



ZIMOWA MILA GÓRSKA 2020 - PO 2 EDYCJACH

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2020-02-05
Miejsce: Koszalin
Dystans: 3.218 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 1 | Etap 2 | Czas netto 3.218km | Czas brutto 3.218km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------|-----------------------------------|-----------|------|-------------|-------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 1 | KASZUBIAK Klaudiusz | 4011 | | M40-49 | 1 | 00:06:11.00 | 00:06:03.00 | 00:12:14.00 | 00:12:21.00 | | 3:48 | 15.8 |
| 2 | MAJKOWICZ Rafał | 4067 | | M30-39 | 1 | 00:06:12.00 | 00:06:08.00 | 00:12:20.00 | 00:12:23.00 | +00:00:06 | 3:49 | 15.7 |
| 3 | CZAPLIŃSKI Jacek | 4004 | TAGER SPORT | M30-39 | 2 | 00:06:31.00 | 00:06:19.00 | 00:12:50.00 | 00:12:54.00 | +00:00:36 | 3:59 | 15 |
| 4 | SOBSTEŁ Krystian | 4069 | CIACHU CIACH PRACOWNIA RĘKODZIEŁA | M30-39 | 3 | 00:06:31.00 | 00:06:29.00 | 00:13:00.00 | 00:13:09.00 | +00:00:46 | 4:02 | 14.9 |
| 5 | KORMAN Kamil | 4071 | | M18-29 | 1 | 00:06:40.00 | 00:06:35.00 | 00:13:15.00 | 00:13:19.00 | +00:01:01 | 4:07 | 14.6 |
| 6 | BIEŃKOWSKI Tomasz | 4066 | IQ CONSULTING | M30-39 | 4 | 00:06:42.00 | 00:06:48.00 | 00:13:30.00 | 00:13:36.00 | +00:01:16 | 4:11 | 14.3 |
| 7 | SITOWSKI Marcin | 4039 | | M18-29 | 2 | 00:06:49.00 | 00:06:47.00 | 00:13:36.00 | 00:13:44.00 | +00:01:22 | 4:13 | 14.2 |
| 8 | SIENIAWSKI Jarosław | 4082 | MEDEN-INMED SPORTS TEAM | M40-49 | 2 | 00:06:56.00 | 00:06:50.00 | 00:13:46.00 | 00:13:55.00 | +00:01:32 | 4:16 | 14 |
| 9 | DZIADEK Krzysztof | 4097 | TKKF KOSZALIN | M30-39 | 5 | 00:07:15.00 | 00:06:38.00 | 00:13:53.00 | 00:16:01.00 | +00:01:39 | 4:18 | 13.9 |
| 10 | SOSNOWSKI Tomasz | 4087 | FPP FUNCTIONAL POLISH PERFORMANCE | M18-29 | 3 | 00:07:02.00 | 00:06:56.00 | 00:13:58.00 | 00:14:06.00 | +00:01:44 | 4:20 | 13.8 |
| 11 | KOZIEŁ Adam | 4043 | | M18-29 | 4 | 00:06:56.00 | 00:07:12.00 | 00:14:08.00 | 00:14:25.00 | +00:01:54 | 4:23 | 13.7 |
| 11 | WEBER Paweł | 4090 | FPP | M30-39 | 6 | 00:07:07.00 | 00:07:01.00 | 00:14:08.00 | 00:14:14.00 | +00:01:54 | 4:23 | 13.7 |
| 13 | ZWOLIŃSKI Jan | 4008 | TKKF KOSZALIN | M50-59 | 1 | 00:07:09.00 | 00:07:08.00 | 00:14:17.00 | 00:14:24.00 | +00:02:03 | 4:26 | 13.5 |
| 14 | MATYSIAK Wojciech | 4093 | | M40-49 | 3 | 00:07:18.00 | 00:07:03.00 | 00:14:21.00 | 00:14:30.00 | +00:02:07 | 4:27 | 13.5 |
| 15 | ZACHOLSKI Wojciech | 4068 | | M18-29 | 5 | 00:07:20.00 | 00:07:05.00 | 00:14:25.00 | 00:14:35.00 | +00:02:11 | 4:28 | 13.4 |
| 16 | DOBOSZ Michał | 4055 | KL BAŁTYK | M14-17 | 1 | 00:07:13.00 | 00:07:15.00 | 00:14:28.00 | 00:14:34.00 | +00:02:14 | 4:29 | 13.3 |
| 17 | KONKEL Agnieszka | 4101 | | K30-39 | 1 | 00:07:17.00 | 00:07:16.00 | 00:14:33.00 | 00:14:41.00 | +00:02:19 | 4:31 | 13.3 |
| 18 | WĘSEK Maciej | 4084 | ARISEN FLAME | M30-39 | 7 | 00:07:24.00 | 00:07:11.00 | 00:14:35.00 | 00:14:54.00 | +00:02:21 | 4:31 | 13.2 |
| 19 | CZERNAK Gracjan | 4033 | | M40-49 | 4 | 00:07:30.00 | 00:07:23.00 | 00:14:53.00 | 00:15:04.00 | +00:02:39 | 4:37 | 13 |
| 20 | CZARNOWSKI Kamil | 4030 | KASZEBE | M18-29 | 6 | 00:07:48.00 | 00:07:33.00 | 00:15:21.00 | 00:15:30.00 | +00:03:07 | 4:46 | 12.6 |
| 21 | WIKTOROWSKI Maciej | 4075 | TAGER SPORT | M40-49 | 5 | 00:07:42.00 | 00:07:41.00 | 00:15:23.00 | 00:15:27.00 | +00:03:09 | 4:46 | 12.6 |
| 22 | BARUTOWICZ Grzegorz | 4025 | | M30-39 | 8 | 00:07:56.00 | 00:07:30.00 | 00:15:26.00 | 00:15:46.00 | +00:03:12 | 4:47 | 12.5 |
| 23 | DZIUBA Robert | 4018 | MORSACZEBIEGACZE | M30-39 | 9 | 00:07:57.00 | 00:07:36.00 | 00:15:33.00 | 00:15:52.00 | +00:03:19 | 4:49 | 12.4 |
| 24 | KRYNICKA GRZYB Małgorzata | 4103 | | K30-39 | 2 | 00:07:59.00 | 00:07:38.00 | 00:15:37.00 | 00:15:42.00 | +00:03:23 | 4:51 | 12.4 |
| 25 | KOŚCIELNIAK Robert | 4065 | TKKF KOSZALIN | M50-59 | 2 | 00:08:00.00 | 00:07:39.00 | 00:15:39.00 | 00:17:10.00 | +00:03:25 | 4:51 | 12.3 |
| 26 | WAWRZYN Grzegorz | 4095 | | M40-49 | 6 | 00:07:59.00 | 00:07:43.00 | 00:15:42.00 | 00:17:29.00 | +00:03:28 | 4:52 | 12.3 |
| 27 | RUTKOWSKI Artur | 4070 | RUNKING | M30-39 | 10 | 00:08:04.00 | 00:07:54.00 | 00:15:58.00 | 00:16:05.00 | +00:03:44 | 4:57 | 12.1 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 1 | Etap 2 | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------|-------|-----------------------------------|-----------|------|-------------|-------------|---------------|----------------|-----------|--------------|------------|
| | | | | | | | | netto 3.218km | brutto 3.218km | | | |
| 28 | MICERSKI Tomasz | 4002 | TKKF KOSZALIN | M40-49 | 7 | 00:08:02.00 | 00:07:58.00 | 00:16:00.00 | 00:18:29.00 | +00:03:46 | 4:58 | 12.1 |
| 29 | ROGOŹA Ireneusz | 4029 | | M40-49 | 8 | 00:07:59.00 | 00:08:02.00 | 00:16:01.00 | 00:16:31.00 | +00:03:47 | 4:58 | 12.1 |
| 30 | BASSEL Marcin | 4057 | KKMW | M30-39 | 11 | 00:08:06.00 | 00:08:03.00 | 00:16:09.00 | 00:16:50.00 | +00:03:55 | 5:01 | 12 |
| 31 | HAŁKA Justyna | 4019 | TRUCHT ŁOBEZ | K40-49 | 1 | 00:08:18.00 | 00:07:54.00 | 00:16:12.00 | 00:16:19.00 | +00:03:58 | 5:02 | 11.9 |
| 32 | SAWIŃSKI Jacek | 4089 | | M40-49 | 9 | 00:08:13.00 | 00:08:07.00 | 00:16:20.00 | 00:17:05.00 | +00:04:06 | 5:04 | 11.8 |
| 33 | HOREGLAD Paweł | 4056 | SPEEDY GONZALES | M18-29 | 7 | 00:08:13.00 | 00:08:09.00 | 00:16:22.00 | 00:16:34.00 | +00:04:08 | 5:05 | 11.8 |
| 34 | KONKEL Łukasz | 4099 | | M40-49 | 10 | 00:08:23.00 | 00:08:05.00 | 00:16:28.00 | 00:16:43.00 | +00:04:14 | 5:07 | 11.7 |
| 35 | KRYNICKA Magdalena | 4048 | | K18-29 | 1 | 00:08:23.00 | 00:08:08.00 | 00:16:31.00 | 00:16:36.00 | +00:04:17 | 5:07 | 11.7 |
| 36 | WERSOCKI Artur | 4045 | | M40-49 | 11 | 00:08:20.00 | 00:08:18.00 | 00:16:38.00 | 00:17:05.00 | +00:04:24 | 5:10 | 11.6 |
| 37 | KUBIK Krystian | 4027 | RUNGRYF GRYFICE | M18-29 | 8 | 00:08:15.00 | 00:08:24.00 | 00:16:39.00 | 00:16:42.00 | +00:04:25 | 5:10 | 11.6 |
| 38 | DOBOSZ Jarosław | 4059 | | M50-59 | 3 | 00:08:26.00 | 00:08:15.00 | 00:16:41.00 | 00:17:03.00 | +00:04:27 | 5:11 | 11.6 |
| 38 | JASIŃSKI Cezary | 4081 | BIEGOLAS | M40-49 | 12 | 00:08:32.00 | 00:08:09.00 | 00:16:41.00 | 00:17:31.00 | +00:04:27 | 5:11 | 11.6 |
| 40 | DĄBROWSKA Alicja | 4083 | TKKF KOSZALIN | K50-59 | 1 | 00:08:24.00 | 00:08:21.00 | 00:16:45.00 | 00:17:00.00 | +00:04:31 | 5:12 | 11.5 |
| 41 | HAŁKA Arkadiusz | 4015 | TRUCHT ŁOBEZ | M40-49 | 13 | 00:08:30.00 | 00:08:22.00 | 00:16:52.00 | 00:17:33.00 | +00:04:38 | 5:14 | 11.4 |
| 42 | GIEDROWICZ Aleksandra | 4017 | | K30-39 | 3 | 00:08:34.00 | 00:08:21.00 | 00:16:55.00 | 00:17:13.00 | +00:04:41 | 5:15 | 11.4 |
| 42 | KRUPIŃSKI Krzysztof | 4076 | E-UROLOG.EU | M50-59 | 4 | 00:08:40.00 | 00:08:15.00 | 00:16:55.00 | 00:17:32.00 | +00:04:41 | 5:15 | 11.4 |
| 44 | KLENIEWSKI Piotr | 4060 | ZACHODNIOPOMORSKIE | M60-69 | 1 | 00:08:27.00 | 00:08:29.00 | 00:16:56.00 | 00:17:04.00 | +00:04:42 | 5:15 | 11.4 |
| 45 | SARAPUK Gabriela | 4009 | TKKF KOSZALIN | K40-49 | 2 | 00:08:43.00 | 00:08:17.00 | 00:17:00.00 | 00:17:31.00 | +00:04:46 | 5:16 | 11.4 |
| 45 | ZARZYCKI Jakub | 4092 | FPP | M30-39 | 12 | 00:08:41.00 | 00:08:19.00 | 00:17:00.00 | 00:17:06.00 | +00:04:46 | 5:16 | 11.4 |
| 47 | NOREK Tomek | 4022 | | M50-59 | 5 | 00:08:31.00 | 00:08:44.00 | 00:17:15.00 | 00:17:34.00 | +00:05:01 | 5:21 | 11.2 |
| 48 | PANCERZYŃSKI Łukasz | 4102 | | M40-49 | 14 | 00:08:45.00 | 00:08:46.00 | 00:17:31.00 | 00:17:48.00 | +00:05:17 | 5:26 | 11 |
| 49 | KULCZYK Katarzyna | 4010 | KB BRYZA POSTOMINO | K30-39 | 4 | 00:09:00.00 | 00:08:38.00 | 00:17:38.00 | 00:18:00.00 | +00:05:24 | 5:28 | 10.9 |
| 49 | KAJKOWSKI Rafał | 4078 | | M40-49 | 15 | 00:09:06.00 | 00:08:32.00 | 00:17:38.00 | 00:18:04.00 | +00:05:24 | 5:28 | 10.9 |
| 51 | BODO Rafał | 4001 | ZOZKOSZ KOSZALIN | M30-39 | 13 | 00:08:48.00 | 00:08:54.00 | 00:17:42.00 | 00:18:09.00 | +00:05:28 | 5:30 | 10.9 |
| 52 | KRZEWIŃSKA Małgorzata | 4094 | TKKF KOSZALIN | K60+ | 1 | 00:08:53.00 | 00:08:50.00 | 00:17:43.00 | 00:17:58.00 | +00:05:29 | 5:30 | 10.9 |
| 53 | MADAJCZYK Emilia | 4063 | AKS BIAŁOGARD | K10-13 | 1 | 00:09:14.00 | 00:08:37.00 | 00:17:51.00 | 00:17:54.00 | +00:05:37 | 5:32 | 10.8 |
| 54 | GRABOWSKA-LESISZ Aneta | 4100 | | K40-49 | 3 | 00:09:03.00 | 00:08:50.00 | 00:17:53.00 | 00:18:09.00 | +00:05:39 | 5:33 | 10.8 |
| 55 | GOLEC Anna | 4080 | | K40-49 | 4 | 00:09:19.00 | 00:09:05.00 | 00:18:24.00 | 00:18:46.00 | +00:06:10 | 5:43 | 10.5 |
| 56 | LITWIN Andrzej | 4031 | KOSZALIN | M30-39 | 14 | 00:09:10.00 | 00:09:17.00 | 00:18:27.00 | 00:18:46.00 | +00:06:13 | 5:44 | 10.5 |
| 56 | POŁOCZAŃSKI Piotr | 4077 | SZWAGRY BIEGAJĄ | M30-39 | 14 | 00:09:05.00 | 00:09:22.00 | 00:18:27.00 | 00:18:54.00 | +00:06:13 | 5:44 | 10.5 |
| 58 | KAMYK Piotr | 4072 | MH-INFORMATYKA.PL- IT DLA BIZNESU | M40-49 | 16 | 00:08:38.00 | 00:09:50.00 | 00:18:28.00 | 00:18:53.00 | +00:06:14 | 5:44 | 10.5 |
| 59 | HAŁAJKO Magdalena | 4024 | | K30-39 | 5 | 00:09:27.00 | 00:09:08.00 | 00:18:35.00 | 00:18:53.00 | +00:06:21 | 5:46 | 10.4 |
| 60 | MRUGALSKI Stanisław | 4074 | | M50-59 | 6 | 00:09:12.00 | 00:09:26.00 | 00:18:38.00 | 00:19:20.00 | +00:06:24 | 5:47 | 10.4 |
| 61 | ŚWITA Jacek | 4079 | | M40-49 | 17 | 00:09:52.00 | 00:09:10.00 | 00:19:02.00 | 00:19:25.00 | +00:06:48 | 5:54 | 10.1 |
| 62 | KĘSIK Michał | 4051 | ZDARTE PODESZWY | M40-49 | 18 | 00:10:26.00 | 00:08:43.00 | 00:19:09.00 | 00:19:49.00 | +00:06:55 | 5:57 | 10.1 |
| 63 | PŁATOSZ Magda | 4035 | | K18-29 | 2 | 00:09:45.00 | 00:09:40.00 | 00:19:25.00 | 00:19:32.00 | +00:07:11 | 6:02 | 9.9 |
| 64 | KOBUS Patryk | 4046 | | M10-13 | 1 | 00:10:18.00 | 00:09:33.00 | 00:19:51.00 | 00:20:08.00 | +00:07:37 | 6:10 | 9.7 |
| 65 | SUDER-MAKSYMOWICZ Filip | 4023 | KMKL SZTORM KOŁOBRZEG | M10-13 | 2 | 00:09:51.00 | 00:10:05.00 | 00:19:56.00 | 00:20:14.00 | +00:07:42 | 6:11 | 9.7 |
| 66 | KOBUS Piotr | 4054 | | M30-39 | 16 | 00:10:15.00 | 00:09:49.00 | 00:20:04.00 | 00:20:21.00 | +00:07:50 | 6:14 | 9.6 |
| 67 | KASZUBIAK Julia | 4012 | | K10-13 | 2 | 00:11:18.00 | 00:08:58.00 | 00:20:16.00 | 00:20:32.00 | +00:08:02 | 6:17 | 9.5 |
| 67 | DOBOSZ Izabella | 4058 | | K40-49 | 5 | 00:10:06.00 | 00:10:10.00 | 00:20:16.00 | 00:20:41.00 | +00:08:02 | 6:17 | 9.5 |
| 69 | GRUDZIŃSKI Arkadiusz | 4037 | PIORUN KOSZALIN | M40-49 | 19 | 00:10:14.00 | 00:10:06.00 | 00:20:20.00 | 00:20:46.00 | +00:08:06 | 6:19 | 9.5 |
| 70 | SZMYT Marcin | 4007 | SZWAGRY BIEGAJĄ | M30-39 | 17 | 00:10:23.00 | 00:10:10.00 | 00:20:33.00 | 00:21:00.00 | +00:08:19 | 6:23 | 9.4 |
| 71 | NAWROCKA Anna | 4003 | | K30-39 | 6 | 00:10:25.00 | 00:10:09.00 | 00:20:34.00 | 00:22:20.00 | +00:08:20 | 6:23 | 9.4 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 1 | Etap 2 | Czas netto 3.218km | Czas brutto 3.218km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|------------------|-----------|------|-------------|-------------|-----------------------|------------------------|-----------|-----------------|---------------|
| 72 | RADOSZ Katarzyna | 4098 | | K50-59 | 2 | 00:10:26.00 | 00:10:18.00 | 00:20:44.00 | 00:21:12.00 | +00:08:30 | 6:26 | 9.3 |
| 73 | RADZIUSZ Ilona | 4041 | MORSACZEBIEGACZE | K30-39 | 7 | 00:11:07.00 | 00:10:15.00 | 00:21:22.00 | 00:21:40.00 | +00:09:08 | 6:38 | 9 |
| 74 | SUDER-MAKSYMOWICZ Monika | 4026 | | K30-39 | 8 | 00:10:46.00 | 00:10:46.00 | 00:21:32.00 | 00:21:50.00 | +00:09:18 | 6:41 | 9 |
| 75 | KIEDOS Dariusz | 4021 | | M30-39 | 18 | 00:10:31.00 | 00:11:03.00 | 00:21:34.00 | 00:22:01.00 | +00:09:20 | 6:42 | 9 |
| 76 | POLAK Mateusz | 4061 | KOSPEL | M18-29 | 9 | 00:11:09.00 | 00:10:49.00 | 00:21:58.00 | 00:22:33.00 | +00:09:44 | 6:49 | 8.8 |
| 77 | KOZŁOWIECKI Waldemar | 4014 | TKKF KOSZALIN | M60-69 | 2 | 00:12:19.00 | 00:09:56.00 | 00:22:15.00 | 00:22:34.00 | +00:10:01 | 6:54 | 8.7 |
| 78 | MIKOŁAJCZYK Lidia | 4040 | MORSACZEBIEGACZE | K30-39 | 9 | 00:12:03.00 | 00:10:57.00 | 00:23:00.00 | 00:23:18.00 | +00:10:46 | 7:08 | 8.4 |
| 79 | PAZIEWSKA Agnieszka | 4038 | TKKF KOSZALIN | K40-49 | 6 | 00:12:05.00 | 00:11:25.00 | 00:23:30.00 | 00:23:45.00 | +00:11:16 | 7:18 | 8.2 |
| 80 | KOZŁOWIECKA Małgorzata | 4016 | | K60+ | 2 | 00:12:19.00 | 00:12:13.00 | 00:24:32.00 | 00:24:58.00 | +00:12:18 | 7:37 | 7.9 |

Znaleziono 80 wynik(ów)