

# BIEG KRÓLI - 7.4KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2016-01-06  
**Miejsce:** Jamno  
**Dystans:** 7.4 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	341	KL ISKRA BIAŁOGARD	M-18	1	00:00:04	00:25:19.35	00:25:23.65		3:25	17.5 (100%)
2	KAMIŃSKI Daniel	114	KL ISKRA BIAŁOGARD	M-30	1	00:00:04	00:26:38.05	00:26:42.50	+00:01:18 (4.9%)	3:35	16.7 (95.4%)
3	WOJTKIEWICZ Mateusz	393	KB 10 BIAŁOGARD	M-18	2	00:00:04	00:27:06.70	00:27:11.15	+00:01:47 (6.6%)	3:39	16.4 (93.7%)
4	KĘPKA Adrian	124		M-18	3	00:00:04	00:27:55.50	00:28:00.05	+00:02:36 (9.3%)	3:46	15.9 (90.9%)
5	WITKIEWICZ Eryk	340	KB 10 BIAŁOGARD	M-40	1	00:00:04	00:27:56.25	00:28:00.70	+00:02:36 (9.4%)	3:46	15.9 (90.9%)
6	IGNACZAK Piotr	84	KB.10 BIAŁOGARD	M-18	4	00:00:05	00:28:02.65	00:28:07.70	+00:02:43 (9.7%)	3:47	15.8 (90.3%)
7	WILCZEWSKI Mariusz	332	ABWOOD SŁAWNO	M-30	2	00:00:06	00:28:10.65	00:28:16.95	+00:02:51 (10.1%)	3:48	15.8 (90.3%)
8	KAMIENIECKI Rafal	416		M-30	3	00:00:07	00:28:26.35	00:28:33.55	+00:03:07 (11.0%)	3:50	15.6 (89.1%)
9	WIDONIAK Rafal	326	BIEGNIJMY.PL	M-40	2	00:00:05	00:28:29.80	00:28:35.05	+00:03:10 (11.1%)	3:51	15.6 (89.1%)
10	GARSKI Kryspin	54	ŚWIAT PŁYTEK /SEXYRUNNERS	M-40	3	00:00:05	00:28:41.80	00:28:47.65	+00:03:22 (11.8%)	3:52	15.5 (88.6%)
11	USTIANOWSKI Wojciech	316	JW1223	M-18	5	00:00:06	00:28:49.50	00:28:55.50	+00:03:30 (12.2%)	3:53	15.4 (88.0%)
12	FAMULSKI Cezary	47	FORMA ROSNOWO	M-30	4	00:00:05	00:29:42.00	00:29:47.75	+00:04:22 (14.7%)	4:00	14.9 (85.1%)
13	GÓRA Sylwester	388		M-40	4	00:00:04	00:29:50.95	00:29:55.30	+00:04:31 (15.2%)	4:02	14.9 (85.1%)
14	JAROSZ Jakub	375	TKKF KOSZALIN	M-18	6	00:00:06	00:29:55.45	00:30:02.35	+00:04:36 (15.4%)	4:02	14.8 (84.6%)
15	LIZAKOWSKI Patryk	172		M-18	7	00:00:07	00:30:01.50	00:30:08.55	+00:04:42 (15.7%)	4:03	14.8 (84.6%)
16	KOŚCIELNIAK Robert	144	TKKF KOSZALIN	M-50	1	00:00:05	00:30:12.35	00:30:17.60	+00:04:53 (16.2%)	4:04	14.7 (84.0%)
17	KAPUŚCIŃSKI Robert	117	JW 1223 KOSZALIN	M-30	5	00:00:05	00:30:26.20	00:30:31.65	+00:05:06 (16.8%)	4:06	14.6 (83.4%)
18	MATYJASEK Zbigniew	195	TKKF KOSZALIN	M-40	5	00:00:05	00:30:28.25	00:30:33.50	+00:05:08 (16.9%)	4:07	14.6 (83.4%)
19	SIEMIĄTKOWSKI Robert	263	RUNNERSWALDE DARŁOWO	M-30	6	00:00:07	00:30:31.85	00:30:39.70	+00:05:12 (17.1%)	4:07	14.5 (82.9%)
20	ROKOSZ Radosław	257	JW 1223	M-30	7	00:00:09	00:30:41.75	00:30:51.50	+00:05:22 (17.5%)	4:08	14.5 (82.9%)
21	SKIERKA Grzegorz	266	MKS ŚWIĘC SŁAWNO	M-30	8	00:00:16	00:30:45.30	00:31:01.90	+00:05:25 (17.7%)	4:09	14.4 (82.3%)
22	SOBCZYK Łukasz	270	KOŁOBRZEG BIEGA	M-40	6	00:00:03	00:30:58.60	00:31:02.45	+00:05:39 (18.3%)	4:11	14.3 (81.7%)
23	BODO Tomasz	8	ROZBIEGANY GOLENIÓW	M-18	8	00:00:04	00:31:06.65	00:31:11.10	+00:05:47 (18.6%)	4:12	14.3 (81.7%)
24	CZYŻEWSKI Janusz	29	KOŁOBRZEG BIEGA MARATON TEAM	M-50	2	00:00:08	00:31:12.20	00:31:20.35	+00:05:52 (18.8%)	4:12	14.2 (81.1%)
25	GAWRON Piotr	58	KB GOCH BYTÓW	M-40	7	00:00:09	00:31:19.10	00:31:28.55	+00:05:59 (19.1%)	4:13	14.2 (81.1%)
26	WINKEL Jerzy	336		M-40	8	00:00:11	00:31:19.65	00:31:31.05	+00:06:00 (19.2%)	4:14	14.2 (81.1%)
27	PAKULSKI Marcin	227		M-40	9	00:00:06	00:31:19.90	00:31:26.40	+00:06:00 (19.2%)	4:14	14.2 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							7.4km	7.4km			
28	MICKIEWICZ Adam	205	36 DROP MRZEŻYNO	M-18	9	00:00:07	00:31:20.25	00:31:27.90	+00:06:00 (19.2%)	4:14	14.2 (81.1%)
29	KOBUS Maciej	130		M-30	9	00:00:08	00:31:26.50	00:31:34.85	+00:06:07 (19.5%)	4:14	14.1 (80.6%)
30	DĘGA Ryszard	37	TUPOT-USTKA	M-60	1	00:00:09	00:31:44.25	00:31:53.90	+00:06:24 (20.2%)	4:17	14 (80.0%)
31	JAMNIAK Bartosz	91	MTS HAMER MIASTKO	M-18	10	00:00:05	00:31:51.90	00:31:56.95	+00:06:32 (20.5%)	4:18	13.9 (79.4%)
32	ŚNIEŻKO Marcin	384	TKKF KOSZALIN	M-30	10	00:00:06	00:32:02.85	00:32:09.15	+00:06:43 (21.0%)	4:19	13.9 (79.4%)
33	ZWOLIŃSKI Jan	368	TKKF KOSZALIN	M-40	10	00:00:09	00:32:03.75	00:32:12.75	+00:06:44 (21.0%)	4:19	13.9 (79.4%)
34	PIĄTEK Wiktor	235	JW1223	M-30	11	00:00:14	00:32:07.95	00:32:22.80	+00:06:48 (21.2%)	4:20	13.8 (78.9%)
35	UZNAŃSKI Ryszard	318		M-40	11	00:00:04	00:32:14.40	00:32:18.45	+00:06:55 (21.5%)	4:21	13.8 (78.9%)
36	ZIOMKO Rafał	365		M-40	12	00:00:40	00:32:21.20	00:33:01.45	+00:07:01 (21.7%)	4:22	13.7 (78.3%)
37	KACHLICKI Kamil	106		M-40	13	00:00:05	00:32:27.55	00:32:33.05	+00:07:08 (22.0%)	4:23	13.7 (78.3%)
38	NOGA Sebastian	221	TKKF KOSZALIN	M-18	11	00:00:15	00:32:29.50	00:32:45.45	+00:07:10 (22.1%)	4:23	13.7 (78.3%)
39	RAJNER Krzysztof	249		M-30	12	00:00:09	00:32:29.65	00:32:39.15	+00:07:10 (22.1%)	4:23	13.7 (78.3%)
40	PŁAŻALSKI Przemysław	240	BRAK	M-30	13	00:00:05	00:32:31.90	00:32:37.15	+00:07:12 (22.2%)	4:23	13.6 (77.7%)
41	KRUK Marcin	158	XXX	M-30	14	00:00:08	00:32:37.05	00:32:45.60	+00:07:17 (22.4%)	4:24	13.6 (77.7%)
42	HABUŁYK Tomasz	73		M-40	14	00:00:16	00:32:38.25	00:32:55.15	+00:07:18 (22.4%)	4:24	13.6 (77.7%)
43	WALASEK Robert	321	BARCZEWSKI TEAM	M-18	12	00:00:13	00:32:39.00	00:32:52.10	+00:07:19 (22.4%)	4:24	13.6 (77.7%)
44	BOGDANOWICZ Krzysztof	371	TKKF KOSZALIN	M-50	3	00:00:05	00:32:39.85	00:32:45.55	+00:07:20 (22.5%)	4:24	13.6 (77.7%)
45	GRZYWA Roman	71	18.WOG	M-40	15	00:00:10	00:32:41.35	00:32:52.10	+00:07:22 (22.5%)	4:25	13.6 (77.7%)
46	MAKOWIECKI Marcin	187	MLUKS MOKASYN PŁOTY	M-30	15	00:00:03	00:32:50.65	00:32:54.55	+00:07:31 (22.9%)	4:26	13.5 (77.1%)
47	LESZCZYŃSKI Marcin	168	WWW.GARROSH.PL	M-40	16	00:00:06	00:32:52.20	00:32:58.50	+00:07:32 (23.0%)	4:26	13.5 (77.1%)
48	ZIELIŃSKI Mateusz	359	SŁONECZNY PATROL KOSZALIN	M-18	13	00:00:14	00:32:55.00	00:33:09.00	+00:07:35 (23.1%)	4:26	13.5 (77.1%)
49	MOKSA Darek	208		M-18	14	00:00:22	00:33:01.70	00:33:24.35	+00:07:42 (23.3%)	4:27	13.4 (76.6%)
50	STRUMIŃSKI Rafał	284	ŻYTANIA TEAM	M-30	16	00:00:11	00:33:03.65	00:33:15.50	+00:07:44 (23.4%)	4:28	13.4 (76.6%)
51	SZYMCZAK Damian	305		M-18	15	00:00:11	00:33:04.75	00:33:15.80	+00:07:45 (23.4%)	4:28	13.4 (76.6%)
52	JAKUBOWSKI Karol	90	2BZ, JW 1696	M-18	16	00:00:04	00:33:07.10	00:33:11.95	+00:07:47 (23.5%)	4:28	13.4 (76.6%)
53	PSTRĄGOWSKI Marcin	244		M-30	17	00:00:09	00:33:07.75	00:33:17.70	+00:07:48 (23.6%)	4:28	13.4 (76.6%)
54	SZYMCZAK Henryk	304		M-40	17	00:00:09	00:33:08.00	00:33:17.95	+00:07:48 (23.6%)	4:28	13.4 (76.6%)
55	STANKIEWICZ Wiesław	276		M-50	4	00:00:11	00:33:10.65	00:33:21.90	+00:07:51 (23.7%)	4:28	13.4 (76.6%)
56	CHODOR Martyna	18	TKKF KOSZALIN	K-30	1	00:00:06	00:33:11.75	00:33:18.05	+00:07:52 (23.7%)	4:29	13.4 (76.6%)
57	KUKIEŁA Tomasz	163		M-30	18	00:00:08	00:33:18.65	00:33:27.10	+00:07:59 (24.0%)	4:30	13.3 (76.0%)
58	KONIECZNA Anka	139	ROZBIEGANY KOSZALIN	K-40	1	00:00:12	00:33:20.20	00:33:32.30	+00:08:00 (24.0%)	4:30	13.3 (76.0%)
59	EMILIT Grzegorz	44	KEEP COLM AND HOLD ON	M-30	19	00:00:06	00:33:24.00	00:33:30.60	+00:08:04 (24.2%)	4:30	13.3 (76.0%)
60	GOŁDYN Marek	63	TKKF KOSZALIN	M-30	20	00:00:09	00:33:28.65	00:33:37.65	+00:08:09 (24.4%)	4:31	13.3 (76.0%)
61	FRONTCZAK Iza	397	TKKF KOSZALIN	K-18	1	00:00:08	00:33:35.80	00:33:44.35	+00:08:16 (24.6%)	4:32	13.2 (75.4%)
62	OGRODNIK Grzegorz	224	JW1223	M-40	18	00:00:11	00:33:36.70	00:33:48.50	+00:08:17 (24.7%)	4:32	13.2 (75.4%)
63	KAŻMIERCZAK Dawid	121	SAMOCHODÓWKA KOSZALIN	M-18	17	00:00:15	00:33:36.75	00:33:52.60	+00:08:17 (24.7%)	4:32	13.2 (75.4%)
64	BIL Adrian	6		M-30	21	00:00:17	00:33:40.55	00:33:58.35	+00:08:21 (24.8%)	4:33	13.2 (75.4%)
65	SZULC Arkadiusz	298		M-30	22	00:00:04	00:33:41.75	00:33:46.70	+00:08:22 (24.8%)	4:33	13.2 (75.4%)
66	KURLAPSKI Mariusz	167	STR ŚWIDWIN	M-40	19	00:00:13	00:33:51.35	00:34:04.60	+00:08:32 (25.2%)	4:34	13.1 (74.9%)
67	WINKEL Łukasz	335		M-40	20	00:00:17	00:33:51.40	00:34:08.70	+00:08:32 (25.2%)	4:34	13.1 (74.9%)
68	KUBIŃSKI Rafał	162	ALLIANZ RUNNING TEAM	M-50	5	00:00:10	00:33:51.50	00:34:01.80	+00:08:32 (25.2%)	4:34	13.1 (74.9%)
69	KAMYK Piotr	115	MH IT SERWIS	M-30	23	00:00:09	00:33:57.80	00:34:07.05	+00:08:38 (25.4%)	4:35	13.1 (74.9%)
70	NACHYŁA Paweł	215	DZIKI KOSZALIN	M-18	18	00:00:14	00:34:00.75	00:34:15.60	+00:08:41 (25.5%)	4:35	13.1 (74.9%)
71	CHOŁUJ Jarosław	23		M-40	21	00:00:23	00:34:01.40	00:34:25.25	+00:08:42 (25.6%)	4:35	13 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 7.4km	brutto 7.4km			
72	<b>GAŁKA Marcin</b>	<b>53</b>	TRZEBIATÓW	M-30	24	00:00:07	<b>00:34:01.70</b>	<b>00:34:09.50</b>	+00:08:42 (25.6%)	4:35	13 (74.3%)
73	<b>MALINOWSKI Mariusz</b>	<b>191</b>		M-30	25	00:00:24	<b>00:34:02.35</b>	<b>00:34:26.70</b>	+00:08:43 (25.6%)	4:35	13 (74.3%)
74	<b>SOROKA Piotr</b>	<b>273</b>		M-30	26	00:00:12	<b>00:34:03.40</b>	<b>00:34:16.30</b>	+00:08:44 (25.6%)	4:36	13 (74.3%)
75	<b>SZYMAŃSKI Tomasz</b>	<b>303</b>	TEAM BIEGOWY SZCZECINEK	M-40	22	00:00:08	<b>00:34:11.70</b>	<b>00:34:20.65</b>	+00:08:52 (25.9%)	4:37	13 (74.3%)
76	<b>WIERZBICKI Jakub</b>	<b>328</b>		M-30	27	00:00:11	<b>00:34:15.35</b>	<b>00:34:27.20</b>	+00:08:56 (26.1%)	4:37	13 (74.3%)
77	<b>BROVCHENKO Jurii</b>	<b>14</b>	ŚWIAT PŁYTEK U KRYSPIŃSKA	M-18	19	00:00:15	<b>00:34:17.60</b>	<b>00:34:33.50</b>	+00:08:58 (26.2%)	4:38	12.9 (73.7%)
78	<b>WILIŃSKI Marek</b>	<b>398</b>		M-50	6	00:00:15	<b>00:34:19.05</b>	<b>00:34:34.55</b>	+00:08:59 (26.2%)	4:38	12.9 (73.7%)
79	<b>ŻYWICKI Bartosz</b>	<b>369</b>	DZIKI KOSZALIN	M-30	28	00:00:12	<b>00:34:19.85</b>	<b>00:34:32.35</b>	+00:09:00 (26.2%)	4:38	12.9 (73.7%)
80	<b>CYRANKOWSKI Przemysław</b>	<b>25</b>	ZSP1 SŁUPSK	M-18	20	00:00:12	<b>00:34:19.90</b>	<b>00:34:32.80</b>	+00:09:00 (26.2%)	4:38	12.9 (73.7%)
81	<b>WOCH Edward</b>	<b>344</b>		M-50	7	00:00:19	<b>00:34:20.25</b>	<b>00:34:39.30</b>	+00:09:00 (26.3%)	4:38	12.9 (73.7%)
82	<b>ROGALSKI Roberto</b>	<b>255</b>	ZAWSZE SIĘGAJ WYŻEJ	M-30	29	00:00:07	<b>00:34:20.60</b>	<b>00:34:28.25</b>	+00:09:01 (26.3%)	4:38	12.9 (73.7%)
83	<b>SZABLA Ewelina</b>	<b>287</b>		K-30	2	00:00:06	<b>00:34:22.65</b>	<b>00:34:29.55</b>	+00:09:03 (26.3%)	4:38	12.9 (73.7%)
84	<b>WILKOWSKI Krzysztof</b>	<b>334</b>		M-30	30	00:00:06	<b>00:34:22.70</b>	<b>00:34:29.15</b>	+00:09:03 (26.3%)	4:38	12.9 (73.7%)
85	<b>NIEMCZUK Dariusz</b>	<b>220</b>		M-50	8	00:00:07	<b>00:34:30.15</b>	<b>00:34:38.10</b>	+00:09:10 (26.6%)	4:39	12.9 (73.7%)
86	<b>KSZCZANOWICZ Jacek</b>	<b>161</b>		M-40	23	00:00:26	<b>00:34:34.05</b>	<b>00:35:00.10</b>	+00:09:14 (26.7%)	4:40	12.8 (73.1%)
87	<b>JAROSZEWSKI Daniel</b>	<b>390</b>		M-30	31	00:00:04	<b>00:34:34.35</b>	<b>00:34:38.65</b>	+00:09:15 (26.8%)	4:40	12.8 (73.1%)
88	<b>KRAKOWIAK Sławomir</b>	<b>152</b>		M-40	24	00:00:19	<b>00:34:35.85</b>	<b>00:34:55.20</b>	+00:09:16 (26.8%)	4:40	12.8 (73.1%)
89	<b>JAROSZ Dariusz</b>	<b>98</b>	TKKF KOSZALIN	M-40	25	00:00:09	<b>00:34:40.90</b>	<b>00:34:50.85</b>	+00:09:21 (27.0%)	4:41	12.8 (73.1%)
90	<b>DEMBICKI Daniel</b>	<b>36</b>		M-40	26	00:00:16	<b>00:34:41.95</b>	<b>00:34:58.35</b>	+00:09:22 (27.0%)	4:41	12.8 (73.1%)
91	<b>ŁABEJSZA Łukasz</b>	<b>176</b>	WOJOWNICY WÓDY	M-30	32	00:00:08	<b>00:34:43.25</b>	<b>00:34:51.90</b>	+00:09:23 (27.1%)	4:41	12.8 (73.1%)
92	<b>KITŁOWSKI Marcin</b>	<b>127</b>	KLUB	M-30	33	00:00:27	<b>00:34:54.50</b>	<b>00:35:22.35</b>	+00:09:35 (27.5%)	4:43	12.7 (72.6%)
93	<b>WYSZKOWSKI Marcin</b>	<b>356</b>	RUNKOLBERG	M-40	27	00:00:29	<b>00:34:54.65</b>	<b>00:35:24.00</b>	+00:09:35 (27.5%)	4:43	12.7 (72.6%)
94	<b>SKOWYRSKI Janusz</b>	<b>268</b>	TKKF KOSZALIN/ROWERIA KOSZALIN	M-50	9	00:00:06	<b>00:34:56.25</b>	<b>00:35:02.30</b>	+00:09:36 (27.5%)	4:43	12.7 (72.6%)
95	<b>KOPREK Łukasz</b>	<b>141</b>	SŁONECZNY PATROL KOSZALIN	M-30	34	00:00:30	<b>00:35:03.80</b>	<b>00:35:34.40</b>	+00:09:44 (27.8%)	4:44	12.7 (72.6%)
96	<b>MERDA Piotr</b>	<b>200</b>	MTS HAMER	M-30	35	00:00:20	<b>00:35:06.15</b>	<b>00:35:26.65</b>	+00:09:46 (27.9%)	4:44	12.6 (72.0%)
97	<b>MERDA Katarzyna</b>	<b>201</b>	MTS HAMER	K-30	3	00:00:20	<b>00:35:09.05</b>	<b>00:35:29.25</b>	+00:09:49 (28.0%)	4:45	12.6 (72.0%)
98	<b>ŁABAŃSKI Waldemar</b>	<b>175</b>		M-18	21	00:00:31	<b>00:35:10.85</b>	<b>00:35:41.95</b>	+00:09:51 (28.0%)	4:45	12.6 (72.0%)
99	<b>MICHALAK Michał</b>	<b>204</b>	DZIKI KOSZALIN	M-30	36	00:04:41	<b>00:35:12.35</b>	<b>00:39:54.15</b>	+00:09:53 (28.1%)	4:45	12.6 (72.0%)
100	<b>BUTOWICZ Adam</b>	<b>17</b>		M-50	10	00:00:08	<b>00:35:15.00</b>	<b>00:35:23.25</b>	+00:09:55 (28.2%)	4:45	12.6 (72.0%)
101	<b>DZIĘBOWSKI Mariusz</b>	<b>43</b>		M-30	37	00:00:13	<b>00:35:18.50</b>	<b>00:35:31.85</b>	+00:09:59 (28.3%)	4:46	12.6 (72.0%)
102	<b>ŚWIETLIK Tomasz</b>	<b>308</b>		M-50	11	00:00:09	<b>00:35:21.95</b>	<b>00:35:31.20</b>	+00:10:02 (28.4%)	4:46	12.6 (72.0%)
103	<b>STAWISZYŃSKI Jarosław</b>	<b>279</b>	FRK	M-30	38	00:00:24	<b>00:35:24.60</b>	<b>00:35:48.65</b>	+00:10:05 (28.5%)	4:47	12.5 (71.4%)
104	<b>DUDZIAK Piotr</b>	<b>41</b>		M-40	28	00:00:06	<b>00:35:24.90</b>	<b>00:35:31.50</b>	+00:10:05 (28.5%)	4:47	12.5 (71.4%)
105	<b>ZIÓŁKOWSKI Wojciech</b>	<b>366</b>	KB 'GOCH' BYTÓW	M-30	39	00:00:07	<b>00:35:25.95</b>	<b>00:35:33.55</b>	+00:10:06 (28.5%)	4:47	12.5 (71.4%)
106	<b>LEWANDOWSKI Marek</b>	<b>170</b>		M-30	40	00:00:36	<b>00:35:26.25</b>	<b>00:36:02.70</b>	+00:10:06 (28.5%)	4:47	12.5 (71.4%)
107	<b>PUŚCIAN Krzysztof Kamil</b>	<b>247</b>	GIMNAZJUM W MANOWIE	M-40	29	00:00:15	<b>00:35:27.30</b>	<b>00:35:43.25</b>	+00:10:07 (28.6%)	4:47	12.5 (71.4%)
108	<b>JANUSZEWSKI Jacek</b>	<b>96</b>	NIEZRZESZONY	M-50	12	00:00:10	<b>00:35:28.90</b>	<b>00:35:38.95</b>	+00:10:09 (28.6%)	4:47	12.5 (71.4%)
109	<b>WALCZAK Rafał</b>	<b>323</b>		M-40	30	00:00:19	<b>00:35:29.35</b>	<b>00:35:48.50</b>	+00:10:10 (28.6%)	4:47	12.5 (71.4%)
110	<b>CUBER Wojciech</b>	<b>387</b>		M-30	41	00:00:06	<b>00:35:29.50</b>	<b>00:35:36.40</b>	+00:10:10 (28.7%)	4:47	12.5 (71.4%)
111	<b>KĘPIŃSKI Marcin</b>	<b>123</b>		M-30	42	00:00:40	<b>00:35:29.75</b>	<b>00:36:09.85</b>	+00:10:10 (28.7%)	4:47	12.5 (71.4%)
112	<b>RAMA Janusz</b>	<b>250</b>	KOŁOBRZEG	M-40	31	00:00:37	<b>00:35:31.15</b>	<b>00:36:09.10</b>	+00:10:11 (28.7%)	4:48	12.5 (71.4%)
113	<b>WIECZOREK Wojciech</b>	<b>327</b>		M-30	43	00:00:42	<b>00:35:41.20</b>	<b>00:36:23.90</b>	+00:10:21 (29.0%)	4:49	12.4 (70.9%)
114	<b>IWANIEC Dariusz</b>	<b>394</b>	TKKF KOSZALIN	M-40	32	00:00:14	<b>00:35:42.25</b>	<b>00:35:56.65</b>	+00:10:22 (29.1%)	4:49	12.4 (70.9%)
115	<b>MIELEWCZYK Leszek</b>	<b>207</b>	LTS LĘBORK	M-60	2	00:00:14	<b>00:35:44.20</b>	<b>00:35:58.60</b>	+00:10:24 (29.1%)	4:49	12.4 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 7.4km	brutto 7.4km			
116	<b>ROGOŻA Ireneusz</b>	<b>256</b>		M-40	33	00:00:08	<b>00:35:44.70</b>	<b>00:35:52.75</b>	+00:10:25 (29.2%)	4:49	12.4 (70.9%)
117	<b>KOTARA-PAŁKA Małgorzata</b>	<b>145</b>		K-30	4	00:00:19	<b>00:35:52.85</b>	<b>00:36:12.80</b>	+00:10:33 (29.4%)	4:50	12.4 (70.9%)
118	<b>ŚWIĘTOŃ Rafał</b>	<b>309</b>		M-30	44	00:00:11	<b>00:35:54.30</b>	<b>00:36:05.50</b>	+00:10:34 (29.5%)	4:51	12.4 (70.9%)
119	<b>PEŁKA Janusz</b>	<b>233</b>		M-50	13	00:00:12	<b>00:35:55.20</b>	<b>00:36:07.45</b>	+00:10:35 (29.5%)	4:51	12.4 (70.9%)
120	<b>ŁOPIŃSKI Piotr</b>	<b>178</b>		M-30	45	00:00:19	<b>00:35:55.30</b>	<b>00:36:14.75</b>	+00:10:35 (29.5%)	4:51	12.4 (70.9%)
121	<b>SCHWARZ Ludwik</b>	<b>262</b>		M-50	14	00:00:04	<b>00:35:55.85</b>	<b>00:36:00.60</b>	+00:10:36 (29.5%)	4:51	12.4 (70.9%)
122	<b>WITKA Piotr</b>	<b>339</b>	KLUB ŁEBA MORS POLAND	M-50	15	00:00:14	<b>00:35:58.70</b>	<b>00:36:12.80</b>	+00:10:39 (29.6%)	4:51	12.3 (70.3%)
123	<b>KAMELSKI Piotr</b>	<b>111</b>	B/K	M-40	34	00:00:17	<b>00:35:59.60</b>	<b>00:36:17.20</b>	+00:10:40 (29.6%)	4:51	12.3 (70.3%)
124	<b>MĘDEL Marta</b>	<b>202</b>		K-40	2	00:00:11	<b>00:36:00.15</b>	<b>00:36:11.85</b>	+00:10:40 (29.7%)	4:51	12.3 (70.3%)
125	<b>KRZEWIŃSKA Małgorzata</b>	<b>160</b>	TKKF KOSZALIN	K-50	1	00:00:08	<b>00:36:03.10</b>	<b>00:36:11.85</b>	+00:10:43 (29.8%)	4:52	12.3 (70.3%)
126	<b>DĄBROWSKI Grzegorz</b>	<b>33</b>		M-40	35	00:00:10	<b>00:36:04.65</b>	<b>00:36:15.10</b>	+00:10:45 (29.8%)	4:52	12.3 (70.3%)
127	<b>STRÓŻYNA Michał</b>	<b>282</b>		M-30	46	00:00:14	<b>00:36:05.00</b>	<b>00:36:19.00</b>	+00:10:45 (29.8%)	4:52	12.3 (70.3%)
128	<b>ZIENTARSKA Joanna</b>	<b>362</b>	ŚWIAT PŁYTEK U KRYSPIŃNA	K-40	3	00:00:15	<b>00:36:05.55</b>	<b>00:36:20.85</b>	+00:10:46 (29.8%)	4:52	12.3 (70.3%)
129	<b>MROCZKOWSKI Marek</b>	<b>212</b>	ROZBIEGANY KOSZALIN	M-30	47	00:00:42	<b>00:36:07.20</b>	<b>00:36:49.90</b>	+00:10:47 (29.9%)	4:52	12.3 (70.3%)
130	<b>DĄBROWSKA Anna</b>	<b>32</b>		K-30	5	00:00:17	<b>00:36:07.55</b>	<b>00:36:25.05</b>	+00:10:48 (29.9%)	4:52	12.3 (70.3%)
131	<b>MACHELSKA Sylwia</b>	<b>185</b>	PGB SPORTOWA GRUPA BIEGOWA	K-30	6	00:00:05	<b>00:36:08.40</b>	<b>00:36:14.15</b>	+00:10:49 (29.9%)	4:53	12.3 (70.3%)
132	<b>MRUGALSKA Magdalena</b>	<b>405</b>		K-18	2	00:00:33	<b>00:36:08.60</b>	<b>00:36:41.80</b>	+00:10:49 (29.9%)	4:52	12.3 (70.3%)
133	<b>MROCZKOWSKI Piotr</b>	<b>413</b>		M-18	22	00:00:43	<b>00:36:17.00</b>	<b>00:37:00.20</b>	+00:10:57 (30.2%)	4:54	12.2 (69.7%)
134	<b>SUGIER Michał</b>	<b>285</b>	NMC	M-30	48	00:00:13	<b>00:36:22.05</b>	<b>00:36:35.70</b>	+00:11:02 (30.4%)	4:54	12.2 (69.7%)
135	<b>KAJKOWSKI Rafał</b>	<b>108</b>	CS SP KOSZALIN	M-40	36	00:00:13	<b>00:36:23.90</b>	<b>00:36:37.75</b>	+00:11:04 (30.4%)	4:55	12.2 (69.7%)
136	<b>HAŁAJKO Magdalena</b>	<b>74</b>	BABECZKI	K-30	7	00:00:32	<b>00:36:24.30</b>	<b>00:36:56.35</b>	+00:11:04 (30.4%)	4:55	12.2 (69.7%)
137	<b>JÓŻWIAK Mariusz</b>	<b>100</b>		M-30	49	00:00:15	<b>00:36:25.05</b>	<b>00:36:40.05</b>	+00:11:05 (30.5%)	4:55	12.2 (69.7%)
138	<b>MRUGALSKI Damian</b>	<b>379</b>		M-30	50	00:00:33	<b>00:36:25.45</b>	<b>00:36:59.10</b>	+00:11:06 (30.5%)	4:55	12.2 (69.7%)
139	<b>KALKOWSKI Paweł</b>	<b>386</b>		M-30	51	00:00:15	<b>00:36:26.50</b>	<b>00:36:41.70</b>	+00:11:07 (30.5%)	4:55	12.2 (69.7%)
140	<b>WIERZBICKI Sylwester</b>	<b>330</b>	RUNNERSWALDE DARŁOWO	M-30	52	00:00:42	<b>00:36:26.60</b>	<b>00:37:08.70</b>	+00:11:07 (30.5%)	4:55	12.2 (69.7%)
141	<b>KUŁAKOWSKI Dawid</b>	<b>164</b>	AMADORES	M-30	53	00:00:15	<b>00:36:30.00</b>	<b>00:36:45.50</b>	+00:11:10 (30.6%)	4:55	12.2 (69.7%)
142	<b>JĘDRASZCZYK Marek</b>	<b>99</b>	WŁ SŁUPSK	M-40	37	00:00:25	<b>00:36:31.25</b>	<b>00:36:56.50</b>	+00:11:11 (30.7%)	4:56	12.2 (69.7%)
143	<b>CHUDZIK Zbigniew</b>	<b>24</b>	TKKF KOSZALIN	M-50	16	00:00:18	<b>00:36:31.90</b>	<b>00:36:50.50</b>	+00:11:12 (30.7%)	4:56	12.2 (69.7%)
144	<b>WÓJCIK Damian</b>	<b>355</b>	RUNNERSWALDE DARŁOWO	M-40	38	00:00:41	<b>00:36:33.65</b>	<b>00:37:14.65</b>	+00:11:14 (30.7%)	4:56	12.1 (69.1%)
145	<b>ŁUKASIEWICZ Ewelina</b>	<b>183</b>		K-18	3	00:00:42	<b>00:36:34.65</b>	<b>00:37:16.75</b>	+00:11:15 (30.8%)	4:56	12.1 (69.1%)
146	<b>OSOBNIAK Ryszard</b>	<b>226</b>		M-60	3	00:00:18	<b>00:36:35.05</b>	<b>00:36:53.80</b>	+00:11:15 (30.8%)	4:56	12.1 (69.1%)
147	<b>KRASIŃSKI Witold</b>	<b>154</b>		M-40	39	00:00:13	<b>00:36:35.30</b>	<b>00:36:48.30</b>	+00:11:15 (30.8%)	4:56	12.1 (69.1%)
148	<b>GAWIECKI Piotr</b>	<b>56</b>		M-40	40	00:00:06	<b>00:36:35.80</b>	<b>00:36:41.80</b>	+00:11:16 (30.8%)	4:56	12.1 (69.1%)
149	<b>FRYDRYCH Wojciech</b>	<b>52</b>		M-18	23	00:00:29	<b>00:36:38.60</b>	<b>00:37:08.25</b>	+00:11:19 (30.9%)	4:57	12.1 (69.1%)
150	<b>CHOJNACKI Bartosz</b>	<b>20</b>		M-30	54	00:00:10	<b>00:36:39.60</b>	<b>00:36:50.35</b>	+00:11:20 (30.9%)	4:57	12.1 (69.1%)
151	<b>KANIOWSKI Jacek</b>	<b>116</b>	W.P.K. SŁOŃ TEAM USTKA	M-40	41	00:00:23	<b>00:36:41.30</b>	<b>00:37:04.40</b>	+00:11:21 (31.0%)	4:57	12.1 (69.1%)
152	<b>BORYSIEWICZ Grzegorz</b>	<b>11</b>	JW1223	M-40	42	00:00:10	<b>00:36:42.10</b>	<b>00:36:52.85</b>	+00:11:22 (31.0%)	4:57	12.1 (69.1%)
153	<b>WOJCIECHOWSKI Adrian</b>	<b>347</b>	AMADEUS CROSSTRAINING GYM	M-18	24	00:00:31	<b>00:36:44.10</b>	<b>00:37:15.80</b>	+00:11:24 (31.1%)	4:57	12.1 (69.1%)
154	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>134</b>	PARKRUN SZCZECINEK	M-40	43	00:00:24	<b>00:36:50.70</b>	<b>00:37:15.45</b>	+00:11:31 (31.3%)	4:58	12 (68.6%)
155	<b>KOŁODZIEJCZAK Marcin</b>	<b>136</b>		M-40	44	00:00:24	<b>00:36:51.70</b>	<b>00:37:15.75</b>	+00:11:32 (31.3%)	4:58	12 (68.6%)
156	<b>CHORAŻY Karolina</b>	<b>372</b>		K-18	4	00:00:20	<b>00:37:01.50</b>	<b>00:37:22.05</b>	+00:11:42 (31.6%)	5:00	12 (68.6%)
157	<b>BONISŁAWSKI Jarosław</b>	<b>9</b>	B/K	M-30	55	00:00:20	<b>00:37:02.00</b>	<b>00:37:22.55</b>	+00:11:42 (31.6%)	5:00	12 (68.6%)
158	<b>CHOŁUJ Karol</b>	<b>22</b>	ZAWSZE DO PRZODU	M-30	56	00:00:17	<b>00:37:03.15</b>	<b>00:37:20.15</b>	+00:11:43 (31.7%)	5:00	12 (68.6%)
159	<b>MAZURKIEWICZ Jolanta</b>	<b>198</b>		K-18	5	00:00:28	<b>00:37:03.50</b>	<b>00:37:32.35</b>	+00:11:44 (31.7%)	5:00	12 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
160	<b>TYLUŚ Sylwia</b>	<b>315</b>	TEAM BIEGOWY SZCZECINEK	K-30	8	00:00:21	<b>00:37:04.05</b>	<b>00:37:25.80</b>	+00:11:44 (31.7%)	5:00	12 (68.6%)
161	<b>JARKIEWICZ Tomasz</b>	<b>97</b>		M-18	25	00:00:09	<b>00:37:05.00</b>	<b>00:37:14.00</b>	+00:11:45 (31.7%)	5:00	12 (68.6%)
162	<b>CINCIO Robert</b>	<b>425</b>	TKKF KOSZALIN	M-30	57	00:00:16	<b>00:37:05.10</b>	<b>00:37:21.25</b>	+00:11:45 (31.7%)	5:00	12 (68.6%)
163	<b>MARKOWSKI Andrzej</b>	<b>194</b>	TKKF KOSZALIN	M-60	4	00:00:05	<b>00:37:08.90</b>	<b>00:37:13.95</b>	+00:11:49 (31.8%)	5:01	12 (68.6%)
164	<b>KOZIBRODA Marcin</b>	<b>148</b>	TEAM BIEGOWY SZCZECINEK	M-40	45	00:00:21	<b>00:37:09.15</b>	<b>00:37:30.30</b>	+00:11:49 (31.8%)	5:01	12 (68.6%)
165	<b>KOZŁOWIECKI Waldemar</b>	<b>150</b>	TKKF KOSZALIN	M-60	5	00:00:04	<b>00:37:09.65</b>	<b>00:37:14.40</b>	+00:11:50 (31.9%)	5:01	11.9 (68.0%)
166	<b>ŁANGOWSKA Iwona</b>	<b>177</b>	KOŁOBRZEG BIEGA	K-50	2	00:00:33	<b>00:37:14.15</b>	<b>00:37:47.35</b>	+00:11:54 (32.0%)	5:01	11.9 (68.0%)
167	<b>GOŁOFIT Piotr</b>	<b>383</b>		M-30	58	00:00:06	<b>00:37:23.25</b>	<b>00:37:30.00</b>	+00:12:03 (32.3%)	5:03	11.9 (68.0%)
168	<b>GORGOL Piotr</b>	<b>65</b>		M-30	59	00:00:30	<b>00:37:24.20</b>	<b>00:37:54.55</b>	+00:12:04 (32.3%)	5:03	11.9 (68.0%)
169	<b>MĘDEL Cezary</b>	<b>203</b>		M-40	46	00:00:10	<b>00:37:29.25</b>	<b>00:37:39.30</b>	+00:12:09 (32.5%)	5:03	11.8 (67.4%)
170	<b>KAŻMIERCZAK Tomasz</b>	<b>120</b>	JW 3937	M-30	60	00:00:07	<b>00:37:33.15</b>	<b>00:37:40.40</b>	+00:12:13 (32.6%)	5:04	11.8 (67.4%)
171	<b>GAWIN Paulina</b>	<b>403</b>		K-18	6	00:00:37	<b>00:37:37.25</b>	<b>00:38:14.45</b>	+00:12:17 (32.7%)	5:05	11.8 (67.4%)
172	<b>KLIMSKI Michał</b>	<b>404</b>		M-18	26	00:00:37	<b>00:37:37.70</b>	<b>00:38:14.80</b>	+00:12:18 (32.7%)	5:05	11.8 (67.4%)
173	<b>SUBALSKI Michał</b>	<b>381</b>		M-30	61	00:00:24	<b>00:37:39.70</b>	<b>00:38:04.35</b>	+00:12:20 (32.8%)	5:05	11.8 (67.4%)
174	<b>SACHARZEWSKA Anna</b>	<b>260</b>		K-30	9	00:00:16	<b>00:37:45.50</b>	<b>00:38:01.90</b>	+00:12:26 (32.9%)	5:06	11.8 (67.4%)
175	<b>FAJGIER Tomasz</b>	<b>45</b>		M-40	47	00:00:12	<b>00:37:46.10</b>	<b>00:37:58.50</b>	+00:12:26 (33.0%)	5:06	11.8 (67.4%)
176	<b>NOREK Tomek</b>	<b>222</b>		M-40	48	00:00:34	<b>00:37:46.75</b>	<b>00:38:21.20</b>	+00:12:27 (33.0%)	5:06	11.8 (67.4%)
177	<b>KĘPKA Mirosław</b>	<b>125</b>	KB. 'SPRINT' ŚWIDWIN	M-40	49	00:00:23	<b>00:37:46.95</b>	<b>00:38:10.15</b>	+00:12:27 (33.0%)	5:06	11.8 (67.4%)
177	<b>DONIGIEWICZ Leszek</b>	<b>38</b>		M-60	6	00:00:29	<b>00:37:46.95</b>	<b>00:38:16.70</b>	+00:12:27 (33.0%)	5:06	11.8 (67.4%)
179	<b>KOŁAKOWSKI Dariusz</b>	<b>133</b>	K.B.SPRINT ŚWIDWIN	M-40	50	00:00:22	<b>00:37:47.65</b>	<b>00:38:09.85</b>	+00:12:28 (33.0%)	5:06	11.8 (67.4%)
180	<b>RASZPLA Radosław</b>	<b>253</b>	CIOTECZKI.PL	M-40	51	00:00:10	<b>00:37:52.60</b>	<b>00:38:03.55</b>	+00:12:33 (33.1%)	5:07	11.7 (66.9%)
181	<b>KAMIŃSKI Tomasz</b>	<b>113</b>	JW1223	M-30	62	00:00:05	<b>00:37:52.90</b>	<b>00:37:58.60</b>	+00:12:33 (33.2%)	5:07	11.7 (66.9%)
182	<b>DZIESZUK Dariusz</b>	<b>42</b>	TKKF KOSZALIN	M-40	52	00:00:18	<b>00:37:54.95</b>	<b>00:38:12.95</b>	+00:12:35 (33.2%)	5:07	11.7 (66.9%)
183	<b>CZACH Sebastian</b>	<b>26</b>	RUNNERSWALDE DARŁOWO	M-18	27	00:00:41	<b>00:37:55.60</b>	<b>00:38:37.40</b>	+00:12:36 (33.2%)	5:07	11.7 (66.9%)
184	<b>SZCZYTKOWSKI Marek</b>	<b>292</b>	K.B.SPRINT ŚWIDWIN	M-40	53	00:00:23	<b>00:37:57.10</b>	<b>00:38:20.30</b>	+00:12:37 (33.3%)	5:07	11.7 (66.9%)
185	<b>DORAWA Wojtek</b>	<b>39</b>		M-18	28	00:00:19	<b>00:37:57.25</b>	<b>00:38:17.20</b>	+00:12:37 (33.3%)	5:07	11.7 (66.9%)
186	<b>GIEMZA Agnieszka</b>	<b>60</b>		K-30	10	00:00:13	<b>00:38:00.30</b>	<b>00:38:13.95</b>	+00:12:40 (33.4%)	5:08	11.7 (66.9%)
187	<b>HNATOWSKI Artur</b>	<b>77</b>	CSSP	M-40	54	00:00:07	<b>00:38:08.50</b>	<b>00:38:15.85</b>	+00:12:49 (33.6%)	5:09	11.6 (66.3%)
188	<b>WYBRANIEC Tomasz</b>	<b>427</b>		M-40	55	00:00:11	<b>00:38:09.45</b>	<b>00:38:20.85</b>	+00:12:50 (33.6%)	5:09	11.6 (66.3%)
189	<b>DORAWA Piotr</b>	<b>40</b>		M-18	29	00:00:20	<b>00:38:10.05</b>	<b>00:38:30.60</b>	+00:12:50 (33.7%)	5:09	11.6 (66.3%)
190	<b>STARZEC Andrzej</b>	<b>277</b>		M-60	7	00:00:26	<b>00:38:15.10</b>	<b>00:38:42.05</b>	+00:12:55 (33.8%)	5:10	11.6 (66.3%)
191	<b>SZPILER Krzysztof</b>	<b>293</b>		M-18	30	00:00:18	<b>00:38:17.30</b>	<b>00:38:35.90</b>	+00:12:57 (33.9%)	5:10	11.6 (66.3%)
192	<b>STĘPIEŃ Paweł</b>	<b>385</b>		M-30	63	00:00:11	<b>00:38:18.00</b>	<b>00:38:29.00</b>	+00:12:58 (33.9%)	5:10	11.6 (66.3%)
193	<b>KOPCZEWSKI Dariusz</b>	<b>140</b>		M-50	17	00:00:17	<b>00:38:20.70</b>	<b>00:38:38.05</b>	+00:13:01 (34.0%)	5:10	11.6 (66.3%)
194	<b>SKOWRON Adam</b>	<b>267</b>		M-30	64	00:00:07	<b>00:38:22.60</b>	<b>00:38:30.15</b>	+00:13:03 (34.0%)	5:11	11.6 (66.3%)
195	<b>RECZKA Wiktor</b>	<b>254</b>	JW 2031	M-30	65	00:00:14	<b>00:38:25.15</b>	<b>00:38:39.25</b>	+00:13:05 (34.1%)	5:11	11.6 (66.3%)
196	<b>SZADZIŃSKI Krzysztof</b>	<b>420</b>		M-40	56	00:00:27	<b>00:38:28.15</b>	<b>00:38:55.70</b>	+00:13:08 (34.2%)	5:11	11.5 (65.7%)
197	<b>BĄK Zbigniew</b>	<b>3</b>	RUNNERSWALDE	M-30	66	00:00:41	<b>00:38:28.50</b>	<b>00:39:09.85</b>	+00:13:09 (34.2%)	5:11	11.5 (65.7%)
198	<b>TURCZYN Grzegorz</b>	<b>314</b>	NIGHT RUNNERS SŁUPSK	M-40	57	00:00:36	<b>00:38:33.20</b>	<b>00:39:09.65</b>	+00:13:13 (34.3%)	5:12	11.5 (65.7%)
199	<b>SZULC Szymon</b>	<b>296</b>	GRYF LOK BIAŁOGARD	M-30	67	00:00:27	<b>00:38:33.95</b>	<b>00:39:01.25</b>	+00:13:14 (34.3%)	5:12	11.5 (65.7%)
200	<b>GROCHOWSKI Rafał</b>	<b>70</b>		M-40	58	00:00:15	<b>00:38:35.80</b>	<b>00:38:51.70</b>	+00:13:16 (34.4%)	5:12	11.5 (65.7%)
201	<b>WOLF Emil</b>	<b>351</b>		M-40	59	00:00:11	<b>00:38:40.20</b>	<b>00:38:51.25</b>	+00:13:20 (34.5%)	5:13	11.5 (65.7%)
202	<b>KORPAL Cezary</b>	<b>142</b>	ROZBIEGANY KOSZALIN	M-50	18	00:00:27	<b>00:38:40.25</b>	<b>00:39:08.00</b>	+00:13:20 (34.5%)	5:13	11.5 (65.7%)
203	<b>RADECKI Jacek</b>	<b>248</b>	CS SP	M-40	60	00:00:12	<b>00:38:43.80</b>	<b>00:38:56.35</b>	+00:13:24 (34.6%)	5:14	11.5 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 7.4km	brutto 7.4km			
204	WOLF Weronika	352		K-40	4	00:00:31	00:38:45.05	00:39:16.65	+00:13:25 (34.7%)	5:14	11.5 (65.7%)
205	STANIASZEK Bogusław	415		M-60	8	00:00:14	00:38:46.20	00:39:00.45	+00:13:26 (34.7%)	5:14	11.5 (65.7%)
206	WALCZAK Agnieszka	322		K-40	5	00:00:29	00:38:46.60	00:39:16.15	+00:13:27 (34.7%)	5:14	11.4 (65.1%)
207	SZTORC-KACHLICKA Marzena	294		K-40	6	00:00:29	00:38:47.55	00:39:17.25	+00:13:28 (34.7%)	5:14	11.4 (65.1%)
208	MARCZAK Andrzej	193		M-50	19	00:00:10	00:38:48.15	00:38:58.45	+00:13:28 (34.7%)	5:14	11.4 (65.1%)
209	GIGOŁO Łukasz	61	SUNDBIKERS KARLINO TEAM	M-40	61	00:00:13	00:38:49.60	00:39:02.75	+00:13:30 (34.8%)	5:14	11.4 (65.1%)
210	MAJCHRZAK Paweł	186		M-40	62	00:00:13	00:38:50.30	00:39:03.45	+00:13:30 (34.8%)	5:14	11.4 (65.1%)
211	BROVCHENKO Sylwia	13	ŚWIAT PŁYTEK U KRYSPIŃ	K-18	7	00:00:15	00:38:50.40	00:39:05.55	+00:13:31 (34.8%)	5:14	11.4 (65.1%)
212	SZYMAŃSKA Ewa	302	TEAM BIEGOWY SZCZECINEK	K-40	7	00:00:09	00:38:50.95	00:39:00.90	+00:13:31 (34.8%)	5:15	11.4 (65.1%)
213	ŁUCZEJKO Sławomir	181	TEAM BIEGOWY SZCZECINEK	M-50	20	00:00:11	00:38:52.75	00:39:04.25	+00:13:33 (34.9%)	5:15	11.4 (65.1%)
214	FIJAŁKOWSKA Małgorzata	49	TEAM BIEGOWY SZCZECINEK	K-30	11	00:00:10	00:38:53.10	00:39:03.70	+00:13:33 (34.9%)	5:15	11.4 (65.1%)
215	SPICA Łukasz	274		M-18	31	00:00:23	00:38:54.70	00:39:17.90	+00:13:35 (34.9%)	5:15	11.4 (65.1%)
216	STEFANIAK Piotr	281	KLUB ŁEBA MORS POLAND	M-50	21	00:00:12	00:38:56.50	00:39:09.05	+00:13:37 (35.0%)	5:15	11.4 (65.1%)
216	WITKA Grażyna	338	KLUB ŁEBA MORS POLAND	K-40	8	00:00:12	00:38:56.50	00:39:09.05	+00:13:37 (35.0%)	5:15	11.4 (65.1%)
218	CZYŻEWSKA Beata	28	KOŁOBRZEG BIEGA MARATON TEAM	K-40	9	00:00:32	00:39:01.95	00:39:34.65	+00:13:42 (35.1%)	5:16	11.4 (65.1%)
219	POLAŃSKA Katarzyna	241	DZIKI KOSZALIN	K-30	12	00:00:15	00:39:02.65	00:39:18.60	+00:13:43 (35.1%)	5:16	11.4 (65.1%)
220	KONEFAŁ Dariusz	138		M-40	63	00:00:12	00:39:04.05	00:39:16.80	+00:13:44 (35.2%)	5:16	11.4 (65.1%)
221	KASPERSKI Mirosław	119	B-RUN-EK KOSZALIN	M-40	64	00:00:25	00:39:08.45	00:39:33.60	+00:13:49 (35.3%)	5:17	11.3 (64.6%)
222	MATYJASEK Lucyna	196	MATJASY	K-40	10	00:00:17	00:39:09.50	00:39:26.85	+00:13:50 (35.3%)	5:17	11.3 (64.6%)
223	MALESZA-HOUSIN Joanna	419		K-40	11	00:00:35	00:39:12.85	00:39:48.65	+00:13:53 (35.4%)	5:17	11.3 (64.6%)
224	MAZUREK Barbara	412	BIEGNIJMY.PL	K-30	13	00:00:35	00:39:15.70	00:39:51.05	+00:13:56 (35.5%)	5:18	11.3 (64.6%)
225	ZAWADA Andrzej	358	ZSP1 SŁUPSK	M-50	22	00:00:33	00:39:15.85	00:39:49.80	+00:13:56 (35.5%)	5:18	11.3 (64.6%)
226	CZAJKOWSKI Łukasz	27	JZF	M-18	32	00:00:13	00:39:20.70	00:39:34.10	+00:14:01 (35.6%)	5:19	11.3 (64.6%)
227	SIEPRACKI Adam	265	FORUM ROZWOJU KOSZALINA	M-30	68	00:00:24	00:39:23.45	00:39:47.55	+00:14:04 (35.7%)	5:19	11.3 (64.6%)
228	MIELCZAREK Maciej	206		M-40	65	00:00:27	00:39:31.10	00:39:58.95	+00:14:11 (35.9%)	5:20	11.2 (64.0%)
229	HOC Dariusz	78		M-40	66	00:00:33	00:39:32.45	00:40:05.55	+00:14:13 (36.0%)	5:20	11.2 (64.0%)
230	KUPREWICZ Grzegorz	165		M-30	69	00:00:07	00:39:34.15	00:39:41.25	+00:14:14 (36.0%)	5:20	11.2 (64.0%)
231	UZNAŃSKA Agata	317		K-50	3	00:00:14	00:39:35.20	00:39:49.90	+00:14:15 (36.0%)	5:20	11.2 (64.0%)
232	KARNICKI Zygmunt	118	TKKF KOSZALIN	M-60	9	00:00:18	00:39:37.55	00:39:56.10	+00:14:18 (36.1%)	5:21	11.2 (64.0%)
233	KAZIMIERCZAK Leszek	410		M-30	70	00:00:07	00:39:38.05	00:39:45.10	+00:14:18 (36.1%)	5:21	11.2 (64.0%)
234	MUSZYŃSKI Jacek	214	KB GOCH BYTÓW	M-60	10	00:00:21	00:39:41.50	00:40:02.50	+00:14:22 (36.2%)	5:21	11.2 (64.0%)
235	GŁOWACKI Włodzimierz	62	NIEZRZESZONY	M-70+	1	00:00:08	00:39:42.85	00:39:51.20	+00:14:23 (36.2%)	5:22	11.2 (64.0%)
236	SZAFIRSKI Marek	289	CAMINO SŁUPSK	M-50	23	00:00:26	00:39:51.50	00:40:17.80	+00:14:32 (36.5%)	5:23	11.1 (63.4%)
237	JURCZAK Daniel	101	KS HANZA GOLENIÓW	M-30	71	00:00:13	00:39:52.00	00:40:05.55	+00:14:32 (36.5%)	5:23	11.1 (63.4%)
238	LEMAŃCZYK Alina	401		K-30	14	00:00:28	00:39:52.25	00:40:20.45	+00:14:32 (36.5%)	5:23	11.1 (63.4%)
238	LEMAŃCZYK Andrzej	402		M-30	72	00:00:28	00:39:52.25	00:40:20.55	+00:14:32 (36.5%)	5:23	11.1 (63.4%)
240	IDZIAK Paweł	82	TEAM BIEGOWY SZCZECINEK	M-30	73	00:00:10	00:39:53.35	00:40:03.95	+00:14:34 (36.5%)	5:23	11.1 (63.4%)
241	BENEDYSIUK Sławomir	5	CSSP	M-40	67	00:00:10	00:39:54.60	00:40:05.50	+00:14:35 (36.6%)	5:23	11.1 (63.4%)
242	ORŁOWSKA Małgorzata	225	DZIKI KOSZALIN	K-30	15	00:00:14	00:39:57.35	00:40:11.60	+00:14:38 (36.6%)	5:23	11.1 (63.4%)
243	WOCH Zbigniew	345	NIEZRZESZONY	M-60	11	00:00:06	00:40:07.60	00:40:13.75	+00:14:48 (36.9%)	5:25	11.1 (63.4%)
244	SIENICKI Piotr	264		M-40	68	00:00:30	00:40:17.90	00:40:48.15	+00:14:58 (37.2%)	5:26	11 (62.9%)
245	SZUBERT Agnieszka	295		K-30	16	00:00:32	00:40:19.35	00:40:51.65	+00:15:00 (37.2%)	5:26	11 (62.9%)
246	MALINOWSKA Małgorzata	189	STR- ŚWIDWIN	K-50	4	00:00:13	00:40:19.65	00:40:33.30	+00:15:00 (37.2%)	5:27	11 (62.9%)
247	ZIĘBA Paweł	363		M-40	69	00:00:15	00:40:23.80	00:40:39.60	+00:15:04 (37.3%)	5:27	11 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							7.4km	7.4km			
248	JANKOWSKA Monika	95	FOLLOW ME SZCZECINEK	K-18	8	00:00:28	00:40:25.25	00:40:53.35	+00:15:05 (37.4%)	5:27	11 (62.9%)
249	GDZIŃSKI Lech	373		M-60	12	00:00:32	00:40:28.45	00:41:01.15	+00:15:09 (37.4%)	5:28	11 (62.9%)
250	HOC Agnieszka	79		K-30	17	00:00:31	00:40:32.70	00:41:03.95	+00:15:13 (37.5%)	5:28	11 (62.9%)
251	OLIŃSKI Arek	399		M-30	74	00:00:21	00:40:34.25	00:40:55.40	+00:15:14 (37.6%)	5:28	10.9 (62.3%)
252	KACZMAREK Łukasz	107		M-30	75	00:00:09	00:40:38.35	00:40:47.55	+00:15:19 (37.7%)	5:29	10.9 (62.3%)
253	KOWALCZYK Piotr	146	-	M-30	76	00:00:33	00:40:43.10	00:41:16.60	+00:15:23 (37.8%)	5:30	10.9 (62.3%)
254	WOCH Małgorzata	343		K-50	5	00:00:18	00:40:43.15	00:41:02.10	+00:15:23 (37.8%)	5:30	10.9 (62.3%)
255	PUCHALSKI Marcin	246		M-30	77	00:00:41	00:40:43.40	00:41:24.60	+00:15:24 (37.8%)	5:30	10.9 (62.3%)
256	HRYCIÓW Paweł	81		M-30	78	00:00:31	00:40:49.45	00:41:21.20	+00:15:30 (38.0%)	5:31	10.9 (62.3%)
257	SOKOŁOWSKA Małgorzata	272		K-18	9	00:00:25	00:40:51.65	00:41:16.90	+00:15:32 (38.0%)	5:31	10.9 (62.3%)
258	ORYSZCZYN Arkadiusz	426		M-30	79	00:00:23	00:40:51.85	00:41:14.95	+00:15:32 (38.0%)	5:31	10.9 (62.3%)
259	KOWALENKO Robert	392		M-30	80	00:00:32	00:40:52.50	00:41:24.85	+00:15:33 (38.0%)	5:31	10.9 (62.3%)
260	BEDNAREK Krzysztof	4	JW 5308 KOSZALIN	M-30	81	00:00:11	00:40:57.95	00:41:09.75	+00:15:38 (38.2%)	5:32	10.8 (61.7%)
261	DĄBROWSKA Alicja	30	ROZBIEGANY KOSZALIN	K-50	6	00:00:24	00:41:02.05	00:41:26.70	+00:15:42 (38.3%)	5:32	10.8 (61.7%)
262	SZULC Marek	299	SZULC RUNNERS TEAM	M-50	24	00:00:25	00:41:03.85	00:41:29.50	+00:15:44 (38.3%)	5:32	10.8 (61.7%)
263	HIROWICZ Agnieszka	374		K-30	18	00:00:25	00:41:05.70	00:41:31.10	+00:15:46 (38.4%)	5:33	10.8 (61.7%)
264	ŚRODA Wojciech	307		M-40	70	00:00:25	00:41:14.35	00:41:39.60	+00:15:55 (38.6%)	5:34	10.8 (61.7%)
265	WOJANOWSKI Zbigniew	346		M-50	25	00:00:15	00:41:17.00	00:41:32.85	+00:15:57 (38.7%)	5:34	10.8 (61.7%)
266	WOLAŃSKI Mariusz	350		M-50	26	00:00:05	00:41:23.10	00:41:28.50	+00:16:03 (38.8%)	5:35	10.7 (61.1%)
267	NOWAK-IGNACAK Monika	223		K-40	12	00:00:36	00:41:26.60	00:42:02.65	+00:16:07 (38.9%)	5:35	10.7 (61.1%)
268	GZELA Olga	72	BIEGNIJMY.PL	K-30	19	00:00:28	00:41:29.35	00:41:58.30	+00:16:10 (39.0%)	5:36	10.7 (61.1%)
269	PSTRĄGOWSKA Marlena	243		K-30	20	00:00:10	00:41:33.70	00:41:44.60	+00:16:14 (39.1%)	5:37	10.7 (61.1%)
270	SOBOLEWSKI Marek	271		M-40	71	00:00:05	00:41:35.40	00:41:40.55	+00:16:16 (39.1%)	5:37	10.7 (61.1%)
271	NIEDBAŁA Konrad	218		M-40	72	00:00:18	00:41:37.85	00:41:56.20	+00:16:18 (39.2%)	5:37	10.7 (61.1%)
272	ŁUKASZYK Andrzej	414		M-40	73	00:00:22	00:41:40.85	00:42:03.05	+00:16:21 (39.2%)	5:37	10.7 (61.1%)
273	PAULIŃSKI Jan	230		M-60	13	00:00:07	00:41:41.45	00:41:49.05	+00:16:22 (39.3%)	5:38	10.6 (60.6%)
274	PTASZYŃSKA Katarzyna	245	KOŁOBRZEG BIEGA	K-50	7	00:00:21	00:41:44.15	00:42:05.50	+00:16:24 (39.3%)	5:38	10.6 (60.6%)
275	PIOR Tomasz	236		M-30	82	00:00:33	00:41:44.25	00:42:17.55	+00:16:24 (39.3%)	5:38	10.6 (60.6%)
276	KOCHAŃSKI Krzysztof	422		M-30	83	00:00:14	00:41:49.00	00:42:03.00	+00:16:29 (39.4%)	5:39	10.6 (60.6%)
277	KOMOROWSKA Beata	137	BEZ KLUBU	K-30	21	00:00:33	00:41:49.80	00:42:22.80	+00:16:30 (39.5%)	5:39	10.6 (60.6%)
278	VON BARDELEBEN Agnieszka	319	BABECZKI KOSZALIN	K-40	13	00:00:35	00:41:54.90	00:42:30.70	+00:16:35 (39.6%)	5:39	10.6 (60.6%)
279	GOŁOFIT Zbigniew	64		M-50	27	00:00:06	00:42:04.70	00:42:11.60	+00:16:45 (39.8%)	5:41	10.6 (60.6%)
280	SZYCA Małgorzata	301		K-18	10	00:00:35	00:42:05.55	00:42:41.35	+00:16:46 (39.8%)	5:41	10.5 (60.0%)
281	STEC Edyta	280	BABECZKI.PL	K-30	22	00:00:35	00:42:05.60	00:42:41.25	+00:16:46 (39.8%)	5:41	10.5 (60.0%)
282	KRUK Anna	418		K-30	23	00:00:35	00:42:06.50	00:42:42.35	+00:16:47 (39.9%)	5:41	10.5 (60.0%)
283	MOŻEJKO Anna	210	BABECZKI.PL	K-30	24	00:00:35	00:42:07.70	00:42:42.85	+00:16:48 (39.9%)	5:41	10.5 (60.0%)
284	PILARSKI Krzysztof	417		M-30	84	00:00:18	00:42:11.75	00:42:30.10	+00:16:52 (40.0%)	5:42	10.5 (60.0%)
285	IGNACAK Marcin	83		M-30	85	00:00:36	00:42:17.85	00:42:54.15	+00:16:58 (40.1%)	5:42	10.5 (60.0%)
286	GIZIŃSKI Marcin	421		M-30	86	00:00:17	00:42:18.05	00:42:35.85	+00:16:58 (40.1%)	5:42	10.5 (60.0%)
287	TROSKOWSKA Ewa	409		K-40	14	00:00:16	00:42:19.65	00:42:36.50	+00:17:00 (40.2%)	5:43	10.5 (60.0%)
288	IWANKIEWICZ Justyna	86		K-30	25	00:00:10	00:42:21.90	00:42:32.30	+00:17:02 (40.2%)	5:43	10.5 (60.0%)
289	ŚLEDŹ Andrzej	306	WŁ. SŁUPSK	M-40	74	00:00:27	00:42:23.40	00:42:50.55	+00:17:04 (40.3%)	5:43	10.5 (60.0%)
290	KOBUS Emilia	131		K-30	26	00:00:09	00:42:31.60	00:42:40.65	+00:17:12 (40.5%)	5:44	10.4 (59.4%)
291	URBAŃSKI Aleksander	395		M-40	75	00:00:11	00:42:50.25	00:43:01.45	+00:17:30 (40.9%)	5:47	10.4 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							7.4km	7.4km			
292	<b>KREIS-GROCHOWSKA Dominika</b>	<b>156</b>		K-30	27	00:00:16	<b>00:42:53.00</b>	<b>00:43:09.40</b>	+00:17:33 (41.0%)	5:47	10.4 (59.4%)
293	<b>MARCZAK Małgorzata</b>	<b>192</b>		K-50	8	00:00:09	<b>00:42:54.60</b>	<b>00:43:04.55</b>	+00:17:35 (41.0%)	5:47	10.3 (58.9%)
294	<b>KOWALEWSKI Daniel</b>	<b>147</b>	BAŁTYK-TRANSPORT TEAM	M-30	87	00:00:39	<b>00:42:55.40</b>	<b>00:43:34.50</b>	+00:17:36 (41.0%)	5:47	10.3 (58.9%)
295	<b>WŁAŚNIAK Jowita</b>	<b>342</b>	DZIKI KOSZALIN	K-30	28	00:00:14	<b>00:42:56.95</b>	<b>00:43:11.65</b>	+00:17:37 (41.0%)	5:48	10.3 (58.9%)
296	<b>STRUKIEL Daniel</b>	<b>283</b>	RUNCANBEFUN	M-30	88	00:00:12	<b>00:43:00.85</b>	<b>00:43:13.65</b>	+00:17:41 (41.1%)	5:48	10.3 (58.9%)
297	<b>TRYBUCHOWICZ Zuzanna</b>	<b>313</b>		K-18	11	00:00:30	<b>00:43:04.45</b>	<b>00:43:34.45</b>	+00:17:45 (41.2%)	5:49	10.3 (58.9%)
298	<b>MIĄSEK Ryszard</b>	<b>391</b>		M-30	89	00:00:29	<b>00:43:10.70</b>	<b>00:43:39.70</b>	+00:17:51 (41.4%)	5:50	10.3 (58.9%)
299	<b>HAMUŁKA Krzysztof</b>	<b>411</b>		M-40	76	00:00:22	<b>00:43:11.10</b>	<b>00:43:33.20</b>	+00:17:51 (41.4%)	5:50	10.3 (58.9%)
300	<b>MICHALCZYK Małgorzata</b>	<b>377</b>		K-18	12	00:00:08	<b>00:43:11.90</b>	<b>00:43:20.70</b>	+00:17:52 (41.4%)	5:50	10.3 (58.9%)
301	<b>WOJTKIEWICZ-BAKOWSKA Dorota</b>	<b>349</b>	BABECZKI KOSZALIN	K-30	29	00:00:34	<b>00:43:12.65</b>	<b>00:43:47.30</b>	+00:17:53 (41.4%)	5:50	10.3 (58.9%)
302	<b>KOZŁOWSKI Tomasz</b>	<b>151</b>		M-30	90	00:00:05	<b>00:43:24.85</b>	<b>00:43:30.65</b>	+00:18:05 (41.7%)	5:52	10.2 (58.3%)
303	<b>NALEŚNIK Agata</b>	<b>380</b>	MW CONSTRUCTION TEAM	K-18	13	00:00:37	<b>00:43:37.25</b>	<b>00:44:14.50</b>	+00:18:17 (41.9%)	5:53	10.2 (58.3%)
304	<b>PIOR Ewa</b>	<b>237</b>	NIEZRZESZONA	K-50	9	00:00:19	<b>00:43:38.55</b>	<b>00:43:58.30</b>	+00:18:19 (42.0%)	5:53	10.2 (58.3%)
305	<b>GAWIECKA Mariola</b>	<b>55</b>		K-40	15	00:00:06	<b>00:43:41.90</b>	<b>00:43:48.40</b>	+00:18:22 (42.1%)	5:54	10.2 (58.3%)
306	<b>GAWLIK Artur</b>	<b>57</b>		M-30	91	00:00:40	<b>00:43:42.50</b>	<b>00:44:22.75</b>	+00:18:23 (42.1%)	5:54	10.2 (58.3%)
307	<b>KRYGIER Ireneusz</b>	<b>159</b>	W.P.K. SŁOŃ TEAM USTKA	M-30	92	00:00:22	<b>00:43:48.00</b>	<b>00:44:10.80</b>	+00:18:28 (42.2%)	5:55	10.1 (57.7%)
308	<b>BŁOŃSKA Agnieszka</b>	<b>7</b>	BABECZKI KOSZALIN	K-40	16	00:00:30	<b>00:43:48.95</b>	<b>00:44:19.55</b>	+00:18:29 (42.2%)	5:55	10.1 (57.7%)
309	<b>KIPER Jarosław</b>	<b>126</b>	JW1223	M-40	77	00:00:28	<b>00:43:50.65</b>	<b>00:44:18.95</b>	+00:18:31 (42.2%)	5:55	10.1 (57.7%)
310	<b>HELLER Zdzisław</b>	<b>76</b>	NIEZRZESZONY	M-60	14	00:00:26	<b>00:43:55.50</b>	<b>00:44:22.00</b>	+00:18:36 (42.4%)	5:56	10.1 (57.7%)
311	<b>PAWLIK Mateusz</b>	<b>231</b>		M-18	33	00:00:14	<b>00:43:57.50</b>	<b>00:44:12.35</b>	+00:18:38 (42.4%)	5:56	10.1 (57.7%)
312	<b>BORSUK Dorota</b>	<b>10</b>		K-40	17	00:00:28	<b>00:43:58.30</b>	<b>00:44:26.40</b>	+00:18:38 (42.4%)	5:56	10.1 (57.7%)
313	<b>DĄBROWSKA Katarzyna</b>	<b>31</b>	ROZBIEGANY KOSZALIN	K-18	14	00:00:24	<b>00:43:58.75</b>	<b>00:44:22.80</b>	+00:18:39 (42.4%)	5:56	10.1 (57.7%)
314	<b>IMIOŁEK Jacek</b>	<b>85</b>		M-40	78	00:00:39	<b>00:43:59.55</b>	<b>00:44:38.90</b>	+00:18:40 (42.4%)	5:56	10.1 (57.7%)
315	<b>WIERZBICKI Kacper</b>	<b>329</b>	JW 1223	M-18	34	00:00:08	<b>00:44:01.75</b>	<b>00:44:09.90</b>	+00:18:42 (42.5%)	5:56	10.1 (57.7%)
316	<b>NAKONIECZNY Rafał</b>	<b>216</b>	BAJADERKI KOSZALIN	M-30	93	00:00:38	<b>00:44:02.15</b>	<b>00:44:40.15</b>	+00:18:42 (42.5%)	5:57	10.1 (57.7%)
317	<b>TREJDER Maria</b>	<b>311</b>	BAJADERKI KOSZALIN	K-40	18	00:00:37	<b>00:44:02.45</b>	<b>00:44:40.15</b>	+00:18:43 (42.5%)	5:57	10.1 (57.7%)
318	<b>ZWOLAK Basia</b>	<b>367</b>		K-40	19	00:00:21	<b>00:44:07.65</b>	<b>00:44:29.45</b>	+00:18:48 (42.6%)	5:57	10.1 (57.7%)
319	<b>JAKÓBCZAK Dariusz</b>	<b>87</b>		M-40	79	00:00:21	<b>00:44:08.15</b>	<b>00:44:29.45</b>	+00:18:48 (42.6%)	5:57	10.1 (57.7%)
320	<b>WACHHOLZ Beata</b>	<b>320</b>		K-40	20	00:00:33	<b>00:44:08.70</b>	<b>00:44:42.65</b>	+00:18:49 (42.6%)	5:57	10.1 (57.7%)
321	<b>SULIGA-KRAKOWIAK Agnieszka</b>	<b>286</b>		K-40	21	00:00:27	<b>00:44:09.40</b>	<b>00:44:36.50</b>	+00:18:50 (42.7%)	5:57	10.1 (57.7%)
322	<b>GÓRNIAK Stanisław</b>	<b>67</b>	WŁ SŁUPSK	M-50	28	00:00:26	<b>00:44:12.55</b>	<b>00:44:39.25</b>	+00:18:53 (42.7%)	5:58	10 (57.1%)
323	<b>CHOŁUJ Joanna</b>	<b>21</b>		K-18	15	00:00:19	<b>00:44:14.15</b>	<b>00:44:34.05</b>	+00:18:54 (42.8%)	5:58	10 (57.1%)
324	<b>LIPIŃSKA Małgorzata</b>	<b>171</b>		K-18	16	00:00:30	<b>00:44:16.70</b>	<b>00:44:46.95</b>	+00:18:57 (42.8%)	5:58	10 (57.1%)
325	<b>TRYBUCHOWICZ Monika</b>	<b>312</b>		K-18	17	00:00:29	<b>00:44:17.95</b>	<b>00:44:47.20</b>	+00:18:58 (42.8%)	5:59	10 (57.1%)
326	<b>ZIELIŃSKI Andrzej</b>	<b>361</b>		M-60	15	00:00:21	<b>00:44:34.95</b>	<b>00:44:56.75</b>	+00:19:15 (43.2%)	6:01	10 (57.1%)
327	<b>PIOR Mirosław</b>	<b>238</b>	NIEZRZESZONY	M-50	29	00:00:19	<b>00:44:35.65</b>	<b>00:44:54.85</b>	+00:19:16 (43.2%)	6:01	10 (57.1%)
328	<b>GRELA Maciej</b>	<b>69</b>	FOLLOW ME SZCZECINEK	M-18	35	00:00:27	<b>00:44:42.80</b>	<b>00:45:10.30</b>	+00:19:23 (43.4%)	6:02	9.9 (56.6%)
329	<b>LEWANDOWSKA Dominika</b>	<b>169</b>	KLUB	K-18	18	00:00:26	<b>00:45:15.55</b>	<b>00:45:42.05</b>	+00:19:56 (44.1%)	6:07	9.8 (56.0%)
330	<b>DEBOWSKA-SZCZYTKOWSKI Izabella</b>	<b>35</b>	K.B.SPRINT ŚWIDWIN	K-40	22	00:00:23	<b>00:45:15.70</b>	<b>00:45:38.90</b>	+00:19:56 (44.1%)	6:06	9.8 (56.0%)
331	<b>SZULC Adam</b>	<b>300</b>	SZULC RUNNERS TEAM	M-18	36	00:00:25	<b>00:45:16.15</b>	<b>00:45:42.05</b>	+00:19:56 (44.1%)	6:07	9.8 (56.0%)
332	<b>WIKIERSKA Agnieszka</b>	<b>428</b>		K-30	30	00:00:08	<b>00:45:22.90</b>	<b>00:45:31.55</b>	+00:20:03 (44.2%)	6:07	9.8 (56.0%)
333	<b>ZIELIŃSKI Jarosław</b>	<b>360</b>	NIEZRZESZONY	M-30	94	00:00:21	<b>00:45:23.75</b>	<b>00:45:45.65</b>	+00:20:04 (44.2%)	6:08	9.8 (56.0%)
334	<b>ŻYWOT Norbert</b>	<b>370</b>	WT KOŁOBRZEG	M-40	80	00:00:38	<b>00:45:34.35</b>	<b>00:46:12.45</b>	+00:20:15 (44.4%)	6:09	9.7 (55.4%)
335	<b>SCHMIDT Dariusz</b>	<b>261</b>		M-50	30	00:00:35	<b>00:45:38.65</b>	<b>00:46:13.70</b>	+00:20:19 (44.5%)	6:10	9.7 (55.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
336	JAKUBCZYK Agnieszka	88	BABECZKI KOSZALIN	K-18	19	00:00:30	00:45:48.40	00:46:19.20	+00:20:29 (44.7%)	6:11	9.7 (55.4%)
337	NOWACKA Elżbieta	389		K-40	23	00:00:30	00:45:48.75	00:46:19.05	+00:20:29 (44.7%)	6:11	9.7 (55.4%)
338	TELEGA Michał	310		M-30	95	00:00:31	00:45:56.60	00:46:28.10	+00:20:37 (44.9%)	6:12	9.7 (55.4%)
339	MALINOWSKA Agnieszka	190	CIOTECZKI.PL	K-30	31	00:00:39	00:45:56.75	00:46:36.30	+00:20:37 (44.9%)	6:12	9.7 (55.4%)
340	GÓRECKA Joanna	66		K-40	24	00:00:37	00:45:59.40	00:46:36.60	+00:20:40 (44.9%)	6:12	9.7 (55.4%)
341	PASEK Paula	228		K-30	32	00:00:08	00:46:11.25	00:46:19.80	+00:20:51 (45.2%)	6:14	9.6 (54.9%)
342	WOŹNIAK Dariusz	354	WWW.LIMO300C.COM	M-40	81	00:00:30	00:46:25.25	00:46:56.05	+00:21:05 (45.5%)	6:16	9.6 (54.9%)
343	WOŹNIAK Honorata	353	WWW.LIMO300C.COM	K-40	25	00:00:29	00:46:26.65	00:46:56.50	+00:21:07 (45.5%)	6:16	9.6 (54.9%)
344	CYRUK Izabela	424		K-18	20	00:00:29	00:46:30.00	00:46:59.00	+00:21:10 (45.5%)	6:17	9.5 (54.3%)
345	JUSZCZYK Agnieszka	105		K-30	33	00:00:33	00:46:36.35	00:47:09.95	+00:21:17 (45.7%)	6:17	9.5 (54.3%)
346	ŁUBNIEWSKA Natalia	180		K-30	34	00:00:32	00:46:37.25	00:47:09.60	+00:21:17 (45.7%)	6:17	9.5 (54.3%)
347	KAMIŃSKA Joanna	112		K-30	35	00:00:32	00:46:39.50	00:47:12.25	+00:21:20 (45.7%)	6:18	9.5 (54.3%)
348	ŁUKASIEWICZ Aleksandra	182	DZIKI KOSZALIN	K-30	36	00:00:22	00:46:41.10	00:47:04.00	+00:21:21 (45.8%)	6:18	9.5 (54.3%)
349	SŁAWIŃSKI Mariusz	269	WALENIE	M-50	31	00:00:24	00:46:57.05	00:47:21.90	+00:21:37 (46.1%)	6:20	9.5 (54.3%)
350	KRAWCZUK-KIEŁB Anna	155		K-40	26	00:00:26	00:47:12.45	00:47:39.25	+00:21:53 (46.4%)	6:22	9.4 (53.7%)
351	KORPAL Grażyna	143	ROZBIEGANY KOSZALIN	K-50	10	00:00:28	00:47:36.60	00:48:04.95	+00:22:17 (46.8%)	6:25	9.3 (53.1%)
352	KOŁODZIEJCZAK Agnieszka	135	PARKRUN SZCZECINEK	K-40	27	00:00:38	00:47:39.80	00:48:18.70	+00:22:20 (46.9%)	6:26	9.3 (53.1%)
353	WIKTOROWICZ Małgorzata	331	CIOTECZKI.PL	K-40	28	00:00:38	00:47:44.85	00:48:23.65	+00:22:25 (47.0%)	6:27	9.3 (53.1%)
354	RASZPLA Ilona	252	CIOTECZKI.PL	K-40	29	00:00:37	00:47:45.50	00:48:23.45	+00:22:26 (47.0%)	6:27	9.3 (53.1%)
355	SZULC Martyna	297	GRYF LOK BIAŁOGARD	K-18	21	00:00:26	00:47:51.95	00:48:18.25	+00:22:32 (47.1%)	6:28	9.3 (53.1%)
356	BUDZYŃSKA Elżbieta	16	BBL SŁUPSK	K-50	11	00:00:21	00:47:56.60	00:48:17.60	+00:22:37 (47.2%)	6:28	9.3 (53.1%)
357	KRAMARZ Aneta	153	ROSSBIEGANI	K-30	37	00:00:35	00:47:59.45	00:48:34.65	+00:22:40 (47.2%)	6:29	9.3 (53.1%)
358	RAMA Ewa	251	KOŁOBRZEG	K-50	12	00:00:37	00:48:10.95	00:48:48.75	+00:22:51 (47.4%)	6:30	9.2 (52.6%)
359	KURCZ Barbara	166	BABECZKI KOSZALIN	K-40	30	00:00:35	00:48:12.65	00:48:47.80	+00:22:53 (47.5%)	6:30	9.2 (52.6%)
360	RUSIECKI Paweł	396		M-40	82	00:00:11	00:48:18.40	00:48:29.40	+00:22:59 (47.6%)	6:31	9.2 (52.6%)
361	SZAFIROWICZ-CHOJNACKA Paulina	288		K-30	38	00:00:39	00:48:21.60	00:49:00.95	+00:23:02 (47.6%)	6:32	9.2 (52.6%)
362	STASZEWSKA Aneta	278	BRAK	K-40	31	00:00:38	00:48:24.05	00:49:02.80	+00:23:04 (47.7%)	6:32	9.2 (52.6%)
363	WESOŁY Małgorzata	324		K-18	22	00:00:31	00:48:28.05	00:48:59.25	+00:23:08 (47.8%)	6:32	9.2 (52.6%)
364	PLATA Katarzyna	239		K-40	32	00:00:36	00:48:36.40	00:49:13.00	+00:23:17 (47.9%)	6:34	9.1 (52.0%)
365	KLEBAN Krzysztof	376		M-40	83	00:00:43	00:48:36.75	00:49:20.15	+00:23:17 (47.9%)	6:34	9.1 (52.0%)
366	STĘPNIAK Tomasz	406		M-30	96	00:00:43	00:48:37.45	00:49:21.05	+00:23:18 (47.9%)	6:34	9.1 (52.0%)
367	RÓG Krystyna	258	JW 1223	K-30	39	00:00:29	00:48:42.75	00:49:11.90	+00:23:23 (48.0%)	6:34	9.1 (52.0%)
368	PEWIŃSKA Justyna	234	JW 1223	K-30	40	00:00:28	00:48:43.80	00:49:12.20	+00:23:24 (48.0%)	6:35	9.1 (52.0%)
369	WIŚNIEWSKI Artur	337		M-40	84	00:00:38	00:49:12.40	00:49:50.40	+00:23:53 (48.5%)	6:38	9 (51.4%)
370	FELKOWSKA Karolina	48		K-30	41	00:00:36	00:49:12.95	00:49:49.55	+00:23:53 (48.5%)	6:39	9 (51.4%)
371	KALECZYC Joanna	109		K-18	23	00:00:29	00:49:28.30	00:49:57.85	+00:24:08 (48.8%)	6:41	9 (51.4%)
372	JARZEMBIŃSKA Beata	407		K-50	13	00:00:20	00:49:38.60	00:49:58.95	+00:24:19 (49.0%)	6:42	8.9 (50.9%)
373	CHODOR Izabela	19		K-30	42	00:00:38	00:49:45.00	00:50:23.85	+00:24:25 (49.1%)	6:43	8.9 (50.9%)
374	KOZŁOWIECKA Małgorzata	149		K-50	14	00:00:32	00:49:56.95	00:50:29.40	+00:24:37 (49.3%)	6:45	8.9 (50.9%)
375	JAKUBOWSKA Anna	89		K-18	24	00:00:36	00:50:03.20	00:50:39.90	+00:24:43 (49.4%)	6:45	8.9 (50.9%)
376	JURCZAK Jarosław	102	KS HANZA GOLENIÓW	M-60	16	00:00:15	00:50:25.25	00:50:40.55	+00:25:05 (49.8%)	6:48	8.8 (50.3%)
377	PEŁKA Iwona	232		K-40	33	00:00:33	00:50:29.65	00:51:02.90	+00:25:10 (49.9%)	6:49	8.8 (50.3%)
378	BAGIŃSKA Agnieszka	1	BAJADERKI KOSZALIN	K-30	43	00:00:38	00:50:40.50	00:51:19.25	+00:25:21 (50.0%)	6:50	8.8 (50.3%)
379	BRZOZOWSKA Dominika	15	ROSSBIEGANI	K-18	25	00:00:35	00:51:14.35	00:51:49.50	+00:25:55 (50.6%)	6:55	8.7 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 7.4km	Czas brutto 7.4km	Różn	Tempo min/km	Tempo km/h
380	<b>ZIĘTALA Danuta</b>	<b>364</b>	KOŁOBRZEG POLSKIE CENTRUM SPA	K-40	34	00:00:26	<b>00:51:39.85</b>	<b>00:52:06.10</b>	+00:26:20 (51.0%)	6:58	8.6 (49.1%)
381	<b>GAWRON Barbara</b>	<b>408</b>		K-30	44	00:00:20	<b>00:52:18.00</b>	<b>00:52:38.70</b>	+00:26:58 (51.6%)	7:04	8.5 (48.6%)
382	<b>JURCZAK Eulalia</b>	<b>103</b>	KS HANZA GOLENIÓW	K-50	15	00:00:14	<b>00:52:19.10</b>	<b>00:52:34.05</b>	+00:26:59 (51.6%)	7:04	8.5 (48.6%)
383	<b>LORENZ Renata</b>	<b>173</b>		K-40	35	00:00:12	<b>00:52:45.35</b>	<b>00:52:57.75</b>	+00:27:26 (52.0%)	7:07	8.4 (48.0%)
384	<b>PASEK Jan</b>	<b>229</b>		M-60	17	00:00:08	<b>00:53:05.00</b>	<b>00:53:13.75</b>	+00:27:45 (52.3%)	7:10	8.4 (48.0%)
385	<b>HAUSMAN Andrzej</b>	<b>75</b>	KSR ROWERIA	M-60	18	00:00:31	<b>00:53:08.15</b>	<b>00:53:40.05</b>	+00:27:48 (52.3%)	7:10	8.4 (48.0%)
386	<b>MALĄG -BAIK Anna</b>	<b>188</b>		K-18	26	00:00:37	<b>00:53:24.30</b>	<b>00:54:01.40</b>	+00:28:04 (52.6%)	7:12	8.3 (47.4%)
387	<b>FORNALAK Rafał</b>	<b>51</b>		M-40	85	00:01:14	<b>00:53:46.00</b>	<b>00:55:00.95</b>	+00:28:26 (52.9%)	7:15	8.3 (47.4%)
388	<b>WIĘCKOWSKI Maciej</b>	<b>382</b>	MW CONSTRUCTION TEAM	M-30	97	00:00:37	<b>00:55:36.95</b>	<b>00:56:14.15</b>	+00:30:17 (54.5%)	7:30	8 (45.7%)
389	<b>KĘPIŃSKI Jan</b>	<b>122</b>	ROZBIEGANY KOSZALIN	M-50	32	00:00:23	<b>00:58:28.80</b>	<b>00:58:52.00</b>	+00:33:09 (56.7%)	7:54	7.6 (43.4%)
390	<b>BARTNIK Marian</b>	<b>2</b>	TKKF KOSZALIN	M-70+	2	00:00:03	<b>00:58:45.85</b>	<b>00:58:49.70</b>	+00:33:26 (56.9%)	7:56	7.6 (43.4%)

Znaleziono 390 wynik(ów)