

# ZIMOWA MILA GÓRSKA 2020 - EDYCJA 2/3

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2020-02-05  
**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	KASZUBIAK Klaudiusz	398		M40-49	1	00:06:03.71		3:46	15.9 (100%)
2	MAJKOWICZ Rafał	463		M30-39	1	00:06:08.24	+00:00:04 (1.2%)	3:49	15.7 (98.7%)
3	HUBERT Łukasz	427	TKKF KOSZALIN	M30-39	2	00:06:11.38	+00:00:07 (2.1%)	3:51	15.6 (98.1%)
4	GAWRON Piotr	419	ŚCIGAŁ TEAM	M18-29	1	00:06:18.18	+00:00:14 (3.8%)	3:54	15.3 (96.2%)
5	CZAPLIŃSKI Jacek	382	TAGER SPORT	M30-39	3	00:06:19.43	+00:00:15 (4.1%)	3:55	15.3 (96.2%)
6	SOBSTEŁ Krystian	465	CIACHU CIACH PRACOWNIA RĘKODZIEŁA	M30-39	4	00:06:29.96	+00:00:26 (6.7%)	4:02	14.9 (93.7%)
7	KORMAN Kamil	468		M18-29	2	00:06:35.65	+00:00:31 (8.1%)	4:05	14.6 (91.8%)
8	DZIADEK Krzysztof	494	TKKF KOSZALIN	M30-39	5	00:06:38.84	+00:00:35 (8.8%)	4:07	14.5 (91.2%)
9	CHABOWSKI Wojciech	440		M18-29	3	00:06:45.52	+00:00:41 (10.3%)	4:12	14.3 (89.9%)
10	SITOWSKI Marcin	435		M18-29	4	00:06:47.23	+00:00:43 (10.7%)	4:13	14.2 (89.3%)
11	BIENKOWSKI Tomasz	462	IQ CONSULTING	M30-39	6	00:06:48.48	+00:00:44 (11.0%)	4:13	14.2 (89.3%)
12	SIENIAWSKI Jarosław	479	MEDEN-INMED SPORTS TEAM	M40-49	2	00:06:50.80	+00:00:47 (11.5%)	4:15	14.1 (88.7%)
13	SOSNOWSKI Tomasz	484	FPP FUNCTIONAL POLISH PERFORMANCE	M18-29	5	00:06:56.49	+00:00:52 (12.7%)	4:18	13.9 (87.4%)
14	LATAŃSKI Radosław	443	TOYOTA KAWISBIKE TEAM SŁUPSK	M40-49	3	00:06:58.30	+00:00:54 (13.1%)	4:20	13.8 (86.8%)
15	WEBER Paweł	487	FPP	M30-39	7	00:07:01.57	+00:00:57 (13.7%)	4:22	13.7 (86.2%)
16	MATYSIAK Wojciech	490		M40-49	4	00:07:03.65	+00:00:59 (14.1%)	4:22	13.7 (86.2%)
17	ZACHOLSKI Wojciech	464		M18-29	6	00:07:05.36	+00:01:01 (14.5%)	4:23	13.6 (85.5%)
18	ZWOLIŃSKI Jan	391	TKKF KOSZALIN	M50-59	1	00:07:08.49	+00:01:04 (15.1%)	4:26	13.5 (84.9%)
19	WĘSEK Maciej	481	ARISEN FLAME	M30-39	8	00:07:11.55	+00:01:07 (15.7%)	4:27	13.4 (84.3%)
20	KOZIEŁ Adam	439		M18-29	7	00:07:12.44	+00:01:08 (15.9%)	4:28	13.4 (84.3%)
21	DOBOSZ Michał	451	KL BAŁTYK	M14-17	1	00:07:15.06	+00:01:11 (16.4%)	4:30	13.3 (83.6%)
22	KONKEL Agnieszka	498		K30-39	1	00:07:16.42	+00:01:12 (16.7%)	4:30	13.3 (83.6%)
23	CZERNIAK Gracjan	426		M40-49	5	00:07:23.81	+00:01:20 (18.0%)	4:35	13.1 (82.4%)
24	BARUTOWICZ Grzegorz	414		M30-39	9	00:07:30.65	+00:01:26 (19.3%)	4:39	12.9 (81.1%)
25	KUŁAKOWSKI Dawid	387	TKKF KOSZALIN	M40-49	6	00:07:31.53	+00:01:27 (19.5%)	4:40	12.9 (81.1%)
26	CZARNOWSKI Kamil	423	KASZEBE	M18-29	8	00:07:33.74	+00:01:30 (19.8%)	4:41	12.8 (80.5%)
27	DRĘŻEK Arkadiusz	488		M18-29	9	00:07:34.97	+00:01:31 (20.1%)	4:42	12.7 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
28	<b>DZIUBA Robert</b>	<b>406</b>	MORSACZEBIEGACZE	M30-39	10	<b>00:07:36.36</b>	+00:01:32 (20.3%)	4:43	12.7 (79.9%)
29	<b>KRYNICKA GRZYB Małgorzata</b>	<b>449</b>		K30-39	2	<b>00:07:38.33</b>	+00:01:34 (20.6%)	4:44	12.7 (79.9%)
30	<b>KOŚCIELNIAK Robert</b>	<b>461</b>	TKKF KOSZALIN	M50-59	2	<b>00:07:39.47</b>	+00:01:35 (20.8%)	4:45	12.6 (79.2%)
31	<b>WIKTOROWSKI Maciej</b>	<b>472</b>	TAGER SPORT	M40-49	7	<b>00:07:41.11</b>	+00:01:37 (21.1%)	4:46	12.6 (79.2%)
32	<b>WAWRZYN Grzegorz</b>	<b>492</b>		M40-49	8	<b>00:07:43.31</b>	+00:01:39 (21.5%)	4:48	12.5 (78.6%)
33	<b>KOZAK Grzegorz</b>	<b>483</b>		M40-49	9	<b>00:07:45.42</b>	+00:01:41 (21.9%)	4:49	12.4 (78.0%)
34	<b>ŻUKOWSKI Cezary</b>	<b>460</b>		M30-39	11	<b>00:07:47.19</b>	+00:01:43 (22.2%)	4:50	12.4 (78.0%)
35	<b>SARAPUK Piotr</b>	<b>470</b>	NIEZRZESZONY	M40-49	10	<b>00:07:48.25</b>	+00:01:44 (22.3%)	4:50	12.4 (78.0%)
36	<b>HAŁKA Justyna</b>	<b>407</b>	TRUCHT ŁOBEZ	K40-49	1	<b>00:07:54.39</b>	+00:01:50 (23.3%)	4:55	12.2 (76.7%)
37	<b>RUTKOWSKI Artur</b>	<b>467</b>	RUNKING	M30-39	12	<b>00:07:54.94</b>	+00:01:51 (23.4%)	4:55	12.2 (76.7%)
38	<b>IWANIEC Dariusz</b>	<b>385</b>	TKKF KOSZALIN	M40-49	11	<b>00:07:57.74</b>	+00:01:54 (23.9%)	4:56	12.1 (76.1%)
39	<b>MICERSKI Tomasz</b>	<b>314</b>	TKKF KOSZALIN	M40-49	12	<b>00:07:58.65</b>	+00:01:54 (24.0%)	4:57	12.1 (76.1%)
40	<b>GIESE Adam</b>	<b>425</b>		M40-49	13	<b>00:08:01.05</b>	+00:01:57 (24.4%)	4:58	12 (75.5%)
41	<b>ROGOŻA Ireneusz</b>	<b>422</b>		M40-49	14	<b>00:08:02.45</b>	+00:01:58 (24.6%)	4:59	12 (75.5%)
42	<b>BASSEL Marcin</b>	<b>453</b>	KKMW	M30-39	13	<b>00:08:03.58</b>	+00:01:59 (24.8%)	5:00	12 (75.5%)
43	<b>KONKEL Łukasz</b>	<b>496</b>		M40-49	15	<b>00:08:05.37</b>	+00:02:01 (25.1%)	5:01	12 (75.5%)
44	<b>SAWIŃSKI Jacek</b>	<b>486</b>		M40-49	16	<b>00:08:07.95</b>	+00:02:04 (25.5%)	5:03	11.9 (74.8%)
45	<b>KRYNICKA Magdalena</b>	<b>444</b>		K18-29	1	<b>00:08:08.26</b>	+00:02:04 (25.5%)	5:03	11.9 (74.8%)
46	<b>HOREGLAD Paweł</b>	<b>452</b>	SPEEDY GONZALES	M18-29	10	<b>00:08:09.63</b>	+00:02:05 (25.7%)	5:04	11.8 (74.2%)
47	<b>JASIŃSKI Cezary</b>	<b>478</b>	BIEGOLAS	M40-49	17	<b>00:08:09.74</b>	+00:02:06 (25.7%)	5:04	11.8 (74.2%)
48	<b>DOBOSZ Jarosław</b>	<b>455</b>		M50-59	3	<b>00:08:15.18</b>	+00:02:11 (26.5%)	5:07	11.7 (73.6%)
49	<b>KRUPIŃSKI Krzysztof</b>	<b>473</b>	E-UROLOG.EU	M50-59	4	<b>00:08:15.43</b>	+00:02:11 (26.6%)	5:08	11.7 (73.6%)
50	<b>SARAPUK Gabriela</b>	<b>394</b>	TKKF KOSZALIN	K40-49	2	<b>00:08:17.58</b>	+00:02:13 (26.9%)	5:09	11.6 (73.0%)
51	<b>WERSOCKI Artur</b>	<b>441</b>		M40-49	18	<b>00:08:18.60</b>	+00:02:14 (27.1%)	5:09	11.6 (73.0%)
52	<b>ZARZYCKI Jakub</b>	<b>489</b>	FPP	M30-39	14	<b>00:08:19.17</b>	+00:02:15 (27.1%)	5:09	11.6 (73.0%)
53	<b>GIEDROWICZ Aleksandra</b>	<b>405</b>		K30-39	3	<b>00:08:21.22</b>	+00:02:17 (27.4%)	5:11	11.6 (73.0%)
54	<b>DĄBROWSKA Alicja</b>	<b>480</b>	TKKF KOSZALIN	K50-59	1	<b>00:08:21.84</b>	+00:02:18 (27.5%)	5:11	11.5 (72.3%)
55	<b>HAŁKA Arkadiusz</b>	<b>403</b>	TRUCHT ŁOBEZ	M40-49	19	<b>00:08:22.85</b>	+00:02:19 (27.7%)	5:12	11.5 (72.3%)
56	<b>KUBIK Krystian</b>	<b>417</b>	RUNGRYF GRZYFICE	M18-29	11	<b>00:08:24.60</b>	+00:02:20 (27.9%)	5:13	11.5 (72.3%)
57	<b>KLENIEWSKI Piotr</b>	<b>456</b>	ZACHODNIOPOMORSKIE	M60-69	1	<b>00:08:29.65</b>	+00:02:25 (28.6%)	5:16	11.4 (71.7%)
58	<b>KAJKOWSKI Rafał</b>	<b>475</b>		M40-49	20	<b>00:08:32.72</b>	+00:02:29 (29.1%)	5:18	11.3 (71.1%)
59	<b>MADAJCZYK Emilia</b>	<b>459</b>	AKS BIAŁOGARD	K10-13	1	<b>00:08:37.67</b>	+00:02:33 (29.7%)	5:21	11.2 (70.4%)
60	<b>MONGIAŁO Marcin</b>	<b>458</b>		M40-49	21	<b>00:08:38.17</b>	+00:02:34 (29.8%)	5:21	11.2 (70.4%)
61	<b>KULCZYK Katarzyna</b>	<b>395</b>	KB BRYZA POSTOMINO	K30-39	4	<b>00:08:38.71</b>	+00:02:35 (29.9%)	5:21	11.2 (70.4%)
62	<b>PERKOWSKA Oktawia</b>	<b>500</b>		K18-29	2	<b>00:08:38.91</b>	+00:02:35 (29.9%)	5:22	11.2 (70.4%)
63	<b>KĘSIK Michał</b>	<b>447</b>	ZDARTE PODESZWY	M40-49	22	<b>00:08:43.75</b>	+00:02:40 (30.6%)	5:25	11.1 (69.8%)
64	<b>NOREK Tomek</b>	<b>410</b>		M50-59	5	<b>00:08:44.42</b>	+00:02:40 (30.6%)	5:25	11.1 (69.8%)
65	<b>PANCERZYŃSKI Łukasz</b>	<b>499</b>		M40-49	23	<b>00:08:46.02</b>	+00:02:42 (30.9%)	5:26	11 (69.2%)
66	<b>KRZEWIŃSKA Małgorzata</b>	<b>491</b>	TKKF KOSZALIN	K60+	1	<b>00:08:50.74</b>	+00:02:47 (31.5%)	5:29	10.9 (68.6%)
67	<b>GRABOWSKA-LESISZ Aneta</b>	<b>497</b>		K40-49	3	<b>00:08:50.88</b>	+00:02:47 (31.5%)	5:29	10.9 (68.6%)
68	<b>BODO Rafał</b>	<b>190</b>	ZOZKOSZ KOSZALIN	M30-39	15	<b>00:08:54.99</b>	+00:02:51 (32.0%)	5:32	10.8 (67.9%)
69	<b>KASZUBIAK Julia</b>	<b>399</b>		K10-13	2	<b>00:08:58.07</b>	+00:02:54 (32.4%)	5:34	10.8 (67.9%)
70	<b>MACKO Michał</b>	<b>493</b>	ZRYW KRETOMINO	M10-13	1	<b>00:09:03.75</b>	+00:03:00 (33.1%)	5:37	10.7 (67.3%)
71	<b>GOLEC Anna</b>	<b>477</b>		K40-49	4	<b>00:09:05.60</b>	+00:03:01 (33.3%)	5:39	10.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 1.609km	Różn		
72	<b>HAŁAJKO Magdalena</b>	<b>413</b>		K30-39	5	<b>00:09:08.88</b>	+00:03:05 (33.7%)	5:40	10.6 (66.7%)
73	<b>ŚWITA Jacek</b>	<b>476</b>		M40-49	24	<b>00:09:10.44</b>	+00:03:06 (33.9%)	5:42	10.5 (66.0%)
74	<b>MAĐRAWSKA Anita</b>	<b>482</b>		K18-29	3	<b>00:09:11.07</b>	+00:03:07 (34.0%)	5:42	10.5 (66.0%)
75	<b>LITWIN Andrzej</b>	<b>424</b>	KOSZALIN	M30-39	16	<b>00:09:17.82</b>	+00:03:14 (34.8%)	5:46	10.4 (65.4%)
76	<b>POŁOCZAŃSKI Piotr</b>	<b>474</b>	SZWAGRY BIEGAJĄ	M30-39	17	<b>00:09:22.39</b>	+00:03:18 (35.3%)	5:49	10.3 (64.8%)
77	<b>MRUGALSKI Stanisław</b>	<b>471</b>		M50-59	6	<b>00:09:26.32</b>	+00:03:22 (35.8%)	5:51	10.2 (64.2%)
78	<b>KOBUS Patryk</b>	<b>442</b>		M10-13	2	<b>00:09:33.58</b>	+00:03:29 (36.6%)	5:55	10.1 (63.5%)
79	<b>PŁATOSZ Magda</b>	<b>428</b>		K18-29	4	<b>00:09:40.38</b>	+00:03:36 (37.3%)	6:00	10 (62.9%)
80	<b>MAJSIUK Agnieszka</b>	<b>445</b>		K40-49	5	<b>00:09:40.42</b>	+00:03:36 (37.3%)	6:00	10 (62.9%)
81	<b>ROMANOWICZ Monika</b>	<b>408</b>	DZIKIE ŻÓŁWIE	K30-39	6	<b>00:09:49.51</b>	+00:03:45 (38.3%)	6:06	9.8 (61.6%)
82	<b>KOBUS Piotr</b>	<b>450</b>		M30-39	18	<b>00:09:49.57</b>	+00:03:45 (38.3%)	6:06	9.8 (61.6%)
83	<b>KAMYK Piotr</b>	<b>469</b>	MH-INFORMATYKA.PL- IT DLA BIZNESU	M40-49	25	<b>00:09:50.66</b>	+00:03:46 (38.4%)	6:07	9.8 (61.6%)
84	<b>KOZŁOWIECKI Waldemar</b>	<b>402</b>	TKKF KOSZALIN	M60-69	2	<b>00:09:56.96</b>	+00:03:53 (39.1%)	6:10	9.7 (61.0%)
85	<b>SUDER-MAKSYMOWICZ Filip</b>	<b>412</b>	KMKL SZTORM KOŁOBRZEG	M10-13	3	<b>00:10:05.37</b>	+00:04:01 (39.9%)	6:16	9.6 (60.4%)
86	<b>GRUDZIŃSKI Arkadiusz</b>	<b>430</b>	PIORUN KOSZALIN	M40-49	26	<b>00:10:06.64</b>	+00:04:02 (40.0%)	6:17	9.5 (59.7%)
87	<b>NAWROCKA Anna</b>	<b>347</b>		K30-39	7	<b>00:10:09.34</b>	+00:04:05 (40.3%)	6:18	9.5 (59.7%)
88	<b>SZMYT Marcin</b>	<b>390</b>	SZWAGRY BIEGAJĄ	M30-39	19	<b>00:10:10.51</b>	+00:04:06 (40.4%)	6:19	9.5 (59.7%)
89	<b>DOBOSZ Izabella</b>	<b>454</b>		K40-49	6	<b>00:10:10.84</b>	+00:04:07 (40.5%)	6:19	9.5 (59.7%)
90	<b>SEKUŁA Mariusz</b>	<b>438</b>		M40-49	27	<b>00:10:15.51</b>	+00:04:11 (40.9%)	6:21	9.4 (59.1%)
91	<b>RADZIUSZ Ilona</b>	<b>437</b>	MORSACZEBIEGACZE	K30-39	8	<b>00:10:15.68</b>	+00:04:11 (40.9%)	6:22	9.4 (59.1%)
92	<b>RADOSZ Katarzyna</b>	<b>495</b>		K50-59	2	<b>00:10:18.67</b>	+00:04:14 (41.2%)	6:23	9.4 (59.1%)
93	<b>JANOWICZ Przemysław</b>	<b>485</b>	MEDEN INMED SPORTSTEAM	M18-29	12	<b>00:10:26.39</b>	+00:04:22 (41.9%)	6:29	9.2 (57.9%)
94	<b>GŁOWACKI Włodzimierz</b>	<b>448</b>		M70+	1	<b>00:10:33.21</b>	+00:04:29 (42.6%)	6:33	9.1 (57.2%)
95	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>415</b>		K30-39	9	<b>00:10:46.12</b>	+00:04:42 (43.7%)	6:41	9 (56.6%)
96	<b>GASIDŁO Andrzej</b>	<b>429</b>		M40-49	28	<b>00:10:47.95</b>	+00:04:44 (43.9%)	6:42	8.9 (56.0%)
97	<b>POLAK Mateusz</b>	<b>457</b>	KOSPEL	M18-29	13	<b>00:10:49.12</b>	+00:04:45 (44.0%)	6:43	8.9 (56.0%)
98	<b>MIKOŁAJCZYK Lidia</b>	<b>436</b>	MORSACZEBIEGACZE	K30-39	10	<b>00:10:57.50</b>	+00:04:53 (44.7%)	6:48	8.8 (55.3%)
99	<b>KIEDOS Dariusz</b>	<b>409</b>		M30-39	20	<b>00:11:03.45</b>	+00:04:59 (45.2%)	6:52	8.7 (54.7%)
100	<b>PAZIEWSKA Agnieszka</b>	<b>434</b>	TKKF KOSZALIN	K40-49	7	<b>00:11:25.15</b>	+00:05:21 (46.9%)	7:05	8.5 (53.5%)
101	<b>HELLER Zdzisław</b>	<b>446</b>	HERBMARATONOW.PL	M60-69	3	<b>00:11:32.12</b>	+00:05:28 (47.5%)	7:09	8.4 (52.8%)
102	<b>HOJDYCZ Justyna</b>	<b>401</b>		K30-39	11	<b>00:11:48.83</b>	+00:05:45 (48.7%)	7:19	8.2 (51.6%)
103	<b>KOZŁOWIECKA Małgorzata</b>	<b>404</b>		K60+	2	<b>00:12:13.90</b>	+00:06:10 (50.4%)	7:35	7.9 (49.7%)

Znaleziono 103 wynik(ów)