



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

B4SPORT

Event: Otwarte Mistrzostwa Koszalina / Bieg Mikołajkowy
Organiser: TKKF Koszalin
Date: 2022-12-06
Place: Koszalin
Distance: 5 km



Classification: M16-39

Place	Participant	Number	Club	Category	MCat	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	Net time 5km	Gap	Pace min/km	Pace km/h
1	PROWANCKI Patryk	47	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	00:17:22.05		3:28	17.3 (100%)
2	NEJMAN Jerzy	40		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	00:18:19.15	+00:00:57 (5.2%)	3:39	16.4 (94.8%)
3	PIENIAWSKI Mateusz	46		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	00:20:23.35	+00:03:01 (14.8%)	4:04	14.7 (85.0%)
4	BOREJKO Łukasz	5		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	00:20:52.30	+00:03:30 (16.8%)	4:10	14.4 (83.2%)
5	ORLIKOWSKI Robert	42	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	00:23:03.60	+00:05:41 (24.7%)	4:36	13 (75.1%)
6	BARTH Krystian	3	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	00:23:32.75	+00:06:10 (26.2%)	4:42	12.7 (73.4%)
7	SZCZYPEK Arkadiusz	59	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	00:23:59.65	+00:06:37 (27.6%)	4:47	12.5 (72.3%)
8	SZYPRYT Karol	60	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	00:24:19.10	+00:06:57 (28.6%)	4:51	12.3 (71.1%)
9	ROZMIARKOWSKI Damian	52		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	00:24:28.10	+00:07:06 (29.0%)	4:53	12.3 (71.1%)
10	PANASZEWSKI Przemysław	43		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	00:24:33.30	+00:07:11 (29.3%)	4:54	12.2 (70.5%)

Total 10 results.