

BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT
INTELEKTUALNE SPORTELIM

Organizator: Fundacja Wolność i Demokracja, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-02-26
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KASZEWSKI Zbigniew	119	TALEX BORYSŁAW BORZYTUCHOM	M18-29	1	00:00:01	00:08:33	00:17:05	00:25:28	00:33:43	00:34:14.45	00:34:16.05		3:25	17.5 (100%)
2	BEDNARZ Paweł	9	13-TY FUN CLUB ASI CHMIEL :*	M30-39	1	00:00:01	00:08:33	00:17:18	00:26:24	00:35:31	00:36:07.00	00:36:08.95	+00:01:52 (5.2%)	3:36	16.6 (94.9%)
3	HERING Mateusz	82	TALEX BORZYTUCHOM	M18-29	2	00:00:02	00:09:05	00:18:16	00:27:20	00:36:07	00:36:40.30	00:36:42.40	+00:02:25 (6.6%)	3:40	16.4 (93.7%)
4	KRAUS Damian	142	CHROBRY GRYFICE	M18-29	3	00:00:01	00:08:55	00:18:01	00:27:13	00:36:29	00:37:06.10	00:37:07.80	+00:02:51 (7.7%)	3:42	16.2 (92.6%)
5	KACZMAREK Tomasz	235		M30-39	2	00:00:03	00:09:21	00:18:34	00:27:48	00:36:37	00:37:08.40	00:37:11.65	+00:02:53 (7.8%)	3:42	16.2 (92.6%)
6	ORZECHOWSKI Kamil	201		M18-29	4	00:00:01	00:08:53	00:17:56	00:27:24	00:36:40	00:37:10.40	00:37:12.00	+00:02:55 (7.9%)	3:43	16.1 (92.0%)
7	POLAK Szymon	219	ROZBIEGANY KOSZALIN	M40-49	1	00:00:02	00:09:05	00:18:17	00:27:31	00:36:40	00:37:14.45	00:37:16.65	+00:03:00 (8.1%)	3:43	16.1 (92.0%)
8	GOLECKI Mirosław	65	CSSP KOSZALIN	M40-49	2	00:00:03	00:09:20	00:18:33	00:27:47	00:36:55	00:37:29.90	00:37:33.45	+00:03:15 (8.7%)	3:45	16 (91.4%)
9	RYBACZEK Sebastian	249	JW 1223/3DPLOT - FORMA ROSNOWO	M30-39	3	00:00:02	00:09:21	00:18:34	00:27:55	00:37:18	00:37:51.70	00:37:54.15	+00:03:37 (9.6%)	3:47	15.8 (90.3%)
10	EMILIT Grzegorz	56	DZIESIĄTKA BIAŁOGARD	M30-39	4	00:00:03	00:09:20	00:18:33	00:28:00	00:37:46	00:38:22.60	00:38:26.55	+00:04:08 (10.8%)	3:50	15.6 (89.1%)
11	JAROSZ Wiesław	98	JW. 1223/BLOG	M40-49	3	00:00:02	00:09:14	00:18:38	00:28:19	00:38:01	00:38:40.60	00:38:43.15	+00:04:26 (11.5%)	3:52	15.5 (88.6%)
12	WOJDASIEWICZ Tadeusz	316		M30-39	5	00:00:02	00:09:14	00:18:51	00:28:31	00:38:07	00:38:43.85	00:38:46.60	+00:04:29 (11.6%)	3:52	15.5 (88.6%)
13	WILCZEWSKI Krzysztof	405	MKS ŚWIĘC	M30-39	6	00:00:03	00:09:46	00:19:38	00:29:17	00:38:39	00:39:13.55	00:39:16.65	+00:04:59 (12.7%)	3:55	15.3 (87.4%)
14	BRAUN Grzegorz	21	GRYFICE	M18-29	5	00:00:01	00:08:53	00:18:28	00:28:28	00:38:38	00:39:30.10	00:39:31.45	+00:05:15 (13.3%)	3:57	15.2 (86.9%)
15	GOLIŃSKI Łukasz	66	K.B. SPRINT ŚWIDWIN	M30-39	7	00:00:02	00:09:30	00:19:19	00:29:08	00:38:54	00:39:33.65	00:39:35.65	+00:05:19 (13.4%)	3:57	15.2 (86.9%)
16	SZKOŁUDA Miłosz	279	DECATHLON KOSZALIN	M18-29	6	00:00:04	00:09:32	00:19:10	00:29:01	00:39:01	00:39:39.80	00:39:43.95	+00:05:25 (13.7%)	3:57	15.1 (86.3%)
17	BUCZKO Krystian	26		M30-39	8	00:00:03	00:09:33	00:19:23	00:29:18	00:39:06	00:39:41.20	00:39:44.55	+00:05:26 (13.7%)	3:58	15.1 (86.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
18	BURDA Robert	28	KOSPEL	M40-49	4	00:00:02	00:09:36	00:19:32	00:29:32	00:39:10	00:39:45.50	00:39:48.25	+00:05:31 (13.9%)	3:58	15.1 (86.3%)
19	DURMAN Dawid	52		M18-29	7	00:00:03	00:09:27	00:19:22	00:29:20	00:39:13	00:39:47.45	00:39:51.20	+00:05:33 (13.9%)	3:58	15.1 (86.3%)
20	KRUKOWSKI Błażej	147		M30-39	9	00:00:03	00:09:48	00:19:43	00:29:36	00:39:20	00:39:55.20	00:39:59.15	+00:05:40 (14.2%)	3:59	15 (85.7%)
21	BIEDRZYCKI Adam	11	CW FANZA KOŁOBRZEG	M30-39	10	00:00:03	00:09:34	00:19:30	00:29:31	00:39:22	00:39:58.30	00:40:01.35	+00:05:43 (14.3%)	3:59	15 (85.7%)
22	RUDNIKOWSKI Maciej	244	BIEGUZDROWISKOWY.PL	M40-49	5	00:00:02	00:09:22	00:19:18	00:29:28	00:39:32	00:40:08.60	00:40:10.80	+00:05:54 (14.7%)	4:00	15 (85.7%)
23	WEGNER Przemysław	304		M30-39	11	00:00:06	00:09:42	00:19:39	00:29:39	00:39:39	00:40:21.60	00:40:28.40	+00:06:07 (15.2%)	4:02	14.9 (85.1%)
24	PAKULSKI Marcin	207		M40-49	6	00:00:05	00:09:37	00:19:40	00:29:55	00:40:10	00:40:44.35	00:40:49.40	+00:06:29 (16.0%)	4:04	14.7 (84.0%)
25	BIEDRZYCKI Krzysztof	12	CW FANZA KOŁOBRZEG	M40-49	7	00:00:02	00:10:00	00:20:19	00:30:21	00:40:12	00:40:50.10	00:40:52.75	+00:06:35 (16.1%)	4:05	14.7 (84.0%)
26	KOŚCIELNIAK Robert	135	TKKF KOSZALIN	M50-59	1	00:00:02	00:09:59	00:20:11	00:30:30	00:40:40	00:41:08.05	00:41:10.80	+00:06:53 (16.8%)	4:06	14.6 (83.4%)
27	GRZESIK Eugeniusz	75	TKKF KOSZALIN	M50-59	2	00:00:02	00:09:48	00:20:08	00:30:29	00:40:39	00:41:12.90	00:41:15.25	+00:06:58 (16.9%)	4:07	14.6 (83.4%)
28	ROSZKOWSKI Damian	240	BAGNA IZBICKIE	M30-39	12	00:00:03	00:09:47	00:19:59	00:30:20	00:40:48	00:41:17.70	00:41:21.15	+00:07:03 (17.1%)	4:07	14.5 (82.9%)
29	DZIEMIANKO Karol	53	ZAWISZA BORZYTUCHOM	M18-29	8	00:00:02	00:10:03	00:20:22	00:30:34	00:40:46	00:41:18.50	00:41:21.15	+00:07:04 (17.1%)	4:07	14.5 (82.9%)
30	MŁYNARCZYK Zbigniew	418		M30-39	13	00:00:03	00:09:47	00:19:59	00:30:20	00:40:49	00:41:30.55	00:41:33.80	+00:07:16 (17.5%)	4:09	14.5 (82.9%)
31	USTIANOWSKI Wojciech	297	JW1223 (ROZBIEGANY KOSZALIN)	M18-29	9	00:00:03	00:09:36	00:19:55	00:30:20	00:41:01	00:41:34.45	00:41:38.25	+00:07:20 (17.6%)	4:09	14.4 (82.3%)
32	GIERLACH Jacek	63	STOPA SŁUPSK	M18-29	10	00:00:04	00:09:55	00:20:13	00:30:41	00:40:58	00:41:35.75	00:41:40.05	+00:07:21 (17.7%)	4:09	14.4 (82.3%)
33	UZNAŃSKI Ryszard	299	KOŁOBRZEG BIEGA	M40-49	8	00:00:01	00:10:00	00:20:19	00:30:45	00:41:01	00:41:38.55	00:41:40.20	+00:07:24 (17.8%)	4:09	14.4 (82.3%)
34	MOKSA Dariusz	184		M18-29	11	00:00:03	00:09:36	00:19:56	00:30:20	00:41:14	00:41:58.05	00:42:01.80	+00:07:43 (18.4%)	4:11	14.3 (81.7%)
35	KALETA Sebastian	111	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-49	9	00:00:05	00:09:55	00:20:17	00:30:52	00:41:26	00:42:12.90	00:42:18.10	+00:07:58 (18.9%)	4:13	14.2 (81.1%)
36	KROCZYŃSKI Sławomir	145		M50-59	3	00:00:10	00:10:05	00:20:26	00:31:02	00:41:23	00:42:25.20	00:42:36.10	+00:08:10 (19.3%)	4:14	14.1 (80.6%)
37	JAROSZEWICZ Grzegorz	99	PARKRUN SZCZECIN	M40-49	10	00:00:03	00:09:47	00:20:12	00:31:02	00:41:30	00:42:26.60	00:42:29.95	+00:08:12 (19.3%)	4:14	14.1 (80.6%)
38	MAZUR Emiliusz	174		M40-49	11	00:00:03	00:09:59	00:20:35	00:31:16	00:42:00	00:42:39.75	00:42:42.85	+00:08:25 (19.7%)	4:15	14.1 (80.6%)
39	TROŚNIAK Piotr	291	10 BIAŁOGARD	M40-49	12	00:00:03	00:10:08	00:20:34	00:31:14	00:42:02	00:42:43.75	00:42:47.40	+00:08:29 (19.9%)	4:16	14 (80.0%)
40	MURAWSKA Wioletta	190	PARKRUN SZCZECIN	K40-49	1	00:00:02	00:10:09	00:20:36	00:31:18	00:42:08	00:42:50.90	00:42:53.85	+00:08:36 (20.1%)	4:17	14 (80.0%)
41	GRACHEL Darek	73	#BIEGOHOLIZM	M18-29	12	00:00:03	00:09:55	00:20:36	00:31:18	00:42:15	00:43:00.80	00:43:04.15	+00:08:46 (20.4%)	4:18	13.9 (79.4%)
42	SZULC Arek	281	ROZBIEGANY KOSZALIN	M40-49	13	00:00:06	00:10:50	00:21:31	00:32:23	00:42:23	00:43:01.45	00:43:08.35	+00:08:47 (20.4%)	4:18	13.9 (79.4%)
43	BRESZKA Tomek	22	CAPTAIN AMERICA VS THE FLASH	M30-39	14	00:00:04	00:10:21	00:20:59	00:31:51	00:42:36	00:43:14.95	00:43:19.25	+00:09:00 (20.8%)	4:19	13.9 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
44	KALKOWSKI Paweł	112	JW 1223 KOSZALIN	M30-39	15	00:00:21	00:10:36	00:21:17	00:32:07	00:42:37	00:43:16.25	00:43:38.00	+00:09:01 (20.9%)	4:19	13.9 (79.4%)
45	BARANOWSKI Piotr	3		M40-49	14	00:00:03	00:10:45	00:21:28	00:32:06	00:42:37	00:43:17.00	00:43:20.65	+00:09:02 (20.9%)	4:19	13.9 (79.4%)
46	CHUDY Henryk	36	K SOLSZEWSKI I SYNOWIE	M60-69	1	00:00:04	00:10:08	00:20:35	00:31:28	00:42:33	00:43:18.10	00:43:22.40	+00:09:03 (20.9%)	4:19	13.9 (79.4%)
47	BŁASZCZYK Tadeusz	15		M50-59	4	00:00:05	00:10:31	00:21:17	00:32:07	00:42:49	00:43:28.75	00:43:34.25	+00:09:14 (21.2%)	4:20	13.8 (78.9%)
48	GLAZER Piotr	64	TECHNIKUM LEŚNE W WARCINIE	M18-29	13	00:00:03	00:09:26	00:20:34	00:31:45	00:42:51	00:43:31.00	00:43:34.25	+00:09:16 (21.3%)	4:21	13.8 (78.9%)
49	CHOŁUJ Jarek	34	ROZBIEGANY KOSZALIN	M40-49	15	00:00:06	00:10:50	00:21:31	00:32:23	00:42:50	00:43:32.05	00:43:38.45	+00:09:17 (21.3%)	4:21	13.8 (78.9%)
50	KULIŚ Przemysław	153		M18-29	14	00:00:06	00:10:03	00:21:02	00:32:20	00:42:57	00:43:34.60	00:43:40.60	+00:09:20 (21.4%)	4:21	13.8 (78.9%)
51	CZAPLIŃSKI Jacek	42		M30-39	16	00:00:21	00:10:42	00:21:28	00:32:22	00:43:07	00:43:46.90	00:44:08.40	+00:09:32 (21.8%)	4:22	13.7 (78.3%)
52	SURDAKCI Piotr	272	MONIA TEAM	M40-49	16	00:00:08	00:10:07	00:21:04	00:32:14	00:43:13	00:43:53.05	00:44:01.60	+00:09:38 (22.0%)	4:23	13.7 (78.3%)
53	SMAGOWSKI Wojciech	259	K.B. SPRINT ŚWIDWIN	M30-39	17	00:00:08	00:10:19	00:21:02	00:32:04	00:43:12	00:43:53.45	00:44:02.15	+00:09:39 (22.0%)	4:23	13.7 (78.3%)
54	MATYJASEK Zbigniew	173	TKKF KOSZALIN	M40-49	17	00:00:05	00:10:01	00:21:00	00:32:16	00:43:22	00:44:00.70	00:44:05.70	+00:09:46 (22.2%)	4:24	13.6 (77.7%)
55	URBAŃSKI Tomasz	295		M40-49	18	00:00:09	00:10:48	00:21:40	00:32:31	00:43:22	00:44:03.80	00:44:13.60	+00:09:49 (22.3%)	4:24	13.6 (77.7%)
56	KONKEL Agnieszka	130		K30-39	1	00:00:05	00:10:10	00:21:05	00:32:17	00:43:22	00:44:05.25	00:44:10.80	+00:09:50 (22.3%)	4:24	13.6 (77.7%)
57	PRZEWŁOCKI Michał	220	(L)	M30-39	18	00:00:03	00:09:45	00:20:33	00:31:45	00:43:19	00:44:05.75	00:44:09.70	+00:09:51 (22.3%)	4:24	13.6 (77.7%)
58	MATEBŁOWSKI Szymon	20	DECATHLON KOSZALIN	M18-29	15	00:00:04	00:10:34	00:21:42	00:32:53	00:43:27	00:44:05.85	00:44:10.55	+00:09:51 (22.4%)	4:24	13.6 (77.7%)
59	CENIUCH Sylwester	30	BIKE TEAM ROLETKI.HOME.PL	M40-49	19	00:00:02	00:10:09	00:20:40	00:31:52	00:43:23	00:44:07.10	00:44:09.65	+00:09:52 (22.4%)	4:24	13.6 (77.7%)
60	RACZYŃSKI Kazimierz	225	ZESPÓŁ SZKÓŁ NR 1 IM. MIKOŁAJA KOPERNIKA W KOSZALINIE	M40-49	20	00:00:07	00:10:30	00:21:21	00:32:25	00:43:27	00:44:10.20	00:44:17.25	+00:09:55 (22.5%)	4:25	13.6 (77.7%)
61	GRZYSTEK Adam	77	PARKRUN GDAŃSK POŁUDNIE	M18-29	16	00:00:09	00:10:47	00:21:41	00:32:33	00:43:29	00:44:13.15	00:44:22.45	+00:09:58 (22.6%)	4:25	13.6 (77.7%)
62	KUKIEŁA Tomasz	152		M30-39	19	00:00:06	00:11:03	00:21:57	00:32:59	00:43:53	00:44:35.10	00:44:41.30	+00:10:20 (23.2%)	4:27	13.5 (77.1%)
63	PĘKAŁA Piotr	216	ROZBIEGANY KOSZALIN	M40-49	21	00:00:16	00:11:00	00:22:04	00:33:11	00:44:06	00:44:47.90	00:45:04.80	+00:10:33 (23.6%)	4:28	13.4 (76.6%)
64	KRACZKOWSKI Przemysław	141		M30-39	20	00:00:12	00:11:06	00:22:11	00:33:13	00:44:07	00:44:49.75	00:45:02.05	+00:10:35 (23.6%)	4:29	13.4 (76.6%)
65	NOWAK Piotr	194	CZARNE BIEGA	M30-39	21	00:00:07	00:10:39	00:21:45	00:33:07	00:44:21	00:45:05.25	00:45:12.60	+00:10:50 (24.1%)	4:30	13.3 (76.0%)
66	NOWICKI Michał	343		M30-39	22	00:00:08	00:10:29	00:21:48	00:33:08	00:44:24	00:45:08.45	00:45:16.60	+00:10:54 (24.1%)	4:30	13.3 (76.0%)
67	ROMANOWSKI Piotr	238	BRAK	M30-39	23	00:00:09	00:10:52	00:21:54	00:33:11	00:44:14	00:45:09.10	00:45:18.75	+00:10:54 (24.2%)	4:30	13.3 (76.0%)
68	ZWOLIŃSKI Jan	329	TKKF KOSZALIN	M40-49	22	00:00:04	00:11:05	00:22:15	00:33:34	00:44:39	00:45:21.65	00:45:25.75	+00:11:07 (24.5%)	4:32	13.2 (75.4%)
69	PERCZYŃSKI Jarosław	215	BEZ FORMY	M40-49	23	00:00:12	00:10:53	00:22:03	00:33:40	00:44:58	00:45:39.35	00:45:52.20	+00:11:24 (25.0%)	4:34	13.1 (74.9%)

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											netto 10km	brutto 10km			
70	WILKOWSKI Krzysztof	312		M30-39	24	00:00:05	00:10:33	00:21:47	00:33:25	00:44:55	00:45:40.55	00:45:46.25	+00:11:26 (25.0%)	4:34	13.1 (74.9%)
70	FADDA Bruno-André	57		M30-39	25	00:00:11	00:10:35	00:21:51	00:33:21	00:45:03	00:45:40.55	00:45:51.70	+00:11:26 (25.0%)	4:34	13.1 (74.9%)
72	KSZCZANOWICZ Jacek	151		M40-49	24	00:00:17	00:10:57	00:22:18	00:33:38	00:45:00	00:45:42.50	00:46:00.45	+00:11:28 (25.1%)	4:34	13.1 (74.9%)
73	SZAŁKOWSKI Wojtek	275	TUPOT USTKA	M40-49	25	00:00:25	00:11:20	00:22:39	00:33:53	00:45:05	00:45:43.50	00:46:08.90	+00:11:29 (25.1%)	4:34	13.1 (74.9%)
74	CIUPA Marcin	188	H2 DESIGN	M40-49	26	00:00:11	00:10:52	00:22:03	00:33:35	00:45:04	00:45:46.70	00:45:58.05	+00:11:32 (25.2%)	4:34	13.1 (74.9%)
75	ŁOPIŃSKI Piotr	162		M30-39	26	00:00:07	00:11:03	00:22:21	00:33:47	00:45:14	00:45:50.90	00:45:58.05	+00:11:36 (25.3%)	4:35	13.1 (74.9%)
76	CHODOR Martyna	334	TKKF KOSZALIN	K30-39	2	00:00:05	00:11:09	00:22:30	00:33:49	00:45:11	00:45:53.90	00:45:59.30	+00:11:39 (25.4%)	4:35	13.1 (74.9%)
77	TESKA Bartosz	290	TKKF KOSZALIN	M40-49	27	00:00:07	00:11:06	00:22:24	00:33:54	00:45:23	00:46:01.50	00:46:09.15	+00:11:47 (25.6%)	4:36	13 (74.3%)
78	WIERZBICKI Jakub	310	ŚWIDWIN	M30-39	27	00:00:04	00:10:38	00:21:48	00:33:26	00:45:18	00:46:04.25	00:46:08.55	+00:11:49 (25.7%)	4:36	13 (74.3%)
79	GOŁDYN Marek	67	TKKF KOSZALIN	M30-39	28	00:00:20	00:11:24	00:22:49	00:34:08	00:45:29	00:46:07.90	00:46:27.95	+00:11:53 (25.8%)	4:36	13 (74.3%)
80	JAKUBOWSKI Karol	92	2BZ	M18-29	17	00:00:09	00:10:50	00:22:23	00:33:57	00:45:32	00:46:16.15	00:46:25.65	+00:12:01 (26.0%)	4:37	13 (74.3%)
81	WILIŃSKI Marek	311	K.B. SPRINT ŚWIDWIN	M50-59	5	00:00:09	00:11:17	00:22:42	00:34:05	00:45:33	00:46:16.90	00:46:26.75	+00:12:02 (26.0%)	4:37	13 (74.3%)
82	KORZYSTKO Bartosz	133		M30-39	29	00:00:04	00:10:27	00:21:20	00:32:51	00:45:23	00:46:17.35	00:46:22.25	+00:12:02 (26.0%)	4:37	13 (74.3%)
83	JĘDRASZCZYK Marek	103	WŁ SŁUPSK	M40-49	28	00:00:11	00:10:39	00:22:00	00:33:52	00:45:36	00:46:18.45	00:46:29.95	+00:12:04 (26.1%)	4:37	13 (74.3%)
84	IWANIEC Dariusz	89	TKKF KOSZALIN	M40-49	29	00:00:06	00:11:17	00:22:47	00:34:11	00:45:39	00:46:22.40	00:46:28.55	+00:12:07 (26.2%)	4:38	12.9 (73.7%)
85	JASICZEK Darek	101	CSSP KOSZALIN	M40-49	30	00:00:13	00:11:06	00:22:37	00:34:18	00:45:45	00:46:23.90	00:46:37.45	+00:12:09 (26.2%)	4:38	12.9 (73.7%)
86	JANKOWSKI Piotr	94		M40-49	31	00:00:10	00:11:39	00:23:07	00:34:30	00:45:49	00:46:29.00	00:46:39.70	+00:12:14 (26.3%)	4:38	12.9 (73.7%)
87	MALINOWSKI Mariusz	170		M30-39	30	00:00:17	00:11:17	00:22:59	00:34:38	00:45:57	00:46:37.15	00:46:54.60	+00:12:22 (26.6%)	4:39	12.9 (73.7%)
88	ŁABEJSZA Łukasz	160	WOJOWNICY WÓDY	M30-39	31	00:00:16	00:11:14	00:22:50	00:34:25	00:45:56	00:46:41.30	00:46:57.35	+00:12:26 (26.7%)	4:40	12.9 (73.7%)
89	RATAJEWSKI Arkadiusz	231		M30-39	32	00:00:08	00:10:52	00:22:26	00:34:22	00:45:58	00:46:47.50	00:46:56.05	+00:12:33 (26.8%)	4:40	12.8 (73.1%)
90	SZABLA Ewelina	273		K30-39	3	00:00:05	00:11:05	00:22:38	00:34:20	00:46:03	00:46:50.10	00:46:55.30	+00:12:35 (26.9%)	4:41	12.8 (73.1%)
91	SZAŁABON Grzegorz	251	RWT BYDGOSZCZ-WŁ LĘBORK	M50-59	6	00:00:01	00:10:48	00:22:21	00:34:04	00:46:07	00:46:51.25	00:46:52.90	+00:12:36 (26.9%)	4:41	12.8 (73.1%)
92	MAJCHRZAK Dariusz	165		M50-59	7	00:00:32	00:10:56	00:22:21	00:34:11	00:46:11	00:46:57.50	00:47:29.50	+00:12:43 (27.1%)	4:41	12.8 (73.1%)
93	SZYMAŃSKI Piotr	287		M40-49	32	00:00:12	00:11:05	00:22:27	00:34:15	00:46:18	00:46:57.75	00:47:10.50	+00:12:43 (27.1%)	4:41	12.8 (73.1%)
94	MISZCZYK Jan	183	ROZBIEGANY KOSZALIN	M18-29	18	00:00:19	00:11:02	00:22:35	00:34:27	00:46:21	00:46:59.40	00:47:18.50	+00:12:44 (27.1%)	4:41	12.8 (73.1%)
95	NIEMCZUK Darek	348		M50-59	8	00:00:22	00:11:07	00:22:50	00:34:54	00:46:21	00:46:59.90	00:47:21.95	+00:12:45 (27.1%)	4:41	12.8 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
96	CHUDZINSKI Dariusz	37		M50-59	9	00:00:22	00:11:48	00:23:13	00:34:54	00:46:21	00:47:00.55	00:47:22.65	+00:12:46 (27.2%)	4:42	12.8 (73.1%)
97	CYBULSKI Robert	39	MTS HAMER	M40-49	33	00:00:08	00:11:20	00:22:58	00:34:49	00:46:15	00:47:00.80	00:47:08.80	+00:12:46 (27.2%)	4:42	12.8 (73.1%)
98	DUDA Andrzej	50		M50-59	10	00:00:10	00:11:13	00:22:47	00:34:37	00:46:25	00:47:07.95	00:47:18.55	+00:12:53 (27.4%)	4:42	12.7 (72.6%)
99	MELLER Paweł	331	17 WOG	M50-59	11	00:00:05	00:11:24	00:23:07	00:34:52	00:46:25	00:47:11.05	00:47:16.30	+00:12:56 (27.4%)	4:43	12.7 (72.6%)
100	KRAWCZUK Szymon	143	GEPARD GLEŻNOWO	M30-39	33	00:00:19	00:12:17	00:23:59	00:35:27	00:46:31	00:47:11.70	00:47:31.40	+00:12:57 (27.4%)	4:43	12.7 (72.6%)
101	KUŁAKOWSKI Dawid	154	TKKF KOSZALIN	M40-49	34	00:00:07	00:11:15	00:22:50	00:34:53	00:46:45	00:47:25.10	00:47:32.15	+00:13:10 (27.8%)	4:44	12.7 (72.6%)
102	MICERSKI Tomasz	178	TKKF KOSZALIN	M40-49	35	00:00:07	00:11:16	00:22:51	00:34:50	00:46:45	00:47:26.60	00:47:33.65	+00:13:12 (27.8%)	4:44	12.6 (72.0%)
103	ALABA Jerzy	497		M50-59	12	00:00:16	00:11:43	00:23:22	00:35:09	00:46:54	00:47:32.40	00:47:48.65	+00:13:17 (28.0%)	4:45	12.6 (72.0%)
104	MISZEWSKA Aleksandra	500		K18-29	1	00:00:06	00:11:08	00:22:41	00:34:35	00:46:48	00:47:34.60	00:47:40.85	+00:13:20 (28.0%)	4:45	12.6 (72.0%)
105	OTTO Michał	206		M30-39	34	00:00:06	00:11:11	00:22:54	00:35:03	00:46:52	00:47:39.80	00:47:45.90	+00:13:25 (28.2%)	4:45	12.6 (72.0%)
106	BURKIET Marek	29	JW 1223	M40-49	36	00:00:10	00:11:32	00:23:20	00:35:17	00:47:00	00:47:43.20	00:47:53.90	+00:13:28 (28.2%)	4:46	12.6 (72.0%)
107	JARZYNA Roman	100	SZWLA STARGARD	M40-49	37	00:00:06	00:11:14	00:22:50	00:34:53	00:47:04	00:47:48.15	00:47:54.95	+00:13:33 (28.4%)	4:46	12.6 (72.0%)
108	PIETRZYCKI Adrian	217		M40-49	38	00:00:32	00:11:53	00:23:51	00:35:45	00:47:06	00:47:49.85	00:48:22.10	+00:13:35 (28.4%)	4:47	12.5 (71.4%)
109	WYGANOWSKI Andrzej	342		M70+	1	00:00:09	00:11:42	00:23:37	00:35:29	00:47:10	00:47:51.80	00:48:01.15	+00:13:37 (28.5%)	4:47	12.5 (71.4%)
110	WOJCIECHOWSKI Marcin	315		M18-29	19	00:00:20	00:11:22	00:23:15	00:35:20	00:47:07	00:47:52.00	00:48:12.25	+00:13:37 (28.5%)	4:47	12.5 (71.4%)
111	GUDANIEC Radosław	337	TKKF TRIATHLON KOSZALIN	M50-59	13	00:00:05	00:11:11	00:23:13	00:35:23	00:47:10	00:47:53.20	00:47:58.90	+00:13:38 (28.5%)	4:47	12.5 (71.4%)
112	MUCHA Krzysztof	189	KOSZALIN	M30-39	35	00:00:06	00:11:11	00:22:54	00:35:03	00:47:10	00:47:55.60	00:48:02.20	+00:13:41 (28.6%)	4:47	12.5 (71.4%)
113	KASPROWICZ Małgorzata	118	STOPA SŁUPSK	K30-39	4	00:00:10	00:11:27	00:23:19	00:35:23	00:47:19	00:48:02.25	00:48:12.50	+00:13:47 (28.7%)	4:48	12.5 (71.4%)
114	JABŁOŃSKI Arkadiusz	90	KOSZALIN	M30-39	36	00:00:26	00:11:29	00:23:08	00:35:11	00:47:29	00:48:17.10	00:48:43.10	+00:14:02 (29.1%)	4:49	12.4 (70.9%)
115	ŚWIETLIK Tomasz	289		M50-59	14	00:00:23	00:11:48	00:23:40	00:35:28	00:47:32	00:48:17.95	00:48:41.70	+00:14:03 (29.1%)	4:49	12.4 (70.9%)
116	UTTKE Kamil	298	DZIADOSTWOOOOO	M18-29	20	00:00:08	00:11:32	00:23:26	00:35:32	00:47:34	00:48:19.25	00:48:27.90	+00:14:04 (29.1%)	4:49	12.4 (70.9%)
117	WALERIAŃCZYK Roman	301	GMINA KOŁOBRZEG	M40-49	39	00:00:11	00:11:35	00:23:34	00:35:36	00:47:32	00:48:20.30	00:48:31.95	+00:14:05 (29.2%)	4:50	12.4 (70.9%)
118	NACHYŁA Paweł	192	DZIKI KOSZALIN	M30-39	37	00:00:13	00:11:25	00:23:24	00:35:37	00:47:38	00:48:20.95	00:48:34.80	+00:14:06 (29.2%)	4:50	12.4 (70.9%)
118	KAŃDUŁA Mariusz	114	WŁ SŁUPSK	M40-49	40	00:00:12	00:11:43	00:23:47	00:36:03	00:47:39	00:48:20.95	00:48:33.25	+00:14:06 (29.2%)	4:50	12.4 (70.9%)
120	WICHER Krzysztof	308	ADWOKATURA	M30-39	38	00:00:07	00:11:32	00:23:37	00:35:45	00:47:38	00:48:22.20	00:48:29.30	+00:14:07 (29.2%)	4:50	12.4 (70.9%)
121	SKONECZNY Kacper	257	KONTRA DARŁOWO	M18-29	21	00:00:12	00:10:48	00:22:28	00:35:02	00:47:49	00:48:22.25	00:48:34.80	+00:14:07 (29.2%)	4:50	12.4 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
122	STRUŚ Artur	271	KB BRYZA POSTOMINO	M50-59	15	00:00:10	00:11:36	00:23:37	00:35:36	00:47:43	00:48:23.80	00:48:34.25	+00:14:09 (29.2%)	4:50	12.4 (70.9%)
123	OSTAFI Robert	202		M30-39	39	00:00:02	00:11:14	00:23:20	00:35:44	00:47:52	00:48:30.30	00:48:32.95	+00:14:15 (29.4%)	4:51	12.4 (70.9%)
124	KRZEWIŃSKA Małgorzata	150	TKKF KOSZALIN	K50-59	1	00:00:05	00:11:40	00:23:42	00:35:46	00:47:50	00:48:35.80	00:48:41.60	+00:14:21 (29.5%)	4:51	12.3 (70.3%)
125	OTOKA Kasia	205	MONIA TEAM	K40-49	2	00:00:15	00:11:21	00:23:30	00:35:48	00:47:54	00:48:39.55	00:48:55.30	+00:14:25 (29.6%)	4:52	12.3 (70.3%)
126	GRZYSTEK Marcin	76	PARKRUN SZCZECINEK	M30-39	40	00:00:10	00:11:36	00:23:38	00:35:58	00:47:58	00:48:39.70	00:48:49.85	+00:14:25 (29.6%)	4:51	12.3 (70.3%)
127	ZAWADA Andrzej	321	ZESPÓŁ SZKÓŁ SAMORZĄDOWYCH W OBJEŹDZIE	M50-59	16	00:00:28	00:11:38	00:23:29	00:35:45	00:48:06	00:48:53.20	00:49:21.65	+00:14:38 (30.0%)	4:53	12.3 (70.3%)
128	LITWINOWICZ Renata	159	KB WYGAN	K40-49	3	00:00:15	00:11:52	00:23:52	00:35:59	00:48:13	00:48:57.45	00:49:13.05	+00:14:43 (30.1%)	4:53	12.3 (70.3%)
129	SZAREK Arkadiusz	277		M18-29	22	00:00:04	00:11:16	00:23:07	00:35:33	00:48:16	00:49:00.45	00:49:05.15	+00:14:46 (30.1%)	4:54	12.2 (69.7%)
130	MIKIETYŃSKI Michał	182	OKONEK	M30-39	41	00:00:12	00:11:42	00:23:50	00:36:07	00:48:17	00:49:03.20	00:49:15.35	+00:14:48 (30.2%)	4:54	12.2 (69.7%)
131	NOWAK Piotr	196		M18-29	23	00:00:04	00:11:19	00:23:08	00:35:34	00:48:19	00:49:07.00	00:49:11.35	+00:14:52 (30.3%)	4:54	12.2 (69.7%)
132	BOBER Jakub	16	AKADEMIA POMORSKA	M18-29	24	00:00:04	00:11:08	00:23:22	00:36:02	00:48:29	00:49:14.80	00:49:19.75	+00:15:00 (30.5%)	4:55	12.2 (69.7%)
133	METERA Piotr	177	RUNNERSWALDE	M30-39	42	00:00:16	00:11:44	00:23:31	00:35:53	00:48:30	00:49:15.35	00:49:31.65	+00:15:00 (30.5%)	4:55	12.2 (69.7%)
134	DIDŁUCH Jacek	48	KOŁOBRZEG BIEGA MARATON TEAM	M40-49	41	00:00:24	00:11:46	00:23:45	00:35:53	00:48:27	00:49:15.75	00:49:40.25	+00:15:01 (30.5%)	4:55	12.2 (69.7%)
135	DZIESZUK Dariusz	54	TKKF KOSZALIN	M40-49	42	00:00:20	00:12:24	00:24:38	00:36:45	00:48:36	00:49:16.35	00:49:37.15	+00:15:01 (30.5%)	4:55	12.2 (69.7%)
136	CHOŁUJ Karol	35	ZAWSZE DO PRZODU	M30-39	43	00:00:08	00:11:17	00:23:29	00:36:05	00:48:40	00:49:19.90	00:49:28.60	+00:15:05 (30.6%)	4:56	12.2 (69.7%)
137	SIKORSKI Adam	344		M30-39	44	00:00:10	00:11:11	00:23:27	00:36:05	00:48:33	00:49:21.00	00:49:31.10	+00:15:06 (30.6%)	4:56	12.2 (69.7%)
138	CZEPUKOJĆ Wojciech	43		M18-29	25	00:00:25	00:12:21	00:24:28	00:36:33	00:48:34	00:49:22.90	00:49:48.35	+00:15:08 (30.7%)	4:56	12.1 (69.1%)
139	CHODOR Izabela	33	TKKF KOSZALIN	K30-39	5	00:00:20	00:12:24	00:24:38	00:36:46	00:48:42	00:49:25.95	00:49:46.35	+00:15:11 (30.7%)	4:56	12.1 (69.1%)
140	SZAREK Paweł	276	7 BRYGADA OBRONY WYBRZEŻA	M30-39	45	00:00:04	00:11:32	00:23:50	00:36:18	00:48:46	00:49:26.10	00:49:30.55	+00:15:11 (30.7%)	4:56	12.1 (69.1%)
141	PUŚCIAN Krzysztof	224	GIMNAZJUM W MANOWIE	M40-49	43	00:00:05	00:11:40	00:24:34	00:36:51	00:48:51	00:49:30.50	00:49:36.35	+00:15:16 (30.8%)	4:57	12.1 (69.1%)
142	SOROKA Piotr	264		M30-39	46	00:00:08	00:11:21	00:23:22	00:36:06	00:48:52	00:49:31.30	00:49:39.30	+00:15:16 (30.9%)	4:57	12.1 (69.1%)
143	MICHALCZYK Mariusz	180	JW 1223	M40-49	44	00:00:11	00:11:32	00:23:23	00:35:48	00:48:42	00:49:32.55	00:49:43.95	+00:15:18 (30.9%)	4:57	12.1 (69.1%)
144	JANUSZEK Adam	335		M30-39	47	00:00:23	00:11:31	00:23:39	00:36:26	00:48:48	00:49:35.30	00:49:58.75	+00:15:20 (30.9%)	4:57	12.1 (69.1%)
145	RUTKOWSKA Anna	247		K40-49	4	00:00:10	00:11:33	00:23:57	00:36:42	00:48:54	00:49:41.25	00:49:51.80	+00:15:26 (31.1%)	4:58	12.1 (69.1%)
146	ZADROŻNY Szymon	320	RUNNER'S OF WAŁCZ	M30-39	48	00:00:05	00:11:38	00:24:02	00:36:47	00:48:59	00:49:45.30	00:49:50.30	+00:15:30 (31.2%)	4:58	12.1 (69.1%)
147	GWIAZDA Jarosław	78		M40-49	45	00:00:12	00:12:09	00:24:38	00:36:59	00:49:09	00:49:48.30	00:50:00.45	+00:15:33 (31.3%)	4:58	12 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
148	BUCZYŃSKI Eugeniusz	27	JW 1696	M40-49	46	00:00:08	00:11:22	00:23:48	00:36:37	00:49:09	00:49:56.70	00:50:05.25	+00:15:42 (31.4%)	4:59	12 (68.6%)
149	RUSINEK Artur	246		M30-39	49	00:00:07	00:11:31	00:23:47	00:36:37	00:49:24	00:50:04.75	00:50:12.10	+00:15:50 (31.6%)	5:00	12 (68.6%)
150	NAPIERAŁA Bogumił	193	KORA KOSZALIN	M50-59	17	00:00:19	00:12:12	00:24:37	00:37:04	00:49:30	00:50:13.80	00:50:33.55	+00:15:59 (31.8%)	5:01	11.9 (68.0%)
151	HOC Dariusz	84		M40-49	47	00:00:25	00:12:30	00:25:03	00:37:45	00:49:35	00:50:13.90	00:50:39.65	+00:15:59 (31.8%)	5:01	11.9 (68.0%)
152	ZDROWIECKI Artur	322		M30-39	50	00:00:05	00:11:31	00:24:03	00:36:48	00:49:27	00:50:14.50	00:50:19.70	+00:16:00 (31.8%)	5:01	11.9 (68.0%)
153	CZYŻ Izabella	44	STOPA SŁUPSK	K40-49	5	00:00:11	00:12:09	00:24:35	00:37:00	00:49:27	00:50:16.40	00:50:27.40	+00:16:01 (31.9%)	5:01	11.9 (68.0%)
154	ROGANOWSKA Danuta	237	ROZBIEGANY KOSZALIN	K30-39	6	00:00:18	00:13:02	00:25:27	00:37:40	00:49:33	00:50:17.60	00:50:36.35	+00:16:03 (31.9%)	5:01	11.9 (68.0%)
155	RUDZIEWICZ Urszula	245	FIZJOBIEGACZE SZCZECIN	K30-39	7	00:00:11	00:12:03	00:24:25	00:36:57	00:49:37	00:50:21.25	00:50:32.60	+00:16:06 (32.0%)	5:02	11.9 (68.0%)
156	WACHOLC Michał	300		M18-29	26	00:00:09	00:12:08	00:24:46	00:37:19	00:49:45	00:50:30.35	00:50:39.65	+00:16:15 (32.2%)	5:03	11.9 (68.0%)
157	URBAŃSKI Arkadiusz	296		M40-49	48	00:00:09	00:12:04	00:24:33	00:37:03	00:49:41	00:50:30.60	00:50:40.45	+00:16:16 (32.2%)	5:03	11.9 (68.0%)
158	RAWSKI Jarosław	232		M50-59	18	00:00:11	00:12:47	00:25:33	00:37:55	00:49:48	00:50:31.50	00:50:42.95	+00:16:17 (32.2%)	5:03	11.9 (68.0%)
159	TUCHORSKA Julita	293		K30-39	8	00:00:09	00:11:52	00:24:22	00:37:06	00:49:53	00:50:43.05	00:50:52.05	+00:16:28 (32.5%)	5:04	11.8 (67.4%)
160	ZIÓŁKOWSKA Małgorzata	327		K30-39	9	00:00:06	00:12:18	00:24:56	00:37:29	00:49:56	00:50:43.15	00:50:49.30	+00:16:28 (32.5%)	5:04	11.8 (67.4%)
161	ROGALSKI Roberto	236	TKKF KOSZALIN	M30-39	51	00:00:16	00:11:43	00:24:17	00:37:22	00:49:58	00:50:45.85	00:51:02.70	+00:16:31 (32.5%)	5:04	11.8 (67.4%)
162	RÓG Michał	241	JW 1223	M30-39	52	00:00:09	00:11:31	00:23:37	00:36:35	00:50:00	00:50:47.50	00:50:56.80	+00:16:33 (32.6%)	5:04	11.8 (67.4%)
163	GIL Remigiusz	498	LYCONET TRIATHLON TEAM	M40-49	49	00:00:13	00:12:11	00:24:47	00:37:26	00:50:05	00:50:47.80	00:51:01.70	+00:16:33 (32.6%)	5:04	11.8 (67.4%)
164	MORDACZ Tomasz	185	PORZECZE BIEGA :)	M30-39	53	00:00:13	00:12:24	00:25:07	00:37:50	00:50:03	00:50:50.60	00:51:03.65	+00:16:36 (32.7%)	5:05	11.8 (67.4%)
165	DĄBROWSKI Grzegorz	47		M40-49	50	00:00:13	00:11:54	00:24:29	00:37:20	00:50:08	00:50:53.85	00:51:07.15	+00:16:39 (32.7%)	5:05	11.8 (67.4%)
166	ORŁOWSKA Beata	199	KĄPIELE NA SPONTANIE	K40-49	6	00:00:11	00:11:53	00:24:32	00:37:22	00:50:09	00:50:55.85	00:51:07.05	+00:16:41 (32.8%)	5:05	11.8 (67.4%)
167	GONTARZ Wojciech	69	HONEY STINGER RUNNERS	M18-29	27	00:00:09	00:12:04	00:24:43	00:37:46	00:50:13	00:50:59.45	00:51:09.25	+00:16:45 (32.8%)	5:06	11.8 (67.4%)
168	KOSECKA Katarzyna	134	KB WYGAN	K30-39	10	00:00:09	00:11:35	00:24:30	00:37:27	00:50:09	00:50:59.70	00:51:09.20	+00:16:45 (32.9%)	5:06	11.8 (67.4%)
169	DUDZIAK Piotr	51	KOSZALIN	M40-49	51	00:00:06	00:11:39	00:24:36	00:37:46	00:50:14	00:50:59.85	00:51:06.40	+00:16:45 (32.9%)	5:06	11.8 (67.4%)
170	JUSZCZAK Krzysztof	107		M60-69	2	00:00:34	00:12:02	00:24:38	00:37:40	00:50:29	00:51:16.85	00:51:51.30	+00:17:02 (33.2%)	5:07	11.7 (66.9%)
171	MAZURKIEWICZ Jolanta	176		K30-39	11	00:00:14	00:12:25	00:25:00	00:37:50	00:50:32	00:51:19.80	00:51:34.50	+00:17:05 (33.3%)	5:08	11.7 (66.9%)
172	NACHYŁA Piotr	191	STOPA SŁUPSK	M40-49	52	00:00:15	00:12:43	00:25:29	00:38:17	00:50:46	00:51:26.00	00:51:41.90	+00:17:11 (33.4%)	5:08	11.7 (66.9%)
173	MODRZEJEWSKI Mateusz	339	KOCHAM ASIE	M30-39	54	00:00:16	00:12:29	00:25:19	00:38:18	00:50:50	00:51:28.35	00:51:45.05	+00:17:13 (33.5%)	5:08	11.7 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						startu	2.45km	4.9km	7.35km						9.8km
174	RATAJCZYK Monika	229		K30-39	12	00:00:18	00:12:28	00:24:59	00:37:46	00:50:40	00:51:28.75	00:51:46.80	+00:17:14 (33.5%)	5:08	11.7 (66.9%)
175	KARCZEWSKI Krzysztof	115	AT - AKTYWNY TRZEBIATÓW	M50-59	19	00:00:14	00:12:10	00:24:50	00:38:05	00:50:43	00:51:29.20	00:51:43.70	+00:17:14 (33.5%)	5:08	11.7 (66.9%)
176	KRZANOWSKI Marcin	149	MARCINBIEGA	M30-39	55	00:00:11	00:11:46	00:24:46	00:37:55	00:50:47	00:51:35.95	00:51:47.15	+00:17:21 (33.6%)	5:09	11.6 (66.3%)
177	JANUSZEWSKI Jacek	96	17 WOK KOSZALIN	M50-59	20	00:00:15	00:12:11	00:24:54	00:37:49	00:50:51	00:51:42.35	00:51:57.45	+00:17:27 (33.8%)	5:10	11.6 (66.3%)
178	KOZŁOWIECKI Waldemar	140	TKKF KOSZALIN	M60-69	3	00:00:01	00:12:34	00:25:13	00:38:14	00:50:58	00:51:42.50	00:51:44.05	+00:17:28 (33.8%)	5:10	11.6 (66.3%)
179	MRÓZ Dawid	187		M40-49	53	00:00:03	00:11:45	00:24:39	00:37:53	00:50:53	00:51:42.75	00:51:46.10	+00:17:28 (33.8%)	5:10	11.6 (66.3%)
180	HUDASZEK Grzegorz	88		M30-39	56	00:00:20	00:12:20	00:25:00	00:37:49	00:50:53	00:51:42.90	00:52:03.85	+00:17:28 (33.8%)	5:10	11.6 (66.3%)
181	BĄCZYK Monika	5	MONIA TEAM	K30-39	13	00:00:22	00:12:19	00:24:57	00:38:04	00:50:55	00:51:45.70	00:52:08.65	+00:17:31 (33.8%)	5:10	11.6 (66.3%)
182	KOWALCZYK Mariusz	138	WZAJEMNEJ ADORACJI:-)	M40-49	54	00:00:13	00:12:05	00:25:03	00:38:18	00:50:58	00:51:45.85	00:51:59.45	+00:17:31 (33.9%)	5:10	11.6 (66.3%)
183	BORKOWSKA-KOWALCZYK Daria	17	WOMENS FIGHT CLUB KOSZALIN	K30-39	14	00:00:12	00:12:12	00:25:04	00:38:19	00:50:59	00:51:46.95	00:51:59.25	+00:17:32 (33.9%)	5:10	11.6 (66.3%)
184	LICA Krzysztof	346		M30-39	57	00:00:16	00:12:29	00:25:19	00:38:16	00:51:02	00:51:47.85	00:52:04.75	+00:17:33 (33.9%)	5:10	11.6 (66.3%)
185	FAJGIER Tomasz	58		M40-49	55	00:00:11	00:12:07	00:25:00	00:38:14	00:51:05	00:51:55.55	00:52:06.90	+00:17:41 (34.1%)	5:11	11.6 (66.3%)
186	STOKROCKI Wojciech	270		M30-39	58	00:00:29	00:12:47	00:25:28	00:38:13	00:51:07	00:51:56.50	00:52:25.85	+00:17:42 (34.1%)	5:11	11.6 (66.3%)
187	RUDNIK Tomasz	243	LUB WYBIERZ Z LISTY	M30-39	59	00:00:22	00:12:18	00:24:37	00:37:41	00:51:06	00:51:58.05	00:52:20.05	+00:17:43 (34.1%)	5:11	11.5 (65.7%)
188	WOJTALIK Jacek	317		M30-39	60	00:00:17	00:12:28	00:25:18	00:38:18	00:51:17	00:51:59.65	00:52:17.45	+00:17:45 (34.1%)	5:12	11.5 (65.7%)
189	WICENS Jacek	95	JACEK - BIEGAM BO LUBIE	M30-39	61	00:00:17	00:12:29	00:25:19	00:38:18	00:51:23	00:52:09.70	00:52:27.20	+00:17:55 (34.4%)	5:13	11.5 (65.7%)
190	ZIENCINA Marcin	324		M30-39	62	00:00:18	00:11:53	00:24:44	00:38:03	00:51:28	00:52:23.70	00:52:42.35	+00:18:09 (34.6%)	5:14	11.5 (65.7%)
191	RASZPLA Radosław	227		M40-49	56	00:00:07	00:11:51	00:24:41	00:38:05	00:51:35	00:52:28.20	00:52:35.95	+00:18:13 (34.7%)	5:14	11.4 (65.1%)
192	WOJTANOWSKI Michał	350		M30-39	63	00:00:18	00:14:34	00:26:49	00:39:33	00:51:54	00:52:36.25	00:52:54.35	+00:18:21 (34.9%)	5:15	11.4 (65.1%)
193	HRYCIÓW Paweł	87	BIAŁOGARD	M30-39	64	00:00:26	00:12:50	00:25:40	00:38:51	00:51:52	00:52:39.05	00:53:05.05	+00:18:24 (35.0%)	5:15	11.4 (65.1%)
194	CZOS Łukasz	336		M30-39	65	00:00:08	00:11:20	00:24:36	00:38:14	00:51:56	00:52:41.30	00:52:49.45	+00:18:26 (35.0%)	5:16	11.4 (65.1%)
195	KONKEL Łukasz	131		M30-39	66	00:00:08	00:11:43	00:24:33	00:38:06	00:51:49	00:52:42.95	00:52:51.65	+00:18:28 (35.0%)	5:16	11.4 (65.1%)
196	BRYGAŁA Tomasz	25		M30-39	67	00:00:19	00:12:50	00:25:49	00:38:45	00:51:54	00:52:45.20	00:53:04.80	+00:18:30 (35.1%)	5:16	11.4 (65.1%)
197	KISIELIŃSKI Igor	122	TKKF KOSZALIN	M50-59	21	00:00:11	00:12:08	00:24:30	00:38:04	00:51:53	00:52:51.90	00:53:03.65	+00:18:37 (35.2%)	5:17	11.3 (64.6%)
198	FELSKI Łukasz	60		M30-39	68	00:00:32	00:12:42	00:25:27	00:38:29	00:52:05	00:52:54.80	00:53:27.65	+00:18:40 (35.3%)	5:17	11.3 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
199	KLUPŚ Monika	124		K40-49	7	00:00:32	00:12:55	00:25:54	00:38:59	00:52:06	00:52:55.65	00:53:27.90	+00:18:41 (35.3%)	5:17	11.3 (64.6%)
200	SZUBERT Agnieszka	280		K30-39	15	00:00:16	00:12:54	00:26:04	00:39:13	00:52:13	00:52:58.50	00:53:14.75	+00:18:44 (35.4%)	5:17	11.3 (64.6%)
201	MAJCHRZAK Paweł	166	SUNDAYBIKERS KARLINO TEAM	M40-49	57	00:00:04	00:11:38	00:24:22	00:38:11	00:52:08	00:53:03.45	00:53:08.10	+00:18:49 (35.5%)	5:18	11.3 (64.6%)
202	PRZYMORSKI Waldemar	221	W.P.K. SŁOŃ TEAM USTKA	M40-49	58	00:00:15	00:12:08	00:24:58	00:38:32	00:52:13	00:53:06.00	00:53:21.05	+00:18:51 (35.5%)	5:18	11.3 (64.6%)
203	BORYS Przemysław	19	BIEGNIJMY.PL	M30-39	69	00:00:28	00:12:49	00:25:34	00:39:06	00:52:33	00:53:12.00	00:53:40.95	+00:18:57 (35.6%)	5:19	11.3 (64.6%)
204	RYBARCZYK Ireneusz	492		M30-39	70	00:00:20	00:13:15	00:26:10	00:39:00	00:52:26	00:53:17.60	00:53:38.00	+00:19:03 (35.8%)	5:19	11.3 (64.6%)
205	PEŁKA Janusz	214	TKKF KOSZALIN	M50-59	22	00:00:23	00:12:11	00:25:50	00:39:06	00:52:34	00:53:21.25	00:53:45.10	+00:19:06 (35.8%)	5:20	11.2 (64.0%)
206	GRABOWSKA-LESISZ Aneta	72		K30-39	16	00:00:07	00:12:13	00:25:24	00:38:58	00:52:39	00:53:29.40	00:53:37.15	+00:19:14 (36.0%)	5:21	11.2 (64.0%)
207	ZWIRDOWSKI Andrzej	328		M30-39	71	00:00:20	00:12:20	00:25:14	00:38:50	00:52:40	00:53:30.50	00:53:50.85	+00:19:16 (36.0%)	5:21	11.2 (64.0%)
208	BĄCZYK Adam	6	MONIA TEAM	M40-49	59	00:00:22	00:12:37	00:25:47	00:39:14	00:52:42	00:53:31.60	00:53:53.95	+00:19:17 (36.0%)	5:21	11.2 (64.0%)
209	CZAPLICKI Paweł	41	TKKF KOSZALIN	M40-49	60	00:00:21	00:12:56	00:26:15	00:39:41	00:52:52	00:53:36.65	00:53:57.85	+00:19:22 (36.1%)	5:21	11.2 (64.0%)
210	PUSZ Kuba	223	JS1373	M18-29	28	00:00:10	00:11:41	00:24:26	00:38:43	00:52:55	00:53:46.35	00:53:56.45	+00:19:31 (36.3%)	5:22	11.2 (64.0%)
211	KOTULSKI Piotr	136	KLUB BIEGACZY JYSK	M40-49	61	00:00:09	00:12:19	00:25:41	00:39:14	00:52:59	00:53:46.85	00:53:56.35	+00:19:32 (36.3%)	5:22	11.2 (64.0%)
212	PODAWCA Łukasz	218	JW 1223	M30-39	72	00:00:22	00:12:50	00:25:58	00:39:29	00:53:06	00:53:48.35	00:54:10.75	+00:19:33 (36.4%)	5:22	11.2 (64.0%)
213	SPICA Łukasz	265		M18-29	29	00:00:25	00:13:04	00:26:05	00:39:44	00:53:12	00:53:55.45	00:54:21.30	+00:19:41 (36.5%)	5:23	11.1 (63.4%)
214	DANOWSKI Maciej	45	FITNESS CLUB FORMA	M40-49	62	00:00:10	00:13:00	00:26:28	00:40:03	00:53:12	00:53:56.25	00:54:06.50	+00:19:41 (36.5%)	5:23	11.1 (63.4%)
215	ORYSZCZYŃ Arkadiusz	200		M30-39	73	00:00:25	00:13:04	00:26:05	00:39:45	00:53:12	00:53:57.90	00:54:23.30	+00:19:43 (36.5%)	5:23	11.1 (63.4%)
216	SZULTKA Mariusz	283		M30-39	74	00:00:18	00:12:54	00:26:20	00:39:56	00:53:16	00:54:00.20	00:54:19.05	+00:19:45 (36.6%)	5:24	11.1 (63.4%)
217	KUROWSKA Izabela	157	FITOSKA	K30-39	17	00:00:12	00:13:18	00:26:44	00:39:56	00:53:14	00:54:00.40	00:54:12.55	+00:19:45 (36.6%)	5:24	11.1 (63.4%)
218	BOROWIEC Mariusz	18		M40-49	63	00:00:26	00:13:26	00:26:57	00:40:14	00:53:15	00:54:01.45	00:54:27.65	+00:19:47 (36.6%)	5:24	11.1 (63.4%)
219	MARKOWSKI Andrzej	172	TKKF KOSZALIN	M60-69	4	00:00:01	00:12:34	00:25:52	00:39:38	00:53:23	00:54:04.85	00:54:06.80	+00:19:50 (36.7%)	5:24	11.1 (63.4%)
220	ZIELIŃSKI Grzegorz	323	BRIDGESTONE	M40-49	64	00:00:15	00:13:14	00:26:49	00:40:16	00:53:15	00:54:07.00	00:54:22.60	+00:19:52 (36.7%)	5:24	11.1 (63.4%)
221	ATALSKI Damian	1		M30-39	75	00:00:22	00:13:04	00:26:18	00:39:47	00:53:29	00:54:15.75	00:54:38.40	+00:20:01 (36.9%)	5:25	11.1 (63.4%)
222	KACZMAREK Łukasz	109	WOJOWNICY WÓDY	M30-39	76	00:00:16	00:12:22	00:25:38	00:39:39	00:53:29	00:54:17.15	00:54:33.45	+00:20:02 (36.9%)	5:25	11.1 (63.4%)
223	BERNACKI Adam	10	EB BERNACKI	M40-49	65	00:00:07	00:12:32	00:25:59	00:39:42	00:53:26	00:54:20.45	00:54:28.15	+00:20:06 (37.0%)	5:26	11 (62.9%)
224	GUDANIEC Dorota	338	TKKF TRIATHLON KOSZALIN	K50-59	2	00:00:06	00:12:57	00:26:17	00:39:41	00:53:28	00:54:20.85	00:54:27.05	+00:20:06 (37.0%)	5:26	11 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
225	SOBOLEWSKI Marcin	262		M30-39	77	00:00:14	00:11:54	00:25:05	00:39:19	00:53:29	00:54:25.85	00:54:40.55	+00:20:11 (37.1%)	5:26	11 (62.9%)
226	KOWALCZYK Piotr	137		M30-39	78	00:00:15	00:12:20	00:25:35	00:39:35	00:53:39	00:54:28.00	00:54:43.00	+00:20:13 (37.1%)	5:26	11 (62.9%)
227	DĄBROWSKA Alicja	46	TKKF KOSZALIN	K50-59	3	00:00:19	00:13:04	00:26:42	00:40:14	00:53:38	00:54:28.15	00:54:47.45	+00:20:13 (37.1%)	5:26	11 (62.9%)
228	HRYCAJ Tomasz	86		M30-39	79	00:00:26	00:12:47	00:26:11	00:39:55	00:53:37	00:54:29.80	00:54:56.60	+00:20:15 (37.2%)	5:27	11 (62.9%)
229	HAŁKA Ola	80		K18-29	2	00:00:24	00:13:06	00:26:19	00:39:55	00:53:48	00:54:36.45	00:55:00.95	+00:20:22 (37.3%)	5:27	11 (62.9%)
230	ŁUCZEJKO Sławomir	163	TEAM BIEGOWY SZCZECINEK	M50-59	23	00:00:26	00:12:57	00:26:15	00:39:45	00:53:41	00:54:38.40	00:55:04.80	+00:20:23 (37.3%)	5:27	11 (62.9%)
230	OSTROWSKI Artur	204		M30-39	80	00:00:13	00:12:10	00:25:25	00:39:45	00:53:45	00:54:38.40	00:54:51.85	+00:20:23 (37.3%)	5:27	11 (62.9%)
232	KARNICKI Zygmunt	116	TKKF KOSZALIN	M60-69	5	00:00:07	00:12:29	00:26:00	00:39:53	00:53:48	00:54:38.90	00:54:46.45	+00:20:24 (37.3%)	5:27	11 (62.9%)
233	KRYGIER Ireneusz	148	W.P.K. SŁOŃ TEAM USTKA	M30-39	81	00:00:14	00:12:29	00:26:01	00:39:51	00:53:46	00:54:41.85	00:54:56.30	+00:20:27 (37.4%)	5:28	11 (62.9%)
234	LASKOWSKI Grzegorz	158		M30-39	82	00:00:21	00:12:53	00:26:01	00:39:30	00:53:54	00:54:44.75	00:55:05.75	+00:20:30 (37.5%)	5:28	11 (62.9%)
235	JURA Kazimierz	106	MTS HAMER	M60-69	6	00:00:20	00:12:57	00:26:35	00:40:13	00:53:55	00:54:47.20	00:55:07.45	+00:20:32 (37.5%)	5:28	11 (62.9%)
236	MACHŁAJ Sonia	164		K18-29	3	00:00:16	00:12:59	00:26:28	00:40:14	00:54:02	00:54:52.90	00:55:09.25	+00:20:38 (37.6%)	5:29	10.9 (62.3%)
237	SEKUŁA Mariusz	252		M40-49	66	00:00:15	00:12:25	00:25:51	00:39:51	00:54:18	00:55:09.80	00:55:25.75	+00:20:55 (37.9%)	5:31	10.9 (62.3%)
238	RUTKOWSKI Lucjan	248	ARCAN TEAM	M50-59	24	00:00:07	00:13:30	00:27:23	00:41:14	00:54:17	00:55:10.30	00:55:17.40	+00:20:55 (37.9%)	5:31	10.9 (62.3%)
239	MICHALAK Kamila	179	KLUB BIEGACZY JYSK	K30-39	18	00:00:08	00:12:22	00:26:16	00:40:18	00:54:18	00:55:11.05	00:55:19.60	+00:20:56 (38.0%)	5:31	10.9 (62.3%)
240	PANEK Urszula	208		K30-39	19	00:00:22	00:13:19	00:26:59	00:40:53	00:54:31	00:55:20.00	00:55:42.55	+00:21:05 (38.1%)	5:32	10.8 (61.7%)
241	BRYGAŁA Magdalena	24		K30-39	20	00:00:18	00:12:53	00:26:37	00:40:37	00:54:33	00:55:25.70	00:55:44.35	+00:21:11 (38.2%)	5:32	10.8 (61.7%)
242	GRAJ Joanna	74		K18-29	4	00:00:24	00:13:18	00:27:11	00:41:02	00:54:41	00:55:26.35	00:55:50.35	+00:21:11 (38.2%)	5:32	10.8 (61.7%)
243	PSTRĄGOWSKA Marlena	222	BABECZKI KOSZALIN	K30-39	21	00:00:15	00:13:21	00:27:04	00:40:53	00:54:37	00:55:31.35	00:55:46.35	+00:21:16 (38.3%)	5:33	10.8 (61.7%)
244	CUDZICH Piotr	38		M30-39	83	00:00:28	00:13:06	00:26:49	00:40:49	00:54:39	00:55:38.00	00:56:06.15	+00:21:23 (38.5%)	5:33	10.8 (61.7%)
245	WASZEK Marzena	302		K30-39	22	00:00:11	00:13:19	00:27:10	00:40:49	00:54:46	00:55:41.45	00:55:52.95	+00:21:27 (38.5%)	5:34	10.8 (61.7%)
246	SIKORA Tomasz	254		M50-59	25	00:00:08	00:13:05	00:26:33	00:40:33	00:54:56	00:55:51.90	00:56:00.75	+00:21:37 (38.7%)	5:35	10.7 (61.1%)
247	SKIBA Artur	255		M40-49	67	00:00:08	00:13:06	00:26:33	00:40:33	00:54:57	00:55:52.00	00:56:00.45	+00:21:37 (38.7%)	5:35	10.7 (61.1%)
248	MALINOWSKA Małgorzata	167		K50-59	4	00:00:08	00:13:05	00:26:33	00:40:33	00:54:57	00:55:52.45	00:56:00.45	+00:21:38 (38.7%)	5:35	10.7 (61.1%)
249	ZIĘBA Paweł	325	TKKF KOSZALIN	M40-49	68	00:00:07	00:12:10	00:25:49	00:40:34	00:55:02	00:55:57.35	00:56:04.90	+00:21:42 (38.8%)	5:35	10.7 (61.1%)
250	MAZUREK Barbara	175	BABECZKI KOSZALIN	K30-39	23	00:00:21	00:13:11	00:26:54	00:40:53	00:55:07	00:55:58.40	00:56:20.30	+00:21:43 (38.8%)	5:35	10.7 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
251	BAK Halszka	7		K30-39	24	00:00:14	00:13:19	00:27:15	00:41:02	00:55:16	00:56:07.95	00:56:22.10	+00:21:53 (39.0%)	5:36	10.7 (61.1%)
252	TRZEŚNIEWSKI Zbigniew	292		M50-59	26	00:00:07	00:13:12	00:26:59	00:41:03	00:55:19	00:56:18.80	00:56:25.80	+00:22:04 (39.2%)	5:37	10.7 (61.1%)
253	NOWAK Sylwia	195	CZARNE BIEGA	K30-39	25	00:00:07	00:13:18	00:27:17	00:41:19	00:55:26	00:56:19.35	00:56:27.30	+00:22:04 (39.2%)	5:38	10.7 (61.1%)
254	ŚLEDŹ Andrzej	288	WŁ SŁUPSK	M40-49	69	00:00:12	00:12:56	00:27:07	00:41:20	00:55:34	00:56:22.70	00:56:35.35	+00:22:08 (39.3%)	5:38	10.6 (60.6%)
255	KĘPKA Karolina	121	STOPA SŁUPSK	K40-49	8	00:00:15	00:13:18	00:27:21	00:41:41	00:55:45	00:56:33.75	00:56:49.35	+00:22:19 (39.5%)	5:39	10.6 (60.6%)
256	GZELA Olga	79	BABECZKI KOSZALIN, ROZBIEGANY KOSZALIN	K30-39	26	00:00:18	00:13:08	00:26:58	00:41:40	00:55:48	00:56:36.70	00:56:55.65	+00:22:22 (39.5%)	5:39	10.6 (60.6%)
257	PIÓRO Ewa	345		K40-49	9	00:00:15	00:13:13	00:27:06	00:41:51	00:56:08	00:56:59.10	00:57:14.60	+00:22:44 (39.9%)	5:41	10.5 (60.0%)
258	KOBUS Maciej	126		M30-39	84	00:00:09	00:12:13	00:25:51	00:40:37	00:56:02	00:56:59.85	00:57:09.40	+00:22:45 (39.9%)	5:42	10.5 (60.0%)
259	KRASIŃSKI Witold	341		M40-49	70	00:00:09	00:12:14	00:25:51	00:40:38	00:56:02	00:57:00.05	00:57:09.40	+00:22:45 (39.9%)	5:42	10.5 (60.0%)
260	SZAFIRSKI Marek	274	CAMINO SŁUPSK	M50-59	27	00:00:24	00:13:27	00:27:38	00:42:04	00:56:13	00:57:00.25	00:57:24.30	+00:22:45 (39.9%)	5:42	10.5 (60.0%)
261	GÓRNIAK Stanisław	71	WŁ SŁUPSK	M50-59	28	00:00:11	00:13:28	00:27:34	00:42:18	00:56:09	00:57:03.90	00:57:15.70	+00:22:49 (40.0%)	5:42	10.5 (60.0%)
262	MALINOWSKA-BURDA Aleksandra	169		K18-29	5	00:00:15	00:13:41	00:28:04	00:42:17	00:56:21	00:57:10.90	00:57:25.90	+00:22:56 (40.1%)	5:43	10.5 (60.0%)
263	KLUPŚ Janusz	123		M40-49	71	00:00:30	00:13:23	00:27:40	00:42:08	00:56:36	00:57:24.95	00:57:55.75	+00:23:10 (40.4%)	5:44	10.4 (59.4%)
264	SOBALA Anna	261		K30-39	27	00:00:11	00:13:09	00:27:08	00:42:35	00:56:32	00:57:27.15	00:57:38.75	+00:23:12 (40.4%)	5:44	10.4 (59.4%)
265	WOCH Małgorzata	313		K50-59	5	00:00:21	00:13:36	00:27:48	00:42:16	00:56:44	00:57:35.95	00:57:57.20	+00:23:21 (40.6%)	5:45	10.4 (59.4%)
266	KACZMAREK Agnieszka	108		K40-49	10	00:00:21	00:13:36	00:27:48	00:42:17	00:56:44	00:57:36.10	00:57:57.65	+00:23:21 (40.6%)	5:45	10.4 (59.4%)
267	HELLER Zdzisław	81	NIEZRZESZONY	M60-69	7	00:00:23	00:13:42	00:28:14	00:42:48	00:57:06	00:57:56.00	00:58:19.55	+00:23:41 (40.9%)	5:47	10.4 (59.4%)
268	KUPREWICZ Grzegorz	155	JW 1223	M30-39	85	00:00:13	00:13:35	00:28:34	00:42:44	00:57:03	00:57:56.35	00:58:09.80	+00:23:41 (40.9%)	5:47	10.4 (59.4%)
269	REMLAKOWSKI Krzysztof	234	WE RUN	M40-49	72	00:00:19	00:13:44	00:27:59	00:42:37	00:57:05	00:57:57.75	00:58:17.05	+00:23:43 (40.9%)	5:47	10.4 (59.4%)
270	SZYMAŃSKA Agnieszka	284		K40-49	11	00:00:24	00:14:19	00:28:36	00:42:53	00:57:04	00:57:58.20	00:58:23.05	+00:23:43 (40.9%)	5:47	10.3 (58.9%)
270	RADECKI Jacek	226	CSSP KOSZALIN	M40-49	73	00:00:13	00:13:12	00:27:29	00:42:16	00:57:09	00:57:58.20	00:58:11.65	+00:23:43 (40.9%)	5:47	10.4 (59.4%)
272	REMLAKOWSKA Małgorzata	233	WE RUN	K30-39	28	00:00:18	00:13:49	00:28:01	00:42:39	00:57:05	00:57:58.30	00:58:16.95	+00:23:43 (40.9%)	5:47	10.4 (59.4%)
273	JAROSZ Marzena	97		K50-59	6	00:00:24	00:14:19	00:28:36	00:42:53	00:57:05	00:57:58.45	00:58:23.35	+00:23:44 (40.9%)	5:47	10.3 (58.9%)
274	WOLF Beata	333	TKKF KOSZALIN	K30-39	29	00:00:19	00:13:36	00:28:04	00:42:38	00:57:15	00:58:10.20	00:58:29.65	+00:23:55 (41.1%)	5:49	10.3 (58.9%)
275	KOWALSKI Kamil	347		M30-39	86	00:00:23	00:13:06	00:26:53	00:41:51	00:57:09	00:58:14.90	00:58:38.15	+00:24:00 (41.2%)	5:49	10.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
276	ZAREMBA Tomasz	340		M30-39	87	00:00:22	00:13:00	00:28:21	00:43:22	00:57:35	00:58:28.95	00:58:51.90	+00:24:14 (41.5%)	5:50	10.3 (58.9%)
277	SMARSZCZ Wiesław	260	TEAM RWT BYDGOSZCZ-WŁĘBORK	M50-59	29	00:00:04	00:13:04	00:27:28	00:42:39	00:57:54	00:58:38.55	00:58:43.45	+00:24:24 (41.6%)	5:51	10.2 (58.3%)
278	HNATOWSKI Artur	83	SZYBKIE STOPY	M40-49	74	00:00:19	00:12:54	00:26:54	00:42:08	00:57:47	00:58:45.55	00:59:05.15	+00:24:31 (41.7%)	5:52	10.2 (58.3%)
279	BASIAK Krystian	4	KOSZALIN	M30-39	88	00:00:25	00:12:58	00:27:13	00:42:26	00:57:52	00:58:48.50	00:59:14.35	+00:24:34 (41.8%)	5:52	10.2 (58.3%)
280	KARPIŃSKI Mateusz	117		M18-29	30	00:00:23	00:13:11	00:27:27	00:42:20	00:57:49	00:58:52.30	00:59:15.55	+00:24:37 (41.8%)	5:53	10.2 (58.3%)
281	OGRODOWCZYK Jagoda	197		K30-39	30	00:00:23	00:13:11	00:27:27	00:42:20	00:57:50	00:58:52.40	00:59:15.75	+00:24:37 (41.8%)	5:53	10.2 (58.3%)
282	WOJTANOWSKI Tomasz	318	K.B. SPRINT ŚWIDWIN	M30-39	89	00:00:17	00:13:20	00:27:56	00:42:51	00:57:56	00:58:58.60	00:59:15.75	+00:24:44 (41.9%)	5:53	10.2 (58.3%)
283	BEDNARZ Katarzyna	8		K40-49	12	00:00:29	00:13:49	00:28:16	00:43:03	00:57:57	00:58:59.90	00:59:28.95	+00:24:45 (42.0%)	5:53	10.2 (58.3%)
284	JASIENIECKI Piotr	102		M40-49	75	00:00:16	00:12:55	00:26:52	00:41:59	00:58:10	00:59:10.35	00:59:26.95	+00:24:55 (42.1%)	5:55	10.1 (57.7%)
285	SZKATULSKI Tomasz	278	DARŁOWO	M18-29	31	00:00:18	00:12:53	00:27:37	00:43:13	00:58:26	00:59:22.05	00:59:40.10	+00:25:07 (42.3%)	5:56	10.1 (57.7%)
286	FRASZKIEWICZ Jarosław	62		M40-49	76	00:00:06	00:13:13	00:27:48	00:43:07	00:58:24	00:59:24.25	00:59:30.75	+00:25:09 (42.4%)	5:56	10.1 (57.7%)
287	KOMODA Mariusz	128		M40-49	77	00:00:17	00:13:51	00:28:36	00:43:45	00:58:44	00:59:33.95	00:59:51.40	+00:25:19 (42.5%)	5:57	10.1 (57.7%)
288	KACZMAREK Zenon	110	MORSY KOŁOBRZEG	M60-69	8	00:00:02	00:14:01	00:28:43	00:43:27	00:58:32	00:59:36.30	00:59:38.75	+00:25:21 (42.6%)	5:57	10.1 (57.7%)
289	PAWLAK Ewelina	212		K30-39	31	00:00:17	00:13:22	00:28:13	00:43:10	00:58:44	00:59:51.15	01:00:08.35	+00:25:36 (42.8%)	5:59	10 (57.1%)
290	BRESZKA Paweł	23	DARŁOWO	M40-49	78	00:00:17	00:13:58	00:29:16	00:44:40	00:59:43	01:00:42.15	01:00:59.35	+00:26:27 (43.6%)	6:04	9.9 (56.6%)
291	BŁACH Piotr	14		M30-39	90	00:00:16	00:13:59	00:29:16	00:44:41	00:59:44	01:00:42.75	01:00:59.25	+00:26:28 (43.6%)	6:04	9.9 (56.6%)
292	BARA Monika	2	JW 1223/3DPL0T	K18-29	6	00:00:15	00:13:51	00:28:37	00:44:02	01:00:05	01:00:59.35	01:01:14.40	+00:26:44 (43.9%)	6:05	9.8 (56.0%)
293	STANULA Matylda	267		K18-29	7	00:00:14	00:13:52	00:28:38	00:43:58	00:58:56	01:00:59.60	01:01:14.40	+00:26:45 (43.9%)	6:06	9.8 (56.0%)
294	WIERZBICKI Kacper	309		M18-29	32	00:00:04	00:13:24	00:27:42	00:43:30	01:00:13	01:01:11.70	01:01:16.30	+00:26:57 (44.0%)	6:07	9.8 (56.0%)
295	SZULTKA Sylwia	282		K30-39	32	00:00:18	00:14:24	00:29:07	00:44:24	01:00:28	01:01:26.45	01:01:44.90	+00:27:12 (44.3%)	6:08	9.8 (56.0%)
296	CYRKLEWICZ Weronika	40		K30-39	33	00:00:17	00:14:25	00:29:08	00:44:25	01:00:28	01:01:26.70	01:01:44.65	+00:27:12 (44.3%)	6:08	9.8 (56.0%)
297	PAWLAK Marek	213		M30-39	91	00:00:24	00:13:40	00:28:48	00:44:48	01:01:03	01:01:52.65	01:02:17.45	+00:27:38 (44.7%)	6:11	9.7 (55.4%)
298	JANKOWSKI Remigiusz	93		M30-39	92	00:00:21	00:14:23	00:29:39	00:45:30	01:01:05	01:01:52.90	01:02:14.05	+00:27:38 (44.7%)	6:11	9.7 (55.4%)
299	RATAJEWSKA Agnieszka	230	PANI	K30-39	34	00:00:12	00:14:10	00:29:31	00:45:18	01:01:15	01:02:12.70	01:02:25.30	+00:27:58 (45.0%)	6:13	9.6 (54.9%)
300	ZIELIŃSKI Andrzej	349		M30-39	93	00:00:18	00:14:35	00:29:44	00:45:31	01:01:29	01:02:32.65	01:02:51.30	+00:28:18 (45.3%)	6:15	9.6 (54.9%)
301	KURCZ Barbara	156	BABECZKI KOSZALIN	K40-49	13	00:00:22	00:14:59	00:30:37	00:46:22	01:01:41	01:02:39.75	01:03:02.45	+00:28:25 (45.4%)	6:16	9.6 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
302	MALINOWSKA Agnieszka	168	CIOTECZKI.PL	K30-39	35	00:00:15	00:14:35	00:30:04	00:45:53	01:01:31	01:02:41.35	01:02:56.70	+00:28:26 (45.4%)	6:16	9.6 (54.9%)
303	RASZPLA Ilona	228		K40-49	14	00:00:14	00:14:36	00:30:05	00:45:54	01:01:32	01:02:42.15	01:02:56.40	+00:28:27 (45.4%)	6:16	9.6 (54.9%)
304	FALGOWSKI Paweł	59		M30-39	94	00:00:13	00:12:49	00:29:07	00:46:05	01:01:56	01:02:52.75	01:03:06.50	+00:28:38 (45.5%)	6:17	9.5 (54.3%)
305	PASEK Paula	209		K30-39	36	00:00:20	00:14:11	00:29:42	00:46:07	01:02:06	01:03:05.75	01:03:26.70	+00:28:51 (45.7%)	6:18	9.5 (54.3%)
306	URBAŃSKA Anetta	294		K40-49	15	00:00:25	00:14:27	00:29:38	00:45:32	01:02:04	01:03:05.95	01:03:31.10	+00:28:51 (45.7%)	6:18	9.5 (54.3%)
306	SOBOLEWSKI Marek	332	17 WOG	M40-49	79	00:00:04	00:14:26	00:30:24	00:46:54	01:02:14	01:03:05.95	01:03:10.55	+00:28:51 (45.7%)	6:18	9.5 (54.3%)
308	SCHMIDT Dariusz	499		M50-59	30	00:00:22	00:14:35	00:29:58	00:46:04	01:02:40	01:03:40.45	01:04:02.45	+00:29:26 (46.2%)	6:22	9.4 (53.7%)
309	BINKIEWICZ Marcin	13		M30-39	95	00:00:27	00:13:50	00:29:11	00:45:33	01:02:42	01:03:46.80	01:04:14.05	+00:29:32 (46.3%)	6:22	9.4 (53.7%)
310	FILIPCZYK Mieczysław	61	NIEZRZESZONY	M50-59	31	00:00:04	00:14:09	00:29:59	00:46:31	01:03:11	01:04:15.45	01:04:20.35	+00:30:01 (46.7%)	6:25	9.3 (53.1%)
311	SZYMAŃSKI Marcin	285	TEAM BIEGOWY SZCZECINEK	M30-39	96	00:00:27	00:14:40	00:30:28	00:47:29	01:04:33	01:05:35.45	01:06:03.05	+00:31:21 (47.8%)	6:33	9.1 (52.0%)
312	STASZYŃSKA Marianna	268	BTC,,ORZEŁ'	K60+	1	00:00:24	00:15:52	00:32:23	00:49:18	01:06:15	01:07:25.60	01:07:49.75	+00:33:11 (49.2%)	6:44	8.9 (50.9%)
313	ZIĘTARA Ryszard	326		M60-69	9	00:00:13	00:14:36	00:30:45	00:48:35	01:07:49	01:09:05.40	01:09:18.55	+00:34:50 (50.4%)	6:54	8.7 (49.7%)
314	KONDRATOWICZ Agnieszka	129		K30-39	37	00:00:19	00:15:01	00:31:44	00:50:02	01:09:33	01:10:51.10	01:11:10.55	+00:36:36 (51.7%)	7:05	8.5 (48.6%)
314	STACHOWSKI Michał	266		M30-39	97	00:00:19	00:15:01	00:31:44	00:50:02	01:09:34	01:10:51.10	01:11:10.75	+00:36:36 (51.7%)	7:05	8.5 (48.6%)
316	PASEK Jan	210		M60-69	10	00:00:21	00:15:46	00:33:23	00:51:45	01:10:17	01:11:20.65	01:11:42.20	+00:37:06 (52.0%)	7:08	8.4 (48.0%)
317	KRAWCZUK-KIEŁB Anna	144	ŻYJ Z ENERGIA	K40-49	16	00:00:20	00:16:14	00:33:46	00:51:33	01:10:14	01:11:21.90	01:11:42.60	+00:37:07 (52.0%)	7:08	8.4 (48.0%)
DQ	KRÓL Marcin	146		M40-49		DQ	00:12:13 DQ	00:25:26 DQ	00:39:13 DQ	DQ	DQ	DQ		-	- (0.0%)
	KĘPKA Adrian	120		M18-29		DNF	00:09:10 DNF	00:18:52 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	WAWRZYŃIAK Karolina	303		K18-29		DNF	00:14:27 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 320 wynik(ów)