



# XXII BIEG WENEDÓW - 10KM

B4SPORT

**Wydarzenie:** XXII Bieg Wenedów  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2024-05-25  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.5km	3.2km	4.9km	6.6km	8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZYMAŃSKI Łukasz</b>	<b>51</b>	ZALEWSKI PERFORMANCE ACADEMY/BP POBIEROWO	M-30	1	00:00:00	00:05:18	00:11:36	00:17:58	00:24:28	00:31:05	<b>00:37:43.00</b>	<b>00:37:43.00</b>		3:46	15.9 (100%)
2	<b>MACKOJĆ Krzysztof</b>	<b>31</b>	EL-MACKOJĆ	M-50	1	00:00:00	00:05:42	00:12:21	00:18:59	00:25:43	00:32:30	<b>00:39:19.45</b>	<b>00:39:19.45</b>	+00:01:36 (4.1%)	3:55	15.3 (96.2%)
3	<b>CZAPLIŃSKI Jacek</b>	<b>10</b>		M-40	1	00:00:00	00:05:33	00:12:06	00:18:49	00:25:44	00:32:52	<b>00:40:08.70</b>	<b>00:40:08.70</b>	+00:02:25 (6.0%)	4:00	15 (94.3%)
4	<b>PEKAŁA Mikołaj</b>	<b>41</b>		M-18	1	00:00:00	00:05:43	00:12:36	00:19:34	00:26:34	00:33:30	<b>00:40:30.00</b>	<b>00:40:30.00</b>	+00:02:47 (6.9%)	4:03	14.8 (93.1%)
5	<b>WALEŃSKI Michał</b>	<b>59</b>	TKKF KOSZALIN	M-50	2	00:00:00	00:05:48	00:12:42	00:19:43	00:26:45	00:33:50	<b>00:40:45.70</b>	<b>00:40:45.70</b>	+00:03:02 (7.5%)	4:04	14.7 (92.5%)
6	<b>WITKIEWICZ Eryk</b>	<b>56</b>	KLUB BIEGACZA DZIESIĄTKA BIALOGARD	M-40	2	00:00:00	00:05:47	00:12:35	00:19:36	00:26:49	00:34:01	<b>00:41:12.10</b>	<b>00:41:12.10</b>	+00:03:29 (8.5%)	4:07	14.6 (91.8%)
7	<b>PIENIAWSKI Mateusz</b>	<b>42</b>		M-30	2	00:00:00	00:05:47	00:12:43	00:19:50	00:27:13	00:34:38	<b>00:41:53.05</b>	<b>00:41:53.05</b>	+00:04:10 (10.0%)	4:11	14.3 (89.9%)
8	<b>KASZTELAN Ula</b>	<b>20</b>		K-30	1	00:00:00	00:06:02	00:13:04	00:20:15	00:27:33	00:35:01	<b>00:42:28.85</b>	<b>00:42:28.85</b>	+00:04:45 (11.2%)	4:14	14.1 (88.7%)
9	<b>SAWICKI Marcin</b>	<b>46</b>		M-30	3	00:00:00	00:06:13	00:13:30	00:20:47	00:28:13	00:35:32	<b>00:42:31.85</b>	<b>00:42:31.85</b>	+00:04:48 (11.3%)	4:15	14.1 (88.7%)
10	<b>RADLIŃSKI Leopold</b>	<b>44</b>	PUPIL KOSZALIN	M-50	3	00:00:00	00:06:05	00:13:18	00:20:37	00:27:57	00:35:19	<b>00:42:32.50</b>	<b>00:42:32.50</b>	+00:04:49 (11.3%)	4:15	14.1 (88.7%)
11	<b>FLORCZYK Wojtek</b>	<b>12</b>		M-30	4	00:00:00	00:06:05	00:13:34	00:21:05	00:28:42	00:36:07	<b>00:43:33.30</b>	<b>00:43:33.30</b>	+00:05:50 (13.4%)	4:21	13.8 (86.8%)
12	<b>ADAMCZYK Michał</b>	<b>1</b>		M-40	3	00:00:00	00:05:47	00:12:52	00:20:37	00:28:31	00:36:29	<b>00:44:30.45</b>	<b>00:44:30.45</b>	+00:06:47 (15.3%)	4:27	13.5 (84.9%)
13	<b>METLICKA Wiktoria</b>	<b>36</b>	ULKS TALEX BORZYTUCHOM	K-18	1	00:00:00	00:06:23	00:14:04	00:21:45	00:29:27	00:37:00	<b>00:44:30.90</b>	<b>00:44:30.90</b>	+00:06:47 (15.3%)	4:27	13.5 (84.9%)
14	<b>STRENK Przemek</b>	<b>49</b>		M-40	4	00:00:00	00:06:13	00:13:46	00:21:35	00:29:29	00:37:33	<b>00:45:32.40</b>	<b>00:45:32.40</b>	+00:07:49 (17.2%)	4:33	13.2 (83.0%)
15	<b>KRUK Marcin</b>	<b>25</b>	TKKF MASTERS KOSZALIN	M-40	5	00:00:00	00:06:22	00:14:09	00:22:11	00:30:10	00:38:21	<b>00:46:39.15</b>	<b>00:46:39.15</b>	+00:08:56 (19.2%)	4:39	12.9 (81.1%)
16	<b>SILSKI Michał</b>	<b>47</b>	LESZCZE	M-30	5	00:00:00	00:06:55	00:14:36	00:22:34	00:30:42	00:39:03	<b>00:47:23.45</b>	<b>00:47:23.45</b>	+00:09:40 (20.4%)	4:44	12.7 (79.9%)
17	<b>PEKAŁA Piotr</b>	<b>40</b>		M-50	5	00:00:00	00:06:48	00:14:55	00:23:07	00:31:25	00:39:42	<b>00:47:42.45</b>	<b>00:47:42.45</b>	+00:09:59 (20.9%)	4:46	12.6 (79.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	1.5km	3.2km	4.9km	6.6km	8.3km					
18	<b>SIUDOWSKI Robert</b>	<b>48</b>		M-30	6	00:00:00	00:06:02	00:13:46	00:21:55	00:30:39	00:39:07	<b>00:47:50.70</b>	<b>00:47:50.70</b>	+00:10:07 (21.2%)	4:47	12.5 (78.6%)
19	<b>KONKEL Agnieszka</b>	<b>22</b>		K-40	1	00:00:00	00:06:23	00:14:08	00:22:16	00:30:44	00:39:23	<b>00:47:58.30</b>	<b>00:47:58.30</b>	+00:10:15 (21.4%)	4:47	12.5 (78.6%)
20	<b>BARTEL Mateusz</b>	<b>3</b>	#ZABIEGANINOCA	M-30	7	00:00:00	00:06:25	00:14:17	00:22:34	00:31:11	00:40:12	<b>00:48:47.05</b>	<b>00:48:47.05</b>	+00:11:04 (22.7%)	4:52	12.3 (77.4%)
21	<b>KRZEWIŃSKA Małgorzata</b>	<b>27</b>	TKKF KOSZALIN	K-60	1	00:00:00	00:07:08	00:15:39	00:24:16	00:32:53	00:41:34	<b>00:50:07.30</b>	<b>00:50:07.30</b>	+00:12:24 (24.7%)	5:00	12 (75.5%)
22	<b>LEWANDOWSKA Anna</b>	<b>29</b>		K-30	2	00:00:00	00:06:54	00:15:32	00:24:06	00:32:52	00:42:14	<b>00:51:07.20</b>	<b>00:51:07.20</b>	+00:13:24 (26.2%)	5:06	11.7 (73.6%)
23	<b>KUBIAK Katarzyna</b>	<b>28</b>		K-40	2	00:00:00	00:07:04	00:15:35	00:24:20	00:33:16	00:42:21	<b>00:51:14.25</b>	<b>00:51:14.25</b>	+00:13:31 (26.4%)	5:07	11.7 (73.6%)
24	<b>TYLMAN Piotr</b>	<b>61</b>	RUNDORFINA	M-40	6	00:00:00	00:06:23	00:14:04	00:22:14	00:32:56	00:42:18	<b>00:51:37.15</b>	<b>00:51:37.15</b>	+00:13:54 (26.9%)	5:09	11.6 (73.0%)
25	<b>KLENIEWSKI Piotr</b>	<b>21</b>		M-60	1	00:00:00	00:07:23	00:16:02	00:24:50	00:33:50	00:42:41	<b>00:51:42.10</b>	<b>00:51:42.10</b>	+00:13:59 (27.0%)	5:10	11.6 (73.0%)
26	<b>HAMULAK Dariusz</b>	<b>15</b>	BIAŁOGARD BIEGA	M-60	2	00:00:00	00:07:25	00:16:00	00:24:47	00:33:46	00:42:51	<b>00:51:52.80</b>	<b>00:51:52.80</b>	+00:14:09 (27.3%)	5:11	11.6 (73.0%)
27	<b>RADLIŃSKA Alicja</b>	<b>43</b>	PUPIL KOSZALIN	K-50	1	00:00:00	00:07:19	00:16:05	00:25:05	00:34:04	00:43:13	<b>00:52:00.80</b>	<b>00:52:00.80</b>	+00:14:17 (27.5%)	5:12	11.5 (72.3%)
28	<b>WYSOCKA Ula</b>	<b>58</b>		K-40	3	00:00:00	00:06:52	00:15:27	00:24:26	00:33:40	00:43:08	<b>00:52:23.75</b>	<b>00:52:23.75</b>	+00:14:40 (28.0%)	5:14	11.5 (72.3%)
29	<b>JABŁOŃSKA Katarzyna</b>	<b>62</b>		K-40	4	00:00:00	00:07:13	00:15:51	00:24:49	00:34:03	00:43:35	<b>00:52:43.80</b>	<b>00:52:43.80</b>	+00:15:00 (28.5%)	5:16	11.4 (71.7%)
30	<b>SCHWARZ Ludwik</b>	<b>60</b>		M-50	6	00:00:00	00:07:25	00:16:23	00:25:32	00:34:46	00:44:12	<b>00:53:13.15</b>	<b>00:53:13.15</b>	+00:15:30 (29.1%)	5:19	11.3 (71.1%)
31	<b>ORŁOWSKI Paweł</b>	<b>39</b>		M-50	7	00:00:00	00:06:50	00:15:13	00:24:15	00:33:45	00:43:44	<b>00:53:39.75</b>	<b>00:53:39.75</b>	+00:15:56 (29.7%)	5:21	11.2 (70.4%)
32	<b>WIĘSEK Natalia</b>	<b>55</b>	ULTRA WAY TEAM	K-30	3	00:00:00	00:06:55	00:15:21	00:24:16	00:33:45	00:43:42	<b>00:53:57.95</b>	<b>00:53:57.95</b>	+00:16:14 (30.1%)	5:23	11.1 (69.8%)
33	<b>WIĘCKO Paweł</b>	<b>54</b>	TORNADO KOSZALIN	M-18	2	00:00:00	00:07:15	00:15:50	00:24:59	00:34:37	00:44:35	<b>00:54:31.55</b>	<b>00:54:31.55</b>	+00:16:48 (30.8%)	5:27	11 (69.2%)
34	<b>OLSZAK Grzegorz</b>	<b>38</b>		M-50	8	00:00:00	00:07:49	00:16:55	00:26:28	00:36:04	00:45:28	<b>00:54:32.45</b>	<b>00:54:32.45</b>	+00:16:49 (30.8%)	5:27	11 (69.2%)
35	<b>DERLIŃSKI Adam</b>	<b>11</b>	TORNADO KOSZALIN	M-40	7	00:00:00	00:07:15	00:15:50	00:25:00	00:34:37	00:44:35	<b>00:54:33.10</b>	<b>00:54:33.10</b>	+00:16:50 (30.9%)	5:27	11 (69.2%)
36	<b>ŚLEDŹ Przemysław</b>	<b>52</b>		M-40	8	00:00:00	00:07:13	00:15:53	00:25:24	00:35:09	00:45:14	<b>00:54:57.35</b>	<b>00:54:57.35</b>	+00:17:14 (31.4%)	5:29	10.9 (68.6%)
37	<b>WOJDA Paulina</b>	<b>57</b>		K-30	4	00:00:00	00:07:10	00:16:03	00:25:51	00:35:27	00:45:18	<b>00:55:12.35</b>	<b>00:55:12.35</b>	+00:17:29 (31.7%)	5:31	10.9 (68.6%)
38	<b>GIBES Maciej</b>	<b>13</b>		M-40	9	00:00:00	00:07:32	00:16:30	00:25:59	00:36:00	00:46:09	<b>00:55:59.45</b>	<b>00:55:59.45</b>	+00:18:16 (32.6%)	5:35	10.7 (67.3%)
39	<b>LISOWSKI Krzysztof</b>	<b>30</b>		M-40	10	00:00:00	00:07:31	00:16:47	00:26:31	00:36:33	00:46:53	<b>00:56:59.30</b>	<b>00:56:59.30</b>	+00:19:16 (33.8%)	5:41	10.5 (66.0%)
40	<b>WIĘSEK Artur</b>	<b>64</b>		M-30	8	00:00:00	00:07:59	00:17:22	00:27:03	00:36:59	00:47:55	<b>00:57:58.75</b>	<b>00:57:58.75</b>	+00:20:15 (34.9%)	5:47	10.4 (65.4%)
41	<b>MIŁASZEWSKI Przemek</b>	<b>37</b>	AMBRA POLSKA	M-40	11	00:00:00	00:07:35	00:16:54	00:28:03	00:37:54	00:47:58	<b>00:58:11.75</b>	<b>00:58:11.75</b>	+00:20:28 (35.2%)	5:49	10.3 (64.8%)
42	<b>RUDZIŃSKI Mateusz</b>	<b>63</b>		M-18	3	00:00:00	00:08:07	00:18:20	00:28:39	00:38:55	00:49:15	<b>00:58:43.30</b>	<b>00:58:43.30</b>	+00:21:00 (35.8%)	5:52	10.2 (64.2%)
43	<b>HRYCIÓW Paweł</b>	<b>16</b>		M-40	12	00:00:00	00:08:07	00:18:20	00:28:39	00:38:55	00:49:15	<b>00:58:50.30</b>	<b>00:58:50.30</b>	+00:21:07 (35.9%)	5:53	10.2 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	1.5km	3.2km	4.9km	6.6km	8.3km					
44	<b>KOZŁOWIECKI Waldemar</b>	<b>24</b>	TKKF KOSZALIN	M-70	1	00:00:00	00:08:16	00:18:35	00:28:22	00:38:25	00:48:43	<b>00:59:15.80</b>	<b>00:59:15.80</b>	+00:21:32 (36.4%)	5:55	10.1 (63.5%)
45	<b>KRYSTOSIK Dorota</b>	<b>26</b>		K-30	5	00:00:00	00:08:13	00:18:19	00:28:36	00:39:03	00:49:38	<b>00:59:37.20</b>	<b>00:59:37.20</b>	+00:21:54 (36.7%)	5:57	10.1 (63.5%)
46	<b>KAMIŃSKI Tomasz</b>	<b>19</b>	JW1223	M-40	13	00:00:00	00:08:02	00:17:44	00:27:48	00:38:27	00:49:14	<b>00:59:39.35</b>	<b>00:59:39.35</b>	+00:21:56 (36.8%)	5:57	10.1 (63.5%)
47	<b>BURDA Robert</b>	<b>8</b>	KOSPEL	M-50	4	00:18:41	00:05:58	00:13:07	00:20:28	00:28:04	00:35:36	<b>00:42:56.45</b>	<b>01:01:37.45</b>	+00:05:13 (12.2%)	4:17	14 (88.1%)
48	<b>JUSZCZAK Krzysztof</b>	<b>18</b>		M-70	2	00:00:00	00:08:16	00:18:46	00:29:39	00:40:52	00:52:07	<b>01:03:15.65</b>	<b>01:03:15.65</b>	+00:25:32 (40.4%)	6:19	9.5 (59.7%)
49	<b>MAJSTERKIEWICZ Natalia</b>	<b>32</b>		K-18	2	00:00:00	00:08:17	00:19:02	00:30:24	00:43:03	00:55:30	<b>01:07:10.20</b>	<b>01:07:10.20</b>	+00:29:27 (43.8%)	6:43	8.9 (56.0%)
50	<b>BOCHNIARZ Bartosz</b>	<b>5</b>		M-18	4	00:00:00	00:08:17	00:19:02	00:30:24	00:43:04	00:55:30	<b>01:07:10.35</b>	<b>01:07:10.35</b>	+00:29:27 (43.9%)	6:43	8.9 (56.0%)
51	<b>WALO Zbigniew</b>	<b>53</b>	X	M-60	3	00:00:00	00:08:43	00:19:41	00:31:35	00:43:56	00:56:18	<b>01:09:07.55</b>	<b>01:09:07.55</b>	+00:31:24 (45.4%)	6:54	8.7 (54.7%)

Znaleziono 51 wynik(ów)