

# ZIMOWA MILA GÓRSKA 2019 - PO 4 EDYCJACH

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-02-20  
**Miejsce:** Koszalin  
**Dystans:** 6.437 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Etap 4	Czas netto 6.437km	Czas brutto 6.437km	Różn	Tempo min/km	Tempo km/h
1	<b>SZKOŁUDA Miłosz</b>	<b>4081</b>	DECATHLON KOSZALIN	M18-29	1	00:06:22.83	00:06:07.29	00:05:52.03	00:06:22.18	<b>00:24:44.33</b>	<b>00:25:56.82</b>		3:50	15.6 (100%)
2	<b>KASZUBIAK Klaudiusz</b>	<b>4042</b>		M40-49	1	00:06:56.58	00:06:43.96	00:06:29.28	00:06:21.49	<b>00:26:31.31</b>	<b>00:28:08.77</b>	+00:01:46 (6.7%)	4:07	14.6 (93.6%)
3	<b>MAJKOWICZ Rafał</b>	<b>4038</b>		M30-39	1	00:06:53.40	00:06:49.84	00:06:39.89	00:06:31.90	<b>00:26:55.03</b>	<b>00:28:05.58</b>	+00:02:10 (8.1%)	4:10	14.3 (91.7%)
4	<b>CZAPLIŃSKI Jacek</b>	<b>4069</b>	TAGER KOSZALIN	M30-39	2	00:06:46.17	00:06:54.53	00:06:43.31	00:06:33.81	<b>00:26:57.82</b>	<b>00:28:09.19</b>	+00:02:13 (8.3%)	4:11	14.3 (91.7%)
5	<b>BESZTERDA Jakub</b>	<b>4054</b>	KL BAŁTYK KOSZALIN	M14-17	1	00:06:51.96	00:06:47.98	00:06:51.38	00:06:35.04	<b>00:27:06.36</b>	<b>00:28:18.59</b>	+00:02:22 (8.7%)	4:12	14.2 (91.0%)
6	<b>ZUKAL Piotr</b>	<b>4005</b>		M40-49	2	00:06:54.74	00:06:59.29	00:06:45.51	00:06:51.33	<b>00:27:30.87</b>	<b>00:28:45.82</b>	+00:02:46 (10.1%)	4:16	14 (89.7%)
7	<b>BIEŃKOWSKI Tomasz</b>	<b>4066</b>		M30-39	3	00:07:18.16	00:07:07.89	00:06:57.04	00:06:48.32	<b>00:28:11.41</b>	<b>00:29:27.66</b>	+00:03:27 (12.2%)	4:22	13.7 (87.8%)
8	<b>SOSNOWSKI Tomasz</b>	<b>4001</b>	MEDEN-INMED SPORTS TEAM	M18-29	2	00:07:21.78	00:07:13.38	00:06:54.85	00:07:01.62	<b>00:28:31.63</b>	<b>00:29:43.65</b>	+00:03:47 (13.3%)	4:25	13.5 (86.5%)
9	<b>ZWOLIŃSKI Jan</b>	<b>4037</b>	TKKF KOSZALIN	M50-59	1	00:07:12.35	00:07:16.79	00:07:10.76	00:07:03.54	<b>00:28:43.44</b>	<b>00:29:56.12</b>	+00:03:59 (13.9%)	4:27	13.4 (85.9%)
10	<b>PICK Tomasz</b>	<b>4073</b>	DEAF KOSZALIN	M40-49	3	00:07:15.06	00:07:18.27	00:07:08.24	00:07:18.39	<b>00:28:59.96</b>	<b>00:30:13.47</b>	+00:04:15 (14.7%)	4:30	13.3 (85.3%)
11	<b>MATYSIAK Wojciech</b>	<b>4007</b>		M30-39	4	00:07:26.66	00:07:25.28	00:07:19.72	00:07:09.17	<b>00:29:20.83</b>	<b>00:30:33.93</b>	+00:04:36 (15.7%)	4:33	13.2 (84.6%)
12	<b>WEBER Paweł</b>	<b>4082</b>	ENERGON	M30-39	5	00:07:40.56	00:07:36.30	00:07:17.31	00:07:12.83	<b>00:29:47.00</b>	<b>00:31:04.59</b>	+00:05:02 (16.9%)	4:37	13 (83.3%)
13	<b>KONKEL Agnieszka</b>	<b>4039</b>		K30-39	1	00:07:32.13	00:07:31.52	00:07:25.75	00:07:18.28	<b>00:29:47.68</b>	<b>00:31:02.22</b>	+00:05:03 (17.0%)	4:37	13 (83.3%)
14	<b>KUŁAKOWSKI Dawid</b>	<b>4003</b>	TKKF KOSZALIN	M40-49	4	00:07:36.12	00:07:39.73	00:07:24.65	00:07:17.23	<b>00:29:57.73</b>	<b>00:35:28.82</b>	+00:05:13 (17.4%)	4:39	12.9 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Etap 4	Czas netto 6.437km	Czas brutto 6.437km	Różn	Tempo min/km	Tempo km/h
15	<b>HOREGLAD Paweł</b>	<b>4025</b>	SPEEDY GONZALES	M18-29	3	00:07:26.10	00:07:35.89	00:07:33.55	00:07:26.15	<b>00:30:01.69</b>	<b>00:31:27.84</b>	+00:05:17 (17.6%)	4:39	12.9 (82.7%)
16	<b>CHORAŻY Karolina</b>	<b>4074</b>	LEO-TEAM	K30-39	2	00:07:45.42	00:07:56.34	00:07:20.68	00:07:37.83	<b>00:30:40.27</b>	<b>00:31:54.35</b>	+00:05:55 (19.3%)	4:45	12.6 (80.8%)
17	<b>BRZEZIŃSKI Jan</b>	<b>4067</b>	TEAMPIOTRUS	M50-59	2	00:07:52.53	00:07:38.37	00:07:32.91	00:07:37.38	<b>00:30:41.19</b>	<b>00:32:16.74</b>	+00:05:56 (19.4%)	4:46	12.6 (80.8%)
18	<b>MOSZYŃSKI Jacek</b>	<b>4043</b>	TKKF KOSZALIN	M50-59	3	00:07:40.10	00:07:39.11	00:07:45.54	00:07:37.00	<b>00:30:41.75</b>	<b>00:31:58.20</b>	+00:05:57 (19.4%)	4:46	12.6 (80.8%)
19	<b>SZNYTER Sabina</b>	<b>4079</b>	DECATHLON KOSZALIN	K18-29	1	00:07:47.75	00:07:39.43	00:07:44.38	00:07:41.28	<b>00:30:52.84</b>	<b>00:32:09.68</b>	+00:06:08 (19.9%)	4:47	12.5 (80.1%)
20	<b>IWANIEC Dariusz</b>	<b>4004</b>	TKKF KOSZALIN	M40-49	5	00:07:42.47	00:08:02.62	00:07:46.43	00:07:31.59	<b>00:31:03.11</b>	<b>00:36:34.11</b>	+00:06:18 (20.3%)	4:49	12.4 (79.5%)
21	<b>BASSEL Marcin</b>	<b>4061</b>		M30-39	6	00:07:49.37	00:08:01.03	00:07:51.35	00:07:31.38	<b>00:31:13.13</b>	<b>00:32:40.41</b>	+00:06:28 (20.8%)	4:51	12.4 (79.5%)
22	<b>CHOŁUJ Jarek</b>	<b>4065</b>	HOPHOPTEMPOTEAM!	M40-49	6	00:07:57.29	00:08:03.38	00:07:51.86	00:07:44.44	<b>00:31:36.97</b>	<b>00:33:04.19</b>	+00:06:52 (21.8%)	4:54	12.2 (78.2%)
23	<b>ROGOŻA Ireneusz</b>	<b>4028</b>		M40-49	7	00:07:56.25	00:08:18.90	00:07:44.79	00:08:01.24	<b>00:32:01.18</b>	<b>00:33:35.85</b>	+00:07:16 (22.7%)	4:58	12.1 (77.6%)
24	<b>KONKEL Łukasz</b>	<b>4013</b>		M40-49	8	00:07:55.57	00:07:52.86	00:08:27.10	00:07:47.82	<b>00:32:03.35</b>	<b>00:33:21.62</b>	+00:07:19 (22.8%)	4:58	12 (76.9%)
25	<b>MOSIOŁEK Piotr</b>	<b>4021</b>		M40-49	9	00:08:13.67	00:08:19.43	00:08:07.46	00:07:54.37	<b>00:32:34.93</b>	<b>00:34:11.97</b>	+00:07:50 (24.1%)	5:03	11.9 (76.3%)
26	<b>MICERSKI Tomasz</b>	<b>4035</b>	TKKF KOSZALIN	M40-49	10	00:08:02.73	00:08:16.79	00:08:17.98	00:08:02.45	<b>00:32:39.95</b>	<b>00:38:12.23</b>	+00:07:55 (24.3%)	5:04	11.8 (75.6%)
27	<b>WÓJCICKI Adrian</b>	<b>4022</b>		M30-39	7	00:08:33.88	00:08:11.11	00:08:04.23	00:08:07.03	<b>00:32:56.25</b>	<b>00:34:10.91</b>	+00:08:11 (24.9%)	5:07	11.7 (75.0%)
28	<b>PRYCA Adam</b>	<b>4046</b>		M30-39	8	00:08:28.57	00:08:27.53	00:08:14.04	00:07:57.81	<b>00:33:07.95</b>	<b>00:34:45.60</b>	+00:08:23 (25.3%)	5:08	11.7 (75.0%)
29	<b>MILEWSKI Tomasz</b>	<b>4059</b>		M30-39	9	00:08:29.85	00:08:34.77	00:08:16.85	00:08:02.21	<b>00:33:23.68</b>	<b>00:35:00.58</b>	+00:08:39 (25.9%)	5:11	11.6 (74.4%)
30	<b>WILKOWSKI Krzysztof</b>	<b>4078</b>		M40-49	11	00:08:24.07	00:08:27.35	00:08:11.58	00:08:30.50	<b>00:33:33.50</b>	<b>00:34:58.32</b>	+00:08:49 (26.3%)	5:12	11.5 (73.7%)
31	<b>JOCHYM Mariusz</b>	<b>4053</b>		M30-39	10	00:08:34.67	00:08:29.09	00:08:20.64	00:08:15.70	<b>00:33:40.10</b>	<b>00:35:12.79</b>	+00:08:55 (26.5%)	5:13	11.5 (73.7%)
32	<b>KAMYK Piotr</b>	<b>4060</b>	MH IT SYSTEMY ERP KOSZALIN	M30-39	11	00:08:27.80	00:08:34.25	00:08:22.27	00:08:25.77	<b>00:33:50.09</b>	<b>00:36:10.30</b>	+00:09:05 (26.9%)	5:15	11.4 (73.1%)
33	<b>DĄBROWSKA Alicja</b>	<b>4056</b>	TKKF KOSZALIN	K50+	1	00:08:41.09	00:08:33.61	00:08:28.48	00:08:13.59	<b>00:33:56.77</b>	<b>00:35:26.60</b>	+00:09:12 (27.1%)	5:16	11.4 (73.1%)
34	<b>KULCZYK Katarzyna</b>	<b>4018</b>	BRYZA POSTOMINO	K30-39	3	00:08:37.96	00:08:28.27	00:08:28.04	00:08:23.04	<b>00:33:57.31</b>	<b>00:35:43.09</b>	+00:09:12 (27.1%)	5:16	11.4 (73.1%)
35	<b>NOREK Tomek</b>	<b>4029</b>		M50-59	4	00:08:33.69	00:08:30.52	00:08:25.50	00:08:28.05	<b>00:33:57.76</b>	<b>00:35:35.36</b>	+00:09:13 (27.2%)	5:16	11.4 (73.1%)
36	<b>CZERNAK Gracjan</b>	<b>4072</b>		M30-39	12	00:08:14.15	00:10:20.96	00:07:52.88	00:07:41.77	<b>00:34:09.76</b>	<b>00:35:36.09</b>	+00:09:25 (27.6%)	5:18	11.3 (72.4%)
37	<b>PIETRZYK Mateusz</b>	<b>4047</b>		M18-29	4	00:09:10.56	00:08:47.31	00:08:12.45	00:08:00.03	<b>00:34:10.35</b>	<b>00:35:51.59</b>	+00:09:26 (27.6%)	5:18	11.3 (72.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Etap 4	Czas		Różn	Tempo min/km	Tempo km/h
										netto 6.437km	brutto 6.437km			
38	<b>RUTKOWSKI Artur</b>	<b>4044</b>	KOSZALIŃSKI RANKING BIEGACZY	M18-29	5	00:08:51.96	00:08:39.07	00:08:25.18	00:08:23.46	<b>00:34:19.67</b>	<b>00:35:37.46</b>	+00:09:35 (27.9%)	5:19	11.3 (72.4%)
39	<b>KUBIK Krystian</b>	<b>4034</b>	RUNGRYF GRYFICE	M18-29	6	00:08:45.09	00:09:16.84	00:08:38.39	00:07:56.93	<b>00:34:37.25</b>	<b>00:35:46.82</b>	+00:09:52 (28.5%)	5:22	11.2 (71.8%)
40	<b>KAZIMIERCZAK Leszek</b>	<b>4076</b>	LOVELASY DĄBKI	M30-39	13	00:09:02.19	00:08:45.87	00:08:43.69	00:08:29.28	<b>00:35:01.03</b>	<b>00:36:34.53</b>	+00:10:16 (29.4%)	5:26	11 (70.5%)
41	<b>DZIESZUK Dariusz</b>	<b>4036</b>	TKKF KOSZALIN	M50-59	5	00:08:55.44	00:09:08.59	00:08:48.19	00:08:37.93	<b>00:35:30.15</b>	<b>00:37:33.98</b>	+00:10:45 (30.3%)	5:30	10.9 (69.9%)
42	<b>KOBUS Piotr</b>	<b>4030</b>		M30-39	14	00:09:07.20	00:09:21.31	00:09:02.19	00:08:50.57	<b>00:36:21.27</b>	<b>00:37:55.30</b>	+00:11:36 (32.0%)	5:38	10.6 (67.9%)
43	<b>KRZEWIŃSKA Małgorzata</b>	<b>4041</b>	TKKF KOSZALIN	K50+	2	00:09:10.48	00:09:20.89	00:09:05.79	00:08:47.37	<b>00:36:24.53</b>	<b>00:37:54.13</b>	+00:11:40 (32.1%)	5:39	10.6 (67.9%)
44	<b>OSOBNIAK Ryszard</b>	<b>4023</b>		M60-69	1	00:09:02.84	00:09:23.20	00:09:09.18	00:08:59.62	<b>00:36:34.84</b>	<b>00:38:33.73</b>	+00:11:50 (32.4%)	5:40	10.6 (67.9%)
45	<b>GRABOWSKA-LESISZ Aneta</b>	<b>4045</b>		K40-49	1	00:09:20.99	00:09:28.99	00:09:08.48	00:08:51.34	<b>00:36:49.80</b>	<b>00:38:14.47</b>	+00:12:05 (32.8%)	5:43	10.5 (67.3%)
46	<b>KAZIMIEROWICZ Radosław</b>	<b>4006</b>	VTT KOSZALIN	M30-39	15	00:09:59.00	00:09:28.45	00:08:48.26	00:08:48.36	<b>00:37:04.07</b>	<b>00:38:41.12</b>	+00:12:19 (33.3%)	5:45	10.4 (66.7%)
47	<b>WAWRZYN Grzegorz</b>	<b>4015</b>		M40-49	12	00:08:43.41	00:09:52.97	00:10:00.81	00:08:48.59	<b>00:37:25.78</b>	<b>00:39:15.52</b>	+00:12:41 (33.9%)	5:48	10.3 (66.0%)
48	<b>JUSZCZAK Krzysztof</b>	<b>4058</b>		M60-69	2	00:09:21.26	00:09:42.98	00:09:37.10	00:09:24.70	<b>00:38:06.04</b>	<b>00:40:18.19</b>	+00:13:21 (35.1%)	5:55	10.1 (64.7%)
49	<b>PANCERZYŃSKI Łukasz</b>	<b>4010</b>		M40-49	13	00:09:34.74	00:09:46.96	00:09:26.92	00:09:36.61	<b>00:38:25.23</b>	<b>00:40:06.35</b>	+00:13:40 (35.6%)	5:58	10.1 (64.7%)
50	<b>SUDER-MAKSYMOWICZ Filip</b>	<b>4020</b>		M10-13	1	00:09:57.32	00:09:37.70	00:10:34.88	00:09:09.94	<b>00:39:19.84</b>	<b>00:40:34.10</b>	+00:14:35 (37.1%)	6:06	9.8 (62.8%)
51	<b>ZUKAL Jakub</b>	<b>4063</b>		M10-13	2	00:09:55.92	00:10:06.36	00:09:34.02	00:09:57.36	<b>00:39:33.66</b>	<b>00:41:05.70</b>	+00:14:49 (37.5%)	6:08	9.8 (62.8%)
52	<b>WOLF Beata</b>	<b>4008</b>	TKKF KOSZALIN	K40-49	2	00:09:35.19	00:10:22.95	00:09:59.54	00:10:09.74	<b>00:40:07.42</b>	<b>00:41:51.02</b>	+00:15:23 (38.3%)	6:13	9.6 (61.5%)
53	<b>KOZŁOWIECKI Waldemar</b>	<b>4052</b>	TKKF KOSZALIN	M60-69	3	00:10:15.95	00:10:31.64	00:10:06.66	00:10:12.94	<b>00:41:07.19</b>	<b>00:43:03.86</b>	+00:16:22 (39.8%)	6:23	9.4 (60.3%)
54	<b>KASZUBIAK Julia</b>	<b>4040</b>		K10-13	1	00:10:37.60	00:10:13.62	00:10:29.89	00:09:58.57	<b>00:41:19.68</b>	<b>00:43:12.37</b>	+00:16:35 (40.1%)	6:25	9.3 (59.6%)
55	<b>ZUKAL Aleksandra</b>	<b>4062</b>		K40-49	3	00:11:07.32	00:11:43.56	00:11:16.02	00:11:07.00	<b>00:45:13.90</b>	<b>00:46:46.10</b>	+00:20:29 (45.3%)	7:01	8.5 (54.5%)
56	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>4002</b>		K30-39	4	00:12:36.39	00:12:01.89	00:11:59.79	00:10:55.02	<b>00:47:33.09</b>	<b>00:48:51.38</b>	+00:22:48 (48.0%)	7:23	8.1 (51.9%)
57	<b>HELLER Zdzisław</b>	<b>4055</b>	NIEZRZESZONY	M60-69	4	00:12:53.87	00:11:59.56	00:11:37.97	00:11:19.23	<b>00:47:50.63</b>	<b>00:49:41.45</b>	+00:23:06 (48.3%)	7:25	8.1 (51.9%)
58	<b>KOZŁOWIECKA Małgorzata</b>	<b>4077</b>		K50+	3	00:12:22.04	00:12:39.98	00:12:01.95	00:11:39.68	<b>00:48:43.65</b>	<b>00:50:24.10</b>	+00:23:59 (49.2%)	7:34	7.9 (50.6%)
59	<b>KARNICKI Artur</b>	<b>4012</b>		M40-49	14	00:14:24.67	00:14:31.48	00:14:02.17	00:13:17.76	<b>00:56:16.08</b>	<b>00:57:58.06</b>	+00:31:31 (56.0%)	8:44	6.9 (44.2%)
60	<b>BARTNIK Marian</b>	<b>4026</b>	TKKF KOSZALIN	M70+	1	00:16:21.84	00:17:21.14	00:17:10.00	00:15:47.00	<b>01:06:39.98</b>	<b>01:06:49.44</b>	+00:41:55 (62.9%)	10:21	5.8 (37.2%)

Znaleziono 60 wynik(ów)