



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2015-12-06
Miejsce: Jamno
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	425	KL ISKRA BIAŁOGARD	M-18	1	00:03:55	00:16:29.85	00:20:24.90		3:17	18.2 (100%)
2	KRUCZKOWSKI Damian	322	JEDNOSTKA WOJSKOWA 1696 ZŁOCENIEC	M-18	2	00:03:55	00:16:45.85	00:20:40.90	+00:00:16 (1.6%)	3:21	17.9 (98.4%)
3	GAWRON Piotr	242	ULKS TALEX BORZYTUCHOM	M-18	3	00:03:54	00:17:27.60	00:21:22.45	+00:00:57 (5.5%)	3:29	17.2 (94.5%)
4	KAMIENIECKI Rafał	349	TUPOT-USTKA	M-30	1	00:03:58	00:18:25.50	00:22:23.60	+00:01:55 (10.5%)	3:41	16.3 (89.6%)
5	WIDONIAK Rafał	326	BIEGNIJMY.PL	M-40	1	00:03:57	00:18:28.55	00:22:25.90	+00:01:58 (10.7%)	3:41	16.2 (89.0%)
6	MUSIAŁ Krzysztof	436	4RUN TKKF KOSZALIN	M-30	2	00:03:55	00:18:51.35	00:22:46.40	+00:02:21 (12.5%)	3:46	15.9 (87.4%)
7	GARSKI Kryspin	419	ŚWIAT PŁYTEK U KRYSPIŃA / SEXYRUNNERS	M-30	3	00:04:01	00:18:53.50	00:22:54.95	+00:02:23 (12.7%)	3:46	15.9 (87.4%)
8	WILCZEWSKI Mariusz	246	MKS ŚWIĘC ABWOOD SŁAWNO	M-18	4	00:03:58	00:19:00.80	00:22:58.90	+00:02:30 (13.2%)	3:48	15.8 (86.8%)
9	IGNACZAK Piotr	289	KB.10 BIAŁOGARD	M-18	5	00:03:55	00:19:07.85	00:23:02.90	+00:02:38 (13.8%)	3:49	15.7 (86.3%)
10	GÓRA Sylwester	329		M-40	2	00:03:54	00:19:31.50	00:23:26.25	+00:03:01 (15.5%)	3:54	15.4 (84.6%)
11	USTIANOWSKI Wojciech	87	JW1223	M-18	6	00:04:05	00:19:32.50	00:23:38.15	+00:03:02 (15.6%)	3:54	15.3 (84.1%)
12	JURA Krzysztof	391	MTS HAMER	M-40	3	00:03:58	00:19:37.35	00:23:35.50	+00:03:07 (15.9%)	3:55	15.3 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
13	RETKA Bartosz	395		M-18	7	00:03:55	00:19:39.95	00:23:35.30	+00:03:10 (16.1%)	3:56	15.3 (84.1%)
14	SKIERKA Grzegorz	222	MKS ŚWIĘC SŁAWNO	M-30	4	00:03:55	00:19:42.25	00:23:38.05	+00:03:12 (16.3%)	3:56	15.2 (83.5%)
15	RADLIŃSKI Leopold	359	PUPIL KOSZALIN	M-40	4	00:04:01	00:19:51.80	00:23:53.65	+00:03:21 (16.9%)	3:58	15.1 (83.0%)
16	KANIEWSKI Sebastian	444		M-40	5	00:03:55	00:19:53.90	00:23:49.45	+00:03:24 (17.1%)	3:58	15.1 (83.0%)
17	FAMULSKI Cezary	252	FORMA ROSNOWO	M-30	5	00:04:03	00:20:03.15	00:24:06.80	+00:03:33 (17.7%)	4:00	15 (82.4%)
18	KAPUŚCIŃSKI Robert	54	JW 1223 KOSZALIN	M-30	6	00:03:55	00:20:07.55	00:24:03.40	+00:03:37 (18.0%)	4:01	14.9 (81.9%)
19	KACHLICKI Kamil	93	BIEGNIJMY.PL	M-30	7	00:04:01	00:20:10.00	00:24:11.45	+00:03:40 (18.2%)	4:02	14.9 (81.9%)
20	PAKULSKI Marcin	332		M-40	6	00:04:00	00:20:11.70	00:24:12.45	+00:03:41 (18.3%)	4:02	14.9 (81.9%)
21	LEMAŃCZYK Andrzej	431	DORIAN TEAM	M-30	8	00:03:56	00:20:13.30	00:24:09.65	+00:03:43 (18.4%)	4:02	14.8 (81.3%)
22	ECKERT Zbigniew	428	TEAM BIEGOWY SZCZECINEK	M-40	7	00:04:01	00:20:15.75	00:24:16.75	+00:03:45 (18.6%)	4:03	14.8 (81.3%)
23	DĘGA Ryszard	441	TUPOT USTKA	M-60	1	00:03:58	00:20:16.15	00:24:14.45	+00:03:46 (18.6%)	4:03	14.8 (81.3%)
24	MATUSZEWSKI Karol	418	RED WOLF TEAM	M-30	9	00:03:55	00:20:16.60	00:24:12.05	+00:03:46 (18.6%)	4:03	14.8 (81.3%)
25	MATYJASEK Zbigniew	279	NIEBIESKIE BERETY.	M-40	8	00:03:56	00:20:19.20	00:24:15.35	+00:03:49 (18.8%)	4:03	14.8 (81.3%)
26	KOŚCIELNIAK Robert	207	4RUN TKKF KOSZALIN	M-50	1	00:03:57	00:20:19.65	00:24:17.50	+00:03:49 (18.8%)	4:04	14.8 (81.3%)
27	KOTARA-PAŁKA Małgorzata	213		K-30	1	00:03:58	00:20:20.00	00:24:18.55	+00:03:50 (18.9%)	4:04	14.8 (81.3%)
28	JAŹWIŃSKI Dawid	200	GIMNAZJUM 7	M-DZ	1	00:04:00	00:20:21.10	00:24:21.65	+00:03:51 (18.9%)	4:04	14.7 (80.8%)
29	HEJMAN Damian	271	RUNNERSCLUB.PL	M-18	8	00:03:57	00:20:23.90	00:24:20.90	+00:03:54 (19.1%)	4:04	14.7 (80.8%)
30	CZYŻEWSKI Janusz	125	KOŁOBRZEG BIEGA MARATON TEAM	M-50	2	00:03:58	00:20:24.75	00:24:23.65	+00:03:54 (19.2%)	4:05	14.7 (80.8%)
31	UZNAŃSKI Ryszard	299		M-40	9	00:03:59	00:20:27.65	00:24:26.65	+00:03:57 (19.4%)	4:05	14.7 (80.8%)
32	SOBCZYK Łukasz	351	KOŁOBRZEGBIEGA	M-40	10	00:03:58	00:20:30.25	00:24:28.85	+00:04:00 (19.5%)	4:06	14.6 (80.2%)
33	LIZAKOWSKI Patryk	267		M-18	9	00:04:01	00:20:30.30	00:24:31.30	+00:04:00 (19.5%)	4:06	14.6 (80.2%)
34	MICKIEWICZ Adam	166	36 DROPMRZEŻYNO	M-18	10	00:03:57	00:20:30.40	00:24:27.60	+00:04:00 (19.6%)	4:06	14.6 (80.2%)
35	SIEMIĄTKOWSKI Robert	302	RUNNERSWALDE DARŁOWO	M-30	10	00:04:15	00:20:32.50	00:24:47.75	+00:04:02 (19.7%)	4:06	14.6 (80.2%)

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36	RAJNER Krzysztof	88		M-30	11	00:03:59	00:20:37.15	00:24:36.65	+00:04:07 (20.0%)	4:07	14.6 (80.2%)
37	NOGA Sebastian	72	4RUN TKKF KOSZALIN	M-18	11	00:04:01	00:20:42.20	00:24:43.45	+00:04:12 (20.3%)	4:08	14.5 (79.7%)
38	KOBUS Maciej	10		M-18	12	00:04:04	00:20:44.60	00:24:49.10	+00:04:14 (20.5%)	4:09	14.5 (79.7%)
39	WINKEL Jerzy	147		M-40	11	00:03:58	00:20:46.75	00:24:44.85	+00:04:16 (20.6%)	4:09	14.4 (79.1%)
40	ZIELIŃSKI Mateusz	29	SŁONECZNY PATROL KOSZALIN	M-18	13	00:04:28	00:20:49.30	00:25:17.90	+00:04:19 (20.8%)	4:09	14.4 (79.1%)
41	PRUS Mikołaj	433	ARAGORTEAM	M-18	14	00:03:55	00:20:51.15	00:24:46.55	+00:04:21 (20.9%)	4:10	14.4 (79.1%)
42	MAKSYMIUK Miron	447		M-18	15	00:04:04	00:20:52.05	00:24:56.05	+00:04:22 (20.9%)	4:10	14.4 (79.1%)
43	MROCKOWSKI Marek	92	ROZBIEGANY KOSZALIN	M-30	12	00:04:06	00:20:57.00	00:25:03.05	+00:04:27 (21.3%)	4:11	14.3 (78.6%)
44	JAMNIAK Bartosz	403	MTS HAMER MIASTKO	M-18	16	00:03:58	00:21:00.25	00:24:58.35	+00:04:30 (21.5%)	4:12	14.3 (78.6%)
45	KRUK Marcin	303	XXX	M-30	13	00:04:03	00:21:03.00	00:25:06.90	+00:04:33 (21.6%)	4:12	14.3 (78.6%)
46	MALINOWSKI Mariusz	40		M-30	14	00:04:22	00:21:07.85	00:25:29.95	+00:04:38 (21.9%)	4:13	14.2 (78.0%)
47	KAŹMIERCZAK Dawid	211		M-18	17	00:04:11	00:21:15.95	00:25:27.80	+00:04:46 (22.4%)	4:15	14.1 (77.5%)
48	PSTRĄGOWSKI Marcin	78		M-30	15	00:04:05	00:21:22.95	00:25:28.00	+00:04:53 (22.8%)	4:16	14 (76.9%)
49	WEBER Paweł	401	AMADEUS GYM CROSS	M-30	16	00:04:01	00:21:24.10	00:25:25.15	+00:04:54 (22.9%)	4:16	14 (76.9%)
50	EMILIT Grzegorz	386	KEEP COLM AND GO ON	M-30	17	00:03:58	00:21:24.35	00:25:23.05	+00:04:54 (22.9%)	4:17	14 (76.9%)
51	KALKOWSKI Piotr	161		M-18	18	00:04:12	00:21:25.40	00:25:37.90	+00:04:55 (23.0%)	4:17	14 (76.9%)
52	DZIETCZYK Kamil	409	JW 1749	M-30	18	00:03:58	00:21:25.80	00:25:24.20	+00:04:55 (23.0%)	4:17	14 (76.9%)
53	WOCH Edward	103		M-50	3	00:04:05	00:21:26.75	00:25:32.40	+00:04:56 (23.1%)	4:17	14 (76.9%)
54	WALASEK Robert	64	BARCZEWSKI TEAM	M-18	19	00:03:57	00:21:28.60	00:25:25.95	+00:04:58 (23.2%)	4:17	14 (76.9%)
55	OGRODNIK Grzegorz	55	JW1223	M-40	12	00:04:03	00:21:30.90	00:25:34.20	+00:05:01 (23.3%)	4:18	13.9 (76.4%)
56	NIEMCZUK Dariusz	69		M-50	4	00:04:00	00:21:31.50	00:25:31.65	+00:05:01 (23.4%)	4:18	13.9 (76.4%)
57	JURA Michał	392	MTS HAMER	M-18	20	00:03:58	00:21:32.40	00:25:31.30	+00:05:02 (23.4%)	4:18	13.9 (76.4%)
58	KALKOWSKI Paweł	15		M-18	21	00:04:12	00:21:34.65	00:25:46.85	+00:05:04 (23.5%)	4:18	13.9 (76.4%)

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59	NACHYŁA Paweł	100	DZIKI KOSZALIN	M-18	22	00:04:05	00:21:42.50	00:25:47.95	+00:05:12 (24.0%)	4:20	13.8 (75.8%)
60	GAŁKA Marcin	167	TRZEBIATÓW	M-30	19	00:03:57	00:21:49.90	00:25:47.50	+00:05:20 (24.4%)	4:22	13.7 (75.3%)
61	STANKIEWICZ Wiesław	277		M-50	5	00:04:02	00:21:54.45	00:25:56.55	+00:05:24 (24.7%)	4:22	13.7 (75.3%)
62	SOROKA Piotr	304		M-30	20	00:04:00	00:21:57.20	00:25:57.20	+00:05:27 (24.9%)	4:23	13.7 (75.3%)
63	MROCZKOWSKI Piotr	38	ROZBIEGANY KOSZALIN	M-18	23	00:04:11	00:22:00.05	00:26:11.80	+00:05:30 (25.0%)	4:24	13.6 (74.7%)
64	CUBER Wojciech	269		M-30	21	00:03:56	00:22:02.05	00:25:58.80	+00:05:32 (25.1%)	4:24	13.6 (74.7%)
65	GRZYWA Roman	286	18.WOG	M-40	13	00:04:06	00:22:02.90	00:26:09.25	+00:05:33 (25.2%)	4:24	13.6 (74.7%)
66	CHOŁUJ Jarek	366		M-40	14	00:04:08	00:22:04.30	00:26:12.80	+00:05:34 (25.3%)	4:24	13.6 (74.7%)
67	KRAKOWIAK Sławomir	215		M-40	15	00:03:58	00:22:05.35	00:26:03.45	+00:05:35 (25.3%)	4:25	13.6 (74.7%)
68	KURLAPSKI Mariusz	162	STR ̨WIDWIN	M-40	16	00:04:26	00:22:07.30	00:26:34.15	+00:05:37 (25.4%)	4:25	13.6 (74.7%)
69	GOŁDYN Marek	25		M-30	22	00:04:13	00:22:09.20	00:26:22.20	+00:05:39 (25.5%)	4:25	13.5 (74.2%)
70	ZWOLIŃSKI Jan	104	TKKF KOSZALIN	M-40	17	00:03:57	00:22:10.20	00:26:07.85	+00:05:40 (25.6%)	4:26	13.5 (74.2%)
71	LESZCZYŃSKI Marcin	298	WWW.GARROSH.PL	M-40	18	00:04:07	00:22:12.40	00:26:19.75	+00:05:42 (25.7%)	4:26	13.5 (74.2%)
72	FRONTCZAK Izabela	416	4RUN TKKF KOSZALIN	K-18	1	00:03:59	00:22:14.05	00:26:13.35	+00:05:44 (25.8%)	4:26	13.5 (74.2%)
73	SZAŁKOWSKI Wojtek	266	TUPOT USTKA	M-30	23	00:04:29	00:22:15.70	00:26:45.45	+00:05:45 (25.9%)	4:27	13.5 (74.2%)
74	CHODOR Martyna	442	4RUN TKKF KOSZALIN	K-30	2	00:03:57	00:22:16.50	00:26:14.10	+00:05:46 (25.9%)	4:27	13.5 (74.2%)
75	STRUMIŃSKI Rafał	206	ŻYTANIA TEAM	M-30	24	00:04:07	00:22:16.80	00:26:24.25	+00:05:46 (26.0%)	4:27	13.5 (74.2%)
76	KIERKOSZ Marek	434	DRUŻYNA SZPIKU	M-40	19	00:03:59	00:22:18.65	00:26:18.25	+00:05:48 (26.1%)	4:27	13.4 (73.6%)
77	ZIOMKO Rafał	314		M-40	20	00:04:17	00:22:19.30	00:26:36.45	+00:05:49 (26.1%)	4:27	13.4 (73.6%)
78	JANKIEWICZ Tomasz	344	MTS HAMER MIASTKO	M-40	21	00:04:03	00:22:22.05	00:26:25.35	+00:05:52 (26.2%)	4:28	13.4 (73.6%)
79	KAMELSKI Piotr	145	B/K	M-40	22	00:03:56	00:22:22.15	00:26:18.60	+00:05:52 (26.2%)	4:28	13.4 (73.6%)
80	JAKUBOWSKI Karol	361	2BZ	M-18	24	00:04:04	00:22:22.60	00:26:27.40	+00:05:52 (26.3%)	4:28	13.4 (73.6%)
81	KUBIŃSKI Rafał	171	ALLIANZ RUNNING TEAM	M-50	6	00:04:00	00:22:22.85	00:26:23.10	+00:05:53 (26.3%)	4:28	13.4 (73.6%)

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82	DEMBICKI Daniel	341		M-40	23	00:04:01	00:22:25.65	00:26:27.40	+00:05:55 (26.4%)	4:29	13.4 (73.6%)
83	JÓŹWIAK Mariusz	110		M-30	25	00:04:00	00:22:26.55	00:26:26.85	+00:05:56 (26.5%)	4:29	13.4 (73.6%)
84	PETA Andrzej	276	MTS HAMER MIASTKO	M-40	24	00:04:04	00:22:27.15	00:26:32.10	+00:05:57 (26.5%)	4:29	13.4 (73.6%)
85	WINKEL Łukasz	148		M-40	25	00:03:59	00:22:27.65	00:26:26.80	+00:05:57 (26.5%)	4:29	13.4 (73.6%)
86	ZIÓŁKOWSKI Wojciech	151	KB 'GOCH' BYTÓW	M-30	26	00:03:59	00:22:28.95	00:26:28.35	+00:05:59 (26.6%)	4:29	13.3 (73.1%)
87	SZULC Arkadiusz	132		M-30	27	00:03:55	00:22:29.45	00:26:25.25	+00:05:59 (26.6%)	4:30	13.3 (73.1%)
88	DZIĘBOWSKI Mariusz	86		M-18	25	00:04:08	00:22:33.60	00:26:42.15	+00:06:03 (26.9%)	4:30	13.3 (73.1%)
89	PUŚCIAN Krzysztof Kamil	2	GIMNAZJUM W MANOWIE	M-40	26	00:03:56	00:22:35.75	00:26:32.15	+00:06:05 (27.0%)	4:31	13.3 (73.1%)
90	WIECZOREK Wojciech	165		M-30	28	00:04:17	00:22:38.85	00:26:56.65	+00:06:09 (27.2%)	4:31	13.2 (72.5%)
91	WALCZAK Rafał	389		M-30	29	00:03:59	00:22:41.25	00:26:40.85	+00:06:11 (27.3%)	4:32	13.2 (72.5%)
92	MERDA Katarzyna	283	MTS HAMER MIASTKO	K-30	3	00:04:02	00:22:41.80	00:26:44.05	+00:06:11 (27.3%)	4:32	13.2 (72.5%)
93	SUGIER Michał	220	NMC	M-30	30	00:04:04	00:22:45.10	00:26:49.45	+00:06:15 (27.5%)	4:33	13.2 (72.5%)
94	KUKIEŁA Tomasz	288		M-30	31	00:04:01	00:22:45.60	00:26:47.55	+00:06:15 (27.5%)	4:33	13.2 (72.5%)
95	KOŁODZIEJCZAK Grzegorz	217	PARKRUN SZCZECINEK	M-40	27	00:04:16	00:22:46.30	00:27:03.05	+00:06:16 (27.6%)	4:33	13.2 (72.5%)
96	KOŁODZIEJCZAK Marcin	355		M-40	28	00:04:16	00:22:46.70	00:27:03.15	+00:06:16 (27.6%)	4:33	13.2 (72.5%)
97	BIL Adrian	308		M-30	32	00:04:14	00:22:48.05	00:27:02.35	+00:06:18 (27.6%)	4:33	13.2 (72.5%)
98	ROGALSKI Roberto	31	ZAWSZE SIĘGAJ WYŻEJ	M-30	33	00:04:01	00:22:50.25	00:26:51.25	+00:06:20 (27.8%)	4:34	13.1 (72.0%)
99	ŻYWICKI Bartosz	106	DZIKI KOSZALIN	M-30	34	00:04:03	00:22:51.70	00:26:54.90	+00:06:21 (27.8%)	4:34	13.1 (72.0%)
100	KONIECZNA Anka	324	ROZBIEGANY KOSZALIN	K-40	1	00:04:14	00:22:53.40	00:27:07.75	+00:06:23 (27.9%)	4:34	13.1 (72.0%)
101	DORAWA Wojtek	14		M-18	26	00:04:10	00:22:54.50	00:27:05.15	+00:06:24 (28.0%)	4:35	13.1 (72.0%)
102	DONIGIEWICZ Leszek	186		M-60	2	00:04:11	00:22:56.05	00:27:07.75	+00:06:26 (28.1%)	4:35	13.1 (72.0%)
103	JAROSZ Dariusz	13	4RUN TKKF KOSZALIN	M-40	29	00:04:10	00:22:56.10	00:27:06.65	+00:06:26 (28.1%)	4:35	13.1 (72.0%)
104	BORYSIEWICZ Grzegorz	235	JW1223	M-40	30	00:04:03	00:22:57.25	00:27:00.25	+00:06:27 (28.1%)	4:35	13.1 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
105	IWANIEC Dariusz	318	4RUN TKKF KOSZALIN	M-40	31	00:04:07	00:22:58.50	00:27:05.60	+00:06:28 (28.2%)	4:35	13.1 (72.0%)
106	ŁABEJSZA Łukasz	192	WOJOWNICY WÓDY	M-30	35	00:04:01	00:22:59.40	00:27:01.30	+00:06:29 (28.2%)	4:36	13 (71.4%)
107	KAMYK Piotr	168	MH KOSZALIN ITSERWIS	M-30	36	00:03:58	00:22:59.70	00:26:58.60	+00:06:29 (28.3%)	4:36	13 (71.4%)
107	PLUCIŃSKI Jakub	367	POSNANIA	M-DZ	2	00:04:26	00:22:59.70	00:27:26.40	+00:06:29 (28.3%)	4:36	13 (71.4%)
109	GÓRA Agnieszka	330		K-30	4	00:04:06	00:23:01.40	00:27:08.15	+00:06:31 (28.3%)	4:36	13 (71.4%)
110	KITŁOWSKI Marcin	250		M-30	37	00:04:22	00:23:02.20	00:27:24.55	+00:06:32 (28.4%)	4:36	13 (71.4%)
110	STAWISZYŃSKI Jarosław	293	FRK	M-30	38	00:04:33	00:23:02.20	00:27:35.95	+00:06:32 (28.4%)	4:36	13 (71.4%)
112	WILKOWSKI Krzysztof	73		M-30	39	00:04:03	00:23:03.60	00:27:06.65	+00:06:33 (28.5%)	4:36	13 (71.4%)
113	SZABLA Ewelina	135		K-30	5	00:04:02	00:23:03.80	00:27:06.50	+00:06:33 (28.5%)	4:36	13 (71.4%)
114	BUTOWICZ Adam	240		M-50	7	00:04:01	00:23:06.40	00:27:07.55	+00:06:36 (28.6%)	4:37	13 (71.4%)
115	MALINOWSKA Agnieszka	339	CIOTECZKI.PL	K-30	6	00:04:08	00:23:08.25	00:27:16.45	+00:06:38 (28.7%)	4:37	13 (71.4%)
116	MERDA Piotr	282	MTS HAMER MIASTKO	M-30	40	00:04:02	00:23:08.30	00:27:11.10	+00:06:38 (28.7%)	4:37	13 (71.4%)
117	SCHWARZ Ludwik	333		M-50	8	00:03:56	00:23:09.80	00:27:06.20	+00:06:39 (28.8%)	4:38	12.9 (70.9%)
117	ROGOŻA Ireneusz	34		M-40	32	00:04:03	00:23:09.80	00:27:13.55	+00:06:39 (28.8%)	4:38	12.9 (70.9%)
119	BROVCHENKO Jurii	422	ŚWIAT PŁYTEK U KRYSPINA	M-18	27	00:04:13	00:23:12.85	00:27:26.10	+00:06:43 (28.9%)	4:38	12.9 (70.9%)
120	STACHOLIŃSKI Hubert	227		M-30	41	00:04:06	00:23:13.35	00:27:20.00	+00:06:43 (29.0%)	4:38	12.9 (70.9%)
121	SPICA Łukasz	281		M-18	28	00:04:01	00:23:15.75	00:27:16.75	+00:06:45 (29.1%)	4:39	12.9 (70.9%)
122	CHOJNACKI Bartosz	119		M-30	42	00:04:04	00:23:18.15	00:27:22.20	+00:06:48 (29.2%)	4:39	12.9 (70.9%)
123	ZASIMOWSKI Adam	79	BIEGAM BO LUBIĘ	M-30	43	00:04:12	00:23:19.50	00:27:31.80	+00:06:49 (29.3%)	4:39	12.9 (70.9%)
124	WIELGUS Paweł	331	OKONEK	M-30	44	00:03:59	00:23:20.35	00:27:20.30	+00:06:50 (29.3%)	4:40	12.8 (70.3%)
125	ŁABAŃSKI Waldemar	75		M-18	29	00:04:28	00:23:24.55	00:27:52.75	+00:06:54 (29.5%)	4:40	12.8 (70.3%)
126	MACHELSKA Sylwia	327	PGB SPORTOWA PACZKA	K-30	7	00:03:57	00:23:25.25	00:27:22.90	+00:06:55 (29.6%)	4:41	12.8 (70.3%)
127	WOLAŃSKI Maciej	400		M-DZ	3	00:04:00	00:23:25.50	00:27:26.10	+00:06:55 (29.6%)	4:41	12.8 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
128	NAKONIECZNY Rafał	123	BAJADERKI KOSZALIN	M-30	45	00:04:09	00:23:28.50	00:27:38.20	+00:06:58 (29.7%)	4:41	12.8 (70.3%)
129	HAŁAJKO Magdalena	365	BABECZKI	K-30	8	00:04:15	00:23:32.75	00:27:48.40	+00:07:02 (29.9%)	4:42	12.7 (69.8%)
130	ŚWIETLIK Tomasz	120		M-50	9	00:03:57	00:23:33.00	00:27:30.05	+00:07:03 (29.9%)	4:42	12.7 (69.8%)
131	JANICKA Katarzyna	122	BAJADERKI KOSZALIN	K-30	9	00:04:04	00:23:33.50	00:27:38.05	+00:07:03 (30.0%)	4:42	12.7 (69.8%)
132	KOPREK Łukasz	32	SŁONECZNY PATROL KOSZALIN	M-18	30	00:04:27	00:23:35.75	00:28:03.10	+00:07:05 (30.1%)	4:43	12.7 (69.8%)
133	KANIOWSKI Jacek	413	W.P.K SŁOŃ TEAM USTKA	M-30	46	00:04:21	00:23:36.30	00:27:57.95	+00:07:06 (30.1%)	4:43	12.7 (69.8%)
134	DĄBROWSKI Grzegorz	146		M-40	33	00:04:07	00:23:37.80	00:27:45.45	+00:07:07 (30.2%)	4:43	12.7 (69.8%)
135	MYDŁOWSKI Maciej	226	TEAM BIEGOWY SZCZECINEK	M-18	31	00:04:02	00:23:38.05	00:27:40.75	+00:07:08 (30.2%)	4:43	12.7 (69.8%)
136	WOJCIECHOWSKI Adrian	99	AMADEUS CROSSTRaining GYM	M-18	32	00:04:27	00:23:38.55	00:28:06.35	+00:07:08 (30.2%)	4:43	12.7 (69.8%)
137	WIERZBICKI Sylwester	301	RUNNERSWALDE DARŁOWO	M-30	47	00:04:15	00:23:41.95	00:27:57.60	+00:07:12 (30.4%)	4:44	12.7 (69.8%)
138	RASZPLA Radosław	338	CIOTECZKI.PL	M-40	34	00:04:07	00:23:44.10	00:27:51.25	+00:07:14 (30.5%)	4:44	12.6 (69.2%)
139	ŁUKASIEWICZ Ewelina	414		K-18	2	00:04:09	00:23:46.20	00:27:55.20	+00:07:16 (30.6%)	4:45	12.6 (69.2%)
140	KACZMAREK Łukasz	190	KLUB	M-30	48	00:04:04	00:23:47.05	00:27:51.90	+00:07:17 (30.6%)	4:45	12.6 (69.2%)
141	CHORAŻY Karolina	90		K-18	3	00:03:56	00:23:47.10	00:27:43.65	+00:07:17 (30.6%)	4:45	12.6 (69.2%)
142	LEWANDOWSKI Marek	214		M-30	49	00:04:30	00:23:47.35	00:28:18.20	+00:07:17 (30.7%)	4:45	12.6 (69.2%)
143	BONISŁAWSKI Jarosław	149	B/K	M-30	50	00:03:56	00:23:47.45	00:27:43.90	+00:07:17 (30.7%)	4:45	12.6 (69.2%)
144	SADOWSKA Justyna	91		K-18	4	00:04:01	00:23:49.15	00:27:51.00	+00:07:19 (30.7%)	4:46	12.6 (69.2%)
145	MRUGALSKI Damian	285		M-30	51	00:04:25	00:23:54.55	00:28:20.20	+00:07:24 (31.0%)	4:47	12.5 (68.7%)
146	CHOŁUJ Karol	179	ZAWSZE DO PRZODU	M-30	52	00:04:09	00:23:56.05	00:28:05.65	+00:07:26 (31.1%)	4:47	12.5 (68.7%)
147	KUŁAKOWSKI Dawid	9	AMADORES	M-30	53	00:03:56	00:23:59.85	00:27:56.40	+00:07:30 (31.3%)	4:48	12.5 (68.7%)
148	PLUCIŃSKI Grzegorz	368	-	M-40	35	00:04:26	00:24:00.45	00:28:26.90	+00:07:30 (31.3%)	4:48	12.5 (68.7%)
149	KOWALSKI Konrad	381	DORIAN TEAM	M-18	33	00:04:23	00:24:04.25	00:28:27.55	+00:07:34 (31.5%)	4:48	12.5 (68.7%)
150	MAJCHRZAK Paweł	152		M-40	36	00:04:29	00:24:06.00	00:28:35.00	+00:07:36 (31.5%)	4:49	12.4 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
151	HOC Dariusz	127		M-40	37	00:04:05	00:24:06.60	00:28:12.15	+00:07:36 (31.6%)	4:49	12.4 (68.1%)
152	MIELEWCZYK Leszek	195	LTS ŁĘBORK	M-50	10	00:04:17	00:24:11.15	00:28:28.95	+00:07:41 (31.8%)	4:50	12.4 (68.1%)
153	DUDZIAK Piotr	160		M-40	38	00:04:12	00:24:12.30	00:28:24.55	+00:07:42 (31.8%)	4:50	12.4 (68.1%)
154	SACHARZEWSKA Anna	210		K-30	10	00:04:11	00:24:12.70	00:28:24.55	+00:07:42 (31.9%)	4:50	12.4 (68.1%)
155	DORAWA Piotr	36		M-18	34	00:04:11	00:24:14.80	00:28:26.35	+00:07:44 (32.0%)	4:51	12.4 (68.1%)
156	GAWIECKI Piotr	6		M-40	39	00:03:59	00:24:16.50	00:28:15.90	+00:07:46 (32.0%)	4:51	12.4 (68.1%)
157	MĘDEL Marta	180		K-30	11	00:04:12	00:24:19.50	00:28:32.10	+00:07:49 (32.2%)	4:52	12.3 (67.6%)
158	KĘPIŃSKI Marcin	320		M-30	54	00:04:27	00:24:20.60	00:28:48.50	+00:07:50 (32.2%)	4:52	12.3 (67.6%)
159	MĘDEL Cezary	181		M-40	40	00:04:12	00:24:21.00	00:28:33.85	+00:07:51 (32.2%)	4:52	12.3 (67.6%)
160	SUBALSKI Michał	321		M-30	55	00:04:22	00:24:22.90	00:28:45.05	+00:07:53 (32.3%)	4:52	12.3 (67.6%)
161	OSOBNIAK Ryszard	164		M-50	11	00:04:16	00:24:25.00	00:28:41.15	+00:07:55 (32.4%)	4:53	12.3 (67.6%)
162	GROCHOWSKI Rafał	378		M-30	56	00:04:10	00:24:26.50	00:28:36.85	+00:07:56 (32.5%)	4:53	12.3 (67.6%)
163	DUDKIEWICZ Leszek	397	4RUN TKKF KOSZALIN	M-60	3	00:04:18	00:24:28.15	00:28:46.65	+00:07:58 (32.6%)	4:53	12.3 (67.6%)
164	FELKOWSKI Tomasz	445		M-30	57	00:04:30	00:24:28.90	00:28:59.30	+00:07:59 (32.6%)	4:53	12.3 (67.6%)
165	STRÓŻYNA Michał	111		M-30	58	00:04:35	00:24:31.25	00:29:06.80	+00:08:01 (32.7%)	4:54	12.2 (67.0%)
166	JANUSZEWSKI Jacek	131	NIEZRZESZONY	M-50	12	00:04:22	00:24:32.10	00:28:54.85	+00:08:02 (32.8%)	4:54	12.2 (67.0%)
167	MRUGALSKA Magdalena	284	JW1223	K-18	5	00:04:24	00:24:34.15	00:28:59.05	+00:08:04 (32.9%)	4:55	12.2 (67.0%)
168	SKOWYRSKI Janusz	3	ROWERIA KOSZALIN	M-50	13	00:04:07	00:24:34.80	00:28:42.50	+00:08:04 (32.9%)	4:55	12.2 (67.0%)
169	WITKA Piotr	194	KLUB ŁEBA MORS POLAND	M-50	14	00:04:17	00:24:35.20	00:28:52.40	+00:08:05 (32.9%)	4:55	12.2 (67.0%)
170	KOPCZEWSKI Dariusz	23		M-50	15	00:04:17	00:24:36.10	00:28:53.85	+00:08:06 (32.9%)	4:55	12.2 (67.0%)
171	DĄBROWSKA Anna	209		K-30	12	00:04:16	00:24:37.20	00:28:53.25	+00:08:07 (33.0%)	4:55	12.2 (67.0%)
172	KOZIBRODA Marcin	408	TRIATHLON SZCZECINEK	M-30	59	00:04:04	00:24:45.70	00:28:50.60	+00:08:15 (33.4%)	4:57	12.1 (66.5%)
173	KIKTA Piotr	376		M-30	60	00:04:14	00:24:47.85	00:29:02.75	+00:08:18 (33.5%)	4:57	12.1 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
174	NOREK Tomek	140		M-40	41	00:04:31	00:24:48.95	00:29:20.30	+00:08:19 (33.5%)	4:57	12.1 (66.5%)
175	SZPILER Krzysztof	60		M-18	35	00:04:26	00:24:49.20	00:29:15.95	+00:08:19 (33.5%)	4:57	12.1 (66.5%)
176	MAZURKIEWICZ Jolanta	232		K-18	6	00:04:10	00:24:49.80	00:29:00.75	+00:08:19 (33.6%)	4:58	12.1 (66.5%)
177	KORPAL Cezary	42	ROZBIEGANY KOSZALIN	M-50	16	00:04:11	00:24:50.65	00:29:02.50	+00:08:20 (33.6%)	4:58	12.1 (66.5%)
178	DUDEK Mateusz	291		M-18	36	00:04:16	00:24:52.05	00:29:08.50	+00:08:22 (33.7%)	4:58	12.1 (66.5%)
179	BARTOSIK Jarosław	407		M-40	42	00:04:03	00:24:55.35	00:28:58.70	+00:08:25 (33.8%)	4:59	12 (65.9%)
180	SIEPRACKI Adam	188	FORUM ROZWOJU KOSZALINA	M-30	61	00:04:33	00:24:57.40	00:29:30.70	+00:08:27 (33.9%)	4:59	12 (65.9%)
181	KAJKOWSKI Rafał	335		M-40	43	00:04:12	00:24:57.55	00:29:10.35	+00:08:27 (33.9%)	4:59	12 (65.9%)
182	KUPREWICZ Grzegorz	136		M-30	62	00:04:02	00:25:04.25	00:29:06.65	+00:08:34 (34.2%)	5:00	12 (65.9%)
183	KOZŁOWIECKI Waldemar	21	4RUN TKKF KOSZALIN	M-60	4	00:03:55	00:25:08.65	00:29:04.50	+00:08:38 (34.4%)	5:01	11.9 (65.4%)
184	PETA Renata	275	MTS HAMER MIASTKO	K-30	13	00:04:05	00:25:10.70	00:29:15.85	+00:08:40 (34.5%)	5:02	11.9 (65.4%)
185	KASPERSKI Mirosław	231	B-RUN-EK KOSZALIN	M-40	44	00:04:09	00:25:12.20	00:29:21.20	+00:08:42 (34.5%)	5:02	11.9 (65.4%)
186	ORYSZCZYN Arkadiusz	287		M-18	37	00:04:01	00:25:14.20	00:29:15.50	+00:08:44 (34.6%)	5:02	11.9 (65.4%)
187	RADLIŃSKA Nela	358	PUPIL KOSZALIN	K-DZ	1	00:04:05	00:25:15.60	00:29:21.50	+00:08:45 (34.7%)	5:03	11.9 (65.4%)
188	HOC Agnieszka	1		K-30	14	00:04:06	00:25:15.70	00:29:21.85	+00:08:45 (34.7%)	5:03	11.9 (65.4%)
189	ŁANGOWSKA Iwona	294	KOŁOBRZEG BIEGA	K-40	2	00:04:00	00:25:16.50	00:29:17.05	+00:08:46 (34.7%)	5:03	11.9 (65.4%)
190	ŚWIĘTOŃ Rafał	216		M-30	63	00:04:20	00:25:19.85	00:29:40.70	+00:08:50 (34.9%)	5:04	11.8 (64.8%)
191	FAJGIER Tomasz	245		M-40	45	00:04:11	00:25:22.60	00:29:34.15	+00:08:52 (35.0%)	5:04	11.8 (64.8%)
192	KRASIŃSKI Witold	133		M-40	46	00:03:59	00:25:22.80	00:29:22.25	+00:08:52 (35.0%)	5:04	11.8 (64.8%)
193	MATYJASEK Lucyna	280		K-40	3	00:04:07	00:25:24.85	00:29:32.15	+00:08:55 (35.1%)	5:05	11.8 (64.8%)
194	KACHLICKI Borys	96		M-DZ	4	00:04:16	00:25:25.15	00:29:41.40	+00:08:55 (35.1%)	5:05	11.8 (64.8%)
195	BAK Zbigniew	317	RUNNERSWALDE	M-30	64	00:04:29	00:25:27.10	00:29:56.90	+00:08:57 (35.2%)	5:05	11.8 (64.8%)
196	SZULC Szymon	255	GRYF LOK BIAŁOGARD	M-18	38	00:04:24	00:25:32.50	00:29:57.10	+00:09:02 (35.4%)	5:06	11.7 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
197	SZYMAŃSKI Tomasz	150	TEAM BIEGOWY SZCZECINEK	M-40	47	00:04:04	00:25:35.15	00:29:39.45	+00:09:05 (35.5%)	5:07	11.7 (64.3%)
198	MIELCZAREK Ksawery	183		M-DZ	5	00:04:15	00:25:35.55	00:29:51.15	+00:09:05 (35.5%)	5:07	11.7 (64.3%)
199	BROVCHENKO Sylwia	421	ŚWIAT PŁYTEK U KRYSPIŃ	K-18	7	00:04:12	00:25:35.95	00:29:48.50	+00:09:06 (35.6%)	5:07	11.7 (64.3%)
200	HRYCIÓW Paweł	97		M-30	65	00:04:30	00:25:36.30	00:30:06.70	+00:09:06 (35.6%)	5:07	11.7 (64.3%)
201	ZIENTARSKA Joanna	420	ŚWIAT PŁYTEK U KRYSPIŃ	K-40	4	00:04:12	00:25:36.65	00:29:49.15	+00:09:06 (35.6%)	5:07	11.7 (64.3%)
202	KAŻMIERCZAK Tomasz	382	JW 3937	M-30	66	00:04:05	00:25:37.15	00:29:42.30	+00:09:07 (35.6%)	5:07	11.7 (64.3%)
203	STANIASZEK Bogusław	346	TUPOT USTKA	M-60	5	00:04:01	00:25:37.40	00:29:39.35	+00:09:07 (35.6%)	5:07	11.7 (64.3%)
204	SZTORC-KACHLIĆKA Marzena	94		K-40	5	00:04:16	00:25:38.95	00:29:55.10	+00:09:09 (35.7%)	5:07	11.7 (64.3%)
205	WOJANOWSKI Zbigniew	27		M-50	17	00:03:58	00:25:39.45	00:29:37.60	+00:09:09 (35.7%)	5:07	11.7 (64.3%)
206	RADECKI Jacek	405	CS SP KOSZALIN	M-40	48	00:04:12	00:25:40.45	00:29:52.65	+00:09:10 (35.7%)	5:08	11.7 (64.3%)
207	LEMAŃCZYK Alina	432	DORIAN TEAM	K-18	8	00:04:23	00:25:41.45	00:30:04.45	+00:09:11 (35.8%)	5:08	11.7 (64.3%)
208	POLAŃSKA Katarzyna	105	DZIKI KOSZALIN	K-30	15	00:04:03	00:25:42.35	00:29:46.10	+00:09:12 (35.8%)	5:08	11.7 (64.3%)
209	KURŁOWICZ Krzysztof	449	WESOŁE BLONDYNKI	M-30	67	00:04:07	00:25:44.15	00:29:51.15	+00:09:14 (35.9%)	5:08	11.7 (64.3%)
210	OPOZDA Paweł	345	FORUM ROZWOJU KOSZALINA (FRK)	M-30	68	00:04:34	00:25:45.95	00:30:20.45	+00:09:16 (36.0%)	5:09	11.6 (63.7%)
211	ZIĘBA Paweł	18		M-40	49	00:03:56	00:25:48.70	00:29:45.60	+00:09:18 (36.1%)	5:09	11.6 (63.7%)
212	ŁUCZEJKO Sławomir	249	TEAM BIEGOWY SZCZECINEK	M-50	18	00:04:02	00:25:49.10	00:29:51.90	+00:09:19 (36.1%)	5:09	11.6 (63.7%)
213	UZNAŃSKA Agata	300		K-50	1	00:04:14	00:25:51.00	00:30:05.15	+00:09:21 (36.2%)	5:10	11.6 (63.7%)
214	MARKOWSKI Andrzej	435	4RUN TKKF KOSZALIN	M-60	6	00:03:58	00:25:52.10	00:29:50.50	+00:09:22 (36.2%)	5:10	11.6 (63.7%)
215	HNATOWSKI Artur	350	CSSP KOSZALIN	M-40	50	00:03:58	00:25:53.85	00:29:52.70	+00:09:24 (36.3%)	5:10	11.6 (63.7%)
216	ORŁOWSKA Małgorzata	101	DZIKI KOSZALIN	K-30	16	00:04:04	00:25:55.05	00:29:59.45	+00:09:25 (36.3%)	5:11	11.6 (63.7%)
217	NOWAK-IGNACAK Monika	129		K-40	6	00:04:17	00:25:56.35	00:30:13.50	+00:09:26 (36.4%)	5:11	11.6 (63.7%)
218	KAMIŃSKI Tomasz	273	JW1223	M-30	69	00:04:11	00:25:57.60	00:30:08.70	+00:09:27 (36.5%)	5:11	11.6 (63.7%)
219	WALCZAK Agnieszka	56		K-30	17	00:04:15	00:25:58.90	00:30:14.05	+00:09:29 (36.5%)	5:11	11.5 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
220	KARNICKI Zygmunt	30	4RUN TKKF KOSZALIN	M-60	7	00:04:10	00:26:00.05	00:30:10.15	+00:09:30 (36.6%)	5:12	11.5 (63.2%)
221	JANKIEWICZ Helena	343	MTS HAMER MIASTKO	K-30	18	00:04:03	00:26:03.75	00:30:06.90	+00:09:33 (36.7%)	5:12	11.5 (63.2%)
222	KRYGIER Ireneusz	410	W,P,K, SŁOŃ TEAM USTKA	M-30	70	00:04:23	00:26:06.70	00:30:30.00	+00:09:36 (36.8%)	5:13	11.5 (63.2%)
223	JĘDRASZCZYK Marek	340		M-40	51	00:04:15	00:26:07.80	00:30:23.10	+00:09:37 (36.9%)	5:13	11.5 (63.2%)
224	MORDACZ Tomasz	296	PORZECZE BIEGA :)	M-18	39	00:04:20	00:26:07.95	00:30:27.95	+00:09:38 (36.9%)	5:13	11.5 (63.2%)
225	DZIESZUK Dariusz	199	4RUN TKKF KOSZALIN	M-40	52	00:04:11	00:26:08.25	00:30:19.40	+00:09:38 (36.9%)	5:13	11.5 (63.2%)
226	ŚLEDŹ Andrzej	315		M-40	53	00:04:14	00:26:08.55	00:30:23.25	+00:09:38 (36.9%)	5:13	11.5 (63.2%)
227	MAKULEC Krzysztof	115		M-30	71	00:04:20	00:26:11.70	00:30:32.45	+00:09:41 (37.0%)	5:14	11.5 (63.2%)
228	KOWALCZYK Piotr	174	-	M-30	72	00:07:58	00:26:11.90	00:34:10.50	+00:09:42 (37.0%)	5:14	11.5 (63.2%)
229	ŚRODA Wojciech	328		M-40	54	00:04:18	00:26:12.15	00:30:30.15	+00:09:42 (37.0%)	5:14	11.5 (63.2%)
230	SKOBIEJ Małgorzata	385		K-18	9	00:04:05	00:26:16.80	00:30:22.55	+00:09:46 (37.2%)	5:15	11.4 (62.6%)
231	BABIŃSKA Natalia	387		K-18	10	00:04:05	00:26:18.20	00:30:24.15	+00:09:48 (37.3%)	5:15	11.4 (62.6%)
232	CZYŻEWSKA Beata	126	KOŁOBRZEG BIEGA MARATON TEAM	K-40	7	00:04:01	00:26:22.40	00:30:23.70	+00:09:52 (37.4%)	5:16	11.4 (62.6%)
233	MUSZYŃSKI Jacek	424	KLUB BIEGACZA GOCH	M-60	8	00:04:13	00:26:22.80	00:30:36.10	+00:09:52 (37.5%)	5:16	11.4 (62.6%)
234	MOMOT Anetta	228		K-40	8	00:04:21	00:26:23.40	00:30:44.95	+00:09:53 (37.5%)	5:16	11.4 (62.6%)
235	VON BARDELEBEN Agnieszka	44	BABECZKI KOSZALIN	K-40	9	00:04:20	00:26:23.95	00:30:44.90	+00:09:54 (37.5%)	5:16	11.4 (62.6%)
236	WITKA Grażyna	193	KLUB ŁEBA MORS POLAND	K-40	10	00:04:17	00:26:24.60	00:30:42.10	+00:09:54 (37.5%)	5:17	11.4 (62.6%)
237	GIGOŁO Łukasz	197	SUNDAYBIKERS KARLINO TEAM	M-30	73	00:04:27	00:26:25.75	00:30:53.35	+00:09:55 (37.6%)	5:17	11.3 (62.1%)
238	RADLIŃSKA Alicja	360	PUPIL KOSZALIN	K-40	11	00:04:03	00:26:28.35	00:30:31.95	+00:09:58 (37.7%)	5:17	11.3 (62.1%)
239	SOBOLEWSKI Marek	208		M-40	55	00:03:56	00:26:29.30	00:30:26.20	+00:09:59 (37.7%)	5:18	11.3 (62.1%)
240	MRUGALSKI Stanisław	124	MTS HAMER	M-50	19	00:04:37	00:26:31.10	00:31:08.65	+00:10:01 (37.8%)	5:18	11.3 (62.1%)
241	PIOR Tomasz	26		M-30	74	00:04:04	00:26:33.15	00:30:37.85	+00:10:03 (37.9%)	5:18	11.3 (62.1%)
242	SYLDATK Adam	415	ŁĘBORK	M-30	75	00:04:15	00:26:33.80	00:30:49.65	+00:10:03 (37.9%)	5:18	11.3 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
243	MALINOWSKA Małgorzata	134	STR-ŚWIDWIN	K-50	2	00:04:28	00:26:34.50	00:31:02.70	+00:10:04 (37.9%)	5:18	11.3 (62.1%)
244	PUCHALSKI Marcin	272	KLUB	M-30	76	00:04:18	00:26:35.60	00:30:54.55	+00:10:05 (38.0%)	5:19	11.3 (62.1%)
245	SZYMAŃSKA Ewa	229	TEAM BIEGOWY SZCZECINEK	K-40	12	00:04:03	00:26:35.65	00:30:39.60	+00:10:05 (38.0%)	5:19	11.3 (62.1%)
246	FIJAŁKOWSKA Małgorzata	154	TEAM BIEGOWY SZCZECINEK	K-30	19	00:04:03	00:26:35.85	00:30:39.65	+00:10:06 (38.0%)	5:19	11.3 (62.1%)
247	IDZIAK Paweł	334	TEAM BIEGOWY SZCZECINEK	M-30	77	00:04:02	00:26:37.20	00:30:39.30	+00:10:07 (38.0%)	5:19	11.3 (62.1%)
248	HRANKOWSKA Monika	41		K-18	11	00:04:19	00:26:40.10	00:30:59.35	+00:10:10 (38.1%)	5:20	11.3 (62.1%)
249	KOWALENKO Robert	270		M-30	78	00:04:31	00:26:42.80	00:31:13.95	+00:10:12 (38.2%)	5:20	11.2 (61.5%)
250	SZULC Zbigniew	297		M-50	20	00:04:25	00:26:44.55	00:31:09.55	+00:10:14 (38.3%)	5:20	11.2 (61.5%)
251	KAZIMIERCZAK Leszek	251	CSSP	M-30	79	00:03:59	00:26:45.40	00:30:44.45	+00:10:15 (38.3%)	5:21	11.2 (61.5%)
252	BENEDYSIUK Sławomir	426	CSSP	M-40	56	00:04:13	00:26:45.50	00:30:59.35	+00:10:15 (38.3%)	5:21	11.2 (61.5%)
253	TROSKOWSKA Ewa	323		K-40	13	00:04:06	00:26:47.40	00:30:54.25	+00:10:17 (38.4%)	5:21	11.2 (61.5%)
254	STEFANIAK Piotr	196	KLUB ŁEBA MORS POLAND	M-50	21	00:04:18	00:26:47.95	00:31:06.25	+00:10:18 (38.4%)	5:21	11.2 (61.5%)
255	SIENICKI Piotr	70		M-40	57	00:04:28	00:26:53.50	00:31:21.75	+00:10:23 (38.7%)	5:22	11.2 (61.5%)
256	JANKOWSKA Monika	254	FOLLOW ME SZCZECINEK	K-18	12	00:04:20	00:26:58.00	00:31:18.25	+00:10:28 (38.8%)	5:23	11.1 (61.0%)
257	IGNACAK Marcin	130		M-30	80	00:04:17	00:26:58.60	00:31:15.85	+00:10:28 (38.8%)	5:23	11.1 (61.0%)
258	PTASZYŃSKA Katarzyna	290	KOŁOBRZEG BIEGA	K-50	3	00:04:01	00:27:00.00	00:31:01.05	+00:10:30 (38.9%)	5:24	11.1 (61.0%)
259	GÓRKA Krystian	448		M-18	40	00:04:08	00:27:00.15	00:31:08.70	+00:10:30 (38.9%)	5:24	11.1 (61.0%)
260	GAWLIK Artur	8		M-30	81	00:04:13	00:27:00.70	00:31:13.95	+00:10:30 (38.9%)	5:24	11.1 (61.0%)
261	STRUKIEL Daniel	53	RUNCANBEFUN	M-30	82	00:04:05	00:27:01.70	00:31:06.90	+00:10:31 (39.0%)	5:24	11.1 (61.0%)
262	RATAJCZYK Robert	384		M-18	41	00:04:26	00:27:05.35	00:31:31.60	+00:10:35 (39.1%)	5:25	11.1 (61.0%)
263	DĄBROWSKA Alicja	4	ROZBIEGANY KOSZALIN	K-40	14	00:04:14	00:27:06.00	00:31:20.95	+00:10:36 (39.1%)	5:25	11.1 (61.0%)
264	PILARSKI Krzysztof	417		M-30	83	00:04:26	00:27:06.10	00:31:32.85	+00:10:36 (39.1%)	5:25	11.1 (61.0%)
265	RETKA Natalia	390		K-18	13	00:04:09	00:27:08.35	00:31:17.80	+00:10:38 (39.2%)	5:25	11.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
266	GUDZIŃSKI Lech	450		M-60	9	00:04:13	00:27:10.50	00:31:24.40	+00:10:40 (39.3%)	5:26	11 (60.4%)
267	CHOŁUJ Joanna	20		K-18	14	00:04:12	00:27:17.35	00:31:29.55	+00:10:47 (39.5%)	5:27	11 (60.4%)
268	ŁUKASZYK Andrzej	437	DZIKI KOSZALIN	M-40	58	00:04:07	00:27:19.35	00:31:27.05	+00:10:49 (39.6%)	5:28	11 (60.4%)
269	WOLAŃSKI Mariusz	259		M-50	22	00:04:00	00:27:21.75	00:31:22.70	+00:10:51 (39.7%)	5:28	11 (60.4%)
270	MROCZKOWSKA Marta	39		K-30	20	00:04:19	00:27:21.85	00:31:41.65	+00:10:52 (39.7%)	5:28	11 (60.4%)
271	WAWRZYNIUK-NOWACZYK Anna	311		K-30	21	00:04:36	00:27:23.25	00:32:00.10	+00:10:53 (39.8%)	5:28	10.9 (59.9%)
272	KRZEMIŃSKI Michał	438	PARABELLUM SOPOT	M-18	42	00:04:04	00:27:23.95	00:31:28.25	+00:10:54 (39.8%)	5:28	10.9 (59.9%)
273	HIROWICZ Agnieszka	17		K-30	22	00:04:14	00:27:25.50	00:31:39.50	+00:10:55 (39.8%)	5:29	10.9 (59.9%)
274	WOCH Małgorzata	102		K-40	15	00:04:06	00:27:34.15	00:31:40.50	+00:11:04 (40.2%)	5:30	10.9 (59.9%)
275	DUK Magdalena	325		K-40	16	00:04:07	00:27:34.65	00:31:41.65	+00:11:04 (40.2%)	5:30	10.9 (59.9%)
276	GRELA Maciej	253	FOLLOW ME SZCZECINEK	M-18	43	00:04:19	00:27:34.75	00:31:54.55	+00:11:04 (40.2%)	5:31	10.9 (59.9%)
277	SOKOŁOWSKA Małgorzata	24		K-18	15	00:04:14	00:27:35.55	00:31:49.90	+00:11:05 (40.2%)	5:31	10.9 (59.9%)
278	IWANEK Paweł	354	FRK	M-30	84	00:04:34	00:27:36.75	00:32:11.30	+00:11:06 (40.3%)	5:31	10.9 (59.9%)
279	GZELA Olga	89	BIEGNIJMY.PL	K-30	23	00:04:21	00:27:38.95	00:32:00.90	+00:11:09 (40.3%)	5:31	10.8 (59.3%)
280	HAMUŁKA Krzysztof	446	DZIKI KOSZALIN	M-40	59	00:04:08	00:27:43.45	00:31:51.50	+00:11:13 (40.5%)	5:32	10.8 (59.3%)
281	KIPER Jarosław	128	JW1223	M-30	85	00:04:18	00:27:49.45	00:32:08.05	+00:11:19 (40.7%)	5:34	10.8 (59.3%)
282	SZYCA Małgorzata	375		K-18	16	00:04:10	00:27:51.70	00:32:01.95	+00:11:21 (40.8%)	5:34	10.8 (59.3%)
283	PIOR Ewa	295	NIEZRZESZONA	K-50	4	00:04:19	00:27:54.45	00:32:13.50	+00:11:24 (40.9%)	5:34	10.8 (59.3%)
284	OLIŃSKI Arek	439		M-30	86	00:04:10	00:27:55.45	00:32:05.80	+00:11:25 (40.9%)	5:35	10.7 (58.8%)
285	CINCIO Wojciech	225	TKKF TRIATHLON KOSZALIN	M-DZ	6	00:04:29	00:27:59.75	00:32:28.75	+00:11:29 (41.1%)	5:35	10.7 (58.8%)
286	CINCIO Robert	224	TKKF TRIATHLON KOSZALIN	M-30	87	00:04:29	00:28:00.15	00:32:29.45	+00:11:30 (41.1%)	5:36	10.7 (58.8%)
287	PAULIŃSKI Jan	66		M-60	10	00:04:06	00:28:00.85	00:32:07.50	+00:11:31 (41.1%)	5:36	10.7 (58.8%)
288	KOBUS Emilia	49		K-30	24	00:04:05	00:28:02.90	00:32:08.10	+00:11:33 (41.2%)	5:36	10.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
289	PSTRAĞOWSKA Marlena	77		K-30	25	00:04:07	00:28:03.15	00:32:10.55	+00:11:33 (41.2%)	5:36	10.7 (58.8%)
290	NIEMCZUK Anna	68		K-50	5	00:04:06	00:28:06.55	00:32:13.10	+00:11:36 (41.3%)	5:37	10.7 (58.8%)
291	NIEDBAŁA Konrad	98		M-40	60	00:04:28	00:28:09.85	00:32:38.25	+00:11:40 (41.4%)	5:38	10.7 (58.8%)
292	KOMOROWSKA Beata	137		K-30	26	00:04:31	00:28:13.80	00:32:45.40	+00:11:43 (41.6%)	5:38	10.6 (58.2%)
293	ŻYWOT Norbert	113	WT KOŁOBRZEG	M-40	61	00:04:20	00:28:25.85	00:32:46.00	+00:11:56 (42.0%)	5:41	10.6 (58.2%)
294	TREJDER Maria	121	BAJADERKI KOSZALIN	K-40	17	00:04:29	00:28:29.75	00:32:59.05	+00:11:59 (42.1%)	5:42	10.5 (57.7%)
295	PAWLIK Mateusz	63		M-18	44	00:03:57	00:28:33.65	00:32:31.45	+00:12:03 (42.2%)	5:42	10.5 (57.7%)
296	SZULC Adam	263		M-18	45	00:04:25	00:28:39.25	00:33:05.20	+00:12:09 (42.4%)	5:44	10.5 (57.7%)
297	SZULC Marek	262		M-50	23	00:04:26	00:28:40.55	00:33:06.60	+00:12:10 (42.5%)	5:44	10.5 (57.7%)
298	NALEŚNIK Agata	59	MW CONSTRUCTION TEAM	K-18	17	00:04:33	00:28:46.00	00:33:19.15	+00:12:16 (42.7%)	5:45	10.4 (57.1%)
299	WIĘCKOWSKI Maciej	51	MWCONSTRUCTION TEAM	M-30	88	00:04:33	00:28:46.25	00:33:19.25	+00:12:16 (42.7%)	5:45	10.4 (57.1%)
300	KUJAWSKI Michał	412		M-18	46	00:04:10	00:28:48.50	00:32:59.45	+00:12:18 (42.7%)	5:45	10.4 (57.1%)
301	JACHNA Katarzyna	117		K-18	18	00:04:10	00:28:48.70	00:32:59.45	+00:12:18 (42.7%)	5:45	10.4 (57.1%)
302	BORSUK Dorota	244		K-40	18	00:04:11	00:28:49.85	00:33:01.00	+00:12:20 (42.8%)	5:46	10.4 (57.1%)
303	ZIELIŃSKI Jarosław	241	NIEZRZESZONY	M-30	89	00:04:25	00:28:50.75	00:33:15.95	+00:12:20 (42.8%)	5:46	10.4 (57.1%)
304	KREIS-GROCHOWSKA Dominika	377		K-30	27	00:04:09	00:28:52.30	00:33:01.55	+00:12:22 (42.9%)	5:46	10.4 (57.1%)
305	SULIGA-KRAKOWIAK Agnieszka	173		K-40	19	00:04:21	00:28:53.65	00:33:14.70	+00:12:23 (42.9%)	5:46	10.4 (57.1%)
306	ŁOSIEWICZ Paulina	353		K-18	19	00:03:56	00:28:56.20	00:32:52.55	+00:12:26 (43.0%)	5:47	10.4 (57.1%)
307	JAKUBCZYK Agnieszka	84	BABECZKI KOSZALIN	K-18	20	00:04:25	00:28:56.35	00:33:22.10	+00:12:26 (43.0%)	5:47	10.4 (57.1%)
307	BŁOŃSKA Agnieszka	81	BABECZKI KOSZALIN	K-40	20	00:04:26	00:28:56.35	00:33:22.35	+00:12:26 (43.0%)	5:47	10.4 (57.1%)
309	RASZPLA Ilona	337	CIOTECZKI.PL	K-40	21	00:04:09	00:28:57.80	00:33:06.80	+00:12:27 (43.0%)	5:47	10.4 (57.1%)
310	WIKTOROWICZ Małgorzata	336	CIOTECZKI.PL	K-40	22	00:04:09	00:28:58.50	00:33:08.05	+00:12:28 (43.1%)	5:47	10.4 (57.1%)
311	SAWICKA Justyna	357		K-30	28	00:04:33	00:28:58.75	00:33:31.75	+00:12:28 (43.1%)	5:47	10.4 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
312	KALECZYC Joanna	309		K-18	21	00:04:20	00:28:59.00	00:33:19.50	+00:12:29 (43.1%)	5:47	10.4 (57.1%)
313	GRAJ Joanna	265		K-18	22	00:04:30	00:29:00.00	00:33:30.75	+00:12:30 (43.1%)	5:48	10.3 (56.6%)
314	NOWACZYK Adrian	310		M-30	90	00:04:38	00:29:04.75	00:33:42.75	+00:12:34 (43.3%)	5:48	10.3 (56.6%)
315	WŁAŚNIAK Jowita	107	DZIKI KOSZALIN	K-30	29	00:04:02	00:29:11.60	00:33:14.40	+00:12:41 (43.5%)	5:50	10.3 (56.6%)
316	RETERSKI Przemysław	144		M-30	91	00:04:08	00:29:13.25	00:33:21.60	+00:12:43 (43.5%)	5:50	10.3 (56.6%)
317	SZCZYTKOWSKI Marek	201	K.B.SPRINT ;WIDWIN	M-40	62	00:04:14	00:29:22.60	00:33:36.95	+00:12:52 (43.8%)	5:52	10.2 (56.0%)
318	DĘBOWSKA-SZCZYTKOWSKA Izabella	202	K.B.SPRINT ;WIDWIN	K-40	23	00:04:14	00:29:22.80	00:33:37.30	+00:12:52 (43.8%)	5:52	10.2 (56.0%)
319	PLATA Katarzyna	12		K-30	30	00:04:27	00:29:24.35	00:33:52.15	+00:12:54 (43.9%)	5:53	10.2 (56.0%)
320	SKOWRON Adam	356		M-30	92	00:04:00	00:29:25.00	00:33:25.25	+00:12:55 (43.9%)	5:53	10.2 (56.0%)
321	PASEK Paula	257		K-18	23	00:04:22	00:29:32.70	00:33:54.95	+00:13:02 (44.2%)	5:54	10.2 (56.0%)
322	RUSIECKI Paweł	243	WSPL SP ZOZ W KOSZALINIE	M-40	63	00:04:28	00:29:37.45	00:34:06.35	+00:13:07 (44.3%)	5:55	10.1 (55.5%)
323	BUDZYŃSKA Ełżbieta	388	BBL SŁUPSK	K-40	24	00:04:06	00:29:40.30	00:33:46.65	+00:13:10 (44.4%)	5:56	10.1 (55.5%)
324	PEWIŃSKA Justyna	248		K-18	24	00:04:12	00:29:45.05	00:33:57.95	+00:13:15 (44.5%)	5:57	10.1 (55.5%)
325	WIERZBICKI Kacper	37	JW 1223	M-18	47	00:04:16	00:29:48.30	00:34:05.15	+00:13:18 (44.6%)	5:57	10.1 (55.5%)
326	GAWIECKA Mariola	7		K-40	25	00:04:00	00:29:49.05	00:33:49.60	+00:13:19 (44.7%)	5:57	10.1 (55.5%)
327	SŁAWIŃSKI Mariusz	396	WALENIE KOŁOBRZEG	M-50	24	00:04:21	00:29:53.15	00:34:14.25	+00:13:23 (44.8%)	5:58	10 (54.9%)
328	GÓRNIAK Stanisław	347		M-50	25	00:04:15	00:30:00.30	00:34:15.85	+00:13:30 (45.0%)	6:00	10 (54.9%)
329	WALO Zbigniew	163		M-50	26	00:04:14	00:30:09.65	00:34:24.30	+00:13:39 (45.3%)	6:02	9.9 (54.4%)
330	IWANKIEWICZ Justyna	316		K-30	31	00:04:08	00:30:12.45	00:34:20.95	+00:13:42 (45.4%)	6:02	9.9 (54.4%)
331	WOŹNIAK Dariusz	170	WWW.LIMO300C.COM	M-40	64	00:04:30	00:30:13.40	00:34:44.15	+00:13:43 (45.4%)	6:02	9.9 (54.4%)
332	KORPAL Grażyna	43	ROZBIEGANY KOSZALIN	K-50	6	00:04:34	00:30:13.75	00:34:47.80	+00:13:43 (45.4%)	6:02	9.9 (54.4%)
333	JAKUBOWSKA Anna	230		K-18	25	00:04:16	00:30:14.20	00:34:30.35	+00:13:44 (45.4%)	6:02	9.9 (54.4%)
334	WOŹNIAK Honorata	169	WWW.LIMO300C.COM	K-40	26	00:04:29	00:30:14.70	00:34:44.30	+00:13:44 (45.5%)	6:03	9.9 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
335	DĄBROWSKA Katarzyna	5	ROZBIEGANY KOSZALIN	K-18	26	00:04:15	00:30:16.20	00:34:31.75	+00:13:46 (45.5%)	6:03	9.9 (54.4%)
336	POLAŃSKA Małgorzata	239		K-40	27	00:04:08	00:30:17.10	00:34:25.50	+00:13:47 (45.5%)	6:03	9.9 (54.4%)
337	SZCZYGIELSKA Aleksandra	411		K-30	32	00:04:32	00:30:26.90	00:34:59.40	+00:13:57 (45.8%)	6:05	9.9 (54.4%)
338	JUSZCZYK Agnieszka	139		K-30	33	00:04:32	00:30:34.10	00:35:06.15	+00:14:04 (46.0%)	6:06	9.8 (53.8%)
339	IMIOŁEK Marcel	58		M-DZ	7	00:04:31	00:30:34.55	00:35:05.90	+00:14:04 (46.0%)	6:06	9.8 (53.8%)
340	IMIOŁEK Jacek	57		M-30	93	00:04:31	00:30:34.95	00:35:06.55	+00:14:05 (46.1%)	6:07	9.8 (53.8%)
341	GÓRECKA Joanna	342		K-40	28	00:04:09	00:30:41.10	00:34:50.30	+00:14:11 (46.2%)	6:08	9.8 (53.8%)
342	MICHALCZYK Małgorzata	191	KLUB	K-18	27	00:04:05	00:30:42.65	00:34:48.40	+00:14:12 (46.3%)	6:08	9.8 (53.8%)
343	KOWALEWSKI Daniel	28	BAŁTYK-TRANSPORT TEAM	M-30	94	00:04:28	00:30:45.75	00:35:14.20	+00:14:15 (46.4%)	6:09	9.8 (53.8%)
344	WANAGO Anna	380	DORIAN TEAM	K-30	34	00:04:24	00:30:45.80	00:35:09.95	+00:14:15 (46.4%)	6:09	9.8 (53.8%)
345	SZAFIROWICZ-CHOJNACKA Paulina	118		K-30	35	00:04:03	00:31:00.45	00:35:04.05	+00:14:30 (46.8%)	6:12	9.7 (53.3%)
346	NOWACKA Elżbieta	138		K-30	36	00:04:29	00:31:04.20	00:35:33.70	+00:14:34 (46.9%)	6:12	9.7 (53.3%)
347	FELKOWSKA Karolina	11		K-30	37	00:04:27	00:31:05.90	00:35:33.40	+00:14:36 (47.0%)	6:13	9.6 (52.7%)
348	ŁUKASZEWICZ Aleksandra	95	DZIKI KOSZALIN	K-30	38	00:04:07	00:31:07.20	00:35:14.50	+00:14:37 (47.0%)	6:13	9.6 (52.7%)
349	KOŁODZIEJCZAK Maciej	274		M-DZ	8	00:04:17	00:31:18.80	00:35:36.20	+00:14:48 (47.3%)	6:15	9.6 (52.7%)
350	KURCZ Barbara	19	BABECZKI KOSZALIN	K-40	29	00:04:26	00:31:22.55	00:35:49.00	+00:14:52 (47.4%)	6:16	9.6 (52.7%)
351	KRAMARZ Aneta	80	ROSSBIEGANI	K-30	39	00:04:24	00:31:23.95	00:35:48.45	+00:14:54 (47.5%)	6:16	9.6 (52.7%)
352	WESOŁY Małgorzata	76		K-18	28	00:04:28	00:31:34.10	00:36:02.20	+00:15:04 (47.7%)	6:18	9.5 (52.2%)
353	CZARNECKA Paulina	305		K-18	29	00:04:25	00:31:38.70	00:36:04.05	+00:15:08 (47.9%)	6:19	9.5 (52.2%)
354	FORNAL- ZIENKIEWICZ Aneta	306		K-30	40	00:04:24	00:31:38.85	00:36:03.60	+00:15:09 (47.9%)	6:19	9.5 (52.2%)
355	MOŻEJKO Anna	35	BABECZKI.PL	K-30	41	00:04:25	00:31:46.10	00:36:11.75	+00:15:16 (48.1%)	6:21	9.4 (51.6%)
355	STEC Edyta	65	BABECZKI.PL	K-30	42	00:04:25	00:31:46.10	00:36:11.75	+00:15:16 (48.1%)	6:21	9.4 (51.6%)
357	PASEK Jan	258		M-60	11	00:04:24	00:31:55.75	00:36:20.00	+00:15:25 (48.3%)	6:23	9.4 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
358	KUREK Iwona	307	ROZBIEGANY KOSZALIN	K-40	30	00:04:33	00:32:06.55	00:36:40.35	+00:15:36 (48.6%)	6:25	9.3 (51.1%)
359	HAUSMAN Andrzej	50	KSR ROWERIA	M-60	12	00:04:22	00:32:09.85	00:36:32.75	+00:15:40 (48.7%)	6:26	9.3 (51.1%)
360	ŁUBNIEWSKA Natalia	141		K-30	43	00:04:32	00:32:21.90	00:36:54.05	+00:15:52 (49.0%)	6:28	9.3 (51.1%)
361	RAMA Ewa	114	KOŁOBRZEG	K-50	7	00:04:20	00:32:30.30	00:36:50.75	+00:16:00 (49.2%)	6:30	9.2 (50.5%)
362	RAMA Janusz	116	KOŁOBRZEG	M-40	65	00:04:19	00:32:31.75	00:36:51.45	+00:16:01 (49.3%)	6:30	9.2 (50.5%)
363	CHODOR Izabela	443	4RUN TKKF KOSZALIN	K-30	44	00:04:28	00:32:37.45	00:37:05.85	+00:16:07 (49.4%)	6:31	9.2 (50.5%)
364	BAGIŃSKA Agnieszka	143	BAJADERKI KOSZALIN	K-18	30	00:04:28	00:32:37.70	00:37:06.25	+00:16:07 (49.4%)	6:31	9.2 (50.5%)
365	KRUK Anna	278	BABECZKI KOSZALIN	K-30	45	00:04:25	00:32:40.65	00:37:05.95	+00:16:10 (49.5%)	6:32	9.2 (50.5%)
366	KRUK Wiktor	440	BABECZKI KOSZALIN	M-DZ	9	00:04:25	00:32:40.75	00:37:05.75	+00:16:10 (49.5%)	6:32	9.2 (50.5%)
367	KOŁODZIEJCZAK Agnieszka	247	PARKRUN SZCZECINEK	K-30	46	00:04:18	00:32:49.60	00:37:07.95	+00:16:19 (49.7%)	6:33	9.1 (50.0%)
368	STASZEWSKA Aneta	406		K-40	31	00:04:18	00:32:50.10	00:37:08.45	+00:16:20 (49.8%)	6:34	9.1 (50.0%)
369	KOZŁOWIECKA Małgorzata	22		K-50	8	00:04:13	00:33:10.25	00:37:23.85	+00:16:40 (50.3%)	6:38	9 (49.5%)
370	ZASIMOWSKA Edyta	82	LILAART	K-30	47	00:04:22	00:33:23.30	00:37:45.40	+00:16:53 (50.6%)	6:40	9 (49.5%)
371	ZAWADA Andrzej	369	ZSP1 SŁUPSK	M-40	66	00:04:42	00:33:27.65	00:38:09.65	+00:16:57 (50.7%)	6:41	9 (49.5%)
372	ZIĘTAŁA Danuta	261	KĄPIELE NA SPONTANIE	K-40	32	00:04:21	00:33:29.95	00:37:51.50	+00:17:00 (50.8%)	6:42	9 (49.5%)
373	RYMAN - LIPIŃSKA Sandra	370	ZSP1 SŁUPSK	K-DZ	2	00:04:07	00:34:01.00	00:38:08.90	+00:17:31 (51.5%)	6:48	8.8 (48.4%)
374	MACHAŁA Janusz	189		M-50	27	00:04:19	00:34:21.50	00:38:40.85	+00:17:51 (52.0%)	6:52	8.7 (47.8%)
375	MICHALAK Michał	108	DZIKI KOSZALIN	M-30	95	00:04:03	00:34:23.65	00:38:26.65	+00:17:53 (52.0%)	6:52	8.7 (47.8%)
376	KŁYK Olimpia	109	DZIKI KOSZALIN	K-18	31	00:04:02	00:34:25.05	00:38:27.25	+00:17:55 (52.1%)	6:53	8.7 (47.8%)
377	KRAWCZUK-KIEŁB Anna	172		K-40	33	00:04:21	00:34:31.05	00:38:52.70	+00:18:01 (52.2%)	6:54	8.7 (47.8%)
378	LUBIERSKI Marcin	175		M-40	67	00:04:21	00:34:31.15	00:38:52.65	+00:18:01 (52.2%)	6:54	8.7 (47.8%)
379	LORENZ Aleksander	363		M-DZ	10	00:04:23	00:34:31.40	00:38:54.90	+00:18:01 (52.2%)	6:54	8.7 (47.8%)
380	LORENZ Renata	362		K-40	34	00:04:22	00:34:31.90	00:38:54.85	+00:18:02 (52.2%)	6:54	8.7 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
381	MAZUREK Hanna	223	BABECZKI KOSZALIN	K-DZ	3	00:04:24	00:35:22.45	00:39:47.05	+00:18:52 (53.4%)	7:04	8.5 (46.7%)
382	FORNALAK Elżbieta	218		K-40	35	00:04:34	00:36:38.85	00:41:12.95	+00:20:09 (55.0%)	7:19	8.2 (45.1%)
383	TELEGA Marta	238		K-DZ	4	00:04:27	00:36:51.95	00:41:19.75	+00:20:22 (55.2%)	7:22	8.1 (44.5%)
384	TELEGA Michał	237		M-30	96	00:04:27	00:36:52.05	00:41:19.20	+00:20:22 (55.3%)	7:22	8.1 (44.5%)
385	MIELCZAREK Maciej	182		M-40	68	00:04:17	00:36:57.00	00:41:14.75	+00:20:27 (55.4%)	7:23	8.1 (44.5%)
386	KĘPIŃSKI Jan	48	ROZBIEGANY KOSZALIN	M-50	28	00:04:18	00:37:26.45	00:41:45.05	+00:20:56 (55.9%)	7:29	8 (44.0%)
387	SOLAK Halina	423	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-60	1	00:04:31	00:37:33.30	00:42:04.45	+00:21:03 (56.1%)	7:30	8 (44.0%)
388	BORYSIEWICZ Joanna	236	CIOTECZKI.PL	K-30	48	00:04:10	00:37:50.50	00:42:00.95	+00:21:20 (56.4%)	7:34	7.9 (43.4%)
389	WADAS Magdalena	348	CIOTECZKI.PL	K-30	49	00:04:09	00:37:51.15	00:42:01.05	+00:21:21 (56.4%)	7:34	7.9 (43.4%)
390	WILKOWSKA Małgorzata	74		K-30	50	00:04:22	00:37:57.60	00:42:20.50	+00:21:27 (56.5%)	7:35	7.9 (43.4%)
391	BARTNIK Marian	203	TKKF KOSZALIN	M-70+	1	00:03:55	00:38:48.45	00:42:44.10	+00:22:18 (57.5%)	7:45	7.7 (42.3%)
392	WILKOWSKA Beata	157		K-30	51	00:04:24	00:38:56.60	00:43:20.70	+00:22:26 (57.6%)	7:47	7.7 (42.3%)
392	WILKOWSKA Anastazja	158		K-DZ	5	00:04:24	00:38:56.60	00:43:20.70	+00:22:26 (57.6%)	7:47	7.7 (42.3%)
394	WILKOWSKI Piotr	156		M-30	97	00:04:23	00:38:57.90	00:43:21.20	+00:22:28 (57.7%)	7:47	7.7 (42.3%)
395	KRAMARZ Stanisław	83	ROSSBIEGANI	M-DZ	11	00:04:24	00:39:05.45	00:43:29.45	+00:22:35 (57.8%)	7:49	7.7 (42.3%)
396	VON BARDELEBEN Tarryn	45	BABECZKI KOSZALIN	K-DZ	6	00:04:24	00:39:08.35	00:43:32.65	+00:22:38 (57.8%)	7:49	7.7 (42.3%)
397	WOLF Julia	153		K-DZ	7	00:04:24	00:40:23.25	00:44:47.50	+00:23:53 (59.2%)	8:04	7.4 (40.7%)
398	WOLF Emil	71		M-40	69	00:04:23	00:40:23.40	00:44:47.20	+00:23:53 (59.2%)	8:04	7.4 (40.7%)
399	KALOCIŃSKI Krzysztof	47	ROZBIEGANY KOSZALIN	M-30	98	00:04:20	00:40:27.55	00:44:47.65	+00:23:57 (59.2%)	8:05	7.4 (40.7%)
400	KALOCIŃSKA Sylwia	46	ROZBIEGANY KOSZALIN	K-30	52	00:04:19	00:40:28.00	00:44:47.65	+00:23:58 (59.2%)	8:05	7.4 (40.7%)
401	WANAGO Daniel	379	DORIAN TEAM	M-30	99	00:04:23					(0.0%)

Znaleziono 401 wynik(ów)