



# ZIMOWA MILA GÓRSKA 2020 - EDYCJA 1/3

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2020-01-22  
**Miejsce:** Koszalin  
**Dystans:** 1.609 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
1	KĘPKA Adrian	304	DECATHLON KOSZALIN	M18-29	1	00:05:56.89		3:41	16.2 (100%)
2	SZKOŁUDA Miłosz	355	DECATHLON KOSZALIN	M18-29	2	00:06:05.06	+00:00:08 (2.2%)	3:46	15.9 (98.1%)
3	KASZUBIAK Klaudiusz	418		M40-49	1	00:06:11.93	+00:00:15 (4.0%)	3:50	15.6 (96.3%)
4	MAJKOWICZ Rafał	312		M30-39	1	00:06:12.10	+00:00:15 (4.1%)	3:51	15.6 (96.3%)
5	CZAPLIŃSKI Jacek	307	TAGER SPORT	M30-39	2	00:06:31.62	+00:00:34 (8.9%)	4:02	14.8 (91.4%)
6	SOBSTEŁ Krystian	305	CIACHU CIACH PRACOWNIA RĘKODZIEŁA	M30-39	3	00:06:31.92	+00:00:35 (8.9%)	4:03	14.8 (91.4%)
7	KORMAN Kamil	375		M18-29	3	00:06:40.76	+00:00:43 (10.9%)	4:09	14.5 (89.5%)
8	PRZEWŁOCKI Michał	340	TKKF KOSZALIN	M30-39	4	00:06:41.40	+00:00:44 (11.1%)	4:09	14.5 (89.5%)
9	BIEŃKOWSKI Tomasz	330	IQ CONSULTING	M30-39	5	00:06:42.65	+00:00:45 (11.4%)	4:10	14.4 (88.9%)
10	PICK Tomasz	393	SKSG KORONA SZCZECIN	M50-59	1	00:06:43.76	+00:00:46 (11.6%)	4:10	14.3 (88.3%)
11	SITOWSKI Marcin	378		M18-29	4	00:06:49.89	+00:00:52 (12.9%)	4:14	14.1 (87.0%)
12	KOZIEŁ Adam	310		M18-29	5	00:06:56.14	+00:00:59 (14.2%)	4:18	13.9 (85.8%)
13	SIENIAWSKI Jarosław	308	MEDEN-INMED SPORTS TEAM	M40-49	2	00:06:56.62	+00:00:59 (14.3%)	4:19	13.9 (85.8%)
14	SOSNOWSKI Tomasz	311	FPP FUNCTIONAL POLISH PERFORMANCE	M18-29	6	00:07:02.51	+00:01:05 (15.5%)	4:22	13.7 (84.6%)
15	WEBER Paweł	318	FPP	M30-39	6	00:07:07.06	+00:01:10 (16.4%)	4:25	13.6 (84.0%)
16	ZWOLIŃSKI Jan	321	TKKF KOSZALIN	M50-59	2	00:07:09.80	+00:01:12 (17.0%)	4:27	13.5 (83.3%)
17	DOBOSZ Michał	309	KL BAŁTYK	M14-17	1	00:07:13.44	+00:01:16 (17.7%)	4:28	13.4 (82.7%)
18	DZIADEK Krzysztof	336	TKKF KOSZALIN	M30-39	7	00:07:15.73	+00:01:18 (18.1%)	4:30	13.3 (82.1%)
19	KONKEL Agnieszka	411		K30-39	1	00:07:17.46	+00:01:20 (18.4%)	4:32	13.2 (81.5%)
20	MATYSIAK Wojciech	302		M40-49	3	00:07:18.25	+00:01:21 (18.6%)	4:32	13.2 (81.5%)
21	ZACHOLSKI Wojciech	329		M18-29	7	00:07:20.82	+00:01:23 (19.0%)	4:33	13.1 (80.9%)
22	WĘSEK Maciej	346	ARISEN FLAME	M30-39	8	00:07:24.56	+00:01:27 (19.7%)	4:36	13 (80.2%)
23	CZERŃIAK Gracjan	396		M40-49	4	00:07:30.44	+00:01:33 (20.8%)	4:39	12.9 (79.6%)
24	WIKTOROWSKI Maciej	358	TAGER SPORT	M40-49	5	00:07:42.48	+00:01:45 (22.8%)	4:46	12.5 (77.2%)
25	CZARNOWSKI Kamil	341	KASZEBE	M18-29	8	00:07:48.58	+00:01:51 (23.8%)	4:50	12.4 (76.5%)
26	BARUTOWICZ Grzegorz	356		M30-39	9	00:07:56.56	+00:01:59 (25.1%)	4:56	12.2 (75.3%)
27	DZIUBA Robert	359	MORSACZEBIEGACZE	M30-39	10	00:07:57.44	+00:02:00 (25.2%)	4:56	12.2 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
28	WAWRZYN Grzegorz	349		M40-49	6	00:07:59.23	+00:02:02 (25.5%)	4:57	12.1 (74.7%)
29	KRYNICKA GRZYB Małgorzata	364		K30-39	2	00:07:59.76	+00:02:02 (25.6%)	4:58	12.1 (74.7%)
30	ROGOŻA Ireneusz	383		M40-49	7	00:07:59.85	+00:02:02 (25.6%)	4:58	12.1 (74.7%)
31	KOŚCIELNIAK Robert	370	TKKF KOSZALIN	M50-59	3	00:08:00.01	+00:02:03 (25.6%)	4:58	12.1 (74.7%)
32	MICERSKI Tomasz	334	TKKF KOSZALIN	M40-49	8	00:08:02.15	+00:02:05 (26.0%)	4:59	12 (74.1%)
33	RUTKOWSKI Artur	325	RUNKING	M30-39	11	00:08:04.17	+00:02:07 (26.3%)	5:00	12 (74.1%)
34	KRAWCZYK Tomasz	392		M40-49	9	00:08:04.38	+00:02:07 (26.3%)	5:00	12 (74.1%)
35	BASSEL Marcin	397	KKMW	M30-39	12	00:08:06.60	+00:02:09 (26.7%)	5:01	11.9 (73.5%)
36	HOREGLAD Paweł	315	SPEEDY GONZALES	M18-29	9	00:08:13.41	+00:02:16 (27.7%)	5:06	11.8 (72.8%)
37	SAWIŃSKI Jacek	353		M40-49	10	00:08:13.82	+00:02:16 (27.7%)	5:06	11.7 (72.2%)
38	KUBIK Krystian	377	RUNGRYF GRYFICE	M18-29	10	00:08:15.55	+00:02:18 (28.0%)	5:07	11.7 (72.2%)
39	HAŁKA Justyna	368	TRUCHT ŁOBEZ	K40-49	1	00:08:18.42	+00:02:21 (28.4%)	5:09	11.6 (71.6%)
40	WERSOCKI Artur	316		M40-49	11	00:08:20.98	+00:02:24 (28.8%)	5:11	11.6 (71.6%)
41	KRYNICKA Magdalena	362		K18-29	1	00:08:23.47	+00:02:26 (29.1%)	5:12	11.5 (71.0%)
42	KONKEL Łukasz	416		M40-49	12	00:08:23.71	+00:02:26 (29.1%)	5:12	11.5 (71.0%)
43	DĄBROWSKA Alicja	327	TKKF KOSZALIN	K50-59	1	00:08:24.20	+00:02:27 (29.2%)	5:13	11.5 (71.0%)
44	DOBOSZ Jarosław	360		M50-59	4	00:08:26.65	+00:02:29 (29.6%)	5:14	11.5 (71.0%)
45	KLENIEWSKI Piotr	381	ZACHODNIOPOMORSKIE	M60-69	1	00:08:27.01	+00:02:30 (29.6%)	5:14	11.4 (70.4%)
46	HAŁKA Arkadiusz	357	TRUCHT ŁOBEZ	M40-49	13	00:08:30.43	+00:02:33 (30.1%)	5:16	11.4 (70.4%)
47	PRYCA Adam	319		M30-39	13	00:08:30.56	+00:02:33 (30.1%)	5:17	11.3 (69.8%)
48	NOREK Tomek	344		M50-59	5	00:08:31.44	+00:02:34 (30.2%)	5:17	11.3 (69.8%)
49	JASIŃSKI Cezary	372	BIEGOLAS	M40-49	14	00:08:32.96	+00:02:36 (30.4%)	5:18	11.3 (69.8%)
50	GIEDROWICZ Aleksandra	366		K30-39	3	00:08:34.68	+00:02:37 (30.7%)	5:19	11.3 (69.8%)
51	KAMYK Piotr	389	MH-INFORMATYKA.PL- IT DLA BIZNESU	M40-49	15	00:08:38.84	+00:02:41 (31.2%)	5:21	11.2 (69.1%)
52	KRUPIŃSKI Krzysztof	324	E-UROLOG.EU	M50-59	6	00:08:40.55	+00:02:43 (31.4%)	5:22	11.1 (68.5%)
53	ZARZYCKI Jakub	313	FPP	M30-39	14	00:08:41.13	+00:02:44 (31.5%)	5:23	11.1 (68.5%)
54	KISIELIŃSKI Igor	335	TKKF KOSZALIN	M50-59	7	00:08:42.76	+00:02:45 (31.7%)	5:24	11.1 (68.5%)
55	SARAPUK Gabriela	338	TKKF KOSZALIN	K40-49	2	00:08:43.19	+00:02:46 (31.8%)	5:24	11.1 (68.5%)
56	PANCERZYŃSKI Łukasz	332		M40-49	16	00:08:45.81	+00:02:48 (32.1%)	5:26	11 (67.9%)
57	BODO Rafał	373	ZOZKOSZ KOSZALIN	M30-39	15	00:08:48.80	+00:02:51 (32.5%)	5:28	11 (67.9%)
58	KAZIMIEROWICZ Radosław	326	VTT KOSZALIN	M40-49	17	00:08:50.83	+00:02:53 (32.8%)	5:29	10.9 (67.3%)
59	KRZEWIŃSKA Małgorzata	337	TKKF KOSZALIN	K60+	1	00:08:53.35	+00:02:56 (33.1%)	5:31	10.9 (67.3%)
60	KULCZYK Katarzyna	303	KB BRYZA POSTOMINO	K30-39	4	00:09:00.79	+00:03:03 (34.0%)	5:36	10.7 (66.0%)
61	GRABOWSKA-LESISZ Aneta	365		K40-49	3	00:09:03.87	+00:03:06 (34.4%)	5:37	10.7 (66.0%)
62	POŁOCZAŃSKI Piotr	394	SZWAGRY BIEGAJĄ	M30-39	16	00:09:05.35	+00:03:08 (34.6%)	5:39	10.6 (65.4%)
63	KAJKOWSKI Rafał	306		M40-49	18	00:09:06.27	+00:03:09 (34.7%)	5:39	10.6 (65.4%)
64	LITWIN Andrzej	348	KOSZALIN	M30-39	17	00:09:10.49	+00:03:13 (35.2%)	5:42	10.5 (64.8%)
65	MRUGALSKI Stanisław	345		M50-59	8	00:09:12.26	+00:03:15 (35.4%)	5:42	10.5 (64.8%)
66	MADAJCZYK Emilia	387	AKS BIAŁOGARD	K10-13	1	00:09:14.47	+00:03:17 (35.6%)	5:44	10.4 (64.2%)
67	WESOŁOWSKI Łukasz	342	KOSZALIN	M30-39	18	00:09:16.43	+00:03:19 (35.9%)	5:45	10.4 (64.2%)
68	GOLEC Anna	323		K40-49	4	00:09:19.93	+00:03:23 (36.3%)	5:47	10.4 (64.2%)
69	DEJNAK Mariola	391		K60+	2	00:09:21.55	+00:03:24 (36.4%)	5:49	10.3 (63.6%)
70	HAŁAJKO Magdalena	388		K30-39	5	00:09:27.59	+00:03:30 (37.1%)	5:52	10.2 (63.0%)
71	DEJNAK Dagmara	395		K30-39	6	00:09:27.78	+00:03:30 (37.1%)	5:52	10.2 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Różn	Tempo min/km	Tempo km/h
						netto 1.609km			
72	<b>RADOWIECKI Przemysław</b>	<b>354</b>		M30-39	19	<b>00:09:32.17</b>	+00:03:35 (37.6%)	5:55	10.1 (62.3%)
73	<b>PŁATOSZ Magda</b>	<b>367</b>		K18-29	2	<b>00:09:45.14</b>	+00:03:48 (39.0%)	6:03	9.9 (61.1%)
74	<b>SUDER-MAKSYMOWICZ Filip</b>	<b>398</b>	KMKL SZTORM KOŁOBRZEG	M10-13	1	<b>00:09:51.19</b>	+00:03:54 (39.6%)	6:07	9.8 (60.5%)
75	<b>ŚWITA Jacek</b>	<b>322</b>		M40-49	19	<b>00:09:52.43</b>	+00:03:55 (39.8%)	6:08	9.8 (60.5%)
76	<b>DOBOSZ Izabella</b>	<b>374</b>		K40-49	5	<b>00:10:06.92</b>	+00:04:10 (41.2%)	6:17	9.5 (58.6%)
77	<b>GRUDZIŃSKI Arkadiusz</b>	<b>343</b>	PIORUN KOSZALIN	M40-49	20	<b>00:10:14.07</b>	+00:04:17 (41.9%)	6:21	9.4 (58.0%)
78	<b>KOBUS Piotr</b>	<b>379</b>		M30-39	20	<b>00:10:15.87</b>	+00:04:18 (42.1%)	6:22	9.4 (58.0%)
79	<b>KOBUS Patryk</b>	<b>376</b>		M10-13	2	<b>00:10:18.12</b>	+00:04:21 (42.3%)	6:23	9.4 (58.0%)
80	<b>SZMYT Marcin</b>	<b>400</b>	SZWAGRY BIEGAJĄ	M30-39	21	<b>00:10:23.71</b>	+00:04:26 (42.8%)	6:26	9.3 (57.4%)
81	<b>NAWROCKA Anna</b>	<b>419</b>		K30-39	7	<b>00:10:25.01</b>	+00:04:28 (42.9%)	6:28	9.3 (57.4%)
82	<b>RADOSZ Katarzyna</b>	<b>339</b>		K50-59	2	<b>00:10:26.67</b>	+00:04:29 (43.0%)	6:28	9.3 (57.4%)
83	<b>KĘSIK Michał</b>	<b>314</b>	ZDARTE PODESZWY	M40-49	21	<b>00:10:26.96</b>	+00:04:30 (43.1%)	6:29	9.2 (56.8%)
84	<b>KIEDOS Dariusz</b>	<b>347</b>		M30-39	22	<b>00:10:31.50</b>	+00:04:34 (43.5%)	6:31	9.2 (56.8%)
85	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>382</b>		K30-39	8	<b>00:10:46.36</b>	+00:04:49 (44.8%)	6:41	9 (55.6%)
86	<b>RADZIUSZ Ilona</b>	<b>351</b>	MORSACZEBIEGACZE	K30-39	9	<b>00:11:07.10</b>	+00:05:10 (46.5%)	6:54	8.7 (53.7%)
87	<b>POLAK Mateusz</b>	<b>399</b>	KOSPEL	M18-29	11	<b>00:11:09.57</b>	+00:05:12 (46.7%)	6:56	8.7 (53.7%)
88	<b>KASZUBIAK Julia</b>	<b>420</b>		K10-13	2	<b>00:11:18.66</b>	+00:05:21 (47.4%)	7:01	8.5 (52.5%)
89	<b>MADAJCZYK Katarzyna</b>	<b>385</b>		K30-39	10	<b>00:11:31.37</b>	+00:05:34 (48.4%)	7:09	8.4 (51.9%)
90	<b>MIKOŁAJCZYK Lidia</b>	<b>363</b>	#MORSACZEBIEGACZE	K30-39	11	<b>00:12:03.23</b>	+00:06:06 (50.7%)	7:29	8 (49.4%)
91	<b>PAZIEWSKA Agnieszka</b>	<b>352</b>	TKKF KOSZALIN	K40-49	6	<b>00:12:05.81</b>	+00:06:08 (50.8%)	7:30	8 (49.4%)
92	<b>KOZŁOWIECKA Małgorzata</b>	<b>317</b>		K60+	3	<b>00:12:19.45</b>	+00:06:22 (51.7%)	7:39	7.8 (48.1%)
93	<b>KOZŁOWIECKI Waldemar</b>	<b>328</b>	TKKF KOSZALIN	M60-69	2	<b>00:12:19.63</b>	+00:06:22 (51.7%)	7:39	7.8 (48.1%)

Znaleziono 93 wynik(ów)