



# VI BIEG POLITECHNIKI KOSZALIŃSKIEJ - 10 KM

B4SPORT

**Wydarzenie:** VI Bieg Politechniki Koszalińskiej  
**Organizator:** Politechnika Koszalińska  
**Data:** 2019-06-08  
**Miejsce:** Koszalin  
**Dystans:** 8.4 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 2.1km	Finish_All 4.2km	Finish_All 6.3km	Czas netto 8.4km	Różn	Tempo min/km	Tempo km/h
1	<b>ZABORSKI Ryszard</b>	<b>290</b>	TKKF KOSZALIN/ORKIESTRA WOJSKOWA	M-40	1	00:07:16	00:14:34	00:22:00	<b>00:29:33.00</b>		3:31	17.1 (100%)
2	<b>JAROSZ Wiesław</b>	<b>183</b>	JW. 1223/POLITECHNIKA KOSZALIŃSKA	M-40	2	00:07:16	00:14:39	00:22:18	<b>00:29:56.95</b>	+00:00:23 (1.3%)	3:33	16.8 (98.2%)
3	<b>OLECH Adam</b>	<b>231</b>		M-18	1	00:07:15	00:14:37	00:22:34	<b>00:30:20.85</b>	+00:00:47 (2.6%)	3:36	16.6 (97.1%)
4	<b>WIKTOROWICZ Sławomir</b>	<b>282</b>	JW 1223/BLOG	M-40	3	00:07:49	00:15:49	00:23:52	<b>00:31:53.70</b>	+00:02:20 (7.4%)	3:47	15.8 (92.4%)
5	<b>SITOWSKI Marcin</b>	<b>258</b>	FC RYSIEK	M-18	2	00:07:45	00:15:57	00:24:20	<b>00:32:25.65</b>	+00:02:52 (8.9%)	3:51	15.5 (90.6%)
5	<b>PICK Tomasz</b>	<b>236</b>	DEAF KOSZALIN	M-40	4	00:08:02	00:16:17	00:24:30	<b>00:32:25.65</b>	+00:02:52 (8.9%)	3:51	15.5 (90.6%)
7	<b>SOMINKA Paweł</b>	<b>261</b>	BAŁTYK-TRANS-SPEDITION	M-30	1	00:07:55	00:16:11	00:24:32	<b>00:32:33.05</b>	+00:03:00 (9.2%)	3:52	15.5 (90.6%)
8	<b>MAZUR Emilusz</b>	<b>217</b>	ŻYJ Z ENERGIA	M-40	5	00:07:57	00:16:16	00:24:53	<b>00:33:12.00</b>	+00:03:39 (11.0%)	3:57	15.2 (88.9%)
9	<b>BIERSKI Łukasz</b>	<b>140</b>		M-40	6	00:07:58	00:16:11	00:24:33	<b>00:33:15.85</b>	+00:03:42 (11.2%)	3:57	15.2 (88.9%)
10	<b>PIŃSKI Paweł</b>	<b>240</b>	JW 1223	M-30	2	00:07:51	00:16:19	00:24:58	<b>00:33:38.25</b>	+00:04:05 (12.2%)	4:00	15 (87.7%)
11	<b>KUKLINSKI Maciej</b>	<b>207</b>	METROŻERCY	M-40	7	00:08:12	00:16:50	00:25:34	<b>00:34:19.45</b>	+00:04:46 (13.9%)	4:05	14.7 (86.0%)
12	<b>HELAK Krzysztof</b>	<b>178</b>		M-18	3	00:07:57	00:16:37	00:25:34	<b>00:34:24.70</b>	+00:04:51 (14.1%)	4:05	14.6 (85.4%)
13	<b>WIŚNIEWSKI Mieczysław</b>	<b>283</b>	STOPA SŁUPSK	M-60	1	00:08:13	00:16:54	00:25:48	<b>00:34:33.85</b>	+00:05:00 (14.5%)	4:06	14.6 (85.4%)
14	<b>NOWAK Jacek</b>	<b>229</b>		M-50	1	00:08:22	00:17:05	00:26:03	<b>00:34:36.20</b>	+00:05:03 (14.6%)	4:07	14.6 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 2.1km	Finish_All 4.2km	Finish_All 6.3km	Czas		Tempo min/km	Tempo km/h
									netto 8.4km	Różn		
15	<b>TARNOWSKI Mariusz</b>	<b>274</b>		M-30	3	00:08:03	00:16:48	00:25:45	<b>00:34:40.05</b>	+00:05:07 (14.8%)	4:07	14.5 (84.8%)
16	<b>ADAMCZYK Karol</b>	<b>131</b>		M-30	4	00:08:15	00:16:58	00:25:53	<b>00:34:44.70</b>	+00:05:11 (15.0%)	4:08	14.5 (84.8%)
17	<b>BIEDRZYCKI Adam</b>	<b>139</b>	CW FANZA KOŁOBRZEG	M-30	5	00:08:17	00:16:44	00:25:39	<b>00:34:50.50</b>	+00:05:17 (15.2%)	4:08	14.5 (84.8%)
18	<b>CHUPTYŚ Adrian</b>	<b>150</b>	RUNDORFINA	M-30	6	00:08:12	00:17:04	00:26:07	<b>00:35:20.80</b>	+00:05:47 (16.4%)	4:12	14.3 (83.6%)
19	<b>KUJAWSKI Jarosław</b>	<b>206</b>		M-18	4	00:07:54	00:16:45	00:26:04	<b>00:35:32.15</b>	+00:05:59 (16.8%)	4:13	14.2 (83.0%)
20	<b>RYBICKI Andrzej</b>	<b>252</b>	KB SPOKO SŁAWNO	M-30	7	00:08:18	00:17:08	00:26:19	<b>00:35:35.10</b>	+00:06:02 (17.0%)	4:14	14.2 (83.0%)
21	<b>WOŁYNYEC Szymon</b>	<b>287</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-18	5	00:08:17	00:17:32	00:27:31	<b>00:36:22.55</b>	+00:06:49 (18.8%)	4:19	13.9 (81.3%)
22	<b>DZIĘBOWSKI Mariusz</b>	<b>163</b>		M-30	8	00:08:53	00:18:02	00:27:25	<b>00:36:24.10</b>	+00:06:51 (18.8%)	4:20	13.8 (80.7%)
23	<b>CHUTYRKO Paweł</b>	<b>151</b>		M-18	6	00:08:51	00:18:32	00:27:37	<b>00:36:37.65</b>	+00:07:04 (19.3%)	4:21	13.8 (80.7%)
24	<b>CHOŁUJ Jarek</b>	<b>148</b>		M-40	8	00:09:19	00:18:39	00:28:03	<b>00:37:18.75</b>	+00:07:45 (20.8%)	4:26	13.5 (78.9%)
25	<b>SEEWALD Jan</b>	<b>255</b>	ZAKWAS	M-40	9	00:08:57	00:18:05	00:27:29	<b>00:37:24.00</b>	+00:07:51 (21.0%)	4:27	13.5 (78.9%)
26	<b>JÓZEFIAK Adrian</b>	<b>186</b>		M-30	9	00:09:17	00:18:40	00:28:04	<b>00:37:27.95</b>	+00:07:54 (21.1%)	4:27	13.5 (78.9%)
27	<b>KRUPIŃSKI Krzysztof</b>	<b>203</b>	WWW.E-UROLOG.EU	M-50	2	00:09:00	00:18:18	00:27:54	<b>00:37:30.70</b>	+00:07:57 (21.2%)	4:27	13.4 (78.4%)
28	<b>KAZIMIERCZAK Leszek</b>	<b>190</b>	CSSP KOSZALIN	M-30	10	00:09:10	00:18:42	00:28:18	<b>00:37:43.75</b>	+00:08:10 (21.7%)	4:29	13.4 (78.4%)
29	<b>MALINOWSKI Mariusz</b>	<b>213</b>		M-30	11	00:09:06	00:18:40	00:28:21	<b>00:37:43.80</b>	+00:08:10 (21.7%)	4:29	13.4 (78.4%)
30	<b>BASSEL Marcin</b>	<b>137</b>		M-30	12	00:09:53	00:19:11	00:28:47	<b>00:38:04.80</b>	+00:08:31 (22.4%)	4:32	13.2 (77.2%)
31	<b>JOCHYM Mariusz</b>	<b>185</b>	WKURW_TEAM	M-30	13	00:09:29	00:19:06	00:28:44	<b>00:38:14.65</b>	+00:08:41 (22.7%)	4:33	13.2 (77.2%)
32	<b>ANTKOWIAK Sebastian</b>	<b>132</b>	DB -ACTIVE	M-40	10	00:08:52	00:18:24	00:28:27	<b>00:38:35.40</b>	+00:09:02 (23.4%)	4:35	13.1 (76.6%)
33	<b>KILAR Tomasz</b>	<b>192</b>	KILAR TEAM	M-40	11	00:09:19	00:19:08	00:29:06	<b>00:38:57.65</b>	+00:09:24 (24.2%)	4:38	12.9 (75.4%)
34	<b>MARCINIAK Michał</b>	<b>214</b>		M-18	7	00:08:59	00:18:43	00:29:16	<b>00:39:02.85</b>	+00:09:29 (24.3%)	4:38	12.9 (75.4%)
35	<b>GOSTOMCZYK Krzysztof</b>	<b>170</b>	KB SPOKO SŁAWNO	M-40	12	00:09:15	00:19:22	00:29:37	<b>00:39:10.10</b>	+00:09:37 (24.6%)	4:39	12.9 (75.4%)
36	<b>GDANIEC Konrad</b>	<b>169</b>		M-18	8	00:09:19	00:19:14	00:29:17	<b>00:39:12.10</b>	+00:09:39 (24.6%)	4:40	12.9 (75.4%)
37	<b>WOJCIECHOWSKI Andrzej</b>	<b>284</b>		M-40	13	00:09:55	00:19:23	00:29:18	<b>00:39:15.80</b>	+00:09:42 (24.7%)	4:40	12.8 (74.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 2.1km	Finish_All 4.2km	Finish_All 6.3km	Czas		Tempo min/km	Tempo km/h
									netto 8.4km	Różn		
38	KONKEL Łukasz	196		M-40	14	00:09:36	00:19:37	00:29:33	<b>00:39:17.55</b>	+00:09:44 (24.8%)	4:40	12.8 (74.9%)
39	BROCA Jarosław	143		M-40	15	00:10:05	00:19:57	00:29:49	<b>00:39:19.80</b>	+00:09:46 (24.9%)	4:40	12.8 (74.9%)
40	BURKIET Marek	146	JW 1223	M-40	16	00:09:39	00:19:19	00:29:21	<b>00:39:23.45</b>	+00:09:50 (25.0%)	4:41	12.8 (74.9%)
41	FORST Filip	164		M-18	9	00:09:16	00:19:15	00:29:35	<b>00:39:33.60</b>	+00:10:00 (25.3%)	4:42	12.7 (74.3%)
42	PUŚCIAN Krzysztof	247	SZKOŁA PODSTAWOWA W MANOWIE	M-40	17	00:10:21	00:20:26	00:30:23	<b>00:39:46.55</b>	+00:10:13 (25.7%)	4:44	12.7 (74.3%)
43	SZCZUBLEWSKI Martin	268	KAMIEŃ RYMANSKI	M-18	10	00:08:56	00:18:52	00:29:17	<b>00:40:04.30</b>	+00:10:31 (26.3%)	4:46	12.6 (73.7%)
44	KLOSKOWSKI Dariusz	1	MKP SZCZECINEK	M-40	18	00:09:41	00:19:43	00:30:07	<b>00:40:20.65</b>	+00:10:47 (26.8%)	4:48	12.5 (73.1%)
45	OSOBNIAK Ryszard	233		M-60	2	00:10:05	00:20:13	00:30:31	<b>00:40:29.55</b>	+00:10:56 (27.0%)	4:49	12.4 (72.5%)
46	NOREK Tomek	228		M-50	3	00:10:00	00:20:10	00:30:22	<b>00:40:32.75</b>	+00:10:59 (27.1%)	4:49	12.4 (72.5%)
47	RUTKOWSKI Artur	93	RUNKING	M-18	11	00:09:22	00:19:28	00:29:57	<b>00:40:35.85</b>	+00:11:02 (27.2%)	4:50	12.4 (72.5%)
48	BEDNARZ Sebastian	138		M-40	19	00:09:56	00:19:44	00:30:09	<b>00:40:37.00</b>	+00:11:04 (27.2%)	4:50	12.4 (72.5%)
49	KRASIŃSKI Witold	201		M-40	20	00:09:30	00:19:40	00:30:16	<b>00:40:45.00</b>	+00:11:12 (27.5%)	4:51	12.4 (72.5%)
50	REMPLAKOWSKI Krzysztof	251	WE RUN	M-40	21	00:10:10	00:20:29	00:30:52	<b>00:41:01.25</b>	+00:11:28 (28.0%)	4:52	12.3 (71.9%)
51	RZESZUTEK Michał	253		M-30	14	00:09:48	00:20:12	00:31:02	<b>00:41:26.65</b>	+00:11:53 (28.7%)	4:55	12.2 (71.3%)
52	POCZĄTEK Mikołaj	244		M-30	15	00:10:03	00:20:26	00:31:00	<b>00:41:27.45</b>	+00:11:54 (28.7%)	4:56	12.2 (71.3%)
53	WIERZBIŃSKI Rafał	280	JW 2117	M-30	16	00:10:12	00:20:28	00:31:03	<b>00:41:28.15</b>	+00:11:55 (28.7%)	4:56	12.2 (71.3%)
54	MONGIAŁO Marcin	224	FAST FEET K-LIN	M-40	22	00:10:02	00:20:19	00:30:52	<b>00:41:33.85</b>	+00:12:00 (28.9%)	4:56	12.1 (70.8%)
55	KOWALCZYK Piotr	199	FOR-REST-RUN	M-30	17	00:09:54	00:20:23	00:31:03	<b>00:41:43.05</b>	+00:12:10 (29.2%)	4:57	12.1 (70.8%)
56	PODSIADŁO Marcin	245		M-40	23	00:10:28	00:20:57	00:31:45	<b>00:41:57.25</b>	+00:12:24 (29.6%)	4:59	12 (70.2%)
57	JUSZCZAK Krzysztof	187		M-60	3	00:10:00	00:20:27	00:31:18	<b>00:42:04.40</b>	+00:12:31 (29.8%)	5:00	12 (70.2%)
58	ZANDER Jakub	292		M-18	12	00:09:55	00:20:58	00:31:45	<b>00:42:23.30</b>	+00:12:50 (30.3%)	5:02	11.9 (69.6%)
59	WALCZAK Ryszard	278	BRACTWO BIEGACZY	M-60	4	00:10:09	00:20:55	00:31:47	<b>00:42:29.25</b>	+00:12:56 (30.5%)	5:03	11.9 (69.6%)
60	GARNCAREK Paweł	166		M-30	18	00:10:07	00:20:50	00:31:45	<b>00:42:39.10</b>	+00:13:06 (30.7%)	5:04	11.8 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 2.1km	Finish_All 4.2km	Finish_All 6.3km	Czas netto 8.4km	Różn	Tempo min/km	Tempo km/h
61	<b>SZALKOWSKI Dariusz</b>	<b>267</b>	ADS-SERWIS	M-50	4	00:09:57	00:20:38	00:31:38	<b>00:42:40.85</b>	+00:13:07 (30.8%)	5:04	11.8 (69.0%)
62	<b>PIECHOTA Robert</b>	<b>237</b>	ROZBIEGANY KOSZALIN	M-40	24	00:10:05	00:20:56	00:32:04	<b>00:42:43.70</b>	+00:13:10 (30.8%)	5:05	11.8 (69.0%)
63	<b>DĘBSKI Damian</b>	<b>158</b>		M-30	19	00:10:06	00:20:29	00:31:42	<b>00:42:58.15</b>	+00:13:25 (31.2%)	5:06	11.7 (68.4%)
64	<b>GÓRECKI Patryk</b>	<b>171</b>	WNE	M-18	13	00:10:12	00:21:09	00:32:15	<b>00:43:02.05</b>	+00:13:29 (31.3%)	5:07	11.7 (68.4%)
65	<b>KAZIMIEROWICZ Radosław</b>	<b>191</b>	VTT KOSZALIN	M-30	20	00:10:29	00:21:05	00:32:12	<b>00:43:39.10</b>	+00:14:06 (32.3%)	5:11	11.5 (67.3%)
66	<b>HRYCIÓW Paweł</b>	<b>181</b>	JW1223	M-30	21	00:10:11	00:21:15	00:32:36	<b>00:43:45.70</b>	+00:14:12 (32.5%)	5:12	11.5 (67.3%)
67	<b>CHWISTEK Damian</b>	<b>153</b>		M-30	22	00:10:41	00:21:41	00:32:53	<b>00:44:04.50</b>	+00:14:31 (33.0%)	5:14	11.4 (66.7%)
68	<b>MURAWSKI Rafał</b>	<b>227</b>		M-30	23	00:10:40	00:21:46	00:33:03	<b>00:44:05.45</b>	+00:14:32 (33.0%)	5:14	11.4 (66.7%)
69	<b>SZYSZKOWSKI Tomasz</b>	<b>272</b>		M-30	24	00:10:54	00:22:11	00:33:36	<b>00:44:11.80</b>	+00:14:38 (33.1%)	5:15	11.4 (66.7%)
70	<b>DZIESZUK Dariusz</b>	<b>162</b>	TKKF KOSZALIN	M-50	5	00:11:01	00:22:13	00:33:47	<b>00:44:58.75</b>	+00:15:25 (34.3%)	5:21	11.2 (65.5%)
71	<b>MICHALAK Michał</b>	<b>219</b>		M-18	14	00:11:16	00:23:37	00:36:16	<b>00:46:50.50</b>	+00:17:17 (36.9%)	5:34	10.8 (63.2%)
72	<b>STEC Jakub</b>	<b>265</b>		M-18	15	00:11:16	00:23:38	00:36:16	<b>00:48:13.95</b>	+00:18:40 (38.7%)	5:44	10.4 (60.8%)
73	<b>HNATOWSKI Artur</b>	<b>180</b>		M-50	6	00:10:48	00:22:47	00:35:51	<b>00:48:47.55</b>	+00:19:14 (39.4%)	5:48	10.3 (60.2%)
74	<b>KISIEL Radek</b>	<b>193</b>		M-30	25	00:11:42	00:24:10	00:36:56	<b>00:50:15.40</b>	+00:20:42 (41.2%)	5:59	10 (58.5%)
75	<b>SZCZYTKOWSKI Jakub</b>	<b>269</b>		M-18	16	00:12:21	00:24:47	00:37:11	<b>00:50:38.20</b>	+00:21:05 (41.6%)	6:01	10 (58.5%)
76	<b>GADEK Michał</b>	<b>165</b>		M-30	26	00:11:18	00:24:15	00:37:28	<b>00:51:21.10</b>	+00:21:48 (42.5%)	6:06	9.8 (57.3%)
77	<b>DUDA Jarosław</b>	<b>161</b>		M-30	27	00:11:55	00:25:25	00:39:11	<b>00:52:40.40</b>	+00:23:07 (43.9%)	6:16	9.6 (56.1%)
78	<b>HELLER Zdzisław</b>	<b>179</b>	NIEZRZESZONY	M-60	5	00:13:04	00:26:51	00:40:19	<b>00:53:25.00</b>	+00:23:52 (44.7%)	6:21	9.4 (55.0%)
79	<b>JĘDRZEJEWSKI Krzysztof</b>	<b>184</b>		M-30	28	00:11:16	00:23:53	00:38:13	<b>00:54:18.20</b>	+00:24:45 (45.6%)	6:27	9.3 (54.4%)
	<b>MONDRON Paweł</b>	<b>222</b>		M-40		00:16:24 DNF	00:32:52 DNF	24:00:00 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 80 wynik(ów)