



# LETNIA MILA BIEGOWA 2017 - EDYCJA 1/3

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2017-05-16  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

| 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 | Czas<br>brutto<br>1.609km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------|-------|---------------------|-----------|------|----------------------|----------------------|----------------------|----------------------|--------------------------|---------------------------|----------------------|-----------------|-----------------|
| 1   | KOZAK Arkadiusz    | 169   | TKKF KOSZALIN       | M-40      | 1    | 00:00:01             | 00:01:17             | 00:02:36             | 00:03:50             | 00:05:03.20              | 00:05:03.20               |                      | 3:08            | 19.1<br>(100%)  |
| 2   | SOBSTEŁ Krystian   | 144   |                     | M-30      | 1    | 00:00:02             | 00:01:20             | 00:02:44             | 00:04:08             | 00:05:22.00              | 00:05:22.00               | +00:00:18<br>(5.8%)  | 3:20            | 18<br>(94.2%)   |
| 3   | JAŻWIŃSKI Dawid    | 845   | TKKF KOSZALIN       | M-13      | 1    | 00:00:02             | 00:01:20             | 00:02:42             | 00:04:08             | 00:05:31.35              | 00:05:31.35               | +00:00:28<br>(8.5%)  | 3:25            | 17.5<br>(91.6%) |
| 4   | SITOWSKI Marcin    | 12    | FC RYSIEK           | M-18      | 1    | 00:00:02             | 00:01:16             | 00:02:40             | 00:04:08             | 00:05:35.80              | 00:05:35.80               | +00:00:32<br>(9.7%)  | 3:28            | 17.3<br>(90.6%) |
| 5   | KOŚCIELNIAK Robert | 89    | TKKF KOSZALIN       | M-50      | 1    | 00:00:02             | 00:01:23             | 00:02:49             | 00:04:15             | 00:05:36.30              | 00:05:36.30               | +00:00:33<br>(9.8%)  | 3:28            | 17.3<br>(90.6%) |
| 6   | GÓRNY Norbert      | 34    | FORMA ROSNOWO       | M-40      | 2    | 00:00:03             | 00:01:24             | 00:02:49             | 00:04:17             | 00:05:43.95              | 00:05:43.95               | +00:00:40<br>(11.8%) | 3:33            | 16.9<br>(88.5%) |
| 7   | SZAMREJ Wojciech   | 29    |                     | M-50      | 2    | 00:00:03             | 00:01:20             | 00:02:48             | 00:04:23             | 00:05:48.65              | 00:05:48.65               | +00:00:45<br>(13.0%) | 3:36            | 16.7<br>(87.4%) |
| 8   | SZULC Arek         | 55    | ROZBIEGANY KOSZALIN | M-40      | 3    | 00:00:03             | 00:01:26             | 00:02:58             | 00:04:27             | 00:05:49.35              | 00:05:49.35               | +00:00:46<br>(13.2%) | 3:36            | 16.6<br>(86.9%) |
| 9   | KONKEL Agnieszka   | 142   |                     | K-30      | 1    | 00:00:03             | 00:01:22             | 00:02:50             | 00:04:21             | 00:05:49.60              | 00:05:49.60               | +00:00:46<br>(13.3%) | 3:36            | 16.6<br>(86.9%) |
| 10  | ZELEK Jan          | 3     | TKKFKOSZALIN        | M-50      | 3    | 00:00:02             | 00:01:24             | 00:02:53             | 00:04:24             | 00:05:50.25              | 00:05:50.25               | +00:00:47<br>(13.4%) | 3:37            | 16.6<br>(86.9%) |
| 11  | RUTKOWSKI Ryszard  | 149   | RUTKOWSKI TEAM      | M-50      | 4    | 00:00:02             | 00:01:22             | 00:02:52             | 00:04:24             | 00:05:50.60              | 00:05:50.60               | +00:00:47<br>(13.5%) | 3:37            | 16.6<br>(86.9%) |
| 12  | KRAKOWIAK Sławomir | 692   |                     | M-40      | 4    | 00:00:02             | 00:01:26             | 00:02:56             | 00:04:28             | 00:05:53.95              | 00:05:53.95               | +00:00:50<br>(14.3%) | 3:39            | 16.4<br>(85.9%) |
| 13  | ZWOLIŃSKI Jan      | 96    | TKKF KOSZALIN       | M-40      | 5    | 00:00:03             | 00:01:26             | 00:02:56             | 00:04:28             | 00:05:55.10              | 00:05:55.10               | +00:00:51<br>(14.6%) | 3:40            | 16.3<br>(85.3%) |
| 14  | BARANOWSKI Piotr   | 25    |                     | M-40      | 6    | 00:00:03             | 00:01:31             | 00:03:03             | 00:04:33             | 00:05:57.20              | 00:05:57.20               | +00:00:54<br>(15.1%) | 3:41            | 16.2<br>(84.8%) |

| Msc | Zawodnik               | Numer | Klub                     | Kategoria | Mkat | Start_All | Start_All | Start_All | Start_All | Czas        | Czas        | Różn                 | Tempo | Tempo           |
|-----|------------------------|-------|--------------------------|-----------|------|-----------|-----------|-----------|-----------|-------------|-------------|----------------------|-------|-----------------|
|     |                        |       |                          |           |      | 0.009km   | 0.409km   | 0.809km   | 1.209km   | netto       | brutto      |                      |       |                 |
| 15  | IWANIEC Dariusz        | 145   | TKKF KOSZALIN            | M-40      | 7    | 00:00:03  | 00:01:27  | 00:02:59  | 00:04:33  | 00:05:58.50 | 00:05:58.50 | +00:00:55<br>(15.4%) | 3:42  | 16.2<br>(84.8%) |
| 16  | KUŁAKOWSKI Dawid       | 60    | TKKF KOSZALIN            | M-40      | 8    | 00:00:04  | 00:01:26  | 00:02:59  | 00:04:34  | 00:06:01.45 | 00:06:01.45 | +00:00:58<br>(16.1%) | 3:44  | 16.1<br>(84.3%) |
| 17  | RUTKOWSKI Artur        | 107   | RUTKOWSKI TEAM           | M-18      | 2    | 00:00:02  | 00:01:31  | 00:03:06  | 00:04:42  | 00:06:08.10 | 00:06:08.10 | +00:01:04<br>(17.6%) | 3:48  | 15.8<br>(82.7%) |
| 18  | ZDROWIECKI Artur       | 225   |                          | M-30      | 2    | 00:00:03  | 00:01:32  | 00:03:08  | 00:04:45  | 00:06:14.35 | 00:06:14.35 | +00:01:11<br>(19.0%) | 3:52  | 15.5<br>(81.2%) |
| 19  | GLISZCZYŃSKI Łukasz    | 799   | UKSN SPRINT SŁAWNO       | M-18      | 3    | 00:00:03  | 00:01:30  | 00:03:07  | 00:04:46  | 00:06:15.65 | 00:06:15.65 | +00:01:12<br>(19.3%) | 3:52  | 15.5<br>(81.2%) |
| 20  | WRÓBLEWSKI Jacek       | 164   | TKKF KOSZALIN            | M-13      | 2    | 00:00:08  | 00:01:31  | 00:03:04  | 00:04:41  | 00:06:16.15 | 00:06:16.15 | +00:01:12<br>(19.4%) | 3:53  | 15.4<br>(80.6%) |
| 21  | CHODOR Martyna         | 35    | TKKF KOSZALIN            | K-30      | 2    | 00:00:03  | 00:01:33  | 00:03:10  | 00:04:50  | 00:06:16.75 | 00:06:16.75 | +00:01:13<br>(19.5%) | 3:53  | 15.4<br>(80.6%) |
| 22  | KONKEL Łukasz          | 33    |                          | M-30      | 3    | 00:00:04  | 00:01:33  | 00:03:08  | 00:04:45  | 00:06:17.05 | 00:06:17.05 | +00:01:13<br>(19.6%) | 3:54  | 15.4<br>(80.6%) |
| 23  | SZABLA Ewelina         | 59    |                          | K-30      | 3    | 00:00:03  | 00:01:29  | 00:03:05  | 00:04:42  | 00:06:17.50 | 00:06:17.50 | +00:01:14<br>(19.7%) | 3:54  | 15.4<br>(80.6%) |
| 24  | WILKOWSKI Krzysztof    | 188   |                          | M-30      | 4    | 00:00:04  | 00:01:37  | 00:03:13  | 00:04:51  | 00:06:20.40 | 00:06:20.40 | +00:01:17<br>(20.3%) | 3:56  | 15.3<br>(80.1%) |
| 25  | ROGOŻA Ireneusz        | 31    |                          | M-40      | 9    | 00:00:04  | 00:01:37  | 00:03:14  | 00:04:52  | 00:06:25.05 | 00:06:25.05 | +00:01:21<br>(21.3%) | 3:59  | 15.1<br>(79.1%) |
| 26  | KAMYK Piotr            | 86    | MH IT SERWIS KOSZALIN    | M-30      | 5    | 00:00:03  | 00:01:32  | 00:03:10  | 00:04:51  | 00:06:29.90 | 00:06:29.90 | +00:01:26<br>(22.2%) | 4:01  | 14.9<br>(78.0%) |
| 27  | MICERSKI Tomasz        | 40    | TKKF KOSZALIN            | M-40      | 10   | 00:00:07  | 00:01:38  | 00:03:20  | 00:05:04  | 00:06:37.65 | 00:06:37.65 | +00:01:34<br>(23.8%) | 4:06  | 14.6<br>(76.4%) |
| 28  | ZUKAL Piotr            | 69    |                          | M-40      | 11   | 00:00:08  | 00:01:47  | 00:03:27  | 00:05:05  | 00:06:39.40 | 00:06:39.40 | +00:01:36<br>(24.1%) | 4:07  | 14.5<br>(75.9%) |
| 29  | STACHOWIAK Gracjan     | 131   | SZK.PODST. 17            | M-Dzieci  | 1    | 00:00:07  | 00:01:39  | 00:03:22  | 00:05:04  | 00:06:40.15 | 00:06:40.15 | +00:01:36<br>(24.2%) | 4:08  | 14.5<br>(75.9%) |
| 30  | SZAMREJ Piotr          | 115   |                          | M-18      | 4    | 00:00:05  | 00:01:40  | 00:03:26  | 00:05:10  | 00:06:49.05 | 00:06:49.05 | +00:01:45<br>(25.9%) | 4:14  | 14.2<br>(74.3%) |
| 31  | CHODOR Izabela         | 46    | TKKF KOSZALIN            | K-30      | 4    | 00:00:04  | 00:01:42  | 00:03:29  | 00:05:15  | 00:06:49.55 | 00:06:49.55 | +00:01:46<br>(26.0%) | 4:14  | 14.2<br>(74.3%) |
| 32  | KRUPIŃSKI Krzysztof    | 106   | E-UROLOG.EU              | M-50      | 5    | 00:00:03  | 00:01:41  | 00:03:28  | 00:05:13  | 00:06:50.90 | 00:06:50.90 | +00:01:47<br>(26.2%) | 4:14  | 14.1<br>(73.8%) |
| 33  | MAJCHRZAK Paweł        | 137   | SUNDAYBIKERS KARINO TEAM | M-40      | 12   | 00:00:04  | 00:01:42  | 00:03:28  | 00:05:14  | 00:06:54.80 | 00:06:54.80 | +00:01:51<br>(26.9%) | 4:17  | 14<br>(73.3%)   |
| 34  | BALICKI Michał         | 102   |                          | M-13      | 3    | 00:00:07  | 00:01:49  | 00:03:36  | 00:05:20  | 00:06:56.65 | 00:06:56.65 | +00:01:53<br>(27.2%) | 4:18  | 13.9<br>(72.8%) |
| 35  | ORZEŁ Anna Justyna     | 4     | TKKF KOSZALIN            | K-40      | 1    | 00:00:04  | 00:01:42  | 00:03:29  | 00:05:23  | 00:06:58.45 | 00:06:58.45 | +00:01:55<br>(27.5%) | 4:19  | 13.9<br>(72.8%) |
| 36  | MASTALERZ Konrad       | 182   | DECATHLON KOSZALIN       | M-18      | 5    | 00:00:04  | 00:01:44  | 00:03:30  | 00:05:19  | 00:07:00.85 | 00:07:00.85 | +00:01:57<br>(28.0%) | 4:20  | 13.8<br>(72.3%) |
| 37  | GRABOWSKA-LESISZ Aneta | 101   |                          | K-30      | 5    | 00:00:05  | 00:01:39  | 00:03:26  | 00:05:16  | 00:07:02.60 | 00:07:02.60 | +00:01:59<br>(28.3%) | 4:22  | 13.7<br>(71.7%) |

| Msc | Zawodnik             | Numer | Klub               | Kategoria | Mkat | Start_All | Start_All | Start_All | Start_All | Czas        | Czas        | Różn                 | Tempo | Tempo           |
|-----|----------------------|-------|--------------------|-----------|------|-----------|-----------|-----------|-----------|-------------|-------------|----------------------|-------|-----------------|
|     |                      |       |                    |           |      | 0.009km   | 0.409km   | 0.809km   | 1.209km   | netto       | brutto      |                      |       |                 |
| 38  | SEEWALD Jan          | 39    |                    | M-40      | 13   | 00:00:08  | 00:01:49  | 00:03:35  | 00:05:22  | 00:07:03.55 | 00:07:03.55 | +00:02:00<br>(28.4%) | 4:22  | 13.7<br>(71.7%) |
| 39  | ZAREMBA Tomasz       | 82    |                    | M-30      | 6    | 00:00:03  | 00:01:33  | 00:03:18  | 00:05:14  | 00:07:08.45 | 00:07:08.45 | +00:02:05<br>(29.2%) | 4:25  | 13.5<br>(70.7%) |
| 40  | KURŁOWICZ Krzysztof  | 116   |                    | M-40      | 14   | 00:00:02  | 00:01:39  | 00:03:29  | 00:05:27  | 00:07:17.35 | 00:07:17.35 | +00:02:14<br>(30.7%) | 4:31  | 13.3<br>(69.6%) |
| 41  | KOSECKI Tomasz       | 36    |                    | M-30      | 7    | 00:00:08  | 00:01:50  | 00:03:43  | 00:05:36  | 00:07:20.45 | 00:07:20.45 | +00:02:17<br>(31.2%) | 4:33  | 13.2<br>(69.1%) |
| 42  | KLENIEWSKI Piotr     | 174   | ZACHODNIOPOMORSKIE | M-50      | 6    | 00:00:02  | 00:01:44  | 00:03:39  | 00:05:33  | 00:07:24.00 | 00:07:24.00 | +00:02:20<br>(31.7%) | 4:35  | 13.1<br>(68.6%) |
| 43  | RADZIWON Emilia      | 16    |                    | K-30      | 6    | 00:00:13  | 00:01:53  | 00:03:45  | 00:05:40  | 00:07:29.05 | 00:07:29.05 | +00:02:25<br>(32.5%) | 4:38  | 12.9<br>(67.5%) |
| 44  | SZULTKA Sylwia       | 450   |                    | K-30      | 7    | 00:00:05  | 00:01:44  | 00:03:36  | 00:05:37  | 00:07:35.05 | 00:07:35.05 | +00:02:31<br>(33.4%) | 4:42  | 12.7<br>(66.5%) |
| 45  | KARNICKI Zygmunt     | 88    | TKKF KOSZALIN      | M-60      | 1    | 00:00:05  | 00:01:45  | 00:03:42  | 00:05:42  | 00:07:38.10 | 00:07:38.10 | +00:02:34<br>(33.8%) | 4:44  | 12.7<br>(66.5%) |
| 46  | PAWLAK Ewelina       | 608   |                    | K-30      | 8    | 00:00:05  | 00:01:47  | 00:03:44  | 00:05:46  | 00:07:46.95 | 00:07:46.95 | +00:02:43<br>(35.1%) | 4:49  | 12.4<br>(64.9%) |
| 47  | RĄP Apolonia         | 8     |                    | K-Dzieci  | 1    | 00:00:13  | 00:02:04  | 00:03:59  | 00:05:55  | 00:07:52.30 | 00:07:52.30 | +00:02:49<br>(35.8%) | 4:53  | 12.3<br>(64.4%) |
| 48  | KOZŁOWIECKI Waldemar | 1     | TKKF KOSZALIN      | M-60      | 2    | 00:00:03  | 00:01:50  | 00:03:51  | 00:05:52  | 00:07:56.50 | 00:07:56.50 | +00:02:53<br>(36.4%) | 4:55  | 12.2<br>(63.9%) |
| 49  | CYRKLEWICZ Weronika  | 560   |                    | K-30      | 9    | 00:00:06  | 00:01:52  | 00:03:56  | 00:06:02  | 00:07:58.90 | 00:07:58.90 | +00:02:55<br>(36.7%) | 4:56  | 12.1<br>(63.4%) |
| 50  | WALCZAK Agnieszka    | 876   | TKKF KOSZALIN      | K-40      | 2    | 00:00:05  | 00:01:50  | 00:03:53  | 00:06:00  | 00:08:04.20 | 00:08:04.20 | +00:03:01<br>(37.4%) | 5:00  | 12<br>(62.8%)   |
| 51  | MICERSKI Damian      | 63    |                    | M-13      | 4    | 00:00:07  | 00:02:03  | 00:04:18  | 00:06:30  | 00:08:28.85 | 00:08:28.85 | +00:03:25<br>(40.4%) | 5:15  | 11.4<br>(59.7%) |
| 52  | MICERSKI Kacper      | 94    |                    | M-Dzieci  | 2    | 00:00:07  | 00:02:03  | 00:04:18  | 00:06:30  | 00:08:33.55 | 00:08:33.55 | +00:03:30<br>(41.0%) | 5:18  | 11.3<br>(59.2%) |
| 53  | IGNACIK Anna         | 172   |                    | K-30      | 10   | 00:00:05  | 00:01:53  | 00:04:06  | 00:06:27  | 00:08:42.45 | 00:08:42.45 | +00:03:39<br>(42.0%) | 5:24  | 11.1<br>(58.1%) |
| 54  | KURCZ Barbara        | 78    | BABECZKI KOSZALIN  | K-40      | 3    | 00:00:11  | 00:02:23  | 00:04:29  | 00:06:35  | 00:08:42.90 | 00:08:42.90 | +00:03:39<br>(42.0%) | 5:24  | 11.1<br>(58.1%) |
| 55  | SEEWALD Julia        | 6     |                    | K-Dzieci  | 2    | 00:00:12  | 00:02:16  | 00:04:26  | 00:06:41  | 00:08:43.95 | 00:08:43.95 | +00:03:40<br>(42.1%) | 5:24  | 11.1<br>(58.1%) |
| 56  | SEEWALD Agnieszka    | 57    |                    | K-30      | 11   | 00:00:12  | 00:02:16  | 00:04:27  | 00:06:41  | 00:08:44.35 | 00:08:44.35 | +00:03:41<br>(42.2%) | 5:25  | 11.1<br>(58.1%) |
| 57  | KOSECKA Sylwia       | 9     |                    | K-18      | 1    | 00:00:12  | 00:02:16  | 00:04:27  | 00:06:41  | 00:08:44.75 | 00:08:44.75 | +00:03:41<br>(42.2%) | 5:25  | 11.1<br>(58.1%) |
| 58  | PAŃCZYK Justyna      | 165   |                    | K-30      | 12   | 00:00:12  | 00:02:22  | 00:04:33  | 00:06:42  | 00:08:46.00 | 00:08:46.00 | +00:03:42<br>(42.4%) | 5:26  | 11<br>(57.6%)   |
| 59  | MAZUREK Hanna        | 150   | BABECZKI KOSZALIN  | K-13      | 1    | 00:00:09  | 00:02:22  | 00:04:32  | 00:06:45  | 00:08:54.45 | 00:08:54.45 | +00:03:51<br>(43.3%) | 5:31  | 10.9<br>(57.1%) |
| 60  | ZUKAL Aleksandra     | 62    |                    | K-40      | 4    | 00:00:06  | 00:02:08  | 00:04:31  | 00:06:50  | 00:09:06.75 | 00:09:06.75 | +00:04:03<br>(44.5%) | 5:39  | 10.6<br>(55.5%) |

| Msc | Zawodnik                    | Numer | Klub                                | Kategoria | Mkat | Start_All | Start_All | Start_All | Start_All | Czas        | Czas        | Różn                 | Tempo | Tempo          |
|-----|-----------------------------|-------|-------------------------------------|-----------|------|-----------|-----------|-----------|-----------|-------------|-------------|----------------------|-------|----------------|
|     |                             |       |                                     |           |      | 0.009km   | 0.409km   | 0.809km   | 1.209km   | netto       | brutto      |                      |       |                |
| 61  | STEC Edyta                  | 163   | BABECZKI KOSZALIN                   | K-30      | 13   | 00:00:12  | 00:02:39  | 00:05:08  | 00:07:32  | 00:09:43.60 | 00:09:43.60 | +00:04:40<br>(48.0%) | 6:02  | 9.9<br>(51.8%) |
| 62  | VON BARDELEBEN Agnieszka    | 141   | BABECZKI KOSZALIN                   | K-40      | 5    | 00:00:11  | 00:02:38  | 00:05:09  | 00:07:33  | 00:09:43.75 | 00:09:43.75 | +00:04:40<br>(48.1%) | 6:02  | 9.9<br>(51.8%) |
| 63  | ZUKAL Jakub                 | 65    |                                     | M-Dzieci  | 3    | 00:00:07  | 00:02:08  | 00:04:30  | 00:07:12  | 00:10:01.50 | 00:10:01.50 | +00:04:58<br>(49.6%) | 6:13  | 9.6<br>(50.3%) |
| 64  | PIETRZAK Julia              | 50    |                                     | K-13      | 2    | 00:00:08  | 00:02:22  | 00:05:15  | 00:07:54  | 00:10:23.65 | 00:10:23.65 | +00:05:20<br>(51.4%) | 6:26  | 9.3<br>(48.7%) |
| 65  | PIETRZAK Mariola            | 77    |                                     | K-50      | 1    | 00:00:10  | 00:02:23  | 00:05:15  | 00:07:54  | 00:10:24.35 | 00:10:24.35 | +00:05:21<br>(51.4%) | 6:27  | 9.3<br>(48.7%) |
| 66  | BĄKOWSKA Agata              | 22    | PRZEDSZKOLE NR 22/BABECZKI KOSZALIN | K-Dzieci  | 3    | 00:00:06  | 00:02:39  | 00:05:40  | 00:08:34  | 00:11:24.05 | 00:11:24.05 | +00:06:20<br>(55.7%) | 7:04  | 8.5<br>(44.5%) |
| 67  | WOJTKIEWICZ-BĄKOWSKA Dorota | 24    | BABECZKI KOSZALIN                   | K-30      | 14   | 00:00:06  | 00:02:39  | 00:05:40  | 00:08:34  | 00:11:24.45 | 00:11:24.45 | +00:06:21<br>(55.7%) | 7:04  | 8.5<br>(44.5%) |
| 68  | TESKA Filip                 | 122   |                                     | M-Dzieci  | 4    | 00:00:07  | 00:02:56  | 00:05:54  | 00:08:49  | 00:11:32.90 | 00:11:32.90 | +00:06:29<br>(56.2%) | 7:09  | 8.4<br>(44.0%) |
| 69  | TESKA Bartosz               | 125   | TKKF KOSZALIN                       | M-40      | 15   | 00:00:07  | 00:02:56  | 00:05:54  | 00:08:49  | 00:11:33.65 | 00:11:33.65 | +00:06:30<br>(56.3%) | 7:10  | 8.4<br>(44.0%) |
| 70  | BARTNIK Marian              | 67    | TKKF KOSZALIN                       | M-70      | 1    | 00:00:02  | 00:02:57  | 00:06:08  | 00:09:20  | 00:12:25.55 | 00:12:25.55 | +00:07:22<br>(59.3%) | 7:42  | 7.8<br>(40.8%) |

Znaleziono 70 wynik(ów)