



ZIMOWA MILA GÓRSKA 2019 - EDYCJA 3/5

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-02-06
Miejsce: Koszalin
Dystans: 1.609 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
1	KĘPKA Adrian	104	DECATHLON KOSZALIN/ TAGER KOSZALIN	M18-29	1	00:05:47.30		3:36	16.7 (100%)
2	SZKOŁUDA Miłosz	59	DECATHLON KOSZALIN	M18-29	2	00:05:52.03	+00:00:04 (1.3%)	3:38	16.5 (98.8%)
3	KASZUBIAK Klaudiusz	110		M40-49	1	00:06:29.28	+00:00:41 (10.8%)	4:01	14.9 (89.2%)
4	MAJKOWICZ Rafał	37		M30-39	1	00:06:39.89	+00:00:52 (13.2%)	4:08	14.5 (86.8%)
5	CZAPLIŃSKI Jacek	101	TAGER KOSZALIN	M30-39	2	00:06:43.31	+00:00:56 (13.9%)	4:10	14.4 (86.2%)
6	ZUKAL Piotr	80		M40-49	2	00:06:45.51	+00:00:58 (14.4%)	4:12	14.3 (85.6%)
7	BESZTERDA Jakub	83	KL BAŁTYK KOSZALIN	M14-17	1	00:06:51.37	+00:01:04 (15.6%)	4:15	14.1 (84.4%)
8	SOSNOWSKI Tomasz	77	MEDEN-INMED SPORTS TEAM	M18-29	3	00:06:54.85	+00:01:07 (16.3%)	4:17	14 (83.8%)
9	BIEŃKOWSKI Tomasz	87		M30-39	3	00:06:57.03	+00:01:09 (16.7%)	4:19	13.9 (83.2%)
10	SIENIAWSKI Jarek	31	MEDEN-INMED SPORTS TEAM	M40-49	3	00:07:01.23	+00:01:13 (17.6%)	4:21	13.8 (82.6%)
11	KLEMANN Paweł	72	TKKF KOSZALIN	M40-49	4	00:07:02.02	+00:01:14 (17.7%)	4:22	13.7 (82.0%)
12	PICK Tomasz	95	DEAF KOSZALIN	M40-49	5	00:07:08.23	+00:01:20 (18.9%)	4:25	13.5 (80.8%)
13	DZIĘBOWSKI Mariusz	39		M30-39	4	00:07:08.70	+00:01:21 (19.0%)	4:25	13.5 (80.8%)
14	ZWOLIŃSKI Jan	144	TKKF KOSZALIN	M50-59	1	00:07:10.75	+00:01:23 (19.4%)	4:27	13.4 (80.2%)
15	WEBER Paweł	92	ENERGON	M30-39	5	00:07:17.31	+00:01:30 (20.6%)	4:31	13.3 (79.6%)
16	MATYSIAK Wojciech	76		M30-39	6	00:07:19.72	+00:01:32 (21.0%)	4:33	13.2 (79.0%)
17	KUŁAKOWSKI Dawid	130	TKKF KOSZALIN	M40-49	6	00:07:24.64	+00:01:37 (21.9%)	4:36	13 (77.8%)
18	BRZEZIŃSKI Jan	94	TEAMPIOTRUS	M50-59	2	00:07:32.91	+00:01:45 (23.3%)	4:41	12.8 (76.6%)
19	HOREGLAD Paweł	145	SPEEDY GONZALES	M18-29	4	00:07:33.54	+00:01:46 (23.4%)	4:41	12.8 (76.6%)
20	DOBOSZ Michał	75		M14-17	2	00:07:35.51	+00:01:48 (23.8%)	4:43	12.7 (76.0%)
21	WĄSOWSKI Mateusz	60		M18-29	5	00:07:44.62	+00:01:57 (25.3%)	4:48	12.5 (74.9%)
22	ROGOŻA Ireneusz	71		M40-49	7	00:07:44.79	+00:01:57 (25.3%)	4:48	12.5 (74.9%)
23	MOSZYŃSKI Jacek	84	TKKF KOSZALIN	M50-59	3	00:07:45.53	+00:01:58 (25.4%)	4:49	12.4 (74.3%)
24	IWANIEC Dariusz	123	TKKF KOSZALIN	M40-49	8	00:07:46.43	+00:01:59 (25.5%)	4:50	12.4 (74.3%)
25	LEWANDOWSKI Marek	89		M30-39	7	00:07:46.58	+00:01:59 (25.6%)	4:49	12.4 (74.3%)
26	BASSEL Marcin	36		M30-39	8	00:07:51.35	+00:02:04 (26.3%)	4:53	12.3 (73.7%)
27	CHOŁUJ Jarek	74	HOPHOPTEMPOTTEAM!	M40-49	9	00:07:51.85	+00:02:04 (26.4%)	4:53	12.3 (73.7%)

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						1.609km			
28	CZERNIAK Gracjan	142		M30-39	9	00:07:52.88	+00:02:05 (26.6%)	4:53	12.3 (73.7%)
29	WÓJCICKI Adrian	107		M30-39	10	00:08:04.22	+00:02:16 (28.3%)	5:00	12 (71.9%)
30	MOSIOŁEK Piotr	125		M40-49	10	00:08:07.45	+00:02:20 (28.8%)	5:03	11.9 (71.3%)
31	WILKOWSKI Krzysztof	146		M40-49	11	00:08:11.58	+00:02:24 (29.4%)	5:05	11.8 (70.7%)
32	PIETRZYK Mateusz	114		M18-29	6	00:08:12.44	+00:02:25 (29.5%)	5:06	11.8 (70.7%)
33	PRYCA Adam	85		M30-39	11	00:08:14.03	+00:02:26 (29.7%)	5:06	11.7 (70.1%)
34	SOKOŁOWSKI Maciej	124		M40-49	12	00:08:15.33	+00:02:28 (29.9%)	5:07	11.7 (70.1%)
35	MILEWSKI Tomasz	40		M30-39	12	00:08:16.85	+00:02:29 (30.1%)	5:08	11.7 (70.1%)
36	MICERSKI Tomasz	52	TKKF KOSZALIN	M40-49	13	00:08:17.97	+00:02:30 (30.3%)	5:08	11.7 (70.1%)
37	JOCHYM Mariusz	96		M30-39	13	00:08:20.64	+00:02:33 (30.6%)	5:11	11.6 (69.5%)
38	KAMYK Piotr	121	MH IT SYSTEMY ERP KOSZALIN	M30-39	14	00:08:22.26	+00:02:34 (30.9%)	5:11	11.5 (68.9%)
39	RUTKOWSKI Artur	79	KOSZALIŃSKI RANKING BIEGACZY	M18-29	7	00:08:25.17	+00:02:37 (31.3%)	5:13	11.5 (68.9%)
40	NOREK Tomek	111		M50-59	4	00:08:25.50	+00:02:38 (31.3%)	5:13	11.5 (68.9%)
41	KONKEL Łukasz	90		M40-49	14	00:08:27.10	+00:02:39 (31.5%)	5:14	11.4 (68.3%)
42	BARTHA Adrian	105		M30-39	15	00:08:37.58	+00:02:50 (32.9%)	5:21	11.2 (67.1%)
43	KUBIK Krystian	118	RUNGRYF GRYFICE	M18-29	8	00:08:38.39	+00:02:51 (33.0%)	5:22	11.2 (67.1%)
44	DOBOSZ Jarosław	128		M50-59	5	00:08:41.11	+00:02:53 (33.4%)	5:23	11.1 (66.5%)
45	KAZIMIERCZAK Leszek	38	LOVELASY DĄBKI	M30-39	16	00:08:43.69	+00:02:56 (33.7%)	5:25	11.1 (66.5%)
46	DZIESZUK Dariusz	32	TKKF KOSZALIN	M50-59	6	00:08:48.18	+00:03:00 (34.2%)	5:28	11 (65.9%)
47	KAZIMIEROWICZ Radosław	58	VTT KOSZALIN	M30-39	17	00:08:48.25	+00:03:00 (34.3%)	5:28	11 (65.9%)
48	KRUPIŃSKI Krzysztof	103	E-UROLOG	M50-59	7	00:08:57.77	+00:03:10 (35.4%)	5:34	10.8 (64.7%)
49	KOBUS Piotr	88		M30-39	18	00:09:02.18	+00:03:14 (35.9%)	5:36	10.7 (64.1%)
50	OSOBNIAK Ryszard	98		M60-69	1	00:09:09.18	+00:03:21 (36.8%)	5:41	10.5 (62.9%)
51	PANCERZYŃSKI Łukasz	34		M40-49	15	00:09:26.91	+00:03:39 (38.7%)	5:52	10.2 (61.1%)
52	PRZYBYŁ Krzysztof	115		M30-39	19	00:09:29.06	+00:03:41 (39.0%)	5:53	10.2 (61.1%)
53	ZUKAL Jakub	119		M10-13	1	00:09:34.01	+00:03:46 (39.5%)	5:56	10.1 (60.5%)
54	JUSZCZAK Krzysztof	55		M60-69	2	00:09:37.09	+00:03:49 (39.8%)	5:58	10 (59.9%)
55	WAWRZYN Grzegorz	100		M40-49	16	00:10:00.80	+00:04:13 (42.2%)	6:12	9.7 (58.1%)
56	KOZŁOWIECKI Waldemar	82	TKKF KOSZALIN	M60-69	3	00:10:06.66	+00:04:19 (42.8%)	6:17	9.5 (56.9%)
57	BARTHA Tomasz	109		M10-13	2	00:10:11.74	+00:04:24 (43.2%)	6:20	9.5 (56.9%)
58	BULIK Adrian	126		M18-29	9	00:10:24.06	+00:04:36 (44.3%)	6:27	9.3 (55.7%)
59	SUDER-MAKSYMOWICZ Filip	73		M10-13	3	00:10:34.88	+00:04:47 (45.3%)	6:34	9.1 (54.5%)
60	GŁOWACKI Włodzimierz	120		M70+	1	00:10:39.66	+00:04:52 (45.7%)	6:37	9.1 (54.5%)
61	HELLER Zdzisław	148	NIEZRZESZONY	M60-69	4	00:11:37.96	+00:05:50 (50.2%)	7:13	8.3 (49.7%)
62	MACIEJEWSKI Maciej	93	MEDEN-INMED SPORTS TEAM	M30-39	20	00:12:12.76	+00:06:25 (52.6%)	7:35	7.9 (47.3%)
63	KARNICKI Artur	81		M40-49	17	00:14:02.16	+00:08:14 (58.8%)	8:42	6.9 (41.3%)
64	BARTNIK Marian	53	TKKF KOSZALIN	M70+	2	00:17:10.00	+00:11:22 (66.3%)	10:39	5.6 (33.5%)

Znaleziono 64 wynik(ów)