



# 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: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 1.609km	Różn	Tempo min/km	Tempo km/h
1	<b>KĘPKA Adrian</b>	<b>304</b>	DECATHLON KOSZALIN	M18-29	1	<b>00:05:56.89</b>		3:41	16.2 (100%)
2	<b>SZKOŁUDA Miłosz</b>	<b>355</b>	DECATHLON KOSZALIN	M18-29	2	<b>00:06:05.06</b>	+00:00:08 (2.2%)	3:46	15.9 (98.1%)
3	<b>KASZUBIAK Klaudiusz</b>	<b>418</b>		M40-49	1	<b>00:06:11.93</b>	+00:00:15 (4.0%)	3:50	15.6 (96.3%)
4	<b>MAJKOWICZ Rafał</b>	<b>312</b>		M30-39	1	<b>00:06:12.10</b>	+00:00:15 (4.1%)	3:51	15.6 (96.3%)
5	<b>CZAPLIŃSKI Jacek</b>	<b>307</b>	TAGER SPORT	M30-39	2	<b>00:06:31.62</b>	+00:00:34 (8.9%)	4:02	14.8 (91.4%)
6	<b>SOBSTEŁ Krystian</b>	<b>305</b>	CIACHU CIACH PRACOWNIA RĘKODZIEŁA	M30-39	3	<b>00:06:31.92</b>	+00:00:35 (8.9%)	4:03	14.8 (91.4%)
7	<b>KORMAN Kamil</b>	<b>375</b>		M18-29	3	<b>00:06:40.76</b>	+00:00:43 (10.9%)	4:09	14.5 (89.5%)
8	<b>PRZEWŁOCKI Michał</b>	<b>340</b>	TKKF KOSZALIN	M30-39	4	<b>00:06:41.40</b>	+00:00:44 (11.1%)	4:09	14.5 (89.5%)
9	<b>BIENKOWSKI Tomasz</b>	<b>330</b>	IQ CONSULTING	M30-39	5	<b>00:06:42.65</b>	+00:00:45 (11.4%)	4:10	14.4 (88.9%)
10	<b>PICK Tomasz</b>	<b>393</b>	SKSG KORONA SZCZECIN	M50-59	1	<b>00:06:43.76</b>	+00:00:46 (11.6%)	4:10	14.3 (88.3%)
11	<b>SITOWSKI Marcin</b>	<b>378</b>		M18-29	4	<b>00:06:49.89</b>	+00:00:52 (12.9%)	4:14	14.1 (87.0%)
12	<b>KOZIEŁ Adam</b>	<b>310</b>		M18-29	5	<b>00:06:56.14</b>	+00:00:59 (14.2%)	4:18	13.9 (85.8%)
13	<b>SIENIAWSKI Jarosław</b>	<b>308</b>	MEDEN-INMED SPORTS TEAM	M40-49	2	<b>00:06:56.62</b>	+00:00:59 (14.3%)	4:19	13.9 (85.8%)
14	<b>SOSNOWSKI Tomasz</b>	<b>311</b>	FPP FUNCTIONAL POLISH PERFORMANCE	M18-29	6	<b>00:07:02.51</b>	+00:01:05 (15.5%)	4:22	13.7 (84.6%)
15	<b>WEBER Paweł</b>	<b>318</b>	FPP	M30-39	6	<b>00:07:07.06</b>	+00:01:10 (16.4%)	4:25	13.6 (84.0%)
16	<b>ZWOLIŃSKI Jan</b>	<b>321</b>	TKKF KOSZALIN	M50-59	2	<b>00:07:09.80</b>	+00:01:12 (17.0%)	4:27	13.5 (83.3%)
17	<b>DOBOSZ Michał</b>	<b>309</b>	KL BAŁTYK	M14-17	1	<b>00:07:13.44</b>	+00:01:16 (17.7%)	4:28	13.4 (82.7%)
18	<b>DZIADEK Krzysztof</b>	<b>336</b>	TKKF KOSZALIN	M30-39	7	<b>00:07:15.73</b>	+00:01:18 (18.1%)	4:30	13.3 (82.1%)
19	<b>MATYSIAK Wojciech</b>	<b>302</b>		M40-49	3	<b>00:07:18.25</b>	+00:01:21 (18.6%)	4:32	13.2 (81.5%)
20	<b>ZACHOLSKI Wojciech</b>	<b>329</b>		M18-29	7	<b>00:07:20.82</b>	+00:01:23 (19.0%)	4:33	13.1 (80.9%)
21	<b>WĘSEK Maciej</b>	<b>346</b>	ARISEN FLAME	M30-39	8	<b>00:07:24.56</b>	+00:01:27 (19.7%)	4:36	13 (80.2%)
22	<b>CZERNAK Gracjan</b>	<b>396</b>		M40-49	4	<b>00:07:30.44</b>	+00:01:33 (20.8%)	4:39	12.9 (79.6%)
23	<b>WIKTOROWSKI Maciej</b>	<b>358</b>	TAGER SPORT	M40-49	5	<b>00:07:42.48</b>	+00:01:45 (22.8%)	4:46	12.5 (77.2%)
24	<b>CZARNOWSKI Kamil</b>	<b>341</b>	KASZEBE	M18-29	8	<b>00:07:48.58</b>	+00:01:51 (23.8%)	4:50	12.4 (76.5%)
25	<b>BARUTOWICZ Grzegorz</b>	<b>356</b>		M30-39	9	<b>00:07:56.56</b>	+00:01:59 (25.1%)	4:56	12.2 (75.3%)
26	<b>DZIUBA Robert</b>	<b>359</b>	MORSACZEBIEGACZE	M30-39	10	<b>00:07:57.44</b>	+00:02:00 (25.2%)	4:56	12.2 (75.3%)
27	<b>WAWRZYN Grzegorz</b>	<b>349</b>		M40-49	6	<b>00:07:59.23</b>	+00:02:02 (25.5%)	4:57	12.1 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						1.609km	Różn		
28	<b>ROGOŻA Ireneusz</b>	<b>383</b>		M40-49	7	<b>00:07:59.85</b>	+00:02:02 (25.6%)	4:58	12.1 (74.7%)
29	<b>KOŚCIELNIAK Robert</b>	<b>370</b>	TKKF KOSZALIN	M50-59	3	<b>00:08:00.01</b>	+00:02:03 (25.6%)	4:58	12.1 (74.7%)
30	<b>MICERSKI Tomasz</b>	<b>334</b>	TKKF KOSZALIN	M40-49	8	<b>00:08:02.15</b>	+00:02:05 (26.0%)	4:59	12 (74.1%)
31	<b>RUTKOWSKI Artur</b>	<b>325</b>	RUNKING	M30-39	11	<b>00:08:04.17</b>	+00:02:07 (26.3%)	5:00	12 (74.1%)
32	<b>KRAWCZYK Tomasz</b>	<b>392</b>		M40-49	9	<b>00:08:04.38</b>	+00:02:07 (26.3%)	5:00	12 (74.1%)
33	<b>BASSEL Marcin</b>	<b>397</b>	KKMW	M30-39	12	<b>00:08:06.60</b>	+00:02:09 (26.7%)	5:01	11.9 (73.5%)
34	<b>HOREGLAD Paweł</b>	<b>315</b>	SPEEDY GONZALES	M18-29	9	<b>00:08:13.41</b>	+00:02:16 (27.7%)	5:06	11.8 (72.8%)
35	<b>SAWIŃSKI Jacek</b>	<b>353</b>		M40-49	10	<b>00:08:13.82</b>	+00:02:16 (27.7%)	5:06	11.7 (72.2%)
36	<b>KUBIK Krystian</b>	<b>377</b>	RUNGRYF GRYFICE	M18-29	10	<b>00:08:15.55</b>	+00:02:18 (28.0%)	5:07	11.7 (72.2%)
37	<b>WERSOCKI Artur</b>	<b>316</b>		M40-49	11	<b>00:08:20.98</b>	+00:02:24 (28.8%)	5:11	11.6 (71.6%)
38	<b>KONKEL Łukasz</b>	<b>416</b>		M40-49	12	<b>00:08:23.71</b>	+00:02:26 (29.1%)	5:12	11.5 (71.0%)
39	<b>DOBOSZ Jarosław</b>	<b>360</b>		M50-59	4	<b>00:08:26.65</b>	+00:02:29 (29.6%)	5:14	11.5 (71.0%)
40	<b>KLENIEWSKI Piotr</b>	<b>381</b>	ZACHODNIOPOMORSKIE	M60-69	1	<b>00:08:27.01</b>	+00:02:30 (29.6%)	5:14	11.4 (70.4%)
41	<b>HAŁKA Arkadiusz</b>	<b>357</b>	TRUCHT ŁOBEZ	M40-49	13	<b>00:08:30.43</b>	+00:02:33 (30.1%)	5:16	11.4 (70.4%)
42	<b>PRYCA Adam</b>	<b>319</b>		M30-39	13	<b>00:08:30.56</b>	+00:02:33 (30.1%)	5:17	11.3 (69.8%)
43	<b>NOREK Tomek</b>	<b>344</b>		M50-59	5	<b>00:08:31.44</b>	+00:02:34 (30.2%)	5:17	11.3 (69.8%)
44	<b>JASIŃSKI Cezary</b>	<b>372</b>	BIEGOLAS	M40-49	14	<b>00:08:32.96</b>	+00:02:36 (30.4%)	5:18	11.3 (69.8%)
45	<b>KAMYK Piotr</b>	<b>389</b>	MH-INFORMATYKA.PL- IT DLA BIZNESU	M40-49	15	<b>00:08:38.84</b>	+00:02:41 (31.2%)	5:21	11.2 (69.1%)
46	<b>KRUPIŃSKI Krzysztof</b>	<b>324</b>	E-UROLOG.EU	M50-59	6	<b>00:08:40.55</b>	+00:02:43 (31.4%)	5:22	11.1 (68.5%)
47	<b>ZARZYCKI Jakub</b>	<b>313</b>	FPP	M30-39	14	<b>00:08:41.13</b>	+00:02:44 (31.5%)	5:23	11.1 (68.5%)
48	<b>KISIELIŃSKI Igor</b>	<b>335</b>	TKKF KOSZALIN	M50-59	7	<b>00:08:42.76</b>	+00:02:45 (31.7%)	5:24	11.1 (68.5%)
49	<b>PANCERZYŃSKI Łukasz</b>	<b>332</b>		M40-49	16	<b>00:08:45.81</b>	+00:02:48 (32.1%)	5:26	11 (67.9%)
50	<b>BODO Rafał</b>	<b>373</b>	ZOZKOSZ KOSZALIN	M30-39	15	<b>00:08:48.80</b>	+00:02:51 (32.5%)	5:28	11 (67.9%)
51	<b>KAZIMIEROWICZ Radosław</b>	<b>326</b>	VTT KOSZALIN	M40-49	17	<b>00:08:50.83</b>	+00:02:53 (32.8%)	5:29	10.9 (67.3%)
52	<b>POŁOCZAŃSKI Piotr</b>	<b>394</b>	SZWAGRY BIEGAJĄ	M30-39	16	<b>00:09:05.35</b>	+00:03:08 (34.6%)	5:39	10.6 (65.4%)
53	<b>KAJKOWSKI Rafał</b>	<b>306</b>		M40-49	18	<b>00:09:06.27</b>	+00:03:09 (34.7%)	5:39	10.6 (65.4%)
54	<b>LITWIN Andrzej</b>	<b>348</b>	KOSZALIN	M30-39	17	<b>00:09:10.49</b>	+00:03:13 (35.2%)	5:42	10.5 (64.8%)
55	<b>MRUGALSKI Stanisław</b>	<b>345</b>		M50-59	8	<b>00:09:12.26</b>	+00:03:15 (35.4%)	5:42	10.5 (64.8%)
56	<b>WESOŁOWSKI Łukasz</b>	<b>342</b>	KOSZALIN	M30-39	18	<b>00:09:16.43</b>	+00:03:19 (35.9%)	5:45	10.4 (64.2%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)
61	<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%)
62	<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%)
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<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 67 wynik(ów)