



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: M-OPEN

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	SZKOŁUDA Miłosz	4081	DECATHLON KOSZALIN	M18-29	1	00:06:22.83	00:06:07.29	00:05:52.03	00:06:22.18	00:24:44.33	00:25:56.82		3:50	15.6 (100%)
2	KASZUBIAK Klaudiusz	4042		M40-49	1	00:06:56.58	00:06:43.96	00:06:29.28	00:06:21.49	00:26:31.31	00:28:08.77	+00:01:46 (6.7%)	4:07	14.6 (93.6%)
3	MAJKOWICZ Rafał	4038		M30-39	1	00:06:53.40	00:06:49.84	00:06:39.89	00:06:31.90	00:26:55.03	00:28:05.58	+00:02:10 (8.1%)	4:10	14.3 (91.7%)
4	CZAPLIŃSKI Jacek	4069	TAGER KOSZALIN	M30-39	2	00:06:46.17	00:06:54.53	00:06:43.31	00:06:33.81	00:26:57.82	00:28:09.19	+00:02:13 (8.3%)	4:11	14.3 (91.7%)
5	BESZTERDA Jakub	4054	KL BAŁTYK KOSZALIN	M14-17	1	00:06:51.96	00:06:47.98	00:06:51.38	00:06:35.04	00:27:06.36	00:28:18.59	+00:02:22 (8.7%)	4:12	14.2 (91.0%)
6	ZUKAL Piotr	4005		M40-49	2	00:06:54.74	00:06:59.29	00:06:45.51	00:06:51.33	00:27:30.87	00:28:45.82	+00:02:46 (10.1%)	4:16	14 (89.7%)
7	BIŃKOWSKI Tomasz	4066		M30-39	3	00:07:18.16	00:07:07.89	00:06:57.04	00:06:48.32	00:28:11.41	00:29:27.66	+00:03:27 (12.2%)	4:22	13.7 (87.8%)
8	SOSNOWSKI Tomasz	4001	MEDEN-INMED SPORTS TEAM	M18-29	2	00:07:21.78	00:07:13.38	00:06:54.85	00:07:01.62	00:28:31.63	00:29:43.65	+00:03:47 (13.3%)	4:25	13.5 (86.5%)
9	ZWOLIŃSKI Jan	4037	TKKF KOSZALIN	M50-59	1	00:07:12.35	00:07:16.79	00:07:10.76	00:07:03.54	00:28:43.44	00:29:56.12	+00:03:59 (13.9%)	4:27	13.4 (85.9%)
10	PICK Tomasz	4073	DEAF KOSZALIN	M40-49	3	00:07:15.06	00:07:18.27	00:07:08.24	00:07:18.39	00:28:59.96	00:30:13.47	+00:04:15 (14.7%)	4:30	13.3 (85.3%)
11	MATYSIAK Wojciech	4007		M30-39	4	00:07:26.66	00:07:25.28	00:07:19.72	00:07:09.17	00:29:20.83	00:30:33.93	+00:04:36 (15.7%)	4:33	13.2 (84.6%)
12	WEBER Paweł	4082	ENERGON	M30-39	5	00:07:40.56	00:07:36.30	00:07:17.31	00:07:12.83	00:29:47.00	00:31:04.59	+00:05:02 (16.9%)	4:37	13 (83.3%)
13	KUŁAKOWSKI Dawid	4003	TKKF KOSZALIN	M40-49	4	00:07:36.12	00:07:39.73	00:07:24.65	00:07:17.23	00:29:57.73	00:35:28.82	+00:05:13 (17.4%)	4:39	12.9 (82.7%)
14	HOREGLAD Paweł	4025	SPEEDY GONZALES	M18-29	3	00:07:26.10	00:07:35.89	00:07:33.55	00:07:26.15	00:30:01.69	00:31:27.84	+00:05:17 (17.6%)	4:39	12.9 (82.7%)

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15	BRZEZIŃSKI Jan	4067	TEAMPIOTRUS	M50-59	2	00:07:52.53	00:07:38.37	00:07:32.91	00:07:37.38	00:30:41.19	00:32:16.74	+00:05:56 (19.4%)	4:46	12.6 (80.8%)
16	MOSZYŃSKI Jacek	4043	TKKF KOSZALIN	M50-59	3	00:07:40.10	00:07:39.11	00:07:45.54	00:07:37.00	00:30:41.75	00:31:58.20	+00:05:57 (19.4%)	4:46	12.6 (80.8%)
17	IWANIEC Dariusz	4004	TKKF KOSZALIN	M40-49	5	00:07:42.47	00:08:02.62	00:07:46.43	00:07:31.59	00:31:03.11	00:36:34.11	+00:06:18 (20.3%)	4:49	12.4 (79.5%)
18	BASSEL Marcin	4061		M30-39	6	00:07:49.37	00:08:01.03	00:07:51.35	00:07:31.38	00:31:13.13	00:32:40.41	+00:06:28 (20.8%)	4:51	12.4 (79.5%)
19	CHOŁUJ Jarek	4065	HOPHOPTEMPOTEAM!	M40-49	6	00:07:57.29	00:08:03.38	00:07:51.86	00:07:44.44	00:31:36.97	00:33:04.19	+00:06:52 (21.8%)	4:54	12.2 (78.2%)
20	ROGOŻA Ireneusz	4028		M40-49	7	00:07:56.25	00:08:18.90	00:07:44.79	00:08:01.24	00:32:01.18	00:33:35.85	+00:07:16 (22.7%)	4:58	12.1 (77.6%)
21	KONKEL Łukasz	4013		M40-49	8	00:07:55.57	00:07:52.86	00:08:27.10	00:07:47.82	00:32:03.35	00:33:21.62	+00:07:19 (22.8%)	4:58	12 (76.9%)
22	MOSIOŁEK Piotr	4021		M40-49	9	00:08:13.67	00:08:19.43	00:08:07.46	00:07:54.37	00:32:34.93	00:34:11.97	+00:07:50 (24.1%)	5:03	11.9 (76.3%)
23	MICERSKI Tomasz	4035	TKKF KOSZALIN	M40-49	10	00:08:02.73	00:08:16.79	00:08:17.98	00:08:02.45	00:32:39.95	00:38:12.23	+00:07:55 (24.3%)	5:04	11.8 (75.6%)
24	WÓJCICKI Adrian	4022		M30-39	7	00:08:33.88	00:08:11.11	00:08:04.23	00:08:07.03	00:32:56.25	00:34:10.91	+00:08:11 (24.9%)	5:07	11.7 (75.0%)
25	PRYCA Adam	4046		M30-39	8	00:08:28.57	00:08:27.53	00:08:14.04	00:07:57.81	00:33:07.95	00:34:45.60	+00:08:23 (25.3%)	5:08	11.7 (75.0%)
26	MILEWSKI Tomasz	4059		M30-39	9	00:08:29.85	00:08:34.77	00:08:16.85	00:08:02.21	00:33:23.68	00:35:00.58	+00:08:39 (25.9%)	5:11	11.6 (74.4%)
27	WILKOWSKI Krzysztof	4078		M40-49	11	00:08:24.07	00:08:27.35	00:08:11.58	00:08:30.50	00:33:33.50	00:34:58.32	+00:08:49 (26.3%)	5:12	11.5 (73.7%)
28	JOCHYM Mariusz	4053		M30-39	10	00:08:34.67	00:08:29.09	00:08:20.64	00:08:15.70	00:33:40.10	00:35:12.79	+00:08:55 (26.5%)	5:13	11.5 (73.7%)
29	KAMYK Piotr	4060	MH IT SYSTEMY ERP KOSZALIN	M30-39	11	00:08:27.80	00:08:34.25	00:08:22.27	00:08:25.77	00:33:50.09	00:36:10.30	+00:09:05 (26.9%)	5:15	11.4 (73.1%)
30	NOREK Tomek	4029		M50-59	4	00:08:33.69	00:08:30.52	00:08:25.50	00:08:28.05	00:33:57.76	00:35:35.36	+00:09:13 (27.2%)	5:16	11.4 (73.1%)
31	CZERNAK Gracjan	4072		M30-39	12	00:08:14.15	00:10:20.96	00:07:52.88	00:07:41.77	00:34:09.76	00:35:36.09	+00:09:25 (27.6%)	5:18	11.3 (72.4%)
32	PIETRZYK Mateusz	4047		M18-29	4	00:09:10.56	00:08:47.31	00:08:12.45	00:08:00.03	00:34:10.35	00:35:51.59	+00:09:26 (27.6%)	5:18	11.3 (72.4%)
33	RUTKOWSKI Artur	4044	KOSZALIŃSKI RANKING BIEGACZY	M18-29	5	00:08:51.96	00:08:39.07	00:08:25.18	00:08:23.46	00:34:19.67	00:35:37.46	+00:09:35 (27.9%)	5:19	11.3 (72.4%)
34	KUBIK Krystian	4034	RUNGRYF GRYFICE	M18-29	6	00:08:45.09	00:09:16.84	00:08:38.39	00:07:56.93	00:34:37.25	00:35:46.82	+00:09:52 (28.5%)	5:22	11.2 (71.8%)
35	KAZIMIERCZAK Leszek	4076	LOVELASY DĄBKI	M30-39	13	00:09:02.19	00:08:45.87	00:08:43.69	00:08:29.28	00:35:01.03	00:36:34.53	+00:10:16 (29.4%)	5:26	11 (70.5%)
36	DZIESZUK Dariusz	4036	TKKF KOSZALIN	M50-59	5	00:08:55.44	00:09:08.59	00:08:48.19	00:08:37.93	00:35:30.15	00:37:33.98	+00:10:45 (30.3%)	5:30	10.9 (69.9%)
37	KOBUS Piotr	4030		M30-39	14	00:09:07.20	00:09:21.31	00:09:02.19	00:08:50.57	00:36:21.27	00:37:55.30	+00:11:36 (32.0%)	5:38	10.6 (67.9%)

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38	OSOBNIAK Ryszard	4023		M60-69	1	00:09:02.84	00:09:23.20	00:09:09.18	00:08:59.62	00:36:34.84	00:38:33.73	+00:11:50 (32.4%)	5:40	10.6 (67.9%)
39	KAZIMIEROWICZ Radosław	4006	VTT KOSZALIN	M30-39	15	00:09:59.00	00:09:28.45	00:08:48.26	00:08:48.36	00:37:04.07	00:38:41.12	+00:12:19 (33.3%)	5:45	10.4 (66.7%)
40	WAWRZYN Grzegorz	4015		M40-49	12	00:08:43.41	00:09:52.97	00:10:00.81	00:08:48.59	00:37:25.78	00:39:15.52	+00:12:41 (33.9%)	5:48	10.3 (66.0%)
41	JUSZCZAK Krzysztof	4058		M60-69	2	00:09:21.26	00:09:42.98	00:09:37.10	00:09:24.70	00:38:06.04	00:40:18.19	+00:13:21 (35.1%)	5:55	10.1 (64.7%)
42	PANCERZYŃSKI Łukasz	4010		M40-49	13	00:09:34.74	00:09:46.96	00:09:26.92	00:09:36.61	00:38:25.23	00:40:06.35	+00:13:40 (35.6%)	5:58	10.1 (64.7%)
43	SUDER-MAKSYMOWICZ Filip	4020		M10-13	1	00:09:57.32	00:09:37.70	00:10:34.88	00:09:09.94	00:39:19.84	00:40:34.10	+00:14:35 (37.1%)	6:06	9.8 (62.8%)
44	ZUKAL Jakub	4063		M10-13	2	00:09:55.92	00:10:06.36	00:09:34.02	00:09:57.36	00:39:33.66	00:41:05.70	+00:14:49 (37.5%)	6:08	9.8 (62.8%)
45	KOZŁOWIECKI Waldemar	4052	TKKF KOSZALIN	M60-69	3	00:10:15.95	00:10:31.64	00:10:06.66	00:10:12.94	00:41:07.19	00:43:03.86	+00:16:22 (39.8%)	6:23	9.4 (60.3%)
46	HELLER Zdzisław	4055	NIEZRZESZONY	M60-69	4	00:12:53.87	00:11:59.56	00:11:37.97	00:11:19.23	00:47:50.63	00:49:41.45	+00:23:06 (48.3%)	7:25	8.1 (51.9%)
47	KARNICKI Artur	4012		M40-49	14	00:14:24.67	00:14:31.48	00:14:02.17	00:13:17.76	00:56:16.08	00:57:58.06	+00:31:31 (56.0%)	8:44	6.9 (44.2%)
48	BARTNIK Marian	4026	TKKF KOSZALIN	M70+	1	00:16:21.84	00:17:21.14	00:17:10.00	00:15:47.00	01:06:39.98	01:06:49.44	+00:41:55 (62.9%)	10:21	5.8 (37.2%)

Znaleziono 48 wynik(ów)