDYTA	91		KOSZALIN	POL	K30	10	K 27	00:08:47	00:18:38	00:28:33.70	5:42	10.5
148	KOS JAN	157	FUNDACJA ZASTOPIJ	SIANÓW	POL	M50	20	M 121	00:08:27	00:18:29	00:28:38.75	5:43	10.5
149	KONISZEWSKI MARCIN	156		SZCZECINEK	POL	M40	48	M 122	00:09:28	00:19:29	00:28:39.90	5:43	10.5
150	DZIUGA DAGMARA	104		RADYMNO	POL	K18	4	K 28	00:08:36	00:18:43	00:28:41.05	5:44	10.5
151	BŁĄŻEJCZAK-BOGUCA PAULINA	71		LUBIN	POL	K30	11	K 29	00:08:45	00:18:52	00:28:45.45	5:45	10.4
152	KOWALCZYK KAROLINA	160		KOSZALIN	POL	K40	12	K 30	00:09:10	00:19:16	00:28:47.00	5:45	10.4
153	BUTOWICZ ADAM	86		SZCZECINEK	POL	M60	8	M 123	00:08:52	00:19:05	00:28:51.65	5:46	10.4
154	KOZŁOWIECKI WALDEMAR	164	TKKF KOSZALIN	KOSZALIN	POL	M70+	1	M 124	00:08:54	00:19:07	00:28:53.25	5:46	10.4
155	SKRZYPCZYK JOANNA	246	DARŁOWSKIE CHARTY	KOSZALIN	POL	K40	13	K 31	00:09:06	00:18:54	00:28:56.85	5:47	10.4
156	PEŁKA IWONA	217		KOSZALIN	POL	K50	1	K 32	00:09:16	00:19:37	00:29:22.45	5:52	10.2
157	MISZTAŁ WIKTORIA	196		BOBOLICE	POL	K18	5	K 33	00:08:53	00:18:59	00:29:26.55	5:53	10.2
158	GAŁKOWSKA HANNA	109	BIEGOLAS	NOWE BIELICE	POL	K30	12	K 34	00:09:09	00:19:13	00:29:39.50	5:55	10.1

**XIV KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM - ATEST PZLA, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	3.3km	Netto	min/km	km/h
159	SLEDŹ PRZEMYSŁAW	273		KOSZALIN	POL	M40	49	M 125	00:08:49	00:18:57	00:29:40.05	5:56	10.1
160	RADZIMSKI MARCEL	230	RADZIMSCY.PL	ŚWIEMINO	POL	M18	20	M 126	00:07:52	00:18:12	00:29:41.30	5:56	10.1
161	KRAJEWSKI ROBERT	166		KOSZALIN	POL	M30	24	M 127	00:09:09	00:19:15	00:29:43.20	5:56	10.1
162	SUCHANOWSKA ANNA	258	RESPECT LOTYŃ	LOTYŃ	POL	K50	2	K 35	00:09:22	00:19:34	00:29:48.55	5:57	10.1
163	BORUSIŃSKA MARTA	80		SARBINOWO	POL	K40	14	K 36	00:09:19	00:19:24	00:29:59.30	5:59	10
164	WIERZBICKI KACPER	59		KOSZALIN	POL	M30	25	M 128	00:09:31	00:19:50	00:29:59.60	5:59	10
165	SOKOŁOWSKA TOLA	251		KOSZALIN	POL	K40	15	K 37	00:09:19	00:19:24	00:29:59.95	5:59	10
166	PAUL ANDRZEJ	212	FUNDACJA ZASTOPIJ	SIANÓW	POL	M40	50	M 129	00:08:47	00:19:21	00:30:14.20	6:02	9.9
167	BUTYŃSKA-RADZIWIW EDYTA	87		KOSZALIN	POL	K40	16	K 38	00:09:07	00:19:39	00:30:19.35	6:03	9.9
168	KARPIŃSKI MARCIN	143	GUMIS TEAM	KOSZALIN	POL	M30	26	M 130	00:09:25	00:19:38	00:30:22.80	6:04	9.9
169	ŁUKAWSKA POLA	180		CEWLINO	POL	K14	1	K 39	00:08:59	00:19:27	00:30:29.65	6:05	9.8
170	SADOWSKI ZBIGNIEW	239	FUNDACJA ZASTOPIJ	SIANÓW	POL	M50	21	M 131	00:09:25	00:20:02	00:30:42.70	6:08	9.8
171	MARCZAK MAŁGORZATA	187	WPK SŁOŃ TEAM	ŻELKOWO	POL	K60+	3	K 40	00:09:29	00:20:05	00:30:46.40	6:09	9.8
172	HELLER ZDZISŁAW	126		KOSZALIN	POL	M60	9	M 132	00:09:27	00:20:04	00:30:47.95	6:09	9.7
173	BORZYKOWSKI RAFAŁ	81	MIASTKO	MIASTKO	POL	M40	51	M 133	00:09:38	00:20:15	00:30:52.80	6:10	9.7
174	PIETRYKA ARTUR	223	KARLINOBIEGAJ	KARLINO	POL	M40	52	M 134	00:09:17	00:20:02	00:31:11.55	6:14	9.6
175	HARASYM DANIEL	125		SIANÓW	POL	M40	53	M 135	00:09:48	00:20:37	00:31:20.05	6:16	9.6
176	SOSNOWSKI TOMASZ	252	TKKF KOSZALIN	KOSZALIN	POL	M30	27	M 136	00:09:11	00:20:19	00:31:21.35	6:16	9.6
177	PAWŁOWSKA MAŁGORZATA	215		KOSZALIN	POL	K18	6	K 41	00:09:12	00:20:20	00:31:21.85	6:16	9.6
178	KARŻANOWSKI ALEKSANDER	145		KOSZALIN	POL	M30	28	M 137	00:09:45	00:21:18	00:31:28.70	6:17	9.5
179	BEDNARZ KATARZYNA	69		KOŁOBRZEG	POL	K40	17	K 42	00:09:48	00:20:55	00:31:31.00	6:18	9.5
180	MAKSYLEWICZ DANIELA	185	DANIELA	ŁOBEZ	POL	K18	7	K 43	00:09:32	00:20:46	00:31:32.15	6:18	9.5
181	WALO ZBIGNIEW	285		KOSZALIN	POL	M60	10	M 138	00:09:32	00:20:31	00:31:36.10	6:19	9.5
182	SUDER-MAKSYMOWICZ MONIKA	260		USTRONIE MORSKIE	POL	K40	18	K 44	00:10:15	00:21:15	00:31:58.90	6:23	9.4
183	CHINC AGNIESZKA	88		KOŁOBRZEG	POL	K30	13	K 45	00:09:32	00:21:03	00:32:28.70	6:29	9.2
184	TOMASZEWICZ AGNIESZKA	275		KOŁOBRZEG	POL	K40	19	K 46	00:09:32	00:21:02	00:32:28.80	6:29	9.2
185	STANKIEWICZ-MAJKOWSKA JOANNA	255	TKKF MASTERS KOSZALIN	KOSZALIN	POL	K50	3	K 47	00:10:15	00:21:15	00:32:39.70	6:31	9.2
186	GUDANIEC DOROTA	118	TRIATHLON TKKF KOSZALIN	KOSZALIN	POL	K60+	4	K 48	00:10:16	00:21:16	00:32:40.20	6:32	9.2
187	JUSZCZAK KRZYSZTOF	137		KOSZALIN	POL	M60	11	M 139	00:09:29	00:21:04	00:32:57.85	6:35	9.1
188	ULIŃSKI MICHAŁ	282		KOSZALIN	POL	M40	54	M 140	00:09:53	00:21:53	00:33:19.55	6:39	9
189	WROBLEWSKI JERZY	58	PARKRUN SZCZECINEK	SZCZECINEK	POL	M60	12	M 141	00:10:30	00:21:58	00:33:56.90	6:47	8.8
190	CICHOSZ JERZY	92		KOSZALIN	POL	M70+	2	M 142	00:10:14	00:22:28	00:34:53.95	6:58	8.6
191	SUSKI JAN	262	TKKF KOSZALIN	KOSZALIN	POL	M70+	3	M 143	00:09:58	00:21:42	00:35:36.75	7:07	8.4
192	KWOLEK MACIEJ	176		KOSZALIN	POL	M40	55	M 144	00:10:24	00:23:18	00:36:01.40	7:12	8.3
193	MARCZAK ANDRZEJ	188	WPK SŁOŃ TEAM	ŻELKOWO	POL	M60	13	M 145	00:11:01	00:23:39	00:36:52.45	7:22	8.1
194	FELIŃSKA ANNA	105	LION STRONG TEAM	SIEMIANICE	POL	K30	14	K 49	00:11:02	00:23:39	00:36:52.80	7:22	8.1
195	DAMASZEK-TECLAF MARIA	98	LION STRONG TEAM	SIEMIANICE	POL	K40	20	K 50	00:11:03	00:23:40	00:36:53.00	7:22	8.1
196	JANAS KAROLINA	130	TKKF MASTERS KOSZALIN	KOSZALIN	POL	K30	15	K 51	00:11:15	00:24:40	00:38:23.15	7:40	7.8
197	BUDZYŃSKA ELŻBIETA	85		SŁUPSK	POL	K50	4	K 52	00:14:03	00:31:02	00:47:23.80	9:28	6.3
198	ZARZYCKA WERONIKA	50		KOSZALIN	POL	K30	16	K 53	00:09:49			6:08	9.8