

# ZIMOWA MILA GÓRSKA 2020 - PO 2 EDYCJACH

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2020-02-05  
**Miejsce:** Koszalin  
**Dystans:** 3.218 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 3.218km	Czas brutto 3.218km	Różn	Tempo min/km	Tempo km/h
1	KASZUBIAK Klaudiusz	4011		M40-49	1	00:06:11.00	00:06:03.00	00:12:14.00	00:12:21.00		3:48	15.8 (100%)
2	MAJKOWICZ Rafał	4067		M30-39	1	00:06:12.00	00:06:08.00	00:12:20.00	00:12:23.00	+00:00:06 (0.8%)	3:49	15.7 (99.4%)
3	CZAPLIŃSKI Jacek	4004	TAGER SPORT	M30-39	2	00:06:31.00	00:06:19.00	00:12:50.00	00:12:54.00	+00:00:36 (4.7%)	3:59	15 (94.9%)
4	SOBSTEŁ Krystian	4069	CIACHU CIACH PRACOWNIA RĘKODZIEŁA	M30-39	3	00:06:31.00	00:06:29.00	00:13:00.00	00:13:09.00	+00:00:46 (5.9%)	4:02	14.9 (94.3%)
5	KORMAN Kamil	4071		M18-29	1	00:06:40.00	00:06:35.00	00:13:15.00	00:13:19.00	+00:01:01 (7.7%)	4:07	14.6 (92.4%)
6	BIŃKOWSKI Tomasz	4066	IQ CONSULTING	M30-39	4	00:06:42.00	00:06:48.00	00:13:30.00	00:13:36.00	+00:01:16 (9.4%)	4:11	14.3 (90.5%)
7	SITOWSKI Marcin	4039		M18-29	2	00:06:49.00	00:06:47.00	00:13:36.00	00:13:44.00	+00:01:22 (10.0%)	4:13	14.2 (89.9%)
8	SIENIAWSKI Jarosław	4082	MEDEN-INMED SPORTS TEAM	M40-49	2	00:06:56.00	00:06:50.00	00:13:46.00	00:13:55.00	+00:01:32 (11.1%)	4:16	14 (88.6%)
9	DZIADEK Krzysztof	4097	TKKF KOSZALIN	M30-39	5	00:07:15.00	00:06:38.00	00:13:53.00	00:16:01.00	+00:01:39 (11.9%)	4:18	13.9 (88.0%)
10	SOSNOWSKI Tomasz	4087	FPP FUNCTIONAL POLISH PERFORMANCE	M18-29	3	00:07:02.00	00:06:56.00	00:13:58.00	00:14:06.00	+00:01:44 (12.4%)	4:20	13.8 (87.3%)
11	KOZIEŁ Adam	4043		M18-29	4	00:06:56.00	00:07:12.00	00:14:08.00	00:14:25.00	+00:01:54 (13.4%)	4:23	13.7 (86.7%)
11	WEBER Paweł	4090	FPP	M30-39	6	00:07:07.00	00:07:01.00	00:14:08.00	00:14:14.00	+00:01:54 (13.4%)	4:23	13.7 (86.7%)
13	ZWOLIŃSKI Jan	4008	TKKF KOSZALIN	M50-59	1	00:07:09.00	00:07:08.00	00:14:17.00	00:14:24.00	+00:02:03 (14.4%)	4:26	13.5 (85.4%)
14	MATYSIAK Wojciech	4093		M40-49	3	00:07:18.00	00:07:03.00	00:14:21.00	00:14:30.00	+00:02:07 (14.8%)	4:27	13.5 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas		Różn	Tempo min/km	Tempo km/h
								netto 3.218km	brutto 3.218km			
15	ZACHOLSKI Wojciech	4068		M18-29	5	00:07:20.00	00:07:05.00	00:14:25.00	00:14:35.00	+00:02:11 (15.1%)	4:28	13.4 (84.8%)
16	DOBOSZ Michał	4055	KL BAŁTYK	M14-17	1	00:07:13.00	00:07:15.00	00:14:28.00	00:14:34.00	+00:02:14 (15.4%)	4:29	13.3 (84.2%)
17	KONKEL Agnieszka	4101		K30-39	1	00:07:17.00	00:07:16.00	00:14:33.00	00:14:41.00	+00:02:19 (15.9%)	4:31	13.3 (84.2%)
18	WESEK Maciej	4084	ARISEN FLAME	M30-39	7	00:07:24.00	00:07:11.00	00:14:35.00	00:14:54.00	+00:02:21 (16.1%)	4:31	13.2 (83.5%)
19	CZERNAK Gracjan	4033		M40-49	4	00:07:30.00	00:07:23.00	00:14:53.00	00:15:04.00	+00:02:39 (17.8%)	4:37	13 (82.3%)
20	CZARNOWSKI Kamil	4030	KASZEBE	M18-29	6	00:07:48.00	00:07:33.00	00:15:21.00	00:15:30.00	+00:03:07 (20.3%)	4:46	12.6 (79.7%)
21	WIKTOROWSKI Maciej	4075	TAGER SPORT	M40-49	5	00:07:42.00	00:07:41.00	00:15:23.00	00:15:27.00	+00:03:09 (20.5%)	4:46	12.6 (79.7%)
22	BARUTOWICZ Grzegorz	4025		M30-39	8	00:07:56.00	00:07:30.00	00:15:26.00	00:15:46.00	+00:03:12 (20.7%)	4:47	12.5 (79.1%)
23	DZIUBA Robert	4018	MORSACZEBIEGACZE	M30-39	9	00:07:57.00	00:07:36.00	00:15:33.00	00:15:52.00	+00:03:19 (21.3%)	4:49	12.4 (78.5%)
24	KRYNICKA GRZYB Małgorzata	4103		K30-39	2	00:07:59.00	00:07:38.00	00:15:37.00	00:15:42.00	+00:03:23 (21.7%)	4:51	12.4 (78.5%)
25	KOŚCIELNIAK Robert	4065	TKKF KOSZALIN	M50-59	2	00:08:00.00	00:07:39.00	00:15:39.00	00:17:10.00	+00:03:25 (21.8%)	4:51	12.3 (77.8%)
26	WAWRZYN Grzegorz	4095		M40-49	6	00:07:59.00	00:07:43.00	00:15:42.00	00:17:29.00	+00:03:28 (22.1%)	4:52	12.3 (77.8%)
27	RUTKOWSKI Artur	4070	RUNKING	M30-39	10	00:08:04.00	00:07:54.00	00:15:58.00	00:16:05.00	+00:03:44 (23.4%)	4:57	12.1 (76.6%)
28	MICERSKI Tomasz	4002	TKKF KOSZALIN	M40-49	7	00:08:02.00	00:07:58.00	00:16:00.00	00:18:29.00	+00:03:46 (23.5%)	4:58	12.1 (76.6%)
29	ROGOŻA Ireneusz	4029		M40-49	8	00:07:59.00	00:08:02.00	00:16:01.00	00:16:31.00	+00:03:47 (23.6%)	4:58	12.1 (76.6%)
30	BASSEL Marcin	4057	KKMW	M30-39	11	00:08:06.00	00:08:03.00	00:16:09.00	00:16:50.00	+00:03:55 (24.3%)	5:01	12 (75.9%)
31	HAŁKA Justyna	4019	TRUCHT ŁOBEZ	K40-49	1	00:08:18.00	00:07:54.00	00:16:12.00	00:16:19.00	+00:03:58 (24.5%)	5:02	11.9 (75.3%)
32	SAWIŃSKI Jacek	4089		M40-49	9	00:08:13.00	00:08:07.00	00:16:20.00	00:17:05.00	+00:04:06 (25.1%)	5:04	11.8 (74.7%)
33	HOREGLAD Paweł	4056	SPEEDY GONZALES	M18-29	7	00:08:13.00	00:08:09.00	00:16:22.00	00:16:34.00	+00:04:08 (25.3%)	5:05	11.8 (74.7%)
34	KONKEL Łukasz	4099		M40-49	10	00:08:23.00	00:08:05.00	00:16:28.00	00:16:43.00	+00:04:14 (25.7%)	5:07	11.7 (74.1%)
35	KRYNICKA Magdalena	4048		K18-29	1	00:08:23.00	00:08:08.00	00:16:31.00	00:16:36.00	+00:04:17 (25.9%)	5:07	11.7 (74.1%)
36	WERSOCKI Artur	4045		M40-49	11	00:08:20.00	00:08:18.00	00:16:38.00	00:17:05.00	+00:04:24 (26.5%)	5:10	11.6 (73.4%)
37	KUBIK Krystian	4027	RUNGRYF GRYFICE	M18-29	8	00:08:15.00	00:08:24.00	00:16:39.00	00:16:42.00	+00:04:25 (26.5%)	5:10	11.6 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas		Różn	Tempo min/km	Tempo km/h
								netto 3.218km	brutto 3.218km			
38	<b>DOBOSZ Jarosław</b>	<b>4059</b>		M50-59	3	00:08:26.00	00:08:15.00	<b>00:16:41.00</b>	<b>00:17:03.00</b>	+00:04:27 (26.7%)	5:11	11.6 (73.4%)
38	<b>JASIŃSKI Cezary</b>	<b>4081</b>	BIEGOLAS	M40-49	12	00:08:32.00	00:08:09.00	<b>00:16:41.00</b>	<b>00:17:31.00</b>	+00:04:27 (26.7%)	5:11	11.6 (73.4%)
40	<b>DĄBROWSKA Alicja</b>	<b>4083</b>	TKKF KOSZALIN	K50-59	1	00:08:24.00	00:08:21.00	<b>00:16:45.00</b>	<b>00:17:00.00</b>	+00:04:31 (27.0%)	5:12	11.5 (72.8%)
41	<b>HAŁKA Arkadiusz</b>	<b>4015</b>	TRUCHT ŁOBEZ	M40-49	13	00:08:30.00	00:08:22.00	<b>00:16:52.00</b>	<b>00:17:33.00</b>	+00:04:38 (27.5%)	5:14	11.4 (72.2%)
42	<b>GIEDROWICZ Aleksandra</b>	<b>4017</b>		K30-39	3	00:08:34.00	00:08:21.00	<b>00:16:55.00</b>	<b>00:17:13.00</b>	+00:04:41 (27.7%)	5:15	11.4 (72.2%)
42	<b>KRUPIŃSKI Krzysztof</b>	<b>4076</b>	E-UROLOG.EU	M50-59	4	00:08:40.00	00:08:15.00	<b>00:16:55.00</b>	<b>00:17:32.00</b>	+00:04:41 (27.7%)	5:15	11.4 (72.2%)
44	<b>KLENIEWSKI Piotr</b>	<b>4060</b>	ZACHODNIOPOMORSKIE	M60-69	1	00:08:27.00	00:08:29.00	<b>00:16:56.00</b>	<b>00:17:04.00</b>	+00:04:42 (27.8%)	5:15	11.4 (72.2%)
45	<b>SARAPUK Gabriela</b>	<b>4009</b>	TKKF KOSZALIN	K40-49	2	00:08:43.00	00:08:17.00	<b>00:17:00.00</b>	<b>00:17:31.00</b>	+00:04:46 (28.0%)	5:16	11.4 (72.2%)
45	<b>ZARZYCKI Jakub</b>	<b>4092</b>	FPP	M30-39	12	00:08:41.00	00:08:19.00	<b>00:17:00.00</b>	<b>00:17:06.00</b>	+00:04:46 (28.0%)	5:16	11.4 (72.2%)
47	<b>NOREK Tomek</b>	<b>4022</b>		M50-59	5	00:08:31.00	00:08:44.00	<b>00:17:15.00</b>	<b>00:17:34.00</b>	+00:05:01 (29.1%)	5:21	11.2 (70.9%)
48	<b>PANCERZYŃSKI Łukasz</b>	<b>4102</b>		M40-49	14	00:08:45.00	00:08:46.00	<b>00:17:31.00</b>	<b>00:17:48.00</b>	+00:05:17 (30.2%)	5:26	11 (69.6%)
49	<b>KULCZYK Katarzyna</b>	<b>4010</b>	KB BRYZA POSTOMINO	K30-39	4	00:09:00.00	00:08:38.00	<b>00:17:38.00</b>	<b>00:18:00.00</b>	+00:05:24 (30.6%)	5:28	10.9 (69.0%)
49	<b>KAJKOWSKI Rafał</b>	<b>4078</b>		M40-49	15	00:09:06.00	00:08:32.00	<b>00:17:38.00</b>	<b>00:18:04.00</b>	+00:05:24 (30.6%)	5:28	10.9 (69.0%)
51	<b>BODO Rafał</b>	<b>4001</b>	ZOZKOSZ KOSZALIN	M30-39	13	00:08:48.00	00:08:54.00	<b>00:17:42.00</b>	<b>00:18:09.00</b>	+00:05:28 (30.9%)	5:30	10.9 (69.0%)
52	<b>KRZEWIŃSKA Małgorzata</b>	<b>4094</b>	TKKF KOSZALIN	K60+	1	00:08:53.00	00:08:50.00	<b>00:17:43.00</b>	<b>00:17:58.00</b>	+00:05:29 (31.0%)	5:30	10.9 (69.0%)
53	<b>MADAJCZYK Emilia</b>	<b>4063</b>	AKS BIAŁOGARD	K10-13	1	00:09:14.00	00:08:37.00	<b>00:17:51.00</b>	<b>00:17:54.00</b>	+00:05:37 (31.5%)	5:32	10.8 (68.4%)
54	<b>GRABOWSKA-LESISZ Aneta</b>	<b>4100</b>		K40-49	3	00:09:03.00	00:08:50.00	<b>00:17:53.00</b>	<b>00:18:09.00</b>	+00:05:39 (31.6%)	5:33	10.8 (68.4%)
55	<b>GOLEC Anna</b>	<b>4080</b>		K40-49	4	00:09:19.00	00:09:05.00	<b>00:18:24.00</b>	<b>00:18:46.00</b>	+00:06:10 (33.5%)	5:43	10.5 (66.5%)
56	<b>LITWIN Andrzej</b>	<b>4031</b>	KOSZALIN	M30-39	14	00:09:10.00	00:09:17.00	<b>00:18:27.00</b>	<b>00:18:46.00</b>	+00:06:13 (33.7%)	5:44	10.5 (66.5%)
56	<b>POŁOCZAŃSKI Piotr</b>	<b>4077</b>	SZWAGRY BIEGAJĄ	M30-39	14	00:09:05.00	00:09:22.00	<b>00:18:27.00</b>	<b>00:18:54.00</b>	+00:06:13 (33.7%)	5:44	10.5 (66.5%)
58	<b>KAMYK Piotr</b>	<b>4072</b>	MH-INFORMATYKA.PL- IT DLA BIZNESU	M40-49	16	00:08:38.00	00:09:50.00	<b>00:18:28.00</b>	<b>00:18:53.00</b>	+00:06:14 (33.8%)	5:44	10.5 (66.5%)
59	<b>HAŁAJKO Magdalena</b>	<b>4024</b>		K30-39	5	00:09:27.00	00:09:08.00	<b>00:18:35.00</b>	<b>00:18:53.00</b>	+00:06:21 (34.2%)	5:46	10.4 (65.8%)
60	<b>MRUGALSKI Stanisław</b>	<b>4074</b>		M50-59	6	00:09:12.00	00:09:26.00	<b>00:18:38.00</b>	<b>00:19:20.00</b>	+00:06:24 (34.3%)	5:47	10.4 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 3.218km	Czas brutto 3.218km	Różn	Tempo min/km	Tempo km/h
61	<b>ŚWITA Jacek</b>	<b>4079</b>		M40-49	17	00:09:52.00	00:09:10.00	<b>00:19:02.00</b>	<b>00:19:25.00</b>	+00:06:48 (35.7%)	5:54	10.1 (63.9%)
62	<b>KĘSIK Michał</b>	<b>4051</b>	ZDARTE PODESZWY	M40-49	18	00:10:26.00	00:08:43.00	<b>00:19:09.00</b>	<b>00:19:49.00</b>	+00:06:55 (36.1%)	5:57	10.1 (63.9%)
63	<b>PŁATOSZ Magda</b>	<b>4035</b>		K18-29	2	00:09:45.00	00:09:40.00	<b>00:19:25.00</b>	<b>00:19:32.00</b>	+00:07:11 (37.0%)	6:02	9.9 (62.7%)
64	<b>KOBUS Patryk</b>	<b>4046</b>		M10-13	1	00:10:18.00	00:09:33.00	<b>00:19:51.00</b>	<b>00:20:08.00</b>	+00:07:37 (38.4%)	6:10	9.7 (61.4%)
65	<b>SUDER-MAKSYMOWICZ Filip</b>	<b>4023</b>	KMKL SZTORM KOŁOBRZEG	M10-13	2	00:09:51.00	00:10:05.00	<b>00:19:56.00</b>	<b>00:20:14.00</b>	+00:07:42 (38.6%)	6:11	9.7 (61.4%)
66	<b>KOBUS Piotr</b>	<b>4054</b>		M30-39	16	00:10:15.00	00:09:49.00	<b>00:20:04.00</b>	<b>00:20:21.00</b>	+00:07:50 (39.0%)	6:14	9.6 (60.8%)
67	<b>KASZUBIAK Julia</b>	<b>4012</b>		K10-13	2	00:11:18.00	00:08:58.00	<b>00:20:16.00</b>	<b>00:20:32.00</b>	+00:08:02 (39.6%)	6:17	9.5 (60.1%)
67	<b>DOBOSZ Izabella</b>	<b>4058</b>		K40-49	5	00:10:06.00	00:10:10.00	<b>00:20:16.00</b>	<b>00:20:41.00</b>	+00:08:02 (39.6%)	6:17	9.5 (60.1%)
69	<b>GRUDZIŃSKI Arkadiusz</b>	<b>4037</b>	PIORUN KOSZALIN	M40-49	19	00:10:14.00	00:10:06.00	<b>00:20:20.00</b>	<b>00:20:46.00</b>	+00:08:06 (39.8%)	6:19	9.5 (60.1%)
70	<b>SZMYT Marcin</b>	<b>4007</b>	SZWAGRY BIEGAJĄ	M30-39	17	00:10:23.00	00:10:10.00	<b>00:20:33.00</b>	<b>00:21:00.00</b>	+00:08:19 (40.5%)	6:23	9.4 (59.5%)
71	<b>NAWROCKA Anna</b>	<b>4003</b>		K30-39	6	00:10:25.00	00:10:09.00	<b>00:20:34.00</b>	<b>00:22:20.00</b>	+00:08:20 (40.5%)	6:23	9.4 (59.5%)
72	<b>RADOSZ Katarzyna</b>	<b>4098</b>		K50-59	2	00:10:26.00	00:10:18.00	<b>00:20:44.00</b>	<b>00:21:12.00</b>	+00:08:30 (41.0%)	6:26	9.3 (58.9%)
73	<b>RADZIUSZ Ilona</b>	<b>4041</b>	MORSACZEBIEGACZE	K30-39	7	00:11:07.00	00:10:15.00	<b>00:21:22.00</b>	<b>00:21:40.00</b>	+00:09:08 (42.7%)	6:38	9 (57.0%)
74	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>4026</b>		K30-39	8	00:10:46.00	00:10:46.00	<b>00:21:32.00</b>	<b>00:21:50.00</b>	+00:09:18 (43.2%)	6:41	9 (57.0%)
75	<b>KIEDOS Dariusz</b>	<b>4021</b>		M30-39	18	00:10:31.00	00:11:03.00	<b>00:21:34.00</b>	<b>00:22:01.00</b>	+00:09:20 (43.3%)	6:42	9 (57.0%)
76	<b>POLAK Mateusz</b>	<b>4061</b>	KOSPEL	M18-29	9	00:11:09.00	00:10:49.00	<b>00:21:58.00</b>	<b>00:22:33.00</b>	+00:09:44 (44.3%)	6:49	8.8 (55.7%)
77	<b>KOZŁOWIECKI Waldemar</b>	<b>4014</b>	TKKF KOSZALIN	M60-69	2	00:12:19.00	00:09:56.00	<b>00:22:15.00</b>	<b>00:22:34.00</b>	+00:10:01 (45.0%)	6:54	8.7 (55.1%)
78	<b>MIKOŁAJCZYK Lidia</b>	<b>4040</b>	MORSACZEBIEGACZE	K30-39	9	00:12:03.00	00:10:57.00	<b>00:23:00.00</b>	<b>00:23:18.00</b>	+00:10:46 (46.8%)	7:08	8.4 (53.2%)
79	<b>PAZIEWSKA Agnieszka</b>	<b>4038</b>	TKKF KOSZALIN	K40-49	6	00:12:05.00	00:11:25.00	<b>00:23:30.00</b>	<b>00:23:45.00</b>	+00:11:16 (47.9%)	7:18	8.2 (51.9%)
80	<b>KOZŁOWIECKA Małgorzata</b>	<b>4016</b>		K60+	2	00:12:19.00	00:12:13.00	<b>00:24:32.00</b>	<b>00:24:58.00</b>	+00:12:18 (50.1%)	7:37	7.9 (50.0%)

Znaleziono 80 wynik(ów)