



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

B4SPORT

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



Klasyfikacja: M40-49

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
1	FOLTYNIEWICZ Maciej	65	LITWIN TRIHTHON 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	00:18:25.65		3:41	16.3 (100%)
2	SMAGOWSKI Wojtek	57	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	00:19:00.75	+00:00:35 (3.1%)	3:48	15.8 (96.9%)
3	WALEŃSKI Michał	61	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	00:19:21.00	+00:00:55 (4.8%)	3:52	15.5 (95.1%)
4	SUDER- MAKSYMOWICZ Grzegorz	58		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	00:23:17.85	+00:04:52 (20.9%)	4:39	12.9 (79.1%)
5	KASPRZYK Bogdan	25		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	00:24:17.15	+00:05:51 (24.1%)	4:51	12.4 (76.1%)
6	GUTOWSKI Marek	15		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	00:28:43.65	+00:10:18 (35.9%)	5:44	10.4 (63.8%)
7	HARASYM Daniel	17	FUNDACJA ZASTOPIJ	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	00:31:49.45	+00:13:23 (42.1%)	6:21	9.4 (57.7%)

Znaleziono 7 wynik(ów)