



# XIX MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej, Gmina Miasto Koszalin  
**Data:** 2021-10-10  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Punkt pomiarowy: 5,7 km

Msc	Zawodnik	Numer	Klub	Kategoria	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km
1	<b>SZYMAŃSKI Sylwester</b>	<b>81</b>	SZCZECINECCY BIEGACZE	M40-49	00:00:18	00:05:17	00:10:12	00:15:09	00:20:00
2	<b>SZYMAŃSKI Łukasz</b>	<b>82</b>	MLUKS TRZEBIATÓW	M30-39	00:00:18	00:05:17	00:10:12	00:15:09	00:20:06
3	<b>LESYK Rafał</b>	<b>50</b>	KOCURY	M30-39	00:00:18	00:05:17	00:10:12	00:15:11	00:20:24
4	<b>SIADAK Arkadiusz</b>	<b>73</b>		M40-49	00:00:18	00:05:24	00:10:29	00:15:35	00:20:43
5	<b>MACKOJĆ Krzysztof</b>	<b>55</b>	EL-MACKOJĆ	M40-49	00:00:19	00:05:29	00:10:47	00:16:07	00:21:27
6	<b>HOŁUB Kamil</b>	<b>30</b>	MLUKS TRZEBIATÓW	M40-49	00:00:18	00:05:27	00:10:52	00:16:17	00:21:41
7	<b>POŁUBIŃSKI Paweł</b>	<b>70</b>	KOCURY	M40-49	00:00:20	00:05:47	00:11:11	00:16:44	00:22:14
8	<b>SZARŁATA Piotr</b>	<b>80</b>		M30-39	00:00:20	00:05:41	00:11:11	00:16:43	00:22:14
9	<b>KASZTELAN Ula</b>	<b>34</b>	TKKF KOSZALIN	K30-39	00:00:19	00:05:41	00:11:11	00:16:43	00:22:19
10	<b>GAWEŁ Marcin</b>	<b>23</b>	BRAK	M18-39	00:00:19	00:05:27	00:10:56	00:16:42	00:22:29
11	<b>ZWOLIŃSKI Jan</b>	<b>97</b>	TKKF KOSZALIN	M50-59	00:00:20	00:05:54	00:11:30	00:17:08	00:22:48
12	<b>PICK Tomasz</b>	<b>67</b>	BIEGOLAS KOSZALIN	M50-59	00:00:22	00:05:53	00:11:30	00:17:08	00:22:49
13	<b>SŁUPCZEWSKI Krzysztof</b>	<b>74</b>	SDROG KOSZALIN KOPARKAKOSZALIN.PL	M40-49	00:00:20	00:05:52	00:11:28	00:17:08	00:22:49
14	<b>BURDA Robert</b>	<b>11</b>	KOSPEL	M40-49	00:00:20	00:05:55	00:11:31	00:17:10	00:22:52
15	<b>KRYNICKA GRZYB Małgorzata</b>	<b>46</b>	MLUKS TRZEBIATÓW	K30-39	00:00:19	00:05:50	00:11:29	00:17:10	00:22:54
16	<b>ZATOŃ Olga</b>	<b>96</b>	KOCURY	K30-39	00:00:22	00:05:54	00:11:31	00:17:14	00:22:59
17	<b>KOZIEŁ Paweł</b>	<b>42</b>	KOCURY	M40-49	00:00:21	00:05:54	00:11:35	00:17:19	00:23:08
18	<b>SMAGOWSKI Wojciech</b>	<b>75</b>	OSP RĄBINO	M40-49	00:00:24	00:05:54	00:11:33	00:17:19	00:23:10
19	<b>WESOŁOWSKI Marcin</b>	<b>89</b>	OBSESJA BIEGANIA	M30-39	00:00:21	00:05:54	00:11:35	00:17:24	00:23:13
20	<b>HISZCZYŃSKA Aleksandra</b>	<b>29</b>	CSSP KOSZALIN	K18-29	00:00:22	00:06:05	00:11:55	00:17:57	00:24:01
21	<b>CYGAN Małgorzata</b>	<b>16</b>	KOCURY	K30-39	00:00:22	00:06:06	00:12:00	00:18:02	00:24:06
22	<b>MOSZYŃSKI Jacek</b>	<b>60</b>	TKKF KOSZALIN	M50-59	00:00:23	00:06:18	00:12:11	00:18:12	00:24:12
23	<b>BLOCH Radosław</b>	<b>5</b>		M18-39	00:00:31	00:06:34	00:12:36	00:18:39	00:24:37
24	<b>KUBIK Krystian</b>	<b>48</b>	MLUKS TRZEBIATÓW	M18-39	00:00:16	00:05:55	00:12:04	00:18:20	00:24:40
25	<b>MAZUR Tomasz</b>	<b>57</b>	I LO SZCZECINEK	M40-49	00:00:24	00:06:23	00:12:30	00:18:38	00:24:51
26	<b>KOZAK Grzegorz</b>	<b>41</b>	FPP	M40-49	00:00:22	00:06:23	00:12:30	00:18:38	00:24:52
27	<b>MAZIEC Beata</b>	<b>56</b>	BIEGOLAS KOSZALIN	K30-39	00:00:22	00:06:15	00:12:27	00:18:39	00:24:52
28	<b>BIERZANOWSKI Rafał</b>	<b>4</b>		M40-49	00:00:28	00:06:30	00:12:34	00:18:44	00:24:53

Msc	Zawodnik	Numer	Klub	Kategoria	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km
29	MITUNIEWICZ Adrian	59	BIEGOLAS KOSZALIN	M30-39	00:00:22	00:06:23	00:12:30	00:18:39	00:24:53
30	WEBER Paweł	88		M30-39	00:00:22	00:06:23	00:12:30	00:18:39	00:24:54
31	MACIEJCZYK Mateusz	54		M30-39	00:00:22	00:06:24	00:12:33	00:18:44	00:24:55
32	NOWICKI Michał	61	KB WYGAN	M30-39	00:00:23	00:06:16	00:12:27	00:18:40	00:24:55
33	ADASZYNSKI Wiesław	1	BIEGOLAS KOSZALIN	M50-59	00:00:26	00:06:27	00:12:32	00:18:45	00:25:07
34	KRYNICKA Magdalena	45	MLUKS TRZEBIATÓW	K18-29	00:00:23	00:06:06	00:12:16	00:18:39	00:25:09
35	SEROWSKI Łukasz	72	BIEGOLAS KOSZALIN	M30-39	00:00:27	00:06:29	00:12:34	00:18:48	00:25:09
36	BARUTOWICZ Grzegorz	3		M40-49	00:00:25	00:06:30	00:12:33	00:18:42	00:25:10
37	BUDZIŃSKI Paweł	10	KĘPKA NA TRASIE/DRUŻYNA SZPIKU	M40-49	00:00:25	00:06:31	00:12:43	00:18:52	00:25:12
38	TROŚNIAK Piotr	83	DZIESIĄTKA BIAŁOGARD	M40-49	00:00:26	00:06:31	00:12:42	00:19:02	00:25:24
39	PIEKUTOWSKI Artur	68		M40-49	00:00:23	00:06:22	00:12:36	00:18:56	00:25:27
40	SUCHANOWSKI Zygmunt	77	RESPECT LOTYŃ	M50-59	00:00:21	00:06:20	00:12:37	00:19:00	00:25:28
41	CZERNIAK Gracjan	17		M40-49	00:00:30	00:06:54	00:13:13	00:19:38	00:25:57
42	PAWŁOWSKI Grzegorz	64	GAMMAX	M40-49	00:00:28	00:06:36	00:12:59	00:19:31	00:26:04
43	DZIKOŃ Rafał	102		M40-49	00:00:33	00:07:05	00:13:31	00:19:52	00:26:14
44	IWANIEC Darek	31	TKKF KOSZALIN	M40-49	00:00:30	00:07:04	00:13:27	00:19:54	00:26:21
45	CIECHAŃSKI Michał	14	ZDARTE PODESZWY	M40-49	00:00:31	00:06:49	00:13:19	00:19:56	00:26:33
46	WILKOWSKI Krzysztof	90	FOR-REST-RUN	M40-49	00:00:29	00:06:50	00:13:20	00:19:56	00:26:33
47	GLEWICZ Sylwia	25	POMORSKIE WILKI	K30-39	00:00:25	00:06:30	00:13:08	00:19:52	00:26:39
48	SOCHACKA Marta	76		K30-39	00:00:27	00:06:47	00:13:24	00:20:04	00:26:42
49	DĄBROWSKA Alicja	20	TKKF KOSZALIN	K50-59	00:00:25	00:06:53	00:13:31	00:20:08	00:26:43
50	KRZEWIŃSKA Małgorzata	47	TKKF KOSZALIN	K60+	00:00:26	00:06:58	00:13:32	00:20:10	00:26:45
51	BRZEZIŃSKI Paweł	8		M40-49	00:00:20	00:06:38	00:13:19	00:20:08	00:27:00
52	CHUDZIK Zbigniew	13	TKKF KOSZALIN	M60-69	00:00:26	00:07:04	00:13:42	00:20:24	00:27:05
53	ANTKOWIAK Sebastian	2	DB - ACTIVE	M40-49	00:00:32	00:07:03	00:13:32	00:20:14	00:27:07
54	BUCZKO Katarzyna	9	TRIPAKA PRZECHELEWO	K18-29	00:00:26	00:06:50	00:13:29	00:20:20	00:27:18
55	KNEBLEWSKA Joanna	37		K40-49	00:00:30	00:06:50	00:13:34	00:20:25	00:27:24
56	ŻMIJEWSKI Wojciech	98	MJT SERWIS SPORT TEAM	M30-39	00:00:30	00:06:50	00:13:33	00:20:25	00:27:24
57	GEDROWICZ Aleksandra	24		K30-39	00:00:29	00:06:44	00:13:34	00:20:37	00:27:36
58	MACIĄG Piotr	52	HOMOSAPIE	M40-49	00:00:33	00:07:05	00:13:44	00:20:37	00:27:37
59	MACIEJCZYK Alan	53		M18-39	00:00:24	00:06:46	00:13:21	00:20:23	00:27:40
60	BOGACKI Tomasz	7	TKKF KOSZALIN	M60-69	00:00:26	00:07:09	00:13:57	00:20:51	00:27:43
61	MAZUR Mirosław	58		M50-59	00:00:27	00:07:09	00:13:57	00:20:51	00:27:43
62	BURKIET Paweł	12		M40-49	00:00:29	00:07:06	00:13:46	00:20:42	00:27:49
63	ŻYSZKIEWICZ Piotr	100	ROZBIEGANA USTKA	M50-59	00:00:32	00:07:25	00:14:14	00:21:07	00:27:55
64	DRULIK-HOŁUB Marta	21		K40-49	00:00:32	00:07:22	00:14:09	00:21:07	00:28:02
65	PAJOR Tomasz	62	HOMOSAPIE	M40-49	00:00:32	00:07:09	00:13:53	00:20:55	00:28:06
66	KUPCZAK Damian	49	OSP SIANÓW	M30-39	00:00:31	00:07:20	00:14:11	00:21:08	00:28:10
67	TWORSKA Magdalena	84	OSP SIANÓW	K18-29	00:00:31	00:07:21	00:14:12	00:21:08	00:28:10
68	DANIELAK Tomasz	19		M18-39	00:00:27	00:07:16	00:14:03	00:20:58	00:28:14
69	MACIĄG Paweł	51	HOMOSAPIE	M40-49	00:00:32	00:07:13	00:14:04	00:21:10	00:28:46
70	BOGACKA Lucyna	6	TKKF KOSZALIN	K60+	00:00:28	00:07:38	00:14:46	00:21:58	00:29:14
71	KARASIEWICZ Robert	33		M40-49	00:00:34	00:07:40	00:14:56	00:22:10	00:29:32
72	CIEŚLAK Grzegorz	15		M30-39	00:00:37	00:07:43	00:14:58	00:22:17	00:29:39
73	PAWŁOWSKA Magdalena	63	GAMMAX	K40-49	00:00:32	00:07:43	00:14:57	00:22:15	00:29:39

Msc	Zawodnik	Numer	Klub	Kategoria	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km
74	<b>RYBAK Daria</b>	<b>71</b>	RYBKA LUBI PŁYWAĆ	K40-49	00:00:32	00:07:43	00:14:57	00:22:15	00:29:39
75	<b>ZAŁUCKI Maciej</b>	<b>95</b>	ZEN SPORT TEAM	M18-39	00:00:27	00:07:31	00:14:53	00:22:18	00:29:46
76	<b>WYSOCKA Urszula</b>	<b>93</b>	SPORTOWE BIELICE	K30-39	00:00:35	00:07:44	00:15:05	00:22:22	00:29:46
77	<b>URA Marcin</b>	<b>85</b>	MALTAŃSKA	M40-49	00:00:34	00:07:41	00:14:58	00:22:22	00:29:55
78	<b>KOZŁOWIECKI Waldemar</b>	<b>43</b>	TKKF KOSZALIN	M70+	00:00:25	00:07:42	00:15:18	00:22:35	00:29:55
79	<b>WYSOCZAŃSKI Daniel</b>	<b>94</b>	ROZBIEGANA USTKA	M40-49	00:00:32	00:08:12	00:15:40	00:23:04	00:30:34
80	<b>JUSZCZAK Krzysztof</b>	<b>32</b>		M60-69	00:00:30	00:07:42	00:15:19	00:22:59	00:30:55
81	<b>KOTNOWSKI Marcin</b>	<b>40</b>	MALTAŃSKA	M40-49	00:00:34	00:07:41	00:15:14	00:23:03	00:30:58
82	<b>KĘSIK Michał</b>	<b>35</b>	ZDARTE PODESZWY	M40-49	00:00:37	00:08:05	00:15:37	00:23:13	00:31:04
83	<b>KNEBLEWSKI Łukasz</b>	<b>38</b>		M40-49	00:00:33	00:08:04	00:15:50	00:23:31	00:31:16
84	<b>DYBALSKI Krzysztof</b>	<b>22</b>		M40-49	00:00:37	00:08:00	00:15:42	00:23:28	00:31:20
85	<b>GUTOWSKI Marek</b>	<b>26</b>		M40-49	00:00:34	00:08:07	00:15:43	00:23:30	00:31:27
86	<b>SWATOWSKI Łukasz</b>	<b>79</b>		M40-49	00:00:42	00:08:29	00:16:21	00:24:13	00:31:49
87	<b>KOCZOROWSKA Małgorzata</b>	<b>39</b>	SKSG KORONA SZCZECIN	K50-59	00:00:27	00:07:53	00:15:41	00:23:43	00:31:52
88	<b>PIETRZYK Rafał</b>	<b>69</b>	KLUB OLIMPIJCZYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	M30-39	00:00:34	00:08:19	00:16:07	00:24:06	00:31:57
89	<b>PEŁKA Iwona</b>	<b>65</b>		K50-59	00:00:31	00:08:13	00:16:07	00:24:06	00:31:58
90	<b>ŻYSZKIEWICZ Izabela</b>	<b>99</b>	ROZBIEGANA USTKA	K50-59	00:00:32	00:08:30	00:16:32	00:24:24	00:32:21
91	<b>MRÓZ Małgorzata</b>	<b>101</b>		K30-39	00:00:35	00:08:12	00:16:07	00:24:17	00:32:39
92	<b>KRUSZYŃSKI Stanisław</b>	<b>44</b>	DARŁOWSKIECHARTY.KLUBMORSÓW DARŁOWO	M60-69	00:00:34	00:08:23	00:16:23	00:24:44	00:32:52
93	<b>PERSZKE Dawid</b>	<b>66</b>		M18-39	00:00:32	00:07:27	00:15:24	00:24:22	00:32:59
94	<b>HELLER Zdzisław</b>	<b>28</b>	HERBMARATONOW.PL	M60-69	00:00:37	00:08:24	00:16:32	00:24:55	00:33:22
95	<b>WACHHOLZ Beata</b>	<b>86</b>	KB BRYZA POSTOMINO	K50-59	00:00:31	00:08:19	00:16:31	00:24:54	00:33:32
96	<b>CZYCZYN Angelika</b>	<b>18</b>		K30-39	00:00:36	00:08:13	00:16:14	00:25:00	00:33:41
97	<b>SWATOWSKI Bartosz</b>	<b>78</b>		M40-49	00:00:42	00:09:18	00:17:48	00:26:15	00:34:33
98	<b>WÓJCICKA Sylwia</b>	<b>91</b>		K30-39	00:00:38	00:09:15	00:18:13	00:27:20	00:36:26
99	<b>BARTNIK Marian</b>	<b>103</b>	TKKF KOSZALIN	M70+	00:00:23	00:14:26	00:30:24	00:47:06	00:59:28

Znaleziono 99 wynik(ów)