Koszalin

## Organizator:

Data: Miejsce:
Dystans:

Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej 2019-02-20 Koszalin 6.437 km

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Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 1 | Etap 2 | Etap 3 | Etap 4 | $\begin{gathered} \text { Czas } \\ \text { netto } \\ 6.437 \mathrm{~km} \end{gathered}$ | $\begin{aligned} & \text { Czas } \\ & \text { brutto } \\ & 6.437 \mathrm{~km} \end{aligned}$ | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | SZKOŁUDA Miłosz | 4081 | DECATHLON KOSZALIN | M18-29 | 1 | 00:06:22.83 | 00:06:07.29 | 00:05:52.03 | 00:06:22.18 | 00:24:44.33 | 00:25:56.82 |  | 3:50 | $\begin{aligned} & 15.6 \\ & \text { (100\%) } \end{aligned}$ |
| 2 | KASZUBIAK Klaudiusz | 4042 |  | M40-49 | 1 | 00:06:56.58 | 00:06:43.96 | 00:06:29.28 | 00:06:21.49 | 00:26:31.31 | 00:28:08.77 | $\begin{aligned} & +00: 01: 46 \\ & (6.7 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.6 \\ & \text { (93.6\%) } \end{aligned}$ |
| 3 | MAJKOWICZ Rafał | 4038 |  | M30-39 | 1 | 00:06:53.40 | 00:06:49.84 | 00:06:39.89 | 00:06:31.90 | 00:26:55.03 | 00:28:05.58 | $\begin{aligned} & +00: 02: 10 \\ & \text { (8.1\%) } \end{aligned}$ | 4:10 | $\begin{aligned} & 14.3 \\ & \text { (91.7\%) } \end{aligned}$ |
| 4 | CZAPLIŃSKI Jacek | 4069 | TAGER KOSZALIN | M30-39 | 2 | 00:06:46.17 | 00:06:54.53 | 00:06:43.31 | 00:06:33.81 | 00:26:57.82 | 00:28:09.19 | $\begin{aligned} & +00: 02: 13 \\ & (8.3 \%) \end{aligned}$ | 4:11 | $\begin{aligned} & 14.3 \\ & \text { (91.7\%) } \end{aligned}$ |
| 5 | BESZTERDA Jakub | 4054 | KL BAŁTYK KOSZALIN | M14-17 | 1 | 00:06:51.96 | 00:06:47.98 | 00:06:51.38 | 00:06:35.04 | 00:27:06.36 | 00:28:18.59 | $\begin{aligned} & +00: 02: 22 \\ & (8.7 \%) \end{aligned}$ | 4:12 | $\begin{aligned} & 14.2 \\ & \text { (91.0\%) } \end{aligned}$ |
| 6 | ZUKAL Piotr | 4005 |  | M40-49 | 2 | 00:06:54.74 | 00:06:59.29 | 00:06:45.51 | 00:06:51.33 | 00:27:30.87 | 00:28:45.82 | $\begin{aligned} & +00: 02: 46 \\ & (10.1 \%) \end{aligned}$ | 4:16 | 14 <br> (89.7\%) |
| 7 | BIEŃKOWSKI Tomasz | 4066 |  | M30-39 | 3 | 00:07:18.16 | 00:07:07.89 | 00:06:57.04 | 00:06:48.32 | 00:28:11.41 | 00:29:27.66 | $\begin{aligned} & +00: 03: 27 \\ & (12.2 \%) \end{aligned}$ | 4:22 | $13.7$ <br> (87.8\%) |
| 8 | SOSNOWSKI Tomasz | 4001 | MEDEN-INMED SPORTS TEAM | M18-29 | 2 | 00:07:21.78 | 00:07:13.38 | 00:06:54.85 | 00:07:01.62 | 00:28:31.63 | 00:29:43.65 | $\begin{aligned} & +00: 03: 47 \\ & (13.3 \%) \end{aligned}$ | 4:25 | $\begin{aligned} & 13.5 \\ & \text { (86.5\%) } \end{aligned}$ |
| 9 | ZWOLIŃSKI Jan | 4037 | TKKF KOSZALIN | M50-59 | 1 | 00:07:12.35 | 00:07:16.79 | 00:07:10.76 | 00:07:03.54 | 00:28:43.44 | 00:29:56.12 | $\begin{aligned} & +00: 03: 59 \\ & (13.9 \%) \end{aligned}$ | 4:27 | $\begin{aligned} & 13.4 \\ & \text { (85.9\%) } \end{aligned}$ |
| 10 | PICK Tomasz | 4073 | DEAF KOSZALIN | M40-49 | 3 | 00:07:15.06 | 00:07:18.27 | 00:07:08.24 | 00:07:18.39 | 00:28:59.96 | 00:30:13.47 | $\begin{aligned} & +00: 04: 15 \\ & (14.7 \%) \end{aligned}$ | 4:30 | $\begin{aligned} & 13.3 \\ & (85.3 \%) \end{aligned}$ |
| 11 | MATYSIAK Wojciech | 4007 |  | M30-39 | 4 | 00:07:26.66 | 00:07:25.28 | 00:07:19.72 | 00:07:09.17 | 00:29:20.83 | 00:30:33.93 | $\begin{aligned} & +00: 04: 36 \\ & \text { (15.7\%) } \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (84.6 \%) \end{aligned}$ |
| 12 | WEBER Paweł | 4082 | ENERGON | M30-39 | 5 | 00:07:40.56 | 00:07:36.30 | 00:07:17.31 | 00:07:12.83 | 00:29:47.00 | 00:31:04.59 | $\begin{aligned} & +00: 05: 02 \\ & (16.9 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (83.3 \%) \end{aligned}$ |
| 13 | KONKEL Agnieszka | 4039 |  | K30-39 | 1 | 00:07:32.13 | 00:07:31.52 | 00:07:25.75 | 00:07:18.28 | 00:29:47.68 | 00:31:02.22 | $\begin{aligned} & +00: 05: 03 \\ & (17.0 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (83.3 \%) \end{aligned}$ |
| 14 | KUŁAKOWSKI Dawid | 4003 | TKKF KOSZALIN | M40-49 | 4 | 00:07:36.12 | 00:07:39.73 | 00:07:24.65 | 00:07:17.23 | 00:29:57.73 | 00:35:28.82 | $\begin{aligned} & +00: 05: 13 \\ & (17.4 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (82.7 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 1 | Etap 2 | Etap 3 | Etap 4 | $\begin{gathered} \text { Czas } \\ \text { netto } \\ 6.437 \mathrm{~km} \end{gathered}$ | $\begin{aligned} & \text { Czas } \\ & \text { brutto } \\ & 6.437 \mathrm{~km} \end{aligned}$ | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 15 | HOREGLAD Paweł | 4025 | SPEEDY GONZALES | M18-29 | 3 | 00:07:26.10 | 00:07:35.89 | 00:07:33.55 | 00:07:26.15 | 00:30:01.69 | 00:31:27.84 | $\begin{aligned} & +00: 05: 17 \\ & \text { (17.6\%) } \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & \text { (82.7\%) } \end{aligned}$ |
| 16 | CHORȦŻY Karolina | 4074 | LEO-TEAM | K30-39 | 2 | 00:07:45.42 | 00:07:56.34 | 00:07:20.68 | 00:07:37.83 | 00:30:40.27 | 00:31:54.35 | $\begin{aligned} & +00: 05: 55 \\ & (19.3 \%) \end{aligned}$ | 4:45 | $\begin{aligned} & 12.6 \\ & (80.8 \%) \end{aligned}$ |
| 17 | BRZEZIŃSKI Jan | 4067 | TEAMPIOTRUS | M50-59 | 2 | 00:07:52.53 | 00:07:38.37 | 00:07:32.91 | 00:07:37.38 | 00:30:41.19 | 00:32:16.74 | $\begin{aligned} & +00: 05: 56 \\ & \text { (19.4\%) } \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (80.8 \%) \end{aligned}$ |
| 18 | MOSZYŃSKI Jacek | 4043 | TKKF KOSZALIN | M50-59 | 3 | 00:07:40.10 | 00:07:39.11 | 00:07:45.54 | 00:07:37.00 | 00:30:41.75 | 00:31:58.20 | $\begin{aligned} & +00: 05: 57 \\ & (19.4 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (80.8 \%) \end{aligned}$ |
| 19 | SZNYTER Sabina | 4079 | DECATHLON KOSZALIN | K18-29 | 1 | 00:07:47.75 | 00:07:39.43 | 00:07:44.38 | 00:07:41.28 | 00:30:52.84 | 00:32:09.68 | $\begin{aligned} & +00: 06: 08 \\ & (19.9 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & \text { (80.1\%) } \end{aligned}$ |
| 20 | IWANIEC Dariusz | 4004 | TKKF KOSZALIN | M40-49 | 5 | 00:07:42.47 | 00:08:02.62 | 00:07:46.43 | 00:07:31.59 | 00:31:03.11 | 00:36:34.11 | $\begin{aligned} & +00: 06: 18 \\ & (20.3 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (79.5 \%) \end{aligned}$ |
| 21 | BASSEL Marcin | 4061 |  | M30-39 | 6 | 00:07:49.37 | 00:08:01.03 | 00:07:51.35 | 00:07:31.38 | 00:31:13.13 | 00:32:40.41 | $\begin{aligned} & +00: 06: 28 \\ & (20.8 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.4 \\ & \text { (79.5\%) } \end{aligned}$ |
| 22 | CHOŁUJ Jarek | 4065 | HOPHOPTEMPOTEAM! | M40-49 | 6 | 00:07:57.29 | 00:08:03.38 | 00:07:51.86 | 00:07:44.44 | 00:31:36.97 | 00:33:04.19 | $\begin{aligned} & +00: 06: 52 \\ & (21.8 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (78.2 \%) \end{aligned}$ |
| 23 | ROGOŻA Ireneusz | 4028 |  | M40-49 | 7 | 00:07:56.25 | 00:08:18.90 | 00:07:44.79 | 00:08:01.24 | 00:32:01.18 | 00:33:35.85 | $\begin{aligned} & +00: 07: 16 \\ & (22.7 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12.1 \\ & (77.6 \%) \end{aligned}$ |
| 24 | KONKEL Łukasz | 4013 |  | M40-49 | 8 | 00:07:55.57 | 00:07:52.86 | 00:08:27.10 | 00:07:47.82 | 00:32:03.35 | 00:33:21.62 | $\begin{aligned} & +00: 07: 19 \\ & (22.8 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12 \\ & (76.9 \%) \end{aligned}$ |
| 25 | MOSIOŁEK Piotr | 4021 |  | M40-49 | 9 | 00:08:13.67 | 00:08:19.43 | 00:08:07.46 | 00:07:54.37 | 00:32:34.93 | 00:34:11.97 | $\begin{aligned} & +00: 07: 50 \\ & (24.1 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & (76.3 \%) \end{aligned}$ |
| 26 | MICERSKI Tomasz | 4035 | TKKF KOSZALIN | M40-49 | 10 | 00:08:02.73 | 00:08:16.79 | 00:08:17.98 | 00:08:02.45 | 00:32:39.95 | 00:38:12.23 | $\begin{aligned} & +00: 07: 55 \\ & (24.3 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & \text { (75.6\%) } \end{aligned}$ |
| 27 | WÓJCICKI Adrian | 4022 |  | M30-39 | 7 | 00:08:33.88 | 00:08:11.11 | 00:08:04.23 | 00:08:07.03 | 00:32:56.25 | 00:34:10.91 | $\begin{aligned} & +00: 08: 11 \\ & (24.9 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (75.0 \%) \end{aligned}$ |
| 28 | PRYCA Adam | 4046 |  | M30-39 | 8 | 00:08:28.57 | 00:08:27.53 | 00:08:14.04 | 00:07:57.81 | 00:33:07.95 | 00:34:45.60 | $\begin{aligned} & +00: 08: 23 \\ & (25.3 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (75.0 \%) \end{aligned}$ |
| 29 | MILEWSKI Tomasz | 4059 |  | M30-39 | 9 | 00:08:29.85 | 00:08:34.77 | 00:08:16.85 | 00:08:02.21 | 00:33:23.68 | 00:35:00.58 | $\begin{aligned} & +00: 08: 39 \\ & (25.9 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & (74.4 \%) \end{aligned}$ |
| 30 | WILKOWSKI Krzysztof | 4078 |  | M40-49 | 11 | 00:08:24.07 | 00:08:27.35 | 00:08:11.58 | 00:08:30.50 | 00:33:33.50 | 00:34:58.32 | $\begin{aligned} & +00: 08: 49 \\ & (26.3 \%) \end{aligned}$ | 5:12 | $\begin{aligned} & 11.5 \\ & (73.7 \%) \end{aligned}$ |
| 31 | JOCHYM Mariusz | 4053 |  | M30-39 | 10 | 00:08:34.67 | 00:08:29.09 | 00:08:20.64 | 00:08:15.70 | 00:33:40.10 | 00:35:12.79 | $\begin{aligned} & +00: 08: 55 \\ & (26.5 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & \text { (73.7\%) } \end{aligned}$ |
| 32 | KAMYK Piotr | 4060 | MH IT SYSTEMY ERP KOSZALIN | M30-39 | 11 | 00:08:27.80 | 00:08:34.25 | 00:08:22.27 | 00:08:25.77 | 00:33:50.09 | 00:36:10.30 | $\begin{aligned} & +00: 09: 05 \\ & (26.9 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (73.1 \%) \end{aligned}$ |
| 33 | DĄBROWSKA Alicja | 4056 | TKKF KOSZALIN | K50+ | 1 | 00:08:41.09 | 00:08:33.61 | 00:08:28.48 | 00:08:13.59 | 00:33:56.77 | 00:35:26.60 | $\begin{aligned} & +00: 09: 12 \\ & (27.1 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & \text { (73.1\%) } \end{aligned}$ |
| 34 | KULCZYK Katarzyna | 4018 | BRYZA POSTOMINO | K30-39 | 3 | 00:08:37.96 | 00:08:28.27 | 00:08:28.04 | 00:08:23.04 | 00:33:57.31 | 00:35:43.09 | $\begin{aligned} & +00: 09: 12 \\ & (27.1 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (73.1 \%) \end{aligned}$ |
| 35 | NOREK Tomek | 4029 |  | M50-59 | 4 | 00:08:33.69 | 00:08:30.52 | 00:08:25.50 | 00:08:28.05 | 00:33:57.76 | 00:35:35.36 | $\begin{aligned} & +00: 09: 13 \\ & (27.2 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & \text { (73.1\%) } \end{aligned}$ |
| 36 | CZERNIAK Gracjan | 4072 |  | M30-39 | 12 | 00:08:14.15 | 00:10:20.96 | 00:07:52.88 | 00:07:41.77 | 00:34:09.76 | 00:35:36.09 | $\begin{aligned} & +00: 09: 25 \\ & (27.6 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (72.4 \%) \end{aligned}$ |
| 37 | PIETRZYK Mateusz | 4047 |  | M18-29 | 4 | 00:09:10.56 | 00:08:47.31 | 00:08:12.45 | 00:08:00.03 | 00:34:10.35 | 00:35:51.59 | $\begin{aligned} & +00: 09: 26 \\ & (27.6 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & \text { (72.4\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Etap 1 | Etap 2 | Etap 3 | Etap 4 | $\begin{gathered} \text { Czas } \\ \text { netto } \\ 6.437 \mathrm{~km} \end{gathered}$ | Czas brutto 6.437 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 38 | RUTKOWSKI Artur | 4044 | KOSZALIŃSKI RANKING BIEGACZY | M18-29 | 5 | 00:08:51.96 | 00:08:39.07 | 00:08:25.18 | 00:08:23.46 | 00:34:19.67 | 00:35:37.46 | $\begin{aligned} & +00: 09: 35 \\ & (27.9 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & \text { (72.4\%) } \end{aligned}$ |
| 39 | KUBIK Krystian | 4034 | RUNGRYF GRYFICE | M18-29 | 6 | 00:08:45.09 | 00:09:16.84 | 00:08:38.39 | 00:07:56.93 | 00:34:37.25 | 00:35:46.82 | $\begin{aligned} & +00: 09: 52 \\ & (28.5 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & \text { (71.8\%) } \end{aligned}$ |
| 40 | KAZIMIERCZAK Leszek | 4076 | LOVELASY DABBKI | M30-39 | 13 | 00:09:02.19 | 00:08:45.87 | 00:08:43.69 | 00:08:29.28 | 00:35:01.03 | 00:36:34.53 | $\begin{aligned} & +00: 10: 16 \\ & (29.4 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & (70.5 \%) \end{aligned}$ |
| 41 | DZIESZUK Dariusz | 4036 | TKKF KOSZALIN | M50-59 | 5 | 00:08:55.44 | 00:09:08.59 | 00:08:48.19 | 00:08:37.93 | 00:35:30.15 | 00:37:33.98 | $\begin{aligned} & +00: 10: 45 \\ & (30.3 \%) \end{aligned}$ | 5:30 | $\begin{aligned} & 10.9 \\ & (69.9 \%) \end{aligned}$ |
| 42 | KOBUS Piotr | 4030 |  | M30-39 | 14 | 00:09:07.20 | 00:09:21.31 | 00:09:02.19 | 00:08:50.57 | 00:36:21.27 | 00:37:55.30 | $\begin{aligned} & +00: 11: 36 \\ & (32.0 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & (67.9 \%) \end{aligned}$ |
| 43 | KRZEWIŃSKA Małgorzata | 4041 | TKKF KOSZALIN | K50+ | 2 | 00:09:10.48 | 00:09:20.89 | 00:09:05.79 | 00:08:47.37 | 00:36:24.53 | 00:37:54.13 | $\begin{aligned} & +00: 11: 40 \\ & (32.1 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & (67.9 \%) \end{aligned}$ |
| 44 | OSOBNIAK Ryszard | 4023 |  | M60-69 | 1 | 00:09:02.84 | 00:09:23.20 | 00:09:09.18 | 00:08:59.62 | 00:36:34.84 | 00:38:33.73 | $\begin{aligned} & +00: 11: 50 \\ & (32.4 \%) \end{aligned}$ | 5:40 | $\begin{aligned} & 10.6 \\ & (67.9 \%) \end{aligned}$ |
| 45 | GRABOWSKA-LESISZ Aneta | 4045 |  | K40-49 | 1 | 00:09:20.99 | 00:09:28.99 | 00:09:08.48 | 00:08:51.34 | 00:36:49.80 | 00:38:14.47 | $\begin{aligned} & +00: 12: 05 \\ & (32.8 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & (67.3 \%) \end{aligned}$ |
| 46 | KAZIMIEROWICZ Radosław | 4006 | VTT KOSZALIN | M30-39 | 15 | 00:09:59.00 | 00:09:28.45 | 00:08:48.26 | 00:08:48.36 | 00:37:04.07 | 00:38:41.12 | $\begin{aligned} & +00: 12: 19 \\ & (33.3 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & (66.7 \%) \end{aligned}$ |
| 47 | WAWRZYN Grzegorz | 4015 |  | M40-49 | 12 | 00:08:43.41 | 00:09:52.97 | 00:10:00.81 | 00:08:48.59 | 00:37:25.78 | 00:39:15.52 | $\begin{aligned} & +00: 12: 41 \\ & (33.9 \%) \end{aligned}$ | 5:48 | $\begin{aligned} & 10.3 \\ & (66.0 \%) \end{aligned}$ |
| 48 | JUSZCZAK Krzysztof | 4058 |  | M60-69 | 2 | 00:09:21.26 | 00:09:42.98 | 00:09:37.10 | 00:09:24.70 | 00:38:06.04 | 00:40:18.19 | $\begin{aligned} & +00: 13: 21 \\ & (35.1 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & (64.7 \%) \end{aligned}$ |
| 49 | PANCERZYŃSKI Łukasz | 4010 |  | M40-49 | 13 | 00:09:34.74 | 00:09:46.96 | 00:09:26.92 | 00:09:36.61 | 00:38:25.23 | 00:40:06.35 | $\begin{aligned} & +00: 13: 40 \\ & (35.6 \%) \end{aligned}$ | 5:58 | $\begin{aligned} & 10.1 \\ & (64.7 \%) \end{aligned}$ |
| 50 | SUDERMAKSYMOWICZ Filip | 4020 |  | M10-13 | 1 | 00:09:57.32 | 00:09:37.70 | 00:10:34.88 | 00:09:09.94 | 00:39:19.84 | 00:40:34.10 | $\begin{aligned} & +00: 14: 35 \\ & (37.1 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & (62.8 \%) \end{aligned}$ |
| 51 | ZUKAL Jakub | 4063 |  | M10-13 | 2 | 00:09:55.92 | 00:10:06.36 | 00:09:34.02 | 00:09:57.36 | 00:39:33.66 | 00:41:05.70 | $\begin{aligned} & +00: 14: 49 \\ & (37.5 \%) \end{aligned}$ | 6:08 | $\begin{aligned} & 9.8 \\ & (62.8 \%) \end{aligned}$ |
| 52 | WOLF Beata | 4008 | TKKF KOSZALIN | K40-49 | 2 | 00:09:35.19 | 00:10:22.95 | 00:09:59.54 | 00:10:09.74 | 00:40:07.42 | 00:41:51.02 | $\begin{aligned} & +00: 15: 23 \\ & (38.3 \%) \end{aligned}$ | 6:13 | $\begin{aligned} & 9.6 \\ & (61.5 \%) \end{aligned}$ |
| 53 | KOZŁOWIECKI Waldemar | 4052 | TKKF KOSZALIN | M60-69 | 3 | 00:10:15.95 | 00:10:31.64 | 00:10:06.66 | 00:10:12.94 | 00:41:07.19 | 00:43:03.86 | $\begin{aligned} & +00: 16: 22 \\ & (39.8 \%) \end{aligned}$ | 6:23 | $\begin{aligned} & 9.4 \\ & (60.3 \%) \end{aligned}$ |
| 54 | KASZUBIAK Julia | 4040 |  | K10-13 | 1 | 00:10:37.60 | 00:10:13.62 | 00:10:29.89 | 00:09:58.57 | 00:41:19.68 | 00:43:12.37 | $\begin{aligned} & +00: 16: 35 \\ & (40.1 \%) \end{aligned}$ | 6:25 | $\begin{aligned} & 9.3 \\ & (59.6 \%) \end{aligned}$ |
| 55 | ZUKAL Aleksandra | 4062 |  | K40-49 | 3 | 00:11:07.32 | 00:11:43.56 | 00:11:16.02 | 00:11:07.00 | 00:45:13.90 | 00:46:46.10 | $\begin{aligned} & +00: 20: 29 \\ & (45.3 \%) \end{aligned}$ | 7:01 | $\begin{aligned} & 8.5 \\ & (54.5 \%) \end{aligned}$ |
| 56 | SUDER- <br> MAKSYMOWICZ <br> Monika | 4002 |  | K30-39 | 4 | 00:12:36.39 | 00:12:01.89 | 00:11:59.79 | 00:10:55.02 | 00:47:33.09 | 00:48:51.38 | $\begin{aligned} & +00: 22: 48 \\ & (48.0 \%) \end{aligned}$ | 7:23 | $\begin{aligned} & 8.1 \\ & (51.9 \%) \end{aligned}$ |
| 57 | HELLER Zdzisław | 4055 | NIEZRZESZONY | M60-69 | 4 | 00:12:53.87 | 00:11:59.56 | 00:11:37.97 | 00:11:19.23 | 00:47:50.63 | 00:49:41.45 | $\begin{aligned} & +00: 23: 06 \\ & (48.3 \%) \end{aligned}$ | 7:25 | $\begin{aligned} & 8.1 \\ & \text { (51.9\%) } \end{aligned}$ |
| 58 | KOZŁOWIECKA Małgorzata | 4077 |  | K50+ | 3 | 00:12:22.04 | 00:12:39.98 | 00:12:01.95 | 00:11:39.68 | 00:48:43.65 | 00:50:24.10 | $\begin{aligned} & +00: 23: 59 \\ & (49.2 \%) \end{aligned}$ | 7:34 | $\begin{aligned} & 7.9 \\ & \text { (50.6\%) } \end{aligned}$ |
| 59 | KARNICKI Artur | 4012 |  | M40-49 | 14 | 00:14:24.67 | 00:14:31.48 | 00:14:02.17 | 00:13:17.76 | 00:56:16.08 | 00:57:58.06 | $\begin{aligned} & +00: 31: 31 \\ & (56.0 \%) \end{aligned}$ | 8:44 | $\begin{aligned} & 6.9 \\ & (44.2 \%) \end{aligned}$ |
| 60 | BARTNIK Marian | 4026 | TKKF KOSZALIN | M70+ | 1 | 00:16:21.84 | 00:17:21.14 | 00:17:10.00 | 00:15:47.00 | 01:06:39.98 | 01:06:49.44 | $\begin{aligned} & +00: 41: 55 \\ & (62.9 \%) \end{aligned}$ | 10:21 | $\begin{aligned} & 5.8 \\ & (37.2 \%) \end{aligned}$ |

