



# LETNIE MILE BIEGOWE 04.08.2021 - 1609M

B4SPORT

**Wydarzenie:** KOSZALIŃSKIE LETNIE MILE BIEGOWE 3/3 - KOSZALIN 2021  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2021-08-11  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_9m 0.009km	Lap_409m 0.409km	Lap_809m 0.809km	Lap_1209m 1.209km	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
1	JEFIMCZYK Norbert	63		3 Seria	1	00:00:02	00:01:06	00:02:15	00:03:25	<b>00:04:28.20</b>		2:46	21.6 (100%)
2	PYSHNIAK Kostiantyn	90	@TESLA_BATTERIES_UA @IRC.TEAM	3 Seria	2	00:00:03	00:01:14	00:02:27	00:03:41	<b>00:04:58.10</b>	+00:00:29 (10.0%)	3:05	19.4 (89.8%)
3	HUBERT Łukasz	113	TKKF KOSZALIN	3 Seria	3	00:00:02	00:01:14	00:02:32	00:03:50	<b>00:05:00.30</b>	+00:00:32 (10.7%)	3:06	19.3 (89.4%)
4	GAWRON Piotr	56	ULKS TALEX BORZYTUCHOM	3 Seria	4	00:00:02	00:01:13	00:02:29	00:03:47	<b>00:05:03.55</b>	+00:00:35 (11.6%)	3:08	19.1 (88.4%)
5	HOŁUB Kamil	60	MLUKSTRZEBIATÓW	3 Seria	5	00:00:03	00:01:15	00:02:33	00:03:51	<b>00:05:06.05</b>	+00:00:37 (12.4%)	3:10	18.9 (87.5%)
6	MAJKOWICZ Rafał	115		3 Seria	6	00:00:03	00:01:14	00:02:32	00:03:53	<b>00:05:11.05</b>	+00:00:42 (13.8%)	3:13	18.6 (86.1%)
7	SITOWSKI Marcin	110	FC RYSIEK	3 Seria	7	00:00:03	00:01:16	00:02:33	00:03:54	<b>00:05:13.55</b>	+00:00:45 (14.5%)	3:14	18.5 (85.6%)
8	WALEŃSKI Michał	109	TKKF KOSZALIN	3 Seria	8	00:00:03	00:01:18	00:02:37	00:03:57	<b>00:05:15.95</b>	+00:00:47 (15.1%)	3:15	18.4 (85.2%)
9	PICK Tomasz	87	BIEGOLAS / KORONA	3 Seria	9	00:00:03	00:01:18	00:02:39	00:04:02	<b>00:05:16.85</b>	+00:00:48 (15.4%)	3:16	18.3 (84.7%)
10	JABŁOŃSKI Tomasz	62	KB SPOKO SŁAWNO	3 Seria	10	00:00:03	00:01:21	00:02:42	00:04:07	<b>00:05:29.30</b>	+00:01:01 (18.6%)	3:24	17.6 (81.5%)
11	SOSNOWSKI Tomasz	94	FPP	2 Seria	1	00:00:02	00:01:19	00:02:46	00:04:16	<b>00:05:32.15</b>	+00:01:03 (19.3%)	3:26	17.4 (80.6%)
12	ZWOLIŃSKI Jan	105	TKKF KOSZALIN	3 Seria	11	00:00:04	00:01:23	00:02:49	00:04:16	<b>00:05:36.10</b>	+00:01:07 (20.2%)	3:28	17.2 (79.6%)
13	KOZIEŁ Paweł	68		2 Seria	2	00:00:02	00:01:20	00:02:49	00:04:18	<b>00:05:37.85</b>	+00:01:09 (20.6%)	3:29	17.2 (79.6%)
14	KUKIEŁA Tomasz	76	BIEGOLAS\KEPKA_NA_TRASIE	2 Seria	3	00:00:03	00:01:21	00:02:49	00:04:18	<b>00:05:41.80</b>	+00:01:13 (21.5%)	3:31	17 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap_9m	Lap_409m	Lap_809m	Lap_1209m	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.009km	0.409km	0.809km	1.209km	1.609km			
15	<b>IWANIEC Dariusz</b>	<b>61</b>	TKKF - BIEGOLAS KOSZALIN	2 Seria	4	00:00:02	00:01:22	00:02:51	00:04:20	<b>00:05:47.00</b>	+00:01:18 (22.7%)	3:35	16.7 (77.3%)
16	<b>WEBER Paweł</b>	<b>102</b>	ENERGON	2 Seria	5	00:00:02	00:01:21	00:02:52	00:04:27	<b>00:05:54.30</b>	+00:01:26 (24.3%)	3:40	16.4 (75.9%)
17	<b>BUDZIŃSKI Paweł</b>	<b>48</b>	DRUŻYNA SZPIKU	2 Seria	6	00:00:02	00:01:26	00:03:02	00:04:34	<b>00:05:59.85</b>	+00:01:31 (25.5%)	3:43	16.1 (74.5%)
18	<b>BARUTOWICZ Grzegorz</b>	<b>46</b>		2 Seria	7	00:00:03	00:01:24	00:02:56	00:04:34	<b>00:06:02.90</b>	+00:01:34 (26.1%)	3:44	16 (74.1%)
19	<b>MARCINIAK Maciej</b>	<b>79</b>	KS POGOŃ POŁCZYN ZDRÓJ	3 Seria	12	00:00:03	00:01:24	00:02:54	00:04:26	<b>00:06:05.60</b>	+00:01:37 (26.6%)	3:46	15.9 (73.6%)
20	<b>MARCINKOWSKI Jacek</b>	<b>80</b>	SSK ORZEŁ ŚWIESZYNO	2 Seria	8	00:00:02	00:01:25	00:03:02	00:04:37	<b>00:06:06.15</b>	+00:01:37 (26.8%)	3:47	15.8 (73.1%)
21	<b>STENKA Rafał</b>	<b>96</b>		2 Seria	9	00:00:03	00:01:26	00:03:02	00:04:38	<b>00:06:06.75</b>	+00:01:38 (26.9%)	3:47	15.8 (73.1%)
22	<b>BIELIŃSKI Michał</b>	<b>108</b>	ROZBIEGANY KOSZALIN	2 Seria	10	00:00:03	00:01:38	00:03:12	00:04:45	<b>00:06:12.05</b>	+00:01:43 (27.9%)	3:51	15.6 (72.2%)
23	<b>KRUPIŃSKI Krzysztof</b>	<b>72</b>	E-UROLOG.EU	2 Seria	11	00:00:03	00:01:38	00:03:14	00:04:49	<b>00:06:24.60</b>	+00:01:56 (30.3%)	3:58	15.1 (69.9%)
24	<b>PRYCA Adam</b>	<b>117</b>		2 Seria	12	00:00:03	00:01:37	00:03:18	00:05:01	<b>00:06:31.20</b>	+00:02:03 (31.4%)	4:03	14.8 (68.5%)
25	<b>PANCERZYŃSKI Łukasz</b>	<b>86</b>		2 Seria	13	00:00:04	00:01:38	00:03:16	00:04:57	<b>00:06:32.45</b>	+00:02:04 (31.7%)	4:03	14.8 (68.5%)
26	<b>RUTKOWSKI Artur</b>	<b>91</b>	RUNKING.INFO	1 Seria	5	00:00:05	00:01:36	00:03:05	00:04:53	<b>00:06:33.60</b>	+00:02:05 (31.9%)	4:04	14.7 (68.1%)
27	<b>PANASZEWSKI Przemysław</b>	<b>85</b>		2 Seria	14	00:00:04	00:01:45	00:03:24	00:05:07	<b>00:06:42.35</b>	+00:02:14 (33.3%)	4:09	14.4 (66.7%)
28	<b>CHUDY Henryk</b>	<b>51</b>	K S OLSZEWSKI I SYNOWIE	1 Seria	6	00:00:04	00:01:29	00:03:13	00:05:01	<b>00:06:47.55</b>	+00:02:19 (34.2%)	4:12	14.2 (65.7%)
29	<b>KONKEL Łukasz</b>	<b>66</b>		2 Seria	15	00:00:04	00:01:39	00:03:20	00:05:04	<b>00:06:50.95</b>	+00:02:22 (34.7%)	4:14	14.1 (65.3%)
30	<b>BOGACKI Tomasz</b>	<b>47</b>	TKKF KOSZALIN	1 Seria	8	00:00:04	00:01:44	00:03:31	00:05:17	<b>00:06:58.70</b>	+00:02:30 (35.9%)	4:19	13.9 (64.4%)
31	<b>NOREK Tomek</b>	<b>83</b>		2 Seria	16	00:00:04	00:01:44	00:03:29	00:05:16	<b>00:07:02.00</b>	+00:02:33 (36.4%)	4:22	13.7 (63.4%)
32	<b>GŁOWACKI Włodzimierz</b>	<b>58</b>		1 Seria	10	00:00:04	00:01:56	00:04:09	00:06:22	<b>00:08:27.80</b>	+00:03:59 (47.2%)	5:15	11.4 (52.8%)

Znaleziono 32 wynik(ów)