



# VI OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

B4SPORT

**Organizator:** TKKF Koszalin  
**Data:** 2021-06-02  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: 1 Seria

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Lap_2 1km	Lap_5 2.2km	Lap_7 3km	Lap_10 4.2km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>KACZOR Agnieszka</b>	<b>22</b>	UKS WIKING RYCHNOWY	1 Seria	1	Seria 1	00:03:36	00:08:07	00:11:05	00:15:40	<b>00:18:46.90</b>		3:45	16 (100%)
2	<b>SZNYTER Sabina</b>	<b>57</b>	BIEGOLAS KOSZALIN	1 Seria	2	Seria 1	00:03:51	00:08:45	00:12:04	00:17:03	<b>00:20:12.90</b>	+00:01:26 (7.1%)	4:02	14.9 (93.1%)
3	<b>KRYNICKA GRZYB Małgorzata</b>	<b>31</b>		1 Seria	3	Seria 1	00:03:41	00:08:34	00:11:55	00:17:03	<b>00:20:15.60</b>	+00:01:28 (7.3%)	4:03	14.8 (92.5%)
4	<b>POCHRANOWICZ Janusz</b>	<b>44</b>		1 Seria	4	Seria 1	00:03:59	00:08:57	00:12:16	00:17:17	<b>00:20:30.55</b>	+00:01:43 (8.4%)	4:06	14.6 (91.3%)
5	<b>ZATOŃ Olga</b>	<b>64</b>		1 Seria	5	Seria 1	00:03:47	00:08:53	00:12:24	00:17:39	<b>00:21:05.75</b>	+00:02:18 (11.0%)	4:13	14.2 (88.8%)
6	<b>CHUDY Henryk</b>	<b>7</b>	K SOLSZEWSKI I SYNOWIE	1 Seria	6	Seria 1	00:04:01	00:09:14	00:12:44	00:18:06	<b>00:21:40.80</b>	+00:02:53 (13.4%)	4:20	13.8 (86.3%)
7	<b>KRYNICKA Magdalena</b>	<b>30</b>		1 Seria	7	Seria 1	00:04:04	00:09:13	00:12:48	00:18:24	<b>00:21:53.65</b>	+00:03:06 (14.2%)	4:22	13.7 (85.6%)
8	<b>DĄBROWSKA Alicja</b>	<b>9</b>	TKKF KOSZALIN	1 Seria	8	Seria 1	00:04:21	00:09:44	00:13:22	00:18:50	<b>00:22:18.60</b>	+00:03:31 (15.8%)	4:27	13.5 (84.4%)
9	<b>KRZEWIŃSKA Małgorzata</b>	<b>33</b>	TKKF KOSZALIN	1 Seria	9	Seria 1	00:04:29	00:10:04	00:13:50	00:19:34	<b>00:23:20.60</b>	+00:04:33 (19.5%)	4:40	12.9 (80.6%)
10	<b>RUTKOWSKI Artur</b>	<b>50</b>	RUNKING.INFO RANKING BIEGACZY	1 Seria	10	Seria 1	00:04:27	00:10:20	00:14:23	00:20:43	<b>00:24:37.50</b>	+00:05:50 (23.7%)	4:55	12.2 (76.3%)
11	<b>PIECHOTA Robert</b>	<b>43</b>		1 Seria	11	Seria 1	00:04:17	00:10:17	00:14:31	00:20:58	<b>00:24:55.95</b>	+00:06:09 (24.7%)	4:59	12 (75.0%)
12	<b>KOZŁOWIECKI Waldemar</b>	<b>70</b>	TKKF KOSZALIN	1 Seria	12	Seria 1	00:05:05	00:11:23	00:15:38	00:21:54	<b>00:26:11.65</b>	+00:07:24 (28.3%)	5:14	11.5 (71.9%)
13	<b>JUSZCZAK Krzysztof</b>	<b>21</b>		1 Seria	13	Seria 1	00:04:52	00:11:23	00:15:59	00:23:00	<b>00:27:28.95</b>	+00:08:42 (31.7%)	5:29	10.9 (68.1%)
14	<b>WOLF Beata</b>	<b>63</b>	TKKF KOSZALIN	1 Seria	14	Seria 1	00:05:19	00:12:25	00:17:15	00:24:31	<b>00:29:15.75</b>	+00:10:28 (35.8%)	5:51	10.3 (64.4%)

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15	<b>BARTNIK Marian</b>	<b>72</b>	TKKF KOSZALIN	1 Seria	15	Seria 1	00:11:00	00:24:12	00:33:00	00:46:12	<b>00:55:00.00</b>	+00:36:13 (65.9%)	11:00	5.5 (34.4%)

Znaleziono 15 wynik(ów)