

JAMNEŃSKI TOUR BIEGOWY - KLASYFIKACJA GENERALNA PO 3 EDYCJACH

B4SPORT
INTELEGENCIE ZAWODY SPORTOWE

Organizator: Herkules
Data: 2020-02-09
Miejsce: Koszalin
Dystans: 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	JAKUBEK Patryk	5067	7 DAYS	M-20	1	00:17:11.00	00:17:30.00	00:18:20.00	00:53:01.00	00:53:06.00		3:32	17
2	HUBERT Łukasz	5065	TKKF KOSZALIN	M-30	1	00:17:32.00	00:17:45.00	00:17:47.00	00:53:04.00	00:53:10.00	+00:00:03	3:32	17
3	ZIEMAN Michał	5247	404 NOT FOUND	M-30	2	00:17:21.00	00:17:38.00	00:18:28.00	00:53:27.00	00:53:34.00	+00:00:26	3:33	16.8
4	RYKIEL Michał	5193	TAGER SPORT I PRZYJACIELE	M-30	3	00:17:55.00	00:17:55.00	00:18:11.00	00:54:01.00	00:54:07.00	+00:01:00	3:36	16.7
5	DYLEWSKI Tomasz	5037		M-20	2	00:18:56.00	00:18:30.00	00:18:44.00	00:56:10.00	00:56:35.00	+00:03:09	3:44	16
6	PICK Tomasz	5176	SKSG KORONA SZCZECIN	M-50	1	00:18:42.00	00:19:50.00	00:19:03.00	00:57:35.00	00:57:47.00	+00:04:34	3:50	15.6
7	KAWKA Adrian	5088		M-30	4	00:19:21.00	00:19:00.00	00:19:24.00	00:57:45.00	00:57:52.00	+00:04:44	3:51	15.6
8	DUDA Grzegorz	5035	BEST BEASTS	M-40	1	00:19:12.00	00:19:37.00	00:19:19.00	00:58:08.00	00:58:15.00	+00:05:07	3:52	15.5
9	STOLTMAN Marcin	5205	7 DAYS	M-20	3	00:19:15.00	00:19:22.00	00:19:32.00	00:58:09.00	00:58:20.00	+00:05:08	3:52	15.5
10	GOSTKOWSKI Łukasz	5050	404 NOT FOUND	M-30	5	00:19:30.00	00:19:34.00	00:19:14.00	00:58:18.00	00:58:28.00	+00:05:17	3:53	15.4
11	KORMAN Kamil	5100		M-20	4	00:19:27.00	00:19:35.00	00:19:24.00	00:58:26.00	00:58:34.00	+00:05:25	3:53	15.4
12	CICHOSZ-MIELEWCZYK Mateusz	5025	POZYTYWNIE NAKRĘCENI	M-30	6	00:19:25.00	00:19:42.00	00:19:30.00	00:58:37.00	00:58:50.00	+00:05:36	3:54	15.4
13	LEWANDOWSKI Jacek	5123	TAPETY KOSZALIN MONIUSZKI	M-40	2	00:20:09.00	00:19:37.00	00:19:32.00	00:59:18.00	00:59:33.00	+00:06:17	3:57	15.2
14	TRĘBSKI Krzysztof	5229	#ZABIEGANINOĄ	M-40	3	00:19:54.00	00:20:03.00	00:19:29.00	00:59:26.00	00:59:53.00	+00:06:25	3:57	15.1
15	CHABOWSKI Wojciech	5020		M-20	5	00:20:33.00	00:20:48.00	00:19:35.00	01:00:56.00	01:01:08.00	+00:07:55	4:03	14.8
15	JANKOWSKI Grzegorz	5069	POZYTYWNIE NAKRĘCENI	M-40	4	00:19:36.00	00:20:30.00	00:20:50.00	01:00:56.00	01:01:09.00	+00:07:55	4:03	14.8
17	ŁUKAWSKI Mariusz	5128	JW 1223	M-30	7	00:19:44.00	00:21:10.00	00:20:29.00	01:01:23.00	01:01:39.00	+00:08:22	4:05	14.7
18	SKROBANEK Hanna	5202	MKP SZCZECINEK	K-14	1	00:20:10.00	00:20:29.00	00:20:52.00	01:01:31.00	01:01:43.00	+00:08:30	4:06	14.6
19	KONKEL Agnieszka	5095	TAGER SPORT I PRZYJACIELE	K-30	1	00:20:17.00	00:20:41.00	00:20:43.00	01:01:41.00	01:01:59.00	+00:08:40	4:06	14.6
20	KOZIEŁ Paweł	5103		M-40	5	00:21:03.00	00:20:34.00	00:20:40.00	01:02:17.00	01:02:29.00	+00:09:16	4:09	14.5
21	KOZIEŁ Adam	5104		M-20	6	00:20:56.00	00:21:09.00	00:20:39.00	01:02:44.00	01:02:54.00	+00:09:43	4:10	14.3
22	DRAŻKOWSKI Tomasz	5033	MKP SZCZECINEK	M-14	1	00:21:16.00	00:20:39.00	00:21:04.00	01:02:59.00	01:03:12.00	+00:09:58	4:11	14.3
23	OLCZAK Krzysztof	5163		M-30	8	00:20:41.00	00:21:18.00	00:21:07.00	01:03:06.00	01:04:00.00	+00:10:05	4:12	14.3
24	WEBER Paweł	5230	FPP FUNCTIONAL POLISH PERFORMANCE	M-30	9	00:21:12.00	00:21:01.00	00:21:00.00	01:03:13.00	01:03:24.00	+00:10:12	4:12	14.2
25	BRZEZIŃSKI Jan	5016	TEAM PIOTRUŚ	M-50	2	00:21:00.00	00:21:09.00	00:21:11.00	01:03:20.00	01:03:51.00	+00:10:19	4:13	14.2
26	WIKTOROWSKI Maciej	5234		M-40	6	00:20:56.00	00:21:05.00	00:21:34.00	01:03:35.00	01:03:43.00	+00:10:34	4:14	14.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
27	NOWODWORSKA Justyna	5162	7 DAYS	K-30	2	00:21:11.00	00:21:04.00	00:21:25.00	01:03:40.00	01:03:59.00	+00:10:39	4:14	14.1
28	KUCAL Paweł	5117		M-40	7	00:21:43.00	00:20:40.00	00:21:26.00	01:03:49.00	01:04:34.00	+00:10:48	4:15	14.1
29	ŁAWNICZAK Justyna	5126	#ZABIEGANINOCA	K-30	3	00:21:29.00	00:21:15.00	00:21:12.00	01:03:56.00	01:04:07.00	+00:10:55	4:15	14.1
30	HISZCZYŃSKA Aleksandra	5062	CSSP KOSZALIN	K-20	1	00:21:07.00	00:21:16.00	00:21:37.00	01:04:00.00	01:04:28.00	+00:10:59	4:16	14.1
31	BARGAŃSKA Justyna	5005	404 NOT FOUND	K-40	1	00:21:14.00	00:21:22.00	00:21:34.00	01:04:10.00	01:04:31.00	+00:11:09	4:16	14
32	SZCZĘK Małgorzata	5214	404 NOT FOUND	K-30	4	00:21:27.00	00:22:00.00	00:21:01.00	01:04:28.00	01:04:49.00	+00:11:27	4:17	14
33	CZYŻYKOWSKI Łukasz	5028		M-30	10	00:21:18.00	00:21:27.00	00:21:53.00	01:04:38.00	01:04:58.00	+00:11:37	4:18	13.9
34	ŻUREK Mateusz	5250		M-30	11	00:22:06.00	00:21:17.00	00:21:18.00	01:04:41.00	01:05:11.00	+00:11:40	4:18	13.9
35	HAŁKA Justyna	5056	TRUCHT ŁOBEZ	K-40	2	00:21:30.00	00:21:28.00	00:21:50.00	01:04:48.00	01:05:06.00	+00:11:47	4:19	13.9
36	BUDZIŃSKI Paweł	5018	TAGER SPORT KOSZALIN / DRUŻYNA SZPIKU	M-40	8	00:22:03.00	00:21:39.00	00:21:08.00	01:04:50.00	01:05:09.00	+00:11:49	4:19	13.9
37	KLUCZEWSKA Emilia	5094	7 DAYS	K-30	5	00:21:39.00	00:21:23.00	00:21:55.00	01:04:57.00	01:05:20.00	+00:11:56	4:19	13.9
38	GAWRYSIAK Przemysław	5043		M-40	9	00:21:25.00	00:22:03.00	00:22:10.00	01:05:38.00	01:05:53.00	+00:12:37	4:22	13.7
39	PAŁASZEWSKA Karolina	5172	KOŁOBRZEG BIEGA	K-30	6	00:21:47.00	00:22:03.00	00:21:59.00	01:05:49.00	01:06:12.00	+00:12:48	4:23	13.7
40	KRUPIŃSKI Krzysztof	5112	E-UROLOG.EU	M-50	3	00:22:00.00	00:22:21.00	00:21:47.00	01:06:08.00	01:06:35.00	+00:13:07	4:24	13.6
40	SITARCZYK Damian	5199	FUNDACJA ZASTOPUJ	M-30	12	00:23:11.00	00:21:21.00	00:21:36.00	01:06:08.00	01:06:31.00	+00:13:07	4:24	13.6
42	GAWEŁ Zbigniew	5041	POMERIDERS SŁUPSK	M-60	1	00:22:27.00	00:22:06.00	00:22:11.00	01:06:44.00	01:06:57.00	+00:13:43	4:26	13.5
43	NOSAL Mariusz	5159		M-30	13	00:21:25.00	00:22:06.00	00:23:38.00	01:07:09.00	01:07:37.00	+00:14:08	4:28	13.4
44	KRYNICKA Magdalena	5113		K-20	2	00:22:28.00	00:22:34.00	00:22:24.00	01:07:26.00	01:07:38.00	+00:14:25	4:29	13.3
45	JOŃCA Jakub	5076	BEST BEASTS	M-14	2	00:22:38.00	00:21:29.00	00:23:20.00	01:07:27.00	01:07:57.00	+00:14:26	4:29	13.3
46	KAŹMIERCZAK Agnieszka	5089		K-40	3	00:22:28.00	00:22:44.00	00:22:46.00	01:07:58.00	01:08:12.00	+00:14:57	4:31	13.2
47	GÓRA Agnieszka	5051	#ZABIEGANINOCA	K-40	4	00:23:09.00	00:22:30.00	00:22:39.00	01:08:18.00	01:08:41.00	+00:15:17	4:33	13.2
48	PIETRYKA Artur	5177	KARLINO BIEGAJ	M-40	10	00:22:17.00	00:22:58.00	00:23:05.00	01:08:20.00	01:08:40.00	+00:15:19	4:33	13.2
49	NOGA Sebastian	5158	TKKF KOSZALIN	M-20	7	00:20:55.00	00:21:25.00	00:26:05.00	01:08:25.00	01:08:51.00	+00:15:24	4:33	13.2
50	KONKEL Łukasz	5096		M-40	11	00:23:06.00	00:23:26.00	00:22:21.00	01:08:53.00	01:09:14.00	+00:15:52	4:35	13.1
51	NIEMCZUK Dariusz	5156	JAMNO	M-50	4	00:23:04.00	00:22:53.00	00:22:59.00	01:08:56.00	01:09:25.00	+00:15:55	4:35	13.1
52	KRZEWIŃSKA Małgorzata	5116	TAGER SPORT I PRZYJACIELE	K-60	1	00:23:19.00	00:23:05.00	00:23:12.00	01:09:36.00	01:09:57.00	+00:16:35	4:38	12.9
53	METEL Izabela	5138	POZYTYWNIENAKRĘCENI	K-40	5	00:21:55.00	00:25:08.00	00:23:05.00	01:10:08.00	01:10:31.00	+00:17:07	4:40	12.8
54	HAŁKA Arkadiusz	5057	TRUCHT ŁOBEZ	M-40	12	00:23:36.00	00:23:07.00	00:23:51.00	01:10:34.00	01:11:06.00	+00:17:33	4:42	12.8
55	GIEDROWICZ Aleksandra	5045		K-30	7	00:23:31.00	00:23:39.00	00:23:27.00	01:10:37.00	01:11:00.00	+00:17:36	4:42	12.7
56	NOSAL Martyna	5160	PENTATHLON SZCZECINEK	K-14	2	00:24:07.00	00:23:19.00	00:23:13.00	01:10:39.00	01:11:06.00	+00:17:38	4:42	12.7
57	ANTKOWIAK Sebastian	5002	DB - ACTIVE	M-40	13	00:22:56.00	00:23:52.00	00:24:09.00	01:10:57.00	01:11:36.00	+00:17:56	4:43	12.7
58	MONGIAŁO Marcin	5148	FAST FEET K-LIN	M-40	14	00:23:37.00	00:23:36.00	00:23:54.00	01:11:07.00	01:12:30.00	+00:18:06	4:44	12.7
59	MICHALCZYK Kamil	5139		M-30	14	00:22:53.00	00:24:06.00	00:24:41.00	01:11:40.00	01:12:15.00	+00:18:39	4:46	12.6
60	HNATOWSKI Artur	5063		M-50	5	00:24:04.00	00:23:55.00	00:24:03.00	01:12:02.00	01:12:55.00	+00:19:01	4:48	12.5
61	HARASIMOWICZ Michał	5059		M-30	15	00:23:18.00	00:23:13.00	00:25:32.00	01:12:03.00	01:12:58.00	+00:19:02	4:48	12.5
62	CHUDZIK Zbigniew	5023	TKKF KOSZALIN	M-50	6	00:23:40.00	00:25:08.00	00:23:32.00	01:12:20.00	01:12:47.00	+00:19:19	4:49	12.4
63	DRULIK-HOŁUB Marta	5034	TORNADO KOSZALIN	K-40	6	00:24:23.00	00:24:02.00	00:24:00.00	01:12:25.00	01:13:07.00	+00:19:24	4:49	12.4
64	LIPNIEWICZ Paweł	5124		M-30	16	00:24:07.00	00:25:20.00	00:23:03.00	01:12:30.00	01:13:12.00	+00:19:29	4:50	12.4
65	SKOKOWSKI Marek	5201		M-30	17	00:24:13.00	00:24:15.00	00:24:34.00	01:13:02.00	01:13:58.00	+00:20:01	4:52	12.3
66	DEJNAK Mariola	5029		K-60	2	00:24:38.00	00:24:39.00	00:24:15.00	01:13:32.00	01:13:44.00	+00:20:31	4:54	12.2
67	MONGIAŁO Aleksandra	5149	FAST FEET K-LIN	K-30	8	00:24:54.00	00:24:48.00	00:23:52.00	01:13:34.00	01:14:41.00	+00:20:33	4:54	12.2
68	OSOBNIAK Ryszard	5168		M-60	2	00:24:33.00	00:24:39.00	00:24:26.00	01:13:38.00	01:14:23.00	+00:20:37	4:54	12.2
69	KAJKOWSKI Rafał	5084	CSSP KOSZALIN	M-40	15	00:24:54.00	00:24:43.00	00:24:04.00	01:13:41.00	01:13:48.00	+00:20:40	4:54	12.2
70	JASIEK Paweł	5071	#ZABIEGANINOCA	M-30	18	00:25:27.00	00:24:23.00	00:24:06.00	01:13:56.00	01:14:25.00	+00:20:55	4:55	12.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
71	KRASIŃSKI Witold	5106		M-40	16	00:24:59.00	00:24:10.00	00:24:48.00	01:13:57.00	01:14:36.00	+00:20:56	4:55	12.2
72	DĘBSKI Damian	5030	1986.	M-30	19	00:24:57.00	00:24:20.00	00:24:53.00	01:14:10.00	01:15:04.00	+00:21:09	4:56	12.1
73	KRUPIŃSKA Beata	5111	E-UROLOG.EU	K-50	1	00:24:37.00	00:24:16.00	00:25:59.00	01:14:52.00	01:15:46.00	+00:21:51	4:59	12
74	KACZMARYK Jolanta	5080		K-40	7	00:24:47.00	00:25:04.00	00:25:21.00	01:15:12.00	01:15:56.00	+00:22:11	5:00	12
75	STALUSZKA Dariusz	5203		M-40	17	00:25:21.00	00:24:54.00	00:25:32.00	01:15:47.00	01:16:30.00	+00:22:46	5:03	11.9
76	PŁATOSZ Magda	5179		K-20	3	00:25:02.00	00:25:57.00	00:24:55.00	01:15:54.00	01:16:12.00	+00:22:53	5:03	11.9
77	KOWALCZYK Karolina	5102		K-40	8	00:25:49.00	00:25:21.00	00:25:15.00	01:16:25.00	01:17:29.00	+00:23:24	5:05	11.8
78	SUCHODOLSKA Aleksandra	5208	DZIKIE ŻÓŁWIE	K-30	9	00:25:11.00	00:26:08.00	00:25:08.00	01:16:27.00	01:17:21.00	+00:23:26	5:05	11.8
79	GOLEC Anna	5048		K-40	9	00:26:36.00	00:25:03.00	00:24:56.00	01:16:35.00	01:17:13.00	+00:23:34	5:06	11.8
80	JUSZCZAK Krzysztof	5077		M-60	3	00:25:34.00	00:25:47.00	00:25:21.00	01:16:42.00	01:17:22.00	+00:23:41	5:06	11.7
81	ŁODYGA Łukasz	5127		M-30	20	00:24:30.00	00:26:16.00	00:26:15.00	01:17:01.00	01:17:33.00	+00:24:00	5:08	11.7
82	CIEŚLAK Grzegorz	5026		M-30	21	00:26:16.00	00:25:40.00	00:25:25.00	01:17:21.00	01:17:57.00	+00:24:20	5:09	11.6
82	MRUGALSKI Stanisław	5151	MTS HAMER	M-50	7	00:26:13.00	00:25:59.00	00:25:09.00	01:17:21.00	01:18:46.00	+00:24:20	5:09	11.6
84	MARCINKOWSKI Jacek	5134	SSK ORZEŁ ŚWIESZYNO	M-40	18	00:26:48.00	00:24:10.00	00:26:30.00	01:17:28.00	01:18:25.00	+00:24:27	5:09	11.6
85	KOPEĆ Krzysztof	5097		M-40	19	00:25:24.00	00:25:44.00	00:26:30.00	01:17:38.00	01:18:24.00	+00:24:37	5:10	11.6
86	PACAN Mira	5169	POZYTYWNIK NAKRĘCENI	K-30	10	00:26:00.00	00:25:08.00	00:26:46.00	01:17:54.00	01:18:25.00	+00:24:53	5:11	11.6
87	GONTEK Łukasz	5049	VW BATORY	M-30	22	00:26:29.00	00:25:12.00	00:26:14.00	01:17:55.00	01:18:30.00	+00:24:54	5:11	11.6
88	SAWIŃSKI Jacek	5197		M-40	20	00:30:12.00	00:23:28.00	00:24:32.00	01:18:12.00	01:19:17.00	+00:25:11	5:12	11.5
89	ROMANOWICZ Monika	5189	DZIKIE ŻÓŁWIE	K-30	11	00:25:51.00	00:26:09.00	00:26:20.00	01:18:20.00	01:19:13.00	+00:25:19	5:13	11.5
90	STRZELECKA Małgorzata	5206	SAILING TEAM FERAJNA	K-40	10	00:26:07.00	00:26:08.00	00:26:32.00	01:18:47.00	01:19:15.00	+00:25:46	5:15	11.4
91	DORAWA-ZIOMEK Anna	5031	DZIKIE ŻÓŁWIE	K-30	12	00:24:57.00	00:27:10.00	00:27:24.00	01:19:31.00	01:20:21.00	+00:26:30	5:18	11.3
91	JĘDRZEJKO Mirosław	5074		M-40	21	00:25:03.00	00:26:38.00	00:27:50.00	01:19:31.00	01:20:04.00	+00:26:30	5:18	11.3
93	ŚWIDERSKI Marcin	5227		M-30	23	00:26:06.00	00:27:33.00	00:26:15.00	01:19:54.00	01:20:26.00	+00:26:53	5:19	11.3
94	KAMINSKI Tomasz	5085	WODNA SŁUŻBA RATOWNICZA	M-40	22	00:25:00.00	00:27:27.00	00:27:58.00	01:20:25.00	01:21:01.00	+00:27:24	5:21	11.2
94	PISKÓRZ Justyna	5178		K-30	13	00:25:50.00	00:27:12.00	00:27:23.00	01:20:25.00	01:21:15.00	+00:27:24	5:21	11.2
96	BRZOZOWSKA Barbara	5017		K-40	11	00:26:46.00	00:26:38.00	00:27:21.00	01:20:45.00	01:21:20.00	+00:27:44	5:23	11.1
97	SZWEDA Mateusz	5220	WATAHA	M-30	24	00:26:34.00	00:26:38.00	00:27:46.00	01:20:58.00	01:21:45.00	+00:27:57	5:23	11.1
98	SZYMAŃSKI Patryk	5221	1987.	M-30	25	00:26:39.00	00:28:03.00	00:26:18.00	01:21:00.00	01:21:47.00	+00:27:59	5:24	11.1
99	MASŁOWSKI Artur	5137		M-30	26	00:26:39.00	00:28:04.00	00:26:18.00	01:21:01.00	01:21:47.00	+00:28:00	5:24	11.1
100	MITUNIEWICZ Adrian	5147		M-30	27	00:28:07.00	00:27:33.00	00:25:46.00	01:21:26.00	01:22:39.00	+00:28:25	5:25	11.1
101	KARNICKI Zygmunt	5087	TKKF KOSZALIN	M-60	4	00:26:26.00	00:27:16.00	00:27:49.00	01:21:31.00	01:22:00.00	+00:28:30	5:26	11
101	ORYSZCZYN Arkadiusz	5167	DZIKIE ŻÓŁWIE	M-30	28	00:25:39.00	00:27:46.00	00:28:06.00	01:21:31.00	01:22:25.00	+00:28:30	5:26	11
103	JUSZCZYK Agnieszka	5078	ANOX TEAM	K-40	12	00:29:31.00	00:25:47.00	00:26:15.00	01:21:33.00	01:22:14.00	+00:28:32	5:26	11
104	WIŚNIEWSKI Jarosław	5235		M-50	8	00:26:58.00	00:27:05.00	00:27:32.00	01:21:35.00	01:22:15.00	+00:28:34	5:26	11
105	MARCAK Małgorzata	5135		K-60	3	00:27:16.00	00:26:22.00	00:28:29.00	01:22:07.00	01:22:25.00	+00:29:06	5:28	11
106	SZULC Marek	5217		M-50	9	00:28:49.00	00:27:09.00	00:26:16.00	01:22:14.00	01:22:53.00	+00:29:13	5:28	10.9
107	MURAWSKI Waldemar	5153	ZKS	M-50	10	00:27:14.00	00:28:29.00	00:26:33.00	01:22:16.00	01:23:12.00	+00:29:15	5:29	10.9
108	TABISZ Sławomir	5228	12 BBSP	M-30	29	00:27:19.00	00:28:26.00	00:27:18.00	01:23:03.00	01:23:58.00	+00:30:02	5:32	10.8
109	SARBIEWSKI Przemysław	5196		M-40	23	00:32:34.00	00:23:52.00	00:27:03.00	01:23:29.00	01:23:54.00	+00:30:28	5:33	10.8
110	KLONOWSKI Artur	5093	KOSPEL	M-40	24	00:25:32.00	00:27:50.00	00:30:31.00	01:23:53.00	01:24:40.00	+00:30:52	5:35	10.7
111	HELLER Zdzisław	5061	HERBMARATONOW.PL	M-60	5	00:28:09.00	00:27:29.00	00:28:22.00	01:24:00.00	01:24:35.00	+00:30:59	5:36	10.7
112	MITUNIEWICZ Renata	5146		K-50	2	00:26:49.00	00:28:18.00	00:29:16.00	01:24:23.00	01:25:33.00	+00:31:22	5:37	10.7
113	JOŃCA Klaudia	5075	BEST BEASTS	K-14	3	00:26:37.00	00:27:06.00	00:30:52.00	01:24:35.00	01:25:09.00	+00:31:34	5:38	10.6
114	CHAMERA Tomasz	5021	WATAHA	M-40	25	00:28:01.00	00:29:27.00	00:27:13.00	01:24:41.00	01:25:25.00	+00:31:40	5:38	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
115	BEDNARZ Katarzyna	5007	KOŁOBRZEG BIEGA	K-40	13	00:27:40.00	00:28:46.00	00:28:16.00	01:24:42.00	01:25:22.00	+00:31:41	5:38	10.6
115	STRZELECKI Sebastian 'kaszana'	5207	SAILING TEAM FERAJNA	M-40	26	00:27:42.00	00:28:09.00	00:28:51.00	01:24:42.00	01:25:09.00	+00:31:41	5:38	10.6
117	BOKOTA Katarzyna	5012		K-40	14	00:28:15.00	00:28:18.00	00:28:27.00	01:25:00.00	01:25:20.00	+00:31:59	5:40	10.6
118	MALINOWSKA-BURDA Aleksandra	5130		K-30	14	00:29:04.00	00:28:22.00	00:28:01.00	01:25:27.00	01:26:05.00	+00:32:26	5:41	10.5
119	SIGNAROWSKI Dawid	5198	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	30	00:27:14.00	00:28:17.00	00:30:12.00	01:25:43.00	01:25:57.00	+00:32:42	5:42	10.5
120	GROCHOWSKA Agnieszka	5052	SAILING TEAM FERAJNA	K-40	15	00:28:58.00	00:28:11.00	00:28:51.00	01:26:00.00	01:26:25.00	+00:32:59	5:44	10.5
121	BRZEZIŃSKI Paweł	5015	PAB TRI KOSZALIN	M-40	27	00:27:59.00	00:28:18.00	00:29:44.00	01:26:01.00	01:26:40.00	+00:33:00	5:44	10.5
122	MARCZAK Andrzej	5136		M-60	6	00:29:05.00	00:27:41.00	00:29:34.00	01:26:20.00	01:27:05.00	+00:33:19	5:45	10.4
123	WOJTKOWIAK Wioleta	5241		K-30	15	00:29:03.00	00:28:40.00	00:28:42.00	01:26:25.00	01:26:39.00	+00:33:24	5:45	10.4
124	RUSIECKI Paweł	5191	WSPL SPZOZ W KOSZALINIE	M-40	28	00:28:30.00	00:27:55.00	00:30:06.00	01:26:31.00	01:27:17.00	+00:33:30	5:46	10.4
125	HUBKO Janina	5066	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	16	00:28:20.00	00:28:01.00	00:30:13.00	01:26:34.00	01:26:43.00	+00:33:33	5:46	10.4
126	HRYNCEWICZ Anna	5064	SAILING TEAM FERAJNA	K-40	16	00:28:58.00	00:28:45.00	00:28:55.00	01:26:38.00	01:27:02.00	+00:33:37	5:46	10.4
127	SUDER-MAKSYMOWICZ Monika	5209		K-30	17	00:29:29.00	00:28:33.00	00:29:36.00	01:27:38.00	01:28:15.00	+00:34:37	5:50	10.3
128	JĄCZKOWSKA Wioleta	5072		K-40	17	00:29:04.00	00:29:05.00	00:31:01.00	01:29:10.00	01:30:15.00	+00:36:09	5:56	10.1
129	KĘDZIERA Izydor	5090		M-50	11	00:28:57.00	00:29:34.00	00:30:48.00	01:29:19.00	01:30:19.00	+00:36:18	5:57	10.1
130	ZBOROWSKA-SKROBANEK Justyna	5245	MKP SZCZECINEK	K-40	18	00:29:23.00	00:29:27.00	00:30:37.00	01:29:27.00	01:30:00.00	+00:36:26	5:57	10.1
131	BRZEZIŃSKA Beata	5014	TEAM PIOTRUŚ	K-50	3	00:29:18.00	00:29:51.00	00:30:30.00	01:29:39.00	01:30:09.00	+00:36:38	5:58	10
132	WOJANOWSKI Zbigniew	5240	SPORT I REKREACJA DELFIN	M-60	7	00:29:56.00	00:29:40.00	00:30:17.00	01:29:53.00	01:30:16.00	+00:36:52	5:59	10
133	WENTA Malwina	5232		K-30	18	00:30:28.00	00:29:16.00	00:30:10.00	01:29:54.00	01:30:39.00	+00:36:53	5:59	10
134	KOPEĆ Magdalena	5098		K-40	19	00:30:27.00	00:29:19.00	00:30:10.00	01:29:56.00	01:30:43.00	+00:36:55	5:59	10
135	WOJANOWSKA Maryla	5239	SPORT I REKREACJA DELFIN	K-60	4	00:29:57.00	00:29:43.00	00:30:17.00	01:29:57.00	01:30:17.00	+00:36:56	5:59	10
136	SZMYT Marcin	5215		M-30	31	00:31:40.00	00:32:01.00	00:28:28.00	01:32:09.00	01:32:45.00	+00:39:08	6:08	9.8
137	MOŻEJKO Anna	5150		K-40	20	00:30:10.00	00:31:10.00	00:31:07.00	01:32:27.00	01:33:25.00	+00:39:26	6:09	9.7
138	STEC Edyta	5204		K-40	21	00:30:11.00	00:31:09.00	00:31:09.00	01:32:29.00	01:33:24.00	+00:39:28	6:09	9.7
139	KOROL Elżbieta	5101		K-40	22	00:30:11.00	00:31:10.00	00:31:09.00	01:32:30.00	01:33:25.00	+00:39:29	6:10	9.7
140	MAŁYSZEWICZ Andrzej	5133		M-50	12	00:28:35.00	00:28:38.00	00:35:21.00	01:32:34.00	01:33:33.00	+00:39:33	6:10	9.7
141	BABIARZ Jacek	5003	PRESS GLASS - BIEGAMY I WSPIERAMY	M-40	29	00:28:48.00	00:32:34.00	00:31:16.00	01:32:38.00	01:33:04.00	+00:39:37	6:10	9.7
142	POLAK Mateusz	5182	KOSPEL	M-20	8	00:28:41.00	00:33:34.00	00:30:55.00	01:33:10.00	01:33:58.00	+00:40:09	6:12	9.7
143	KULIGOWSKI Maksym	5119	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	32	00:30:20.00	00:30:53.00	00:32:02.00	01:33:15.00	01:33:38.00	+00:40:14	6:13	9.7
144	KIEDOS Dariusz	5091	JW 1223	M-30	33	00:31:24.00	00:32:19.00	00:31:11.00	01:34:54.00	01:35:45.00	+00:41:53	6:19	9.5
145	KOZŁOWIECKA Małgorzata	5105		K-60	5	00:31:39.00	00:32:27.00	00:32:08.00	01:36:14.00	01:36:51.00	+00:43:13	6:24	9.4
146	KRYSTOSIK Paulina	5115	BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE	K-20	4	00:32:18.00	00:31:39.00	00:33:04.00	01:37:01.00	01:37:34.00	+00:44:00	6:28	9.3
147	SARBIEWSKA Gabriela	5195		K-40	23	00:32:33.00	00:32:03.00	00:32:45.00	01:37:21.00	01:37:46.00	+00:44:20	6:29	9.2
148	WEISS-SZULC Barbara	5231		K-40	24	00:31:14.00	00:32:32.00	00:33:56.00	01:37:42.00	01:38:48.00	+00:44:41	6:30	9.2
149	MAŁYSZEWICZ Teresa	5132		K-50	4	00:34:06.00	00:32:49.00	00:35:21.00	01:42:16.00	01:43:17.00	+00:49:15	6:49	8.8
149	PAŁASZ Karolina	5171	FUNDACJA ZASTOPIJ	K-30	19	00:33:57.00	00:33:56.00	00:34:23.00	01:42:16.00	01:42:48.00	+00:49:15	6:49	8.8
151	KACZYŃSKI Henryk	5082		M-60	8	00:35:47.00	00:32:24.00	00:38:58.00	01:47:09.00	01:47:21.00	+00:54:08	7:08	8.4

Znaleziono 151 wynik(ów)