

XIII KOSZALIŃSKI BIEG GÓRSKI - 15 KM

B4SPORT

Event: XIII Koszaliński Bieg Górski
Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2022-04-30
Place: Koszalin
Distance: 15.9 km



Classification: All

Place	Participant	Number	Club	Category	MCat	lap1		lap2		Net time	Gap	Pace min/km	Pace km/h
						5.3km	10.6km	15.9km	15.9km				
1	WICENBACH Arkadiusz	137	KINGA W DRODZE	M30-39	1	00:23:11	00:47:42	01:13:21.65				4:36	13 (100%)
2	WALCZAK Paweł	132		M30-39	2	00:23:30	00:47:20	01:14:11.15	+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	01:15:10.40	+00:01:48 (2.4%)			4:43	12.7 (97.7%)
4	WOJTALIK Łukasz	144		M30-39	3	00:24:40	00:50:48	01:17:08.45	+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	01:20:50.10	+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	01:21:08.70	+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	01:21:14.85	+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	01:22:44.75	+00:09:23 (11.3%)			5:12	11.5 (88.5%)
9	STERNIK Tomasz	116		M40-49	3	00:26:31	00:54:35	01:23:29.40	+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	01:24:08.15	+00:10:46 (12.8%)			5:17	11.3 (86.9%)
11	GAWEŁ Marcin	29		M18-29	1	00:26:48	00:54:58	01:24:38.60	+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	01:24:53.50	+00:11:31 (13.6%)			5:20	11.2 (86.2%)
13	BIEDRZYCKI Krzysztof	5		M50-59	3	00:27:20	00:56:01	01:25:46.15	+00:12:24 (14.5%)			5:23	11.1 (85.4%)
14	SZYMAŃSKI Piotr	128		M30-39	5	00:28:21	00:57:28	01:26:47.15	+00:13:25 (15.5%)			5:27	11 (84.6%)
15	MAZUR Emilusz	82	GROOT	M40-49	5	00:28:11	00:57:42	01:27:44.60	+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	01:27:51.40	+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	01:27:59.40	+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	01:28:11.95	+00:14:50 (16.8%)			5:32	10.8 (83.1%)
19	HONKOWICZ Marcin	45		M18-29	2	00:28:52	00:59:23	01:28:56.65	+00:15:35 (17.5%)			5:35	10.7 (82.3%)
20	KRUKOWSKI Adam	64		M30-39	8	00:28:54	00:58:41	01:29:11.70	+00:15:50 (17.8%)			5:36	10.7 (82.3%)
21	PAKULSKI Marcin	95		M40-49	7	00:29:13	00:59:07	01:29:20.80	+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	01:29:23.05	+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	01:29:41.55	+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	01:30:05.05	+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	01:30:26.60	+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	01:31:50.45	+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	01:31:58.30	+00:18:36 (20.2%)			5:47	10.4 (80.0%)

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

Total 69 results.