



# VI OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M

B4SPORT

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



Klasyfikacja: Wszyscy

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>SIÓDZIAK Igor</b>	<b>54</b>	7PRO SIÓDZIAK TEAM / PENTATHLON SZ-EK /MBC	3 Seria	1	Seria 3	00:03:09	00:06:51	00:09:22	00:12:54	<b>00:15:18.75</b>		3:03	19.6 (100%)
2	<b>PYSHNIAK Kostiantyn</b>	<b>39</b>	TKKF KOSZALIN	3 Seria	2	Seria 3	00:03:09	00:06:51	00:09:23	00:13:18	<b>00:15:58.65</b>	+00:00:39 (4.2%)	3:11	18.8 (95.9%)
3	<b>WITKOWSKI Mateusz</b>	<b>62</b>		3 Seria	3	Seria 3	00:03:10	00:06:58	00:09:35	00:13:34	<b>00:16:10.10</b>	+00:00:51 (5.3%)	3:14	18.6 (94.9%)
4	<b>KARCZ Artur</b>	<b>23</b>	UKS EKONOMIK MARATOŃCZYK LĘBORK	3 Seria	4	Seria 3	00:03:19	00:07:17	00:09:56	00:13:53	<b>00:16:25.05</b>	+00:01:06 (6.7%)	3:17	18.3 (93.4%)
5	<b>KULIGOWSKI Przemysław</b>	<b>35</b>		3 Seria	5	Seria 3	00:03:20	00:07:24	00:10:10	00:14:18	<b>00:16:44.25</b>	+00:01:25 (8.5%)	3:20	17.9 (91.3%)
6	<b>SZKOŁUDA Miłosz</b>	<b>56</b>	BIEGOLAS	3 Seria	6	Seria 3	00:03:21	00:07:25	00:10:10	00:14:16	<b>00:16:49.80</b>	+00:01:31 (9.0%)	3:21	17.8 (90.8%)
7	<b>KOZŁOWICZ Tomasz</b>	<b>27</b>	OBORYGENI	3 Seria	7	Seria 3	00:03:19	00:07:24	00:10:12	00:14:21	<b>00:17:04.15</b>	+00:01:45 (10.3%)	3:24	17.6 (89.8%)
8	<b>HUBERT Łukasz</b>	<b>17</b>	TKKF KOSZALIN	3 Seria	8	Seria 3	00:03:20	00:07:25	00:10:15	00:14:35	<b>00:17:21.10</b>	+00:02:02 (11.8%)	3:28	17.3 (88.3%)
9	<b>RYKIEL Michał</b>	<b>51</b>	TKKF KOSZALIN	3 Seria	9	Seria 3	00:03:29	00:07:43	00:10:40	00:15:06	<b>00:17:49.85</b>	+00:02:31 (14.1%)	3:33	16.8 (85.7%)
10	<b>KRYZEL Tomasz</b>	<b>32</b>	UKS WIKING RYCHNOWY	2 Seria	1	Seria 2	00:03:36	00:07:52	00:10:44	00:15:06	<b>00:17:53.65</b>	+00:02:34 (14.4%)	3:34	16.8 (85.7%)
11	<b>GUZOWSKI Dariusz</b>	<b>15</b>	TALEX BORZYTUCHOM	3 Seria	10	Seria 3	00:03:28	00:07:43	00:10:39	00:15:10	<b>00:17:59.50</b>	+00:02:40 (14.9%)	3:35	16.7 (85.2%)
12	<b>HOŁUB Kamil</b>	<b>16</b>	MLUKSTRZEBIATÓW	3 Seria	11	Seria 3	00:03:37	00:08:03	00:11:03	00:15:32	<b>00:18:14.95</b>	+00:02:56 (16.1%)	3:38	16.5 (84.2%)
13	<b>PICK Tomasz</b>	<b>42</b>	BIEGOLAS / KORONA SZCZECIN	3 Seria	12	Seria 3	00:03:40	00:08:08	00:11:06	00:15:32	<b>00:18:15.65</b>	+00:02:56 (16.1%)	3:39	16.4 (83.7%)
14	<b>SITOWSKI Marcin</b>	<b>55</b>	FC RYSIEK	3 Seria	13	Seria 3	00:03:40	00:08:09	00:11:05	00:15:32	<b>00:18:21.85</b>	+00:03:03 (16.6%)	3:40	16.3 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Lap_2 1km	Lap_5 2.2km	Lap_7 3km	Lap_10 4.2km	Czas		Tempo min/km	Tempo km/h
											netto 5km	Różn		
15	<b>ŻMUDA Tomasz</b>	<b>67</b>	CW FANZA KOŁOBRZEG	3 Seria	14	Seria 3	00:03:45	00:08:15	00:11:17	00:15:53	<b>00:18:43.95</b>	+00:03:25 (18.3%)	3:44	16 (81.6%)
16	<b>ZUKAL Piotr</b>	<b>65</b>	7PRO TEAM	3 Seria	15	Seria 3	00:03:46	00:08:17	00:11:19	00:15:52	<b>00:18:45.45</b>	+00:03:26 (18.4%)	3:45	16 (81.6%)
17	<b>BIEDRZYCKI Krzysztof</b>	<b>4</b>	BBL KOŁOBRZEG	3 Seria	16	Seria 3	00:03:45	00:08:17	00:11:19	00:15:49	<b>00:18:45.55</b>	+00:03:26 (18.4%)	3:45	16 (81.6%)
18	<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>	+00:03:28 (18.5%)	3:45	16 (81.6%)
19	<b>CZAPLIŃSKI Jacek</b>	<b>8</b>		3 Seria	17	Seria 3	00:03:45	00:08:15	00:11:17	00:15:54	<b>00:18:52.20</b>	+00:03:33 (18.9%)	3:46	15.9 (81.1%)
20	<b>TOKARSKI Szymon</b>	<b>58</b>		3 Seria	18	Seria 3	00:03:47	00:08:19	00:11:20	00:15:55	<b>00:18:57.45</b>	+00:03:38 (19.2%)	3:47	15.8 (80.6%)
21	<b>ISKRA Paweł</b>	<b>18</b>	BBL KOŁOBRZEG	3 Seria	19	Seria 3	00:03:47	00:08:18	00:11:21	00:15:58	<b>00:19:01.05</b>	+00:03:42 (19.5%)	3:48	15.8 (80.6%)
22	<b>ROSIAK Damian</b>	<b>47</b>	KB SPOKO SŁAWNO	3 Seria	20	Seria 3	00:03:39	00:08:07	00:11:13	00:15:56	<b>00:19:03.40</b>	+00:03:44 (19.6%)	3:48	15.7 (80.1%)
23	<b>RUDNIKOWSKI Maciej</b>	<b>49</b>	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	3 Seria	21	Seria 3	00:03:36	00:08:09	00:11:15	00:16:01	<b>00:19:06.15</b>	+00:03:47 (19.8%)	3:49	15.7 (80.1%)
24	<b>JABŁOŃSKI Tomasz</b>	<b>19</b>	KB SPOKO SŁAWNO	3 Seria	22	Seria 3	00:03:42	00:08:15	00:11:22	00:16:08	<b>00:19:07.60</b>	+00:03:48 (19.9%)	3:49	15.7 (80.1%)
25	<b>DZIADEK Krzysztof</b>	<b>11</b>	TKKF KOSZALIN	2 Seria	2	Seria 2	00:03:37	00:08:15	00:11:27	00:16:15	<b>00:19:10.70</b>	+00:03:51 (20.2%)	3:50	15.7 (80.1%)
26	<b>WERS Krzysztof</b>	<b>59</b>	BBL KOŁOBRZEG	3 Seria	23	Seria 3	00:03:48	00:08:18	00:11:22	00:16:09	<b>00:19:12.15</b>	+00:03:53 (20.3%)	3:50	15.6 (79.6%)
27	<b>ZWOLIŃSKI Jan</b>	<b>66</b>	TKKF KOSZALIN	2 Seria	3	Seria 2	00:03:53	00:08:33	00:11:41	00:16:24	<b>00:19:22.25</b>	+00:04:03 (21.0%)	3:52	15.5 (79.1%)
28	<b>CUBER Wojciech</b>	<b>69</b>	#ZABIEGANINOCA	2 Seria	4	Seria 2	00:03:52	00:08:33	00:11:42	00:16:35	<b>00:19:47.05</b>	+00:04:28 (22.6%)	3:57	15.2 (77.6%)
29	<b>GAWEŁ Marcin</b>	<b>12</b>		2 Seria	5	Seria 2	00:03:38	00:08:17	00:11:35	00:16:34	<b>00:19:50.75</b>	+00:04:32 (22.8%)	3:58	15.1 (77.0%)
30	<b>KOZIEŁ Paweł</b>	<b>26</b>		2 Seria	6	Seria 2	00:03:49	00:08:40	00:11:56	00:16:50	<b>00:19:54.70</b>	+00:04:35 (23.1%)	3:58	15.1 (77.0%)
31	<b>MAZURSKI Paweł</b>	<b>38</b>		2 Seria	7	Seria 2	00:03:49	00:08:40	00:11:56	00:16:55	<b>00:20:07.35</b>	+00:04:48 (23.9%)	4:01	14.9 (76.0%)
32	<b>KRÓL Dawid</b>	<b>28</b>		3 Seria	24	Seria 3	00:03:44	00:08:21	00:11:39	00:16:51	<b>00:20:08.80</b>	+00:04:50 (24.0%)	4:01	14.9 (76.0%)
33	<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>	+00:04:54 (24.3%)	4:02	14.9 (76.0%)
34	<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>	+00:04:56 (24.4%)	4:03	14.8 (75.5%)
35	<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>	+00:05:11 (25.3%)	4:06	14.6 (74.5%)
36	<b>BENCYCH Michał</b>	<b>3</b>	7PRO SIÓDMIĄK TEAM	2 Seria	8	Seria 2	00:04:01	00:09:00	00:12:21	00:17:26	<b>00:20:36.40</b>	+00:05:17 (25.7%)	4:07	14.6 (74.5%)
37	<b>BIERZANOWSKI Rafał</b>	<b>5</b>		2 Seria	9	Seria 2	00:04:06	00:09:04	00:12:26	00:17:29	<b>00:20:44.85</b>	+00:05:26 (26.2%)	4:08	14.5 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Lap_2	Lap_5	Lap_7	Lap_10	Czas	Różn	Tempo	Tempo
							1km	2.2km	3km	4.2km	5km		min/km	km/h
38	ZATOŃ Olga	64		1 Seria	5	Seria 1	00:03:47	00:08:53	00:12:24	00:17:39	00:21:05.75	+00:05:47 (27.4%)	4:13	14.2 (72.4%)
39	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	+00:05:49 (27.6%)	4:13	14.2 (72.4%)
40	SAWIŃSKI Jacek	52		2 Seria	11	Seria 2	00:04:14	00:09:16	00:12:38	00:17:52	00:21:11.00	+00:05:52 (27.7%)	4:14	14.2 (72.4%)
41	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	+00:05:52 (27.8%)	4:14	14.2 (72.4%)
42	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	+00:06:07 (28.5%)	4:17	14 (71.4%)
43	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	+00:06:17 (29.1%)	4:19	13.9 (70.9%)
44	BARUTOWICZ Grzegorz	2		2 Seria	15	Seria 2	00:03:58	00:09:02	00:12:32	00:18:02	00:21:38.95	+00:06:20 (29.3%)	4:19	13.9 (70.9%)
45	CHUDY Henryk	7	K SOLSZEWSKI I SYNOWIE	1 Seria	6	Seria 1	00:04:01	00:09:14	00:12:44	00:18:06	00:21:40.80	+00:06:22 (29.4%)	4:20	13.8 (70.4%)
46	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	+00:06:27 (29.6%)	4:21	13.8 (70.4%)
47	LAS Mateusz	36		2 Seria	17	Seria 2	00:04:19	00:09:25	00:12:56	00:18:25	00:21:47.90	+00:06:29 (29.8%)	4:21	13.8 (70.4%)
48	KRYNICKA Magdalena	30		1 Seria	7	Seria 1	00:04:04	00:09:13	00:12:48	00:18:24	00:21:53.65	+00:06:34 (30.1%)	4:22	13.7 (69.9%)
49	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	+00:06:43 (30.5%)	4:24	13.6 (69.4%)
50	DĄBROWSKA Alicja	9	TKKF KOSZALIN	1 Seria	8	Seria 1	00:04:21	00:09:44	00:13:22	00:18:50	00:22:18.60	+00:06:59 (31.4%)	4:27	13.5 (68.9%)
51	MONGIAŁO Marcin	24		2 Seria	19	Seria 2	00:04:36	00:10:03	00:13:38	00:19:02	00:22:38.15	+00:07:19 (32.4%)	4:31	13.3 (67.9%)
52	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	+00:07:54 (34.0%)	4:38	12.9 (65.8%)
53	KRZEWIŃSKA Małgorzata	33	TKKF KOSZALIN	1 Seria	9	Seria 1	00:04:29	00:10:04	00:13:50	00:19:34	00:23:20.60	+00:08:01 (34.4%)	4:40	12.9 (65.8%)
54	BRZEZIŃSKI Paweł	6		2 Seria	21	Seria 2	00:04:23	00:09:56	00:13:52	00:19:52	00:23:37.10	+00:08:18 (35.2%)	4:43	12.7 (64.8%)
55	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	+00:08:40 (36.2%)	4:47	12.5 (63.8%)
56	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	+00:08:56 (36.9%)	4:51	12.4 (63.3%)
57	RUTKOWSKI Artur	50	RUNKING.INFO RANKING BIEGACZY	1 Seria	10	Seria 1	00:04:27	00:10:20	00:14:23	00:20:43	00:24:37.50	+00:09:18 (37.8%)	4:55	12.2 (62.2%)
58	PANASZEWSKI Przemysław	40		2 Seria	24	Seria 2	00:04:27	00:10:22	00:14:31	00:20:50	00:24:47.35	+00:09:28 (38.2%)	4:57	12.1 (61.7%)
59	PIECHOTA Robert	43		1 Seria	11	Seria 1	00:04:17	00:10:17	00:14:31	00:20:58	00:24:55.95	+00:09:37 (38.6%)	4:59	12 (61.2%)
60	GUTOWSKI Marek	14		2 Seria	25	Seria 2	00:04:56	00:10:51	00:14:51	00:20:56	00:24:58.55	+00:09:39 (38.7%)	4:59	12 (61.2%)

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
61	<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>	+00:10:52 (41.5%)	5:14	11.5 (58.7%)
62	<b>JUSZCZAK Krzysztof</b>	<b>21</b>	TKKF KOSZALIN	1 Seria	13	Seria 1	00:04:52	00:11:23	00:15:59	00:23:00	<b>00:27:28.95</b>	+00:12:10 (44.3%)	5:29	10.9 (55.6%)
63	<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>	+00:13:57 (47.7%)	5:51	10.3 (52.6%)
64	<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>	+00:39:41 (72.2%)	11:00	5.5 (28.1%)
	<b>WALEŃSKI Michał</b>	<b>71</b>	TKKF KOSZALIN	2 Seria		Seria 2	00:03:36 DNF	00:07:56 DNF	00:10:53 DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>WITKIEWICZ Eryk</b>	<b>61</b>	TKKF KOSZALIN	3 Seria		Seria 3	00:03:38 DNF	00:08:06 DNF	00:11:07 DNF	DNF	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 66 wynik(ów)