



# XII KOSZALIŃSKI BIEG GÓRSKI - 15 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

XII KOSZALIŃSKI BIEG GÓRSKI  
Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej  
2021-06-05  
Koszalin  
15.9 km

**Data:**  
**Miejsce:**  
**Dystans:**



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	lap1 5.3km	lap2 10.6km	Czas netto 15.9km	Różn	Tempo min/km	Tempo km/h
1	<b>PYSHNIAK Konstantin</b>	<b>60</b>	TKKF-KOSZALIN	M18-29	1	00:20:49	00:43:35	<b>01:07:16.20</b>		4:13	14.2 (100%)
2	<b>SZYMAŃSKI Paweł</b>	<b>70</b>	FIZJOBIEGACZE SZCZECIN	M30-39	1	00:23:05	00:47:33	<b>01:12:26.55</b>	+00:05:10 (7.1%)	4:33	13.2 (93.0%)
3	<b>KĘPKA Adrian</b>	<b>25</b>		M18-29	2	00:23:21	00:49:07	<b>01:14:49.85</b>	+00:07:33 (10.1%)	4:42	12.8 (90.1%)
4	<b>ZWOLIŃSKI Jan</b>	<b>81</b>	TKKF KOSZALIN	M50-59	1	00:25:40	00:53:08	<b>01:21:09.35</b>	+00:13:53 (17.1%)	5:06	11.8 (83.1%)
5	<b>KOŁACZEK Hubert</b>	<b>28</b>	AKADEMIA WOJSK ŁĄDOWYCH	M18-29	3	00:25:52	00:54:07	<b>01:22:21.60</b>	+00:15:05 (18.3%)	5:10	11.6 (81.7%)
6	<b>HERMAN Arkadiusz</b>	<b>18</b>		M40-49	1	00:25:45	00:54:09	<b>01:22:30.20</b>	+00:15:14 (18.5%)	5:11	11.6 (81.7%)
7	<b>DUDA Grzegorz</b>	<b>141</b>	BEST BEAST	M40-49	2	00:25:09	00:53:31	<b>01:23:42.00</b>	+00:16:25 (19.6%)	5:15	11.4 (80.3%)
8	<b>KURIATA Robert</b>	<b>36</b>	ZLB ZŁOTORYJA	M50-59	2	00:26:13	00:54:20	<b>01:23:45.50</b>	+00:16:29 (19.7%)	5:16	11.4 (80.3%)
9	<b>WOJTALIK Łukasz</b>	<b>16</b>		M30-39	2	00:25:29	00:53:26	<b>01:23:53.15</b>	+00:16:36 (19.8%)	5:16	11.4 (80.3%)
10	<b>TOKARSKI Szymon</b>	<b>71</b>		M40-49	3	00:26:41	00:55:31	<b>01:24:06.20</b>	+00:16:50 (20.0%)	5:17	11.3 (79.6%)
11	<b>SITOWSKI Marcin</b>	<b>64</b>	FC RYSIEK	M18-29	4	00:25:48	00:54:47	<b>01:24:23.40</b>	+00:17:07 (20.3%)	5:18	11.3 (79.6%)
12	<b>ULIASZ Jerzy</b>	<b>72</b>	LKS ISKRA JASZKOWA	M50-59	3	00:26:58	00:55:35	<b>01:24:30.65</b>	+00:17:14 (20.4%)	5:18	11.3 (79.6%)
13	<b>WESOŁOWSKI Marcin</b>	<b>75</b>		M30-39	3	00:27:02	00:56:02	<b>01:24:38.60</b>	+00:17:22 (20.5%)	5:19	11.3 (79.6%)
14	<b>WALEŃSKI Michał</b>	<b>73</b>	TKKF KOSZALIN	M40-49	4	00:25:40	00:54:19	<b>01:24:41.50</b>	+00:17:25 (20.6%)	5:19	11.3 (79.6%)
15	<b>MAZUR Emilusz</b>	<b>2</b>		M40-49	5	00:26:45	00:55:26	<b>01:24:58.80</b>	+00:17:42 (20.8%)	5:20	11.2 (78.9%)
16	<b>JURJEWICZ Grzegorz</b>	<b>22</b>		M40-49	6	00:26:13	00:56:12	<b>01:26:05.00</b>	+00:18:48 (21.9%)	5:24	11.1 (78.2%)
17	<b>WOJCIECHOWSKI Jacek</b>	<b>78</b>		M40-49	7	00:26:46	00:55:29	<b>01:26:23.25</b>	+00:19:07 (22.1%)	5:25	11 (77.5%)
18	<b>PICK Tomasz</b>	<b>58</b>	BIEGOLAS ORZEŁ DRUŻYNA SZPIKU	M50-59	4	00:26:12	00:55:53	<b>01:26:27.65</b>	+00:19:11 (22.2%)	5:26	11 (77.5%)
19	<b>ZATOŃ Olga</b>	<b>220</b>	BIEGAJ Z MAŃKIEM TEAM	K30-39	1	00:30:00	01:00:00	<b>01:30:01.00</b>	+00:22:44 (25.3%)	5:39	10.6 (74.6%)
20	<b>MARCINIAK Michał</b>	<b>47</b>		M30-39	4	00:28:59	00:59:19	<b>01:30:17.55</b>	+00:23:01 (25.5%)	5:40	10.6 (74.6%)
21	<b>ZDĄBŁARZ Marcin</b>	<b>80</b>		M30-39	5	00:27:33	00:58:19	<b>01:30:21.65</b>	+00:23:05 (25.6%)	5:40	10.6 (74.6%)
22	<b>KIEŁCZYŃSKI Dawid</b>	<b>26</b>	TEAM DAVE BUKÓWKA	M30-39	6	00:29:22	01:00:44	<b>01:31:18.90</b>	+00:24:02 (26.3%)	5:44	10.4 (73.2%)
23	<b>MARCINOWSKI Krzysztof</b>	<b>49</b>	RUN4FUN	M40-49	8	00:30:06	01:01:12	<b>01:31:40.25</b>	+00:24:24 (26.6%)	5:45	10.4 (73.2%)
24	<b>IWANIEC Dariusz</b>	<b>19</b>	TKKF/BIEGOLAS KOSZALIN	M40-49	9	00:28:54	00:59:42	<b>01:31:40.80</b>	+00:24:24 (26.6%)	5:45	10.4 (73.2%)
25	<b>MOSZYŃSKI Jacek</b>	<b>53</b>	TKKF KOSZALIN	M50-59	5	00:29:12	01:00:23	<b>01:31:57.70</b>	+00:24:41 (26.8%)	5:46	10.4 (73.2%)
26	<b>KOWALCZYK Seweryn</b>	<b>30</b>	TEAM BIEGOWY SZCZECINEK	M18-29	5	00:30:09	01:01:33	<b>01:33:00.65</b>	+00:25:44 (27.7%)	5:50	10.3 (72.5%)
27	<b>BAJGERT Robert</b>	<b>44</b>	VOLTAIX	M50-59	6	00:29:44	01:01:48	<b>01:34:04.35</b>	+00:26:48 (28.5%)	5:54	10.1 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Różn	Tempo min/km	Tempo km/h
						lap1 5.3km	lap2 10.6km	netto 15.9km			
28	<b>KUBIŚ Paweł</b>	<b>34</b>		M30-39	7	00:30:23	01:02:25	<b>01:34:38.75</b>	+00:27:22 (28.9%)	5:57	10.1 (71.1%)
29	<b>KROCZYŃSKI Sławomir</b>	<b>32</b>		M60-69	1	00:30:05	01:02:10	<b>01:34:45.70</b>	+00:27:29 (29.0%)	5:57	10.1 (71.1%)
30	<b>GAŁAN Leszek</b>	<b>103</b>		M50-59	7	00:30:42	01:02:55	<b>01:35:04.65</b>	+00:27:48 (29.2%)	5:58	10 (70.4%)
31	<b>MARCZAK Mariusz</b>	<b>160</b>	RUNPLANET Z-GÓRA	M60-69	2	00:29:58	01:02:28	<b>01:35:56.55</b>	+00:28:40 (29.9%)	6:02	9.9 (69.7%)
32	<b>LEWANDOWSKI Jacek</b>	<b>39</b>	TAPETY KOSZALIN MONIUSZKI 2	M40-49	10	00:28:16	01:02:52	<b>01:36:49.55</b>	+00:29:33 (30.5%)	6:05	9.9 (69.7%)
33	<b>MISZCZYK Jan</b>	<b>52</b>		M30-39	8	00:29:48	01:03:17	<b>01:36:55.25</b>	+00:29:39 (30.6%)	6:05	9.8 (69.0%)
34	<b>CIOŁEK Przemysław</b>	<b>6</b>	BIAŁOGARD BIEGA	M30-39	9	00:28:47	01:00:55	<b>01:37:01.50</b>	+00:29:45 (30.7%)	6:06	9.8 (69.0%)
35	<b>STWORA Robert</b>	<b>68</b>		M30-39	10	00:28:52	01:01:26	<b>01:37:19.00</b>	+00:30:02 (30.9%)	6:07	9.8 (69.0%)
36	<b>SKOWYRSKI Janusz</b>	<b>65</b>	TKKF/BIEGOLAS KOSZALIN	M50-59	8	00:30:47	01:03:43	<b>01:37:37.00</b>	+00:30:20 (31.1%)	6:08	9.8 (69.0%)
37	<b>SPOLSKA Weronika</b>	<b>67</b>	BIEGOLAS ORZEŁ DRUŻYNA SZPIKU	K18-29	1	00:30:26	01:03:51	<b>01:38:33.30</b>	+00:31:17 (31.7%)	6:11	9.7 (68.3%)
38	<b>CZERNIAK Gracjan</b>	<b>7</b>		M40-49	11	00:31:23	01:04:59	<b>01:39:01.15</b>	+00:31:44 (32.1%)	6:13	9.6 (67.6%)
39	<b>JANKOWSKI Piotr</b>	<b>20</b>		M40-49	12	00:30:26	01:03:24	<b>01:39:24.90</b>	+00:32:08 (32.3%)	6:15	9.6 (67.6%)
40	<b>PAŁASZEWSKA Karolina</b>	<b>57</b>	KOŁOBRZEG BIEGA	K30-39	2	00:31:41	01:05:40	<b>01:40:07.25</b>	+00:32:51 (32.8%)	6:17	9.5 (66.9%)
41	<b>FIŁONOWICZ Monika</b>	<b>13</b>	TEAM BIEGOWY SZCZECINEK	K40-49	1	00:31:17	01:05:50	<b>01:40:34.55</b>	+00:33:18 (33.1%)	6:19	9.5 (66.9%)
42	<b>GAWEŁ Zbigniew</b>	<b>14</b>	POMERIDERS SŁUPSK	M60-69	3	00:30:50	01:05:41	<b>01:41:31.15</b>	+00:34:14 (33.7%)	6:23	9.4 (66.2%)
43	<b>DZIADEK Krzysztof</b>	<b>12</b>	TKKF/BIEGOLAS KOSZALIN	M30-39	11	00:27:14	00:57:36	<b>01:42:17.60</b>	+00:35:01 (34.2%)	6:25	9.3 (65.5%)
44	<b>LUPA-MARCINOWSKA Aneta</b>	<b>40</b>	RUN4FUN	K40-49	2	00:32:04	01:07:37	<b>01:42:22.95</b>	+00:35:06 (34.3%)	6:26	9.3 (65.5%)
45	<b>MICERSKI Tomasz</b>	<b>50</b>	BIEGOLAS KOSZALIN	M40-49	13	00:31:07	01:07:41	<b>01:43:21.30</b>	+00:36:05 (34.9%)	6:30	9.2 (64.8%)
46	<b>ALBERT Damian</b>	<b>1</b>	FIZJOBIEGACZE SZCZECIN	M30-39	12	00:32:29	01:08:23	<b>01:44:31.45</b>	+00:37:15 (35.6%)	6:34	9.1 (64.1%)
47	<b>MIŁOSZEWICZ Aleksandra</b>	<b>51</b>	FIZJOBIEGACZE SZCZECIN	K18-29	2	00:34:16	01:08:29	<b>01:44:53.25</b>	+00:37:37 (35.9%)	6:35	9.1 (64.1%)
48	<b>GIEDROWICZ Aleksandra</b>	<b>15</b>		K30-39	3	00:32:58	01:08:37	<b>01:45:19.00</b>	+00:38:02 (36.1%)	6:37	9.1 (64.1%)
49	<b>MARCINKOWSKI Jacek</b>	<b>48</b>	BIEGOLAS ORZEŁ DRUŻYNA SZPIKU	M40-49	14	00:29:56	01:05:43	<b>01:46:07.25</b>	+00:38:51 (36.6%)	6:40	9 (63.4%)
50	<b>OLEARCZYK Arkadiusz</b>	<b>55</b>	BOBOLICKIE BRACTWO BIEGOWE	M40-49	15	00:30:30	01:07:13	<b>01:46:15.00</b>	+00:38:58 (36.7%)	6:40	9 (63.4%)
51	<b>KUBIK Krystian</b>	<b>33</b>	RUNGRYF GRYFICE	M18-29	6	00:32:48	01:09:16	<b>01:46:57.15</b>	+00:39:40 (37.1%)	6:43	8.9 (62.7%)
52	<b>KNAPIK Piotr</b>	<b>27</b>	LKS ISKRA JASZKOWA	M40-49	16	00:33:59	01:10:23	<b>01:47:48.90</b>	+00:40:32 (37.6%)	6:46	8.8 (62.0%)
53	<b>WIDAK Mateusz</b>	<b>76</b>		M30-39	13	00:33:52	01:11:02	<b>01:48:08.95</b>	+00:40:52 (37.8%)	6:48	8.8 (62.0%)
54	<b>DYBIEC Michał</b>	<b>11</b>		M30-39	14	00:31:18	01:09:27	<b>01:48:12.60</b>	+00:40:56 (37.8%)	6:48	8.8 (62.0%)
55	<b>KUŁAKOWSKI Dawid</b>	<b>35</b>	TKKF/BIEGOLAS KOSZALIN	M40-49	17	00:32:13	01:12:00	<b>01:48:59.05</b>	+00:41:42 (38.3%)	6:51	8.8 (62.0%)
56	<b>DEKIERT Artur</b>	<b>9</b>		M50-59	9	00:31:50	01:09:41	<b>01:49:00.15</b>	+00:41:43 (38.3%)	6:51	8.8 (62.0%)
57	<b>BUDZIŃSKI Paweł</b>	<b>5</b>	BIEGOLAS ORZEŁ DRUŻYNA SZPIKU	M40-49	18	00:32:45	01:10:56	<b>01:50:11.00</b>	+00:42:54 (38.9%)	6:55	8.7 (61.3%)
58	<b>WAŚOWSKI Robert</b>	<b>74</b>	SPORTOWE BIELICE	M18-29	7	00:35:06	01:12:51	<b>01:51:04.05</b>	+00:43:47 (39.4%)	6:59	8.6 (60.6%)
59	<b>NOWAK Paweł</b>	<b>54</b>	BALTIC SEALS	M18-29	8	00:31:42	01:08:44	<b>01:52:03.00</b>	+00:44:46 (40.0%)	7:02	8.5 (59.9%)
60	<b>KOWALCZYK Piotr</b>	<b>29</b>	FOR-REST-RUN KOSZALIN	M30-39	15	00:34:07	01:11:58	<b>01:52:18.85</b>	+00:45:02 (40.1%)	7:03	8.5 (59.9%)
61	<b>BOJANOWSKI Michał</b>	<b>4</b>	KOŁOBRZESKI KLUB MORSÓW	M40-49	19	00:33:27	01:11:30	<b>01:53:59.75</b>	+00:46:43 (41.0%)	7:10	8.4 (59.2%)
62	<b>MAŃSKI Tomasz</b>	<b>46</b>	BALTIC SEALS	M30-39	16	00:33:16	01:12:12	<b>01:54:47.10</b>	+00:47:30 (41.4%)	7:13	8.3 (58.5%)
63	<b>SEROWSKI Łukasz</b>	<b>62</b>		M30-39	17	00:31:28	01:09:44	<b>01:55:03.05</b>	+00:47:46 (41.5%)	7:14	8.3 (58.5%)
64	<b>KACZMARZ Katarzyna</b>	<b>24</b>		K30-39	4	00:35:37	01:14:35	<b>01:55:03.25</b>	+00:47:47 (41.5%)	7:14	8.3 (58.5%)
65	<b>MACIĄG Piotr</b>	<b>42</b>		M40-49	20	00:35:25	01:15:07	<b>01:56:06.65</b>	+00:48:50 (42.1%)	7:18	8.2 (57.7%)
66	<b>MACIĄŻEK Jarosław</b>	<b>43</b>		M40-49	21	00:36:06	01:14:42	<b>01:56:21.60</b>	+00:49:05 (42.2%)	7:19	8.2 (57.7%)
67	<b>BIERNACKI Harvey</b>	<b>3</b>		M40-49	22	00:34:06	01:12:59	<b>01:56:53.50</b>	+00:49:37 (42.5%)	7:21	8.2 (57.7%)
68	<b>MACIĄG Paweł</b>	<b>41</b>	HOMOSAPIE	M40-49	23	00:35:27	01:15:05	<b>01:57:07.75</b>	+00:49:51 (42.6%)	7:21	8.1 (57.0%)
69	<b>DIDŁUCH Jacek</b>	<b>10</b>	KOŁOBRZEG BIEGA	M40-49	24	00:35:02	01:15:45	<b>01:57:17.35</b>	+00:50:01 (42.6%)	7:22	8.1 (57.0%)
70	<b>PIECHOTA Robert</b>	<b>59</b>		M50-59	10	00:34:46	01:16:41	<b>01:58:31.65</b>	+00:51:15 (43.2%)	7:27	8 (56.3%)
71	<b>SOBOCIŃSKI Michał</b>	<b>66</b>		M40-49	25	00:36:56	01:17:54	<b>02:02:41.80</b>	+00:55:25 (45.2%)	7:42	7.8 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	lap		Czas netto	Różn	Tempo min/km	Tempo km/h
						5.3km	10.6km	15.9km			
72	<b>STAŃCZYK Sławomir</b>	<b>85</b>		M30-39	18	00:37:05	01:18:38	<b>02:04:18.40</b>	+00:57:02 (45.9%)	7:49	7.7 (54.2%)
73	<b>CZERNIEJ Przemysław</b>	<b>8</b>		M30-39	19	00:35:47	01:18:50	<b>02:04:48.90</b>	+00:57:32 (46.1%)	7:50	7.6 (53.5%)
74	<b>MAJEWSKA Dorota</b>	<b>45</b>	TKKF/BIEGOLAS KOSZALIN	K50-59	1	00:38:19	01:20:28	<b>02:06:04.00</b>	+00:58:47 (46.6%)	7:55	7.6 (53.5%)
75	<b>WALCZAK Ryszard</b>	<b>77</b>		M70+	1	00:37:53	01:20:29	<b>02:06:11.20</b>	+00:58:55 (46.7%)	7:56	7.6 (53.5%)
76	<b>HAŁAJKO Magdalena</b>	<b>17</b>	TKKF KOSZALIN	K30-39	5	00:36:44	01:21:14	<b>02:07:09.70</b>	+00:59:53 (47.1%)	7:59	7.5 (52.8%)
77	<b>JUSZCZAK Krzysztof</b>	<b>23</b>		M60-69	4	00:39:22	01:22:24	<b>02:07:44.35</b>	+01:00:28 (47.3%)	8:02	7.5 (52.8%)
78	<b>SAWICKA - WERS Urszula</b>	<b>61</b>		K30-39	6	00:40:52	01:23:54	<b>02:08:18.10</b>	+01:01:01 (47.6%)	8:04	7.4 (52.1%)
79	<b>ZIELIŃSKA-CZEBANIAK Izabela</b>	<b>21</b>		K40-49	3	00:41:45	01:25:54	<b>02:12:17.25</b>	+01:05:01 (49.1%)	8:19	7.2 (50.7%)
80	<b>LAJTER Jerzy</b>	<b>38</b>	4 RUN TEAM PIŁA	M70+	2	00:49:05	01:30:04	<b>02:14:31.95</b>	+01:07:15 (50.0%)	8:27	7.1 (50.0%)
81	<b>PAJOR Tomasz</b>	<b>56</b>	HOMOSAPIE	M40-49	26	00:39:39	01:28:37	<b>02:17:50.75</b>	+01:10:34 (51.2%)	8:40	6.9 (48.6%)
82	<b>KROCZYŃSKA Kinga</b>	<b>31</b>		K40-49	4	00:42:37	01:27:35	<b>02:17:53.10</b>	+01:10:36 (51.2%)	8:40	6.9 (48.6%)
83	<b>SIARKIEWICZ Jola</b>	<b>63</b>	BIEGAMDŁAZDROWIA.PL	K60-69	1	00:41:50	01:31:12	<b>02:20:29.40</b>	+01:13:13 (52.1%)	8:50	6.8 (47.9%)
84	<b>KWIDZIŃSKI Michał</b>	<b>37</b>		M30-39	20	00:47:52			+00:27:03	9:01	6.6 (46.5%)

Znaleziono 84 wynik(ów)