



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-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	BEDNARZ Paweł	75	13-TY FUN CLUB ASI CHMIEL :*	M-30	1	00:00:07	00:06:16.35	00:06:24.10		3:54	15.4 (100%)
2	KOZAK Arkadiusz	151	TKKF KOSZALIN	M-40	1	00:01:58	00:06:39.20	00:08:38.00	+00:00:22 (5.7%)	4:08	14.5 (94.2%)
3	SZEWCZUK Paweł	117		M-30	2	00:00:08	00:06:39.50	00:06:48.00	+00:00:23 (5.8%)	4:08	14.5 (94.2%)
4	SZULC Arek	102	ROZBIEGANY KOSZALIN	M-40	2	00:00:12	00:07:02.40	00:07:14.65	+00:00:46 (10.9%)	4:22	13.7 (89.0%)
5	CZAPLIŃSKI Jacek	188		M-30	3	00:00:18	00:07:10.45	00:07:28.60	+00:00:54 (12.6%)	4:27	13.5 (87.7%)
6	JAŻWIŃSKI Dawid	10	TKKF KOSZALIN	M-13	1	00:00:07	00:07:14.30	00:07:22.25	+00:00:57 (13.3%)	4:30	13.3 (86.4%)
7	KOŚCIELNIAK Robert	14	TKKF KOSZALIN	M-50	1	00:00:08	00:07:14.90	00:07:23.40	+00:00:58 (13.5%)	4:30	13.3 (86.4%)
8	SIWIK Stanisław	73	283. KRT	M-30	4	00:00:10	00:07:25.60	00:07:36.55	+00:01:09 (15.5%)	4:37	13 (84.4%)
9	MICHALSKI Jakub	99		M-40	3	00:00:20	00:07:35.75	00:07:56.55	+00:01:19 (17.4%)	4:43	12.7 (82.5%)
10	MICHALAK Michał	32	DZIKI KOSZALIN	M-30	5	00:00:10	00:07:40.30	00:07:50.70	+00:01:23 (18.2%)	4:45	12.6 (81.8%)
11	KUŁAKOWSKI Dawid	19	TKKF KOSZALIN	M-40	4	00:00:09	00:07:42.05	00:07:51.55	+00:01:25 (18.5%)	4:46	12.5 (81.2%)
12	RUTKOWSKI Artur	63		M-18	1	00:00:07	00:07:42.10	00:07:49.70	+00:01:25 (18.6%)	4:46	12.5 (81.2%)
13	BESZTERDA Sebastian	110	NIETOPERZE KOSZALIN	M-40	5	00:00:10	00:07:42.50	00:07:52.75	+00:01:26 (18.6%)	4:46	12.5 (81.2%)
14	IWANIEC Dariusz	8	TKKF KOSZALIN	M-40	6	00:00:08	00:07:44.70	00:07:53.55	+00:01:28 (19.0%)	4:48	12.5 (81.2%)
15	PERCZYŃSKI Jarosław	86	BEZ FORMY	M-40	7	00:00:09	00:07:44.95	00:07:54.05	+00:01:28 (19.1%)	4:48	12.5 (81.2%)
16	RUTKOWSKI Ryszard	85	RUTKOWSKI TEAM	M-50	2	00:00:08	00:07:52.40	00:08:00.80	+00:01:36 (20.3%)	4:53	12.3 (79.9%)
17	MICERSKI Tomasz	20	TKKF KOSZALIN	M-40	8	00:00:09	00:08:02.15	00:08:11.45	+00:01:45 (21.9%)	4:59	12 (77.9%)
18	MOSIOŁEK Piotr	48		M-40	9	00:00:18	00:08:12.80	00:08:31.45	+00:01:56 (23.6%)	5:06	11.8 (76.6%)
19	ZIOMEK Dariusz	79	TKKF KOSZALIN	M-40	10	00:01:59	00:08:12.95	00:10:12.80	+00:01:56 (23.7%)	5:06	11.8 (76.6%)
20	ZDROWIECKI Artur	50		M-30	6	00:00:10	00:08:14.90	00:08:25.45	+00:01:58 (24.0%)	5:07	11.7 (76.0%)
21	ZWOLIŃSKI Jan	25	TKKF KOSZALIN	M-40	11	00:00:09	00:08:22.75	00:08:32.50	+00:02:06 (25.1%)	5:12	11.5 (74.7%)
22	SOKOŁOWSKI Maciej	139		M-30	7	00:00:23	00:08:23.75	00:08:47.05	+00:02:07 (25.3%)	5:13	11.5 (74.7%)
23	KRAWCZYK Tomasz	168		M-30	8	00:00:08	00:08:24.80	00:08:33.60	+00:02:08 (25.4%)	5:13	11.5 (74.7%)
24	KAMYK Piotr	132	MH SERWIS IT :)	M-30	9	00:00:10	00:08:24.90	00:08:35.15	+00:02:08 (25.5%)	5:13	11.5 (74.7%)
25	GOŁDYN Marek	7	TKKF KOSZALIN	M-30	10	00:01:59	00:08:25.50	00:10:24.70	+00:02:09 (25.5%)	5:13	11.5 (74.7%)
26	KILAR Tomasz	51		M-40	12	00:00:16	00:08:31.10	00:08:47.95	+00:02:14 (26.4%)	5:17	11.3 (73.4%)
27	DZIESZUK Dariusz	6	TKKF KOSZALIN	M-40	13	00:00:57	00:08:33.50	00:09:31.00	+00:02:17 (26.7%)	5:19	11.3 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							1.609km	1.609km			
28	CHOŁUJ Jarek	159	ROZBIEGANY KOSZALIN	M-40	14	00:00:12	00:08:38.55	00:08:50.90	+00:02:22 (27.4%)	5:21	11.2 (72.7%)
29	OSIPIK Radek	37		M-40	15	00:00:24	00:08:40.65	00:09:04.90	+00:02:24 (27.7%)	5:22	11.1 (72.1%)
30	OSIPIK Szymon	173		M-Dzieci	1	00:00:23	00:08:43.80	00:09:07.10	+00:02:27 (28.2%)	5:25	11.1 (72.1%)
31	WAWRZYN Grzegorz	142		M-40	16	00:00:09	00:08:44.35	00:08:53.95	+00:02:28 (28.2%)	5:25	11.1 (72.1%)
32	JAROSZ Dariusz	9	TKKF KOSZALIN	M-40	17	00:01:59	00:08:46.80	00:10:46.40	+00:02:30 (28.6%)	5:27	11 (71.4%)
33	DZIĘBOWSKI Mariusz	97		M-30	11	00:00:13	00:08:47.10	00:09:00.30	+00:02:30 (28.6%)	5:27	11 (71.4%)
34	JUSZCZAK Krzysztof	128		M-60	1	00:00:22	00:08:59.80	00:09:21.85	+00:02:43 (30.3%)	5:34	10.8 (70.1%)
35	ZIĘBA Paweł	24	TKKF KOSZALIN	M-40	18	00:00:13	00:08:59.95	00:09:13.50	+00:02:43 (30.3%)	5:35	10.7 (69.5%)
36	GOTOWAŁA Rafał	180		M-40	19	00:00:19	00:09:10.60	00:09:30.25	+00:02:54 (31.6%)	5:42	10.5 (68.2%)
37	FAJGIER Tomasz	95		M-40	20	00:00:11	00:09:16.10	00:09:27.80	+00:02:59 (32.3%)	5:45	10.4 (67.5%)
38	GROCHOWSKI Rafał	176		M-40	21	00:00:17	00:09:16.65	00:09:34.35	+00:03:00 (32.4%)	5:45	10.4 (67.5%)
39	RYBARCZYK Ireneusz	138		M-30	12	00:00:18	00:09:24.50	00:09:42.80	+00:03:08 (33.3%)	5:50	10.3 (66.9%)
40	SEEWALD Jan	165		M-40	22	00:00:17	00:09:27.50	00:09:44.70	+00:03:11 (33.7%)	5:52	10.2 (66.2%)
41	KUPREWICZ Grzegorz	82	JW1223	M-30	13	00:00:13	00:09:28.00	00:09:41.60	+00:03:11 (33.7%)	5:52	10.2 (66.2%)
41	WILKOWSKI Krzysztof	57		M-30	14	00:00:14	00:09:28.00	00:09:42.00	+00:03:11 (33.7%)	5:52	10.2 (66.2%)
43	WOJCIECHOWSKI Andrzej	27		M-40	23	00:00:08	00:09:39.20	00:09:48.00	+00:03:22 (35.0%)	6:00	10 (64.9%)
44	PANCERZYŃSKI Łukasz	191		M-30	15	00:00:11	00:09:50.90	00:10:02.45	+00:03:34 (36.3%)	6:07	9.8 (63.6%)
45	SEKUŁA Mariusz	44		M-40	24	00:00:17	00:09:51.95	00:10:09.75	+00:03:35 (36.4%)	6:07	9.8 (63.6%)
46	KISIELIŃSKI Igor	115	TKKF KOSZALIN	M-50	3	00:00:08	00:10:04.90	00:10:13.75	+00:03:48 (37.8%)	6:15	9.6 (62.3%)
47	MIĄSEK Ryszard	53		M-40	25	00:00:15	00:10:05.05	00:10:20.90	+00:03:48 (37.8%)	6:15	9.6 (62.3%)
48	KOPCZEWSKI Dariusz	134		M-50	4	00:00:15	00:10:05.15	00:10:21.00	+00:03:48 (37.8%)	6:16	9.6 (62.3%)
49	KOZŁOWIECKI Waldek	16	TKKF KOSZALIN	M-60	2	00:00:22	00:10:09.70	00:10:32.10	+00:03:53 (38.3%)	6:18	9.5 (61.7%)
50	KARNICKI Zygmunt	12	TKKF KOSZALIN	M-60	3	00:00:12	00:10:10.70	00:10:23.05	+00:03:54 (38.4%)	6:19	9.5 (61.7%)
51	KOSECKI Tomasz	69		M-30	16	00:00:17	00:10:16.45	00:10:33.90	+00:04:00 (38.9%)	6:22	9.4 (61.0%)
52	KLENIEWSKI Piotr	66		M-50	5	00:00:07	00:10:23.30	00:10:30.90	+00:04:06 (39.6%)	6:26	9.3 (60.4%)
53	HELLER Zdzisław	59	NIEZRZESZONY	M-60	4	00:00:21	00:11:17.60	00:11:38.95	+00:05:01 (44.5%)	7:00	8.6 (55.8%)
54	RYBARCZYK Tomasz	155		M-30	17	00:00:18	00:11:45.30	00:12:03.30	+00:05:28 (46.6%)	7:17	8.2 (53.2%)
55	BESZTERDA Jakub	194		M-13	2	00:00:13	00:12:35.10	00:12:48.20	+00:06:18 (50.2%)	7:48	7.7 (50.0%)
56	TESKA Bartosz	123	TKKF KOSZALIN	M-40	26	00:00:24	00:14:37.85	00:15:02.55	+00:08:21 (57.1%)	9:05	6.6 (42.9%)
57	OSTROWSKI Krzysztof	137		M-40	27	00:00:24	00:14:38.15	00:15:02.55	+00:08:21 (57.1%)	9:05	6.6 (42.9%)
58	BARTNIK Marian	1	TKKF KOSZALIN	M-70	1	00:00:06	00:14:41.55	00:14:47.60	+00:08:25 (57.3%)	9:07	6.6 (42.9%)

Znaleziono 58 wynik(ów)