



# ZIMOWA MILA GÓRSKA 2016/2017 - EDYCJA 5/6

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2017-02-08  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.609km	Czas brutto 1.609km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Arkadiusz</b>	<b>151</b>	TKKF KOSZALIN	M-40	1	00:01:58	<b>00:06:39.20</b>	<b>00:08:38.00</b>		4:08	14.5 (100%)
2	<b>SZULC Arek</b>	<b>102</b>	ROZBIEGANY KOSZALIN	M-40	2	00:00:12	<b>00:07:02.40</b>	<b>00:07:14.65</b>	+00:00:23 (5.5%)	4:22	13.7 (94.5%)
3	<b>MICHALSKI Jakub</b>	<b>99</b>		M-40	3	00:00:20	<b>00:07:35.75</b>	<b>00:07:56.55</b>	+00:00:56 (12.4%)	4:43	12.7 (87.6%)
4	<b>KUŁAKOWSKI Dawid</b>	<b>19</b>	TKKF KOSZALIN	M-40	4	00:00:09	<b>00:07:42.05</b>	<b>00:07:51.55</b>	+00:01:02 (13.6%)	4:46	12.5 (86.2%)
5	<b>BESZTERDA Sebastian</b>	<b>110</b>	NIETOPERZE KOSZALIN	M-40	5	00:00:10	<b>00:07:42.50</b>	<b>00:07:52.75</b>	+00:01:03 (13.7%)	4:46	12.5 (86.2%)
6	<b>IWANIEC Dariusz</b>	<b>8</b>	TKKF KOSZALIN	M-40	6	00:00:08	<b>00:07:44.70</b>	<b>00:07:53.55</b>	+00:01:05 (14.1%)	4:48	12.5 (86.2%)
7	<b>PERCZYŃSKI Jarosław</b>	<b>86</b>	BEZ FORMY	M-40	7	00:00:09	<b>00:07:44.95</b>	<b>00:07:54.05</b>	+00:01:05 (14.1%)	4:48	12.5 (86.2%)
8	<b>MICERSKI Tomasz</b>	<b>20</b>	TKKF KOSZALIN	M-40	8	00:00:09	<b>00:08:02.15</b>	<b>00:08:11.45</b>	+00:01:22 (17.2%)	4:59	12 (82.8%)
9	<b>MOSIOŁEK Piotr</b>	<b>48</b>		M-40	9	00:00:18	<b>00:08:12.80</b>	<b>00:08:31.45</b>	+00:01:33 (19.0%)	5:06	11.8 (81.4%)
10	<b>ZIOMEK Dariusz</b>	<b>79</b>	TKKF KOSZALIN	M-40	10	00:01:59	<b>00:08:12.95</b>	<b>00:10:12.80</b>	+00:01:33 (19.0%)	5:06	11.8 (81.4%)
11	<b>ZWOLIŃSKI Jan</b>	<b>25</b>	TKKF KOSZALIN	M-40	11	00:00:09	<b>00:08:22.75</b>	<b>00:08:32.50</b>	+00:01:43 (20.6%)	5:12	11.5 (79.3%)
12	<b>KILAR Tomasz</b>	<b>51</b>		M-40	12	00:00:16	<b>00:08:31.10</b>	<b>00:08:47.95</b>	+00:01:51 (21.9%)	5:17	11.3 (77.9%)
13	<b>DZIESZUK Dariusz</b>	<b>6</b>	TKKF KOSZALIN	M-40	13	00:00:57	<b>00:08:33.50</b>	<b>00:09:31.00</b>	+00:01:54 (22.3%)	5:19	11.3 (77.9%)
14	<b>CHOŁUJ Jarek</b>	<b>159</b>	ROZBIEGANY KOSZALIN	M-40	14	00:00:12	<b>00:08:38.55</b>	<b>00:08:50.90</b>	+00:01:59 (23.0%)	5:21	11.2 (77.2%)
15	<b>OSIPIK Radek</b>	<b>37</b>		M-40	15	00:00:24	<b>00:08:40.65</b>	<b>00:09:04.90</b>	+00:02:01 (23.3%)	5:22	11.1 (76.6%)
16	<b>WAWRZYN Grzegorz</b>	<b>142</b>		M-40	16	00:00:09	<b>00:08:44.35</b>	<b>00:08:53.95</b>	+00:02:05 (23.9%)	5:25	11.1 (76.6%)
17	<b>JAROSZ Dariusz</b>	<b>9</b>	TKKF KOSZALIN	M-40	17	00:01:59	<b>00:08:46.80</b>	<b>00:10:46.40</b>	+00:02:07 (24.2%)	5:27	11 (75.9%)
18	<b>ZIĘBA Paweł</b>	<b>24</b>	TKKF KOSZALIN	M-40	18	00:00:13	<b>00:08:59.95</b>	<b>00:09:13.50</b>	+00:02:20 (26.1%)	5:35	10.7 (73.8%)
19	<b>GOTOWAŁA Rafał</b>	<b>180</b>		M-40	19	00:00:19	<b>00:09:10.60</b>	<b>00:09:30.25</b>	+00:02:31 (27.5%)	5:42	10.5 (72.4%)
20	<b>FAJGIER Tomasz</b>	<b>95</b>		M-40	20	00:00:11	<b>00:09:16.10</b>	<b>00:09:27.80</b>	+00:02:36 (28.2%)	5:45	10.4 (71.7%)
21	<b>GROCHOWSKI Rafał</b>	<b>176</b>		M-40	21	00:00:17	<b>00:09:16.65</b>	<b>00:09:34.35</b>	+00:02:37 (28.3%)	5:45	10.4 (71.7%)
22	<b>SEEWALD Jan</b>	<b>165</b>		M-40	22	00:00:17	<b>00:09:27.50</b>	<b>00:09:44.70</b>	+00:02:48 (29.7%)	5:52	10.2 (70.3%)
23	<b>WOJCIECHOWSKI Andrzej</b>	<b>27</b>		M-40	23	00:00:08	<b>00:09:39.20</b>	<b>00:09:48.00</b>	+00:03:00 (31.1%)	6:00	10 (69.0%)
24	<b>SEKUŁA Mariusz</b>	<b>44</b>		M-40	24	00:00:17	<b>00:09:51.95</b>	<b>00:10:09.75</b>	+00:03:12 (32.6%)	6:07	9.8 (67.6%)
25	<b>MIĄSEK Ryszard</b>	<b>53</b>		M-40	25	00:00:15	<b>00:10:05.05</b>	<b>00:10:20.90</b>	+00:03:25 (34.0%)	6:15	9.6 (66.2%)
26	<b>TESKA Bartosz</b>	<b>123</b>	TKKF KOSZALIN	M-40	26	00:00:24	<b>00:14:37.85</b>	<b>00:15:02.55</b>	+00:07:58 (54.5%)	9:05	6.6 (45.5%)
27	<b>OSTROWSKI Krzysztof</b>	<b>137</b>		M-40	27	00:00:24	<b>00:14:38.15</b>	<b>00:15:02.55</b>	+00:07:58 (54.5%)	9:05	6.6 (45.5%)

Znaleziono 27 wynik(ów)