



V OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

B4SPORT

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



Klasyfikacja: Wszyscy

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	KACZOR Agnieszka	23	UKS WIKING RYCHNOWY	1 Seria	1	Seria 1	00:03:34	00:10:50	00:16:28	00:17:47.65	+00:01:53 (10.6%)	3:33	16.9 (89.4%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Lap_2	Lap_7	Lap_11	Czas	Różn	Tempo min/km	Tempo km/h
							1km	3km	4.6km	netto 5km			
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	KUKIEŁA Tomasz	37	ROZBIEGANY FUN CLUB KAROLINKI I MATYLDKI K.	1 Seria	2	Seria 1	00:03:47	00:12:03	00:18:49	00:20:11.80	+00:04:17 (21.3%)	4:02	14.9 (78.8%)
24	KRYNICKA GRZYB Małgorzata	35		1 Seria	3	Seria 1	00:03:46	00:12:02	00:18:51	00:20:24.45	+00:04:30 (22.1%)	4:04	14.7 (77.8%)
25	ZATOŃ Olga	81	BIEGAJ Z MAKIEM TEAM	1 Seria	4	Seria 1	00:03:45	00:12:01	00:18:50	00:20:25.50	+00:04:31 (22.1%)	4:05	14.7 (77.8%)
26	SOSNOWSKI Tomasz	73	FPP	2 Seria	1	Seria 2	00:03:56	00:12:23	00:19:09	00:20:35.05	+00:04:40 (22.7%)	4:07	14.6 (77.2%)
27	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%)
28	MARCINKOWSKI Jacek	43	SSK ORZEŁ ŚWIESZYNO	2 Seria	2	Seria 2	00:04:07	00:12:25	00:19:10	00:20:36.70	+00:04:42 (22.8%)	4:07	14.6 (77.2%)
29	WEBER Paweł	77	FPP	2 Seria	3	Seria 2	00:03:56	00:12:25	00:19:25	00:20:57.10	+00:05:02 (24.1%)	4:11	14.3 (75.7%)
30	BARUTOWICZ Grzegorz	3		2 Seria	4	Seria 2	00:04:07	00:12:25	00:19:24	00:20:57.35	+00:05:03 (24.1%)	4:11	14.3 (75.7%)
31	PĘKAŁA Piotr	57	SP MANOWO	1 Seria	5	Seria 1	00:03:58	00:12:27	00:19:21	00:20:58.15	+00:05:03 (24.2%)	4:11	14.3 (75.7%)
32	NIECKARZ Krzysztof	51	KB SPOKO SŁAWNO	2 Seria	5	Seria 2	00:04:08	00:12:41	00:19:42	00:21:13.30	+00:05:19 (25.1%)	4:14	14.1 (74.6%)
33	SITARCZYK Damian	69	FUNDACJA ZASTOPUJ	2 Seria	6	Seria 2	00:03:58	00:12:35	00:19:40	00:21:17.20	+00:05:23 (25.3%)	4:15	14.1 (74.6%)
34	KRUPIŃSKI Krzysztof	33	E-UROLOG.EU	2 Seria	7	Seria 2	00:04:11	00:12:43	00:19:41	00:21:17.85	+00:05:23 (25.3%)	4:15	14.1 (74.6%)
35	KRYNICKA Magdalena	34		1 Seria	6	Seria 1	00:03:59	00:12:47	00:19:50	00:21:24.10	+00:05:29 (25.7%)	4:16	14 (74.1%)
36	KWIETNIEWSKI Daniel	39		2 Seria	8	Seria 2	00:04:12	00:12:46	00:19:51	00:21:28.70	+00:05:34 (26.0%)	4:17	14 (74.1%)
37	KONKEL Agnieszka	26		1 Seria	7	Seria 1	00:04:01	00:12:48	00:19:55	00:21:33.40	+00:05:39 (26.2%)	4:18	13.9 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Lap_2	Lap_7	Lap_11	Czas	Różn	Tempo	Tempo
							1km	3km	4.6km	netto		5km	min/km
38	NIECKARZ Monika	50	KB SPOKO SŁAWNO	1 Seria	8	Seria 1	00:04:01	00:12:48	00:19:58	00:21:40.60	+00:05:46 (26.6%)	4:20	13.8 (73.0%)
39	BIERZANOWSKI Rafał	4		2 Seria	9	Seria 2	00:04:17	00:12:52	00:20:04	00:21:52.45	+00:05:58 (27.3%)	4:22	13.7 (72.5%)
40	MICERSKI Tomasz	45	TKKF KOSZALIN	1 Seria	9	Seria 1	00:04:19	00:13:03	00:20:17	00:21:56.55	+00:06:02 (27.5%)	4:23	13.7 (72.5%)
41	JAROSZ Dariusz	19	TKKF KOSZALIN	1 Seria	10	Seria 1	00:04:19	00:13:11	00:20:25	00:22:05.45	+00:06:11 (28.0%)	4:25	13.6 (72.0%)
42	GOŁEK Karolina	13		1 Seria	11	Seria 1	00:04:09	00:13:14	00:20:31	00:22:10.25	+00:06:16 (28.3%)	4:26	13.5 (71.4%)
43	SAWIŃSKI Jacek	68		2 Seria	10	Seria 2	00:04:23	00:13:19	00:20:30	00:22:12.85	+00:06:18 (28.4%)	4:26	13.5 (71.4%)
44	KACZMAREK Marta	22	KB SPOKO SŁAWNO	1 Seria	12	Seria 1	00:04:02	00:12:58	00:20:28	00:22:14.05	+00:06:19 (28.5%)	4:26	13.5 (71.4%)
45	WOJCIECHOWSKI Paweł	79	FIZJOBIEGACZE SZCZECIN	2 Seria	11	Seria 2	00:04:22	00:13:25	00:20:44	00:22:21.85	+00:06:27 (28.9%)	4:28	13.4 (70.9%)
46	MAZURSKI Paweł	44		2 Seria	12	Seria 2	00:04:24	00:13:25	00:20:33	00:22:23.10	+00:06:28 (29.0%)	4:28	13.4 (70.9%)
47	ZAWADZKI Damian	82	KB WYGAN	2 Seria	13	Seria 2	00:04:36	00:13:38	00:20:44	00:22:24.15	+00:06:29 (29.0%)	4:28	13.4 (70.9%)
48	KRUPIŃSKI Adam	32	FUNDACJA ZASTOPUJ	2 Seria	14	Seria 2	00:04:04	00:14:06	00:22:03	00:22:25.45	+00:06:31 (29.1%)	4:29	13.4 (70.9%)
49	ROGOŻA Ireneusz	64		2 Seria	15	Seria 2	00:04:25	00:13:21	00:20:46	00:22:30.65	+00:06:36 (29.4%)	4:30	13.3 (70.4%)
50	MONGIAŁO Marcin	47	KĘPKA-NA-TRASIE	2 Seria	16	Seria 2	00:04:35	00:13:39	00:20:54	00:22:38.40	+00:06:44 (29.8%)	4:31	13.3 (70.4%)
51	NOWICKI Michał	52	KB WYGAN	2 Seria	17	Seria 2	00:04:19	00:13:35	00:21:09	00:22:47.70	+00:06:53 (30.2%)	4:33	13.2 (69.8%)
52	PUŚCIAN Krzysztof	61	SP MANOWO	1 Seria	13	Seria 1	00:04:32	00:14:01	00:21:32	00:23:05.60	+00:07:11 (31.1%)	4:37	13 (68.8%)
53	SZCZYPEK Arkadiusz	75	FUNDACJA ZASTOPUJ	2 Seria	18	Seria 2	00:04:24	00:13:42	00:21:25	00:23:11.10	+00:07:16 (31.4%)	4:38	12.9 (68.3%)
54	KRZEWIŃSKA Małgorzata	36	TKKF KOSZALIN	1 Seria	14	Seria 1	00:04:27	00:13:47	00:21:20	00:23:13.65	+00:07:19 (31.5%)	4:38	12.9 (68.3%)
55	KAMYK Piotr	24	MH-INFORMATYKA.PL	1 Seria	15	Seria 1	00:04:21	00:13:42	00:21:44	00:23:26.30	+00:07:32 (32.1%)	4:41	12.8 (67.7%)
56	SZYMAŃSKI Damian	76		2 Seria	19	Seria 2	00:04:09	00:13:38	00:21:48	00:23:40.65	+00:07:46 (32.8%)	4:44	12.7 (67.2%)
57	ANTKOWIAK Sebastian	2	DB - ACTIVE	2 Seria	20	Seria 2	00:04:25	00:13:51	00:21:54	00:23:41.45	+00:07:47 (32.9%)	4:44	12.7 (67.2%)
58	KONKEL Łukasz	27		1 Seria	16	Seria 1	00:04:36	00:14:17	00:22:06	00:23:51.05	+00:07:56 (33.3%)	4:46	12.6 (66.7%)
59	PANASZEWSKI Przemysław	56		2 Seria	21	Seria 2	00:04:31	00:14:19	00:22:11	00:23:53.45	+00:07:59 (33.4%)	4:46	12.6 (66.7%)
60	PIECHOTA Robert	59		2 Seria	22	Seria 2	00:04:23	00:14:12	00:22:17	00:23:55.75	+00:08:01 (33.5%)	4:47	12.5 (66.1%)

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
61	CZESZEK Ireneusz	8	FUNDACJA ZASTOPIJ	2 Seria	23	Seria 2	00:04:26	00:14:33	00:22:16	00:24:02.85	+00:08:08 (33.9%)	4:48	12.5 (66.1%)
62	OSOBNIAK Ryszard	53		1 Seria	17	Seria 1	00:04:35	00:14:20	00:22:18	00:24:03.45	+00:08:09 (33.9%)	4:48	12.5 (66.1%)
63	BRZEZIŃSKI Paweł	5		2 Seria	24	Seria 2	00:04:25	00:14:33	00:22:25	00:24:11.85	+00:08:17 (34.3%)	4:50	12.4 (65.6%)
64	RUTKOWSKI Artur	65	RUNKING (SPORTOWIEC.INFO)	1 Seria	18	Seria 1	00:04:25	00:14:09	00:22:29	00:24:14.35	+00:08:20 (34.4%)	4:50	12.4 (65.6%)
65	ANGRYS Maciej	1	FUNDACJA ZASTOPIJ	2 Seria	25	Seria 2	00:05:06	00:15:13	00:23:08	00:24:55.45	+00:09:01 (36.2%)	4:59	12 (63.5%)
66	CZAPLIŃSKI Piotr	7	FUNDACJA ZASTOPIJ	2 Seria	26	Seria 2	00:04:27	00:14:21	00:23:03	00:24:56.35	+00:09:02 (36.2%)	4:59	12 (63.5%)
67	SARBIEWSKI Przemysław	67	102 BATALION OCHRONY	2 Seria	27	Seria 2	00:04:50	00:15:26	00:23:38	00:25:24.15	+00:09:29 (37.4%)	5:04	11.8 (62.4%)
68	CHABOWSKA Karolina	6	KB WYGAN	1 Seria	19	Seria 1	00:04:57	00:15:18	00:23:38	00:25:35.90	+00:09:41 (37.9%)	5:07	11.7 (61.9%)
69	JASIENIECKI Piotr	20	KP ZEFIR WYSZEWO	2 Seria	28	Seria 2	00:05:02	00:15:24	00:23:48	00:25:48.45	+00:09:54 (38.4%)	5:09	11.6 (61.4%)
70	DZIESZUK Dariusz	11	TKKF KOSZALIN	1 Seria	20	Seria 1	00:05:10	00:15:39	00:24:13	00:26:04.00	+00:10:09 (39.0%)	5:12	11.5 (60.8%)
71	KOWALCZYK Karolina	29		1 Seria	21	Seria 1	00:04:50	00:15:15	00:24:06	00:26:04.65	+00:10:10 (39.0%)	5:12	11.5 (60.8%)
72	LUDWIK Katarzyna	42		1 Seria	22	Seria 1	00:04:28	00:15:00	00:23:59	00:26:18.85	+00:10:24 (39.6%)	5:15	11.4 (60.3%)
73	ROBAK Krzysztof	62	FUNDACJA ZASTOPIJ	2 Seria	29	Seria 2	00:04:51	00:16:07	00:24:53	00:26:55.15	+00:11:00 (40.9%)	5:23	11.1 (58.7%)
74	ROGAŁA Jacek	63	FUNDACJA ZASTOPIJ	2 Seria	30	Seria 2	00:05:10	00:16:18	00:25:42	00:28:06.30	+00:12:12 (43.4%)	5:37	10.7 (56.6%)
75	DOGODA Katarzyna	9		1 Seria	23	Seria 1	00:05:48	00:17:55	00:27:29	00:29:26.40	+00:13:32 (46.0%)	5:53	10.2 (54.0%)
76	HARASYM Daniel	15	FUNDACJA ZASTOPIJ	2 Seria	31	Seria 2	00:05:57	00:18:13	00:28:05	00:30:22.35	+00:14:28 (47.6%)	6:04	9.9 (52.4%)
77	STRUZIK Aleksandra	74	FUNDACJA ZASTOPIJ	1 Seria	24	Seria 1	00:05:08	00:18:15	00:29:14	00:31:36.20	+00:15:42 (49.7%)	6:19	9.5 (50.3%)
78	SARBIEWSKA Gabriela	66		1 Seria	25	Seria 1	00:06:05	00:18:54	00:29:18	00:31:42.10	+00:15:47 (49.8%)	6:20	9.5 (50.3%)
79	PAŁASZ Karolina	55	FUNDACJA ZASTOPIJ	1 Seria	26	Seria 1	00:05:50	00:19:18	00:30:21		+	6:35	9.1 (48.1%)
80	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 80 wynik(ów)