



# BIEG HERKULESA 6 KM

B4SPORT

**Event:** Bieg Herkulesa  
**Organiser:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Date:** 2019-08-11  
**Place:** Koszalin  
**Distance:** 6 km



Classification: All

Place	Participant	Number	Club	Category	MCat	2km	4km	Net time 6km	Gap	Pace min/km	Pace km/h
1	<b>PYSHNIAK Kostiantyn</b>	<b>238</b>	TKKF KOSZALIN	M18-39	1	00:09:32	00:20:04	<b>00:30:17.06</b>		5:02	11.9 (100%)
2	<b>DUDA Grzegorz</b>	<b>248</b>	BEST BEASTS	M40-54	1	00:10:33	00:22:05	<b>00:33:45.99</b>	+00:03:28 (10.3%)	5:37	10.7 (89.9%)
3	<b>ROKOSZ Radosław</b>	<b>39</b>	JW 1223 KOSZALIN	M18-39	2	00:10:55	00:22:40	<b>00:34:17.26</b>	+00:04:00 (11.7%)	5:42	10.5 (88.2%)
4	<b>ŁUKAWSKI Mariusz</b>	<b>107</b>	JW 1223	M18-39	3	00:10:58	00:22:48	<b>00:34:30.79</b>	+00:04:13 (12.3%)	5:45	10.4 (87.4%)
5	<b>MAJKOWICZ Rafał</b>	<b>240</b>		M18-39	4	00:10:45	00:22:58	<b>00:34:41.32</b>	+00:04:24 (12.7%)	5:46	10.4 (87.4%)
6	<b>POPŁAWSKI Daniel</b>	<b>96</b>		M18-39	5	00:11:47	00:23:41	<b>00:35:57.42</b>	+00:05:40 (15.8%)	5:59	10 (84.0%)
7	<b>KOŁODZIEJ Krystian</b>	<b>20</b>	BESTIE OCR LEGIONOWO	M18-39	6	00:11:13	00:23:28	<b>00:36:04.76</b>	+00:05:47 (16.1%)	6:00	10 (84.0%)
8	<b>CIUĆKA Mateusz</b>	<b>111</b>	SZWĘDACZE KOSZALIN	M18-39	7	00:11:02	00:23:40	<b>00:36:18.68</b>	+00:06:01 (16.6%)	6:03	9.9 (83.2%)
9	<b>SITOWSKI Marcin</b>	<b>44</b>	FC RYSIEK	M18-39	8	00:11:39	00:23:56	<b>00:36:21.50</b>	+00:06:04 (16.7%)	6:03	9.9 (83.2%)
10	<b>WIELGAT Łukasz</b>	<b>46</b>	KB BRYZA POSTOMINO	M18-39	9	00:11:40	00:24:21	<b>00:37:17.74</b>	+00:07:00 (18.8%)	6:13	9.7 (81.5%)
11	<b>RUSIN Tomek</b>	<b>37</b>		M18-39	10	00:11:06	00:24:03	<b>00:37:19.89</b>	+00:07:02 (18.9%)	6:13	9.6 (80.7%)
12	<b>SZYMAŃSKI Piotr</b>	<b>40</b>		M18-39	11	00:12:00	00:24:46	<b>00:37:22.54</b>	+00:07:05 (19.0%)	6:13	9.6 (80.7%)
13	<b>WOJTALIK Łukasz</b>	<b>50</b>		M18-39	12	00:12:50	00:25:17	<b>00:37:37.29</b>	+00:07:20 (19.5%)	6:16	9.6 (80.7%)
14	<b>SOSNOWSKI Tomasz</b>	<b>15</b>	FPP FUNKCJONALNOŚĆ PONAD POMPE	M18-39	13	00:11:24	00:24:49	<b>00:37:40.95</b>	+00:07:23 (19.6%)	6:16	9.6 (80.7%)
15	<b>JABŁOŃSKI Tomasz</b>	<b>246</b>	KB SPOKO SŁAWNO	M40-54	2	00:12:03	00:24:54	<b>00:37:45.03</b>	+00:07:27 (19.8%)	6:17	9.5 (79.8%)
16	<b>PICK Tomasz</b>	<b>108</b>	SKSG KORONA SZCZECIN	M40-54	3	00:12:19	00:25:37	<b>00:38:18.48</b>	+00:08:01 (20.9%)	6:23	9.4 (79.0%)
17	<b>MICHALAK Grzegorz</b>	<b>102</b>	KARLINO BIEGAJ!	M40-54	4	00:12:11	00:25:35	<b>00:38:40.81</b>	+00:08:23 (21.7%)	6:26	9.3 (78.2%)
18	<b>LACHOWICZ Blanka</b>	<b>93</b>	HUSARIA RACE TEAM	K18-39	1	00:12:43	00:26:00	<b>00:39:23.35</b>	+00:09:06 (23.1%)	6:33	9.1 (76.5%)
19	<b>IWANIEC Dariusz</b>	<b>57</b>	TKKF KOSZALIN	M40-54	5	00:12:55	00:26:14	<b>00:39:28.77</b>	+00:09:11 (23.3%)	6:34	9.1 (76.5%)
20	<b>WEBER Paweł</b>	<b>75</b>	FPP	M18-39	14	00:12:46	00:26:23	<b>00:39:33.28</b>	+00:09:16 (23.4%)	6:35	9.1 (76.5%)
21	<b>GUDANIEC Katarzyna</b>	<b>13</b>	TKKF TRIATHLON KOSZALIN	K18-39	2	00:12:16	00:25:54	<b>00:39:37.72</b>	+00:09:20 (23.6%)	6:36	9.1 (76.5%)
22	<b>BIEŃKOWSKI Tomasz</b>	<b>207</b>	IQ.COLSUNTING	M18-39	15	00:12:14	00:25:59	<b>00:39:38.25</b>	+00:09:21 (23.6%)	6:36	9.1 (76.5%)
23	<b>URBAŃSKI Tomasz</b>	<b>97</b>		M40-54	6	00:12:44	00:26:26	<b>00:40:01.48</b>	+00:09:44 (24.3%)	6:40	9 (75.6%)
24	<b>MICERSKI Tomasz</b>	<b>109</b>	TKKF KOSZALIN	M40-54	7	00:13:13	00:26:31	<b>00:40:02.22</b>	+00:09:45 (24.4%)	6:40	9 (75.6%)
25	<b>GAWROŃSKI Marek</b>	<b>92</b>	\$\$\$ NA PRE\$TIŻU	M18-39	16	00:12:58	00:27:02	<b>00:40:29.81</b>	+00:10:12 (25.2%)	6:45	8.9 (74.8%)
26	<b>METEL Izabela</b>	<b>27</b>	RUNTASTYCZNI TEAM BYTÓW	K40-54	1	00:13:24	00:27:04	<b>00:40:40.46</b>	+00:10:23 (25.5%)	6:46	8.9 (74.8%)
27	<b>PILIŃSKI Łukasz</b>	<b>6</b>		M18-39	17	00:12:36	00:26:57	<b>00:40:56.70</b>	+00:10:39 (26.0%)	6:49	8.8 (73.9%)

Place	Participant	Number	Club	Category	MCat	2km	4km	Net time	Gap	Pace	Pace
								6km		min/km	km/h
28	<b>KRAWCZYK Tomasz</b>	<b>112</b>		M18-39	18	00:12:40	00:26:39	<b>00:41:12.79</b>	+00:10:55 (26.5%)	6:52	8.7 (73.1%)
29	<b>THEODOSE Olivier</b>	<b>61</b>		M40-54	8	00:13:06	00:27:06	<b>00:41:17.10</b>	+00:11:00 (26.6%)	6:53	8.7 (73.1%)
30	<b>PŁOSKI Krzysztof</b>	<b>87</b>	DARŁOWSKIE CHARTY	M40-54	9	00:14:27	00:27:58	<b>00:41:31.82</b>	+00:11:14 (27.1%)	6:55	8.7 (73.1%)
31	<b>WEILAND Adrian</b>	<b>17</b>	NIGHT WOLVES SŁUPSK	M18-39	19	00:13:02	00:26:53	<b>00:41:35.24</b>	+00:11:18 (27.2%)	6:55	8.7 (73.1%)
32	<b>MISZCZYK Jan</b>	<b>70</b>	ROZBIEGANY KOSZALIN	M18-39	20	00:14:02	00:28:08	<b>00:42:38.51</b>	+00:12:21 (29.0%)	7:06	8.4 (70.6%)
33	<b>ZIELIŃSKI Maciej</b>	<b>65</b>	KAMIEŃ RYMAŃSKI	M18-39	21	00:12:46	00:27:10	<b>00:42:45.32</b>	+00:12:28 (29.2%)	7:07	8.4 (70.6%)
34	<b>ADAMCZYK Karol</b>	<b>69</b>		M18-39	22	00:15:23	00:29:26	<b>00:43:01.26</b>	+00:12:44 (29.6%)	7:10	8.4 (70.6%)
35	<b>CAŁA Małgorzata</b>	<b>23</b>	RUNTASTYCZNI TEAM BYTÓW	K40-54	2	00:13:59	00:28:42	<b>00:43:11.23</b>	+00:12:54 (29.9%)	7:12	8.3 (69.7%)
36	<b>CAŁA Bartosz</b>	<b>22</b>	ŚWIAT PŁYTEK U KRYSPINA	M40-54	10	00:14:03	00:28:47	<b>00:43:12.13</b>	+00:12:55 (29.9%)	7:12	8.3 (69.7%)
37	<b>GAWROŃSKI Bartosz</b>	<b>71</b>		M18-39	23	00:13:09	00:27:58	<b>00:43:22.04</b>	+00:13:04 (30.2%)	7:13	8.3 (69.7%)
38	<b>RUSINEK Dawid</b>	<b>130</b>		M18-39	24	00:13:21	00:28:09	<b>00:43:46.82</b>	+00:13:29 (30.8%)	7:17	8.2 (68.9%)
39	<b>HAWRYLAK Marcin</b>	<b>249</b>	AMPIO TEAM	M40-54	11	00:14:24	00:29:24	<b>00:43:55.44</b>	+00:13:38 (31.1%)	7:19	8.2 (68.9%)
40	<b>STAŃCZYK Sławomir</b>	<b>104</b>		M18-39	25	00:14:19	00:29:02	<b>00:44:07.69</b>	+00:13:50 (31.4%)	7:21	8.2 (68.9%)
41	<b>CHENON Guillaume</b>	<b>119</b>	WIECZORNE BIEGANIE W SZCZECINIE	M18-39	26	00:14:16	00:28:54	<b>00:44:07.74</b>	+00:13:50 (31.4%)	7:21	8.2 (68.9%)
42	<b>JAROSZEWSKI Przemysław</b>	<b>168</b>		M40-54	12	00:14:03	00:29:03	<b>00:44:14.34</b>	+00:13:57 (31.5%)	7:22	8.1 (68.1%)
43	<b>OLCZAK Krzysztof</b>	<b>26</b>		M18-39	27	00:16:22	00:30:26	<b>00:44:25.20</b>	+00:14:08 (31.8%)	7:24	8.1 (68.1%)
44	<b>CZAJKOWSKI Paweł</b>	<b>53</b>	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	28	00:15:34	00:29:58	<b>00:44:25.72</b>	+00:14:08 (31.8%)	7:24	8.1 (68.1%)
45	<b>HOREGLAD Paweł</b>	<b>49</b>	SPEEDY GONZALES	M18-39	29	00:14:46	00:29:36	<b>00:44:31.88</b>	+00:14:14 (32.0%)	7:25	8.1 (68.1%)
46	<b>SZYMEN Karol</b>	<b>99</b>		M18-39	30	00:13:56	00:29:25	<b>00:44:40.03</b>	+00:14:22 (32.2%)	7:26	8.1 (68.1%)
47	<b>WALCZAK Marcin</b>	<b>120</b>		M18-39	31	00:15:05	00:30:16	<b>00:44:54.91</b>	+00:14:37 (32.6%)	7:29	8 (67.2%)
48	<b>SEWERYN Tomasz</b>	<b>239</b>		M18-39	32	00:14:57	00:29:44	<b>00:44:58.70</b>	+00:14:41 (32.7%)	7:29	8 (67.2%)
49	<b>KACZMAREK Marta</b>	<b>80</b>	KB SPOKO SŁAWNO	K18-39	3	00:14:51	00:30:12	<b>00:45:00.46</b>	+00:14:43 (32.7%)	7:30	8 (67.2%)
50	<b>WILKOS Jakub</b>	<b>128</b>		M18-39	33	00:13:17	00:28:58	<b>00:45:01.73</b>	+00:14:44 (32.7%)	7:30	8 (67.2%)
51	<b>KALISZ Roksana</b>	<b>83</b>		K40-54	3	00:14:42	00:30:19	<b>00:45:03.37</b>	+00:14:46 (32.8%)	7:30	8 (67.2%)
52	<b>MACIEJEWSKI Piotr</b>	<b>67</b>		M18-39	34	00:15:25	00:30:25	<b>00:45:13.85</b>	+00:14:56 (33.0%)	7:32	8 (67.2%)
53	<b>GACIA Maciek</b>	<b>47</b>		M18-39	35	00:16:08	00:31:01	<b>00:45:18.86</b>	+00:15:01 (33.2%)	7:33	7.9 (66.4%)
54	<b>REPLAKOWSKI Krzysztof</b>	<b>82</b>	WE RUN	M40-54	13	00:15:22	00:30:32	<b>00:45:45.30</b>	+00:15:28 (33.8%)	7:37	7.9 (66.4%)
55	<b>SIDOR Mariusz</b>	<b>103</b>	DECATHLON POWER SŁUPSK	M18-39	36	00:15:03	00:30:48	<b>00:45:45.32</b>	+00:15:28 (33.8%)	7:37	7.9 (66.4%)
56	<b>DORAWA-ZIOMEK Anna</b>	<b>4</b>	ZABIEGANE	K18-39	4	00:14:35	00:30:46	<b>00:45:48.02</b>	+00:15:30 (33.9%)	7:38	7.9 (66.4%)
57	<b>ZASIMOWSKI Adam</b>	<b>55</b>	BIEGAM BO LUBIĘ	M40-54	14	00:16:16	00:31:00	<b>00:46:02.95</b>	+00:15:45 (34.2%)	7:40	7.8 (65.5%)
58	<b>SZOSTAK Marta</b>	<b>115</b>		K18-39	5	00:15:48	00:31:17	<b>00:46:09.31</b>	+00:15:52 (34.4%)	7:41	7.8 (65.5%)
59	<b>KRZEWIŃSKA Małgorzata</b>	<b>73</b>	TKKF KOSZALIN	K55+	1	00:15:21	00:30:53	<b>00:46:09.57</b>	+00:15:52 (34.4%)	7:41	7.8 (65.5%)
60	<b>URBAŃSKI Rafał</b>	<b>200</b>	ZASTOPIJ	M40-54	15	00:13:31	00:29:46	<b>00:46:17.22</b>	+00:16:00 (34.6%)	7:43	7.8 (65.5%)
61	<b>CHODAK Monika</b>	<b>94</b>	HUSARIA RACE TEAM	K40-54	4	00:14:58	00:30:37	<b>00:46:23.73</b>	+00:16:06 (34.7%)	7:44	7.8 (65.5%)
62	<b>WNUK Przemek</b>	<b>105</b>		M18-39	37	00:14:43	00:31:22	<b>00:46:26.02</b>	+00:16:08 (34.8%)	7:44	7.8 (65.5%)
63	<b>MAZUR Mirosław</b>	<b>234</b>		M40-54	16	00:15:31	00:31:15	<b>00:46:45.88</b>	+00:16:28 (35.2%)	7:47	7.7 (64.7%)
64	<b>ORYSZCZYN Arek</b>	<b>1</b>		M18-39	38	00:14:39	00:31:13	<b>00:47:02.05</b>	+00:16:44 (35.6%)	7:50	7.7 (64.7%)
65	<b>BUDZIŃSKI Paweł</b>	<b>11</b>	DRUŻYNA SZPIKU	M40-54	17	00:15:26	00:31:18	<b>00:47:09.08</b>	+00:16:52 (35.8%)	7:51	7.6 (63.9%)
66	<b>BRYŁOWSKI Dawid</b>	<b>101</b>		M18-39	39	00:15:16	00:31:10	<b>00:47:14.45</b>	+00:16:57 (35.9%)	7:52	7.6 (63.9%)
67	<b>PACAN Mira</b>	<b>10</b>	ŚWIAT PŁYTEK U KRYSPINA	K18-39	6	00:14:21	00:31:34	<b>00:47:36.33</b>	+00:17:19 (36.4%)	7:56	7.6 (63.9%)
68	<b>PACAN Bartosz</b>	<b>33</b>	ŚWIAT PŁYTEK U KRYSPINA	M18-39	40	00:14:24	00:31:33	<b>00:47:43.52</b>	+00:17:26 (36.5%)	7:57	7.5 (63.0%)
69	<b>RUTKOWSKI Artur</b>	<b>36</b>	RUNKING	M18-39	41	00:15:29	00:32:12	<b>00:48:03.89</b>	+00:17:46 (37.0%)	8:00	7.5 (63.0%)
70	<b>KUCHARSKA Małgorzata</b>	<b>18</b>		K18-39	7	00:16:41	00:32:38	<b>00:48:03.96</b>	+00:17:46 (37.0%)	8:00	7.5 (63.0%)
71	<b>JAROSZEWSKI Daniel</b>	<b>91</b>		M18-39	42	00:15:38	00:31:44	<b>00:48:10.20</b>	+00:17:53 (37.1%)	8:01	7.5 (63.0%)

Place	Participant	Number	Club	Category	MCat	2km	4km	Net time	Gap	Pace	Pace
								6km		min/km	km/h
72	<b>SZABŁOWIŃSKI Maciek</b>	<b>100</b>		M18-39	43	00:15:32	00:32:18	<b>00:48:31.15</b>	+00:18:14 (37.6%)	8:05	7.4 (62.2%)
73	<b>DERESZ Rafał</b>	<b>110</b>	FALUBAZ	M40-54	18	00:15:49	00:32:29	<b>00:48:44.14</b>	+00:18:27 (37.9%)	8:07	7.4 (62.2%)
74	<b>KAMINSKI Tomasz</b>	<b>35</b>	JW1223	M40-54	19	00:16:11	00:32:45	<b>00:48:44.42</b>	+00:18:27 (37.9%)	8:07	7.4 (62.2%)
75	<b>MICHALAK Michał</b>	<b>64</b>	KAMIEŃ RYMAŃSKI	M18-39	44	00:16:59	00:32:41	<b>00:48:50.63</b>	+00:18:33 (38.0%)	8:08	7.4 (62.2%)
76	<b>GALICKI Robert</b>	<b>81</b>		M40-54	20	00:16:54	00:33:13	<b>00:48:50.81</b>	+00:18:33 (38.0%)	8:08	7.4 (62.2%)
77	<b>PŁOSZAJ Rafał</b>	<b>32</b>		M18-39	45	00:14:44	00:32:22	<b>00:48:57.50</b>	+00:18:40 (38.1%)	8:09	7.4 (62.2%)
78	<b>DEPTA Katarzyna</b>	<b>201</b>		K40-54	5	00:16:03	00:32:36	<b>00:48:59.44</b>	+00:18:42 (38.2%)	8:10	7.3 (61.3%)
79	<b>SIERANT Maria</b>	<b>85</b>		K18-39	8	00:15:40	00:32:25	<b>00:49:01.83</b>	+00:18:44 (38.2%)	8:10	7.3 (61.3%)
80	<b>SZCZYPEK Arkadiusz</b>	<b>169</b>	ZASTOPUJ	M18-39	46	00:15:54	00:32:51	<b>00:49:23.57</b>	+00:19:06 (38.7%)	8:14	7.3 (61.3%)
81	<b>WEILAND Agnieszka</b>	<b>16</b>	NIGHT WOLVES SŁUPSK	K18-39	9	00:16:01	00:33:19	<b>00:49:44.12</b>	+00:19:27 (39.1%)	8:17	7.2 (60.5%)
82	<b>MURAWSKI Waldemar</b>	<b>208</b>		M40-54	21	00:16:07	00:33:04	<b>00:49:46.47</b>	+00:19:29 (39.2%)	8:17	7.2 (60.5%)
83	<b>NOWICKI Piotr</b>	<b>210</b>		M40-54	22	00:17:14	00:33:20	<b>00:49:56.02</b>	+00:19:38 (39.4%)	8:19	7.2 (60.5%)
84	<b>PIASECKI Mariusz</b>	<b>215</b>		M18-39	47	00:17:15	00:33:20	<b>00:49:56.32</b>	+00:19:39 (39.4%)	8:19	7.2 (60.5%)
85	<b>JUSZCZAK Krzysztof</b>	<b>48</b>		M55+	1	00:17:14	00:33:30	<b>00:49:56.81</b>	+00:19:39 (39.4%)	8:19	7.2 (60.5%)
86	<b>ROMANOWICZ Monika</b>	<b>12</b>	ZABIEGANE :)	K18-39	10	00:15:43	00:32:48	<b>00:50:22.23</b>	+00:20:05 (39.9%)	8:23	7.1 (59.7%)
87	<b>JANOWICZ Przemysław</b>	<b>21</b>	FPP	M18-39	48	00:15:53	00:33:01	<b>00:50:35.47</b>	+00:20:18 (40.1%)	8:25	7.1 (59.7%)
88	<b>KLESZCZYŃSKI Damian</b>	<b>76</b>		M18-39	49	00:17:58	00:34:42	<b>00:50:40.99</b>	+00:20:23 (40.2%)	8:26	7.1 (59.7%)
89	<b>FABRYKIEWICZ Joanna</b>	<b>114</b>		K18-39	11	00:16:56	00:33:44	<b>00:50:44.00</b>	+00:20:26 (40.3%)	8:27	7.1 (59.7%)
90	<b>MICHAŁÓW Leszek</b>	<b>45</b>	AJDŻO SQUAD	M18-39	50	00:16:58	00:33:49	<b>00:50:48.97</b>	+00:20:31 (40.4%)	8:28	7.1 (59.7%)
91	<b>KAZIMIEROWICZ Radosław</b>	<b>95</b>	VTT	M18-39	51	00:17:39	00:33:59	<b>00:51:00.55</b>	+00:20:43 (40.6%)	8:30	7.1 (59.7%)
92	<b>LABUDA Hubert</b>	<b>122</b>		M18-39	52	00:18:01	00:34:32	<b>00:51:23.99</b>	+00:21:06 (41.1%)	8:34	7 (58.8%)
93	<b>BASŁYK Agnieszka</b>	<b>220</b>		K18-39	12	00:18:25	00:34:50	<b>00:51:24.27</b>	+00:21:07 (41.1%)	8:34	7 (58.8%)
94	<b>NOWAK Paweł</b>	<b>127</b>		M18-39	53	00:16:23	00:33:48	<b>00:51:33.48</b>	+00:21:16 (41.3%)	8:35	7 (58.8%)
95	<b>ZANDER Jakub</b>	<b>63</b>	KAMIEŃ RYMAŃSKI	M18-39	54	00:17:18	00:34:07	<b>00:51:50.71</b>	+00:21:33 (41.6%)	8:38	6.9 (58.0%)
96	<b>USTJANOWSKA Katarzyna</b>	<b>41</b>		K18-39	13	00:17:50	00:35:05	<b>00:51:52.61</b>	+00:21:35 (41.6%)	8:38	6.9 (58.0%)
97	<b>MACIEJEWSKI Maciej</b>	<b>14</b>	FPP FUNKCJONALNOŚĆ PONAD POMPE	M18-39	55	00:17:28	00:35:21	<b>00:52:05.81</b>	+00:21:48 (41.9%)	8:41	6.9 (58.0%)
98	<b>SUCHODOLSKA Aleksandra</b>	<b>34</b>	ZABIEGANE :)	K18-39	14	00:16:43	00:34:16	<b>00:52:18.06</b>	+00:22:01 (42.1%)	8:43	6.9 (58.0%)
99	<b>KRYZIEWSKA Magdalena</b>	<b>3</b>		K18-39	15	00:16:48	00:34:25	<b>00:52:18.62</b>	+00:22:01 (42.1%)	8:43	6.9 (58.0%)
100	<b>ZAKOŚCIELNA Katarzyna</b>	<b>5</b>	ZABIEGANE :)	K18-39	16	00:17:00	00:34:31	<b>00:52:19.35</b>	+00:22:02 (42.1%)	8:43	6.9 (58.0%)
101	<b>STASZAK Wojciech</b>	<b>86</b>		M18-39	56	00:18:00	00:35:13	<b>00:52:46.28</b>	+00:22:29 (42.6%)	8:47	6.8 (57.1%)
102	<b>FRĄCZAK Sylwester</b>	<b>74</b>	4FUN	M18-39	57	00:17:58	00:35:13	<b>00:52:46.42</b>	+00:22:29 (42.6%)	8:47	6.8 (57.1%)
103	<b>MRUGALSKI Stanisław</b>	<b>126</b>		M55+	2	00:18:41	00:35:23	<b>00:53:01.92</b>	+00:22:44 (42.9%)	8:50	6.8 (57.1%)
104	<b>WESOŁEK Łukasz</b>	<b>68</b>		M18-39	58	00:17:08	00:35:10	<b>00:53:07.55</b>	+00:22:50 (43.0%)	8:51	6.8 (57.1%)
105	<b>NIEWIADOWSKA Urszula</b>	<b>8</b>	WWW.ARTE-IT.PL	K18-39	17	00:18:52	00:36:09	<b>00:53:18.11</b>	+00:23:01 (43.2%)	8:53	6.8 (57.1%)
106	<b>NIEWIADOWSKI Robert</b>	<b>7</b>	WWW.ARTE-IT.PL	M18-39	59	00:18:52	00:36:10	<b>00:53:18.82</b>	+00:23:01 (43.2%)	8:53	6.8 (57.1%)
107	<b>JAGIELSKA Daria</b>	<b>72</b>	SEW	K18-39	18	00:18:18	00:36:20	<b>00:54:07.95</b>	+00:23:50 (44.1%)	9:01	6.7 (56.3%)
108	<b>KUKLIŃSKI Sebastian</b>	<b>51</b>	SEW	M18-39	60	00:17:28	00:36:21	<b>00:54:15.60</b>	+00:23:58 (44.2%)	9:02	6.6 (55.5%)
109	<b>WOŹNIECKA Karolina</b>	<b>233</b>		K18-39	19	00:19:27	00:36:59	<b>00:54:34.62</b>	+00:24:17 (44.5%)	9:05	6.6 (55.5%)
110	<b>HARASYM Daniel</b>	<b>195</b>	ZASTOPUJ	M40-54	23	00:18:27	00:36:41	<b>00:54:44.15</b>	+00:24:27 (44.7%)	9:07	6.6 (55.5%)
111	<b>MARCZAK Małgorzata</b>	<b>77</b>		K55+	2	00:18:48	00:36:34	<b>00:55:12.67</b>	+00:24:55 (45.1%)	9:12	6.5 (54.6%)
112	<b>BUDZYŃSKA Elżbieta</b>	<b>98</b>		K40-54	6	00:18:49	00:37:06	<b>00:55:42.86</b>	+00:25:25 (45.6%)	9:17	6.5 (54.6%)
113	<b>URBAN Joanna</b>	<b>62</b>		K40-54	7	00:17:56	00:36:41	<b>00:55:53.77</b>	+00:25:36 (45.8%)	9:19	6.4 (53.8%)
114	<b>RADZIUSZ Ilona</b>	<b>116</b>		K18-39	20	00:19:12	00:37:28	<b>00:55:53.99</b>	+00:25:36 (45.8%)	9:19	6.4 (53.8%)
115	<b>LEWANDOWSKI Piotr</b>	<b>185</b>	ZASTOPUJ	M40-54	24	00:19:32	00:37:44	<b>00:56:18.14</b>	+00:26:01 (46.2%)	9:23	6.4 (53.8%)

Place	Participant	Number	Club	Category	MCat	2km	4km	Net time 6km	Gap	Pace min/km	Pace km/h
116	LABUDA Dariusz	121		M40-54	25	00:19:35	00:38:28	<b>00:56:33.61</b>	+00:26:16 (46.5%)	9:25	6.4 (53.8%)
117	ŁASTOWSKI Paweł	123		M18-39	61	00:19:35	00:38:28	<b>00:56:33.69</b>	+00:26:16 (46.5%)	9:25	6.4 (53.8%)
118	ARCHACKI Patryk	66		M18-39	62	00:18:22	00:38:12	<b>00:56:50.17</b>	+00:26:33 (46.7%)	9:28	6.3 (52.9%)
119	WÓJCIK Anna	59	ŻYTANIA TEAM	K18-39	21	00:19:34	00:38:10	<b>00:56:55.09</b>	+00:26:38 (46.8%)	9:29	6.3 (52.9%)
120	SZULTKA Sylwia	58		K18-39	22	00:19:34	00:38:11	<b>00:56:55.21</b>	+00:26:38 (46.8%)	9:29	6.3 (52.9%)
121	SUDER-MAKSYMOWICZ Monika	106		K18-39	23	00:19:39	00:38:34	<b>00:57:33.48</b>	+00:27:16 (47.4%)	9:35	6.3 (52.9%)
122	WALKOWIAK Daria	124		K18-39	24	00:19:08	00:38:03	<b>00:57:37.56</b>	+00:27:20 (47.4%)	9:36	6.2 (52.1%)
123	SEEWALD Agnieszka	125	ZAKWAS	K18-39	25	00:19:08	00:38:03	<b>00:57:37.77</b>	+00:27:20 (47.4%)	9:36	6.2 (52.1%)
124	SUSKI Jan	241	TKKF KOSZALIN	M55+	3	00:19:08	00:39:28	<b>00:58:32.02</b>	+00:28:14 (48.3%)	9:45	6.2 (52.1%)
125	ŚWIĘTANOWSKA Joanna	89		K40-54	8	00:20:44	00:40:18	<b>00:59:34.36</b>	+00:29:17 (49.2%)	9:55	6 (50.4%)
126	HAŁAJKO Magdalena	84		K18-39	26	00:20:44	00:40:19	<b>00:59:35.21</b>	+00:29:18 (49.2%)	9:55	6 (50.4%)
127	RĘBISZ Aneta	237		K18-39	27	00:20:08	00:39:50	<b>00:59:41.28</b>	+00:29:24 (49.3%)	9:56	6 (50.4%)
128	GRYGLEWSKA Magdalena	236		K18-39	28	00:20:09	00:39:50	<b>00:59:42.06</b>	+00:29:25 (49.3%)	9:57	6 (50.4%)
129	STRZYŻ Dorota	25	WWW.ARTE-IT.PL	K18-39	29	00:21:20	00:42:08	<b>01:01:49.64</b>	+00:31:32 (51.0%)	10:18	5.8 (48.7%)
130	POZORSKA Katarzyna	117		K18-39	30	00:21:06	00:41:22	<b>01:01:50.11</b>	+00:31:33 (51.0%)	10:18	5.8 (48.7%)
131	MOŁDAWA Karolina	56	LUMBERJACKS CROSS GARAGE KOSZALIN	K18-39	31	00:21:08	00:41:51	<b>01:01:50.13</b>	+00:31:33 (51.0%)	10:18	5.8 (48.7%)
132	ZASIMOWSKA Edyta	54	BIEGAM BO LUBIĘ	K40-54	9	00:21:19	00:42:12	<b>01:01:50.21</b>	+00:31:33 (51.0%)	10:18	5.8 (48.7%)
133	BARUSIŃSKA Marta	24		K18-39	32	00:21:09	00:41:23	<b>01:01:50.27</b>	+00:31:33 (51.0%)	10:18	5.8 (48.7%)
134	SOKOŁOWSKA Tola	118		K18-39	33	00:21:07	00:41:25	<b>01:01:50.61</b>	+00:31:33 (51.0%)	10:18	5.8 (48.7%)
135	SPICA Łukasz	52		M18-39	63	00:20:25	00:41:11	<b>01:02:36.16</b>	+00:32:19 (51.6%)	10:26	5.8 (48.7%)
136	KRZEWIŃSKA Monika	78	TKKF KOSZALIN	K18-39	34	00:20:21	00:41:33	<b>01:03:01.46</b>	+00:32:44 (51.9%)	10:30	5.7 (47.9%)
137	GAWROŃSKI Paweł	19	OGIEŃ W SZOPIE	M18-39	64	00:20:24	00:41:34	<b>01:03:01.71</b>	+00:32:44 (52.0%)	10:30	5.7 (47.9%)
138	JAKUBCZYK Agnieszka	79		K18-39	35	00:20:51	00:41:37	<b>01:03:42.23</b>	+00:33:25 (52.5%)	10:37	5.7 (47.9%)
139	WYKA Marcin	31		M18-39	65	00:20:38	00:42:36	<b>01:03:48.66</b>	+00:33:31 (52.5%)	10:38	5.6 (47.1%)
140	PEWIŃSKA Justyna	30	PORSHE	K18-39	36	00:20:39	00:42:38	<b>01:03:49.20</b>	+00:33:32 (52.5%)	10:38	5.6 (47.1%)
141	ODRZYWOŁEK Paweł	60		M18-39	66	00:20:39	00:42:38	<b>01:03:49.66</b>	+00:33:32 (52.6%)	10:38	5.6 (47.1%)
142	GRZESZCZAK Małgorzata	42	PORSHE	K18-39	37	00:20:39	00:42:40	<b>01:03:49.82</b>	+00:33:32 (52.6%)	10:38	5.6 (47.1%)
143	ZALEWSKI Mariusz	43	PORSHE	M40-54	26	00:20:40	00:42:40	<b>01:03:50.04</b>	+00:33:32 (52.6%)	10:38	5.6 (47.1%)
144	WILK Dominika	29	PORSHE	K18-39	38	00:20:39	00:42:37	<b>01:03:50.16</b>	+00:33:33 (52.6%)	10:38	5.6 (47.1%)
145	KUTKOWSKI Sławomir	90		M18-39	67	00:20:47	00:42:51	<b>01:05:27.35</b>	+00:35:10 (53.7%)	10:54	5.5 (46.2%)
146	TABAK Marek	138		M40-54	27	00:22:33	00:44:56	<b>01:07:27.85</b>	+00:37:10 (55.1%)	11:14	5.3 (44.5%)
147	SCHEFFLER Bryan	232		M18-39	68	00:23:06	00:47:18	<b>01:11:34.74</b>	+00:41:17 (57.7%)	11:55	5 (42.0%)

Total 147 results.