

XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

Organizator: Stowarzyszenie "Bieg Zaślubin";Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu
Data: 2018-03-11
Miejsce: Kołobrzeg
Dystans: 15 km

HERKULES
www.herkules.org.pl

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	**ZWIĄZEK Paweł**	**642**	WIECZORNE BIEGANIE W SZCZECINIE	M30	1	00:02:24	00:26:12	00:28:45	00:51:44	**00:54:12.10**		3:36	16.6 (100%)
2	**PAWLIŃSKI Piotr**	**421**	GRUPA AZOTY POLICE	M30	2	00:02:28	00:26:15	00:28:48	00:52:16	**00:54:47.50**	+00:00:35 (1.1%)	3:39	16.4 (98.8%)
3	**BRAUN Grzegorz**	**46**	RUNGRYF GRYFICE	M20	1	00:02:22	00:26:31	00:29:06	00:52:48	**00:55:15.60**	+00:01:03 (1.9%)	3:41	16.3 (98.2%)
4	**ORZECHOWSKI Kamil**	**405**	TKKF KOSZALIN	M30	3	00:02:36	00:26:42	00:29:20	00:53:10	**00:55:35.55**	+00:01:23 (2.5%)	3:42	16.2 (97.6%)
5	**FIDO Adam**	**128**	36DROP	M40	1	00:02:32	00:26:44	00:29:22	00:53:20	**00:55:42.25**	+00:01:30 (2.7%)	3:42	16.2 (97.6%)
6	**KARCZ Artur**	**235**	DRUŻYNA SZPIKU	M35	1	00:02:31	00:26:44	00:29:22	00:53:20	**00:55:44.85**	+00:01:32 (2.8%)	3:42	16.1 (97.0%)
7	**PRENDECKI Rafał**	**447**		M35	2	00:02:30	00:26:19	00:28:56	00:53:16	**00:55:45.30**	+00:01:33 (2.8%)	3:43	16.1 (97.0%)
8	**RYCAK Bartosz**	**494**	5 PUŁK INŻYNIERYJNY	M20	2	00:02:33	00:26:44	00:29:22	00:53:27	**00:56:00.95**	+00:01:48 (3.2%)	3:44	16.1 (97.0%)
9	**POLAK Szymon**	**440**	ROZBIEGANY KOSZALIN	M40	2	00:02:32	00:26:20	00:28:58	00:53:38	**00:56:18.15**	+00:02:06 (3.7%)	3:45	16 (96.4%)
10	**HELAK Karol**	**187**	K B AKTYWNI KRZYŻ WLKP	M45	1	00:02:36	00:26:53	00:29:33	00:54:16	**00:56:59.95**	+00:02:47 (4.9%)	3:48	15.8 (95.2%)
11	**NOWAK Daniel**	**389**	ROZBIEGANY GOLENIÓW	M35	3	00:02:26	00:26:56	00:29:35	00:54:49	**00:57:26.25**	+00:03:14 (5.6%)	3:49	15.7 (94.6%)
12	**TERLIKOWSKI Grzegorz**	**577**		M30	4	00:02:38	00:27:13	00:29:55	00:55:01	**00:57:29.05**	+00:03:16 (5.7%)	3:49	15.7 (94.6%)
13	**KUBIAK Piotr**	**293**	PRECON POLSKA-JASTROWIE	M35	4	00:02:39	00:27:25	00:30:07	00:55:01	**00:57:30.25**	+00:03:18 (5.7%)	3:50	15.7 (94.6%)
14	**BIENKOWSKI Rafał**	**668**		M45	2	00:02:35	00:27:14	00:29:59	00:55:06	**00:57:48.05**	+00:03:35 (6.2%)	3:51	15.6 (94.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
15	**WOJTKIEWICZ Mateusz**	**680**	KB 10 BIAŁOGARD	M20	3	00:02:42	00:27:17	00:30:02	00:55:24	**00:58:00.00**	+00:03:47 (6.5%)	3:52	15.5 (93.4%)
16	**SZOPIŃSKI Tomasz**	**559**	KB BRYZA POSTOMINO	M35	5	00:02:45	00:27:35	00:30:19	00:55:32	**00:58:02.70**	+00:03:50 (6.6%)	3:52	15.5 (93.4%)
17	**RUTKOWSKI Jan**	**492**	GKS KASZUBI LUZINO	M40	3	00:02:39	00:27:33	00:30:18	00:55:32	**00:58:03.75**	+00:03:51 (6.6%)	3:52	15.5 (93.4%)
18	**SIADAK Arkadiusz**	**505**		M35	6	00:02:35	00:27:05	00:29:50	00:55:35	**00:58:15.30**	+00:04:03 (7.0%)	3:53	15.5 (93.4%)
19	**ULDYNOWICZ Łukasz**	**591**	MLUKS MOKASYN PŁOTY	M35	7	00:02:39	00:27:39	00:30:27	00:55:47	**00:58:26.75**	+00:04:14 (7.3%)	3:53	15.4 (92.8%)
20	**BUDZIAK Zbigniew**	**55**	BENOBUDZIAK.PL	M45	3	00:02:33	00:27:23	00:30:12	00:55:57	**00:58:38.80**	+00:04:26 (7.6%)	3:54	15.3 (92.2%)
21	**ŁAZOWSKI Marcin**	**339**	POGOŃ SZCZECIN	M35	8	00:02:45	00:27:40	00:30:25	00:56:05	**00:58:46.10**	+00:04:34 (7.8%)	3:55	15.3 (92.2%)
22	**RUDNIKOWSKI Maciej**	**488**	BIEGUZDROWISKOWY.PL	M40	4	00:02:36	00:27:25	00:30:14	00:56:14	**00:58:51.30**	+00:04:39 (7.9%)	3:55	15.3 (92.2%)
23	**WITKIEWICZ Eryk**	**615**		M40	5	00:02:40	00:28:11	00:30:57	00:56:12	**00:58:56.10**	+00:04:44 (8.0%)	3:55	15.3 (92.2%)
24	**SZYMAŃSKI Łukasz**	**568**	SKS POBIEROWO	M20	4	00:02:32	00:27:43	00:30:30	00:56:26	**00:59:03.65**	+00:04:51 (8.2%)	3:56	15.2 (91.6%)
25	**GŁÓW Tomasz**	**159**	KREISEL RUNNING TEAM	M45	4	00:02:38	00:27:52	00:30:41	00:56:25	**00:59:04.80**	+00:04:52 (8.3%)	3:56	15.2 (91.6%)
26	**ŻMUDA Tomasz**	**644**	CW FANZA KOŁOBRZEG	M40	6	00:02:37	00:27:47	00:30:37	00:56:30	**00:59:17.10**	+00:05:05 (8.6%)	3:57	15.2 (91.6%)
27	**GOLIŃSKI Łukasz**	**161**	K.B. SPRINT ŚWIDWIN	M35	9	00:02:44	00:28:14	00:31:06	00:56:47	**00:59:24.00**	+00:05:11 (8.8%)	3:57	15.2 (91.6%)
28	**KOTARSKI Wiesław**	**273**	GRUPA AZOTY POLICE	M60	1	00:02:38	00:27:48	00:30:37	00:56:40	**00:59:27.80**	+00:05:15 (8.8%)	3:57	15.1 (91.0%)
29	**KONARSKI Bartosz**	**260**	ERAKAWY RUNNERS	M40	7	00:02:43	00:28:22	00:31:10	00:56:44	**00:59:27.80**	+00:05:15 (8.8%)	3:57	15.1 (91.0%)
30	**NAGLACKI Grzegorz**	**385**	MLUKS TRZEBIATÓW	M45	5	00:02:33	00:27:15	00:30:00	00:56:53	**00:59:36.70**	+00:05:24 (9.1%)	3:58	15.1 (91.0%)
31	**CZOSNOWSKI Krzysztof**	**91**	KB HERMES GRYFINO	M40	8	00:02:43	00:28:12	00:31:00	00:56:57	**00:59:36.15**	+00:05:24 (9.1%)	3:58	15.1 (91.0%)
32	**KUBISZ Mateusz**	**296**	KOŁOBRZEG MARATON TEAM	M30	5	00:02:39	00:27:53	00:30:42	00:56:55	**00:59:38.05**	+00:05:25 (9.1%)	3:58	15.1 (91.0%)
33	**ELIASZ Wiktor**	**123**	KMKL SZTORM KOŁOBRZEG	M16	1	00:02:36	00:28:33	00:31:27	00:57:12	**00:59:48.70**	+00:05:36 (9.4%)	3:59	15.1 (91.0%)
34	**GROCHOWALSKI Rafał**	**170**	21 BLT/K.B. SPRINT ŚWIDWIN	M40	9	00:02:46	00:28:23	00:31:13	00:57:22	**01:00:07.65**	+00:05:55 (9.9%)	4:00	15 (90.4%)
35	**ANTONOWICZ Wojciech**	**11**		M50	1	00:02:40	00:28:23	00:31:15	00:57:31	**01:00:14.80**	+00:06:02 (10.0%)	4:01	14.9 (89.8%)
36	**SAPIKOWSKI Mariusz**	**502**	ROZBIEGANY GOLENIÓW	M40	10	00:02:40	00:28:18	00:31:10	00:57:37	**01:00:18.45**	+00:06:06 (10.1%)	4:01	14.9 (89.8%)
37	**BARTKOWIAK Janusz**	**25**	K.B. MENTOR	M20	5	00:02:41	00:28:37	00:31:29	00:57:33	**01:00:23.95**	+00:06:11 (10.3%)	4:01	14.9 (89.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
38	**FIAŁKA Maciej**	**127**	LOKATOR PIŁA	M40	11	00:02:42	00:28:29	00:31:22	00:57:39	**01:00:22.30**	+00:06:10 (10.2%)	4:01	14.9 (89.8%)
39	**GARBACZ Krzysztof**	**140**		M45	6	00:02:41	00:27:58	00:30:51	00:57:44	**01:00:32.90**	+00:06:20 (10.5%)	4:02	14.9 (89.8%)
40	**KOPCEWICZ Robert**	**262**	ROZBIEGANY GOLENIÓW	M50	2	00:02:40	00:28:20	00:31:12	00:57:45	**01:00:37.35**	+00:06:25 (10.6%)	4:02	14.8 (89.2%)
41	**BURDA Robert**	**62**	KOSPEL	M40	12	00:02:44	00:28:24	00:31:16	00:57:55	**01:00:41.30**	+00:06:29 (10.7%)	4:02	14.8 (89.2%)
42	**PRĘDKI Grzegorz**	**448**	KB BRYZA POSTOMINO	M30	7	00:02:45	00:28:43	00:31:33	00:58:09	**01:00:52.30**	+00:06:40 (11.0%)	4:03	14.8 (89.2%)
43	**PISKORZ Szymon**	**431**	KP PSP GRYFICE	M30	6	00:02:41	00:28:34	00:31:25	00:58:14	**01:00:51.95**	+00:06:39 (10.9%)	4:03	14.8 (89.2%)
44	**OBOLIK Mirosław**	**393**		M55	1	00:02:47	00:28:14	00:31:06	00:58:10	**01:01:02.85**	+00:06:50 (11.2%)	4:04	14.7 (88.6%)
45	**PIECYK Robert**	**429**		M40	13	00:02:43	00:28:45	00:31:41	00:58:25	**01:01:14.75**	+00:07:02 (11.5%)	4:05	14.7 (88.6%)
46	**CENTKA Jakub**	**69**	TEAM ŚWIĘTA	M20	6	00:02:41	00:28:50	00:31:49	00:58:44	**01:01:23.15**	+00:07:11 (11.7%)	4:05	14.7 (88.6%)
47	**KOLEBUK Marek**	**255**	MG	M55	2	00:02:36	00:28:38	00:31:34	00:58:41	**01:01:31.55**	+00:07:19 (11.9%)	4:06	14.6 (88.0%)
48	**KIESZKOWSKI Adam**	**250**	TRI RZEŹNIA	M30	8	00:02:43	00:28:26	00:31:22	00:58:39	**01:01:35.05**	+00:07:22 (12.0%)	4:06	14.6 (88.0%)
49	**ZWOLIŃSKI Jan**	**643**	TKKF KOSZALIN	M50	3	00:02:52	00:29:38	00:32:32	00:59:03	**01:01:40.70**	+00:07:28 (12.1%)	4:06	14.6 (88.0%)
50	**KRAWCZYK Mateusz**	**287**	AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	M20	7	00:02:48	00:29:11	00:32:07	00:59:00	**01:01:43.85**	+00:07:31 (12.2%)	4:06	14.6 (88.0%)
51	**POBŁOCKA Katarzyna**	**437**	UKS EKONOMIK MARATOŃCZYK LĘBORK	K20	1	00:02:43	00:28:15	00:31:08	00:58:51	**01:01:49.35**	+00:07:37 (12.3%)	4:07	14.6 (88.0%)
52	**BIEDRZYCKI Andrzej**	**33**	OSP STARY BOREK	M60	2	00:02:44	00:28:46	00:31:43	00:58:52	**01:01:49.85**	+00:07:37 (12.3%)	4:07	14.6 (88.0%)
53	**KOWALSKI Cezary**	**277**	PARKRUN SZCZECIN	M50	4	00:02:45	00:29:12	00:32:11	00:59:15	**01:02:05.60**	+00:07:53 (12.7%)	4:08	14.5 (87.3%)
54	**CZAPLIŃSKI Jacek**	**690**	TAGER KOSZALIN	M35	10	00:02:44	00:29:01	00:31:56	00:59:33	**01:02:23.90**	+00:08:11 (13.1%)	4:09	14.4 (86.7%)
55	**BAJGERT Robert**	**15**		M45	7	00:02:44	00:28:54	00:31:53	00:59:33	**01:02:25.65**	+00:08:13 (13.2%)	4:09	14.4 (86.7%)
56	**RATAJCZAK Janusz**	**468**	KB AKTYWNI KRZYŻ WLKP	M55	3	00:02:45	00:28:50	00:31:52	00:59:32	**01:02:28.85**	+00:08:16 (13.3%)	4:09	14.4 (86.7%)
57	**STACHOWICZ Wiesław**	**672**	BRZOZA BIEGA	M45	8	00:03:07	00:30:49	00:32:58	01:00:01	**01:02:30.55**	+00:08:18 (13.3%)	4:10	14.4 (86.7%)
58	**WITKIEWICZ Magda**	**616**		K40	1	00:02:57	00:29:53	00:32:49	00:59:49	**01:02:34.85**	+00:08:22 (13.4%)	4:10	14.4 (86.7%)
59	**KOŚCIELNIAK Robert**	**271**	TKKF KOSZALIN	M50	5	00:02:52	00:29:49	00:32:45	01:00:04	**01:02:46.30**	+00:08:34 (13.7%)	4:11	14.3 (86.1%)
60	**PRENDECKI Marcin**	**446**		M40	14	00:02:58	00:29:34	00:32:24	01:00:02	**01:02:51.35**	+00:08:39 (13.8%)	4:11	14.3 (86.1%)

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61	**RUTKOWSKA Joanna**	**491**	GKS KASZUBI LUZINO	K40	2	00:02:45	00:29:01	00:32:01	00:59:58	**01:02:53.05**	+00:08:40 (13.8%)	4:11	14.3 (86.1%)
62	**DUDZIŃSKA Maja**	**115**		K40	3	00:02:55	00:29:50	00:32:47	01:00:05	**01:03:04.70**	+00:08:52 (14.1%)	4:12	14.3 (86.1%)
63	**ANDREJCZUK Piotr**	**7**	KB AKTYWNI KRZYŻ WLKP	M35	11	00:02:46	00:29:12	00:32:08	01:00:09	**01:03:06.00**	+00:08:53 (14.1%)	4:12	14.3 (86.1%)
64	**CENTKA Michał**	**67**	TEAM ŚWIĘTA	M40	15	00:02:39	00:28:59	00:31:56	01:00:10	**01:03:11.15**	+00:08:59 (14.2%)	4:12	14.2 (85.5%)
65	**BIEDRZYCKI Krzysztof**	**31**		M45	9	00:02:45	00:29:02	00:32:03	01:00:23	**01:03:29.80**	+00:09:17 (14.6%)	4:14	14.2 (85.5%)
66	**MORGIEWICZ Piotr**	**380**	RUNGRYF GRYFICE	M50	6	00:02:48	00:30:04	00:33:04	01:00:33	**01:03:32.00**	+00:09:19 (14.7%)	4:14	14.2 (85.5%)
67	**POTASZNIK Artur**	**444**	MARATOŃCZYK TEAM SZCZECIN	M45	10	00:02:47	00:29:47	00:32:52	01:00:53	**01:03:45.50**	+00:09:33 (15.0%)	4:15	14.1 (84.9%)
68	**PŁOŃSKI Jakub**	**435**	DZIKIE DZIKI GORZÓW	M35	12	00:02:48	00:29:53	00:32:50	01:01:01	**01:03:57.65**	+00:09:45 (15.3%)	4:15	14.1 (84.9%)
69	**ANTOSIK Grzegorz**	**12**	KB BRYZA POSTOMINO	M40	16	00:02:54	00:30:08	00:33:04	01:01:16	**01:04:04.10**	+00:09:52 (15.4%)	4:16	14 (84.3%)
70	**HARASIMOWICZ Sławek**	**184**	DĘBNOTEAM	M40	17	00:02:40	00:29:03	00:32:09	01:01:16	**01:04:09.55**	+00:09:57 (15.5%)	4:16	14 (84.3%)
71	**TOMALIK Karol**	**662**	KAROLMAN	M40	18	00:02:56	00:30:14	00:33:15	01:01:15	**01:04:16.65**	+00:10:04 (15.7%)	4:17	14 (84.3%)
72	**MICHALSKI Janusz**	**370**		M50	7	00:03:04	00:30:44	00:33:48	01:01:40	**01:04:21.15**	+00:10:09 (15.8%)	4:17	14 (84.3%)
73	**KIERZNOWSKI Andrzej**	**249**	KB WYGAN	M60	3	00:02:50	00:30:28	00:33:32	01:01:42	**01:04:31.05**	+00:10:18 (16.0%)	4:18	13.9 (83.7%)
74	**PRYK Rafał**	**456**	ROZBIEGANY GOLENIÓW	M40	19	00:02:52	00:30:31	00:33:36	01:01:44	**01:04:35.30**	+00:10:23 (16.1%)	4:18	13.9 (83.7%)
75	**PAKULSKI Marcin**	**413**		M40	20	00:03:12	00:30:37	00:33:40	01:01:49	**01:04:41.65**	+00:10:29 (16.2%)	4:18	13.9 (83.7%)
76	**MERDA Katarzyna**	**367**	MTS HAMER MIASTKO	K35	1	00:02:49	00:30:20	00:33:22	01:01:45	**01:04:41.95**	+00:10:29 (16.2%)	4:18	13.9 (83.7%)
77	**SOBCZYK Łukasz**	**516**	KOŁOBRZEG BIEGA	M40	21	00:02:52	00:29:53	00:32:53	01:01:41	**01:04:42.50**	+00:10:30 (16.2%)	4:18	13.9 (83.7%)
78	**TROŚNIAK Piotr**	**683**	KB 10 BIAŁOGARD	M45	11	00:02:59	00:30:20	00:33:30	01:02:03	**01:04:57.90**	+00:10:45 (16.6%)	4:19	13.9 (83.7%)
79	**STEFANOWICZ Paweł**	**530**	ORLEN RUNNING TEAM	M40	22	00:02:56	00:30:37	00:33:48	01:02:09	**01:05:05.95**	+00:10:53 (16.7%)	4:20	13.8 (83.1%)
80	**GŁOĆKO Wojciech**	**153**		M40	23	00:02:41	00:30:06	00:33:07	01:01:53	**01:05:08.40**	+00:10:56 (16.8%)	4:20	13.8 (83.1%)
81	**ZAWADZKI Damian**	**635**	KB WYGAN	M35	13	00:02:59	00:30:54	00:33:57	01:02:21	**01:05:19.20**	+00:11:07 (17.0%)	4:21	13.8 (83.1%)
82	**ROMANOWSKI Dariusz**	**478**	KPW ŚWINOUJŚCIE	M35	14	00:03:05	00:30:45	00:33:49	01:02:23	**01:05:23.75**	+00:11:11 (17.1%)	4:21	13.8 (83.1%)
83	**DURKOWSKI Dawid**	**116**	TATO BIEGA	M30	9	00:03:09	00:31:05	00:34:04	01:02:35	**01:05:26.50**	+00:11:14 (17.2%)	4:21	13.8 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
84	**SZCZUPACZYŃSKI Arkadiusz**	**551**	RUNGRYF GRYFICE	M55	4	00:02:44	00:30:55	00:34:02	01:02:26	**01:05:29.20**	+00:11:17 (17.2%)	4:21	13.7 (82.5%)
85	**BARAŃSKI Bogusław**	**21**	MLUKS TRZEBIATÓW	M60	4	00:02:45	00:30:48	00:33:57	01:02:36	**01:05:36.55**	+00:11:24 (17.4%)	4:22	13.7 (82.5%)
86	**WYSZKOWSKI Marcin**	**629**	KOŁOBRZEG MARATON TEAM	M45	12	00:02:59	00:30:56	00:33:57	01:02:51	**01:05:42.55**	+00:11:30 (17.5%)	4:22	13.7 (82.5%)
87	**BARANOWSKI Piotr**	**19**		M40	24	00:03:01	00:30:58	00:34:02	01:02:44	**01:05:54.40**	+00:11:42 (17.8%)	4:23	13.7 (82.5%)
88	**MICHAŁOWSKI Jan**	**371**	KB HERMES GRYFINO	M55	5	00:03:04	00:31:33	00:34:41	01:02:58	**01:05:55.05**	+00:11:42 (17.8%)	4:23	13.7 (82.5%)
89	**BZDAWKA Rafał**	**66**	KPW ŚWINOUJŚCIE	M40	25	00:03:07	00:32:02	00:35:06	01:02:59	**01:05:55.35**	+00:11:43 (17.8%)	4:23	13.7 (82.5%)
90	**PIŁCZYŃSKI Zbigniew**	**663**		M55	6	00:02:53	00:30:45	00:33:54	01:02:59	**01:05:59.15**	+00:11:47 (17.9%)	4:23	13.6 (81.9%)
91	**PLUTA Grzegorz**	**433**	KB HERMES GRYFINO	M55	7	00:02:48	00:30:06	00:33:14	01:02:58	**01:06:01.65**	+00:11:49 (17.9%)	4:24	13.6 (81.9%)
92	**MICKIEWICZ Adam**	**658**	JW 3937	M30	10	00:03:09	00:31:01	00:34:11	01:03:12	**01:06:02.75**	+00:11:50 (17.9%)	4:24	13.6 (81.9%)
93	**SOWIŃSKI Saturnin**	**521**	1.SLT	M50	8	00:03:00	00:30:57	00:34:05	01:03:14	**01:06:17.80**	+00:12:05 (18.2%)	4:25	13.6 (81.9%)
94	**ZEMBIK Grzegorz**	**637**	KB HERMES GRYFINO	M50	9	00:02:59	00:31:27	00:34:35	01:03:19	**01:06:20.35**	+00:12:08 (18.3%)	4:25	13.6 (81.9%)
95	**GIERLACH Jacek**	**152**	STOPA SŁUPSK	M20	8	00:02:57	00:30:35	00:33:43	01:03:30	**01:06:36.05**	+00:12:23 (18.6%)	4:26	13.5 (81.3%)
96	**KOSAKOWSKI Marian**	**266**	MARATOŃCZYK TEAM SZCZECIN	M60	5	00:02:56	00:31:01	00:34:08	01:03:37	**01:06:36.35**	+00:12:24 (18.6%)	4:26	13.5 (81.3%)
97	**CHUDY Henryk**	**79**	KS OLSZEWSKI I SYNOWIE	M60	6	00:02:53	00:30:17	00:33:27	01:03:25	**01:06:42.85**	+00:12:30 (18.8%)	4:26	13.5 (81.3%)
98	**RUSIECKI Henryk**	**490**	HERMES GRYFINO	M65	1	00:02:58	00:31:50	00:34:58	01:03:42	**01:06:43.35**	+00:12:31 (18.8%)	4:26	13.5 (81.3%)
99	**KOSIŃSKI Mateusz**	**269**	DRUŻYNA SZPIKU	M20	9	00:03:05	00:31:55	00:35:02	01:03:58	**01:06:45.15**	+00:12:33 (18.8%)	4:27	13.5 (81.3%)
100	**BULIKOWSKI Tomasz**	**59**		M35	15	00:03:08	00:31:49	00:34:56	01:03:54	**01:06:45.50**	+00:12:33 (18.8%)	4:27	13.5 (81.3%)
101	**PROŚNIEWSKI Mirosław**	**450**	RUNGRYF GRYFICE	M35	16	00:02:48	00:30:18	00:33:21	01:03:29	**01:06:48.20**	+00:12:36 (18.9%)	4:27	13.5 (81.3%)
102	**CHOMONT Rafał**	**74**		M40	26	00:03:03	00:31:18	00:34:25	01:03:42	**01:06:49.80**	+00:12:37 (18.9%)	4:27	13.5 (81.3%)
103	**WARDYN Jarek**	**600**		M40	27	00:02:58	00:31:52	00:34:57	01:04:03	**01:06:54.95**	+00:12:42 (19.0%)	4:27	13.4 (80.7%)
104	**KAMIŃSKA Agata**	**231**	PARKRUN SZCZECIN	K30	1	00:02:59	00:31:52	00:34:57	01:03:59	**01:06:56.55**	+00:12:44 (19.0%)	4:27	13.4 (80.7%)
105	**IWANOWSKI Rafał**	**199**	AT AKTYWNY TRZEBIATÓW	M35	17	00:03:00	00:31:04	00:34:14	01:03:53	**01:07:08.10**	+00:12:56 (19.3%)	4:28	13.4 (80.7%)
106	**KULIŃSKI Bogdan**	**306**	GŁOGÓW DRUŻYNA SZPIKU KGHM	M55	8	00:02:59	00:31:17	00:34:34	01:04:07	**01:07:16.80**	+00:13:04 (19.4%)	4:29	13.4 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
107	**PLATA Tadeusz**	**432**	MARATOŃCZYK TEAM SZCZECIN	M65	2	00:02:54	00:31:16	00:34:27	01:04:01	**01:07:18.35**	+00:13:06 (19.5%)	4:29	13.4 (80.7%)
108	**LEŚNIEWSKI Konrad**	**321**	KB BRYZA POSTOMINO	M20	10	00:02:54	00:30:41	00:33:52	01:04:03	**01:07:18.40**	+00:13:06 (19.5%)	4:29	13.4 (80.7%)
109	**SZMYTKOWSKI Bartosz**	**558**		M30	11	00:03:06	00:31:27	00:34:33	01:04:15	**01:07:21.45**	+00:13:09 (19.5%)	4:29	13.4 (80.7%)
110	**SAMBOR Krzysztof**	**501**	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M30	12	00:02:52	00:30:57	00:34:08	01:04:08	**01:07:23.55**	+00:13:11 (19.6%)	4:29	13.4 (80.7%)
111	**PUCHAŁA Sławomir**	**459**	BLUE TEAM PIŁA	M45	13	00:02:53	00:30:57	00:34:08	01:04:09	**01:07:23.60**	+00:13:11 (19.6%)	4:29	13.4 (80.7%)
112	**ODWROT Hubert**	**394**	3:33 TEAM	M45	14	00:03:07	00:31:52	00:35:04	01:04:24	**01:07:32.90**	+00:13:20 (19.8%)	4:30	13.3 (80.1%)
113	**MAKSYMOWICZ Kornelia**	**352**		K35	2	00:03:00	00:31:28	00:34:42	01:04:29	**01:07:37.00**	+00:13:24 (19.8%)	4:30	13.3 (80.1%)
114	**JAROCHOWICZ Norbert**	**210**		M45	15	00:02:52	00:30:52	00:34:13	01:04:45	**01:07:50.90**	+00:13:38 (20.1%)	4:31	13.3 (80.1%)
115	**JANKIEWICZ Tomasz**	**204**	MTS HAMER MIASTKO	M40	28	00:02:48	00:31:45	00:35:00	01:04:49	**01:07:51.10**	+00:13:39 (20.1%)	4:31	13.3 (80.1%)
116	**OLESZCZAK Robert**	**399**	KP PSP GRYFICE	M40	29	00:03:13	00:31:42	00:34:51	01:04:42	**01:07:51.70**	+00:13:39 (20.1%)	4:31	13.3 (80.1%)
117	**ŚLIWA Marek**	**571**	NUTRILITE TEAM	M45	16	00:02:53	00:31:01	00:34:16	01:04:45	**01:07:53.70**	+00:13:41 (20.2%)	4:31	13.3 (80.1%)
118	**PŁAŻALSKI Łukasz**	**434**	HUSARIA RACE TEAM GRYFICE	M35	18	00:02:53	00:31:25	00:34:38	01:04:59	**01:07:59.40**	+00:13:47 (20.3%)	4:31	13.2 (79.5%)
119	**TWARÓG Eugeniusz**	**585**		M40	30	00:02:59	00:31:32	00:34:46	01:05:01	**01:08:02.15**	+00:13:50 (20.3%)	4:32	13.2 (79.5%)
120	**SZCZYGIELSKI Radosław**	**552**		M30	13	00:03:00	00:31:46	00:35:01	01:04:54	**01:08:05.75**	+00:13:53 (20.4%)	4:32	13.2 (79.5%)
121	**FILAROWSKI Stefan**	**129**	GRUPA NURKÓW INŻYNIERII	M45	17	00:03:04	00:31:37	00:34:51	01:04:56	**01:08:09.75**	+00:13:57 (20.5%)	4:32	13.2 (79.5%)
122	**FRYDRYCH Wojciech**	**133**	KOŁOBRZEG MARATON TEAM	M30	14	00:03:05	00:32:34	00:35:46	01:05:14	**01:08:09.85**	+00:13:57 (20.5%)	4:32	13.2 (79.5%)
123	**MACKOJĆ Krzysztof**	**348**		M45	18	00:02:51	00:31:27	00:34:44	01:04:57	**01:08:10.55**	+00:13:58 (20.5%)	4:32	13.2 (79.5%)
124	**SURDACKI Piotr**	**545**		M40	31	00:02:59	00:31:55	00:35:10	01:05:11	**01:08:15.30**	+00:14:03 (20.6%)	4:33	13.2 (79.5%)
125	**KAŹMIERCZAK Robert**	**624**		M45	19	00:03:08	00:32:30	00:35:45	01:05:26	**01:08:22.50**	+00:14:10 (20.7%)	4:33	13.2 (79.5%)
126	**OSTROWSKI Marian**	**410**	SENIOR 54	M60	7	00:03:07	00:31:53	00:35:09	01:05:16	**01:08:29.20**	+00:14:17 (20.9%)	4:33	13.1 (78.9%)
127	**FIŁONOWICZ Monika**	**131**		K40	4	00:02:59	00:31:40	00:34:57	01:05:24	**01:08:36.15**	+00:14:24 (21.0%)	4:34	13.1 (78.9%)
128	**BIELECKI Andrzej**	**36**	3:33 TEAM	M45	20	00:03:05	00:32:06	00:35:20	01:05:27	**01:08:39.00**	+00:14:26 (21.0%)	4:34	13.1 (78.9%)
129	**MALINOWSKI Zbigniew**	**356**	KOŁOBRZEG MORZEM SPORTÓW	M60	8	00:03:11	00:32:46	00:35:58	01:05:39	**01:08:41.65**	+00:14:29 (21.1%)	4:34	13.1 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
130	**SOBKOWIAK Robert**	**518**		M50	10	00:03:02	00:31:18	00:34:33	01:05:32	**01:08:46.80**	+00:14:34 (21.2%)	4:35	13.1 (78.9%)
131	**KWINTAL Janek**	**313**		M45	21	00:03:14	00:32:44	00:36:02	01:05:58	**01:08:51.40**	+00:14:39 (21.3%)	4:35	13.1 (78.9%)
132	**ŁOWICKI Bartosz**	**341**	PRUSZCZ BIEGA	M20	11	00:02:52	00:31:30	00:34:48	01:05:47	**01:08:52.45**	+00:14:40 (21.3%)	4:35	13.1 (78.9%)
133	**DYMEK Paweł**	**120**	KB AKTYWNI KRZYŻ WLKP	M35	19	00:02:59	00:31:28	00:34:43	01:05:43	**01:08:56.15**	+00:14:44 (21.4%)	4:35	13.1 (78.9%)
134	**LIPIŃSKI Krzysztof**	**327**	KB MANIAC POZNAŃ	M55	9	00:03:24	00:32:49	00:36:04	01:05:57	**01:09:02.70**	+00:14:50 (21.5%)	4:36	13 (78.3%)
135	**AUGUSTYNIAK Grzegorz**	**14**	PAN	M40	32	00:03:09	00:32:33	00:35:50	01:06:02	**01:09:07.85**	+00:14:55 (21.6%)	4:36	13 (78.3%)
136	**ŻMUDA Jarosław**	**646**	CW FANZA KOŁOBRZEG	M40	33	00:03:01	00:32:30	00:35:50	01:06:11	**01:09:08.35**	+00:14:56 (21.6%)	4:36	13 (78.3%)
137	**SZYMANOWICZ Łukasz**	**565**		M40	34	00:03:04	00:31:34	00:34:51	01:05:47	**01:09:09.30**	+00:14:57 (21.6%)	4:36	13 (78.3%)
138	**BULIKOWSKI Paweł**	**60**		M45	22	00:03:14	00:32:38	00:35:55	01:06:02	**01:09:12.95**	+00:15:00 (21.7%)	4:36	13 (78.3%)
139	**LANGIEWICZ Jacek**	**317**	MKJ POLICE	M60	9	00:03:16	00:32:39	00:35:57	01:06:02	**01:09:16.90**	+00:15:04 (21.8%)	4:37	13 (78.3%)
140	**KASPEROWICZ Dariusz**	**239**	WIECZORNE BIEGANIE W SZCZECINIE	M40	35	00:03:10	00:31:38	00:34:51	01:06:08	**01:09:23.70**	+00:15:11 (21.9%)	4:37	13 (78.3%)
141	**PĘKAŁA Piotr**	**427**	ROZBIEGANY KOSZALIN	M45	23	00:03:22	00:33:45	00:37:06	01:06:19	**01:09:23.90**	+00:15:11 (21.9%)	4:37	13 (78.3%)
142	**ANDRYSKOWSKI Zdzisław**	**682**	KOLARZ-POL	M45	24	00:02:46	00:31:16	00:34:32	01:06:14	**01:09:30.60**	+00:15:18 (22.0%)	4:38	12.9 (77.7%)
143	**BEDNARCZYK Tomasz**	**28**		M30	15	00:03:14	00:32:35	00:35:48	01:06:17	**01:09:30.95**	+00:15:18 (22.0%)	4:38	12.9 (77.7%)
144	**LEWANDOWSKI Piotr**	**324**	SKB DZIK	M35	20	00:03:10	00:32:22	00:35:45	01:06:24	**01:09:33.20**	+00:15:21 (22.1%)	4:38	12.9 (77.7%)
145	**BRATUŚ Andrzej**	**45**	EUROTRUCK S.C.	M40	36	00:03:08	00:32:40	00:36:00	01:06:34	**01:09:44.85**	+00:15:32 (22.3%)	4:39	12.9 (77.7%)
146	**KUKIEŁA Tomasz**	**299**	ROZBIEGANA KUKIEŁKA	M35	21	00:03:18	00:32:45	00:35:57	01:06:38	**01:09:46.50**	+00:15:34 (22.3%)	4:39	12.9 (77.7%)
147	**CYBULSKI Robert**	**86**	HAMER MIASTKO	M45	25	00:03:13	00:33:26	00:36:45	01:06:52	**01:09:57.75**	+00:15:45 (22.5%)	4:39	12.9 (77.7%)
148	**UKRAIŃSKI Sławomir**	**590**	KOŁOBRZEG BIEGA	M50	11	00:03:02	00:32:09	00:35:31	01:06:46	**01:10:03.35**	+00:15:51 (22.6%)	4:40	12.8 (77.1%)
149	**STACHOWIAK Ryszard**	**524**		M65	3	00:03:16	00:31:58	00:35:19	01:06:47	**01:10:07.00**	+00:15:54 (22.7%)	4:40	12.8 (77.1%)
150	**PROKOPOWICZ Marcin**	**449**	3:33 TEAM	M35	22	00:03:11	00:33:19	00:36:38	01:07:04	**01:10:16.80**	+00:16:04 (22.9%)	4:41	12.8 (77.1%)
151	**KOSECKA Katarzyna**	**267**	KB WYGAN	K35	3	00:03:02	00:33:26	00:36:44	01:07:12	**01:10:19.85**	+00:16:07 (22.9%)	4:41	12.8 (77.1%)
152	**LITWINOWICZ Renata**	**329**	KB WYGAN	K40	5	00:03:20	00:33:22	00:36:43	01:07:18	**01:10:26.05**	+00:16:13 (23.0%)	4:41	12.8 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
153	**MICHALAK Jacek**	**368**		M55	10	00:03:01	00:32:10	00:35:31	01:07:13	**01:10:27.50**	+00:16:15 (23.1%)	4:41	12.8 (77.1%)
154	**TALAREK Robert**	**575**	KRZEWINKOWA	M40	37	00:03:07	00:32:41	00:36:09	01:07:29	**01:10:34.30**	+00:16:22 (23.2%)	4:42	12.8 (77.1%)
155	**DUDA Andrzej**	**114**		M50	12	00:02:46	00:32:24	00:35:48	01:07:26	**01:10:36.75**	+00:16:24 (23.2%)	4:42	12.7 (76.5%)
156	**GIEDRYS Wojtek**	**149**	3:33 TEAM	M45	26	00:03:02	00:32:15	00:35:38	01:07:15	**01:10:36.95**	+00:16:24 (23.2%)	4:42	12.7 (76.5%)
157	**MALICKI Grzegorz**	**354**	SCYZORYK	M45	27	00:03:19	00:32:57	00:36:19	01:07:29	**01:10:42.35**	+00:16:30 (23.3%)	4:42	12.7 (76.5%)
158	**TRZECIAK Dariusz**	**584**	KOŁOBRZEG BIEGA	M45	28	00:03:13	00:33:17	00:36:39	01:07:43	**01:10:46.45**	+00:16:34 (23.4%)	4:43	12.7 (76.5%)
159	**POLAŃSKI Dariusz**	**441**	ORZEŁ MRZEŻYNO	M50	13	00:02:53	00:32:01	00:35:23	01:07:15	**01:10:47.45**	+00:16:35 (23.4%)	4:43	12.7 (76.5%)
160	**BRZÓSKA Eugeniusz**	**52**	KB HERMES GRYFINO	M55	11	00:03:08	00:33:12	00:36:36	01:07:35	**01:10:48.30**	+00:16:36 (23.4%)	4:43	12.7 (76.5%)
161	**STAŃCZYK Sławomir**	**527**	STARGARD. JA SIĘ NIE ŚCIGAM	M30	16	00:03:23	00:33:44	00:37:01	01:07:47	**01:10:49.60**	+00:16:37 (23.5%)	4:43	12.7 (76.5%)
162	**KOŁTUNIAK Hubert**	**259**		M40	38	00:03:19	00:33:39	00:36:55	01:07:46	**01:10:55.00**	+00:16:42 (23.6%)	4:43	12.7 (76.5%)
163	**TAMAS Mateusz**	**576**		M20	12	00:03:21	00:33:22	00:36:40	01:07:43	**01:10:55.80**	+00:16:43 (23.6%)	4:43	12.7 (76.5%)
164	**POLGUJ Piotr**	**442**	PARKRUN MKL SZCZECINEK	M70	1	00:03:04	00:32:15	00:35:38	01:07:28	**01:10:57.95**	+00:16:45 (23.6%)	4:43	12.7 (76.5%)
165	**OLESZCZAK Piotr**	**400**	OSP GRYFICE	M16	2	00:03:27	00:32:44	00:35:53	01:07:37	**01:10:59.35**	+00:16:47 (23.6%)	4:43	12.7 (76.5%)
166	**TOWSTOKORY Marek**	**579**		M40	39	00:02:58	00:33:15	00:36:42	01:07:54	**01:11:17.05**	+00:17:04 (24.0%)	4:45	12.6 (75.9%)
167	**ROMEJ Elżbieta**	**481**	LŁKB TRUCHT ŁOBEZ	K50	1	00:03:02	00:32:43	00:36:04	01:07:44	**01:11:19.45**	+00:17:07 (24.0%)	4:45	12.6 (75.9%)
168	**SZOTA Robert**	**560**	SMT SZCZECIN	M30	17	00:03:16	00:34:28	00:37:47	01:08:32	**01:11:27.40**	+00:17:15 (24.1%)	4:45	12.6 (75.9%)
169	**ROJEK Michał**	**476**		M35	23	00:03:24	00:34:37	00:37:59	01:08:24	**01:11:32.20**	+00:17:20 (24.2%)	4:46	12.6 (75.9%)
170	**GUZIKIEWICZ Mirosław**	**177**	ROZBIEGANY GOLENIÓW	M45	29	00:03:25	00:34:41	00:37:55	01:08:24	**01:11:36.65**	+00:17:24 (24.3%)	4:46	12.6 (75.9%)
171	**CHRZANOWSKI Mariusz**	**669**		M50	14	00:03:13	00:32:58	00:36:16	01:07:58	**01:11:38.45**	+00:17:26 (24.3%)	4:46	12.6 (75.9%)
172	**WILKOWSKI Krzysztof**	**614**	L	M35	24	00:03:03	00:32:49	00:36:15	01:08:11	**01:11:38.50**	+00:17:26 (24.3%)	4:46	12.6 (75.9%)
173	**ZAWADZKI Adrian**	**681**	REGA TRZEBIATÓW	M20	13	00:02:31	00:32:26	00:35:37	01:08:33	**01:11:39.50**	+00:17:27 (24.4%)	4:46	12.6 (75.9%)
174	**SZYDŁOWSKI Witold**	**564**		M55	12	00:03:01	00:32:40	00:36:00	01:08:31	**01:11:57.25**	+00:17:45 (24.7%)	4:47	12.5 (75.3%)
175	**HOPPE Bronisław**	**196**	JW 3937	M35	25	00:03:24	00:33:25	00:36:49	01:08:54	**01:12:00.85**	+00:17:48 (24.7%)	4:48	12.5 (75.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
176	**MARTYNOWICZ Tobiasz**	**359**	GRABOWO	M30	18	00:02:58	00:30:37	00:34:03	01:08:35	**01:12:03.95**	+00:17:51 (24.8%)	4:48	12.5 (75.3%)
177	**DARONIN Pavlo**	**95**		M35	26	00:03:31	00:34:46	00:38:00	01:08:56	**01:12:05.40**	+00:17:53 (24.8%)	4:48	12.5 (75.3%)
178	**GROCHOWSKI Krzysztof**	**171**		M30	19	00:03:14	00:33:12	00:36:40	01:08:34	**01:12:06.65**	+00:17:54 (24.8%)	4:48	12.5 (75.3%)
179	**KUKIEŁKA Wojciech**	**300**		M35	27	00:03:59	00:34:58	00:38:20	01:08:53	**01:12:07.80**	+00:17:55 (24.9%)	4:48	12.5 (75.3%)
180	**BUCZKOWSKI Jacek**	**54**	8BREM	M45	30	00:03:06	00:33:27	00:36:54	01:09:18	**01:12:12.95**	+00:18:00 (24.9%)	4:48	12.5 (75.3%)
181	**RÓŻYCKI Edward**	**485**	MUKS TORNADO	M65	4	00:03:28	00:34:40	00:38:05	01:09:05	**01:12:20.20**	+00:18:08 (25.1%)	4:49	12.4 (74.7%)
182	**KUŹMIŃSKA Maryla**	**673**	BRZOZA BIEGA	K35	4	00:03:25	00:34:10	00:37:35	01:09:03	**01:12:23.75**	+00:18:11 (25.1%)	4:49	12.4 (74.7%)
183	**NADOLNY Przemysław**	**384**	INTER-COPY SZCZECIN	M40	40	00:03:24	00:34:23	00:37:45	01:09:16	**01:12:27.35**	+00:18:15 (25.2%)	4:49	12.4 (74.7%)
184	**WĘDZIŃSKI Maciej**	**607**	RUNGRYF GRYFICE	M40	41	00:03:05	00:32:50	00:36:18	01:09:07	**01:12:29.85**	+00:18:17 (25.2%)	4:50	12.4 (74.7%)
185	**KARCZEWSKI Krzysztof**	**236**	PG SPORTOWA PACZKA	M55	13	00:03:21	00:34:33	00:37:57	01:09:27	**01:12:35.10**	+00:18:23 (25.3%)	4:50	12.4 (74.7%)
186	**CHMIELEWSKI Kamil**	**73**	GRABOWO	M20	14	00:03:42	00:35:19	00:38:47	01:09:41	**01:12:36.55**	+00:18:24 (25.4%)	4:50	12.4 (74.7%)
187	**PETA Andrzej**	**426**	MTS HAMER MIASTKO	M45	31	00:03:13	00:33:42	00:37:07	01:09:13	**01:12:37.55**	+00:18:25 (25.4%)	4:50	12.4 (74.7%)
188	**JUZYSZYN-BRAŃSKA Alicja**	**221**		K30	2	00:02:57	00:33:32	00:36:59	01:09:17	**01:12:37.75**	+00:18:25 (25.4%)	4:50	12.4 (74.7%)
189	**OTOKA Kasia**	**411**		K40	6	00:03:11	00:34:02	00:37:31	01:09:24	**01:12:40.65**	+00:18:28 (25.4%)	4:50	12.4 (74.7%)
190	**SKAŁECKI Robert**	**511**	PARKRUN ŚWIDWIN	M45	32	00:03:17	00:32:47	00:36:03	01:09:29	**01:12:43.95**	+00:18:31 (25.5%)	4:50	12.4 (74.7%)
191	**TADROWSKI Tomasz**	**574**		M45	33	00:03:25	00:34:33	00:37:57	01:09:38	**01:12:44.45**	+00:18:32 (25.5%)	4:50	12.4 (74.7%)
192	**MAJDZIŃSKI Paweł**	**350**	GRABOWO	M20	15	00:03:40	00:35:20	00:38:48	01:09:42	**01:13:01.75**	+00:18:49 (25.8%)	4:52	12.3 (74.1%)
193	**CIESZYŃSKI Marcin**	**84**		M35	28	00:03:27	00:35:10	00:38:35	01:10:01	**01:13:03.15**	+00:18:51 (25.8%)	4:52	12.3 (74.1%)
194	**PRZYBYSZ Michał**	**457**		M30	20	00:03:04	00:33:50	00:37:17	01:09:44	**01:13:05.20**	+00:18:53 (25.8%)	4:52	12.3 (74.1%)
195	**ŁAWNICZAK Justyna**	**337**	TEAM ŚWIĘTA	K35	5	00:02:57	00:33:18	00:36:45	01:09:46	**01:13:07.80**	+00:18:55 (25.9%)	4:52	12.3 (74.1%)
196	**MAŁKIŃSKI Józef**	**358**	RWT W BYDGOSZCZY	M60	10	00:03:31	00:34:40	00:38:07	01:09:46	**01:13:08.10**	+00:18:56 (25.9%)	4:52	12.3 (74.1%)
197	**CHABOWSKA Karolina**	**70**		K30	3	00:03:03	00:33:43	00:37:12	01:09:54	**01:13:18.25**	+00:19:06 (26.1%)	4:53	12.3 (74.1%)
198	**ANDRYSKOWSKI Marek**	**8**	STOWARZYSZENIE 42,2 LĘBORK	M50	15	00:03:19	00:34:54	00:38:22	01:10:07	**01:13:19.55**	+00:19:07 (26.1%)	4:53	12.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
199	**WALERIAŃCZYK Roman**	**599**	GMINA KOŁOBRZEG	M50	16	00:03:11	00:34:16	00:37:52	01:10:02	**01:13:21.95**	+00:19:09 (26.1%)	4:53	12.3 (74.1%)
200	**MIECZKOWSKI Michał**	**674**	KTC KOŁOBRZEG	M55	14	00:03:23	00:34:16	00:37:42	01:09:51	**01:13:22.95**	+00:19:10 (26.1%)	4:53	12.3 (74.1%)
201	**GERKE Mateusz**	**148**		M20	16	00:03:29	00:34:53	00:38:17	01:10:20	**01:13:23.65**	+00:19:11 (26.1%)	4:53	12.3 (74.1%)
202	**JONKO Wojciech**	**217**		M65	5	00:03:09	00:32:59	00:36:31	01:09:42	**01:13:23.85**	+00:19:11 (26.2%)	4:53	12.3 (74.1%)
203	**CYNARSKI Marek**	**87**		M40	42	00:03:29	00:34:57	00:38:20	01:10:12	**01:13:30.40**	+00:19:18 (26.3%)	4:54	12.2 (73.5%)
204	**PENDRAK Kamil**	**425**		M30	21	00:03:30	00:35:40	00:39:09	01:10:20	**01:13:33.15**	+00:19:21 (26.3%)	4:54	12.2 (73.5%)
205	**DYBUS Thomas Henri**	**119**	ROZBIEGANY GOLENIÓW	M45	34	00:04:01	00:34:35	00:37:49	01:10:11	**01:13:33.70**	+00:19:21 (26.3%)	4:54	12.2 (73.5%)
206	**DADEŁO Robert**	**93**		M45	35	00:03:22	00:34:27	00:37:53	01:10:07	**01:13:37.25**	+00:19:25 (26.4%)	4:54	12.2 (73.5%)
207	**KALETKA Dariusz**	**228**	KALETKA TEAM	M55	15	00:03:21	00:34:07	00:37:33	01:10:07	**01:13:38.30**	+00:19:26 (26.4%)	4:54	12.2 (73.5%)
208	**AUGUSTYNIAK Jakub**	**13**	GRABOWO	M20	17	00:03:28	00:33:53	00:37:18	01:10:10	**01:13:39.10**	+00:19:27 (26.4%)	4:54	12.2 (73.5%)
209	**GRYGORUK Cezary**	**173**		M50	17	00:03:29	00:35:14	00:38:43	01:10:25	**01:13:39.40**	+00:19:27 (26.4%)	4:54	12.2 (73.5%)
210	**KULINICZ Agnieszka**	**305**	ROZBIEGANY GOLENIÓW	K35	6	00:03:27	00:34:48	00:38:15	01:10:18	**01:13:39.85**	+00:19:27 (26.4%)	4:54	12.2 (73.5%)
211	**STRUŚ Artur**	**536**	KB BRYZA POSTOMINO	M50	18	00:03:20	00:34:23	00:37:53	01:10:25	**01:13:43.30**	+00:19:31 (26.5%)	4:54	12.2 (73.5%)
212	**FABICH Adrian**	**124**	USB/ BALTIC SEALS	M30	22	00:03:30	00:36:45	00:40:27	01:10:40	**01:13:44.60**	+00:19:32 (26.5%)	4:55	12.2 (73.5%)
213	**SZCZEPAŃSKI Zbigniew**	**549**	MACIEJUNIO	M60	11	00:03:07	00:33:53	00:37:27	01:10:24	**01:13:46.50**	+00:19:34 (26.5%)	4:55	12.2 (73.5%)
214	**TROCKI Robert**	**580**		M40	43	00:03:08	00:34:41	00:38:09	01:10:32	**01:13:46.60**	+00:19:34 (26.5%)	4:55	12.2 (73.5%)
215	**UZNAŃSKI Ryszard**	**596**		M45	36	00:03:04	00:33:47	00:37:20	01:10:25	**01:13:47.00**	+00:19:34 (26.5%)	4:55	12.2 (73.5%)
216	**GAWEŁ Zbigniew**	**143**	MIASTO SŁUPSK	M60	12	00:03:23	00:34:43	00:38:12	01:10:16	**01:13:47.90**	+00:19:35 (26.6%)	4:55	12.2 (73.5%)
217	**POMORYNKO Krzysztof**	**443**		M35	29	00:03:24	00:34:59	00:38:23	01:10:41	**01:13:55.90**	+00:19:43 (26.7%)	4:55	12.2 (73.5%)
218	**BANAŚ Adam**	**18**		M35	30	00:03:16	00:34:40	00:38:11	01:10:39	**01:14:01.45**	+00:19:49 (26.8%)	4:56	12.2 (73.5%)
219	**STĘPA Bartosz**	**531**	DRUŻYNA SZPIKU	M20	18	00:03:22	00:33:55	00:37:27	01:10:58	**01:14:05.45**	+00:19:53 (26.8%)	4:56	12.1 (72.9%)
220	**WYGANOWSKI Andrzej**	**628**	K.B.WYGAN	M70	2	00:03:27	00:35:17	00:38:45	01:10:56	**01:14:10.90**	+00:19:58 (26.9%)	4:56	12.1 (72.9%)
221	**LITZBARSKI Marek**	**330**	DUDYCZ RUN	M50	19	00:03:31	00:35:44	00:39:16	01:11:05	**01:14:13.70**	+00:20:01 (27.0%)	4:56	12.1 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
222	**WOJCIECHOWSKA-HRYCYK Agata**	**620**		K50	2	00:03:16	00:34:42	00:38:13	01:10:55	**01:14:15.85**	+00:20:03 (27.0%)	4:57	12.1 (72.9%)
223	**PYTLARZ Waldemar**	**463**		M55	16	00:03:38	00:35:39	00:39:06	01:11:00	**01:14:18.10**	+00:20:06 (27.1%)	4:57	12.1 (72.9%)
224	**LANGE Damian**	**316**	12 WOLIŃSKI DYWIZJON TRAŁOWCÓW	M30	23	00:03:01	00:32:16	00:35:49	01:10:48	**01:14:19.45**	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
225	**SOSIN Tomasz**	**520**	SZWLA	M55	17	00:03:33	00:34:58	00:38:29	01:10:58	**01:14:19.75**	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
226	**ROMANIUK Wojciech**	**477**	NIEZRZESZONY	M45	37	00:03:31	00:35:21	00:38:50	01:11:13	**01:14:19.85**	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
227	**JĘDRASZKO Magda**	**214**	MTS HAMER MIASTKO	K30	4	00:03:30	00:35:14	00:38:41	01:11:04	**01:14:20.30**	+00:20:08 (27.1%)	4:57	12.1 (72.9%)
228	**SZUBERT Marcin**	**563**	KOŁOBRZEG BIEGA	M40	44	00:03:45	00:35:55	00:39:22	01:11:05	**01:14:31.75**	+00:20:19 (27.3%)	4:58	12.1 (72.9%)
229	**MEISSNER Bogusław**	**365**	K.B. SPRINT ŚWIDWIN	M55	18	00:03:20	00:34:06	00:37:37	01:11:01	**01:14:35.10**	+00:20:23 (27.3%)	4:58	12.1 (72.9%)
230	**DOMAGAŁA Sławomir**	**107**	KORYUKAN ŚWIDWIN	M40	45	00:03:19	00:34:06	00:37:37	01:11:02	**01:14:43.20**	+00:20:31 (27.5%)	4:58	12 (72.3%)
231	**SZYPOSZYŃSKI Kamil**	**570**	MECENAS I PRZYJACIELE	M40	46	00:03:21	00:34:07	00:37:39	01:11:02	**01:14:44.00**	+00:20:31 (27.5%)	4:58	12 (72.3%)
232	**ŻUKOWSKI Cezary**	**648**	MIGAWKOWE.PL / ROZBIEGANY KOSZALIN	M35	31	00:03:20	00:35:27	00:39:00	01:11:30	**01:14:46.60**	+00:20:34 (27.5%)	4:59	12 (72.3%)
233	**HOC Dariusz**	**193**		M45	38	00:03:17	00:34:23	00:37:52	01:11:35	**01:14:49.70**	+00:20:37 (27.6%)	4:59	12 (72.3%)
234	**LUBERAŃSKI Patryk**	**333**	GRABOWO	M20	19	00:03:25	00:35:31	00:39:00	01:11:39	**01:14:52.50**	+00:20:40 (27.6%)	4:59	12 (72.3%)
235	**BARTOSZUK Adam**	**26**	MORSY KOŁOBRZEG	M40	47	00:03:26	00:36:24	00:39:58	01:11:54	**01:14:54.50**	+00:20:42 (27.6%)	4:59	12 (72.3%)
236	**MIGALSKA-STANKIEWICZ Lucyna**	**373**		K35	7	00:03:06	00:34:25	00:38:00	01:11:24	**01:14:55.20**	+00:20:43 (27.7%)	4:59	12 (72.3%)
237	**CHORĄŻEWSKI Sebastian**	**76**		M40	48	00:03:11	00:34:58	00:38:28	01:11:48	**01:15:01.75**	+00:20:49 (27.8%)	5:00	12 (72.3%)
238	**PRUSZANOW Marcin**	**452**	KB HERMES GRYFINO	M40	49	00:03:32	00:35:53	00:39:18	01:12:01	**01:15:14.80**	+00:21:02 (28.0%)	5:01	12 (72.3%)
239	**NOWAK Klaudia**	**390**	ROZBIEGANY GOLENIÓW	K35	8	00:03:26	00:35:17	00:38:48	01:11:48	**01:15:17.45**	+00:21:05 (28.0%)	5:01	12 (72.3%)
240	**OTTO Michał**	**666**		M30	24	00:03:04	00:33:44	00:37:17	01:11:38	**01:15:17.65**	+00:21:05 (28.0%)	5:01	12 (72.3%)
241	**CIEPŁUCHA Marcin**	**81**	SZCZECINBUKOWE	M40	50	00:03:18	00:34:01	00:37:27	01:11:36	**01:15:19.30**	+00:21:07 (28.0%)	5:01	11.9 (71.7%)
242	**ANIOŁA Dominik**	**10**		M35	32	00:03:23	00:34:57	00:38:33	01:12:08	**01:15:40.50**	+00:21:28 (28.4%)	5:02	11.9 (71.7%)
243	**WOLSKI Tomasz**	**623**	WIECZORNE BIEGANIE W SZCZECINIE	M45	39	00:03:20	00:34:24	00:38:04	01:12:15	**01:15:42.25**	+00:21:30 (28.4%)	5:02	11.9 (71.7%)
244	**HERMAN Paweł**	**189**	MLUKS TRZEBIATÓW	M40	51	00:03:28	00:35:14	00:38:40	01:12:16	**01:15:44.25**	+00:21:32 (28.4%)	5:03	11.9 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
245	**SZELIGA Paweł**	**555**	KPP KOŁOBRZEG	M45	40	00:03:42	00:36:56	00:40:29	01:12:34	**01:15:45.25**	+00:21:33 (28.5%)	5:03	11.9 (71.7%)
246	**JĘDRZEJAK Maciej**	**216**	BIEGACZE ŚWINOUJŚCIE	M40	52	00:03:20	00:35:02	00:38:34	01:12:15	**01:15:48.95**	+00:21:36 (28.5%)	5:03	11.9 (71.7%)
247	**CEBULAK Dariusz**	**686**	AT AKTYWNY TRZEBIATÓW	M40	53	00:03:26	00:35:29	00:39:05	01:12:19	**01:15:49.50**	+00:21:37 (28.5%)	5:03	11.9 (71.7%)
248	**GĄSIOREK Tomasz**	**671**	BRZOZA BIEGA	M55	19	00:03:36	00:35:47	00:39:25	01:12:25	**01:15:51.50**	+00:21:39 (28.5%)	5:03	11.9 (71.7%)
249	**HAŁY Dorian**	**656**		M16	3	00:03:04	00:32:08	00:35:25	01:12:42	**01:15:57.15**	+00:21:45 (28.6%)	5:03	11.8 (71.1%)
250	**MAJCHRZAK Paweł**	**349**	KARLINO BIEGAJ	M40	54	00:02:53	00:34:03	00:37:24	01:12:31	**01:15:57.80**	+00:21:45 (28.6%)	5:03	11.8 (71.1%)
251	**ŻYWOT Norbert**	**651**	KOŁOBRZEG BIEGA - PARKRUN	M40	55	00:03:09	00:34:46	00:38:22	01:12:28	**01:15:59.40**	+00:21:47 (28.7%)	5:04	11.8 (71.1%)
252	**OPALIŃSKI Stanisław**	**403**	KOŁOBRZEG BIEGA - PARKRUN	M60	13	00:03:06	00:34:47	00:38:18	01:12:31	**01:16:03.75**	+00:21:51 (28.7%)	5:04	11.8 (71.1%)
253	**SZUBERT Julia**	**561**	KOŁOBRZEG BIEGA	K16	1	00:03:12	00:34:54	00:38:24	01:12:41	**01:16:06.45**	+00:21:54 (28.8%)	5:04	11.8 (71.1%)
254	**KUCZER Agata**	**660**		K30	5	00:03:27	00:35:48	00:39:26	01:12:53	**01:16:07.90**	+00:21:55 (28.8%)	5:04	11.8 (71.1%)
255	**NOWICKI Tomasz**	**661**	SZWLA	M50	20	00:03:26	00:35:47	00:39:25	01:12:52	**01:16:08.25**	+00:21:56 (28.8%)	5:04	11.8 (71.1%)
256	**LEWANDOWSKI Jacek**	**325**		M40	56	00:03:38	00:36:21	00:39:58	01:13:03	**01:16:10.40**	+00:21:58 (28.8%)	5:04	11.8 (71.1%)
257	**DURMAN Sławomir**	**117**		M30	25	00:03:24	00:36:34	00:40:22	01:13:14	**01:16:26.20**	+00:22:14 (29.1%)	5:05	11.8 (71.1%)
258	**CZERWIŃSKI Marcin**	**90**	GRABOWO	M20	20	00:03:15	00:34:09	00:37:53	01:13:33	**01:16:31.95**	+00:22:19 (29.2%)	5:06	11.8 (71.1%)
259	**CIESZYŃSKI Mariusz**	**83**	BEAUTY STUDIO LĘBORK	M40	57	00:03:31	00:35:40	00:39:16	01:13:00	**01:16:44.75**	+00:22:32 (29.4%)	5:07	11.7 (70.5%)
260	**OLSZYK Tadeusz**	**401**	BIEGACZE ŚWINOUJŚCIE	M60	14	00:03:30	00:36:38	00:40:14	01:13:21	**01:16:45.70**	+00:22:33 (29.4%)	5:07	11.7 (70.5%)
261	**ROGOWSKI Robert**	**474**	SKRZYWIENI GOŚCIE	M45	41	00:03:28	00:35:23	00:38:53	01:12:47	**01:16:47.60**	+00:22:35 (29.4%)	5:07	11.7 (70.5%)
262	**KOWALCZYK Mariusz**	**276**	ROZBIEGANY KOSZALIN	M40	58	00:03:24	00:35:59	00:39:56	01:13:38	**01:16:50.50**	+00:22:38 (29.5%)	5:07	11.7 (70.5%)
263	**ROGOWSKI Krystian**	**475**	SKRZYWIENI GOŚCIE	M16	4	00:02:57	00:34:30	00:38:04	01:12:57	**01:16:59.40**	+00:22:47 (29.6%)	5:07	11.7 (70.5%)
264	**PAWELEC Artur**	**419**	ROZBIEGANY GOLENIÓW	M45	42	00:03:31	00:37:00	00:40:39	01:13:58	**01:16:59.45**	+00:22:47 (29.6%)	5:08	11.7 (70.5%)
265	**KUSZ Radosław**	**311**	KRÓLICZKI W PLECAKU	M40	59	00:03:12	00:35:30	00:39:10	01:13:29	**01:17:08.90**	+00:22:56 (29.7%)	5:08	11.7 (70.5%)
266	**GRZELAK Sebastian**	**175**	ROZBIEGANY GOLENIÓW	M55	20	00:03:33	00:37:01	00:40:40	01:14:00	**01:17:13.15**	+00:23:01 (29.8%)	5:08	11.7 (70.5%)
267	**KOSIOR Piotr**	**270**		M45	43	00:03:13	00:34:34	00:38:16	01:13:33	**01:17:18.25**	+00:23:06 (29.9%)	5:09	11.6 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
268	**MARZEC Łukasz**	**360**		M35	33	00:03:39	00:36:51	00:40:29	01:13:44	**01:17:20.95**	+00:23:08 (29.9%)	5:09	11.6 (69.9%)
269	**TROJANOWICZ Wiesław**	**581**		M40	60	00:03:49	00:35:47	00:39:32	01:13:31	**01:17:23.30**	+00:23:11 (30.0%)	5:09	11.6 (69.9%)
270	**ZABROCKI Karol**	**630**		M35	34	00:03:24	00:36:23	00:39:57	01:13:55	**01:17:27.45**	+00:23:15 (30.0%)	5:09	11.6 (69.9%)
271	**LIZAKOWSKI Piotr**	**331**	NYHA IV SZCZECIN	M40	61	00:03:26	00:35:27	00:39:07	01:13:57	**01:17:31.80**	+00:23:19 (30.1%)	5:10	11.6 (69.9%)
272	**GUZIKIEWICZ Marcin**	**178**	ROZBIEGANY GOLENIÓW	M40	62	00:03:33	00:35:13	00:38:46	01:13:04	**01:17:38.95**	+00:23:26 (30.2%)	5:10	11.6 (69.9%)
273	**STOJECKI Bartosz**	**532**	ROZBIEGANY GOLENIÓW	M40	63	00:03:34	00:35:14	00:38:47	01:13:05	**01:17:39.15**	+00:23:27 (30.2%)	5:10	11.6 (69.9%)
274	**GRABOWSKA Marta**	**165**		K20	2	00:03:15	00:35:15	00:39:00	01:14:05	**01:17:43.25**	+00:23:31 (30.3%)	5:10	11.6 (69.9%)
275	**PARADOWSKA Ewelina**	**414**	ZA - BIEGANE BABECZKI. NOWOGARD	K30	6	00:03:48	00:36:53	00:40:31	01:14:13	**01:17:46.45**	+00:23:34 (30.3%)	5:11	11.6 (69.9%)
276	**WILKLISZ Wojciech**	**613**		M45	44	00:03:15	00:35:27	00:39:10	01:14:20	**01:17:48.05**	+00:23:35 (30.3%)	5:11	11.6 (69.9%)
277	**STOLARCZYK Maciej**	**533**		M45	45	00:03:49	00:36:15	00:39:52	01:14:20	**01:17:48.90**	+00:23:36 (30.3%)	5:11	11.6 (69.9%)
278	**KOŁECKI Tomasz**	**257**		M35	35	00:03:57	00:38:00	00:41:37	01:14:20	**01:17:50.90**	+00:23:38 (30.4%)	5:11	11.6 (69.9%)
279	**JANKOWIAK Marek**	**205**		M35	36	00:03:57	00:38:01	00:41:37	01:14:21	**01:17:51.30**	+00:23:39 (30.4%)	5:11	11.6 (69.9%)
280	**HOFMAN Paweł**	**195**		M30	26	00:03:45	00:38:45	00:42:07	01:14:46	**01:17:54.35**	+00:23:42 (30.4%)	5:11	11.6 (69.9%)
281	**ADAMOWICZ Daniel**	**4**	KB PIONIER SZCZECIN	M30	27	00:03:18	00:34:21	00:37:50	01:14:43	**01:18:08.20**	+00:23:56 (30.6%)	5:12	11.5 (69.3%)
282	**DROŹDZIŃSKI Konrad**	**113**		M35	37	00:03:25	00:34:47	00:38:19	01:14:37	**01:18:13.25**	+00:24:01 (30.7%)	5:12	11.5 (69.3%)
283	**WIELGAT Łukasz**	**609**	KB BRYZA POSTOMINO	M30	28	00:03:42	00:35:48	00:39:30	01:14:44	**01:18:17.80**	+00:24:05 (30.8%)	5:13	11.5 (69.3%)
284	**KACHNOWICZ-BUKAŁA Izabela**	**223**	ROZBIEGANY GOLENIÓW	K40	7	00:03:30	00:36:59	00:40:37	01:14:48	**01:18:20.05**	+00:24:07 (30.8%)	5:13	11.5 (69.3%)
285	**REPKA Marek**	**470**	LUPUS TEAM	M45	46	00:03:28	00:36:11	00:39:54	01:14:48	**01:18:23.25**	+00:24:11 (30.9%)	5:13	11.5 (69.3%)
286	**BUZAŁA Walenty**	**64**	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	21	00:03:30	00:35:22	00:39:51	01:14:48	**01:18:33.40**	+00:24:21 (31.0%)	5:14	11.5 (69.3%)
287	**NACHYŁA Piotr**	**383**	STOPA SŁUPSK	M45	47	00:03:47	00:37:10	00:40:54	01:15:12	**01:18:37.90**	+00:24:25 (31.1%)	5:14	11.4 (68.7%)
288	**DOMAŃSKI Adam**	**109**	JW 3775	M40	64	00:03:40	00:37:10	00:40:54	01:15:31	**01:18:48.80**	+00:24:36 (31.2%)	5:15	11.4 (68.7%)
289	**ORYSIAK Tomek**	**404**	ŁOBEZ	M30	29	00:03:37	00:36:46	00:40:21	01:15:34	**01:18:53.45**	+00:24:41 (31.3%)	5:15	11.4 (68.7%)
290	**MAZUREK Ryszard**	**362**		M60	15	00:03:49	00:37:14	00:40:57	01:15:28	**01:19:00.70**	+00:24:48 (31.4%)	5:16	11.4 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
291	**KĘDZIORA Patryk**	**246**	GRABOWO	M20	21	00:03:52	00:38:59	00:42:38	01:15:56	**01:19:01.80**	+00:24:49 (31.4%)	5:16	11.4 (68.7%)
292	**JAWORSKI Robert**	**212**	KB BRYZA POSTOMINO	M40	65	00:03:39	00:35:54	00:39:41	01:15:10	**01:19:03.45**	+00:24:51 (31.4%)	5:16	11.4 (68.7%)
293	**SERWADCZAK Piotr**	**504**	P+E	M45	48	00:03:12	00:35:25	00:39:07	01:15:23	**01:19:05.50**	+00:24:53 (31.5%)	5:16	11.4 (68.7%)
294	**LISIK Justyna**	**328**	DECATHLON SŁUPSK	K35	9	00:03:29	00:37:10	00:40:51	01:15:32	**01:19:06.60**	+00:24:54 (31.5%)	5:16	11.4 (68.7%)
295	**RUDNIK Tomasz**	**487**		M35	38	00:03:20	00:34:27	00:37:58	01:15:01	**01:19:08.85**	+00:24:56 (31.5%)	5:16	11.4 (68.7%)
296	**PODKOWA Piotr**	**438**	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	66	00:03:00	00:32:40	00:36:08	01:14:32	**01:19:10.40**	+00:24:58 (31.5%)	5:16	11.4 (68.7%)
297	**JABŁOŃSKI Andrzej**	**200**	NIEZRZESZONY	M45	49	00:03:46	00:36:49	00:40:32	01:15:26	**01:19:11.35**	+00:24:59 (31.6%)	5:16	11.4 (68.7%)
298	**SZCZYGIELSKI Michał**	**553**	KOŁOBRZEG MARATON TEAM	M35	39	00:03:28	00:36:16	00:39:56	01:15:42	**01:19:11.45**	+00:24:59 (31.6%)	5:16	11.4 (68.7%)
299	**BRZEZIŃSKI Krzysztof**	**51**		M45	50	00:03:41	00:37:25	00:41:09	01:15:36	**01:19:12.60**	+00:25:00 (31.6%)	5:16	11.4 (68.7%)
300	**SZUBERT Agnieszka**	**562**	KOŁOBRZEG BIEGA	K35	10	00:03:45	00:37:34	00:41:09	01:15:51	**01:19:13.90**	+00:25:01 (31.6%)	5:16	11.4 (68.7%)
301	**BARAŃSKI Grzegorz**	**20**	SAR-BSR KOŁOBRZEG KMT	M45	51	00:03:56	00:37:58	00:41:40	01:15:45	**01:19:17.15**	+00:25:05 (31.6%)	5:17	11.4 (68.7%)
302	**HASS Anita**	**185**	E-FIZJO TEAM	K35	11	00:03:24	00:35:57	00:39:43	01:15:37	**01:19:19.10**	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
303	**FURMAN Tomasz**	**134**		M50	21	00:03:20	00:36:12	00:39:55	01:15:13	**01:19:19.40**	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
304	**HRYCAJ Tomasz**	**197**		M30	30	00:03:35	00:36:59	00:40:45	01:15:43	**01:19:20.00**	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
305	**ŻURKOWSKI Tomasz**	**650**	BIEGAM Z ŻONĄ	M50	22	00:03:27	00:36:21	00:40:04	01:15:49	**01:19:25.55**	+00:25:13 (31.8%)	5:17	11.3 (68.1%)
306	**ŻURKOWSKA Iwona**	**649**	BIEGAM Z MĘŻEM	K50	3	00:03:27	00:36:20	00:40:03	01:15:49	**01:19:26.25**	+00:25:14 (31.8%)	5:17	11.3 (68.1%)
307	**ŁYSOŃ Piotr**	**345**		M20	22	00:03:46	00:39:45	00:43:32	01:16:27	**01:19:27.95**	+00:25:15 (31.8%)	5:17	11.3 (68.1%)
308	**RAŚ Ryszard Marek**	**467**	EKO-WOD-KAN	M65	6	00:03:13	00:36:44	00:40:34	01:15:51	**01:19:29.90**	+00:25:17 (31.8%)	5:18	11.3 (68.1%)
309	**DZIKOWSKI Karol**	**122**		M30	31	00:03:25	00:36:24	00:40:06	01:15:48	**01:19:31.85**	+00:25:19 (31.8%)	5:18	11.3 (68.1%)
310	**SIKORSKI Adam**	**508**	SIKORROWO	M30	32	00:03:20	00:36:25	00:40:22	01:16:09	**01:19:34.35**	+00:25:22 (31.9%)	5:18	11.3 (68.1%)
311	**CIBORSKI Sławomir**	**80**	NIEZRZESZONY	M40	67	00:03:36	00:36:38	00:40:18	01:15:40	**01:19:38.40**	+00:25:26 (31.9%)	5:18	11.3 (68.1%)
312	**WEGNER Aneta**	**603**		K35	12	00:03:31	00:36:46	00:40:28	01:16:04	**01:19:50.65**	+00:25:38 (32.1%)	5:19	11.3 (68.1%)
313	**DEJNAK Mariola**	**99**		K55	1	00:03:18	00:36:45	00:40:36	01:16:01	**01:19:54.85**	+00:25:42 (32.2%)	5:19	11.3 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
314	**KONOPIŃSKI Leszek**	**261**	BIEGACZE ŚWINOUJŚCIE	M60	16	00:03:30	00:36:20	00:40:06	01:16:20	**01:20:04.45**	+00:25:52 (32.3%)	5:20	11.2 (67.5%)
315	**ZIENCINA Marcin**	**640**		M35	40	00:03:46	00:38:10	00:42:04	01:16:49	**01:20:12.80**	+00:26:00 (32.4%)	5:20	11.2 (67.5%)
316	**BUJANOWSKI Grzegorz**	**58**	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	68	00:03:32	00:36:37	00:40:27	01:16:27	**01:20:14.15**	+00:26:02 (32.4%)	5:21	11.2 (67.5%)
317	**NIERYCHLEWSKI Maciej**	**388**	BEZRZECZE TEAM	M40	69	00:03:36	00:37:54	00:41:38	01:16:36	**01:20:17.00**	+00:26:04 (32.5%)	5:21	11.2 (67.5%)
318	**WODNICKA Ewa**	**619**	RUNGRYF GRYFICE	K50	4	00:03:58	00:39:14	00:43:07	01:16:53	**01:20:17.30**	+00:26:05 (32.5%)	5:21	11.2 (67.5%)
319	**GAJEWSKI Przemysław**	**677**		M40	70	00:03:49	00:39:04	00:42:53	01:16:39	**01:20:25.10**	+00:26:13 (32.6%)	5:21	11.2 (67.5%)
320	**CIESZYŃSKA Marta**	**82**	BEAUTY STUDIO LĘBORK	K40	8	00:03:31	00:36:44	00:40:26	01:16:30	**01:20:27.35**	+00:26:15 (32.6%)	5:21	11.2 (67.5%)
321	**CENTKA Katarzyna**	**68**	TEAM ŚWIĘTA	K35	13	00:03:27	00:37:08	00:40:50	01:16:51	**01:20:28.20**	+00:26:16 (32.6%)	5:21	11.2 (67.5%)
322	**ŁUCZEJKO Sławomir**	**342**	TEAM BIEGOWY SZCZECINEK	M50	23	00:03:37	00:37:06	00:40:49	01:16:40	**01:20:32.45**	+00:26:20 (32.7%)	5:22	11.2 (67.5%)
323	**STACHOWSKI Andrzej**	**525**		M50	24	00:03:37	00:38:09	00:41:54	01:16:52	**01:20:34.40**	+00:26:22 (32.7%)	5:22	11.2 (67.5%)
324	**TWOROGAL Robert**	**586**		M40	71	00:03:57	00:37:59	00:41:42	01:16:54	**01:20:37.10**	+00:26:25 (32.8%)	5:22	11.2 (67.5%)
325	**SUJAK Włodzimierz**	**543**	MARECKI VS EQUATOR	M60	17	00:04:04	00:38:35	00:42:20	01:17:06	**01:20:39.15**	+00:26:27 (32.8%)	5:22	11.2 (67.5%)
326	**DAWIDOWSKI Michał**	**96**	KP PSP KAMIEŃ POMORSKI/ENDORFINA NOWOGARD	M40	72	00:03:31	00:37:58	00:41:39	01:17:12	**01:20:42.35**	+00:26:30 (32.8%)	5:22	11.2 (67.5%)
327	**KANIEWSKA Alicja**	**234**	AKADEMIA BIEGANIA	K50	5	00:03:41	00:38:00	00:41:47	01:17:02	**01:20:46.10**	+00:26:34 (32.9%)	5:23	11.1 (66.9%)
328	**MOCZYŃSKI Leszek**	**378**	BIEGAM DLA BYDGOSZCZY	M65	7	00:03:39	00:36:59	00:40:45	01:16:54	**01:20:47.10**	+00:26:35 (32.9%)	5:23	11.1 (66.9%)
329	**ORZEŁ Jacek**	**406**		M45	52	00:03:31	00:37:12	00:40:59	01:17:00	**01:20:48.45**	+00:26:36 (32.9%)	5:23	11.1 (66.9%)
330	**PRUSS Kasia**	**451**	WKURW_TEAM	K40	9	00:03:51	00:38:25	00:42:16	01:17:23	**01:20:49.60**	+00:26:37 (32.9%)	5:23	11.1 (66.9%)
331	**BIELEWICZ Anna**	**37**	STOPA SŁUPSK	K40	10	00:03:26	00:37:07	00:40:58	01:17:19	**01:20:51.20**	+00:26:39 (33.0%)	5:23	11.1 (66.9%)
332	**ADRYAN Adam**	**5**	CKB SŁUPSK	M40	73	00:03:26	00:37:07	00:40:58	01:17:18	**01:20:51.30**	+00:26:39 (33.0%)	5:23	11.1 (66.9%)
333	**KACZMARCZYK Stanisław**	**225**	SZWLA	M60	18	00:03:38	00:37:39	00:41:26	01:17:16	**01:20:58.05**	+00:26:45 (33.1%)	5:23	11.1 (66.9%)
334	**GÓRECKA-MITORAJ Justyna**	**163**	MAMY TO !	K35	14	00:03:34	00:36:56	00:40:42	01:17:08	**01:21:00.40**	+00:26:48 (33.1%)	5:24	11.1 (66.9%)
335	**KĘDZIERSKI Dawid**	**700**		M16	5	00:03:58	00:38:45	00:42:29	01:17:21	**01:21:01.15**	+00:26:49 (33.1%)	5:24	11.1 (66.9%)
336	**KORNIOWSKA Ewelina**	**688**	KOŁOBRZEG MARATON TEAM	K40	11	00:03:44	00:37:54	00:41:42	01:17:26	**01:21:07.25**	+00:26:55 (33.2%)	5:24	11.1 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
337	**LENARTOWICZ Stanisław**	**319**		M55	22	00:03:46	00:37:51	00:41:36	01:17:22	**01:21:09.50**	+00:26:57 (33.2%)	5:24	11.1 (66.9%)
338	**SZCZYGIEŁ Paweł**	**554**		M30	33	00:03:24	00:36:34	00:40:22	01:17:12	**01:21:13.10**	+00:27:01 (33.3%)	5:24	11.1 (66.9%)
339	**HASS Artur**	**186**	E-FIZJO TEAM	M35	41	00:03:25	00:36:10	00:39:44	01:17:20	**01:21:24.90**	+00:27:12 (33.4%)	5:25	11.1 (66.9%)
340	**SPYCHAŁA Maciej**	**523**	WRONIECKI KLUB BIEGACZA	M40	74	00:04:04	00:41:28	00:45:26	01:18:14	**01:21:29.65**	+00:27:17 (33.5%)	5:25	11 (66.3%)
341	**KOZŁOWSKI Witold**	**283**		M35	42	00:03:40	00:38:35	00:42:04	01:18:35	**01:21:44.50**	+00:27:32 (33.7%)	5:27	11 (66.3%)
342	**MYSZYŃSKI Paweł**	**382**		M35	43	00:03:26	00:36:21	00:40:04	01:17:49	**01:21:49.10**	+00:27:37 (33.8%)	5:27	11 (66.3%)
343	**ŁAZARCZYK Wacław Bogdan**	**338**		M65	8	00:03:55	00:39:23	00:43:11	01:18:06	**01:21:51.40**	+00:27:39 (33.8%)	5:27	11 (66.3%)
344	**DRABAREK Agata**	**111**	BIEGACZE ŚWINOUJŚCIE	K20	3	00:04:03	00:40:31	00:44:24	01:18:41	**01:22:01.90**	+00:27:49 (33.9%)	5:28	11 (66.3%)
345	**KĘPKA Karolina**	**247**	STOPA SŁUPSK	K40	12	00:03:49	00:38:27	00:42:23	01:18:23	**01:22:02.20**	+00:27:50 (33.9%)	5:28	11 (66.3%)
346	**ZIELIŃSKI Grzegorz**	**638**	BIEGAM DLA PRZYJEMNOŚCI	M65	9	00:03:46	00:38:04	00:41:53	01:18:08	**01:22:05.10**	+00:27:53 (34.0%)	5:28	11 (66.3%)
347	**CHORĄŻEWSKA Andżelika**	**75**		K40	13	00:03:42	00:38:38	00:42:31	01:18:25	**01:22:10.85**	+00:27:58 (34.0%)	5:28	11 (66.3%)
348	**SAJNÓG Joanna**	**500**	KOŁOBRZEG MARATON TEAM	K30	7	00:03:48	00:38:44	00:42:33	01:18:55	**01:22:14.75**	+00:28:02 (34.1%)	5:29	10.9 (65.7%)
349	**KIEŁKOWSKI Przemysław**	**248**	KOŁOBRZEG MARATON TEAM	M35	44	00:03:48	00:38:44	00:42:33	01:18:55	**01:22:15.10**	+00:28:03 (34.1%)	5:29	10.9 (65.7%)
350	**BROŻYNA Renata**	**48**		K45	1	00:03:45	00:38:42	00:42:33	01:18:51	**01:22:29.15**	+00:28:17 (34.3%)	5:29	10.9 (65.7%)
351	**BARRA Marzena**	**22**	8 FOW	K20	4	00:03:53	00:39:31	00:43:29	01:19:06	**01:22:33.40**	+00:28:21 (34.3%)	5:30	10.9 (65.7%)
352	**RUCIŃSKI Marcin**	**486**		M35	45	00:03:53	00:39:31	00:43:29	01:19:06	**01:22:33.80**	+00:28:21 (34.4%)	5:30	10.9 (65.7%)
353	**ROSA Sebastian**	**483**		M20	23	00:03:43	00:38:42	00:42:38	01:18:48	**01:22:34.90**	+00:28:22 (34.4%)	5:30	10.9 (65.7%)
354	**TRZECIAK Anna**	**583**	KOŁOBRZEG BIEGA	K45	2	00:03:46	00:38:45	00:42:35	01:19:13	**01:22:52.05**	+00:28:39 (34.6%)	5:31	10.9 (65.7%)
355	**JĘDRUSZAK Marek**	**215**		M60	19	00:03:43	00:38:07	00:42:06	01:19:06	**01:23:00.65**	+00:28:48 (34.7%)	5:32	10.8 (65.1%)
356	**SIELICKI Mateusz**	**506**		M20	24	00:03:46	00:39:11	00:42:53	01:19:36	**01:23:14.30**	+00:29:02 (34.9%)	5:32	10.8 (65.1%)
357	**MALICKI Krzysztof**	**353**	AKTYWNI Z CUKRZYCĄ	M40	75	00:03:58	00:39:14	00:43:08	01:19:39	**01:23:16.10**	+00:29:04 (34.9%)	5:33	10.8 (65.1%)
358	**KOSIDŁO Monika**	**268**		K20	5	00:03:29	00:36:56	00:41:00	01:19:39	**01:23:17.95**	+00:29:05 (34.9%)	5:33	10.8 (65.1%)
359	**RONIJ Łukasz**	**482**	ANDREW'S TEAM	M35	46	00:04:06	00:41:13	00:44:38	01:19:47	**01:23:21.75**	+00:29:09 (35.0%)	5:33	10.8 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
360	**KULCZYK Katarzyna**	**303**	KB BRYZA POSTOMINO	K35	15	00:03:42	00:38:18	00:42:10	01:19:27	**01:23:22.65**	+00:29:10 (35.0%)	5:33	10.8 (65.1%)
361	**KOZIARZ Anna**	**280**		K35	16	00:03:45	00:38:24	00:42:18	01:19:40	**01:23:27.10**	+00:29:15 (35.1%)	5:33	10.8 (65.1%)
362	**BORKOWSKA-KOWALCZYK Daria**	**44**	ROZBIEGANY KOSZALIN	K35	17	00:03:44	00:38:43	00:42:37	01:19:49	**01:23:30.65**	+00:29:18 (35.1%)	5:34	10.8 (65.1%)
363	**KĘDZIERSKI Krzysztof**	**245**	SMT SZCZECIN	M50	25	00:03:42	00:38:33	00:42:32	01:19:41	**01:23:39.85**	+00:29:27 (35.2%)	5:34	10.8 (65.1%)
364	**IWANICKA Bożena**	**198**	ROBIGANY GOLENIOW	K60	1	00:03:35	00:38:24	00:42:18	01:19:39	**01:23:47.30**	+00:29:35 (35.3%)	5:35	10.7 (64.5%)
365	**BERENT Robert**	**30**	TUPOT USTKA	M50	26	00:03:51	00:38:35	00:42:18	01:19:54	**01:23:53.35**	+00:29:41 (35.4%)	5:35	10.7 (64.5%)
366	**GODOŃ Piotr**	**160**	GRABOWO	M30	34	00:03:41	00:36:59	00:40:57	01:19:41	**01:23:56.35**	+00:29:44 (35.4%)	5:35	10.7 (64.5%)
367	**WOLAŃSKI Mariusz**	**622**		M50	27	00:04:00	00:39:44	00:43:35	01:20:08	**01:23:57.95**	+00:29:45 (35.4%)	5:35	10.7 (64.5%)
368	**OKOŁO-KUŁAK Ola**	**396**	ŁOBEZ	K45	3	00:04:10	00:40:49	00:44:47	01:20:23	**01:23:59.40**	+00:29:47 (35.5%)	5:35	10.7 (64.5%)
369	**PRYCIŃSKI Krzysztof**	**455**		M40	76	00:03:34	00:39:28	00:43:22	01:20:23	**01:24:00.20**	+00:29:48 (35.5%)	5:36	10.7 (64.5%)
370	**KULIK Sebastian**	**304**	GRABOWO	M35	47	00:03:23	00:36:26	00:40:29	01:19:45	**01:24:01.00**	+00:29:48 (35.5%)	5:36	10.7 (64.5%)
371	**OPACZYK Paweł**	**402**	PRESTO TRAVEL	M60	20	00:03:52	00:39:32	00:43:28	01:20:11	**01:24:03.55**	+00:29:51 (35.5%)	5:36	10.7 (64.5%)
372	**ZŁOTNICKA-TRYBUCHOWSKA Małgorzata**	**679**		K35	18	00:04:11	00:40:41	00:44:35	01:20:27	**01:24:04.35**	+00:29:52 (35.5%)	5:36	10.7 (64.5%)
373	**RUTKOWSKI Lucjan**	**493**	ARCAN TEAM	M55	23	00:04:01	00:39:44	00:43:32	01:20:34	**01:24:07.15**	+00:29:55 (35.6%)	5:36	10.7 (64.5%)
374	**GRABOWSKA Elżbieta**	**166**		K50	6	00:03:48	00:39:20	00:43:19	01:20:21	**01:24:08.30**	+00:29:56 (35.6%)	5:36	10.7 (64.5%)
375	**JANUSZEWSKA Anna**	**208**		K35	19	00:03:18	00:39:06	00:43:00	01:20:29	**01:24:09.20**	+00:29:57 (35.6%)	5:36	10.7 (64.5%)
376	**ŁANGOWSKA Iwona**	**335**	KOŁOBRZEG MARATON TEAM	K50	7	00:03:55	00:39:17	00:43:17	01:20:41	**01:24:14.30**	+00:30:02 (35.7%)	5:36	10.7 (64.5%)
377	**PASIKOWSKI Piotr**	**415**	BALTICUS	M50	28	00:03:26	00:38:41	00:42:47	01:20:01	**01:24:17.95**	+00:30:05 (35.7%)	5:37	10.7 (64.5%)
378	**UZNAŃSKA Agata**	**595**		K50	8	00:03:56	00:39:18	00:43:18	01:20:42	**01:24:18.25**	+00:30:06 (35.7%)	5:37	10.7 (64.5%)
378	**DUSZYŃSKI Kamil**	**118**	GRABOWO	M20	25	00:03:26	00:36:53	00:40:51	01:20:52	**01:24:18.25**	+00:30:06 (35.7%)	5:37	10.7 (64.5%)
380	**DIDŁUCH Jacek**	**103**	KOŁOBRZEG BIEGA MARATON TEAM	M40	77	00:03:14	00:36:34	00:40:17	01:20:28	**01:24:18.45**	+00:30:06 (35.7%)	5:37	10.7 (64.5%)
381	**KRASIŃSKI Witold**	**286**	JW 1223	M45	53	00:03:21	00:36:10	00:40:05	01:20:10	**01:24:19.30**	+00:30:07 (35.7%)	5:37	10.7 (64.5%)
382	**RZESZOTARSKI Jacek**	**498**	SAR-BSR KOŁOBRZEG MARATON TEAM	M40	78	00:03:57	00:37:58	00:43:52	01:20:49	**01:24:19.90**	+00:30:07 (35.7%)	5:37	10.7 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
383	**KUKIEŁKA Anna**	**301**		K35	20	00:03:59	00:39:26	00:43:18	01:20:28	**01:24:22.60**	+00:30:10 (35.8%)	5:37	10.7 (64.5%)
384	**KOWALCZYK Piotr**	**275**		M35	48	00:03:27	00:38:29	00:42:32	01:20:36	**01:24:28.60**	+00:30:16 (35.8%)	5:37	10.7 (64.5%)
385	**BUDZIŃSKI Paweł**	**57**	DRUŻYNA SZPIKU	M35	49	00:03:38	00:38:37	00:42:24	01:20:41	**01:24:28.90**	+00:30:16 (35.8%)	5:37	10.7 (64.5%)
386	**BIEDRZYCKI Dawid**	**34**		M20	26	00:03:30	00:38:54	00:42:49	01:21:00	**01:24:36.00**	+00:30:23 (35.9%)	5:38	10.6 (63.9%)
387	**DRACZYŃSKI Zygmunt**	**112**	TRUCHT ŁOBEZ	M70	3	00:03:44	00:38:30	00:42:26	01:20:38	**01:24:39.95**	+00:30:27 (36.0%)	5:38	10.6 (63.9%)
388	**OKOŃ Stanisław**	**397**	KB WYGAN	M50	29	00:03:32	00:35:42	00:39:21	01:20:09	**01:24:42.95**	+00:30:30 (36.0%)	5:38	10.6 (63.9%)
389	**BUDZICH Marcin**	**56**		M30	35	00:03:57	00:41:19	00:45:22	01:21:34	**01:24:43.95**	+00:30:31 (36.0%)	5:38	10.6 (63.9%)
390	**DOBEK Tomasz**	**104**		M30	36	00:03:58	00:40:23	00:44:22	01:21:13	**01:24:48.95**	+00:30:36 (36.1%)	5:39	10.6 (63.9%)
391	**PRYCA Adam**	**453**	POMORSKI DYWIZJON STRAŻY GRANICZNEJ ŚWINOUJŚCIE	M35	50	00:04:06	00:41:05	00:44:59	01:21:34	**01:24:49.80**	+00:30:37 (36.1%)	5:39	10.6 (63.9%)
392	**DENISIUK Krzysztof**	**101**	SZCZECIN	M60	21	00:03:47	00:39:49	00:43:46	01:21:06	**01:24:53.65**	+00:30:41 (36.2%)	5:39	10.6 (63.9%)
393	**SZŁAPKA Dariusz**	**557**		M50	30	00:03:55	00:40:18	00:44:20	01:21:23	**01:24:58.25**	+00:30:46 (36.2%)	5:39	10.6 (63.9%)
394	**WRÓBLEWSKI Jarosław**	**627**	RAZ SZCZECIN	M45	54	00:03:46	00:39:23	00:43:20	01:21:11	**01:25:01.70**	+00:30:49 (36.3%)	5:40	10.6 (63.9%)
395	**HAŁAS Tomasz**	**181**		M55	24	00:04:01	00:40:40	00:44:39	01:21:15	**01:25:02.05**	+00:30:49 (36.3%)	5:40	10.6 (63.9%)
396	**NOWAK-IGNACAK Monika**	**391**		K40	14	00:03:39	00:38:55	00:42:51	01:20:55	**01:25:02.45**	+00:30:50 (36.3%)	5:40	10.6 (63.9%)
397	**MIELEWCZYK Radosław**	**372**	GRABOWO	M20	27	00:03:54	00:39:57	00:44:02	01:21:20	**01:25:10.95**	+00:30:58 (36.4%)	5:40	10.6 (63.9%)
398	**GŁOWACKI Adrian**	**158**	MAGIKKOMPUTEROWY	M30	37	00:03:54	00:39:24	00:43:17	01:21:18	**01:25:19.80**	+00:31:07 (36.5%)	5:41	10.5 (63.3%)
399	**GAWĘDA Emil**	**144**	GMINA DARŁOWO	M30	38	00:03:58	00:42:01	00:46:01	01:21:53	**01:25:19.85**	+00:31:07 (36.5%)	5:41	10.5 (63.3%)
400	**MŁODZIEJEWSKA Iwona**	**374**	KB WYGAN	K45	4	00:03:51	00:40:24	00:44:26	01:21:33	**01:25:20.25**	+00:31:08 (36.5%)	5:41	10.5 (63.3%)
401	**ŚLIWIŃSKA Małgorzata**	**572**	KPW ŚWINOUJŚCIE	K40	15	00:03:52	00:39:31	00:43:29	01:21:43	**01:25:23.00**	+00:31:10 (36.5%)	5:41	10.5 (63.3%)
402	**CZEKIERDA Bartosz**	**89**	GMINA DYGOWO	M20	28	00:02:35	00:31:56	00:35:21	01:22:05	**01:25:24.45**	+00:31:12 (36.5%)	5:41	10.5 (63.3%)
403	**SZCZERBA Łukasz**	**550**		M30	39	00:04:17	00:41:02	00:44:59	01:21:50	**01:25:36.65**	+00:31:24 (36.7%)	5:42	10.5 (63.3%)
404	**SOWA Krzysztof**	**654**		M30	40	00:03:34	00:38:59	00:42:53	01:21:19	**01:25:40.35**	+00:31:28 (36.7%)	5:42	10.5 (63.3%)
405	**SZYMAŃSKA Karolina**	**566**	BS FAMILY TEAM	K16	2	00:03:58	00:39:22	00:43:23	01:21:58	**01:25:41.40**	+00:31:29 (36.7%)	5:42	10.5 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
406	**BARTECKA Ewelina**	**24**	KUNA KOWANÓWKO	K35	21	00:03:49	00:39:38	00:43:36	01:21:38	**01:25:44.80**	+00:31:32 (36.8%)	5:42	10.5 (63.3%)
407	**RZEPKA Bartosz**	**497**	KUNA KOWANÓWKO	M35	51	00:03:51	00:39:40	00:43:37	01:21:47	**01:25:45.65**	+00:31:33 (36.8%)	5:43	10.5 (63.3%)
408	**OSSES Wojciech**	**408**	KUNA KOWANÓWKO	M35	52	00:03:50	00:39:39	00:43:36	01:21:42	**01:25:45.90**	+00:31:33 (36.8%)	5:43	10.5 (63.3%)
409	**KRZESIŃSKI Michał**	**292**		M30	41	00:03:30	00:35:07	00:38:48	01:21:15	**01:25:48.90**	+00:31:36 (36.8%)	5:43	10.5 (63.3%)
410	**REPKA Anna**	**471**	LUPUS TEAM	K40	16	00:03:51	00:40:23	00:44:24	01:22:01	**01:25:50.50**	+00:31:38 (36.9%)	5:43	10.5 (63.3%)
411	**GIEDRYS Eliza**	**151**	3:33 TEAM	K20	6	00:04:15	00:42:35	00:46:35	01:22:12	**01:25:53.05**	+00:31:40 (36.9%)	5:43	10.5 (63.3%)
412	**LAL Monika**	**315**	RUNGRYF GRYFICE	K50	9	00:03:58	00:40:12	00:44:13	01:22:06	**01:25:53.45**	+00:31:41 (36.9%)	5:43	10.5 (63.3%)
413	**GŁOWACKI Kamil**	**157**	GRABOWO	M20	29	00:03:41	00:39:30	00:43:43	01:22:16	**01:26:00.20**	+00:31:48 (37.0%)	5:44	10.5 (63.3%)
414	**LAJTER Jerzy**	**314**	4RUN TEAM PIŁA	M65	10	00:03:55	00:39:55	00:44:03	01:22:22	**01:26:15.90**	+00:32:03 (37.2%)	5:45	10.4 (62.7%)
415	**PASTERNAK Wojciech**	**416**		M40	79	00:04:03	00:40:40	00:44:42	01:22:46	**01:26:21.55**	+00:32:09 (37.2%)	5:45	10.4 (62.7%)
416	**JAZOWSKA Kamila**	**213**	KOŁOBRZEG MARATON TEAM	K30	8	00:03:37	00:39:46	00:43:54	01:22:36	**01:26:23.55**	+00:32:11 (37.3%)	5:45	10.4 (62.7%)
417	**MICHALSKI Adam**	**653**		M35	53	00:03:36	00:39:46	00:43:54	01:22:36	**01:26:23.95**	+00:32:11 (37.3%)	5:45	10.4 (62.7%)
418	**DĄBROWSKI Wiktor**	**98**	PAŃSTWO DĄBREK	M20	30	00:04:02	00:41:24	00:45:30	01:22:37	**01:26:25.85**	+00:32:13 (37.3%)	5:45	10.4 (62.7%)
419	**DOBREK Izabela**	**105**	PAŃSTWO DĄBREK	K20	7	00:04:03	00:41:25	00:45:31	01:22:38	**01:26:26.10**	+00:32:14 (37.3%)	5:45	10.4 (62.7%)
420	**PEDA Leszek**	**423**	POLICE	M65	11	00:03:42	00:39:00	00:42:56	01:22:21	**01:26:28.15**	+00:32:16 (37.3%)	5:45	10.4 (62.7%)
421	**OLEJNIK Janusz**	**398**		M50	31	00:03:52	00:40:32	00:44:35	01:22:36	**01:26:30.80**	+00:32:18 (37.3%)	5:46	10.4 (62.7%)
422	**ŻUKOWSKA Małgorzata**	**647**		K30	9	00:04:08	00:41:29	00:45:29	01:22:45	**01:26:34.15**	+00:32:22 (37.4%)	5:46	10.4 (62.7%)
423	**MĄCZKOWSKA Wioletta**	**364**	JATRENUJE	K40	17	00:04:01	00:39:55	00:43:49	01:22:24	**01:26:40.25**	+00:32:28 (37.5%)	5:46	10.4 (62.7%)
424	**KAŁUŻYNSKI Piotr**	**230**	WRONIECKI KLUB BIEGACZA	M50	32	00:04:05	00:41:30	00:45:27	01:23:04	**01:26:43.95**	+00:32:31 (37.5%)	5:46	10.4 (62.7%)
425	**ZAROBIAK Piotr**	**633**	WIECZORNE BIEGANIE W SZCZECINIE	M35	54	00:03:46	00:39:39	00:43:38	01:22:45	**01:26:54.10**	+00:32:42 (37.6%)	5:47	10.4 (62.7%)
426	**ZAROBIAK Katarzyna**	**632**	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:03:48	00:39:40	00:43:39	01:22:46	**01:26:54.90**	+00:32:42 (37.6%)	5:47	10.4 (62.7%)
427	**ŻMUDA Monika**	**645**	CW FANZA KOŁOBRZEG	K40	19	00:03:53	00:40:36	00:44:44	01:23:06	**01:26:59.65**	+00:32:47 (37.7%)	5:48	10.3 (62.0%)
428	**MAKOWSKI Dariusz**	**351**	KB HERMES GRYFINO	M50	33	00:04:03	00:40:21	00:44:21	01:22:50	**01:27:07.75**	+00:32:55 (37.8%)	5:48	10.3 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
429	**KOZŁOWSKI Maciej**	**282**		M40	80	00:03:47	00:39:35	00:43:39	01:23:06	**01:27:21.75**	+00:33:09 (38.0%)	5:49	10.3 (62.0%)
430	**WITKOWSKI Andrzej**	**617**		M50	34	00:03:54	00:39:39	00:43:58	01:23:34	**01:27:37.90**	+00:33:25 (38.1%)	5:50	10.3 (62.0%)
431	**GAJDZIS Magdalena**	**137**		K50	10	00:04:11	00:42:16	00:46:27	01:23:49	**01:27:41.40**	+00:33:29 (38.2%)	5:50	10.3 (62.0%)
432	**ŚWIERCZ Dariusz**	**573**	WAŁECKA ŚCIEMA	M50	35	00:03:37	00:39:44	00:43:52	01:23:13	**01:27:41.95**	+00:33:29 (38.2%)	5:50	10.3 (62.0%)
433	**JOŃCZYK Tadeusz**	**218**	SAM SOBIE BIEGAM :)	M45	55	00:03:50	00:40:57	00:45:14	01:24:10	**01:27:45.15**	+00:33:33 (38.2%)	5:51	10.3 (62.0%)
434	**KULAWIŃSKI Marek**	**302**		M45	56	00:04:09	00:41:18	00:45:16	01:23:54	**01:27:47.20**	+00:33:35 (38.3%)	5:51	10.3 (62.0%)
435	**POKORNY Edward**	**439**	TUPOT USTKA	M70	4	00:03:57	00:41:09	00:45:20	01:23:55	**01:27:48.35**	+00:33:36 (38.3%)	5:51	10.3 (62.0%)
436	**KOWALSKI Zbigniew**	**278**	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	25	00:03:36	00:39:30	00:43:38	01:23:28	**01:27:49.75**	+00:33:37 (38.3%)	5:51	10.2 (61.4%)
437	**TYLKA Małgosia**	**588**		K30	10	00:03:51	00:41:59	00:46:05	01:23:59	**01:27:51.60**	+00:33:39 (38.3%)	5:51	10.2 (61.4%)
438	**ZIEMKIEWICZ Jarek**	**639**	UKS RUNNING TEAM	M40	81	00:03:51	00:41:59	00:46:05	01:23:58	**01:27:51.70**	+00:33:39 (38.3%)	5:51	10.2 (61.4%)
439	**DANOWSKI Maciej**	**94**	FITNES CLUB FORMA	M40	82	00:03:49	00:40:38	00:44:54	01:24:30	**01:27:52.65**	+00:33:40 (38.3%)	5:51	10.2 (61.4%)
440	**LEWANDOWSKI Mirosław**	**323**	GOLENIÓW	M55	26	00:04:06	00:40:40	00:44:50	01:23:50	**01:27:53.00**	+00:33:40 (38.3%)	5:51	10.2 (61.4%)
441	**BRZUSZKIEWICZ Agata**	**53**	ROZBIEGANY GOLENIÓW	K30	11	00:03:42	00:40:09	00:44:14	01:23:48	**01:27:53.30**	+00:33:41 (38.3%)	5:51	10.2 (61.4%)
442	**KOŁODZIEJSKI Wojtek**	**258**		M35	55	00:03:59	00:41:22	00:45:32	01:23:58	**01:27:54.15**	+00:33:42 (38.3%)	5:51	10.2 (61.4%)
443	**PUŚCIAN Krzysztof**	**460**	SP W MANOWIE	M40	83	00:03:55	00:40:43	00:44:51	01:23:53	**01:27:56.25**	+00:33:44 (38.4%)	5:51	10.2 (61.4%)
444	**KUREK Aneta**	**309**		K40	20	00:03:56	00:40:44	00:44:53	01:23:54	**01:27:56.45**	+00:33:44 (38.4%)	5:51	10.2 (61.4%)
445	**PIETRZAK Mariola**	**430**	BABECZKI KOSZALIN	K50	11	00:03:56	00:40:32	00:44:42	01:24:07	**01:27:57.25**	+00:33:45 (38.4%)	5:51	10.2 (61.4%)
446	**HANĆ Ryszard**	**182**		M50	36	00:03:48	00:41:26	00:45:41	01:23:47	**01:27:58.20**	+00:33:46 (38.4%)	5:51	10.2 (61.4%)
447	**SZYNKOWSKI Krzysztof**	**569**	BULK-CARGO PORT SZCZECIN	M45	57	00:03:55	00:40:35	00:44:34	01:24:02	**01:27:59.00**	+00:33:46 (38.4%)	5:51	10.2 (61.4%)
448	**DEPTA Paweł**	**102**		M40	84	00:04:08	00:42:25	00:46:30	01:24:15	**01:27:59.85**	+00:33:47 (38.4%)	5:52	10.2 (61.4%)
449	**JANISZEWSKI Mieczysław**	**203**	BULK-CARGO PORT SZCZECIN	M55	27	00:03:58	00:40:46	00:44:56	01:24:02	**01:27:59.95**	+00:33:47 (38.4%)	5:51	10.2 (61.4%)
449	**JANISZEWSKA Marlena**	**202**	BULK-CARGO PORT SZCZECIN	K30	12	00:03:55	00:40:46	00:44:57	01:24:03	**01:27:59.95**	+00:33:47 (38.4%)	5:52	10.2 (61.4%)
451	**SKWARK Krzysztof**	**514**		M40	85	00:03:55	00:40:25	00:44:34	01:23:39	**01:28:00.15**	+00:33:48 (38.4%)	5:52	10.2 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
452	**GRZELAK Karina**	**174**	ROZBIEGANY KOSZALIN	K40	21	00:03:55	00:40:55	00:45:05	01:24:05	**01:28:00.55**	+00:33:48 (38.4%)	5:52	10.2 (61.4%)
453	**KOSAKOWSKA Barbara**	**265**	MARATOŃCZYK TEAM SZCZECIN	K55	2	00:03:49	00:41:48	00:45:48	01:24:01	**01:28:00.60**	+00:33:48 (38.4%)	5:52	10.2 (61.4%)
454	**ADAMCZYK Piotr**	**3**		M40	86	00:04:04	00:40:54	00:44:57	01:24:13	**01:28:08.55**	+00:33:56 (38.5%)	5:52	10.2 (61.4%)
455	**GAZARKIEWICZ Antoni**	**147**	BHMW_GDYNIA	M65	12	00:04:00	00:41:09	00:45:19	01:24:16	**01:28:13.60**	+00:34:01 (38.6%)	5:52	10.2 (61.4%)
456	**BANAŚ Marcin**	**664**	WIECZORNE BIEGANIE W SZCZECINIE	M40	87	00:03:43	00:38:36	00:42:45	01:23:54	**01:28:15.80**	+00:34:03 (38.6%)	5:53	10.2 (61.4%)
457	**DOMAŃSKI Dominik**	**110**		M35	56	00:03:48	00:40:49	00:45:03	01:24:26	**01:28:22.30**	+00:34:10 (38.7%)	5:53	10.2 (61.4%)
458	**RUDZIŃSKI Jacek**	**489**	KB HERMES GRYFINO	M45	58	00:03:10	00:48:12	00:51:11	01:24:23	**01:28:41.00**	+00:34:28 (38.9%)	5:54	10.1 (60.8%)
459	**KORNAK Wiktoria**	**264**		K16	3	00:03:30	00:39:46	00:43:54	01:24:48	**01:28:43.95**	+00:34:31 (38.9%)	5:54	10.1 (60.8%)
460	**MOTYCZYŃSKA Patrycja**	**381**		K20	8	00:04:18	00:42:52	00:47:05	01:25:16	**01:28:48.95**	+00:34:36 (39.0%)	5:55	10.1 (60.8%)
461	**GIEDRYS Marta**	**150**	3:33 TEAM	K20	9	00:04:15	00:42:47	00:46:49	01:24:52	**01:28:52.45**	+00:34:40 (39.0%)	5:55	10.1 (60.8%)
462	**WŁODARCZYK Józef**	**618**	SZURAM SOBIE	M60	22	00:04:05	00:40:46	00:44:44	01:24:50	**01:29:02.10**	+00:34:50 (39.1%)	5:56	10.1 (60.8%)
463	**SZADKOWSKA Anna**	**546**	BBL INOWROCŁAW	K60	2	00:04:03	00:42:00	00:46:09	01:25:20	**01:29:14.05**	+00:35:01 (39.3%)	5:56	10.1 (60.8%)
464	**STACHURSKA Agnieszka**	**526**	BEM KOŁOBRZEG	K35	22	00:03:56	00:41:39	00:45:49	01:25:45	**01:29:33.15**	+00:35:21 (39.5%)	5:58	10.1 (60.8%)
465	**KISIELIŃSKI Igor**	**251**	TKKF KOSZALIN	M50	37	00:03:45	00:39:02	00:43:13	01:25:19	**01:29:41.35**	+00:35:29 (39.6%)	5:58	10 (60.2%)
466	**KACZOR Piotr**	**227**	GWIEZDNA FLOTA MASZEWO	M40	88	00:03:59	00:42:49	00:47:03	01:25:45	**01:29:42.65**	+00:35:30 (39.6%)	5:58	10 (60.2%)
467	**OGRODOWCZYK Jagoda**	**395**		K30	13	00:03:56	00:39:54	00:44:00	01:25:33	**01:29:47.90**	+00:35:35 (39.6%)	5:59	10 (60.2%)
468	**KUJAWA Ewelina**	**298**		K40	22	00:03:49	00:40:35	00:44:48	01:25:33	**01:29:51.00**	+00:35:38 (39.7%)	5:59	10 (60.2%)
469	**BURSZTA Marta**	**63**	KARLINO BIEGAJ	K20	10	00:03:43	00:41:12	00:45:17	01:25:59	**01:29:55.15**	+00:35:43 (39.7%)	5:59	10 (60.2%)
470	**GAŁECKI Jacek**	**138**	KARLINO BIEGAJ	M50	38	00:03:42	00:41:11	00:45:16	01:25:58	**01:29:56.15**	+00:35:44 (39.7%)	5:59	10 (60.2%)
471	**SKORUPA Edward**	**512**		M55	28	00:04:00	00:41:03	00:45:13	01:25:30	**01:29:57.75**	+00:35:45 (39.8%)	5:59	10 (60.2%)
472	**WENCŁAWSKI Michał**	**606**	DECATHLON SŁUPSK	M20	31	00:03:51	00:40:57	00:45:16	01:26:02	**01:29:58.95**	+00:35:46 (39.8%)	5:59	10 (60.2%)
473	**WASIAK Sylwester**	**601**	GWIEZDNA FLOTA MASZEWO	M35	57	00:03:58	00:42:48	00:47:04	01:26:02	**01:30:01.40**	+00:35:49 (39.8%)	6:00	10 (60.2%)
474	**KUBISIAK Damian**	**295**		M35	58	00:03:54	00:42:24	00:46:18	01:25:54	**01:30:02.45**	+00:35:50 (39.8%)	6:00	10 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
475	**CZARNECKA Teresa**	**88**		K30	14	00:03:56	00:40:25	00:44:36	01:26:04	**01:30:04.50**	+00:35:52 (39.8%)	6:00	10 (60.2%)
476	**PASZTOR Ania**	**418**		K20	11	00:04:18	00:42:52	00:47:05	01:26:13	**01:30:11.95**	+00:35:59 (39.9%)	6:00	10 (60.2%)
477	**KUBIAK Monika**	**655**		K35	23	00:03:33	00:42:14	00:46:48	01:26:45	**01:30:16.85**	+00:36:04 (40.0%)	6:01	10 (60.2%)
478	**SZYMAŃSKI Artur**	**567**	BS FAMILY TEAM	M40	89	00:03:59	00:41:22	00:45:32	01:26:09	**01:30:19.70**	+00:36:07 (40.0%)	6:01	10 (60.2%)
479	**GARGULIŃSKI Andrzej**	**142**		M40	90	00:04:03	00:42:02	00:46:20	01:26:43	**01:30:37.90**	+00:36:25 (40.2%)	6:02	9.9 (59.6%)
480	**STRZELCZYK Wioletta**	**539**		K40	23	00:04:02	00:42:15	00:46:28	01:26:25	**01:30:42.50**	+00:36:30 (40.2%)	6:02	9.9 (59.6%)
481	**HNAT Rafał**	**190**	KP PSP WAŁCZ	M45	59	00:03:56	00:42:48	00:45:48	01:25:48	**01:30:45.35**	+00:36:33 (40.3%)	6:03	9.9 (59.6%)
482	**DZIEKOŃSKI Jacek**	**121**		M60	23	00:03:53	00:40:49	00:44:52	01:26:33	**01:30:55.85**	+00:36:43 (40.4%)	6:03	9.9 (59.6%)
483	**KARMELITA Ewa**	**237**	ŁOBZONKA WYRZYSK	K60	3	00:03:50	00:41:20	00:45:41	01:26:43	**01:31:04.45**	+00:36:52 (40.5%)	6:04	9.9 (59.6%)
484	**MAŁECKI Artur**	**357**		M40	91	00:04:13	00:44:07	00:48:20	01:27:36	**01:31:06.15**	+00:36:54 (40.5%)	6:04	9.9 (59.6%)
485	**ŁYSOŃ Andrzej**	**344**		M35	59	00:03:47	00:41:54	00:46:15	01:27:13	**01:31:06.65**	+00:36:54 (40.5%)	6:04	9.9 (59.6%)
486	**DOBRUK Agnieszka**	**106**		K45	5	00:04:11	00:42:01	00:46:21	01:27:15	**01:31:20.35**	+00:37:08 (40.7%)	6:05	9.9 (59.6%)
487	**URLICKI Lech**	**593**	KB SPOCENI NOWA SÓL	M65	13	00:03:50	00:41:37	00:45:53	01:27:17	**01:31:34.05**	+00:37:21 (40.8%)	6:06	9.8 (59.0%)
488	**WIELGOSZ Leszek**	**610**	KB SPOCENI NOWA SÓL	M55	29	00:03:51	00:41:37	00:45:53	01:27:17	**01:31:34.55**	+00:37:22 (40.8%)	6:06	9.8 (59.0%)
489	**ROZMUS Tomasz**	**484**		M30	42	00:03:50	00:40:55	00:45:07	01:27:22	**01:31:40.60**	+00:37:28 (40.9%)	6:06	9.8 (59.0%)
490	**GRABOWSKI Marek**	**167**		M50	39	00:03:45	00:40:42	00:44:51	01:27:39	**01:31:48.05**	+00:37:35 (41.0%)	6:07	9.8 (59.0%)
491	**KUBIK Monika**	**294**		K40	24	00:04:05	00:42:50	00:47:09	01:27:37	**01:31:49.65**	+00:37:37 (41.0%)	6:07	9.8 (59.0%)
492	**ZDANOWICZ Marek**	**636**	SAVE THE RING	M45	60	00:03:37	00:42:01	00:46:19	01:27:44	**01:31:51.95**	+00:37:39 (41.0%)	6:07	9.8 (59.0%)
493	**MICHALSKA Agnieszka**	**369**		K55	3	00:04:08	00:42:49	00:47:04	01:27:50	**01:31:59.00**	+00:37:46 (41.1%)	6:07	9.8 (59.0%)
494	**ADAMCZYK Arkadiusz**	**1**	BLUE TEAM PIŁA	M50	40	00:04:00	00:42:32	00:46:48	01:27:53	**01:32:05.00**	+00:37:52 (41.1%)	6:08	9.8 (59.0%)
495	**MALINOWSKA Anna**	**355**	ŁOBEZ	K35	24	00:04:11	00:43:05	00:47:22	01:28:15	**01:32:17.80**	+00:38:05 (41.3%)	6:09	9.8 (59.0%)
496	**SERKIS Piotr**	**503**	ŁOBEZ	M30	43	00:04:09	00:42:42	00:47:06	01:28:17	**01:32:18.95**	+00:38:06 (41.3%)	6:09	9.7 (58.4%)
497	**LEPPERT Katarzyna**	**320**		K30	15	00:03:58	00:43:02	00:47:21	01:28:04	**01:32:29.50**	+00:38:17 (41.4%)	6:10	9.7 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
498	**KACZMAREK Zenon**	**226**	MORSY KOŁOBRZEG	M70	5	00:04:05	00:42:05	00:46:28	01:27:59	**01:32:34.05**	+00:38:21 (41.4%)	6:10	9.7 (58.4%)
499	**PŁUSKA Tadeusz**	**436**		M65	14	00:03:31	00:39:58	00:44:02	01:27:59	**01:32:37.95**	+00:38:25 (41.5%)	6:10	9.7 (58.4%)
500	**MŁODZIEJEWSKI Krzysztof**	**375**		M45	61	00:03:42	00:40:36	00:45:05	01:28:34	**01:32:42.85**	+00:38:30 (41.5%)	6:10	9.7 (58.4%)
501	**HOFMAN Mateusz**	**194**	MONAR GRABOWO	M20	32	00:03:44	00:39:28	00:44:37	01:28:44	**01:32:46.80**	+00:38:34 (41.6%)	6:11	9.7 (58.4%)
502	**KROCZYŃSKA Kinga**	**288**		K35	25	00:03:56	00:42:08	00:46:44	01:28:46	**01:32:48.65**	+00:38:36 (41.6%)	6:11	9.7 (58.4%)
503	**BIELAK Wojciech**	**35**	UKS EKONOM KOŁOBRZEG	M16	6	00:03:38	00:38:36	00:43:17	01:29:14	**01:32:51.75**	+00:38:39 (41.6%)	6:11	9.7 (58.4%)
504	**STASIAK Sylwia**	**528**	BRAK	K40	25	00:03:55	00:42:42	00:47:02	01:28:36	**01:32:53.30**	+00:38:41 (41.6%)	6:11	9.7 (58.4%)
505	**PTASZYŃSKA Katarzyna**	**458**	KOŁOBRZEG MARATON TEAM	K60	4	00:04:14	00:43:39	00:47:56	01:28:43	**01:32:57.25**	+00:38:45 (41.7%)	6:11	9.7 (58.4%)
506	**GZELA Olga**	**180**	ROZBIEGANY KOSZALIN	K35	26	00:03:46	00:42:13	00:46:32	01:29:01	**01:33:02.65**	+00:38:50 (41.7%)	6:12	9.7 (58.4%)
507	**SIWEK Piotr**	**510**	GWIEZDNA FLOTA MASZEWO	M35	60	00:03:56	00:42:47	00:47:10	01:28:44	**01:33:14.95**	+00:39:02 (41.9%)	6:13	9.7 (58.4%)
508	**SIWEK Arleta**	**509**	GWIEZDNA FLOTA MASZEWO	K35	27	00:03:55	00:42:50	00:47:11	01:28:44	**01:33:15.00**	+00:39:02 (41.9%)	6:13	9.7 (58.4%)
509	**KAZIMIERSKI Marek**	**242**		M30	44	00:03:27	00:39:24	00:43:42	01:28:34	**01:33:20.95**	+00:39:08 (41.9%)	6:13	9.6 (57.8%)
510	**BANASZKIEWICZ Kasia**	**17**		K50	12	00:03:49	00:42:43	00:47:02	01:29:16	**01:33:46.00**	+00:39:33 (42.2%)	6:15	9.6 (57.8%)
511	**SKRZYPCZAK Bogusław**	**652**		M40	92	00:04:32	00:45:40	00:49:52	01:29:55	**01:33:53.70**	+00:39:41 (42.3%)	6:15	9.6 (57.8%)
512	**KĘDZIORA Sara**	**244**		K30	16	00:04:00	00:42:46	00:47:10	01:30:19	**01:33:59.05**	+00:39:46 (42.3%)	6:15	9.6 (57.8%)
513	**MAZUREK Barbara**	**363**	BABECZKI KOSZALIN	K35	28	00:03:50	00:42:03	00:46:29	01:29:59	**01:34:05.80**	+00:39:53 (42.4%)	6:16	9.6 (57.8%)
514	**SPIESZYŃSKI Michał**	**522**		M30	45	00:03:55	00:41:40	00:46:07	01:29:29	**01:34:10.30**	+00:39:58 (42.4%)	6:16	9.6 (57.8%)
515	**KLUCZYŃSKI Mariusz**	**252**		M30	46	00:03:52	00:41:24	00:45:38	01:30:10	**01:34:12.75**	+00:40:00 (42.5%)	6:16	9.6 (57.8%)
516	**DOMAŃSKA Katarzyna**	**108**		K40	26	00:04:07	00:43:39	00:48:01	01:29:49	**01:34:12.80**	+00:40:00 (42.5%)	6:16	9.6 (57.8%)
517	**PIĄTEK Mateusz**	**428**	13. DYWIZJON TRAŁOWCÓW GDYNIA	M30	47	00:03:49	00:42:41	00:46:56	01:30:25	**01:34:22.60**	+00:40:10 (42.6%)	6:17	9.5 (57.2%)
518	**GAŁUSZKA Marcin**	**139**	FINISZ MORĄG	M40	93	00:03:55	00:42:28	00:47:01	01:29:31	**01:34:26.45**	+00:40:14 (42.6%)	6:17	9.5 (57.2%)
519	**WOŹNIAK Jacek**	**657**		M45	62	00:04:10	00:44:14	00:48:37	01:30:20	**01:34:29.70**	+00:40:17 (42.6%)	6:17	9.5 (57.2%)
520	**ROMAŃSKI Maciej**	**480**	TATACOWYMIATA	M30	48	00:04:09	00:43:05	00:47:26	01:30:18	**01:34:43.20**	+00:40:31 (42.8%)	6:18	9.5 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
521	**KURZAJCZYK Joanna**	**310**	4RUN TEAM PIŁA	K45	6	00:03:48	00:43:22	00:47:57	01:30:23	**01:34:47.70**	+00:40:35 (42.8%)	6:19	9.5 (57.2%)
522	**SZEWCZYK Monika**	**556**		K20	12	00:04:18	00:44:40	00:48:58	01:30:37	**01:34:48.10**	+00:40:36 (42.8%)	6:19	9.5 (57.2%)
523	**KAŹMIERCZAK Ewelina**	**243**		K20	13	00:04:17	00:44:39	00:48:58	01:30:36	**01:34:48.95**	+00:40:36 (42.8%)	6:19	9.5 (57.2%)
524	**GARBACZ-ZATORSKA Milena**	**141**		K40	27	00:03:58	00:43:07	00:47:37	01:30:16	**01:34:53.00**	+00:40:40 (42.9%)	6:19	9.5 (57.2%)
525	**WÓJCIK Aleksandra**	**626**		K20	14	00:03:53	00:43:39	00:48:12	01:31:00	**01:34:53.15**	+00:40:41 (42.9%)	6:19	9.5 (57.2%)
526	**BRYNDZA Piotr**	**49**		M40	94	00:04:05	00:43:16	00:47:34	01:30:43	**01:35:34.60**	+00:41:22 (43.3%)	6:22	9.4 (56.6%)
527	**KOŚKA Marek**	**272**	PRECON POLSKA-JASTROWIE	M30	49	00:04:20	00:45:24	00:49:40	01:31:22	**01:35:39.80**	+00:41:27 (43.3%)	6:22	9.4 (56.6%)
528	**GAWLIŃSKI Marcin**	**145**	BLUE TEAM PIŁA	M35	61	00:04:05	00:44:21	00:48:43	01:31:39	**01:35:48.80**	+00:41:36 (43.4%)	6:23	9.4 (56.6%)
529	**TYKA Edward**	**587**	NIESTOWARZYSZONY	M75	1	00:04:08	00:42:32	00:47:00	01:31:24	**01:35:52.75**	+00:41:40 (43.5%)	6:23	9.4 (56.6%)
530	**STRZELCZYK Edyta**	**540**	P+E	K45	7	00:03:43	00:43:08	00:47:45	01:31:30	**01:36:04.80**	+00:41:52 (43.6%)	6:24	9.4 (56.6%)
531	**BEDNARZ Katarzyna**	**29**		K40	28	00:04:13	00:44:00	00:48:23	01:32:06	**01:36:28.20**	+00:42:16 (43.8%)	6:25	9.3 (56.0%)
532	**FALKIEWICZ Jolanta**	**126**		K60	5	00:03:54	00:43:02	00:47:29	01:32:07	**01:36:32.50**	+00:42:20 (43.9%)	6:26	9.3 (56.0%)
533	**ŁUKASZYK Eliza**	**343**		K30	17	00:03:32	00:42:13	00:46:47	01:32:19	**01:36:42.30**	+00:42:30 (44.0%)	6:26	9.3 (56.0%)
534	**STUDNIARZ Joanna**	**541**		K50	13	00:04:13	00:44:36	00:49:04	01:32:43	**01:37:19.80**	+00:43:07 (44.3%)	6:29	9.2 (55.4%)
535	**PYDYNOWSKA Elżbieta**	**461**		K55	4	00:04:08	00:43:38	00:48:02	01:32:58	**01:37:31.75**	+00:43:19 (44.4%)	6:30	9.2 (55.4%)
536	**KUSZKA Katarzyna**	**312**		K20	15	00:04:20	00:46:17	00:50:42	01:32:59	**01:37:36.60**	+00:43:24 (44.5%)	6:30	9.2 (55.4%)
537	**MACIOSZEK Agnieszka**	**347**		K40	29	00:04:06	00:43:36	00:47:58	01:33:47	**01:37:48.60**	+00:43:36 (44.6%)	6:31	9.2 (55.4%)
538	**BONEW Marcin**	**665**		M40	95	00:03:43	00:43:07	00:47:40	01:33:15	**01:37:53.95**	+00:43:41 (44.6%)	6:31	9.2 (55.4%)
539	**REMBARZ Piotr**	**469**		M30	50	00:03:49	00:41:23	00:45:49	01:32:40	**01:37:58.10**	+00:43:46 (44.7%)	6:31	9.2 (55.4%)
540	**KOŁAKOWSKI Dariusz**	**256**	K.B. SPRINT ŚWIDWIN	M45	63	00:03:53	00:53:31	00:58:00	01:34:08	**01:38:04.80**	+00:43:52 (44.7%)	6:32	9.2 (55.4%)
541	**PAWLIUTKIN Aleksandr**	**422**		M40	96	00:04:05	00:44:40	00:49:13	01:33:50	**01:38:13.00**	+00:44:00 (44.8%)	6:32	9.2 (55.4%)
542	**GRABOWICZ Jerzy**	**164**	TUPOT USTKA	M70	6	00:04:02	00:40:36	00:44:53	01:33:43	**01:38:18.10**	+00:44:06 (44.9%)	6:33	9.2 (55.4%)
543	**PASTERNAK Magdalena**	**417**		K35	29	00:04:13	00:44:38	00:49:10	01:34:20	**01:38:43.15**	+00:44:31 (45.1%)	6:34	9.1 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
544	**HELLER Zdzisław**	**188**	NIEZRZESZONY	M60	24	00:03:55	00:45:25	00:50:03	01:34:37	**01:38:47.50**	+00:44:35 (45.1%)	6:35	9.1 (54.8%)
545	**SIENICKI Piotr**	**507**	FOR-REST-RUN TEAM	M40	97	00:03:46	00:43:07	00:47:52	01:34:14	**01:39:02.20**	+00:44:50 (45.3%)	6:36	9.1 (54.8%)
546	**KACZMAREK Agnieszka**	**685**		K40	30	00:03:45	00:43:06	00:47:51	01:34:13	**01:39:02.70**	+00:44:50 (45.3%)	6:36	9.1 (54.8%)
547	**PRENDECKA Sylwia**	**445**		K30	18	00:03:40	00:44:25	00:48:52	01:34:32	**01:39:16.85**	+00:45:04 (45.4%)	6:37	9.1 (54.8%)
548	**DURDA Małgorzata**	**659**		K35	30	00:04:15	00:46:14	00:50:50	01:35:01	**01:39:22.65**	+00:45:10 (45.5%)	6:37	9.1 (54.8%)
549	**KURCZ Barbara**	**308**	BABECZKI KOSZALIN	K45	8	00:04:11	00:46:02	00:50:41	01:34:49	**01:39:29.25**	+00:45:17 (45.5%)	6:38	9 (54.2%)
550	**WIESIOŁEK Grzegorz**	**612**		M45	64	00:03:41	00:44:46	00:49:06	01:35:14	**01:39:35.90**	+00:45:23 (45.6%)	6:38	9 (54.2%)
551	**SŁOMSKI Zenon**	**515**	KORZYBSKIE REKINY	M70	7	00:03:51	00:42:58	00:47:28	01:34:37	**01:39:45.35**	+00:45:33 (45.7%)	6:39	9 (54.2%)
552	**BARSZCZAK Tomasz**	**23**	KOŁOBRZEG BIEGA	M20	33	00:04:26	00:46:07	00:50:30	01:34:57	**01:39:47.95**	+00:45:35 (45.7%)	6:39	9 (54.2%)
552	**RZYDUCH Piotr**	**499**		M40	98	00:04:03	00:45:27	00:49:51	01:35:23	**01:39:47.95**	+00:45:35 (45.7%)	6:39	9 (54.2%)
554	**STRYCZEWSKA Barbara**	**537**		K40	31	00:04:05	00:46:25	00:51:00	01:35:37	**01:40:01.35**	+00:45:49 (45.8%)	6:40	9 (54.2%)
555	**BYKOWSKI Bogdan**	**65**	BRACTWO BIEGACZY Z-GORA	M65	15	00:04:07	00:44:22	00:49:00	01:35:35	**01:40:02.00**	+00:45:49 (45.8%)	6:40	9 (54.2%)
556	**MORAWSKA Monika**	**379**		K40	32	00:04:09	00:47:06	00:51:15	01:35:49	**01:40:02.30**	+00:45:50 (45.8%)	6:40	9 (54.2%)
557	**RODAK Agnieszka**	**473**		K55	5	00:04:17	00:45:57	00:50:34	01:35:29	**01:40:03.35**	+00:45:51 (45.8%)	6:40	9 (54.2%)
558	**KRANZMANN-ŻELEPIEŃ Anna**	**285**		K40	33	00:03:51	00:45:30	00:50:03	01:35:16	**01:40:08.20**	+00:45:56 (45.9%)	6:40	9 (54.2%)
559	**SODNOMGOMBO Alimaa**	**684**	FIZJOBIEGACZE	K55	6	00:04:13	00:46:02	00:50:43	01:35:54	**01:40:13.35**	+00:46:01 (45.9%)	6:40	9 (54.2%)
560	**WĄSOWICZ Anna**	**602**		K35	31	00:03:48	00:44:13	00:48:31	01:35:47	**01:40:35.55**	+00:46:23 (46.1%)	6:42	8.9 (53.6%)
561	**ŁABUŃ Aleksandra**	**334**		K30	19	00:04:07	00:45:15	00:49:48	01:36:09	**01:40:46.55**	+00:46:34 (46.2%)	6:43	8.9 (53.6%)
562	**BIERNACKI Rene**	**38**		M70	8	00:04:22	00:46:43	00:51:25	01:36:11	**01:41:00.55**	+00:46:48 (46.3%)	6:44	8.9 (53.6%)
563	**ŁOPIŃSKI Aleksy**	**340**	4RUN TEAM PIŁA	M70	9	00:04:44	00:47:17	00:52:52	01:36:40	**01:41:06.55**	+00:46:54 (46.4%)	6:44	8.9 (53.6%)
564	**SCHMIDT Dariusz**	**670**		M50	41	00:04:12	00:46:36	00:51:04	01:36:51	**01:41:16.45**	+00:47:04 (46.5%)	6:45	8.9 (53.6%)
565	**PELC Marzena**	**424**	RUNGRYF GRYFICE	K40	34	00:04:02	00:45:56	00:50:55	01:37:04	**01:41:22.25**	+00:47:10 (46.5%)	6:45	8.9 (53.6%)
566	**LOBA Jerzy**	**332**	LUKS BAŁTYK DZIWNÓW	M70	10	00:04:17	00:44:28	00:48:54	01:36:15	**01:41:37.55**	+00:47:25 (46.7%)	6:46	8.9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
567	**TRYBUCH Joanna**	**582**		K35	32	00:04:19	00:47:20	00:52:09	01:38:13	**01:43:05.40**	+00:48:53 (47.4%)	6:52	8.7 (52.4%)
568	**FOLTYNOWICZ Bernard**	**132**	MARATOŃCZYK TEAM SZCZECIN	M70	11	00:04:16	00:46:48	00:51:31	01:38:21	**01:43:07.55**	+00:48:55 (47.4%)	6:52	8.7 (52.4%)
569	**CSULITS Claudia**	**85**		K45	9	00:04:06	00:46:24	00:51:18	01:38:48	**01:43:31.60**	+00:49:19 (47.6%)	6:54	8.7 (52.4%)
570	**WOŹNIAK Piotr**	**667**		M55	30	00:03:48	00:56:54	01:00:05	01:37:58	**01:44:00.50**	+00:49:48 (47.9%)	6:56	8.7 (52.4%)
571	**LEWANDOWSKA Izabela**	**322**		K40	35	00:04:13	00:49:27	00:54:08	01:39:50	**01:44:20.65**	+00:50:08 (48.1%)	6:57	8.6 (51.8%)
572	**KURASIŃSKA Dorota**	**307**	WIECZORNE BIEGANIE W SZCZECINIE	K45	10	00:04:06	00:47:02	00:51:48	01:40:23	**01:44:56.50**	+00:50:44 (48.4%)	6:59	8.6 (51.8%)
573	**JAROSZ Artur**	**211**		M35	62	00:03:51	00:46:30	00:51:14	01:41:23	**01:45:34.15**	+00:51:22 (48.7%)	7:02	8.5 (51.2%)
574	**ZAKRZEWSKI Tadeusz**	**675**		M65	16	00:04:00	00:45:12	00:50:08	01:40:38	**01:45:35.95**	+00:51:23 (48.7%)	7:02	8.5 (51.2%)
575	**KASIERSKA Ewa Katarzyna**	**238**	WKB META LUBLINIEC	K70	1	00:04:21	00:49:12	00:54:02	01:40:59	**01:45:37.95**	+00:51:25 (48.7%)	7:02	8.5 (51.2%)
576	**KOZŁOWSKA Kinga**	**281**		K40	36	00:04:11	00:47:47	00:52:52	01:40:59	**01:45:46.00**	+00:51:33 (48.8%)	7:03	8.5 (51.2%)
577	**USZPOLEWICZ Patryk**	**594**		M35	63	00:04:40	00:49:14	00:54:09	01:41:08	**01:46:01.85**	+00:51:49 (48.9%)	7:04	8.5 (51.2%)
578	**JAŃCZUK Stanisław**	**209**	NOCNE WILKI	M50	42	00:04:14	00:49:38	00:54:11	01:41:19	**01:46:20.90**	+00:52:08 (49.0%)	7:05	8.5 (51.2%)
579	**WIELIŃSKI Krzysztof**	**611**	KB HERMES GRYFINO	M65	17	00:04:22	00:47:57	00:52:40	01:41:33	**01:46:24.55**	+00:52:12 (49.1%)	7:05	8.5 (51.2%)
580	**JURKIEWICZ Wioletta**	**220**	WIECZORNE BIEGANIE W SZCZECINIE	K45	11	00:04:11	00:47:56	00:53:05	01:42:24	**01:47:18.20**	+00:53:06 (49.5%)	7:09	8.4 (50.6%)
581	**JANKOWSKI Remigiusz**	**207**		M35	64	00:04:03	00:47:00	00:52:17	01:42:52	**01:47:21.60**	+00:53:09 (49.5%)	7:09	8.4 (50.6%)
582	**KRYSA Krzysztof**	**291**		M45	65	00:03:52	00:48:12	00:53:22	01:43:39	**01:47:50.35**	+00:53:38 (49.7%)	7:11	8.3 (50.0%)
583	**ADAMCZYK Mirosław**	**2**		M45	66	00:04:40	00:49:15	00:54:10	01:42:43	**01:47:57.45**	+00:53:45 (49.8%)	7:11	8.3 (50.0%)
584	**BURCHARDT Mirka**	**61**	RWT W BYDGOSZCZY	K65	1	00:04:10	00:46:24	00:51:27	01:45:01	**01:50:23.75**	+00:56:11 (50.9%)	7:21	8.2 (49.4%)
585	**RAMA Janusz**	**465**	KOŁOBRZEG BIEGA - PARKRUN	M45	67	00:04:41	00:52:05	00:57:05	01:47:57	**01:53:14.05**	+00:59:01 (52.1%)	7:32	7.9 (47.6%)
586	**RAMA Ewa**	**466**	KOŁOBRZEG BIEGA - PARKRUN	K50	14	00:04:42	00:52:06	00:57:06	01:47:59	**01:53:14.45**	+00:59:02 (52.1%)	7:33	7.9 (47.6%)
587	**ANGIEL Władysław**	**9**	TKKF KOLEJARZ BYDGOSZCZ	M80+	1	00:04:36	00:53:11	00:58:22	01:48:05	**01:53:21.75**	+00:59:09 (52.2%)	7:33	7.9 (47.6%)
588	**JURCZAK Jarosław**	**219**		M60	25	00:04:28	00:52:12	00:57:38	01:49:12	**01:54:51.05**	+01:00:38 (52.8%)	7:39	7.8 (47.0%)
589	**KĘDZIERSKI Jarosław**	**699**		M45	68	00:04:09	00:49:36	00:55:05	01:49:43	**01:55:20.40**	+01:01:08 (53.0%)	7:41	7.8 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
590	**STASZYŃSKA Marianna**	**529**	BTC,,0RZEŁ''	K60	6	00:04:21	00:52:16	00:57:25	01:50:55	**01:56:23.25**	+01:02:11 (53.4%)	7:45	7.7 (46.4%)
591	**KOPCEWICZ Henryk**	**263**		M65	18	00:04:43	00:52:22	00:57:38	01:50:47	**01:56:43.20**	+01:02:31 (53.6%)	7:46	7.7 (46.4%)
592	**MŁYNAREK Aneta**	**377**	BIEGAM BO LUBIĘ	K35	33	00:05:10	00:59:13	01:05:01	01:52:23	**01:57:32.10**	+01:03:20 (53.9%)	7:50	7.7 (46.4%)
593	**MŁYNAREK Piotr**	**376**		M40	99	00:05:10	00:59:14	01:05:01	01:52:23	**01:57:32.35**	+01:03:20 (53.9%)	7:50	7.7 (46.4%)
594	**KAMIŃSKI Andrzej**	**232**		M40	100	00:05:11	00:59:15	01:05:02	01:52:24	**01:57:34.35**	+01:03:22 (53.9%)	7:50	7.7 (46.4%)
595	**KABACIŃSKI Bronisław**	**47**	TUPOT USTKA	M70	12	00:04:49	00:53:32	00:58:38	01:52:07	**01:57:37.25**	+01:03:25 (53.9%)	7:50	7.7 (46.4%)
596	**BORKOWSKA Ewa**	**43**		K65	2	00:04:53	00:55:04	01:00:26	01:55:00	**02:00:14.70**	+01:06:02 (54.9%)	8:01	7.5 (45.2%)
597	**STRUSKI Stanisław**	**535**	NIEZRZESZONY	M70	13	00:04:36	00:55:31	01:00:46	01:56:20	**02:01:50.60**	+01:07:38 (55.5%)	8:07	7.4 (44.6%)
598	**SZCZEBLEWSKI Józef**	**547**		M60	26	00:04:07	00:55:03	01:00:38	01:58:04	**02:04:00.35**	+01:09:48 (56.3%)	8:16	7.3 (44.0%)
599	**BARTNIK Marian**	**676**	TKKF KOSZALIN	M80+	2	00:05:49	01:08:58	01:16:03	02:19:54	**02:30:05.65**	+01:35:53 (63.9%)	10:00	6 (36.1%)
600	**KALETKA Damian**	**229**		M30	51	00:02:35	00:26:51	00:29:33			+00:00:47	3:45	15.9 (95.8%)
601	**BEMOWICZ Tomasz**	**479**	KB WYGAN	M45	69	00:02:58	00:30:53	00:34:04			+00:05:19	4:20	13.8 (83.1%)
602	**KAZIMIERSKI Piotr**	**241**		M30	52	00:03:01	00:32:11	00:35:42			+00:06:57	4:32	13.2 (79.5%)
603	**RADAWIEC Kamil**	**464**		M40	101	00:02:49	00:28:51				+00:02:38	4:02	14.9 (89.8%)
604	**DEJNEKO Tomasz**	**100**		M40	102	00:03:40	00:40:11				+00:13:59	5:37	10.7 (64.5%)
605	**SZYMAŃSKA Irmina**	**678**		K40	37	00:04:16	00:47:40				+00:21:27	6:40	9 (54.2%)
606	**BIZUNOWICZ Krystian**	**39**	ROZBIEGANY GOLENIÓW	M40	103	02:09:59					+	185:41	0.3 (1.8%)
607	**SKOWRONSKI Bogdan**	**513**	SZWLA	M55	31								(0.0%)
DNC	**GŁOGOWSKI Adam**	**155**	ATC-CARGO TEAM	M20		00:02:17	00:10:27	00:12:53	00:58:51	**01:01:48.90**		-	- (0.0%)

Znaleziono 608 wynik(ów)