Koszalin

Rada Osiedla Jamno - Łabusz, Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej 2016-12-04
Koszalin
5 km

HERKULES
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| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{gathered} \text { Bike_All } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net <br> time <br> 5 km | Czas brutto 5 km | Gap | Pace min/km | Pace 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 Kryspin | 56 | ŚWIAT PŁYTEK/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 | SIEMIAATKOWSKI 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 | 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\%) |
| 14 | 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\%) |
| 15 | 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\%) |
| 16 | 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\%) |
| 17 | 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\%) |
| 18 | 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\%) |
| 19 | 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\%) |
| 20 | SZEWCZUK 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\%) |
| 21 | 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\%) |
| 22 | 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\%) |
| 23 | 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\%) |
| 24 | 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\%) |
| 25 | 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\%) |
| 26 | 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\%) |
| 27 | 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\%) |


| Place | Participant | Number | Club | Category | MCat | Start time | $\begin{gathered} \text { Bike_All } \\ 2.5 \mathrm{~km} \end{gathered}$ | Net <br> time <br> 5 km | Czas brutto 5 km | Gap | Pace min/km | Pace <br> km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 28 | STEBELSKI Jasiek | 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\%) |
| 29 | 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\%) |
| 30 | 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\%) |
| 31 | 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\%) |
| 32 | 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\%) |
| 33 | 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\%) |
| 34 | 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\%) |
| 35 | 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\%) |
| 36 | PĘKAŁA 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\%) |
| 37 | 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\%) |
| 38 | 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\%) |
| 39 | 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\%) |
| 40 | 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\%) |
| 41 | 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\%) |
| 42 | 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\%) |
| 43 | 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\%) |
| 44 | 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\%) |
| 45 | 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\%) |
| 46 | 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\%) |
| 47 | 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\%) |
| 48 | 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\%) |
| 49 | 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\%) |
| 50 | 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\%) |
| 51 | 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\%) |
| 52 | 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\%) |
| 53 | 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\%) |
| 54 | 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\%) |
| 55 | 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\%) |
| 56 | 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\%) |
| 57 | 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\%) |
| 58 | 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\%) |
| 59 | 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\%) |
| 60 | PSTRĄGOWSKI 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\%) |
| 61 | 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\%) |
| 62 | 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\%) |
| 63 | 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\%) |
| 64 | 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\%) |
| 65 | 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\%) |
| 66 | 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\%) |
| 67 | 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\%) |
| 68 | 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\%) |
| 69 | 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\%) |
| 70 | 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\%) |
| 71 | 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\%) |


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| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 72 | 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\%) |
| 73 | 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\%) |
| 74 | 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\%) |
| 75 | 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\%) |
| 76 | 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\%) |
| 77 | 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\%) |
| 78 | 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\%) |
| 79 | 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\%) |
| 80 | 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\%) |
| 81 | 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\%) |
| 82 | 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\%) |
| 83 | 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\%) |
| 84 | KRASINSKI 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\%) |
| 85 | 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\%) |
| 86 | KUBINSSI 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\%) |
| 87 | 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\%) |
| 88 | 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\%) |
| 89 | 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\%) |
| 90 | 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\%) |
| 91 | 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\%) |
| 92 | 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\%) |
| 93 | 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\%) |
| 94 | 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\%) |
| 95 | 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\%) |
| 96 | 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\%) |
| 97 | 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\%) |
| 98 | 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\%) |
| 99 | 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\%) |
| 100 | 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\%) |
| 101 | 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\%) |
| 102 | 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\%) |
| 103 | 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\%) |
| 104 | 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\%) |
| 105 | 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\%) |
| 106 | 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\%) |
| 107 | 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\%) |
| 108 | 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\%) |
| 109 | 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\%) |
| 110 | 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\%) |
| 111 | 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\%) |
| 112 | REMPLAKOWSKI 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\%) |
| 113 | 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\%) |
| 114 | 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\%) |
| 115 | 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\%) |


| Place | Participant | Number | Club | Category | MCat | Start time | Bike_All <br> 2.5 km | Net <br> time <br> 5 km | Czas brutto 5 km | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 116 | 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\%) |
| 117 | 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\%) |
| 118 | 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\%) |
| 119 | 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\%) |
| 120 | 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\%) |
| 121 | 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\%) |
| 122 | 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\%) |
| 123 | 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\%) |
| 124 | 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\%) |
| 125 | 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\%) |
| 126 | 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\%) |
| 127 | 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\%) |
| 128 | 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\%) |
| 129 | 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\%) |
| 130 | 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\%) |
| 131 | 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\%) |
| 132 | MIASEK 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\%) |
| 133 | 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\%) |
| 134 | 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\%) |
| 135 | MĖDEL 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\%) |
| 136 | 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\%) |
| 137 | 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\%) |
| 138 | JÓżWIAK 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\%) |
| 139 | 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\%) |
| 140 | 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\%) |
| 141 | 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\%) |
| 142 | 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\%) |
| 143 | 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\%) |
| 144 | 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\%) |
| 145 | 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\%) |
| 146 | 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\%) |
| 147 | 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\%) |
| 148 | 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\%) |
| 149 | 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\%) |
| 150 | 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\%) |
| 151 | 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\%) |
| 152 | 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\%) |
| 153 | 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\%) |
| 154 | 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\%) |
| 155 | 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\%) |
| 156 | NAPIERALA 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\%) |
| 157 | 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\%) |
| 158 | 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\%) |
| 159 | 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\%) |


| Place | Participant | Number | Club | Category | MCat | Start time | Bike_All 2.5 km | $\begin{aligned} & \text { Net } \\ & \text { time } \\ & 5 \mathrm{~km} \end{aligned}$ | Czas brutto 5 km | Gap | Pace min/km | Pace km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 159 | 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\%) |
| 161 | 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\%) |
| 162 | ZATORSKI Zbigniew | 322 | X------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\%) |
| 163 | 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\%) |
| 164 | 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\%) |
| 165 | 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\%) |
| 166 | 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\%) |
| 166 | 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\%) |
| 168 | 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\%) |
| 169 | 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\%) |
| 170 | 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\%) |
| 171 | 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\%) |
| 172 | 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\%) |
| 173 | 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\%) |
| 174 | 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\%) |
| 175 | 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\%) |
| 176 | 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\%) |
| 177 | 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\%) |
| 178 | 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\%) |
| 179 | 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\%) |
| 180 | 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\%) |
| 181 | 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\%) |
| 182 | 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\%) |
| 183 | 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\%) |
| 184 | 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\%) |
| 185 | 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\%) |
| 186 | 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\%) |
| 187 | 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\%) |
| 188 | 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\%) |
| 189 | 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\%) |
| 190 | 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\%) |
| 191 | WITALA 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\%) |
| 192 | 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\%) |
| 193 | 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\%) |
| 194 | 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\%) |
| 195 | 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\%) |
| 196 | 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\%) |
| 197 | ZIÓŁKOWSKI 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\%) |
| 198 | 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\%) |
| 199 | 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\%) |
| 200 | KOLASA Tomasz | 110 | KAPIELE 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\%) |
| 201 | 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\%) |
| 202 | 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\%) |
| 203 | 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\%) |


| Bike_All <br> 2.5km | time | bkm | brutto <br> 5 km | Pace <br> min/km | Pace <br> $\mathrm{km} / \mathrm{h}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 00:15:05 | $\mathbf{0 0 : 3 2 : 0 9 . 2 0}$ | $\mathbf{0 0 : 3 2 : 4 1 . 1 0}$ | $+00: 15: 39(48.7 \%)$ | $6: 26$ | $9.3(51.1 \%)$ |
| 00:15:54 | $\mathbf{0 0 : 3 2 : 1 5 . 6 0}$ | $\mathbf{0 0 : 3 2 : 3 9 . 6 0}$ | $+00: 15: 46(48.9 \%)$ | $6: 27$ | $9.3(51.1 \%)$ |
| 00:15:20 | $\mathbf{0 0 : 3 3 : 4 8 . 5 5}$ | $\mathbf{0 0 : 3 4 : 0 7 . 3 0}$ | $+00: 17: 19(51.2 \%)$ | $6: 45$ | $8.9(48.9 \%)$ |
| $00: 18: 32$ | $\mathbf{0 0 : 3 9 : 4 5 . 3 0}$ | $\mathbf{0 0 : 3 9 : 5 1 . 5 0}$ | $+00: 23: 15(58.5 \%)$ | $7: 57$ | $7.5(41.2 \%)$ |

[^0]
[^0]:    207 results

