



ZIMOWA MILA GÓRSKA 2019 - PO 2 EDYCJACH

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-01-23
Miejsce: Koszalin
Dystans: 3.218 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 3.218km	Różn	Tempo min/km	Tempo km/h
1	SZKOŁUDA Miłosz	1092	DECATHLON KOSZALIN	M18-29	1	00:06:22.83	00:06:07.29	00:12:30.12		3:53	15.4 (100%)
2	BESZTERDA Jakub	1047	KL BAŁTYK KOSZALIN	M14-17	1	00:06:51.96	00:06:47.98	00:13:39.94	+00:01:09 (8.5%)	4:14	14.1 (91.6%)
3	KASZUBIAK Klaudiusz	1077		M40-49	1	00:06:56.58	00:06:43.96	00:13:40.54	+00:01:10 (8.6%)	4:14	14.1 (91.6%)
4	CZAPLIŃSKI Jacek	1044	TAGER KOSZALIN	M30-39	1	00:06:46.17	00:06:54.53	00:13:40.70	+00:01:10 (8.6%)	4:14	14.1 (91.6%)
5	MAJKOWICZ Rafał	1081		M30-39	2	00:06:53.40	00:06:49.84	00:13:43.24	+00:01:13 (8.9%)	4:15	14.1 (91.6%)
6	ZUKAL Piotr	1105		M40-49	2	00:06:54.74	00:06:59.29	00:13:54.03	+00:01:23 (10.1%)	4:19	13.9 (90.3%)
7	ZACHOLSKI Wojciech	1111		M18-29	2	00:06:57.25	00:07:06.18	00:14:03.43	+00:01:33 (11.1%)	4:21	13.7 (89.0%)
8	BIEŃKOWSKI Tomasz	1065		M30-39	3	00:07:18.16	00:07:07.89	00:14:26.05	+00:01:55 (13.4%)	4:29	13.4 (87.0%)
9	NAKONIECZNY Rafał	1102	TKKF KOSZALIN	M30-39	4	00:07:13.27	00:07:15.24	00:14:28.51	+00:01:58 (13.6%)	4:29	13.3 (86.4%)
10	ZWOLIŃSKI Jan	1051	TKKF KOSZALIN	M50-59	1	00:07:12.35	00:07:16.79	00:14:29.14	+00:01:59 (13.7%)	4:30	13.3 (86.4%)
11	PICK Tomasz	1078	DEAF KOSZALIN	M40-49	3	00:07:15.06	00:07:18.27	00:14:33.33	+00:02:03 (14.1%)	4:31	13.3 (86.4%)
12	SOSNOWSKI Tomasz	1049	MEDEN-INMED SPORTS TEAM	M18-29	3	00:07:21.78	00:07:13.38	00:14:35.16	+00:02:05 (14.3%)	4:31	13.2 (85.7%)
13	KOŚCIELNIAK Robert	1050	TKKF KOSZALIN	M50-59	2	00:07:24.57	00:07:24.64	00:14:49.21	+00:02:19 (15.6%)	4:36	13 (84.4%)
14	MATYSIAK Wojciech	1090		M30-39	5	00:07:26.66	00:07:25.28	00:14:51.94	+00:02:21 (15.9%)	4:36	13 (84.4%)
15	HOREGLAD Paweł	1040	SPEEDY GONZALES	M18-29	4	00:07:26.10	00:07:35.89	00:15:01.99	+00:02:31 (16.8%)	4:39	12.9 (83.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 3.218km	Różn	Tempo min/km	Tempo km/h
16	KONKEL Agnieszka	1095		K30-39	1	00:07:32.13	00:07:31.52	00:15:03.65	+00:02:33 (17.0%)	4:40	12.8 (83.1%)
17	KUŁAKOWSKI Dawid	1058	TKKF KOSZALIN	M40-49	4	00:07:36.12	00:07:39.73	00:15:15.85	+00:02:45 (18.1%)	4:44	12.7 (82.5%)
18	WEBER Paweł	1107	ENERGON	M30-39	6	00:07:40.56	00:07:36.30	00:15:16.86	+00:02:46 (18.2%)	4:44	12.6 (81.8%)
19	MOSZYŃSKI Jacek	1059	TKKF KOSZALIN	M50-59	3	00:07:40.10	00:07:39.11	00:15:19.21	+00:02:49 (18.4%)	4:45	12.6 (81.8%)
20	SZNYTER Sabina	1091	DECATHLON KOSZALIN	K18-29	1	00:07:47.75	00:07:39.43	00:15:27.18	+00:02:57 (19.1%)	4:48	12.5 (81.2%)
21	BRZEZIŃSKI Jan	1034	TEAMPIOTRUS	M50-59	4	00:07:52.53	00:07:38.37	00:15:30.90	+00:03:00 (19.4%)	4:48	12.5 (81.2%)
22	TARNOWSKI Mariusz	1106		M30-39	7	00:07:40.25	00:07:52.31	00:15:32.56	+00:03:02 (19.6%)	4:49	12.4 (80.5%)
23	CHORAŻY Karolina	1033	LEO-TEAM	K30-39	2	00:07:45.42	00:07:56.34	00:15:41.76	+00:03:11 (20.3%)	4:52	12.3 (79.9%)
24	IWANIEC Dariusz	1054	TKKF KOSZALIN	M40-49	5	00:07:42.47	00:08:02.62	00:15:45.09	+00:03:14 (20.6%)	4:53	12.3 (79.9%)
25	HAMALA Marcin	1061	TAGER KOSZALIN	M30-39	8	00:07:52.59	00:07:54.39	00:15:46.98	+00:03:16 (20.8%)	4:53	12.2 (79.2%)
26	KONKEL Łukasz	1074		M40-49	6	00:07:55.57	00:07:52.86	00:15:48.43	+00:03:18 (20.9%)	4:54	12.2 (79.2%)
27	BASSEL Marcin	1068		M30-39	9	00:07:49.37	00:08:01.03	00:15:50.40	+00:03:20 (21.1%)	4:55	12.2 (79.2%)
28	CHOŁUJ Jarek	1066	HOPHOPTEMPOTEA!	M40-49	7	00:07:57.29	00:08:03.38	00:16:00.67	+00:03:30 (21.9%)	4:58	12.1 (78.6%)
29	ROGOŻA Ireneusz	1087		M40-49	8	00:07:56.25	00:08:18.90	00:16:15.15	+00:03:45 (23.1%)	5:02	11.9 (77.3%)
30	MICERSKI Tomasz	1052	TKKF KOSZALIN	M40-49	9	00:08:02.73	00:08:16.79	00:16:19.52	+00:03:49 (23.4%)	5:04	11.8 (76.6%)
31	KISIELIŃSKI Igor	1075	TKKF KOSZALIN	M50-59	5	00:08:04.09	00:08:16.96	00:16:21.05	+00:03:50 (23.5%)	5:04	11.8 (76.6%)
32	PEŁECHATA Julita	1063	FOR-REST-RUN	K18-29	2	00:08:18.49	00:08:13.99	00:16:32.48	+00:04:02 (24.4%)	5:08	11.7 (76.0%)
33	MOSIOŁEK Piotr	1098		M40-49	10	00:08:13.67	00:08:19.43	00:16:33.10	+00:04:02 (24.5%)	5:08	11.7 (76.0%)
34	WÓJCICKI Adrian	1083		M30-39	10	00:08:33.88	00:08:11.11	00:16:44.99	+00:04:14 (25.4%)	5:11	11.5 (74.7%)
35	WILKOWSKI Krzysztof	1064		M40-49	11	00:08:24.07	00:08:27.35	00:16:51.42	+00:04:21 (25.8%)	5:14	11.5 (74.7%)
36	PRYCA Adam	1108		M30-39	11	00:08:28.57	00:08:27.53	00:16:56.10	+00:04:25 (26.2%)	5:15	11.4 (74.0%)
37	KAMYK Piotr	1099	MH IT SYSTEMY ERP KOSZALIN	M30-39	12	00:08:27.80	00:08:34.25	00:17:02.05	+00:04:31 (26.6%)	5:17	11.3 (73.4%)
38	JOCHYM Mariusz	1113		M30-39	13	00:08:34.67	00:08:29.09	00:17:03.76	+00:04:33 (26.7%)	5:17	11.3 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 3.218km	Różn	Tempo min/km	Tempo km/h
39	NOREK Tomek	1067		M50-59	6	00:08:33.69	00:08:30.52	00:17:04.21	+00:04:34 (26.8%)	5:18	11.3 (73.4%)
40	MILEWSKI Tomasz	1037		M30-39	14	00:08:29.85	00:08:34.77	00:17:04.62	+00:04:34 (26.8%)	5:18	11.3 (73.4%)
41	CHODOR Izabela	1070	TKKF KOSZALIN	K30-39	3	00:08:37.78	00:08:28.10	00:17:05.88	+00:04:35 (26.9%)	5:18	11.3 (73.4%)
42	KULCZYK Katarzyna	1072	BRYZA POSTOMINO	K30-39	4	00:08:37.96	00:08:28.27	00:17:06.23	+00:04:36 (26.9%)	5:18	11.3 (73.4%)
43	DĄBROWSKA Alicja	1036	TKKF KOSZALIN	K50+	1	00:08:41.09	00:08:33.61	00:17:14.70	+00:04:44 (27.5%)	5:21	11.2 (72.7%)
44	RUTKOWSKI Artur	1043	KOSZALIŃSKI RANKING BIEGACZY	M18-29	5	00:08:51.96	00:08:39.07	00:17:31.03	+00:05:00 (28.6%)	5:26	11 (71.4%)
45	KAZIMIERCZAK Leszek	1031	LOVELASY DĄBKI	M30-39	15	00:09:02.19	00:08:45.87	00:17:48.06	+00:05:17 (29.8%)	5:31	10.8 (70.1%)
46	PIETRZYK Mateusz	1109		M18-29	6	00:09:10.56	00:08:47.31	00:17:57.87	+00:05:27 (30.4%)	5:34	10.8 (70.1%)
47	KUBIK Krystian	1041	RUNGRYFGRYFICE	M18-29	7	00:08:45.09	00:09:16.84	00:18:01.93	+00:05:31 (30.7%)	5:35	10.7 (69.5%)
48	DZIESZUK Dariusz	1101	TKKF KOSZALIN	M50-59	7	00:08:55.44	00:09:08.59	00:18:04.03	+00:05:33 (30.8%)	5:36	10.7 (69.5%)
49	OSOBNIAK Ryszard	1086		M60-69	1	00:09:02.84	00:09:23.20	00:18:26.04	+00:05:55 (32.2%)	5:43	10.5 (68.2%)
50	KOBUS Piotr	1069		M30-39	16	00:09:07.20	00:09:21.31	00:18:28.51	+00:05:58 (32.3%)	5:44	10.5 (68.2%)
51	KRZEWIŃSKA Małgorzata	1110	TKKF KOSZALIN	K50+	2	00:09:10.48	00:09:20.89	00:18:31.37	+00:06:01 (32.5%)	5:45	10.4 (67.5%)
52	CZERNIAK Gracjan	1097		M30-39	17	00:08:14.15	00:10:20.96	00:18:35.11	+00:06:04 (32.7%)	5:46	10.4 (67.5%)
53	WAWRZYN Grzegorz	1039		M40-49	12	00:08:43.41	00:09:52.97	00:18:36.38	+00:06:06 (32.8%)	5:46	10.4 (67.5%)
54	BODO Rafał	1060		M30-39	18	00:09:35.60	00:09:10.37	00:18:45.97	+00:06:15 (33.4%)	5:49	10.3 (66.9%)
55	GRABOWSKA-LESISZ Aneta	1032		K40-49	1	00:09:20.99	00:09:28.99	00:18:49.98	+00:06:19 (33.6%)	5:50	10.3 (66.9%)
56	JUSZCZAK Krzysztof	1073		M60-69	2	00:09:21.26	00:09:42.98	00:19:04.24	+00:06:34 (34.4%)	5:55	10.1 (65.6%)
57	PANCERZYŃSKI Łukasz	1076		M40-49	13	00:09:34.74	00:09:46.96	00:19:21.70	+00:06:51 (35.4%)	6:00	10 (64.9%)
58	KAZIMIEROWICZ Radosław	1057	VTT KOSZALIN	M30-39	19	00:09:59.00	00:09:28.45	00:19:27.45	+00:06:57 (35.7%)	6:02	9.9 (64.3%)
59	SUDER-MAKSYMOWICZ Filip	1056		M10-13	1	00:09:57.32	00:09:37.70	00:19:35.02	+00:07:04 (36.2%)	6:05	9.9 (64.3%)
60	WOLF Beata	1088	TKKF KOSZALIN	K40-49	2	00:09:35.19	00:10:22.95	00:19:58.14	+00:07:28 (37.4%)	6:12	9.7 (63.0%)
61	ZUKAL Jakub	1103		M10-13	2	00:09:55.92	00:10:06.36	00:20:02.28	+00:07:32 (37.6%)	6:13	9.6 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 3.218km	Różn	Tempo min/km	Tempo km/h
62	KOZŁOWIECKI Waldemar	1042	TKKF KOSZALIN	M60-69	3	00:10:15.95	00:10:31.64	00:20:47.59	+00:08:17 (39.9%)	6:27	9.3 (60.4%)
63	KASZUBIAK Julia	1080		K10-13	1	00:10:37.60	00:10:13.62	00:20:51.22	+00:08:21 (40.0%)	6:28	9.3 (60.4%)
64	KARNICKI Zygmunt	1053	TKKF KOSZALIN	M60-69	4	00:10:41.82	00:10:36.56	00:21:18.38	+00:08:48 (41.3%)	6:37	9.1 (59.1%)
65	ZUKAL Aleksandra	1104		K40-49	3	00:11:07.32	00:11:43.56	00:22:50.88	+00:10:20 (45.3%)	7:05	8.5 (55.2%)
66	SUDER-MAKSYMOWICZ Monika	1035		K30-39	5	00:12:36.39	00:12:01.89	00:24:38.28	+00:12:08 (49.3%)	7:39	7.8 (50.6%)
67	HELLER Zdzisław	1084	NIEZRZESZONY	M60-69	5	00:12:53.87	00:11:59.56	00:24:53.43	+00:12:23 (49.8%)	7:43	7.8 (50.6%)
68	KOZŁOWIECKA Małgorzata	1045		K50+	3	00:12:22.04	00:12:39.98	00:25:02.02	+00:12:31 (50.1%)	7:46	7.7 (50.0%)
69	KARNICKI Artur	1055		M40-49	14	00:14:24.67	00:14:31.48	00:28:56.15	+00:16:26 (56.8%)	8:59	6.7 (43.5%)
70	BARTNIK Marian	1085	TKKF KOSZALIN	M70+	1	00:16:21.84	00:17:21.14	00:33:42.98	+00:21:12 (62.9%)	10:28	5.7 (37.0%)
	WRÓBEL Jakub	1046		M18-29		00:00:00.00 DNF	00:05:44.08 DNF	DNF		-	- (0.0%)
	KOZAK Paweł	1120	KL BAŁTYK	M18-29		00:05:52.08 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	ZACHARCZUK Albin	1082	UNIA HRUBIESZÓW	M18-29		00:00:00.00 DNF	00:05:59.43 DNF	DNF		-	- (0.0%)
	KĘPKA Adrian	1117	DECATHLON KOSZALIN/ TAGER KOSZALIN	M18-29		00:06:00.96 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	SIENIAWSKI Jarek	1048	MEDEN-INMED SPORTS TEAM	M40-49		00:00:00.00 DNF	00:07:18.03 DNF	DNF		-	- (0.0%)
	ANDERS Rafał	1114	DREWUTNIE KOSZALIN	M18-29		00:07:23.76 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	DZIĘBOWSKI Mariusz	1116		M30-39		00:07:32.19 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	CHABOWSKI Wojciech	1093		M18-29		00:00:00.00 DNF	00:07:34.69 DNF	DNF		-	- (0.0%)
	LIPNIEWICZ Paweł	1122	WIELKIE MUMIE	M30-39		00:07:34.83 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	WENDORFF Paweł	1126		M18-29		00:07:59.82 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	KWIETNIEWSKI Daniel	1121		M40-49		00:08:00.96 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	CHODOR Martyna	1115	TKKF KOSZALIN	K30-39		00:08:22.27 DNF	00:00:00.00 DNF	DNF		-	- (0.0%)
	KOZIEŁ Adam	1094		M18-29		00:00:00.00 DNF	00:08:27.08 DNF	DNF		-	- (0.0%)
	SOKOŁOWSKI Maciej	1100		M40-49		00:00:00.00 DNF	00:08:28.76 DNF	DNF		-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 1	Etap 2	Czas netto 3.218km	Różn	Tempo min/km	Tempo km/h
	SZOSTAK Marta	1038		K18-29	00:00:00.00 DNF	00:08:58.30 DNF	DNF	-	-	- (0.0%)
	MĘDEL Marta	1124	TKKF KOSZALIN	K40-49	00:08:59.48 DNF	00:00:00.00 DNF	DNF	-	-	- (0.0%)
	KOPCZEWSKI Dariusz	1119		M50-59	00:09:06.60 DNF	00:00:00.00 DNF	DNF	-	-	- (0.0%)
	WOŁYŃSKA Wioletta	1079	TKKF KOSZALIN	K40-49	00:00:00.00 DNF	00:09:10.37 DNF	DNF	-	-	- (0.0%)
	SARAPUK Gabriela	1071	TKKF KOSZALIN	K40-49	00:00:00.00 DNF	00:09:25.93 DNF	DNF	-	-	- (0.0%)
	KURŁOWICZ Krzysztof	1089		M40-49	00:00:00.00 DNF	00:09:57.06 DNF	DNF	-	-	- (0.0%)
	ZIÓŁKOWSKA Gosia	1127		K30-39	00:10:16.86 DNF	00:00:00.00 DNF	DNF	-	-	- (0.0%)
	OLIŃSKI Arek	1096		M40-49	00:00:00.00 DNF	00:10:35.84 DNF	DNF	-	-	- (0.0%)
	GŁOWACKI Włodzimierz	1112		M70+	00:00:00.00 DNF	00:10:41.93 DNF	DNF	-	-	- (0.0%)
	STRACH Martyna	1125		K18-29	00:10:47.71 DNF	00:00:00.00 DNF	DNF	-	-	- (0.0%)
	MACUDZIŃSKA Iza	1123		K18-29	00:11:26.50 DNF	00:00:00.00 DNF	DNF	-	-	- (0.0%)
	HAMALA Monika	1062		K30-39	00:00:00.00 DNF	00:12:10.83 DNF	DNF	-	-	- (0.0%)
	KLIMKOWSKA Maria	1118		K40-49	00:12:16.20 DNF	00:00:00.00 DNF	DNF	-	-	- (0.0%)

Znaleziono 97 wynik(ów)