

# DYSTANS - 1 609 M - BIEG GŁÓWNY

B4SPORT  
INTELEGENTE ZAWODY SPORTOWE

**Wydarzenie:** Koszalińskie Letnie Mile Biegowe 2023 - 2/4  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2023-07-12  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

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>PROWANCKI Patryk</b>	<b>65</b>	WILKI POMORSKIE	M18	1		Tak	00:00:02	00:01:11	00:02:25	00:03:39	<b>00:04:47.15</b>		2:58	20.2 (100%)
2	<b>KOZAK Arkadiusz</b>	<b>52</b>	TKKF KOSZALIN	M50	1		Tak	00:00:02	00:01:12	00:02:28	00:03:45	<b>00:05:01.85</b>	+00:00:14 (4.9%)	3:07	19.2 (95.0%)
3	<b>FEDORCZAK Łukasz</b>	<b>46</b>	BIEGOLAS KOSZALIN	M18	2		Tak	00:00:02	00:01:14	00:02:33	00:03:57	<b>00:05:12.43</b>	+00:00:25 (8.1%)	3:13	18.6 (92.1%)
4	<b>WERS Krzysztof</b>	<b>72</b>		M18	3		Tak	00:00:03	00:01:18	00:02:37	00:03:58	<b>00:05:13.16</b>	+00:00:26 (8.3%)	3:14	18.5 (91.6%)
5	<b>HOŁUB Kamil</b>	<b>35</b>		M40	1		Tak	00:00:02	00:01:15	00:02:36	00:04:00	<b>00:05:17.01</b>	+00:00:29 (9.4%)	3:17	18.3 (90.6%)
6	<b>GAWRON Piotr</b>	<b>66</b>		M18	4		Tak	00:00:02	00:01:13	00:02:34	00:03:59	<b>00:05:20.41</b>	+00:00:33 (10.4%)	3:18	18.1 (89.6%)
7	<b>PICK Tomasz</b>	<b>63</b>	BIEGOLAS / KORONA	M50	2		Tak	00:00:03	00:01:19	00:02:43	00:04:06	<b>00:05:21.29</b>	+00:00:34 (10.6%)	3:19	18 (89.1%)
8	<b>WITKIEWICZ Eryk</b>	<b>73</b>	KB DZIESIĄTKA BIALOGARD	M40	2		Tak	00:00:02	00:01:18	00:02:42	00:04:07	<b>00:05:24.09</b>	+00:00:36 (11.4%)	3:21	17.9 (88.6%)
9	<b>MARCHLEWSKI Maciej</b>	<b>56</b>		M14	1		Tak	00:00:03	00:01:18	00:02:38	00:04:04	<b>00:05:24.57</b>	+00:00:37 (11.5%)	3:21	17.9 (88.6%)
10	<b>WEBER Paweł</b>	<b>71</b>	BIEGOLAS	M40	3		Tak	00:00:03	00:01:19	00:02:43	00:04:08	<b>00:05:28.44</b>	+00:00:41 (12.6%)	3:23	17.7 (87.6%)
11	<b>SMAGOWSKI Wojtek</b>	<b>67</b>	OSP RĄBINO	M40	4		Tak	00:00:03	00:01:19	00:02:43	00:04:10	<b>00:05:33.88</b>	+00:00:46 (14.0%)	3:26	17.4 (86.1%)
12	<b>KRYNICKA - GRZYB Małgorzata</b>	<b>16</b>		K18	1	Tak		00:00:02	00:01:18	00:02:42	00:04:11	<b>00:05:38.65</b>	+00:00:51 (15.2%)	3:30	17.1 (84.7%)
13	<b>MILEWSKI Tomasz</b>	<b>42</b>		M18	5	Tak		00:00:03	00:01:19	00:02:45	00:04:14	<b>00:05:39.35</b>	+00:00:52 (15.4%)	3:30	17.1 (84.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria 1	Seria 2	0.009km	0.409km	0.809km	1.209km	Czas netto		Tempo min/km	Tempo km/h
												1.609km	Różn		
14	WALEŃSKI Michał	70	TKKF KOSZALIN	M40	5		Tak	00:00:03	00:01:23	00:02:50	00:04:19	<b>00:05:47.34</b>	+00:01:00 (17.3%)	3:35	16.7 (82.7%)
15	KONKEL Agnieszka	51		K18	2	Tak		00:00:03	00:01:21	00:02:49	00:04:19	<b>00:05:49.27</b>	+00:01:02 (17.8%)	3:36	16.6 (82.2%)
16	BARUTOWICZ Grzegorz	41		M40	6	Tak		00:00:03	00:01:24	00:02:58	00:04:33	<b>00:06:01.14</b>	+00:01:13 (20.5%)	3:44	16 (79.2%)
17	MARTAU Julia	57	WILKI POMORSKIE	K14	1	Tak		00:00:03	00:01:23	00:02:57	00:04:33	<b>00:06:01.86</b>	+00:01:14 (20.6%)	3:44	16 (79.2%)
18	DENISIUK Bartek	33		M18	6	Tak		00:00:04	00:01:33	00:03:07	00:04:39	<b>00:06:02.98</b>	+00:01:15 (20.9%)	3:44	16 (79.2%)
19	URBAŃSKI Tomasz	69	BIAŁOGARD BIEGA	M50	3	Tak		00:00:04	00:01:23	00:02:54	00:04:29	<b>00:06:03.83</b>	+00:01:16 (21.1%)	3:45	16 (79.2%)
20	KRYNICKA Magdalena	55		K18	3	Tak		00:00:03	00:01:22	00:02:56	00:04:40	<b>00:06:21.48</b>	+00:01:34 (24.7%)	3:56	15.2 (75.2%)
21	OWCZARZ Marcin	62	FIGA TEAM	M18	7		Tak	00:00:03	00:01:34	00:03:12	00:04:50	<b>00:06:24.64</b>	+00:01:37 (25.3%)	3:58	15.1 (74.8%)
22	KRUPIŃSKI Krzysztof	54	E-UROLOG.EU	M50	4	Tak		00:00:03	00:01:36	00:03:11	00:04:49	<b>00:06:25.88</b>	+00:01:38 (25.6%)	3:59	15 (74.3%)
23	ORLIKOWSKI Robert	61	POŁCZYN BIEGA ?	M18	8	Tak		00:00:04	00:01:24	00:03:03	00:04:46	<b>00:06:29.88</b>	+00:01:42 (26.3%)	4:01	14.9 (73.8%)
24	FEDORCZAK Joanna	47	BIEGOLAS KOSZALIN	K40	1	Tak		00:00:03	00:01:34	00:03:12	00:04:54	<b>00:06:31.34</b>	+00:01:44 (26.6%)	4:03	14.8 (73.3%)
25	RUTKOWSKI Artur	91		M18	9		Tak	00:00:03	00:01:40	00:03:22	00:05:05	<b>00:06:41.52</b>	+00:01:54 (28.5%)	4:09	14.4 (71.3%)
26	DRABKOWSKA Agnieszka	45	KRÓLOWA WŁASNEJ BAJKI	K40	2	Tak		00:00:03	00:01:33	00:03:13	00:04:59	<b>00:06:47.37</b>	+00:02:00 (29.5%)	4:12	14.2 (70.3%)
27	GIEDROWICZ Aleksandra	48		K18	4			00:00:05	00:01:35	00:03:15	00:05:01	<b>00:06:50.00</b>	+00:02:02 (30.0%)	4:14	14.1 (69.8%)
28	STOKROCKI Wojciech	81		M40	7			00:00:05	00:01:49	00:03:42	00:05:29	<b>00:06:58.81</b>	+00:02:11 (31.4%)	4:19	13.9 (68.8%)
29	STRZELECKI Grzegorz	68	FIGA TEAM	M40	8		Tak	00:00:03	00:01:41	00:03:29	00:05:20	<b>00:06:59.00</b>	+00:02:11 (31.5%)	4:20	13.8 (68.3%)
30	MONGIAŁO Marcin	59		M40	9	Tak		00:00:04	00:01:45	00:03:30	00:05:17	<b>00:07:02.14</b>	+00:02:14 (32.0%)	4:22	13.7 (67.8%)
31	SEWALD Julia	94		K14	2	Tak		00:00:03	00:01:39	00:03:30	00:05:27	<b>00:07:16.41</b>	+00:02:29 (34.2%)	4:30	13.3 (65.8%)
32	GÓRALSKA Monika	49	BIAŁOGARD BIEGA	K40	3	Tak		00:00:04	00:01:43	00:03:36	00:05:34	<b>00:07:23.35</b>	+00:02:36 (35.2%)	4:35	13.1 (64.9%)
33	BRATKOWSKI Łukasz	43		M40	10	Tak		00:00:04	00:01:49	00:03:42	00:05:38	<b>00:07:31.25</b>	+00:02:44 (36.4%)	4:40	12.8 (63.4%)
34	KLENIEWSKI Piotr	50		M60	1	Tak		00:00:04	00:01:56	00:03:55	00:05:52	<b>00:07:45.27</b>	+00:02:58 (38.3%)	4:48	12.5 (61.9%)
35	KOZŁOWIECKI Waldemar	53		M70+	1			00:00:05	00:01:58	00:04:00	00:05:55	<b>00:07:55.00</b>	+00:03:07 (39.5%)	4:55	12.2 (60.4%)
36	POŁANIECKA Agnieszka	64	AZS	K50	1	Tak		00:00:03	00:02:07	00:04:19	00:06:26	<b>00:08:24.39</b>	+00:03:37 (43.1%)	5:13	11.5 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria 1	Seria 2	0.009km	0.409km	0.809km	1.209km	Czas netto		Tempo min/km	Tempo km/h
												1.609km	Różn		
37	<b>KRZYSZTOFIK Katarzyna</b>	<b>75</b>		K18	5	Tak		00:00:04	00:02:03	00:04:14	00:06:26	<b>00:08:34.72</b>	+00:03:47 (44.2%)	5:19	11.3 (55.9%)
38	<b>ZIELIŃSKA Katarzyna</b>	<b>79</b>		K40	4	Tak		00:00:04	00:02:08	00:04:23	00:06:36	<b>00:08:40.07</b>	+00:03:52 (44.8%)	5:23	11.1 (55.0%)
39	<b>WALKOWIAK Daria</b>	<b>78</b>		K18	6	Tak		00:00:04	00:02:08	00:04:22	00:06:36	<b>00:08:44.42</b>	+00:03:57 (45.2%)	5:25	11.1 (55.0%)

Znaleziono 39 wynik(ów)