

# ZIMOWA MILA GÓRSKA 2019 - EDYCJA 2/5

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-01-23  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
1	<b>WRÓBEL Jakub</b>	<b>57</b>	KL BAŁTYK KOSZALIN	M18-29	1	<b>00:05:44.08</b>		3:33	16.8 (100%)
2	<b>ZACHARCZUK Albin</b>	<b>105</b>	UNIA HRUBIESZÓW	M18-29	2	<b>00:05:59.43</b>	+00:00:15 (4.3%)	3:42	16.1 (95.8%)
3	<b>SZKOŁUDA Miłosz</b>	<b>116</b>	DECATHLON KOSZALIN	M18-29	3	<b>00:06:07.28</b>	+00:00:23 (6.3%)	3:48	15.8 (94.0%)
4	<b>KASZUBIAK Klaudiusz</b>	<b>100</b>		M40-49	1	<b>00:06:43.95</b>	+00:00:59 (14.8%)	4:10	14.3 (85.1%)
5	<b>BESZTERDA Jakub</b>	<b>58</b>	KL BAŁTYK KOSZALIN	M14-17	1	<b>00:06:47.97</b>	+00:01:03 (15.7%)	4:13	14.2 (84.5%)
6	<b>MAJKOWICZ Rafał</b>	<b>104</b>		M30-39	1	<b>00:06:49.84</b>	+00:01:05 (16.0%)	4:14	14.1 (83.9%)
7	<b>CZAPLIŃSKI Jacek</b>	<b>55</b>	TAGER KOSZALIN	M30-39	2	<b>00:06:54.52</b>	+00:01:10 (17.0%)	4:17	14 (83.3%)
8	<b>ZUKAL Piotr</b>	<b>129</b>		M40-49	2	<b>00:06:59.28</b>	+00:01:15 (17.9%)	4:20	13.8 (82.1%)
9	<b>ZACHOLSKI Wojciech</b>	<b>146</b>		M18-29	4	<b>00:07:06.18</b>	+00:01:22 (19.3%)	4:24	13.6 (81.0%)
10	<b>BIEŃKOWSKI Tomasz</b>	<b>86</b>		M30-39	3	<b>00:07:07.89</b>	+00:01:23 (19.6%)	4:25	13.5 (80.4%)
11	<b>SOSNOWSKI Tomasz</b>	<b>60</b>	MEDEN-INMED SPORTS TEAM	M18-29	5	<b>00:07:13.38</b>	+00:01:29 (20.6%)	4:28	13.4 (79.8%)
12	<b>NAKONIECZNY Rafał</b>	<b>126</b>	TKKF KOSZALIN	M30-39	4	<b>00:07:15.24</b>	+00:01:31 (20.9%)	4:30	13.3 (79.2%)
13	<b>ZWOLIŃSKI Jan</b>	<b>72</b>	TKKF KOSZALIN	M50-59	1	<b>00:07:16.79</b>	+00:01:32 (21.2%)	4:31	13.3 (79.2%)
14	<b>SIENIAWSKI Jarek</b>	<b>59</b>	MEDEN-INMED SPORTS TEAM	M40-49	3	<b>00:07:18.03</b>	+00:01:33 (21.4%)	4:32	13.2 (78.6%)
15	<b>PICK Tomasz</b>	<b>101</b>	DEAF KOSZALIN	M40-49	4	<b>00:07:18.27</b>	+00:01:34 (21.5%)	4:32	13.2 (78.6%)
16	<b>KOŚCIELNIAK Robert</b>	<b>71</b>	TKKF KOSZALIN	M50-59	2	<b>00:07:24.63</b>	+00:01:40 (22.6%)	4:36	13 (77.4%)
17	<b>MATYSIAK Wojciech</b>	<b>114</b>		M30-39	5	<b>00:07:25.27</b>	+00:01:41 (22.7%)	4:37	13 (77.4%)
18	<b>KONKEL Agnieszka</b>	<b>119</b>		K30-39	1	<b>00:07:31.51</b>	+00:01:47 (23.8%)	4:40	12.9 (76.8%)
19	<b>CHABOWSKI Wojciech</b>	<b>117</b>		M18-29	6	<b>00:07:34.69</b>	+00:01:50 (24.3%)	4:41	12.8 (76.2%)
20	<b>HOREGLAD Paweł</b>	<b>51</b>	SPEEDY GONZALES	M18-29	7	<b>00:07:35.89</b>	+00:01:51 (24.5%)	4:43	12.7 (75.6%)
21	<b>WEBER Paweł</b>	<b>142</b>	ENERGON	M30-39	6	<b>00:07:36.29</b>	+00:01:52 (24.6%)	4:43	12.7 (75.6%)
22	<b>BRZEZIŃSKI Jan</b>	<b>35</b>	TEAMPIOTRUS	M50-59	3	<b>00:07:38.36</b>	+00:01:54 (24.9%)	4:45	12.6 (75.0%)
23	<b>MOSZYŃSKI Jacek</b>	<b>80</b>	TKKF KOSZALIN	M50-59	4	<b>00:07:39.10</b>	+00:01:55 (25.1%)	4:45	12.6 (75.0%)
24	<b>SZNYTER Sabina</b>	<b>115</b>	DECATHLON KOSZALIN	K18-29	1	<b>00:07:39.43</b>	+00:01:55 (25.1%)	4:45	12.6 (75.0%)
25	<b>KUŁAKOWSKI Dawid</b>	<b>79</b>	TKKF KOSZALIN	M40-49	5	<b>00:07:39.72</b>	+00:01:55 (25.2%)	4:45	12.6 (75.0%)
26	<b>TARNOWSKI Mariusz</b>	<b>130</b>		M30-39	7	<b>00:07:52.30</b>	+00:02:08 (27.1%)	4:53	12.3 (73.2%)
27	<b>KONKEL Łukasz</b>	<b>95</b>		M40-49	6	<b>00:07:52.86</b>	+00:02:08 (27.2%)	4:53	12.3 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						1.609km	Różn		
28	HAMALA Marcin	82	TAGER KOSZALIN	M30-39	8	00:07:54.39	+00:02:10 (27.5%)	4:54	12.2 (72.6%)
29	CHORAŻY Karolina	34	LEO-TEAM	K30-39	2	00:07:56.34	+00:02:12 (27.8%)	4:55	12.2 (72.6%)
30	BASSEL Marcin	89		M30-39	9	00:08:01.02	+00:02:16 (28.5%)	4:58	12 (71.4%)
31	IWANIEC Dariusz	75	TKKF KOSZALIN	M40-49	7	00:08:02.62	+00:02:18 (28.7%)	5:00	12 (71.4%)
32	CHOŁUJ Jarek	87	HOPHOPTEMPOTEAM!	M40-49	8	00:08:03.38	+00:02:19 (28.8%)	5:00	12 (71.4%)
33	WÓJCICKI Adrian	106		M30-39	10	00:08:11.11	+00:02:27 (29.9%)	5:04	11.8 (70.2%)
34	PEŁECHATA Julita	84	FOR-REST-RUN	K18-29	2	00:08:13.98	+00:02:29 (30.3%)	5:06	11.7 (69.6%)
35	MICERSKI Tomasz	73	TKKF KOSZALIN	M40-49	9	00:08:16.79	+00:02:32 (30.7%)	5:08	11.7 (69.6%)
36	KISIELIŃSKI Igor	96	TKKF KOSZALIN	M50-59	5	00:08:16.95	+00:02:32 (30.8%)	5:08	11.7 (69.6%)
37	ROGOŻA Ireneusz	110		M40-49	10	00:08:18.89	+00:02:34 (31.0%)	5:09	11.6 (69.0%)
38	MOSIOŁEK Piotr	122		M40-49	11	00:08:19.43	+00:02:35 (31.1%)	5:09	11.6 (69.0%)
39	KOZIEŁ Adam	118		M18-29	8	00:08:27.08	+00:02:43 (32.1%)	5:14	11.4 (67.9%)
40	WILKOWSKI Krzysztof	85		M40-49	12	00:08:27.34	+00:02:43 (32.2%)	5:14	11.4 (67.9%)
41	PRYCA Adam	143		M30-39	11	00:08:27.53	+00:02:43 (32.2%)	5:15	11.4 (67.9%)
42	CHODOR Izabela	91	TKKF KOSZALIN	K30-39	3	00:08:28.09	+00:02:44 (32.3%)	5:15	11.4 (67.9%)
43	KULCZYK Katarzyna	93	BRYZA POSTOMINO	K30-39	4	00:08:28.27	+00:02:44 (32.3%)	5:15	11.4 (67.9%)
44	SOKOŁOWSKI Maciej	124		M40-49	13	00:08:28.76	+00:02:44 (32.4%)	5:16	11.4 (67.9%)
45	JOCHYM Mariusz	148		M30-39	12	00:08:29.08	+00:02:45 (32.4%)	5:16	11.4 (67.9%)
46	NOREK Tomek	88		M50-59	6	00:08:30.51	+00:02:46 (32.6%)	5:16	11.4 (67.9%)
47	DĄBROWSKA Alicja	37	TKKF KOSZALIN	K50+	1	00:08:33.61	+00:02:49 (33.0%)	5:19	11.3 (67.3%)
48	KAMYK Piotr	123	MH IT SYSTEMY ERP KOSZALIN	M30-39	13	00:08:34.24	+00:02:50 (33.1%)	5:19	11.3 (67.3%)
49	MILEWSKI Tomasz	38		M30-39	14	00:08:34.77	+00:02:50 (33.2%)	5:19	11.3 (67.3%)
50	RUTKOWSKI Artur	54	KOSZALIŃSKI RANKING BIEGACZY	M18-29	9	00:08:39.07	+00:02:54 (33.7%)	5:22	11.2 (66.7%)
51	KAZIMIERCZAK Leszek	31	LOVELASY DĄBKI	M30-39	15	00:08:45.87	+00:03:01 (34.6%)	5:26	11 (65.5%)
52	PIETRZYK Mateusz	144		M18-29	10	00:08:47.31	+00:03:03 (34.7%)	5:27	11 (65.5%)
53	SZOSTAK Marta	39		K18-29	3	00:08:58.30	+00:03:14 (36.1%)	5:34	10.8 (64.3%)
54	DZIESZUK Dariusz	125	TKKF KOSZALIN	M50-59	7	00:09:08.59	+00:03:24 (37.3%)	5:40	10.6 (63.1%)
55	WOŁYŃSKA Wioletta	102	TKKF KOSZALIN	K40-49	1	00:09:10.37	+00:03:26 (37.5%)	5:41	10.5 (62.5%)
56	BODO Rafał	81		M30-39	16	00:09:10.37	+00:03:26 (37.5%)	5:41	10.5 (62.5%)
57	KUBIK Krystian	52	RUNGRYFGRYFICE	M18-29	11	00:09:16.83	+00:03:32 (38.2%)	5:45	10.4 (61.9%)
58	KRZEWIŃSKA Małgorzata	145	TKKF KOSZALIN	K50+	2	00:09:20.89	+00:03:36 (38.7%)	5:48	10.3 (61.3%)
59	KOBUS Piotr	90		M30-39	17	00:09:21.31	+00:03:37 (38.7%)	5:48	10.3 (61.3%)
60	OSOBNIAK Ryszard	109		M60-69	1	00:09:23.19	+00:03:39 (38.9%)	5:49	10.3 (61.3%)
61	SARAPUK Gabriela	92	TKKF KOSZALIN	K40-49	2	00:09:25.93	+00:03:41 (39.2%)	5:51	10.2 (60.7%)
62	KAZIMIEROWICZ Radosław	78	VTT KOSZALIN	M30-39	18	00:09:28.45	+00:03:44 (39.5%)	5:52	10.2 (60.7%)
63	GRABOWSKA-LESISZ Aneta	32		K40-49	3	00:09:28.99	+00:03:44 (39.5%)	5:53	10.2 (60.7%)
64	SUDER-MAKSYMOWICZ Filip	77		M10-13	1	00:09:37.69	+00:03:53 (40.4%)	5:59	10 (59.5%)
65	JUSZCZAK Krzysztof	94		M60-69	2	00:09:42.98	+00:03:58 (41.0%)	6:02	9.9 (58.9%)
66	PANCERZYŃSKI Łukasz	98		M40-49	14	00:09:46.95	+00:04:02 (41.4%)	6:04	9.9 (58.9%)
67	WAWRZYN Grzegorz	40		M40-49	15	00:09:52.97	+00:04:08 (42.0%)	6:08	9.8 (58.3%)
68	KURŁOWICZ Krzysztof	112		M40-49	16	00:09:57.06	+00:04:12 (42.4%)	6:10	9.7 (57.7%)
69	ZUKAL Jakub	127		M10-13	2	00:10:06.36	+00:04:22 (43.3%)	6:17	9.5 (56.5%)
70	KASZUBIAK Julia	103		K10-13	1	00:10:13.62	+00:04:29 (43.9%)	6:20	9.5 (56.5%)
71	CZERNIAK Gracjan	121		M30-39	19	00:10:20.95	+00:04:36 (44.6%)	6:25	9.3 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
72	<b>WOLF Beata</b>	<b>111</b>	TKKF KOSZALIN	K40-49	4	<b>00:10:22.95</b>	+00:04:38 (44.8%)	6:26	9.3 (55.4%)
73	<b>KOZŁOWIECKI Waldemar</b>	<b>53</b>	TKKF KOSZALIN	M60-69	3	<b>00:10:31.64</b>	+00:04:47 (45.5%)	6:32	9.2 (54.8%)
74	<b>OLIŃSKI Arek</b>	<b>120</b>		M40-49	17	<b>00:10:35.84</b>	+00:04:51 (45.9%)	6:35	9.1 (54.2%)
75	<b>KARNICKI Zygmunt</b>	<b>74</b>	TKKF KOSZALIN	M60-69	4	<b>00:10:36.55</b>	+00:04:52 (45.9%)	6:35	9.1 (54.2%)
76	<b>GŁOWACKI Włodzimierz</b>	<b>147</b>		M70+	1	<b>00:10:41.93</b>	+00:04:57 (46.4%)	6:38	9 (53.6%)
77	<b>ZUKAL Aleksandra</b>	<b>128</b>		K40-49	5	<b>00:11:43.55</b>	+00:05:59 (51.1%)	7:17	8.2 (48.8%)
78	<b>HELLER Zdzisław</b>	<b>107</b>	NIEZRZESZONY	M60-69	5	<b>00:11:59.56</b>	+00:06:15 (52.2%)	7:27	8.1 (48.2%)
79	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>36</b>		K30-39	5	<b>00:12:01.88</b>	+00:06:17 (52.3%)	7:27	8 (47.6%)
80	<b>HAMALA Monika</b>	<b>83</b>		K30-39	6	<b>00:12:10.83</b>	+00:06:26 (52.9%)	7:33	7.9 (47.0%)
81	<b>KOZŁOWIECKA Małgorzata</b>	<b>56</b>		K50+	3	<b>00:12:39.97</b>	+00:06:55 (54.7%)	7:52	7.6 (45.2%)
82	<b>KARNICKI Artur</b>	<b>76</b>		M40-49	18	<b>00:14:31.48</b>	+00:08:47 (60.5%)	9:01	6.6 (39.3%)
83	<b>BARTNIK Marian</b>	<b>108</b>	TKKF KOSZALIN	M70+	2	<b>00:17:21.14</b>	+00:11:37 (67.0%)	10:46	5.6 (33.3%)

Znaleziono 83 wynik(ów)