



## 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: M50-59

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	<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>		3:34	16.8 (100%)
2	<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>	+00:01:05 (5.8%)	3:47	15.8 (94.0%)
3	<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>	+00:04:38 (20.6%)	4:30	13.3 (79.2%)
4	<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>	+00:05:17 (22.8%)	4:38	12.9 (76.8%)
5	<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>	+00:06:21 (26.2%)	4:51	12.4 (73.8%)
6	<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>	+00:08:13 (31.5%)	5:13	11.5 (68.5%)
7	<b>ROGAŁA Jacek</b>	<b>49</b>	FUNDACJA ZASTOPIJ	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>	+00:08:22 (31.9%)	5:15	11.4 (67.9%)

Znaleziono 7 wynik(ów)