



## PÓLMARATON KOSZALIN - 21.1KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2016-05-22  
**Miejsce:** Koszalin  
**Dystans:** 21.1 km



Klasyfikacja: [Wszyscy](#)

Punkt pomiarowy: 11,1 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km
1	<b>BEDNARZ Paweł</b>	<b>6</b>	MODEST.MAN.KOSZALI(N)AŁAW	M30-39	00:00:33	00:03:34	00:21:39	00:40:43
2	<b>WOJCIECHOWSKI Jarosław</b>	<b>226</b>		M30-39	00:00:33	00:04:03	00:23:00	00:41:59
3	<b>SZYMAŃSKI Sylwester</b>	<b>203</b>	TEAM BIEGOWY SZCZECINEK-ULKS BARWICE	M40-44	00:00:33	00:04:03	00:23:00	00:42:04
4	<b>RUDNIK Krzysztof</b>	<b>177</b>	NIGHT RUNNERS SŁUPSK	M30-39	00:00:33	00:04:06	00:23:16	00:42:36
5	<b>MIERZWA Witold</b>	<b>140</b>	DARŁOWO	M40-44	00:00:34	00:04:06	00:23:35	00:43:32
6	<b>LECKI Mateusz</b>	<b>123</b>	TEAM BIEGOWY SZCZECINEK	M30-39	00:00:34	00:04:16	00:24:30	00:44:40
7	<b>KĘPKA Adrian</b>	<b>92</b>		M18-29	00:00:35	00:04:15	00:24:30	00:44:58
8	<b>WOŚ Kamil</b>	<b>229</b>	PSZCZÓLKOWSKI TEAM	M30-39	00:00:33	00:04:17	00:24:31	00:45:00
9	<b>KRYCZKA Stanisław</b>	<b>114</b>	MTS HAMER MIASTKO	M45-49	00:00:33	00:04:18	00:24:32	00:45:16
10	<b>CHRZAŚCZ Piotr</b>	<b>21</b>		M18-29	00:00:35	00:04:07	00:25:01	00:45:30
11	<b>CHUDY Henryk</b>	<b>22</b>	K SOLSZEWSKI I SYNOWIE	M60-64	00:00:35	00:04:17	00:24:30	00:45:31
12	<b>ANDRUSZ Kamil</b>	<b>2</b>	TRIDEA / MNIAM.NET	M30-39	00:00:37	00:04:23	00:24:57	00:45:46
13	<b>RUDNIKOWSKI Maciej</b>	<b>178</b>	BIEGUZDROWSKOWY.PL	M40-44	00:00:34	00:04:12	00:24:33	00:46:07
14	<b>GOLIŃSKI Łukasz</b>	<b>46</b>	K.B. SPRINT ŚWIDWIN	M30-39	00:00:34	00:04:29	00:25:36	00:46:46
15	<b>MAGALSKI Tomasz</b>	<b>126</b>	KLUB BIEGACZA KAMIEŃ POMORSKI	M18-29	00:00:35	00:04:27	00:25:39	00:46:52
16	<b>GRZESIK Eugeniusz</b>	<b>52</b>	TKKF KOSZALIN	M50-54	00:00:35	00:04:27	00:25:40	00:47:07
17	<b>JAROSZ Wiesław</b>	<b>79</b>	JW. 1223/BLOG	M40-44	00:00:34	00:04:16	00:24:47	00:47:47
18	<b>BIELSKI Sebastian</b>	<b>8</b>	NOWOGARD	M18-29	00:00:38	00:04:22	00:25:54	00:48:26
19	<b>SOBCZYK Łukasz</b>	<b>186</b>	KOŁOBRZEG BIEGA	M40-44	00:00:34	00:04:30	00:26:22	00:48:30
20	<b>BIEDRZYCKI Krzysztof</b>	<b>259</b>	CW FANZA KOŁOBRZEG	M45-49	00:00:35	00:04:36	00:26:48	00:49:04
21	<b>UZNAŃSKI Ryszard</b>	<b>213</b>		M45-49	00:00:33	00:04:30	00:26:31	00:49:13
22	<b>KASZTELAN Urszula</b>	<b>91</b>	TKKF TRIATHLON KOSZALIN	K30-39	00:00:35	00:04:40	00:26:21	00:49:24
23	<b>CZYŻEWSKI Janusz</b>	<b>29</b>	KOŁOBRZEG BIEGA MARATON TEAM	M50-54	00:00:34	00:04:30	00:26:37	00:49:28
24	<b>NOWACKI Rafał</b>	<b>151</b>		M30-39	00:00:41	00:04:38	00:26:14	00:49:28

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km
25	<b>KALETA Sebastian</b>	<b>84</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-44	00:00:35	00:04:31	00:26:38	00:49:40
26	<b>GROCHOWALSKI Rafał</b>	<b>50</b>	K.B. SPRINT ŚWIDWN	M30-39	00:00:35	00:04:31	00:26:33	00:49:53
27	<b>KONDRACIUK Piotr</b>	<b>100</b>	ROZBIEGANY KOSZALIN - DRUŻYNA SZPIKU	M40-44	00:00:36	00:04:39	00:27:08	00:49:53
28	<b>TCHÓRZEWSKI Marek</b>	<b>207</b>		M45-49	00:00:35	00:04:43	00:27:20	00:50:05
29	<b>STACHOWIAK Adrian</b>	<b>193</b>	280 KOMPANIA RADIOTECHNICZNA	M18-29	00:00:36	00:04:29	00:26:26	00:50:08
30	<b>ZIEMBA Daniel</b>	<b>235</b>		M40-44	00:00:37	00:04:21	00:26:35	00:50:15
31	<b>WINKEL Jerzy</b>	<b>223</b>		M40-44	00:00:36	00:04:25	00:26:31	00:50:23
32	<b>KAPUŚCIŃSKI Robert</b>	<b>88</b>	JW 1223 KOSZALIN	M30-39	00:00:34	00:04:31	00:26:35	00:50:24
33	<b>WALTER Przemysław</b>	<b>218</b>	KB 10 BIAŁOGARD	M40-44	00:00:37	00:04:54	00:27:34	00:50:25
34	<b>BONISŁAWSKI Jarosław</b>	<b>12</b>	FADOMODA TEAM	M30-39	00:00:52	00:05:19	00:27:39	00:50:28
35	<b>NAKONIECZNY Rafał</b>	<b>147</b>	BAJADERKI KOSZALIN	M30-39	00:00:39	00:05:00	00:28:14	00:50:48
36	<b>MATYJASEK Zbigniew</b>	<b>244</b>	TKKF KOSZALIN	M40-44	00:00:34	00:04:16	00:26:47	00:50:53
37	<b>SKIBIŃSKI Krzysztof</b>	<b>183</b>	TKKF TRIATHLON KOSZALIN	M40-44	00:00:36	00:04:43	00:27:24	00:51:05
38	<b>TOMCZAK Marek</b>	<b>208</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:35	00:04:41	00:27:19	00:51:07
39	<b>NIWIŃSKI Grzegorz</b>	<b>150</b>	K.B. TUPOT USTKA	M55-59	00:00:49	00:05:10	00:27:52	00:51:13
40	<b>GRĘŻLIKOWSKI Adam</b>	<b>49</b>		M30-39	00:00:36	00:04:51	00:27:55	00:51:31
41	<b>BŁASZCZYK Tadeusz</b>	<b>9</b>		M55-59	00:00:39	00:04:57	00:27:49	00:51:33
42	<b>KORCZYŃSKI Sławomir</b>	<b>102</b>	DECATHLON KOSZALIN	M18-29	00:00:37	00:04:37	00:27:04	00:51:34
43	<b>JAMNIAK Bartosz</b>	<b>66</b>	MTS HAMER MIASTKO	M18-29	00:00:35	00:04:30	00:26:54	00:51:44
44	<b>MILCZAREK Grzegorz</b>	<b>141</b>		M18-29	00:00:45	00:05:12	00:28:09	00:51:54
45	<b>MOKSA Dariusz</b>	<b>261</b>		M18-29	00:00:34	00:04:06	00:26:10	00:52:21
46	<b>GLIŃSKI Łukasz</b>	<b>44</b>		M30-39	00:00:41	00:04:52	00:27:52	00:52:37
47	<b>MROCZKOWSKI Marek</b>	<b>145</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:44	00:05:41	00:29:47	00:52:44
48	<b>SKIERKA Grzegorz</b>	<b>184</b>	MKS ŚWIĘC SŁAWNÓ	M30-39	00:00:44	00:05:41	00:29:47	00:52:44
49	<b>SPALIK Mariusz</b>	<b>191</b>	MTSHAMERMIASTKO	M40-44	00:00:35	00:04:34	00:28:02	00:53:07
50	<b>WILEWSKI Paweł</b>	<b>220</b>		M18-29	00:00:41	00:05:21	00:29:21	00:53:11
51	<b>SAPIECHO Bartłomiej</b>	<b>179</b>	RONIN GOLD TEAM	M18-29	00:00:35	00:04:42	00:27:58	00:53:17
52	<b>KOBUS Maciej</b>	<b>97</b>		M30-39	00:00:40	00:05:25	00:29:22	00:53:26
53	<b>MALINOWSKI Mariusz</b>	<b>130</b>		M30-39	00:00:44	00:04:55	00:28:34	00:53:28
54	<b>JAMROZIAK Grzegorz</b>	<b>67</b>	KLUB BIEGACZA KAMIEŃ POMORSKI	M30-39	00:00:38	00:05:01	00:29:02	00:53:34
55	<b>TOMALIK Karol</b>	<b>253</b>	PORANNE BIEGANIE	M30-39	00:00:40	00:04:59	00:28:13	00:53:55
56	<b>CHWALEBA Jan</b>	<b>25</b>		M55-59	00:00:43	00:05:10	00:28:55	00:54:01
57	<b>JONKO Wojciech</b>	<b>256</b>		M65-69	00:00:42	00:05:07	00:28:38	00:54:04
58	<b>ZIOMKO Rafał</b>	<b>236</b>		M40-44	00:00:37	00:04:59	00:28:54	00:54:13
59	<b>BOGDANOWICZ Krzysztof</b>	<b>11</b>	TKKF KOSZALIN	M50-54	00:00:39	00:05:11	00:29:06	00:54:16
60	<b>WILKOWSKI Krzysztof</b>	<b>222</b>		M30-39	00:00:35	00:04:52	00:29:06	00:54:20
61	<b>PSTRĄGOWSKI Marcin</b>	<b>171</b>	DZIKI KOSZALIN	M30-39	00:00:42	00:04:45	00:28:19	00:54:21
62	<b>CHAJNOWSKI Jarosław</b>	<b>252</b>	TKKF TRIATHLON KOSZALIN	M50-54	00:00:45	00:05:16	00:29:33	00:54:22
63	<b>ADAMCZAK Andrzej</b>	<b>1</b>	TRIATHLON KOSZALIN	M55-59	00:00:44	00:05:17	00:29:34	00:54:24
64	<b>PASIEKA Agnieszka</b>	<b>160</b>	K.B. SPRINT ŚWIDWN	K18-29	00:00:42	00:05:13	00:29:39	00:54:25
65	<b>KONIECZNA Anka</b>	<b>101</b>	ROZBIEGANY KOSZALIN	K45-49	00:00:41	00:05:20	00:29:04	00:54:26
66	<b>EMILIT Grzegorz</b>	<b>38</b>		M30-39	00:00:38	00:05:18	00:29:33	00:54:28
67	<b>DUDZIAK Piotr</b>	<b>34</b>	BIEGNIJMY.PL	M40-44	00:00:43	00:05:01	00:29:00	00:54:29
68	<b>CHORAŻY Karolina</b>	<b>20</b>		K18-29	00:00:38	00:05:06	00:29:05	00:54:30
69	<b>TROTT Daniel</b>	<b>211</b>	AKADEMIA PIKARSKA KOWCA KOŁOBRZEG	M40-44	00:00:48	00:05:21	00:29:16	00:54:40
70	<b>BIELIŃSKI Michał</b>	<b>7</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:40	00:05:26	00:30:10	00:54:47

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km
71	<b>MAĆKOWIAK Krzysztof</b>	<b>125</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:39	00:05:27	00:30:10	00:54:48
72	<b>JAKIMA Szymon</b>	<b>63</b>		M30-39	00:00:38	00:05:11	00:29:34	00:55:03
73	<b>MAKSYMOWICZ Kornelia</b>	<b>127</b>		K30-39	00:00:35	00:04:53	00:29:18	00:55:13
74	<b>BRESZKA Tomasz</b>	<b>15</b>	CAPTAIN AMERICA VS THE FLASH	M30-39	00:00:37	00:05:03	00:29:00	00:55:14
75	<b>JAKUBOWSKI Krystian</b>	<b>65</b>	CAPTAIN AMERICA VS THE FLASH	M30-39	00:00:36	00:05:04	00:29:00	00:55:17
76	<b>KRAKOWIAK Sławomir</b>	<b>113</b>		M40-44	00:00:40	00:05:16	00:29:35	00:55:19
77	<b>KORDYLAS Michał</b>	<b>103</b>		M30-39	00:00:42	00:05:28	00:30:16	00:55:24
78	<b>BEDNARCZYK Arkadiusz</b>	<b>5</b>	TRIDEA	M40-44	00:00:34	00:05:01	00:29:35	00:55:32
79	<b>MOSEK Radosław</b>	<b>144</b>		M30-39	00:00:37	00:05:28	00:30:44	00:55:36
80	<b>CZAPLIŃSKI Jacek</b>	<b>27</b>		M30-39	00:00:41	00:05:00	00:28:49	00:55:50
81	<b>JANUSZEK Adam</b>	<b>76</b>		M30-39	00:00:51	00:04:54	00:29:03	00:55:50
82	<b>SKOWYRSKI Janusz</b>	<b>185</b>	ROWERIA KOSZALIN	M50-54	00:00:43	00:05:18	00:30:10	00:55:55
83	<b>SZEWCUK Paweł</b>	<b>202</b>	-	M30-39	00:00:37	00:05:28	00:30:44	00:55:59
84	<b>GOŃKA Krzysztof</b>	<b>47</b>	DECATHLON KOSZALIN	M18-29	00:00:37	00:05:18	00:30:17	00:56:02
85	<b>LAMPKOWSKI Krzysztof</b>	<b>121</b>		M50-54	00:00:36	00:04:55	00:28:55	00:56:12
86	<b>STANKIEWICZ Wiesław</b>	<b>195</b>		M50-54	00:00:40	00:05:32	00:30:54	00:56:15
87	<b>KOSAKOWSKI Krzysztof</b>	<b>106</b>	TKKF KOLEJARZ BYDGOSZCZ	M55-59	00:00:44	00:05:23	00:30:27	00:56:32
88	<b>ROGOŻA Ireneusz</b>	<b>174</b>	BIEGNIJMY.PL	M40-44	00:00:43	00:05:34	00:30:54	00:56:35
89	<b>SOWIŃSKI Saturnin</b>	<b>189</b>	KB SPRINT ŚWIDWIN	M50-54	00:00:35	00:05:01	00:28:56	00:56:37
90	<b>WASZAK Karol</b>	<b>28</b>	KORZYBSKIE REKINY	M18-29	00:00:41	00:05:29	00:30:20	00:56:37
91	<b>SIKORSKI Witold</b>	<b>182</b>	KB RUN 42	M55-59	00:00:43	00:05:25	00:30:15	00:56:37
92	<b>STRZELECKI Zbigniew</b>	<b>199</b>	KORZYBSKIE REKINY	M60-64	00:00:42	00:05:30	00:30:37	00:56:42
93	<b>BARANOWSKI Piotr</b>	<b>4</b>	ROZBIEGANY KOSZALIN	M30-39	00:00:36	00:05:30	00:30:32	00:56:43
94	<b>ROSZCZYŃSKI Michał</b>	<b>175</b>		M30-39	00:00:39	00:05:10	00:29:29	00:56:43
95	<b>MARCINIAK Kacper</b>	<b>132</b>		M18-29	00:00:41	00:05:32	00:31:16	00:56:43
96	<b>OSTROWSKI Piotr</b>	<b>156</b>	BIELAJĄCY TCZEW	M45-49	00:00:40	00:05:06	00:30:02	00:56:45
97	<b>MERDA Piotr</b>	<b>135</b>	MTS HAMER MIASTKO	M30-39	00:00:38	00:05:16	00:30:40	00:56:48
98	<b>MERDA Katarzyna</b>	<b>136</b>	MTS HAMER MIASTKO	K30-39	00:00:38	00:05:16	00:30:40	00:56:48
99	<b>JANKIEWICZ Tomasz</b>	<b>70</b>	MTS HAMER MIASTKO	M40-44	00:00:39	00:05:15	00:30:40	00:56:48
100	<b>KAMIŃSKA Agata</b>	<b>85</b>	KŁAM SZCZECIN	K30-39	00:00:47	00:05:33	00:31:10	00:56:48
101	<b>KAMIŃSKI Łukasz</b>	<b>86</b>	KŁAM SZCZECIN	M30-39	00:00:47	00:05:33	00:31:10	00:56:48
102	<b>KLOSKOWSKI Dariusz</b>	<b>96</b>		M40-44	00:00:39	00:05:16	00:29:58	00:56:50
103	<b>MELLER Paweł</b>	<b>134</b>	JW 1223	M55-59	00:00:44	00:05:42	00:31:37	00:56:52
104	<b>KURCZYK Zbigniew</b>	<b>119</b>		M30-39	00:00:37	00:05:23	00:30:20	00:56:56
105	<b>CHODOR Martyna</b>	<b>251</b>		K30-39	00:00:39	00:05:30	00:30:59	00:57:07
106	<b>ŻYWICKI Bartosz</b>	<b>237</b>	DZIKI KOSZALIN	M30-39	00:00:42	00:05:09	00:30:15	00:57:12
107	<b>STORCZYK-RAK Agnieszka</b>	<b>197</b>		K30-39	00:00:42	00:05:27	00:30:57	00:57:19
108	<b>KACZMAREK Zbigniew</b>	<b>82</b>	ROZBIEGANY KOSZALIN	M60-64	00:00:43	00:05:29	00:31:01	00:57:27
109	<b>JANKOWSKI Marcin</b>	<b>72</b>	CHAMPION - POLICE	M40-44	00:00:40	00:05:30	00:31:28	00:57:52
110	<b>GAWEŁ Zbigniew</b>	<b>41</b>	SŁUPSK	M60-64	00:00:40	00:05:32	00:30:57	00:57:57
111	<b>ŁOPIŃSKI Piotr</b>	<b>124</b>		M30-39	00:00:42	00:05:19	00:30:09	00:58:02
112	<b>TELESIEWICZ Henryk</b>	<b>35</b>	MKS ŚWĘC SŁAWNÓ	M65-69	00:00:34	00:04:48	00:30:38	00:58:05
113	<b>DEMBICKI Daniel</b>	<b>33</b>		M40-44	00:00:43	00:05:13	00:30:37	00:58:06
114	<b>STOKROCKI Wojciech</b>	<b>196</b>		M30-39	00:00:45	00:05:41	00:32:05	00:58:07
115	<b>ZAGRODZKI Ireneusz</b>	<b>232</b>	KB TUPOT USTKA	M60-64	00:00:37	00:05:19	00:31:05	00:58:10
116	<b>KUBALA Mateusz</b>	<b>117</b>		M18-29	00:00:37	00:05:18	00:31:02	00:58:22

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km
117	JANKOWSKI Jakub	74		M45-49	00:00:39	00:05:34	00:31:47	00:58:26
118	SZYMANIAK Ryszard	245		M65-69	00:00:38	00:05:13	00:31:15	00:58:28
119	PEKAŁA Piotr	164	SOSW KOSZALIN	M45-49	00:00:48	00:05:46	00:32:07	00:58:30
120	CHUDZIŃSKI Dariusz	24		M50-54	00:00:44	00:05:49	00:31:49	00:58:42
121	LECH Sylwester	122	SZKÓŁKA PŁYWACKA DEPKA	M30-39	00:00:39	00:05:26	00:30:39	00:58:45
122	GAJEK Artur	40	KORZYBSKIE REKINY	M40-44	00:00:42	00:05:33	00:32:12	00:58:47
	GODLEWSKI Tomasz	45		M18-29	DNF	00:05:57 DNF	00:32:12 DNF	00:58:49 DNF
124	ZIELIŃSKI Przemysław	234		M40-44	00:00:45	00:05:17	00:30:48	00:58:51
125	KIEŁTYKA Rafał	94		M30-39	00:00:46	00:05:25	00:31:00	00:58:52
126	SOROKA Piotr	188		M30-39	00:00:48	00:05:42	00:31:58	00:58:52
127	WILIŃSKI Marek	221	K.B SPRINT ŚWIDWN	M55-59	00:00:44	00:05:31	00:31:40	00:58:57
128	WACHOWIAK Bogdan	215		M45-49	00:00:37	00:05:30	00:31:34	00:59:07
129	SCHWARZ Ludwik	248		M50-54	00:00:37	00:05:35	00:32:01	00:59:10
130	CHUDZIK Zbigniew	23	TKKF KOSZALIN	M55-59	00:00:41	00:05:30	00:31:55	00:59:13
131	WALIŃSKA Agnieszka	217	BBL	K40-44	00:00:36	00:05:32	00:32:16	00:59:14
132	ŚWIETLIK Tomasz	205		M55-59	00:00:48	00:05:43	00:31:42	00:59:17
133	TARNIONEK Katarzyna	206		K30-39	00:00:36	00:05:09	00:30:11	00:59:18
134	ŚRODA Wojciech	204		M45-49	00:00:50	00:05:50	00:32:09	00:59:21
135	NAPIERAŁA Bogumił	148	KORA KOSZALIN	M50-54	00:00:44	00:05:46	00:31:46	00:59:22
136	WOLF Weronika	241	TKKF KOSZALIN	K40-44	00:00:50	00:05:43	00:32:12	00:59:26
137	CZAPLICKI Paweł	238	TKKF KOSZALIN	M40-44	00:00:38	00:05:33	00:32:00	00:59:32
138	NIEMCZUK Dariusz	247		M55-59	00:00:47	00:05:37	00:32:42	00:59:34
139	CHOŁUJ Karol	19	ZAWSZE DO PRZODU	M30-39	00:00:44	00:05:24	00:31:43	00:59:35
140	SUBALSKI Michał	200		M30-39	00:00:46	00:05:31	00:31:49	00:59:38
141	KOZŁOWIECKI Waldemar	110	TKKF KOSZALIN	M65-69	00:00:33	00:05:16	00:31:31	00:59:43
142	OPALIŃSKI Stanisław	154	KOŁOBRZEG BIEGA	M60-64	00:00:37	00:05:42	00:32:17	01:00:03
143	CINCIO Robert	26	TKKF TRIATHLON KOSZALIN	M30-39	00:00:41	00:05:08	00:31:23	01:00:04
144	GWIZDAŁA Radosław	54	MY OWN CLUB	M30-39	00:00:51	00:05:39	00:32:00	01:00:07
145	RAMA Janusz	173	KOŁOBRZEG BIEGA	M40-44	00:00:38	00:05:41	00:32:16	01:00:15
146	PIECHOTA Robert	166		M45-49	00:00:36	00:04:32	00:29:47	01:00:16
147	KORUS Marcin	105		M30-39	00:00:45	00:05:38	00:32:10	01:00:17
148	JANKOWSKI Maciej	75		M45-49	00:00:38	00:05:35	00:31:49	01:00:26
149	WOJCIECHOWSKI Marcin	225		M18-29	00:00:47	00:05:45	00:32:34	01:00:28
150	GRABOWSKI Krzysztof	258		M45-49	00:00:38	00:05:37	00:32:33	01:00:35
151	PIEKARZEWICZ Tomasz	167	BOBOLICE	M45-49	00:00:46	00:05:28	00:31:42	01:00:41
152	MĘDEL Cezary	138		M40-44	00:00:51	00:05:43	00:32:33	01:00:46
153	MĘDEL Marta	137		K40-44	00:00:50	00:05:44	00:32:34	01:00:48
154	MIĄSEK Ryszard	139		M30-39	00:00:45	00:05:28	00:31:52	01:01:10
155	KĘPKA Karolina	243	STOPA	K40-44	00:00:42	00:05:37	00:32:30	01:01:11
156	CZYŻEWSKI Piotr	30	TKKF KOSZALIN	M50-54	00:00:38	00:05:33	00:32:04	01:01:15
157	OSOBNIAK Ryszard	155	ROZBIEGANY KOSZALIN	M60-64	00:00:40	00:05:27	00:32:07	01:01:23
158	DZIESZUK Dariusz	36	TKKF KOSZALIN	M45-49	00:00:42	00:05:51	00:33:32	01:01:28
159	GOŁDYN Marek	239	TKKF KOSZALIN	M30-39	00:00:41	00:05:52	00:33:33	01:01:29
160	SIKORSKI Darek	181		M50-54	00:00:39	00:05:58	00:33:14	01:01:30
161	PIĄTKOWSKI Bartosz	165		M40-44	00:00:43	00:05:37	00:32:06	01:01:42
162	DIAKOWICZ Magdalena	250		K30-39	00:00:43	00:05:37	00:32:06	01:01:42

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km
163	<b>HORDEJUK Damaris</b>	<b>58</b>	PSZCZÓŁKOWSKI TEAM	K18-29	00:00:35	00:05:46	00:33:10	01:02:03
164	<b>SIENICKI Piotr</b>	<b>180</b>	ROZBIEGANY KOSZALIN	M40-44	00:00:44	00:05:55	00:33:18	01:02:14
165	<b>MISZCZYK Jan</b>	<b>142</b>		M18-29	00:00:50	00:05:46	00:32:31	01:02:15
166	<b>DZIĘBOWSKI Mariusz</b>	<b>37</b>		M30-39	00:00:47	00:05:36	00:32:16	01:02:25
167	<b>JANUSZEWSKI Jacek</b>	<b>77</b>	17 WOG KOSZALIN	M50-54	00:00:40	00:05:25	00:31:44	01:02:26
168	<b>STOSIO Krzysztof</b>	<b>198</b>	WWW.WKOLOBRZEGU.COM.PL	M30-39	00:00:52	00:05:54	00:33:23	01:02:27
169	<b>ZADROŻNY Szymon</b>	<b>231</b>	RUNNER'S OF WAŁCZ	M30-39	00:00:46	00:05:50	00:34:16	01:02:29
170	<b>KALBARCZYK Jolanta</b>	<b>83</b>	SZCZECIN BIEGA	K40-44	00:00:39	00:05:37	00:32:31	01:02:37
171	<b>JANKOWSKI Jarosław</b>	<b>73</b>		M45-49	00:00:44	00:06:05	00:34:18	01:02:37
172	<b>KOWALCZYK Piotr</b>	<b>108</b>		M30-39	00:00:48	00:05:48	00:32:54	01:02:40
173	<b>WALCZAK Agnieszak</b>	<b>216</b>	TKKF KOSZALIN	K40-44	00:00:47	00:05:37	00:32:42	01:02:52
174	<b>WOLF Emil</b>	<b>242</b>	TKKF KOSZALIN	M40-44	00:00:45	00:05:57	00:34:06	01:03:19
175	<b>KRZEWIŃSKA Monika</b>	<b>115</b>		K18-29	00:00:48	00:06:00	00:34:25	01:03:35
176	<b>GAWROŃSKI Paweł</b>	<b>42</b>	OGIEŃ W SZOPIE	M18-29	00:00:49	00:05:59	00:34:24	01:03:35
177	<b>KRUSZYŃSKI Stanisław</b>	<b>194</b>	RUNNERSWALDE.DARŁOWO.. MORSS	M55-59	00:00:38	00:05:53	00:34:12	01:03:50
178	<b>WITEK Sebastian</b>	<b>249</b>	RAJSPOORT ACTIVE TEAM	M40-44	00:00:49	00:05:51	00:34:09	01:03:51
179	<b>KARNICKI Zygmunt</b>	<b>89</b>	TKKF KOSZALIN	M60-64	00:00:41	00:05:32	00:33:48	01:03:56
180	<b>TORCZ Karol</b>	<b>209</b>	SZKÓŁKA PŁYWACKA DEPKA	M30-39	00:00:40	00:05:30	00:32:16	01:04:08
181	<b>WYGLĄDACZ Alicja</b>	<b>230</b>		K40-44	00:00:43	00:05:50	00:33:50	01:04:11
182	<b>BOROWIEC Mariusz</b>	<b>13</b>		M40-44	00:00:51	00:06:31	00:35:37	01:04:16
183	<b>PAULIŃSKI Jan</b>	<b>246</b>		M65-69	00:00:47	00:05:37	00:33:42	01:04:30
184	<b>FILIPOWICZ Marian</b>	<b>39</b>	NIEZRZESZONY	M-70+	00:00:45	00:06:16	00:35:11	01:04:51
185	<b>NIEDBAŁA Konrad</b>	<b>149</b>		M45-49	00:00:49	00:06:13	00:35:12	01:04:51
186	<b>POLIKOWSKI Patryk</b>	<b>257</b>	ORP ISKRA	M30-39	00:00:45	00:05:40	00:33:29	01:05:06
187	<b>KOZŁOWSKI Maciej</b>	<b>112</b>	TT SZCZECIN	M40-44	00:00:44	00:06:05	00:35:08	01:05:12
188	<b>GUDANIEC Dorota</b>	<b>53</b>	TKKF TRIATHLON KOSZALIN	K55-59	00:00:45	00:06:08	00:35:03	01:05:28
189	<b>MIZERA Agnieszka</b>	<b>143</b>		K45-49	00:00:36	00:05:40	00:35:15	01:05:33
190	<b>HAŁAJKO Magdalena</b>	<b>56</b>	BABECZKI	K30-39	00:00:50	00:05:43	00:32:12	01:05:36
191	<b>JAROSZ Jakub</b>	<b>78</b>	TKKF KOSZALIN	M18-29	00:00:39	00:05:12	00:32:41	01:05:39
192	<b>KARWAT Stanisław</b>	<b>90</b>	PARKRUN SZCZECINEK	M55-59	00:00:46	00:05:35	00:33:17	01:05:57
193	<b>KORPAL Cezary</b>	<b>104</b>	ROZBIEGANY KOSZALIN	M50-54	00:00:40	00:06:16	00:35:11	01:06:07
194	<b>PANASZEWSKI Przemysław</b>	<b>157</b>	NEW YORK ISLANDERS	M18-29	00:00:49	00:05:55	00:34:45	01:06:17
195	<b>BAR Wojciech</b>	<b>3</b>		M30-39	00:00:43	00:05:21	00:32:21	01:06:18
196	<b>WOJANOWSKI Zbigniew</b>	<b>224</b>	BIEGAM BO LUBIĘ	M55-59	00:00:39	00:05:28	00:33:10	01:06:20
197	<b>ZARĘBSKI Maciej</b>	<b>233</b>		M40-44	00:00:36	00:05:33	00:35:11	01:06:49
198	<b>MALESZA-HOUSIN Joanna</b>	<b>128</b>	ROZBIEGANY KOSZALIN-BIEGNIJMY.PL	K40-44	00:00:50	00:06:11	00:35:51	01:06:53
199	<b>OLINSKI Arek</b>	<b>153</b>	WDZEW	M30-39	00:00:34	00:05:08	00:34:03	01:07:03
200	<b>NOWAK-IGNACAK Monika</b>	<b>152</b>		K40-44	00:00:46	00:06:29	00:36:43	01:07:05
201	<b>JUSZCZAK Krzysztof</b>	<b>81</b>		M60-64	00:00:46	00:05:49	00:35:07	01:07:12
202	<b>MAZUREK Barbara</b>	<b>133</b>	BABECZKI KOSZALIN	K30-39	00:00:49	00:06:12	00:35:51	01:07:25
203	<b>JANICKA Katarzyna</b>	<b>68</b>	BAJADERKI KOSZALIN	K30-39	00:00:52	00:06:14	00:35:59	01:07:28
204	<b>GRUDZIŃSKI Marcin</b>	<b>51</b>		M30-39	00:00:52	00:06:14	00:35:59	01:07:28
205	<b>HRYCIÓW Paweł</b>	<b>59</b>	BIAŁOGARD	M30-39	00:00:39	00:05:50	00:35:30	01:07:38
206	<b>RUDNIK Janina Ewa</b>	<b>176</b>		K30-39	00:00:47	00:06:14	00:36:01	01:07:49
207	<b>BORYS Przemysław</b>	<b>14</b>	BIEGNIJMY.PL	M30-39	00:00:50	00:06:18	00:36:25	01:07:55
208	<b>DZIUBA Krzysztof</b>	<b>254</b>		M18-29	00:00:37	00:06:17	00:35:22	01:08:03

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	1.1km	6.1km	11.1km
209	<b>VON BARDELEBEN Agnieszka</b>	<b>214</b>	BABECZKI KOSZALIN	K45-49	00:00:49	00:06:19	00:36:29	01:08:04
210	<b>JAKUBCZYK Agnieszka</b>	<b>64</b>	BABECZKI KOSZALIN	K18-29	00:00:49	00:06:19	00:36:28	01:08:04
211	<b>KANIA Paulina</b>	<b>87</b>	HERB PIETRUSZKI	K18-29	00:00:43	00:05:54	00:35:16	01:08:08
212	<b>MARZEC Edwin</b>	<b>255</b>	HERB PIETRUSZKI	M18-29	00:00:44	00:05:53	00:35:15	01:08:08
213	<b>WOSZTYL Alicja</b>	<b>228</b>		K18-29	00:00:46	00:06:15	00:36:11	01:08:08
214	<b>DĄBROWSKA Alicja</b>	<b>116</b>	TKKF KOSZALIN	K50-54	00:00:49	00:06:13	00:36:02	01:08:39
215	<b>PASTERNAK Magdalena</b>	<b>162</b>		K30-39	00:00:47	00:06:20	00:36:47	01:08:41
216	<b>DATA Dariusz</b>	<b>32</b>		M40-44	00:00:41	00:06:09	00:35:23	01:09:08
217	<b>ŻUREK Kamila</b>	<b>240</b>		M30-39	00:00:34	00:06:15	00:37:12	01:10:10
218	<b>JANKOWSKA Justyna</b>	<b>71</b>		K30-39	00:00:36	00:05:30	00:35:33	01:10:17
219	<b>KOLASA Tomasz</b>	<b>98</b>	KĄPIELE NA SPONTANIE	M45-49	00:00:48	00:06:20	00:38:30	01:10:58
220	<b>WOLAŃSKI Mariusz</b>	<b>227</b>		M50-54	00:00:48	00:06:19	00:38:30	01:10:58
221	<b>PRENDECKA Sylwia</b>	<b>169</b>	RUNNERS OF WAŁCZ	K30-39	00:00:40	00:05:49	00:37:03	01:11:18
222	<b>BRODOWSKA Honorata</b>	<b>16</b>		K30-39	00:00:47	00:06:15	00:37:59	01:11:32
223	<b>PIOR Tomasz</b>	<b>168</b>		M30-39	00:00:40	00:05:31	00:34:45	01:13:12
224	<b>KURŁOWICZ Krzysiek</b>	<b>260</b>		M30-39	00:00:42	00:06:01	00:37:43	01:13:35
225	<b>PUŚCIAN Krzysztof</b>	<b>172</b>	GIMNAZJUM W MANOWIE	M40-44	00:00:43	00:06:17	00:37:03	01:13:51
226	<b>KUREK Aneta</b>	<b>120</b>	GIMNAZJUM W MANOWIE	K40-44	00:00:42	00:06:19	00:37:04	01:13:52
227	<b>MALINOWSKA Małgorzata</b>	<b>129</b>	STR- ŚWIDWIN	K55-59	00:00:42	00:05:53	00:37:19	01:14:10
228	<b>GZELA Olga</b>	<b>55</b>	BIEGNIJMY.PL	K30-39	00:00:41	00:05:57	00:38:23	01:14:12
229	<b>KOMOROWSKA Beata</b>	<b>99</b>	ROZBIEGANY KOSZALIN	K30-39	00:00:48	00:06:27	00:38:57	01:15:25
230	<b>KOZŁOWSKA-NAJDER Magda</b>	<b>111</b>		K40-44	00:00:46	00:06:54	00:41:33	01:16:12
231	<b>NAJDER Krzysiek</b>	<b>146</b>		M40-44	00:00:45	00:06:55	00:41:34	01:16:13
232	<b>TREJDER Maria</b>	<b>210</b>	BAJADERKI KOSZALIN	K40-44	00:00:47	00:06:53	00:40:59	01:18:24
233	<b>KURCZ Barbara</b>	<b>118</b>	BABECZKI KOSZALIN	K45-49	00:00:50	00:07:00	00:42:00	01:19:38
234	<b>PASEK Paula</b>	<b>158</b>		K30-39	00:00:51	00:06:42	00:41:42	01:21:37
235	<b>PASEK Jan</b>	<b>159</b>		M60-64	00:00:50	00:06:43	00:41:43	01:21:39
236	<b>PRZYKUCKI Tomasz</b>	<b>170</b>		M30-39	00:00:37	00:04:19	00:25:51	
237	<b>SZCZEBLEWSKI Grzegorz</b>	<b>201</b>		M40-44	00:00:46	00:06:52		

Znaleziono 237 wynik(ów)