



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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PIOTRASCHKE Paweł	225	AML SŁUPSK	M40	1	00:04:58	00:10:31	00:16:14.70		3:14	18.5 (100%)
2	WENT Jakub	54		M40	2	00:05:18	00:11:07	00:16:46.75	+00:00:32 (3.2%)	3:21	17.9 (96.8%)
3	KARCZ Artur	142		M40	3	00:05:16	00:11:11	00:17:12.40	+00:00:57 (5.6%)	3:26	17.4 (94.1%)
4	SIADAK Arkadiusz	242		M40	4	00:05:26	00:11:36	00:17:43.80	+00:01:29 (8.4%)	3:32	16.9 (91.4%)
5	RUDNIKOWSKI Maciej	235	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M40	5	00:05:33	00:11:51	00:17:56.10	+00:01:41 (9.4%)	3:35	16.7 (90.3%)
6	MIKODA Grzegorz	195		M40	6	00:05:34	00:11:52	00:18:07.95	+00:01:53 (10.4%)	3:37	16.6 (89.7%)
7	CHMIELEWSKI Tomasz	90		M40	7	00:05:36	00:12:03	00:18:40.05	+00:02:25 (13.0%)	3:44	16.1 (87.0%)
8	JANISZEWSKI Marek	131		M40	8	00:05:44	00:12:21	00:19:08.25	+00:02:53 (15.1%)	3:49	15.7 (84.9%)
9	SZULC Arek Arbuz	270	7PROTEAM	M40	9	00:06:11	00:12:50	00:19:08.80	+00:02:54 (15.2%)	3:49	15.7 (84.9%)
10	SZOPIŃSKI Tomasz	268	KB BRYZA POSTOMINO	M40	10	00:06:00	00:12:49	00:19:27.50	+00:03:12 (16.5%)	3:53	15.4 (83.2%)
11	PACYNA Daniel	211	FUNDACJA ZASTOPIJ	M40	11	00:05:52	00:12:38	00:19:29.95	+00:03:15 (16.7%)	3:53	15.4 (83.2%)
12	SMAGOWSKI Wojtek	248	OSP RABINO	M40	12	00:05:59	00:12:50	00:19:38.30	+00:03:23 (17.3%)	3:55	15.3 (82.7%)
13	WALEŃSKI Michał	3	TKKF KOSZALIN	M40	13	00:06:19	00:13:09	00:19:46.50	+00:03:31 (17.9%)	3:57	15.2 (82.2%)
14	WITKIEWICZ Eryk	56	KB DZIESIĄTKA BIAŁOGARD	M40	14	00:06:18	00:13:13	00:19:53.45	+00:03:38 (18.3%)	3:58	15.1 (81.6%)
15	WEBER Paweł	286	BIEGOLAS	M40	15	00:06:19	00:13:21	00:20:26.55	+00:04:11 (20.5%)	4:05	14.7 (79.5%)
16	ŚNIEŻKO Marcin	274	TKKF KOSZALIN	M40	16	00:06:19	00:13:26	00:20:36.00	+00:04:21 (21.1%)	4:07	14.6 (78.9%)
17	KOZIEŁ Paweł	163	JJ RUNNERS TEAM	M40	17	00:06:50	00:14:02	00:20:51.75	+00:04:37 (22.1%)	4:10	14.4 (77.8%)
18	IWANIEC Dariusz	129	TKKF KOSZALIN	M40	18	00:06:45	00:14:15	00:21:39.20	+00:05:24 (25.0%)	4:19	13.9 (75.1%)
19	KRACZKOWSKI Przemysław	165		M40	19	00:06:53	00:14:16	00:21:41.30	+00:05:26 (25.1%)	4:20	13.8 (74.6%)
20	DZIUBEK Henryk	103	FUNDACJA ZASTOPIJ	M40	20	00:06:30	00:14:09	00:21:41.70	+00:05:27 (25.1%)	4:20	13.8 (74.6%)
21	MAZUREK Marcin	191		M40	21	00:06:48	00:14:16	00:21:43.95	+00:05:29 (25.3%)	4:20	13.8 (74.6%)
22	GAWRYSIAK Przemysław	111		M40	22	00:07:07	00:14:58	00:22:48.45	+00:06:33 (28.8%)	4:33	13.2 (71.4%)
23	BUDZIŃSKI Paweł	84	DRUŻYNA SZPIKU	M40	23	00:07:17	00:15:15	00:22:52.20	+00:06:37 (29.0%)	4:34	13.1 (70.8%)
24	BIESEK Krzysztof	70	-	M40	24	00:07:02	00:15:01	00:23:04.10	+00:06:49 (29.6%)	4:36	13 (70.3%)
25	NIEWIADA Marek	200		M40	25	00:07:06	00:15:06	00:23:11.60	+00:06:56 (30.0%)	4:38	12.9 (69.7%)
26	CZERNIAK Gracjan	95		M40	26	00:07:27	00:15:31	00:23:12.05	+00:06:57 (30.0%)	4:38	12.9 (69.7%)
27	HAMALA Marcin	124		M40	27	00:07:12	00:15:17	00:23:14.45	+00:06:59 (30.1%)	4:38	12.9 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	netto 5km			
28	CZAPLIŃSKI Jacek	94	NICE'S RUNNERS TEAM	M40	28	00:07:12	00:15:17	00:23:15.10	+00:07:00 (30.1%)	4:39	12.9 (69.7%)
29	BOJANOWSKI Michał	78	KOŁOBRZEG BIEGA	M40	29	00:07:11	00:15:14	00:23:30.95	+00:07:16 (30.9%)	4:42	12.8 (69.2%)
30	KOWALCZYK Marcin	161		M40	30	00:07:28	00:15:37	00:23:36.90	+00:07:22 (31.2%)	4:43	12.7 (68.6%)
31	DROŹDŻAL Jarosław	101	WOLNY STRZELEC	M40	31	00:07:00	00:15:00	00:23:38.00	+00:07:23 (31.3%)	4:43	12.7 (68.6%)
32	KOWALCZYK Karol	159	KOWALCZYK.EU	M40	32	00:07:21	00:15:34	00:23:44.35	+00:07:29 (31.6%)	4:44	12.6 (68.1%)
33	DIDŁUCH Jacek	100	KARLINOBIEGAJ	M40	33	00:07:08	00:15:26	00:24:01.35	+00:07:46 (32.4%)	4:48	12.5 (67.6%)
34	OLSZAK Grzegorz	205		M40	34	00:07:32	00:16:01	00:24:12.05	+00:07:57 (32.9%)	4:50	12.4 (67.0%)
35	GOŁDYN Marek	114	KORMAX.COM.PL	M40	35	00:08:16	00:16:33	00:24:16.50	+00:08:01 (33.1%)	4:51	12.4 (67.0%)
36	PAWŁOWSKI Grzegorz	216	GAMMAXRUN	M40	36	00:07:48	00:16:43	00:24:44.30	+00:08:29 (34.3%)	4:56	12.1 (65.4%)
37	KANIOWSKI Jacek	141	W. P. K SŁOŃ TEAM USTKA	M40	37	00:07:41	00:16:12	00:24:55.45	+00:08:40 (34.8%)	4:59	12 (64.9%)
38	KAŹMIERCZAK Tomasz	149	JW 3937	M40	38	00:07:56	00:16:30	00:24:57.05	+00:08:42 (34.9%)	4:59	12 (64.9%)
39	RYBAK Przemysław	238	GAMMAXRUN	M40	39	00:07:51	00:16:39	00:25:23.05	+00:09:08 (36.0%)	5:04	11.8 (63.8%)
40	MICERSKI Tomasz	192	TKKF KOSZALIN	M40	40	00:07:52	00:16:46	00:25:29.60	+00:09:14 (36.3%)	5:05	11.8 (63.8%)
41	RAHOZA Szymon	231	LION STRONG TEAM	M40	41	00:08:21	00:17:11	00:25:35.05	+00:09:20 (36.5%)	5:07	11.7 (63.2%)
42	FIGARSKI Leszek	183		M40	42	00:07:49	00:16:28	00:25:39.40	+00:09:24 (36.7%)	5:07	11.7 (63.2%)
43	TRAPP Sebastian	280	LION STRONG TEAM	M40	43	00:08:20	00:17:10	00:25:47.25	+00:09:32 (37.0%)	5:09	11.6 (62.7%)
44	ZAREMBA Tomasz	6		M40	44	00:08:08	00:17:08	00:25:58.80	+00:09:44 (37.5%)	5:11	11.6 (62.7%)
45	ORŁOWSKI Bartosz	207		M40	45	00:07:57	00:16:57	00:25:59.95	+00:09:45 (37.5%)	5:11	11.5 (62.2%)
46	SUDER-MAKSYMOWICZ Grzegorz	261		M40	46	00:08:10	00:17:11	00:26:43.00	+00:10:28 (39.2%)	5:20	11.2 (60.5%)
47	MISZTAL Arkadiusz	197		M40	47	00:08:01	00:17:18	00:26:46.65	+00:10:31 (39.3%)	5:21	11.2 (60.5%)
48	KONISZEWSKI Marcin	156		M40	48	00:09:28	00:19:29	00:28:39.90	+00:12:25 (43.3%)	5:43	10.5 (56.8%)
49	ŚLEDŹ Przemysław	273		M40	49	00:08:49	00:18:57	00:29:40.05	+00:13:25 (45.2%)	5:56	10.1 (54.6%)
50	PAUL Andrzej	212	FUNDACJA ZASTOPUJ	M40	50	00:08:47	00:19:21	00:30:14.20	+00:13:59 (46.3%)	6:02	9.9 (53.5%)
51	BORZYKOWSKI Rafał	81	MIASTKO	M40	51	00:09:38	00:20:15	00:30:52.80	+00:14:38 (47.4%)	6:10	9.7 (52.4%)
52	PIETRYKA Artur	223	KARLINOBIEGAJ	M40	52	00:09:17	00:20:02	00:31:11.55	+00:14:56 (47.9%)	6:14	9.6 (51.9%)
53	HARASYM Daniel	125		M40	53	00:09:48	00:20:37	00:31:20.05	+00:15:05 (48.2%)	6:16	9.6 (51.9%)
54	ULIŃSKI Michał	282		M40	54	00:09:53	00:21:53	00:33:19.55	+00:17:04 (51.3%)	6:39	9 (48.6%)
55	KWOLEK Maciej	176		M40	55	00:10:24	00:23:18	00:36:01.40	+00:19:46 (54.9%)	7:12	8.3 (44.9%)

Znaleziono 55 wynik(ów)