



ZIMOWA MILA GÓRSKA 2019 - PO 5 EDYCJACH

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2019-03-06
Place: Koszalin
Distance: 8.046 km



Classification: M30-39

Place	Participant	Number	Club	Category	MCat	Etap 1	Etap 2	Etap 3	Etap 4	Etap5	Net time 8.046km	Czas brutto 8.046km	Gap	Pace min/km	Pace km/h
1	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		4:08	14.5 (100%)
2	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	+00:00:11 (0.6%)	4:09	14.4 (99.3%)
3	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	+00:01:46 (5.0%)	4:21	13.8 (95.2%)
4	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	+00:03:05 (8.5%)	4:31	13.3 (91.7%)
5	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	+00:03:32 (9.6%)	4:34	13.1 (90.3%)
6	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	+00:05:27 (14.1%)	4:49	12.5 (86.2%)
7	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	+00:07:30 (18.4%)	5:04	11.8 (81.4%)
8	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	+00:07:43 (18.8%)	5:06	11.8 (81.4%)
9	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	+00:08:13 (19.8%)	5:09	11.6 (80.0%)
10	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	+00:08:45 (20.8%)	5:13	11.5 (79.3%)
11	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	+00:08:46 (20.8%)	5:13	11.5 (79.3%)
12	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	+00:08:48 (20.9%)	5:14	11.5 (79.3%)
13	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	+00:10:04 (23.2%)	5:23	11.1 (76.6%)
14	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	+00:11:57 (26.4%)	5:37	10.7 (73.8%)
15	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	+00:12:18 (27.0%)	5:40	10.6 (73.1%)

Total 15 results.