

# XI KOSZALIŃSKI BIEG GÓRSKI - 15 KM

B4SPORT

**Wydarzenie:** XI KOSZALIŃSKI BIEG GÓRSKI  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2020-06-11  
**Miejsce:** Koszalin  
**Dystans:** 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	lap1 5km	lap2 10km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	<b>KĘPKA Adrian</b>	<b>175</b>	KĘPKA_NA_TRASIE	M-Open	1	00:22:48	00:46:05	<b>01:09:15.35</b>		4:37	13 (100%)
2	<b>WOJTALIK Łukasz</b>	<b>262</b>		M-Open	2	00:24:07	00:49:22	<b>01:15:18.10</b>	+00:06:02 (8.0%)	5:01	12 (92.3%)
3	<b>WALCZAK Paweł</b>	<b>255</b>		M-Open	3	00:25:02	00:50:41	<b>01:16:13.65</b>	+00:06:58 (9.1%)	5:04	11.8 (90.8%)
4	<b>OLICHOWSKI Mateusz</b>	<b>217</b>	SURWIWAŁTEAM	M-Open	4	00:25:25	00:51:41	<b>01:17:39.40</b>	+00:08:24 (10.8%)	5:10	11.6 (89.2%)
5	<b>WOJCIECHOWICZ Jacek</b>	<b>260</b>	WWW.STUDIOTANCAPASJA.PL	M-Open	5	00:25:29	00:52:09	<b>01:18:26.80</b>	+00:09:11 (11.7%)	5:13	11.5 (88.5%)
6	<b>DUDA Grzegorz</b>	<b>143</b>	BEST BEASTS	M-Open	6	00:24:58	00:51:29	<b>01:18:29.10</b>	+00:09:13 (11.8%)	5:13	11.5 (88.5%)
7	<b>SITOWSKI Marcin</b>	<b>238</b>	FC RYSIEK	M-Open	7	00:25:41	00:53:16	<b>01:20:58.50</b>	+00:11:43 (14.5%)	5:23	11.1 (85.4%)
8	<b>GRAFF Norbert</b>	<b>157</b>	ATHLETICS NYSA	M-Open	8	00:25:15	00:52:15	<b>01:21:05.05</b>	+00:11:49 (14.6%)	5:24	11.1 (85.4%)
9	<b>PICK Tomasz</b>	<b>221</b>	KORONA SZCZECIN	M-Open	9	00:26:55	00:54:24	<b>01:21:19.70</b>	+00:12:04 (14.8%)	5:25	11.1 (85.4%)
10	<b>WALEŃSKI Michał</b>	<b>242</b>	TKKF KOSZALIN	M-Open	10	00:26:38	00:53:55	<b>01:21:39.15</b>	+00:12:23 (15.2%)	5:26	11 (84.6%)
11	<b>TOKARSKI Szymon</b>	<b>251</b>		M-Open	11	00:26:25	00:54:01	<b>01:21:40.35</b>	+00:12:25 (15.2%)	5:26	11 (84.6%)
12	<b>GRZESIK Eugeniusz</b>	<b>158</b>		M-Open	12	00:26:35	00:54:20	<b>01:22:15.75</b>	+00:13:00 (15.8%)	5:29	10.9 (83.8%)
13	<b>KAWKA Adrian</b>	<b>173</b>	RAKIETY	M-Open	13	00:26:16	00:54:11	<b>01:22:43.75</b>	+00:13:28 (16.3%)	5:30	10.9 (83.8%)
14	<b>CZAPLIŃSKI Jacek</b>	<b>183</b>		M-Open	14	00:27:36	00:55:28	<b>01:23:22.85</b>	+00:14:07 (16.9%)	5:33	10.8 (83.1%)
15	<b>ZWOLIŃSKI Jan</b>	<b>177</b>	TKKF KOSZALIN	M-Open	15	00:27:50	00:56:17	<b>01:23:55.20</b>	+00:14:39 (17.5%)	5:35	10.7 (82.3%)
16	<b>ROKOSZ Radosław</b>	<b>228</b>	JW 1223 KOSZALIN	M-Open	16	00:27:11	00:56:18	<b>01:25:55.30</b>	+00:16:39 (19.4%)	5:43	10.5 (80.8%)
17	<b>PAKULSKI Marcin</b>	<b>219</b>		M-Open	17	00:27:48	00:56:33	<b>01:25:58.20</b>	+00:16:42 (19.4%)	5:43	10.5 (80.8%)
18	<b>GÓRA Roman</b>	<b>154</b>	TKKF KOSZALIN/BIEGOLAS KOSZALIN	M-Open	18	00:28:38	00:57:59	<b>01:26:27.50</b>	+00:17:12 (19.9%)	5:45	10.4 (80.0%)
19	<b>DZIADEK Krzysztof</b>	<b>240</b>	TKKF KOSZALIN/BIEGOLAS KOSZALIN	M-Open	19	00:27:35	00:57:02	<b>01:26:42.20</b>	+00:17:26 (20.1%)	5:46	10.4 (80.0%)
20	<b>LEWANDOWSKI Jacek</b>	<b>198</b>	TAPETY KOSZALIN MONIUSZKI	M-Open	20	00:27:34	00:57:08	<b>01:26:56.35</b>	+00:17:41 (20.3%)	5:47	10.4 (80.0%)
21	<b>MAZUR Emilusz</b>	<b>207</b>	PĘDZĄCY OGR	M-Open	21	00:27:55	00:57:32	<b>01:28:06.60</b>	+00:18:51 (21.4%)	5:52	10.2 (78.5%)
22	<b>MAJEWSKI Robert</b>	<b>205</b>	STOWARZYSZENIE LUDZI W BIEGU	M-Open	22	00:28:50	00:58:52	<b>01:28:24.80</b>	+00:19:09 (21.7%)	5:53	10.2 (78.5%)
23	<b>ZATOŃ Olga</b>	<b>265</b>		K-Open	1	00:28:21	00:58:20	<b>01:28:32.10</b>	+00:19:16 (21.8%)	5:54	10.2 (78.5%)
24	<b>KUŚNIERZ Paweł</b>	<b>197</b>	SPORTOWY KAŻMIERZ	M-Open	23	00:26:43	00:55:57	<b>01:28:43.20</b>	+00:19:27 (21.9%)	5:54	10.1 (77.7%)
25	<b>PĘKAŁA Piotr</b>	<b>220</b>	SP MANOWO	M-Open	24	00:29:23	00:59:35	<b>01:28:47.90</b>	+00:19:32 (22.0%)	5:55	10.1 (77.7%)
26	<b>GUZIK Piotr</b>	<b>159</b>	USB USTKA	M-Open	25	00:26:55	00:57:48	<b>01:29:27.40</b>	+00:20:12 (22.6%)	5:57	10.1 (77.7%)
27	<b>KROCZYŃSKI Sławomir</b>	<b>190</b>		M-Open	26	00:29:13	00:59:31	<b>01:30:03.35</b>	+00:20:48 (23.1%)	6:00	10 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	lap1 5km	lap2 10km	Czas		Tempo min/km	Tempo km/h
								netto 15km	Różn		
28	<b>CIEKLIŃSKI Jacek</b>	<b>136</b>		M-Open	27	00:29:05	00:59:39	<b>01:30:23.25</b>	+00:21:07 (23.4%)	6:01	10 (76.9%)
29	<b>CHORAŻY Karolina</b>	<b>134</b>	LEO-TEM	K-Open	2	00:29:16	00:59:49	<b>01:30:43.15</b>	+00:21:27 (23.7%)	6:02	9.9 (76.2%)
30	<b>SZUBERT Marcin</b>	<b>247</b>	KOŁOBRZEG BIEGA	M-Open	28	00:31:13	01:01:23	<b>01:30:58.60</b>	+00:21:43 (23.9%)	6:03	9.9 (76.2%)
31	<b>JANKOWSKI Piotr</b>	<b>167</b>		M-Open	29	00:28:39	00:59:41	<b>01:31:57.70</b>	+00:22:42 (24.7%)	6:07	9.8 (75.4%)
32	<b>WILKOWSKI Krzysztof</b>	<b>259</b>	FOR-REST-RUN	M-Open	30	00:29:59	01:01:29	<b>01:32:08.25</b>	+00:22:52 (24.8%)	6:08	9.8 (75.4%)
33	<b>IWANIEC Dariusz</b>	<b>165</b>	TKKF KOSZALIN/BIEGOLAS KOSZALIN	M-Open	31	00:30:15	01:01:24	<b>01:32:16.85</b>	+00:23:01 (25.0%)	6:09	9.8 (75.4%)
34	<b>BARTEL Mateusz</b>	<b>130</b>		M-Open	32	00:29:29	01:00:53	<b>01:32:22.70</b>	+00:23:07 (25.0%)	6:09	9.7 (74.6%)
35	<b>SKUMIAŁ Oskar</b>	<b>274</b>	USB USTKA	M-Open	33	00:27:58	01:00:13	<b>01:32:50.60</b>	+00:23:35 (25.4%)	6:11	9.7 (74.6%)
36	<b>BRZEZIŃSKI Jan</b>	<b>226</b>	TEAM PIOTRUŚ	M-Open	34	00:30:05	01:01:26	<b>01:33:08.20</b>	+00:23:52 (25.6%)	6:12	9.7 (74.6%)
37	<b>KRAWCZYK Tomasz</b>	<b>188</b>		M-Open	35	00:30:02	01:01:31	<b>01:33:15.30</b>	+00:23:59 (25.7%)	6:13	9.7 (74.6%)
38	<b>WINGERT Paweł</b>	<b>68</b>		M-Open	36	00:29:40	01:00:06	<b>01:33:19.60</b>	+00:24:04 (25.8%)	6:13	9.6 (73.8%)
39	<b>PYREK Krzysztof</b>	<b>264</b>	WAŁCZ	M-Open	37	00:30:30	01:02:21	<b>01:33:37.60</b>	+00:24:22 (26.0%)	6:14	9.6 (73.8%)
40	<b>GUDANIEC Katarzyna</b>	<b>11</b>		K-Open	3	00:32:28	01:03:32	<b>01:35:39.75</b>	+00:26:24 (27.6%)	6:22	9.4 (72.3%)
41	<b>JAROS Adam</b>	<b>169</b>		M-Open	38	00:30:53	01:03:12	<b>01:35:40.05</b>	+00:26:24 (27.6%)	6:22	9.4 (72.3%)
42	<b>BUDZIŃSKI Paweł</b>	<b>131</b>	TAGER SPORT/DRUŻYNA SZPIKU	M-Open	39	00:30:25	01:03:16	<b>01:36:45.50</b>	+00:27:30 (28.4%)	6:27	9.3 (71.5%)
43	<b>KRACZKOWSKI Przemysław</b>	<b>187</b>		M-Open	40	00:32:14	01:05:13	<b>01:37:19.65</b>	+00:28:04 (28.8%)	6:29	9.2 (70.8%)
44	<b>ŻUKOWSKI Cezary</b>	<b>270</b>	FOR-REST-RUN	M-Open	41	00:30:28	01:03:52	<b>01:38:18.90</b>	+00:29:03 (29.6%)	6:33	9.2 (70.8%)
45	<b>MICERSKI Tomasz</b>	<b>208</b>	TKKF KOSZALIN/BIEGOLAS KOSZALIN	M-Open	42	00:31:11	01:04:18	<b>01:39:43.65</b>	+00:30:28 (30.6%)	6:38	9 (69.2%)
46	<b>KIELAR Łukasz</b>	<b>176</b>	BIEGOLAS KOSZALIN	M-Open	43	00:32:01	01:05:54	<b>01:40:18.70</b>	+00:31:03 (31.0%)	6:41	9 (69.2%)
47	<b>CZERNIAK Gracjan</b>	<b>137</b>		M-Open	44	00:32:22	01:06:28	<b>01:40:57.45</b>	+00:31:42 (31.4%)	6:43	8.9 (68.5%)
48	<b>WIDAK Mateusz</b>	<b>258</b>		M-Open	45	00:31:54	01:05:57	<b>01:41:09.85</b>	+00:31:54 (31.5%)	6:44	8.9 (68.5%)
49	<b>JACEK Tomasz</b>	<b>266</b>		M-Open	46	00:31:05	01:04:57	<b>01:41:11.45</b>	+00:31:56 (31.6%)	6:44	8.9 (68.5%)
50	<b>NOREK Tomek</b>	<b>174</b>		M-Open	47	00:32:35	01:06:44	<b>01:41:21.10</b>	+00:32:05 (31.7%)	6:45	8.9 (68.5%)
51	<b>FAJGIER Tomasz</b>	<b>148</b>		M-Open	48	00:32:32	01:07:47	<b>01:43:02.15</b>	+00:33:46 (32.8%)	6:52	8.7 (66.9%)
52	<b>KUSZYŃSKI Dariusz</b>	<b>196</b>		M-Open	49	00:32:33	01:07:17	<b>01:44:09.95</b>	+00:34:54 (33.5%)	6:56	8.6 (66.2%)
53	<b>GIEDROWICZ Aleksandra</b>	<b>153</b>		K-Open	4	00:32:07	01:07:11	<b>01:44:58.55</b>	+00:35:43 (34.0%)	6:59	8.6 (66.2%)
54	<b>WAŚOWSKI Robert</b>	<b>256</b>	FOR WAŚCY RUNNING TEAM	M-Open	50	00:32:42	01:08:30	<b>01:45:10.65</b>	+00:35:55 (34.2%)	7:00	8.6 (66.2%)
55	<b>PIETRYKA Artur</b>	<b>223</b>	KARLINOBIEGAJ	M-Open	51	00:34:37	01:09:43	<b>01:45:36.60</b>	+00:36:21 (34.4%)	7:02	8.5 (65.4%)
56	<b>JASIŃSKI Mateusz</b>	<b>277</b>		M-Open	52	00:32:26	01:07:52	<b>01:45:45.85</b>	+00:36:30 (34.5%)	7:03	8.5 (65.4%)
57	<b>KOWALCZYK Piotr</b>	<b>185</b>	FOR-REST-RUN KOSZALIN	M-Open	53	00:33:22	01:10:14	<b>01:47:22.45</b>	+00:38:07 (35.5%)	7:09	8.4 (64.6%)
58	<b>KACZMARZ Katarzyna</b>	<b>171</b>		K-Open	5	00:32:45	01:09:12	<b>01:47:24.45</b>	+00:38:09 (35.5%)	7:09	8.4 (64.6%)
59	<b>MACIĄG Piotr</b>	<b>202</b>	HOMOSAPIE	M-Open	54	00:34:06	01:10:38	<b>01:47:51.85</b>	+00:38:36 (35.8%)	7:11	8.3 (63.8%)
60	<b>KÜCHLER Paweł</b>	<b>192</b>	JARBUD	M-Open	55	00:33:58	01:10:40	<b>01:48:04.50</b>	+00:38:49 (35.9%)	7:12	8.3 (63.8%)
61	<b>MISZCZYK Jan</b>	<b>210</b>	ROZBIEGANY KOSZALIN	M-Open	56	00:32:41	01:08:54	<b>01:48:17.25</b>	+00:39:01 (36.0%)	7:13	8.3 (63.8%)
62	<b>KROCZYŃSKA Kinga</b>	<b>189</b>		K-Open	6	00:35:25	01:11:50	<b>01:48:38.85</b>	+00:39:23 (36.3%)	7:14	8.3 (63.8%)
63	<b>MACIĄŻEK Jarosław</b>	<b>204</b>		M-Open	57	00:34:15	01:09:56	<b>01:49:05.60</b>	+00:39:50 (36.5%)	7:16	8.2 (63.1%)
64	<b>MAJEWSKA Dorota</b>	<b>252</b>		K-Open	7	00:36:50	01:09:43	<b>01:49:13.15</b>	+00:39:57 (36.6%)	7:16	8.2 (63.1%)
65	<b>SZUBERT Agnieszka</b>	<b>246</b>	KOŁOBRZEG BIEGA	K-Open	8	00:35:16	01:12:48	<b>01:50:23.00</b>	+00:41:07 (37.3%)	7:21	8.2 (63.1%)
66	<b>SZKUDLAREK Roman</b>	<b>245</b>	DRUŻYNA SZPIKU	M-Open	58	00:35:05	01:11:54	<b>01:50:58.10</b>	+00:41:42 (37.6%)	7:23	8.1 (62.3%)
67	<b>WOJCIECHOWSKI Andrzej</b>	<b>261</b>		M-Open	59	00:33:52	01:12:11	<b>01:51:12.45</b>	+00:41:57 (37.7%)	7:24	8.1 (62.3%)
68	<b>KUBIŚ Paweł</b>	<b>191</b>	RUNDORFINA	M-Open	60	00:35:37	01:13:06	<b>01:51:42.15</b>	+00:42:26 (38.0%)	7:26	8.1 (62.3%)
69	<b>SPOLSKA Weronika</b>	<b>275</b>		K-Open	9	00:32:11	01:06:45	<b>01:51:53.40</b>	+00:42:38 (38.1%)	7:27	8 (61.5%)
70	<b>RUTKOWSKI Artur</b>	<b>231</b>	RUNKING	M-Open	61	00:36:01	01:10:47	<b>01:52:27.20</b>	+00:43:11 (38.4%)	7:29	8 (61.5%)
71	<b>HAŁAJKO Magdalena</b>	<b>160</b>		K-Open	10	00:33:03	01:11:14	<b>01:53:26.60</b>	+00:44:11 (39.0%)	7:33	7.9 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	lap1 5km	lap2 10km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
72	<b>TYLMAN Piotr</b>	<b>253</b>	RUNDORFINA	M-Open	62	00:33:34	01:12:26	<b>01:53:48.95</b>	+00:44:33 (39.2%)	7:35	7.9 (60.8%)
73	<b>JUSZCZAK Krzysztof</b>	<b>170</b>		M-Open	63	00:35:36	01:13:52	<b>01:54:10.20</b>	+00:44:54 (39.3%)	7:36	7.9 (60.8%)
74	<b>RUTKOWSKA Anna</b>	<b>230</b>	WATAHA WAŁCZ	K-Open	11	00:34:10	01:11:40	<b>01:54:28.85</b>	+00:45:13 (39.5%)	7:37	7.9 (60.8%)
75	<b>CZERWIŃSKI Szczesny</b>	<b>138</b>		M-Open	64	00:33:18	01:10:16	<b>01:54:36.80</b>	+00:45:21 (39.6%)	7:38	7.9 (60.8%)
76	<b>SIKORSKA Agnieszka</b>	<b>236</b>	#BBKTS	K-Open	12	00:38:39	01:16:46	<b>01:54:41.20</b>	+00:45:25 (39.6%)	7:38	7.8 (60.0%)
77	<b>GARNCAREK Paweł</b>	<b>151</b>		M-Open	65	00:36:22	01:14:39	<b>01:54:55.00</b>	+00:45:39 (39.7%)	7:39	7.8 (60.0%)
78	<b>STAŃCZYK Sławomir</b>	<b>241</b>		M-Open	66	00:32:23	01:13:34	<b>01:55:01.80</b>	+00:45:46 (39.8%)	7:40	7.8 (60.0%)
79	<b>PAJOR Tomasz</b>	<b>218</b>	HOMOSAPIE	M-Open	67	00:35:04	01:14:59	<b>01:55:13.75</b>	+00:45:58 (39.9%)	7:40	7.8 (60.0%)
80	<b>GÓRNIAK Jarosław</b>	<b>155</b>	JARBUD	M-Open	68	00:37:26	01:17:25	<b>01:55:19.95</b>	+00:46:04 (40.0%)	7:41	7.8 (60.0%)
81	<b>PODSIADŁO Marcin</b>	<b>225</b>		M-Open	69	00:35:48	01:14:56	<b>01:55:42.85</b>	+00:46:27 (40.1%)	7:42	7.8 (60.0%)
82	<b>PIECHOTA Robert</b>	<b>222</b>	ROZBIEGANY KOSZALIN	M-Open	70	00:36:08	01:16:37	<b>01:56:00.75</b>	+00:46:45 (40.3%)	7:44	7.8 (60.0%)
83	<b>PIOTROWICZ Ireneusz</b>	<b>224</b>		M-Open	71	00:37:05	01:16:14	<b>01:56:51.00</b>	+00:47:35 (40.7%)	7:47	7.7 (59.2%)
84	<b>BURDZIK Michał</b>	<b>133</b>	2000.	M-Open	72	00:38:19	01:25:12	<b>01:57:13.30</b>	+00:47:57 (40.9%)	7:48	7.7 (59.2%)
85	<b>KNUT-POTOCZNIK Gabriela</b>	<b>179</b>	STOWARZYSZENIE KIERUNEK POLANÓW	K-Open	13	00:35:20	01:15:13	<b>01:57:52.20</b>	+00:48:36 (41.2%)	7:51	7.6 (58.5%)
86	<b>GALICKI Robert</b>	<b>149</b>	BOBOLICKIE BRAC'TWO BIEGOWE	M-Open	73	00:36:18	01:15:28	<b>01:58:36.65</b>	+00:49:21 (41.6%)	7:54	7.6 (58.5%)
87	<b>ŁANGOWSKA Iwona</b>	<b>201</b>		K-Open	14	00:36:39	01:17:32	<b>01:58:46.95</b>	+00:49:31 (41.7%)	7:55	7.6 (58.5%)
88	<b>GĘBICKA Agata</b>	<b>163</b>		K-Open	15	00:37:15	01:18:44	<b>02:00:12.00</b>	+00:50:56 (42.4%)	8:00	7.5 (57.7%)
89	<b>KONKEL Łukasz</b>	<b>184</b>		M-Open	74	00:34:37	01:15:16	<b>02:01:31.40</b>	+00:52:16 (43.0%)	8:06	7.4 (56.9%)
90	<b>MACIĄG Paweł</b>	<b>203</b>	HOMOSAPIE	M-Open	75	00:36:15	01:17:39	<b>02:02:42.40</b>	+00:53:27 (43.6%)	8:10	7.3 (56.2%)
91	<b>KULAWIŃSKI Marek</b>	<b>194</b>		M-Open	76	00:36:30	01:17:52	<b>02:03:47.25</b>	+00:54:31 (44.1%)	8:15	7.3 (56.2%)
92	<b>NIESPODZIANA Anna</b>	<b>215</b>	ROGOZIŃSKI KLUB BIEGACZA	K-Open	16	00:37:50	01:22:42	<b>02:04:06.75</b>	+00:54:51 (44.2%)	8:16	7.3 (56.2%)
93	<b>SAWICKA-WERS Urszula</b>	<b>234</b>		K-Open	17	00:39:20	01:22:40	<b>02:08:48.05</b>	+00:59:32 (46.2%)	8:35	7 (53.8%)
94	<b>HELLER Zdzisław</b>	<b>161</b>	HERBMARATONOW.PL	M-Open	77	00:40:29	01:26:39	<b>02:17:12.15</b>	+01:07:56 (49.5%)	9:08	6.6 (50.8%)

Znaleziono 94 wynik(ów)