



# WIOSENNA MILA BIEGOWA 2017 - EDYCJA 1/3

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2017-03-21  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.609km	Czas brutto 1.609km	Różn	Tempo min/km	Tempo km/h
1	BEDNARZ Paweł	47	13-TY FUN CLUB ASI CHMIEL :*	M-30	1	00:00:10	00:05:11.50	00:05:22.00		3:13	18.6 (100%)
2	KOZAK Paweł	78	KL BAŁTYK	M-13	1	00:00:10	00:05:12.95	00:05:23.05	+00:00:01 (0.5%)	3:14	18.5 (99.5%)
3	ORZECZOWSKI Kamil	14	TKKF KOSZALIN	M-18	1	00:00:09	00:05:14.05	00:05:24.00	+00:00:02 (0.8%)	3:15	18.4 (98.9%)
4	KOZAK Arkadiusz	88	TKKF KOSZALIN	M-40	1	00:00:10	00:05:21.30	00:05:31.40	+00:00:09 (3.1%)	3:19	18.1 (97.3%)
5	SZEWCUK Paweł	13		M-30	2	00:00:11	00:05:40.55	00:05:51.65	+00:00:29 (8.5%)	3:31	17 (91.4%)
6	JAŻWIŃSKI Dawid	77	TKKF KOSZALIN	M-13	2	00:00:10	00:05:46.70	00:05:57.20	+00:00:35 (10.2%)	3:35	16.7 (89.8%)
7	SZULC Arek	58	ROZBIEGANY KOSZALIN	M-40	2	00:00:11	00:05:58.20	00:06:09.85	+00:00:46 (13.0%)	3:42	16.2 (87.1%)
8	KALKOWSKI Paweł	25	JW 1223 KOSZALIN	M-30	3	00:00:15	00:06:01.15	00:06:16.60	+00:00:49 (13.7%)	3:44	16.1 (86.6%)
9	ZWOLIŃSKI Jan	96	TKKF KOSZALIN	M-40	3	00:00:10	00:06:10.95	00:06:21.75	+00:00:59 (16.0%)	3:50	15.6 (83.9%)
10	KONKEL Agnieszka	44		K-30	1	00:00:11	00:06:13.45	00:06:24.70	+00:01:01 (16.6%)	3:51	15.5 (83.3%)
11	ZELEK Jan	28	TKKF KOSZALIN	M-50	1	00:00:10	00:06:17.35	00:06:28.25	+00:01:05 (17.5%)	3:54	15.3 (82.3%)
12	MOSZYŃSKI Jacek	2	TKKF KOSZALIN	M-50	2	00:00:11	00:06:18.70	00:06:29.95	+00:01:07 (17.7%)	3:54	15.3 (82.3%)
13	BRONK Sławomir	10		M-18	2	00:00:14	00:06:27.30	00:06:42.10	+00:01:15 (19.6%)	4:00	14.9 (80.1%)
14	KUŁAKOWSKI Dawid	56	TKKF KOSZALIN	M-40	4	00:00:11	00:06:28.75	00:06:40.60	+00:01:17 (19.9%)	4:01	14.9 (80.1%)

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15	<b>RUTKOWSKI Artur</b>	<b>33</b>	RUTKOWSKI TEAM	M-18	3	00:00:11	<b>00:06:32.50</b>	<b>00:06:43.65</b>	+00:01:21 (20.6%)	4:03	14.8 (79.6%)
16	<b>RUTKOWSKI Ryszard</b>	<b>59</b>	RUTKOWSKI TEAM	M-50	3	00:00:12	<b>00:06:34.25</b>	<b>00:06:47.15</b>	+00:01:22 (21.0%)	4:05	14.7 (79.0%)
17	<b>GLISZCZYŃSKI Łukasz</b>	<b>65</b>	UKSN SPRINT SŁAWNO	M-18	4	00:00:12	<b>00:06:36.45</b>	<b>00:06:49.15</b>	+00:01:24 (21.4%)	4:06	14.6 (78.5%)
18	<b>JAMNIAK Bartosz</b>	<b>52</b>	MTS HAMER MIASTKO	M-30	4	00:00:10	<b>00:06:36.90</b>	<b>00:06:47.65</b>	+00:01:25 (21.5%)	4:06	14.6 (78.5%)
19	<b>SZABLA Ewelina</b>	<b>17</b>		K-30	2	00:00:11	<b>00:06:38.10</b>	<b>00:06:49.75</b>	+00:01:26 (21.8%)	4:07	14.6 (78.5%)
20		<b>35</b>				00:00:12	<b>00:06:39.65</b>	<b>00:06:52.20</b>	+00:01:28 (22.1%)	4:08	14.5 (78.0%)
21	<b>WILKOWSKI Krzysztof</b>	<b>60</b>		M-30	5	00:00:11	<b>00:06:45.20</b>	<b>00:06:56.55</b>	+00:01:33 (23.1%)	4:11	14.3 (76.9%)
22	<b>KAŻMIERCZAK Piotr</b>	<b>75</b>		M-18	5	00:00:12	<b>00:06:50.40</b>	<b>00:07:02.80</b>	+00:01:38 (24.1%)	4:14	14.1 (75.8%)
23	<b>GOSTOMSKI Denis</b>	<b>82</b>		M-18	6	00:00:14	<b>00:06:51.60</b>	<b>00:07:06.30</b>	+00:01:40 (24.3%)	4:15	14.1 (75.8%)
24	<b>OSTROWSKI Krzysztof</b>	<b>20</b>		M-40	5	00:00:16	<b>00:06:52.00</b>	<b>00:07:08.90</b>	+00:01:40 (24.4%)	4:15	14.1 (75.8%)
25	<b>MICERSKI Tomasz</b>	<b>23</b>	TKKF KOSZALIN	M-40	6	00:00:11	<b>00:06:53.00</b>	<b>00:07:04.00</b>	+00:01:41 (24.6%)	4:16	14 (75.3%)
26	<b>DZIĘBOWSKI Mariusz</b>	<b>69</b>		M-30	6	00:00:15	<b>00:06:53.10</b>	<b>00:07:08.10</b>	+00:01:41 (24.6%)	4:16	14 (75.3%)
27	<b>MAJCHRZAK Paweł</b>	<b>18</b>		M-40	7	00:00:12	<b>00:06:59.20</b>	<b>00:07:11.55</b>	+00:01:47 (25.7%)	4:20	13.8 (74.2%)
28	<b>ZDROWIECKI Artur</b>	<b>84</b>		M-30	7	00:00:13	<b>00:07:00.80</b>	<b>00:07:14.30</b>	+00:01:49 (26.0%)	4:21	13.8 (74.2%)
29	<b>CHODOR Martyna</b>	<b>24</b>	TKKF KOSZALIN	K-30	3	00:00:13	<b>00:07:02.85</b>	<b>00:07:16.10</b>	+00:01:51 (26.3%)	4:22	13.7 (73.7%)
30	<b>KAMYK Piotr</b>	<b>85</b>	MH SERWIS IT KOSZALIN WWW.MH-INFORMATYKA.PL	M-30	8	00:00:11	<b>00:07:05.95</b>	<b>00:07:17.80</b>	+00:01:54 (26.9%)	4:24	13.6 (73.1%)
31	<b>KOPCZEWSKI Dariusz</b>	<b>22</b>		M-50	4	00:00:15	<b>00:07:06.80</b>	<b>00:07:22.20</b>	+00:01:55 (27.0%)	4:25	13.6 (73.1%)
31	<b>KISIELIŃSKI Igor</b>	<b>43</b>	TKKF KOSZALIN	M-50	5	00:01:01	<b>00:07:06.80</b>	<b>00:08:07.80</b>	+00:01:55 (27.0%)	4:24	13.6 (73.1%)
33	<b>RASZPLA Radosław</b>	<b>57</b>		M-40	8	00:00:12	<b>00:07:13.65</b>	<b>00:07:26.00</b>	+00:02:02 (28.2%)	4:29	13.4 (72.0%)
34	<b>CHODOR Izabela</b>	<b>71</b>	TKKF KOSZALIN	K-30	4	00:00:13	<b>00:07:14.80</b>	<b>00:07:28.60</b>	+00:02:03 (28.4%)	4:30	13.3 (71.5%)
35	<b>GRABOWSKA-LESISZ Aneta</b>	<b>3</b>		K-30	5	00:00:11	<b>00:07:25.45</b>	<b>00:07:37.30</b>	+00:02:13 (30.1%)	4:37	13 (69.9%)
36	<b>KUPREWICZ Grzegorz</b>	<b>64</b>	JW 1223 KOSZALIN	M-30	9	00:00:14	<b>00:07:28.95</b>	<b>00:07:43.35</b>	+00:02:17 (30.6%)	4:38	12.9 (69.4%)
37	<b>WAWRZYN Grzegorz</b>	<b>37</b>		M-40	9	00:01:40	<b>00:07:40.85</b>	<b>00:09:21.00</b>	+00:02:29 (32.4%)	4:46	12.6 (67.7%)

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38	<b>KOZŁOWIECKI Waldek</b>	<b>42</b>	TKKF KOSZALIN	M-60	1	00:00:14	<b>00:07:56.10</b>	<b>00:08:10.50</b>	+00:02:44 (34.6%)	4:55	12.2 (65.6%)
39	<b>KLENIEWSKI Piotr</b>	<b>31</b>		M-50	6	00:00:10	<b>00:08:10.80</b>	<b>00:08:21.60</b>	+00:02:59 (36.5%)	5:04	11.8 (63.4%)
40	<b>SEEWALD Jan</b>	<b>74</b>		M-40	10	00:04:50	<b>00:08:19.60</b>	<b>00:13:10.00</b>	+00:03:08 (37.7%)	5:10	11.6 (62.4%)
41	<b>BORATYŃSKI Borys</b>	<b>16</b>		M-50	7	00:00:13	<b>00:08:35.45</b>	<b>00:08:49.30</b>	+00:03:23 (39.6%)	5:20	11.2 (60.2%)
42	<b>WOJCIECHOWSKI Hubert</b>	<b>97</b>		M-30	10	00:00:41	<b>00:08:44.15</b>	<b>00:09:25.85</b>	+00:03:32 (40.6%)	5:25	11.1 (59.7%)
43	<b>MAZUREK Barbara</b>	<b>41</b>	BABECZKI KOSZALIN	K-30	6	00:00:31	<b>00:08:57.50</b>	<b>00:09:29.15</b>	+00:03:46 (42.0%)	5:34	10.8 (58.1%)
44	<b>ZUKAL Jakub</b>	<b>29</b>		M-Dzieci	1	00:00:16	<b>00:09:05.70</b>	<b>00:09:22.10</b>	+00:03:54 (42.9%)	5:39	10.6 (57.0%)
45	<b>ZUKAL Piotr</b>	<b>49</b>		M-40	11	00:00:16	<b>00:09:11.60</b>	<b>00:09:28.45</b>	+00:04:00 (43.5%)	5:42	10.5 (56.5%)
46	<b>WOJTKIEWICZ-BĄKOWSKA Dorota</b>	<b>21</b>	BABECZKI KOSZALIN	K-30	7	00:13:44	<b>00:09:30.25</b>	<b>00:23:14.25</b>	+00:04:18 (45.4%)	5:54	10.2 (54.8%)
47	<b>MOŻEJKO Anna</b>	<b>89</b>	BABECZKI KOSZALIN	K-30	8	00:13:44	<b>00:09:33.75</b>	<b>00:23:17.75</b>	+00:04:22 (45.7%)	5:55	10.1 (54.3%)
48	<b>VON BARDELEBEN Agnieszka</b>	<b>98</b>	BABECZKI KOSZALIN	K-40	1	00:13:44	<b>00:09:36.45</b>	<b>00:23:20.45</b>	+00:04:24 (46.0%)	5:57	10.1 (54.3%)
49	<b>STEC Edyta</b>	<b>100</b>	BABECZKI KOSZALIN	K-30	9	00:13:44	<b>00:09:38.30</b>	<b>00:23:22.30</b>	+00:04:26 (46.1%)	5:59	10 (53.8%)
50	<b>ZUKAL Aleksandra</b>	<b>83</b>		K-40	2	00:00:16	<b>00:09:47.20</b>	<b>00:10:03.80</b>	+00:04:35 (47.0%)	6:04	9.9 (53.2%)
51	<b>KURCZ Barbara</b>	<b>6</b>	BABECZKI KOSZALIN	K-40	3	00:00:49	<b>00:09:50.75</b>	<b>00:10:39.85</b>	+00:04:39 (47.3%)	6:06	9.8 (52.7%)
52	<b>MAZUREK Hanna</b>	<b>12</b>	BABECZKI KOSZALIN	K-13	1	00:00:22	<b>00:10:53.15</b>	<b>00:11:16.00</b>	+00:05:41 (52.3%)	6:46	8.9 (47.8%)
53	<b>ZDROWIECKI Igor</b>	<b>70</b>		M-Dzieci	2	00:00:13	<b>00:12:09.95</b>	<b>00:12:23.00</b>	+00:06:58 (57.3%)	7:33	7.9 (42.5%)
54	<b>KOSECKA Sylwia</b>	<b>38</b>		K-18	1	00:04:59	<b>00:13:59.95</b>	<b>00:18:59.00</b>	+00:08:48 (62.9%)	8:41	6.9 (37.1%)
55	<b>SEEWALD Agnieszka</b>	<b>94</b>		K-30	10	00:04:59	<b>00:14:00.80</b>	<b>00:19:00.00</b>	+00:08:49 (63.0%)	8:42	6.9 (37.1%)
56	<b>PAŃCZYK Justyna</b>	<b>45</b>		K-30	11	00:04:59	<b>00:14:00.95</b>	<b>00:19:00.00</b>	+00:08:49 (63.0%)	8:42	6.9 (37.1%)
57	<b>SEEWALD Julia</b>	<b>50</b>		K-Dzieci	1	00:04:59	<b>00:14:01.60</b>	<b>00:19:01.00</b>	+00:08:50 (63.0%)	8:42	6.9 (37.1%)

Znaleziono 57 wynik(ów)