



## LETNIE MILE BIEGOWE - 4/5 - 2 MILE

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-07-11  
**Miejsce:** Koszalin  
**Dystans:** 3.218 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.018km	0.418km	0.818km	1.218km	1.618km	2.018km	2.418km	2.818km	Czas netto 3.218km	Różn	Tempo min/km	Tempo km/h
1	ORZECHOWSKI Kamil	63	TKKF KOSZALIN	M-30	1	00:00:04	00:01:19	00:02:37	00:03:57	00:05:17	00:06:38	00:07:59	00:09:19	<b>00:10:31.71</b>		3:15	18.4
2	GAWRON Piotr	12	ULKS TALEX BORZYTUCHOM	M-18	1	00:00:04	00:01:19	00:02:37	00:03:57	00:05:17	00:06:39	00:08:00	00:09:23	<b>00:10:45.94</b>	+00:00:14	3:20	18
3	SZKOŁUDA Miłosz	88	DÉCATHLON KOSZALIN	M-18	2	00:00:04	00:01:21	00:02:39	00:04:01	00:05:22	00:06:44	00:08:07	00:09:29	<b>00:10:51.86</b>	+00:00:20	3:22	17.8
4	HUBERT Łukasz	21	TKKF KOSZALIN	M-30	2	00:00:04	00:01:23	00:02:50	00:04:20	00:05:48	00:07:16	00:08:44	00:10:10	<b>00:11:30.41</b>	+00:00:58	3:34	16.8
5	NAKONIECZNY Rafał	113	TKKF KOSZALIN	M-30	3	00:00:05	00:01:27	00:02:55	00:04:23	00:05:52	00:07:23	00:08:51	00:10:20	<b>00:11:46.29</b>	+00:01:14	3:39	16.4
6	SZEWCZUK Paweł	84		M-30	4	00:00:05	00:01:25	00:02:52	00:04:22	00:05:51	00:07:24	00:08:57	00:10:31	<b>00:12:00.94</b>	+00:01:29	3:43	16.1
7	ZUKAL Piotr	103		M-40	1	00:00:05	00:01:32	00:03:03	00:04:35	00:06:07	00:07:37	00:09:06	00:10:35	<b>00:12:01.66</b>	+00:01:29	3:43	16.1
8	SOSNOWSKI Tomasz	79	MEDEN-INMED SPORTS TEAM	M-18	3	00:00:04	00:01:26	00:02:56	00:04:28	00:06:04	00:07:44	00:09:20	00:10:54	<b>00:12:09.49</b>	+00:01:37	3:46	15.9
9	ZWOLIŃSKI Jan	106	TKKF KOSZALIN	M-50	1	00:00:05	00:01:30	00:03:03	00:04:35	00:06:10	00:07:45	00:09:19	00:10:53	<b>00:12:22.52</b>	+00:01:50	3:50	15.6
10	ZIELEZIŃSKI Piotr	110		M-18	4	00:00:05	00:01:31	00:03:02	00:04:35	00:06:11	00:07:48	00:09:26	00:11:04	<b>00:12:46.27</b>	+00:02:14	3:57	15.1
11	MOSZYŃSKI Jacek	57	TKKF KOSZALIN	M-50	2	00:00:06	00:01:40	00:03:19	00:04:57	00:06:34	00:08:11	00:09:49	00:11:24	<b>00:12:48.45</b>	+00:02:16	3:58	15.1
12	ŻYWICKI Bartosz	108	DZIKI KOSZALIN	M-30	5	00:00:06	00:01:40	00:03:20	00:04:58	00:06:35	00:08:12	00:09:49	00:11:25	<b>00:12:49.76</b>	+00:02:18	3:58	15.1
13	JAMNIAK Bartosz	23	TKKF KOSZALIN	M-30	6	00:00:05	00:01:32	00:03:08	00:04:46	00:06:24	00:08:03	00:09:43	00:11:23	<b>00:12:49.95</b>	+00:02:18	3:58	15.1
14	KUŁAKOWSKI Dawid	43	TKKF KOSZALIN	M-40	2	00:00:05	00:01:43	00:03:22	00:05:00	00:06:37	00:08:14	00:09:51	00:11:27	<b>00:12:50.60</b>	+00:02:18	3:59	15.1
15	JAROSZ Jakub	114	TKKF KOSZALIN	M-18	5	00:00:05	00:01:40	00:03:20	00:04:57	00:06:34	00:08:11	00:09:48	00:11:23	<b>00:12:54.55</b>	+00:02:22	4:00	15
16	JAROSZ Dariusz	24	TKKF KOSZALIN	M-40	3	00:00:05	00:01:42	00:03:22	00:04:59	00:06:36	00:08:14	00:09:50	00:11:27	<b>00:12:57.53</b>	+00:02:25	4:01	14.9
17	ZACHOLSKI Wojciech	97		M-18	6	00:00:06	00:01:43	00:03:24	00:05:05	00:06:50	00:08:35	00:10:19	00:11:57	<b>00:13:17.77</b>	+00:02:46	4:07	14.5
18	KONKEL Agnieszka	33		K-30	1	00:00:08	00:01:49	00:03:30	00:05:10	00:06:52	00:08:33	00:10:15	00:11:55	<b>00:13:33.71</b>	+00:03:01	4:12	14.3
19	BASSEL Marcin	3		M-30	7	00:00:09	00:01:49	00:03:30	00:05:09	00:06:52	00:08:36	00:10:18	00:12:00	<b>00:13:37.17</b>	+00:03:05	4:13	14.2
20	MILEWSKI Tomasz	52		M-30	8	00:00:08	00:01:49	00:03:29	00:05:10	00:06:52	00:08:36	00:10:20	00:12:03	<b>00:13:40.79</b>	+00:03:09	4:14	14.1
21	ROGOŻA Ireneusz	71		M-40	4	00:00:08	00:01:51	00:03:32	00:05:14	00:06:57	00:08:40	00:10:23	00:12:08	<b>00:13:41.74</b>	+00:03:10	4:14	14.1
22	BALICKI Michał	109		M-14	1	00:00:09	00:01:53	00:03:38	00:05:21	00:07:06	00:08:49	00:10:33	00:12:14	<b>00:13:47.97</b>	+00:03:16	4:16	14
23	NOREK Tomek	62		M-50	3	00:00:09	00:01:50	00:03:29	00:05:11	00:06:55	00:08:40	00:10:24	00:12:09	<b>00:13:49.30</b>	+00:03:17	4:17	14
24	CHODOR Martyna	116	TKKF KOSZALIN	K-30	2	00:00:07	00:01:53	00:03:39	00:05:22	00:07:07	00:08:50	00:10:33	00:12:14	<b>00:13:50.46</b>	+00:03:18	4:17	14
25	MICERSKI Tomasz	51	TKKF KOSZALIN	M-40	5	00:00:05	00:01:44	00:03:27	00:05:11	00:06:55	00:08:39	00:10:22	00:12:08	<b>00:13:53.74</b>	+00:03:22	4:18	13.9
26	KRUPIŃSKI Krzysztof	39	E-UROLOG.EU	M-50	4	00:00:07	00:01:51	00:03:34	00:05:19	00:07:04	00:08:50	00:10:37	00:12:23	<b>00:14:05.26</b>	+00:03:33	4:22	13.7
27	KAMYK Piotr	25	MH IT SERWIS KOSZALIN	M-30	9	00:00:06	00:01:44	00:03:26	00:05:10	00:06:55	00:08:43	00:10:35	00:12:26	<b>00:14:07.52</b>	+00:03:35	4:23	13.7

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28	<b>SZABLA Ewelina</b>	<b>83</b>	TKKF KOSZALIN	K-30	3	00:00:07	00:01:53	00:03:39	00:05:24	00:07:13	00:09:03	00:10:53	00:12:44	<b>00:14:27.49</b>	+00:03:55	4:29	13.4
29	<b>DĄBROWSKA Alicja</b>	<b>10</b>	TKKF KOSZALIN	K-50+	1	00:00:07	00:01:59	00:03:52	00:05:43	00:07:31	00:09:18	00:11:06	00:12:54	<b>00:14:28.72</b>	+00:03:57	4:29	13.4
30	<b>SZNYTER Sabina</b>	<b>89</b>		K-18	1	00:00:07	00:01:55	00:03:45	00:05:33	00:07:22	00:09:13	00:11:04	00:12:52	<b>00:14:36.93</b>	+00:04:05	4:32	13.2
31	<b>PANCERZYŃSKI Łukasz</b>	<b>66</b>		M-30	10	00:00:07	00:02:00	00:03:53	00:05:44	00:07:32	00:09:24	00:11:17	00:13:11	<b>00:14:53.46</b>	+00:04:21	4:37	13
32	<b>ZIELIŃSKI Grzegorz</b>	<b>100</b>		M-60	1	00:00:08	00:01:45	00:03:31	00:05:22	00:07:14	00:09:10	00:11:05	00:13:01	<b>00:14:53.50</b>	+00:04:21	4:37	13
33	<b>CHODOR Iza</b>	<b>115</b>	TKKF KOSZALIN	K-30	4	00:00:08	00:01:59	00:03:52	00:05:43	00:07:32	00:09:24	00:11:17	00:13:11	<b>00:14:54.09</b>	+00:04:22	4:37	13
34	<b>OSOBNIAK Ryszard</b>	<b>65</b>		M-60	2	00:00:10	00:01:56	00:03:45	00:05:38	00:07:32	00:09:23	00:11:16	00:13:10	<b>00:14:54.99</b>	+00:04:23	4:37	13
35	<b>MARZEC Łukasz</b>	<b>112</b>		M-30	11	00:00:09	00:01:51	00:03:35	00:05:23	00:07:17	00:09:13	00:11:12	00:13:13	<b>00:15:12.69</b>	+00:04:40	4:43	12.7
36	<b>MIŁASZEWSKI Przemysław</b>	<b>54</b>		M-30	12	00:00:06	00:01:50	00:03:40	00:05:37	00:07:39	00:09:43	00:11:46	00:13:50	<b>00:15:48.26</b>	+00:05:16	4:54	12.2
37	<b>KURŁOWICZ Krzysztof</b>	<b>111</b>		M-30	13	00:00:05	00:01:38	00:03:27	00:05:25	00:07:34	00:09:44	00:12:02	00:14:13	<b>00:16:02.13</b>	+00:05:30	4:58	12
38	<b>KOZŁOWIECKI Waldek</b>	<b>38</b>	TKKF KOSZALIN	M-60	3	00:00:09	00:02:05	00:04:06	00:06:08	00:08:12	00:10:13	00:12:16	00:14:19	<b>00:16:22.43</b>	+00:05:50	5:04	11.8
39	<b>WOLF Beata</b>	<b>95</b>	TKKF KOSZALIN	K-40	1	00:00:08	00:01:53	00:03:53	00:06:05	00:08:21	00:10:39	00:13:04	00:15:22	<b>00:17:39.00</b>	+00:07:07	5:28	10.9
40	<b>WAWRZYN Grzegorz</b>	<b>117</b>		M-40	6	00:00:07	00:02:17	00:04:41	00:07:04	00:09:27	00:11:48	00:14:04	00:16:22	<b>00:18:38.60</b>	+00:08:06	5:47	10.4
41	<b>ZUKAL Aleksandra</b>	<b>104</b>		K-40	2	00:00:09	00:02:26	00:04:48	00:07:09	00:09:29	00:11:51	00:14:18	00:16:46	<b>00:19:06.52</b>	+00:08:34	5:55	10.1
42	<b>KOZŁOWIECKA Małgorzata</b>	<b>37</b>		K-50+	2	00:00:09	00:02:23	00:04:47	00:07:15	00:09:43	00:12:18	00:14:44	00:17:09	<b>00:19:33.36</b>	+00:09:01	6:04	9.9

Znaleziono 42 wynik(ów)