



IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

B4SPORT

Organizator: TKKF Koszalin
Data: 2019-09-18
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	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		Tempo min/km	Tempo km/h
																			netto 5km	Różn		
1	GAWRON Piotr	6	ULKS TALEX BORZYTUCHOM	1 Seria	1	1	00:00:34	00:01:53	00:03:14	00:04:36	00:06:00	00:07:23	00:08:45	00:10:05	00:11:28	00:12:49	00:14:07	00:15:24	00:16:35.99		3:19	18.1
2	KĘPKA Adrian	62	TAGER SPORT	1 Seria	2	1	00:00:36	00:01:54	00:03:14	00:04:37	00:06:01	00:07:24	00:08:46	00:10:07	00:11:29	00:12:50	00:14:10	00:15:29	00:16:42.92	+00:00:06	3:20	18
3	PIETRUCZUK Christopher	54		1 Seria	3	1	00:00:34	00:01:51	00:03:10	00:04:30	00:05:51	00:07:16	00:08:40	00:10:05	00:11:28	00:12:49	00:14:09	00:15:29	00:16:46.08	+00:00:10	3:21	17.9
4	SIADAK Arkadiusz	38		1 Seria	4	1	00:00:36	00:01:57	00:03:19	00:04:42	00:06:04	00:07:27	00:08:50	00:10:13	00:11:36	00:12:59	00:14:20	00:15:41	00:16:56.69	+00:00:20	3:23	17.7
5	HUBERT Łukasz	55	TKKF KOSZALIN	1 Seria	5	1	00:00:35	00:01:56	00:03:20	00:04:44	00:06:08	00:07:33	00:08:59	00:10:24	00:11:50	00:13:18	00:14:48	00:16:12	00:17:30.24	+00:00:54	3:30	17.1
6	MAJKOWICZ Rafał	18		1 Seria	6	1	00:00:35	00:01:56	00:03:21	00:04:44	00:06:10	00:07:37	00:09:05	00:10:32	00:12:00	00:13:28	00:14:58	00:16:28	00:17:51.01	+00:01:15	3:34	16.8
7	CENTKA Jakub	3		1 Seria	7	1	00:00:37	00:02:00	00:03:23	00:04:45	00:06:07	00:07:33	00:09:01	00:10:30	00:12:03	00:13:37	00:15:16	00:16:54	00:18:17.57	+00:01:41	3:39	16.4
8	RYKIEL Michał	35	DĄBROWSKI TEAM	1 Seria	8	1	00:00:38	00:02:06	00:03:35	00:05:02	00:06:31	00:08:02	00:09:33	00:11:04	00:12:34	00:14:05	00:15:34	00:17:02	00:18:18.57	+00:01:42	3:39	16.4
9	ZUKAL Piotr	50		1 Seria	9	1	00:00:41	00:02:08	00:03:37	00:05:06	00:06:36	00:08:06	00:09:36	00:11:07	00:12:36	00:14:07	00:15:37	00:17:07	00:18:32.07	+00:01:56	3:42	16.2
10	WOJCIECHOWICZ Jacek	46	WWW.STUDIOTANCAPASJA.PL	1 Seria	10	1	00:00:40	00:02:08	00:03:39	00:05:09	00:06:38	00:08:09	00:09:39	00:11:08	00:12:37	00:14:07	00:15:40	00:17:18	00:18:51.69	+00:02:15	3:46	15.9
11	PRZEWŁOCKI Michał	30	TKKF KOSZALIN	1 Seria	11	1	00:00:40	00:02:07	00:03:38	00:05:07	00:06:37	00:08:09	00:09:40	00:11:13	00:12:44	00:14:16	00:15:51	00:17:26	00:18:54.26	+00:02:18	3:46	15.9
12	SITOWSKI Marcin	39	FC RYSIEK	1 Seria	12	1	00:00:41	00:02:09	00:03:39	00:05:09	00:06:41	00:08:16	00:09:51	00:11:25	00:12:58	00:14:31	00:16:03	00:17:33	00:18:58.44	+00:02:22	3:47	15.8
13	TRĘBSKI Krzysztof	43	#ZABIEGANINOCA	1 Seria	13	1	00:00:38	00:02:05	00:03:37	00:05:06	00:06:36	00:08:08	00:09:39	00:11:12	00:12:45	00:14:23	00:16:03	00:17:37	00:19:04.09	+00:02:28	3:48	15.7
14	PICK Tomasz	29	SKSG KORONA SZCZECIN	1 Seria	14	1	00:00:42	00:02:10	00:03:41	00:05:12	00:06:45	00:08:19	00:09:54	00:11:28	00:13:01	00:14:34	00:16:05	00:17:27	00:19:09.84	+00:02:33	3:49	15.7
15	ZWOLIŃSKI Jan	51	TKKF KOSZALIN	1 Seria	15	1	00:00:42	00:02:12	00:03:45	00:05:19	00:06:54	00:08:30	00:10:04	00:11:38	00:13:12	00:14:46	00:16:20	00:17:47	00:19:15.93	+00:02:39	3:51	15.6
16	JABŁOŃSKI Tomasz	9	KB SPOKO SŁAWNO	1 Seria	16	1	00:00:39	00:02:08	00:03:40	00:05:11	00:06:44	00:08:17	00:09:53	00:11:28	00:13:04	00:14:39	00:16:16	00:17:51	00:19:16.81	+00:02:40	3:51	15.6
17	WALEŃSKI Michał	53		1 Seria	17	1	00:00:43	00:02:12	00:03:46	00:05:19	00:06:54	00:08:30	00:10:04	00:11:38	00:13:12	00:14:47	00:16:20	00:17:47	00:19:28.54	+00:02:52	3:53	15.4
18	KONKEL Agnieszka	14		1 Seria	18	1	00:00:43	00:02:14	00:03:48	00:05:24	00:07:02	00:08:39	00:10:16	00:11:55	00:13:34	00:15:13	00:16:50	00:18:27	00:19:59.10	+00:03:23	3:59	15
19	CHORAŻY Karolina	4	LEO-TEAM	1 Seria	19	1	00:00:44	00:02:15	00:03:50	00:05:25	00:07:03	00:08:40	00:10:17	00:11:55	00:13:34	00:15:14	00:16:51	00:18:28	00:20:03.00	+00:03:27	4:00	15
20	PĘKAŁA Piotr	28	SP MANOWO	2 Seria	1	2	00:00:49	00:02:28	00:04:08	00:05:46	00:07:27	00:09:05	00:10:45	00:12:24	00:14:00	00:15:38	00:17:16	00:18:53	00:20:23.13	+00:03:47	4:04	14.7
21	BIEŃKOWSKI Tomasz	2	IQ CONSULTING	1 Seria	20	1	00:00:43	00:02:15	00:03:49	00:05:24	00:07:02	00:08:39	00:10:17	00:11:57	00:13:42	00:15:28	00:17:14	00:19:00	00:20:35.85	+00:03:59	4:07	14.6
22	SIKORSKI Adam	64	SIKORROVO	1 Seria	21	1	00:00:42	00:02:13	00:03:48	00:05:25	00:07:03	00:08:41	00:10:20	00:12:04	00:13:48	00:15:34	00:17:19	00:19:00	00:20:37.24	+00:04:01	4:07	14.6
23	KORMAN Kamil	16		2 Seria	2	2	00:00:41	00:02:15	00:03:54	00:05:35	00:07:16	00:08:57	00:10:40	00:12:23	00:14:03	00:15:48	00:17:34	00:19:17	00:21:02.17	+00:04:26	4:12	14.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	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	Różn	Tempo	Tempo
							0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	5km			
24	NIECKARZ Monika	25	KB SPOKO SŁAWNO	2 Seria	3	2	00:00:42	00:02:21	00:03:56	00:05:36	00:07:17	00:08:58	00:10:42	00:12:25	00:14:09	00:15:56	00:17:41	00:19:28	00:21:05.53	+00:04:29	4:13	14.2
25	WEBER Paweł	44	FPP	2 Seria	4	2	00:00:41	00:02:20	00:04:05	00:05:49	00:07:31	00:09:16	00:11:00	00:12:44	00:14:28	00:16:13	00:17:56	00:19:38	00:21:12.34	+00:04:36	4:14	14.2
26	ROGOŹA Ireneusz	32		2 Seria	5	2	00:00:43	00:02:23	00:04:07	00:05:50	00:07:34	00:09:18	00:11:02	00:12:48	00:14:37	00:16:22	00:18:08	00:19:53	00:21:28.79	+00:04:52	4:17	14
27	NOWICKI Michał	57		1 Seria	22	1	00:00:46	00:02:28	00:04:09	00:05:52	00:07:38	00:09:22	00:11:06	00:12:52	00:14:37	00:16:24	00:18:11	00:19:55	00:21:33.45	+00:04:57	4:18	13.9
28	WIKTOROWSKI Maciej	45		2 Seria	6	2	00:00:42	00:02:20	00:04:05	00:05:49	00:07:31	00:09:16	00:11:01	00:12:48	00:14:37	00:16:27	00:18:14	00:20:01	00:21:39.79	+00:05:03	4:19	13.9
29	KRUPIŃSKI Krzysztof	17	WWW.E-UROLOG.EU	2 Seria	7	2	00:00:50	00:02:34	00:04:18	00:06:05	00:07:51	00:09:38	00:11:23	00:13:09	00:14:53	00:16:37	00:18:22	00:20:07	00:21:42.24	+00:05:06	4:20	13.8
30	MICERSKI Tomasz	23	TKKF KOSZALIN	2 Seria	8	2	00:00:48	00:02:28	00:04:17	00:06:03	00:07:49	00:09:36	00:11:22	00:13:06	00:14:51	00:16:36	00:18:21	00:20:08	00:21:48.20	+00:05:12	4:21	13.8
31	MARCINKOWSKI Jacek	20	SSK ORZEŁ ŚWIESZYNO	2 Seria	9	2	00:00:53	00:02:39	00:04:26	00:06:14	00:07:59	00:09:43	00:11:29	00:13:20	00:15:07	00:16:53	00:18:43	00:20:31	00:22:08.95	+00:05:32	4:25	13.6
32	PIECHOTA Robert	59		2 Seria	10	2	00:00:44	00:02:25	00:04:10	00:05:58	00:07:47	00:09:35	00:11:27	00:13:21	00:15:16	00:17:07	00:18:59	00:20:51	00:22:24.03	+00:05:48	4:28	13.4
33	JAROSZ Dariusz	52	TKKF KOSZALIN	2 Seria	11	2	00:00:49	00:02:36	00:04:23	00:06:12	00:08:00	00:09:49	00:11:39	00:13:31	00:15:21	00:17:11	00:19:01	00:20:52	00:22:24.46	+00:05:48	4:28	13.4
34	PUŚCIAN Krzysztof	31	SZKOŁA PODSTAWOWA W MANOWIE	2 Seria	12	2	00:00:50	00:02:37	00:04:24	00:06:13	00:08:01	00:09:50	00:11:37	00:13:29	00:15:18	00:17:08	00:18:56	00:20:46	00:22:26.50	+00:05:50	4:29	13.4
35	KACZMAREK Marta	10	KB SPOKO SŁAWNO	2 Seria	13	2	00:00:44	00:02:26	00:04:12	00:05:59	00:07:47	00:09:37	00:11:28	00:13:19	00:15:10	00:17:06	00:18:57	00:20:46	00:22:28.17	+00:05:52	4:29	13.4
36	TOWSTOKORY Marek	42		2 Seria	14	2	00:00:49	00:02:34	00:04:23	00:06:13	00:08:04	00:09:56	00:11:47	00:13:39	00:15:34	00:17:24	00:19:15	00:21:02	00:22:46.64	+00:06:10	4:33	13.2
37	KONKEL Łukasz	15		2 Seria	15	2	00:00:51	00:02:38	00:04:28	00:06:19	00:08:12	00:10:27	00:11:57	00:13:49	00:15:39	00:17:29	00:19:19	00:21:10	00:22:48.88	+00:06:12	4:33	13.2
38	TROJAK Jakub	56	WILKI KOSZALIN	2 Seria	16	2	00:00:50	00:02:35	00:04:24	00:06:18	00:08:16	00:10:15	00:12:15	00:14:16	00:16:10	00:17:58	00:19:38	00:21:22	00:22:52.12	+00:06:16	4:34	13.1
39	RUTKOWSKI Artur	33	RUNKING	2 Seria	17	2	00:00:52	00:02:38	00:04:27	00:06:17	00:08:10	00:10:03	00:11:55	00:13:46	00:15:39	00:17:33	00:19:26	00:21:19	00:22:58.50	+00:06:22	4:35	13.1
40	ANTKOWIAK Sebastian	1	DB - ACTIVE	1 Seria	23	1	00:00:44	00:02:24	00:04:13	00:06:02	00:07:51	00:09:43	00:11:34	00:13:26	00:15:19	00:17:14	00:19:09	00:21:06	00:23:03.65	+00:06:27	4:36	13
41	SCZYPEK Arkadiusz	37	FUNDACJA ZASTOPUJ	2 Seria	18	2	00:00:57	00:02:45	00:04:36	00:06:28	00:08:23	00:10:11	00:12:04	00:14:01	00:15:58	00:17:54	00:19:46	00:21:43	00:23:32.57	+00:06:56	4:42	12.7
42	OSOBNIAK Ryszard	26		2 Seria	19	2	00:00:51	00:02:39	00:04:29	00:06:23	00:08:19	00:10:15	00:12:10	00:14:07	00:16:05	00:18:03	00:20:01	00:21:58	00:23:47.83	+00:07:11	4:45	12.6
43	CHABOWSKA Karolina	58		2 Seria	20	2	00:00:52	00:02:47	00:04:46	00:06:43	00:08:39	00:10:35	00:12:31	00:14:25	00:16:19	00:18:13	00:20:07	00:22:02	00:23:51.18	+00:07:15	4:46	12.6
44	PANASZEWSKI Przemysław	27		2 Seria	21	2	00:00:45	00:02:27	00:04:17	00:06:11	00:08:05	00:10:07	00:12:09	00:14:11	00:16:14	00:18:18	00:20:19	00:22:17	00:24:04.12	+00:07:28	4:48	12.5
45	PAWLINA Jakub	65	SIKORROVO	1 Seria	24	1	00:00:48	00:02:31	00:04:17	00:06:10	00:08:08	00:10:09	00:12:12	00:14:16	00:16:20	00:18:23	00:20:23	00:22:15	00:24:18.08	+00:07:42	4:51	12.3
46	SAWIŃSKI Jacek	36		2 Seria	22	2	00:00:53	00:02:48	00:04:49	00:06:49	00:08:50	00:10:49	00:12:50	00:14:51	00:16:52	00:18:52	00:20:52	00:22:52	00:24:56.17	+00:08:20	4:59	12
47	WOŁODKOWICZ Hubert	47	FUNDACJA ZASTOPUJ	2 Seria	23	2	00:00:59	00:02:50	00:04:50	00:06:46	00:08:45	00:10:41	00:13:24	00:15:19	00:17:12	00:19:09	00:21:09	00:23:12	00:25:05.97	+00:08:29	5:01	12
48	KOZŁOWIECKI Waldemar	63	TKKF KOSZALIN	2 Seria	24	2	00:00:55	00:02:53	00:05:01	00:07:02	00:09:03	00:11:05	00:13:12	00:15:10	00:17:09	00:19:08	00:21:07	00:23:07	00:25:08.71	+00:08:32	5:01	11.9
49	SŁOMIŃSKI Sylwester	40	FUNDACJA ZASTOPUJ	2 Seria	25	2	00:00:49	00:02:24	00:04:03	00:05:46	00:07:34	00:09:34	00:11:33	00:13:44	00:15:57	00:18:17	00:20:53	00:23:31	00:25:52.92	+00:09:16	5:10	11.6
50	KARNICKI Zygmunt	60	TKKF KOSZALIN	2 Seria	26	2	00:00:51	00:02:47	00:04:49	00:06:52	00:08:59	00:11:05	00:13:12	00:15:21	00:17:31	00:19:44	00:21:57	00:24:13	00:26:24.13	+00:09:48	5:16	11.4
51	HARASYM Daniel	8	FUNDACJA ZASTOPUJ	2 Seria	27	2	00:01:01	00:03:09	00:05:20	00:07:33	00:09:51	00:12:07	00:14:21	00:16:38	00:18:55	00:21:14	00:23:37	00:26:01	00:28:19.92	+00:11:43	5:39	10.6
52	KARNICKI Artur	61		2 Seria	28	2	00:01:12	00:03:39	00:06:03	00:08:42	00:11:38	00:14:22	00:17:29	00:20:29	00:23:25	00:26:08	00:28:47	00:31:33	00:33:59.23	+00:17:23	6:47	8.8
	MARTKO Agnieszka	21	REVOLTA TEAM	2 Seria		2	00:00:55 DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	-