

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

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



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

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.218km	1.618km	2.018km	2.418km	2.818km	Netto	Brutto	min/km	km/h
1	ORZECHOWSKI KAMIL	63	TKKF KOSZALIN	KOSZALIN	POLSKA	M-30	1	M 1	00:03:57	00:05:17	00:06:38	00:07:59	00:09:19	00:10:31.71	00:10:31.71	3:15	18.4
2	GAWRON PIOTR	12	ULKS TALEX BORZYTUCHOM	BOROWY MŁYŃ	POLSKA	M-18	1	M 2	00:03:57	00:05:17	00:06:39	00:08:00	00:09:23	00:10:45.94	00:10:45.94	3:20	18
3	SZKOŁUDA MIŁOŚZ	88	DECATHLON KOSZALIN	POLANÓW	POLSKA	M-18	2	M 3	00:04:01	00:05:22	00:06:44	00:08:07	00:09:29	00:10:51.86	00:10:51.86	3:22	17.8
4	HUBERT ŁUKASZ	21	TKKF KOSZALIN	KOSZALIN	POLSKA	M-30	2	M 4	00:04:20	00:05:48	00:07:16	00:08:44	00:10:10	00:11:30.41	00:11:30.41	3:34	16.8
5	NAKONIECZNY RAFAŁ	113	TKKF KOSZALIN	KOSZALIN	POLSKA	M-30	3	M 5	00:04:23	00:05:52	00:07:23	00:08:51	00:10:20	00:11:46.29	00:11:46.29	3:39	16.4
6	SZEWCZUK PAWEŁ	84		ROSNOWO	POLSKA	M-30	4	M 6	00:04:22	00:05:51	00:07:24	00:08:57	00:10:31	00:12:00.94	00:12:00.94	3:43	16.1
7	ZUKAL PIOTR	103		KOSZALIN	POLSKA	M-40	1	M 7	00:04:35	00:06:07	00:07:37	00:09:06	00:10:35	00:12:01.66	00:12:01.66	3:43	16.1
8	SOSNOWSKI TOMASZ	79	MEDEN-INMED SPORTS TEAM	KOSZALIN	POLSKA	M-18	3	M 8	00:04:28	00:06:04	00:07:44	00:09:20	00:10:54	00:12:09.49	00:12:09.49	3:46	15.9
9	ZWOLIŃSKI JAN	106	TKKF KOSZALIN	WIERCISZEWO	POLSKA	M-50	1	M 9	00:04:35	00:06:10	00:07:45	00:09:19	00:10:53	00:12:22.52	00:12:22.52	3:50	15.6
10	ZIELEZIŃSKI PIOTR	110		KOSZALIN	POLSKA	M-18	4	M 10	00:04:35	00:06:11	00:07:48	00:09:26	00:11:04	00:12:46.27	00:12:46.27	3:57	15.1
11	MOSZYŃSKI JACEK	57	TKKF KOSZALIN	KOSZALIN	POLSKA	M-50	2	M 11	00:04:57	00:06:34	00:08:11	00:09:49	00:11:24	00:12:48.45	00:12:48.45	3:58	15.1
12	ŻYWIŃSKI BARTOŚZ	108	DZIKI KOSZALIN	STARKOWO	POLSKA	M-30	5	M 12	00:04:58	00:06:35	00:08:12	00:09:49	00:11:25	00:12:49.76	00:12:49.76	3:58	15.1
13	JAMNIAK BARTOŚZ	23	TKKF KOSZALIN	KOSZALIN	POLSKA	M-30	6	M 13	00:04:46	00:06:24	00:08:03	00:09:43	00:11:23	00:12:49.95	00:12:49.95	3:58	15.1
14	KUŁAKOWSKI DAWID	43	TKKF KOSZALIN	KOSZALIN	POLSKA	M-40	2	M 14	00:05:00	00:06:37	00:08:14	00:09:51	00:11:27	00:12:50.60	00:12:50.60	3:59	15.1
15	JAROSZ JAKUB	114	TKKF KOSZALIN	SUCHA KOSZALIŃSKA	POLSKA	M-18	5	M 15	00:04:57	00:06:34	00:08:11	00:09:48	00:11:23	00:12:54.55	00:12:54.55	4:00	15
16	JAROSZ DARIUSZ	24	TKKF KOSZALIN	SUCHA KOSZALIŃSKA	POLSKA	M-40	3	M 16	00:04:59	00:06:36	00:08:14	00:09:50	00:11:27	00:12:57.53	00:12:57.53	4:01	14.9
17	ZACHOLSKI WOJCIECH	97		KOSZALIN	POLSKA	M-18	6	M 17	00:05:05	00:06:50	00:08:35	00:10:19	00:11:57	00:13:17.77	00:13:17.77	4:07	14.5
18	KONKEL AGNIESZKA	33		KOSZALIN	POLSKA	K-30	1	K 1	00:05:10	00:06:52	00:08:33	00:10:15	00:11:55	00:13:33.71	00:13:33.71	4:12	14.3
19	BASSEL MARCIN	3		KOSZALIN	POLSKA	M-30	7	M 18	00:05:09	00:06:52	00:08:36	00:10:18	00:12:00	00:13:37.17	00:13:37.17	4:13	14.2
20	MILEWSKI TOMASZ	52		KOSZALIN	POLSKA	M-30	8	M 19	00:05:10	00:06:52	00:08:36	00:10:20	00:12:03	00:13:40.79	00:13:40.79	4:14	14.1
21	ROGOŻA IRENEUSZ	71		KOSZALIN	POLSKA	M-40	4	M 20	00:05:14	00:06:57	00:08:40	00:10:23	00:12:08	00:13:41.74	00:13:41.74	4:14	14.1
22	BALICKI MICHAŁ	109		BONIN	POLSKA	M-14	1	M 21	00:05:21	00:07:06	00:08:49	00:10:33	00:12:14	00:13:47.97	00:13:47.97	4:16	14
23	NOREK TOMEK	62		KOSZALIN	POLSKA	M-50	3	M 22	00:05:11	00:06:55	00:08:40	00:10:24	00:12:09	00:13:49.30	00:13:49.30	4:17	14
24	CHODOR MARTYNA	116	TKKF KOSZALIN	KOSZALIN	POLSKA	K-30	2	K 2	00:05:22	00:07:07	00:08:50	00:10:33	00:12:14	00:13:50.46	00:13:50.46	4:17	14
25	MICERSKI TOMASZ	51	TKKF KOSZALIN	KOSZALIN	POLSKA	M-40	5	M 23	00:05:11	00:06:55	00:08:39	00:10:22	00:12:08	00:13:53.74	00:13:53.74	4:18	13.9
26	KRUPIŃSKI KRZYSZTOF	39	E-UROLOG.EU	KOSZALIN	POLSKA	M-50	4	M 24	00:05:19	00:07:04	00:08:50	00:10:37	00:12:23	00:14:05.26	00:14:05.26	4:22	13.7
27	KAMYK PIOTR	25	MH IT SERWIS KOSZALIN	KOSZALIN	POLSKA	M-30	9	M 25	00:05:10	00:06:55	00:08:43	00:10:35	00:12:26	00:14:07.52	00:14:07.52	4:23	13.7
28	SZABLA EWELINA	83	TKKF KOSZALIN	KOSZALIN	POLSKA	K-30	3	K 3	00:05:24	00:07:13	00:09:03	00:10:53	00:12:44	00:14:27.49	00:14:27.49	4:29	13.4
29	DĄBROWSKA ALICJA	10	TKKF KOSZALIN	SIANÓW	POLSKA	K-50+	1	K 4	00:05:43	00:07:31	00:09:18	00:11:06	00:12:54	00:14:28.72	00:14:28.72	4:29	13.4
30	SZNYTER SABINA	89		POLANÓW	POLSKA	K-18	1	K 5	00:05:33	00:07:22	00:09:13	00:11:04	00:12:52	00:14:36.93	00:14:36.93	4:32	13.2
31	PANCERZYŃSKI ŁUKASZ	66		KOSZALIN	POLSKA	M-30	10	M 26	00:05:44	00:07:32	00:09:24	00:11:17	00:13:11	00:14:53.46	00:14:53.46	4:37	13
32	ZIELIŃSKI GRZEGORZ	100		STARE BIELICE	POLSKA	M-60	1	M 27	00:05:22	00:07:14	00:09:10	00:11:05	00:13:01	00:14:53.50	00:14:53.50	4:37	13
33	CHODOR IZA	115	TKKF KOSZALIN	GORZEBĄDZ	POLSKA	K-30	4	K 6	00:05:43	00:07:32	00:09:24	00:11:17	00:13:11	00:14:54.09	00:14:54.09	4:37	13
34	OSOBNIAK RYSZARD	65		KOSZALIN	POLSKA	M-60	2	M 28	00:05:38	00:07:32	00:09:23	00:11:16	00:13:10	00:14:54.99	00:14:54.99	4:37	13
35	MARZEC ŁUKASZ	112		KOSZALIN	POLSKA	M-30	11	M 29	00:05:23	00:07:17	00:09:13	00:11:12	00:13:13	00:15:12.69	00:15:12.69	4:43	12.7
36	MŁASZEWski PRZEMYSŁAW	54		KOSZALIN	POLSKA	M-30	12	M 30	00:05:37	00:07:39	00:09:43	00:11:46	00:13:50	00:15:48.26	00:15:48.26	4:54	12.2
37	KURŁOWICZ KRZYSZTOF	111		KOSZALIN	POLSKA	M-30	13	M 31	00:05:25	00:07:34	00:09:44	00:12:02	00:14:13	00:16:02.13	00:16:02.13	4:58	12
38	KOZŁOWIECKI WALDEK	38	TKKF KOSZALIN	KOSZALIN	POLSKA	M-60	3	M 32	00:06:08	00:08:12	00:10:13	00:12:16	00:14:19	00:16:22.43	00:16:22.43	5:04	11.8
39	WOLF BEATA	95	TKKF KOSZALIN	KOSZALIN	POLSKA	K-40	1	K 7	00:06:05	00:08:21	00:10:39	00:13:04	00:15:22	00:17:39.00	00:17:39.00	5:28	10.9
40	WAWRZYN GRZEGORZ	117		KOSZALIN	POLSKA	M-40	6	M 33	00:07:04	00:09:27	00:11:48	00:14:04	00:16:22	00:18:38.60	00:18:38.60	5:47	10.4
41	ZUKAL ALEKSANDRA	104		KOSZALIN	POLSKA	K-40	2	K 8	00:07:09	00:09:29	00:11:51	00:14:18	00:16:46	00:19:06.52	00:19:06.52	5:55	10.1
42	KOZŁOWIECKA MAŁGORZATA	37		KOSZALIN	POLSKA	K-50+	2	K 9	00:07:15	00:09:43	00:12:18	00:14:44	00:17:09	00:19:33.36	00:19:33.36	6:04	9.9