

# LETNIE MILE BIEGOWE - 5/5 - 1 MILA

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-08-08  
**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	ORZECHOWSKI Kamil	25	TKKF KOSZALIN	M-30	1	00:00:02	00:01:12	00:02:27	00:03:41	<b>00:04:52.95</b>		3:01	19.8 (100%)
2	GAWRON Piotr	30	ULKS TALEX BORZYTUCHOM	M-18	1	00:00:02	00:01:11	00:02:27	00:03:44	<b>00:05:03.55</b>	+00:00:10 (3.5%)	3:08	19.1 (96.5%)
3	SOSNOWSKI Tomasz	66	MEDEN-INMED SPORTS TEAM	M-18	2	00:00:02	00:01:14	00:02:34	00:03:56	<b>00:05:09.22</b>	+00:00:16 (5.3%)	3:11	18.8 (94.9%)
4	HUBERT Łukasz	47	TKKF KOSZALIN	M-30	2	00:00:02	00:01:13	00:02:33	00:03:55	<b>00:05:15.19</b>	+00:00:22 (7.1%)	3:15	18.4 (92.9%)
5	NAKONIECZNY Rafał	24	TKKF KOSZALIN	M-30	3	00:00:02	00:01:18	00:02:41	00:04:05	<b>00:05:27.45</b>	+00:00:34 (10.5%)	3:23	17.7 (89.4%)
6	KASZUBIAK Klaudiusz	36		M-30	4	00:00:03	00:01:24	00:02:48	00:04:16	<b>00:05:32.94</b>	+00:00:39 (12.0%)	3:26	17.5 (88.4%)
7	ZUKAL Piotr	33		M-40	1	00:00:02	00:01:25	00:02:52	00:04:19	<b>00:05:41.32</b>	+00:00:48 (14.2%)	3:31	17 (85.9%)
8	BESZTERDA Jakub	22	BAŁTYK KOSZALIN	M-14	1	00:00:04	00:01:25	00:02:55	00:04:26	<b>00:05:44.12</b>	+00:00:51 (14.9%)	3:33	16.8 (84.8%)
9	SITOWSKI Marcin	37	FC RYSIEK	M-18	3	00:00:02	00:01:15	00:02:41	00:04:14	<b>00:05:45.23</b>	+00:00:52 (15.1%)	3:34	16.8 (84.8%)
10	SIENIAWSKI Jarosław	67	MEDEN INMED SPORTS TEAM	M-40	2	00:00:03	00:01:24	00:02:51	00:04:20	<b>00:05:45.44</b>	+00:00:52 (15.2%)	3:34	16.8 (84.8%)
11	PRZEWŁOCKI Michał	48	TKKF KOSZALIN	M-30	5	00:00:03	00:01:20	00:02:44	00:04:15	<b>00:05:46.33</b>	+00:00:53 (15.4%)	3:34	16.8 (84.8%)
12	KLEMANN Paweł	12		M-40	3	00:00:03	00:01:23	00:02:48	00:04:17	<b>00:05:47.41</b>	+00:00:54 (15.7%)	3:35	16.7 (84.3%)
13	ZWOLIŃSKI Jan	41	TKKF KOSZALIN	M-50	1	00:00:02	00:01:24	00:02:55	00:04:27	<b>00:05:51.06</b>	+00:00:58 (16.6%)	3:38	16.5 (83.3%)
14	JAMNIAK Bartosz	49	TKKF KOSZALIN	M-30	6	00:00:02	00:01:25	00:02:56	00:04:28	<b>00:05:54.63</b>	+00:01:01 (17.4%)	3:39	16.4 (82.8%)
15	ZACHOLSKI Wojciech	70		M-18	4	00:00:03	00:01:32	00:03:04	00:04:38	<b>00:05:56.99</b>	+00:01:04 (17.9%)	3:41	16.3 (82.3%)
16	KUŁAKOWSKI Dawid	50	TKKF KOSZALIN	M-40	4	00:00:03	00:01:32	00:03:04	00:04:38	<b>00:05:59.50</b>	+00:01:06 (18.5%)	3:42	16.1 (81.3%)
17	MOSZYŃSKI Jacek	15	TKKF KOSZALIN	M-50	2	00:00:03	00:01:31	00:03:03	00:04:37	<b>00:06:01.40</b>	+00:01:08 (18.9%)	3:44	16.1 (81.3%)
18	ŻYWICKI Bartosz	28	DZIKI KOSZALIN	M-30	7	00:00:04	00:01:33	00:03:05	00:04:38	<b>00:06:04.02</b>	+00:01:11 (19.5%)	3:46	15.9 (80.3%)
19	BASSEL Marcin	38		M-30	8	00:00:04	00:01:29	00:03:00	00:04:34	<b>00:06:05.76</b>	+00:01:12 (19.9%)	3:46	15.9 (80.3%)
20	MICERSKI Tomasz	16	TKKF KOSZALIN	M-40	5	00:00:04	00:01:31	00:03:02	00:04:37	<b>00:06:09.86</b>	+00:01:16 (20.8%)	3:49	15.7 (79.3%)
21	BESZTERDA Sebastian	23	NIETOPERZE KOSZALIN	M-40	6	00:00:05	00:01:34	00:03:08	00:04:43	<b>00:06:12.90</b>	+00:01:19 (21.4%)	3:51	15.6 (78.8%)
22	MŁASZEWSKI Przemysław	26		M-30	9	00:00:03	00:01:33	00:03:05	00:04:42	<b>00:06:18.17</b>	+00:01:25 (22.5%)	3:54	15.3 (77.3%)
23	MILEWSKI Tomasz	69		M-30	10	00:00:05	00:01:34	00:03:08	00:04:45	<b>00:06:20.63</b>	+00:01:27 (23.0%)	3:56	15.3 (77.3%)
24	JAROSZ Dariusz	11	TKKF KOSZALIN	M-40	7	00:00:03	00:01:35	00:03:13	00:04:54	<b>00:06:31.28</b>	+00:01:38 (25.1%)	4:02	14.8 (74.7%)
25	KAMYK Piotr	44	MH IT SERWIS KOSZALIN	M-30	11	00:00:03	00:01:32	00:03:09	00:04:52	<b>00:06:33.09</b>	+00:01:40 (25.5%)	4:04	14.7 (74.2%)
26	KRUPIŃSKI Krzysztof	65	E-UROLOG.EU	M-50	3	00:00:04	00:01:40	00:03:19	00:04:59	<b>00:06:36.85</b>	+00:01:43 (26.2%)	4:05	14.6 (73.7%)
27	MARZEC Łukasz	18		M-30	12	00:00:07	00:01:46	00:03:20	00:05:00	<b>00:06:40.32</b>	+00:01:47 (26.8%)	4:08	14.5 (73.2%)

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				
28	<b>NOREK Tomek</b>	<b>39</b>		M-50	4	00:00:05	00:01:44	00:03:23	00:05:03	<b>00:06:41.84</b>	+00:01:48 (27.1%)	4:09	14.5 (73.2%)
29	<b>CHODOR Martyna</b>	<b>21</b>	TKKF KOSZALIN	K-30	1	00:00:06	00:01:49	00:03:32	00:05:15	<b>00:06:45.58</b>	+00:01:52 (27.8%)	4:11	14.3 (72.2%)
30	<b>DĄBROWSKA Alicja</b>	<b>42</b>	TKKF KOSZALIN	K-50+	1	00:00:06	00:01:52	00:03:36	00:05:17	<b>00:06:48.73</b>	+00:01:55 (28.3%)	4:13	14.2 (71.7%)
31	<b>WAWRZYN Grzegorz</b>	<b>19</b>		M-40	8	00:00:06	00:01:47	00:03:34	00:05:18	<b>00:06:52.70</b>	+00:01:59 (29.0%)	4:15	14.1 (71.2%)
32	<b>KISIELIŃSKI Igor</b>	<b>46</b>	TKKF KOSZALIN	M-50	5	00:00:05	00:01:40	00:03:22	00:05:08	<b>00:06:53.15</b>	+00:02:00 (29.1%)	4:16	14 (70.7%)
33	<b>PANCERZYŃSKI Łukasz</b>	<b>62</b>		M-30	13	00:00:05	00:01:46	00:03:33	00:05:18	<b>00:06:53.35</b>	+00:02:00 (29.1%)	4:16	14 (70.7%)
34	<b>KURŁOWICZ Krzysztof</b>	<b>64</b>		M-30	14	00:00:02	00:01:34	00:03:18	00:05:07	<b>00:06:54.48</b>	+00:02:01 (29.3%)	4:17	14 (70.7%)
35	<b>RUTKOWSKI Artur</b>	<b>63</b>	RUTKOWSKI TEAM	M-18	5	00:00:03	00:01:48	00:03:28	00:05:14	<b>00:06:55.45</b>	+00:02:02 (29.5%)	4:17	14 (70.7%)
36	<b>ZIELIŃSKI Grzegorz</b>	<b>34</b>		M-60	1	00:00:03	00:01:36	00:03:21	00:05:11	<b>00:07:00.76</b>	+00:02:07 (30.4%)	4:20	13.8 (69.7%)
37	<b>SZABLA Ewelina</b>	<b>27</b>	TKKF KOSZALIN	K-30	2	00:00:06	00:01:55	00:03:42	00:05:27	<b>00:07:14.02</b>	+00:02:21 (32.5%)	4:29	13.4 (67.7%)
38	<b>CHODOR Iza</b>	<b>29</b>	TKKF KOSZALIN	K-30	3	00:00:06	00:01:56	00:03:45	00:05:36	<b>00:07:18.42</b>	+00:02:25 (33.2%)	4:32	13.2 (66.7%)
39	<b>KOZŁOWIECKI Waldek</b>	<b>45</b>	TKKF KOSZALIN	M-60	2	00:00:04	00:01:55	00:03:52	00:05:52	<b>00:07:55.77</b>	+00:03:02 (38.4%)	4:55	12.2 (61.6%)
40	<b>WOLF Beata</b>	<b>61</b>	TKKF KOSZALIN	K-40	1	00:00:05	00:02:04	00:04:11	00:06:23	<b>00:08:36.98</b>	+00:03:44 (43.3%)	5:20	11.2 (56.6%)
41	<b>ZUKAL Aleksandra</b>	<b>31</b>		K-40	2	00:00:05	00:02:13	00:04:26	00:06:43	<b>00:08:53.58</b>	+00:04:00 (45.1%)	5:31	10.9 (55.1%)
42	<b>STAŃCZYK Franciszek</b>	<b>68</b>	NIEZRZESZONY	M-70+	1	00:00:04	00:02:09	00:04:21	00:06:39	<b>00:08:53.63</b>	+00:04:00 (45.1%)	5:31	10.9 (55.1%)
43	<b>ZUKAL Jakub</b>	<b>32</b>		M-Dz	1	00:00:05	00:02:17	00:04:33	00:07:01	<b>00:09:04.59</b>	+00:04:11 (46.2%)	5:37	10.7 (54.0%)
44	<b>KOZŁOWIECKA Małgorzata</b>	<b>40</b>		K-50+	2	00:00:05	00:02:14	00:04:37	00:07:04	<b>00:09:28.42</b>	+00:04:35 (48.5%)	5:52	10.2 (51.5%)
45	<b>CHODOR Antek</b>	<b>20</b>		M-Dz	2	00:00:07	00:02:28	00:05:12	00:08:09	<b>00:11:32.01</b>	+00:06:39 (57.7%)	7:09	8.4 (42.4%)
46	<b>BARTNIK Marian</b>	<b>43</b>	TKKF KOSZALIN	M-70+	2	00:00:03	00:03:00	00:06:10	00:09:22	<b>00:12:32.96</b>	+00:07:40 (61.1%)	7:47	7.7 (38.9%)
47	<b>LINOWIECKI Cezary</b>	<b>35</b>		M-50	6	00:00:02	00:01:22	00:02:49			+00:00:22	3:28	17.3 (87.4%)

Znaleziono 47 wynik(ów)