



# 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: OPEN -M

Punkt pomiarowy: 4,2 km

Msc	Zawodnik	Numer	Klub	Kategoria	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
1	<b>PROWANCKI Patryk</b>	<b>47</b>	WILKI POMORSKIE	M16-39		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
2	<b>KOZAK Arkadiusz</b>	<b>33</b>	TKKF KOSZALIN	M50-59		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
3	<b>NEJMAN Jerzy</b>	<b>40</b>		M16-39		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
4	<b>FOLTYNIEWICZ Maciej</b>	<b>65</b>	LITWIN TRIHTHON TEAM	M40-49		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
5	<b>SMAGOWSKI Wojtek</b>	<b>57</b>	OSP RĄBINO	M40-49		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
6	<b>PICK Tomasz</b>	<b>45</b>	BIEGOLAS / KORONA	M50-59		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
7	<b>WALEŃSKI Michał</b>	<b>61</b>	TKKF KOSZALIN	M40-49		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
8	<b>PIENIAWSKI Mateusz</b>	<b>46</b>		M16-39		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
9	<b>BOREJKO Łukasz</b>	<b>5</b>		M16-39		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
10	<b>KRUPIŃSKI Krzysztof</b>	<b>35</b>		M50-59		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
11	<b>ORLIKOWSKI Robert</b>	<b>42</b>	POŁCZYŃ BIEGA ♥	M16-39		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
12	<b>ADASZYŃSKI Wiesław</b>	<b>1</b>	BIEGOLAS KOSZALIN	M50-59		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
13	<b>BARTH Krystian</b>	<b>3</b>	FUNDACJA ZASTOPIJ	M16-39		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
14	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>58</b>		M40-49		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
15	<b>SZCZYPEK Arkadiusz</b>	<b>59</b>	FUNDACJA ZASTOPIJ	M16-39		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
16	<b>KISIELIŃSKI Igor</b>	<b>27</b>		M50-59		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
17	<b>PANASZEWSKI Przemysław</b>	<b>43</b>		M16-39		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
18	<b>ROZMIARKOWSKI Damian</b>	<b>52</b>		M16-39		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
19	<b>KASPRZYK Bogdan</b>	<b>25</b>		M40-49		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
20	<b>SZYPRYT Karol</b>	<b>60</b>	DREAM TEAM	M16-39		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
21	<b>ROGAŁA Jacek</b>	<b>49</b>	FUNDACJA ZASTOPIJ	M50-59		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
22	<b>ROZMIARKOWSKI Robert</b>	<b>51</b>		M50-59		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
23	<b>GUTOWSKI Marek</b>	<b>15</b>		M40-49		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
24	<b>HARASYM Daniel</b>	<b>17</b>	FUNDACJA ZASTOPIJ	M40-49		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

