



# WIOSENNA MILA BIEGOWA 2017 - EDYCJA 3/3

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2017-04-18  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.609km	brutto 1.609km			
1	<b>WITKOWSKI Mateusz</b>	<b>72</b>		M-18	1	00:00:01	<b>00:04:51.10</b>	<b>00:04:53.00</b>		3:01	19.8 (100%)
2	<b>ZAGAJEWSKI Rafał</b>	<b>92</b>	KL ISKRA BIAŁOGARD	M-18	2	00:00:02	<b>00:04:52.35</b>	<b>00:04:54.50</b>	+00:00:01 (0.4%)	3:01	19.8 (100%)
3	<b>KOZAK Paweł</b>	<b>134</b>	KL BAŁTYK	M-13	1	00:00:02	<b>00:05:02.65</b>	<b>00:05:04.85</b>	+00:00:11 (3.8%)	3:07	19.2 (97.0%)
4	<b>ORZECHOWSKI Kamil</b>	<b>135</b>	TKKF KOSZALIN	M-18	3	00:00:02	<b>00:05:05.40</b>	<b>00:05:07.40</b>	+00:00:14 (4.7%)	3:09	19 (96.0%)
5	<b>KOZAK Arkadiusz</b>	<b>87</b>	TKKF KOSZALIN	M-40	1	00:00:02	<b>00:05:10.35</b>	<b>00:05:12.60</b>	+00:00:19 (6.2%)	3:12	18.7 (94.4%)
6	<b>MUSIAŁ Krzysztof</b>	<b>128</b>	TKKF KOSZALIN	M-30	1	00:00:02	<b>00:05:30.70</b>	<b>00:05:33.25</b>	+00:00:39 (12.0%)	3:25	17.5 (88.4%)
7	<b>JAŻWIŃSKI Dawid</b>	<b>27</b>	TKKF KOSZALIN	M-13	2	00:00:02	<b>00:05:33.50</b>	<b>00:05:36.30</b>	+00:00:42 (12.7%)	3:27	17.4 (87.9%)
8	<b>KALKOWSKI Paweł</b>	<b>85</b>	JW 1223 KOSZALIN	M-30	2	00:00:03	<b>00:05:40.35</b>	<b>00:05:43.40</b>	+00:00:49 (14.5%)	3:31	17 (85.9%)
9	<b>ZWOLIŃSKI Jan</b>	<b>84</b>	TKKF KOSZALIN	M-40	2	00:00:03	<b>00:05:50.85</b>	<b>00:05:54.30</b>	+00:00:59 (17.0%)	3:38	16.5 (83.3%)
10	<b>SIWIK Stanisław</b>	<b>49</b>	JW 3775 DARŻEWO	M-30	3	00:00:04	<b>00:05:56.55</b>	<b>00:06:00.70</b>	+00:01:05 (18.4%)	3:41	16.3 (82.3%)
11	<b>MOSZYŃSKI Jacek</b>	<b>79</b>	TKKF KOSZALIN	M-50	1	00:00:03	<b>00:05:58.45</b>	<b>00:06:02.20</b>	+00:01:07 (18.8%)	3:42	16.1 (81.3%)
12	<b>IWANIEC Dariusz</b>	<b>110</b>	TKKF KOSZALIN	M-40	3	00:00:03	<b>00:06:01.25</b>	<b>00:06:04.50</b>	+00:01:10 (19.4%)	3:44	16.1 (81.3%)
13	<b>RUTKOWSKI Ryszard</b>	<b>146</b>	RUTKOWSKI TEAM	M-50	2	00:00:03	<b>00:06:05.00</b>	<b>00:06:08.05</b>	+00:01:13 (20.2%)	3:46	15.9 (80.3%)
14	<b>GLISZCZYŃSKI Łukasz</b>	<b>113</b>	UKSN SPRINT SŁAWNO	M-18	4	00:00:02	<b>00:06:13.60</b>	<b>00:06:16.05</b>	+00:01:22 (22.1%)	3:52	15.5 (78.3%)
15	<b>PUŚCIAN Krzysztof</b>	<b>75</b>	GIMNAZJUM W MANOWIE	M-40	4	00:00:05	<b>00:06:28.50</b>	<b>00:06:33.85</b>	+00:01:37 (25.1%)	4:00	14.9 (75.3%)
16	<b>ZDROWIECKI Artur</b>	<b>143</b>		M-30	4	00:00:05	<b>00:06:30.55</b>	<b>00:06:35.55</b>	+00:01:39 (25.5%)	4:02	14.9 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.609km	brutto 1.609km			
17	<b>M. Tomasz</b>	<b>137</b>		M-18	5	00:00:03	<b>00:06:34.50</b>	<b>00:06:38.05</b>	+00:01:43 (26.2%)	4:05	14.7 (74.2%)
18	<b>RASZPLA Radosław</b>	<b>131</b>		M-40	5	00:00:04	<b>00:06:34.85</b>	<b>00:06:39.30</b>	+00:01:43 (26.3%)	4:05	14.7 (74.2%)
19	<b>KAMYK Piotr</b>	<b>83</b>	MH SERWIS IT KOSZALIN WWW.MH-INFORMATYKA.PL	M-30	5	00:00:04	<b>00:06:37.75</b>	<b>00:06:42.00</b>	+00:01:46 (26.8%)	4:07	14.6 (73.7%)
20	<b>ZUKAL Piotr</b>	<b>123</b>		M-40	6	00:00:28	<b>00:06:52.05</b>	<b>00:07:20.80</b>	+00:02:00 (29.4%)	4:15	14.1 (71.2%)
21	<b>MAJCHRZAK Paweł</b>	<b>130</b>	SUNDBIKERS KARLINO TEAM	M-40	7	00:00:04	<b>00:07:00.10</b>	<b>00:07:04.65</b>	+00:02:09 (30.7%)	4:20	13.8 (69.7%)
22	<b>ROGOŻA Ireneusz</b>	<b>112</b>		M-40	8	00:00:08	<b>00:07:03.20</b>	<b>00:07:12.05</b>	+00:02:12 (31.2%)	4:23	13.7 (69.2%)
23	<b>WILKOWSKI Krzysztof</b>	<b>132</b>		M-30	6	00:00:08	<b>00:07:05.70</b>	<b>00:07:14.25</b>	+00:02:14 (31.6%)	4:24	13.6 (68.7%)
24	<b>WAWRZYN Grzegorz</b>	<b>102</b>		M-40	9	00:00:08	<b>00:07:09.50</b>	<b>00:07:17.85</b>	+00:02:18 (32.2%)	4:26	13.5 (68.2%)
25	<b>SEEWALD Jan</b>	<b>114</b>		M-40	10	00:00:07	<b>00:07:27.00</b>	<b>00:07:34.40</b>	+00:02:35 (34.9%)	4:37	13 (65.7%)
26	<b>KURŁOWICZ Krzysztof</b>	<b>67</b>		M-30	7	00:00:03	<b>00:07:46.40</b>	<b>00:07:49.75</b>	+00:02:55 (37.6%)	4:49	12.4 (62.6%)
27	<b>KOZŁOWIECKI Waldek</b>	<b>133</b>	TKKF KOSZALIN	M-60	1	00:00:02	<b>00:07:55.65</b>	<b>00:07:58.40</b>	+00:03:04 (38.8%)	4:55	12.2 (61.6%)
28	<b>KARNICKI Zygmunt</b>	<b>108</b>	TKKF KOSZALIN	M-60	2	00:00:06	<b>00:08:02.10</b>	<b>00:08:08.20</b>	+00:03:11 (39.6%)	4:59	12 (60.6%)
29	<b>KOSECKI Tomasz</b>	<b>150</b>		M-30	8	00:00:08	<b>00:08:08.95</b>	<b>00:08:17.80</b>	+00:03:17 (40.5%)	5:03	11.9 (60.1%)
30	<b>ZUKAL Jakub</b>	<b>109</b>		M-Dzieci	1	00:00:09	<b>00:08:29.60</b>	<b>00:08:39.50</b>	+00:03:38 (42.9%)	5:16	11.4 (57.6%)
31	<b>HELLER Zdzisław</b>	<b>127</b>	NIEZRZESZONY	M-60	3	00:00:06	<b>00:08:58.40</b>	<b>00:09:04.50</b>	+00:04:07 (45.9%)	5:34	10.8 (54.5%)
32	<b>ZIĘBA Paweł</b>	<b>111</b>	TKKF KOSZALIN	M-40	11	00:00:12	<b>00:09:51.20</b>	<b>00:10:03.75</b>	+00:05:00 (50.8%)	6:07	9.8 (49.5%)
33	<b>KRACZKOWSKI Marcel</b>	<b>145</b>		M-Dzieci	2	00:00:11	<b>00:10:00.10</b>	<b>00:10:11.40</b>	+00:05:09 (51.5%)	6:12	9.7 (49.0%)
34	<b>KRACZKOWSKI Przemysław</b>	<b>93</b>		M-30	9	00:00:11	<b>00:10:01.20</b>	<b>00:10:12.80</b>	+00:05:10 (51.6%)	6:13	9.6 (48.5%)
35	<b>RYBARCZYK Ireneusz</b>	<b>125</b>		M-30	10	00:00:07	<b>00:12:22.55</b>	<b>00:12:30.30</b>	+00:07:31 (60.8%)	7:41	7.8 (39.4%)
36	<b>BARTNIK Marian</b>	<b>129</b>	TKKF KOSZALIN	M-70	1	00:00:03	<b>00:12:47.00</b>	<b>00:12:50.00</b>	+00:07:55 (62.0%)	7:56	7.6 (38.4%)

Znaleziono 36 wynik(ów)