



ZIMOWA MILA GÓRSKA 2019 - EDYCJA 5/5

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2019-03-06
Place: Koszalin
Distance: 1.609 km



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	Net time	Gap	Pace min/km	Pace km/h
						1.609km			
1	KEPKA Adrian	372	DECATHLON KOSZALIN/ TAGER KOSZALIN	M18-29	1	00:05:44.06		3:33	16.8 (100%)
2	SZKOŁUDA Miłosz	448	DECATHLON KOSZALIN	M18-29	2	00:05:51.18	+00:00:07 (2.0%)	3:38	16.5 (98.2%)
3	CZAPLIŃSKI Jacek	443	TAGER KOSZALIN	M30-39	1	00:06:21.00	+00:00:36 (9.7%)	3:56	15.2 (90.5%)
4	RYKIEL Michał	436		M30-39	2	00:06:24.67	+00:00:40 (10.6%)	3:58	15.1 (89.9%)
5	MAJKOWICZ Rafał	466		M30-39	3	00:06:35.22	+00:00:51 (12.9%)	4:05	14.7 (87.5%)
6	KASZUBIAK Klaudiusz	469		M40-49	1	00:06:36.90	+00:00:52 (13.3%)	4:06	14.6 (86.9%)
7	SOSNOWSKI Tomasz	360	MEDEN-INMED SPORTS TEAM	M18-29	3	00:06:46.82	+00:01:02 (15.4%)	4:12	14.2 (84.5%)
8	BESZTERDA Jakub	373	KL BAŁTYK KOSZALIN	M14-17	1	00:06:49.34	+00:01:05 (15.9%)	4:14	14.2 (84.5%)
9	BIEŃKOWSKI Tomasz	371		M30-39	4	00:06:53.69	+00:01:09 (16.8%)	4:17	14 (83.3%)
10	ZUKAL Piotr	374		M40-49	2	00:06:53.79	+00:01:09 (16.9%)	4:17	14 (83.3%)
11	PICK Tomasz	459	DEAF KOSZALIN	M40-49	3	00:06:55.56	+00:01:11 (17.2%)	4:18	13.9 (82.7%)
12	ZWOLIŃSKI Jan	463	TKKF KOSZALIN	M50-59	1	00:06:58.02	+00:01:13 (17.7%)	4:19	13.9 (82.7%)
13	MATYSIAK Wojciech	434		M30-39	5	00:07:03.55	+00:01:19 (18.8%)	4:22	13.7 (81.5%)
14	WEBER Paweł	437	ENERGON	M30-39	6	00:07:03.84	+00:01:19 (18.8%)	4:23	13.7 (81.5%)
15	ZACHOLSKI Wojciech	442		M18-29	4	00:07:06.54	+00:01:22 (19.3%)	4:25	13.6 (81.0%)
16	KUŁAKOWSKI Dawid	482	TKKF KOSZALIN	M40-49	4	00:07:14.70	+00:01:30 (20.9%)	4:30	13.3 (79.2%)
17	MOSZYŃSKI Jacek	461	TKKF KOSZALIN	M50-59	2	00:07:27.90	+00:01:43 (23.2%)	4:37	13 (77.4%)
18	BRZEZIŃSKI Jan	454	TEAMPIOTRUS	M50-59	3	00:07:29.50	+00:01:45 (23.5%)	4:38	12.9 (76.8%)
19	HOREGLAD Paweł	359	SPEEDY GONZALES	M18-29	5	00:07:30.63	+00:01:46 (23.6%)	4:39	12.9 (76.8%)
20	BASSEL Marcin	355		M30-39	7	00:07:33.16	+00:01:49 (24.1%)	4:41	12.8 (76.2%)
21	IWANIEC Dariusz	488	TKKF KOSZALIN	M40-49	5	00:07:33.32	+00:01:49 (24.1%)	4:41	12.8 (76.2%)
22	STAWISZYŃSKI Jarosław	379		M30-39	8	00:07:34.28	+00:01:50 (24.3%)	4:41	12.8 (76.2%)
23	KISIELIŃSKI Igor	456	TKKF KOSZALIN	M50-59	4	00:07:45.89	+00:02:01 (26.1%)	4:49	12.4 (73.8%)
24	ROGOŻA Ireneusz	435		M40-49	6	00:07:51.57	+00:02:07 (27.0%)	4:53	12.3 (73.2%)
25	WÓJCICKI Adrian	452		M30-39	9	00:07:52.90	+00:02:08 (27.2%)	4:53	12.3 (73.2%)
26	PRYCA Adam	433		M30-39	10	00:07:54.24	+00:02:10 (27.5%)	4:54	12.2 (72.6%)
27	SIKORSKI Adam	431	SIKORROVO	M30-39	11	00:07:54.66	+00:02:10 (27.5%)	4:55	12.2 (72.6%)

Place	Participant	Number	Club	Category	MCat	Net	Gap	Pace	Pace
						time			
						1.609km			
28	CZERNIAK Gracjan	457		M30-39	12	00:07:55.25	+00:02:11 (27.6%)	4:55	12.2 (72.6%)
29	RUTKOWSKI Artur	446	KOSZALIŃSKI RANKING BIEGACZY	M18-29	6	00:07:56.37	+00:02:12 (27.8%)	4:55	12.2 (72.6%)
30	RUTKOWSKI Ryszard	357		M50-59	5	00:07:58.55	+00:02:14 (28.1%)	4:56	12.1 (72.0%)
31	KONKEL Łukasz	464		M40-49	7	00:08:01.19	+00:02:17 (28.5%)	4:58	12 (71.4%)
32	WILKOWSKI Krzysztof	387		M40-49	8	00:08:06.71	+00:02:22 (29.3%)	5:02	11.9 (70.8%)
33	MOSIOŁEK Piotr	441		M40-49	9	00:08:08.12	+00:02:24 (29.5%)	5:03	11.9 (70.8%)
34	SARAPUK Piotr	385		M40-49	10	00:08:08.67	+00:02:24 (29.6%)	5:03	11.9 (70.8%)
35	MILEWSKI Tomasz	489		M30-39	13	00:08:09.09	+00:02:25 (29.7%)	5:03	11.9 (70.8%)
36	MICERSKI Tomasz	484	TKKF KOSZALIN	M40-49	11	00:08:10.72	+00:02:26 (29.9%)	5:04	11.8 (70.2%)
37	KAMYK Piotr	432	MH IT SYSTEMY ERP KOSZALIN	M30-39	14	00:08:14.42	+00:02:30 (30.4%)	5:07	11.7 (69.6%)
38	KAZIMIERCZAK Leszek	444	LOVELASY DĄBKI	M30-39	15	00:08:22.01	+00:02:37 (31.5%)	5:11	11.5 (68.5%)
39	PIETRZYK Mateusz	389		M18-29	7	00:08:23.80	+00:02:39 (31.7%)	5:13	11.5 (68.5%)
40	JOCHYM Mariusz	465		M30-39	16	00:08:27.02	+00:02:42 (32.1%)	5:14	11.4 (67.9%)
41	CHOŁUJ Jarek	449	HOPHOPTEMPOTEAM!	M40-49	12	00:08:31.98	+00:02:47 (32.8%)	5:18	11.3 (67.3%)
42	DZIESZUK Dariusz	377	TKKF KOSZALIN	M50-59	6	00:08:33.03	+00:02:48 (32.9%)	5:18	11.3 (67.3%)
43	KAZIMIEROWICZ Radosław	386	VTT KOSZALIN	M30-39	17	00:08:33.20	+00:02:49 (33.0%)	5:18	11.3 (67.3%)
44	JANCZEWSKI Jacek	375		M40-49	13	00:08:33.29	+00:02:49 (33.0%)	5:18	11.3 (67.3%)
45	OSOBNIAK Ryszard	356		M60-69	1	00:08:38.33	+00:02:54 (33.6%)	5:22	11.2 (66.7%)
46	DOBOSZ Jarosław	445		M50-59	7	00:08:39.49	+00:02:55 (33.8%)	5:22	11.2 (66.7%)
47	NOREK Tomek	440		M50-59	8	00:08:51.40	+00:03:07 (35.3%)	5:29	10.9 (64.9%)
48	OPALIŃSKI Stanisław	458		M60-69	2	00:08:54.34	+00:03:10 (35.6%)	5:31	10.9 (64.9%)
49	KOBUS Piotr	447		M30-39	18	00:08:54.85	+00:03:10 (35.7%)	5:32	10.8 (64.3%)
50	CZYŻYKOWSKI Łukasz	376		M30-39	19	00:09:07.93	+00:03:23 (37.2%)	5:40	10.6 (63.1%)
51	WAWRZYN Grzegorz	470		M40-49	14	00:09:12.73	+00:03:28 (37.8%)	5:42	10.5 (62.5%)
52	ZUKAL Jakub	451		M10-13	1	00:09:16.01	+00:03:31 (38.1%)	5:45	10.4 (61.9%)
53	JUSZCZAK Krzysztof	438		M60-69	3	00:09:16.63	+00:03:32 (38.2%)	5:45	10.4 (61.9%)
54	PANCERZYŃSKI Łukasz	378		M40-49	15	00:09:22.68	+00:03:38 (38.9%)	5:49	10.3 (61.3%)
55	SUDER-MAKSYMOWICZ Filip	460		M10-13	2	00:09:37.55	+00:03:53 (40.4%)	5:58	10 (59.5%)
56	KARNICKI Zygmunt	485	TKKF KOSZALIN	M60-69	4	00:10:03.96	+00:04:19 (43.0%)	6:14	9.6 (57.1%)
57	KOZŁOWIECKI Waldemar	353	TKKF KOSZALIN	M60-69	5	00:10:04.54	+00:04:20 (43.1%)	6:15	9.6 (57.1%)
58	MACIEJEWSKI Maciej	455	MEDEN-INMED SPORTS TEAM	M30-39	20	00:10:48.55	+00:05:04 (46.9%)	6:42	8.9 (53.0%)
59	HELLER Zdzisław	354	NIEZRZESZONY	M60-69	6	00:11:45.65	+00:06:01 (51.2%)	7:18	8.2 (48.8%)
60	KARNICKI Artur	487		M40-49	16	00:13:07.11	+00:07:23 (56.3%)	8:09	7.4 (44.0%)

Total 60 results.