

**Organizator:**

**Data:**  
**Miejsce:**  
**Dystans:**

## BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

Fundacja Wolność i Demokracja, Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej  
2017-02-26  
Koszalin  
10 km

Klasyfikacja: M-OPEN

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	<b>KASZEWSKI Zbigniew</b>	<b>119</b>	TALEX BORYSŁAW BORZYTUCHOM	M18-29	1	00:00:01	00:08:33	00:17:05	00:25:28	00:33:43	<b>00:34:14.45</b>	<b>00:34:16.05</b>		3:25	17.5 (100%)
2	<b>BEDNARZ Paweł</b>	<b>9</b>	13-TY FUN CLUB ASI CHMIEL :*	M30-39	1	00:00:01	00:08:33	00:17:18	00:26:24	00:35:31	<b>00:36:07.00</b>	<b>00:36:08.95</b>	+00:01:52 (5.2%)	3:36	16.6 (94.9%)
3	<b>HERING Mateusz</b>	<b>82</b>	TALEX BORZYTUCHOM	M18-29	2	00:00:02	00:09:05	00:18:16	00:27:20	00:36:07	<b>00:36:40.30</b>	<b>00:36:42.40</b>	+00:02:25 (6.6%)	3:40	16.4 (93.7%)
4	<b>KRAUS Damian</b>	<b>142</b>	CHROBRY GRYFICE	M18-29	3	00:00:01	00:08:55	00:18:01	00:27:13	00:36:29	<b>00:37:06.10</b>	<b>00:37:07.80</b>	+00:02:51 (7.7%)	3:42	16.2 (92.6%)
5	<b>KACZMAREK Tomasz</b>	<b>235</b>		M30-39	2	00:00:03	00:09:21	00:18:34	00:27:48	00:36:37	<b>00:37:08.40</b>	<b>00:37:11.65</b>	+00:02:53 (7.8%)	3:42	16.2 (92.6%)
6	<b>ORZECHOWSKI Kamil</b>	<b>201</b>		M18-29	4	00:00:01	00:08:53	00:17:56	00:27:24	00:36:40	<b>00:37:10.40</b>	<b>00:37:12.00</b>	+00:02:55 (7.9%)	3:43	16.1 (92.0%)
7	<b>POLAK Szymon</b>	<b>219</b>	ROZBIEGANY KOSZALIN	M40-49	1	00:00:02	00:09:05	00:18:17	00:27:31	00:36:40	<b>00:37:14.45</b>	<b>00:37:16.65</b>	+00:03:00 (8.1%)	3:43	16.1 (92.0%)
8	<b>GOLECKI Mirosław</b>	<b>65</b>	CSSP KOSZALIN	M40-49	2	00:00:03	00:09:20	00:18:33	00:27:47	00:36:55	<b>00:37:29.90</b>	<b>00:37:33.45</b>	+00:03:15 (8.7%)	3:45	16 (91.4%)
9	<b>RYBACZEK Sebastian</b>	<b>249</b>	JW 1223/3DPLOT - FORMA ROSNOWO	M30-39	3	00:00:02	00:09:21	00:18:34	00:27:55	00:37:18	<b>00:37:51.70</b>	<b>00:37:54.15</b>	+00:03:37 (9.6%)	3:47	15.8 (90.3%)
10	<b>EMILIT Grzegorz</b>	<b>56</b>	DZIESIĄTKA BIAŁOGARD	M30-39	4	00:00:03	00:09:20	00:18:33	00:28:00	00:37:46	<b>00:38:22.60</b>	<b>00:38:26.55</b>	+00:04:08 (10.8%)	3:50	15.6 (89.1%)
11	<b>JAROSZ Wiesław</b>	<b>98</b>	JW. 1223/BLOG	M40-49	3	00:00:02	00:09:14	00:18:38	00:28:19	00:38:01	<b>00:38:40.60</b>	<b>00:38:43.15</b>	+00:04:26 (11.5%)	3:52	15.5 (88.6%)
12	<b>WOJDASIEWICZ Tadeusz</b>	<b>316</b>		M30-39	5	00:00:02	00:09:14	00:18:51	00:28:31	00:38:07	<b>00:38:43.85</b>	<b>00:38:46.60</b>	+00:04:29 (11.6%)	3:52	15.5 (88.6%)
13	<b>WILCZEWSKI Krzysztof</b>	<b>405</b>	MKS ŚWIĘC	M30-39	6	00:00:03	00:09:46	00:19:38	00:29:17	00:38:39	<b>00:39:13.55</b>	<b>00:39:16.65</b>	+00:04:59 (12.7%)	3:55	15.3 (87.4%)
14	<b>BRAUN Grzegorz</b>	<b>21</b>	GRYFICE	M18-29	5	00:00:01	00:08:53	00:18:28	00:28:28	00:38:38	<b>00:39:30.10</b>	<b>00:39:31.45</b>	+00:05:15 (13.3%)	3:57	15.2 (86.9%)
15	<b>GOLIŃSKI Łukasz</b>	<b>66</b>	K.B. SPRINT ŚWIDWIN	M30-39	7	00:00:02	00:09:30	00:19:19	00:29:08	00:38:54	<b>00:39:33.65</b>	<b>00:39:35.65</b>	+00:05:19 (13.4%)	3:57	15.2 (86.9%)
16	<b>SZKOŁUDA Miłosz</b>	<b>279</b>	DECATHLON KOSZALIN	M18-29	6	00:00:04	00:09:32	00:19:10	00:29:01	00:39:01	<b>00:39:39.80</b>	<b>00:39:43.95</b>	+00:05:25 (13.7%)	3:57	15.1 (86.3%)
17	<b>BUCZKO Krystian</b>	<b>26</b>		M30-39	8	00:00:03	00:09:33	00:19:23	00:29:18	00:39:06	<b>00:39:41.20</b>	<b>00:39:44.55</b>	+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	<b>BURDA Robert</b>	<b>28</b>	KOSPEL	M40-49	4	00:00:02	00:09:36	00:19:32	00:29:32	00:39:10	<b>00:39:45.50</b>	<b>00:39:48.25</b>	+00:05:31 (13.9%)	3:58	15.1 (86.3%)
19	<b>DURMAN Dawid</b>	<b>52</b>		M18-29	7	00:00:03	00:09:27	00:19:22	00:29:20	00:39:13	<b>00:39:47.45</b>	<b>00:39:51.20</b>	+00:05:33 (13.9%)	3:58	15.1 (86.3%)
20	<b>KRUKOWSKI Błażej</b>	<b>147</b>		M30-39	9	00:00:03	00:09:48	00:19:43	00:29:36	00:39:20	<b>00:39:55.20</b>	<b>00:39:59.15</b>	+00:05:40 (14.2%)	3:59	15 (85.7%)
21	<b>BIEDRZYCKI Adam</b>	<b>11</b>	CW FANZA KOŁOBRZEG	M30-39	10	00:00:03	00:09:34	00:19:30	00:29:31	00:39:22	<b>00:39:58.30</b>	<b>00:40:01.35</b>	+00:05:43 (14.3%)	3:59	15 (85.7%)
22	<b>RUDNIKOWSKI Maciej</b>	<b>244</b>	BIEGUZDROWISKOWY.PL	M40-49	5	00:00:02	00:09:22	00:19:18	00:29:28	00:39:32	<b>00:40:08.60</b>	<b>00:40:10.80</b>	+00:05:54 (14.7%)	4:00	15 (85.7%)
23	<b>WEGNER Przemysław</b>	<b>304</b>		M30-39	11	00:00:06	00:09:42	00:19:39	00:29:39	00:39:39	<b>00:40:21.60</b>	<b>00:40:28.40</b>	+00:06:07 (15.2%)	4:02	14.9 (85.1%)
24	<b>PAKULSKI Marcin</b>	<b>207</b>		M40-49	6	00:00:05	00:09:37	00:19:40	00:29:55	00:40:10	<b>00:40:44.35</b>	<b>00:40:49.40</b>	+00:06:29 (16.0%)	4:04	14.7 (84.0%)
25	<b>BIEDRZYCKI Krzysztof</b>	<b>12</b>	CW FANZA KOŁOBRZEG	M40-49	7	00:00:02	00:10:00	00:20:19	00:30:21	00:40:12	<b>00:40:50.10</b>	<b>00:40:52.75</b>	+00:06:35 (16.1%)	4:05	14.7 (84.0%)
26	<b>KOŚCIELNIAK Robert</b>	<b>135</b>	TKKF KOSZALIN	M50-59	1	00:00:02	00:09:59	00:20:11	00:30:30	00:40:40	<b>00:41:08.05</b>	<b>00:41:10.80</b>	+00:06:53 (16.8%)	4:06	14.6 (83.4%)
27	<b>GRZESIK Eugeniusz</b>	<b>75</b>	TKKF KOSZALIN	M50-59	2	00:00:02	00:09:48	00:20:08	00:30:29	00:40:39	<b>00:41:12.90</b>	<b>00:41:15.25</b>	+00:06:58 (16.9%)	4:07	14.6 (83.4%)
28	<b>ROSZKOWSKI Damian</b>	<b>240</b>	BAGNA IZBICKIE	M30-39	12	00:00:03	00:09:47	00:19:59	00:30:20	00:40:48	<b>00:41:17.70</b>	<b>00:41:21.15</b>	+00:07:03 (17.1%)	4:07	14.5 (82.9%)
29	<b>DZIEMIANKO Karol</b>	<b>53</b>	ZAWISZA BORZYTUCHOM	M18-29	8	00:00:02	00:10:03	00:20:22	00:30:34	00:40:46	<b>00:41:18.50</b>	<b>00:41:21.15</b>	+00:07:04 (17.1%)	4:07	14.5 (82.9%)
30	<b>MŁYNARCZYK Zbigniew</b>	<b>418</b>		M30-39	13	00:00:03	00:09:47	00:19:59	00:30:20	00:40:49	<b>00:41:30.55</b>	<b>00:41:33.80</b>	+00:07:16 (17.5%)	4:09	14.5 (82.9%)
31	<b>USTIANOWSKI Wojciech</b>	<b>297</b>	JW1223 (ROZBIEGANY KOSZALIN)	M18-29	9	00:00:03	00:09:36	00:19:55	00:30:20	00:41:01	<b>00:41:34.45</b>	<b>00:41:38.25</b>	+00:07:20 (17.6%)	4:09	14.4 (82.3%)
32	<b>GIERLACH Jacek</b>	<b>63</b>	STOPA SŁUPSK	M18-29	10	00:00:04	00:09:55	00:20:13	00:30:41	00:40:58	<b>00:41:35.75</b>	<b>00:41:40.05</b>	+00:07:21 (17.7%)	4:09	14.4 (82.3%)
33	<b>UZNAŃSKI Ryszard</b>	<b>299</b>	KOŁOBRZEG BIEGA	M40-49	8	00:00:01	00:10:00	00:20:19	00:30:45	00:41:01	<b>00:41:38.55</b>	<b>00:41:40.20</b>	+00:07:24 (17.8%)	4:09	14.4 (82.3%)
34	<b>MOKSA Dariusz</b>	<b>184</b>		M18-29	11	00:00:03	00:09:36	00:19:56	00:30:20	00:41:14	<b>00:41:58.05</b>	<b>00:42:01.80</b>	+00:07:43 (18.4%)	4:11	14.3 (81.7%)
35	<b>KALETA Sebastian</b>	<b>111</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-49	9	00:00:05	00:09:55	00:20:17	00:30:52	00:41:26	<b>00:42:12.90</b>	<b>00:42:18.10</b>	+00:07:58 (18.9%)	4:13	14.2 (81.1%)
36	<b>KROCZYŃSKI Sławomir</b>	<b>145</b>		M50-59	3	00:00:10	00:10:05	00:20:26	00:31:02	00:41:23	<b>00:42:25.20</b>	<b>00:42:36.10</b>	+00:08:10 (19.3%)	4:14	14.1 (80.6%)
37	<b>JAROSZEWICZ Grzegorz</b>	<b>99</b>	PARKRUN SZCZECIN	M40-49	10	00:00:03	00:09:47	00:20:12	00:31:02	00:41:30	<b>00:42:26.60</b>	<b>00:42:29.95</b>	+00:08:12 (19.3%)	4:14	14.1 (80.6%)
38	<b>MAZUR Emiliusz</b>	<b>174</b>		M40-49	11	00:00:03	00:09:59	00:20:35	00:31:16	00:42:00	<b>00:42:39.75</b>	<b>00:42:42.85</b>	+00:08:25 (19.7%)	4:15	14.1 (80.6%)
39	<b>TROŚNIAK Piotr</b>	<b>291</b>	10 BIAŁOGARD	M40-49	12	00:00:03	00:10:08	00:20:34	00:31:14	00:42:02	<b>00:42:43.75</b>	<b>00:42:47.40</b>	+00:08:29 (19.9%)	4:16	14 (80.0%)
40	<b>GRACHEL Darek</b>	<b>73</b>	#BIEGOHOLIZM	M18-29	12	00:00:03	00:09:55	00:20:36	00:31:18	00:42:15	<b>00:43:00.80</b>	<b>00:43:04.15</b>	+00:08:46 (20.4%)	4:18	13.9 (79.4%)
41	<b>SZULC Arek</b>	<b>281</b>	ROZBIEGANY KOSZALIN	M40-49	13	00:00:06	00:10:50	00:21:31	00:32:23	00:42:23	<b>00:43:01.45</b>	<b>00:43:08.35</b>	+00:08:47 (20.4%)	4:18	13.9 (79.4%)
42	<b>BRESZKA Tomek</b>	<b>22</b>	CAPTAIN AMERICA VS THE FLASH	M30-39	14	00:00:04	00:10:21	00:20:59	00:31:51	00:42:36	<b>00:43:14.95</b>	<b>00:43:19.25</b>	+00:09:00 (20.8%)	4:19	13.9 (79.4%)
43	<b>KALKOWSKI Paweł</b>	<b>112</b>	JW 1223 KOSZALIN	M30-39	15	00:00:21	00:10:36	00:21:17	00:32:07	00:42:37	<b>00:43:16.25</b>	<b>00:43:38.00</b>	+00:09:01 (20.9%)	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	<b>BARANOWSKI Piotr</b>	<b>3</b>		M40-49	14	00:00:03	00:10:45	00:21:28	00:32:06	00:42:37	<b>00:43:17.00</b>	<b>00:43:20.65</b>	+00:09:02 (20.9%)	4:19	13.9 (79.4%)
45	<b>CHUDY Henryk</b>	<b>36</b>	K SOLSZEWSKI I SYNOWIE	M60-69	1	00:00:04	00:10:08	00:20:35	00:31:28	00:42:33	<b>00:43:18.10</b>	<b>00:43:22.40</b>	+00:09:03 (20.9%)	4:19	13.9 (79.4%)
46	<b>BŁASZCZYK Tadeusz</b>	<b>15</b>		M50-59	4	00:00:05	00:10:31	00:21:17	00:32:07	00:42:49	<b>00:43:28.75</b>	<b>00:43:34.25</b>	+00:09:14 (21.2%)	4:20	13.8 (78.9%)
47	<b>GLAZER Piotr</b>	<b>64</b>	TECHNIKUM LEŚNE W WARCINIE	M18-29	13	00:00:03	00:09:26	00:20:34	00:31:45	00:42:51	<b>00:43:31.00</b>	<b>00:43:34.25</b>	+00:09:16 (21.3%)	4:21	13.8 (78.9%)
48	<b>CHOŁUJ Jarek</b>	<b>34</b>	ROZBIEGANY KOSZALIN	M40-49	15	00:00:06	00:10:50	00:21:31	00:32:23	00:42:50	<b>00:43:32.05</b>	<b>00:43:38.45</b>	+00:09:17 (21.3%)	4:21	13.8 (78.9%)
49	<b>KULIŚ Przemysław</b>	<b>153</b>		M18-29	14	00:00:06	00:10:03	00:21:02	00:32:20	00:42:57	<b>00:43:34.60</b>	<b>00:43:40.60</b>	+00:09:20 (21.4%)	4:21	13.8 (78.9%)
50	<b>CZAPLIŃSKI Jacek</b>	<b>42</b>		M30-39	16	00:00:21	00:10:42	00:21:28	00:32:22	00:43:07	<b>00:43:46.90</b>	<b>00:44:08.40</b>	+00:09:32 (21.8%)	4:22	13.7 (78.3%)
51	<b>SURDAKCI Piotr</b>	<b>272</b>	MONIA TEAM	M40-49	16	00:00:08	00:10:07	00:21:04	00:32:14	00:43:13	<b>00:43:53.05</b>	<b>00:44:01.60</b>	+00:09:38 (22.0%)	4:23	13.7 (78.3%)
52	<b>SMAGOWSKI Wojciech</b>	<b>259</b>	K.B. SPRINT ŚWIDWIN	M30-39	17	00:00:08	00:10:19	00:21:02	00:32:04	00:43:12	<b>00:43:53.45</b>	<b>00:44:02.15</b>	+00:09:39 (22.0%)	4:23	13.7 (78.3%)
53	<b>MATYJASEK Zbigniew</b>	<b>173</b>	TKKF KOSZALIN	M40-49	17	00:00:05	00:10:01	00:21:00	00:32:16	00:43:22	<b>00:44:00.70</b>	<b>00:44:05.70</b>	+00:09:46 (22.2%)	4:24	13.6 (77.7%)
54	<b>URBAŃSKI Tomasz</b>	<b>295</b>		M40-49	18	00:00:09	00:10:48	00:21:40	00:32:31	00:43:22	<b>00:44:03.80</b>	<b>00:44:13.60</b>	+00:09:49 (22.3%)	4:24	13.6 (77.7%)
55	<b>PRZEWŁOCKI Michał</b>	<b>220</b>	(L)	M30-39	18	00:00:03	00:09:45	00:20:33	00:31:45	00:43:19	<b>00:44:05.75</b>	<b>00:44:09.70</b>	+00:09:51 (22.3%)	4:24	13.6 (77.7%)
56	<b>MATEBLOWSKI Szymon</b>	<b>20</b>	DECATHLON KOSZALIN	M18-29	15	00:00:04	00:10:34	00:21:42	00:32:53	00:43:27	<b>00:44:05.85</b>	<b>00:44:10.55</b>	+00:09:51 (22.4%)	4:24	13.6 (77.7%)
57	<b>CENIUCH Sylwester</b>	<b>30</b>	BIKE TEAM ROLETKI.HOME.PL	M40-49	19	00:00:02	00:10:09	00:20:40	00:31:52	00:43:23	<b>00:44:07.10</b>	<b>00:44:09.65</b>	+00:09:52 (22.4%)	4:24	13.6 (77.7%)
58	<b>RACZYŃSKI Kazimierz</b>	<b>225</b>	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	<b>00:44:10.20</b>	<b>00:44:17.25</b>	+00:09:55 (22.5%)	4:25	13.6 (77.7%)
59	<b>GRZYSTEK Adam</b>	<b>77</b>	PARKRUN GDAŃSK POŁUDNIE	M18-29	16	00:00:09	00:10:47	00:21:41	00:32:33	00:43:29	<b>00:44:13.15</b>	<b>00:44:22.45</b>	+00:09:58 (22.6%)	4:25	13.6 (77.7%)
60	<b>KUKIEŁA Tomasz</b>	<b>152</b>		M30-39	19	00:00:06	00:11:03	00:21:57	00:32:59	00:43:53	<b>00:44:35.10</b>	<b>00:44:41.30</b>	+00:10:20 (23.2%)	4:27	13.5 (77.1%)
61	<b>PĘKAŁA Piotr</b>	<b>216</b>	ROZBIEGANY KOSZALIN	M40-49	21	00:00:16	00:11:00	00:22:04	00:33:11	00:44:06	<b>00:44:47.90</b>	<b>00:45:04.80</b>	+00:10:33 (23.6%)	4:28	13.4 (76.6%)
62	<b>KRACZKOWSKI Przemysław</b>	<b>141</b>		M30-39	20	00:00:12	00:11:06	00:22:11	00:33:13	00:44:07	<b>00:44:49.75</b>	<b>00:45:02.05</b>	+00:10:35 (23.6%)	4:29	13.4 (76.6%)
63	<b>NOWAK Piotr</b>	<b>194</b>	CZARNE BIEGA	M30-39	21	00:00:07	00:10:39	00:21:45	00:33:07	00:44:21	<b>00:45:05.25</b>	<b>00:45:12.60</b>	+00:10:50 (24.1%)	4:30	13.3 (76.0%)
64	<b>NOWICKI Michał</b>	<b>343</b>		M30-39	22	00:00:08	00:10:29	00:21:48	00:33:08	00:44:24	<b>00:45:08.45</b>	<b>00:45:16.60</b>	+00:10:54 (24.1%)	4:30	13.3 (76.0%)
65	<b>ROMANOWSKI Piotr</b>	<b>238</b>	BRAK	M30-39	23	00:00:09	00:10:52	00:21:54	00:33:11	00:44:14	<b>00:45:09.10</b>	<b>00:45:18.75</b>	+00:10:54 (24.2%)	4:30	13.3 (76.0%)
66	<b>ZWOLIŃSKI Jan</b>	<b>329</b>	TKKF KOSZALIN	M40-49	22	00:00:04	00:11:05	00:22:15	00:33:34	00:44:39	<b>00:45:21.65</b>	<b>00:45:25.75</b>	+00:11:07 (24.5%)	4:32	13.2 (75.4%)
67	<b>PERCZYŃSKI Jarosław</b>	<b>215</b>	BEZ FORMY	M40-49	23	00:00:12	00:10:53	00:22:03	00:33:40	00:44:58	<b>00:45:39.35</b>	<b>00:45:52.20</b>	+00:11:24 (25.0%)	4:34	13.1 (74.9%)
68	<b>WILKOWSKI Krzysztof</b>	<b>312</b>		M30-39	24	00:00:05	00:10:33	00:21:47	00:33:25	00:44:55	<b>00:45:40.55</b>	<b>00:45:46.25</b>	+00:11:26 (25.0%)	4:34	13.1 (74.9%)
68	<b>FADDA Bruno-André</b>	<b>57</b>		M30-39	25	00:00:11	00:10:35	00:21:51	00:33:21	00:45:03	<b>00:45:40.55</b>	<b>00:45:51.70</b>	+00:11:26 (25.0%)	4:34	13.1 (74.9%)

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			
70	<b>KSZCZANOWICZ Jacek</b>	<b>151</b>		M40-49	24	00:00:17	00:10:57	00:22:18	00:33:38	00:45:00	<b>00:45:42.50</b>	<b>00:46:00.45</b>	+00:11:28 (25.1%)	4:34	13.1 (74.9%)
71	<b>SZAŁKOWSKI Wojtek</b>	<b>275</b>	TUPOT USTKA	M40-49	25	00:00:25	00:11:20	00:22:39	00:33:53	00:45:05	<b>00:45:43.50</b>	<b>00:46:08.90</b>	+00:11:29 (25.1%)	4:34	13.1 (74.9%)
72	<b>CIUPA Marcin</b>	<b>188</b>	H2 DESIGN	M40-49	26	00:00:11	00:10:52	00:22:03	00:33:35	00:45:04	<b>00:45:46.70</b>	<b>00:45:58.05</b>	+00:11:32 (25.2%)	4:34	13.1 (74.9%)
73	<b>ŁOPIŃSKI Piotr</b>	<b>162</b>		M30-39	26	00:00:07	00:11:03	00:22:21	00:33:47	00:45:14	<b>00:45:50.90</b>	<b>00:45:58.05</b>	+00:11:36 (25.3%)	4:35	13.1 (74.9%)
74	<b>TESKA Bartosz</b>	<b>290</b>	TKKF KOSZALIN	M40-49	27	00:00:07	00:11:06	00:22:24	00:33:54	00:45:23	<b>00:46:01.50</b>	<b>00:46:09.15</b>	+00:11:47 (25.6%)	4:36	13 (74.3%)
75	<b>WIERZBICKI Jakub</b>	<b>310</b>	ŚWIDWIN	M30-39	27	00:00:04	00:10:38	00:21:48	00:33:26	00:45:18	<b>00:46:04.25</b>	<b>00:46:08.55</b>	+00:11:49 (25.7%)	4:36	13 (74.3%)
76	<b>GOŁDYN Marek</b>	<b>67</b>	TKKF KOSZALIN	M30-39	28	00:00:20	00:11:24	00:22:49	00:34:08	00:45:29	<b>00:46:07.90</b>	<b>00:46:27.95</b>	+00:11:53 (25.8%)	4:36	13 (74.3%)
77	<b>JAKUBOWSKI Karol</b>	<b>92</b>	2BZ	M18-29	17	00:00:09	00:10:50	00:22:23	00:33:57	00:45:32	<b>00:46:16.15</b>	<b>00:46:25.65</b>	+00:12:01 (26.0%)	4:37	13 (74.3%)
78	<b>WILIŃSKI Marek</b>	<b>311</b>	K.B. SPRINT ŚWIDWIN	M50-59	5	00:00:09	00:11:17	00:22:42	00:34:05	00:45:33	<b>00:46:16.90</b>	<b>00:46:26.75</b>	+00:12:02 (26.0%)	4:37	13 (74.3%)
79	<b>KORZYSTKO Bartosz</b>	<b>133</b>		M30-39	29	00:00:04	00:10:27	00:21:20	00:32:51	00:45:23	<b>00:46:17.35</b>	<b>00:46:22.25</b>	+00:12:02 (26.0%)	4:37	13 (74.3%)
80	<b>JĘDRASZCZYK Marek</b>	<b>103</b>	WŁ SŁUPSK	M40-49	28	00:00:11	00:10:39	00:22:00	00:33:52	00:45:36	<b>00:46:18.45</b>	<b>00:46:29.95</b>	+00:12:04 (26.1%)	4:37	13 (74.3%)
81	<b>IWANIEC Dariusz</b>	<b>89</b>	TKKF KOSZALIN	M40-49	29	00:00:06	00:11:17	00:22:47	00:34:11	00:45:39	<b>00:46:22.40</b>	<b>00:46:28.55</b>	+00:12:07 (26.2%)	4:38	12.9 (73.7%)
82	<b>JASICZEK Darek</b>	<b>101</b>	CSSP KOSZALIN	M40-49	30	00:00:13	00:11:06	00:22:37	00:34:18	00:45:45	<b>00:46:23.90</b>	<b>00:46:37.45</b>	+00:12:09 (26.2%)	4:38	12.9 (73.7%)
83	<b>JANKOWSKI Piotr</b>	<b>94</b>		M40-49	31	00:00:10	00:11:39	00:23:07	00:34:30	00:45:49	<b>00:46:29.00</b>	<b>00:46:39.70</b>	+00:12:14 (26.3%)	4:38	12.9 (73.7%)
84	<b>MALINOWSKI Mariusz</b>	<b>170</b>		M30-39	30	00:00:17	00:11:17	00:22:59	00:34:38	00:45:57	<b>00:46:37.15</b>	<b>00:46:54.60</b>	+00:12:22 (26.6%)	4:39	12.9 (73.7%)
85	<b>ŁABEJSZA Łukasz</b>	<b>160</b>	WOJOWNICY WÓDY	M30-39	31	00:00:16	00:11:14	00:22:50	00:34:25	00:45:56	<b>00:46:41.30</b>	<b>00:46:57.35</b>	+00:12:26 (26.7%)	4:40	12.9 (73.7%)
86	<b>RATAJEWSKI Arkadiusz</b>	<b>231</b>		M30-39	32	00:00:08	00:10:52	00:22:26	00:34:22	00:45:58	<b>00:46:47.50</b>	<b>00:46:56.05</b>	+00:12:33 (26.8%)	4:40	12.8 (73.1%)
87	<b>SĄLABON Grzegorz</b>	<b>251</b>	RWT BYDGOSZCZ-WŁ LĘBORK	M50-59	6	00:00:01	00:10:48	00:22:21	00:34:04	00:46:07	<b>00:46:51.25</b>	<b>00:46:52.90</b>	+00:12:36 (26.9%)	4:41	12.8 (73.1%)
88	<b>MAJCHRZAK Dariusz</b>	<b>165</b>		M50-59	7	00:00:32	00:10:56	00:22:21	00:34:11	00:46:11	<b>00:46:57.50</b>	<b>00:47:29.50</b>	+00:12:43 (27.1%)	4:41	12.8 (73.1%)
89	<b>SZYMAŃSKI Piotr</b>	<b>287</b>		M40-49	32	00:00:12	00:11:05	00:22:27	00:34:15	00:46:18	<b>00:46:57.75</b>	<b>00:47:10.50</b>	+00:12:43 (27.1%)	4:41	12.8 (73.1%)
90	<b>MISZCZYK Jan</b>	<b>183</b>	ROZBIEGANY KOSZALIN	M18-29	18	00:00:19	00:11:02	00:22:35	00:34:27	00:46:21	<b>00:46:59.40</b>	<b>00:47:18.50</b>	+00:12:44 (27.1%)	4:41	12.8 (73.1%)
91	<b>NIEMCZUK Darek</b>	<b>348</b>		M50-59	8	00:00:22	00:11:07	00:22:50	00:34:54	00:46:21	<b>00:46:59.90</b>	<b>00:47:21.95</b>	+00:12:45 (27.1%)	4:41	12.8 (73.1%)
92	<b>CHUDZINSKI Dariusz</b>	<b>37</b>		M50-59	9	00:00:22	00:11:48	00:23:13	00:34:54	00:46:21	<b>00:47:00.55</b>	<b>00:47:22.65</b>	+00:12:46 (27.2%)	4:42	12.8 (73.1%)
93	<b>CYBULSKI Robert</b>	<b>39</b>	MTS HAMER	M40-49	33	00:00:08	00:11:20	00:22:58	00:34:49	00:46:15	<b>00:47:00.80</b>	<b>00:47:08.80</b>	+00:12:46 (27.2%)	4:42	12.8 (73.1%)
94	<b>DUDA Andrzej</b>	<b>50</b>		M50-59	10	00:00:10	00:11:13	00:22:47	00:34:37	00:46:25	<b>00:47:07.95</b>	<b>00:47:18.55</b>	+00:12:53 (27.4%)	4:42	12.7 (72.6%)
95	<b>MELLER Paweł</b>	<b>331</b>	17 WOG	M50-59	11	00:00:05	00:11:24	00:23:07	00:34:52	00:46:25	<b>00:47:11.05</b>	<b>00:47:16.30</b>	+00:12:56 (27.4%)	4:43	12.7 (72.6%)

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			
96	<b>KRAWCZUK Szymon</b>	<b>143</b>	GEPARD GLEŻNOWO	M30-39	33	00:00:19	00:12:17	00:23:59	00:35:27	00:46:31	<b>00:47:11.70</b>	<b>00:47:31.40</b>	+00:12:57 (27.4%)	4:43	12.7 (72.6%)
97	<b>KUŁAKOWSKI Dawid</b>	<b>154</b>	TKKF KOSZALIN	M40-49	34	00:00:07	00:11:15	00:22:50	00:34:53	00:46:45	<b>00:47:25.10</b>	<b>00:47:32.15</b>	+00:13:10 (27.8%)	4:44	12.7 (72.6%)
98	<b>MICERSKI Tomasz</b>	<b>178</b>	TKKF KOSZALIN	M40-49	35	00:00:07	00:11:16	00:22:51	00:34:50	00:46:45	<b>00:47:26.60</b>	<b>00:47:33.65</b>	+00:13:12 (27.8%)	4:44	12.6 (72.0%)
99	<b>ALABA Jerzy</b>	<b>497</b>		M50-59	12	00:00:16	00:11:43	00:23:22	00:35:09	00:46:54	<b>00:47:32.40</b>	<b>00:47:48.65</b>	+00:13:17 (28.0%)	4:45	12.6 (72.0%)
100	<b>OTTO Michał</b>	<b>206</b>		M30-39	34	00:00:06	00:11:11	00:22:54	00:35:03	00:46:52	<b>00:47:39.80</b>	<b>00:47:45.90</b>	+00:13:25 (28.2%)	4:45	12.6 (72.0%)
101	<b>BURKIET Marek</b>	<b>29</b>	JW 1223	M40-49	36	00:00:10	00:11:32	00:23:20	00:35:17	00:47:00	<b>00:47:43.20</b>	<b>00:47:53.90</b>	+00:13:28 (28.2%)	4:46	12.6 (72.0%)
102	<b>JARZYNA Roman</b>	<b>100</b>	SZWLA STARGARD	M40-49	37	00:00:06	00:11:14	00:22:50	00:34:53	00:47:04	<b>00:47:48.15</b>	<b>00:47:54.95</b>	+00:13:33 (28.4%)	4:46	12.6 (72.0%)
103	<b>PIETRZYCKI Adrian</b>	<b>217</b>		M40-49	38	00:00:32	00:11:53	00:23:51	00:35:45	00:47:06	<b>00:47:49.85</b>	<b>00:48:22.10</b>	+00:13:35 (28.4%)	4:47	12.5 (71.4%)
104	<b>WYGANOWSKI Andrzej</b>	<b>342</b>		M70+	1	00:00:09	00:11:42	00:23:37	00:35:29	00:47:10	<b>00:47:51.80</b>	<b>00:48:01.15</b>	+00:13:37 (28.5%)	4:47	12.5 (71.4%)
105	<b>WOJCIECHOWSKI Marcin</b>	<b>315</b>		M18-29	19	00:00:20	00:11:22	00:23:15	00:35:20	00:47:07	<b>00:47:52.00</b>	<b>00:48:12.25</b>	+00:13:37 (28.5%)	4:47	12.5 (71.4%)
106	<b>GUDANIEC Radosław</b>	<b>337</b>	TKKF TRIATHLON KOSZALIN	M50-59	13	00:00:05	00:11:11	00:23:13	00:35:23	00:47:10	<b>00:47:53.20</b>	<b>00:47:58.90</b>	+00:13:38 (28.5%)	4:47	12.5 (71.4%)
107	<b>MUCHA Krzysztof</b>	<b>189</b>	KOSZALIN	M30-39	35	00:00:06	00:11:11	00:22:54	00:35:03	00:47:10	<b>00:47:55.60</b>	<b>00:48:02.20</b>	+00:13:41 (28.6%)	4:47	12.5 (71.4%)
108	<b>JABŁOŃSKI Arkadiusz</b>	<b>90</b>	KOSZALIN	M30-39	36	00:00:26	00:11:29	00:23:08	00:35:11	00:47:29	<b>00:48:17.10</b>	<b>00:48:43.10</b>	+00:14:02 (29.1%)	4:49	12.4 (70.9%)
109	<b>ŚWIETLIK Tomasz</b>	<b>289</b>		M50-59	14	00:00:23	00:11:48	00:23:40	00:35:28	00:47:32	<b>00:48:17.95</b>	<b>00:48:41.70</b>	+00:14:03 (29.1%)	4:49	12.4 (70.9%)
110	<b>UTTKE Kamil</b>	<b>298</b>	DZIADOSTWOOOO	M18-29	20	00:00:08	00:11:32	00:23:26	00:35:32	00:47:34	<b>00:48:19.25</b>	<b>00:48:27.90</b>	+00:14:04 (29.1%)	4:49	12.4 (70.9%)
111	<b>WALERIAŃCZYK Roman</b>	<b>301</b>	GMINA KOŁOBRZEG	M40-49	39	00:00:11	00:11:35	00:23:34	00:35:36	00:47:32	<b>00:48:20.30</b>	<b>00:48:31.95</b>	+00:14:05 (29.2%)	4:50	12.4 (70.9%)
112	<b>NACHYŁA Paweł</b>	<b>192</b>	DZIKI KOSZALIN	M30-39	37	00:00:13	00:11:25	00:23:24	00:35:37	00:47:38	<b>00:48:20.95</b>	<b>00:48:34.80</b>	+00:14:06 (29.2%)	4:50	12.4 (70.9%)
112	<b>KAŃDUŁA Mariusz</b>	<b>114</b>	WŁ SŁUPSK	M40-49	40	00:00:12	00:11:43	00:23:47	00:36:03	00:47:39	<b>00:48:20.95</b>	<b>00:48:33.25</b>	+00:14:06 (29.2%)	4:50	12.4 (70.9%)
114	<b>WICHER Krzysztof</b>	<b>308</b>	ADWOKATURA	M30-39	38	00:00:07	00:11:32	00:23:37	00:35:45	00:47:38	<b>00:48:22.20</b>	<b>00:48:29.30</b>	+00:14:07 (29.2%)	4:50	12.4 (70.9%)
115	<b>SKONECZNY Kacper</b>	<b>257</b>	KONTRA DARŁOWO	M18-29	21	00:00:12	00:10:48	00:22:28	00:35:02	00:47:49	<b>00:48:22.25</b>	<b>00:48:34.80</b>	+00:14:07 (29.2%)	4:50	12.4 (70.9%)
116	<b>STRUŚ Artur</b>	<b>271</b>	KB BRYZA POSTOMINO	M50-59	15	00:00:10	00:11:36	00:23:37	00:35:36	00:47:43	<b>00:48:23.80</b>	<b>00:48:34.25</b>	+00:14:09 (29.2%)	4:50	12.4 (70.9%)
117	<b>OSTAFI Robert</b>	<b>202</b>		M30-39	39	00:00:02	00:11:14	00:23:20	00:35:44	00:47:52	<b>00:48:30.30</b>	<b>00:48:32.95</b>	+00:14:15 (29.4%)	4:51	12.4 (70.9%)
118	<b>GRZYSTEK Marcin</b>	<b>76</b>	PARKRUN SZCZECINEK	M30-39	40	00:00:10	00:11:36	00:23:38	00:35:58	00:47:58	<b>00:48:39.70</b>	<b>00:48:49.85</b>	+00:14:25 (29.6%)	4:51	12.3 (70.3%)
119	<b>ZAWADA Andrzej</b>	<b>321</b>	ZESPÓŁ SZKÓŁ SAMORZĄDOWYCH W OBJEŹDZIE	M50-59	16	00:00:28	00:11:38	00:23:29	00:35:45	00:48:06	<b>00:48:53.20</b>	<b>00:49:21.65</b>	+00:14:38 (30.0%)	4:53	12.3 (70.3%)
120	<b>SZAREK Arkadiusz</b>	<b>277</b>		M18-29	22	00:00:04	00:11:16	00:23:07	00:35:33	00:48:16	<b>00:49:00.45</b>	<b>00:49:05.15</b>	+00:14:46 (30.1%)	4:54	12.2 (69.7%)
121	<b>MIKIETYŃSKI Michał</b>	<b>182</b>	OKONEK	M30-39	41	00:00:12	00:11:42	00:23:50	00:36:07	00:48:17	<b>00:49:03.20</b>	<b>00:49:15.35</b>	+00:14:48 (30.2%)	4:54	12.2 (69.7%)

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	<b>NOWAK Piotr</b>	<b>196</b>		M18-29	23	00:00:04	00:11:19	00:23:08	00:35:34	00:48:19	<b>00:49:07.00</b>	<b>00:49:11.35</b>	+00:14:52 (30.3%)	4:54	12.2 (69.7%)
123	<b>BOBER Jakub</b>	<b>16</b>	AKADEMIA POMORSKA	M18-29	24	00:00:04	00:11:08	00:23:22	00:36:02	00:48:29	<b>00:49:14.80</b>	<b>00:49:19.75</b>	+00:15:00 (30.5%)	4:55	12.2 (69.7%)
124	<b>METERA Piotr</b>	<b>177</b>	RUNNERSWALDE	M30-39	42	00:00:16	00:11:44	00:23:31	00:35:53	00:48:30	<b>00:49:15.35</b>	<b>00:49:31.65</b>	+00:15:00 (30.5%)	4:55	12.2 (69.7%)
125	<b>DIDŁUCH Jacek</b>	<b>48</b>	KOŁOBRZEG BIEGA MARATON TEAM	M40-49	41	00:00:24	00:11:46	00:23:45	00:35:53	00:48:27	<b>00:49:15.75</b>	<b>00:49:40.25</b>	+00:15:01 (30.5%)	4:55	12.2 (69.7%)
126	<b>DZIESZUK Dariusz</b>	<b>54</b>	TKKF KOSZALIN	M40-49	42	00:00:20	00:12:24	00:24:38	00:36:45	00:48:36	<b>00:49:16.35</b>	<b>00:49:37.15</b>	+00:15:01 (30.5%)	4:55	12.2 (69.7%)
127	<b>CHOŁUJ Karol</b>	<b>35</b>	ZAWSZE DO PRZODU	M30-39	43	00:00:08	00:11:17	00:23:29	00:36:05	00:48:40	<b>00:49:19.90</b>	<b>00:49:28.60</b>	+00:15:05 (30.6%)	4:56	12.2 (69.7%)
128	<b>SIKORSKI Adam</b>	<b>344</b>		M30-39	44	00:00:10	00:11:11	00:23:27	00:36:05	00:48:33	<b>00:49:21.00</b>	<b>00:49:31.10</b>	+00:15:06 (30.6%)	4:56	12.2 (69.7%)
129	<b>CZEPUKOJĆ Wojciech</b>	<b>43</b>		M18-29	25	00:00:25	00:12:21	00:24:28	00:36:33	00:48:34	<b>00:49:22.90</b>	<b>00:49:48.35</b>	+00:15:08 (30.7%)	4:56	12.1 (69.1%)
130	<b>SZAREK Paweł</b>	<b>276</b>	7 BRYGADA OBRONY WYBRZEŻA	M30-39	45	00:00:04	00:11:32	00:23:50	00:36:18	00:48:46	<b>00:49:26.10</b>	<b>00:49:30.55</b>	+00:15:11 (30.7%)	4:56	12.1 (69.1%)
131	<b>PUŚCIAN Krzysztof</b>	<b>224</b>	GIMNAZJUM W MANOWIE	M40-49	43	00:00:05	00:11:40	00:24:34	00:36:51	00:48:51	<b>00:49:30.50</b>	<b>00:49:36.35</b>	+00:15:16 (30.8%)	4:57	12.1 (69.1%)
132	<b>SOROKA Piotr</b>	<b>264</b>		M30-39	46	00:00:08	00:11:21	00:23:22	00:36:06	00:48:52	<b>00:49:31.30</b>	<b>00:49:39.30</b>	+00:15:16 (30.9%)	4:57	12.1 (69.1%)
133	<b>MICHALCZYK Mariusz</b>	<b>180</b>	JW 1223	M40-49	44	00:00:11	00:11:32	00:23:23	00:35:48	00:48:42	<b>00:49:32.55</b>	<b>00:49:43.95</b>	+00:15:18 (30.9%)	4:57	12.1 (69.1%)
134	<b>JANUSZEK Adam</b>	<b>335</b>		M30-39	47	00:00:23	00:11:31	00:23:39	00:36:26	00:48:48	<b>00:49:35.30</b>	<b>00:49:58.75</b>	+00:15:20 (30.9%)	4:57	12.1 (69.1%)
135	<b>ZADROŻNY Szymon</b>	<b>320</b>	RUNNER'S OF WAŁCZ	M30-39	48	00:00:05	00:11:38	00:24:02	00:36:47	00:48:59	<b>00:49:45.30</b>	<b>00:49:50.30</b>	+00:15:30 (31.2%)	4:58	12.1 (69.1%)
136	<b>GWIAZDA Jarosław</b>	<b>78</b>		M40-49	45	00:00:12	00:12:09	00:24:38	00:36:59	00:49:09	<b>00:49:48.30</b>	<b>00:50:00.45</b>	+00:15:33 (31.3%)	4:58	12 (68.6%)
137	<b>BUCZYŃSKI Eugeniusz</b>	<b>27</b>	JW 1696	M40-49	46	00:00:08	00:11:22	00:23:48	00:36:37	00:49:09	<b>00:49:56.70</b>	<b>00:50:05.25</b>	+00:15:42 (31.4%)	4:59	12 (68.6%)
138	<b>RUSINEK Artur</b>	<b>246</b>		M30-39	49	00:00:07	00:11:31	00:23:47	00:36:37	00:49:24	<b>00:50:04.75</b>	<b>00:50:12.10</b>	+00:15:50 (31.6%)	5:00	12 (68.6%)
139	<b>NAPIERAŁA Bogumił</b>	<b>193</b>	KORA KOSZALIN	M50-59	17	00:00:19	00:12:12	00:24:37	00:37:04	00:49:30	<b>00:50:13.80</b>	<b>00:50:33.55</b>	+00:15:59 (31.8%)	5:01	11.9 (68.0%)
140	<b>HOC Dariusz</b>	<b>84</b>		M40-49	47	00:00:25	00:12:30	00:25:03	00:37:45	00:49:35	<b>00:50:13.90</b>	<b>00:50:39.65</b>	+00:15:59 (31.8%)	5:01	11.9 (68.0%)
141	<b>ZDROWIECKI Artur</b>	<b>322</b>		M30-39	50	00:00:05	00:11:31	00:24:03	00:36:48	00:49:27	<b>00:50:14.50</b>	<b>00:50:19.70</b>	+00:16:00 (31.8%)	5:01	11.9 (68.0%)
142	<b>WACHOLC Michał</b>	<b>300</b>		M18-29	26	00:00:09	00:12:08	00:24:46	00:37:19	00:49:45	<b>00:50:30.35</b>	<b>00:50:39.65</b>	+00:16:15 (32.2%)	5:03	11.9 (68.0%)
143	<b>URBAŃSKI Arkadiusz</b>	<b>296</b>		M40-49	48	00:00:09	00:12:04	00:24:33	00:37:03	00:49:41	<b>00:50:30.60</b>	<b>00:50:40.45</b>	+00:16:16 (32.2%)	5:03	11.9 (68.0%)
144	<b>RAWSKI Jarosław</b>	<b>232</b>		M50-59	18	00:00:11	00:12:47	00:25:33	00:37:55	00:49:48	<b>00:50:31.50</b>	<b>00:50:42.95</b>	+00:16:17 (32.2%)	5:03	11.9 (68.0%)
145	<b>ROGAŁSKI Roberto</b>	<b>236</b>	TKKF KOSZALIN	M30-39	51	00:00:16	00:11:43	00:24:17	00:37:22	00:49:58	<b>00:50:45.85</b>	<b>00:51:02.70</b>	+00:16:31 (32.5%)	5:04	11.8 (67.4%)
146	<b>RÓG Michał</b>	<b>241</b>	JW 1223	M30-39	52	00:00:09	00:11:31	00:23:37	00:36:35	00:50:00	<b>00:50:47.50</b>	<b>00:50:56.80</b>	+00:16:33 (32.6%)	5:04	11.8 (67.4%)
147	<b>GIL Remigiusz</b>	<b>498</b>	LYCONET TRIATHLON TEAM	M40-49	49	00:00:13	00:12:11	00:24:47	00:37:26	00:50:05	<b>00:50:47.80</b>	<b>00:51:01.70</b>	+00:16:33 (32.6%)	5:04	11.8 (67.4%)

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			
148	<b>MORDACZ Tomasz</b>	<b>185</b>	PORZECZE BIEGA :)	M30-39	53	00:00:13	00:12:24	00:25:07	00:37:50	00:50:03	<b>00:50:50.60</b>	<b>00:51:03.65</b>	+00:16:36 (32.7%)	5:05	11.8 (67.4%)
149	<b>DĄBROWSKI Grzegorz</b>	<b>47</b>		M40-49	50	00:00:13	00:11:54	00:24:29	00:37:20	00:50:08	<b>00:50:53.85</b>	<b>00:51:07.15</b>	+00:16:39 (32.7%)	5:05	11.8 (67.4%)
150	<b>GONTARZ Wojciech</b>	<b>69</b>	HONEY STINGER RUNNERS	M18-29	27	00:00:09	00:12:04	00:24:43	00:37:46	00:50:13	<b>00:50:59.45</b>	<b>00:51:09.25</b>	+00:16:45 (32.8%)	5:06	11.8 (67.4%)
151	<b>DUDZIAK Piotr</b>	<b>51</b>	KOSZALIN	M40-49	51	00:00:06	00:11:39	00:24:36	00:37:46	00:50:14	<b>00:50:59.85</b>	<b>00:51:06.40</b>	+00:16:45 (32.9%)	5:06	11.8 (67.4%)
152	<b>JUSZCZAK Krzysztof</b>	<b>107</b>		M60-69	2	00:00:34	00:12:02	00:24:38	00:37:40	00:50:29	<b>00:51:16.85</b>	<b>00:51:51.30</b>	+00:17:02 (33.2%)	5:07	11.7 (66.9%)
153	<b>NACHYŁA Piotr</b>	<b>191</b>	STOPA SŁUPSK	M40-49	52	00:00:15	00:12:43	00:25:29	00:38:17	00:50:46	<b>00:51:26.00</b>	<b>00:51:41.90</b>	+00:17:11 (33.4%)	5:08	11.7 (66.9%)
154	<b>MODRZEJEWSKI Mateusz</b>	<b>339</b>	KOCHAM ASIE	M30-39	54	00:00:16	00:12:29	00:25:19	00:38:18	00:50:50	<b>00:51:28.35</b>	<b>00:51:45.05</b>	+00:17:13 (33.5%)	5:08	11.7 (66.9%)
155	<b>KARCEWSKI Krzysztof</b>	<b>115</b>	AT - AKTYWNY TRZEBIATÓW	M50-59	19	00:00:14	00:12:10	00:24:50	00:38:05	00:50:43	<b>00:51:29.20</b>	<b>00:51:43.70</b>	+00:17:14 (33.5%)	5:08	11.7 (66.9%)
156	<b>KRZANOWSKI Marcin</b>	<b>149</b>	MARCINBIEGA	M30-39	55	00:00:11	00:11:46	00:24:46	00:37:55	00:50:47	<b>00:51:35.95</b>	<b>00:51:47.15</b>	+00:17:21 (33.6%)	5:09	11.6 (66.3%)
157	<b>JANUSZEWSKI Jacek</b>	<b>96</b>	17 WOK KOSZALIN	M50-59	20	00:00:15	00:12:11	00:24:54	00:37:49	00:50:51	<b>00:51:42.35</b>	<b>00:51:57.45</b>	+00:17:27 (33.8%)	5:10	11.6 (66.3%)
158	<b>KOZŁOWIECKI Waldemar</b>	<b>140</b>	TKKF KOSZALIN	M60-69	3	00:00:01	00:12:34	00:25:13	00:38:14	00:50:58	<b>00:51:42.50</b>	<b>00:51:44.05</b>	+00:17:28 (33.8%)	5:10	11.6 (66.3%)
159	<b>MRÓZ Dawid</b>	<b>187</b>		M40-49	53	00:00:03	00:11:45	00:24:39	00:37:53	00:50:53	<b>00:51:42.75</b>	<b>00:51:46.10</b>	+00:17:28 (33.8%)	5:10	11.6 (66.3%)
160	<b>HUDASZEK Grzegorz</b>	<b>88</b>		M30-39	56	00:00:20	00:12:20	00:25:00	00:37:49	00:50:53	<b>00:51:42.90</b>	<b>00:52:03.85</b>	+00:17:28 (33.8%)	5:10	11.6 (66.3%)
161	<b>KOWALCZYK Mariusz</b>	<b>138</b>	WZAJEMNEJ ADORACJI:-)	M40-49	54	00:00:13	00:12:05	00:25:03	00:38:18	00:50:58	<b>00:51:45.85</b>	<b>00:51:59.45</b>	+00:17:31 (33.9%)	5:10	11.6 (66.3%)
162	<b>LICA Krzysztof</b>	<b>346</b>		M30-39	57	00:00:16	00:12:29	00:25:19	00:38:16	00:51:02	<b>00:51:47.85</b>	<b>00:52:04.75</b>	+00:17:33 (33.9%)	5:10	11.6 (66.3%)
163	<b>FAJGIER Tomasz</b>	<b>58</b>		M40-49	55	00:00:11	00:12:07	00:25:00	00:38:14	00:51:05	<b>00:51:55.55</b>	<b>00:52:06.90</b>	+00:17:41 (34.1%)	5:11	11.6 (66.3%)
164	<b>STOKROCKI Wojciech</b>	<b>270</b>		M30-39	58	00:00:29	00:12:47	00:25:28	00:38:13	00:51:07	<b>00:51:56.50</b>	<b>00:52:25.85</b>	+00:17:42 (34.1%)	5:11	11.6 (66.3%)
165	<b>RUDNIK Tomasz</b>	<b>243</b>	LUB WYBIERZ Z LISTY	M30-39	59	00:00:22	00:12:18	00:24:37	00:37:41	00:51:06	<b>00:51:58.05</b>	<b>00:52:20.05</b>	+00:17:43 (34.1%)	5:11	11.5 (65.7%)
166	<b>WOJTALIK Jacek</b>	<b>317</b>		M30-39	60	00:00:17	00:12:28	00:25:18	00:38:18	00:51:17	<b>00:51:59.65</b>	<b>00:52:17.45</b>	+00:17:45 (34.1%)	5:12	11.5 (65.7%)
167	<b>WICENS Jacek</b>	<b>95</b>	JACEK - BIEGAM BO LUBIE	M30-39	61	00:00:17	00:12:29	00:25:19	00:38:18	00:51:23	<b>00:52:09.70</b>	<b>00:52:27.20</b>	+00:17:55 (34.4%)	5:13	11.5 (65.7%)
168	<b>ZIENCINA Marcin</b>	<b>324</b>		M30-39	62	00:00:18	00:11:53	00:24:44	00:38:03	00:51:28	<b>00:52:23.70</b>	<b>00:52:42.35</b>	+00:18:09 (34.6%)	5:14	11.5 (65.7%)
169	<b>RASZPLA Radosław</b>	<b>227</b>		M40-49	56	00:00:07	00:11:51	00:24:41	00:38:05	00:51:35	<b>00:52:28.20</b>	<b>00:52:35.95</b>	+00:18:13 (34.7%)	5:14	11.4 (65.1%)
170	<b>WOJTANOWSKI Michał</b>	<b>350</b>		M30-39	63	00:00:18	00:14:34	00:26:49	00:39:33	00:51:54	<b>00:52:36.25</b>	<b>00:52:54.35</b>	+00:18:21 (34.9%)	5:15	11.4 (65.1%)
171	<b>HRYCIÓW Paweł</b>	<b>87</b>	BIAŁOGARD	M30-39	64	00:00:26	00:12:50	00:25:40	00:38:51	00:51:52	<b>00:52:39.05</b>	<b>00:53:05.05</b>	+00:18:24 (35.0%)	5:15	11.4 (65.1%)
172	<b>CZOS Łukasz</b>	<b>336</b>		M30-39	65	00:00:08	00:11:20	00:24:36	00:38:14	00:51:56	<b>00:52:41.30</b>	<b>00:52:49.45</b>	+00:18:26 (35.0%)	5:16	11.4 (65.1%)
173	<b>KONKEL Łukasz</b>	<b>131</b>		M30-39	66	00:00:08	00:11:43	00:24:33	00:38:06	00:51:49	<b>00:52:42.95</b>	<b>00:52:51.65</b>	+00:18:28 (35.0%)	5:16	11.4 (65.1%)

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			
174	<b>BRYGAŁA Tomasz</b>	<b>25</b>		M30-39	67	00:00:19	00:12:50	00:25:49	00:38:45	00:51:54	<b>00:52:45.20</b>	<b>00:53:04.80</b>	+00:18:30 (35.1%)	5:16	11.4 (65.1%)
175	<b>KISIELIŃSKI Igor</b>	<b>122</b>	TKKF KOSZALIN	M50-59	21	00:00:11	00:12:08	00:24:30	00:38:04	00:51:53	<b>00:52:51.90</b>	<b>00:53:03.65</b>	+00:18:37 (35.2%)	5:17	11.3 (64.6%)
176	<b>FELSKI Łukasz</b>	<b>60</b>		M30-39	68	00:00:32	00:12:42	00:25:27	00:38:29	00:52:05	<b>00:52:54.80</b>	<b>00:53:27.65</b>	+00:18:40 (35.3%)	5:17	11.3 (64.6%)
177	<b>MAJCHRZAK Paweł</b>	<b>166</b>	SUNDBIKERS KARLINO TEAM	M40-49	57	00:00:04	00:11:38	00:24:22	00:38:11	00:52:08	<b>00:53:03.45</b>	<b>00:53:08.10</b>	+00:18:49 (35.5%)	5:18	11.3 (64.6%)
178	<b>PRZYMORSKI Waldemar</b>	<b>221</b>	W.P.K. SŁOŃ TEAM USTKA	M40-49	58	00:00:15	00:12:08	00:24:58	00:38:32	00:52:13	<b>00:53:06.00</b>	<b>00:53:21.05</b>	+00:18:51 (35.5%)	5:18	11.3 (64.6%)
179	<b>BORYS Przemysław</b>	<b>19</b>	BIEGNIJMY.PL	M30-39	69	00:00:28	00:12:49	00:25:34	00:39:06	00:52:33	<b>00:53:12.00</b>	<b>00:53:40.95</b>	+00:18:57 (35.6%)	5:19	11.3 (64.6%)
180	<b>RYBARCZYK Ireneusz</b>	<b>492</b>		M30-39	70	00:00:20	00:13:15	00:26:10	00:39:00	00:52:26	<b>00:53:17.60</b>	<b>00:53:38.00</b>	+00:19:03 (35.8%)	5:19	11.3 (64.6%)
181	<b>PEŁKA Janusz</b>	<b>214</b>	TKKF KOSZALIN	M50-59	22	00:00:23	00:12:11	00:25:50	00:39:06	00:52:34	<b>00:53:21.25</b>	<b>00:53:45.10</b>	+00:19:06 (35.8%)	5:20	11.2 (64.0%)
182	<b>ZWIRDOWSKI Andrzej</b>	<b>328</b>		M30-39	71	00:00:20	00:12:20	00:25:14	00:38:50	00:52:40	<b>00:53:30.50</b>	<b>00:53:50.85</b>	+00:19:16 (36.0%)	5:21	11.2 (64.0%)
183	<b>BĄCZYK Adam</b>	<b>6</b>	MONIA TEAM	M40-49	59	00:00:22	00:12:37	00:25:47	00:39:14	00:52:42	<b>00:53:31.60</b>	<b>00:53:53.95</b>	+00:19:17 (36.0%)	5:21	11.2 (64.0%)
184	<b>CZAPLICKI Paweł</b>	<b>41</b>	TKKF KOSZALIN	M40-49	60	00:00:21	00:12:56	00:26:15	00:39:41	00:52:52	<b>00:53:36.65</b>	<b>00:53:57.85</b>	+00:19:22 (36.1%)	5:21	11.2 (64.0%)
185	<b>PUSZ Kuba</b>	<b>223</b>	JS1373	M18-29	28	00:00:10	00:11:41	00:24:26	00:38:43	00:52:55	<b>00:53:46.35</b>	<b>00:53:56.45</b>	+00:19:31 (36.3%)	5:22	11.2 (64.0%)
186	<b>KOTULSKI Piotr</b>	<b>136</b>	KLUB BIEGACZY JYSK	M40-49	61	00:00:09	00:12:19	00:25:41	00:39:14	00:52:59	<b>00:53:46.85</b>	<b>00:53:56.35</b>	+00:19:32 (36.3%)	5:22	11.2 (64.0%)
187	<b>PODAWCA Łukasz</b>	<b>218</b>	JW 1223	M30-39	72	00:00:22	00:12:50	00:25:58	00:39:29	00:53:06	<b>00:53:48.35</b>	<b>00:54:10.75</b>	+00:19:33 (36.4%)	5:22	11.2 (64.0%)
188	<b>SPICA Łukasz</b>	<b>265</b>		M18-29	29	00:00:25	00:13:04	00:26:05	00:39:44	00:53:12	<b>00:53:55.45</b>	<b>00:54:21.30</b>	+00:19:41 (36.5%)	5:23	11.1 (63.4%)
189	<b>DANOWSKI Maciej</b>	<b>45</b>	FITNESS CLUB FORMA	M40-49	62	00:00:10	00:13:00	00:26:28	00:40:03	00:53:12	<b>00:53:56.25</b>	<b>00:54:06.50</b>	+00:19:41 (36.5%)	5:23	11.1 (63.4%)
190	<b>ORYSZCZYN Arkadiusz</b>	<b>200</b>		M30-39	73	00:00:25	00:13:04	00:26:05	00:39:45	00:53:12	<b>00:53:57.90</b>	<b>00:54:23.30</b>	+00:19:43 (36.5%)	5:23	11.1 (63.4%)
191	<b>SZULTKA Mariusz</b>	<b>283</b>		M30-39	74	00:00:18	00:12:54	00:26:20	00:39:56	00:53:16	<b>00:54:00.20</b>	<b>00:54:19.05</b>	+00:19:45 (36.6%)	5:24	11.1 (63.4%)
192	<b>BOROWIEC Mariusz</b>	<b>18</b>		M40-49	63	00:00:26	00:13:26	00:26:57	00:40:14	00:53:15	<b>00:54:01.45</b>	<b>00:54:27.65</b>	+00:19:47 (36.6%)	5:24	11.1 (63.4%)
193	<b>MARKOWSKI Andrzej</b>	<b>172</b>	TKKF KOSZALIN	M60-69	4	00:00:01	00:12:34	00:25:52	00:39:38	00:53:23	<b>00:54:04.85</b>	<b>00:54:06.80</b>	+00:19:50 (36.7%)	5:24	11.1 (63.4%)
194	<b>ZIELIŃSKI Grzegorz</b>	<b>323</b>	BRIDGESTONE	M40-49	64	00:00:15	00:13:14	00:26:49	00:40:16	00:53:15	<b>00:54:07.00</b>	<b>00:54:22.60</b>	+00:19:52 (36.7%)	5:24	11.1 (63.4%)
195	<b>ATALSKI Damian</b>	<b>1</b>		M30-39	75	00:00:22	00:13:04	00:26:18	00:39:47	00:53:29	<b>00:54:15.75</b>	<b>00:54:38.40</b>	+00:20:01 (36.9%)	5:25	11.1 (63.4%)
196	<b>KACZMAREK Łukasz</b>	<b>109</b>	WOJOWNICY WÓDY	M30-39	76	00:00:16	00:12:22	00:25:38	00:39:39	00:53:29	<b>00:54:17.15</b>	<b>00:54:33.45</b>	+00:20:02 (36.9%)	5:25	11.1 (63.4%)
197	<b>BERNACKI Adam</b>	<b>10</b>	EB BERNACKI	M40-49	65	00:00:07	00:12:32	00:25:59	00:39:42	00:53:26	<b>00:54:20.45</b>	<b>00:54:28.15</b>	+00:20:06 (37.0%)	5:26	11 (62.9%)
198	<b>SOBOLEWSKI Marcin</b>	<b>262</b>		M30-39	77	00:00:14	00:11:54	00:25:05	00:39:19	00:53:29	<b>00:54:25.85</b>	<b>00:54:40.55</b>	+00:20:11 (37.1%)	5:26	11 (62.9%)
199	<b>KOWALCZYK Piotr</b>	<b>137</b>		M30-39	78	00:00:15	00:12:20	00:25:35	00:39:35	00:53:39	<b>00:54:28.00</b>	<b>00:54:43.00</b>	+00:20:13 (37.1%)	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			
200	<b>HRYCAJ Tomasz</b>	<b>86</b>		M30-39	79	00:00:26	00:12:47	00:26:11	00:39:55	00:53:37	<b>00:54:29.80</b>	<b>00:54:56.60</b>	+00:20:15 (37.2%)	5:27	11 (62.9%)
201	<b>ŁUCZEJKO Sławomir</b>	<b>163</b>	TEAM BIEGOWY SZCZECINEK	M50-59	23	00:00:26	00:12:57	00:26:15	00:39:45	00:53:41	<b>00:54:38.40</b>	<b>00:55:04.80</b>	+00:20:23 (37.3%)	5:27	11 (62.9%)
201	<b>OSTROWSKI Artur</b>	<b>204</b>		M30-39	80	00:00:13	00:12:10	00:25:25	00:39:45	00:53:45	<b>00:54:38.40</b>	<b>00:54:51.85</b>	+00:20:23 (37.3%)	5:27	11 (62.9%)
203	<b>KARNICKI Zygmunt</b>	<b>116</b>	TKKF KOSZALIN	M60-69	5	00:00:07	00:12:29	00:26:00	00:39:53	00:53:48	<b>00:54:38.90</b>	<b>00:54:46.45</b>	+00:20:24 (37.3%)	5:27	11 (62.9%)
204	<b>KRYGIER Ireneusz</b>	<b>148</b>	W.P.K. SŁOŃ TEAM USTKA	M30-39	81	00:00:14	00:12:29	00:26:01	00:39:51	00:53:46	<b>00:54:41.85</b>	<b>00:54:56.30</b>	+00:20:27 (37.4%)	5:28	11 (62.9%)
205	<b>LASKOWSKI Grzegorz</b>	<b>158</b>		M30-39	82	00:00:21	00:12:53	00:26:01	00:39:30	00:53:54	<b>00:54:44.75</b>	<b>00:55:05.75</b>	+00:20:30 (37.5%)	5:28	11 (62.9%)
206	<b>JURA Kazimierz</b>	<b>106</b>	MTS HAMER	M60-69	6	00:00:20	00:12:57	00:26:35	00:40:13	00:53:55	<b>00:54:47.20</b>	<b>00:55:07.45</b>	+00:20:32 (37.5%)	5:28	11 (62.9%)
207	<b>SEKUŁA Mariusz</b>	<b>252</b>		M40-49	66	00:00:15	00:12:25	00:25:51	00:39:51	00:54:18	<b>00:55:09.80</b>	<b>00:55:25.75</b>	+00:20:55 (37.9%)	5:31	10.9 (62.3%)
208	<b>RUTKOWSKI Lucjan</b>	<b>248</b>	ARCAN TEAM	M50-59	24	00:00:07	00:13:30	00:27:23	00:41:14	00:54:17	<b>00:55:10.30</b>	<b>00:55:17.40</b>	+00:20:55 (37.9%)	5:31	10.9 (62.3%)
209	<b>CUDZICH Piotr</b>	<b>38</b>		M30-39	83	00:00:28	00:13:06	00:26:49	00:40:49	00:54:39	<b>00:55:38.00</b>	<b>00:56:06.15</b>	+00:21:23 (38.5%)	5:33	10.8 (61.7%)
210	<b>SIKORA Tomasz</b>	<b>254</b>		M50-59	25	00:00:08	00:13:05	00:26:33	00:40:33	00:54:56	<b>00:55:51.90</b>	<b>00:56:00.75</b>	+00:21:37 (38.7%)	5:35	10.7 (61.1%)
211	<b>SKIBA Artur</b>	<b>255</b>		M40-49	67	00:00:08	00:13:06	00:26:33	00:40:33	00:54:57	<b>00:55:52.00</b>	<b>00:56:00.45</b>	+00:21:37 (38.7%)	5:35	10.7 (61.1%)
212	<b>ZIĘBA Paweł</b>	<b>325</b>	TKKF KOSZALIN	M40-49	68	00:00:07	00:12:10	00:25:49	00:40:34	00:55:02	<b>00:55:57.35</b>	<b>00:56:04.90</b>	+00:21:42 (38.8%)	5:35	10.7 (61.1%)
213	<b>TRZEŚNIEWSKI Zbigniew</b>	<b>292</b>		M50-59	26	00:00:07	00:13:12	00:26:59	00:41:03	00:55:19	<b>00:56:18.80</b>	<b>00:56:25.80</b>	+00:22:04 (39.2%)	5:37	10.7 (61.1%)
214	<b>ŚLEDŹ Andrzej</b>	<b>288</b>	WŁ SŁUPSK	M40-49	69	00:00:12	00:12:56	00:27:07	00:41:20	00:55:34	<b>00:56:22.70</b>	<b>00:56:35.35</b>	+00:22:08 (39.3%)	5:38	10.6 (60.6%)
215	<b>KOBUS Maciej</b>	<b>126</b>		M30-39	84	00:00:09	00:12:13	00:25:51	00:40:37	00:56:02	<b>00:56:59.85</b>	<b>00:57:09.40</b>	+00:22:45 (39.9%)	5:42	10.5 (60.0%)
216	<b>KRASIŃSKI Witold</b>	<b>341</b>		M40-49	70	00:00:09	00:12:14	00:25:51	00:40:38	00:56:02	<b>00:57:00.05</b>	<b>00:57:09.40</b>	+00:22:45 (39.9%)	5:42	10.5 (60.0%)
217	<b>SZAFIRSKI Marek</b>	<b>274</b>	CAMINO SŁUPSK	M50-59	27	00:00:24	00:13:27	00:27:38	00:42:04	00:56:13	<b>00:57:00.25</b>	<b>00:57:24.30</b>	+00:22:45 (39.9%)	5:42	10.5 (60.0%)
218	<b>GÓRNIAK Stanisław</b>	<b>71</b>	WŁ SŁUPSK	M50-59	28	00:00:11	00:13:28	00:27:34	00:42:18	00:56:09	<b>00:57:03.90</b>	<b>00:57:15.70</b>	+00:22:49 (40.0%)	5:42	10.5 (60.0%)
219	<b>KLUPŚ Janusz</b>	<b>123</b>		M40-49	71	00:00:30	00:13:23	00:27:40	00:42:08	00:56:36	<b>00:57:24.95</b>	<b>00:57:55.75</b>	+00:23:10 (40.4%)	5:44	10.4 (59.4%)
220	<b>HELLER Zdzisław</b>	<b>81</b>	NIEZRZESZONY	M60-69	7	00:00:23	00:13:42	00:28:14	00:42:48	00:57:06	<b>00:57:56.00</b>	<b>00:58:19.55</b>	+00:23:41 (40.9%)	5:47	10.4 (59.4%)
221	<b>KUPREWICZ Grzegorz</b>	<b>155</b>	JW 1223	M30-39	85	00:00:13	00:13:35	00:28:34	00:42:44	00:57:03	<b>00:57:56.35</b>	<b>00:58:09.80</b>	+00:23:41 (40.9%)	5:47	10.4 (59.4%)
222	<b>REMPLAKOWSKI Krzysztof</b>	<b>234</b>	WE RUN	M40-49	72	00:00:19	00:13:44	00:27:59	00:42:37	00:57:05	<b>00:57:57.75</b>	<b>00:58:17.05</b>	+00:23:43 (40.9%)	5:47	10.4 (59.4%)
223	<b>RADECKI Jacek</b>	<b>226</b>	CSSP KOSZALIN	M40-49	73	00:00:13	00:13:12	00:27:29	00:42:16	00:57:09	<b>00:57:58.20</b>	<b>00:58:11.65</b>	+00:23:43 (40.9%)	5:47	10.4 (59.4%)
224	<b>KOWALSKI Kamil</b>	<b>347</b>		M30-39	86	00:00:23	00:13:06	00:26:53	00:41:51	00:57:09	<b>00:58:14.90</b>	<b>00:58:38.15</b>	+00:24:00 (41.2%)	5:49	10.3 (58.9%)
225	<b>ZAREMBA Tomasz</b>	<b>340</b>		M30-39	87	00:00:22	00:13:00	00:28:21	00:43:22	00:57:35	<b>00:58:28.95</b>	<b>00:58:51.90</b>	+00:24:14 (41.5%)	5:50	10.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	Start_All 2.45km	Start_All 4.9km	Start_All 7.35km	Start_All 9.8km					
226	<b>SMARSZCZ Wiesław</b>	<b>260</b>	TEAM RWT BYDGOSZCZ-WŁĘBORK	M50-59	29	00:00:04	00:13:04	00:27:28	00:42:39	00:57:54	<b>00:58:38.55</b>	<b>00:58:43.45</b>	+00:24:24 (41.6%)	5:51	10.2 (58.3%)
227	<b>HNATOWSKI Artur</b>	<b>83</b>	SZYBKIE STOPY	M40-49	74	00:00:19	00:12:54	00:26:54	00:42:08	00:57:47	<b>00:58:45.55</b>	<b>00:59:05.15</b>	+00:24:31 (41.7%)	5:52	10.2 (58.3%)
228	<b>BASIAK Krystian</b>	<b>4</b>	KOSZALIN	M30-39	88	00:00:25	00:12:58	00:27:13	00:42:26	00:57:52	<b>00:58:48.50</b>	<b>00:59:14.35</b>	+00:24:34 (41.8%)	5:52	10.2 (58.3%)
229	<b>KARPIŃSKI Mateusz</b>	<b>117</b>		M18-29	30	00:00:23	00:13:11	00:27:27	00:42:20	00:57:49	<b>00:58:52.30</b>	<b>00:59:15.55</b>	+00:24:37 (41.8%)	5:53	10.2 (58.3%)
230	<b>WOJTANOWSKI Tomasz</b>	<b>318</b>	K.B. SPRINT ŚWIDWIN	M30-39	89	00:00:17	00:13:20	00:27:56	00:42:51	00:57:56	<b>00:58:58.60</b>	<b>00:59:15.75</b>	+00:24:44 (41.9%)	5:53	10.2 (58.3%)
231	<b>JASIENIECKI Piotr</b>	<b>102</b>		M40-49	75	00:00:16	00:12:55	00:26:52	00:41:59	00:58:10	<b>00:59:10.35</b>	<b>00:59:26.95</b>	+00:24:55 (42.1%)	5:55	10.1 (57.7%)
232	<b>SZKATULSKI Tomasz</b>	<b>278</b>	DARŁOWO	M18-29	31	00:00:18	00:12:53	00:27:37	00:43:13	00:58:26	<b>00:59:22.05</b>	<b>00:59:40.10</b>	+00:25:07 (42.3%)	5:56	10.1 (57.7%)
233	<b>FRASZKIEWICZ Jarosław</b>	<b>62</b>		M40-49	76	00:00:06	00:13:13	00:27:48	00:43:07	00:58:24	<b>00:59:24.25</b>	<b>00:59:30.75</b>	+00:25:09 (42.4%)	5:56	10.1 (57.7%)
234	<b>KOMODA Mariusz</b>	<b>128</b>		M40-49	77	00:00:17	00:13:51	00:28:36	00:43:45	00:58:44	<b>00:59:33.95</b>	<b>00:59:51.40</b>	+00:25:19 (42.5%)	5:57	10.1 (57.7%)
235	<b>KACZMAREK Zenon</b>	<b>110</b>	MORSY KOŁOBRZEG	M60-69	8	00:00:02	00:14:01	00:28:43	00:43:27	00:58:32	<b>00:59:36.30</b>	<b>00:59:38.75</b>	+00:25:21 (42.6%)	5:57	10.1 (57.7%)
236	<b>BRESZKA Paweł</b>	<b>23</b>	DARŁOWO	M40-49	78	00:00:17	00:13:58	00:29:16	00:44:40	00:59:43	<b>01:00:42.15</b>	<b>01:00:59.35</b>	+00:26:27 (43.6%)	6:04	9.9 (56.6%)
237	<b>BŁACH Piotr</b>	<b>14</b>		M30-39	90	00:00:16	00:13:59	00:29:16	00:44:41	00:59:44	<b>01:00:42.75</b>	<b>01:00:59.25</b>	+00:26:28 (43.6%)	6:04	9.9 (56.6%)
238	<b>WIERZBICKI Kacper</b>	<b>309</b>		M18-29	32	00:00:04	00:13:24	00:27:42	00:43:30	01:00:13	<b>01:01:11.70</b>	<b>01:01:16.30</b>	+00:26:57 (44.0%)	6:07	9.8 (56.0%)
239	<b>PAWLAK Marek</b>	<b>213</b>		M30-39	91	00:00:24	00:13:40	00:28:48	00:44:48	01:01:03	<b>01:01:52.65</b>	<b>01:02:17.45</b>	+00:27:38 (44.7%)	6:11	9.7 (55.4%)
240	<b>JANKOWSKI Remigiusz</b>	<b>93</b>		M30-39	92	00:00:21	00:14:23	00:29:39	00:45:30	01:01:05	<b>01:01:52.90</b>	<b>01:02:14.05</b>	+00:27:38 (44.7%)	6:11	9.7 (55.4%)
241	<b>ZIELIŃSKI Andrzej</b>	<b>349</b>		M30-39	93	00:00:18	00:14:35	00:29:44	00:45:31	01:01:29	<b>01:02:32.65</b>	<b>01:02:51.30</b>	+00:28:18 (45.3%)	6:15	9.6 (54.9%)
242	<b>FALGOWSKI Paweł</b>	<b>59</b>		M30-39	94	00:00:13	00:12:49	00:29:07	00:46:05	01:01:56	<b>01:02:52.75</b>	<b>01:03:06.50</b>	+00:28:38 (45.5%)	6:17	9.5 (54.3%)
243	<b>SOBOLEWSKI Marek</b>	<b>332</b>	17 WOG	M40-49	79	00:00:04	00:14:26	00:30:24	00:46:54	01:02:14	<b>01:03:05.95</b>	<b>01:03:10.55</b>	+00:28:51 (45.7%)	6:18	9.5 (54.3%)
244	<b>SCHMIDT Dariusz</b>	<b>499</b>		M50-59	30	00:00:22	00:14:35	00:29:58	00:46:04	01:02:40	<b>01:03:40.45</b>	<b>01:04:02.45</b>	+00:29:26 (46.2%)	6:22	9.4 (53.7%)
245	<b>BINKIEWICZ Marcin</b>	<b>13</b>		M30-39	95	00:00:27	00:13:50	00:29:11	00:45:33	01:02:42	<b>01:03:46.80</b>	<b>01:04:14.05</b>	+00:29:32 (46.3%)	6:22	9.4 (53.7%)
246	<b>FILIPCZYK Mieczysław</b>	<b>61</b>	NIEZRZESZONY	M50-59	31	00:00:04	00:14:09	00:29:59	00:46:31	01:03:11	<b>01:04:15.45</b>	<b>01:04:20.35</b>	+00:30:01 (46.7%)	6:25	9.3 (53.1%)
247	<b>SZYMAŃSKI Marcin</b>	<b>285</b>	TEAM BIEGOWY SZCZECINEK	M30-39	96	00:00:27	00:14:40	00:30:28	00:47:29	01:04:33	<b>01:05:35.45</b>	<b>01:06:03.05</b>	+00:31:21 (47.8%)	6:33	9.1 (52.0%)
248	<b>ZIĘTARA Ryszard</b>	<b>326</b>		M60-69	9	00:00:13	00:14:36	00:30:45	00:48:35	01:07:49	<b>01:09:05.40</b>	<b>01:09:18.55</b>	+00:34:50 (50.4%)	6:54	8.7 (49.7%)
249	<b>STACHOWSKI Michał</b>	<b>266</b>		M30-39	97	00:00:19	00:15:01	00:31:44	00:50:02	01:09:34	<b>01:10:51.10</b>	<b>01:11:10.75</b>	+00:36:36 (51.7%)	7:05	8.5 (48.6%)
250	<b>PASEK Jan</b>	<b>210</b>		M60-69	10	00:00:21	00:15:46	00:33:23	00:51:45	01:10:17	<b>01:11:20.65</b>	<b>01:11:42.20</b>	+00:37:06 (52.0%)	7:08	8.4 (48.0%)
DQ	<b>KRÓL Marcin</b>	<b>146</b>		M40-49		DQ	00:12:13 DQ	00:25:26 DQ	00:39:13 DQ	DQ	<b>DQ</b>	<b>DQ</b>	-	-	- (0.0%)

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
	<b>KĘPKA Adrian</b>	<b>120</b>		M18-29		DNF	00:09:10 DNF	00:18:52 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 252 wynik(ów)