

# 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	<b>NEJMAN Jerzy</b>	<b>86</b>		M-Open	1	<b>00:23:41.85</b>		4:28	13.4 (100%)
2	<b>WALEŃSKI Michał</b>	<b>133</b>	TKKF KOSZALIN	M-Open	2	<b>00:23:54.45</b>	+00:00:12 (0.9%)	4:30	13.3 (99.3%)
3	<b>ORZECHOWSKI Kamil</b>	<b>90</b>	TKKF KOSZALIN	M-Open	3	<b>00:24:11.15</b>	+00:00:29 (2.0%)	4:33	13.1 (97.8%)
4	<b>PAWŁOWICZ Roland</b>	<b>96</b>	7PRO SIÓDMIĄK TEAM	M-Open	4	<b>00:24:26.40</b>	+00:00:44 (3.0%)	4:36	13 (97.0%)
5	<b>CZAPLIŃSKI Jacek</b>	<b>16</b>		M-Open	5	<b>00:25:48.20</b>	+00:02:06 (8.2%)	4:52	12.3 (91.8%)
6	<b>FEDORCZAK Łukasz</b>	<b>25</b>		M-Open	6	<b>00:25:50.40</b>	+00:02:08 (8.3%)	4:52	12.3 (91.8%)
7	<b>SOSNOWSKI Tomasz</b>	<b>149</b>	TKKF KOSZALIN	M-Open	7	<b>00:26:02.35</b>	+00:02:20 (9.0%)	4:54	12.2 (91.0%)
8	<b>CHUPTYŚ Adrian</b>	<b>14</b>	RUNDORFINA	M-Open	8	<b>00:26:18.90</b>	+00:02:37 (9.9%)	4:57	12.1 (90.3%)
9	<b>SLUPCZEWSKI Krzysztof</b>	<b>111</b>	SDROG KOSZALIN, WWW.KOPARKAKOSZALIN.PL	M-Open	9	<b>00:26:36.30</b>	+00:02:54 (10.9%)	5:01	12 (89.6%)
10	<b>ŚWITLIŃSKI Damian</b>	<b>129</b>		M-Open	10	<b>00:27:09.65</b>	+00:03:27 (12.8%)	5:07	11.7 (87.3%)
11	<b>MOSZYŃSKI Jacek</b>	<b>84</b>	TKKF KOSZALIN	M-Open	11	<b>00:27:35.80</b>	+00:03:53 (14.1%)	5:12	11.5 (85.8%)
12	<b>SUCHANOWSKI Zygmunt</b>	<b>118</b>	RESPECT LOTYŃ	M-Open	12	<b>00:27:54.40</b>	+00:04:12 (15.1%)	5:15	11.4 (85.1%)
13	<b>DRELISZAK Mariusz</b>	<b>20</b>		M-Open	13	<b>00:28:16.30</b>	+00:04:34 (16.2%)	5:20	11.3 (84.3%)
14	<b>KOZAR Krzysztof</b>	<b>61</b>		M-Open	14	<b>00:28:29.20</b>	+00:04:47 (16.8%)	5:22	11.2 (83.6%)
15	<b>KASPEROWICZ Zdzisław</b>	<b>51</b>	PRO DYSTANS KASPEROWICZ	M-Open	15	<b>00:28:40.60</b>	+00:04:58 (17.4%)	5:24	11.1 (82.8%)
16	<b>CZERNIAK Gracjan</b>	<b>17</b>		M-Open	16	<b>00:29:14.30</b>	+00:05:32 (19.0%)	5:30	10.9 (81.3%)
17	<b>BARUTOWICZ Grzegorz</b>	<b>4</b>		M-Open	17	<b>00:29:23.55</b>	+00:05:41 (19.4%)	5:32	10.8 (80.6%)
18	<b>MICERSKI Tomasz</b>	<b>83</b>	TKKF KOSZALIN	M-Open	18	<b>00:29:53.65</b>	+00:06:11 (20.7%)	5:38	10.6 (79.1%)
19	<b>KASPRZYK Bogdan</b>	<b>52</b>		M-Open	19	<b>00:30:07.35</b>	+00:06:25 (21.3%)	5:40	10.6 (79.1%)
20	<b>OBARA Żaneta</b>	<b>148</b>		K-Open	1	<b>00:30:11.80</b>	+00:06:29 (21.5%)	5:41	10.5 (78.4%)
21	<b>WOJCIECHOWSKA Basia</b>	<b>141</b>		K-Open	2	<b>00:30:16.30</b>	+00:06:34 (21.7%)	5:42	10.5 (78.4%)
22	<b>MAZURSKI Paweł</b>	<b>81</b>		M-Open	20	<b>00:30:17.55</b>	+00:06:35 (21.8%)	5:42	10.5 (78.4%)
23	<b>MAZIEC Beata</b>	<b>80</b>	BIEGOLAS KOSZALIN/TKKF KOSZALIN	K-Open	3	<b>00:30:21.50</b>	+00:06:39 (21.9%)	5:43	10.5 (78.4%)
24	<b>KASZUBOWSKA Martyna</b>	<b>54</b>		K-Open	4	<b>00:30:59.80</b>	+00:07:17 (23.5%)	5:50	10.3 (76.9%)
25	<b>KRZEWIŃSKA Małgorzata</b>	<b>65</b>	TKKF KOSZALIN	K-Open	5	<b>00:31:20.55</b>	+00:07:38 (24.4%)	5:54	10.1 (75.4%)
26	<b>BŁĘDZKI Adam</b>	<b>7</b>	DIRTY SPARROWS	M-Open	21	<b>00:31:37.70</b>	+00:07:55 (25.1%)	5:57	10.1 (75.4%)
27	<b>KOZŁOWICZ Krzysztof</b>	<b>150</b>		M-Open	22	<b>00:31:38.65</b>	+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	<b>GRABAREK Ewelina</b>	<b>33</b>		K-Open	6	<b>00:31:54.05</b>	+00:08:12 (25.7%)	6:01	10 (74.6%)
29	<b>JAROSZ Dariusz</b>	<b>49</b>	TKKF KOSZALIN	M-Open	23	<b>00:31:54.60</b>	+00:08:12 (25.7%)	6:01	10 (74.6%)
30	<b>BOGACKI Tomasz</b>	<b>10</b>	TKKF KOSZALIN	M-Open	24	<b>00:32:09.00</b>	+00:08:27 (26.3%)	6:03	9.9 (73.9%)
31	<b>MACIĄG Piotr</b>	<b>71</b>	HOMOSAPIE	M-Open	25	<b>00:32:15.45</b>	+00:08:33 (26.5%)	6:05	9.9 (73.9%)
32	<b>ANTKOWIAK Sebastian</b>	<b>2</b>	DB - ACTIVE	M-Open	26	<b>00:32:41.80</b>	+00:08:59 (27.5%)	6:10	9.7 (72.4%)
33	<b>BODO Rafał</b>	<b>8</b>	ZOZKOSZ KOSZALIN	M-Open	27	<b>00:32:48.45</b>	+00:09:06 (27.8%)	6:11	9.7 (72.4%)
34	<b>GRUNWALD Karolina</b>	<b>35</b>		K-Open	7	<b>00:33:19.65</b>	+00:09:37 (28.9%)	6:17	9.5 (70.9%)
35	<b>KUBIAK Katarzyna</b>	<b>66</b>		K-Open	8	<b>00:33:21.75</b>	+00:09:39 (29.0%)	6:17	9.5 (70.9%)
36	<b>MACIĄG Paweł</b>	<b>72</b>	HOMOSAPIE	M-Open	28	<b>00:33:24.85</b>	+00:09:43 (29.1%)	6:18	9.5 (70.9%)
37	<b>KRZEWIŃSKA Monika</b>	<b>18</b>	TKKF KOSZALIN	K-Open	9	<b>00:33:28.30</b>	+00:09:46 (29.2%)	6:18	9.5 (70.9%)
38	<b>BOREJKO Łukasz</b>	<b>11</b>		M-Open	29	<b>00:33:29.10</b>	+00:09:47 (29.2%)	6:19	9.5 (70.9%)
39	<b>PADUCH Piotr</b>	<b>93</b>	WOLNY WILK	M-Open	30	<b>00:33:41.00</b>	+00:09:59 (29.6%)	6:21	9.4 (70.1%)
40	<b>LAMPKOWSKI Krzysztof</b>	<b>68</b>		M-Open	31	<b>00:34:26.95</b>	+00:10:45 (31.2%)	6:29	9.2 (68.7%)
41	<b>OSOBNIAK Ryszard</b>	<b>91</b>		M-Open	32	<b>00:34:53.10</b>	+00:11:11 (32.1%)	6:34	9.1 (67.9%)
42	<b>GLINKA Marcin</b>	<b>31</b>	ZADEN	M-Open	33	<b>00:35:00.90</b>	+00:11:19 (32.3%)	6:36	9.1 (67.9%)
43	<b>PAWŁOWSKA Urszula</b>	<b>97</b>		K-Open	10	<b>00:35:02.95</b>	+00:11:21 (32.4%)	6:36	9.1 (67.9%)
44	<b>PAJOR Tomasz</b>	<b>94</b>	HOMOSAPIE	M-Open	34	<b>00:35:26.85</b>	+00:11:45 (33.1%)	6:41	9 (67.2%)
45	<b>PEŁKA Iwona</b>	<b>98</b>		K-Open	11	<b>00:35:30.20</b>	+00:11:48 (33.3%)	6:41	9 (67.2%)
46	<b>GUTOWSKI Marek</b>	<b>39</b>		M-Open	35	<b>00:36:16.65</b>	+00:12:34 (34.7%)	6:50	8.8 (65.7%)
47	<b>POLAK Mateusz</b>	<b>102</b>		M-Open	36	<b>00:36:35.75</b>	+00:12:53 (35.2%)	6:54	8.7 (64.9%)
48	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>121</b>		M-Open	37	<b>00:37:00.55</b>	+00:13:18 (36.0%)	6:58	8.6 (64.2%)
49	<b>GAŁAN Joanna</b>	<b>27</b>		K-Open	12	<b>00:37:00.65</b>	+00:13:18 (36.0%)	6:58	8.6 (64.2%)
50	<b>KOZŁOWIECKI Waldemar</b>	<b>62</b>	TKKF KOSZALIN	M-Open	38	<b>00:37:02.00</b>	+00:13:20 (36.0%)	6:59	8.6 (64.2%)
51	<b>PŁATOSZ Magda</b>	<b>101</b>		K-Open	13	<b>00:37:46.25</b>	+00:14:04 (37.3%)	7:07	8.4 (62.7%)
52	<b>PISKORZ-WILCZAK Iwona</b>	<b>100</b>		K-Open	14	<b>00:37:48.65</b>	+00:14:06 (37.3%)	7:07	8.4 (62.7%)
53	<b>MACIEJEWSKI Maciej</b>	<b>73</b>	FPP	M-Open	39	<b>00:37:59.30</b>	+00:14:17 (37.6%)	7:10	8.4 (62.7%)
54	<b>BŁĘDZKA Aleksandra</b>	<b>6</b>		K-Open	15	<b>00:38:02.75</b>	+00:14:20 (37.7%)	7:10	8.4 (62.7%)
55	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>120</b>		K-Open	16	<b>00:38:03.05</b>	+00:14:21 (37.7%)	7:10	8.4 (62.7%)
56	<b>SADOWSKA Justyna</b>	<b>9</b>		K-Open	17	<b>00:38:05.70</b>	+00:14:23 (37.8%)	7:11	8.4 (62.7%)
57	<b>SZTECHMILER Krzysztof</b>	<b>125</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	M-Open	40	<b>00:38:06.40</b>	+00:14:24 (37.8%)	7:11	8.3 (61.9%)
58	<b>SIEJAK Piotr</b>	<b>37</b>		M-Open	41	<b>00:38:06.55</b>	+00:14:24 (37.8%)	7:11	8.3 (61.9%)
59	<b>SZTECHMILER Katarzyna</b>	<b>124</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	K-Open	18	<b>00:38:07.20</b>	+00:14:25 (37.8%)	7:11	8.3 (61.9%)
60	<b>HELLER Zdzisław</b>	<b>43</b>		M-Open	42	<b>00:39:50.75</b>	+00:16:08 (40.5%)	7:30	8 (59.7%)
61	<b>MAKSYLEWICZ Daniela</b>	<b>76</b>		K-Open	19	<b>00:40:17.00</b>	+00:16:35 (41.2%)	7:36	7.9 (59.0%)
62	<b>WESOŁOWSKI Łukasz</b>	<b>135</b>		M-Open	43	<b>00:40:20.20</b>	+00:16:38 (41.3%)	7:36	7.9 (59.0%)
63	<b>MURAWSKA Martyna</b>	<b>85</b>		K-Open	20	<b>00:41:34.85</b>	+00:17:53 (43.0%)	7:50	7.7 (57.5%)
64	<b>HEDDERGOTT Kasia</b>	<b>42</b>	JEDWABIŚCI	K-Open	21	<b>00:47:10.95</b>	+00:23:29 (49.8%)	8:53	6.7 (50.0%)
65	<b>HOJDYCZ Justyna</b>	<b>44</b>		K-Open	22	<b>00:47:45.20</b>	+00:24:03 (50.4%)	9:00	6.7 (50.0%)
66	<b>GRYLEWICZ Tomasz</b>	<b>36</b>		M-Open	44	<b>00:48:42.20</b>	+00:25:00 (51.3%)	9:11	6.5 (48.5%)
67	<b>BARUCIAK Piotr</b>	<b>3</b>		M-Open	45	<b>00:50:39.40</b>	+00:26:57 (53.2%)	9:33	6.3 (47.0%)
	<b>WESOŁOWSKI Krzysztof</b>	<b>136</b>		M-Open		<b>DNF</b>		-	- (0.0%)

Znaleziono 68 wynik(ów)