



# TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

Tropem Wilczym Bieg Pamięci Żołnierzy Wyklętych  
Fundacja Wolność i Demokracja; Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej

**Data:**  
**Miejsce:**  
**Dystans:**

2018-03-04  
Koszalin  
10 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JAROSZ Wiesław	302	JW. 1223/BLOG KOSZALIN	M-40	1	00:00:00	00:05:53	00:11:51	00:17:54	00:23:59	00:30:06	<b>00:36:07.45</b>	<b>00:36:07.95</b>		3:36	16.6 (100%)
2	ZABORSKI Ryszard	218	TKKF KOSZALIN-ORKIESTRA WOJSKOWA	M-40	2	00:00:01	00:05:52	00:11:54	00:18:15	00:24:42	00:31:12	<b>00:37:34.55</b>	<b>00:37:35.80</b>	+00:01:27 (3.9%)	3:45	16 (96.4%)
3	RUDNIKOWSKI Maciej	160	BIEGUZDROWISKOWY.PL	M-40	3	00:00:03	00:06:07	00:12:29	00:18:54	00:25:13	00:31:44	<b>00:38:07.45</b>	<b>00:38:10.50</b>	+00:02:00 (5.2%)	3:48	15.7 (94.6%)
4	ŻMUDA Tomasz	227	CW FANZA KOŁOBRZEG	M-40	4	00:00:01	00:06:10	00:12:33	00:19:00	00:25:29	00:32:00	<b>00:38:24.45</b>	<b>00:38:26.10</b>	+00:02:17 (5.9%)	3:50	15.6 (94.0%)
5	BURDA Robert	20	KOSPEL	M-40	5	00:00:02	00:06:27	00:13:04	00:19:47	00:26:25	00:33:02	<b>00:39:16.85</b>	<b>00:39:19.05</b>	+00:03:09 (8.0%)	3:55	15.3 (92.2%)
6	WOJCIECHOWICZ Jacek	213	WWW.STUDIOTANCAPASJA.PL	M-40	6	00:00:03	00:06:26	00:13:03	00:19:45	00:26:24	00:33:02	<b>00:39:33.35</b>	<b>00:39:36.50</b>	+00:03:25 (8.7%)	3:57	15.2 (91.6%)
7	BIEDRZYCKI Krzysztof	12	CW FANZA KOŁOBRZEG	M-40	7	00:00:01	00:06:28	00:13:06	00:19:51	00:26:34	00:33:19	<b>00:40:01.10</b>	<b>00:40:03.00</b>	+00:03:53 (9.7%)	4:00	15 (90.4%)
8	SMAGOWSKI Wojtek	171	K.B. SPRINT ŚWIDWIN	M-40	8	00:00:02	00:06:26	00:13:07	00:19:59	00:26:54	00:33:52	<b>00:40:40.80</b>	<b>00:40:43.00</b>	+00:04:33 (11.2%)	4:04	14.7 (88.6%)
9	ZUKAL Piotr	225		M-40	9	00:00:05	00:06:48	00:13:38	00:20:30	00:27:25	00:34:19	<b>00:41:09.50</b>	<b>00:41:15.00</b>	+00:05:02 (12.2%)	4:07	14.6 (88.0%)
10	BARANOWSKI Piotr	8		M-40	10	00:00:01	00:06:53	00:13:49	00:20:53	00:27:52	00:34:44	<b>00:41:30.10</b>	<b>00:41:32.00</b>	+00:05:22 (13.0%)	4:09	14.5 (87.3%)
11	LESZCZYŃSKI Marcin	106	MARIANÓWEK	M-40	11	00:00:05	00:06:43	00:13:45	00:20:50	00:28:02	00:35:01	<b>00:41:36.20</b>	<b>00:41:41.55</b>	+00:05:28 (13.2%)	4:09	14.4 (86.7%)
12	STEFANOWICZ Paweł	178	ORLEN RUNNING TEAM	M-40	12	00:00:02	00:06:12	00:13:03	00:20:13	00:27:37	00:34:49	<b>00:42:01.55</b>	<b>00:42:03.75</b>	+00:05:54 (14.0%)	4:12	14.3 (86.1%)
13	NOWAKOWSKI Rafał	133		M-40	13	00:00:03	00:06:42	00:13:46	00:20:52	00:28:03	00:35:11	<b>00:42:06.95</b>	<b>00:42:10.50</b>	+00:05:59 (14.2%)	4:12	14.2 (85.5%)
14	URBAŃSKI Tomasz	195		M-40	14	00:00:04	00:07:03	00:14:06	00:21:05	00:28:10	00:35:14	<b>00:42:09.15</b>	<b>00:42:13.95</b>	+00:06:01 (14.3%)	4:12	14.2 (85.5%)
15	TROŚNIAK Piotr	235		M-40	15	00:00:07	00:06:55	00:13:59	00:21:04	00:28:19	00:35:33	<b>00:42:45.45</b>	<b>00:42:53.05</b>	+00:06:38 (15.5%)	4:16	14 (84.3%)
16	PEKAŁA Piotr	230		M-40	16	00:00:10	00:07:38	00:14:57	00:22:09	00:29:26	00:36:45	<b>00:43:40.05</b>	<b>00:43:50.90</b>	+00:07:32 (17.3%)	4:22	13.7 (82.5%)
17	JANKOWSKI Piotr	66		M-40	17	00:00:07	00:07:11	00:14:26	00:21:52	00:29:19	00:36:45	<b>00:44:05.30</b>	<b>00:44:12.70</b>	+00:07:57 (18.1%)	4:24	13.6 (81.9%)
18	KAŻMIERZCAK Robert	306		M-40	18	00:00:07	00:07:28	00:14:49	00:22:16	00:29:44	00:37:05	<b>00:44:16.65</b>	<b>00:44:24.15</b>	+00:08:09 (18.4%)	4:25	13.5 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	<b>PICK Tomasz</b>	<b>142</b>	DEAF KOSZALIN	M-40	19	00:00:08	00:07:34	00:14:59	00:22:28	00:29:49	00:37:11	<b>00:44:23.20</b>	<b>00:44:31.80</b>	+00:08:15 (18.6%)	4:26	13.5 (81.3%)
20	<b>CHOŁUJ Jarosław</b>	<b>24</b>	ROZBIEGANY KOSZALIN	M-40	20	00:00:08	00:07:28	00:14:51	00:22:14	00:29:43	00:37:07	<b>00:44:33.70</b>	<b>00:44:42.60</b>	+00:08:26 (18.9%)	4:27	13.5 (81.3%)
21	<b>WOŁOWIEC Przemek</b>	<b>215</b>		M-40	21	00:00:07	00:07:33	00:15:02	00:22:27	00:30:01	00:37:37	<b>00:44:53.20</b>	<b>00:45:00.35</b>	+00:08:45 (19.5%)	4:29	13.4 (80.7%)
22	<b>SZUBERT Marcin</b>	<b>187</b>	KOŁOBRZEG BIEGA	M-40	22	00:00:05	00:07:37	00:15:04	00:22:41	00:30:13	00:37:38	<b>00:44:55.30</b>	<b>00:45:00.80</b>	+00:08:47 (19.6%)	4:29	13.4 (80.7%)
23	<b>KUŁAKOWSKI Dawid</b>	<b>100</b>	TKKF KOSZALIN	M-40	23	00:00:07	00:07:30	00:15:03	00:22:34	00:30:09	00:37:41	<b>00:45:01.50</b>	<b>00:45:08.70</b>	+00:08:54 (19.8%)	4:30	13.3 (80.1%)
24	<b>IWANIEC Dariusz</b>	<b>62</b>	TKKF KOSZALIN	M-40	24	00:00:06	00:07:31	00:15:04	00:22:34	00:30:10	00:37:42	<b>00:45:10.95</b>	<b>00:45:17.85</b>	+00:09:03 (20.0%)	4:31	13.3 (80.1%)
25	<b>MUCHA Krzysztof</b>	<b>127</b>	KOSZALIN	M-40	25	00:00:05	00:07:17	00:15:04	00:22:46	00:30:24	00:38:07	<b>00:45:12.15</b>	<b>00:45:17.90</b>	+00:09:04 (20.1%)	4:31	13.3 (80.1%)
26	<b>JARZYNA Roman</b>	<b>70</b>	SZWLA STARGARD	M-40	26	00:00:07	00:07:16	00:14:46	00:22:23	00:30:05	00:37:56	<b>00:45:22.00</b>	<b>00:45:29.05</b>	+00:09:14 (20.4%)	4:32	13.2 (79.5%)
27	<b>SOROKA Piotr</b>	<b>174</b>	ROZBIEGANY KOSZALIN	M-40	27	00:00:11	00:07:28	00:14:52	00:22:34	00:30:14	00:38:08	<b>00:45:23.75</b>	<b>00:45:35.25</b>	+00:09:16 (20.4%)	4:32	13.2 (79.5%)
28	<b>KOCZOROWSKI Paweł</b>	<b>83</b>	POLNI WOJOWNICY USTKA	M-40	28	00:00:03	00:06:37	00:13:54	00:21:42	00:29:45	00:37:54	<b>00:45:53.85</b>	<b>00:45:57.75</b>	+00:09:46 (21.3%)	4:35	13.1 (78.9%)
29	<b>URBAŃSKI Arkadiusz</b>	<b>196</b>		M-40	29	00:00:12	00:07:52	00:15:28	00:23:14	00:30:58	00:38:47	<b>00:46:21.60</b>	<b>00:46:34.10</b>	+00:10:14 (22.1%)	4:38	12.9 (77.7%)
30	<b>SZYMAŃSKI Piotr</b>	<b>191</b>	CSSP KOSZALIN	M-40	30	00:00:17	00:07:56	00:15:22	00:23:06	00:30:52	00:38:41	<b>00:46:23.10</b>	<b>00:46:40.90</b>	+00:10:15 (22.1%)	4:38	12.9 (77.7%)
31	<b>WINKEL Łukasz</b>	<b>212</b>		M-40	31	00:00:11	00:07:54	00:15:39	00:23:20	00:31:09	00:38:59	<b>00:46:47.85</b>	<b>00:46:59.25</b>	+00:10:40 (22.8%)	4:40	12.8 (77.1%)
32	<b>PUŚCIAN Krzysztof</b>	<b>152</b>	SZKOŁA PODSTAWOWA W MANOWIE	M-40	32	00:00:08	00:07:40	00:15:15	00:23:07	00:31:16	00:39:11	<b>00:47:02.40</b>	<b>00:47:11.20</b>	+00:10:54 (23.2%)	4:42	12.8 (77.1%)
33	<b>MICERSKI Tomasz</b>	<b>119</b>	TKKF KOSZALIN	M-40	33	00:00:08	00:07:29	00:15:12	00:23:15	00:31:17	00:39:27	<b>00:47:07.40</b>	<b>00:47:15.95</b>	+00:10:59 (23.3%)	4:42	12.7 (76.5%)
34	<b>RASZPLA Radosław</b>	<b>155</b>		M-40	34	00:00:10	00:07:30	00:15:16	00:23:16	00:31:24	00:39:32	<b>00:47:26.85</b>	<b>00:47:37.30</b>	+00:11:19 (23.9%)	4:44	12.6 (75.9%)
35	<b>CYBULSKI Robert</b>	<b>29</b>	MTS HAMER MIASTKO	M-40	35	00:00:16	00:07:48	00:15:39	00:23:44	00:31:58	00:40:13	<b>00:47:43.95</b>	<b>00:48:00.50</b>	+00:11:36 (24.3%)	4:46	12.6 (75.9%)
36	<b>POWARZYŃSKI Krzysztof</b>	<b>148</b>	17 WOG KOSZALIN	M-40	36	00:00:10	00:07:32	00:15:16	00:23:13	00:31:24	00:39:40	<b>00:47:59.70</b>	<b>00:48:09.90</b>	+00:11:52 (24.7%)	4:47	12.5 (75.3%)
37	<b>ANTKOWIAK Sebastian</b>	<b>2</b>	DB - ACTIVE	M-40	37	00:00:11	00:07:55	00:15:45	00:23:52	00:32:12	00:40:38	<b>00:48:55.80</b>	<b>00:49:06.90</b>	+00:12:48 (26.2%)	4:53	12.3 (74.1%)
38	<b>DUDZIAK Piotr</b>	<b>38</b>	FOR-REST-RUN KOSZALIN	M-40	38	00:00:08	00:07:56	00:16:23	00:24:52	00:33:09	00:41:19	<b>00:49:20.45</b>	<b>00:49:29.15</b>	+00:13:13 (26.8%)	4:56	12.2 (73.5%)
39	<b>WLAŻ Lucjan</b>	<b>321</b>	ALIGANCKO	M-40	39	00:00:22	00:08:52	00:17:32	00:25:42	00:33:43	00:41:44	<b>00:49:37.10</b>	<b>00:49:59.20</b>	+00:13:29 (27.2%)	4:57	12.1 (72.9%)
40	<b>STRELCZUK Mariusz</b>	<b>181</b>		M-40	40	00:00:03	00:07:23	00:15:35	00:24:02	00:32:43	00:41:27	<b>00:50:00.65</b>	<b>00:50:03.80</b>	+00:13:53 (27.8%)	5:00	12 (72.3%)
41	<b>GALICKI Robert</b>	<b>42</b>		M-40	41	00:00:14	00:08:33	00:17:10	00:25:32	00:33:47	00:42:15	<b>00:50:13.55</b>	<b>00:50:28.25</b>	+00:14:06 (28.1%)	5:01	11.9 (71.7%)
42	<b>NIEDBAŁA Konrad</b>	<b>132</b>		M-40	42	00:00:14	00:08:37	00:17:13	00:25:45	00:34:26	00:43:01	<b>00:51:13.60</b>	<b>00:51:28.45</b>	+00:15:06 (29.5%)	5:07	11.7 (70.5%)
43	<b>LESISZ Michał</b>	<b>105</b>		M-40	43	00:00:17	00:08:20	00:16:48	00:25:21	00:33:56	00:42:30	<b>00:51:22.90</b>	<b>00:51:40.85</b>	+00:15:15 (29.7%)	5:08	11.7 (70.5%)
44	<b>PODSIADŁO Marcin</b>	<b>146</b>		M-40	44	00:00:05	00:07:56	00:16:21	00:25:07	00:33:58	00:42:54	<b>00:51:31.25</b>	<b>00:51:37.00</b>	+00:15:23 (29.9%)	5:09	11.6 (69.9%)
45	<b>KOTULSKI Piotr</b>	<b>87</b>	KLUB BIEGACZY JYSK	M-40	45	00:00:12	00:08:18	00:16:53	00:25:38	00:34:35	00:43:42	<b>00:52:27.30</b>	<b>00:52:39.65</b>	+00:16:19 (31.1%)	5:14	11.4 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
46	<b>DUBACKI Kazimierz Stanisław</b>	<b>37</b>	NIGHT RUNNERS SŁUPSK	M-40	46	00:00:09	00:08:27	00:17:12	00:26:01	00:34:52	00:43:39	<b>00:52:29.25</b>	<b>00:52:38.25</b>	+00:16:21 (31.2%)	5:14	11.4 (68.7%)
47	<b>CINCIO Robert</b>	<b>389</b>	TKKF TRIATHLON KOSZALIN	M-40	47	00:00:09	00:07:41	00:16:01	00:24:46	00:33:57	00:43:27	<b>00:52:49.25</b>	<b>00:52:58.40</b>	+00:16:41 (31.6%)	5:16	11.4 (68.7%)
48	<b>DOMAGAŁA Sławomir</b>	<b>35</b>	KORYUKAN ŚWIDWIN	M-40	48	00:00:18	00:08:52	00:17:42	00:26:48	00:35:32	00:44:23	<b>00:53:12.60</b>	<b>00:53:30.80</b>	+00:17:05 (32.1%)	5:19	11.3 (68.1%)
49	<b>WEĆLAWIAK Marek</b>	<b>204</b>		M-40	49	00:00:14	00:08:47	00:17:42	00:26:42	00:35:52	00:45:03	<b>00:53:49.05</b>	<b>00:54:03.65</b>	+00:17:41 (32.9%)	5:22	11.1 (66.9%)
50	<b>PAJOR Tomek</b>	<b>137</b>		M-40	50	00:00:21	00:09:11	00:18:17	00:27:22	00:36:25	00:45:27	<b>00:54:08.30</b>	<b>00:54:29.40</b>	+00:18:00 (33.3%)	5:24	11.1 (66.9%)
51	<b>TOMCZYK Leszek</b>	<b>194</b>	JW1223	M-40	51	00:00:05	00:08:07	00:16:52	00:25:57	00:35:20	00:44:52	<b>00:54:15.90</b>	<b>00:54:21.45</b>	+00:18:08 (33.4%)	5:25	11.1 (66.9%)
52	<b>KĘPKA Mirosław</b>	<b>81</b>	K.B. SPRINT ŚWIDWIN	M-40	52	00:00:20	00:08:51	00:17:47	00:27:00	00:36:18	00:45:36	<b>00:54:34.60</b>	<b>00:54:55.10</b>	+00:18:27 (33.8%)	5:27	11 (66.3%)
53	<b>GUTOWSKI Sebastian</b>	<b>53</b>	GUCIOR-RUN	M-40	53	00:00:18	00:08:53	00:17:47	00:27:02	00:36:18	00:45:28	<b>00:54:35.90</b>	<b>00:54:54.60</b>	+00:18:28 (33.8%)	5:27	11 (66.3%)
54	<b>SKIBA Artur</b>	<b>168</b>	ŚWIDWIŃSKIE STOWARZYSZENIE LOTNICTWA REKREACYJNEGO	M-40	54	00:00:16	00:08:50	00:17:49	00:26:58	00:36:20	00:45:40	<b>00:54:38.60</b>	<b>00:54:55.10</b>	+00:18:31 (33.9%)	5:27	11 (66.3%)
55	<b>STALUSZKA Dariusz</b>	<b>175</b>	PARKRUN ŚWIDWIN	M-40	55	00:00:15	00:08:51	00:17:49	00:26:58	00:36:20	00:45:39	<b>00:54:39.85</b>	<b>00:54:54.95</b>	+00:18:32 (33.9%)	5:27	11 (66.3%)
56	<b>KRÓL Marcin</b>	<b>95</b>		M-40	56	00:00:05	00:07:42	00:16:16	00:25:21	00:34:54	00:44:50	<b>00:54:50.85</b>	<b>00:54:56.35</b>	+00:18:43 (34.1%)	5:29	10.9 (65.7%)
57	<b>WAJDA Waldemar</b>	<b>198</b>	BORNE BIEGA	M-40	57	00:00:21	00:09:02	00:18:14	00:27:13	00:36:31	00:46:02	<b>00:54:51.65</b>	<b>00:55:13.35</b>	+00:18:44 (34.2%)	5:29	10.9 (65.7%)
58	<b>KULAWIŃSKI Marek</b>	<b>99</b>		M-40	58	00:00:23	00:09:13	00:18:25	00:27:43	00:37:10	00:46:39	<b>00:55:55.50</b>	<b>00:56:19.40</b>	+00:19:48 (35.4%)	5:35	10.7 (64.5%)
59	<b>RADECKI Jacek</b>	<b>153</b>		M-40	59	00:00:12	00:08:59	00:18:14	00:27:39	00:37:18	00:46:57	<b>00:56:19.50</b>	<b>00:56:31.95</b>	+00:20:12 (35.9%)	5:37	10.7 (64.5%)
60	<b>ZIELIŃSKI Andrzej</b>	<b>324</b>		M-40	60	00:00:21	00:09:11	00:18:28	00:27:56	00:37:18	00:47:00	<b>00:56:54.30</b>	<b>00:57:15.50</b>	+00:20:46 (36.5%)	5:41	10.5 (63.3%)
61	<b>KOWALCZYK Maciej</b>	<b>89</b>		M-40	61	00:00:20	00:09:34	00:19:01	00:28:38	00:38:17	00:47:51	<b>00:57:29.35</b>	<b>00:57:49.85</b>	+00:21:21 (37.2%)	5:44	10.4 (62.7%)
62	<b>ZIELIŃSKI Jarosław</b>	<b>222</b>	AMATOR	M-40	62	00:00:13	00:08:48	00:18:25	00:28:34	00:39:10	00:49:42	<b>01:00:18.70</b>	<b>01:00:31.95</b>	+00:24:11 (40.1%)	6:01	10 (60.2%)
63	<b>KRASIŃSKI Witold</b>	<b>94</b>	JW1223	M-40	63	00:00:11	00:09:05	00:18:35	00:27:53	00:38:24	00:49:57	<b>01:01:21.10</b>	<b>01:01:32.40</b>	+00:25:13 (41.1%)	6:08	9.8 (59.0%)
64	<b>KAMIŃSKI Tomasz</b>	<b>76</b>	JW 1223, TKKF KOSZALIN	M-40	64	00:00:10	00:09:06	00:18:37	00:27:54	00:38:25	00:49:58	<b>01:01:21.65</b>	<b>01:01:32.50</b>	+00:25:14 (41.1%)	6:08	9.8 (59.0%)
65	<b>PIETRZYCKI Adrian</b>	<b>144</b>		M-40	65	00:00:20	00:10:07	00:20:29	00:31:12	00:42:02	00:52:33	<b>01:02:23.40</b>	<b>01:02:43.90</b>	+00:26:15 (42.1%)	6:14	9.6 (57.8%)

Znaleziono 65 wynik(ów)