

# XXI BIEG WENEDÓW - 10KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

XXI Bieg Wenedów  
Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
2023-06-25  
Koszalin  
10 km



Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	4km	6km	8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>FRANCZAK Mariusz</b>	<b>14</b>	DTR BIEGA / MARIO TEAM	M-40	1	00:07:44	00:15:32	00:23:23	00:31:20	<b>00:39:11.45</b>		3:55	15.3 (100%)
2	<b>ZIELIŃSKI Emil</b>	<b>69</b>	TEAM TERMINATORUN	M-18	1	00:07:29	00:15:18	00:23:30	00:31:48	<b>00:40:00.55</b>	+00:00:49 (2.0%)	4:00	15 (98.0%)
3	<b>WERS Krzysztof</b>	<b>61</b>	NADMORSZY BIEGACZE KOŁOBRZEG	M-30	1	00:08:04	00:16:16	00:24:30	00:32:47	<b>00:40:56.95</b>	+00:01:45 (4.3%)	4:05	14.7 (96.1%)
4	<b>LASAK Konrad</b>	<b>35</b>		M-18	2	00:07:46	00:16:01	00:24:35	00:33:17	<b>00:41:46.90</b>	+00:02:35 (6.2%)	4:10	14.4 (94.1%)
5	<b>MACKOJĆ Krzysztof</b>	<b>38</b>	EL-MACKOJĆ	M-50	1	00:08:10	00:16:28	00:25:03	00:33:35	<b>00:41:52.80</b>	+00:02:41 (6.4%)	4:11	14.3 (93.5%)
6	<b>WITKIEWICZ Eryk</b>	<b>65</b>	KB DZIESIĄTKA BIALOGARD	M-40	2	00:08:02	00:16:30	00:25:06	00:33:38	<b>00:41:57.00</b>	+00:02:45 (6.6%)	4:11	14.3 (93.5%)
7	<b>FEDORCZAK Łukasz</b>	<b>13</b>	BIEGOLAS KOSZALIN	M-30	2	00:07:47	00:16:09	00:24:46	00:33:34	<b>00:42:04.00</b>	+00:02:52 (6.8%)	4:12	14.3 (93.5%)
8	<b>ŻMUDA Tomasz</b>	<b>70</b>	CW FANZA KOŁOBRZEG	M-40	3	00:08:27	00:16:58	00:25:35	00:34:14	<b>00:43:01.50</b>	+00:03:50 (8.9%)	4:18	13.9 (90.8%)
9	<b>WALEŃSKI Michał</b>	<b>60</b>	TKKF KOSZALIN	M-40	4	00:08:35	00:17:12	00:26:04	00:35:02	<b>00:43:55.20</b>	+00:04:43 (10.8%)	4:23	13.7 (89.5%)
10	<b>BARTHA Adrian</b>	<b>3</b>		M-30	3	00:08:30	00:17:23	00:26:33	00:35:54	<b>00:45:04.35</b>	+00:05:52 (13.0%)	4:30	13.3 (86.9%)
11	<b>GRZESIK Eugeniusz</b>	<b>18</b>	TKKF KOSZALIN	M-50	2	00:08:39	00:17:46	00:27:05	00:36:29	<b>00:45:33.00</b>	+00:06:21 (14.0%)	4:33	13.2 (86.3%)
12	<b>HERUDZINSKI Piotr</b>	<b>22</b>	AMATOR	M-60	1	00:08:44	00:17:47	00:27:04	00:36:29	<b>00:45:39.50</b>	+00:06:28 (14.2%)	4:33	13.1 (85.6%)
13	<b>OLSZAK Jakub</b>	<b>48</b>		M-18	3	00:08:53	00:18:13	00:27:41	00:37:09	<b>00:46:21.15</b>	+00:07:09 (15.5%)	4:38	12.9 (84.3%)
14	<b>LIPIŃSKI Sebastian</b>	<b>37</b>		M-30	4	00:09:04	00:18:38	00:28:13	00:37:59	<b>00:47:16.90</b>	+00:08:05 (17.1%)	4:43	12.7 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	4km	6km	8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>KOCIOŁOWICZ Łukasz</b>	<b>28</b>		M-40	5	00:09:14	00:18:41	00:28:17	00:38:03	<b>00:47:21.75</b>	+00:08:10 (17.3%)	4:44	12.7 (83.0%)
16	<b>KOWALCZYK Michał</b>	<b>30</b>		M-18	4	00:08:57	00:18:18	00:28:13	00:38:09	<b>00:48:13.20</b>	+00:09:01 (18.7%)	4:49	12.4 (81.0%)
17	<b>WNEK Maciej</b>	<b>66</b>		M-18	5	00:09:29	00:19:02	00:28:42	00:38:34	<b>00:48:25.30</b>	+00:09:13 (19.1%)	4:50	12.4 (81.0%)
18	<b>MOSZYŃSKI Jacek</b>	<b>44</b>	TKKF KOSZALIN	M-50	3	00:09:42	00:19:33	00:29:31	00:39:34	<b>00:49:44.35</b>	+00:10:32 (21.2%)	4:58	12.1 (79.1%)
19	<b>BARUTOWICZ Grzegorz</b>	<b>5</b>		M-40	6	00:09:34	00:19:13	00:29:04	00:39:21	<b>00:49:56.90</b>	+00:10:45 (21.5%)	4:59	12 (78.4%)
20	<b>ORLIKOWSKI Robert</b>	<b>49</b>	POŁCZYN BIEGA ♥	M-30	5	00:09:29	00:19:17	00:29:22	00:39:43	<b>00:50:03.60</b>	+00:10:52 (21.7%)	5:00	12 (78.4%)
21	<b>SKRODZKI Paweł</b>	<b>52</b>		M-30	6	00:09:00	00:18:37	00:29:01	00:39:38	<b>00:50:29.95</b>	+00:11:18 (22.4%)	5:02	11.9 (77.8%)
22	<b>BOSEK Paweł</b>	<b>7</b>	BOSKI TEAM	M-40	7	00:09:58	00:20:03	00:30:23	00:40:48	<b>00:50:48.15</b>	+00:11:36 (22.9%)	5:04	11.8 (77.1%)
23	<b>SŁAWIŃSKI Marek</b>	<b>53</b>	BIEGAM POWOLI ALE DOKŁADNIE ☺	M-30	7	00:09:21	00:19:26	00:29:46	00:40:22	<b>00:51:05.50</b>	+00:11:54 (23.3%)	5:06	11.7 (76.5%)
24	<b>LESZCZEŁOWSKI Piotr</b>	<b>36</b>	SHELTIES RACE	M-40	8	00:11:01	00:21:25	00:31:31	00:41:44	<b>00:51:41.80</b>	+00:12:30 (24.2%)	5:10	11.6 (75.8%)
25	<b>SZUTA Karol</b>	<b>59</b>		M-30	8	00:09:46	00:20:01	00:30:51	00:41:50	<b>00:52:38.65</b>	+00:13:27 (25.6%)	5:15	11.4 (74.5%)
26	<b>SENGSTOCK Dawid</b>	<b>43</b>		M-30	9	00:10:02	00:20:30	00:31:21	00:42:27	<b>00:53:01.00</b>	+00:13:49 (26.1%)	5:18	11.3 (73.9%)
27	<b>KISIELIŃSKI Igor</b>	<b>26</b>		M-50	4	00:09:59	00:20:06	00:30:49	00:41:58	<b>00:53:16.75</b>	+00:14:05 (26.4%)	5:19	11.3 (73.9%)
28	<b>BARTKOWIAK Wojciech</b>	<b>4</b>		M-50	5	00:09:48	00:20:19	00:31:15	00:42:24	<b>00:53:20.95</b>	+00:14:09 (26.5%)	5:20	11.3 (73.9%)
29	<b>HAMULAK Dariusz</b>	<b>20</b>	BIAŁOGARD BIEGA	M-50	6	00:10:27	00:21:12	00:32:09	00:43:09	<b>00:54:04.25</b>	+00:14:52 (27.5%)	5:24	11.1 (72.5%)
30	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>58</b>		M-40	9	00:09:45	00:19:55	00:30:53	00:42:37	<b>00:54:26.75</b>	+00:15:15 (28.0%)	5:26	11 (71.9%)
31	<b>DRELISZAK Mariusz</b>	<b>12</b>	17.WOG	M-40	10	00:10:35	00:21:27	00:32:28	00:43:36	<b>00:54:37.80</b>	+00:15:26 (28.3%)	5:27	11 (71.9%)
32	<b>MANDZIAK Piotr</b>	<b>40</b>		M-30	10	00:10:21	00:21:07	00:32:00	00:43:33	<b>00:54:52.75</b>	+00:15:41 (28.6%)	5:29	10.9 (71.2%)
33	<b>OLSZAK Grzegorz</b>	<b>47</b>		M-40	11	00:10:35	00:21:40	00:33:01	00:44:21	<b>00:55:30.95</b>	+00:16:19 (29.4%)	5:33	10.8 (70.6%)
34	<b>ALABA Jerzy</b>	<b>2</b>		M-60	2	00:10:47	00:21:23	00:32:29	00:44:19	<b>00:55:32.85</b>	+00:16:21 (29.4%)	5:33	10.8 (70.6%)
35	<b>DĄBROWSKI Grzegorz</b>	<b>9</b>	MNC NE	M-50	7	00:10:34	00:21:41	00:33:02	00:44:22	<b>00:55:40.05</b>	+00:16:28 (29.6%)	5:34	10.8 (70.6%)
36	<b>WILK Piotr</b>	<b>64</b>	NIEZRZESZONY	M-60	3	00:10:27	00:21:35	00:33:21	00:45:15	<b>00:57:18.05</b>	+00:18:06 (31.6%)	5:43	10.5 (68.6%)
37	<b>OSOBNIAK Ryszard</b>	<b>50</b>		M-60	4	00:11:03	00:22:20	00:33:52	00:45:39	<b>00:57:24.40</b>	+00:18:12 (31.7%)	5:44	10.5 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	4km	6km	8km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>JANKOJĆ Dominik</b>	<b>23</b>		M-40	12	00:11:14	00:22:45	00:34:14	00:45:52	<b>00:57:32.80</b>	+00:18:21 (31.9%)	5:45	10.4 (68.0%)
39	<b>KUROWSKI Marcin</b>	<b>34</b>		M-50	8	00:12:56	00:25:05	00:36:35	00:47:55	<b>00:58:13.25</b>	+00:19:01 (32.7%)	5:49	10.3 (67.3%)
40	<b>KNEBLEWSKI Łukasz</b>	<b>27</b>		M-40	13	00:12:00	00:24:07	00:36:13	00:48:23	<b>01:00:00.60</b>	+00:20:49 (34.7%)	6:00	10 (65.4%)
41	<b>KOZŁOWIECKI Waldemar</b>	<b>71</b>	TKKF KOSZALIN	M-70	1	00:11:16	00:22:50	00:35:00	00:47:31	<b>01:00:08.15</b>	+00:20:56 (34.8%)	6:00	10 (65.4%)
42	<b>RADZIMSKI Marcel</b>	<b>51</b>		M-18	6	00:10:20	00:22:34	00:35:02	00:47:44	<b>01:00:17.70</b>	+00:21:06 (35.0%)	6:01	10 (65.4%)
43	<b>HELLER Zdzisław</b>	<b>21</b>	HERBMARATONOW.PL	M-60	5	00:12:46	00:26:01	00:39:02	00:52:02	<b>01:05:09.15</b>	+00:25:57 (39.8%)	6:30	9.2 (60.1%)

Znaleziono 43 wynik(ów)