

ZIMOWA MILA GÓRSKA 2019 - PO 4 EDYCJACH

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-02-20
Miejsce: Koszalin
Dystans: 6.437 km



ZIMOWA MILA GÓRSKA 2019 - PO 4 EDYCJACH, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Etap 1	Etap 2	Etap 3	Etap 4	Netto	min/km	km/h
1	SZKOŁUDA MIŁOSZ	4081	DECATHLON KOSZALIN	POLANÓW	POLSKA	M18-29	1	M 1	00:06:22.83	00:06:07.29	00:05:57.03	00:06:22.18	00:24:44.33	3:50	15.6
2	KASZUBIAK KLAUDIUSZ	4042		KOSZALIN	POLSKA	M40-49	1	M 2	00:06:56.58	00:06:43.96	00:06:29.28	00:06:21.49	00:26:31.31	4:07	14.6
3	MAJKOWICZ RAFAŁ	4038		KOSZALIN	POLSKA	M30-39	1	M 3	00:06:53.40	00:06:46.34	00:06:31.88	00:06:31.90	00:26:55.03	4:10	14.3
4	CZAPLIŃSKI JACEK	4069	TAGER KOSZALIN	KOSZALIN	POLSKA	M30-39	2	M 4	00:06:46.17	00:06:54.53	00:06:43.31	00:06:33.81	00:26:57.82	4:11	14.3
5	BESZTERDA JAKUB	4054	KL BAŁTYK KOSZALIN	KOSZALIN	POLSKA	M14-17	1	M 5	00:06:51.96	00:06:47.98	00:06:51.38	00:06:35.04	00:27:06.36	4:12	14.2
6	ZUKAL PIOTR	4005		KOSZALIN	POLSKA	M40-49	2	M 6	00:06:54.74	00:06:59.29	00:06:45.51	00:06:51.33	00:27:30.87	4:16	14
7	BIENKOWSKI TOMASZ	4066		NIKŁONICE	POLSKA	M30-39	3	M 7	00:07:18.16	00:07:07.89	00:06:57.04	00:06:48.32	00:28:11.41	4:22	13.7
8	SOSNOWSKI TOMASZ	4001	MEDEN-INMED SPORTS TEAM	KOSZALIN	POLSKA	M18-29	2	M 8	00:07:21.78	00:07:13.38	00:06:54.85	00:07:01.62	00:28:31.63	4:25	13.5
9	ZWOLIŃSKI JAN	4037	TKKF KOSZALIN	WIERCISZEWO	POLSKA	M50-59	1	M 9	00:07:12.35	00:07:16.79	00:07:10.76	00:07:03.54	00:28:43.44	4:27	13.4
10	PICK TOMASZ	4073	DEAF KOSZALIN	KOSZALIN	POLSKA	M40-49	3	M 10	00:07:15.06	00:07:18.27	00:07:08.24	00:07:18.39	00:28:59.96	4:30	13.3
11	MATYSIAK WOJCIECH	4007		KOSZALIN	POLSKA	M30-39	4	M 11	00:07:26.66	00:07:25.28	00:07:19.72	00:07:09.17	00:29:20.83	4:33	13.2
12	WEBER PAWEŁ	4082	ENERGON	KOSZALIN	POLSKA	M30-39	5	M 12	00:07:40.56	00:07:36.30	00:07:17.31	00:07:12.83	00:29:47.00	4:37	13
13	KONKEL AGNIESZKA	4039		KOSZALIN	POLSKA	K30-39	1	K 1	00:07:32.13	00:07:31.52	00:07:25.75	00:07:18.28	00:29:47.68	4:37	13
14	KULAKOWSKI DAWID	4003	TKKF KOSZALIN	KOSZALIN	POLSKA	M40-49	4	M 13	00:07:36.12	00:07:39.73	00:07:24.65	00:07:17.23	00:29:57.73	4:39	12.9
15	HOREGLAD PAWEŁ	4025	SPEEDY GONZALES	KOSZALIN	POLSKA	M18-29	3	M 14	00:07:26.10	00:07:35.89	00:07:33.55	00:07:26.15	00:30:01.69	4:39	12.9
16	CHORAŻY KAROLINA	4074	LEO-TEAM	KOSZALIN	POLSKA	K30-39	2	K 2	00:07:45.42	00:07:56.34	00:07:20.68	00:07:37.83	00:30:40.27	4:45	12.6
17	BRZEZIŃSKI JAN	4067	TEAMPIOTRUS	BIAŁOGARD	POLSKA	M50-59	2	M 15	00:07:52.53	00:07:38.37	00:07:32.91	00:07:37.38	00:30:41.19	4:46	12.6
18	MOSZYŃSKI JACEK	4043	TKKF KOSZALIN	KOSZALIN	POLSKA	M50-59	3	M 16	00:07:40.10	00:07:39.11	00:07:45.54	00:07:37.00	00:30:41.75	4:46	12.6
19	SZNYTER SABINA	4079	DECATHLON KOSZALIN	POLANÓW	POLSKA	K18-29	1	K 3	00:07:47.75	00:07:39.43	00:07:44.38	00:07:41.28	00:30:52.84	4:47	12.5
20	IWANIEC DARIUSZ	4004	TKKF KOSZALIN	SIERAKOWO	POLSKA	M40-49	5	M 17	00:07:42.47	00:08:02.62	00:07:46.43	00:07:31.59	00:31:03.11	4:49	12.4
21	BASSEL MARCIN	4061		KOSZALIN	POLSKA	M30-39	6	M 18	00:07:49.37	00:08:01.03	00:07:51.35	00:07:31.38	00:31:13.13	4:51	12.4
22	CHOŁUJ JAREK	4065	HOPHOPTEMPOTEA!	KOSZALIN	POLSKA	M40-49	6	M 19	00:07:57.29	00:08:03.38	00:07:51.86	00:07:44.44	00:31:36.97	4:54	12.2
23	ROGOŻA IRENEUSZ	4028		KOSZALIN	POLSKA	M40-49	7	M 20	00:07:56.25	00:08:18.90	00:07:44.79	00:08:01.24	00:32:01.18	4:58	12.1
24	KONKEL ŁUKASZ	4013		KOSZALIN	POLSKA	M40-49	8	M 21	00:07:55.57	00:07:52.86	00:08:27.10	00:07:47.82	00:32:03.35	4:58	12
25	MOSIOŁEK PIOTR	4021		KOSZALIN	POLSKA	M40-49	9	M 22	00:08:13.67	00:08:19.43	00:08:07.46	00:07:54.37	00:32:34.93	5:03	11.9
26	MICERSKI TOMASZ	4035	TKKF KOSZALIN	KOSZALIN	POLSKA	M40-49	10	M 23	00:08:02.73	00:08:16.79	00:08:17.98	00:08:02.45	00:32:39.95	5:04	11.8
27	WÓJCICKI ADRIAN	4022		KOSZALIN	POLSKA	M30-39	7	M 24	00:08:33.88	00:08:11.11	00:08:04.23	00:08:07.03	00:32:56.25	5:07	11.7
28	PRYCA ADAM	4046	USTKA		POLSKA	M30-39	8	M 25	00:08:28.57	00:08:27.53	00:08:14.04	00:07:57.81	00:33:07.95	5:08	11.7
29	MILEWSKI TOMASZ	4059		KOSZALIN	POLSKA	M30-39	9	M 26	00:08:29.85	00:08:34.77	00:08:16.85	00:08:02.21	00:33:23.68	5:11	11.6
30	WILKOWSKI KRZYSZTOF	4078		KOSZALIN	POLSKA	M40-49	11	M 27	00:08:24.07	00:08:27.35	00:08:11.58	00:08:30.50	00:33:33.50	5:12	11.5
31	JOCHYM MARIUSZ	4053		RÓSNOWO	POLSKA	M30-39	10	M 28	00:08:34.67	00:08:29.09	00:08:20.64	00:08:15.70	00:33:40.10	5:13	11.5
32	KAMYK PIOTR	4060	MH IT SYSTEMY ERP KOSZALIN	KOSZALIN	POLSKA	M30-39	11	M 29	00:08:27.80	00:08:34.25	00:08:22.27	00:08:25.77	00:33:50.09	5:15	11.4
33	DĄBROWSKA ALICJA	4056	TKKF KOSZALIN	SIANÓW	POLSKA	K50+	1	K 4	00:08:41.09	00:08:33.61	00:08:28.48	00:08:13.59	00:33:56.77	5:16	11.4
34	KULCZYK KATARZYNA	4018	BRYZA POSTOMINO	SŁAWSKO	POLSKA	K30-39	3	K 5	00:08:37.96	00:08:28.27	00:08:28.04	00:08:23.04	00:33:57.31	5:16	11.4
35	NOREK TOMEK	4029		KOSZALIN	POLSKA	M50-59	4	M 30	00:08:33.69	00:08:30.52	00:08:25.50	00:08:28.05	00:33:57.76	5:16	11.4
36	CZERNIAK GRACJAN	4072		KOSZALIN	POLSKA	M30-39	12	M 31	00:08:14.15	00:10:20.96	00:07:52.88	00:07:41.77	00:34:09.76	5:18	11.3
37	PIETRZYK MATEUSZ	4047		SIANÓW	POLSKA	M18-29	4	M 32	00:09:10.56	00:08:47.31	00:08:12.45	00:08:00.03	00:34:10.35	5:18	11.3
38	RUTKOWSKI ARTUR	4044	KOSZALIŃSKI RANKING BIEGACZY	KOSZALIN	POLSKA	M18-29	5	M 33	00:08:51.96	00:08:39.07	00:08:25.18	00:08:23.46	00:34:19.67	5:19	11.3
39	KUBIK KRYSZTOF	4034	RUNGRYF GRZYFICE	GRZYFICE	POLSKA	M18-29	6	M 34	00:08:45.09	00:09:16.84	00:08:38.39	00:07:56.93	00:34:37.25	5:22	11.2
40	KAZIMIERCZAK LESZEK	4076	LOVELASY DĄBKI	KOSZALIN	POLSKA	M30-39	13	M 35	00:09:02.19	00:08:45.87	00:08:43.69	00:08:29.28	00:35:01.03	5:26	11
41	DZIESZUK DARIUSZ	4036	TKKF KOSZALIN	KOSZALIN	POLSKA	M50-59	5	M 36	00:08:55.44	00:09:08.59	00:08:48.19	00:08:37.93	00:35:30.15	5:30	10.9
42	KOBUS PIOTR	4030		KOSZALIN	POLSKA	M30-39	14	M 37	00:09:07.20	00:09:21.31	00:09:02.19	00:08:50.57	00:36:21.27	5:38	10.6
43	KRZEWIŃSKA MAŁGORZATA	4041	TKKF KOSZALIN	KOSZALIN	POLSKA	K50+	2	K 6	00:09:10.48	00:09:20.89	00:09:05.79	00:08:47.37	00:36:24.53	5:39	10.6
44	OSOBNIAK RYSZARD	4023		KOSZALIN	POLSKA	M60-69	1	M 38	00:09:02.84	00:09:23.20	00:09:09.18	00:08:59.62	00:36:34.84	5:40	10.6
45	GRABOWSKA-LESISZ ANETA	4045		KOSZALIN	POLSKA	K40-49	1	K 7	00:09:20.99	00:09:28.99	00:09:08.48	00:08:51.34	00:36:49.80	5:43	10.5
46	KAZIMIEROWICZ RADOŚLAW	4006	VTT KOSZALIN	KOSZALIN	POLSKA	M30-39	15	M 39	00:09:59.00	00:09:28.45	00:08:48.26	00:08:48.36	00:37:04.07	5:45	10.4
47	WAWRZYN GRZEGORZ	4015		KOSZALIN	POLSKA	M40-49	12	M 40	00:08:43.41	00:09:52.97	00:10:00.81	00:08:48.59	00:37:25.78	5:48	10.3
48	JUSZCZAK KRZYSZTOF	4058		KOSZALIN	POLSKA	M60-69	2	M 41	00:09:21.26	00:09:42.98	00:09:37.10	00:09:24.70	00:38:06.04	5:55	10.1

ZIMOWA MILA GÓRSKA 2019 - PO 4 EDYCJACH, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Etap 1	Etap 2	Etap 3	Etap 4	Netto	min/km	km/h
49	PANCERZYŃSKI ŁUKASZ	4010		KOSZALIN	POLSKA	M40-49	13	M 42	00:09:34.74	00:09:46.96	00:09:26.92	00:09:36.61	00:38:25.23	5:58	10.1
50	SUDER-MAKSYMOWICZ FILIP	4020		USTRONIE MORSKIE	POLSKA	M10-13	1	M 43	00:09:57.32	00:09:37.70	00:10:34.88	00:09:09.94	00:39:19.84	6:06	9.8
51	ZUKAL JAKUB	4063		KOSZALIN	POLSKA	M10-13	2	M 44	00:09:55.92	00:10:06.36	00:09:34.02	00:09:57.36	00:39:33.66	6:08	9.8
52	WOLF BEATA	4008	TKKF KOSZALIN	KOSZALIN	POLSKA	K40-49	2	K 8	00:09:35.19	00:10:22.95	00:09:59.54	00:10:09.74	00:40:07.42	6:13	9.6
53	KOZŁOWIECKI WALDEMAR	4052	TKKF KOSZALIN	KOSZALIN	POLSKA	M60-69	3	M 45	00:10:15.95	00:10:31.64	00:10:06.66	00:10:12.94	00:41:07.19	6:23	9.4
54	KASZUBIAK JULIA	4040		KOSZALIN	POLSKA	K10-13	1	K 9	00:10:37.60	00:10:13.62	00:10:29.89	00:09:58.57	00:41:19.68	6:25	9.3
55	ZUKAL ALEKSANDRA	4062		KOSZALIN	POLSKA	K40-49	3	K 10	00:11:07.32	00:11:43.56	00:11:16.02	00:11:07.00	00:45:13.90	7:01	8.5
56	SUDER-MAKSYMOWICZ MONIKA	4002		USTRONIE MORSKIE	POLSKA	K30-39	4	K 11	00:12:36.39	00:12:01.89	00:11:59.79	00:10:55.02	00:47:33.09	7:23	8.1
57	HELLER ZDZISŁAW	4055	NIEZRZESZONY	KOSZALIN	POLSKA	M60-69	4	M 46	00:12:53.87	00:11:59.56	00:11:37.97	00:11:19.23	00:47:50.63	7:25	8.1
58	KOZŁOWIECKA MAŁGORZATA	4077		KOSZALIN	POLSKA	K50+	3	K 12	00:12:22.04	00:12:39.98	00:12:01.95	00:11:39.68	00:48:43.65	7:34	7.9
59	KARNICKI ARTUR	4012		KOSZALIN	POLSKA	M40-49	14	M 47	00:14:24.67	00:14:31.48	00:14:02.17	00:13:17.76	00:56:16.08	8:44	6.9
60	BARTNIK MARIAN	4026	TKKF KOSZALIN	KOSZALIN	POLSKA	M70+	1	M 48	00:16:21.84	00:17:21.14	00:17:10.00	00:15:47.00	01:06:39.98	10:21	5.8