



# V OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

B4SPORT

**Organizator:** TKKF Koszalin  
**Data:** 2020-09-16  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: 1 Seria

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Lap_2 1km	Lap_7 3km	Lap_11 4.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>KACZOR Agnieszka</b>	<b>23</b>	UKS WIKING RYCHNOWY	1 Seria	1	Seria 1	00:03:34	00:10:50	00:16:28	<b>00:17:47.65</b>		3:33	16.9 (100%)
2	<b>KUKIEŁA Tomasz</b>	<b>37</b>	ROZBIEGANY FUN CLUB KAROLINKI I MATYLDKI K.	1 Seria	2	Seria 1	00:03:47	00:12:03	00:18:49	<b>00:20:11.80</b>	+00:02:24 (11.9%)	4:02	14.9 (88.2%)
3	<b>KRYNICKA GRZYB Małgorzata</b>	<b>35</b>		1 Seria	3	Seria 1	00:03:46	00:12:02	00:18:51	<b>00:20:24.45</b>	+00:02:36 (12.8%)	4:04	14.7 (87.0%)
4	<b>ZATOŃ Olga</b>	<b>81</b>	BIEGAJ Z MAKIEM TEAM	1 Seria	4	Seria 1	00:03:45	00:12:01	00:18:50	<b>00:20:25.50</b>	+00:02:37 (12.9%)	4:05	14.7 (87.0%)
5	<b>PĘKAŁA Piotr</b>	<b>57</b>	SP MANOWO	1 Seria	5	Seria 1	00:03:58	00:12:27	00:19:21	<b>00:20:58.15</b>	+00:03:10 (15.1%)	4:11	14.3 (84.6%)
6	<b>KRYNICKA Magdalena</b>	<b>34</b>		1 Seria	6	Seria 1	00:03:59	00:12:47	00:19:50	<b>00:21:24.10</b>	+00:03:36 (16.9%)	4:16	14 (82.8%)
7	<b>KONKEL Agnieszka</b>	<b>26</b>		1 Seria	7	Seria 1	00:04:01	00:12:48	00:19:55	<b>00:21:33.40</b>	+00:03:45 (17.5%)	4:18	13.9 (82.2%)
8	<b>NIECKARZ Monika</b>	<b>50</b>	KB SPOKO SŁAWNO	1 Seria	8	Seria 1	00:04:01	00:12:48	00:19:58	<b>00:21:40.60</b>	+00:03:52 (17.9%)	4:20	13.8 (81.7%)
9	<b>MICERSKI Tomasz</b>	<b>45</b>	TKKF KOSZALIN	1 Seria	9	Seria 1	00:04:19	00:13:03	00:20:17	<b>00:21:56.55</b>	+00:04:08 (18.9%)	4:23	13.7 (81.1%)
10	<b>JAROSZ Dariusz</b>	<b>19</b>	TKKF KOSZALIN	1 Seria	10	Seria 1	00:04:19	00:13:11	00:20:25	<b>00:22:05.45</b>	+00:04:17 (19.4%)	4:25	13.6 (80.5%)
11	<b>GOŁEK Karolina</b>	<b>13</b>		1 Seria	11	Seria 1	00:04:09	00:13:14	00:20:31	<b>00:22:10.25</b>	+00:04:22 (19.7%)	4:26	13.5 (79.9%)
12	<b>KACZMAREK Marta</b>	<b>22</b>	KB SPOKO SŁAWNO	1 Seria	12	Seria 1	00:04:02	00:12:58	00:20:28	<b>00:22:14.05</b>	+00:04:26 (20.0%)	4:26	13.5 (79.9%)
13	<b>PUŚCIAN Krzysztof</b>	<b>61</b>	SP MANOWO	1 Seria	13	Seria 1	00:04:32	00:14:01	00:21:32	<b>00:23:05.60</b>	+00:05:17 (22.9%)	4:37	13 (76.9%)
14	<b>KRZEWIŃSKA Małgorzata</b>	<b>36</b>	TKKF KOSZALIN	1 Seria	14	Seria 1	00:04:27	00:13:47	00:21:20	<b>00:23:13.65</b>	+00:05:26 (23.4%)	4:38	12.9 (76.3%)

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15	<b>KAMYK Piotr</b>	<b>24</b>	MH-INFORMATYKA.PL	1 Seria	15	Seria 1	00:04:21	00:13:42	00:21:44	<b>00:23:26.30</b>	+00:05:38 (24.1%)	4:41	12.8 (75.7%)
16	<b>KONKEL Łukasz</b>	<b>27</b>		1 Seria	16	Seria 1	00:04:36	00:14:17	00:22:06	<b>00:23:51.05</b>	+00:06:03 (25.4%)	4:46	12.6 (74.6%)
17	<b>OSOBNIAK Ryszard</b>	<b>53</b>		1 Seria	17	Seria 1	00:04:35	00:14:20	00:22:18	<b>00:24:03.45</b>	+00:06:15 (26.0%)	4:48	12.5 (74.0%)
18	<b>RUTKOWSKI Artur</b>	<b>65</b>	RUNKING (SPORTOWIEC.INFO)	1 Seria	18	Seria 1	00:04:25	00:14:09	00:22:29	<b>00:24:14.35</b>	+00:06:26 (26.6%)	4:50	12.4 (73.4%)
19	<b>CHABOWSKA Karolina</b>	<b>6</b>	KB WYGAN	1 Seria	19	Seria 1	00:04:57	00:15:18	00:23:38	<b>00:25:35.90</b>	+00:07:48 (30.5%)	5:07	11.7 (69.2%)
20	<b>DZIESZUK Dariusz</b>	<b>11</b>	TKKF KOSZALIN	1 Seria	20	Seria 1	00:05:10	00:15:39	00:24:13	<b>00:26:04.00</b>	+00:08:16 (31.7%)	5:12	11.5 (68.0%)
21	<b>KOWALCZYK Karolina</b>	<b>29</b>		1 Seria	21	Seria 1	00:04:50	00:15:15	00:24:06	<b>00:26:04.65</b>	+00:08:17 (31.8%)	5:12	11.5 (68.0%)
22	<b>LUDWIK Katarzyna</b>	<b>42</b>		1 Seria	22	Seria 1	00:04:28	00:15:00	00:23:59	<b>00:26:18.85</b>	+00:08:31 (32.4%)	5:15	11.4 (67.5%)
23	<b>DOGODA Katarzyna</b>	<b>9</b>		1 Seria	23	Seria 1	00:05:48	00:17:55	00:27:29	<b>00:29:26.40</b>	+00:11:38 (39.6%)	5:53	10.2 (60.4%)
24	<b>STRUZIK Aleksandra</b>	<b>74</b>	FUNDACJA ZASTOPIJ	1 Seria	24	Seria 1	00:05:08	00:18:15	00:29:14	<b>00:31:36.20</b>	+00:13:48 (43.7%)	6:19	9.5 (56.2%)
25	<b>SARBIEWSKA Gabriela</b>	<b>66</b>		1 Seria	25	Seria 1	00:06:05	00:18:54	00:29:18	<b>00:31:42.10</b>	+00:13:54 (43.9%)	6:20	9.5 (56.2%)
26	<b>PAŁASZ Karolina</b>	<b>55</b>	FUNDACJA ZASTOPIJ	1 Seria	26	Seria 1	00:05:50	00:19:18	00:30:21		+00:13:52	6:35	9.1 (53.8%)

Znaleziono 26 wynik(ów)