



II OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5 KM

B4SPORT

Organiser: TKKF Koszalin
Date: 2017-09-21
Place: Koszalin
Distance: 5 km



Classification: 2 Seria

Place	Participant	Number	Club	Category	MCat	Start										Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h		
						0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km						4.2km	4.6km
1	GAWRON Piotr	912	ULKS TALEX BORZYTUCHOM	2 Seria	1	00:00:38	00:01:54	00:03:14	00:04:35	00:05:55	00:07:18	00:08:42	00:10:07	00:11:31	00:12:56	00:14:18	00:15:39	00:16:55.85	00:16:55.85		3:23	17.7 (100%)
2	WRÓBEL Jakub	967	KL BAŁTYK	2 Seria	2	00:00:38	00:01:55	00:03:14	00:04:35	00:05:56	00:07:19	00:08:43	00:10:08	00:11:32	00:12:56	00:14:22	00:15:48	00:17:20.20	00:17:20.20	+00:00:24 (2.3%)	3:28	17.3 (97.7%)
3	KASPROWICZ Adam	966	KL BAŁTYK	2 Seria	3	00:00:38	00:01:54	00:03:14	00:04:35	00:05:55	00:07:19	00:08:42	00:10:07	00:11:31	00:12:56	00:14:22	00:15:48	00:17:20.60	00:17:20.60	+00:00:24 (2.4%)	3:28	17.3 (97.7%)
4	KĘPKA Adrian	928		2 Seria	4	00:00:40	00:02:06	00:03:31	00:04:55	00:06:19	00:07:43	00:09:07	00:10:31	00:11:59	00:13:27	00:14:54	00:16:21	00:17:29.35	00:17:29.35	+00:00:33 (3.2%)	3:29	17.2 (97.2%)
5	KOZAK Arkadiusz	984	TKKF KOSZALIN	2 Seria	5	00:00:40	00:02:05	00:03:31	00:04:54	00:06:18	00:07:42	00:09:07	00:10:31	00:11:59	00:13:27	00:14:55	00:16:21	00:17:29.80	00:17:29.80	+00:00:33 (3.2%)	3:29	17.2 (97.2%)
6	GARSKI Kryspin	911	ŚWIAT PLYTEK U KRYPINA	2 Seria	6	00:00:44	00:02:18	00:03:50	00:05:21	00:06:51	00:08:22	00:09:53	00:11:24	00:12:55	00:14:25	00:15:55	00:17:27	00:18:51.40	00:18:51.40	+00:01:55 (10.2%)	3:46	15.9 (89.8%)
7	JĄŻWIŃSKI Dawid	925	TKKF KOSZALIN	2 Seria	7	00:00:43	00:02:17	00:03:51	00:05:21	00:06:51	00:08:22	00:09:53	00:11:24	00:12:58	00:14:41	00:16:19	00:17:53	00:19:11.30	00:19:11.30	+00:02:15 (11.8%)	3:50	15.6 (88.1%)
8	ROKOSZ Radosław	948	JW 1223	2 Seria	8	00:00:43	00:02:17	00:03:51	00:05:23	00:06:56	00:08:30	00:10:01	00:11:35	00:13:10	00:14:47	00:16:22	00:17:58	00:19:17.35	00:19:17.35	+00:02:21 (12.2%)	3:51	15.6 (88.1%)
9	KOŚCIELNIAK Robert	932	TKKF KOSZALIN	2 Seria	9	00:00:43	00:02:17	00:03:51	00:05:23	00:06:56	00:08:30	00:10:03	00:11:37	00:13:13	00:14:49	00:16:23	00:17:59	00:19:18.80	00:19:18.80	+00:02:22 (12.3%)	3:51	15.5 (86.6%)
10	ZUKAL Piotr	962		2 Seria	10	00:00:46	00:02:19	00:03:55	00:05:30	00:07:05	00:08:41	00:10:17	00:11:51	00:13:25	00:15:00	00:16:34	00:18:10	00:19:38.95	00:19:38.95	+00:02:43 (13.8%)	3:55	15.3 (86.4%)
11	ZWOLIŃSKI Jan	963	TKKF KOSZALIN	2 Seria	11	00:00:43	00:02:18	00:03:53	00:05:29	00:07:05	00:08:41	00:10:18	00:11:54	00:13:31	00:15:08	00:16:46	00:18:22	00:19:52.45	00:19:52.45	+00:02:56 (14.8%)	3:58	15.1 (85.3%)
12	SZULC Arek	955	ROZBIEGANY KOSZALIN	2 Seria	12	00:00:48	00:02:27	00:04:06	00:05:44	00:07:21	00:09:01	00:10:38	00:12:14	00:13:52	00:15:26	00:17:01	00:18:30	00:19:56.05	00:19:56.05	+00:03:00 (15.1%)	3:59	15.1 (85.3%)
13	JAROSZ Jakub	923	TKKF KOSZALIN	2 Seria	13	00:00:45	00:02:21	00:04:01	00:05:40	00:07:21	00:09:01	00:10:39	00:12:17	00:13:55	00:15:31	00:17:05	00:18:35	00:19:57.40	00:19:57.40	+00:03:01 (15.2%)	3:59	15 (84.7%)
14	BARANOWSKI Piotr	901		2 Seria	14	00:00:47	00:02:25	00:04:03	00:05:37	00:07:17	00:08:55	00:10:33	00:12:11	00:13:48	00:15:25	00:17:00	00:18:35	00:20:01.85	00:20:01.85	+00:03:06 (15.5%)	4:00	15 (84.7%)
15	HUBERT Łukasz	915	WILKI KOSZALIN	2 Seria	15	00:00:47	00:02:24	00:04:03	00:05:38	00:07:17	00:08:55	00:10:33	00:12:11	00:13:48	00:15:25	00:17:00	00:18:35	00:20:02.05	00:20:02.05	+00:03:06 (15.5%)	4:00	15 (84.7%)
16	MAZUR Emiliusz	937	ŻYJ Z ENERGIA	2 Seria	16	00:00:46	00:02:19	00:03:56	00:05:31	00:07:08	00:08:46	00:10:24	00:12:01	00:13:40	00:15:19	00:16:57	00:18:34	00:20:02.95	00:20:02.95	+00:03:07 (15.6%)	4:00	15 (84.7%)
17	CICHOSZ Mateusz	906	ŚWIAT PLYTEK U KRYPINA BYTÓW	2 Seria	17	00:00:45	00:02:19	00:03:54	00:05:29	00:07:04	00:08:40	00:10:17	00:11:55	00:13:33	00:15:15	00:16:55	00:18:32	00:20:07.65	00:20:07.65	+00:03:11 (15.9%)	4:01	14.9 (84.2%)
18	JANKOWSKI Grzegorz	919	ŚWIAT PLYTEK U KRYPINA	2 Seria	18	00:00:47	00:02:19	00:03:54	00:05:29	00:07:04	00:08:40	00:10:17	00:11:54	00:13:33	00:15:15	00:16:56	00:18:36	00:20:10.80	00:20:10.80	+00:03:14 (16.1%)	4:02	14.9 (84.2%)
19	JAROSZ Dariusz	922	TKKF KOSZALIN	2 Seria	19	00:00:47	00:02:28	00:04:08	00:05:46	00:07:25	00:09:05	00:10:43	00:12:22	00:14:01	00:15:40	00:17:18	00:18:54	00:20:24.50	00:20:24.50	+00:03:28 (17.0%)	4:04	14.7 (83.1%)
20	WÓJCIK Damian	959		2 Seria	20	00:00:47	00:02:23	00:03:59	00:05:36	00:07:15	00:08:54	00:10:33	00:12:13	00:13:56	00:15:38	00:17:20	00:19:03	00:20:41.65	00:20:41.65	+00:03:45 (18.2%)	4:08	14.5 (81.9%)
21	RUSINEK Artur	950		2 Seria	21	00:00:41	00:02:18	00:03:54	00:05:30	00:07:12	00:08:52	00:10:35	00:12:19	00:14:04	00:15:48	00:17:35	00:19:18	00:20:45.95	00:20:45.95	+00:03:50 (18.5%)	4:09	14.5 (81.9%)
22	SZYMCZAK Michał	956		2 Seria	22	00:00:45	00:02:23	00:04:04	00:05:44	00:07:23	00:09:05	00:10:46	00:12:28	00:14:11	00:15:52	00:17:35	00:19:19	00:20:51.50	00:20:51.50	+00:03:55 (18.8%)	4:10	14.4 (81.4%)
23	JANKOWSKI Sławomir	920	ŚWIAT PLYTEK U KRYPINA BYTÓW	2 Seria	23	00:00:45	00:02:19	00:03:54	00:05:30	00:07:09	00:08:51	00:10:34	00:12:18	00:14:04	00:15:49	00:17:33	00:19:14	00:20:53.35	00:20:53.35	+00:03:57 (18.9%)	4:10	14.4 (81.4%)
24	CHOŁUJ Jarosław	904	ROZBIEGANY KOSZALIN	2 Seria	24	00:00:48	00:02:26	00:04:04	00:05:41	00:07:20	00:09:00	00:10:37	00:12:17	00:13:57	00:15:47	00:17:37	00:19:21	00:20:55.05	00:20:55.05	+00:03:59 (19.1%)	4:11	14.3 (80.8%)
25	WOŁOWIEC Przemek	958		2 Seria	25	00:00:55	00:02:45	00:04:31	00:06:14	00:07:58	00:09:40	00:11:21	00:13:03	00:14:43	00:16:26	00:18:05	00:19:48	00:21:23.20	00:21:23.20	+00:04:27 (20.8%)	4:16	14 (79.1%)

Place	Participant	Number	Club	Category	MCat	Start											Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h	
						0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km						4.6km
26	KAJKOWSKI Rafał	926	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	2 Seria	26	00:00:47	00:02:29	00:04:11	00:05:55	00:07:38	00:09:20	00:11:04	00:12:49	00:14:34	00:16:20	00:18:04	00:19:47	00:21:27.05	00:21:27.05	+00:04:31 (21.1%)	4:17	14 (79.1%)
27	RUTKOWSKI Artur	951	RUTKOWSKI TEAM	2 Seria	27	00:00:54	00:02:37	00:04:16	00:05:54	00:07:36	00:09:18	00:11:01	00:12:46	00:14:37	00:16:26	00:18:13	00:19:59	00:21:34.85	00:21:34.85	+00:04:39 (21.5%)	4:18	13.9 (78.5%)
28	JAMNIAK Bartosz	918	MTS HAMER MIASTKO	2 Seria	28	00:00:44	00:02:19	00:03:56	00:05:34	00:07:17	00:09:03	00:10:52	00:12:41	00:14:31	00:16:24	00:18:12	00:20:00	00:21:35.80	00:21:35.80	+00:04:39 (21.6%)	4:19	13.9 (78.5%)
29	PICK Tomasz	944	MK KOSZALIN	2 Seria	29	00:00:48	00:02:29	00:04:12	00:05:55	00:07:39	00:09:23	00:11:08	00:12:53	00:14:39	00:16:25	00:18:11	00:19:56	00:21:40.30	00:21:40.30	+00:04:44 (21.9%)	4:20	13.8 (78.0%)
30	RÓG Michał	949		2 Seria	30	00:00:47	00:02:28	00:04:13	00:05:59	00:07:48	00:09:37	00:11:27	00:13:16	00:15:05	00:16:54	00:18:42	00:20:30	00:22:07.70	00:22:07.70	+00:05:11 (23.5%)	4:25	13.6 (76.8%)
31	WRÓBLEWSKI Jacek	960	TKKF KOSZALIN	2 Seria	31	00:00:42	00:02:16	00:03:50	00:05:27	00:07:19	00:09:14	00:11:11	00:13:11	00:15:06	00:17:01	00:18:52	00:20:40	00:22:15.75	00:22:15.75	+00:05:19 (23.9%)	4:27	13.5 (76.3%)
32	OTTO Michał	941		2 Seria	32	00:00:47	00:02:27	00:04:13	00:05:59	00:07:48	00:09:37	00:11:27	00:13:16	00:15:05	00:16:55	00:18:43	00:20:33	00:22:19.70	00:22:19.70	+00:05:23 (24.2%)	4:27	13.4 (75.7%)
33	KONKEL Łukasz	931		2 Seria	33	00:00:48	00:02:28	00:04:13	00:06:00	00:07:49	00:09:38	00:11:29	00:13:18	00:15:11	00:17:03	00:18:56	00:20:47	00:22:29.80	00:22:29.80	+00:05:33 (24.7%)	4:29	13.3 (75.1%)
34	DUDZIAK Piotr	907		2 Seria	34	00:00:48	00:02:28	00:04:13	00:06:00	00:07:50	00:09:38	00:11:28	00:13:16	00:15:09	00:17:03	00:18:57	00:20:39	00:22:37.65	00:22:37.65	+00:05:41 (25.2%)	4:31	13.3 (75.1%)
35	MICERSKI Tomasz	938	TKKF KOSZALIN	2 Seria	35	00:00:50	00:02:37	00:04:26	00:06:17	00:08:10	00:10:04	00:11:58	00:13:50	00:15:42	00:17:38	00:19:30	00:21:21	00:23:04.35	00:23:04.35	+00:06:08 (26.6%)	4:36	13 (73.4%)
36	BASSEL Marcin	903		2 Seria	36	00:00:55	00:02:45	00:04:32	00:06:18	00:08:07	00:09:58	00:11:47	00:13:40	00:15:37	00:17:38	00:19:42	00:21:43	00:23:27.35	00:23:27.35	+00:06:31 (27.8%)	4:41	12.8 (72.3%)
37	ROGALSKI Robert	947	TKKF KOSZALIN	2 Seria	37	00:00:48	00:02:28	00:04:10	00:06:00	00:07:57	00:10:03	00:12:09	00:14:18	00:16:23	00:18:23	00:20:28	00:22:37	00:24:19.75	00:24:19.75	+00:07:23 (30.4%)	4:51	12.3 (69.5%)
38	JASIŃSKI Cezary	924	MNBC	2 Seria	38	00:00:47	00:02:37	00:04:33	00:06:32	00:08:31	00:10:31	00:12:32	00:14:33	00:16:35	00:18:35	00:20:36	00:22:38	00:24:30.10	00:24:30.10	+00:07:34 (30.9%)	4:54	12.2 (68.9%)
39	MRUGALSKI Stanisław	939		2 Seria	39	00:00:58	00:02:56	00:05:02	00:07:07	00:09:12	00:11:17	00:13:25	00:15:29	00:17:32	00:19:33	00:21:31	00:23:30	00:25:21.05	00:25:21.05	+00:08:25 (33.2%)	5:04	11.8 (66.7%)
40	PACAN Bartosz	943	ŚWIAT PLYTEK U KRYPINA	2 Seria	40	00:00:56	00:02:50	00:04:46	00:06:41	00:08:40	00:10:42	00:12:50	00:14:59	00:17:10	00:19:21	00:21:33	00:23:28	00:25:23.00	00:25:23.00	+00:08:27 (33.3%)	5:04	11.8 (66.7%)
41	SKRZYPCZAK Bogusław	952		2 Seria	41	00:00:59	00:03:07	00:05:09	00:07:13	00:09:17	00:11:20	00:13:24	00:15:23	00:17:24	00:19:27	00:21:30	00:23:32	00:25:26.85	00:25:26.85	+00:08:31 (33.5%)	5:05	11.8 (66.7%)
42	PRADUŃ Michał	945		2 Seria	42	00:00:51	00:02:40	00:04:36	00:06:37	00:08:41	00:10:47	00:12:58	00:15:11	00:17:26	00:19:41	00:21:57	00:24:13	00:26:10.65	00:26:10.65	+00:09:14 (35.3%)	5:14	11.5 (65.0%)

Total 42 results.