



ZIMOWA MILA GÓRSKA 2019 - EDYCJA 1/5

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-01-09
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	KOZAK Paweł	96	KL BAŁTYK	M18-29	1	00:05:52.08		3:38	16.5 (100%)
2	KĘPKA Adrian	139	DECATHLON KOSZALIN/ TAGER KOSZALIN	M18-29	2	00:06:00.96	+00:00:08 (2.5%)	3:44	16.1 (97.6%)
3	SZKOŁUDA Miłosz	93	DECATHLON KOSZALIN	M18-29	3	00:06:22.83	+00:00:30 (8.0%)	3:57	15.2 (92.1%)
4	CZAPLIŃSKI Jacek	3	TAGER KOSZALIN	M30-39	1	00:06:46.17	+00:00:54 (13.3%)	4:12	14.3 (86.7%)
5	BESZTERDA Jakub	57		M14-17	1	00:06:51.96	+00:00:59 (14.5%)	4:15	14.1 (85.5%)
6	MAJKOWICZ Rafał	135		M30-39	2	00:06:53.40	+00:01:01 (14.8%)	4:16	14 (84.8%)
7	ZUKAL Piotr	36		M40-49	1	00:06:54.74	+00:01:02 (15.1%)	4:17	14 (84.8%)
8	KASZUBIAK Klaudiusz	185		M40-49	2	00:06:56.58	+00:01:04 (15.5%)	4:19	13.9 (84.2%)
9	ZACHOLSKI Wojciech	308		M18-29	4	00:06:57.25	+00:01:05 (15.6%)	4:19	13.9 (84.2%)
10	ZWOLIŃSKI Jan	126	TKKF KOSZALIN	M50-59	1	00:07:12.35	+00:01:20 (18.6%)	4:28	13.4 (81.2%)
11	NAKONIECZNY Rafał	32	TKKF KOSZALIN	M30-39	3	00:07:13.27	+00:01:21 (18.7%)	4:28	13.4 (81.2%)
12	PICK Tomasz	101	DEAF KOSZALIN	M40-49	3	00:07:15.06	+00:01:22 (19.1%)	4:30	13.3 (80.6%)
13	BIEŃKOWSKI Tomasz	68		M30-39	4	00:07:18.16	+00:01:26 (19.6%)	4:32	13.2 (80.0%)
14	SOSNOWSKI Tomasz	177	MEDEN-INMED SPORTS TEAM	M18-29	5	00:07:21.78	+00:01:29 (20.3%)	4:33	13.1 (79.4%)
15	ANDERS Rafał	134	DREWUTNIE KOSZALIN	M18-29	6	00:07:23.76	+00:01:31 (20.7%)	4:35	13.1 (79.4%)
16	KOŚCIELNIAK Robert	51	TKKF KOSZALIN	M50-59	2	00:07:24.57	+00:01:32 (20.8%)	4:36	13 (78.8%)
17	HOREGLAD Paweł	13	SPEEDY GONZALES	M18-29	7	00:07:26.10	+00:01:34 (21.1%)	4:37	13 (78.8%)
18	MATYSIAK Wojciech	167		M30-39	5	00:07:26.66	+00:01:34 (21.2%)	4:37	13 (78.8%)
19	KONKEL Agnieszka	59		K30-39	1	00:07:32.13	+00:01:40 (22.1%)	4:40	12.8 (77.6%)
20	DZIĘBOWSKI Mariusz	151		M30-39	6	00:07:32.19	+00:01:40 (22.1%)	4:40	12.8 (77.6%)
21	LIPNIEWICZ Paweł	117	WIELKIE MUMIE	M30-39	7	00:07:34.83	+00:01:42 (22.6%)	4:42	12.7 (77.0%)
22	KUŁAKOWSKI Dawid	137	TKKF KOSZALIN	M40-49	4	00:07:36.12	+00:01:44 (22.8%)	4:43	12.7 (77.0%)
23	MOSZYŃSKI Jacek	100	TKKF KOSZALIN	M50-59	3	00:07:40.10	+00:01:48 (23.5%)	4:45	12.6 (76.4%)
24	TARNOWSKI Mariusz	30		M30-39	8	00:07:40.25	+00:01:48 (23.5%)	4:45	12.6 (76.4%)
25	WEBER Paweł	45	ENERGON	M30-39	9	00:07:40.56	+00:01:48 (23.6%)	4:45	12.6 (76.4%)
26	IWANIEC Dariusz	179	TKKF KOSZALIN	M40-49	5	00:07:42.47	+00:01:50 (23.9%)	4:47	12.5 (75.8%)
27	CHORAŻY Karolina	138	LEO-TEAM	K30-39	2	00:07:45.42	+00:01:53 (24.4%)	4:48	12.5 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						1.609km	Różn		
28	SZNYTER Sabina	140	DECATHLON KOSZALIN	K18-29	1	00:07:47.75	+00:01:55 (24.7%)	4:50	12.4 (75.2%)
29	BASSEL Marcin	94		M30-39	10	00:07:49.37	+00:01:57 (25.0%)	4:51	12.4 (75.2%)
30	BRZEZIŃSKI Jan	41	TEAMPIOTRUS	M50-59	4	00:07:52.53	+00:02:00 (25.5%)	4:53	12.3 (74.5%)
31	HAMALA Marcin	146	TAGER KOSZALIN	M30-39	11	00:07:52.59	+00:02:00 (25.5%)	4:53	12.3 (74.5%)
32	KONKEL Łukasz	163		M40-49	6	00:07:55.57	+00:02:03 (26.0%)	4:55	12.2 (73.9%)
33	ROGOŻA Ireneusz	306		M40-49	7	00:07:56.25	+00:02:04 (26.1%)	4:55	12.2 (73.9%)
34	CHOŁUJ Jarek	47	HOPHOTEMPOTEAM!	M40-49	8	00:07:57.29	+00:02:05 (26.2%)	4:56	12.2 (73.9%)
35	WENDORFF Paweł	116		M18-29	8	00:07:59.82	+00:02:07 (26.6%)	4:57	12.1 (73.3%)
36	KWIETNIEWSKI Daniel	199		M40-49	9	00:08:00.96	+00:02:08 (26.8%)	4:58	12 (72.7%)
37	MICERSKI Tomasz	195	TKKF KOSZALIN	M40-49	10	00:08:02.73	+00:02:10 (27.1%)	5:00	12 (72.7%)
38	KISIELIŃSKI Igor	121	TKKF KOSZALIN	M50-59	5	00:08:04.09	+00:02:12 (27.3%)	5:00	12 (72.7%)
39	MOSIOŁEK Piotr	34		M40-49	11	00:08:13.67	+00:02:21 (28.7%)	5:06	11.7 (70.9%)
40	CZERNIAK Gracjan	180		M30-39	12	00:08:14.15	+00:02:22 (28.8%)	5:06	11.7 (70.9%)
41	PEŁECHATA Julita	127	FOR-REST-RUN	K18-29	2	00:08:18.49	+00:02:26 (29.4%)	5:09	11.6 (70.3%)
42	CHODOR Martyna	20	TKKF KOSZALIN	K30-39	3	00:08:22.27	+00:02:30 (29.9%)	5:11	11.5 (69.7%)
43	WILKOWSKI Krzysztof	182		M40-49	12	00:08:24.07	+00:02:31 (30.2%)	5:13	11.5 (69.7%)
44	KAMYK Piotr	87	MH IT SYSTEMY ERP KOSZALIN	M30-39	13	00:08:27.80	+00:02:35 (30.7%)	5:15	11.4 (69.1%)
45	PRYCA Adam	184		M30-39	14	00:08:28.57	+00:02:36 (30.8%)	5:15	11.4 (69.1%)
46	MILEWSKI Tomasz	81		M30-39	15	00:08:29.85	+00:02:37 (30.9%)	5:16	11.4 (69.1%)
47	NOREK Tomek	80		M50-59	6	00:08:33.69	+00:02:41 (31.5%)	5:19	11.3 (68.5%)
48	WÓJCICKI Adrian	48		M30-39	16	00:08:33.88	+00:02:41 (31.5%)	5:18	11.3 (68.5%)
49	JOCHYM Mariusz	55		M30-39	17	00:08:34.67	+00:02:42 (31.6%)	5:19	11.3 (68.5%)
50	CHODOR Izabela	24	TKKF KOSZALIN	K30-39	4	00:08:37.78	+00:02:45 (32.0%)	5:21	11.2 (67.9%)
51	KULCZYK Katarzyna	31	BRYZA POSTOMINO	K30-39	5	00:08:37.96	+00:02:45 (32.0%)	5:21	11.2 (67.9%)
52	DĄBROWSKA Alicja	2	TKKF KOSZALIN	K50+	1	00:08:41.09	+00:02:49 (32.4%)	5:23	11.1 (67.3%)
53	WAWRZYN Grzegorz	86		M40-49	13	00:08:43.41	+00:02:51 (32.7%)	5:25	11.1 (67.3%)
54	KUBIK Krystian	193	RUNGRYF GRYFICE	M18-29	9	00:08:45.09	+00:02:53 (32.9%)	5:26	11 (66.7%)
55	RUTKOWSKI Artur	147	KOSZALIŃSKI RANKING BIEGACZY	M18-29	10	00:08:51.96	+00:02:59 (33.8%)	5:30	10.9 (66.1%)
56	DZIESZUK Dariusz	5	TKKF KOSZALIN	M50-59	7	00:08:55.44	+00:03:03 (34.2%)	5:32	10.8 (65.5%)
57	MĘDEL Marta	175	TKKF KOSZALIN	K40-49	1	00:08:59.48	+00:03:07 (34.7%)	5:35	10.7 (64.8%)
58	KAZIMIERCZAK Leszek	131	LOVELASY DĄBKI	M30-39	18	00:09:02.19	+00:03:10 (35.1%)	5:36	10.7 (64.8%)
59	OSOBNIAK Ryszard	33		M60-69	1	00:09:02.84	+00:03:10 (35.1%)	5:37	10.7 (64.8%)
60	KOPCZEWSKI Dariusz	153		M50-59	8	00:09:06.60	+00:03:14 (35.6%)	5:39	10.6 (64.2%)
61	KOBUS Piotr	11		M30-39	19	00:09:07.20	+00:03:15 (35.7%)	5:39	10.6 (64.2%)
62	KRZEWIŃSKA Małgorzata	92	TKKF KOSZALIN	K50+	2	00:09:10.48	+00:03:18 (36.0%)	5:42	10.5 (63.6%)
63	PIETRZYK Mateusz	1		M18-29	11	00:09:10.56	+00:03:18 (36.1%)	5:42	10.5 (63.6%)
64	GRABOWSKA-LESISZ Aneta	85		K40-49	2	00:09:20.99	+00:03:28 (37.2%)	5:48	10.3 (62.4%)
65	JUSZCZAK Krzysztof	173		M60-69	2	00:09:21.26	+00:03:29 (37.3%)	5:49	10.3 (62.4%)
66	PANCERZYŃSKI Łukasz	172		M40-49	14	00:09:34.74	+00:03:42 (38.7%)	5:57	10.1 (61.2%)
67	WOLF Beata	16	TKKF KOSZALIN	K40-49	3	00:09:35.19	+00:03:43 (38.8%)	5:57	10.1 (61.2%)
68	BODO Rafał	8		M30-39	20	00:09:35.60	+00:03:43 (38.8%)	5:57	10.1 (61.2%)
69	ZUKAL Jakub	198		M10-13	1	00:09:55.92	+00:04:03 (40.9%)	6:10	9.7 (58.8%)
70	SUDER-MAKSYMOWICZ Filip	58		M10-13	2	00:09:57.32	+00:04:05 (41.1%)	6:10	9.7 (58.8%)
71	KAZIMIEROWICZ Radosław	25	VTT KOSZALIN	M30-39	21	00:09:59.00	+00:04:06 (41.2%)	6:12	9.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Różn	Tempo min/km	Tempo km/h
						netto 1.609km			
72	KOZŁOWIECKI Waldemar	54	TKKF KOSZALIN	M60-69	3	00:10:15.95	+00:04:23 (42.8%)	6:22	9.4 (57.0%)
73	ZIÓŁKOWSKA Gosia	178		K30-39	6	00:10:16.86	+00:04:24 (42.9%)	6:22	9.4 (57.0%)
74	KASZUBIAK Julia	152		K10-13	1	00:10:37.60	+00:04:45 (44.8%)	6:36	9.1 (55.2%)
75	KARNICKI Zygmunt	71	TKKF KOSZALIN	M60-69	4	00:10:41.82	+00:04:49 (45.1%)	6:38	9 (54.5%)
76	STRACH Martyna	22		K18-29	3	00:10:47.71	+00:04:55 (45.6%)	6:42	8.9 (53.9%)
77	ZUKAL Aleksandra	189		K40-49	4	00:11:07.32	+00:05:15 (47.2%)	6:54	8.7 (52.7%)
78	MACUDZIŃSKA Iza	122		K18-29	4	00:11:26.50	+00:05:34 (48.7%)	7:06	8.4 (50.9%)
79	KLIMKOWSKA Maria	162		K40-49	5	00:12:16.20	+00:06:24 (52.2%)	7:37	7.9 (47.9%)
80	KOZŁOWIECKA Małgorzata	49		K50+	3	00:12:22.04	+00:06:29 (52.6%)	7:40	7.8 (47.3%)
81	SUDER-MAKSYMOWICZ Monika	164		K30-39	7	00:12:36.39	+00:06:44 (53.5%)	7:49	7.7 (46.7%)
82	HELLER Zdzisław	176	NIEZRZESZONY	M60-69	5	00:12:53.87	+00:07:01 (54.5%)	8:00	7.5 (45.5%)
83	KARNICKI Artur	148		M40-49	15	00:14:24.67	+00:08:32 (59.3%)	8:57	6.7 (40.6%)
84	BARTNIK Marian	196	TKKF KOSZALIN	M70+	1	00:16:21.84	+00:10:29 (64.1%)	10:09	5.9 (35.8%)

Znaleziono 84 wynik(ów)