



VI OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

B4SPORT

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



Klasyfikacja: 2 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	KRYZEL Tomasz	32	UKS WIKING RYCHNOWY	2 Seria	1	Seria 2	00:03:36	00:07:52	00:10:44	00:15:06	00:17:53.65		3:34	16.8 (100%)
2	DZIADEK Krzysztof	11	TKKF KOSZALIN	2 Seria	2	Seria 2	00:03:37	00:08:15	00:11:27	00:16:15	00:19:10.70	+00:01:17 (6.7%)	3:50	15.7 (93.5%)
3	ZWOLIŃSKI Jan	66	TKKF KOSZALIN	2 Seria	3	Seria 2	00:03:53	00:08:33	00:11:41	00:16:24	00:19:22.25	+00:01:28 (7.6%)	3:52	15.5 (92.3%)
4	CUBER Wojciech	69	#ZABIEGANINOCA	2 Seria	4	Seria 2	00:03:52	00:08:33	00:11:42	00:16:35	00:19:47.05	+00:01:53 (9.6%)	3:57	15.2 (90.5%)
5	GAWEŁ Marcin	12		2 Seria	5	Seria 2	00:03:38	00:08:17	00:11:35	00:16:34	00:19:50.75	+00:01:57 (9.8%)	3:58	15.1 (89.9%)
6	KOZIEŁ Paweł	26		2 Seria	6	Seria 2	00:03:49	00:08:40	00:11:56	00:16:50	00:19:54.70	+00:02:01 (10.1%)	3:58	15.1 (89.9%)
7	MAZURSKI Paweł	38		2 Seria	7	Seria 2	00:03:49	00:08:40	00:11:56	00:16:55	00:20:07.35	+00:02:13 (11.1%)	4:01	14.9 (88.7%)
8	BENCYCH Michał	3	7PRO SIÓDMIĄK TEAM	2 Seria	8	Seria 2	00:04:01	00:09:00	00:12:21	00:17:26	00:20:36.40	+00:02:42 (13.2%)	4:07	14.6 (86.9%)
9	BIERZANOWSKI Rafał	5		2 Seria	9	Seria 2	00:04:06	00:09:04	00:12:26	00:17:29	00:20:44.85	+00:02:51 (13.8%)	4:08	14.5 (86.3%)
10	SIKORSKI Adam	53	SIKORROVO	2 Seria	10	Seria 2	00:04:12	00:09:17	00:12:40	00:17:48	00:21:08.55	+00:03:14 (15.4%)	4:13	14.2 (84.5%)
11	SAWIŃSKI Jacek	52		2 Seria	11	Seria 2	00:04:14	00:09:16	00:12:38	00:17:52	00:21:11.00	+00:03:17 (15.5%)	4:14	14.2 (84.5%)
12	KRUPIŃSKI Krzysztof	29	E-UROLOG.EU	2 Seria	12	Seria 2	00:04:13	00:09:15	00:12:37	00:17:52	00:21:11.65	+00:03:18 (15.6%)	4:14	14.2 (84.5%)
13	MARCINKOWSKI Jacek	37	SSK ORZEŁ ŚWIESZYNO	2 Seria	13	Seria 2	00:03:57	00:08:58	00:12:28	00:17:52	00:21:25.75	+00:03:32 (16.5%)	4:17	14 (83.3%)
14	KUBIK Krystian	34	RUNGRYF GRYFICE	2 Seria	14	Seria 2	00:03:55	00:09:06	00:12:44	00:18:12	00:21:36.00	+00:03:42 (17.2%)	4:19	13.9 (82.7%)

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
15	BARUTOWICZ Grzegorz	2		2 Seria	15	Seria 2	00:03:58	00:09:02	00:12:32	00:18:02	00:21:38.95	+00:03:45 (17.3%)	4:19	13.9 (82.7%)
16	GAWĘDA Emil	13	DARŁOWSKIE CHARTY	2 Seria	16	Seria 2	00:04:18	00:09:35	00:13:08	00:18:30	00:21:45.80	+00:03:52 (17.8%)	4:21	13.8 (82.1%)
17	LAS Mateusz	36		2 Seria	17	Seria 2	00:04:19	00:09:25	00:12:56	00:18:25	00:21:47.90	+00:03:54 (17.9%)	4:21	13.8 (82.1%)
18	PAWŁOWSKI Grzegorz	41	GAMMAX	2 Seria	18	Seria 2	00:04:18	00:09:34	00:13:08	00:18:30	00:22:02.60	+00:04:08 (18.8%)	4:24	13.6 (81.0%)
19	MONGIAŁO Marcin	24		2 Seria	19	Seria 2	00:04:36	00:10:03	00:13:38	00:19:02	00:22:38.15	+00:04:44 (20.9%)	4:31	13.3 (79.2%)
20	ANTKOWIAK Sebastian	1	DB - ACTIVE	2 Seria	20	Seria 2	00:04:10	00:09:31	00:13:15	00:19:12	00:23:12.90	+00:05:19 (22.9%)	4:38	12.9 (76.8%)
21	BRZEZIŃSKI Paweł	6		2 Seria	21	Seria 2	00:04:23	00:09:56	00:13:52	00:19:52	00:23:37.10	+00:05:43 (24.2%)	4:43	12.7 (75.6%)
22	ŻMUDA Jarosław	68	CW FANZA KOŁOBRZEG	2 Seria	22	Seria 2	00:04:19	00:09:36	00:13:13	00:20:19	00:23:59.25	+00:06:05 (25.4%)	4:47	12.5 (74.4%)
23	JASIENIECKI Piotr	20	KLUB PIŁKARSKI ZEFIR WYSZEWO	2 Seria	23	Seria 2	00:04:54	00:10:46	00:14:40	00:20:33	00:24:15.25	+00:06:21 (26.2%)	4:51	12.4 (73.8%)
24	PANASZEWSKI Przemysław	40		2 Seria	24	Seria 2	00:04:27	00:10:22	00:14:31	00:20:50	00:24:47.35	+00:06:53 (27.8%)	4:57	12.1 (72.0%)
25	GUTOWSKI Marek	14		2 Seria	25	Seria 2	00:04:56	00:10:51	00:14:51	00:20:56	00:24:58.55	+00:07:04 (28.4%)	4:59	12 (71.4%)
	WALEŃSKI Michał	71	TKKF KOSZALIN	2 Seria		Seria 2	00:03:36 DNF	00:07:56 DNF	00:10:53 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 26 wynik(ów)