



# ZIMOWA MILA GÓRSKA 2020 - PO 3 EDYCJACH

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2020-02-19  
**Miejsce:** Koszalin  
**Dystans:** 4.827 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 4.827km	Czas brutto 4.827km	Różn	Tempo min/km	Tempo km/h
1	<b>MAJKOWICZ Rafał</b>	<b>5052</b>		M30-39	1	00:06:12.00	00:06:08.00	00:06:08.00	<b>00:18:28.00</b>	<b>00:18:33.00</b>		3:49	15.7 (100%)
2	<b>CZAPLIŃSKI Jacek</b>	<b>5006</b>	TAGER SPORT	M30-39	2	00:06:31.00	00:06:19.00	00:06:31.00	<b>00:19:21.00</b>	<b>00:19:28.00</b>	+00:00:53 (4.6%)	4:00	15 (95.5%)
3	<b>KORMAN Kamil</b>	<b>5038</b>		M18-29	1	00:06:40.00	00:06:35.00	00:06:34.00	<b>00:19:49.00</b>	<b>00:19:54.00</b>	+00:01:21 (6.8%)	4:06	14.6 (93.0%)
4	<b>BIŃKOWSKI Tomasz</b>	<b>5003</b>	IQ CONSULTING	M30-39	3	00:06:42.00	00:06:48.00	00:06:33.00	<b>00:20:03.00</b>	<b>00:20:12.00</b>	+00:01:35 (7.9%)	4:09	14.4 (91.7%)
5	<b>SITOWSKI Marcin</b>	<b>5077</b>	FC RYSIEK	M18-29	2	00:06:49.00	00:06:47.00	00:06:36.00	<b>00:20:12.00</b>	<b>00:20:24.00</b>	+00:01:44 (8.6%)	4:11	14.3 (91.1%)
6	<b>DZIADEK Krzysztof</b>	<b>5013</b>	TKKF KOSZALIN	M30-39	4	00:07:15.00	00:06:38.00	00:06:38.00	<b>00:20:31.00</b>	<b>00:23:32.00</b>	+00:02:03 (10.0%)	4:15	14.1 (89.8%)
7	<b>SIENIAWSKI Jarosław</b>	<b>5076</b>	MEDEN-INMED SPORTS TEAM	M40-49	1	00:06:56.00	00:06:50.00	00:06:53.00	<b>00:20:39.00</b>	<b>00:20:51.00</b>	+00:02:11 (10.6%)	4:16	14 (89.2%)
8	<b>WEBER Paweł</b>	<b>5085</b>	FPP	M30-39	5	00:07:07.00	00:07:01.00	00:06:58.00	<b>00:21:06.00</b>	<b>00:21:14.00</b>	+00:02:38 (12.5%)	4:22	13.7 (87.3%)
9	<b>MATYSIAK Wojciech</b>	<b>5054</b>		M40-49	2	00:07:18.00	00:07:03.00	00:06:50.00	<b>00:21:11.00</b>	<b>00:21:23.00</b>	+00:02:43 (12.8%)	4:23	13.7 (87.3%)
10	<b>WĘSEK Maciej</b>	<b>5087</b>	ARISEN FLAME	M30-39	6	00:07:24.00	00:07:11.00	00:07:06.00	<b>00:21:41.00</b>	<b>00:22:09.00</b>	+00:03:13 (14.8%)	4:29	13.4 (85.4%)
11	<b>DOBOSZ Michał</b>	<b>5010</b>	KL BAŁTYK	M14-17	1	00:07:13.00	00:07:15.00	00:07:16.00	<b>00:21:44.00</b>	<b>00:21:53.00</b>	+00:03:16 (15.0%)	4:30	13.3 (84.7%)
12	<b>KONKEL Agnieszka</b>	<b>5036</b>		K30-39	1	00:07:17.00	00:07:16.00	00:07:21.00	<b>00:21:54.00</b>	<b>00:22:06.00</b>	+00:03:26 (15.7%)	4:32	13.2 (84.1%)
13	<b>SOSNOWSKI Tomasz</b>	<b>5078</b>	FPP FUNCTIONAL POLISH PERFORMANCE	M18-29	3	00:07:02.00	00:06:56.00	00:08:08.00	<b>00:22:06.00</b>	<b>00:22:21.00</b>	+00:03:38 (16.4%)	4:34	13.1 (83.4%)
14	<b>CZERNAK Gracjan</b>	<b>5008</b>		M40-49	3	00:07:30.00	00:07:23.00	00:07:28.00	<b>00:22:21.00</b>	<b>00:22:36.00</b>	+00:03:53 (17.4%)	4:37	13 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 4.827km	Czas brutto 4.827km	Różn	Tempo min/km	Tempo km/h
15	<b>BARUTOWICZ Grzegorz</b>	<b>5002</b>		M30-39	7	00:07:56.00	00:07:30.00	00:07:19.00	<b>00:22:45.00</b>	<b>00:23:10.00</b>	+00:04:17 (18.8%)	4:42	12.7 (80.9%)
16	<b>CZARNOWSKI Kamil</b>	<b>5007</b>	KASZEBE	M18-29	4	00:07:48.00	00:07:33.00	00:07:26.00	<b>00:22:47.00</b>	<b>00:23:01.00</b>	+00:04:19 (18.9%)	4:43	12.7 (80.9%)
17	<b>WIKTOROWSKI Maciej</b>	<b>5088</b>	TAGER SPORT	M40-49	4	00:07:42.00	00:07:41.00	00:07:26.00	<b>00:22:49.00</b>	<b>00:22:56.00</b>	+00:04:21 (19.1%)	4:43	12.7 (80.9%)
18	<b>DZIUBA Robert</b>	<b>5014</b>	MORSACZEBIEGACZE	M30-39	8	00:07:57.00	00:07:36.00	00:07:23.00	<b>00:22:56.00</b>	<b>00:23:26.00</b>	+00:04:28 (19.5%)	4:45	12.6 (80.3%)
19	<b>WAWRZYN Grzegorz</b>	<b>5084</b>		M40-49	5	00:07:59.00	00:07:43.00	00:07:38.00	<b>00:23:20.00</b>	<b>00:26:35.00</b>	+00:04:52 (20.9%)	4:50	12.4 (79.0%)
20	<b>KOŚCIELNIAK Robert</b>	<b>5039</b>	TKKF KOSZALIN	M50-59	1	00:08:00.00	00:07:39.00	00:07:50.00	<b>00:23:29.00</b>	<b>00:26:29.00</b>	+00:05:01 (21.4%)	4:51	12.3 (78.3%)
21	<b>KRYNICKA GRZYB Małgorzata</b>	<b>5045</b>		K30-39	2	00:07:59.00	00:07:38.00	00:07:53.00	<b>00:23:30.00</b>	<b>00:23:37.00</b>	+00:05:02 (21.4%)	4:52	12.3 (78.3%)
22	<b>RUTKOWSKI Artur</b>	<b>5072</b>	RUNKING	M30-39	9	00:08:04.00	00:07:54.00	00:07:54.00	<b>00:23:52.00</b>	<b>00:24:06.00</b>	+00:05:24 (22.6%)	4:56	12.1 (77.1%)
23	<b>ROGOŻA Ireneusz</b>	<b>5070</b>		M40-49	6	00:07:59.00	00:08:02.00	00:07:53.00	<b>00:23:54.00</b>	<b>00:24:30.00</b>	+00:05:26 (22.7%)	4:57	12.1 (77.1%)
24	<b>HAŁKA Justyna</b>	<b>5020</b>	TRUCHT ŁOBEZ	K40-49	1	00:08:18.00	00:07:54.00	00:07:53.00	<b>00:24:05.00</b>	<b>00:24:15.00</b>	+00:05:37 (23.3%)	4:59	12 (76.4%)
25	<b>KONKEL Łukasz</b>	<b>5037</b>		M40-49	7	00:08:23.00	00:08:05.00	00:08:08.00	<b>00:24:36.00</b>	<b>00:24:56.00</b>	+00:06:08 (24.9%)	5:05	11.8 (75.2%)
26	<b>KRYNICKA Magdalena</b>	<b>5044</b>		K18-29	1	00:08:23.00	00:08:08.00	00:08:12.00	<b>00:24:43.00</b>	<b>00:24:51.00</b>	+00:06:15 (25.3%)	5:07	11.7 (74.5%)
27	<b>HOREGLAD Paweł</b>	<b>5023</b>	SPEEDY GONZALES	M18-29	5	00:08:13.00	00:08:09.00	00:08:22.00	<b>00:24:44.00</b>	<b>00:25:01.00</b>	+00:06:16 (25.3%)	5:07	11.7 (74.5%)
27	<b>SAWIŃSKI Jacek</b>	<b>5075</b>		M40-49	8	00:08:13.00	00:08:07.00	00:08:24.00	<b>00:24:44.00</b>	<b>00:25:49.00</b>	+00:06:16 (25.3%)	5:07	11.7 (74.5%)
29	<b>KUBIK Krystian</b>	<b>5047</b>	RUNGRYF GRYFICE	M18-29	6	00:08:15.00	00:08:24.00	00:08:07.00	<b>00:24:46.00</b>	<b>00:24:52.00</b>	+00:06:18 (25.4%)	5:07	11.7 (74.5%)
30	<b>DOBOSZ Jarosław</b>	<b>5012</b>		M50-59	2	00:08:26.00	00:08:15.00	00:08:11.00	<b>00:24:52.00</b>	<b>00:25:24.00</b>	+00:06:24 (25.7%)	5:09	11.6 (73.9%)
31	<b>WERSOCKI Artur</b>	<b>5086</b>		M40-49	9	00:08:20.00	00:08:18.00	00:08:24.00	<b>00:25:02.00</b>	<b>00:25:42.00</b>	+00:06:34 (26.2%)	5:11	11.6 (73.9%)
32	<b>DĄBROWSKA Alicja</b>	<b>5009</b>	TKKF KOSZALIN	K50-59	1	00:08:24.00	00:08:21.00	00:08:22.00	<b>00:25:07.00</b>	<b>00:25:28.00</b>	+00:06:39 (26.5%)	5:12	11.5 (73.2%)
33	<b>GEDROWICZ Aleksandra</b>	<b>5015</b>		K30-39	3	00:08:34.00	00:08:21.00	00:08:14.00	<b>00:25:09.00</b>	<b>00:25:39.00</b>	+00:06:41 (26.6%)	5:12	11.5 (73.2%)
34	<b>ZARZYCKI Jakub</b>	<b>5089</b>	FPP	M30-39	10	00:08:41.00	00:08:19.00	00:08:19.00	<b>00:25:19.00</b>	<b>00:25:29.00</b>	+00:06:51 (27.1%)	5:14	11.4 (72.6%)
35	<b>KRUPIŃSKI Krzysztof</b>	<b>5043</b>	E-UROLOG.EU	M50-59	3	00:08:40.00	00:08:15.00	00:08:26.00	<b>00:25:21.00</b>	<b>00:27:07.00</b>	+00:06:53 (27.2%)	5:15	11.4 (72.6%)
36	<b>SARAPUK Gabriela</b>	<b>5073</b>	TKKF KOSZALIN	K40-49	2	00:08:43.00	00:08:17.00	00:08:26.00	<b>00:25:26.00</b>	<b>00:26:09.00</b>	+00:06:58 (27.4%)	5:16	11.4 (72.6%)
37	<b>NOREK Tomek</b>	<b>5059</b>	WIEWIÓRY	M50-59	4	00:08:31.00	00:08:44.00	00:08:28.00	<b>00:25:43.00</b>	<b>00:26:09.00</b>	+00:07:15 (28.2%)	5:19	11.3 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap 3	Czas netto 4.827km	Czas brutto 4.827km	Różn	Tempo min/km	Tempo km/h
38	<b>KLENIEWSKI Piotr</b>	<b>5033</b>	ZACHODNIOPOMORSKIE	M60-69	1	00:08:27.00	00:08:29.00	00:08:58.00	<b>00:25:54.00</b>	<b>00:26:12.00</b>	+00:07:26 (28.7%)	5:21	11.2 (71.3%)
39	<b>PANCERZYŃSKI Łukasz</b>	<b>5060</b>		M40-49	10	00:08:45.00	00:08:46.00	00:08:34.00	<b>00:26:05.00</b>	<b>00:26:29.00</b>	+00:07:37 (29.2%)	5:24	11.1 (70.7%)
40	<b>KULCZYK Katarzyna</b>	<b>5048</b>	KB BRYZA POSTOMINO	K30-39	4	00:09:00.00	00:08:38.00	00:08:42.00	<b>00:26:20.00</b>	<b>00:26:53.00</b>	+00:07:52 (29.9%)	5:27	11 (70.1%)
41	<b>BODO Rafał</b>	<b>5004</b>	ZOZKOSZ KOSZALIN	M30-39	11	00:08:48.00	00:08:54.00	00:08:44.00	<b>00:26:26.00</b>	<b>00:27:03.00</b>	+00:07:58 (30.1%)	5:28	11 (70.1%)
42	<b>MADAJCZYK Emilia</b>	<b>5051</b>	AKS BIAŁOGARD	K10-13	1	00:09:14.00	00:08:37.00	00:08:37.00	<b>00:26:28.00</b>	<b>00:26:33.00</b>	+00:08:00 (30.2%)	5:28	10.9 (69.4%)
43	<b>KRZEWIŃSKA Małgorzata</b>	<b>5046</b>	TKKF KOSZALIN	K60+	1	00:08:53.00	00:08:50.00	00:08:50.00	<b>00:26:33.00</b>	<b>00:26:55.00</b>	+00:08:05 (30.4%)	5:30	10.9 (69.4%)
44	<b>GRABOWSKA-LESISZ Aneta</b>	<b>5017</b>		K40-49	3	00:09:03.00	00:08:50.00	00:08:56.00	<b>00:26:49.00</b>	<b>00:27:12.00</b>	+00:08:21 (31.1%)	5:33	10.8 (68.8%)
45	<b>POŁOCZAŃSKI Piotr</b>	<b>5066</b>	SZWAGRY BIEGAJĄ	M30-39	12	00:09:05.00	00:09:22.00	00:08:40.00	<b>00:27:07.00</b>	<b>00:27:46.00</b>	+00:08:39 (31.9%)	5:37	10.7 (68.2%)
46	<b>KAMYK Piotr</b>	<b>5029</b>	MH-INFORMATYKA.PL- IT DLA BIZNESU	M40-49	11	00:08:38.00	00:09:50.00	00:08:44.00	<b>00:27:12.00</b>	<b>00:27:42.00</b>	+00:08:44 (32.1%)	5:38	10.6 (67.5%)
47	<b>GOLEC Anna</b>	<b>5016</b>		K40-49	4	00:09:19.00	00:09:05.00	00:09:04.00	<b>00:27:28.00</b>	<b>00:27:57.00</b>	+00:09:00 (32.8%)	5:41	10.5 (66.9%)
48	<b>HAŁAJKO Magdalena</b>	<b>5019</b>		K30-39	5	00:09:27.00	00:09:08.00	00:08:54.00	<b>00:27:29.00</b>	<b>00:27:54.00</b>	+00:09:01 (32.8%)	5:41	10.5 (66.9%)
49	<b>KAJKOWSKI Rafał</b>	<b>5027</b>		M40-49	12	00:09:06.00	00:08:32.00	00:09:52.00	<b>00:27:30.00</b>	<b>00:28:05.00</b>	+00:09:02 (32.8%)	5:41	10.5 (66.9%)
50	<b>KĘSIK Michał</b>	<b>5031</b>	ZDARTE PODESZWY	M40-49	13	00:10:26.00	00:08:43.00	00:09:01.00	<b>00:28:10.00</b>	<b>00:29:04.00</b>	+00:09:42 (34.4%)	5:50	10.3 (65.6%)
51	<b>MRUGALSKI Stanisław</b>	<b>5057</b>		M50-59	5	00:09:12.00	00:09:26.00	00:09:35.00	<b>00:28:13.00</b>	<b>00:29:16.00</b>	+00:09:45 (34.6%)	5:50	10.3 (65.6%)
52	<b>ŚWITA Jacek</b>	<b>5083</b>		M40-49	14	00:09:52.00	00:09:10.00	00:09:31.00	<b>00:28:33.00</b>	<b>00:29:03.00</b>	+00:10:05 (35.3%)	5:54	10.1 (64.3%)
53	<b>PŁATOSZ Magda</b>	<b>5064</b>		K18-29	2	00:09:45.00	00:09:40.00	00:09:17.00	<b>00:28:42.00</b>	<b>00:28:54.00</b>	+00:10:14 (35.7%)	5:56	10.1 (64.3%)
54	<b>KOBUS Patryk</b>	<b>5034</b>		M10-13	1	00:10:18.00	00:09:33.00	00:09:24.00	<b>00:29:15.00</b>	<b>00:29:41.00</b>	+00:10:47 (36.9%)	6:03	9.9 (63.1%)
55	<b>KASZUBIAK Julia</b>	<b>5030</b>		K10-13	2	00:11:18.00	00:08:58.00	00:09:00.00	<b>00:29:16.00</b>	<b>00:29:40.00</b>	+00:10:48 (36.9%)	6:03	9.9 (63.1%)
56	<b>KOBUS Piotr</b>	<b>5035</b>		M30-39	13	00:10:15.00	00:09:49.00	00:09:55.00	<b>00:29:59.00</b>	<b>00:30:24.00</b>	+00:11:31 (38.4%)	6:12	9.7 (61.8%)
57	<b>SUDER-MAKSYMOWICZ Filip</b>	<b>5080</b>	KMKL SZTORM KOŁOBRZEG	M10-13	2	00:09:51.00	00:10:05.00	00:10:08.00	<b>00:30:04.00</b>	<b>00:30:31.00</b>	+00:11:36 (38.6%)	6:13	9.6 (61.1%)
58	<b>NAWROCKA Anna</b>	<b>5058</b>		K30-39	6	00:10:25.00	00:10:09.00	00:09:58.00	<b>00:30:32.00</b>	<b>00:32:23.00</b>	+00:12:04 (39.5%)	6:19	9.5 (60.5%)
59	<b>DOBOSZ Izabella</b>	<b>5011</b>		K40-49	5	00:10:06.00	00:10:10.00	00:10:18.00	<b>00:30:34.00</b>	<b>00:31:10.00</b>	+00:12:06 (39.6%)	6:19	9.5 (60.5%)
60	<b>RADOSZ Katarzyna</b>	<b>5068</b>		K50-59	2	00:10:26.00	00:10:18.00	00:10:00.00	<b>00:30:44.00</b>	<b>00:31:29.00</b>	+00:12:16 (39.9%)	6:22	9.4 (59.9%)

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61	<b>GRUDZIŃSKI Arkadiusz</b>	<b>5018</b>	PIORUN KOSZALIN	M40-49	15	00:10:14.00	00:10:06.00	00:10:36.00	<b>00:30:56.00</b>	<b>00:31:35.00</b>	+00:12:28 (40.3%)	6:24	9.4 (59.9%)
62	<b>RADZIUSZ Ilona</b>	<b>5069</b>	MORSACZEBIEGACZE	K30-39	7	00:11:07.00	00:10:15.00	00:10:38.00	<b>00:32:00.00</b>	<b>00:32:29.00</b>	+00:13:32 (42.3%)	6:37	9.1 (58.0%)
63	<b>KOZŁOWIECKI Waldemar</b>	<b>5042</b>	TKKF KOSZALIN	M60-69	2	00:12:19.00	00:09:56.00	00:09:59.00	<b>00:32:14.00</b>	<b>00:32:47.00</b>	+00:13:46 (42.7%)	6:40	9 (57.3%)
64	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>5081</b>		K30-39	8	00:10:46.00	00:10:46.00	00:11:12.00	<b>00:32:44.00</b>	<b>00:33:11.00</b>	+00:14:16 (43.6%)	6:46	8.8 (56.1%)
65	<b>KIEDOS Dariusz</b>	<b>5032</b>		M30-39	14	00:10:31.00	00:11:03.00	00:11:28.00	<b>00:33:02.00</b>	<b>00:33:44.00</b>	+00:14:34 (44.1%)	6:50	8.8 (56.1%)
66	<b>MIKOŁAJCZYK Lidia</b>	<b>5056</b>	#MORSACZEBIEGACZE	K30-39	9	00:12:03.00	00:10:57.00	00:10:56.00	<b>00:33:56.00</b>	<b>00:34:23.00</b>	+00:15:28 (45.6%)	7:01	8.5 (54.1%)
67	<b>POLAK Mateusz</b>	<b>5065</b>	KOSPEL	M18-29	7	00:11:09.00	00:10:49.00	00:12:34.00	<b>00:34:32.00</b>	<b>00:35:26.00</b>	+00:16:04 (46.5%)	7:09	8.4 (53.5%)
68	<b>KOZŁOWIECKA Małgorzata</b>	<b>5041</b>		K60+	2	00:12:19.00	00:12:13.00	00:12:04.00	<b>00:36:36.00</b>	<b>00:37:16.00</b>	+00:18:08 (49.5%)	7:34	7.9 (50.3%)

Znaleziono 68 wynik(ów)