



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	MAJKOWICZ Rafał	484		M30-39	1	00:06:08.32		3:48	15.8 (100%)
2	HUBERT Łukasz	493	TKKF KOSZALIN	M30-39	2	00:06:12.24	+00:00:03 (1.1%)	3:51	15.5 (98.1%)
3	CZAPLIŃSKI Jacek	391	TAGER SPORT	M30-39	3	00:06:31.73	+00:00:23 (6.0%)	4:03	14.8 (93.7%)
4	BIEŃKOWSKI Tomasz	353	IQ CONSULTING	M30-39	4	00:06:33.45	+00:00:25 (6.4%)	4:04	14.7 (93.0%)
5	KORMAN Kamil	365		M18-29	1	00:06:34.13	+00:00:25 (6.5%)	4:04	14.7 (93.0%)
6	SITOWSKI Marcin	351	FC RYSIEK	M18-29	2	00:06:36.23	+00:00:27 (7.0%)	4:05	14.6 (92.4%)
7	DZIADEK Krzysztof	318	TKKF KOSZALIN	M30-39	5	00:06:38.87	+00:00:30 (7.7%)	4:07	14.5 (91.8%)
8	PICK Tomasz	360	SKSG KORONA SZCZECIN	M50-59	1	00:06:39.45	+00:00:31 (7.8%)	4:08	14.5 (91.8%)
9	MATYSIAK Wojciech	354		M40-49	1	00:06:50.46	+00:00:42 (10.3%)	4:14	14.1 (89.2%)
10	SIENIAWSKI Jarosław	475	MEDEN-INMED SPORTS TEAM	M40-49	2	00:06:53.04	+00:00:44 (10.8%)	4:16	14 (88.6%)
11	WEBER Paweł	356	FPP	M30-39	6	00:06:58.02	+00:00:49 (11.9%)	4:19	13.9 (88.0%)
12	LATAŃSKI Radosław	492	TOYOTA KAWISBIKE TEAM SŁUPSK	M40-49	3	00:07:00.96	+00:00:52 (12.5%)	4:21	13.8 (87.3%)
13	WĘSEK Maciej	323	ARISEN FLAME	M30-39	7	00:07:06.78	+00:00:58 (13.7%)	4:25	13.6 (86.1%)
14	DOBOSZ Michał	488	KL BAŁTYK	M14-17	1	00:07:16.51	+00:01:08 (15.6%)	4:31	13.3 (84.2%)
15	BARUTOWICZ Grzegorz	483		M30-39	8	00:07:19.06	+00:01:10 (16.1%)	4:32	13.2 (83.5%)
16	KONKEL Agnieszka	326		K30-39	1	00:07:21.74	+00:01:13 (16.6%)	4:34	13.1 (82.9%)
17	DZIUBA Robert	379	MORSACZEBIEGACZE	M30-39	9	00:07:23.62	+00:01:15 (17.0%)	4:35	13.1 (82.9%)
18	WIKTOROWSKI Maciej	372	TAGER SPORT	M40-49	4	00:07:26.15	+00:01:17 (17.4%)	4:37	13 (82.3%)
19	CZARNOWSKI Kamil	375	KASZEBE	M18-29	3	00:07:26.68	+00:01:18 (17.5%)	4:37	13 (82.3%)
20	CZERNAK Gracjan	368		M40-49	5	00:07:28.76	+00:01:20 (17.9%)	4:38	12.9 (81.6%)
21	KOZAK Grzegorz	339		M40-49	6	00:07:30.93	+00:01:22 (18.3%)	4:40	12.9 (81.6%)
22	HAMALA Marcin	478	TAGER SPORT	M30-39	10	00:07:37.74	+00:01:29 (19.5%)	4:44	12.7 (80.4%)
23	SARAPUK Piotr	334	NIEZRZESZONY	M40-49	7	00:07:38.20	+00:01:29 (19.6%)	4:44	12.7 (80.4%)
24	WAWRZYN Grzegorz	329		M40-49	8	00:07:38.88	+00:01:30 (19.7%)	4:44	12.7 (80.4%)
25	SZNYTER Sabina	472	DECATHLON KOSZALIN	K18-29	1	00:07:45.15	+00:01:36 (20.8%)	4:48	12.5 (79.1%)
26	KOŚCIELNIAK Robert	355	TKKF KOSZALIN	M50-59	2	00:07:50.92	+00:01:42 (21.8%)	4:52	12.3 (77.8%)
27	HAŁKA Justyna	482	TRUCHT ŁOBEZ	K40-49	1	00:07:53.07	+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	Różn		
						1.609km			
28	KRYNICKA GRZYB Małgorzata	398		K30-39	2	00:07:53.12	+00:01:44 (22.2%)	4:53	12.3 (77.8%)
29	ROGOŻA Ireneusz	395		M40-49	9	00:07:53.46	+00:01:45 (22.2%)	4:54	12.2 (77.2%)
30	RUTKOWSKI Artur	359	RUNKING	M30-39	11	00:07:54.17	+00:01:45 (22.3%)	4:54	12.2 (77.2%)
31	IWANIEC Dariusz	327	TKKF KOSZALIN	M40-49	10	00:07:57.45	+00:01:49 (22.9%)	4:56	12.1 (76.6%)
32	KUBIK Krystian	471	RUNGRYF GRYFICE	M18-29	4	00:08:07.78	+00:01:59 (24.5%)	5:03	11.9 (75.3%)
33	KONKEL Łukasz	328		M40-49	11	00:08:08.83	+00:02:00 (24.7%)	5:03	11.9 (75.3%)
34	SOSNOWSKI Tomasz	348	FPP FUNCTIONAL POLISH PERFORMANCE	M18-29	5	00:08:08.98	+00:02:00 (24.7%)	5:03	11.9 (75.3%)
35	PRYCA Adam	364		M30-39	12	00:08:11.64	+00:02:03 (25.1%)	5:05	11.8 (74.7%)
36	DOBOSZ Jarosław	490		M50-59	3	00:08:11.97	+00:02:03 (25.1%)	5:05	11.8 (74.7%)
37	KRYNICKA Magdalena	397		K18-29	2	00:08:12.34	+00:02:04 (25.2%)	5:06	11.8 (74.7%)
38	GIEDROWICZ Aleksandra	500		K30-39	3	00:08:14.78	+00:02:06 (25.6%)	5:07	11.7 (74.1%)
39	ZARZYCKI Jakub	345	FPP	M30-39	13	00:08:19.44	+00:02:11 (26.3%)	5:09	11.6 (73.4%)
40	PIETRZYK Paulina	480	DECATHLON KOSZALIN	K18-29	3	00:08:19.86	+00:02:11 (26.3%)	5:10	11.6 (73.4%)
41	HOREGLAD Paweł	476	SPEEDY GONZALES	M18-29	6	00:08:22.70	+00:02:14 (26.7%)	5:11	11.5 (72.8%)
42	DĄBROWSKA Alicja	373	TKKF KOSZALIN	K50-59	1	00:08:22.72	+00:02:14 (26.7%)	5:11	11.5 (72.8%)
43	WERSOCKI Artur	321		M40-49	12	00:08:24.34	+00:02:16 (27.0%)	5:13	11.5 (72.8%)
44	SAWIŃSKI Jacek	362		M40-49	13	00:08:24.34	+00:02:16 (27.0%)	5:13	11.5 (72.8%)
45	KRUPIŃSKI Krzysztof	340	E-UROLOG.EU	M50-59	4	00:08:26.67	+00:02:18 (27.3%)	5:14	11.4 (72.2%)
46	SARAPUK Gabriela	332	TKKF KOSZALIN	K40-49	2	00:08:26.99	+00:02:18 (27.4%)	5:14	11.4 (72.2%)
47	NOREK Tomek	486	WIEWIÓRY	M50-59	5	00:08:28.30	+00:02:19 (27.5%)	5:15	11.4 (72.2%)
48	MĄDRAWSKA Anita	324		K18-29	4	00:08:32.30	+00:02:23 (28.1%)	5:18	11.3 (71.5%)
49	STAWISZYŃSKI Jarosław	338	FRK	M40-49	14	00:08:32.44	+00:02:24 (28.1%)	5:18	11.3 (71.5%)
50	PANCERZYŃSKI Łukasz	335		M40-49	15	00:08:34.57	+00:02:26 (28.4%)	5:19	11.3 (71.5%)
51	MADAJCZYK Emilia	370	AKS BIAŁOGARD	K10-13	1	00:08:37.92	+00:02:29 (28.9%)	5:21	11.2 (70.9%)
52	POŁOCZAŃSKI Piotr	498	SZWAGRY BIEGAJĄ	M30-39	14	00:08:40.98	+00:02:32 (29.3%)	5:23	11.1 (70.3%)
53	KULCZYK Katarzyna	342	KB BRYZA POSTOMINO	K30-39	4	00:08:42.20	+00:02:33 (29.5%)	5:24	11.1 (70.3%)
54	KAMYK Piotr	400	MH-INFORMATYKA.PL- IT DLA BIZNESU	M40-49	16	00:08:44.26	+00:02:35 (29.7%)	5:25	11.1 (70.3%)
55	BODO Rafał	376	ZOZKOSZ KOSZALIN	M30-39	15	00:08:44.81	+00:02:36 (29.8%)	5:26	11 (69.6%)
56	KRZEWIŃSKA Małgorzata	325	TKKF KOSZALIN	K60+	1	00:08:50.65	+00:02:42 (30.6%)	5:29	10.9 (69.0%)
57	HAŁAJKO Magdalena	496		K30-39	5	00:08:54.03	+00:02:45 (31.0%)	5:31	10.9 (69.0%)
58	GRABOWSKA-LESISZ Aneta	487		K40-49	3	00:08:56.42	+00:02:48 (31.3%)	5:32	10.8 (68.4%)
59	KLENIEWSKI Piotr	319	ZACHODNIOPOMORSKIE	M60-69	1	00:08:58.76	+00:02:50 (31.6%)	5:34	10.8 (68.4%)
60	KASZUBIAK Julia	346		K10-13	2	00:09:00.26	+00:02:51 (31.8%)	5:36	10.7 (67.7%)
61	KĘSIK Michał	330	ZDARTE PODESZWY	M40-49	17	00:09:01.35	+00:02:53 (32.0%)	5:36	10.7 (67.7%)
62	ZIOMEK Maja	337		K18-29	5	00:09:01.39	+00:02:53 (32.0%)	5:36	10.7 (67.7%)
63	KAMIŃSKA Karolina	473		K40-49	4	00:09:01.75	+00:02:53 (32.0%)	5:36	10.7 (67.7%)
64	GOLEC Anna	399		K40-49	5	00:09:04.55	+00:02:56 (32.4%)	5:38	10.6 (67.1%)
65	PIETRZYK Mateusz	474		M18-29	7	00:09:17.39	+00:03:09 (33.9%)	5:45	10.4 (65.8%)
66	PŁATOSZ Magda	393		K18-29	6	00:09:17.59	+00:03:09 (33.9%)	5:46	10.4 (65.8%)
67	MACKO Michał	358	ZRYW KRETOMINO	M10-13	1	00:09:20.75	+00:03:12 (34.3%)	5:48	10.3 (65.2%)
68	ROMANOWICZ Monika	378	DZIKIE ŻÓŁWIE	K30-39	6	00:09:21.19	+00:03:12 (34.4%)	5:48	10.3 (65.2%)
69	KOBUS Patryk	341		M10-13	2	00:09:24.38	+00:03:16 (34.7%)	5:50	10.3 (65.2%)
70	BUCZKO Katarzyna	352		K18-29	7	00:09:30.12	+00:03:21 (35.4%)	5:54	10.2 (64.6%)
71	ŚWITA Jacek	394		M40-49	18	00:09:31.29	+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	MRUGALSKI Stanisław	344		M50-59	6	00:09:35.74	+00:03:27 (36.0%)	5:57	10.1 (63.9%)
73	KAJKOWSKI Rafał	347		M40-49	19	00:09:52.44	+00:03:44 (37.8%)	6:08	9.8 (62.0%)
74	KOBUS Piotr	349		M30-39	16	00:09:55.01	+00:03:46 (38.1%)	6:09	9.7 (61.4%)
75	MAJSIUK Agnieszka	343		K40-49	6	00:09:57.27	+00:03:48 (38.3%)	6:10	9.7 (61.4%)
76	NAWROCKA Anna	357		K30-39	7	00:09:58.84	+00:03:50 (38.5%)	6:12	9.7 (61.4%)
77	KOZŁOWIECKI Waldemar	363	TKKF KOSZALIN	M60-69	2	00:09:59.24	+00:03:50 (38.5%)	6:12	9.7 (61.4%)
78	JANOWICZ Przemysław	336	MEDEN INMED SPORTSTEAM	M18-29	8	00:10:00.06	+00:03:51 (38.6%)	6:12	9.7 (61.4%)
79	RADOSZ Katarzyna	322		K50-59	2	00:10:00.35	+00:03:52 (38.6%)	6:12	9.7 (61.4%)
80	SUDER-MAKSYMOWICZ Filip	392	KMKL SZTORM KOŁOBRZEG	M10-13	3	00:10:08.43	+00:04:00 (39.5%)	6:17	9.5 (60.1%)
81	DOBOSZ Izabella	489		K40-49	7	00:10:18.37	+00:04:10 (40.4%)	6:23	9.4 (59.5%)
82	GRUDZIŃSKI Arkadiusz	477	PIORUN KOSZALIN	M40-49	20	00:10:36.97	+00:04:28 (42.2%)	6:35	9.1 (57.6%)
83	RADZIUSZ Ilona	374	MORSACZEBIEGACZE	K30-39	8	00:10:38.04	+00:04:29 (42.3%)	6:36	9.1 (57.6%)
84	MIKOŁAJCZYK Lidia	377	#MORSACZEBIEGACZE	K30-39	9	00:10:56.15	+00:04:47 (43.9%)	6:47	8.8 (55.7%)
85	SUDER-MAKSYMOWICZ Monika	396		K30-39	10	00:11:12.49	+00:05:04 (45.2%)	6:57	8.6 (54.4%)
86	KIEDOS Dariusz	479		M30-39	17	00:11:28.70	+00:05:20 (46.5%)	7:07	8.4 (53.2%)
87	HELLER Zdzisław	485	HERBMARATONOW.PL	M60-69	3	00:12:00.95	+00:05:52 (48.9%)	7:27	8 (50.6%)
88	KOZŁOWIECKA Małgorzata	366		K60+	2	00:12:04.87	+00:05:56 (49.2%)	7:30	8 (50.6%)
89	POLAK Mateusz	367	KOSPEL	M18-29	9	00:12:34.51	+00:06:26 (51.2%)	7:48	7.7 (48.7%)
90	BARTNIK Marian	481	TKKF KOSZALIN	M70+	1	00:15:17.15	+00:09:08 (59.8%)	9:29	6.3 (39.9%)

Znaleziono 90 wynik(ów)