



# XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

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



Klasyfikacja/ Classification: Wszyscy/ Open

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	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	<b>00:54:12.10</b>		3:36	16.6
2	PAWLIŃSKI Piotr	421	GRUPA AZOTY POLICE	M30	2	00:02:28	00:26:15	00:28:48	00:52:16	<b>00:54:47.50</b>	+00:00:35	3:39	16.4
3	BRAUN Grzegorz	46	RUNGRYF GRYFICE	M20	1	00:02:22	00:26:31	00:29:06	00:52:48	<b>00:55:15.60</b>	+00:01:03	3:41	16.3
4	ORZECHOWSKI Kamil	405	TKKF KOSZALIN	M30	3	00:02:36	00:26:42	00:29:20	00:53:10	<b>00:55:35.55</b>	+00:01:23	3:42	16.2
5	FIDO Adam	128	36DROP	M40	1	00:02:32	00:26:44	00:29:22	00:53:20	<b>00:55:42.25</b>	+00:01:30	3:42	16.2
6	KARCZ Artur	235	DRUŻYNA SZPIKU	M35	1	00:02:31	00:26:44	00:29:22	00:53:20	<b>00:55:44.85</b>	+00:01:32	3:42	16.1
7	PRENDECKI Rafał	447		M35	2	00:02:30	00:26:19	00:28:56	00:53:16	<b>00:55:45.30</b>	+00:01:33	3:43	16.1
8	RYCAK Bartosz	494	5 PUŁK INŻYNIERYJNY	M20	2	00:02:33	00:26:44	00:29:22	00:53:27	<b>00:56:00.95</b>	+00:01:48	3:44	16.1
9	POLAK Szymon	440	ROZBIEGANI KOSZALIN	M40	2	00:02:32	00:26:20	00:28:58	00:53:38	<b>00:56:18.15</b>	+00:02:06	3:45	16
10	HELAK Karol	187	K B AKTYWNI KRZYŻ WLKP	M45	1	00:02:36	00:26:53	00:29:33	00:54:16	<b>00:56:59.95</b>	+00:02:47	3:48	15.8
11	NOWAK Daniel	389	ROZBIEGANI GOLENIÓW	M35	3	00:02:26	00:26:56	00:29:35	00:54:49	<b>00:57:26.25</b>	+00:03:14	3:49	15.7
12	TERLIKOWSKI Grzegorz	577		M30	4	00:02:38	00:27:13	00:29:55	00:55:01	<b>00:57:29.05</b>	+00:03:16	3:49	15.7
13	KUBIAK Piotr	293	PRECON POLSKA-JASTROWIE	M35	4	00:02:39	00:27:25	00:30:07	00:55:01	<b>00:57:30.25</b>	+00:03:18	3:50	15.7
14	BIENKOWSKI Rafał	668		M45	2	00:02:35	00:27:14	00:29:59	00:55:06	<b>00:57:48.05</b>	+00:03:35	3:51	15.6
15	WOJTKIEWICZ Mateusz	680	KB 10 BIAŁOGARD	M20	3	00:02:42	00:27:17	00:30:02	00:55:24	<b>00:58:00.00</b>	+00:03:47	3:52	15.5
16	SZOPIŃSKI Tomasz	559	KB BRYZA POSTOMINO	M35	5	00:02:45	00:27:35	00:30:19	00:55:32	<b>00:58:02.70</b>	+00:03:50	3:52	15.5
17	RUTKOWSKI Jan	492	GKS KASZUBI LUZINO	M40	3	00:02:39	00:27:33	00:30:18	00:55:32	<b>00:58:03.75</b>	+00:03:51	3:52	15.5
18	SIADAK Arkadiusz	505		M35	6	00:02:35	00:27:05	00:29:50	00:55:35	<b>00:58:15.30</b>	+00:04:03	3:53	15.5
19	ULDYNOWICZ Łukasz	591	MLUKS MOKASYN PŁOTY	M35	7	00:02:39	00:27:39	00:30:27	00:55:47	<b>00:58:26.75</b>	+00:04:14	3:53	15.4
20	BUDZIAK Zbigniew	55	BENOBUDZIAK.PL	M45	3	00:02:33	00:27:23	00:30:12	00:55:57	<b>00:58:38.80</b>	+00:04:26	3:54	15.3
21	ŁAZOWSKI Marcin	339	POGOŃ SZCZECIN	M35	8	00:02:45	00:27:40	00:30:25	00:56:05	<b>00:58:46.10</b>	+00:04:34	3:55	15.3
22	RUDNIKOWSKI Maciej	488	BIEGUZDROWISKOWY.PL	M40	4	00:02:36	00:27:25	00:30:14	00:56:14	<b>00:58:51.30</b>	+00:04:39	3:55	15.3
23	WITKIEWICZ Eryk	615		M40	5	00:02:40	00:28:11	00:30:57	00:56:12	<b>00:58:56.10</b>	+00:04:44	3:55	15.3
24	SZYMAŃSKI Łukasz	568	SKS POBIEROWO	M20	4	00:02:32	00:27:43	00:30:30	00:56:26	<b>00:59:03.65</b>	+00:04:51	3:56	15.2

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas				Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km				
25	<b>GŁÓW Tomasz</b>	<b>159</b>	KREISEL RUNNING TEAM	M45	4	00:02:38	00:27:52	00:30:41	00:56:25	<b>00:59:04.80</b>	+00:04:52	3:56	15.2
26	<b>ŻMUDA Tomasz</b>	<b>644</b>	CW FANZA KOŁOBRZEG	M40	6	00:02:37	00:27:47	00:30:37	00:56:30	<b>00:59:17.10</b>	+00:05:05	3:57	15.2
27	<b>GOLIŃSKI Łukasz</b>	<b>161</b>	K.B. SPRINT ŚWIDWIN	M35	9	00:02:44	00:28:14	00:31:06	00:56:47	<b>00:59:24.00</b>	+00:05:11	3:57	15.2
28	<b>KOTARSKI Wiesław</b>	<b>273</b>	GRUPA AZOTY POLICE	M60	1	00:02:38	00:27:48	00:30:37	00:56:40	<b>00:59:27.80</b>	+00:05:15	3:57	15.1
29	<b>KONARSKI Bartosz</b>	<b>260</b>	ERAKAWY RUNNERS	M40	7	00:02:43	00:28:22	00:31:10	00:56:44	<b>00:59:27.80</b>	+00:05:15	3:57	15.1
30	<b>NAGLACKI Grzegorz</b>	<b>385</b>	MLUKS TRZEBIATÓW	M45	5	00:02:33	00:27:15	00:30:00	00:56:53	<b>00:59:36.70</b>	+00:05:24	3:58	15.1
31	<b>CZOSNOWSKI Krzysztof</b>	<b>91</b>	KB HERMES GRYFINO	M40	8	00:02:43	00:28:12	00:31:00	00:56:57	<b>00:59:36.15</b>	+00:05:24	3:58	15.1
32	<b>KUBISZ Mateusz</b>	<b>296</b>	KOŁOBRZEG MARATON TEAM	M30	5	00:02:39	00:27:53	00:30:42	00:56:55	<b>00:59:38.05</b>	+00:05:25	3:58	15.1
33	<b>ELIASZ Wiktor</b>	<b>123</b>	KMKL SZTORM KOŁOBRZEG	M16	1	00:02:36	00:28:33	00:31:27	00:57:12	<b>00:59:48.70</b>	+00:05:36	3:59	15.1
34	<b>GROCHOWALSKI Rafał</b>	<b>170</b>	21 BLT/K.B. SPRINT ŚWIDWIN	M40	9	00:02:46	00:28:23	00:31:13	00:57:22	<b>01:00:07.65</b>	+00:05:55	4:00	15
35	<b>ANTONOWICZ Wojciech</b>	<b>11</b>		M50	1	00:02:40	00:28:23	00:31:15	00:57:31	<b>01:00:14.80</b>	+00:06:02	4:01	14.9
36	<b>SAPIKOWSKI Mariusz</b>	<b>502</b>	ROZBIEGANY GOLENIÓW	M40	10	00:02:40	00:28:18	00:31:10	00:57:37	<b>01:00:18.45</b>	+00:06:06	4:01	14.9
37	<b>BARTKOWIAK Janusz</b>	<b>25</b>	K.B. MENTOR	M20	5	00:02:41	00:28:37	00:31:29	00:57:33	<b>01:00:23.95</b>	+00:06:11	4:01	14.9
38	<b>FIAŁKA Maciej</b>	<b>127</b>	LOKATOR PIŁA	M40	11	00:02:42	00:28:29	00:31:22	00:57:39	<b>01:00:22.30</b>	+00:06:10	4:01	14.9
39	<b>GARBACZ Krzysztof</b>	<b>140</b>		M45	6	00:02:41	00:27:58	00:30:51	00:57:44	<b>01:00:32.90</b>	+00:06:20	4:02	14.9
40	<b>KOPCEWICZ Robert</b>	<b>262</b>	ROZBIEGANY GOLENIÓW	M50	2	00:02:40	00:28:20	00:31:12	00:57:45	<b>01:00:37.35</b>	+00:06:25	4:02	14.8
41	<b>BURDA Robert</b>	<b>62</b>	KOSPEL	M40	12	00:02:44	00:28:24	00:31:16	00:57:55	<b>01:00:41.30</b>	+00:06:29	4:02	14.8
42	<b>PRĘDKI Grzegorz</b>	<b>448</b>	KB BRYZA POSTOMINO	M30	7	00:02:45	00:28:43	00:31:33	00:58:09	<b>01:00:52.30</b>	+00:06:40	4:03	14.8
43	<b>PISKORZ Szymon</b>	<b>431</b>	KP PSP GRYFICE	M30	6	00:02:41	00:28:34	00:31:25	00:58:14	<b>01:00:51.95</b>	+00:06:39	4:03	14.8
44	<b>OBOLIK Mirosław</b>	<b>393</b>		M55	1	00:02:47	00:28:14	00:31:06	00:58:10	<b>01:01:02.85</b>	+00:06:50	4:04	14.7
45	<b>PIECYK Robert</b>	<b>429</b>		M40	13	00:02:43	00:28:45	00:31:41	00:58:25	<b>01:01:14.75</b>	+00:07:02	4:05	14.7
46	<b>CENTKA Jakub</b>	<b>69</b>	TEAM ŚWIĘTA	M20	6	00:02:41	00:28:50	00:31:49	00:58:44	<b>01:01:23.15</b>	+00:07:11	4:05	14.7
47	<b>KOLEBUK Marek</b>	<b>255</b>	MG	M55	2	00:02:36	00:28:38	00:31:34	00:58:41	<b>01:01:31.55</b>	+00:07:19	4:06	14.6
48	<b>KIESZKOWSKI Adam</b>	<b>250</b>	TRI RZEŹNIA	M30	8	00:02:43	00:28:26	00:31:22	00:58:39	<b>01:01:35.05</b>	+00:07:22	4:06	14.6
49	<b>ZWOLIŃSKI Jan</b>	<b>643</b>	TKKF KOSZALIN	M50	3	00:02:52	00:29:38	00:32:32	00:59:03	<b>01:01:40.70</b>	+00:07:28	4:06	14.6
50	<b>KRAWCZYK Mateusz</b>	<b>287</b>	AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	M20	7	00:02:48	00:29:11	00:32:07	00:59:00	<b>01:01:43.85</b>	+00:07:31	4:06	14.6
51	<b>POBŁOCKA Katarzyna</b>	<b>437</b>	UKS EKONOMIK MARATOŃCZYK LĘBORK	K20	1	00:02:43	00:28:15	00:31:08	00:58:51	<b>01:01:49.35</b>	+00:07:37	4:07	14.6
52	<b>BIEDRZYCKI Andrzej</b>	<b>33</b>	OSP STARY BOREK	M60	2	00:02:44	00:28:46	00:31:43	00:58:52	<b>01:01:49.85</b>	+00:07:37	4:07	14.6
53	<b>KOWALSKI Cezary</b>	<b>277</b>	PARKRUN SZCZECIN	M50	4	00:02:45	00:29:12	00:32:11	00:59:15	<b>01:02:05.60</b>	+00:07:53	4:08	14.5
54	<b>CZAPLIŃSKI Jacek</b>	<b>690</b>	TAGER KOSZALIN	M35	10	00:02:44	00:29:01	00:31:56	00:59:33	<b>01:02:23.90</b>	+00:08:11	4:09	14.4
55	<b>BAJGERT Robert</b>	<b>15</b>		M45	7	00:02:44	00:28:54	00:31:53	00:59:33	<b>01:02:25.65</b>	+00:08:13	4:09	14.4
56	<b>RATAJCZAK Janusz</b>	<b>468</b>	KB AKTYWNI KRZYŻ WLKP	M55	3	00:02:45	00:28:50	00:31:52	00:59:32	<b>01:02:28.85</b>	+00:08:16	4:09	14.4
57	<b>STACHOWICZ Wiesław</b>	<b>672</b>	BRZOZA BIEGA	M45	8	00:03:07	00:30:49	00:32:58	01:00:01	<b>01:02:30.55</b>	+00:08:18	4:10	14.4
58	<b>WITKIEWICZ Magda</b>	<b>616</b>		K40	1	00:02:57	00:29:53	00:32:49	00:59:49	<b>01:02:34.85</b>	+00:08:22	4:10	14.4
59	<b>KOŚCIELNIAK Robert</b>	<b>271</b>	TKKF KOSZALIN	M50	5	00:02:52	00:29:49	00:32:45	01:00:04	<b>01:02:46.30</b>	+00:08:34	4:11	14.3
60	<b>PRENDECKI Marcin</b>	<b>446</b>		M40	14	00:02:58	00:29:34	00:32:24	01:00:02	<b>01:02:51.35</b>	+00:08:39	4:11	14.3
61	<b>RUTKOWSKA Joanna</b>	<b>491</b>	GKS KASZUBI LUZINO	K40	2	00:02:45	00:29:01	00:32:01	00:59:58	<b>01:02:53.05</b>	+00:08:40	4:11	14.3
62	<b>DUDZIŃSKA Maja</b>	<b>115</b>		K40	3	00:02:55	00:29:50	00:32:47	01:00:05	<b>01:03:04.70</b>	+00:08:52	4:12	14.3
63	<b>ANDREJCZUK Piotr</b>	<b>7</b>	KB AKTYWNI KRZYŻ WLKP	M35	11	00:02:46	00:29:12	00:32:08	01:00:09	<b>01:03:06.00</b>	+00:08:53	4:12	14.3
64	<b>CENTKA Michał</b>	<b>67</b>	TEAM ŚWIĘTA	M40	15	00:02:39	00:28:59	00:31:56	01:00:10	<b>01:03:11.15</b>	+00:08:59	4:12	14.2
65	<b>BIEDRZYCKI Krzysztof</b>	<b>31</b>		M45	9	00:02:45	00:29:02	00:32:03	01:00:23	<b>01:03:29.80</b>	+00:09:17	4:14	14.2
66	<b>MORGIEWICZ Piotr</b>	<b>380</b>	RUNGRYF GRYFICE	M50	6	00:02:48	00:30:04	00:33:04	01:00:33	<b>01:03:32.00</b>	+00:09:19	4:14	14.2
67	<b>POTASZNIK Artur</b>	<b>444</b>	MARATOŃCZYK TEAM SZCZECIN	M45	10	00:02:47	00:29:47	00:32:52	01:00:53	<b>01:03:45.50</b>	+00:09:33	4:15	14.1

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
68	<b>PŁOŃSKI Jakub</b>	<b>435</b>	DZIKIE DZIKI GORZÓW	M35	12	00:02:48	00:29:53	00:32:50	01:01:01	<b>01:03:57.65</b>	+00:09:45	4:15	14.1
69	<b>ANTOSIK Grzegorz</b>	<b>12</b>	KB BRYZA POSTOMINO	M40	16	00:02:54	00:30:08	00:33:04	01:01:16	<b>01:04:04.10</b>	+00:09:52	4:16	14
70	<b>HARASIMOWICZ Sławek</b>	<b>184</b>	DEBNOTEAM	M40	17	00:02:40	00:29:03	00:32:09	01:01:16	<b>01:04:09.55</b>	+00:09:57	4:16	14
71	<b>TOMALIK Karol</b>	<b>662</b>	KAROLMAN	M40	18	00:02:56	00:30:14	00:33:15	01:01:15	<b>01:04:16.65</b>	+00:10:04	4:17	14
72	<b>MICHALSKI Janusz</b>	<b>370</b>		M50	7	00:03:04	00:30:44	00:33:48	01:01:40	<b>01:04:21.15</b>	+00:10:09	4:17	14
73	<b>KIERZNOWSKI Andrzej</b>	<b>249</b>	KB WYGAN	M60	3	00:02:50	00:30:28	00:33:32	01:01:42	<b>01:04:31.05</b>	+00:10:18	4:18	13.9
74	<b>PRYK Rafał</b>	<b>456</b>	ROZBIEGANY GOLENIÓW	M40	19	00:02:52	00:30:31	00:33:36	01:01:44	<b>01:04:35.30</b>	+00:10:23	4:18	13.9
75	<b>PAKULSKI Marcin</b>	<b>413</b>		M40	20	00:03:12	00:30:37	00:33:40	01:01:49	<b>01:04:41.65</b>	+00:10:29	4:18	13.9
76	<b>MERDA Katarzyna</b>	<b>367</b>	MTS HAMER MIASTKO	K35	1	00:02:49	00:30:20	00:33:22	01:01:45	<b>01:04:41.95</b>	+00:10:29	4:18	13.9
77	<b>SOBCZYK Łukasz</b>	<b>516</b>	KOŁOBRZEG BIEGA	M40	21	00:02:52	00:29:53	00:32:53	01:01:41	<b>01:04:42.50</b>	+00:10:30	4:18	13.9
78	<b>TROŚNIAK Piotr</b>	<b>683</b>	KB 10 BIAŁOGARD	M45	11	00:02:59	00:30:20	00:33:30	01:02:03	<b>01:04:57.90</b>	+00:10:45	4:19	13.9
79	<b>STEFANOWICZ Paweł</b>	<b>530</b>	ORLEN RUNNING TEAM	M40	22	00:02:56	00:30:37	00:33:48	01:02:09	<b>01:05:05.95</b>	+00:10:53	4:20	13.8
80	<b>GŁOĆKO Wojciech</b>	<b>153</b>		M40	23	00:02:41	00:30:06	00:33:07	01:01:53	<b>01:05:08.40</b>	+00:10:56	4:20	13.8
81	<b>ZAWADZKI Damian</b>	<b>635</b>	KB WYGAN	M35	13	00:02:59	00:30:54	00:33:57	01:02:21	<b>01:05:19.20</b>	+00:11:07	4:21	13.8
82	<b>ROMANOWSKI Dariusz</b>	<b>478</b>	KPW ŚWINOUJŚCIE	M35	14	00:03:05	00:30:45	00:33:49	01:02:23	<b>01:05:23.75</b>	+00:11:11	4:21	13.8
83	<b>DURKOWSKI Dawid</b>	<b>116</b>	TATO BIEGA	M30	9	00:03:09	00:31:05	00:34:04	01:02:35	<b>01:05:26.50</b>	+00:11:14	4:21	13.8
84	<b>SZCZUPACZYŃSKI Arkadiusz</b>	<b>551</b>	RUNGRYF GRYFICE	M55	4	00:02:44	00:30:55	00:34:02	01:02:26	<b>01:05:29.20</b>	+00:11:17	4:21	13.7
85	<b>BARAŃSKI Bogusław</b>	<b>21</b>	MLUKS TRZEBIATÓW	M60	4	00:02:45	00:30:48	00:33:57	01:02:36	<b>01:05:36.55</b>	+00:11:24	4:22	13.7
86	<b>WYSZKOWSKI Marcin</b>	<b>629</b>	KOŁOBRZEG MARATON TEAM	M45	12	00:02:59	00:30:56	00:33:57	01:02:51	<b>01:05:42.55</b>	+00:11:30	4:22	13.7
87	<b>BARANOWSKI Piotr</b>	<b>19</b>		M40	24	00:03:01	00:30:58	00:34:02	01:02:44	<b>01:05:54.40</b>	+00:11:42	4:23	13.7
88	<b>MICHAŁOWSKI Jan</b>	<b>371</b>	KB HERMES GRYFINO	M55	5	00:03:04	00:31:33	00:34:41	01:02:58	<b>01:05:55.05</b>	+00:11:42	4:23	13.7
89	<b>BZDAWKA Rafał</b>	<b>66</b>	KPW ŚWINOUJŚCIE	M40	25	00:03:07	00:32:02	00:35:06	01:02:59	<b>01:05:55.35</b>	+00:11:43	4:23	13.7
90	<b>PŁCZYŃSKI Zbigniew</b>	<b>663</b>		M55	6	00:02:53	00:30:45	00:33:54	01:02:59	<b>01:05:59.15</b>	+00:11:47	4:23	13.6
91	<b>PLUTA Grzegorz</b>	<b>433</b>	KB HERMES GRYFINO	M55	7	00:02:48	00:30:06	00:33:14	01:02:58	<b>01:06:01.65</b>	+00:11:49	4:24	13.6
92	<b>MICKIEWICZ Adam</b>	<b>658</b>	JW 3937	M30	10	00:03:09	00:31:01	00:34:11	01:03:12	<b>01:06:02.75</b>	+00:11:50	4:24	13.6
93	<b>SOWIŃSKI Saturnin</b>	<b>521</b>	1.SLT	M50	8	00:03:00	00:30:57	00:34:05	01:03:14	<b>01:06:17.80</b>	+00:12:05	4:25	13.6
94	<b>ZEMBIK Grzegorz</b>	<b>637</b>	KB HERMES GRYFINO	M50	9	00:02:59	00:31:27	00:34:35	01:03:19	<b>01:06:20.35</b>	+00:12:08	4:25	13.6
95	<b>GIERLACH Jacek</b>	<b>152</b>	STOPA SŁUPSK	M20	8	00:02:57	00:30:35	00:33:43	01:03:30	<b>01:06:36.05</b>	+00:12:23	4:26	13.5
96	<b>KOSAKOWSKI Marian</b>	<b>266</b>	MARATOŃCZYK TEAM SZCZECIN	M60	5	00:02:56	00:31:01	00:34:08	01:03:37	<b>01:06:36.35</b>	+00:12:24	4:26	13.5
97	<b>CHUDY Henryk</b>	<b>79</b>	KS OLSZEWSKI I SYNOWIE	M60	6	00:02:53	00:30:17	00:33:27	01:03:25	<b>01:06:42.85</b>	+00:12:30	4:26	13.5
98	<b>RUSIECKI Henryk</b>	<b>490</b>	HERMES GRYFINO	M65	1	00:02:58	00:31:50	00:34:58	01:03:42	<b>01:06:43.35</b>	+00:12:31	4:26	13.5
99	<b>KOSIŃSKI Mateusz</b>	<b>269</b>	DRUŻYNA SZPIKU	M20	9	00:03:05	00:31:55	00:35:02	01:03:58	<b>01:06:45.15</b>	+00:12:33	4:27	13.5
100	<b>BULIKOWSKI Tomasz</b>	<b>59</b>		M35	15	00:03:08	00:31:49	00:34:56	01:03:54	<b>01:06:45.50</b>	+00:12:33	4:27	13.5
101	<b>PROŚNIEWSKI Mirosław</b>	<b>450</b>	RUNGRYF GRYFICE	M35	16	00:02:48	00:30:18	00:33:21	01:03:29	<b>01:06:48.20</b>	+00:12:36	4:27	13.5
102	<b>CHOMONT Rafał</b>	<b>74</b>		M40	26	00:03:03	00:31:18	00:34:25	01:03:42	<b>01:06:49.80</b>	+00:12:37	4:27	13.5
103	<b>WARDYN Jarek</b>	<b>600</b>		M40	27	00:02:58	00:31:52	00:34:57	01:04:03	<b>01:06:54.95</b>	+00:12:42	4:27	13.4
104	<b>KAMIŃSKA Agata</b>	<b>231</b>	PARKRUN SZCZECIN	K30	1	00:02:59	00:31:52	00:34:57	01:03:59	<b>01:06:56.55</b>	+00:12:44	4:27	13.4
105	<b>IWANOWSKI Rafał</b>	<b>199</b>	AT AKTYWNY TRZEBIATÓW	M35	17	00:03:00	00:31:04	00:34:14	01:03:53	<b>01:07:08.10</b>	+00:12:56	4:28	13.4
106	<b>KULIŃSKI Bogdan</b>	<b>306</b>	GŁOGÓW DRUŻYNA SZPIKU KGHM	M55	8	00:02:59	00:31:17	00:34:34	01:04:07	<b>01:07:16.80</b>	+00:13:04	4:29	13.4
107	<b>PLATA Tadeusz</b>	<b>432</b>	MARATOŃCZYK TEAM SZCZECIN	M65	2	00:02:54	00:31:16	00:34:27	01:04:01	<b>01:07:18.35</b>	+00:13:06	4:29	13.4
108	<b>LEŚNIEWSKI Konrad</b>	<b>321</b>	KB BRYZA POSTOMINO	M20	10	00:02:54	00:30:41	00:33:52	01:04:03	<b>01:07:18.40</b>	+00:13:06	4:29	13.4
109	<b>SZMYTKOWSKI Bartosz</b>	<b>558</b>		M30	11	00:03:06	00:31:27	00:34:33	01:04:15	<b>01:07:21.45</b>	+00:13:09	4:29	13.4
110	<b>SAMBOR Krzysztof</b>	<b>501</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M30	12	00:02:52	00:30:57	00:34:08	01:04:08	<b>01:07:23.55</b>	+00:13:11	4:29	13.4

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
111	PUCHAŁA Sławomir	459	BLUE TEAM PIŁA	M45	13	00:02:53	00:30:57	00:34:08	01:04:09	<b>01:07:23.60</b>	+00:13:11	4:29	13.4
112	ODWROT Hubert	394	3:33 TEAM	M45	14	00:03:07	00:31:52	00:35:04	01:04:24	<b>01:07:32.90</b>	+00:13:20	4:30	13.3
113	MAKSYMOWICZ Kornelia	352		K35	2	00:03:00	00:31:28	00:34:42	01:04:29	<b>01:07:37.00</b>	+00:13:24	4:30	13.3
114	JAROCHOWICZ Norbert	210		M45	15	00:02:52	00:30:52	00:34:13	01:04:45	<b>01:07:50.90</b>	+00:13:38	4:31	13.3
115	JANKIEWICZ Tomasz	204	MTS HAMER MIASTKO	M40	28	00:02:48	00:31:45	00:35:00	01:04:49	<b>01:07:51.10</b>	+00:13:39	4:31	13.3
116	OLESZCZAK Robert	399	KP PSP GRYFICE	M40	29	00:03:13	00:31:42	00:34:51	01:04:42	<b>01:07:51.70</b>	+00:13:39	4:31	13.3
117	ŚLIWA Marek	571	NUTRILITE TEAM	M45	16	00:02:53	00:31:01	00:34:16	01:04:45	<b>01:07:53.70</b>	+00:13:41	4:31	13.3
118	PŁAŻAŁSKI Łukasz	434	HUSARIA RACE TEAM GRYFICE	M35	18	00:02:53	00:31:25	00:34:38	01:04:59	<b>01:07:59.40</b>	+00:13:47	4:31	13.2
119	TWARÓG Eugeniusz	585		M40	30	00:02:59	00:31:32	00:34:46	01:05:01	<b>01:08:02.15</b>	+00:13:50	4:32	13.2
120	SZCZYGIELSKI Radosław	552		M30	13	00:03:00	00:31:46	00:35:01	01:04:54	<b>01:08:05.75</b>	+00:13:53	4:32	13.2
121	FILAROWSKI Stefan	129	GRUPA NURKÓW INŻYNIERII	M45	17	00:03:04	00:31:37	00:34:51	01:04:56	<b>01:08:09.75</b>	+00:13:57	4:32	13.2
122	FRYDRYCH Wojciech	133	KOŁOBRZEG MARATON TEAM	M30	14	00:03:05	00:32:34	00:35:46	01:05:14	<b>01:08:09.85</b>	+00:13:57	4:32	13.2
123	MACKOJĆ Krzysztof	348		M45	18	00:02:51	00:31:27	00:34:44	01:04:57	<b>01:08:10.55</b>	+00:13:58	4:32	13.2
124	SURDAKCI Piotr	545		M40	31	00:02:59	00:31:55	00:35:10	01:05:11	<b>01:08:15.30</b>	+00:14:03	4:33	13.2
125	KAŹMIERCZAK Robert	624		M45	19	00:03:08	00:32:30	00:35:45	01:05:26	<b>01:08:22.50</b>	+00:14:10	4:33	13.2
126	OSTROWSKI Marian	410	SENIOR 54	M60	7	00:03:07	00:31:53	00:35:09	01:05:16	<b>01:08:29.20</b>	+00:14:17	4:33	13.1
127	FIŁONOWICZ Monika	131		K40	4	00:02:59	00:31:40	00:34:57	01:05:24	<b>01:08:36.15</b>	+00:14:24	4:34	13.1
128	BIELECKI Andrzej	36	3:33 TEAM	M45	20	00:03:05	00:32:06	00:35:20	01:05:27	<b>01:08:39.00</b>	+00:14:26	4:34	13.1
129	MALINOWSKI Zbigniew	356	KOŁOBRZEG MORZEM SPORTÓW	M60	8	00:03:11	00:32:46	00:35:58	01:05:39	<b>01:08:41.65</b>	+00:14:29	4:34	13.1
130	SOBKOWIAK Robert	518		M50	10	00:03:02	00:31:18	00:34:33	01:05:32	<b>01:08:46.80</b>	+00:14:34	4:35	13.1
131	KWINTAL Janek	313		M45	21	00:03:14	00:32:44	00:36:02	01:05:58	<b>01:08:51.40</b>	+00:14:39	4:35	13.1
132	ŁOWICKI Bartosz	341	PRUSZCZ BIEGA	M20	11	00:02:52	00:31:30	00:34:48	01:05:47	<b>01:08:52.45</b>	+00:14:40	4:35	13.1
133	DYMEK Paweł	120	KB AKTYWNI KRZYŻ WLKP	M35	19	00:02:59	00:31:28	00:34:43	01:05:43	<b>01:08:56.15</b>	+00:14:44	4:35	13.1
134	LPIŃSKI Krzysztof	327	KB MANIAC POZNAŃ	M55	9	00:03:24	00:32:49	00:36:04	01:05:57	<b>01:09:02.70</b>	+00:14:50	4:36	13
135	AUGUSTYNIAK Grzegorz	14	PAN	M40	32	00:03:09	00:32:33	00:35:50	01:06:02	<b>01:09:07.85</b>	+00:14:55	4:36	13
136	ŻMUDA Jarosław	646	CW FANZA KOŁOBRZEG	M40	33	00:03:01	00:32:30	00:35:50	01:06:11	<b>01:09:08.35</b>	+00:14:56	4:36	13
137	SZYMANOWICZ Łukasz	565		M40	34	00:03:04	00:31:34	00:34:51	01:05:47	<b>01:09:09.30</b>	+00:14:57	4:36	13
138	BULIKOWSKI Paweł	60		M45	22	00:03:14	00:32:38	00:35:55	01:06:02	<b>01:09:12.95</b>	+00:15:00	4:36	13
139	LANGIEWICZ Jacek	317	MKJ POLICE	M60	9	00:03:16	00:32:39	00:35:57	01:06:02	<b>01:09:16.90</b>	+00:15:04	4:37	13
140	KASPEROWICZ Dariusz	239	WIECZORNE BIEGANIE W SZCZECINIE	M40	35	00:03:10	00:31:38	00:34:51	01:06:08	<b>01:09:23.70</b>	+00:15:11	4:37	13
141	PĘKAŁA Piotr	427	ROZBIEGANY KOSZALIN	M45	23	00:03:22	00:33:45	00:37:06	01:06:19	<b>01:09:23.90</b>	+00:15:11	4:37	13
142	ANDRYSKOWSKI Zdzisław	682	KOLARZ-POL	M45	24	00:02:46	00:31:16	00:34:32	01:06:14	<b>01:09:30.60</b>	+00:15:18	4:38	12.9
143	BEDNARCZYK Tomasz	28		M30	15	00:03:14	00:32:35	00:35:48	01:06:17	<b>01:09:30.95</b>	+00:15:18	4:38	12.9
144	LEWANDOWSKI Piotr	324	SKB DZIK	M35	20	00:03:10	00:32:22	00:35:45	01:06:24	<b>01:09:33.20</b>	+00:15:21	4:38	12.9
145	BRATUŚ Andrzej	45	EUROTRUCK S.C.	M40	36	00:03:08	00:32:40	00:36:00	01:06:34	<b>01:09:44.85</b>	+00:15:32	4:39	12.9
146	KUKIEŁA Tomasz	299	ROZBIEGANA KUKIEŁKA	M35	21	00:03:18	00:32:45	00:35:57	01:06:38	<b>01:09:46.50</b>	+00:15:34	4:39	12.9
147	CYBULSKI Robert	86	HAMER MIASTKO	M45	25	00:03:13	00:33:26	00:36:45	01:06:52	<b>01:09:57.75</b>	+00:15:45	4:39	12.9
148	UKRAIŃSKI Sławomir	590	KOŁOBRZEG BIEGA	M50	11	00:03:02	00:32:09	00:35:31	01:06:46	<b>01:10:03.35</b>	+00:15:51	4:40	12.8
149	STACHOWIAK Ryszard	524		M65	3	00:03:16	00:31:58	00:35:19	01:06:47	<b>01:10:07.00</b>	+00:15:54	4:40	12.8
150	PROKOPOWICZ Marcin	449	3:33 TEAM	M35	22	00:03:11	00:33:19	00:36:38	01:07:04	<b>01:10:16.80</b>	+00:16:04	4:41	12.8
151	KOSECKA Katarzyna	267	KB WYGAN	K35	3	00:03:02	00:33:26	00:36:44	01:07:12	<b>01:10:19.85</b>	+00:16:07	4:41	12.8
152	LITWINOWICZ Renata	329	KB WYGAN	K40	5	00:03:20	00:33:22	00:36:43	01:07:18	<b>01:10:26.05</b>	+00:16:13	4:41	12.8
153	MICHALAK Jacek	368		M55	10	00:03:01	00:32:10	00:35:31	01:07:13	<b>01:10:27.50</b>	+00:16:15	4:41	12.8

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
154	TALAREK Robert	575	KRZEWINKOWA	M40	37	00:03:07	00:32:41	00:36:09	01:07:29	<b>01:10:34.30</b>	+00:16:22	4:42	12.8
155	DUDA Andrzej	114		M50	12	00:02:46	00:32:24	00:35:48	01:07:26	<b>01:10:36.75</b>	+00:16:24	4:42	12.7
156	GIEDRYS Wojtek	149	3:33 TEAM	M45	26	00:03:02	00:32:15	00:35:38	01:07:15	<b>01:10:36.95</b>	+00:16:24	4:42	12.7
157	MALICKI Grzegorz	354	SCYZORYK	M45	27	00:03:19	00:32:57	00:36:19	01:07:29	<b>01:10:42.35</b>	+00:16:30	4:42	12.7
158	TRZECIAK Dariusz	584	KOŁOBRZEG BIEGA	M45	28	00:03:13	00:33:17	00:36:39	01:07:43	<b>01:10:46.45</b>	+00:16:34	4:43	12.7
159	POLAŃSKI Dariusz	441	ORZEŁ MRZEŻYNO	M50	13	00:02:53	00:32:01	00:35:23	01:07:15	<b>01:10:47.45</b>	+00:16:35	4:43	12.7
160	BRZÓSKA Eugeniusz	52	KB HERMES GRYFINO	M55	11	00:03:08	00:33:12	00:36:36	01:07:35	<b>01:10:48.30</b>	+00:16:36	4:43	12.7
161	STAŃCZYK Sławomir	527	STARGARD. JA SIĘ NIE ŚCIGAM	M30	16	00:03:23	00:33:44	00:37:01	01:07:47	<b>01:10:49.60</b>	+00:16:37	4:43	12.7
162	KOŁTUNIAK Hubert	259		M40	38	00:03:19	00:33:39	00:36:55	01:07:46	<b>01:10:55.00</b>	+00:16:42	4:43	12.7
163	TAMAS Mateusz	576		M20	12	00:03:21	00:33:22	00:36:40	01:07:43	<b>01:10:55.80</b>	+00:16:43	4:43	12.7
164	POLGUJ Piotr	442	PARKRUN MKL SZCZECINEK	M70	1	00:03:04	00:32:15	00:35:38	01:07:28	<b>01:10:57.95</b>	+00:16:45	4:43	12.7
165	OLESZCZAK Piotr	400	OSP GRYFICE	M16	2	00:03:27	00:32:44	00:35:53	01:07:37	<b>01:10:59.35</b>	+00:16:47	4:43	12.7
166	TOWSTOKORY Marek	579		M40	39	00:02:58	00:33:15	00:36:42	01:07:54	<b>01:11:17.05</b>	+00:17:04	4:45	12.6
167	ROMEJ Elżbieta	481	LŁKB TRUCHT ŁOBEZ	K50	1	00:03:02	00:32:43	00:36:04	01:07:44	<b>01:11:19.45</b>	+00:17:07	4:45	12.6
168	SZOTA Robert	560	SMT SZCZECIN	M30	17	00:03:16	00:34:28	00:37:47	01:08:32	<b>01:11:27.40</b>	+00:17:15	4:45	12.6
169	ROJEK Michał	476		M35	23	00:03:24	00:34:37	00:37:59	01:08:24	<b>01:11:32.20</b>	+00:17:20	4:46	12.6
170	GUZIKIEWICZ Mirosław	177	ROZBIEGANY GOLENIÓW	M45	29	00:03:25	00:34:41	00:37:55	01:08:24	<b>01:11:36.65</b>	+00:17:24	4:46	12.6
171	CHRZANOWSKI Mariusz	669		M50	14	00:03:13	00:32:58	00:36:16	01:07:58	<b>01:11:38.45</b>	+00:17:26	4:46	12.6
172	WILKOWSKI Krzysztof	614	L	M35	24	00:03:03	00:32:49	00:36:15	01:08:11	<b>01:11:38.50</b>	+00:17:26	4:46	12.6
173	ZAWADZKI Adrian	681	REGA TRZEBIATÓW	M20	13	00:02:31	00:32:26	00:35:37	01:08:33	<b>01:11:39.50</b>	+00:17:27	4:46	12.6
174	SZYDŁOWSKI Witold	564		M55	12	00:03:01	00:32:40	00:36:00	01:08:31	<b>01:11:57.25</b>	+00:17:45	4:47	12.5
175	HOPPE Bronisław	196	JW 3937	M35	25	00:03:24	00:33:25	00:36:49	01:08:54	<b>01:12:00.85</b>	+00:17:48	4:48	12.5
176	MARTYNOWICZ Tobiasz	359	GRABOWO	M30	18	00:02:58	00:30:37	00:34:03	01:08:35	<b>01:12:03.95</b>	+00:17:51	4:48	12.5
177	DARONIN Pavlo	95		M35	26	00:03:31	00:34:46	00:38:00	01:08:56	<b>01:12:05.40</b>	+00:17:53	4:48	12.5
178	GROCHOWSKI Krzysztof	171		M30	19	00:03:14	00:33:12	00:36:40	01:08:34	<b>01:12:06.65</b>	+00:17:54	4:48	12.5
179	KUKIEŁKA Wojciech	300		M35	27	00:03:59	00:34:58	00:38:20	01:08:53	<b>01:12:07.80</b>	+00:17:55	4:48	12.5
180	BUCZKOWSKI Jacek	54	8BREM	M45	30	00:03:06	00:33:27	00:36:54	01:09:18	<b>01:12:12.95</b>	+00:18:00	4:48	12.5
181	RÓŻYCKI Edward	485	MUKS TORNADO	M65	4	00:03:28	00:34:40	00:38:05	01:09:05	<b>01:12:20.20</b>	+00:18:08	4:49	12.4
182	KUŹMIŃSKA Maryla	673	BRZOZA BIEGA	K35	4	00:03:25	00:34:10	00:37:35	01:09:03	<b>01:12:23.75</b>	+00:18:11	4:49	12.4
183	NADOLNY Przemysław	384	INTER-COPY SZCZECIN	M40	40	00:03:24	00:34:23	00:37:45	01:09:16	<b>01:12:27.35</b>	+00:18:15	4:49	12.4
184	WĘDZIŃSKI Maciej	607	RUNGRYF GRYFICE	M40	41	00:03:05	00:32:50	00:36:18	01:09:07	<b>01:12:29.85</b>	+00:18:17	4:50	12.4
185	KARCZEWSKI Krzysztof	236	PG SPORTOWA PACZKA	M55	13	00:03:21	00:34:33	00:37:57	01:09:27	<b>01:12:35.10</b>	+00:18:23	4:50	12.4
186	CHMIELEWSKI Kamil	73	GRABOWO	M20	14	00:03:42	00:35:19	00:38:47	01:09:41	<b>01:12:36.55</b>	+00:18:24	4:50	12.4
187	PETA Andrzej	426	MTS HAMER MIASTKO	M45	31	00:03:13	00:33:42	00:37:07	01:09:13	<b>01:12:37.55</b>	+00:18:25	4:50	12.4
188	JUZYSZYN-BRAŃSKA Alicja	221		K30	2	00:02:57	00:33:32	00:36:59	01:09:17	<b>01:12:37.75</b>	+00:18:25	4:50	12.4
189	OTOKA Kasia	411		K40	6	00:03:11	00:34:02	00:37:31	01:09:24	<b>01:12:40.65</b>	+00:18:28	4:50	12.4
190	SKAŁECKI Robert	511	PARKRUN ŚWIDWIN	M45	32	00:03:17	00:32:47	00:36:03	01:09:29	<b>01:12:43.95</b>	+00:18:31	4:50	12.4
191	TADROWSKI Tomasz	574		M45	33	00:03:25	00:34:33	00:37:57	01:09:38	<b>01:12:44.45</b>	+00:18:32	4:50	12.4
192	MAJDZIŃSKI Paweł	350	GRABOWO	M20	15	00:03:40	00:35:20	00:38:48	01:09:42	<b>01:13:01.75</b>	+00:18:49	4:52	12.3
193	CIESZYŃSKI Marcin	84		M35	28	00:03:27	00:35:10	00:38:35	01:10:01	<b>01:13:03.15</b>	+00:18:51	4:52	12.3
194	PRZYBYSZ Michał	457		M30	20	00:03:04	00:33:50	00:37:17	01:09:44	<b>01:13:05.20</b>	+00:18:53	4:52	12.3
195	ŁAWNICZAK Justyna	337	TEAM ŚWIĘTA	K35	5	00:02:57	00:33:18	00:36:45	01:09:46	<b>01:13:07.80</b>	+00:18:55	4:52	12.3
196	MAŁKIŃSKI Józef	358	RWT W BYDGOSZCZY	M60	10	00:03:31	00:34:40	00:38:07	01:09:46	<b>01:13:08.10</b>	+00:18:56	4:52	12.3

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
197	CHABOWSKA Karolina	70		K30	3	00:03:03	00:33:43	00:37:12	01:09:54	<b>01:13:18.25</b>	+00:19:06	4:53	12.3
198	ANDRYSKOWSKI Marek	8	STOWARZYSZENIE 42,2 ŁĘBORK	M50	15	00:03:19	00:34:54	00:38:22	01:10:07	<b>01:13:19.55</b>	+00:19:07	4:53	12.3
199	WALERIAŃCZYK Roman	599	GMINA KOŁOBRZEG	M50	16	00:03:11	00:34:16	00:37:52	01:10:02	<b>01:13:21.95</b>	+00:19:09	4:53	12.3
200	MIECZKOWSKI Michał	674	KTC KOŁOBRZEG	M55	14	00:03:23	00:34:16	00:37:42	01:09:51	<b>01:13:22.95</b>	+00:19:10	4:53	12.3
201	GERKE Mateusz	148		M20	16	00:03:29	00:34:53	00:38:17	01:10:20	<b>01:13:23.65</b>	+00:19:11	4:53	12.3
202	JONKO Wojciech	217		M65	5	00:03:09	00:32:59	00:36:31	01:09:42	<b>01:13:23.85</b>	+00:19:11	4:53	12.3
203	CYNARSKI Marek	87		M40	42	00:03:29	00:34:57	00:38:20	01:10:12	<b>01:13:30.40</b>	+00:19:18	4:54	12.2
204	PENDRAK Kamil	425		M30	21	00:03:30	00:35:40	00:39:09	01:10:20	<b>01:13:33.15</b>	+00:19:21	4:54	12.2
205	DYBUS Thomas Henri	119	ROZBIEGANY GOLENIÓW	M45	34	00:04:01	00:34:35	00:37:49	01:10:11	<b>01:13:33.70</b>	+00:19:21	4:54	12.2
206	DADEŁO Robert	93		M45	35	00:03:22	00:34:27	00:37:53	01:10:07	<b>01:13:37.25</b>	+00:19:25	4:54	12.2
207	KALETKA Dariusz	228	KALETKA TEAM	M55	15	00:03:21	00:34:07	00:37:33	01:10:07	<b>01:13:38.30</b>	+00:19:26	4:54	12.2
208	AUGUSTYŃIAK Jakub	13	GRABOWO	M20	17	00:03:28	00:33:53	00:37:18	01:10:10	<b>01:13:39.10</b>	+00:19:27	4:54	12.2
209	GRYGORUK Cezary	173		M50	17	00:03:29	00:35:14	00:38:43	01:10:25	<b>01:13:39.40</b>	+00:19:27	4:54	12.2
210	KULINICZ Agnieszka	305	ROZBIEGANY GOLENIÓW	K35	6	00:03:27	00:34:48	00:38:15	01:10:18	<b>01:13:39.85</b>	+00:19:27	4:54	12.2
211	STRUŚ Artur	536	KB BRYZA POSTOMINO	M50	18	00:03:20	00:34:23	00:37:53	01:10:25	<b>01:13:43.30</b>	+00:19:31	4:54	12.2
212	FABICH Adrian	124	USB/ BALTIC SEALS	M30	22	00:03:30	00:36:45	00:40:27	01:10:40	<b>01:13:44.60</b>	+00:19:32	4:55	12.2
213	SZCZEPAŃSKI Zbigniew	549	MACIEJUNIO	M60	11	00:03:07	00:33:53	00:37:27	01:10:24	<b>01:13:46.50</b>	+00:19:34	4:55	12.2
214	TROCKI Robert	580		M40	43	00:03:08	00:34:41	00:38:09	01:10:32	<b>01:13:46.60</b>	+00:19:34	4:55	12.2
215	UZNAŃSKI Ryszard	596		M45	36	00:03:04	00:33:47	00:37:20	01:10:25	<b>01:13:47.00</b>	+00:19:34	4:55	12.2
216	GAWEŁ Zbigniew	143	MIASTO SŁUPSK	M60	12	00:03:23	00:34:43	00:38:12	01:10:16	<b>01:13:47.90</b>	+00:19:35	4:55	12.2
217	POMORYNKO Krzysztof	443		M35	29	00:03:24	00:34:59	00:38:23	01:10:41	<b>01:13:55.90</b>	+00:19:43	4:55	12.2
218	BANAŚ Adam	18		M35	30	00:03:16	00:34:40	00:38:11	01:10:39	<b>01:14:01.45</b>	+00:19:49	4:56	12.2
219	STĘPA Bartosz	531	DRUŻYNA SZPIKU	M20	18	00:03:22	00:33:55	00:37:27	01:10:58	<b>01:14:05.45</b>	+00:19:53	4:56	12.1
220	WYGANOWSKI Andrzej	628	K.B.WYGAN	M70	2	00:03:27	00:35:17	00:38:45	01:10:56	<b>01:14:10.90</b>	+00:19:58	4:56	12.1
221	LITZBARSKI Marek	330	DUDYCZ RUN	M50	19	00:03:31	00:35:44	00:39:16	01:11:05	<b>01:14:13.70</b>	+00:20:01	4:56	12.1
222	WOJCIECHOWSKA-HRYCYK Agata	620		K50	2	00:03:16	00:34:42	00:38:13	01:10:55	<b>01:14:15.85</b>	+00:20:03	4:57	12.1
223	PYTLARZ Waldemar	463		M55	16	00:03:38	00:35:39	00:39:06	01:11:00	<b>01:14:18.10</b>	+00:20:06	4:57	12.1
224	LANGĘ Damian	316	12 WOLIŃSKI DYWIZJON TRĄŁOWCÓW	M30	23	00:03:01	00:32:16	00:35:49	01:10:48	<b>01:14:19.45</b>	+00:20:07	4:57	12.1
225	SOSIN Tomasz	520	SZWLA	M55	17	00:03:33	00:34:58	00:38:29	01:10:58	<b>01:14:19.75</b>	+00:20:07	4:57	12.1
226	ROMANIUK Wojciech	477	NIEZRZESZONY	M45	37	00:03:31	00:35:21	00:38:50	01:11:13	<b>01:14:19.85</b>	+00:20:07	4:57	12.1
227	JĘDRASZKO Magda	214	MTS HAMER MIASTKO	K30	4	00:03:30	00:35:14	00:38:41	01:11:04	<b>01:14:20.30</b>	+00:20:08	4:57	12.1
228	SZUBERT Marcin	563	KOŁOBRZEG BIEGA	M40	44	00:03:45	00:35:55	00:39:22	01:11:05	<b>01:14:31.75</b>	+00:20:19	4:58	12.1
229	MEISSNER Bogusław	365	K.B. SPRINT ŚWIDWIN	M55	18	00:03:20	00:34:06	00:37:37	01:11:01	<b>01:14:35.10</b>	+00:20:23	4:58	12.1
230	DOMAGAŁA Sławomir	107	KORYUKAN ŚWIDWIN	M40	45	00:03:19	00:34:06	00:37:37	01:11:02	<b>01:14:43.20</b>	+00:20:31	4:58	12
231	SZYPOSZYŃSKI Kamil	570	MECENAS I PRZYJACIELE	M40	46	00:03:21	00:34:07	00:37:39	01:11:02	<b>01:14:44.00</b>	+00:20:31	4:58	12
232	ŻUKOWSKI Cezary	648	MIGAWKOWE.PL / ROZBIEGANY KOSZALIN	M35	31	00:03:20	00:35:27	00:39:00	01:11:30	<b>01:14:46.60</b>	+00:20:34	4:59	12
233	HOC Dariusz	193		M45	38	00:03:17	00:34:23	00:37:52	01:11:35	<b>01:14:49.70</b>	+00:20:37	4:59	12
234	LUBERAŃSKI Patryk	333	GRABOWO	M20	19	00:03:25	00:35:31	00:39:00	01:11:39	<b>01:14:52.50</b>	+00:20:40	4:59	12
235	BARTOSZUK Adam	26	MORSY KOŁOBRZEG	M40	47	00:03:26	00:36:24	00:39:58	01:11:54	<b>01:14:54.50</b>	+00:20:42	4:59	12
236	MIGALSKA-STANKIEWICZ Lucyna	373		K35	7	00:03:06	00:34:25	00:38:00	01:11:24	<b>01:14:55.20</b>	+00:20:43	4:59	12
237	CHORAŻEWSKI Sebastian	76		M40	48	00:03:11	00:34:58	00:38:28	01:11:48	<b>01:15:01.75</b>	+00:20:49	5:00	12
238	PRUSZANOW Marcin	452	KB HERMES GRYFINO	M40	49	00:03:32	00:35:53	00:39:18	01:12:01	<b>01:15:14.80</b>	+00:21:02	5:01	12

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas				Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km				
239	NOWAK Klaudia	390	ROZBIEGANY GOLENIÓW	K35	8	00:03:26	00:35:17	00:38:48	01:11:48	<b>01:15:17.45</b>	+00:21:05	5:01	12
240	OTTO Michał	666		M30	24	00:03:04	00:33:44	00:37:17	01:11:38	<b>01:15:17.65</b>	+00:21:05	5:01	12
241	CIEPŁUCHA Marcin	81	SZCZECINBUKOWE	M40	50	00:03:18	00:34:01	00:37:27	01:11:36	<b>01:15:19.30</b>	+00:21:07	5:01	11.9
242	ANIOŁA Dominik	10		M35	32	00:03:23	00:34:57	00:38:33	01:12:08	<b>01:15:40.50</b>	+00:21:28	5:02	11.9
243	WOLSKI Tomasz	623	WIECZORNE BIEGANIE W SZCZECINIE	M45	39	00:03:20	00:34:24	00:38:04	01:12:15	<b>01:15:42.25</b>	+00:21:30	5:02	11.9
244	HERMAN Paweł	189	MLUKS TRZEBIATÓW	M40	51	00:03:28	00:35:14	00:38:40	01:12:16	<b>01:15:44.25</b>	+00:21:32	5:03	11.9
245	SZELIGA Paweł	555	KPP KOŁOBRZEG	M45	40	00:03:42	00:36:56	00:40:29	01:12:34	<b>01:15:45.25</b>	+00:21:33	5:03	11.9
246	JĘDRZEJAK Maciej	216	BIEGACZE ŚWINOUJŚCIE	M40	52	00:03:20	00:35:02	00:38:34	01:12:15	<b>01:15:48.95</b>	+00:21:36	5:03	11.9
247	CEBULAK Dariusz	686	AT AKTYWNY TRZEBIATÓW	M40	53	00:03:26	00:35:29	00:39:05	01:12:19	<b>01:15:49.50</b>	+00:21:37	5:03	11.9
248	GAŚIOREK Tomasz	671	BRZOZA BIEGA	M55	19	00:03:36	00:35:47	00:39:25	01:12:25	<b>01:15:51.50</b>	+00:21:39	5:03	11.9
249	HAŁY Dorian	656		M16	3	00:03:04	00:32:08	00:35:25	01:12:42	<b>01:15:57.15</b>	+00:21:45	5:03	11.8
250	MAJCHRZAK Paweł	349	KARLINO BIEGAJ	M40	54	00:02:53	00:34:03	00:37:24	01:12:31	<b>01:15:57.80</b>	+00:21:45	5:03	11.8
251	ŻYWOT Norbert	651	KOŁOBRZEG BIEGA - PARKRUN	M40	55	00:03:09	00:34:46	00:38:22	01:12:28	<b>01:15:59.40</b>	+00:21:47	5:04	11.8
252	OPALIŃSKI Stanisław	403	KOŁOBRZEG BIEGA - PARKRUN	M60	13	00:03:06	00:34:47	00:38:18	01:12:31	<b>01:16:03.75</b>	+00:21:51	5:04	11.8
253	SZUBERT Julia	561	KOŁOBRZEG BIEGA	K16	1	00:03:12	00:34:54	00:38:24	01:12:41	<b>01:16:06.45</b>	+00:21:54	5:04	11.8
254	KUCZER Agata	660		K30	5	00:03:27	00:35:48	00:39:26	01:12:53	<b>01:16:07.90</b>	+00:21:55	5:04	11.8
255	NOWICKI Tomasz	661	SZWLA	M50	20	00:03:26	00:35:47	00:39:25	01:12:52	<b>01:16:08.25</b>	+00:21:56	5:04	11.8
256	LEWANDOWSKI Jacek	325		M40	56	00:03:38	00:36:21	00:39:58	01:13:03	<b>01:16:10.40</b>	+00:21:58	5:04	11.8
257	DURMAN Sławomir	117		M30	25	00:03:24	00:36:34	00:40:22	01:13:14	<b>01:16:26.20</b>	+00:22:14	5:05	11.8
258	CZERWIŃSKI Marcin	90	GRABOWO	M20	20	00:03:15	00:34:09	00:37:53	01:13:33	<b>01:16:31.95</b>	+00:22:19	5:06	11.8
259	CIESZYŃSKI Mariusz	83	BEAUTY STUDIO LĘBORK	M40	57	00:03:31	00:35:40	00:39:16	01:13:00	<b>01:16:44.75</b>	+00:22:32	5:07	11.7
260	OLSZYK Tadeusz	401	BIEGACZE ŚWINOUJŚCIE	M60	14	00:03:30	00:36:38	00:40:14	01:13:21	<b>01:16:45.70</b>	+00:22:33	5:07	11.7
261	ROGOWSKI Robert	474	SKRZYWIENI GOŚCIE	M45	41	00:03:28	00:35:23	00:38:53	01:12:47	<b>01:16:47.60</b>	+00:22:35	5:07	11.7
262	KOWALCZYK Mariusz	276	ROZBIEGANY KOSZALIN	M40	58	00:03:24	00:35:59	00:39:56	01:13:38	<b>01:16:50.50</b>	+00:22:38	5:07	11.7
263	ROGOWSKI Krystian	475	SKRZYWIENI GOŚCIE	M16	4	00:02:57	00:34:30	00:38:04	01:12:57	<b>01:16:59.40</b>	+00:22:47	5:07	11.7
264	PAWELEC Artur	419	ROZBIEGANY GOLENIÓW	M45	42	00:03:31	00:37:00	00:40:39	01:13:58	<b>01:16:59.45</b>	+00:22:47	5:08	11.7
265	KUSZ Radosław	311	KRÓLICZKI W PLECAKU	M40	59	00:03:12	00:35:30	00:39:10	01:13:29	<b>01:17:08.90</b>	+00:22:56	5:08	11.7
266	GRZELAK Sebastian	175	ROZBIEGANY GOLENIÓW	M55	20	00:03:33	00:37:01	00:40:40	01:14:00	<b>01:17:13.15</b>	+00:23:01	5:08	11.7
267	KOSIOR Piotr	270		M45	43	00:03:13	00:34:34	00:38:16	01:13:33	<b>01:17:18.25</b>	+00:23:06	5:09	11.6
268	MARZEC Łukasz	360		M35	33	00:03:39	00:36:51	00:40:29	01:13:44	<b>01:17:20.95</b>	+00:23:08	5:09	11.6
269	TROJANOWICZ Wiesław	581		M40	60	00:03:49	00:35:47	00:39:32	01:13:31	<b>01:17:23.30</b>	+00:23:11	5:09	11.6
270	ZABROCKI Karol	630		M35	34	00:03:24	00:36:23	00:39:57	01:13:55	<b>01:17:27.45</b>	+00:23:15	5:09	11.6
271	LIZAKOWSKI Piotr	331	NYHA IV SZCZECIN	M40	61	00:03:26	00:35:27	00:39:07	01:13:57	<b>01:17:31.80</b>	+00:23:19	5:10	11.6
272	GUZIKIEWICZ Marcin	178	ROZBIEGANY GOLENIÓW	M40	62	00:03:33	00:35:13	00:38:46	01:13:04	<b>01:17:38.95</b>	+00:23:26	5:10	11.6
273	STOJECKI Bartosz	532	ROZBIEGANY GOLENIÓW	M40	63	00:03:34	00:35:14	00:38:47	01:13:05	<b>01:17:39.15</b>	+00:23:27	5:10	11.6
274	GRABOWSKA Marta	165		K20	2	00:03:15	00:35:15	00:39:00	01:14:05	<b>01:17:43.25</b>	+00:23:31	5:10	11.6
275	PARADOWSKA Ewelina	414	ZA - BIEGANIE BABECZKI. NOWOGARD	K30	6	00:03:48	00:36:53	00:40:31	01:14:13	<b>01:17:46.45</b>	+00:23:34	5:11	11.6
276	WILKLISZ Wojciech	613		M45	44	00:03:15	00:35:27	00:39:10	01:14:20	<b>01:17:48.05</b>	+00:23:35	5:11	11.6
277	STOLARCZYK Maciej	533		M45	45	00:03:49	00:36:15	00:39:52	01:14:20	<b>01:17:48.90</b>	+00:23:36	5:11	11.6
278	KOŁECKI Tomasz	257		M35	35	00:03:57	00:38:00	00:41:37	01:14:20	<b>01:17:50.90</b>	+00:23:38	5:11	11.6
279	JANKOWIAK Marek	205		M35	36	00:03:57	00:38:01	00:41:37	01:14:21	<b>01:17:51.30</b>	+00:23:39	5:11	11.6
280	HOFMAN Paweł	195		M30	26	00:03:45	00:38:45	00:42:07	01:14:46	<b>01:17:54.35</b>	+00:23:42	5:11	11.6
281	ADAMOWICZ Daniel	4	KB PIONIER SZCZECIN	M30	27	00:03:18	00:34:21	00:37:50	01:14:43	<b>01:18:08.20</b>	+00:23:56	5:12	11.5

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
282	<b>DROŹZIŃSKI Konrad</b>	<b>113</b>		M35	37	00:03:25	00:34:47	00:38:19	01:14:37	<b>01:18:13.25</b>	+00:24:01	5:12	11.5
283	<b>WIELGAT Łukasz</b>	<b>609</b>	KB BRYZA POSTOMINO	M30	28	00:03:42	00:35:48	00:39:30	01:14:44	<b>01:18:17.80</b>	+00:24:05	5:13	11.5
284	<b>KACHNOWICZ-BUKAŁA Izabela</b>	<b>223</b>	ROZBIEGANY GOLENIÓW	K40	7	00:03:30	00:36:59	00:40:37	01:14:48	<b>01:18:20.05</b>	+00:24:07	5:13	11.5
285	<b>REPKA Marek</b>	<b>470</b>	LUPUS TEAM	M45	46	00:03:28	00:36:11	00:39:54	01:14:48	<b>01:18:23.25</b>	+00:24:11	5:13	11.5
286	<b>BUZAŁA Walenty</b>	<b>64</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	21	00:03:30	00:35:22	00:39:51	01:14:48	<b>01:18:33.40</b>	+00:24:21	5:14	11.5
287	<b>NACHYŁA Piotr</b>	<b>383</b>	STOPA SŁUPSK	M45	47	00:03:47	00:37:10	00:40:54	01:15:12	<b>01:18:37.90</b>	+00:24:25	5:14	11.4
288	<b>DOMAŃSKI Adam</b>	<b>109</b>	JW 3775	M40	64	00:03:40	00:37:10	00:40:54	01:15:31	<b>01:18:48.80</b>	+00:24:36	5:15	11.4
289	<b>ORYSIAK Tomek</b>	<b>404</b>	ŁOBEZ	M30	29	00:03:37	00:36:46	00:40:21	01:15:34	<b>01:18:53.45</b>	+00:24:41	5:15	11.4
290	<b>MAZUREK Ryszard</b>	<b>362</b>		M60	15	00:03:49	00:37:14	00:40:57	01:15:28	<b>01:19:00.70</b>	+00:24:48	5:16	11.4
291	<b>KĘDZIORA Patryk</b>	<b>246</b>	GRABOWO	M20	21	00:03:52	00:38:59	00:42:38	01:15:56	<b>01:19:01.80</b>	+00:24:49	5:16	11.4
292	<b>JAWORSKI Robert</b>	<b>212</b>	KB BRYZA POSTOMINO	M40	65	00:03:39	00:35:54	00:39:41	01:15:10	<b>01:19:03.45</b>	+00:24:51	5:16	11.4
293	<b>SERWADCZAK Piotr</b>	<b>504</b>	P+E	M45	48	00:03:12	00:35:25	00:39:07	01:15:23	<b>01:19:05.50</b>	+00:24:53	5:16	11.4
294	<b>LISIK Justyna</b>	<b>328</b>	DECATHLON SŁUPSK	K35	9	00:03:29	00:37:10	00:40:51	01:15:32	<b>01:19:06.60</b>	+00:24:54	5:16	11.4
295	<b>RUDNIK Tomasz</b>	<b>487</b>		M35	38	00:03:20	00:34:27	00:37:58	01:15:01	<b>01:19:08.85</b>	+00:24:56	5:16	11.4
296	<b>PODKOWA Piotr</b>	<b>438</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	66	00:03:00	00:32:40	00:36:08	01:14:32	<b>01:19:10.40</b>	+00:24:58	5:16	11.4
297	<b>JABŁOŃSKI Andrzej</b>	<b>200</b>	NIEZRZESZONY	M45	49	00:03:46	00:36:49	00:40:32	01:15:26	<b>01:19:11.35</b>	+00:24:59	5:16	11.4
298	<b>SZCZYGIELSKI Michał</b>	<b>553</b>	KOŁOBRZEG MARATON TEAM	M35	39	00:03:28	00:36:16	00:39:56	01:15:42	<b>01:19:11.45</b>	+00:24:59	5:16	11.4
299	<b>BRZEZIŃSKI Krzysztof</b>	<b>51</b>		M45	50	00:03:41	00:37:25	00:41:09	01:15:36	<b>01:19:12.60</b>	+00:25:00	5:16	11.4
300	<b>SZUBERT Agnieszka</b>	<b>562</b>	KOŁOBRZEG BIEGA	K35	10	00:03:45	00:37:34	00:41:09	01:15:51	<b>01:19:13.90</b>	+00:25:01	5:16	11.4
301	<b>BARAŃSKI Grzegorz</b>	<b>20</b>	SAR-BSR KOŁOBRZEG KMT	M45	51	00:03:56	00:37:58	00:41:40	01:15:45	<b>01:19:17.15</b>	+00:25:05	5:17	11.4
302	<b>HASS Anita</b>	<b>185</b>	E-FIZJO TEAM	K35	11	00:03:24	00:35:57	00:39:43	01:15:37	<b>01:19:19.10</b>	+00:25:07	5:17	11.3
303	<b>FURMAN Tomasz</b>	<b>134</b>		M50	21	00:03:20	00:36:12	00:39:55	01:15:13	<b>01:19:19.40</b>	+00:25:07	5:17	11.3
304	<b>HRYCAJ Tomasz</b>	<b>197</b>		M30	30	00:03:35	00:36:59	00:40:45	01:15:43	<b>01:19:20.00</b>	+00:25:07	5:17	11.3
305	<b>ŻURKOWSKI Tomasz</b>	<b>650</b>	BIEGAM Z ŻONĄ	M50	22	00:03:27	00:36:21	00:40:04	01:15:49	<b>01:19:25.55</b>	+00:25:13	5:17	11.3
306	<b>ŻURKOWSKA Iwona</b>	<b>649</b>	BIEGAM Z MĘŻEM	K50	3	00:03:27	00:36:20	00:40:03	01:15:49	<b>01:19:26.25</b>	+00:25:14	5:17	11.3
307	<b>ŁYSOŃ Piotr</b>	<b>345</b>		M20	22	00:03:46	00:39:45	00:43:32	01:16:27	<b>01:19:27.95</b>	+00:25:15	5:17	11.3
308	<b>RAŚ Ryszard Marek</b>	<b>467</b>	EKO-WOD-KAN	M65	6	00:03:13	00:36:44	00:40:34	01:15:51	<b>01:19:29.90</b>	+00:25:17	5:18	11.3
309	<b>DZIKOWSKI Karol</b>	<b>122</b>		M30	31	00:03:25	00:36:24	00:40:06	01:15:48	<b>01:19:31.85</b>	+00:25:19	5:18	11.3
310	<b>SIKORSKI Adam</b>	<b>508</b>	SIKORROWO	M30	32	00:03:20	00:36:25	00:40:22	01:16:09	<b>01:19:34.35</b>	+00:25:22	5:18	11.3
311	<b>CIBORSKI Sławomir</b>	<b>80</b>	NIEZRZESZONY	M40	67	00:03:36	00:36:38	00:40:18	01:15:40	<b>01:19:38.40</b>	+00:25:26	5:18	11.3
312	<b>WEGNER Aneta</b>	<b>603</b>		K35	12	00:03:31	00:36:46	00:40:28	01:16:04	<b>01:19:50.65</b>	+00:25:38	5:19	11.3
313	<b>DEJNAK Mariola</b>	<b>99</b>		K55	1	00:03:18	00:36:45	00:40:36	01:16:01	<b>01:19:54.85</b>	+00:25:42	5:19	11.3
314	<b>KONOPIŃSKI Leszek</b>	<b>261</b>	BIEGACZE ŚWINOUJŚCIE	M60	16	00:03:30	00:36:20	00:40:06	01:16:20	<b>01:20:04.45</b>	+00:25:52	5:20	11.2
315	<b>ZIENCINA Marcin</b>	<b>640</b>		M35	40	00:03:46	00:38:10	00:42:04	01:16:49	<b>01:20:12.80</b>	+00:26:00	5:20	11.2
316	<b>BUJANOWSKI Grzegorz</b>	<b>58</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	68	00:03:32	00:36:37	00:40:27	01:16:27	<b>01:20:14.15</b>	+00:26:02	5:21	11.2
317	<b>NIERYCHLEWSKI Maciej</b>	<b>388</b>	BEZRZECZE TEAM	M40	69	00:03:36	00:37:54	00:41:38	01:16:36	<b>01:20:17.00</b>	+00:26:04	5:21	11.2
318	<b>WODNICKA Ewa</b>	<b>619</b>	RUNGRYF GRYFICE	K50	4	00:03:58	00:39:14	00:43:07	01:16:53	<b>01:20:17.30</b>	+00:26:05	5:21	11.2
319	<b>GAJEWSKI Przemysław</b>	<b>677</b>		M40	70	00:03:49	00:39:04	00:42:53	01:16:39	<b>01:20:25.10</b>	+00:26:13	5:21	11.2
320	<b>CIESZYŃSKA Marta</b>	<b>82</b>	BEAUTY STUDIO LĘBORK	K40	8	00:03:31	00:36:44	00:40:26	01:16:30	<b>01:20:27.35</b>	+00:26:15	5:21	11.2
321	<b>CENTKA Katarzyna</b>	<b>68</b>	TEAM ŚWIĘTA	K35	13	00:03:27	00:37:08	00:40:50	01:16:51	<b>01:20:28.20</b>	+00:26:16	5:21	11.2
322	<b>ŁUCZEJKO Sławomir</b>	<b>342</b>	TEAM BIEGOWY SZCZECINEK	M50	23	00:03:37	00:37:06	00:40:49	01:16:40	<b>01:20:32.45</b>	+00:26:20	5:22	11.2
323	<b>STACHOWSKI Andrzej</b>	<b>525</b>		M50	24	00:03:37	00:38:09	00:41:54	01:16:52	<b>01:20:34.40</b>	+00:26:22	5:22	11.2
324	<b>TWOROGAL Robert</b>	<b>586</b>		M40	71	00:03:57	00:37:59	00:41:42	01:16:54	<b>01:20:37.10</b>	+00:26:25	5:22	11.2



Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
325	SUJAK Włodzimierz	543	MARECKI VS EQUATOR	M60	17	00:04:04	00:38:35	00:42:20	01:17:06	<b>01:20:39.15</b>	+00:26:27	5:22	11.2
326	DAWIDOWSKI Michał	96	KP PSP KAMIEN POMORSKI/ENDORFINA NOWOGARD	M40	72	00:03:31	00:37:58	00:41:39	01:17:12	<b>01:20:42.35</b>	+00:26:30	5:22	11.2
327	KANIEWSKA Alicja	234	AKADEMIA BIEGANIA	K50	5	00:03:41	00:38:00	00:41:47	01:17:02	<b>01:20:46.10</b>	+00:26:34	5:23	11.1
328	MOCZYŃSKI Leszek	378	BIEGAM DLA BYDGOSZCZY	M65	7	00:03:39	00:36:59	00:40:45	01:16:54	<b>01:20:47.10</b>	+00:26:35	5:23	11.1
329	ORZEŁ Jacek	406		M45	52	00:03:31	00:37:12	00:40:59	01:17:00	<b>01:20:48.45</b>	+00:26:36	5:23	11.1
330	PRUSS Kasia	451	WKURW_TEAM	K40	9	00:03:51	00:38:25	00:42:16	01:17:23	<b>01:20:49.60</b>	+00:26:37	5:23	11.1
331	BIELEWICZ Anna	37	STOPA SŁUPSK	K40	10	00:03:26	00:37:07	00:40:58	01:17:19	<b>01:20:51.20</b>	+00:26:39	5:23	11.1
332	ADRYAN Adam	5	CKB SŁUPSK	M40	73	00:03:26	00:37:07	00:40:58	01:17:18	<b>01:20:51.30</b>	+00:26:39	5:23	11.1
333	KACZMARCZYK Stanisław	225	SZWLA	M60	18	00:03:38	00:37:39	00:41:26	01:17:16	<b>01:20:58.05</b>	+00:26:45	5:23	11.1
334	GÓRECKA-MITORAJ Justyna	163	MAMY TO !	K35	14	00:03:34	00:36:56	00:40:42	01:17:08	<b>01:21:00.40</b>	+00:26:48	5:24	11.1
335	KĘDZIERSKI Dawid	700		M16	5	00:03:58	00:38:45	00:42:29	01:17:21	<b>01:21:01.15</b>	+00:26:49	5:24	11.1
336	KORNIOWSKA Ewelina	688	KOŁOBRZEG MARATON TEAM	K40	11	00:03:44	00:37:54	00:41:42	01:17:26	<b>01:21:07.25</b>	+00:26:55	5:24	11.1
337	LENARTOWICZ Stanisław	319		M55	22	00:03:46	00:37:51	00:41:36	01:17:22	<b>01:21:09.50</b>	+00:26:57	5:24	11.1
338	SZCZYGIEŁ Paweł	554		M30	33	00:03:24	00:36:34	00:40:22	01:17:12	<b>01:21:13.10</b>	+00:27:01	5:24	11.1
339	HASS Artur	186	E-FIZJO TEAM	M35	41	00:03:25	00:36:10	00:39:44	01:17:20	<b>01:21:24.90</b>	+00:27:12	5:25	11.1
340	SPYCHAŁA Maciej	523	WRONIECKI KLUB BIEGACZA	M40	74	00:04:04	00:41:28	00:45:26	01:18:14	<b>01:21:29.65</b>	+00:27:17	5:25	11
341	KOŻŁOWSKI Witold	283		M35	42	00:03:40	00:38:35	00:42:04	01:18:35	<b>01:21:44.50</b>	+00:27:32	5:27	11
342	MYSZYŃSKI Paweł	382		M35	43	00:03:26	00:36:21	00:40:04	01:17:49	<b>01:21:49.10</b>	+00:27:37	5:27	11
343	ŁAZARCZYK Waclaw Bogdan	338		M65	8	00:03:55	00:39:23	00:43:11	01:18:06	<b>01:21:51.40</b>	+00:27:39	5:27	11
344	DRABAREK Agata	111	BIEGACZE ŚWINOUJŚCIE	K20	3	00:04:03	00:40:31	00:44:24	01:18:41	<b>01:22:01.90</b>	+00:27:49	5:28	11
345	KĘPKA Karolina	247	STOPA SŁUPSK	K40	12	00:03:49	00:38:27	00:42:23	01:18:23	<b>01:22:02.20</b>	+00:27:50	5:28	11
346	ZIELIŃSKI Grzegorz	638	BIEGAM DLA PRZYJEMNOŚCI	M65	9	00:03:46	00:38:04	00:41:53	01:18:08	<b>01:22:05.10</b>	+00:27:53	5:28	11
347	CHORAŻEWSKA Andżelika	75		K40	13	00:03:42	00:38:38	00:42:31	01:18:25	<b>01:22:10.85</b>	+00:27:58	5:28	11
348	SAJNÓG Joanna	500	KOŁOBRZEG MARATON TEAM	K30	7	00:03:48	00:38:44	00:42:33	01:18:55	<b>01:22:14.75</b>	+00:28:02	5:29	10.9
349	KIEŁKOWSKI Przemysław	248	KOŁOBRZEG MARATON TEAM	M35	44	00:03:48	00:38:44	00:42:33	01:18:55	<b>01:22:15.10</b>	+00:28:03	5:29	10.9
350	BROŻYNA Renata	48		K45	1	00:03:45	00:38:42	00:42:33	01:18:51	<b>01:22:29.15</b>	+00:28:17	5:29	10.9
351	BARRA Marzena	22	8 FOW	K20	4	00:03:53	00:39:31	00:43:29	01:19:06	<b>01:22:33.40</b>	+00:28:21	5:30	10.9
352	RUCIŃSKI Marcin	486		M35	45	00:03:53	00:39:31	00:43:29	01:19:06	<b>01:22:33.80</b>	+00:28:21	5:30	10.9
353	ROSA Sebastian	483		M20	23	00:03:43	00:38:42	00:42:38	01:18:48	<b>01:22:34.90</b>	+00:28:22	5:30	10.9
354	TRZECIAK Anna	583	KOŁOBRZEG BIEGA	K45	2	00:03:46	00:38:45	00:42:35	01:19:13	<b>01:22:52.05</b>	+00:28:39	5:31	10.9
355	JĘDRUSZAK Marek	215		M60	19	00:03:43	00:38:07	00:42:06	01:19:06	<b>01:23:00.65</b>	+00:28:48	5:32	10.8
356	SIELICKI Mateusz	506		M20	24	00:03:46	00:39:11	00:42:53	01:19:36	<b>01:23:14.30</b>	+00:29:02	5:32	10.8
357	MALICKI Krzysztof	353	AKTYWNI Z CUKRZYCĄ	M40	75	00:03:58	00:39:14	00:43:08	01:19:39	<b>01:23:16.10</b>	+00:29:04	5:33	10.8
358	KOSIDŁO Monika	268		K20	5	00:03:29	00:36:56	00:41:00	01:19:39	<b>01:23:17.95</b>	+00:29:05	5:33	10.8
359	RONIJ Łukasz	482	ANDREW'S TEAM	M35	46	00:04:06	00:41:13	00:44:38	01:19:47	<b>01:23:21.75</b>	+00:29:09	5:33	10.8
360	KULCZYK Katarzyna	303	KB BRYZA POSTOMINO	K35	15	00:03:42	00:38:18	00:42:10	01:19:27	<b>01:23:22.65</b>	+00:29:10	5:33	10.8
361	KOZIARZ Anna	280		K35	16	00:03:45	00:38:24	00:42:18	01:19:40	<b>01:23:27.10</b>	+00:29:15	5:33	10.8
362	BORKOWSKA-KOWALCZYK Daria	44	ROZBIEGANY KOSZALIN	K35	17	00:03:44	00:38:43	00:42:37	01:19:49	<b>01:23:30.65</b>	+00:29:18	5:34	10.8
363	KĘDZIERSKI Krzysztof	245	SMT SZCZECIN	M50	25	00:03:42	00:38:33	00:42:32	01:19:41	<b>01:23:39.85</b>	+00:29:27	5:34	10.8
364	IWANICKA Bożena	198	ROBIGANY GOLENIOW	K60	1	00:03:35	00:38:24	00:42:18	01:19:39	<b>01:23:47.30</b>	+00:29:35	5:35	10.7
365	BERENT Robert	30	TUPOT USTKA	M50	26	00:03:51	00:38:35	00:42:18	01:19:54	<b>01:23:53.35</b>	+00:29:41	5:35	10.7
366	GODOŃ Piotr	160	GRABOWO	M30	34	00:03:41	00:36:59	00:40:57	01:19:41	<b>01:23:56.35</b>	+00:29:44	5:35	10.7
367	WOLAŃSKI Mariusz	622		M50	27	00:04:00	00:39:44	00:43:35	01:20:08	<b>01:23:57.95</b>	+00:29:45	5:35	10.7

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
368	OKOŁO-KUŁAK Ola	396	ŁOBEZ	K45	3	00:04:10	00:40:49	00:44:47	01:20:23	<b>01:23:59.40</b>	+00:29:47	5:35	10.7
369	PRYCIŃSKI Krzysztof	455		M40	76	00:03:34	00:39:28	00:43:22	01:20:23	<b>01:24:00.20</b>	+00:29:48	5:36	10.7
370	KULIK Sebastian	304	GRABOWO	M35	47	00:03:23	00:36:26	00:40:29	01:19:45	<b>01:24:01.00</b>	+00:29:48	5:36	10.7
371	OPACZYK Paweł	402	PRESTO TRAVEL	M60	20	00:03:52	00:39:32	00:43:28	01:20:11	<b>01:24:03.55</b>	+00:29:51	5:36	10.7
372	ZŁOTNICKA-TRYBUCHOWSKA Małgorzata	679		K35	18	00:04:11	00:40:41	00:44:35	01:20:27	<b>01:24:04.35</b>	+00:29:52	5:36	10.7
373	RUTKOWSKI Lucjan	493	ARCAN TEAM	M55	23	00:04:01	00:39:44	00:43:32	01:20:34	<b>01:24:07.15</b>	+00:29:55	5:36	10.7
374	GRABOWSKA Elżbieta	166		K50	6	00:03:48	00:39:20	00:43:19	01:20:21	<b>01:24:08.30</b>	+00:29:56	5:36	10.7
375	JANUSZEWSKA Anna	208		K35	19	00:03:18	00:39:06	00:43:00	01:20:29	<b>01:24:09.20</b>	+00:29:57	5:36	10.7
376	ŁANGOWSKA Iwona	335	KOŁOBRZEG MARATON TEAM	K50	7	00:03:55	00:39:17	00:43:17	01:20:41	<b>01:24:14.30</b>	+00:30:02	5:36	10.7
377	PASIKOWSKI Piotr	415	BALTICUS	M50	28	00:03:26	00:38:41	00:42:47	01:20:01	<b>01:24:17.95</b>	+00:30:05	5:37	10.7
378	UZNAŃSKA Agata	595		K50	8	00:03:56	00:39:18	00:43:18	01:20:42	<b>01:24:18.25</b>	+00:30:06	5:37	10.7
379	DUSZYŃSKI Kamil	118	GRABOWO	M20	25	00:03:26	00:36:53	00:40:51	01:20:52	<b>01:24:18.25</b>	+00:30:06	5:37	10.7
380	DIDŁUCH Jacek	103	KOŁOBRZEG BIEGA MARATON TEAM	M40	77	00:03:14	00:36:34	00:40:17	01:20:28	<b>01:24:18.45</b>	+00:30:06	5:37	10.7
381	KRASIŃSKI Witold	286	JW 1223	M45	53	00:03:21	00:36:10	00:40:05	01:20:10	<b>01:24:19.30</b>	+00:30:07	5:37	10.7
382	RZESZOTARSKI Jacek	498	SAR-BSR KOŁOBRZEG MARATON TEAM	M40	78	00:03:57	00:37:58	00:43:52	01:20:49	<b>01:24:19.90</b>	+00:30:07	5:37	10.7
383	KUKIEŁKA Anna	301		K35	20	00:03:59	00:39:26	00:43:18	01:20:28	<b>01:24:22.60</b>	+00:30:10	5:37	10.7
384	KOWALCZYK Piotr	275		M35	48	00:03:27	00:38:29	00:42:32	01:20:36	<b>01:24:28.60</b>	+00:30:16	5:37	10.7
385	BUDZIŃSKI Paweł	57	DRUŻYNA SZPIKU	M35	49	00:03:38	00:38:37	00:42:24	01:20:41	<b>01:24:28.90</b>	+00:30:16	5:37	10.7
386	BIEDRZYCKI Dawid	34		M20	26	00:03:30	00:38:54	00:42:49	01:21:00	<b>01:24:36.00</b>	+00:30:23	5:38	10.6
387	DRACZYŃSKI Zygmunt	112	TRUCHT ŁOBEZ	M70	3	00:03:44	00:38:30	00:42:26	01:20:38	<b>01:24:39.95</b>	+00:30:27	5:38	10.6
388	OKOŃ Stanisław	397	KB WYGAN	M50	29	00:03:32	00:35:42	00:39:21	01:20:09	<b>01:24:42.95</b>	+00:30:30	5:38	10.6
389	BUDZICH Marcin	56		M30	35	00:03:57	00:41:19	00:45:22	01:21:34	<b>01:24:43.95</b>	+00:30:31	5:38	10.6
390	DOBEK Tomasz	104		M30	36	00:03:58	00:40:23	00:44:22	01:21:13	<b>01:24:48.95</b>	+00:30:36	5:39	10.6
391	PRYCA Adam	453	POMORSKI DYWIZJON STRAŻY GRANICZNEJ ŚWINOUJŚCIE	M35	50	00:04:06	00:41:05	00:44:59	01:21:34	<b>01:24:49.80</b>	+00:30:37	5:39	10.6
392	DENISIUK Krzysztof	101	SZCZECIN	M60	21	00:03:47	00:39:49	00:43:46	01:21:06	<b>01:24:53.65</b>	+00:30:41	5:39	10.6
393	SZŁAPKA Dariusz	557		M50	30	00:03:55	00:40:18	00:44:20	01:21:23	<b>01:24:58.25</b>	+00:30:46	5:39	10.6
394	WRÓBLEWSKI Jarosław	627	RAZ SZCZECIN	M45	54	00:03:46	00:39:23	00:43:20	01:21:11	<b>01:25:01.70</b>	+00:30:49	5:40	10.6
395	HAŁAS Tomasz	181		M55	24	00:04:01	00:40:40	00:44:39	01:21:15	<b>01:25:02.05</b>	+00:30:49	5:40	10.6
396	NOWAK-IGNACAK Monika	391		K40	14	00:03:39	00:38:55	00:42:51	01:20:55	<b>01:25:02.45</b>	+00:30:50	5:40	10.6
397	MIELEWCZYK Radosław	372	GRABOWO	M20	27	00:03:54	00:39:57	00:44:02	01:21:20	<b>01:25:10.95</b>	+00:30:58	5:40	10.6
398	GŁOWACKI Adrian	158	MAGIKOMPUTEROWY	M30	37	00:03:54	00:39:24	00:43:17	01:21:18	<b>01:25:19.80</b>	+00:31:07	5:41	10.5
399	GAWĘDA Emil	144	GMINA DARŁOWO	M30	38	00:03:58	00:42:01	00:46:01	01:21:53	<b>01:25:19.85</b>	+00:31:07	5:41	10.5
400	MŁODZIEJEWSKA Iwona	374	KB WYGAN	K45	4	00:03:51	00:40:24	00:44:26	01:21:33	<b>01:25:20.25</b>	+00:31:08	5:41	10.5
401	ŚLIWIŃSKA Małgorzata	572	KPW ŚWINOUJŚCIE	K40	15	00:03:52	00:39:31	00:43:29	01:21:43	<b>01:25:23.00</b>	+00:31:10	5:41	10.5
402	CZEKIERDA Bartosz	89	GMINA DYGOWO	M20	28	00:02:35	00:31:56	00:35:21	01:22:05	<b>01:25:24.45</b>	+00:31:12	5:41	10.5
403	SZCZERBA Łukasz	550		M30	39	00:04:17	00:41:02	00:44:59	01:21:50	<b>01:25:36.65</b>	+00:31:24	5:42	10.5
404	SOWA Krzysztof	654		M30	40	00:03:34	00:38:59	00:42:53	01:21:19	<b>01:25:40.35</b>	+00:31:28	5:42	10.5
405	SZYMAŃSKA Karolina	566	BS FAMILY TEAM	K16	2	00:03:58	00:39:22	00:43:23	01:21:58	<b>01:25:41.40</b>	+00:31:29	5:42	10.5
406	BARTECKA Ewelina	24	KUNA KOWANÓWKO	K35	21	00:03:49	00:39:38	00:43:36	01:21:38	<b>01:25:44.80</b>	+00:31:32	5:42	10.5
407	RZEPKA Bartosz	497	KUNA KOWANÓWKO	M35	51	00:03:51	00:39:40	00:43:37	01:21:47	<b>01:25:45.65</b>	+00:31:33	5:43	10.5
408	OSSES Wojciech	408	KUNA KOWANÓWKO	M35	52	00:03:50	00:39:39	00:43:36	01:21:42	<b>01:25:45.90</b>	+00:31:33	5:43	10.5
409	KRZESIŃSKI Michał	292		M30	41	00:03:30	00:35:07	00:38:48	01:21:15	<b>01:25:48.90</b>	+00:31:36	5:43	10.5

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas				Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km				
410	REPKA Anna	471	LUPUS TEAM	K40	16	00:03:51	00:40:23	00:44:24	01:22:01	<b>01:25:50.50</b>	+00:31:38	5:43	10.5
411	GIEDRYS Eliza	151	3:33 TEAM	K20	6	00:04:15	00:42:35	00:46:35	01:22:12	<b>01:25:53.05</b>	+00:31:40	5:43	10.5
412	LAL Monika	315	RUNGRYF GRYFICE	K50	9	00:03:58	00:40:12	00:44:13	01:22:06	<b>01:25:53.45</b>	+00:31:41	5:43	10.5
413	GŁOWACKI Kamil	157	GRABOWO	M20	29	00:03:41	00:39:30	00:43:43	01:22:16	<b>01:26:00.20</b>	+00:31:48	5:44	10.5
414	LAJTER Jerzy	314	4RUN TEAM PIŁA	M65	10	00:03:55	00:39:55	00:44:03	01:22:22	<b>01:26:15.90</b>	+00:32:03	5:45	10.4
415	PASTERNAK Wojciech	416		M40	79	00:04:03	00:40:40	00:44:42	01:22:46	<b>01:26:21.55</b>	+00:32:09	5:45	10.4
416	JAZOWSKA Kamila	213	KOŁOBRZEG MARATON TEAM	K30	8	00:03:37	00:39:46	00:43:54	01:22:36	<b>01:26:23.55</b>	+00:32:11	5:45	10.4
417	MICHALSKI Adam	653		M35	53	00:03:36	00:39:46	00:43:54	01:22:36	<b>01:26:23.95</b>	+00:32:11	5:45	10.4
418	DĄBROWSKI Wiktor	98	PAŃSTWO DĄBREK	M20	30	00:04:02	00:41:24	00:45:30	01:22:37	<b>01:26:25.85</b>	+00:32:13	5:45	10.4
419	DOBREK Izabela	105	PAŃSTWO DĄBREK	K20	7	00:04:03	00:41:25	00:45:31	01:22:38	<b>01:26:26.10</b>	+00:32:14	5:45	10.4
420	PEDA Leszek	423	POLICE	M65	11	00:03:42	00:39:00	00:42:56	01:22:21	<b>01:26:28.15</b>	+00:32:16	5:45	10.4
421	OLEJNIK Janusz	398		M50	31	00:03:52	00:40:32	00:44:35	01:22:36	<b>01:26:30.80</b>	+00:32:18	5:46	10.4
422	ŻUKOWSKA Małgorzata	647		K30	9	00:04:08	00:41:29	00:45:29	01:22:45	<b>01:26:34.15</b>	+00:32:22	5:46	10.4
423	MAĆZKOWSKA Wioletta	364	JATRENUJE	K40	17	00:04:01	00:39:55	00:43:49	01:22:24	<b>01:26:40.25</b>	+00:32:28	5:46	10.4
424	KAŁUŻYŃSKI Piotr	230	WRONIECKI KLUB BIEGACZA	M50	32	00:04:05	00:41:30	00:45:27	01:23:04	<b>01:26:43.95</b>	+00:32:31	5:46	10.4
425	ZAROBIAK Piotr	633	WIECZORNE BIEGANIE W SZCZECINIE	M35	54	00:03:46	00:39:39	00:43:38	01:22:45	<b>01:26:54.10</b>	+00:32:42	5:47	10.4
426	ZAROBIAK Katarzyna	632	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:03:48	00:39:40	00:43:39	01:22:46	<b>01:26:54.90</b>	+00:32:42	5:47	10.4
427	ŻMUDA Monika	645	CW FANZA KOŁOBRZEG	K40	19	00:03:53	00:40:36	00:44:44	01:23:06	<b>01:26:59.65</b>	+00:32:47	5:48	10.3
428	MAKOWSKI Dariusz	351	KB HERMES GRYFINO	M50	33	00:04:03	00:40:21	00:44:21	01:22:50	<b>01:27:07.75</b>	+00:32:55	5:48	10.3
429	KOZŁOWSKI Maciej	282		M40	80	00:03:47	00:39:35	00:43:39	01:23:06	<b>01:27:21.75</b>	+00:33:09	5:49	10.3
430	WITKOWSKI Andrzej	617		M50	34	00:03:54	00:39:39	00:43:58	01:23:34	<b>01:27:37.90</b>	+00:33:25	5:50	10.3
431	GAJDZIS Magdalena	137		K50	10	00:04:11	00:42:16	00:46:27	01:23:49	<b>01:27:41.40</b>	+00:33:29	5:50	10.3
432	ŚWIERCZ Dariusz	573	WAŁECKA ŚCIEMA	M50	35	00:03:37	00:39:44	00:43:52	01:23:13	<b>01:27:41.95</b>	+00:33:29	5:50	10.3
433	JOŃCZYK Tadeusz	218	SAM SOBIE BIEGAM :)	M45	55	00:03:50	00:40:57	00:45:14	01:24:10	<b>01:27:45.15</b>	+00:33:33	5:51	10.3
434	KULAWIŃSKI Marek	302		M45	56	00:04:09	00:41:18	00:45:16	01:23:54	<b>01:27:47.20</b>	+00:33:35	5:51	10.3
435	POKORNY Edward	439	TUPOT USTKA	M70	4	00:03:57	00:41:09	00:45:20	01:23:55	<b>01:27:48.35</b>	+00:33:36	5:51	10.3
436	KOWALSKI Zbigniew	278	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	25	00:03:36	00:39:30	00:43:38	01:23:28	<b>01:27:49.75</b>	+00:33:37	5:51	10.2
437	TYLKA Małgosia	588		K30	10	00:03:51	00:41:59	00:46:05	01:23:59	<b>01:27:51.60</b>	+00:33:39	5:51	10.2
438	ZIEMKIEWICZ Jarek	639	UKS RUNNING TEAM	M40	81	00:03:51	00:41:59	00:46:05	01:23:58	<b>01:27:51.70</b>	+00:33:39	5:51	10.2
439	DANOWSKI Maciej	94	FITNES CLUB FORMA	M40	82	00:03:49	00:40:38	00:44:54	01:24:30	<b>01:27:52.65</b>	+00:33:40	5:51	10.2
440	LEWANDOWSKI Mirosław	323	GOLENIÓW	M55	26	00:04:06	00:40:40	00:44:50	01:23:50	<b>01:27:53.00</b>	+00:33:40	5:51	10.2
441	BRZUSZKIEWICZ Agata	53	ROZBIEGANY GOLENIÓW	K30	11	00:03:42	00:40:09	00:44:14	01:23:48	<b>01:27:53.30</b>	+00:33:41	5:51	10.2
442	KOŁODZIEJSKI Wojtek	258		M35	55	00:03:59	00:41:22	00:45:32	01:23:58	<b>01:27:54.15</b>	+00:33:42	5:51	10.2
443	PUŚCIAN Krzysztof	460	SP W MANOWIE	M40	83	00:03:55	00:40:43	00:44:51	01:23:53	<b>01:27:56.25</b>	+00:33:44	5:51	10.2
444	KUREK Aneta	309		K40	20	00:03:56	00:40:44	00:44:53	01:23:54	<b>01:27:56.45</b>	+00:33:44	5:51	10.2
445	PIETRZAK Mariola	430	BABECZKI KOSZALIN	K50	11	00:03:56	00:40:32	00:44:42	01:24:07	<b>01:27:57.25</b>	+00:33:45	5:51	10.2
446	HANĆ Ryszard	182		M50	36	00:03:48	00:41:26	00:45:41	01:23:47	<b>01:27:58.20</b>	+00:33:46	5:51	10.2
447	SZYNKOWSKI Krzysztof	569	BULK-CARGO PORT SZCZECIN	M45	57	00:03:55	00:40:35	00:44:34	01:24:02	<b>01:27:59.00</b>	+00:33:46	5:51	10.2
448	DEPTA Paweł	102		M40	84	00:04:08	00:42:25	00:46:30	01:24:15	<b>01:27:59.85</b>	+00:33:47	5:52	10.2
449	JANISZEWSKI Mieczysław	203	BULK-CARGO PORT SZCZECIN	M55	27	00:03:58	00:40:46	00:44:56	01:24:02	<b>01:27:59.95</b>	+00:33:47	5:51	10.2
450	JANISZEWSKA Marlena	202	BULK-CARGO PORT SZCZECIN	K30	12	00:03:55	00:40:46	00:44:57	01:24:03	<b>01:27:59.95</b>	+00:33:47	5:52	10.2
451	SKWARK Krzysztof	514		M40	85	00:03:55	00:40:25	00:44:34	01:23:39	<b>01:28:00.15</b>	+00:33:48	5:52	10.2

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	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	<b>01:28:00.55</b>	+00:33:48	5:52	10.2
453	KOSAKOWSKA Barbara	265	MARATOŃCZYK TEAM SZCZECIN	K55	2	00:03:49	00:41:48	00:45:48	01:24:01	<b>01:28:00.60</b>	+00:33:48	5:52	10.2
454	ADAMCZYK Piotr	3		M40	86	00:04:04	00:40:54	00:44:57	01:24:13	<b>01:28:08.55</b>	+00:33:56	5:52	10.2
455	GAZARKIEWICZ Antoni	147	BHMW_GDYŃIA	M65	12	00:04:00	00:41:09	00:45:19	01:24:16	<b>01:28:13.60</b>	+00:34:01	5:52	10.2
456	BANAŚ Marcin	664	WIECZORNE BIEGANIE W SZCZECINIE	M40	87	00:03:43	00:38:36	00:42:45	01:23:54	<b>01:28:15.80</b>	+00:34:03	5:53	10.2
457	DOMAŃSKI Dominik	110		M35	56	00:03:48	00:40:49	00:45:03	01:24:26	<b>01:28:22.30</b>	+00:34:10	5:53	10.2
458	RUDZIŃSKI Jacek	489	KB HERMES GRYFINO	M45	58	00:03:10	00:48:12	00:51:11	01:24:23	<b>01:28:41.00</b>	+00:34:28	5:54	10.1
459	KORNAK Wiktoria	264		K16	3	00:03:30	00:39:46	00:43:54	01:24:48	<b>01:28:43.95</b>	+00:34:31	5:54	10.1
460	MOTYCZYŃSKA Patrycja	381		K20	8	00:04:18	00:42:52	00:47:05	01:25:16	<b>01:28:48.95</b>	+00:34:36	5:55	10.1
461	GIEDRYS Marta	150	3:33 TEAM	K20	9	00:04:15	00:42:47	00:46:49	01:24:52	<b>01:28:52.45</b>	+00:34:40	5:55	10.1
462	WŁODARCZYK Józef	618	SZURAM SOBIE	M60	22	00:04:05	00:40:46	00:44:44	01:24:50	<b>01:29:02.10</b>	+00:34:50	5:56	10.1
463	SZADKOWSKA Anna	546	BBL INOWROCŁAW	K60	2	00:04:03	00:42:00	00:46:09	01:25:20	<b>01:29:14.05</b>	+00:35:01	5:56	10.1
464	STACHURSKA Agnieszka	526	BEM KOŁOBRZEG	K35	22	00:03:56	00:41:39	00:45:49	01:25:45	<b>01:29:33.15</b>	+00:35:21	5:58	10.1
465	KISIELIŃSKI Igor	251	TKKF KOSZALIN	M50	37	00:03:45	00:39:02	00:43:13	01:25:19	<b>01:29:41.35</b>	+00:35:29	5:58	10
466	KACZOR Piotr	227	GWIEZDNA FLOTA MASZEWO	M40	88	00:03:59	00:42:49	00:47:03	01:25:45	<b>01:29:42.65</b>	+00:35:30	5:58	10
467	OGRODOWCZYK Jagoda	395		K30	13	00:03:56	00:39:54	00:44:00	01:25:33	<b>01:29:47.90</b>	+00:35:35	5:59	10
468	KUJAWA Ewelina	298		K40	22	00:03:49	00:40:35	00:44:48	01:25:33	<b>01:29:51.00</b>	+00:35:38	5:59	10
469	BURSZTA Marta	63	KARLINO BIEGAJ	K20	10	00:03:43	00:41:12	00:45:17	01:25:59	<b>01:29:55.15</b>	+00:35:43	5:59	10
470	GAŁECKI Jacek	138	KARLINO BIEGAJ	M50	38	00:03:42	00:41:11	00:45:16	01:25:58	<b>01:29:56.15</b>	+00:35:44	5:59	10
471	SKORUPA Edward	512		M55	28	00:04:00	00:41:03	00:45:13	01:25:30	<b>01:29:57.75</b>	+00:35:45	5:59	10
472	WENCŁAWSKI Michał	606	DECATHLON SŁUPSK	M20	31	00:03:51	00:40:57	00:45:16	01:26:02	<b>01:29:58.95</b>	+00:35:46	5:59	10
473	WASIAK Sylwester	601	GWIEZDNA FLOTA MASZEWO	M35	57	00:03:58	00:42:48	00:47:04	01:26:02	<b>01:30:01.40</b>	+00:35:49	6:00	10
474	KUBISIAK Damian	295		M35	58	00:03:54	00:42:24	00:46:18	01:25:54	<b>01:30:02.45</b>	+00:35:50	6:00	10
475	CZARNECKA Teresa	88		K30	14	00:03:56	00:40:25	00:44:36	01:26:04	<b>01:30:04.50</b>	+00:35:52	6:00	10
476	PASZTOR Ania	418		K20	11	00:04:18	00:42:52	00:47:05	01:26:13	<b>01:30:11.95</b>	+00:35:59	6:00	10
477	KUBIAK Monika	655		K35	23	00:03:33	00:42:14	00:46:48	01:26:45	<b>01:30:16.85</b>	+00:36:04	6:01	10
478	SZYMAŃSKI Artur	567	BS FAMILY TEAM	M40	89	00:03:59	00:41:22	00:45:32	01:26:09	<b>01:30:19.70</b>	+00:36:07	6:01	10
479	GARGULIŃSKI Andrzej	142		M40	90	00:04:03	00:42:02	00:46:20	01:26:43	<b>01:30:37.90</b>	+00:36:25	6:02	9.9
480	STRZELCZYK Wioletta	539		K40	23	00:04:02	00:42:15	00:46:28	01:26:25	<b>01:30:42.50</b>	+00:36:30	6:02	9.9
481	HNAT Rafał	190	KP PSP WAŁCZ	M45	59	00:03:56	00:42:48	00:45:48	01:25:48	<b>01:30:45.35</b>	+00:36:33	6:03	9.9
482	DZIEKOŃSKI Jacek	121		M60	23	00:03:53	00:40:49	00:44:52	01:26:33	<b>01:30:55.85</b>	+00:36:43	6:03	9.9
483	KARMELITA Ewa	237	ŁOBZONKA WYRZYSK	K60	3	00:03:50	00:41:20	00:45:41	01:26:43	<b>01:31:04.45</b>	+00:36:52	6:04	9.9
484	MAŁECKI Artur	357		M40	91	00:04:13	00:44:07	00:48:20	01:27:36	<b>01:31:06.15</b>	+00:36:54	6:04	9.9
485	ŁYSOŃ Andrzej	344		M35	59	00:03:47	00:41:54	00:46:15	01:27:13	<b>01:31:06.65</b>	+00:36:54	6:04	9.9
486	DOBRUK Agnieszka	106		K45	5	00:04:11	00:42:01	00:46:21	01:27:15	<b>01:31:20.35</b>	+00:37:08	6:05	9.9
487	URLICKI Lech	593	KB SPOCENI NOWA SÓL	M65	13	00:03:50	00:41:37	00:45:53	01:27:17	<b>01:31:34.05</b>	+00:37:21	6:06	9.8
488	WIELGOSZ Leszek	610	KB SPOCENI NOWA SÓL	M55	29	00:03:51	00:41:37	00:45:53	01:27:17	<b>01:31:34.55</b>	+00:37:22	6:06	9.8
489	ROZMUS Tomasz	484		M30	42	00:03:50	00:40:55	00:45:07	01:27:22	<b>01:31:40.60</b>	+00:37:28	6:06	9.8
490	GRABOWSKI Marek	167		M50	39	00:03:45	00:40:42	00:44:51	01:27:39	<b>01:31:48.05</b>	+00:37:35	6:07	9.8
491	KUBIK Monika	294		K40	24	00:04:05	00:42:50	00:47:09	01:27:37	<b>01:31:49.65</b>	+00:37:37	6:07	9.8
492	ZDANOWICZ Marek	636	SAVE THE RING	M45	60	00:03:37	00:42:01	00:46:19	01:27:44	<b>01:31:51.95</b>	+00:37:39	6:07	9.8
493	MICHALSKA Agnieszka	369		K55	3	00:04:08	00:42:49	00:47:04	01:27:50	<b>01:31:59.00</b>	+00:37:46	6:07	9.8
494	ADAMCZYK Arkadiusz	1	BLUE TEAM PIŁA	M50	40	00:04:00	00:42:32	00:46:48	01:27:53	<b>01:32:05.00</b>	+00:37:52	6:08	9.8

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
495	MALINOWSKA Anna	355	ŁOBEZ	K35	24	00:04:11	00:43:05	00:47:22	01:28:15	<b>01:32:17.80</b>	+00:38:05	6:09	9.8
496	SERKIS Piotr	503	ŁOBEZ	M30	43	00:04:09	00:42:42	00:47:06	01:28:17	<b>01:32:18.95</b>	+00:38:06	6:09	9.7
497	LEPPERT Katarzyna	320		K30	15	00:03:58	00:43:02	00:47:21	01:28:04	<b>01:32:29.50</b>	+00:38:17	6:10	9.7
498	KACZMAREK Zenon	226	MORSY KOŁOBRZEG	M70	5	00:04:05	00:42:05	00:46:28	01:27:59	<b>01:32:34.05</b>	+00:38:21	6:10	9.7
499	PŁUSKA Tadeusz	436		M65	14	00:03:31	00:39:58	00:44:02	01:27:59	<b>01:32:37.95</b>	+00:38:25	6:10	9.7
500	MŁODZIEJEWSKI Krzysztof	375		M45	61	00:03:42	00:40:36	00:45:05	01:28:34	<b>01:32:42.85</b>	+00:38:30	6:10	9.7
501	HOFMAN Mateusz	194	MONAR GRABOWO	M20	32	00:03:44	00:39:28	00:44:37	01:28:44	<b>01:32:46.80</b>	+00:38:34	6:11	9.7
502	KROCZYŃSKA Kinga	288		K35	25	00:03:56	00:42:08	00:46:44	01:28:46	<b>01:32:48.65</b>	+00:38:36	6:11	9.7
503	BIELAK Wojciech	35	UKS EKONOM KOŁOBRZEG	M16	6	00:03:38	00:38:36	00:43:17	01:29:14	<b>01:32:51.75</b>	+00:38:39	6:11	9.7
504	STASIAK Sylwia	528	BRAK	K40	25	00:03:55	00:42:42	00:47:02	01:28:36	<b>01:32:53.30</b>	+00:38:41	6:11	9.7
505	PTASZYŃSKA Katarzyna	458	KOŁOBRZEG MARATON TEAM	K60	4	00:04:14	00:43:39	00:47:56	01:28:43	<b>01:32:57.25</b>	+00:38:45	6:11	9.7
506	GZELA Olga	180	ROZBIEGANY KOSZALIN	K35	26	00:03:46	00:42:13	00:46:32	01:29:01	<b>01:33:02.65</b>	+00:38:50	6:12	9.7
507	SIWEK Piotr	510	GWIEZDNA FLOTA MASZEWO	M35	60	00:03:56	00:42:47	00:47:10	01:28:44	<b>01:33:14.95</b>	+00:39:02	6:13	9.7
508	SIWEK Arleta	509	GWIEZDNA FLOTA MASZEWO	K35	27	00:03:55	00:42:50	00:47:11	01:28:44	<b>01:33:15.00</b>	+00:39:02	6:13	9.7
509	KAZIMIERSKI Marek	242		M30	44	00:03:27	00:39:24	00:43:42	01:28:34	<b>01:33:20.95</b>	+00:39:08	6:13	9.6
510	BANASZKIEWICZ Kasia	17		K50	12	00:03:49	00:42:43	00:47:02	01:29:16	<b>01:33:46.00</b>	+00:39:33	6:15	9.6
511	SKRZYP CZAK Bogusław	652		M40	92	00:04:32	00:45:40	00:49:52	01:29:55	<b>01:33:53.70</b>	+00:39:41	6:15	9.6
512	KĘDZIORA Sara	244		K30	16	00:04:00	00:42:46	00:47:10	01:30:19	<b>01:33:59.05</b>	+00:39:46	6:15	9.6
513	MAZUREK Barbara	363	BABECZKI KOSZALIN	K35	28	00:03:50	00:42:03	00:46:29	01:29:59	<b>01:34:05.80</b>	+00:39:53	6:16	9.6
514	SPIESZYŃSKI Michał	522		M30	45	00:03:55	00:41:40	00:46:07	01:29:29	<b>01:34:10.30</b>	+00:39:58	6:16	9.6
515	KLUCZYŃSKI Mariusz	252		M30	46	00:03:52	00:41:24	00:45:38	01:30:10	<b>01:34:12.75</b>	+00:40:00	6:16	9.6
516	DOMAŃSKA Katarzyna	108		K40	26	00:04:07	00:43:39	00:48:01	01:29:49	<b>01:34:12.80</b>	+00:40:00	6:16	9.6
517	PIĄTEK Mateusz	428	13. DYWIZJON TRĄLOWCÓW GDYNIA	M30	47	00:03:49	00:42:41	00:46:56	01:30:25	<b>01:34:22.60</b>	+00:40:10	6:17	9.5
518	GAŁUSZKA Marcin	139	FINISZ MORĄG	M40	93	00:03:55	00:42:28	00:47:01	01:29:31	<b>01:34:26.45</b>	+00:40:14	6:17	9.5
519	WOŹNIAK Jacek	657		M45	62	00:04:10	00:44:14	00:48:37	01:30:20	<b>01:34:29.70</b>	+00:40:17	6:17	9.5
520	ROMAŃSKI Maciej	480	TATACOWYMIATA	M30	48	00:04:09	00:43:05	00:47:26	01:30:18	<b>01:34:43.20</b>	+00:40:31	6:18	9.5
521	KURZAJCZYK Joanna	310	4RUN TEAM PIŁA	K45	6	00:03:48	00:43:22	00:47:57	01:30:23	<b>01:34:47.70</b>	+00:40:35	6:19	9.5
522	SZEWczyk Monika	556		K20	12	00:04:18	00:44:40	00:48:58	01:30:37	<b>01:34:48.10</b>	+00:40:36	6:19	9.5
523	KAŻMIERCZAK Ewelina	243		K20	13	00:04:17	00:44:39	00:48:58	01:30:36	<b>01:34:48.95</b>	+00:40:36	6:19	9.5
524	GARBACZ-ZATORSKA Milena	141		K40	27	00:03:58	00:43:07	00:47:37	01:30:16	<b>01:34:53.00</b>	+00:40:40	6:19	9.5
525	WÓJCIK Aleksandra	626		K20	14	00:03:53	00:43:39	00:48:12	01:31:00	<b>01:34:53.15</b>	+00:40:41	6:19	9.5
526	BRYNDZA Piotr	49		M40	94	00:04:05	00:43:16	00:47:34	01:30:43	<b>01:35:34.60</b>	+00:41:22	6:22	9.4
527	KOŚKA Marek	272	PRECON POLSKA-JASTROWIE	M30	49	00:04:20	00:45:24	00:49:40	01:31:22	<b>01:35:39.80</b>	+00:41:27	6:22	9.4
528	GAWLIŃSKI Marcin	145	BLUE TEAM PIŁA	M35	61	00:04:05	00:44:21	00:48:43	01:31:39	<b>01:35:48.80</b>	+00:41:36	6:23	9.4
529	TYKA Edward	587	NIESTOWARZYSZONY	M75	1	00:04:08	00:42:32	00:47:00	01:31:24	<b>01:35:52.75</b>	+00:41:40	6:23	9.4
530	STRZELCZYK Edyta	540	P+E	K45	7	00:03:43	00:43:08	00:47:45	01:31:30	<b>01:36:04.80</b>	+00:41:52	6:24	9.4
531	BEDNARZ Katarzyna	29		K40	28	00:04:13	00:44:00	00:48:23	01:32:06	<b>01:36:28.20</b>	+00:42:16	6:25	9.3
532	FALKIEWICZ Jolanta	126		K60	5	00:03:54	00:43:02	00:47:29	01:32:07	<b>01:36:32.50</b>	+00:42:20	6:26	9.3
533	ŁUKASZYK Eliza	343		K30	17	00:03:32	00:42:13	00:46:47	01:32:19	<b>01:36:42.30</b>	+00:42:30	6:26	9.3
534	STUDNIARZ Joanna	541		K50	13	00:04:13	00:44:36	00:49:04	01:32:43	<b>01:37:19.80</b>	+00:43:07	6:29	9.2
535	PYDYNOWSKA Elżbieta	461		K55	4	00:04:08	00:43:38	00:48:02	01:32:58	<b>01:37:31.75</b>	+00:43:19	6:30	9.2
536	KUSZKA Katarzyna	312		K20	15	00:04:20	00:46:17	00:50:42	01:32:59	<b>01:37:36.60</b>	+00:43:24	6:30	9.2
537	MACIOSZEK Agnieszka	347		K40	29	00:04:06	00:43:36	00:47:58	01:33:47	<b>01:37:48.60</b>	+00:43:36	6:31	9.2

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	Czas				Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
						0.698km	7.151km	7.849km	14.303km				
538	BONEW Marcin	665		M40	95	00:03:43	00:43:07	00:47:40	01:33:15	<b>01:37:53.95</b>	+00:43:41	6:31	9.2
539	REMBARZ Piotr	469		M30	50	00:03:49	00:41:23	00:45:49	01:32:40	<b>01:37:58.10</b>	+00:43:46	6:31	9.2
540	KOŁAKOWSKI Dariusz	256	K.B. SPRINT ŚWIDWIN	M45	63	00:03:53	00:53:31	00:58:00	01:34:08	<b>01:38:04.80</b>	+00:43:52	6:32	9.2
541	PAWLIUTKIN Aleksandr	422		M40	96	00:04:05	00:44:40	00:49:13	01:33:50	<b>01:38:13.00</b>	+00:44:00	6:32	9.2
542	GRABOWICZ Jerzy	164	TUPOT USTKA	M70	6	00:04:02	00:40:36	00:44:53	01:33:43	<b>01:38:18.10</b>	+00:44:06	6:33	9.2
543	PASTERNAK Magdalena	417		K35	29	00:04:13	00:44:38	00:49:10	01:34:20	<b>01:38:43.15</b>	+00:44:31	6:34	9.1
544	HELLER Zdzisław	188	NIEZRZESZONY	M60	24	00:03:55	00:45:25	00:50:03	01:34:37	<b>01:38:47.50</b>	+00:44:35	6:35	9.1
545	SIENICKI Piotr	507	FOR-REST-RUN TEAM	M40	97	00:03:46	00:43:07	00:47:52	01:34:14	<b>01:39:02.20</b>	+00:44:50	6:36	9.1
546	KACZMAREK Agnieszka	685		K40	30	00:03:45	00:43:06	00:47:51	01:34:13	<b>01:39:02.70</b>	+00:44:50	6:36	9.1
547	PRENDECKA Sylwia	445		K30	18	00:03:40	00:44:25	00:48:52	01:34:32	<b>01:39:16.85</b>	+00:45:04	6:37	9.1
548	DURDA Małgorzata	659		K35	30	00:04:15	00:46:14	00:50:50	01:35:01	<b>01:39:22.65</b>	+00:45:10	6:37	9.1
549	KURCZ Barbara	308	BABECZKI KOSZALIN	K45	8	00:04:11	00:46:02	00:50:41	01:34:49	<b>01:39:29.25</b>	+00:45:17	6:38	9
550	WIESIOŁEK Grzegorz	612		M45	64	00:03:41	00:44:46	00:49:06	01:35:14	<b>01:39:35.90</b>	+00:45:23	6:38	9
551	SŁOMSKI Zenon	515	KORZYBSKIE REKINY	M70	7	00:03:51	00:42:58	00:47:28	01:34:37	<b>01:39:45.35</b>	+00:45:33	6:39	9
552	BARSZCZAK Tomasz	23	KOŁOBRZEG BIEGA	M20	33	00:04:26	00:46:07	00:50:30	01:34:57	<b>01:39:47.95</b>	+00:45:35	6:39	9
553	RZYDUCH Piotr	499		M40	98	00:04:03	00:45:27	00:49:51	01:35:23	<b>01:39:47.95</b>	+00:45:35	6:39	9
554	STRYCZEWSKA Barbara	537		K40	31	00:04:05	00:46:25	00:51:00	01:35:37	<b>01:40:01.35</b>	+00:45:49	6:40	9
555	BYKOWSKI Bogdan	65	BRACTWO BIEGACZY Z-GORA	M65	15	00:04:07	00:44:22	00:49:00	01:35:35	<b>01:40:02.00</b>	+00:45:49	6:40	9
556	MORAWSKA Monika	379		K40	32	00:04:09	00:47:06	00:51:15	01:35:49	<b>01:40:02.30</b>	+00:45:50	6:40	9
557	RODAK Agnieszka	473		K55	5	00:04:17	00:45:57	00:50:34	01:35:29	<b>01:40:03.35</b>	+00:45:51	6:40	9
558	KRANZMANN-ŻELEPIEŃ Anna	285		K40	33	00:03:51	00:45:30	00:50:03	01:35:16	<b>01:40:08.20</b>	+00:45:56	6:40	9
559	SODNOMG OMBO Alimaa	684	FIZJOBIEGACZE	K55	6	00:04:13	00:46:02	00:50:43	01:35:54	<b>01:40:13.35</b>	+00:46:01	6:40	9
560	WAŚOWICZ Anna	602		K35	31	00:03:48	00:44:13	00:48:31	01:35:47	<b>01:40:35.55</b>	+00:46:23	6:42	8.9
561	ŁABUŃ Aleksandra	334		K30	19	00:04:07	00:45:15	00:49:48	01:36:09	<b>01:40:46.55</b>	+00:46:34	6:43	8.9
562	BIERNACKI Rene	38		M70	8	00:04:22	00:46:43	00:51:25	01:36:11	<b>01:41:00.55</b>	+00:46:48	6:44	8.9
563	ŁOPIŃSKI Aleksy	340	4RUN TEAM PIŁA	M70	9	00:04:44	00:47:17	00:52:52	01:36:40	<b>01:41:06.55</b>	+00:46:54	6:44	8.9
564	SCHMIDT Dariusz	670		M50	41	00:04:12	00:46:36	00:51:04	01:36:51	<b>01:41:16.45</b>	+00:47:04	6:45	8.9
565	PELC Marzena	424	RUNGRYF GRYFICE	K40	34	00:04:02	00:45:56	00:50:55	01:37:04	<b>01:41:22.25</b>	+00:47:10	6:45	8.9
566	LOBA Jerzy	332	LUKS BAŁTYK DZIWNÓW	M70	10	00:04:17	00:44:28	00:48:54	01:36:15	<b>01:41:37.55</b>	+00:47:25	6:46	8.9
567	TRYBUCH Joanna	582		K35	32	00:04:19	00:47:20	00:52:09	01:38:13	<b>01:43:05.40</b>	+00:48:53	6:52	8.7
568	FOLTYNOWICZ Bernard	132	MARATOŃCZYK TEAM SZCZECIN	M70	11	00:04:16	00:46:48	00:51:31	01:38:21	<b>01:43:07.55</b>	+00:48:55	6:52	8.7
569	CSULITS Claudia	85		K45	9	00:04:06	00:46:24	00:51:18	01:38:48	<b>01:43:31.60</b>	+00:49:19	6:54	8.7
570	WOŹNIAK Piotr	667		M55	30	00:03:48	00:56:54	01:00:05	01:37:58	<b>01:44:00.50</b>	+00:49:48	6:56	8.7
571	LEWANDOWSKA Izabela	322		K40	35	00:04:13	00:49:27	00:54:08	01:39:50	<b>01:44:20.65</b>	+00:50:08	6:57	8.6
572	KURASIŃSKA Dorota	307	WIECZORNE BIEGANIE W SZCZECINIE	K45	10	00:04:06	00:47:02	00:51:48	01:40:23	<b>01:44:56.50</b>	+00:50:44	6:59	8.6
573	JAROSZ Artur	211		M35	62	00:03:51	00:46:30	00:51:14	01:41:23	<b>01:45:34.15</b>	+00:51:22	7:02	8.5
574	ZAKRZEWSKI Tadeusz	675		M65	16	00:04:00	00:45:12	00:50:08	01:40:38	<b>01:45:35.95</b>	+00:51:23	7:02	8.5
575	KASIERSKA Ewa Katarzyna	238	WKB META LUBLINIEC	K70	1	00:04:21	00:49:12	00:54:02	01:40:59	<b>01:45:37.95</b>	+00:51:25	7:02	8.5
576	KOZŁOWSKA Kinga	281		K40	36	00:04:11	00:47:47	00:52:52	01:40:59	<b>01:45:46.00</b>	+00:51:33	7:03	8.5
577	USZPOLEWICZ Patryk	594		M35	63	00:04:40	00:49:14	00:54:09	01:41:08	<b>01:46:01.85</b>	+00:51:49	7:04	8.5
578	JAŃCZUK Stanisław	209	NOCNE WILKI	M50	42	00:04:14	00:49:38	00:54:11	01:41:19	<b>01:46:20.90</b>	+00:52:08	7:05	8.5
579	WIELIŃSKI Krzysztof	611	KB HERMES GRYFINO	M65	17	00:04:22	00:47:57	00:52:40	01:41:33	<b>01:46:24.55</b>	+00:52:12	7:05	8.5
580	JURKIEWICZ Wioletta	220	WIECZORNE BIEGANIE W SZCZECINIE	K45	11	00:04:11	00:47:56	00:53:05	01:42:24	<b>01:47:18.20</b>	+00:53:06	7:09	8.4

Msc/ Rnk	Zawodnik/ Name	Numer/ Bib	Klub/ Team	Kategoria/ Category	Mkat/ CatRnk	0.698km	7.151km	7.849km	14.303km	Czas netto 15km	Różn/ Gap	Tempo min/km	Tempo km/h
581	JANKOWSKI Remigiusz	207		M35	64	00:04:03	00:47:00	00:52:17	01:42:52	<b>01:47:21.60</b>	+00:53:09	7:09	8.4
582	KRYSA Krzysztof	291		M45	65	00:03:52	00:48:12	00:53:22	01:43:39	<b>01:47:50.35</b>	+00:53:38	7:11	8.3
583	ADAMCZYK Mirosław	2		M45	66	00:04:40	00:49:15	00:54:10	01:42:43	<b>01:47:57.45</b>	+00:53:45	7:11	8.3
584	BURCHARDT Mirka	61	RWT W BYDGOSZCZY	K65	1	00:04:10	00:46:24	00:51:27	01:45:01	<b>01:50:23.75</b>	+00:56:11	7:21	8.2
585	RAMA Janusz	465	KOŁOBRZEG BIEGA - PARKRUN	M45	67	00:04:41	00:52:05	00:57:05	01:47:57	<b>01:53:14.05</b>	+00:59:01	7:32	7.9
586	RAMA Ewa	466	KOŁOBRZEG BIEGA - PARKRUN	K50	14	00:04:42	00:52:06	00:57:06	01:47:59	<b>01:53:14.45</b>	+00:59:02	7:33	7.9
587	ANGIEL Władysław	9	TKKF KOLEJARZ BYDGOSZCZ	M80+	1	00:04:36	00:53:11	00:58:22	01:48:05	<b>01:53:21.75</b>	+00:59:09	7:33	7.9
588	JURCZAK Jarosław	219		M60	25	00:04:28	00:52:12	00:57:38	01:49:12	<b>01:54:51.05</b>	+01:00:38	7:39	7.8
589	KĘDZIERSKI Jarosław	699		M45	68	00:04:09	00:49:36	00:55:05	01:49:43	<b>01:55:20.40</b>	+01:01:08	7:41	7.8
590	STASZYŃSKA Marianna	529	BTC,,ORZEŁ"	K60	6	00:04:21	00:52:16	00:57:25	01:50:55	<b>01:56:23.25</b>	+01:02:11	7:45	7.7
591	KOPCEWICZ Henryk	263		M65	18	00:04:43	00:52:22	00:57:38	01:50:47	<b>01:56:43.20</b>	+01:02:31	7:46	7.7
592	MŁYNAREK Aneta	377	BIEGAM BO LUBIE	K35	33	00:05:10	00:59:13	01:05:01	01:52:23	<b>01:57:32.10</b>	+01:03:20	7:50	7.7
593	MŁYNAREK Piotr	376		M40	99	00:05:10	00:59:14	01:05:01	01:52:23	<b>01:57:32.35</b>	+01:03:20	7:50	7.7
594	KAMIŃSKI Andrzej	232		M40	100	00:05:11	00:59:15	01:05:02	01:52:24	<b>01:57:34.35</b>	+01:03:22	7:50	7.7
595	KABACIŃSKI Bronisław	47	TUPOT USTKA	M70	12	00:04:49	00:53:32	00:58:38	01:52:07	<b>01:57:37.25</b>	+01:03:25	7:50	7.7
596	BORKOWSKA Ewa	43		K65	2	00:04:53	00:55:04	01:00:26	01:55:00	<b>02:00:14.70</b>	+01:06:02	8:01	7.5
597	STRUSKI Stanisław	535	NIEZRZESZONY	M70	13	00:04:36	00:55:31	01:00:46	01:56:20	<b>02:01:50.60</b>	+01:07:38	8:07	7.4
598	SZCZEBLEWSKI Józef	547		M60	26	00:04:07	00:55:03	01:00:38	01:58:04	<b>02:04:00.35</b>	+01:09:48	8:16	7.3
599	BARTNIK Marian	676	TKKF KOSZALIN	M80+	2	00:05:49	01:08:58	01:16:03	02:19:54	<b>02:30:05.65</b>	+01:35:53	10:00	6
600	KALETKA Damian	229		M30	51	00:02:35	00:26:51	00:29:33			+00:00:48	3:45	15.9
601	BEMOWICZ Tomasz	479	KB WYGAN	M45	69	00:02:58	00:30:53	00:34:04			+00:05:19	4:20	13.8
602	KAZIMIERSKI Piotr	241		M30	52	00:03:01	00:32:11	00:35:42			+00:06:57	4:32	13.2
603	RADAWIEC Kamil	464		M40	101	00:02:49	00:28:51				+00:02:39	4:02	14.9
604	DEJNEKO Tomasz	100		M40	102	00:03:40	00:40:11				+00:13:59	5:37	10.7
605	SZYMAŃSKA Irmina	678		K40	37	00:04:16	00:47:40				+00:21:28	6:40	9
606	BIZUNOWICZ Krystian	39	ROZBIEGANY GOLENIÓW	M40	103	02:09:59					+	185:41	0.3
607	SKOWROŃSKI Bogdan	513	SZWLA	M55	31								
DNC	GŁOGOWSKI Adam	155	ATC-CARGO TEAM	M20		00:02:17	00:10:27	00:12:53	00:58:51	<b>01:01:48.90</b>	-	-	-

Znaleziono 608 wynik(ów)