



BIEG KRÓLI - 7KM

B4SPORT

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



Klasyfikacja: M-OPEN

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	ORZECZOWSKI 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%)

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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 Jasiek	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 DARŻEWO	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%)

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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	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%)
40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	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%)

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61	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%)
62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
73	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)

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84	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%)
85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	REMPŁAKOWSKI 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%)
105	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%)
106	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%)

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
107	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%)
108	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
121	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)

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
130	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%)
131	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%)
132	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%)
133	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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	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%)
139	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%)
140	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%)
141	WENCLAWSKI 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%)
142	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%)
143	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%)
144	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%)
145	JÓZWIAK 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%)
146	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%)
147	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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)

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	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	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%)
161	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%)
162	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%)
163	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%)
164	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%)
165	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%)
166	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%)
167	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%)
168	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%)
169	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%)
170	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%)
171	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%)
172	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%)
173	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%)
174	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%)
175	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%)

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
176	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%)
177	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%)
178	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%)
179	BAK 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%)
180	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%)
181	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%)
182	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%)
183	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%)
184	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%)
185	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%)
186	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%)
187	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%)
188	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%)
189	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%)
190	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%)
191	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%)
192	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%)
193	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%)
194	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%)
195	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%)
196	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%)
197	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%)
198	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%)

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
199	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 199 wynik(ów)