

I SERIA

B4SPORT

Wydarzenie: VII Otwarte Mistrzostwa Koszalina na 5 000m
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2023-06-15
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KOCZOROWSKI Paweł	37	W.P.K. SŁOŃ TEAM USTKA	M-40	1	1	00:00:00	00:00:46	00:02:33	00:04:20	00:06:05	00:07:50	00:09:35	00:11:19	00:13:02	00:14:46	00:16:29	00:18:14	00:19:57	00:21:34.83	00:21:34.83		4:18	13.9 (100%)
2	CHUDZIK Zbigniew	34	TKKF KOSZALIN	M-60	1	1	00:00:00	00:00:46	00:02:35	00:04:23	00:06:10	00:07:57	00:09:42	00:11:30	00:13:19	00:15:07	00:16:56	00:18:46	00:20:32	00:22:11.84	00:22:11.84	+00:00:37 (2.8%)	4:26	13.5 (97.1%)
3	DRABKOWSKA Agnieszka	47		K-40	1	1	00:00:00	00:00:50	00:02:33	00:04:19	00:06:06	00:07:53	00:09:41	00:11:30	00:13:19	00:15:07	00:16:56	00:18:46	00:20:35	00:22:21.99	00:22:21.99	+00:00:47 (3.5%)	4:28	13.4 (96.4%)
4	ORLIKOWSKI Robert	46	POŁCZYN BIEGA ♥	SENIOR -M	1	1	00:00:00	00:00:48	00:02:33	00:04:17	00:06:03	00:07:50	00:09:39	00:11:30	00:13:20	00:15:13	00:17:06	00:18:59	00:20:53	00:22:45.68	00:22:45.68	+00:01:10 (5.2%)	4:33	13.2 (95.0%)
5	OWCZARZ Marcin	38	FIGA PRACOWNIA PROJEKTOWA	SENIOR -M	2	1	00:00:00	00:00:45	00:02:32	00:04:23	00:06:15	00:08:06	00:09:57	00:11:48	00:13:38	00:15:25	00:17:18	00:19:11	00:21:06	00:22:51.10	00:22:51.10	+00:01:16 (5.6%)	4:34	13.1 (94.2%)
6	GRABAREK Ewelina	36		SENIOR -K	1	1	00:00:00	00:00:51	00:02:36	00:04:22	00:06:11	00:08:01	00:09:52	00:11:45	00:13:38	00:15:35	00:17:30	00:19:28	00:21:19	00:23:05.41	00:23:05.41	+00:01:30 (6.5%)	4:37	13 (93.5%)
7	BRZEZIŃSKI Paweł	35	PAB IRONDAD	M-40	2	1	00:00:00	00:00:47	00:02:36	00:04:28	00:06:20	00:08:13	00:10:06	00:12:00	00:13:54	00:15:51	00:17:48	00:19:43	00:21:40	00:23:31.44	00:23:31.44	+00:01:56 (8.3%)	4:42	12.8 (92.1%)
8	KRZEWIŃSKA Małgorzata	43	TKKF KOSZALIN	K-60	1	1	00:00:00	00:00:47	00:02:36	00:04:27	00:06:18	00:08:09	00:10:02	00:11:57	00:13:51	00:15:47	00:17:43	00:19:40	00:21:38	00:23:31.79	00:23:31.79	+00:01:56 (8.3%)	4:42	12.8 (92.1%)
9	ANTKOWIAK Sebastian	42	DB-ACTIVE	M-40	3	1	00:00:00	00:00:48	00:02:36	00:04:29	00:06:19	00:08:10	00:10:02	00:11:56	00:13:50	00:15:47	00:17:45	00:19:44	00:21:42	00:23:37.40	00:23:37.40	+00:02:02 (8.6%)	4:43	12.7 (91.4%)
10	STRZELECKI Grzegorz	40	FIGA PRACOWNIA PROJEKTOWA	M-40	4	1	00:00:00	00:00:46	00:02:34	00:04:27	00:06:22	00:08:16	00:10:13	00:12:11	00:14:09	00:16:09	00:18:07	00:20:06	00:22:04	00:23:53.17	00:23:53.17	+00:02:18 (9.7%)	4:46	12.6 (90.6%)
11	SUDER-MAKSYMOWICZ Grzegorz	39		M-40	5	1	00:00:00	00:00:53	00:02:40	00:04:33	00:06:29	00:08:26	00:10:23	00:12:20	00:14:21	00:16:23	00:18:25	00:20:22	00:22:19	00:24:06.40	00:24:06.40	+00:02:31 (10.5%)	4:49	12.4 (89.2%)
12	GIEDROWICZ Aleksandra	45		SENIOR -K	2	1	00:00:00	00:00:50	00:02:37	00:04:29	00:06:21	00:08:18	00:10:16	00:12:17	00:14:18	00:16:21	00:18:24	00:20:21	00:22:18	00:24:20.35	00:24:20.35	+00:02:45 (11.3%)	4:52	12.3 (88.5%)
13	ZAWISKA Anna	49		SENIOR -K	3	1	00:00:00	00:00:51	00:02:37	00:04:31	00:06:28	00:08:33	00:10:40	00:12:47	00:14:58	00:17:05	00:19:14	00:21:22	00:23:29	00:25:33.60	00:25:33.60	+00:03:58 (15.6%)	5:06	11.7 (84.2%)
14	KLASA Jan	53	URZĄD GMINY CZARNA DĄBRÓWKA	M-60	2	1	00:00:00	00:00:53	00:02:50	00:04:50	00:06:52	00:08:54	00:10:58	00:13:01	00:15:05	00:17:10	00:19:18	00:21:26	00:23:34	00:25:38.31	00:25:38.31	+00:04:03 (15.8%)	5:07	11.7 (84.2%)
15	BOGACKA Lucyna	48	TKKF KOSZALIN	K-60	2	1	00:00:00	00:00:54	00:02:54	00:04:56	00:06:57	00:09:00	00:11:04	00:13:07	00:15:11	00:17:16	00:19:23	00:21:29	00:23:41	00:25:43.26	00:25:43.26	+00:04:08 (16.1%)	5:08	11.7 (84.2%)
16	KOZŁOWIECKI Waldemar	51		M-70+	1	1	00:00:00	00:00:57	00:03:03	00:05:15	00:07:25	00:09:33	00:11:42	00:13:52	00:16:03	00:18:15	00:20:27	00:22:38	00:24:50	00:26:56.35	00:26:56.35	+00:05:21 (19.9%)	5:23	11.1 (79.9%)

Znaleziono 16 wynik(ów)