

IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

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

Wyniki dla punktu pomiaru: 1.4 km

Klasyfikacja wg czasów netto.



IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km |
|------|------------------------|----|-----------------------------|-------------------|--------|---------|-------|----------|----------|----------|----------|----------|
| 1 | PIETRUCZUK CHRISTOPHER | 54 | | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:10:05 | 00:11:28 | 00:12:49 | 00:14:09 | 00:15:29 |
| 2 | GAWRON PIOTR | 6 | ULKS TALEX BORZYTUCHOM | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:05 | 00:11:28 | 00:12:49 | 00:14:07 | 00:15:24 |
| 3 | KEPKA ADRIAN | 62 | TAGER SPORT | WIEKOWO | POLSKA | 1 SERIA | 1 | 00:10:07 | 00:11:29 | 00:12:50 | 00:14:10 | 00:15:29 |
| 4 | SIADAK ARKADIUSZ | 38 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:13 | 00:11:36 | 00:12:59 | 00:14:20 | 00:15:41 |
| 5 | MAJKOWICZ RAFAŁ | 18 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:32 | 00:12:00 | 00:13:28 | 00:14:58 | 00:16:28 |
| 6 | HUBERT ŁUKASZ | 55 | TKKF KOSZALIN | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:24 | 00:11:50 | 00:13:18 | 00:14:48 | 00:16:12 |
| 7 | CENTKA JAKUB | 3 | | ZŁOTÓW | POLSKA | 1 SERIA | 1 | 00:10:30 | 00:12:03 | 00:13:37 | 00:15:16 | 00:16:54 |
| 8 | RYKIEL MICHAŁ | 35 | DĄBROWSKI TEAM | BONIN | POLSKA | 1 SERIA | 1 | 00:11:04 | 00:12:34 | 00:14:05 | 00:15:34 | 00:17:02 |
| 9 | ZUKAL PIOTR | 50 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:07 | 00:12:36 | 00:14:07 | 00:15:37 | 00:17:07 |
| 10 | TRĘBSKI KRZYSZTOF | 43 | #ZABIEGANINOCA | OKONEK | POLSKA | 1 SERIA | 1 | 00:11:12 | 00:12:45 | 00:14:23 | 00:16:03 | 00:17:37 |
| 11 | PRZEWŁOCKI MICHAŁ | 30 | TKKF KOSZALIN | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:13 | 00:12:44 | 00:14:16 | 00:15:51 | 00:17:26 |
| 12 | WOJCIECHOWICZ JACEK | 46 | WWW.STUDIOTANCAPASJA.PL | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:08 | 00:12:37 | 00:14:07 | 00:15:40 | 00:17:18 |
| 13 | SITOWSKI MARCIN | 39 | FC RYSIEK | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:25 | 00:12:58 | 00:14:31 | 00:16:03 | 00:17:33 |
| 14 | JABŁOŃSKI TOMASZ | 9 | KB SPOKO SŁAWNO | SŁAWNO | POLSKA | 1 SERIA | 1 | 00:11:28 | 00:13:04 | 00:14:39 | 00:16:16 | 00:17:51 |
| 15 | PICK TOMASZ | 29 | SKSG KORONA SZCZECIN | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:28 | 00:13:01 | 00:14:34 | 00:16:05 | 00:17:27 |
| 16 | ZWOLIŃSKI JAN | 51 | TKKF KOSZALIN | WIERCISZEWO | POLSKA | 1 SERIA | 1 | 00:11:38 | 00:13:12 | 00:14:46 | 00:16:20 | 00:17:47 |
| 17 | WALEŃSKI MICHAŁ | 53 | | SKIBIENKO | POLSKA | 1 SERIA | 1 | 00:11:38 | 00:13:12 | 00:14:47 | 00:16:20 | 00:17:47 |
| 18 | BIENKOWSKI TOMASZ | 2 | IQ CONSULTING | NIEKLONICE | POLSKA | 1 SERIA | 1 | 00:11:57 | 00:13:42 | 00:15:28 | 00:17:14 | 00:19:00 |
| 19 | KONKEL AGNIESZKA | 14 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:55 | 00:13:34 | 00:15:13 | 00:16:50 | 00:18:27 |
| 20 | CHORAŻY KAROLINA | 4 | LEO-TEAM | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:55 | 00:13:34 | 00:15:14 | 00:16:51 | 00:18:28 |
| 21 | SIKORSKI ADAM | 64 | SIKORROVO | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:12:04 | 00:13:48 | 00:15:34 | 00:17:19 | 00:19:00 |
| 22 | KORMAN KAMIL | 16 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:23 | 00:14:03 | 00:15:48 | 00:17:34 | 00:19:17 |
| 23 | NIECKARZ MONIKA | 25 | KB SPOKO SŁAWNO | SŁAWNO | POLSKA | 2 SERIA | 2 | 00:12:25 | 00:14:09 | 00:15:56 | 00:17:41 | 00:19:28 |
| 24 | PEKAŁA PIOTR | 28 | SP MANOWO | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:24 | 00:14:00 | 00:15:38 | 00:17:16 | 00:18:53 |
| 25 | SŁOMIŃSKI SYLWESTER | 40 | FUNDACJA ZASTOPIJ | SŁANÓW | POLSKA | 2 SERIA | 2 | 00:13:44 | 00:15:57 | 00:18:17 | 00:20:53 | 00:23:31 |
| 26 | WEBER PAWEŁ | 44 | FPP | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:44 | 00:14:28 | 00:16:13 | 00:17:56 | 00:19:38 |
| 27 | WIKTOROWSKI MACIEJ | 45 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:48 | 00:14:37 | 00:16:27 | 00:18:14 | 00:20:01 |
| 28 | ROGOŻA IRENEUSZ | 32 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:48 | 00:14:37 | 00:16:22 | 00:18:08 | 00:19:53 |
| 29 | NOWICKI MICHAŁ | 57 | | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:12:52 | 00:14:37 | 00:16:24 | 00:18:11 | 00:19:55 |
| 30 | PIECHOTA ROBERT | 59 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:21 | 00:15:16 | 00:17:07 | 00:18:59 | 00:20:51 |
| 31 | KACZMAREK MARTA | 10 | KB SPOKO SŁAWNO | SŁAWNO | POLSKA | 2 SERIA | 2 | 00:13:19 | 00:15:10 | 00:17:06 | 00:18:57 | 00:20:46 |
| 32 | ANTKOWIAK SEBASTIAN | 1 | DB - ACTIVE | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:13:26 | 00:15:19 | 00:17:14 | 00:19:09 | 00:21:06 |
| 33 | MICERSKI TOMASZ | 23 | TKKF KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:06 | 00:14:51 | 00:16:36 | 00:18:21 | 00:20:08 |
| 34 | KRUPIŃSKI KRZYSZTOF | 17 | WWW.E-UROLOG.EU | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:09 | 00:14:53 | 00:16:37 | 00:18:22 | 00:20:07 |
| 35 | PAWLINA JAKUB | 65 | SIKORROVO | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:14:16 | 00:16:20 | 00:18:23 | 00:20:23 | 00:22:15 |
| 36 | PANASZEWSKI PRZEMYSŁAW | 27 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:11 | 00:16:14 | 00:18:18 | 00:20:19 | 00:22:17 |
| 37 | JAROSZ DARIUSZ | 52 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POLSKA | 2 SERIA | 2 | 00:13:31 | 00:15:21 | 00:17:11 | 00:19:01 | 00:20:52 |
| 38 | PUŚCIAN KRZYSZTOF | 31 | SZKOŁA PODSTAWOWA W MANOWIE | MANOWO | POLSKA | 2 SERIA | 2 | 00:13:29 | 00:15:18 | 00:17:08 | 00:18:56 | 00:20:46 |
| 39 | TOWSTOKORY MAREK | 42 | | ZŁOTÓW | POLSKA | 2 SERIA | 2 | 00:13:39 | 00:15:34 | 00:17:24 | 00:19:15 | 00:21:02 |
| 40 | MARCINKOWSKI JACEK | 20 | SSK ORZEŁ ŚWIESZYNO | ŚWIESZYNO | POLSKA | 2 SERIA | 2 | 00:13:20 | 00:15:07 | 00:16:53 | 00:18:43 | 00:20:31 |
| 41 | RUTKOWSKI ARTUR | 33 | RUNKING | SŁANÓW | POLSKA | 2 SERIA | 2 | 00:13:46 | 00:15:39 | 00:17:33 | 00:19:26 | 00:21:19 |
| 42 | TROJAK JAKUB | 56 | WILKI KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:16 | 00:16:10 | 00:17:58 | 00:19:38 | 00:21:22 |
| 43 | KONKEL ŁUKASZ | 15 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:49 | 00:15:39 | 00:17:29 | 00:19:19 | 00:21:10 |
| 44 | OSOBNIAK RYSZARD | 26 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:07 | 00:16:05 | 00:18:03 | 00:20:01 | 00:21:58 |

IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km |
|------|----------------------|----|-------------------|-----------|--------|---------|-------|----------|----------|----------|----------|----------|
| 45 | SCZYPEK ARKADIUSZ | 37 | FUNDACJA ZASTOPIJ | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:01 | 00:15:58 | 00:17:54 | 00:19:46 | 00:21:43 |
| 46 | CHABOWSKA KAROLINA | 58 | | KOŁOBRZEG | POLSKA | 2 SERIA | 2 | 00:14:25 | 00:16:19 | 00:18:13 | 00:20:07 | 00:22:02 |
| 47 | WOŁODKOWICZ HUBERT | 47 | FUNDACJA ZASTOPIJ | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:15:19 | 00:17:12 | 00:19:09 | 00:21:09 | 00:23:12 |
| 48 | SAWIŃSKI JACEK | 36 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:51 | 00:16:52 | 00:18:52 | 00:20:52 | 00:22:52 |
| 49 | KARNICKI ZYGMUNT | 60 | TKKF KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:15:21 | 00:17:31 | 00:19:44 | 00:21:57 | 00:24:13 |
| 50 | KOZŁOWIECKI WALDEMAR | 63 | TKKF KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:15:10 | 00:17:09 | 00:19:08 | 00:21:07 | 00:23:07 |
| 51 | HARASYM DANIEL | 8 | FUNDACJA ZASTOPIJ | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:16:38 | 00:18:55 | 00:21:14 | 00:23:37 | 00:26:01 |
| 52 | KARNICKI ARTUR | 61 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:20:29 | 00:23:25 | 00:26:08 | 00:28:47 | 00:31:33 |
| | MARTKO AGNIESZKA | 21 | REVOLTA TEAM | KATOWICE | POLSKA | 2 SERIA | 2 | DNF | DNF | DNF | DNF | DNF |

IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M, Kobiety

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km |
|------|--------------------|----|-----------------|-----------|--------|---------|-------|----------|----------|----------|----------|----------|
| 1 | KONKEL AGNIESZKA | 14 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:55 | 00:13:34 | 00:15:13 | 00:16:50 | 00:18:27 |
| 2 | CHORAŻY KAROLINA | 4 | LEO-TEAM | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:55 | 00:13:34 | 00:15:14 | 00:16:51 | 00:18:28 |
| 3 | NIECKARZ MONIKA | 25 | KB SPOKO SŁAWNO | SŁAWNO | POLSKA | 2 SERIA | 2 | 00:12:25 | 00:14:09 | 00:15:56 | 00:17:41 | 00:19:28 |
| 4 | KACZMAREK MARTA | 10 | KB SPOKO SŁAWNO | SŁAWNO | POLSKA | 2 SERIA | 2 | 00:13:19 | 00:15:10 | 00:17:06 | 00:18:57 | 00:20:46 |
| 5 | CHABOWSKA KAROLINA | 58 | | KOŁOBRZEG | POLSKA | 2 SERIA | 2 | 00:14:25 | 00:16:19 | 00:18:13 | 00:20:07 | 00:22:02 |
| | MARTKO AGNIESZKA | 21 | REVOLTA TEAM | KATOWICE | POLSKA | 2 SERIA | 2 | DNF | DNF | DNF | DNF | DNF |

IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M, Mężczyźni

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km |
|------|------------------------|----|-------------------------|-------------|--------|---------|-------|----------|----------|----------|----------|----------|
| 1 | PIETRUCZUK CHRISTOPHER | 54 | | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:10:05 | 00:11:28 | 00:12:49 | 00:14:09 | 00:15:29 |
| 2 | GAWRON PIOTR | 6 | ULKS TALEX BORZYTUCHOM | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:05 | 00:11:28 | 00:12:49 | 00:14:07 | 00:15:24 |
| 3 | KĘPKA ADRIAN | 62 | TAGER SPORT | WIEKOWO | POLSKA | 1 SERIA | 1 | 00:10:07 | 00:11:29 | 00:12:50 | 00:14:10 | 00:15:29 |
| 4 | SIADAK ARKADIUSZ | 38 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:13 | 00:11:36 | 00:12:59 | 00:14:20 | 00:15:41 |
| 5 | MAJKOWICZ RAFAŁ | 18 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:32 | 00:12:00 | 00:13:28 | 00:14:58 | 00:16:28 |
| 6 | HUBERT ŁUKASZ | 55 | TKKF KOSZALIN | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:24 | 00:11:50 | 00:13:18 | 00:14:48 | 00:16:12 |
| 7 | CENTKA JAKUB | 3 | | ZŁOTÓW | POLSKA | 1 SERIA | 1 | 00:10:30 | 00:12:03 | 00:13:37 | 00:15:16 | 00:16:54 |
| 8 | RYKIEL MICHAŁ | 35 | DĄBROWSKI TEAM | BONIN | POLSKA | 1 SERIA | 1 | 00:11:04 | 00:12:34 | 00:14:05 | 00:15:34 | 00:17:02 |
| 9 | ZUKAL PIOTR | 50 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:07 | 00:12:36 | 00:14:07 | 00:15:37 | 00:17:07 |
| 10 | TRĘBSKI KRZYSZTOF | 43 | #ZABIEGANINOCA | OKONEK | POLSKA | 1 SERIA | 1 | 00:11:12 | 00:12:45 | 00:14:23 | 00:16:03 | 00:17:37 |
| 11 | PRZEWŁOCKI MICHAŁ | 30 | TKKF KOSZALIN | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:13 | 00:12:44 | 00:14:16 | 00:15:51 | 00:17:26 |
| 12 | SITOWSKI MARCIN | 39 | FC RYSIEK | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:25 | 00:12:58 | 00:14:31 | 00:16:03 | 00:17:33 |
| 13 | WOJCIECHOWICZ JACEK | 46 | WWW.STUDIOTANCAPASJA.PL | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:08 | 00:12:37 | 00:14:07 | 00:15:40 | 00:17:18 |
| 14 | JABŁOŃSKI TOMASZ | 9 | KB SPOKO SŁAWNO | SŁAWNO | POLSKA | 1 SERIA | 1 | 00:11:28 | 00:13:04 | 00:14:39 | 00:16:16 | 00:17:51 |
| 15 | PICK TOMASZ | 29 | SKSG KORONA SZCZECIN | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:28 | 00:13:01 | 00:14:34 | 00:16:05 | 00:17:27 |
| 16 | ZWOLIŃSKI JAN | 51 | TKKF KOSZALIN | WIERCISZEWO | POLSKA | 1 SERIA | 1 | 00:11:38 | 00:13:12 | 00:14:46 | 00:16:20 | 00:17:47 |
| 17 | WALEŃSKI MICHAŁ | 53 | | SKIBIENKO | POLSKA | 1 SERIA | 1 | 00:11:38 | 00:13:12 | 00:14:47 | 00:16:20 | 00:17:47 |
| 18 | BIENKOWSKI TOMASZ | 2 | IQ CONSULTING | NIEKLONICE | POLSKA | 1 SERIA | 1 | 00:11:57 | 00:13:42 | 00:15:28 | 00:17:14 | 00:19:00 |
| 19 | SIKORSKI ADAM | 64 | SIKORROVO | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:12:04 | 00:13:48 | 00:15:34 | 00:17:19 | 00:19:00 |
| 20 | KORMAN KAMIL | 16 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:23 | 00:14:03 | 00:15:48 | 00:17:34 | 00:19:17 |
| 21 | SŁOMIŃSKI SYLWESTER | 40 | FUNDACJA ZASTOPIJ | SIANÓW | POLSKA | 2 SERIA | 2 | 00:13:44 | 00:15:57 | 00:18:17 | 00:20:53 | 00:23:31 |
| 22 | PEKAŁA PIOTR | 28 | SP MANOWO | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:24 | 00:14:00 | 00:15:38 | 00:17:16 | 00:18:53 |
| 23 | WIKTOROWSKI MACIEJ | 45 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:48 | 00:14:37 | 00:16:27 | 00:18:14 | 00:20:01 |
| 24 | WEBER PAWEŁ | 44 | FPP | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:44 | 00:14:28 | 00:16:13 | 00:17:56 | 00:19:38 |
| 25 | ROGOŻA IRENEUSZ | 32 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:48 | 00:14:37 | 00:16:22 | 00:18:08 | 00:19:53 |
| 26 | NOWICKI MICHAŁ | 57 | | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:12:52 | 00:14:37 | 00:16:24 | 00:18:11 | 00:19:55 |
| 27 | PIECHOTA ROBERT | 59 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:21 | 00:15:16 | 00:17:07 | 00:18:59 | 00:20:51 |
| 28 | ANTKOWIAK SEBASTIAN | 1 | DB - ACTIVE | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:13:26 | 00:15:19 | 00:17:14 | 00:19:09 | 00:21:06 |
| 29 | MICERSKI TOMASZ | 23 | TKKF KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:06 | 00:14:51 | 00:16:36 | 00:18:21 | 00:20:08 |
| 30 | KRUPIŃSKI KRZYSZTOF | 17 | WWW.E-UROLOG.EU | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:09 | 00:14:53 | 00:16:37 | 00:18:22 | 00:20:07 |
| 31 | PAWLINA JAKUB | 65 | SIKORROVO | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:14:16 | 00:16:20 | 00:18:23 | 00:20:23 | 00:22:15 |

IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M, Mężczyźni c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km |
|------|------------------------|----|-----------------------------|-------------------|--------|---------|-------|----------|----------|----------|----------|----------|
| 32 | PANASZEWSKI PRZEMYSŁAW | 27 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:11 | 00:16:14 | 00:18:18 | 00:20:19 | 00:22:17 |
| 33 | JAROSZ DARIUSZ | 52 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POLSKA | 2 SERIA | 2 | 00:13:31 | 00:15:21 | 00:17:11 | 00:19:01 | 00:20:52 |
| 34 | TOWSTOKORY MAREK | 42 | | ZŁOTÓW | POLSKA | 2 SERIA | 2 | 00:13:39 | 00:15:34 | 00:17:24 | 00:19:15 | 00:21:02 |
| 35 | PUŚCIAN KRZYSZTOF | 31 | SZKOŁA PODSTAWOWA W MANOWIE | MANOWO | POLSKA | 2 SERIA | 2 | 00:13:29 | 00:15:18 | 00:17:08 | 00:18:56 | 00:20:46 |
| 36 | MARCINKOWSKI JACEK | 20 | SSK ORZEŁ ŚWIESZYNO | ŚWIESZYNO | POLSKA | 2 SERIA | 2 | 00:13:20 | 00:15:07 | 00:16:53 | 00:18:43 | 00:20:31 |
| 37 | RUTKOWSKI ARTUR | 33 | RUNKING | SIANÓW | POLSKA | 2 SERIA | 2 | 00:13:46 | 00:15:39 | 00:17:33 | 00:19:26 | 00:21:19 |
| 38 | TROJAK JAKUB | 56 | WILKI KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:16 | 00:16:10 | 00:17:58 | 00:19:38 | 00:21:22 |
| 39 | KONKEL ŁUKASZ | 15 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:49 | 00:15:39 | 00:17:29 | 00:19:19 | 00:21:10 |
| 40 | OSOBNIAK RYSZARD | 26 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:07 | 00:16:05 | 00:18:03 | 00:20:01 | 00:21:58 |
| 41 | SCZYPEK ARKADIUSZ | 37 | FUNDACJA ZASTOPIJ | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:01 | 00:15:58 | 00:17:54 | 00:19:46 | 00:21:43 |
| 42 | WOŁODKOWICZ HUBERT | 47 | FUNDACJA ZASTOPIJ | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:15:19 | 00:17:12 | 00:19:09 | 00:21:09 | 00:23:12 |
| 43 | SAWIŃSKI JACEK | 36 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:51 | 00:16:52 | 00:18:52 | 00:20:52 | 00:22:52 |
| 44 | KARNICKI ZYGMUNT | 60 | TKKF KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:15:21 | 00:17:31 | 00:19:44 | 00:21:57 | 00:24:13 |
| 45 | KOZŁOWIECKI WALDEMAR | 63 | TKKF KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:15:10 | 00:17:09 | 00:19:08 | 00:21:07 | 00:23:07 |
| 46 | HARASYM DANIEL | 8 | FUNDACJA ZASTOPIJ | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:16:38 | 00:18:55 | 00:21:14 | 00:23:37 | 00:26:01 |
| 47 | KARNICKI ARTUR | 61 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:20:29 | 00:23:25 | 00:26:08 | 00:28:47 | 00:31:33 |

IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M, 1 Seria

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km |
|------|------------------------|----|-------------------------|-------------|--------|---------|-------|----------|----------|----------|----------|----------|
| 1 | PIETRUCZUK CHRISTOPHER | 54 | | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:10:05 | 00:11:28 | 00:12:49 | 00:14:09 | 00:15:29 |
| 2 | GAWRON PIOTR | 6 | ULKS TALEX BORZYTUCHOM | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:05 | 00:11:28 | 00:12:49 | 00:14:07 | 00:15:24 |
| 3 | KĘPKA ADRIAN | 62 | TAGER SPORT | WIEKOWO | POLSKA | 1 SERIA | 1 | 00:10:07 | 00:11:29 | 00:12:50 | 00:14:10 | 00:15:29 |
| 4 | SIADAK ARKADIUSZ | 38 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:13 | 00:11:36 | 00:12:59 | 00:14:20 | 00:15:41 |
| 5 | MAJKOWICZ RAFAŁ | 18 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:32 | 00:12:00 | 00:13:28 | 00:14:58 | 00:16:28 |
| 6 | HUBERT ŁUKASZ | 55 | TKKF KOSZALIN | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:10:24 | 00:11:50 | 00:13:18 | 00:14:48 | 00:16:12 |
| 7 | CENTKA JAKUB | 3 | | ZŁOTÓW | POLSKA | 1 SERIA | 1 | 00:10:30 | 00:12:03 | 00:13:37 | 00:15:16 | 00:16:54 |
| 8 | RYKIEL MICHAŁ | 35 | DĄBROWSKI TEAM | BONIN | POLSKA | 1 SERIA | 1 | 00:11:04 | 00:12:34 | 00:14:05 | 00:15:34 | 00:17:02 |
| 9 | ZUKAL PIOTR | 50 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:07 | 00:12:36 | 00:14:07 | 00:15:37 | 00:17:07 |
| 10 | TRĘBSKI KRZYSZTOF | 43 | #ZABIEGANINOCA | OKONEK | POLSKA | 1 SERIA | 1 | 00:11:12 | 00:12:45 | 00:14:23 | 00:16:03 | 00:17:37 |
| 11 | PRZEWŁOCKI MICHAŁ | 30 | TKKF KOSZALIN | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:13 | 00:12:44 | 00:14:16 | 00:15:51 | 00:17:26 |
| 12 | SITOWSKI MARCIN | 39 | FC RYSIEK | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:25 | 00:12:58 | 00:14:31 | 00:16:03 | 00:17:33 |
| 13 | WOJCIECHOWICZ JACEK | 46 | WWW.STUDIOTANCAPASJA.PL | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:08 | 00:12:37 | 00:14:07 | 00:15:40 | 00:17:18 |
| 14 | JABŁOŃSKI TOMASZ | 9 | KB SPOKO SŁAWNO | SŁAWNO | POLSKA | 1 SERIA | 1 | 00:11:28 | 00:13:04 | 00:14:39 | 00:16:16 | 00:17:51 |
| 15 | PICK TOMASZ | 29 | SKSG KORONA SZCZECIN | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:28 | 00:13:01 | 00:14:34 | 00:16:05 | 00:17:27 |
| 16 | ZWOLIŃSKI JAN | 51 | TKKF KOSZALIN | WIERCISZEWO | POLSKA | 1 SERIA | 1 | 00:11:38 | 00:13:12 | 00:14:46 | 00:16:20 | 00:17:47 |
| 17 | WALEŃSKI MICHAŁ | 53 | | SKIBIENKO | POLSKA | 1 SERIA | 1 | 00:11:38 | 00:13:12 | 00:14:47 | 00:16:20 | 00:17:47 |
| 18 | KONKEL AGNIESZKA | 14 | | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:55 | 00:13:34 | 00:15:13 | 00:16:50 | 00:18:27 |
| 19 | BIENKOWSKI TOMASZ | 2 | IQ CONSULTING | NIEKLONICE | POLSKA | 1 SERIA | 1 | 00:11:57 | 00:13:42 | 00:15:28 | 00:17:14 | 00:19:00 |
| 20 | CHORAŻY KAROLINA | 4 | LEO-TEAM | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:11:55 | 00:13:34 | 00:15:14 | 00:16:51 | 00:18:28 |
| 21 | SIKORSKI ADAM | 64 | SIKORROVO | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:12:04 | 00:13:48 | 00:15:34 | 00:17:19 | 00:19:00 |
| 22 | NOWICKI MICHAŁ | 57 | | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:12:52 | 00:14:37 | 00:16:24 | 00:18:11 | 00:19:55 |
| 23 | ANTKOWIAK SEBASTIAN | 1 | DB - ACTIVE | KOSZALIN | POLSKA | 1 SERIA | 1 | 00:13:26 | 00:15:19 | 00:17:14 | 00:19:09 | 00:21:06 |
| 24 | PAWLINA JAKUB | 65 | SIKORROVO | KOŁOBRZEG | POLSKA | 1 SERIA | 1 | 00:14:16 | 00:16:20 | 00:18:23 | 00:20:23 | 00:22:15 |

IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M, 2 Seria

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km |
|------|---------------------|----|-------------------|-----------|--------|---------|-------|----------|----------|----------|----------|----------|
| 1 | KORMAN KAMIL | 16 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:23 | 00:14:03 | 00:15:48 | 00:17:34 | 00:19:17 |
| 2 | NIECKARZ MONIKA | 25 | KB SPOKO SŁAWNO | SŁAWNO | POLSKA | 2 SERIA | 2 | 00:12:25 | 00:14:09 | 00:15:56 | 00:17:41 | 00:19:28 |
| 3 | SŁOMIŃSKI SYLWESTER | 40 | FUNDACJA ZASTOPIJ | SIANÓW | POLSKA | 2 SERIA | 2 | 00:13:44 | 00:15:57 | 00:18:17 | 00:20:53 | 00:23:31 |
| 4 | PEKAŁA PIOTR | 28 | SP MANOWO | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:24 | 00:14:00 | 00:15:38 | 00:17:16 | 00:18:53 |
| 5 | WIKTOROWSKI MACIEJ | 45 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:48 | 00:14:37 | 00:16:27 | 00:18:14 | 00:20:01 |

IV OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M, 2 Seria c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | Seria | 3km | 3.4km | 3.8km | 4.2km | 4.6km |
|------|------------------------|----|-----------------------------|-------------------|--------|---------|-------|----------|----------|----------|----------|----------|
| 6 | WEBER PAWEŁ | 44 | FPP | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:44 | 00:14:28 | 00:16:13 | 00:17:56 | 00:19:38 |
| 7 | ROGOŻA IRENEUSZ | 32 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:12:48 | 00:14:37 | 00:16:22 | 00:18:08 | 00:19:53 |
| 8 | PIECHOTA ROBERT | 59 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:21 | 00:15:16 | 00:17:07 | 00:18:59 | 00:20:51 |
| 9 | KACZMAREK MARTA | 10 | KB SPOKO SŁAWNO | SŁAWNO | POLSKA | 2 SERIA | 2 | 00:13:19 | 00:15:10 | 00:17:06 | 00:18:57 | 00:20:46 |
| 10 | MICERSKI TOMASZ | 23 | TKKF KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:06 | 00:14:51 | 00:16:36 | 00:18:21 | 00:20:08 |
| 11 | KRUPIŃSKI KRZYSZTOF | 17 | WWW.E-UROLOG.EU | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:09 | 00:14:53 | 00:16:37 | 00:18:22 | 00:20:07 |
| 12 | PANASZEWSKI PRZEMYSŁAW | 27 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:11 | 00:16:14 | 00:18:18 | 00:20:19 | 00:22:17 |
| 13 | JAROSZ DARIUSZ | 52 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | POLSKA | 2 SERIA | 2 | 00:13:31 | 00:15:21 | 00:17:11 | 00:19:01 | 00:20:52 |
| 14 | TOWSTOKORY MAREK | 42 | | ZŁOTÓW | POLSKA | 2 SERIA | 2 | 00:13:39 | 00:15:34 | 00:17:24 | 00:19:15 | 00:21:02 |
| 15 | PUŚCIAN KRZYSZTOF | 31 | SZKOŁA PODSTAWOWA W MANOWIE | MANOWO | POLSKA | 2 SERIA | 2 | 00:13:29 | 00:15:18 | 00:17:08 | 00:18:56 | 00:20:46 |
| 16 | MARCINKOWSKI JACEK | 20 | SSK ORZEŁ ŚWIESZYNO | ŚWIESZYNO | POLSKA | 2 SERIA | 2 | 00:13:20 | 00:15:07 | 00:16:53 | 00:18:43 | 00:20:31 |
| 17 | RUTKOWSKI ARTUR | 33 | RUNKING | SIANÓW | POLSKA | 2 SERIA | 2 | 00:13:46 | 00:15:39 | 00:17:33 | 00:19:26 | 00:21:19 |
| 18 | TROJAK JAKUB | 56 | WILKI KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:16 | 00:16:10 | 00:17:58 | 00:19:38 | 00:21:22 |
| 19 | KONKEL ŁUKASZ | 15 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:13:49 | 00:15:39 | 00:17:29 | 00:19:19 | 00:21:10 |
| 20 | OSOBNIAK RYSZARD | 26 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:07 | 00:16:05 | 00:18:03 | 00:20:01 | 00:21:58 |
| 21 | SCZYPEK ARKADIUSZ | 37 | FUNDACJA ZASTOPIJ | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:01 | 00:15:58 | 00:17:54 | 00:19:46 | 00:21:43 |
| 22 | CHĄBOWSKA KAROLINA | 58 | | KOŁOBRZEG | POLSKA | 2 SERIA | 2 | 00:14:25 | 00:16:19 | 00:18:13 | 00:20:07 | 00:22:02 |
| 23 | WOŁODKOWICZ HUBERT | 47 | FUNDACJA ZASTOPIJ | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:15:19 | 00:17:12 | 00:19:09 | 00:21:09 | 00:23:12 |
| 24 | SAWIŃSKI JACEK | 36 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:14:51 | 00:16:52 | 00:18:52 | 00:20:52 | 00:22:52 |
| 25 | KARNICKI ZYGMUNT | 60 | TKKF KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:15:21 | 00:17:31 | 00:19:44 | 00:21:57 | 00:24:13 |
| 26 | KOZŁOWIECKI WALDEMAR | 63 | TKKF KOSZALIN | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:15:10 | 00:17:09 | 00:19:08 | 00:21:07 | 00:23:07 |
| 27 | HARASYM DANIEL | 8 | FUNDACJA ZASTOPIJ | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:16:38 | 00:18:55 | 00:21:14 | 00:23:37 | 00:26:01 |
| 28 | KARNICKI ARTUR | 61 | | KOSZALIN | POLSKA | 2 SERIA | 2 | 00:20:29 | 00:23:25 | 00:26:08 | 00:28:47 | 00:31:33 |
| | MARTKO AGNIESZKA | 21 | REVOLTA TEAM | KATOWICE | POLSKA | 2 SERIA | 2 | DNF | DNF | DNF | DNF | DNF |