



XII KOSZALIŃSKI BIEG GÓRSKI - 15 KM

B4SPORT

Wydarzenie:
Organizator:

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



Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	lap1 5.3km	lap2 10.6km	Czas netto 15.9km	Różn	Tempo min/km	Tempo km/h
1	PYSHNIAK Konstantin	60	TKKF-KOSZALIN	M18-29	1	00:20:49	00:43:35	01:07:16.20		4:13	14.2 (100%)
2	SZYMAŃSKI Paweł	70	FIZJOBIEGACZE SZCZECIN	M30-39	1	00:23:05	00:47:33	01:12:26.55	+00:05:10 (7.1%)	4:33	13.2 (93.0%)
3	KĘPKA Adrian	25		M18-29	2	00:23:21	00:49:07	01:14:49.85	+00:07:33 (10.1%)	4:42	12.8 (90.1%)
4	ZWOLIŃSKI Jan	81	TKKF KOSZALIN	M50-59	1	00:25:40	00:53:08	01:21:09.35	+00:13:53 (17.1%)	5:06	11.8 (83.1%)
5	KOŁACZEK Hubert	28	AKADEMIA WOJSK LĄDOWYCH	M18-29	3	00:25:52	00:54:07	01:22:21.60	+00:15:05 (18.3%)	5:10	11.6 (81.7%)
6	HERMAN Arkadiusz	18		M40-49	1	00:25:45	00:54:09	01:22:30.20	+00:15:14 (18.5%)	5:11	11.6 (81.7%)
7	DUDA Grzegorz	141	BEST BEAST	M40-49	2	00:25:09	00:53:31	01:23:42.00	+00:16:25 (19.6%)	5:15	11.4 (80.3%)
8	KURIATA Robert	36	ZLB ZŁOTORYJA	M50-59	2	00:26:13	00:54:20	01:23:45.50	+00:16:29 (19.7%)	5:16	11.4 (80.3%)
9	WOJTALIK Łukasz	16		M30-39	2	00:25:29	00:53:26	01:23:53.15	+00:16:36 (19.8%)	5:16	11.4 (80.3%)
10	TOKARSKI Szymon	71		M40-49	3	00:26:41	00:55:31	01:24:06.20	+00:16:50 (20.0%)	5:17	11.3 (79.6%)
11	SITOWSKI Marcin	64	FC RYSIEK	M18-29	4	00:25:48	00:54:47	01:24:23.40	+00:17:07 (20.3%)	5:18	11.3 (79.6%)
12	ULIASZ Jerzy	72	LKS ISKRA JASZKOWA	M50-59	3	00:26:58	00:55:35	01:24:30.65	+00:17:14 (20.4%)	5:18	11.3 (79.6%)
13	WESOŁOWSKI Marcin	75		M30-39	3	00:27:02	00:56:02	01:24:38.60	+00:17:22 (20.5%)	5:19	11.3 (79.6%)
14	WALEŃSKI Michał	73	TKKF KOSZALIN	M40-49	4	00:25:40	00:54:19	01:24:41.50	+00:17:25 (20.6%)	5:19	11.3 (79.6%)
15	MAZUR Emilusz	2		M40-49	5	00:26:45	00:55:26	01:24:58.80	+00:17:42 (20.8%)	5:20	11.2 (78.9%)
16	JURJEWICZ Grzegorz	22		M40-49	6	00:26:13	00:56:12	01:26:05.00	+00:18:48 (21.9%)	5:24	11.1 (78.2%)
17	WOJCIECHOWSKI Jacek	78		M40-49	7	00:26:46	00:55:29	01:26:23.25	+00:19:07 (22.1%)	5:25	11 (77.5%)
18	PICK Tomasz	58	BIEGOLAS ORZEŁ DRUŻYNA SZPIKU	M50-59	4	00:26:12	00:55:53	01:26:27.65	+00:19:11 (22.2%)	5:26	11 (77.5%)
19	MARCINIAK Michał	47		M30-39	4	00:28:59	00:59:19	01:30:17.55	+00:23:01 (25.5%)	5:40	10.6 (74.6%)
20	ZDĄBŁARZ Marcin	80		M30-39	5	00:27:33	00:58:19	01:30:21.65	+00:23:05 (25.6%)	5:40	10.6 (74.6%)
21	KIEŁCZYŃSKI Dawid	26	TEAM DAVE BUKÓWKA	M30-39	6	00:29:22	01:00:44	01:31:18.90	+00:24:02 (26.3%)	5:44	10.4 (73.2%)
22	MARCINOWSKI Krzysztof	49	RUN4FUN	M40-49	8	00:30:06	01:01:12	01:31:40.25	+00:24:24 (26.6%)	5:45	10.4 (73.2%)
23	IWANIEC Dariusz	19	TKKF/BIEGOLAS KOSZALIN	M40-49	9	00:28:54	00:59:42	01:31:40.80	+00:24:24 (26.6%)	5:45	10.4 (73.2%)
24	MOSZYŃSKI Jacek	53	TKKF KOSZALIN	M50-59	5	00:29:12	01:00:23	01:31:57.70	+00:24:41 (26.8%)	5:46	10.4 (73.2%)
25	KOWALCZYK Seweryn	30	TEAM BIEGOWY SZCZECINEK	M18-29	5	00:30:09	01:01:33	01:33:00.65	+00:25:44 (27.7%)	5:50	10.3 (72.5%)
26	BAJGERT Robert	44	VOLTAIX	M50-59	6	00:29:44	01:01:48	01:34:04.35	+00:26:48 (28.5%)	5:54	10.1 (71.1%)
27	KUBIŚ Paweł	34		M30-39	7	00:30:23	01:02:25	01:34:38.75	+00:27:22 (28.9%)	5:57	10.1 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	lap1 5.3km	lap2 10.6km	Czas netto 15.9km	Różn	Tempo min/km	Tempo km/h
28	KROCZYŃSKI Sławomir	32		M60-69	1	00:30:05	01:02:10	01:34:45.70	+00:27:29 (29.0%)	5:57	10.1 (71.1%)
29	GAŁAN Leszek	103		M50-59	7	00:30:42	01:02:55	01:35:04.65	+00:27:48 (29.2%)	5:58	10 (70.4%)
30	MARCZAK Mariusz	160	RUNPLANET Z-GÓRA	M60-69	2	00:29:58	01:02:28	01:35:56.55	+00:28:40 (29.9%)	6:02	9.9 (69.7%)
31	LEWANDOWSKI Jacek	39	TAPETY KOSZALIN MONIUSZKI 2	M40-49	10	00:28:16	01:02:52	01:36:49.55	+00:29:33 (30.5%)	6:05	9.9 (69.7%)
32	MISZCZYK Jan	52		M30-39	8	00:29:48	01:03:17	01:36:55.25	+00:29:39 (30.6%)	6:05	9.8 (69.0%)
33	CIOŁEK Przemysław	6	BIAŁOGARD BIEGA	M30-39	9	00:28:47	01:00:55	01:37:01.50	+00:29:45 (30.7%)	6:06	9.8 (69.0%)
34	STWORA Robert	68		M30-39	10	00:28:52	01:01:26	01:37:19.00	+00:30:02 (30.9%)	6:07	9.8 (69.0%)
35	SKOWYRSKI Janusz	65	TKKF/BIEGOLAS KOSZALIN	M50-59	8	00:30:47	01:03:43	01:37:37.00	+00:30:20 (31.1%)	6:08	9.8 (69.0%)
36	CZERNIAK Gracjan	7		M40-49	11	00:31:23	01:04:59	01:39:01.15	+00:31:44 (32.1%)	6:13	9.6 (67.6%)
37	JANKOWSKI Piotr	20		M40-49	12	00:30:26	01:03:24	01:39:24.90	+00:32:08 (32.3%)	6:15	9.6 (67.6%)
38	GAWEŁ Zbigniew	14	POMERIDERS SŁUPSK	M60-69	3	00:30:50	01:05:41	01:41:31.15	+00:34:14 (33.7%)	6:23	9.4 (66.2%)
39	DZIADEK Krzysztof	12	TKKF/BIEGOLAS KOSZALIN	M30-39	11	00:27:14	00:57:36	01:42:17.60	+00:35:01 (34.2%)	6:25	9.3 (65.5%)
40	MICERSKI Tomasz	50	BIEGOLAS KOSZALIN	M40-49	13	00:31:07	01:07:41	01:43:21.30	+00:36:05 (34.9%)	6:30	9.2 (64.8%)
41	ALBERT Damian	1	FIZJOBIEGACZE SZCZECIN	M30-39	12	00:32:29	01:08:23	01:44:31.45	+00:37:15 (35.6%)	6:34	9.1 (64.1%)
42	MARCINKOWSKI Jacek	48	BIEGOLAS ORZEŁ DRUŻYNA SZPIKU	M40-49	14	00:29:56	01:05:43	01:46:07.25	+00:38:51 (36.6%)	6:40	9 (63.4%)
43	OLEARCZYK Arkadiusz	55	BOBOLICKIE BRACTWO BIEGOWE	M40-49	15	00:30:30	01:07:13	01:46:15.00	+00:38:58 (36.7%)	6:40	9 (63.4%)
44	KUBIK Krystian	33	RUNGRYF GRYFICE	M18-29	6	00:32:48	01:09:16	01:46:57.15	+00:39:40 (37.1%)	6:43	8.9 (62.7%)
45	KNAPIK Piotr	27	LKS ISKRA JASZKOWA	M40-49	16	00:33:59	01:10:23	01:47:48.90	+00:40:32 (37.6%)	6:46	8.8 (62.0%)
46	WIDAK Mateusz	76		M30-39	13	00:33:52	01:11:02	01:48:08.95	+00:40:52 (37.8%)	6:48	8.8 (62.0%)
47	DYBIEC Michał	11		M30-39	14	00:31:18	01:09:27	01:48:12.60	+00:40:56 (37.8%)	6:48	8.8 (62.0%)
48	KUŁAKOWSKI Dawid	35	TKKF/BIEGOLAS KOSZALIN	M40-49	17	00:32:13	01:12:00	01:48:59.05	+00:41:42 (38.3%)	6:51	8.8 (62.0%)
49	DEKIERT Artur	9		M50-59	9	00:31:50	01:09:41	01:49:00.15	+00:41:43 (38.3%)	6:51	8.8 (62.0%)
50	BUDZIŃSKI Paweł	5	BIEGOLAS ORZEŁ DRUŻYNA SZPIKU	M40-49	18	00:32:45	01:10:56	01:50:11.00	+00:42:54 (38.9%)	6:55	8.7 (61.3%)
51	WAŚOWSKI Robert	74	SPORTOWE BIELICE	M18-29	7	00:35:06	01:12:51	01:51:04.05	+00:43:47 (39.4%)	6:59	8.6 (60.6%)
52	NOWAK Paweł	54	BALTIC SEALS	M18-29	8	00:31:42	01:08:44	01:52:03.00	+00:44:46 (40.0%)	7:02	8.5 (59.9%)
53	KOWALCZYK Piotr	29	FOR-REST-RUN KOSZALIN	M30-39	15	00:34:07	01:11:58	01:52:18.85	+00:45:02 (40.1%)	7:03	8.5 (59.9%)
54	BOJANOWSKI Michał	4	KOŁOBRZESKI KLUB MORSÓW	M40-49	19	00:33:27	01:11:30	01:53:59.75	+00:46:43 (41.0%)	7:10	8.4 (59.2%)
55	MAŃSKI Tomasz	46	BALTIC SEALS	M30-39	16	00:33:16	01:12:12	01:54:47.10	+00:47:30 (41.4%)	7:13	8.3 (58.5%)
56	SEROWSKI Łukasz	62		M30-39	17	00:31:28	01:09:44	01:55:03.05	+00:47:46 (41.5%)	7:14	8.3 (58.5%)
57	MACIĄG Piotr	42		M40-49	20	00:35:25	01:15:07	01:56:06.65	+00:48:50 (42.1%)	7:18	8.2 (57.7%)
58	MACIĄŻEK Jarosław	43		M40-49	21	00:36:06	01:14:42	01:56:21.60	+00:49:05 (42.2%)	7:19	8.2 (57.7%)
59	BIERNACKI Harvey	3		M40-49	22	00:34:06	01:12:59	01:56:53.50	+00:49:37 (42.5%)	7:21	8.2 (57.7%)
60	MACIĄG Paweł	41	HOMOSAPIE	M40-49	23	00:35:27	01:15:05	01:57:07.75	+00:49:51 (42.6%)	7:21	8.1 (57.0%)
61	DIDŁUCH Jacek	10	KOŁOBRZEG BIEGA	M40-49	24	00:35:02	01:15:45	01:57:17.35	+00:50:01 (42.6%)	7:22	8.1 (57.0%)
62	PIECHOTA Robert	59		M50-59	10	00:34:46	01:16:41	01:58:31.65	+00:51:15 (43.2%)	7:27	8 (56.3%)
63	SOBOCIŃSKI Michał	66		M40-49	25	00:36:56	01:17:54	02:02:41.80	+00:55:25 (45.2%)	7:42	7.8 (54.9%)
64	STAŃCZYK Sławomir	85		M30-39	18	00:37:05	01:18:38	02:04:18.40	+00:57:02 (45.9%)	7:49	7.7 (54.2%)
65	CZERNIEJ Przemysław	8		M30-39	19	00:35:47	01:18:50	02:04:48.90	+00:57:32 (46.1%)	7:50	7.6 (53.5%)
66	WALCZAK Ryszard	77		M70+	1	00:37:53	01:20:29	02:06:11.20	+00:58:55 (46.7%)	7:56	7.6 (53.5%)
67	JUSZCZAK Krzysztof	23		M60-69	4	00:39:22	01:22:24	02:07:44.35	+01:00:28 (47.3%)	8:02	7.5 (52.8%)
68	LAJTER Jerzy	38	4 RUN TEAM PIŁA	M70+	2	00:49:05	01:30:04	02:14:31.95	+01:07:15 (50.0%)	8:27	7.1 (50.0%)
69	PAJOR Tomasz	56	HOMOSAPIE	M40-49	26	00:39:39	01:28:37	02:17:50.75	+01:10:34 (51.2%)	8:40	6.9 (48.6%)
70	KWIDZIŃSKI Michał	37		M30-39	20	00:47:52			+00:27:03	9:01	6.6 (46.5%)

