

# 52 OGÓLNOPOLSKIE BIEGI ULICZNE - 5000M - BIEG OTWARTY 2005+

B4SPORT

**Wydarzenie:** 52 Ogólnopolskie Biegi Uliczne  
**Organizator:** MLKS Nadwiślanin Chełmno  
**Data:** 2023-10-08  
**Miejsce:** Chełmno  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1km	Start_All 2km	Start_All 3km	Start_All 4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SZYMANIAK Kamil</b>	<b>13</b>	MKL TORUŃ	M30	1	00:03:10	00:06:21	00:09:35	00:12:53	<b>00:16:11.20</b>	<b>00:16:13.10</b>		3:14	18.5 (100%)
2	<b>OSSOWSKI Mateusz</b>	<b>42</b>		M30	2	00:03:26	00:07:00	00:10:35	00:14:19	<b>00:18:06.30</b>	<b>00:18:08.25</b>	+00:01:55 (10.6%)	3:37	16.6 (89.7%)
3	<b>RZESZUT Tomasz</b>	<b>20</b>	SEZONOWY BIEGACZ - L-PAAK TEAM	M30	3	00:03:46	00:07:52	00:12:04	00:16:23	<b>00:20:47.75</b>	<b>00:20:50.85</b>	+00:04:37 (22.2%)	4:09	14.4 (77.8%)
4	<b>MUSZCZYŃSKI Cezary</b>	<b>32</b>		M30	4	00:04:09	00:08:32	00:12:51	00:17:16	<b>00:21:30.35</b>	<b>00:21:33.95</b>	+00:05:20 (24.8%)	4:18	14 (75.7%)
5	<b>SZREDER Waldemar</b>	<b>19</b>	SEZONOWY BIEGACZ - L-PAAK TEAM	M30	5	00:04:02	00:08:37	00:13:13	00:17:55	<b>00:22:27.00</b>	<b>00:22:30.25</b>	+00:06:17 (27.9%)	4:29	13.4 (72.4%)
6	<b>MĄTEWSKI Kamil</b>	<b>34</b>		M30	6	00:04:11	00:08:36	00:13:16	00:18:03	<b>00:22:32.45</b>	<b>00:22:36.80</b>	+00:06:23 (28.3%)	4:30	13.3 (71.9%)
7	<b>ŚRUTKOWSKI Sylwester</b>	<b>54</b>		M30	7	00:04:32	00:09:15	00:14:03	00:18:52	<b>00:23:28.40</b>	<b>00:23:31.65</b>	+00:07:18 (31.1%)	4:41	12.8 (69.2%)
8	<b>SZYDŁOWSKI Zenon</b>	<b>47</b>		M30	8	00:04:34	00:09:27	00:14:24	00:19:23	<b>00:23:59.05</b>	<b>00:24:04.15</b>	+00:07:51 (32.6%)	4:47	12.5 (67.6%)
9	<b>ŁUBECKI Patryk</b>	<b>31</b>		M30	9	00:04:19	00:09:17	00:14:24	00:19:43	<b>00:25:05.75</b>	<b>00:25:08.85</b>	+00:08:55 (35.5%)	5:01	12 (64.9%)
10	<b>KINDERMAN Robert</b>	<b>15</b>	SEZONOWY BIEGACZ - L-PAAK TEAM	M30	10	00:04:28	00:09:38	00:15:03	00:20:23	<b>00:25:16.70</b>	<b>00:25:19.40</b>	+00:09:06 (36.0%)	5:03	11.9 (64.3%)
11	<b>DOBEK Rafał</b>	<b>48</b>		M30	11	00:05:06	00:10:22	00:15:37	00:20:56	<b>00:25:58.30</b>	<b>00:26:03.85</b>	+00:09:50 (37.8%)	5:11	11.6 (62.7%)
12	<b>BĄTKOWSKI Krzysztof</b>	<b>51</b>		M30	12	00:05:05	00:10:20	00:15:36	00:21:08	<b>00:26:47.35</b>	<b>00:26:52.35</b>	+00:10:39 (39.6%)	5:21	11.2 (60.5%)
13	<b>KALINOWSKI Dominik</b>	<b>18</b>	SEZONOWY BIEGACZ - L-PAAK TEAM	M30	13	00:05:20	00:11:33	00:17:45	00:24:05	<b>00:29:47.35</b>	<b>00:29:51.70</b>	+00:13:38 (45.7%)	5:57	10.1 (54.6%)

Znaleziono 13 wynik(ów)