IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

Organizator: TKKF Koszalin
Data: 2019-09-18
Miejsce: Koszalin
Dystans: 5 km

HERKULES
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Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Start_All 0.2km	Start_All 0.6km	Start_All 1km	Start_All 1.4km	Start_All 1.8km	Start_All 2.2km	Start_All 2.6km	Start_All 3km	Start_All 3.4km	Start_All 3.8km	Start_All 4.2km	Start_All 4.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	**GAWRON Piotr**	**6**	ULKS TALEX BORZYTUCHOM	1 Seria	1	1	00:00:34	00:01:53	00:03:14	00:04:36	00:06:00	00:07:23	00:08:45	00:10:05	00:11:28	00:12:49	00:14:07	00:15:24	**00:16:35.99**		3:19	18.1 (100%)
2	**KĘPKA Adrian**	**62**	TAGER SPORT	1 Seria	2	1	00:00:36	00:01:54	00:03:14	00:04:37	00:06:01	00:07:24	00:08:46	00:10:07	00:11:29	00:12:50	00:14:10	00:15:29	**00:16:42.92**	+00:00:06 (0.7%)	3:20	18 (99.4%)
3	**PIETRUCZUK Christopher**	**54**		1 Seria	3	1	00:00:34	00:01:51	00:03:10	00:04:30	00:05:51	00:07:16	00:08:40	00:10:05	00:11:28	00:12:49	00:14:09	00:15:29	**00:16:46.08**	+00:00:10 (1.0%)	3:21	17.9 (98.9%)
4	**SIADAK Arkadiusz**	**38**		1 Seria	4	1	00:00:36	00:01:57	00:03:19	00:04:42	00:06:04	00:07:27	00:08:50	00:10:13	00:11:36	00:12:59	00:14:20	00:15:41	**00:16:56.69**	+00:00:20 (2.0%)	3:23	17.7 (97.8%)
5	**HUBERT Łukasz**	**55**	TKKF KOSZALIN	1 Seria	5	1	00:00:35	00:01:56	00:03:20	00:04:44	00:06:08	00:07:33	00:08:59	00:10:24	00:11:50	00:13:18	00:14:48	00:16:12	**00:17:30.24**	+00:00:54 (5.2%)	3:30	17.1 (94.5%)
6	**MAJKOWICZ Rafał**	**18**		1 Seria	6	1	00:00:35	00:01:56	00:03:21	00:04:44	00:06:10	00:07:37	00:09:05	00:10:32	00:12:00	00:13:28	00:14:58	00:16:28	**00:17:51.01**	+00:01:15 (7.0%)	3:34	16.8 (92.8%)
7	**CENTKA Jakub**	**3**		1 Seria	7	1	00:00:37	00:02:00	00:03:23	00:04:45	00:06:07	00:07:33	00:09:01	00:10:30	00:12:03	00:13:37	00:15:16	00:16:54	**00:18:17.57**	+00:01:41 (9.3%)	3:39	16.4 (90.6%)
8	**RYKIEL Michał**	**35**	DĄBROWSKI TEAM	1 Seria	8	1	00:00:38	00:02:06	00:03:35	00:05:02	00:06:31	00:08:02	00:09:33	00:11:04	00:12:34	00:14:05	00:15:34	00:17:02	**00:18:18.57**	+00:01:42 (9.3%)	3:39	16.4 (90.6%)
9	**ZUKAL Piotr**	**50**		1 Seria	9	1	00:00:41	00:02:08	00:03:37	00:05:06	00:06:36	00:08:06	00:09:36	00:11:07	00:12:36	00:14:07	00:15:37	00:17:07	**00:18:32.07**	+00:01:56 (10.4%)	3:42	16.2 (89.5%)
10	**WOJCIECHOWICZ Jacek**	**46**	WWW.STUDIOTANCAPASJA.PL	1 Seria	10	1	00:00:40	00:02:08	00:03:39	00:05:09	00:06:38	00:08:09	00:09:39	00:11:08	00:12:37	00:14:07	00:15:40	00:17:18	**00:18:51.69**	+00:02:15 (12.0%)	3:46	15.9 (87.8%)
11	**PRZEWŁOCKI Michał**	**30**	TKKF KOSZALIN	1 Seria	11	1	00:00:40	00:02:07	00:03:38	00:05:07	00:06:37	00:08:09	00:09:40	00:11:13	00:12:44	00:14:16	00:15:51	00:17:26	**00:18:54.26**	+00:02:18 (12.2%)	3:46	15.9 (87.8%)
12	**SITOWSKI Marcin**	**39**	FC RYSIEK	1 Seria	12	1	00:00:41	00:02:09	00:03:39	00:05:09	00:06:41	00:08:16	00:09:51	00:11:25	00:12:58	00:14:31	00:16:03	00:17:33	**00:18:58.44**	+00:02:22 (12.5%)	3:47	15.8 (87.3%)
13	**TRĘBSKI Krzysztof**	**43**	#ZABIEGANINOCĄ	1 Seria	13	1	00:00:38	00:02:05	00:03:37	00:05:06	00:06:36	00:08:08	00:09:39	00:11:12	00:12:45	00:14:23	00:16:03	00:17:37	**00:19:04.09**	+00:02:28 (12.9%)	3:48	15.7 (86.7%)
14	**PICK Tomasz**	**29**	SKSG KORONA SZCZECIN	1 Seria	14	1	00:00:42	00:02:10	00:03:41	00:05:12	00:06:45	00:08:19	00:09:54	00:11:28	00:13:01	00:14:34	00:16:05	00:17:27	**00:19:09.84**	+00:02:33 (13.4%)	3:49	15.7 (86.7%)
15	**ZWOLIŃSKI Jan**	**51**	TKKF KOSZALIN	1 Seria	15	1	00:00:42	00:02:12	00:03:45	00:05:19	00:06:54	00:08:30	00:10:04	00:11:38	00:13:12	00:14:46	00:16:20	00:17:47	**00:19:15.93**	+00:02:39 (13.8%)	3:51	15.6 (86.2%)
16	**JABŁOŃSKI Tomasz**	**9**	KB SPOKO SŁAWNO	1 Seria	16	1	00:00:39	00:02:08	00:03:40	00:05:11	00:06:44	00:08:17	00:09:53	00:11:28	00:13:04	00:14:39	00:16:16	00:17:51	**00:19:16.81**	+00:02:40 (13.9%)	3:51	15.6 (86.2%)
17	**WALEŃSKI Michał**	**53**		1 Seria	17	1	00:00:43	00:02:12	00:03:46	00:05:19	00:06:54	00:08:30	00:10:04	00:11:38	00:13:12	00:14:47	00:16:20	00:17:47	**00:19:28.54**	+00:02:52 (14.8%)	3:53	15.4 (85.1%)
18	**PĘKAŁA Piotr**	**28**	SP MANOWO	2 Seria	1	2	00:00:49	00:02:28	00:04:08	00:05:46	00:07:27	00:09:05	00:10:45	00:12:24	00:14:00	00:15:38	00:17:16	00:18:53	**00:20:23.13**	+00:03:47 (18.6%)	4:04	14.7 (81.2%)
19	**BIEŃKOWSKI Tomasz**	**2**	IQ CONSULTING	1 Seria	20	1	00:00:43	00:02:15	00:03:49	00:05:24	00:07:02	00:08:39	00:10:17	00:11:57	00:13:42	00:15:28	00:17:14	00:19:00	**00:20:35.85**	+00:03:59 (19.4%)	4:07	14.6 (80.7%)
20	**SIKORSKI Adam**	**64**	SIKORROVO	1 Seria	21	1	00:00:42	00:02:13	00:03:48	00:05:25	00:07:03	00:08:41	00:10:20	00:12:04	00:13:48	00:15:34	00:17:19	00:19:00	**00:20:37.24**	+00:04:01 (19.5%)	4:07	14.6 (80.7%)
21	**KORMAN Kamil**	**16**		2 Seria	2	2	00:00:41	00:02:15	00:03:54	00:05:35	00:07:16	00:08:57	00:10:40	00:12:23	00:14:03	00:15:48	00:17:34	00:19:17	**00:21:02.17**	+00:04:26 (21.1%)	4:12	14.3 (79.0%)
22	**WEBER Paweł**	**44**	FPP	2 Seria	4	2	00:00:41	00:02:20	00:04:05	00:05:49	00:07:31	00:09:16	00:11:00	00:12:44	00:14:28	00:16:13	00:17:56	00:19:38	**00:21:12.34**	+00:04:36 (21.7%)	4:14	14.2 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Start_All 0.2km	Start_All 0.6km	Start_All 1km	Start_All 1.4km	Start_All 1.8km	Start_All 2.2km	Start_All 2.6km	Start_All 3km	Start_All 3.4km	Start_All 3.8km	Start_All 4.2km	Start_All 4.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
23	**ROGOŻA Ireneusz**	**32**		2 Seria	5	2	00:00:43	00:02:23	00:04:07	00:05:50	00:07:34	00:09:18	00:11:02	00:12:48	00:14:37	00:16:22	00:18:08	00:19:53	**00:21:28.79**	+00:04:52 (22.7%)	4:17	14 (77.3%)
24	**NOWICKI Michał**	**57**		1 Seria	22	1	00:00:46	00:02:28	00:04:09	00:05:52	00:07:38	00:09:22	00:11:06	00:12:52	00:14:37	00:16:24	00:18:11	00:19:55	**00:21:33.45**	+00:04:57 (23.0%)	4:18	13.9 (76.8%)
25	**WIKTOROWSKI Maciej**	**45**		2 Seria	6	2	00:00:42	00:02:20	00:04:05	00:05:49	00:07:31	00:09:16	00:11:01	00:12:48	00:14:37	00:16:27	00:18:14	00:20:01	**00:21:39.79**	+00:05:03 (23.4%)	4:19	13.9 (76.8%)
26	**KRUPIŃSKI Krzysztof**	**17**	WWW.E-UROLOG.EU	2 Seria	7	2	00:00:50	00:02:34	00:04:18	00:06:05	00:07:51	00:09:38	00:11:23	00:13:09	00:14:53	00:16:37	00:18:22	00:20:07	**00:21:42.24**	+00:05:06 (23.5%)	4:20	13.8 (76.2%)
27	**MICERSKI Tomasz**	**23**	TKKF KOSZALIN	2 Seria	8	2	00:00:48	00:02:28	00:04:17	00:06:03	00:07:49	00:09:36	00:11:22	00:13:06	00:14:51	00:16:36	00:18:21	00:20:08	**00:21:48.20**	+00:05:12 (23.9%)	4:21	13.8 (76.2%)
28	**MARCINKOWSKI Jacek**	**20**	SSK ORZEŁ ŚWIESZYNO	2 Seria	9	2	00:00:53	00:02:39	00:04:26	00:06:14	00:07:59	00:09:43	00:11:29	00:13:20	00:15:07	00:16:53	00:18:43	00:20:31	**00:22:08.95**	+00:05:32 (25.1%)	4:25	13.6 (75.1%)
29	**PIECHOTA Robert**	**59**		2 Seria	10	2	00:00:44	00:02:25	00:04:10	00:05:58	00:07:47	00:09:35	00:11:27	00:13:21	00:15:16	00:17:07	00:18:59	00:20:51	**00:22:24.03**	+00:05:48 (25.9%)	4:28	13.4 (74.0%)
30	**JAROSZ Dariusz**	**52**	TKKF KOSZALIN	2 Seria	11	2	00:00:49	00:02:36	00:04:23	00:06:12	00:08:00	00:09:49	00:11:39	00:13:31	00:15:21	00:17:11	00:19:01	00:20:52	**00:22:24.46**	+00:05:48 (25.9%)	4:28	13.4 (74.0%)
31	**PUŚCIAN Krzysztof**	**31**	SZKOŁA PODSTAWOWA W MANOWIE	2 Seria	12	2	00:00:50	00:02:37	00:04:24	00:06:13	00:08:01	00:09:50	00:11:37	00:13:29	00:15:18	00:17:08	00:18:56	00:20:46	**00:22:26.50**	+00:05:50 (26.0%)	4:29	13.4 (74.0%)
32	**TOWSTOKORY Marek**	**42**		2 Seria	14	2	00:00:49	00:02:34	00:04:23	00:06:13	00:08:04	00:09:56	00:11:47	00:13:39	00:15:34	00:17:24	00:19:15	00:21:02	**00:22:46.64**	+00:06:10 (27.1%)	4:33	13.2 (72.9%)
33	**KONKEL Łukasz**	**15**		2 Seria	15	2	00:00:51	00:02:38	00:04:28	00:06:19	00:08:12	00:10:27	00:11:57	00:13:49	00:15:39	00:17:29	00:19:19	00:21:10	**00:22:48.88**	+00:06:12 (27.2%)	4:33	13.2 (72.9%)
34	**TROJAK Jakub**	**56**	WILKI KOSZALIN	2 Seria	16	2	00:00:50	00:02:35	00:04:24	00:06:18	00:08:16	00:10:15	00:12:15	00:14:16	00:16:10	00:17:58	00:19:38	00:21:22	**00:22:52.12**	+00:06:16 (27.4%)	4:34	13.1 (72.4%)
35	**RUTKOWSKI Artur**	**33**	RUNKING	2 Seria	17	2	00:00:52	00:02:38	00:04:27	00:06:17	00:08:10	00:10:03	00:11:55	00:13:46	00:15:39	00:17:33	00:19:26	00:21:19	**00:22:58.50**	+00:06:22 (27.7%)	4:35	13.1 (72.4%)
36	**ANTKOWIAK Sebastian**	**1**	DB - ACTIVE	1 Seria	23	1	00:00:44	00:02:24	00:04:13	00:06:02	00:07:51	00:09:43	00:11:34	00:13:26	00:15:19	00:17:14	00:19:09	00:21:06	**00:23:03.65**	+00:06:27 (28.0%)	4:36	13 (71.8%)
37	**SCZYPEK Arkadiusz**	**37**	FUNDACJA ZASTOPUJ	2 Seria	18	2	00:00:57	00:02:45	00:04:36	00:06:28	00:08:23	00:10:11	00:12:04	00:14:01	00:15:58	00:17:54	00:19:46	00:21:43	**00:23:32.57**	+00:06:56 (29.5%)	4:42	12.7 (70.2%)
38	**OSOBNIAK Ryszard**	**26**		2 Seria	19	2	00:00:51	00:02:39	00:04:29	00:06:23	00:08:19	00:10:15	00:12:10	00:14:07	00:16:05	00:18:03	00:20:01	00:21:58	**00:23:47.83**	+00:07:11 (30.2%)	4:45	12.6 (69.6%)
39	**PANASZEWSKI Przemysław**	**27**		2 Seria	21	2	00:00:45	00:02:27	00:04:17	00:06:11	00:08:05	00:10:07	00:12:09	00:14:11	00:16:14	00:18:18	00:20:19	00:22:17	**00:24:04.12**	+00:07:28 (31.0%)	4:48	12.5 (69.1%)
40	**PAWLINA Jakub**	**65**	SIKORROVO	1 Seria	24	1	00:00:48	00:02:31	00:04:17	00:06:10	00:08:08	00:10:09	00:12:12	00:14:16	00:16:20	00:18:23	00:20:23	00:22:15	**00:24:18.08**	+00:07:42 (31.7%)	4:51	12.3 (68.0%)
41	**SAWIŃSKI Jacek**	**36**		2 Seria	22	2	00:00:53	00:02:48	00:04:49	00:06:49	00:08:50	00:10:49	00:12:50	00:14:51	00:16:52	00:18:52	00:20:52	00:22:52	**00:24:56.17**	+00:08:20 (33.4%)	4:59	12 (66.3%)
42	**WOŁODKOWICZ Hubert**	**47**	FUNDACJA ZASTOPUJ	2 Seria	23	2	00:00:59	00:02:50	00:04:50	00:06:46	00:08:45	00:10:41	00:13:24	00:15:19	00:17:12	00:19:09	00:21:09	00:23:12	**00:25:05.97**	+00:08:29 (33.9%)	5:01	12 (66.3%)
43	**KOZŁOWIECKI Waldemar**	**63**	TKKF KOSZALIN	2 Seria	24	2	00:00:55	00:02:53	00:05:01	00:07:02	00:09:03	00:11:05	00:13:12	00:15:10	00:17:09	00:19:08	00:21:07	00:23:07	**00:25:08.71**	+00:08:32 (34.0%)	5:01	11.9 (65.7%)
44	**SŁOMIŃSKI Sylwester**	**40**	FUNDACJA ZASTOPUJ	2 Seria	25	2	00:00:49	00:02:24	00:04:03	00:05:46	00:07:34	00:09:34	00:11:33	00:13:44	00:15:57	00:18:17	00:20:53	00:23:31	**00:25:52.92**	+00:09:16 (35.9%)	5:10	11.6 (64.1%)
45	**KARNICKI Zygmunt**	**60**	TKKF KOSZALIN	2 Seria	26	2	00:00:51	00:02:47	00:04:49	00:06:52	00:08:59	00:11:05	00:13:12	00:15:21	00:17:31	00:19:44	00:21:57	00:24:13	**00:26:24.13**	+00:09:48 (37.1%)	5:16	11.4 (63.0%)
46	**HARASYM Daniel**	**8**	FUNDACJA ZASTOPUJ	2 Seria	27	2	00:01:01	00:03:09	00:05:20	00:07:33	00:09:51	00:12:07	00:14:21	00:16:38	00:18:55	00:21:14	00:23:37	00:26:01	**00:28:19.92**	+00:11:43 (41.4%)	5:39	10.6 (58.6%)
47	**KARNICKI Artur**	**61**		2 Seria	28	2	00:01:12	00:03:39	00:06:03	00:08:42	00:11:38	00:14:22	00:17:29	00:20:29	00:23:25	00:26:08	00:28:47	00:31:33	**00:33:59.23**	+00:17:23 (51.2%)	6:47	8.8 (48.6%)

Znaleziono 47 wynik(ów)