



LETNIE MILE BIEGOWE - 4/5 - 2 MILE

B4SPORT
WIELKOPOLSKI ZWIĄZOK SPORTOWY

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-07-11
Miejsce: Koszalin
Dystans: 3.218 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 0.018km	Start_All 0.418km	Start_All 0.818km	Start_All 1.218km	Start_All 1.618km	Start_All 2.018km	Start_All 2.418km	Start_All 2.818km	Czas netto 3.218km	Różn	Tempo min/km	Tempo km/h
1	ORZECZOWSKI Kamil	63	TKKF KOSZALIN	M-30	1	00:00:04	00:01:19	00:02:37	00:03:57	00:05:17	00:06:38	00:07:59	00:09:19	00:10:31.71		3:15	18.4 (100%)
2	GAWRON Piotr	12	ULKS TALEX BORZYTUCHOM	M-18	1	00:00:04	00:01:19	00:02:37	00:03:57	00:05:17	00:06:39	00:08:00	00:09:23	00:10:45.94	+00:00:14 (2.2%)	3:20	18 (97.8%)
3	SZKOŁUDA Miłosz	88	DECATHLON KOSZALIN	M-18	2	00:00:04	00:01:21	00:02:39	00:04:01	00:05:22	00:06:44	00:08:07	00:09:29	00:10:51.86	+00:00:20 (3.1%)	3:22	17.8 (96.7%)
4	HUBERT Łukasz	21	TKKF KOSZALIN	M-30	2	00:00:04	00:01:23	00:02:50	00:04:20	00:05:48	00:07:16	00:08:44	00:10:10	00:11:30.41	+00:00:58 (8.5%)	3:34	16.8 (91.3%)
5	NAKONIECZNY Rafał	113	TKKF KOSZALIN	M-30	3	00:00:05	00:01:27	00:02:55	00:04:23	00:05:52	00:07:23	00:08:51	00:10:20	00:11:46.29	+00:01:14 (10.6%)	3:39	16.4 (89.1%)
6	SZEWCUK Paweł	84		M-30	4	00:00:05	00:01:25	00:02:52	00:04:22	00:05:51	00:07:24	00:08:57	00:10:31	00:12:00.94	+00:01:29 (12.4%)	3:43	16.1 (87.5%)
7	ZUKAL Piotr	103		M-40	1	00:00:05	00:01:32	00:03:03	00:04:35	00:06:07	00:07:37	00:09:06	00:10:35	00:12:01.66	+00:01:29 (12.5%)	3:43	16.1 (87.5%)
8	SOSNOWSKI Tomasz	79	MEDEN-INMED SPORTS TEAM	M-18	3	00:00:04	00:01:26	00:02:56	00:04:28	00:06:04	00:07:44	00:09:20	00:10:54	00:12:09.49	+00:01:37 (13.4%)	3:46	15.9 (86.4%)
9	ZWOLIŃSKI Jan	106	TKKF KOSZALIN	M-50	1	00:00:05	00:01:30	00:03:03	00:04:35	00:06:10	00:07:45	00:09:19	00:10:53	00:12:22.52	+00:01:50 (14.9%)	3:50	15.6 (84.8%)
10	ZIELEZIŃSKI Piotr	110		M-18	4	00:00:05	00:01:31	00:03:02	00:04:35	00:06:11	00:07:48	00:09:26	00:11:04	00:12:46.27	+00:02:14 (17.6%)	3:57	15.1 (82.1%)
11	MOSZYŃSKI Jacek	57	TKKF KOSZALIN	M-50	2	00:00:06	00:01:40	00:03:19	00:04:57	00:06:34	00:08:11	00:09:49	00:11:24	00:12:48.45	+00:02:16 (17.8%)	3:58	15.1 (82.1%)
12	ŻYWICKI Bartosz	108	DZIKI KOSZALIN	M-30	5	00:00:06	00:01:40	00:03:20	00:04:58	00:06:35	00:08:12	00:09:49	00:11:25	00:12:49.76	+00:02:18 (17.9%)	3:58	15.1 (82.1%)
13	JAMNIAK Bartosz	23	TKKF KOSZALIN	M-30	6	00:00:05	00:01:32	00:03:08	00:04:46	00:06:24	00:08:03	00:09:43	00:11:23	00:12:49.95	+00:02:18 (18.0%)	3:58	15.1 (82.1%)
14	KUŁAKOWSKI Dawid	43	TKKF KOSZALIN	M-40	2	00:00:05	00:01:43	00:03:22	00:05:00	00:06:37	00:08:14	00:09:51	00:11:27	00:12:50.60	+00:02:18 (18.0%)	3:59	15.1 (82.1%)
15	JAROSZ Jakub	114	TKKF KOSZALIN	M-18	5	00:00:05	00:01:40	00:03:20	00:04:57	00:06:34	00:08:11	00:09:48	00:11:23	00:12:54.55	+00:02:22 (18.4%)	4:00	15 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas											Różn	Tempo min/km	Tempo km/h
						Start_All 0.018km	Start_All 0.418km	Start_All 0.818km	Start_All 1.218km	Start_All 1.618km	Start_All 2.018km	Start_All 2.418km	Start_All 2.818km	Start_All 3.218km					
16	JAROSZ Dariusz	24	TKKF KOSZALIN	M-40	3	00:00:05	00:01:42	00:03:22	00:04:59	00:06:36	00:08:14	00:09:50	00:11:27	00:12:57.53	+00:02:25 (18.8%)	4:01	14.9 (81.0%)		
17	ZACHOLSKI Wojciech	97		M-18	6	00:00:06	00:01:43	00:03:24	00:05:05	00:06:50	00:08:35	00:10:19	00:11:57	00:13:17.77	+00:02:46 (20.8%)	4:07	14.5 (78.8%)		
18	KONKEL Agnieszka	33		K-30	1	00:00:08	00:01:49	00:03:30	00:05:10	00:06:52	00:08:33	00:10:15	00:11:55	00:13:33.71	+00:03:01 (22.4%)	4:12	14.3 (77.7%)		
19	BASSEL Marcin	3		M-30	7	00:00:09	00:01:49	00:03:30	00:05:09	00:06:52	00:08:36	00:10:18	00:12:00	00:13:37.17	+00:03:05 (22.7%)	4:13	14.2 (77.2%)		
20	MILEWSKI Tomasz	52		M-30	8	00:00:08	00:01:49	00:03:29	00:05:10	00:06:52	00:08:36	00:10:20	00:12:03	00:13:40.79	+00:03:09 (23.0%)	4:14	14.1 (76.6%)		
21	ROGOŻA Ireneusz	71		M-40	4	00:00:08	00:01:51	00:03:32	00:05:14	00:06:57	00:08:40	00:10:23	00:12:08	00:13:41.74	+00:03:10 (23.1%)	4:14	14.1 (76.6%)		
22	BALICKI Michał	109		M-14	1	00:00:09	00:01:53	00:03:38	00:05:21	00:07:06	00:08:49	00:10:33	00:12:14	00:13:47.97	+00:03:16 (23.7%)	4:16	14 (76.1%)		
23	NOREK Tomek	62		M-50	3	00:00:09	00:01:50	00:03:29	00:05:11	00:06:55	00:08:40	00:10:24	00:12:09	00:13:49.30	+00:03:17 (23.8%)	4:17	14 (76.1%)		
24	CHODOR Martyna	116	TKKF KOSZALIN	K-30	2	00:00:07	00:01:53	00:03:39	00:05:22	00:07:07	00:08:50	00:10:33	00:12:14	00:13:50.46	+00:03:18 (23.9%)	4:17	14 (76.1%)		
25	MICERSKI Tomasz	51	TKKF KOSZALIN	M-40	5	00:00:05	00:01:44	00:03:27	00:05:11	00:06:55	00:08:39	00:10:22	00:12:08	00:13:53.74	+00:03:22 (24.2%)	4:18	13.9 (75.5%)		
26	KRUPIŃSKI Krzysztof	39	E-UROLOG.EU	M-50	4	00:00:07	00:01:51	00:03:34	00:05:19	00:07:04	00:08:50	00:10:37	00:12:23	00:14:05.26	+00:03:33 (25.3%)	4:22	13.7 (74.5%)		
27	KAMYK Piotr	25	MH IT SERWIS KOSZALIN	M-30	9	00:00:06	00:01:44	00:03:26	00:05:10	00:06:55	00:08:43	00:10:35	00:12:26	00:14:07.52	+00:03:35 (25.5%)	4:23	13.7 (74.5%)		
28	SZABLA Ewelina	83	TKKF KOSZALIN	K-30	3	00:00:07	00:01:53	00:03:39	00:05:24	00:07:13	00:09:03	00:10:53	00:12:44	00:14:27.49	+00:03:55 (27.2%)	4:29	13.4 (72.8%)		
29	DĄBROWSKA Alicja	10	TKKF KOSZALIN	K-50+	1	00:00:07	00:01:59	00:03:52	00:05:43	00:07:31	00:09:18	00:11:06	00:12:54	00:14:28.72	+00:03:57 (27.3%)	4:29	13.4 (72.8%)		
30	SZNYTER Sabina	89		K-18	1	00:00:07	00:01:55	00:03:45	00:05:33	00:07:22	00:09:13	00:11:04	00:12:52	00:14:36.93	+00:04:05 (28.0%)	4:32	13.2 (71.7%)		
31	PANCERZYŃSKI Łukasz	66		M-30	10	00:00:07	00:02:00	00:03:53	00:05:44	00:07:32	00:09:24	00:11:17	00:13:11	00:14:53.46	+00:04:21 (29.3%)	4:37	13 (70.7%)		
32	ZIELIŃSKI Grzegorz	100		M-60	1	00:00:08	00:01:45	00:03:31	00:05:22	00:07:14	00:09:10	00:11:05	00:13:01	00:14:53.50	+00:04:21 (29.3%)	4:37	13 (70.7%)		
33	CHODOR Iza	115	TKKF KOSZALIN	K-30	4	00:00:08	00:01:59	00:03:52	00:05:43	00:07:32	00:09:24	00:11:17	00:13:11	00:14:54.09	+00:04:22 (29.3%)	4:37	13 (70.7%)		
34	OSOBNIAK Ryszard	65		M-60	2	00:00:10	00:01:56	00:03:45	00:05:38	00:07:32	00:09:23	00:11:16	00:13:10	00:14:54.99	+00:04:23 (29.4%)	4:37	13 (70.7%)		
35	MARZEC Łukasz	112		M-30	11	00:00:09	00:01:51	00:03:35	00:05:23	00:07:17	00:09:13	00:11:12	00:13:13	00:15:12.69	+00:04:40 (30.8%)	4:43	12.7 (69.0%)		
36	MŁASZEWSKI Przemysław	54		M-30	12	00:00:06	00:01:50	00:03:40	00:05:37	00:07:39	00:09:43	00:11:46	00:13:50	00:15:48.26	+00:05:16 (33.4%)	4:54	12.2 (66.3%)		
37	KURŁOWICZ Krzysztof	111		M-30	13	00:00:05	00:01:38	00:03:27	00:05:25	00:07:34	00:09:44	00:12:02	00:14:13	00:16:02.13	+00:05:30 (34.3%)	4:58	12 (65.2%)		
38	KOZŁOWIECKI Waldek	38	TKKF KOSZALIN	M-60	3	00:00:09	00:02:05	00:04:06	00:06:08	00:08:12	00:10:13	00:12:16	00:14:19	00:16:22.43	+00:05:50 (35.7%)	5:04	11.8 (64.1%)		
39	WOLF Beata	95	TKKF KOSZALIN	K-40	1	00:00:08	00:01:53	00:03:53	00:06:05	00:08:21	00:10:39	00:13:04	00:15:22	00:17:39.00	+00:07:07 (40.3%)	5:28	10.9 (59.2%)		

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All											Czas		Tempo min/km	Tempo km/h
						0.018km	0.418km	0.818km	1.218km	1.618km	2.018km	2.418km	2.818km	3.218km	Różn					
40	WAWRZYN Grzegorz	117		M-40	6	00:00:07	00:02:17	00:04:41	00:07:04	00:09:27	00:11:48	00:14:04	00:16:22	00:18:38.60	+00:08:06 (43.5%)	5:47	10.4 (56.5%)			
41	ZUKAL Aleksandra	104		K-40	2	00:00:09	00:02:26	00:04:48	00:07:09	00:09:29	00:11:51	00:14:18	00:16:46	00:19:06.52	+00:08:34 (44.9%)	5:55	10.1 (54.9%)			
42	KOZŁOWIECKA Małgorzata	37		K-50+	2	00:00:09	00:02:23	00:04:47	00:07:15	00:09:43	00:12:18	00:14:44	00:17:09	00:19:33.36	+00:09:01 (46.2%)	6:04	9.9 (53.8%)			

Znaleziono 42 wynik(ów)