



# III OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5 KM

B4SPORT

**Organizator:** TKKF Koszalin  
**Data:** 2018-09-19  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 0.2km	Start_All 0.6km	Start_All 1km	Start_All 1.4km	Start_All 1.8km	Start_All 2.2km	Start_All 2.6km	Start_All 3km	Start_All 3.4km	Start_All 3.8km	Start_All 4.2km	Start_All 4.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZABORSKI Ryszard	443	TKKF KOSZALIN/ORKIESTRA WOJSKOWA	Mężczyźni	1	00:00:36	00:01:57	00:03:21	00:03:45	00:04:46	00:06:12	00:07:38	00:10:33	00:12:01	00:13:25	00:14:49	00:16:12	<b>00:17:36.62</b>		3:31	17 (100%)
2	SIADAK Arkadiusz	435		Mężczyźni	2	00:00:36	00:01:57	00:03:21	00:04:46	00:06:12	00:07:38	00:09:05	00:10:33	00:12:02	00:13:27	00:14:52	00:16:21	<b>00:17:44.76</b>	+00:00:08 (0.8%)	3:32	16.9 (99.4%)
3	STEBELSKI Jasio	440		Mężczyźni	3	00:00:34	00:01:56	00:03:20	00:04:46	00:06:12	00:07:38	00:09:05	00:10:33	00:12:02	00:13:27	00:14:55	00:16:25	<b>00:17:47.29</b>	+00:00:10 (1.0%)	3:33	16.9 (99.4%)
4	HUBERT Łukasz	319	TKKF KOSZALIN	Mężczyźni	4	00:00:36	00:01:59	00:03:26	00:04:53	00:06:19	00:07:49	00:09:18	00:10:46	00:12:15	00:13:45	00:15:14	00:16:43	<b>00:18:00.39</b>	+00:00:23 (2.2%)	3:36	16.7 (98.2%)
5	NAKONIECZNY Rafał	424	TKKF KOSZALIN	Mężczyźni	5	00:00:39	00:02:05	00:03:34	00:05:02	00:06:30	00:07:59	00:09:29	00:10:58	00:12:28	00:14:00	00:15:31	00:17:04	<b>00:18:29.88</b>	+00:00:53 (4.8%)	3:41	16.2 (95.3%)
6	ZUKAL Piotr	445		Mężczyźni	6	00:00:39	00:02:06	00:03:35	00:05:04	00:06:34	00:08:05	00:09:34	00:11:05	00:12:35	00:14:06	00:15:35	00:17:06	<b>00:18:32.15</b>	+00:00:55 (5.0%)	3:42	16.2 (95.3%)
7	CZAPLIŃSKI Jacek	280	TAGER KOSZALIN	Mężczyźni	7	00:00:37	00:02:04	00:03:33	00:05:02	00:06:33	00:08:05	00:09:35	00:11:06	00:12:39	00:14:14	00:15:48	00:17:22	<b>00:18:50.91</b>	+00:01:14 (6.6%)	3:46	15.9 (93.5%)
8	ZWOLIŃSKI Jan	446	TKKF KOSZALIN	Mężczyźni	8	00:00:40	00:02:09	00:03:41	00:05:12	00:06:43	00:08:15	00:09:47	00:11:18	00:12:50	00:14:21	00:15:54	00:17:27	<b>00:18:54.38</b>	+00:01:17 (6.9%)	3:46	15.9 (93.5%)
9	PICK Tomasz	429	DEAF KOSZALIN	Mężczyźni	9	00:00:42	00:02:07	00:03:35	00:05:04	00:06:37	00:08:11	00:09:46	00:11:23	00:12:57	00:14:31	00:16:06	00:17:41	<b>00:19:01.04</b>	+00:01:24 (7.4%)	3:48	15.8 (92.9%)
10	SOSNOWSKI Tomasz	438	MEDEN-INMED SPORTS TEAM	Mężczyźni	10	00:00:36	00:02:03	00:03:33	00:05:08	00:06:44	00:08:18	00:09:52	00:11:31	00:13:08	00:14:44	00:16:19	00:17:53	<b>00:19:06.98</b>	+00:01:30 (7.9%)	3:49	15.7 (92.4%)
11	PRZEWŁOCKI Michał	430	TKKF KOSZALIN	Mężczyźni	11	00:00:39	00:02:09	00:03:42	00:05:13	00:06:45	00:08:16	00:09:47	00:11:19	00:12:51	00:14:24	00:16:00	00:17:38	<b>00:19:12.72</b>	+00:01:36 (8.3%)	3:50	15.6 (91.8%)
12	SIENIAWSKI Jarek	436	MEDEN-INMED SPORTS TEAM	Mężczyźni	12	00:00:41	00:02:13	00:03:44	00:05:17	00:06:50	00:08:24	00:10:01	00:11:36	00:13:14	00:14:48	00:16:23	00:17:56	<b>00:19:19.83</b>	+00:01:43 (8.9%)	3:51	15.5 (91.2%)
13	NOWICKI Michał	426	KB WYGAN	Mężczyźni	13	00:00:45	00:02:18	00:03:54	00:05:30	00:07:02	00:08:37	00:10:13	00:11:50	00:13:24	00:15:00	00:16:35	00:18:11	<b>00:19:42.00</b>	+00:02:05 (10.6%)	3:56	15.2 (89.4%)
14	KOŚCIELNIAK Robert	384	TKKF KOSZALIN	Mężczyźni	14	00:00:41	00:02:15	00:03:51	00:05:25	00:07:01	00:08:36	00:10:13	00:11:50	00:13:27	00:15:05	00:16:43	00:18:20	<b>00:19:44.03</b>	+00:02:07 (10.8%)	3:56	15.2 (89.4%)
15	KASZUBA Łukasz	355	FARMER SPORT&DRINKING TEAM	Mężczyźni	15	00:00:36	00:02:00	00:03:31	00:05:02	00:06:34	00:08:10	00:09:46	00:11:27	00:13:13	00:15:00	00:16:45	00:18:23	<b>00:19:44.77</b>	+00:02:08 (10.8%)	3:56	15.2 (89.4%)
16	JAMNIAK Bartosz	331	TKKF KOSZALIN	Mężczyźni	16	00:00:40	00:02:12	00:03:45	00:05:17	00:06:50	00:08:23	00:09:58	00:11:36	00:13:13	00:14:54	00:16:35	00:18:15	<b>00:19:45.35</b>	+00:02:08 (10.9%)	3:57	15.2 (89.4%)
17	MAJKOWICZ Rafał	404		Mężczyźni	17	00:00:41	00:02:03	00:03:33	00:05:02	00:06:33	00:08:10	00:09:46	00:11:25	00:13:04	00:14:50	00:16:35	00:18:18	<b>00:19:53.35</b>	+00:02:16 (11.5%)	3:58	15.1 (88.8%)
18	JABŁOŃSKI Tomasz	329	KB SPOKO SŁAWNO	Mężczyźni	18	00:00:38	00:02:02	00:03:33	00:05:07	00:06:44	00:08:20	00:09:58	00:11:37	00:13:17	00:14:58	00:16:40	00:18:21	<b>00:19:55.67</b>	+00:02:19 (11.6%)	3:59	15.1 (88.8%)
19	BESZTERDA Sebastian	232	NIETOPERZE KOSZALIN	Mężczyźni	19	00:00:42	00:02:15	00:03:51	00:05:26	00:07:01	00:08:37	00:10:13	00:11:51	00:13:30	00:15:12	00:16:55	00:18:37	<b>00:20:18.91</b>	+00:02:42 (13.3%)	4:03	14.8 (87.1%)
20	BIENKOWSKI Tomasz	239		Mężczyźni	20	00:00:37	00:01:59	00:03:26	00:04:59	00:06:33	00:08:16	00:10:00	00:11:47	00:13:29	00:15:15	00:17:02	00:18:49	<b>00:20:28.60</b>	+00:02:51 (14.0%)	4:05	14.7 (86.5%)
21	MŁASZEWSKI Przemek	421	TEAM HOLIDAY SPORT	Mężczyźni	21	00:00:44	00:02:23	00:04:02	00:05:41	00:07:21	00:08:59	00:10:39	00:12:18	00:13:59	00:15:38	00:17:17	00:18:55	<b>00:20:29.58</b>	+00:02:52 (14.1%)	4:05	14.6 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	5km			
22	<b>MOSZYŃSKI Jacek</b>	<b>422</b>	TKKF KOSZALIN	Mężczyźni	22	00:00:46	00:02:30	00:04:08	00:05:47	00:07:25	00:09:03	00:10:42	00:12:21	00:14:02	00:15:42	00:17:23	00:19:02	<b>00:20:34.47</b>	+00:02:57 (14.4%)	4:06	14.6 (85.9%)
23	<b>JAROSZ Jakub</b>	<b>338</b>	TKKF KOSZALIN	Mężczyźni	23	00:00:47	00:02:30	00:04:13	00:05:56	00:07:38	00:09:20	00:11:03	00:12:45	00:14:26	00:16:06	00:17:45	00:19:24	<b>00:20:50.42</b>	+00:03:13 (15.5%)	4:10	14.4 (84.7%)
24	<b>SIKORSKI Adam</b>	<b>437</b>	SIKORROWO	Mężczyźni	24	00:00:54	00:02:29	00:04:09	00:05:47	00:07:25	00:09:04	00:10:43	00:12:23	00:14:06	00:15:50	00:17:36	00:19:20	<b>00:20:57.08</b>	+00:03:20 (15.9%)	4:11	14.3 (84.1%)
25	<b>JAROSZ Dariusz</b>	<b>333</b>	TKKF KOSZALIN	Mężczyźni	25	00:00:47	00:02:31	00:04:14	00:05:56	00:07:39	00:09:21	00:11:03	00:12:45	00:14:27	00:16:09	00:17:50	00:19:30	<b>00:21:03.40</b>	+00:03:26 (16.4%)	4:12	14.3 (84.1%)
26	<b>IWANIEC Dariusz</b>	<b>326</b>	TKKF KOSZALIN	Mężczyźni	26	00:00:48	00:02:31	00:04:14	00:05:58	00:07:39	00:09:23	00:11:05	00:12:48	00:14:30	00:16:17	00:17:59	00:19:43	<b>00:21:14.06</b>	+00:03:37 (17.1%)	4:14	14.1 (82.9%)
27	<b>KUŁAKOWSKI Dawid</b>	<b>402</b>	TKKF KOSZALIN	Mężczyźni	27	00:00:48	00:02:31	00:04:14	00:05:57	00:07:40	00:09:23	00:11:05	00:12:48	00:14:31	00:16:16	00:17:59	00:19:43	<b>00:21:15.36</b>	+00:03:38 (17.2%)	4:15	14.1 (82.9%)
28	<b>KRUPIŃSKI Krzysztof</b>	<b>390</b>	E-UROLOG.EU	Mężczyźni	28	00:00:47	00:02:28	00:04:10	00:05:53	00:07:37	00:09:23	00:11:07	00:12:52	00:14:38	00:16:24	00:18:10	00:19:58	<b>00:21:40.56</b>	+00:04:03 (18.8%)	4:20	13.8 (81.2%)
29	<b>ROGOŻA Ireneusz</b>	<b>433</b>		Mężczyźni	29	00:00:44	00:02:25	00:04:07	00:05:51	00:07:37	00:09:22	00:11:06	00:12:51	00:14:38	00:16:27	00:18:19	00:20:11	<b>00:21:48.24</b>	+00:04:11 (19.2%)	4:21	13.8 (81.2%)
30	<b>MICERSKI Tomasz</b>	<b>420</b>	TKKF KOSZALIN	Mężczyźni	30	00:00:48	00:02:32	00:04:15	00:05:58	00:07:40	00:09:35	00:11:20	00:13:05	00:14:53	00:16:43	00:18:30	00:20:16	<b>00:21:52.04</b>	+00:04:15 (19.5%)	4:22	13.7 (80.6%)
31	<b>SZKOŁUDA Miłosz</b>	<b>449</b>	DECATHLON KOSZALIN	Mężczyźni	31	00:00:46	00:02:31	00:04:16	00:06:02	00:07:48	00:09:37	00:11:25	00:13:12	00:14:59	00:16:47	00:18:36	00:20:25	<b>00:22:07.18</b>	+00:04:30 (20.4%)	4:25	13.6 (80.0%)
32	<b>OTTO Michał</b>	<b>427</b>		Mężczyźni	32	00:00:43	00:02:24	00:04:10	00:05:58	00:07:47	00:09:38	00:11:26	00:13:16	00:15:07	00:16:58	00:18:49	00:20:38	<b>00:22:22.78</b>	+00:04:46 (21.3%)	4:28	13.4 (78.8%)
33	<b>GAŁECKI Jacek</b>	<b>448</b>		Mężczyźni	33	00:00:46	00:02:29	00:04:14	00:06:03	00:07:52	00:09:43	00:11:34	00:13:26	00:15:13	00:17:03	00:18:52	00:20:40	<b>00:22:27.04</b>	+00:04:50 (21.6%)	4:29	13.4 (78.8%)
34	<b>DUDZIAK Piotr</b>	<b>309</b>	FOR-REST-RUN KOSZALIN	Mężczyźni	34	00:00:43	00:02:18	00:03:58	00:05:41	00:07:30	00:09:20	00:11:09	00:13:00	00:14:54	00:16:50	00:18:47	00:20:41	<b>00:22:33.13</b>	+00:04:56 (21.9%)	4:30	13.3 (78.2%)
35	<b>GLISZCZYŃSKI Łukasz</b>	<b>976</b>	ŚWIAT PŁYTEK U KRYSPIŃNA	Mężczyźni	35	00:00:49	00:02:29	00:04:14	00:06:03	00:07:51	00:09:43	00:11:34	00:13:27	00:15:21	00:17:16	00:19:10	00:21:02	<b>00:22:44.62</b>	+00:05:07 (22.6%)	4:32	13.2 (77.6%)
36	<b>CHUDZIK Zbigniew</b>	<b>278</b>	TKKF KOSZALIN	Mężczyźni	36	00:00:47	00:02:37	00:04:29	00:06:20	00:08:12	00:10:04	00:11:55	00:13:48	00:15:41	00:17:33	00:19:24	00:21:14	<b>00:22:47.77</b>	+00:05:11 (22.7%)	4:33	13.2 (77.6%)
37	<b>OSOBNIAK Ryszard</b>	<b>274</b>		Mężczyźni	37	00:00:50	00:02:39	00:04:26	00:06:17	00:08:08	00:09:59	00:11:52	00:13:46	00:15:39	00:17:33	00:19:26	00:21:19	<b>00:22:59.19</b>	+00:05:22 (23.4%)	4:35	13.1 (77.1%)
38	<b>ANTKOWIAK Sebastian</b>	<b>214</b>	DB - ACTIVE	Mężczyźni	38	00:00:48	00:02:32	00:04:17	00:06:04	00:07:54	00:09:45	00:11:36	00:13:31	00:15:27	00:17:22	00:19:16	00:21:13	<b>00:23:02.27</b>	+00:05:25 (23.6%)	4:36	13 (76.5%)
39	<b>DZIESZUK Dariusz</b>	<b>978</b>	TKKF KOSZALIN	Mężczyźni	39	00:00:52	00:02:44	00:04:36	00:06:29	00:08:21	00:10:14	00:12:09	00:14:02	00:15:55	00:17:48	00:19:42	00:21:34	<b>00:23:19.75</b>	+00:05:43 (24.5%)	4:39	12.9 (75.9%)
40	<b>RUTKOWSKI Artur</b>	<b>434</b>	KOSZALIŃSKI RANKING BIEGACZY	Mężczyźni	40	00:00:48	00:02:26	00:04:04	00:05:47	00:07:36	00:09:37	00:11:35	00:13:39	00:15:42	00:17:46	00:19:51	00:21:50	<b>00:23:36.86</b>	+00:06:00 (25.4%)	4:43	12.7 (74.7%)
41	<b>ZIELIŃSKI Grzegorz</b>	<b>444</b>		Mężczyźni	41	00:00:44	00:02:29	00:04:20	00:06:16	00:08:11	00:10:07	00:12:03	00:14:02	00:15:59	00:17:55	00:19:55	00:21:55	<b>00:23:50.70</b>	+00:06:14 (26.1%)	4:46	12.6 (74.1%)
42	<b>MRUGALSKI Stanisław</b>	<b>423</b>		Mężczyźni	42	00:00:55	00:02:49	00:04:41	00:06:36	00:08:35	00:10:33	00:12:30	00:14:27	00:16:24	00:18:19	00:20:15	00:22:12	<b>00:23:58.93</b>	+00:06:22 (26.6%)	4:47	12.5 (73.5%)
43	<b>JASIENIECKI Piotr</b>	<b>348</b>	ZEFIR WYSZEWO	Mężczyźni	43	00:00:54	00:02:49	00:04:45	00:06:42	00:08:40	00:10:37	00:12:35	00:14:32	00:16:30	00:18:25	00:20:18	00:22:11	<b>00:23:59.54</b>	+00:06:22 (26.6%)	4:47	12.5 (73.5%)
44	<b>JASIŃSKI Cezary</b>	<b>999</b>		Mężczyźni	44	00:00:49	00:02:41	00:04:34	00:06:28	00:08:24	00:10:17	00:12:12	00:14:07	00:16:01	00:17:55	00:19:49	00:21:40	<b>00:24:03.60</b>	+00:06:26 (26.8%)	4:48	12.5 (73.5%)
45	<b>STAŃCZYK Franciszek</b>	<b>439</b>	NIEZRZESZONY	Mężczyźni	45	00:00:55	00:02:54	00:05:02	00:07:14	00:09:27	00:11:40	00:14:11	00:16:28	00:18:43	00:21:14	00:23:28	00:26:02	<b>00:28:24.09</b>	+00:10:47 (38.0%)	5:40	10.6 (62.4%)
46	<b>KĘPKA Adrian</b>	<b>979</b>	DECATHLON KOSZALIN	Mężczyźni	46	00:00:35	00:01:52	00:03:13	00:04:35	00:05:58	00:07:22	00:08:46	00:10:11	00:11:36	00:13:01	00:14:25	00:15:46		+	3:25	17.5 (102.9%)

Znaleziono 46 wynik(ów)