



ZIMOWA MILA GÓRSKA 2017/2018 - EDYCJA 1/6

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2017-12-20
Miejsce: Koszalin
Dystans: 1.609 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 1.609km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|----------------------------------|-----------|------|-----------------------|-------------------|-----------------|---------------|
| 1 | KOZAK Paweł | 80 | KL BAŁTYK | M-14 | 1 | 00:06:04.55 | | 3:46 | 15.9 (100%) |
| 2 | GÓRSKI Mateusz | 61 | MORSKI ODDZIAŁ STRAŻY GRANICZNEJ | M-18 | 1 | 00:06:05.15 | +00:00:00 (0.2%) | 3:46 | 15.9 (100%) |
| 3 | KOZAK Arkadiusz | 60 | TKKF KOSZALIN | M-40 | 1 | 00:06:18.10 | +00:00:13 (3.6%) | 3:54 | 15.3 (96.2%) |
| 4 | CZAPLIŃSKI Jacek | 66 | FREE BIRDS | M-30 | 1 | 00:06:34.90 | +00:00:30 (7.7%) | 4:05 | 14.7 (92.5%) |
| 5 | MUSIAŁ Krzysztof | 77 | TKKF KOSZALIN | M-30 | 2 | 00:06:36.65 | +00:00:32 (8.1%) | 4:05 | 14.6 (91.8%) |
| 6 | PRZEWŁOCKI Michał | 75 | TKKF KOSZALIN | M-30 | 3 | 00:06:47.00 | +00:00:42 (10.4%) | 4:12 | 14.2 (89.3%) |
| 7 | SOSNOWSKI Tomasz | 5 | 'BAŁTYK' KOSZALIN | M-18 | 2 | 00:06:50.65 | +00:00:46 (11.2%) | 4:14 | 14.1 (88.7%) |
| 8 | ZIELIŃSKI Kacper | 4 | | M-18 | 3 | 00:06:58.80 | +00:00:54 (13.0%) | 4:20 | 13.8 (86.8%) |
| 9 | SITOWSKI Marcin | 69 | | M-18 | 4 | 00:07:03.10 | +00:00:58 (13.8%) | 4:22 | 13.7 (86.2%) |
| 10 | ZUKAL Piotr | 11 | | M-40 | 2 | 00:07:05.55 | +00:01:01 (14.3%) | 4:24 | 13.6 (85.5%) |
| 11 | BESZTERDA Jakub | 1 | | M-14 | 2 | 00:07:09.05 | +00:01:04 (15.0%) | 4:26 | 13.5 (84.9%) |
| 12 | ZACHOLSKI Wojciech | 91 | | M-18 | 5 | 00:07:09.60 | +00:01:05 (15.1%) | 4:27 | 13.5 (84.9%) |
| 13 | KOŚCIELNIAK Robert | 53 | TKKF KOSZALIN | M-50 | 1 | 00:07:12.40 | +00:01:07 (15.7%) | 4:28 | 13.4 (84.3%) |
| 14 | ŻYWICKI Janusz | 57 | KB PIONIER SZCZECIN | M-40 | 3 | 00:07:17.10 | +00:01:12 (16.6%) | 4:31 | 13.3 (83.6%) |
| 15 | MOSZYŃSKI Jacek | 7 | TKKF KOSZALIN | M-50 | 2 | 00:07:22.00 | +00:01:17 (17.5%) | 4:34 | 13.1 (82.4%) |
| 16 | BESZTERDA Sebastian | 8 | NIETOPERZE KOSZALIN | M-40 | 4 | 00:07:23.85 | +00:01:19 (17.9%) | 4:35 | 13.1 (82.4%) |
| 17 | KONKEL Agnieszka | 18 | | K-30 | 1 | 00:07:26.80 | +00:01:22 (18.4%) | 4:37 | 13 (81.8%) |
| 18 | ŻYWICKI Bartosz | 15 | DZIKI KOSZALIN | M-30 | 4 | 00:07:29.35 | +00:01:24 (18.9%) | 4:38 | 12.9 (81.1%) |
| 19 | MAAS Artur Artimea | 100 | KINO~BIEGÓW~ARTI* | M-30 | 5 | 00:07:30.40 | +00:01:25 (19.1%) | 4:40 | 12.9 (81.1%) |
| 20 | ZWOLIŃSKI Jan | 94 | TKKF KOSZALIN | M-40 | 5 | 00:07:30.80 | +00:01:26 (19.1%) | 4:40 | 12.9 (81.1%) |
| 21 | SZUBERT Marcin | 38 | | M-40 | 6 | 00:07:41.30 | +00:01:36 (21.0%) | 4:46 | 12.6 (79.2%) |
| 22 | IWANIEC Dariusz | 98 | TKKF KOSZALIN | M-40 | 7 | 00:07:47.30 | +00:01:42 (22.0%) | 4:50 | 12.4 (78.0%) |
| 23 | WOŁOWIEC Przemek | 40 | | M-30 | 6 | 00:07:47.60 | +00:01:43 (22.0%) | 4:50 | 12.4 (78.0%) |
| 24 | DATA Dariusz | 35 | | M-40 | 8 | 00:07:50.45 | +00:01:45 (22.5%) | 4:52 | 12.3 (77.4%) |
| 25 | KONKEL Łukasz | 34 | | M-30 | 7 | 00:07:55.60 | +00:01:51 (23.3%) | 4:55 | 12.2 (76.7%) |
| 26 | KISIELIŃSKI Igor | 6 | TKKF KOSZALIN | M-50 | 3 | 00:07:56.60 | +00:01:52 (23.5%) | 4:55 | 12.2 (76.7%) |
| 27 | KUŁAKOWSKI Dawid | 67 | TKKF KOSZALIN | M-40 | 9 | 00:07:56.85 | +00:01:52 (23.6%) | 4:56 | 12.2 (76.7%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-----------|---|-----------|------|--------------------|-------------------|--------------|--------------|
| | | | | | | 1.609km | Różn | | |
| 28 | BASSEL Marcin | 39 | | M-30 | 8 | 00:07:58.90 | +00:01:54 (23.9%) | 4:57 | 12.1 (76.1%) |
| 29 | MICHNOWICZ Ewelina | 51 | HUSARIA RACE TEAM | K-18 | 1 | 00:08:00.30 | +00:01:55 (24.1%) | 4:58 | 12.1 (76.1%) |
| 30 | CZARNOWSKI Kamil | 17 | | M-18 | 6 | 00:08:01.70 | +00:01:57 (24.3%) | 4:58 | 12 (75.5%) |
| 31 | MISZCZYK Jan | 36 | ROZBIEGANY KOSZALIN | M-18 | 7 | 00:08:05.05 | +00:02:00 (24.8%) | 5:01 | 12 (75.5%) |
| 32 | CHOŁUJ Jarek | 65 | | M-40 | 10 | 00:08:05.45 | +00:02:00 (24.9%) | 5:01 | 12 (75.5%) |
| 33 | MICERSKI Tomasz | 86 | TKKF KOSZALIN | M-40 | 11 | 00:08:11.60 | +00:02:07 (25.8%) | 5:04 | 11.8 (74.2%) |
| 34 | SZABLA Ewelina | 42 | TKKF KOSZALIN | K-30 | 2 | 00:08:15.70 | +00:02:11 (26.5%) | 5:08 | 11.7 (73.6%) |
| 35 | KAMYK Piotr | 47 | MH SERWIS IT KOSZALIN WWW.MH-INFORMATYKA.PL | M-30 | 9 | 00:08:15.90 | +00:02:11 (26.5%) | 5:08 | 11.7 (73.6%) |
| 36 | CHODOR Martyna | 45 | TKKF KOSZALIN | K-30 | 3 | 00:08:19.75 | +00:02:15 (27.1%) | 5:10 | 11.6 (73.0%) |
| 37 | KAZIMIEROWICZ Radosław | 33 | VTT KOSZALIN | M-30 | 10 | 00:08:24.80 | +00:02:20 (27.8%) | 5:13 | 11.5 (72.3%) |
| 38 | ĆWIRKO Mateusz | 37 | | M-18 | 8 | 00:08:30.65 | +00:02:26 (28.6%) | 5:17 | 11.3 (71.1%) |
| 39 | CHODOR Izabela | 9 | TKKF KOSZALIN | K-30 | 4 | 00:08:32.00 | +00:02:27 (28.8%) | 5:18 | 11.3 (71.1%) |
| 40 | CIEŚLAK Radosław | 23 | | M-18 | 9 | 00:08:34.60 | +00:02:30 (29.2%) | 5:19 | 11.3 (71.1%) |
| 41 | NOREK Tomek | 64 | | M-40 | 12 | 00:08:35.30 | +00:02:30 (29.3%) | 5:20 | 11.2 (70.4%) |
| 42 | WAWRZYN Grzegorz | 19 | | M-40 | 13 | 00:08:37.90 | +00:02:33 (29.6%) | 5:21 | 11.2 (70.4%) |
| 43 | ŻUKOWSKI Cezary | 56 | CZAREK W BIEGU | M-30 | 11 | 00:08:40.05 | +00:02:35 (29.9%) | 5:22 | 11.1 (69.8%) |
| 44 | SKOWYRSKI Janusz | 3 | TKKF KOSZALIN | M-50 | 4 | 00:08:40.90 | +00:02:36 (30.0%) | 5:23 | 11.1 (69.8%) |
| 45 | DĄBROWSKA Alicja | 32 | TKKF KOSZALIN | K-50 | 1 | 00:08:44.35 | +00:02:39 (30.5%) | 5:25 | 11.1 (69.8%) |
| 46 | KOWALCZYK Arkadiusz | 13 | | M-18 | 10 | 00:08:52.50 | +00:02:47 (31.5%) | 5:31 | 10.9 (68.6%) |
| 47 | MARZEC Łukasz | 62 | | M-30 | 12 | 00:08:56.10 | +00:02:51 (32.0%) | 5:33 | 10.8 (67.9%) |
| 48 | SZUBERT Julia | 46 | | K-14 | 1 | 00:08:57.10 | +00:02:52 (32.1%) | 5:33 | 10.8 (67.9%) |
| 49 | KULCZYK Katarzyna | 72 | KB BRYZA POSTOMINO | K-30 | 5 | 00:08:58.25 | +00:02:53 (32.3%) | 5:34 | 10.8 (67.9%) |
| 50 | MĘDEL Marta | 31 | TKKF KOSZALIN | K-40 | 1 | 00:08:58.50 | +00:02:53 (32.3%) | 5:34 | 10.8 (67.9%) |
| 51 | GOŁDYN Marek | 14 | TKKF KOSZALIN | M-30 | 13 | 00:08:59.80 | +00:02:55 (32.5%) | 5:35 | 10.7 (67.3%) |
| 52 | KURŁOWICZ Krzysztof | 76 | ŻÓŁWIEGO BIEGACZA :) | M-30 | 14 | 00:09:00.10 | +00:02:55 (32.5%) | 5:35 | 10.7 (67.3%) |
| 53 | KRZEWIŃSKA Małgorzata | 73 | TKKF KOSZALIN | K-50 | 2 | 00:09:00.60 | +00:02:56 (32.6%) | 5:35 | 10.7 (67.3%) |
| 54 | ZIÓŁKOWSKA Gosia | 44 | | K-30 | 6 | 00:09:01.35 | +00:02:56 (32.7%) | 5:36 | 10.7 (67.3%) |
| 55 | GRABOWSKA-LESISZ Aneta | 22 | | K-30 | 7 | 00:09:17.10 | +00:03:12 (34.6%) | 5:45 | 10.4 (65.4%) |
| 56 | ORZEŁ Anna Justyna | 74 | TKKF KOSZALIN | K-40 | 2 | 00:09:23.60 | +00:03:19 (35.3%) | 5:49 | 10.3 (64.8%) |
| 57 | JUSZCZAK Krzysztof | 30 | | M-60 | 1 | 00:09:24.35 | +00:03:19 (35.4%) | 5:50 | 10.3 (64.8%) |
| 58 | KLENIEWSKI Piotr | 58 | ZACHODNIOPOMORSKIE | M-50 | 5 | 00:09:27.55 | +00:03:23 (35.8%) | 5:52 | 10.2 (64.2%) |
| 59 | KOPCZEWSKI Dariusz | 27 | | M-50 | 6 | 00:09:34.25 | +00:03:29 (36.5%) | 5:57 | 10.1 (63.5%) |
| 60 | SZUBERT Alicja | 25 | KOŁOBRZEG BIEGA | K-Dz | 1 | 00:09:35.50 | +00:03:30 (36.7%) | 5:57 | 10.1 (63.5%) |
| 61 | PAWLAK Marek | 71 | | M-30 | 15 | 00:09:36.25 | +00:03:31 (36.7%) | 5:57 | 10.1 (63.5%) |
| 62 | PANCERZYŃSKI Łukasz | 48 | | M-30 | 16 | 00:09:42.60 | +00:03:38 (37.4%) | 6:01 | 10 (62.9%) |
| 63 | KOZŁOWIECKI Waldek | 70 | TKKF KOSZALIN | M-60 | 2 | 00:09:49.05 | +00:03:44 (38.1%) | 6:05 | 9.8 (61.6%) |
| 64 | PAWELSKI Kacper | 85 | TIMO&JOHNNY | M-14 | 3 | 00:09:50.60 | +00:03:46 (38.3%) | 6:06 | 9.8 (61.6%) |
| 65 | KALOCIŃSKI Krzysztof | 49 | | M-30 | 17 | 00:09:57.45 | +00:03:52 (39.0%) | 6:11 | 9.7 (61.0%) |
| 66 | ZALESKI Tomasz | 92 | | M-30 | 18 | 00:10:04.15 | +00:03:59 (39.7%) | 6:15 | 9.6 (60.4%) |
| 67 | JANCZEWSKI Jacek | 52 | | M-18 | 11 | 00:10:09.60 | +00:04:05 (40.2%) | 6:18 | 9.5 (59.7%) |
| 68 | SIKORSKI Witold | 41 | KB RUN 42 | M-50 | 7 | 00:10:09.70 | +00:04:05 (40.2%) | 6:18 | 9.5 (59.7%) |
| 69 | MAZUREK Barbara | 43 | BABECZKI KOSZALIN | K-30 | 8 | 00:10:10.70 | +00:04:06 (40.3%) | 6:19 | 9.5 (59.7%) |
| 70 | NOWACKA Elżbieta | 28 | | K-40 | 3 | 00:10:12.05 | +00:04:07 (40.4%) | 6:20 | 9.5 (59.7%) |
| 71 | KARNICKI Zygmunt | 95 | TKKF KOSZALIN | M-60 | 3 | 00:10:14.90 | +00:04:10 (40.7%) | 6:21 | 9.4 (59.1%) |

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|-----|------------------------------------|-----------|--------------------------------|-----------|------|-----------------------|-------------------|-----------------|---------------|
| 72 | RADOSZ Katarzyna | 29 | | K-40 | 4 | 00:10:18.60 | +00:04:14 (41.1%) | 6:24 | 9.4 (59.1%) |
| 73 | NAWROCKA Anna | 24 | | K-18 | 2 | 00:10:21.65 | +00:04:17 (41.4%) | 6:26 | 9.3 (58.5%) |
| 74 | ROBAKOWSKA Żaneta | 16 | GABINET REHABILITACJI AKTYWNEJ | K-30 | 9 | 00:10:24.30 | +00:04:19 (41.6%) | 6:27 | 9.3 (58.5%) |
| 75 | BIERKUS Mirosław | 59 | TKKF KOSZALIN | M-60 | 4 | 00:10:27.20 | +00:04:22 (41.9%) | 6:29 | 9.2 (57.9%) |
| 76 | SKRZYPEK Marcin | 26 | NIETOPERZE KOSZALIN | M-30 | 19 | 00:10:29.15 | +00:04:24 (42.1%) | 6:31 | 9.2 (57.9%) |
| 77 | SZUBERT Agnieszka | 63 | KOŁOBRZEG BIEGA | K-30 | 10 | 00:10:33.20 | +00:04:28 (42.4%) | 6:33 | 9.2 (57.9%) |
| 78 | KUCZYŃSKI Tymoteusz | 97 | TIMO&JOHNNY | M-14 | 4 | 00:10:46.95 | +00:04:42 (43.7%) | 6:41 | 9 (56.6%) |
| 79 | BRZEZIŃSKI Bartosz | 88 | | M-18 | 12 | 00:10:48.90 | +00:04:44 (43.8%) | 6:43 | 8.9 (56.0%) |
| 80 | FRĄTCZAK Sławomir | 82 | | M-30 | 20 | 00:11:05.35 | +00:05:00 (45.2%) | 6:53 | 8.7 (54.7%) |
| 81 | HAWRAN Beata | 54 | | K-18 | 3 | 00:11:21.50 | +00:05:16 (46.5%) | 7:02 | 8.5 (53.5%) |
| 82 | HELLER Zdzisław | 10 | NIEZRZESZONY | M-60 | 5 | 00:11:31.30 | +00:05:26 (47.3%) | 7:09 | 8.4 (52.8%) |
| 83 | ŻAK Rafał | 68 | | M-30 | 21 | 00:12:37.45 | +00:06:32 (51.9%) | 7:50 | 7.7 (48.4%) |
| 84 | WOLF Beata | 12 | TKKF KOSZALIN | K-30 | 11 | 00:12:39.50 | +00:06:34 (52.0%) | 7:52 | 7.6 (47.8%) |
| 85 | KOZŁOWIECKA Małgorzata | 79 | | K-50 | 3 | 00:12:48.65 | +00:06:44 (52.6%) | 7:57 | 7.5 (47.2%) |
| 86 | PRZYBOREK Kinga | 20 | | K-30 | 12 | 00:13:26.20 | +00:07:21 (54.8%) | 8:20 | 7.2 (45.3%) |
| 87 | MARTKO Agnieszka | 2 | | K-30 | 13 | 00:15:03.00 | +00:08:58 (59.6%) | 9:20 | 6.4 (40.3%) |
| 88 | WOJTKIEWICZ-BAKOWSKA Dorota | 50 | BABECZKI KOSZALIN | K-30 | 14 | 00:17:25.65 | +00:11:21 (65.1%) | 10:49 | 5.5 (34.6%) |
| 89 | BAKOWSKA Agata | 55 | BABECZKI KOSZALIN | K-Dz | 2 | 00:17:25.85 | +00:11:21 (65.1%) | 10:49 | 5.5 (34.6%) |
| 90 | BARTNIK Marian | 78 | TKKF KOSZALIN | M-70 | 1 | | | | (0.0%) |
| 91 | ZAWORSKI Nicolas | 21 | SP 9 | M-Dz | 1 | | | | (0.0%) |

Znaleziono 91 wynik(ów)