



# XII KOSZALIŃSKI BIEG SYLWESTROWY - NORDIC WALKING

B4SPORT

**Event:** XII Koszaliński Bieg Sylwestrowy  
**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2021-12-29  
**Place:** Koszalin  
**Distance:** 3.4 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Lap 1.7km	Net time 5km	Gap	Pace min/km	Pace km/h
1	<b>SZAMOTULSKI Henryk</b>	<b>152</b>		M-OPEN	1	00:09:23	<b>00:19:00.85</b>		3:48	15.8 (100%)
2	<b>BRZozowski Piotr</b>	<b>14</b>	AKTYWNI POSTOMINO	M-OPEN	2	00:09:47	<b>00:20:20.25</b>	+00:01:19 (6.5%)	4:04	14.8 (93.7%)
3	<b>FRĄCKOWIAK Roman</b>	<b>37</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-OPEN	3	00:10:09	<b>00:21:15.40</b>	+00:02:14 (10.5%)	4:15	14.1 (89.2%)
4	<b>KOPCZEWSKI Dariusz</b>	<b>71</b>		M-OPEN	4	00:10:49	<b>00:22:08.85</b>	+00:03:08 (14.1%)	4:25	13.6 (86.1%)
5	<b>OKRZESIK-FRĄCKOWIAK Izabela</b>	<b>114</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K-OPEN	1	00:11:11	<b>00:23:03.45</b>	+00:04:02 (17.5%)	4:36	13 (82.3%)
6	<b>POKŁADOWSKA Joanna</b>	<b>130</b>	WYCHODZĘ Z KIJAMI	K-OPEN	2	00:11:32	<b>00:23:35.10</b>	+00:04:34 (19.4%)	4:43	12.7 (80.4%)
7	<b>WIECZORKOWSKA Dagmara</b>	<b>172</b>	WYCHODZĘ Z KIJAMI	K-OPEN	3	00:11:44	<b>00:23:55.15</b>	+00:04:54 (20.5%)	4:47	12.5 (79.1%)
8	<b>KNITTER Monika</b>	<b>68</b>		K-OPEN	4	00:12:21	<b>00:25:25.30</b>	+00:06:24 (25.2%)	5:05	11.8 (74.7%)
9	<b>SUSKI Jan</b>	<b>149</b>	TKKF KOSZALIN	M-OPEN	5	00:12:55	<b>00:26:02.20</b>	+00:07:01 (27.0%)	5:12	11.5 (72.8%)
10	<b>LEDZION Robert</b>	<b>91</b>		M-OPEN	6	00:12:55	<b>00:26:03.70</b>	+00:07:02 (27.0%)	5:12	11.5 (72.8%)
11	<b>RODZIEWICZ Wioletta</b>	<b>137</b>		K-OPEN	5	00:12:53	<b>00:26:04.25</b>	+00:07:03 (27.1%)	5:12	11.5 (72.8%)
12	<b>REHLIS Aleksander</b>	<b>135</b>	WYCHODZĘ Z KIJAMI	M-OPEN	7	00:13:43	<b>00:27:54.25</b>	+00:08:53 (31.9%)	5:34	10.8 (68.4%)
13	<b>ADAMOWICZ Renata</b>	<b>1</b>	WYCHODZĘ Z KIJAMI	K-OPEN	6	00:14:06	<b>00:27:58.85</b>	+00:08:58 (32.0%)	5:35	10.7 (67.7%)
14	<b>KASZUBA Adriana</b>	<b>61</b>	WYCHODZĘ Z KIJAMI	K-OPEN	7	00:14:07	<b>00:27:59.15</b>	+00:08:58 (32.1%)	5:35	10.7 (67.7%)
15	<b>KASZUBA Zofia</b>	<b>62</b>	WYCHODZĘ Z KIJAMI	K-OPEN	8	00:14:16	<b>00:29:42.20</b>	+00:10:41 (36.0%)	5:56	10.1 (63.9%)
16	<b>LEDZION Dagmara</b>	<b>90</b>		K-OPEN	9	00:14:52	<b>00:30:11.85</b>	+00:11:11 (37.0%)	6:02	9.9 (62.7%)
17	<b>BARCZEWSKI Jarosław</b>	<b>6</b>		M-OPEN	8	00:15:34	<b>00:30:59.65</b>	+00:11:58 (38.7%)	6:11	9.7 (61.4%)
18	<b>BARCZEWSKA Dagmara</b>	<b>5</b>		K-OPEN	10	00:15:34	<b>00:31:00.80</b>	+00:11:59 (38.7%)	6:12	9.7 (61.4%)
19	<b>POŁOCZAŃSKA Bronisława</b>	<b>132</b>	SZWAGRY BIEGAJĄ	K-OPEN	11	00:17:09	<b>00:34:44.20</b>	+00:15:43 (45.3%)	6:56	8.6 (54.4%)
20	<b>POŁOCZAŃSKA Marta</b>	<b>131</b>	SZWAGRY BIEGAJĄ	K-OPEN	12	00:17:50	<b>00:35:56.40</b>	+00:16:55 (47.1%)	7:11	8.3 (52.5%)
21	<b>SZMYT Hanna</b>	<b>155</b>	SZWAGRY BIEGAJĄ	K-OPEN	13	00:17:51	<b>00:36:00.55</b>	+00:16:59 (47.2%)	7:12	8.3 (52.5%)

Total 21 results.