



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: 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	ORZECHOWSKI Kamil	149		M-18	1	00:00:01	00:06:34.40	00:06:35.85		4:04	14.7 (100%)
2	SZEWCUK 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	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	MICHALSKI 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%)
15	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%)
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	DZIĘBOWSKI Mariusz	95		M-30	7	00:00:09	00:08:13.10	00:08:22.25	+00:01:38 (20.0%)	5:06	11.8 (80.3%)
27	PUŚCIAN Krzysztof	156	GIMNAZJUM W MANOWIE	M-40	13	00:00:07	00:08:18.25	00:08:25.30	+00:01:43 (20.8%)	5:09	11.6 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							1.609km	1.609km			
27	SOKOŁOWSKI Maciej	140		M-30	8	00:00:20	00:08:18.25	00:08:38.60	+00:01:43 (20.8%)	5:09	11.6 (78.9%)
29	KILAR Tomasz	196		M-40	14	00:00:15	00:08:25.20	00:08:40.95	+00:01:50 (21.9%)	5:13	11.5 (78.2%)
30	WAWRZYN Grzegorz	76		M-40	15	00:00:07	00:08:28.60	00:08:36.40	+00:01:54 (22.5%)	5:16	11.4 (77.6%)
31	OSTROWSKI Krzysztof	194		M-40	16	00:00:13	00:08:41.15	00:08:55.05	+00:02:06 (24.3%)	5:24	11.1 (75.5%)
32	DZIESZUK Dariusz	6	TKKF KOSZALIN	M-40	17	00:00:50	00:08:42.10	00:09:32.70	+00:02:07 (24.5%)	5:24	11.1 (75.5%)
33	KOPCZEWSKI Dariusz	107		M-50	4	00:00:17	00:08:44.70	00:09:02.05	+00:02:10 (24.8%)	5:26	11 (74.8%)
34	ZDROWIECKI Artur	65		M-30	9	00:00:10	00:08:47.85	00:08:58.60	+00:02:13 (25.3%)	5:27	11 (74.8%)
35	OSIPIK Radek	170		M-40	18	00:00:18	00:08:59.10	00:09:17.90	+00:02:24 (26.8%)	5:34	10.8 (73.5%)
36	CHOŁUJ Jarek	158	ROZBIEGANY KOSZALIN	M-40	19	00:00:07	00:08:59.35	00:09:07.00	+00:02:24 (26.9%)	5:35	10.7 (72.8%)
37	GROCHOWSKI Rafał	177		M-40	20	00:00:13	00:09:01.55	00:09:14.60	+00:02:27 (27.2%)	5:36	10.7 (72.8%)
38	ZIĘBA Paweł	24	TKKF KOSZALIN	M-40	21	00:00:06	00:09:04.20	00:09:10.85	+00:02:29 (27.5%)	5:37	10.7 (72.8%)
39	RYBARCZYK Ireneusz	200		M-30	10	00:00:10	00:09:05.30	00:09:16.05	+00:02:30 (27.7%)	5:39	10.6 (72.1%)
40	WOJCIECHOWSKI Andrzej	40		M-40	22	00:00:04	00:09:14.75	00:09:19.10	+00:02:40 (28.9%)	5:44	10.4 (70.7%)
41	OSIPIK Szymon	157		M-Dzieci	1	00:00:18	00:09:16.10	00:09:34.70	+00:02:41 (29.1%)	5:45	10.4 (70.7%)
42	MIĄSEK Ryszard	161		M-40	23	00:00:17	00:09:28.15	00:09:45.90	+00:02:53 (30.6%)	5:52	10.2 (69.4%)
43	MARKOWSKI Andrzej	178	TKKF KOSZALIN	M-60	1	00:00:04	00:09:29.90	00:09:34.10	+00:02:55 (30.8%)	5:54	10.2 (69.4%)
44	SEEWALD Jan	146		M-40	24	00:00:15	00:09:35.65	00:09:50.95	+00:03:01 (31.5%)	5:57	10.1 (68.7%)
45	KOZŁOWIECKI Waldek	16	TKKF KOSZALIN	M-60	2	00:00:11	00:09:36.05	00:09:47.85	+00:03:01 (31.5%)	5:57	10.1 (68.7%)
46	FAJGIER Tomasz	129		M-40	25	00:00:03	00:09:39.30	00:09:42.95	+00:03:04 (31.9%)	5:59	10 (68.0%)
47	KLENIEWSKI Piotr	179		M-50	5	00:00:02	00:09:53.25	00:09:55.55	+00:03:18 (33.5%)	6:08	9.8 (66.7%)
48	KOSECKI Tomasz	91		M-30	11	00:00:17	00:10:02.80	00:10:20.25	+00:03:28 (34.6%)	6:14	9.6 (65.3%)
49	KARNICKI Zygmunt	108	TKKF KOSZALIN	M-60	3	00:00:04	00:10:06.45	00:10:10.65	+00:03:32 (35.0%)	6:16	9.6 (65.3%)
50	SKRZYPEK Marcin	74	NIETOPERZE KOSZALIN	M-30	12	00:00:16	00:10:09.35	00:10:25.75	+00:03:34 (35.3%)	6:18	9.5 (64.6%)
51	JUSZCZAK Krzysztof	190		M-60	4	00:00:16	00:10:14.05	00:10:30.50	+00:03:39 (35.8%)	6:21	9.4 (63.9%)
52	PANCERZYŃSKI Łukasz	180		M-30	13	00:00:10	00:10:16.45	00:10:26.50	+00:03:42 (36.0%)	6:22	9.4 (63.9%)
53	HELLER Zdzisław	132	NIEZRZESZONY	M-60	5	00:00:14	00:10:40.15	00:10:54.30	+00:04:05 (38.4%)	6:37	9.1 (61.9%)
54	ŚMIAŁKOWSKI Bartosz	144		M-30	14	00:00:22	00:12:16.00	00:12:38.60	+00:05:41 (46.4%)	7:37	7.9 (53.7%)
55	RYBARCZYK Tomasz	136		M-30	15	00:00:14	00:12:22.95	00:12:37.60	+00:05:48 (46.9%)	7:41	7.8 (53.1%)
56	BARTNIK Marian	1	TKKF KOSZALIN	M-70	1	00:00:09	00:14:16.45	00:14:25.50	+00:07:42 (53.9%)	8:51	6.8 (46.3%)
57	ZDROWIECKI Igor	127		M-Dzieci	2	00:00:09	00:14:19.05	00:14:29.00	+00:07:44 (54.1%)	8:54	6.7 (45.6%)

Znaleziono 57 wynik(ów)