

X KOSZALIŃSKI BIEG GÓRSKI - 15 KM

B4SPORT

Wydarzenie: KOSZALIŃSKI BIEG GÓRSKI
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-03-30
Miejsce: Koszalin
Dystans: 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 5km	Finish_All 10km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	KĘPKA Adrian	70	DECATHLON KOSZALIN	M18-29	1	00:22:35	00:46:33	01:10:44.67		4:43	12.7 (100%)
2	GAWEŁ Ireneusz	40		M40-49	1	00:24:39	00:49:49	01:14:56.95	+00:04:12 (5.6%)	4:59	12 (94.5%)
3	JAROSZ Wiesław	232	JW.1223/BLOG	M40-49	2	00:23:40	00:49:34	01:16:04.89	+00:05:20 (7.0%)	5:04	11.8 (92.9%)
4	WOJTALIK Łukasz	212	POŁCZYN BIEGA	M30-39	1	00:24:48	00:50:54	01:17:18.80	+00:06:34 (8.5%)	5:09	11.6 (91.3%)
5	DUDA Grzegorz	34	METALCORP TEAM, BEST BEASTS	M40-49	3	00:25:02	00:51:58	01:19:51.57	+00:09:06 (11.4%)	5:19	11.3 (89.0%)
6	ZWOLIŃSKI Jan	226	TKKF KOSZALIN	M50-59	1	00:26:29	00:53:28	01:21:00.00	+00:10:15 (12.7%)	5:24	11.1 (87.4%)
7	IGNACZAK Piotr	51	KB.10.BIAŁOGARD	M18-29	2	00:25:14	00:53:01	01:21:24.13	+00:10:39 (13.1%)	5:25	11.1 (87.4%)
8	WOJCIECHOWICZ Jacek	211	WWW.STUDIOTANCAPASJA.PL	M40-49	4	00:26:11	00:54:07	01:22:23.81	+00:11:39 (14.1%)	5:29	10.9 (85.8%)
9	MAZUR Emiliusz	117	ŻYJ Z ENERGIA	M40-49	5	00:26:59	00:54:56	01:22:50.63	+00:12:05 (14.6%)	5:31	10.9 (85.8%)
10	PAKULSKI Marcin	136		M40-49	6	00:27:45	00:56:13	01:24:22.20	+00:13:37 (16.1%)	5:37	10.7 (84.3%)
11	TOKARSKI Szymon	193		M40-49	7	00:26:21	00:54:45	01:25:24.32	+00:14:39 (17.2%)	5:41	10.5 (82.7%)
12	ROMANOWICZ Piotr	159	RUNGRYF GRYFICE	M40-49	8	00:27:27	00:56:55	01:26:48.87	+00:16:04 (18.5%)	5:47	10.4 (81.9%)
13	LESZCZYŃSKI Marcin	100		M40-49	9	00:28:40	00:57:45	01:27:10.60	+00:16:25 (18.8%)	5:48	10.3 (81.1%)
14	KAWKA Adrian	67		M30-39	2	00:27:12	00:57:16	01:28:16.74	+00:17:32 (19.9%)	5:53	10.2 (80.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 5km	Finish_All 10km	Czas		Tempo min/km	Tempo km/h
								netto 15km	Różn		
15	LEWANDOWSKI Jacek	101		M40-49	10	00:27:42	00:57:29	01:28:21.83	+00:17:37 (19.9%)	5:53	10.2 (80.3%)
16	JANKOWSKI Piotr	54		M40-49	11	00:27:05	00:57:15	01:29:02.01	+00:18:17 (20.5%)	5:56	10.1 (79.5%)
17	KRUKOWSKI Adam	88		M30-39	3	00:28:39	00:58:38	01:29:09.03	+00:18:24 (20.6%)	5:56	10.1 (79.5%)
18	RUBASZNIAK Radosław	161		M30-39	4	00:28:42	00:59:23	01:29:23.24	+00:18:38 (20.9%)	5:57	10.1 (79.5%)
19	MOKSA Dariusz	127		M18-29	3	00:27:36	00:58:19	01:29:31.07	+00:18:46 (21.0%)	5:58	10.1 (79.5%)
20	CHORAŻY Karolina	21		K-Open	1	00:28:43	00:59:03	01:29:35.32	+00:18:50 (21.0%)	5:58	10 (78.7%)
21	KASZUBA Łukasz	65	FARMER SPORT&DRINKING TEAM	M30-39	5	00:27:06	00:59:17	01:30:31.05	+00:19:46 (21.8%)	6:02	9.9 (78.0%)
22	KROCZYŃSKI Sławomir	86	KW WYGAN	M50-59	2	00:28:48	00:59:56	01:31:00.67	+00:20:15 (22.3%)	6:04	9.9 (78.0%)
23	DZIĘBOWSKI Mariusz	35		M30-39	6	00:28:40	01:00:18	01:31:05.17	+00:20:20 (22.3%)	6:04	9.9 (78.0%)
24	CHUPTYŚ Adrian	22	RUNDORFINA	M30-39	7	00:28:10	00:59:01	01:31:33.31	+00:20:48 (22.7%)	6:06	9.8 (77.2%)
25	SPRINGER Marcin	178		M40-49	12	00:28:18	00:59:37	01:31:41.95	+00:20:57 (22.9%)	6:06	9.8 (77.2%)
26	JÓZEFIAK Adrian	250	KAMIEŃ RYMAŃSKI	M30-39	8	00:29:26	01:01:15	01:31:45.17	+00:21:00 (22.9%)	6:07	9.8 (77.2%)
27	CHOŁUJ Jarosław	20		M40-49	13	00:29:30	01:01:13	01:31:58.40	+00:21:13 (23.1%)	6:07	9.8 (77.2%)
28	CIEKLIŃSKI Jacek	25	FITAR KARLINO	M30-39	9	00:29:18	01:00:22	01:32:11.51	+00:21:26 (23.3%)	6:08	9.8 (77.2%)
29	KONKEL Agnieszka	74		K-Open	2	00:29:10	01:01:02	01:33:02.54	+00:22:17 (24.0%)	6:12	9.7 (76.4%)
30	BRZEZIŃSKI Jan	15	TEAM PIOTRUŚ	M50-59	3	00:29:42	01:00:49	01:33:46.62	+00:23:01 (24.6%)	6:15	9.6 (75.6%)
31	ENGLERT Grzegorz	36	SPEKTOS TEAM	M40-49	14	00:30:31	01:02:37	01:33:46.64	+00:23:01 (24.6%)	6:15	9.6 (75.6%)
32	SZNYTER Sabina	233	DECATHLON KOSZALIN	K-Open	3	00:29:43	01:01:29	01:34:28.14	+00:23:43 (25.1%)	6:17	9.5 (74.8%)
33	TOMALIK Karol	237		M40-49	15	00:30:19	01:03:18	01:34:40.95	+00:23:56 (25.3%)	6:18	9.5 (74.8%)
34	MAKSYMOWICZ Kornelia	112		K-Open	4	00:29:47	01:02:39	01:35:02.74	+00:24:18 (25.6%)	6:20	9.5 (74.8%)
35	SITOWSKI Marcin	175	HOMOSAPIE	M18-29	4	00:28:36	01:01:19	01:35:14.22	+00:24:29 (25.7%)	6:20	9.5 (74.8%)
36	LECKI Seweryn	99	TEAM BIEGOWY SZCZECINEK	M30-39	10	00:30:47	01:03:32	01:35:58.92	+00:25:14 (26.3%)	6:23	9.4 (74.0%)
37	ŁOPIŃSKI Piotr	104	FSD	M30-39	11	00:30:54	01:03:03	01:36:10.98	+00:25:26 (26.4%)	6:24	9.4 (74.0%)

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38	CHMIELOWIEC Anna	19	KB GALERIA WARSZAWA	K-Open	5	00:31:13	01:03:37	01:36:11.49	+00:25:26 (26.5%)	6:24	9.4 (74.0%)
39	ZAWIEROWSKA Ewelina	224		K-Open	6	00:30:04	01:03:13	01:36:41.45	+00:25:56 (26.8%)	6:26	9.3 (73.2%)
40	URBAŃSKI Tomasz	198		M40-49	16	00:29:25	01:02:36	01:37:38.51	+00:26:53 (27.5%)	6:30	9.2 (72.4%)
41	PAŁASZEWSKA Karolina	137		K-Open	7	00:31:21	01:04:16	01:37:46.69	+00:27:02 (27.6%)	6:31	9.2 (72.4%)
42	BRESZKA Tomasz	231	DARŁOWSKIE CHARTY	M40-49	17	00:31:04	01:03:31	01:37:51.38	+00:27:06 (27.7%)	6:31	9.2 (72.4%)
43	PŁOSKI Krzysztof	151	DARŁOWSKIE CHARTY	M40-49	18	00:29:56	01:03:08	01:39:30.72	+00:28:46 (28.9%)	6:38	9 (70.9%)
44	KRACZKOWSKI Przemysław	83		M40-49	19	00:31:56	01:05:27	01:40:13.44	+00:29:28 (29.4%)	6:40	9 (70.9%)
45	MISZCZYK Jan	126	ROZBIEGANY KOSZALIN	M30-39	12	00:30:27	01:05:12	01:40:41.73	+00:29:57 (29.7%)	6:42	8.9 (70.1%)
46	MACIĄŻEK Jarosław	107		M40-49	20	00:33:13	01:06:44	01:40:55.41	+00:30:10 (29.9%)	6:43	8.9 (70.1%)
47	CZERNIAK Gracjan	28		M30-39	13	00:31:21	01:05:44	01:41:11.10	+00:30:26 (30.1%)	6:44	8.9 (70.1%)
48	MAKSELON Anna	110		K-Open	8	00:31:40	01:06:01	01:41:18.47	+00:30:33 (30.2%)	6:45	8.9 (70.1%)
49	SKOMOROWSKI Michał	176	MORPOL RACING TEAM	M30-39	14	00:32:50	01:07:40	01:41:22.13	+00:30:37 (30.2%)	6:45	8.9 (70.1%)
50	JAROS Adam	58		M40-49	21	00:32:20	01:07:16	01:41:59.25	+00:31:14 (30.6%)	6:48	8.8 (69.3%)
51	BŁACH Piotr	230		M40-49	22	00:33:43	01:08:16	01:42:05.44	+00:31:20 (30.7%)	6:48	8.8 (69.3%)
52	ŻUKOWSKI Cezary	227	FOR-REST-RUN	M30-39	15	00:33:17	01:07:55	01:43:26.27	+00:32:41 (31.6%)	6:53	8.7 (68.5%)
53	PODAWCA Łukasz	153	SZKOŁA PODOFICERSKA WOJSK LĄDOWYCH W POZNANIU	M30-39	16	00:31:07	01:06:53	01:43:41.10	+00:32:56 (31.8%)	6:54	8.7 (68.5%)
54	WOSZTYL Alicja	214		K-Open	9	00:31:31	01:06:53	01:43:41.60	+00:32:56 (31.8%)	6:54	8.7 (68.5%)
55	KONKEL Łukasz	75		M40-49	23	00:32:42	01:07:34	01:43:52.24	+00:33:07 (31.9%)	6:55	8.7 (68.5%)
56	DASZKO Tomasz	229		M30-39	17	00:32:57	01:08:11	01:44:27.57	+00:33:42 (32.3%)	6:57	8.6 (67.7%)
57	KWIDZIŃSKI Michał	98		M30-39	18	00:32:12	01:07:26	01:44:55.24	+00:34:10 (32.6%)	6:59	8.6 (67.7%)
58	MAKSELON Maciej	111	TORPEDO SZCZECINEK	M30-39	19	00:32:44	01:09:02	01:45:07.55	+00:34:22 (32.7%)	7:00	8.6 (67.7%)
59	KURKUL Alicja	95		K-Open	10	00:32:43	01:08:14	01:45:09.74	+00:34:25 (32.7%)	7:00	8.6 (67.7%)
60	SZUBERT Marcin	190	KOŁOBRZEG BIEGA	M40-49	24	00:34:51	01:10:27	01:45:50.82	+00:35:06 (33.2%)	7:03	8.5 (66.9%)

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61	PIETRYKA Artur	145	KARLINOBIEGAJ	M40-49	25	00:33:47	01:09:02	01:46:07.14	+00:35:22 (33.3%)	7:04	8.5 (66.9%)
62	KOŁODZIEJCZAK Grzegorz	73		M40-49	26	00:32:48	01:09:13	01:47:00.32	+00:36:15 (33.9%)	7:08	8.4 (66.1%)
63	GRZYSTEK Marcin	44		M30-39	20	00:32:49	01:09:14	01:47:00.83	+00:36:16 (33.9%)	7:08	8.4 (66.1%)
64	PIECHOTA Robert	144	ROZBIEGANY KOSZALIN	M40-49	27	00:33:06	01:11:34	01:47:24.94	+00:36:40 (34.1%)	7:09	8.4 (66.1%)
65	DRULIK-HOŁUB Marta	33	TORNADO KOSZALIN	K-Open	11	00:33:28	01:09:38	01:47:30.18	+00:36:45 (34.2%)	7:10	8.4 (66.1%)
66	STANKIEWICZ Wiesław	180		M50-59	4	00:33:49	01:10:40	01:47:32.21	+00:36:47 (34.2%)	7:10	8.4 (66.1%)
67	TYLMAN Piotr	196	RUNDORFINA	M30-39	21	00:31:12	01:06:04	01:48:22.08	+00:37:37 (34.7%)	7:13	8.3 (65.4%)
68	WOJCIECHOWSKA- HRYCYK Agata	234		K-Open	12	00:34:00	01:11:08	01:48:28.70	+00:37:44 (34.8%)	7:13	8.3 (65.4%)
69	KRUKOWSKA Magdalena	87	DOJLIDY BIAŁYSTOK	K-Open	13	00:32:32	01:09:57	01:49:02.07	+00:38:17 (35.1%)	7:16	8.3 (65.4%)
70	JANKOWSKI Mariusz	55		M40-49	28	00:32:27	01:09:00	01:49:26.99	+00:38:42 (35.4%)	7:17	8.2 (64.6%)
71	STACHURSKA Agnieszka	179	KOŁOBRZEG BIEGA	K-Open	14	00:34:35	01:11:49	01:49:56.81	+00:39:12 (35.7%)	7:19	8.2 (64.6%)
72	JUSZCZAK Krzysztof	60		M60-69	1	00:35:49	01:13:14	01:51:27.76	+00:40:43 (36.5%)	7:25	8.1 (63.8%)
73	JANKOWSKA Monika	53	TEAM BIEGOWY SZCZECINEK	K-Open	15	00:35:14	01:13:26	01:51:39.17	+00:40:54 (36.6%)	7:26	8.1 (63.8%)
74	BURDZIK Michał	18	MAIKELB TEAM	M18-29	5	00:31:22	01:10:35	01:52:27.90	+00:41:43 (37.1%)	7:29	8 (63.0%)
75	BOROWIEC Mariusz	12		M40-49	29	00:35:50	01:13:52	01:52:47.36	+00:42:02 (37.3%)	7:31	8 (63.0%)
76	MICHALAK Natalia	121	CSSP	K-Open	16	00:35:34	01:14:04	01:52:53.72	+00:42:09 (37.3%)	7:31	8 (63.0%)
77	KAZIMIEROWICZ Radosław	68	VTT KOSZALIN	M30-39	22	00:36:29	01:15:37	01:53:40.75	+00:42:56 (37.8%)	7:34	7.9 (62.2%)
78	MACIĄG Piotr	106	HOMOSAPIE	M40-49	30	00:35:07	01:12:48	01:54:05.75	+00:43:21 (38.0%)	7:36	7.9 (62.2%)
79	BOŻEK Łukasz	14	BIEGACZE MOGĄ DŁUŻEJ	M30-39	23	00:35:55	01:15:05	01:54:17.69	+00:43:33 (38.1%)	7:37	7.9 (62.2%)
80	KOZIBRODA Marcin	81	TEAM BIEGOWY SZCZECINEK	M40-49	31	00:34:59	01:15:52	01:54:28.86	+00:43:44 (38.2%)	7:37	7.9 (62.2%)
81	TYLUŚ Sylwia	197	TEAM BIEGOWY SZCZECINEK	K-Open	17	00:35:19	01:15:53	01:54:29.50	+00:43:44 (38.2%)	7:37	7.9 (62.2%)
82	SZKUDLAREK Roman	228	DRUŻYNA SZPIKU	M50-59	5	00:34:45	01:14:06	01:56:09.91	+00:45:25 (39.1%)	7:44	7.7 (60.6%)
83	PAJOR Tomasz	135	HOMOSAPIE	M40-49	32	00:35:28	01:14:57	01:56:12.11	+00:45:27 (39.1%)	7:44	7.7 (60.6%)

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84	PERZ Jan	142		M18-29	6	00:36:15	01:15:41	01:56:33.96	+00:45:49 (39.3%)	7:46	7.7 (60.6%)
85	SZUBERT Julia	191		K-Open	18	00:36:17	01:15:43	01:56:34.52	+00:45:49 (39.3%)	7:46	7.7 (60.6%)
86	PROTASIEWICZ Robert	155		M40-49	33	00:30:13	01:07:25	01:56:39.27	+00:45:54 (39.4%)	7:46	7.7 (60.6%)
87	PODSIADŁO Marcin	154		M40-49	34	00:36:05	01:15:19	01:58:38.02	+00:47:53 (40.4%)	7:54	7.6 (59.8%)
88	PIOTROWICZ Ireneusz	148		M50-59	6	00:35:47	01:15:53	01:59:33.07	+00:48:48 (40.8%)	7:58	7.5 (59.1%)
89	WRÓBLEWSKA Marta	217		K-Open	19	00:37:16	01:18:00	02:00:13.85	+00:49:29 (41.2%)	8:00	7.5 (59.1%)
90	KUBIAK Monika	92		K-Open	20	00:36:18	01:15:53	02:00:15.40	+00:49:30 (41.2%)	8:01	7.5 (59.1%)
91	HRYCIÓW Paweł	49	JW1223	M30-39	24	00:36:11	01:15:50	02:00:54.97	+00:50:10 (41.5%)	8:03	7.4 (58.3%)
92	KOCIOŁEK Robert	72		M50-59	7	00:36:31	01:17:57	02:00:58.74	+00:50:14 (41.5%)	8:03	7.4 (58.3%)
93	GAŁECKI Jacek	38	TEAM MATEUSZ POLSKI	M50-59	8	00:34:24	01:14:27	02:02:29.73	+00:51:45 (42.2%)	8:10	7.3 (57.5%)
94	NOWAK Ania	130	JEDWABIŚCI	K-Open	21	00:37:33	01:18:51	02:04:21.48	+00:53:36 (43.1%)	8:17	7.2 (56.7%)
95	BORYS Justyna	13	JEDWABIŚCI	K-Open	22	00:37:31	01:18:50	02:04:21.77	+00:53:37 (43.1%)	8:17	7.2 (56.7%)
96	SZUBERT Agnieszka	189	KOŁOBRZEG BIEGA	K-Open	23	00:38:37	01:22:11	02:05:14.45	+00:54:29 (43.5%)	8:20	7.2 (56.7%)
97	SZALKOWSKI Dariusz	183	ADS-SERWIS	M50-59	9	00:37:43	01:20:54	02:06:47.04	+00:56:02 (44.2%)	8:27	7.1 (55.9%)
98	MACIAG Paweł	105		M40-49	35	00:36:49	01:21:45	02:07:15.82	+00:56:31 (44.4%)	8:29	7.1 (55.9%)
99	TRUSIAK Agnieszka	194	MUAY NIGHT RUNNERS SŁUPSK	K-Open	24	00:37:14	01:19:36	02:09:36.39	+00:58:51 (45.4%)	8:38	6.9 (54.3%)
100	TRUSIAK Miłosz	195		M40-49	36	00:37:18	01:20:46	02:09:52.63	+00:59:07 (45.5%)	8:39	6.9 (54.3%)
101	KROCZYŃSKA Kinga	85	PO PROSTU BIEGAM	K-Open	25	00:42:15	01:26:52	02:10:13.52	+00:59:28 (45.7%)	8:40	6.9 (54.3%)
102	PIÓRO Ewa	149		K-Open	26	00:42:15	01:26:52	02:10:13.80	+00:59:29 (45.7%)	8:40	6.9 (54.3%)
103	BEDNARZ Katarzyna	6		K-Open	27	00:42:15	01:26:54	02:14:03.83	+01:03:19 (47.2%)	8:56	6.7 (52.8%)
104	GARNCAREK Paweł	39		M30-39	25	00:39:56	01:24:40	02:14:43.55	+01:03:58 (47.5%)	8:58	6.7 (52.8%)
105	SZCZYGIELSKI Michał	184	KOŁOBRZEG BIEGA	M30-39	26	00:39:16	01:27:40	02:17:26.05	+01:06:41 (48.5%)	9:09	6.5 (51.2%)
106	PASEK Paula	138	KLUB BIEGOWY JANTAR ŚWIESZYNO	K-Open	28	00:42:33	01:28:59	02:20:14.01	+01:09:29 (49.6%)	9:20	6.4 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 5km	Finish_All 10km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
107	HELLER Zdzisław	47	NIEZRZESZONY	M60-69	2	00:42:17	01:29:54	02:20:41.92	+01:09:57 (49.7%)	9:22	6.4 (50.4%)
DQ	GRZELĄZKA Sylwester	235		M30-39		00:31:18 DQ	01:06:42 DQ	01:42:43.87 DQ		-	- (0.0%)
	WIATRZYK Krzysztof	206	DARŁOWO	M40-49		00:32:47 DNF	01:10:39 DNF	DNF		-	- (0.0%)

Znaleziono 109 wynik(ów)