



# BIEG MIKOŁAJKOWY - I ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

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



Klasyfikacja: M-OPEN

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>	POZYTYWNIENIE 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>	POZYTYWNIENIE 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>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%)
26	<b>CHABOWSKI Wojciech</b>	<b>23</b>		M-20	8	<b>00:20:33.35</b>	+00:04:09 (20.2%)	4:06	14.6 (79.8%)
27	<b>KOŁODZIEJ Krystian</b>	<b>223</b>	BESTIE OCR LEGIONOWO	M-30	14	<b>00:20:34.28</b>	+00:04:10 (20.3%)	4:07	14.6 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
28	<b>OLCZAK Krzysztof</b>	<b>169</b>		M-30	15	<b>00:20:41.75</b>	+00:04:17 (20.8%)	4:08	14.5 (79.2%)
29	<b>GÓRA Sylwester</b>	<b>56</b>	#ZABIEGANINOCA	M-40	6	<b>00:20:42.93</b>	+00:04:19 (20.8%)	4:08	14.5 (79.2%)
30	<b>WĘSIERSKI Krystian</b>	<b>241</b>	POZYTYWNIENAKRĘCENI	M-30	16	<b>00:20:50.22</b>	+00:04:26 (21.3%)	4:10	14.4 (78.7%)
31	<b>NOGA Sebastian</b>	<b>164</b>	TKKF KOSZALIN	M-20	9	<b>00:20:55.84</b>	+00:04:32 (21.7%)	4:11	14.3 (78.1%)
32	<b>KOZIEŁ Adam</b>	<b>111</b>	SOMGORSI	M-20	10	<b>00:20:56.14</b>	+00:04:32 (21.7%)	4:11	14.3 (78.1%)
33	<b>WIKTOROWSKI Maciej</b>	<b>242</b>	TAGER SPORT	M-40	7	<b>00:20:56.33</b>	+00:04:32 (21.7%)	4:11	14.3 (78.1%)
34	<b>OSTROWSKI Marian</b>	<b>151</b>	SENIOR 54	M-60	1	<b>00:20:59.46</b>	+00:04:35 (21.9%)	4:12	14.3 (78.1%)
35	<b>BRZEZIŃSKI Jan</b>	<b>19</b>	TEAM PIOTRUŚ	M-50	1	<b>00:21:00.57</b>	+00:04:36 (22.0%)	4:12	14.3 (78.1%)
36	<b>KOZIEŁ Paweł</b>	<b>112</b>		M-40	8	<b>00:21:03.25</b>	+00:04:39 (22.1%)	4:12	14.3 (78.1%)
37	<b>WEBER Paweł</b>	<b>237</b>	FPP	M-30	17	<b>00:21:12.71</b>	+00:04:48 (22.7%)	4:14	14.2 (77.6%)
38	<b>DRAŻKOWSKI Tomasz</b>	<b>40</b>	MKP SZCZECINEK	M-14	1	<b>00:21:16.78</b>	+00:04:53 (22.9%)	4:15	14.1 (77.0%)
39	<b>CZYŻYKOWSKI Łukasz</b>	<b>36</b>		M-30	18	<b>00:21:18.24</b>	+00:04:54 (23.0%)	4:15	14.1 (77.0%)
40	<b>GAWRYSIAK Przemysław</b>	<b>46</b>		M-40	9	<b>00:21:25.37</b>	+00:05:01 (23.5%)	4:17	14 (76.5%)
41	<b>NOSAL Mariusz</b>	<b>165</b>		M-30	19	<b>00:21:25.88</b>	+00:05:02 (23.5%)	4:17	14 (76.5%)
42	<b>GAŚIOR Grzegorz</b>	<b>47</b>	CSSP	M-30	20	<b>00:21:37.49</b>	+00:05:13 (24.2%)	4:19	13.9 (76.0%)
43	<b>KUCAL Paweł</b>	<b>127</b>		M-40	10	<b>00:21:43.99</b>	+00:05:20 (24.6%)	4:20	13.8 (75.4%)
44	<b>ZAWILSKI Robert</b>	<b>254</b>		M-30	21	<b>00:21:45.24</b>	+00:05:21 (24.6%)	4:21	13.8 (75.4%)
45	<b>SOBCZYK Fabian</b>	<b>205</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	M-20	11	<b>00:21:46.89</b>	+00:05:23 (24.7%)	4:21	13.8 (75.4%)
46	<b>HAMALA Marcin</b>	<b>66</b>	TAGER SPORT	M-30	22	<b>00:21:49.51</b>	+00:05:25 (24.9%)	4:22	13.7 (74.9%)
47	<b>KRUPIŃSKI Krzysztof</b>	<b>117</b>	E-UROLOG.EU	M-50	2	<b>00:22:00.06</b>	+00:05:36 (25.5%)	4:24	13.6 (74.3%)
48	<b>FAJGIER Tomasz</b>	<b>44</b>		M-50	3	<b>00:22:00.45</b>	+00:05:36 (25.5%)	4:24	13.6 (74.3%)
49	<b>GÓRCZYŃSKI Robert</b>	<b>57</b>		M-50	4	<b>00:22:02.27</b>	+00:05:38 (25.6%)	4:24	13.6 (74.3%)
50	<b>BUDZIŃSKI Paweł</b>	<b>21</b>	DRUŻYNA SZPIKU	M-40	11	<b>00:22:03.02</b>	+00:05:39 (25.6%)	4:24	13.6 (74.3%)
51	<b>OKUTNIK Szymon</b>	<b>102</b>	HARPAGAN TEAM	M-20	12	<b>00:22:03.25</b>	+00:05:39 (25.7%)	4:24	13.6 (74.3%)
52	<b>ŻUREK Mateusz</b>	<b>259</b>		M-30	23	<b>00:22:06.64</b>	+00:05:42 (25.8%)	4:25	13.6 (74.3%)
53	<b>PIETRYKA Artur</b>	<b>180</b>		M-40	12	<b>00:22:17.07</b>	+00:05:53 (26.4%)	4:27	13.5 (73.8%)
54	<b>POMORSKI Łukasz</b>	<b>185</b>		M-20	13	<b>00:22:18.36</b>	+00:05:54 (26.5%)	4:27	13.4 (73.2%)
55	<b>KAZIMIERCZAK Leszek</b>	<b>93</b>	FOR-REST-RUN	M-30	24	<b>00:22:26.13</b>	+00:06:02 (26.9%)	4:29	13.4 (73.2%)
56	<b>GAWEŁ Zbigniew</b>	<b>45</b>	POMERIDERS SŁUPSK	M-60	2	<b>00:22:27.22</b>	+00:06:03 (27.0%)	4:29	13.4 (73.2%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)
61	<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%)
62	<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%)
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<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%)
68	<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%)
69	<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%)
70	<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%)
71	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 5km	Różn		
72	<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%)
73	<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%)
74	<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%)
75	<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%)
76	<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%)
77	<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%)
78	<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%)
79	<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%)
80	<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%)
81	<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%)
82	<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%)
83	<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%)
84	<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%)
85	<b>KRASIŃSKI Witold</b>	<b>114</b>		M-40	22	<b>00:24:59.89</b>	+00:08:36 (34.4%)	5:00	12 (65.6%)
86	<b>KAMINSKI Tomasz</b>	<b>88</b>	JEDNOSTKA WOJSKOWA 1223	M-40	23	<b>00:25:00.04</b>	+00:08:36 (34.4%)	5:00	12 (65.6%)
87	<b>JĘDRZEJKO Mirosław</b>	<b>79</b>	JEDNOSTKA WOJSKOWA 1223	M-40	24	<b>00:25:03.73</b>	+00:08:39 (34.6%)	5:00	12 (65.6%)
88	<b>STALUSZKA Dariusz</b>	<b>210</b>	21 BLT	M-40	25	<b>00:25:21.31</b>	+00:08:57 (35.3%)	5:04	11.8 (64.5%)
89	<b>ŻEBROWSKI Igor</b>	<b>258</b>	KARLINOBIEGAJ	M-14	3	<b>00:25:23.48</b>	+00:08:59 (35.4%)	5:04	11.8 (64.5%)
90	<b>KOPEĆ Krzysztof</b>	<b>107</b>		M-30	35	<b>00:25:24.18</b>	+00:09:00 (35.5%)	5:04	11.8 (64.5%)
91	<b>JASIEK Paweł</b>	<b>162</b>	#ZABIEGANINOĄ	M-30	36	<b>00:25:27.69</b>	+00:09:03 (35.6%)	5:05	11.8 (64.5%)
92	<b>KLONOWSKI Artur</b>	<b>100</b>	KOSPEL	M-40	26	<b>00:25:32.02</b>	+00:09:08 (35.8%)	5:06	11.7 (63.9%)
93	<b>JUSZCZAK Krzysztof</b>	<b>82</b>		M-60	5	<b>00:25:34.28</b>	+00:09:10 (35.9%)	5:07	11.7 (63.9%)
94	<b>KĘSIK Michał</b>	<b>96</b>	ZDARTE PODESZWY	M-40	27	<b>00:25:35.43</b>	+00:09:11 (35.9%)	5:07	11.7 (63.9%)
95	<b>ORYSZCZYN Arkadiusz</b>	<b>170</b>	DZIKIE ŻÓŁWIE	M-30	37	<b>00:25:39.73</b>	+00:09:15 (36.1%)	5:08	11.7 (63.9%)
96	<b>ŚWIDERSKI Marcin</b>	<b>231</b>		M-30	38	<b>00:26:06.31</b>	+00:09:42 (37.2%)	5:13	11.5 (62.8%)
97	<b>MRUGALSKI Stanisław</b>	<b>159</b>	MTS HAMER	M-50	9	<b>00:26:13.42</b>	+00:09:49 (37.5%)	5:14	11.4 (62.3%)
98	<b>CIEŚLAK Grzegorz</b>	<b>32</b>		M-30	39	<b>00:26:16.34</b>	+00:09:52 (37.6%)	5:15	11.4 (62.3%)
99	<b>KARNICKI Zygmunt</b>	<b>89</b>	TKKF KOSZALIN	M-60	6	<b>00:26:26.92</b>	+00:10:03 (38.0%)	5:17	11.3 (61.7%)
100	<b>GONTEK Łukasz</b>	<b>53</b>	VW BATORY	M-30	40	<b>00:26:29.34</b>	+00:10:05 (38.1%)	5:17	11.3 (61.7%)
101	<b>SZWEDA Mateusz</b>	<b>229</b>	JEDNOSTKA WOJSKOWA 1223	M-30	41	<b>00:26:34.69</b>	+00:10:10 (38.3%)	5:18	11.3 (61.7%)
102	<b>MASŁOWSKI Artur</b>	<b>148</b>		M-30	42	<b>00:26:39.50</b>	+00:10:15 (38.5%)	5:19	11.3 (61.7%)
103	<b>SZYMAŃSKI Patryk</b>	<b>230</b>		M-30	43	<b>00:26:39.66</b>	+00:10:15 (38.5%)	5:20	11.3 (61.7%)
104	<b>MARCINKOWSKI Jacek</b>	<b>143</b>	SSK ORZEŁ ŚWIESZYNO	M-40	28	<b>00:26:48.96</b>	+00:10:25 (38.9%)	5:21	11.2 (61.2%)
105	<b>WESOŁOWSKI Łukasz</b>	<b>240</b>		M-30	44	<b>00:26:56.53</b>	+00:10:32 (39.1%)	5:23	11.1 (60.7%)
106	<b>WIŚNIEWSKI Jarosław</b>	<b>243</b>		M-50	10	<b>00:26:58.02</b>	+00:10:34 (39.2%)	5:23	11.1 (60.7%)
107	<b>SPICA Łukasz</b>	<b>220</b>	DZIKIE ŻÓŁWIE	M-30	45	<b>00:27:05.02</b>	+00:10:41 (39.5%)	5:25	11.1 (60.7%)
108	<b>MURAWSKI Waldemar</b>	<b>160</b>	ZKS	M-50	11	<b>00:27:14.63</b>	+00:10:50 (39.8%)	5:27	11 (60.1%)
109	<b>SIGNAROWSKI Dawid</b>	<b>198</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	46	<b>00:27:14.97</b>	+00:10:51 (39.8%)	5:27	11 (60.1%)
110	<b>TABISZ Sławomir</b>	<b>232</b>	12 BBSP	M-30	47	<b>00:27:19.47</b>	+00:10:55 (40.0%)	5:28	11 (60.1%)
111	<b>PRZYBYŁ Krzysztof</b>	<b>188</b>		M-30	48	<b>00:27:21.47</b>	+00:10:57 (40.1%)	5:28	11 (60.1%)
112	<b>URBANOWICZ Michał</b>	<b>235</b>		M-40	29	<b>00:27:31.17</b>	+00:11:07 (40.4%)	5:30	10.9 (59.6%)
113	<b>GŁOWACKI Włodzimierz</b>	<b>50</b>		M-70+	1	<b>00:27:31.28</b>	+00:11:07 (40.4%)	5:30	10.9 (59.6%)
114	<b>STRZELECKI Sebastian 'Kaszana'</b>	<b>215</b>	SAILING TEAM FERAJNA	M-40	30	<b>00:27:42.79</b>	+00:11:19 (40.8%)	5:32	10.8 (59.0%)
115	<b>BRZEZIŃSKI Paweł</b>	<b>18</b>		M-30	49	<b>00:27:59.63</b>	+00:11:35 (41.4%)	5:35	10.7 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
116	<b>CHAMERA Tomasz</b>	<b>24</b>	WATAHA	M-40	31	<b>00:28:01.42</b>	+00:11:37 (41.5%)	5:36	10.7 (58.5%)
117	<b>BEDNAREK Krzysztof</b>	<b>8</b>	MORSACZEBIEGACZE	M-40	32	<b>00:28:03.04</b>	+00:11:39 (41.5%)	5:36	10.7 (58.5%)
118	<b>MITUNIEWICZ Adrian</b>	<b>155</b>		M-20	16	<b>00:28:07.73</b>	+00:11:43 (41.7%)	5:37	10.7 (58.5%)
119	<b>HELLER Zdzisław</b>	<b>68</b>	HERBMARATONOW.PL	M-60	7	<b>00:28:09.70</b>	+00:11:45 (41.8%)	5:37	10.7 (58.5%)
120	<b>KUBIAK Maciej</b>	<b>125</b>		M-20	17	<b>00:28:16.74</b>	+00:11:52 (42.0%)	5:39	10.6 (57.9%)
121	<b>MACIEJEWSKI Maciej</b>	<b>136</b>	FPP	M-30	50	<b>00:28:29.05</b>	+00:12:05 (42.4%)	5:41	10.5 (57.4%)
122	<b>RUSIECKI Paweł</b>	<b>190</b>	WSPL SPZOZ W KOSZALINIE	M-40	33	<b>00:28:30.66</b>	+00:12:06 (42.5%)	5:42	10.5 (57.4%)
123	<b>MAŁYSZEWICZ Andrzej</b>	<b>141</b>		M-50	12	<b>00:28:35.78</b>	+00:12:11 (42.7%)	5:43	10.5 (57.4%)
124	<b>POLAK Mateusz</b>	<b>183</b>	KOSPEL	M-20	18	<b>00:28:41.71</b>	+00:12:17 (42.9%)	5:44	10.5 (57.4%)
125	<b>CICHOSZ Jerzy</b>	<b>30</b>		M-70+	2	<b>00:28:47.07</b>	+00:12:23 (43.0%)	5:45	10.4 (56.8%)
126	<b>BABIARZ Jacek</b>	<b>2</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	M-40	34	<b>00:28:48.64</b>	+00:12:24 (43.1%)	5:45	10.4 (56.8%)
127	<b>SZULC Marek</b>	<b>227</b>	SZULC RUNNERS TEAM	M-50	13	<b>00:28:49.85</b>	+00:12:26 (43.1%)	5:46	10.4 (56.8%)
128	<b>KOT Jacek</b>	<b>175</b>	KOSZALIN	M-60	8	<b>00:28:50.81</b>	+00:12:27 (43.2%)	5:46	10.4 (56.8%)
129	<b>KARPIŃSKI Tomek</b>	<b>91</b>	AKADEMIA MALUCHA	M-40	35	<b>00:28:52.29</b>	+00:12:28 (43.2%)	5:46	10.4 (56.8%)
130	<b>KĘDZIERA Izydor</b>	<b>95</b>		M-50	14	<b>00:28:57.22</b>	+00:12:33 (43.4%)	5:47	10.4 (56.8%)
131	<b>MARCZAK Andrzej</b>	<b>144</b>		M-60	9	<b>00:29:05.48</b>	+00:12:41 (43.6%)	5:49	10.3 (56.3%)
132	<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%)
133	<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%)
134	<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%)
135	<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%)
136	<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%)
137	<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%)
138	<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%)
139	<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%)
140	<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%)
141	<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%)
142	<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%)
143	<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 143 wynik(ów)