



# ZIMOWA MILA GÓRSKA 2017/2018 - EDYCJA 2/6

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-01-10  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						1.609km	Różn		
1	KĘPKA Adrian	6		M-18	1	00:05:57.20		3:41	16.2 (100%)
2	GÓRSKI Mateusz	100	MORSKI ODDZIAŁ STRAŻY GRANICZNEJ	M-18	2	00:06:06.25	+00:00:09 (2.5%)	3:47	15.8 (97.5%)
3	KOZAK Arkadiusz	65	TKKF KOSZALIN	M-40	1	00:06:10.25	+00:00:13 (3.5%)	3:49	15.7 (96.9%)
4	MUSIAŁ Krzysztof	54	TKKF KOSZALIN	M-30	1	00:06:27.40	+00:00:30 (7.8%)	4:00	15 (92.6%)
5	CZAPLIŃSKI Jacek	9	FREE BIRDS	M-30	2	00:06:40.10	+00:00:42 (10.7%)	4:08	14.5 (89.5%)
6	ZIELIŃSKI Kacper	60		M-18	3	00:06:50.65	+00:00:53 (13.0%)	4:15	14.1 (87.0%)
7	PRZEWŁOCKI Michał	15	TKKF KOSZALIN	M-30	3	00:06:58.30	+00:01:01 (14.6%)	4:19	13.9 (85.8%)
8	ZUKAL Piotr	90		M-40	2	00:07:03.20	+00:01:06 (15.6%)	4:22	13.7 (84.6%)
9	BESZTERDA Jakub	67		M-14	1	00:07:08.25	+00:01:11 (16.6%)	4:26	13.5 (83.3%)
10	KOŚCIELNIAK Robert	20	TKKF KOSZALIN	M-50	1	00:07:08.50	+00:01:11 (16.6%)	4:26	13.5 (83.3%)
11	ZACHOLSKI Wojciech	72		M-18	4	00:07:11.45	+00:01:14 (17.2%)	4:27	13.4 (82.7%)
12	BESZTERDA Sebastian	92	NIETOPERZE KOSZALIN	M-40	3	00:07:18.65	+00:01:21 (18.6%)	4:32	13.2 (81.5%)
13	SZUBERT Marcin	69		M-40	4	00:07:19.30	+00:01:22 (18.7%)	4:32	13.2 (81.5%)
14	WOŁOWIEC Przemek	80		M-40	5	00:07:19.50	+00:01:22 (18.7%)	4:32	13.2 (81.5%)
15	MOSZYŃSKI Jacek	47	TKKF KOSZALIN	M-50	2	00:07:22.85	+00:01:25 (19.3%)	4:35	13.1 (80.9%)
16	CZARNOWSKI Kamil	12		M-18	5	00:07:28.90	+00:01:31 (20.4%)	4:38	12.9 (79.6%)
17	IWANIEC Dariusz	51	TKKF KOSZALIN	M-40	6	00:07:30.65	+00:01:33 (20.7%)	4:40	12.9 (79.6%)
18	ZWOLIŃSKI Jan	70	TKKF KOSZALIN	M-50	3	00:07:36.85	+00:01:39 (21.8%)	4:43	12.7 (78.4%)
19	KONKEL Agnieszka	96		K-30	1	00:07:37.25	+00:01:40 (21.9%)	4:43	12.7 (78.4%)
20	KUŁAKOWSKI Dawid	53	TKKF KOSZALIN	M-40	7	00:07:44.00	+00:01:46 (23.0%)	4:48	12.5 (77.2%)
21	BORYCHOWSKA Marlena	1	KB TUPOT USTKA	K-30	2	00:07:52.00	+00:01:54 (24.3%)	4:53	12.3 (75.9%)
22	SZUBERT Julia	37		K-18	1	00:07:55.40	+00:01:58 (24.9%)	4:55	12.2 (75.3%)
23	BASSEL Marcin	13		M-30	4	00:07:56.10	+00:01:58 (25.0%)	4:55	12.2 (75.3%)
24	CIEŚLAK Radosław	25		M-18	6	00:08:01.10	+00:02:03 (25.8%)	4:58	12 (74.1%)
25	KAMYK Piotr	89	MH SERWIS IT KOSZALIN WWW.MH-INFORMATYKA.PL	M-30	5	00:08:01.75	+00:02:04 (25.9%)	4:59	12 (74.1%)
26	KONKEL Łukasz	44		M-30	6	00:08:03.95	+00:02:06 (26.2%)	5:00	12 (74.1%)
27	KISIELIŃSKI Igor	62	TKKF KOSZALIN	M-50	4	00:08:05.80	+00:02:08 (26.5%)	5:01	11.9 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						1.609km	Różn		
28	<b>MICERSKI Tomasz</b>	<b>46</b>	TKKF KOSZALIN	M-40	8	<b>00:08:06.70</b>	+00:02:09 (26.6%)	5:02	11.9 (73.5%)
29	<b>FRĄTCZAK Sławomir</b>	<b>81</b>		M-30	7	<b>00:08:15.35</b>	+00:02:18 (27.9%)	5:08	11.7 (72.2%)
30	<b>CHOŁUJ Jarek</b>	<b>64</b>		M-40	9	<b>00:08:20.25</b>	+00:02:23 (28.6%)	5:10	11.6 (71.6%)
31	<b>NOREK Tomek</b>	<b>98</b>		M-50	5	<b>00:08:27.05</b>	+00:02:29 (29.6%)	5:14	11.4 (70.4%)
32	<b>KAZIMIEROWICZ Radostaw</b>	<b>68</b>	VTT KOSZALIN	M-30	8	<b>00:08:34.95</b>	+00:02:37 (30.6%)	5:19	11.3 (69.8%)
33	<b>ŻUKOWSKI Cezary</b>	<b>88</b>	CZAREK W BIEGU	M-30	9	<b>00:08:41.25</b>	+00:02:44 (31.5%)	5:24	11.1 (68.5%)
34	<b>DĄBROWSKA Alicja</b>	<b>99</b>	TKKF KOSZALIN	K-50+	1	<b>00:08:48.20</b>	+00:02:51 (32.4%)	5:28	11 (67.9%)
35	<b>KOPCZEWSKI Dariusz</b>	<b>22</b>		M-50	6	<b>00:08:49.10</b>	+00:02:51 (32.5%)	5:29	10.9 (67.3%)
36	<b>WAWRZYN Grzegorz</b>	<b>79</b>		M-40	10	<b>00:08:49.75</b>	+00:02:52 (32.6%)	5:29	10.9 (67.3%)
37	<b>KRZEWIŃSKA Małgorzata</b>	<b>83</b>	TKKF KOSZALIN	K-50+	2	<b>00:08:51.90</b>	+00:02:54 (32.8%)	5:30	10.9 (67.3%)
38	<b>ZIÓŁKOWSKA Gosia</b>	<b>91</b>		K-30	3	<b>00:08:59.35</b>	+00:03:02 (33.8%)	5:35	10.7 (66.0%)
39	<b>JUSZCZAK Krzysztof</b>	<b>48</b>		M-60	1	<b>00:09:08.40</b>	+00:03:11 (34.9%)	5:40	10.6 (65.4%)
40	<b>OSOBNIAK Ryszard</b>	<b>107</b>		M-60	2	<b>00:09:09.05</b>	+00:03:11 (34.9%)	5:40	10.6 (65.4%)
41	<b>GRABOWSKA-LESISZ Aneta</b>	<b>7</b>		K-40	1	<b>00:09:09.40</b>	+00:03:12 (35.0%)	5:41	10.5 (64.8%)
42	<b>MĘDEL Marta</b>	<b>77</b>	TKKF KOSZALIN	K-40	2	<b>00:09:12.75</b>	+00:03:15 (35.4%)	5:42	10.5 (64.8%)
43	<b>DOMAŃSKI Adam</b>	<b>75</b>		M-40	11	<b>00:09:17.40</b>	+00:03:20 (35.9%)	5:46	10.4 (64.2%)
44	<b>BIERKUS Mirosław</b>	<b>56</b>	TKKF KOSZALIN	M-60	3	<b>00:09:27.55</b>	+00:03:30 (37.1%)	5:52	10.2 (63.0%)
45	<b>KLENIEWSKI Piotr</b>	<b>57</b>	ZACHODNIOPOMORSKIE	M-50	7	<b>00:09:29.30</b>	+00:03:32 (37.3%)	5:53	10.2 (63.0%)
46	<b>KUPREWICZ Grzegorz</b>	<b>55</b>	TKKF KOSZALIN	M-30	10	<b>00:09:41.65</b>	+00:03:44 (38.6%)	6:00	10 (61.7%)
47	<b>WILKOWSKI Krzysztof</b>	<b>87</b>		M-30	11	<b>00:09:42.40</b>	+00:03:45 (38.7%)	6:01	10 (61.7%)
48	<b>ROBAKOWSKA Żaneta</b>	<b>23</b>	GABINET REHABILITACJI AKTYWNEJ	K-30	4	<b>00:09:48.60</b>	+00:03:51 (39.3%)	6:05	9.9 (61.1%)
49	<b>KOZŁOWIECKI Waldek</b>	<b>66</b>	TKKF KOSZALIN	M-60	4	<b>00:09:51.60</b>	+00:03:54 (39.6%)	6:07	9.8 (60.5%)
50	<b>KARNICKI Zygmunt</b>	<b>76</b>	TKKF KOSZALIN	M-60	5	<b>00:10:03.25</b>	+00:04:06 (40.8%)	6:14	9.6 (59.3%)
51	<b>BRZEZIŃSKI Bartosz</b>	<b>52</b>		M-30	12	<b>00:10:07.05</b>	+00:04:09 (41.2%)	6:17	9.5 (58.6%)
52	<b>RADOSZ Katarzyna</b>	<b>95</b>		K-40	3	<b>00:10:07.25</b>	+00:04:10 (41.2%)	6:17	9.5 (58.6%)
53	<b>SIKORSKI Witold</b>	<b>33</b>	KB RUN 42	M-50	8	<b>00:10:09.00</b>	+00:04:11 (41.3%)	6:18	9.5 (58.6%)
54	<b>NOWACKA Elżbieta</b>	<b>82</b>		K-40	4	<b>00:10:12.70</b>	+00:04:15 (41.7%)	6:20	9.5 (58.6%)
55	<b>KALOCIŃSKI Krzysztof</b>	<b>3</b>		M-30	13	<b>00:10:17.45</b>	+00:04:20 (42.1%)	6:23	9.4 (58.0%)
56	<b>ŻAK Rafał</b>	<b>5</b>		M-30	14	<b>00:10:27.20</b>	+00:04:30 (43.0%)	6:29	9.2 (56.8%)
57	<b>PRZYBOREK Kinga</b>	<b>58</b>		K-30	5	<b>00:10:27.65</b>	+00:04:30 (43.1%)	6:29	9.2 (56.8%)
58	<b>BRYŁOWSKI Dawid</b>	<b>30</b>		M-18	7	<b>00:10:27.80</b>	+00:04:30 (43.1%)	6:29	9.2 (56.8%)
59	<b>HELLER Zdzisław</b>	<b>45</b>	NIEZRZESZONY	M-60	6	<b>00:11:19.00</b>	+00:05:21 (47.4%)	7:01	8.5 (52.5%)
60	<b>NAWROCKA Anna</b>	<b>49</b>		K-18	2	<b>00:11:21.40</b>	+00:05:24 (47.6%)	7:02	8.5 (52.5%)
61	<b>SKRZYPEK Marcin</b>	<b>29</b>	NIETOPERZE KOSZALIN	M-40	12	<b>00:11:36.70</b>	+00:05:39 (48.7%)	7:12	8.3 (51.2%)
62	<b>KOZŁOWIECKA Małgorzata</b>	<b>24</b>		K-50+	3	<b>00:11:42.15</b>	+00:05:44 (49.1%)	7:16	8.3 (51.2%)
63	<b>WOLF Beata</b>	<b>42</b>	TKKF KOSZALIN	K-40	5	<b>00:12:04.10</b>	+00:06:06 (50.7%)	7:29	8 (49.4%)

Znaleziono 63 wynik(ów)