



# VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2016-12-31  
**Place:** Koszalin  
**Distance:** 5.3 km



Classification: M30-39

Split point: 3,4 km

| Place | Participant            | Number | Club                        | Category | Start time | Start_All<br>1.7km | Start_All<br>3.4km |
|-------|------------------------|--------|-----------------------------|----------|------------|--------------------|--------------------|
| 1     | BEDNARZ Paweł          | 31     | 13-TY FUN CLUB ASI CHMIEL:* | M30-39   | 00:00:15   | 00:05:32           | 00:11:37           |
| 2     | WENT Jakub             | 342    |                             | M30-39   | 00:00:15   | 00:06:01           | 00:12:04           |
| 3     | RUDNIK Krzysztof       | 278    | NIGHT RUNNERS SŁUPSK        | M30-39   | 00:00:15   | 00:05:53           | 00:12:05           |
| 4     | EMILIT Grzegorz        | 76     | DZIESIĄTKA BIAŁOGARD        | M30-39   | 00:00:17   | 00:06:19           | 00:12:37           |
| 5     | SZEWCUK Paweł          | 308    |                             | M30-39   | 00:00:16   | 00:06:18           | 00:13:01           |
| 6     | WOJTALIK Łukasz        | 412    | POŁCZYN -ZDRÓJ BIEGA        | M30-39   | 00:00:16   | 00:06:17           | 00:13:05           |
| 7     | WOJCIECHOWICZ Jacek    | 407    | WWW.STUDIOTANCAPASJA.PL     | M30-39   | 00:00:16   | 00:06:33           | 00:13:21           |
| 8     | RODZIEWICZ Marcin      | 273    |                             | M30-39   | 00:00:16   | 00:06:38           | 00:13:25           |
| 9     | MOSEK Radosław         | 220    |                             | M30-39   | 00:00:18   | 00:06:37           | 00:13:30           |
| 10    | CZAPLIŃSKI Jacek       | 60     |                             | M30-39   | 00:00:18   | 00:06:30           | 00:13:32           |
| 11    | WOJDASIEWICZ Tadeusz   | 411    |                             | M30-39   | 00:00:19   | 00:06:47           | 00:13:38           |
| 12    | WEBER Paweł            | 339    | BAŁTYK KOSZALIN             | M30-39   | 00:00:18   | 00:06:44           | 00:14:06           |
| 13    | HAMER Szymon           | 433    |                             | M30-39   | 00:00:18   | 00:06:46           | 00:14:07           |
| 14    | SZYMAŃSKI Piotr        | 314    | POŁCZYN ZDRÓJ BIEGA         | M30-39   | 00:00:34   | 00:07:13           | 00:14:19           |
| 15    | WILKOWSKI Krzysztof    | 401    |                             | M30-39   | 00:00:17   | 00:07:04           | 00:14:28           |
| 16    | NOWAKOWSKI Rafał       | 236    |                             | M30-39   | 00:00:25   | 00:07:15           | 00:14:29           |
| 17    | KRACZKOWSKI Przemysław | 170    |                             | M30-39   | 00:00:35   | 00:07:26           | 00:14:55           |
| 18    | KLEMANN Paweł          | 150    |                             | M30-39   | 00:00:16   | 00:07:20           | 00:15:05           |
| 19    | PSTRĄGOWSKI Marcin     | 442    | DZIKI KOSZALIN              | M30-39   | 00:00:20   | 00:07:19           | 00:15:12           |
| 20    | KRAWCZYK Tomasz        | 177    |                             | M30-39   | 00:00:21   | 00:07:30           | 00:15:13           |
| 21    | STRUMIŃSKI Rafał       | 302    | DZIKI KOSZALIN              | M30-39   | 00:00:20   | 00:07:35           | 00:15:29           |
| 22    | GOTOWAŁA Rafał         | 96     |                             | M30-39   | 00:00:21   | 00:07:40           | 00:15:34           |
| 23    | KUŁAKOWSKI Dawid       | 185    | TKKF KOSZALIN               | M30-39   | 00:00:32   | 00:07:46           | 00:15:35           |
| 24    | WICHER Krzysztof       | 345    | ADWOKATURA                  | M30-39   | 00:00:19   | 00:07:34           | 00:15:38           |
| 25    | ŚNIEŻKO Marcin         | 318    | TKKF KOSZALIN               | M30-39   | 00:00:21   | 00:07:37           | 00:15:38           |
| 26    | MUCHA Krzysztof        | 224    |                             | M30-39   | 00:00:19   | 00:07:47           | 00:15:39           |
| 27    | JAROSZEWSKI Daniel     | 125    | ROZBIEGANY KOSZALIN         | M30-39   | 00:00:22   | 00:07:40           | 00:15:39           |
| 28    | TESKA Bartosz          | 322    | TKKF KOSZALIN               | M30-39   | 00:00:20   | 00:07:36           | 00:15:43           |

| Place | Participant                   | Number     | Club                    | Category | Start time | Start_All<br>1.7km | Start_All<br>3.4km |
|-------|-------------------------------|------------|-------------------------|----------|------------|--------------------|--------------------|
| 29    | <b>NIECKARZ Krzysztof</b>     | <b>232</b> |                         | M30-39   | 00:00:17   | 00:07:48           | 00:15:48           |
| 30    | <b>GOŁDYN Marek</b>           | <b>92</b>  | TKKF KOSZALIN           | M30-39   | 00:00:24   | 00:07:48           | 00:15:49           |
| 31    | <b>KAZIMIEROWICZ Radosław</b> | <b>144</b> | VTT KOSZALIN            | M30-39   | 00:00:22   | 00:07:45           | 00:15:58           |
| 32    | <b>STAWISZYNSKI Jarosław</b>  | <b>298</b> | FORUM ROZWOJU KOSZALINA | M30-39   | 00:00:41   | 00:07:53           | 00:15:59           |
| 33    | <b>KUTKOWSKI Marcin</b>       | <b>190</b> |                         | M30-39   | 00:00:18   | 00:07:53           | 00:16:04           |
| 34    | <b>KALISZUK Damian</b>        | <b>138</b> |                         | M30-39   | 00:00:27   | 00:07:57           | 00:16:04           |
| 35    | <b>ZDROWIECKI Artur</b>       | <b>423</b> |                         | M30-39   | 00:00:17   | 00:07:25           | 00:16:06           |
| 36    | <b>ŁABEJSZA Łukasz</b>        | <b>195</b> | WOJOWNICY WÓDY          | M30-39   | 00:00:32   | 00:08:13           | 00:16:16           |
| 37    | <b>MALINOWSKI Mariusz</b>     | <b>203</b> |                         | M30-39   | 00:00:22   | 00:07:59           | 00:16:18           |
| 38    | <b>TUKAJSKI Tomasz</b>        | <b>325</b> | BIKE U UP               | M30-39   | 00:00:23   | 00:07:59           | 00:16:21           |
| 39    | <b>CAŁA Bartosz</b>           | <b>47</b>  | KARATE KLUB BYTÓW       | M30-39   | 00:00:37   | 00:08:14           | 00:16:21           |
| 40    | <b>NAGRABECKI Hubert</b>      | <b>229</b> | HUBCIO TEAM :)          | M30-39   | 00:00:35   | 00:08:14           | 00:16:28           |
| 41    | <b>HRYCIÓW Paweł</b>          | <b>113</b> | BIAŁOGARD               | M30-39   | 00:00:28   | 00:08:11           | 00:16:29           |
| 42    | <b>ROGALSKI Roberto</b>       | <b>275</b> | TKKF KOSZALIN           | M30-39   | 00:00:35   | 00:07:56           | 00:16:30           |
| 43    | <b>OTTO Michał</b>            | <b>243</b> |                         | M30-39   | 00:00:19   | 00:08:01           | 00:16:36           |
| 44    | <b>NADSTAWNY Marek</b>        | <b>228</b> |                         | M30-39   | 00:00:22   | 00:08:10           | 00:16:40           |
| 45    | <b>KALOCIŃSKI Krzysztof</b>   | <b>139</b> | ROZBIEGANY KOSZALIN     | M30-39   | 00:00:26   | 00:08:30           | 00:16:41           |
| 46    | <b>BIL Adrian</b>             | <b>34</b>  |                         | M30-39   | 00:00:22   | 00:08:13           | 00:16:42           |
| 47    | <b>KAMIŃSKI Tomasz</b>        | <b>140</b> | JEDNOSTKA WOJSKOWA 1223 | M30-39   | 00:00:17   | 00:07:59           | 00:16:43           |
| 47    | <b>FELSKI Łukasz</b>          | <b>78</b>  |                         | M30-39   | 00:00:43   | 00:08:11           | 00:16:47           |
| 49    | <b>MADEJ Krzysztof</b>        | <b>200</b> |                         | M30-39   | 00:00:29   | 00:08:15           | 00:16:48           |
| 50    | <b>STOKROCKI Wojciech</b>     | <b>301</b> |                         | M30-39   | 00:00:41   | 00:08:42           | 00:17:01           |
| 51    | <b>STASIAK Grzegorz</b>       | <b>296</b> |                         | M30-39   | 00:00:40   | 00:08:43           | 00:17:02           |
| 52    | <b>KOWALCZYK Piotr</b>        | <b>166</b> |                         | M30-39   | 00:00:29   | 00:08:21           | 00:17:04           |
| 53    | <b>JABŁOŃSKI Tomasz</b>       | <b>117</b> | AR SPOKO SŁAWNO         | M30-39   | 00:00:36   | 00:08:44           | 00:17:09           |
| 54    | <b>MARZEC Łukasz</b>          | <b>207</b> |                         | M30-39   | 00:00:27   | 00:08:30           | 00:17:28           |
| 55    | <b>ATALSKI Damian</b>         | <b>27</b>  |                         | M30-39   | 00:00:33   | 00:08:37           | 00:17:30           |
| 56    | <b>RUDZIK Grzegorz</b>        | <b>280</b> | KL 'ISKRA' BIAŁOGARD    | M30-39   | 00:00:27   | 00:08:29           | 00:17:33           |
| 57    | <b>PUCHALSKI Marcin</b>       | <b>262</b> |                         | M30-39   | 00:00:38   | 00:08:35           | 00:17:42           |
| 58    | <b>KACZMAREK Łukasz</b>       | <b>136</b> | 1984                    | M30-39   | 00:00:35   | 00:08:39           | 00:17:45           |
| 59    | <b>HRYCAJ Tomasz</b>          | <b>112</b> |                         | M30-39   | 00:00:25   | 00:08:46           | 00:17:51           |
| 60    | <b>SZULC Szymon</b>           | <b>437</b> |                         | M30-39   | 00:00:32   | 00:08:54           | 00:17:52           |
| 61    | <b>RETERSKI Przemysław</b>    | <b>271</b> |                         | M30-39   | 00:00:30   | 00:08:49           | 00:17:58           |
| 62    | <b>KRYGIER Ireneusz</b>       | <b>179</b> | W.P.K SŁOŃ TEAM USTKA   | M30-39   | 00:00:36   | 00:08:55           | 00:17:59           |
| 63    | <b>PUZYREWSKI Wojciech</b>    | <b>264</b> | FORREST GUMP            | M30-39   | 00:00:33   | 00:09:36           | 00:18:05           |
| 64    | <b>BASIAK Krystian</b>        | <b>30</b>  | KOSZALIN                | M30-39   | 00:00:17   | 00:09:05           | 00:18:30           |
| 65    | <b>KOTULSKI Piotr</b>         | <b>165</b> | KLUB BIEGACZY JYSK      | M30-39   | 00:00:28   | 00:09:05           | 00:18:36           |
| 66    | <b>ORYSZCZYN Arkadiusz</b>    | <b>239</b> |                         | M30-39   | 00:00:30   | 00:09:13           | 00:18:40           |
| 67    | <b>ŻUREK Daniel</b>           | <b>430</b> |                         | M30-39   | 00:00:16   | 00:09:35           | 00:18:51           |
| 68    | <b>KOSECKI Tomasz</b>         | <b>162</b> |                         | M30-39   | 00:00:39   | 00:09:49           | 00:18:59           |
| 69    | <b>NAPIERAŁA Marcin</b>       | <b>230</b> |                         | M30-39   | 00:00:36   | 00:09:43           | 00:19:05           |
| 70    | <b>SKIERKA Grzegorz</b>       | <b>288</b> | MKS ŚWIĘC SŁAWNO        | M30-39   | 00:00:34   | 00:09:36           | 00:19:12           |
| 71    | <b>KACAŁA Jacek</b>           | <b>134</b> |                         | M30-39   | 00:00:36   | 00:09:38           | 00:19:15           |
| 72    | <b>WIERZBICKI Sylwester</b>   | <b>346</b> |                         | M30-39   | 00:00:32   | 00:09:31           | 00:19:16           |
| 73    | <b>BONISŁAWSKI Jarosław</b>   | <b>39</b>  | FADOMODA TEAM           | M30-39   | 00:00:29   | 00:09:36           | 00:19:19           |

| Place | Participant               | Number     | Club                | Category | Start time | Start_All<br>1.7km | Start_All<br>3.4km |
|-------|---------------------------|------------|---------------------|----------|------------|--------------------|--------------------|
| 74    | <b>KUPREWICZ Grzegorz</b> | <b>186</b> | JW1223              | M30-39   | 00:00:34   | 00:09:42           | 00:19:29           |
| 75    | <b>SKRZYPEK Marcin</b>    | <b>290</b> | NIETOPERZE KOSZALIN | M30-39   | 00:00:42   | 00:09:38           | 00:19:40           |
| 76    | <b>TELEGA Michał</b>      | <b>321</b> |                     | M30-39   | 00:00:32   | 00:10:01           | 00:20:20           |
| 77    | <b>ZIELIŃSKI Jarosław</b> | <b>424</b> | AMATOR              | M30-39   | 00:00:38   | 00:09:54           | 00:20:21           |
| 78    | <b>GAWLIK Artur</b>       | <b>88</b>  | BIEGNIJMY.PL        | M30-39   | 00:00:31   | 00:09:48           | 00:20:33           |
| 79    | <b>PACAN Bartosz</b>      | <b>245</b> |                     | M30-39   | 00:00:31   | 00:09:59           | 00:20:35           |
| 80    | <b>SZYSZKOWSKI Tomasz</b> | <b>316</b> |                     | M30-39   | 00:00:24   | 00:10:11           | 00:21:00           |
| 81    | <b>WILKOWSKI Piotr</b>    | <b>402</b> |                     | M30-39   | 00:00:31   | 00:10:22           | 00:21:17           |
| 82    | <b>KOSECKI Mariusz</b>    | <b>161</b> |                     | M30-39   | 00:00:37   | 00:10:16           | 00:21:38           |
| 83    | <b>ZATORSKI Zbigniew</b>  | <b>421</b> | KOŁOBRZEG BIEGA     | M30-39   | 00:00:40   | 00:11:44           | 00:24:43           |

Total 83 results.