



# XIV KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM - ATEST PZLA

B4SPORT

**Wydarzenie:** XIV Koszaliński Bieg Sylwestrowy oraz Marsz Nordic Walking  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2023-12-30  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: M18

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JEFIMCZYK Norbert	136	AML SŁUPSK	M18	1	00:04:57	00:10:19	<b>00:15:38.65</b>		3:07	19.2 (100%)
2	PROWANCKI Patryk	227	KS WILKI POMORSKIE	M18	2	00:04:58	00:10:47	<b>00:16:44.95</b>	+00:01:06 (6.6%)	3:20	17.9 (93.2%)
3	MAKOWSKI Marek	184	INDYWIDUALNIE	M18	3	00:05:10	00:11:25	<b>00:17:44.90</b>	+00:02:06 (11.9%)	3:32	16.9 (88.0%)
4	ŚLEDŹ Łukasz	272		M18	4	00:05:55	00:12:22	<b>00:18:57.35</b>	+00:03:18 (17.5%)	3:47	15.8 (82.3%)
5	WITKIEWICZ Mateusz	1	KB DZIESIĄTKA BIAŁOGARD	M18	5	00:05:51	00:12:44	<b>00:19:29.55</b>	+00:03:50 (19.7%)	3:53	15.4 (80.2%)
6	BOLECHOWSKI Cezary	79		M18	6	00:05:48	00:12:49	<b>00:19:50.85</b>	+00:04:12 (21.2%)	3:58	15.1 (78.6%)
7	PEKAŁA Mikołaj	218		M18	7	00:06:03	00:12:58	<b>00:19:58.70</b>	+00:04:20 (21.7%)	3:59	15 (78.1%)
8	CHMIELEWICZ Hubert	89		M18	8	00:07:00	00:14:27	<b>00:21:25.40</b>	+00:05:46 (27.0%)	4:17	14 (72.9%)
9	MARCZUK Maksymilian	189		M18	9	00:06:59	00:14:45	<b>00:22:06.65</b>	+00:06:28 (29.2%)	4:25	13.6 (70.8%)
10	GAŁGAŃSKI Jan	108		M18	10	00:07:24	00:15:14	<b>00:22:10.00</b>	+00:06:31 (29.4%)	4:26	13.5 (70.3%)
11	MOKRZYCKI Michał	198		M18	11	00:07:11	00:15:04	<b>00:22:23.60</b>	+00:06:44 (30.1%)	4:28	13.4 (69.8%)
12	TOMKOWSKI Tomasz	277	FUNDACJA ZASTOPIUJ	M18	12	00:07:47	00:15:22	<b>00:22:24.35</b>	+00:06:45 (30.2%)	4:28	13.4 (69.8%)
13	RETERSKI Damian	232		M18	13	00:07:09	00:15:02	<b>00:22:27.45</b>	+00:06:48 (30.3%)	4:29	13.4 (69.8%)
14	HOREGLAD Paweł	128	SPEEDY GONZALES	M18	14	00:07:19	00:15:16	<b>00:22:56.70</b>	+00:07:18 (31.8%)	4:35	13.1 (68.2%)
15	HOPE Przemysław	127	KORONA SZCZECIN	M18	15	00:07:02	00:15:14	<b>00:23:31.15</b>	+00:07:52 (33.5%)	4:42	12.8 (66.7%)
16	MICHALAK Adam	193		M18	16	00:07:27	00:15:45	<b>00:23:37.45</b>	+00:07:58 (33.8%)	4:43	12.7 (66.1%)
17	BOCZEK Bartłomiej	73		M18	17	00:07:16	00:15:29	<b>00:23:42.45</b>	+00:08:03 (34.0%)	4:44	12.7 (66.1%)
18	STACHURA Daniel	254		M18	18	00:07:16	00:15:55	<b>00:24:27.75</b>	+00:08:49 (36.0%)	4:53	12.3 (64.1%)
19	NOWACZYK Christian	202		M18	19	00:07:31	00:16:02	<b>00:24:29.05</b>	+00:08:50 (36.1%)	4:53	12.3 (64.1%)
20	RADZIMSKI Marcel	230	RADZIMSCY.PL	M18	20	00:07:52	00:18:12	<b>00:29:41.30</b>	+00:14:02 (47.3%)	5:56	10.1 (52.6%)

Znaleziono 20 wynik(ów)