



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

XI KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

XI Koszaliński Bieg Sylwestrowy
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
2019-12-28
Koszalin
5 km

B4SPORT



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PYSHNIAK Kostantyn	269	TKKF KOSZALIN	M18-29	1	00:05:26	00:10:55	00:16:22.76		3:16	18.3 (100%)
2	WRÓBEL Jabub	560		M18-29	2	00:05:27	00:11:19	00:16:50.13	+00:00:27 (2.7%)	3:22	17.8 (97.3%)
3	PERLIK Tomasz	305		M30-39	1	00:05:33	00:11:20	00:16:58.25	+00:00:35 (3.5%)	3:23	17.7 (96.7%)
4	KĘPKA Adrian	157		M18-29	3	00:05:38	00:11:32	00:17:02.83	+00:00:40 (3.9%)	3:24	17.6 (96.2%)
5	WENT Jakub	408		M30-39	2	00:05:56	00:11:49	00:17:05.17	+00:00:42 (4.1%)	3:25	17.6 (96.2%)
6	LEWINSKI Konrad	222		M18-29	4	00:05:32	00:11:42	00:17:39.54	+00:01:16 (7.2%)	3:31	17 (92.9%)
7	SZOPIŃSKI Tomasz	381		M30-39	3	00:05:54	00:12:01	00:17:42.56	+00:01:19 (7.5%)	3:32	16.9 (92.3%)
8	HUBERT Łukasz	117		M30-39	4	00:05:53	00:12:00	00:17:49.46	+00:01:26 (8.1%)	3:33	16.8 (91.8%)
9	MAJKOWICZ Rafał	112		M30-39	5	00:05:51	00:12:12	00:18:14.02	+00:01:51 (10.2%)	3:38	16.5 (90.2%)
10	GUZOWSKI Dariusz	103		M50-59	1	00:06:10	00:12:30	00:18:27.05	+00:02:04 (11.2%)	3:41	16.3 (89.1%)
11	RUDNIKOWSKI Maciej	342		M40-49	1	00:06:07	00:12:34	00:18:34.63	+00:02:11 (11.8%)	3:43	16.1 (88.0%)
12	CZAPLIŃSKI Jacek	50		M30-39	6	00:05:57	00:12:26	00:18:34.97	+00:02:12 (11.9%)	3:42	16.2 (88.5%)
13	DYLIK Wojciech	65		M30-39	7	00:06:10	00:12:48	00:18:57.06	+00:02:34 (13.6%)	3:47	15.8 (86.3%)
14	PICK Tomasz	307		M40-49	2	00:06:28	00:13:05	00:19:02.27	+00:02:39 (14.0%)	3:48	15.8 (86.3%)
15	DORSZYŃSKI Grzegorz	61		M30-39	8	00:06:13	00:12:49	00:19:08.14	+00:02:45 (14.4%)	3:49	15.7 (85.8%)
16	RODZIEWICZ Marcin	336		M30-39	9	00:06:28	00:13:00	00:19:12.92	+00:02:50 (14.8%)	3:50	15.6 (85.2%)
17	ŻMUDA Tomasz	554		M40-49	3	00:06:34	00:13:10	00:19:13.32	+00:02:50 (14.8%)	3:50	15.6 (85.2%)
18	GRALAK Arkadiusz	96		M50-59	2	00:06:32	00:13:08	00:19:14.74	+00:02:51 (14.9%)	3:51	15.6 (85.2%)
19	WALENSKI Michał	402		M40-49	4	00:06:19	00:12:56	00:19:16.67	+00:02:53 (15.0%)	3:51	15.6 (85.2%)
20	BIEDRZYCKI Andrzej	20		M60-69	1	00:06:38	00:13:14	00:19:27.41	+00:03:04 (15.8%)	3:53	15.4 (84.2%)
21	SZULC Arek	386		M40-49	5	00:06:48	00:13:37	00:19:39.32	+00:03:16 (16.7%)	3:55	15.3 (83.6%)
22	ZAWADZKI Adrian	441		M18-29	5	00:06:06	00:13:17	00:19:44.89	+00:03:22 (17.1%)	3:57	15.2 (83.1%)
23	WIRKUS Kacper	419		M18-29	6	00:06:30	00:13:28	00:19:45.68	+00:03:22 (17.1%)	3:57	15.2 (83.1%)
24	NOWACKI Rafał	283		M40-49	6	00:06:36	00:13:26	00:19:46.73	+00:03:23 (17.2%)	3:57	15.2 (83.1%)
25	ZYGMUNT Krzysztof	551		M30-39	10	00:06:33	00:13:26	00:19:47.87	+00:03:25 (17.3%)	3:57	15.2 (83.1%)
26	KORMAN Kamil	180		M18-29	7	00:06:23	00:13:27	00:19:48.80	+00:03:26 (17.3%)	3:57	15.2 (83.1%)
27	MACHNICKI Rafał	231		M30-39	11	00:06:26	00:13:24	00:19:55.33	+00:03:32 (17.8%)	3:59	15.1 (82.5%)

Czas											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	LEWANDOWSKI Jacek	220	TAGER SPORT	M40-49	7	00:06:45	00:13:33	00:19:58.12	+00:03:35 (18.0%)	3:59	15 (82.0%)
29	GOSTKOWSKI Łukasz	92		M30-39	12	00:06:23	00:13:17	00:20:04.02	+00:03:41 (18.4%)	4:00	15 (82.0%)
30	KISIELEWICZ Krzysztof	162		M18-29	8	00:06:43	00:13:35	00:20:06.60	+00:03:43 (18.6%)	4:01	14.9 (81.4%)
31	ZWOLIŃSKI Jan	450		M50-59	3	00:06:57	00:13:57	00:20:23.34	+00:04:00 (19.7%)	4:04	14.7 (80.3%)
32	BARANOWSKI Piotr	10		M40-49	8	00:06:51	00:13:56	00:20:35.60	+00:04:12 (20.5%)	4:07	14.6 (79.8%)
33	CAŁA Bartosz	33		M40-49	9	00:07:17	00:14:21	00:20:47.30	+00:04:24 (21.2%)	4:09	14.4 (78.7%)
34	RACISZ Mateusz	328		M18-29	9	00:06:45	00:13:42	00:21:02.61	+00:04:39 (22.2%)	4:12	14.3 (78.1%)
35	KUCAL Paweł	208		M40-49	10	00:06:42	00:14:08	00:21:02.65	+00:04:39 (22.2%)	4:12	14.3 (78.1%)
36	SZYMAŃSKI Piotr	389		M40-49	11	00:06:55	00:14:09	00:21:03.87	+00:04:41 (22.2%)	4:12	14.3 (78.1%)
37	GACIA Maciej	76		M18-29	10	00:06:48	00:14:10	00:21:04.53	+00:04:41 (22.3%)	4:12	14.2 (77.6%)
38	SZAMOTULSKI Henryk	379		M40-49	12	00:06:51	00:14:04	00:21:05.67	+00:04:42 (22.4%)	4:13	14.2 (77.6%)
39	BAJGERT Robert	7		M40-49	13	00:07:12	00:14:26	00:21:07.92	+00:04:45 (22.5%)	4:13	14.2 (77.6%)
40	GAWEL Marcin	78		M18-29	11	00:06:46	00:14:05	00:21:10.66	+00:04:47 (22.7%)	4:14	14.2 (77.6%)
41	KOZIEŁ Paweł	191		M40-49	14	00:06:56	00:14:22	00:21:12.31	+00:04:49 (22.8%)	4:14	14.2 (77.6%)
42	KUŁAKOWSKI Dawid	209		M40-49	15	00:07:14	00:14:29	00:21:12.84	+00:04:50 (22.8%)	4:14	14.1 (77.0%)
43	HELMAN Filip	113		M14-17	1	00:06:44	00:14:13	00:21:14.87	+00:04:52 (22.9%)	4:15	14.1 (77.0%)
44	WIKTOROWSKI Maciej	415		M40-49	16	00:06:49	00:14:25	00:21:23.68	+00:05:00 (23.4%)	4:16	14 (76.5%)
45	IGNACZYŃSKI Dariusz	118		M30-39	13	00:07:02	00:14:32	00:21:23.89	+00:05:01 (23.5%)	4:16	14 (76.5%)
46	KALETA Sebastian	144		M40-49	17	00:06:55	00:14:23	00:21:26.19	+00:05:03 (23.6%)	4:17	14 (76.5%)
47	MISZCZYSZYN Bartosz	263		M30-39	14	00:06:54	00:14:22	00:21:27.60	+00:05:04 (23.7%)	4:17	14 (76.5%)
48	MORĄGIEWICZ Piotr	422		M30-39	15	00:07:03	00:14:27	00:21:31.96	+00:05:09 (23.9%)	4:18	13.9 (76.0%)
49	GAWRON Piotr	81		M40-49	18	00:07:20	00:14:38	00:21:33.64	+00:05:10 (24.0%)	4:18	13.9 (76.0%)
50	OLCZAK Krzysztof	287		M30-39	16	00:07:16	00:14:40	00:21:37.34	+00:05:14 (24.2%)	4:19	13.9 (76.0%)
51	ŻUREK Mateusz	557		M30-39	17	00:07:01	00:14:30	00:21:39.06	+00:05:16 (24.3%)	4:19	13.9 (76.0%)
52	BARAN Krzysztof	9		M30-39	18	00:07:06	00:14:37	00:21:40.08	+00:05:17 (24.4%)	4:20	13.8 (75.4%)
53	KARASIUK Adam	148		M30-39	19	00:07:28	00:14:50	00:21:41.35	+00:05:18 (24.5%)	4:20	13.8 (75.4%)
54	NIEWIADA Marek	278		M30-39	20	00:07:14	00:14:44	00:21:42.35	+00:05:19 (24.5%)	4:20	13.8 (75.4%)
55	PŁAŻALSKI Przemysław	318		M30-39	21	00:07:24	00:14:50	00:21:50.20	+00:05:27 (25.0%)	4:22	13.7 (74.9%)
56	DRAŻKOWSKI Tomasz	63		M14-17	2	00:07:05	00:14:41	00:21:51.25	+00:05:28 (25.1%)	4:22	13.7 (74.9%)
57	NOGA Sebastian	279		M18-29	12	00:07:20	00:14:56	00:21:53.68	+00:05:30 (25.2%)	4:22	13.7 (74.9%)
58	ZIELIŃSKI Maciej	445		M18-29	13	00:06:38	00:14:33	00:21:55.65	+00:05:32 (25.3%)	4:23	13.7 (74.9%)
59	IWANIEC Dariusz	1		M40-49	19	00:07:20	00:14:51	00:21:56.42	+00:05:33 (25.3%)	4:23	13.7 (74.9%)
60	NIEDBALSKI Oktawian	277		M18-29	14	00:06:50	00:14:31	00:21:57.31	+00:05:34 (25.4%)	4:23	13.7 (74.9%)
61	CZERNIAK Gracjan	51		M30-39	22	00:07:25	00:15:08	00:22:04.63	+00:05:41 (25.8%)	4:24	13.6 (74.3%)
62	SITARCZYK Damian	356		M30-39	23	00:06:58	00:14:53	00:22:05.33	+00:05:42 (25.8%)	4:25	13.6 (74.3%)
63	WĄSOWSKI Robert	406		M18-29	15	00:07:18	00:14:55	00:22:07.54	+00:05:44 (26.0%)	4:25	13.6 (74.3%)
64	MAJCHRZAK Paweł	235		M40-49	20	00:07:23	00:14:57	00:22:08.43	+00:05:45 (26.0%)	4:25	13.6 (74.3%)
65	MALINOWSKI Mariusz	241		M30-39	24	00:07:20	00:15:02	00:22:09.40	+00:05:46 (26.1%)	4:26	13.5 (73.8%)
66	ROGOŻA Ireneusz	339		M40-49	21	00:07:13	00:14:59	00:22:12.13	+00:05:49 (26.2%)	4:26	13.5 (73.8%)
67	JARZYNA Roman	129		M40-49	22	00:07:25	00:15:05	00:22:14.17	+00:05:51 (26.3%)	4:26	13.5 (73.8%)
68	KRAWCZYK Tomasz	199		M30-39	25	00:07:45	00:15:29	00:22:16.15	+00:05:53 (26.4%)	4:27	13.5 (73.8%)
69	SKOWROŃSKI Tomasz	358		M30-39	26	00:07:49	00:15:24	00:22:16.36	+00:05:53 (26.5%)	4:27	13.5 (73.8%)
70	KRUPIŃSKI Krzysztof	201		M50-59	4	00:07:25	00:15:08	00:22:16.40	+00:05:53 (26.5%)	4:27	13.5 (73.8%)
71	FAJGIER Tomasz	70		M50-59	5	00:07:10	00:14:46	00:22:17.21	+00:05:54 (26.5%)	4:27	13.5 (73.8%)

Czas netto											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Różn	Tempo min/km	Tempo km/h	
72	OTTO Michał	294		M30-39	27	00:07:32	00:15:11	+00:05:55 (26.6%)	4:27	13.4 (73.2%)	
73	GAWEŁ Zbigniew	79		M60-69	2	00:07:25	00:15:05	+00:05:56 (26.6%)	4:28	13.4 (73.2%)	
74	MAZUREK Marcin	250		M40-49	23	00:07:28	00:15:13	+00:05:57 (26.7%)	4:28	13.4 (73.2%)	
75	GAWRYSIAK Przemysław	82		M40-49	24	00:07:23	00:15:01	+00:05:58 (26.7%)	4:28	13.4 (73.2%)	
76	BUDZIŃSKI Paweł	29		M40-49	25	00:07:28	00:15:10	+00:06:01 (26.9%)	4:28	13.4 (73.2%)	
77	PĘKAŁA Piotr	306		M40-49	26	00:08:22	00:15:42	+00:06:03 (27.0%)	4:29	13.4 (73.2%)	
78	WILKOWSKI Krzysztof	418		M40-49	27	00:07:32	00:15:15	+00:06:04 (27.1%)	4:29	13.4 (73.2%)	
79	GÓRA Roman	93		M50-59	6	00:07:50	00:15:31	+00:06:07 (27.2%)	4:30	13.3 (72.7%)	
80	RASZPLA Radosław	332		M40-49	28	00:07:49	00:15:23	+00:06:11 (27.4%)	4:30	13.3 (72.7%)	
81	POMORSKI Łukasz	322		M18-29	16	00:07:33	00:15:29	+00:06:29 (28.4%)	4:34	13.1 (71.6%)	
82	PIETRYKA Artur	311		M40-49	29	00:07:28	00:15:20	+00:06:36 (28.7%)	4:36	13 (71.0%)	
83	OPALIŃSKI Stanisław	289		M60-69	3	00:07:33	00:15:40	+00:06:38 (28.9%)	4:36	13 (71.0%)	
84	BASSEL Marcin	448		M30-39	28	00:08:24	00:16:25	+00:06:46 (29.2%)	4:37	13 (71.0%)	
85	SAWIŃSKI Jacek	351		M40-49	30	00:07:55	00:15:48	+00:06:46 (29.3%)	4:38	12.9 (70.5%)	
86	KLENIEWSKI Piotr	163		M50-59	7	00:07:41	00:15:41	+00:06:52 (29.5%)	4:39	12.9 (70.5%)	
87	PIECHOTA Robert	308		M40-49	31	00:07:49	00:16:00	+00:06:55 (29.7%)	4:39	12.9 (70.5%)	
88	POLAŃSKI Norbert	320		M40-49	32	00:08:02	00:16:04	+00:06:55 (29.7%)	4:39	12.9 (70.5%)	
89	STANKIEWICZ Wiesław	373		M50-59	8	00:07:45	00:15:50	+00:06:56 (29.7%)	4:39	12.9 (70.5%)	
90	PILAREK Ireneusz	313		M30-39	29	00:07:56	00:15:50	+00:06:59 (29.9%)	4:40	12.8 (69.9%)	
91	BARTHA Adrian	12		M30-39	30	00:07:36	00:15:46	+00:07:00 (30.0%)	4:40	12.8 (69.9%)	
92	SARAPUK Piotr	348		M40-49	33	00:08:00	00:15:58	+00:07:02 (30.0%)	4:41	12.8 (69.9%)	
93	DĄBROWSKI Grzegorz	53		M40-49	34	00:07:59	00:16:01	+00:07:03 (30.1%)	4:41	12.8 (69.9%)	
94	RUTKOWSKI Artur	344		M18-29	17	00:07:41	00:15:52	+00:07:06 (30.3%)	4:42	12.8 (69.9%)	
95	KOPYNIAK Adrian	178		M18-29	18	00:08:12	00:16:00	+00:07:12 (30.6%)	4:43	12.7 (69.4%)	
96	BAGNIUK Piotr	5		M30-39	31	00:07:44	00:15:47	+00:07:13 (30.6%)	4:43	12.7 (69.4%)	
97	RELUGA Grzegorz	333		M40-49	35	00:07:49	00:15:55	+00:07:16 (30.7%)	4:43	12.7 (69.4%)	
98	LIPNIEWICZ Paweł	224		M30-39	32	00:07:52	00:15:52	+00:07:16 (30.8%)	4:44	12.7 (69.4%)	
99	KOZŁOWSKI Rafał	194		M40-49	36	00:07:57	00:15:59	+00:07:19 (30.9%)	4:44	12.7 (69.4%)	
100	SZCZUBLEWSKI Martin	380		M18-29	19	00:07:31	00:15:45	+00:07:20 (30.9%)	4:44	12.6 (68.9%)	
101	WOJCIECHOWSKI Andrzej	425		M40-49	37	00:08:00	00:16:18	+00:07:24 (31.1%)	4:45	12.6 (68.9%)	
102	KIERSZTYN Robert	161		M50-59	9	00:07:35	00:16:00	+00:07:28 (31.4%)	4:46	12.6 (68.9%)	
103	SKOWYRSKI Janusz	359		M50-59	10	00:08:01	00:16:11	+00:07:29 (31.4%)	4:46	12.6 (68.9%)	
104	MISZCZYK Jan	261	KOSZALIN	M30-39	33	00:08:04	00:16:22	+00:07:30 (31.4%)	4:46	12.6 (68.9%)	
105	MONGIAŁO Marcin	267		M40-49	38	00:08:08	00:16:19	+00:07:33 (31.6%)	4:47	12.5 (68.3%)	
106	SKIBA Artur	357		M40-49	39	00:08:02	00:16:10	+00:07:36 (31.7%)	4:48	12.5 (68.3%)	
107	CHOŁUJ Jarek	40		M40-49	40	00:08:42	00:16:50	+00:07:37 (31.8%)	4:48	12.5 (68.3%)	
108	ŻEBROWSKI Igor	553		M14-17	3	00:07:41	00:16:01	+00:07:37 (31.8%)	4:48	12.5 (68.3%)	
109	BURKIET Marek	31		M40-49	41	00:08:14	00:16:20	+00:07:37 (31.8%)	4:48	12.5 (68.3%)	
110	BODO Rafał	21		M30-39	34	00:08:05	00:16:19	+00:07:38 (31.8%)	4:48	12.5 (68.3%)	
111	MICERSKI Tomasz	253		M40-49	42	00:07:54	00:16:19	+00:07:40 (31.9%)	4:48	12.5 (68.3%)	
112	CHUDZIK Zbigniew	44		M50-59	11	00:08:19	00:16:32	+00:07:41 (32.0%)	4:48	12.5 (68.3%)	
113	SOROCZYŃSKI Cezary	365		M40-49	43	00:08:10	00:16:29	+00:07:46 (32.2%)	4:49	12.4 (67.8%)	
114	MOSIOŁEK Piotr	268		M40-49	44	00:08:01	00:16:17	+00:07:49 (32.3%)	4:50	12.4 (67.8%)	
115	MAZUR Mirosław	229		M40-49	45	00:08:21	00:16:36	+00:07:56 (32.7%)	4:52	12.3 (67.2%)	

Czas											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
116	HAŁKA Arkadiusz	108		M40-49	46	00:08:17	00:16:37	00:24:20.87	+00:07:58 (32.7%)	4:52	12.3 (67.2%)
117	PAWŁOWSKI Grzegorz	302		M40-49	47	00:08:07	00:16:27	00:24:22.06	+00:07:59 (32.8%)	4:52	12.3 (67.2%)
118	MARCINKOWSKI Jacek	243		M40-49	48	00:08:33	00:16:51	00:24:25.14	+00:08:02 (32.9%)	4:53	12.3 (67.2%)
119	HOREGLAD Paweł	115		M18-29	20	00:08:31	00:16:57	00:24:25.34	+00:08:02 (32.9%)	4:53	12.3 (67.2%)
120	ŻUKOWSKI Cezary	556		M30-39	35	00:08:37	00:16:47	00:24:25.58	+00:08:02 (32.9%)	4:53	12.3 (67.2%)
121	MAZURSKI Paweł	251		M30-39	36	00:07:39	00:16:18	00:24:27.58	+00:08:04 (33.0%)	4:53	12.3 (67.2%)
122	KRASIŃSKI Witold	195		M40-49	49	00:08:04	00:16:30	00:24:27.88	+00:08:05 (33.0%)	4:53	12.3 (67.2%)
123	DĘBSKI Damian	59		M30-39	37	00:08:06	00:16:33	00:24:30.00	+00:08:07 (33.1%)	4:54	12.2 (66.7%)
124	MUCHA Krzysztof	271		M40-49	50	00:08:07	00:16:33	00:24:30.04	+00:08:07 (33.1%)	4:54	12.2 (66.7%)
125	ZIELIŃSKI Maciej	443		M30-39	38	00:08:00	00:16:31	00:24:32.94	+00:08:10 (33.3%)	4:54	12.2 (66.7%)
126	SEKRECKI Michał	354		M18-29	21	00:07:39	00:16:23	00:24:33.50	+00:08:10 (33.3%)	4:54	12.2 (66.7%)
127	ANTKOWIAK Sebastian	3		M40-49	51	00:07:56	00:16:26	00:24:33.59	+00:08:10 (33.3%)	4:54	12.2 (66.7%)
128	GAWEŁ Stanisław	80		M50-59	12	00:08:35	00:16:51	00:24:35.85	+00:08:13 (33.4%)	4:55	12.2 (66.7%)
129	FRĄCKOWIAK Mateusz	2		M14-17	4	00:07:27	00:16:05	00:24:37.07	+00:08:14 (33.5%)	4:55	12.2 (66.7%)
130	BOGACKI Tomasz	23		M60-69	4	00:08:24	00:16:49	00:24:41.65	+00:08:18 (33.7%)	4:56	12.2 (66.7%)
131	SCHWAB Thomas	352		M40-49	52	00:08:22	00:16:50	00:24:41.81	+00:08:19 (33.7%)	4:56	12.1 (66.1%)
132	GONTARZ Wojciech	90		M18-29	22	00:08:16	00:16:46	00:24:45.85	+00:08:23 (33.9%)	4:57	12.1 (66.1%)
133	KONKEL Łukasz	174		M40-49	53	00:08:03	00:16:26	00:24:50.71	+00:08:27 (34.1%)	4:58	12.1 (66.1%)
134	KAZIMIEROWICZ Radosław	154		M30-39	39	00:08:25	00:16:54	00:24:52.55	+00:08:29 (34.2%)	4:58	12.1 (66.1%)
135	MICHALAK Michał	255		M18-29	23	00:07:43	00:16:50	00:24:55.15	+00:08:32 (34.3%)	4:59	12 (65.6%)
136	NOSAL Mariusz	281		M30-39	40	00:08:40	00:17:23	00:25:10.34	+00:08:47 (34.9%)	5:02	11.9 (65.0%)
137	WIDZINIEWICZ Jarosław	442		M40-49	54	00:08:49	00:17:25	00:25:12.87	+00:08:50 (35.0%)	5:02	11.9 (65.0%)
138	WIŚNIEWSKI Łukasz	421		M18-29	24	00:09:08	00:17:28	00:25:13.01	+00:08:50 (35.0%)	5:02	11.9 (65.0%)
139	KAMYK Piotr	147		M30-39	41	00:08:23	00:17:19	00:25:22.49	+00:08:59 (35.4%)	5:04	11.8 (64.5%)
140	HAKKARAINEN Jouni	104		M40-49	55	00:08:29	00:17:15	00:25:26.01	+00:09:03 (35.6%)	5:05	11.8 (64.5%)
141	NADOLNY Krzysztof	275		M30-39	42	00:08:44	00:17:20	00:25:26.86	+00:09:04 (35.6%)	5:05	11.8 (64.5%)
142	LIGOCKI Paweł	223		M18-29	25	00:08:29	00:17:23	00:25:33.16	+00:09:10 (35.9%)	5:06	11.7 (63.9%)
143	WRÓBLEWSKI Mateusz	433		M14-17	5	00:08:58	00:17:35	00:25:41.89	+00:09:19 (36.3%)	5:08	11.7 (63.9%)
144	REMPŁAKOWSKI Krzysztof	335		M40-49	56	00:09:02	00:17:43	00:25:43.10	+00:09:20 (36.3%)	5:08	11.7 (63.9%)
145	SZYDŁO Piotr	388		M30-39	43	00:07:55	00:17:15	00:25:45.02	+00:09:22 (36.4%)	5:09	11.7 (63.9%)
146	MRUGALSKI Stanisław	270		M50-59	13	00:08:37	00:17:29	00:25:48.80	+00:09:26 (36.5%)	5:09	11.6 (63.4%)
147	KAJKOWSKI Rafał	143		M40-49	57	00:08:34	00:17:20	00:25:52.46	+00:09:29 (36.7%)	5:10	11.6 (63.4%)
148	PISKÓRZ Radosław	316		M30-39	44	00:08:28	00:17:25	00:25:55.53	+00:09:32 (36.8%)	5:11	11.6 (63.4%)
149	CIEŚLAK Grzegorz	47		M30-39	45	00:08:50	00:17:51	00:26:00.36	+00:09:37 (37.0%)	5:12	11.5 (62.8%)
150	PODSIADŁO Marcin	319		M40-49	58	00:08:31	00:17:24	00:26:01.04	+00:09:38 (37.0%)	5:12	11.5 (62.8%)
151	FIERKA Tomasz	71		M30-39	46	00:08:31	00:17:29	00:26:01.20	+00:09:38 (37.1%)	5:12	11.5 (62.8%)
152	PAPIERNIK Błażej	298		M18-29	26	00:08:24	00:17:30	00:26:06.81	+00:09:44 (37.3%)	5:13	11.5 (62.8%)
153	WYGANOWSKI Andrzej	435		M70+	1	00:09:00	00:17:59	00:26:07.70	+00:09:44 (37.3%)	5:13	11.5 (62.8%)
154	GOLUBSKI Cezary	88		M18-29	27	00:07:52	00:17:35	00:26:08.00	+00:09:45 (37.3%)	5:13	11.5 (62.8%)
155	CZUCZAK Tomasz	439		M40-49	59	00:09:02	00:17:54	00:26:09.97	+00:09:47 (37.4%)	5:14	11.5 (62.8%)
156	KUŻAJ Sławomir	214		M50-59	14	00:08:39	00:17:52	00:26:10.14	+00:09:47 (37.4%)	5:14	11.5 (62.8%)
157	KALOCIŃSKI Krzysztof	146		M30-39	47	00:09:05	00:17:55	00:26:11.15	+00:09:48 (37.4%)	5:14	11.5 (62.8%)
158	MICHALUK Amadeusz	256		M18-29	28	00:08:05	00:17:17	00:26:11.41	+00:09:48 (37.5%)	5:14	11.5 (62.8%)
159	POŁOCZAŃSKI Piotr	321		M30-39	48	00:08:16	00:17:16	00:26:12.22	+00:09:49 (37.5%)	5:14	11.4 (62.3%)

Czas											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	netto 5km	Różn	Tempo min/km	Tempo km/h
160	BRZOSKOWSKI Artur	27		M30-39	49	00:08:51	00:17:36	00:26:15.76	+00:09:52 (37.6%)	5:15	11.4 (62.3%)
161	MACHNICKI Robert	230		M30-39	50	00:08:25	00:17:34	00:26:16.07	+00:09:53 (37.6%)	5:15	11.4 (62.3%)
162	STANIUK Bartosz	371		M30-39	51	00:08:38	00:17:45	00:26:22.33	+00:09:59 (37.9%)	5:16	11.4 (62.3%)
163	CYGAN Adam	49		M50-59	15	00:09:20	00:18:27	00:26:29.03	+00:10:06 (38.2%)	5:17	11.3 (61.7%)
164	KOBUS Piotr	167		M30-39	52	00:08:19	00:17:53	00:26:33.29	+00:10:10 (38.3%)	5:18	11.3 (61.7%)
165	SKRZYPCZAK Bogusław	361		M40-49	60	00:09:06	00:18:11	00:26:37.18	+00:10:14 (38.5%)	5:19	11.3 (61.7%)
166	SZYMAŃSKI Patryk	390		M30-39	53	00:09:44	00:19:37	00:26:48.94	+00:10:26 (38.9%)	5:21	11.2 (61.2%)
167	CIECHAŃSKI Michał	46		M40-49	61	00:09:08	00:18:22	00:26:49.75	+00:10:26 (38.9%)	5:22	11.2 (61.2%)
168	KACZOROWSKI Marek	141		M18-29	29	00:08:55	00:17:54	00:26:55.17	+00:10:32 (39.2%)	5:23	11.1 (60.7%)
169	SZYSZKOWSKI Tomasz	391		M30-39	54	00:09:14	00:18:28	00:26:56.30	+00:10:33 (39.2%)	5:23	11.1 (60.7%)
170	JAROSIK Mariusz	128		M40-49	62	00:09:20	00:18:43	00:26:58.31	+00:10:35 (39.3%)	5:23	11.1 (60.7%)
171	OSOWSKI Andrzej	292		M40-49	63	00:08:49	00:18:02	00:27:00.21	+00:10:37 (39.3%)	5:24	11.1 (60.7%)
172	PIETRZYK Rafał	312		M30-39	55	00:09:04	00:18:18	00:27:01.63	+00:10:38 (39.4%)	5:24	11.1 (60.7%)
173	KĘSIK Michał	158		M40-49	64	00:09:13	00:18:28	00:27:04.56	+00:10:41 (39.5%)	5:25	11.1 (60.7%)
174	JUSZCZAK Krzysztof	136		M60-69	5	00:08:42	00:17:57	00:27:06.31	+00:10:43 (39.6%)	5:25	11.1 (60.7%)
175	KOZŁOWIECKI Waldemar	193		M60-69	6	00:09:21	00:18:24	00:27:06.54	+00:10:43 (39.6%)	5:25	11.1 (60.7%)
176	LEWANDOWSKI Marian	221		M70+	2	00:09:12	00:18:24	00:27:06.99	+00:10:44 (39.6%)	5:25	11.1 (60.7%)
177	JUSINSKI Sebastian	135		M40-49	65	00:09:04	00:18:19	00:27:10.89	+00:10:48 (39.7%)	5:26	11 (60.1%)
178	MAJEWSKI Kamil	236		M30-39	56	00:09:17	00:18:34	00:27:15.72	+00:10:52 (39.9%)	5:27	11 (60.1%)
179	URBANOWICZ Michał	399		M40-49	66	00:08:45	00:18:07	00:27:18.77	+00:10:56 (40.0%)	5:27	11 (60.1%)
180	KUNYSZ Tomasz	210		M50-59	16	00:08:48	00:18:28	00:27:20.41	+00:10:57 (40.1%)	5:28	11 (60.1%)
181	KARNICKI Zygmunt	150		M60-69	7	00:08:49	00:18:16	00:27:27.45	+00:11:04 (40.3%)	5:29	10.9 (59.6%)
182	BAJ Norbert	6		M30-39	57	00:08:44	00:18:04	00:27:27.71	+00:11:04 (40.4%)	5:29	10.9 (59.6%)
183	DYMEK Remek	66		M40-49	67	00:08:51	00:18:31	00:27:32.31	+00:11:09 (40.5%)	5:30	10.9 (59.6%)
184	HAKKARAINEN Robert	105		M14-17	6	00:09:06	00:18:43	00:27:32.73	+00:11:09 (40.5%)	5:30	10.9 (59.6%)
185	HOC Dariusz	114		M40-49	68	00:09:59	00:19:20	00:27:33.66	+00:11:10 (40.6%)	5:30	10.9 (59.6%)
186	WIŚNIEWSKI Jarosław	420		M50-59	17	00:09:19	00:18:48	00:27:33.96	+00:11:11 (40.6%)	5:30	10.9 (59.6%)
187	SCHWAB Oliver	353		M14-17	7	00:09:14	00:18:43	00:27:35.91	+00:11:13 (40.7%)	5:31	10.9 (59.6%)
188	JĘDRZEJKO Mirosław	133		M40-49	69	00:09:21	00:19:00	00:27:36.79	+00:11:14 (40.7%)	5:31	10.9 (59.6%)
189	GŁOWACKI Włodzimierz	86		M70+	3	00:08:56	00:18:33	00:27:37.77	+00:11:15 (40.7%)	5:31	10.9 (59.6%)
190	OSTROWSKI Marian	293		M60-69	8	00:07:11	00:14:38	00:27:51.15	+00:11:28 (41.2%)	5:34	10.8 (59.0%)
191	KOBUS Maciej	166		M30-39	58	00:08:07	00:18:06	00:27:55.22	+00:11:32 (41.3%)	5:35	10.7 (58.5%)
192	RADZIMSKI Marcel	330		M14-17	8	00:07:03	00:17:22	00:27:58.40	+00:11:35 (41.4%)	5:35	10.7 (58.5%)
193	MODRZYŃSKI Marcin	265		M18-29	30	00:09:17	00:18:50	00:28:00.26	+00:11:37 (41.5%)	5:36	10.7 (58.5%)
194	STALUSZKA Dariusz	369		M40-49	70	00:09:21	00:18:54	00:28:04.06	+00:11:41 (41.6%)	5:36	10.7 (58.5%)
195	KOPEĆ Krzysztof	176		M30-39	59	00:09:16	00:18:51	00:28:04.37	+00:11:41 (41.7%)	5:36	10.7 (58.5%)
196	KEPKA Mirosław	156		M40-49	71	00:09:23	00:18:57	00:28:07.00	+00:11:44 (41.7%)	5:37	10.7 (58.5%)
197	GUTOWSKI Sebastian	102		M40-49	72	00:09:24	00:18:58	00:28:07.35	+00:11:44 (41.8%)	5:37	10.7 (58.5%)
198	KOŁAKOWSKI Dariusz	169		M40-49	73	00:09:23	00:18:56	00:28:08.77	+00:11:46 (41.8%)	5:37	10.7 (58.5%)
199	WILIŃSKI Marek	416		M50-59	18	00:09:25	00:18:59	00:28:09.31	+00:11:46 (41.8%)	5:37	10.7 (58.5%)
200	MARSZAŁKOWSKI Radosław	248		M30-39	60	00:09:35	00:19:19	00:28:19.59	+00:11:56 (42.2%)	5:40	10.6 (57.9%)
201	ORYSZCZYN Arkadiusz	290		M30-39	61	00:09:53	00:19:33	00:28:20.04	+00:11:57 (42.2%)	5:40	10.6 (57.9%)
202	SPICA Łukasz	367		M30-39	62	00:09:22	00:19:08	00:28:24.49	+00:12:01 (42.3%)	5:41	10.6 (57.9%)
203	GRZYBOWSKI Piotr	100		M40-49	74	00:09:44	00:19:39	00:28:27.24	+00:12:04 (42.4%)	5:41	10.5 (57.4%)

Czas											
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	netto 5km	Różn	Tempo min/km	Tempo km/h
204	BRZEZIŃSKI Paweł	26		M30-39	63	00:08:37	00:18:42	00:28:32.06	+00:12:09 (42.6%)	5:42	10.5 (57.4%)
205	MARCZAK Andrzej	244		M60-69	9	00:09:55	00:19:36	00:28:37.77	+00:12:15 (42.8%)	5:43	10.5 (57.4%)
206	FRASZKIEWICZ Jarosław	72		M40-49	75	00:09:31	00:19:24	00:28:39.00	+00:12:16 (42.8%)	5:43	10.5 (57.4%)
207	WESOŁOWSKI Łukasz	411		M30-39	64	00:09:17	00:19:46	00:29:02.04	+00:12:39 (43.6%)	5:48	10.3 (56.3%)
208	SZWEDA Mateusz	387		M30-39	65	00:09:44	00:19:37	00:29:10.54	+00:12:47 (43.9%)	5:50	10.3 (56.3%)
209	ZIĘBA Paweł	446		M40-49	76	00:09:42	00:19:54	00:29:24.77	+00:13:02 (44.3%)	5:52	10.2 (55.7%)
210	KOZACZUK Jarosław	189		M40-49	77	00:09:51	00:20:04	00:29:31.04	+00:13:08 (44.5%)	5:54	10.2 (55.7%)
211	CHAMERA Tomasz	38		M40-49	78	00:09:44	00:19:42	00:29:38.25	+00:13:15 (44.7%)	5:55	10.1 (55.2%)
212	TRZESNIEWSKI Zbigniew	397		M50-59	19	00:09:40	00:19:54	00:29:54.77	+00:13:32 (45.2%)	5:59	10 (54.6%)
213	HARASYM Daniel	110		M40-49	79	00:09:48	00:19:59	00:29:55.82	+00:13:33 (45.3%)	5:59	10 (54.6%)
214	WOJANOWSKI Zbigniew	424		M60-69	10	00:09:46	00:20:09	00:30:10.12	+00:13:47 (45.7%)	6:02	9.9 (54.1%)
215	GRUDZIŃSKI Arkadiusz	98		M30-39	66	00:09:22	00:20:03	00:30:12.19	+00:13:49 (45.8%)	6:02	9.9 (54.1%)
216	MAJKOWSKI Błażej	237		M18-29	31	00:10:33	00:21:06	00:30:41.08	+00:14:18 (46.6%)	6:08	9.8 (53.6%)
217	DZIADEK Krzysztof	68		M30-39	67	00:10:33	00:21:06	00:30:45.66	+00:14:22 (46.8%)	6:09	9.8 (53.6%)
218	CICHOSZ Jerzy	45		M70+	4	00:10:00	00:20:50	00:30:58.05	+00:14:35 (47.1%)	6:11	9.7 (53.0%)
219	IWANIAK Dariusz	120		M40-49	80	00:10:01	00:20:44	00:31:02.17	+00:14:39 (47.2%)	6:12	9.7 (53.0%)
220	BANACH Andrzej	8		M50-59	20	00:10:36	00:21:39	00:31:27.05	+00:15:04 (47.9%)	6:17	9.5 (51.9%)
221	KORUBA Robert	184		M50-59	21	00:10:30	00:21:41	00:31:36.41	+00:15:13 (48.2%)	6:19	9.5 (51.9%)
222	KWOLEK Maciej	215		M40-49	81	00:09:58	00:21:17	00:31:36.73	+00:15:13 (48.2%)	6:19	9.5 (51.9%)
223	ZANDER Jakub	438		M18-29	32	00:09:42	00:21:28	00:31:37.76	+00:15:14 (48.2%)	6:19	9.5 (51.9%)
224	FRASZKIEWICZ Kacper	73		M18-29	33	00:09:25	00:20:24	00:31:51.33	+00:15:28 (48.6%)	6:22	9.4 (51.4%)
225	ZIMNY Dariusz	447		M50-59	22	00:11:20	00:21:25	00:31:56.35	+00:15:33 (48.7%)	6:23	9.4 (51.4%)
226	BADZIĄG Waldemar	4		M50-59	23	00:10:18	00:21:37	00:32:04.38	+00:15:41 (48.9%)	6:24	9.4 (51.4%)
227	LENIK Hubert	219		M30-39	68	00:10:40	00:22:08	00:32:22.43	+00:15:59 (49.4%)	6:28	9.3 (50.8%)
228	KRAWCZUK Maciej	196		M30-39	69	00:10:52	00:22:05	00:32:22.74	+00:15:59 (49.4%)	6:28	9.3 (50.8%)
229	KIEDOS Dariusz	159		M30-39	70	00:10:48	00:22:09	00:32:24.15	+00:16:01 (49.5%)	6:28	9.3 (50.8%)
230	ZIELIŃSKI Tomasz	444		M50-59	24	00:10:23	00:21:46	00:32:25.45	+00:16:02 (49.5%)	6:29	9.2 (50.3%)
231	HRYCIÓW Paweł	116		M30-39	71	00:10:46	00:22:07	00:32:27.34	+00:16:04 (49.5%)	6:29	9.2 (50.3%)
232	KIERSZK Grzegorz	160		M40-49	82	00:10:21	00:21:47	00:32:35.69	+00:16:12 (49.7%)	6:31	9.2 (50.3%)
233	NADER Bogusław	274		M40-49	83	00:10:28	00:21:51	00:32:44.08	+00:16:21 (50.0%)	6:32	9.2 (50.3%)
234	WOŹNIAK Stanisław	429		M70+	5	00:10:19	00:21:45	00:32:46.63	+00:16:23 (50.0%)	6:33	9.2 (50.3%)
235	BYSTROŃ Krzysztof	32		M18-29	34	00:09:00	00:20:07	00:32:49.12	+00:16:26 (50.1%)	6:33	9.1 (49.7%)
236	MALISZEWSKI Łukasz	242		M18-29	35	00:10:03	00:20:29	00:32:52.86	+00:16:30 (50.2%)	6:34	9.1 (49.7%)
237	OSIEWICZ Dawid	291		M18-29	36	00:10:36	00:21:38	00:32:55.83	+00:16:33 (50.3%)	6:35	9.1 (49.7%)
238	SARBIEWSKI Przemysław	350		M30-39	72	00:10:59	00:22:46	00:33:40.42	+00:17:17 (51.4%)	6:44	8.9 (48.6%)
239	KARNICKI Artur	52		M40-49	84	00:10:50	00:22:43	00:34:14.40	+00:17:51 (52.2%)	6:51	8.8 (48.1%)
240	KARWAN Krystian	151		M30-39	73	00:11:52	00:25:21	00:35:16.69	+00:18:53 (53.6%)	7:03	8.5 (46.4%)
241	BENEWIAT Zenon	18		M50-59	25	00:11:38	00:23:57	00:35:25.81	+00:19:03 (53.8%)	7:05	8.5 (46.4%)
242	RYHANYCZ Paweł	345		M40-49	85	00:11:38	00:24:18	00:35:51.69	+00:19:28 (54.3%)	7:10	8.4 (45.9%)
243	WOJTYNA Jerzy	426		M60-69	11	00:11:43	00:24:45	00:36:40.70	+00:20:17 (55.3%)	7:20	8.2 (44.8%)
244	ŚCIEPŁEK Mateusz	392		M30-39	74	00:11:16	00:25:12	00:37:38.11	+00:21:15 (56.5%)	7:31	8 (43.7%)
245	PASEK Jan	299		M60-69	12	00:12:17	00:25:42	00:38:19.48	+00:21:56 (57.3%)	7:39	7.8 (42.6%)
246	LUBIERSKI Marcin	227		M40-49	86	00:12:43	00:27:46	00:41:16.93	+00:24:54 (60.3%)	8:15	7.3 (39.9%)
DNC	KACZYŃSKI Henryk	142		M60-69		00:11:07		00:22:47.29		0:00	13.2 (72.1%)

Znaleziono 247 wynik(ów)