



# ZIMOWA MILA GÓRSKA 2019 - PO 5 EDYCJACH

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-03-06  
**Miejsce:** Koszalin  
**Dystans:** 8.046 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Etap 4	Etap5	Czas netto 8.046km	Czas brutto 8.046km	Różn	Tempo min/km	Tempo km/h
1	SZKOŁUDA Miłosz	5046	DECATHLON KOSZALIN	M18-29	1	00:06:22.83	00:06:07.29	00:05:52.03	00:06:22.18	00:05:51.18	00:30:35.51	00:31:48.92		3:48	15.8
2	KASZUBIAK Klaudiusz	5067		M40-49	1	00:06:56.58	00:06:43.96	00:06:29.28	00:06:21.49	00:06:36.90	00:33:08.21	00:34:50.39	+00:02:32	4:07	14.6
3	CZAPLIŃSKI Jacek	5041	TAGER KOSZALIN	M30-39	1	00:06:46.17	00:06:54.53	00:06:43.31	00:06:33.81	00:06:21.00	00:33:18.82	00:34:32.47	+00:02:43	4:08	14.5
4	MAJKOWICZ Rafał	5064		M30-39	2	00:06:53.40	00:06:49.84	00:06:39.89	00:06:31.90	00:06:35.23	00:33:30.26	00:34:41.34	+00:02:54	4:09	14.4
5	BESZTERDA Jakub	5013	KL BAŁTYK KOSZALIN	M14-17	1	00:06:51.96	00:06:47.98	00:06:51.38	00:06:35.04	00:06:49.35	00:33:55.71	00:35:08.51	+00:03:20	4:12	14.2
6	ZUKAL Piotr	5014		M40-49	2	00:06:54.74	00:06:59.29	00:06:45.51	00:06:51.33	00:06:53.80	00:34:24.67	00:35:42.48	+00:03:49	4:16	14
7	BIENKOWSKI Tomasz	5011		M30-39	3	00:07:18.16	00:07:07.89	00:06:57.04	00:06:48.32	00:06:53.70	00:35:05.11	00:36:23.03	+00:04:29	4:21	13.8
8	SOSNOWSKI Tomasz	5010	MEDEN-INMED SPORTS TEAM	M18-29	2	00:07:21.78	00:07:13.38	00:06:54.85	00:07:01.62	00:06:46.83	00:35:18.46	00:36:30.80	+00:04:42	4:23	13.7
9	ZWOLIŃSKI Jan	5061	TKKF KOSZALIN	M50-59	1	00:07:12.35	00:07:16.79	00:07:10.76	00:07:03.54	00:06:58.02	00:35:41.46	00:36:54.66	+00:05:05	4:26	13.5
10	PICK Tomasz	5057	DEAF KOSZALIN	M40-49	3	00:07:15.06	00:07:18.27	00:07:08.24	00:07:18.39	00:06:55.57	00:35:55.53	00:37:11.00	+00:05:20	4:27	13.4
11	MATYSIAK Wojciech	5032		M30-39	4	00:07:26.66	00:07:25.28	00:07:19.72	00:07:09.17	00:07:03.56	00:36:24.39	00:37:37.49	+00:05:48	4:31	13.3
12	WEBER Paweł	5035	ENERGON	M30-39	5	00:07:40.56	00:07:36.30	00:07:17.31	00:07:12.83	00:07:03.85	00:36:50.85	00:38:09.86	+00:06:15	4:34	13.1
13	KONKEL Agnieszka	5065		K30-39	1	00:07:32.13	00:07:31.52	00:07:25.75	00:07:18.28	00:07:18.53	00:37:06.21	00:38:23.18	+00:06:30	4:36	13
14	KUŁAKOWSKI Dawid	5069	TKKF KOSZALIN	M40-49	4	00:07:36.12	00:07:39.73	00:07:24.65	00:07:17.23	00:07:14.70	00:37:12.43	00:43:46.87	+00:06:36	4:37	13
15	HOREGLAD Paweł	5009	SPEEDY GONZALES	M18-29	3	00:07:26.10	00:07:35.89	00:07:33.55	00:07:26.15	00:07:30.63	00:37:32.32	00:39:02.48	+00:06:56	4:39	12.9
16	MOSZYŃSKI Jacek	5059	TKKF KOSZALIN	M50-59	2	00:07:40.10	00:07:39.11	00:07:45.54	00:07:37.00	00:07:27.90	00:38:09.65	00:39:28.10	+00:07:34	4:44	12.7
17	BRZEZIŃSKI Jan	5052	TEAMPIOTRUS	M50-59	3	00:07:52.53	00:07:38.37	00:07:32.91	00:07:37.38	00:07:29.51	00:38:10.70	00:39:55.41	+00:07:35	4:44	12.6
18	CHORAŻY Karolina	5026	LEO-TEAM	K30-39	2	00:07:45.42	00:07:56.34	00:07:20.68	00:07:37.83	00:07:42.36	00:38:22.63	00:39:39.46	+00:07:47	4:46	12.6
19	IWANIEC Dariusz	5073	TKKF KOSZALIN	M40-49	5	00:07:42.47	00:08:02.62	00:07:46.43	00:07:31.59	00:07:33.33	00:38:36.44	00:45:11.06	+00:08:00	4:47	12.5
20	BASSEL Marcin	5005		M30-39	6	00:07:49.37	00:08:01.03	00:07:51.35	00:07:31.38	00:07:33.16	00:38:46.29	00:40:17.09	+00:08:10	4:49	12.5
21	ROGOŻA Ireneusz	5033		M40-49	6	00:07:56.25	00:08:18.90	00:07:44.79	00:08:01.24	00:07:51.57	00:39:52.75	00:41:30.30	+00:09:17	4:57	12.1
22	KONKEL Łukasz	5062		M40-49	7	00:07:55.57	00:07:52.86	00:08:27.10	00:07:47.82	00:08:01.20	00:40:04.55	00:41:27.05	+00:09:29	4:58	12
23	CHOŁUJ Jarek	5047	HOPHOPTTEAM!	M40-49	8	00:07:57.29	00:08:03.38	00:07:51.86	00:07:44.44	00:08:31.98	00:40:08.95	00:41:45.47	+00:09:33	4:59	12
24	MOSIOŁEK Piotr	5039		M40-49	9	00:08:13.67	00:08:19.43	00:08:07.46	00:07:54.37	00:08:08.12	00:40:43.05	00:42:24.84	+00:10:07	5:03	11.9
25	WÓJCICKI Adrian	5050		M30-39	7	00:08:33.88	00:08:11.11	00:08:04.23	00:08:07.03	00:07:52.91	00:40:49.16	00:42:07.28	+00:10:13	5:04	11.8
26	MICERSKI Tomasz	5070	TKKF KOSZALIN	M40-49	10	00:08:02.73	00:08:16.79	00:08:17.98	00:08:02.45	00:08:10.73	00:40:50.68	00:47:26.93	+00:10:15	5:04	11.8
27	PRYCA Adam	5031		M30-39	8	00:08:28.57	00:08:27.53	00:08:14.04	00:07:57.81	00:07:54.25	00:41:02.20	00:42:45.58	+00:10:26	5:06	11.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Etap 4	Etap5	Czas netto 8.046km	Czas brutto 8.046km	Różn	Tempo min/km	Tempo km/h
28	MILEWSKI Tomasz	5074		M30-39	9	00:08:29.85	00:08:34.77	00:08:16.85	00:08:02.21	00:08:09.09	00:41:32.77	00:47:28.67	+00:10:57	5:09	11.6
29	WILKOWSKI Krzysztof	5025		M40-49	11	00:08:24.07	00:08:27.35	00:08:11.58	00:08:30.50	00:08:06.71	00:41:40.21	00:43:07.84	+00:11:04	5:10	11.6
30	DĄBROWSKA Alicja	5021	TKKF KOSZALIN	K50+	1	00:08:41.09	00:08:33.61	00:08:28.48	00:08:13.59	00:08:03.52	00:42:00.29	00:43:33.76	+00:11:24	5:13	11.5
31	KAMYK Piotr	5030	MH IT SYSTEMY ERP KOSZALIN	M30-39	10	00:08:27.80	00:08:34.25	00:08:22.27	00:08:25.77	00:08:14.42	00:42:04.51	00:45:29.37	+00:11:29	5:13	11.5
32	CZERNIAK Gracjan	5055		M30-39	11	00:08:14.15	00:10:20.96	00:07:52.88	00:07:41.77	00:07:55.26	00:42:05.02	00:43:34.37	+00:11:29	5:13	11.5
33	JOCHYM Mariusz	5063		M30-39	12	00:08:34.67	00:08:29.09	00:08:20.64	00:08:15.70	00:08:27.02	00:42:07.12	00:43:45.56	+00:11:31	5:14	11.5
34	RUTKOWSKI Artur	5044	KOSZALIŃSKI RANKING BIEGACZY	M18-29	4	00:08:51.96	00:08:39.07	00:08:25.18	00:08:23.46	00:07:56.38	00:42:16.05	00:43:35.29	+00:11:40	5:15	11.4
35	KULCZYK Katarzyna	5075	BRYZA POSTOMINO	K30-39	3	00:08:37.96	00:08:28.27	00:08:28.04	00:08:23.04	00:08:36.78	00:42:34.09	00:44:28.26	+00:11:58	5:17	11.3
36	PIETRZYK Mateusz	5027		M18-29	5	00:09:10.56	00:08:47.31	00:08:12.45	00:08:00.03	00:08:23.80	00:42:34.15	00:44:22.14	+00:11:58	5:17	11.3
37	NOREK Tomek	5038		M50-59	4	00:08:33.69	00:08:30.52	00:08:25.50	00:08:28.05	00:08:51.41	00:42:49.17	00:44:33.24	+00:12:13	5:19	11.3
38	KAZIMIERCZAK Leszek	5042	LOVELASY DĄBKI	M30-39	13	00:09:02.19	00:08:45.87	00:08:43.69	00:08:29.28	00:08:22.01	00:43:23.04	00:45:06.09	+00:12:47	5:23	11.1
39	DZIESZUK Dariusz	5017	TKKF KOSZALIN	M50-59	5	00:08:55.44	00:09:08.59	00:08:48.19	00:08:37.93	00:08:33.04	00:44:03.19	00:46:37.56	+00:13:27	5:28	11
40	OSOBNIAK Ryszard	5006		M60-69	1	00:09:02.84	00:09:23.20	00:09:09.18	00:08:59.62	00:08:38.34	00:45:13.18	00:47:24.06	+00:14:37	5:37	10.7
41	KOBUS Piotr	5045		M30-39	14	00:09:07.20	00:09:21.31	00:09:02.19	00:08:50.57	00:08:54.86	00:45:16.13	00:46:56.11	+00:14:40	5:37	10.7
42	KRZEWIŃSKA Małgorzata	5020	TKKF KOSZALIN	K50+	2	00:09:10.48	00:09:20.89	00:09:05.79	00:08:47.37	00:08:56.62	00:45:21.15	00:46:56.19	+00:14:45	5:38	10.6
43	KAZIMIEROWICZ Radosław	5024	VTT KOSZALIN	M30-39	15	00:09:59.00	00:09:28.45	00:08:48.26	00:08:48.36	00:08:33.20	00:45:37.27	00:47:19.34	+00:15:01	5:40	10.6
44	GRABOWSKA-LESISZ Aneta	5028		K40-49	1	00:09:20.99	00:09:28.99	00:09:08.48	00:08:51.34	00:09:05.51	00:45:55.31	00:47:23.49	+00:15:19	5:42	10.5
45	WAWRZYN Grzegorz	5068		M40-49	12	00:08:43.41	00:09:52.97	00:10:00.81	00:08:48.59	00:09:12.73	00:46:38.51	00:48:36.45	+00:16:03	5:47	10.4
46	JUSZCZAK Krzysztof	5036		M60-69	2	00:09:21.26	00:09:42.98	00:09:37.10	00:09:24.70	00:09:16.64	00:47:22.68	00:49:51.11	+00:16:47	5:53	10.2
47	PANCERZYŃSKI Łukasz	5018		M40-49	13	00:09:34.74	00:09:46.96	00:09:26.92	00:09:36.61	00:09:22.68	00:47:47.91	00:49:36.68	+00:17:12	5:56	10.1
48	ZUKAL Jakub	5049		M10-13	1	00:09:55.92	00:10:06.36	00:09:34.02	00:09:57.36	00:09:16.01	00:48:49.67	00:50:27.60	+00:18:14	6:04	9.9
49	SUDER-MAKSYMOWICZ Filip	5058		M10-13	2	00:09:57.32	00:09:37.70	00:10:34.88	00:09:09.94	00:09:37.56	00:48:57.40	00:50:13.86	+00:18:21	6:05	9.9
50	WOLF Beata	5060	TKKF KOSZALIN	K40-49	2	00:09:35.19	00:10:22.95	00:09:59.54	00:10:09.74	00:10:23.22	00:50:30.64	00:52:22.17	+00:19:55	6:16	9.6
51	KOZŁOWIECKI Waldemar	5003	TKKF KOSZALIN	M60-69	3	00:10:15.95	00:10:31.64	00:10:06.66	00:10:12.94	00:10:04.54	00:51:11.73	00:53:16.64	+00:20:36	6:21	9.4
52	KASZUBIAK Julia	5066		K10-13	1	00:10:37.60	00:10:13.62	00:10:29.89	00:09:58.57	00:10:59.65	00:52:19.33	00:54:20.84	+00:21:43	6:30	9.2
53	ZUKAL Aleksandra	5037		K40-49	3	00:11:07.32	00:11:43.56	00:11:16.02	00:11:07.00	00:11:13.43	00:56:27.33	00:58:05.80	+00:25:51	7:01	8.6
54	SUDER-MAKSYMOWICZ Monika	5051		K30-39	4	00:12:36.39	00:12:01.89	00:11:59.79	00:10:55.02	00:10:58.84	00:58:31.93	00:59:51.72	+00:27:56	7:16	8.2
55	HELLER Zdzisław	5004	NIEZRZESZONY	M60-69	4	00:12:53.87	00:11:59.56	00:11:37.97	00:11:19.23	00:11:45.65	00:59:36.28	01:01:38.83	+00:29:00	7:24	8.1
56	KOZŁOWIECKA Małgorzata	5001		K50+	3	00:12:22.04	00:12:39.98	00:12:01.95	00:11:39.68	00:11:32.72	01:00:16.37	01:02:05.27	+00:29:40	7:29	8
57	KARNICKI Artur	5072		M40-49	14	00:14:24.67	00:14:31.48	00:14:02.17	00:13:17.76	00:13:07.12	01:09:23.20	01:11:14.11	+00:38:47	8:37	7

Znaleziono 57 wynik(ów)