

# XI KOSZALIŃSKI BIEG GÓRSKI - 5 KM

B4SPORT

**Wydarzenie:** XI KOSZALIŃSKI BIEG GÓRSKI  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2020-06-11  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	HOŁUB Kamil	46		M-Open	1	00:24:20.45		4:52	12.3 (100%)
2	MAJKOWICZ Rafal	55		M-Open	2	00:24:25.25	+00:00:04 (0.3%)	4:53	12.3 (100%)
3	KASZUBA Łukasz	172	FARMER SPORT&DRINKING TEAM	M-Open	3	00:24:42.75	+00:00:22 (1.5%)	4:56	12.1 (98.4%)
4	SIENIAWSKI Jarosław	92	MEDEN-INMED SPORTS TEAM	M-Open	4	00:25:19.05	+00:00:58 (3.9%)	5:03	11.8 (95.9%)
5	LATAŃSKI Radosław	51	TOYOTA KAWISBIKE TEAM SŁUPSK	M-Open	5	00:26:07.75	+00:01:47 (6.8%)	5:13	11.5 (93.5%)
6	CHUPTYŚ Adrian	9	RUNDORFINA	M-Open	6	00:26:44.25	+00:02:23 (9.0%)	5:20	11.2 (91.1%)
7	BIEŃKOWSKI Tomasz	84	FPP	M-Open	7	00:26:49.95	+00:02:29 (9.3%)	5:21	11.2 (91.1%)
8	KORMAN Kamil	39	FPP	M-Open	8	00:26:54.75	+00:02:34 (9.6%)	5:23	11.1 (90.2%)
9	KUKLIŃSKI Maciej	49	METROŻERCY	M-Open	9	00:27:11.85	+00:02:51 (10.5%)	5:26	11 (89.4%)
10	NARKUN Jarek	70		M-Open	10	00:27:29.15	+00:03:08 (11.4%)	5:29	10.9 (88.6%)
11	NIEDBALSKI Oktawian	272		M-Open	11	00:27:38.45	+00:03:18 (11.9%)	5:31	10.8 (87.8%)
12	SOSNOWSKI Tomasz	98	FPP	M-Open	12	00:27:51.90	+00:03:31 (12.6%)	5:34	10.8 (87.8%)
13	CZYŻYKOWSKI Łukasz	129		M-Open	13	00:27:55.35	+00:03:34 (12.8%)	5:35	10.7 (87.0%)
14	KOZAK Grzegorz	40		M-Open	14	00:27:58.65	+00:03:38 (13.0%)	5:35	10.7 (87.0%)
15	MARCINKOWSKI Jacek	59	SKK ORZEŁ ŚWIESZYNO	M-Open	15	00:28:10.65	+00:03:50 (13.6%)	5:38	10.7 (87.0%)
16	KRYNICKA Magdalena	45		K-Open	1	00:28:20.85	+00:04:00 (14.1%)	5:40	10.6 (86.2%)
17	ŁAWNICZAK Justyna	127	#ZABIEGANINOCA	K-Open	2	00:28:32.35	+00:04:11 (14.7%)	5:42	10.5 (85.4%)
18	NOGA Sebastian	72	TKKF KOSZALIN	M-Open	16	00:28:42.25	+00:04:21 (15.2%)	5:44	10.4 (84.6%)
19	MUCHA Krzysztof	69	JW 1223	M-Open	17	00:28:57.85	+00:04:37 (16.0%)	5:47	10.4 (84.6%)
20	GÓRA Agnieszka	128	#ZABIEGANINOCA	K-Open	3	00:29:06.75	+00:04:46 (16.4%)	5:49	10.3 (83.7%)
21	FIGARSKI Leszek	15		M-Open	18	00:29:15.00	+00:04:54 (16.8%)	5:51	10.3 (83.7%)
22	WEBER Paweł	112	FPP	M-Open	19	00:29:27.00	+00:05:06 (17.3%)	5:53	10.2 (82.9%)
23	SKOWYRSKI Janusz	94	TKKF KOSZALIN	M-Open	20	00:29:29.70	+00:05:09 (17.5%)	5:53	10.2 (82.9%)
24	KRUPIŃSKI Krzysztof	44	E-UROLOG.EU	M-Open	21	00:29:32.10	+00:05:11 (17.6%)	5:54	10.2 (82.9%)
25	ZIELIŃSKI Maciej	120	KAMIEŃ RYMAŃSKI	M-Open	22	00:29:37.80	+00:05:17 (17.9%)	5:55	10.1 (82.1%)
26	GRACZYK Paweł	156	KAMIEŃ RYMAŃSKI	M-Open	23	00:29:43.30	+00:05:22 (18.1%)	5:56	10.1 (82.1%)
27	KOZAR Krzysztof	41		M-Open	24	00:29:47.25	+00:05:26 (18.3%)	5:57	10.1 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	<b>BARTHA Adrian</b>	<b>2</b>		M-Open	25	<b>00:29:54.90</b>	+00:05:34 (18.6%)	5:58	10 (81.3%)
29	<b>JAROSZ Dariusz</b>	<b>28</b>	TKKF KOSZALIN	M-Open	26	<b>00:30:14.35</b>	+00:05:53 (19.5%)	6:02	9.9 (80.5%)
30	<b>SZCZYPEK Arkadiusz</b>	<b>102</b>	FUNDACJA ZASTOPIJ	M-Open	27	<b>00:30:21.15</b>	+00:06:00 (19.8%)	6:04	9.9 (80.5%)
31	<b>PAŁASZEWSKA Karolina</b>	<b>75</b>		K-Open	4	<b>00:30:27.35</b>	+00:06:06 (20.1%)	6:05	9.9 (80.5%)
32	<b>WIKTOROWSKI Maciej</b>	<b>114</b>	TAGER SPORT	M-Open	28	<b>00:30:40.75</b>	+00:06:20 (20.7%)	6:08	9.8 (79.7%)
33	<b>KAPERA Mikołaj</b>	<b>35</b>	KAMIEŃ RYMAŃSKI	M-Open	29	<b>00:30:47.20</b>	+00:06:26 (20.9%)	6:09	9.7 (78.9%)
34	<b>ZAGALSKA Paulina</b>	<b>116</b>		K-Open	5	<b>00:31:04.70</b>	+00:06:44 (21.7%)	6:12	9.7 (78.9%)
35	<b>SITARCZYK Damian</b>	<b>93</b>	FUNDACJA ZASTOPIJ	M-Open	30	<b>00:31:07.30</b>	+00:06:46 (21.8%)	6:13	9.6 (78.0%)
36	<b>ANGRYS Maciek</b>	<b>58</b>	FUNDACJA ZASTOPIJ	M-Open	31	<b>00:31:11.75</b>	+00:06:51 (22.0%)	6:14	9.6 (78.0%)
37	<b>KRZEWIŃSKA Małgorzata</b>	<b>48</b>	TKKF KOSZALIN	K-Open	6	<b>00:31:14.90</b>	+00:06:54 (22.1%)	6:15	9.6 (78.0%)
38	<b>KLUPŚ Janusz</b>	<b>125</b>	ROZBIEGANE JASTROWIE	M-Open	32	<b>00:32:01.95</b>	+00:07:41 (24.0%)	6:24	9.4 (76.4%)
39	<b>BODO Rafał</b>	<b>4</b>	ZOZKOSZ KOSZALIN	M-Open	33	<b>00:32:05.45</b>	+00:07:45 (24.2%)	6:25	9.3 (75.6%)
40	<b>DEJNAK Mariola</b>	<b>13</b>		K-Open	7	<b>00:32:11.15</b>	+00:07:50 (24.4%)	6:26	9.3 (75.6%)
41	<b>DĄBROWSKI Grzegorz</b>	<b>12</b>		M-Open	34	<b>00:32:11.90</b>	+00:07:51 (24.4%)	6:26	9.3 (75.6%)
42	<b>KLUPŚ Monika</b>	<b>126</b>	ROZBIEGANE JASTROWIE	K-Open	8	<b>00:32:30.95</b>	+00:08:10 (25.1%)	6:30	9.2 (74.8%)
43	<b>ROMANOWICZ Monika</b>	<b>81</b>	DZIKIE ŻÓŁWIE	K-Open	9	<b>00:32:32.00</b>	+00:08:11 (25.2%)	6:30	9.2 (74.8%)
44	<b>MICHALUK Amadeusz</b>	<b>67</b>	KAMIEŃ RYMAŃSKI	M-Open	35	<b>00:32:39.20</b>	+00:08:18 (25.5%)	6:32	9.2 (74.8%)
45	<b>SUCHODOLSKA Aleksandra</b>	<b>99</b>	DZIKIE ŻÓŁWIE	K-Open	10	<b>00:32:43.15</b>	+00:08:22 (25.6%)	6:32	9.2 (74.8%)
46	<b>MAZUR Mirosław</b>	<b>63</b>		M-Open	36	<b>00:32:44.00</b>	+00:08:23 (25.6%)	6:32	9.2 (74.8%)
47	<b>ANTKOWIAK Sebastian</b>	<b>1</b>	DB - ACTIVE	M-Open	37	<b>00:33:05.20</b>	+00:08:44 (26.4%)	6:37	9.1 (74.0%)
48	<b>KLENIEWSKI Piotr</b>	<b>124</b>	ZACHODNIOPOMORSKIE	M-Open	38	<b>00:33:07.45</b>	+00:08:47 (26.5%)	6:37	9.1 (74.0%)
49	<b>PŁATOSZ Magda</b>	<b>79</b>		K-Open	11	<b>00:33:16.05</b>	+00:08:55 (26.8%)	6:39	9 (73.2%)
50	<b>SARAPUK Gabriela</b>	<b>86</b>	TKKF KOSZALIN	K-Open	12	<b>00:33:16.75</b>	+00:08:56 (26.9%)	6:39	9 (73.2%)
51	<b>SARAPUK Piotr</b>	<b>85</b>		M-Open	39	<b>00:33:23.50</b>	+00:09:03 (27.1%)	6:40	9 (73.2%)
52	<b>KACZMAREK Łukasz</b>	<b>30</b>	WOJOWNICY WÓDY	M-Open	40	<b>00:33:27.30</b>	+00:09:06 (27.2%)	6:41	9 (73.2%)
53	<b>RUTKOWSKI Lucjan</b>	<b>82</b>	ARCAN TEAM	M-Open	41	<b>00:33:29.25</b>	+00:09:08 (27.3%)	6:42	9 (73.2%)
54	<b>KIŻEWSKI Artur</b>	<b>38</b>		M-Open	42	<b>00:33:53.55</b>	+00:09:33 (28.2%)	6:46	8.8 (71.5%)
55	<b>KUBIK Krystian</b>	<b>20</b>		M-Open	43	<b>00:34:00.35</b>	+00:09:39 (28.4%)	6:48	8.8 (71.5%)
56	<b>SŁUPECKA Aneta</b>	<b>96</b>		K-Open	13	<b>00:34:04.90</b>	+00:09:44 (28.6%)	6:49	8.8 (71.5%)
57	<b>KOZŁOWIECKI Waldemar</b>	<b>43</b>	TKKF KOSZALIN	M-Open	44	<b>00:34:07.35</b>	+00:09:46 (28.7%)	6:49	8.8 (71.5%)
58	<b>KAZIMIERCZAK Leszek</b>	<b>164</b>		M-Open	45	<b>00:34:28.75</b>	+00:10:08 (29.4%)	6:53	8.7 (70.7%)
59	<b>OSOBNIAK Ryszard</b>	<b>73</b>		M-Open	46	<b>00:34:38.20</b>	+00:10:17 (29.7%)	6:55	8.7 (70.7%)
60	<b>BOGACKI Tomasz</b>	<b>6</b>	TKKF KOSZALIN	M-Open	47	<b>00:34:40.90</b>	+00:10:20 (29.8%)	6:56	8.6 (69.9%)
61	<b>BOGACKA Lucyna</b>	<b>5</b>	TKKF KOSZALIN	K-Open	14	<b>00:34:41.70</b>	+00:10:21 (29.8%)	6:56	8.6 (69.9%)
62	<b>BUCZKO Katarzyna</b>	<b>8</b>		K-Open	15	<b>00:34:50.50</b>	+00:10:30 (30.1%)	6:58	8.6 (69.9%)
63	<b>PYREK Iwona</b>	<b>76</b>		K-Open	16	<b>00:34:56.30</b>	+00:10:35 (30.3%)	6:59	8.6 (69.9%)
64	<b>SYCHA Jarosław</b>	<b>101</b>		M-Open	48	<b>00:34:58.30</b>	+00:10:37 (30.4%)	6:59	8.6 (69.9%)
65	<b>PISKORZ-WILCZAK Iwona</b>	<b>77</b>		K-Open	17	<b>00:35:03.65</b>	+00:10:43 (30.6%)	7:00	8.6 (69.9%)
66	<b>ŻÓŁNIERCZUK Piotr</b>	<b>123</b>		M-Open	49	<b>00:35:06.40</b>	+00:10:45 (30.7%)	7:01	8.5 (69.1%)
67	<b>JANOWICZ Przemysław</b>	<b>27</b>	MEDEN INMED SPOTS TEAM	M-Open	50	<b>00:35:17.70</b>	+00:10:57 (31.0%)	7:03	8.5 (69.1%)
68	<b>SARBIEWSKI Przemysław</b>	<b>88</b>		M-Open	51	<b>00:35:42.75</b>	+00:11:22 (31.8%)	7:08	8.4 (68.3%)
69	<b>PISKÓRZ Justyna</b>	<b>78</b>		K-Open	18	<b>00:35:43.55</b>	+00:11:23 (31.9%)	7:08	8.4 (68.3%)
70	<b>SOBAJTIS Krzysztof</b>	<b>97</b>		M-Open	52	<b>00:36:00.55</b>	+00:11:40 (32.4%)	7:12	8.3 (67.5%)
71	<b>HAMROL Małgorzata</b>	<b>21</b>	SPORTOWY KAŻMIERZ	K-Open	19	<b>00:36:05.00</b>	+00:11:44 (32.5%)	7:13	8.3 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>SZMYT Marcin</b>	<b>105</b>	SZWAGRY BIEGAJA	M-Open	53	<b>00:36:10.65</b>	+00:11:50 (32.7%)	7:14	8.3 (67.5%)
73	<b>WRÓBLEWSKA Marta</b>	<b>263</b>		K-Open	20	<b>00:36:14.05</b>	+00:11:53 (32.8%)	7:14	8.3 (67.5%)
74	<b>GREMLEWSKI Dariusz</b>	<b>276</b>		M-Open	54	<b>00:36:14.55</b>	+00:11:54 (32.8%)	7:14	8.3 (67.5%)
75	<b>ZAWADZKA Aleksandra</b>	<b>118</b>		K-Open	21	<b>00:36:15.70</b>	+00:11:55 (32.9%)	7:15	8.3 (67.5%)
76	<b>SŁOMSKA Dorota</b>	<b>95</b>		K-Open	22	<b>00:36:31.50</b>	+00:12:11 (33.4%)	7:18	8.2 (66.7%)
77	<b>SEKUŁA Mariusz</b>	<b>89</b>		M-Open	55	<b>00:36:37.50</b>	+00:12:17 (33.5%)	7:19	8.2 (66.7%)
78	<b>STOLARSKA Marta</b>	<b>273</b>		K-Open	23	<b>00:37:09.15</b>	+00:12:48 (34.5%)	7:26	8.1 (65.9%)
79	<b>SZLENDAK Ewa</b>	<b>280</b>	#ZABIEGANINOCA	K-Open	24	<b>00:37:12.45</b>	+00:12:52 (34.6%)	7:26	8.1 (65.9%)
80	<b>BEDNARZ Katarzyna</b>	<b>3</b>		K-Open	25	<b>00:37:15.45</b>	+00:12:55 (34.7%)	7:27	8.1 (65.9%)
81	<b>DEJNAK Dagmara</b>	<b>14</b>		K-Open	26	<b>00:37:23.65</b>	+00:13:03 (34.9%)	7:28	8 (65.0%)
82	<b>PADUCH Piotr</b>	<b>74</b>		M-Open	56	<b>00:37:50.45</b>	+00:13:30 (35.7%)	7:34	7.9 (64.2%)
83	<b>WRÓBLEWSKI Mateusz</b>	<b>115</b>		M-Open	57	<b>00:38:02.40</b>	+00:13:41 (36.0%)	7:36	7.9 (64.2%)
84	<b>WESOŁOWSKI Łukasz</b>	<b>113</b>	KOSZALIN	M-Open	58	<b>00:38:04.90</b>	+00:13:44 (36.1%)	7:37	7.9 (64.2%)
85	<b>SZEWczyk Paulina</b>	<b>103</b>		K-Open	27	<b>00:38:05.00</b>	+00:13:44 (36.1%)	7:37	7.9 (64.2%)
86	<b>ZAKOŚCIELNA Katarzyna</b>	<b>117</b>	DZIKIE ŻÓŁWIE	K-Open	28	<b>00:38:12.55</b>	+00:13:52 (36.3%)	7:38	7.8 (63.4%)
87	<b>MAKOWSKA Monika</b>	<b>56</b>		K-Open	29	<b>00:38:35.95</b>	+00:14:15 (36.9%)	7:43	7.8 (63.4%)
88	<b>WITKOWSKI Bartosz</b>	<b>107</b>	FUNDACJA ZASTOPIJ	M-Open	59	<b>00:38:36.55</b>	+00:14:16 (37.0%)	7:43	7.8 (63.4%)
89	<b>ZADROŻNY Szymon</b>	<b>278</b>		M-Open	60	<b>00:38:40.30</b>	+00:14:19 (37.1%)	7:44	7.8 (63.4%)
90	<b>MARCZAK Małgorzata</b>	<b>61</b>		K-Open	30	<b>00:39:01.65</b>	+00:14:41 (37.6%)	7:48	7.7 (62.6%)
91	<b>CZAPLIŃSKI Piotr</b>	<b>32</b>	FUNDACJA ZASTOPIJ	M-Open	61	<b>00:39:05.05</b>	+00:14:44 (37.7%)	7:49	7.7 (62.6%)
92	<b>MACIEJEWSKI Maciej</b>	<b>53</b>	FPP	M-Open	62	<b>00:39:10.95</b>	+00:14:50 (37.9%)	7:50	7.7 (62.6%)
93	<b>ŚLUSAKOWICZ Jakub</b>	<b>108</b>	FPP	M-Open	63	<b>00:40:04.55</b>	+00:15:44 (39.3%)	8:01	7.5 (61.0%)
94	<b>MARSCHAŁKOWSKA Dorota</b>	<b>62</b>		K-Open	31	<b>00:40:25.70</b>	+00:16:05 (39.8%)	8:05	7.4 (60.2%)
95	<b>HORANIN Anna</b>	<b>24</b>	HORCIO TEAM	K-Open	32	<b>00:41:06.45</b>	+00:16:46 (40.8%)	8:13	7.3 (59.3%)
96	<b>KAPCIO Michał</b>	<b>66</b>	KAMIEŃ RYMAŃSKI	M-Open	64	<b>00:41:22.85</b>	+00:17:02 (41.2%)	8:16	7.3 (59.3%)
97	<b>HARASYM Daniel</b>	<b>22</b>	FUNDACJA ZASTOPIJ	M-Open	65	<b>00:41:31.00</b>	+00:17:10 (41.4%)	8:18	7.2 (58.5%)
98	<b>BORSUK Dorota</b>	<b>7</b>		K-Open	33	<b>00:41:40.35</b>	+00:17:19 (41.6%)	8:20	7.2 (58.5%)
99	<b>KARNICKI Zygmunt</b>	<b>36</b>	TKKF KOSZALIN	M-Open	66	<b>00:42:26.00</b>	+00:18:05 (42.6%)	8:29	7.1 (57.7%)
100	<b>CIŻMOWSKA Barbara</b>	<b>10</b>	MTS HAMER MIASTKO	K-Open	34	<b>00:42:47.05</b>	+00:18:26 (43.1%)	8:33	7 (56.9%)
101	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>100</b>		K-Open	35	<b>00:43:00.95</b>	+00:18:40 (43.4%)	8:36	7 (56.9%)
102	<b>POLAK Mateusz</b>	<b>80</b>	KOSPEL	M-Open	67	<b>00:43:14.25</b>	+00:18:53 (43.7%)	8:38	6.9 (56.1%)
103	<b>KOZŁOWIECKA Małgorzata</b>	<b>42</b>		K-Open	36	<b>00:44:39.40</b>	+00:20:18 (45.5%)	8:56	6.7 (54.5%)
104	<b>HEDDERGOTT Kasia</b>	<b>23</b>		K-Open	37	<b>00:44:45.10</b>	+00:20:24 (45.6%)	8:57	6.7 (54.5%)
105	<b>KRYSTOSIK Paulina</b>	<b>47</b>	BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE	K-Open	38	<b>00:46:00.30</b>	+00:21:39 (47.1%)	9:12	6.5 (52.8%)
106	<b>SARBIEWSKA Gabriela</b>	<b>87</b>		K-Open	39	<b>00:46:31.90</b>	+00:22:11 (47.7%)	9:18	6.4 (52.0%)
DNC	<b>RYHANYCZ Paweł</b>	<b>83</b>		M-Open					(0.0%)

Znaleziono 107 wynik(ów)