



# LETNIA MILA BIEGOWA

B4SPORT

**Wydarzenie:** Letnie Mile Biegowe 2019  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-07-25  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 0.009km	Start_All 0.409km	Start_All 0.809km	Start_All 1.209km	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
1	<b>PYSHNIAK Kostiantyn</b>	<b>486</b>		M-Open	1	00:00:02	00:01:04	00:02:11	00:03:22	<b>00:04:32.59</b>		2:48	21.3 (100%)
2	<b>GAWRON Piotr</b>	<b>419</b>	ULKS TALEX BORZYTUCHOM	M-Open	2	00:00:02	00:01:09	00:02:24	00:03:42	<b>00:04:59.81</b>	+00:00:27 (9.1%)	3:05	19.4 (91.1%)
3	<b>SZKOŁUDA Miłosz</b>	<b>476</b>		M-Open	3	00:00:02	00:01:14	00:02:30	00:03:48	<b>00:05:00.23</b>	+00:00:27 (9.2%)	3:06	19.3 (90.6%)
4	<b>KASZUBIAK Klaudiusz</b>	<b>488</b>		M-Open	4	00:00:02	00:01:14	00:02:31	00:03:49	<b>00:05:01.17</b>	+00:00:28 (9.5%)	3:06	19.3 (90.6%)
5	<b>MAJKOWICZ Rafał</b>	<b>480</b>		M-Open	5	00:00:03	00:01:11	00:02:30	00:03:51	<b>00:05:10.97</b>	+00:00:38 (12.3%)	3:12	18.7 (87.8%)
6	<b>RYKIEL Michał</b>	<b>410</b>	DĄBROWSKI TEAM	M-Open	6	00:00:02	00:01:15	00:02:32	00:03:53	<b>00:05:12.73</b>	+00:00:40 (12.8%)	3:13	18.6 (87.3%)
7	<b>SOSNOWSKI Tomasz</b>	<b>429</b>	FPP FUNKCJONALNOŚĆ PONAD POMPE	M-Open	7	00:00:02	00:01:16	00:02:38	00:04:06	<b>00:05:26.51</b>	+00:00:53 (16.5%)	3:22	17.8 (83.6%)
8	<b>SITOWSKI Marcin</b>	<b>430</b>		M-Open	8	00:00:02	00:01:14	00:02:39	00:04:07	<b>00:05:27.78</b>	+00:00:55 (16.8%)	3:23	17.7 (83.1%)
9	<b>ROKOSZ Radosław</b>	<b>412</b>	JW 1223 KOSZALIN	M-Open	9	00:00:02	00:01:19	00:02:46	00:04:14	<b>00:05:30.45</b>	+00:00:57 (17.5%)	3:24	17.6 (82.6%)
10	<b>DOBOSZ Michał</b>	<b>414</b>		M-Open	10	00:00:02	00:01:15	00:02:42	00:04:12	<b>00:05:31.28</b>	+00:00:58 (17.7%)	3:25	17.5 (82.2%)
11	<b>ZUKAL Piotr</b>	<b>405</b>		M-Open	11	00:00:03	00:01:23	00:02:47	00:04:12	<b>00:05:32.78</b>	+00:01:00 (18.1%)	3:26	17.5 (82.2%)
12	<b>ZWOLIŃSKI Jan</b>	<b>401</b>	TKKF KOSZALIN	M-Open	12	00:00:03	00:01:23	00:02:48	00:04:14	<b>00:05:36.20</b>	+00:01:03 (18.9%)	3:28	17.3 (81.2%)
13	<b>JABŁOŃSKI Tomasz</b>	<b>473</b>	KB SPOKO SŁAWNO	M-Open	13	00:00:02	00:01:21	00:02:47	00:04:14	<b>00:05:36.61</b>	+00:01:04 (19.0%)	3:28	17.3 (81.2%)
14	<b>BIEŃKOWSKI Tomasz</b>	<b>415</b>		M-Open	14	00:00:03	00:01:24	00:02:50	00:04:17	<b>00:05:41.91</b>	+00:01:09 (20.3%)	3:31	17 (79.8%)
15	<b>WALEŃSKI Michał</b>	<b>496</b>		M-Open	15	00:00:03	00:01:24	00:02:53	00:04:21	<b>00:05:43.85</b>	+00:01:11 (20.7%)	3:33	16.9 (79.3%)
16	<b>LINOWIECKI Cezary</b>	<b>424</b>		M-Open	16	00:00:03	00:01:27	00:02:58	00:04:31	<b>00:05:55.75</b>	+00:01:23 (23.4%)	3:40	16.3 (76.5%)

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				
17	<b>WEBER Paweł</b>	<b>498</b>	FPP	M-Open	17	00:00:02	00:01:17	00:02:47	00:04:24	<b>00:05:57.00</b>	+00:01:24 (23.6%)	3:41	16.2 (76.1%)
18	<b>WIKTOROWSKI Maciej</b>	<b>407</b>		M-Open	18	00:00:03	00:01:24	00:02:54	00:04:29	<b>00:05:58.20</b>	+00:01:25 (23.9%)	3:42	16.2 (76.1%)
19	<b>WINNICKI Wojciech</b>	<b>485</b>		M-Open	19	00:00:04	00:01:30	00:03:00	00:04:32	<b>00:05:58.54</b>	+00:01:25 (24.0%)	3:42	16.2 (76.1%)
20	<b>NOWAK Adam</b>	<b>472</b>		M-Open	20	00:00:03	00:01:31	00:03:05	00:04:39	<b>00:06:00.45</b>	+00:01:27 (24.4%)	3:43	16.1 (75.6%)
21	<b>SZOSTAK Piotr</b>	<b>428</b>		M-Open	21	00:00:03	00:01:25	00:02:57	00:04:31	<b>00:06:02.33</b>	+00:01:29 (24.8%)	3:44	16 (75.1%)
22	<b>BARUTOWICZ Grzegorz</b>	<b>420</b>		M-Open	22	00:00:04	00:01:30	00:03:01	00:04:34	<b>00:06:06.54</b>	+00:01:33 (25.6%)	3:47	15.8 (74.2%)
23	<b>SZNYTER Sabina</b>	<b>474</b>		K-Open	1	00:00:04	00:01:31	00:03:04	00:04:37	<b>00:06:08.00</b>	+00:01:35 (25.9%)	3:48	15.8 (74.2%)
24	<b>ROGOŻA Ireneusz</b>	<b>408</b>		M-Open	23	00:00:04	00:01:32	00:03:07	00:04:39	<b>00:06:08.76</b>	+00:01:36 (26.1%)	3:48	15.8 (74.2%)
25	<b>CHORAŻY Karolina</b>	<b>483</b>	LEO-TEAM	K-Open	2	00:00:05	00:01:31	00:03:07	00:04:39	<b>00:06:12.00</b>	+00:01:39 (26.7%)	3:51	15.6 (73.2%)
26	<b>BASSEL Marcin</b>	<b>409</b>		M-Open	24	00:00:05	00:01:32	00:03:07	00:04:43	<b>00:06:14.51</b>	+00:01:41 (27.2%)	3:52	15.5 (72.8%)
27	<b>PUŚCIAN Krzysztof</b>	<b>403</b>	SP MANOWO	M-Open	25	00:00:05	00:01:33	00:03:07	00:04:42	<b>00:06:16.78</b>	+00:01:44 (27.7%)	3:53	15.4 (72.3%)
28	<b>MICERSKI Tomasz</b>	<b>416</b>		M-Open	26	00:00:04	00:01:31	00:03:10	00:04:50	<b>00:06:25.89</b>	+00:01:53 (29.4%)	3:59	15.1 (70.9%)
29	<b>KURŁOWICZ Krzysztof</b>	<b>454</b>		M-Open	27	00:00:03	00:01:32	00:03:10	00:04:51	<b>00:06:28.43</b>	+00:01:55 (29.8%)	4:00	14.9 (70.0%)
30	<b>RASZPLA Radek</b>	<b>451</b>		M-Open	28	00:00:03	00:01:31	00:03:08	00:04:49	<b>00:06:29.54</b>	+00:01:56 (30.0%)	4:01	14.9 (70.0%)
31	<b>KOTARA-PAŁKA Małgorzata</b>	<b>471</b>		K-Open	3	00:00:05	00:01:36	00:03:15	00:04:55	<b>00:06:31.54</b>	+00:01:58 (30.4%)	4:02	14.8 (69.5%)
32	<b>CISZEK Wiktoria</b>	<b>489</b>		K-Open	4	00:00:03	00:01:23	00:03:04	00:04:54	<b>00:06:38.43</b>	+00:02:05 (31.6%)	4:07	14.6 (68.5%)
33	<b>MISZTAL Kamil</b>	<b>417</b>		M-Open	29	00:00:03	00:01:22	00:02:58	00:04:47	<b>00:06:42.55</b>	+00:02:09 (32.3%)	4:09	14.4 (67.6%)
34	<b>MIKOŁAJCZYK Hubert</b>	<b>477</b>		M-Open	30	00:00:03	00:01:33	00:03:18	00:05:11	<b>00:06:51.11</b>	+00:02:18 (33.7%)	4:15	14.1 (66.2%)
35	<b>KAMYK Piotr</b>	<b>499</b>	MH SYSTEMY IT KOSZALIN	M-Open	31	00:00:05	00:01:39	00:03:24	00:05:14	<b>00:06:54.27</b>	+00:02:21 (34.2%)	4:17	14 (65.7%)
36	<b>ZAREMBA Tomasz</b>	<b>460</b>		M-Open	32	00:00:07	00:01:48	00:03:33	00:05:18	<b>00:06:55.25</b>	+00:02:22 (34.4%)	4:17	14 (65.7%)
37	<b>DOBOSZ Jarosław</b>	<b>418</b>		M-Open	33	00:00:07	00:01:42	00:03:25	00:05:13	<b>00:06:56.78</b>	+00:02:24 (34.6%)	4:18	13.9 (65.3%)
38	<b>NOREK Tomek</b>	<b>458</b>		M-Open	34	00:00:06	00:01:49	00:03:31	00:05:16	<b>00:06:58.09</b>	+00:02:25 (34.8%)	4:19	13.9 (65.3%)
39	<b>KRZEWIŃSKA Małgorzata</b>	<b>426</b>	TKKF KOSZALIN	K-Open	5	00:00:04	00:01:46	00:03:33	00:05:18	<b>00:06:59.88</b>	+00:02:27 (35.1%)	4:20	13.8 (64.8%)

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				
40	<b>PANCERZYŃSKI Łukasz</b>	<b>423</b>		M-Open	35	00:00:07	00:01:47	00:03:34	00:05:24	<b>00:07:08.80</b>	+00:02:36 (36.4%)	4:25	13.5 (63.4%)
41	<b>MACIEJEWSKI Maciej</b>	<b>404</b>	FPP FUNKCJONALNOŚĆ PONAD POMPE	M-Open	36	00:00:06	00:01:41	00:03:28	00:05:25	<b>00:07:09.33</b>	+00:02:36 (36.5%)	4:26	13.5 (63.4%)
42	<b>JANOWICZ Przemysław</b>	<b>422</b>	FPP	M-Open	37	00:00:07	00:01:48	00:03:33	00:05:27	<b>00:07:18.86</b>	+00:02:46 (37.9%)	4:32	13.2 (62.0%)
43	<b>WESOŁOWSKI Łukasz</b>	<b>481</b>		M-Open	38	00:00:05	00:01:46	00:03:39	00:05:37	<b>00:07:27.21</b>	+00:02:54 (39.0%)	4:37	13 (61.0%)
44	<b>KOZŁOWIECKI Waldemar</b>	<b>427</b>	TKKF KOSZALIN	M-Open	39	00:00:07	00:01:56	00:03:50	00:05:47	<b>00:07:38.95</b>	+00:03:06 (40.6%)	4:44	12.7 (59.6%)
45	<b>KARNICKI Zygmunt</b>	<b>411</b>	TKKF KOSZALIN	M-Open	40	00:00:06	00:01:56	00:03:53	00:05:51	<b>00:07:40.00</b>	+00:03:07 (40.7%)	4:45	12.6 (59.2%)
46	<b>ZDYB Barbara</b>	<b>425</b>		K-Open	6	00:00:06	00:01:59	00:03:56	00:05:56	<b>00:07:49.46</b>	+00:03:16 (41.9%)	4:51	12.4 (58.2%)
47	<b>GOLEC Anna</b>	<b>452</b>		K-Open	7	00:00:05	00:02:01	00:04:00	00:05:58	<b>00:07:52.18</b>	+00:03:19 (42.3%)	4:53	12.3 (57.7%)
48	<b>KOWALEWSKI Bartosz</b>	<b>487</b>		M-Open	41	00:00:08	00:02:00	00:04:06	00:06:21	<b>00:08:31.55</b>	+00:03:58 (46.7%)	5:17	11.3 (53.1%)
49	<b>ZUKAL Aleksandra</b>	<b>402</b>		K-Open	8	00:00:05	00:02:07	00:04:18	00:06:31	<b>00:08:45.09</b>	+00:04:12 (48.1%)	5:26	11 (51.6%)
50	<b>CICHOSZ Jerzy</b>	<b>406</b>		M-Open	42	00:00:05	00:02:11	00:04:28	00:06:49	<b>00:09:08.58</b>	+00:04:35 (50.3%)	5:40	10.6 (49.8%)
51	<b>KOZŁOWIECKA Małgorzata</b>	<b>455</b>		K-Open	9	00:00:05	00:02:08	00:04:31	00:06:59	<b>00:09:22.09</b>	+00:04:49 (51.5%)	5:49	10.3 (48.4%)
52	<b>KARNICKI Artur</b>	<b>413</b>		M-Open	43	00:00:08	00:02:25	00:04:39	00:07:24	<b>00:09:54.16</b>	+00:05:21 (54.1%)	6:08	9.8 (46.0%)

Znaleziono 52 wynik(ów)