



ZIMOWA MILA GÓRSKA 2017/2018 - EDYCJA 4/6

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-02-07
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	71	MORSKI ODDZIAŁ STRAŻY GRANICZNEJ	M-18	1	00:06:02.30		3:44	16 (100%)
2	ZACHARCZUK Albin	26	UNIA HRUBIESZÓW	M-18	2	00:06:06.55	+00:00:04 (1.2%)	3:47	15.8 (98.8%)
3	JEFIMCZYK Norbert	40	LKS FENIX SŁUPSK	M-18	3	00:06:08.30	+00:00:06 (1.6%)	3:48	15.8 (98.8%)
4	BORYCHOWSKI Mariusz	82	KB TUPOT USTKA	M-40	1	00:06:12.35	+00:00:10 (2.7%)	3:51	15.6 (97.5%)
5	KOZAK Arkadiusz	29	TKKF KOSZALIN	M-40	2	00:06:14.30	+00:00:12 (3.2%)	3:52	15.5 (96.9%)
6	GOŁĘBIEWSKI Tomasz	17	UKS WIKING RYCHNOWY	M-18	4	00:06:34.50	+00:00:32 (8.2%)	4:04	14.7 (91.9%)
7	MUSIAŁ Krzysztof	86	TKKF KOSZALIN	M-30	1	00:06:39.80	+00:00:37 (9.4%)	4:08	14.5 (90.6%)
8	DORSZYŃSKI Grzegorz	36	UKS WIKING RYCHNOWY	M-30	2	00:06:42.95	+00:00:40 (10.1%)	4:10	14.4 (90.0%)
9	ORZECHOWSKI Kamil	12	TKKF KOSZALIN	M-30	3	00:06:48.25	+00:00:45 (11.3%)	4:13	14.2 (88.8%)
10	CZAPLIŃSKI Jacek	33	FREE BIRDS	M-30	4	00:06:53.60	+00:00:51 (12.4%)	4:17	14 (87.5%)
11	ZUKAL Piotr	10		M-40	3	00:07:03.90	+00:01:01 (14.5%)	4:23	13.7 (85.6%)
12	ZACHOLSKI Wojciech	41		M-18	5	00:07:12.75	+00:01:10 (16.3%)	4:28	13.4 (83.8%)
13	SITOWSKI Marcin	5		M-18	6	00:07:17.85	+00:01:15 (17.3%)	4:32	13.2 (82.5%)
14	BESZTERDA Sebastian	44	NIETOPERZE KOSZALIN	M-40	4	00:07:23.05	+00:01:20 (18.2%)	4:35	13.1 (81.9%)
15	BESZTERDA Jakub	56		M-14	1	00:07:23.55	+00:01:21 (18.3%)	4:35	13.1 (81.9%)
16	KONKEL Agnieszka	18		K-30	1	00:07:26.80	+00:01:24 (18.9%)	4:37	13 (81.3%)
17	BORYCHOWSKA Marlena	21	KB TUPOT USTKA	K-30	2	00:07:26.85	+00:01:24 (18.9%)	4:37	13 (81.3%)
18	HAMALA Marcin	98	TAGER	M-30	5	00:07:27.40	+00:01:25 (19.0%)	4:38	12.9 (80.6%)
19	MOSZYŃSKI Jacek	99	TKKF KOSZALIN	M-50	1	00:07:29.15	+00:01:26 (19.3%)	4:38	12.9 (80.6%)
20	KOŚCIELNIAK Robert	64	TKKF KOSZALIN	M-50	2	00:07:34.05	+00:01:31 (20.2%)	4:41	12.8 (80.0%)
21	IWANIEC Dariusz	23	TKKF KOSZALIN	M-40	5	00:07:39.50	+00:01:37 (21.2%)	4:45	12.6 (78.8%)
22	LEWIŃSKI Konrad	48	UKS WIKING RYCHNOWY	M-14	2	00:07:39.70	+00:01:37 (21.2%)	4:45	12.6 (78.8%)
23	ŻYWICKI Bartosz	91	DZIKI KOSZALIN	M-30	6	00:07:41.30	+00:01:39 (21.5%)	4:46	12.5 (78.1%)
24	WOŁOWIEC Przemek	6		M-40	6	00:07:42.00	+00:01:39 (21.6%)	4:46	12.5 (78.1%)
25	KUŁAKOWSKI Dawid	13	TKKF KOSZALIN	M-40	7	00:07:42.50	+00:01:40 (21.7%)	4:47	12.5 (78.1%)
26	ZWOLIŃSKI Jan	16	TKKF KOSZALIN	M-50	3	00:07:46.40	+00:01:44 (22.3%)	4:49	12.4 (77.5%)
27	BASSEL Marcin	7		M-30	7	00:07:47.65	+00:01:45 (22.5%)	4:50	12.4 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
28	SZUBERT Marcin	63		M-40	8	00:07:52.50	+00:01:50 (23.3%)	4:53	12.3 (76.9%)
29	SZUBERT Julia	74		K-18	1	00:08:03.25	+00:02:00 (25.0%)	5:00	12 (75.0%)
30	KAMYK Piotr	55	MH SERWIS IT KOSZALIN WWW.MH-INFORMATYKA.PL	M-30	8	00:08:15.30	+00:02:13 (26.9%)	5:07	11.7 (73.1%)
31	MICERSKI Tomasz	94	TKKF KOSZALIN	M-40	9	00:08:18.65	+00:02:16 (27.3%)	5:09	11.6 (72.5%)
32	CHOŁUJ Jarek	75		M-40	10	00:08:23.45	+00:02:21 (28.0%)	5:12	11.5 (71.9%)
33	GĄGOŁ Julia	31	UKS WIKING RYCHNOWY	K-14	1	00:08:24.30	+00:02:22 (28.2%)	5:13	11.5 (71.9%)
34	CHODOR Martyna	43	TKKF KOSZALIN	K-30	3	00:08:24.75	+00:02:22 (28.2%)	5:13	11.5 (71.9%)
35	KONKEL Łukasz	4		M-30	9	00:08:27.70	+00:02:25 (28.6%)	5:15	11.4 (71.3%)
36	NOREK Tomek	87		M-50	4	00:08:28.70	+00:02:26 (28.8%)	5:16	11.4 (71.3%)
37	ŻUKOWSKI Cezary	70	CZAREK W BIEGU	M-30	10	00:08:34.60	+00:02:32 (29.6%)	5:19	11.3 (70.6%)
38	SOKOŁOWSKI Maciej	45		M-30	11	00:08:34.70	+00:02:32 (29.6%)	5:19	11.3 (70.6%)
39	CIEŚLAK Radosław	76		M-18	7	00:08:39.70	+00:02:37 (30.3%)	5:22	11.2 (70.0%)
40	CHODOR Izabela	50	TKKF KOSZALIN	K-30	4	00:08:40.30	+00:02:38 (30.4%)	5:22	11.1 (69.4%)
41	KAZIMIEROWICZ Radosław	58	VTT KOSZALIN	M-30	12	00:08:42.55	+00:02:40 (30.7%)	5:24	11.1 (69.4%)
42	DĄBROWSKA Alicja	93	TKKF KOSZALIN	K-50+	1	00:08:45.90	+00:02:43 (31.1%)	5:26	11 (68.8%)
43	JAROSZ Jakub	57	TKKF KOSZALIN	M-18	8	00:08:46.15	+00:02:43 (31.1%)	5:26	11 (68.8%)
44	KULCZYK Katarzyna	84	KB BRYZA POSTOMINO	K-30	5	00:08:50.10	+00:02:47 (31.7%)	5:29	10.9 (68.1%)
45	BONIECKA Kamila	73	UKS WIKING RYCHNOWY	K-Dz	1	00:08:52.70	+00:02:50 (32.0%)	5:30	10.9 (68.1%)
46	KOPCZEWSKI Dariusz	51		M-50	5	00:08:52.95	+00:02:50 (32.0%)	5:31	10.9 (68.1%)
47	GRABOWSKA-LESISZ Aneta	37		K-40	1	00:08:57.55	+00:02:55 (32.6%)	5:34	10.8 (67.5%)
48	WAWRZYN Grzegorz	25		M-40	11	00:09:00.05	+00:02:57 (32.9%)	5:35	10.7 (66.9%)
49	MĘDEL Marta	65	TKKF KOSZALIN	K-40	2	00:09:09.40	+00:03:07 (34.1%)	5:40	10.6 (66.3%)
50	ZIÓŁKOWSKA Gosia	92		K-30	6	00:09:09.90	+00:03:07 (34.1%)	5:41	10.5 (65.6%)
51	KRZEWIŃSKA Małgorzata	83	TKKF KOSZALIN	K-50+	2	00:09:16.50	+00:03:14 (34.9%)	5:45	10.4 (65.0%)
52	PANCERZYŃSKI Łukasz	89		M-30	13	00:09:20.25	+00:03:17 (35.3%)	5:48	10.3 (64.4%)
53	OSOBNIAK Ryszard	81		M-60	1	00:09:20.60	+00:03:18 (35.4%)	5:48	10.3 (64.4%)
54	SZUBERT Alicja	30	KOŁOBRZEG BIEGA	K-Dz	2	00:09:25.60	+00:03:23 (35.9%)	5:51	10.2 (63.8%)
55	SZUBERT Agnieszka	49	KOŁOBRZEG BIEGA	K-30	7	00:09:30.40	+00:03:28 (36.5%)	5:54	10.2 (63.8%)
56	SIKORSKI Witold	78	KB RUN 42	M-50	6	00:09:31.00	+00:03:28 (36.5%)	5:54	10.2 (63.8%)
57	DZIESZUK Dariusz	20	TKKF KOSZALIN	M-50	7	00:09:33.25	+00:03:30 (36.8%)	5:55	10.1 (63.1%)
58	KLENIEWSKI Piotr	66	ZACHODNIOPOMORSKIE	M-50	8	00:09:39.90	+00:03:37 (37.5%)	6:00	10 (62.5%)
59	JUSZCZAK Krzysztof	14		M-60	2	00:09:41.40	+00:03:39 (37.7%)	6:00	10 (62.5%)
60	BIERKUS Mirosław	69	TKKF KOSZALIN	M-60	3	00:09:47.25	+00:03:44 (38.3%)	6:04	9.9 (61.9%)
61	KURŁOWICZ Krzysztof	11	ŻÓŁWIEGO BIEGACZA :)	M-30	14	00:09:54.15	+00:03:51 (39.0%)	6:08	9.8 (61.3%)
62	GOLEC Ania	34		K-40	3	00:09:59.35	+00:03:57 (39.6%)	6:12	9.7 (60.6%)
63	ROBAKOWSKA Żaneta	46	GABINET REHABILITACJI AKTYWNEJ	K-30	8	00:10:02.85	+00:04:00 (39.9%)	6:14	9.6 (60.0%)
64	KOZŁOWIECKI Waldek	59	TKKF KOSZALIN	M-60	4	00:10:11.75	+00:04:09 (40.8%)	6:20	9.5 (59.4%)
65	WĘCŁAWIAK Marek	3		M-40	12	00:10:13.25	+00:04:10 (40.9%)	6:21	9.4 (58.8%)
66	NOWACKA Elżbieta	90		K-40	4	00:10:17.05	+00:04:14 (41.3%)	6:23	9.4 (58.8%)
67	RADOSZ Katarzyna	47		K-40	5	00:10:34.65	+00:04:32 (42.9%)	6:34	9.1 (56.9%)
68	PRZYBOREK Kinga	77		K-30	9	00:10:56.30	+00:04:54 (44.8%)	6:47	8.8 (55.0%)
69	SKRZYPEK Marcin	38	NIETOPERZE KOSZALIN	M-40	13	00:11:23.50	+00:05:21 (47.0%)	7:04	8.5 (53.1%)
70	HELLER Zdzisław	68	NIEZRZESZONY	M-60	5	00:11:50.15	+00:05:47 (49.0%)	7:20	8.2 (51.3%)
71	KOZŁOWIECKA Małgorzata	62		K-50+	3	00:12:03.00	+00:06:00 (49.9%)	7:29	8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo	Tempo
						1.609km		min/km	km/h
72	ZUKAL Jakub	72		M-Dz	1	00:13:10.75	+00:07:08 (54.2%)	8:11	7.3 (45.6%)
73	ZUKAL Aleksandra	53		K-40	6	00:13:21.20	+00:07:18 (54.8%)	8:17	7.2 (45.0%)
74	WOLF Beata	52	TKKF KOSZALIN	K-40	7	00:13:39.55	+00:07:37 (55.8%)	8:29	7.1 (44.4%)
75	BARTNIK Marian	60	TKKF KOSZALIN	M-70+	1	00:15:03.70	+00:09:01 (59.9%)	9:20	6.4 (40.0%)

Znaleziono 75 wynik(ów)