



VII OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M - I SERIA

B4SPORT

Wydarzenie:

Organizator:

Data:

Miejsce:

Dystans:

Otwarte Mistrzostwa Koszalina / Bieg Mikołajkowy

TKKF Koszalin

2022-12-06

Koszalin

5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	200m 0.2km	Lap_1 0.6km	Lap_2 1km	Lap_3 1.4km	Lap_4 1.8km	Lap_5 2.2km	Lap_6 2.6km	Lap_7 3km	Lap_8 3.4km	Lap_9 3.8km	Lap_10 4.2km	Lap_11 4.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	FOLTYNIEWICZ Hanna	11	LITWIN TRIATHLON ELIT	K16-39	1		00:00:43	00:02:13	00:03:47	00:05:19	00:06:49	00:08:21	00:09:52	00:11:23	00:12:55	00:14:26	00:15:58	00:17:29	00:18:52.95		3:46	15.9 (100%)
2	KONKEL Agnieszka	30		K16-39	2		00:00:43	00:02:13	00:03:46	00:05:19	00:06:53	00:08:30	00:10:06	00:11:45	00:13:22	00:15:01	00:16:40	00:18:19	00:19:53.65	+00:01:00 (5.1%)	3:58	15.1 (95.0%)
3	CHUDY Henryk	8	K SOLSZEWSKI I SYNOWIE	M60+	1		00:00:43	00:02:17	00:03:59	00:05:43	00:07:29	00:09:14	00:11:00	00:12:45	00:14:30	00:16:16	00:18:01	00:19:45	00:21:41.80	+00:02:48 (13.0%)	4:20	13.8 (86.8%)
4	BRZEZIŃSKI Paweł	6		OPEN -M	1		00:00:42	00:02:20	00:04:09	00:05:58	00:07:49	00:09:41	00:11:34	00:13:28	00:15:22	00:17:18	00:19:10	00:21:04	00:22:46.25	+00:03:53 (17.1%)	4:33	13.2 (83.0%)
5	DRULIK-HOŁUB Marta	10		K40-49	1		00:00:51	00:02:47	00:04:50	00:06:52	00:08:53	00:10:52	00:12:50	00:14:49	00:16:49	00:18:49	00:20:49	00:22:48	00:24:47.80	+00:05:54 (23.9%)	4:57	12.1 (76.1%)
6	DRABKOWSKA Agnieszka	9	CUDAKI♥	K40-49	2		00:00:45	00:02:34	00:04:34	00:06:40	00:08:46	00:10:53	00:12:59	00:15:07	00:17:14	00:19:24	00:21:32	00:23:37	00:25:45.05	+00:06:52 (26.7%)	5:09	11.7 (73.6%)
7	GUDANIEC Radek	13	TKKF TRIATHLON KOSZALIN	OPEN -M	2		00:00:52	00:02:57	00:05:04	00:07:13	00:09:20	00:11:28	00:13:36	00:15:47	00:17:54	00:20:05	00:22:16	00:24:23	00:26:20.75	+00:07:27 (28.3%)	5:16	11.4 (71.7%)
8	JUSZCZAK Krzysztof	23		M60+	2		00:00:51	00:02:48	00:04:57	00:07:09	00:09:23	00:11:39	00:13:55	00:16:13	00:18:31	00:20:54	00:23:16	00:25:38	00:27:52.50	+00:08:59 (32.3%)	5:34	10.8 (67.9%)
9	KUKLIŃSKA Beata	36	DREAM TEAM	K40-49	3		00:01:03	00:03:12	00:05:26	00:07:42	00:09:58	00:12:15	00:14:35	00:16:54	00:19:14	00:21:35	00:23:47	00:26:09	00:28:17.50	+00:09:24 (33.3%)	5:39	10.6 (66.7%)
10	BEDNARZ Katarzyna	4		K40-49	4		00:01:04	00:03:23	00:05:54	00:08:33	00:11:11	00:13:47	00:16:23	00:18:55	00:21:28	00:24:01	00:26:31	00:29:01	00:31:29.15	+00:12:36 (40.0%)	6:17	9.5 (59.7%)

Znaleziono 10 wynik(ów)