



III OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5 KM

B4SPORT

Organizator/
Organizer: TKKF Koszalin
Data/ Date: 2018-09-19
Miejsce/ Place: Koszalin
Dystans/ Distance: 5 km



Klasyfikacja/ Classification: Wszyscy/ Open

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	Czas netto 5km	Różn/ Gap	Tempo min/km	Tempo km/h
1	ZABORSKI Ryszard	443	TKKF KOSZALIN/ORKIESTRA WOJSKOWA	Mężczyźni	1	00:00:36	00:01:57	00:03:21	00:03:45	00:04:46	00:06:12	00:07:38	00:10:33	00:12:01	00:13:25	00:14:49	00:16:12	00:17:36.62		3:31	17
2	SIADAK Arkadiusz	435		Mężczyźni	2	00:00:36	00:01:57	00:03:21	00:04:46	00:06:12	00:07:38	00:09:05	00:10:33	00:12:02	00:13:27	00:14:52	00:16:21	00:17:44.76	+00:00:08	3:32	16.9
3	STEBELSKI Jasiek	440		Mężczyźni	3	00:00:34	00:01:56	00:03:20	00:04:46	00:06:12	00:07:38	00:09:05	00:10:33	00:12:02	00:13:27	00:14:55	00:16:25	00:17:47.29	+00:00:10	3:33	16.9
4	HUBERT Łukasz	319	TKKF KOSZALIN	Mężczyźni	4	00:00:36	00:01:59	00:03:26	00:04:53	00:06:19	00:07:49	00:09:18	00:10:46	00:12:15	00:13:45	00:15:14	00:16:43	00:18:00.39	+00:00:23	3:36	16.7
5	NAKONIECZNY Rafał	424	TKKF KOSZALIN	Mężczyźni	5	00:00:39	00:02:05	00:03:34	00:05:02	00:06:30	00:07:59	00:09:29	00:10:58	00:12:28	00:14:00	00:15:31	00:17:04	00:18:29.88	+00:00:53	3:41	16.2
6	ZUKAL Piotr	445		Mężczyźni	6	00:00:39	00:02:06	00:03:35	00:05:04	00:06:34	00:08:05	00:09:34	00:11:05	00:12:35	00:14:06	00:15:35	00:17:06	00:18:32.15	+00:00:55	3:42	16.2
7	CZAPLIŃSKI Jacek	280	TAGER KOSZALIN	Mężczyźni	7	00:00:37	00:02:04	00:03:33	00:05:02	00:06:33	00:08:05	00:09:35	00:11:06	00:12:39	00:14:14	00:15:48	00:17:22	00:18:50.91	+00:01:14	3:46	15.9
8	ZWOLIŃSKI Jan	446	TKKF KOSZALIN	Mężczyźni	8	00:00:40	00:02:09	00:03:41	00:05:12	00:06:43	00:08:15	00:09:47	00:11:18	00:12:50	00:14:21	00:15:54	00:17:27	00:18:54.38	+00:01:17	3:46	15.9
9	PICK Tomasz	429	DEAF KOSZALIN	Mężczyźni	9	00:00:42	00:02:07	00:03:35	00:05:04	00:06:37	00:08:11	00:09:46	00:11:23	00:12:57	00:14:31	00:16:06	00:17:41	00:19:01.04	+00:01:24	3:48	15.8
10	SOSNOWSKI Tomasz	438	MEDEN-INMED SPORTS TEAM	Mężczyźni	10	00:00:36	00:02:03	00:03:33	00:05:08	00:06:44	00:08:18	00:09:52	00:11:31	00:13:08	00:14:44	00:16:19	00:17:53	00:19:06.98	+00:01:30	3:49	15.7
11	PRZEWŁOCKI Michał	430	TKKF KOSZALIN	Mężczyźni	11	00:00:39	00:02:09	00:03:42	00:05:13	00:06:45	00:08:16	00:09:47	00:11:19	00:12:51	00:14:24	00:16:00	00:17:38	00:19:12.72	+00:01:36	3:50	15.6
12	SIENIAWSKI Jarek	436	MEDEN-INMED SPORTS TEAM	Mężczyźni	12	00:00:41	00:02:13	00:03:44	00:05:17	00:06:50	00:08:24	00:10:01	00:11:36	00:13:14	00:14:48	00:16:23	00:17:56	00:19:19.83	+00:01:43	3:51	15.5
13	NOWICKI Michał	426	KB WYGAN	Mężczyźni	13	00:00:45	00:02:18	00:03:54	00:05:30	00:07:02	00:08:37	00:10:13	00:11:50	00:13:24	00:15:00	00:16:35	00:18:11	00:19:42.00	+00:02:05	3:56	15.2
14	KOŚCIELNIAK Robert	384	TKKF KOSZALIN	Mężczyźni	14	00:00:41	00:02:15	00:03:51	00:05:25	00:07:01	00:08:36	00:10:13	00:11:50	00:13:27	00:15:05	00:16:43	00:18:20	00:19:44.03	+00:02:07	3:56	15.2
15	KASZUBA Łukasz	355	FARMER SPORT&DRINKING TEAM	Mężczyźni	15	00:00:36	00:02:00	00:03:31	00:05:02	00:06:34	00:08:10	00:09:46	00:11:27	00:13:13	00:15:00	00:16:45	00:18:23	00:19:44.77	+00:02:08	3:56	15.2
16	JAMNIAK Bartosz	331	TKKF KOSZALIN	Mężczyźni	16	00:00:40	00:02:12	00:03:45	00:05:17	00:06:50	00:08:23	00:09:58	00:11:36	00:13:13	00:14:54	00:16:35	00:18:15	00:19:45.35	+00:02:08	3:57	15.2
17	MAJKOWICZ Rafał	404		Mężczyźni	17	00:00:41	00:02:03	00:03:33	00:05:02	00:06:33	00:08:10	00:09:46	00:11:25	00:13:04	00:14:50	00:16:35	00:18:18	00:19:53.35	+00:02:16	3:58	15.1
18	JABŁOŃSKI Tomasz	329	KB SPOKO SŁAWNO	Mężczyźni	18	00:00:38	00:02:02	00:03:33	00:05:07	00:06:44	00:08:20	00:09:58	00:11:37	00:13:17	00:14:58	00:16:40	00:18:21	00:19:55.67	+00:02:19	3:59	15.1

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	Czas netto 5km	Różn/ Gap	Tempo min/km	Tempo km/h
19	KONKEL Agnieszka	375		Kobiety	1	00:00:44	00:02:15	00:03:51	00:05:26	00:07:01	00:08:37	00:10:13	00:11:51	00:13:28	00:15:06	00:16:45	00:18:23	00:19:57.52	+00:02:20	3:59	15
20	BESZTERDA Sebastian	232	NIETOPERZE KOSZALIN	Mężczyźni	19	00:00:42	00:02:15	00:03:51	00:05:26	00:07:01	00:08:37	00:10:13	00:11:51	00:13:30	00:15:12	00:16:55	00:18:37	00:20:18.91	+00:02:42	4:03	14.8
21	BIEŃKOWSKI Tomasz	239		Mężczyźni	20	00:00:37	00:01:59	00:03:26	00:04:59	00:06:33	00:08:16	00:10:00	00:11:47	00:13:29	00:15:15	00:17:02	00:18:49	00:20:28.60	+00:02:51	4:05	14.7
22	MIŁASZEWSKI Przemek	421	TEAM HOLIDAY SPORT	Mężczyźni	21	00:00:44	00:02:23	00:04:02	00:05:41	00:07:21	00:08:59	00:10:39	00:12:18	00:13:59	00:15:38	00:17:17	00:18:55	00:20:29.58	+00:02:52	4:05	14.6
23	MOSZYŃSKI Jacek	422	TKKF KOSZALIN	Mężczyźni	22	00:00:46	00:02:30	00:04:08	00:05:47	00:07:25	00:09:03	00:10:42	00:12:21	00:14:02	00:15:42	00:17:23	00:19:02	00:20:34.47	+00:02:57	4:06	14.6
24	CHORAŻY Karolina	260	LEO-TEAM	Kobiety	2	00:00:44	00:02:19	00:03:59	00:05:38	00:07:18	00:08:57	00:10:39	00:12:21	00:14:02	00:15:42	00:17:24	00:19:06	00:20:44.55	+00:03:07	4:08	14.5
25	JAROSZ Jakub	338	TKKF KOSZALIN	Mężczyźni	23	00:00:47	00:02:30	00:04:13	00:05:56	00:07:38	00:09:20	00:11:03	00:12:45	00:14:26	00:16:06	00:17:45	00:19:24	00:20:50.42	+00:03:13	4:10	14.4
26	SIKORSKI Adam	437	SIKORROWO	Mężczyźni	24	00:00:54	00:02:29	00:04:09	00:05:47	00:07:25	00:09:04	00:10:43	00:12:23	00:14:06	00:15:50	00:17:36	00:19:20	00:20:57.08	+00:03:20	4:11	14.3
27	JAROSZ Dariusz	333	TKKF KOSZALIN	Mężczyźni	25	00:00:47	00:02:31	00:04:14	00:05:56	00:07:39	00:09:21	00:11:03	00:12:45	00:14:27	00:16:09	00:17:50	00:19:30	00:21:03.40	+00:03:26	4:12	14.3
28	IWANIEC Dariusz	326	TKKF KOSZALIN	Mężczyźni	26	00:00:48	00:02:31	00:04:14	00:05:58	00:07:39	00:09:23	00:11:05	00:12:48	00:14:30	00:16:17	00:17:59	00:19:43	00:21:14.06	+00:03:37	4:14	14.1
29	KULAKOWSKI Dawid	402	TKKF KOSZALIN	Mężczyźni	27	00:00:48	00:02:31	00:04:14	00:05:57	00:07:40	00:09:23	00:11:05	00:12:48	00:14:31	00:16:16	00:17:59	00:19:43	00:21:15.36	+00:03:38	4:15	14.1
30	KRUPIŃSKI Krzysztof	390	E-UROLOG.EU	Mężczyźni	28	00:00:47	00:02:28	00:04:10	00:05:53	00:07:37	00:09:23	00:11:07	00:12:52	00:14:38	00:16:24	00:18:10	00:19:58	00:21:40.56	+00:04:03	4:20	13.8
31	ROGOŻA Ireneusz	433		Mężczyźni	29	00:00:44	00:02:25	00:04:07	00:05:51	00:07:37	00:09:22	00:11:06	00:12:51	00:14:38	00:16:27	00:18:19	00:20:11	00:21:48.24	+00:04:11	4:21	13.8
32	MICERSKI Tomasz	420	TKKF KOSZALIN	Mężczyźni	30	00:00:48	00:02:32	00:04:15	00:05:58	00:07:40	00:09:35	00:11:20	00:13:05	00:14:53	00:16:43	00:18:30	00:20:16	00:21:52.04	+00:04:15	4:22	13.7
33	PEŁECHATA Julita	428		Kobiety	3	00:00:44	00:02:23	00:04:06	00:05:51	00:07:37	00:09:24	00:11:12	00:13:00	00:14:49	00:16:37	00:18:27	00:20:17	00:21:58.02	+00:04:21	4:23	13.7
34	SZNYTER Sabina	450	DECATHLON KOSZALIN	Kobiety	4	00:00:46	00:02:32	00:04:16	00:06:03	00:07:50	00:09:37	00:11:25	00:13:13	00:15:00	00:16:48	00:18:37	00:20:25	00:22:06.66	+00:04:30	4:25	13.6
35	SZKOŁUDA Miłosz	449	DECATHLON KOSZALIN	Mężczyźni	31	00:00:46	00:02:31	00:04:16	00:06:02	00:07:48	00:09:37	00:11:25	00:13:12	00:14:59	00:16:47	00:18:36	00:20:25	00:22:07.18	+00:04:30	4:25	13.6
36	OTTO Michał	427		Mężczyźni	32	00:00:43	00:02:24	00:04:10	00:05:58	00:07:47	00:09:38	00:11:26	00:13:16	00:15:07	00:16:58	00:18:49	00:20:38	00:22:22.78	+00:04:46	4:28	13.4
37	GAŁECKI Jacek	448		Mężczyźni	33	00:00:46	00:02:29	00:04:14	00:06:03	00:07:52	00:09:43	00:11:34	00:13:26	00:15:13	00:17:03	00:18:52	00:20:40	00:22:27.04	+00:04:50	4:29	13.4
38	DUDZIAK Piotr	309	FOR-REST-RUN KOSZALIN	Mężczyźni	34	00:00:43	00:02:18	00:03:58	00:05:41	00:07:30	00:09:20	00:11:09	00:13:00	00:14:54	00:16:50	00:18:47	00:20:41	00:22:33.13	+00:04:56	4:30	13.3
39	GLISZCZYŃSKI Łukasz	976	ŚWIAT PLYTEK U KRYPINA	Mężczyźni	35	00:00:49	00:02:29	00:04:14	00:06:03	00:07:51	00:09:43	00:11:34	00:13:27	00:15:21	00:17:16	00:19:10	00:21:02	00:22:44.62	+00:05:07	4:32	13.2
40	CHUDZIK Zbigniew	278	TKKF KOSZALIN	Mężczyźni	36	00:00:47	00:02:37	00:04:29	00:06:20	00:08:12	00:10:04	00:11:55	00:13:48	00:15:41	00:17:33	00:19:24	00:21:14	00:22:47.77	+00:05:11	4:33	13.2
41	DĄBROWSKA Alicja	283	TKKF KOSZALIN	Kobiety	5	00:00:49	00:02:40	00:04:30	00:06:20	00:08:11	00:10:03	00:11:55	00:13:48	00:15:40	00:17:32	00:19:23	00:21:13	00:22:48.14	+00:05:11	4:33	13.2
42	OSOBNIAK Ryszard	274		Mężczyźni	37	00:00:50	00:02:39	00:04:26	00:06:17	00:08:08	00:09:59	00:11:52	00:13:46	00:15:39	00:17:33	00:19:26	00:21:19	00:22:59.19	+00:05:22	4:35	13.1
43	KRZEWIŃSKA Małgorzata	393	TKKF KOSZALIN	Kobiety	6	00:00:50	00:02:40	00:04:30	00:06:20	00:08:11	00:10:03	00:11:55	00:13:48	00:15:40	00:17:32	00:19:24	00:21:14	00:23:00.17	+00:05:23	4:36	13
44	ANTKOWIAK Sebastian	214	DB - ACTIVE	Mężczyźni	38	00:00:48	00:02:32	00:04:17	00:06:04	00:07:54	00:09:45	00:11:36	00:13:31	00:15:27	00:17:22	00:19:16	00:21:13	00:23:02.27	+00:05:25	4:36	13

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	Czas netto 5km	Różn/ Gap	Tempo min/km	Tempo km/h
45	DZIESZUK Dariusz	978	TKKF KOSZALIN	Mężczyźni	39	00:00:52	00:02:44	00:04:36	00:06:29	00:08:21	00:10:14	00:12:09	00:14:02	00:15:55	00:17:48	00:19:42	00:21:34	00:23:19.75	+00:05:43	4:39	12.9
46	RUTKOWSKI Artur	434	KOSZALIŃSKI RANKING BIEGACZY	Mężczyźni	40	00:00:48	00:02:26	00:04:04	00:05:47	00:07:36	00:09:37	00:11:35	00:13:39	00:15:42	00:17:46	00:19:51	00:21:50	00:23:36.86	+00:06:00	4:43	12.7
47	ZIELIŃSKI Grzegorz	444		Mężczyźni	41	00:00:44	00:02:29	00:04:20	00:06:16	00:08:11	00:10:07	00:12:03	00:14:02	00:15:59	00:17:55	00:19:55	00:21:55	00:23:50.70	+00:06:14	4:46	12.6
48	MRUGALSKI Stanisław	423		Mężczyźni	42	00:00:55	00:02:49	00:04:41	00:06:36	00:08:35	00:10:33	00:12:30	00:14:27	00:16:24	00:18:19	00:20:15	00:22:12	00:23:58.93	+00:06:22	4:47	12.5
49	JASIENIECKI Piotr	348	ZEFIR WYSZEWO	Mężczyźni	43	00:00:54	00:02:49	00:04:45	00:06:42	00:08:40	00:10:37	00:12:35	00:14:32	00:16:30	00:18:25	00:20:18	00:22:11	00:23:59.54	+00:06:22	4:47	12.5
50	JASIŃSKI Cezary	999		Mężczyźni	44	00:00:49	00:02:41	00:04:34	00:06:28	00:08:24	00:10:17	00:12:12	00:14:07	00:16:01	00:17:55	00:19:49	00:21:40	00:24:03.60	+00:06:26	4:48	12.5
51	HAŁAJKO Magdalena	315	HEISENBERG TEAM	Kobiety	7	00:00:49	00:02:38	00:04:30	00:06:22	00:08:17	00:10:13	00:12:12	00:14:15	00:16:21	00:18:23	00:20:28	00:22:32	00:24:29.52	+00:06:52	4:53	12.3
52	STAŃCZYK Franciszek	439	NIEZRZESZONY	Mężczyźni	45	00:00:55	00:02:54	00:05:02	00:07:14	00:09:27	00:11:40	00:14:11	00:16:28	00:18:43	00:21:14	00:23:28	00:26:02	00:28:24.09	+00:10:47	5:40	10.6
53	KĘPKA Adrian	979	DECATHLON KOSZALIN	Mężczyźni	46	00:00:35	00:01:52	00:03:13	00:04:35	00:05:58	00:07:22	00:08:46	00:10:11	00:11:36	00:13:01	00:14:25	00:15:46		+	3:25	17.5

Znaleziono 53 wynik(ów)