



# 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: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Paweł</b>	<b>80</b>	KL BAŁTYK	M-14	1	<b>00:06:04.55</b>		3:46	15.9 (100%)
2	<b>GÓRSKI Mateusz</b>	<b>61</b>	MORSKI ODDZIAŁ STRAŻY GRANICZNEJ	M-18	1	<b>00:06:05.15</b>	+00:00:00 (0.2%)	3:46	15.9 (100%)
3	<b>KOZAK Arkadiusz</b>	<b>60</b>	TKKF KOSZALIN	M-40	1	<b>00:06:18.10</b>	+00:00:13 (3.6%)	3:54	15.3 (96.2%)
4	<b>CZAPLIŃSKI Jacek</b>	<b>66</b>	FREE BIRDS	M-30	1	<b>00:06:34.90</b>	+00:00:30 (7.7%)	4:05	14.7 (92.5%)
5	<b>MUSIAŁ Krzysztof</b>	<b>77</b>	TKKF KOSZALIN	M-30	2	<b>00:06:36.65</b>	+00:00:32 (8.1%)	4:05	14.6 (91.8%)
6	<b>PRZEWŁOCKI Michał</b>	<b>75</b>	TKKF KOSZALIN	M-30	3	<b>00:06:47.00</b>	+00:00:42 (10.4%)	4:12	14.2 (89.3%)
7	<b>SOSNOWSKI Tomasz</b>	<b>5</b>	'BAŁTYK' KOSZALIN	M-18	2	<b>00:06:50.65</b>	+00:00:46 (11.2%)	4:14	14.1 (88.7%)
8	<b>ZIELIŃSKI Kacper</b>	<b>4</b>		M-18	3	<b>00:06:58.80</b>	+00:00:54 (13.0%)	4:20	13.8 (86.8%)
9	<b>SITOWSKI Marcin</b>	<b>69</b>		M-18	4	<b>00:07:03.10</b>	+00:00:58 (13.8%)	4:22	13.7 (86.2%)
10	<b>ZUKAL Piotr</b>	<b>11</b>		M-40	2	<b>00:07:05.55</b>	+00:01:01 (14.3%)	4:24	13.6 (85.5%)
11	<b>BESZTERDA Jakub</b>	<b>1</b>		M-14	2	<b>00:07:09.05</b>	+00:01:04 (15.0%)	4:26	13.5 (84.9%)
12	<b>ZACHOLSKI Wojciech</b>	<b>91</b>		M-18	5	<b>00:07:09.60</b>	+00:01:05 (15.1%)	4:27	13.5 (84.9%)
13	<b>KOŚCIELNIAK Robert</b>	<b>53</b>	TKKF KOSZALIN	M-50	1	<b>00:07:12.40</b>	+00:01:07 (15.7%)	4:28	13.4 (84.3%)
14	<b>ŻYWICKI Janusz</b>	<b>57</b>	KB PIONIER SZCZECIN	M-40	3	<b>00:07:17.10</b>	+00:01:12 (16.6%)	4:31	13.3 (83.6%)
15	<b>MOSZYŃSKI Jacek</b>	<b>7</b>	TKKF KOSZALIN	M-50	2	<b>00:07:22.00</b>	+00:01:17 (17.5%)	4:34	13.1 (82.4%)
16	<b>BESZTERDA Sebastian</b>	<b>8</b>	NIETOPERZE KOSZALIN	M-40	4	<b>00:07:23.85</b>	+00:01:19 (17.9%)	4:35	13.1 (82.4%)
17	<b>ŻYWICKI Bartosz</b>	<b>15</b>	DZIKI KOSZALIN	M-30	4	<b>00:07:29.35</b>	+00:01:24 (18.9%)	4:38	12.9 (81.1%)
18	<b>MAAS Artur Artimea</b>	<b>100</b>	KINO~BIEGÓW~ARTI*	M-30	5	<b>00:07:30.40</b>	+00:01:25 (19.1%)	4:40	12.9 (81.1%)
19	<b>ZWOLIŃSKI Jan</b>	<b>94</b>	TKKF KOSZALIN	M-40	5	<b>00:07:30.80</b>	+00:01:26 (19.1%)	4:40	12.9 (81.1%)
20	<b>SZUBERT Marcin</b>	<b>38</b>		M-40	6	<b>00:07:41.30</b>	+00:01:36 (21.0%)	4:46	12.6 (79.2%)
21	<b>IWANIEC Dariusz</b>	<b>98</b>	TKKF KOSZALIN	M-40	7	<b>00:07:47.30</b>	+00:01:42 (22.0%)	4:50	12.4 (78.0%)
22	<b>WOŁOWIEC Przemek</b>	<b>40</b>		M-30	6	<b>00:07:47.60</b>	+00:01:43 (22.0%)	4:50	12.4 (78.0%)
23	<b>DATA Dariusz</b>	<b>35</b>		M-40	8	<b>00:07:50.45</b>	+00:01:45 (22.5%)	4:52	12.3 (77.4%)
24	<b>KONKEL Łukasz</b>	<b>34</b>		M-30	7	<b>00:07:55.60</b>	+00:01:51 (23.3%)	4:55	12.2 (76.7%)
25	<b>KISIELIŃSKI Igor</b>	<b>6</b>	TKKF KOSZALIN	M-50	3	<b>00:07:56.60</b>	+00:01:52 (23.5%)	4:55	12.2 (76.7%)
26	<b>KUŁAKOWSKI Dawid</b>	<b>67</b>	TKKF KOSZALIN	M-40	9	<b>00:07:56.85</b>	+00:01:52 (23.6%)	4:56	12.2 (76.7%)
27	<b>BASSEL Marcin</b>	<b>39</b>		M-30	8	<b>00:07:58.90</b>	+00:01:54 (23.9%)	4:57	12.1 (76.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						1.609km	Różn		
28	<b>CZARNOWSKI Kamil</b>	<b>17</b>		M-18	6	<b>00:08:01.70</b>	+00:01:57 (24.3%)	4:58	12 (75.5%)
29	<b>MISZCZYK Jan</b>	<b>36</b>	ROZBIEGANY KOSZALIN	M-18	7	<b>00:08:05.05</b>	+00:02:00 (24.8%)	5:01	12 (75.5%)
30	<b>CHOŁUJ Jarek</b>	<b>65</b>		M-40	10	<b>00:08:05.45</b>	+00:02:00 (24.9%)	5:01	12 (75.5%)
31	<b>MICERSKI Tomasz</b>	<b>86</b>	TKKF KOSZALIN	M-40	11	<b>00:08:11.60</b>	+00:02:07 (25.8%)	5:04	11.8 (74.2%)
32	<b>KAMYK Piotr</b>	<b>47</b>	MH SERWIS IT KOSZALIN WWW.MH-INFORMATYKA.PL	M-30	9	<b>00:08:15.90</b>	+00:02:11 (26.5%)	5:08	11.7 (73.6%)
33	<b>KAZIMIEROWICZ Radosław</b>	<b>33</b>	VTT KOSZALIN	M-30	10	<b>00:08:24.80</b>	+00:02:20 (27.8%)	5:13	11.5 (72.3%)
34	<b>ĆWIRKO Mateusz</b>	<b>37</b>		M-18	8	<b>00:08:30.65</b>	+00:02:26 (28.6%)	5:17	11.3 (71.1%)
35	<b>CIEŚLAK Radosław</b>	<b>23</b>		M-18	9	<b>00:08:34.60</b>	+00:02:30 (29.2%)	5:19	11.3 (71.1%)
36	<b>NOREK Tomek</b>	<b>64</b>		M-40	12	<b>00:08:35.30</b>	+00:02:30 (29.3%)	5:20	11.2 (70.4%)
37	<b>WAWRZYN Grzegorz</b>	<b>19</b>		M-40	13	<b>00:08:37.90</b>	+00:02:33 (29.6%)	5:21	11.2 (70.4%)
38	<b>ŻUKOWSKI Cezary</b>	<b>56</b>	CZAREK W BIEGU	M-30	11	<b>00:08:40.05</b>	+00:02:35 (29.9%)	5:22	11.1 (69.8%)
39	<b>SKOWYRSKI Janusz</b>	<b>3</b>	TKKF KOSZALIN	M-50	4	<b>00:08:40.90</b>	+00:02:36 (30.0%)	5:23	11.1 (69.8%)
40	<b>KOWALCZYK Arkadiusz</b>	<b>13</b>		M-18	10	<b>00:08:52.50</b>	+00:02:47 (31.5%)	5:31	10.9 (68.6%)
41	<b>MARZEC Łukasz</b>	<b>62</b>		M-30	12	<b>00:08:56.10</b>	+00:02:51 (32.0%)	5:33	10.8 (67.9%)
42	<b>GOŁDYN Marek</b>	<b>14</b>	TKKF KOSZALIN	M-30	13	<b>00:08:59.80</b>	+00:02:55 (32.5%)	5:35	10.7 (67.3%)
43	<b>KURŁOWICZ Krzysztof</b>	<b>76</b>	ŻÓŁWIEGO BIEGACZA :)	M-30	14	<b>00:09:00.10</b>	+00:02:55 (32.5%)	5:35	10.7 (67.3%)
44	<b>JUSZCZAK Krzysztof</b>	<b>30</b>		M-60	1	<b>00:09:24.35</b>	+00:03:19 (35.4%)	5:50	10.3 (64.8%)
45	<b>KLENIEWSKI Piotr</b>	<b>58</b>	ZACHODNIOPOMORSKIE	M-50	5	<b>00:09:27.55</b>	+00:03:23 (35.8%)	5:52	10.2 (64.2%)
46	<b>KOPCZEWSKI Dariusz</b>	<b>27</b>		M-50	6	<b>00:09:34.25</b>	+00:03:29 (36.5%)	5:57	10.1 (63.5%)
47	<b>PAWLAK Marek</b>	<b>71</b>		M-30	15	<b>00:09:36.25</b>	+00:03:31 (36.7%)	5:57	10.1 (63.5%)
48	<b>PANCERZYŃSKI Łukasz</b>	<b>48</b>		M-30	16	<b>00:09:42.60</b>	+00:03:38 (37.4%)	6:01	10 (62.9%)
49	<b>KOZŁOWIECKI Waldek</b>	<b>70</b>	TKKF KOSZALIN	M-60	2	<b>00:09:49.05</b>	+00:03:44 (38.1%)	6:05	9.8 (61.6%)
50	<b>PAWELSKI Kacper</b>	<b>85</b>	TIMO&JOHNNY	M-14	3	<b>00:09:50.60</b>	+00:03:46 (38.3%)	6:06	9.8 (61.6%)
51	<b>KALOCIŃSKI Krzysztof</b>	<b>49</b>		M-30	17	<b>00:09:57.45</b>	+00:03:52 (39.0%)	6:11	9.7 (61.0%)
52	<b>ZALESKI Tomasz</b>	<b>92</b>		M-30	18	<b>00:10:04.15</b>	+00:03:59 (39.7%)	6:15	9.6 (60.4%)
53	<b>JANCZEWSKI Jacek</b>	<b>52</b>		M-18	11	<b>00:10:09.60</b>	+00:04:05 (40.2%)	6:18	9.5 (59.7%)
54	<b>SIKORSKI Witold</b>	<b>41</b>	KB RUN 42	M-50	7	<b>00:10:09.70</b>	+00:04:05 (40.2%)	6:18	9.5 (59.7%)
55	<b>KARNICKI Zygmunt</b>	<b>95</b>	TKKF KOSZALIN	M-60	3	<b>00:10:14.90</b>	+00:04:10 (40.7%)	6:21	9.4 (59.1%)
56	<b>BIERKUS Mirosław</b>	<b>59</b>	TKKF KOSZALIN	M-60	4	<b>00:10:27.20</b>	+00:04:22 (41.9%)	6:29	9.2 (57.9%)
57	<b>SKRZYPEK Marcin</b>	<b>26</b>	NIETOPERZE KOSZALIN	M-30	19	<b>00:10:29.15</b>	+00:04:24 (42.1%)	6:31	9.2 (57.9%)
58	<b>KUCZYŃSKI Tymoteusz</b>	<b>97</b>	TIMO&JOHNNY	M-14	4	<b>00:10:46.95</b>	+00:04:42 (43.7%)	6:41	9 (56.6%)
59	<b>BRZEZIŃSKI Bartosz</b>	<b>88</b>		M-18	12	<b>00:10:48.90</b>	+00:04:44 (43.8%)	6:43	8.9 (56.0%)
60	<b>FRĄTCZAK Sławomir</b>	<b>82</b>		M-30	20	<b>00:11:05.35</b>	+00:05:00 (45.2%)	6:53	8.7 (54.7%)
61	<b>HELLER Zdzisław</b>	<b>10</b>	NIEZRZESZONY	M-60	5	<b>00:11:31.30</b>	+00:05:26 (47.3%)	7:09	8.4 (52.8%)
62	<b>ŻAK Rafał</b>	<b>68</b>		M-30	21	<b>00:12:37.45</b>	+00:06:32 (51.9%)	7:50	7.7 (48.4%)
63	<b>BARTNIK Marian</b>	<b>78</b>	TKKF KOSZALIN	M-70	1				(0.0%)
64	<b>ZAWORSKI Nicolas</b>	<b>21</b>	SP 9	M-Dz	1				(0.0%)

Znaleziono 64 wynik(ów)