

BIEG - 5KM

B4SPORT
INTELEGENCIE ZAWODY SPORTOWE

Wydarzenie: XIV Koszaliński Bieg Górski
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2023-05-06
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------------|------------|---------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 1 | BORYCHOWSKI Mariusz | 105 | | OPEN-M | 1 | 00:18:32.70 | | 3:42 | 16.2 (100%) |
| 2 | WOJTKIEWICZ Mateusz | 92 | KB 'DZIESIĄTKA' BIAŁOGARD | OPEN-M | 2 | 00:18:55.35 | +00:00:22 (2.0%) | 3:47 | 15.9 (98.1%) |
| 3 | FEDORCZAK Łukasz | 16 | BIEGOLAS KOSZALIN | OPEN-M | 3 | 00:19:29.10 | +00:00:56 (4.8%) | 3:53 | 15.4 (95.1%) |
| 4 | MIKODA Grzegorz | 52 | | OPEN-M | 4 | 00:19:33.45 | +00:01:00 (5.2%) | 3:54 | 15.3 (94.4%) |
| 5 | WITKIEWICZ Eryk | 90 | | OPEN-M | 5 | 00:19:37.85 | +00:01:05 (5.5%) | 3:55 | 15.3 (94.4%) |
| 6 | WALEŃSKI Michał | 94 | TKKF KOSZALIN | OPEN-M | 6 | 00:20:31.00 | +00:01:58 (9.6%) | 4:06 | 14.6 (90.1%) |
| 7 | SMAGOWSKI Wojtek | 76 | OSP RĄBINO | OPEN-M | 7 | 00:21:20.05 | +00:02:47 (13.1%) | 4:16 | 14.1 (87.0%) |
| 8 | TULO Piotr | 102 | KS START PUŁAWSKI WARKA | OPEN-M | 8 | 00:21:39.95 | +00:03:07 (14.4%) | 4:19 | 13.9 (85.8%) |
| 9 | KONKEL Agnieszka | 33 | | OPEN-K | 1 | 00:22:18.10 | +00:03:45 (16.8%) | 4:27 | 13.5 (83.3%) |
| 10 | BARUTOWICZ Grzegorz | 4 | | OPEN-M | 9 | 00:23:38.40 | +00:05:05 (21.6%) | 4:43 | 12.7 (78.4%) |
| 11 | OLSZAK Jakub | 60 | | OPEN-M | 10 | 00:23:43.70 | +00:05:11 (21.8%) | 4:44 | 12.6 (77.8%) |
| 12 | MAZURSKI Paweł | 50 | | OPEN-M | 11 | 00:24:29.95 | +00:05:57 (24.3%) | 4:53 | 12.3 (75.9%) |
| 13 | SCHWARZ Ludwik | 95 | | OPEN-M | 12 | 00:24:37.15 | +00:06:04 (24.7%) | 4:55 | 12.2 (75.3%) |
| 14 | KOZŁOWICZ Krzysztof | 35 | | OPEN-M | 13 | 00:24:37.65 | +00:06:04 (24.7%) | 4:55 | 12.2 (75.3%) |
| 15 | ADASZYNSKI Wiesław | 2 | BIEGOLAS KOSZALIN | OPEN-M | 14 | 00:24:48.40 | +00:06:15 (25.2%) | 4:57 | 12.1 (74.7%) |
| 16 | REDLICKI Piotr | 71 | | OPEN-M | 15 | 00:24:50.95 | +00:06:18 (25.4%) | 4:58 | 12.1 (74.7%) |
| 17 | KISIELIŃSKI Igor | 32 | | OPEN-M | 16 | 00:24:51.65 | +00:06:18 (25.4%) | 4:58 | 12.1 (74.7%) |
| 18 | MAZUR Mirosław | 103 | TKKF KOSZALIN | OPEN-M | 17 | 00:25:29.80 | +00:06:57 (27.3%) | 5:05 | 11.8 (72.8%) |
| 19 | KRZEWIŃSKA Małgorzata | 40 | TKKF KOSZALIN | OPEN-K | 2 | 00:25:41.85 | +00:07:09 (27.8%) | 5:08 | 11.7 (72.2%) |
| 20 | PAWŁOWSKI Grzegorz | 65 | | OPEN-M | 18 | 00:26:03.00 | +00:07:30 (28.8%) | 5:12 | 11.5 (71.0%) |
| 21 | BODO Rafał | 6 | ZOZKOSZ KOSZALIN | OPEN-M | 19 | 00:26:04.80 | +00:07:32 (28.9%) | 5:12 | 11.5 (71.0%) |
| 22 | KUBIAK Katarzyna | 41 | | OPEN-K | 3 | 00:26:11.30 | +00:07:38 (29.2%) | 5:14 | 11.5 (71.0%) |
| 23 | ADAMOWICZ Kinga | 1 | | OPEN-K | 4 | 00:26:24.25 | +00:07:51 (29.8%) | 5:16 | 11.4 (70.4%) |
| 24 | OLSZAK Grzegorz | 59 | | OPEN-M | 20 | 00:26:30.05 | +00:07:57 (30.0%) | 5:18 | 11.3 (69.8%) |
| 25 | MACIĄG Piotr | 45 | | OPEN-M | 21 | 00:26:37.25 | +00:08:04 (30.3%) | 5:19 | 11.3 (69.8%) |
| 26 | GRABAREK Ewelina | 22 | | OPEN-K | 5 | 00:27:01.25 | +00:08:28 (31.4%) | 5:24 | 11.1 (68.5%) |

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|-----|---------------------------------|------------|-------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 27 | GRUNWALD Karolina | 24 | | OPEN-K | 6 | 00:27:06.70 | +00:08:34 (31.6%) | 5:25 | 11.1 (68.5%) |
| 28 | GOŁKA Eliasz | 21 | | OPEN-M | 22 | 00:27:18.60 | +00:08:45 (32.1%) | 5:27 | 11 (67.9%) |
| 29 | PAWŁOWSKA Magdalena | 64 | GAMMAXRUN | OPEN-K | 7 | 00:27:44.90 | +00:09:12 (33.2%) | 5:32 | 10.8 (66.7%) |
| 30 | KRZEWIŃSKA Monika | 93 | TKKF KOSZALIN | OPEN-K | 8 | 00:28:08.05 | +00:09:35 (34.1%) | 5:37 | 10.7 (66.0%) |
| 31 | KUBIK Dariusz | 42 | SAINT-GOBAIN SQUAD | OPEN-M | 23 | 00:28:29.30 | +00:09:56 (34.9%) | 5:41 | 10.5 (64.8%) |
| 32 | OSOBNIAK Ryszard | 62 | | OPEN-M | 24 | 00:28:32.25 | +00:09:59 (35.0%) | 5:42 | 10.5 (64.8%) |
| 33 | BINIEK Eliasz | 5 | | OPEN-M | 25 | 00:29:07.55 | +00:10:34 (36.3%) | 5:49 | 10.3 (63.6%) |
| 34 | PIETRZYK Rafał | 68 | | OPEN-M | 26 | 00:29:51.70 | +00:11:19 (37.9%) | 5:58 | 10.1 (62.3%) |
| 35 | JUSZCZAK Krzysztof | 29 | | OPEN-M | 27 | 00:31:21.90 | +00:12:49 (40.9%) | 6:16 | 9.6 (59.3%) |
| 36 | MACIĄG Paweł | 46 | HOMOSAPIE | OPEN-M | 28 | 00:31:31.05 | +00:12:58 (41.2%) | 6:18 | 9.5 (58.6%) |
| 37 | PEŁKA Iwona | 66 | | OPEN-K | 9 | 00:31:42.50 | +00:13:09 (41.5%) | 6:20 | 9.5 (58.6%) |
| 38 | HELLER Zdzisław | 26 | HERBMARATONOW.PL | OPEN-M | 29 | 00:31:44.80 | +00:13:12 (41.6%) | 6:20 | 9.5 (58.6%) |
| 39 | SUDER-MAKSYMOWICZ Monika | 79 | | OPEN-K | 10 | 00:32:08.15 | +00:13:35 (42.3%) | 6:25 | 9.3 (57.4%) |
| 40 | KUBIK Aleksandra | 43 | | OPEN-K | 11 | 00:32:32.35 | +00:13:59 (43.0%) | 6:30 | 9.2 (56.8%) |
| 41 | KUKLIŃSKA Beata | 44 | DREAM TEAM | OPEN-K | 12 | 00:33:30.95 | +00:14:58 (44.7%) | 6:42 | 9 (55.6%) |
| 42 | TULO Anna | 101 | KS START PUŁAWSKI WARKA | OPEN-K | 13 | 00:36:05.30 | +00:17:32 (48.6%) | 7:13 | 8.3 (51.2%) |
| 43 | MIZEREK Marta + Thule | 54 | THULE FAMILY | OPEN-K | 14 | 00:58:57.55 | +00:40:24 (68.5%) | 11:47 | 5.1 (31.5%) |
| 44 | BOGACKA Lucyna | 7 | TKKF KOSZALIN | OPEN-K | 15 | | | | (0.0%) |

Znaleziono 44 wynik(ów)