



ZIMOWA MILA GÓRSKA 2020 - PO 3 EDYCJACH

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2020-02-19
Miejsce: Koszalin
Dystans: 4.827 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 4.827km	Czas brutto 4.827km	Różn	Tempo min/km	Tempo km/h
1	MAJKOWICZ Rafał	5052		M30-39	1	00:06:12.00	00:06:08.00	00:06:08.00	00:18:28.00	00:18:33.00		3:49	15.7
2	CZAPLIŃSKI Jacek	5006	TAGER SPORT	M30-39	2	00:06:31.00	00:06:19.00	00:06:31.00	00:19:21.00	00:19:28.00	+00:00:53	4:00	15
3	KORMAN Kamil	5038		M18-29	1	00:06:40.00	00:06:35.00	00:06:34.00	00:19:49.00	00:19:54.00	+00:01:21	4:06	14.6
4	BIENKOWSKI Tomasz	5003	IQ CONSULTING	M30-39	3	00:06:42.00	00:06:48.00	00:06:33.00	00:20:03.00	00:20:12.00	+00:01:35	4:09	14.4
5	SITOWSKI Marcin	5077	FC RYSIEK	M18-29	2	00:06:49.00	00:06:47.00	00:06:36.00	00:20:12.00	00:20:24.00	+00:01:44	4:11	14.3
6	DZIADEK Krzysztof	5013	TKKF KOSZALIN	M30-39	4	00:07:15.00	00:06:38.00	00:06:38.00	00:20:31.00	00:23:32.00	+00:02:03	4:15	14.1
7	SIENIAWSKI Jarosław	5076	MEDEN-INMED SPORTS TEAM	M40-49	1	00:06:56.00	00:06:50.00	00:06:53.00	00:20:39.00	00:20:51.00	+00:02:11	4:16	14
8	WEBER Paweł	5085	FPP	M30-39	5	00:07:07.00	00:07:01.00	00:06:58.00	00:21:06.00	00:21:14.00	+00:02:38	4:22	13.7
9	MATYSIAK Wojciech	5054		M40-49	2	00:07:18.00	00:07:03.00	00:06:50.00	00:21:11.00	00:21:23.00	+00:02:43	4:23	13.7
10	WĘSEK Maciej	5087	ARISEN FLAME	M30-39	6	00:07:24.00	00:07:11.00	00:07:06.00	00:21:41.00	00:22:09.00	+00:03:13	4:29	13.4
11	DOBOSZ Michał	5010	KL BAŁTYK	M14-17	1	00:07:13.00	00:07:15.00	00:07:16.00	00:21:44.00	00:21:53.00	+00:03:16	4:30	13.3
12	KONKEL Agnieszka	5036		K30-39	1	00:07:17.00	00:07:16.00	00:07:21.00	00:21:54.00	00:22:06.00	+00:03:26	4:32	13.2
13	SOSNOWSKI Tomasz	5078	FPP FUNCTIONAL POLISH PERFORMANCE	M18-29	3	00:07:02.00	00:06:56.00	00:08:08.00	00:22:06.00	00:22:21.00	+00:03:38	4:34	13.1
14	CZERNIAK Gracjan	5008		M40-49	3	00:07:30.00	00:07:23.00	00:07:28.00	00:22:21.00	00:22:36.00	+00:03:53	4:37	13
15	BARUTOWICZ Grzegorz	5002		M30-39	7	00:07:56.00	00:07:30.00	00:07:19.00	00:22:45.00	00:23:10.00	+00:04:17	4:42	12.7
16	CZARNOWSKI Kamil	5007	KASZEBE	M18-29	4	00:07:48.00	00:07:33.00	00:07:26.00	00:22:47.00	00:23:01.00	+00:04:19	4:43	12.7
17	WIKTOROWSKI Maciej	5088	TAGER SPORT	M40-49	4	00:07:42.00	00:07:41.00	00:07:26.00	00:22:49.00	00:22:56.00	+00:04:21	4:43	12.7
18	DZIUBA Robert	5014	MORSACZEBIEGACZE	M30-39	8	00:07:57.00	00:07:36.00	00:07:23.00	00:22:56.00	00:23:26.00	+00:04:28	4:45	12.6
19	WAWRZYN Grzegorz	5084		M40-49	5	00:07:59.00	00:07:43.00	00:07:38.00	00:23:20.00	00:26:35.00	+00:04:52	4:50	12.4
20	KOŚCIELNIAK Robert	5039	TKKF KOSZALIN	M50-59	1	00:08:00.00	00:07:39.00	00:07:50.00	00:23:29.00	00:26:29.00	+00:05:01	4:51	12.3
21	KRYNICKA GRZYB Małgorzata	5045		K30-39	2	00:07:59.00	00:07:38.00	00:07:53.00	00:23:30.00	00:23:37.00	+00:05:02	4:52	12.3
22	RUTKOWSKI Artur	5072	RUNKING	M30-39	9	00:08:04.00	00:07:54.00	00:07:54.00	00:23:52.00	00:24:06.00	+00:05:24	4:56	12.1
23	ROGOŻA Ireneusz	5070		M40-49	6	00:07:59.00	00:08:02.00	00:07:53.00	00:23:54.00	00:24:30.00	+00:05:26	4:57	12.1
24	HAŁKA Justyna	5020	TRUCHT ŁOBEZ	K40-49	1	00:08:18.00	00:07:54.00	00:07:53.00	00:24:05.00	00:24:15.00	+00:05:37	4:59	12
25	KONKEL Łukasz	5037		M40-49	7	00:08:23.00	00:08:05.00	00:08:08.00	00:24:36.00	00:24:56.00	+00:06:08	5:05	11.8
26	KRYNICKA Magdalena	5044		K18-29	1	00:08:23.00	00:08:08.00	00:08:12.00	00:24:43.00	00:24:51.00	+00:06:15	5:07	11.7
27	HOREGLAD Paweł	5023	SPEEDY GONZALES	M18-29	5	00:08:13.00	00:08:09.00	00:08:22.00	00:24:44.00	00:25:01.00	+00:06:16	5:07	11.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 4.827km	Czas brutto 4.827km	Różn	Tempo min/km	Tempo km/h
27	SAWIŃSKI Jacek	5075		M40-49	8	00:08:13.00	00:08:07.00	00:08:24.00	00:24:44.00	00:25:49.00	+00:06:16	5:07	11.7
29	KUBIK Krystian	5047	RUNGRYF GRYFICE	M18-29	6	00:08:15.00	00:08:24.00	00:08:07.00	00:24:46.00	00:24:52.00	+00:06:18	5:07	11.7
30	DOBOSZ Jarosław	5012		M50-59	2	00:08:26.00	00:08:15.00	00:08:11.00	00:24:52.00	00:25:24.00	+00:06:24	5:09	11.6
31	WERSOCKI Artur	5086		M40-49	9	00:08:20.00	00:08:18.00	00:08:24.00	00:25:02.00	00:25:42.00	+00:06:34	5:11	11.6
32	DĄBROWSKA Alicja	5009	TKKF KOSZALIN	K50-59	1	00:08:24.00	00:08:21.00	00:08:22.00	00:25:07.00	00:25:28.00	+00:06:39	5:12	11.5
33	GIEDROWICZ Aleksandra	5015		K30-39	3	00:08:34.00	00:08:21.00	00:08:14.00	00:25:09.00	00:25:39.00	+00:06:41	5:12	11.5
34	ZARZYCKI Jakub	5089	FPP	M30-39	10	00:08:41.00	00:08:19.00	00:08:19.00	00:25:19.00	00:25:29.00	+00:06:51	5:14	11.4
35	KRUPIŃSKI Krzysztof	5043	E-UROLOG.EU	M50-59	3	00:08:40.00	00:08:15.00	00:08:26.00	00:25:21.00	00:27:07.00	+00:06:53	5:15	11.4
36	SARAPUK Gabriela	5073	TKKF KOSZALIN	K40-49	2	00:08:43.00	00:08:17.00	00:08:26.00	00:25:26.00	00:26:09.00	+00:06:58	5:16	11.4
37	NOREK Tomek	5059	WIEWIÓRY	M50-59	4	00:08:31.00	00:08:44.00	00:08:28.00	00:25:43.00	00:26:09.00	+00:07:15	5:19	11.3
38	KLENIWSKI Piotr	5033	ZACHODNIOPOMORSKIE	M60-69	1	00:08:27.00	00:08:29.00	00:08:58.00	00:25:54.00	00:26:12.00	+00:07:26	5:21	11.2
39	PANCERZYŃSKI Łukasz	5060		M40-49	10	00:08:45.00	00:08:46.00	00:08:34.00	00:26:05.00	00:26:29.00	+00:07:37	5:24	11.1
40	KULCZYK Katarzyna	5048	KB BRYZA POSTOMINO	K30-39	4	00:09:00.00	00:08:38.00	00:08:42.00	00:26:20.00	00:26:53.00	+00:07:52	5:27	11
41	BODO Rafał	5004	ZOZKOSZ KOSZALIN	M30-39	11	00:08:48.00	00:08:54.00	00:08:44.00	00:26:26.00	00:27:03.00	+00:07:58	5:28	11
42	MADAJCZYK Emilia	5051	AKS BIAŁOGARD	K10-13	1	00:09:14.00	00:08:37.00	00:08:37.00	00:26:28.00	00:26:33.00	+00:08:00	5:28	10.9
43	KRZEWIŃSKA Małgorzata	5046	TKKF KOSZALIN	K60+	1	00:08:53.00	00:08:50.00	00:08:50.00	00:26:33.00	00:26:55.00	+00:08:05	5:30	10.9
44	GRABOWSKA-LESISZ Aneta	5017		K40-49	3	00:09:03.00	00:08:50.00	00:08:56.00	00:26:49.00	00:27:12.00	+00:08:21	5:33	10.8
45	POŁOCZAŃSKI Piotr	5066	SZWAGRY BIEGAJĄ	M30-39	12	00:09:05.00	00:09:22.00	00:08:40.00	00:27:07.00	00:27:46.00	+00:08:39	5:37	10.7
46	KAMYK Piotr	5029	MH-INFORMATYKA.PL- IT DLA BIZNESU	M40-49	11	00:08:38.00	00:09:50.00	00:08:44.00	00:27:12.00	00:27:42.00	+00:08:44	5:38	10.6
47	GOLEC Anna	5016		K40-49	4	00:09:19.00	00:09:05.00	00:09:04.00	00:27:28.00	00:27:57.00	+00:09:00	5:41	10.5
48	HAŁAJKO Magdalena	5019		K30-39	5	00:09:27.00	00:09:08.00	00:08:54.00	00:27:29.00	00:27:54.00	+00:09:01	5:41	10.5
49	KAJKOWSKI Rafał	5027		M40-49	12	00:09:06.00	00:08:32.00	00:09:52.00	00:27:30.00	00:28:05.00	+00:09:02	5:41	10.5
50	KĘSIK Michał	5031	ZDARTE PODESZWY	M40-49	13	00:10:26.00	00:08:43.00	00:09:01.00	00:28:10.00	00:29:04.00	+00:09:42	5:50	10.3
51	MRUGALSKI Stanisław	5057		M50-59	5	00:09:12.00	00:09:26.00	00:09:35.00	00:28:13.00	00:29:16.00	+00:09:45	5:50	10.3
52	ŚWITA Jacek	5083		M40-49	14	00:09:52.00	00:09:10.00	00:09:31.00	00:28:33.00	00:29:03.00	+00:10:05	5:54	10.1
53	PŁATOSZ Magda	5064		K18-29	2	00:09:45.00	00:09:40.00	00:09:17.00	00:28:42.00	00:28:54.00	+00:10:14	5:56	10.1
54	KOBUS Patryk	5034		M10-13	1	00:10:18.00	00:09:33.00	00:09:24.00	00:29:15.00	00:29:41.00	+00:10:47	6:03	9.9
55	KASZUBIAK Julia	5030		K10-13	2	00:11:18.00	00:08:58.00	00:09:00.00	00:29:16.00	00:29:40.00	+00:10:48	6:03	9.9
56	KOBUS Piotr	5035		M30-39	13	00:10:15.00	00:09:49.00	00:09:55.00	00:29:59.00	00:30:24.00	+00:11:31	6:12	9.7
57	SUDER-MAKSYMOWICZ Filip	5080	KMKL SZTORM KOŁOBRZEG	M10-13	2	00:09:51.00	00:10:05.00	00:10:08.00	00:30:04.00	00:30:31.00	+00:11:36	6:13	9.6
58	NAWROCKA Anna	5058		K30-39	6	00:10:25.00	00:10:09.00	00:09:58.00	00:30:32.00	00:32:23.00	+00:12:04	6:19	9.5
59	DOBOSZ Izabella	5011		K40-49	5	00:10:06.00	00:10:10.00	00:10:18.00	00:30:34.00	00:31:10.00	+00:12:06	6:19	9.5
60	RADOSZ Katarzyna	5068		K50-59	2	00:10:26.00	00:10:18.00	00:10:00.00	00:30:44.00	00:31:29.00	+00:12:16	6:22	9.4
61	GRUDZIŃSKI Arkadiusz	5018	PIORUN KOSZALIN	M40-49	15	00:10:14.00	00:10:06.00	00:10:36.00	00:30:56.00	00:31:35.00	+00:12:28	6:24	9.4
62	RADZIUSZ Ilona	5069	MORSACZEBIEGACZE	K30-39	7	00:11:07.00	00:10:15.00	00:10:38.00	00:32:00.00	00:32:29.00	+00:13:32	6:37	9.1
63	KOZŁOWIECKI Waldemar	5042	TKKF KOSZALIN	M60-69	2	00:12:19.00	00:09:56.00	00:09:59.00	00:32:14.00	00:32:47.00	+00:13:46	6:40	9
64	SUDER-MAKSYMOWICZ Monika	5081		K30-39	8	00:10:46.00	00:10:46.00	00:11:12.00	00:32:44.00	00:33:11.00	+00:14:16	6:46	8.8
65	KIEDOS Dariusz	5032		M30-39	14	00:10:31.00	00:11:03.00	00:11:28.00	00:33:02.00	00:33:44.00	+00:14:34	6:50	8.8
66	MIKOŁAJCZYK Lidia	5056	#MORSACZEBIEGACZE	K30-39	9	00:12:03.00	00:10:57.00	00:10:56.00	00:33:56.00	00:34:23.00	+00:15:28	7:01	8.5
67	POLAK Mateusz	5065	KOSPEL	M18-29	7	00:11:09.00	00:10:49.00	00:12:34.00	00:34:32.00	00:35:26.00	+00:16:04	7:09	8.4
68	KOZŁOWIECKA Małgorzata	5041		K60+	2	00:12:19.00	00:12:13.00	00:12:04.00	00:36:36.00	00:37:16.00	+00:18:08	7:34	7.9

Znaleziono 68 wynik(ów)