



**Wydarzenie:**  
**Organizator:**

**Data:**  
**Miejsce:**  
**Dystans:**

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

## III 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   | <b>WITKOWSKI Mateusz</b>  | <b>1</b>  |   | SENIOR -M | 1    | 3     | 00:00:34 | 00:01:50 | 00:03:08 | 00:04:24 | 00:05:43 | 00:07:03 | 00:08:23 | 00:09:42 | 00:11:00 | 00:12:19 | 00:13:40 | 00:15:01 | <b>00:16:21.49</b> |                   | 3:16         | 18.3 (100%)  |
| 2   | <b>PROWANCKI Patryk</b>   | <b>3</b>  | WILKI POMORSKIE                         | SENIOR -M | 2    | 3     | 00:00:32 | 00:01:47 | 00:03:05 | 00:04:24 | 00:05:42 | 00:07:03 | 00:08:23 | 00:09:43 | 00:11:04 | 00:12:30 | 00:13:54 | 00:15:14 | <b>00:16:26.47</b> | +00:00:04 (0.5%)  | 3:17         | 18.3 (100%)  |
| 3   | <b>PIOTRASCHKE Paweł</b>  | <b>52</b> | AML SŁUPSK                              | M-40      | 1    | 3     | 00:00:38 | 00:02:00 | 00:03:20 | 00:04:40 | 00:06:01 | 00:07:21 | 00:08:41 | 00:10:01 | 00:11:20 | 00:12:41 | 00:14:02 | 00:15:22 | <b>00:16:36.19</b> | +00:00:14 (1.5%)  | 3:19         | 18.1 (98.9%) |
| 4   | <b>KARCZ Artur</b>        | <b>5</b>  | OSP MRZEŻYNO                            | M-40      | 2    | 3     | 00:00:39 | 00:02:02 | 00:03:22 | 00:04:45 | 00:06:11 | 00:07:38 | 00:09:01 | 00:10:27 | 00:11:53 | 00:13:17 | 00:14:42 | 00:16:07 | <b>00:17:16.10</b> | +00:00:54 (5.3%)  | 3:27         | 17.4 (95.1%) |
| 5   | <b>KOZAK Arkadiusz</b>    | <b>8</b>  | TKKF KOSZALIN                           | M-50      | 1    | 3     | 00:00:39 | 00:02:01 | 00:03:21 | 00:04:45 | 00:06:11 | 00:07:36 | 00:09:01 | 00:10:27 | 00:11:53 | 00:13:17 | 00:14:41 | 00:16:06 | <b>00:17:16.79</b> | +00:00:55 (5.3%)  | 3:27         | 17.4 (95.1%) |
| 6   | <b>KOŁOMAŃSKI Michał</b>  | <b>4</b>  | CZARNECKI RUN TEAM                      | SENIOR -M | 3    | 3     | 00:00:39 | 00:02:01 | 00:03:21 | 00:04:44 | 00:06:10 | 00:07:36 | 00:09:01 | 00:10:26 | 00:11:52 | 00:13:17 | 00:14:42 | 00:16:07 | <b>00:17:22.61</b> | +00:01:01 (5.9%)  | 3:28         | 17.3 (94.5%) |
| 7   | <b>WASZCZUK Tomasz</b>    | <b>2</b>  | WASZCZUK TEAM                           | M-40      | 3    | 3     | 00:00:38 | 00:02:02 | 00:03:21 | 00:04:45 | 00:06:10 | 00:07:36 | 00:09:01 | 00:10:27 | 00:11:52 | 00:13:16 | 00:14:41 | 00:16:06 | <b>00:17:29.70</b> | +00:01:08 (6.5%)  | 3:29         | 17.2 (94.0%) |
| 8   | <b>FEDORCZAK Łukasz</b>   | <b>11</b> | BIEGOLAS KOSZALIN                       | SENIOR -M | 4    | 3     | 00:00:40 | 00:02:04 | 00:03:30 | 00:04:57 | 00:06:24 | 00:07:53 | 00:09:21 | 00:10:47 | 00:12:15 | 00:13:41 | 00:15:11 | 00:16:40 | <b>00:17:58.54</b> | +00:01:37 (9.0%)  | 3:35         | 16.7 (91.3%) |
| 9   | <b>RUDNIKOWSKI Maciej</b> | <b>10</b> | BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY | M-40      | 4    | 3     | 00:00:39 | 00:02:02 | 00:03:27 | 00:04:54 | 00:06:23 | 00:07:53 | 00:09:22 | 00:10:52 | 00:12:21 | 00:13:50 | 00:15:19 | 00:16:48 | <b>00:18:09.72</b> | +00:01:48 (9.9%)  | 3:37         | 16.5 (90.2%) |
| 10  | <b>HOŁUB Kamil</b>        | <b>7</b>  | MLUKS TRZEBIATÓW                        | M-40      | 5    | 3     | 00:00:36 | 00:02:01 | 00:03:26 | 00:04:55 | 00:06:24 | 00:07:54 | 00:09:24 | 00:10:54 | 00:12:23 | 00:13:53 | 00:15:24 | 00:16:54 | <b>00:18:17.59</b> | +00:01:56 (10.6%) | 3:39         | 16.4 (89.6%) |
| 11  | <b>SMAGOWSKI Wojtek</b>   | <b>12</b> | OSP RĄBINO                              | M-40      | 6    | 3     | 00:00:41 | 00:02:07 | 00:03:31 | 00:04:58 | 00:06:25 | 00:07:52 | 00:09:21 | 00:10:52 | 00:12:21 | 00:13:51 | 00:15:22 | 00:16:52 | <b>00:18:19.39</b> | +00:01:57 (10.7%) | 3:39         | 16.4 (89.6%) |
| 12  | <b>WALEŃSKI Michał</b>    | <b>17</b> |   | M-40      | 7    | 3     | 00:00:42 | 00:02:12 | 00:03:41 | 00:05:10 | 00:06:39 | 00:08:09 | 00:09:40 | 00:11:10 | 00:12:42 | 00:14:11 | 00:15:38 | 00:17:06 | <b>00:18:31.40</b> | +00:02:09 (11.7%) | 3:42         | 16.2 (88.5%) |
| 13  | <b>BLOCH Radosław</b>     | <b>13</b> | WITKOWSKI RUNNING TEAM                  | SENIOR -M | 5    | 3     | 00:00:41 | 00:02:13 | 00:03:43 | 00:05:13 | 00:06:44 | 00:08:15 | 00:09:47 | 00:11:18 | 00:12:50 | 00:14:21 | 00:15:51 | 00:17:19 | <b>00:18:38.95</b> | +00:02:17 (12.3%) | 3:43         | 16.1 (88.0%) |
| 14  | <b>KLIMOWICZ Michał</b>   | <b>9</b>  |   | SENIOR -M | 6    | 3     | 00:00:42 | 00:02:12 | 00:03:41 | 00:05:10 | 00:06:39 | 00:08:09 | 00:09:39 | 00:11:10 | 00:12:41 | 00:14:14 | 00:15:48 | 00:17:22 | <b>00:18:48.00</b> | +00:02:26 (13.0%) | 3:45         | 16 (87.4%)   |

Znaleziono 14 wynik(ów)