



XII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Event: XII Koszaliński Bieg Sylwestrowy
Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2021-12-29
Place: Koszalin
Distance: 5.1 km



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	Lap 1.7km	Lap 3.4km	Net time 5.1km	Gap	Pace min/km	Pace 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 (100%)
2	SOKOŁOWSKI Ryszard	146	LKB BRACI PETK	M14-39	2	00:04:44	00:10:54	00:16:20.30	+00:00:14 (1.5%)	3:12	18.7 (98.4%)
3	CZERNIEWSKI Marcin	23	AML SŁUPSK	M14-39	3	00:05:24	00:11:11	00:17:06.05	+00:01:00 (5.9%)	3:21	17.9 (94.2%)
4	WIŚNIEWSKI Kacper	174	KB DZIESIĄTKA BIAŁOGARD	M14-39	4	00:05:30	00:11:22	00:17:23.75	+00:01:18 (7.5%)	3:24	17.6 (92.6%)
5	WENT Jakub	169		M40-59	1	00:05:46	00:11:41	00:17:34.65	+00:01:29 (8.5%)	3:26	17.4 (91.6%)
6	KĘPKA Adrian	64	@KEPKANATRASIE	M14-39	5	00:05:42	00:11:43	00:17:44.05	+00:01:38 (9.3%)	3:28	17.3 (91.1%)
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 (9.7%)	3:29	17.2 (90.5%)
8	HOŁUB Kamil	51	MLUKS TRZEBIATÓW	M40-59	2	00:06:03	00:12:35	00:18:52.70	+00:02:47 (14.8%)	3:41	16.2 (85.3%)
9	GUZOWSKI Dariusz	47	TALEX BORZYTUCHOM	M40-59	3	00:06:10	00:12:40	00:19:01.80	+00:02:56 (15.4%)	3:43	16.1 (84.7%)
10	SZOPIŃSKI Tomasz	158	KB BRYZA POSTOMINO	M14-39	7	00:06:14	00:12:53	00:19:13.30	+00:03:07 (16.3%)	3:46	15.9 (83.7%)
11	CZAPLIŃSKI Jacek	21		M40-59	4	00:06:14	00:12:50	00:19:18.60	+00:03:13 (16.7%)	3:47	15.9 (83.7%)
12	KRYZEL Tomasz	83	KUJAWSCY RUNNERS	M14-39	8	00:06:08	00:12:43	00:19:22.85	+00:03:17 (17.0%)	3:47	15.8 (83.2%)
13	RUDNIKOWSKI Maciej	140	KB DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M40-59	5	00:06:22	00:13:04	00:19:33.55	+00:03:28 (17.7%)	3:50	15.7 (82.6%)
14	WALEŃSKI Michał	165	TKKF KOSZALIN	M40-59	6	00:06:26	00:13:05	00:19:43.10	+00:03:37 (18.4%)	3:51	15.5 (81.6%)
15	ZUKAL Piotr	184	7PRO TEAM	M40-59	7	00:06:37	00:13:23	00:20:05.15	+00:03:59 (19.9%)	3:56	15.2 (80.0%)
16	PICK Tomasz	128	BIEGOLAS KOSZALIN /KORONA SZCZECIN	M40-59	8	00:06:32	00:13:25	00:20:14.90	+00:04:09 (20.5%)	3:58	15.1 (79.5%)
17	FEDORCZAK Łukasz	33		M14-39	9	00:06:39	00:13:39	00:20:29.80	+00:04:24 (21.5%)	4:00	14.9 (78.4%)
18	KOZIEŁ Paweł	74	KĘPKA NA TRASIE	M40-59	9	00:06:37	00:13:38	00:20:31.45	+00:04:26 (21.6%)	4:01	14.9 (78.4%)
19	FOLTYNIEWICZ Maciej	36		M40-59	10	00:06:47	00:13:41	00:20:35.60	+00:04:30 (21.9%)	4:02	14.9 (78.4%)
20	ŻMUDA Tomasz	186	CW FANZA KOŁOBRZEG	M40-59	11	00:06:48	00:13:49	00:20:44.30	+00:04:38 (22.4%)	4:03	14.8 (77.9%)
21	RODZIEWICZ Marcin	138		M14-39	10	00:06:41	00:13:40	00:20:47.35	+00:04:41 (22.6%)	4:04	14.7 (77.4%)
22	WICHER Krzysztof	171	ADWOKATURA	M40-59	12	00:06:57	00:14:04	00:21:10.10	+00:05:04 (24.0%)	4:09	14.5 (76.3%)
23	KISIELEWICZ Krzysztof	65	KORZYBSKIE REKINY	M14-39	11	00:07:11	00:14:16	00:21:20.70	+00:05:15 (24.6%)	4:10	14.3 (75.3%)
24	GAWEŁ Marcin	39	BRAK	M14-39	12	00:07:02	00:14:16	00:21:22.10	+00:05:16 (24.7%)	4:11	14.3 (75.3%)
25	KUŁAKOWSKI Dawid	88	TKKF KOSZALIN	M40-59	13	00:07:14	00:14:25	00:21:28.15	+00:05:22 (25.1%)	4:12	14.3 (75.3%)
26	GRZESIK Eugeniusz	44	TKKF KOSZALIN	M40-59	14	00:06:54	00:14:13	00:21:33.50	+00:05:28 (25.4%)	4:13	14.2 (74.7%)
27	KRACZKOWSKI Przemysław	77	142BLP TRZEBIATÓW	M40-59	15	00:07:18	00:14:34	00:21:46.20	+00:05:40 (26.1%)	4:16	14.1 (74.2%)

Place	Participant	Number	Club	Category	MCat	Lap	Lap	Net time		Pace min/km	Pace km/h
						1.7km	3.4km	5.1km	Gap		
28	MOSZYŃSKI Jacek	106	TKKF KOSZALIN	M40-59	16	00:07:11	00:14:29	00:21:46.35	+00:05:40 (26.1%)	4:16	14.1 (74.2%)
29	BARANOWSKI Piotr	4		M40-59	17	00:07:12	00:14:30	00:21:55.95	+00:05:50 (26.6%)	4:17	14 (73.7%)
30	KORCZYŃSKI Sławomir	92		M14-39	13	00:07:04	00:14:40	00:22:03.45	+00:05:58 (27.1%)	4:19	13.9 (73.2%)
31	KOŚCIELNIAK Robert	73	TKKF KOSZALIN	M40-59	18	00:07:16	00:14:42	00:22:03.55	+00:05:58 (27.1%)	4:19	13.9 (73.2%)
32	IWANIEC Dariusz	53	TKKF KOSZALIN	M40-59	19	00:07:14	00:14:31	00:22:04.75	+00:05:59 (27.1%)	4:19	13.9 (73.2%)
33	WEBER Paweł	168	BIEGOLAS	M14-39	14	00:07:15	00:14:40	00:22:16.50	+00:06:11 (27.8%)	4:21	13.7 (72.1%)
34	SZCZUBLEWSKI Martin	153	KAMIEŃ RYMAŃSKI	M14-39	15	00:07:07	00:14:32	00:22:18.35	+00:06:12 (27.9%)	4:22	13.7 (72.1%)
35	MAZUREK Marcin	98		M40-59	20	00:07:29	00:15:00	00:22:20.20	+00:06:14 (28.0%)	4:22	13.7 (72.1%)
36	JANKOWSKI Grzegorz	54	POZYTYWNIENIE NAKRECONY	M40-59	21	00:07:13	00:14:47	00:22:21.50	+00:06:16 (28.0%)	4:22	13.7 (72.1%)
37	CZERNIAK Gracjan	22		M40-59	22	00:07:30	00:15:01	00:22:24.40	+00:06:19 (28.2%)	4:23	13.7 (72.1%)
38	KMITA Michał	67		M14-39	16	00:07:14	00:14:59	00:22:27.00	+00:06:21 (28.3%)	4:24	13.6 (71.6%)
39	KORMAN Kamil	87	8PPLOT	M14-39	17	00:06:37	00:15:23	00:22:27.20	+00:06:21 (28.3%)	4:24	13.6 (71.6%)
40	CHUDY Henryk	17	K.S. OLSZEWSKI I SYNOWIE	M60+	1	00:07:21	00:15:00	00:22:41.95	+00:06:36 (29.1%)	4:26	13.5 (71.1%)
41	WIERZBICKI Sylwester	173	DARŁOWSKIE CHARTY	M14-39	18	00:07:19	00:15:05	00:22:43.40	+00:06:38 (29.2%)	4:27	13.5 (71.1%)
42	OLEARCZYK Arkadiusz	115		M40-59	23	00:07:18	00:14:56	00:23:06.40	+00:07:01 (30.4%)	4:31	13.2 (69.5%)
43	ADASZYŃSKI Wiesław	2	BIEGOLASKOSZALIN	M40-59	24	00:07:25	00:15:21	00:23:20.90	+00:07:15 (31.1%)	4:34	13.1 (68.9%)
44	MOKRZYCKI Michał	102		M14-39	19	00:08:08	00:15:59	00:23:34.65	+00:07:29 (31.8%)	4:37	13 (68.4%)
45	KRUK Marcin	79		M14-39	20	00:07:30	00:15:32	00:23:35.45	+00:07:30 (31.8%)	4:37	13 (68.4%)
46	NIEWIADA Marek	110		M40-59	25	00:07:32	00:15:39	00:23:39.65	+00:07:34 (32.0%)	4:38	12.9 (67.9%)
47	PAWŁOWSKI Grzegorz	125	GAMMAX	M40-59	26	00:07:52	00:15:58	00:24:01.55	+00:07:56 (33.0%)	4:42	12.7 (66.8%)
48	KATA Marcin	63	DZIKIE ŻÓŁWIE	M14-39	21	00:07:53	00:15:59	00:24:03.00	+00:07:57 (33.1%)	4:42	12.7 (66.8%)
49	ŚNIADECKI Wojciech	159		M14-39	22	00:07:11	00:15:44	00:24:05.40	+00:08:00 (33.2%)	4:43	12.7 (66.8%)
50	CHUDZIK Zbigniew	18	TKKF KOSZALIN	M60+	2	00:08:02	00:16:14	00:24:09.25	+00:08:03 (33.4%)	4:44	12.7 (66.8%)
51	ORDA Marcin	117	KAMIEŃ RYMAŃSKI	M14-39	23	00:07:30	00:16:07	00:24:16.65	+00:08:11 (33.7%)	4:45	12.6 (66.3%)
52	RADZIMSKI Marcel	134		M14-39	24	00:07:30	00:15:46	00:24:18.45	+00:08:13 (33.8%)	4:45	12.6 (66.3%)
53	RETERSKI Damian	136		M14-39	25	00:08:03	00:16:23	00:24:22.50	+00:08:17 (34.0%)	4:46	12.6 (66.3%)
54	TOMCZYK Mateusz	162	KB SPOKO SŁAWNO	M14-39	26	00:08:14	00:16:33	00:24:25.85	+00:08:20 (34.1%)	4:47	12.5 (65.8%)
55	KLENIEWSKI Piotr	66		M60+	3	00:07:59	00:16:13	00:24:26.65	+00:08:21 (34.2%)	4:47	12.5 (65.8%)
56	MAZUR Mirosław	97		M40-59	27	00:08:05	00:16:24	00:24:28.80	+00:08:23 (34.3%)	4:47	12.5 (65.8%)
57	BUDZIŃSKI Paweł	15	KĘPKA NA TRASIE	M40-59	28	00:08:30	00:16:58	00:24:42.45	+00:08:37 (34.9%)	4:50	12.4 (65.3%)
58	ORŁOWSKI Paweł	118		M40-59	29	00:08:19	00:16:40	00:24:45.65	+00:08:40 (35.0%)	4:51	12.4 (65.3%)
59	WĄSOWSKI Robert	167	SPORTOWE BIELICE	M14-39	27	00:08:25	00:16:42	00:24:48.90	+00:08:43 (35.2%)	4:51	12.3 (64.7%)
60	KASPRZYKOWSKI Wojciech	60	BRAK	M14-39	28	00:07:45	00:16:14	00:24:54.50	+00:08:49 (35.4%)	4:52	12.3 (64.7%)
61	MONGIAŁO Marcin	104	KĘPKA NA TRASIE	M40-59	30	00:08:15	00:16:41	00:25:02.00	+00:08:56 (35.7%)	4:54	12.2 (64.2%)
62	HOREGLAD Paweł	52	SPEEDY GONZALES	M14-39	29	00:07:58	00:16:36	00:25:07.20	+00:09:01 (35.9%)	4:55	12.2 (64.2%)
63	BOREJKO Łukasz	11		M14-39	30	00:08:18	00:16:46	00:25:13.35	+00:09:07 (36.2%)	4:56	12.1 (63.7%)
64	CZUCZAK Tomasz	200		M40-59	31	00:08:06	00:16:42	00:25:25.50	+00:09:20 (36.7%)	4:59	12 (63.2%)
65	BOGACKI Tomasz	9	TKKF KOSZALIN	M60+	4	00:08:24	00:17:06	00:25:28.15	+00:09:22 (36.8%)	4:59	12 (63.2%)
66	BURKIET Paweł	16		M40-59	32	00:07:59	00:16:34	00:25:34.20	+00:09:28 (37.1%)	5:00	12 (63.2%)
67	BODO Rafał	8	ZOZKOSZ KOSZALIN	M14-39	31	00:08:40	00:17:19	00:25:48.60	+00:09:43 (37.7%)	5:03	11.9 (62.6%)
68	ANTKOWIAK Sebastian	3	DB - ACTIVE	M40-59	33	00:08:11	00:17:05	00:25:48.70	+00:09:43 (37.7%)	5:03	11.9 (62.6%)
69	PIECHOTA Robert	129		M40-59	34	00:08:24	00:17:13	00:25:52.65	+00:09:47 (37.8%)	5:04	11.8 (62.1%)
70	FAJGIER Tomasz	32		M40-59	35	00:07:51	00:16:48	00:25:58.15	+00:09:52 (38.0%)	5:05	11.8 (62.1%)
71	POŁOCZAŃSKI Piotr	133	SZWAGRY BIEGAJĄ	M14-39	32	00:08:34	00:17:12	00:26:16.50	+00:10:11 (38.8%)	5:09	11.6 (61.1%)

Place	Participant	Number	Club	Category	MCat	Lap	Lap	Net	Gap	Pace	Pace
						1.7km	3.4km	time			
						5.1km			min/km	km/h	
72	KAMYK Piotr	58	MH-INFORMATYKA.PL / BIEGOLAS	M40-59	36	00:08:24	00:17:32	00:26:18.15	+00:10:12 (38.8%)	5:09	11.6 (61.1%)
73	KURŁOWICZ Krzysztof	89		M40-59	37	00:08:16	00:17:15	00:26:28.50	+00:10:23 (39.2%)	5:11	11.6 (61.1%)
74	NOSAL Mariusz	111		M40-59	38	00:08:52	00:17:46	00:26:29.45	+00:10:24 (39.3%)	5:11	11.6 (61.1%)
75	KOZŁOWIECKI Waldemar	76	TKKF KOSZALIN	M60+	5	00:08:53	00:17:42	00:26:34.20	+00:10:28 (39.4%)	5:12	11.5 (60.5%)
76	OSOBNIAK Ryszard	119		M60+	6	00:09:01	00:18:10	00:27:04.95	+00:10:59 (40.6%)	5:18	11.3 (59.5%)
77	ŻUCHELKOWSKI Henryk	187		M14-39	33	00:09:20	00:18:36	00:27:13.10	+00:11:07 (40.9%)	5:20	11.2 (58.9%)
78	MILTO Adam	101		M14-39	34	00:09:02	00:18:14	00:27:25.45	+00:11:20 (41.3%)	5:22	11.2 (58.9%)
79	ZIMNOWŁOCKI Mariusz	183	DEAF KOSZALIN	M14-39	35	00:08:40	00:18:02	00:27:40.10	+00:11:34 (41.8%)	5:25	11.1 (58.4%)
80	KONISZEWSKI Marcin	70		M40-59	39	00:09:36	00:18:58	00:27:47.20	+00:11:41 (42.1%)	5:26	11 (57.9%)
81	MAMROT Artur	199	TKKF KOSZALIN	M40-59	40	00:12:00	00:19:00	00:28:00.00	+00:11:54 (42.5%)	5:29	10.9 (57.4%)
82	JASIENIECKI Piotr	55		M40-59	41	00:09:10	00:18:36	00:28:12.20	+00:12:06 (43.0%)	5:31	10.9 (57.4%)
83	BOMBA Arkadiusz	10		M14-39	36	00:08:27	00:18:17	00:28:13.40	+00:12:08 (43.0%)	5:31	10.8 (56.8%)
84	SALOMON Kacper	188		M14-39	37	00:09:32	00:19:33	00:28:35.25	+00:12:29 (43.7%)	5:36	10.7 (56.3%)
85	HAMER Szymon	49		M40-59	42	00:08:51	00:14:39	00:28:47.20	+00:12:41 (44.1%)	5:38	10.6 (55.8%)
86	SLAZAK Robert	145	CANCERFIGHTER	M14-39	38	00:07:00	00:19:00	00:29:00.00	+00:12:54 (44.5%)	5:41	10.6 (55.8%)
87	OLEARCZYK Patryk	116	BOBOLICKIE BRACtwo BIEGOWE	M14-39	39	00:09:57	00:19:43	00:29:05.75	+00:13:00 (44.7%)	5:42	10.5 (55.3%)
88	DYMEK Remek	30	DEAF HAMELN	M40-59	43	00:09:16	00:19:17	00:29:12.65	+00:13:07 (44.9%)	5:43	10.5 (55.3%)
89	SYCHA Jarosław	151		M40-59	44	00:09:07	00:19:08	00:29:12.70	+00:13:07 (44.9%)	5:43	10.5 (55.3%)
90	CIEKLIŃSKI Jacek	19	POD KOSZEM	M14-39	40	00:10:11	00:22:50	00:29:45.55	+00:13:40 (45.9%)	5:50	10.3 (54.2%)
91	GUTOWSKI Marek	45		M40-59	45	00:10:12	00:20:17	00:30:13.70	+00:14:08 (46.8%)	5:55	10.1 (53.2%)
92	CISZKOWSKI Konrad	20		M14-39	41	00:08:57	00:19:42	00:30:25.40	+00:14:20 (47.1%)	5:57	10.1 (53.2%)
93	WROBLEWSKI Jerzy	176	PARKRUN SZCZECINEK	M60+	7	00:10:17	00:20:33	00:30:50.60	+00:14:45 (47.8%)	6:02	9.9 (52.1%)
94	SZMYT Hubert	156	SZWAGRY BIEGAJA	M14-39	42	00:10:05	00:21:23	00:33:06.25	+00:17:00 (51.4%)	6:29	9.2 (48.4%)
95	SZMYT Marcin	157	SZWAGRY BIEGAJA	M40-59	46	00:10:05	00:21:22	00:33:10.55	+00:17:05 (51.5%)	6:30	9.2 (48.4%)
96	ZIĘTARA Ryszard	182		M60+	8	00:10:28	00:21:47	00:33:12.20	+00:17:06 (51.5%)	6:30	9.2 (48.4%)

Total 96 results.