



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	SIÓDIAK Igor	54	7PRO SIÓDIAK TEAM / PENTATHLON SZ-EK /MBC	3 Seria	1	Seria 3	00:03:09	00:06:51	00:09:22	00:12:54	00:15:18.75		3:03	19.6
2	PYSHNIAK Kostiantyn	39	TKKF KOSZALIN	3 Seria	2	Seria 3	00:03:09	00:06:51	00:09:23	00:13:18	00:15:58.65	+00:00:39	3:11	18.8
3	WITKOWSKI Mateusz	62		3 Seria	3	Seria 3	00:03:10	00:06:58	00:09:35	00:13:34	00:16:10.10	+00:00:51	3:14	18.6
4	KARCZ Artur	23	UKS EKONOMIK MARATOŃCZYK LĘBORK	3 Seria	4	Seria 3	00:03:19	00:07:17	00:09:56	00:13:53	00:16:25.05	+00:01:06	3:17	18.3
5	KULIGOWSKI Przemysław	35		3 Seria	5	Seria 3	00:03:20	00:07:24	00:10:10	00:14:18	00:16:44.25	+00:01:25	3:20	17.9
6	SZKOŁUDA Miłosz	56	BIEGOLAS	3 Seria	6	Seria 3	00:03:21	00:07:25	00:10:10	00:14:16	00:16:49.80	+00:01:31	3:21	17.8
7	KOZŁOWICZ Tomasz	27	OBORYGENI	3 Seria	7	Seria 3	00:03:19	00:07:24	00:10:12	00:14:21	00:17:04.15	+00:01:45	3:24	17.6
8	HUBERT Łukasz	17	TKKF KOSZALIN	3 Seria	8	Seria 3	00:03:20	00:07:25	00:10:15	00:14:35	00:17:21.10	+00:02:02	3:28	17.3
9	RYKIEL Michał	51	TKKF KOSZALIN	3 Seria	9	Seria 3	00:03:29	00:07:43	00:10:40	00:15:06	00:17:49.85	+00:02:31	3:33	16.8
10	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	+00:02:34	3:34	16.8
11	GUZOWSKI Dariusz	15	TALEX BORZYTUCHOM	3 Seria	10	Seria 3	00:03:28	00:07:43	00:10:39	00:15:10	00:17:59.50	+00:02:40	3:35	16.7
12	HOŁUB Kamil	16	MLUKSTRZEBIATÓW	3 Seria	11	Seria 3	00:03:37	00:08:03	00:11:03	00:15:32	00:18:14.95	+00:02:56	3:38	16.5
13	PICK Tomasz	42	BIEGOLAS / KORONA SZCZECIN	3 Seria	12	Seria 3	00:03:40	00:08:08	00:11:06	00:15:32	00:18:15.65	+00:02:56	3:39	16.4
14	SITOWSKI Marcin	55	FC RYSIEK	3 Seria	13	Seria 3	00:03:40	00:08:09	00:11:05	00:15:32	00:18:21.85	+00:03:03	3:40	16.3

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	ŻMUDA Tomasz	67	CW FANZA KOŁOBRZEG	3 Seria	14	Seria 3	00:03:45	00:08:15	00:11:17	00:15:53	00:18:43.95	+00:03:25	3:44	16
16	ZUKAL Piotr	65	7PRO TEAM	3 Seria	15	Seria 3	00:03:46	00:08:17	00:11:19	00:15:52	00:18:45.45	+00:03:26	3:45	16
17	BIEDRZYCKI Krzysztof	4	BBL KOŁOBRZEG	3 Seria	16	Seria 3	00:03:45	00:08:17	00:11:19	00:15:49	00:18:45.55	+00:03:26	3:45	16
18	KACZOR Agnieszka	22	UKS WKING RYCHNOWY	1 Seria	1	Seria 1	00:03:36	00:08:07	00:11:05	00:15:40	00:18:46.90	+00:03:28	3:45	16
19	CZAPLIŃSKI Jacek	8		3 Seria	17	Seria 3	00:03:45	00:08:15	00:11:17	00:15:54	00:18:52.20	+00:03:33	3:46	15.9
20	TOKARSKI Szymon	58		3 Seria	18	Seria 3	00:03:47	00:08:19	00:11:20	00:15:55	00:18:57.45	+00:03:38	3:47	15.8
21	ISKRA Paweł	18	BBL KOŁOBRZEG	3 Seria	19	Seria 3	00:03:47	00:08:18	00:11:21	00:15:58	00:19:01.05	+00:03:42	3:48	15.8
22	ROSIAK Damian	47	KB SPOKO SŁAWNO	3 Seria	20	Seria 3	00:03:39	00:08:07	00:11:13	00:15:56	00:19:03.40	+00:03:44	3:48	15.7
23	RUDNIKOWSKI Maciej	49	DARŁOWSKIE CHARTY / BIEGUZDROWSKOWY.PL	3 Seria	21	Seria 3	00:03:36	00:08:09	00:11:15	00:16:01	00:19:06.15	+00:03:47	3:49	15.7
24	JABŁOŃSKI Tomasz	19	KB SPOKO SŁAWNO	3 Seria	22	Seria 3	00:03:42	00:08:15	00:11:22	00:16:08	00:19:07.60	+00:03:48	3:49	15.7
25	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	+00:03:51	3:50	15.7
26	WERS Krzysztof	59	BBL KOŁOBRZEG	3 Seria	23	Seria 3	00:03:48	00:08:18	00:11:22	00:16:09	00:19:12.15	+00:03:53	3:50	15.6
27	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	+00:04:03	3:52	15.5
28	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	+00:04:28	3:57	15.2
29	GAWEŁ Marcin	12		2 Seria	5	Seria 2	00:03:38	00:08:17	00:11:35	00:16:34	00:19:50.75	+00:04:32	3:58	15.1
30	KOZIEŁ Paweł	26		2 Seria	6	Seria 2	00:03:49	00:08:40	00:11:56	00:16:50	00:19:54.70	+00:04:35	3:58	15.1
31	MAZURSKI Paweł	38		2 Seria	7	Seria 2	00:03:49	00:08:40	00:11:56	00:16:55	00:20:07.35	+00:04:48	4:01	14.9
32	KRÓL Dawid	28		3 Seria	24	Seria 3	00:03:44	00:08:21	00:11:39	00:16:51	00:20:08.80	+00:04:50	4:01	14.9
33	SZNYTER Sabina	57	BIEGOLAS KOSZALIN	1 Seria	2	Seria 1	00:03:51	00:08:45	00:12:04	00:17:03	00:20:12.90	+00:04:54	4:02	14.9
34	KRYNICKA GRZYB Małgorzata	31		1 Seria	3	Seria 1	00:03:41	00:08:34	00:11:55	00:17:03	00:20:15.60	+00:04:56	4:03	14.8
35	POCHRANOWICZ Janusz	44		1 Seria	4	Seria 1	00:03:59	00:08:57	00:12:16	00:17:17	00:20:30.55	+00:05:11	4:06	14.6
36	BENCYCH Michał	3	7PRO SIÓDMIAK TEAM	2 Seria	8	Seria 2	00:04:01	00:09:00	00:12:21	00:17:26	00:20:36.40	+00:05:17	4:07	14.6
37	BIERZANOWSKI Rafał	5		2 Seria	9	Seria 2	00:04:06	00:09:04	00:12:26	00:17:29	00:20:44.85	+00:05:26	4:08	14.5

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	netto		5km	min/km
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	4:13	14.2
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	4:13	14.2
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	4:14	14.2
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	4:14	14.2
42	MARCINKOWSKI Jacek	37	SSK ORZEŁ ŚWESZYNO	2 Seria	13	Seria 2	00:03:57	00:08:58	00:12:28	00:17:52	00:21:25.75	+00:06:07	4:17	14
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	4:19	13.9
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	4:19	13.9
45	CHUDY Henryk	7	K SOLSZEWSKI I SYNOWME	1 Seria	6	Seria 1	00:04:01	00:09:14	00:12:44	00:18:06	00:21:40.80	+00:06:22	4:20	13.8
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	4:21	13.8
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	4:21	13.8
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	4:22	13.7
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	4:24	13.6
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	4:27	13.5
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	4:31	13.3
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	4:38	12.9
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	4:40	12.9
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	4:43	12.7
55	ŻMUDA Jarosław	68	CWFANZA 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	4:47	12.5
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	4:51	12.4
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	4:55	12.2
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	4:57	12.1
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	4:59	12
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	4:59	12

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61	KOZŁOWIECKI Waldemar	70	TKKF KOSZALIN	1 Seria	12	Seria 1	00:05:05	00:11:23	00:15:38	00:21:54	00:26:11.65	+00:10:52	5:14	11.5
62	JUSZCZAK Krzysztof	21	TKKF KOSZALIN	1 Seria	13	Seria 1	00:04:52	00:11:23	00:15:59	00:23:00	00:27:28.95	+00:12:10	5:29	10.9
63	WOLF Beata	63	TKKF KOSZALIN	1 Seria	14	Seria 1	00:05:19	00:12:25	00:17:15	00:24:31	00:29:15.75	+00:13:57	5:51	10.3
64	BARTNIK Marian	72	TKKF KOSZALIN	1 Seria	15	Seria 1	00:11:00	00:24:12	00:33:00	00:46:12	00:55:00.00	+00:39:41	11:00	5.5
	WALEŃSKI Michał	71	TKKF KOSZALIN	2 Seria		Seria 2	00:03:36 DNF	00:07:56 DNF	00:10:53 DNF	DNF	DNF		-	-
	WITKIEWICZ Eryk	61	TKKF KOSZALIN	3 Seria		Seria 3	00:03:38 DNF	00:08:06 DNF	00:11:07 DNF	DNF	DNF		-	-

Znaleziono 66 wynik(ów)