



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: M40-59

Place	Participant	Number	Club	Category	MCat	Lap 1.7km	Lap 3.4km	Net time 5.1km	Gap	Pace min/km	Pace km/h
1	WENT Jakub	169		M40-59	1	00:05:46	00:11:41	00:17:34.65		3:26	17.4 (100%)
2	HOŁUB Kamil	51	MLUKS TRZEBIATÓW	M40-59	2	00:06:03	00:12:35	00:18:52.70	+00:01:18 (6.9%)	3:41	16.2 (93.1%)
3	GUZOWSKI Dariusz	47	TALEX BORZYTUCHOM	M40-59	3	00:06:10	00:12:40	00:19:01.80	+00:01:27 (7.6%)	3:43	16.1 (92.5%)
4	CZAPLIŃSKI Jacek	21		M40-59	4	00:06:14	00:12:50	00:19:18.60	+00:01:43 (9.0%)	3:47	15.9 (91.4%)
5	RUDNIKOWSKI Maciej	140	KB DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M40-59	5	00:06:22	00:13:04	00:19:33.55	+00:01:58 (10.1%)	3:50	15.7 (90.2%)
6	WALEŃSKI Michał	165	TKKF KOSZALIN	M40-59	6	00:06:26	00:13:05	00:19:43.10	+00:02:08 (10.9%)	3:51	15.5 (89.1%)
7	ZUKAL Piotr	184	7PRO TEAM	M40-59	7	00:06:37	00:13:23	00:20:05.15	+00:02:30 (12.5%)	3:56	15.2 (87.4%)
8	PICK Tomasz	128	BIEGOLAS KOSZALIN /KORONA SZCZECIN	M40-59	8	00:06:32	00:13:25	00:20:14.90	+00:02:40 (13.2%)	3:58	15.1 (86.8%)
9	KOZIEŁ Paweł	74	KĘPKA NA TRASIE	M40-59	9	00:06:37	00:13:38	00:20:31.45	+00:02:56 (14.4%)	4:01	14.9 (85.6%)
10	FOLTYNIEWICZ Maciej	36		M40-59	10	00:06:47	00:13:41	00:20:35.60	+00:03:00 (14.6%)	4:02	14.9 (85.6%)
11	ŻMUDA Tomasz	186	CW FANZA KOŁOBRZEG	M40-59	11	00:06:48	00:13:49	00:20:44.30	+00:03:09 (15.2%)	4:03	14.8 (85.1%)
12	WICHER Krzysztof	171	ADWOKATURA	M40-59	12	00:06:57	00:14:04	00:21:10.10	+00:03:35 (17.0%)	4:09	14.5 (83.3%)
13	KUŁAKOWSKI Dawid	88	TKKF KOSZALIN	M40-59	13	00:07:14	00:14:25	00:21:28.15	+00:03:53 (18.1%)	4:12	14.3 (82.2%)
14	GRZESIK Eugeniusz	44	TKKF KOSZALIN	M40-59	14	00:06:54	00:14:13	00:21:33.50	+00:03:58 (18.5%)	4:13	14.2 (81.6%)
15	KRACZKOWSKI Przemysław	77	142BLP TRZEBIATÓW	M40-59	15	00:07:18	00:14:34	00:21:46.20	+00:04:11 (19.3%)	4:16	14.1 (81.0%)
16	MOSZYŃSKI Jacek	106	TKKF KOSZALIN	M40-59	16	00:07:11	00:14:29	00:21:46.35	+00:04:11 (19.3%)	4:16	14.1 (81.0%)
17	BARANOWSKI Piotr	4		M40-59	17	00:07:12	00:14:30	00:21:55.95	+00:04:21 (19.9%)	4:17	14 (80.5%)
18	KOŚCIELNIAK Robert	73	TKKF KOSZALIN	M40-59	18	00:07:16	00:14:42	00:22:03.55	+00:04:28 (20.3%)	4:19	13.9 (79.9%)
19	IWANIEC Dariusz	53	TKKF KOSZALIN	M40-59	19	00:07:14	00:14:31	00:22:04.75	+00:04:30 (20.4%)	4:19	13.9 (79.9%)
20	MAZUREK Marcin	98		M40-59	20	00:07:29	00:15:00	00:22:20.20	+00:04:45 (21.3%)	4:22	13.7 (78.7%)
21	JANKOWSKI Grzegorz	54	POZYTYWNIENIE NAKRECONY	M40-59	21	00:07:13	00:14:47	00:22:21.50	+00:04:46 (21.4%)	4:22	13.7 (78.7%)
22	CZERŃNIAK Gracjan	22		M40-59	22	00:07:30	00:15:01	00:22:24.40	+00:04:49 (21.6%)	4:23	13.7 (78.7%)
23	OLEARCZYK Arkadiusz	115		M40-59	23	00:07:18	00:14:56	00:23:06.40	+00:05:31 (23.9%)	4:31	13.2 (75.9%)
24	ADASZYŃSKI Wiesław	2	BIEGOLASKOSZALIN	M40-59	24	00:07:25	00:15:21	00:23:20.90	+00:05:46 (24.7%)	4:34	13.1 (75.3%)
25	NIEWIADA Marek	110		M40-59	25	00:07:32	00:15:39	00:23:39.65	+00:06:05 (25.7%)	4:38	12.9 (74.1%)
26	PAWŁOWSKI Grzegorz	125	GAMMAX	M40-59	26	00:07:52	00:15:58	00:24:01.55	+00:06:26 (26.8%)	4:42	12.7 (73.0%)
27	MAZUR Mirosław	97		M40-59	27	00:08:05	00:16:24	00:24:28.80	+00:06:54 (28.2%)	4:47	12.5 (71.8%)

Place	Participant	Number	Club	Category	MCat	Lap		Net	Gap	Pace	Pace
						1.7km	3.4km	time			
						5.1km			min/km	km/h	
28	BUDZIŃSKI Paweł	15	KĘPKA NA TRASIE	M40-59	28	00:08:30	00:16:58	00:24:42.45	+00:07:07 (28.9%)	4:50	12.4 (71.3%)
29	ORŁOWSKI Paweł	118		M40-59	29	00:08:19	00:16:40	00:24:45.65	+00:07:11 (29.0%)	4:51	12.4 (71.3%)
30	MONGIAŁO Marcin	104	KĘPKA NA TRASIE	M40-59	30	00:08:15	00:16:41	00:25:02.00	+00:07:27 (29.8%)	4:54	12.2 (70.1%)
31	CZUCZAK Tomasz	200		M40-59	31	00:08:06	00:16:42	00:25:25.50	+00:07:50 (30.9%)	4:59	12 (69.0%)
32	BURKIET Paweł	16		M40-59	32	00:07:59	00:16:34	00:25:34.20	+00:07:59 (31.3%)	5:00	12 (69.0%)
33	ANTKOWIAK Sebastian	3	DB - ACTIVE	M40-59	33	00:08:11	00:17:05	00:25:48.70	+00:08:14 (31.9%)	5:03	11.9 (68.4%)
34	PIECHOTA Robert	129		M40-59	34	00:08:24	00:17:13	00:25:52.65	+00:08:18 (32.1%)	5:04	11.8 (67.8%)
35	FAJGIER Tomasz	32		M40-59	35	00:07:51	00:16:48	00:25:58.15	+00:08:23 (32.3%)	5:05	11.8 (67.8%)
36	KAMYK Piotr	58	MH-INFORMATYKA.PL / BIEGOLAS	M40-59	36	00:08:24	00:17:32	00:26:18.15	+00:08:43 (33.2%)	5:09	11.6 (66.7%)
37	KURŁOWICZ Krzysztof	89		M40-59	37	00:08:16	00:17:15	00:26:28.50	+00:08:53 (33.6%)	5:11	11.6 (66.7%)
38	NOSAL Mariusz	111		M40-59	38	00:08:52	00:17:46	00:26:29.45	+00:08:54 (33.6%)	5:11	11.6 (66.7%)
39	KONISZEWSKI Marcin	70		M40-59	39	00:09:36	00:18:58	00:27:47.20	+00:10:12 (36.7%)	5:26	11 (63.2%)
40	MAMROT Artur	199	TKKF KOSZALIN	M40-59	40	00:12:00	00:19:00	00:28:00.00	+00:10:25 (37.2%)	5:29	10.9 (62.6%)
41	JASIENIECKI Piotr	55		M40-59	41	00:09:10	00:18:36	00:28:12.20	+00:10:37 (37.7%)	5:31	10.9 (62.6%)
42	HAMER Szymon	49		M40-59	42	00:08:51	00:14:39	00:28:47.20	+00:11:12 (38.9%)	5:38	10.6 (60.9%)
43	DYMEK Remek	30	DEAF HAMELN	M40-59	43	00:09:16	00:19:17	00:29:12.65	+00:11:38 (39.8%)	5:43	10.5 (60.3%)
44	SYCHA Jarosław	151		M40-59	44	00:09:07	00:19:08	00:29:12.70	+00:11:38 (39.8%)	5:43	10.5 (60.3%)
45	GUTOWSKI Marek	45		M40-59	45	00:10:12	00:20:17	00:30:13.70	+00:12:39 (41.9%)	5:55	10.1 (58.0%)
46	SZMYT Marcin	157	SZWAGRY BIEGAJĄ	M40-59	46	00:10:05	00:21:22	00:33:10.55	+00:15:35 (47.0%)	6:30	9.2 (52.9%)

Total 46 results.