

OTWARTE MISTRZOSTWA KOSZALINA 5 000 M

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2023-06-15
Miejsce: Koszalin
Dystans: 5 km
Klasyfikacja wg czasów netto.



OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km | Netto | min/km | km/h | |
|------|-------------------------|----|--|--------------------|------|-----------|--------|------|-------|-----|----------|----------|----------|----------|----------|-------------|------|------|
| 1 | WITKOWSKI MATEUSZ | 1 | | NOWE BIELICE | POL | SENIOR -M | 1 | M 1 | | 3 | 00:09:42 | 00:11:00 | 00:12:19 | 00:13:40 | 00:15:01 | 00:16:21.49 | 3:16 | 18.3 |
| 2 | PROWANCKI PATRYK | 3 | WILKI POMORSKIE | KOSZALIN | POL | SENIOR -M | 2 | M 2 | | 3 | 00:09:43 | 00:11:04 | 00:12:30 | 00:13:54 | 00:15:14 | 00:16:26.47 | 3:17 | 18.3 |
| 3 | PIETRASCHKE PAWEŁ | 52 | AML SŁUPSK | SŁUPSK | POL | M-40 | 1 | M 3 | | 3 | 00:10:01 | 00:11:20 | 00:12:41 | 00:14:02 | 00:15:22 | 00:16:36.19 | 3:19 | 18.1 |
| 4 | KARCZ ARTUR | 5 | OSP MRZEŻYNO | MRZEŻYNO | POL | M-40 | 2 | M 4 | | 3 | 00:10:27 | 00:11:53 | 00:13:17 | 00:14:42 | 00:16:07 | 00:17:16.10 | 3:27 | 17.4 |
| 5 | KOZAK ARKADIUSZ | 8 | TKKF KOSZALIN | BONIN | POL | M-50 | 1 | M 5 | | 3 | 00:10:27 | 00:11:53 | 00:13:17 | 00:14:41 | 00:16:06 | 00:17:16.79 | 3:27 | 17.4 |
| 6 | KOŁOMAŃSKI MICHAŁ | 4 | CZARNECKI RUN TEAM | WILKÓW | POL | SENIOR -M | 3 | M 6 | | 3 | 00:10:26 | 00:11:52 | 00:13:17 | 00:14:42 | 00:16:07 | 00:17:22.61 | 3:28 | 17.3 |
| 7 | WASZCZUK TOMASZ | 2 | WASZCZUK TEAM | SZCZECIN | POL | M-40 | 3 | M 7 | | 3 | 00:10:27 | 00:11:52 | 00:13:16 | 00:14:41 | 00:16:06 | 00:17:29.70 | 3:29 | 17.2 |
| 8 | FEDORCZAK ŁUKASZ | 11 | BIEGOLAS KOSZALIN | KONIKOWO | POL | SENIOR -M | 4 | M 8 | | 3 | 00:10:47 | 00:12:15 | 00:13:41 | 00:15:11 | 00:16:40 | 00:17:58.54 | 3:35 | 16.7 |
| 9 | RUDNIKOWSKI MACIEJ | 10 | BIEGUZDROWISKOWY.P L / DARŁOWSKIE CHARTY | DARŁOWO | POL | M-40 | 4 | M 9 | | 3 | 00:10:52 | 00:12:21 | 00:13:50 | 00:15:19 | 00:16:48 | 00:18:09.72 | 3:37 | 16.5 |
| 10 | HOŁUB KAMIL | 7 | MLUKS TRZEBIATÓW | TRZEBIATÓW | POL | M-40 | 5 | M 10 | | 3 | 00:10:54 | 00:12:23 | 00:13:53 | 00:15:24 | 00:16:54 | 00:18:17.59 | 3:39 | 16.4 |
| 11 | SMAGOWSKI WOJTEK | 12 | OSP RĄBINO | RĄBINO/ŚWIDWI N | POL | M-40 | 6 | M 11 | | 3 | 00:10:52 | 00:12:21 | 00:13:51 | 00:15:22 | 00:16:52 | 00:18:19.39 | 3:39 | 16.4 |
| 12 | PICK TOMASZ | 14 | BIEGOLAS / KORONA | KOSZALIN | POL | M-50 | 2 | M 12 | | 2 | 00:11:15 | 00:12:46 | 00:14:18 | 00:15:48 | 00:17:18 | 00:18:33.48 | 3:42 | 16.2 |
| 13 | WITKIEWICZ ERYK | 24 | KB DZIESIATKA BIAŁOGARD | BIAŁOGARD | POL | M-40 | 7 | M 13 | | 2 | 00:11:08 | 00:12:40 | 00:14:13 | 00:15:46 | 00:17:20 | 00:18:40.83 | 3:44 | 16.1 |
| 14 | KLIMOWICZ MICHAŁ | 9 | | KOSZALIN | POL | SENIOR -M | 5 | M 14 | | 3 | 00:11:10 | 00:12:41 | 00:14:14 | 00:15:48 | 00:17:22 | 00:18:48.00 | 3:45 | 16 |
| 15 | GAJEWSKI ANDRZEJ | 21 | STOPA SŁUPSK | DAMNICA | POL | M-40 | 8 | M 15 | | 2 | 00:11:23 | 00:12:57 | 00:14:30 | 00:16:04 | 00:17:36 | 00:18:58.26 | 3:47 | 15.8 |
| 16 | CHOLEWIŃSKI ARTUR | 18 | AML SŁUPSK | SŁUPSK | POL | SENIOR -M | 6 | M 16 | | 2 | 00:11:39 | 00:13:15 | 00:14:51 | 00:16:26 | 00:17:57 | 00:19:22.24 | 3:52 | 15.5 |
| 17 | NOWICKI MICHAŁ | 33 | KB WYGAN | KOŁOBRZEG | POL | SENIOR -M | 7 | M 17 | | 2 | 00:11:34 | 00:13:10 | 00:14:42 | 00:16:17 | 00:17:55 | 00:19:26.75 | 3:53 | 15.4 |
| 18 | PIENIAWSKI MATEUSZ | 22 | | KOSZALIN | POL | SENIOR -M | 8 | M 18 | | 2 | 00:11:30 | 00:13:08 | 00:14:48 | 00:16:28 | 00:18:06 | 00:19:32.78 | 3:54 | 15.4 |
| 19 | WEBER PAWEŁ | 15 | BIEGOLAS | KOSZALIN | POL | M-40 | 9 | M 19 | | 2 | 00:11:32 | 00:13:09 | 00:14:48 | 00:16:26 | 00:18:04 | 00:19:33.66 | 3:54 | 15.3 |
| 20 | MAĆKOWIAK KRZYSZTOF | 16 | DOMINET | KOSZALIN | POL | M-40 | 10 | M 20 | | 2 | 00:11:35 | 00:13:13 | 00:14:52 | 00:16:30 | 00:18:08 | 00:19:38.81 | 3:55 | 15.3 |
| 21 | SZCZUBLEWSKI MARTIN | 25 | KAMIEŃ RYMAŃSKI | KOSZALIN | POL | SENIOR -M | 9 | M 21 | | 2 | 00:11:53 | 00:13:30 | 00:15:10 | 00:16:52 | 00:18:31 | 00:20:04.55 | 4:00 | 15 |
| 22 | MARCINIAK MACIEJ | 29 | PARKRUN | POŁCZYN ZDRÓJ | POL | SENIOR -M | 10 | M 22 | | 2 | 00:12:13 | 00:13:56 | 00:15:34 | 00:17:11 | 00:18:44 | 00:20:09.79 | 4:01 | 14.9 |
| 23 | KONKEL AGNIESZKA | 19 | | KOSZALIN | POL | SENIOR -K | 1 | K 1 | | 2 | 00:11:55 | 00:13:35 | 00:15:16 | 00:16:59 | 00:18:38 | 00:20:11.33 | 4:02 | 14.9 |
| 24 | KOŚCIELNIAK ROBERT | 54 | TKKF KOSZALIN NERO TEAM | | POL | M-50 | 3 | M 23 | | 2 | 00:12:04 | 00:13:46 | 00:15:29 | 00:17:10 | 00:18:50 | 00:20:24.76 | 4:04 | 14.7 |
| 25 | MAZURSKI PAWEŁ | 26 | | GRYFICE | POL | SENIOR -M | 11 | M 24 | | 2 | 00:12:06 | 00:13:52 | 00:15:38 | 00:17:24 | 00:19:06 | 00:20:37.29 | 4:07 | 14.6 |
| 26 | NAGÓREK KRZYSZTOF | 32 | TUPOT USTKA | SŁUPSK | POL | M-60 | 1 | M 25 | | 2 | 00:12:18 | 00:13:58 | 00:15:41 | 00:17:23 | 00:19:06 | 00:20:39.74 | 4:07 | 14.5 |
| 27 | BIERZANOWSKI RAFAŁ | 23 | | SŁUPSK | POL | M-40 | 11 | M 26 | | 2 | 00:12:18 | 00:13:59 | 00:15:41 | 00:17:24 | 00:19:07 | 00:20:42.27 | 4:08 | 14.5 |
| 28 | KRUK MARCIN | 28 | TKKF MASTERS KOSZALIN | KOSZALIN | POL | M-40 | 12 | M 27 | | 2 | 00:12:20 | 00:14:03 | 00:15:47 | 00:17:31 | 00:19:18 | 00:20:58.77 | 4:11 | 14.3 |
| 29 | KOCZOROWSKI PAWEŁ | 37 | W.P.K. SŁOŃ TEAM USTKA | USTKA | POL | M-40 | 13 | M 28 | | 1 | 00:13:02 | 00:14:46 | 00:16:29 | 00:18:14 | 00:19:57 | 00:21:34.83 | 4:18 | 13.9 |
| 30 | CHUDZIK ZBIGNIEW | 34 | TKKF KOSZALIN | KOSZALIN | POL | M-60 | 2 | M 29 | | 1 | 00:13:19 | 00:15:07 | 00:16:56 | 00:18:46 | 00:20:32 | 00:22:11.84 | 4:26 | 13.5 |
| 31 | DRABKOWSKA AGNIESZKA | 47 | | BIAŁOGARD | POL | K-40 | 1 | K 2 | | 1 | 00:13:19 | 00:15:07 | 00:16:56 | 00:18:46 | 00:20:35 | 00:22:21.99 | 4:28 | 13.4 |
| 32 | ORLIKOWSKI ROBERT | 46 | POŁCZYN BIEGA ♥ | POŁCZYN ZDRÓJ | POL | SENIOR -M | 12 | M 30 | | 1 | 00:13:20 | 00:15:13 | 00:17:06 | 00:18:59 | 00:20:53 | 00:22:45.68 | 4:33 | 13.2 |
| 33 | OWCZARZ MARCIN | 38 | FIGA PRACOWNIA PROJEKTOWA | BIAŁOGARD | POL | SENIOR -M | 13 | M 31 | | 1 | 00:13:38 | 00:15:25 | 00:17:18 | 00:19:11 | 00:21:06 | 00:22:51.10 | 4:34 | 13.1 |

OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km | Netto | min/km | km/h |
|------|-------------------------------|----|--------------------------------|---------------------|------|-----------|--------|------|-------|----------|----------|----------|----------|----------|-------------|--------|------|
| 34 | RUTKOWSKI ARTUR | 30 | RUNKING / SPORTOWIEC.INFO | KOSZALIN | POL | SENIOR -M | 14 | M 32 | 2 | 00:13:29 | 00:15:25 | 00:17:24 | 00:19:24 | 00:21:21 | 00:22:57.29 | 4:35 | 13.1 |
| 35 | GRABAREK EWELINA | 36 | | WIERCISZEWO | POL | SENIOR -K | 2 | K 3 | 1 | 00:13:38 | 00:15:35 | 00:17:30 | 00:19:28 | 00:21:19 | 00:23:05.41 | 4:37 | 13 |
| 36 | BRZEZIŃSKI PAWEŁ | 35 | PAB IRONDAD | KOSZALIN | POL | M-40 | 14 | M 33 | 1 | 00:13:54 | 00:15:51 | 00:17:48 | 00:19:43 | 00:21:40 | 00:23:31.44 | 4:42 | 12.8 |
| 37 | KRZEWIŃSKA MAŁGORZATA | 43 | TKKF KOSZALIN | KOSZALIN | POL | K-60 | 1 | K 4 | 1 | 00:13:51 | 00:15:47 | 00:17:43 | 00:19:40 | 00:21:38 | 00:23:31.79 | 4:42 | 12.8 |
| 38 | ANTKOWIAK SEBASTIAN | 42 | DB-ACTIVE | KOSZALIN | POL | M-40 | 15 | M 34 | 1 | 00:13:50 | 00:15:47 | 00:17:45 | 00:19:44 | 00:21:42 | 00:23:37.40 | 4:43 | 12.7 |
| 39 | STRZELECKI GRZEGORZ | 40 | FIGA PRACOWNIA PROJEKTOWA | BIĄŁOGARD | POL | M-40 | 16 | M 35 | 1 | 00:14:09 | 00:16:09 | 00:18:07 | 00:20:06 | 00:22:04 | 00:23:53.17 | 4:46 | 12.6 |
| 40 | SUDER-MAKSYMOWICZ GRZEGORZ | 39 | | USTRONIE MORSKIE | POL | M-40 | 17 | M 36 | 1 | 00:14:21 | 00:16:23 | 00:18:25 | 00:20:22 | 00:22:19 | 00:24:06.40 | 4:49 | 12.4 |
| 41 | GIEDROWICZ ALEKSANDRA | 45 | | KOSZALIN | POL | SENIOR -K | 3 | K 5 | 1 | 00:14:18 | 00:16:21 | 00:18:24 | 00:20:21 | 00:22:18 | 00:24:20.35 | 4:52 | 12.3 |
| 42 | ZAWISKA ANNA | 49 | | KOSZALIN | POL | SENIOR -K | 4 | K 6 | 1 | 00:14:58 | 00:17:05 | 00:19:14 | 00:21:22 | 00:23:29 | 00:25:33.60 | 5:06 | 11.7 |
| 43 | KLASA JAN | 53 | URZĄD GMINY CZARNA DĄBRÓWKA | NOŻYNO | POL | M-60 | 3 | M 37 | 1 | 00:15:05 | 00:17:10 | 00:19:18 | 00:21:26 | 00:23:34 | 00:25:38.31 | 5:07 | 11.7 |
| 44 | BOGACKA LUCYNA | 48 | TKKF KOSZALIN | KOSZALIN | POL | K-60 | 2 | K 7 | 1 | 00:15:11 | 00:17:16 | 00:19:23 | 00:21:29 | 00:23:41 | 00:25:43.26 | 5:08 | 11.7 |
| 45 | KOZŁOWIECKI WALDEMAR | 51 | | KOSZALIN | POL | M-70+ | 1 | M 38 | 1 | 00:16:03 | 00:18:15 | 00:20:27 | 00:22:38 | 00:24:50 | 00:26:56.35 | 5:23 | 11.1 |
| 46 | WALEŃSKI MICHAŁ | 17 | | SIANÓW | POL | M-40 | 18 | M 39 | 2 | 00:41:28 | 00:43:00 | 00:44:29 | 00:45:56 | 00:47:24 | 00:48:49.40 | 9:45 | 6.1 |
| 47 | BLOCH RADOSŁAW | 13 | WITKOWSKI RUNNING TEAM | DOBROWO | POL | SENIOR -M | 15 | M 40 | 2 | 00:41:36 | 00:43:08 | 00:44:39 | 00:46:09 | 00:47:37 | 00:48:56.95 | 9:47 | 6.1 |
| 48 | ŻUCHELKOWSKI HENRYK | 44 | NEPTUN KOŁOBRZEG | KOŁOBRZEG | POL | SENIOR -M | 16 | M 41 | 1 | 00:45:26 | 00:47:21 | 00:49:17 | 00:51:08 | 00:53:01 | 00:54:50.90 | 10:58 | 5.5 |
| 49 | WOJCIECHOWSKA BASIA | 27 | | MRZEŻYNO | POL | SENIOR -K | 5 | K 8 | 2 | 00:12:49 | 00:14:38 | 00:16:29 | 00:18:15 | 00:19:57 | | 4:20 | 13.8 |