

# VII OTWARTE MISTRZOSTWA KOSZALINA W BIEGU NA 5000 M - II SERIA

B4SPORT

**Wydarzenie:** Otwarte Mistrzostwa Koszalin / Bieg Mikołajkowy  
**Organizator:** TKKF Koszalin  
**Data:** 2022-12-06  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	200m	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Lap_7	Lap_8	Lap_9	Lap_10	Lap_11	Czas		Tempo min/km	Tempo km/h
							0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	netto 5km	Różn		
1	<b>PROWANCKI Patryk</b>	<b>47</b>	WILKI POMORSKIE	M16-39	1		00:00:39	00:02:03	00:03:30	00:04:56	00:06:20	00:07:43	00:09:07	00:10:30	00:11:55	00:13:19	00:14:44	00:16:05	<b>00:17:22.05</b>		3:28	17.3 (100%)
2	<b>KOZAK Arkadiusz</b>	<b>33</b>	TKKF KOSZALIN	M50-59	1		00:00:41	00:02:05	00:03:31	00:04:58	00:06:25	00:07:51	00:09:18	00:10:46	00:12:14	00:13:41	00:15:08	00:16:33	<b>00:17:54.25</b>	+00:00:32 (3.0%)	3:34	16.8 (97.1%)
3	<b>NEJMAN Jerzy</b>	<b>40</b>		M16-39	2		00:00:40	00:02:04	00:03:30	00:04:59	00:06:25	00:07:52	00:09:19	00:10:46	00:12:15	00:13:45	00:15:17	00:16:48	<b>00:18:19.15</b>	+00:00:57 (5.2%)	3:39	16.4 (94.8%)
4	<b>FOLTYNIEWICZ Maciej</b>	<b>65</b>	LITWIN TRIHTHLON TEAM	M40-49	1		00:00:41	00:02:07	00:03:36	00:05:06	00:06:35	00:08:05	00:09:34	00:11:04	00:12:32	00:14:01	00:15:31	00:17:00	<b>00:18:25.65</b>	+00:01:03 (5.8%)	3:41	16.3 (94.2%)
5	<b>PICK Tomasz</b>	<b>45</b>	BIEGOLAS / KORONA	M50-59	2		00:00:43	00:02:13	00:03:43	00:05:15	00:06:48	00:08:20	00:09:53	00:11:26	00:13:00	00:14:33	00:16:06	00:17:38	<b>00:18:59.80</b>	+00:01:37 (8.6%)	3:47	15.8 (91.3%)
6	<b>SMAGOWSKI Wojtek</b>	<b>57</b>	OSP RĄBINO	M40-49	2		00:00:40	00:02:08	00:03:39	00:05:10	00:06:43	00:08:15	00:09:48	00:11:21	00:12:55	00:14:27	00:16:00	00:17:32	<b>00:19:00.75</b>	+00:01:38 (8.7%)	3:48	15.8 (91.3%)
7	<b>WALEŃSKI Michał</b>	<b>61</b>	TKKF KOSZALIN	M40-49	3		00:00:41	00:02:11	00:03:44	00:05:15	00:06:50	00:08:24	00:09:55	00:11:30	00:13:05	00:14:35	00:16:15	00:17:50	<b>00:19:21.00</b>	+00:01:58 (10.2%)	3:52	15.5 (89.6%)
8	<b>PIENIAWSKI Mateusz</b>	<b>46</b>		M16-39	3		00:00:48	00:02:15	00:03:48	00:05:24	00:06:59	00:08:36	00:10:14	00:11:53	00:13:32	00:15:12	00:16:50	00:18:20	<b>00:20:23.35</b>	+00:03:01 (14.8%)	4:04	14.7 (85.0%)
9	<b>BOREJKO Łukasz</b>	<b>5</b>		M16-39	4		00:00:48	00:02:27	00:04:07	00:05:45	00:07:26	00:09:09	00:10:53	00:12:37	00:14:18	00:15:56	00:17:35	00:19:16	<b>00:20:52.30</b>	+00:03:30 (16.8%)	4:10	14.4 (83.2%)
10	<b>KRUPIŃSKI Krzysztof</b>	<b>35</b>		M50-59	3		00:00:49	00:02:30	00:04:15	00:06:01	00:07:50	00:09:41	00:11:33	00:13:23	00:15:14	00:17:07	00:18:59	00:20:50	<b>00:22:32.85</b>	+00:05:10 (23.0%)	4:30	13.3 (76.9%)
11	<b>ORLIKOWSKI Robert</b>	<b>42</b>	POŁCZYN BIEGA ♥	M16-39	5		00:00:49	00:02:32	00:04:21	00:06:09	00:08:00	00:09:51	00:11:42	00:13:36	00:15:29	00:17:20	00:19:16	00:21:09	<b>00:23:03.60</b>	+00:05:41 (24.7%)	4:36	13 (75.1%)
12	<b>ADASZYŃSKI Wiesław</b>	<b>1</b>	BIEGOLAS KOSZALIN	M50-59	4		00:00:46	00:02:22	00:04:04	00:05:52	00:07:42	00:09:37	00:11:33	00:13:29	00:15:26	00:17:25	00:19:24	00:21:19	<b>00:23:11.45</b>	+00:05:49 (25.1%)	4:38	12.9 (74.6%)
13	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>58</b>		M40-49	4		00:00:49	00:02:34	00:04:28	00:06:22	00:08:15	00:10:06	00:12:00	00:13:54	00:15:51	00:17:45	00:19:40	00:21:32	<b>00:23:17.85</b>	+00:05:55 (25.5%)	4:39	12.9 (74.6%)
14	<b>BARTH Krystian</b>	<b>3</b>	FUNDACJA ZASTOPIJ	M16-39	6		00:00:39	00:02:11	00:04:07	00:05:58	00:07:51	00:09:48	00:11:44	00:13:41	00:15:38	00:17:32	00:19:36	00:21:28	<b>00:23:32.75</b>	+00:06:10 (26.2%)	4:42	12.7 (73.4%)
15	<b>SZCZYPEK Arkadiusz</b>	<b>59</b>	FUNDACJA ZASTOPIJ	M16-39	7		00:00:55	00:02:43	00:04:33	00:06:25	00:08:20	00:10:16	00:12:13	00:14:14	00:16:13	00:18:10	00:20:10	00:22:00	<b>00:23:59.65</b>	+00:06:37 (27.6%)	4:47	12.5 (72.3%)
16	<b>KISIELIŃSKI Igor</b>	<b>27</b>		M50-59	5		00:00:58	00:02:53	00:04:50	00:06:47	00:08:43	00:10:39	00:12:34	00:14:30	00:16:26	00:18:22	00:20:19	00:22:17	<b>00:24:15.70</b>	+00:06:53 (28.4%)	4:51	12.4 (71.7%)
17	<b>KASPRZYK Bogdan</b>	<b>25</b>		M40-49	5		00:00:50	00:02:37	00:04:35	00:06:32	00:08:30	00:10:30	00:12:30	00:14:30	00:16:30	00:18:32	00:20:33	00:22:34	<b>00:24:17.15</b>	+00:06:55 (28.5%)	4:51	12.4 (71.7%)
18	<b>SZYPRYT Karol</b>	<b>60</b>	DREAM TEAM	M16-39	8		00:00:51	00:02:39	00:04:36	00:06:33	00:08:31	00:10:31	00:12:31	00:14:31	00:16:31	00:18:32	00:20:34	00:22:35	<b>00:24:19.10</b>	+00:06:57 (28.6%)	4:51	12.3 (71.1%)
19	<b>ROZMIARKOWSKI Damian</b>	<b>52</b>		M16-39	9		00:00:43	00:02:21	00:04:11	00:06:04	00:07:57	00:09:56	00:11:57	00:14:01	00:16:05	00:18:12	00:20:26	00:22:36	<b>00:24:28.10</b>	+00:07:06 (29.0%)	4:53	12.3 (71.1%)
20	<b>PANASZEWSKI Przemysław</b>	<b>43</b>		M16-39	10		00:00:54	00:02:42	00:04:35	00:06:29	00:08:27	00:10:24	00:12:22	00:14:22	00:16:21	00:18:21	00:20:26	00:22:32	<b>00:24:33.30</b>	+00:07:11 (29.3%)	4:54	12.2 (70.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	200m 0.2km	Lap_1 0.6km	Lap_2 1km	Lap_3 1.4km	Lap_4 1.8km	Lap_5 2.2km	Lap_6 2.6km	Lap_7 3km	Lap_8 3.4km	Lap_9 3.8km	Lap_10 4.2km	Lap_11 4.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
21	<b>ROZMIARKOWSKI Robert</b>	<b>51</b>		M50-59		6	00:01:01	00:02:58	00:05:02	00:07:07	00:09:14	00:11:22	00:13:33	00:15:43	00:17:54	00:20:07	00:22:19	00:24:25	<b>00:26:08.05</b>	+00:08:46 (33.5%)	5:13	11.5 (66.5%)
22	<b>ROGALA Jacek</b>	<b>49</b>	FUNDACJA ZASTOPUJ	M50-59		7	00:01:00	00:02:57	00:05:00	00:07:02	00:09:09	00:11:15	00:13:23	00:15:30	00:17:37	00:19:45	00:21:56	00:24:06	<b>00:26:16.65</b>	+00:08:54 (33.9%)	5:15	11.4 (65.9%)
23	<b>GUTOWSKI Marek</b>	<b>15</b>		M40-49		6	00:01:11	00:03:34	00:05:55	00:08:15	00:10:34	00:12:50	00:15:06	00:17:23	00:19:39	00:21:55	00:24:11	00:26:38	<b>00:28:43.65</b>	+00:11:21 (39.5%)	5:44	10.4 (60.1%)
24	<b>HARASYM Daniel</b>	<b>17</b>	FUNDACJA ZASTOPUJ	M40-49		7	00:01:12	00:03:35	00:06:02	00:08:30	00:11:02	00:13:31	00:16:05	00:18:39	00:21:19	00:24:04	00:26:41	00:29:22	<b>00:31:49.45</b>	+00:14:27 (45.4%)	6:21	9.4 (54.3%)

Znaleziono 24 wynik(ów)