

## LETNIE MILE BIEGOWE - 3/5 - 3 MILE

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
Data: 2018-06-20  
Miejsce: Koszalin  
Dystans: 4.827 km  
Klasyfikacja wg czasów netto.



## LETNIE MILE BIEGOWE - 3/5 - 3 MILE, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	2.827km	3.227km	3.627km	4.027km	4.427km	Netto	min/km	km/h
1	ORZECHOWSKI KAMIL	560	TKKF KOSZALIN	KOSZALIN	POL	M-30	1	M 1	00:09:17	00:10:38	00:11:58	00:13:18	00:14:38	00:16:00.65	3:18	18.1
2	ZWOLIŃSKI JAN	597	TKKF KOSZALIN	WIERCISZEWO	POL	M-50	1	M 2	00:10:58	00:12:32	00:14:05	00:15:38	00:17:11	00:18:44.55	3:52	15.5
3	GÓRA SYLWESTER	604	#ZABIEGANINOCA	OKONEK	POL	M-40	1	M 3	00:10:42	00:12:19	00:13:56	00:15:34	00:17:13	00:18:53.20	3:54	15.3
4	ZUKAL PIOTR	600		KOSZALIN	POL	M-40	2	M 4	00:11:13	00:12:47	00:14:20	00:15:53	00:17:25	00:18:55.85	3:54	15.3
5	SOSNOWSKI TOMASZ	574	MEDEN-INMED SPORTS TEAM	KOSZALIN	POL	M-18	1	M 5	00:11:48	00:13:33	00:15:18	00:16:58	00:18:40	00:19:54.45	4:07	14.6
6	MOSZYŃSKI JACEK	554	TKKF KOSZALIN	KOSZALIN	POL	M-50	2	M 6	00:11:56	00:13:38	00:15:21	00:17:04	00:18:46	00:20:20.45	4:12	14.3
7	JAMNIAK BARTOSZ	521	TKKF KOSZALIN	KOSZALIN	POL	M-30	2	M 7	00:11:47	00:13:32	00:15:19	00:17:05	00:18:49	00:20:26.10	4:13	14.2
8	JAROSZ DARIUSZ	522	TKKF KOSZALIN	SUCHA KOSZALIŃSKA	POL	M-40	3	M 8	00:12:08	00:13:51	00:15:33	00:17:15	00:18:58	00:20:31.75	4:14	14.1
9	BASSEL MARCIN	503		KOSZALIN	POL	M-30	3	M 9	00:12:10	00:13:55	00:15:40	00:17:25	00:19:10	00:20:41.95	4:16	14
10	ZIELASKIEWICZ PIOTR	602		KOSZALIN	POL	M-18	2	M 10	00:11:50	00:13:35	00:15:21	00:17:10	00:18:58	00:20:42.35	4:17	14
11	IWANIEC DARIUSZ	520	TKKF KOSZALIN	SIERAKOWO	POL	M-40	4	M 11	00:12:16	00:13:59	00:15:44	00:17:29	00:19:12	00:20:42.95	4:17	14
12	KUŁAKOWSKI DAWID	540	TKKF KOSZALIN	KOSZALIN	POL	M-40	5	M 12	00:12:15	00:13:59	00:15:43	00:17:29	00:19:12	00:20:43.05	4:17	14
13	MICERSKI TOMASZ	548	TKKF KOSZALIN	KOSZALIN	POL	M-40	6	M 13	00:12:16	00:14:00	00:15:49	00:17:39	00:19:30	00:21:13.20	4:23	13.7
14	KONKEL AGNIESZKA	530		KOSZALIN	POL	K-30	1	K 1	00:12:19	00:14:06	00:15:54	00:17:41	00:19:30	00:21:15.95	4:23	13.6
15	ZACHOLSKI WOJCIECH	589		KOSZALIN	POL	M-18	3	M 14	00:12:47	00:14:41	00:16:34	00:18:24	00:20:07	00:21:25.20	4:26	13.5
16	MRÓZ DAWID	556		CHOJNICE	POL	M-18	4	M 15	00:12:36	00:14:26	00:16:13	00:18:05	00:19:53	00:21:25.45	4:26	13.5
17	KRUPIŃSKI KRZYSZTOF	536	E-UROLOG GABINET SPECJALISTYCZNY KRZYSZTOF KRUPIŃSKI	KOSZALIN	POL	M-50	3	M 16	00:12:31	00:14:19	00:16:09	00:17:58	00:19:48	00:21:36.20	4:28	13.4
18	MILEWSKI TOMASZ	549		KOSZALIN	POL	M-30	4	M 17	00:12:27	00:14:18	00:16:10	00:18:01	00:19:54	00:21:42.70	4:29	13.4
19	CHODOR MARTYNA	605	TKKF KOSZALIN	KOSZALIN	POL	K-30	2	K 2	00:13:19	00:15:10	00:17:02	00:18:53	00:20:44	00:22:16.45	4:36	13
20	NOREK TOMEK	559		KOSZALIN	POL	M-50	4	M 18	00:12:49	00:14:43	00:16:35	00:18:29	00:20:25	00:22:16.75	4:36	13
21	KAMYK PIOTR	523	MH IT SERWIS KOSZALIN	KOSZALIN	POL	M-30	5	M 19	00:13:02	00:14:59	00:16:56	00:18:54	00:20:45	00:22:25.05	4:38	12.9
22	SZABLA EWELINA	578	TKKF KOSZALIN	KOSZALIN	POL	K-30	3	K 3	00:13:18	00:15:10	00:17:02	00:18:53	00:20:44	00:22:29.80	4:39	12.9
23	CHODOR IZABELA	529	TKKF KOSZALIN	GORZEBĄDZ	POL	K-30	4	K 4	00:13:23	00:15:15	00:17:08	00:19:01	00:20:51	00:22:34.55	4:40	12.8
24	OSOBNIAK RYSZARD	561		KOSZALIN	POL	M-60	1	M 20	00:13:33	00:15:26	00:17:21	00:19:16	00:21:12	00:22:56.55	4:44	12.6
25	ZIELIŃSKI GRZEGORZ	591		STARE BIELICE	POL	M-60	2	M 21	00:13:16	00:15:13	00:17:10	00:19:07	00:21:08	00:23:08.70	4:47	12.5
26	DĄBROWSKA ALICJA	510	TKKF KOSZALIN	SIANÓW	POL	K-50+	1	K 5	00:14:16	00:16:15	00:18:12	00:20:08	00:21:59	00:23:42.95	4:54	12.2
27	WAWRZYN GRZEGORZ	603		KOSZALIN	POL	M-40	7	M 22	00:14:17	00:16:16	00:18:13	00:20:11	00:22:09	00:23:56.55	4:57	12.1
28	PANCERZYŃSKI ŁUKASZ	562		KOSZALIN	POL	M-30	6	M 23	00:14:17	00:16:16	00:18:14	00:20:11	00:22:09	00:23:57.45	4:57	12.1
29	KOZŁOWIECKI WALDEK	535	TKKF KOSZALIN	KOSZALIN	POL	M-60	3	M 24	00:14:16	00:16:15	00:18:15	00:20:18	00:22:23	00:24:32.70	5:04	11.8
30	RADOSZ KATARZYNA	599		KOSZALIN	POL	K-30	5	K 6	00:15:00	00:17:08	00:19:20	00:21:33	00:23:45	00:25:49.85	5:20	11.2
31	WOLF BEATA	587	TKKF KOSZALIN	KOSZALIN	POL	K-40	1	K 7	00:15:57	00:18:12	00:20:29	00:22:44	00:24:58	00:26:56.50	5:34	10.8
32	ZUKAL ALEKSANDRA	601		KOSZALIN	POL	K-40	2	K 8	00:16:23	00:18:55	00:21:28	00:24:04	00:26:38	00:28:49.35	5:57	10.1
33	STAŃCZYK FRANCISZEK	575	NIEZRZESZONY	KOSZALIN	POL	M-70+	1	M 25	00:16:06	00:18:18	00:21:04	00:23:55	00:26:46	00:28:55.85	5:59	10
34	KOZŁOWIECKA MAŁGORZATA	534		KOSZALIN	POL	K-50+	2	K 9	00:17:16	00:19:42	00:22:06	00:24:30	00:26:53	00:29:17.30	6:03	9.9