

# ZIMOWA MILA GÓRSKA 2020 - EDYCJA 3/3

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2020-02-19  
**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	<b>MAJKOWICZ Rafał</b>	<b>484</b>		M30-39	1	<b>00:06:08.32</b>		3:48	15.8 (100%)
2	<b>HUBERT Łukasz</b>	<b>493</b>	TKKF KOSZALIN	M30-39	2	<b>00:06:12.24</b>	+00:00:03 (1.1%)	3:51	15.5 (98.1%)
3	<b>CZAPLIŃSKI Jacek</b>	<b>391</b>	TAGER SPORT	M30-39	3	<b>00:06:31.73</b>	+00:00:23 (6.0%)	4:03	14.8 (93.7%)
4	<b>BIEŃKOWSKI Tomasz</b>	<b>353</b>	IQ CONSULTING	M30-39	4	<b>00:06:33.45</b>	+00:00:25 (6.4%)	4:04	14.7 (93.0%)
5	<b>KORMAN Kamil</b>	<b>365</b>		M18-29	1	<b>00:06:34.13</b>	+00:00:25 (6.5%)	4:04	14.7 (93.0%)
6	<b>SITOWSKI Marcin</b>	<b>351</b>	FC RYSIEK	M18-29	2	<b>00:06:36.23</b>	+00:00:27 (7.0%)	4:05	14.6 (92.4%)
7	<b>DZIADEK Krzysztof</b>	<b>318</b>	TKKF KOSZALIN	M30-39	5	<b>00:06:38.87</b>	+00:00:30 (7.7%)	4:07	14.5 (91.8%)
8	<b>PICK Tomasz</b>	<b>360</b>	SKSG KORONA SZCZECIN	M50-59	1	<b>00:06:39.45</b>	+00:00:31 (7.8%)	4:08	14.5 (91.8%)
9	<b>MATYSIAK Wojciech</b>	<b>354</b>		M40-49	1	<b>00:06:50.46</b>	+00:00:42 (10.3%)	4:14	14.1 (89.2%)
10	<b>SIENIAWSKI Jarosław</b>	<b>475</b>	MEDEN-INMED SPORTS TEAM	M40-49	2	<b>00:06:53.04</b>	+00:00:44 (10.8%)	4:16	14 (88.6%)
11	<b>WEBER Paweł</b>	<b>356</b>	FPP	M30-39	6	<b>00:06:58.02</b>	+00:00:49 (11.9%)	4:19	13.9 (88.0%)
12	<b>LATAŃSKI Radosław</b>	<b>492</b>	TOYOTA KAWISBIKE TEAM SŁUPSK	M40-49	3	<b>00:07:00.96</b>	+00:00:52 (12.5%)	4:21	13.8 (87.3%)
13	<b>WĘSEK Maciej</b>	<b>323</b>	ARISEN FLAME	M30-39	7	<b>00:07:06.78</b>	+00:00:58 (13.7%)	4:25	13.6 (86.1%)
14	<b>DOBOSZ Michał</b>	<b>488</b>	KL BAŁTYK	M14-17	1	<b>00:07:16.51</b>	+00:01:08 (15.6%)	4:31	13.3 (84.2%)
15	<b>BARUTOWICZ Grzegorz</b>	<b>483</b>		M30-39	8	<b>00:07:19.06</b>	+00:01:10 (16.1%)	4:32	13.2 (83.5%)
16	<b>KONKEL Agnieszka</b>	<b>326</b>		K30-39	1	<b>00:07:21.74</b>	+00:01:13 (16.6%)	4:34	13.1 (82.9%)
17	<b>DZIUBA Robert</b>	<b>379</b>	MORSACZEBIEGACZE	M30-39	9	<b>00:07:23.62</b>	+00:01:15 (17.0%)	4:35	13.1 (82.9%)
18	<b>WIKTOROWSKI Maciej</b>	<b>372</b>	TAGER SPORT	M40-49	4	<b>00:07:26.15</b>	+00:01:17 (17.4%)	4:37	13 (82.3%)
19	<b>CZARNOWSKI Kamil</b>	<b>375</b>	KASZEBE	M18-29	3	<b>00:07:26.68</b>	+00:01:18 (17.5%)	4:37	13 (82.3%)
20	<b>CZERNAK Gracjan</b>	<b>368</b>		M40-49	5	<b>00:07:28.76</b>	+00:01:20 (17.9%)	4:38	12.9 (81.6%)
21	<b>KOZAK Grzegorz</b>	<b>339</b>		M40-49	6	<b>00:07:30.93</b>	+00:01:22 (18.3%)	4:40	12.9 (81.6%)
22	<b>HAMALA Marcin</b>	<b>478</b>	TAGER SPORT	M30-39	10	<b>00:07:37.74</b>	+00:01:29 (19.5%)	4:44	12.7 (80.4%)
23	<b>SARAPUK Piotr</b>	<b>334</b>	NIEZRZESZONY	M40-49	7	<b>00:07:38.20</b>	+00:01:29 (19.6%)	4:44	12.7 (80.4%)
24	<b>WAWRZYN Grzegorz</b>	<b>329</b>		M40-49	8	<b>00:07:38.88</b>	+00:01:30 (19.7%)	4:44	12.7 (80.4%)
25	<b>SZNYTER Sabina</b>	<b>472</b>	DECATHLON KOSZALIN	K18-29	1	<b>00:07:45.15</b>	+00:01:36 (20.8%)	4:48	12.5 (79.1%)
26	<b>KOŚCIELNIAK Robert</b>	<b>355</b>	TKKF KOSZALIN	M50-59	2	<b>00:07:50.92</b>	+00:01:42 (21.8%)	4:52	12.3 (77.8%)
27	<b>HAŁKA Justyna</b>	<b>482</b>	TRUCHT ŁOBEZ	K40-49	1	<b>00:07:53.07</b>	+00:01:44 (22.1%)	4:53	12.3 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 1.609km	Różn		
28	<b>KRYNICKA GRZYB Małgorzata</b>	<b>398</b>		K30-39	2	<b>00:07:53.12</b>	+00:01:44 (22.2%)	4:53	12.3 (77.8%)
29	<b>ROGOŻA Ireneusz</b>	<b>395</b>		M40-49	9	<b>00:07:53.46</b>	+00:01:45 (22.2%)	4:54	12.2 (77.2%)
30	<b>RUTKOWSKI Artur</b>	<b>359</b>	RUNKING	M30-39	11	<b>00:07:54.17</b>	+00:01:45 (22.3%)	4:54	12.2 (77.2%)
31	<b>IWANIEC Dariusz</b>	<b>327</b>	TKKF KOSZALIN	M40-49	10	<b>00:07:57.45</b>	+00:01:49 (22.9%)	4:56	12.1 (76.6%)
32	<b>KUBIK Krystian</b>	<b>471</b>	RUNGRYF GRYFICE	M18-29	4	<b>00:08:07.78</b>	+00:01:59 (24.5%)	5:03	11.9 (75.3%)
33	<b>KONKEL Łukasz</b>	<b>328</b>		M40-49	11	<b>00:08:08.83</b>	+00:02:00 (24.7%)	5:03	11.9 (75.3%)
34	<b>SOSNOWSKI Tomasz</b>	<b>348</b>	FPP FUNCTIONAL POLISH PERFORMANCE	M18-29	5	<b>00:08:08.98</b>	+00:02:00 (24.7%)	5:03	11.9 (75.3%)
35	<b>PRYCA Adam</b>	<b>364</b>		M30-39	12	<b>00:08:11.64</b>	+00:02:03 (25.1%)	5:05	11.8 (74.7%)
36	<b>DOBOSZ Jarosław</b>	<b>490</b>		M50-59	3	<b>00:08:11.97</b>	+00:02:03 (25.1%)	5:05	11.8 (74.7%)
37	<b>KRYNICKA Magdalena</b>	<b>397</b>		K18-29	2	<b>00:08:12.34</b>	+00:02:04 (25.2%)	5:06	11.8 (74.7%)
38	<b>GIEDROWICZ Aleksandra</b>	<b>500</b>		K30-39	3	<b>00:08:14.78</b>	+00:02:06 (25.6%)	5:07	11.7 (74.1%)
39	<b>ZARZYCKI Jakub</b>	<b>345</b>	FPP	M30-39	13	<b>00:08:19.44</b>	+00:02:11 (26.3%)	5:09	11.6 (73.4%)
40	<b>PIETRZYK Paulina</b>	<b>480</b>	DECATHLON KOSZALIN	K18-29	3	<b>00:08:19.86</b>	+00:02:11 (26.3%)	5:10	11.6 (73.4%)
41	<b>HOREGLAD Paweł</b>	<b>476</b>	SPEEDY GONZALES	M18-29	6	<b>00:08:22.70</b>	+00:02:14 (26.7%)	5:11	11.5 (72.8%)
42	<b>DĄBROWSKA Alicja</b>	<b>373</b>	TKKF KOSZALIN	K50-59	1	<b>00:08:22.72</b>	+00:02:14 (26.7%)	5:11	11.5 (72.8%)
43	<b>WERSOCKI Artur</b>	<b>321</b>		M40-49	12	<b>00:08:24.34</b>	+00:02:16 (27.0%)	5:13	11.5 (72.8%)
44	<b>SAWIŃSKI Jacek</b>	<b>362</b>		M40-49	13	<b>00:08:24.34</b>	+00:02:16 (27.0%)	5:13	11.5 (72.8%)
45	<b>KRUPIŃSKI Krzysztof</b>	<b>340</b>	E-UROLOG.EU	M50-59	4	<b>00:08:26.67</b>	+00:02:18 (27.3%)	5:14	11.4 (72.2%)
46	<b>SARAPUK Gabriela</b>	<b>332</b>	TKKF KOSZALIN	K40-49	2	<b>00:08:26.99</b>	+00:02:18 (27.4%)	5:14	11.4 (72.2%)
47	<b>NOREK Tomek</b>	<b>486</b>	WIEWIÓRY	M50-59	5	<b>00:08:28.30</b>	+00:02:19 (27.5%)	5:15	11.4 (72.2%)
48	<b>MĄDRAWSKA Anita</b>	<b>324</b>		K18-29	4	<b>00:08:32.30</b>	+00:02:23 (28.1%)	5:18	11.3 (71.5%)
49	<b>STAWISZYŃSKI Jarosław</b>	<b>338</b>	FRK	M40-49	14	<b>00:08:32.44</b>	+00:02:24 (28.1%)	5:18	11.3 (71.5%)
50	<b>PANCERZYŃSKI Łukasz</b>	<b>335</b>		M40-49	15	<b>00:08:34.57</b>	+00:02:26 (28.4%)	5:19	11.3 (71.5%)
51	<b>MADAJCZYK Emilia</b>	<b>370</b>	AKS BIAŁOGARD	K10-13	1	<b>00:08:37.92</b>	+00:02:29 (28.9%)	5:21	11.2 (70.9%)
52	<b>POŁOCZAŃSKI Piotr</b>	<b>498</b>	SZWAGRY BIEGAJĄ	M30-39	14	<b>00:08:40.98</b>	+00:02:32 (29.3%)	5:23	11.1 (70.3%)
53	<b>KULCZYK Katarzyna</b>	<b>342</b>	KB BRYZA POSTOMINO	K30-39	4	<b>00:08:42.20</b>	+00:02:33 (29.5%)	5:24	11.1 (70.3%)
54	<b>KAMYK Piotr</b>	<b>400</b>	MH-INFORMATYKA.PL- IT DLA BIZNESU	M40-49	16	<b>00:08:44.26</b>	+00:02:35 (29.7%)	5:25	11.1 (70.3%)
55	<b>BODO Rafał</b>	<b>376</b>	ZOZKOSZ KOSZALIN	M30-39	15	<b>00:08:44.81</b>	+00:02:36 (29.8%)	5:26	11 (69.6%)
56	<b>KRZEWIŃSKA Małgorzata</b>	<b>325</b>	TKKF KOSZALIN	K60+	1	<b>00:08:50.65</b>	+00:02:42 (30.6%)	5:29	10.9 (69.0%)
57	<b>HAŁAJKO Magdalena</b>	<b>496</b>		K30-39	5	<b>00:08:54.03</b>	+00:02:45 (31.0%)	5:31	10.9 (69.0%)
58	<b>GRABOWSKA-LESISZ Aneta</b>	<b>487</b>		K40-49	3	<b>00:08:56.42</b>	+00:02:48 (31.3%)	5:32	10.8 (68.4%)
59	<b>KLENIEWSKI Piotr</b>	<b>319</b>	ZACHODNIOPOMORSKIE	M60-69	1	<b>00:08:58.76</b>	+00:02:50 (31.6%)	5:34	10.8 (68.4%)
60	<b>KASZUBIAK Julia</b>	<b>346</b>		K10-13	2	<b>00:09:00.26</b>	+00:02:51 (31.8%)	5:36	10.7 (67.7%)
61	<b>KĘSIK Michał</b>	<b>330</b>	ZDARTE PODESZWY	M40-49	17	<b>00:09:01.35</b>	+00:02:53 (32.0%)	5:36	10.7 (67.7%)
62	<b>ZIOMEK Maja</b>	<b>337</b>		K18-29	5	<b>00:09:01.39</b>	+00:02:53 (32.0%)	5:36	10.7 (67.7%)
63	<b>KAMIŃSKA Karolina</b>	<b>473</b>		K40-49	4	<b>00:09:01.75</b>	+00:02:53 (32.0%)	5:36	10.7 (67.7%)
64	<b>GOLEC Anna</b>	<b>399</b>		K40-49	5	<b>00:09:04.55</b>	+00:02:56 (32.4%)	5:38	10.6 (67.1%)
65	<b>PIETRZYK Mateusz</b>	<b>474</b>		M18-29	7	<b>00:09:17.39</b>	+00:03:09 (33.9%)	5:45	10.4 (65.8%)
66	<b>PŁATOSZ Magda</b>	<b>393</b>		K18-29	6	<b>00:09:17.59</b>	+00:03:09 (33.9%)	5:46	10.4 (65.8%)
67	<b>MACKO Michał</b>	<b>358</b>	ZRYW KRETOMINO	M10-13	1	<b>00:09:20.75</b>	+00:03:12 (34.3%)	5:48	10.3 (65.2%)
68	<b>ROMANOWICZ Monika</b>	<b>378</b>	DZIKIE ŻÓŁWIE	K30-39	6	<b>00:09:21.19</b>	+00:03:12 (34.4%)	5:48	10.3 (65.2%)
69	<b>KOBUS Patryk</b>	<b>341</b>		M10-13	2	<b>00:09:24.38</b>	+00:03:16 (34.7%)	5:50	10.3 (65.2%)
70	<b>BUCZKO Katarzyna</b>	<b>352</b>		K18-29	7	<b>00:09:30.12</b>	+00:03:21 (35.4%)	5:54	10.2 (64.6%)
71	<b>ŚWITA Jacek</b>	<b>394</b>		M40-49	18	<b>00:09:31.29</b>	+00:03:22 (35.5%)	5:54	10.2 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Różn	Tempo min/km	Tempo km/h
						netto 1.609km			
72	<b>MRUGALSKI Stanisław</b>	<b>344</b>		M50-59	6	<b>00:09:35.74</b>	+00:03:27 (36.0%)	5:57	10.1 (63.9%)
73	<b>KAJKOWSKI Rafał</b>	<b>347</b>		M40-49	19	<b>00:09:52.44</b>	+00:03:44 (37.8%)	6:08	9.8 (62.0%)
74	<b>KOBUS Piotr</b>	<b>349</b>		M30-39	16	<b>00:09:55.01</b>	+00:03:46 (38.1%)	6:09	9.7 (61.4%)
75	<b>MAJSIUK Agnieszka</b>	<b>343</b>		K40-49	6	<b>00:09:57.27</b>	+00:03:48 (38.3%)	6:10	9.7 (61.4%)
76	<b>NAWROCKA Anna</b>	<b>357</b>		K30-39	7	<b>00:09:58.84</b>	+00:03:50 (38.5%)	6:12	9.7 (61.4%)
77	<b>KOZŁOWIECKI Waldemar</b>	<b>363</b>	TKKF KOSZALIN	M60-69	2	<b>00:09:59.24</b>	+00:03:50 (38.5%)	6:12	9.7 (61.4%)
78	<b>JANOWICZ Przemysław</b>	<b>336</b>	MEDEN INMED SPORTSTEAM	M18-29	8	<b>00:10:00.06</b>	+00:03:51 (38.6%)	6:12	9.7 (61.4%)
79	<b>RADOSZ Katarzyna</b>	<b>322</b>		K50-59	2	<b>00:10:00.35</b>	+00:03:52 (38.6%)	6:12	9.7 (61.4%)
80	<b>SUDER-MAKSYMOWICZ Filip</b>	<b>392</b>	KMKL SZTORM KOŁOBRZEG	M10-13	3	<b>00:10:08.43</b>	+00:04:00 (39.5%)	6:17	9.5 (60.1%)
81	<b>DOBOSZ Izabella</b>	<b>489</b>		K40-49	7	<b>00:10:18.37</b>	+00:04:10 (40.4%)	6:23	9.4 (59.5%)
82	<b>GRUDZIŃSKI Arkadiusz</b>	<b>477</b>	PIORUN KOSZALIN	M40-49	20	<b>00:10:36.97</b>	+00:04:28 (42.2%)	6:35	9.1 (57.6%)
83	<b>RADZIUSZ Ilona</b>	<b>374</b>	MORSACZEBIEGACZE	K30-39	8	<b>00:10:38.04</b>	+00:04:29 (42.3%)	6:36	9.1 (57.6%)
84	<b>MIKOŁAJCZYK Lidia</b>	<b>377</b>	#MORSACZEBIEGACZE	K30-39	9	<b>00:10:56.15</b>	+00:04:47 (43.9%)	6:47	8.8 (55.7%)
85	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>396</b>		K30-39	10	<b>00:11:12.49</b>	+00:05:04 (45.2%)	6:57	8.6 (54.4%)
86	<b>KIEDOS Dariusz</b>	<b>479</b>		M30-39	17	<b>00:11:28.70</b>	+00:05:20 (46.5%)	7:07	8.4 (53.2%)
87	<b>HELLER Zdzisław</b>	<b>485</b>	HERBMARATONOW.PL	M60-69	3	<b>00:12:00.95</b>	+00:05:52 (48.9%)	7:27	8 (50.6%)
88	<b>KOZŁOWIECKA Małgorzata</b>	<b>366</b>		K60+	2	<b>00:12:04.87</b>	+00:05:56 (49.2%)	7:30	8 (50.6%)
89	<b>POLAK Mateusz</b>	<b>367</b>	KOSPEL	M18-29	9	<b>00:12:34.51</b>	+00:06:26 (51.2%)	7:48	7.7 (48.7%)
90	<b>BARTNIK Marian</b>	<b>481</b>	TKKF KOSZALIN	M70+	1	<b>00:15:17.15</b>	+00:09:08 (59.8%)	9:29	6.3 (39.9%)

Znaleziono 90 wynik(ów)