

# LETNIE MILE BIEGOWE - 1609M

B4SPORT

**Wydarzenie:** Letnie Mile Biegowe 2022  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2022-07-19  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
1	<b>KULIGOWSKI Przemysław</b>	<b>36</b>		M-Open	1	<b>00:05:01.00</b>		3:07	19.2 (100%)
2	<b>ORZECHOWSKI Kamil</b>	<b>68</b>	TKKF KOSZALIN	M-Open	2	<b>00:05:03.00</b>	+00:00:02 (0.7%)	3:08	19.1 (99.5%)
3	<b>RUDNIK Krzysztof</b>	<b>61</b>		M-Open	3	<b>00:05:08.00</b>	+00:00:07 (2.3%)	3:11	18.8 (97.9%)
4	<b>Grzegorz</b>	<b>32</b>		M-Open	4	<b>00:05:13.00</b>	+00:00:12 (3.8%)	3:14	18.5 (96.4%)
5	<b>TROJAK Jakub</b>	<b>31</b>	AML SŁUPSK	M-Open	5	<b>00:05:16.00</b>	+00:00:15 (4.7%)	3:16	18.3 (95.3%)
6	<b>HOŁUB Kamil</b>	<b>35</b>		M-Open	6	<b>00:05:21.00</b>	+00:00:20 (6.2%)	3:19	18 (93.8%)
7	<b>PICK Tomasz</b>	<b>66</b>	BIEGOLAS KOSZALIN / KORONA SZCZECIN	M-Open	7	<b>00:05:27.00</b>	+00:00:26 (8.0%)	3:23	17.7 (92.2%)
8	<b>FEDORCZAK Łukasz</b>	<b>30</b>	BIEGOLAS	M-Open	8	<b>00:05:29.00</b>	+00:00:28 (8.5%)	3:24	17.6 (91.7%)
9	<b>WALEŃSKI Michał</b>	<b>29</b>		M-Open	9	<b>00:05:31.00</b>	+00:00:30 (9.1%)	3:25	17.5 (91.1%)
10	<b>STERNIK Tomasz</b>	<b>39</b>		M-Open	10	<b>00:05:34.00</b>	+00:00:33 (9.9%)	3:27	17.3 (90.1%)
11	<b>SMAGOWSKI Wojtek</b>	<b>46</b>	OSP RĄBINO	M-Open	11	<b>00:05:40.00</b>	+00:00:39 (11.5%)	3:31	17 (88.5%)
12	<b>RÓŻAŃSKI Maciej</b>	<b>50</b>		M-Open	12	<b>00:05:48.00</b>	+00:00:47 (13.5%)	3:36	16.6 (86.5%)
12	<b>KRYNICKA GRZYB Małgorzata</b>	<b>34</b>		K-Open	1	<b>00:05:48.00</b>	+00:00:47 (13.5%)	3:36	16.6 (86.5%)
14	<b>DENISIUK Bartosz</b>	<b>67</b>		M-Open	13	<b>00:05:56.00</b>	+00:00:55 (15.4%)	3:41	16.3 (84.9%)
15	<b>Krzysztof</b>	<b>47</b>		M-Open	14	<b>00:06:02.00</b>	+00:01:01 (16.9%)	3:44	16 (83.3%)
15	<b>MILEWSKI Tomasz</b>	<b>58</b>		M-Open	14	<b>00:06:02.00</b>	+00:01:01 (16.9%)	3:44	16 (83.3%)
17	<b>BUDZIŃSKI Paweł</b>	<b>60</b>	KĘPKA TEAM/DRUŻYNA SZPIKU	M-Open	16	<b>00:06:04.00</b>	+00:01:03 (17.3%)	3:46	15.9 (82.8%)
18	<b>STENKA Rafał</b>	<b>49</b>		M-Open	17	<b>00:06:06.00</b>	+00:01:05 (17.8%)	3:47	15.8 (82.3%)
19	<b>BARUTOWICZ Grzegorz</b>	<b>56</b>		M-Open	18	<b>00:06:09.00</b>	+00:01:08 (18.4%)	3:49	15.7 (81.8%)
20	<b>KRUK Marcin</b>	<b>53</b>		M-Open	19	<b>00:06:10.00</b>	+00:01:09 (18.6%)	3:49	15.7 (81.8%)
20	<b>MAZIEC Beata</b>	<b>55</b>	BIEGOLAS KOSZALIN / TKKF KOSZALIN	K-Open	2	<b>00:06:10.00</b>	+00:01:09 (18.6%)	3:49	15.7 (81.8%)
22	<b>KUKIEŁA Tomasz</b>	<b>52</b>	BIEGOLAS KOSZALIN	M-Open	20	<b>00:06:15.00</b>	+00:01:14 (19.7%)	3:53	15.4 (80.2%)
22	<b>RUTKOWSKI Artur</b>	<b>40</b>	SPORTOWIEC.INFO RUNKING	M-Open	20	<b>00:06:15.00</b>	+00:01:14 (19.7%)	3:53	15.4 (80.2%)
24	<b>BOREJKO Łukasz</b>	<b>41</b>		M-Open	22	<b>00:06:20.00</b>	+00:01:19 (20.8%)	3:56	15.2 (79.2%)
25	<b>MARCINKOWSKI Jacek</b>	<b>57</b>	SSK ORZEŁ ŚWIESZYNO	M-Open	23	<b>00:06:24.00</b>	+00:01:23 (21.6%)	3:58	15.1 (78.6%)
26	<b>KRUPIŃSKI Krzysztof</b>	<b>38</b>	E-UROLOG.EU	M-Open	24	<b>00:06:25.00</b>	+00:01:24 (21.8%)	3:59	15 (78.1%)
27	<b>SIEROCKI Łukasz</b>	<b>63</b>		M-Open	25	<b>00:06:30.00</b>	+00:01:29 (22.8%)	4:02	14.9 (77.6%)

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28	<b>MONGIAŁŁO Marcin</b>	<b>51</b>		M-Open	26	<b>00:06:36.00</b>	+00:01:35 (24.0%)	4:06	14.6 (76.0%)
29	<b>CHODOR Martyna</b>	<b>59</b>		K-Open	3	<b>00:06:44.00</b>	+00:01:43 (25.5%)	4:11	14.3 (74.5%)
30	<b>KONKEL Łukasz</b>	<b>33</b>		M-Open	27	<b>00:06:45.00</b>	+00:01:44 (25.7%)	4:11	14.3 (74.5%)
31	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>43</b>		M-Open	28	<b>00:06:48.00</b>	+00:01:47 (26.2%)	4:13	14.2 (74.0%)
32	<b>BOGACKI Tomasz</b>	<b>54</b>	TKKF KOSZALIN	M-Open	29	<b>00:06:53.00</b>	+00:01:52 (27.1%)	4:16	14 (72.9%)
33	<b>NOREK Tomek</b>	<b>65</b>		M-Open	30	<b>00:07:02.00</b>	+00:02:01 (28.7%)	4:22	13.7 (71.4%)
34	<b>WYSOCKA Urszula</b>	<b>64</b>		K-Open	4	<b>00:07:28.00</b>	+00:02:27 (32.8%)	4:38	12.9 (67.2%)
35	<b>KOWALEWSKI Bartosz</b>	<b>48</b>		M-Open	31	<b>00:07:48.00</b>	+00:02:47 (35.7%)	4:50	12.4 (64.6%)
36	<b>MACIEJEWSKI Maciej</b>	<b>37</b>		M-Open	32	<b>00:07:53.00</b>	+00:02:52 (36.4%)	4:53	12.2 (63.5%)
37	<b>KOZŁOWIECKI Waldemar</b>	<b>44</b>		M-Open	33	<b>00:08:02.00</b>	+00:03:01 (37.6%)	4:59	12 (62.5%)
38	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>42</b>		K-Open	5	<b>00:08:35.00</b>	+00:03:34 (41.6%)	5:20	11.2 (58.3%)
39	<b>OLIVIER Anna</b>	<b>45</b>		K-Open	6	<b>00:10:09.00</b>	+00:05:08 (50.6%)	6:18	9.5 (49.5%)

Znaleziono 39 wynik(ów)