



ZIMOWA MILA GÓRSKA 2019 - PO 3 EDYCJACH

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-02-06
Miejsce: Koszalin
Dystans: 4.828 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 4.828km	Czas brutto 4.828km	Różn	Tempo min/km	Tempo km/h
1	SZKOŁUDA Miłosz	3089	DECATHLON KOSZALIN	M18-29	1	00:06:22.83	00:06:07.29	00:05:52.03	00:18:22.15	00:19:28.01		3:48	15.8 (100%)
2	KASZUBIAK Klaudiusz	3035		M40-49	1	00:06:56.58	00:06:43.96	00:06:29.28	00:20:09.82	00:21:39.06	+00:01:47 (8.9%)	4:10	14.4 (91.1%)
3	MAJKOWICZ Rafał	3063		M30-39	1	00:06:53.40	00:06:49.84	00:06:39.89	00:20:23.13	00:21:29.37	+00:02:00 (9.9%)	4:13	14.2 (89.9%)
4	CZAPLIŃSKI Jacek	3016	TAGER KOSZALIN	M30-39	2	00:06:46.17	00:06:54.53	00:06:43.31	00:20:24.01	00:21:29.48	+00:02:01 (10.0%)	4:13	14.2 (89.9%)
5	BESZTERDA Jakub	3007	KL BAŁTYK KOSZALIN	M14-17	1	00:06:51.96	00:06:47.98	00:06:51.38	00:20:31.32	00:21:38.98	+00:02:09 (10.5%)	4:15	14.1 (89.2%)
6	ZUKAL Piotr	3104		M40-49	2	00:06:54.74	00:06:59.29	00:06:45.51	00:20:39.54	00:21:48.29	+00:02:17 (11.1%)	4:16	14 (88.6%)
7	BIENKOWSKI Tomasz	3008		M30-39	3	00:07:18.16	00:07:07.89	00:06:57.04	00:21:23.09	00:22:34.07	+00:03:00 (14.1%)	4:25	13.5 (85.4%)
8	SOSNOWSKI Tomasz	3085	MEDEN-INMED SPORTS TEAM	M18-29	2	00:07:21.78	00:07:13.38	00:06:54.85	00:21:30.01	00:22:36.79	+00:03:07 (14.6%)	4:27	13.5 (85.4%)
9	ZWOLIŃSKI Jan	3107	TKKF KOSZALIN	M50-59	1	00:07:12.35	00:07:16.79	00:07:10.76	00:21:39.90	00:22:46.98	+00:03:17 (15.2%)	4:29	13.4 (84.8%)
10	PICK Tomasz	3076	DEAF KOSZALIN	M40-49	3	00:07:15.06	00:07:18.27	00:07:08.24	00:21:41.57	00:22:50.50	+00:03:19 (15.3%)	4:29	13.4 (84.8%)
11	MATYSIAK Wojciech	3064		M30-39	4	00:07:26.66	00:07:25.28	00:07:19.72	00:22:11.66	00:23:19.88	+00:03:49 (17.2%)	4:35	13.1 (82.9%)
12	WEBER Paweł	3095	ENERGON	M30-39	5	00:07:40.56	00:07:36.30	00:07:17.31	00:22:34.17	00:23:45.68	+00:04:12 (18.6%)	4:40	12.8 (81.0%)
13	HOREGLAD Paweł	3028	SPEEDY GONZALES	M18-29	3	00:07:26.10	00:07:35.89	00:07:33.55	00:22:35.54	00:23:53.46	+00:04:13 (18.7%)	4:40	12.8 (81.0%)
14	KUŁAKOWSKI Dawid	3056	TKKF KOSZALIN	M40-49	4	00:07:36.12	00:07:39.73	00:07:24.65	00:22:40.50	00:27:04.11	+00:04:18 (19.0%)	4:41	12.8 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 4.828km	Czas brutto 4.828km	Różn	Tempo min/km	Tempo km/h
15	BRZEZIŃSKI Jan	3010	TEAMPIOTRUS	M50-59	2	00:07:52.53	00:07:38.37	00:07:32.91	00:23:03.81	00:24:28.61	+00:04:41 (20.4%)	4:46	12.6 (79.7%)
16	MOSZYŃSKI Jacek	3069	TKKF KOSZALIN	M50-59	3	00:07:40.10	00:07:39.11	00:07:45.54	00:23:04.75	00:24:14.72	+00:04:42 (20.4%)	4:46	12.6 (79.7%)
17	IWANIEC Dariusz	3029	TKKF KOSZALIN	M40-49	5	00:07:42.47	00:08:02.62	00:07:46.43	00:23:31.52	00:27:55.50	+00:05:09 (21.9%)	4:52	12.3 (77.8%)
18	BASSEL Marcin	3006		M30-39	6	00:07:49.37	00:08:01.03	00:07:51.35	00:23:41.75	00:25:00.81	+00:05:19 (22.5%)	4:54	12.2 (77.2%)
19	CHOŁUJ Jarek	3014	HOPHOPTEMPOTEA!	M40-49	6	00:07:57.29	00:08:03.38	00:07:51.86	00:23:52.53	00:25:11.52	+00:05:30 (23.1%)	4:56	12.1 (76.6%)
20	ROGOŻA Ireneusz	3080		M40-49	7	00:07:56.25	00:08:18.90	00:07:44.79	00:23:59.94	00:25:23.71	+00:05:37 (23.5%)	4:58	12.1 (76.6%)
21	KONKEL Łukasz	3045		M40-49	8	00:07:55.57	00:07:52.86	00:08:27.10	00:24:15.53	00:25:26.75	+00:05:53 (24.3%)	5:01	11.9 (75.3%)
22	MICERSKI Tomasz	3066	TKKF KOSZALIN	M40-49	9	00:08:02.73	00:08:16.79	00:08:17.98	00:24:37.50	00:29:02.01	+00:06:15 (25.4%)	5:05	11.8 (74.7%)
23	MOSIOŁEK Piotr	3068		M40-49	10	00:08:13.67	00:08:19.43	00:08:07.46	00:24:40.56	00:26:08.29	+00:06:18 (25.6%)	5:06	11.7 (74.1%)
24	WÓJCICKI Adrian	3100		M30-39	7	00:08:33.88	00:08:11.11	00:08:04.23	00:24:49.22	00:25:59.49	+00:06:27 (26.0%)	5:08	11.7 (74.1%)
25	WILKOWSKI Krzysztof	3097		M40-49	11	00:08:24.07	00:08:27.35	00:08:11.58	00:25:03.00	00:26:19.60	+00:06:40 (26.7%)	5:11	11.6 (73.4%)
26	PRYCA Adam	3078		M30-39	8	00:08:28.57	00:08:27.53	00:08:14.04	00:25:10.14	00:26:36.48	+00:06:47 (27.0%)	5:12	11.5 (72.8%)
27	MILEWSKI Tomasz	3067		M30-39	9	00:08:29.85	00:08:34.77	00:08:16.85	00:25:21.47	00:26:48.40	+00:06:59 (27.6%)	5:15	11.4 (72.2%)
28	KAMYK Piotr	3032	MH IT SYSTEMY ERP KOSZALIN	M30-39	10	00:08:27.80	00:08:34.25	00:08:22.27	00:25:24.32	00:26:36.26	+00:07:02 (27.7%)	5:15	11.4 (72.2%)
29	JOCHYM Mariusz	3030		M30-39	11	00:08:34.67	00:08:29.09	00:08:20.64	00:25:24.40	00:26:48.58	+00:07:02 (27.7%)	5:15	11.4 (72.2%)
30	NOREK Tomek	3071		M50-59	4	00:08:33.69	00:08:30.52	00:08:25.50	00:25:29.71	00:26:57.68	+00:07:07 (28.0%)	5:16	11.4 (72.2%)
31	RUTKOWSKI Artur	3081	KOSZALIŃSKI RANKING BIEGACZY	M18-29	4	00:08:51.96	00:08:39.07	00:08:25.18	00:25:56.21	00:27:08.57	+00:07:34 (29.2%)	5:22	11.2 (70.9%)
32	PIETRZYK Mateusz	3077		M18-29	5	00:09:10.56	00:08:47.31	00:08:12.45	00:26:10.32	00:27:43.11	+00:07:48 (29.8%)	5:25	11.1 (70.3%)
33	CZERNIAK Gracjan	3017		M30-39	12	00:08:14.15	00:10:20.96	00:07:52.88	00:26:27.99	00:27:49.49	+00:08:05 (30.6%)	5:28	10.9 (69.0%)
34	KAZIMIERCZAK Leszek	3037	LOVELASY DĄBKI	M30-39	13	00:09:02.19	00:08:45.87	00:08:43.69	00:26:31.75	00:27:52.77	+00:08:09 (30.8%)	5:29	10.9 (69.0%)
35	KUBIK Krystian	3054	RUNGRYF GRYFICE	M18-29	6	00:08:45.09	00:09:16.84	00:08:38.39	00:26:40.32	00:27:45.59	+00:08:18 (31.1%)	5:31	10.9 (69.0%)
36	DZIESZUK Dariusz	3021	TKKF KOSZALIN	M50-59	5	00:08:55.44	00:09:08.59	00:08:48.19	00:26:52.22	00:28:40.66	+00:08:30 (31.6%)	5:33	10.8 (68.4%)
37	KOBUS Piotr	3043		M30-39	14	00:09:07.20	00:09:21.31	00:09:02.19	00:27:30.70	00:28:55.01	+00:09:08 (33.2%)	5:41	10.5 (66.5%)

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38	OSOBNIAK Ryszard	3073		M60-69	1	00:09:02.84	00:09:23.20	00:09:09.18	00:27:35.22	00:29:16.75	+00:09:13 (33.4%)	5:42	10.5 (66.5%)
39	KAZIMIEROWICZ Radosław	3038	VTT KOSZALIN	M30-39	15	00:09:59.00	00:09:28.45	00:08:48.26	00:28:15.71	00:29:42.95	+00:09:53 (35.0%)	5:51	10.3 (65.2%)
40	WAWRZYN Grzegorz	3093		M40-49	12	00:08:43.41	00:09:52.97	00:10:00.81	00:28:37.19	00:30:12.03	+00:10:15 (35.8%)	5:55	10.1 (63.9%)
41	JUSZCZAK Krzysztof	3031		M60-69	2	00:09:21.26	00:09:42.98	00:09:37.10	00:28:41.34	00:30:30.28	+00:10:19 (36.0%)	5:56	10.1 (63.9%)
42	PANCERZYŃSKI Łukasz	3074		M40-49	13	00:09:34.74	00:09:46.96	00:09:26.92	00:28:48.62	00:30:19.56	+00:10:26 (36.2%)	5:57	10.1 (63.9%)
43	ZUKAL Jakub	3106		M10-13	1	00:09:55.92	00:10:06.36	00:09:34.02	00:29:36.30	00:30:56.93	+00:11:14 (38.0%)	6:07	9.8 (62.0%)
44	SUDER-MAKSYMOWICZ Filip	3087		M10-13	2	00:09:57.32	00:09:37.70	00:10:34.88	00:30:09.90	00:31:19.80	+00:11:47 (39.1%)	6:14	9.6 (60.8%)
45	KOZŁOWIECKI Waldemar	3051	TKKF KOSZALIN	M60-69	3	00:10:15.95	00:10:31.64	00:10:06.66	00:30:54.25	00:32:37.05	+00:12:32 (40.6%)	6:24	9.4 (59.5%)
46	HELLER Zdzisław	3027	NIEZRZESZONY	M60-69	4	00:12:53.87	00:11:59.56	00:11:37.97	00:36:31.40	00:38:09.74	+00:18:09 (49.7%)	7:33	7.9 (50.0%)
47	KARNICKI Artur	3033		M40-49	14	00:14:24.67	00:14:31.48	00:14:02.17	00:42:58.32	00:44:28.42	+00:24:36 (57.3%)	8:54	6.7 (42.4%)
48	BARTNIK Marian	3005	TKKF KOSZALIN	M70+	1	00:16:21.84	00:17:21.14	00:17:10.00	00:50:52.98	00:51:02.44	+00:32:30 (63.9%)	10:32	5.7 (36.1%)
	KOZAK Paweł	3048	KL BAŁTYK	M18-29		00:05:52.08 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	ZACHARCZUK Albin	3101	UNIA HRUBIESZÓW	M18-29		00:00:00.00 DNF	00:05:59.43 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	KLEMANN Paweł	3041	TKKF KOSZALIN	M40-49		00:00:00.00 DNF	00:00:00.00 DNF	00:07:02.02 DNF	DNF	DNF		-	- (0.0%)
	ANDERS Rafał	3001	DREWUTNIE KOSZALIN	M18-29		00:07:23.76 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	CHABOWSKI Wojciech	3011		M18-29		00:00:00.00 DNF	00:07:34.69 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	LIPNIEWICZ Paweł	3060	WIELKIE MUMIE	M30-39		00:07:34.83 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	DOBOSZ Michał	3019		M14-17		00:00:00.00 DNF	00:00:00.00 DNF	00:07:35.51 DNF	DNF	DNF		-	- (0.0%)
	WĄSOWSKI Mateusz	3094		M18-29		00:00:00.00 DNF	00:00:00.00 DNF	00:07:44.62 DNF	DNF	DNF		-	- (0.0%)
	LEWANDOWSKI Marek	3059		M30-39		00:00:00.00 DNF	00:00:00.00 DNF	00:07:46.58 DNF	DNF	DNF		-	- (0.0%)
	WENDORFF Paweł	3096		M18-29		00:07:59.82 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	KWIETNIEWSKI Daniel	3058		M40-49		00:08:00.96 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	KOZIEŁ Adam	3049		M18-29		00:00:00.00 DNF	00:08:27.08 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)

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	BARTHA Adrian	3003		M30-39		00:00:00.00 DNF	00:00:00.00 DNF	00:08:37.58 DNF	DNF	DNF		-	- (0.0%)
	DOBOSZ Jarosław	3020		M50-59		00:00:00.00 DNF	00:00:00.00 DNF	00:08:41.11 DNF	DNF	DNF		-	- (0.0%)
	KRUPIŃSKI Krzysztof	3052	E-UROLOG	M50-59		00:00:00.00 DNF	00:00:00.00 DNF	00:08:57.77 DNF	DNF	DNF		-	- (0.0%)
	KOPCZEWSKI Dariusz	3046		M50-59		00:09:06.60 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	PRZYBYŁ Krzysztof	3079		M30-39		00:00:00.00 DNF	00:00:00.00 DNF	00:09:29.06 DNF	DNF	DNF		-	- (0.0%)
	KURŁOWICZ Krzysztof	3057		M40-49		00:00:00.00 DNF	00:09:57.06 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	BARTHA Tomasz	3004		M10-13		00:00:00.00 DNF	00:00:00.00 DNF	00:10:11.74 DNF	DNF	DNF		-	- (0.0%)
	OLIŃSKI Arek	3072		M40-49		00:00:00.00 DNF	00:10:35.84 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	KĘPKA Adrian	3039	DECATHLON KOSZALIN/ TAGER KOSZALIN	M18-29		00:06:00.96 DNF	00:00:00.00 DNF	00:05:47.30 DNF	DNF	DNF		-	- (0.0%)
	MACIEJEWSKI Maciej	3061	MEDEN-INMED SPORTS TEAM	M30-39		00:00:00.00 DNF	00:00:00.00 DNF	00:12:12.76 DNF	DNF	DNF		-	- (0.0%)
	ZACHOLSKI Wojciech	3102		M18-29		00:06:57.25 DNF	00:07:06.18 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	SIENIAWSKI Jarek	3083	MEDEN-INMED SPORTS TEAM	M40-49		00:00:00.00 DNF	00:07:18.03 DNF	00:07:01.24 DNF	DNF	DNF		-	- (0.0%)
	NAKONIECZNY Rafał	3070	TKKF KOSZALIN	M30-39		00:07:13.27 DNF	00:07:15.24 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	DZIĘBOWSKI Mariusz	3022		M30-39		00:07:32.19 DNF	00:00:00.00 DNF	00:07:08.70 DNF	DNF	DNF		-	- (0.0%)
	KOŚCIELNIAK Robert	3047	TKKF KOSZALIN	M50-59		00:07:24.57 DNF	00:07:24.64 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	TARNOWSKI Mariusz	3092		M30-39		00:07:40.25 DNF	00:07:52.31 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	HAMALA Marcin	3025	TAGER KOSZALIN	M30-39		00:07:52.59 DNF	00:07:54.39 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	KISIELIŃSKI Igor	3040	TKKF KOSZALIN	M50-59		00:08:04.09 DNF	00:08:16.96 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	SOKOŁOWSKI Maciej	3084		M40-49		00:00:00.00 DNF	00:08:28.76 DNF	00:08:15.34 DNF	DNF	DNF		-	- (0.0%)
	BODO Rafał	3009		M30-39		00:09:35.60 DNF	00:09:10.37 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	KARNICKI Zygmunt	3034	TKKF KOSZALIN	M60-69		00:10:41.82 DNF	00:10:36.56 DNF	00:00:00.00 DNF	DNF	DNF		-	- (0.0%)
	GŁOWACKI Włodzimierz	3023		M70+		00:00:00.00 DNF	00:10:41.93 DNF	00:10:39.66 DNF	DNF	DNF		-	- (0.0%)