



VI OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

B4SPORT

Organizator: TKKF Koszalin
Data: 2021-06-02
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: 1 Seria

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Lap_2 1km	Lap_5 2.2km	Lap_7 3km	Lap_10 4.2km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KACZOR Agnieszka	22	UKS WIKING RYCHNOWY	1 Seria	1	Seria 1	00:03:36	00:08:07	00:11:05	00:15:40	00:18:46.90		3:45	16 (100%)
2	SZNYTER Sabina	57	BIEGOLAS KOSZALIN	1 Seria	2	Seria 1	00:03:51	00:08:45	00:12:04	00:17:03	00:20:12.90	+00:01:26 (7.1%)	4:02	14.9 (93.1%)
3	KRYNICKA GRZYB Małgorzata	31		1 Seria	3	Seria 1	00:03:41	00:08:34	00:11:55	00:17:03	00:20:15.60	+00:01:28 (7.3%)	4:03	14.8 (92.5%)
4	POCHRANOWICZ Janusz	44		1 Seria	4	Seria 1	00:03:59	00:08:57	00:12:16	00:17:17	00:20:30.55	+00:01:43 (8.4%)	4:06	14.6 (91.3%)
5	ZATOŃ Olga	64		1 Seria	5	Seria 1	00:03:47	00:08:53	00:12:24	00:17:39	00:21:05.75	+00:02:18 (11.0%)	4:13	14.2 (88.8%)
6	CHUDY Henryk	7	K SOLSZEWSKI I SYNOWIE	1 Seria	6	Seria 1	00:04:01	00:09:14	00:12:44	00:18:06	00:21:40.80	+00:02:53 (13.4%)	4:20	13.8 (86.3%)
7	KRYNICKA Magdalena	30		1 Seria	7	Seria 1	00:04:04	00:09:13	00:12:48	00:18:24	00:21:53.65	+00:03:06 (14.2%)	4:22	13.7 (85.6%)
8	DĄBROWSKA Alicja	9	TKKF KOSZALIN	1 Seria	8	Seria 1	00:04:21	00:09:44	00:13:22	00:18:50	00:22:18.60	+00:03:31 (15.8%)	4:27	13.5 (84.4%)
9	KRZEWIŃSKA Małgorzata	33	TKKF KOSZALIN	1 Seria	9	Seria 1	00:04:29	00:10:04	00:13:50	00:19:34	00:23:20.60	+00:04:33 (19.5%)	4:40	12.9 (80.6%)
10	RUTKOWSKI Artur	50	RUNKING.INFO RANKING BIEGACZY	1 Seria	10	Seria 1	00:04:27	00:10:20	00:14:23	00:20:43	00:24:37.50	+00:05:50 (23.7%)	4:55	12.2 (76.3%)
11	PIECHOTA Robert	43		1 Seria	11	Seria 1	00:04:17	00:10:17	00:14:31	00:20:58	00:24:55.95	+00:06:09 (24.7%)	4:59	12 (75.0%)
12	KOZŁOWIECKI Waldemar	70	TKKF KOSZALIN	1 Seria	12	Seria 1	00:05:05	00:11:23	00:15:38	00:21:54	00:26:11.65	+00:07:24 (28.3%)	5:14	11.5 (71.9%)
13	JUSZCZAK Krzysztof	21		1 Seria	13	Seria 1	00:04:52	00:11:23	00:15:59	00:23:00	00:27:28.95	+00:08:42 (31.7%)	5:29	10.9 (68.1%)
14	WOLF Beata	63	TKKF KOSZALIN	1 Seria	14	Seria 1	00:05:19	00:12:25	00:17:15	00:24:31	00:29:15.75	+00:10:28 (35.8%)	5:51	10.3 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Lap_2 1km	Lap_5 2.2km	Lap_7 3km	Lap_10 4.2km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	BARTNIK Marian	72	TKKF KOSZALIN	1 Seria	15	Seria 1	00:11:00	00:24:12	00:33:00	00:46:12	00:55:00.00	+00:36:13 (65.9%)	11:00	5.5 (34.4%)

Znaleziono 15 wynik(ów)