

## KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
Data: 2021-11-13  
Miejsce: Koszalin  
Dystans: 5 km  
Klasyfikacja wg czasów netto.



### KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1km	2km	3km	4km	Netto	min/km	km/h
1	SIODMIAK IGOR	66	7PRO SIÓDMIAK TEAM	SZCZECINEK	POL	M14-29	1	M 1	00:03:35	00:07:16	00:11:00	00:14:44	00:17:47.55	3:33	16.9
2	KEPKA ADRIAN	19	KEPKA NA TRASIE	WIEKOWO	POL	M14-29	2	M 2	00:03:35	00:07:16	00:11:00	00:14:46	00:18:15.20	3:39	16.4
3	USS MIŁOSZ	75		ŚWIDWIN	POL	M14-29	3	M 3	00:03:35	00:07:16	00:11:00	00:14:46	00:18:21.40	3:40	16.3
4	MAJKOWICZ RAFAŁ	99	BIEGOLAS KOSZALIN	KOSZALIN	POL	M30-39	1	M 4	00:03:37	00:07:30	00:11:31	00:15:32	00:19:19.25	3:51	15.5
5	PAWŁOWICZ ROLAND	89	7PRO SIÓDMIAK TEAM	SZCZECINEK	POL	M14-29	4	M 5	00:03:40	00:07:37	00:11:38	00:15:41	00:19:34.30	3:54	15.3
6	POCHRANOWICZ ALEKSANDRA	88	7PRO SIÓDMIAK TEAM	BIAŁY BÓR	POL	K30-39	1	K 1	00:03:49	00:07:42	00:11:46	00:15:58	00:20:06.95	4:01	14.9
7	WESOŁOWSKI MARCIN	77	OBSEJJA BIEGANIA	SZCZECIN	POL	M30-39	2	M 6	00:03:51	00:07:54	00:11:59	00:16:07	00:20:13.20	4:02	14.8
8	PICK TOMASZ	60	BIEGOLAS KOSZALIN	KOSZALIN	POL	M50-59	1	M 7	00:03:58	00:08:05	00:12:13	00:16:23	00:20:25.20	4:05	14.7
9	KOZIEŁ PAWEŁ	93		RĄBINO	POL	M40-49	1	M 8	00:03:59	00:08:11	00:12:26	00:16:44	00:20:44.95	4:08	14.5
10	ZATOŃ OLGA	92		ŚWIDWIN	POL	K30-39	2	K 2	00:03:59	00:08:11	00:12:27	00:16:44	00:20:55.00	4:11	14.3
11	ZUKAL PIOTR	98	7PRO SIÓDMIAK TEAM	KOSZALIN	POL	M40-49	2	M 9	00:04:06	00:08:17	00:12:31	00:16:46	00:20:55.95	4:11	14.3
12	BARTHA ADRIAN	3		KOŁOBRZEG	POL	M30-39	3	M 10	00:04:01	00:08:21	00:12:46	00:17:09	00:20:56.15	4:11	14.3
13	BENCYCH MICHAŁ	90	7PRO SIÓDMIAK TEAM	SZCZECINEK	POL	M14-29	5	M 11	00:04:04	00:08:24	00:12:51	00:17:19	00:21:37.10	4:19	13.9
14	WICHER KRZYSZTOF	91	ADWOKATURA	KOSZALIN	POL	M40-49	3	M 12	00:04:10	00:08:33	00:13:01	00:17:28	00:21:54.15	4:22	13.7
15	KRACZKOWSKI PRZEMYSŁAW	37	142BLP TRZEBIATÓW	KOSZALIN	POL	M40-49	4	M 13	00:04:14	00:08:37	00:13:06	00:17:38	00:22:11.55	4:26	13.5
16	MACIEJCZYK MATEUSZ	44		POLANÓW	POL	M30-39	4	M 14	00:04:25	00:08:55	00:13:29	00:18:05	00:22:28.95	4:29	13.4
17	MAZIEC BEATA	46	BIEGOLAS KOSZALIN	KOSZALIN	POL	K30-39	3	K 3	00:04:19	00:08:57	00:13:38	00:18:17	00:22:54.15	4:34	13.1
18	SZPITER TOMASZ	71		ZŁOTORYJA	POL	M50-59	2	M 15	00:04:22	00:08:58	00:13:37	00:18:16	00:22:55.30	4:35	13.1
19	STENKA RAFAŁ	67		KOSZALIN	POL	M30-39	5	M 16	00:04:11	00:08:41	00:13:27	00:18:18	00:23:02.15	4:36	13
20	OLEARCZYK ARKADIUSZ	51		BOBOLICE	POL	M40-49	5	M 17	00:04:21	00:08:57	00:13:39	00:18:24	00:23:10.20	4:38	12.9
21	WINKOWSKI IRENEUSZ	95		KUROWO	POL	M40-49	6	M 18	00:04:26	00:09:10	00:13:52	00:18:36	00:23:12.00	4:38	12.9
22	SEROWSKI ŁUKASZ	63	BIEGOLAS KOSZALIN	DRZEWIANY	POL	M30-39	6	M 19	00:04:27	00:09:10	00:13:59	00:18:43	00:23:23.50	4:40	12.8
23	ADASZYŃSKI WIESŁAW	2	BIEGOLAS KOSZALIN	BOBOLICE	POL	M50-59	3	M 20	00:04:16	00:08:50	00:13:31	00:18:16	00:23:24.95	4:40	12.8
24	GRABCZEWSKI DAWID	20		KOSZALIN	POL	M30-39	7	M 21	00:04:17	00:08:54	00:13:51	00:18:47	00:23:32.40	4:42	12.7
25	KUCHARCZYK DAMIAN	40	KSW HUSARIA	RÓŻEWO	POL	M30-39	8	M 22	00:04:58	00:09:47	00:14:35	00:19:19	00:23:32.85	4:42	12.7
26	WIECZORKOWSKI WŁADYSŁAW	78		POZNAŃ	POL	M60-69	1	M 23	00:04:29	00:09:13	00:14:00	00:18:46	00:23:32.90	4:42	12.7
27	SZYDŁOWSKI MICHAŁ	72		ŚWINOUJŚCIE	POL	M14-29	6	M 24	00:04:29	00:09:16	00:14:14	00:19:09	00:23:46.95	4:45	12.6
28	HOREGLAD PAWEŁ	25	SPEEDY GONZALES	KOSZALIN	POL	M14-29	7	M 25	00:04:33	00:09:24	00:14:20	00:19:18	00:23:50.55	4:46	12.6
29	PAWŁOWSKI MICHAŁ	58	PRECON-POLSKA	JASTROWIE	POL	M40-49	7	M 26	00:04:27	00:09:15	00:14:22	00:19:14	00:23:52.65	4:46	12.6
30	CHUDZIK ZBIGNIEW	9	TKKF KOSZALIN	STARE BIELICE	POL	M60-69	2	M 27	00:04:53	00:09:46	00:14:36	00:19:28	00:24:09.20	4:49	12.4
31	ZYG-SIÓDMIAK KAMILA	84	7PRO SIÓDMIAK TEAM	SZCZECINEK	POL	K30-39	4	K 4	00:04:27	00:09:23	00:14:24	00:19:20	00:24:10.60	4:50	12.4
32	KRZEWIŃSKA MAŁGORZATA	38	TKKF KOSZALIN	KOSZALIN	POL	K60+	1	K 5	00:04:53	00:09:46	00:14:37	00:19:28	00:24:13.60	4:50	12.4
33	MACIĄG PIOTR	43		KOSZALIN	POL	M40-49	8	M 28	00:04:47	00:09:41	00:14:38	00:19:32	00:24:19.05	4:51	12.3
34	DANIELAK TOMASZ	11		STARE BIELICE	POL	M14-29	8	M 29	00:04:10	00:09:03	00:14:07	00:19:26	00:24:32.80	4:54	12.2
35	ZAWISKA BARTŁOMIEJ	83		KOSZALIN	POL	M30-39	9	M 30	00:04:53	00:09:45	00:14:43	00:19:49	00:24:34.05	4:54	12.2
36	JAROSZ DARIUSZ	26	TKKF KOSZALIN	SUCHA KOSZALIŃSKA	POL	M40-49	9	M 31	00:04:51	00:09:45	00:14:41	00:19:38	00:24:36.00	4:55	12.2
37	KASPRZYK BOGDAN	28	KM PSP KOSZALIN	MŚCICE	POL	M40-49	10	M 32	00:04:48	00:09:43	00:14:45	00:19:46	00:24:36.30	4:55	12.2
38	KLENIEWSKI PIOTR	29		KOSZALIN	POL	M60-69	3	M 33	00:04:45	00:09:44	00:14:40	00:19:50	00:24:48.55	4:57	12.1
39	BOREJKO ŁUKASZ	7		KOSZALIN	POL	M30-39	10	M 34	00:05:07	00:10:14	00:15:19	00:20:20	00:25:01.25	5:00	12
40	MACIĄG PAWEŁ	42	HOMOSAPIE	STARE BIELICE	POL	M40-49	11	M 35	00:04:58	00:09:57	00:14:59	00:20:05	00:25:09.85	5:01	11.9
41	OSTROWSKI JACEK	53	142BLP TRZEBIATÓW	KOSZALIN	POL	M30-39	11	M 36	00:04:49	00:09:56	00:15:09	00:20:24	00:25:17.50	5:03	11.9
42	GRYGLEWSKA MAGDALENA	22	142BLP TRZEBIATÓW	KOSZALIN	POL	K30-39	5	K 6	00:04:48	00:09:53	00:15:03	00:19:45	00:25:17.50	5:03	11.9
43	BOGACKI TOMASZ	6	TKKF KOSZALIN	KOSZALIN	POL	M60-69	4	M 37	00:04:59	00:09:59	00:15:06	00:20:15	00:25:19.55	5:03	11.8
44	GRUNWALD KAROLINA	21		BOBOLICE	POL	K30-39	6	K 7	00:04:28	00:09:31	00:14:50	00:20:15	00:25:25.15	5:05	11.8
45	KALINOWSKI KRZYSZTOF	94	ADWOKATURA	KOSZALIN	POL	M40-49	12	M 38	00:05:07	00:10:10	00:15:16	00:20:29	00:25:30.05	5:06	11.8
46	DRULIK-HOŁUB MARTA	13		KOSZALIN	POL	K40-49	1	K 8	00:05:06	00:10:16	00:15:27	00:20:34	00:25:34.30	5:06	11.7

**KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1km	2km	3km	4km	Netto	min/km	km/h
47	BURKIET PAWEŁ	8		KOSZALIN	POL	M40-49	13	M 39	00:04:39	00:09:39	00:14:54	00:20:19	00:25:48.50	5:09	11.6
48	STAŃCZYK SŁAWOMIR	101		STARGARD	POL	M30-39	12	M 40	00:04:53	00:10:03	00:15:15	00:20:35	00:25:49.65	5:09	11.6
49	GAWIECKI PIOTR	18	ROZBIEGANY KOSZALIN	KOSZALIN	POL	M40-49	14	M 41	00:04:55	00:10:00	00:15:14	00:20:44	00:25:52.35	5:10	11.6
50	KARASIEWICZ ROBERT	27		KOSZALIN	POL	M40-49	15	M 42	00:04:59	00:10:13	00:15:31	00:20:49	00:26:03.75	5:12	11.5
51	ADAMSKI DARIUSZ	1	POLANÓW	POLANÓW	POL	M30-39	13	M 43	00:05:05	00:10:09	00:15:19	00:20:44	00:26:08.70	5:13	11.5
52	WYSOCKA URSZULA	81		KOSZALIN	POL	K30-39	7	K 9	00:05:12	00:10:31	00:15:49	00:21:05	00:26:14.35	5:14	11.4
53	WYSOCZAŃSKI DANIEL	82	ROZBIEGANA USTKA	USTKA	POL	M40-49	16	M 44	00:05:14	00:10:31	00:15:44	00:21:06	00:26:20.75	5:16	11.4
54	BOGACKA LUCYNA	5	TKKF KOSZALIN	KOSZALIN	POL	K60+	2	K 10	00:05:19	00:10:33	00:15:49	00:21:06	00:26:23.00	5:16	11.4
55	PAJOR TOMASZ	54	HOMOSAPIE	KOSZALIN	POL	M40-49	17	M 45	00:04:58	00:10:04	00:15:31	00:21:11	00:26:43.30	5:20	11.2
56	OSOBNIAK RYSZARD	52		KOSZALIN	POL	M60-69	5	M 46	00:05:19	00:10:44	00:16:07	00:21:30	00:26:44.10	5:20	11.2
57	BORUSIŃSKA MARTA	100		KOSZALIN	POL	K30-39	8	K 11	00:05:23	00:10:52	00:16:13	00:21:37	00:26:50.20	5:22	11.2
58	KUBIAK KATARZYNA	39		GNIEZNO	POL	K40-49	2	K 12	00:05:07	00:10:35	00:16:03	00:21:33	00:26:59.05	5:23	11.1
59	KOZŁOWIECKI WALDEMAR	36	TKKF KOSZALIN	KOSZALIN	POL	M70+	1	M 47	00:05:16	00:10:46	00:16:13	00:21:40	00:27:10.75	5:26	11
60	KOLIGAT ANNA	31		KOSZALIN	POL	K40-49	3	K 13	00:05:38	00:11:05	00:16:27	00:21:54	00:27:14.05	5:26	11
61	PARSZCZYŃSKI MICHAŁ	55		ŻYDOWO	POL	M14-29	9	M 48	00:05:40	00:11:08	00:16:33	00:22:57	00:27:18.00	5:27	11
62	ŻUCHELKOWSKI HENRYK	85		KOŁOBRZEG	POL	M30-39	14	M 49	00:05:01	00:10:44	00:16:20	00:21:58	00:27:22.40	5:28	11
63	MRUGAŁA MAGDALENA	50	RUNGRYF GRYFICE	GRYFICE	POL	K30-39	9	K 14	00:05:27	00:10:55	00:16:23	00:22:01	00:27:26.75	5:29	10.9
64	SUCHODOLSKA ALEKSANDRA	68		ROSNOWO	POL	K30-39	10	K 15	00:05:23	00:10:58	00:16:31	00:22:02	00:27:34.10	5:30	10.9
65	PEŁKA IWONA	59		KOSZALIN	POL	K50-59	1	K 16	00:05:28	00:11:06	00:16:43	00:22:21	00:27:47.85	5:33	10.8
66	MAJ AGNIESZKA	45		SŁAWNO	POL	K40-49	4	K 17	00:05:36	00:11:16	00:16:52	00:22:29	00:27:54.80	5:34	10.8
67	CZYCZYN ANGELIKA	10		SZCZECIN	POL	K30-39	11	K 18	00:05:15	00:10:58	00:16:40	00:22:35	00:28:30.00	5:42	10.5
68	PIETRZYK RAFAŁ	61	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ KALISZ POMORSKI	KALISZ POMORSKI	POL	M30-39	15	M 50	00:05:34	00:11:20	00:17:06	00:22:57	00:28:35.80	5:43	10.5
69	ŻYSZKIEWICZ IZABELA	86	ROZBIEGANA USTKA	USTKA	POL	K50-59	2	K 19	00:05:32	00:11:15	00:16:57	00:22:50	00:28:45.30	5:45	10.4
70	GUTOWSKI MAREK	23		KOSZALIN	POL	M40-49	18	M 51	00:05:41	00:11:20	00:17:13	00:23:19	00:29:03.90	5:48	10.3
71	KOWALCZYK ANDRZEJ	33		KOSZALIN	POL	M50-59	4	M 52	00:05:24	00:11:03	00:16:53	00:23:01	00:29:12.50	5:50	10.3
72	DEPTA KASIA	12		KOSZALIN	POL	K30-39	12	K 20	00:05:29	00:11:20	00:17:25	00:23:24	00:29:15.10	5:51	10.3
73	MRÓZ MAŁGORZATA	96		ROSNOWO	POL	K30-39	13	K 21	00:05:33	00:11:16	00:17:15	00:23:20	00:29:15.45	5:51	10.3
74	SIKORSKA-LÖWE KATARZYNA	64		WARSZAWA	POL	K40-49	5	K 22	00:05:38	00:11:39	00:17:42	00:23:41	00:29:22.75	5:52	10.2
75	MONDRON KATARZYNA	47		KOSZALIN	POL	K40-49	6	K 23	00:05:28	00:11:20	00:17:24	00:23:31	00:29:28.60	5:53	10.2
76	KOBUS-MAŁANEZC AGNIESZKA	30		KOSZALIN	POL	K40-49	7	K 24	00:05:38	00:11:34	00:17:34	00:23:36	00:29:30.55	5:54	10.2
77	SIMINIAK ŁUKASZ	65		ROSNOWO	POL	M30-39	16	M 53	00:06:03	00:12:02	00:18:03	00:24:09	00:29:32.75	5:54	10.2
78	HELLER ZDZISŁAW	24	HERB MARATONOW.PL	KOSZALIN	POL	M60-69	6	M 54	00:05:47	00:12:01	00:18:14	00:24:30	00:30:33.65	6:06	9.8
79	WACHHOLZ BEATA	76	KB BRYZA POSTOMINO	SŁAWNO	POL	K50-59	3	K 25	00:05:55	00:12:04	00:18:18	00:24:33	00:30:36.90	6:07	9.8
80	GAWIECKA MARIOLA	17	ROZBIEGANY KOSZALIN	KOSZALIN	POL	K40-49	8	K 26	00:06:17	00:13:05	00:20:03	00:26:50	00:33:37.15	6:43	8.9
81	PLATA KATARZYNA	62		KOSZALIN	POL	K40-49	9	K 27	00:06:50	00:14:28	00:22:01	00:29:25	00:36:42.20	7:20	8.2
82	FELKOWSKA KAROLINA	14		KOSZALIN	POL	K30-39	14	K 28	00:06:50	00:14:29	00:22:01	00:29:25	00:36:42.35	7:20	8.2
83	KOZŁOWIECKA MAŁGORZATA	35		KOSZALIN	POL	K60+	3	K 29	00:07:07	00:14:38	00:22:04	00:29:45	00:37:15.75	7:27	8.1
84	KOSICKI PIOTR	32		KOSZALIN	POL	M50-59	5	M 55	00:06:46	00:14:29	00:22:30	00:30:32	00:38:05.55	7:37	7.9
85	PASEK PAULA	56	KLUB BIEGOWY JANTAR ŚWIESZYNO	DUNOWO	POL	K30-39	15	K 30	00:07:20	00:15:51	00:24:51	00:33:43	00:42:11.70	8:26	7.1
86	PASEK JAN	57	KLUB BIEGOWY JANTAR ŚWIESZYNO	DUNOWO	POL	M60-69	7	M 56	00:07:25	00:15:51	00:24:52	00:33:43	00:42:11.90	8:26	7.1
87	KWIATKOWSKA MAŁGORZATA	41	GWIAZDY PÓŁNOCY	KRETOMINO	POL	K50-59	4	K 31	00:08:59	00:18:02	00:26:59	00:35:43	00:44:08.10	8:49	6.8
88	BECHLER ZOFIA	4	GWIAZDY PÓŁNOCY	CEWLINO	POL	K40-49	10	K 32	00:09:04	00:18:04	00:27:01	00:35:47	00:44:09.05	8:49	6.8
89	GRZEBIELUCHA EWA	97	GWIAZDY PÓŁNOCY	KOSZALIN	POL	K30-39	16	K 33	00:08:59	00:18:02	00:26:57	00:35:44	00:44:09.25	8:49	6.8