



ZIMOWA MILA GÓRSKA 2017/2018 - EDYCJA 6/6

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Date: 2018-03-07
Place: Koszalin
Distance: 1.609 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Net time		Pace min/km	Pace km/h
						1.609km	Gap		
1	ORZECHOWSKI Kamil	11	TKKF KOSZALIN	M-30	1	00:06:07.35		3:47	15.8 (100%)
2	CZAPLIŃSKI Jacek	3	FREE BIRDS	M-30	2	00:06:42.35	+00:00:35 (8.7%)	4:09	14.4 (91.1%)
3	ZACHOLSKI Wojciech	15		M-18	1	00:06:50.55	+00:00:43 (10.5%)	4:14	14.1 (89.2%)
4	SZULC Arek	30		M-40	1	00:06:57.50	+00:00:50 (12.0%)	4:19	13.9 (88.0%)
5	ZUKAL Piotr	22		M-40	2	00:07:02.10	+00:00:54 (13.0%)	4:22	13.7 (86.7%)
6	KOŚCIELNIAK Robert	14	TKKF KOSZALIN	M-50	1	00:07:07.65	+00:01:00 (14.1%)	4:25	13.5 (85.4%)
7	ZWOLIŃSKI Jan	36	TKKF KOSZALIN	M-50	2	00:07:07.95	+00:01:00 (14.2%)	4:25	13.6 (86.1%)
8	BESZTERDA Sebastian	41	NIETOPERZE KOSZALIN	M-40	3	00:07:18.15	+00:01:10 (16.2%)	4:32	13.2 (83.5%)
9	MOSZYŃSKI Jacek	60	TKKF KOSZALIN	M-50	3	00:07:20.00	+00:01:12 (16.5%)	4:33	13.2 (83.5%)
10	ŻYWIICKI Bartosz	23	DZIKI KOSZALIN	M-30	3	00:07:20.35	+00:01:13 (16.6%)	4:33	13.2 (83.5%)
11	WOŁOWIEC Przemek	10		M-40	4	00:07:25.20	+00:01:17 (17.5%)	4:37	13 (82.3%)
12	SZUBERT Marcin	35		M-40	5	00:07:29.60	+00:01:22 (18.3%)	4:39	12.9 (81.6%)
13	BESZTERDA Jakub	47		M-14	1	00:07:31.25	+00:01:23 (18.6%)	4:40	12.9 (81.6%)
14	KONKEL Agnieszka	24		K-30	1	00:07:36.05	+00:01:28 (19.4%)	4:43	12.7 (80.4%)
15	BASSEL Marcin	16		M-30	4	00:07:39.45	+00:01:32 (20.0%)	4:45	12.6 (79.7%)
16	SZUBERT Julia	34		K-18	1	00:07:43.75	+00:01:36 (20.8%)	4:48	12.5 (79.1%)
17	IWANIEC Dariusz	42	TKKF KOSZALIN	M-40	6	00:07:44.20	+00:01:36 (20.9%)	4:48	12.5 (79.1%)
18	KAMYK Piotr	6	MH SERWIS IT KOSZALIN WWW.MH-INFORMATYKA.PL	M-30	5	00:07:46.35	+00:01:39 (21.2%)	4:49	12.4 (78.5%)
19	KUŁAKOWSKI Dawid	55	TKKF KOSZALIN	M-40	7	00:07:46.90	+00:01:39 (21.3%)	4:50	12.4 (78.5%)
20	CIEŚLAK Radosław	56		M-18	2	00:07:56.95	+00:01:49 (23.0%)	4:56	12.2 (77.2%)
21	SOKOŁOWSKI Maciej	40		M-30	6	00:07:59.95	+00:01:52 (23.5%)	4:58	12.1 (76.6%)
22	ŻUKOWSKI Cezary	5	CZAREK W BIEGU	M-30	7	00:08:03.15	+00:01:55 (24.0%)	5:00	12 (75.9%)
23	CHOŁUJ Jarek	20		M-40	8	00:08:05.65	+00:01:58 (24.4%)	5:01	12 (75.9%)
24	KONKEL Łukasz	38		M-30	8	00:08:09.80	+00:02:02 (25.0%)	5:04	11.8 (74.7%)
25	CHODOR Martyna	44	TKKF KOSZALIN	K-30	2	00:08:10.65	+00:02:03 (25.1%)	5:04	11.8 (74.7%)
26	SZABLA Ewelina	28	TKKF KOSZALIN	K-30	3	00:08:26.10	+00:02:18 (27.4%)	5:14	11.5 (72.8%)
27	DĄBROWSKA Alicja	29	TKKF KOSZALIN	K-50+	1	00:08:29.35	+00:02:22 (27.9%)	5:16	11.4 (72.2%)

Place	Participant	Number	Club	Category	MCat	Net	Gap	Pace	Pace
						time			
						1.609km			
28	NOREK Tomek	13		M-50	4	00:08:30.80	+00:02:23 (28.1%)	5:17	11.3 (71.5%)
29	SZUBERT Agnieszka	21	KOŁOBRZEG BIEGA	K-30	4	00:08:40.20	+00:02:32 (29.4%)	5:22	11.1 (70.3%)
30	MICERSKI Tomasz	50	TKKF KOSZALIN	M-40	9	00:08:41.35	+00:02:34 (29.5%)	5:23	11.1 (70.3%)
31	KOPCZEWSKI Dariusz	1		M-50	5	00:08:44.60	+00:02:37 (30.0%)	5:26	11 (69.6%)
32	KOŹMIŃSKI Patryk	7		M-30	9	00:08:45.10	+00:02:37 (30.0%)	5:26	11 (69.6%)
33	KAZIMIEROWICZ Radosław	53	VTT KOSZALIN	M-30	10	00:08:46.85	+00:02:39 (30.3%)	5:26	11 (69.6%)
34	WAWRZYN Grzegorz	45		M-40	10	00:08:51.15	+00:02:43 (30.8%)	5:29	10.9 (69.0%)
35	SZUBERT Alicja	33	KOŁOBRZEG BIEGA	K-Dz	1	00:08:51.90	+00:02:44 (30.9%)	5:30	10.9 (69.0%)
36	ZIÓŁKOWSKA Gosia	19		K-30	5	00:08:56.85	+00:02:49 (31.6%)	5:33	10.8 (68.4%)
37	KRZEWIŃSKA Małgorzata	12	TKKF KOSZALIN	K-50+	2	00:09:00.20	+00:02:52 (32.0%)	5:36	10.7 (67.7%)
38	OSOBNIAK Ryszard	17		M-60	1	00:09:02.10	+00:02:54 (32.2%)	5:37	10.7 (67.7%)
39	GRABOWSKA-LESISZ Aneta	37		K-40	1	00:09:11.60	+00:03:04 (33.4%)	5:42	10.5 (66.5%)
40	KURŁOWICZ Krzysztof	4	ŻÓŁWIEGO BIEGACZA :)	M-30	11	00:09:20.00	+00:03:12 (34.4%)	5:47	10.4 (65.8%)
41	KULCZYK Katarzyna	32	KB BRYZA POSTOMINO	K-30	6	00:09:20.15	+00:03:12 (34.4%)	5:47	10.4 (65.8%)
42	MĘDEL Marta	26	TKKF KOSZALIN	K-40	2	00:09:20.50	+00:03:13 (34.5%)	5:48	10.3 (65.2%)
43	JUSZCZAK Krzysztof	25		M-60	2	00:09:45.45	+00:03:38 (37.3%)	6:03	9.9 (62.7%)
44	NOWACKA Elżbieta	18		K-40	3	00:10:02.05	+00:03:54 (39.0%)	6:13	9.6 (60.8%)
45	ROBAKOWSKA Żaneta	39	GABINET REHABILITACJI AKTYWNEJ	K-30	7	00:10:07.60	+00:04:00 (39.5%)	6:17	9.5 (60.1%)
46	KOZŁOWIECKI Waldek	8	TKKF KOSZALIN	M-60	3	00:10:14.00	+00:04:06 (40.2%)	6:21	9.4 (59.5%)
47	SIKORSKI Witold	51	KB RUN 42	M-50	6	00:10:27.30	+00:04:19 (41.4%)	6:29	9.2 (58.2%)
48	PRZYBOREK Kinga	46		K-30	8	00:10:36.80	+00:04:29 (42.3%)	6:35	9.1 (57.6%)
49	SKRZYPEK Marcin	27	NIETOPERZE KOSZALIN	M-40	11	00:12:09.00	+00:06:01 (49.6%)	7:32	8 (50.6%)
50	KOZŁOWIECKA Małgorzata	2		K-50+	3	00:12:17.70	+00:06:10 (50.2%)	7:38	7.9 (50.0%)
51	HELLER Zdzisław	31	NIEZRZESZONY	M-60	4	00:12:46.10	+00:06:38 (52.0%)	7:55	7.6 (48.1%)
52	WOLF Beata	59	TKKF KOSZALIN	K-40	4	00:13:12.60	+00:07:05 (53.7%)	8:11	7.3 (46.2%)
53	BARTNIK Marian	9	TKKF KOSZALIN	M-70+	1	00:15:29.00	+00:09:21 (60.5%)	9:37	6.2 (39.2%)

Total 53 results.