



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-12-04
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	348	CSSP KOSZALIN	M-16	1	00:00:06	00:07:51	00:16:29.35	00:16:36.20		3:18	18.2 (100%)
2	BEDNARZ Paweł	14	13-TY FUN CLUB ASI CHMIEL :*	M-30	1	00:00:06	00:08:02	00:17:12.75	00:17:19.55	+00:00:43 (4.2%)	3:26	17.4 (95.6%)
3	GAWRON Piotr	58	ULKS TALEX BORZYTUCHOM	M-16	2	00:00:06	00:08:02	00:17:36.70	00:17:42.90	+00:01:07 (6.4%)	3:31	17 (93.4%)
4	FAMULSKI Cezary	49	JW 1223 KOSZALIN	M-30	2	00:00:07	00:08:55	00:18:16.80	00:18:24.05	+00:01:47 (9.8%)	3:39	16.4 (90.1%)
5	IGNACZAK Piotr	339	KB.10.BIAŁOGARD	M-16	3	00:00:07	00:08:41	00:18:22.60	00:18:29.70	+00:01:53 (10.3%)	3:40	16.3 (89.6%)
6	TUTUS Michał	241	JW 1223	M-30	3	00:00:17	00:09:00	00:18:25.60	00:18:43.25	+00:01:56 (10.5%)	3:41	16.3 (89.6%)
7	SZKOŁUDA Miłosz	275		M-16	4	00:00:10	00:09:09	00:18:32.45	00:18:42.75	+00:02:03 (11.1%)	3:42	16.2 (89.0%)
8	GARSKI Krystin	56	ŚWIAT PLYTEK/SEXYRUNNERS	M-40	1	00:00:09	00:09:09	00:18:46.35	00:18:55.75	+00:02:17 (12.2%)	3:45	16 (87.9%)
9	USTIANOWSKI Wojciech	293	JW 1223 (ROZBIEGANY KOSZALIN)	M-16	5	00:00:07	00:09:18	00:19:04.10	00:19:12.00	+00:02:34 (13.5%)	3:49	15.7 (86.3%)
10	SIEMIĄTKOWSKI Robert	246		M-30	4	00:00:08	00:09:25	00:19:09.10	00:19:17.80	+00:02:39 (13.9%)	3:49	15.7 (86.3%)
11	PAKULSKI Marcin	207		M-40	2	00:00:09	00:09:25	00:19:14.90	00:19:24.60	+00:02:45 (14.3%)	3:51	15.6 (85.7%)
12	WOJCIECHOWICZ Jacek	312	WWW.STUDIOTANCAPASJA.PL	M-30	5	00:00:07	00:09:17	00:19:15.15	00:19:22.70	+00:02:45 (14.4%)	3:51	15.6 (85.7%)
13	SZABAŁOWSKA Małgorzata	268		K-16	1	00:00:08	00:09:15	00:19:20.05	00:19:28.50	+00:02:50 (14.7%)	3:52	15.5 (85.2%)
14	WÓJCIK Damian	318	RUNNERSWALDE DARŁOWO	M-40	3	00:00:07	00:09:26	00:19:22.10	00:19:29.70	+00:02:52 (14.9%)	3:52	15.5 (85.2%)

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15	GRZESIK Eugeniusz	355	TKKF KOSZALIN	M-50	1	00:00:06	00:09:21	00:19:25.15	00:19:31.55	+00:02:55 (15.1%)	3:53	15.5 (85.2%)
16	MOSEK Radosław	180		M-30	6	00:00:16	00:09:32	00:19:42.55	00:19:59.05	+00:03:13 (16.3%)	3:56	15.2 (83.5%)
17	PRZEWŁOCKI Michał	223		M-40	4	00:00:26	00:09:38	00:19:49.10	00:20:15.45	+00:03:19 (16.8%)	3:57	15.1 (83.0%)
18	UZNAŃSKI Ryszard	295	KOŁOBRZEG BIEGA	M-40	5	00:00:06	00:09:43	00:19:57.45	00:20:04.25	+00:03:28 (17.4%)	3:59	15 (82.4%)
19	LESZCZYŃSKI Marcin	144	SZKÓŁKA PŁYWACKA DEPKA KOŁOBRZEG	M-40	6	00:00:07	00:09:57	00:20:04.10	00:20:11.90	+00:03:34 (17.8%)	4:00	15 (82.4%)
20	SIWIK Stanisław	249	JW 3775 DARŻEWO	M-30	7	00:00:09	00:09:46	00:20:05.70	00:20:14.95	+00:03:36 (17.9%)	4:01	14.9 (81.9%)
21	SZEWCUK Paweł	273		M-30	8	00:00:10	00:10:03	00:20:34.50	00:20:44.70	+00:04:05 (19.9%)	4:06	14.6 (80.2%)
22	JAKUBOWSKI Krystian	80	CAPTAIN AMERICA VS THE FLASH	M-30	9	00:00:15	00:10:09	00:20:39.25	00:20:55.20	+00:04:09 (20.2%)	4:08	14.5 (79.7%)
23	ZWOLIŃSKI Jan	335	TKKF KOSZALIN	M-40	7	00:00:07	00:10:06	00:20:39.65	00:20:47.35	+00:04:10 (20.2%)	4:08	14.5 (79.7%)
24	KAMELSKI Piotr	97	SŁAWNO	M-40	8	00:00:07	00:10:01	00:20:41.00	00:20:48.55	+00:04:11 (20.3%)	4:08	14.5 (79.7%)
25	PIETRZAK Kamil	217	ACTIVE MALBORK	M-30	10	00:00:16	00:09:49	00:20:44.35	00:21:00.40	+00:04:15 (20.5%)	4:08	14.5 (79.7%)
26	WEBER Paweł	300		M-30	11	00:00:10	00:10:04	00:20:54.35	00:21:05.25	+00:04:25 (21.1%)	4:11	14.3 (78.6%)
27	MOKSA Darek	178		M-16	6	00:00:07	00:09:31	00:20:54.85	00:21:02.15	+00:04:25 (21.2%)	4:11	14.3 (78.6%)
28	PASIEKA Agnieszka	211	K.B. SPRINT ŚWIDWIN	K-16	2	00:00:11	00:10:15	00:20:57.30	00:21:08.45	+00:04:27 (21.3%)	4:11	14.3 (78.6%)
29	LESZCZYŃSKI Tomasz	143	JW1223	M-30	12	00:00:18	00:09:58	00:20:58.50	00:21:16.60	+00:04:29 (21.4%)	4:11	14.3 (78.6%)
30	STEBELSKI Jasio	261		M-16	7	00:00:14	00:10:00	00:21:00.50	00:21:15.00	+00:04:31 (21.5%)	4:12	14.3 (78.6%)
31	KALKOWSKI Paweł	96		M-30	13	00:00:16	00:10:34	00:21:05.50	00:21:21.55	+00:04:36 (21.8%)	4:13	14.2 (78.0%)
32	LUBLEWSKI Dawid	150		M-16	8	00:00:26	00:09:43	00:21:07.65	00:21:33.80	+00:04:38 (22.0%)	4:13	14.2 (78.0%)
33	FRONTCZAK Izabela	53	TKKF KOSZALIN	K-16	3	00:00:10	00:10:13	00:21:08.30	00:21:18.55	+00:04:38 (22.0%)	4:13	14.2 (78.0%)
34	KOSIŃSKI Wojciech	120	JAZZ TEAM	M-30	14	00:00:15	00:10:30	00:21:11.70	00:21:26.90	+00:04:42 (22.2%)	4:14	14.2 (78.0%)
35	ŚNIEŻKO Marcin	350	TKKF KOSZALIN	M-30	15	00:00:28	00:10:14	00:21:17.05	00:21:45.10	+00:04:47 (22.5%)	4:15	14.1 (77.5%)
36	WIERZBICKI Sylwester	304		M-30	16	00:00:15	00:10:34	00:21:17.60	00:21:32.65	+00:04:48 (22.6%)	4:15	14.1 (77.5%)
37	KITŁOWSKI Marcin	106	CZARNE BIEGA	M-30	17	00:00:15	00:10:14	00:21:18.40	00:21:33.50	+00:04:49 (22.6%)	4:15	14.1 (77.5%)

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38	WUJTIUK Piotr	319		M-40	9	00:00:11	00:10:22	00:21:19.25	00:21:30.45	+00:04:49 (22.7%)	4:15	14.1 (77.5%)
39	PEKAŁA Piotr	215	ROZBIERAĆ KOSZALIN	M-40	10	00:00:27	00:10:44	00:21:23.55	00:21:51.05	+00:04:54 (22.9%)	4:16	14 (76.9%)
40	WILKOWSKI Krzysztof	307		M-30	18	00:00:08	00:10:08	00:21:23.70	00:21:32.05	+00:04:54 (22.9%)	4:16	14 (76.9%)
41	CHOŁUJ Jarek	32	ROZBIEGANY KOSZALIN	M-40	11	00:00:31	00:10:39	00:21:23.90	00:21:54.95	+00:04:54 (22.9%)	4:16	14 (76.9%)
42	STRUMIŃSKI Rafał	266	DZIKI KOSZALIN	M-30	19	00:00:11	00:10:12	00:21:24.55	00:21:35.70	+00:04:55 (23.0%)	4:16	14 (76.9%)
43	CZYŻEWSKI Janusz	35	KOŁOBRZEG BIEGA	M-50	2	00:00:22	00:10:24	00:21:27.00	00:21:49.80	+00:04:57 (23.1%)	4:17	14 (76.9%)
44	ŚWIETLIK Tomasz	286		M-50	3	00:00:10	00:10:34	00:21:27.85	00:21:38.50	+00:04:58 (23.2%)	4:17	14 (76.9%)
45	CHODOR Martyna	31	TKKF KOSZALIN	K-30	1	00:00:08	00:10:23	00:21:29.45	00:21:37.45	+00:05:00 (23.3%)	4:17	14 (76.9%)
46	BOBER Jakub	19	AKADEMIA POMORSKA	M-16	9	00:00:09	00:10:16	00:21:30.50	00:21:40.25	+00:05:01 (23.3%)	4:18	13.9 (76.4%)
47	TESKA Bartosz	288	TKKF KOSZALIN	M-30	20	00:00:07	00:10:21	00:21:33.10	00:21:41.00	+00:05:03 (23.5%)	4:18	13.9 (76.4%)
48	MROCZKOWSKI Marek	182	ROZBIEGANY KOSZALIN	M-30	21	00:00:29	00:10:55	00:21:37.40	00:22:06.40	+00:05:08 (23.7%)	4:19	13.9 (76.4%)
49	WOCH Edward	310		M-50	4	00:00:19	00:10:39	00:21:38.60	00:21:58.55	+00:05:09 (23.8%)	4:19	13.9 (76.4%)
50	JAMNIAK Bartosz	81	MTS HAMER MIASTKO	M-16	10	00:00:07	00:10:05	00:21:39.25	00:21:47.15	+00:05:09 (23.9%)	4:20	13.8 (75.8%)
51	JAROSZ Dariusz	86	TKKF KOSZALIN	M-40	12	00:00:09	00:10:24	00:21:43.80	00:21:52.80	+00:05:14 (24.1%)	4:20	13.8 (75.8%)
52	DZIĘBOWSKI Mariusz	47		M-30	22	00:00:24	00:10:47	00:21:44.80	00:22:09.35	+00:05:15 (24.2%)	4:21	13.8 (75.8%)
53	SZAŁKOWSKI Wojtek	271	TUPOT USTKA	M-40	13	00:00:11	00:10:34	00:21:45.55	00:21:57.25	+00:05:16 (24.2%)	4:21	13.8 (75.8%)
54	BURDA Bartosz	29		M-16	11	00:00:27	00:10:53	00:21:47.35	00:22:15.25	+00:05:18 (24.3%)	4:21	13.8 (75.8%)
55	LATOS Piotr	142	PRECON POLSKA-JASTROWIE	M-50	5	00:00:15	00:10:46	00:21:48.90	00:22:04.40	+00:05:19 (24.4%)	4:21	13.8 (75.8%)
56	NOWAK Piotr	193	CZARNE BIEGA	M-30	23	00:00:19	00:10:40	00:21:49.30	00:22:09.00	+00:05:19 (24.4%)	4:22	13.7 (75.3%)
57	STOJEWSKI Jarosław	264	JA_BEZ_SILNA	M-30	24	00:00:13	00:10:18	00:21:52.00	00:22:05.60	+00:05:22 (24.6%)	4:22	13.7 (75.3%)
58	MIELCZAREK Ksawery	174		M-16	12	00:00:19	00:11:27	00:21:52.60	00:22:12.15	+00:05:23 (24.6%)	4:22	13.7 (75.3%)
59	SZYMAŃSKI Piotr	284		M-40	14	00:00:25	00:10:42	00:21:54.05	00:22:20.00	+00:05:24 (24.7%)	4:23	13.7 (75.3%)
60	SZYMAJDA Grzegorz	235	TKKF KOSZALIN	M-30	25	00:00:07	00:10:27	00:21:55.00	00:22:02.70	+00:05:25 (24.8%)	4:23	13.7 (75.3%)

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61	WILIŃSKI Marek	306	K.B. SPRINT ŚWIDWIN	M-50	6	00:00:20	00:10:53	00:21:55.10	00:22:16.00	+00:05:25 (24.8%)	4:23	13.7 (75.3%)
62	PUŚCIAN Krzysztof	228	GIMNAZJUM W MANOWIE	M-40	15	00:00:11	00:10:32	00:21:57.50	00:22:08.55	+00:05:28 (24.9%)	4:23	13.7 (75.3%)
63	ŚWIĘTOŃ Rafał	287	JAZZ TEAM	M-30	26	00:00:15	00:10:40	00:21:57.90	00:22:13.25	+00:05:28 (24.9%)	4:23	13.7 (75.3%)
64	PSTRAĞOWSKI Marcin	226	DZIKI KOSZALIN	M-30	27	00:00:12	00:10:23	00:21:58.30	00:22:10.90	+00:05:28 (25.0%)	4:23	13.7 (75.3%)
65	KUKIEŁA Tomasz	136		M-30	28	00:00:22	00:11:20	00:21:59.40	00:22:21.80	+00:05:30 (25.0%)	4:23	13.6 (74.7%)
66	KISIELIŃSKI Igor	105		M-50	7	00:00:08	00:10:34	00:22:03.00	00:22:11.40	+00:05:33 (25.2%)	4:24	13.6 (74.7%)
67	KRAWCZYK Tomasz	128		M-30	29	00:00:15	00:11:01	00:22:03.55	00:22:18.80	+00:05:34 (25.3%)	4:24	13.6 (74.7%)
68	ZIOMKO Rafał	329		M-40	16	00:00:30	00:11:10	00:22:04.25	00:22:34.35	+00:05:34 (25.3%)	4:24	13.6 (74.7%)
69	HOC Dariusz	68		M-40	17	00:00:13	00:10:56	00:22:09.20	00:22:22.85	+00:05:39 (25.6%)	4:25	13.5 (74.2%)
70	BARTOSZUK Adam	9		M-40	18	00:00:13	00:10:57	00:22:11.60	00:22:25.50	+00:05:42 (25.7%)	4:26	13.5 (74.2%)
71	IWANIEC Dariusz	74	TKKF KOSZALIN	M-40	19	00:00:10	00:10:34	00:22:13.55	00:22:24.05	+00:05:44 (25.8%)	4:26	13.5 (74.2%)
72	SZUBERT Julia	277	KOŁOBRZEG BIEGA	K-16	4	00:00:22	00:11:04	00:22:14.75	00:22:37.30	+00:05:45 (25.9%)	4:27	13.5 (74.2%)
73	WASYLÓW Mateusz	299		M-16	13	00:00:10	00:10:33	00:22:15.85	00:22:26.70	+00:05:46 (25.9%)	4:27	13.5 (74.2%)
74	KOWALCZYK Mariusz	340	BIEGAM BO LUBIE	M-40	20	00:00:20	00:10:44	00:22:19.75	00:22:40.20	+00:05:50 (26.2%)	4:28	13.4 (73.6%)
75	RUTKOWSKI Ryszard	239	RUTKOWSKI TEAM	M-50	8	00:00:06	00:10:58	00:22:22.80	00:22:29.00	+00:05:53 (26.3%)	4:28	13.4 (73.6%)
76	ŁABEJSZA Łukasz	151	WOJOWNICY WÓDY	M-30	30	00:00:12	00:10:33	00:22:26.20	00:22:38.30	+00:05:56 (26.5%)	4:29	13.4 (73.6%)
77	KUŁAKOWSKI Dawid	137	TKKF KOSZALIN	M-30	31	00:00:22	00:10:53	00:22:28.75	00:22:50.95	+00:05:59 (26.6%)	4:29	13.4 (73.6%)
78	NIEMCZUK Dariusz	191		M-50	9	00:00:36	00:10:59	00:22:28.85	00:23:05.35	+00:05:59 (26.7%)	4:29	13.3 (73.1%)
79	SOROKA Piotr	257		M-30	32	00:00:17	00:10:52	00:22:29.35	00:22:47.05	+00:06:00 (26.7%)	4:30	13.3 (73.1%)
80	MICERSKI Tomasz	168	TKKF KOSZALIN	M-40	21	00:00:19	00:10:55	00:22:29.75	00:22:49.30	+00:06:00 (26.7%)	4:30	13.3 (73.1%)
81	RYBARCZYK Ireneusz	242		M-30	33	00:00:10	00:10:36	00:22:30.40	00:22:41.05	+00:06:01 (26.7%)	4:30	13.3 (73.1%)
82	BENTKOWSKA Natalia	349	CSSP KOSZALIN	K-16	5	00:00:07	00:10:53	00:22:32.10	00:22:39.35	+00:06:02 (26.8%)	4:30	13.3 (73.1%)
83	MAJCHRZAK Paweł	153	SUNDAYBIKERS KARLINO TEAM	M-40	22	00:00:09	00:10:22	00:22:32.45	00:22:42.30	+00:06:03 (26.8%)	4:30	13.3 (73.1%)

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84	JABŁOŃSKI Arkadiusz	77		M-40	23	00:00:20	00:10:55	00:22:36.30	00:22:57.25	+00:06:06 (27.1%)	4:31	13.3 (73.1%)
85	KAMYK Piotr	98	MH KOSZALIN - SERWIS IT	M-30	34	00:00:09	00:10:38	00:22:36.60	00:22:45.70	+00:06:07 (27.1%)	4:31	13.3 (73.1%)
86	DRELISZAK Mariusz	44		M-40	24	00:00:10	00:11:04	00:22:38.50	00:22:48.75	+00:06:09 (27.2%)	4:31	13.3 (73.1%)
87	SAŁABON Grzegorz	244		M-50	10	00:00:10	00:11:02	00:22:42.30	00:22:52.75	+00:06:12 (27.4%)	4:32	13.2 (72.5%)
88	NIEWIŃSKA-SĘK Monika	192		K-30	2	00:00:06	00:10:53	00:22:46.80	00:22:53.65	+00:06:17 (27.6%)	4:33	13.2 (72.5%)
89	GAWRYSIAK Przemysław	59		M-30	35	00:00:07	00:10:50	00:22:48.75	00:22:56.05	+00:06:19 (27.7%)	4:33	13.1 (72.0%)
90	ROGALSKI Roberto	237	TKKF KOSZALIN	M-30	36	00:00:10	00:11:03	00:22:52.50	00:23:03.10	+00:06:23 (27.9%)	4:34	13.1 (72.0%)
91	KRASIŃSKI Witold	126		M-40	25	00:00:20	00:11:08	00:22:53.20	00:23:13.45	+00:06:23 (28.0%)	4:34	13.1 (72.0%)
92	OSIŃSKA Anna	201	ACTIVE MALBORK	K-16	6	00:00:16	00:11:28	00:22:55.80	00:23:12.10	+00:06:26 (28.1%)	4:35	13.1 (72.0%)
93	RUTKOWSKI Artur	240	RUTKOWSKI TEAM	M-16	14	00:00:06	00:10:36	00:22:57.60	00:23:04.00	+00:06:28 (28.2%)	4:35	13.1 (72.0%)
94	KUBIŃSKI Rafał	132	NIGHT RUNNERS SŁUPSK	M-50	11	00:00:13	00:11:06	00:23:03.10	00:23:16.65	+00:06:33 (28.5%)	4:36	13 (71.4%)
95	CHOŁUJ Karol	33		M-30	37	00:00:28	00:11:01	00:23:03.30	00:23:31.85	+00:06:33 (28.5%)	4:36	13 (71.4%)
96	OSTROWSKI Krzysztof	203		M-40	26	00:00:09	00:11:25	00:23:04.65	00:23:14.20	+00:06:35 (28.5%)	4:37	13 (71.4%)
97	SZULC Marek	280		M-50	12	00:00:16	00:11:15	00:23:05.30	00:23:22.00	+00:06:35 (28.6%)	4:37	13 (71.4%)
98	WICHER Krzysztof	356	ADWOKATURA	M-30	38	00:00:25	00:11:07	00:23:05.65	00:23:31.20	+00:06:36 (28.6%)	4:37	13 (71.4%)
99	SKOWROŃSKI Tomasz	250		M-30	39	00:00:33	00:11:21	00:23:07.35	00:23:40.85	+00:06:38 (28.7%)	4:37	13 (71.4%)
100	SZABLA Ewelina	342		K-30	3	00:00:11	00:11:05	00:23:10.15	00:23:21.90	+00:06:40 (28.8%)	4:38	12.9 (70.9%)
101	NIECKARZ Krzysztof	189		M-30	40	00:00:32	00:11:27	00:23:10.50	00:23:42.60	+00:06:41 (28.8%)	4:38	12.9 (70.9%)
102	NIECKARZ Monika	188		K-30	4	00:00:28	00:11:31	00:23:13.15	00:23:42.10	+00:06:43 (29.0%)	4:38	12.9 (70.9%)
103	SZPILER Krzysztof	354	JW 1223	M-16	15	00:00:27	00:11:55	00:23:14.60	00:23:41.90	+00:06:45 (29.1%)	4:38	12.9 (70.9%)
104	MRUGALSKI Damian	345	MOSG	M-30	41	00:00:21	00:11:15	00:23:15.30	00:23:36.80	+00:06:45 (29.1%)	4:39	12.9 (70.9%)
105	MRUGALSKA Magdalena	344	JW1223	K-16	7	00:00:21	00:11:15	00:23:15.50	00:23:37.00	+00:06:46 (29.1%)	4:39	12.9 (70.9%)
106	GARSKA Joanna	55	ŚWIAT PŁYTEK U KRYSPIŃA	K-40	1	00:00:14	00:11:21	00:23:19.35	00:23:33.35	+00:06:50 (29.3%)	4:39	12.9 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
106	WOŁOWIEC Przemek	316		M-30	42	00:00:15	00:11:32	00:23:19.35	00:23:35.00	+00:06:50 (29.3%)	4:40	12.9 (70.9%)
108	KRZEWIŃSKA Małgorzata	131	TKKF KOSZALIN	K-50	1	00:00:17	00:11:18	00:23:20.95	00:23:38.35	+00:06:51 (29.4%)	4:40	12.8 (70.3%)
109	TURCZYN Grzegorz	291	NIGHT RUNNERS SŁUPSK	M-40	27	00:00:37	00:11:08	00:23:25.05	00:24:02.75	+00:06:55 (29.6%)	4:41	12.8 (70.3%)
110	STAWISZYŃSKI Jarosław	337	FORUM ROZWOJU KOSZALINA	M-30	43	00:00:39	00:11:30	00:23:25.65	00:24:05.50	+00:06:56 (29.6%)	4:41	12.8 (70.3%)
111	CHODOR Izabela	30		K-30	5	00:00:12	00:11:37	00:23:29.30	00:23:42.20	+00:06:59 (29.8%)	4:42	12.8 (70.3%)
112	PLEWKA Mariusz	114		M-16	16	00:00:07	00:11:07	00:23:34.35	00:23:41.35	+00:07:05 (30.0%)	4:42	12.7 (69.8%)
113	ŻMIJA Dariusz	336	CONTRA PRIMEFOOD	M-40	28	00:00:29	00:11:18	00:23:34.60	00:24:04.50	+00:07:05 (30.1%)	4:43	12.7 (69.8%)
114	DĄBROWSKI Grzegorz	40		M-40	29	00:00:13	00:11:27	00:23:34.80	00:23:48.45	+00:07:05 (30.1%)	4:43	12.7 (69.8%)
115	JANUSZEWSKI Jacek	360	17 WOG KOSZALIN	M-50	13	00:00:25	00:11:16	00:23:36.15	00:24:01.30	+00:07:06 (30.1%)	4:43	12.7 (69.8%)
116	STOKROCKI Wojciech	265		M-30	44	00:00:35	00:11:57	00:23:40.25	00:24:15.80	+00:07:10 (30.3%)	4:44	12.7 (69.8%)
117	SZABAŁOWSKI Marek	269		M-40	30	00:00:37	00:11:54	00:23:42.80	00:24:20.55	+00:07:13 (30.5%)	4:44	12.6 (69.2%)
118	JAROS Damian	85	ZHP KOSZALIN	M-16	17	00:00:26	00:11:41	00:23:44.20	00:24:10.40	+00:07:14 (30.5%)	4:44	12.6 (69.2%)
119	JAKOWIENKO Grzegorz	78		M-30	45	00:00:30	00:11:29	00:23:48.40	00:24:19.25	+00:07:19 (30.7%)	4:45	12.6 (69.2%)
120	SZULC Szymon	281	GRYF LOK BIAŁOGARD	M-30	46	00:00:15	00:11:22	00:23:50.55	00:24:06.50	+00:07:21 (30.8%)	4:46	12.6 (69.2%)
121	JABŁOŃSKI Tomasz	76	AR SPOKO SŁAWNO	M-30	47	00:00:06	00:11:21	00:23:51.30	00:23:58.20	+00:07:21 (30.9%)	4:46	12.6 (69.2%)
122	KRZANOWSKI Marcin	129		M-30	48	00:00:27	00:11:47	00:23:52.15	00:24:19.90	+00:07:22 (30.9%)	4:46	12.6 (69.2%)
123	FIJAŁKOWSKI Piotr	51	TEAM BIEGOWY SZCZECINEK	M-30	49	00:00:21	00:11:52	00:23:53.40	00:24:15.20	+00:07:24 (31.0%)	4:46	12.6 (69.2%)
124	MROZIK Mariusz	183		M-30	50	00:00:22	00:11:50	00:23:57.00	00:24:19.50	+00:07:27 (31.2%)	4:47	12.5 (68.7%)
125	ROGOŻA Ireneusz	238	BIEGNIJMY.PL	M-40	31	00:00:31	00:11:48	00:24:00.15	00:24:31.70	+00:07:30 (31.3%)	4:48	12.5 (68.7%)
126	REMLAKOWSKI Krzysztof	236		M-40	32	00:00:25	00:11:46	00:24:00.45	00:24:26.35	+00:07:31 (31.3%)	4:48	12.5 (68.7%)
127	SPICA Łukasz	258		M-16	18	00:00:16	00:11:07	00:24:03.50	00:24:20.30	+00:07:34 (31.5%)	4:48	12.5 (68.7%)
128	ZAKIELARZ Jan	321		M-50	14	00:00:08	00:11:26	00:24:04.90	00:24:13.05	+00:07:35 (31.5%)	4:49	12.5 (68.7%)
129	OLIŃSKI Arek	197	WIDZEW	M-30	51	00:00:18	00:11:31	00:24:05.60	00:24:24.05	+00:07:36 (31.6%)	4:49	12.4 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	MEISSNER Bogusław	163		M-50	15	00:00:21	00:11:36	00:24:09.50	00:24:30.50	+00:07:40 (31.7%)	4:49	12.4 (68.1%)
131	OSOBNIAK Ryszard	202	ROZBIEGANY KOSZALIN	M-60	1	00:00:32	00:11:55	00:24:10.50	00:24:43.20	+00:07:41 (31.8%)	4:50	12.4 (68.1%)
132	OTTO Michał	204		M-30	52	00:00:17	00:11:44	00:24:11.85	00:24:29.55	+00:07:42 (31.9%)	4:50	12.4 (68.1%)
133	FELKOWSKI Tomasz	352		M-30	53	00:00:30	00:11:42	00:24:13.75	00:24:44.15	+00:07:44 (31.9%)	4:50	12.4 (68.1%)
134	ATALSKI Damian	2		M-30	54	00:00:18	00:11:24	00:24:18.20	00:24:36.30	+00:07:48 (32.2%)	4:51	12.3 (67.6%)
135	BRYGAŁA Tomasz	27		M-30	55	00:00:34	00:11:49	00:24:19.25	00:24:53.90	+00:07:49 (32.2%)	4:51	12.3 (67.6%)
136	HRYCIÓW Paweł	71	BIAŁOGARD	M-30	56	00:00:37	00:12:43	00:24:19.70	00:24:57.30	+00:07:50 (32.2%)	4:52	12.3 (67.6%)
137	KOŁODZIEJ Jakub	112		M-30	57	00:00:18	00:11:35	00:24:20.75	00:24:39.65	+00:07:51 (32.3%)	4:52	12.3 (67.6%)
138	SZUBERT Agnieszka	276	KOŁOBRZEG BIEGA	K-30	6	00:00:22	00:12:05	00:24:23.60	00:24:46.30	+00:07:54 (32.4%)	4:52	12.3 (67.6%)
139	WARZECHA Bartosz	298		M-40	33	00:00:25	00:11:52	00:24:23.85	00:24:49.30	+00:07:54 (32.4%)	4:52	12.3 (67.6%)
140	RAMA Janusz	231		M-40	34	00:00:35	00:12:10	00:24:24.75	00:25:00.35	+00:07:55 (32.5%)	4:53	12.3 (67.6%)
141	KAJKOWSKI Rafał	95	MAŁDOMRAFIWA KOSZALIN	M-40	35	00:00:34	00:12:03	00:24:27.00	00:25:01.85	+00:07:57 (32.6%)	4:53	12.3 (67.6%)
142	MEJER Aleksandra	164		K-16	8	00:00:06	00:11:50	00:24:29.00	00:24:35.80	+00:07:59 (32.7%)	4:53	12.3 (67.6%)
143	BARAŃSKI Maciej	7		M-16	19	00:00:30	00:12:07	00:24:29.90	00:24:59.95	+00:08:00 (32.7%)	4:53	12.3 (67.6%)
144	ZDROWIECKI Artur	325		M-30	58	00:00:12	00:11:01	00:24:30.40	00:24:42.40	+00:08:01 (32.7%)	4:54	12.2 (67.0%)
145	DZIESZUK Dariusz	46	TKKF KOSZALIN	M-40	36	00:00:15	00:12:13	00:24:30.60	00:24:46.10	+00:08:01 (32.7%)	4:54	12.2 (67.0%)
146	KACZMAREK Łukasz	94	WOJOWNICY WÓDY	M-30	59	00:00:11	00:11:22	00:24:34.65	00:24:46.05	+00:08:05 (32.9%)	4:55	12.2 (67.0%)
147	PECZYŃSKI Tomasz	214		M-16	20	00:00:31	00:12:16	00:24:35.95	00:25:07.30	+00:08:06 (33.0%)	4:55	12.2 (67.0%)
148	BORKOWSKA-KOWALCZYK Daria	341	WOMENS FIGHT CLUB KOSZALIN	K-30	7	00:00:19	00:11:51	00:24:39.55	00:24:59.10	+00:08:10 (33.1%)	4:56	12.2 (67.0%)
149	MIĄSEK Ryszard	167		M-30	60	00:00:34	00:12:16	00:24:39.70	00:25:13.90	+00:08:10 (33.1%)	4:55	12.2 (67.0%)
150	KOWALCZYK Piotr	122		M-30	61	00:00:32	00:12:04	00:24:45.35	00:25:17.55	+00:08:16 (33.4%)	4:57	12.1 (66.5%)
151	RASZPLA Radosław	234		M-40	37	00:00:18	00:11:45	00:24:46.60	00:25:05.15	+00:08:17 (33.4%)	4:57	12.1 (66.5%)
152	MĘDEL Cezary	166		M-40	38	00:00:36	00:12:15	00:24:46.70	00:25:22.95	+00:08:17 (33.5%)	4:57	12.1 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	MĘDEL Marta	165		K-40	2	00:00:35	00:12:16	00:24:47.95	00:25:23.65	+00:08:18 (33.5%)	4:57	12.1 (66.5%)
154	GRABOWSKA-LESISZ Aneta	64		K-30	8	00:00:16	00:11:51	00:24:49.60	00:25:06.25	+00:08:20 (33.6%)	4:58	12.1 (66.5%)
155	HOC Agnieszka	69		K-30	9	00:00:12	00:11:57	00:24:49.75	00:25:02.50	+00:08:20 (33.6%)	4:58	12.1 (66.5%)
156	KUBIŃSKA Beata	133	NIGHT RUNNERS SŁUPSK	K-40	3	00:00:13	00:11:54	00:24:50.15	00:25:03.50	+00:08:20 (33.6%)	4:58	12.1 (66.5%)
157	SZAFIRSKI Marek	270	CAMINO SŁUPSK	M-50	16	00:00:29	00:12:14	00:24:50.85	00:25:20.60	+00:08:21 (33.6%)	4:58	12.1 (66.5%)
158	ŚRODA Wojciech	285		M-40	39	00:00:17	00:12:03	00:24:51.05	00:25:09.00	+00:08:21 (33.6%)	4:58	12.1 (66.5%)
159	JÓŹWIAK Mariusz	89		M-30	62	00:00:22	00:11:53	00:24:56.60	00:25:18.70	+00:08:27 (33.9%)	4:59	12 (65.9%)
160	KOŁAKOWSKI Darek	351	K.B. SPRINT ŚWIDWIN	M-40	40	00:00:27	00:12:08	00:24:57.65	00:25:25.10	+00:08:28 (33.9%)	4:59	12 (65.9%)
161	KUREK Adrian	140		M-30	63	00:00:15	00:12:30	00:24:59.25	00:25:14.50	+00:08:29 (34.0%)	4:59	12 (65.9%)
162	LEWANDOWSKI Andrzej	146		M-30	64	00:00:06	00:10:52	00:25:02.25	00:25:08.75	+00:08:32 (34.1%)	5:00	12 (65.9%)
163	WOJCIECHOWSKI Andrzej	313		M-40	41	00:00:14	00:11:52	00:25:03.00	00:25:17.65	+00:08:33 (34.2%)	5:00	12 (65.9%)
164	WOJTUCH Małgorzata	314	-	K-16	9	00:00:21	00:11:52	00:25:06.05	00:25:27.35	+00:08:36 (34.3%)	5:01	12 (65.9%)
165	UZNAŃSKA Agata	294	KOŁOBRZEG BIEGA	K-50	2	00:00:23	00:12:18	00:25:09.10	00:25:32.40	+00:08:39 (34.4%)	5:01	11.9 (65.4%)
166	PIOR Tomasz	218		M-30	65	00:00:11	00:11:44	00:25:10.45	00:25:21.85	+00:08:41 (34.5%)	5:02	11.9 (65.4%)
167	PIETRYKA Artur	216	KARLINO	M-40	42	00:00:17	00:12:01	00:25:11.00	00:25:28.60	+00:08:41 (34.5%)	5:02	11.9 (65.4%)
168	WOCH Małgorzata	309		K-50	3	00:00:20	00:12:18	00:25:16.45	00:25:37.15	+00:08:47 (34.8%)	5:03	11.9 (65.4%)
169	HRYHOROWICZ Joanna	72	NIGHT RUNNERS SŁUPSK	K-30	10	00:00:37	00:12:31	00:25:19.70	00:25:57.00	+00:08:50 (34.9%)	5:04	11.8 (64.8%)
170	LEWICZ Ewa	148		K-30	11	00:00:15	00:12:06	00:25:23.40	00:25:39.25	+00:08:54 (35.1%)	5:04	11.8 (64.8%)
171	LEWICZ Jan	149		M-30	66	00:00:16	00:12:05	00:25:23.55	00:25:39.95	+00:08:54 (35.1%)	5:04	11.8 (64.8%)
172	DOMAŃSKI Adam	43		M-40	43	00:00:24	00:12:36	00:25:24.70	00:25:49.25	+00:08:55 (35.1%)	5:05	11.8 (64.8%)
173	NOWAK-IGNACAK Monika	195		K-40	4	00:00:13	00:12:16	00:25:30.00	00:25:43.00	+00:09:00 (35.3%)	5:06	11.8 (64.8%)
174	BERNACKI Adam	15	EB BERNACKI	M-40	44	00:00:15	00:12:27	00:25:32.95	00:25:48.50	+00:09:03 (35.5%)	5:06	11.7 (64.3%)
175	PIOTROWSKI Krzysztof	346	KLUB BIEGOWY B-RUN-EK	M-16	21	00:00:28	00:13:22	00:25:37.45	00:26:05.85	+00:09:08 (35.6%)	5:07	11.7 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	KOZŁOWSKI Tomasz	125		M-30	67	00:00:09	00:11:57	00:25:39.15	00:25:48.15	+00:09:09 (35.7%)	5:07	11.7 (64.3%)
177	ŻYWOT Norbert	92		M-40	45	00:00:35	00:12:34	00:25:39.25	00:26:15.20	+00:09:09 (35.7%)	5:08	11.7 (64.3%)
178	KUPREWICZ Grzegorz	138	JW1223	M-30	68	00:00:14	00:11:56	00:25:39.75	00:25:54.40	+00:09:10 (35.7%)	5:08	11.7 (64.3%)
179	JASIŃSKI Cezary	88	UBOTY Z KGB	M-40	46	00:00:33	00:12:14	00:25:40.35	00:26:14.20	+00:09:11 (35.8%)	5:08	11.7 (64.3%)
180	ORZEŁ Anna Justyna	200	TKKF KOSZALIN	K-30	12	00:00:09	00:12:34	00:25:42.65	00:25:52.10	+00:09:13 (35.9%)	5:08	11.7 (64.3%)
181	LEWANDOWSKI Rafał	147		M-40	47	00:00:16	00:12:22	00:25:43.60	00:26:00.40	+00:09:14 (35.9%)	5:08	11.7 (64.3%)
182	SOBALA Anna	254		K-16	10	00:00:26	00:12:44	00:25:44.15	00:26:10.75	+00:09:14 (35.9%)	5:08	11.7 (64.3%)
183	JUSIŃSKA Anna	90		K-40	5	00:00:19	00:12:25	00:25:48.75	00:26:08.10	+00:09:19 (36.1%)	5:09	11.6 (63.7%)
184	WALCZAK Agnieszka	297	TKKF KOSZALIN	K-40	6	00:00:28	00:12:23	00:25:53.05	00:26:21.75	+00:09:23 (36.3%)	5:10	11.6 (63.7%)
185	FAJGIER Tomasz	48		M-40	48	00:00:14	00:12:04	00:25:53.15	00:26:07.60	+00:09:23 (36.3%)	5:10	11.6 (63.7%)
186	DANOWSKI Maciej	37	FITNESS CLUB FORMA	M-40	49	00:00:09	00:12:17	00:25:54.50	00:26:04.05	+00:09:25 (36.4%)	5:11	11.6 (63.7%)
187	NAPIERAŁA Marcin	186		M-30	69	00:00:38	00:12:59	00:25:54.65	00:26:33.10	+00:09:25 (36.4%)	5:11	11.6 (63.7%)
188	BRYGAŁA Magdalena	26		K-30	13	00:00:32	00:12:17	00:25:55.90	00:26:28.85	+00:09:26 (36.4%)	5:11	11.6 (63.7%)
189	DĄBROWSKA Alicja	39	TKKF KOSZALIN	K-50	4	00:00:34	00:12:58	00:25:57.10	00:26:31.55	+00:09:27 (36.5%)	5:11	11.6 (63.7%)
190	ZIĘBA Paweł	327	TKKF KOSZALIN	M-40	50	00:00:19	00:12:18	00:26:02.70	00:26:21.80	+00:09:33 (36.7%)	5:12	11.5 (63.2%)
191	RADECKI Jacek	229		M-40	51	00:00:14	00:12:26	00:26:05.45	00:26:19.75	+00:09:36 (36.8%)	5:13	11.5 (63.2%)
192	KUREK Aneta	141		K-40	7	00:00:14	00:12:44	00:26:07.40	00:26:22.20	+00:09:38 (36.9%)	5:13	11.5 (63.2%)
193	GŁOWACKI Włodzimierz	60		M-70	1	00:00:17	00:12:42	00:26:09.75	00:26:27.55	+00:09:40 (37.0%)	5:14	11.5 (63.2%)
193	MRUGALSKI Stanisław	184		M-50	17	00:00:42	00:12:44	00:26:09.75	00:26:52.15	+00:09:40 (37.0%)	5:14	11.5 (63.2%)
195	DROZDOWSKI Marcin	45		M-16	22	00:00:27	00:12:46	00:26:11.15	00:26:38.15	+00:09:41 (37.0%)	5:14	11.5 (63.2%)
196	PSTRĄGOWSKA Marlena	225	BIEGNIJMY.PL	K-30	14	00:00:12	00:12:38	00:26:11.70	00:26:24.00	+00:09:42 (37.1%)	5:14	11.5 (63.2%)
197	SZYMAŃSKA Agnieszka	282		K-30	15	00:00:12	00:12:53	00:26:12.85	00:26:25.75	+00:09:43 (37.1%)	5:14	11.4 (62.6%)
198	JAROSZ Marzena	87		K-50	5	00:00:13	00:12:52	00:26:14.30	00:26:27.65	+00:09:44 (37.2%)	5:14	11.4 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	ZATORSKI Zbigniew	322	X---O---X	M-30	70	00:00:12	00:12:47	00:26:15.85	00:26:28.15	+00:09:46 (37.2%)	5:15	11.4 (62.6%)
200	ZATORSKI Alek	323		M-16	23	00:00:11	00:12:48	00:26:16.00	00:26:27.90	+00:09:46 (37.2%)	5:15	11.4 (62.6%)
201	BALCERZAK Bogdan	5	ZSM DARŁOWO	M-40	52	00:00:35	00:13:04	00:26:16.90	00:26:52.20	+00:09:47 (37.3%)	5:15	11.4 (62.6%)
202	STOJEWSKA Katarzyna	263	JA_BEZ_SILNA	K-16	11	00:00:13	00:12:26	00:26:21.70	00:26:35.10	+00:09:52 (37.5%)	5:16	11.4 (62.6%)
203	BARANOWSKA Karolina	6		K-30	16	00:00:13	00:12:26	00:26:21.90	00:26:35.20	+00:09:52 (37.5%)	5:16	11.4 (62.6%)
204	OLSZAK Monika	198		K-16	12	00:00:21	00:12:31	00:26:24.25	00:26:45.30	+00:09:54 (37.6%)	5:16	11.4 (62.6%)
205	SMARSZCZ Wiesław	253		M-50	18	00:00:11	00:12:40	00:26:25.90	00:26:37.50	+00:09:56 (37.6%)	5:17	11.3 (62.1%)
206	HNATOWSKI Artur	338	DM FC KOSZALIN	M-40	53	00:00:38	00:12:41	00:26:27.45	00:27:05.85	+00:09:58 (37.7%)	5:17	11.3 (62.1%)
206	KAZIMIERCZAK Leszek	103		M-30	71	00:00:38	00:12:41	00:26:27.45	00:27:05.75	+00:09:58 (37.7%)	5:17	11.3 (62.1%)
208	ORYSZCZYN Arkadiusz	199		M-30	72	00:00:17	00:12:06	00:26:28.40	00:26:45.80	+00:09:59 (37.7%)	5:17	11.3 (62.1%)
209	MICHALAK Anna	170		K-30	17	00:00:32	00:12:51	00:26:29.25	00:27:02.20	+00:09:59 (37.7%)	5:18	11.3 (62.1%)
210	MALINOWSKA Małgorzata	155		K-50	6	00:00:20	00:12:42	00:26:35.65	00:26:55.75	+00:10:06 (38.0%)	5:19	11.3 (62.1%)
211	AUGUSTYNIAK Bartłomiej	3	PRECON POLSKA-JASTROWIE	M-16	24	00:00:10	00:12:25	00:26:36.65	00:26:46.90	+00:10:07 (38.0%)	5:19	11.3 (62.1%)
212	ZAKIELARZ Anna	320		K-30	18	00:00:08	00:12:26	00:26:37.85	00:26:46.50	+00:10:08 (38.1%)	5:19	11.3 (62.1%)
213	JABŁOŃSKA Katarzyna	75		K-30	19	00:00:21	00:12:54	00:26:42.75	00:27:04.45	+00:10:13 (38.3%)	5:20	11.2 (61.5%)
214	MALINOWSKA-BURDA Aleksandra	157		K-16	13	00:00:31	00:13:18	00:26:47.50	00:27:19.30	+00:10:18 (38.5%)	5:21	11.2 (61.5%)
215	WEJNER-POLASIK Ewelina	301	TEAM BIEGOWY SZCZECINEK	K-30	20	00:00:23	00:13:24	00:26:49.60	00:27:13.55	+00:10:20 (38.5%)	5:22	11.2 (61.5%)
216	POLASIK Paweł	222	TEAM BIEGOWY SZCZECINEK	M-30	73	00:00:24	00:13:23	00:26:49.65	00:27:13.90	+00:10:20 (38.5%)	5:21	11.2 (61.5%)
217	KOLIGAT Anna	111		K-30	21	00:00:18	00:12:56	00:26:51.35	00:27:09.90	+00:10:22 (38.6%)	5:22	11.2 (61.5%)
218	NOWAK Sylwia	194	CZARNE BIEGA	K-30	22	00:00:19	00:12:36	00:26:52.25	00:27:11.90	+00:10:22 (38.6%)	5:22	11.2 (61.5%)
219	MAZUREK Barbara	162	BABECZKI KOSZALIN	K-30	23	00:00:36	00:12:56	00:26:55.30	00:27:31.50	+00:10:25 (38.8%)	5:23	11.1 (61.0%)
220	JUSZCZAK Krzysztof	91		M-60	2	00:00:36	00:12:57	00:26:55.35	00:27:31.50	+00:10:26 (38.8%)	5:23	11.1 (61.0%)
221	KRZEMIŃSKI Michał	130	ROZBIEGANY KOSZALIN	M-30	74	00:00:31	00:13:37	00:26:55.45	00:27:27.35	+00:10:26 (38.8%)	5:23	11.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	SOBOLEWSKI Marek	255		M-40	54	00:00:25	00:13:21	00:26:56.10	00:27:21.85	+00:10:26 (38.8%)	5:23	11.1 (61.0%)
223	SZKATULSKI Tomasz	274	DARŁOWO	M-16	25	00:00:34	00:13:16	00:26:59.85	00:27:33.90	+00:10:30 (38.9%)	5:23	11.1 (61.0%)
224	IMIOŁEK Jacek	73		M-30	75	00:00:29	00:13:22	00:27:01.25	00:27:30.85	+00:10:31 (39.0%)	5:24	11.1 (61.0%)
225	KORPAL Cezary	118	ROZBIEGANY KOSZALIN	M-50	19	00:00:22	00:13:42	00:27:10.05	00:27:32.95	+00:10:40 (39.3%)	5:26	11 (60.4%)
226	MOJSIEWICZ Anna	177		K-30	24	00:00:12	00:13:10	00:27:12.05	00:27:24.75	+00:10:42 (39.4%)	5:26	11 (60.4%)
227	WIERZBICKI Kacper	305	ŁUBU DUBU PREZES KLUBU	M-16	26	00:00:37	00:12:51	00:27:13.65	00:27:51.45	+00:10:44 (39.4%)	5:26	11 (60.4%)
228	BRESZKA Paweł	25	BIEGNIJMY TO	M-40	55	00:00:34	00:13:39	00:27:14.45	00:27:49.30	+00:10:45 (39.5%)	5:27	11 (60.4%)
229	BAK Zbigniew	12	RUNNERSWALDE DARŁOWO	M-30	76	00:00:34	00:13:39	00:27:14.50	00:27:49.30	+00:10:45 (39.5%)	5:27	11 (60.4%)
230	PAWŁOWSKA Urszula	213		K-30	25	00:00:37	00:13:30	00:27:16.60	00:27:54.50	+00:10:47 (39.5%)	5:27	11 (60.4%)
231	BASIAK Krystian	11	KOSZALIN	M-30	77	00:00:38	00:13:16	00:27:22.85	00:28:01.30	+00:10:53 (39.8%)	5:28	11 (60.4%)
232	DOMAŃSKA Katarzyna	42		K-30	26	00:00:24	00:13:26	00:27:29.55	00:27:53.90	+00:11:00 (40.0%)	5:29	10.9 (59.9%)
233	CZYŻEWSKA Beata	34	KOŁOBRZEG BIEGA	K-40	8	00:00:23	00:13:15	00:27:30.65	00:27:53.65	+00:11:01 (40.1%)	5:30	10.9 (59.9%)
234	FRASZKIEWICZ Jarosław	52		M-40	56	00:00:30	00:13:36	00:27:34.90	00:28:05.70	+00:11:05 (40.2%)	5:31	10.9 (59.9%)
235	KOTULSKI Piotr	121	KLUB BIEGACZY JYSK	M-30	78	00:00:23	00:13:04	00:27:39.95	00:28:03.60	+00:11:10 (40.4%)	5:32	10.8 (59.3%)
236	WOLF Beata	315	BIGYELLOWFOOT ADVENTURE TEAM	K-30	27	00:00:33	00:13:35	00:27:42.35	00:28:16.25	+00:11:13 (40.5%)	5:32	10.8 (59.3%)
237	MICHALAK Kamila	169		K-30	28	00:00:23	00:13:04	00:27:43.60	00:28:06.80	+00:11:14 (40.5%)	5:32	10.8 (59.3%)
238	BORUC Barbara	22	PARKRUN SZCZECINEK	K-40	9	00:00:22	00:13:34	00:27:45.75	00:28:07.95	+00:11:16 (40.6%)	5:33	10.8 (59.3%)
239	ŁUCZEJKO Sławomir	152	TEAM BIEGOWY SZCZECINEK	M-50	20	00:00:21	00:13:35	00:27:46.20	00:28:08.00	+00:11:16 (40.6%)	5:33	10.8 (59.3%)
240	BORUC Jacek	23	PARKRUN SZCZECINEK	M-50	21	00:00:21	00:13:35	00:27:46.85	00:28:08.15	+00:11:17 (40.6%)	5:33	10.8 (59.3%)
241	JARKIEWICZ Marlena	84		K-16	14	00:00:31	00:13:18	00:27:49.15	00:28:20.55	+00:11:19 (40.7%)	5:33	10.8 (59.3%)
242	SZULC Adam	279		M-16	27	00:00:17	00:13:36	00:27:53.55	00:28:10.75	+00:11:24 (40.9%)	5:34	10.8 (59.3%)
243	PAULIŃSKI Jan	212		M-60	3	00:00:14	00:13:27	00:27:55.05	00:28:09.50	+00:11:25 (40.9%)	5:35	10.7 (58.8%)
244	URBAŃSKA Anetta	292		K-30	29	00:00:13	00:13:15	00:27:55.25	00:28:09.10	+00:11:25 (40.9%)	5:35	10.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	KARNICKI Zygmunt	101	TKKF KOSZALIN	M-60	4	00:00:26	00:13:12	00:27:59.40	00:28:25.85	+00:11:30 (41.1%)	5:35	10.7 (58.8%)
246	KOMOROWSKA Beata	113	ROZBIEGANY KOSZALIN	K-30	30	00:00:29	00:13:38	00:28:00.15	00:28:29.30	+00:11:30 (41.1%)	5:36	10.7 (58.8%)
247	KLENIEWSKI Piotr	107		M-50	22	00:00:10	00:13:38	00:28:03.80	00:28:13.95	+00:11:34 (41.2%)	5:36	10.7 (58.8%)
248	KOBUS-MAŁANECZ Agnieszka	109		K-30	31	00:00:18	00:13:27	00:28:05.60	00:28:24.50	+00:11:36 (41.3%)	5:37	10.7 (58.8%)
249	TRZEŚNIEWSKI Zbigniew	290		M-40	57	00:00:31	00:13:36	00:28:06.70	00:28:38.00	+00:11:37 (41.3%)	5:37	10.7 (58.8%)
250	MŁYNARCZYK Aneta	176		K-40	10	00:00:19	00:13:29	00:28:07.50	00:28:26.85	+00:11:38 (41.4%)	5:37	10.7 (58.8%)
251	SKOWYRSKI Janusz	251	TKKF KOSZALIN	M-50	23	00:00:25	00:14:25	00:28:16.45	00:28:41.65	+00:11:47 (41.7%)	5:39	10.6 (58.2%)
252	WITAŁA Michał	308		M-30	79	00:00:21	00:13:08	00:28:18.05	00:28:39.10	+00:11:48 (41.7%)	5:39	10.6 (58.2%)
253	BONISŁAWSKA Małgorzata	20	ZUZIA&ZOSIA	K-30	32	00:00:29	00:13:36	00:28:20.85	00:28:49.85	+00:11:51 (41.8%)	5:40	10.6 (58.2%)
254	PTASZYŃSKA Katarzyna	227	KOŁOBRZEG BIEGA	K-50	7	00:00:23	00:13:55	00:28:22.85	00:28:46.35	+00:11:53 (41.9%)	5:40	10.6 (58.2%)
255	BOŚ Grzegorz	24		M-30	80	00:00:33	00:13:49	00:28:23.40	00:28:56.90	+00:11:54 (41.9%)	5:40	10.6 (58.2%)
256	FIJAŁKOWSKA Małgorzata	50	TEAM BIEGOWY SZCZECINEK	K-30	33	00:00:24	00:14:16	00:28:29.20	00:28:53.75	+00:11:59 (42.1%)	5:41	10.5 (57.7%)
257	NIEMCZUK Anna	190		K-50	8	00:00:16	00:13:26	00:28:32.55	00:28:49.15	+00:12:03 (42.2%)	5:42	10.5 (57.7%)
258	PACAN Mirosława	205	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-16	15	00:00:29	00:13:58	00:28:34.95	00:29:04.70	+00:12:05 (42.3%)	5:43	10.5 (57.7%)
259	PACAN Bartosz	206		M-30	81	00:00:30	00:13:58	00:28:38.15	00:29:08.20	+00:12:08 (42.4%)	5:43	10.5 (57.7%)
260	KĘPA Marta	104	FIT UP CLUB	K-16	16	00:00:27	00:14:16	00:28:42.45	00:29:09.45	+00:12:13 (42.6%)	5:44	10.5 (57.7%)
261	SZCZYTKOWSKI Marek	272	KB SPRINT ŚWIDWIN	M-40	58	00:00:27	00:14:10	00:28:50.35	00:29:17.85	+00:12:21 (42.8%)	5:46	10.4 (57.1%)
262	DĘBOWSKA-SZCZYTKOWSKA Izabella	41	KB SPRINT ŚWIDWIN	K-40	11	00:00:26	00:14:12	00:28:51.20	00:29:17.95	+00:12:21 (42.9%)	5:46	10.4 (57.1%)
263	PIOR Ewa	219	MORSY Z GRUDZIĄDZA	K-50	9	00:00:33	00:14:13	00:28:54.20	00:29:28.05	+00:12:24 (43.0%)	5:47	10.4 (57.1%)
264	BEDNARZ Katarzyna	13		K-40	12	00:00:18	00:13:34	00:28:54.85	00:29:13.70	+00:12:25 (43.0%)	5:47	10.4 (57.1%)
265	HELLER Zdzisław	67		M-60	5	00:00:32	00:13:52	00:28:55.80	00:29:28.30	+00:12:26 (43.0%)	5:47	10.4 (57.1%)
266	BACHORSKA Dorota	4		K-30	34	00:00:27	00:14:17	00:29:10.70	00:29:38.00	+00:12:41 (43.5%)	5:50	10.3 (56.6%)
267	DANIELSKA Monika	36	CONTRA PRIMEFOOD	K-40	13	00:00:28	00:14:15	00:29:22.25	00:29:51.20	+00:12:52 (43.9%)	5:52	10.2 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	WENCŁAW-JUSZCZAK Marta	302		K-40	14	00:00:12	00:14:58	00:29:30.80	00:29:43.30	+00:13:01 (44.1%)	5:54	10.2 (56.0%)
269	MATUSZAK Agnieszka	160		K-30	35	00:00:13	00:13:30	00:29:31.25	00:29:44.50	+00:13:01 (44.1%)	5:54	10.2 (56.0%)
270	BIEŁĘDA Karolina	16	RAMS TRAINING HOUS KOŁOBRZEG	K-30	36	00:00:24	00:14:29	00:29:38.70	00:30:02.75	+00:13:09 (44.4%)	5:55	10.1 (55.5%)
271	SIEPRACKI Adam	247	FORUM ROZWOJU KOSZALINA	M-30	82	00:00:39	00:14:30	00:29:39.65	00:30:19.05	+00:13:10 (44.4%)	5:56	10.1 (55.5%)
272	ZIÓLKOWSKI Andrzej	332	OSP SYPNIEWO	M-30	83	00:00:08	00:13:14	00:29:41.35	00:29:50.30	+00:13:12 (44.5%)	5:56	10.1 (55.5%)
273	TREJDER Maria	289	BAJADERKI	K-40	15	00:00:23	00:14:22	00:29:42.65	00:30:06.45	+00:13:13 (44.5%)	5:56	10.1 (55.5%)
274	SIKORSKI Witold	248	KB RUN 42	M-50	24	00:00:28	00:13:29	00:29:43.65	00:30:11.95	+00:13:14 (44.5%)	5:56	10.1 (55.5%)
275	KANIA Beata	99		K-40	16	00:00:19	00:13:55	00:29:48.20	00:30:08.15	+00:13:18 (44.7%)	5:57	10.1 (55.5%)
276	PASEK Paula	209		K-30	37	00:00:28	00:14:27	00:29:50.30	00:30:18.50	+00:13:20 (44.7%)	5:58	10.1 (55.5%)
277	MICHALCZYK Małgorzata	171	WOJOWNICY WÓDY	K-16	17	00:00:12	00:13:43	00:29:51.25	00:30:03.75	+00:13:21 (44.8%)	5:58	10.1 (55.5%)
278	NIEZGODA Agata	347	KLUB BIEGOWY B-RUN-EK	K-16	18	00:00:27	00:14:28	00:29:53.85	00:30:20.90	+00:13:24 (44.8%)	5:58	10 (54.9%)
279	BORSUK Dorota	21		K-40	17	00:00:14	00:14:13	00:30:04.40	00:30:19.35	+00:13:35 (45.2%)	6:01	10 (54.9%)
280	WOŹNIAK Stanisław	317	NIERZESZONY	M-60	6	00:00:24	00:14:08	00:30:10.35	00:30:34.90	+00:13:41 (45.4%)	6:02	9.9 (54.4%)
281	KOLASA Tomasz	110	KĄPIELE NA SPONTANIE	M-40	59	00:00:24	00:14:08	00:30:10.50	00:30:35.35	+00:13:41 (45.4%)	6:02	9.9 (54.4%)
282	SZULC Martyna	278	SZULC RUNNERS TEAM / GRYF BIAŁOGARD	K-16	19	00:00:16	00:14:17	00:30:13.75	00:30:30.65	+00:13:44 (45.5%)	6:02	9.9 (54.4%)
283	STANCZEWSKA Karolina	259		K-30	38	00:00:16	00:14:00	00:30:14.00	00:30:30.70	+00:13:44 (45.5%)	6:02	9.9 (54.4%)
284	OLEJNIK Paulina	196		K-16	20	00:00:30	00:14:58	00:30:20.85	00:30:51.10	+00:13:51 (45.7%)	6:04	9.9 (54.4%)
285	KORZYNIĘWSKA Anna	119		K-30	39	00:00:30	00:14:58	00:30:21.15	00:30:51.40	+00:13:51 (45.7%)	6:04	9.9 (54.4%)
286	VON BARDELEBEN Agnieszka	296	BABECZKI KOSZALIN	K-40	18	00:00:36	00:14:44	00:30:22.10	00:30:58.70	+00:13:52 (45.7%)	6:04	9.9 (54.4%)
287	MALINOWSKA Agnieszka	156	CIOTECZKI.PL	K-30	40	00:00:20	00:14:43	00:30:22.20	00:30:42.90	+00:13:52 (45.7%)	6:04	9.9 (54.4%)
288	RASZPLA Ilona	233		K-40	19	00:00:20	00:14:42	00:30:22.25	00:30:42.50	+00:13:52 (45.7%)	6:04	9.9 (54.4%)
289	SULIGA-KRAKOWIAK Agnieszka	267	CZARNE BIEGA	K-40	20	00:00:32	00:14:57	00:30:22.65	00:30:55.45	+00:13:53 (45.7%)	6:04	9.9 (54.4%)
290	KURCZ Barbara	139	BABECZKI KOSZALIN	K-40	21	00:00:37	00:14:43	00:30:23.45	00:31:00.85	+00:13:54 (45.7%)	6:04	9.9 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	STEC Edyta	262	BABECZKI KOSZALIN	K-30	41	00:00:36	00:14:43	00:30:23.80	00:31:00.65	+00:13:54 (45.8%)	6:04	9.9 (54.4%)
292	MOŻEJKO Anna	181	BABECZKI KOSZALIN	K-30	42	00:00:36	00:14:43	00:30:23.85	00:31:00.70	+00:13:54 (45.8%)	6:04	9.9 (54.4%)
293	STASZYŃSKA Marianna	260	BTC'ORZEŁ,,BIAŁOGARD	K-60	1	00:00:27	00:14:45	00:30:48.40	00:31:16.00	+00:14:19 (46.5%)	6:09	9.7 (53.3%)
294	SŁAWIŃSKI Mariusz	252		M-50	25	00:00:25	00:14:09	00:31:01.65	00:31:27.00	+00:14:32 (46.9%)	6:12	9.7 (53.3%)
295	WIECZOREK Wojciech	303		M-30	84	00:00:23	00:15:12	00:31:24.95	00:31:48.10	+00:14:55 (47.5%)	6:17	9.5 (52.2%)
296	WOJANOWSKI Zbigniew	311	'BIEGAM BO LUBIĘ	M-50	26	00:00:22	00:14:31	00:31:54.00	00:32:16.10	+00:15:24 (48.3%)	6:22	9.4 (51.6%)
297	FELKOWSKA Karolina	353		K-30	43	00:00:30	00:14:57	00:32:07.35	00:32:37.90	+00:15:38 (48.7%)	6:25	9.3 (51.1%)
298	MARCHEWKA Katarzyna	158		K-16	21	00:00:30	00:14:57	00:32:07.55	00:32:38.05	+00:15:38 (48.7%)	6:25	9.3 (51.1%)
299	PASEK Jan	210		M-60	7	00:00:31	00:15:05	00:32:09.20	00:32:41.10	+00:15:39 (48.7%)	6:26	9.3 (51.1%)
300	LEŚNIEWSKI Dominik	145	RAMS TRAINING HOUSE	M-30	85	00:00:24	00:15:54	00:32:15.60	00:32:39.60	+00:15:46 (48.9%)	6:27	9.3 (51.1%)
301	DĄBROWSKA Katarzyna	38	TKKF KOSZALIN	K-16	22	00:00:32	00:15:02	00:32:24.90	00:32:57.70	+00:15:55 (49.1%)	6:29	9.3 (51.1%)
302	ZUKAL Aleksandra	333		K-40	22	00:00:29	00:15:24	00:32:40.60	00:33:09.85	+00:16:11 (49.5%)	6:32	9.2 (50.5%)
303	KRAWCZUK-KIEŁB Anna	127	ŻYJ Z ENERGIA	K-40	23	00:00:33	00:15:30	00:33:04.05	00:33:37.05	+00:16:34 (50.1%)	6:36	9.1 (50.0%)
304	JAKUBOWSKA Anna	79		K-16	23	00:00:29	00:15:56	00:33:22.80	00:33:52.10	+00:16:53 (50.6%)	6:40	9 (49.5%)
305	HAUSMAN Andrzej	66	KSR ROWERIA	M-60	8	00:00:18	00:15:20	00:33:48.55	00:34:07.30	+00:17:19 (51.2%)	6:45	8.9 (48.9%)
306	MIKLASIŃSKA Monika	175	SŁAWNO	K-30	44	00:00:28	00:17:58	00:35:03.25	00:35:31.80	+00:18:33 (53.0%)	7:00	8.6 (47.3%)
307	NAPIONTEK Elżbieta	187	ŚWIAT PŁYTEK U KRYSPIŃA	K-60	2	00:00:37	00:16:40	00:35:03.35	00:35:40.55	+00:18:34 (53.0%)	7:00	8.6 (47.3%)
308	GÓRSKA Dorota	62		K-50	10	00:00:25	00:17:04	00:35:40.30	00:36:05.60	+00:19:10 (53.8%)	7:08	8.4 (46.2%)
309	GARBACZ-ZATORSKA Milena	54		K-30	45	00:00:12	00:16:22	00:36:17.00	00:36:29.15	+00:19:47 (54.6%)	7:15	8.3 (45.6%)
310	SOLAK Halina	256	ŚWIAT PŁYTEK U KRYSPIŃA	K-60	3	00:00:37	00:17:58	00:39:20.00	00:39:57.15	+00:22:50 (58.1%)	7:52	7.6 (41.8%)
311	BARTNIK Marian	8	TKKF KOSZALIN	M-70	2	00:00:06	00:18:32	00:39:45.30	00:39:51.50	+00:23:15 (58.5%)	7:57	7.5 (41.2%)
	ZIÓŁKOWSKA Swietłana	331	OSP SYPNIEWO	K-30		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 312 wynik(ów)