

# ZIMOWA MILA GÓRSKA 2019 - PO 5 EDYCJACH

B4SPORT  
WIELKOPOLSKI ZWIĄZOK SPORTOWY

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-03-06  
**Miejsce:** Koszalin  
**Dystans:** 8.046 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Etap 4	Etap5	Czas netto 8.046km	Czas brutto 8.046km	Różn	Tempo min/km	Tempo km/h
1	<b>SZKOŁUDA Miłosz</b>	<b>5046</b>	DECATHLON KOSZALIN	M18-29	1	00:06:22.83	00:06:07.29	00:05:52.03	00:06:22.18	00:05:51.18	<b>00:30:35.51</b>	<b>00:31:48.92</b>		3:48	15.8 (100%)
2	<b>KASZUBIAK Klaudiusz</b>	<b>5067</b>		M40-49	1	00:06:56.58	00:06:43.96	00:06:29.28	00:06:21.49	00:06:36.90	<b>00:33:08.21</b>	<b>00:34:50.39</b>	+00:02:32 (7.7%)	4:07	14.6 (92.4%)
3	<b>CZAPLIŃSKI Jacek</b>	<b>5041</b>	TAGER KOSZALIN	M30-39	1	00:06:46.17	00:06:54.53	00:06:43.31	00:06:33.81	00:06:21.00	<b>00:33:18.82</b>	<b>00:34:32.47</b>	+00:02:43 (8.2%)	4:08	14.5 (91.8%)
4	<b>MAJKOWICZ Rafał</b>	<b>5064</b>		M30-39	2	00:06:53.40	00:06:49.84	00:06:39.89	00:06:31.90	00:06:35.23	<b>00:33:30.26</b>	<b>00:34:41.34</b>	+00:02:54 (8.7%)	4:09	14.4 (91.1%)
5	<b>BESZTERDA Jakub</b>	<b>5013</b>	KL BAŁTYK KOSZALIN	M14-17	1	00:06:51.96	00:06:47.98	00:06:51.38	00:06:35.04	00:06:49.35	<b>00:33:55.71</b>	<b>00:35:08.51</b>	+00:03:20 (9.8%)	4:12	14.2 (89.9%)
6	<b>ZUKAL Piotr</b>	<b>5014</b>		M40-49	2	00:06:54.74	00:06:59.29	00:06:45.51	00:06:51.33	00:06:53.80	<b>00:34:24.67</b>	<b>00:35:42.48</b>	+00:03:49 (11.1%)	4:16	14 (88.6%)
7	<b>BIEŃKOWSKI Tomasz</b>	<b>5011</b>		M30-39	3	00:07:18.16	00:07:07.89	00:06:57.04	00:06:48.32	00:06:53.70	<b>00:35:05.11</b>	<b>00:36:23.03</b>	+00:04:29 (12.8%)	4:21	13.8 (87.3%)
8	<b>SOSNOWSKI Tomasz</b>	<b>5010</b>	MEDEN-INMED SPORTS TEAM	M18-29	2	00:07:21.78	00:07:13.38	00:06:54.85	00:07:01.62	00:06:46.83	<b>00:35:18.46</b>	<b>00:36:30.80</b>	+00:04:42 (13.4%)	4:23	13.7 (86.7%)
9	<b>ZWOLIŃSKI Jan</b>	<b>5061</b>	TKKF KOSZALIN	M50-59	1	00:07:12.35	00:07:16.79	00:07:10.76	00:07:03.54	00:06:58.02	<b>00:35:41.46</b>	<b>00:36:54.66</b>	+00:05:05 (14.3%)	4:26	13.5 (85.4%)
10	<b>PICK Tomasz</b>	<b>5057</b>	DEAF KOSZALIN	M40-49	3	00:07:15.06	00:07:18.27	00:07:08.24	00:07:18.39	00:06:55.57	<b>00:35:55.53</b>	<b>00:37:11.00</b>	+00:05:20 (14.8%)	4:27	13.4 (84.8%)
11	<b>MATYSIAK Wojciech</b>	<b>5032</b>		M30-39	4	00:07:26.66	00:07:25.28	00:07:19.72	00:07:09.17	00:07:03.56	<b>00:36:24.39</b>	<b>00:37:37.49</b>	+00:05:48 (16.0%)	4:31	13.3 (84.2%)
12	<b>WEBER Paweł</b>	<b>5035</b>	ENERGON	M30-39	5	00:07:40.56	00:07:36.30	00:07:17.31	00:07:12.83	00:07:03.85	<b>00:36:50.85</b>	<b>00:38:09.86</b>	+00:06:15 (17.0%)	4:34	13.1 (82.9%)
13	<b>KONKEL Agnieszka</b>	<b>5065</b>		K30-39	1	00:07:32.13	00:07:31.52	00:07:25.75	00:07:18.28	00:07:18.53	<b>00:37:06.21</b>	<b>00:38:23.18</b>	+00:06:30 (17.5%)	4:36	13 (82.3%)
14	<b>KUŁAKOWSKI Dawid</b>	<b>5069</b>	TKKF KOSZALIN	M40-49	4	00:07:36.12	00:07:39.73	00:07:24.65	00:07:17.23	00:07:14.70	<b>00:37:12.43</b>	<b>00:43:46.87</b>	+00:06:36 (17.8%)	4:37	13 (82.3%)
15	<b>HOREGLAD Paweł</b>	<b>5009</b>	SPEEDY GONZALES	M18-29	3	00:07:26.10	00:07:35.89	00:07:33.55	00:07:26.15	00:07:30.63	<b>00:37:32.32</b>	<b>00:39:02.48</b>	+00:06:56 (18.5%)	4:39	12.9 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Etap 4	Etap5	Czas netto 8.046km	Czas brutto 8.046km	Różn	Tempo min/km	Tempo km/h
16	<b>MOSZYŃSKI Jacek</b>	<b>5059</b>	TKKF KOSZALIN	M50-59	2	00:07:40.10	00:07:39.11	00:07:45.54	00:07:37.00	00:07:27.90	<b>00:38:09.65</b>	<b>00:39:28.10</b>	+00:07:34 (19.8%)	4:44	12.7 (80.4%)
17	<b>BRZEZIŃSKI Jan</b>	<b>5052</b>	TEAMPIOTRUS	M50-59	3	00:07:52.53	00:07:38.37	00:07:32.91	00:07:37.38	00:07:29.51	<b>00:38:10.70</b>	<b>00:39:55.41</b>	+00:07:35 (19.9%)	4:44	12.6 (79.7%)
18	<b>CHORAŻY Karolina</b>	<b>5026</b>	LEO-TEAM	K30-39	2	00:07:45.42	00:07:56.34	00:07:20.68	00:07:37.83	00:07:42.36	<b>00:38:22.63</b>	<b>00:39:39.46</b>	+00:07:47 (20.3%)	4:46	12.6 (79.7%)
19	<b>IWANIEC Dariusz</b>	<b>5073</b>	TKKF KOSZALIN	M40-49	5	00:07:42.47	00:08:02.62	00:07:46.43	00:07:31.59	00:07:33.33	<b>00:38:36.44</b>	<b>00:45:11.06</b>	+00:08:00 (20.8%)	4:47	12.5 (79.1%)
20	<b>BASSEL Marcin</b>	<b>5005</b>		M30-39	6	00:07:49.37	00:08:01.03	00:07:51.35	00:07:31.38	00:07:33.16	<b>00:38:46.29</b>	<b>00:40:17.09</b>	+00:08:10 (21.1%)	4:49	12.5 (79.1%)
21	<b>ROGOŻA Ireneusz</b>	<b>5033</b>		M40-49	6	00:07:56.25	00:08:18.90	00:07:44.79	00:08:01.24	00:07:51.57	<b>00:39:52.75</b>	<b>00:41:30.30</b>	+00:09:17 (23.3%)	4:57	12.1 (76.6%)
22	<b>KONKEL Łukasz</b>	<b>5062</b>		M40-49	7	00:07:55.57	00:07:52.86	00:08:27.10	00:07:47.82	00:08:01.20	<b>00:40:04.55</b>	<b>00:41:27.05</b>	+00:09:29 (23.7%)	4:58	12 (75.9%)
23	<b>CHOŁUJ Jarek</b>	<b>5047</b>	HOPHOTEMPOTEAM!	M40-49	8	00:07:57.29	00:08:03.38	00:07:51.86	00:07:44.44	00:08:31.98	<b>00:40:08.95</b>	<b>00:41:45.47</b>	+00:09:33 (23.8%)	4:59	12 (75.9%)
24	<b>MOSIOŁEK Piotr</b>	<b>5039</b>		M40-49	9	00:08:13.67	00:08:19.43	00:08:07.46	00:07:54.37	00:08:08.12	<b>00:40:43.05</b>	<b>00:42:24.84</b>	+00:10:07 (24.9%)	5:03	11.9 (75.3%)
25	<b>WÓJCICKI Adrian</b>	<b>5050</b>		M30-39	7	00:08:33.88	00:08:11.11	00:08:04.23	00:08:07.03	00:07:52.91	<b>00:40:49.16</b>	<b>00:42:07.28</b>	+00:10:13 (25.1%)	5:04	11.8 (74.7%)
26	<b>MICERSKI Tomasz</b>	<b>5070</b>	TKKF KOSZALIN	M40-49	10	00:08:02.73	00:08:16.79	00:08:17.98	00:08:02.45	00:08:10.73	<b>00:40:50.68</b>	<b>00:47:26.93</b>	+00:10:15 (25.1%)	5:04	11.8 (74.7%)
27	<b>PRYCA Adam</b>	<b>5031</b>		M30-39	8	00:08:28.57	00:08:27.53	00:08:14.04	00:07:57.81	00:07:54.25	<b>00:41:02.20</b>	<b>00:42:45.58</b>	+00:10:26 (25.5%)	5:06	11.8 (74.7%)
28	<b>MILEWSKI Tomasz</b>	<b>5074</b>		M30-39	9	00:08:29.85	00:08:34.77	00:08:16.85	00:08:02.21	00:08:09.09	<b>00:41:32.77</b>	<b>00:47:28.67</b>	+00:10:57 (26.4%)	5:09	11.6 (73.4%)
29	<b>WILKOWSKI Krzysztof</b>	<b>5025</b>		M40-49	11	00:08:24.07	00:08:27.35	00:08:11.58	00:08:30.50	00:08:06.71	<b>00:41:40.21</b>	<b>00:43:07.84</b>	+00:11:04 (26.6%)	5:10	11.6 (73.4%)
30	<b>DĄBROWSKA Alicja</b>	<b>5021</b>	TKKF KOSZALIN	K50+	1	00:08:41.09	00:08:33.61	00:08:28.48	00:08:13.59	00:08:03.52	<b>00:42:00.29</b>	<b>00:43:33.76</b>	+00:11:24 (27.2%)	5:13	11.5 (72.8%)
31	<b>KAMYK Piotr</b>	<b>5030</b>	MH IT SYSTEMY ERP KOSZALIN	M30-39	10	00:08:27.80	00:08:34.25	00:08:22.27	00:08:25.77	00:08:14.42	<b>00:42:04.51</b>	<b>00:45:29.37</b>	+00:11:29 (27.3%)	5:13	11.5 (72.8%)
32	<b>CZERNIAK Gracjan</b>	<b>5055</b>		M30-39	11	00:08:14.15	00:10:20.96	00:07:52.88	00:07:41.77	00:07:55.26	<b>00:42:05.02</b>	<b>00:43:34.37</b>	+00:11:29 (27.3%)	5:13	11.5 (72.8%)
33	<b>JOCHYM Mariusz</b>	<b>5063</b>		M30-39	12	00:08:34.67	00:08:29.09	00:08:20.64	00:08:15.70	00:08:27.02	<b>00:42:07.12</b>	<b>00:43:45.56</b>	+00:11:31 (27.4%)	5:14	11.5 (72.8%)
34	<b>RUTKOWSKI Artur</b>	<b>5044</b>	KOSZALIŃSKI RANKING BIEGACZY	M18-29	4	00:08:51.96	00:08:39.07	00:08:25.18	00:08:23.46	00:07:56.38	<b>00:42:16.05</b>	<b>00:43:35.29</b>	+00:11:40 (27.6%)	5:15	11.4 (72.2%)
35	<b>KULCZYK Katarzyna</b>	<b>5075</b>	BRYZA POSTOMINO	K30-39	3	00:08:37.96	00:08:28.27	00:08:28.04	00:08:23.04	00:08:36.78	<b>00:42:34.09</b>	<b>00:44:28.26</b>	+00:11:58 (28.1%)	5:17	11.3 (71.5%)
36	<b>PIETRZYK Mateusz</b>	<b>5027</b>		M18-29	5	00:09:10.56	00:08:47.31	00:08:12.45	00:08:00.03	00:08:23.80	<b>00:42:34.15</b>	<b>00:44:22.14</b>	+00:11:58 (28.1%)	5:17	11.3 (71.5%)
37	<b>NOREK Tomek</b>	<b>5038</b>		M50-59	4	00:08:33.69	00:08:30.52	00:08:25.50	00:08:28.05	00:08:51.41	<b>00:42:49.17</b>	<b>00:44:33.24</b>	+00:12:13 (28.6%)	5:19	11.3 (71.5%)
38	<b>KAZIMIERCZAK Leszek</b>	<b>5042</b>	LOVELASY DĄBKI	M30-39	13	00:09:02.19	00:08:45.87	00:08:43.69	00:08:29.28	00:08:22.01	<b>00:43:23.04</b>	<b>00:45:06.09</b>	+00:12:47 (29.5%)	5:23	11.1 (70.3%)
39	<b>DZIESZUK Dariusz</b>	<b>5017</b>	TKKF KOSZALIN	M50-59	5	00:08:55.44	00:09:08.59	00:08:48.19	00:08:37.93	00:08:33.04	<b>00:44:03.19</b>	<b>00:46:37.56</b>	+00:13:27 (30.6%)	5:28	11 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Etap 4	Etap5	Czas netto 8.046km	Czas brutto 8.046km	Różn	Tempo min/km	Tempo km/h
40	<b>OSOBNIAK Ryszard</b>	<b>5006</b>		M60-69	1	00:09:02.84	00:09:23.20	00:09:09.18	00:08:59.62	00:08:38.34	<b>00:45:13.18</b>	<b>00:47:24.06</b>	+00:14:37 (32.3%)	5:37	10.7 (67.7%)
41	<b>KOBUS Piotr</b>	<b>5045</b>		M30-39	14	00:09:07.20	00:09:21.31	00:09:02.19	00:08:50.57	00:08:54.86	<b>00:45:16.13</b>	<b>00:46:56.11</b>	+00:14:40 (32.4%)	5:37	10.7 (67.7%)
42	<b>KRZEWIŃSKA Małgorzata</b>	<b>5020</b>	TKKF KOSZALIN	K50+	2	00:09:10.48	00:09:20.89	00:09:05.79	00:08:47.37	00:08:56.62	<b>00:45:21.15</b>	<b>00:46:56.19</b>	+00:14:45 (32.5%)	5:38	10.6 (67.1%)
43	<b>KAZIMIEROWICZ Radosław</b>	<b>5024</b>	VTT KOSZALIN	M30-39	15	00:09:59.00	00:09:28.45	00:08:48.26	00:08:48.36	00:08:33.20	<b>00:45:37.27</b>	<b>00:47:19.34</b>	+00:15:01 (32.9%)	5:40	10.6 (67.1%)
44	<b>GRABOWSKA-LESISZ Aneta</b>	<b>5028</b>		K40-49	1	00:09:20.99	00:09:28.99	00:09:08.48	00:08:51.34	00:09:05.51	<b>00:45:55.31</b>	<b>00:47:23.49</b>	+00:15:19 (33.4%)	5:42	10.5 (66.5%)
45	<b>WAWRZYN Grzegorz</b>	<b>5068</b>		M40-49	12	00:08:43.41	00:09:52.97	00:10:00.81	00:08:48.59	00:09:12.73	<b>00:46:38.51</b>	<b>00:48:36.45</b>	+00:16:03 (34.4%)	5:47	10.4 (65.8%)
46	<b>JUSZCZAK Krzysztof</b>	<b>5036</b>		M60-69	2	00:09:21.26	00:09:42.98	00:09:37.10	00:09:24.70	00:09:16.64	<b>00:47:22.68</b>	<b>00:49:51.11</b>	+00:16:47 (35.4%)	5:53	10.2 (64.6%)
47	<b>PANCERZYŃSKI Łukasz</b>	<b>5018</b>		M40-49	13	00:09:34.74	00:09:46.96	00:09:26.92	00:09:36.61	00:09:22.68	<b>00:47:47.91</b>	<b>00:49:36.68</b>	+00:17:12 (36.0%)	5:56	10.1 (63.9%)
48	<b>ZUKAL Jakub</b>	<b>5049</b>		M10-13	1	00:09:55.92	00:10:06.36	00:09:34.02	00:09:57.36	00:09:16.01	<b>00:48:49.67</b>	<b>00:50:27.60</b>	+00:18:14 (37.3%)	6:04	9.9 (62.7%)
49	<b>SUDER-MAKSYMOWICZ Filip</b>	<b>5058</b>		M10-13	2	00:09:57.32	00:09:37.70	00:10:34.88	00:09:09.94	00:09:37.56	<b>00:48:57.40</b>	<b>00:50:13.86</b>	+00:18:21 (37.5%)	6:05	9.9 (62.7%)
50	<b>WOLF Beata</b>	<b>5060</b>	TKKF KOSZALIN	K40-49	2	00:09:35.19	00:10:22.95	00:09:59.54	00:10:09.74	00:10:23.22	<b>00:50:30.64</b>	<b>00:52:22.17</b>	+00:19:55 (39.4%)	6:16	9.6 (60.8%)
51	<b>KOZŁOWIECKI Waldemar</b>	<b>5003</b>	TKKF KOSZALIN	M60-69	3	00:10:15.95	00:10:31.64	00:10:06.66	00:10:12.94	00:10:04.54	<b>00:51:11.73</b>	<b>00:53:16.64</b>	+00:20:36 (40.2%)	6:21	9.4 (59.5%)
52	<b>KASZUBIAK Julia</b>	<b>5066</b>		K10-13	1	00:10:37.60	00:10:13.62	00:10:29.89	00:09:58.57	00:10:59.65	<b>00:52:19.33</b>	<b>00:54:20.84</b>	+00:21:43 (41.5%)	6:30	9.2 (58.2%)
53	<b>ZUKAL Aleksandra</b>	<b>5037</b>		K40-49	3	00:11:07.32	00:11:43.56	00:11:16.02	00:11:07.00	00:11:13.43	<b>00:56:27.33</b>	<b>00:58:05.80</b>	+00:25:51 (45.8%)	7:01	8.6 (54.4%)
54	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>5051</b>		K30-39	4	00:12:36.39	00:12:01.89	00:11:59.79	00:10:55.02	00:10:58.84	<b>00:58:31.93</b>	<b>00:59:51.72</b>	+00:27:56 (47.7%)	7:16	8.2 (51.9%)
55	<b>HELLER Zdzisław</b>	<b>5004</b>	NIEZRZESZONY	M60-69	4	00:12:53.87	00:11:59.56	00:11:37.97	00:11:19.23	00:11:45.65	<b>00:59:36.28</b>	<b>01:01:38.83</b>	+00:29:00 (48.7%)	7:24	8.1 (51.3%)
56	<b>KOZŁOWIECKA Małgorzata</b>	<b>5001</b>		K50+	3	00:12:22.04	00:12:39.98	00:12:01.95	00:11:39.68	00:11:32.72	<b>01:00:16.37</b>	<b>01:02:05.27</b>	+00:29:40 (49.2%)	7:29	8 (50.6%)
57	<b>KARNICKI Artur</b>	<b>5072</b>		M40-49	14	00:14:24.67	00:14:31.48	00:14:02.17	00:13:17.76	00:13:07.12	<b>01:09:23.20</b>	<b>01:11:14.11</b>	+00:38:47 (55.9%)	8:37	7 (44.3%)

Znaleziono 57 wynik(ów)