

# XIV KOSZALIŃSKI SYLWESTROWY MARSZ NORDIC WALKING

B4SPORT

**Wydarzenie:** XIV Koszaliński Bieg Sylwestrowy oraz Marsz Nordic Walking  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2023-12-30  
**Miejsce:** Koszalin  
**Dystans:** 3.4 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                           | Numer      | Klub                   | Kategoria | Mkat | 1.7km    | Czas netto<br>3.4km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------------|------------|------------------------|-----------|------|----------|---------------------|-------------------|-----------------|---------------|
| 1   | <b>BRZOZOWSKI Piotr</b>            | <b>289</b> | AKTYWNI POSTOMINO      | M-OPEN    | 1    | 00:10:04 | <b>00:20:29.35</b>  |                   | 6:01            | 10 (100%)     |
| 2   | <b>FRĄCKOWIAK Roman</b>            | <b>290</b> | NORDIC SPORT 2021      | M-OPEN    | 2    | 00:10:12 | <b>00:20:57.25</b>  | +00:00:27 (2.2%)  | 6:09            | 9.7 (97.0%)   |
| 3   | <b>KUBIK Krystian</b>              | <b>293</b> | RUNGRYF GRYFICE        | M-OPEN    | 3    | 00:10:59 | <b>00:22:36.70</b>  | +00:02:07 (9.4%)  | 6:38            | 9 (90.0%)     |
| 4   | <b>OKRZESIK-FRĄCKOWIAK Izabela</b> | <b>294</b> | NORDIC SPORT 2021      | K-OPEN    | 1    | 00:11:21 | <b>00:23:01.40</b>  | +00:02:32 (11.0%) | 6:46            | 8.9 (89.0%)   |
| 5   | <b>TOMCZYK Edward</b>              | <b>297</b> | ZIELONE GROSZKI POZNAŃ | M-OPEN    | 4    | 00:11:18 | <b>00:23:01.55</b>  | +00:02:32 (11.0%) | 6:46            | 8.9 (89.0%)   |
| 6   | <b>KNITTER Monika</b>              | <b>292</b> |                        | K-OPEN    | 2    | 00:11:59 | <b>00:24:38.80</b>  | +00:04:09 (16.9%) | 7:14            | 8.3 (83.0%)   |
| 7   | <b>JARCZEWSKA Renata</b>           | <b>291</b> |                        | K-OPEN    | 3    | 00:12:25 | <b>00:25:31.35</b>  | +00:05:02 (19.7%) | 7:30            | 8 (80.0%)     |
| 8   | <b>OLESIŃSKA Walentyna</b>         | <b>295</b> |                        | K-OPEN    | 4    | 00:15:11 | <b>00:29:10.35</b>  | +00:08:41 (29.8%) | 8:34            | 7 (70.0%)     |
| 9   | <b>POLKIEWICZ Iwona</b>            | <b>296</b> |                        | K-OPEN    | 5    | 00:15:11 | <b>00:29:17.60</b>  | +00:08:48 (30.1%) | 8:36            | 7 (70.0%)     |

Znaleziono 9 wynik(ów)