

# BIEG MIKOŁAJKOWY - 5KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łabusz, Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2017-12-03  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SIÓDMIAK Igor</b>	<b>159</b>	MKP SZCZECINEK / TRIATHLON	M-16	1	<b>00:16:21.50</b>		3:16	18.3 (100%)
2	<b>KRYZEL Daniel</b>	<b>35</b>	TALEX BORZYTUCHOM	M-16	2	<b>00:16:25.00</b>	+00:00:03 (0.4%)	3:17	18.3 (100%)
3	<b>BORYCHOWSKI Mariusz</b>	<b>13</b>	KB TUPOT USTKA	M-40	1	<b>00:17:33.40</b>	+00:01:11 (6.8%)	3:30	17.1 (93.4%)
4	<b>JAKUBEK Patryk</b>	<b>61</b>	ŚWIAT PŁYTEK U KRYSPINA	M-16	3	<b>00:17:58.50</b>	+00:01:37 (9.0%)	3:35	16.7 (91.3%)
5	<b>LEWANDOWSKI Bogdan</b>	<b>220</b>	MKL SZCZECINEK	M-16	4	<b>00:18:04.85</b>	+00:01:43 (9.5%)	3:37	16.6 (90.7%)
6	<b>SIADAK Arkadiusz</b>	<b>157</b>		M-30	1	<b>00:18:27.45</b>	+00:02:05 (11.4%)	3:41	16.3 (89.1%)
7	<b>GARSKI Kryspin</b>	<b>45</b>	ŚWIAT PŁYTEK U KRYSPINA	M-40	2	<b>00:18:39.45</b>	+00:02:17 (12.3%)	3:44	16.1 (88.0%)
8	<b>CZAPLIŃSKI Jacek</b>	<b>26</b>	FREE BIRDS	M-30	2	<b>00:19:06.60</b>	+00:02:45 (14.4%)	3:49	15.7 (85.8%)
9	<b>STEBELSKI Jasiek</b>	<b>166</b>		M-16	5	<b>00:19:36.35</b>	+00:03:14 (16.6%)	3:55	15.3 (83.6%)
10	<b>GÓRA Sylwester</b>	<b>51</b>	#ZABIEGANINOCA	M-40	3	<b>00:19:37.75</b>	+00:03:16 (16.7%)	3:55	15.3 (83.6%)
11	<b>WICHER Krzysztof</b>	<b>197</b>	GABINET REHABILITACJI AKTYWNEJ	M-30	3	<b>00:19:45.60</b>	+00:03:24 (17.2%)	3:57	15.2 (83.1%)
12	<b>CICHOSZ-MIELEWCZYK Mateusz</b>	<b>24</b>	ŚWIAT PŁYTEK U KRYSPINA	M-30	4	<b>00:19:49.20</b>	+00:03:27 (17.5%)	3:57	15.1 (82.5%)
13	<b>KALKOWSKI Paweł</b>	<b>74</b>	JW 1223	M-30	5	<b>00:19:50.00</b>	+00:03:28 (17.5%)	3:58	15.1 (82.5%)
14	<b>TRĘBSKI Krzysztof</b>	<b>187</b>	ZABIEGANINOCA	M-40	4	<b>00:19:59.35</b>	+00:03:37 (18.2%)	4:00	15 (82.0%)
15	<b>SZABAŁOWSKA Małgorzata</b>	<b>174</b>	MKL SZCZECINEK	K-16	1	<b>00:20:00.25</b>	+00:03:38 (18.2%)	4:00	15 (82.0%)
16	<b>ZIENKIEWICZ Wojciech</b>	<b>207</b>	BARBARIANS KOSZALIN	M-30	6	<b>00:20:03.60</b>	+00:03:42 (18.5%)	4:00	15 (82.0%)
17	<b>UZNAŃSKI Wojciech</b>	<b>192</b>	BT	M-16	6	<b>00:20:22.75</b>	+00:04:01 (19.7%)	4:04	14.7 (80.3%)
18	<b>BORYCHOWSKA Marlena</b>	<b>12</b>	KB TUPOT USTKA	K-16	2	<b>00:20:32.05</b>	+00:04:10 (20.3%)	4:06	14.6 (79.8%)
19	<b>ŁUKAWSKI Mariusz</b>	<b>104</b>	JW 1223	M-16	7	<b>00:20:36.70</b>	+00:04:15 (20.6%)	4:07	14.6 (79.8%)
20	<b>CUBER Wojciech</b>	<b>25</b>	#ZABIEGANINOCA	M-30	7	<b>00:20:38.00</b>	+00:04:16 (20.7%)	4:07	14.5 (79.2%)
21	<b>KASPERSKI Dariusz</b>	<b>79</b>		M-40	5	<b>00:20:38.90</b>	+00:04:17 (20.8%)	4:07	14.5 (79.2%)
22	<b>SULL Kacper</b>	<b>172</b>	NIGHT RUNNERS SŁUPSK	M-16	8	<b>00:20:38.95</b>	+00:04:17 (20.8%)	4:07	14.5 (79.2%)
23	<b>PAKUŁSKI Marcin</b>	<b>131</b>		M-40	6	<b>00:20:51.45</b>	+00:04:29 (21.6%)	4:10	14.4 (78.7%)
24	<b>ZWOLIŃSKI Jan</b>	<b>209</b>	TKKF KOSZALIN	M-40	7	<b>00:20:58.30</b>	+00:04:36 (22.0%)	4:11	14.3 (78.1%)
25	<b>KAPUŚCIŃSKI Robert</b>	<b>77</b>		M-30	8	<b>00:21:14.80</b>	+00:04:53 (23.0%)	4:14	14.1 (77.0%)
26	<b>SZUBERT Marcin</b>	<b>182</b>	KOŁOBRZEG BIEGA	M-40	8	<b>00:21:18.50</b>	+00:04:57 (23.2%)	4:15	14.1 (77.0%)
27	<b>JAROSZ Jakub</b>	<b>65</b>	TKKF KOSZALIN	M-16	9	<b>00:21:19.60</b>	+00:04:58 (23.3%)	4:15	14.1 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	<b>BONISŁAWSKI Jarosław</b>	<b>10</b>	MAM ŚWIRA	M-30	9	<b>00:21:24.15</b>	+00:05:02 (23.6%)	4:16	14 (76.5%)
29	<b>SZEWCZYK Dawid</b>	<b>180</b>		M-16	10	<b>00:21:25.35</b>	+00:05:03 (23.6%)	4:17	14 (76.5%)
30	<b>KUKIEŁA Tomasz</b>	<b>214</b>		M-30	10	<b>00:21:35.55</b>	+00:05:14 (24.2%)	4:19	13.9 (76.0%)
31	<b>STRUMIŃSKI Rafał</b>	<b>168</b>	ŻYTŃNIA TEAM	M-30	11	<b>00:21:35.75</b>	+00:05:14 (24.3%)	4:19	13.9 (76.0%)
32	<b>CHOŁUJ Jarek</b>	<b>20</b>	ROZBIEGANY KOSZALIN	M-40	9	<b>00:21:44.25</b>	+00:05:22 (24.7%)	4:20	13.8 (75.4%)
33	<b>GAWRYSIAK Przemysław</b>	<b>47</b>		M-40	10	<b>00:21:44.55</b>	+00:05:23 (24.8%)	4:20	13.8 (75.4%)
34	<b>OLEJNIK Bartłomiej</b>	<b>124</b>	ŻYTŃNIA TEAM	M-30	12	<b>00:21:44.60</b>	+00:05:23 (24.8%)	4:20	13.8 (75.4%)
35	<b>STACHOWIAK Ryszard</b>	<b>163</b>		M-60	1	<b>00:21:50.80</b>	+00:05:29 (25.1%)	4:22	13.7 (74.9%)
36	<b>KAJKOWSKI Rafał</b>	<b>73</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M-40	11	<b>00:21:51.25</b>	+00:05:29 (25.1%)	4:22	13.7 (74.9%)
37	<b>MAJCHRZAK Paweł</b>	<b>105</b>	KARLINO BIEGAJ	M-40	12	<b>00:21:57.00</b>	+00:05:35 (25.5%)	4:23	13.7 (74.9%)
38	<b>FRONTCZAK Izabela</b>	<b>39</b>		K-30	1	<b>00:21:59.65</b>	+00:05:38 (25.6%)	4:24	13.6 (74.3%)
39	<b>MUCHA Krzysztof</b>	<b>115</b>	KOSZALIN	M-30	13	<b>00:22:00.50</b>	+00:05:39 (25.7%)	4:24	13.6 (74.3%)
40	<b>SOROKA Piotr</b>	<b>162</b>		M-30	14	<b>00:22:02.95</b>	+00:05:41 (25.8%)	4:24	13.6 (74.3%)
41	<b>IWANIEC Dariusz</b>	<b>60</b>	TKKF KOSZALIN	M-40	13	<b>00:22:05.35</b>	+00:05:43 (25.9%)	4:25	13.6 (74.3%)
42	<b>MIELCZAREK Ksawery</b>	<b>113</b>	JAMNO	M-16	11	<b>00:22:07.15</b>	+00:05:45 (26.0%)	4:25	13.6 (74.3%)
43	<b>NIEMCZUK Dariusz</b>	<b>119</b>	JAMNO	M-50	1	<b>00:22:14.70</b>	+00:05:53 (26.5%)	4:26	13.5 (73.8%)
44	<b>OTTO Michał</b>	<b>127</b>		M-30	15	<b>00:22:21.50</b>	+00:06:00 (26.8%)	4:28	13.4 (73.2%)
45	<b>ZIÓŁKOWSKI Wojciech</b>	<b>208</b>	#ZABIEGANINOCA	M-40	14	<b>00:22:24.50</b>	+00:06:03 (27.0%)	4:28	13.4 (73.2%)
46	<b>PICK Tomasz</b>	<b>137</b>	MK KOSZALIN	M-40	15	<b>00:22:28.50</b>	+00:06:07 (27.2%)	4:29	13.3 (72.7%)
47	<b>KŁOS Tomasz</b>	<b>84</b>		M-30	16	<b>00:22:28.60</b>	+00:06:07 (27.2%)	4:29	13.3 (72.7%)
48	<b>ALABA Jerzy</b>	<b>153</b>	KB 10 BIAŁOGARD	M-50	2	<b>00:22:30.50</b>	+00:06:09 (27.3%)	4:30	13.3 (72.7%)
49	<b>FABJAN Wiesław</b>	<b>34</b>	KOBISIA TEAM OLEŚNICA	M-50	3	<b>00:22:30.80</b>	+00:06:09 (27.3%)	4:30	13.3 (72.7%)
50	<b>GÓRA Agnieszka</b>	<b>52</b>	#ZABIEGANINOCA	K-40	1	<b>00:22:31.65</b>	+00:06:10 (27.4%)	4:30	13.3 (72.7%)
51	<b>CHODOR Martyna</b>	<b>18</b>	TKKF KOSZALIN	K-30	2	<b>00:22:36.40</b>	+00:06:14 (27.6%)	4:31	13.3 (72.7%)
52	<b>KOZIEŁ Paweł</b>	<b>94</b>	WICHER RĄBINO	M-30	17	<b>00:22:41.55</b>	+00:06:20 (27.9%)	4:32	13.2 (72.1%)
53	<b>KIERKOSZ Marek</b>	<b>82</b>		M-50	4	<b>00:22:45.75</b>	+00:06:24 (28.1%)	4:33	13.2 (72.1%)
54	<b>NIEWIŃSKA SĘK Monika</b>	<b>121</b>		K-30	3	<b>00:22:57.30</b>	+00:06:35 (28.7%)	4:35	13.1 (71.6%)
55	<b>NOWAK Adam</b>	<b>222</b>	DECATHLON	M-16	12	<b>00:23:05.00</b>	+00:06:43 (29.1%)	4:37	13 (71.0%)
56	<b>KAMYK Piotr</b>	<b>76</b>	MH IT SERWIS KOSZALIN	M-30	18	<b>00:23:06.10</b>	+00:06:44 (29.2%)	4:37	13 (71.0%)
57	<b>SZUBERT Julia</b>	<b>183</b>	KOŁOBRZEG BIEGA	K-16	3	<b>00:23:10.40</b>	+00:06:48 (29.4%)	4:38	12.9 (70.5%)
58	<b>MICHALCZYK Mariusz</b>	<b>112</b>	JW1223	M-40	16	<b>00:23:10.45</b>	+00:06:48 (29.4%)	4:38	12.9 (70.5%)
59	<b>KRUPIŃSKI Krzysztof</b>	<b>97</b>	E-UROLOG.EU	M-50	5	<b>00:23:13.55</b>	+00:06:52 (29.6%)	4:38	12.9 (70.5%)
60	<b>PUSZ Jakub</b>	<b>143</b>	ELEKTRONIK KOSZALIN	M-16	13	<b>00:23:15.20</b>	+00:06:53 (29.7%)	4:39	12.9 (70.5%)
61	<b>RÓG Michał</b>	<b>149</b>	JW 1223	M-30	19	<b>00:23:16.05</b>	+00:06:54 (29.7%)	4:39	12.9 (70.5%)
62	<b>GLISZCZYŃSKI Łukasz</b>	<b>219</b>	UKSN SPRINT SŁAWNO	M-16	14	<b>00:23:23.05</b>	+00:07:01 (30.0%)	4:40	12.8 (69.9%)
63	<b>CHODOR Izabela</b>	<b>17</b>	TKKF KOSZALIN	K-30	4	<b>00:23:26.15</b>	+00:07:04 (30.2%)	4:41	12.8 (69.9%)
64	<b>KRZEWIŃSKA Małgorzata</b>	<b>99</b>	TKKF KOSZALIN	K-50	1	<b>00:23:27.00</b>	+00:07:05 (30.2%)	4:41	12.8 (69.9%)
65	<b>MEJER Aleksandra</b>	<b>111</b>		K-16	4	<b>00:23:29.00</b>	+00:07:07 (30.3%)	4:41	12.8 (69.9%)
66	<b>HRYCIÓW Paweł</b>	<b>58</b>	JW1223	M-30	20	<b>00:23:32.45</b>	+00:07:10 (30.5%)	4:42	12.7 (69.4%)
67	<b>BERNECKI Edward</b>	<b>6</b>		M-50	6	<b>00:23:32.65</b>	+00:07:11 (30.5%)	4:42	12.7 (69.4%)
68	<b>GARSKA Joanna</b>	<b>44</b>	ŚWIAT PŁYTEK I KRYPINA	K-40	2	<b>00:23:32.90</b>	+00:07:11 (30.5%)	4:42	12.7 (69.4%)
69	<b>CHOŁUJ Karol</b>	<b>21</b>	ZAWSZE DO PRZODU	M-30	21	<b>00:23:35.85</b>	+00:07:14 (30.7%)	4:43	12.7 (69.4%)
70	<b>DROZDOWSKI Marcin</b>	<b>32</b>	MORPOL	M-16	15	<b>00:23:39.50</b>	+00:07:18 (30.9%)	4:43	12.7 (69.4%)
71	<b>BOBER Jakub</b>	<b>7</b>		M-16	16	<b>00:23:40.75</b>	+00:07:19 (30.9%)	4:44	12.7 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
72	<b>NIEDBAŁA Konrad</b>	<b>117</b>		M-40	17	<b>00:23:44.55</b>	+00:07:23 (31.1%)	4:44	12.6 (68.9%)
73	<b>RASZPLA Radosław</b>	<b>147</b>	BBL	M-40	18	<b>00:23:47.50</b>	+00:07:26 (31.2%)	4:45	12.6 (68.9%)
74	<b>MIKIETYŃSKI Michał</b>	<b>114</b>	„ZABIEGANI NOCĄ"	M-30	22	<b>00:23:48.85</b>	+00:07:27 (31.3%)	4:45	12.6 (68.9%)
75	<b>ANTKOWIAK Sebastian</b>	<b>1</b>	DB ACTIVE	M-40	19	<b>00:23:50.40</b>	+00:07:28 (31.4%)	4:46	12.6 (68.9%)
76	<b>ŻUKOWSKI Cezary</b>	<b>210</b>	MIGAWKOWE.PL	M-30	23	<b>00:23:52.40</b>	+00:07:30 (31.5%)	4:46	12.6 (68.9%)
77	<b>LEWANDOWSKA Anna</b>	<b>102</b>		K-16	5	<b>00:23:52.65</b>	+00:07:31 (31.5%)	4:46	12.6 (68.9%)
78	<b>JASIŃSKI Cezary</b>	<b>66</b>	MNBC	M-40	20	<b>00:23:54.10</b>	+00:07:32 (31.6%)	4:46	12.6 (68.9%)
79	<b>KAŻMIERCZAK Agnieszka</b>	<b>81</b>		K-40	3	<b>00:24:08.10</b>	+00:07:46 (32.2%)	4:49	12.4 (67.8%)
80	<b>SZULC Marek</b>	<b>184</b>	SZULC RUNNERS TEAM	M-50	7	<b>00:24:16.80</b>	+00:07:55 (32.6%)	4:51	12.4 (67.8%)
81	<b>DZIĘBOWSKI Mariusz</b>	<b>33</b>		M-30	24	<b>00:24:25.85</b>	+00:08:04 (33.0%)	4:53	12.3 (67.2%)
82	<b>GONTARZ Wojciech</b>	<b>50</b>		M-16	17	<b>00:24:29.10</b>	+00:08:07 (33.2%)	4:53	12.3 (67.2%)
83	<b>PODSIADŁO Marcin</b>	<b>221</b>		M-30	25	<b>00:24:30.20</b>	+00:08:08 (33.2%)	4:54	12.2 (66.7%)
84	<b>KACZMAREK Łukasz</b>	<b>72</b>	WOJOWNICY WÓDY	M-30	26	<b>00:24:33.05</b>	+00:08:11 (33.4%)	4:54	12.2 (66.7%)
85	<b>JANUSZEWSKI Jacek</b>	<b>64</b>	17WOG KOSZALIN	M-50	8	<b>00:24:34.00</b>	+00:08:12 (33.4%)	4:54	12.2 (66.7%)
86	<b>SZEWCZYK Paweł</b>	<b>179</b>		M-16	18	<b>00:24:35.10</b>	+00:08:13 (33.5%)	4:55	12.2 (66.7%)
87	<b>OSOBNIAK Ryszard</b>	<b>125</b>	ROZBIEGANY KOSZALIN	M-60	2	<b>00:24:37.75</b>	+00:08:16 (33.6%)	4:55	12.2 (66.7%)
88	<b>KOSMAŁA Aleksandra</b>	<b>90</b>		K-30	5	<b>00:24:38.80</b>	+00:08:17 (33.6%)	4:55	12.2 (66.7%)
89	<b>KRASIŃSKI Witold</b>	<b>96</b>	JW1223	M-40	21	<b>00:24:41.60</b>	+00:08:20 (33.8%)	4:56	12.2 (66.7%)
90	<b>MARZEC Łukasz</b>	<b>109</b>		M-30	27	<b>00:24:44.70</b>	+00:08:23 (33.9%)	4:57	12.1 (66.1%)
91	<b>SEEWALD Jan</b>	<b>155</b>	ZAKWAS	M-40	22	<b>00:24:46.80</b>	+00:08:25 (34.0%)	4:57	12.1 (66.1%)
92	<b>LEWANDOWSKI Rafał</b>	<b>103</b>		M-40	23	<b>00:24:47.75</b>	+00:08:26 (34.0%)	4:57	12.1 (66.1%)
93	<b>SZULC Szymon</b>	<b>226</b>		M-30	28	<b>00:24:48.85</b>	+00:08:27 (34.1%)	4:57	12.1 (66.1%)
94	<b>DOMAŃSKI Adam</b>	<b>30</b>		M-40	24	<b>00:25:06.25</b>	+00:08:44 (34.8%)	5:01	12 (65.6%)
95	<b>PLUTA Katarzyna</b>	<b>138</b>	ZABIEGANINOCĄ	K-16	6	<b>00:25:11.65</b>	+00:08:50 (35.1%)	5:02	11.9 (65.0%)
96	<b>PACAN Bartosz</b>	<b>130</b>	ŚWIAT PŁYTEK U KRYSPIŃNA	M-30	29	<b>00:25:13.70</b>	+00:08:52 (35.2%)	5:02	11.9 (65.0%)
97	<b>DANOWSKI Maciej</b>	<b>28</b>	FITNES CLUB FORMA	M-40	25	<b>00:25:14.35</b>	+00:08:52 (35.2%)	5:02	11.9 (65.0%)
98	<b>KOPCZEWSKI Dariusz</b>	<b>87</b>		M-50	9	<b>00:25:14.90</b>	+00:08:53 (35.2%)	5:03	11.9 (65.0%)
99	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>106</b>		K-16	7	<b>00:25:15.60</b>	+00:08:54 (35.2%)	5:03	11.9 (65.0%)
100	<b>KOWALCZYK Piotr</b>	<b>92</b>		M-30	30	<b>00:25:16.45</b>	+00:08:54 (35.3%)	5:03	11.9 (65.0%)
101	<b>WIERZBICKI Kacper</b>	<b>198</b>		M-16	19	<b>00:25:16.55</b>	+00:08:55 (35.3%)	5:03	11.9 (65.0%)
102	<b>SZNYTER Sabina</b>	<b>223</b>	DECATHLON	K-16	8	<b>00:25:19.80</b>	+00:08:58 (35.4%)	5:04	11.8 (64.5%)
103	<b>KAMIŃSKI Tomasz</b>	<b>75</b>	TKKF-JW 1223	M-30	31	<b>00:25:26.30</b>	+00:09:04 (35.7%)	5:05	11.8 (64.5%)
104	<b>GAŁKA Dominik</b>	<b>42</b>	SP NR 1 TRZEBIATÓW	M-16	20	<b>00:25:29.70</b>	+00:09:08 (35.8%)	5:06	11.8 (64.5%)
105	<b>MEGIER Wojciech</b>	<b>110</b>	ELEKTRONIK	M-50	10	<b>00:25:31.05</b>	+00:09:09 (35.9%)	5:06	11.8 (64.5%)
106	<b>ŁOZIŃSKA Karolina</b>	<b>216</b>		K-16	9	<b>00:25:36.30</b>	+00:09:14 (36.1%)	5:07	11.7 (63.9%)
107	<b>CHORAŻY Karolina</b>	<b>22</b>		K-16	10	<b>00:25:38.40</b>	+00:09:16 (36.2%)	5:07	11.7 (63.9%)
108	<b>TURCZYN Grzegorz</b>	<b>189</b>	NIGHT RUNNERS SŁUPSK	M-40	26	<b>00:25:38.85</b>	+00:09:17 (36.2%)	5:07	11.7 (63.9%)
109	<b>PELC Maciej</b>	<b>135</b>		M-30	32	<b>00:25:39.65</b>	+00:09:18 (36.3%)	5:08	11.7 (63.9%)
110	<b>URBAŃSKI Tomasz</b>	<b>191</b>		M-40	27	<b>00:25:41.15</b>	+00:09:19 (36.3%)	5:08	11.7 (63.9%)
111	<b>JUSIŃSKI Sebastian</b>	<b>68</b>		M-40	28	<b>00:25:47.05</b>	+00:09:25 (36.6%)	5:09	11.6 (63.4%)
112	<b>KLENIEWSKI Piotr</b>	<b>83</b>	ZACHODNIOPOMORSKIE	M-50	11	<b>00:25:47.65</b>	+00:09:26 (36.6%)	5:09	11.6 (63.4%)
113	<b>JUSIŃSKA Anna</b>	<b>67</b>		K-40	4	<b>00:25:47.90</b>	+00:09:26 (36.6%)	5:09	11.6 (63.4%)
114	<b>MASTALERZ Konrad</b>	<b>224</b>	DECATHLON	M-16	21	<b>00:25:49.40</b>	+00:09:27 (36.7%)	5:09	11.6 (63.4%)
115	<b>GRĄBCZEWSKI Rafał</b>	<b>54</b>	JW1223	M-30	33	<b>00:25:49.95</b>	+00:09:28 (36.7%)	5:10	11.6 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
116	WOJCIECHOWSKI Piotr	204		M-40	29	00:25:50.95	+00:09:29 (36.7%)	5:10	11.6 (63.4%)
117	MIŁEK Ewelina	225	DECATHLON	K-16	11	00:25:55.60	+00:09:34 (36.9%)	5:11	11.6 (63.4%)
118	JANKOWSKA Monika	63		K-16	12	00:25:56.85	+00:09:35 (37.0%)	5:11	11.6 (63.4%)
119	HRYCAJ Tomasz	57		M-30	34	00:25:57.35	+00:09:35 (37.0%)	5:11	11.6 (63.4%)
120	SZAFIRSKI Marek	177	CAMINO SŁUPSK	M-50	12	00:25:57.50	+00:09:36 (37.0%)	5:11	11.6 (63.4%)
121	FAJGIER Tomasz	36		M-40	30	00:26:02.35	+00:09:40 (37.2%)	5:12	11.5 (62.8%)
122	JUSZCZAK Krzysztof	69		M-60	3	00:26:05.85	+00:09:44 (37.3%)	5:13	11.5 (62.8%)
123	KOZŁOWIECKI Waldemar	95	TKKF KOSZALIN	M-60	4	00:26:08.10	+00:09:46 (37.4%)	5:13	11.5 (62.8%)
124	GŁUCH Katarzyna	49	ELEKTRONIK	K-30	6	00:26:11.05	+00:09:49 (37.5%)	5:14	11.5 (62.8%)
125	RYCHLIŃSKI Damian	152		M-30	35	00:26:11.70	+00:09:50 (37.6%)	5:14	11.5 (62.8%)
126	BERNACKI Adam	4	ADRÓG	M-40	31	00:26:14.05	+00:09:52 (37.6%)	5:14	11.4 (62.3%)
127	STRZELECKA Małgorzata	169	SAILING TEAM FERAJNA	K-40	5	00:26:27.65	+00:10:06 (38.2%)	5:17	11.3 (61.7%)
128	KARNICKI Zygmunt	78	TKKF KOSZALIN	M-60	5	00:26:30.55	+00:10:09 (38.3%)	5:18	11.3 (61.7%)
129	KAZIMIERCZAK Leszek	80	SKURCZTEAM	M-30	36	00:26:31.60	+00:10:10 (38.3%)	5:18	11.3 (61.7%)
130	RUSINEK Artur	150		M-30	37	00:26:38.20	+00:10:16 (38.6%)	5:19	11.3 (61.7%)
131	ROBAKOWSKA Żaneta	148	GABINET REHABILITACJI AKTYWNEJ	K-30	7	00:26:39.20	+00:10:17 (38.6%)	5:19	11.3 (61.7%)
132	KOLIGAT Anna	85		K-30	8	00:26:39.50	+00:10:18 (38.6%)	5:20	11.3 (61.7%)
133	SZUBERT Agnieszka	181	KOŁOBRZEG BIEGA	K-30	9	00:26:39.95	+00:10:18 (38.7%)	5:20	11.3 (61.7%)
134	NOWAK Bartłomiej	123	SAILING TEAM FERAJNA	M-40	32	00:26:40.80	+00:10:19 (38.7%)	5:20	11.2 (61.2%)
135	GALICKI Robert	40		M-40	33	00:26:42.00	+00:10:20 (38.7%)	5:20	11.2 (61.2%)
136	BRESZKA Michał	15		M-16	22	00:26:42.05	+00:10:20 (38.7%)	5:20	11.2 (61.2%)
137	SZAFIRSKI Kacper	176	CAMINO SŁUPSK	M-16	23	00:26:49.85	+00:10:28 (39.0%)	5:22	11.2 (61.2%)
138	WIĘCKOWSKI Maciej	199	KARLINO BIEGAJ!	M-30	38	00:26:59.40	+00:10:37 (39.4%)	5:24	11.1 (60.7%)
139	WAŚOWICZ Anna	196		K-30	10	00:27:02.15	+00:10:40 (39.5%)	5:24	11.1 (60.7%)
140	PACAN Mira	129	ŚWIAT PŁYTEK U KRYSPIŃA	K-30	11	00:27:03.40	+00:10:41 (39.5%)	5:24	11.1 (60.7%)
141	GAŁKA Marcin	43		M-30	39	00:27:07.50	+00:10:46 (39.7%)	5:25	11.1 (60.7%)
142	BODO Rafał	9		M-30	40	00:27:08.40	+00:10:46 (39.7%)	5:25	11.1 (60.7%)
143	WOJANOWSKI Zbigniew	202	BIEGAM BO LUBIĘ	M-60	6	00:27:19.60	+00:10:58 (40.1%)	5:27	11 (60.1%)
144	TRZEŚNIEWSKI Zbigniew	188		M-50	13	00:27:24.95	+00:11:03 (40.3%)	5:29	10.9 (59.6%)
145	JUSZCZYK Agnieszka	70	ANOX TEAM	K-30	12	00:27:26.75	+00:11:05 (40.4%)	5:29	10.9 (59.6%)
146	DOMAŃSKI Krzysztof	31		M-16	24	00:27:28.00	+00:11:06 (40.4%)	5:29	10.9 (59.6%)
147	KOMOROWSKA Beata	86	ROZBIEGANY KOSZALIN	K-40	6	00:27:38.15	+00:11:16 (40.8%)	5:31	10.9 (59.6%)
148	RASZPLA Ilona	146	CIOTECZKI.PL	K-40	7	00:27:40.05	+00:11:18 (40.9%)	5:32	10.8 (59.0%)
149	ZALESKI Tomasz	205		M-30	41	00:27:40.70	+00:11:19 (40.9%)	5:32	10.8 (59.0%)
150	GAWLIK Artur	46	BIEGNIJMY.PL	M-30	42	00:27:46.75	+00:11:25 (41.1%)	5:33	10.8 (59.0%)
151	LATOPOLSKA-OLEJNIK Kalina	101	ŻYTŃIA TEAM	K-30	13	00:27:49.75	+00:11:28 (41.2%)	5:34	10.8 (59.0%)
152	PAULIŃSKI Jan	134	JAMNO	M-60	7	00:27:53.00	+00:11:31 (41.3%)	5:34	10.8 (59.0%)
153	MAŁYSZEWICZ Andrzej	107		M-50	14	00:28:08.00	+00:11:46 (41.9%)	5:37	10.7 (58.5%)
154	POKRZYWKA Olga	142		K-16	13	00:28:15.45	+00:11:53 (42.1%)	5:39	10.6 (57.9%)
155	BURSZTA Marta	16	KARLINO BIEGAJ	K-16	14	00:28:16.55	+00:11:55 (42.1%)	5:39	10.6 (57.9%)
156	POKRZYWKA Tomasz	141		M-50	15	00:28:17.10	+00:11:55 (42.2%)	5:39	10.6 (57.9%)
157	GAŁECKI Jacek	41	KARLINO BIEGAJ	M-40	34	00:28:17.50	+00:11:56 (42.2%)	5:39	10.6 (57.9%)
158	ZIELIŃSKI Jarosław	206	AMATOR	M-40	35	00:28:18.20	+00:11:56 (42.2%)	5:39	10.6 (57.9%)
159	OSTAPIŃSKI Tomasz	126		M-30	43	00:28:32.05	+00:12:10 (42.7%)	5:42	10.5 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
160	<b>SZEWCZYK Paulina</b>	<b>178</b>		K-16	15	<b>00:28:34.30</b>	+00:12:12 (42.7%)	5:42	10.5 (57.4%)
161	<b>PUSZ Jacek</b>	<b>227</b>		M-50	16	<b>00:28:38.75</b>	+00:12:17 (42.9%)	5:43	10.5 (57.4%)
162	<b>FRASZKIEWICZ Jarosław</b>	<b>38</b>		M-40	36	<b>00:28:44.50</b>	+00:12:23 (43.1%)	5:44	10.4 (56.8%)
163	<b>PŁOTKA Grzegorz</b>	<b>139</b>		M-30	44	<b>00:28:50.75</b>	+00:12:29 (43.3%)	5:46	10.4 (56.8%)
164	<b>PŁOTKA Emilia</b>	<b>140</b>		K-30	14	<b>00:28:50.85</b>	+00:12:29 (43.3%)	5:46	10.4 (56.8%)
165	<b>KILJAN Sylwia</b>	<b>213</b>		K-30	15	<b>00:29:06.60</b>	+00:12:45 (43.8%)	5:49	10.3 (56.3%)
166	<b>TRACZ Jadwiga</b>	<b>185</b>		K-30	16	<b>00:29:15.20</b>	+00:12:53 (44.1%)	5:51	10.3 (56.3%)
167	<b>STAŃCZYK Franciszek</b>	<b>165</b>	NIEZRZESZONY	M-70	1	<b>00:29:15.65</b>	+00:12:54 (44.1%)	5:51	10.3 (56.3%)
168	<b>FIDUN Anna</b>	<b>37</b>		K-30	17	<b>00:29:27.45</b>	+00:13:05 (44.5%)	5:53	10.2 (55.7%)
169	<b>HELLER Zdzisław</b>	<b>55</b>	NIEZRZESZONY	M-60	8	<b>00:29:29.10</b>	+00:13:07 (44.5%)	5:53	10.2 (55.7%)
170	<b>BRESZKA Paweł</b>	<b>14</b>	POLSKA	M-40	37	<b>00:29:30.50</b>	+00:13:09 (44.6%)	5:54	10.2 (55.7%)
171	<b>SULL Agnieszka</b>	<b>171</b>	NIGHT RUNNERS SŁUPSK	K-40	8	<b>00:29:32.05</b>	+00:13:10 (44.6%)	5:54	10.2 (55.7%)
172	<b>HNATOWSKI Artur</b>	<b>56</b>	SZYBKIESTOPY	M-40	38	<b>00:29:33.70</b>	+00:13:12 (44.7%)	5:54	10.1 (55.2%)
173	<b>CICHOSZ Jerzy</b>	<b>23</b>		M-70	2	<b>00:29:34.30</b>	+00:13:12 (44.7%)	5:54	10.1 (55.2%)
174	<b>SUSKA Joanna</b>	<b>173</b>		K-16	16	<b>00:29:38.55</b>	+00:13:17 (44.8%)	5:55	10.1 (55.2%)
175	<b>DOMAŃSKA Katarzyna</b>	<b>29</b>		K-40	9	<b>00:29:38.80</b>	+00:13:17 (44.8%)	5:55	10.1 (55.2%)
176	<b>BORSUK Dorota</b>	<b>11</b>		K-40	10	<b>00:29:56.65</b>	+00:13:35 (45.4%)	5:59	10 (54.6%)
177	<b>BEDNARZ Katarzyna</b>	<b>3</b>		K-40	11	<b>00:29:56.90</b>	+00:13:35 (45.4%)	5:59	10 (54.6%)
178	<b>MYSZKOWSKA Grażyna</b>	<b>116</b>	NIGHT RUNNERS SŁUPSK	K-50	2	<b>00:30:15.40</b>	+00:13:53 (45.9%)	6:03	9.9 (54.1%)
179	<b>OZIMEK Iwona</b>	<b>128</b>		K-30	18	<b>00:30:20.65</b>	+00:13:59 (46.1%)	6:04	9.9 (54.1%)
180	<b>KOSECKA Sylwia</b>	<b>88</b>	ZAKWAS	K-16	17	<b>00:30:21.25</b>	+00:13:59 (46.1%)	6:04	9.9 (54.1%)
181	<b>KOSECKI Tomasz</b>	<b>89</b>	ZAKWAS	M-30	45	<b>00:30:21.65</b>	+00:14:00 (46.1%)	6:04	9.9 (54.1%)
182	<b>RUSINEK Dawid</b>	<b>151</b>		M-16	25	<b>00:30:21.90</b>	+00:14:00 (46.1%)	6:04	9.9 (54.1%)
183	<b>BIEŁĘDA Karolina</b>	<b>212</b>	RAMS TRAINING HOUSE	K-30	19	<b>00:31:03.35</b>	+00:14:41 (47.3%)	6:12	9.7 (53.0%)
184	<b>PASEK Paula</b>	<b>132</b>		K-30	20	<b>00:31:07.90</b>	+00:14:46 (47.5%)	6:13	9.6 (52.5%)
185	<b>WALECKA Katarzyna</b>	<b>193</b>	ATOMOWKI	K-30	21	<b>00:31:14.70</b>	+00:14:53 (47.6%)	6:15	9.6 (52.5%)
186	<b>SOKOŁOWSKA Anna</b>	<b>160</b>	ATOMOWKI	K-30	22	<b>00:31:15.10</b>	+00:14:53 (47.7%)	6:15	9.6 (52.5%)
187	<b>WALKOWIAK Dariusz</b>	<b>194</b>		M-40	39	<b>00:31:35.65</b>	+00:15:14 (48.2%)	6:19	9.5 (51.9%)
188	<b>KOT Aleksandra</b>	<b>91</b>		K-30	23	<b>00:31:43.15</b>	+00:15:21 (48.4%)	6:20	9.5 (51.9%)
189	<b>WODZYŃSKA Katarzyna</b>	<b>201</b>		K-30	24	<b>00:31:43.35</b>	+00:15:21 (48.4%)	6:20	9.5 (51.9%)
190	<b>TRĘBSKA Marta</b>	<b>186</b>	ZABIEGANINOCA	K-40	12	<b>00:31:43.85</b>	+00:15:22 (48.4%)	6:20	9.5 (51.9%)
191	<b>NOWAK Piotr</b>	<b>122</b>		M-30	46	<b>00:32:02.35</b>	+00:15:40 (48.9%)	6:24	9.4 (51.4%)
192	<b>BERNECKA Agnieszka</b>	<b>5</b>		K-40	13	<b>00:32:05.45</b>	+00:15:43 (49.0%)	6:25	9.3 (50.8%)
193	<b>NIEDBAŁA Dorota</b>	<b>118</b>		K-40	14	<b>00:32:05.65</b>	+00:15:44 (49.0%)	6:25	9.3 (50.8%)
194	<b>ULENBERG Maria</b>	<b>190</b>		K-16	18	<b>00:32:13.80</b>	+00:15:52 (49.2%)	6:26	9.3 (50.8%)
195	<b>STANCZEWSKA Karolina</b>	<b>164</b>		K-30	25	<b>00:32:14.50</b>	+00:15:53 (49.3%)	6:27	9.3 (50.8%)
196	<b>SZAFIROWICZ-CHOJNACKA Paulina</b>	<b>175</b>		K-30	26	<b>00:32:19.00</b>	+00:15:57 (49.4%)	6:27	9.3 (50.8%)
197	<b>CHOJNACKI Bartosz</b>	<b>19</b>		M-40	40	<b>00:32:19.75</b>	+00:15:58 (49.4%)	6:28	9.3 (50.8%)
198	<b>PASEK Jan</b>	<b>133</b>	KLUB BIEGOWY JANTAR ŚWIESZYNO	M-60	9	<b>00:32:56.15</b>	+00:16:34 (50.3%)	6:35	9.1 (49.7%)
199	<b>RAMA Ewa</b>	<b>145</b>		K-50	3	<b>00:33:23.20</b>	+00:17:01 (51.0%)	6:40	9 (49.2%)
200	<b>RAMA Janusz</b>	<b>144</b>		M-40	41	<b>00:33:23.45</b>	+00:17:01 (51.0%)	6:40	9 (49.2%)
201	<b>ŻYWOT Norbert</b>	<b>211</b>		M-40	42	<b>00:33:25.35</b>	+00:17:03 (51.1%)	6:41	9 (49.2%)
202	<b>LEŚNIEWSKI Dominik</b>	<b>215</b>	RAMS TRAINING HOUSE	M-30	47	<b>00:33:31.10</b>	+00:17:09 (51.2%)	6:42	9 (49.2%)
203	<b>BOCHNIAK Małgorzata</b>	<b>8</b>	JAMNO	K-30	27	<b>00:33:40.90</b>	+00:17:19 (51.4%)	6:44	8.9 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	<b>JANDURA Patrycja</b>	<b>62</b>		K-16	19	<b>00:33:43.45</b>	+00:17:21 (51.5%)	6:44	8.9 (48.6%)
205	<b>KRYSTOSIK Paulina</b>	<b>98</b>		K-16	20	<b>00:34:40.65</b>	+00:18:19 (52.8%)	6:56	8.6 (47.0%)
206	<b>MAŁYSZEWICZ Teresa</b>	<b>108</b>		K-50	4	<b>00:34:54.40</b>	+00:18:32 (53.1%)	6:59	8.6 (47.0%)
207	<b>KULASZEWICZ-HENGIER Sabina</b>	<b>100</b>		K-30	28	<b>00:35:15.80</b>	+00:18:54 (53.6%)	7:03	8.5 (46.4%)
208	<b>GÓRSKA Dorota</b>	<b>53</b>		K-50	5	<b>00:35:35.45</b>	+00:19:13 (54.0%)	7:07	8.4 (45.9%)
209	<b>SOLAK Halina</b>	<b>161</b>	ŚWIAT PŁYTEK U KRYSPINA	K-60	1	<b>00:39:27.30</b>	+00:23:05 (58.5%)	7:53	7.6 (41.5%)
210	<b>BARTNIK Marian</b>	<b>136</b>	TKKF KOSZALIN	M-70	3	<b>00:40:11.55</b>	+00:23:50 (59.3%)	8:02	7.5 (41.0%)
211	<b>DAMPS Julita</b>	<b>27</b>	NIGHT RUNNERS SŁUPSK	K-30	29	<b>00:40:20.65</b>	+00:23:59 (59.5%)	8:04	7.4 (40.4%)

Znaleziono 211 wynik(ów)