



BIEG TRZECH KRÓLI - II ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz
Data: 2020-01-06
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JAKUBEK Patryk	77	7 DAYS	M-20	1	00:17:30.62		3:30	17.1 (100%)
2	ZIEMAN Michał	259	404 NOT FOUND	M-30	1	00:17:38.80	+00:00:08 (0.8%)	3:31	17 (99.4%)
3	HUBERT Łukasz	72	TKKF KOSZALIN	M-30	2	00:17:45.61	+00:00:14 (1.4%)	3:33	16.9 (98.8%)
4	RYKIEL Michał	197	DĄBROWSKI TEAM	M-30	3	00:17:55.83	+00:00:25 (2.3%)	3:35	16.7 (97.7%)
5	MAJKOWICZ Rafał	141		M-30	4	00:18:01.08	+00:00:30 (2.8%)	3:36	16.6 (97.1%)
6	MIELEWCZYK Łukasz	152	GRUPA BIEGOWA MRT	M-30	5	00:18:07.09	+00:00:36 (3.4%)	3:37	16.6 (97.1%)
7	RYBACZEK Sebastian	196	8PPLOT	M-40	1	00:18:27.13	+00:00:56 (5.1%)	3:41	16.2 (94.7%)
8	DYLEWSKI Tomasz	48		M-20	2	00:18:30.96	+00:01:00 (5.4%)	3:42	16.2 (94.7%)
9	KAWKA Adrian	100	BEST BEASTS	M-30	6	00:19:00.94	+00:01:30 (7.9%)	3:48	15.8 (92.4%)
10	WALEŃSKI Michał	239	TKKF KOSZALIN	M-40	2	00:19:09.31	+00:01:38 (8.6%)	3:50	15.7 (91.8%)
11	IWANEJKO Martyna	74	AZS POZNAŃ	K-20	1	00:19:16.23	+00:01:45 (9.1%)	3:51	15.6 (91.2%)
12	SZULC Arek	230	MARYCZ.COM	M-40	3	00:19:22.86	+00:01:52 (9.7%)	3:52	15.5 (90.6%)
13	STOLTMAN Marcin	213	7 DAYS	M-20	3	00:19:22.50	+00:01:51 (9.6%)	3:52	15.5 (90.6%)
14	KORMAN Kamil	115		M-20	4	00:19:35.73	+00:02:05 (10.6%)	3:55	15.3 (89.5%)
15	GOSTKOWSKI Łukasz	59	404 NOT FOUND	M-30	7	00:19:34.41	+00:02:03 (10.5%)	3:54	15.3 (89.5%)
16	DUDA Grzegorz	47	BEST BEASTS	M-40	5	00:19:37.60	+00:02:06 (10.8%)	3:55	15.3 (89.5%)
17	LEWANDOWSKI Jacek	135	TAPETY KOSZALIN MONIUSZKI	M-40	4	00:19:37.43	+00:02:06 (10.8%)	3:55	15.3 (89.5%)
18	CICHOSZ-MIELEWCZYK Mateusz	35	POZYTYWNE NAKRĘCENI	M-30	8	00:19:42.42	+00:02:11 (11.1%)	3:56	15.2 (88.9%)
19	PICK Tomasz	181	SKSG KORONA SZCZECIN	M-50	1	00:19:50.30	+00:02:19 (11.7%)	3:58	15.1 (88.3%)
20	BAJGERT Robert	5	KB WYGAN/VOLTAIX.PL	M-50	2	00:20:08.39	+00:02:37 (13.1%)	4:01	14.9 (87.1%)
21	TRĘBSKI Krzysztof	236	#ZABIEGANINOCA	M-40	6	00:20:03.24	+00:02:32 (12.7%)	4:00	15 (87.7%)
22	BRALSKI Andrzej	19	#ZABIEGANINOCA	M-40	7	00:20:22.29	+00:02:51 (14.0%)	4:04	14.7 (86.0%)
23	SKROBANEK Hanna	207	MKP SZCZECINEK	K-14	1	00:20:29.59	+00:02:58 (14.6%)	4:06	14.6 (85.4%)
24	JANKOWSKI Grzegorz	78	POZYTYWNE NAKRĘCENI	M-40	8	00:20:30.91	+00:03:00 (14.6%)	4:06	14.6 (85.4%)
25	KOZIEŁ Paweł	119		M-40	9	00:20:34.43	+00:03:03 (14.9%)	4:06	14.6 (85.4%)
26	DRAŻKOWSKI Tomasz	45	MKP SZCZECINEK	M-14	1	00:20:39.40	+00:03:08 (15.2%)	4:07	14.5 (84.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						5km			
27	KUCAL Paweł	131		M-40	10	00:20:40.19	+00:03:09 (15.3%)	4:08	14.5 (84.8%)
28	KONKEL Agnieszka	110		K-30	1	00:20:41.07	+00:03:10 (15.3%)	4:08	14.5 (84.8%)
29	ZATOŃ Olga	257		K-30	2	00:20:46.32	+00:03:15 (15.7%)	4:09	14.4 (84.2%)
30	PĘKAŁA Piotr	180	SP MANOWO	M-40	11	00:20:46.92	+00:03:16 (15.7%)	4:09	14.4 (84.2%)
31	CHABOWSKI Wojciech	27	SOMGORSI	M-20	5	00:20:48.07	+00:03:17 (15.8%)	4:09	14.4 (84.2%)
32	PODSTAWKA Alek	187		M-14	2	00:20:52.04	+00:03:21 (16.1%)	4:10	14.4 (84.2%)
33	CUBER Wojciech	37	#ZABIEGANINOCA	M-30	9	00:20:52.64	+00:03:22 (16.1%)	4:10	14.4 (84.2%)
34	SZAMOTULSKI Henryk	222		M-40	12	00:20:57.22	+00:03:26 (16.4%)	4:11	14.3 (83.6%)
35	WEBER Paweł	241	FPP	M-30	10	00:21:01.67	+00:03:31 (16.7%)	4:12	14.3 (83.6%)
36	NARKUN Szymon	162		M-14	3	00:21:02.40	+00:03:31 (16.8%)	4:12	14.3 (83.6%)
37	NOWODWORSKA Justyna	168	7 DAYS	K-30	3	00:21:04.44	+00:03:33 (16.9%)	4:13	14.2 (83.0%)
38	WIKTOROWSKI Maciej	246		M-40	13	00:21:05.52	+00:03:34 (17.0%)	4:13	14.2 (83.0%)
39	KOZIEŁ Adam	120		M-20	6	00:21:09.25	+00:03:38 (17.2%)	4:13	14.2 (83.0%)
40	BRZEZIŃSKI Jan	22	TEAM PIOTRUŚ	M-50	3	00:21:09.45	+00:03:38 (17.2%)	4:14	14.2 (83.0%)
41	ŁUKAWSKI Mariusz	139	8PPLOT	M-30	11	00:21:10.11	+00:03:39 (17.3%)	4:14	14.2 (83.0%)
42	ŁAWNICZAK Justyna	137	#ZABIEGANINOCA	K-30	4	00:21:15.60	+00:03:44 (17.6%)	4:15	14.1 (82.5%)
43	GÓRA Sylwester	61	#ZABIEGANINOCA	M-40	14	00:21:15.60	+00:03:44 (17.6%)	4:15	14.1 (82.5%)
44	HISZCZYŃSKA Aleksandra	70	CSSP	K-20	2	00:21:16.07	+00:03:45 (17.7%)	4:15	14.1 (82.5%)
45	ŻUREK Mateusz	263		M-30	12	00:21:17.47	+00:03:46 (17.8%)	4:15	14.1 (82.5%)
46	OLCZAK Krzysztof	169		M-30	13	00:21:18.13	+00:03:47 (17.8%)	4:15	14.1 (82.5%)
47	SITARCZYK Damian	205	FUNDACJA ZASTOPIJ	M-30	14	00:21:21.76	+00:03:51 (18.0%)	4:16	14.1 (82.5%)
48	BARGAŃSKA Justyna	8	404 NOT FOUND	K-40	1	00:21:22.60	+00:03:51 (18.1%)	4:16	14 (81.9%)
49	KLUCZEWSKA Emilia	107	7 DAYS	K-30	5	00:21:23.92	+00:03:53 (18.2%)	4:16	14 (81.9%)
50	NOGA Sebastian	164	TKKF KOSZALIN	M-20	7	00:21:25.23	+00:03:54 (18.3%)	4:17	14 (81.9%)
51	CZYŻYKOWSKI Łukasz	40		M-30	15	00:21:27.85	+00:03:57 (18.4%)	4:17	14 (81.9%)
52	HAŁKA Justyna	65	TRUCHT ŁOBEZ	K-40	2	00:21:28.20	+00:03:57 (18.4%)	4:17	14 (81.9%)
53	JOŃCA Jakub	85	BEST BEASTS	M-14	4	00:21:29.57	+00:03:58 (18.5%)	4:18	14 (81.9%)
54	BUDZIŃSKI Paweł	25	TAGER SPORT KOSZALIN / DRUŻYNA SZPIKU	M-40	15	00:21:39.00	+00:04:08 (19.1%)	4:19	13.9 (81.3%)
55	SZULC Szymon	228	SZULC RUNNERS TEAM	M-30	16	00:21:41.85	+00:04:11 (19.3%)	4:20	13.8 (80.7%)
56	BŁASZCZYK Piotr	14		M-40	16	00:21:42.83	+00:04:12 (19.4%)	4:20	13.8 (80.7%)
57	MIELCZAREK Ksawery	192		M-20	8	00:21:43.69	+00:04:13 (19.4%)	4:20	13.8 (80.7%)
58	CIASTOŃ Tomasz	33	ORSKOV FOODS TEAM	M-40	17	00:21:43.79	+00:04:13 (19.4%)	4:20	13.8 (80.7%)
59	SZYMAŃSKI Patryk	232	PRESS GLASS - BIEGAMY I WSPIERAMY	M-20	9	00:21:48.35	+00:04:17 (19.7%)	4:21	13.8 (80.7%)
60	BIAŁECKA Paula	13		K-30	6	00:21:49.00	+00:04:18 (19.7%)	4:21	13.8 (80.7%)
61	JARZYNA Roman	79	SZWLA STARGARD	M-50	4	00:21:58.48	+00:04:27 (20.3%)	4:23	13.7 (80.1%)
62	SZCZĘK Małgorzata	224	404 NOT FOUND	K-30	7	00:22:00.35	+00:04:29 (20.4%)	4:24	13.6 (79.5%)
63	GAWRYSIAK Przemysław	52		M-40	18	00:22:03.93	+00:04:33 (20.6%)	4:24	13.6 (79.5%)
64	PAŁASZEWSKA Karolina	176		K-30	8	00:22:03.99	+00:04:33 (20.6%)	4:24	13.6 (79.5%)
65	NOSAL Mariusz	165		M-30	17	00:22:06.02	+00:04:35 (20.8%)	4:25	13.6 (79.5%)
66	GAWEŁ Zbigniew	51	POMERIDERS SŁUPSK	M-60	1	00:22:06.36	+00:04:35 (20.8%)	4:25	13.6 (79.5%)
67	PŁAŻALSKI Przemysław	186		M-40	19	00:22:13.50	+00:04:42 (21.2%)	4:26	13.5 (78.9%)
68	BARTHA Adrian	9		M-30	18	00:22:14.78	+00:04:44 (21.3%)	4:27	13.5 (78.9%)
69	KRUPIŃSKI Krzysztof	125	E-UROLOG.EU	M-50	5	00:22:21.21	+00:04:50 (21.7%)	4:28	13.4 (78.4%)
70	GÓRA Agnieszka	60	#ZABIEGANINOCA	K-40	3	00:22:30.37	+00:04:59 (22.2%)	4:30	13.3 (77.8%)

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						5km			
71	KRYNICKA Magdalena	126		K-20	3	00:22:34.73	+00:05:04 (22.4%)	4:31	13.3 (77.8%)
72	WOŹNIECKA Karolina	253	SEASIDE TEAM RUN	K-30	9	00:22:39.65	+00:05:09 (22.7%)	4:32	13.2 (77.2%)
73	ŻUKOWSKI Cezary	262		M-30	19	00:22:41.35	+00:05:10 (22.8%)	4:32	13.2 (77.2%)
74	KAŹMIERCZAK Agnieszka	102		K-40	4	00:22:44.16	+00:05:13 (23.0%)	4:32	13.2 (77.2%)
75	FAJGIER Tomasz	50		M-50	6	00:22:44.89	+00:05:14 (23.0%)	4:33	13.2 (77.2%)
76	JAKÓBCZYK Sławomir	76	BRAK	M-40	20	00:22:49.13	+00:05:18 (23.3%)	4:33	13.1 (76.6%)
77	NIEMCZUK Dariusz	163	JAMNO	M-50	7	00:22:53.05	+00:05:22 (23.5%)	4:34	13.1 (76.6%)
78	PIETRYKA Artur	182	KARLINOBIEGAJ	M-40	21	00:22:58.80	+00:05:28 (23.8%)	4:35	13.1 (76.6%)
79	KLENIEWSKI Piotr	105	ZACHODNIOPOMORSKIE	M-60	2	00:22:58.94	+00:05:28 (23.8%)	4:35	13.1 (76.6%)
80	BAWOŁ Andrzej	10	:-)	M-40	22	00:23:02.51	+00:05:31 (24.0%)	4:36	13 (76.0%)
81	KRZEWIŃSKA Małgorzata	129	TKKF KOSZALIN	K-60	1	00:23:05.86	+00:05:35 (24.2%)	4:37	13 (76.0%)
82	HAŁKA Arkadiusz	66	TRUCHT ŁOBEZ	M-40	23	00:23:07.12	+00:05:36 (24.3%)	4:37	13 (76.0%)
83	HARASIMOWICZ Michał	67	12BBSP	M-30	20	00:23:13.78	+00:05:43 (24.6%)	4:38	12.9 (75.4%)
84	ZAGALSKA Paulina	255		K-30	10	00:23:17.02	+00:05:46 (24.8%)	4:39	12.9 (75.4%)
85	BAGNIUK Piotr	4		M-30	21	00:23:19.00	+00:05:48 (24.9%)	4:39	12.9 (75.4%)
86	NOSAL Martyna	166	PENTATHLON SZCZECINEK	K-14	2	00:23:19.47	+00:05:48 (24.9%)	4:39	12.9 (75.4%)
87	KONKEL Łukasz	111		M-40	24	00:23:26.70	+00:05:56 (25.3%)	4:41	12.8 (74.9%)
88	SAWIŃSKI Jacek	201		M-40	25	00:23:28.12	+00:05:57 (25.4%)	4:41	12.8 (74.9%)
89	POMORSKI Łukasz	190	CSSP	M-20	10	00:23:31.73	+00:06:01 (25.6%)	4:42	12.7 (74.3%)
90	GĄSIOR Grzegorz	53	CSSP	M-30	22	00:23:32.12	+00:06:01 (25.6%)	4:42	12.7 (74.3%)
91	MONGIAŁO Marcin	158	FAST FEET K-LIN	M-40	26	00:23:36.01	+00:06:05 (25.8%)	4:43	12.7 (74.3%)
92	GIEDROWICZ Aleksandra	55		K-30	11	00:23:39.64	+00:06:09 (26.0%)	4:44	12.7 (74.3%)
93	CHOŁUJ Karol	29	ZAWSZE DO PRZODU	M-30	23	00:23:40.41	+00:06:09 (26.0%)	4:44	12.7 (74.3%)
94	BODO Rafał	15	ZOSKOSZ KOSZALIN	M-30	24	00:23:41.41	+00:06:10 (26.1%)	4:44	12.7 (74.3%)
95	ŻEBROWSKI Igor	261	KARLINOBIEGAJ	M-14	5	00:23:50.21	+00:06:19 (26.5%)	4:46	12.6 (73.7%)
96	KNUT-POTOCZNIK Gabriela	108	STOWARZYSZENIE KIERUNEK POLANÓW	K-30	12	00:23:52.57	+00:06:21 (26.7%)	4:46	12.6 (73.7%)
97	SARBIEWSKI Przemysław	200		M-40	27	00:23:52.63	+00:06:22 (26.7%)	4:46	12.6 (73.7%)
98	ANTKOWIAK Sebastian	2	DB - ACTIVE	M-40	28	00:23:52.88	+00:06:22 (26.7%)	4:46	12.6 (73.7%)
99	HNATOWSKI Artur	254	CSSP	M-50	8	00:23:55.31	+00:06:24 (26.8%)	4:47	12.5 (73.1%)
100	DRULIK-HOŁUB Marta	46	TORNADO KOSZALIN	K-40	5	00:24:02.04	+00:06:31 (27.1%)	4:48	12.5 (73.1%)
101	MICHALCZYK Kamil	151		M-30	25	00:24:06.06	+00:06:35 (27.3%)	4:49	12.4 (72.5%)
102	USTJANOWSKA Katarzyna	238		K-30	13	00:24:07.41	+00:06:36 (27.4%)	4:49	12.4 (72.5%)
103	MARCINKOWSKI Jacek	146	SSK ORZEŁ ŚWIESZYNO	M-40	29	00:24:10.36	+00:06:39 (27.6%)	4:50	12.4 (72.5%)
104	KRASIŃSKI Witold	122		M-40	30	00:24:10.39	+00:06:39 (27.6%)	4:50	12.4 (72.5%)
105	SKOKOWSKI Marek	206		M-30	26	00:24:15.02	+00:06:44 (27.8%)	4:51	12.4 (72.5%)
106	KOPIEC-PARYSIAK Joanna	114		K-30	14	00:24:15.91	+00:06:45 (27.8%)	4:51	12.4 (72.5%)
107	KRUPIŃSKA Beata	124	E-UROLOG.EU	K-50	1	00:24:16.25	+00:06:45 (27.9%)	4:51	12.4 (72.5%)
108	PAWŁOWSKI Grzegorz	178	GAMMAX	M-40	31	00:24:16.85	+00:06:46 (27.9%)	4:51	12.4 (72.5%)
109	SZOSTAK Marta	226		K-20	4	00:24:20.38	+00:06:49 (28.1%)	4:52	12.3 (71.9%)
110	DĘBSKI Damian	42		M-30	27	00:24:20.40	+00:06:49 (28.1%)	4:52	12.3 (71.9%)
111	CZAPLA Paulina	38		K-30	15	00:24:22.29	+00:06:51 (28.2%)	4:52	12.3 (71.9%)
112	JASIEK Paweł	80	#ZABIEGANINOCA	M-30	28	00:24:23.02	+00:06:52 (28.2%)	4:52	12.3 (71.9%)
113	OPALIŃSKI Stanisław	170	BBL KOŁOBRZEG	M-60	3	00:24:24.93	+00:06:54 (28.3%)	4:53	12.3 (71.9%)
114	DRABKOWSKA Agnieszka	44	CUDAKI♥	K-40	6	00:24:36.14	+00:07:05 (28.8%)	4:55	12.2 (71.3%)

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						5km			
115	OSOBNAK Ryszard	173		M-60	4	00:24:39.05	+00:07:08 (29.0%)	4:55	12.2 (71.3%)
116	DEJNAK Mariola	41		K-60	2	00:24:39.45	+00:07:08 (29.0%)	4:55	12.2 (71.3%)
117	WĄSOWICZ Anna	240		K-30	16	00:24:39.70	+00:07:09 (29.0%)	4:56	12.2 (71.3%)
118	KAJKOWSKI Rafał	93	CSSP	M-40	32	00:24:43.14	+00:07:12 (29.2%)	4:56	12.1 (70.8%)
119	MONGIAŁO Aleksandra	157	FAST FEET K-LIN	K-30	17	00:24:48.23	+00:07:17 (29.4%)	4:57	12.1 (70.8%)
120	STALUSZKA Dariusz	210	21BLT	M-40	33	00:24:54.13	+00:07:23 (29.7%)	4:58	12 (70.2%)
121	KAMYK Piotr	95	HTTPS://MH-INFORMATYKA.PL	M-40	34	00:24:59.89	+00:07:29 (30.0%)	5:00	12 (70.2%)
122	KUSZYŃSKI Dariusz	133		M-40	35	00:25:00.04	+00:07:29 (30.0%)	5:00	12 (70.2%)
123	GOLEC Anna	57		K-40	7	00:25:03.83	+00:07:33 (30.1%)	5:00	12 (70.2%)
124	KACZMARYK Jolanta	90		K-40	8	00:25:04.04	+00:07:33 (30.1%)	5:00	12 (70.2%)
125	CHUDZIK Zbigniew	32	TKKF KOSZALIN	M-50	9	00:25:08.21	+00:07:37 (30.3%)	5:01	11.9 (69.6%)
126	METEL Izabela	150	POZYTYWNE NAKRĘCENI	K-40	9	00:25:08.72	+00:07:38 (30.4%)	5:01	11.9 (69.6%)
127	PACAN Mira	174	POZYTYWNE NAKRĘCENI	K-30	18	00:25:08.87	+00:07:38 (30.4%)	5:01	11.9 (69.6%)
128	GONTEK Łukasz	58	VW BATORY	M-30	29	00:25:12.19	+00:07:41 (30.5%)	5:02	11.9 (69.6%)
129	LIPNIEWICZ Paweł	136		M-30	30	00:25:20.81	+00:07:50 (30.9%)	5:04	11.8 (69.0%)
130	KOWALCZYK Karolina	118		K-40	10	00:25:21.23	+00:07:50 (30.9%)	5:04	11.8 (69.0%)
131	URBANOWICZ Michał	237		M-40	36	00:25:21.52	+00:07:50 (30.9%)	5:04	11.8 (69.0%)
132	KACZOROWSKI Marek	91	FUNDACJA ZASTOPUJ	M-20	11	00:25:27.88	+00:07:57 (31.2%)	5:05	11.8 (69.0%)
133	KOLIGAT Anna	109		K-40	11	00:25:35.44	+00:08:04 (31.6%)	5:07	11.7 (68.4%)
134	CIEŚLAK Grzegorz	36		M-30	31	00:25:40.42	+00:08:09 (31.8%)	5:08	11.7 (68.4%)
135	KOZŁOWIECKI Waldemar	64	TKKF KOSZALIN	M-60	5	00:25:42.58	+00:08:11 (31.9%)	5:08	11.7 (68.4%)
136	KOPEĆ Krzysztof	113		M-40	37	00:25:44.74	+00:08:14 (32.0%)	5:09	11.7 (68.4%)
137	JUSZCZYK Agnieszka	87	ANOX TEAM	K-40	12	00:25:47.15	+00:08:16 (32.1%)	5:09	11.6 (67.8%)
138	JUSZCZAK Krzysztof	86		M-60	6	00:25:47.74	+00:08:17 (32.1%)	5:09	11.6 (67.8%)
139	CHMARA Grzegorz	28	STM TEAM	M-50	10	00:25:55.02	+00:08:24 (32.4%)	5:11	11.6 (67.8%)
140	PŁATOSZ Magda	184		K-20	5	00:25:57.11	+00:08:26 (32.5%)	5:11	11.6 (67.8%)
141	MAJEWSKA Dorota	140		K-50	2	00:25:58.19	+00:08:27 (32.6%)	5:11	11.6 (67.8%)
142	JAGŁA Żaneta	75		K-40	13	00:25:59.01	+00:08:28 (32.6%)	5:11	11.5 (67.3%)
143	MRUGALSKI Stanisław	160	MTS HAMER	M-50	11	00:25:59.88	+00:08:29 (32.6%)	5:12	11.5 (67.3%)
144	ADAMOWICZ Maciej	1	SP MIELNO	M-30	32	00:26:02.43	+00:08:31 (32.8%)	5:12	11.5 (67.3%)
145	SUCHODOLSKA Aleksandra	219	DZIKIE ŻÓŁWIE	K-30	19	00:26:08.54	+00:08:37 (33.0%)	5:13	11.5 (67.3%)
146	STRZELECKA Małgorzata	217	SAILING TEAM FERAJNA	K-40	14	00:26:08.78	+00:08:38 (33.0%)	5:13	11.5 (67.3%)
147	ROMANOWICZ Monika	191	DZIKIE ŻÓŁWIE	K-30	20	00:26:09.12	+00:08:38 (33.0%)	5:14	11.5 (67.3%)
148	ŁODYGA Łukasz	138		M-30	33	00:26:16.40	+00:08:45 (33.4%)	5:15	11.4 (66.7%)
149	BUCZKO Katarzyna	24		K-20	6	00:26:17.85	+00:08:47 (33.4%)	5:15	11.4 (66.7%)
150	MARCZAK Małgorzata	147		K-60	3	00:26:22.13	+00:08:51 (33.6%)	5:16	11.4 (66.7%)
151	SZWEDA Mateusz	231	WATACH	M-30	34	00:26:38.08	+00:09:07 (34.3%)	5:19	11.3 (66.1%)
152	BRZOZOWSKA Barbara	23		K-40	15	00:26:38.17	+00:09:07 (34.3%)	5:19	11.3 (66.1%)
153	JĘDRZEJKO Mirosław	83		M-40	38	00:26:38.21	+00:09:07 (34.3%)	5:19	11.3 (66.1%)
154	MIELEWCZYK Magdalena	153	GRUPA BIEGOWA MRT	K-30	21	00:26:56.49	+00:09:25 (35.0%)	5:23	11.1 (64.9%)
155	BEDNAREK Krzysztof	11	MORSACZEBIEGACZE	M-40	39	00:27:05.13	+00:09:34 (35.4%)	5:25	11.1 (64.9%)
156	WIŚNIEWSKI Jarosław	248		M-50	12	00:27:05.46	+00:09:34 (35.4%)	5:25	11.1 (64.9%)
157	JOŃCA Klaudia	84	BEST BEASTS	K-14	3	00:27:06.45	+00:09:35 (35.4%)	5:25	11.1 (64.9%)
158	PŁAŻAŁSKA Sylwia	185	RUNGRYF	K-30	22	00:27:07.31	+00:09:36 (35.4%)	5:25	11.1 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						5km			
159	SZULC Marek	229	SZULC RUNNERS TEAM	M-50	13	00:27:09.42	+00:09:38 (35.5%)	5:26	11 (64.3%)
160	DORAWA-ZIOMEK Anna	43	DZIKIE ŻÓŁWIE	K-30	23	00:27:10.78	+00:09:40 (35.6%)	5:26	11 (64.3%)
161	PISKÓRZ Justyna	183		K-30	24	00:27:12.29	+00:09:41 (35.6%)	5:26	11 (64.3%)
162	WESOŁOWSKI Łukasz	244		M-30	35	00:27:12.50	+00:09:41 (35.6%)	5:26	11 (64.3%)
163	KARNICKI Zygmunt	96	TKKF KOSZALIN	M-60	7	00:27:16.19	+00:09:45 (35.8%)	5:27	11 (64.3%)
164	BARANEK Aleksandra	7	MKP SZCZECINEK	K-14	4	00:27:20.18	+00:09:49 (35.9%)	5:28	11 (64.3%)
165	CZUPAJŁO Marta	39		K-40	16	00:27:24.59	+00:09:53 (36.1%)	5:29	10.9 (63.7%)
166	KAMINSKI Tomasz	94	8PPLOT	M-40	40	00:27:27.22	+00:09:56 (36.2%)	5:29	10.9 (63.7%)
167	HELLER Zdzisław	69	HERBMARATONOW.PL	M-60	8	00:27:29.31	+00:09:58 (36.3%)	5:29	10.9 (63.7%)
168	ŚWIDERSKI Marcin	234		M-30	36	00:27:33.84	+00:10:03 (36.5%)	5:30	10.9 (63.7%)
169	MITUNIEWICZ Adrian	156		M-30	37	00:27:33.91	+00:10:03 (36.5%)	5:30	10.9 (63.7%)
170	MARCZAK Andrzej	148		M-60	9	00:27:41.99	+00:10:11 (36.8%)	5:32	10.8 (63.2%)
171	KACZMAREK Łukasz	88	WOJOWNICY WÓDY	M-30	38	00:27:42.41	+00:10:11 (36.8%)	5:32	10.8 (63.2%)
172	ORYSZCZYN Arkadiusz	172	DZIKIE ŻÓŁWIE	M-30	39	00:27:46.46	+00:10:15 (37.0%)	5:33	10.8 (63.2%)
173	GŁOWACKI Włodzimierz	56		M-70+	1	00:27:47.76	+00:10:17 (37.0%)	5:33	10.8 (63.2%)
174	KLONOWSKI Artur	106		M-40	41	00:27:50.61	+00:10:19 (37.1%)	5:34	10.8 (63.2%)
175	RUSIECKI Paweł	193	WSPL SPZOZ W KOSZALINIE	M-40	42	00:27:55.00	+00:10:24 (37.3%)	5:35	10.7 (62.6%)
176	HUBKO Janina	73	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	25	00:28:01.62	+00:10:31 (37.5%)	5:36	10.7 (62.6%)
177	SZYMAŃSKI Patryk	194		M-30	40	00:28:03.77	+00:10:33 (37.6%)	5:36	10.7 (62.6%)
178	WŁODARCZYK Emilia	249		K-30	26	00:28:03.99	+00:10:33 (37.6%)	5:36	10.7 (62.6%)
179	MASŁOWSKI Artur	149		M-30	41	00:28:04.86	+00:10:34 (37.6%)	5:37	10.7 (62.6%)
180	BANAŚ Wiktor	6	FUNDACJA ZASTOPUJ	M-14	6	00:28:08.51	+00:10:37 (37.8%)	5:37	10.7 (62.6%)
181	STRZELECKI Sebastian 'Kaszana'	218	SAILING TEAM FERAJNA	M-40	43	00:28:09.38	+00:10:38 (37.8%)	5:37	10.7 (62.6%)
182	GROCHOWSKA Agnieszka	63	SAILING TEAM FERAJNA	K-40	17	00:28:11.33	+00:10:40 (37.9%)	5:38	10.6 (62.0%)
183	SIGNAROWSKI Dawid	204	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	42	00:28:17.36	+00:10:46 (38.1%)	5:39	10.6 (62.0%)
184	MITUNIEWICZ Renata	154		K-50	3	00:28:18.08	+00:10:47 (38.1%)	5:39	10.6 (62.0%)
185	BOKOTA Katarzyna	16		K-40	18	00:28:18.77	+00:10:48 (38.2%)	5:39	10.6 (62.0%)
186	BRZEZIŃSKI Paweł	21		M-40	44	00:28:18.96	+00:10:48 (38.2%)	5:39	10.6 (62.0%)
187	MALINOWSKA-BURDA Aleksandra	142		K-30	27	00:28:22.89	+00:10:52 (38.3%)	5:40	10.6 (62.0%)
188	TABISZ Sławomir	235	12BBSP	M-30	43	00:28:26.39	+00:10:55 (38.4%)	5:41	10.6 (62.0%)
189	SZCZESIAK Paweł	223	ROWERY MAŁGOŚKA	M-30	44	00:28:28.48	+00:10:57 (38.5%)	5:41	10.5 (61.4%)
190	MURAWSKI Waldemar	161	ZKS	M-50	14	00:28:29.38	+00:10:58 (38.5%)	5:42	10.5 (61.4%)
191	GÓRALSKA Monika	62		K-40	19	00:28:30.36	+00:10:59 (38.6%)	5:42	10.5 (61.4%)
192	NOSAL Anna	167		K-30	28	00:28:30.71	+00:11:00 (38.6%)	5:42	10.5 (61.4%)
193	SUDER-MAKSYMOWICZ Monika	220		K-30	29	00:28:33.69	+00:11:03 (38.7%)	5:42	10.5 (61.4%)
194	MAŁYSZEWICZ Andrzej	144		M-50	15	00:28:38.19	+00:11:07 (38.9%)	5:43	10.5 (61.4%)
195	WIDERA Anna	245		K-30	30	00:28:38.34	+00:11:07 (38.9%)	5:43	10.5 (61.4%)
196	WOJTKOWIAK Wioleta	252		K-30	31	00:28:40.37	+00:11:09 (38.9%)	5:44	10.5 (61.4%)
197	HRYNCEWICZ Anna	71	SAILING TEAM FERAJNA	K-40	20	00:28:45.61	+00:11:14 (39.1%)	5:45	10.4 (60.8%)
198	BEDNARZ Katarzyna	12		K-40	21	00:28:46.46	+00:11:15 (39.1%)	5:45	10.4 (60.8%)
199	BORSUK Dorota	18		K-40	22	00:28:57.47	+00:11:26 (39.5%)	5:47	10.4 (60.8%)
200	JĄCZKOWSKA Wioleta	81		K-40	23	00:29:05.70	+00:11:35 (39.8%)	5:49	10.3 (60.2%)
201	MITUNIEWICZ Natalia	155		K-30	32	00:29:10.59	+00:11:39 (40.0%)	5:50	10.3 (60.2%)
202	SPICA Łukasz	209	DZIKIE ŻÓŁWIE	M-30	45	00:29:12.77	+00:11:42 (40.1%)	5:50	10.3 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						5km			
203	SOROCZYŃSKA Kamila	208	AKADEMIA MALUCHA	K-30	33	00:29:15.60	+00:11:44 (40.2%)	5:51	10.3 (60.2%)
204	WENTA Malwina	243		K-30	34	00:29:16.12	+00:11:45 (40.2%)	5:51	10.3 (60.2%)
205	ZAKOŚCIELNA Katarzyna	256	DZIKIE ŻÓŁWIE	K-30	35	00:29:16.64	+00:11:46 (40.2%)	5:51	10.3 (60.2%)
206	JEWUŁA Agata	82	DRUŻYNA SZPIKU	K-30	36	00:29:18.93	+00:11:48 (40.3%)	5:51	10.2 (59.6%)
207	KOPEĆ Magdalena	112		K-40	24	00:29:19.62	+00:11:49 (40.3%)	5:51	10.2 (59.6%)
208	RYBA Milena	195		K-30	37	00:29:25.79	+00:11:55 (40.5%)	5:53	10.2 (59.6%)
209	CHAMERA Tomasz	31	WATAHA	M-40	45	00:29:27.05	+00:11:56 (40.5%)	5:53	10.2 (59.6%)
210	ZBOROWSKA-SKROBANEK Justyna	258	MKP SZCZECINEK	K-40	25	00:29:27.82	+00:11:57 (40.6%)	5:53	10.2 (59.6%)
211	KĘDZIERA Izydor	103		M-50	16	00:29:34.13	+00:12:03 (40.8%)	5:54	10.1 (59.1%)
212	STRACH Martyna	215	NIE	K-20	7	00:29:36.13	+00:12:05 (40.8%)	5:55	10.1 (59.1%)
213	KARPIŃSKI Tomek	99	AKADEMIA MALUCHA	M-40	46	00:29:40.74	+00:12:10 (41.0%)	5:56	10.1 (59.1%)
214	WOJANOWSKI Zbigniew	251	SPORT I REKREACJA DELFIN	M-60	10	00:29:40.77	+00:12:10 (41.0%)	5:56	10.1 (59.1%)
215	KARPIŃSKA Hanna	98	AKADEMIA MALUCHA	K-40	26	00:29:40.87	+00:12:10 (41.0%)	5:56	10.1 (59.1%)
216	HARASYM Daniel	68	FUNDACJA ZASTOPUJ	M-40	47	00:29:41.18	+00:12:10 (41.0%)	5:56	10.1 (59.1%)
217	ZYGMAŃSKA Justyna	260	AKADEMIA MALUCHA	K-30	38	00:29:42.04	+00:12:11 (41.0%)	5:56	10.1 (59.1%)
218	WOJANOWSKA Maryla	250	SPORT I REKREACJA DELFIN	K-60	4	00:29:43.33	+00:12:12 (41.1%)	5:56	10.1 (59.1%)
219	BRZEZIŃSKA Beata	20	TEAM PIOTRUŚ	K-50	4	00:29:51.23	+00:12:20 (41.3%)	5:58	10.1 (59.1%)
220	ORLIKOWSKI Robert	171	POŁCZYN BIEGA ♥	M-30	46	00:30:00.58	+00:12:29 (41.7%)	6:00	10 (58.5%)
221	GIEDO Joanna	54		K-30	39	00:30:16.55	+00:12:45 (42.2%)	6:03	9.9 (57.9%)
222	MALISZEWSKI Łukasz	143	FUNDACJA ZASTOPUJ	M-20	12	00:30:36.77	+00:13:06 (42.8%)	6:07	9.8 (57.3%)
223	BUDZYŃSKA Elżbieta	26		K-50	5	00:30:39.36	+00:13:08 (42.9%)	6:07	9.8 (57.3%)
224	KOT Jacek	117		M-60	11	00:30:42.68	+00:13:12 (43.0%)	6:08	9.8 (57.3%)
225	STRACH Marek	216		M-60	12	00:30:43.71	+00:13:13 (43.0%)	6:08	9.8 (57.3%)
226	PEŁKA Iwona	179		K-50	6	00:30:50.00	+00:13:19 (43.2%)	6:10	9.7 (56.7%)
227	KULIGOWSKI Maksym	132	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	47	00:30:53.02	+00:13:22 (43.3%)	6:10	9.7 (56.7%)
228	STEC Edyta	212	BIEGAM BO LUBIE CIASTKA	K-40	27	00:31:09.39	+00:13:38 (43.8%)	6:14	9.6 (56.1%)
229	SWOROWSKA Katarzyna	221		K-30	40	00:31:10.19	+00:13:39 (43.8%)	6:14	9.6 (56.1%)
230	MOŻEJKO Anna	159		K-40	28	00:31:10.58	+00:13:39 (43.8%)	6:14	9.6 (56.1%)
231	KOROL Elżbieta	116		K-40	29	00:31:10.70	+00:13:40 (43.8%)	6:14	9.6 (56.1%)
232	KRYSTOSIK Paulina	128	BIEGAM BO LUBIĘ BIEGAM DLA SIEBIE	K-20	8	00:31:39.73	+00:14:09 (44.7%)	6:20	9.5 (55.6%)
233	STRACH Agnieszka	214	NIE	K-50	7	00:31:43.43	+00:14:12 (44.8%)	6:20	9.5 (55.6%)
234	POŁOCZAŃSKI Piotr	189		M-30	48	00:32:01.65	+00:14:31 (45.3%)	6:24	9.4 (55.0%)
235	SZMYT Marcin	225		M-30	49	00:32:01.66	+00:14:31 (45.3%)	6:24	9.4 (55.0%)
236	SARBIEWSKA Gabriela	199		K-40	30	00:32:03.06	+00:14:32 (45.4%)	6:24	9.4 (55.0%)
237	KIEDOS Dariusz	104	8PPLOT	M-30	50	00:32:19.90	+00:14:49 (45.8%)	6:28	9.3 (54.4%)
238	BOROŃ Aleksandra	17		K-30	41	00:32:21.90	+00:14:51 (45.9%)	6:28	9.3 (54.4%)
239	KACZYŃSKI Henryk	92		M-60	13	00:32:24.76	+00:14:54 (46.0%)	6:29	9.3 (54.4%)
240	KOZŁOWIECKA Małgorzata	121		K-60	5	00:32:27.03	+00:14:56 (46.0%)	6:29	9.2 (53.8%)
241	PAULIŃSKI Jan	177	JAMNO	M-70+	2	00:32:29.82	+00:14:59 (46.1%)	6:30	9.2 (53.8%)
242	WEISS-SZULC Barbara	242		K-40	31	00:32:32.92	+00:15:02 (46.2%)	6:30	9.2 (53.8%)
243	BABIARZ Jacek	3	PRESS GLASS - BIEGAMY I WSPIERAMY	M-40	48	00:32:34.07	+00:15:03 (46.2%)	6:30	9.2 (53.8%)
244	MAŁYSZEWICZ Teresa	145		K-50	8	00:32:49.54	+00:15:18 (46.7%)	6:34	9.1 (53.2%)
245	SIENKIEWICZ Ewelina	202		K-20	9	00:33:10.99	+00:15:40 (47.2%)	6:38	9 (52.6%)
246	SIENKIEWICZ Monika	203		K-50	9	00:33:11.01	+00:15:40 (47.2%)	6:38	9 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
247	POLAK Mateusz	188	KOSPEL	M-20	13	00:33:34.20	+00:16:03 (47.8%)	6:42	8.9 (52.0%)
248	KACZMAREK Dominika	89	PRESS GLASS - BIEGAMY I WSPIERAMY	K-20	10	00:33:47.65	+00:16:17 (48.2%)	6:45	8.9 (52.0%)
249	PAŁASZ Karolina	175	FUNDACJA ZASTOPUJ	K-30	42	00:33:56.28	+00:16:25 (48.4%)	6:47	8.8 (51.5%)
250	KARNICKI Artur	97	TKKF KOSZALIN	M-40	49	00:35:24.74	+00:17:54 (50.6%)	7:05	8.5 (49.7%)
251	KHOURI Michał	198	KLUB ROGATEGO MORSA	M-40	50	00:35:30.95	+00:18:00 (50.7%)	7:06	8.4 (49.1%)
252	JANUS- KHOURI Ewa	247	KLUB ROGATEGO MORSA	K-30	43	00:35:31.70	+00:18:01 (50.7%)	7:06	8.4 (49.1%)
253	SZULC Martyna	227	SZULC RUNNERS TEAM	K-30	44	00:35:58.81	+00:18:28 (51.3%)	7:11	8.3 (48.5%)
254	STANCZEWSKA Karolina	211		K-30	45	00:35:59.77	+00:18:29 (51.4%)	7:12	8.3 (48.5%)
255	ŚCIEPŁEK Mateusz	233	FUNDACJA ZASTOPUJ	M-30	51	00:36:17.85	+00:18:47 (51.8%)	7:15	8.3 (48.5%)
256	BARTNIK Marian	265		M-70+	3	00:51:28.00	+00:33:57 (66.0%)	10:17	5.8 (33.9%)

Znaleziono 256 wynik(ów)