

# 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	<b>SZKOŁUDA Miłosz</b>	<b>1092</b>	DECATHLON KOSZALIN	M18-29	1	00:06:22.83	00:06:07.29	<b>00:12:30.12</b>		3:53	15.4 (100%)
2	<b>BESZTERDA Jakub</b>	<b>1047</b>	KL BAŁTYK KOSZALIN	M14-17	1	00:06:51.96	00:06:47.98	<b>00:13:39.94</b>	+00:01:09 (8.5%)	4:14	14.1 (91.6%)
3	<b>KASZUBIAK Klaudiusz</b>	<b>1077</b>		M40-49	1	00:06:56.58	00:06:43.96	<b>00:13:40.54</b>	+00:01:10 (8.6%)	4:14	14.1 (91.6%)
4	<b>CZAPLIŃSKI Jacek</b>	<b>1044</b>	TAGER KOSZALIN	M30-39	1	00:06:46.17	00:06:54.53	<b>00:13:40.70</b>	+00:01:10 (8.6%)	4:14	14.1 (91.6%)
5	<b>MAJKOWICZ Rafał</b>	<b>1081</b>		M30-39	2	00:06:53.40	00:06:49.84	<b>00:13:43.24</b>	+00:01:13 (8.9%)	4:15	14.1 (91.6%)
6	<b>ZUKAL Piotr</b>	<b>1105</b>		M40-49	2	00:06:54.74	00:06:59.29	<b>00:13:54.03</b>	+00:01:23 (10.1%)	4:19	13.9 (90.3%)
7	<b>ZACHOLSKI Wojciech</b>	<b>1111</b>		M18-29	2	00:06:57.25	00:07:06.18	<b>00:14:03.43</b>	+00:01:33 (11.1%)	4:21	13.7 (89.0%)
8	<b>BIEŃKOWSKI Tomasz</b>	<b>1065</b>		M30-39	3	00:07:18.16	00:07:07.89	<b>00:14:26.05</b>	+00:01:55 (13.4%)	4:29	13.4 (87.0%)
9	<b>NAKONIECZNY Rafał</b>	<b>1102</b>	TKKF KOSZALIN	M30-39	4	00:07:13.27	00:07:15.24	<b>00:14:28.51</b>	+00:01:58 (13.6%)	4:29	13.3 (86.4%)
10	<b>ZWOLIŃSKI Jan</b>	<b>1051</b>	TKKF KOSZALIN	M50-59	1	00:07:12.35	00:07:16.79	<b>00:14:29.14</b>	+00:01:59 (13.7%)	4:30	13.3 (86.4%)
11	<b>PICK Tomasz</b>	<b>1078</b>	DEAF KOSZALIN	M40-49	3	00:07:15.06	00:07:18.27	<b>00:14:33.33</b>	+00:02:03 (14.1%)	4:31	13.3 (86.4%)
12	<b>SOSNOWSKI Tomasz</b>	<b>1049</b>	MEDEN-INMED SPORTS TEAM	M18-29	3	00:07:21.78	00:07:13.38	<b>00:14:35.16</b>	+00:02:05 (14.3%)	4:31	13.2 (85.7%)
13	<b>KOŚCIELNIAK Robert</b>	<b>1050</b>	TKKF KOSZALIN	M50-59	2	00:07:24.57	00:07:24.64	<b>00:14:49.21</b>	+00:02:19 (15.6%)	4:36	13 (84.4%)
14	<b>MATYSIAK Wojciech</b>	<b>1090</b>		M30-39	5	00:07:26.66	00:07:25.28	<b>00:14:51.94</b>	+00:02:21 (15.9%)	4:36	13 (84.4%)
15	<b>HOREGLAD Paweł</b>	<b>1040</b>	SPEEDY GONZALES	M18-29	4	00:07:26.10	00:07:35.89	<b>00:15:01.99</b>	+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	<b>00:15:03.65</b>	+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	<b>00:15:15.85</b>	+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	<b>00:15:16.86</b>	+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	<b>00:15:19.21</b>	+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	<b>00:15:27.18</b>	+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	<b>00:15:30.90</b>	+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	<b>00:15:32.56</b>	+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	<b>00:15:41.76</b>	+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	<b>00:15:45.09</b>	+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	<b>00:15:46.98</b>	+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	<b>00:15:48.43</b>	+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	<b>00:15:50.40</b>	+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	<b>00:16:00.67</b>	+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	<b>00:16:15.15</b>	+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	<b>00:16:19.52</b>	+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	<b>00:16:21.05</b>	+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	<b>00:16:32.48</b>	+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	<b>00:16:33.10</b>	+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	<b>00:16:44.99</b>	+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	<b>00:16:51.42</b>	+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	<b>00:16:56.10</b>	+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	<b>00:17:02.05</b>	+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	<b>00:17:03.76</b>	+00:04:33 (26.7%)	5:17	11.3 (73.4%)

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

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

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	<b>SZOSTAK Marta</b>	<b>1038</b>		K18-29	00:00:00.00 DNF	00:08:58.30 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>MĘDEL Marta</b>	<b>1124</b>	TKKF KOSZALIN	K40-49	00:08:59.48 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KOPCZEWSKI Dariusz</b>	<b>1119</b>		M50-59	00:09:06.60 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>WOŁYŃSKA Wioletta</b>	<b>1079</b>	TKKF KOSZALIN	K40-49	00:00:00.00 DNF	00:09:10.37 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>SARAPUK Gabriela</b>	<b>1071</b>	TKKF KOSZALIN	K40-49	00:00:00.00 DNF	00:09:25.93 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KURŁOWICZ Krzysztof</b>	<b>1089</b>		M40-49	00:00:00.00 DNF	00:09:57.06 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>ZIÓŁKOWSKA Gosia</b>	<b>1127</b>		K30-39	00:10:16.86 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>OLIŃSKI Arek</b>	<b>1096</b>		M40-49	00:00:00.00 DNF	00:10:35.84 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>GŁOWACKI Włodzimierz</b>	<b>1112</b>		M70+	00:00:00.00 DNF	00:10:41.93 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>STRACH Martyna</b>	<b>1125</b>		K18-29	00:10:47.71 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>MACUDZIŃSKA Iza</b>	<b>1123</b>		K18-29	00:11:26.50 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>HAMALA Monika</b>	<b>1062</b>		K30-39	00:00:00.00 DNF	00:12:10.83 DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KLIMKOWSKA Maria</b>	<b>1118</b>		K40-49	00:12:16.20 DNF	00:00:00.00 DNF	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 97 wynik(ów)