



XII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie: XII Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2021-12-29
Miejsce: Koszalin
Dystans: 5.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
1	SIÓDMIAK Igor	144	7PRO SIÓDMIAK TEAM / PENTATHLON SZ-EK / MBC	M14-39	1	00:05:24	00:10:43	00:16:05.40		3:09	19
2	SOKOŁOWSKI Ryszard	146	LKB BRACI PETK	M14-39	2	00:04:44	00:10:54	00:16:20.30	+00:00:14	3:12	18.7
3	CZERNIEWSKI Marcin	23	AML SŁUPSK	M14-39	3	00:05:24	00:11:11	00:17:06.05	+00:01:00	3:21	17.9
4	WIŚNIEWSKI Kacper	174	KB DZIESIĄTKA BIAŁOGARD	M14-39	4	00:05:30	00:11:22	00:17:23.75	+00:01:18	3:24	17.6
5	WENT Jakub	169		M40-59	1	00:05:46	00:11:41	00:17:34.65	+00:01:29	3:26	17.4
6	KĘPKA Adrian	64	@KEPKANATRASIE	M14-39	5	00:05:42	00:11:43	00:17:44.05	+00:01:38	3:28	17.3
7	GUZOWSKI Denis	46	JW 3775/ PRAWIE JAK HERMES	M14-39	6	00:05:39	00:11:42	00:17:49.35	+00:01:43	3:29	17.2
8	HOŁUB Kamil	51	MLUKS TRZEBIATÓW	M40-59	2	00:06:03	00:12:35	00:18:52.70	+00:02:47	3:41	16.2
9	GUZOWSKI Dariusz	47	TALEX BORZYTUCHOM	M40-59	3	00:06:10	00:12:40	00:19:01.80	+00:02:56	3:43	16.1
10	SZOPIŃSKI Tomasz	158	KB BRYZA POSTOMINO	M14-39	7	00:06:14	00:12:53	00:19:13.30	+00:03:07	3:46	15.9
11	CZAPLIŃSKI Jacek	21		M40-59	4	00:06:14	00:12:50	00:19:18.60	+00:03:13	3:47	15.9
12	KRYZEL Tomasz	83	KUJAWSCY RUNNERS	M14-39	8	00:06:08	00:12:43	00:19:22.85	+00:03:17	3:47	15.8
13	RUDNIKOWSKI Maciej	140	KB DARŁOWSKIE CHARTY / BIEGUZDROWSKOWY.PL	M40-59	5	00:06:22	00:13:04	00:19:33.55	+00:03:28	3:50	15.7
14	WALEŃSKI Michał	165	TKKF KOSZALIN	M40-59	6	00:06:26	00:13:05	00:19:43.10	+00:03:37	3:51	15.5
15	ZATOŃ Olga	181		K14-39	1	00:06:30	00:13:13	00:19:58.90	+00:03:53	3:54	15.3
16	ZUKAL Piotr	184	7PRO TEAM	M40-59	7	00:06:37	00:13:23	00:20:05.15	+00:03:59	3:56	15.2
17	KRYNICKA GRZYB Małgorzata	81		K14-39	2	00:06:25	00:13:14	00:20:10.65	+00:04:05	3:57	15.2
18	PICK Tomasz	128	BIEGOLAS KOSZALIN /KORONA SZCZECIN	M40-59	8	00:06:32	00:13:25	00:20:14.90	+00:04:09	3:58	15.1
19	FEDORCZAK Łukasz	33		M14-39	9	00:06:39	00:13:39	00:20:29.80	+00:04:24	4:00	14.9
20	KOZIEŁ Paweł	74	KĘPKA NA TRASIE	M40-59	9	00:06:37	00:13:38	00:20:31.45	+00:04:26	4:01	14.9
21	FOLTYNIEWICZ Hanna	35	MKP SZCZECINEK	K14-39	3	00:06:47	00:13:40	00:20:35.60	+00:04:30	4:02	14.9
21	FOLTYNIEWICZ Maciej	36		M40-59	10	00:06:47	00:13:41	00:20:35.60	+00:04:30	4:02	14.9
23	ŻMUDA Tomasz	186	CW FANZA KOŁOBRZEG	M40-59	11	00:06:48	00:13:49	00:20:44.30	+00:04:38	4:03	14.8
24	RODZIEWICZ Marcin	138		M14-39	10	00:06:41	00:13:40	00:20:47.35	+00:04:41	4:04	14.7
25	WICHER Krzysztof	171	ADWOKATURA	M40-59	12	00:06:57	00:14:04	00:21:10.10	+00:05:04	4:09	14.5
26	KISIELEWICZ Krzysztof	65	KORZYBSKIE REKINY	M14-39	11	00:07:11	00:14:16	00:21:20.70	+00:05:15	4:10	14.3
27	GAWEŁ Marcin	39	BRAK	M14-39	12	00:07:02	00:14:16	00:21:22.10	+00:05:16	4:11	14.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas		Tempo min/km	Tempo km/h
						1.7km	3.4km	netto 5.1km	Różn		
28	KUŁAKOWSKI Dawid	88	TKKF KOSZALIN	M40-59	13	00:07:14	00:14:25	00:21:28.15	+00:05:22	4:12	14.3
29	GRZESIK Eugeniusz	44	TKKF KOSZALIN	M40-59	14	00:06:54	00:14:13	00:21:33.50	+00:05:28	4:13	14.2
30	KRACZKOWSKI Przemysław	77	142BLP TRZEBIATÓW	M40-59	15	00:07:18	00:14:34	00:21:46.20	+00:05:40	4:16	14.1
31	MOSZYŃSKI Jacek	106	TKKF KOSZALIN	M40-59	16	00:07:11	00:14:29	00:21:46.35	+00:05:40	4:16	14.1
32	BARANOWSKI Piotr	4		M40-59	17	00:07:12	00:14:30	00:21:55.95	+00:05:50	4:17	14
33	KORCZYŃSKI Sławomir	92		M14-39	13	00:07:04	00:14:40	00:22:03.45	+00:05:58	4:19	13.9
34	KOŚCIELNIAK Robert	73	TKKF KOSZALIN	M40-59	18	00:07:16	00:14:42	00:22:03.55	+00:05:58	4:19	13.9
35	IWANIEC Dariusz	53	TKKF KOSZALIN	M40-59	19	00:07:14	00:14:31	00:22:04.75	+00:05:59	4:19	13.9
36	WEBER Paweł	168	BIEGOLAS	M14-39	14	00:07:15	00:14:40	00:22:16.50	+00:06:11	4:21	13.7
37	SZCZUBLEWSKI Martin	153	KAMIEŃ RYMAŃSKI	M14-39	15	00:07:07	00:14:32	00:22:18.35	+00:06:12	4:22	13.7
38	NERC Patrycja	109	7PRO SIÓDMIAK TEAM / MKP SZCZECINEK	K14-39	4	00:07:28	00:14:55	00:22:18.50	+00:06:13	4:22	13.7
39	MAZUREK Marcin	98		M40-59	20	00:07:29	00:15:00	00:22:20.20	+00:06:14	4:22	13.7
40	JANKOWSKI Grzegorz	54	POZYTYWNIENIE NAKRECONY	M40-59	21	00:07:13	00:14:47	00:22:21.50	+00:06:16	4:22	13.7
41	CZERNIAK Gracjan	22		M40-59	22	00:07:30	00:15:01	00:22:24.40	+00:06:19	4:23	13.7
42	KMITA Michał	67		M14-39	16	00:07:14	00:14:59	00:22:27.00	+00:06:21	4:24	13.6
43	KORMAN Kamil	87	8PPLOT	M14-39	17	00:06:37	00:15:23	00:22:27.20	+00:06:21	4:24	13.6
44	MAZIEC Beata	96	BIEGOLAS KOSZALIN	K14-39	5	00:07:27	00:15:04	00:22:34.55	+00:06:29	4:25	13.6
45	CHUDY Henryk	17	K.S. OLSZEWSKI I SYNOWIE	M60+	1	00:07:21	00:15:00	00:22:41.95	+00:06:36	4:26	13.5
46	WIERZICKI Sylwester	173	DARŁOWSKIE CHARTY	M14-39	18	00:07:19	00:15:05	00:22:43.40	+00:06:38	4:27	13.5
47	OLEARCZYK Arkadiusz	115		M40-59	23	00:07:18	00:14:56	00:23:06.40	+00:07:01	4:31	13.2
48	KRYNICKA Magdalena	80		K14-39	6	00:07:28	00:15:27	00:23:16.00	+00:07:10	4:33	13.2
49	ADASZYŃSKI Wiesław	2	BIEGOLASKOSZALIN	M40-59	24	00:07:25	00:15:21	00:23:20.90	+00:07:15	4:34	13.1
50	MOKRZYCKI Michał	102		M14-39	19	00:08:08	00:15:59	00:23:34.65	+00:07:29	4:37	13
51	KRUK Marcin	79		M14-39	20	00:07:30	00:15:32	00:23:35.45	+00:07:30	4:37	13
52	NIEWIADA Marek	110		M40-59	25	00:07:32	00:15:39	00:23:39.65	+00:07:34	4:38	12.9
53	PAWŁOWSKI Grzegorz	125	GAMMAX	M40-59	26	00:07:52	00:15:58	00:24:01.55	+00:07:56	4:42	12.7
54	KATA Marcin	63	DZIKIE ŻÓŁWE	M14-39	21	00:07:53	00:15:59	00:24:03.00	+00:07:57	4:42	12.7
55	ŚNIADECKI Wojciech	159		M14-39	22	00:07:11	00:15:44	00:24:05.40	+00:08:00	4:43	12.7
56	CHUDZIK Zbigniew	18	TKKF KOSZALIN	M60+	2	00:08:02	00:16:14	00:24:09.25	+00:08:03	4:44	12.7
57	KRZEWIŃSKA Małgorzata	84	TKKF KOSZALIN	K60+	1	00:08:02	00:16:15	00:24:13.60	+00:08:08	4:44	12.6
58	WAŚOWICZ Anna	166		K40-59	1	00:07:44	00:16:04	00:24:14.20	+00:08:08	4:45	12.6
59	ORDA Marcin	117	KAMIEŃ RYMAŃSKI	M14-39	23	00:07:30	00:16:07	00:24:16.65	+00:08:11	4:45	12.6
60	RADZIMSKI Marcel	134		M14-39	24	00:07:30	00:15:46	00:24:18.45	+00:08:13	4:45	12.6
61	RETERSKI Damian	136		M14-39	25	00:08:03	00:16:23	00:24:22.50	+00:08:17	4:46	12.6
62	TOMCZYK Mateusz	162	KB SPOKO SŁAWNO	M14-39	26	00:08:14	00:16:33	00:24:25.85	+00:08:20	4:47	12.5
63	KLENIEWSKI Piotr	66		M60+	3	00:07:59	00:16:13	00:24:26.65	+00:08:21	4:47	12.5
64	MAZUR Mirosław	97		M40-59	27	00:08:05	00:16:24	00:24:28.80	+00:08:23	4:47	12.5
65	GIEDROWICZ Aleksandra	41		K14-39	7	00:07:36	00:16:17	00:24:34.80	+00:08:29	4:49	12.5
66	TALKOWSKA Oliwia	161	7PRO SIÓDMIAK TEAM	K14-39	8	00:07:28	00:15:59	00:24:37.10	+00:08:31	4:49	12.4
67	BUDZIŃSKI Paweł	15	KĘPKA NA TRASIE	M40-59	28	00:08:30	00:16:58	00:24:42.45	+00:08:37	4:50	12.4
68	ORŁOWSKI Paweł	118		M40-59	29	00:08:19	00:16:40	00:24:45.65	+00:08:40	4:51	12.4
69	WAŚOWSKI Robert	167	SPORTOWE BIELICE	M14-39	27	00:08:25	00:16:42	00:24:48.90	+00:08:43	4:51	12.3
70	KASPRZYKOWSKI Wojciech	60	BRAK	M14-39	28	00:07:45	00:16:14	00:24:54.50	+00:08:49	4:52	12.3
71	MONGIAŁO Marcin	104	KĘPKA NA TRASIE	M40-59	30	00:08:15	00:16:41	00:25:02.00	+00:08:56	4:54	12.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto 5.1km	Różn		
72	HOREGLAD Paweł	52	SPEEDY GONZALES	M14-39	29	00:07:58	00:16:36	00:25:07.20	+00:09:01	4:55	12.2
73	BOREJKO Łukasz	11		M14-39	30	00:08:18	00:16:46	00:25:13.35	+00:09:07	4:56	12.1
74	SARAPUK Gabriela	142	TKKF KOSZALIN	K40-59	2	00:08:34	00:17:04	00:25:22.90	+00:09:17	4:58	12.1
75	KRZEWIŃSKA Monika	85	TKKF KOSZALIN	K14-39	9	00:08:34	00:17:03	00:25:23.05	+00:09:17	4:58	12.1
76	CZUCZAK Tomasz	200		M40-59	31	00:08:06	00:16:42	00:25:25.50	+00:09:20	4:59	12
77	BOGACKI Tomasz	9	TKKF KOSZALIN	M60+	4	00:08:24	00:17:06	00:25:28.15	+00:09:22	4:59	12
78	BURKIET Paweł	16		M40-59	32	00:07:59	00:16:34	00:25:34.20	+00:09:28	5:00	12
79	BODO Rafał	8	ZOZKOSZ KOSZALIN	M14-39	31	00:08:40	00:17:19	00:25:48.60	+00:09:43	5:03	11.9
80	ANTKOWIAK Sebastian	3	DB - ACTIVE	M40-59	33	00:08:11	00:17:05	00:25:48.70	+00:09:43	5:03	11.9
81	PIECHOTA Robert	129		M40-59	34	00:08:24	00:17:13	00:25:52.65	+00:09:47	5:04	11.8
82	FAJGIER Tomasz	32		M40-59	35	00:07:51	00:16:48	00:25:58.15	+00:09:52	5:05	11.8
83	WYSOCKA Urszula	179	SPORTOWE BIELICE	K14-39	10	00:08:23	00:17:12	00:26:01.45	+00:09:56	5:06	11.8
84	POŁOCZAŃSKI Piotr	133	SZWAGRY BIEGAJĄ	M14-39	32	00:08:34	00:17:12	00:26:16.50	+00:10:11	5:09	11.6
85	KAMYK Piotr	58	MH-INFORMATYKA.PL / BIEGOLAS	M40-59	36	00:08:24	00:17:32	00:26:18.15	+00:10:12	5:09	11.6
86	RYBAK Daria	141		K40-59	3	00:08:41	00:17:33	00:26:24.05	+00:10:18	5:10	11.6
87	PAWŁOWSKA Magdalena	124	GAMMAX	K40-59	4	00:08:41	00:17:33	00:26:24.15	+00:10:18	5:10	11.6
88	KURŁOWICZ Krzysztof	89		M40-59	37	00:08:16	00:17:15	00:26:28.50	+00:10:23	5:11	11.6
89	NOSAL Mariusz	111		M40-59	38	00:08:52	00:17:46	00:26:29.45	+00:10:24	5:11	11.6
90	KOZŁOWIECKI Waldemar	76	TKKF KOSZALIN	M60+	5	00:08:53	00:17:42	00:26:34.20	+00:10:28	5:12	11.5
91	DRULIK-HOŁUB Marta	29		K40-59	5	00:08:41	00:17:42	00:26:35.90	+00:10:30	5:12	11.5
92	GRABOWSKA-LESISZ Aneta	43	4ROWERY	K40-59	6	00:08:43	00:17:41	00:26:43.55	+00:10:38	5:14	11.5
93	OSOBNIAK Ryszard	119		M60+	6	00:09:01	00:18:10	00:27:04.95	+00:10:59	5:18	11.3
94	KUBIAK Katarzyna	86		K40-59	7	00:08:50	00:17:52	00:27:05.15	+00:10:59	5:18	11.3
95	SUCHODOLSKA Aleksandra	148		K14-39	11	00:08:49	00:17:56	00:27:12.35	+00:11:06	5:20	11.3
96	ŻUCHELKOWSKI Henryk	187		M14-39	33	00:09:20	00:18:36	00:27:13.10	+00:11:07	5:20	11.2
97	KOLIGAT Anna	69		K40-59	8	00:08:57	00:18:02	00:27:17.45	+00:11:12	5:20	11.2
98	MILTO Adam	101		M14-39	34	00:09:02	00:18:14	00:27:25.45	+00:11:20	5:22	11.2
99	MRUGALSKA Magdalena	108	JW1223	K14-39	12	00:08:44	00:18:04	00:27:29.70	+00:11:24	5:23	11.1
100	ZIMNOWŁOCKI Mariusz	183	DEAF KOSZALIN	M14-39	35	00:08:40	00:18:02	00:27:40.10	+00:11:34	5:25	11.1
101	KONISZEWSKI Marcin	70		M40-59	39	00:09:36	00:18:58	00:27:47.20	+00:11:41	5:26	11
102	NOSAL Martyna	112	KS PENTATHLON SZCZECINEK	K14-39	13	00:08:49	00:18:49	00:27:58.40	+00:11:53	5:29	10.9
103	MAMROT Artur	199	TKKF KOSZALIN	M40-59	40	00:12:00	00:19:00	00:28:00.00	+00:11:54	5:29	10.9
104	JASIENIECKI Piotr	55		M40-59	41	00:09:10	00:18:36	00:28:12.20	+00:12:06	5:31	10.9
105	BOMBA Arkadiusz	10		M14-39	36	00:08:27	00:18:17	00:28:13.40	+00:12:08	5:31	10.8
106	SALOMON Kacper	188		M14-39	37	00:09:32	00:19:33	00:28:35.25	+00:12:29	5:36	10.7
107	ROMANOWICZ Monika	139	DZIKIE ŻÓŁWE	K14-39	14	00:09:03	00:19:10	00:28:36.60	+00:12:31	5:36	10.7
108	HAMER Szymon	49		M40-59	42	00:08:51	00:14:39	00:28:47.20	+00:12:41	5:38	10.6
109	BORUSIŃSKA Marta	13		K14-39	15	00:09:36	00:19:24	00:28:50.25	+00:12:44	5:39	10.6
110	SLAZAK Robert	145	CANCERFIGHTER	M14-39	38	00:07:00	00:19:00	00:29:00.00	+00:12:54	5:41	10.6
111	OLEARCZYK Patryk	116	BOBOLICKIE BRACtwo BIEGOWE	M14-39	39	00:09:57	00:19:43	00:29:05.75	+00:13:00	5:42	10.5
112	DYMEK Remek	30	DEAF HAMELN	M40-59	43	00:09:16	00:19:17	00:29:12.65	+00:13:07	5:43	10.5
113	SYCHA Jarosław	151		M40-59	44	00:09:07	00:19:08	00:29:12.70	+00:13:07	5:43	10.5
114	KANIEWSKA Anetta	59		K40-59	9	00:09:06	00:19:15	00:29:22.40	+00:13:17	5:45	10.4
115	SIKORSKA-LÓWE Katarzyna	143		K40-59	10	00:09:51	00:19:46	00:29:27.25	+00:13:21	5:46	10.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
						1.7km	3.4km				
116	MARSZAŁEK Małgorzata	94		K40-59	11	00:09:24	00:19:25	00:29:43.15	+00:13:37	5:49	10.3
117	CIEKLIŃSKI Jacek	19	POD KOSZEM	M14-39	40	00:10:11	00:22:50	00:29:45.55	+00:13:40	5:50	10.3
118	ZAKOŚCIELNA Katarzyna	180	DZIKIE ŻÓŁWE	K14-39	16	00:09:34	00:19:34	00:29:57.35	+00:13:51	5:52	10.2
119	DORAWA-ZIOMEK Anna	27	DZIKIE ŻÓŁWE	K14-39	17	00:09:34	00:19:34	00:29:57.45	+00:13:52	5:52	10.2
120	FLIS Anna	34		K14-39	18	00:10:16	00:20:30	00:30:03.40	+00:13:58	5:53	10.2
121	GUTOWSKI Marek	45		M40-59	45	00:10:12	00:20:17	00:30:13.70	+00:14:08	5:55	10.1
122	MRÓZ Małgorzata	107		K14-39	19	00:10:01	00:20:13	00:30:16.40	+00:14:11	5:56	10.1
123	CISZKOWSKI Konrad	20		M14-39	41	00:08:57	00:19:42	00:30:25.40	+00:14:20	5:57	10.1
124	WRÓBLEWSKA Marta	177		K40-59	12	00:10:19	00:20:34	00:30:32.00	+00:14:26	5:59	10
125	BORSUK Dorota	12		K40-59	13	00:10:20	00:20:35	00:30:37.20	+00:14:31	6:00	10
126	BEDNARZ Katarzyna	7		K40-59	14	00:10:07	00:20:31	00:30:47.85	+00:14:42	6:02	9.9
127	WROBLEWSKI Jerzy	176	PARKRUN SZCZECINEK	M60+	7	00:10:17	00:20:33	00:30:50.60	+00:14:45	6:02	9.9
128	PAŃCZYK Justyna	121		K40-59	15	00:09:50	00:20:07	00:30:53.90	+00:14:48	6:03	9.9
129	WOLF Beata	175	TKKF KOSZALIN	K40-59	16	00:10:11	00:20:39	00:31:18.25	+00:15:12	6:08	9.8
130	MONDRON Katarzyna	103		K40-59	17	00:09:55	00:20:42	00:31:23.00	+00:15:17	6:09	9.8
131	NOSAL Anna	113		K14-39	20	00:10:08	00:20:54	00:31:35.80	+00:15:30	6:11	9.7
132	WACHHOLZ Beata	164	KB BRYZA POSTOMINO	K40-59	18	00:10:23	00:21:04	00:31:40.90	+00:15:35	6:12	9.7
133	PEŁKA Iwona	127		K40-59	19	00:10:23	00:21:04	00:31:40.95	+00:15:35	6:12	9.7
134	MERKIS Małgorzata	100	FPP	K40-59	20	00:10:59	00:21:56	00:32:02.30	+00:15:56	6:16	9.6
135	SWOROWSKA Katarzyna	150		K14-39	21	00:10:21	00:21:23	00:32:33.15	+00:16:27	6:22	9.4
136	PAWELEC Marta	122		K14-39	22	00:10:21	00:21:23	00:32:33.50	+00:16:28	6:22	9.4
137	KOROL Elżbieta	72		K40-59	21	00:10:22	00:21:25	00:32:35.55	+00:16:30	6:23	9.4
138	SZMYT Hubert	156	SZWAGRY BIEGAJĄ	M14-39	42	00:10:05	00:21:23	00:33:06.25	+00:17:00	6:29	9.2
139	SZMYT Marcin	157	SZWAGRY BIEGAJĄ	M40-59	46	00:10:05	00:21:22	00:33:10.55	+00:17:05	6:30	9.2
140	ZIĘTARA Ryszard	182		M60+	8	00:10:28	00:21:47	00:33:12.20	+00:17:06	6:30	9.2
141	KRYSZEWSKA Magdalena	82		K14-39	23	00:10:20	00:21:46	00:33:12.95	+00:17:07	6:30	9.2
142	PALONEK Małgorzata	120		K40-59	22	00:11:00	00:22:37	00:34:43.35	+00:18:37	6:48	8.8
143	DERDA Katarzyna	25	VELO BALTIC	K14-39	24	00:10:11	00:22:50	00:34:50.40	+00:18:45	6:49	8.8
144	KOZŁOWIECKA Małgorzata	75		K60+	2	00:11:47	00:24:26	00:37:18.30	+00:21:12	7:18	8.2

Znaleziono 144 wynik(ów)