

## ZIMOWA MILA GÓRSKA 2020 - PO 3 EDYCJACH

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
Data: 2020-02-19  
Miejsce: Koszalin  
Dystans: 4.827 km  
Klasyfikacja wg czasów netto.



### ZIMOWA MILA GÓRSKA 2020 - PO 3 EDYCJACH, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Etap 1	Etap 2	Etap 3	Netto	min/km	km/h
1	MAJKOWICZ RAFAŁ	5052		KOSZALIN	POL	M30-39	1	M 1	00:06:12.00	00:06:08.00	00:06:08.00	00:18:28.00	3:49	15.7
2	CZAPLIŃSKI JACEK	5006	TAGER SPORT	KOSZALIN	POL	M30-39	2	M 2	00:06:31.00	00:06:19.00	00:06:31.00	00:19:21.00	4:00	15
3	KORMAN KAMIL	5038		KOSZALIN	POL	M18-29	1	M 3	00:06:40.00	00:06:35.00	00:06:34.00	00:19:49.00	4:06	14.6
4	BIENKOWSKI TOMASZ	5003	IQ CONSULTING	NIEKLONICE	POL	M30-39	3	M 4	00:06:42.00	00:06:48.00	00:06:33.00	00:20:03.00	4:09	14.4
5	SITOWSKI MARCIN	5077	FC RYSIEK	KOSZALIN	POL	M18-29	2	M 5	00:06:49.00	00:06:47.00	00:06:36.00	00:20:12.00	4:11	14.3
6	DZIADEK KRZYSZTOF	5013	TKKF KOSZALIN	KOSZALIN	POL	M30-39	4	M 6	00:07:15.00	00:06:38.00	00:06:38.00	00:20:31.00	4:15	14.1
7	SIENIAWSKI JAROSŁAW	5076	MEDEN-INMED SPORTS TEAM	BONIN	POL	M40-49	1	M 7	00:06:56.00	00:06:50.00	00:06:53.00	00:20:39.00	4:16	14
8	WEBER PAWEŁ	5085	FPP	KOSZALIN	POL	M30-39	5	M 8	00:07:07.00	00:07:01.00	00:06:58.00	00:21:06.00	4:22	13.7
9	MATYSIAK WOJCIECH	5054		KOSZALIN	POL	M40-49	2	M 9	00:07:18.00	00:07:03.00	00:06:50.00	00:21:11.00	4:23	13.7
10	WĘSEK MACIEJ	5087	ARISEN FLAME	SIANÓW	POL	M30-39	6	M 10	00:07:24.00	00:07:11.00	00:07:06.00	00:21:41.00	4:29	13.4
11	DOBOSZ MICHAŁ	5010	KL BAŁTYK	KOSZALIN	POL	M14-17	1	M 11	00:07:13.00	00:07:15.00	00:07:16.00	00:21:44.00	4:30	13.3
12	KONKEL AGNIESZKA	5036		KOSZALIN	POL	K30-39	1	K 1	00:07:17.00	00:07:16.00	00:07:21.00	00:21:54.00	4:32	13.2
13	SOSNOWSKI TOMASZ	5078	FPP FUNCTIONAL POLISH PERFORMANCE	KOSZALIN	POL	M18-29	3	M 12	00:07:02.00	00:06:56.00	00:08:08.00	00:22:06.00	4:34	13.1
14	CZERNIAK GRACJAN	5008		KOSZALIN	POL	M40-49	3	M 13	00:07:30.00	00:07:23.00	00:07:28.00	00:22:21.00	4:37	13
15	BARUTOWICZ GRZEGORZ	5002		KOSZALIN	POL	M30-39	7	M 14	00:07:56.00	00:07:30.00	00:07:19.00	00:22:45.00	4:42	12.7
16	CZARNOWSKI KAMIL	5007	KASZEBE	KOSZALIN	POL	M18-29	4	M 15	00:07:48.00	00:07:33.00	00:07:26.00	00:22:47.00	4:43	12.7
17	WIKTOROWSKI MACIEJ	5088	TAGER SPORT	KOSZALIN	POL	M40-49	4	M 16	00:07:42.00	00:07:41.00	00:07:26.00	00:22:49.00	4:43	12.7
18	DZIUBA ROBERT	5014	MORSACZEBIEGACZE	WYSZEBÓRZ	POL	M30-39	8	M 17	00:07:57.00	00:07:36.00	00:07:23.00	00:22:56.00	4:45	12.6
19	WAWRZYN GRZEGORZ	5084		KOSZALIN	POL	M40-49	5	M 18	00:07:59.00	00:07:43.00	00:07:38.00	00:23:20.00	4:50	12.4
20	KOŚCIELNIAK ROBERT	5039	TKKF KOSZALIN	KOSZALIN	POL	M50-59	1	M 19	00:08:00.00	00:07:39.00	00:07:50.00	00:23:29.00	4:51	12.3
21	KRYNICKA GRZYB MAŁGORZATA	5045		TRZEBIATÓW	POL	K30-39	2	K 2	00:07:59.00	00:07:38.00	00:07:53.00	00:23:30.00	4:52	12.3
22	RUTKOWSKI ARTUR	5072	RUNKING	KOSZALIN	POL	M30-39	9	M 20	00:08:04.00	00:07:54.00	00:07:54.00	00:23:52.00	4:56	12.1
23	ROGOŻA IRENEUSZ	5070		KOSZALIN	POL	M40-49	6	M 21	00:07:59.00	00:08:02.00	00:07:53.00	00:23:54.00	4:57	12.1
24	HAŁKA JUSTYNA	5020	TRUCHT ŁOBEZ	ŁOBEZ	POL	K40-49	1	K 3	00:08:18.00	00:07:54.00	00:07:53.00	00:24:05.00	4:59	12
25	KONKEL ŁUKASZ	5037		KOSZALIN	POL	M40-49	7	M 22	00:08:23.00	00:08:05.00	00:08:08.00	00:24:36.00	5:05	11.8
26	KRYNICKA MAGDALENA	5044		TRZEBIATÓW	POL	K18-29	1	K 4	00:08:23.00	00:08:08.00	00:08:12.00	00:24:43.00	5:07	11.7
27	SAWIŃSKI JACEK	5075		KOSZALIN	POL	M40-49	8	M 23	00:08:13.00	00:08:07.00	00:08:24.00	00:24:44.00	5:07	11.7
28	HOREGLAD PAWEŁ	5023	SPEEDY GONZALES	KOSZALIN	POL	M18-29	5	M 23	00:08:13.00	00:08:09.00	00:08:22.00	00:24:44.00	5:07	11.7
29	KUBIK KRYSZTOF	5047	RUNGRYF GRZYFICE	GRZYFICE	POL	M18-29	6	M 25	00:08:15.00	00:08:24.00	00:08:07.00	00:24:46.00	5:07	11.7
30	DOBOSZ JAROSŁAW	5012		KOSZALIN	POL	M50-59	2	M 26	00:08:26.00	00:08:15.00	00:08:11.00	00:24:52.00	5:09	11.6
31	WERSOCKI ARTUR	5086		KOSZALIN	POL	M40-49	9	M 27	00:08:20.00	00:08:18.00	00:08:24.00	00:25:02.00	5:11	11.6
32	DĄBROWSKA ALICJA	5009	TKKF KOSZALIN	SIANÓW	POL	K50-59	1	K 5	00:08:24.00	00:08:21.00	00:08:22.00	00:25:07.00	5:12	11.5
33	GIEDROWICZ ALEKSANDRA	5015		KOSZALIN	POL	K30-39	3	K 6	00:08:34.00	00:08:21.00	00:08:14.00	00:25:09.00	5:12	11.5
34	ZARZYCKI JAKUB	5089	FPP	KOSZALIN	POL	M30-39	10	M 28	00:08:41.00	00:08:19.00	00:08:19.00	00:25:19.00	5:14	11.4
35	KRUPIŃSKI KRZYSZTOF	5043	E-UROLOG.EU	KOSZALIN	POL	M50-59	3	M 29	00:08:40.00	00:08:15.00	00:08:26.00	00:25:21.00	5:15	11.4
36	SARAPUK GABRIELA	5073	TKKF KOSZALIN	KOSZALIN	POL	K40-49	2	K 7	00:08:43.00	00:08:17.00	00:08:26.00	00:25:26.00	5:16	11.4
37	NOREK TOMEK	5059	WIEWIÓRY	KOSZALIN	POL	M50-59	4	M 30	00:08:31.00	00:08:44.00	00:08:28.00	00:25:43.00	5:19	11.3
38	KLENIEWSKI PIOTR	5033	ZACHODNIOPOMORSKIE	KOSZALIN	POL	M60-69	1	M 31	00:08:27.00	00:08:29.00	00:08:58.00	00:25:54.00	5:21	11.2
39	PANCERZYŃSKI ŁUKASZ	5060		KOSZALIN	POL	M40-49	10	M 32	00:08:45.00	00:08:46.00	00:08:34.00	00:26:05.00	5:24	11.1
40	KULCZYK KATARZYNA	5048	KB BRYZA POSTOMINO	SŁAWSKO	POL	K30-39	4	K 8	00:09:00.00	00:08:38.00	00:08:42.00	00:26:20.00	5:27	11
41	BODO RAFAŁ	5004	ZOZKOSZ KOSZALIN	KOSZALIN	POL	M30-39	11	M 33	00:08:48.00	00:08:54.00	00:08:44.00	00:26:26.00	5:28	11
42	MADAJCZYK EMILIA	5051	AKS BIAŁOGARD	BIAŁOGARD	POL	K10-13	1	K 9	00:09:14.00	00:08:37.00	00:08:37.00	00:26:28.00	5:28	10.9
43	KRZEWIŃSKA MAŁGORZATA	5046	TKKF KOSZALIN	KOSZALIN	POL	K60+	1	K 10	00:08:53.00	00:08:50.00	00:08:50.00	00:26:33.00	5:30	10.9
44	GRABOWSKA-LESISZ ANETA	5017		KOSZALIN	POL	K40-49	3	K 11	00:09:03.00	00:08:50.00	00:08:56.00	00:26:49.00	5:33	10.8
45	POŁOCHAŃSKI PIOTR	5066	SZWAGRY BIEGAJĄ	KOSZALIN	POL	M30-39	12	M 34	00:09:05.00	00:09:22.00	00:08:40.00	00:27:07.00	5:37	10.7
46	KAMYK PIOTR	5029	MH-INFORMATYKA.PL- IT DLA BIZNESU	KOSZALIN	POL	M40-49	11	M 35	00:08:38.00	00:09:50.00	00:08:44.00	00:27:12.00	5:38	10.6

**ZIMOWA MILA GÓRSKA 2020 - PO 3 EDYCJACH, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Etap 1	Etap 2	Etap 3	Netto	min/km	km/h
47	GOLEC ANNA	5016		KOSZALIN	POL	K40-49	4	K 12	00:09:19.00	00:09:05.00	00:09:04.00	00:27:28.00	5:41	10.5
48	HAŁAJKO MAGDALENA	5019		KOSZALIN	POL	K30-39	5	K 13	00:09:27.00	00:09:08.00	00:08:54.00	00:27:29.00	5:41	10.5
49	KAJKOWSKI RAFAŁ	5027		KOSZALIN	POL	M40-49	12	M 36	00:09:06.00	00:08:32.00	00:09:52.00	00:27:30.00	5:41	10.5
50	KĘSIK MICHAŁ	5031	ZDARTE PODESZWY	KOSZALIN	POL	M40-49	13	M 37	00:10:26.00	00:08:43.00	00:09:01.00	00:28:10.00	5:50	10.3
51	MRUGALSKI STANISŁAW	5057		MIASTKO	POL	M50-59	5	M 38	00:09:12.00	00:09:26.00	00:09:35.00	00:28:13.00	5:50	10.3
52	ŚWITA JACEK	5083		KOSZALIN	POL	M40-49	14	M 39	00:09:52.00	00:09:10.00	00:09:31.00	00:28:33.00	5:54	10.1
53	PLĄTOSZ MAGDA	5064		KARLINO	POL	K18-29	2	K 14	00:09:45.00	00:09:40.00	00:09:17.00	00:28:42.00	5:56	10.1
54	KOBUS PATRYK	5034		KOSZALIN	POL	M10-13	1	M 40	00:10:18.00	00:09:33.00	00:09:24.00	00:29:15.00	6:03	9.9
55	KASZUBIAK JULIA	5030		KOSZALIN	POL	K10-13	2	K 15	00:11:18.00	00:08:58.00	00:09:00.00	00:29:16.00	6:03	9.9
56	KOBUS PIOTR	5035		KOSZALIN	POL	M30-39	13	M 41	00:10:15.00	00:09:49.00	00:09:55.00	00:29:59.00	6:12	9.7
57	SUDER-MAKSYMOWICZ FILIP	5080	KMKL SZTORM KOŁOBRZEG	USTRONIE MORSKIE	POL	M10-13	2	M 42	00:09:51.00	00:10:05.00	00:10:08.00	00:30:04.00	6:13	9.6
58	NAWROCKA ANNA	5058		KOSZALIN	POL	K30-39	6	K 16	00:10:25.00	00:10:09.00	00:09:58.00	00:30:32.00	6:19	9.5
59	DOBOSZ IZABELLA	5011		KOSZALIN	POL	K40-49	5	K 17	00:10:06.00	00:10:10.00	00:10:18.00	00:30:34.00	6:19	9.5
60	RADOSZ KATARZYNA	5068		KOSZALIN	POL	K50-59	2	K 18	00:10:26.00	00:10:18.00	00:10:00.00	00:30:44.00	6:22	9.4
61	GRUDZIŃSKI ARKADIUSZ	5018	PIORUN KOSZALIN	KOSZALIN	POL	M40-49	15	M 43	00:10:14.00	00:10:06.00	00:10:36.00	00:30:56.00	6:24	9.4
62	RADZIUSZ ILONA	5069	MORSACZEBIEGACZE	KOSZALIN	POL	K30-39	7	K 19	00:11:07.00	00:10:15.00	00:10:38.00	00:32:00.00	6:37	9.1
63	KOZŁOWIECKI WALDEMAR	5042	TKKF KOSZALIN	KOSZALIN	POL	M60-69	2	M 44	00:12:19.00	00:09:56.00	00:09:59.00	00:32:14.00	6:40	9
64	SUDER-MAKSYMOWICZ MONIKA	5081		USTRONIE MORSKIE	POL	K30-39	8	K 20	00:10:46.00	00:10:46.00	00:11:12.00	00:32:44.00	6:46	8.8
65	KIEDOS DARIUSZ	5032		KOSZALIN	POL	M30-39	14	M 45	00:10:31.00	00:11:03.00	00:11:28.00	00:33:02.00	6:50	8.8
66	MIKOŁAJCZYK LIDIA	5056	#MORSACZEBIEGACZE	KOSZALIN	POL	K30-39	9	K 21	00:12:03.00	00:10:57.00	00:10:56.00	00:33:56.00	7:01	8.5
67	POLAK MATEUSZ	5065	KOSPEL	WAŁCZ	POL	M18-29	7	M 46	00:11:09.00	00:10:49.00	00:12:34.00	00:34:32.00	7:09	8.4
68	KOZŁOWIECKA MAŁGORZATA	5041		KOSZALIN	POL	K60+	2	K 22	00:12:19.00	00:12:13.00	00:12:04.00	00:36:36.00	7:34	7.9