



BIEG GŁÓWNY - 5 KM - ATEST PZLA - BIEG 1

B4SPORT

Wydarzenie: XV Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2024-12-28
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	DOMŻALSKA Daria	159		K18	1	00:05:28	00:11:24	00:17:25.05		3:29	17.2 (100%)
2	PAWELCZYK Julia	383		K18	2	00:05:41	00:11:53	00:17:56.25	+00:00:31 (2.9%)	3:35	16.7 (97.1%)
3	WASIELEWSKA Paulina	502	UKL ÓSEMKA POLICE	K18	3	00:05:54	00:12:29	00:19:00.00	+00:01:34 (8.3%)	3:48	15.8 (91.9%)
4	SZKOŁUDA Sabina	472	NICE'SRUNNERS TEAM	K18	4	00:05:55	00:12:29	00:19:01.45	+00:01:36 (8.4%)	3:48	15.8 (91.9%)
5	KASZTELAN Ula	241		K30	1	00:06:00	00:12:39	00:19:20.65	+00:01:55 (10.0%)	3:52	15.5 (90.1%)
6	KISIELEWICZ Krzysztof	252		M30	1	00:06:12	00:12:49	00:19:27.15	+00:02:02 (10.5%)	3:53	15.4 (89.5%)
7	KULCZYK Jerzy	292		M60	1	00:06:04	00:12:48	00:19:28.00	+00:02:02 (10.5%)	3:53	15.4 (89.5%)
8	KACZOR Agnieszka	227	KUJAWSCY RUNNERS	K30	2	00:06:09	00:12:55	00:19:44.65	+00:02:19 (11.8%)	3:56	15.2 (88.4%)
9	NOWAK Iwona	365	ZDRUN EXTREME	K30	3	00:06:13	00:13:09	00:19:48.05	+00:02:23 (12.0%)	3:57	15.2 (88.4%)
10	SKROBANEK Hanna	440		K18	5	00:06:29	00:13:16	00:19:59.10	+00:02:34 (12.8%)	3:59	15 (87.2%)
11	NOWICKA Alicja	368	TUPTAŃSKO	K18	6	00:06:05	00:13:08	00:20:17.80	+00:02:52 (14.2%)	4:03	14.8 (86.0%)
12	KUJTKOWSKA Urszula	291		K30	4	00:06:03	00:13:13	00:20:19.65	+00:02:54 (14.3%)	4:03	14.8 (86.0%)
13	SILSKI Michał	439	LESZCZE	M30	2	00:06:48	00:13:45	00:20:19.95	+00:02:54 (14.3%)	4:03	14.8 (86.0%)
14	KOŚCIELNIAK Robert	267	TKKF KOSZALIN	M60	2	00:06:28	00:13:38	00:20:43.25	+00:03:18 (15.9%)	4:08	14.5 (84.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	netto 5km			
15	BIEDRZYCKI Krzysztof	112		M50	1	00:07:04	00:13:58	00:20:47.55	+00:03:22 (16.2%)	4:09	14.4 (83.7%)
16	KŁUNDUKOWSKA Paulina	257	KS NORDIC WALKING PIŁA/ POZYTYWNI Z PASJĄ	K30	5	00:06:32	00:13:41	00:20:58.85	+00:03:33 (17.0%)	4:11	14.3 (83.1%)
17	GUZIK Piotr	192	USB USTKA	M30	3	00:06:21	00:13:47	00:21:10.40	+00:03:45 (17.7%)	4:14	14.2 (82.6%)
18	KATULSKI Tomasz	564		M40	1	00:06:27	00:13:47	00:21:11.40	+00:03:46 (17.8%)	4:14	14.2 (82.6%)
19	BAKALARZ Kasia	104	DARŁOWSKIE CHARTY/FEIFER TEAM	K40	1	00:06:29	00:13:59	00:21:11.95	+00:03:46 (17.8%)	4:14	14.2 (82.6%)
20	SOBCZAK Wiktoria	449	AZS GDAŃSKI UNIWERSYTET MEDYCZNY	K18	7	00:06:34	00:13:51	00:21:12.90	+00:03:47 (17.9%)	4:14	14.2 (82.6%)
21	FILIPOWICZ Maciej	167		M30	4	00:06:39	00:13:59	00:21:13.00	+00:03:47 (17.9%)	4:14	14.1 (82.0%)
22	GUDANIEC Katarzyna	189		K30	6	00:06:27	00:13:55	00:21:14.50	+00:03:49 (18.0%)	4:14	14.1 (82.0%)
23	KAMIŃSKA Agata	233	KAMIŃSKI TEAM	K30	7	00:06:35	00:14:03	00:21:17.40	+00:03:52 (18.2%)	4:15	14.1 (82.0%)
24	PAWŁOWSKA Marlena	386		K50	1	00:06:39	00:14:07	00:21:19.25	+00:03:54 (18.3%)	4:15	14.1 (82.0%)
25	HRINKO Adrian	203	RAKIETY KOTLETY	M18	1	00:06:41	00:14:01	00:21:23.15	+00:03:58 (18.6%)	4:16	14 (81.4%)
26	MUCHA Krzysztof	357		M40	2	00:06:40	00:13:57	00:21:23.65	+00:03:58 (18.6%)	4:16	14 (81.4%)
27	JABŁOŃSKA-KIERSZK Beata	208	TRIPAKA PRZECHLEWO	K40	2	00:06:38	00:14:06	00:21:34.30	+00:04:09 (19.3%)	4:18	13.9 (80.8%)
28	KOPCZAK Grzegorz	264	52 BREM	M40	3	00:06:36	00:14:04	00:21:36.10	+00:04:11 (19.4%)	4:19	13.9 (80.8%)
29	OSIŃSKI Wojciech	375	BEST BEASTS	M30	5	00:06:42	00:14:11	00:21:43.60	+00:04:18 (19.8%)	4:20	13.8 (80.2%)
30	WIZE Małgorzata	518	BESTBEASTS	K40	3	00:06:43	00:14:13	00:21:45.55	+00:04:20 (20.0%)	4:21	13.8 (80.2%)
31	GULBITOWICZ Karol	190	BEST BEASTS	M30	6	00:06:35	00:14:05	00:21:46.15	+00:04:21 (20.0%)	4:21	13.8 (80.2%)
32	WOŹNIAK Ireneusz	521		M30	7	00:06:59	00:14:27	00:21:46.85	+00:04:21 (20.0%)	4:21	13.8 (80.2%)
33	PIŁAT Artur	398		M50	2	00:06:43	00:14:20	00:21:50.00	+00:04:24 (20.2%)	4:22	13.7 (79.7%)
33	KAŁUŻA Mariusz	232	NADMORSCY BIEGACZE	M40	4	00:06:20	00:13:30	00:21:50.00	+00:04:24 (20.2%)	4:22	13.7 (79.7%)
35	BANIA Edward	105		M50	3	00:07:05	00:14:33	00:21:50.05	+00:04:25 (20.2%)	4:22	13.7 (79.7%)
36	MOSZYŃSKI Jacek	354	TKKF KOSZALIN	M60	3	00:06:57	00:14:30	00:21:50.90	+00:04:25 (20.3%)	4:22	13.7 (79.7%)
37	SIERADZKI Szymon	438	ISKRA BIAŁOGARD	M14	1	00:06:24	00:14:02	00:21:52.20	+00:04:27 (20.4%)	4:22	13.7 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo	Tempo
						1.6km	3.3km	netto			
						5km			min/km	km/h	
38	LETNIANCHYN Igor	301		M30	8	00:06:45	00:14:15	00:21:53.00	+00:04:27 (20.4%)	4:22	13.7 (79.7%)
39	GAWRON Czesław	175		M18	2	00:06:30	00:13:50	00:21:56.00	+00:04:30 (20.6%)	4:23	13.7 (79.7%)
40	PEKAŁA Piotr	390	SOSW/SP4 KOSZALIN	M50	4	00:07:09	00:14:39	00:21:57.05	+00:04:32 (20.7%)	4:23	13.7 (79.7%)
41	MAZUREK Marcin	339		M40	5	00:07:02	00:14:30	00:21:58.10	+00:04:33 (20.7%)	4:23	13.7 (79.7%)
42	ZYGAN Marcin	536	NADMORSZY BIEGACZE KOŁOBRZEG	M40	6	00:07:06	00:14:33	00:22:09.50	+00:04:44 (21.4%)	4:25	13.5 (78.5%)
43	KRUPIŃSKI Krzysztof	281	E-UROLOG.EU	M60	4	00:07:11	00:14:56	00:22:19.40	+00:04:54 (22.0%)	4:27	13.4 (77.9%)
44	ŻMUDA Jarosław	538	NADMORSZY BIEGACZE KOŁOBRZEG	M50	5	00:07:15	00:15:01	00:22:23.25	+00:04:58 (22.2%)	4:28	13.4 (77.9%)
45	SOKÓŁ Michał	451		M18	3	00:07:03	00:14:43	00:22:24.45	+00:04:59 (22.3%)	4:28	13.4 (77.9%)
46	CHUDY Henryk	138	KSOLSZEWSKI I SYNOWIE	M60	5	00:06:48	00:14:34	00:22:25.95	+00:05:00 (22.4%)	4:29	13.4 (77.9%)
47	ZIÓŁKOWSKA Agnieszka	533		K50	2	00:07:05	00:14:51	00:22:29.25	+00:05:04 (22.5%)	4:29	13.3 (77.3%)
48	WIERZBICKI Sylwester	510	DARŁOWSKIE CHARTY	M40	7	00:06:54	00:14:57	00:22:31.95	+00:05:06 (22.7%)	4:30	13.3 (77.3%)
49	WOJCIECHOWSKA Barbara	519		K18	8	00:07:07	00:14:52	00:22:32.90	+00:05:07 (22.8%)	4:30	13.3 (77.3%)
50	LENDZIOSZEK Ryszard	299	DARŁOWSKIE CHARTY	M40	8	00:07:03	00:14:56	00:22:34.25	+00:05:09 (22.8%)	4:30	13.3 (77.3%)
51	HYBNER Marcin	205	FAJNAFABRYKA.PL	M30	9	00:07:15	00:15:05	00:22:41.90	+00:05:16 (23.3%)	4:32	13.2 (76.7%)
52	KACZMAREK Marta	225	KB SPOKO SŁAWNO	K30	8	00:06:46	00:14:46	00:22:46.60	+00:05:21 (23.5%)	4:33	13.2 (76.7%)
53	WALCZAK Tomasz	499		M40	9	00:07:10	00:15:06	00:22:46.90	+00:05:21 (23.5%)	4:33	13.2 (76.7%)
54	NOSAL Mariusz	363		M40	10	00:07:01	00:14:51	00:22:47.90	+00:05:22 (23.6%)	4:33	13.2 (76.7%)
55	ZAWADZIŃSKI Przemysław	529		M30	10	00:07:13	00:15:05	00:22:49.05	+00:05:24 (23.7%)	4:33	13.1 (76.2%)
56	MISZTAL Arkadiusz	349		M40	11	00:07:06	00:15:01	00:22:53.65	+00:05:28 (23.9%)	4:34	13.1 (76.2%)
57	OSTROWSKI Marian	568	SENIOR	M70+	1	00:07:09	00:15:09	00:22:58.20	+00:05:33 (24.2%)	4:35	13.1 (76.2%)
58	SKWIERCZ Sławomir	443	CHARZYKOWSKIE MORSY	M18	4	00:07:11	00:15:07	00:23:00.55	+00:05:35 (24.3%)	4:36	13 (75.6%)
59	TREDER Marian	494	TEAM TREDER	M50	6	00:06:59	00:15:02	00:23:02.05	+00:05:37 (24.4%)	4:36	13 (75.6%)
60	GAWRYSIAK Przemysław	176		M40	12	00:07:24	00:15:14	00:23:09.75	+00:05:44 (24.8%)	4:37	13 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo	Tempo
						1.6km	3.3km	netto			
						5km			min/km	km/h	
61	HOREGLAD Paweł	202	SPEEDY GONZALES	M18	5	00:07:41	00:15:42	00:23:10.85	+00:05:45 (24.9%)	4:38	12.9 (75.0%)
62	KNUT-POTOCZNIK Gabriela	258		K40	4	00:07:19	00:15:17	00:23:13.55	+00:05:48 (25.0%)	4:38	12.9 (75.0%)
63	WALCZAK Anna	498		K30	9	00:07:12	00:15:12	00:23:14.85	+00:05:49 (25.1%)	4:38	12.9 (75.0%)
64	KOBYLAK Janusz	259	NADMORSKY BIEGACZE KOŁOBRZEG	M40	13	00:07:18	00:15:24	00:23:16.60	+00:05:51 (25.2%)	4:39	12.9 (75.0%)
64	RYSZKIEWICZ Kacper	432		M18	6	00:07:17	00:15:25	00:23:16.60	+00:05:51 (25.2%)	4:39	12.9 (75.0%)
66	RYBAK Daria	429	GAMNAXRUN	K40	5	00:07:46	00:15:40	00:23:32.50	+00:06:07 (26.0%)	4:42	12.7 (73.8%)
67	KARPIŃSKI Marcin	238	GUMIS TEAM	M30	11	00:07:18	00:15:26	00:23:34.60	+00:06:09 (26.1%)	4:42	12.7 (73.8%)
68	MARCINIAK Maciej	330	BIEGNIĘCI TEAM KOSZALIN	M30	12	00:08:23	00:16:24	00:23:39.30	+00:06:14 (26.4%)	4:43	12.7 (73.8%)
69	GAWEŁ Iza	172	ANANASY Z 3 FAL	K30	10	00:07:20	00:15:35	00:23:41.55	+00:06:16 (26.5%)	4:44	12.7 (73.8%)
70	TRAPP Sebastian	493	LION STRONG TEAM	M40	14	00:07:49	00:15:59	00:23:43.15	+00:06:18 (26.6%)	4:44	12.6 (73.3%)
71	GRUNWALD Karolina	187		K30	11	00:07:21	00:15:34	00:23:43.50	+00:06:18 (26.6%)	4:44	12.6 (73.3%)
72	RADECKA Katarzyna	416	BIEGNIĘCI TEAM	K40	6	00:07:34	00:15:48	00:23:47.55	+00:06:22 (26.8%)	4:45	12.6 (73.3%)
73	KLENIEMSKI Piotr	254		M60	6	00:07:17	00:15:34	00:23:51.95	+00:06:26 (27.0%)	4:46	12.6 (73.3%)
74	BOGUCKI Dariusz	121		M40	15	00:07:41	00:15:51	00:23:53.60	+00:06:28 (27.1%)	4:46	12.6 (73.3%)
75	SUDER-MAKSYMOWICZ Grzegorz	466		M40	16	00:07:33	00:15:45	00:23:56.90	+00:06:31 (27.3%)	4:47	12.5 (72.7%)
76	KUBIAK Katarzyna	287		K40	7	00:07:31	00:15:46	00:23:57.15	+00:06:32 (27.3%)	4:47	12.5 (72.7%)
77	CHUDZIK Zbigniew	139	TKKF KOSZALIN	M60	7	00:07:36	00:15:52	00:23:57.20	+00:06:32 (27.3%)	4:47	12.5 (72.7%)
78	HANULA Piotr	198	BLĘKITNY PATROL WWF	M40	17	00:07:34	00:15:55	00:24:02.40	+00:06:37 (27.5%)	4:48	12.5 (72.7%)
79	CZERNIAK Filip	148		M14	2	00:07:45	00:15:53	00:24:06.00	+00:06:40 (27.7%)	4:49	12.4 (72.1%)
80	SOSNOWSKI Tomasz	452	TKKF KOSZALIN	M30	13	00:07:45	00:15:53	00:24:06.50	+00:06:41 (27.8%)	4:49	12.4 (72.1%)
81	WĄSOWICZ Anna	505		K40	8	00:07:34	00:15:52	00:24:07.10	+00:06:42 (27.8%)	4:49	12.4 (72.1%)
82	ADASZYNSKI Wieslaw	93		M50	7	00:07:27	00:16:01	00:24:10.20	+00:06:45 (27.9%)	4:50	12.4 (72.1%)
83	DZIKOŃ Rafał	165	STOWARZYSZENIE NADMORSKICH BIEGACZY	M40	18	00:07:31	00:15:48	00:24:11.20	+00:06:46 (28.0%)	4:50	12.4 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	netto 5km			
84	OLSZAK Grzegorz	372		M50	8	00:07:39	00:16:06	00:24:12.95	+00:06:47 (28.1%)	4:50	12.4 (72.1%)
85	MAJEWSKA Dorota	318		K50	3	00:07:32	00:15:56	00:24:13.15	+00:06:48 (28.1%)	4:50	12.4 (72.1%)
86	BADOWSKA Agnieszka	101		K40	9	00:07:28	00:15:49	00:24:13.50	+00:06:48 (28.1%)	4:50	12.4 (72.1%)
87	DRAŹKOWSKI Tomasz	160	AZS AWS KALISZ	M18	7	00:07:51	00:16:06	00:24:15.70	+00:06:50 (28.2%)	4:51	12.4 (72.1%)
88	GOLBA Piotr	179		M30	14	00:07:40	00:16:02	00:24:19.05	+00:06:54 (28.4%)	4:51	12.3 (71.5%)
89	ORŁOWSKI Paweł	373		M50	9	00:07:46	00:16:03	00:24:21.15	+00:06:56 (28.5%)	4:52	12.3 (71.5%)
90	DIDŁUCH Jacek	157	KARLINOBIEGAJ	M40	19	00:07:34	00:15:57	00:24:22.30	+00:06:57 (28.5%)	4:52	12.3 (71.5%)
91	KAŁUŻA Marta	231	NADMORSZY BIEGACZE	K40	10	00:07:34	00:16:01	00:24:22.70	+00:06:57 (28.6%)	4:52	12.3 (71.5%)
92	LEWANDOWSKI Karol	302		M30	15	00:07:41	00:16:08	00:24:33.50	+00:07:08 (29.1%)	4:54	12.2 (70.9%)
93	JEŹAK Tomasz	216		M18	8	00:07:38	00:16:16	00:24:34.30	+00:07:09 (29.1%)	4:54	12.2 (70.9%)
94	CICHOŃSKI Robert	140		M30	16	00:07:21	00:15:53	00:24:36.85	+00:07:11 (29.2%)	4:55	12.2 (70.9%)
95	LEWICZ Jan	305		M40	20	00:07:59	00:16:32	00:24:37.05	+00:07:12 (29.2%)	4:55	12.2 (70.9%)
96	JARZYNA Roman	212	STARGADZKI KLUB LEKOATLETYCZNY	M50	10	00:07:46	00:16:15	00:24:37.80	+00:07:12 (29.3%)	4:55	12.2 (70.9%)
97	KANIOWSKI Jacek	235	W.P.K SŁOŃ TEAM USTKA	M40	21	00:07:26	00:15:53	00:24:37.90	+00:07:12 (29.3%)	4:55	12.2 (70.9%)
98	WASIEWICZ Anna	503		K40	11	00:07:45	00:16:14	00:24:39.50	+00:07:14 (29.4%)	4:55	12.2 (70.9%)
99	KASPRZAK Marika	240	RAKIETY KOTLETY	K18	9	00:08:14	00:16:33	00:24:40.40	+00:07:15 (29.4%)	4:56	12.2 (70.9%)
100	ANTKOWIAK Sebastian	98	DB -ACTIVE	M50	11	00:07:16	00:15:54	00:24:41.70	+00:07:16 (29.5%)	4:56	12.2 (70.9%)
101	MRÓZ Malgorzata	355	LAPNAS.PL	K30	12	00:07:40	00:16:10	00:24:42.00	+00:07:16 (29.5%)	4:56	12.1 (70.3%)
102	MARKOWSKA Karolina	335	ULTRASKA	K30	13	00:07:34	00:16:07	00:24:42.25	+00:07:17 (29.5%)	4:56	12.1 (70.3%)
103	PRZYGÓCKI Sylwester	411	LION STRONG TEAM	M30	17	00:08:17	00:16:35	00:24:43.15	+00:07:18 (29.5%)	4:56	12.1 (70.3%)
104	PRZYGÓCKI Stanisław	412		M14	3	00:08:17	00:16:35	00:24:43.20	+00:07:18 (29.5%)	4:56	12.1 (70.3%)
105	MAJ Agnieszka	317	BIEGI KOLACYJNE	K40	12	00:07:54	00:16:19	00:24:45.25	+00:07:20 (29.6%)	4:57	12.1 (70.3%)
105	RADKO Sylwia	417	BIEGI KOLACYJNE	K40	12	00:07:54	00:16:18	00:24:45.25	+00:07:20 (29.6%)	4:57	12.1 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas netto	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	5km			
107	BARZYK Łukasz	108		M40	22	00:07:25	00:16:09	00:24:45.80	+00:07:20 (29.7%)	4:57	12.1 (70.3%)
108	PAWŁOWSKA Magdalena	385		K18	10	00:07:53	00:16:31	00:24:47.75	+00:07:22 (29.8%)	4:57	12.1 (70.3%)
109	RYDZIŃSKI Piotr	431		M18	9	00:07:20	00:16:15	00:24:48.50	+00:07:23 (29.8%)	4:57	12.1 (70.3%)
110	POLANOWSKI Dawid	405		M14	4	00:08:06	00:16:34	00:24:50.85	+00:07:25 (29.9%)	4:58	12.1 (70.3%)
111	STRZELECKA Małgorzata	461	SAILING TEAM FERAJNA	K50	4	00:07:58	00:16:28	00:24:50.90	+00:07:25 (29.9%)	4:58	12.1 (70.3%)
112	BURKIET Pawel	134		M40	23	00:07:28	00:16:05	00:24:51.20	+00:07:26 (29.9%)	4:58	12.1 (70.3%)
113	WYSOCKA Urszula	525	BIEGNIĘCI TEAM KOSZALIN	K40	14	00:07:53	00:16:22	00:24:51.95	+00:07:26 (30.0%)	4:58	12.1 (70.3%)
114	PTAK Aneta	414	TEAM TERMINATORUN	K40	15	00:07:59	00:16:30	00:24:53.40	+00:07:28 (30.0%)	4:58	12.1 (70.3%)
115	KUŻAJ Sławomir	296	SAILING TEAM FERAJNA	M50	12	00:07:56	00:16:22	00:24:53.85	+00:07:28 (30.0%)	4:58	12.1 (70.3%)
116	ADAMOWICZ Anna	92	FIGA TEAM	K18	11	00:07:53	00:16:32	00:24:54.85	+00:07:29 (30.1%)	4:58	12 (69.8%)
117	MIŁASZEWSKI Kamil	347		M40	24	00:07:33	00:16:15	00:24:55.20	+00:07:30 (30.1%)	4:59	12 (69.8%)
118	ŁAWRYNOWICZ Patrycja	310		K18	12	00:08:20	00:17:06	00:24:56.95	+00:07:31 (30.2%)	4:59	12 (69.8%)
119	TOMKOWSKI Krzysztof	490		M30	18	00:07:46	00:16:37	00:24:57.25	+00:07:32 (30.2%)	4:59	12 (69.8%)
120	KALETA Cezary	229	STREET ATHLETIC	M14	5	00:07:58	00:16:24	00:24:59.90	+00:07:34 (30.3%)	4:59	12 (69.8%)
121	GRABOWSKA Kinga	184	ANANASY Z 3 FAL	K40	16	00:07:41	00:16:28	00:25:01.40	+00:07:36 (30.4%)	5:00	12 (69.8%)
122	BOGACKI Tomasz	120	TKKF KOSZALIN	M60	8	00:07:57	00:16:33	00:25:01.90	+00:07:36 (30.4%)	5:00	12 (69.8%)
123	KUD Joanna	290		K18	13	00:08:07	00:16:45	00:25:03.25	+00:07:38 (30.5%)	5:00	12 (69.8%)
124	MACIĄG Paweł	312		M40	25	00:08:05	00:16:34	00:25:10.75	+00:07:45 (30.8%)	5:02	11.9 (69.2%)
125	KRZEWIŃSKA Małgorzata	285	TKKF KOSZALIN	K60+	1	00:08:03	00:16:44	00:25:11.00	+00:07:45 (30.8%)	5:02	11.9 (69.2%)
126	ŚMIGIELSKA Ewelina	482	DARŁOWSKIE CHARTY	K40	17	00:08:01	00:16:44	00:25:11.10	+00:07:46 (30.8%)	5:02	11.9 (69.2%)
127	GAWĘDA Emil	174	DARŁOWSKIE CHARTY	M30	19	00:08:01	00:16:44	00:25:11.45	+00:07:46 (30.9%)	5:02	11.9 (69.2%)
128	MAZURKIEWICZ Seweryn	340		M40	26	00:08:05	00:16:37	00:25:12.25	+00:07:47 (30.9%)	5:02	11.9 (69.2%)
129	KOŁODZIEJCZYK Danuta	262		K60+	2	00:08:09	00:16:46	00:25:13.70	+00:07:48 (31.0%)	5:02	11.9 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo	Tempo
						1.6km	3.3km	netto			
						5km			min/km	km/h	
130	ZWOLSKI Paweł	535		M30	20	00:08:17	00:17:07	00:25:13.95	+00:07:48 (31.0%)	5:02	11.9 (69.2%)
131	RĘBELIŃSKA Anna	424	NADMORSZY BIEGACZE KOŁOBRZEG	K40	18	00:07:43	00:16:31	00:25:14.50	+00:07:49 (31.0%)	5:02	11.9 (69.2%)
132	HAŁAJKO Magdalena	196	TKKF KOSZALIN	K40	19	00:07:51	00:16:29	00:25:20.85	+00:07:55 (31.3%)	5:04	11.8 (68.6%)
133	ŚLEDŹ Przemysław	480		M40	27	00:07:50	00:16:34	00:25:21.90	+00:07:56 (31.3%)	5:04	11.8 (68.6%)
134	IGNACZYŃSKI Dariusz	206	JW 3937	M30	21	00:07:43	00:16:37	00:25:25.20	+00:08:00 (31.5%)	5:05	11.8 (68.6%)
135	WIERZBICKA Monika	509	DARŁOWSKIE CHARTY	K30	14	00:07:54	00:16:42	00:25:25.55	+00:08:00 (31.5%)	5:05	11.8 (68.6%)
136	STRZELECKA Agnieszka	462	FIGA TEAM	K40	20	00:07:53	00:16:35	00:25:31.70	+00:08:06 (31.8%)	5:06	11.8 (68.6%)
137	MONGIAŁO Marcin	353		M40	28	00:08:16	00:16:52	00:25:31.85	+00:08:06 (31.8%)	5:06	11.8 (68.6%)
138	REDLICKA Kinga	420		K30	15	00:08:03	00:16:51	00:25:32.30	+00:08:07 (31.8%)	5:06	11.7 (68.0%)
139	KACZMARZYŃSKI Jarosław	226		M50	13	00:08:16	00:16:55	00:25:33.80	+00:08:08 (31.9%)	5:06	11.7 (68.0%)
140	SŁUPCZEWSKA Małgorzata	445	SDROG	K40	21	00:07:49	00:16:42	00:25:36.20	+00:08:11 (32.0%)	5:07	11.7 (68.0%)
141	BOGUSZEWSKA-KAŻMIERCZAK Agnieszka	122	ZASAPANI HYDRO	K40	22	00:08:14	00:17:03	00:25:37.15	+00:08:12 (32.0%)	5:07	11.7 (68.0%)
142	SZCZEPANIK Anna	470		K30	16	00:08:06	00:16:58	00:25:39.35	+00:08:14 (32.1%)	5:07	11.7 (68.0%)
143	HINC Maksymilian	200		M30	22	00:08:19	00:17:11	00:25:39.75	+00:08:14 (32.1%)	5:07	11.7 (68.0%)
144	GRAL Daniel	186	GRALKI	M30	23	00:08:19	00:17:10	00:25:41.90	+00:08:16 (32.2%)	5:08	11.7 (68.0%)
145	HAKKARAINEN Jouni	194		M50	14	00:08:00	00:16:57	00:25:51.35	+00:08:26 (32.6%)	5:10	11.6 (67.4%)
146	CHOMA Edyta	137	SKWARKI TEAM	K30	17	00:07:43	00:16:36	00:25:52.20	+00:08:27 (32.7%)	5:10	11.6 (67.4%)
147	JÓZEFOWSKI Krystian	221	DHL ULTRA TRAIL	M18	10	00:08:04	00:16:47	00:25:54.90	+00:08:29 (32.8%)	5:10	11.6 (67.4%)
148	KASPRZAK Karolina	239		K40	23	00:08:16	00:17:07	00:25:55.20	+00:08:30 (32.8%)	5:11	11.6 (67.4%)
149	PISKORZ-WILCZAK Iwona	401	KDN	K50	5	00:08:18	00:17:14	00:25:56.40	+00:08:31 (32.9%)	5:11	11.6 (67.4%)
150	TARADAJCZYK Agnieszka	484	BEST BEASTS	K40	24	00:07:51	00:16:51	00:25:57.10	+00:08:32 (32.9%)	5:11	11.6 (67.4%)
151	SOBKOWIAK Ireneusz	450		M30	24	00:07:56	00:16:52	00:25:57.45	+00:08:32 (32.9%)	5:11	11.6 (67.4%)
152	KRZEWIŃSKA Monika	337	TKKF KOSZALIN	K30	18	00:08:10	00:17:08	00:25:59.45	+00:08:34 (33.0%)	5:11	11.5 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo	Tempo
						1.6km	3.3km	netto			
						5km			min/km	km/h	
153	RECKI Adam	419		M40	29	00:08:26	00:17:30	00:26:00.60	+00:08:35 (33.0%)	5:12	11.5 (66.9%)
154	GUZOWSKA Elżbieta	193		K40	25	00:08:03	00:16:58	00:26:04.75	+00:08:39 (33.2%)	5:12	11.5 (66.9%)
155	LEŚNIAK Roman	300	OSP OSTROWICE	M50	15	00:07:55	00:16:57	00:26:05.15	+00:08:40 (33.2%)	5:13	11.5 (66.9%)
156	KOPIEC-PARYSIAK Joanna	265		K40	26	00:08:26	00:17:22	00:26:07.35	+00:08:42 (33.3%)	5:13	11.5 (66.9%)
157	BŁAŻEJCZAK-BOGUCKA Paulina	114		K30	19	00:08:22	00:17:20	00:26:09.85	+00:08:44 (33.4%)	5:13	11.5 (66.9%)
158	OSOBNIAK Ryszard	377		M60	9	00:08:22	00:17:22	00:26:12.00	+00:08:46 (33.5%)	5:14	11.5 (66.9%)
159	JUREWICZ Monika	222		K30	20	00:08:17	00:17:09	00:26:13.85	+00:08:48 (33.6%)	5:14	11.4 (66.3%)
160	KAZMIERCZAK Tomasz	245	JW 3937	M40	30	00:08:56	00:17:59	00:26:14.15	+00:08:49 (33.6%)	5:14	11.4 (66.3%)
161	JUSZCZYK Agnieszka	224		K40	27	00:08:09	00:17:14	00:26:17.20	+00:08:52 (33.7%)	5:15	11.4 (66.3%)
162	STOCKA-PODŁYSKA Żaneta	460		K40	28	00:08:30	00:17:35	00:26:17.30	+00:08:52 (33.7%)	5:15	11.4 (66.3%)
163	KAMYK Piotr	234	MH-INFORMATYKA.PL	M40	31	00:08:11	00:17:15	00:26:20.10	+00:08:55 (33.9%)	5:16	11.4 (66.3%)
164	BOGACKA Lucyna	119	TKKF KOSZALIN	K60+	3	00:08:21	00:17:22	00:26:22.85	+00:08:57 (34.0%)	5:16	11.4 (66.3%)
165	MADEJ Bartosz	316	SALOMON BOXING	M30	25	00:08:56	00:18:14	00:26:24.55	+00:08:59 (34.0%)	5:16	11.4 (66.3%)
166	WÓJTOWICZ Kamil	522		M40	32	00:08:00	00:17:18	00:26:26.05	+00:09:01 (34.1%)	5:17	11.3 (65.7%)
167	ANTOSIK Grażyna	99	K SOLSZEWSKI I SYNOWIE	K40	29	00:07:12	00:15:55	00:26:30.60	+00:09:05 (34.3%)	5:18	11.3 (65.7%)
168	BOROWIEC Mariusz	124		M50	16	00:08:37	00:17:46	00:26:32.05	+00:09:07 (34.4%)	5:18	11.3 (65.7%)
169	KALOCINSKI Krzysztof	230	FIGA TEAM	M40	33	00:07:50	00:16:35	00:26:32.55	+00:09:07 (34.4%)	5:18	11.3 (65.7%)
170	NOSAL Hanna	362		K30	21	00:08:28	00:17:33	00:26:32.75	+00:09:07 (34.4%)	5:18	11.3 (65.7%)
171	KINOWSKI Karol	251		M50	17	00:08:49	00:18:06	00:26:41.85	+00:09:16 (34.8%)	5:20	11.2 (65.1%)
172	KOZICKI Piotr	274	FIGA TEAM	M50	18	00:08:13	00:17:33	00:26:43.15	+00:09:18 (34.8%)	5:20	11.2 (65.1%)
173	KRYCIŃSKA Jolanta	283	NADMORSCY BIEGACZE	K40	30	00:08:10	00:17:27	00:26:43.20	+00:09:18 (34.8%)	5:20	11.2 (65.1%)
174	GÓRALSKA Monika	182	BIAŁOGARD BIEGA	K40	31	00:08:09	00:17:29	00:26:43.30	+00:09:18 (34.8%)	5:20	11.2 (65.1%)
175	MARCZUK Ola	332	OSP KORZYBIE	K14	1	00:08:08	00:17:32	00:26:45.50	+00:09:20 (34.9%)	5:21	11.2 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo	Tempo
						1.6km	3.3km	netto			
						5km			min/km	km/h	
176	FRANZKOWSKI Marek	168	AMATOR	M60	10	00:08:07	00:17:13	00:26:47.30	+00:09:22 (35.0%)	5:21	11.2 (65.1%)
177	SACHARZEWSKA Anna	433		K40	32	00:08:26	00:17:39	00:26:48.55	+00:09:23 (35.0%)	5:21	11.2 (65.1%)
178	ŚWIĘTLICKA Sylwia	483		K40	33	00:08:03	00:17:30	00:26:49.80	+00:09:24 (35.1%)	5:21	11.2 (65.1%)
179	DĄBROWSKI Grzegorz	154		M50	19	00:08:31	00:17:40	00:26:50.55	+00:09:25 (35.1%)	5:22	11.2 (65.1%)
180	SAGAŁA Patrycja	434		K40	34	00:08:13	00:17:37	00:26:53.10	+00:09:28 (35.2%)	5:22	11.2 (65.1%)
181	OSIŃSKI Janusz	376		M30	26	00:07:58	00:17:27	00:26:57.00	+00:09:31 (35.4%)	5:23	11.1 (64.5%)
182	MAKOWSKI Adam	323		M30	27	00:08:22	00:17:38	00:27:04.40	+00:09:39 (35.7%)	5:24	11.1 (64.5%)
183	PIECHOTA Robert	393		M50	20	00:08:18	00:17:53	00:27:09.55	+00:09:44 (35.9%)	5:25	11 (64.0%)
184	SKRZYPCZAK Tomasz	442		M40	34	00:08:37	00:17:58	00:27:10.85	+00:09:45 (35.9%)	5:26	11 (64.0%)
184	KŁOS Jarosław	256		M30	28	00:08:59	00:18:12	00:27:10.85	+00:09:45 (35.9%)	5:26	11 (64.0%)
186	CZERNAK Magdalena	149		K30	22	00:08:37	00:17:58	00:27:10.95	+00:09:45 (35.9%)	5:26	11 (64.0%)
187	CZAJKA Adrian	145		M30	29	00:08:23	00:17:46	00:27:11.40	+00:09:46 (35.9%)	5:26	11 (64.0%)
188	PAWEŁEK Damian	384		M30	30	00:08:45	00:18:17	00:27:11.80	+00:09:46 (36.0%)	5:26	11 (64.0%)
189	MUDŹ Anna	358		K30	23	00:08:47	00:18:21	00:27:12.70	+00:09:47 (36.0%)	5:26	11 (64.0%)
190	GÓRSKA Joanna	183		K40	35	00:08:22	00:17:35	00:27:13.40	+00:09:48 (36.0%)	5:26	11 (64.0%)
191	STRZELECKI Sebastian 'Kaszana'	463	SAILING TEAM FERAJNA	M50	21	00:08:48	00:18:08	00:27:16.15	+00:09:51 (36.1%)	5:27	11 (64.0%)
192	KURKOWSKA Wioleta	293	SKWARKI TEAM	K30	24	00:08:30	00:17:53	00:27:19.25	+00:09:54 (36.2%)	5:27	11 (64.0%)
193	GAWEŁ Andrzej	173	POMERIDERS	M60	11	00:08:20	00:17:47	00:27:23.20	+00:09:58 (36.4%)	5:28	11 (64.0%)
194	KUBIAK Rafał	288		M30	31	00:08:04	00:17:31	00:27:28.55	+00:10:03 (36.6%)	5:29	10.9 (63.4%)
195	ZBOROWSKA-SKROBANEK Justyna	531		K40	36	00:08:58	00:18:28	00:27:29.15	+00:10:04 (36.6%)	5:29	10.9 (63.4%)
196	WILK Piotr	511	NIEZRZESZONY	M60	12	00:08:30	00:18:00	00:27:29.25	+00:10:04 (36.6%)	5:29	10.9 (63.4%)
197	ŚLĄZAK Robert	479	CANCERFIGHTERDARŁOWO	M30	32	00:08:15	00:17:40	00:27:31.70	+00:10:06 (36.7%)	5:30	10.9 (63.4%)
198	MAJEWSKI Kamil	319	INŻYNIER KONSTRUKTYWNY	M30	33	00:08:17	00:18:03	00:27:34.45	+00:10:09 (36.8%)	5:30	10.9 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo	Tempo
						1.6km	3.3km	netto			
						5km			min/km	km/h	
199	GUDANIEC Dorota	188	TRIATHLON KOSZALIN	K60+	4	00:08:42	00:18:10	00:27:36.20	+00:10:11 (36.9%)	5:31	10.9 (63.4%)
200	JĘDRZEJEWSKA Justyna	218		K30	25	00:08:19	00:17:55	00:27:37.70	+00:10:12 (37.0%)	5:31	10.9 (63.4%)
201	BARANEK Aleksandra	106		K18	14	00:09:01	00:18:32	00:27:40.10	+00:10:15 (37.0%)	5:32	10.8 (62.8%)
202	DĄBROWSKA Katarzyna	153		K40	37	00:08:42	00:18:13	00:27:40.30	+00:10:15 (37.1%)	5:32	10.8 (62.8%)
203	KOWALCZYK Karolina	268		K40	38	00:08:55	00:18:25	00:27:50.95	+00:10:25 (37.5%)	5:34	10.8 (62.8%)
204	MISZTAL Wiktoria	350		K18	15	00:08:23	00:17:54	00:27:53.90	+00:10:28 (37.6%)	5:34	10.8 (62.8%)
205	BORZĘCKA Ewa	125		K30	26	00:08:46	00:18:17	00:27:56.70	+00:10:31 (37.7%)	5:35	10.7 (62.2%)
206	KONDAK Anna	263		K40	39	00:08:37	00:18:22	00:27:59.40	+00:10:34 (37.8%)	5:35	10.7 (62.2%)
207	BRUSKI Beniamin	127		M40	35	00:08:49	00:18:23	00:28:02.45	+00:10:37 (37.9%)	5:36	10.7 (62.2%)
207	POSPIESZNA Sandra	408		K30	27	00:08:49	00:18:23	00:28:02.45	+00:10:37 (37.9%)	5:36	10.7 (62.2%)
209	SZPARKOWSKA Agata	475	FIGA TEAM	K30	28	00:08:26	00:18:07	00:28:12.15	+00:10:47 (38.2%)	5:38	10.6 (61.6%)
210	BOCHAŃSKA Anna	115		K40	40	00:08:22	00:18:17	00:28:12.90	+00:10:47 (38.3%)	5:38	10.6 (61.6%)
211	KOROL Monika	435		K30	29	00:09:13	00:18:47	00:28:17.60	+00:10:52 (38.4%)	5:39	10.6 (61.6%)
212	ROSIŃSKA Magdalena	426		K18	16	00:08:38	00:18:35	00:28:20.70	+00:10:55 (38.6%)	5:40	10.6 (61.6%)
213	PIEPIÓRA Edyta	394		K30	30	00:08:26	00:18:20	00:28:24.70	+00:10:59 (38.7%)	5:40	10.6 (61.6%)
214	RADDATZ Alicja	415		K50	6	00:08:42	00:18:31	00:28:26.90	+00:11:01 (38.8%)	5:41	10.6 (61.6%)
215	DEPCZYŃSKI Mateusz	155		M30	34	00:09:07	00:19:07	00:28:28.85	+00:11:03 (38.8%)	5:41	10.5 (61.0%)
216	TOŚKO Tadeusz	492	IS DUOLIFE SZCZECINEK	M40	36	00:08:44	00:18:08	00:28:31.10	+00:11:06 (38.9%)	5:42	10.5 (61.0%)
217	KAŻMIERCZAK Dawid	246		M18	11	00:08:22	00:18:21	00:28:38.15	+00:11:13 (39.2%)	5:43	10.5 (61.0%)
218	NOWAKOWSKA Marta	367		K50	7	00:08:41	00:18:40	00:28:40.55	+00:11:15 (39.3%)	5:44	10.5 (61.0%)
219	OLESZCZUK Marek	371		M30	35	00:09:13	00:19:06	00:28:41.50	+00:11:16 (39.3%)	5:44	10.5 (61.0%)
220	DUDZIAK Piotr	162	MEC KOSZALIN	M40	37	00:09:10	00:18:55	00:28:41.65	+00:11:16 (39.3%)	5:44	10.5 (61.0%)
221	KOZŁOWIECKI Waldemar	277	TKKF KOSZALIN	M70+	2	00:09:04	00:19:18	00:28:51.35	+00:11:26 (39.6%)	5:46	10.4 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo	Tempo
						1.6km	3.3km	netto			
						5km			min/km	km/h	
222	ANGROT Anita	96		K30	31	00:09:12	00:19:06	00:28:52.90	+00:11:27 (39.7%)	5:46	10.4 (60.5%)
223	MILEWSKI Krzysztof	345		M40	38	00:09:02	00:19:02	00:28:55.30	+00:11:30 (39.8%)	5:47	10.4 (60.5%)
224	KISIELEWICZ Katarzyna	253		K18	17	00:08:43	00:18:54	00:28:57.15	+00:11:32 (39.8%)	5:47	10.4 (60.5%)
225	WIŚNIEWSKA Magda	516		K40	41	00:08:33	00:18:48	00:29:02.30	+00:11:37 (40.0%)	5:48	10.3 (59.9%)
226	ZACHACZEWSKA Katarzyna	527		K50	8	00:08:33	00:18:48	00:29:02.60	+00:11:37 (40.0%)	5:48	10.3 (59.9%)
227	JANKOJĆ Dominik	210		M40	39	00:09:11	00:19:12	00:29:03.35	+00:11:38 (40.1%)	5:48	10.3 (59.9%)
228	PIERZCHAŁO Dorota	395		K40	42	00:08:18	00:19:05	00:29:09.50	+00:11:44 (40.3%)	5:49	10.3 (59.9%)
229	KRAJEWSKI Marek	279		M40	40	00:08:29	00:18:25	00:29:21.10	+00:11:56 (40.7%)	5:52	10.2 (59.3%)
230	TOMICKA Agnieszka	489	STOWARZYSZENIE NADMORSY BIEGACZE KOŁOBRZEG	K40	43	00:08:49	00:19:01	00:29:21.40	+00:11:56 (40.7%)	5:52	10.2 (59.3%)
231	KORZEŃ Kacper	266		M14	6	00:08:30	00:18:26	00:29:21.85	+00:11:56 (40.7%)	5:52	10.2 (59.3%)
232	HELLER Zdzisław	199	NIEZRZESZONY	M60	13	00:09:10	00:19:22	00:29:23.80	+00:11:58 (40.8%)	5:52	10.2 (59.3%)
233	STEC Joanna	459	FIGA TEAM	K30	32	00:09:08	00:19:23	00:29:24.60	+00:11:59 (40.8%)	5:52	10.2 (59.3%)
234	PRZEDNOWEK Adam	410		M40	41	00:09:33	00:19:48	00:29:28.35	+00:12:03 (40.9%)	5:53	10.2 (59.3%)
235	PIĄTKOWSKA Urszula	391	BIEGNIĘCI TEAM KOSZALIN	K40	44	00:09:23	00:19:22	00:29:32.65	+00:12:07 (41.0%)	5:54	10.2 (59.3%)
236	MACIĄG Mikołaj	313		M14	7	00:09:06	00:19:18	00:29:41.50	+00:12:16 (41.3%)	5:56	10.1 (58.7%)
237	ŁAWRYNOWICZ Agnieszka	309		K40	45	00:08:59	00:19:15	00:29:46.25	+00:12:21 (41.5%)	5:57	10.1 (58.7%)
238	BUZE Małgorzata	136	OLSZEWSKI I SYNOWIE	K40	46	00:09:01	00:19:11	00:29:50.10	+00:12:25 (41.6%)	5:58	10.1 (58.7%)
239	CISEK - MUSOLF Stanisława	144		K30	33	00:09:18	00:19:35	00:29:55.75	+00:12:30 (41.8%)	5:59	10 (58.1%)
240	PIETRUŚ Magdalena	396		K30	34	00:09:04	00:19:12	00:29:57.30	+00:12:32 (41.9%)	5:59	10 (58.1%)
241	MIŁASZEWSKA Agnieszka	346		K40	47	00:08:51	00:19:23	00:29:58.40	+00:12:33 (41.9%)	5:59	10 (58.1%)
242	RADZIMSKI Marcel	418	RADZIMSCY.PL	M18	12	00:08:12	00:19:02	00:30:01.05	+00:12:36 (42.0%)	6:00	10 (58.1%)
243	JERUZAL Monika	214		K18	18	00:09:21	00:19:49	00:30:04.05	+00:12:39 (42.1%)	6:00	10 (58.1%)
244	BEDNARZ Katarzyna	109		K50	9	00:09:23	00:19:53	00:30:13.25	+00:12:48 (42.4%)	6:02	9.9 (57.6%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo	Tempo
							1.6km	3.3km	netto			
245	HOJDYCZ Jan	201	X		M60	14	00:09:18	00:19:35	00:30:25.65	+00:13:00 (42.8%)	6:05	9.9 (57.6%)
246	MAJSTERKIEWICZ Natalia	321			K18	19	00:09:15	00:19:50	00:30:26.05	+00:13:01 (42.8%)	6:05	9.9 (57.6%)
247	BOCHNIARZ Bartosz	116			M18	13	00:09:15	00:19:50	00:30:26.60	+00:13:01 (42.8%)	6:05	9.9 (57.6%)
248	KAŻMIERCZAK Aleksandra	248			K30	35	00:09:18	00:19:51	00:30:33.40	+00:13:08 (43.0%)	6:06	9.8 (57.0%)
249	PSTRĄGOWSKA Marlena	413			K40	48	00:09:19	00:19:51	00:30:34.15	+00:13:09 (43.0%)	6:06	9.8 (57.0%)
250	SOYA Izabela	453	PRZESTRZEŃ INSPIRACJI		K40	49	00:09:21	00:19:58	00:30:38.95	+00:13:13 (43.2%)	6:07	9.8 (57.0%)
251	GANSKE Natalia	171			K30	36	00:09:13	00:20:01	00:30:44.90	+00:13:19 (43.4%)	6:08	9.8 (57.0%)
252	MACIEJCZAK Karolina	314	SAILING TEAM FERAJNA		K40	50	00:09:31	00:20:15	00:30:47.55	+00:13:22 (43.4%)	6:09	9.7 (56.4%)
253	KAWECKA Agnieszka	243			K30	37	00:10:09	00:20:48	00:30:50.80	+00:13:25 (43.5%)	6:10	9.7 (56.4%)
254	WALO Zbigniew	501	X		M60	15	00:09:17	00:19:45	00:30:53.00	+00:13:27 (43.6%)	6:10	9.7 (56.4%)
255	STORZOŁEK Filip	526			M18	14	00:08:01	00:19:19	00:30:55.25	+00:13:30 (43.7%)	6:11	9.7 (56.4%)
256	ANGROT Jacek	97			M40	42	00:09:13	00:19:46	00:30:58.40	+00:13:33 (43.8%)	6:11	9.7 (56.4%)
257	WRÓTNIAK Robert	524			M40	43	00:09:16	00:20:00	00:30:58.45	+00:13:33 (43.8%)	6:11	9.7 (56.4%)
258	POLETAJEW Wiktoria	407			K40	51	00:10:06	00:20:37	00:30:59.00	+00:13:33 (43.8%)	6:11	9.7 (56.4%)
259	WRÓTNIAK Kasia	523			K40	52	00:09:17	00:20:02	00:30:59.80	+00:13:34 (43.8%)	6:11	9.7 (56.4%)
260	STASIAK Zbigniew	457			M50	22	00:10:10	00:21:45	00:31:01.80	+00:13:36 (43.9%)	6:12	9.7 (56.4%)
261	JUSZCZAK Krzysztof	223			M70+	3	00:09:00	00:20:00	00:31:03.95	+00:13:38 (43.9%)	6:12	9.7 (56.4%)
262	KSIĄŻKIEWICZ Paulina	286			K18	20	00:08:24	00:20:21	00:31:04.05	+00:13:39 (43.9%)	6:12	9.7 (56.4%)
263	WILKOWSKA Małgorzata	512	KJP KOSZALIN		K40	53	00:09:42	00:20:32	00:31:18.30	+00:13:53 (44.4%)	6:15	9.6 (55.8%)
264	WILKOWSKA Beata	513	KJP KOSZALIN		K40	54	00:09:43	00:20:35	00:31:21.70	+00:13:56 (44.5%)	6:16	9.6 (55.8%)
265	MARCZAK Małgorzata	331	AKTYWNI ŻELKOWO		K60+	5	00:09:18	00:20:13	00:31:24.65	+00:13:59 (44.5%)	6:16	9.6 (55.8%)
266	POLANOWSKA Angelika	404			K30	38	00:09:38	00:20:48	00:31:37.40	+00:14:12 (44.9%)	6:19	9.5 (55.2%)
267	BUTOWICZ Adam	135			M60	16	00:09:25	00:20:51	00:31:43.20	+00:14:18 (45.1%)	6:20	9.5 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Czas	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	netto 5km			
268	KIERSZK Grzegorz	250		M40	44	00:09:40	00:20:40	00:32:00.10	+00:14:35 (45.6%)	6:24	9.4 (54.7%)
269	GOLA Ewelina	178		K40	55	00:09:41	00:20:41	00:32:00.65	+00:14:35 (45.6%)	6:24	9.4 (54.7%)
270	RUDNICKI Ryszard	427		M60	17	00:09:50	00:21:09	00:32:18.40	+00:14:53 (46.1%)	6:27	9.3 (54.1%)
271	SKROBANEK Zofia	441		K18	21	00:09:43	00:21:00	00:32:27.65	+00:15:02 (46.3%)	6:29	9.2 (53.5%)
272	SUDER-MAKSYMOWICZ Monika	465		K40	56	00:10:16	00:21:25	00:32:29.80	+00:15:04 (46.4%)	6:29	9.2 (53.5%)
273	STAŃCZAK Kamila	456		K30	39	00:09:54	00:21:08	00:32:44.60	+00:15:19 (46.8%)	6:32	9.2 (53.5%)
274	PEŁKA Iwona	387		K50	10	00:09:55	00:21:08	00:32:44.95	+00:15:19 (46.8%)	6:32	9.2 (53.5%)
275	KWOLEK Maciej	298		M40	45	00:09:43	00:21:21	00:32:56.00	+00:15:30 (47.1%)	6:35	9.1 (52.9%)
276	OLEKSIUK Joanna	370		K30	40	00:09:51	00:21:32	00:33:01.25	+00:15:36 (47.3%)	6:36	9.1 (52.9%)
277	STASIAK Aleksandra	458		K18	22	00:10:10	00:21:45	00:33:24.30	+00:15:59 (47.9%)	6:40	9 (52.3%)
278	OLCZYKOWSKI Bartosz	369	WILLA BLANKA	M40	46	00:10:11	00:21:46	00:33:25.70	+00:16:00 (47.9%)	6:41	9 (52.3%)
279	CICHOSZ Jerzy	141		M70+	4	00:10:25	00:21:56	00:33:30.75	+00:16:05 (48.0%)	6:42	9 (52.3%)
280	KRYCH Karolina	282		K18	23	00:10:01	00:22:06	00:33:36.40	+00:16:11 (48.2%)	6:43	8.9 (51.7%)
281	KWIECIŃSKI Rafał	297		M30	36	00:09:42	00:21:42	00:34:00.50	+00:16:35 (48.8%)	6:48	8.8 (51.2%)
282	ANGROT Marcin	95		M40	47	00:10:06	00:21:57	00:34:18.55	+00:16:53 (49.2%)	6:51	8.7 (50.6%)
283	MERKIS Małgorzata	343		K50	11	00:10:37	00:22:36	00:34:30.60	+00:17:05 (49.5%)	6:54	8.7 (50.6%)
284	SUSKI Jan	467		M70+	5	00:09:27	00:20:57	00:34:31.05	+00:17:06 (49.5%)	6:54	8.7 (50.6%)
285	SZAFONI Michał	468		M40	48	00:09:45	00:22:17	00:34:48.05	+00:17:23 (50.0%)	6:57	8.6 (50.0%)
286	JARUGA Artur	211		M40	49	00:10:11	00:22:28	00:35:10.05	+00:17:45 (50.5%)	7:02	8.5 (49.4%)
287	MOLENDASebastian	352		M30	37	00:11:25	00:25:25	00:35:16.55	+00:17:51 (50.6%)	7:03	8.5 (49.4%)
288	JEZIORSKA Danuta	215		K50	12	00:10:30	00:22:16		+00:10:52	6:44	8.9 (51.7%)
289	LUBLEWSKI Dawid	307	BIEGOLAS	M30	38	00:06:37			+00:01:09	4:08	14.5 (84.3%)
290	SZYMCZAK Magdalena	478		K18	24	00:11:25			+00:05:57	7:08	8.4 (48.8%)

Znaleziono 290 wynik(ów)