

# DYSTANS - 1 609 M - BIEG GŁÓWNY

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** Koszalińskie Letnie Mile Biegowe 2023 - 4/4  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2023-08-16  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: 1 Seria

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria 1	Seria 2	0.009km	0.409km	0.809km	1.209km	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
1	<b>MILEWSKI Tomasz</b>	<b>42</b>		1 Seria	1	Tak		00:00:03	00:01:19	00:02:43	00:04:10	<b>00:05:34.56</b>		3:27	17.3 (100%)
2	<b>BARUTOWICZ Grzegorz</b>	<b>41</b>		1 Seria	2	Tak		00:00:03	00:01:25	00:02:55	00:04:26	<b>00:05:52.94</b>	+00:00:18 (5.2%)	3:38	16.5 (95.4%)
3	<b>KONKEL Agnieszka</b>	<b>51</b>		1 Seria	3	Tak		00:00:02	00:01:25	00:02:55	00:04:27	<b>00:05:55.92</b>	+00:00:21 (6.0%)	3:40	16.3 (94.2%)
4	<b>MARTAU Julia</b>	<b>57</b>	WILKI POMORSKIE	1 Seria	4	Tak		00:00:02	00:01:25	00:02:57	00:04:30	<b>00:05:56.00</b>	+00:00:21 (6.0%)	3:41	16.3 (94.2%)
5	<b>KRUK Marcin</b>	<b>119</b>		1 Seria	5	Tak		00:00:03	00:01:27	00:02:58	00:04:31	<b>00:05:59.02</b>	+00:00:24 (6.8%)	3:43	16.1 (93.1%)
6	<b>URBAŃSKI Tomasz</b>	<b>69</b>	BIAŁOGARD BIEGA	1 Seria	6	Tak		00:00:03	00:01:28	00:03:01	00:04:33	<b>00:06:01.84</b>	+00:00:27 (7.5%)	3:44	16 (92.5%)
7	<b>DENISIUK Bartosz</b>	<b>44</b>		1 Seria	7	Tak		00:00:03	00:01:32	00:03:05	00:04:39	<b>00:06:07.30</b>	+00:00:32 (8.9%)	3:48	15.8 (91.3%)
8	<b>OWCZARZ Marcin</b>	<b>62</b>	FIGA TEAM	1 Seria	8	Tak		00:00:04	00:01:30	00:03:04	00:04:41	<b>00:06:10.00</b>	+00:00:35 (9.6%)	3:49	15.7 (90.8%)
9	<b>FEDORCZAK Joanna</b>	<b>47</b>	BIEGOLAS KOSZALIN	1 Seria	9	Tak		00:00:02	00:01:31	00:03:07	00:04:45	<b>00:06:15.65</b>	+00:00:41 (10.9%)	3:53	15.4 (89.0%)
10	<b>KRUPIŃSKI Krzysztof</b>	<b>54</b>	E-UROLOG.EU	1 Seria	10	Tak		00:00:03	00:01:36	00:03:11	00:04:48	<b>00:06:19.59</b>	+00:00:45 (11.9%)	3:55	15.3 (88.4%)
11	<b>GAWROŃSKI Bartosz</b>	<b>121</b>		1 Seria	11	Tak		00:00:03	00:01:34	00:03:11	00:04:50	<b>00:06:21.35</b>	+00:00:46 (12.3%)	3:56	15.2 (87.9%)
12	<b>ORLIKOWSKI Robert</b>	<b>61</b>	POŁCZYŃ BIEGA ?	1 Seria	12	Tak		00:00:04	00:01:33	00:03:08	00:04:49	<b>00:06:35.19</b>	+00:01:00 (15.3%)	4:05	14.7 (85.0%)
13	<b>DRABKOWSKA Agnieszka</b>	<b>45</b>	KRÓLOWA WŁASNEJ BAJKI	1 Seria	13	Tak		00:00:04	00:01:40	00:03:20	00:05:04	<b>00:06:49.70</b>	+00:01:15 (18.3%)	4:14	14.2 (82.1%)
14	<b>ORZEŁ Anna</b>	<b>133</b>		1 Seria	14	Tak		00:00:03	00:01:28	00:03:15	00:05:08	<b>00:06:50.48</b>	+00:01:15 (18.5%)	4:14	14.1 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria 1	Seria 2	0.009km	0.409km	0.809km	1.209km	Czas		Tempo min/km	Tempo km/h
												netto 1.609km	Różn		
15	<b>POŁANIEWSKI Grzegorz</b>	<b>127</b>		1 Seria	15	Tak		00:00:03	00:01:39	00:03:23	00:05:16	<b>00:07:03.10</b>	+00:01:28 (20.9%)	4:22	13.7 (79.2%)
16	<b>STRZELECKI Grzegorz</b>	<b>68</b>	FIGA TEAM	1 Seria	16	Tak		00:00:04	00:01:44	00:03:35	00:05:24	<b>00:07:08.00</b>	+00:01:33 (21.8%)	4:26	13.5 (78.0%)
17	<b>BRATKOWSKI Łukasz</b>	<b>43</b>		1 Seria	17	Tak		00:00:04	00:01:50	00:03:41	00:05:33	<b>00:07:17.56</b>	+00:01:43 (23.5%)	4:31	13.3 (76.9%)
18	<b>MONGIAŁO Marcin</b>	<b>59</b>		1 Seria	18	Tak		00:00:04	00:01:53	00:03:44	00:05:34	<b>00:07:19.93</b>	+00:01:45 (24.0%)	4:32	13.2 (76.3%)
19	<b>KLENIEWSKI Piotr</b>	<b>50</b>		1 Seria	19	Tak		00:00:04	00:01:56	00:03:54	00:05:49	<b>00:07:33.93</b>	+00:01:59 (26.3%)	4:41	12.8 (74.0%)
20	<b>GÓRALSKA Monika</b>	<b>49</b>	BIAŁOGARD BIEGA	1 Seria	20	Tak		00:00:03	00:01:52	00:03:49	00:05:45	<b>00:07:34.64</b>	+00:02:00 (26.4%)	4:42	12.8 (74.0%)
21	<b>POŁANIECKA Agnieszka</b>	<b>64</b>	AZS	1 Seria	21	Tak		00:00:04	00:02:11	00:04:24	00:06:34	<b>00:08:27.84</b>	+00:02:53 (34.1%)	5:15	11.4 (65.9%)
22	<b>KOZŁOWIECKI Waldemar</b>	<b>53</b>	TKKF KOSZALIN	1 Seria	22	Tak		00:00:05	00:02:12	00:04:24	00:06:34	<b>00:08:28.64</b>	+00:02:54 (34.2%)	5:15	11.4 (65.9%)
23	<b>KRZYSZTOFIK Katarzyna</b>	<b>75</b>		1 Seria	23	Tak		00:00:03	00:02:11	00:04:27	00:06:45	<b>00:08:48.92</b>	+00:03:14 (36.7%)	5:28	11 (63.6%)
24	<b>ZIELIŃSKA Katarzyna</b>	<b>79</b>		1 Seria	24	Tak		00:00:03	00:02:11	00:04:27	00:06:45	<b>00:08:52.74</b>	+00:03:18 (37.2%)	5:30	10.9 (63.0%)
25	<b>WALKOWIAK Daria</b>	<b>78</b>		1 Seria	25	Tak		00:00:03	00:02:11	00:04:27	00:06:45	<b>00:08:55.03</b>	+00:03:20 (37.5%)	5:32	10.8 (62.4%)
26	<b>CICHOSZ Janusz</b>	<b>128</b>		1 Seria	26	Tak		00:00:06	00:02:26	00:04:56	00:07:37	<b>00:10:10.78</b>	+00:04:36 (45.2%)	6:19	9.5 (54.9%)

Znaleziono 26 wynik(ów)