

# LETNIA MILA BIEGOWA

B4SPORT

**Wydarzenie:** Letnie Mile Biegowe 2019  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-07-11  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
						0.009km	0.409km	0.809km	1.209km				
1	<b>PYSHNIAK Kostiantyn</b>	<b>336</b>		M-Open	1	00:00:08	00:01:11	00:02:21	00:03:31	<b>00:04:40.69</b>		2:53	20.7 (100%)
2	<b>ORZECHOWSKI Kamil</b>	<b>333</b>	TKKF KOSZALIN	M-Open	2	00:00:02	00:01:08	00:02:19	00:03:32	<b>00:04:43.29</b>	+00:00:02 (0.9%)	2:55	20.5 (99.0%)
3	<b>GAWRON Piotr</b>	<b>310</b>	ULKS TALEX BORZYTUCHOM	M-Open	3	00:00:02	00:01:11	00:02:26	00:03:47	<b>00:05:05.20</b>	+00:00:24 (8.0%)	3:09	19 (91.8%)
4	<b>HUBERT Łukasz</b>	<b>312</b>	TKKF KOSZALIN	M-Open	4	00:00:02	00:01:16	00:02:34	00:03:53	<b>00:05:06.12</b>	+00:00:25 (8.3%)	3:10	18.9 (91.3%)
5	<b>SZKOŁUDA Miłosz</b>	<b>358</b>		M-Open	5	00:00:03	00:01:16	00:02:35	00:03:54	<b>00:05:08.32</b>	+00:00:27 (9.0%)	3:11	18.8 (90.8%)
6	<b>KASZUBIAK Klaudiusz</b>	<b>319</b>		M-Open	6	00:00:02	00:01:16	00:02:34	00:03:54	<b>00:05:08.88</b>	+00:00:28 (9.1%)	3:11	18.8 (90.8%)
7	<b>MAJKOWICZ Rafał</b>	<b>327</b>		M-Open	7	00:00:03	00:01:16	00:02:33	00:03:54	<b>00:05:16.61</b>	+00:00:35 (11.3%)	3:16	18.3 (88.4%)
8	<b>RYKIEL Michał</b>	<b>340</b>	DĄBROWSKI TEAM	M-Open	8	00:00:02	00:01:17	00:02:38	00:04:00	<b>00:05:17.86</b>	+00:00:37 (11.7%)	3:16	18.3 (88.4%)
9	<b>SOSNOWSKI Tomasz</b>	<b>341</b>	FPP FUNKCJONALNOŚĆ PONAD POMPE	M-Open	9	00:00:02	00:01:16	00:02:37	00:04:06	<b>00:05:28.36</b>	+00:00:47 (14.5%)	3:23	17.7 (85.5%)
10	<b>DOBOSZ Michał</b>	<b>309</b>	KL BAŁTYK	M-Open	10	00:00:03	00:01:15	00:02:39	00:04:11	<b>00:05:32.93</b>	+00:00:52 (15.7%)	3:26	17.5 (84.5%)
11	<b>JABŁOŃSKI Tomasz</b>	<b>314</b>	KB SPOKO SŁAWNO	M-Open	11	00:00:03	00:01:20	00:02:42	00:04:10	<b>00:05:33.96</b>	+00:00:53 (16.0%)	3:26	17.4 (84.1%)
12	<b>SITOWSKI Marcin</b>	<b>364</b>		M-Open	12	00:00:03	00:01:19	00:02:45	00:04:15	<b>00:05:41.43</b>	+00:01:00 (17.8%)	3:31	17 (82.1%)
13	<b>ZUKAL Piotr</b>	<b>357</b>		M-Open	13	00:00:04	00:01:26	00:02:53	00:04:21	<b>00:05:42.37</b>	+00:01:01 (18.0%)	3:32	16.9 (81.6%)
14	<b>ZWOLIŃSKI Jan</b>	<b>349</b>	TKKF KOSZALIN	M-Open	14	00:00:03	00:01:25	00:02:53	00:04:22	<b>00:05:46.96</b>	+00:01:06 (19.1%)	3:34	16.8 (81.2%)
15	<b>ANDERS Rafał</b>	<b>301</b>	FUNKCJONALNOŚĆ PONAD POMPE	M-Open	15	00:00:03	00:01:20	00:02:47	00:04:22	<b>00:05:48.67</b>	+00:01:07 (19.5%)	3:36	16.7 (80.7%)
16	<b>WALEŃSKI Michał</b>	<b>360</b>		M-Open	16	00:00:03	00:01:28	00:02:58	00:04:27	<b>00:05:52.53</b>	+00:01:11 (20.4%)	3:38	16.5 (79.7%)
17	<b>BIEŃKOWSKI Tomasz</b>	<b>362</b>		M-Open	17	00:00:03	00:01:22	00:02:51	00:04:24	<b>00:05:52.60</b>	+00:01:11 (20.4%)	3:38	16.5 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All				Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
						0.009km	0.409km	0.809km	1.209km				
18	KONKEL Agnieszka	322		K-Open	1	00:00:04	00:01:26	00:02:56	00:04:29	<b>00:05:58.26</b>	+00:01:17 (21.7%)	3:42	16.2 (78.3%)
19	CYGAN Małgorzata	307		K-Open	2	00:00:04	00:01:26	00:02:55	00:04:28	<b>00:05:58.82</b>	+00:01:18 (21.8%)	3:42	16.2 (78.3%)
20	RYCHLIK Patryk	354		M-Open	18	00:00:03	00:01:30	00:03:02	00:04:34	<b>00:06:05.48</b>	+00:01:24 (23.2%)	3:46	15.9 (76.8%)
21	WIKTOROWSKI Maciej	345		M-Open	19	00:00:03	00:01:24	00:02:59	00:04:37	<b>00:06:10.72</b>	+00:01:30 (24.3%)	3:49	15.7 (75.8%)
22	BARUTOWICZ Grzegorz	302		M-Open	20	00:00:06	00:01:34	00:03:07	00:04:43	<b>00:06:13.34</b>	+00:01:32 (24.8%)	3:51	15.5 (74.9%)
23	SZOSTAK Piotr	366		M-Open	21	00:00:08	00:01:35	00:03:08	00:04:44	<b>00:06:15.10</b>	+00:01:34 (25.2%)	3:52	15.5 (74.9%)
24	CHORAŻY Karolina	305	LEO-TEAM	K-Open	3	00:00:04	00:01:29	00:03:02	00:04:39	<b>00:06:15.98</b>	+00:01:35 (25.3%)	3:52	15.5 (74.9%)
25	KOZŁOWSKI Tomasz	324	FPP	M-Open	22	00:00:05	00:01:32	00:03:06	00:04:45	<b>00:06:17.22</b>	+00:01:36 (25.6%)	3:54	15.4 (74.4%)
26	BASSEL Marcin	303		M-Open	23	00:00:06	00:01:38	00:03:13	00:04:47	<b>00:06:21.63</b>	+00:01:40 (26.4%)	3:56	15.2 (73.4%)
27	MILEWSKI Tomasz	331		M-Open	24	00:00:05	00:01:35	00:03:10	00:04:49	<b>00:06:23.51</b>	+00:01:42 (26.8%)	3:57	15.1 (72.9%)
28	KONKEL Łukasz	321		M-Open	25	00:00:04	00:01:33	00:03:10	00:04:50	<b>00:06:27.83</b>	+00:01:47 (27.6%)	4:00	15 (72.5%)
29	RUTKOWSKI Artur	339	RUNKING	M-Open	26	00:00:04	00:01:43	00:03:20	00:04:58	<b>00:06:30.24</b>	+00:01:49 (28.1%)	4:02	14.9 (72.0%)
30	RASZPLA Radosław	365		M-Open	27	00:00:05	00:01:40	00:03:19	00:05:00	<b>00:06:34.11</b>	+00:01:53 (28.8%)	4:04	14.7 (71.0%)
31	ROGOŻA Ireneusz	337		M-Open	28	00:00:10	00:01:44	00:03:22	00:05:02	<b>00:06:35.29</b>	+00:01:54 (29.0%)	4:05	14.7 (71.0%)
32	KURŁOWICZ Krzysztof	363		M-Open	29	00:00:03	00:01:33	00:03:14	00:05:00	<b>00:06:39.45</b>	+00:01:58 (29.7%)	4:07	14.5 (70.0%)
33	KOTARA-PAŁKA Małgorzata	350		K-Open	4	00:00:07	00:01:45	00:03:24	00:05:04	<b>00:06:40.74</b>	+00:02:00 (30.0%)	4:08	14.5 (70.0%)
34	KAMYK Piotr	316	MH SYSTEMY IT KOSZALIN	M-Open	30	00:00:05	00:01:35	00:03:15	00:05:02	<b>00:06:46.91</b>	+00:02:06 (31.0%)	4:12	14.3 (69.1%)
35	PUŚCIAN Krzysztof	335	SP MANOWO	M-Open	31	00:00:04	00:01:40	00:03:23	00:05:07	<b>00:06:48.77</b>	+00:02:08 (31.3%)	4:13	14.2 (68.6%)
36	DOBOSZ Jarosław	308		M-Open	32	00:00:05	00:01:37	00:03:18	00:05:03	<b>00:06:51.21</b>	+00:02:10 (31.7%)	4:15	14.1 (68.1%)
37	WAWRZYN Grzegorz	343		M-Open	33	00:00:07	00:01:49	00:03:31	00:05:14	<b>00:06:53.56</b>	+00:02:12 (32.1%)	4:16	14 (67.6%)
38	NOREK Tomek	332		M-Open	34	00:00:06	00:01:49	00:03:31	00:05:14	<b>00:06:54.86</b>	+00:02:14 (32.3%)	4:17	14 (67.6%)
39	ZARZYCKI Jakub	361		M-Open	35	00:00:03	00:01:32	00:03:25	00:05:13	<b>00:06:55.25</b>	+00:02:14 (32.4%)	4:17	14 (67.6%)
40	RYCHLIK Sebastian	353		M-Open	36	00:00:05	00:01:46	00:03:30	00:05:16	<b>00:06:55.40</b>	+00:02:14 (32.4%)	4:17	14 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All				Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
						0.009km	0.409km	0.809km	1.209km				
41	<b>BOGACKI Tomasz</b>	<b>304</b>	TKKF KOSZALIN	M-Open	37	00:00:04	00:01:38	00:03:25	00:05:12	<b>00:06:58.15</b>	+00:02:17 (32.9%)	4:19	13.9 (67.1%)
42	<b>KRZEWIŃSKA Małgorzata</b>	<b>325</b>	TKKF KOSZALIN	K-Open	5	00:00:07	00:01:52	00:03:39	00:05:25	<b>00:07:09.54</b>	+00:02:28 (34.7%)	4:26	13.5 (65.2%)
43	<b>OSOBNIAK Ryszard</b>	<b>334</b>		M-Open	38	00:00:09	00:01:53	00:03:40	00:05:28	<b>00:07:10.64</b>	+00:02:29 (34.8%)	4:27	13.5 (65.2%)
44	<b>JANOWICZ Przemysław</b>	<b>315</b>	FPP	M-Open	39	00:00:05	00:01:39	00:03:27	00:05:21	<b>00:07:12.65</b>	+00:02:31 (35.1%)	4:28	13.4 (64.7%)
45	<b>WESOŁOWSKI Łukasz</b>	<b>355</b>		M-Open	40	00:00:03	00:01:38	00:03:33	00:05:34	<b>00:07:28.49</b>	+00:02:47 (37.4%)	4:38	12.9 (62.3%)
46	<b>PANCERZYŃSKI Łukasz</b>	<b>352</b>		M-Open	41	00:00:08	00:01:57	00:03:52	00:05:49	<b>00:07:33.10</b>	+00:02:52 (38.1%)	4:41	12.8 (61.8%)
47	<b>GOLEC Anna</b>	<b>311</b>		K-Open	6	00:00:07	00:01:58	00:03:52	00:05:46	<b>00:07:33.86</b>	+00:02:53 (38.2%)	4:41	12.8 (61.8%)
48	<b>MACIEJEWSKI Maciej</b>	<b>326</b>	MEDEN-INMED SPORTS TEAM	M-Open	42	00:00:04	00:01:48	00:03:48	00:05:55	<b>00:07:39.21</b>	+00:02:58 (38.9%)	4:45	12.6 (60.9%)
49	<b>KOZŁOWIECKI Waldemar</b>	<b>323</b>	TKKF KOSZALIN	M-Open	43	00:00:09	00:02:00	00:03:54	00:05:51	<b>00:07:44.90</b>	+00:03:04 (39.6%)	4:48	12.5 (60.4%)
50	<b>KARNICKI Zygmunt</b>	<b>317</b>	TKKF KOSZALIN	M-Open	44	00:00:08	00:01:54	00:03:51	00:05:50	<b>00:07:46.70</b>	+00:03:06 (39.9%)	4:49	12.4 (59.9%)
51	<b>ZDYB Barbara</b>	<b>347</b>		K-Open	7	00:00:06	00:01:58	00:04:02	00:06:07	<b>00:08:11.15</b>	+00:03:30 (42.9%)	5:04	11.8 (57.0%)
52	<b>WOLF Beata</b>	<b>346</b>	TKKF KOSZALIN	K-Open	8	00:00:08	00:02:06	00:04:14	00:06:23	<b>00:08:22.28</b>	+00:03:41 (44.1%)	5:11	11.5 (55.6%)
53	<b>KOMAR Agnieszka</b>	<b>359</b>		K-Open	9	00:00:06	00:01:58	00:04:08	00:06:20	<b>00:08:23.89</b>	+00:03:43 (44.3%)	5:12	11.5 (55.6%)
54	<b>ZUKAL Aleksandra</b>	<b>356</b>		K-Open	10	00:00:06	00:02:07	00:04:16	00:06:25	<b>00:08:30.73</b>	+00:03:50 (45.0%)	5:16	11.4 (55.1%)
55	<b>CICHOSZ Jerzy</b>	<b>306</b>		M-Open	45	00:00:04	00:02:06	00:04:20	00:06:38	<b>00:08:54.62</b>	+00:04:13 (47.5%)	5:31	10.9 (52.7%)
56	<b>KOZŁOWIECKA Małgorzata</b>	<b>351</b>		K-Open	11	00:00:06	00:02:11	00:04:32	00:07:01	<b>00:09:22.70</b>	+00:04:42 (50.1%)	5:49	10.3 (49.8%)
57	<b>KARNICKI Artur</b>	<b>318</b>		M-Open	46	00:00:08	00:02:22	00:04:56	00:07:30	<b>00:09:54.50</b>	+00:05:13 (52.8%)	6:08	9.8 (47.3%)

Znaleziono 57 wynik(ów)