

# LETNIA MILA BIEGOWA

B4SPORT

**Wydarzenie:** Letnia Milla Biegowa 2019 - 3/4  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-08-08  
**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>345</b>	TKKF KOSZALIN	M-Open	1	00:00:02	00:01:05	00:02:14	00:03:25	<b>00:04:35.03</b>		2:50	21.1 (100%)
2	<b>ORZECHOWSKI Kamil</b>	<b>337</b>	TKKF KOSZALIN	M-Open	2	00:00:02	00:01:12	00:02:28	00:03:46	<b>00:04:56.09</b>	+00:00:21 (7.1%)	3:03	19.6 (92.9%)
3	<b>KĘPKA Adrian</b>	<b>404</b>	DECATHLON KOSZALIN	M-Open	3	00:00:02	00:01:12	00:02:28	00:03:46	<b>00:04:57.31</b>	+00:00:22 (7.5%)	3:04	19.5 (92.4%)
4	<b>GAWRON Piotr</b>	<b>311</b>	ULKS TALEX BORZYTUCHOM	M-Open	4	00:00:02	00:01:10	00:02:27	00:03:45	<b>00:05:00.39</b>	+00:00:25 (8.4%)	3:06	19.3 (91.5%)
5	<b>KASZUBIAK Klaudiusz</b>	<b>320</b>		M-Open	5	00:00:02	00:01:15	00:02:33	00:03:54	<b>00:05:07.46</b>	+00:00:32 (10.5%)	3:10	18.9 (89.6%)
6	<b>HUBERT Łukasz</b>	<b>313</b>	TKKF KOSZALIN	M-Open	6	00:00:02	00:01:18	00:02:38	00:03:28	<b>00:05:10.36</b>	+00:00:35 (11.4%)	3:12	18.7 (88.6%)
7	<b>RYKIEL Michał</b>	<b>451</b>		M-Open	7	00:00:02	00:01:18	00:02:36	00:04:00	<b>00:05:18.00</b>	+00:00:42 (13.5%)	3:17	18.2 (86.3%)
8	<b>MAJKOWICZ Rafał</b>	<b>332</b>		M-Open	8	00:00:02	00:01:15	00:02:36	00:04:00	<b>00:05:23.14</b>	+00:00:48 (14.9%)	3:20	17.9 (84.8%)
9	<b>DOBOSZ Michał</b>	<b>393</b>		M-Open	9	00:00:02	00:01:14	00:02:41	00:04:12	<b>00:05:33.49</b>	+00:00:58 (17.5%)	3:26	17.4 (82.5%)
10	<b>JABŁOŃSKI Tomasz</b>	<b>315</b>	KB SPOKO SŁAWNO	M-Open	10	00:00:02	00:01:28	00:02:42	00:04:14	<b>00:05:40.48</b>	+00:01:05 (19.2%)	3:31	17 (80.6%)
11	<b>CZAPLIŃSKI Jacek</b>	<b>399</b>		M-Open	11	00:00:02	00:01:18	00:02:46	00:04:17	<b>00:05:42.01</b>	+00:01:06 (19.6%)	3:32	16.9 (80.1%)
12	<b>CHRAPEK Janusz</b>	<b>307</b>	BONVM KLUB SPORTOWY	M-Open	12	00:00:03	00:01:21	00:02:49	00:04:20	<b>00:05:44.43</b>	+00:01:09 (20.1%)	3:33	16.8 (79.6%)
13	<b>ZWOLIŃSKI Jan</b>	<b>364</b>	TKKF KOSZALIN	M-Open	13	00:00:03	00:01:23	00:02:52	00:04:23	<b>00:05:50.16</b>	+00:01:15 (21.5%)	3:37	16.6 (78.7%)
14	<b>BIEŃKOWSKI Tomasz</b>	<b>414</b>		M-Open	14	00:00:03	00:01:26	00:02:55	00:03:58	<b>00:05:59.95</b>	+00:01:24 (23.6%)	3:42	16.1 (76.3%)
15	<b>ZUKAL Piotr</b>	<b>362</b>		M-Open	15	00:00:03	00:01:35	00:03:09	00:04:41	<b>00:06:05.84</b>	+00:01:30 (24.8%)	3:46	15.9 (75.4%)
16	<b>WEBER Paweł</b>	<b>357</b>	FPP	M-Open	16	00:00:03	00:01:24	00:02:56	00:04:35	<b>00:06:05.90</b>	+00:01:30 (24.8%)	3:46	15.9 (75.4%)
17	<b>RYNARZEWSKA Anna</b>	<b>344</b>		M-Open	17	00:00:03	00:01:25	00:02:56	00:04:36	<b>00:06:12.49</b>	+00:01:37 (26.2%)	3:51	15.6 (73.9%)
18	<b>LICHOTA Przemysław</b>	<b>467</b>		M-Open	18	00:00:03	00:01:28	00:02:58	00:04:36	<b>00:06:12.66</b>	+00:01:37 (26.2%)	3:51	15.6 (73.9%)
19	<b>BARUTOWICZ Grzegorz</b>	<b>302</b>		M-Open	19	00:00:04	00:01:26	00:02:59	00:04:41	<b>00:06:14.37</b>	+00:01:39 (26.5%)	3:52	15.5 (73.5%)
20	<b>SZNYTER Sabina</b>	<b>394</b>		K-Open	1	00:00:03	00:01:31	00:03:07	00:04:43	<b>00:06:14.53</b>	+00:01:39 (26.6%)	3:52	15.5 (73.5%)
21	<b>WIKTOROWSKI Maciej</b>	<b>358</b>		M-Open	20	00:00:02	00:01:24	00:03:00	00:04:41	<b>00:06:16.00</b>	+00:01:40 (26.9%)	3:53	15.4 (73.0%)
22	<b>CHORAŻY Karolina</b>	<b>305</b>	LEO-TEAM	K-Open	2	00:00:04	00:01:32	00:03:08	00:04:45	<b>00:06:25.23</b>	+00:01:50 (28.6%)	3:59	15.1 (71.6%)
23	<b>BASSEL Marcin</b>	<b>303</b>		M-Open	21	00:00:03	00:01:28	00:03:08	00:04:54	<b>00:06:30.25</b>	+00:01:55 (29.5%)	4:02	14.9 (70.6%)
24	<b>ROGOŻA Ireneusz</b>	<b>346</b>		M-Open	22	00:00:04	00:01:37	00:03:16	00:04:59	<b>00:06:30.31</b>	+00:01:55 (29.5%)	4:02	14.9 (70.6%)
25	<b>MICERSKI Tomasz</b>	<b>333</b>		M-Open	23	00:00:04	00:01:37	00:03:16	00:04:59	<b>00:06:34.83</b>	+00:01:59 (30.3%)	4:04	14.7 (69.7%)
26	<b>RUTKOWSKI Artur</b>	<b>348</b>	RUNKING	M-Open	24	00:00:03	00:01:34	00:03:15	00:05:01	<b>00:06:37.90</b>	+00:02:02 (30.9%)	4:06	14.6 (69.2%)
27	<b>DOBOSZ Jarosław</b>	<b>310</b>		M-Open	25	00:00:04	00:01:32	00:03:10	00:04:57	<b>00:06:46.84</b>	+00:02:11 (32.4%)	4:12	14.3 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All					Czas netto	Różn	Tempo min/km	Tempo km/h
						0.009km	0.409km	0.809km	1.209km	1.609km				
28	<b>PERKOWSKA Oktawia</b>	<b>340</b>		K-Open	3	00:00:04	00:01:38	00:03:22	00:05:09	<b>00:06:50.00</b>	+00:02:14 (32.9%)	4:14	14.1 (66.8%)	
29	<b>PUŚCIAN Krzysztof</b>	<b>343</b>	SP MANOWO	M-Open	26	00:00:04	00:01:40	00:03:29	00:05:18	<b>00:06:58.59</b>	+00:02:23 (34.3%)	4:19	13.9 (65.9%)	
30	<b>NOREK Tomek</b>	<b>336</b>		M-Open	27	00:00:05	00:01:48	00:03:32	00:05:19	<b>00:07:04.62</b>	+00:02:29 (35.2%)	4:23	13.7 (64.9%)	
31	<b>MAZUR Mirosław</b>	<b>453</b>		M-Open	28	00:00:04	00:01:41	00:03:30	00:05:20	<b>00:07:07.35</b>	+00:02:32 (35.6%)	4:25	13.6 (64.5%)	
32	<b>KRZEWIŃSKA Małgorzata</b>	<b>327</b>	TKKF KOSZALIN	K-Open	4	00:00:04	00:01:42	00:03:36	00:05:29	<b>00:07:20.57</b>	+00:02:45 (37.6%)	4:33	13.2 (62.6%)	
33	<b>OSOBNIAK Ryszard</b>	<b>338</b>		M-Open	29	00:00:05	00:01:46	00:03:38	00:05:33	<b>00:07:20.85</b>	+00:02:45 (37.6%)	4:33	13.2 (62.6%)	
34	<b>MIKOŁAJCZYK Hubert</b>	<b>334</b>		M-Open	30	00:00:04	00:01:38	00:03:34	00:05:40	<b>00:07:43.73</b>	+00:03:08 (40.7%)	4:47	12.5 (59.2%)	
35	<b>KARNICKI Zygmunt</b>	<b>318</b>	TKKF KOSZALIN	M-Open	31	00:00:04	00:01:46	00:03:48	00:05:50	<b>00:07:50.88</b>	+00:03:15 (41.6%)	4:51	12.3 (58.3%)	
36	<b>TRZCIŃSKA-CHRAPEK Agnieszka</b>	<b>355</b>		K-Open	5	00:00:04	00:01:54	00:04:13	00:06:47	<b>00:09:26.75</b>	+00:04:51 (51.5%)	5:51	10.2 (48.3%)	
37	<b>CICHOSZ Jerzy</b>	<b>308</b>		M-Open	32	00:00:05	00:02:13	00:04:38	00:07:05	<b>00:09:29.15</b>	+00:04:54 (51.7%)	5:53	10.2 (48.3%)	
38	<b>KARNICKI Artur</b>	<b>319</b>		M-Open	33	00:00:06	00:02:25	00:04:46	00:07:25	<b>00:09:50.56</b>	+00:05:15 (53.4%)	6:06	9.8 (46.4%)	

Znaleziono 38 wynik(ów)