

BIEG - 5KM

B4SPORT
INTELEGENE 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	GRUNWALD Karolina	24		OPEN-K	6	00:27:06.70	+00:08:34 (31.6%)	5:25	11.1 (68.5%)
28	GOŁKA Elias	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 Elias	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)