



BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz
Data: 2018-12-02
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GARSKI Dawid	119	ŚWIAT PŁYTEK U KRYPINA	M-30	1	00:16:38.86		3:19	18 (100%)
2	KĘPKA Adrian	65	DECATHLON KOSZALIN	M-20	1	00:17:20.78	+00:00:41 (4.0%)	3:28	17.3 (96.1%)
3	JAKUBEK Patryk	51	ŚWIAT PŁYTEK U KRYPINA	M-20	2	00:17:43.26	+00:01:04 (6.1%)	3:32	16.9 (93.9%)
4	ZABORSKI Ryszard	191	JAMNO/TKKF KOSZALIN	M-40	1	00:17:47.07	+00:01:08 (6.4%)	3:33	16.9 (93.9%)
5	SZKOŁUDA Miłosz	207	DECATHLON KOSZALIN	M-20	3	00:17:53.07	+00:01:14 (6.9%)	3:34	16.8 (93.3%)
6	GARSKI Kryspin	38	ŚWIAT PŁYTEK U KRYPINA	M-40	2	00:17:57.88	+00:01:19 (7.3%)	3:35	16.7 (92.8%)
7	HUBERT Łukasz	50	TKKF KOSZALIN	M-30	2	00:18:12.87	+00:01:34 (8.6%)	3:38	16.5 (91.7%)
8	SIADAK Arkadiusz	152		M-30	3	00:18:21.68	+00:01:42 (9.3%)	3:40	16.3 (90.6%)
9	DUDA Grzegorz	30	METALCORP TEAM	M-30	4	00:19:00.26	+00:02:21 (12.4%)	3:48	15.8 (87.8%)
10	CZAPLIŃSKI Jacek	19	TAGER KOSZALIN	M-30	5	00:19:04.99	+00:02:26 (12.8%)	3:49	15.7 (87.2%)
11	RYKIEL Michał	148	JEDWABIŚCI	M-30	6	00:19:15.52	+00:02:36 (13.6%)	3:51	15.6 (86.7%)
12	GÓRA Sylwester	209	#ZABIEGANINOCA	M-40	3	00:19:17.02	+00:02:38 (13.7%)	3:51	15.6 (86.7%)
13	WOJCIECHOWICZ Jacek	187	WWW.STUDIOTANCAPASJA.PL	M-40	4	00:19:17.34	+00:02:38 (13.7%)	3:51	15.5 (86.1%)
14	TRĘBSKI Krzysztof	205	#ZABIEGANINOCA	M-40	5	00:19:19.61	+00:02:40 (13.9%)	3:52	15.5 (86.1%)
15	ZUKAL Piotr	194		M-40	6	00:19:21.11	+00:02:42 (14.0%)	3:52	15.5 (86.1%)
16	BRALSKI Andrzej	204	#ZABIEGANINOCA	M-30	7	00:19:23.45	+00:02:44 (14.1%)	3:52	15.5 (86.1%)
17	LEWANDOWSKI Bogdan	90		M-14	1	00:19:27.62	+00:02:48 (14.5%)	3:53	15.4 (85.6%)
18	PICK Tomasz	131	DEAF KOSZALIN	M-40	7	00:19:31.32	+00:02:52 (14.7%)	3:54	15.4 (85.6%)
19	KALKOWSKI Paweł	57	JW1223/BLOG	M-30	8	00:19:36.83	+00:02:57 (15.1%)	3:55	15.3 (85.0%)
20	KOŚCIELNIAK Robert	75	TKKF KOSZALIN	M-50	1	00:19:50.21	+00:03:11 (16.1%)	3:58	15.1 (83.9%)
21	MAJKOWICZ Rafał	93		M-30	9	00:19:56.45	+00:03:17 (16.5%)	3:59	15.1 (83.9%)
22	CUBER Wojciech	203	#ZABIEGANINOCA	M-30	10	00:19:59.26	+00:03:20 (16.7%)	3:59	15 (83.3%)
23	PAKULSKI Marcin	124		M-40	8	00:20:10.96	+00:03:32 (17.5%)	4:02	14.9 (82.8%)
24	MIŁASZEWSKI Przemek	106	TEAM HOLIDAY SPORT	M-30	11	00:20:11.67	+00:03:32 (17.6%)	4:02	14.9 (82.8%)
25	RUSINEK Dawid	146		M-20	4	00:20:16.04	+00:03:37 (17.9%)	4:03	14.8 (82.2%)
26	CICHOSZ-MIELEWCZYK Mateusz	18	ŚWIAT PŁYTEK U KRYPINA	M-30	12	00:20:17.30	+00:03:38 (17.9%)	4:03	14.8 (82.2%)
27	MUCHA Krzysztof	110		M-40	9	00:20:24.38	+00:03:45 (18.4%)	4:05	14.7 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	KONKEL Agnieszka	71		K-30	1	00:20:35.58	+00:03:56 (19.2%)	4:07	14.6 (81.1%)
29	KAWKA Adrian	61		M-30	13	00:20:37.24	+00:03:58 (19.3%)	4:07	14.6 (81.1%)
30	URBAŃSKI Tomasz	174	KARLINO BIEGAJ	M-40	10	00:20:40.50	+00:04:01 (19.5%)	4:08	14.5 (80.6%)
31	CHORAŻY Karolina	15	LEO-TEAM	K-20	1	00:20:46.78	+00:04:07 (19.9%)	4:09	14.4 (80.0%)
32	MIELCZAREK Ksawery	104	JAMNO	M-14	2	00:20:51.78	+00:04:12 (20.2%)	4:10	14.4 (80.0%)
33	NOWAK Adam	114	DECATHLON KOSZALIN	M-20	5	00:20:52.08	+00:04:13 (20.2%)	4:10	14.4 (80.0%)
34	SZNYTER Sabina	166	DECATHLON KOSZALIN	K-20	2	00:21:01.17	+00:04:22 (20.8%)	4:12	14.3 (79.4%)
35	KWIETNIEWSKI Daniel	89		M-30	14	00:21:21.80	+00:04:42 (22.1%)	4:16	14 (77.8%)
36	SPRINGER Marcin	157		M-40	11	00:21:25.41	+00:04:46 (22.3%)	4:17	14 (77.8%)
37	KATRYCZ Zbigniew	60		M-50	2	00:21:40.49	+00:05:01 (23.2%)	4:20	13.8 (76.7%)
38	GAWRYSIAK Przemysław	39		M-40	12	00:21:42.99	+00:05:04 (23.3%)	4:20	13.8 (76.7%)
39	DZIEBOWSKI Mariusz	32		M-30	15	00:21:43.12	+00:05:04 (23.3%)	4:20	13.8 (76.7%)
40	SULL Kacper	163	NIGHT RUNNERS SŁUPSK	M-20	6	00:22:00.27	+00:05:21 (24.3%)	4:24	13.6 (75.6%)
41	CHOŁUJ Jarek	13		M-40	13	00:22:03.76	+00:05:24 (24.5%)	4:24	13.6 (75.6%)
42	OTTO Michał	121		M-30	16	00:22:07.92	+00:05:29 (24.8%)	4:25	13.6 (75.6%)
43	GAŁECKI Jacek	34	KARLINOBIEGAJ	M-50	3	00:22:11.92	+00:05:33 (25.0%)	4:26	13.5 (75.0%)
44	KONKEL Łukasz	72		M-30	17	00:22:13.44	+00:05:34 (25.1%)	4:26	13.5 (75.0%)
45	ANTKOWIAK Sebastian	1	DB - ACTIVE	M-40	14	00:22:15.45	+00:05:36 (25.2%)	4:27	13.5 (75.0%)
46	KOZIEŁ Paweł	76		M-30	18	00:22:18.32	+00:05:39 (25.4%)	4:27	13.4 (74.4%)
47	KLENIEWSKI Piotr	66	ZACHODNIOPOMORSKIE	M-50	4	00:22:26.11	+00:05:47 (25.8%)	4:29	13.4 (74.4%)
48	NIEMCZUK Dariusz	113	JAMNO	M-50	5	00:22:28.00	+00:05:49 (25.9%)	4:29	13.4 (74.4%)
49	KRUPIŃSKI Krzysztof	82	E-UROLOG.EU	M-50	6	00:22:30.35	+00:05:51 (26.0%)	4:30	13.3 (73.9%)
50	WEBER Paweł	181	ENERGON	M-30	19	00:22:32.29	+00:05:53 (26.1%)	4:30	13.3 (73.9%)
51	GÓRA Agnieszka	208	#ZABIEGANINOCA	K-40	1	00:22:35.59	+00:05:56 (26.3%)	4:31	13.3 (73.9%)
52	WIŚNIEWSKI Łukasz	184		M-14	3	00:22:37.13	+00:05:58 (26.4%)	4:31	13.3 (73.9%)
53	RAPINCZUK Jan	138	BDSUOT WARSZAWA	M-40	15	00:22:37.97	+00:05:59 (26.4%)	4:31	13.3 (73.9%)
54	KAJKOWSKI Rafał	217	CSSP KOSZALIN	M-40	16	00:22:44.48	+00:06:05 (26.8%)	4:33	13.2 (73.3%)
55	KĘSIK Agnieszka	200	ŚWIAT PŁYTEK U KRYSPIŃA	K-30	2	00:22:56.24	+00:06:17 (27.4%)	4:35	13.1 (72.8%)
56	HAŁKA Justyna	45	TRUCHT ŁOBEZ	K-30	3	00:23:02.07	+00:06:23 (27.7%)	4:36	13 (72.2%)
57	BORYS Justyna	10	JEDWABIŚCI	K-30	4	00:23:03.70	+00:06:24 (27.8%)	4:36	13 (72.2%)
58	CHABOWSKI Wojciech	11		M-20	7	00:23:14.09	+00:06:35 (28.3%)	4:38	12.9 (71.7%)
59	RASZPLA Radosław	140		M-40	17	00:23:16.33	+00:06:37 (28.5%)	4:39	12.9 (71.7%)
60	KUKIEŁA Tomasz	85	FAN CLUB KAROLINKI I MATYLDKI K.	M-30	20	00:23:16.89	+00:06:38 (28.5%)	4:39	12.9 (71.7%)
61	JASIŃSKI Cezary	54		M-40	18	00:23:29.99	+00:06:51 (29.2%)	4:42	12.8 (71.1%)
62	KRZEWIŃSKA Małgorzata	84	TKKF KOSZALIN	K-50	1	00:23:30.19	+00:06:51 (29.2%)	4:42	12.8 (71.1%)
63	CHODOR Izabela	12	TKKF KOSZALIN	K-30	5	00:23:30.34	+00:06:51 (29.2%)	4:42	12.8 (71.1%)
64	POLAŃSKI Norbert	211		M-40	19	00:23:38.50	+00:06:59 (29.6%)	4:43	12.7 (70.6%)
65	CHOŁUJ Karol	14		M-30	21	00:23:40.52	+00:07:01 (29.7%)	4:44	12.7 (70.6%)
66	KAŻMIERCZAK Agnieszka	63		K-40	2	00:23:41.39	+00:07:02 (29.7%)	4:44	12.7 (70.6%)
67	KOZIEŁ Adam	77		M-20	8	00:23:41.86	+00:07:02 (29.7%)	4:44	12.7 (70.6%)
68	BARTHA Adrian	2		M-30	22	00:23:49.02	+00:07:10 (30.1%)	4:45	12.6 (70.0%)
69	OSOBNIAK Ryszard	120	NIEZRZESZONY - KOSZALIN	M-60	1	00:23:51.48	+00:07:12 (30.2%)	4:46	12.6 (70.0%)
70	WÓJCICKI Adrian	188	DEAF KOSZALIN	M-30	23	00:23:52.20	+00:07:13 (30.3%)	4:46	12.6 (70.0%)
71	KŁOS Tomasz	68		M-30	24	00:23:54.23	+00:07:15 (30.4%)	4:46	12.6 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h	
						netto	Różn			
						5km				
72	MRUGALSKI Stanisław	109	WILKI KOSZALIN	M-50	7	00:23:58.42	+00:07:19 (30.6%)	4:47	12.5 (69.4%)	
73	ŻUKOWSKI Cezary	197	MIGAWKOWE.PL	M-30	25	00:24:03.40	+00:07:24 (30.8%)	4:48	12.5 (69.4%)	
74	ZAGALSKA Paulina	192		K-30	6	00:24:06.92	+00:07:28 (31.0%)	4:49	12.4 (68.9%)	
75	DOMAŃSKI Krzysztof	26		M-14	4	00:24:15.15	+00:07:36 (31.4%)	4:51	12.4 (68.9%)	
76	GARSKA Joanna	37	ŚWIAT PŁYTEK U KRYSPIŃA	K-40	3	00:24:17.54	+00:07:38 (31.5%)	4:51	12.4 (68.9%)	
77	KAZIMIERCZAK Leszek	62	LOVELASY DĄBKI	M-30	26	00:24:19.72	+00:07:40 (31.6%)	4:51	12.3 (68.3%)	
78	RODZIEWICZ-CZAPLIŃSKA Agnieszka	141		K-40	4	00:24:19.74	+00:07:40 (31.6%)	4:52	12.3 (68.3%)	
79	PACAN Mira	122	ŚWIAT PŁYTEK U KRYSPIŃA	K-30	7	00:24:22.22	+00:07:43 (31.7%)	4:52	12.3 (68.3%)	
80	KUSZYŃSKI Dariusz	88		M-30	27	00:24:26.26	+00:07:47 (31.9%)	4:53	12.3 (68.3%)	
81	MEJER Aleksandra	101		K-14	1	00:24:28.71	+00:07:49 (32.0%)	4:53	12.3 (68.3%)	
82	PERKOWSKA Oktawia	129	DECATHLON KOSZALIN	K-20	3	00:24:28.81	+00:07:49 (32.0%)	4:53	12.3 (68.3%)	
83	PACAN Bartosz	123	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	28	00:24:30.46	+00:07:51 (32.1%)	4:54	12.2 (67.8%)	
84	KOZŁOWIECKI Waldemar	79	TKKF KOSZALIN	M-60	2	00:24:31.79	+00:07:52 (32.1%)	4:54	12.2 (67.8%)	
85	KRASIŃSKI Witold	80		M-40	20	00:24:36.43	+00:07:57 (32.3%)	4:55	12.2 (67.8%)	
86	OPALIŃSKI Stanisław	117	PARKRUN POLSKA	M-60	3	00:24:39.74	+00:08:00 (32.5%)	4:56	12.2 (67.8%)	
87	PERLIK Katarzyna	130	MTS HAMER MIASTKO	K-20	4	00:24:39.81	+00:08:00 (32.5%)	4:56	12.2 (67.8%)	
88	KŁOSIŃSKI Michał	69		M-30	29	00:25:01.28	+00:08:22 (33.5%)	5:00	12 (66.7%)	
89	GŁUCH Katarzyna	41	FORMA	K-30	8	00:25:01.49	+00:08:22 (33.5%)	5:00	12 (66.7%)	
90	LEWICZ Ewa	91		K-30	9	00:25:02.96	+00:08:24 (33.5%)	5:00	12 (66.7%)	
91	LEWICZ Jan	92		M-30	30	00:25:03.35	+00:08:24 (33.6%)	5:00	12 (66.7%)	
92	DĘBSKI Damian	22		M-30	31	00:25:03.75	+00:08:24 (33.6%)	5:00	12 (66.7%)	
93	DOMAŃSKI Adam	25		M-40	21	00:25:03.75	+00:08:24 (33.6%)	5:00	12 (66.7%)	
94	WRÓBLEWSKA Marta	190		K-40	5	00:25:11.00	+00:08:32 (33.9%)	5:02	11.9 (66.1%)	
95	KAŻMIERCZAK Dominik	64		M-14	5	00:25:12.76	+00:08:33 (34.0%)	5:02	11.9 (66.1%)	
96	BODO Rafał	7		M-30	32	00:25:20.78	+00:08:41 (34.3%)	5:04	11.8 (65.6%)	
97	SZOSTAK Marta	167		K-20	5	00:25:23.24	+00:08:44 (34.4%)	5:04	11.8 (65.6%)	
98	JANUSZEWSKI Jacek	53	17 WOG KOSZALIN	M-50	8	00:25:24.69	+00:08:45 (34.5%)	5:05	11.8 (65.6%)	
99	KOSZ Paweł	74		M-30	33	00:25:26.89	+00:08:48 (34.6%)	5:05	11.8 (65.6%)	
100	KOLIGAT Anna	70		K-30	10	00:25:31.37	+00:08:52 (34.8%)	5:06	11.8 (65.6%)	
101	MYK Paweł	111		M-30	34	00:25:37.08	+00:08:58 (35.0%)	5:07	11.7 (65.0%)	
102	KORZENIOWSKA Ewa	73		K-20	6	00:25:37.52	+00:08:58 (35.0%)	5:07	11.7 (65.0%)	
103	RADZIMSKI Marcel	137		M-14	6	00:25:38.42	+00:08:59 (35.1%)	5:07	11.7 (65.0%)	
104	MEGIER Wojtek	100	ELEKTRONIK	M-50	9	00:25:41.94	+00:09:03 (35.2%)	5:08	11.7 (65.0%)	
105	KACZMAREK Łukasz	56	WOJOWNICY WÓDY	M-30	35	00:25:45.87	+00:09:07 (35.4%)	5:09	11.6 (64.4%)	
106	KULAWINSKI Marek	86		M-40	22	00:25:48.37	+00:09:09 (35.5%)	5:09	11.6 (64.4%)	
107	DOWNAR-ZAPOLSKI Paweł	28		M-30	36	00:25:49.93	+00:09:11 (35.6%)	5:10	11.6 (64.4%)	
108	HAŁAJKO Magdalena	44	HEISENBERG TWAM	K-30	11	00:25:56.84	+00:09:17 (35.8%)	5:11	11.6 (64.4%)	
109	PAWŁOWICZ Ryszard	199		M-50	10	00:25:57.30	+00:09:18 (35.9%)	5:11	11.6 (64.4%)	
110	SZULC Marek	170		M-50	11	00:25:59.05	+00:09:20 (35.9%)	5:11	11.5 (63.9%)	
111	SZULC Szymon	169		M-30	37	00:26:00.66	+00:09:21 (36.0%)	5:12	11.5 (63.9%)	
112	DRABKOWSKA Agnieszka	29		K-40	6	00:26:02.29	+00:09:23 (36.1%)	5:12	11.5 (63.9%)	
113	SAŁAJ Angelika	149	METALCORP TEAM	K-30	12	00:26:02.98	+00:09:24 (36.1%)	5:12	11.5 (63.9%)	
114	KURZAWIŃSKA-JABŁOŃSKA Kasia	87	TEAM CZARNE BIEGA	K-40	7	00:26:08.61	+00:09:29 (36.3%)	5:13	11.5 (63.9%)	
115	RÓJ Barbara	144		K-40	8	00:26:11.20	+00:09:32 (36.4%)	5:14	11.5 (63.9%)	

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116	SZMIGIERO Sebastian	165	W.P.K SŁOŃ TEAM	M-40	23	00:26:15.04	+00:09:36 (36.6%)	5:15	11.4 (63.3%)
117	ORYSZCZYN Arkadiusz	118		M-30	38	00:26:16.57	+00:09:37 (36.6%)	5:15	11.4 (63.3%)
118	WIŚNIEWSKI Jarosław	202		M-40	24	00:26:19.10	+00:09:40 (36.7%)	5:15	11.4 (63.3%)
119	PRZEDNÓWEK Mariola	135		K-20	7	00:26:20.33	+00:09:41 (36.8%)	5:16	11.4 (63.3%)
120	MARZAŁKOWSKI Radosław	99		M-30	39	00:26:21.55	+00:09:42 (36.8%)	5:16	11.4 (63.3%)
121	SKIBA Artur	210		M-40	25	00:26:22.49	+00:09:43 (36.9%)	5:16	11.4 (63.3%)
122	MAŁYSZEWICZ Andrzej	97		M-50	12	00:26:23.58	+00:09:44 (36.9%)	5:16	11.4 (63.3%)
123	SATYŁA Tomasz	150	TEAM CZARNEBIEGA	M-30	40	00:26:25.63	+00:09:46 (37.0%)	5:17	11.3 (62.8%)
124	GAŁKA Dominik	35	SP NR 1	M-14	7	00:26:26.25	+00:09:47 (37.0%)	5:17	11.3 (62.8%)
125	JUSZCZAK Krzysztof	55		M-60	4	00:26:35.24	+00:09:56 (37.4%)	5:19	11.3 (62.8%)
126	KRZANOWSKI Marcin	212	MARCINBIEGA	M-30	41	00:26:35.25	+00:09:56 (37.4%)	5:19	11.3 (62.8%)
127	DĘGA Piotr	23		M-30	42	00:26:35.49	+00:09:56 (37.4%)	5:19	11.3 (62.8%)
128	GAŁKA Marcin	36	21BLT	M-40	26	00:26:38.52	+00:09:59 (37.5%)	5:19	11.3 (62.8%)
129	DANOWSKI Maciej	21	FITNESS CLUB FORMA	M-40	27	00:26:42.44	+00:10:03 (37.7%)	5:20	11.2 (62.2%)
130	MONGIAŁO Aleksandra	108	FAST FEET K-LIN	K-30	13	00:26:51.08	+00:10:12 (38.0%)	5:22	11.2 (62.2%)
131	MONGIAŁO Marcin	107	FAST FEET K-LIN	M-40	28	00:26:52.99	+00:10:14 (38.1%)	5:22	11.2 (62.2%)
132	PRZYBYŁ Krzysztof	136		M-30	43	00:26:53.49	+00:10:14 (38.1%)	5:22	11.2 (62.2%)
133	RÓJ Andrzej	143		M-40	29	00:26:55.25	+00:10:16 (38.2%)	5:23	11.1 (61.7%)
134	RASZPLA Ilona	139		K-40	9	00:26:58.98	+00:10:20 (38.3%)	5:23	11.1 (61.7%)
135	KURŁOWICZ Krzysztof	214		M-30	44	00:27:10.16	+00:10:31 (38.7%)	5:26	11 (61.1%)
136	WĄSOWSKI Robert	178		M-20	9	00:27:12.38	+00:10:33 (38.8%)	5:26	11 (61.1%)
137	FAJGIER Tomasz	33		M-40	30	00:27:23.64	+00:10:44 (39.2%)	5:28	11 (61.1%)
138	KILJAN Sylwia	213		K-30	14	00:27:24.32	+00:10:45 (39.3%)	5:28	10.9 (60.6%)
139	SUCHODOLSKA Aleksandra	162		K-30	15	00:27:24.89	+00:10:46 (39.3%)	5:29	10.9 (60.6%)
140	HRYCIÓW Paweł	49	JW1223	M-30	45	00:27:27.80	+00:10:48 (39.4%)	5:29	10.9 (60.6%)
141	WIERZBICKI Kacper	182		M-20	10	00:27:28.36	+00:10:49 (39.4%)	5:29	10.9 (60.6%)
142	DORAWA-ZIOMEK Anna	27		K-30	16	00:27:29.12	+00:10:50 (39.4%)	5:29	10.9 (60.6%)
143	MALINOWSKA-BURDA Aleksandra	94		K-20	8	00:27:29.37	+00:10:50 (39.4%)	5:29	10.9 (60.6%)
144	WĄSOWICZ Anna	177		K-30	17	00:27:30.11	+00:10:51 (39.5%)	5:30	10.9 (60.6%)
145	MICHALAK Anna	102		K-30	18	00:27:31.85	+00:10:52 (39.5%)	5:30	10.9 (60.6%)
146	PAWŁOWICZ Aleksandra	127		K-20	9	00:27:33.68	+00:10:54 (39.6%)	5:30	10.9 (60.6%)
147	BARTOSIK Jarosław	3		M-40	31	00:27:35.81	+00:10:56 (39.7%)	5:31	10.9 (60.6%)
148	BERNACKI Adam	6		M-40	32	00:27:40.08	+00:11:01 (39.8%)	5:32	10.8 (60.0%)
149	MARKOWSKA Iwona	98	4FIT CROSS BIAŁOGARD	K-40	10	00:27:44.29	+00:11:05 (40.0%)	5:33	10.8 (60.0%)
150	PŁOTKA Emilia	132		K-30	19	00:27:44.45	+00:11:05 (40.0%)	5:33	10.8 (60.0%)
151	PŁOTKA Grzegorz	133		M-30	46	00:27:44.88	+00:11:06 (40.0%)	5:33	10.8 (60.0%)
152	GŁOWACKI Włodzimierz	40	JEDWABIŚCI	M-70+	1	00:27:47.54	+00:11:08 (40.1%)	5:33	10.8 (60.0%)
153	WALCZAK Agnieszka	175	TKKF KOSZALIN	K-40	11	00:27:55.37	+00:11:16 (40.4%)	5:35	10.7 (59.4%)
154	DZIEMIANKO Ilona	31		K-20	10	00:28:04.04	+00:11:25 (40.7%)	5:36	10.7 (59.4%)
155	DOMAŃSKA Katarzyna	24		K-40	12	00:28:16.20	+00:11:37 (41.1%)	5:39	10.6 (58.9%)
156	ROMANOWICZ Monika	142	ZABIEGANE :)	K-30	20	00:28:28.08	+00:11:49 (41.5%)	5:41	10.5 (58.3%)
157	CICHOSZ Jerzy	17		M-70+	2	00:28:28.12	+00:11:49 (41.5%)	5:41	10.5 (58.3%)
158	MICHALCZYK Małgorzata	103	JW1223	K-20	11	00:28:29.48	+00:11:50 (41.6%)	5:41	10.5 (58.3%)
159	KRAWIECKA Klaudia	81	AKADEMIA BIEGOWA KIEŁPINO	K-14	2	00:28:31.26	+00:11:52 (41.6%)	5:42	10.5 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
160	OGRODOWCZYK Jagoda	116		K-30	21	00:28:37.49	+00:11:58 (41.8%)	5:43	10.5 (58.3%)
161	HELLER Zdzisław	48	NIEZRZESZONY	M-60	5	00:28:40.59	+00:12:01 (41.9%)	5:44	10.5 (58.3%)
162	ZUKAL Aleksandra	195		K-40	13	00:28:45.80	+00:12:06 (42.1%)	5:45	10.4 (57.8%)
163	BORSUK Dorota	9		K-40	14	00:29:02.34	+00:12:23 (42.7%)	5:48	10.3 (57.2%)
164	NOWAK Ania	115	JEDWABIŚCI	K-40	15	00:29:09.21	+00:12:30 (42.9%)	5:49	10.3 (57.2%)
165	RYHANYCZ Paweł	147	JEDWABIŚCI	M-40	33	00:29:10.02	+00:12:31 (42.9%)	5:50	10.3 (57.2%)
166	ZWOLIŃSKA Anna	196		K-40	16	00:29:10.18	+00:12:31 (42.9%)	5:50	10.3 (57.2%)
167	BOKOTA Katarzyna	8		K-40	17	00:29:14.79	+00:12:35 (43.1%)	5:51	10.3 (57.2%)
168	KARPIŃSKI Mateusz	59		M-20	11	00:29:19.85	+00:12:40 (43.2%)	5:52	10.2 (56.7%)
169	SULL Agnieszka	164	NIGHT RUNNERS SŁUPSK	K-40	18	00:29:20.38	+00:12:41 (43.3%)	5:52	10.2 (56.7%)
170	WÓJCIK Kamila	189		K-20	12	00:29:21.68	+00:12:42 (43.3%)	5:52	10.2 (56.7%)
171	KARNICKI Zygmunt	58	TKKF KOSZALIN	M-60	6	00:29:24.18	+00:12:45 (43.4%)	5:52	10.2 (56.7%)
172	SPICA Luki	156		M-30	47	00:29:27.25	+00:12:48 (43.5%)	5:53	10.2 (56.7%)
173	MAŁYSZEWICZ Teresa	96		K-50	2	00:29:29.69	+00:12:50 (43.6%)	5:54	10.2 (56.7%)
174	STAŃCZYK Franciszek	159	NIEZRZESZONY	M-70+	3	00:29:34.43	+00:12:55 (43.7%)	5:55	10.1 (56.1%)
175	HARASIM Emila	47		K-30	22	00:30:21.35	+00:13:42 (45.2%)	6:04	9.9 (55.0%)
176	PAULIŃSKA-TYLEC Dominika	125	JAMNO	K-30	23	00:30:28.28	+00:13:49 (45.4%)	6:05	9.8 (54.4%)
177	BEDNARZ Katarzyna	5		K-40	19	00:30:31.35	+00:13:52 (45.5%)	6:06	9.8 (54.4%)
178	PAULIŃSKI Jan	126	JAMNO	M-60	7	00:30:32.36	+00:13:53 (45.5%)	6:06	9.8 (54.4%)
179	WALKOWIAK Dariusz	176		M-40	34	00:30:33.09	+00:13:54 (45.5%)	6:06	9.8 (54.4%)
180	RUSIECKI Paweł	145	WSPL SP ZOZ KOSZALIN	M-40	35	00:30:35.14	+00:13:56 (45.6%)	6:07	9.8 (54.4%)
181	KOZŁOWIECKA Małgorzata	78		K-50	3	00:30:53.65	+00:14:14 (46.1%)	6:10	9.7 (53.9%)
182	BUDZYŃSKA Elżbieta	216		K-50	4	00:30:57.57	+00:14:18 (46.2%)	6:11	9.7 (53.9%)
183	SAWICKA - WERS Urszula	151		K-30	24	00:30:58.26	+00:14:19 (46.2%)	6:11	9.7 (53.9%)
184	TRACZ Jadwiga	173		K-30	25	00:31:02.62	+00:14:23 (46.4%)	6:12	9.7 (53.9%)
185	ZAKOŚCIELNA Katarzyna	193	ZABIEGANE	K-30	26	00:31:03.48	+00:14:24 (46.4%)	6:12	9.7 (53.9%)
186	PEŁKA Iwona	128		K-50	5	00:31:06.49	+00:14:27 (46.5%)	6:13	9.6 (53.3%)
187	DAMPS Julita	20	NIGHT RUNNERS SŁUPSK	K-30	27	00:31:32.89	+00:14:54 (47.2%)	6:18	9.5 (52.8%)
188	KLUCZYK Adrianna	67	KARLINO BIEGAJ	K-20	13	00:31:46.96	+00:15:08 (47.6%)	6:21	9.4 (52.2%)
189	GRZECZNOWSKA Anna	43		K-30	28	00:31:48.00	+00:15:09 (47.6%)	6:21	9.4 (52.2%)
190	ŚLEDŹ Joanna	172		K-40	20	00:31:48.91	+00:15:10 (47.7%)	6:21	9.4 (52.2%)
191	ŚLEDŹ Andrzej	171	WĘŻELEK	M-40	36	00:31:49.14	+00:15:10 (47.7%)	6:21	9.4 (52.2%)
192	AUGUSTYNIAK Ewelina	215	KARLINOBIEGAJ	K-20	14	00:32:27.89	+00:15:49 (48.7%)	6:29	9.2 (51.1%)
193	ZIMNOWŁOCKI Mariusz	206	DEAF KOSZALIN	M-30	48	00:32:31.49	+00:15:52 (48.8%)	6:30	9.2 (51.1%)
194	GRĄBCZEWSKA Agnieszka	218		K-30	29	00:33:23.23	+00:16:44 (50.1%)	6:40	9 (50.0%)
195	STRACH Martyna	161		K-14	3	00:33:24.44	+00:16:45 (50.2%)	6:40	9 (50.0%)
196	GRĄBCZEWSKI Rafał	219	JW1223	M-30	49	00:33:24.52	+00:16:45 (50.2%)	6:41	9 (50.0%)
197	MAŁYSZEWICZ Tomasz	95	#TEAMDKMS,#BWM,#BIEGACZE	M-20	12	00:33:54.60	+00:17:15 (50.9%)	6:47	8.8 (48.9%)
198	STASZYŃSKA Marianna	160	BTC,,ORZEŁ' BIAŁOGARD	K-60	1	00:34:40.23	+00:18:01 (52.0%)	6:56	8.7 (48.3%)
199	SZULC Martyna	168		K-20	15	00:35:25.26	+00:18:46 (53.0%)	7:05	8.5 (47.2%)
200	STANCZEWSKA Karolina	158		K-30	30	00:35:25.97	+00:18:47 (53.0%)	7:05	8.5 (47.2%)
201	KRYSTOSIK Paulina	201		K-20	16	00:35:49.06	+00:19:10 (53.5%)	7:10	8.4 (46.7%)
202	JANDURA Patrycja	52		K-20	17	00:35:49.47	+00:19:10 (53.5%)	7:09	8.4 (46.7%)
203	WĄTRUCKA Jolanta	180	ŚWIAT PŁYTEK U KRYPINA	K-60	2	00:41:04.16	+00:24:25 (59.5%)	8:13	7.3 (40.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	SOLAK Halina	154	ŚWIAT PŁYTEK U KRYSPINA	K-60	3	00:41:18.00	+00:24:39 (59.7%)	8:15	7.3 (40.6%)
205	BARTNIK Marian	198	TKKF KOSZALIN	M-70+	4	00:42:07.56	+00:25:28 (60.5%)	8:25	7.1 (39.4%)

Znaleziono 205 wynik(ów)