

# KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 1 MILA

B4SPORT

**Organizator:** Urząd Miasta i Gminy Koszalin, Zarząd Obiektów Sportowych Sp. z o.o.  
**Data:** 2016-11-11  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.609km	Czas brutto 1.609km	Różn	Tempo min/km	Tempo km/h
1	<b>IGNACZAK Piotr</b>	<b>256</b>	KB 10 BIAŁOGARD	M-OPEN	1	00:00:03	<b>00:05:20.70</b>	<b>00:05:24.55</b>		3:19	18.1 (100%)
2	<b>BARAŃSKI Przemysław</b>	<b>243</b>	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M-OPEN	2	00:00:03	<b>00:05:27.20</b>	<b>00:05:31.15</b>	+00:00:06 (2.0%)	3:23	17.7 (97.8%)
3	<b>TUTUS Michał</b>	<b>290</b>	JW 1223	M-OPEN	3	00:00:05	<b>00:05:31.90</b>	<b>00:05:37.15</b>	+00:00:11 (3.4%)	3:26	17.5 (96.7%)
4	<b>CHWIAŁKOWSKI Cyprian</b>	<b>246</b>		M-OPEN	4	00:00:04	<b>00:05:36.00</b>	<b>00:05:40.70</b>	+00:00:15 (4.6%)	3:28	17.3 (95.6%)
5	<b>JAŻWIŃSKI Dawid</b>	<b>262</b>	TKKF KOSZALIN	M-OPEN	5	00:00:04	<b>00:05:47.30</b>	<b>00:05:51.90</b>	+00:00:26 (7.7%)	3:35	16.7 (92.3%)
6	<b>ŚNIADECKI Wojciech</b>	<b>289</b>		M-OPEN	6	00:00:05	<b>00:05:53.65</b>	<b>00:05:59.35</b>	+00:00:32 (9.3%)	3:39	16.4 (90.6%)
7	<b>SIWIK Stanisław</b>	<b>283</b>	283. KRT DARŻEWO	M-OPEN	7	00:00:05	<b>00:05:54.60</b>	<b>00:06:00.45</b>	+00:00:33 (9.6%)	3:40	16.3 (90.1%)
8	<b>ZBOIŃSKI Wojciech</b>	<b>294</b>		M-OPEN	8	00:00:04	<b>00:05:55.45</b>	<b>00:05:59.55</b>	+00:00:34 (9.8%)	3:40	16.3 (90.1%)
9	<b>WEBER Paweł</b>	<b>291</b>		M-OPEN	9	00:00:04	<b>00:06:04.00</b>	<b>00:06:08.55</b>	+00:00:43 (11.9%)	3:46	15.9 (87.8%)
10	<b>FRONTCZAK Izabela</b>	<b>251</b>	TKKF KOSZALIN	K-OPEN	1	00:00:05	<b>00:06:14.35</b>	<b>00:06:19.90</b>	+00:00:53 (14.3%)	3:52	15.5 (85.6%)
11	<b>JAROSZ Jakub</b>	<b>259</b>	TKKF KOSZALIN	M-OPEN	10	00:00:04	<b>00:06:24.40</b>	<b>00:06:29.35</b>	+00:01:03 (16.6%)	3:59	15.1 (83.4%)
12	<b>PEC Daniel</b>	<b>274</b>		M-OPEN	11	00:00:04	<b>00:06:31.05</b>	<b>00:06:35.20</b>	+00:01:10 (18.0%)	4:02	14.8 (81.8%)
13	<b>JAROSZ Dariusz</b>	<b>260</b>	TKKF KOSZALIN	M-OPEN	12	00:00:05	<b>00:06:31.40</b>	<b>00:06:36.95</b>	+00:01:10 (18.1%)	4:02	14.8 (81.8%)
14	<b>JAROSZ Konrad</b>	<b>261</b>	GIMNAZJUM NR 9	M-OPEN	13	00:00:05	<b>00:06:31.55</b>	<b>00:06:37.25</b>	+00:01:10 (18.1%)	4:03	14.8 (81.8%)
15	<b>BRONIKOWSKI Adrian</b>	<b>296</b>		M-OPEN	14	00:00:04	<b>00:06:41.80</b>	<b>00:06:46.35</b>	+00:01:21 (20.2%)	4:09	14.4 (79.6%)
16	<b>WRÓBLEWSKI Jacek</b>	<b>293</b>	GIMNAZJUM 7	M-OPEN	15	00:00:04	<b>00:06:44.25</b>	<b>00:06:49.20</b>	+00:01:23 (20.7%)	4:11	14.3 (79.0%)
17	<b>GAWROŃSKI Paweł</b>	<b>252</b>		M-OPEN	16	00:00:05	<b>00:06:50.30</b>	<b>00:06:55.55</b>	+00:01:29 (21.8%)	4:14	14.1 (77.9%)
18	<b>GRZYBOWSKI Piotr</b>	<b>254</b>	KB RUN 42	M-OPEN	17	00:00:04	<b>00:06:53.80</b>	<b>00:06:58.15</b>	+00:01:33 (22.5%)	4:17	14 (77.3%)
19	<b>SZADZIŃSKA Natalia</b>	<b>286</b>	KSKK	K-OPEN	2	00:00:05	<b>00:07:06.55</b>	<b>00:07:11.70</b>	+00:01:45 (24.8%)	4:24	13.6 (75.1%)
20	<b>STĘPNIEWSKI Karol</b>	<b>285</b>		M-OPEN	18	00:00:04	<b>00:07:08.30</b>	<b>00:07:12.70</b>	+00:01:47 (25.1%)	4:25	13.5 (74.6%)
21	<b>SZULC Marcel</b>	<b>288</b>	ROZBIEGANY KOSZALIN	M-OPEN	19	00:00:05	<b>00:07:54.05</b>	<b>00:07:59.75</b>	+00:02:33 (32.3%)	4:54	12.2 (67.4%)
22	<b>SZULC Arkadiusz</b>	<b>287</b>	ROZBIEGANY KOSZALIN	M-OPEN	20	00:00:05	<b>00:07:54.50</b>	<b>00:08:00.35</b>	+00:02:33 (32.4%)	4:55	12.2 (67.4%)
23	<b>HAJDAS Daniel</b>	<b>255</b>	SYLWETKA4YOU	M-OPEN	21	00:00:07	<b>00:07:59.90</b>	<b>00:08:07.00</b>	+00:02:39 (33.2%)	4:58	12.1 (66.9%)
24	<b>KORDECKI Oskar</b>	<b>266</b>		M-OPEN	22	00:00:04	<b>00:08:03.75</b>	<b>00:08:08.45</b>	+00:02:43 (33.7%)	5:00	12 (66.3%)
25	<b>MICHALAK Daria</b>	<b>271</b>	ZSP1 SŁUPSK	K-OPEN	3	00:00:04	<b>00:08:10.50</b>	<b>00:08:15.05</b>	+00:02:49 (34.6%)	5:04	11.8 (65.2%)
26	<b>GŁOWACKI Włodzimierz</b>	<b>253</b>		M-OPEN	23	00:00:23	<b>00:08:18.15</b>	<b>00:08:41.15</b>	+00:02:57 (35.6%)	5:09	11.6 (64.1%)
27	<b>CYGAN Hanna</b>	<b>248</b>		K-OPEN	4	00:00:06	<b>00:08:40.05</b>	<b>00:08:46.20</b>	+00:03:19 (38.3%)	5:22	11.1 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.609km	Czas brutto 1.609km	Różn	Tempo min/km	Tempo km/h
28	<b>BANASZEK Jakub</b>	<b>242</b>	ZSS OBJAZDA	M-OPEN	24	00:00:04	<b>00:08:40.10</b>	<b>00:08:44.95</b>	+00:03:19 (38.3%)	5:22	11.1 (61.3%)
29	<b>WIŚNIEWSKI Paweł</b>	<b>292</b>	FOOTBALL ACADEMY KOSZALIN	M-OPEN	25	00:00:04	<b>00:09:09.80</b>	<b>00:09:14.75</b>	+00:03:49 (41.7%)	5:41	10.5 (58.0%)
30	<b>JANACZYK Eliza</b>	<b>258</b>	SP10	K-OPEN	5	00:00:08	<b>00:09:20.50</b>	<b>00:09:28.75</b>	+00:03:59 (42.8%)	5:47	10.4 (57.5%)
31	<b>FOSTACZ Agata</b>	<b>250</b>	ZSS OBJAZDA	K-OPEN	6	00:00:05	<b>00:09:31.25</b>	<b>00:09:36.80</b>	+00:04:10 (43.9%)	5:54	10.2 (56.4%)
32	<b>BEK Kacper</b>	<b>245</b>	GRYF LOK BIAŁOGARD	M-OPEN	26	00:00:08	<b>00:09:41.90</b>	<b>00:09:50.45</b>	+00:04:21 (44.9%)	6:01	10 (55.2%)
33	<b>WĄSIK Klaudia</b>	<b>297</b>	GRYF LOK BIAŁOGARD	K-OPEN	7	00:00:08	<b>00:09:42.00</b>	<b>00:09:50.80</b>	+00:04:21 (44.9%)	6:01	10 (55.2%)
34	<b>ROGANOWSKI Rafał</b>	<b>279</b>		M-OPEN	27	00:00:08	<b>00:09:57.65</b>	<b>00:10:05.90</b>	+00:04:36 (46.3%)	6:10	9.7 (53.6%)
35	<b>ROGANOWSKI Krzysztof</b>	<b>281</b>		M-OPEN	28	00:00:08	<b>00:09:58.10</b>	<b>00:10:06.10</b>	+00:04:37 (46.4%)	6:11	9.7 (53.6%)
36	<b>ROGANOWSKI Hubert</b>	<b>280</b>		M-OPEN	29	00:00:07	<b>00:09:58.50</b>	<b>00:10:05.95</b>	+00:04:37 (46.4%)	6:11	9.7 (53.6%)
37	<b>KRACZKOWSKI Marcel</b>	<b>267</b>		M-OPEN	30	00:00:04	<b>00:10:19.65</b>	<b>00:10:24.50</b>	+00:04:58 (48.2%)	6:25	9.3 (51.4%)
38	<b>MAZUREK Hanna</b>	<b>270</b>	BABECZKI KOSZALIN	K-OPEN	8	00:00:07	<b>00:10:25.35</b>	<b>00:10:32.55</b>	+00:05:04 (48.7%)	6:28	9.3 (51.4%)
39	<b>KRAMARZ Stanisław</b>	<b>269</b>	ROSSBIEGANI	M-OPEN	31	00:00:07	<b>00:10:31.50</b>	<b>00:10:38.95</b>	+00:05:10 (49.2%)	6:31	9.2 (50.8%)
40	<b>BAGIŃSKA Agnieszka</b>	<b>241</b>		K-OPEN	9	00:00:06	<b>00:10:33.55</b>	<b>00:10:39.85</b>	+00:05:12 (49.4%)	6:33	9.2 (50.8%)
41	<b>IMIOŁEK Marcel</b>	<b>257</b>		M-OPEN	32	00:00:07	<b>00:10:36.50</b>	<b>00:10:43.85</b>	+00:05:15 (49.6%)	6:35	9.1 (50.3%)
42	<b>KRAMARZ Aneta</b>	<b>268</b>	ROSSBIEGANI	K-OPEN	10	00:00:07	<b>00:10:36.80</b>	<b>00:10:44.35</b>	+00:05:16 (49.6%)	6:35	9.1 (50.3%)
43	<b>SKOWRON Adam</b>	<b>284</b>	CSSP	M-OPEN	33	00:00:08	<b>00:10:45.55</b>	<b>00:10:53.90</b>	+00:05:24 (50.3%)	6:40	9 (49.7%)
44	<b>KAZIMIERCZAK Leszek</b>	<b>298</b>	CSSP	M-OPEN	34	00:00:07	<b>00:10:46.60</b>	<b>00:10:53.65</b>	+00:05:25 (50.4%)	6:41	9 (49.7%)
45	<b>RABKA Michał</b>	<b>277</b>		M-OPEN	35	00:00:06	<b>00:10:50.30</b>	<b>00:10:56.60</b>	+00:05:29 (50.7%)	6:43	8.9 (49.2%)
46	<b>RABKA Monika</b>	<b>276</b>		K-OPEN	11	00:00:06	<b>00:10:54.55</b>	<b>00:11:00.70</b>	+00:05:33 (51.0%)	6:46	8.9 (49.2%)
47	<b>KARMAZYN-GAWĘDA Barbara</b>	<b>263</b>		K-OPEN	12	00:00:05	<b>00:11:02.10</b>	<b>00:11:07.75</b>	+00:05:41 (51.6%)	6:51	8.8 (48.6%)
48	<b>CYGAN Ewa</b>	<b>247</b>		K-OPEN	13	00:00:06	<b>00:11:32.40</b>	<b>00:11:38.55</b>	+00:06:11 (53.7%)	7:09	8.4 (46.4%)
49	<b>SIENKIEWICZ Julia</b>	<b>282</b>		K-OPEN	14	00:00:05	<b>00:11:37.15</b>	<b>00:11:42.40</b>	+00:06:16 (54.0%)	7:12	8.3 (45.9%)
50	<b>KOMOROWSKI Maksymilian</b>	<b>265</b>	SP 10	M-OPEN	36	00:00:07	<b>00:11:42.90</b>	<b>00:11:50.55</b>	+00:06:22 (54.4%)	7:16	8.2 (45.3%)
51	<b>RABKA Jakub</b>	<b>278</b>		M-OPEN	37	00:00:06	<b>00:12:16.75</b>	<b>00:12:23.50</b>	+00:06:56 (56.5%)	7:37	7.9 (43.6%)
52	<b>DYBA Ryszard</b>	<b>249</b>		M-OPEN	38	00:00:06	<b>00:12:17.00</b>	<b>00:12:23.75</b>	+00:06:56 (56.5%)	7:37	7.9 (43.6%)
53	<b>ZDROWIECKI Igor</b>	<b>295</b>		M-OPEN	39	00:00:04	<b>00:12:21.20</b>	<b>00:12:26.15</b>	+00:07:00 (56.7%)	7:40	7.8 (43.1%)
54	<b>BARTNIK Marian</b>	<b>244</b>	TKKF KOSZALIN	M-OPEN	40	00:00:04	<b>00:12:33.55</b>	<b>00:12:37.85</b>	+00:07:12 (57.4%)	7:47	7.7 (42.5%)

Znaleziono 54 wynik(ów)