



## SERIA 1 ( KOBIECY + MĘŻCZYŹNI 60+)

B4SPORT

Wydarzenie:  
Organizator:

VIII Otwarte Mistrzostwa Koszalina - 5 000m  
Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej  
2024-09-18  
Koszalin  
5 km

Data:  
Miejsce:  
Dystans:



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	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	KACZOR Agnieszka	18	KUJAWSCY RUNNERS / SPORTOWY CZŁUCHÓW	OPEN -K	1	00:00:39	00:02:06	00:03:36	00:05:07	00:06:37	00:08:07	00:09:38	00:11:09	00:12:41	00:14:13	00:15:46	00:17:21	<b>00:18:54.87</b>		3:46	15.9 (100%)
2	SOBCZAK Wiktoria	45		OPEN -K	2	00:00:49	00:02:31	00:04:13	00:05:55	00:07:37	00:09:19	00:11:02	00:12:44	00:14:27	00:16:11	00:17:56	00:19:41	<b>00:21:17.45</b>	+00:02:22 (11.2%)	4:15	14.1 (88.7%)
3	KRUPIŃSKI Krzysztof	25	E-UROLOG.EU	OPEN -M	1	00:00:49	00:02:31	00:04:16	00:06:02	00:07:50	00:09:36	00:11:25	00:13:13	00:15:01	00:16:51	00:18:40	00:20:33	<b>00:22:14.98</b>	+00:03:20 (15.0%)	4:26	13.5 (84.9%)
4	MAJEWSKA Dorota	30	BIEGOLAS KOSZALIN , FIGA TEAM, BIAŁOGARD BIEGA	OPEN -K	3	00:00:52	00:02:42	00:04:37	00:06:31	00:08:24	00:10:19	00:12:11	00:14:03	00:15:57	00:17:55	00:19:49	00:21:42	<b>00:23:30.58</b>	+00:04:35 (19.5%)	4:42	12.8 (80.5%)
5	ANTKOWIAK Sebastian	3	DB-ACTIVE	OPEN -M	2	00:00:50	00:02:32	00:04:18	00:06:08	00:08:00	00:09:55	00:11:53	00:13:57	00:16:00	00:18:03	00:20:07	00:22:07	<b>00:23:56.31</b>	+00:05:01 (21.0%)	4:47	12.5 (78.6%)
6	ADAMOWICZ Anna	2	FIGA TEAM	OPEN -K	4	00:00:51	00:02:38	00:04:28	00:06:22	00:08:19	00:10:19	00:12:17	00:14:19	00:16:19	00:18:21	00:20:23	00:22:23	<b>00:24:09.29</b>	+00:05:14 (21.7%)	4:49	12.4 (78.0%)
7	RUTKOWSKI Artur	41	VII GALA BIEGACZY RUNKING 2024	OPEN -M	3	00:00:52	00:02:35	00:04:21	00:06:15	00:08:11	00:10:11	00:12:13	00:14:16	00:16:21	00:18:29	00:20:39	00:22:45	<b>00:24:37.49</b>	+00:05:42 (23.2%)	4:55	12.2 (76.7%)
8	STRZELECKA Agnieszka	50	FIGA TEAM	OPEN -K	5	00:00:56	00:02:57	00:05:01	00:07:07	00:09:13	00:11:18	00:13:21	00:15:24	00:17:27	00:19:31	00:21:36	00:23:38	<b>00:25:31.70</b>	+00:06:36 (25.9%)	5:06	11.8 (74.2%)
9	SUDER-MAKSYMOWICZ Grzegorz	52		OPEN -M	4	00:01:04	00:03:11	00:05:20	00:07:29	00:09:38	00:11:46	00:13:57	00:16:09	00:18:20	00:20:30	00:22:38	00:24:46	<b>00:27:02.02</b>	+00:08:07 (30.0%)	5:24	11.1 (69.8%)
10	KOZŁOWIECKI Waldemar	22	TKKF KOSZALIN	OPEN -M	5	00:01:04	00:03:11	00:05:20	00:07:30	00:09:38	00:11:47	00:13:57	00:16:09	00:18:20	00:20:30	00:22:38	00:24:46	<b>00:27:02.91</b>	+00:08:08 (30.1%)	5:24	11.1 (69.8%)
11	CHOMA Edyta	8	SKWARKI	OPEN -K	6	00:01:02	00:03:07	00:05:16	00:07:27	00:09:33	00:11:43	00:13:55	00:16:08	00:18:19	00:20:29	00:22:42	00:24:56	<b>00:27:05.77</b>	+00:08:10 (30.2%)	5:25	11.1 (69.8%)
12	KURKOWSKA Wioleta	60		OPEN -K	7	00:01:03	00:03:10	00:05:19	00:07:28	00:09:38	00:11:55	00:14:11	00:16:31	00:18:45	00:20:59	00:23:19	00:25:40	<b>00:28:07.96</b>	+00:09:13 (32.8%)	5:37	10.7 (67.3%)
13	JUSZCZAK Krzysztof	17		OPEN -M	6	00:00:58	00:03:04	00:05:15	00:07:30	00:09:46	00:12:05	00:14:24	00:16:45	00:19:06	00:21:29	00:23:55	00:26:22	<b>00:28:41.41</b>	+00:09:46 (34.1%)	5:44	10.5 (66.0%)
14	CIESIELSKI Krzysztof	10	FAST WALKER	OPEN -M	7	00:01:07	00:03:40	00:06:35	00:09:26	00:12:18	00:15:06	00:17:56	00:20:46	00:23:37	00:26:26	00:29:14	00:32:02	<b>00:34:45.10</b>	+00:15:50 (45.6%)	6:57	8.6 (54.1%)

Znaleziono 14 wynik(ów)