



# XVI MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

**Organizator/** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej,  
**Orgainzer:** Gmina Miasto Koszalin  
**Data/ Date:** 2018-05-27  
**Miejsce/ Place:** Koszalin  
**Dystans/ Distance:** 10 km



Klasyfikacja/ Classification: Wszyscy/ Open

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.2km	2.65km	5.1km	7.55km	Czas netto 10km	Różn/ Gap	Tempo min/km	Tempo km/h
1	<b>PAŁKA Piotr</b>	<b>403</b>		M30-39	1	00:00:29	00:09:10	00:18:23	00:27:35	<b>00:36:11.00</b>		3:37	16.6
2	<b>ORZECHOWSKI Kamil</b>	<b>328</b>	TKKF KOSZALIN	M30-39	2	00:00:29	00:09:10	00:18:23	00:27:35	<b>00:36:14.80</b>	+00:00:03	3:37	16.6
3	<b>ZABORSKI Ryszard</b>	<b>395</b>	TKKF KOSZALIN-ORKIESTRA WOJSKOWA	M40-49	1	00:00:30	00:09:14	00:18:23	00:27:37	<b>00:36:34.00</b>	+00:00:23	3:39	16.4
4	<b>SIADAK Arkadiusz</b>	<b>351</b>		M30-39	3	00:00:30	00:09:17	00:18:25	00:27:46	<b>00:37:12.84</b>	+00:01:01	3:43	16.1
5	<b>GOLIŃSKI Łukasz</b>	<b>261</b>	K.B. SPRINT ŚWIDWIN	M30-39	4	00:00:32	00:09:50	00:19:28	00:29:12	<b>00:38:40.45</b>	+00:02:29	3:52	15.5
6	<b>KALETA Sebastian</b>	<b>286</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-49	2	00:00:33	00:09:49	00:19:27	00:29:12	<b>00:38:52.11</b>	+00:02:41	3:53	15.4
7	<b>SOBSTEŁ Krystian</b>	<b>358</b>	CIACHU CIACH PRACOWNIA RĘKODZIEŁA	M30-39	5	00:00:39	00:10:21	00:20:00	00:29:53	<b>00:39:08.71</b>	+00:02:57	3:54	15.3
8	<b>WOJCIECHOWICZ Jacek</b>	<b>392</b>		M40-49	3	00:00:31	00:09:47	00:19:27	00:29:22	<b>00:39:25.47</b>	+00:03:14	3:56	15.2
9	<b>TOKARSKI Szymon</b>	<b>376</b>		M40-49	4	00:00:40	00:10:03	00:19:45	00:29:42	<b>00:39:28.17</b>	+00:03:17	3:56	15.2
10	<b>STEBELSKI Jasiek</b>	<b>365</b>		M30-39	6	00:00:33	00:09:46	00:19:30	00:29:33	<b>00:39:34.53</b>	+00:03:23	3:57	15.2
11	<b>BURDA Robert</b>	<b>230</b>	KOSPEL	M40-49	5	00:00:34	00:10:12	00:20:08	00:30:16	<b>00:39:55.97</b>	+00:03:44	3:59	15
12	<b>ZWOLIŃSKI Jan</b>	<b>400</b>	TKKF KOSZALIN	M50-59	1	00:00:34	00:10:15	00:20:05	00:30:16	<b>00:40:18.25</b>	+00:04:07	4:01	14.9
13	<b>NAKONIECZNY Rafał</b>	<b>325</b>	TKKF KOSZALIN	M30-39	7	00:00:34	00:10:15	00:20:02	00:30:13	<b>00:40:18.34</b>	+00:04:07	4:01	14.9
14	<b>KUBIAK Maciej</b>	<b>302</b>	REKU	M40-49	6	00:00:35	00:10:11	00:20:16	00:30:26	<b>00:40:27.21</b>	+00:04:16	4:02	14.8
15	<b>CZAPLIŃSKI Jacek</b>	<b>238</b>	TAGER KOSZALIN	M30-39	8	00:00:32	00:09:50	00:19:54	00:30:20	<b>00:40:28.31</b>	+00:04:17	4:02	14.8
16	<b>USTIANOWSKI Wojciech</b>	<b>378</b>	JW 1223	M30-39	9	00:00:35	00:10:17	00:20:16	00:30:26	<b>00:40:28.96</b>	+00:04:17	4:02	14.8
17	<b>SIENIAWSKI Jarosław</b>	<b>352</b>	MEDEN-INMED SPORTS TEAM	M40-49	7	00:00:39	00:10:24	00:20:22	00:30:32	<b>00:40:56.55</b>	+00:04:45	4:05	14.7
18	<b>SITOWSKI Marcin</b>	<b>353</b>	FC RYSIEK	M18-39	1	00:00:37	00:10:01	00:20:14	00:30:48	<b>00:41:06.19</b>	+00:04:55	4:06	14.6
19	<b>GÓRNY Norbert</b>	<b>264</b>	CSSP KOSZALIN	M40-49	8	00:00:42	00:10:31	00:20:43	00:31:07	<b>00:41:06.41</b>	+00:04:55	4:06	14.6
20	<b>OBOLIK Mirosław</b>	<b>327</b>		M50-59	2	00:00:34	00:10:09	00:20:20	00:30:48	<b>00:41:12.72</b>	+00:05:01	4:07	14.6
21	<b>KOŚCIELNIAK Robert</b>	<b>296</b>	TKKF KOSZALIN	M50-59	3	00:00:35	00:10:19	00:20:36	00:31:16	<b>00:41:17.13</b>	+00:05:06	4:07	14.5
22	<b>BIEDRZYCKI Krzysztof</b>	<b>216</b>	CW FANZA	M40-49	9	00:00:33	00:10:20	00:20:27	00:31:26	<b>00:41:32.93</b>	+00:05:21	4:09	14.4
23	<b>SOBCZYK Łukasz</b>	<b>357</b>	KOŁOBRZEG BIEGA	M40-49	10	00:00:36	00:10:34	00:21:02	00:31:49	<b>00:42:24.36</b>	+00:06:13	4:14	14.2
24	<b>SMAGOWSKI Wojciech</b>	<b>356</b>	KB SPRINT ŚWIDWIN	M40-49	11	00:00:33	00:10:16	00:20:45	00:31:42	<b>00:42:27.57</b>	+00:06:16	4:14	14.1
25	<b>KORZENIOWSKI Sylwester</b>	<b>295</b>	JW 1223	M40-49	12	00:00:34	00:10:32	00:21:06	00:32:06	<b>00:42:35.31</b>	+00:06:24	4:15	14.1
26	<b>SZYMCZAK Michał</b>	<b>371</b>		M30-39	10	00:00:32	00:10:37	00:21:08	00:31:57	<b>00:42:41.68</b>	+00:06:30	4:16	14.1
27	<b>HESEL Lars</b>	<b>269</b>	SV TURBINE NEUBRANDENBURG	M50-59	4	00:00:40	00:10:56	00:21:32	00:32:12	<b>00:42:53.35</b>	+00:06:42	4:17	14

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.2km	2.65km	5.1km	7.55km	Czas netto 10km	Różn/ Gap	Tempo min/km	Tempo km/h
28	MAZUR Emiliusz	316	ŻYJ Z ENERGIA	M40-49	13	00:00:36	00:10:56	00:21:41	00:32:26	<b>00:42:58.99</b>	+00:06:47	4:17	14
29	ROKOSZ Radosław	346	8 KOSZALIŃSKI PUŁK PRZECIWLOTNICZY	M30-39	11	00:00:36	00:10:24	00:20:55	00:31:55	<b>00:43:11.33</b>	+00:07:00	4:19	13.9
30	BIEDRZYCKI Andrzej	217	OSP STARY BOREK	M60-69	1	00:00:34	00:10:33	00:21:07	00:32:11	<b>00:43:17.15</b>	+00:07:06	4:19	13.9
31	MAKSYMOWICZ Kornelia	310		K30-39	1	00:00:39	00:11:17	00:22:05	00:33:10	<b>00:44:02.26</b>	+00:07:51	4:24	13.6
32	BRZOZOWSKI Piotr	227	BIEGAJĄCY TCZEW	M40-49	14	00:00:33	00:10:15	00:20:41	00:31:23	<b>00:44:10.29</b>	+00:07:59	4:25	13.6
33	MOKSA Dariusz	321		M18-39	2	00:00:35	00:10:16	00:20:52	00:32:33	<b>00:44:12.15</b>	+00:08:01	4:25	13.6
34	KONKEL Agnieszka	292		K30-39	2	00:00:40	00:11:28	00:22:12	00:33:16	<b>00:44:16.35</b>	+00:08:05	4:25	13.6
35	CHOŁUJ Jarosław	235	ROZBIEGANY KOSZALIN	M40-49	15	00:00:41	00:11:13	00:22:06	00:33:17	<b>00:44:26.75</b>	+00:08:15	4:26	13.5
36	PYPŁACZ Krystian	342	ATMAN RUNNERS	M40-49	16	00:00:35	00:10:34	00:21:10	00:32:51	<b>00:44:29.93</b>	+00:08:18	4:26	13.5
37	WIECZOREK Łukasz	406		M18-39	3	00:00:39	00:11:01	00:22:02	00:33:44	<b>00:44:46.50</b>	+00:08:35	4:28	13.4
38	OKOŁOTOWICZ Sebastian	410		M30-39	12	00:00:48	00:10:56	00:21:16	00:32:48	<b>00:44:47.34</b>	+00:08:36	4:28	13.4
39	BADLIK Marcin	213	IPA REGION PRZEMYSŁ	M40-49	17	00:00:34	00:11:20	00:22:42	00:34:01	<b>00:44:48.34</b>	+00:08:37	4:28	13.4
40	LEWANDOWSKI Jacek	307		M40-49	18	00:00:43	00:11:36	00:22:51	00:34:24	<b>00:45:33.86</b>	+00:09:22	4:33	13.2
41	GOŁDYN Marek	262	TKKF KOSZALIN	M30-39	13	00:00:43	00:12:02	00:23:25	00:34:49	<b>00:45:47.74</b>	+00:09:36	4:34	13.1
42	MUCHA Krzysztof	323		M40-49	19	00:00:40	00:11:30	00:22:44	00:34:22	<b>00:45:49.46</b>	+00:09:38	4:34	13.1
43	JAMNIAK Bartosz	271	TKKF KOSZALIN	M30-39	14	00:00:35	00:11:12	00:22:38	00:34:15	<b>00:45:51.45</b>	+00:09:40	4:35	13.1
44	DZIUBA Leszek	252	KB DZIESIĄTKA BIAŁOGARD	M60-69	2	00:00:43	00:11:53	00:23:12	00:34:40	<b>00:46:01.07</b>	+00:09:50	4:36	13
45	MILASZEWSKI Przemek	320	TEAM HOLIDAY SPORT	M30-39	15	00:00:37	00:11:28	00:22:48	00:34:32	<b>00:46:17.67</b>	+00:10:06	4:37	13
46	CHORAŻY Karolina	236	LEO-TEAM	K18-29	1	00:00:45	00:12:11	00:23:30	00:34:51	<b>00:46:21.16</b>	+00:10:10	4:38	12.9
47	PROTASEWICZ Andrzej	337	SŁAWNO	M40-49	20	00:00:41	00:11:51	00:23:15	00:35:03	<b>00:46:22.30</b>	+00:10:11	4:38	12.9
48	JÓZEFIAK Adrian	281		M30-39	16	00:00:44	00:11:51	00:23:16	00:34:56	<b>00:46:27.54</b>	+00:10:16	4:38	12.9
49	PAJĄK Zbigniew	330		M18-39	4	00:00:47	00:11:52	00:23:17	00:35:03	<b>00:46:30.79</b>	+00:10:19	4:39	12.9
50	PUŚCIAN Krzysztof	340	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	21	00:00:42	00:11:56	00:23:20	00:34:52	<b>00:46:34.61</b>	+00:10:23	4:39	12.9
51	ŁOPIŃSKI Piotr	308	FSD	M30-39	17	00:00:42	00:11:53	00:23:21	00:35:06	<b>00:46:43.38</b>	+00:10:32	4:40	12.8
52	FIŁONOWICZ Monika	255		K40-49	1	00:00:39	00:11:47	00:23:11	00:34:55	<b>00:46:46.22</b>	+00:10:35	4:40	12.8
53	ROGOŻA Ireneusz	345		M40-49	22	00:00:42	00:11:51	00:23:26	00:35:09	<b>00:46:47.68</b>	+00:10:36	4:40	12.8
54	NACHYŁA Paweł	324	DZIKI KOSZALIN	M30-39	18	00:00:40	00:11:14	00:22:44	00:34:56	<b>00:46:49.90</b>	+00:10:38	4:40	12.8
55	STAWISZYŃSKI Jarek	364	FORUM ROZWOJU KOSZALINA	M30-39	19	00:00:49	00:12:09	00:23:45	00:35:33	<b>00:46:53.09</b>	+00:10:42	4:41	12.8
56	KAJKOWSKI Rafał	285	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	23	00:00:43	00:11:45	00:23:15	00:35:07	<b>00:47:05.92</b>	+00:10:54	4:42	12.7
57	MARCINIAK Maciej	413		M30-39	20	00:00:32	00:11:10	00:22:39	00:34:47	<b>00:47:11.29</b>	+00:11:00	4:43	12.7
58	SOŁTYS Rafał	359		M30-39	21	00:00:36	00:10:53	00:22:44	00:35:08	<b>00:47:34.16</b>	+00:11:23	4:45	12.6
59	HAMALA Marcin	267	TAGER	M30-39	22	00:00:53	00:12:05	00:23:37	00:35:43	<b>00:47:44.57</b>	+00:11:33	4:46	12.6
60	PIECHOTA Robert	334	ROBIEGANY KOSZALIN	M40-49	24	00:00:35	00:11:35	00:23:06	00:35:42	<b>00:47:44.94</b>	+00:11:33	4:46	12.6
61	RÓG Michał	347		M30-39	23	00:00:53	00:12:50	00:24:56	00:36:52	<b>00:48:04.05</b>	+00:11:53	4:48	12.5
62	STRZELECKI Zbigniew	367	KORZYBSKIE REKINY	M60-69	3	00:00:44	00:12:25	00:24:15	00:36:17	<b>00:48:05.25</b>	+00:11:54	4:48	12.5
63	MICERSKI Tomasz	318	TKKF KOSZALIN	M40-49	25	00:00:38	00:11:44	00:23:27	00:35:52	<b>00:48:07.93</b>	+00:11:56	4:48	12.5
64	WOJCIECHOWSKA-HRYCYK Agata	409		K50-59	1	00:00:38	00:11:59	00:23:55	00:36:04	<b>00:48:16.30</b>	+00:12:05	4:49	12.4
65	GAJEK Artur	257	KORZYBSKIE REKINY	M40-49	26	00:00:44	00:12:28	00:24:21	00:36:21	<b>00:48:17.42</b>	+00:12:06	4:49	12.4
66	DEMBICKI Daniel	241		M40-49	27	00:00:44	00:12:11	00:24:10	00:36:19	<b>00:48:26.97</b>	+00:12:15	4:50	12.4
67	WILKOWSKI Krzysztof	389		M30-39	24	00:00:48	00:12:48	00:24:51	00:36:57	<b>00:48:35.23</b>	+00:12:24	4:51	12.3
68	CHUDZIK Zbigniew	237	TKKF KOSZALIN	M50-59	5	00:00:43	00:12:23	00:24:14	00:36:31	<b>00:48:37.01</b>	+00:12:26	4:51	12.3
69	KRUPIŃSKI Krzysztof	300	E-UROLOG.EU	M50-59	6	00:00:42	00:12:04	00:23:56	00:36:24	<b>00:48:38.68</b>	+00:12:27	4:51	12.3
70	WIATRZYK Krzysztof	383	DARŁOWO	M40-49	28	00:00:42	00:11:55	00:23:44	00:36:13	<b>00:48:41.47</b>	+00:12:30	4:52	12.3

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71	ZIELIŃSKI Grzegorz	398		M60-69	4	00:00:39	00:12:08	00:24:14	00:36:46	<b>00:49:01.14</b>	+00:12:50	4:54	12.2
72	STASIOROWSKI Sebastian	362		M30-39	25	00:00:47	00:11:45	00:23:38	00:36:21	<b>00:49:03.87</b>	+00:12:52	4:54	12.2
73	SZYMCZEWSKI Dariusz	372		M50-59	7	00:00:55	00:12:48	00:24:51	00:37:05	<b>00:49:06.97</b>	+00:12:55	4:54	12.2
74	BORYS Justyna	225		K30-39	3	00:00:43	00:12:24	00:24:14	00:36:47	<b>00:49:17.51</b>	+00:13:06	4:55	12.2
75	WIELOCH Radosław	387		M18-39	5	00:00:44	00:12:02	00:24:05	00:36:48	<b>00:49:25.28</b>	+00:13:14	4:56	12.1
76	DOMAŃSKI Andrzej	247		M40-49	29	00:00:44	00:11:30	00:23:17	00:36:08	<b>00:49:30.86</b>	+00:13:19	4:57	12.1
77	KAŹMIERCZAK Robert	289		M40-49	30	00:00:38	00:12:21	00:24:55	00:37:36	<b>00:49:37.63</b>	+00:13:26	4:57	12.1
78	KWIETŃIEWSKI Daniel	306		M30-39	26	00:00:56	00:12:22	00:24:23	00:36:56	<b>00:49:39.42</b>	+00:13:28	4:57	12.1
79	KOŁODZIEJ Jakub	291		M30-39	27	00:00:48	00:12:48	00:24:58	00:37:29	<b>00:49:43.10</b>	+00:13:32	4:58	12.1
80	BUDZIŃSKI Paweł	228	DRUŻYNA SZPIKU	M30-39	28	00:00:44	00:12:35	00:24:48	00:37:29	<b>00:49:43.63</b>	+00:13:32	4:58	12.1
81	GAŁECKI Jacek	258	KARLINO BIEGAJ	M50-59	8	00:00:36	00:11:22	00:23:22	00:36:48	<b>00:49:49.63</b>	+00:13:38	4:58	12
82	BARUTOWICZ Grzegorz	215		M30-39	29	00:00:49	00:12:22	00:24:18	00:36:59	<b>00:49:55.50</b>	+00:13:44	4:59	12
83	BURKIET Marek	231	JW1223	M40-49	31	00:00:45	00:12:00	00:23:42	00:36:32	<b>00:50:00.84</b>	+00:13:49	5:00	12
84	RETERSKI Damian	344		M18-39	6	00:00:48	00:12:03	00:24:03	00:37:00	<b>00:50:04.18</b>	+00:13:53	5:00	12
85	ZAWADA Andrzej	397		M50-59	9	00:00:41	00:12:22	00:24:33	00:37:23	<b>00:50:12.51</b>	+00:14:01	5:01	12
86	WIECZOREK Jacek	408		M30-39	30	00:00:49	00:12:19	00:24:40	00:37:24	<b>00:50:25.92</b>	+00:14:14	5:02	11.9
87	KWIDZIŃSKI Michał	305		M30-39	31	00:00:59	00:13:39	00:26:06	00:38:49	<b>00:50:27.62</b>	+00:14:16	5:02	11.9
88	RUTKOWSKI Artur	349		M18-39	7	00:00:38	00:11:41	00:23:59	00:37:19	<b>00:50:31.58</b>	+00:14:20	5:03	11.9
89	ALABA Jerzy	211		M50-59	10	00:00:51	00:12:24	00:24:28	00:37:19	<b>00:50:34.63</b>	+00:14:23	5:03	11.9
90	JARZĄBEK Magdalena	276	KOSPEL	K18-29	2	00:00:57	00:12:27	00:24:58	00:37:56	<b>00:50:42.39</b>	+00:14:31	5:04	11.8
91	DZIESZUK Dariusz	250	TKKF KOSZALIN	M50-59	11	00:00:47	00:13:18	00:25:50	00:38:29	<b>00:51:07.12</b>	+00:14:56	5:06	11.7
92	SZOSTAK Piotr	370		M40-49	32	00:00:48	00:12:27	00:24:48	00:37:48	<b>00:51:10.03</b>	+00:14:59	5:07	11.7
93	DERLIŃSKI Adam	243	TORNADO KOSZALIN	M40-49	33	00:00:49	00:12:53	00:25:33	00:38:36	<b>00:51:13.73</b>	+00:15:02	5:07	11.7
94	KICIŃSKI Filip	290	PATUS TUUS	M18-39	8	00:00:43	00:11:47	00:24:04	00:37:01	<b>00:51:16.40</b>	+00:15:05	5:07	11.7
95	ZIENOWICZ Michał	399		M18-39	9	00:00:47	00:12:34	00:25:14	00:38:37	<b>00:51:21.36</b>	+00:15:10	5:08	11.7
96	BITRYCH Jakub	220		M18-39	10	00:00:48	00:12:34	00:25:15	00:38:37	<b>00:51:21.49</b>	+00:15:10	5:08	11.7
97	BUXBAUMER Klaudia	234		K18-29	3	00:00:57	00:12:26	00:25:00	00:38:39	<b>00:51:35.85</b>	+00:15:24	5:09	11.6
98	KONKEL Łukasz	293		M30-39	32	00:00:42	00:12:31	00:24:55	00:38:11	<b>00:51:38.53</b>	+00:15:27	5:09	11.6
99	JASIŃSKI Cezary	277	MNBC	M40-49	34	00:00:46	00:12:47	00:25:38	00:38:46	<b>00:51:40.33</b>	+00:15:29	5:10	11.6
100	DOMAŃSKI Adam	246		M40-49	35	00:00:57	00:13:39	00:26:22	00:39:25	<b>00:51:51.98</b>	+00:15:40	5:11	11.6
101	STASIACZEK Arkadiusz	361		M18-39	11	00:00:35	00:11:17	00:24:12	00:38:17	<b>00:52:12.86</b>	+00:16:01	5:13	11.5
102	ANTKOWIAK Sebastian	212	DB - ACTIVE	M40-49	36	00:00:47	00:12:46	00:25:22	00:38:43	<b>00:52:40.17</b>	+00:16:29	5:16	11.4
103	KACZMAREK Łukasz	284	WOJOWNICY WÓDY	M30-39	33	00:00:40	00:12:22	00:25:34	00:39:17	<b>00:52:48.05</b>	+00:16:37	5:16	11.4
104	WRÓBLEWSKA Marta	394		K40-49	2	00:01:00	00:13:25	00:26:21	00:39:40	<b>00:52:50.01</b>	+00:16:39	5:17	11.4
105	POŁUMACKANYCZ Małgorzata	336		K30-39	4	00:00:41	00:12:42	00:25:38	00:39:20	<b>00:53:06.70</b>	+00:16:55	5:18	11.3
106	KAZIMIERCZAK Leszek	288	CSSP	M30-39	34	00:00:54	00:13:28	00:26:32	00:40:05	<b>00:53:15.58</b>	+00:17:04	5:19	11.3
107	SZCZUBULEWSKI Martin	368		M18-39	12	00:00:41	00:11:30	00:24:19	00:39:13	<b>00:53:20.71</b>	+00:17:09	5:20	11.3
108	SZYNKARUK Marek	411		M30-39	35	00:01:00	00:14:14	00:27:41	00:40:38	<b>00:53:34.22</b>	+00:17:23	5:21	11.2
109	KOZŁOWIECKI Waldek	298	TKKF KOSZALIN	M60-69	5	00:00:57	00:14:57	00:27:53	00:41:09	<b>00:53:38.12</b>	+00:17:27	5:21	11.2
110	RYCHLIŃSKI Damian	350		M30-39	36	00:00:48	00:13:06	00:26:28	00:40:23	<b>00:53:40.92</b>	+00:17:29	5:22	11.2
111	SZYSZKOWSKI Tomasz	374	ROZBIEGANY KOSZALIN	M30-39	37	00:00:51	00:13:45	00:26:54	00:40:16	<b>00:53:41.15</b>	+00:17:30	5:22	11.2
112	KAMIŃSKI Tomasz	287	JW 1223	M40-49	37	00:00:51	00:12:38	00:25:35	00:39:43	<b>00:53:45.56</b>	+00:17:34	5:22	11.2
113	STĘPIEŃ Kamil	366		M18-39	13	00:00:39	00:11:28	00:24:19	00:38:17	<b>00:53:53.98</b>	+00:17:42	5:23	11.1

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.2km	2.65km	5.1km	7.55km	Czas netto 10km	Różn/ Gap	Tempo min/km	Tempo km/h
114	BUTOWICZ Adam	233		M50-59	12	00:00:42	00:13:21	00:26:38	00:40:22	<b>00:53:54.53</b>	+00:17:43	5:23	11.1
115	KONKEL Joanna	294	MKS 'ŚWIĘC' SŁAWNO	K50-59	2	00:00:46	00:13:32	00:26:38	00:40:22	<b>00:53:55.09</b>	+00:17:44	5:23	11.1
116	MAŃKIEWICZ Konrad	313		M30-39	38	00:00:55	00:13:58	00:26:41	00:40:15	<b>00:53:56.60</b>	+00:17:45	5:23	11.1
117	MOTYCZYŃSKA Patrycja	322		K18-29	4	00:00:52	00:13:46	00:26:55	00:40:38	<b>00:54:02.70</b>	+00:17:51	5:24	11.1
118	MAŁKOWSKI Tomasz	312		M30-39	39	00:00:49	00:13:46	00:26:55	00:40:38	<b>00:54:02.80</b>	+00:17:51	5:24	11.1
119	KRYSTOSIK Paulina	301	WIECZORNE BIEGANIE W SZCZECINIE DYSTANS 8 KM	K18-29	5	00:00:46	00:15:25	00:34:56	00:44:43	<b>00:54:05.75</b>	+00:17:54	5:24	11.1
120	ZAKUTYŃSKA-KOWALCZYK Karolina	396		K40-49	3	00:00:50	00:13:47	00:27:00	00:40:55	<b>00:54:32.69</b>	+00:18:21	5:27	11
121	KULAWIŃSKI Marek	304		M40-49	38	00:01:02	00:13:50	00:26:35	00:40:15	<b>00:54:34.73</b>	+00:18:23	5:27	11
122	WAJDA Waldemar	380	BORNE BIEGA	M40-49	39	00:01:00	00:14:14	00:27:41	00:41:12	<b>00:54:48.56</b>	+00:18:37	5:28	10.9
123	BOGACKA Lucyna	222	TKKF KOSZALIN	K50-59	3	00:00:49	00:13:54	00:27:25	00:41:09	<b>00:54:55.30</b>	+00:18:44	5:29	10.9
124	BOGACKI Tomasz	223	TKKF KOSZALIN	M50-59	13	00:00:49	00:13:54	00:27:25	00:41:09	<b>00:54:55.67</b>	+00:18:44	5:29	10.9
125	JUCHNO Bartosz	282		M18-39	14	00:00:40	00:12:24	00:25:48	00:40:31	<b>00:55:01.83</b>	+00:18:50	5:30	10.9
126	DROZDOWSKI Marcin	248	ZABIEGANY MORPOL	M18-39	15	00:00:42	00:11:15	00:22:47	00:34:58	<b>00:55:15.25</b>	+00:19:04	5:31	10.9
127	WIEDUWILT Anke	386	SV TURBINE NEUBRANDENBURG	K50-59	4	00:00:57	00:14:02	00:27:54	00:41:44	<b>00:55:22.78</b>	+00:19:11	5:32	10.8
128	KOWALCZYK Piotr	297		M30-39	40	00:00:47	00:13:20	00:26:49	00:41:06	<b>00:55:28.27</b>	+00:19:17	5:32	10.8
129	MAZUR Mirosław	317		M40-49	40	00:00:56	00:14:15	00:27:54	00:41:54	<b>00:55:31.54</b>	+00:19:20	5:33	10.8
130	RETERSKI Przemysław	343		M40-49	41	00:00:51	00:13:55	00:27:53	00:41:55	<b>00:55:32.50</b>	+00:19:21	5:33	10.8
131	DĘBSKI Damian	244		M30-39	41	00:01:02	00:14:22	00:28:27	00:42:08	<b>00:55:33.36</b>	+00:19:22	5:33	10.8
132	GRAJ Joanna	265		K18-29	6	00:00:59	00:14:15	00:27:52	00:41:48	<b>00:55:52.94</b>	+00:19:41	5:35	10.7
133	MASTALERZ Konrad	405	DECATHLON KOSZALIN	M18-39	16	00:00:57	00:14:23	00:28:08	00:42:08	<b>00:56:05.74</b>	+00:19:54	5:36	10.7
134	WĘCŁAWIAK Marek	382		M40-49	42	00:00:57	00:13:54	00:27:25	00:41:33	<b>00:56:06.95</b>	+00:19:55	5:36	10.7
135	JANUSZEWSKI Jacek	273	17 WOG KOSZALIN	M50-59	14	00:00:58	00:14:27	00:28:02	00:41:59	<b>00:56:07.43</b>	+00:19:56	5:36	10.7
136	GREMBLEWSKI Darek	266		M40-49	43	00:00:44	00:12:50	00:27:01	00:36:13	<b>00:56:17.36</b>	+00:20:06	5:37	10.7
137	JAROSZ Jakub	275	TKKF KOSZALIN	M18-39	17	00:00:40	00:13:54	00:26:09	00:41:10	<b>00:56:19.57</b>	+00:20:08	5:37	10.7
138	MALINOWSKA-BURDA Aleksandra	311		K18-29	7	00:00:59	00:14:14	00:27:54	00:42:21	<b>00:56:22.68</b>	+00:20:11	5:38	10.6
139	DZIUBA Monika	251		K30-39	5	00:00:48	00:14:10	00:28:06	00:42:34	<b>00:56:33.35</b>	+00:20:22	5:39	10.6
140	BILL Łukasz	219		M30-39	42	00:01:01	00:14:27	00:28:24	00:42:39	<b>00:56:43.81</b>	+00:20:32	5:40	10.6
141	PODSIADŁO Marcin	335		M40-49	44	00:00:48	00:13:29	00:27:03	00:41:57	<b>00:56:57.60</b>	+00:20:46	5:41	10.5
142	SZYSZ Kajetan	373		M18-39	18	00:00:44	00:12:12	00:25:06	00:41:12	<b>00:56:58.11</b>	+00:20:47	5:41	10.5
143	WŁODARCZYK Józef	391		M60-69	6	00:00:47	00:13:26	00:27:05	00:42:02	<b>00:57:20.66</b>	+00:21:09	5:44	10.5
144	JANIĆKA Katarzyna	272	GIPO TEAM / TKKF KOSZALIN	K30-39	6	00:00:51	00:13:55	00:27:53	00:43:01	<b>00:57:23.00</b>	+00:21:12	5:44	10.5
145	KRASIŃSKI Witold	299	JW 1223	M40-49	45	00:00:54	00:13:58	00:28:08	00:43:17	<b>00:58:11.17</b>	+00:22:00	5:49	10.3
146	WAŚOWICZ Anna	381		K30-39	7	00:00:58	00:14:00	00:28:02	00:43:41	<b>00:58:18.52</b>	+00:22:07	5:49	10.3
147	BRZOZOWSKA Monika	226	BIEGAJĄCY TCZEW	K40-49	4	00:00:53	00:14:51	00:29:30	00:44:31	<b>00:59:20.15</b>	+00:23:09	5:56	10.1
148	SZEWczyk Paulina	369		K18-29	8	00:00:47	00:14:42	00:29:58	00:45:40	<b>01:00:50.88</b>	+00:24:39	6:05	9.9
149	HELLER Zdzisław	268		M60-69	7	00:00:59	00:15:35	00:30:40	00:45:56	<b>01:00:58.54</b>	+00:24:47	6:05	9.8
150	WACHHOLZ Beata	379	KB BRYZA POSTOMINO	K40-49	5	00:00:57	00:14:54	00:30:00	00:45:34	<b>01:00:58.64</b>	+00:24:47	6:05	9.8
151	HRYCIÓW Paweł	270	JW1223	M30-39	43	00:00:59	00:14:04	00:29:08	00:45:15	<b>01:01:26.30</b>	+00:25:15	6:08	9.8
152	WIERZBICKI Kacper	388	ŁUBUDUBU PREZES KLUBU	M18-39	19	00:00:58	00:14:22	00:29:08	00:45:15	<b>01:01:26.32</b>	+00:25:15	6:08	9.8
153	DUDKIEWICZ Leszek	249	TKKF KOSZALIN	M60-69	8	00:00:57	00:14:56	00:29:50	00:46:00	<b>01:01:44.21</b>	+00:25:33	6:10	9.7
154	PTASZYŃSKA Katarzyna	339	KOŁOBRZEG MARATON TEAM	K60+	1	00:01:00	00:15:24	00:30:22	00:45:37	<b>01:01:45.22</b>	+00:25:34	6:10	9.7
155	MARKOWSKA Iwona	412		K40-49	6	00:00:46	00:14:41	00:30:14	00:46:21	<b>01:01:46.51</b>	+00:25:35	6:10	9.7
156	BORSUK Dorota	224		K40-49	7	00:00:59	00:15:27	00:30:30	00:46:15	<b>01:01:57.17</b>	+00:25:46	6:11	9.7

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.2km	2.65km	5.1km	7.55km	Czas netto 10km	Różn/ Gap	Tempo min/km	Tempo km/h
157	<b>DOMAŃSKA Katarzyna</b>	<b>245</b>		K40-49	8	00:00:59	00:15:28	00:30:52	00:47:13	<b>01:03:50.99</b>	+00:27:39	6:23	9.4
158	<b>DEPTUŁA-BILL Bożena</b>	<b>242</b>		K30-39	8	00:01:02	00:15:37	00:31:29	00:47:52	<b>01:04:03.07</b>	+00:27:52	6:24	9.4
159	<b>BUGIEL Roman</b>	<b>229</b>	RAN TYCHY	M50-59	15	00:00:50	00:14:20	00:30:02	00:47:16	<b>01:04:19.49</b>	+00:28:08	6:25	9.3
160	<b>TREJDER Maria</b>	<b>377</b>	BAJADERKI KOSZALIN	K40-49	9	00:00:56	00:15:37	00:31:20	00:47:36	<b>01:04:54.09</b>	+00:28:43	6:29	9.2
161	<b>PYDYNOWSKA Elżbieta</b>	<b>341</b>		K50-59	5	00:00:59	00:15:28	00:30:52	00:47:32	<b>01:05:26.73</b>	+00:29:15	6:32	9.2
162	<b>KOZŁOWIECKA Małgorzata</b>	<b>415</b>		K50-59	6	00:00:57	00:16:08	00:32:22	00:49:11	<b>01:05:49.45</b>	+00:29:38	6:34	9.1
163	<b>JEDYNAK Nikola</b>	<b>414</b>		K18-29	9	00:00:48	00:14:41	00:32:02	00:49:36	<b>01:06:39.84</b>	+00:30:28	6:39	9
164	<b>PEŁKA Iwona</b>	<b>332</b>		K50-59	7	00:01:04	00:17:06	00:33:57	00:50:53	<b>01:07:04.90</b>	+00:30:53	6:42	8.9
165	<b>STASZYŃSKA Marianna</b>	<b>363</b>	BTC„ORZEŁ"	K60+	2	00:00:54	00:16:52	00:34:00	00:51:12	<b>01:08:35.72</b>	+00:32:24	6:51	8.7
166	<b>GÓRNA Anna</b>	<b>263</b>	FORMA ROSNOWO	K40-49	10	00:00:56	00:17:24	00:34:59	00:52:32	<b>01:09:34.33</b>	+00:33:23	6:57	8.6
167	<b>KUCHARCZYK Anna</b>	<b>303</b>		K30-39	9	00:01:05	00:16:30	00:33:27	00:51:29	<b>01:09:44.66</b>	+00:33:33	6:58	8.6
168	<b>JĘDRZEJEWSKI Krzysztof</b>	<b>279</b>		M30-39	44	00:00:48	00:16:23	00:34:42	00:53:29	<b>01:10:55.80</b>	+00:34:44	7:05	8.5
169	<b>SZCZEBLEWSKI Józef</b>	<b>407</b>		M60-69	9	00:01:08	00:20:38	00:40:10	01:00:57	<b>01:22:07.63</b>	+00:45:56	8:12	7.3
	<b>FOKCZYŃSKA Aleksandra</b>	<b>256</b>		K18-29		00:00:46 DNF	00:16:40 DNF	00:36:13 DNF	00:56:18 DNF	<b>DNF</b>		-	-
	<b>SKOWYRSKI Janusz</b>	<b>354</b>	TKKF KOSZALIN	M50-59		00:00:39 DNF	00:12:09 DNF	00:25:20 DNF	DNF	<b>DNF</b>		-	-
	<b>EMILIT Grzegorz</b>	<b>253</b>	10 BIAŁOGARD	M30-39		00:00:32 DNF	00:09:43 DNF	DNF	DNF	<b>DNF</b>		-	-
	<b>EMILIT Sylwia</b>	<b>254</b>	10 BIAŁOGARD	K30-39		00:00:53 DNF	00:13:20 DNF	DNF	DNF	<b>DNF</b>		-	-
	<b>DĄBROWSKA Alicja</b>	<b>240</b>	TKKF KOSZALIN	K50-59		00:00:47 DNF	DNF	DNF	DNF	<b>DNF</b>		-	-

Znaleziono 174 wynik(ów)