



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: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Etap 4	Etap 5	Czas netto 8.046km	Czas brutto 8.046km	Różn	Tempo min/km	Tempo km/h
1	SZKOŁUDA Miłosz	5046	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	00:30:35.51	00:31:48.92		3:48	15.8 (100%)
2	KASZUBIAK Klaudiusz	5067		M40-49	1	00:06:56.58	00:06:43.96	00:06:29.28	00:06:21.49	00:06:36.90	00:33:08.21	00:34:50.39	+00:02:32 (7.7%)	4:07	14.6 (92.4%)
3	CZAPLIŃSKI Jacek	5041	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	00:33:18.82	00:34:32.47	+00:02:43 (8.2%)	4:08	14.5 (91.8%)
4	MAJKOWICZ Rafał	5064		M30-39	2	00:06:53.40	00:06:49.84	00:06:39.89	00:06:31.90	00:06:35.23	00:33:30.26	00:34:41.34	+00:02:54 (8.7%)	4:09	14.4 (91.1%)
5	BESZTERDA Jakub	5013	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	00:33:55.71	00:35:08.51	+00:03:20 (9.8%)	4:12	14.2 (89.9%)
6	ZUKAL Piotr	5014		M40-49	2	00:06:54.74	00:06:59.29	00:06:45.51	00:06:51.33	00:06:53.80	00:34:24.67	00:35:42.48	+00:03:49 (11.1%)	4:16	14 (88.6%)
7	BIEŃKOWSKI Tomasz	5011		M30-39	3	00:07:18.16	00:07:07.89	00:06:57.04	00:06:48.32	00:06:53.70	00:35:05.11	00:36:23.03	+00:04:29 (12.8%)	4:21	13.8 (87.3%)
8	SOSNOWSKI Tomasz	5010	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	00:35:18.46	00:36:30.80	+00:04:42 (13.4%)	4:23	13.7 (86.7%)
9	ZWOLIŃSKI Jan	5061	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	00:35:41.46	00:36:54.66	+00:05:05 (14.3%)	4:26	13.5 (85.4%)
10	PICK Tomasz	5057	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	00:35:55.53	00:37:11.00	+00:05:20 (14.8%)	4:27	13.4 (84.8%)
11	MATYSIAK Wojciech	5032		M30-39	4	00:07:26.66	00:07:25.28	00:07:19.72	00:07:09.17	00:07:03.56	00:36:24.39	00:37:37.49	+00:05:48 (16.0%)	4:31	13.3 (84.2%)
12	WEBER Paweł	5035	ENERGON	M30-39	5	00:07:40.56	00:07:36.30	00:07:17.31	00:07:12.83	00:07:03.85	00:36:50.85	00:38:09.86	+00:06:15 (17.0%)	4:34	13.1 (82.9%)
13	KUŁAKOWSKI Dawid	5069	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	00:37:12.43	00:43:46.87	+00:06:36 (17.8%)	4:37	13 (82.3%)
14	HOREGLAD Paweł	5009	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	00:37:32.32	00:39:02.48	+00:06:56 (18.5%)	4:39	12.9 (81.6%)
15	MOSZYŃSKI Jacek	5059	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	00:38:09.65	00:39:28.10	+00:07:34 (19.8%)	4:44	12.7 (80.4%)

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	BRZEZIŃSKI Jan	5052	TEAMPIOTRUS	M50-59	3	00:07:52.53	00:07:38.37	00:07:32.91	00:07:37.38	00:07:29.51	00:38:10.70	00:39:55.41	+00:07:35 (19.9%)	4:44	12.6 (79.7%)
17	IWANIEC Dariusz	5073	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	00:38:36.44	00:45:11.06	+00:08:00 (20.8%)	4:47	12.5 (79.1%)
18	BASSEL Marcin	5005		M30-39	6	00:07:49.37	00:08:01.03	00:07:51.35	00:07:31.38	00:07:33.16	00:38:46.29	00:40:17.09	+00:08:10 (21.1%)	4:49	12.5 (79.1%)
19	ROGOŻA Ireneusz	5033		M40-49	6	00:07:56.25	00:08:18.90	00:07:44.79	00:08:01.24	00:07:51.57	00:39:52.75	00:41:30.30	+00:09:17 (23.3%)	4:57	12.1 (76.6%)
20	KONKEL Łukasz	5062		M40-49	7	00:07:55.57	00:07:52.86	00:08:27.10	00:07:47.82	00:08:01.20	00:40:04.55	00:41:27.05	+00:09:29 (23.7%)	4:58	12 (75.9%)
21	CHOŁUJ Jarek	5047	HOPHOTEMPOTEAM!	M40-49	8	00:07:57.29	00:08:03.38	00:07:51.86	00:07:44.44	00:08:31.98	00:40:08.95	00:41:45.47	+00:09:33 (23.8%)	4:59	12 (75.9%)
22	MOSIOŁEK Piotr	5039		M40-49	9	00:08:13.67	00:08:19.43	00:08:07.46	00:07:54.37	00:08:08.12	00:40:43.05	00:42:24.84	+00:10:07 (24.9%)	5:03	11.9 (75.3%)
23	WÓJCICKI Adrian	5050		M30-39	7	00:08:33.88	00:08:11.11	00:08:04.23	00:08:07.03	00:07:52.91	00:40:49.16	00:42:07.28	+00:10:13 (25.1%)	5:04	11.8 (74.7%)
24	MICERSKI Tomasz	5070	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	00:40:50.68	00:47:26.93	+00:10:15 (25.1%)	5:04	11.8 (74.7%)
25	PRYCA Adam	5031		M30-39	8	00:08:28.57	00:08:27.53	00:08:14.04	00:07:57.81	00:07:54.25	00:41:02.20	00:42:45.58	+00:10:26 (25.5%)	5:06	11.8 (74.7%)
26	MILEWSKI Tomasz	5074		M30-39	9	00:08:29.85	00:08:34.77	00:08:16.85	00:08:02.21	00:08:09.09	00:41:32.77	00:47:28.67	+00:10:57 (26.4%)	5:09	11.6 (73.4%)
27	WILKOWSKI Krzysztof	5025		M40-49	11	00:08:24.07	00:08:27.35	00:08:11.58	00:08:30.50	00:08:06.71	00:41:40.21	00:43:07.84	+00:11:04 (26.6%)	5:10	11.6 (73.4%)
28	KAMYK Piotr	5030	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	00:42:04.51	00:45:29.37	+00:11:29 (27.3%)	5:13	11.5 (72.8%)
29	CZERNAK Gracjan	5055		M30-39	11	00:08:14.15	00:10:20.96	00:07:52.88	00:07:41.77	00:07:55.26	00:42:05.02	00:43:34.37	+00:11:29 (27.3%)	5:13	11.5 (72.8%)
30	JOCHYM Mariusz	5063		M30-39	12	00:08:34.67	00:08:29.09	00:08:20.64	00:08:15.70	00:08:27.02	00:42:07.12	00:43:45.56	+00:11:31 (27.4%)	5:14	11.5 (72.8%)
31	RUTKOWSKI Artur	5044	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	00:42:16.05	00:43:35.29	+00:11:40 (27.6%)	5:15	11.4 (72.2%)
32	PIETRZYK Mateusz	5027		M18-29	5	00:09:10.56	00:08:47.31	00:08:12.45	00:08:00.03	00:08:23.80	00:42:34.15	00:44:22.14	+00:11:58 (28.1%)	5:17	11.3 (71.5%)
33	NOREK Tomek	5038		M50-59	4	00:08:33.69	00:08:30.52	00:08:25.50	00:08:28.05	00:08:51.41	00:42:49.17	00:44:33.24	+00:12:13 (28.6%)	5:19	11.3 (71.5%)
34	KAZIMIERCZAK Leszek	5042	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	00:43:23.04	00:45:06.09	+00:12:47 (29.5%)	5:23	11.1 (70.3%)
35	DZIESZUK Dariusz	5017	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	00:44:03.19	00:46:37.56	+00:13:27 (30.6%)	5:28	11 (69.6%)
36	OSOBNAK Ryszard	5006		M60-69	1	00:09:02.84	00:09:23.20	00:09:09.18	00:08:59.62	00:08:38.34	00:45:13.18	00:47:24.06	+00:14:37 (32.3%)	5:37	10.7 (67.7%)
37	KOBUS Piotr	5045		M30-39	14	00:09:07.20	00:09:21.31	00:09:02.19	00:08:50.57	00:08:54.86	00:45:16.13	00:46:56.11	+00:14:40 (32.4%)	5:37	10.7 (67.7%)
38	KAZIMIEROWICZ Radosław	5024	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	00:45:37.27	00:47:19.34	+00:15:01 (32.9%)	5:40	10.6 (67.1%)
39	WAWRZYN Grzegorz	5068		M40-49	12	00:08:43.41	00:09:52.97	00:10:00.81	00:08:48.59	00:09:12.73	00:46:38.51	00:48:36.45	+00:16:03 (34.4%)	5:47	10.4 (65.8%)

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	JUSZCZAK Krzysztof	5036		M60-69	2	00:09:21.26	00:09:42.98	00:09:37.10	00:09:24.70	00:09:16.64	00:47:22.68	00:49:51.11	+00:16:47 (35.4%)	5:53	10.2 (64.6%)
41	PANCERZYŃSKI Łukasz	5018		M40-49	13	00:09:34.74	00:09:46.96	00:09:26.92	00:09:36.61	00:09:22.68	00:47:47.91	00:49:36.68	+00:17:12 (36.0%)	5:56	10.1 (63.9%)
42	ZUKAL Jakub	5049		M10-13	1	00:09:55.92	00:10:06.36	00:09:34.02	00:09:57.36	00:09:16.01	00:48:49.67	00:50:27.60	+00:18:14 (37.3%)	6:04	9.9 (62.7%)
43	SUDER- MAKSYMOWICZ Filip	5058		M10-13	2	00:09:57.32	00:09:37.70	00:10:34.88	00:09:09.94	00:09:37.56	00:48:57.40	00:50:13.86	+00:18:21 (37.5%)	6:05	9.9 (62.7%)
44	KOZŁOWIECKI Waldemar	5003	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	00:51:11.73	00:53:16.64	+00:20:36 (40.2%)	6:21	9.4 (59.5%)
45	HELLER Zdzisław	5004	NIEZRZESZONY	M60-69	4	00:12:53.87	00:11:59.56	00:11:37.97	00:11:19.23	00:11:45.65	00:59:36.28	01:01:38.83	+00:29:00 (48.7%)	7:24	8.1 (51.3%)
46	KARNICKI Artur	5072		M40-49	14	00:14:24.67	00:14:31.48	00:14:02.17	00:13:17.76	00:13:07.12	01:09:23.20	01:11:14.11	+00:38:47 (55.9%)	8:37	7 (44.3%)

Znaleziono 46 wynik(ów)