



VI OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

B4SPORT

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



Klasyfikacja: Wszyscy

| 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 | SIÓDZIAK Igor | 54 | 7PRO SIÓDZIAK TEAM / PENTATHLON SZ-EK /MBC | 3 Seria | 1 | Seria 3 | 00:03:09 | 00:06:51 | 00:09:22 | 00:12:54 | 00:15:18.75 | | 3:03 | 19.6 |
| 2 | PYSHNIAK Kostiantyn | 39 | TKKF KOSZALIN | 3 Seria | 2 | Seria 3 | 00:03:09 | 00:06:51 | 00:09:23 | 00:13:18 | 00:15:58.65 | +00:00:39 | 3:11 | 18.8 |
| 3 | WITKOWSKI Mateusz | 62 | | 3 Seria | 3 | Seria 3 | 00:03:10 | 00:06:58 | 00:09:35 | 00:13:34 | 00:16:10.10 | +00:00:51 | 3:14 | 18.6 |
| 4 | KARCZ Artur | 23 | UKS EKONOMIK MARATOŃCZYK LĘBORK | 3 Seria | 4 | Seria 3 | 00:03:19 | 00:07:17 | 00:09:56 | 00:13:53 | 00:16:25.05 | +00:01:06 | 3:17 | 18.3 |
| 5 | KULIGOWSKI Przemysław | 35 | | 3 Seria | 5 | Seria 3 | 00:03:20 | 00:07:24 | 00:10:10 | 00:14:18 | 00:16:44.25 | +00:01:25 | 3:20 | 17.9 |
| 6 | SZKOŁUDA Miłosz | 56 | BIEGOLAS | 3 Seria | 6 | Seria 3 | 00:03:21 | 00:07:25 | 00:10:10 | 00:14:16 | 00:16:49.80 | +00:01:31 | 3:21 | 17.8 |
| 7 | KOZŁOWICZ Tomasz | 27 | OBORYGENI | 3 Seria | 7 | Seria 3 | 00:03:19 | 00:07:24 | 00:10:12 | 00:14:21 | 00:17:04.15 | +00:01:45 | 3:24 | 17.6 |
| 8 | HUBERT Łukasz | 17 | TKKF KOSZALIN | 3 Seria | 8 | Seria 3 | 00:03:20 | 00:07:25 | 00:10:15 | 00:14:35 | 00:17:21.10 | +00:02:02 | 3:28 | 17.3 |
| 9 | RYKIEL Michał | 51 | TKKF KOSZALIN | 3 Seria | 9 | Seria 3 | 00:03:29 | 00:07:43 | 00:10:40 | 00:15:06 | 00:17:49.85 | +00:02:31 | 3:33 | 16.8 |
| 10 | KRYZEL Tomasz | 32 | UKS WIKING RYCHNOWY | 2 Seria | 1 | Seria 2 | 00:03:36 | 00:07:52 | 00:10:44 | 00:15:06 | 00:17:53.65 | +00:02:34 | 3:34 | 16.8 |
| 11 | GUZOWSKI Dariusz | 15 | TALEX BORZYTUCHOM | 3 Seria | 10 | Seria 3 | 00:03:28 | 00:07:43 | 00:10:39 | 00:15:10 | 00:17:59.50 | +00:02:40 | 3:35 | 16.7 |
| 12 | HOŁUB Kamil | 16 | MLUKSTRZEBIATÓW | 3 Seria | 11 | Seria 3 | 00:03:37 | 00:08:03 | 00:11:03 | 00:15:32 | 00:18:14.95 | +00:02:56 | 3:38 | 16.5 |
| 13 | PICK Tomasz | 42 | BIEGOLAS / KORONA SZCZECIN | 3 Seria | 12 | Seria 3 | 00:03:40 | 00:08:08 | 00:11:06 | 00:15:32 | 00:18:15.65 | +00:02:56 | 3:39 | 16.4 |
| 14 | SITOWSKI Marcin | 55 | FC RYSIEK | 3 Seria | 13 | Seria 3 | 00:03:40 | 00:08:09 | 00:11:05 | 00:15:32 | 00:18:21.85 | +00:03:03 | 3:40 | 16.3 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Seria | Lap_2 | Lap_5 | Lap_7 | Lap_10 | Czas | Różn | Tempo | Tempo |
|-----|----------------------------------|-----------|---|-----------|------|---------|----------|----------|----------|----------|--------------------|-----------|-------|--------|
| | | | | | | | 1km | 2.2km | 3km | 4.2km | netto | | 5km | min/km |
| 15 | ŻMUDA Tomasz | 67 | CW FANZA KOŁOBRZEG | 3 Seria | 14 | Seria 3 | 00:03:45 | 00:08:15 | 00:11:17 | 00:15:53 | 00:18:43.95 | +00:03:25 | 3:44 | 16 |
| 16 | ZUKAL Piotr | 65 | 7PRO TEAM | 3 Seria | 15 | Seria 3 | 00:03:46 | 00:08:17 | 00:11:19 | 00:15:52 | 00:18:45.45 | +00:03:26 | 3:45 | 16 |
| 17 | BIEDRZYCKI Krzysztof | 4 | BBL KOŁOBRZEG | 3 Seria | 16 | Seria 3 | 00:03:45 | 00:08:17 | 00:11:19 | 00:15:49 | 00:18:45.55 | +00:03:26 | 3:45 | 16 |
| 18 | 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 | +00:03:28 | 3:45 | 16 |
| 19 | CZAPLIŃSKI Jacek | 8 | | 3 Seria | 17 | Seria 3 | 00:03:45 | 00:08:15 | 00:11:17 | 00:15:54 | 00:18:52.20 | +00:03:33 | 3:46 | 15.9 |
| 20 | TOKARSKI Szymon | 58 | | 3 Seria | 18 | Seria 3 | 00:03:47 | 00:08:19 | 00:11:20 | 00:15:55 | 00:18:57.45 | +00:03:38 | 3:47 | 15.8 |
| 21 | ISKRA Paweł | 18 | BBL KOŁOBRZEG | 3 Seria | 19 | Seria 3 | 00:03:47 | 00:08:18 | 00:11:21 | 00:15:58 | 00:19:01.05 | +00:03:42 | 3:48 | 15.8 |
| 22 | ROSIAK Damian | 47 | KB SPOKO SŁAWNO | 3 Seria | 20 | Seria 3 | 00:03:39 | 00:08:07 | 00:11:13 | 00:15:56 | 00:19:03.40 | +00:03:44 | 3:48 | 15.7 |
| 23 | RUDNIKOWSKI Maciej | 49 | DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL | 3 Seria | 21 | Seria 3 | 00:03:36 | 00:08:09 | 00:11:15 | 00:16:01 | 00:19:06.15 | +00:03:47 | 3:49 | 15.7 |
| 24 | JABŁOŃSKI Tomasz | 19 | KB SPOKO SŁAWNO | 3 Seria | 22 | Seria 3 | 00:03:42 | 00:08:15 | 00:11:22 | 00:16:08 | 00:19:07.60 | +00:03:48 | 3:49 | 15.7 |
| 25 | DZIADEK Krzysztof | 11 | TKKF KOSZALIN | 2 Seria | 2 | Seria 2 | 00:03:37 | 00:08:15 | 00:11:27 | 00:16:15 | 00:19:10.70 | +00:03:51 | 3:50 | 15.7 |
| 26 | WERS Krzysztof | 59 | BBL KOŁOBRZEG | 3 Seria | 23 | Seria 3 | 00:03:48 | 00:08:18 | 00:11:22 | 00:16:09 | 00:19:12.15 | +00:03:53 | 3:50 | 15.6 |
| 27 | ZWOLIŃSKI Jan | 66 | TKKF KOSZALIN | 2 Seria | 3 | Seria 2 | 00:03:53 | 00:08:33 | 00:11:41 | 00:16:24 | 00:19:22.25 | +00:04:03 | 3:52 | 15.5 |
| 28 | CUBER Wojciech | 69 | #ZABIEGANINOCA | 2 Seria | 4 | Seria 2 | 00:03:52 | 00:08:33 | 00:11:42 | 00:16:35 | 00:19:47.05 | +00:04:28 | 3:57 | 15.2 |
| 29 | GAWEŁ Marcin | 12 | | 2 Seria | 5 | Seria 2 | 00:03:38 | 00:08:17 | 00:11:35 | 00:16:34 | 00:19:50.75 | +00:04:32 | 3:58 | 15.1 |
| 30 | KOZIEŁ Paweł | 26 | | 2 Seria | 6 | Seria 2 | 00:03:49 | 00:08:40 | 00:11:56 | 00:16:50 | 00:19:54.70 | +00:04:35 | 3:58 | 15.1 |
| 31 | MAZURSKI Paweł | 38 | | 2 Seria | 7 | Seria 2 | 00:03:49 | 00:08:40 | 00:11:56 | 00:16:55 | 00:20:07.35 | +00:04:48 | 4:01 | 14.9 |
| 32 | KRÓL Dawid | 28 | | 3 Seria | 24 | Seria 3 | 00:03:44 | 00:08:21 | 00:11:39 | 00:16:51 | 00:20:08.80 | +00:04:50 | 4:01 | 14.9 |
| 33 | 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 | +00:04:54 | 4:02 | 14.9 |
| 34 | 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 | +00:04:56 | 4:03 | 14.8 |
| 35 | POCHRANOWICZ Janusz | 44 | | 1 Seria | 4 | Seria 1 | 00:03:59 | 00:08:57 | 00:12:16 | 00:17:17 | 00:20:30.55 | +00:05:11 | 4:06 | 14.6 |
| 36 | BENCYCH Michał | 3 | 7PRO SIÓDMIAK TEAM | 2 Seria | 8 | Seria 2 | 00:04:01 | 00:09:00 | 00:12:21 | 00:17:26 | 00:20:36.40 | +00:05:17 | 4:07 | 14.6 |
| 37 | BIERZANOWSKI Rafał | 5 | | 2 Seria | 9 | Seria 2 | 00:04:06 | 00:09:04 | 00:12:26 | 00:17:29 | 00:20:44.85 | +00:05:26 | 4:08 | 14.5 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Seria | Lap_2 | Lap_5 | Lap_7 | Lap_10 | Czas | Różn | Tempo | Tempo |
|-----|------------------------|-------|-------------------------------|-----------|------|---------|----------|----------|----------|----------|--------------------|-----------|-------|--------|
| | | | | | | | 1km | 2.2km | 3km | 4.2km | netto | | 5km | min/km |
| 38 | ZATOŃ Olga | 64 | | 1 Seria | 5 | Seria 1 | 00:03:47 | 00:08:53 | 00:12:24 | 00:17:39 | 00:21:05.75 | +00:05:47 | 4:13 | 14.2 |
| 39 | SIKORSKI Adam | 53 | SIKORROVO | 2 Seria | 10 | Seria 2 | 00:04:12 | 00:09:17 | 00:12:40 | 00:17:48 | 00:21:08.55 | +00:05:49 | 4:13 | 14.2 |
| 40 | SAWIŃSKI Jacek | 52 | | 2 Seria | 11 | Seria 2 | 00:04:14 | 00:09:16 | 00:12:38 | 00:17:52 | 00:21:11.00 | +00:05:52 | 4:14 | 14.2 |
| 41 | KRUPIŃSKI Krzysztof | 29 | E-UROLOG.EU | 2 Seria | 12 | Seria 2 | 00:04:13 | 00:09:15 | 00:12:37 | 00:17:52 | 00:21:11.65 | +00:05:52 | 4:14 | 14.2 |
| 42 | MARCINKOWSKI Jacek | 37 | SSK ORZEŁ ŚWIESZYNO | 2 Seria | 13 | Seria 2 | 00:03:57 | 00:08:58 | 00:12:28 | 00:17:52 | 00:21:25.75 | +00:06:07 | 4:17 | 14 |
| 43 | KUBIK Krystian | 34 | RUNGRYF GRYFICE | 2 Seria | 14 | Seria 2 | 00:03:55 | 00:09:06 | 00:12:44 | 00:18:12 | 00:21:36.00 | +00:06:17 | 4:19 | 13.9 |
| 44 | BARUTOWICZ Grzegorz | 2 | | 2 Seria | 15 | Seria 2 | 00:03:58 | 00:09:02 | 00:12:32 | 00:18:02 | 00:21:38.95 | +00:06:20 | 4:19 | 13.9 |
| 45 | 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 | +00:06:22 | 4:20 | 13.8 |
| 46 | GAWĘDA Emil | 13 | DARŁOWSKIE CHARTY | 2 Seria | 16 | Seria 2 | 00:04:18 | 00:09:35 | 00:13:08 | 00:18:30 | 00:21:45.80 | +00:06:27 | 4:21 | 13.8 |
| 47 | LAS Mateusz | 36 | | 2 Seria | 17 | Seria 2 | 00:04:19 | 00:09:25 | 00:12:56 | 00:18:25 | 00:21:47.90 | +00:06:29 | 4:21 | 13.8 |
| 48 | KRYNICKA Magdalena | 30 | | 1 Seria | 7 | Seria 1 | 00:04:04 | 00:09:13 | 00:12:48 | 00:18:24 | 00:21:53.65 | +00:06:34 | 4:22 | 13.7 |
| 49 | PAWŁOWSKI Grzegorz | 41 | GAMMAX | 2 Seria | 18 | Seria 2 | 00:04:18 | 00:09:34 | 00:13:08 | 00:18:30 | 00:22:02.60 | +00:06:43 | 4:24 | 13.6 |
| 50 | 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 | +00:06:59 | 4:27 | 13.5 |
| 51 | MONGIAŁO Marcin | 24 | | 2 Seria | 19 | Seria 2 | 00:04:36 | 00:10:03 | 00:13:38 | 00:19:02 | 00:22:38.15 | +00:07:19 | 4:31 | 13.3 |
| 52 | ANTKOWIAK Sebastian | 1 | DB - ACTIVE | 2 Seria | 20 | Seria 2 | 00:04:10 | 00:09:31 | 00:13:15 | 00:19:12 | 00:23:12.90 | +00:07:54 | 4:38 | 12.9 |
| 53 | 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 | +00:08:01 | 4:40 | 12.9 |
| 54 | BRZEZIŃSKI Paweł | 6 | | 2 Seria | 21 | Seria 2 | 00:04:23 | 00:09:56 | 00:13:52 | 00:19:52 | 00:23:37.10 | +00:08:18 | 4:43 | 12.7 |
| 55 | ŻMUDA Jarosław | 68 | CW FANZA KOŁOBRZEG | 2 Seria | 22 | Seria 2 | 00:04:19 | 00:09:36 | 00:13:13 | 00:20:19 | 00:23:59.25 | +00:08:40 | 4:47 | 12.5 |
| 56 | JASIENIECKI Piotr | 20 | KLUB PIŁKARSKI ZEFIR WYSZEWO | 2 Seria | 23 | Seria 2 | 00:04:54 | 00:10:46 | 00:14:40 | 00:20:33 | 00:24:15.25 | +00:08:56 | 4:51 | 12.4 |
| 57 | 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 | +00:09:18 | 4:55 | 12.2 |
| 58 | PANASZEWSKI Przemysław | 40 | | 2 Seria | 24 | Seria 2 | 00:04:27 | 00:10:22 | 00:14:31 | 00:20:50 | 00:24:47.35 | +00:09:28 | 4:57 | 12.1 |
| 59 | PIECHOTA Robert | 43 | | 1 Seria | 11 | Seria 1 | 00:04:17 | 00:10:17 | 00:14:31 | 00:20:58 | 00:24:55.95 | +00:09:37 | 4:59 | 12 |
| 60 | GUTOWSKI Marek | 14 | | 2 Seria | 25 | Seria 2 | 00:04:56 | 00:10:51 | 00:14:51 | 00:20:56 | 00:24:58.55 | +00:09:39 | 4:59 | 12 |

| 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 |
|-----|-----------------------------|-----------|---------------|-----------|------|---------|-----------------|-----------------|-----------------|-----------------|----------------------|-----------|-----------------|---------------|
| 61 | 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 | +00:10:52 | 5:14 | 11.5 |
| 62 | JUSZCZAK Krzysztof | 21 | TKKF KOSZALIN | 1 Seria | 13 | Seria 1 | 00:04:52 | 00:11:23 | 00:15:59 | 00:23:00 | 00:27:28.95 | +00:12:10 | 5:29 | 10.9 |
| 63 | 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 | +00:13:57 | 5:51 | 10.3 |
| 64 | 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 | +00:39:41 | 11:00 | 5.5 |
| | WALEŃSKI Michał | 71 | TKKF KOSZALIN | 2 Seria | | Seria 2 | 00:03:36 DNF | 00:07:56 DNF | 00:10:53 DNF | DNF | DNF | | - | - |
| | WITKIEWICZ Eryk | 61 | TKKF KOSZALIN | 3 Seria | | Seria 3 | 00:03:38 DNF | 00:08:06 DNF | 00:11:07 DNF | DNF | DNF | | - | - |

Znaleziono 66 wynik(ów)