



# 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: M50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GUZOWSKI Dariusz</b>	<b>121</b>	TALEX BORZYTUCHOM	M50	1	00:05:32	00:11:50	<b>00:18:01.70</b>		3:36	16.7 (100%)
2	<b>GŁAZOWSKI Jacek</b>	<b>113</b>	ZALEWSKI PERFORMANCE ACADEMY/LUNA NIECHORZE	M50	2	00:05:32	00:12:02	<b>00:18:30.95</b>	+00:00:29 (2.6%)	3:42	16.2 (97.0%)
3	<b>PICK Tomasz</b>	<b>220</b>	BIEGOLAS KOSZALIN / KORONA	M50	3	00:06:17	00:13:12	<b>00:19:49.75</b>	+00:01:48 (9.1%)	3:57	15.1 (90.4%)
4	<b>KOŚCIELNIAK Robert</b>	<b>158</b>	TKKF KOSZALIN	M50	4	00:06:30	00:13:47	<b>00:20:54.65</b>	+00:02:52 (13.8%)	4:10	14.4 (86.2%)
5	<b>ŻURAWIK Piotr</b>	<b>55</b>	GM KĘPICE	M50	5	00:06:33	00:13:56	<b>00:21:17.60</b>	+00:03:15 (15.3%)	4:15	14.1 (84.4%)
6	<b>BAJGERT Robert</b>	<b>66</b>	VOLTAIX.PL	M50	6	00:06:49	00:14:13	<b>00:21:33.90</b>	+00:03:32 (16.4%)	4:18	13.9 (83.2%)
7	<b>KOZAK Grzegorz</b>	<b>4</b>	FPP	M50	7	00:06:57	00:14:37	<b>00:22:26.15</b>	+00:04:24 (19.6%)	4:29	13.4 (80.2%)
8	<b>KURKOWSKI Sylwester</b>	<b>173</b>		M50	8	00:06:44	00:14:37	<b>00:22:33.90</b>	+00:04:32 (20.1%)	4:30	13.3 (79.6%)
9	<b>SKLENARSKI Piotr</b>	<b>244</b>		M50	9	00:07:16	00:15:03	<b>00:22:34.95</b>	+00:04:33 (20.2%)	4:30	13.3 (79.6%)
10	<b>SUCHANOWSKI Zygmunt</b>	<b>259</b>	RESPECT LOTYŃ	M50	10	00:06:51	00:14:48	<b>00:22:44.60</b>	+00:04:42 (20.7%)	4:32	13.2 (79.0%)
11	<b>PĘKAŁA Piotr</b>	<b>219</b>	SOSW KOSZALIN	M50	11	00:07:22	00:15:14	<b>00:22:49.65</b>	+00:04:47 (21.0%)	4:33	13.1 (78.4%)
12	<b>JAROSIK Mariusz</b>	<b>133</b>		M50	12	00:06:57	00:15:01	<b>00:22:53.15</b>	+00:04:51 (21.2%)	4:34	13.1 (78.4%)
13	<b>ORŁOWSKI Paweł</b>	<b>208</b>		M50	13	00:07:28	00:15:53	<b>00:24:13.90</b>	+00:06:12 (25.6%)	4:50	12.4 (74.3%)
14	<b>URBAŃSKI Tomasz</b>	<b>283</b>	BIAŁOGARD BIEGA	M50	14	00:08:11	00:17:08	<b>00:25:34.40</b>	+00:07:32 (29.5%)	5:06	11.7 (70.1%)
15	<b>JASIENIECKI Piotr</b>	<b>135</b>		M50	15	00:08:16	00:17:11	<b>00:25:37.50</b>	+00:07:35 (29.6%)	5:07	11.7 (70.1%)
16	<b>PIECHOTA Robert</b>	<b>221</b>		M50	16	00:07:48	00:17:10	<b>00:26:25.90</b>	+00:08:24 (31.8%)	5:17	11.4 (68.3%)
17	<b>KASZUBA Tomasz</b>	<b>148</b>		M50	17	00:07:50	00:17:21	<b>00:26:41.45</b>	+00:08:39 (32.5%)	5:20	11.2 (67.1%)
18	<b>DYMEK Remek</b>	<b>102</b>		M50	18	00:08:00	00:17:42	<b>00:27:24.80</b>	+00:09:23 (34.2%)	5:28	10.9 (65.3%)
19	<b>NIEWIADA Jarosław</b>	<b>201</b>		M50	19	00:08:07	00:17:48	<b>00:27:26.60</b>	+00:09:24 (34.3%)	5:29	10.9 (65.3%)
20	<b>KOS Jan</b>	<b>157</b>	FUNDACJA ZASTOPIJ	M50	20	00:08:27	00:18:29	<b>00:28:38.75</b>	+00:10:37 (37.1%)	5:43	10.5 (62.9%)
21	<b>SADOWSKI Zbigniew</b>	<b>239</b>	FUNDACJA ZASTOPIJ	M50	21	00:09:25	00:20:02	<b>00:30:42.70</b>	+00:12:41 (41.3%)	6:08	9.8 (58.7%)

Znaleziono 21 wynik(ów)