



ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 2/6

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-12-21
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	159	13-TY FUN CLUB ASI CHMIEL :*	M-30	1	00:00:00	00:05:57.50	00:05:57.60		3:41	16.2 (100%)
2	KOZAK Paweł	80	KL BAŁTYK	M-13	1	00:00:00	00:06:17.80	00:06:18.30	+00:00:20 (5.4%)	3:54	15.3 (94.4%)
3	WIDONIAK Rafał	65		M-40	1	00:00:01	00:06:28.05	00:06:30.00	+00:00:30 (7.9%)	4:01	14.9 (92.0%)
4	PEC Marek	108		M-40	2	00:00:00	00:06:35.05	00:06:35.50	+00:00:37 (9.5%)	4:05	14.7 (90.7%)
5	SZEWCZUK Paweł	157		M-30	2	00:00:01	00:06:41.30	00:06:42.35	+00:00:43 (10.9%)	4:09	14.5 (89.5%)
6	JAŻWIŃSKI Dawid	10	TKKF KOSZALIN	M-13	2	00:00:00	00:06:47.55	00:06:48.35	+00:00:50 (12.3%)	4:13	14.2 (87.7%)
7	WEBER Paweł	140		M-30	3	00:00:01	00:07:06.75	00:07:08.40	+00:01:09 (16.2%)	4:25	13.6 (84.0%)
8	KOŚCIELNIAK Robert	14	TKKF KOSZALIN	M-50	1	00:00:01	00:07:08.25	00:07:09.60	+00:01:10 (16.5%)	4:25	13.5 (83.3%)
9	WASYLÓW Mateusz	71		M-18	1	00:00:01	00:07:11.75	00:07:12.90	+00:01:14 (17.2%)	4:27	13.4 (82.7%)
10	SIWIK Stanisław	62	283. KRT	M-30	4	00:00:02	00:07:12.35	00:07:14.65	+00:01:14 (17.3%)	4:28	13.4 (82.7%)
11	SZULC Arek	130	ROZBIEGANY KOSZALIN	M-30	5	00:00:06	00:07:23.55	00:07:30.40	+00:01:26 (19.4%)	4:35	13.1 (80.9%)
12	KONKEL Agnieszka	48		K-30	1	00:00:01	00:07:26.15	00:07:27.80	+00:01:28 (19.9%)	4:37	13 (80.2%)
13	MICHALSKI Jakub	13		M-40	3	00:00:12	00:07:27.05	00:07:39.70	+00:01:29 (20.0%)	4:37	13 (80.2%)
14	BESZTERDA Jakub	194		M-13	3	00:00:09	00:07:30.20	00:07:39.50	+00:01:32 (20.6%)	4:39	12.9 (79.6%)
15	TESKA Bartosz	46	TKKF KOSZALIN	M-30	6	00:00:03	00:07:32.75	00:07:36.35	+00:01:35 (21.0%)	4:41	12.8 (79.0%)
16	WILKOWSKI Krzysztof	98		M-30	7	00:00:01	00:07:33.55	00:07:35.50	+00:01:36 (21.2%)	4:41	12.8 (79.0%)
17	KISIELIŃSKI Igor	169	TKKF KOSZALIN	M-50	2	00:00:04	00:07:36.40	00:07:40.70	+00:01:38 (21.7%)	4:43	12.7 (78.4%)
18	ZWOLIŃSKI Jan	25	TKKF KOSZALIN	M-40	4	00:00:01	00:07:36.60	00:07:38.25	+00:01:39 (21.7%)	4:43	12.7 (78.4%)
19	BESZTERDA Sebastian	183	NIETOPERZE KOSZALIN	M-40	5	00:00:09	00:07:39.05	00:07:48.05	+00:01:41 (22.1%)	4:45	12.6 (77.8%)
20	CHOŁUJ Jarek	59	ROZBIEGANY KOSZALIN	M-40	6	00:00:05	00:07:43.10	00:07:48.85	+00:01:45 (22.8%)	4:47	12.5 (77.2%)
21	MOSIOŁEK Piotr	175		M-40	7	00:00:11	00:07:44.85	00:07:56.35	+00:01:47 (23.1%)	4:48	12.5 (77.2%)
22	RUTKOWSKI Ryszard	132	RUTKOWSKI TEAM	M-50	3	00:00:01	00:07:48.85	00:07:50.70	+00:01:51 (23.7%)	4:51	12.4 (76.5%)
23	CHMIELEWSKI Damian	105		M-50	4	00:00:05	00:07:53.85	00:07:59.55	+00:01:56 (24.6%)	4:54	12.2 (75.3%)
24	IWANIEC Dariusz	8	TKKF KOSZALIN	M-40	8	00:00:01	00:07:55.60	00:07:57.25	+00:01:58 (24.8%)	4:55	12.2 (75.3%)
25	KAMYK Piotr	31	TKKF KOSZALIN & MH SERWIS IT :)	M-30	8	00:00:05	00:07:59.80	00:08:05.20	+00:02:02 (25.5%)	4:58	12.1 (74.7%)
26	DZIĘBOWSKI Mariusz	106		M-30	9	00:00:09	00:07:59.90	00:08:09.55	+00:02:02 (25.5%)	4:58	12.1 (74.7%)
27	ZDROWIECKI Artur	114		M-30	10	00:00:01	00:08:00.70	00:08:02.65	+00:02:03 (25.6%)	4:58	12 (74.1%)

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							1.609km	1.609km			
28	GOŁDYN Marek	7	TKKF KOSZALIN	M-30	11	00:00:50	00:08:01.95	00:08:52.65	+00:02:04 (25.8%)	4:59	12 (74.1%)
29	CHODOR Martyna	2	TKKF KOSZALIN	K-30	2	00:00:02	00:08:03.00	00:08:05.90	+00:02:05 (26.0%)	5:00	12 (74.1%)
30	KUŁAKOWSKI Dawid	19	TKKF KOSZALIN	M-30	12	00:00:19	00:08:04.45	00:08:23.50	+00:02:06 (26.2%)	5:00	12 (74.1%)
31	SOKOŁOWSKI Maciej	137		M-30	13	00:00:16	00:08:06.05	00:08:22.35	+00:02:08 (26.4%)	5:01	11.9 (73.5%)
32	PUŚCIAN Krzysztof	177	GIMNAZJUM W MANOWIE	M-40	9	00:00:03	00:08:11.50	00:08:15.00	+00:02:14 (27.3%)	5:05	11.8 (72.8%)
33	GOTOWAŁA Rafał	22		M-30	14	00:00:12	00:08:12.40	00:08:24.55	+00:02:14 (27.4%)	5:05	11.8 (72.8%)
34	MICERSKI Tomasz	20	TKKF KOSZALIN	M-40	10	00:00:02	00:08:13.95	00:08:16.70	+00:02:16 (27.6%)	5:06	11.7 (72.2%)
35	ZIOMEK Darek	197	TKKF KOSZALIN	M-40	11	00:00:50	00:08:14.65	00:09:05.20	+00:02:17 (27.7%)	5:07	11.7 (72.2%)
36	OSTROWSKI Krzysztof	72	U ZNAJOMEGO	M-40	12	00:00:04	00:08:17.45	00:08:21.60	+00:02:19 (28.1%)	5:08	11.7 (72.2%)
37	KILAR Tomasz	146		M-40	13	00:00:13	00:08:23.70	00:08:37.55	+00:02:26 (29.0%)	5:13	11.5 (71.0%)
38	ZACHCIAŁ-PEC Joanna	120		K-40	1	00:00:01	00:08:24.95	00:08:26.05	+00:02:27 (29.2%)	5:13	11.5 (71.0%)
39	RYBARCZYK Ireneusz	30		M-30	15	00:00:04	00:08:25.10	00:08:29.30	+00:02:27 (29.2%)	5:13	11.5 (71.0%)
40	KULCZYK Katarzyna	61	KB BRYZA POSTOMINO	K-30	3	00:00:07	00:08:25.45	00:08:32.60	+00:02:27 (29.3%)	5:13	11.5 (71.0%)
41	WAWRZYN Grzegorz	162		M-40	14	00:00:03	00:08:30.45	00:08:33.65	+00:02:32 (30.0%)	5:16	11.4 (70.4%)
42	GROCHOWSKI Rafał	69		M-40	15	00:00:13	00:08:34.30	00:08:47.70	+00:02:36 (30.5%)	5:19	11.3 (69.8%)
43	SZABLA Ewelina	116		K-30	4	00:00:03	00:08:36.55	00:08:39.80	+00:02:39 (30.8%)	5:20	11.2 (69.1%)
44	CHODOR Izabela	3		K-30	5	00:00:07	00:08:37.35	00:08:44.35	+00:02:39 (30.9%)	5:21	11.2 (69.1%)
45	KOPCZEWSKI Dariusz	84		M-50	5	00:00:11	00:08:42.70	00:08:54.60	+00:02:45 (31.6%)	5:24	11.1 (68.5%)
46	DZIESZUK Dariusz	6	TKKF KOSZALIN	M-40	16	00:00:33	00:08:43.00	00:09:16.00	+00:02:45 (31.6%)	5:24	11.1 (68.5%)
47	ZIĘBA Paweł	24	TKKF KOSZALIN	M-40	17	00:00:02	00:08:44.30	00:08:46.70	+00:02:46 (31.8%)	5:25	11.1 (68.5%)
48	MĘDEL Marta	87		K-40	2	00:00:03	00:08:45.15	00:08:49.00	+00:02:47 (31.9%)	5:26	11 (67.9%)
49	HAŁAJKO Magdalena	81		K-30	6	00:00:04	00:08:46.45	00:08:51.25	+00:02:48 (32.1%)	5:27	11 (67.9%)
50	KRZEWIŃSKA Małgorzata	18	TKKF KOSZALIN	K-50	1	00:00:04	00:08:49.75	00:08:54.45	+00:02:52 (32.5%)	5:29	10.9 (67.3%)
51	MIĄSEK Ryszard	170		M-30	16	00:00:12	00:08:50.55	00:09:02.95	+00:02:53 (32.6%)	5:29	10.9 (67.3%)
52	KUPREWICZ Grzegorz	153	JW1223	M-30	17	00:00:05	00:08:52.50	00:08:57.50	+00:02:55 (32.9%)	5:30	10.9 (67.3%)
53	GRABOWSKA-LESISZ Aneta	100		K-30	7	00:00:02	00:09:16.20	00:09:18.65	+00:03:18 (35.7%)	5:45	10.4 (64.2%)
54	ZIÓŁKOWSKA Małgorzata	196		K-30	8	00:00:05	00:09:26.90	00:09:32.20	+00:03:29 (36.9%)	5:52	10.2 (63.0%)
55	SEEWALD Jan	57		M-30	18	00:00:15	00:09:34.25	00:09:49.95	+00:03:36 (37.7%)	5:56	10.1 (62.3%)
56	FAJGIER Tomasz	138		M-40	18	00:00:03	00:09:36.50	00:09:39.55	+00:03:39 (38.0%)	5:57	10.1 (62.3%)
57	DĄBROWSKA Alicja	5	TKKF KOSZALIN	K-50	2	00:00:05	00:09:42.40	00:09:47.40	+00:03:44 (38.6%)	6:01	10 (61.7%)
58	ŁAGODA Adam	119		M-13	4	00:00:08	00:09:48.95	00:09:57.90	+00:03:51 (39.3%)	6:05	9.8 (60.5%)
59	KOZŁOWIECKI Waldek	16	TKKF KOSZALIN	M-60	1	00:00:13	00:09:51.00	00:10:04.00	+00:03:53 (39.5%)	6:07	9.8 (60.5%)
60	KOSECKI Tomasz	102		M-30	19	00:00:18	00:09:53.85	00:10:12.15	+00:03:56 (39.8%)	6:08	9.8 (60.5%)
61	MAZUREK Barbara	161	BABECZKI KOSZALIN	K-30	9	00:00:07	00:09:54.20	00:10:01.95	+00:03:56 (39.8%)	6:08	9.8 (60.5%)
62	JUSZCZAK Krzysztof	51		M-60	2	00:00:07	00:09:54.50	00:10:02.30	+00:03:57 (39.9%)	6:09	9.7 (59.9%)
63	PANCERZYŃSKI Łukasz	147		M-30	20	00:00:03	00:10:00.85	00:10:04.65	+00:04:03 (40.5%)	6:13	9.6 (59.3%)
64	WOJCIECHOWSKI Andrzej	128		M-40	19	00:00:00	00:10:05.30	00:10:05.85	+00:04:07 (40.9%)	6:15	9.6 (59.3%)
65	ŚMIAŁKOWSKI Bartosz	53		M-30	21	00:00:05	00:10:11.15	00:10:16.45	+00:04:13 (41.5%)	6:19	9.5 (58.6%)
66	KARNICKI Zygmunt	12	TKKF KOSZALIN	M-60	3	00:00:06	00:10:19.65	00:10:26.00	+00:04:22 (42.3%)	6:25	9.3 (57.4%)
67	KLENIEWSKI Piotr	42		M-50	6	00:00:08	00:10:22.55	00:10:30.70	+00:04:25 (42.6%)	6:26	9.3 (57.4%)
68	RYBARCZYK Tomasz	95		M-30	22	00:00:04	00:10:31.60	00:10:36.40	+00:04:34 (43.4%)	6:32	9.2 (56.8%)
69	SKRZYPEK Marcin	35		M-30	23	00:00:14	00:10:36.65	00:10:51.05	+00:04:39 (43.8%)	6:35	9.1 (56.2%)
70	WOLF Beata	74	TKKF KOSZALIN	K-30	10	00:00:04	00:10:50.85	00:10:55.35	+00:04:53 (45.1%)	6:44	8.9 (54.9%)
71	BORSUK Dorota	37		K-40	3	00:00:07	00:10:55.10	00:11:02.85	+00:04:57 (45.4%)	6:46	8.8 (54.3%)

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72	KOSECKA Sylwia	167		K-18	1	00:00:17	00:11:28.85	00:11:46.45	+00:05:31 (48.1%)	7:07	8.4 (51.9%)
73	SEEWALD Julia	29		K-Dzieci	1	00:00:17	00:11:30.15	00:11:47.20	+00:05:32 (48.2%)	7:08	8.4 (51.9%)
74	KOZAK Arkadiusz	123	TKKF KOSZALIN	M-40	20	00:00:43	00:11:34.50	00:12:18.05	+00:05:37 (48.5%)	7:11	8.3 (51.2%)
75	SEEWALD Agnieszka	126		K-30	11	00:00:17	00:11:35.00	00:11:52.90	+00:05:37 (48.6%)	7:11	8.3 (51.2%)
76	NOWACKA Elżbieta	73		K-40	4	00:00:08	00:11:38.35	00:11:46.85	+00:05:40 (48.8%)	7:13	8.3 (51.2%)
77	KOWALSKA Klaudia	28		K-18	2	00:00:03	00:12:21.05	00:12:24.05	+00:06:23 (51.8%)	7:40	7.8 (48.1%)
78	MAZUREK Hanna	77	BABECZKI KOSZALIN	K-13	1	00:00:07	00:13:24.30	00:13:31.60	+00:07:26 (55.6%)	8:19	7.2 (44.4%)
79	WOJTKIEWICZ-BAKOWSKA Dorota	78	BABECZKI KOSZALIN	K-30	12	00:00:06	00:13:37.80	00:13:44.10	+00:07:40 (56.3%)	8:28	7.1 (43.8%)
80	KURCZ Barbara	136	BABECZKI KOSZALIN	K-40	5	00:00:06	00:13:37.85	00:13:44.10	+00:07:40 (56.3%)	8:28	7.1 (43.8%)
81	BARTNIK Marian	1	TKKF KOSZALIN	M-70	1	00:00:00	00:14:01.35	00:14:01.85	+00:08:03 (57.5%)	8:42	6.9 (42.6%)
82	RYBARCZYK Nina	11		K-Dzieci	2	00:00:14	00:14:23.50	00:14:38.30	+00:08:26 (58.6%)	8:56	6.7 (41.4%)
83	ŚMIAŁKOWSKA Małgorzata	184		K-30	13	00:00:14	00:14:24.40	00:14:39.30	+00:08:26 (58.6%)	8:57	6.7 (41.4%)

Znaleziono 83 wynik(ów)