



# ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 1/6

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2016-12-07  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.609km	Czas brutto 1.609km	Różn	Tempo min/km	Tempo km/h
1	BEDNARZ Paweł	91	13-TY FUN CLUB ASI CHMIEL :*	M-30	1	00:00:01	00:06:06.90	00:06:08.40		3:47	15.8 (100%)
2	ZAGAJEWSKI Rafał	72	KL ISKRA BIAŁOGARD	M-18	1	00:00:01	00:06:27.75	00:06:29.35	+00:00:20 (5.4%)	4:00	14.9 (94.3%)
3	PEC Marek	108		M-40	1	00:00:01	00:06:39.00	00:06:40.90	+00:00:32 (8.0%)	4:07	14.5 (91.8%)
4	WIDONIAK Rafał	194		M-40	2	00:00:02	00:06:39.25	00:06:41.45	+00:00:32 (8.1%)	4:07	14.5 (91.8%)
5	JAŻWIŃSKI Dawid	10	TKKF KOSZALIN	M-13	1	00:00:01	00:06:51.75	00:06:53.05	+00:00:44 (10.9%)	4:15	14.1 (89.2%)
6	SZEWCZUK Paweł	170		M-30	2	00:00:02	00:06:52.85	00:06:55.10	+00:00:45 (11.1%)	4:16	14 (88.6%)
7	WEBER Paweł	148		M-30	3	00:00:02	00:07:13.50	00:07:16.20	+00:01:06 (15.4%)	4:29	13.4 (84.8%)
8	MATYJASEK Zbigniew	183	TKKF KOSZALIN	M-40	3	00:00:02	00:07:16.85	00:07:19.05	+00:01:09 (16.0%)	4:31	13.3 (84.2%)
9	SIWIK Stanisław	95	283. KRT	M-30	4	00:00:04	00:07:18.35	00:07:22.80	+00:01:11 (16.3%)	4:32	13.2 (83.5%)
10	KOŚCIELNIAK Robert	14	TKKF KOSZALIN	M-50	1	00:00:02	00:07:26.95	00:07:29.85	+00:01:20 (17.9%)	4:37	13 (82.3%)
11	SZULC Arek	56	ROZBIEGANY KOSZALIN	M-30	5	00:00:09	00:07:30.90	00:07:40.80	+00:01:24 (18.6%)	4:40	12.9 (81.6%)
12	KONKEL Agnieszka	175		K-30	1	00:00:03	00:07:31.45	00:07:35.10	+00:01:24 (18.7%)	4:40	12.8 (81.0%)
13	ZWOLIŃSKI Jan	25	TKKF KOSZALIN	M-40	4	00:00:03	00:07:32.75	00:07:35.85	+00:01:25 (19.0%)	4:40	12.8 (81.0%)
14	CHOŁUJ Jarek	169	ROZBIEGANY KOSZALIN	M-40	5	00:00:08	00:07:42.05	00:07:50.65	+00:01:35 (20.6%)	4:46	12.5 (79.1%)
15	MICHALSKI Jakub	138		M-40	6	00:00:18	00:07:42.80	00:08:01.70	+00:01:35 (20.7%)	4:47	12.5 (79.1%)
16	OLCZAK Krzysztof	196		M-30	6	00:00:08	00:07:45.85	00:07:54.40	+00:01:38 (21.2%)	4:49	12.4 (78.5%)
17	WILKOWSKI Krzysztof	109		M-30	7	00:00:06	00:07:45.90	00:07:52.50	+00:01:39 (21.2%)	4:49	12.4 (78.5%)
18	KRAKOWIAK Sławomir	17		M-40	7	00:01:01	00:07:46.30	00:08:48.00	+00:01:39 (21.3%)	4:50	12.4 (78.5%)
19	TESKA Bartosz	48	TKKF KOSZALIN	M-30	8	00:00:05	00:07:51.15	00:07:56.45	+00:01:44 (22.1%)	4:52	12.3 (77.8%)
20	WASYLÓW Mateusz	153		M-18	2	00:00:03	00:07:51.95	00:07:55.40	+00:01:45 (22.3%)	4:53	12.3 (77.8%)
21	KISIELIŃSKI Igor	51	TKKF KOSZALIN	M-50	2	00:00:15	00:07:54.95	00:08:10.10	+00:01:48 (22.7%)	4:55	12.2 (77.2%)
22	IWANIEC Dariusz	8	TKKF KOSZALIN	M-40	8	00:00:02	00:07:55.00	00:07:57.55	+00:01:48 (22.8%)	4:55	12.2 (77.2%)
23	JAMNIAK Bartosz	59	MTS HAMER MIASTKO	M-18	3	00:00:02	00:07:55.85	00:07:57.95	+00:01:48 (22.9%)	4:55	12.2 (77.2%)
24	KUŁAKOWSKI Dawid	19	TKKF KOSZALIN	M-30	9	00:00:05	00:07:58.20	00:08:03.25	+00:01:51 (23.3%)	4:56	12.1 (76.6%)
25	GLISZCZYŃSKI Łukasz	62	SPRINT SŁAWNO	M-13	2	00:00:00	00:08:00.15	00:08:01.10	+00:01:53 (23.6%)	4:58	12 (75.9%)
26	MOSIOŁEK Piotr	94		M-40	9	00:00:18	00:08:03.35	00:08:21.40	+00:01:56 (24.1%)	5:00	12 (75.9%)
27	CHODOR Martyna	2	TKKF KOSZALIN	K-30	2	00:00:02	00:08:04.70	00:08:07.55	+00:01:57 (24.3%)	5:01	12 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							1.609km	1.609km			
28	<b>GOTOWAŁA Rafał</b>	<b>159</b>		M-30	10	00:00:19	<b>00:08:05.55</b>	<b>00:08:25.10</b>	+00:01:58 (24.4%)	5:01	11.9 (75.3%)
29	<b>RUTKOWSKI Artur</b>	<b>160</b>		M-18	4	00:00:15	<b>00:08:08.00</b>	<b>00:08:23.85</b>	+00:02:01 (24.8%)	5:03	11.9 (75.3%)
30	<b>KAMYK Piotr</b>	<b>38</b>	TKKF KOSZALIN & MH SERWIS IT :)	M-30	11	00:00:07	<b>00:08:11.05</b>	<b>00:08:18.40</b>	+00:02:04 (25.3%)	5:04	11.8 (74.7%)
31	<b>JAROSZ Dariusz</b>	<b>9</b>	TKKF KOSZALIN	M-40	10	00:01:02	<b>00:08:11.15</b>	<b>00:09:13.55</b>	+00:02:04 (25.3%)	5:04	11.8 (74.7%)
32	<b>RUTKOWSKI Ryszard</b>	<b>40</b>	RUTKOWSKI TEAM	M-50	3	00:00:17	<b>00:08:12.60</b>	<b>00:08:29.80</b>	+00:02:05 (25.5%)	5:05	11.8 (74.7%)
33	<b>GOŁDYN Marek</b>	<b>7</b>	TKKF KOSZALIN	M-30	12	00:01:02	<b>00:08:15.05</b>	<b>00:09:17.25</b>	+00:02:08 (25.9%)	5:07	11.7 (74.1%)
34	<b>PUŚCIAN Krzysztof</b>	<b>177</b>	GIMNAZJUM W MANOWIE	M-40	11	00:00:06	<b>00:08:16.25</b>	<b>00:08:22.50</b>	+00:02:09 (26.1%)	5:08	11.7 (74.1%)
35	<b>DZIĘBOWSKI Mariusz</b>	<b>128</b>		M-30	13	00:00:06	<b>00:08:20.40</b>	<b>00:08:27.10</b>	+00:02:13 (26.7%)	5:11	11.6 (73.4%)
36	<b>ZIOMEK Dariusz</b>	<b>197</b>	TKKF KOSZALIN	M-40	12	00:01:02	<b>00:08:21.75</b>	<b>00:09:24.50</b>	+00:02:14 (26.9%)	5:11	11.5 (72.8%)
37	<b>GAWIECKI Piotr</b>	<b>190</b>	ROZBIEGANY KOSZALIN	M-40	13	00:00:03	<b>00:08:25.10</b>	<b>00:08:29.05</b>	+00:02:18 (27.4%)	5:14	11.5 (72.8%)
38	<b>ZDROWIECKI Artur</b>	<b>119</b>		M-30	14	00:00:04	<b>00:08:30.85</b>	<b>00:08:34.85</b>	+00:02:23 (28.2%)	5:16	11.4 (72.2%)
39	<b>KILAR Tomasz</b>	<b>35</b>		M-40	14	00:00:10	<b>00:08:32.30</b>	<b>00:08:42.95</b>	+00:02:25 (28.4%)	5:18	11.3 (71.5%)
40	<b>BESZTERDA Jakub</b>	<b>58</b>		M-13	3	00:01:12	<b>00:08:33.30</b>	<b>00:09:45.30</b>	+00:02:26 (28.5%)	5:18	11.3 (71.5%)
41	<b>BESZTERDA Sebastian</b>	<b>75</b>	NIETOPERZE KOSZALIN	M-40	15	00:01:12	<b>00:08:36.65</b>	<b>00:09:48.85</b>	+00:02:29 (29.0%)	5:20	11.2 (70.9%)
42	<b>MICERSKI Tomasz</b>	<b>20</b>	TKKF KOSZALIN	M-40	16	00:00:05	<b>00:08:39.00</b>	<b>00:08:44.50</b>	+00:02:32 (29.3%)	5:22	11.2 (70.9%)
43	<b>RYBARCZYK Ireneusz</b>	<b>184</b>		M-30	15	00:00:03	<b>00:08:39.05</b>	<b>00:08:42.55</b>	+00:02:32 (29.3%)	5:22	11.2 (70.9%)
44	<b>WAWRZYN Grzegorz</b>	<b>84</b>		M-40	17	00:00:10	<b>00:08:42.00</b>	<b>00:08:52.40</b>	+00:02:35 (29.7%)	5:24	11.1 (70.3%)
45	<b>DENIS Aleksander</b>	<b>123</b>		M-18	5	00:00:20	<b>00:08:43.10</b>	<b>00:09:03.60</b>	+00:02:36 (29.9%)	5:24	11.1 (70.3%)
46	<b>GROCHOWSKI Rafał</b>	<b>37</b>		M-40	18	00:00:04	<b>00:08:43.30</b>	<b>00:08:47.30</b>	+00:02:36 (29.9%)	5:24	11.1 (70.3%)
47	<b>CHODOR Izabela</b>	<b>3</b>		K-30	3	00:00:07	<b>00:08:43.45</b>	<b>00:08:51.35</b>	+00:02:36 (29.9%)	5:25	11.1 (70.3%)
48	<b>SZABLA Ewelina</b>	<b>106</b>		K-30	4	00:00:02	<b>00:08:43.55</b>	<b>00:08:46.25</b>	+00:02:36 (29.9%)	5:25	11.1 (70.3%)
49	<b>MIĄSEK Ryszard</b>	<b>53</b>		M-30	16	00:00:09	<b>00:08:45.10</b>	<b>00:08:55.05</b>	+00:02:38 (30.1%)	5:26	11 (69.6%)
50	<b>GAŚSIOR Krystian</b>	<b>100</b>	ROZBIEGANY SUSZ	M-18	6	00:00:04	<b>00:08:45.15</b>	<b>00:08:49.25</b>	+00:02:38 (30.1%)	5:26	11 (69.6%)
51	<b>ORZEŁ Anna</b>	<b>21</b>	TKKF KOSZALIN	K-30	5	00:00:06	<b>00:08:46.85</b>	<b>00:08:53.30</b>	+00:02:39 (30.4%)	5:27	11 (69.6%)
52	<b>OSTROWSKI Krzysztof</b>	<b>89</b>		M-40	19	00:00:08	<b>00:08:47.90</b>	<b>00:08:56.30</b>	+00:02:41 (30.5%)	5:27	11 (69.6%)
53	<b>KOPCZEWSKI Dariusz</b>	<b>136</b>		M-50	4	00:00:10	<b>00:08:48.00</b>	<b>00:08:58.10</b>	+00:02:41 (30.5%)	5:27	11 (69.6%)
54	<b>ZIĘBA Paweł</b>	<b>24</b>	TKKF KOSZALIN	M-40	20	00:00:05	<b>00:08:54.75</b>	<b>00:09:00.55</b>	+00:02:47 (31.4%)	5:32	10.8 (68.4%)
55	<b>KUPREWICZ Grzegorz</b>	<b>98</b>	JW1223	M-30	17	00:00:07	<b>00:08:57.80</b>	<b>00:09:04.80</b>	+00:02:50 (31.8%)	5:33	10.8 (68.4%)
56	<b>KRZEWIŃSKA Małgorzata</b>	<b>18</b>	TKKF KOSZALIN	K-50	1	00:00:05	<b>00:09:01.50</b>	<b>00:09:07.25</b>	+00:02:54 (32.2%)	5:36	10.7 (67.7%)
57	<b>ZIÓŁKOWSKA Małgorzata</b>	<b>69</b>		K-30	6	00:00:09	<b>00:09:02.65</b>	<b>00:09:11.85</b>	+00:02:55 (32.4%)	5:36	10.7 (67.7%)
58	<b>MĘDEL Marta</b>	<b>61</b>		K-40	1	00:00:09	<b>00:09:07.20</b>	<b>00:09:16.45</b>	+00:03:00 (32.9%)	5:39	10.6 (67.1%)
59	<b>PIĘTKO Joanna</b>	<b>42</b>		K-40	2	00:00:09	<b>00:09:07.65</b>	<b>00:09:16.80</b>	+00:03:00 (33.0%)	5:39	10.6 (67.1%)
60	<b>GRABOWSKA-LESISZ Aneta</b>	<b>105</b>		K-30	7	00:00:04	<b>00:09:13.55</b>	<b>00:09:18.25</b>	+00:03:06 (33.7%)	5:44	10.5 (66.5%)
61	<b>HAŁAJKO Magdalena</b>	<b>78</b>		K-30	8	00:00:07	<b>00:09:18.15</b>	<b>00:09:25.75</b>	+00:03:11 (34.3%)	5:46	10.4 (65.8%)
62	<b>SEEWALD Jan</b>	<b>80</b>		M-30	18	00:00:13	<b>00:09:33.90</b>	<b>00:09:47.00</b>	+00:03:27 (36.1%)	5:56	10.1 (63.9%)
63	<b>ŁAGODA Adam</b>	<b>116</b>		M-13	4	00:00:12	<b>00:09:34.40</b>	<b>00:09:46.60</b>	+00:03:27 (36.1%)	5:56	10.1 (63.9%)
64	<b>WOJCIECHOWSKI Andrzej</b>	<b>172</b>		M-40	21	00:00:01	<b>00:09:36.25</b>	<b>00:09:38.15</b>	+00:03:29 (36.3%)	5:58	10 (63.3%)
65	<b>DZIESZUK Dariusz</b>	<b>6</b>	TKKF KOSZALIN	M-40	22	00:00:07	<b>00:09:37.20</b>	<b>00:09:44.90</b>	+00:03:30 (36.4%)	5:58	10 (63.3%)
66	<b>ŻMUDA Weronika</b>	<b>65</b>		K-13	1	00:00:11	<b>00:09:38.15</b>	<b>00:09:49.45</b>	+00:03:31 (36.5%)	5:59	10 (63.3%)
67	<b>DĄBROWSKA Alicja</b>	<b>5</b>	TKKF KOSZALIN	K-50	2	00:00:08	<b>00:09:38.85</b>	<b>00:09:47.40</b>	+00:03:31 (36.6%)	5:59	10 (63.3%)
68	<b>KOSECKI Tomasz</b>	<b>161</b>		M-30	19	00:00:14	<b>00:09:39.00</b>	<b>00:09:53.40</b>	+00:03:32 (36.6%)	5:59	10 (63.3%)
69	<b>KOZŁOWIECKI Waldek</b>	<b>16</b>	TKKF KOSZALIN	M-60	1	00:00:11	<b>00:09:48.00</b>	<b>00:09:59.25</b>	+00:03:41 (37.6%)	6:05	9.9 (62.7%)
70	<b>MAZUREK Barbara</b>	<b>154</b>	BABECZKI KOSZALIN	K-30	9	00:00:16	<b>00:09:50.00</b>	<b>00:10:06.15</b>	+00:03:43 (37.8%)	6:06	9.8 (62.0%)
71	<b>JUSZCZAK Krzysztof</b>	<b>133</b>		M-60	2	00:00:15	<b>00:09:50.70</b>	<b>00:10:06.55</b>	+00:03:43 (37.9%)	6:07	9.8 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.609km	Czas brutto 1.609km	Różn	Tempo min/km	Tempo km/h
72	<b>FAJGIER Tomasz</b>	<b>157</b>		M-40	23	00:00:04	<b>00:09:54.15</b>	<b>00:09:58.45</b>	+00:03:47 (38.2%)	6:08	9.8 (62.0%)
73	<b>SEKUŁA Mariusz</b>	<b>167</b>		M-30	20	00:00:14	<b>00:09:57.35</b>	<b>00:10:12.05</b>	+00:03:50 (38.6%)	6:11	9.7 (61.4%)
74	<b>PANCERZYŃSKI Łukasz</b>	<b>121</b>		M-30	21	00:00:06	<b>00:09:57.60</b>	<b>00:10:04.00</b>	+00:03:50 (38.6%)	6:11	9.7 (61.4%)
75	<b>SKRZYPEK Marcin</b>	<b>73</b>		M-30	22	00:00:18	<b>00:10:08.50</b>	<b>00:10:27.20</b>	+00:04:01 (39.7%)	6:18	9.5 (60.1%)
76	<b>BATYŃSKA Magdalena</b>	<b>111</b>		K-18	1	00:00:07	<b>00:10:33.35</b>	<b>00:10:41.10</b>	+00:04:26 (42.1%)	6:33	9.1 (57.6%)
77	<b>ŻELECHOWSKA Magdalena</b>	<b>192</b>		K-30	10	00:00:09	<b>00:10:41.30</b>	<b>00:10:50.80</b>	+00:04:34 (42.8%)	6:38	9 (57.0%)
78	<b>KARNICKI Zygmunt</b>	<b>12</b>	TKKF KOSZALIN	M-60	3	00:00:06	<b>00:10:41.60</b>	<b>00:10:48.35</b>	+00:04:34 (42.8%)	6:38	9 (57.0%)
79	<b>KOSECKA Sylwia</b>	<b>99</b>		K-18	2	00:00:14	<b>00:10:45.60</b>	<b>00:11:00.55</b>	+00:04:38 (43.2%)	6:41	9 (57.0%)
80	<b>WOLF Beata</b>	<b>74</b>	TKKF KOSZALIN	K-30	11	00:00:07	<b>00:10:52.95</b>	<b>00:11:00.05</b>	+00:04:46 (43.8%)	6:45	8.9 (56.3%)
81	<b>KLENIEWSKI Piotr</b>	<b>187</b>		M-50	5	00:00:03	<b>00:10:55.35</b>	<b>00:10:58.70</b>	+00:04:48 (44.0%)	6:46	8.8 (55.7%)
82	<b>NOWACKA Elżbieta</b>	<b>46</b>		K-40	3	00:00:11	<b>00:11:14.20</b>	<b>00:11:26.10</b>	+00:05:07 (45.6%)	6:59	8.6 (54.4%)
83	<b>RYBARCZYK Tomasz</b>	<b>87</b>		M-30	23	00:00:19	<b>00:11:20.75</b>	<b>00:11:40.30</b>	+00:05:13 (46.1%)	7:02	8.5 (53.8%)
84	<b>BORSUK Dorota</b>	<b>45</b>		K-40	4	00:00:18	<b>00:11:22.40</b>	<b>00:11:40.40</b>	+00:05:15 (46.2%)	7:03	8.5 (53.8%)
85	<b>SEEWALD Julia</b>	<b>146</b>		K-Dzieci	1	00:00:14	<b>00:11:55.15</b>	<b>00:12:09.30</b>	+00:05:48 (48.7%)	7:24	8.1 (51.3%)
86	<b>SEEWALD Agnieszka</b>	<b>39</b>		K-30	12	00:00:14	<b>00:11:56.15</b>	<b>00:12:10.20</b>	+00:05:49 (48.8%)	7:24	8.1 (51.3%)
87	<b>KOZAK Arkadiusz</b>	<b>15</b>	TKKF KOSZALIN	M-40	24	00:01:13	<b>00:13:04.60</b>	<b>00:14:17.60</b>	+00:06:57 (53.2%)	8:06	7.4 (46.8%)
88	<b>MAZUREK Hanna</b>	<b>82</b>	BABECZKI KOSZALIN	K-13	2	00:00:13	<b>00:13:04.85</b>	<b>00:13:18.25</b>	+00:06:57 (53.3%)	8:07	7.4 (46.8%)
89	<b>KOWALSKA Klaudia</b>	<b>145</b>		K-18	3	00:00:05	<b>00:13:05.80</b>	<b>00:13:11.60</b>	+00:06:58 (53.3%)	8:08	7.4 (46.8%)
90	<b>ŚMIAŁKOWSKA Małgorzata</b>	<b>147</b>		K-30	13	00:00:20	<b>00:13:19.40</b>	<b>00:13:39.55</b>	+00:07:12 (54.1%)	8:16	7.3 (46.2%)
91	<b>KURCZ Barbara</b>	<b>64</b>	BABECZKI KOSZALIN	K-40	5	00:00:17	<b>00:13:25.30</b>	<b>00:13:42.80</b>	+00:07:18 (54.4%)	8:19	7.2 (45.6%)
92	<b>WOJTKIEWICZ-BAKOWSKA Dorota</b>	<b>68</b>	BABECZKI KOSZALIN	K-30	14	00:00:16	<b>00:13:25.85</b>	<b>00:13:42.50</b>	+00:07:18 (54.5%)	8:20	7.2 (45.6%)
93	<b>BARTNIK Marian</b>	<b>1</b>	TKKF KOSZALIN	M-70	1	00:00:00	<b>00:13:54.25</b>	<b>00:13:55.00</b>	+00:07:47 (56.0%)	8:38	6.9 (43.7%)
94	<b>PAŃCZYK Justyna</b>	<b>132</b>		K-30	15	00:00:05	<b>00:14:08.20</b>	<b>00:14:13.25</b>	+00:08:01 (56.7%)	8:46	6.8 (43.0%)
95	<b>PAŃCZYK Szymon</b>	<b>140</b>		M-Dzieci	1	00:00:05	<b>00:14:10.30</b>	<b>00:14:15.45</b>	+00:08:03 (56.9%)	8:47	6.8 (43.0%)

Znaleziono 95 wynik(ów)