

# V MISTRZOSTWA MIASTA SŁAWNO W BIEGU NA 5 KM

B4SPORT

**Organizator:**

Ośrodek Sportu i Rekreacji w Sławnie

**Data:**

2016-08-24

**Miejsce:**

Sławno

**Dystans:**

5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 0.2km	Start_All 0.6km	Start_All 1km	Start_All 1.4km	Start_All 1.8km	Start_All 2.2km	Start_All 2.6km	Start_All 3km	Start_All 3.4km	Start_All 3.8km	Start_All 4.2km	Start_All 4.6km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Arkadiusz</b>	<b>170</b>	TKKF KOSZALIN	M-OPEN	1	00:00:45	00:02:15	00:03:45	00:05:14	00:06:44	00:08:13	00:09:42	00:11:11	00:12:38	00:14:08	00:15:37	00:17:04	<b>00:18:14.80</b>	<b>00:18:14.80</b>		3:38	16.5 (100%)
2	<b>LEŚNIEWSKI Konrad</b>	<b>172</b>		M-OPEN	2	00:00:45	00:02:15	00:03:44	00:05:14	00:06:42	00:08:12	00:09:41	00:11:10	00:12:38	00:14:07	00:15:36	00:17:04	<b>00:18:25.55</b>	<b>00:18:25.55</b>	+00:00:10 (1.0%)	3:41	16.3 (98.8%)
3	<b>WILCZEWSKI Mariusz</b>	<b>169</b>	MKS ŚWIĘC SŁAWNO	M-OPEN	3	00:00:45	00:02:15	00:03:45	00:05:14	00:06:43	00:08:12	00:09:42	00:11:10	00:12:38	00:14:07	00:15:37	00:17:05	<b>00:18:27.55</b>	<b>00:18:27.55</b>	+00:00:12 (1.2%)	3:41	16.3 (98.8%)
4	<b>GARSKI Krystian</b>	<b>199</b>		M-OPEN	4	00:00:45	00:02:15	00:03:45	00:05:15	00:06:44	00:08:15	00:09:48	00:11:20	00:12:51	00:14:24	00:15:57	00:17:31	<b>00:18:56.30</b>	<b>00:18:56.30</b>	+00:00:41 (3.7%)	3:47	15.8 (95.8%)
5	<b>GAŁKOWSKI Dariusz</b>	<b>204</b>		M-OPEN	5	00:00:45	00:02:15	00:03:44	00:05:14	00:06:43	00:08:12	00:09:45	00:11:18	00:12:52	00:14:26	00:16:02	00:17:38	<b>00:19:08.80</b>	<b>00:19:08.80</b>	+00:00:54 (4.7%)	3:49	15.7 (95.2%)
6	<b>WILCZEWSKI Krzysztof</b>	<b>180</b>		M-OPEN	6	00:00:46	00:02:17	00:03:51	00:05:26	00:07:01	00:08:37	00:10:11	00:11:45	00:13:19	00:14:52	00:16:25	00:17:53	<b>00:19:08.90</b>	<b>00:19:08.90</b>	+00:00:54 (4.7%)	3:49	15.7 (95.2%)
7	<b>KRUKOWSKI Błażej</b>	<b>203</b>		M-Sławno	1	00:00:46	00:02:19	00:03:55	00:05:29	00:07:03	00:08:38	00:10:13	00:11:46	00:13:19	00:14:52	00:16:25	00:17:55	<b>00:19:23.15</b>	<b>00:19:23.15</b>	+00:01:08 (5.9%)	3:52	15.5 (93.9%)
8	<b>CHUDY Henryk</b>	<b>187</b>		M-Masters	1	00:00:45	00:02:15	00:03:46	00:05:17	00:06:49	00:08:23	00:09:57	00:11:32	00:13:06	00:14:41	00:16:17	00:17:54	<b>00:19:29.05</b>	<b>00:19:29.05</b>	+00:01:14 (6.4%)	3:53	15.4 (93.3%)
9	<b>NOWAK Tomasz</b>	<b>188</b>		M-Sławno	2	00:00:48	00:02:21	00:03:56	00:05:26	00:07:01	00:08:37	00:10:11	00:11:45	00:13:19	00:14:53	00:16:32	00:18:13	<b>00:19:40.45</b>	<b>00:19:40.45</b>	+00:01:25 (7.3%)	3:56	15.3 (92.7%)
10	<b>POWARZYŃSKI Krzysztof</b>	<b>207</b>		M-OPEN	7	00:00:45	00:02:16	00:03:46	00:05:18	00:06:51	00:08:25	00:10:00	00:11:36	00:13:11	00:14:49	00:16:27	00:18:06	<b>00:19:43.30</b>	<b>00:19:43.30</b>	+00:01:28 (7.5%)	3:56	15.2 (92.1%)
11	<b>ANTOSIK Grzegorz</b>	<b>181</b>		M-OPEN	8	00:00:49	00:02:24	00:03:58	00:05:34	00:07:10	00:08:46	00:10:21	00:11:57	00:13:32	00:15:08	00:16:42	00:18:13	<b>00:19:44.55</b>	<b>00:19:44.55</b>	+00:01:29 (7.6%)	3:56	15.2 (92.1%)
12	<b>WÓJCIK Damian</b>	<b>182</b>		M-OPEN	9	00:00:47	00:02:21	00:03:56	00:05:32	00:07:08	00:08:46	00:10:24	00:12:03	00:13:42	00:15:23	00:17:05	00:18:46	<b>00:20:17.85</b>	<b>00:20:17.85</b>	+00:02:03 (10.1%)	4:03	14.8 (89.7%)
13	<b>BIERNAT Kamil</b>	<b>168</b>		M-Sławno	3	00:00:47	00:02:21	00:03:56	00:05:30	00:07:04	00:08:41	00:10:21	00:12:00	00:13:41	00:15:24	00:17:06	00:18:46	<b>00:20:18.35</b>	<b>00:20:18.35</b>	+00:02:03 (10.1%)	4:03	14.8 (89.7%)
14	<b>BRZOZOWSKI Piotr</b>	<b>196</b>		M-Sławno	4	00:00:46	00:02:21	00:03:58	00:05:36	00:07:16	00:08:59	00:10:43	00:12:26	00:14:11	00:15:58	00:17:46	00:19:33	<b>00:21:10.30</b>	<b>00:21:10.30</b>	+00:02:55 (13.8%)	4:14	14.2 (86.1%)
15	<b>SKIERKA Grzegorz</b>	<b>193</b>		M-OPEN	10	00:00:52	00:02:37	00:04:27	00:06:12	00:07:52	00:09:27	00:11:00	00:12:34	00:14:12	00:15:58	00:17:46	00:19:32	<b>00:21:10.50</b>	<b>00:21:10.50</b>	+00:02:55 (13.8%)	4:14	14.2 (86.1%)
16	<b>KORAB Szymon</b>	<b>174</b>		M-OPEN	11	00:00:50	00:02:25	00:04:00	00:05:36	00:07:12	00:08:48	00:10:28	00:12:10	00:13:58	00:15:50	00:17:42	00:19:33	<b>00:21:21.45</b>	<b>00:21:21.45</b>	+00:03:06 (14.6%)	4:16	14.1 (85.5%)
17	<b>KAMELSKI Piotr</b>	<b>206</b>		M-Sławno	5	00:00:48	00:02:26	00:04:06	00:05:49	00:07:35	00:09:21	00:11:02	00:12:47	00:14:31	00:16:18	00:18:03	00:19:49	<b>00:21:29.50</b>	<b>00:21:29.50</b>	+00:03:14 (15.1%)	4:17	14 (84.8%)
18	<b>STRZELECKI Zbigniew</b>	<b>175</b>		M-Masters	2	00:00:53	00:02:38	00:04:23	00:06:07	00:07:50	00:09:35	00:11:21	00:13:03	00:14:44	00:16:27	00:18:10	00:19:53	<b>00:21:33.25</b>	<b>00:21:33.25</b>	+00:03:18 (15.3%)	4:18	13.9 (84.2%)
19	<b>BRESZKA Tomasz</b>	<b>184</b>		M-OPEN	12	00:00:49	00:02:29	00:04:11	00:05:52	00:07:36	00:09:18	00:11:02	00:12:48	00:14:35	00:16:23	00:18:12	00:20:01	<b>00:21:43.80</b>	<b>00:21:43.80</b>	+00:03:29 (16.0%)	4:20	13.8 (83.6%)
20	<b>MICHAŁAK Wojciech</b>	<b>165</b>		M-Sławno	6	00:00:54	00:02:37	00:04:18	00:06:02	00:07:49	00:09:35	00:11:21	00:13:09	00:14:59	00:16:50	00:18:38	00:20:27	<b>00:22:04.10</b>	<b>00:22:04.10</b>	+00:03:49 (17.3%)	4:24	13.6 (82.4%)
21	<b>RÓG Bartosz</b>	<b>179</b>		M-Sławno	7	00:00:47	00:02:21	00:03:58	00:05:36	00:07:16	00:09:01	00:10:48	00:12:35	00:14:23	00:16:17	00:18:13	00:20:08	<b>00:22:05.00</b>	<b>00:22:05.00</b>	+00:03:50 (17.4%)	4:25	13.6 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
						0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km						
22	ZIENTARSKA Joanna	198		K-OPEN	1	00:00:53	00:02:37	00:04:19	00:06:03	00:07:49	00:09:36	00:11:24	00:13:14	00:15:04	00:16:57	00:18:51	00:20:47	<b>00:22:38.25</b>	<b>00:22:38.25</b>	+00:04:23 (19.4%)	4:31	13.3 (80.6%)	
23	GOSTOMCZYŃ Krzysztof	189		M-Sławno	8	00:00:47	00:02:21	00:04:01	00:05:46	00:07:35	00:09:29	00:11:23	00:13:17	00:15:12	00:17:08	00:19:05	00:21:04	<b>00:22:46.25</b>	<b>00:22:46.25</b>	+00:04:31 (19.9%)	4:33	13.2 (80.0%)	
24	WÓJCICKI Grzegorz	190		M-Sławno	9	00:00:55	00:02:41	00:04:35	00:06:26	00:08:14	00:10:08	00:12:00	00:13:52	00:15:45	00:17:39	00:19:30	00:21:19	<b>00:22:55.30</b>	<b>00:22:55.30</b>	+00:04:40 (20.4%)	4:35	13.1 (79.4%)	
25	GAJEK Artur	173		M-OPEN	13	00:00:50	00:02:35	00:04:24	00:06:10	00:07:58	00:09:49	00:11:39	00:13:31	00:15:24	00:17:15	00:19:10	00:21:07	<b>00:22:59.25</b>	<b>00:22:59.25</b>	+00:04:44 (20.6%)	4:35	13.1 (79.4%)	
26	PAKMUR Michał	167		M-Sławno	10	00:00:52	00:02:37	00:04:28	00:06:18	00:08:08	00:10:03	00:12:01	00:14:00	00:16:00	00:18:00	00:20:01	00:22:03	<b>00:23:58.20</b>	<b>00:23:58.20</b>	+00:05:43 (23.9%)	4:47	12.5 (75.8%)	
27	ANTOSIK Grażyna	176		K-OPEN	2	00:00:51	00:02:39	00:04:30	00:06:23	00:08:17	00:10:14	00:12:11	00:14:10	00:16:11	00:18:11	00:20:10	00:22:08	<b>00:23:59.60</b>	<b>00:23:59.60</b>	+00:05:44 (24.0%)	4:47	12.5 (75.8%)	
28	ANTOSIK Jacek	205		M-Sławno	11	00:00:53	00:02:40	00:04:30	00:06:23	00:08:18	00:10:15	00:12:12	00:14:11	00:16:11	00:18:12	00:20:12	00:22:13	<b>00:24:08.00</b>	<b>00:24:08.00</b>	+00:05:53 (24.4%)	4:49	12.4 (75.2%)	
29	KOWALCZYK Krzysztof	164		M-Masters	3	00:00:49	00:02:37	00:04:26	00:06:18	00:08:13	00:10:09	00:12:09	00:14:10	00:16:10	00:18:13	00:20:17	00:22:19	<b>00:24:08.05</b>	<b>00:24:08.05</b>	+00:05:53 (24.4%)	4:49	12.4 (75.2%)	
30	ROMAN Sylwia	202		K-Sławno	1	00:00:52	00:02:41	00:04:35	00:06:31	00:08:29	00:10:27	00:12:27	00:14:25	00:16:23	00:18:22	00:20:22	00:22:23	<b>00:24:11.65</b>	<b>00:24:11.65</b>	+00:05:56 (24.6%)	4:50	12.4 (75.2%)	
31	LASKA Agnieszka	209		K-Masters	1	00:00:55	00:02:49	00:04:46	00:06:43	00:08:38	00:10:36	00:12:37	00:14:36	00:16:36	00:18:40	00:20:41	00:22:40	<b>00:24:38.15</b>	<b>00:24:38.15</b>	+00:06:23 (25.9%)	4:55	12.2 (73.9%)	
32	NIECKARZ Monika	178		K-Sławno	2	00:00:58	00:02:51	00:04:47	00:06:40	00:08:36	00:10:35	00:12:37	00:14:39	00:16:43	00:18:48	00:20:56	00:23:00	<b>00:24:42.90</b>	<b>00:24:42.90</b>	+00:06:28 (26.2%)	4:56	12.1 (73.3%)	
33	KONKEL Joanna	201		K-Masters	2	00:00:57	00:02:58	00:05:03	00:07:07	00:09:08	00:11:11	00:13:13	00:15:16	00:17:20	00:19:24	00:21:27	00:23:30	<b>00:25:27.20</b>	<b>00:25:27.20</b>	+00:07:12 (28.3%)	5:05	11.8 (71.5%)	
34	BIERNAT Karolina	186		K-Sławno	3	00:00:53	00:02:37	00:04:27	00:06:26	00:08:30	00:10:36	00:12:42	00:14:56	00:17:06	00:19:22	00:21:37	00:23:44	<b>00:25:41.65</b>	<b>00:25:41.65</b>	+00:07:26 (29.0%)	5:08	11.7 (70.9%)	
35	NIECKARZ Krzysztof	177		M-Sławno	12	00:00:56	00:02:49	00:04:46	00:06:41	00:08:36	00:10:35	00:12:37	00:14:39	00:16:40	00:18:42	00:20:44	00:22:36	<b>00:25:56.55</b>	<b>00:25:56.55</b>	+00:07:41 (29.7%)	5:11	11.6 (70.3%)	
36	TWOREK Józef	191		M-Masters	4	00:00:53	00:02:47	00:04:48	00:06:54	00:09:02	00:11:11	00:13:18	00:15:28	00:17:38	00:19:48	00:21:57	00:24:07	<b>00:26:08.30</b>	<b>00:26:08.30</b>	+00:07:53 (30.2%)	5:13	11.5 (69.7%)	
37	KARLIŃSKI Grzegorz	200		M-Sławno	13	00:00:59	00:02:53	00:04:50	00:06:56	00:09:05	00:11:15	00:13:24	00:15:38	00:17:49	00:19:59	00:22:09	00:24:19	<b>00:26:09.95</b>	<b>00:26:09.95</b>	+00:07:55 (30.3%)	5:13	11.5 (69.7%)	
38	MUSZYŃSKI Jacek	195		M-Masters	5	00:00:55	00:02:52	00:04:54	00:06:59	00:09:05	00:11:10	00:13:19	00:15:27	00:17:38	00:19:47	00:21:58	00:24:07	<b>00:26:14.55</b>	<b>00:26:14.55</b>	+00:07:59 (30.5%)	5:14	11.4 (69.1%)	
39	BIERNAT Krzysztof	166		M-Sławno	14	00:00:58	00:02:50	00:04:46	00:06:43	00:08:44	00:10:50	00:12:58	00:15:06	00:17:18	00:19:33	00:21:47	00:24:04	<b>00:26:17.15</b>	<b>00:26:17.15</b>	+00:08:02 (30.6%)	5:15	11.4 (69.1%)	
40	SKIERKA Anna	192		K-OPEN	3	00:00:58	00:02:58	00:05:04	00:07:08	00:09:11	00:11:21	00:13:31	00:15:48	00:18:01	00:20:15	00:22:25	00:24:27	<b>00:26:21.55</b>	<b>00:26:21.55</b>	+00:08:06 (30.8%)	5:16	11.4 (69.1%)	
41	WIECZOREK Jacek	171		M-Sławno	15	00:00:58	00:02:59	00:05:05	00:07:09	00:09:16	00:11:19	00:13:24	00:15:35	00:17:49	00:20:00	00:22:12	00:24:24	<b>00:26:38.80</b>	<b>00:26:38.80</b>	+00:08:24 (31.5%)	5:19	11.3 (68.5%)	
42	KURCZYK Elżbieta	208		K-Masters	3	00:00:56	00:02:58	00:05:03	00:07:08	00:09:25	00:11:41	00:14:01	00:16:17	00:18:32	00:20:54	00:23:13	00:25:34	<b>00:27:39.20</b>	<b>00:27:39.20</b>	+00:09:24 (34.0%)	5:31	10.8 (65.5%)	
43	BRESZKA Paweł	185		M-OPEN	14	00:01:04	00:03:15	00:05:31	00:07:51	00:10:13	00:12:28	00:14:40	00:16:54	00:19:09	00:21:24	00:23:36	00:25:48	<b>00:27:53.35</b>	<b>00:27:53.35</b>	+00:09:38 (34.6%)	5:34	10.8 (65.5%)	
44	BRESZKA Monika	183		K-OPEN	4	00:01:04	00:03:15	00:05:31	00:07:51	00:10:13	00:12:37	00:14:58	00:17:19	00:19:39	00:22:01	00:24:23	00:26:46	<b>00:29:08.55</b>	<b>00:29:08.55</b>	+00:10:53 (37.4%)	5:49	10.3 (62.4%)	
45	RUBACHA Agata	194		K-Sławno	4	00:00:53	00:02:53	00:05:05	00:07:26	00:09:57	00:12:25	00:14:56	00:17:28	00:20:02	00:22:37	00:25:11	00:27:40	<b>00:30:04.85</b>	<b>00:30:04.85</b>	+00:11:50 (39.3%)	6:00	10 (60.6%)	
46	SOLAK Halina	197		K-Masters	4	00:01:05	00:03:45	00:06:45	00:09:46	00:12:46	00:15:51	00:18:54	00:21:56	00:25:02	00:28:12	00:31:18	00:34:27	<b>00:37:57.35</b>	<b>00:37:57.35</b>	+00:19:42 (51.9%)	7:35	7.9 (47.9%)	

Znaleziono 46 wynik(ów)