



SERIA 2 (MĘŻCZYŹNI POW. 20 MIN))

B4SPORT

Wydarzenie:
Organizator:

VIII Otwarte Mistrzostwa Koszalina - 5 000m
Koszański 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	JĘDRZEJEWSKI Łukasz	16		OPEN -M	1	00:00:44	00:02:13	00:03:47	00:05:21	00:06:56	00:08:33	00:10:09	00:11:47	00:13:26	00:15:06	00:16:48	00:18:20	00:19:41.83		3:56	15.2 (100%)
2	WEBER Paweł	56	BIEGOLAS	OPEN -M	2	00:00:44	00:02:15	00:03:49	00:05:25	00:07:00	00:08:36	00:10:13	00:11:51	00:13:29	00:15:08	00:16:49	00:18:25	00:19:54.86	+00:00:13 (1.1%)	3:58	15.1 (99.3%)
3	SILSKI Michał	42	LESZCZE	OPEN -M	3	00:00:48	00:02:25	00:04:01	00:05:39	00:07:18	00:08:58	00:10:38	00:12:12	00:13:47	00:15:23	00:17:00	00:18:36	00:20:08.76	+00:00:26 (2.2%)	4:01	14.9 (98.0%)
4	KRACZKOWSKI Przemysław	23		OPEN -M	4	00:00:48	00:02:26	00:04:05	00:05:44	00:07:22	00:09:00	00:10:38	00:12:17	00:13:55	00:15:34	00:17:12	00:18:48	00:20:21.16	+00:00:39 (3.2%)	4:04	14.7 (96.7%)
5	BACHLIŃSKI Daniel	4		OPEN -M	5	00:00:48	00:02:27	00:04:07	00:05:45	00:07:23	00:09:02	00:10:40	00:12:18	00:13:57	00:15:35	00:17:15	00:18:56	00:20:28.68	+00:00:46 (3.8%)	4:05	14.7 (96.7%)
6	KOŚCIELNIAK Robert	20	TKKF KOSZALIN	OPEN -M	6	00:00:46	00:02:22	00:04:00	00:05:38	00:07:18	00:08:57	00:10:37	00:12:18	00:13:59	00:15:41	00:17:23	00:19:03	00:20:33.87	+00:00:52 (4.2%)	4:06	14.6 (96.1%)
7	MARCINKOWSKI Jacek	32	SSK ORZEŁ ŚWIESZYNO	OPEN -M	7	00:00:45	00:02:26	00:04:05	00:05:43	00:07:21	00:09:01	00:10:41	00:12:22	00:14:03	00:15:46	00:17:27	00:19:10	00:20:42.88	+00:01:01 (4.9%)	4:08	14.5 (95.4%)
8	OWCZARZ Marcin	36	FIGA TEAM	OPEN -M	8	00:00:46	00:02:27	00:04:10	00:05:53	00:07:38	00:09:23	00:11:07	00:12:51	00:14:35	00:16:19	00:18:03	00:19:47	00:21:17.55	+00:01:35 (7.5%)	4:15	14.1 (92.8%)
9	STENKA Rafał	48		OPEN -M	9	00:00:46	00:02:27	00:04:06	00:05:44	00:07:25	00:09:06	00:10:49	00:12:34	00:14:19	00:16:07	00:17:56	00:19:45	00:21:19.95	+00:01:38 (7.7%)	4:15	14.1 (92.8%)
10	KRUK Marcin	24	TKKF MASTERS KOSZALIN	OPEN -M	10	00:00:51	00:02:37	00:04:18	00:05:57	00:07:35	00:09:16	00:10:57	00:12:39	00:14:23	00:16:10	00:17:58	00:19:46	00:21:24.58	+00:01:42 (8.0%)	4:16	14 (92.1%)
11	STRZELECKI Grzegorz	51	FIGA TEAM	OPEN -M	11	00:00:46	00:02:28	00:04:10	00:05:54	00:07:38	00:09:23	00:11:08	00:12:52	00:14:40	00:16:27	00:18:15	00:20:01	00:21:40.22	+00:01:58 (9.1%)	4:20	13.8 (90.8%)
12	CZERNIAK Gracjan	11		OPEN -M	12	00:00:51	00:02:40	00:04:29	00:06:16	00:08:03	00:09:47	00:11:31	00:13:17	00:15:01	00:16:45	00:18:30	00:20:11	00:21:44.58	+00:02:02 (9.4%)	4:20	13.8 (90.8%)
13	BOCZEK Bartłomiej	6	SKWARKI	OPEN -M	13	00:00:48	00:02:33	00:04:17	00:06:01	00:07:45	00:09:31	00:11:18	00:13:07	00:14:57	00:16:45	00:18:30	00:20:17	00:21:56.11	+00:02:14 (10.2%)	4:23	13.7 (90.1%)
14	MAZUR Mirosław	33	TKKF KOSZALIN	OPEN -M	14	00:00:51	00:02:37	00:04:20	00:06:04	00:07:50	00:09:36	00:11:22	00:13:09	00:14:58	00:16:45	00:18:31	00:20:17	00:21:57.45	+00:02:15 (10.3%)	4:23	13.7 (90.1%)
15	KIŻEWSKI Waldemar	19		OPEN -M	15	00:00:48	00:02:31	00:04:16	00:06:02	00:07:50	00:09:39	00:11:30	00:13:20	00:15:11	00:17:01	00:18:53	00:20:42	00:22:26.15	+00:02:44 (12.2%)	4:29	13.4 (88.2%)
16	ORŁOWSKI Paweł	35		OPEN -M	16	00:00:49	00:02:34	00:04:19	00:06:03	00:07:51	00:09:41	00:11:30	00:13:20	00:15:11	00:17:03	00:18:59	00:20:54	00:22:49.75	+00:03:07 (13.7%)	4:33	13.1 (86.2%)
17	SKLENARSKI Piotr	43	BIEGNIĘCI TEAM KOSZALIN	OPEN -M	17	00:00:51	00:02:37	00:04:20	00:06:04	00:07:48	00:09:33	00:11:17	00:13:01	00:14:46	00:16:32	00:18:20	00:20:00	00:22:59.26	+00:03:17 (14.3%)	4:35	13.1 (86.2%)
18	NOWAK Piotr	59		OPEN -M	18	00:00:45	00:02:25	00:04:12	00:06:10	00:08:15	00:10:14	00:12:18	00:14:24	00:16:29	00:18:32	00:20:35	00:22:35	00:24:27.86	+00:04:46 (19.5%)	4:53	12.3 (80.9%)
19	WOJCIECHOWSKI Przemysław	58		OPEN -M	19	00:00:45	00:02:38	00:04:45	00:06:53	00:09:13	00:11:37	00:14:04	00:16:34	00:19:01	00:21:31	00:23:49	00:25:58	00:28:47.65	+00:09:05 (31.6%)	5:45	10.4 (68.4%)

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20	ŚLEDŹ Przemysław	55		OPEN -M	20	00:00:49	00:02:38	00:04:32	00:06:28	00:08:22	00:10:19	00:12:21	00:14:23	00:16:24	00:18:31	00:20:38	00:22:30	00:28:48.46	+00:09:06 (31.6%)	5:45	10.4 (68.4%)

Znaleziono 20 wynik(ów)