

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-01-25
Miejsce: Koszalin
Dystans: 1.609 km
Klasyfikacja wg czasów netto.



ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------|-------------------|------|------|--------|------|-------------|--------|------|
| 1 | ORZECHOWSKI KAMIL | 149 | | KOSZALIN | | M-18 | 1 | M 1 | 00:06:34.40 | 4:04 | 14.7 |
| 2 | SZEWCUK PAWEŁ | 94 | | ROSNOWO | | M-30 | 1 | M 2 | 00:06:51.65 | 4:15 | 14.1 |
| 3 | SZULC AREK | 41 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-40 | 1 | M 3 | 00:07:05.55 | 4:24 | 13.6 |
| 4 | JAŻWIŃSKI DAWID | 133 | TKKF KOSZALIN | KOSZALIN | | M-13 | 1 | M 4 | 00:07:07.95 | 4:25 | 13.6 |
| 5 | KOŚCIELNIAK ROBERT | 14 | TKKF KOSZALIN | KOSZALIN | | M-50 | 1 | M 5 | 00:07:09.45 | 4:27 | 13.5 |
| 6 | WEBER PAWEŁ | 169 | | KOSZALIN | | M-30 | 2 | M 6 | 00:07:13.25 | 4:28 | 13.4 |
| 7 | SIWIK STANISŁAW | 93 | 283. KRT | KOSZALIN | | M-30 | 3 | M 7 | 00:07:18.70 | 4:32 | 13.2 |
| 8 | KONKEL AGNIESZKA | 166 | | KOSZALIN | | K-30 | 1 | K 1 | 00:07:30.75 | 4:40 | 12.9 |
| 9 | BESZTERDA SEBASTIAN | 45 | NIETOPERZE KOSZALIN | KOSZALIN | | M-40 | 2 | M 8 | 00:07:38.65 | 4:45 | 12.6 |
| 10 | KISIELIŃSKI IGOR | 115 | TKKF KOSZALIN | KOSZALIN | | M-50 | 2 | M 9 | 00:07:42.35 | 4:46 | 12.5 |
| 11 | IWANIEC DARIUSZ | 8 | TKKF KOSZALIN | SIERAKOWO | | M-40 | 3 | M 10 | 00:07:42.55 | 4:46 | 12.5 |
| 12 | KUŁAKOWSKI DAWID | 19 | TKKF KOSZALIN | KOSZALIN | | M-40 | 4 | M 11 | 00:07:46.25 | 4:49 | 12.4 |
| 13 | PERCZYŃSKI JAROSŁAW | 189 | BEZ FORMY | ROSNOWO | | M-40 | 5 | M 12 | 00:07:46.80 | 4:49 | 12.4 |
| 14 | RUTKOWSKI RYSZARD | 162 | RUTKOWSKI TEAM | SIANÓW | | M-50 | 3 | M 13 | 00:07:46.90 | 4:50 | 12.4 |
| 15 | MICHALSKI JAKUB | 83 | | KOSZALIN | | M-40 | 6 | M 14 | 00:07:48.30 | 4:50 | 12.4 |
| 16 | BESZTERDA JAKUB | 61 | | KOSZALIN | | M-13 | 2 | M 15 | 00:07:53.35 | 4:53 | 12.3 |
| 17 | GOTOWAŁA RAFAŁ | 81 | | KOSZALIN | | M-40 | 7 | M 16 | 00:07:53.55 | 4:54 | 12.2 |
| 18 | GOŁDYN MAREK | 7 | TKKF KOSZALIN | KOSZALIN | | M-30 | 4 | M 17 | 00:07:56.40 | 4:55 | 12.2 |
| 19 | KAMYK PIOTR | 183 | MH SERWIS IT :) | KOSZALIN | | M-30 | 5 | M 18 | 00:07:56.85 | 4:56 | 12.2 |
| 20 | ZIOMEK DARIUSZ | 77 | TKKF KOSZALIN | KOSZALIN | | M-40 | 8 | M 19 | 00:07:56.95 | 4:56 | 12.2 |
| 21 | MICERSKI TOMASZ | 20 | TKKF KOSZALIN | KOSZALIN | | M-40 | 9 | M 20 | 00:08:00.45 | 4:58 | 12.1 |
| 22 | MOSIÓŁEK PIOTR | 184 | | KOSZALIN | | M-40 | 10 | M 21 | 00:08:02.45 | 4:59 | 12 |
| 23 | WILKOWSKI KRZYSZTOF | 70 | | KOSZALIN | | M-30 | 6 | M 22 | 00:08:03.10 | 5:00 | 12 |
| 24 | TESKA BARTOSZ | 123 | TKKF KOSZALIN | KOSZALIN | | M-40 | 11 | M 23 | 00:08:07.45 | 5:03 | 11.9 |
| 25 | RUTKOWSKI ARTUR | 192 | | SIANÓW | | M-18 | 2 | M 24 | 00:08:08.70 | 5:03 | 11.9 |
| 26 | JAROSZ DARIUSZ | 9 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | | M-40 | 12 | M 25 | 00:08:08.90 | 5:03 | 11.9 |
| 27 | CHODOR MARTYNA | 2 | TKKF KOSZALIN | KOSZALIN | | K-30 | 2 | K 2 | 00:08:12.50 | 5:06 | 11.8 |
| 28 | DZIĘBOWSKI MARIUSZ | 95 | | KOSZALIN | | M-30 | 7 | M 26 | 00:08:13.10 | 5:06 | 11.8 |
| 29 | PUŚCIAN KRZYSZTOF | 156 | GIMNAZJUM W MANOWIE | MANOWO | | M-40 | 13 | M 27 | 00:08:18.25 | 5:09 | 11.6 |
| 30 | SOKOŁOWSKI MACIEJ | 140 | | KOSZALIN | | M-30 | 8 | M 28 | 00:08:18.25 | 5:09 | 11.6 |
| 31 | KULCZYK KATARZYNA | 92 | KB BRYZA POSTOMINO | SŁAWSKO | | K-30 | 3 | K 3 | 00:08:24.50 | 5:13 | 11.5 |
| 32 | KILAR TOMASZ | 196 | | KOSZALIN | | M-40 | 14 | M 29 | 00:08:25.20 | 5:13 | 11.5 |
| 33 | WAWRZYN GRZEGORZ | 76 | | KOSZALIN | | M-40 | 15 | M 30 | 00:08:28.60 | 5:16 | 11.4 |
| 34 | CHODOR IZABELA | 3 | | GORZEBĄDŹ | | K-30 | 4 | K 4 | 00:08:33.70 | 5:19 | 11.3 |
| 35 | OSTROWSKI KRZYSZTOF | 194 | | KOSZALIN | | M-40 | 16 | M 31 | 00:08:41.15 | 5:24 | 11.1 |
| 36 | DZIESZUK DARIUSZ | 6 | TKKF KOSZALIN | KOSZALIN | | M-40 | 17 | M 32 | 00:08:42.10 | 5:24 | 11.1 |
| 37 | KOPCZEWSKI DARIUSZ | 107 | | KOSZALIN | | M-50 | 4 | M 33 | 00:08:44.70 | 5:26 | 11 |
| 38 | HAŁAJKO MAGDALENA | 150 | | KOSZALIN | | K-30 | 5 | K 5 | 00:08:47.35 | 5:27 | 11 |
| 39 | ZDROWIECKI ARTUR | 65 | | KOSZALIN | | M-30 | 9 | M 34 | 00:08:47.85 | 5:27 | 11 |
| 40 | OSIPIK RADEK | 170 | | KOSZALIN | | M-40 | 18 | M 35 | 00:08:59.10 | 5:34 | 10.8 |
| 41 | CHOŁUJ JAREK | 158 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-40 | 19 | M 36 | 00:08:59.35 | 5:35 | 10.7 |
| 42 | GROCHOWSKI RAFAŁ | 177 | | KOSZALIN | | M-40 | 20 | M 37 | 00:09:01.55 | 5:36 | 10.7 |
| 43 | ZIĘBA PAWEŁ | 24 | TKKF KOSZALIN | KOSZALIN | | M-40 | 21 | M 38 | 00:09:04.20 | 5:37 | 10.7 |
| 44 | KRZEWIŃSKA MAŁGORZATA | 18 | TKKF KOSZALIN | KOSZALIN | | K-50 | 1 | K 6 | 00:09:05.10 | 5:39 | 10.6 |
| 45 | RYBARCZYK IRENEUSZ | 200 | | DUNOWO | | M-30 | 10 | M 39 | 00:09:05.30 | 5:39 | 10.6 |
| 46 | DĄBROWSKA ALICJA | 5 | TKKF KOSZALIN | SIANÓW | | K-50 | 2 | K 7 | 00:09:12.35 | 5:42 | 10.5 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------------|-----|---------------------|-----------|------|----------|--------|------|-------------|--------|------|
| 47 | WOJCIECHOWSKI ANDRZEJ | 40 | | KOSZALIN | | M-40 | 22 | M 40 | 00:09:14.75 | 5:44 | 10.4 |
| 48 | OSIPIK SZYMON | 157 | | KOSZALIN | | M-DZIECI | 1 | M 41 | 00:09:16.10 | 5:45 | 10.4 |
| 49 | GRABOWSKA-LESISZ ANETA | 122 | | KOSZALIN | | K-30 | 6 | K 8 | 00:09:23.95 | 5:50 | 10.3 |
| 50 | MIĄSEK RYSZARD | 161 | | MANOWO | | M-40 | 23 | M 42 | 00:09:28.15 | 5:52 | 10.2 |
| 51 | MARKOWSKI ANDRZEJ | 178 | TKKF KOSZALIN | KOSZALIN | | M-60 | 1 | M 43 | 00:09:29.90 | 5:54 | 10.2 |
| 52 | SEEWALD JAN | 146 | | KOSZALIN | | M-40 | 24 | M 44 | 00:09:35.65 | 5:57 | 10.1 |
| 53 | ZIÓŁKOWSKA MAŁGORZATA | 68 | | KOSZALIN | | K-30 | 7 | K 9 | 00:09:35.80 | 5:57 | 10.1 |
| 54 | KOZŁOWIECKI WALDEK | 16 | TKKF KOSZALIN | KOSZALIN | | M-60 | 2 | M 45 | 00:09:36.05 | 5:57 | 10.1 |
| 55 | FAJGIER TOMASZ | 129 | | MANOWO | | M-40 | 25 | M 46 | 00:09:39.30 | 5:59 | 10 |
| 56 | KLENIEWSKI PIOTR | 179 | | KOSZALIN | | M-50 | 5 | M 47 | 00:09:53.25 | 6:08 | 9.8 |
| 57 | KOSECKI TOMASZ | 91 | | KOSZALIN | | M-30 | 11 | M 48 | 00:10:02.80 | 6:14 | 9.6 |
| 58 | ŻELECHOWSKA MAGDALENA | 186 | | KOSZALIN | | K-40 | 1 | K 10 | 00:10:02.95 | 6:14 | 9.6 |
| 59 | KOSECKA SYLWIA | 173 | | KOSZALIN | | K-18 | 1 | K 11 | 00:10:02.95 | 6:13 | 9.6 |
| 60 | KARNICKI ZYGMUNT | 108 | TKKF KOSZALIN | KOSZALIN | | M-60 | 3 | M 49 | 00:10:06.45 | 6:16 | 9.6 |
| 61 | SKRZYPEK MARCIN | 74 | NIETOPERZE KOSZALIN | KOSZALIN | | M-30 | 12 | M 50 | 00:10:09.35 | 6:18 | 9.5 |
| 62 | MAZUREK BARBARA | 171 | BABECZKI KOSZALIN | KOSZALIN | | K-30 | 8 | K 12 | 00:10:13.85 | 6:21 | 9.4 |
| 63 | JUSZCZAK KRZYSZTOF | 190 | | KOSZALIN | | M-60 | 4 | M 51 | 00:10:14.05 | 6:21 | 9.4 |
| 64 | PANCERZYŃSKI ŁUKASZ | 180 | | KOSZALIN | | M-30 | 13 | M 52 | 00:10:16.45 | 6:22 | 9.4 |
| 65 | HELLER ZDZISŁAW | 132 | NIEZRZESZONY | KOSZALIN | | M-60 | 5 | M 53 | 00:10:40.15 | 6:37 | 9.1 |
| 66 | BORSUK DOROTA | 153 | | KOSZALIN | | K-40 | 2 | K 13 | 00:11:03.35 | 6:51 | 8.7 |
| 67 | NOWACKA ELŻBIETA | 187 | | KOSZALIN | | K-40 | 3 | K 14 | 00:11:32.95 | 7:10 | 8.4 |
| 68 | ŚMIAŁKOWSKI BARTOSZ | 144 | | SIANÓW | | M-30 | 14 | M 54 | 00:12:16.00 | 7:37 | 7.9 |
| 69 | BOBOWSKA KATARZYNA | 176 | | KOSZALIN | | K-18 | 2 | K 15 | 00:12:18.35 | 7:38 | 7.9 |
| 70 | ŻELIK BEATA | 193 | | KOSZALIN | | K-40 | 4 | K 16 | 00:12:20.45 | 7:40 | 7.8 |
| 71 | RYBARCZYK TOMASZ | 136 | | DUNOWO | | M-30 | 15 | M 55 | 00:12:22.95 | 7:41 | 7.8 |
| 72 | SEEWALD JULIA | 38 | | KOSZALIN | | K-DZIECI | 1 | K 17 | 00:12:32.65 | 7:47 | 7.7 |
| 73 | SEEWALD AGNIESZKA | 98 | | KOSZALIN | | K-30 | 9 | K 18 | 00:12:36.30 | 7:49 | 7.7 |
| 74 | MAZUREK HANNA | 145 | BABECZKI KOSZALIN | KOSZALIN | | K-13 | 1 | K 19 | 00:13:00.15 | 8:04 | 7.4 |
| 75 | KURCZ BARBARA | 185 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 5 | K 20 | 00:13:15.10 | 8:13 | 7.3 |
| 76 | WOJTKIEWICZ-BAKOWSKA DOROTA | 164 | BABECZKI KOSZALIN | KOSZALIN | | K-30 | 10 | K 21 | 00:13:17.65 | 8:15 | 7.3 |
| 77 | RYBARCZYK NINA | 199 | | DUNOWO | | K-DZIECI | 2 | K 22 | 00:13:58.70 | 8:41 | 6.9 |
| 78 | ŚMIAŁKOWSKA MAŁGORZATA | 59 | | SIANÓW | | K-30 | 11 | K 23 | 00:14:04.05 | 8:44 | 6.9 |
| 79 | BARTNIK MARIAN | 1 | TKKF KOSZALIN | KOSZALIN | | M-70 | 1 | M 56 | 00:14:16.45 | 8:51 | 6.8 |
| 80 | ZDROWIECKI IGOR | 127 | | KOSZALIN | | M-DZIECI | 2 | M 57 | 00:14:19.05 | 8:54 | 6.7 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, K-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|------------------------|-----|--------------------|-----------|------|----------|--------|------|-------------|--------|------|
| 1 | KONKEL AGNIESZKA | 166 | | KOSZALIN | | K-30 | 1 | K 1 | 00:07:30.75 | 4:40 | 12.9 |
| 2 | CHODOR MARTYNA | 2 | TKKF KOSZALIN | KOSZALIN | | K-30 | 2 | K 2 | 00:08:12.50 | 5:06 | 11.8 |
| 3 | KULCZYK KATARZYNA | 92 | KB BRYZA POSTOMINO | SŁAWSKO | | K-30 | 3 | K 3 | 00:08:24.50 | 5:13 | 11.5 |
| 4 | CHODOR IZABELA | 3 | | GORZEBĄDŹ | | K-30 | 4 | K 4 | 00:08:33.70 | 5:19 | 11.3 |
| 5 | HAŁAJKO MAGDALENA | 150 | | KOSZALIN | | K-30 | 5 | K 5 | 00:08:47.35 | 5:27 | 11 |
| 6 | KRZEWIŃSKA MAŁGORZATA | 18 | TKKF KOSZALIN | KOSZALIN | | K-50 | 1 | K 6 | 00:09:05.10 | 5:39 | 10.6 |
| 7 | DĄBROWSKA ALICJA | 5 | TKKF KOSZALIN | SIANÓW | | K-50 | 2 | K 7 | 00:09:12.35 | 5:42 | 10.5 |
| 8 | GRABOWSKA-LESISZ ANETA | 122 | | KOSZALIN | | K-30 | 6 | K 8 | 00:09:23.95 | 5:50 | 10.3 |
| 9 | ZIÓŁKOWSKA MAŁGORZATA | 68 | | KOSZALIN | | K-30 | 7 | K 9 | 00:09:35.80 | 5:57 | 10.1 |
| 10 | ŻELECHOWSKA MAGDALENA | 186 | | KOSZALIN | | K-40 | 1 | K 10 | 00:10:02.95 | 6:14 | 9.6 |
| 11 | KOSECKA SYLWIA | 173 | | KOSZALIN | | K-18 | 1 | K 11 | 00:10:02.95 | 6:13 | 9.6 |
| 12 | MAZUREK BARBARA | 171 | BABECZKI KOSZALIN | KOSZALIN | | K-30 | 8 | K 12 | 00:10:13.85 | 6:21 | 9.4 |
| 13 | BORSUK DOROTA | 153 | | KOSZALIN | | K-40 | 2 | K 13 | 00:11:03.35 | 6:51 | 8.7 |
| 14 | NOWACKA ELŻBIETA | 187 | | KOSZALIN | | K-40 | 3 | K 14 | 00:11:32.95 | 7:10 | 8.4 |
| 15 | BOBOWSKA KATARZYNA | 176 | | KOSZALIN | | K-18 | 2 | K 15 | 00:12:18.35 | 7:38 | 7.9 |
| 16 | ŻELIK BEATA | 193 | | KOSZALIN | | K-40 | 4 | K 16 | 00:12:20.45 | 7:40 | 7.8 |
| 17 | SEEWALD JULIA | 38 | | KOSZALIN | | K-DZIECI | 1 | K 17 | 00:12:32.65 | 7:47 | 7.7 |
| 18 | SEEWALD AGNIESZKA | 98 | | KOSZALIN | | K-30 | 9 | K 18 | 00:12:36.30 | 7:49 | 7.7 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, K-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------------|-----|-------------------|-----------|------|----------|--------|------|-------------|--------|------|
| 19 | MAZUREK HANNA | 145 | BABECZKI KOSZALIN | KOSZALIN | | K-13 | 1 | K 19 | 00:13:00.15 | 8:04 | 7.4 |
| 20 | KURCZ BARBARA | 185 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 5 | K 20 | 00:13:15.10 | 8:13 | 7.3 |
| 21 | WOJTKIEWICZ-BAKOWSKA DOROTA | 164 | BABECZKI KOSZALIN | KOSZALIN | | K-30 | 10 | K 21 | 00:13:17.65 | 8:15 | 7.3 |
| 22 | RYBARCZYK NINA | 199 | | DUNOWO | | K-DZIECI | 2 | K 22 | 00:13:58.70 | 8:41 | 6.9 |
| 23 | ŚMIAŁKOWSKA MAŁGORZATA | 59 | | SIANÓW | | K-30 | 11 | K 23 | 00:14:04.05 | 8:44 | 6.9 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------|-------------------|------|----------|--------|------|-------------|--------|------|
| 1 | ORZECZOWSKI KAMIL | 149 | | KOSZALIN | | M-18 | 1 | M 1 | 00:06:34.40 | 4:04 | 14.7 |
| 2 | SZEWCUK PAWEŁ | 94 | | ROSNOWO | | M-30 | 1 | M 2 | 00:06:51.65 | 4:15 | 14.1 |
| 3 | SZULC AREK | 41 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-40 | 1 | M 3 | 00:07:05.55 | 4:24 | 13.6 |
| 4 | JAŻWIŃSKI DAWID | 133 | TKKF KOSZALIN | KOSZALIN | | M-13 | 1 | M 4 | 00:07:07.95 | 4:25 | 13.6 |
| 5 | KOŚCIELNIAK ROBERT | 14 | TKKF KOSZALIN | KOSZALIN | | M-50 | 1 | M 5 | 00:07:09.45 | 4:27 | 13.5 |
| 6 | WEBER PAWEŁ | 169 | | KOSZALIN | | M-30 | 2 | M 6 | 00:07:13.25 | 4:28 | 13.4 |
| 7 | SIWIK STANISŁAW | 93 | 283. KRT | KOSZALIN | | M-30 | 3 | M 7 | 00:07:18.70 | 4:32 | 13.2 |
| 8 | BESZTERDA SEBASTIAN | 45 | NIETOPERZE KOSZALIN | KOSZALIN | | M-40 | 2 | M 8 | 00:07:38.65 | 4:45 | 12.6 |
| 9 | KISIELIŃSKI IGOR | 115 | TKKF KOSZALIN | KOSZALIN | | M-50 | 2 | M 9 | 00:07:42.35 | 4:46 | 12.5 |
| 10 | IWANIEC DARIUSZ | 8 | TKKF KOSZALIN | SIERAKOWO | | M-40 | 3 | M 10 | 00:07:42.55 | 4:46 | 12.5 |
| 11 | KUŁAKOWSKI DAWID | 19 | TKKF KOSZALIN | KOSZALIN | | M-40 | 4 | M 11 | 00:07:46.25 | 4:49 | 12.4 |
| 12 | PERCZYŃSKI JAROSŁAW | 189 | BEZ FORMY | ROSNOWO | | M-40 | 5 | M 12 | 00:07:46.80 | 4:49 | 12.4 |
| 13 | RUTKOWSKI RYSZARD | 162 | RUTKOWSKI TEAM | SIANÓW | | M-50 | 3 | M 13 | 00:07:46.90 | 4:50 | 12.4 |
| 14 | MICHALSKI JAKUB | 83 | | KOSZALIN | | M-40 | 6 | M 14 | 00:07:48.30 | 4:50 | 12.4 |
| 15 | BESZTERDA JAKUB | 61 | | KOSZALIN | | M-13 | 2 | M 15 | 00:07:53.35 | 4:53 | 12.3 |
| 16 | GOTOWAŁA RAFAŁ | 81 | | KOSZALIN | | M-40 | 7 | M 16 | 00:07:53.55 | 4:54 | 12.2 |
| 17 | GOŁDYN MAREK | 7 | TKKF KOSZALIN | KOSZALIN | | M-30 | 4 | M 17 | 00:07:56.40 | 4:55 | 12.2 |
| 18 | KAMYK PIOTR | 183 | MH SERWIS IT :) | KOSZALIN | | M-30 | 5 | M 18 | 00:07:56.85 | 4:56 | 12.2 |
| 19 | ZIOMEK DARIUSZ | 77 | TKKF KOSZALIN | KOSZALIN | | M-40 | 8 | M 19 | 00:07:56.95 | 4:56 | 12.2 |
| 20 | MICERSKI TOMASZ | 20 | TKKF KOSZALIN | KOSZALIN | | M-40 | 9 | M 20 | 00:08:00.45 | 4:58 | 12.1 |
| 21 | MOSIOŁEK PIOTR | 184 | | KOSZALIN | | M-40 | 10 | M 21 | 00:08:02.45 | 4:59 | 12 |
| 22 | WILKOWSKI KRZYSZTOF | 70 | | KOSZALIN | | M-30 | 6 | M 22 | 00:08:03.10 | 5:00 | 12 |
| 23 | TESKA BARTOSZ | 123 | TKKF KOSZALIN | KOSZALIN | | M-40 | 11 | M 23 | 00:08:07.45 | 5:03 | 11.9 |
| 24 | RUTKOWSKI ARTUR | 192 | | SIANÓW | | M-18 | 2 | M 24 | 00:08:08.70 | 5:03 | 11.9 |
| 25 | JAROSZ DARIUSZ | 9 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | | M-40 | 12 | M 25 | 00:08:08.90 | 5:03 | 11.9 |
| 26 | DZIĘBOWSKI MARIUSZ | 95 | | KOSZALIN | | M-30 | 7 | M 26 | 00:08:13.10 | 5:06 | 11.8 |
| 27 | PUSCIAN KRZYSZTOF | 156 | GIMNAZJUM W MANOWIE | MANOWO | | M-40 | 13 | M 27 | 00:08:18.25 | 5:09 | 11.6 |
| 28 | SOKOŁOWSKI MACIEJ | 140 | | KOSZALIN | | M-30 | 8 | M 28 | 00:08:18.25 | 5:09 | 11.6 |
| 29 | KILAR TOMASZ | 196 | | KOSZALIN | | M-40 | 14 | M 29 | 00:08:25.20 | 5:13 | 11.5 |
| 30 | WAWRZYN GRZEGORZ | 76 | | KOSZALIN | | M-40 | 15 | M 30 | 00:08:28.60 | 5:16 | 11.4 |
| 31 | OSTROWSKI KRZYSZTOF | 194 | | KOSZALIN | | M-40 | 16 | M 31 | 00:08:41.15 | 5:24 | 11.1 |
| 32 | DZIESZUK DARIUSZ | 6 | TKKF KOSZALIN | KOSZALIN | | M-40 | 17 | M 32 | 00:08:42.10 | 5:24 | 11.1 |
| 33 | KOPCZEWSKI DARIUSZ | 107 | | KOSZALIN | | M-50 | 4 | M 33 | 00:08:44.70 | 5:26 | 11 |
| 34 | ZDROWIECKI ARTUR | 65 | | KOSZALIN | | M-30 | 9 | M 34 | 00:08:47.85 | 5:27 | 11 |
| 35 | OSIPIK RADEK | 170 | | KOSZALIN | | M-40 | 18 | M 35 | 00:08:59.10 | 5:34 | 10.8 |
| 36 | CHOŁUJ JAREK | 158 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-40 | 19 | M 36 | 00:08:59.35 | 5:35 | 10.7 |
| 37 | GROCHOWSKI RAFAŁ | 177 | | KOSZALIN | | M-40 | 20 | M 37 | 00:09:01.55 | 5:36 | 10.7 |
| 38 | ZIĘBA PAWEŁ | 24 | TKKF KOSZALIN | KOSZALIN | | M-40 | 21 | M 38 | 00:09:04.20 | 5:37 | 10.7 |
| 39 | RYBARCZYK IRENEUSZ | 200 | | DUNOWO | | M-30 | 10 | M 39 | 00:09:05.30 | 5:39 | 10.6 |
| 40 | WOJCIECHOWSKI ANDRZEJ | 40 | | KOSZALIN | | M-40 | 22 | M 40 | 00:09:14.75 | 5:44 | 10.4 |
| 41 | OSIPIK SZYMON | 157 | | KOSZALIN | | M-DZIECI | 1 | M 41 | 00:09:16.10 | 5:45 | 10.4 |
| 42 | MIĄSEK RYSZARD | 161 | | MANOWO | | M-40 | 23 | M 42 | 00:09:28.15 | 5:52 | 10.2 |
| 43 | MARKOWSKI ANDRZEJ | 178 | TKKF KOSZALIN | KOSZALIN | | M-60 | 1 | M 43 | 00:09:29.90 | 5:54 | 10.2 |
| 44 | SEEWALD JAN | 146 | | KOSZALIN | | M-40 | 24 | M 44 | 00:09:35.65 | 5:57 | 10.1 |
| 45 | KOZŁOWIECKI WALDEK | 16 | TKKF KOSZALIN | KOSZALIN | | M-60 | 2 | M 45 | 00:09:36.05 | 5:57 | 10.1 |
| 46 | FAJGIER TOMASZ | 129 | | MANOWO | | M-40 | 25 | M 46 | 00:09:39.30 | 5:59 | 10 |
| 47 | KLENIEWSKI PIOTR | 179 | | KOSZALIN | | M-50 | 5 | M 47 | 00:09:53.25 | 6:08 | 9.8 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|-----|---------------------|-----------|------|----------|--------|------|-------------|--------|------|
| 48 | KOSECKI TOMASZ | 91 | | KOSZALIN | | M-30 | 11 | M 48 | 00:10:02.80 | 6:14 | 9.6 |
| 49 | KARNICKI ZYGMUNT | 108 | TKKF KOSZALIN | KOSZALIN | | M-60 | 3 | M 49 | 00:10:06.45 | 6:16 | 9.6 |
| 50 | SKRZYPEK MARCIN | 74 | NIETOPERZE KOSZALIN | KOSZALIN | | M-30 | 12 | M 50 | 00:10:09.35 | 6:18 | 9.5 |
| 51 | JUSZCZAK KRZYSZTOF | 190 | | KOSZALIN | | M-60 | 4 | M 51 | 00:10:14.05 | 6:21 | 9.4 |
| 52 | PANCERZYŃSKI ŁUKASZ | 180 | | KOSZALIN | | M-30 | 13 | M 52 | 00:10:16.45 | 6:22 | 9.4 |
| 53 | HELLER ZDZISŁAW | 132 | NIEZRZESZONY | KOSZALIN | | M-60 | 5 | M 53 | 00:10:40.15 | 6:37 | 9.1 |
| 54 | ŚMIAŁKOWSKI BARTOSZ | 144 | | SIANÓW | | M-30 | 14 | M 54 | 00:12:16.00 | 7:37 | 7.9 |
| 55 | RYBARCZYK TOMASZ | 136 | | DUNOWO | | M-30 | 15 | M 55 | 00:12:22.95 | 7:41 | 7.8 |
| 56 | BARTNIK MARIAN | 1 | TKKF KOSZALIN | KOSZALIN | | M-70 | 1 | M 56 | 00:14:16.45 | 8:51 | 6.8 |
| 57 | ZDROWIECKI IGOR | 127 | | KOSZALIN | | M-DZIECI | 2 | M 57 | 00:14:19.05 | 8:54 | 6.7 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, K-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|-----|------|-----------|------|----------|--------|------|-------------|--------|------|
| 1 | SEEWALD JULIA | 38 | | KOSZALIN | | K-DZIECI | 1 | K 17 | 00:12:32.65 | 7:47 | 7.7 |
| 2 | RYBARCZYK NINA | 199 | | DUNOWO | | K-DZIECI | 2 | K 22 | 00:13:58.70 | 8:41 | 6.9 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-Dzieci

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|-----|------|-----------|------|----------|--------|------|-------------|--------|------|
| 1 | OSIPIK SZYMON | 157 | | KOSZALIN | | M-DZIECI | 1 | M 41 | 00:09:16.10 | 5:45 | 10.4 |
| 2 | ZDROWIECKI IGOR | 127 | | KOSZALIN | | M-DZIECI | 2 | M 57 | 00:14:19.05 | 8:54 | 6.7 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, K-13

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|-----|-------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | MAZUREK HANNA | 145 | BABECZKI KOSZALIN | KOSZALIN | | K-13 | 1 | K 19 | 00:13:00.15 | 8:04 | 7.4 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-13

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|-----|---------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | JAŻWIŃSKI DAWID | 133 | TKKF KOSZALIN | KOSZALIN | | M-13 | 1 | M 4 | 00:07:07.95 | 4:25 | 13.6 |
| 2 | BESZTERDA JAKUB | 61 | | KOSZALIN | | M-13 | 2 | M 15 | 00:07:53.35 | 4:53 | 12.3 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, K-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|-----|------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | KOSECKA SYLWIA | 173 | | KOSZALIN | | K-18 | 1 | K 11 | 00:10:02.95 | 6:13 | 9.6 |
| 2 | BOBOWSKA KATARZYNA | 176 | | KOSZALIN | | K-18 | 2 | K 15 | 00:12:18.35 | 7:38 | 7.9 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------|-----|------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | ORZECHOWSKI KAMIL | 149 | | KOSZALIN | | M-18 | 1 | M 1 | 00:06:34.40 | 4:04 | 14.7 |
| 2 | RUTKOWSKI ARTUR | 192 | | SIANÓW | | M-18 | 2 | M 24 | 00:08:08.70 | 5:03 | 11.9 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, K-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------------|-----|--------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | KONKEL AGNIESZKA | 166 | | KOSZALIN | | K-30 | 1 | K 1 | 00:07:30.75 | 4:40 | 12.9 |
| 2 | CHODOR MARTYNA | 2 | TKKF KOSZALIN | KOSZALIN | | K-30 | 2 | K 2 | 00:08:12.50 | 5:06 | 11.8 |
| 3 | KULCZYK KATARZYNA | 92 | KB BRYZA POSTOMINO | SŁAWSKO | | K-30 | 3 | K 3 | 00:08:24.50 | 5:13 | 11.5 |
| 4 | CHODOR IZABELA | 3 | | GORZEBADŹ | | K-30 | 4 | K 4 | 00:08:33.70 | 5:19 | 11.3 |
| 5 | HAŁAJKO MAGDALENA | 150 | | KOSZALIN | | K-30 | 5 | K 5 | 00:08:47.35 | 5:27 | 11 |
| 6 | GRABOWSKA-LESISZ ANETA | 122 | | KOSZALIN | | K-30 | 6 | K 8 | 00:09:23.95 | 5:50 | 10.3 |
| 7 | ZIÓLKOWSKA MAŁGORZATA | 68 | | KOSZALIN | | K-30 | 7 | K 9 | 00:09:35.80 | 5:57 | 10.1 |
| 8 | MAZUREK BARBARA | 171 | BABECZKI KOSZALIN | KOSZALIN | | K-30 | 8 | K 12 | 00:10:13.85 | 6:21 | 9.4 |
| 9 | SEEWALD AGNIESZKA | 98 | | KOSZALIN | | K-30 | 9 | K 18 | 00:12:36.30 | 7:49 | 7.7 |
| 10 | WOJTKIEWICZ-BAKOWSKA DOROTA | 164 | BABECZKI KOSZALIN | KOSZALIN | | K-30 | 10 | K 21 | 00:13:17.65 | 8:15 | 7.3 |
| 11 | ŚMIAŁKOWSKA MAŁGORZATA | 59 | | SIANÓW | | K-30 | 11 | K 23 | 00:14:04.05 | 8:44 | 6.9 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|-----|---------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | SZEWCZUK PAWEŁ | 94 | | ROSNOWO | | M-30 | 1 | M 2 | 00:06:51.65 | 4:15 | 14.1 |
| 2 | WEBER PAWEŁ | 169 | | KOSZALIN | | M-30 | 2 | M 6 | 00:07:13.25 | 4:28 | 13.4 |
| 3 | SIWIK STANISŁAW | 93 | 283. KRT | KOSZALIN | | M-30 | 3 | M 7 | 00:07:18.70 | 4:32 | 13.2 |
| 4 | GOŁDYN MAREK | 7 | TKKF KOSZALIN | KOSZALIN | | M-30 | 4 | M 17 | 00:07:56.40 | 4:55 | 12.2 |
| 5 | KAMYK PIOTR | 183 | MH SERWIS IT :) | KOSZALIN | | M-30 | 5 | M 18 | 00:07:56.85 | 4:56 | 12.2 |
| 6 | WILKOWSKI KRZYSZTOF | 70 | | KOSZALIN | | M-30 | 6 | M 22 | 00:08:03.10 | 5:00 | 12 |
| 7 | DZIĘBOWSKI MARIUSZ | 95 | | KOSZALIN | | M-30 | 7 | M 26 | 00:08:13.10 | 5:06 | 11.8 |
| 8 | SOKOŁOWSKI MACIEJ | 140 | | KOSZALIN | | M-30 | 8 | M 28 | 00:08:18.25 | 5:09 | 11.6 |
| 9 | ZDROWIECKI ARTUR | 65 | | KOSZALIN | | M-30 | 9 | M 34 | 00:08:47.85 | 5:27 | 11 |
| 10 | RYBARCZYK IRENEUSZ | 200 | | DUNOWO | | M-30 | 10 | M 39 | 00:09:05.30 | 5:39 | 10.6 |
| 11 | KOSECKI TOMASZ | 91 | | KOSZALIN | | M-30 | 11 | M 48 | 00:10:02.80 | 6:14 | 9.6 |
| 12 | SKRZYPEK MARCIN | 74 | NIETOPERZE KOSZALIN | KOSZALIN | | M-30 | 12 | M 50 | 00:10:09.35 | 6:18 | 9.5 |
| 13 | PANCERZYŃSKI ŁUKASZ | 180 | | KOSZALIN | | M-30 | 13 | M 52 | 00:10:16.45 | 6:22 | 9.4 |
| 14 | ŚMIAŁKOWSKI BARTOSZ | 144 | | SIANÓW | | M-30 | 14 | M 54 | 00:12:16.00 | 7:37 | 7.9 |
| 15 | RYBARCZYK TOMASZ | 136 | | DUNOWO | | M-30 | 15 | M 55 | 00:12:22.95 | 7:41 | 7.8 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|-------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | ŻELECHOWSKA MAGDALENA | 186 | | KOSZALIN | | K-40 | 1 | K 10 | 00:10:02.95 | 6:14 | 9.6 |
| 2 | BORSUK DOROTA | 153 | | KOSZALIN | | K-40 | 2 | K 13 | 00:11:03.35 | 6:51 | 8.7 |
| 3 | NOWACKA ELŻBIETA | 187 | | KOSZALIN | | K-40 | 3 | K 14 | 00:11:32.95 | 7:10 | 8.4 |
| 4 | ŻELIK BEATA | 193 | | KOSZALIN | | K-40 | 4 | K 16 | 00:12:20.45 | 7:40 | 7.8 |
| 5 | KURCZ BARBARA | 185 | BABECZKI KOSZALIN | KOSZALIN | | K-40 | 5 | K 20 | 00:13:15.10 | 8:13 | 7.3 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|-----|---------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | SZULC AREK | 41 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-40 | 1 | M 3 | 00:07:05.55 | 4:24 | 13.6 |
| 2 | BESZTERDA SEBASTIAN | 45 | NIETOPERZE KOSZALIN | KOSZALIN | | M-40 | 2 | M 8 | 00:07:38.65 | 4:45 | 12.6 |
| 3 | IWANIEC DARIUSZ | 8 | TKKF KOSZALIN | SIERAKOWO | | M-40 | 3 | M 10 | 00:07:42.55 | 4:46 | 12.5 |
| 4 | KUŁAKOWSKI DAWID | 19 | TKKF KOSZALIN | KOSZALIN | | M-40 | 4 | M 11 | 00:07:46.25 | 4:49 | 12.4 |
| 5 | PERCZYŃSKI JAROSŁAW | 189 | BEZ FORMY | ROSNOWO | | M-40 | 5 | M 12 | 00:07:46.80 | 4:49 | 12.4 |
| 6 | MICHALSKI JAKUB | 83 | | KOSZALIN | | M-40 | 6 | M 14 | 00:07:48.30 | 4:50 | 12.4 |
| 7 | GOTOWAŁA RAFAŁ | 81 | | KOSZALIN | | M-40 | 7 | M 16 | 00:07:53.55 | 4:54 | 12.2 |
| 8 | ZIOMEK DARIUSZ | 77 | TKKF KOSZALIN | KOSZALIN | | M-40 | 8 | M 19 | 00:07:56.95 | 4:56 | 12.2 |
| 9 | MICERSKI TOMASZ | 20 | TKKF KOSZALIN | KOSZALIN | | M-40 | 9 | M 20 | 00:08:00.45 | 4:58 | 12.1 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|-----|---------------------|-------------------|------|------|--------|------|-------------|--------|------|
| 10 | MOSIOŁEK PIOTR | 184 | | KOSZALIN | | M-40 | 10 | M 21 | 00:08:02.45 | 4:59 | 12 |
| 11 | TESKA BARTOSZ | 123 | TKKF KOSZALIN | KOSZALIN | | M-40 | 11 | M 23 | 00:08:07.45 | 5:03 | 11.9 |
| 12 | JAROSZ DARIUSZ | 9 | TKKF KOSZALIN | SUCHA KOSZALIŃSKA | | M-40 | 12 | M 25 | 00:08:08.90 | 5:03 | 11.9 |
| 13 | PUSCIAN KRZYSZTOF | 156 | GIMNAZJUM W MANOWIE | MANOWO | | M-40 | 13 | M 27 | 00:08:18.25 | 5:09 | 11.6 |
| 14 | KILAR TOMASZ | 196 | | KOSZALIN | | M-40 | 14 | M 29 | 00:08:25.20 | 5:13 | 11.5 |
| 15 | WAWRZYN GRZEGORZ | 76 | | KOSZALIN | | M-40 | 15 | M 30 | 00:08:28.60 | 5:16 | 11.4 |
| 16 | OSTROWSKI KRZYSZTOF | 194 | | KOSZALIN | | M-40 | 16 | M 31 | 00:08:41.15 | 5:24 | 11.1 |
| 17 | DZIESZUK DARIUSZ | 6 | TKKF KOSZALIN | KOSZALIN | | M-40 | 17 | M 32 | 00:08:42.10 | 5:24 | 11.1 |
| 18 | OSIPIK RADEK | 170 | | KOSZALIN | | M-40 | 18 | M 35 | 00:08:59.10 | 5:34 | 10.8 |
| 19 | CHOŁUJ JAREK | 158 | ROZBIEGANY KOSZALIN | KOSZALIN | | M-40 | 19 | M 36 | 00:08:59.35 | 5:35 | 10.7 |
| 20 | GROCHOWSKI RAFAŁ | 177 | | KOSZALIN | | M-40 | 20 | M 37 | 00:09:01.55 | 5:36 | 10.7 |
| 21 | ZIĘBA PAWEŁ | 24 | TKKF KOSZALIN | KOSZALIN | | M-40 | 21 | M 38 | 00:09:04.20 | 5:37 | 10.7 |
| 22 | WOJCIECHOWSKI ANDRZEJ | 40 | | KOSZALIN | | M-40 | 22 | M 40 | 00:09:14.75 | 5:44 | 10.4 |
| 23 | MIĄSEK RYSZARD | 161 | | MANOWO | | M-40 | 23 | M 42 | 00:09:28.15 | 5:52 | 10.2 |
| 24 | SEEWALD JAN | 146 | | KOSZALIN | | M-40 | 24 | M 44 | 00:09:35.65 | 5:57 | 10.1 |
| 25 | FAJGIER TOMASZ | 129 | | MANOWO | | M-40 | 25 | M 46 | 00:09:39.30 | 5:59 | 10 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------|----|---------------|-----------|------|------|--------|-----|-------------|--------|------|
| 1 | KRZEWIŃSKA MAŁGORZATA | 18 | TKKF KOSZALIN | KOSZALIN | | K-50 | 1 | K 6 | 00:09:05.10 | 5:39 | 10.6 |
| 2 | DĄBROWSKA ALICJA | 5 | TKKF KOSZALIN | SIANÓW | | K-50 | 2 | K 7 | 00:09:12.35 | 5:42 | 10.5 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|-----|----------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | KOŚCIELNIAK ROBERT | 14 | TKKF KOSZALIN | KOSZALIN | | M-50 | 1 | M 5 | 00:07:09.45 | 4:27 | 13.5 |
| 2 | KISIELIŃSKI IGOR | 115 | TKKF KOSZALIN | KOSZALIN | | M-50 | 2 | M 9 | 00:07:42.35 | 4:46 | 12.5 |
| 3 | RUTKOWSKI RYSZARD | 162 | RUTKOWSKI TEAM | SIANÓW | | M-50 | 3 | M 13 | 00:07:46.90 | 4:50 | 12.4 |
| 4 | KOPCZEWSKI DARIUSZ | 107 | | KOSZALIN | | M-50 | 4 | M 33 | 00:08:44.70 | 5:26 | 11 |
| 5 | KLENIEWSKI PIOTR | 179 | | KOSZALIN | | M-50 | 5 | M 47 | 00:09:53.25 | 6:08 | 9.8 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|-----|---------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | MARKOWSKI ANDRZEJ | 178 | TKKF KOSZALIN | KOSZALIN | | M-60 | 1 | M 43 | 00:09:29.90 | 5:54 | 10.2 |
| 2 | KOZŁOWIECKI WALDEK | 16 | TKKF KOSZALIN | KOSZALIN | | M-60 | 2 | M 45 | 00:09:36.05 | 5:57 | 10.1 |
| 3 | KARNICKI ZYGMUNT | 108 | TKKF KOSZALIN | KOSZALIN | | M-60 | 3 | M 49 | 00:10:06.45 | 6:16 | 9.6 |
| 4 | JUSZCZAK KRZYSZTOF | 190 | | KOSZALIN | | M-60 | 4 | M 51 | 00:10:14.05 | 6:21 | 9.4 |
| 5 | HELLER ZDZISŁAW | 132 | NIEZRZESZONY | KOSZALIN | | M-60 | 5 | M 53 | 00:10:40.15 | 6:37 | 9.1 |

ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6, M-70

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|----|---------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | BARTNIK MARIAN | 1 | TKKF KOSZALIN | KOSZALIN | | M-70 | 1 | M 56 | 00:14:16.45 | 8:51 | 6.8 |