



ZIMOWA MILA GÓRSKA 2019 - EDYCJA 4/5

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-02-20
Miejsce: Koszalin
Dystans: 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						1.609km	Różn		
1	WRÓBEL Jakub	172	KL BAŁTYK	M18-29	1	00:05:34.43		3:27	17.4 (100%)
2	KĘPKA Adrian	484	DECATHLON KOSZALIN/ TAGER KOSZALIN	M18-29	2	00:06:02.64	+00:00:28 (7.8%)	3:44	16 (92.0%)
3	KASZUBIAK Klaudiusz	435		M40-49	1	00:06:21.48	+00:00:47 (12.3%)	3:56	15.2 (87.4%)
4	SZKOŁUDA Miłosz	499	DECATHLON KOSZALIN	M18-29	3	00:06:22.18	+00:00:47 (12.5%)	3:57	15.2 (87.4%)
5	RYKIEL Michał	178		M30-39	1	00:06:24.86	+00:00:50 (13.1%)	3:59	15.1 (86.8%)
6	MAJKOWICZ Rafał	431		M30-39	2	00:06:31.90	+00:00:57 (14.7%)	4:03	14.8 (85.1%)
7	CZAPLIŃSKI Jacek	485	TAGER KOSZALIN	M30-39	3	00:06:33.80	+00:00:59 (15.1%)	4:04	14.7 (84.5%)
8	BESZTERDA Jakub	459	KL BAŁTYK KOSZALIN	M14-17	1	00:06:35.04	+00:01:00 (15.3%)	4:05	14.7 (84.5%)
9	HUBERT Łukasz	469	TKKF KOSZALIN	M30-39	4	00:06:42.71	+00:01:08 (17.0%)	4:10	14.4 (82.8%)
10	BIEŃKOWSKI Tomasz	482		M30-39	5	00:06:48.32	+00:01:13 (18.1%)	4:13	14.2 (81.6%)
11	ZUKAL Piotr	163		M40-49	2	00:06:51.33	+00:01:16 (18.7%)	4:15	14.1 (81.0%)
12	ZACHOLSKI Wojciech	486		M18-29	4	00:06:57.49	+00:01:23 (19.9%)	4:19	13.9 (79.9%)
13	SOSNOWSKI Tomasz	9	MEDEN-INMED SPORTS TEAM	M18-29	5	00:07:01.61	+00:01:27 (20.7%)	4:21	13.8 (79.3%)
14	ZWOLIŃSKI Jan	409	TKKF KOSZALIN	M50-59	1	00:07:03.54	+00:01:29 (21.0%)	4:23	13.7 (78.7%)
15	MATYSIAK Wojciech	165		M30-39	6	00:07:09.16	+00:01:34 (22.1%)	4:27	13.5 (77.6%)
16	WEBER Paweł	500	ENERGON	M30-39	7	00:07:12.83	+00:01:38 (22.7%)	4:28	13.4 (77.0%)
17	DOBOSZ Michał	453		M14-17	2	00:07:17.07	+00:01:42 (23.5%)	4:31	13.3 (76.4%)
18	KUŁAKOWSKI Dawid	161	TKKF KOSZALIN	M40-49	3	00:07:17.23	+00:01:42 (23.5%)	4:31	13.3 (76.4%)
19	KONKEL Agnieszka	432		K30-39	1	00:07:18.28	+00:01:43 (23.7%)	4:32	13.2 (75.9%)
20	PICK Tomasz	489	DEAF KOSZALIN	M40-49	4	00:07:18.39	+00:01:43 (23.7%)	4:32	13.2 (75.9%)
21	LEWANDOWSKI Marek	398		M30-39	8	00:07:24.79	+00:01:50 (24.8%)	4:36	13 (74.7%)
22	HOREGLAD Paweł	396	SPEEDY GONZALES	M18-29	6	00:07:26.15	+00:01:51 (25.0%)	4:37	13 (74.7%)
23	BASSEL Marcin	466		M30-39	9	00:07:31.37	+00:01:56 (25.9%)	4:40	12.9 (74.1%)
24	IWANIEC Dariusz	162	TKKF KOSZALIN	M40-49	5	00:07:31.59	+00:01:57 (25.9%)	4:40	12.9 (74.1%)
25	MOSZYŃSKI Jacek	436	TKKF KOSZALIN	M50-59	2	00:07:37.00	+00:02:02 (26.8%)	4:43	12.7 (73.0%)
26	BRZEZIŃSKI Jan	483	TEAMPIOTRUS	M50-59	3	00:07:37.38	+00:02:02 (26.9%)	4:44	12.7 (73.0%)
27	CHORAŻY Karolina	490	LEO-TEAM	K30-39	2	00:07:37.83	+00:02:03 (27.0%)	4:44	12.7 (73.0%)

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28	SZNYTER Sabina	497	DECATHLON KOSZALIN	K18-29	1	00:07:41.27	+00:02:06 (27.5%)	4:46	12.6 (72.4%)
29	CZERNIAK Gracjan	488		M30-39	10	00:07:41.77	+00:02:07 (27.6%)	4:46	12.5 (71.8%)
30	CHOŁUJ Jarek	481	HOPHOTEMPOTEAM!	M40-49	6	00:07:44.43	+00:02:10 (28.0%)	4:48	12.5 (71.8%)
31	TARNOWSKI Mariusz	320		M30-39	11	00:07:47.08	+00:02:12 (28.4%)	4:50	12.4 (71.3%)
32	KONKEL Łukasz	175		M40-49	7	00:07:47.82	+00:02:13 (28.5%)	4:50	12.4 (71.3%)
33	PEŁECHATA Julita	487	FOR-REST-RUN	K18-29	2	00:07:47.90	+00:02:13 (28.5%)	4:50	12.4 (71.3%)
34	MOSIOŁEK Piotr	288		M40-49	8	00:07:54.36	+00:02:19 (29.5%)	4:54	12.2 (70.1%)
35	KISIELIŃSKI Igor	454	TKKF KOSZALIN	M50-59	4	00:07:54.75	+00:02:20 (29.6%)	4:55	12.2 (70.1%)
36	KUBIK Krystian	405	RUNGRYF GRYFICE	M18-29	7	00:07:56.92	+00:02:22 (29.9%)	4:56	12.2 (70.1%)
37	PRYCA Adam	439		M30-39	12	00:07:57.81	+00:02:23 (30.0%)	4:56	12.1 (69.5%)
38	PIETRZYK Mateusz	451		M18-29	8	00:08:00.03	+00:02:25 (30.3%)	4:58	12.1 (69.5%)
39	ROGOŻA Ireneusz	399		M40-49	9	00:08:01.23	+00:02:26 (30.5%)	4:59	12 (69.0%)
40	PIETRZYK Paulina	456		K18-29	3	00:08:02.13	+00:02:27 (30.6%)	4:59	12 (69.0%)
41	MILEWSKI Tomasz	464		M30-39	13	00:08:02.20	+00:02:27 (30.6%)	5:00	12 (69.0%)
42	MICERSKI Tomasz	407	TKKF KOSZALIN	M40-49	10	00:08:02.45	+00:02:28 (30.7%)	5:00	12 (69.0%)
43	WÓJCICKI Adrian	318		M30-39	14	00:08:07.03	+00:02:32 (31.3%)	5:02	11.9 (68.4%)
44	RUTKOWSKI Ryszard	498		M50-59	5	00:08:09.43	+00:02:35 (31.7%)	5:03	11.9 (68.4%)
45	DĄBROWSKA Alicja	461	TKKF KOSZALIN	K50+	1	00:08:13.58	+00:02:39 (32.2%)	5:06	11.8 (67.8%)
46	JOCHYM Mariusz	458		M30-39	15	00:08:15.69	+00:02:41 (32.5%)	5:08	11.7 (67.2%)
47	KULCZYK Katarzyna	180	BRYZA POSTOMINO	K30-39	3	00:08:23.03	+00:02:48 (33.5%)	5:12	11.5 (66.1%)
48	RUTKOWSKI Artur	437	KOSZALIŃSKI RANKING BIEGACZY	M18-29	9	00:08:23.46	+00:02:49 (33.6%)	5:12	11.5 (66.1%)
49	KAMYK Piotr	465	MH IT SYSTEMY ERP KOSZALIN	M30-39	16	00:08:25.76	+00:02:51 (33.9%)	5:14	11.5 (66.1%)
50	NOREK Tomek	400		M50-59	6	00:08:28.05	+00:02:53 (34.2%)	5:15	11.4 (65.5%)
51	KAZIMIERCZAK Leszek	494	LOVELASY DĄBKI	M30-39	17	00:08:29.27	+00:02:54 (34.3%)	5:16	11.4 (65.5%)
52	WILKOWSKI Krzysztof	496		M40-49	11	00:08:30.49	+00:02:56 (34.5%)	5:16	11.4 (65.5%)
53	DOBOSZ Jarosław	492		M50-59	7	00:08:36.95	+00:03:02 (35.3%)	5:21	11.2 (64.4%)
54	DZIESZUK Dariusz	408	TKKF KOSZALIN	M50-59	8	00:08:37.93	+00:03:03 (35.4%)	5:21	11.2 (64.4%)
55	WOŁYŃSKA Wioletta	179	TKKF KOSZALIN	K40-49	1	00:08:40.80	+00:03:06 (35.8%)	5:23	11.1 (63.8%)
56	KRZEWIŃSKA Małgorzata	434	TKKF KOSZALIN	K50+	2	00:08:47.37	+00:03:12 (36.6%)	5:27	11 (63.2%)
57	KAZIMIEROWICZ Radosław	164	VTT KOSZALIN	M30-39	18	00:08:48.35	+00:03:13 (36.7%)	5:28	11 (63.2%)
58	WAWRZYN Grzegorz	177		M40-49	12	00:08:48.59	+00:03:14 (36.7%)	5:28	11 (63.2%)
59	KOBUS Piotr	401		M30-39	19	00:08:50.57	+00:03:16 (37.0%)	5:29	10.9 (62.6%)
60	GRABOWSKA-LESISZ Aneta	438		K40-49	2	00:08:51.34	+00:03:16 (37.1%)	5:29	10.9 (62.6%)
61	OSOBNIAK Ryszard	319		M60-69	1	00:08:59.62	+00:03:25 (38.0%)	5:34	10.8 (62.1%)
62	W. Sebastian	176		M18-29	10	00:09:03.82	+00:03:29 (38.5%)	5:37	10.7 (61.5%)
63	SUDER-MAKSYMOWICZ Filip	228		M10-13	1	00:09:09.93	+00:03:35 (39.2%)	5:41	10.5 (60.3%)
64	JUSZCZAK Krzysztof	463		M60-69	2	00:09:24.70	+00:03:50 (40.8%)	5:50	10.3 (59.2%)
65	SARAPUK Gabriela	402	TKKF KOSZALIN	K40-49	3	00:09:30.53	+00:03:56 (41.4%)	5:54	10.2 (58.6%)
66	BULIK Adrian	455		M18-29	11	00:09:34.91	+00:04:00 (41.8%)	5:57	10.1 (58.0%)
67	PANCERZYŃSKI Łukasz	171		M40-49	13	00:09:36.61	+00:04:02 (42.0%)	5:57	10.1 (58.0%)
68	KURŁOWICZ Krzysztof	403		M40-49	14	00:09:56.14	+00:04:21 (43.9%)	6:10	9.7 (55.7%)
69	ZUKAL Jakub	468		M10-13	2	00:09:57.35	+00:04:22 (44.0%)	6:10	9.7 (55.7%)
70	KASZUBIAK Julia	433		K10-13	1	00:09:58.57	+00:04:24 (44.1%)	6:12	9.7 (55.7%)
71	KARNICKI Zygmunt	170	TKKF KOSZALIN	M60-69	3	00:10:07.08	+00:04:32 (44.9%)	6:17	9.5 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Różn	Tempo min/km	Tempo km/h
						netto 1.609km			
72	WOLF Beata	169	TKKF KOSZALIN	K40-49	4	00:10:09.73	+00:04:35 (45.2%)	6:18	9.5 (54.6%)
73	KOZŁOWIECKI Waldemar	457	TKKF KOSZALIN	M60-69	4	00:10:12.93	+00:04:38 (45.4%)	6:20	9.5 (54.6%)
74	WRÓBLEWSKA Marta	404		K40-49	5	00:10:21.60	+00:04:47 (46.2%)	6:25	9.3 (53.4%)
75	DOBOSZ Izabella	491		K40-49	6	00:10:38.04	+00:05:03 (47.6%)	6:36	9.1 (52.3%)
76	SUDER-MAKSYMOWICZ Monika	121		K30-39	4	00:10:55.01	+00:05:20 (48.9%)	6:46	8.8 (50.6%)
77	MACIEJEWSKI Maciej	462	MEDEN-INMED SPORTS TEAM	M30-39	20	00:11:00.00	+00:05:25 (49.3%)	6:49	8.8 (50.6%)
78	ZUKAL Aleksandra	467		K40-49	7	00:11:07.00	+00:05:32 (49.9%)	6:54	8.7 (50.0%)
79	HELLER Zdzisław	460	NIEZRZESZONY	M60-69	5	00:11:19.22	+00:05:44 (50.8%)	7:01	8.5 (48.9%)
80	KOZŁOWIECKA Małgorzata	495		K50+	3	00:11:39.67	+00:06:05 (52.2%)	7:14	8.3 (47.7%)
81	KARNICKI Artur	174		M40-49	15	00:13:17.76	+00:07:43 (58.1%)	8:15	7.3 (42.0%)
82	BARTNIK Marian	397	TKKF KOSZALIN	M70+	1	00:15:47.00	+00:10:12 (64.7%)	9:48	6.1 (35.1%)

Znaleziono 82 wynik(ów)