



LETNIE MILE BIEGOWE - 3/5 - 3 MILE

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-06-20
Miejsce: Koszalin
Dystans: 4.827 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas netto 4.827km	Różn	Tempo min/km	Tempo km/h	
						0.027km	0.427km	0.827km	1.227km	1.627km	2.027km	2.427km	2.827km	3.227km	3.627km	4.027km					4.427km
1	ORZECHOWSKI Kamil	560	TKKF KOSZALIN	M-30	1	00:00:05	00:01:20	00:02:38	00:03:57	00:05:16	00:06:37	00:07:57	00:09:17	00:10:38	00:11:58	00:13:18	00:14:38	00:16:00.65	3:18	18.1 (100%)	
2	ZWOLIŃSKI Jan	597	TKKF KOSZALIN	M-50	1	00:00:06	00:01:38	00:03:11	00:04:44	00:06:18	00:07:52	00:09:24	00:10:58	00:12:32	00:14:05	00:15:38	00:17:11	00:18:44.55	+00:02:43 (14.6%)	3:52	15.5 (85.6%)
3	GÓRA Sylwester	604	#ZABIEGANINOCA	M-40	1	00:00:06	00:01:33	00:03:02	00:04:32	00:06:03	00:07:36	00:09:08	00:10:42	00:12:19	00:13:56	00:15:34	00:17:13	00:18:53.20	+00:02:52 (15.2%)	3:54	15.3 (84.5%)
4	ZUKAL Piotr	600		M-40	2	00:00:07	00:01:44	00:03:21	00:04:58	00:06:33	00:08:07	00:09:40	00:11:13	00:12:47	00:14:20	00:15:53	00:17:25	00:18:55.85	+00:02:55 (15.4%)	3:54	15.3 (84.5%)
5	SOSNOWSKI Tomasz	574	MEDEN-INMED SPORTS TEAM	M-18	1	00:00:06	00:01:36	00:03:15	00:04:56	00:06:37	00:08:20	00:10:03	00:11:48	00:13:33	00:15:18	00:16:58	00:18:40	00:19:54.45	+00:03:53 (19.6%)	4:07	14.6 (80.7%)
6	MOSZYŃSKI Jacek	554	TKKF KOSZALIN	M-50	2	00:00:07	00:01:46	00:03:26	00:05:07	00:06:49	00:08:30	00:10:12	00:11:56	00:13:38	00:15:21	00:17:04	00:18:46	00:20:20.45	+00:04:19 (21.3%)	4:12	14.3 (79.0%)
7	JAMNIAK Bartosz	521	TKKF KOSZALIN	M-30	2	00:00:06	00:01:39	00:03:16	00:04:55	00:06:35	00:08:19	00:10:02	00:11:47	00:13:32	00:15:19	00:17:05	00:18:49	00:20:26.10	+00:04:25 (21.6%)	4:13	14.2 (78.5%)
8	JAROSZ Dariusz	522	TKKF KOSZALIN	M-40	3	00:00:08	00:01:48	00:03:30	00:05:12	00:06:53	00:08:34	00:10:26	00:12:08	00:13:51	00:15:33	00:17:15	00:18:58	00:20:31.75	+00:04:31 (22.0%)	4:14	14.1 (77.9%)
9	BASSEL Marcin	503		M-30	3	00:00:07	00:01:51	00:03:33	00:05:17	00:07:02	00:08:46	00:10:27	00:12:10	00:13:55	00:15:40	00:17:25	00:19:10	00:20:41.95	+00:04:41 (22.6%)	4:16	14 (77.3%)
10	ZIELASKIEWICZ Piotr	602		M-18	2	00:00:06	00:01:39	00:03:16	00:04:55	00:06:36	00:08:20	00:10:04	00:11:50	00:13:35	00:15:21	00:17:10	00:18:58	00:20:42.35	+00:04:41 (22.7%)	4:17	14 (77.3%)
11	IWANIEC Dariusz	520	TKKF KOSZALIN	M-40	4	00:00:08	00:01:50	00:03:34	00:05:20	00:07:03	00:08:47	00:10:30	00:12:16	00:13:59	00:15:44	00:17:29	00:19:12	00:20:42.95	+00:04:42 (22.7%)	4:17	14 (77.3%)
12	KUŁAKOWSKI Dawid	540	TKKF KOSZALIN	M-40	5	00:00:08	00:01:49	00:03:35	00:05:19	00:07:03	00:08:47	00:10:30	00:12:15	00:13:59	00:15:43	00:17:29	00:19:12	00:20:43.05	+00:04:42 (22.7%)	4:17	14 (77.3%)
13	MICERSKI Tomasz	548	TKKF KOSZALIN	M-40	6	00:00:08	00:01:50	00:03:35	00:05:20	00:07:04	00:08:48	00:10:31	00:12:16	00:14:00	00:15:49	00:17:39	00:19:30	00:21:13.20	+00:05:12 (24.5%)	4:23	13.7 (75.7%)
14	KONKEL Agnieszka	530		K-30	1	00:00:08	00:01:49	00:03:34	00:05:19	00:07:04	00:08:48	00:10:33	00:12:19	00:14:06	00:15:54	00:17:41	00:19:30	00:21:15.95	+00:05:15 (24.7%)	4:23	13.6 (75.1%)
15	ZACHOLSKI Wojciech	589		M-18	3	00:00:08	00:01:52	00:03:40	00:05:29	00:07:17	00:09:07	00:10:56	00:12:47	00:14:41	00:16:34	00:18:24	00:20:07	00:21:25.20	+00:05:24 (25.3%)	4:26	13.5 (74.6%)
16	MRÓZ Dawid	556		M-18	4	00:00:09	00:01:53	00:03:40	00:05:26	00:07:10	00:08:57	00:10:45	00:12:36	00:14:26	00:16:13	00:18:05	00:19:53	00:21:25.45	+00:05:24 (25.3%)	4:26	13.5 (74.6%)
17	KRUPIŃSKI Krzysztof	536	E-UROLOG GABINET SPECJALISTYCZNY KRZYSZTOF KRUPIŃSKI	M-50	3	00:00:08	00:01:52	00:03:37	00:05:23	00:07:09	00:08:56	00:10:42	00:12:31	00:14:19	00:16:09	00:17:58	00:19:48	00:21:36.20	+00:05:35 (25.9%)	4:28	13.4 (74.0%)
18	MILEWSKI Tomasz	549		M-30	4	00:00:08	00:01:51	00:03:35	00:05:19	00:07:05	00:08:52	00:10:38	00:12:27	00:14:18	00:16:10	00:18:01	00:19:54	00:21:42.70	+00:05:42 (26.3%)	4:29	13.4 (74.0%)
19	CHODOR Martyna	605	TKKF KOSZALIN	K-30	2	00:00:11	00:02:06	00:04:01	00:05:54	00:07:46	00:09:37	00:11:28	00:13:19	00:15:10	00:17:02	00:18:53	00:20:44	00:22:16.45	+00:06:15 (28.1%)	4:36	13 (71.8%)
20	NOREK Tomek	559		M-50	4	00:00:09	00:01:54	00:03:41	00:05:27	00:07:14	00:09:04	00:10:56	00:12:49	00:14:43	00:16:35	00:18:29	00:20:25	00:22:16.75	+00:06:16 (28.1%)	4:36	13 (71.8%)
21	KAMYK Piotr	523	MH IT SERWIS KOSZALIN	M-30	5	00:00:09	00:01:52	00:03:39	00:05:29	00:07:20	00:09:13	00:11:07	00:13:02	00:14:59	00:16:56	00:18:54	00:20:45	00:22:25.05	+00:06:24 (28.6%)	4:38	12.9 (71.3%)
22	SZABLA Ewelina	578	TKKF KOSZALIN	K-30	3	00:00:10	00:02:06	00:04:00	00:05:54	00:07:46	00:09:37	00:11:28	00:13:18	00:15:10	00:17:02	00:18:53	00:20:44	00:22:29.80	+00:06:29 (28.8%)	4:39	12.9 (71.3%)
23	CHODOR Izabela	529	TKKF KOSZALIN	K-30	4	00:00:10	00:02:05	00:03:58	00:05:52	00:07:45	00:09:38	00:11:30	00:13:23	00:15:15	00:17:08	00:19:01	00:20:51	00:22:34.55	+00:06:33 (29.1%)	4:40	12.8 (70.7%)
24	OSOBNIAK Ryszard	561		M-60	1	00:00:11	00:02:07	00:04:02	00:05:56	00:07:49	00:09:44	00:11:39	00:13:33	00:15:26	00:17:21	00:19:16	00:21:12	00:22:56.55	+00:06:55 (30.2%)	4:44	12.6 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas netto 4.827km	Różn	Tempo min/km	Tempo km/h
						0.027km	0.427km	0.827km	1.227km	1.627km	2.027km	2.427km	2.827km	3.227km	3.627km	4.027km	4.427km				
25	ZIELIŃSKI Grzegorz	591		M-60	2	00:00:08	00:01:52	00:03:40	00:05:31	00:07:24	00:09:20	00:11:18	00:13:16	00:15:13	00:17:10	00:19:07	00:21:08	00:23:08.70	+00:07:08 (30.8%)	4:47	12.5 (69.1%)
26	DĄBROWSKA Alicja	510	TKKF KOSZALIN	K-50+	1	00:00:10	00:02:10	00:04:14	00:06:14	00:08:13	00:10:15	00:12:17	00:14:16	00:16:15	00:18:12	00:20:08	00:21:59	00:23:42.95	+00:07:42 (32.5%)	4:54	12.2 (67.4%)
27	WAWRZYN Grzegorz	603		M-40	7	00:00:11	00:02:05	00:04:05	00:06:09	00:08:14	00:10:16	00:12:18	00:14:17	00:16:16	00:18:13	00:20:11	00:22:09	00:23:56.55	+00:07:55 (33.1%)	4:57	12.1 (66.9%)
28	PANCERZYŃSKI Łukasz	562		M-30	6	00:00:11	00:02:13	00:04:16	00:06:15	00:08:14	00:10:16	00:12:18	00:14:17	00:16:16	00:18:14	00:20:11	00:22:09	00:23:57.45	+00:07:56 (33.2%)	4:57	12.1 (66.9%)
29	KOZŁOWIECKI Waldek	535	TKKF KOSZALIN	M-60	3	00:00:09	00:02:12	00:04:14	00:06:14	00:08:13	00:10:15	00:12:17	00:14:16	00:16:15	00:18:15	00:20:18	00:22:23	00:24:32.70	+00:08:32 (34.8%)	5:04	11.8 (65.2%)
30	RADOSZ Katarzyna	599		K-30	5	00:00:11	00:02:16	00:04:21	00:06:28	00:08:35	00:10:43	00:12:50	00:15:00	00:17:08	00:19:20	00:21:33	00:23:45	00:25:49.85	+00:09:49 (38.0%)	5:20	11.2 (61.9%)
31	WOLF Beata	587	TKKF KOSZALIN	K-40	1	00:00:10	00:02:16	00:04:31	00:06:48	00:09:05	00:11:25	00:13:43	00:15:57	00:18:12	00:20:29	00:22:44	00:24:58	00:26:56.50	+00:10:55 (40.6%)	5:34	10.8 (59.7%)
32	ZUKAL Aleksandra	601		K-40	2	00:00:11	00:02:24	00:04:40	00:06:55	00:09:10	00:11:31	00:13:54	00:16:23	00:18:55	00:21:28	00:24:04	00:26:38	00:28:49.35	+00:12:48 (44.5%)	5:57	10.1 (55.8%)
33	STAŃCZYK Franciszek	575	NIEZRZESZONY	M-70+	1	00:00:10	00:02:24	00:04:41	00:06:56	00:09:10	00:11:20	00:13:32	00:16:06	00:18:18	00:21:04	00:23:55	00:26:46	00:28:55.85	+00:12:55 (44.7%)	5:59	10 (55.2%)
34	KOZŁOWIECKA Małgorzata	534		K-50+	2	00:00:09	00:02:14	00:04:44	00:07:10	00:09:47	00:12:11	00:14:40	00:17:16	00:19:42	00:22:06	00:24:30	00:26:53	00:29:17.30	+00:13:16 (45.3%)	6:03	9.9 (54.7%)

Znaleziono 34 wynik(ów)