

# DYSTANS - 1 609 M - BIEG GŁÓWNY

B4SPORT  
INTELEGENCNE 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: 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>JEFIMCZYK Norbert</b>	<b>130</b>		2 Seria	1		Tak	00:00:02	00:01:06	00:02:14	00:03:22	<b>00:04:26.10</b>		2:45	21.8 (100%)
2	<b>PROWANCKI Patryk</b>	<b>65</b>	WILKI POMORSKIE	2 Seria	2		Tak	00:00:02	00:01:06	00:02:17	00:03:31	<b>00:04:40.09</b>	+00:00:13 (5.0%)	2:54	20.7 (95.0%)
3	<b>FEDORCZAK Łukasz</b>	<b>46</b>	BIEGOLAS KOSZALIN	2 Seria	3		Tak	00:00:02	00:01:15	00:02:34	00:03:53	<b>00:05:09.29</b>	+00:00:43 (14.0%)	3:12	18.7 (85.8%)
4	<b>SMAGOWSKI Wojtek</b>	<b>66</b>	OSP RĘBINO	2 Seria	4		Tak	00:00:02	00:01:15	00:02:36	00:04:00	<b>00:05:19.66</b>	+00:00:53 (16.8%)	3:18	18.2 (83.5%)
5	<b>PICK Tomasz</b>	<b>63</b>	BIEGOLAS / KORONA	2 Seria	5		Tak	00:00:03	00:01:24	00:02:49	00:04:15	<b>00:05:29.01</b>	+00:01:02 (19.1%)	3:24	17.6 (80.7%)
6	<b>WITKIEWICZ Eryk</b>	<b>73</b>	KB DZIESIĄTKA BIAŁOGARD	2 Seria	6		Tak	00:00:02	00:01:21	00:02:45	00:04:14	<b>00:05:31.25</b>	+00:01:05 (19.7%)	3:25	17.5 (80.3%)
7	<b>SMAGOWSKI Wojtek</b>	<b>67</b>	OSP RĘBINO	2 Seria	7		Tak	00:00:02	00:01:21	00:02:46	00:04:12	<b>00:05:33.19</b>	+00:01:07 (20.1%)	3:26	17.4 (79.8%)
8	<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>	+00:01:08 (20.5%)	3:27	17.3 (79.4%)
9	<b>JĘCEK Mateusz</b>	<b>131</b>		2 Seria	8		Tak	00:00:03	00:01:21	00:02:46	00:04:14	<b>00:05:38.34</b>	+00:01:12 (21.3%)	3:30	17.1 (78.4%)
10	<b>WALEŃSKI Michał</b>	<b>70</b>	TKKF KOSZALIN	2 Seria	9		Tak	00:00:02	00:01:25	00:02:53	00:04:21	<b>00:05:43.00</b>	+00:01:16 (22.4%)	3:33	16.9 (77.5%)
11	<b>KURKOWSKI Piotr</b>	<b>134</b>		2 Seria	10		Tak	00:00:02	00:01:19	00:02:48	00:04:17	<b>00:05:46.41</b>	+00:01:20 (23.2%)	3:35	16.7 (76.6%)
12	<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>	+00:01:26 (24.6%)	3:38	16.5 (75.7%)
13	<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>	+00:01:29 (25.2%)	3:40	16.3 (74.8%)

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	<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>	+00:01:29 (25.3%)	3:41	16.3 (74.8%)
15	<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>	+00:01:32 (25.9%)	3:43	16.1 (73.9%)
16	<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>	+00:01:35 (26.5%)	3:44	16 (73.4%)
17	<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>	+00:01:41 (27.6%)	3:48	15.8 (72.5%)
18	<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>	+00:01:43 (28.1%)	3:49	15.7 (72.0%)
19	<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>	+00:01:49 (29.2%)	3:53	15.4 (70.6%)
20	<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>	+00:01:53 (29.9%)	3:55	15.3 (70.2%)
21	<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>	+00:01:55 (30.2%)	3:56	15.2 (69.7%)
22	<b>ORLIKOWSKI Robert</b>	<b>61</b>	POŁCZYN BIEGA ?	1 Seria	12	Tak		00:00:04	00:01:33	00:03:08	00:04:49	<b>00:06:35.19</b>	+00:02:09 (32.7%)	4:05	14.7 (67.4%)
23	<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>	+00:02:23 (35.0%)	4:14	14.2 (65.1%)
24	<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>	+00:02:24 (35.2%)	4:14	14.1 (64.7%)
25	<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>	+00:02:36 (37.1%)	4:22	13.7 (62.8%)
26	<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>	+00:02:41 (37.8%)	4:26	13.5 (61.9%)
27	<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>	+00:02:51 (39.2%)	4:31	13.3 (61.0%)
28	<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>	+00:02:53 (39.5%)	4:32	13.2 (60.6%)
29	<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>	+00:03:07 (41.4%)	4:41	12.8 (58.7%)
30	<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>	+00:03:08 (41.5%)	4:42	12.8 (58.7%)
31	<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>	+00:04:01 (47.6%)	5:15	11.4 (52.3%)
32	<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>	+00:04:02 (47.7%)	5:15	11.4 (52.3%)
33	<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>	+00:04:22 (49.7%)	5:28	11 (50.5%)
34	<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>	+00:04:26 (50.1%)	5:30	10.9 (50.0%)
35	<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>	+00:04:28 (50.3%)	5:32	10.8 (49.5%)
36	<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>	+00:05:44 (56.4%)	6:19	9.5 (43.6%)

Znaleziono 36 wynik(ów)