



# TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 1963M

B4SPORT

**Wydarzenie:** Bieg Pamięci Żołnierzy Wyklętych - Koszalin  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Fundacja Herkules All Sports  
**Data:** 2021-08-15  
**Miejsce:** Koszalin  
**Dystans:** 1.963 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Czas netto 1.963km	Różn	Tempo min/km	Tempo km/h
1	SOSNOWSKI Tomasz	38	FPP	M18-39	1	00:03:17	00:06:58.45		3:32	16.9 (100%)
2	KISIEL Marcin	16	FENIKS SWIDWIN	M40+	1	00:03:27	00:07:26.30	+00:00:27 (6.2%)	3:47	15.8 (93.5%)
3	WEBER Paweł	44		M18-39	2	00:03:33	00:07:35.65	+00:00:37 (8.2%)	3:51	15.5 (91.7%)
4	MADAJCZYK Emilia	59	AKS BIAŁOGARD	K13	1	00:03:48	00:07:52.15	+00:00:53 (11.4%)	4:00	15 (88.8%)
5	POMORSKI Łukasz	36	CSSP KOSZALIN	M18-39	3	00:03:51	00:07:57.70	+00:00:59 (12.4%)	4:02	14.8 (87.6%)
6	BIJAK Bartłomiej	1	KS PENTATHLON	M13	1	00:03:52	00:08:04.85	+00:01:06 (13.7%)	4:06	14.6 (86.4%)
7	GLEWICZ Sylwia	7	POMORSKIE WILKI	K18-39	1	00:03:53	00:08:06.70	+00:01:08 (14.0%)	4:07	14.5 (85.8%)
8	NOSAL Martyna	30	KS PENTATHLON SZCZECINEK/SP 7 SZCZECINEK	K14-17	1	00:04:07	00:08:30.80	+00:01:32 (18.1%)	4:19	13.9 (82.2%)
9	CZYŻKOWSKI Łukasz	6	CSSP KOSZALIN	M18-39	4	00:04:13	00:08:31.95	+00:01:33 (18.3%)	4:20	13.8 (81.7%)
10	GONTARZ Wojciech	9		M18-39	5	00:04:08	00:08:41.80	+00:01:43 (19.8%)	4:25	13.6 (80.5%)
11	OSTROWSKI Jacek	33	14ZBOT 142BLP	M18-39	6	00:04:19	00:08:49.30	+00:01:50 (20.9%)	4:29	13.4 (79.3%)
12	ZIELIŃSKI Jakub	50		M14-17	1	00:04:18	00:09:08.00	+00:02:09 (23.6%)	4:39	12.9 (76.3%)
13	MARTAU Julka	26	POMORSKIE WILKI	K13	2	00:04:26	00:09:12.00	+00:02:13 (24.2%)	4:41	12.8 (75.7%)
14	ŻMUDA Kornelia	46		K14-17	2	00:04:35	00:09:20.05	+00:02:21 (25.3%)	4:45	12.6 (74.6%)
15	SUDER-MAKSYMOWICZ Feliks	40	UKS SOKÓŁ	M13	2	00:04:35	00:09:36.20	+00:02:37 (27.4%)	4:53	12.3 (72.8%)
16	KISIEL Ania	15		K18-39	2	00:04:35	00:09:36.25	+00:02:37 (27.4%)	4:53	12.3 (72.8%)
17	KAJKOWSKI Rafał	14	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40+	2	00:04:38	00:09:46.90	+00:02:48 (28.7%)	4:58	12.1 (71.6%)
18	SUDER-MAKSYMOWICZ Filip	39		M13	3	00:04:57	00:09:58.40	+00:02:59 (30.1%)	5:04	11.8 (69.8%)
19	NOSAL Anna	31		K18-39	3	00:05:05	00:10:02.65	+00:03:04 (30.6%)	5:06	11.7 (69.2%)
20	GŁOWACKI Włodzimierz	8		M40+	3	00:04:53	00:10:03.90	+00:03:05 (30.7%)	5:07	11.7 (69.2%)
21	MONGIAŁO Aleksandra	29	KĘPKA-NA-TRASIE	K18-39	4	00:04:53	00:10:04.35	+00:03:05 (30.8%)	5:07	11.7 (69.2%)
22	KUSTRA Agnieszka	22		K18-39	5	00:04:47	00:10:06.70	+00:03:08 (31.0%)	5:08	11.7 (69.2%)
23	ŻMUDA Monika	53	CW FANZA KOŁOBRZEG	K40+	1	00:05:13	00:10:13.80	+00:03:15 (31.8%)	5:12	11.5 (68.0%)
24	KOZAK Filip	21		M13	4	00:05:04	00:10:37.95	+00:03:39 (34.4%)	5:24	11.1 (65.7%)
25	OLCZYKOWSKI Bartosz	32	UZDROWISKO DĄBKI	M40+	4	00:05:18	00:10:38.65	+00:03:40 (34.5%)	5:25	11.1 (65.7%)
26	SKRZYPKOWIAK Małgorzata	37		K40+	2	00:05:01	00:10:51.45	+00:03:53 (35.8%)	5:31	10.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap1 1km	Czas		Tempo min/km	Tempo km/h
							netto 1.963km	Różn		
27	<b>MAMROCHA Mirosław</b>	<b>24</b>	MIROSŁAW MAMROCHA	M40+	5	00:05:18	<b>00:10:51.60</b>	+00:03:53 (35.8%)	5:31	10.9 (64.5%)
28	<b>MAMROCHA Alicja</b>	<b>25</b>	MIROSŁAW MAMROCHA	K13	3	00:05:18	<b>00:11:20.90</b>	+00:04:22 (38.5%)	5:46	10.4 (61.5%)
29	<b>ZIMNICKI Maciej</b>	<b>51</b>	INDYWIDUALNIE	M40+	6	00:05:16	<b>00:11:26.75</b>	+00:04:28 (39.1%)	5:49	10.3 (60.9%)
30	<b>KOPEĆ Gracjan</b>	<b>18</b>		M13	5	00:05:05	<b>00:11:36.95</b>	+00:04:38 (40.0%)	5:54	10.2 (60.4%)
31	<b>KOPEĆ Krzysztof</b>	<b>58</b>		M40+	7	00:05:15	<b>00:11:37.15</b>	+00:04:38 (40.0%)	5:55	10.1 (59.8%)
32	<b>KOPEĆ Magdalena</b>	<b>17</b>		K40+	3	00:05:15	<b>00:11:37.20</b>	+00:04:38 (40.0%)	5:55	10.1 (59.8%)
33	<b>SZWED Krzysztof</b>	<b>43</b>		M14-17	2	00:05:00	<b>00:11:40.80</b>	+00:04:42 (40.3%)	5:56	10.1 (59.8%)
34	<b>POLAN Ignacy</b>	<b>35</b>		M13	6	00:05:19	<b>00:11:41.40</b>	+00:04:42 (40.3%)	5:57	10.1 (59.8%)
35	<b>CHMIELEWSKA Olga</b>	<b>5</b>		K13	4	00:05:33	<b>00:11:55.25</b>	+00:04:56 (41.5%)	6:04	9.9 (58.6%)
36	<b>POLAN Jarosław</b>	<b>34</b>		M40+	8	00:05:48	<b>00:12:08.00</b>	+00:05:09 (42.5%)	6:10	9.7 (57.4%)
37	<b>MAŚLANY Sławomir</b>	<b>27</b>		M40+	9	00:05:50	<b>00:12:18.75</b>	+00:05:20 (43.4%)	6:15	9.6 (56.8%)
38	<b>INGRAM Grzegorz</b>	<b>10</b>	MIWO PRASZKA	M18-39	7	00:06:28	<b>00:12:48.75</b>	+00:05:50 (45.6%)	6:31	9.2 (54.4%)
39	<b>ZIELIŃSKI Piotr</b>	<b>49</b>		M40+	10	00:05:46	<b>00:12:50.25</b>	+00:05:51 (45.7%)	6:32	9.2 (54.4%)
40	<b>CHMIELEWSKA Julia</b>	<b>3</b>	5HOPS+	K13	5	00:05:49	<b>00:13:35.25</b>	+00:06:36 (48.7%)	6:55	8.7 (51.5%)
41	<b>WOJNOWSKA Agata</b>	<b>47</b>		K18-39	6	00:07:02	<b>00:13:48.45</b>	+00:06:50 (49.5%)	7:01	8.5 (50.3%)
42	<b>KOWALCZYK Konrad</b>	<b>20</b>		M13	7	00:06:06	<b>00:14:00.80</b>	+00:07:02 (50.2%)	7:07	8.4 (49.7%)
43	<b>CHMIELEWSKA Hanna</b>	<b>2</b>	5HOPS+	K13	6	00:06:50	<b>00:14:12.10</b>	+00:07:13 (50.9%)	7:14	8.3 (49.1%)
44	<b>CHMIELEWSKA Anna</b>	<b>4</b>	5HOPS+	K40+	4	00:06:50	<b>00:14:13.70</b>	+00:07:15 (51.0%)	7:14	8.3 (49.1%)
45	<b>MRUGALSKA Klara</b>	<b>55</b>		K13	7	00:06:59	<b>00:14:20.80</b>	+00:07:22 (51.4%)	7:18	8.2 (48.5%)
46	<b>MRUGALSKI Damian</b>	<b>54</b>		M18-39	8	00:07:00	<b>00:14:21.10</b>	+00:07:22 (51.4%)	7:18	8.2 (48.5%)
47	<b>MRUGALSKA Magdalena</b>	<b>56</b>		K18-39	7	00:06:59	<b>00:14:21.35</b>	+00:07:22 (51.4%)	7:18	8.2 (48.5%)
48	<b>SZCZEPAŃSKI Krzysztof</b>	<b>42</b>	KRZYSZTOF SZCZEPAŃSKI	M18-39	9	00:07:17	<b>00:15:04.70</b>	+00:08:06 (53.7%)	7:40	7.8 (46.2%)
49	<b>SZCZEPAŃSKA Sandra</b>	<b>41</b>	MIWO PRASZKA	K13	8	00:07:17	<b>00:15:05.00</b>	+00:08:06 (53.8%)	7:41	7.8 (46.2%)
50	<b>INGRAM Dawid</b>	<b>11</b>	MIWO PRASZKA	M13	8	00:12:49		+	12:49	4.7 (27.8%)
51	<b>MICHALAK Damian</b>	<b>28</b>	DAMIAN MICHALAK	M18-39	10	00:13:17		+	13:17	4.5 (26.6%)
DNC	<b>JAKUBIEC Mija</b>	<b>12</b>		K13		00:09:10				(0.0%)
DNC	<b>ŻMUDA Tomasz</b>	<b>52</b>		M40+						(0.0%)
	<b>YYY Xxx</b>	<b>23</b>		K13		00:05:04 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 54 wynik(ów)