



ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 4/6

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2017-01-25
Place: Koszalin
Distance: 1.609 km



Classification: M-40

Place	Participant	Number	Club	Category	MCat	Start time	Net time 1.609km	Czas brutto 1.609km	Gap	Pace min/km	Pace km/h
1	SZULC Arek	41	ROZBIEGANY KOSZALIN	M-40	1	00:00:08	00:07:05.55	00:07:14.35		4:24	13.6 (100%)
2	BESZTERDA Sebastian	45	NIETOPERZE KOSZALIN	M-40	2	00:00:05	00:07:38.65	00:07:44.00	+00:00:33 (7.2%)	4:45	12.6 (92.6%)
3	IWANIEC Dariusz	8	TKKF KOSZALIN	M-40	3	00:00:03	00:07:42.55	00:07:45.65	+00:00:37 (8.0%)	4:46	12.5 (91.9%)
4	KUŁAKOWSKI Dawid	19	TKKF KOSZALIN	M-40	4	00:00:25	00:07:46.25	00:08:11.30	+00:00:40 (8.7%)	4:49	12.4 (91.2%)
5	PERCZYŃSKI Jarosław	189	BEZ FORMY	M-40	5	00:00:06	00:07:46.80	00:07:52.95	+00:00:41 (8.8%)	4:49	12.4 (91.2%)
6	MICHALSKI Jakub	83		M-40	6	00:00:12	00:07:48.30	00:08:00.85	+00:00:42 (9.1%)	4:50	12.4 (91.2%)
7	GOTOWAŁA Rafał	81		M-40	7	00:00:12	00:07:53.55	00:08:06.40	+00:00:48 (10.1%)	4:54	12.2 (89.7%)
8	ZIOMEK Dariusz	77	TKKF KOSZALIN	M-40	8	00:00:06	00:07:56.95	00:08:03.60	+00:00:51 (10.8%)	4:56	12.2 (89.7%)
9	MICERSKI Tomasz	20	TKKF KOSZALIN	M-40	9	00:00:03	00:08:00.45	00:08:03.85	+00:00:54 (11.4%)	4:58	12.1 (89.0%)
10	MOSIOŁEK Piotr	184		M-40	10	00:00:13	00:08:02.45	00:08:15.50	+00:00:56 (11.8%)	4:59	12 (88.2%)
11	TESKA Bartosz	123	TKKF KOSZALIN	M-40	11	00:00:06	00:08:07.45	00:08:14.35	+00:01:01 (12.7%)	5:03	11.9 (87.5%)
12	JAROSZ Dariusz	9	TKKF KOSZALIN	M-40	12	00:01:23	00:08:08.90	00:09:32.60	+00:01:03 (13.0%)	5:03	11.9 (87.5%)
13	PUŚCIAN Krzysztof	156	GIMNAZJUM W MANOWIE	M-40	13	00:00:07	00:08:18.25	00:08:25.30	+00:01:12 (14.6%)	5:09	11.6 (85.3%)
14	KILAR Tomasz	196		M-40	14	00:00:15	00:08:25.20	00:08:40.95	+00:01:19 (15.8%)	5:13	11.5 (84.6%)
15	WAWRZYN Grzegorz	76		M-40	15	00:00:07	00:08:28.60	00:08:36.40	+00:01:23 (16.3%)	5:16	11.4 (83.8%)
16	OSTROWSKI Krzysztof	194		M-40	16	00:00:13	00:08:41.15	00:08:55.05	+00:01:35 (18.3%)	5:24	11.1 (81.6%)
17	DZIESZUK Dariusz	6	TKKF KOSZALIN	M-40	17	00:00:50	00:08:42.10	00:09:32.70	+00:01:36 (18.5%)	5:24	11.1 (81.6%)
18	OSIPIK Radek	170		M-40	18	00:00:18	00:08:59.10	00:09:17.90	+00:01:53 (21.1%)	5:34	10.8 (79.4%)
19	CHOŁUJ Jarek	158	ROZBIEGANY KOSZALIN	M-40	19	00:00:07	00:08:59.35	00:09:07.00	+00:01:53 (21.1%)	5:35	10.7 (78.7%)
20	GROCHOWSKI Rafał	177		M-40	20	00:00:13	00:09:01.55	00:09:14.60	+00:01:56 (21.4%)	5:36	10.7 (78.7%)
21	ZIĘBA Paweł	24	TKKF KOSZALIN	M-40	21	00:00:06	00:09:04.20	00:09:10.85	+00:01:58 (21.8%)	5:37	10.7 (78.7%)
22	WOJCIECHOWSKI Andrzej	40		M-40	22	00:00:04	00:09:14.75	00:09:19.10	+00:02:09 (23.3%)	5:44	10.4 (76.5%)
23	MIĄSEK Ryszard	161		M-40	23	00:00:17	00:09:28.15	00:09:45.90	+00:02:22 (25.1%)	5:52	10.2 (75.0%)
24	SEEWALD Jan	146		M-40	24	00:00:15	00:09:35.65	00:09:50.95	+00:02:30 (26.1%)	5:57	10.1 (74.3%)
25	FAJGIER Tomasz	129		M-40	25	00:00:03	00:09:39.30	00:09:42.95	+00:02:33 (26.5%)	5:59	10 (73.5%)

Total 25 results.