

# LETNIE MILE BIEGOWE - 1/5 - 1 MILA

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-04-25  
**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>ORZECHOWSKI Kamil</b>	<b>301</b>	TKKF KOSZALIN	M-30	1	00:00:02	00:01:13	00:02:28	00:03:44	<b>00:04:53.60</b>		3:01	19.8 (100%)
2	<b>GAWRON Piotr</b>	<b>362</b>	ULKS TALEX BORZYTUCHOM	M-18	1	00:00:02	00:01:13	00:02:28	00:03:48	<b>00:05:09.70</b>	+00:00:16 (5.2%)	3:11	18.8 (94.9%)
3	<b>SOSNOWSKI Tomasz</b>	<b>350</b>	MEDEN-INMED SPORTS TEAM	M-18	2	00:00:03	00:01:14	00:02:35	00:04:08	<b>00:05:32.05</b>	+00:00:38 (11.6%)	3:26	17.5 (88.4%)
4	<b>SITOWSKI Marcin</b>	<b>360</b>	FC RYSIEK	M-18	3	00:00:03	00:01:17	00:02:44	00:04:15	<b>00:05:41.80</b>	+00:00:48 (14.1%)	3:31	17 (85.9%)
5	<b>ROKOSZ Radosław</b>	<b>379</b>	8 KOSZALIŃSKI PUŁK PRZECIWLOTNICZY	M-30	2	00:00:03	00:01:29	00:03:01	00:04:35	<b>00:05:51.85</b>	+00:00:58 (16.6%)	3:38	16.5 (83.3%)
6	<b>ZWOLIŃSKI Jan</b>	<b>306</b>	TKKF KOSZALIN	M-50	1	00:00:03	00:01:27	00:02:59	00:04:32	<b>00:05:52.90</b>	+00:00:59 (16.8%)	3:38	16.5 (83.3%)
7	<b>SZULC Arek</b>	<b>310</b>		M-40	1	00:00:06	00:01:37	00:03:12	00:04:42	<b>00:06:01.40</b>	+00:01:07 (18.8%)	3:44	16.1 (81.3%)
8	<b>KONKEL Agnieszka</b>	<b>315</b>		K-30	1	00:00:03	00:01:28	00:02:57	00:04:30	<b>00:06:05.05</b>	+00:01:11 (19.6%)	3:46	15.9 (80.3%)
9	<b>MARCINIAK Maciej</b>	<b>308</b>	TKKF LUKS TECHNIK POŁCZYŃ ZDRÓJ	M-30	3	00:00:03	00:01:21	00:02:55	00:04:34	<b>00:06:06.30</b>	+00:01:12 (19.8%)	3:47	15.8 (79.8%)
10	<b>MOSZYŃSKI Jacek</b>	<b>372</b>	TKKF KOSZALIN	M-50	2	00:00:04	00:01:31	00:03:07	00:04:42	<b>00:06:06.70</b>	+00:01:13 (19.9%)	3:47	15.8 (79.8%)
11	<b>IWANIEC Dariusz</b>	<b>342</b>	TKKF KOSZALIN	M-40	2	00:00:04	00:01:34	00:03:11	00:04:40	<b>00:06:07.80</b>	+00:01:14 (20.2%)	3:47	15.8 (79.8%)
12	<b>KUŁAKOWSKI Dawid</b>	<b>311</b>	TKKF KOSZALIN	M-40	3	00:00:04	00:01:34	00:03:11	00:04:42	<b>00:06:10.50</b>	+00:01:16 (20.8%)	3:49	15.7 (79.3%)
13	<b>MRÓZ Dawid</b>	<b>377</b>		M-18	4	00:00:04	00:01:26	00:03:00	00:04:38	<b>00:06:12.35</b>	+00:01:18 (21.1%)	3:51	15.6 (78.8%)
14	<b>JAMNIAK Bartosz</b>	<b>345</b>		M-30	4	00:00:03	00:01:30	00:03:05	00:04:41	<b>00:06:14.75</b>	+00:01:21 (21.7%)	3:52	15.5 (78.3%)

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				
15	<b>JAROSZ Dariusz</b>	<b>363</b>	TKKF KOSZALIN	M-40	4	00:00:04	00:01:36	00:03:13	00:04:50	<b>00:06:18.25</b>	+00:01:24 (22.4%)	3:54	15.3 (77.3%)
16	<b>ZACHOLSKI Wojciech</b>	<b>348</b>		M-18	5	00:00:03	00:01:35	00:03:14	00:04:54	<b>00:06:19.35</b>	+00:01:25 (22.6%)	3:55	15.3 (77.3%)
17	<b>BASSEL Marcin</b>	<b>359</b>		M-30	5	00:00:07	00:01:43	00:03:23	00:05:03	<b>00:06:29.30</b>	+00:01:35 (24.6%)	4:01	14.9 (75.3%)
18	<b>ROGOŻA Ireneusz</b>	<b>380</b>		M-40	5	00:00:05	00:01:38	00:03:20	00:05:02	<b>00:06:34.10</b>	+00:01:40 (25.5%)	4:04	14.7 (74.2%)
19	<b>MICERSKI Tomasz</b>	<b>343</b>	TKKF KOSZALIN	M-40	6	00:00:04	00:01:37	00:03:18	00:05:00	<b>00:06:36.35</b>	+00:01:42 (25.9%)	4:05	14.6 (73.7%)
20	<b>WAWRZYN Grzegorz</b>	<b>349</b>		M-40	7	00:00:04	00:01:38	00:03:18	00:05:01	<b>00:06:39.00</b>	+00:01:45 (26.4%)	4:07	14.5 (73.2%)
21	<b>MIŁASZEWSKI Przemysław</b>	<b>354</b>		M-30	6	00:00:04	00:01:36	00:03:16	00:05:01	<b>00:06:39.05</b>	+00:01:45 (26.4%)	4:07	14.5 (73.2%)
22	<b>KAMYK Piotr</b>	<b>344</b>	MH IT SERWIS KOSZALIN	M-30	7	00:00:04	00:01:35	00:03:15	00:05:02	<b>00:06:42.65</b>	+00:01:49 (27.1%)	4:09	14.4 (72.7%)
23	<b>MADEJ Kacper</b>	<b>366</b>		M-18	6	00:00:03	00:01:28	00:03:09	00:05:02	<b>00:06:44.20</b>	+00:01:50 (27.4%)	4:10	14.3 (72.2%)
24	<b>CHODOR Martyna</b>	<b>373</b>		K-30	2	00:00:05	00:01:50	00:03:36	00:05:20	<b>00:06:53.45</b>	+00:01:59 (29.0%)	4:16	14 (70.7%)
25	<b>SZABLA Ewelina</b>	<b>302</b>	TKKF KOSZALIN	K-30	3	00:00:04	00:01:49	00:03:36	00:05:19	<b>00:06:56.15</b>	+00:02:02 (29.4%)	4:18	13.9 (70.2%)
26	<b>NOREK Tomek</b>	<b>347</b>		M-50	3	00:00:05	00:01:48	00:03:34	00:05:20	<b>00:06:58.30</b>	+00:02:04 (29.8%)	4:19	13.9 (70.2%)
27	<b>GAWIECKI Piotr</b>	<b>356</b>	ROZBIEGANY KOSZALIN	M-40	8	00:00:05	00:01:43	00:03:30	00:05:19	<b>00:06:59.10</b>	+00:02:05 (29.9%)	4:20	13.8 (69.7%)
28	<b>DĄBROWSKA Alicja</b>	<b>307</b>	TKKF KOSZALIN	K-50+	1	00:00:03	00:01:47	00:03:37	00:05:23	<b>00:07:00.90</b>	+00:02:07 (30.2%)	4:20	13.8 (69.7%)
29	<b>ZIELIŃSKI Grzegorz</b>	<b>357</b>		M-60	1	00:00:04	00:01:40	00:03:26	00:05:16	<b>00:07:03.90</b>	+00:02:10 (30.7%)	4:22	13.7 (69.2%)
30	<b>CHODOR Izabela</b>	<b>374</b>		K-30	4	00:00:04	00:01:54	00:03:45	00:05:36	<b>00:07:15.30</b>	+00:02:21 (32.6%)	4:30	13.3 (67.2%)
31	<b>GRABOWSKA-LESISZ Aneta</b>	<b>351</b>		K-40	1	00:00:05	00:01:44	00:03:36	00:05:30	<b>00:07:18.65</b>	+00:02:25 (33.1%)	4:32	13.2 (66.7%)
32	<b>OSOBNIAK Ryszard</b>	<b>341</b>		M-60	2	00:00:06	00:01:51	00:03:44	00:05:38	<b>00:07:23.25</b>	+00:02:29 (33.8%)	4:35	13.1 (66.2%)
33	<b>PANCERZYŃSKI Łukasz</b>	<b>346</b>		M-30	8	00:00:05	00:01:49	00:03:44	00:05:37	<b>00:07:23.85</b>	+00:02:30 (33.9%)	4:35	13.1 (66.2%)
34	<b>ZUKAL Piotr</b>	<b>320</b>		M-40	9	00:00:05	00:02:03	00:04:05	00:06:05	<b>00:07:24.40</b>	+00:02:30 (33.9%)	4:35	13.1 (66.2%)
35	<b>SVENSSON Anton</b>	<b>353</b>		M-14	1	00:00:05	00:02:03	00:03:49	00:05:39	<b>00:07:32.85</b>	+00:02:39 (35.2%)	4:40	12.8 (64.6%)
36	<b>KUPREWICZ Grzegorz</b>	<b>365</b>		M-30	9	00:00:06	00:01:51	00:03:46	00:05:42	<b>00:07:37.05</b>	+00:02:43 (35.8%)	4:43	12.7 (64.1%)
37	<b>CHINIEWICZ Patrycja</b>	<b>367</b>		K-Dz	1	00:00:04	00:01:54	00:04:00	00:06:01	<b>00:07:45.50</b>	+00:02:51 (36.9%)	4:48	12.5 (63.1%)

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			
38	<b>KOZŁOWIECKI Waldek</b>	<b>317</b>	TKKF KOSZALIN	M-60	3	00:00:06	00:01:53	00:03:55	00:05:58	<b>00:08:01.35</b>	+00:03:07 (39.0%)	4:58	12 (60.6%)
39	<b>WALIKOWSKA Paulina</b>	<b>361</b>		K-Dz	2	00:00:04	00:01:54	00:03:59	00:06:01	<b>00:08:01.95</b>	+00:03:08 (39.1%)	4:58	12 (60.6%)
40	<b>MOKROGULSKI Tomasz</b>	<b>358</b>		M-18	7	00:00:04	00:02:04	00:04:13	00:06:17	<b>00:08:13.10</b>	+00:03:19 (40.5%)	5:06	11.8 (59.6%)
41	<b>GAWIECKA Mariola</b>	<b>355</b>	BABECZKI KOSZALIN	K-40	2	00:00:04	00:02:03	00:04:08	00:06:15	<b>00:08:18.20</b>	+00:03:24 (41.1%)	5:09	11.6 (58.6%)
42	<b>ZUKAL Jakub</b>	<b>319</b>		M-Dz	1	00:00:05	00:02:02	00:04:05	00:06:05	<b>00:08:20.45</b>	+00:03:26 (41.3%)	5:10	11.6 (58.6%)
43	<b>BUDZELEWSKI Dariusz</b>	<b>352</b>		M-50	4	00:00:04	00:01:46	00:04:01	00:06:29	<b>00:08:53.05</b>	+00:03:59 (44.9%)	5:31	10.9 (55.1%)
44	<b>ZAWORSKI Nicolas</b>	<b>313</b>		M-Dz	2	00:00:04	00:02:23	00:04:36	00:06:57	<b>00:09:07.60</b>	+00:04:14 (46.4%)	5:39	10.6 (53.5%)
45	<b>ZUKAL Aleksandra</b>	<b>318</b>		K-40	3	00:00:03	00:02:20	00:04:40	00:07:00	<b>00:09:16.30</b>	+00:04:22 (47.2%)	5:45	10.4 (52.5%)
46	<b>MIŁASZEWSKA Julia</b>	<b>305</b>		K-14	1	00:00:05	00:02:25	00:04:53	00:07:18	<b>00:09:22.80</b>	+00:04:29 (47.8%)	5:49	10.3 (52.0%)
47	<b>WOLF Beata</b>	<b>309</b>	TKKF KOSZALIN	K-40	4	00:00:05	00:02:08	00:04:45	00:07:07	<b>00:09:23.50</b>	+00:04:29 (47.9%)	5:49	10.3 (52.0%)
48	<b>KOZŁOWIECKA Małgorzata</b>	<b>316</b>		K-50+	2	00:00:04	00:02:12	00:04:43	00:07:11	<b>00:09:31.30</b>	+00:04:37 (48.6%)	5:54	10.2 (51.5%)
49	<b>PRZYBOREK Kinga</b>	<b>314</b>		K-30	5	00:00:07	00:02:23	00:04:36	00:06:58	<b>00:09:51.55</b>	+00:04:57 (50.4%)	6:07	9.8 (49.5%)
50	<b>WOJTKIEWICZ-BAKOWSKA Dorota</b>	<b>304</b>	BABECZKI KOSZALIN	K-30	6	00:00:05	00:02:30	00:05:23	00:08:13	<b>00:11:00.95</b>	+00:06:07 (55.6%)	6:49	8.8 (44.4%)
50	<b>BAKOWSKA Agata</b>	<b>303</b>	BABECZKI KOSZALIN	K-Dz	3	00:00:04	00:02:29	00:05:24	00:08:13	<b>00:11:00.95</b>	+00:06:07 (55.6%)	6:49	8.8 (44.4%)
52	<b>ROKOSZ Oliwer</b>	<b>375</b>		M-Dz	3	00:00:03	00:02:55	00:06:17	00:09:40	<b>00:12:38.95</b>	+00:07:45 (61.3%)	7:50	7.6 (38.4%)
53	<b>ROKOSZ Oliwia</b>	<b>364</b>		K-18	1	00:00:04	00:03:13	00:06:20	00:09:40	<b>00:12:41.95</b>	+00:07:48 (61.5%)	7:52	7.6 (38.4%)
54	<b>ROKOSZ Dominika</b>	<b>376</b>		K-Dz	4	00:00:04	00:03:08	00:06:39	00:09:44	<b>00:12:56.10</b>	+00:08:02 (62.2%)	8:01	7.5 (37.9%)
55	<b>BARTNIK Marian</b>	<b>312</b>	TKKF KOSZALIN	M-70+	1	00:00:04	00:03:06	00:06:26	00:09:42	<b>00:12:57.75</b>	+00:08:04 (62.3%)	8:02	7.5 (37.9%)

Znaleziono 55 wynik(ów)