

# XIII KOSZALIŃSKI BIEG GÓRSKI - 15 KM

B4SPORT

**Wydarzenie:** XIII Koszaliński Bieg Górski  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2022-04-30  
**Miejsce:** Koszalin  
**Dystans:** 15.9 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	lap		Czas netto 15.9km	Różn	Tempo min/km	Tempo km/h
						5.3km	10.6km				
1	WICENBACH Arkadiusz	137	KINGA W DRODZE	M30-39	1	00:23:11	00:47:42	<b>01:13:21.65</b>		4:36	13 (100%)
2	WALCZAK Paweł	132		M30-39	2	00:23:30	00:47:20	<b>01:14:11.15</b>	+00:00:49 (1.1%)	4:39	12.9 (99.2%)
3	HUBERT Łukasz	47	TKKF KOSZALIN	M40-49	1	00:23:44	00:49:13	<b>01:15:10.40</b>	+00:01:48 (2.4%)	4:43	12.7 (97.7%)
4	WOJTALIK Łukasz	144		M30-39	3	00:24:40	00:50:48	<b>01:17:08.45</b>	+00:03:46 (4.9%)	4:51	12.4 (95.4%)
5	KASZTELAN Ula	53	TKKF KOSZALIN	K30-39	1	00:26:30	00:53:08	<b>01:20:50.10</b>	+00:07:28 (9.2%)	5:05	11.8 (90.8%)
6	WOJNIUSZ Adrian	143	FEIFER TEAM	M40-49	2	00:26:25	00:53:17	<b>01:21:08.70</b>	+00:07:47 (9.6%)	5:06	11.8 (90.8%)
7	ZWOLIŃSKI Jan	146	TKKF KOSZALIN	M50-59	1	00:26:23	00:53:41	<b>01:21:14.85</b>	+00:07:53 (9.7%)	5:06	11.7 (90.0%)
8	OSTROWSKI Marcin	92	PZU SPORT TEAM	M30-39	4	00:26:42	00:54:46	<b>01:22:44.75</b>	+00:09:23 (11.3%)	5:12	11.5 (88.5%)
9	STERNIK Tomasz	116		M40-49	3	00:26:31	00:54:35	<b>01:23:29.40</b>	+00:10:07 (12.1%)	5:15	11.4 (87.7%)
10	PICK Tomasz	99	BIEGOLAS KOSZALIN / KORONA SZCZECIN	M50-59	2	00:27:53	00:56:36	<b>01:24:08.15</b>	+00:10:46 (12.8%)	5:17	11.3 (86.9%)
11	GAWEŁ Marcin	29		M18-29	1	00:26:48	00:54:58	<b>01:24:38.60</b>	+00:11:16 (13.3%)	5:19	11.3 (86.9%)
12	SMAGOWSKI Wojtek	112	OSP RĄBINO	M40-49	4	00:27:43	00:57:08	<b>01:24:53.50</b>	+00:11:31 (13.6%)	5:20	11.2 (86.2%)
13	BIEDRZYCKI Krzysztof	5		M50-59	3	00:27:20	00:56:01	<b>01:25:46.15</b>	+00:12:24 (14.5%)	5:23	11.1 (85.4%)
14	SZYMAŃSKI Piotr	128		M30-39	5	00:28:21	00:57:28	<b>01:26:47.15</b>	+00:13:25 (15.5%)	5:27	11 (84.6%)
15	MAZUR Emilusz	82	GROOT	M40-49	5	00:28:11	00:57:42	<b>01:27:44.60</b>	+00:14:22 (16.4%)	5:31	10.9 (83.8%)
16	RAKOWSKI Łukasz	104	ZADYSZKA BARWICE	M30-39	6	00:28:05	00:57:48	<b>01:27:51.40</b>	+00:14:29 (16.5%)	5:31	10.9 (83.8%)
17	IWANIEC Dariusz	48	TKKF KOSZALIN	M40-49	6	00:28:42	00:58:40	<b>01:27:59.40</b>	+00:14:37 (16.6%)	5:32	10.8 (83.1%)
18	KIEŁCZYŃSKI Dawid	57	TEAM DAVE BUKÓWKA	M30-39	7	00:28:34	00:58:40	<b>01:28:11.95</b>	+00:14:50 (16.8%)	5:32	10.8 (83.1%)
19	HONKOWICZ Marcin	45		M18-29	2	00:28:52	00:59:23	<b>01:28:56.65</b>	+00:15:35 (17.5%)	5:35	10.7 (82.3%)
20	KRUKOWSKI Adam	64		M30-39	8	00:28:54	00:58:41	<b>01:29:11.70</b>	+00:15:50 (17.8%)	5:36	10.7 (82.3%)
21	PAKUŁSKI Marcin	95		M40-49	7	00:29:13	00:59:07	<b>01:29:20.80</b>	+00:15:59 (17.9%)	5:37	10.7 (82.3%)
22	WILKOWSKI Krzysztof	139	FOR-REST-RUN	M40-49	8	00:29:09	00:59:22	<b>01:29:23.05</b>	+00:16:01 (17.9%)	5:37	10.7 (82.3%)
23	KWAPISZ Alicja	67	TUPTAŃAKO	K18-29	1	00:28:23	00:58:56	<b>01:29:41.55</b>	+00:16:19 (18.2%)	5:38	10.6 (81.5%)
24	LEŚNIEWSKI-PARFIANOWICZ Grzegorz	70	LEŚNE WILCZE JEDNOROŻCE	M30-39	9	00:27:51	00:58:33	<b>01:30:05.05</b>	+00:16:43 (18.6%)	5:39	10.6 (81.5%)
25	MARCINKOWSKI Zbigniew	78	KARLINOBIEGAJ!	M50-59	4	00:28:39	00:59:05	<b>01:30:26.60</b>	+00:17:04 (18.9%)	5:41	10.5 (80.8%)
26	STWORA Robert	117	DEL ZUW KOSZALIN	M30-39	10	00:30:56	01:01:46	<b>01:31:50.45</b>	+00:18:28 (20.1%)	5:46	10.4 (80.0%)
27	URBAŃSKI Tomasz	131	BIAŁOGARD BIEGA	M50-59	5	00:31:19	01:01:48	<b>01:31:58.30</b>	+00:18:36 (20.2%)	5:47	10.4 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Różn	Tempo min/km	Tempo km/h
						lap1	lap2				
						5.3km	10.6km	15.9km			
28	<b>CHUDY Henryk</b>	<b>113</b>		M60-69	1	00:29:58	01:01:15	<b>01:32:23.35</b>	+00:19:01 (20.6%)	5:48	10.3 (79.2%)
29	<b>SPOLSKA Weronika</b>	<b>114</b>	SOBASTEAM	K18-29	2	00:28:44	01:00:01	<b>01:33:05.90</b>	+00:19:44 (21.2%)	5:51	10.2 (78.5%)
30	<b>DZIADEK Krzysztof</b>	<b>24</b>	TKKF KOSZALIN	M30-39	11	00:29:15	01:01:20	<b>01:33:08.90</b>	+00:19:47 (21.2%)	5:51	10.2 (78.5%)
31	<b>OLEARCZYK Arkadiusz</b>	<b>89</b>		M50-59	6	00:29:12	01:00:40	<b>01:33:16.25</b>	+00:19:54 (21.3%)	5:51	10.2 (78.5%)
32	<b>CIESIELSKI Marcin</b>	<b>15</b>		M30-39	12	00:29:59	01:01:01	<b>01:33:58.65</b>	+00:20:37 (21.9%)	5:54	10.2 (78.5%)
33	<b>DRESZLER Wiesław</b>	<b>21</b>		M50-59	7	00:30:10	01:02:07	<b>01:34:01.90</b>	+00:20:40 (22.0%)	5:54	10.1 (77.7%)
34	<b>SZUBERT Marcin</b>	<b>126</b>	KOŁOBRZEG BIEGA	M40-49	9	00:30:50	01:02:18	<b>01:34:22.75</b>	+00:21:01 (22.3%)	5:56	10.1 (77.7%)
35	<b>TYLMAN Piotr</b>	<b>130</b>	RUNDORFINA	M40-49	10	00:29:26	01:01:12	<b>01:34:30.00</b>	+00:21:08 (22.4%)	5:56	10.1 (77.7%)
36	<b>SEROWSKI Łukasz</b>	<b>109</b>	BIEGOLAS KOSZALIN	M30-39	13	00:29:55	01:01:37	<b>01:34:35.20</b>	+00:21:13 (22.4%)	5:56	10.1 (77.7%)
37	<b>KROCZYŃSKI Sławomir</b>	<b>103</b>	BIEGOLAS	M60-69	2	00:30:51	01:02:57	<b>01:34:53.10</b>	+00:21:31 (22.7%)	5:58	10.1 (77.7%)
38	<b>SZAFRAŃSKI Grzegorz</b>	<b>122</b>	MLUKS TRZEBIATÓW	M40-49	11	00:30:29	01:02:30	<b>01:36:16.75</b>	+00:22:55 (23.8%)	6:03	9.9 (76.2%)
39	<b>GAŁAN Leszek</b>	<b>26</b>		M50-59	8	00:30:53	01:03:37	<b>01:36:43.55</b>	+00:23:21 (24.2%)	6:04	9.9 (76.2%)
40	<b>SCHWARZ Ludwik</b>	<b>108</b>		M50-59	9	00:32:39	01:05:12	<b>01:38:12.20</b>	+00:24:50 (25.3%)	6:10	9.7 (74.6%)
41	<b>SKOWYRSKI Janusz</b>	<b>110</b>	TKKF KOSZALIN	M60-69	3	00:32:18	01:05:52	<b>01:39:40.85</b>	+00:26:19 (26.4%)	6:16	9.6 (73.8%)
42	<b>ZAWISKA Bartłomiej</b>	<b>145</b>		M30-39	14	00:31:58	01:05:59	<b>01:39:43.15</b>	+00:26:21 (26.4%)	6:16	9.6 (73.8%)
43	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>59</b>		M40-49	12	00:33:49	01:07:22	<b>01:39:45.00</b>	+00:26:23 (26.5%)	6:16	9.6 (73.8%)
44	<b>LEONIAK Łucja</b>	<b>69</b>	TSUNAMI SZCZECINEK	K40-49	1	00:33:30	01:07:36	<b>01:40:47.75</b>	+00:27:26 (27.2%)	6:20	9.5 (73.1%)
45	<b>WIDAK Mateusz</b>	<b>138</b>		M30-39	15	00:32:02	01:06:12	<b>01:41:25.45</b>	+00:28:03 (27.7%)	6:22	9.4 (72.3%)
46	<b>KUBIAK Karolina</b>	<b>147</b>		K40-49	2	00:32:54	01:07:14	<b>01:41:55.05</b>	+00:28:33 (28.0%)	6:24	9.4 (72.3%)
47	<b>MARCINKOWSKI Jacek</b>	<b>79</b>	SSK ORZEŁ ŚWIESZYNO	M50-59	10	00:31:32	01:06:27	<b>01:42:01.40</b>	+00:28:39 (28.1%)	6:24	9.4 (72.3%)
48	<b>HAJDUK Maciej</b>	<b>40</b>	NIEBKO TERROR	M40-49	13	00:31:45	01:05:59	<b>01:42:03.40</b>	+00:28:41 (28.1%)	6:25	9.3 (71.5%)
49	<b>GIEDROWICZ Aleksandra</b>	<b>30</b>		K30-39	2	00:32:39	01:07:17	<b>01:42:47.25</b>	+00:29:25 (28.6%)	6:27	9.3 (71.5%)
50	<b>KATA Marcin</b>	<b>55</b>	DZIKIE ŻÓŁWIE	M30-39	16	00:31:42	01:06:12	<b>01:43:11.80</b>	+00:29:50 (28.9%)	6:29	9.2 (70.8%)
51	<b>ADASZYNSKI Wiesław</b>	<b>1</b>	BIEGOLAS KOSZALIN	M50-59	11	00:32:34	01:08:19	<b>01:45:50.35</b>	+00:32:28 (30.7%)	6:39	9 (69.2%)
52	<b>KOWALCZYK Piotr</b>	<b>60</b>	FOR-REST-RUN	M30-39	17	00:33:25	01:09:09	<b>01:45:57.50</b>	+00:32:35 (30.8%)	6:39	9 (69.2%)
53	<b>DRULIK-HOŁUB Marta</b>	<b>22</b>		K40-49	3	00:33:39	01:09:17	<b>01:46:05.35</b>	+00:32:43 (30.8%)	6:40	9 (69.2%)
54	<b>SZUBERT Agnieszka</b>	<b>127</b>	KOŁOBRZEG BIEGA	K40-49	4	00:35:01	01:11:00	<b>01:46:55.05</b>	+00:33:33 (31.4%)	6:43	8.9 (68.5%)
55	<b>GRABOWSKA-LESISZ Aneta</b>	<b>34</b>	COLD WOMAN	K40-49	5	00:33:57	01:10:45	<b>01:48:02.50</b>	+00:34:40 (32.1%)	6:47	8.8 (67.7%)
56	<b>RETERSKI Damian</b>	<b>105</b>		M18-29	3	00:32:34	01:08:31	<b>01:50:14.35</b>	+00:36:52 (33.5%)	6:55	8.7 (66.9%)
57	<b>DIDŁUCH Jacek</b>	<b>19</b>	KARLINOBIEGAJ	M40-49	14	00:34:02	01:12:26	<b>01:51:15.70</b>	+00:37:54 (34.1%)	6:59	8.6 (66.2%)
58	<b>GARNCAREK Paweł</b>	<b>28</b>		M40-49	15	00:35:53	01:13:36	<b>01:51:57.55</b>	+00:38:35 (34.5%)	7:02	8.5 (65.4%)
59	<b>GUDANIEC Radek</b>	<b>38</b>	TRIATHLON TKKF KOSZALIN	M50-59	12	00:35:29	01:14:17	<b>01:52:25.45</b>	+00:39:03 (34.7%)	7:04	8.5 (65.4%)
60	<b>OKOŁOTOWICZ Sebastian</b>	<b>88</b>		M30-39	18	00:31:32	01:08:22	<b>01:53:26.80</b>	+00:40:05 (35.3%)	7:08	8.4 (64.6%)
61	<b>MAJEWSKA Dorota</b>	<b>75</b>	BIEGOLAS	K50-59	1	00:37:09	01:16:43	<b>01:57:52.45</b>	+00:44:30 (37.8%)	7:24	8.1 (62.3%)
62	<b>SUCHODOLSKA Aleksandra</b>	<b>119</b>	DZIKIE ŻÓŁWIE	K30-39	3	00:38:27	01:18:41	<b>01:59:05.90</b>	+00:45:44 (38.4%)	7:29	8 (61.5%)
63	<b>ROMANOWICZ Monika</b>	<b>106</b>	DZIKIE ŻÓŁWIE	K30-39	4	00:37:42	01:18:49	<b>01:59:46.10</b>	+00:46:24 (38.7%)	7:31	8 (61.5%)
64	<b>SZCZUBLEWSKI Martin</b>	<b>123</b>	KAMIEŃ RYMAŃSKI	M18-29	4	00:34:32	01:17:03	<b>02:00:14.95</b>	+00:46:53 (39.0%)	7:33	7.9 (60.8%)
65	<b>BORUC Barbara</b>	<b>12</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K50-59	2	00:38:46	01:19:23	<b>02:00:40.90</b>	+00:47:19 (39.2%)	7:35	7.9 (60.8%)
66	<b>JUSZCZAK Krzysztof</b>	<b>50</b>		M60-69	4	00:38:28	01:19:29	<b>02:02:58.10</b>	+00:49:36 (40.3%)	7:44	7.8 (60.0%)
67	<b>SAWICKA - WERS Urszula</b>	<b>107</b>		K30-39	5	00:39:19	01:20:33	<b>02:04:19.35</b>	+00:50:57 (41.0%)	7:49	7.7 (59.2%)
68	<b>HONKOWICZ Magdalena</b>	<b>46</b>		K18-29	3	00:38:34	01:20:56	<b>02:06:04.80</b>	+00:52:43 (41.8%)	7:55	7.6 (58.5%)
69	<b>MACKOJC Agnieszka</b>	<b>74</b>		K50-59	3	00:39:55	01:23:09	<b>02:08:49.30</b>	+00:55:27 (43.1%)	8:06	7.4 (56.9%)