



BIEG HERKULESA 6 KM

B4SPORT

Wydarzenie: Bieg Herkulesa
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-08-11
Miejsce: Koszalin
Dystans: 6 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 4km | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------|-------|--------------------------------|-----------|------|----------|----------|----------------|-----------|--------------|------------|
| 1 | PYSHNIAK Kostiantyn | 238 | TKKF KOSZALIN | M18-39 | 1 | 00:09:32 | 00:20:04 | 00:30:17.06 | | 5:02 | 11.9 |
| 2 | DUDA Grzegorz | 248 | BEST BEASTS | M40-54 | 1 | 00:10:33 | 00:22:05 | 00:33:45.99 | +00:03:28 | 5:37 | 10.7 |
| 3 | ROKOSZ Radosław | 39 | JW 1223 KOSZALIN | M18-39 | 2 | 00:10:55 | 00:22:40 | 00:34:17.26 | +00:04:00 | 5:42 | 10.5 |
| 4 | ŁUKAWSKI Mariusz | 107 | JW 1223 | M18-39 | 3 | 00:10:58 | 00:22:48 | 00:34:30.79 | +00:04:13 | 5:45 | 10.4 |
| 5 | MAJKOWICZ Rafał | 240 | | M18-39 | 4 | 00:10:45 | 00:22:58 | 00:34:41.32 | +00:04:24 | 5:46 | 10.4 |
| 6 | POPŁAWSKI Daniel | 96 | | M18-39 | 5 | 00:11:47 | 00:23:41 | 00:35:57.42 | +00:05:40 | 5:59 | 10 |
| 7 | KOŁODZIEJ Krystian | 20 | BESTIE OCR LEGIONOWO | M18-39 | 6 | 00:11:13 | 00:23:28 | 00:36:04.76 | +00:05:47 | 6:00 | 10 |
| 8 | CIUĆKA Mateusz | 111 | SZWĘDACZE KOSZALIN | M18-39 | 7 | 00:11:02 | 00:23:40 | 00:36:18.68 | +00:06:01 | 6:03 | 9.9 |
| 9 | SITOWSKI Marcin | 44 | FC RYSIEK | M18-39 | 8 | 00:11:39 | 00:23:56 | 00:36:21.50 | +00:06:04 | 6:03 | 9.9 |
| 10 | WIELGAT Łukasz | 46 | KB BRYZA POSTOMINO | M18-39 | 9 | 00:11:40 | 00:24:21 | 00:37:17.74 | +00:07:00 | 6:13 | 9.7 |
| 11 | RUSIN Tomek | 37 | | M18-39 | 10 | 00:11:06 | 00:24:03 | 00:37:19.89 | +00:07:02 | 6:13 | 9.6 |
| 12 | SZYMAŃSKI Piotr | 40 | | M18-39 | 11 | 00:12:00 | 00:24:46 | 00:37:22.54 | +00:07:05 | 6:13 | 9.6 |
| 13 | WOJTALIK Łukasz | 50 | | M18-39 | 12 | 00:12:50 | 00:25:17 | 00:37:37.29 | +00:07:20 | 6:16 | 9.6 |
| 14 | SOSNOWSKI Tomasz | 15 | FPP FUNKCJONALNOŚĆ PONAD POMPĘ | M18-39 | 13 | 00:11:24 | 00:24:49 | 00:37:40.95 | +00:07:23 | 6:16 | 9.6 |
| 15 | JABŁOŃSKI Tomasz | 246 | KB SPOKO SŁAWNO | M40-54 | 2 | 00:12:03 | 00:24:54 | 00:37:45.03 | +00:07:27 | 6:17 | 9.5 |
| 16 | PICK Tomasz | 108 | SKSG KORONA SZCZECIN | M40-54 | 3 | 00:12:19 | 00:25:37 | 00:38:18.48 | +00:08:01 | 6:23 | 9.4 |
| 17 | MICHALAK Grzegorz | 102 | KARLINO BIEGAJ! | M40-54 | 4 | 00:12:11 | 00:25:35 | 00:38:40.81 | +00:08:23 | 6:26 | 9.3 |
| 18 | LACHOWICZ Blanka | 93 | HUSARIA RACE TEAM | K18-39 | 1 | 00:12:43 | 00:26:00 | 00:39:23.35 | +00:09:06 | 6:33 | 9.1 |
| 19 | IWANIEC Dariusz | 57 | TKKF KOSZALIN | M40-54 | 5 | 00:12:55 | 00:26:14 | 00:39:28.77 | +00:09:11 | 6:34 | 9.1 |
| 20 | WEBER Paweł | 75 | FPP | M18-39 | 14 | 00:12:46 | 00:26:23 | 00:39:33.28 | +00:09:16 | 6:35 | 9.1 |
| 21 | GUDANIEC Katarzyna | 13 | TKKF TRIATHLON KOSZALIN | K18-39 | 2 | 00:12:16 | 00:25:54 | 00:39:37.72 | +00:09:20 | 6:36 | 9.1 |
| 22 | BIEŃKOWSKI Tomasz | 207 | IQ.COLSUNTING | M18-39 | 15 | 00:12:14 | 00:25:59 | 00:39:38.25 | +00:09:21 | 6:36 | 9.1 |
| 23 | URBAŃSKI Tomasz | 97 | | M40-54 | 6 | 00:12:44 | 00:26:26 | 00:40:01.48 | +00:09:44 | 6:40 | 9 |
| 24 | MICERSKI Tomasz | 109 | TKKF KOSZALIN | M40-54 | 7 | 00:13:13 | 00:26:31 | 00:40:02.22 | +00:09:45 | 6:40 | 9 |
| 25 | GAWROŃSKI Marek | 92 | \$\$\$ NA PRE\$TIŻU | M18-39 | 16 | 00:12:58 | 00:27:02 | 00:40:29.81 | +00:10:12 | 6:45 | 8.9 |
| 26 | METEL Izabela | 27 | RUNTASTYCZNI TEAM BYTÓW | K40-54 | 1 | 00:13:24 | 00:27:04 | 00:40:40.46 | +00:10:23 | 6:46 | 8.9 |
| 27 | PILIŃSKI Łukasz | 6 | | M18-39 | 17 | 00:12:36 | 00:26:57 | 00:40:56.70 | +00:10:39 | 6:49 | 8.8 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 4km | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-----------------------------------|-----------|------|----------|----------|--------------------|-----------|--------------|------------|
| 28 | KRAWCZYK Tomasz | 112 | | M18-39 | 18 | 00:12:40 | 00:26:39 | 00:41:12.79 | +00:10:55 | 6:52 | 8.7 |
| 29 | THEODOSE Olivier | 61 | | M40-54 | 8 | 00:13:06 | 00:27:06 | 00:41:17.10 | +00:11:00 | 6:53 | 8.7 |
| 30 | PŁOSKI Krzysztof | 87 | DARŁOWSKIE CHARTY | M40-54 | 9 | 00:14:27 | 00:27:58 | 00:41:31.82 | +00:11:14 | 6:55 | 8.7 |
| 31 | WEILAND Adrian | 17 | NIGHT WOLVES SŁUPSK | M18-39 | 19 | 00:13:02 | 00:26:53 | 00:41:35.24 | +00:11:18 | 6:55 | 8.7 |
| 32 | MISZCZYK Jan | 70 | ROZBIEGANY KOSZALIN | M18-39 | 20 | 00:14:02 | 00:28:08 | 00:42:38.51 | +00:12:21 | 7:06 | 8.4 |
| 33 | ZIELIŃSKI Maciej | 65 | KAMIEŃ RYMAŃSKI | M18-39 | 21 | 00:12:46 | 00:27:10 | 00:42:45.32 | +00:12:28 | 7:07 | 8.4 |
| 34 | ADAMCZYK Karol | 69 | | M18-39 | 22 | 00:15:23 | 00:29:26 | 00:43:01.26 | +00:12:44 | 7:10 | 8.4 |
| 35 | CAŁA Małgorzata | 23 | RUNTASTYCZNI TEAM BYTÓW | K40-54 | 2 | 00:13:59 | 00:28:42 | 00:43:11.23 | +00:12:54 | 7:12 | 8.3 |
| 36 | CAŁA Bartosz | 22 | ŚWIAT PŁYTEK U KRYPINA | M40-54 | 10 | 00:14:03 | 00:28:47 | 00:43:12.13 | +00:12:55 | 7:12 | 8.3 |
| 37 | GAWROŃSKI Bartosz | 71 | | M18-39 | 23 | 00:13:09 | 00:27:58 | 00:43:22.04 | +00:13:04 | 7:13 | 8.3 |
| 38 | RUSINEK Dawid | 130 | | M18-39 | 24 | 00:13:21 | 00:28:09 | 00:43:46.82 | +00:13:29 | 7:17 | 8.2 |
| 39 | HAWRYLAK Marcin | 249 | AMPIO TEAM | M40-54 | 11 | 00:14:24 | 00:29:24 | 00:43:55.44 | +00:13:38 | 7:19 | 8.2 |
| 40 | STAŃCZYK Sławomir | 104 | | M18-39 | 25 | 00:14:19 | 00:29:02 | 00:44:07.69 | +00:13:50 | 7:21 | 8.2 |
| 41 | CHENON Guillaume | 119 | WIECZORNE BIEGANIE W SZCZECINIE | M18-39 | 26 | 00:14:16 | 00:28:54 | 00:44:07.74 | +00:13:50 | 7:21 | 8.2 |
| 42 | JAROSZEWSKI Przemysław | 168 | | M40-54 | 12 | 00:14:03 | 00:29:03 | 00:44:14.34 | +00:13:57 | 7:22 | 8.1 |
| 43 | OLCZAK Krzysztof | 26 | | M18-39 | 27 | 00:16:22 | 00:30:26 | 00:44:25.20 | +00:14:08 | 7:24 | 8.1 |
| 44 | CZAJKOWSKI Paweł | 53 | LUMBERJACKS CROSS GARAGE KOSZALIN | M18-39 | 28 | 00:15:34 | 00:29:58 | 00:44:25.72 | +00:14:08 | 7:24 | 8.1 |
| 45 | HOREGLAD Paweł | 49 | SPEEDY GONZALES | M18-39 | 29 | 00:14:46 | 00:29:36 | 00:44:31.88 | +00:14:14 | 7:25 | 8.1 |
| 46 | SZYMEN Karol | 99 | | M18-39 | 30 | 00:13:56 | 00:29:25 | 00:44:40.03 | +00:14:22 | 7:26 | 8.1 |
| 47 | WALCZAK Marcin | 120 | | M18-39 | 31 | 00:15:05 | 00:30:16 | 00:44:54.91 | +00:14:37 | 7:29 | 8 |
| 48 | SEWERYN Tomasz | 239 | | M18-39 | 32 | 00:14:57 | 00:29:44 | 00:44:58.70 | +00:14:41 | 7:29 | 8 |
| 49 | KACZMAREK Marta | 80 | KB SPOKO SŁAWNO | K18-39 | 3 | 00:14:51 | 00:30:12 | 00:45:00.46 | +00:14:43 | 7:30 | 8 |
| 50 | WILKOS Jakub | 128 | | M18-39 | 33 | 00:13:17 | 00:28:58 | 00:45:01.73 | +00:14:44 | 7:30 | 8 |
| 51 | KALISZ Roksana | 83 | | K40-54 | 3 | 00:14:42 | 00:30:19 | 00:45:03.37 | +00:14:46 | 7:30 | 8 |
| 52 | MACIEJEWSKI Piotr | 67 | | M18-39 | 34 | 00:15:25 | 00:30:25 | 00:45:13.85 | +00:14:56 | 7:32 | 8 |
| 53 | GACIA Maciek | 47 | | M18-39 | 35 | 00:16:08 | 00:31:01 | 00:45:18.86 | +00:15:01 | 7:33 | 7.9 |
| 54 | REPLAKOWSKI Krzysztof | 82 | WE RUN | M40-54 | 13 | 00:15:22 | 00:30:32 | 00:45:45.30 | +00:15:28 | 7:37 | 7.9 |
| 55 | SIDOR Mariusz | 103 | DECATHLON POWER SŁUPSK | M18-39 | 36 | 00:15:03 | 00:30:48 | 00:45:45.32 | +00:15:28 | 7:37 | 7.9 |
| 56 | DORAWA-ZIOMEK Anna | 4 | ZABIEGANE | K18-39 | 4 | 00:14:35 | 00:30:46 | 00:45:48.02 | +00:15:30 | 7:38 | 7.9 |
| 57 | ZASIMOWSKI Adam | 55 | BIEGAM BO LUBIĘ | M40-54 | 14 | 00:16:16 | 00:31:00 | 00:46:02.95 | +00:15:45 | 7:40 | 7.8 |
| 58 | SZOSTAK Marta | 115 | | K18-39 | 5 | 00:15:48 | 00:31:17 | 00:46:09.31 | +00:15:52 | 7:41 | 7.8 |
| 59 | KRZEWIŃSKA Małgorzata | 73 | TKKF KOSZALIN | K55+ | 1 | 00:15:21 | 00:30:53 | 00:46:09.57 | +00:15:52 | 7:41 | 7.8 |
| 60 | URBAŃSKI Rafał | 200 | ZASTOPIJ | M40-54 | 15 | 00:13:31 | 00:29:46 | 00:46:17.22 | +00:16:00 | 7:43 | 7.8 |
| 61 | CHODAK Monika | 94 | HUSARIA RACE TEAM | K40-54 | 4 | 00:14:58 | 00:30:37 | 00:46:23.73 | +00:16:06 | 7:44 | 7.8 |
| 62 | WNUK Przemek | 105 | | M18-39 | 37 | 00:14:43 | 00:31:22 | 00:46:26.02 | +00:16:08 | 7:44 | 7.8 |
| 63 | MAZUR Mirosław | 234 | | M40-54 | 16 | 00:15:31 | 00:31:15 | 00:46:45.88 | +00:16:28 | 7:47 | 7.7 |
| 64 | ORYSZCZYN Arek | 1 | | M18-39 | 38 | 00:14:39 | 00:31:13 | 00:47:02.05 | +00:16:44 | 7:50 | 7.7 |
| 65 | BUDZIŃSKI Paweł | 11 | DRUŻYNA SZPIKU | M40-54 | 17 | 00:15:26 | 00:31:18 | 00:47:09.08 | +00:16:52 | 7:51 | 7.6 |
| 66 | BRYŁOWSKI Dawid | 101 | | M18-39 | 39 | 00:15:16 | 00:31:10 | 00:47:14.45 | +00:16:57 | 7:52 | 7.6 |
| 67 | PACAN Mira | 10 | ŚWIAT PŁYTEK U KRYPINA | K18-39 | 6 | 00:14:21 | 00:31:34 | 00:47:36.33 | +00:17:19 | 7:56 | 7.6 |
| 68 | PACAN Bartosz | 33 | ŚWIAT PŁYTEK U KRYPINA | M18-39 | 40 | 00:14:24 | 00:31:33 | 00:47:43.52 | +00:17:26 | 7:57 | 7.5 |
| 69 | RUTKOWSKI Artur | 36 | RUNKING | M18-39 | 41 | 00:15:29 | 00:32:12 | 00:48:03.89 | +00:17:46 | 8:00 | 7.5 |
| 70 | KUCHARSKA Małgorzata | 18 | | K18-39 | 7 | 00:16:41 | 00:32:38 | 00:48:03.96 | +00:17:46 | 8:00 | 7.5 |
| 71 | JAROSZEWSKI Daniel | 91 | | M18-39 | 42 | 00:15:38 | 00:31:44 | 00:48:10.20 | +00:17:53 | 8:01 | 7.5 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 4km | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|--------------------------------|-----------|------|----------|----------|--------------------|-----------|--------------|------------|
| 72 | SZABŁOWIŃSKI Maciek | 100 | | M18-39 | 43 | 00:15:32 | 00:32:18 | 00:48:31.15 | +00:18:14 | 8:05 | 7.4 |
| 73 | DERESZ Rafał | 110 | FALUBAZ | M40-54 | 18 | 00:15:49 | 00:32:29 | 00:48:44.14 | +00:18:27 | 8:07 | 7.4 |
| 74 | KAMINSKI Tomasz | 35 | JW1223 | M40-54 | 19 | 00:16:11 | 00:32:45 | 00:48:44.42 | +00:18:27 | 8:07 | 7.4 |
| 75 | MICHALAK Michał | 64 | KAMIEŃ RYMAŃSKI | M18-39 | 44 | 00:16:59 | 00:32:41 | 00:48:50.63 | +00:18:33 | 8:08 | 7.4 |
| 76 | GALICKI Robert | 81 | | M40-54 | 20 | 00:16:54 | 00:33:13 | 00:48:50.81 | +00:18:33 | 8:08 | 7.4 |
| 77 | PŁOSZAJ Rafał | 32 | | M18-39 | 45 | 00:14:44 | 00:32:22 | 00:48:57.50 | +00:18:40 | 8:09 | 7.4 |
| 78 | DEPTA Katarzyna | 201 | | K40-54 | 5 | 00:16:03 | 00:32:36 | 00:48:59.44 | +00:18:42 | 8:10 | 7.3 |
| 79 | SIERANT Maria | 85 | | K18-39 | 8 | 00:15:40 | 00:32:25 | 00:49:01.83 | +00:18:44 | 8:10 | 7.3 |
| 80 | SZCZYPEK Arkadiusz | 169 | ZASTOPIJ | M18-39 | 46 | 00:15:54 | 00:32:51 | 00:49:23.57 | +00:19:06 | 8:14 | 7.3 |
| 81 | WEILAND Agnieszka | 16 | NIGHT WOLVES SŁUPSK | K18-39 | 9 | 00:16:01 | 00:33:19 | 00:49:44.12 | +00:19:27 | 8:17 | 7.2 |
| 82 | MURAWSKI Waldemar | 208 | | M40-54 | 21 | 00:16:07 | 00:33:04 | 00:49:46.47 | +00:19:29 | 8:17 | 7.2 |
| 83 | NOWICKI Piotr | 210 | | M40-54 | 22 | 00:17:14 | 00:33:20 | 00:49:56.02 | +00:19:38 | 8:19 | 7.2 |
| 84 | PIASECKI Mariusz | 215 | | M18-39 | 47 | 00:17:15 | 00:33:20 | 00:49:56.32 | +00:19:39 | 8:19 | 7.2 |
| 85 | JUSZCZAK Krzysztof | 48 | | M55+ | 1 | 00:17:14 | 00:33:30 | 00:49:56.81 | +00:19:39 | 8:19 | 7.2 |
| 86 | ROMANOWICZ Monika | 12 | ZABIEGANE :) | K18-39 | 10 | 00:15:43 | 00:32:48 | 00:50:22.23 | +00:20:05 | 8:23 | 7.1 |
| 87 | JANOWICZ Przemysław | 21 | FPP | M18-39 | 48 | 00:15:53 | 00:33:01 | 00:50:35.47 | +00:20:18 | 8:25 | 7.1 |
| 88 | KLESZCZYŃSKI Damian | 76 | | M18-39 | 49 | 00:17:58 | 00:34:42 | 00:50:40.99 | +00:20:23 | 8:26 | 7.1 |
| 89 | FABRYKIEWICZ Joanna | 114 | | K18-39 | 11 | 00:16:56 | 00:33:44 | 00:50:44.00 | +00:20:26 | 8:27 | 7.1 |
| 90 | MICHAŁÓW Leszek | 45 | AJDZO SQUAD | M18-39 | 50 | 00:16:58 | 00:33:49 | 00:50:48.97 | +00:20:31 | 8:28 | 7.1 |
| 91 | KAZIMIEROWICZ Radosław | 95 | VTT | M18-39 | 51 | 00:17:39 | 00:33:59 | 00:51:00.55 | +00:20:43 | 8:30 | 7.1 |
| 92 | LABUDA Hubert | 122 | | M18-39 | 52 | 00:18:01 | 00:34:32 | 00:51:23.99 | +00:21:06 | 8:34 | 7 |
| 93 | BASŁYK Agnieszka | 220 | | K18-39 | 12 | 00:18:25 | 00:34:50 | 00:51:24.27 | +00:21:07 | 8:34 | 7 |
| 94 | NOWAK Paweł | 127 | | M18-39 | 53 | 00:16:23 | 00:33:48 | 00:51:33.48 | +00:21:16 | 8:35 | 7 |
| 95 | ZANDER Jakub | 63 | KAMIEŃ RYMAŃSKI | M18-39 | 54 | 00:17:18 | 00:34:07 | 00:51:50.71 | +00:21:33 | 8:38 | 6.9 |
| 96 | USTJANOWSKA Katarzyna | 41 | | K18-39 | 13 | 00:17:50 | 00:35:05 | 00:51:52.61 | +00:21:35 | 8:38 | 6.9 |
| 97 | MACIEJEWSKI Maciej | 14 | FPP FUNKCJONALNOŚĆ PONAD POMPE | M18-39 | 55 | 00:17:28 | 00:35:21 | 00:52:05.81 | +00:21:48 | 8:41 | 6.9 |
| 98 | SUCHODOLSKA Aleksandra | 34 | ZABIEGANE :) | K18-39 | 14 | 00:16:43 | 00:34:16 | 00:52:18.06 | +00:22:01 | 8:43 | 6.9 |
| 99 | KRYSEWSKA Magdalena | 3 | | K18-39 | 15 | 00:16:48 | 00:34:25 | 00:52:18.62 | +00:22:01 | 8:43 | 6.9 |
| 100 | ZAKOŚCIELNA Katarzyna | 5 | ZABIEGANE :) | K18-39 | 16 | 00:17:00 | 00:34:31 | 00:52:19.35 | +00:22:02 | 8:43 | 6.9 |
| 101 | STASZAK Wojciech | 86 | | M18-39 | 56 | 00:18:00 | 00:35:13 | 00:52:46.28 | +00:22:29 | 8:47 | 6.8 |
| 102 | FRĄCZAK Sylwester | 74 | 4FUN | M18-39 | 57 | 00:17:58 | 00:35:13 | 00:52:46.42 | +00:22:29 | 8:47 | 6.8 |
| 103 | MRUGALSKI Stanisław | 126 | | M55+ | 2 | 00:18:41 | 00:35:23 | 00:53:01.92 | +00:22:44 | 8:50 | 6.8 |
| 104 | WESOŁEK Łukasz | 68 | | M18-39 | 58 | 00:17:08 | 00:35:10 | 00:53:07.55 | +00:22:50 | 8:51 | 6.8 |
| 105 | NIEWIADOWSKA Urszula | 8 | WWW.ARTE-IT.PL | K18-39 | 17 | 00:18:52 | 00:36:09 | 00:53:18.11 | +00:23:01 | 8:53 | 6.8 |
| 106 | NIEWIADOWSKI Robert | 7 | WWW.ARTE-IT.PL | M18-39 | 59 | 00:18:52 | 00:36:10 | 00:53:18.82 | +00:23:01 | 8:53 | 6.8 |
| 107 | JAGIELSKA Daria | 72 | SEW | K18-39 | 18 | 00:18:18 | 00:36:20 | 00:54:07.95 | +00:23:50 | 9:01 | 6.7 |
| 108 | KUKLIŃSKI Sebastian | 51 | SEW | M18-39 | 60 | 00:17:28 | 00:36:21 | 00:54:15.60 | +00:23:58 | 9:02 | 6.6 |
| 109 | WOŹNIECKA Karolina | 233 | | K18-39 | 19 | 00:19:27 | 00:36:59 | 00:54:34.62 | +00:24:17 | 9:05 | 6.6 |
| 110 | HARASYM Daniel | 195 | ZASTOPIJ | M40-54 | 23 | 00:18:27 | 00:36:41 | 00:54:44.15 | +00:24:27 | 9:07 | 6.6 |
| 111 | MARCZAK Małgorzata | 77 | | K55+ | 2 | 00:18:48 | 00:36:34 | 00:55:12.67 | +00:24:55 | 9:12 | 6.5 |
| 112 | BUDZYŃSKA Elżbieta | 98 | | K40-54 | 6 | 00:18:49 | 00:37:06 | 00:55:42.86 | +00:25:25 | 9:17 | 6.5 |
| 113 | URBAN Joanna | 62 | | K40-54 | 7 | 00:17:56 | 00:36:41 | 00:55:53.77 | +00:25:36 | 9:19 | 6.4 |
| 114 | RADZIUSZ Ilona | 116 | | K18-39 | 20 | 00:19:12 | 00:37:28 | 00:55:53.99 | +00:25:36 | 9:19 | 6.4 |
| 115 | LEWANDOWSKI Piotr | 185 | ZASTOPIJ | M40-54 | 24 | 00:19:32 | 00:37:44 | 00:56:18.14 | +00:26:01 | 9:23 | 6.4 |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | 2km | 4km | Czas netto 6km | Różn | Tempo min/km | Tempo km/h |
|-----|--------------------------|-------|-----------------------------------|-----------|------|----------|----------|----------------|-----------|--------------|------------|
| 116 | LABUDA Dariusz | 121 | | M40-54 | 25 | 00:19:35 | 00:38:28 | 00:56:33.61 | +00:26:16 | 9:25 | 6.4 |
| 117 | ŁASTOWSKI Paweł | 123 | | M18-39 | 61 | 00:19:35 | 00:38:28 | 00:56:33.69 | +00:26:16 | 9:25 | 6.4 |
| 118 | ARCHACKI Patryk | 66 | | M18-39 | 62 | 00:18:22 | 00:38:12 | 00:56:50.17 | +00:26:33 | 9:28 | 6.3 |
| 119 | WÓJCIK Anna | 59 | ŻYTANIA TEAM | K18-39 | 21 | 00:19:34 | 00:38:10 | 00:56:55.09 | +00:26:38 | 9:29 | 6.3 |
| 120 | SZULTKA Sylwia | 58 | | K18-39 | 22 | 00:19:34 | 00:38:11 | 00:56:55.21 | +00:26:38 | 9:29 | 6.3 |
| 121 | SUDER-MAKSYMOWICZ Monika | 106 | | K18-39 | 23 | 00:19:39 | 00:38:34 | 00:57:33.48 | +00:27:16 | 9:35 | 6.3 |
| 122 | WALKOWIAK Daria | 124 | | K18-39 | 24 | 00:19:08 | 00:38:03 | 00:57:37.56 | +00:27:20 | 9:36 | 6.2 |
| 123 | SEEWALD Agnieszka | 125 | ZAKWAS | K18-39 | 25 | 00:19:08 | 00:38:03 | 00:57:37.77 | +00:27:20 | 9:36 | 6.2 |
| 124 | SUSKI Jan | 241 | TKKF KOSZALIN | M55+ | 3 | 00:19:08 | 00:39:28 | 00:58:32.02 | +00:28:14 | 9:45 | 6.2 |
| 125 | ŚWIĘTANOWSKA Joanna | 89 | | K40-54 | 8 | 00:20:44 | 00:40:18 | 00:59:34.36 | +00:29:17 | 9:55 | 6 |
| 126 | HAŁAJKO Magdalena | 84 | | K18-39 | 26 | 00:20:44 | 00:40:19 | 00:59:35.21 | +00:29:18 | 9:55 | 6 |
| 127 | RĘBISZ Aneta | 237 | | K18-39 | 27 | 00:20:08 | 00:39:50 | 00:59:41.28 | +00:29:24 | 9:56 | 6 |
| 128 | GRYGLEWSKA Magdalena | 236 | | K18-39 | 28 | 00:20:09 | 00:39:50 | 00:59:42.06 | +00:29:25 | 9:57 | 6 |
| 129 | STRZYŻ Dorota | 25 | WWW.ARTE-IT.PL | K18-39 | 29 | 00:21:20 | 00:42:08 | 01:01:49.64 | +00:31:32 | 10:18 | 5.8 |
| 130 | POZORSKA Katarzyna | 117 | | K18-39 | 30 | 00:21:06 | 00:41:22 | 01:01:50.11 | +00:31:33 | 10:18 | 5.8 |
| 131 | MOŁDAWA Karolina | 56 | LUMBERJACKS CROSS GARAGE KOSZALIN | K18-39 | 31 | 00:21:08 | 00:41:51 | 01:01:50.13 | +00:31:33 | 10:18 | 5.8 |
| 132 | ZASIMOWSKA Edyta | 54 | BIEGAM BO LUBIĘ | K40-54 | 9 | 00:21:19 | 00:42:12 | 01:01:50.21 | +00:31:33 | 10:18 | 5.8 |
| 133 | BARUŚIŃSKA Marta | 24 | | K18-39 | 32 | 00:21:09 | 00:41:23 | 01:01:50.27 | +00:31:33 | 10:18 | 5.8 |
| 134 | SOKOŁOWSKA Tola | 118 | | K18-39 | 33 | 00:21:07 | 00:41:25 | 01:01:50.61 | +00:31:33 | 10:18 | 5.8 |
| 135 | SPICA Łukasz | 52 | | M18-39 | 63 | 00:20:25 | 00:41:11 | 01:02:36.16 | +00:32:19 | 10:26 | 5.8 |
| 136 | KRZEWIŃSKA Monika | 78 | TKKF KOSZALIN | K18-39 | 34 | 00:20:21 | 00:41:33 | 01:03:01.46 | +00:32:44 | 10:30 | 5.7 |
| 137 | GAWROŃSKI Paweł | 19 | OGIEŃ W SZOPIE | M18-39 | 64 | 00:20:24 | 00:41:34 | 01:03:01.71 | +00:32:44 | 10:30 | 5.7 |
| 138 | JAKUBCZYK Agnieszka | 79 | | K18-39 | 35 | 00:20:51 | 00:41:37 | 01:03:42.23 | +00:33:25 | 10:37 | 5.7 |
| 139 | WYKA Marcin | 31 | | M18-39 | 65 | 00:20:38 | 00:42:36 | 01:03:48.66 | +00:33:31 | 10:38 | 5.6 |
| 140 | PEWIŃSKA Justyna | 30 | PORSHE | K18-39 | 36 | 00:20:39 | 00:42:38 | 01:03:49.20 | +00:33:32 | 10:38 | 5.6 |
| 141 | ODRZYWOŁEK Paweł | 60 | | M18-39 | 66 | 00:20:39 | 00:42:38 | 01:03:49.66 | +00:33:32 | 10:38 | 5.6 |
| 142 | GRZESZCZAK Małgorzata | 42 | PORSHE | K18-39 | 37 | 00:20:39 | 00:42:40 | 01:03:49.82 | +00:33:32 | 10:38 | 5.6 |
| 143 | ZALEWSKI Mariusz | 43 | PORSHE | M40-54 | 26 | 00:20:40 | 00:42:40 | 01:03:50.04 | +00:33:32 | 10:38 | 5.6 |
| 144 | WILK Dominika | 29 | PORSHE | K18-39 | 38 | 00:20:39 | 00:42:37 | 01:03:50.16 | +00:33:33 | 10:38 | 5.6 |
| 145 | KUTKOWSKI Sławomir | 90 | | M18-39 | 67 | 00:20:47 | 00:42:51 | 01:05:27.35 | +00:35:10 | 10:54 | 5.5 |
| 146 | TABAK Marek | 138 | | M40-54 | 27 | 00:22:33 | 00:44:56 | 01:07:27.85 | +00:37:10 | 11:14 | 5.3 |
| 147 | SCHEFFLER Bryan | 232 | | M18-39 | 68 | 00:23:06 | 00:47:18 | 01:11:34.74 | +00:41:17 | 11:55 | 5 |

Znaleziono 147 wynik(ów)