

BIEG KRÓLI - 7KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-01-06
Miejsce: Jamno
Dystans: 7 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	356		M-16	1	00:00:07	00:11:55	00:24:10.00	00:24:17.15		3:27	17.4 (100%)
2	BEDNARZ Paweł	37	13-TY FUN CLUB ASI CHMIEL:*	M-30	1	00:00:07	00:11:56	00:24:14.20	00:24:21.85	+00:00:04 (0.3%)	3:27	17.3 (99.4%)
3	GAWRON Piotr	94	ULKS TALEX BORZYTUCHOM	M-16	2	00:00:07	00:12:27	00:25:20.95	00:25:28.20	+00:01:10 (4.7%)	3:37	16.6 (95.4%)
4	FAMULSKI Cezary	85	JW 1223 KOSZALIN	M-30	2	00:00:08	00:13:03	00:26:01.20	00:26:09.65	+00:01:51 (7.1%)	3:43	16.1 (92.5%)
5	ORZECHOWSKI Kamil	228		M-16	3	00:00:07	00:12:57	00:26:04.45	00:26:12.35	+00:01:54 (7.3%)	3:43	16.1 (92.5%)
6	GARSKI Kryspin	91	ŚWIAT PŁYTEK/SEXYRUNNERS	M-40	1	00:00:07	00:13:05	00:26:24.75	00:26:32.70	+00:02:14 (8.5%)	3:46	15.9 (91.4%)
7	USTIANOWSKI Wojciech	323	JW 1223 (ROZBIEGANY KOSZALIN)	M-16	4	00:00:09	00:13:03	00:26:50.00	00:26:59.05	+00:02:40 (9.9%)	3:50	15.7 (90.2%)
8	OSIŃSKI Ryszard	230	ACTIVE MALBORK	M-50	1	00:00:07	00:12:54	00:27:00.50	00:27:08.15	+00:02:50 (10.5%)	3:51	15.5 (89.1%)
9	SZKOŁUDA Miłosz	362	DECATHLON KOSZALIN	M-16	5	00:00:12	00:13:03	00:27:19.35	00:27:31.80	+00:03:09 (11.6%)	3:54	15.4 (88.5%)
10	KOPCEWICZ Robert	154		M-50	2	00:00:07	00:13:20	00:27:19.60	00:27:27.55	+00:03:09 (11.6%)	3:54	15.4 (88.5%)
11	SZEWCUK Paweł	300		M-30	3	00:00:10	00:13:32	00:27:31.50	00:27:42.00	+00:03:21 (12.2%)	3:56	15.3 (87.9%)
12	PAKULSKI Marcin	237		M-40	2	00:00:20	00:13:42	00:27:34.25	00:27:54.45	+00:03:24 (12.3%)	3:56	15.2 (87.4%)
13	RODZIEWICZ Marcin	262		M-30	4	00:00:07	00:13:39	00:27:45.05	00:27:52.50	+00:03:35 (12.9%)	3:57	15.1 (86.8%)
14	PRZEWŁOCKI Michał	252		M-30	5	00:00:08	00:13:34	00:27:54.20	00:28:02.65	+00:03:44 (13.4%)	3:59	15.1 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
15	LUBLEWSKI Dawid	184		M-16	6	00:00:13	00:13:30	00:27:55.90	00:28:09.20	+00:03:45 (13.5%)	3:59	15 (86.2%)
16	DEPTA Krzysztof	73		M-30	6	00:00:08	00:13:31	00:27:56.00	00:28:04.85	+00:03:46 (13.5%)	3:59	15 (86.2%)
17	WÓJCIK Damian	344	RUNNERSWALDE DARŁOWO	M-40	3	00:00:10	00:13:35	00:28:00.50	00:28:11.30	+00:03:50 (13.7%)	4:00	15 (86.2%)
18	GRZESIK Eugeniusz	106	TKKF KOSZALIN	M-50	3	00:00:08	00:13:41	00:28:06.15	00:28:14.20	+00:03:56 (14.0%)	4:00	14.9 (85.6%)
19	MOSEK Radosław	208		M-30	7	00:00:11	00:13:55	00:28:21.80	00:28:33.20	+00:04:11 (14.8%)	4:03	14.8 (85.1%)
20	CHUDY Henryk	63	K S OLSZEWSKI I SYNOWIE	M-60	1	00:00:10	00:13:54	00:28:45.55	00:28:55.75	+00:04:35 (16.0%)	4:06	14.6 (83.9%)
21	KARCZ Artur	140	SZKÓŁKA PŁYWACKA DEPKA	M-30	8	00:00:09	00:14:18	00:28:53.90	00:29:03.30	+00:04:43 (16.4%)	4:07	14.5 (83.3%)
22	KOŚCIELNIAK Robert	158	TKKF KOSZALIN	M-50	4	00:00:09	00:14:19	00:28:54.95	00:29:04.60	+00:04:44 (16.4%)	4:07	14.5 (83.3%)
23	LESZCZYŃSKI Marcin	177	SZKÓŁKA PŁYWACKA DEPKA KOŁOBRZEG	M-40	4	00:00:09	00:14:15	00:28:57.90	00:29:06.95	+00:04:47 (16.6%)	4:08	14.5 (83.3%)
24	BAJGERT Robert	28	VOLTIX.PL	M-40	5	00:00:09	00:14:17	00:29:03.90	00:29:12.95	+00:04:53 (16.9%)	4:09	14.5 (83.3%)
25	MOKSA Dariusz	207		M-16	7	00:00:09	00:14:03	00:29:06.15	00:29:15.20	+00:04:56 (17.0%)	4:09	14.4 (82.8%)
26	SZAMREJ Wojciech	298		M-50	5	00:00:12	00:14:10	00:29:15.80	00:29:27.85	+00:05:05 (17.4%)	4:10	14.4 (82.8%)
27	STEBELSKI Jasiak	281		M-16	8	00:00:11	00:14:16	00:29:22.40	00:29:33.80	+00:05:12 (17.7%)	4:11	14.3 (82.2%)
28	UZNAŃSKI Ryszard	324	KOŁOBRZEG BIEGA	M-40	6	00:00:07	00:14:31	00:29:34.35	00:29:41.50	+00:05:24 (18.3%)	4:13	14.2 (81.6%)
29	SIWIK Stanisław	271	JW 3775 DARZEWO	M-30	9	00:00:11	00:14:47	00:29:41.20	00:29:52.70	+00:05:31 (18.6%)	4:14	14.1 (81.0%)
30	WUJTIUK Piotr	345		M-40	7	00:00:09	00:14:32	00:29:41.80	00:29:51.40	+00:05:31 (18.6%)	4:14	14.1 (81.0%)
31	ZWOLIŃSKI Jan	350	TKKF KOSZALIN	M-40	8	00:00:09	00:14:48	00:29:45.15	00:29:54.75	+00:05:35 (18.8%)	4:15	14.1 (81.0%)
32	CZYŻEWSKI Janusz	67	KOŁOBRZEG BIEGA	M-50	6	00:00:09	00:14:30	00:29:49.55	00:29:58.85	+00:05:39 (19.0%)	4:15	14.1 (81.0%)
33	CHOŁUJ Jarek	61	ROZBIEGANY KOSZALIN	M-40	9	00:00:16	00:14:53	00:29:50.65	00:30:07.60	+00:05:40 (19.0%)	4:15	14.1 (81.0%)
34	WILKOWSKI Krzysztof	336		M-30	10	00:00:10	00:14:40	00:30:30.05	00:30:40.05	+00:06:20 (20.8%)	4:21	13.8 (79.3%)
35	DUDEK Mateusz	80	KOŁOBRZEG BIEGA	M-16	9	00:00:28	00:15:41	00:30:35.75	00:31:04.00	+00:06:25 (21.0%)	4:22	13.7 (78.7%)
36	KASPERSKI Dariusz	143		M-40	10	00:00:18	00:15:27	00:30:36.70	00:30:54.70	+00:06:26 (21.1%)	4:22	13.7 (78.7%)
37	KITŁOWSKI Marcin	147	CZARNE BIEGA	M-30	11	00:00:13	00:15:04	00:30:45.70	00:30:59.25	+00:06:35 (21.4%)	4:23	13.7 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								7km	7km			
38	PIETRZAK Kamil	249	ACTIVE MALBORK	M-30	12	00:00:10	00:15:01	00:30:46.95	00:30:57.90	+00:06:36 (21.5%)	4:23	13.6 (78.2%)
39	DZIWIŚIŃSKA Martyna	83		K-16	1	00:00:08	00:15:21	00:30:51.60	00:31:00.30	+00:06:41 (21.7%)	4:24	13.6 (78.2%)
40	KALKOWSKI Paweł	135		M-30	13	00:00:18	00:15:37	00:30:51.65	00:31:10.30	+00:06:41 (21.7%)	4:24	13.6 (78.2%)
41	PĘKAŁA Piotr	247	ROZBIEGANY KOSZALIN	M-40	11	00:00:18	00:15:30	00:30:58.20	00:31:17.00	+00:06:48 (22.0%)	4:25	13.6 (78.2%)
42	RUTKOWSKI Ryszard	266	RUTKOWSKI TEAM	M-50	7	00:00:08	00:15:19	00:30:59.75	00:31:08.25	+00:06:49 (22.0%)	4:25	13.5 (77.6%)
43	BOBER Jakub	43	AKADEMIA POMORSKA	M-16	10	00:00:13	00:15:18	00:31:00.85	00:31:14.60	+00:06:50 (22.1%)	4:25	13.5 (77.6%)
44	KUKIEŁA Tomasz	172		M-30	14	00:00:21	00:15:56	00:31:03.65	00:31:25.00	+00:06:53 (22.2%)	4:26	13.5 (77.6%)
45	PASIEKA Agnieszka	240	K.B. SPRINT ŚWIDWIN	K-16	2	00:00:11	00:15:06	00:31:09.85	00:31:21.75	+00:06:59 (22.5%)	4:27	13.5 (77.6%)
46	NIEMCZUK Dariusz	222		M-50	8	00:00:17	00:15:13	00:31:10.45	00:31:27.70	+00:07:00 (22.5%)	4:27	13.5 (77.6%)
47	OSTAFI Robert	232		M-30	15	00:00:11	00:15:50	00:31:12.60	00:31:23.85	+00:07:02 (22.6%)	4:27	13.5 (77.6%)
48	CHODOR Martyna	60	TKKF KOSZALIN	K-30	1	00:00:09	00:15:30	00:31:21.90	00:31:31.80	+00:07:11 (23.0%)	4:28	13.4 (77.0%)
49	NIECKARZ Krzysztof	220		M-30	16	00:00:11	00:15:17	00:31:22.30	00:31:33.40	+00:07:12 (23.0%)	4:28	13.4 (77.0%)
50	BARTOSZUK Adam	33	BT KOŁOBRZEG	M-40	12	00:00:15	00:15:29	00:31:22.50	00:31:38.20	+00:07:12 (23.0%)	4:29	13.4 (77.0%)
51	KOSIŃSKI Wojciech	157	JAZZ TEAM	M-30	17	00:00:15	00:15:37	00:31:25.95	00:31:41.15	+00:07:15 (23.1%)	4:29	13.4 (77.0%)
52	KUŁAKOWSKI Dawid	173	TKKF KOSZALIN	M-40	13	00:00:27	00:15:47	00:31:30.20	00:31:57.65	+00:07:20 (23.3%)	4:30	13.3 (76.4%)
53	IWANIEC Dariusz	115	TKKF KOSZALIN	M-40	14	00:00:11	00:15:41	00:31:30.85	00:31:42.40	+00:07:20 (23.3%)	4:30	13.3 (76.4%)
54	WILIŃSKI Marek	335	K. B SPRINT ŚWIDWIN	M-50	9	00:00:13	00:15:59	00:31:35.25	00:31:48.85	+00:07:25 (23.5%)	4:30	13.3 (76.4%)
55	ŚNIEŻKO Marcin	311	TKKF KOSZALIN	M-30	18	00:00:17	00:15:37	00:31:35.80	00:31:53.05	+00:07:25 (23.5%)	4:30	13.3 (76.4%)
56	STRUMIŃSKI Rafał	288	DZIKI KOSZALIN	M-30	19	00:00:12	00:15:14	00:31:37.45	00:31:50.30	+00:07:27 (23.6%)	4:31	13.3 (76.4%)
57	MICERSKI Tomasz	201	TKKF KOSZALIN	M-40	15	00:00:28	00:15:47	00:31:39.30	00:32:07.30	+00:07:29 (23.7%)	4:31	13.3 (76.4%)
58	SZUBERT Julia	303	KOŁOBRZEG BIEGA	K-16	3	00:00:41	00:15:35	00:31:39.70	00:32:20.70	+00:07:29 (23.7%)	4:31	13.3 (76.4%)
59	TESKA Bartosz	315	TKKF KOSZALIN	M-40	16	00:00:09	00:15:26	00:31:42.10	00:31:51.70	+00:07:32 (23.8%)	4:31	13.2 (75.9%)
60	MUCHA Krzysztof	216		M-30	20	00:00:09	00:15:47	00:31:42.25	00:31:52.15	+00:07:32 (23.8%)	4:31	13.2 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
61	ZIOMKO Rafał	349		M-40	17	00:00:31	00:15:40	00:31:43.55	00:32:14.65	+00:07:33 (23.8%)	4:31	13.2 (75.9%)
62	PSTRĄGOWSKI Marcin	254	DZIKI KOSZALIN	M-30	21	00:00:12	00:15:17	00:31:51.70	00:32:04.10	+00:07:41 (24.2%)	4:33	13.2 (75.9%)
63	JAROSZ Dariusz	123	TKKF KOSZALIN	M-40	18	00:00:26	00:15:27	00:31:57.45	00:32:23.70	+00:07:47 (24.4%)	4:33	13.1 (75.3%)
64	DRELISZAK Mariusz	78		M-40	19	00:00:10	00:15:43	00:32:03.60	00:32:13.85	+00:07:53 (24.6%)	4:34	13.1 (75.3%)
65	MIELCZAREK Ksawery	204		M-16	11	00:00:18	00:16:42	00:32:03.70	00:32:21.85	+00:07:53 (24.6%)	4:34	13.1 (75.3%)
66	SALAŁON Grzegorz	269	RWT BYDGOSZCZ	M-50	10	00:00:07	00:15:31	00:32:04.35	00:32:12.15	+00:07:54 (24.6%)	4:35	13.1 (75.3%)
67	KONIECZNA Anka	153	ROZBIEGANY KOSZALIN	K-40	1	00:00:26	00:15:32	00:32:04.95	00:32:31.15	+00:07:54 (24.7%)	4:35	13.1 (75.3%)
68	RUTKOWSKI Artur	267	RUTKOWSKI TEAM	M-16	12	00:00:08	00:15:32	00:32:08.15	00:32:16.80	+00:07:58 (24.8%)	4:35	13.1 (75.3%)
69	TORCZ Karol	316	SZKÓŁKA PŁYWACKA DEPKA	M-30	22	00:00:11	00:15:39	00:32:08.25	00:32:20.00	+00:07:58 (24.8%)	4:35	13.1 (75.3%)
70	GOŃKA Krzysztof	102	DECATHLON KOSZALIN	M-16	13	00:00:12	00:15:54	00:32:08.35	00:32:21.15	+00:07:58 (24.8%)	4:35	13.1 (75.3%)
71	ALABA Jerzy	363		M-50	11	00:00:17	00:16:11	00:32:09.30	00:32:26.85	+00:07:59 (24.8%)	4:35	13.1 (75.3%)
72	SULL Kacper	293	NIGHTRUNNERS	M-16	14	00:00:32	00:16:22	00:32:13.70	00:32:46.00	+00:08:03 (25.0%)	4:36	13 (74.7%)
73	KAMYK Piotr	137	MH KOSZALIN - IT SERWIS WWW.MH-INFORMATYKA.PL	M-30	23	00:00:16	00:15:58	00:32:20.80	00:32:37.25	+00:08:10 (25.3%)	4:37	13 (74.7%)
74	BURKIET Marek	58	JW1223	M-40	20	00:00:15	00:15:32	00:32:23.10	00:32:38.90	+00:08:13 (25.4%)	4:37	13 (74.7%)
75	ŁABEJSZA Łukasz	185	WOJOWNICY WÓDY	M-30	24	00:00:15	00:16:08	00:32:30.60	00:32:45.70	+00:08:20 (25.7%)	4:38	12.9 (74.1%)
76	NIECKARZ Monika	219		K-30	2	00:00:10	00:15:45	00:32:31.05	00:32:42.00	+00:08:21 (25.7%)	4:38	12.9 (74.1%)
77	MRUGALSKI Damian	215	MOSG	M-30	25	00:00:15	00:16:29	00:32:32.50	00:32:47.60	+00:08:22 (25.7%)	4:38	12.9 (74.1%)
78	ROGOŻA Ireneusz	265	BIEGNIJMY.PL	M-40	21	00:00:16	00:16:15	00:32:33.20	00:32:49.60	+00:08:23 (25.8%)	4:39	12.9 (74.1%)
79	KRASIŃSKI Witold	163		M-40	22	00:00:19	00:15:45	00:32:34.25	00:32:53.35	+00:08:24 (25.8%)	4:39	12.9 (74.1%)
80	OSIŃSKA Anna	229	ACTIVE MALBORK	K-16	4	00:00:12	00:16:17	00:32:39.65	00:32:51.80	+00:08:29 (26.0%)	4:39	12.9 (74.1%)
81	SZYMAŃSKI Piotr	310	ROSNOWO	M-40	23	00:00:13	00:16:06	00:32:40.65	00:32:54.50	+00:08:30 (26.0%)	4:40	12.9 (74.1%)
82	KRZEWIŃSKA Małgorzata	168	TKKF KOSZALIN	K-50	1	00:00:12	00:16:13	00:32:40.75	00:32:53.60	+00:08:30 (26.0%)	4:40	12.9 (74.1%)
83	KARAŚ Radosław	139	NIGHT RUNNERS SŁUPSK	M-30	26	00:00:33	00:16:20	00:32:44.10	00:33:17.90	+00:08:34 (26.2%)	4:40	12.8 (73.6%)

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								netto 7km	brutto 7km			
84	WICHER Krzysztof	331	ADWOKATURA	M-30	27	00:00:14	00:16:21	00:32:45.40	00:33:00.30	+00:08:35 (26.2%)	4:40	12.8 (73.6%)
85	ZDROWIECKI Artur	346		M-30	28	00:00:15	00:16:12	00:32:45.90	00:33:01.50	+00:08:35 (26.2%)	4:40	12.8 (73.6%)
86	HOC Dariusz	111		M-40	24	00:00:15	00:16:17	00:32:46.80	00:33:02.50	+00:08:36 (26.3%)	4:41	12.8 (73.6%)
87	GARSKA Joanna	90	ŚWIAT PŁYTEK U KRYPINA	K-40	2	00:00:08	00:15:57	00:32:49.45	00:32:58.15	+00:08:39 (26.4%)	4:41	12.8 (73.6%)
88	GAWRYSIAK Przemysław	95		M-40	25	00:00:13	00:16:11	00:32:49.85	00:33:03.40	+00:08:39 (26.4%)	4:41	12.8 (73.6%)
89	ŚWIETLIK Tomasz	313		M-50	12	00:00:15	00:16:25	00:32:51.70	00:33:07.40	+00:08:41 (26.5%)	4:41	12.8 (73.6%)
90	KUBIŃSKI Rafał	171	ALLIANZ RUNNING TEAM	M-50	13	00:00:13	00:15:57	00:32:51.85	00:33:05.10	+00:08:41 (26.5%)	4:41	12.8 (73.6%)
91	KSZCZANOWICZ Jacek	169		M-40	26	00:00:31	00:16:02	00:32:56.20	00:33:27.20	+00:08:46 (26.6%)	4:42	12.8 (73.6%)
92	KRUPIŃSKI Krzysztof	166	E-UROLOG	M-50	14	00:00:12	00:16:12	00:33:07.55	00:33:19.90	+00:08:57 (27.0%)	4:43	12.7 (73.0%)
93	NOWAK Piotr	223	CZARNE BIEGA	M-30	29	00:00:21	00:16:46	00:33:10.80	00:33:31.80	+00:09:00 (27.2%)	4:44	12.7 (73.0%)
94	SZULC Marek	306		M-50	15	00:00:17	00:16:21	00:33:19.60	00:33:37.25	+00:09:09 (27.5%)	4:45	12.6 (72.4%)
95	BENTKOWSKA Natalia	357		K-16	5	00:00:09	00:16:13	00:33:20.50	00:33:30.10	+00:09:10 (27.5%)	4:45	12.6 (72.4%)
96	CHOŁUJ Karol	62	ZAWSZE DO PRZODU	M-30	30	00:00:23	00:16:16	00:33:26.05	00:33:49.90	+00:09:16 (27.7%)	4:46	12.6 (72.4%)
97	MEISSNER Bogusław	196		M-50	16	00:00:12	00:16:07	00:33:32.35	00:33:44.70	+00:09:22 (27.9%)	4:47	12.5 (71.8%)
98	OTTO Michał	234		M-30	31	00:00:10	00:16:21	00:33:32.90	00:33:43.10	+00:09:22 (28.0%)	4:47	12.5 (71.8%)
99	STAWISZYŃSKI Jarosław	280	FORUM ROZWOJU KOSZALINA	M-30	32	00:00:35	00:16:33	00:33:39.55	00:34:14.55	+00:09:29 (28.2%)	4:48	12.5 (71.8%)
100	SZAŁKOWSKI Wojtek	297	TUPOT USTKA	M-40	27	00:00:22	00:17:28	00:33:39.60	00:34:01.75	+00:09:29 (28.2%)	4:48	12.5 (71.8%)
101	KOWALCZYK Mariusz	162	WZAJEMNIEJ ADORACJI	M-40	28	00:00:14	00:16:37	00:33:40.65	00:33:54.80	+00:09:30 (28.2%)	4:48	12.5 (71.8%)
102	KISIELIŃSKI Igor	146		M-50	17	00:00:15	00:16:12	00:33:42.25	00:33:57.75	+00:09:32 (28.3%)	4:48	12.5 (71.8%)
103	ROGALSKI Roberto	264	TKKF KOSZALIN	M-30	33	00:00:10	00:16:13	00:33:48.90	00:33:59.70	+00:09:38 (28.5%)	4:49	12.4 (71.3%)
104	MRÓZ Dawid	212		M-40	29	00:00:11	00:17:04	00:33:49.60	00:34:01.00	+00:09:39 (28.6%)	4:50	12.4 (71.3%)
105	DZIESZUK Dariusz	81	TKKF KOSZALIN	M-40	30	00:00:12	00:16:45	00:33:57.65	00:34:10.00	+00:09:47 (28.8%)	4:51	12.4 (71.3%)
106	OSTROWSKI Krzysztof	233		M-40	31	00:00:10	00:16:45	00:33:59.15	00:34:09.40	+00:09:49 (28.9%)	4:51	12.4 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
107	PUŚCIAN Krzysztof	256	GIMNAZJUM W MANOWIE	M-40	32	00:00:21	00:17:28	00:34:00.75	00:34:22.70	+00:09:50 (28.9%)	4:51	12.3 (70.7%)
108	MRUGALSKA Magdalena	213	JW1223	K-16	6	00:00:15	00:16:21	00:34:04.50	00:34:19.50	+00:09:54 (29.1%)	4:52	12.3 (70.7%)
109	DĄBROWSKI Grzegorz	72		M-40	33	00:00:17	00:16:42	00:34:07.10	00:34:24.65	+00:09:57 (29.2%)	4:52	12.3 (70.7%)
110	JANUSZEWSKI Jacek	121	17 WOG KOSZALIN	M-50	18	00:00:22	00:16:34	00:34:07.25	00:34:29.45	+00:09:57 (29.2%)	4:52	12.3 (70.7%)
111	DZIĘBOWSKI Mariusz	82		M-30	34	00:00:37	00:17:16	00:34:09.20	00:34:46.80	+00:09:59 (29.2%)	4:52	12.3 (70.7%)
112	SKOWYRSKI Janusz	273	TKKF KOSZALIN	M-50	19	00:00:11	00:16:15	00:34:10.75	00:34:22.30	+00:10:00 (29.3%)	4:53	12.3 (70.7%)
113	BRYGAŁA Tomasz	54		M-30	35	00:00:22	00:16:40	00:34:11.25	00:34:33.85	+00:10:01 (29.3%)	4:53	12.3 (70.7%)
114	JAKOWIENKO Grzegorz	119		M-30	36	00:00:29	00:17:00	00:34:16.25	00:34:46.05	+00:10:06 (29.5%)	4:53	12.3 (70.7%)
115	REPLAKOWSKI Krzysztof	261	WE RUN	M-40	34	00:00:13	00:16:53	00:34:18.80	00:34:32.75	+00:10:08 (29.6%)	4:54	12.2 (70.1%)
116	SKOWROŃSKI Tomasz	272		M-30	37	00:00:27	00:17:26	00:34:19.05	00:34:47.00	+00:10:09 (29.6%)	4:54	12.2 (70.1%)
117	FIRSIOF Konrad	27		M-16	15	00:00:14	00:17:07	00:34:23.85	00:34:38.40	+00:10:13 (29.7%)	4:54	12.2 (70.1%)
118	GOŁASZEWSKI Mateusz	100	B-RUN-EK	M-16	16	00:00:11	00:15:51	00:34:24.15	00:34:35.70	+00:10:14 (29.8%)	4:54	12.2 (70.1%)
119	CHODOR Izabela	59		K-30	3	00:00:25	00:17:07	00:34:30.85	00:34:56.65	+00:10:20 (30.0%)	4:55	12.2 (70.1%)
120	OLIŃSKI Arek	227	ŁÓDZKI WIDZEW	M-30	38	00:00:23	00:17:01	00:34:32.25	00:34:55.35	+00:10:22 (30.0%)	4:56	12.2 (70.1%)
121	MEGIER Wojtek	195		M-50	20	00:00:23	00:17:27	00:34:41.25	00:35:04.80	+00:10:31 (30.3%)	4:57	12.1 (69.5%)
122	GŁUCH Katarzyna	99		K-30	4	00:00:23	00:17:28	00:34:41.45	00:35:05.00	+00:10:31 (30.3%)	4:57	12.1 (69.5%)
123	WARZECHA Bartosz	327		M-40	35	00:00:28	00:17:24	00:34:42.40	00:35:11.00	+00:10:32 (30.4%)	4:57	12.1 (69.5%)
124	ŻMIJA Dariusz	351	CONTRA PRIME FOOD	M-40	36	00:00:32	00:17:11	00:34:42.50	00:35:14.60	+00:10:32 (30.4%)	4:57	12.1 (69.5%)
125	BORKOWSKA-KOWALCZYK Daria	45	WOMENS FIGHT CLUB KOSZALIN	K-30	5	00:00:17	00:16:53	00:34:49.45	00:35:07.15	+00:10:39 (30.6%)	4:58	12.1 (69.5%)
126	KOŁODZIEJ Jakub	151		M-30	39	00:01:04	00:17:21	00:34:49.90	00:35:54.60	+00:10:39 (30.6%)	4:58	12.1 (69.5%)
127	LEWANDOWSKI Marek	181	ENDORFINOLIK	M-30	40	00:00:35	00:17:05	00:34:51.35	00:35:26.85	+00:10:41 (30.7%)	4:58	12.1 (69.5%)
128	KAMELSKI Piotr	136	SŁAWNO	M-40	37	00:00:18	00:16:34	00:34:54.80	00:35:13.00	+00:10:44 (30.8%)	4:59	12 (69.0%)
129	JABŁOŃSKI Tomasz	117	AR SPOKO SŁAWNO	M-30	41	00:00:17	00:16:56	00:34:55.35	00:35:13.00	+00:10:45 (30.8%)	4:59	12 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
130	MEJER Aleksandra	197		K-16	7	00:00:12	00:16:59	00:35:02.15	00:35:15.10	+00:10:52 (31.0%)	5:00	12 (69.0%)
131	PEŁKA Janusz	246		M-50	21	00:00:08	00:16:57	00:35:02.75	00:35:10.95	+00:10:52 (31.0%)	5:00	12 (69.0%)
132	KRZANOWSKI Marcin	167	MARCINBIEGA	M-30	42	00:00:33	00:17:50	00:35:05.30	00:35:39.05	+00:10:55 (31.1%)	5:00	12 (69.0%)
133	MAJCHRZAK Paweł	188	SUNDAYBIKERS KARLINO TEAM	M-40	38	00:00:13	00:16:22	00:35:09.30	00:35:22.45	+00:10:59 (31.3%)	5:01	11.9 (68.4%)
134	KUBIŃSKA Beata	170	NIGHT RUNNERS SŁUPSK	K-50	2	00:00:19	00:17:10	00:35:10.25	00:35:29.50	+00:11:00 (31.3%)	5:01	11.9 (68.4%)
135	OSOBNIAK Ryszard	231	ROZBIEGANY KOSZALIN	M-60	2	00:00:25	00:17:30	00:35:14.30	00:35:39.90	+00:11:04 (31.4%)	5:02	11.9 (68.4%)
136	HRYCIÓW Paweł	113	BIAŁOGARD	M-30	43	00:00:35	00:17:56	00:35:15.55	00:35:50.85	+00:11:05 (31.5%)	5:02	11.9 (68.4%)
137	SZULC Szymon	307	GRYF LOK BIAŁOGARD	M-30	44	00:00:18	00:17:44	00:35:21.55	00:35:39.85	+00:11:11 (31.7%)	5:03	11.9 (68.4%)
138	MĘDEL Cezary	199		M-40	39	00:00:26	00:17:40	00:35:25.20	00:35:52.10	+00:11:15 (31.8%)	5:03	11.9 (68.4%)
139	KOWALCZYK Piotr	160		M-30	45	00:00:26	00:17:01	00:35:32.30	00:35:58.80	+00:11:22 (32.0%)	5:04	11.8 (67.8%)
140	BERNACKI Adam	38	EB BERNACKI	M-40	40	00:00:16	00:17:26	00:35:33.20	00:35:49.35	+00:11:23 (32.0%)	5:04	11.8 (67.8%)
141	LEWICZ Ewa	182		K-30	6	00:00:14	00:17:30	00:35:47.75	00:36:02.20	+00:11:37 (32.5%)	5:06	11.7 (67.2%)
142	LEWICZ Jan	183		M-30	46	00:00:14	00:17:30	00:35:48.05	00:36:02.60	+00:11:38 (32.5%)	5:06	11.7 (67.2%)
143	KUPREWICZ Grzegorz	294		M-30	47	00:00:10	00:17:12	00:35:49.35	00:36:00.15	+00:11:39 (32.5%)	5:07	11.7 (67.2%)
144	WEGNER Aneta	328	BRAK	K-30	7	00:00:29	00:17:25	00:35:53.35	00:36:22.35	+00:11:43 (32.7%)	5:07	11.7 (67.2%)
145	KACZMAREK Łukasz	133	WOJOWNICY WÓDY	M-30	48	00:00:16	00:17:02	00:35:58.85	00:36:15.00	+00:11:48 (32.8%)	5:08	11.7 (67.2%)
146	GRABOWSKA-LESISZ Aneta	105		K-30	8	00:00:13	00:17:18	00:36:05.45	00:36:19.35	+00:11:55 (33.0%)	5:09	11.6 (66.7%)
147	DĄBROWSKA Alicja	71	TKKF KOSZALIN	K-50	3	00:00:34	00:18:18	00:36:05.50	00:36:39.85	+00:11:55 (33.0%)	5:09	11.6 (66.7%)
148	MROZIK Mariusz	211	TEAM BIEGOWY SZCZECINEK	M-30	49	00:00:25	00:19:00	00:36:08.35	00:36:33.85	+00:11:58 (33.1%)	5:09	11.6 (66.7%)
149	RASZPLA Radosław	260	CIOTECZKI.PL	M-40	41	00:00:15	00:17:23	00:36:11.25	00:36:26.65	+00:12:01 (33.2%)	5:10	11.6 (66.7%)
150	PIETRYKA Artur	248	KARLINO	M-40	42	00:00:17	00:17:41	00:36:12.05	00:36:29.05	+00:12:02 (33.2%)	5:10	11.6 (66.7%)
151	GONTARZ Wojciech	101		M-16	17	00:00:24	00:17:42	00:36:12.50	00:36:37.20	+00:12:02 (33.3%)	5:10	11.6 (66.7%)
152	MĘDEL Marta	198		K-40	3	00:00:26	00:17:51	00:36:12.90	00:36:39.50	+00:12:02 (33.3%)	5:10	11.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
153	HOC Agnieszka	110		K-30	9	00:00:15	00:17:40	00:36:15.40	00:36:31.00	+00:12:05 (33.3%)	5:10	11.6 (66.7%)
154	KAZIMIERCZAK Leszek	145		M-30	50	00:00:18	00:17:47	00:36:16.25	00:36:34.60	+00:12:06 (33.4%)	5:10	11.6 (66.7%)
155	KOSEL Michał	358		M-16	18	00:00:28	00:18:26	00:36:19.80	00:36:48.65	+00:12:09 (33.5%)	5:11	11.6 (66.7%)
156	SZUBERT Agnieszka	302	KOŁOBRZEG BIEGA	K-30	10	00:00:41	00:18:23	00:36:29.05	00:37:10.05	+00:12:19 (33.8%)	5:12	11.5 (66.1%)
157	FAJGIER Tomasz	84		M-40	43	00:00:18	00:17:10	00:36:29.10	00:36:47.70	+00:12:19 (33.8%)	5:12	11.5 (66.1%)
158	JUSIŃSKA Anna	130		K-40	4	00:00:13	00:17:43	00:36:31.25	00:36:44.50	+00:12:21 (33.8%)	5:13	11.5 (66.1%)
159	KASPERSKI Mirosław	142	B-RUN-EK KOSZALIN	M-40	44	00:00:22	00:18:29	00:36:31.40	00:36:53.55	+00:12:21 (33.8%)	5:13	11.5 (66.1%)
160	MIĄSEK Ryszard	200		M-40	45	00:00:28	00:17:58	00:36:37.80	00:37:06.10	+00:12:27 (34.0%)	5:14	11.5 (66.1%)
161	HNATOWSKI Artur	109	DM FC KOSZALIN	M-40	46	00:00:19	00:17:45	00:36:39.20	00:36:58.30	+00:12:29 (34.1%)	5:14	11.5 (66.1%)
162	BUBEŁA Adam	55		M-40	47	00:00:20	00:18:14	00:36:48.25	00:37:08.95	+00:12:38 (34.3%)	5:15	11.4 (65.5%)
163	HRYCAJ Tomasz	112		M-30	51	00:00:34	00:18:15	00:36:51.00	00:37:25.50	+00:12:41 (34.4%)	5:15	11.4 (65.5%)
164	LEWANDOWSKI Rafał	180		M-40	48	00:00:27	00:18:17	00:37:05.65	00:37:32.65	+00:12:55 (34.9%)	5:17	11.3 (64.9%)
165	HRYHOROWICZ Joanna	114	NIGHT RUNNERS SŁUPSK	K-30	11	00:00:33	00:18:49	00:37:05.95	00:37:39.10	+00:12:55 (34.9%)	5:18	11.3 (64.9%)
166	WENCŁAWSKI Michał	330	ARAGORTEAM/ NIGHT RUNNERS SŁUPSK	M-16	19	00:00:19	00:18:02	00:37:11.90	00:37:31.45	+00:13:01 (35.0%)	5:18	11.3 (64.9%)
167	RYBARCZYK Ireneusz	268		M-30	52	00:00:21	00:19:01	00:37:15.30	00:37:37.10	+00:13:05 (35.1%)	5:19	11.3 (64.9%)
168	HELLER Zdzisław	108		M-60	3	00:00:23	00:18:37	00:37:16.20	00:37:39.25	+00:13:06 (35.2%)	5:19	11.3 (64.9%)
169	DOMAŃSKI Adam	76		M-40	49	00:00:25	00:18:59	00:37:16.60	00:37:42.10	+00:13:06 (35.2%)	5:19	11.3 (64.9%)
170	JÓŻWIAK Mariusz	126		M-30	53	00:00:33	00:18:46	00:37:18.55	00:37:52.00	+00:13:08 (35.2%)	5:19	11.3 (64.9%)
171	SPICA Łukasz	364		M-16	20	00:00:34	00:18:45	00:37:19.85	00:37:54.70	+00:13:09 (35.3%)	5:20	11.3 (64.9%)
172	KAJKOWSKI Rafał	134		M-40	50	00:00:32	00:19:11	00:37:19.95	00:37:52.60	+00:13:09 (35.3%)	5:20	11.3 (64.9%)
173	DROZDOWSKI Marcin	79		M-16	21	00:00:24	00:17:39	00:37:26.10	00:37:50.35	+00:13:16 (35.4%)	5:20	11.2 (64.4%)
174	WALCZAK Agnieszka	326	TKKF KOSZALIN	K-40	5	00:00:34	00:18:27	00:37:33.85	00:38:08.40	+00:13:23 (35.7%)	5:22	11.2 (64.4%)
175	MICHALAK Anna	203		K-30	12	00:00:28	00:18:34	00:37:37.50	00:38:05.80	+00:13:27 (35.8%)	5:22	11.2 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
176	PECZYŃSKI Tomasz	244		M-30	54	00:00:22	00:19:19	00:37:40.45	00:38:03.20	+00:13:30 (35.9%)	5:23	11.1 (63.8%)
177	NOWAK Bartłomiej	225	SAILING TEAM FERAJNA	M-40	51	00:00:30	00:18:58	00:37:42.15	00:38:12.20	+00:13:32 (35.9%)	5:23	11.1 (63.8%)
178	KOTULSKI Piotr	159	KLUB BIEGACZY JYSK	M-40	52	00:00:19	00:18:33	00:37:42.40	00:38:02.30	+00:13:32 (35.9%)	5:23	11.1 (63.8%)
179	STOJEWSKI Jarosław	286	B/K	M-30	55	00:00:23	00:18:13	00:37:43.45	00:38:06.55	+00:13:33 (35.9%)	5:23	11.1 (63.8%)
180	NOWAK-IGNACAK Monika	226		K-40	6	00:00:26	00:18:49	00:37:46.30	00:38:13.00	+00:13:36 (36.0%)	5:23	11.1 (63.8%)
181	DRAB Beata	77		K-40	7	00:00:16	00:19:00	00:37:51.05	00:38:07.80	+00:13:41 (36.2%)	5:24	11.1 (63.8%)
182	BARANOWSKA Karolina	30		K-30	13	00:00:22	00:18:14	00:37:54.20	00:38:16.40	+00:13:44 (36.2%)	5:24	11.1 (63.8%)
183	STOJEWSKA Katarzyna	285		K-16	8	00:00:21	00:18:15	00:37:54.45	00:38:16.35	+00:13:44 (36.2%)	5:25	11.1 (63.8%)
184	ŻUREK Paweł	359		M-40	53	00:00:12	00:17:09	00:37:55.15	00:38:07.60	+00:13:45 (36.3%)	5:25	11.1 (63.8%)
185	BORUC Marika	50		K-16	9	00:00:20	00:18:56	00:37:58.60	00:38:19.40	+00:13:48 (36.4%)	5:25	11.1 (63.8%)
186	SMARSZCZ Wiesław	274	RWT BYDGOSZCZ	M-50	22	00:00:08	00:18:00	00:38:02.05	00:38:10.25	+00:13:52 (36.5%)	5:26	11 (63.2%)
187	JASIŃSKI Cezary	125	UBOTY Z KGB	M-40	54	00:00:26	00:18:17	00:38:02.30	00:38:28.55	+00:13:52 (36.5%)	5:26	11 (63.2%)
188	MALINOWSKA Małgorzata	191		K-50	4	00:00:13	00:18:11	00:38:03.45	00:38:17.35	+00:13:53 (36.5%)	5:26	11 (63.2%)
189	SIKORSKI Witold	360		M-50	23	00:00:28	00:19:07	00:38:06.30	00:38:35.05	+00:13:56 (36.6%)	5:26	11 (63.2%)
190	PASEK Paula	238		K-30	14	00:00:21	00:18:24	00:38:12.45	00:38:33.45	+00:14:02 (36.7%)	5:27	11 (63.2%)
191	FIJAŁKOWSKI Piotr	87	TEAM BIEGOWY SZCZECINEK	M-30	56	00:00:26	00:19:17	00:38:14.20	00:38:40.50	+00:14:04 (36.8%)	5:27	11 (63.2%)
192	KACAŁA Olga	132		K-30	15	00:00:29	00:18:48	00:38:15.85	00:38:45.80	+00:14:05 (36.8%)	5:28	11 (63.2%)
193	WOJCIECHOWSKI Andrzej	340		M-40	55	00:00:17	00:18:27	00:38:21.95	00:38:39.00	+00:14:11 (37.0%)	5:28	10.9 (62.6%)
194	BORUC Barbara	48	PARKRUN SZCZECINEK	K-40	8	00:00:21	00:18:56	00:38:24.20	00:38:45.70	+00:14:14 (37.1%)	5:29	10.9 (62.6%)
195	BORUC Jacek	49	PARKRUN SZCZECINEK	M-50	24	00:00:20	00:18:54	00:38:25.30	00:38:45.90	+00:14:15 (37.1%)	5:29	10.9 (62.6%)
196	KUREK Adrian	175		M-40	56	00:00:30	00:19:10	00:38:28.10	00:38:58.70	+00:14:18 (37.2%)	5:29	10.9 (62.6%)
197	KOŁAKOWSKI Dariusz	361		M-40	57	00:00:38	00:19:22	00:38:31.05	00:39:10.00	+00:14:21 (37.3%)	5:30	10.9 (62.6%)
198	FELSKI Łukasz	86		M-30	57	00:00:41	00:20:11	00:38:34.00	00:39:15.40	+00:14:24 (37.3%)	5:30	10.9 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 7km	brutto 7km			
199	DANOWSKI Maciej	69	FITNESS CLUB FORMA	M-40	58	00:00:14	00:18:43	00:38:38.05	00:38:52.40	+00:14:28 (37.4%)	5:31	10.9 (62.6%)
200	JUSZCZAK Krzysztof	131		M-60	4	00:00:40	00:19:05	00:38:39.15	00:39:19.65	+00:14:29 (37.5%)	5:31	10.9 (62.6%)
201	MAZUREK Barbara	194	BABECZKI KOSZALIN	K-30	16	00:00:39	00:19:05	00:38:40.30	00:39:19.30	+00:14:30 (37.5%)	5:31	10.9 (62.6%)
202	SODNOMGOMBO Alimaa	276	WIECZORNE BIEGANIE W SZCZECINIE	K-50	5	00:00:12	00:18:28	00:38:40.75	00:38:52.80	+00:14:30 (37.5%)	5:31	10.9 (62.6%)
203	JABŁOŃSKI Arkadiusz	118		M-40	59	00:00:24	00:19:09	00:38:48.05	00:39:12.20	+00:14:38 (37.7%)	5:32	10.8 (62.1%)
204	JABŁOŃSKA Katarzyna	116		K-30	17	00:00:24	00:19:10	00:38:48.25	00:39:12.60	+00:14:38 (37.7%)	5:32	10.8 (62.1%)
205	NOWAK Sylwia	224	CZARNE BIEGA	K-30	18	00:00:20	00:19:01	00:38:48.40	00:39:09.00	+00:14:38 (37.7%)	5:32	10.8 (62.1%)
206	BRYGAŁA Magdalena	53		K-30	19	00:00:23	00:18:38	00:38:53.00	00:39:16.55	+00:14:43 (37.8%)	5:33	10.8 (62.1%)
207	WIERZBICKI Kacper	334		M-16	22	00:00:35	00:19:01	00:39:01.05	00:39:36.15	+00:14:51 (38.1%)	5:34	10.8 (62.1%)
208	MICHALAK Kamila	202		K-30	20	00:00:20	00:18:35	00:39:01.15	00:39:21.45	+00:14:51 (38.1%)	5:34	10.8 (62.1%)
209	RADECKI Jacek	354		M-40	60	00:00:31	00:19:11	00:39:01.50	00:39:33.20	+00:14:51 (38.1%)	5:34	10.8 (62.1%)
210	NAPIERAŁA Marcin	218		M-30	58	00:00:27	00:19:41	00:39:02.15	00:39:29.25	+00:14:52 (38.1%)	5:34	10.8 (62.1%)
211	PSTRAĞOWSKA Marlena	253	BIEGNIJMY.PL	K-30	21	00:00:30	00:19:17	00:39:05.40	00:39:35.85	+00:14:55 (38.2%)	5:35	10.7 (61.5%)
212	BASIAK Krystian	34	KOSZALIN	M-30	59	00:00:36	00:19:05	00:39:07.05	00:39:43.05	+00:14:57 (38.2%)	5:35	10.7 (61.5%)
213	KUREK Aneta	176		K-40	9	00:00:32	00:19:06	00:39:16.45	00:39:49.30	+00:15:06 (38.5%)	5:36	10.7 (61.5%)
214	GŁOWACKI Włodzimierz	97		M-70+	1	00:00:32	00:19:07	00:39:20.85	00:39:53.75	+00:15:10 (38.6%)	5:37	10.7 (61.5%)
215	STRZELECKA Małgorzata	289	SAILING TEAM FERAJNA	K-40	10	00:00:30	00:19:56	00:39:22.05	00:39:52.65	+00:15:12 (38.6%)	5:37	10.7 (61.5%)
216	PAWŁOWSKA Urszula	243		K-30	22	00:00:27	00:19:41	00:39:25.60	00:39:53.10	+00:15:15 (38.7%)	5:38	10.7 (61.5%)
217	ŚRODA Wojciech	312		M-40	61	00:00:38	00:19:38	00:39:30.40	00:40:08.55	+00:15:20 (38.8%)	5:38	10.6 (60.9%)
218	FRASZKIEWICZ Jarosław	89		M-40	62	00:00:36	00:19:51	00:39:31.75	00:40:08.65	+00:15:21 (38.9%)	5:38	10.6 (60.9%)
219	DOMAŃSKA Katarzyna	75		K-40	11	00:00:25	00:19:24	00:39:34.05	00:39:59.05	+00:15:24 (38.9%)	5:39	10.6 (60.9%)
220	MALINOWSKA-BURDA Aleksandra	192		K-16	10	00:00:22	00:19:24	00:39:37.10	00:39:59.25	+00:15:27 (39.0%)	5:39	10.6 (60.9%)
221	BALCERZAK Bogdan	29	ZSM DARŁOWO	M-50	25	00:00:37	00:19:26	00:39:38.55	00:40:16.05	+00:15:28 (39.0%)	5:39	10.6 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
222	BURDA Bartosz	57		M-30	60	00:00:21	00:19:25	00:39:39.05	00:40:00.95	+00:15:29 (39.1%)	5:39	10.6 (60.9%)
223	ORYSZCZYN Arkadiusz	365		M-30	61	00:00:34	00:19:10	00:39:39.25	00:40:13.50	+00:15:29 (39.1%)	5:39	10.6 (60.9%)
224	KOLIGAT Anna	150		K-30	23	00:00:16	00:19:51	00:39:40.95	00:39:57.25	+00:15:30 (39.1%)	5:40	10.6 (60.9%)
225	BIAŁEK Martyna	39		K-16	11	00:00:31	00:19:38	00:39:56.30	00:40:27.80	+00:15:46 (39.5%)	5:42	10.5 (60.3%)
226	ŻMIJA Julia	352		K-16	12	00:00:31	00:19:39	00:39:56.55	00:40:27.85	+00:15:46 (39.5%)	5:42	10.5 (60.3%)
227	KOLASA Tomasz	149	KAPIELE NA SPONTANIE	M-40	63	00:00:25	00:20:00	00:40:03.15	00:40:29.00	+00:15:53 (39.7%)	5:43	10.5 (60.3%)
228	KOWALCZYK Karolina	161		K-30	24	00:00:25	00:19:51	00:40:05.25	00:40:30.85	+00:15:55 (39.7%)	5:43	10.5 (60.3%)
229	BONISŁAWSKA Małgorzata	44	ZUZA&ZOSIA TEAM	K-30	25	00:00:29	00:19:46	00:40:13.05	00:40:42.35	+00:16:03 (39.9%)	5:44	10.4 (59.8%)
230	SIEMIĄTKOWSKI Robert	270		M-30	62	00:00:40	00:19:43	00:40:21.25	00:41:01.50	+00:16:11 (40.1%)	5:45	10.4 (59.8%)
231	WIERZBICKI Sylwester	333		M-30	63	00:00:39	00:19:43	00:40:22.10	00:41:01.40	+00:16:12 (40.1%)	5:46	10.4 (59.8%)
232	BĄK Zbigniew	35	RUNNERSWALDE DARŁOWO	M-30	64	00:00:38	00:19:32	00:40:22.60	00:41:01.55	+00:16:12 (40.1%)	5:46	10.4 (59.8%)
233	SZKATULSKI Tomasz	301	DARŁOWO	M-16	23	00:00:37	00:19:42	00:40:23.50	00:41:00.90	+00:16:13 (40.2%)	5:46	10.4 (59.8%)
234	BRESZKA Paweł	52	BIEGNIJMY TO	M-40	64	00:00:37	00:19:46	00:40:24.60	00:41:01.60	+00:16:14 (40.2%)	5:46	10.4 (59.8%)
235	CZYŻEWSKA Beata	66	KOŁOBRZEG BIEGA	K-40	12	00:00:25	00:19:41	00:40:31.80	00:40:57.00	+00:16:21 (40.4%)	5:47	10.4 (59.8%)
236	PTASZYŃSKA Katarzyna	255	KOŁOBRZEG BIEGA	K-60	1	00:00:25	00:19:59	00:40:34.30	00:40:59.80	+00:16:24 (40.4%)	5:47	10.4 (59.8%)
237	TURCZYN Grzegorz	320	NIGHT RUNNERS SŁUPSK	M-40	65	00:00:33	00:19:39	00:41:00.95	00:41:34.45	+00:16:50 (41.1%)	5:51	10.2 (58.6%)
238	SULL Agnieszka	292	NIGHTRUNNERS	K-40	13	00:00:32	00:19:41	00:41:01.60	00:41:34.45	+00:16:51 (41.1%)	5:51	10.2 (58.6%)
239	DAMPS Julita	68	NIGHT RUNNERS SŁUPSK	K-30	26	00:00:31	00:19:43	00:41:02.95	00:41:34.75	+00:16:52 (41.1%)	5:51	10.2 (58.6%)
240	WOŹNIAK Stanisław	343		M-60	5	00:00:26	00:20:00	00:41:10.90	00:41:37.80	+00:17:00 (41.3%)	5:53	10.2 (58.6%)
241	PIOR Ewa	251	MORSY Z GRUDZIĄDZA	K-50	6	00:00:36	00:20:58	00:41:12.80	00:41:49.60	+00:17:02 (41.4%)	5:53	10.2 (58.6%)
242	ŁUKASIK Ewa	187	TEAM BIEGOWY SZCZECINEK	K-40	14	00:00:21	00:20:31	00:41:25.70	00:41:47.30	+00:17:15 (41.7%)	5:55	10.1 (58.0%)
243	SZULC Adam	305		M-16	24	00:00:32	00:20:16	00:41:30.35	00:42:02.90	+00:17:20 (41.8%)	5:55	10.1 (58.0%)
244	KOMOROWSKA Beata	152	ROZBIEGANY KOSZALIN	K-40	15	00:00:30	00:19:48	00:41:38.85	00:42:09.15	+00:17:28 (42.0%)	5:57	10.1 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
245	BUDZYŃSKA Elżbieta	56		K-50	7	00:00:14	00:20:26	00:41:44.10	00:41:58.90	+00:17:34 (42.1%)	5:57	10.1 (58.0%)
246	BEDNARZ Katarzyna	36		K-40	16	00:00:33	00:20:14	00:41:44.20	00:42:17.20	+00:17:34 (42.1%)	5:57	10.1 (58.0%)
247	KOBUS-MAŁANECZ Agnieszka	148		K-30	27	00:00:16	00:20:05	00:41:58.00	00:42:14.95	+00:17:48 (42.4%)	5:59	10 (57.5%)
248	WENCŁAW-JUSZCZAK Marta	329		K-40	17	00:00:23	00:20:51	00:42:01.05	00:42:24.70	+00:17:51 (42.5%)	6:00	10 (57.5%)
249	TRZEŚNIEWSKI Zbigniew	319		M-50	26	00:00:36	00:21:01	00:42:29.90	00:43:06.15	+00:18:19 (43.1%)	6:04	9.9 (56.9%)
250	MYSZKOWSKA Grażyna	217	NIGHT RUNNERS SŁUPSK	K-50	8	00:00:31	00:20:02	00:42:30.20	00:43:01.25	+00:18:20 (43.1%)	6:04	9.9 (56.9%)
251	BIELĘDA Karolina	40	RAMS TRAININ HOUSE KOŁOBRZEG	K-30	28	00:00:30	00:20:58	00:42:32.40	00:43:03.20	+00:18:22 (43.2%)	6:04	9.9 (56.9%)
252	NIEMCZUK Anna	221		K-50	9	00:00:19	00:20:24	00:42:34.05	00:42:53.70	+00:18:24 (43.2%)	6:04	9.9 (56.9%)
253	PAULIŃSKI Jan	241		M-60	6	00:00:19	00:20:24	00:42:34.40	00:42:54.10	+00:18:24 (43.2%)	6:05	9.9 (56.9%)
254	BORSUK Dorota	47		K-40	18	00:00:31	00:21:04	00:42:45.60	00:43:17.50	+00:18:35 (43.5%)	6:06	9.8 (56.3%)
255	ZIELIŃSKI Andrzej	348		M-60	7	00:00:27	00:20:38	00:42:47.95	00:43:15.10	+00:18:37 (43.5%)	6:06	9.8 (56.3%)
256	KANIA Beata	138		K-40	19	00:00:17	00:19:54	00:42:49.55	00:43:07.10	+00:18:39 (43.6%)	6:07	9.8 (56.3%)
257	SZULC Martyna	304	SZULC RUNNERS TEAM / GRYF BIAŁOGARD	K-16	13	00:00:32	00:21:18	00:42:53.10	00:43:25.20	+00:18:43 (43.6%)	6:07	9.8 (56.3%)
258	STANCZEWSKA Karolina	278		K-30	29	00:00:32	00:21:19	00:42:53.30	00:43:25.30	+00:18:43 (43.7%)	6:07	9.8 (56.3%)
259	MŁYNARCZYK Aneta	206		K-40	20	00:00:16	00:21:15	00:43:08.00	00:43:24.60	+00:18:58 (44.0%)	6:09	9.7 (55.7%)
260	WOJANOWSKI Zbigniew	339	BIEGAM BO LUBIĘ	M-60	8	00:00:20	00:21:13	00:43:26.65	00:43:46.75	+00:19:16 (44.4%)	6:12	9.7 (55.7%)
261	RASZPLA Ilona	259	CIOTECZKI.PL	K-40	21	00:00:27	00:21:22	00:43:41.30	00:44:09.10	+00:19:31 (44.7%)	6:14	9.6 (55.2%)
262	MALINOWSKA Agnieszka	190	CIOTECZKI.PL	K-30	30	00:00:27	00:21:22	00:43:41.60	00:44:09.40	+00:19:31 (44.7%)	6:14	9.6 (55.2%)
263	STASZYŃSKA Marianna	279	BTC,,ORZEŁ"	K-60	2	00:00:31	00:21:19	00:44:06.65	00:44:38.25	+00:19:56 (45.2%)	6:18	9.5 (54.6%)
264	PIOR Mirosław	250	MORSY Z GRUDZIĄDZA	M-60	9	00:00:36	00:21:16	00:44:23.55	00:45:00.15	+00:20:13 (45.6%)	6:20	9.5 (54.6%)
265	TREJDER Maria	317	BAJADERKI	K-40	22	00:00:28	00:21:35	00:44:24.40	00:44:53.30	+00:20:14 (45.6%)	6:20	9.5 (54.6%)
266	MIKLASIŃSKA Monika	205	SŁAWNO	K-30	31	00:00:28	00:21:28	00:44:48.50	00:45:16.65	+00:20:38 (46.1%)	6:24	9.4 (54.0%)
267	LEŚNIEWSKI Dominik	178	RAMS TRAINING HOUSE	M-30	65	00:00:29	00:21:16	00:45:10.45	00:45:40.20	+00:21:00 (46.5%)	6:27	9.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
268	RAMA Ewa	258		K-50	10	00:00:46	00:21:47	00:45:11.95	00:45:58.55	+00:21:01 (46.5%)	6:27	9.3 (53.4%)
269	RAMA Janusz	257		M-40	66	00:00:46	00:21:47	00:45:12.65	00:45:59.15	+00:21:02 (46.5%)	6:27	9.3 (53.4%)
270	ŻYWOT Norbert	353	PARKRUN KOŁOBRZEG	M-40	67	00:00:42	00:21:53	00:45:16.45	00:45:59.15	+00:21:06 (46.6%)	6:28	9.3 (53.4%)
271	ZIELIŃSKI Jarosław	347	AMATOR	M-40	68	00:00:18	00:21:26	00:46:20.25	00:46:38.40	+00:22:10 (47.8%)	6:37	9.1 (52.3%)
272	KOZŁOWIECKI Waldemar	355	TKKF KOSZALIN	M-60	10	00:00:40	00:22:29	00:46:30.90	00:47:11.05	+00:22:20 (48.0%)	6:38	9 (51.7%)
273	VON BARDELEBEN Agnieszka	325	BABECZKI KOSZALIN	K-40	23	00:00:40	00:22:32	00:46:32.65	00:47:12.70	+00:22:22 (48.1%)	6:38	9 (51.7%)
274	KURCZ Barbara	174	BABECZKI KOSZALIN	K-40	24	00:00:39	00:22:33	00:46:33.35	00:47:12.80	+00:22:23 (48.1%)	6:39	9 (51.7%)
275	STEC Edyta	283	BABECZKI KOSZALIN	K-30	32	00:00:38	00:22:33	00:46:34.30	00:47:12.50	+00:22:24 (48.1%)	6:39	9 (51.7%)
276	MOŻEJKO Anna	209	BABECZKI KOSZALIN	K-30	33	00:00:37	00:22:34	00:46:34.40	00:47:12.30	+00:22:24 (48.1%)	6:39	9 (51.7%)
277	JAKUBOWSKA Anna	120		K-16	14	00:00:20	00:22:14	00:46:43.60	00:47:03.65	+00:22:33 (48.3%)	6:40	9 (51.7%)
278	PASEK Jan	239		M-30	66	00:00:21	00:21:46	00:46:51.10	00:47:12.50	+00:22:41 (48.4%)	6:41	9 (51.7%)
279	STRZELECKI Sebastian	290	SAILING TEAM FERAJNA	M-40	69	00:00:30	00:23:18	00:47:06.95	00:47:37.15	+00:22:56 (48.7%)	6:43	8.9 (51.1%)
280	SULIGA-KRAKOWIAK Agnieszka	291	CZARNE BIEGA	K-40	25	00:00:34	00:23:07	00:47:33.95	00:48:08.65	+00:23:23 (49.2%)	6:47	8.8 (50.6%)
280	KRAWCZUK-KIEŁB Anna	164	ŻYJ Z ENERGIA	K-40	26	00:00:34	00:23:10	00:47:33.95	00:48:08.45	+00:23:23 (49.2%)	6:47	8.8 (50.6%)
282	MATUSZAK Agnieszka	193		K-40	27	00:00:26	00:23:16	00:48:47.50	00:49:13.60	+00:24:37 (50.5%)	6:58	8.6 (49.4%)
283	CZOPIK Jowita	65		K-40	28	00:00:25	00:23:18	00:48:47.55	00:49:13.25	+00:24:37 (50.5%)	6:58	8.6 (49.4%)
284	SZYMAŃSKA Agnieszka	309		K-40	29	00:00:25	00:23:16	00:48:47.70	00:49:13.25	+00:24:37 (50.5%)	6:58	8.6 (49.4%)
285	URBAŃSKA Anetta	322		K-40	30	00:00:24	00:23:18	00:48:48.80	00:49:13.40	+00:24:38 (50.5%)	6:58	8.6 (49.4%)
286	JAROSZ Marzena	124		K-50	11	00:00:22	00:23:18	00:48:50.75	00:49:13.25	+00:24:40 (50.5%)	6:58	8.6 (49.4%)
287	HAUSMAN Andrzej	107	KSR ROWERIA	M-60	11	00:00:29	00:23:10	00:49:46.30	00:50:15.90	+00:25:36 (51.4%)	7:06	8.4 (48.3%)
288	WOJCIK Ewa	341		K-30	34	00:00:14	00:23:47	00:51:23.20	00:51:38.00	+00:27:13 (53.0%)	7:20	8.2 (47.1%)
289	KREFFT Lidia	165		K-40	31	00:00:14	00:23:50	00:51:23.25	00:51:37.60	+00:27:13 (53.0%)	7:20	8.2 (47.1%)
290	SOLAK Halina	277	ŚWIAT PŁYTEK U KRYPINA	K-60	3	00:00:34	00:25:27	00:52:16.90	00:52:51.00	+00:28:06 (53.8%)	7:28	8 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 3.5km	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
291	JURCZAK Jarosław	128	KS HANZA GOLENIÓW	M-60	12	00:00:19	00:26:15	00:52:44.30	00:53:03.55	+00:28:34 (54.2%)	7:32	8 (46.0%)
292	JURCZAK Eulalia	127	KS HANZA GOLENIÓW	K-60	4	00:00:18	00:26:16	00:54:33.00	00:54:51.45	+00:30:23 (55.7%)	7:47	7.7 (44.3%)
293	BARTNIK Marian	32		M-70+	2	00:00:10	00:27:44	00:58:02.40	00:58:13.10	+00:33:52 (58.4%)	8:17	7.2 (41.4%)

Znaleziono 293 wynik(ów)