

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	BARTHA Adrian	2		M-Open	25	00:29:54.90	+00:05:34 (18.6%)	5:58	10 (81.3%)
29	JAROSZ Dariusz	28	TKKF KOSZALIN	M-Open	26	00:30:14.35	+00:05:53 (19.5%)	6:02	9.9 (80.5%)
30	SZCZYPEK Arkadiusz	102	FUNDACJA ZASTOPIJ	M-Open	27	00:30:21.15	+00:06:00 (19.8%)	6:04	9.9 (80.5%)
31	PAŁASZEWSKA Karolina	75		K-Open	4	00:30:27.35	+00:06:06 (20.1%)	6:05	9.9 (80.5%)
32	WIKTOROWSKI Maciej	114	TAGER SPORT	M-Open	28	00:30:40.75	+00:06:20 (20.7%)	6:08	9.8 (79.7%)
33	KAPERA Mikołaj	35	KAMIEŃ RYMAŃSKI	M-Open	29	00:30:47.20	+00:06:26 (20.9%)	6:09	9.7 (78.9%)
34	ZAGALSKA Paulina	116		K-Open	5	00:31:04.70	+00:06:44 (21.7%)	6:12	9.7 (78.9%)
35	SITARCZYK Damian	93	FUNDACJA ZASTOPIJ	M-Open	30	00:31:07.30	+00:06:46 (21.8%)	6:13	9.6 (78.0%)
36	ANGRYS Maciek	58	FUNDACJA ZASTOPIJ	M-Open	31	00:31:11.75	+00:06:51 (22.0%)	6:14	9.6 (78.0%)
37	KRZEWIŃSKA Małgorzata	48	TKKF KOSZALIN	K-Open	6	00:31:14.90	+00:06:54 (22.1%)	6:15	9.6 (78.0%)
38	KLUPŚ Janusz	125	ROZBIEGANE JASTROWIE	M-Open	32	00:32:01.95	+00:07:41 (24.0%)	6:24	9.4 (76.4%)
39	BODO Rafał	4	ZOZKOSZ KOSZALIN	M-Open	33	00:32:05.45	+00:07:45 (24.2%)	6:25	9.3 (75.6%)
40	DEJNAK Mariola	13		K-Open	7	00:32:11.15	+00:07:50 (24.4%)	6:26	9.3 (75.6%)
41	DĄBROWSKI Grzegorz	12		M-Open	34	00:32:11.90	+00:07:51 (24.4%)	6:26	9.3 (75.6%)
42	KLUPŚ Monika	126	ROZBIEGANE JASTROWIE	K-Open	8	00:32:30.95	+00:08:10 (25.1%)	6:30	9.2 (74.8%)
43	ROMANOWICZ Monika	81	DZIKIE ŻÓŁWIE	K-Open	9	00:32:32.00	+00:08:11 (25.2%)	6:30	9.2 (74.8%)
44	MICHALUK Amadeusz	67	KAMIEŃ RYMAŃSKI	M-Open	35	00:32:39.20	+00:08:18 (25.5%)	6:32	9.2 (74.8%)
45	SUCHODOLSKA Aleksandra	99	DZIKIE ŻÓŁWIE	K-Open	10	00:32:43.15	+00:08:22 (25.6%)	6:32	9.2 (74.8%)
46	MAZUR Mirosław	63		M-Open	36	00:32:44.00	+00:08:23 (25.6%)	6:32	9.2 (74.8%)
47	ANTKOWIAK Sebastian	1	DB - ACTIVE	M-Open	37	00:33:05.20	+00:08:44 (26.4%)	6:37	9.1 (74.0%)
48	KLENIEWSKI Piotr	124	ZACHODNIOPOMORSKIE	M-Open	38	00:33:07.45	+00:08:47 (26.5%)	6:37	9.1 (74.0%)
49	PŁATOSZ Magda	79		K-Open	11	00:33:16.05	+00:08:55 (26.8%)	6:39	9 (73.2%)
50	SARAPUK Gabriela	86	TKKF KOSZALIN	K-Open	12	00:33:16.75	+00:08:56 (26.9%)	6:39	9 (73.2%)
51	SARAPUK Piotr	85		M-Open	39	00:33:23.50	+00:09:03 (27.1%)	6:40	9 (73.2%)
52	KACZMAREK Łukasz	30	WOJOWNICY WÓDY	M-Open	40	00:33:27.30	+00:09:06 (27.2%)	6:41	9 (73.2%)
53	RUTKOWSKI Lucjan	82	ARCAN TEAM	M-Open	41	00:33:29.25	+00:09:08 (27.3%)	6:42	9 (73.2%)
54	KIŻEWSKI Artur	38		M-Open	42	00:33:53.55	+00:09:33 (28.2%)	6:46	8.8 (71.5%)
55	KUBIK Krystian	20		M-Open	43	00:34:00.35	+00:09:39 (28.4%)	6:48	8.8 (71.5%)
56	SŁUPECKA Aneta	96		K-Open	13	00:34:04.90	+00:09:44 (28.6%)	6:49	8.8 (71.5%)
57	KOZŁOWIECKI Waldemar	43	TKKF KOSZALIN	M-Open	44	00:34:07.35	+00:09:46 (28.7%)	6:49	8.8 (71.5%)
58	KAZIMIERCZAK Leszek	164		M-Open	45	00:34:28.75	+00:10:08 (29.4%)	6:53	8.7 (70.7%)
59	OSOBNIAK Ryszard	73		M-Open	46	00:34:38.20	+00:10:17 (29.7%)	6:55	8.7 (70.7%)
60	BOGACKI Tomasz	6	TKKF KOSZALIN	M-Open	47	00:34:40.90	+00:10:20 (29.8%)	6:56	8.6 (69.9%)
61	BOGACKA Lucyna	5	TKKF KOSZALIN	K-Open	14	00:34:41.70	+00:10:21 (29.8%)	6:56	8.6 (69.9%)
62	BUCZKO Katarzyna	8		K-Open	15	00:34:50.50	+00:10:30 (30.1%)	6:58	8.6 (69.9%)
63	PYREK Iwona	76		K-Open	16	00:34:56.30	+00:10:35 (30.3%)	6:59	8.6 (69.9%)
64	SYCHA Jarosław	101		M-Open	48	00:34:58.30	+00:10:37 (30.4%)	6:59	8.6 (69.9%)
65	PISKORZ-WILCZAK Iwona	77		K-Open	17	00:35:03.65	+00:10:43 (30.6%)	7:00	8.6 (69.9%)
66	ŻÓŁNIERCZUK Piotr	123		M-Open	49	00:35:06.40	+00:10:45 (30.7%)	7:01	8.5 (69.1%)
67	JANOWICZ Przemysław	27	MEDEN INMED SPOTS TEAM	M-Open	50	00:35:17.70	+00:10:57 (31.0%)	7:03	8.5 (69.1%)
68	SARBIEWSKI Przemysław	88		M-Open	51	00:35:42.75	+00:11:22 (31.8%)	7:08	8.4 (68.3%)
69	PISKÓRZ Justyna	78		K-Open	18	00:35:43.55	+00:11:23 (31.9%)	7:08	8.4 (68.3%)
70	SOBAJTIS Krzysztof	97		M-Open	52	00:36:00.55	+00:11:40 (32.4%)	7:12	8.3 (67.5%)
71	HAMROL Małgorzata	21	SPORTOWY KAŻMIERZ	K-Open	19	00:36:05.00	+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	SZMYT Marcin	105	SZWAGRY BIEGAJA	M-Open	53	00:36:10.65	+00:11:50 (32.7%)	7:14	8.3 (67.5%)
73	WRÓBLEWSKA Marta	263		K-Open	20	00:36:14.05	+00:11:53 (32.8%)	7:14	8.3 (67.5%)
74	GREMLEWSKI Dariusz	276		M-Open	54	00:36:14.55	+00:11:54 (32.8%)	7:14	8.3 (67.5%)
75	ZAWADZKA Aleksandra	118		K-Open	21	00:36:15.70	+00:11:55 (32.9%)	7:15	8.3 (67.5%)
76	SŁOMSKA Dorota	95		K-Open	22	00:36:31.50	+00:12:11 (33.4%)	7:18	8.2 (66.7%)
77	SEKUŁA Mariusz	89		M-Open	55	00:36:37.50	+00:12:17 (33.5%)	7:19	8.2 (66.7%)
78	STOLARSKA Marta	273		K-Open	23	00:37:09.15	+00:12:48 (34.5%)	7:26	8.1 (65.9%)
79	SZLENDAK Ewa	280	#ZABIEGANINOCA	K-Open	24	00:37:12.45	+00:12:52 (34.6%)	7:26	8.1 (65.9%)
80	BEDNARZ Katarzyna	3		K-Open	25	00:37:15.45	+00:12:55 (34.7%)	7:27	8.1 (65.9%)
81	DEJNAK Dagmara	14		K-Open	26	00:37:23.65	+00:13:03 (34.9%)	7:28	8 (65.0%)
82	PADUCH Piotr	74		M-Open	56	00:37:50.45	+00:13:30 (35.7%)	7:34	7.9 (64.2%)
83	WRÓBLEWSKI Mateusz	115		M-Open	57	00:38:02.40	+00:13:41 (36.0%)	7:36	7.9 (64.2%)
84	WESOŁOWSKI Łukasz	113	KOSZALIN	M-Open	58	00:38:04.90	+00:13:44 (36.1%)	7:37	7.9 (64.2%)
85	SZEWczyk Paulina	103		K-Open	27	00:38:05.00	+00:13:44 (36.1%)	7:37	7.9 (64.2%)
86	ZAKOŚCIELNA Katarzyna	117	DZIKIE ŻÓŁWIE	K-Open	28	00:38:12.55	+00:13:52 (36.3%)	7:38	7.8 (63.4%)
87	MAKOWSKA Monika	56		K-Open	29	00:38:35.95	+00:14:15 (36.9%)	7:43	7.8 (63.4%)
88	WITKOWSKI Bartosz	107	FUNDACJA ZASTOPIJ	M-Open	59	00:38:36.55	+00:14:16 (37.0%)	7:43	7.8 (63.4%)
89	ZADROŻNY Szymon	278		M-Open	60	00:38:40.30	+00:14:19 (37.1%)	7:44	7.8 (63.4%)
90	MARCZAK Małgorzata	61		K-Open	30	00:39:01.65	+00:14:41 (37.6%)	7:48	7.7 (62.6%)
91	CZAPLIŃSKI Piotr	32	FUNDACJA ZASTOPIJ	M-Open	61	00:39:05.05	+00:14:44 (37.7%)	7:49	7.7 (62.6%)
92	MACIEJEWSKI Maciej	53	FPP	M-Open	62	00:39:10.95	+00:14:50 (37.9%)	7:50	7.7 (62.6%)
93	ŚLUSAKOWICZ Jakub	108	FPP	M-Open	63	00:40:04.55	+00:15:44 (39.3%)	8:01	7.5 (61.0%)
94	MARSCHAŁKOWSKA Dorota	62		K-Open	31	00:40:25.70	+00:16:05 (39.8%)	8:05	7.4 (60.2%)
95	HORANIN Anna	24	HORCIO TEAM	K-Open	32	00:41:06.45	+00:16:46 (40.8%)	8:13	7.3 (59.3%)
96	KAPCIO Michał	66	KAMIEŃ RYMAŃSKI	M-Open	64	00:41:22.85	+00:17:02 (41.2%)	8:16	7.3 (59.3%)
97	HARASYM Daniel	22	FUNDACJA ZASTOPIJ	M-Open	65	00:41:31.00	+00:17:10 (41.4%)	8:18	7.2 (58.5%)
98	BORSUK Dorota	7		K-Open	33	00:41:40.35	+00:17:19 (41.6%)	8:20	7.2 (58.5%)
99	KARNICKI Zygmunt	36	TKKF KOSZALIN	M-Open	66	00:42:26.00	+00:18:05 (42.6%)	8:29	7.1 (57.7%)
100	CIŻMOWSKA Barbara	10	MTS HAMER MIASTKO	K-Open	34	00:42:47.05	+00:18:26 (43.1%)	8:33	7 (56.9%)
101	SUDER-MAKSYMOWICZ Monika	100		K-Open	35	00:43:00.95	+00:18:40 (43.4%)	8:36	7 (56.9%)
102	POLAK Mateusz	80	KOSPEL	M-Open	67	00:43:14.25	+00:18:53 (43.7%)	8:38	6.9 (56.1%)
103	KOZŁOWIECKA Małgorzata	42		K-Open	36	00:44:39.40	+00:20:18 (45.5%)	8:56	6.7 (54.5%)
104	HEDDERGOTT Kasia	23		K-Open	37	00:44:45.10	+00:20:24 (45.6%)	8:57	6.7 (54.5%)
105	KRYSTOSIK Paulina	47	BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE	K-Open	38	00:46:00.30	+00:21:39 (47.1%)	9:12	6.5 (52.8%)
106	SARBIEWSKA Gabriela	87		K-Open	39	00:46:31.90	+00:22:11 (47.7%)	9:18	6.4 (52.0%)
DNC	RYHANYCZ Paweł	83		M-Open					(0.0%)

Znaleziono 107 wynik(ów)