



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: M14-39

Place	Participant	Number	Club	Category	MCat	Lap 1.7km	Lap 3.4km	Net time 5.1km	Gap	Pace min/km	Pace km/h
1	SIÓDMIĄK Igor	144	7PRO SIÓDMIĄK 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	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	GAWĘŁ 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%)
13	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%)
14	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%)
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	WAŚOWSKI 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%)

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28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)
40	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%)
41	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%)
42	SZMYT Hubert	156	SZWAGRY BIEGAJĄ	M14-39	42	00:10:05	00:21:23	00:33:06.25	+00:17:00 (51.4%)	6:29	9.2 (48.4%)

Total 42 results.