

MISTRZOSTWA MASTERS W BIEGU GÓRSKIM - 10KM

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
 Data: 2024-04-13
 Miejsce: Koszalin
 Dystans: 10 km
 Klasyfikacja wg czasów netto.


MISTRZOSTWA MASTERS W BIEGU GÓRSKIM - 10KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5km | Netto | min/km | km/h |
|------|----------------------------|-----|--------------------------------------|-------------------|------|---------|--------|------|----------|-------------|--------|------|
| 1 | WOLSKI MARCIN | 94 | DGS DIAGNOSTICS TEAM | SZCZECIN | POL | M-35 | 1 | M 1 | 00:18:57 | 00:38:05.75 | 3:48 | 15.8 |
| 2 | OSIŃSKI WOJCIECH | 58 | TEAM ZABIEGANEDNI | SŁUPSK | POL | M-35 | 2 | M 2 | 00:18:41 | 00:38:11.75 | 3:49 | 15.7 |
| 3 | KOZAK ARKADIUSZ | 35 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 1 | M 3 | 00:18:58 | 00:38:22.70 | 3:50 | 15.6 |
| 4 | SZYMAŃSKI SYLWEK | 83 | SZCZECINECCY BIEGACZE | SZCZECINEK | POL | M-50 | 2 | M 4 | 00:19:19 | 00:39:01.45 | 3:54 | 15.4 |
| 5 | WASZCZUK TOMASZ | 88 | WASZCZUK TEAM | SZCZECIN | POL | M-40 | 1 | M 5 | 00:19:07 | 00:39:05.90 | 3:54 | 15.4 |
| 6 | ORGANKA MARCIN | 57 | LŁKB TRUCHT ŁOBEZ | WĘGORZYNO | POL | M-40 | 2 | M 6 | 00:19:49 | 00:40:16.85 | 4:01 | 14.9 |
| 7 | HUBERT ŁUKASZ | 23 | 7 PRO SIÓDZIAK TEAM/BIEGOLAS | KOSZALIN | POL | M-40 | 3 | M 7 | 00:19:38 | 00:40:22.70 | 4:02 | 14.9 |
| 8 | BUŻNIAK ARKADIUSZ | 10 | MKL BRYGADA BESKIDÓW | NOWY SĄCZ | POL | M-35 | 3 | M 8 | 00:20:04 | 00:41:20.45 | 4:08 | 14.5 |
| 9 | DŁUGOSZ JACEK | 14 | LKB RUDNIK | KIELCE | POL | M-40 | 4 | M 9 | 00:20:06 | 00:41:23.60 | 4:08 | 14.5 |
| 10 | SZYMAŃSKI PIOTR, KRZYSZTOF | 82 | | POŁCZYN ZDRÓJ | POL | M-35 | 4 | M 10 | 00:20:17 | 00:41:44.60 | 4:10 | 14.4 |
| 11 | TOMKOWSKI PRZEMYSŁAW | 85 | CHRYSTUS KRÓLEM | BIAŁY BÓR | POL | M-35 | 5 | M 11 | 00:20:39 | 00:41:57.10 | 4:11 | 14.3 |
| 12 | STARSAK MARCIN | 78 | DĘBOWA GÓRA RUN! | OSIEK NAD NOTECIĄ | POL | M-40 | 5 | M 12 | 00:20:53 | 00:42:03.50 | 4:12 | 14.3 |
| 13 | BURZYŃSKI ALEKSANDER | 9 | STOPA SŁUPSK | BOLESŁAWICE | POL | M-45 | 1 | M 13 | 00:20:43 | 00:42:58.55 | 4:17 | 14 |
| 14 | GUZOWSKI DARIUSZ | 19 | TALEX BORZYTUCHOM | TRZEBIELINO | POL | M-50 | 3 | M 14 | 00:21:02 | 00:43:15.50 | 4:19 | 13.9 |
| 15 | SEMIK ŁUKASZ | 68 | HERNIK TEAM | POZNAŃ | POL | OPEN -M | 1 | M 15 | 00:21:08 | 00:43:23.45 | 4:20 | 13.8 |
| 16 | WOJTALIK ŁUKASZ | 93 | | POŁCZYN ZDRÓJ | POL | M-40 | 6 | M 16 | 00:21:44 | 00:44:07.25 | 4:24 | 13.6 |
| 17 | PIENIAWSKI MATEUSZ | 63 | | KOSZALIN | POL | M-35 | 6 | M 17 | 00:22:20 | 00:45:03.20 | 4:30 | 13.3 |
| 18 | SKORYCH ANDRII | 73 | YULI | LUCK | UKR | OPEN -M | 2 | M 18 | 00:21:49 | 00:45:07.30 | 4:30 | 13.3 |
| 19 | CHMIELEWSKI TOMASZ | 11 | | BARWICE | POL | M-40 | 7 | M 19 | 00:22:17 | 00:45:49.25 | 4:34 | 13.1 |
| 20 | WALEŃSKI MICHAŁ | 106 | TKKF KOSZALIN | SIANÓW | POL | M-50 | 4 | M 20 | 00:22:49 | 00:46:28.75 | 4:38 | 12.9 |
| 21 | KASZTELAN ULA | 104 | TKKF KOSZALIN | KOSZALIN | POL | K-35 | 1 | K 1 | 00:22:48 | 00:46:46.90 | 4:40 | 12.8 |
| 22 | WOJCIECHOWICZ JACEK | 91 | PASJA TEAM | KOSZALIN | POL | M-45 | 2 | M 21 | 00:22:50 | 00:46:56.45 | 4:41 | 12.8 |
| 23 | NOWAK DARIUSZ | 54 | AGC | BIAŁOGARD | POL | M-40 | 8 | M 22 | 00:22:53 | 00:46:57.90 | 4:41 | 12.8 |
| 24 | ZIELIŃSKA ANNA | 95 | TRUCHT ŁOBEZ | ŁOBEZ | POL | K-50 | 1 | K 2 | 00:22:02 | 00:47:09.65 | 4:42 | 12.7 |
| 25 | KOCIOŁOWICZ ŁUKASZ | 31 | WOJTEK KOTARBA ULTRAWAY TEAM | KOSZALIN | POL | M-40 | 9 | M 23 | 00:22:26 | 00:47:10.70 | 4:43 | 12.7 |
| 26 | WIRKUS ANTONINA | 89 | LKB IM. BRACI PETK LĘBORK | SZCZECINEK | POL | K-35 | 2 | K 3 | 00:23:21 | 00:47:31.70 | 4:45 | 12.6 |
| 27 | BŁĘDZKI ADAM | 6 | DIRTY SPARROWS | LUBASZ | POL | M-35 | 7 | M 24 | 00:23:30 | 00:48:07.05 | 4:48 | 12.5 |
| 28 | KURKOWSKI PIOTR | 39 | | KOSZALIN | POL | M-35 | 8 | M 25 | 00:23:18 | 00:48:16.85 | 4:49 | 12.4 |
| 29 | BARTH KRYSZTIAN | 2 | FUNDACJA ZASTOPIJ | SIANÓW | POL | OPEN -M | 3 | M 26 | 00:23:16 | 00:48:37.20 | 4:51 | 12.3 |
| 30 | KOZAR KRZYSZTOF | 36 | AGC | KOSZALIN | POL | M-40 | 10 | M 27 | 00:24:19 | 00:48:44.35 | 4:52 | 12.3 |
| 31 | MATYJASEK ZBIGNIEW | 48 | TKKF KOSZALIN | KONIKOWO | POL | M-50 | 5 | M 28 | 00:24:07 | 00:49:07.35 | 4:54 | 12.2 |
| 32 | SOLARSKI ROBERT | 75 | STRĄKMAN ADAM SUŁOWSKI | KOSZALIN | POL | M-35 | 9 | M 29 | 00:24:09 | 00:49:29.30 | 4:56 | 12.1 |
| 33 | ZWOLIŃSKI JAN | 97 | TKKF KOSZALIN | WIERCISZEWO | POL | M-55 | 1 | M 30 | 00:24:32 | 00:49:44.20 | 4:58 | 12.1 |
| 34 | ŚLIWIŃSKA WIOLETA | 100 | | KOSZALIN | POL | K-40 | 1 | K 4 | 00:24:11 | 00:50:18.95 | 5:01 | 11.9 |
| 35 | BARUTOWICZ GRZEGORZ | 4 | BIEGACZE ROZRABIACZE | KOSZALIN | POL | M-40 | 11 | M 31 | 00:24:56 | 00:50:54.20 | 5:05 | 11.8 |
| 36 | SILSKI MICHAŁ | 70 | | KOSZALIN | POL | OPEN -M | 4 | M 32 | 00:25:16 | 00:51:19.95 | 5:07 | 11.7 |
| 37 | KONKEL AGNIESZKA | 32 | | KOSZALIN | POL | K-35 | 3 | K 5 | 00:24:54 | 00:51:48.15 | 5:10 | 11.6 |
| 38 | JANKOWSKI MARIUSZ | 25 | CSB DRAWSKO/TEAM BIEGOWY SZCZECINEKK | SZCZECINEK | POL | M-45 | 3 | M 33 | 00:25:15 | 00:51:49.60 | 5:10 | 11.6 |
| 39 | MAZUR MIROSLAW | 50 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 6 | M 34 | 00:25:55 | 00:52:01.90 | 5:12 | 11.5 |
| 40 | KUBIŃSKA KAMILA | 107 | TSK ORZEŁ OSIEK | OSIEK | POL | K-35 | 4 | K 6 | 00:25:53 | 00:52:17.80 | 5:13 | 11.5 |
| 41 | WIZE MAŁGORZATA | 90 | | SŁUPSK | POL | K-40 | 2 | K 7 | 00:25:40 | 00:52:46.85 | 5:16 | 11.4 |
| 42 | PŁOSKOŃSKI PIOTR | 66 | KBKS RADOMSKO | STRZAŁKÓW | POL | M-55 | 2 | M 35 | 00:25:15 | 00:53:29.75 | 5:20 | 11.2 |
| 43 | CIEŚLEWICZ-GALAS KATARZYNA | 13 | HERNIK TEAM | POZNAŃ | POL | K-40 | 3 | K 8 | 00:25:54 | 00:53:32.65 | 5:21 | 11.2 |
| 44 | GULBITOWICZ KAROL | 18 | | SŁUPSK | POL | M-35 | 10 | M 36 | 00:25:41 | 00:54:47.60 | 5:28 | 11 |
| 45 | ŚLIWIŃSKI KRZYSZTOF | 101 | | KOSZALIN | POL | M-40 | 12 | M 37 | 00:26:51 | 00:55:00.20 | 5:30 | 10.9 |
| 46 | BARTKOWIAK WOJCIECH | 3 | | KOSZALIN | POL | M-50 | 7 | M 38 | 00:26:52 | 00:55:09.75 | 5:30 | 10.9 |

MISTRZOSTWA MASTERS W BIEGU GÓRSKIM - 10KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 5km | Netto | min/km | km/h |
|------|----------------------------|-----|--------------------|------------------|------|---------|--------|------|----------|-------------|--------|------|
| 47 | CHODOR IZABELA | 99 | TKKF KOSZALIN | KOSZALIN | POL | K-40 | 4 | K 9 | 00:26:57 | 00:55:22.10 | 5:32 | 10.8 |
| 48 | SCHWARZ LUDWIK | 108 | | KOSZALIN | POL | M-55 | 3 | M 39 | 00:27:50 | 00:55:33.60 | 5:33 | 10.8 |
| 49 | ZŁOTNIK PAWEŁ | 96 | SZCZECIN | SZCZECIN | POL | M-40 | 13 | M 40 | 00:26:49 | 00:55:42.20 | 5:34 | 10.8 |
| 50 | WOJCIECHOWICZ MARCIN | 92 | | KOSZALIN | POL | M-45 | 4 | M 41 | 00:27:46 | 00:55:55.45 | 5:35 | 10.7 |
| 51 | MYK EWA | 51 | 8 PLOT | KOSZALIN | POL | OPEN -K | 1 | K 10 | 00:27:58 | 00:56:43.45 | 5:40 | 10.6 |
| 52 | STASZAK WOJCIECH | 79 | | KOSZALIN | POL | OPEN -M | 5 | M 42 | 00:28:30 | 00:56:49.40 | 5:40 | 10.6 |
| 53 | SIMLAT ANNA | 71 | UKL FENIKS ŚWIDWIN | ŚWIDWIN | POL | K-40 | 5 | K 11 | 00:27:46 | 00:57:00.05 | 5:42 | 10.5 |
| 54 | SEROWSKI ŁUKASZ | 69 | BIEGLAS KOSZALIN | DRZEWIANY | POL | M-40 | 14 | M 43 | 00:27:58 | 00:57:36.60 | 5:45 | 10.4 |
| 55 | SUDER-MAKSYMOWICZ GRZEGORZ | 80 | | USTRONIE MORSKIE | POL | M-40 | 15 | M 44 | 00:28:04 | 00:57:38.45 | 5:45 | 10.4 |
| 56 | TOMKOWSKI KRZYSZTOF | 86 | TURYSTA | BIAŁY BÓR | POL | M-35 | 11 | M 45 | 00:28:27 | 00:57:47.90 | 5:46 | 10.4 |
| 57 | ŻULICKI JULIUSZ | 98 | AGC | SIANÓW | POL | M-40 | 16 | M 46 | 00:28:25 | 00:57:52.80 | 5:47 | 10.4 |
| 58 | KUBIAK KATARZYNA | 38 | | GNIEZNO | POL | K-40 | 6 | K 12 | 00:28:04 | 00:58:40.45 | 5:52 | 10.2 |
| 59 | MACIĄG PIOTR | 43 | | KOSZALIN | POL | M-40 | 17 | M 47 | 00:28:31 | 00:58:45.75 | 5:52 | 10.2 |
| 60 | JANKOJC DOMINIK | 24 | | KOSZALIN | POL | M-40 | 18 | M 48 | 00:30:00 | 00:59:35.70 | 5:57 | 10.1 |
| 61 | OLSZAK GRZEGORZ | 56 | | KOSZALIN | POL | M-50 | 8 | M 49 | 00:29:54 | 00:59:38.25 | 5:57 | 10.1 |
| 62 | PIŁAT WIESŁAW | 64 | PARKRUN KOSZALIN | KOSZALIN | POL | M-50 | 9 | M 50 | 00:28:03 | 01:00:49.60 | 6:04 | 9.9 |
| 63 | OLECHNOWICZ SŁAWOMIR | 55 | STOPA SŁUPSK | SŁUPSK | POL | M-45 | 5 | M 51 | 00:29:49 | 01:01:13.10 | 6:07 | 9.8 |
| 64 | POLAŃSKI PIOTR | 67 | KMP KOSZALIN | KOSZALIN | POL | OPEN -M | 6 | M 52 | 00:29:58 | 01:02:21.30 | 6:14 | 9.6 |
| 65 | ŚLEDŹ PRZEMYSŁAW | 84 | | KOSZALIN | POL | M-40 | 19 | M 53 | 00:29:29 | 01:03:09.15 | 6:18 | 9.5 |
| 66 | FILICZKOWSKA ANETTA | 16 | TKKF KOSZALIN | KOSZALIN | POL | K-45 | 1 | K 13 | 00:31:05 | 01:05:14.70 | 6:31 | 9.2 |
| 67 | HAŁAJKO MAGDALENA | 20 | | KOSZALIN | POL | K-40 | 7 | K 14 | 00:30:19 | 01:05:23.95 | 6:32 | 9.2 |
| 68 | GARNCAREK PAWEŁ | 17 | | ŚWIESZYNO | POL | M-40 | 20 | M 54 | 00:31:59 | 01:05:24.75 | 6:32 | 9.2 |
| 69 | MACIĄG PAWEŁ | 44 | | KOSZALIN | POL | M-40 | 21 | M 55 | 00:29:57 | 01:05:42.15 | 6:34 | 9.1 |
| 70 | KOS JAN | 33 | FUNDACJA ZASTOPIJ | SIANÓW | POL | M-55 | 4 | M 56 | 00:33:58 | 01:09:43.50 | 6:58 | 8.6 |
| 71 | KRUK MICHAŁ | 102 | FUNDACJA ZASTOPIJ | | POL | M-40 | 22 | M 57 | 00:40:20 | 01:20:58.10 | 8:05 | 7.4 |
| 72 | PAUL ANDRZEJ | 62 | FUNDACJA ZASTOPIJ | SIANÓW | POL | M-40 | 23 | M 58 | 00:40:22 | 01:20:59.05 | 8:05 | 7.4 |
| 73 | HARASYM DANIEL | 21 | FUNDACJA ZASTOPIJ | SIANÓW | POL | M-45 | 6 | M 59 | 00:39:17 | 01:22:21.10 | 8:14 | 7.3 |
| 74 | SIWEK MIROSŁAWA | 72 | UKL FENIKS | ŚWIDWIN | POL | K-50 | 2 | K 15 | 00:46:03 | 01:26:50.75 | 8:41 | 6.9 |
| 75 | BRODOWSKA-ROLIK AGNIESZKA | 8 | DEMONY PRĘDKOŚCI | ŚWIDWIN | POL | K-40 | 8 | K 16 | 00:46:02 | 01:26:51.40 | 8:41 | 6.9 |
| 76 | MARKIEWICZ IZABELA | 47 | DEMON PRĘDKOŚCI □□ | ŚWIDWIN | POL | K-40 | 9 | K 17 | 00:46:06 | 01:26:51.50 | 8:41 | 6.9 |
| DNC | BORYCHOWSKI MARIUSZ | 7 | | SŁUPSK | POL | M-50 | DNC | DNC | 00:19:45 | | | |
| | DZIUBEK HENRYK | 15 | FUNDACJA ZASTOPIJ | SIANÓW | POL | M-35 | | | 00:38:39 | DNF | - | - |
| | | | | | | | | | DNF | | | |