



## XII KOSZALIŃSKI BIEG GÓRSKI - 5 KM

B4SPORT

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

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

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



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	<b>SZKOŁUDA Miłosz</b>	<b>151</b>	BIEGOLAS KOSZALIN	M-Open	1	<b>00:21:32.70</b>		4:03	14.8 (100%)
2	<b>GAWĘŁ Marcin</b>	<b>97</b>		M-Open	2	<b>00:25:50.10</b>	+00:04:17 (16.6%)	4:52	12.3 (83.1%)
3	<b>KOZIEŁ Paweł</b>	<b>115</b>		M-Open	3	<b>00:25:50.55</b>	+00:04:17 (16.6%)	4:52	12.3 (83.1%)
4	<b>CHUPTYŚ Adrian</b>	<b>89</b>	RUNDORFINA	M-Open	4	<b>00:26:35.55</b>	+00:05:02 (19.0%)	5:00	12 (81.1%)
5	<b>SZNYTER Sabina</b>	<b>152</b>	BIEGOLAS KOSZALIN	K-Open	1	<b>00:26:54.50</b>	+00:05:21 (19.9%)	5:04	11.8 (79.7%)
6	<b>JANKOWIAK Marcin</b>	<b>104</b>		M-Open	5	<b>00:27:02.00</b>	+00:05:29 (20.3%)	5:06	11.8 (79.7%)
7	<b>OSTROWSKI Marcin</b>	<b>133</b>	PZU SPORT TEAM	M-Open	6	<b>00:27:18.80</b>	+00:05:46 (21.1%)	5:09	11.6 (78.4%)
8	<b>HISZCZYŃSKA Aleksandra</b>	<b>101</b>	CSSP KOSZALIN	K-Open	2	<b>00:27:44.10</b>	+00:06:11 (22.3%)	5:13	11.5 (77.7%)
9	<b>PASIEKA Agnieszka</b>	<b>136</b>	UKL 'FENIKS' ŚWIDWIN	K-Open	3	<b>00:27:59.45</b>	+00:06:26 (23.0%)	5:16	11.4 (77.0%)
10	<b>SAWIŃSKI Jacek</b>	<b>144</b>		M-Open	7	<b>00:28:04.45</b>	+00:06:31 (23.3%)	5:17	11.3 (76.4%)
11	<b>SZYMAŃSKI Piotr</b>	<b>154</b>		M-Open	8	<b>00:28:16.60</b>	+00:06:43 (23.8%)	5:20	11.3 (76.4%)
12	<b>BARUTOWICZ Grzegorz</b>	<b>84</b>		M-Open	9	<b>00:28:31.80</b>	+00:06:59 (24.5%)	5:22	11.2 (75.7%)
13	<b>MAZUR Tomasz</b>	<b>127</b>	I LO SZCZECINEK	M-Open	10	<b>00:28:45.40</b>	+00:07:12 (25.1%)	5:25	11.1 (75.0%)
14	<b>BRONECKI Adrian</b>	<b>87</b>	FUNDACJA ZASTOPIJ	M-Open	11	<b>00:28:53.20</b>	+00:07:20 (25.4%)	5:26	11 (74.3%)
15	<b>KASPEROWICZ Zdzisław</b>	<b>107</b>	PRO DYSTANS KASPEROWICZ	M-Open	12	<b>00:29:04.30</b>	+00:07:31 (25.9%)	5:29	10.9 (73.6%)
16	<b>KRACZKOWSKI Przemysław</b>	<b>118</b>		M-Open	13	<b>00:29:37.35</b>	+00:08:04 (27.3%)	5:35	10.7 (72.3%)
17	<b>DZIEMIŃSKI Kamil</b>	<b>95</b>	MONAR KAMIEŃ RYMAŃSKI	M-Open	14	<b>00:30:10.40</b>	+00:08:37 (28.6%)	5:41	10.5 (70.9%)
18	<b>MELON Jacek</b>	<b>128</b>	POZYTYWNI Z PASJĄ	M-Open	15	<b>00:30:16.65</b>	+00:08:43 (28.8%)	5:42	10.5 (70.9%)
19	<b>SUCHANOWSKI Zygmunt</b>	<b>149</b>		M-Open	16	<b>00:30:29.75</b>	+00:08:57 (29.4%)	5:45	10.4 (70.3%)
20	<b>SARAPUK Gabriela</b>	<b>143</b>	TKKF KOSZALIN	K-Open	4	<b>00:30:41.30</b>	+00:09:08 (29.8%)	5:47	10.4 (70.3%)
21	<b>THOMAS Daniel</b>	<b>155</b>	PRECON POLSKA	M-Open	17	<b>00:30:54.70</b>	+00:09:22 (30.3%)	5:49	10.3 (69.6%)
22	<b>MAZIEC Beata</b>	<b>125</b>	BIEGOLAS KOSZALIN	K-Open	5	<b>00:31:01.90</b>	+00:09:29 (30.6%)	5:51	10.3 (69.6%)
23	<b>KRZEWIŃSKA Małgorzata</b>	<b>119</b>	TKKF KOSZALIN	K-Open	6	<b>00:31:24.85</b>	+00:09:52 (31.4%)	5:55	10.1 (68.2%)
24	<b>SIKORSKI Łukasz</b>	<b>146</b>	MONAR KAMIEŃ RYMAŃSKI	M-Open	18	<b>00:31:32.30</b>	+00:09:59 (31.7%)	5:56	10.1 (68.2%)
25	<b>SZCZYPEK Arkadiusz</b>	<b>150</b>	FUNDACJA ZASTOPIJ	M-Open	19	<b>00:31:44.30</b>	+00:10:11 (32.1%)	5:59	10 (67.6%)
26	<b>MITUNIEWICZ Adrian</b>	<b>129</b>	BIEGOLAS	M-Open	20	<b>00:32:03.95</b>	+00:10:31 (32.8%)	6:02	9.9 (66.9%)
27	<b>FURMANIUK Artur</b>	<b>96</b>	WATAHA	M-Open	21	<b>00:32:07.45</b>	+00:10:34 (32.9%)	6:03	9.9 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
28	<b>PRZYBYŁOWICZ Małgorzata</b>	<b>139</b>		K-Open	7	<b>00:32:37.10</b>	+00:11:04 (33.9%)	6:09	9.7 (65.5%)
29	<b>DRULIK-HOŁUB Marta</b>	<b>94</b>		K-Open	8	<b>00:32:45.70</b>	+00:11:13 (34.2%)	6:10	9.7 (65.5%)
30	<b>MAZUR Mirosław</b>	<b>126</b>		M-Open	22	<b>00:33:06.60</b>	+00:11:33 (34.9%)	6:14	9.6 (64.9%)
31	<b>BOGACKI Tomasz</b>	<b>86</b>	TKKF KOSZALIN	M-Open	23	<b>00:33:33.90</b>	+00:12:01 (35.8%)	6:19	9.5 (64.2%)
32	<b>PIOTROWSKI Marek</b>	<b>122</b>		M-Open	24	<b>00:33:45.45</b>	+00:12:12 (36.2%)	6:22	9.4 (63.5%)
33	<b>KOZŁOWIECKI Waldemar</b>	<b>117</b>	TKKF KOSZALIN	M-Open	25	<b>00:33:52.85</b>	+00:12:20 (36.4%)	6:23	9.4 (63.5%)
34	<b>DEJNAK Mariola</b>	<b>93</b>		K-Open	9	<b>00:34:07.40</b>	+00:12:34 (36.9%)	6:26	9.3 (62.8%)
35	<b>KOLIGAT Anna</b>	<b>111</b>		K-Open	10	<b>00:34:14.70</b>	+00:12:42 (37.1%)	6:27	9.3 (62.8%)
36	<b>OSOBNIAK Ryszard</b>	<b>132</b>		M-Open	26	<b>00:35:22.10</b>	+00:13:49 (39.1%)	6:40	9 (60.8%)
37	<b>CZAPLINSKI Piotr</b>	<b>90</b>	FUNDACJA ZASTOPUJ	M-Open	27	<b>00:36:01.15</b>	+00:14:28 (40.2%)	6:47	8.8 (59.5%)
38	<b>JAWORSKA Marta</b>	<b>106</b>		K-Open	11	<b>00:36:23.05</b>	+00:14:50 (40.8%)	6:51	8.7 (58.8%)
39	<b>KILJAN Sylwia</b>	<b>109</b>		K-Open	12	<b>00:36:27.55</b>	+00:14:54 (40.9%)	6:52	8.7 (58.8%)
40	<b>PEŁKA Iwona</b>	<b>137</b>		K-Open	13	<b>00:36:35.65</b>	+00:15:02 (41.1%)	6:54	8.7 (58.8%)
41	<b>KORDECKI Maciej</b>	<b>112</b>		M-Open	28	<b>00:36:48.60</b>	+00:15:15 (41.5%)	6:56	8.6 (58.1%)
42	<b>ROGAŁA Jacek</b>	<b>140</b>	FUNDACJA ZASTOPUJ	M-Open	29	<b>00:36:54.80</b>	+00:15:22 (41.6%)	6:57	8.6 (58.1%)
43	<b>SŁOMSKA Dorota</b>	<b>147</b>		K-Open	14	<b>00:37:21.60</b>	+00:15:48 (42.3%)	7:02	8.5 (57.4%)
44	<b>GREMBLEWSKI Dariusz</b>	<b>98</b>	MONAR KAMIEŃ RYMAŃSKI	M-Open	30	<b>00:37:25.20</b>	+00:15:52 (42.4%)	7:03	8.5 (57.4%)
45	<b>GUTOWSKI Marek</b>	<b>99</b>		M-Open	31	<b>00:37:25.40</b>	+00:15:52 (42.4%)	7:03	8.5 (57.4%)
46	<b>GAŁAN Joanna</b>	<b>92</b>		K-Open	15	<b>00:37:31.85</b>	+00:15:59 (42.6%)	7:04	8.5 (57.4%)
47	<b>MACIEJEWSKI Maciej</b>	<b>121</b>	FPP	M-Open	32	<b>00:38:21.10</b>	+00:16:48 (43.8%)	7:14	8.3 (56.1%)
48	<b>ORDA Marcin</b>	<b>131</b>	MONAR KAMIEŃ RYMAŃSKI	M-Open	33	<b>00:38:31.50</b>	+00:16:58 (44.1%)	7:16	8.3 (56.1%)
49	<b>JANKOWSKA Weronika</b>	<b>105</b>	MONAR KAMIEŃ RYMAŃSKI	K-Open	16	<b>00:38:56.20</b>	+00:17:23 (44.7%)	7:20	8.2 (55.4%)
50	<b>MARSCHAŁKOWSKA Dorota</b>	<b>124</b>	TKKF KOSZALIN	K-Open	17	<b>00:40:18.00</b>	+00:18:45 (46.5%)	7:36	7.9 (53.4%)
51	<b>BRZEZIŃSKI Łukasz</b>	<b>88</b>	#BIAŁOGARDBIEGA	M-Open	34	<b>00:40:26.90</b>	+00:18:54 (46.7%)	7:37	7.9 (53.4%)
52	<b>SADOWSKA Justyna</b>	<b>142</b>		K-Open	18	<b>00:40:48.45</b>	+00:19:15 (47.2%)	7:41	7.8 (52.7%)
53	<b>WESOŁOWSKI Łukasz</b>	<b>158</b>	KOSZALIN	M-Open	35	<b>00:40:48.70</b>	+00:19:16 (47.2%)	7:41	7.8 (52.7%)
54	<b>PADUCH Piotr</b>	<b>134</b>		M-Open	36	<b>00:40:51.45</b>	+00:19:18 (47.3%)	7:42	7.8 (52.7%)
55	<b>SZTECHMILER Katarzyna</b>	<b>153</b>	HUSARIA SZCZECINEK	K-Open	19	<b>00:41:17.30</b>	+00:19:44 (47.8%)	7:47	7.7 (52.0%)
56	<b>SZEWCZYK Paulina</b>	<b>79</b>	HUSARIA SZCZECINEK	K-Open	20	<b>00:41:17.50</b>	+00:19:44 (47.8%)	7:47	7.7 (52.0%)
57	<b>KOBUS MAŁANECZ Agnieszka</b>	<b>110</b>		K-Open	21	<b>00:41:36.05</b>	+00:20:03 (48.2%)	7:50	7.6 (51.4%)
58	<b>WALESIEWICZ Julia</b>	<b>156</b>		K-Open	22	<b>00:42:12.55</b>	+00:20:39 (49.0%)	7:57	7.5 (50.7%)
59	<b>DEJNAK Dagamara</b>	<b>190</b>		K-Open	23	<b>00:43:07.45</b>	+00:21:34 (50.0%)	8:08	7.4 (50.0%)
60	<b>HARASYM Daniel</b>	<b>100</b>	FUNDACJA ZASTOPUJ	M-Open	37	<b>00:43:40.35</b>	+00:22:07 (50.7%)	8:14	7.3 (49.3%)
61	<b>PODGÓRSKA Agata</b>	<b>138</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K-Open	24	<b>00:44:01.85</b>	+00:22:29 (51.1%)	8:18	7.2 (48.6%)
62	<b>HOJDYCZ Justyna</b>	<b>102</b>		K-Open	25	<b>00:45:34.85</b>	+00:24:02 (52.7%)	8:35	7 (47.3%)
63	<b>KOZŁOWIECKA Małgorzata</b>	<b>116</b>		K-Open	26	<b>00:46:32.70</b>	+00:25:00 (53.7%)	8:46	6.8 (45.9%)
64	<b>PAŁASZ Karolina</b>	<b>135</b>	FUNDACJA ZASTOPUJ	K-Open	27	<b>00:48:33.85</b>	+00:27:01 (55.6%)	9:09	6.5 (43.9%)
65	<b>WALKOWIAK Dariusz</b>	<b>157</b>		M-Open	38	<b>00:57:24.60</b>	+00:35:51 (62.5%)	10:49	5.5 (37.2%)
66	<b>SZMYT Marcin</b>	<b>69</b>	SZWAGRY BIEGAJĄ	M-Open	39		+00:16:23	7:09	8.4 (56.8%)
67	<b>ANTKOWIAK Sebastian</b>	<b>83</b>	DB - ACTIVE	M-Open	40				(0.0%)
68	<b>KULIŃSKI Krzysztof</b>	<b>120</b>	FUNDACJA ZASTOPUJ	M-Open	41				(0.0%)