



# 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: 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	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	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%)
13	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%)
14	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%)
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)

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>KUŁAKOWSKI Dawid</b>	<b>19</b>	TKKF KOSZALIN	M-30	12	00:00:19	<b>00:08:04.45</b>	<b>00:08:23.50</b>	+00:02:06 (26.2%)	5:00	12 (74.1%)
29	<b>SOKOŁOWSKI Maciej</b>	<b>137</b>		M-30	13	00:00:16	<b>00:08:06.05</b>	<b>00:08:22.35</b>	+00:02:08 (26.4%)	5:01	11.9 (73.5%)
30	<b>PUŚCIAN Krzysztof</b>	<b>177</b>	GIMNAZJUM W MANOWIE	M-40	9	00:00:03	<b>00:08:11.50</b>	<b>00:08:15.00</b>	+00:02:14 (27.3%)	5:05	11.8 (72.8%)
31	<b>GOTOWAŁA Rafał</b>	<b>22</b>		M-30	14	00:00:12	<b>00:08:12.40</b>	<b>00:08:24.55</b>	+00:02:14 (27.4%)	5:05	11.8 (72.8%)
32	<b>MICERSKI Tomasz</b>	<b>20</b>	TKKF KOSZALIN	M-40	10	00:00:02	<b>00:08:13.95</b>	<b>00:08:16.70</b>	+00:02:16 (27.6%)	5:06	11.7 (72.2%)
33	<b>ZIOMEK Darek</b>	<b>197</b>	TKKF KOSZALIN	M-40	11	00:00:50	<b>00:08:14.65</b>	<b>00:09:05.20</b>	+00:02:17 (27.7%)	5:07	11.7 (72.2%)
34	<b>OSTROWSKI Krzysztof</b>	<b>72</b>	U ZNAJOMEGO	M-40	12	00:00:04	<b>00:08:17.45</b>	<b>00:08:21.60</b>	+00:02:19 (28.1%)	5:08	11.7 (72.2%)
35	<b>KILAR Tomasz</b>	<b>146</b>		M-40	13	00:00:13	<b>00:08:23.70</b>	<b>00:08:37.55</b>	+00:02:26 (29.0%)	5:13	11.5 (71.0%)
36	<b>RYBARCZYK Ireneusz</b>	<b>30</b>		M-30	15	00:00:04	<b>00:08:25.10</b>	<b>00:08:29.30</b>	+00:02:27 (29.2%)	5:13	11.5 (71.0%)
37	<b>WAWRZYN Grzegorz</b>	<b>162</b>		M-40	14	00:00:03	<b>00:08:30.45</b>	<b>00:08:33.65</b>	+00:02:32 (30.0%)	5:16	11.4 (70.4%)
38	<b>GROCHOWSKI Rafał</b>	<b>69</b>		M-40	15	00:00:13	<b>00:08:34.30</b>	<b>00:08:47.70</b>	+00:02:36 (30.5%)	5:19	11.3 (69.8%)
39	<b>KOPCZEWSKI Dariusz</b>	<b>84</b>		M-50	5	00:00:11	<b>00:08:42.70</b>	<b>00:08:54.60</b>	+00:02:45 (31.6%)	5:24	11.1 (68.5%)
40	<b>DZIESZUK Dariusz</b>	<b>6</b>	TKKF KOSZALIN	M-40	16	00:00:33	<b>00:08:43.00</b>	<b>00:09:16.00</b>	+00:02:45 (31.6%)	5:24	11.1 (68.5%)
41	<b>ZIĘBA Paweł</b>	<b>24</b>	TKKF KOSZALIN	M-40	17	00:00:02	<b>00:08:44.30</b>	<b>00:08:46.70</b>	+00:02:46 (31.8%)	5:25	11.1 (68.5%)
42	<b>MIĄSEK Ryszard</b>	<b>170</b>		M-30	16	00:00:12	<b>00:08:50.55</b>	<b>00:09:02.95</b>	+00:02:53 (32.6%)	5:29	10.9 (67.3%)
43	<b>KUPREWICZ Grzegorz</b>	<b>153</b>	JW1223	M-30	17	00:00:05	<b>00:08:52.50</b>	<b>00:08:57.50</b>	+00:02:55 (32.9%)	5:30	10.9 (67.3%)
44	<b>SEEWALD Jan</b>	<b>57</b>		M-30	18	00:00:15	<b>00:09:34.25</b>	<b>00:09:49.95</b>	+00:03:36 (37.7%)	5:56	10.1 (62.3%)
45	<b>FAJGIER Tomasz</b>	<b>138</b>		M-40	18	00:00:03	<b>00:09:36.50</b>	<b>00:09:39.55</b>	+00:03:39 (38.0%)	5:57	10.1 (62.3%)
46	<b>ŁAGODA Adam</b>	<b>119</b>		M-13	4	00:00:08	<b>00:09:48.95</b>	<b>00:09:57.90</b>	+00:03:51 (39.3%)	6:05	9.8 (60.5%)
47	<b>KOZŁOWIECKI Waldek</b>	<b>16</b>	TKKF KOSZALIN	M-60	1	00:00:13	<b>00:09:51.00</b>	<b>00:10:04.00</b>	+00:03:53 (39.5%)	6:07	9.8 (60.5%)
48	<b>KOSECKI Tomasz</b>	<b>102</b>		M-30	19	00:00:18	<b>00:09:53.85</b>	<b>00:10:12.15</b>	+00:03:56 (39.8%)	6:08	9.8 (60.5%)
49	<b>JUSZCZAK Krzysztof</b>	<b>51</b>		M-60	2	00:00:07	<b>00:09:54.50</b>	<b>00:10:02.30</b>	+00:03:57 (39.9%)	6:09	9.7 (59.9%)
50	<b>PANCERZYŃSKI Łukasz</b>	<b>147</b>		M-30	20	00:00:03	<b>00:10:00.85</b>	<b>00:10:04.65</b>	+00:04:03 (40.5%)	6:13	9.6 (59.3%)
51	<b>WOJCIECHOWSKI Andrzej</b>	<b>128</b>		M-40	19	00:00:00	<b>00:10:05.30</b>	<b>00:10:05.85</b>	+00:04:07 (40.9%)	6:15	9.6 (59.3%)
52	<b>ŚMIAŁKOWSKI Bartosz</b>	<b>53</b>		M-30	21	00:00:05	<b>00:10:11.15</b>	<b>00:10:16.45</b>	+00:04:13 (41.5%)	6:19	9.5 (58.6%)
53	<b>KARNICKI Zygmunt</b>	<b>12</b>	TKKF KOSZALIN	M-60	3	00:00:06	<b>00:10:19.65</b>	<b>00:10:26.00</b>	+00:04:22 (42.3%)	6:25	9.3 (57.4%)
54	<b>KLENIEWSKI Piotr</b>	<b>42</b>		M-50	6	00:00:08	<b>00:10:22.55</b>	<b>00:10:30.70</b>	+00:04:25 (42.6%)	6:26	9.3 (57.4%)
55	<b>RYBARCZYK Tomasz</b>	<b>95</b>		M-30	22	00:00:04	<b>00:10:31.60</b>	<b>00:10:36.40</b>	+00:04:34 (43.4%)	6:32	9.2 (56.8%)
56	<b>SKRZYPEK Marcin</b>	<b>35</b>		M-30	23	00:00:14	<b>00:10:36.65</b>	<b>00:10:51.05</b>	+00:04:39 (43.8%)	6:35	9.1 (56.2%)
57	<b>KOZAK Arkadiusz</b>	<b>123</b>	TKKF KOSZALIN	M-40	20	00:00:43	<b>00:11:34.50</b>	<b>00:12:18.05</b>	+00:05:37 (48.5%)	7:11	8.3 (51.2%)
58	<b>BARTNIK Marian</b>	<b>1</b>	TKKF KOSZALIN	M-70	1	00:00:00	<b>00:14:01.35</b>	<b>00:14:01.85</b>	+00:08:03 (57.5%)	8:42	6.9 (42.6%)

Znaleziono 58 wynik(ów)