



# LETNIA MILA BIEGOWA

B4SPORT

**Wydarzenie:**  
**Organizator:**

Letnia Milla Biegowa 2019 - 4/4  
Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej  
2019-08-22  
Koszalin  
1.609 km



Klasyfikacja: M-Open

| Msc | Zawodnik            | Numer | Klub                   | Kategoria | Mkat | Start_All<br>0.009km | Start_All<br>0.409km | Start_All<br>0.809km | Start_All<br>1.209km | Czas<br>netto<br>1.609km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|------------------------|-----------|------|----------------------|----------------------|----------------------|----------------------|--------------------------|-------------------|-----------------|---------------|
| 1   | PYSHNIAK Kostiantyn | 448   | TKKF KOSZALIN          | M-Open    | 1    | 00:00:02             | 00:01:04             | 00:02:13             | 00:03:22             | 00:04:30.12              |                   | 2:47            | 21.5 (100%)   |
| 2   | GAWRON Piotr        | 412   | ULKS TALEX BORZYTUCHOM | M-Open    | 2    | 00:00:02             | 00:01:08             | 00:02:22             | 00:03:39             | 00:04:54.20              | +00:00:24 (8.2%)  | 3:02            | 19.7 (91.6%)  |
| 3   | HUBERT Łukasz       | 416   | TKKF KOSZALIN          | M-Open    | 3    | 00:00:02             | 00:01:11             | 00:02:28             | 00:03:47             | 00:04:58.79              | +00:00:28 (9.6%)  | 3:05            | 19.4 (90.2%)  |
| 4   | RYKIEL Michał       | 453   | DĄBROWSKI TEAM         | M-Open    | 4    | 00:00:02             | 00:01:14             | 00:02:33             | 00:03:54             | 00:05:10.96              | +00:00:40 (13.1%) | 3:12            | 18.7 (87.0%)  |
| 5   | MAJKOWICZ Rafał     | 434   |                        | M-Open    | 5    | 00:00:03             | 00:01:13             | 00:02:33             | 00:03:54             | 00:05:14.30              | +00:00:44 (14.1%) | 3:15            | 18.5 (86.0%)  |
| 6   | ROKOSZ Radosław     | 450   | JW 1223 KOSZALIN       | M-Open    | 6    | 00:00:03             | 00:01:18             | 00:02:42             | 00:04:06             | 00:05:22.97              | +00:00:52 (16.4%) | 3:20            | 18 (83.7%)    |
| 7   | DOBOSZ Michał       | 411   | KL BAŁTYK              | M-Open    | 7    | 00:00:04             | 00:01:16             | 00:02:41             | 00:04:06             | 00:05:23.48              | +00:00:53 (16.5%) | 3:20            | 17.9 (83.3%)  |
| 8   | JABŁOŃSKI Tomasz    | 418   | KB SPOKO SŁAWNO        | M-Open    | 8    | 00:00:03             | 00:01:20             | 00:02:43             | 00:04:08             | 00:05:24.12              | +00:00:54 (16.7%) | 3:21            | 17.9 (83.3%)  |
| 9   | SITOWSKI Marcin     | 454   |                        | M-Open    | 9    | 00:00:02             | 00:01:17             | 00:02:42             | 00:04:06             | 00:05:27.70              | +00:00:57 (17.6%) | 3:23            | 17.7 (82.3%)  |
| 10  | ZWOLIŃSKI Jan       | 472   | TKKF KOSZALIN          | M-Open    | 10   | 00:00:02             | 00:01:19             | 00:02:43             | 00:04:05             | 00:05:27.88              | +00:00:57 (17.6%) | 3:23            | 17.7 (82.3%)  |
| 11  | CZAPLICKI Jacek     | 474   | TAGER SPORT            | M-Open    | 11   | 00:00:02             | 00:01:17             | 00:02:42             | 00:04:09             | 00:05:28.56              | +00:00:58 (17.8%) | 3:23            | 17.7 (82.3%)  |
| 12  | ZUKAL Piotr         | 470   |                        | M-Open    | 12   | 00:00:03             | 00:01:26             | 00:02:51             | 00:04:16             | 00:05:35.05              | +00:01:04 (19.4%) | 3:28            | 17.3 (80.5%)  |
| 13  | BIŃKOWSKI Tomasz    | 483   |                        | M-Open    | 13   | 00:00:03             | 00:01:21             | 00:02:46             | 00:04:15             | 00:05:37.44              | +00:01:07 (20.0%) | 3:29            | 17.2 (80.0%)  |
| 14  | WALEŃSKI Michał     | 485   |                        | M-Open    | 14   | 00:00:02             | 00:01:20             | 00:02:46             | 00:04:14             | 00:05:38.54              | +00:01:08 (20.2%) | 3:29            | 17.1 (79.5%)  |
| 15  | WEBER Paweł         | 463   | FPP                    | M-Open    | 15   | 00:00:02             | 00:01:20             | 00:02:49             | 00:04:23             | 00:05:50.06              | +00:01:19 (22.8%) | 3:37            | 16.6 (77.2%)  |
| 16  | GAWROŃSKI Marek     | 413   | \$\$\$                 | M-Open    | 16   | 00:00:04             | 00:01:27             | 00:02:53             | 00:04:25             | 00:05:51.38              | +00:01:21 (23.1%) | 3:38            | 16.5 (76.7%)  |
| 17  | GAWROŃSKI Bartosz   | 414   |                        | M-Open    | 17   | 00:00:04             | 00:01:28             | 00:02:53             | 00:04:24             | 00:05:52.09              | +00:01:21 (23.3%) | 3:38            | 16.5 (76.7%)  |
| 18  | BARUTOWICZ Grzegorz | 402   |                        | M-Open    | 18   | 00:00:04             | 00:01:30             | 00:03:01             | 00:04:32             | 00:05:59.54              | +00:01:29 (24.9%) | 3:42            | 16.1 (74.9%)  |
| 19  | WIKTOROWSKI Maciej  | 465   |                        | M-Open    | 19   | 00:00:03             | 00:01:21             | 00:02:53             | 00:04:30             | 00:06:01.18              | +00:01:31 (25.2%) | 3:44            | 16.1 (74.9%)  |
| 20  | ROGOŻA Ireneusz     | 449   |                        | M-Open    | 20   | 00:00:04             | 00:01:30             | 00:03:03             | 00:04:38             | 00:06:04.74              | +00:01:34 (25.9%) | 3:46            | 15.9 (74.0%)  |
| 21  | WĘSEK Maciej        | 464   |                        | M-Open    | 21   | 00:00:04             | 00:01:31             | 00:03:03             | 00:04:39             | 00:06:07.36              | +00:01:37 (26.5%) | 3:47            | 15.8 (73.5%)  |
| 22  | SZOSTAK Piotr       | 459   |                        | M-Open    | 22   | 00:00:04             | 00:01:30             | 00:03:04             | 00:04:41             | 00:06:12.52              | +00:01:42 (27.5%) | 3:51            | 15.6 (72.6%)  |
| 23  | LIPNIEWICZ Paweł    | 432   | LIPNE MUMIE            | M-Open    | 23   | 00:00:05             | 00:01:30             | 00:03:02             | 00:04:42             | 00:06:12.95              | +00:01:42 (27.6%) | 3:51            | 15.6 (72.6%)  |
| 24  | PUŚCIAN Krzysztof   | 447   | SP MANOWO              | M-Open    | 24   | 00:00:04             | 00:01:31             | 00:03:05             | 00:04:43             | 00:06:13.95              | +00:01:43 (27.8%) | 3:51            | 15.5 (72.1%)  |
| 25  | MICERSKI Tomasz     | 435   |                        | M-Open    | 25   | 00:00:04             | 00:01:32             | 00:03:10             | 00:04:50             | 00:06:21.58              | +00:01:51 (29.2%) | 3:56            | 15.2 (70.7%)  |
| 26  | PIECHOTA Robert     | 443   | ROZBIEGANY KOSZALIN    | M-Open    | 26   | 00:00:03             | 00:01:25             | 00:03:04             | 00:04:52             | 00:06:22.95              | +00:01:52 (29.5%) | 3:57            | 15.2 (70.7%)  |
| 27  | RUTKOWSKI Artur     | 451   | RUNKING                | M-Open    | 27   | 00:00:03             | 00:01:38             | 00:03:17             | 00:04:58             | 00:06:23.19              | +00:01:53 (29.5%) | 3:57            | 15.1 (70.2%)  |

| Msc | Zawodnik            | Numer | Klub            | Kategoria | Mkat | Start_All | Start_All | Start_All | Start_All | Czas             | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|-----------------|-----------|------|-----------|-----------|-----------|-----------|------------------|-------------------|-----------------|---------------|
|     |                     |       |                 |           |      | 0.009km   | 0.409km   | 0.809km   | 1.209km   | netto<br>1.609km |                   |                 |               |
| 28  | RASZPLA Radek       | 478   |                 | M-Open    | 28   | 00:00:04  | 00:01:31  | 00:03:09  | 00:04:50  | 00:06:27.88      | +00:01:57 (30.4%) | 4:00            | 15 (69.8%)    |
| 29  | KONKEL Łukasz       | 427   |                 | M-Open    | 29   | 00:00:04  | 00:01:36  | 00:03:15  | 00:04:58  | 00:06:36.06      | +00:02:05 (31.8%) | 4:05            | 14.6 (67.9%)  |
| 30  | NOREK Tomek         | 438   |                 | M-Open    | 30   | 00:00:05  | 00:01:41  | 00:03:19  | 00:05:00  | 00:06:38.67      | +00:02:08 (32.2%) | 4:07            | 14.6 (67.9%)  |
| 31  | MARZEC Łukasz       | 479   |                 | M-Open    | 31   | 00:00:06  | 00:01:38  | 00:03:18  | 00:05:01  | 00:06:40.94      | +00:02:10 (32.6%) | 4:08            | 14.5 (67.4%)  |
| 32  | PANCERZYŃSKI Łukasz | 475   |                 | M-Open    | 32   | 00:00:05  | 00:01:37  | 00:03:18  | 00:05:05  | 00:06:45.89      | +00:02:15 (33.5%) | 4:11            | 14.3 (66.5%)  |
| 33  | DOBOSZ Jarosław     | 410   |                 | M-Open    | 33   | 00:00:06  | 00:01:43  | 00:03:24  | 00:05:07  | 00:06:47.35      | +00:02:17 (33.7%) | 4:12            | 14.2 (66.0%)  |
| 34  | JANOWICZ Przemysław | 419   | FPP             | M-Open    | 34   | 00:00:03  | 00:01:33  | 00:03:17  | 00:05:07  | 00:06:57.05      | +00:02:26 (35.2%) | 4:19            | 13.9 (64.7%)  |
| 35  | WRÓBEL Mateusz      | 486   |                 | M-Open    | 35   | 00:00:07  | 00:01:57  | 00:03:44  | 00:05:30  | 00:07:00.37      | +00:02:30 (35.7%) | 4:20            | 13.8 (64.2%)  |
| 36  | KURŁOWICZ Krzysztof | 482   |                 | M-Open    | 36   | 00:00:03  | 00:01:30  | 00:03:06  | 00:05:11  | 00:07:00.93      | +00:02:30 (35.8%) | 4:20            | 13.8 (64.2%)  |
| 37  | OSOBNIAK Ryszard    | 440   |                 | M-Open    | 37   | 00:00:04  | 00:01:42  | 00:03:26  | 00:05:17  | 00:07:02.69      | +00:02:32 (36.1%) | 4:22            | 13.7 (63.7%)  |
| 38  | MAZUR Mirosław      | 481   |                 | M-Open    | 38   | 00:00:04  | 00:01:43  | 00:03:27  | 00:05:19  | 00:07:10.07      | +00:02:39 (37.2%) | 4:27            | 13.5 (62.8%)  |
| 39  | ZARZYCKI Jakub      | 484   |                 | M-Open    | 39   | 00:00:03  | 00:01:44  | 00:03:36  | 00:05:29  | 00:07:11.45      | +00:02:41 (37.4%) | 4:27            | 13.4 (62.3%)  |
| 40  | MACIEJEWSKI Maciej  | 433   | FPP             | M-Open    | 40   | 00:00:05  | 00:01:44  | 00:03:35  | 00:05:34  | 00:07:13.05      | +00:02:42 (37.6%) | 4:28            | 13.4 (62.3%)  |
| 41  | KOWALEWSKI Bartosz  | 460   |                 | M-Open    | 41   | 00:00:07  | 00:01:53  | 00:03:48  | 00:05:43  | 00:07:28.24      | +00:02:58 (39.7%) | 4:38            | 12.9 (60.0%)  |
| 42  | KARNICKI Zygmunt    | 430   | TKKF KOSZALIN   | M-Open    | 42   | 00:00:04  | 00:01:48  | 00:03:46  | 00:05:47  | 00:07:43.07      | +00:03:12 (41.7%) | 4:47            | 12.5 (58.1%)  |
| 43  | GAWROŃSKI Paweł     | 480   |                 | M-Open    | 43   | 00:00:06  | 00:01:47  | 00:03:53  | 00:06:24  | 00:08:36.13      | +00:04:06 (47.7%) | 5:20            | 11.2 (52.1%)  |
| 44  | CICHOSZ Jerzy       | 408   |                 | M-Open    | 44   | 00:00:05  | 00:02:12  | 00:04:23  | 00:06:37  | 00:08:47.69      | +00:04:17 (48.8%) | 5:27            | 11 (51.2%)    |
| 45  | KARNICKI Artur      | 422   |                 | M-Open    | 45   | 00:00:08  | 00:02:47  | 00:05:18  | 00:07:43  | 00:09:56.79      | +00:05:26 (54.7%) | 6:10            | 9.7 (45.1%)   |
| 46  | BARTNIK Marian      | 490   | TKKF KOSZALIN   | M-Open    | 46   | 00:00:07  | 00:03:26  | 00:06:57  | 00:10:29  | 00:14:04.82      | +00:09:34 (68.0%) | 8:44            | 6.9 (32.1%)   |
| 47  | LINOWIECKI Cezary   | 431   | BAŁTYK KOSZALIN | M-Open    | 47   | 00:00:03  | 00:01:24  | 00:02:51  |           |                  | +00:00:38         | 3:31            | 17.1 (79.5%)  |

Znaleziono 47 wynik(ów)