



VII KOSZALIŃSKI BIEG SYLWESTROWY - 5.37 KM

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Date: 2015-12-27
Place: Koszalin
Distance: 5.37 km



Classification: M-4

| Place | Participant | Number | Club | Category | MCat | Net time 5.37km | Czas brutto 5.37km | Gap | Pace min/km | Pace km/h |
|-------|-----------------------------|------------|---------------------------------|----------|------|--------------------|--------------------------|-------------------|----------------|--------------|
| 1 | SZYMAŃSKI Sylwester | 448 | | M-4 | 1 | 00:18:03.85 | 00:18:03.85 | | 3:21 | 17.9 (100%) |
| 2 | GUZOWSKI Dariusz | 85 | ULKS TALEX-BORYSŁAW BORZYTUCHOM | M-4 | 2 | 00:18:28.65 | 00:18:28.65 | +00:00:24 (2.2%) | 3:26 | 17.4 (97.2%) |
| 3 | RUDNIKOWSKI Maciej | 270 | RUNNERSWALDE | M-4 | 3 | 00:19:28.10 | 00:19:28.10 | +00:01:24 (7.2%) | 3:37 | 16.6 (92.7%) |
| 4 | WIDONIAK Rafal | 340 | | M-4 | 4 | 00:19:42.15 | 00:19:42.15 | +00:01:38 (8.3%) | 3:40 | 16.4 (91.6%) |
| 5 | STĘŻAŁA Artur | 301 | | M-4 | 5 | 00:20:47.85 | 00:20:47.85 | +00:02:44 (13.1%) | 3:52 | 15.5 (86.6%) |
| 6 | KANIEWSKI Sebastian | 129 | | M-4 | 6 | 00:20:50.05 | 00:20:50.05 | +00:02:46 (13.3%) | 3:52 | 15.5 (86.6%) |
| 7 | GUILBERT Frederic | 390 | | M-4 | 7 | 00:20:56.10 | 00:20:56.10 | +00:02:52 (13.7%) | 3:53 | 15.4 (86.0%) |
| 8 | MATYJASEK Zbigniew | 201 | | M-4 | 8 | 00:21:06.25 | 00:21:06.25 | +00:03:02 (14.4%) | 3:55 | 15.3 (85.5%) |
| 9 | SZYMCZAK Henryk | 515 | | M-4 | 9 | 00:21:17.10 | 00:21:17.10 | +00:03:13 (15.1%) | 3:57 | 15.1 (84.4%) |
| 10 | SOBCZYK Łukasz | 289 | | M-4 | 10 | 00:21:37.50 | 00:21:37.50 | +00:03:33 (16.5%) | 4:01 | 14.9 (83.2%) |
| 11 | ZWOLIŃSKI Jan | 377 | 4RUN TTKF KOSZALIN | M-4 | 11 | 00:21:47.45 | 00:21:47.45 | +00:03:43 (17.1%) | 4:03 | 14.8 (82.7%) |
| 12 | WINKEL Jerzy | 351 | | M-4 | 12 | 00:21:52.10 | 00:21:52.10 | +00:03:48 (17.4%) | 4:04 | 14.7 (82.1%) |
| 13 | ZBOIŃSKI Wojciech | 368 | | M-4 | 13 | 00:21:54.50 | 00:21:54.50 | +00:03:50 (17.5%) | 4:04 | 14.7 (82.1%) |
| 14 | UZNAŃSKI Ryszard | 327 | | M-4 | 14 | 00:22:18.35 | 00:22:18.35 | +00:04:14 (19.0%) | 4:09 | 14.4 (80.4%) |
| 15 | PAKUŁSKI Marcin | 229 | | M-4 | 15 | 00:22:20.80 | 00:22:20.80 | +00:04:16 (19.2%) | 4:09 | 14.4 (80.4%) |
| 16 | MAŚLAK Radosław | 199 | BIEGAMYRAZEM.PL | M-4 | 16 | 00:22:36.05 | 00:22:36.05 | +00:04:32 (20.1%) | 4:12 | 14.3 (79.9%) |
| 17 | GRZESIK Eugeniusz | 83 | TKKF KOSZALIN | M-4 | 17 | 00:22:51.35 | 00:22:51.35 | +00:04:47 (21.0%) | 4:15 | 14.1 (78.8%) |
| 18 | KRAKOWIAK Sławomir | 166 | | M-4 | 18 | 00:23:00.80 | 00:23:00.80 | +00:04:56 (21.5%) | 4:16 | 14 (78.2%) |
| 19 | BIEDRZYCKI Krzysztof | 10 | | M-4 | 19 | 00:23:06.80 | 00:23:06.80 | +00:05:02 (21.8%) | 4:18 | 13.9 (77.7%) |
| 20 | KIERKOSZ Marek | 140 | | M-4 | 20 | 00:23:10.80 | 00:23:10.80 | +00:05:06 (22.1%) | 4:18 | 13.9 (77.7%) |
| 21 | ATAŁAP Artur | 2 | | M-4 | 21 | 00:23:30.25 | 00:23:30.25 | +00:05:26 (23.1%) | 4:22 | 13.7 (76.5%) |
| 22 | CHOŁUJ Jarosław | 34 | | M-4 | 22 | 00:23:44.50 | 00:23:44.50 | +00:05:40 (23.9%) | 4:25 | 13.6 (76.0%) |
| 23 | MOSIOŁEK Piotr | 211 | | M-4 | 23 | 00:23:47.65 | 00:23:47.65 | +00:05:43 (24.1%) | 4:25 | 13.5 (75.4%) |

| Place | Participant | Number | Club | Category | MCat | Net time | Czas brutto | Gap | Pace min/km | Pace km/h |
|-------|-------------------------|--------|----------------------------------|----------|------|-------------|-------------|-------------------|-------------|--------------|
| | | | | | | 5.37km | 5.37km | | | |
| 24 | KAMELSKI Piotr | 125 | | M-4 | 24 | 00:23:48.10 | 00:23:48.10 | +00:05:44 (24.1%) | 4:25 | 13.5 (75.4%) |
| 25 | ROGOŻA Ireneusz | 267 | BIEGNIJMY.PL ROZBIEGANY KOSZALIN | M-4 | 25 | 00:23:55.90 | 00:23:55.90 | +00:05:52 (24.5%) | 4:27 | 13.5 (75.4%) |
| 26 | OGRODNIK Grzegorz | 225 | | M-4 | 26 | 00:23:58.60 | 00:23:58.60 | +00:05:54 (24.7%) | 4:27 | 13.4 (74.9%) |
| 27 | WÓJCIK Damian | 431 | RUNNERSWALDE | M-4 | 27 | 00:24:01.55 | 00:24:01.55 | +00:05:57 (24.8%) | 4:28 | 13.4 (74.9%) |
| 28 | WUJTIUK Piotr | 401 | | M-4 | 28 | 00:24:09.80 | 00:24:09.80 | +00:06:05 (25.2%) | 4:29 | 13.3 (74.3%) |
| 29 | KUCZYŃSKI Robert | 387 | KB MANIAC | M-4 | 29 | 00:24:17.30 | 00:24:17.30 | +00:06:13 (25.6%) | 4:31 | 13.3 (74.3%) |
| 30 | ŻMUDA Jarosław | 379 | CW FANZA KOŁOBRZEG | M-4 | 30 | 00:24:18.75 | 00:24:18.75 | +00:06:14 (25.7%) | 4:31 | 13.3 (74.3%) |
| 31 | KSZCZANOWICZ Jacek | 175 | | M-4 | 31 | 00:24:21.40 | 00:24:21.40 | +00:06:17 (25.8%) | 4:32 | 13.2 (73.7%) |
| 32 | ZAWADA Andrzej | 367 | ZSP1 SŁUPSK | M-4 | 32 | 00:24:23.10 | 00:24:23.10 | +00:06:19 (25.9%) | 4:32 | 13.2 (73.7%) |
| 33 | PUŚCIAN Krzysztof Kamil | 255 | GIMNAZJUM W MANOWIE | M-4 | 33 | 00:24:23.80 | 00:24:23.80 | +00:06:19 (26.0%) | 4:32 | 13.2 (73.7%) |
| 34 | PEC Marek | 235 | | M-4 | 34 | 00:24:30.70 | 00:24:30.70 | +00:06:26 (26.3%) | 4:33 | 13.2 (73.7%) |
| 35 | IWANIEC Dariusz | 99 | 4RUN TKKF KOSZALIN | M-4 | 35 | 00:24:43.80 | 00:24:43.80 | +00:06:39 (27.0%) | 4:36 | 13 (72.6%) |
| 36 | KILAR Tomasz | 511 | | M-4 | 36 | 00:24:49.70 | 00:24:49.70 | +00:06:45 (27.2%) | 4:37 | 13 (72.6%) |
| 37 | BIALIK Tomasz | 386 | | M-4 | 37 | 00:24:50.35 | 00:24:50.35 | +00:06:46 (27.3%) | 4:37 | 13 (72.6%) |
| 38 | KAJKOWSKI Rafał | 121 | DODOMISIE KOSZALIN | M-4 | 38 | 00:25:00.20 | 00:25:00.20 | +00:06:56 (27.8%) | 4:39 | 12.9 (72.1%) |
| 39 | DUDZIAK Piotr | 55 | | M-4 | 39 | 00:25:12.00 | 00:25:12.00 | +00:07:08 (28.3%) | 4:41 | 12.8 (71.5%) |
| 40 | BORYSIEWICZ Grzegorz | 22 | BORYSY | M-4 | 40 | 00:25:24.35 | 00:25:24.35 | +00:07:20 (28.9%) | 4:43 | 12.7 (70.9%) |
| 41 | KRASIŃSKI Witold | 167 | | M-4 | 41 | 00:25:24.55 | 00:25:24.55 | +00:07:20 (28.9%) | 4:43 | 12.7 (70.9%) |
| 42 | MAZUR Mirosław | 419 | | M-4 | 42 | 00:25:33.95 | 00:25:33.95 | +00:07:30 (29.3%) | 4:45 | 12.6 (70.4%) |
| 43 | CHOLCHA Sławomir | 418 | | M-4 | 43 | 00:25:38.05 | 00:25:38.05 | +00:07:34 (29.5%) | 4:46 | 12.6 (70.4%) |
| 44 | RASZPLA Radosław | 438 | | M-4 | 44 | 00:25:51.50 | 00:25:51.50 | +00:07:47 (30.1%) | 4:48 | 12.5 (69.8%) |
| 45 | KĘPKA Mirosław | 139 | K.B.SPRINT ŚWIDWIN | M-4 | 45 | 00:26:08.65 | 00:26:08.65 | +00:08:04 (30.9%) | 4:51 | 12.3 (68.7%) |
| 46 | TURCZYN Grzegorz | 322 | NIGHT RUNNERS SŁUPSK | M-4 | 46 | 00:26:25.20 | 00:26:25.20 | +00:08:21 (31.6%) | 4:55 | 12.2 (68.2%) |
| 47 | DĄBROWSKI Grzegorz | 47 | | M-4 | 47 | 00:26:25.65 | 00:26:25.65 | +00:08:21 (31.6%) | 4:55 | 12.2 (68.2%) |
| 48 | PLUCIŃSKI Grzegorz | 244 | | M-4 | 48 | 00:26:25.75 | 00:26:25.75 | +00:08:21 (31.7%) | 4:55 | 12.2 (68.2%) |
| 49 | DZIESZUK Dariusz | 61 | 4RUN TKKF KOSZALIN | M-4 | 49 | 00:26:30.50 | 00:26:30.50 | +00:08:26 (31.9%) | 4:56 | 12.2 (68.2%) |
| 50 | MĘDEL Cezary | 206 | | M-4 | 50 | 00:26:35.40 | 00:26:35.40 | +00:08:31 (32.1%) | 4:57 | 12.1 (67.6%) |
| 51 | HAKKARAINEN Jouni | 86 | | M-4 | 51 | 00:26:54.35 | 00:26:54.35 | +00:08:50 (32.9%) | 5:00 | 12 (67.0%) |
| 52 | KARPIŃSKI Tomasz | 133 | | M-4 | 52 | 00:27:04.45 | 00:27:04.45 | +00:09:00 (33.3%) | 5:02 | 11.9 (66.5%) |
| 53 | NOREK Tomek | 224 | | M-4 | 53 | 00:27:16.10 | 00:27:16.10 | +00:09:12 (33.8%) | 5:04 | 11.8 (65.9%) |
| 54 | WOLF Emil | 365 | | M-4 | 54 | 00:27:18.20 | 00:27:18.20 | +00:09:14 (33.8%) | 5:05 | 11.8 (65.9%) |
| 55 | BENEDYSIUK Sławomir | 9 | | M-4 | 55 | 00:27:46.05 | 00:27:46.05 | +00:09:42 (34.9%) | 5:10 | 11.6 (64.8%) |
| 56 | BARTOSIK Jarosław | 7 | | M-4 | 56 | 00:27:48.25 | 00:27:48.25 | +00:09:44 (35.0%) | 5:10 | 11.6 (64.8%) |
| 57 | FAJGIER Tomasz | 63 | | M-4 | 57 | 00:27:56.25 | 00:27:56.25 | +00:09:52 (35.3%) | 5:12 | 11.5 (64.2%) |
| 58 | SIENICKI Piotr | 282 | | M-4 | 58 | 00:28:12.60 | 00:28:12.60 | +00:10:08 (36.0%) | 5:15 | 11.4 (63.7%) |
| 59 | DOMASZK Zbigniew | 52 | | M-4 | 59 | 00:28:12.95 | 00:28:12.95 | +00:10:09 (36.0%) | 5:15 | 11.4 (63.7%) |
| 60 | ROGANOWSKI Rafał | 266 | | M-4 | 60 | 00:28:51.75 | 00:28:51.75 | +00:10:47 (37.4%) | 5:22 | 11.2 (62.6%) |
| 61 | ŁUKASZYK Andrzej | 415 | | M-4 | 61 | 00:29:20.65 | 00:29:20.65 | +00:11:16 (38.4%) | 5:27 | 11 (61.5%) |
| 62 | PIECHOCKI Robert | 239 | | M-4 | 62 | 00:29:22.95 | 00:29:22.95 | +00:11:19 (38.5%) | 5:28 | 11 (61.5%) |
| 63 | GREBIENIK Andrzej | 81 | | M-4 | 63 | 00:30:47.25 | 00:30:47.25 | +00:12:43 (41.3%) | 5:43 | 10.5 (58.7%) |
| 64 | HAMUŁKA Krzysztof | 88 | DZIKI KOSZALIN | M-4 | 64 | 00:31:10.00 | 00:31:10.00 | +00:13:06 (42.0%) | 5:48 | 10.3 (57.5%) |
| 65 | JAKÓBCZAK Dariusz | 104 | | M-4 | 65 | 00:31:38.05 | 00:31:38.05 | +00:13:34 (42.9%) | 5:53 | 10.2 (57.0%) |
| 66 | KOŁAKOWSKI Dariusz | 144 | K.B.SPRINT ŚWIDWIN | M-4 | 66 | 00:32:21.50 | 00:32:21.50 | +00:14:17 (44.2%) | 6:01 | 10 (55.9%) |

| Place | Participant | Number | Club | Category | MCat | Net time 5.37km | Czas brutto 5.37km | Gap | Pace min/km | Pace km/h |
|-------|---------------------------|------------|------|----------|------|--------------------|--------------------------|-------------------|----------------|--------------|
| 67 | RAMA Janusz | 259 | | M-4 | 67 | 00:33:04.05 | 00:33:04.05 | +00:15:00 (45.4%) | 6:09 | 9.7 (54.2%) |
| 68 | MARZEŃKI Marek | 198 | | M-4 | 68 | 00:33:31.40 | 00:33:31.40 | +00:15:27 (46.1%) | 6:14 | 9.6 (53.6%) |
| 69 | MARKOWSKI Grzegorz | 195 | | M-4 | 69 | 00:38:10.50 | 00:38:10.50 | +00:20:06 (52.7%) | 7:06 | 8.4 (46.9%) |

Total 69 results.