

III 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 | 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 | WITKOWSKI Mateusz | 1 | | 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 | 00:16:21.49 | | 3:16 | 18.3 (100%) |
| 2 | PROWANCKI Patryk | 3 | 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 | 00:16:26.47 | +00:00:04 (0.5%) | 3:17 | 18.3 (100%) |
| 3 | PIOTRASCHKE Paweł | 52 | 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 | 00:16:36.19 | +00:00:14 (1.5%) | 3:19 | 18.1 (98.9%) |
| 4 | KARCZ Artur | 5 | 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 | 00:17:16.10 | +00:00:54 (5.3%) | 3:27 | 17.4 (95.1%) |
| 5 | KOZAK Arkadiusz | 8 | 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 | 00:17:16.79 | +00:00:55 (5.3%) | 3:27 | 17.4 (95.1%) |
| 6 | KOŁOMAŃSKI Michał | 4 | 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 | 00:17:22.61 | +00:01:01 (5.9%) | 3:28 | 17.3 (94.5%) |
| 7 | WASZCZUK Tomasz | 2 | 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 | 00:17:29.70 | +00:01:08 (6.5%) | 3:29 | 17.2 (94.0%) |
| 8 | FEDORCZAK Łukasz | 11 | 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 | 00:17:58.54 | +00:01:37 (9.0%) | 3:35 | 16.7 (91.3%) |
| 9 | RUDNIKOWSKI Maciej | 10 | 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 | 00:18:09.72 | +00:01:48 (9.9%) | 3:37 | 16.5 (90.2%) |
| 10 | HOŁUB Kamil | 7 | 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 | 00:18:17.59 | +00:01:56 (10.6%) | 3:39 | 16.4 (89.6%) |
| 11 | SMAGOWSKI Wojtek | 12 | 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 | 00:18:19.39 | +00:01:57 (10.7%) | 3:39 | 16.4 (89.6%) |
| 12 | WALEŃSKI Michał | 17 | | 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 | 00:18:31.40 | +00:02:09 (11.7%) | 3:42 | 16.2 (88.5%) |
| 13 | BLOCH Radosław | 13 | 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 | 00:18:38.95 | +00:02:17 (12.3%) | 3:43 | 16.1 (88.0%) |
| 14 | KLIMOWICZ Michał | 9 | | 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 | 00:18:48.00 | +00:02:26 (13.0%) | 3:45 | 16 (87.4%) |

Znaleziono 14 wynik(ów)