



**Wydarzenie:** XVII Bieg Górski - III Mistrzostwa Polski Masters w Biegu Górskim w Stylu Anglosaskim  
**Organizator:** TOWARZYSTWO KRZEMIENIA KULTURY FIZYCZNEJ  
**Data:** 2026-04-18  
**Miejsce:** Koszalin  
**Dystans:** 10 km

## BIEG - 10KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	MAKAREWICZ Karol	55	OGRODNICTWO BIAŁY BÓR	M35	1	00:18:55	<b>00:37:37.57</b>		3:45	16 (100%)
2	TOMKOWSKI Przemysław	89	CHRYSTUS KRÓLEM	M40	1	00:19:00	<b>00:38:53.57</b>	+00:01:16 (3.3%)	3:53	15.4 (96.3%)
3	WASZCZUK Tomasz	91	WASZCZUK TEAM	M45	1	00:19:35	<b>00:39:38.35</b>	+00:02:00 (5.1%)	3:57	15.1 (94.4%)
4	KOTLAREK Dawid	43	SOBAS TEAM	M45	2	00:19:21	<b>00:39:52.60</b>	+00:02:15 (5.6%)	3:59	15.1 (94.4%)
5	BURZYŃSKI Aleksander	9	STOPA SŁUPSK	M45	3	00:20:10	<b>00:41:00.87</b>	+00:03:23 (8.3%)	4:06	14.6 (91.3%)
6	STASIUKIEWICZ Rafał	82	7PBOT	M45	4	00:19:53	<b>00:41:56.33</b>	+00:04:18 (10.3%)	4:11	14.3 (89.4%)
7	GARBACZ Tadeusz	21	LEŚNE TURBO DZIKI	M35	2	00:21:14	<b>00:42:55.09</b>	+00:05:17 (12.3%)	4:17	14 (87.5%)
8	STANKOWSKI Rafał	81	SZURAMSOBIE	M40	2	00:21:09	<b>00:43:05.58</b>	+00:05:28 (12.7%)	4:18	13.9 (86.9%)
9	GOSTKOWSKI Łukasz	24		M35	3	00:21:28	<b>00:43:20.10</b>	+00:05:42 (13.2%)	4:20	13.8 (86.3%)
10	BUŻNIAK Arkadiusz	10	MKL BRYGADA BESKIDÓW	M35	4	00:21:25	<b>00:43:22.95</b>	+00:05:45 (13.3%)	4:20	13.8 (86.3%)
11	BAKALARZ Adam	4	DARŁOWSKIE CHARTY	M40	3	00:22:08	<b>00:44:09.10</b>	+00:06:31 (14.8%)	4:24	13.6 (85.0%)
12	HOFMAN Dariusz	105	TEAM TERMINATORUN	M40	4	00:21:36	<b>00:44:17.86</b>	+00:06:40 (15.1%)	4:25	13.5 (84.4%)
13	DUDA Grzegorz	16	BEST BEASTS	M45	5	00:21:45	<b>00:44:43.61</b>	+00:07:06 (15.9%)	4:28	13.4 (83.8%)
14	PRZYSIWEK Piotr	74	AGATRI JPMASTERS	M50	1	00:21:52	<b>00:45:05.86</b>	+00:07:28 (16.6%)	4:30	13.3 (83.1%)
15	BALIŃSKI Karol	6	CZTERY KROKI	M35	5	00:22:37	<b>00:45:19.85</b>	+00:07:42 (17.0%)	4:31	13.2 (82.5%)
16	WERAKSO Leszek	92	SZCZECIN	M50	2	00:22:31	<b>00:46:19.11</b>	+00:08:41 (18.8%)	4:37	13 (81.3%)
17	KLOC Dariusz	36	BEST BEASTS	M40	5	00:22:48	<b>00:46:27.00</b>	+00:08:49 (19.0%)	4:38	12.9 (80.6%)
18	KOZAR Krzysztof	44	AGC SPORT TEAM	M40	6	00:23:47	<b>00:47:41.35</b>	+00:10:03 (21.1%)	4:46	12.6 (78.8%)
19	MAKARSKI Marcin	56	DARŁOWSKIE CHARTY	M40	7	00:23:43	<b>00:48:45.85</b>	+00:11:08 (22.8%)	4:52	12.3 (76.9%)
20	ZWOLIŃSKI Jan	98	TKKF KOSZALIN	M55	1	00:24:47	<b>00:50:40.61</b>	+00:13:03 (25.8%)	5:04	11.8 (73.8%)
21	TOMKOWSKI Krzysztof	90		M35	6	00:24:57	<b>00:50:44.46</b>	+00:13:06 (25.8%)	5:04	11.8 (73.8%)
22	IWANIEC Dariusz	29	BIEGOLAS KOSZALIN	M50	3	00:25:22	<b>00:51:33.62</b>	+00:13:56 (27.0%)	5:09	11.6 (72.5%)
23	MAZUR Emilusz	61		M45	6	00:28:24	<b>00:51:40.72</b>	+00:14:03 (27.2%)	5:10	11.6 (72.5%)
24	KOCHANOWSKI Roman	37	BIAŁOGARD BIEGA	M50	4	00:25:28	<b>00:51:42.37</b>	+00:14:04 (27.2%)	5:10	11.6 (72.5%)
25	BAKALARZ Kasia	5	DARŁOWSKIE CHARTY	K40	1	00:25:30	<b>00:51:57.38</b>	+00:14:19 (27.6%)	5:11	11.5 (71.9%)
26	KORNAŚ Marcin	40	GÓRYLASY	M45	7	00:25:12	<b>00:52:58.59</b>	+00:15:21 (29.0%)	5:17	11.3 (70.6%)
27	BARTKOWIAK Wojciech	7		M55	2	00:25:46	<b>00:53:23.64</b>	+00:15:46 (29.5%)	5:20	11.2 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>WIĄSEK Natalia</b>	<b>101</b>	TKKF KOSZALIN	K OPEN	1	00:26:28	<b>00:53:26.13</b>	+00:15:48 (29.6%)	5:20	11.2 (70.0%)
29	<b>GAWEŁ Marcin</b>	<b>23</b>		M OPEN	1	00:25:50	<b>00:54:15.36</b>	+00:16:37 (30.7%)	5:25	11.1 (69.4%)
30	<b>SZCZERKOWSKA Joanna</b>	<b>65</b>	AGC TEAM	K OPEN	2	00:26:36	<b>00:54:29.36</b>	+00:16:51 (30.9%)	5:26	11 (68.8%)
31	<b>MAZUR Mirosław</b>	<b>99</b>	TKKF KOSZALIN	M55	3	00:26:39	<b>00:54:29.37</b>	+00:16:51 (30.9%)	5:26	11 (68.8%)
32	<b>GALICKI Robert</b>	<b>20</b>		M45	8	00:27:31	<b>00:54:32.88</b>	+00:16:55 (31.0%)	5:27	11 (68.8%)
33	<b>GRUDZIŃSKI Marcin</b>	<b>102</b>		M35	7	00:26:54	<b>00:54:58.87</b>	+00:17:21 (31.6%)	5:29	10.9 (68.1%)
34	<b>ŁOPIŃSKI Piotr</b>	<b>52</b>	FSD	M45	9	00:26:56	<b>00:55:11.86</b>	+00:17:34 (31.8%)	5:31	10.9 (68.1%)
35	<b>WOJCIECHOWSKA Wanda</b>	<b>94</b>	UKL FENIKS ŚWIDWIN	K55	1	00:26:37	<b>00:55:23.13</b>	+00:17:45 (32.1%)	5:32	10.8 (67.5%)
36	<b>PAJĄCZKOWSKI Emil</b>	<b>70</b>		M40	8	00:27:44	<b>00:55:55.14</b>	+00:18:17 (32.7%)	5:35	10.7 (66.9%)
37	<b>MATUSZEWSKI Piotr</b>	<b>60</b>		M OPEN	2	00:27:51	<b>00:56:06.63</b>	+00:18:29 (32.9%)	5:36	10.7 (66.9%)
38	<b>KORNIEWICZ-KWINTA Katarzyna</b>	<b>41</b>		K45	1	00:27:44	<b>00:56:34.64</b>	+00:18:57 (33.5%)	5:39	10.6 (66.3%)
39	<b>KONKEL Agnieszka</b>	<b>39</b>		K40	2	00:27:44	<b>00:57:41.15</b>	+00:20:03 (34.8%)	5:46	10.4 (65.0%)
40	<b>KASPRZYK Bogdan</b>	<b>34</b>	KS WILKI POMORSKIE	M50	5	00:28:41	<b>00:58:07.18</b>	+00:20:29 (35.3%)	5:48	10.3 (64.4%)
41	<b>LITWINOWICZ Renata</b>	<b>51</b>	KB WYGAN	K45	2	00:28:47	<b>00:58:37.13</b>	+00:20:59 (35.8%)	5:51	10.2 (63.8%)
42	<b>MACIĄG Piotr</b>	<b>53</b>		M45	10	00:28:53	<b>00:59:09.63</b>	+00:21:32 (36.4%)	5:54	10.1 (63.1%)
43	<b>OLSZAK Grzegorz</b>	<b>66</b>		M50	6	00:28:52	<b>00:59:10.65</b>	+00:21:33 (36.4%)	5:55	10.1 (63.1%)
44	<b>MACIĄG Paweł</b>	<b>54</b>	AGC TEAM	M45	11	00:29:08	<b>00:59:12.14</b>	+00:21:34 (36.4%)	5:55	10.1 (63.1%)
45	<b>SIMLAT Anna</b>	<b>77</b>	UKL FENIKS ŚWIDWIN	K45	3	00:28:57	<b>00:59:37.91</b>	+00:22:00 (36.9%)	5:57	10.1 (63.1%)
46	<b>SZALIŁOW Ewa</b>	<b>84</b>		K35	1	00:28:34	<b>00:59:41.13</b>	+00:22:03 (37.0%)	5:58	10.1 (63.1%)
47	<b>SKLENARSKI Piotr</b>	<b>78</b>	BIEGNIĘCI TEAM KOSZALIN	M50	7	00:28:23	<b>00:59:51.18</b>	+00:22:13 (37.1%)	5:59	10 (62.5%)
48	<b>DIDŁUCH Jacek</b>	<b>15</b>	KARLINOBIEGAJ	M45	12	00:28:14	<b>01:00:13.14</b>	+00:22:35 (37.5%)	6:01	10 (62.5%)
49	<b>DSUDER-MAKSYMOWICZ Grzegorz</b>	<b>109</b>		M45	13	00:30:16	<b>01:01:27.63</b>	+00:23:50 (38.8%)	6:08	9.8 (61.3%)
50	<b>HAŁAJKO Magdalena</b>	<b>28</b>	TKKF KOSZALIN	K40	3	00:30:21	<b>01:02:51.15</b>	+00:25:13 (40.1%)	6:17	9.5 (59.4%)
51	<b>TARADAJCZYK Agnieszka</b>	<b>88</b>	BEST BEASTS	K50	1	00:30:32	<b>01:04:14.91</b>	+00:26:37 (41.4%)	6:25	9.3 (58.1%)
52	<b>POLAŃSKI Piotr</b>	<b>73</b>	KMP KOSZALIN	M OPEN	3	00:30:58	<b>01:05:35.67</b>	+00:27:58 (42.6%)	6:33	9.1 (56.9%)
53	<b>ZAWISKA Anna</b>	<b>95</b>		K35	2	00:32:35	<b>01:07:32.90</b>	+00:29:55 (44.3%)	6:45	8.9 (55.6%)
54	<b>PIĄTKOWSKA Urszula</b>	<b>71</b>	BIEGNIĘCI TEAM KOSZALIN	K45	4	00:34:10	<b>01:10:36.18</b>	+00:32:58 (46.7%)	7:03	8.5 (53.1%)
55	<b>GADEK Michał</b>	<b>19</b>		M35	8	00:34:45	<b>01:12:25.41</b>	+00:34:47 (48.0%)	7:14	8.3 (51.9%)
56	<b>SIEWIERSKA Magdalena</b>	<b>107</b>		K OPEN	3	00:35:44	<b>01:14:22.67</b>	+00:36:45 (49.4%)	7:26	8.1 (50.6%)
57	<b>AUGUSTYNOWICZ Maciej</b>	<b>3</b>	KMP KOSZALIN	M OPEN	4	00:37:07	<b>01:16:40.22</b>	+00:39:02 (50.9%)	7:40	7.8 (48.8%)
58	<b>JARCZEWSKA Renata</b>	<b>30</b>		K55	2	00:39:20	<b>01:20:11.93</b>	+00:42:34 (53.1%)	8:01	7.5 (46.9%)

Znaleziono 58 wynik(ów)