



V OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

B4SPORT

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



Klasyfikacja: 3 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	JEFIMCZYK Norbert	21	DAMNICA	3 Seria	1	Seria 3	00:03:05	00:09:31	00:14:45	00:15:54.20		3:10	18.9 (100%)
2	KOZŁOWICZ Tomasz	31	OBORYGENI	3 Seria	2	Seria 3	00:03:23	00:10:05	00:15:21	00:16:33.05	+00:00:38 (3.9%)	3:18	18.1 (95.8%)
3	MRÓWKA Michał	49	MAJATEAM	3 Seria	3	Seria 3	00:03:25	00:10:12	00:15:42	00:16:58.70	+00:01:04 (6.3%)	3:23	17.7 (93.7%)
4	KĘPKA Adrian	25		3 Seria	4	Seria 3	00:03:27	00:10:36	00:16:17	00:17:31.90	+00:01:37 (9.3%)	3:30	17.1 (90.5%)
5	KULIGOWSKI Przemysław	38		3 Seria	5	Seria 3	00:03:26	00:10:36	00:16:17	00:17:32.70	+00:01:38 (9.4%)	3:30	17.1 (90.5%)
6	HUBERT Łukasz	17	TKKF KOSZALIN	3 Seria	6	Seria 3	00:03:28	00:10:37	00:16:19	00:17:35.05	+00:01:40 (9.6%)	3:31	17.1 (90.5%)
7	HOŁUB Kamil	16	MLUKSTRZEBIATÓW	3 Seria	7	Seria 3	00:03:27	00:10:37	00:16:27	00:17:44.90	+00:01:50 (10.4%)	3:32	16.9 (89.4%)
8	ZABORSKI Ryszard	80	TAKI KOSZALIN	3 Seria	8	Seria 3	00:03:30	00:10:39	00:16:30	00:17:57.70	+00:02:03 (11.5%)	3:35	16.7 (88.4%)
9	RYKIEL Michał	85		3 Seria	9	Seria 3	00:03:30	00:10:49	00:16:45	00:18:03.50	+00:02:09 (11.9%)	3:36	16.6 (87.8%)
10	ZUKAL Piotr	83	7PRO TEAM	3 Seria	10	Seria 3	00:03:33	00:10:54	00:16:50	00:18:11.80	+00:02:17 (12.6%)	3:38	16.5 (87.3%)
11	SITOWSKI Marcin	70	FC RYSIEK	3 Seria	11	Seria 3	00:03:33	00:10:55	00:16:58	00:18:20.75	+00:02:26 (13.3%)	3:40	16.4 (86.8%)
12	GOŁĘBIEWSKI Tomasz	14	UKS WIKING RYCHNOWY	3 Seria	12	Seria 3	00:03:48	00:11:12	00:17:08	00:18:23.50	+00:02:29 (13.5%)	3:40	16.3 (86.2%)
13	DORSZYŃSKI Grzegorz	10	UKS WIKING RYCHNOWY	3 Seria	13	Seria 3	00:03:48	00:11:13	00:17:07	00:18:30.45	+00:02:36 (14.1%)	3:42	16.2 (85.7%)
14	LANGE Grzegorz	40	LANGE TRI COACH	3 Seria	14	Seria 3	00:03:40	00:11:08	00:17:08	00:18:34.05	+00:02:39 (14.3%)	3:42	16.2 (85.7%)
15	PICK Tomasz	58	KORONA SZCZECIN	3 Seria	15	Seria 3	00:03:35	00:11:11	00:17:16	00:18:36.20	+00:02:42 (14.5%)	3:43	16.1 (85.2%)
16	PACEK Tomasz	54	JSB	3 Seria	16	Seria 3	00:03:43	00:11:20	00:17:31	00:18:57.30	+00:03:03 (16.1%)	3:47	15.8 (83.6%)
17	JABŁOŃSKI Tomasz	18	KB SPOKO SŁAWNO	3 Seria	17	Seria 3	00:03:39	00:11:27	00:17:46	00:19:11.95	+00:03:17 (17.2%)	3:50	15.6 (82.5%)
18	MICHALAK Grzegorz	46	KARLINO BIEGAJ!	3 Seria	18	Seria 3	00:03:49	00:11:39	00:18:03	00:19:36.25	+00:03:42 (18.9%)	3:55	15.3 (81.0%)
19	SMAGOWSKI Wojciech	71	PARKRUN ŚWIDWIN	3 Seria	19	Seria 3	00:03:47	00:11:38	00:18:07	00:19:40.85	+00:03:46 (19.2%)	3:56	15.3 (81.0%)
20	ZWOLIŃSKI Jan	84	TKKF KOSZALIN	3 Seria	20	Seria 3	00:03:57	00:12:00	00:18:29	00:19:59.05	+00:04:04 (20.4%)	3:59	15 (79.4%)
21	KOZIEŁ Paweł	30		3 Seria	21	Seria 3	00:03:54	00:12:03	00:18:34	00:20:02.10	+00:04:07 (20.6%)	4:00	15 (79.4%)
22	KOŚCIELNIAK Robert	28	TKKF KOSZALIN	3 Seria	22	Seria 3	00:03:59	00:12:14	00:19:05	00:20:35.25	+00:04:41 (22.8%)	4:07	14.6 (77.2%)
23	MOSZYŃSKI Jacek	48	TKKF KOSZALIN	3 Seria	23	Seria 3	00:03:57	00:12:04			+00:03:20	4:05	14.7 (77.8%)

Znaleziono 23 wynik(ów)