



# ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2017-01-25  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik            | Numer | Klub                | Kategoria | Mkat | Czas startu | Czas netto<br>1.609km | Czas brutto<br>1.609km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|---------------------|-------|---------------------|-----------|------|-------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 1   | ORZECHOWSKI Kamil   | 149   |                     | M-18      | 1    | 00:00:01    | 00:06:34.40           | 00:06:35.85            |                   | 4:04            | 14.7 (100%)   |
| 2   | SZEW CZUK Paweł     | 94    |                     | M-30      | 1    | 00:00:02    | 00:06:51.65           | 00:06:54.25            | +00:00:17 (4.2%)  | 4:15            | 14.1 (95.9%)  |
| 3   | SZULC Arek          | 41    | ROZBIEGANY KOSZALIN | M-40      | 1    | 00:00:08    | 00:07:05.55           | 00:07:14.35            | +00:00:31 (7.3%)  | 4:24            | 13.6 (92.5%)  |
| 4   | JAŻWIŃSKI Dawid     | 133   | TKKF KOSZALIN       | M-13      | 1    | 00:00:02    | 00:07:07.95           | 00:07:09.95            | +00:00:33 (7.8%)  | 4:25            | 13.6 (92.5%)  |
| 5   | KOŚCIELNIAK Robert  | 14    | TKKF KOSZALIN       | M-50      | 1    | 00:00:02    | 00:07:09.45           | 00:07:12.35            | +00:00:35 (8.2%)  | 4:27            | 13.5 (91.8%)  |
| 6   | WEBER Paweł         | 169   |                     | M-30      | 2    | 00:00:02    | 00:07:13.25           | 00:07:15.70            | +00:00:38 (9.0%)  | 4:28            | 13.4 (91.2%)  |
| 7   | SIWIK Stanisław     | 93    | 283. KRT            | M-30      | 3    | 00:00:03    | 00:07:18.70           | 00:07:22.20            | +00:00:44 (10.1%) | 4:32            | 13.2 (89.8%)  |
| 8   | KONKEL Agnieszka    | 166   |                     | K-30      | 1    | 00:00:02    | 00:07:30.75           | 00:07:33.70            | +00:00:56 (12.5%) | 4:40            | 12.9 (87.8%)  |
| 9   | BESZTERDA Sebastian | 45    | NIETOPERZE KOSZALIN | M-40      | 2    | 00:00:05    | 00:07:38.65           | 00:07:44.00            | +00:01:04 (14.0%) | 4:45            | 12.6 (85.7%)  |
| 10  | KISIELIŃSKI Igor    | 115   | TKKF KOSZALIN       | M-50      | 2    | 00:00:06    | 00:07:42.35           | 00:07:48.35            | +00:01:07 (14.7%) | 4:46            | 12.5 (85.0%)  |
| 11  | IWANIEC Dariusz     | 8     | TKKF KOSZALIN       | M-40      | 3    | 00:00:03    | 00:07:42.55           | 00:07:45.65            | +00:01:08 (14.7%) | 4:46            | 12.5 (85.0%)  |
| 12  | KUŁAKOWSKI Dawid    | 19    | TKKF KOSZALIN       | M-40      | 4    | 00:00:25    | 00:07:46.25           | 00:08:11.30            | +00:01:11 (15.4%) | 4:49            | 12.4 (84.4%)  |
| 13  | PERCZYŃSKI Jarosław | 189   | BEZ FORMY           | M-40      | 5    | 00:00:06    | 00:07:46.80           | 00:07:52.95            | +00:01:12 (15.5%) | 4:49            | 12.4 (84.4%)  |
| 14  | RUTKOWSKI Ryszard   | 162   | RUTKOWSKI TEAM      | M-50      | 3    | 00:00:03    | 00:07:46.90           | 00:07:50.20            | +00:01:12 (15.5%) | 4:50            | 12.4 (84.4%)  |
| 15  | MICHAŁSKI Jakub     | 83    |                     | M-40      | 6    | 00:00:12    | 00:07:48.30           | 00:08:00.85            | +00:01:13 (15.8%) | 4:50            | 12.4 (84.4%)  |
| 16  | BESZTERDA Jakub     | 61    |                     | M-13      | 2    | 00:00:05    | 00:07:53.35           | 00:07:58.50            | +00:01:18 (16.7%) | 4:53            | 12.3 (83.7%)  |
| 17  | GOTOWAŁA Rafał      | 81    |                     | M-40      | 7    | 00:00:12    | 00:07:53.55           | 00:08:06.40            | +00:01:19 (16.7%) | 4:54            | 12.2 (83.0%)  |
| 18  | GOŁDYN Marek        | 7     | TKKF KOSZALIN       | M-30      | 4    | 00:01:24    | 00:07:56.40           | 00:09:20.50            | +00:01:22 (17.2%) | 4:55            | 12.2 (83.0%)  |
| 19  | KAMYK Piotr         | 183   | MH SERWIS IT :)     | M-30      | 5    | 00:00:04    | 00:07:56.85           | 00:08:01.60            | +00:01:22 (17.3%) | 4:56            | 12.2 (83.0%)  |
| 20  | ZIOMEK Dariusz      | 77    | TKKF KOSZALIN       | M-40      | 8    | 00:00:06    | 00:07:56.95           | 00:08:03.60            | +00:01:22 (17.3%) | 4:56            | 12.2 (83.0%)  |
| 21  | MICERSKI Tomasz     | 20    | TKKF KOSZALIN       | M-40      | 9    | 00:00:03    | 00:08:00.45           | 00:08:03.85            | +00:01:26 (17.9%) | 4:58            | 12.1 (82.3%)  |
| 22  | MOSIOŁEK Piotr      | 184   |                     | M-40      | 10   | 00:00:13    | 00:08:02.45           | 00:08:15.50            | +00:01:28 (18.3%) | 4:59            | 12 (81.6%)    |
| 23  | WILKOWSKI Krzysztof | 70    |                     | M-30      | 6    | 00:00:05    | 00:08:03.10           | 00:08:08.90            | +00:01:28 (18.4%) | 5:00            | 12 (81.6%)    |
| 24  | TESKA Bartosz       | 123   | TKKF KOSZALIN       | M-40      | 11   | 00:00:06    | 00:08:07.45           | 00:08:14.35            | +00:01:33 (19.1%) | 5:03            | 11.9 (81.0%)  |
| 25  | RUTKOWSKI Artur     | 192   |                     | M-18      | 2    | 00:00:01    | 00:08:08.70           | 00:08:10.60            | +00:01:34 (19.3%) | 5:03            | 11.9 (81.0%)  |
| 26  | JAROSZ Dariusz      | 9     | TKKF KOSZALIN       | M-40      | 12   | 00:01:23    | 00:08:08.90           | 00:09:32.60            | +00:01:34 (19.3%) | 5:03            | 11.9 (81.0%)  |
| 27  | CHODOR Martyna      | 2     | TKKF KOSZALIN       | K-30      | 2    | 00:00:04    | 00:08:12.50           | 00:08:17.40            | +00:01:38 (19.9%) | 5:06            | 11.8 (80.3%)  |

| Msc | Zawodnik                      | Numer      | Klub                | Kategoria | Mkat | Czas startu | Czas               |                    | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|---------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
|     |                               |            |                     |           |      |             | netto 1.609km      | brutto 1.609km     |                   |              |              |
| 28  | <b>DZIĘBOWSKI Mariusz</b>     | <b>95</b>  |                     | M-30      | 7    | 00:00:09    | <b>00:08:13.10</b> | <b>00:08:22.25</b> | +00:01:38 (20.0%) | 5:06         | 11.8 (80.3%) |
| 29  | <b>PUŚCIAN Krzysztof</b>      | <b>156</b> | GIMNAZJUM W MANOWIE | M-40      | 13   | 00:00:07    | <b>00:08:18.25</b> | <b>00:08:25.30</b> | +00:01:43 (20.8%) | 5:09         | 11.6 (78.9%) |
| 29  | <b>SOKOŁOWSKI Maciej</b>      | <b>140</b> |                     | M-30      | 8    | 00:00:20    | <b>00:08:18.25</b> | <b>00:08:38.60</b> | +00:01:43 (20.8%) | 5:09         | 11.6 (78.9%) |
| 31  | <b>KULCZYK Katarzyna</b>      | <b>92</b>  | KB BRYZA POSTOMINO  | K-30      | 3    | 00:00:08    | <b>00:08:24.50</b> | <b>00:08:32.95</b> | +00:01:50 (21.8%) | 5:13         | 11.5 (78.2%) |
| 32  | <b>KILAR Tomasz</b>           | <b>196</b> |                     | M-40      | 14   | 00:00:15    | <b>00:08:25.20</b> | <b>00:08:40.95</b> | +00:01:50 (21.9%) | 5:13         | 11.5 (78.2%) |
| 33  | <b>WAWRZYN Grzegorz</b>       | <b>76</b>  |                     | M-40      | 15   | 00:00:07    | <b>00:08:28.60</b> | <b>00:08:36.40</b> | +00:01:54 (22.5%) | 5:16         | 11.4 (77.6%) |
| 34  | <b>CHODOR Izabela</b>         | <b>3</b>   |                     | K-30      | 4    | 00:00:10    | <b>00:08:33.70</b> | <b>00:08:44.10</b> | +00:01:59 (23.2%) | 5:19         | 11.3 (76.9%) |
| 35  | <b>OSTROWSKI Krzysztof</b>    | <b>194</b> |                     | M-40      | 16   | 00:00:13    | <b>00:08:41.15</b> | <b>00:08:55.05</b> | +00:02:06 (24.3%) | 5:24         | 11.1 (75.5%) |
| 36  | <b>DZIESZUK Dariusz</b>       | <b>6</b>   | TKKF KOSZALIN       | M-40      | 17   | 00:00:50    | <b>00:08:42.10</b> | <b>00:09:32.70</b> | +00:02:07 (24.5%) | 5:24         | 11.1 (75.5%) |
| 37  | <b>KOPCZEWSKI Dariusz</b>     | <b>107</b> |                     | M-50      | 4    | 00:00:17    | <b>00:08:44.70</b> | <b>00:09:02.05</b> | +00:02:10 (24.8%) | 5:26         | 11 (74.8%)   |
| 38  | <b>HAŁAJKO Magdalena</b>      | <b>150</b> |                     | K-30      | 5    | 00:00:05    | <b>00:08:47.35</b> | <b>00:08:53.00</b> | +00:02:12 (25.2%) | 5:27         | 11 (74.8%)   |
| 39  | <b>ZDROWIECKI Artur</b>       | <b>65</b>  |                     | M-30      | 9    | 00:00:10    | <b>00:08:47.85</b> | <b>00:08:58.60</b> | +00:02:13 (25.3%) | 5:27         | 11 (74.8%)   |
| 40  | <b>OSIPIK Radek</b>           | <b>170</b> |                     | M-40      | 18   | 00:00:18    | <b>00:08:59.10</b> | <b>00:09:17.90</b> | +00:02:24 (26.8%) | 5:34         | 10.8 (73.5%) |
| 41  | <b>CHOŁUJ Jarek</b>           | <b>158</b> | ROZBIEGANY KOSZALIN | M-40      | 19   | 00:00:07    | <b>00:08:59.35</b> | <b>00:09:07.00</b> | +00:02:24 (26.9%) | 5:35         | 10.7 (72.8%) |
| 42  | <b>GROCHOWSKI Rafał</b>       | <b>177</b> |                     | M-40      | 20   | 00:00:13    | <b>00:09:01.55</b> | <b>00:09:14.60</b> | +00:02:27 (27.2%) | 5:36         | 10.7 (72.8%) |
| 43  | <b>ZIĘBA Paweł</b>            | <b>24</b>  | TKKF KOSZALIN       | M-40      | 21   | 00:00:06    | <b>00:09:04.20</b> | <b>00:09:10.85</b> | +00:02:29 (27.5%) | 5:37         | 10.7 (72.8%) |
| 44  | <b>KRZEWIŃSKA Małgorzata</b>  | <b>18</b>  | TKKF KOSZALIN       | K-50      | 1    | 00:00:07    | <b>00:09:05.10</b> | <b>00:09:13.00</b> | +00:02:30 (27.6%) | 5:39         | 10.6 (72.1%) |
| 45  | <b>RYBARCZYK Ireneusz</b>     | <b>200</b> |                     | M-30      | 10   | 00:00:10    | <b>00:09:05.30</b> | <b>00:09:16.05</b> | +00:02:30 (27.7%) | 5:39         | 10.6 (72.1%) |
| 46  | <b>DĄBROWSKA Alicja</b>       | <b>5</b>   | TKKF KOSZALIN       | K-50      | 2    | 00:00:10    | <b>00:09:12.35</b> | <b>00:09:22.90</b> | +00:02:37 (28.6%) | 5:42         | 10.5 (71.4%) |
| 47  | <b>WOJCIECHOWSKI Andrzej</b>  | <b>40</b>  |                     | M-40      | 22   | 00:00:04    | <b>00:09:14.75</b> | <b>00:09:19.10</b> | +00:02:40 (28.9%) | 5:44         | 10.4 (70.7%) |
| 48  | <b>OSIPIK Szymon</b>          | <b>157</b> |                     | M-Dzieci  | 1    | 00:00:18    | <b>00:09:16.10</b> | <b>00:09:34.70</b> | +00:02:41 (29.1%) | 5:45         | 10.4 (70.7%) |
| 49  | <b>GRABOWSKA-LESISZ Aneta</b> | <b>122</b> |                     | K-30      | 6    | 00:00:06    | <b>00:09:23.95</b> | <b>00:09:30.25</b> | +00:02:49 (30.1%) | 5:50         | 10.3 (70.1%) |
| 50  | <b>MIĄSEK Ryszard</b>         | <b>161</b> |                     | M-40      | 23   | 00:00:17    | <b>00:09:28.15</b> | <b>00:09:45.90</b> | +00:02:53 (30.6%) | 5:52         | 10.2 (69.4%) |
| 51  | <b>MARKOWSKI Andrzej</b>      | <b>178</b> | TKKF KOSZALIN       | M-60      | 1    | 00:00:04    | <b>00:09:29.90</b> | <b>00:09:34.10</b> | +00:02:55 (30.8%) | 5:54         | 10.2 (69.4%) |
| 52  | <b>SEEWALD Jan</b>            | <b>146</b> |                     | M-40      | 24   | 00:00:15    | <b>00:09:35.65</b> | <b>00:09:50.95</b> | +00:03:01 (31.5%) | 5:57         | 10.1 (68.7%) |
| 53  | <b>ZIÓLKOWSKA Małgorzata</b>  | <b>68</b>  |                     | K-30      | 7    | 00:00:06    | <b>00:09:35.80</b> | <b>00:09:41.80</b> | +00:03:01 (31.5%) | 5:57         | 10.1 (68.7%) |
| 54  | <b>KOZŁOWIECKI Waldek</b>     | <b>16</b>  | TKKF KOSZALIN       | M-60      | 2    | 00:00:11    | <b>00:09:36.05</b> | <b>00:09:47.85</b> | +00:03:01 (31.5%) | 5:57         | 10.1 (68.7%) |
| 55  | <b>FAJGIER Tomasz</b>         | <b>129</b> |                     | M-40      | 25   | 00:00:03    | <b>00:09:39.30</b> | <b>00:09:42.95</b> | +00:03:04 (31.9%) | 5:59         | 10 (68.0%)   |
| 56  | <b>KLENIEWSKI Piotr</b>       | <b>179</b> |                     | M-50      | 5    | 00:00:02    | <b>00:09:53.25</b> | <b>00:09:55.55</b> | +00:03:18 (33.5%) | 6:08         | 9.8 (66.7%)  |
| 57  | <b>KOSECKI Tomasz</b>         | <b>91</b>  |                     | M-30      | 11   | 00:00:17    | <b>00:10:02.80</b> | <b>00:10:20.25</b> | +00:03:28 (34.6%) | 6:14         | 9.6 (65.3%)  |
| 58  | <b>ŻELECHOWSKA Magdalena</b>  | <b>186</b> |                     | K-40      | 1    | 00:00:05    | <b>00:10:02.95</b> | <b>00:10:08.30</b> | +00:03:28 (34.6%) | 6:14         | 9.6 (65.3%)  |
| 58  | <b>KOSECKA Sylwia</b>         | <b>173</b> |                     | K-18      | 1    | 00:00:17    | <b>00:10:02.95</b> | <b>00:10:19.95</b> | +00:03:28 (34.6%) | 6:13         | 9.6 (65.3%)  |
| 60  | <b>KARNICKI Zygmunt</b>       | <b>108</b> | TKKF KOSZALIN       | M-60      | 3    | 00:00:04    | <b>00:10:06.45</b> | <b>00:10:10.65</b> | +00:03:32 (35.0%) | 6:16         | 9.6 (65.3%)  |
| 61  | <b>SKRZYPEK Marcin</b>        | <b>74</b>  | NIETOPERZE KOSZALIN | M-30      | 12   | 00:00:16    | <b>00:10:09.35</b> | <b>00:10:25.75</b> | +00:03:34 (35.3%) | 6:18         | 9.5 (64.6%)  |
| 62  | <b>MAZUREK Barbara</b>        | <b>171</b> | BABECZKI KOSZALIN   | K-30      | 8    | 00:00:16    | <b>00:10:13.85</b> | <b>00:10:30.35</b> | +00:03:39 (35.7%) | 6:21         | 9.4 (63.9%)  |
| 63  | <b>JUSZCZAK Krzysztof</b>     | <b>190</b> |                     | M-60      | 4    | 00:00:16    | <b>00:10:14.05</b> | <b>00:10:30.50</b> | +00:03:39 (35.8%) | 6:21         | 9.4 (63.9%)  |
| 64  | <b>PANCERZYŃSKI Łukasz</b>    | <b>180</b> |                     | M-30      | 13   | 00:00:10    | <b>00:10:16.45</b> | <b>00:10:26.50</b> | +00:03:42 (36.0%) | 6:22         | 9.4 (63.9%)  |
| 65  | <b>HELLER Zdzisław</b>        | <b>132</b> | NIEZRZESZONY        | M-60      | 5    | 00:00:14    | <b>00:10:40.15</b> | <b>00:10:54.30</b> | +00:04:05 (38.4%) | 6:37         | 9.1 (61.9%)  |
| 66  | <b>BORSUK Dorota</b>          | <b>153</b> |                     | K-40      | 2    | 00:00:07    | <b>00:11:03.35</b> | <b>00:11:10.40</b> | +00:04:28 (40.5%) | 6:51         | 8.7 (59.2%)  |
| 67  | <b>NOWACKA Elżbieta</b>       | <b>187</b> |                     | K-40      | 3    | 00:00:11    | <b>00:11:32.95</b> | <b>00:11:44.15</b> | +00:04:58 (43.1%) | 7:10         | 8.4 (57.1%)  |
| 68  | <b>ŚMIAŁKOWSKI Bartosz</b>    | <b>144</b> |                     | M-30      | 14   | 00:00:22    | <b>00:12:16.00</b> | <b>00:12:38.60</b> | +00:05:41 (46.4%) | 7:37         | 7.9 (53.7%)  |
| 69  | <b>BOBOWSKA Katarzyna</b>     | <b>176</b> |                     | K-18      | 2    | 00:00:11    | <b>00:12:18.35</b> | <b>00:12:29.35</b> | +00:05:43 (46.6%) | 7:38         | 7.9 (53.7%)  |
| 70  | <b>ŻELIK Beata</b>            | <b>193</b> |                     | K-40      | 4    | 00:00:09    | <b>00:12:20.45</b> | <b>00:12:30.10</b> | +00:05:46 (46.7%) | 7:40         | 7.8 (53.1%)  |
| 71  | <b>RYBARCZYK Tomasz</b>       | <b>136</b> |                     | M-30      | 15   | 00:00:14    | <b>00:12:22.95</b> | <b>00:12:37.60</b> | +00:05:48 (46.9%) | 7:41         | 7.8 (53.1%)  |

| Msc | Zawodnik                           | Numer      | Klub              | Kategoria | Mkat | Czas startu | Czas netto<br>1.609km | Czas brutto<br>1.609km | Różn              | Tempo<br>min/km | Tempo<br>km/h |
|-----|------------------------------------|------------|-------------------|-----------|------|-------------|-----------------------|------------------------|-------------------|-----------------|---------------|
| 72  | <b>SEEWALD Julia</b>               | <b>38</b>  |                   | K-Dzieci  | 1    | 00:00:16    | <b>00:12:32.65</b>    | <b>00:12:48.70</b>     | +00:05:58 (47.6%) | 7:47            | 7.7 (52.4%)   |
| 73  | <b>SEEWALD Agnieszka</b>           | <b>98</b>  |                   | K-30      | 9    | 00:00:16    | <b>00:12:36.30</b>    | <b>00:12:52.35</b>     | +00:06:01 (47.9%) | 7:49            | 7.7 (52.4%)   |
| 74  | <b>MAZUREK Hanna</b>               | <b>145</b> | BABECZKI KOSZALIN | K-13      | 1    | 00:00:14    | <b>00:13:00.15</b>    | <b>00:13:14.40</b>     | +00:06:25 (49.4%) | 8:04            | 7.4 (50.3%)   |
| 75  | <b>KURCZ Barbara</b>               | <b>185</b> | BABECZKI KOSZALIN | K-40      | 5    | 00:00:15    | <b>00:13:15.10</b>    | <b>00:13:30.25</b>     | +00:06:40 (50.4%) | 8:13            | 7.3 (49.7%)   |
| 76  | <b>WOJTKIEWICZ-BAKOWSKA Dorota</b> | <b>164</b> | BABECZKI KOSZALIN | K-30      | 10   | 00:00:12    | <b>00:13:17.65</b>    | <b>00:13:29.90</b>     | +00:06:43 (50.6%) | 8:15            | 7.3 (49.7%)   |
| 77  | <b>RYBARCZYK Nina</b>              | <b>199</b> |                   | K-Dzieci  | 2    | 00:00:25    | <b>00:13:58.70</b>    | <b>00:14:24.55</b>     | +00:07:24 (53.0%) | 8:41            | 6.9 (46.9%)   |
| 78  | <b>ŚMIAŁKOWSKA Małgorzata</b>      | <b>59</b>  |                   | K-30      | 11   | 00:00:26    | <b>00:14:04.05</b>    | <b>00:14:30.05</b>     | +00:07:29 (53.3%) | 8:44            | 6.9 (46.9%)   |
| 79  | <b>BARTNIK Marian</b>              | <b>1</b>   | TKKF KOSZALIN     | M-70      | 1    | 00:00:09    | <b>00:14:16.45</b>    | <b>00:14:25.50</b>     | +00:07:42 (53.9%) | 8:51            | 6.8 (46.3%)   |
| 80  | <b>ZDROWIECKI Igor</b>             | <b>127</b> |                   | M-Dzieci  | 2    | 00:00:09    | <b>00:14:19.05</b>    | <b>00:14:29.00</b>     | +00:07:44 (54.1%) | 8:54            | 6.7 (45.6%)   |

Znaleziono 80 wynik(ów)