

XIII KOSZALIŃSKI BIEG GÓRSKI - 5 KM

B4SPORT

Wydarzenie: XIII Koszaliński Bieg Górski
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2022-04-30
Miejsce: Koszalin
Dystans: 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	NEJMAN Jerzy	86		M-Open	1	00:23:41.85		4:28	13.4 (100%)
2	WALEŃSKI Michał	133	TKKF KOSZALIN	M-Open	2	00:23:54.45	+00:00:12 (0.9%)	4:30	13.3 (99.3%)
3	ORZECZOWSKI Kamil	90	TKKF KOSZALIN	M-Open	3	00:24:11.15	+00:00:29 (2.0%)	4:33	13.1 (97.8%)
4	PAWŁOWICZ Roland	96	7PRO SIÓDMIĄK TEAM	M-Open	4	00:24:26.40	+00:00:44 (3.0%)	4:36	13 (97.0%)
5	CZAPLIŃSKI Jacek	16		M-Open	5	00:25:48.20	+00:02:06 (8.2%)	4:52	12.3 (91.8%)
6	FEDORCZAK Łukasz	25		M-Open	6	00:25:50.40	+00:02:08 (8.3%)	4:52	12.3 (91.8%)
7	SOSNOWSKI Tomasz	149	TKKF KOSZALIN	M-Open	7	00:26:02.35	+00:02:20 (9.0%)	4:54	12.2 (91.0%)
8	CHUPTYŚ Adrian	14	RUNDORFINA	M-Open	8	00:26:18.90	+00:02:37 (9.9%)	4:57	12.1 (90.3%)
9	SLUPCZEWSKI Krzysztof	111	SDROG KOSZALIN, WWW.KOPARKAKOSZALIN.PL	M-Open	9	00:26:36.30	+00:02:54 (10.9%)	5:01	12 (89.6%)
10	ŚWITLIŃSKI Damian	129		M-Open	10	00:27:09.65	+00:03:27 (12.8%)	5:07	11.7 (87.3%)
11	MOSZYŃSKI Jacek	84	TKKF KOSZALIN	M-Open	11	00:27:35.80	+00:03:53 (14.1%)	5:12	11.5 (85.8%)
12	SUCHANOWSKI Zygmunt	118	RESPECT LOTYŃ	M-Open	12	00:27:54.40	+00:04:12 (15.1%)	5:15	11.4 (85.1%)
13	DRELISZAK Mariusz	20		M-Open	13	00:28:16.30	+00:04:34 (16.2%)	5:20	11.3 (84.3%)
14	KOZAR Krzysztof	61		M-Open	14	00:28:29.20	+00:04:47 (16.8%)	5:22	11.2 (83.6%)
15	KASPEROWICZ Zdzisław	51	PRO DYSTANS KASPEROWICZ	M-Open	15	00:28:40.60	+00:04:58 (17.4%)	5:24	11.1 (82.8%)
16	CZERNIAK Gracjan	17		M-Open	16	00:29:14.30	+00:05:32 (19.0%)	5:30	10.9 (81.3%)
17	BARUTOWICZ Grzegorz	4		M-Open	17	00:29:23.55	+00:05:41 (19.4%)	5:32	10.8 (80.6%)
18	MICERSKI Tomasz	83	TKKF KOSZALIN	M-Open	18	00:29:53.65	+00:06:11 (20.7%)	5:38	10.6 (79.1%)
19	KASPRZYK Bogdan	52		M-Open	19	00:30:07.35	+00:06:25 (21.3%)	5:40	10.6 (79.1%)
20	OBARA Żaneta	148		K-Open	1	00:30:11.80	+00:06:29 (21.5%)	5:41	10.5 (78.4%)
21	WOJCIECHOWSKA Basia	141		K-Open	2	00:30:16.30	+00:06:34 (21.7%)	5:42	10.5 (78.4%)
22	MAZURSKI Paweł	81		M-Open	20	00:30:17.55	+00:06:35 (21.8%)	5:42	10.5 (78.4%)
23	MAZIEC Beata	80	BIEGOLAS KOSZALIN/TKKF KOSZALIN	K-Open	3	00:30:21.50	+00:06:39 (21.9%)	5:43	10.5 (78.4%)
24	KASZUBOWSKA Martyna	54		K-Open	4	00:30:59.80	+00:07:17 (23.5%)	5:50	10.3 (76.9%)
25	KRZEWIŃSKA Małgorzata	65	TKKF KOSZALIN	K-Open	5	00:31:20.55	+00:07:38 (24.4%)	5:54	10.1 (75.4%)
26	BŁĘDZKI Adam	7	DIRTY SPARROWS	M-Open	21	00:31:37.70	+00:07:55 (25.1%)	5:57	10.1 (75.4%)
27	KOZŁOWICZ Krzysztof	150		M-Open	22	00:31:38.65	+00:07:56 (25.1%)	5:58	10.1 (75.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.3km	Różn		
28	GRABAREK Ewelina	33		K-Open	6	00:31:54.05	+00:08:12 (25.7%)	6:01	10 (74.6%)
29	JAROSZ Dariusz	49	TKKF KOSZALIN	M-Open	23	00:31:54.60	+00:08:12 (25.7%)	6:01	10 (74.6%)
30	BOGACKI Tomasz	10	TKKF KOSZALIN	M-Open	24	00:32:09.00	+00:08:27 (26.3%)	6:03	9.9 (73.9%)
31	MACIĄG Piotr	71	HOMOSAPIE	M-Open	25	00:32:15.45	+00:08:33 (26.5%)	6:05	9.9 (73.9%)
32	ANTKOWIAK Sebastian	2	DB - ACTIVE	M-Open	26	00:32:41.80	+00:08:59 (27.5%)	6:10	9.7 (72.4%)
33	BODO Rafał	8	ZOZKOSZ KOSZALIN	M-Open	27	00:32:48.45	+00:09:06 (27.8%)	6:11	9.7 (72.4%)
34	GRUNWALD Karolina	35		K-Open	7	00:33:19.65	+00:09:37 (28.9%)	6:17	9.5 (70.9%)
35	KUBIAK Katarzyna	66		K-Open	8	00:33:21.75	+00:09:39 (29.0%)	6:17	9.5 (70.9%)
36	MACIĄG Paweł	72	HOMOSAPIE	M-Open	28	00:33:24.85	+00:09:43 (29.1%)	6:18	9.5 (70.9%)
37	KRZEWIŃSKA Monika	18	TKKF KOSZALIN	K-Open	9	00:33:28.30	+00:09:46 (29.2%)	6:18	9.5 (70.9%)
38	BOREJKO Łukasz	11		M-Open	29	00:33:29.10	+00:09:47 (29.2%)	6:19	9.5 (70.9%)
39	PADUCH Piotr	93	WOLNY WILK	M-Open	30	00:33:41.00	+00:09:59 (29.6%)	6:21	9.4 (70.1%)
40	LAMPKOWSKI Krzysztof	68		M-Open	31	00:34:26.95	+00:10:45 (31.2%)	6:29	9.2 (68.7%)
41	OSOBNIAK Ryszard	91		M-Open	32	00:34:53.10	+00:11:11 (32.1%)	6:34	9.1 (67.9%)
42	GLINKA Marcin	31	ZADEN	M-Open	33	00:35:00.90	+00:11:19 (32.3%)	6:36	9.1 (67.9%)
43	PAWŁOWSKA Urszula	97		K-Open	10	00:35:02.95	+00:11:21 (32.4%)	6:36	9.1 (67.9%)
44	PAJOR Tomasz	94	HOMOSAPIE	M-Open	34	00:35:26.85	+00:11:45 (33.1%)	6:41	9 (67.2%)
45	PEŁKA Iwona	98		K-Open	11	00:35:30.20	+00:11:48 (33.3%)	6:41	9 (67.2%)
46	GUTOWSKI Marek	39		M-Open	35	00:36:16.65	+00:12:34 (34.7%)	6:50	8.8 (65.7%)
47	POLAK Mateusz	102		M-Open	36	00:36:35.75	+00:12:53 (35.2%)	6:54	8.7 (64.9%)
48	SUDER-MAKSYMOWICZ Grzegorz	121		M-Open	37	00:37:00.55	+00:13:18 (36.0%)	6:58	8.6 (64.2%)
49	GAŁAN Joanna	27		K-Open	12	00:37:00.65	+00:13:18 (36.0%)	6:58	8.6 (64.2%)
50	KOZŁOWIECKI Waldemar	62	TKKF KOSZALIN	M-Open	38	00:37:02.00	+00:13:20 (36.0%)	6:59	8.6 (64.2%)
51	PŁATOSZ Magda	101		K-Open	13	00:37:46.25	+00:14:04 (37.3%)	7:07	8.4 (62.7%)
52	PISKORZ-WILCZAK Iwona	100		K-Open	14	00:37:48.65	+00:14:06 (37.3%)	7:07	8.4 (62.7%)
53	MACIEJEWSKI Maciej	73	FPP	M-Open	39	00:37:59.30	+00:14:17 (37.6%)	7:10	8.4 (62.7%)
54	BŁĘDZKA Aleksandra	6		K-Open	15	00:38:02.75	+00:14:20 (37.7%)	7:10	8.4 (62.7%)
55	SUDER-MAKSYMOWICZ Monika	120		K-Open	16	00:38:03.05	+00:14:21 (37.7%)	7:10	8.4 (62.7%)
56	SADOWSKA Justyna	9		K-Open	17	00:38:05.70	+00:14:23 (37.8%)	7:11	8.4 (62.7%)
57	SZTECHMILER Krzysztof	125	KLUB SPORTOWY HUSARIA SZCZECINEK	M-Open	40	00:38:06.40	+00:14:24 (37.8%)	7:11	8.3 (61.9%)
58	SIEJAK Piotr	37		M-Open	41	00:38:06.55	+00:14:24 (37.8%)	7:11	8.3 (61.9%)
59	SZTECHMILER Katarzyna	124	KLUB SPORTOWY HUSARIA SZCZECINEK	K-Open	18	00:38:07.20	+00:14:25 (37.8%)	7:11	8.3 (61.9%)
60	HELLER Zdzisław	43		M-Open	42	00:39:50.75	+00:16:08 (40.5%)	7:30	8 (59.7%)
61	MAKSYLEWICZ Daniela	76		K-Open	19	00:40:17.00	+00:16:35 (41.2%)	7:36	7.9 (59.0%)
62	WESOŁOWSKI Łukasz	135		M-Open	43	00:40:20.20	+00:16:38 (41.3%)	7:36	7.9 (59.0%)
63	MURAWSKA Martyna	85		K-Open	20	00:41:34.85	+00:17:53 (43.0%)	7:50	7.7 (57.5%)
64	HEDDERGOTT Kasia	42	JEDWABIŚCI	K-Open	21	00:47:10.95	+00:23:29 (49.8%)	8:53	6.7 (50.0%)
65	HOJDYCZ Justyna	44		K-Open	22	00:47:45.20	+00:24:03 (50.4%)	9:00	6.7 (50.0%)
66	GRYLEWICZ Tomasz	36		M-Open	44	00:48:42.20	+00:25:00 (51.3%)	9:11	6.5 (48.5%)
67	BARUCIAK Piotr	3		M-Open	45	00:50:39.40	+00:26:57 (53.2%)	9:33	6.3 (47.0%)
	WESOŁOWSKI Krzysztof	136		M-Open		DNF		-	- (0.0%)

Znaleziono 68 wynik(ów)