



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

VII Otwarte Mistrzostwa Koszalina na 5 000m
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2023-06-15
Koszalin
5 km

II SERIA

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	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	Różn	Tempo min/km	Tempo km/h
1	PICK Tomasz	14	BIEGOLAS / KORONA	M-50	1	2	00:00:41	00:02:08	00:03:39	00:05:10	00:06:41	00:08:13	00:09:44	00:11:15	00:12:46	00:14:18	00:15:48	00:17:18	00:18:33.48		3:42	16.2 (100%)
2	WITKIEWICZ Eryk	24	KB DZIESIATKA BIAŁOGARD	M-40	1	2	00:00:40	00:02:08	00:03:38	00:05:04	00:06:33	00:08:03	00:09:35	00:11:08	00:12:40	00:14:13	00:15:46	00:17:20	00:18:40.83	+00:00:07 (0.7%)	3:44	16.1 (99.4%)
3	GAJEWSKI Andrzej	21	STOPA SŁUPSK	M-40	2	2	00:00:42	00:02:10	00:03:40	00:05:12	00:06:45	00:08:18	00:09:51	00:11:23	00:12:57	00:14:30	00:16:04	00:17:36	00:18:58.26	+00:00:24 (2.2%)	3:47	15.8 (97.5%)
4	CHOLEWIŃSKI Artur	18	AML SŁUPSK	SENIOR -M	1	2	00:00:43	00:02:11	00:03:44	00:05:20	00:06:56	00:08:31	00:10:05	00:11:39	00:13:15	00:14:51	00:16:26	00:17:57	00:19:22.24	+00:00:48 (4.2%)	3:52	15.5 (95.7%)
5	NOWICKI Michał	33	KB WYGAN	SENIOR -M	2	2	00:00:44	00:02:15	00:03:48	00:05:22	00:06:55	00:08:27	00:09:59	00:11:34	00:13:10	00:14:42	00:16:17	00:17:55	00:19:26.75	+00:00:53 (4.6%)	3:53	15.4 (95.1%)
6	PIENIAWSKI Mateusz	22		SENIOR -M	3	2	00:00:44	00:02:14	00:03:45	00:05:16	00:06:48	00:08:20	00:09:54	00:11:30	00:13:08	00:14:48	00:16:28	00:18:06	00:19:32.78	+00:00:59 (5.1%)	3:54	15.4 (95.1%)
7	WEBER Paweł	15	BIEGOLAS	M-40	3	2	00:00:42	00:02:11	00:03:43	00:05:15	00:06:47	00:08:21	00:09:55	00:11:32	00:13:09	00:14:48	00:16:26	00:18:04	00:19:33.66	+00:01:00 (5.1%)	3:54	15.3 (94.4%)
8	MAĆKOWIAK Krzysztof	16	DOMINET	M-40	4	2	00:00:42	00:02:11	00:03:41	00:05:14	00:06:47	00:08:22	00:09:58	00:11:35	00:13:13	00:14:52	00:16:30	00:18:08	00:19:38.81	+00:01:05 (5.5%)	3:55	15.3 (94.4%)
9	SZCZUBLEWSKI Martin	25	KAMIEŃ RYMAŃSKI	SENIOR -M	4	2	00:00:42	00:02:13	00:03:48	00:05:24	00:06:58	00:08:36	00:10:14	00:11:53	00:13:30	00:15:10	00:16:52	00:18:31	00:20:04.55	+00:01:31 (7.6%)	4:00	15 (92.6%)
10	MARCINIAK Maciej	29	PARKRUN	SENIOR -M	5	2	00:00:41	00:02:12	00:03:48	00:05:27	00:07:06	00:08:48	00:10:31	00:12:13	00:13:56	00:15:34	00:17:11	00:18:44	00:20:09.79	+00:01:36 (8.0%)	4:01	14.9 (92.0%)
11	KONKEL Agnieszka	19		SENIOR -K	1	2	00:00:43	00:02:12	00:03:46	00:05:22	00:06:59	00:08:37	00:10:16	00:11:55	00:13:35	00:15:16	00:16:59	00:18:38	00:20:11.33	+00:01:37 (8.1%)	4:02	14.9 (92.0%)
12	MAZURSKI Paweł	26		SENIOR -M	6	2	00:00:38	00:02:08	00:03:43	00:05:20	00:07:00	00:08:40	00:10:22	00:12:06	00:13:52	00:15:38	00:17:24	00:19:06	00:20:37.29	+00:02:03 (10.0%)	4:07	14.6 (90.1%)
13	NAGÓREK Krzysztof	32	TUPOT USTKA	M-60	1	2	00:00:45	00:02:25	00:04:04	00:05:41	00:07:18	00:08:56	00:10:36	00:12:18	00:13:58	00:15:41	00:17:23	00:19:06	00:20:39.74	+00:02:06 (10.2%)	4:07	14.5 (89.5%)
14	BIERZANOWSKI Rafał	23		M-40	5	2	00:00:44	00:02:25	00:04:03	00:05:40	00:07:17	00:08:56	00:10:36	00:12:18	00:13:59	00:15:41	00:17:24	00:19:07	00:20:42.27	+00:02:08 (10.4%)	4:08	14.5 (89.5%)
15	KRUK Marcin	28	TKKF MASTERS KOSZALIN	M-40	6	2	00:00:45	00:02:24	00:04:01	00:05:39	00:07:18	00:08:57	00:10:37	00:12:20	00:14:03	00:15:47	00:17:31	00:19:18	00:20:58.77	+00:02:25 (11.5%)	4:11	14.3 (88.3%)
16	RUTKOWSKI Artur	30	RUNKING / SPORTOWIEC.INFO	SENIOR -M	7	2	00:00:49	00:02:28	00:04:11	00:05:54	00:07:41	00:09:36	00:11:33	00:13:29	00:15:25	00:17:24	00:19:24	00:21:21	00:22:57.29	+00:04:23 (19.2%)	4:35	13.1 (80.9%)
17	ŻUCHELKOWSKI Henryk	44	NEPTUN KOŁOBRZEG	SENIOR -M	8	2	00:00:53	00:02:49	00:04:43	00:06:38	00:08:30	00:10:25	00:12:20	00:14:14	00:16:09	00:18:05	00:19:56	00:21:49	00:23:38.90	+00:05:05 (21.5%)	4:43	12.7 (78.4%)
18	WOJCIECHOWSKA Basia	27		SENIOR -K	2	2	00:00:42	00:02:15	00:03:54	00:05:41	00:07:26	00:09:12	00:11:00	00:12:49	00:14:38	00:16:29	00:18:15	00:19:57		+00:02:39	4:20	13.8 (85.2%)

Znaleziono 18 wynik(ów)