



# ZIMOWA MILA GÓRSKA 2019 - PO 5 EDYCJACH

B4SPORT

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



Klasyfikacja: M40-49

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>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>		4:07	14.6 (100%)
2	<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>	+00:01:16 (3.7%)	4:16	14 (95.9%)
3	<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>	+00:02:47 (7.8%)	4:27	13.4 (91.8%)
4	<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>	+00:04:04 (10.9%)	4:37	13 (89.0%)
5	<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>	+00:05:28 (14.2%)	4:47	12.5 (85.6%)
6	<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>	+00:06:44 (16.9%)	4:57	12.1 (82.9%)
7	<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>	+00:06:56 (17.3%)	4:58	12 (82.2%)
8	<b>CHOŁUJ Jarek</b>	<b>5047</b>	HOPHOPTEMPOTEAM!	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>	+00:07:00 (17.5%)	4:59	12 (82.2%)
9	<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>	+00:07:34 (18.6%)	5:03	11.9 (81.5%)
10	<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>	+00:07:42 (18.9%)	5:04	11.8 (80.8%)
11	<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>	+00:08:31 (20.5%)	5:10	11.6 (79.5%)
12	<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>	+00:13:30 (29.0%)	5:47	10.4 (71.2%)
13	<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>	+00:14:39 (30.7%)	5:56	10.1 (69.2%)
14	<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>	+00:36:14 (52.2%)	8:37	7 (47.9%)

Znaleziono 14 wynik(ów)