



ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 3/6

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2017-01-18
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	106	13-TY FUN CLUB ASI CHMIEL :*	M-30	1	00:00:01	00:06:19.60	00:06:21.30		3:56	15.3 (100%)
2	GAWRON Piotr	110	ULKS TALEX BORZYTUCHOM	M-18	1	00:00:01	00:06:30.15	00:06:31.80	+00:00:10 (2.7%)	4:02	14.9 (97.4%)
3	ORZECHOWSKI Kamil	133		M-18	2	00:00:02	00:06:39.10	00:06:41.10	+00:00:19 (4.9%)	4:07	14.5 (94.8%)
4	SZEWCUK Paweł	107		M-30	2	00:00:02	00:06:58.40	00:07:00.65	+00:00:38 (9.3%)	4:19	13.9 (90.8%)
5	JAŻWIŃSKI Dawid	10	TKKF KOSZALIN	M-13	1	00:00:02	00:07:01.80	00:07:04.20	+00:00:42 (10.0%)	4:22	13.7 (89.5%)
6	KOŚCIELNIAK Robert	14	TKKF KOSZALIN	M-50	1	00:00:02	00:07:14.95	00:07:17.20	+00:00:55 (12.7%)	4:30	13.3 (86.9%)
7	WEBER Paweł	139		M-30	3	00:00:02	00:07:30.80	00:07:33.35	+00:01:11 (15.8%)	4:40	12.9 (84.3%)
8	SZULC Arek	127	ROZBIEGANY KOSZALIN	M-40	1	00:00:06	00:07:32.65	00:07:38.95	+00:01:13 (16.1%)	4:40	12.8 (83.7%)
9	SIWIK Stanisław	160	283. KRT	M-30	4	00:00:05	00:07:37.40	00:07:42.60	+00:01:17 (17.0%)	4:43	12.7 (83.0%)
10	KONKEL Agnieszka	157		K-30	1	00:00:02	00:07:52.30	00:07:55.25	+00:01:32 (19.6%)	4:53	12.3 (80.4%)
11	MICHALSKI Jakub	200		M-40	2	00:00:12	00:07:52.75	00:08:04.80	+00:01:33 (19.7%)	4:53	12.3 (80.4%)
12	IWANIEC Dariusz	8	TKKF KOSZALIN	M-40	3	00:00:03	00:07:53.85	00:07:56.85	+00:01:34 (19.9%)	4:53	12.3 (80.4%)
13	ZWOLIŃSKI Jan	25	TKKF KOSZALIN	M-40	4	00:00:03	00:07:57.75	00:08:01.10	+00:01:38 (20.5%)	4:56	12.1 (79.1%)
14	CHOŁUJ Jarek	94	ROZBIEGANY KOSZALIN	M-40	5	00:00:04	00:07:59.60	00:08:04.10	+00:01:40 (20.9%)	4:58	12.1 (79.1%)
15	KUŁAKOWSKI Dawid	19	TKKF KOSZALIN	M-40	6	00:00:06	00:08:00.25	00:08:06.65	+00:01:40 (21.0%)	4:58	12.1 (79.1%)
16	RUTKOWSKI Ryszard	158	RUTKOWSKI TEAM	M-50	2	00:00:02	00:08:08.30	00:08:11.00	+00:01:48 (22.3%)	5:03	11.9 (77.8%)
17	MICERSKI Tomasz	20	TKKF KOSZALIN	M-40	7	00:00:02	00:08:12.25	00:08:15.20	+00:01:52 (22.9%)	5:06	11.8 (77.1%)
18	KISIELIŃSKI Igor	162	TKKF KOSZALIN	M-50	3	00:00:06	00:08:14.75	00:08:21.60	+00:01:55 (23.3%)	5:07	11.7 (76.5%)
19	KAMYK Piotr	146	MH SERWIS IT :)	M-30	5	00:00:04	00:08:16.00	00:08:20.40	+00:01:56 (23.5%)	5:08	11.7 (76.5%)
20	BESZTERDA Jakub	119		M-13	2	00:00:08	00:08:18.05	00:08:26.60	+00:01:58 (23.8%)	5:09	11.6 (75.8%)
21	BESZTERDA Sebastian	93	NIETOPERZE KOSZALIN	M-40	8	00:00:08	00:08:26.65	00:08:35.00	+00:02:07 (25.1%)	5:14	11.4 (74.5%)
22	ZIOMEK Dariusz	77	TKKF KOSZALIN	M-40	9	00:01:00	00:08:31.65	00:09:32.45	+00:02:12 (25.8%)	5:18	11.3 (73.9%)
23	SOKOŁOWSKI Maciej	95		M-30	6	00:00:07	00:08:32.60	00:08:39.60	+00:02:13 (25.9%)	5:18	11.3 (73.9%)
24	PUŚCIAN Krzysztof	115	GIMNAZJUM W MANOWIE	M-40	10	00:00:07	00:08:33.85	00:08:41.00	+00:02:14 (26.1%)	5:19	11.3 (73.9%)
25	DZIĘBOWSKI Mariusz	70		M-30	7	00:00:08	00:08:34.25	00:08:42.80	+00:02:14 (26.2%)	5:19	11.3 (73.9%)
26	GOŁDYN Marek	7	TKKF KOSZALIN	M-30	8	00:01:00	00:08:34.35	00:09:34.90	+00:02:14 (26.2%)	5:19	11.3 (73.9%)
27	KILAR Tomasz	176		M-40	11	00:00:12	00:08:38.35	00:08:51.05	+00:02:18 (26.8%)	5:22	11.2 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.609km	brutto 1.609km			
28	KULCZYK Katarzyna	144	KB BRYZA POSTOMINO	K-30	2	00:00:07	00:08:40.60	00:08:48.05	+00:02:21 (27.1%)	5:23	11.1 (72.5%)
29	TESKA Bartosz	183	TKKF KOSZALIN	M-40	12	00:00:03	00:08:40.75	00:08:44.20	+00:02:21 (27.1%)	5:23	11.1 (72.5%)
30	GOTOWAŁA Rafał	170		M-40	13	00:00:11	00:08:40.80	00:08:52.60	+00:02:21 (27.1%)	5:23	11.1 (72.5%)
31	MOSIOŁEK Piotr	140		M-40	14	00:00:12	00:08:41.25	00:08:53.35	+00:02:21 (27.2%)	5:23	11.1 (72.5%)
32	KOPCZEWSKI Dariusz	199		M-50	4	00:00:09	00:08:51.05	00:09:00.75	+00:02:31 (28.5%)	5:29	10.9 (71.2%)
33	WAWRZYN Grzegorz	132		M-40	15	00:00:14	00:08:51.20	00:09:06.05	+00:02:31 (28.5%)	5:30	10.9 (71.2%)
34	CHODOR Izabela	3		K-30	3	00:00:07	00:08:55.25	00:09:02.85	+00:02:35 (29.1%)	5:32	10.8 (70.6%)
35	JAROSZ Dariusz	9	TKKF KOSZALIN	M-40	16	00:01:00	00:08:56.25	00:09:56.45	+00:02:36 (29.2%)	5:32	10.8 (70.6%)
36	ZIĘBA Paweł	24	TKKF KOSZALIN	M-40	17	00:00:05	00:09:05.45	00:09:10.45	+00:02:45 (30.4%)	5:38	10.6 (69.3%)
37	OSTROWSKI Krzysztof	62		M-40	18	00:00:05	00:09:13.10	00:09:19.05	+00:02:53 (31.4%)	5:44	10.5 (68.6%)
38	SZABLA Ewelina	65		K-30	4	00:00:04	00:09:13.65	00:09:18.50	+00:02:54 (31.4%)	5:44	10.5 (68.6%)
39	DZIESZUK Dariusz	6	TKKF KOSZALIN	M-40	19	00:00:40	00:09:14.20	00:09:54.20	+00:02:54 (31.5%)	5:44	10.5 (68.6%)
40	MĘDEL Marta	80		K-40	1	00:00:07	00:09:16.75	00:09:23.90	+00:02:57 (31.8%)	5:45	10.4 (68.0%)
41	GROCHOWSKI Rafał	193		M-40	20	00:00:09	00:09:18.55	00:09:27.90	+00:02:58 (32.0%)	5:46	10.4 (68.0%)
42	KRZEWIŃSKA Małgorzata	18	TKKF KOSZALIN	K-50	1	00:00:05	00:09:23.25	00:09:28.40	+00:03:03 (32.6%)	5:49	10.3 (67.3%)
43	ZIÓŁKOWSKA Małgorzata	56		K-30	5	00:00:00	00:09:30.95	00:09:30.95	+00:03:11 (33.5%)	5:54	10.2 (66.7%)
44	FAJGIER Tomasz	104		M-40	21	00:00:05	00:09:32.35	00:09:38.10	+00:03:12 (33.7%)	5:55	10.1 (66.0%)
45	HAŁAJKO Magdalena	91		K-30	6	00:00:04	00:09:41.10	00:09:45.60	+00:03:21 (34.7%)	6:00	10 (65.4%)
46	FELSKI Łukasz	171	NEOFITE	M-30	9	00:00:17	00:09:47.25	00:10:04.60	+00:03:27 (35.4%)	6:04	9.9 (64.7%)
47	ORZEŁ Anna	21	TKKF KOSZALIN	K-40	2	00:00:05	00:09:48.30	00:09:53.70	+00:03:28 (35.5%)	6:05	9.9 (64.7%)
48	GRABOWSKA-LESISZ Aneta	150		K-30	7	00:00:03	00:09:51.65	00:09:55.50	+00:03:32 (35.8%)	6:07	9.8 (64.1%)
49	DĄBROWSKA Alicja	5	TKKF KOSZALIN	K-50	2	00:00:08	00:09:52.05	00:10:00.30	+00:03:32 (35.9%)	6:07	9.8 (64.1%)
50	KOZŁOWIECKI Waldek	16	TKKF KOSZALIN	M-60	1	00:00:13	00:09:55.50	00:10:08.95	+00:03:35 (36.3%)	6:09	9.7 (63.4%)
51	WOJCIECHOWSKI Andrzej	129		M-40	22	00:00:06	00:10:04.20	00:10:10.80	+00:03:44 (37.2%)	6:15	9.6 (62.7%)
52	KUPREWICZ Grzegorz	185	JW1223	M-30	10	00:00:08	00:10:08.60	00:10:17.45	+00:03:49 (37.6%)	6:18	9.5 (62.1%)
53	KLENIEWSKI Piotr	192		M-50	5	00:00:02	00:10:10.75	00:10:13.20	+00:03:51 (37.8%)	6:19	9.5 (62.1%)
54	SEEWALD Jan	81		M-40	23	00:00:15	00:10:12.00	00:10:27.10	+00:03:52 (38.0%)	6:20	9.5 (62.1%)
55	KOSECKI Tomasz	100		M-30	11	00:00:16	00:10:21.30	00:10:37.70	+00:04:01 (38.9%)	6:25	9.3 (60.8%)
56	KARNICKI Zygmunt	12	TKKF KOSZALIN	M-60	2	00:00:06	00:10:26.35	00:10:32.70	+00:04:06 (39.4%)	6:28	9.3 (60.8%)
57	ŻELECHOWSKA Magdalena	68		K-40	3	00:00:04	00:10:27.15	00:10:31.85	+00:04:07 (39.5%)	6:29	9.2 (60.1%)
58	MAZUREK Barbara	142	BABECZKI KOSZALIN	K-30	8	00:00:13	00:10:27.30	00:10:40.70	+00:04:07 (39.5%)	6:29	9.2 (60.1%)
59	JUSZCZAK Krzysztof	153		M-60	3	00:00:13	00:10:27.60	00:10:40.95	+00:04:08 (39.5%)	6:29	9.2 (60.1%)
60	SKRZYPEK Marcin	189		M-30	12	00:00:14	00:10:54.65	00:11:08.80	+00:04:35 (42.0%)	6:46	8.9 (58.2%)
61	PANCERZYŃSKI Łukasz	180		M-30	13	00:00:10	00:10:56.20	00:11:06.85	+00:04:36 (42.2%)	6:47	8.8 (57.5%)
62	BORSUK Dorota	190		K-40	4	00:00:06	00:11:20.05	00:11:26.30	+00:05:00 (44.2%)	7:02	8.5 (55.6%)
63	HELLER Zdzisław	96	NIEZRZESZONY	M-60	4	00:00:09	00:11:32.85	00:11:42.75	+00:05:13 (45.2%)	7:10	8.4 (54.9%)
64	PAŃCZYK Justyna	184		K-30	9	00:00:15	00:11:37.85	00:11:53.75	+00:05:18 (45.6%)	7:13	8.3 (54.2%)
65	NOWACKA Elżbieta	40		K-40	5	00:00:12	00:11:57.05	00:12:09.45	+00:05:37 (47.1%)	7:25	8.1 (52.9%)
66	KOSECKA Sylwia	164		K-18	1	00:00:16	00:12:34.70	00:12:50.90	+00:06:15 (49.7%)	7:48	7.7 (50.3%)
67	SEEWALD Julia	186		K-Dzieci	1	00:00:03	00:12:45.75	00:12:49.55	+00:06:26 (50.4%)	7:55	7.6 (49.7%)
68	SEEWALD Agnieszka	187		K-30	10	00:00:04	00:12:46.10	00:12:50.30	+00:06:26 (50.5%)	7:55	7.6 (49.7%)
69	MAZUREK Hanna	123	BABECZKI KOSZALIN	K-13	1	00:00:13	00:12:47.85	00:13:01.75	+00:06:28 (50.6%)	7:57	7.5 (49.0%)
70	WOJTKIEWICZ-BAKOWSKA Dorota	130	BABECZKI KOSZALIN	K-30	11	00:00:14	00:14:29.45	00:14:43.85	+00:08:09 (56.3%)	8:59	6.7 (43.8%)
71	KURCZ Barbara	178	BABECZKI KOSZALIN	K-40	6	00:00:14	00:14:29.60	00:14:44.50	+00:08:10 (56.3%)	9:00	6.7 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							1.609km	1.609km			
72	BARTNIK Marian	1	TKKF KOSZALIN	M-70	1	00:00:11	00:14:57.90	00:15:09.15	+00:08:38 (57.7%)	9:17	6.5 (42.5%)
73	RYBARCZYK Nina	161		K-Dzieci	2	00:00:15	00:15:21.45	00:15:36.75	+00:09:01 (58.8%)	9:32	6.3 (41.2%)
74	RYBARCZYK Ireneusz	169		M-30	14	00:00:15	00:15:22.10	00:15:37.40	+00:09:02 (58.8%)	9:32	6.3 (41.2%)

Znaleziono 74 wynik(ów)