



XVI KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM - ATEST PZLA

B4SPORT

Wydarzenie: XVI Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2025-12-27
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CHRUŚCIŃSKI Kacper	103	PASSION FIRST	M30	1	00:05:00	00:10:28	00:15:39.65		3:07	19.2 (100%)
2	JEFIMCZYK Norbert	159	SPMW USTKA/AML SŁUPSK	M18	1	00:04:57	00:10:43	00:15:53.25	+00:00:13 (1.4%)	3:10	18.9 (98.4%)
3	TROJAK Jakub	328	AML SŁUPSK	M14	1	00:05:17	00:10:56	00:16:13.80	+00:00:34 (3.5%)	3:14	18.5 (96.4%)
4	PERZ Jan	262	ULTRA TRAIL ACADEMY	M18	2	00:05:00	00:10:49	00:16:46.70	+00:01:07 (6.7%)	3:21	17.9 (93.2%)
5	KĘPKA Adrian	174		M30	2	00:05:16	00:11:06	00:16:52.25	+00:01:12 (7.2%)	3:22	17.8 (92.7%)
6	DOMŻALSKA Daria	118	SKLA SOPOT	K18	1	00:05:17	00:11:03	00:16:52.30	+00:01:12 (7.2%)	3:22	17.8 (92.7%)
7	SIECIŃSKI Mateusz	294		M18	3	00:05:14	00:11:04	00:16:55.35	+00:01:15 (7.5%)	3:23	17.7 (92.2%)
8	TOMKOWSKI Przemysław	325	CHRYSTUS KRÓLEM	M40	1	00:05:16	00:11:05	00:16:56.40	+00:01:16 (7.6%)	3:23	17.7 (92.2%)
9	HUBERT Łukasz	154	TEAM TERMINATORUN/ 7PRO SIÓDMIAK TEAM	M40	2	00:05:19	00:11:16	00:17:12.05	+00:01:32 (9.0%)	3:26	17.4 (90.6%)
10	PARCHETA Wojciech	258	LANGE TRI COACH	M18	4	00:05:32	00:11:36	00:17:24.50	+00:01:44 (10.0%)	3:28	17.2 (89.6%)
11	OSIŃSKI Wojciech	252	BEST BEASTS/ TEAM ZABIEGANEDNI	M30	3	00:05:18	00:11:26	00:17:41.45	+00:02:01 (11.5%)	3:32	17 (88.5%)
12	SIADAK Arkadiusz	293		M40	3	00:05:38	00:11:43	00:17:53.00	+00:02:13 (12.4%)	3:34	16.8 (87.5%)
13	FEDORCZAK Łukasz	123	NICE'S RUNNERS TEAM	M30	4	00:05:39	00:11:44	00:18:00.45	+00:02:20 (13.0%)	3:36	16.7 (87.0%)
14	SMOŁUCH Marcin	302		M40	4	00:05:37	00:11:57	00:18:03.75	+00:02:24 (13.3%)	3:36	16.6 (86.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km				
15	KASZTELAN Urszula	168	TRIATHLON KOSZALIN	K30	1	00:05:33	00:11:49	00:18:05.10	+00:02:25 (13.4%)	3:37	16.6 (86.5%)
16	MILTKO Robert	231	TEAM TEMPO	M30	5	00:05:31	00:11:43	00:18:12.75	+00:02:33 (14.0%)	3:38	16.5 (85.9%)
17	RUDNIKOWSKI Maciej	290	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M50	1	00:05:37	00:11:58	00:18:16.85	+00:02:37 (14.3%)	3:39	16.4 (85.4%)
18	GARBACZ Tadeusz	130	LEŚNE TURBO DZIKI	M30	6	00:05:41	00:12:03	00:18:21.55	+00:02:41 (14.7%)	3:40	16.3 (84.9%)
19	KOPCZAK Paweł	182	FAJNAFABRYKA.PL LANGE TRI COACH	M40	5	00:05:56	00:12:15	00:18:26.60	+00:02:46 (15.1%)	3:41	16.3 (84.9%)
20	KOLCHINA Anastasia	181	AML SŁUPSK	K18	2	00:05:00	00:12:03	00:18:30.20	+00:02:50 (15.4%)	3:42	16.2 (84.4%)
21	SMOLUK Kamil	301		M30	7	00:05:58	00:12:15	00:18:31.55	+00:02:51 (15.5%)	3:42	16.2 (84.4%)
22	GOSTKOWSKI Łukasz	135	ORZEŁ TEAM BYTÓW	M30	8	00:05:43	00:12:04	00:18:36.55	+00:02:56 (15.8%)	3:43	16.1 (83.9%)
23	PROŚNIEWSKI Mirosław	278	GRYFICKA SIŁA BIEGOWA	M40	6	00:05:43	00:12:09	00:18:41.35	+00:03:01 (16.2%)	3:44	16.1 (83.9%)
24	KLIMOWICZ Michał	178		M30	9	00:05:54	00:12:22	00:18:45.65	+00:03:06 (16.5%)	3:45	16 (83.3%)
25	CHMIELEWSKI Tomasz	207	FIGATEAM	M40	7	00:05:52	00:12:20	00:18:48.20	+00:03:08 (16.7%)	3:45	16 (83.3%)
26	SMAGOWSKI Wojtek	300	FIGA TEAM BIAŁOGARD	M40	8	00:05:56	00:12:23	00:18:54.40	+00:03:14 (17.2%)	3:46	15.9 (82.8%)
27	BALIŃSKI Karol	83	BIEGAM U PSYCHOLA	M30	10	00:06:11	00:12:44	00:19:10.65	+00:03:31 (18.3%)	3:50	15.7 (81.8%)
28	MARCZUK Maksymilian	220		M18	5	00:05:52	00:12:29	00:19:13.85	+00:03:34 (18.6%)	3:50	15.6 (81.3%)
29	KOWALSKI Damian	186	KB BRYZA POSTOMINO	M30	11	00:06:07	00:12:46	00:19:14.10	+00:03:34 (18.6%)	3:50	15.6 (81.3%)
30	WITKIEWICZ Eryk	347	FIGA TEAM	M40	9	00:06:01	00:12:39	00:19:15.65	+00:03:36 (18.7%)	3:51	15.6 (81.3%)
31	KATULSKI Tomasz	171	BIEGNIECI TEAM KOSZALIN	M40	10	00:05:47	00:12:33	00:19:15.90	+00:03:36 (18.7%)	3:51	15.6 (81.3%)
32	PĘKAŁA Mikołaj	264		M18	6	00:06:20	00:13:02	00:19:29.55	+00:03:49 (19.7%)	3:53	15.4 (80.2%)
33	ROGAŁSKI Mateusz	286	7PRO SIÓDMIĄK TEAM	M18	7	00:05:57	00:12:42	00:19:30.70	+00:03:51 (19.7%)	3:54	15.4 (80.2%)
34	KISIELEWICZ Krzysztof	175		M30	12	00:06:13	00:12:55	00:19:33.95	+00:03:54 (20.0%)	3:54	15.3 (79.7%)
35	LIPIŃSKI Sebastian	209	BIAŁOGARD BIEGA	M30	13	00:06:16	00:13:00	00:19:34.50	+00:03:54 (20.0%)	3:54	15.3 (79.7%)
36	PRZYBYSZEWSKA Paulina	279		K18	3	00:06:05	00:12:53	00:19:35.90	+00:03:56 (20.1%)	3:55	15.3 (79.7%)
37	MATYSIAK Wojciech	223	FPP FUNCTIONAL POLISH PERFORMANCE	M40	11	00:06:17	00:12:59	00:19:36.50	+00:03:56 (20.1%)	3:55	15.3 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
38	KOZAK Grzegorz	187	FPP	M40	12	00:06:17	00:13:00	00:19:39.00	+00:03:59 (20.3%)	3:55	15.3 (79.7%)
39	KUBIŚ Paweł	199		M30	14	00:06:19	00:12:57	00:19:40.35	+00:04:00 (20.4%)	3:56	15.3 (79.7%)
40	ZATOŃ Olga	344		K40	1	00:06:04	00:12:53	00:19:41.50	+00:04:01 (20.5%)	3:56	15.2 (79.2%)
41	KAWĘCKI Oktawiusz	172	CAMBRIDGE HARRIERS	M30	15	00:06:16	00:13:02	00:19:43.55	+00:04:03 (20.6%)	3:56	15.2 (79.2%)
42	NOWAK Dariusz	242	AGC TEAM	M40	13	00:06:16	00:13:00	00:19:44.85	+00:04:05 (20.7%)	3:56	15.2 (79.2%)
43	KOZIEŁ Paweł	190	FIGA TEAM	M40	14	00:06:16	00:13:05	00:19:46.20	+00:04:06 (20.8%)	3:57	15.2 (79.2%)
44	SZKOŁUDA Sabina	316		K30	2	00:05:59	00:12:57	00:19:52.40	+00:04:12 (21.2%)	3:58	15.1 (78.6%)
45	FADDA Bruno-André	122		M40	15	00:06:14	00:13:04	00:19:53.05	+00:04:13 (21.2%)	3:58	15.1 (78.6%)
46	BARTOLEWSKI Marcin	84		M30	16	00:06:12	00:13:06	00:19:56.05	+00:04:16 (21.4%)	3:59	15.1 (78.6%)
47	NOWAK Iwona	18		K40	2	00:06:18	00:13:16	00:19:57.80	+00:04:18 (21.6%)	3:59	15 (78.1%)
48	ULDYNOWICZ Łukasz	329	GRYFICKA SIŁA BIEGOWA	M40	16	00:06:23	00:13:27	00:20:00.95	+00:04:21 (21.8%)	4:00	15 (78.1%)
49	WIELGAT Łukasz	335	KB BRYZA POSTOMINO	M30	17	00:06:22	00:13:15	00:20:01.35	+00:04:21 (21.8%)	4:00	15 (78.1%)
50	BURDA Robert	99	KOSPEL	M50	2	00:06:21	00:13:19	00:20:02.85	+00:04:23 (21.9%)	4:00	15 (78.1%)
51	MAJKUT Anna	217	TEAM TERMINATORUN / AKADEMIA TRENINGU SPORTOWEGO STACHOWSCY	K30	3	00:06:17	00:13:07	00:20:03.95	+00:04:24 (22.0%)	4:00	15 (78.1%)
52	JAWORSKI Maciej	158	TEAM TERMINATORUN / AKADEMIA TRENINGU SPORTOWEGO STACHOWSCY	M40	17	00:06:16	00:13:07	00:20:04.05	+00:04:24 (22.0%)	4:00	15 (78.1%)
53	WĄSOWSKI Mateusz	334	MARO TUR	M30	18	00:06:35	00:13:35	00:20:04.35	+00:04:24 (22.0%)	4:00	15 (78.1%)
54	PASIEKA Agnieszka	259	UKL FENIKS ŚWIDWIN	K30	4	00:06:21	00:13:15	00:20:05.80	+00:04:26 (22.1%)	4:01	14.9 (77.6%)
55	KOŚCIK Jakub	185	ADIDAS RUNNERS WARSAW	M40	18	00:06:23	00:13:15	00:20:06.70	+00:04:27 (22.1%)	4:01	14.9 (77.6%)
56	PICK Tomasz	266	BIEGOLAS KOSZALIN	M50	3	00:06:25	00:13:21	00:20:08.90	+00:04:29 (22.3%)	4:01	14.9 (77.6%)
57	MOKRZYCKI Michał	232	AZS POLITECHNIKA WARSZAWSKA	M18	8	00:06:23	00:13:14	00:20:12.15	+00:04:32 (22.5%)	4:02	14.9 (77.6%)
58	RETERSKI Damian	284		M18	9	00:06:22	00:13:13	00:20:18.05	+00:04:38 (22.9%)	4:03	14.8 (77.1%)
59	PŁOSKI Krzysztof	272	DOM RYBAKA BOBOLIN	M40	19	00:06:24	00:13:30	00:20:34.45	+00:04:54 (23.9%)	4:06	14.6 (76.0%)
60	GRAL Daniel	137	TDKMS	M30	19	00:06:25	00:13:28	00:20:44.65	+00:05:05 (24.5%)	4:08	14.5 (75.5%)

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						1.6km	3.3km				
61	MACIEJEWSKA Katarzyna	213	GRYFICKA SIŁA BIEGOWA	K18	4	00:06:22	00:13:32	00:20:54.10	+00:05:14 (25.1%)	4:10	14.4 (75.0%)
62	DEREŃ Justyna	112	NSP 7 W SŁUPSKU	K40	3	00:06:25	00:13:43	00:20:59.70	+00:05:20 (25.4%)	4:11	14.3 (74.5%)
63	PRZYTUŁA Jarosław	280	TEAM TEMPO	M40	20	00:06:51	00:14:05	00:21:05.40	+00:05:25 (25.7%)	4:13	14.2 (74.0%)
64	CYGAN Małgorzata	107	FIGA TEAM	K40	4	00:06:31	00:13:50	00:21:05.70	+00:05:26 (25.8%)	4:13	14.2 (74.0%)
65	BUDZIŃSKI Paweł	97		M40	21	00:06:46	00:14:01	00:21:07.00	+00:05:27 (25.8%)	4:13	14.2 (74.0%)
66	KASZYŃSKI Paweł	170	DARŁOWSKIE CHARTY	M30	20	00:06:52	00:14:06	00:21:08.00	+00:05:28 (25.9%)	4:13	14.2 (74.0%)
67	ADRIAN Paweł	78		M30	21	00:06:58	00:14:10	00:21:09.80	+00:05:30 (26.0%)	4:13	14.2 (74.0%)
68	MAZERSKI Igor	224		M18	10	00:06:17	00:13:38	00:21:11.75	+00:05:32 (26.1%)	4:14	14.2 (74.0%)
69	WRÓŻ Krzysztof	342		M30	22	00:06:51	00:14:04	00:21:15.15	+00:05:35 (26.3%)	4:15	14.1 (73.4%)
70	MORGIEWICZ Piotr	234	RUNGRYF GRYFICE	M50	4	00:06:31	00:13:55	00:21:20.00	+00:05:40 (26.6%)	4:16	14.1 (73.4%)
71	STRZELECKI Grzegorz	308	FIGA TEAM BIAŁOGARD	M40	22	00:06:36	00:14:00	00:21:22.15	+00:05:42 (26.7%)	4:16	14 (72.9%)
72	WOŹNIAK Ireneusz	341		M30	23	00:06:55	00:14:22	00:21:26.95	+00:05:47 (27.0%)	4:17	14 (72.9%)
73	LEGIERSKI Andrzej	206	WOLF TEAM SŁAWNO	M50	5	00:06:57	00:14:21	00:21:27.75	+00:05:48 (27.0%)	4:17	14 (72.9%)
74	IGNACZYNSKI Dariusz	155	36DROP	M30	24	00:06:40	00:14:10	00:21:30.90	+00:05:51 (27.2%)	4:18	14 (72.9%)
75	WOJCIECHOWSKA Barbara	338		K18	5	00:06:43	00:14:12	00:21:33.40	+00:05:53 (27.4%)	4:18	13.9 (72.4%)
76	WIZE Małgorzata	337	BEST BEASTS	K40	5	00:06:45	00:14:11	00:21:33.75	+00:05:54 (27.4%)	4:18	13.9 (72.4%)
77	PIENKOS Dariusz	267		M40	23	00:06:50	00:14:19	00:21:43.35	+00:06:03 (27.9%)	4:20	13.8 (71.9%)
78	MOSZYŃSKI Jacek	235	TKKF KOSZALIN	M60	1	00:06:59	00:14:29	00:21:45.30	+00:06:05 (28.0%)	4:21	13.8 (71.9%)
79	ZWOLIŃSKI Jan	345	TKKF KOSZALIN	M50	6	00:07:00	00:14:30	00:21:46.15	+00:06:06 (28.1%)	4:21	13.8 (71.9%)
80	GUDANIEC Katarzyna	142	TRIATHLON KOSZALIN	K30	5	00:06:33	00:14:14	00:21:50.25	+00:06:10 (28.3%)	4:22	13.7 (71.4%)
81	LETNIANCHYN Igor	208		M30	25	00:06:33	00:14:16	00:21:59.85	+00:06:20 (28.8%)	4:23	13.6 (70.8%)
82	ROGALSKI Michał	287		M30	26	00:06:52	00:14:28	00:22:02.90	+00:06:23 (29.0%)	4:24	13.6 (70.8%)
83	OLESZCZUK Marek	248		M30	27	00:07:01	00:14:31	00:22:05.60	+00:06:25 (29.1%)	4:25	13.6 (70.8%)

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						1.6km	3.3km				
84	PIŁAT Artur	269		M50	7	00:07:05	00:14:41	00:22:11.10	+00:06:31 (29.4%)	4:26	13.5 (70.3%)
85	PĘKAŁA Piotr	263	SOSW/SP4 KOSZALIN	M50	8	00:06:39	00:14:19	00:22:16.90	+00:06:37 (29.7%)	4:27	13.5 (70.3%)
86	GASEK Kacper	131		M18	11	00:06:41	00:14:29	00:22:30.80	+00:06:51 (30.4%)	4:30	13.3 (69.3%)
87	POŁOCZAŃSKI Piotr	274	SZWAGRY BIEGAJĄ	M30	28	00:07:20	00:15:05	00:22:34.95	+00:06:55 (30.7%)	4:30	13.3 (69.3%)
88	BOGUCKI Dariusz	90	RUNGRYF	M40	24	00:07:00	00:14:43	00:22:41.10	+00:07:01 (31.0%)	4:32	13.2 (68.8%)
89	TOMKOWSKI Krzysztof	326		M30	29	00:07:09	00:15:03	00:22:48.10	+00:07:08 (31.3%)	4:33	13.2 (68.8%)
90	BAJGERT Robert	82		M50	9	00:07:15	00:15:11	00:22:51.80	+00:07:12 (31.5%)	4:34	13.1 (68.2%)
91	SUCHANOWSKI Zygmunt	311	RESPECT LOTYŃ	M50	10	00:06:59	00:14:56	00:22:55.30	+00:07:15 (31.7%)	4:35	13.1 (68.2%)
92	WINKEL Łukasz	336		M50	11	00:07:19	00:15:07	00:22:56.30	+00:07:16 (31.7%)	4:35	13.1 (68.2%)
93	KRUPIŃSKI Krzysztof	194	E-UROLOG.EU / BIEGACZE ROZRABIACZE	M60	2	00:07:18	00:15:11	00:22:57.95	+00:07:18 (31.8%)	4:35	13.1 (68.2%)
94	NOSAL Mariusz	239		M40	25	00:07:16	00:15:05	00:22:59.55	+00:07:19 (31.9%)	4:35	13.1 (68.2%)
95	ADAMOWICZ Anna	76	FIGA TEAM BIAŁOGARD	K18	6	00:07:26	00:15:25	00:23:00.05	+00:07:20 (31.9%)	4:36	13 (67.7%)
96	MAZIEC Beata	225	TKKF KOSZALIN / BIEGOLAS KOSZALIN	K30	6	00:07:29	00:15:27	00:23:00.35	+00:07:20 (31.9%)	4:36	13 (67.7%)
97	HARASYM Mateusz	147	FUNDACJA ZASTOPUJ	M18	12	00:06:55	00:14:38	00:23:03.45	+00:07:23 (32.1%)	4:36	13 (67.7%)
98	MAZUR Mirek	226	TKKF KOSZALIN	M50	12	00:07:23	00:15:22	00:23:14.80	+00:07:35 (32.6%)	4:38	12.9 (67.2%)
99	TRAPP Sebastian	327	LION STRONG TEAM	M40	26	00:07:40	00:15:39	00:23:18.15	+00:07:38 (32.8%)	4:39	12.9 (67.2%)
100	BABIRECKA Patrycja	80	OSP PĘKANINO	K18	7	00:07:04	00:15:17	00:23:18.25	+00:07:38 (32.8%)	4:39	12.9 (67.2%)
101	CICHOŃSKI Robert	105		M30	30	00:07:16	00:15:14	00:23:20.00	+00:07:40 (32.9%)	4:40	12.9 (67.2%)
102	SKLENARSKI Piotr	298	BIEGNIĘCI TEAM KOSZALIN	M50	13	00:07:29	00:15:34	00:23:25.25	+00:07:45 (33.1%)	4:41	12.8 (66.7%)
103	MOLENDASebastian	233	RUN BYDGOSZCZ	M30	31	00:08:00	00:16:01	00:23:40.45	+00:08:00 (33.8%)	4:44	12.7 (66.1%)
104	OLSZAK Grzegorz	250		M50	14	00:07:30	00:15:38	00:23:42.60	+00:08:02 (33.9%)	4:44	12.7 (66.1%)
105	KOZICKI Piotr	189	FIGA TEAM BIAŁOGARD	M50	15	00:07:46	00:15:53	00:23:45.80	+00:08:06 (34.1%)	4:45	12.6 (65.6%)
106	LEGIERSKA Anna	205	WOLF TEAM SŁAWNO	K40	6	00:07:32	00:15:43	00:23:50.50	+00:08:10 (34.3%)	4:46	12.6 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km				
107	NIEWIADA Marek	238		M40	27	00:07:46	00:15:55	00:23:55.05	+00:08:15 (34.5%)	4:47	12.5 (65.1%)
108	KĘPA Martyna	173		K18	8	00:07:39	00:15:59	00:23:57.40	+00:08:17 (34.6%)	4:47	12.5 (65.1%)
109	KUBIAK Katarzyna	197		K40	7	00:07:44	00:15:56	00:23:58.75	+00:08:19 (34.7%)	4:47	12.5 (65.1%)
110	JASIENIECKI Piotr	157		M50	16	00:07:46	00:15:57	00:23:59.00	+00:08:19 (34.7%)	4:47	12.5 (65.1%)
111	WYSOCKA Urszula	343		K40	8	00:07:31	00:15:46	00:24:00.40	+00:08:20 (34.8%)	4:48	12.5 (65.1%)
112	KNITTER Mateusz	180		M40	28	00:07:06	00:15:26	00:24:00.95	+00:08:21 (34.8%)	4:48	12.5 (65.1%)
113	GRUNWALD Karolina	140		K30	7	00:07:42	00:16:00	00:24:01.50	+00:08:21 (34.8%)	4:48	12.5 (65.1%)
114	SMIGULEK Ewelina	37	DARŁOWSKIE CHARTY	K40	9	00:07:42	00:15:59	00:24:02.15	+00:08:22 (34.8%)	4:48	12.5 (65.1%)
115	DIDŁUCH Jacek	115	KARLINOBIEGAJ	M40	29	00:07:46	00:16:00	00:24:05.00	+00:08:25 (35.0%)	4:49	12.5 (65.1%)
116	MACIAG Pawel	210	AGC TEAM	M40	30	00:07:48	00:16:01	00:24:12.45	+00:08:32 (35.3%)	4:50	12.4 (64.6%)
117	WĄSOWICZ Anna	333	KOŁOBRZEG BIEGA	K40	10	00:07:34	00:16:00	00:24:14.05	+00:08:34 (35.4%)	4:50	12.4 (64.6%)
118	SUŁKOWSKI Daniel	314		M18	13	00:07:07	00:15:46	00:24:19.40	+00:08:39 (35.6%)	4:51	12.3 (64.1%)
119	KLENIEWSKI Piotr	177	TORUŃSCY EDUBIEGACZE	M60	3	00:07:37	00:15:59	00:24:20.65	+00:08:41 (35.7%)	4:52	12.3 (64.1%)
120	HAWRANIAK Natalia	148		K30	8	00:08:12	00:16:31	00:24:21.30	+00:08:41 (35.7%)	4:52	12.3 (64.1%)
121	WALCZAK Anna	331		K40	11	00:07:37	00:15:56	00:24:22.60	+00:08:42 (35.8%)	4:52	12.3 (64.1%)
122	OLSZYŃSKI Bartosz	251		M40	31	00:08:07	00:16:32	00:24:24.45	+00:08:44 (35.8%)	4:52	12.3 (64.1%)
123	MAKOWIECKI Marcin	218		M40	32	00:07:43	00:16:08	00:24:25.85	+00:08:46 (35.9%)	4:53	12.3 (64.1%)
124	OSTROWSKI Marian	254		M70+	1	00:07:39	00:16:06	00:24:34.15	+00:08:54 (36.3%)	4:54	12.2 (63.5%)
125	CHUDZIK Zbigniew	104	TKKF KOSZALIN	M60	4	00:07:54	00:16:26	00:24:39.95	+00:09:00 (36.5%)	4:55	12.2 (63.5%)
126	FIDO Monika	2	GRYFICKA SIŁA BIEGOWA	K40	12	00:07:56	00:16:29	00:24:47.95	+00:09:08 (36.8%)	4:57	12.1 (63.0%)
127	MAJKOWSKI Błażej	216		M18	14	00:07:32	00:16:03	00:24:49.35	+00:09:09 (36.9%)	4:57	12.1 (63.0%)
127	STRZELECKA Agnieszka	307	FIGA TEAM BIAŁOGARD	K40	13	00:07:56	00:16:27	00:24:49.35	+00:09:09 (36.9%)	4:57	12.1 (63.0%)
129	PTAK Aneta	281	TEAM TERMINATORUN	K40	14	00:07:52	00:16:30	00:25:00.85	+00:09:21 (37.4%)	5:00	12 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km				
130	BOJANOWSKA Nikola	91		K18	9	00:07:29	00:16:11	00:25:02.00	+00:09:22 (37.4%)	5:00	12 (62.5%)
131	KASPRZYKOWSKI Wojciech	167	BIEGAMY BO NIE LEŻYMY	M30	32	00:08:19	00:16:46	00:25:02.60	+00:09:22 (37.5%)	5:00	12 (62.5%)
132	CZEREPIANIAK Przemysław	109		M30	33	00:08:04	00:16:25	00:25:08.05	+00:09:28 (37.7%)	5:01	11.9 (62.0%)
133	ROSIŃSKA Magdalena	289		K18	10	00:07:54	00:16:29	00:25:08.80	+00:09:29 (37.7%)	5:01	11.9 (62.0%)
134	PIŁAT Marek	268		M14	2	00:07:52	00:16:18	00:25:15.35	+00:09:35 (38.0%)	5:03	11.9 (62.0%)
135	GOŁEK Karolina	134		K30	9	00:08:13	00:16:59	00:25:15.75	+00:09:36 (38.0%)	5:03	11.9 (62.0%)
136	SALAWA Anna	292	BIEGAJZMANKIEMTEAM	K40	15	00:07:58	00:16:39	00:25:18.25	+00:09:38 (38.1%)	5:03	11.9 (62.0%)
137	BŁAŻEJCZAK-BOGUCKA Paulina	87	RUNGRYF	K30	10	00:08:09	00:16:48	00:25:23.30	+00:09:43 (38.3%)	5:04	11.8 (61.5%)
138	MUSIAŁ Grzegorz	236		M40	33	00:07:26	00:16:24	00:25:24.50	+00:09:44 (38.4%)	5:04	11.8 (61.5%)
139	DĄBROWSKA Alicja	111	TKKF KOSZALIN	K50	1	00:08:00	00:16:59	00:25:24.55	+00:09:44 (38.4%)	5:04	11.8 (61.5%)
140	NOSAL Anna	240		K30	11	00:07:57	00:16:52	00:25:24.85	+00:09:45 (38.4%)	5:04	11.8 (61.5%)
141	KOZAK Katarzyna	52		K18	11	00:07:51	00:16:42	00:25:25.00	+00:09:45 (38.4%)	5:05	11.8 (61.5%)
142	CYPUN Błażej	108		M18	15	00:08:43	00:17:36	00:25:30.45	+00:09:50 (38.6%)	5:06	11.8 (61.5%)
143	KALETA Cezary	162	STREET ATHLETIC KOSZALIN	M14	3	00:06:19	00:14:31	00:25:30.65	+00:09:51 (38.6%)	5:06	11.8 (61.5%)
144	KUŻAJ Sławomir	202		M60	5	00:07:54	00:16:44	00:25:32.45	+00:09:52 (38.7%)	5:06	11.7 (60.9%)
145	FOLUSZEWSKA Joanna	125		K40	16	00:08:06	00:17:00	00:25:34.00	+00:09:54 (38.7%)	5:06	11.7 (60.9%)
146	YYY Xxx	124				00:07:54	00:16:49	00:25:34.75	+00:09:55 (38.8%)	5:06	11.7 (60.9%)
147	HRYNIEWICZ Rafał	153		M40	34	00:07:33	00:16:24	00:25:36.30	+00:09:56 (38.8%)	5:07	11.7 (60.9%)
148	KANIOWSKI Jacek	165	W.P.K SŁOŃ TEAM USTKA	M40	35	00:08:01	00:16:46	00:25:43.85	+00:10:04 (39.1%)	5:08	11.7 (60.9%)
149	JARZYNA Roman	156	SZWLA STARGARD	M50	17	00:07:53	00:16:50	00:25:49.85	+00:10:10 (39.4%)	5:09	11.6 (60.4%)
150	ADASZYNSKI Wieslaw	77		M50	18	00:07:47	00:16:51	00:25:51.15	+00:10:11 (39.4%)	5:10	11.6 (60.4%)
151	HAŁAJKO Magdalena	12	TKKF KOSZALIN	K40	17	00:07:49	00:16:48	00:25:55.65	+00:10:16 (39.6%)	5:11	11.6 (60.4%)
152	HENCEL Maria	150		K40	18	00:07:42	00:16:40	00:25:55.70	+00:10:16 (39.6%)	5:11	11.6 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km				
153	TOMASZEWSKI Dominik	324		M40	36	00:07:54	00:16:46	00:26:04.50	+00:10:24 (39.9%)	5:12	11.5 (59.9%)
154	GRZESIAK Magdalena	141	MGYM FITNESS AKADEMIA TOM IRON	K40	19	00:08:04	00:16:59	00:26:08.05	+00:10:28 (40.1%)	5:13	11.5 (59.9%)
155	NOWACZYK Christian	241		M30	34	00:08:29	00:17:25	00:26:14.15	+00:10:34 (40.3%)	5:14	11.4 (59.4%)
156	BOGACKA Lucyna	88	TKKF KOSZALIN	K60+	1	00:08:20	00:17:18	00:26:14.75	+00:10:35 (40.3%)	5:14	11.4 (59.4%)
157	KOSCTOLAN Władysław	349		M40	37	00:08:32	00:17:15	00:26:15.05	+00:10:35 (40.3%)	5:15	11.4 (59.4%)
158	BOGACKI Tomasz	89	TKKF KOSZALIN	M60	6	00:08:19	00:17:17	00:26:15.65	+00:10:36 (40.4%)	5:15	11.4 (59.4%)
159	OLCZYKOWSKI Bartek	246	WILLA BLANKA	M40	38	00:08:05	00:16:46	00:26:16.00	+00:10:36 (40.4%)	5:15	11.4 (59.4%)
160	MAJEWSKI Kamil	215	INŻYNIER KONSTRUKTYWNY	M30	35	00:08:05	00:17:11	00:26:17.95	+00:10:38 (40.5%)	5:15	11.4 (59.4%)
161	MACIĄG Mikołaj	211		M14	4	00:07:48	00:17:21	00:26:18.85	+00:10:39 (40.5%)	5:15	11.4 (59.4%)
162	BORZĘCKA Ewa	93		K30	12	00:08:34	00:17:24	00:26:19.05	+00:10:39 (40.5%)	5:15	11.4 (59.4%)
163	KRZEWIŃSKA Małgorzata	195	TKKF KOSZALIN	K60+	2	00:08:32	00:17:35	00:26:21.45	+00:10:41 (40.6%)	5:16	11.4 (59.4%)
164	WOLSKI Patryk	340		M30	36	00:07:53	00:16:47	00:26:22.10	+00:10:42 (40.6%)	5:16	11.4 (59.4%)
165	RECKI Adam	283		M40	39	00:08:27	00:17:32	00:26:30.40	+00:10:50 (40.9%)	5:18	11.3 (58.9%)
166	OSTROWSKI Tomasz	253		M30	37	00:08:16	00:17:19	00:26:32.65	+00:10:53 (41.0%)	5:18	11.3 (58.9%)
167	WOJSA Aneta	339	BIEGAM BO KOCHAM TEN STAN	K30	13	00:08:01	00:17:19	00:26:33.80	+00:10:54 (41.0%)	5:18	11.3 (58.9%)
168	KŁOS Jarosław	179		M30	38	00:09:01	00:18:08	00:26:41.65	+00:11:02 (41.3%)	5:20	11.2 (58.3%)
169	PAŁUBIŃSKI Marcel	257	FUNDACJA ZASTOPUJ	M14	5	00:07:57	00:18:09	00:27:05.50	+00:11:25 (42.2%)	5:25	11.1 (57.8%)
170	ŚLIWA Łukasz	321		M30	39	00:07:45	00:17:06	00:27:06.30	+00:11:26 (42.2%)	5:25	11.1 (57.8%)
171	PAWLIK Wioletta	261	TKKF KOSZALIN	K40	20	00:08:42	00:18:01	00:27:10.35	+00:11:30 (42.4%)	5:26	11 (57.3%)
172	GAWEŁ Andrzej	132	POMERIDERS SŁUPSK	M60	7	00:08:18	00:17:39	00:27:14.50	+00:11:34 (42.5%)	5:26	11 (57.3%)
173	GRIMM - SPERLING Anja	139		K50	2	00:08:53	00:18:12	00:27:19.50	+00:11:39 (42.7%)	5:27	11 (57.3%)
174	NOWAKOWSKA Marta	244		K50	3	00:08:27	00:18:05	00:27:20.65	+00:11:41 (42.7%)	5:28	11 (57.3%)
175	LASKOWSKI Mateusz	204	FUNDACJA ZASTOPUJ	M18	16	00:07:58	00:18:09	00:27:22.85	+00:11:43 (42.8%)	5:28	11 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km				
176	ROMUK Sylwester	288		M30	40	00:08:24	00:17:56	00:27:44.65	+00:12:05 (43.6%)	5:32	10.8 (56.3%)
177	ROGAŁA Jacek	285	FUNDACJA ZASTOPUJ	M50	19	00:08:55	00:18:40	00:27:47.10	+00:12:07 (43.6%)	5:33	10.8 (56.3%)
178	DOŁCHAŃ Karolina	116		K40	21	00:08:20	00:18:07	00:27:51.25	+00:12:11 (43.8%)	5:34	10.8 (56.3%)
179	HAPONIUK Zofia	145		K40	22	00:08:49	00:18:18	00:27:52.00	+00:12:12 (43.8%)	5:34	10.8 (56.3%)
180	MUSZYŃSKA Paulina	237		K40	23	00:09:05	00:18:35	00:27:52.75	+00:12:13 (43.8%)	5:34	10.8 (56.3%)
181	KRAWCZYK Tomasz	193		M40	40	00:09:05	00:18:34	00:27:52.95	+00:12:13 (43.8%)	5:34	10.8 (56.3%)
182	GADEK Michał	128		M30	41	00:08:16	00:18:14	00:27:59.95	+00:12:20 (44.1%)	5:35	10.7 (55.7%)
183	HAPONIUK Magdalena	214		K40	24	00:08:49	00:18:18	00:28:00.10	+00:12:20 (44.1%)	5:36	10.7 (55.7%)
184	RAPSIEWICZ Łukasz	282		M40	41	00:08:50	00:18:20	00:28:06.75	+00:12:27 (44.3%)	5:37	10.7 (55.7%)
185	DUDZIAK Piotr	120	BIEGOLAS KOSZALIN	M50	20	00:08:30	00:18:07	00:28:07.80	+00:12:28 (44.3%)	5:37	10.7 (55.7%)
186	MŁYŃSKA Joanna	65		K40	25	00:08:58	00:18:47	00:28:08.20	+00:12:28 (44.3%)	5:37	10.7 (55.7%)
187	RYBSKI Mariusz	34	1BLOG	M40	42	00:08:58	00:18:47	00:28:08.35	+00:12:28 (44.3%)	5:37	10.7 (55.7%)
188	HALEC Arkadiusz	144		M40	43	00:08:08	00:18:02	00:28:11.80	+00:12:32 (44.5%)	5:38	10.6 (55.2%)
189	OLESZCZUK Marta	247		K30	14	00:09:21	00:18:57	00:28:12.00	+00:12:32 (44.5%)	5:38	10.6 (55.2%)
190	WYRWICZ Andrzej	95	FUNDACJA ZASTOPUJ	M30	42	00:07:59	00:17:04	00:28:14.95	+00:12:35 (44.6%)	5:38	10.6 (55.2%)
191	GANSKE Natalia	129		K30	15	00:08:30	00:18:26	00:28:16.60	+00:12:36 (44.6%)	5:39	10.6 (55.2%)
192	SULEJA Joanna	313		K60+	3	00:08:53	00:18:44	00:28:25.10	+00:12:45 (44.9%)	5:41	10.6 (55.2%)
193	HOJDYCZ Jan	152		M60	8	00:09:12	00:18:57	00:28:27.05	+00:12:47 (45.0%)	5:41	10.5 (54.7%)
194	HINC Maksymilian	151		M30	43	00:08:14	00:18:21	00:28:30.25	+00:12:50 (45.1%)	5:42	10.5 (54.7%)
195	BŁASZCZYK Bożena	86	BB SZCZECIN	K50	4	00:08:54	00:18:43	00:28:36.25	+00:12:56 (45.2%)	5:43	10.5 (54.7%)
196	FRANZKOWSKI Marek	126	AMATOR	M60	9	00:08:49	00:18:37	00:28:46.45	+00:13:06 (45.6%)	5:45	10.4 (54.2%)
197	SZLĘK Martyna	62		K18	12	00:08:38	00:18:45	00:28:55.25	+00:13:15 (45.8%)	5:47	10.4 (54.2%)
198	DYMEK Remigiusz	121	DEAF	M50	21	00:08:34	00:18:49	00:28:58.10	+00:13:18 (45.9%)	5:47	10.4 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km				
199	ŚLEDŹ Przemysław	320		M40	44	00:08:47	00:18:45	00:29:03.30	+00:13:23 (46.1%)	5:48	10.3 (53.6%)
200	PIĄTKOWSKA Urszula	265	BIEGNIĘCI TEAM KOSZALIN	K40	26	00:09:29	00:19:23	00:29:06.65	+00:13:27 (46.2%)	5:49	10.3 (53.6%)
201	SZPARKOWSKA Agata	318	FIGATEAM	K30	16	00:09:26	00:19:25	00:29:08.95	+00:13:29 (46.3%)	5:49	10.3 (53.6%)
202	BUDZIŃSKI Agnieszka	98		K40	27	00:09:28	00:19:34	00:29:12.20	+00:13:32 (46.4%)	5:50	10.3 (53.6%)
203	SZPAKOWSKA Paulina	317		K30	17	00:09:00	00:19:04	00:29:14.60	+00:13:34 (46.4%)	5:50	10.3 (53.6%)
204	SUCHANOWSKA Anna	310	RESPECT LOTYŃ	K50	5	00:09:23	00:19:35	00:29:37.70	+00:13:58 (47.1%)	5:55	10.1 (52.6%)
205	KOZŁOWIECKI Waldemar	191	TKKF KOSZALIN	M70+	2	00:09:46	00:19:54	00:29:41.30	+00:14:01 (47.2%)	5:56	10.1 (52.6%)
206	SZYMAŃSKA Estera	319		K30	18	00:08:54	00:19:14	00:29:45.15	+00:14:05 (47.4%)	5:57	10.1 (52.6%)
207	MAZURSKI Paweł	228		M30	44	00:09:15	00:19:31	00:29:48.40	+00:14:08 (47.5%)	5:57	10.1 (52.6%)
208	KISIELEWICZ Katarzyna	176		K18	13	00:09:47	00:20:05	00:29:49.25	+00:14:09 (47.5%)	5:57	10.1 (52.6%)
209	BOJANOWSKI Michał	92	NADMORSZY BIEGACZE KOŁOBRZEG	M40	45	00:09:37	00:19:52	00:29:54.15	+00:14:14 (47.6%)	5:58	10 (52.1%)
210	POPŁAWSKA Aleksandra	275		K30	19	00:09:13	00:19:30	00:29:57.80	+00:14:18 (47.7%)	5:59	10 (52.1%)
211	POPŁAWSKI Paweł	276	NIEZRZESZONY	M30	45	00:09:13	00:19:28	00:29:58.10	+00:14:18 (47.7%)	5:59	10 (52.1%)
212	SIEDAKO Agnieszka	295		K30	20	00:09:26	00:19:35	00:30:03.30	+00:14:23 (47.9%)	6:00	10 (52.1%)
213	STASIAK Zbigniew	306		M60	10	00:09:28	00:19:36	00:30:09.85	+00:14:30 (48.1%)	6:01	10 (52.1%)
214	RUDZKI Leszek	291		M50	22	00:09:28	00:19:36	00:30:10.10	+00:14:30 (48.1%)	6:02	9.9 (51.6%)
215	KSIĘŻUK Kacper	196		M18	17	00:10:18	00:20:36	00:30:17.15	+00:14:37 (48.3%)	6:03	9.9 (51.6%)
216	DRESLEWSKA Joanna	119		K30	21	00:09:47	00:20:02	00:30:22.70	+00:14:43 (48.4%)	6:04	9.9 (51.6%)
217	KOS Jan	183	FUNDACJA ZASTOPIJ	M50	23	00:09:19	00:20:10	00:30:59.80	+00:15:20 (49.5%)	6:11	9.7 (50.5%)
218	ŚMIERZEWSKI Maciej	322	BIEGNIĘCI TEAM KOSZALIN	M30	46	00:09:45	00:20:14	00:31:06.70	+00:15:27 (49.7%)	6:13	9.6 (50.0%)
219	JUSZCZAK Krzysztof	160		M70+	3	00:09:19	00:20:13	00:31:13.20	+00:15:33 (49.8%)	6:14	9.6 (50.0%)
220	NOWICKA Marta	245	BIEGNIĘCI TEAM KOSZALIN	K40	28	00:10:05	00:20:47	00:31:23.55	+00:15:43 (50.1%)	6:16	9.6 (50.0%)
221	PIOTROWICZ Mirella	270	BIEGNIĘCI TEAM KOSZALIN	K30	22	00:10:04	00:20:47	00:31:23.75	+00:15:44 (50.1%)	6:16	9.6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas netto 5km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km				
222	BUTOWICZ Adam	101		M60	11	00:09:45	00:20:45	00:31:29.80	+00:15:50 (50.3%)	6:17	9.5 (49.5%)
223	KARNICKI Zygmunt	166	TKKF KOSZALIN	M70+	4	00:09:32	00:20:27	00:31:37.90	+00:15:58 (50.5%)	6:19	9.5 (49.5%)
224	KUŚMIREK Oliwa	201		K18	14	00:10:07	00:21:04	00:31:39.70	+00:16:00 (50.5%)	6:19	9.5 (49.5%)
225	GIŻYCKI Łukasz	133		M18	18	00:10:08	00:21:05	00:31:40.15	+00:16:00 (50.5%)	6:20	9.5 (49.5%)
226	DĄBROWSKA Aneta	110		K30	23	00:10:07	00:21:06	00:31:40.25	+00:16:00 (50.6%)	6:20	9.5 (49.5%)
227	POLETAJEW Wiktoria	273		K40	29	00:10:34	00:20:39	00:31:42.00	+00:16:02 (50.6%)	6:20	9.5 (49.5%)
228	BORZYKOWSKI Rafał	94		M40	46	00:10:22	00:21:22	00:32:05.40	+00:16:25 (51.2%)	6:25	9.4 (49.0%)
229	WALLOCH Krystyna	332	SAMOLEJ	K40	30	00:10:02	00:20:55	00:32:18.45	+00:16:38 (51.5%)	6:27	9.3 (48.4%)
230	MEGGER Agata	230		K50	6	00:10:09	00:21:23	00:32:21.60	+00:16:41 (51.6%)	6:28	9.3 (48.4%)
231	TOMASZEWSKA Magdalena	323		K40	31	00:10:26	00:21:44	00:32:54.15	+00:17:14 (52.4%)	6:34	9.1 (47.4%)
232	BURDA Weronika	100		K18	15	00:10:31	00:21:58	00:33:27.30	+00:17:47 (53.2%)	6:41	9 (46.9%)
233	KWOLEK Maciej	203		M40	47	00:10:10	00:22:09	00:33:48.65	+00:18:09 (53.7%)	6:45	8.9 (46.4%)
234	HELLER Zdzisław	149	NIEZRZESZONY	M60	12	00:10:38	00:22:15	00:33:49.85	+00:18:10 (53.7%)	6:45	8.9 (46.4%)
235	MARCZAK Andrzej	219	AKTYWNI ŻELKOWO	M60	13	00:10:39	00:22:16	00:34:00.95	+00:18:21 (54.0%)	6:48	8.8 (45.8%)
236	MACIEJCZAK Karolina	212		K40	32	00:10:31	00:22:59	00:34:49.70	+00:19:10 (55.0%)	6:57	8.6 (44.8%)
237	STRUSIK Aleksandra	161	FUNDACJA ZASTOPUJ	K18	16	00:10:23	00:22:36	00:34:58.15	+00:19:18 (55.2%)	6:59	8.6 (44.8%)
238	HARASYM Daniel	146	FUNDACJA ZASTOPUJ	M50	24	00:11:46	00:23:58	00:36:44.20	+00:21:04 (57.4%)	7:20	8.2 (42.7%)
239	FURMANIAK Grzegorz	127		M30	47	00:10:52	00:23:21	00:36:58.70	+00:21:19 (57.6%)	7:23	8.1 (42.2%)
240	OLEWIŃSKA Anna	249	NADMORSZY BIEGACZE	K40	33	00:13:25	00:29:54	00:45:18.75	+00:29:39 (65.4%)	9:03	6.6 (34.4%)
241	GRALAK Arkadiusz	138	KOŁOBRZEG BIEGA	M50	25	00:13:35	00:29:54	00:45:19.30	+00:29:39 (65.4%)	9:03	6.6 (34.4%)
242	SUDER-MAKSYMOWICZ Monika	312		K40	34	00:13:25	00:29:55	00:45:19.45	+00:29:39 (65.4%)	9:03	6.6 (34.4%)
243	PAŁUBIŃSKA Amelia	255	FUNDACJA ZASTOPUJ	K18	17	00:13:02	00:29:49		+	9:02	6.6 (34.4%)
244	PAŁUBIŃSKA Julia	256	FUNDACJA ZASTOPUJ	K14	1	00:13:02	00:29:49		+	9:02	6.6 (34.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
245	ŻUK Łukasz	346		M40	48	00:07:49			+	4:53	12.3 (64.1%)

Znaleziono 245 wynik(ów)