VI OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

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

B4SPORT
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Klasyfikacja: Mężczyźni

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	**SIÓDMIAK Igor**	**54**	7PRO SIÓDMIAK 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 (100%)
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 (4.2%)	3:11	18.8 (95.9%)
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 (5.3%)	3:14	18.6 (94.9%)
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 (6.7%)	3:17	18.3 (93.4%)
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 (8.5%)	3:20	17.9 (91.3%)
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 (9.0%)	3:21	17.8 (90.8%)
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 (10.3%)	3:24	17.6 (89.8%)
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 (11.8%)	3:28	17.3 (88.3%)
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 (14.1%)	3:33	16.8 (85.7%)
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 (14.4%)	3:34	16.8 (85.7%)
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 (14.9%)	3:35	16.7 (85.2%)
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 (16.1%)	3:38	16.5 (84.2%)
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 (16.1%)	3:39	16.4 (83.7%)
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 (16.6%)	3:40	16.3 (83.2%)

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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 (18.3%)	3:44	16 (81.6%)
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 (18.4%)	3:45	16 (81.6%)
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 (18.4%)	3:45	16 (81.6%)
18	**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 (18.9%)	3:46	15.9 (81.1%)
19	**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 (19.2%)	3:47	15.8 (80.6%)
20	**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 (19.5%)	3:48	15.8 (80.6%)
21	**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 (19.6%)	3:48	15.7 (80.1%)
22	**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 (19.8%)	3:49	15.7 (80.1%)
23	**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 (19.9%)	3:49	15.7 (80.1%)
24	**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 (20.2%)	3:50	15.7 (80.1%)
25	**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 (20.3%)	3:50	15.6 (79.6%)
26	**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 (21.0%)	3:52	15.5 (79.1%)
27	**CUBER Wojciech**	**69**	#ZABIEGANINOCĄ	2 Seria	4	Seria 2	00:03:52	00:08:33	00:11:42	00:16:35	**00:19:47.05**	+00:04:28 (22.6%)	3:57	15.2 (77.6%)
28	**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 (22.8%)	3:58	15.1 (77.0%)
29	**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 (23.1%)	3:58	15.1 (77.0%)
30	**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 (23.9%)	4:01	14.9 (76.0%)
31	**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 (24.0%)	4:01	14.9 (76.0%)
32	**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 (25.3%)	4:06	14.6 (74.5%)
33	**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 (25.7%)	4:07	14.6 (74.5%)
34	**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 (26.2%)	4:08	14.5 (74.0%)
35	**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 (27.6%)	4:13	14.2 (72.4%)
36	**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 (27.7%)	4:14	14.2 (72.4%)
37	**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 (27.8%)	4:14	14.2 (72.4%)

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38	**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 (28.5%)	4:17	14 (71.4%)
39	**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 (29.1%)	4:19	13.9 (70.9%)
40	**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 (29.3%)	4:19	13.9 (70.9%)
41	**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 (29.4%)	4:20	13.8 (70.4%)
42	**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 (29.6%)	4:21	13.8 (70.4%)
43	**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 (29.8%)	4:21	13.8 (70.4%)
44	**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 (30.5%)	4:24	13.6 (69.4%)
45	**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 (32.4%)	4:31	13.3 (67.9%)
46	**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 (34.0%)	4:38	12.9 (65.8%)
47	**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 (35.2%)	4:43	12.7 (64.8%)
48	**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 (36.2%)	4:47	12.5 (63.8%)
49	**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 (36.9%)	4:51	12.4 (63.3%)
50	**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 (37.8%)	4:55	12.2 (62.2%)
51	**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 (38.2%)	4:57	12.1 (61.7%)
52	**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 (38.6%)	4:59	12 (61.2%)
53	**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 (38.7%)	4:59	12 (61.2%)
54	**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 (41.5%)	5:14	11.5 (58.7%)
55	**JUSZCZAK Krzysztof**	**21**		1 Seria	13	Seria 1	00:04:52	00:11:23	00:15:59	00:23:00	**00:27:28.95**	+00:12:10 (44.3%)	5:29	10.9 (55.6%)
56	**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 (72.2%)	11:00	5.5 (28.1%)
	WALEŃSKI Michał	**71**	TKKF KOSZALIN	2 Seria		Seria 2	00:03:36 DNF	00:07:56 DNF	00:10:53 DNF	DNF	**DNF**		-	- (0.0%)
	WITKIEWICZ Eryk	**61**		3 Seria		Seria 3	00:03:38 DNF	00:08:06 DNF	00:11:07 DNF	DNF	**DNF**		-	- (0.0%)

Znaleziono 58 wynik(ów)