



SERIA 3 (MĘŻCZYŹNI PONIŻEJ 20 MIN)

B4SPORT

Event: VIII Otwarte Mistrzostwa Koszalina - 5 000m
Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2024-09-18
Place: Koszalin
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	Net time 5km	Gap	Pace min/km	Pace km/h
1	KRYZEL Tomasz	26	KUJAWSCY RUNNERS/SPORTOWY CZŁUCHÓW	OPEN -M	1	00:00:41	00:02:04	00:03:24	00:04:44	00:06:06	00:07:29	00:08:52	00:10:15	00:11:40	00:13:05	00:14:31	00:15:56	00:17:17.34		3:27	17.4 (100%)
2	HUBERT Łukasz	15	7PRO SIÓDMIĄK TEAM/BIEGOLAS	OPEN -M	2	00:00:41	00:02:05	00:03:29	00:04:53	00:06:18	00:07:43	00:09:10	00:10:36	00:12:02	00:13:30	00:14:56	00:16:20	00:17:40.00	+00:00:22 (2.1%)	3:32	17 (97.7%)
3	FEDORCZAK Łukasz	12	BIEGOLAS KOSZALIN	OPEN -M	3	00:00:42	00:02:09	00:03:32	00:04:55	00:06:20	00:07:46	00:09:12	00:10:39	00:12:05	00:13:32	00:14:59	00:16:27	00:17:46.81	+00:00:29 (2.8%)	3:33	16.9 (97.1%)
4	MACKOJĆ Krzysztof	28	EL-MACKOJĆ	OPEN -M	4	00:00:44	00:02:11	00:03:39	00:05:06	00:06:34	00:08:02	00:09:31	00:10:59	00:12:29	00:13:59	00:15:29	00:16:58	00:18:27.46	+00:01:10 (6.3%)	3:41	16.3 (93.7%)
5	SMAGOWSKI Wojtek	44	FIGA TEAM BIAŁOGARD	OPEN -M	5	00:00:43	00:02:11	00:03:40	00:05:08	00:06:36	00:08:04	00:09:34	00:11:04	00:12:33	00:14:05	00:15:36	00:17:06	00:18:33.22	+00:01:15 (6.8%)	3:42	16.2 (93.1%)
6	STERNIK Tomasz	49	FIGA TEAM	OPEN -M	6	00:00:42	00:02:10	00:03:37	00:05:04	00:06:33	00:08:03	00:09:34	00:11:04	00:12:36	00:14:09	00:15:41	00:17:13	00:18:38.93	+00:01:21 (7.3%)	3:43	16.1 (92.5%)
7	CHMIELEWSKI Tomasz	7		OPEN -M	7	00:00:42	00:02:08	00:03:35	00:05:02	00:06:30	00:07:59	00:09:30	00:11:02	00:12:35	00:14:10	00:15:48	00:17:25	00:18:53.42	+00:01:36 (8.5%)	3:46	15.9 (91.4%)
8	WITKIEWICZ Eryk	57		OPEN -M	8	00:00:43	00:02:09	00:03:36	00:05:03	00:06:32	00:08:04	00:09:35	00:11:10	00:12:46	00:14:21	00:15:55	00:17:33	00:18:53.88	+00:01:36 (8.5%)	3:46	15.9 (91.4%)
9	PICK Tomasz	37	BIEGOLAS KOSZALIN	OPEN -M	9	00:00:43	00:02:11	00:03:42	00:05:15	00:06:47	00:08:19	00:09:53	00:11:25	00:12:56	00:14:28	00:16:01	00:17:34	00:18:53.93	+00:01:36 (8.5%)	3:46	15.9 (91.4%)
10	MARCINIAK Maciej	31	BIEGNIĘCI TEAM KOSZALIN	OPEN -M	10	00:00:45	00:02:10	00:03:40	00:05:12	00:06:43	00:08:17	00:09:55	00:11:32	00:13:09	00:14:45	00:16:20	00:17:56	00:19:16.24	+00:01:58 (10.3%)	3:51	15.6 (89.7%)
11	WALEŃSKI Michał	1	TKKF KOSZALIN	OPEN -M	11	00:00:45	00:02:11	00:03:50	00:05:23	00:06:51	00:08:30	00:10:04	00:11:38	00:13:13	00:14:48	00:16:22	00:17:54	00:19:23.00	+00:02:05 (10.8%)	3:52	15.5 (89.1%)
12	PIENIAWSKI Mateusz	38		OPEN -M	12	00:00:45	00:02:17	00:03:50	00:05:23	00:06:56	00:08:31	00:10:05	00:11:40	00:13:17	00:14:53	00:16:29	00:18:03	00:19:28.79	+00:02:11 (11.2%)	3:53	15.4 (88.5%)
13	MAĆKOWIAK Krzysztof	29	DOMINET-24.PL	OPEN -M	13	00:00:45	00:02:17	00:03:51	00:05:23	00:06:55	00:08:30	00:10:06	00:11:42	00:13:21	00:15:00	00:16:39	00:18:18	00:19:48.94	+00:02:31 (12.8%)	3:57	15.2 (87.4%)
14	KURKOWSKI Piotr	27	SKWARKI	OPEN -M	14	00:00:44	00:02:18	00:03:53	00:05:28	00:07:02	00:08:38	00:10:15	00:11:52	00:13:29	00:15:08	00:16:47	00:18:25	00:19:52.96	+00:02:35 (13.0%)	3:58	15.1 (86.8%)

Total 14 results.