



ZIMOWA MIŁA GÓRSKA 2019 - EDYCJA 1/5

B4SPORT

Organizator/
Organizer: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data/ Date: 2019-01-09
Miejsce/ Place: Koszalin
Dystans/ Distance: 1.609 km



Klasyfikacja/ Classification: Wszyscy/ Open

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas netto 1.609km | Różn/ Gap | Tempo min/km | Tempo km/h |
|----------|---------------------|------------|------------------------------------|---------------------|--------------|-----------------------|-----------|-----------------|---------------|
| 1 | KOZAK Paweł | 96 | KL BAŁTYK | M18-29 | 1 | 00:05:52.08 | | 3:38 | 16.5 |
| 2 | KĘPKA Adrian | 139 | DECATHLON KOSZALIN/ TAGER KOSZALIN | M18-29 | 2 | 00:06:00.96 | +00:00:08 | 3:44 | 16.1 |
| 3 | SZKOŁUDA Miłosz | 93 | DECATHLON KOSZALIN | M18-29 | 3 | 00:06:22.83 | +00:00:30 | 3:57 | 15.2 |
| 4 | CZAPLIŃSKI Jacek | 3 | TAGER KOSZALIN | M30-39 | 1 | 00:06:46.17 | +00:00:54 | 4:12 | 14.3 |
| 5 | BESZTERDA Jakub | 57 | | M14-17 | 1 | 00:06:51.96 | +00:00:59 | 4:15 | 14.1 |
| 6 | MAJKOWICZ Rafał | 135 | | M30-39 | 2 | 00:06:53.40 | +00:01:01 | 4:16 | 14 |
| 7 | ZUKAL Piotr | 36 | | M40-49 | 1 | 00:06:54.74 | +00:01:02 | 4:17 | 14 |
| 8 | KASZUBIAK Klaudiusz | 185 | | M40-49 | 2 | 00:06:56.58 | +00:01:04 | 4:19 | 13.9 |
| 9 | ZACHOLSKI Wojciech | 308 | | M18-29 | 4 | 00:06:57.25 | +00:01:05 | 4:19 | 13.9 |
| 10 | ZWOLIŃSKI Jan | 126 | TKKF KOSZALIN | M50-59 | 1 | 00:07:12.35 | +00:01:20 | 4:28 | 13.4 |
| 11 | NAKONIECZNY Rafał | 32 | TKKF KOSZALIN | M30-39 | 3 | 00:07:13.27 | +00:01:21 | 4:28 | 13.4 |
| 12 | PICK Tomasz | 101 | DEAF KOSZALIN | M40-49 | 3 | 00:07:15.06 | +00:01:22 | 4:30 | 13.3 |
| 13 | BIEŃKOWSKI Tomasz | 68 | | M30-39 | 4 | 00:07:18.16 | +00:01:26 | 4:32 | 13.2 |
| 14 | SOSNOWSKI Tomasz | 177 | MEDEN-INMED SPORTS TEAM | M18-29 | 5 | 00:07:21.78 | +00:01:29 | 4:33 | 13.1 |
| 15 | ANDERS Rafał | 134 | DREWUTNIE KOSZALIN | M18-29 | 6 | 00:07:23.76 | +00:01:31 | 4:35 | 13.1 |
| 16 | KOŚCIELNIAK Robert | 51 | TKKF KOSZALIN | M50-59 | 2 | 00:07:24.57 | +00:01:32 | 4:36 | 13 |
| 17 | HOREGLAD Paweł | 13 | SPEEDY GONZALES | M18-29 | 7 | 00:07:26.10 | +00:01:34 | 4:37 | 13 |
| 18 | MATYSIAK Wojciech | 167 | | M30-39 | 5 | 00:07:26.66 | +00:01:34 | 4:37 | 13 |
| 19 | KONKEL Agnieszka | 59 | | K30-39 | 1 | 00:07:32.13 | +00:01:40 | 4:40 | 12.8 |
| 20 | DZIĘBOWSKI Mariusz | 151 | | M30-39 | 6 | 00:07:32.19 | +00:01:40 | 4:40 | 12.8 |
| 21 | LIPNIEWICZ Paweł | 117 | WIELKIE MUMIE | M30-39 | 7 | 00:07:34.83 | +00:01:42 | 4:42 | 12.7 |
| 22 | KUŁAKOWSKI Dawid | 137 | TKKF KOSZALIN | M40-49 | 4 | 00:07:36.12 | +00:01:44 | 4:43 | 12.7 |
| 23 | MOSZYŃSKI Jacek | 100 | TKKF KOSZALIN | M50-59 | 3 | 00:07:40.10 | +00:01:48 | 4:45 | 12.6 |
| 24 | TARNOWSKI Mariusz | 30 | | M30-39 | 8 | 00:07:40.25 | +00:01:48 | 4:45 | 12.6 |
| 25 | WEBER Paweł | 45 | ENERGON | M30-39 | 9 | 00:07:40.56 | +00:01:48 | 4:45 | 12.6 |
| 26 | IWANIĘC Dariusz | 179 | TKKF KOSZALIN | M40-49 | 5 | 00:07:42.47 | +00:01:50 | 4:47 | 12.5 |
| 27 | CHORAŻY Karolina | 138 | LEO-TEAM | K30-39 | 2 | 00:07:45.42 | +00:01:53 | 4:48 | 12.5 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas | | Tempo min/km | Tempo km/h |
|----------|-------------------------|------------|------------------------------|---------------------|--------------|---------------|-----------|--------------|------------|
| | | | | | | netto 1.609km | Różn/ Gap | | |
| 28 | SZNYTER Sabina | 140 | DECATHLON KOSZALIN | K18-29 | 1 | 00:07:47.75 | +00:01:55 | 4:50 | 12.4 |
| 29 | BASSEL Marcin | 94 | | M30-39 | 10 | 00:07:49.37 | +00:01:57 | 4:51 | 12.4 |
| 30 | BRZEZIŃSKI Jan | 41 | TEAMPIOTRUS | M50-59 | 4 | 00:07:52.53 | +00:02:00 | 4:53 | 12.3 |
| 31 | HAMALA Marcin | 146 | TAGER KOSZALIN | M30-39 | 11 | 00:07:52.59 | +00:02:00 | 4:53 | 12.3 |
| 32 | KONKEL Łukasz | 163 | | M40-49 | 6 | 00:07:55.57 | +00:02:03 | 4:55 | 12.2 |
| 33 | ROGOŻA Ireneusz | 306 | | M40-49 | 7 | 00:07:56.25 | +00:02:04 | 4:55 | 12.2 |
| 34 | CHOŁUJ Jarek | 47 | HOPHOPTEMPOTEA! | M40-49 | 8 | 00:07:57.29 | +00:02:05 | 4:56 | 12.2 |
| 35 | WENDORFF Paweł | 116 | | M18-29 | 8 | 00:07:59.82 | +00:02:07 | 4:57 | 12.1 |
| 36 | KWIETNIEWSKI Daniel | 199 | | M40-49 | 9 | 00:08:00.96 | +00:02:08 | 4:58 | 12 |
| 37 | MICERSKI Tomasz | 195 | TKKF KOSZALIN | M40-49 | 10 | 00:08:02.73 | +00:02:10 | 5:00 | 12 |
| 38 | KISIELIŃSKI Igor | 121 | TKKF KOSZALIN | M50-59 | 5 | 00:08:04.09 | +00:02:12 | 5:00 | 12 |
| 39 | MOSIOŁEK Piotr | 34 | | M40-49 | 11 | 00:08:13.67 | +00:02:21 | 5:06 | 11.7 |
| 40 | CZERNIAK Gracjan | 180 | | M30-39 | 12 | 00:08:14.15 | +00:02:22 | 5:06 | 11.7 |
| 41 | PEŁECHATA Julita | 127 | FOR-REST-RUN | K18-29 | 2 | 00:08:18.49 | +00:02:26 | 5:09 | 11.6 |
| 42 | CHODOR Martyna | 20 | TKKF KOSZALIN | K30-39 | 3 | 00:08:22.27 | +00:02:30 | 5:11 | 11.5 |
| 43 | WILKOWSKI Krzysztof | 182 | | M40-49 | 12 | 00:08:24.07 | +00:02:31 | 5:13 | 11.5 |
| 44 | KAMYK Piotr | 87 | MH IT SYSTEMY ERP KOSZALIN | M30-39 | 13 | 00:08:27.80 | +00:02:35 | 5:15 | 11.4 |
| 45 | PRYCA Adam | 184 | | M30-39 | 14 | 00:08:28.57 | +00:02:36 | 5:15 | 11.4 |
| 46 | MILEWSKI Tomasz | 81 | | M30-39 | 15 | 00:08:29.85 | +00:02:37 | 5:16 | 11.4 |
| 47 | NOREK Tomek | 80 | | M50-59 | 6 | 00:08:33.69 | +00:02:41 | 5:19 | 11.3 |
| 48 | WÓJCICKI Adrian | 48 | | M30-39 | 16 | 00:08:33.88 | +00:02:41 | 5:18 | 11.3 |
| 49 | JOCHYM Mariusz | 55 | | M30-39 | 17 | 00:08:34.67 | +00:02:42 | 5:19 | 11.3 |
| 50 | CHODOR Izabela | 24 | TKKF KOSZALIN | K30-39 | 4 | 00:08:37.78 | +00:02:45 | 5:21 | 11.2 |
| 51 | KULCZYK Katarzyna | 31 | BRYZA POSTOMINO | K30-39 | 5 | 00:08:37.96 | +00:02:45 | 5:21 | 11.2 |
| 52 | DĄBROWSKA Alicja | 2 | TKKF KOSZALIN | K50+ | 1 | 00:08:41.09 | +00:02:49 | 5:23 | 11.1 |
| 53 | WAWRZYN Grzegorz | 86 | | M40-49 | 13 | 00:08:43.41 | +00:02:51 | 5:25 | 11.1 |
| 54 | KUBIK Krystian | 193 | RUNGRYF GRYFICE | M18-29 | 9 | 00:08:45.09 | +00:02:53 | 5:26 | 11 |
| 55 | RUTKOWSKI Artur | 147 | KOSZALIŃSKI RANKING BIEGACZY | M18-29 | 10 | 00:08:51.96 | +00:02:59 | 5:30 | 10.9 |
| 56 | DZIESZUK Dariusz | 5 | TKKF KOSZALIN | M50-59 | 7 | 00:08:55.44 | +00:03:03 | 5:32 | 10.8 |
| 57 | MĘDEL Marta | 175 | TKKF KOSZALIN | K40-49 | 1 | 00:08:59.48 | +00:03:07 | 5:35 | 10.7 |
| 58 | KAZIMIERCZAK Leszek | 131 | LOVELASY DĄBKI | M30-39 | 18 | 00:09:02.19 | +00:03:10 | 5:36 | 10.7 |
| 59 | OSOBNIAK Ryszard | 33 | | M60-69 | 1 | 00:09:02.84 | +00:03:10 | 5:37 | 10.7 |
| 60 | KOPCZEWSKI Dariusz | 153 | | M50-59 | 8 | 00:09:06.60 | +00:03:14 | 5:39 | 10.6 |
| 61 | KOBUS Piotr | 11 | | M30-39 | 19 | 00:09:07.20 | +00:03:15 | 5:39 | 10.6 |
| 62 | KRZEWIŃSKA Małgorzata | 92 | TKKF KOSZALIN | K50+ | 2 | 00:09:10.48 | +00:03:18 | 5:42 | 10.5 |
| 63 | PIETRZYK Mateusz | 1 | | M18-29 | 11 | 00:09:10.56 | +00:03:18 | 5:42 | 10.5 |
| 64 | GRABOWSKA-LESISZ Aneta | 85 | | K40-49 | 2 | 00:09:20.99 | +00:03:28 | 5:48 | 10.3 |
| 65 | JUSZCZAK Krzysztof | 173 | | M60-69 | 2 | 00:09:21.26 | +00:03:29 | 5:49 | 10.3 |
| 66 | PANCERZYŃSKI Łukasz | 172 | | M40-49 | 14 | 00:09:34.74 | +00:03:42 | 5:57 | 10.1 |
| 67 | WOLF Beata | 16 | TKKF KOSZALIN | K40-49 | 3 | 00:09:35.19 | +00:03:43 | 5:57 | 10.1 |
| 68 | BODO Rafał | 8 | | M30-39 | 20 | 00:09:35.60 | +00:03:43 | 5:57 | 10.1 |
| 69 | ZUKAL Jakub | 198 | | M10-13 | 1 | 00:09:55.92 | +00:04:03 | 6:10 | 9.7 |
| 70 | SUDER-MAKSYMOWICZ Filip | 58 | | M10-13 | 2 | 00:09:57.32 | +00:04:05 | 6:10 | 9.7 |
| 71 | KAZIMIEROWICZ Radosław | 25 | VTT KOSZALIN | M30-39 | 21 | 00:09:59.00 | +00:04:06 | 6:12 | 9.7 |

| Msc/ Rnk | Zawodnik/ Name | Numer/ Bib | Klub/ Team | Kategoria/ Category | Mkat/ CatRnk | Czas netto 1.609km | Różn/ Gap | Tempo min/km | Tempo km/h |
|----------|---------------------------------|------------|---------------|---------------------|--------------|-----------------------|-----------|-----------------|---------------|
| 72 | KOZŁOWIECKI Waldemar | 54 | TKKF KOSZALIN | M60-69 | 3 | 00:10:15.95 | +00:04:23 | 6:22 | 9.4 |
| 73 | ZIÓLKOWSKA Gosia | 178 | | K30-39 | 6 | 00:10:16.86 | +00:04:24 | 6:22 | 9.4 |
| 74 | KASZUBIAK Julia | 152 | | K10-13 | 1 | 00:10:37.60 | +00:04:45 | 6:36 | 9.1 |
| 75 | KARNICKI Zygmunt | 71 | TKKF KOSZALIN | M60-69 | 4 | 00:10:41.82 | +00:04:49 | 6:38 | 9 |
| 76 | STRACH Martyna | 22 | | K18-29 | 3 | 00:10:47.71 | +00:04:55 | 6:42 | 8.9 |
| 77 | ZUKAL Aleksandra | 189 | | K40-49 | 4 | 00:11:07.32 | +00:05:15 | 6:54 | 8.7 |
| 78 | MACUDZIŃSKA Iza | 122 | | K18-29 | 4 | 00:11:26.50 | +00:05:34 | 7:06 | 8.4 |
| 79 | KLIMKOWSKA Maria | 162 | | K40-49 | 5 | 00:12:16.20 | +00:06:24 | 7:37 | 7.9 |
| 80 | KOZŁOWIECKA Małgorzata | 49 | | K50+ | 3 | 00:12:22.04 | +00:06:29 | 7:40 | 7.8 |
| 81 | SUDER-MAKSYMOWICZ Monika | 164 | | K30-39 | 7 | 00:12:36.39 | +00:06:44 | 7:49 | 7.7 |
| 82 | HELLER Zdzisław | 176 | NIEZRZESZONY | M60-69 | 5 | 00:12:53.87 | +00:07:01 | 8:00 | 7.5 |
| 83 | KARNICKI Artur | 148 | | M40-49 | 15 | 00:14:24.67 | +00:08:32 | 8:57 | 6.7 |
| 84 | BARTNIK Marian | 196 | TKKF KOSZALIN | M70+ | 1 | 00:16:21.84 | +00:10:29 | 10:09 | 5.9 |

Znaleziono 84 wynik(ów)