



ZIMOWA MILA GÓRSKA 2017/2018 - EDYCJA 3/6

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-01-24
Miejsce: Koszalin
Dystans: 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						1.609km			
1	GÓRSKI Mateusz	73	MORSKI ODDZIAŁ STRAŻY GRANICZNEJ	M-18	1	00:06:01.55		3:44	16 (100%)
2	GAWRON Piotr	5	ULKS TALEX BORZYTUCHOM	M-18	2	00:06:15.60	+00:00:14 (3.7%)	3:53	15.4 (96.3%)
3	GOŁĘBIEWSKI Tomasz	93	UKS WIKING RYCHNOWY	M-18	3	00:06:19.15	+00:00:17 (4.6%)	3:55	15.3 (95.6%)
4	MUSIAŁ Krzysztof	67	TKKF KOSZALIN	M-30	1	00:06:20.25	+00:00:18 (4.9%)	3:56	15.3 (95.6%)
5	ZIELIŃSKI Kacper	52		M-18	4	00:06:23.40	+00:00:21 (5.7%)	3:58	15.1 (94.4%)
6	DORSZYŃSKI Grzegorz	23	UKS WIKING RYCHNOWY	M-30	2	00:06:27.40	+00:00:25 (6.7%)	4:00	15 (93.8%)
7	CZAPLIŃSKI Jacek	33	FREE BIRDS	M-30	3	00:06:41.85	+00:00:40 (10.0%)	4:09	14.5 (90.6%)
8	PRZEWŁOCKI Michał	78	TKKF KOSZALIN	M-30	4	00:06:51.10	+00:00:49 (12.1%)	4:15	14.1 (88.1%)
9	ZUKAL Piotr	7		M-40	1	00:06:54.55	+00:00:53 (12.8%)	4:17	14 (87.5%)
10	ZACHOLSKI Wojciech	45		M-18	5	00:07:06.75	+00:01:05 (15.3%)	4:25	13.6 (85.0%)
11	CZARNOWSKI Kamil	83		M-18	6	00:07:06.95	+00:01:05 (15.3%)	4:25	13.6 (85.0%)
12	KOŚCIELNIAK Robert	15	TKKF KOSZALIN	M-50	1	00:07:10.70	+00:01:09 (16.1%)	4:27	13.4 (83.8%)
13	SÓJKA Klaudia	51	UKS WIKING RYCHNOWY	K-18	1	00:07:12.40	+00:01:10 (16.4%)	4:28	13.4 (83.8%)
14	BESZTERDA Sebastian	99	NIETOPERZE KOSZALIN	M-40	2	00:07:17.15	+00:01:15 (17.3%)	4:32	13.2 (82.5%)
15	WOŁOWIEC Przemek	77		M-40	3	00:07:20.95	+00:01:19 (18.0%)	4:33	13.1 (81.9%)
16	LEWIŃSKI Konrad	102	UKS WIKING RYCHNOWY	M-14	1	00:07:21.50	+00:01:19 (18.1%)	4:33	13.1 (81.9%)
17	MOSZYŃSKI Jacek	40	TKKF KOSZALIN	M-50	2	00:07:24.80	+00:01:23 (18.7%)	4:36	13 (81.3%)
18	SZUBERT Marcin	58		M-40	4	00:07:28.00	+00:01:26 (19.3%)	4:38	12.9 (80.6%)
19	SOSNOWSKI Tomasz	69	'BAŁTYK' KOSZALIN	M-18	7	00:07:28.30	+00:01:26 (19.4%)	4:38	12.9 (80.6%)
20	MAAS Artur Artimea	9	KINO~BIEGÓW~ARTI*	M-30	5	00:07:28.95	+00:01:27 (19.5%)	4:38	12.9 (80.6%)
21	KONKEL Agnieszka	48		K-30	1	00:07:32.25	+00:01:30 (20.1%)	4:40	12.8 (80.0%)
22	ZWOLIŃSKI Jan	50	TKKF KOSZALIN	M-50	3	00:07:36.85	+00:01:35 (20.9%)	4:43	12.7 (79.4%)
23	KUŁAKOWSKI Dawid	88	TKKF KOSZALIN	M-40	5	00:07:40.40	+00:01:38 (21.5%)	4:45	12.6 (78.8%)
24	BASSEL Marcin	20		M-30	6	00:07:44.35	+00:01:42 (22.1%)	4:48	12.5 (78.1%)
25	MICHNOWICZ Ewelina	37	HUSARIA RACE TEAM	K-18	2	00:07:45.25	+00:01:43 (22.3%)	4:48	12.5 (78.1%)
26	FRĄTCZAK Sławomir	25		M-30	7	00:07:55.30	+00:01:53 (23.9%)	4:55	12.2 (76.3%)
27	CIEŚLAK Radosław	95		M-18	8	00:07:57.25	+00:01:55 (24.2%)	4:56	12.2 (76.3%)

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						1.609km	Różn		
28	KAMYK Piotr	57	MH SERWIS IT KOSZALIN WWW.MH-INFORMATYKA.PL	M-30	8	00:07:57.55	+00:01:56 (24.3%)	4:56	12.2 (76.3%)
29	ZAKRZEWSKA Sara	49	UKS WIKING RYCHNOWY	K-18	3	00:07:59.15	+00:01:57 (24.5%)	4:57	12.1 (75.6%)
30	KONKEL Łukasz	31		M-30	9	00:08:00.15	+00:01:58 (24.7%)	4:58	12.1 (75.6%)
31	CHOŁUJ Jarek	98		M-40	6	00:08:02.45	+00:02:00 (25.1%)	4:59	12 (75.0%)
32	MICERSKI Tomasz	61	TKKF KOSZALIN	M-40	7	00:08:02.55	+00:02:01 (25.1%)	5:00	12 (75.0%)
33	ŻYWICKI Bartosz	62	DZIKI KOSZALIN	M-30	10	00:08:04.40	+00:02:02 (25.4%)	5:01	12 (75.0%)
34	SKOWYRSKI Janusz	13	TKKF KOSZALIN	M-50	4	00:08:17.55	+00:02:16 (27.3%)	5:09	11.6 (72.5%)
35	BONIECKA Kamila	12	UKS WIKING RYCHNOWY	K-Dz	1	00:08:21.80	+00:02:20 (27.9%)	5:11	11.6 (72.5%)
36	CHODOR Izabela	94	TKKF KOSZALIN	K-30	2	00:08:25.40	+00:02:23 (28.5%)	5:13	11.5 (71.9%)
37	MARKIEWICZ Paulina	30	UKS WIKING RYCHNOWY	K-14	1	00:08:26.00	+00:02:24 (28.5%)	5:14	11.5 (71.9%)
38	KOSIARKIEWICZ Martyna	46	UKS WIKING RYCHNOWY	K-Dz	2	00:08:26.60	+00:02:25 (28.6%)	5:14	11.4 (71.3%)
39	DĄBROWSKA Alicja	27	TKKF KOSZALIN	K-50+	1	00:08:29.00	+00:02:27 (29.0%)	5:16	11.4 (71.3%)
40	KOPCZEWSKI Dariusz	101		M-50	5	00:08:35.40	+00:02:33 (29.9%)	5:19	11.3 (70.6%)
41	ŻUKOWSKI Cezary	66	CZAREK W BIEGU	M-30	11	00:08:38.70	+00:02:37 (30.3%)	5:22	11.2 (70.0%)
42	WAWRZYN Grzegorz	43		M-40	8	00:08:44.65	+00:02:43 (31.1%)	5:26	11 (68.8%)
43	GĄGOŁ Julia	70	UKS WIKING RYCHNOWY	K-14	2	00:08:44.85	+00:02:43 (31.1%)	5:26	11 (68.8%)
44	KULCZYK Katarzyna	89	KB BRYZA POSTOMINO	K-30	3	00:08:47.20	+00:02:45 (31.4%)	5:27	11 (68.8%)
45	MĘDEL Marta	105	TKKF KOSZALIN	K-40	1	00:08:47.50	+00:02:45 (31.5%)	5:27	11 (68.8%)
46	KAZIMIEROWICZ Radosław	2	VTT KOSZALIN	M-30	12	00:08:50.60	+00:02:49 (31.9%)	5:29	10.9 (68.1%)
47	KRZEWIŃSKA Małgorzata	29	TKKF KOSZALIN	K-50+	2	00:08:53.05	+00:02:51 (32.2%)	5:31	10.9 (68.1%)
48	OSOBNIAK Ryszard	22		M-60	1	00:08:55.70	+00:02:54 (32.5%)	5:32	10.8 (67.5%)
49	GRABOWSKA-LESISZ Aneta	10		K-40	2	00:09:03.40	+00:03:01 (33.5%)	5:37	10.7 (66.9%)
50	ZIÓŁKOWSKA Gosia	56		K-30	4	00:09:04.55	+00:03:03 (33.6%)	5:37	10.7 (66.9%)
51	SZUBERT Alicja	35	KOŁOBRZEG BIEGA	K-Dz	3	00:09:05.75	+00:03:04 (33.8%)	5:39	10.6 (66.3%)
52	PANCERZYŃSKI Łukasz	81		M-30	13	00:09:08.25	+00:03:06 (34.1%)	5:40	10.6 (66.3%)
53	ELSNER Agata	71	UKS WIKING RYCHNOWY	K-14	3	00:09:12.00	+00:03:10 (34.5%)	5:42	10.5 (65.6%)
54	JUSZCZAK Krzysztof	84		M-60	2	00:09:12.05	+00:03:10 (34.5%)	5:42	10.5 (65.6%)
55	KLENIEWSKI Piotr	3	ZACHODNIOPOMORSKIE	M-50	6	00:09:12.50	+00:03:10 (34.6%)	5:42	10.5 (65.6%)
56	NOREK Tomek	44		M-50	7	00:09:12.70	+00:03:11 (34.6%)	5:42	10.5 (65.6%)
57	SZUBERT Julia	54		K-18	4	00:09:12.95	+00:03:11 (34.6%)	5:42	10.5 (65.6%)
58	KRUPIŃSKI Krzysztof	107	E-UROLOG.EU	M-50	8	00:09:17.90	+00:03:16 (35.2%)	5:46	10.4 (65.0%)
59	KOZŁOWIECKI Waldek	75	TKKF KOSZALIN	M-60	3	00:09:32.15	+00:03:30 (36.8%)	5:55	10.1 (63.1%)
60	ROSZCZYC Agnieszka	72		K-30	5	00:09:37.20	+00:03:35 (37.4%)	5:59	10 (62.5%)
61	GOLEC Ania	4		K-40	3	00:09:38.90	+00:03:37 (37.5%)	5:59	10 (62.5%)
62	ROBAKOWSKA Żaneta	103	GABINET REHABILITACJI AKTYWNEJ	K-30	6	00:09:39.75	+00:03:38 (37.6%)	6:00	10 (62.5%)
63	SIKORSKI Witold	96	KB RUN 42	M-50	9	00:09:48.85	+00:03:47 (38.6%)	6:05	9.8 (61.3%)
64	BIERKUS Mirosław	104	TKKF KOSZALIN	M-60	4	00:10:08.85	+00:04:07 (40.6%)	6:18	9.5 (59.4%)
65	NOWACKA Elżbieta	85		K-40	4	00:10:20.55	+00:04:19 (41.7%)	6:25	9.3 (58.1%)
66	KALOCIŃSKI Krzysztof	76		M-30	14	00:10:23.65	+00:04:22 (42.0%)	6:27	9.3 (58.1%)
67	NAWROCKA Anna	1		K-18	5	00:10:27.90	+00:04:26 (42.4%)	6:30	9.2 (57.5%)
68	RADOSZ Katarzyna	42		K-40	5	00:10:33.75	+00:04:32 (43.0%)	6:33	9.1 (56.9%)
69	PRZYBOREK Kinga	79		K-30	7	00:10:49.30	+00:04:47 (44.3%)	6:43	8.9 (55.6%)
70	HELLER Zdzisław	90	NIEZRZESZONY	M-60	5	00:11:09.75	+00:05:08 (46.0%)	6:56	8.7 (54.4%)
71	KOZŁOWIECKA Małgorzata	26		K-50+	3	00:11:34.75	+00:05:33 (48.0%)	7:11	8.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Różn	Tempo min/km	Tempo km/h
						netto 1.609km			
72	SKRZYPEK Marcin	53	NIETOPERZE KOSZALIN	M-40	9	00:13:25.65	+00:07:24 (55.1%)	8:19	7.2 (45.0%)
73	WOLF Beata	106	TKKF KOSZALIN	K-40	6	00:14:22.85	+00:08:21 (58.1%)	8:56	6.7 (41.9%)
74	BARTNIK Marian	21	TKKF KOSZALIN	M-70+	1	00:14:43.30	+00:08:41 (59.1%)	9:08	6.6 (41.3%)

Znaleziono 74 wynik(ów)