



ZIMOWA MIŁA GÓRSKA 2019 - EDYCJA 5/5

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-03-06
Miejsce: Koszalin
Dystans: 1.609 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 1.609km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|------------------------------------|-----------|------|-----------------------|-----------|-----------------|---------------|
| 1 | KĘPKA Adrian | 372 | DECATHLON KOSZALIN/ TAGER KOSZALIN | M18-29 | 1 | 00:05:44.06 | | 3:33 | 16.8 |
| 2 | SZKOŁUDA Miłosz | 448 | DECATHLON KOSZALIN | M18-29 | 2 | 00:05:51.18 | +00:00:07 | 3:38 | 16.5 |
| 3 | CZAPLIŃSKI Jacek | 443 | TAGER KOSZALIN | M30-39 | 1 | 00:06:21.00 | +00:00:36 | 3:56 | 15.2 |
| 4 | RYKIEL Michał | 436 | | M30-39 | 2 | 00:06:24.67 | +00:00:40 | 3:58 | 15.1 |
| 5 | MAJKOWICZ Rafał | 466 | | M30-39 | 3 | 00:06:35.22 | +00:00:51 | 4:05 | 14.7 |
| 6 | KASZUBIAK Klaudiusz | 469 | | M40-49 | 1 | 00:06:36.90 | +00:00:52 | 4:06 | 14.6 |
| 7 | SOSNOWSKI Tomasz | 360 | MEDEN-INMED SPORTS TEAM | M18-29 | 3 | 00:06:46.82 | +00:01:02 | 4:12 | 14.2 |
| 8 | BESZTERDA Jakub | 373 | KL BAŁTYK KOSZALIN | M14-17 | 1 | 00:06:49.34 | +00:01:05 | 4:14 | 14.2 |
| 9 | BIEŃKOWSKI Tomasz | 371 | | M30-39 | 4 | 00:06:53.69 | +00:01:09 | 4:17 | 14 |
| 10 | ZUKAL Piotr | 374 | | M40-49 | 2 | 00:06:53.79 | +00:01:09 | 4:17 | 14 |
| 11 | PICK Tomasz | 459 | DEAF KOSZALIN | M40-49 | 3 | 00:06:55.56 | +00:01:11 | 4:18 | 13.9 |
| 12 | ZWOLIŃSKI Jan | 463 | TKKF KOSZALIN | M50-59 | 1 | 00:06:58.02 | +00:01:13 | 4:19 | 13.9 |
| 13 | MATYSIAK Wojciech | 434 | | M30-39 | 5 | 00:07:03.55 | +00:01:19 | 4:22 | 13.7 |
| 14 | WEBER Paweł | 437 | ENERGON | M30-39 | 6 | 00:07:03.84 | +00:01:19 | 4:23 | 13.7 |
| 15 | ZACHOLSKI Wojciech | 442 | | M18-29 | 4 | 00:07:06.54 | +00:01:22 | 4:25 | 13.6 |
| 16 | KUŁAKOWSKI Dawid | 482 | TKKF KOSZALIN | M40-49 | 4 | 00:07:14.70 | +00:01:30 | 4:30 | 13.3 |
| 17 | KONKEL Agnieszka | 467 | | K30-39 | 1 | 00:07:18.53 | +00:01:34 | 4:32 | 13.2 |
| 18 | MOSZYŃSKI Jacek | 461 | TKKF KOSZALIN | M50-59 | 2 | 00:07:27.90 | +00:01:43 | 4:37 | 13 |
| 19 | BRZEZIŃSKI Jan | 454 | TEAMPIOTRUS | M50-59 | 3 | 00:07:29.50 | +00:01:45 | 4:38 | 12.9 |
| 20 | HOREGLAD Paweł | 359 | SPEEDY GONZALES | M18-29 | 5 | 00:07:30.63 | +00:01:46 | 4:39 | 12.9 |
| 21 | BASSEL Marcin | 355 | | M30-39 | 7 | 00:07:33.16 | +00:01:49 | 4:41 | 12.8 |
| 22 | IWANIEC Dariusz | 488 | TKKF KOSZALIN | M40-49 | 5 | 00:07:33.32 | +00:01:49 | 4:41 | 12.8 |
| 23 | STAWISZYŃSKI Jarosław | 379 | | M30-39 | 8 | 00:07:34.28 | +00:01:50 | 4:41 | 12.8 |
| 24 | CHORAŻY Karolina | 388 | LEO-TEAM | K30-39 | 2 | 00:07:42.36 | +00:01:58 | 4:47 | 12.5 |
| 25 | KISIELIŃSKI Igor | 456 | TKKF KOSZALIN | M50-59 | 4 | 00:07:45.89 | +00:02:01 | 4:49 | 12.4 |
| 26 | PEŁECHATA Julita | 358 | FOR-REST-RUN | K18-29 | 1 | 00:07:46.31 | +00:02:02 | 4:49 | 12.4 |
| 27 | ROGOŻA Ireneusz | 435 | | M40-49 | 6 | 00:07:51.57 | +00:02:07 | 4:53 | 12.3 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 1.609km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|------------------------------|-----------|------|-----------------------|-----------|-----------------|---------------|
| 28 | WÓJCICKI Adrian | 452 | | M30-39 | 9 | 00:07:52.90 | +00:02:08 | 4:53 | 12.3 |
| 29 | PRYCA Adam | 433 | | M30-39 | 10 | 00:07:54.24 | +00:02:10 | 4:54 | 12.2 |
| 30 | SIKORSKI Adam | 431 | SIKORROVO | M30-39 | 11 | 00:07:54.66 | +00:02:10 | 4:55 | 12.2 |
| 31 | CZERNIAK Gracjan | 457 | | M30-39 | 12 | 00:07:55.25 | +00:02:11 | 4:55 | 12.2 |
| 32 | RUTKOWSKI Artur | 446 | KOSZALIŃSKI RANKING BIEGACZY | M18-29 | 6 | 00:07:56.37 | +00:02:12 | 4:55 | 12.2 |
| 33 | RUTKOWSKI Ryszard | 357 | | M50-59 | 5 | 00:07:58.55 | +00:02:14 | 4:56 | 12.1 |
| 34 | KONKEL Łukasz | 464 | | M40-49 | 7 | 00:08:01.19 | +00:02:17 | 4:58 | 12 |
| 35 | WOLSZTYL Alicja | 450 | | K30-39 | 3 | 00:08:02.67 | +00:02:18 | 4:59 | 12 |
| 36 | DĄBROWSKA Alicja | 382 | TKKF KOSZALIN | K50+ | 1 | 00:08:03.51 | +00:02:19 | 5:00 | 12 |
| 37 | WILKOWSKI Krzysztof | 387 | | M40-49 | 8 | 00:08:06.71 | +00:02:22 | 5:02 | 11.9 |
| 38 | MOSIOŁEK Piotr | 441 | | M40-49 | 9 | 00:08:08.12 | +00:02:24 | 5:03 | 11.9 |
| 39 | SARAPUK Piotr | 385 | | M40-49 | 10 | 00:08:08.67 | +00:02:24 | 5:03 | 11.9 |
| 40 | MILEWSKI Tomasz | 489 | | M30-39 | 13 | 00:08:09.09 | +00:02:25 | 5:03 | 11.9 |
| 41 | MICERSKI Tomasz | 484 | TKKF KOSZALIN | M40-49 | 11 | 00:08:10.72 | +00:02:26 | 5:04 | 11.8 |
| 42 | KAMYK Piotr | 432 | MH IT SYSTEMY ERP KOSZALIN | M30-39 | 14 | 00:08:14.42 | +00:02:30 | 5:07 | 11.7 |
| 43 | KAZIMIERCZAK Leszek | 444 | LOVELASY DĄBKI | M30-39 | 15 | 00:08:22.01 | +00:02:37 | 5:11 | 11.5 |
| 44 | PIETRZYK Mateusz | 389 | | M18-29 | 7 | 00:08:23.80 | +00:02:39 | 5:13 | 11.5 |
| 45 | JOCHYM Mariusz | 465 | | M30-39 | 16 | 00:08:27.02 | +00:02:42 | 5:14 | 11.4 |
| 46 | CHOŁUJ Jarek | 449 | HOPHOPTEMPOTEAM! | M40-49 | 12 | 00:08:31.98 | +00:02:47 | 5:18 | 11.3 |
| 47 | DZIESZUK Dariusz | 377 | TKKF KOSZALIN | M50-59 | 6 | 00:08:33.03 | +00:02:48 | 5:18 | 11.3 |
| 48 | KAZIMIEROWICZ Radosław | 386 | VTT KOSZALIN | M30-39 | 17 | 00:08:33.20 | +00:02:49 | 5:18 | 11.3 |
| 49 | JANCZEWSKI Jacek | 375 | | M40-49 | 13 | 00:08:33.29 | +00:02:49 | 5:18 | 11.3 |
| 50 | KULCZYK Katarzyna | 490 | BRYZA POSTOMINO | K30-39 | 4 | 00:08:36.78 | +00:02:52 | 5:21 | 11.2 |
| 51 | OSOBNIAK Ryszard | 356 | | M60-69 | 1 | 00:08:38.33 | +00:02:54 | 5:22 | 11.2 |
| 52 | DOBOSZ Jarosław | 445 | | M50-59 | 7 | 00:08:39.49 | +00:02:55 | 5:22 | 11.2 |
| 53 | NOREK Tomek | 440 | | M50-59 | 8 | 00:08:51.40 | +00:03:07 | 5:29 | 10.9 |
| 54 | OPALIŃSKI Stanisław | 458 | | M60-69 | 2 | 00:08:54.34 | +00:03:10 | 5:31 | 10.9 |
| 55 | KOBUS Piotr | 447 | | M30-39 | 18 | 00:08:54.85 | +00:03:10 | 5:32 | 10.8 |
| 56 | KRZEWIŃSKA Małgorzata | 381 | TKKF KOSZALIN | K50+ | 2 | 00:08:56.62 | +00:03:12 | 5:33 | 10.8 |
| 57 | SARAPUK Gabriela | 383 | TKKF KOSZALIN | K40-49 | 1 | 00:09:03.54 | +00:03:19 | 5:37 | 10.7 |
| 58 | GRABOWSKA-LESISZ Aneta | 390 | | K40-49 | 2 | 00:09:05.51 | +00:03:21 | 5:39 | 10.6 |
| 59 | CZYŻYKOWSKI Łukasz | 376 | | M30-39 | 19 | 00:09:07.93 | +00:03:23 | 5:40 | 10.6 |
| 60 | WAWRZYN Grzegorz | 470 | | M40-49 | 14 | 00:09:12.73 | +00:03:28 | 5:42 | 10.5 |
| 61 | ZUKAL Jakub | 451 | | M10-13 | 1 | 00:09:16.01 | +00:03:31 | 5:45 | 10.4 |
| 62 | JUSZCZAK Krzysztof | 438 | | M60-69 | 3 | 00:09:16.63 | +00:03:32 | 5:45 | 10.4 |
| 63 | PANCERZYŃSKI Łukasz | 378 | | M40-49 | 15 | 00:09:22.68 | +00:03:38 | 5:49 | 10.3 |
| 64 | SUDER-MAKSYMOWICZ Filip | 460 | | M10-13 | 2 | 00:09:37.55 | +00:03:53 | 5:58 | 10 |
| 65 | KARNICKI Zygmunt | 485 | TKKF KOSZALIN | M60-69 | 4 | 00:10:03.96 | +00:04:19 | 6:14 | 9.6 |
| 66 | KOZŁOWIECKI Waldemar | 353 | TKKF KOSZALIN | M60-69 | 5 | 00:10:04.54 | +00:04:20 | 6:15 | 9.6 |
| 67 | WOLF Beata | 462 | TKKF KOSZALIN | K40-49 | 3 | 00:10:23.22 | +00:04:39 | 6:27 | 9.3 |
| 68 | MACIEJEWSKI Maciej | 455 | MEDEN-INMED SPORTS TEAM | M30-39 | 20 | 00:10:48.55 | +00:05:04 | 6:42 | 8.9 |
| 69 | SUDER-MAKSYMOWICZ Monika | 453 | | K30-39 | 5 | 00:10:58.84 | +00:05:14 | 6:49 | 8.8 |
| 70 | KASZUBIAK Julia | 468 | | K10-13 | 1 | 00:10:59.64 | +00:05:15 | 6:49 | 8.8 |
| 71 | WRÓBLEWSKA Marta | 352 | | K40-49 | 4 | 00:11:02.39 | +00:05:18 | 6:51 | 8.7 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 1.609km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|--------------|-----------|------|-----------------------|-----------|-----------------|---------------|
| 72 | ZUKAL Aleksandra | 439 | | K40-49 | 5 | 00:11:13.43 | +00:05:29 | 6:58 | 8.6 |
| 73 | KOZŁOWIECKA Małgorzata | 351 | | K50+ | 3 | 00:11:32.71 | +00:05:48 | 7:10 | 8.4 |
| 74 | HELLER Zdzisław | 354 | NIEZRZESZONY | M60-69 | 6 | 00:11:45.65 | +00:06:01 | 7:18 | 8.2 |
| 75 | KARNICKI Artur | 487 | | M40-49 | 16 | 00:13:07.11 | +00:07:23 | 8:09 | 7.4 |

Znaleziono 75 wynik(ów)