



# 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: M-OPEN

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

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>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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<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%)
37	<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%)
38	<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%)
39	<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%)
40	<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%)
41	<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%)
42	<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%)
43	<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%)
44	<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%)
45	<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%)
46	<b>GAŚIOR 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%)
47	<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%)
48	<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%)
49	<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%)
50	<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%)
51	<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%)
52	<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%)
53	<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%)
54	<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%)
55	<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%)
56	<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%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)
61	<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%)
62	<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%)
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<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 67 wynik(ów)