



BIEG MIKOŁAJKOWY - 5KM

B4SPORT

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



Klasyfikacja: M-OPEN

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 Krystian	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	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	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 DARZEWO	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	SZEW CZUK 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
28	STEBELSKI Jasiak	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
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	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%)
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	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%)
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	FIJĄLKOWSKI 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	REMPŁAKOWSKI 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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
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	BIĄŁOGARD	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	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%)
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	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%)
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	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%)
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	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%)
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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
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---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%)
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	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%)
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	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%)
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%)

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
204	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%)
205	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%)
206	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%)
207	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%)

Znaleziono 207 wynik(ów)