



# BIEG MIKOŁAJKOWY - I ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łabusz  
**Data:** 2019-12-01  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>PYSHNIAK Kostiantyn</b>	<b>51</b>		M-30	1	<b>00:16:23.78</b>		3:16	18.3 (100%)
2	<b>JAKUBEK Patryk</b>	<b>75</b>	7 DAYS	M-20	1	<b>00:17:11.57</b>	+00:00:47 (4.6%)	3:26	17.5 (95.6%)
3	<b>ZIEMAN Michał</b>	<b>256</b>	404 NOT FOUND	M-30	2	<b>00:17:21.22</b>	+00:00:57 (5.5%)	3:28	17.3 (94.5%)
4	<b>HUBERT Łukasz</b>	<b>73</b>	TKKF KOSZALIN	M-30	3	<b>00:17:32.86</b>	+00:01:09 (6.6%)	3:30	17.1 (93.4%)
5	<b>MAJKOWICZ Rafał</b>	<b>138</b>		M-30	4	<b>00:17:45.61</b>	+00:01:21 (7.7%)	3:33	16.9 (92.3%)
6	<b>MIELEWCZYK Łukasz</b>	<b>152</b>	GRUPA BIEGOWA MRT	M-30	5	<b>00:17:53.64</b>	+00:01:29 (8.4%)	3:34	16.8 (91.8%)
7	<b>RYKIEL Michał</b>	<b>192</b>	DĄBROWSKI TEAM	M-30	6	<b>00:17:55.94</b>	+00:01:32 (8.6%)	3:35	16.7 (91.3%)
8	<b>KRYZEL Tomasz</b>	<b>122</b>	TRZEBIATÓW	M-20	2	<b>00:18:04.39</b>	+00:01:40 (9.3%)	3:36	16.6 (90.7%)
9	<b>HOŁUB Kamil</b>	<b>71</b>	TRZEBIATÓW	M-30	7	<b>00:18:37.76</b>	+00:02:13 (12.0%)	3:43	16.1 (88.0%)
10	<b>PICK Tomasz</b>	<b>179</b>	SKSG KORONA SZCZECIN	M-40	1	<b>00:18:42.40</b>	+00:02:18 (12.4%)	3:44	16 (87.4%)
11	<b>DYLEWSKI Tomasz</b>	<b>43</b>		M-20	3	<b>00:18:56.26</b>	+00:02:32 (13.4%)	3:47	15.8 (86.3%)
12	<b>DUDA Grzegorz</b>	<b>203</b>	BEST BEASTS	M-40	2	<b>00:19:12.24</b>	+00:02:48 (14.6%)	3:50	15.6 (85.2%)
13	<b>CHRUSZCZ Mateusz</b>	<b>28</b>	GRONO RUSINOWO	M-20	4	<b>00:19:15.03</b>	+00:02:51 (14.8%)	3:51	15.6 (85.2%)
14	<b>STOLTMAN Marcin</b>	<b>213</b>	7 DAYS	M-20	5	<b>00:19:15.23</b>	+00:02:51 (14.8%)	3:51	15.6 (85.2%)
15	<b>KAWKA Adrian</b>	<b>92</b>	BEST BEASTS	M-30	8	<b>00:19:21.32</b>	+00:02:57 (15.3%)	3:52	15.5 (84.7%)
16	<b>CICHOSZ-MIELEWCZYK Mateusz</b>	<b>31</b>	POZYTYWNIENI NAKRĘCENI	M-30	9	<b>00:19:25.55</b>	+00:03:01 (15.6%)	3:53	15.5 (84.7%)
17	<b>KORMAN Kamil</b>	<b>108</b>		M-20	6	<b>00:19:27.71</b>	+00:03:03 (15.8%)	3:53	15.4 (84.2%)
18	<b>GOSTKOWSKI Łukasz</b>	<b>54</b>	404 NOT FOUND	M-30	10	<b>00:19:30.86</b>	+00:03:07 (16.0%)	3:54	15.4 (84.2%)
19	<b>JANKOWSKI Grzegorz</b>	<b>76</b>	POZYTYWNIENI NAKRĘCENI	M-40	3	<b>00:19:36.01</b>	+00:03:12 (16.3%)	3:55	15.3 (83.6%)
20	<b>ŁUKAWSKI Mariusz</b>	<b>135</b>	JEDNOSTKA WOJSKOWA 1223	M-30	11	<b>00:19:44.89</b>	+00:03:21 (17.0%)	3:57	15.2 (83.1%)
21	<b>PRZEWŁOCKI Michał</b>	<b>187</b>	TKKF KOSZALIN	M-30	12	<b>00:19:47.68</b>	+00:03:23 (17.2%)	3:57	15.2 (83.1%)
22	<b>CIUĆKA Mateusz</b>	<b>33</b>	3 SPORTOWY	M-20	7	<b>00:19:48.00</b>	+00:03:24 (17.2%)	3:57	15.2 (83.1%)
23	<b>CUBER Wojciech</b>	<b>34</b>	#ZABIEGANINOCA	M-30	13	<b>00:19:51.15</b>	+00:03:27 (17.4%)	3:58	15.1 (82.5%)
24	<b>TRĘBSKI Krzysztof</b>	<b>234</b>	#ZABIEGANINOCA	M-40	4	<b>00:19:54.14</b>	+00:03:30 (17.6%)	3:58	15.1 (82.5%)
25	<b>KRYNICKA GRZYB Małgorzata</b>	<b>119</b>	TRZEBIATÓW	K-30	1	<b>00:20:04.92</b>	+00:03:41 (18.4%)	4:01	14.9 (81.4%)
26	<b>LEWANDOWSKI Jacek</b>	<b>131</b>	TAPETY KOSZALIN MONIUSZKI	M-40	5	<b>00:20:09.20</b>	+00:03:45 (18.6%)	4:02	14.9 (81.4%)
27	<b>SKROBANEK Hanna</b>	<b>204</b>	MKP SZCZECINEK	K-14	1	<b>00:20:10.12</b>	+00:03:46 (18.7%)	4:02	14.9 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	KONKEL Agnieszka	104	TAGER SPORT	K-30	2	00:20:17.16	+00:03:53 (19.2%)	4:03	14.8 (80.9%)
29	CHABOWSKI Wojciech	23		M-20	8	00:20:33.35	+00:04:09 (20.2%)	4:06	14.6 (79.8%)
30	KOŁODZIEJ Krystian	223	BESTIE OCR LEGIONOWO	M-30	14	00:20:34.28	+00:04:10 (20.3%)	4:07	14.6 (79.8%)
31	OLCZAK Krzysztof	169		M-30	15	00:20:41.75	+00:04:17 (20.8%)	4:08	14.5 (79.2%)
32	GÓRA Sylwester	56	#ZABIEGANINOCA	M-40	6	00:20:42.93	+00:04:19 (20.8%)	4:08	14.5 (79.2%)
33	WĘSIERSKI Krystian	241	POZYTYWNIENAKRĘCENI	M-30	16	00:20:50.22	+00:04:26 (21.3%)	4:10	14.4 (78.7%)
34	NOGA Sebastian	164	TKKF KOSZALIN	M-20	9	00:20:55.84	+00:04:32 (21.7%)	4:11	14.3 (78.1%)
35	KOZIEŁ Adam	111	SOMGORSI	M-20	10	00:20:56.14	+00:04:32 (21.7%)	4:11	14.3 (78.1%)
36	WIKTOROWSKI Maciej	242	TAGER SPORT	M-40	7	00:20:56.33	+00:04:32 (21.7%)	4:11	14.3 (78.1%)
37	OSTROWSKI Marian	151	SENIOR 54	M-60	1	00:20:59.46	+00:04:35 (21.9%)	4:12	14.3 (78.1%)
38	BRZEZIŃSKI Jan	19	TEAM PIOTRUŚ	M-50	1	00:21:00.57	+00:04:36 (22.0%)	4:12	14.3 (78.1%)
39	KOZIEŁ Paweł	112		M-40	8	00:21:03.25	+00:04:39 (22.1%)	4:12	14.3 (78.1%)
40	HISZCZYŃSKA Aleksandra	69	CSSP	K-20	1	00:21:07.26	+00:04:43 (22.4%)	4:13	14.2 (77.6%)
41	NOWODWORSKA Justyna	168	7 DAYS	K-30	3	00:21:11.00	+00:04:47 (22.6%)	4:14	14.2 (77.6%)
42	WEBER Paweł	237	FPP	M-30	17	00:21:12.71	+00:04:48 (22.7%)	4:14	14.2 (77.6%)
43	BARGAŃSKA Justyna	6	404 NOT FOUND	K-40	1	00:21:14.48	+00:04:50 (22.8%)	4:15	14.1 (77.0%)
44	DRAŻKOWSKI Tomasz	40	MKP SZCZECINEK	M-14	1	00:21:16.78	+00:04:53 (22.9%)	4:15	14.1 (77.0%)
45	CZYŻYKOWSKI Łukasz	36		M-30	18	00:21:18.24	+00:04:54 (23.0%)	4:15	14.1 (77.0%)
46	GAWRYSIAK Przemysław	46		M-40	9	00:21:25.37	+00:05:01 (23.5%)	4:17	14 (76.5%)
47	NOSAL Mariusz	165		M-30	19	00:21:25.88	+00:05:02 (23.5%)	4:17	14 (76.5%)
48	SZCZĘK Małgorzata	221	404 NOT FOUND	K-30	4	00:21:27.59	+00:05:03 (23.6%)	4:17	14 (76.5%)
49	ŁAWNICZAK Justyna	133	#ZABIEGANINOCA	K-30	5	00:21:29.35	+00:05:05 (23.7%)	4:18	14 (76.5%)
50	HAŁKA Justyna	64	TRUCHT ŁOBEZ	K-30	6	00:21:30.13	+00:05:06 (23.7%)	4:18	14 (76.5%)
51	GAŚSIOR Grzegorz	47	CSSP	M-30	20	00:21:37.49	+00:05:13 (24.2%)	4:19	13.9 (76.0%)
52	KLUCZEWSKA Emilia	101	7 DAYS	K-30	7	00:21:39.34	+00:05:15 (24.3%)	4:19	13.9 (76.0%)
53	KUCAL Paweł	127		M-40	10	00:21:43.99	+00:05:20 (24.6%)	4:20	13.8 (75.4%)
54	ZAWILSKI Robert	254		M-30	21	00:21:45.24	+00:05:21 (24.6%)	4:21	13.8 (75.4%)
55	SOBCZYK Fabian	205	PRESS GLASS - BIEGAMY I WSPIERAMY	M-20	11	00:21:46.89	+00:05:23 (24.7%)	4:21	13.8 (75.4%)
56	SOCHACKA Marta	207	KLUB NORD TAURUS KOŁOBRZEG	K-30	8	00:21:47.56	+00:05:23 (24.8%)	4:21	13.8 (75.4%)
57	PAŁASZEWSKA Karolina	174		K-20	2	00:21:47.78	+00:05:24 (24.8%)	4:21	13.8 (75.4%)
58	HAMALA Marcin	66	TAGER SPORT	M-30	22	00:21:49.51	+00:05:25 (24.9%)	4:22	13.7 (74.9%)
59	METEL Izabela	150	POZYTYWNIENAKRĘCENI	K-40	2	00:21:55.92	+00:05:32 (25.2%)	4:23	13.7 (74.9%)
60	KRUPIŃSKI Krzysztof	117	E-UROLOG.EU	M-50	2	00:22:00.06	+00:05:36 (25.5%)	4:24	13.6 (74.3%)
61	FAJGIER Tomasz	44		M-50	3	00:22:00.45	+00:05:36 (25.5%)	4:24	13.6 (74.3%)
62	GÓRCZYŃSKI Robert	57		M-50	4	00:22:02.27	+00:05:38 (25.6%)	4:24	13.6 (74.3%)
63	BUDZIŃSKI Paweł	21	DRUŻYNA SZPIKU	M-40	11	00:22:03.02	+00:05:39 (25.6%)	4:24	13.6 (74.3%)
64	OKUTNIK Szymon	102	HARPAGAN TEAM	M-20	12	00:22:03.25	+00:05:39 (25.7%)	4:24	13.6 (74.3%)
65	ŻUREK Mateusz	259		M-30	23	00:22:06.64	+00:05:42 (25.8%)	4:25	13.6 (74.3%)
66	PIETRYKA Artur	180		M-40	12	00:22:17.07	+00:05:53 (26.4%)	4:27	13.5 (73.8%)
67	POMORSKI Łukasz	185		M-20	13	00:22:18.36	+00:05:54 (26.5%)	4:27	13.4 (73.2%)
68	KAZIMIERCZAK Leszek	93	FOR-REST-RUN	M-30	24	00:22:26.13	+00:06:02 (26.9%)	4:29	13.4 (73.2%)
69	GAWEŁ Zbigniew	45	POMERIDERS SŁUPSK	M-60	2	00:22:27.22	+00:06:03 (27.0%)	4:29	13.4 (73.2%)
70	KAŻMIERCZAK Agnieszka	94		K-40	3	00:22:28.64	+00:06:04 (27.1%)	4:29	13.4 (73.2%)
71	KRYNICKA Magdalena	118	TRZEBIATÓW	K-20	3	00:22:28.96	+00:06:05 (27.1%)	4:29	13.3 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>KLENIEWSKI Piotr</b>	<b>98</b>	ZACHODNIOPOMORSKIE	M-50	5	<b>00:22:30.20</b>	+00:06:06 (27.1%)	4:30	13.3 (72.7%)
73	<b>BARTHA Adrian</b>	<b>7</b>		M-30	25	<b>00:22:36.26</b>	+00:06:12 (27.5%)	4:31	13.3 (72.7%)
74	<b>JOŃCA Jakub</b>	<b>80</b>		M-14	2	<b>00:22:38.31</b>	+00:06:14 (27.6%)	4:31	13.3 (72.7%)
75	<b>POLAŃSKI Norbert</b>	<b>184</b>	21 BLT	M-40	13	<b>00:22:43.64</b>	+00:06:19 (27.9%)	4:32	13.2 (72.1%)
76	<b>CHOŁUJ Karol</b>	<b>25</b>	MONOLITH LIFE TEAM	M-30	26	<b>00:22:51.04</b>	+00:06:27 (28.2%)	4:34	13.1 (71.6%)
77	<b>MICHALCZYK Kamil</b>	<b>251</b>	JEDNOSTKA WOJSKOWA 1223	M-30	27	<b>00:22:53.53</b>	+00:06:29 (28.4%)	4:34	13.1 (71.6%)
78	<b>ANTKOWIAK Sebastian</b>	<b>1</b>	DB - ACTIVE	M-40	14	<b>00:22:56.41</b>	+00:06:32 (28.5%)	4:35	13.1 (71.6%)
79	<b>NIEMCZUK Dariusz</b>	<b>161</b>	JAMNO	M-50	6	<b>00:23:04.15</b>	+00:06:40 (28.9%)	4:36	13 (71.0%)
80	<b>KONKEL Łukasz</b>	<b>105</b>		M-40	15	<b>00:23:06.70</b>	+00:06:42 (29.1%)	4:37	13 (71.0%)
81	<b>PAWŁOWSKI Grzegorz</b>	<b>176</b>	GAMMAX	M-40	16	<b>00:23:09.65</b>	+00:06:45 (29.2%)	4:38	12.9 (70.5%)
82	<b>GÓRA Agnieszka</b>	<b>55</b>	#ZABIEGANINOCA	K-40	4	<b>00:23:09.77</b>	+00:06:45 (29.2%)	4:38	12.9 (70.5%)
83	<b>CHRUSZCZ Mariusz</b>	<b>27</b>		M-20	14	<b>00:23:10.07</b>	+00:06:46 (29.2%)	4:38	12.9 (70.5%)
84	<b>SITARCZYK Damian</b>	<b>199</b>		M-30	28	<b>00:23:11.38</b>	+00:06:47 (29.3%)	4:38	12.9 (70.5%)
85	<b>SZOSTAK Marta</b>	<b>224</b>		K-20	4	<b>00:23:12.78</b>	+00:06:49 (29.4%)	4:38	12.9 (70.5%)
86	<b>HARASIMOWICZ Michał</b>	<b>67</b>	12 BBSP	M-30	29	<b>00:23:18.50</b>	+00:06:54 (29.7%)	4:39	12.9 (70.5%)
87	<b>KRZEWIŃSKA Małgorzata</b>	<b>124</b>	TKKF KOSZALIN	K-60	1	<b>00:23:19.34</b>	+00:06:55 (29.7%)	4:40	12.9 (70.5%)
88	<b>WOCH Edward</b>	<b>245</b>	JAMNO	M-60	3	<b>00:23:21.75</b>	+00:06:57 (29.8%)	4:40	12.8 (69.9%)
89	<b>GIEDROWICZ Aleksandra</b>	<b>49</b>		K-30	9	<b>00:23:31.16</b>	+00:07:07 (30.3%)	4:42	12.8 (69.9%)
90	<b>SKIBA Artur</b>	<b>200</b>	PARALOTNIOWY PPGG	M-40	17	<b>00:23:33.03</b>	+00:07:09 (30.4%)	4:42	12.7 (69.4%)
91	<b>HAŁKA Arkadiusz</b>	<b>65</b>	TRUCHT ŁOBEZ	M-40	18	<b>00:23:36.42</b>	+00:07:12 (30.5%)	4:43	12.7 (69.4%)
92	<b>MONGIAŁO Marcin</b>	<b>156</b>	FAST FEET K-LIN	M-40	19	<b>00:23:37.51</b>	+00:07:13 (30.6%)	4:43	12.7 (69.4%)
93	<b>CHUDZIK Zbigniew</b>	<b>29</b>	TKKF KOSZALIN	M-50	7	<b>00:23:40.30</b>	+00:07:16 (30.7%)	4:44	12.7 (69.4%)
94	<b>HNATOWSKI Artur</b>	<b>70</b>	CSSP	M-50	8	<b>00:24:04.32</b>	+00:07:40 (31.9%)	4:48	12.5 (68.3%)
95	<b>LIPNIEWICZ Paweł</b>	<b>132</b>	LIPNE MUMIE	M-30	30	<b>00:24:07.07</b>	+00:07:43 (32.0%)	4:49	12.4 (67.8%)
96	<b>NOSAL Martyna</b>	<b>166</b>	PENTATHLON SZCZECINEK	K-14	2	<b>00:24:07.35</b>	+00:07:43 (32.0%)	4:49	12.4 (67.8%)
97	<b>SKOKOWSKI Marek</b>	<b>202</b>		M-30	31	<b>00:24:13.39</b>	+00:07:49 (32.3%)	4:50	12.4 (67.8%)
98	<b>NIEMIŃSKA SĘK Monika</b>	<b>163</b>		K-30	10	<b>00:24:15.49</b>	+00:07:51 (32.4%)	4:51	12.4 (67.8%)
99	<b>KAMYK Piotr</b>	<b>253</b>	MH-INFORMATYKAWP.PL	M-30	32	<b>00:24:20.34</b>	+00:07:56 (32.6%)	4:52	12.3 (67.2%)
100	<b>USTJANOWSKA Katarzyna</b>	<b>236</b>		K-30	11	<b>00:24:22.13</b>	+00:07:58 (32.7%)	4:52	12.3 (67.2%)
101	<b>DRULIK-HOŁUB Marta</b>	<b>41</b>	TORNADO KOSZALIN	K-40	5	<b>00:24:23.93</b>	+00:08:00 (32.8%)	4:52	12.3 (67.2%)
102	<b>SOSNOWSKI Tomasz</b>	<b>209</b>	FPP	M-20	15	<b>00:24:27.10</b>	+00:08:03 (32.9%)	4:53	12.3 (67.2%)
103	<b>KRZEMIŃSKI Adam</b>	<b>123</b>	TRI KĘTRZYN	M-40	20	<b>00:24:28.50</b>	+00:08:04 (33.0%)	4:53	12.3 (67.2%)
104	<b>ŁODYGA Łukasz</b>	<b>134</b>		M-30	33	<b>00:24:30.56</b>	+00:08:06 (33.1%)	4:54	12.2 (66.7%)
105	<b>OSOBNIAK Ryszard</b>	<b>171</b>		M-60	4	<b>00:24:33.75</b>	+00:08:09 (33.2%)	4:54	12.2 (66.7%)
106	<b>KRUPIŃSKA Beata</b>	<b>116</b>	E-UROLOG.EU	K-40	6	<b>00:24:37.97</b>	+00:08:14 (33.4%)	4:55	12.2 (66.7%)
107	<b>DEJNAK Mariola</b>	<b>37</b>		K-60	2	<b>00:24:38.51</b>	+00:08:14 (33.5%)	4:55	12.2 (66.7%)
108	<b>MAJEWSKA Dorota</b>	<b>137</b>		K-40	7	<b>00:24:40.19</b>	+00:08:16 (33.5%)	4:56	12.2 (66.7%)
109	<b>KACZMARYK Jolanta</b>	<b>85</b>	TAGER SPORT	K-40	8	<b>00:24:47.02</b>	+00:08:23 (33.8%)	4:57	12.1 (66.1%)
110	<b>CZAPLA Paulina</b>	<b>35</b>		K-30	12	<b>00:24:49.73</b>	+00:08:25 (34.0%)	4:57	12.1 (66.1%)
111	<b>MONGIAŁO Aleksandra</b>	<b>157</b>	FAST FEET K-LIN	K-30	13	<b>00:24:54.16</b>	+00:08:30 (34.2%)	4:58	12 (65.6%)
112	<b>KAJKOWSKI Rafał</b>	<b>87</b>	CSSP	M-40	21	<b>00:24:54.46</b>	+00:08:30 (34.2%)	4:59	12 (65.6%)
113	<b>KOLIGAT Anna</b>	<b>103</b>		K-30	14	<b>00:24:55.18</b>	+00:08:31 (34.2%)	4:59	12 (65.6%)
114	<b>DĘBSKI Damian</b>	<b>38</b>		M-30	34	<b>00:24:57.49</b>	+00:08:33 (34.3%)	4:59	12 (65.6%)
115	<b>DORAWA-ZIOMEK Anna</b>	<b>39</b>	DZIKIE ŻÓŁWIE	K-30	15	<b>00:24:57.68</b>	+00:08:33 (34.3%)	4:59	12 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
116	KRASIŃSKI Witold	114		M-40	22	00:24:59.89	+00:08:36 (34.4%)	5:00	12 (65.6%)
117	KAMINSKI Tomasz	88	JEDNOSTKA WOJSKOWA 1223	M-40	23	00:25:00.04	+00:08:36 (34.4%)	5:00	12 (65.6%)
118	PŁATOSZ Magda	182		K-20	5	00:25:02.41	+00:08:38 (34.5%)	5:00	12 (65.6%)
119	JĘDRZEJKO Mirosław	79	JEDNOSTKA WOJSKOWA 1223	M-40	24	00:25:03.73	+00:08:39 (34.6%)	5:00	12 (65.6%)
120	BARANEK Aleksandra	5	MKP SZCZECINEK	K-14	3	00:25:10.04	+00:08:46 (34.9%)	5:02	11.9 (65.0%)
121	SUCHODOLSKA Aleksandra	216		K-30	16	00:25:11.72	+00:08:47 (34.9%)	5:02	11.9 (65.0%)
122	STALUSZKA Dariusz	210	21 BLT	M-40	25	00:25:21.31	+00:08:57 (35.3%)	5:04	11.8 (64.5%)
123	ŻEBROWSKI Igor	258	KARLINOBIEGAJ	M-14	3	00:25:23.48	+00:08:59 (35.4%)	5:04	11.8 (64.5%)
124	KOPEĆ Krzysztof	107		M-30	35	00:25:24.18	+00:09:00 (35.5%)	5:04	11.8 (64.5%)
125	JASIEK Paweł	162	#ZABIEGANINOCA	M-30	36	00:25:27.69	+00:09:03 (35.6%)	5:05	11.8 (64.5%)
126	KLONOWSKI Artur	100	KOSPEL	M-40	26	00:25:32.02	+00:09:08 (35.8%)	5:06	11.7 (63.9%)
127	JUSZCZAK Krzysztof	82		M-60	5	00:25:34.28	+00:09:10 (35.9%)	5:07	11.7 (63.9%)
128	KĘSIK Michał	96	ZDARTE PODESZWY	M-40	27	00:25:35.43	+00:09:11 (35.9%)	5:07	11.7 (63.9%)
129	ORYSZCZYN Arkadiusz	170	DZIKIE ŻÓŁWIE	M-30	37	00:25:39.73	+00:09:15 (36.1%)	5:08	11.7 (63.9%)
130	MIELEWCZYK Magdalena	153	GRUPA BIEGOWA MRT	K-20	6	00:25:40.49	+00:09:16 (36.1%)	5:08	11.7 (63.9%)
131	KOWALCZYK Karolina	110		K-40	9	00:25:49.22	+00:09:25 (36.5%)	5:09	11.6 (63.4%)
132	PISKÓRZ Justyna	181		K-30	17	00:25:50.46	+00:09:26 (36.5%)	5:10	11.6 (63.4%)
133	ROMANOWICZ Monika	189	DZIKIE ŻÓŁWIE	K-30	18	00:25:51.20	+00:09:27 (36.6%)	5:10	11.6 (63.4%)
134	PACAN Mira	172	POZYTYWNIE NAKRĘCENI	K-30	19	00:26:00.84	+00:09:37 (37.0%)	5:12	11.5 (62.8%)
135	ŚWIDERSKI Marcin	231		M-30	38	00:26:06.31	+00:09:42 (37.2%)	5:13	11.5 (62.8%)
136	STRZELECKA Małgorzata	214	SAILING TEAM FERAJNA	K-40	10	00:26:07.66	+00:09:43 (37.2%)	5:13	11.5 (62.8%)
137	MRUGALSKI Stanisław	159	MTS HAMER	M-50	9	00:26:13.42	+00:09:49 (37.5%)	5:14	11.4 (62.3%)
138	WOCH Małgorzata	246	JAMNO	K-50	1	00:26:15.24	+00:09:51 (37.5%)	5:15	11.4 (62.3%)
139	CIEŚLAK Grzegorz	32		M-30	39	00:26:16.34	+00:09:52 (37.6%)	5:15	11.4 (62.3%)
140	KARNICKI Zygmunt	89	TKKF KOSZALIN	M-60	6	00:26:26.92	+00:10:03 (38.0%)	5:17	11.3 (61.7%)
141	GONTEK Łukasz	53	VW BATORY	M-30	40	00:26:29.34	+00:10:05 (38.1%)	5:17	11.3 (61.7%)
142	SZWEDA Mateusz	229	JEDNOSTKA WOJSKOWA 1223	M-30	41	00:26:34.69	+00:10:10 (38.3%)	5:18	11.3 (61.7%)
143	GOLEC Anna	52		K-40	11	00:26:36.94	+00:10:13 (38.4%)	5:19	11.3 (61.7%)
144	JOŃCA Klaudia	81	BEST BEASTS	K-14	4	00:26:37.19	+00:10:13 (38.4%)	5:19	11.3 (61.7%)
145	MASŁOWSKI Artur	148		M-30	42	00:26:39.50	+00:10:15 (38.5%)	5:19	11.3 (61.7%)
146	SZYMAŃSKI Patryk	230		M-30	43	00:26:39.66	+00:10:15 (38.5%)	5:20	11.3 (61.7%)
147	ZAKOŚCIELNA Katarzyna	252	DZIKIE ŻÓŁWIE	K-30	20	00:26:42.52	+00:10:18 (38.6%)	5:20	11.2 (61.2%)
148	SKIBIŃSKA Edyta	201	STRAŻ GRANICZNA	K-40	12	00:26:43.53	+00:10:19 (38.6%)	5:20	11.2 (61.2%)
149	BRZOZOWSKA Barbara	20		K-40	13	00:26:46.03	+00:10:22 (38.7%)	5:21	11.2 (61.2%)
150	MARCINKOWSKI Jacek	143	SSK ORZEŁ ŚWIESZYNO	M-40	28	00:26:48.96	+00:10:25 (38.9%)	5:21	11.2 (61.2%)
151	MITUNIEWICZ Renata	154		K-50	2	00:26:49.17	+00:10:25 (38.9%)	5:22	11.2 (61.2%)
152	WESOŁOWSKI Łukasz	240		M-30	44	00:26:56.53	+00:10:32 (39.1%)	5:23	11.1 (60.7%)
153	WIŚNIEWSKI Jarosław	243		M-50	10	00:26:58.02	+00:10:34 (39.2%)	5:23	11.1 (60.7%)
154	SPICA Łukasz	220	DZIKIE ŻÓŁWIE	M-30	45	00:27:05.02	+00:10:41 (39.5%)	5:25	11.1 (60.7%)
155	MURAWSKI Waldemar	160	ZKS	M-50	11	00:27:14.63	+00:10:50 (39.8%)	5:27	11 (60.1%)
156	SIGNAROWSKI Dawid	198	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	46	00:27:14.97	+00:10:51 (39.8%)	5:27	11 (60.1%)
157	MARCZAK Małgorzata	145		K-50	3	00:27:16.93	+00:10:53 (39.9%)	5:27	11 (60.1%)
158	TABISZ Sławomir	232	12 BBSP	M-30	47	00:27:19.47	+00:10:55 (40.0%)	5:28	11 (60.1%)
159	PRZYBYŁ Krzysztof	188		M-30	48	00:27:21.47	+00:10:57 (40.1%)	5:28	11 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
160	URBANOWICZ Michał	235		M-40	29	00:27:31.17	+00:11:07 (40.4%)	5:30	10.9 (59.6%)
161	GŁOWACKI Włodzimierz	50		M-70+	1	00:27:31.28	+00:11:07 (40.4%)	5:30	10.9 (59.6%)
162	LENCZEWSKA Klaudia	130		K-14	5	00:27:33.58	+00:11:09 (40.5%)	5:30	10.9 (59.6%)
163	SOROCZYŃSKA Kamila	208	AKADEMIA MALUCHA	K-30	21	00:27:36.07	+00:11:12 (40.6%)	5:31	10.9 (59.6%)
164	BEDNARZ Katarzyna	9		K-40	14	00:27:40.55	+00:11:16 (40.8%)	5:32	10.8 (59.0%)
165	STRZELECKI Sebastian 'Kaszana'	215	SAILING TEAM FERAJNA	M-40	30	00:27:42.79	+00:11:19 (40.8%)	5:32	10.8 (59.0%)
166	DUŚKO Katarzyna	42	CSSP	K-40	15	00:27:47.92	+00:11:24 (41.0%)	5:33	10.8 (59.0%)
167	SAWICKA - WERS Urszula	196		K-30	22	00:27:53.29	+00:11:29 (41.2%)	5:34	10.8 (59.0%)
168	BRZEZIŃSKI Paweł	18		M-30	49	00:27:59.63	+00:11:35 (41.4%)	5:35	10.7 (58.5%)
169	CHAMERA Tomasz	24	WATAHA	M-40	31	00:28:01.42	+00:11:37 (41.5%)	5:36	10.7 (58.5%)
170	BEDNAREK Krzysztof	8	MORSACZEBIEGACZE	M-40	32	00:28:03.04	+00:11:39 (41.5%)	5:36	10.7 (58.5%)
171	MITUNIEWICZ Adrian	155		M-20	16	00:28:07.73	+00:11:43 (41.7%)	5:37	10.7 (58.5%)
172	HELLER Zdzisław	68	HERBMARATONOW.PL	M-60	7	00:28:09.70	+00:11:45 (41.8%)	5:37	10.7 (58.5%)
173	ZYGMAŃSKA Justyna	257	AKADEMIA MALUCHA	K-30	23	00:28:13.45	+00:11:49 (41.9%)	5:38	10.6 (57.9%)
174	BOKOTA Katarzyna	12		K-40	16	00:28:15.41	+00:11:51 (42.0%)	5:39	10.6 (57.9%)
175	KUBIAK Maciej	125		M-20	17	00:28:16.74	+00:11:52 (42.0%)	5:39	10.6 (57.9%)
176	WŁODARCZYK Emilia	244		K-30	24	00:28:17.97	+00:11:54 (42.1%)	5:39	10.6 (57.9%)
177	HUBKO Janina	74	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	25	00:28:20.53	+00:11:56 (42.1%)	5:40	10.6 (57.9%)
178	MACIEJEWSKI Maciej	136	FPP	M-30	50	00:28:29.05	+00:12:05 (42.4%)	5:41	10.5 (57.4%)
179	RUSIECKI Paweł	190	WSPL SPZOZ W KOSZALINIE	M-40	33	00:28:30.66	+00:12:06 (42.5%)	5:42	10.5 (57.4%)
180	MAŁYSZEWICZ Andrzej	141		M-50	12	00:28:35.78	+00:12:11 (42.7%)	5:43	10.5 (57.4%)
181	POLAK Mateusz	183	KOSPEL	M-20	18	00:28:41.71	+00:12:17 (42.9%)	5:44	10.5 (57.4%)
182	CICHOSZ Jerzy	30		M-70+	2	00:28:47.07	+00:12:23 (43.0%)	5:45	10.4 (56.8%)
183	BABIARZ Jacek	2	PRESS GLASS - BIEGAMY I WSPIERAMY	M-40	34	00:28:48.64	+00:12:24 (43.1%)	5:45	10.4 (56.8%)
184	SZULC Marek	227	SZULC RUNNERS TEAM	M-50	13	00:28:49.85	+00:12:26 (43.1%)	5:46	10.4 (56.8%)
185	KOT Jacek	175	KOSZALIN	M-60	8	00:28:50.81	+00:12:27 (43.2%)	5:46	10.4 (56.8%)
186	KARPIŃSKI Tomek	91	AKADEMIA MALUCHA	M-40	35	00:28:52.29	+00:12:28 (43.2%)	5:46	10.4 (56.8%)
187	KARPIŃSKA Hanna	90	AKADEMIA MALUCHA	K-40	17	00:28:56.98	+00:12:33 (43.4%)	5:47	10.4 (56.8%)
188	KĘDZIERA Izidor	95		M-50	14	00:28:57.22	+00:12:33 (43.4%)	5:47	10.4 (56.8%)
189	HRYNCEWICZ Anna	72	SAILING TEAM FERAJNA	K-40	18	00:28:58.10	+00:12:34 (43.4%)	5:47	10.4 (56.8%)
190	GROCHOWSKA Agnieszka	60	SAILING TEAM FERAJNA	K-40	19	00:28:58.66	+00:12:34 (43.4%)	5:47	10.4 (56.8%)
191	PACH Magdalena	173		K-20	7	00:29:00.17	+00:12:36 (43.5%)	5:48	10.3 (56.3%)
192	WOJTKOWIAK Wioleta	250		K-30	26	00:29:03.00	+00:12:39 (43.6%)	5:48	10.3 (56.3%)
193	JĄCZKOWSKA Wioleta	77		K-40	20	00:29:04.32	+00:12:40 (43.6%)	5:48	10.3 (56.3%)
194	MALINOWSKA-BURDA Aleksandra	139		K-30	27	00:29:04.47	+00:12:40 (43.6%)	5:49	10.3 (56.3%)
195	MARCZAK Andrzej	144		M-60	9	00:29:05.48	+00:12:41 (43.6%)	5:49	10.3 (56.3%)
196	CHREBOR Joanna	26		K-30	28	00:29:15.87	+00:12:52 (44.0%)	5:51	10.3 (56.3%)
197	BRZEZIŃSKA Beata	17	TEAM PIOTRUŚ	K-50	4	00:29:18.43	+00:12:54 (44.1%)	5:51	10.2 (55.7%)
198	KRYSZEWSKA Magdalena	121	DZIKIE ŻÓŁWIE	K-30	29	00:29:19.05	+00:12:55 (44.1%)	5:51	10.2 (55.7%)
199	RYBA Milena	191		K-30	30	00:29:20.48	+00:12:56 (44.1%)	5:52	10.2 (55.7%)
200	ZBOROWSKA-SKROBANEK Justyna	255	MKP SZCZECINEK	K-40	21	00:29:23.56	+00:12:59 (44.2%)	5:52	10.2 (55.7%)
201	SUDER-MAKSYMOWICZ Monika	217		K-30	31	00:29:29.12	+00:13:05 (44.4%)	5:53	10.2 (55.7%)
202	JUSZCZYK Agnieszka	83	ANOX TEAM	K-30	32	00:29:31.38	+00:13:07 (44.5%)	5:54	10.2 (55.7%)
203	MARCINKIEWICZ Magda	142		K-20	8	00:29:38.60	+00:13:14 (44.7%)	5:55	10.1 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	<b>PERKOWSKA Oktawia</b>	<b>178</b>		K-20	9	<b>00:29:38.79</b>	+00:13:15 (44.7%)	5:55	10.1 (55.2%)
205	<b>BOKOTA Adam</b>	<b>13</b>		M-50	15	<b>00:29:54.84</b>	+00:13:31 (45.2%)	5:59	10 (54.6%)
206	<b>WOJANOWSKI Zbigniew</b>	<b>248</b>	SPORT I REKREACJA DELFIN	M-60	10	<b>00:29:56.58</b>	+00:13:32 (45.2%)	5:59	10 (54.6%)
207	<b>WOJANOWSKA Maryla</b>	<b>247</b>	SPORT I REKREACJA DELFIN	K-60	3	<b>00:29:57.13</b>	+00:13:33 (45.3%)	5:59	10 (54.6%)
208	<b>MOŻEJKO Anna</b>	<b>158</b>		K-30	33	<b>00:30:10.86</b>	+00:13:47 (45.7%)	6:02	9.9 (54.1%)
209	<b>KACZMAREK Dominika</b>	<b>84</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	K-20	10	<b>00:30:11.71</b>	+00:13:47 (45.7%)	6:02	9.9 (54.1%)
210	<b>STEC Edyta</b>	<b>212</b>	BIEGAM BO LUBIE CIASTKA	K-40	22	<b>00:30:11.83</b>	+00:13:48 (45.7%)	6:02	9.9 (54.1%)
211	<b>KOROL Elżbieta</b>	<b>109</b>		K-40	23	<b>00:30:11.97</b>	+00:13:48 (45.7%)	6:02	9.9 (54.1%)
212	<b>SOBKA Monika</b>	<b>206</b>		K-40	24	<b>00:30:12.11</b>	+00:13:48 (45.7%)	6:02	9.9 (54.1%)
213	<b>SWOROWSKA Katarzyna</b>	<b>218</b>	BIEGAM BO LUBIE CIASTKA	K-30	34	<b>00:30:12.26</b>	+00:13:48 (45.7%)	6:02	9.9 (54.1%)
214	<b>SAWIŃSKI Jacek</b>	<b>197</b>		M-40	36	<b>00:30:12.37</b>	+00:13:48 (45.7%)	6:02	9.9 (54.1%)
215	<b>GIEDO Joanna</b>	<b>48</b>		K-30	35	<b>00:30:15.34</b>	+00:13:51 (45.8%)	6:03	9.9 (54.1%)
216	<b>KULIGOWSKI Maksym</b>	<b>128</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	M-20	19	<b>00:30:20.24</b>	+00:13:56 (46.0%)	6:04	9.9 (54.1%)
217	<b>PEŁKA Iwona</b>	<b>177</b>		K-50	5	<b>00:30:22.68</b>	+00:13:58 (46.0%)	6:04	9.9 (54.1%)
218	<b>KOPEĆ Magdalena</b>	<b>106</b>		K-40	25	<b>00:30:27.54</b>	+00:14:03 (46.2%)	6:05	9.8 (53.6%)
219	<b>JEWUŁA Agata</b>	<b>78</b>	DRUŻYNA SZPIKU	K-30	36	<b>00:30:27.96</b>	+00:14:04 (46.2%)	6:05	9.8 (53.6%)
220	<b>WENTA Malwina</b>	<b>239</b>		K-30	37	<b>00:30:28.46</b>	+00:14:04 (46.2%)	6:05	9.8 (53.6%)
221	<b>GRZYBEK Bogusław</b>	<b>61</b>	WOLNY STRZELEC	M-60	11	<b>00:30:50.00</b>	+00:14:26 (46.8%)	6:10	9.7 (53.0%)
222	<b>NOSAL Anna</b>	<b>167</b>		K-30	38	<b>00:30:50.73</b>	+00:14:26 (46.8%)	6:10	9.7 (53.0%)
223	<b>HARYSYM Daniel</b>	<b>3</b>	FUNDACJA ZASTOPIJ	M-40	37	<b>00:31:03.04</b>	+00:14:39 (47.2%)	6:12	9.7 (53.0%)
224	<b>WEISS-SZULC Barbara</b>	<b>238</b>		K-40	26	<b>00:31:14.09</b>	+00:14:50 (47.5%)	6:15	9.6 (52.5%)
225	<b>KIEDOS Dariusz</b>	<b>97</b>	JEDNOSTKA WOJSKOWA 1223	M-30	51	<b>00:31:24.43</b>	+00:15:00 (47.8%)	6:16	9.6 (52.5%)
226	<b>SAMIEC Karolina</b>	<b>193</b>		K-20	11	<b>00:31:34.73</b>	+00:15:10 (48.1%)	6:18	9.5 (51.9%)
227	<b>KOZŁOWIECKA Małgorzata</b>	<b>113</b>		K-50	6	<b>00:31:39.36</b>	+00:15:15 (48.2%)	6:19	9.5 (51.9%)
228	<b>SZMYT Marcin</b>	<b>115</b>		M-20	20	<b>00:31:40.24</b>	+00:15:16 (48.2%)	6:20	9.5 (51.9%)
229	<b>KRYSTOSIK Paulina</b>	<b>120</b>	BIEGAM BO LUBIE CIASTKA	K-20	12	<b>00:32:18.03</b>	+00:15:54 (49.2%)	6:27	9.3 (50.8%)
230	<b>SARBIEWSKA Gabriela</b>	<b>194</b>		K-30	39	<b>00:32:33.61</b>	+00:16:09 (49.6%)	6:30	9.2 (50.3%)
231	<b>SARBIEWSKI Przemysław</b>	<b>195</b>		M-30	52	<b>00:32:34.29</b>	+00:16:10 (49.7%)	6:30	9.2 (50.3%)
232	<b>SZAFIROWICZ-CHOJNACKA Paulina</b>	<b>219</b>		K-30	40	<b>00:32:51.45</b>	+00:16:27 (50.1%)	6:34	9.1 (49.7%)
233	<b>BOROŃ Aleksandra</b>	<b>14</b>		K-30	41	<b>00:32:55.63</b>	+00:16:31 (50.2%)	6:35	9.1 (49.7%)
234	<b>STANCZEWSKA Karolina</b>	<b>211</b>		K-30	42	<b>00:33:07.78</b>	+00:16:43 (50.5%)	6:37	9.1 (49.7%)
235	<b>SZULC Martyna</b>	<b>225</b>	SZULC RUNNERS TEAM	K-30	43	<b>00:33:09.01</b>	+00:16:45 (50.5%)	6:37	9 (49.2%)
236	<b>BRZEZIŃSKA Magdalena</b>	<b>16</b>	FUNDACJA ZASTOPIJ	K-14	6	<b>00:33:53.13</b>	+00:17:29 (51.6%)	6:46	8.9 (48.6%)
237	<b>PAŁASZ Karolina</b>	<b>222</b>	FUNDACJA ZASTOPIJ	K-30	44	<b>00:33:57.49</b>	+00:17:33 (51.7%)	6:47	8.8 (48.1%)
238	<b>MAŁYSZEWICZ Teresa</b>	<b>140</b>		K-50	7	<b>00:34:06.50</b>	+00:17:42 (51.9%)	6:49	8.8 (48.1%)
239	<b>BYSTROŃ Krzysztof</b>	<b>22</b>	FUNDACJA ZASTOPIJ	M-20	21	<b>00:34:55.74</b>	+00:18:31 (53.1%)	6:59	8.6 (47.0%)
240	<b>KACZYŃSKI Henryk</b>	<b>86</b>		M-60	12	<b>00:35:47.50</b>	+00:19:23 (54.2%)	7:09	8.4 (45.9%)
241	<b>BARTNIK Marian</b>	<b>15</b>		M-70+	3	<b>00:40:49.86</b>	+00:24:26 (59.8%)	8:09	7.3 (39.9%)

Znaleziono 241 wynik(ów)