



# BIEG POLITECHNIKI KOSZALIŃSKIEJ - 10KM

B4SPORT

**Organiser:** Politechnika Koszalińska  
**Date:** 2016-06-18  
**Place:** Koszalin  
**Distance:** 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>GAWRON Piotr</b>	<b>241</b>	TALEX BORZYTUCHOM	M-18	1	00:00:21	00:08:30	00:17:24	00:26:13	<b>00:34:54.35</b>	<b>00:35:16.15</b>		3:29	17.2 (100%)
2	<b>GOLECKI Mirosław</b>	<b>243</b>	FORMA-ROSNOWO	M-30	1	00:00:22	00:08:57	00:17:59	00:26:56	<b>00:35:49.65</b>	<b>00:36:12.40</b>	+00:00:55 (2.6%)	3:35	16.7 (97.1%)
3	<b>WIKTOROWICZ Sławomir</b>	<b>407</b>		M-40	1	00:00:22	00:09:08	00:18:31	00:28:05	<b>00:37:30.00</b>	<b>00:37:52.55</b>	+00:02:35 (6.9%)	3:45	16 (93.0%)
4	<b>GRZESIK Eugeniusz</b>	<b>251</b>	TKKF KOSZALIN	M-50	1	00:00:22	00:09:18	00:18:48	00:28:23	<b>00:37:44.55</b>	<b>00:38:06.95</b>	+00:02:50 (7.5%)	3:46	15.9 (92.4%)
5	<b>GÓRNY Norbert</b>	<b>248</b>	FORMA ROSNOWO	M-40	2	00:00:26	00:09:18	00:18:57	00:29:02	<b>00:38:49.50</b>	<b>00:39:15.60</b>	+00:03:55 (10.1%)	3:52	15.5 (90.1%)
6	<b>GIERLACH Jacek</b>	<b>242</b>	STOPA SŁUPSK	M-18	2	00:00:25	00:09:13	00:19:06	00:29:08	<b>00:39:01.15</b>	<b>00:39:26.60</b>	+00:04:06 (10.5%)	3:54	15.4 (89.5%)
7	<b>BYKOWSKI Robert</b>	<b>213</b>	FORMA ROSNOWO	M-40	3	00:00:23	00:09:41	00:19:31	00:29:29	<b>00:39:19.40</b>	<b>00:39:43.35</b>	+00:04:25 (11.2%)	3:56	15.3 (89.0%)
8	<b>TCHÓRZEWSKI Marek</b>	<b>389</b>		M-40	4	00:00:23	00:09:38	00:19:26	00:29:32	<b>00:39:40.50</b>	<b>00:40:04.20</b>	+00:04:46 (12.0%)	3:58	15.1 (87.8%)
9	<b>KOBUS Maciej</b>	<b>284</b>		M-30	2	00:00:24	00:09:37	00:19:31	00:29:50	<b>00:39:43.60</b>	<b>00:40:08.05</b>	+00:04:49 (12.1%)	3:58	15.1 (87.8%)
10	<b>MATYJASEK Zbigniew</b>	<b>321</b>	TKKF KOSZALIN	M-40	5	00:00:23	00:09:20	00:19:22	00:29:46	<b>00:39:51.35</b>	<b>00:40:14.65</b>	+00:04:57 (12.4%)	3:59	15.1 (87.8%)
11	<b>SIWIK Stanisław</b>	<b>370</b>		M-30	3	00:00:25	00:09:23	00:19:26	00:29:39	<b>00:39:55.40</b>	<b>00:40:20.55</b>	+00:05:01 (12.6%)	3:59	15 (87.2%)
12	<b>SITOWSKI Marcin</b>	<b>368</b>		M-18	3	00:00:34	00:09:15	00:19:19	00:30:01	<b>00:40:00.35</b>	<b>00:40:34.50</b>	+00:05:06 (12.7%)	4:00	15 (87.2%)
13	<b>BONISŁAWSKI Jarosław</b>	<b>205</b>	FADOMODA TEAM	M-30	4	00:00:25	00:09:49	00:20:01	00:30:16	<b>00:40:14.50</b>	<b>00:40:39.80</b>	+00:05:20 (13.3%)	4:01	14.9 (86.6%)
14	<b>CHOŁUJ Jarosław</b>	<b>216</b>	ROZBIEGANY KOSZALIN	M-40	6	00:00:26	00:09:52	00:20:02	00:30:37	<b>00:40:54.00</b>	<b>00:41:20.25</b>	+00:05:59 (14.7%)	4:05	14.7 (85.5%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	5km	7.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										10km	10km			
15	<b>MOSEK Radosław</b>	<b>354</b>		M-30	5	00:00:24	00:10:29	00:20:58	00:31:35	<b>00:41:22.05</b>	<b>00:41:46.30</b>	+00:06:27 (15.6%)	4:08	14.5 (84.3%)
16	<b>WINKEL Jerzy</b>	<b>409</b>		M-40	7	00:00:23	00:09:25	00:19:52	00:30:38	<b>00:41:22.15</b>	<b>00:41:45.75</b>	+00:06:27 (15.6%)	4:08	14.5 (84.3%)
17	<b>MICKIEWICZ Adam</b>	<b>330</b>	36DROP MRZEŻYNO	M-18	4	00:00:24	00:09:55	00:20:32	00:31:21	<b>00:41:24.60</b>	<b>00:41:49.05</b>	+00:06:30 (15.7%)	4:08	14.5 (84.3%)
18	<b>PALIŃSKI Kacper</b>	<b>343</b>		M-18	5	00:00:27	00:09:44	00:20:14	00:31:09	<b>00:41:36.20</b>	<b>00:42:03.50</b>	+00:06:41 (16.1%)	4:09	14.4 (83.7%)
19	<b>ŻYLICZ Paweł</b>	<b>421</b>	STOPA SŁUPSK	M-18	6	00:00:25	00:10:12	00:20:46	00:31:25	<b>00:41:38.80</b>	<b>00:42:04.45</b>	+00:06:44 (16.2%)	4:09	14.4 (83.7%)
20	<b>JAMNIAK Bartosz</b>	<b>260</b>	MTS HAMER MIASTKO	M-18	7	00:00:23	00:09:41	00:20:17	00:31:04	<b>00:41:45.05</b>	<b>00:42:08.75</b>	+00:06:50 (16.4%)	4:10	14.4 (83.7%)
21	<b>KAPUŚCIŃSKI Robert</b>	<b>275</b>	JW 1223 KOSZALIN	M-30	6	00:00:22	00:09:38	00:20:11	00:31:26	<b>00:41:55.15</b>	<b>00:42:17.25</b>	+00:07:00 (16.7%)	4:11	14.3 (83.1%)
22	<b>CZAPLIŃSKI Jacek</b>	<b>223</b>		M-30	7	00:00:35	00:10:20	00:20:37	00:31:25	<b>00:42:05.65</b>	<b>00:42:40.90</b>	+00:07:11 (17.1%)	4:12	14.3 (83.1%)
23	<b>PĘKAŁA Piotr</b>	<b>350</b>	SOSW KOSZALIN	M-40	8	00:00:26	00:10:02	00:20:39	00:31:38	<b>00:42:08.90</b>	<b>00:42:35.60</b>	+00:07:14 (17.2%)	4:12	14.2 (82.6%)
24	<b>LUBLEWSKI Dawid</b>	<b>311</b>		M-18	8	00:00:24	00:09:52	00:20:33	00:31:26	<b>00:42:09.95</b>	<b>00:42:34.90</b>	+00:07:15 (17.2%)	4:13	14.2 (82.6%)
25	<b>LESZCZYŃSKI Tomasz</b>	<b>308</b>		M-30	8	00:00:31	00:10:16	00:20:44	00:31:35	<b>00:42:16.85</b>	<b>00:42:47.90</b>	+00:07:22 (17.4%)	4:13	14.2 (82.6%)
26	<b>WINKEL Łukasz</b>	<b>410</b>		M-40	9	00:00:28	00:10:19	00:20:52	00:31:40	<b>00:42:25.45</b>	<b>00:42:53.55</b>	+00:07:31 (17.7%)	4:14	14.1 (82.0%)
27	<b>MROCZKOWSKI Marek</b>	<b>335</b>	ROZBIEGANY KOSZALIN	M-30	9	00:00:36	00:10:59	00:21:44	00:32:20	<b>00:42:28.25</b>	<b>00:43:04.45</b>	+00:07:33 (17.8%)	4:14	14.1 (82.0%)
28	<b>ZIOMKO Rafał</b>	<b>419</b>		M-40	10	00:00:30	00:10:23	00:21:17	00:32:09	<b>00:42:35.60</b>	<b>00:43:05.80</b>	+00:07:41 (18.0%)	4:15	14.1 (82.0%)
29	<b>DUDZIAK Piotr</b>	<b>231</b>	BIEGNIJMY.PL	M-40	11	00:00:24	00:10:26	00:21:28	00:32:27	<b>00:43:05.05</b>	<b>00:43:29.20</b>	+00:08:10 (19.0%)	4:18	13.9 (80.8%)
30	<b>WILKOWSKI Krzysztof</b>	<b>408</b>	ROZBIEGANY KOSZALIN	M-30	10	00:00:29	00:10:09	00:21:01	00:32:22	<b>00:43:15.15</b>	<b>00:43:44.90</b>	+00:08:20 (19.3%)	4:19	13.9 (80.8%)
31	<b>PUŚCIAN Krzysztof</b>	<b>358</b>	GIMNAZJUM W MANOWIE	M-40	12	00:00:23	00:10:27	00:21:29	00:32:34	<b>00:43:20.05</b>	<b>00:43:43.80</b>	+00:08:25 (19.4%)	4:20	13.8 (80.2%)
32	<b>CHODOR Martyna</b>	<b>215</b>	TKKF KOSZALIN	K-30	1	00:00:25	00:10:43	00:21:33	00:32:42	<b>00:43:21.10</b>	<b>00:43:46.95</b>	+00:08:26 (19.5%)	4:20	13.8 (80.2%)
33	<b>KUBIŃSKI Rafał</b>	<b>303</b>	ALLIANZ RUNNING TEAM	M-50	2	00:00:26	00:10:23	00:21:20	00:32:29	<b>00:43:24.90</b>	<b>00:43:51.30</b>	+00:08:30 (19.6%)	4:20	13.8 (80.2%)
34	<b>PSTRĄGOWSKI Marcin</b>	<b>357</b>	DZIKI KOSZALIN	M-30	11	00:00:30	00:10:16	00:21:15	00:32:46	<b>00:43:27.40</b>	<b>00:43:58.20</b>	+00:08:33 (19.7%)	4:20	13.8 (80.2%)
35	<b>WESOŁOWSKI Arkadiusz</b>	<b>403</b>		M-40	13	00:00:26	00:10:19	00:21:14	00:32:39	<b>00:43:34.10</b>	<b>00:44:00.80</b>	+00:08:39 (19.9%)	4:21	13.8 (80.2%)
36	<b>KSZCZANOWICZ Jacek</b>	<b>302</b>		M-40	14	00:00:29	00:10:20	00:21:07	00:32:25	<b>00:43:35.95</b>	<b>00:44:05.20</b>	+00:08:41 (19.9%)	4:21	13.8 (80.2%)
37	<b>KONIECZNA Anka</b>	<b>287</b>	ROZBIEGANY KOSZALIN	K-40	1	00:00:25	00:10:36	00:21:25	00:32:27	<b>00:43:37.50</b>	<b>00:44:02.95</b>	+00:08:43 (20.0%)	4:21	13.8 (80.2%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	5km	7.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										10km	10km			
38	KONKEL Agnieszka	288		K-30	2	00:00:25	00:10:20	00:21:14	00:32:29	00:43:40.70	00:44:06.00	+00:08:46 (20.1%)	4:22	13.7 (79.7%)
39	MEJGIER Paweł	323	TKKF WODNIK WIĘCBORK	M-40	15	00:00:30	00:10:55	00:21:56	00:33:03	00:43:58.35	00:44:28.90	+00:09:04 (20.6%)	4:23	13.6 (79.1%)
40	CHORAŻY Karolina	217	FADOMODA TEAM	K-18	1	00:00:25	00:10:36	00:21:34	00:32:55	00:44:04.20	00:44:29.35	+00:09:09 (20.8%)	4:24	13.6 (79.1%)
41	CHWALEBA Jan	219		M-50	3	00:00:26	00:10:33	00:21:42	00:33:06	00:44:14.60	00:44:41.45	+00:09:20 (21.1%)	4:25	13.6 (79.1%)
42	KRASIŃSKI Witold	297		M-40	16	00:00:31	00:10:38	00:21:49	00:33:13	00:44:17.85	00:44:48.85	+00:09:23 (21.2%)	4:25	13.5 (78.5%)
43	BURKIET Marek	211		M-40	17	00:00:23	00:10:21	00:21:26	00:32:58	00:44:39.25	00:45:02.65	+00:09:44 (21.8%)	4:27	13.4 (77.9%)
44	SOROKA Piotr	373		M-30	12	00:00:27	00:10:27	00:21:41	00:33:24	00:44:53.55	00:45:21.00	+00:09:59 (22.2%)	4:29	13.4 (77.9%)
45	SOMINKA Andrzej	372	SSB (SOBIESAMBIEGAM)	M-40	18	00:00:32	00:10:35	00:21:47	00:33:28	00:45:00.65	00:45:32.65	+00:10:06 (22.5%)	4:30	13.3 (77.3%)
46	WALCZAK Rafał	400		M-40	19	00:00:27	00:10:19	00:21:45	00:33:27	00:45:01.50	00:45:29.25	+00:10:07 (22.5%)	4:30	13.3 (77.3%)
47	KRZEWIŃSKA Małgorzata	301	TKKF KOSZALIN	K-50	1	00:00:23	00:11:11	00:22:36	00:33:58	00:45:10.70	00:45:34.65	+00:10:16 (22.7%)	4:31	13.3 (77.3%)
48	LAMPKOWSKI Krzysztof	306		M-50	4	00:00:25	00:10:16	00:21:47	00:33:56	00:45:15.15	00:45:41.05	+00:10:20 (22.9%)	4:31	13.3 (77.3%)
49	BIL Adrian	203		M-30	13	00:00:27	00:10:36	00:22:09	00:34:01	00:45:17.15	00:45:45.05	+00:10:22 (22.9%)	4:31	13.2 (76.7%)
50	DEMBICKI Daniel	227		M-40	20	00:00:32	00:10:49	00:22:25	00:34:06	00:45:31.00	00:46:03.05	+00:10:36 (23.3%)	4:33	13.2 (76.7%)
51	ŁOPIŃSKI Piotr	313		M-30	14	00:00:29	00:10:50	00:22:13	00:34:03	00:45:42.00	00:46:11.05	+00:10:47 (23.6%)	4:34	13.1 (76.2%)
52	JURKIEWICZ Przemysław	268		M-30	15	00:00:29	00:11:09	00:22:34	00:34:09	00:45:42.35	00:46:12.25	+00:10:48 (23.6%)	4:34	13.1 (76.2%)
53	KONKEL Łukasz	289		M-30	16	00:00:26	00:10:42	00:22:13	00:34:22	00:46:07.20	00:46:33.40	+00:11:12 (24.3%)	4:36	13 (75.6%)
54	BUCZYŃSKI Eugeniusz	209	JW 1696	M-40	21	00:00:41	00:11:30	00:22:57	00:34:38	00:46:08.60	00:46:49.85	+00:11:14 (24.4%)	4:36	13 (75.6%)
55	RÓG Michał	424	JW 1223	M-30	17	00:00:36	00:11:10	00:22:44	00:34:36	00:46:12.60	00:46:49.20	+00:11:18 (24.5%)	4:37	13 (75.6%)
56	MĘDEL Cezary	326		M-40	22	00:00:27	00:11:19	00:23:02	00:34:51	00:46:14.25	00:46:41.40	+00:11:19 (24.5%)	4:37	13 (75.6%)
57	SZOSTAK Piotr	383		M-30	18	00:00:26	00:11:06	00:22:56	00:34:52	00:46:21.15	00:46:48.00	+00:11:26 (24.7%)	4:38	12.9 (75.0%)
58	JAROSZEWSKI Daniel	264	ROZBIEGANY KOSZALIN	M-30	19	00:00:22	00:11:12	00:22:38	00:34:43	00:46:30.55	00:46:53.35	+00:11:36 (24.9%)	4:39	12.9 (75.0%)
59	KOZŁOWIECKI Waldemar	295	TKKF KOSZALIN	M-60	1	00:00:23	00:11:22	00:23:04	00:34:55	00:46:33.55	00:46:57.20	+00:11:39 (25.0%)	4:39	12.9 (75.0%)
60	DZIESZUK Dariusz	235	TKKF KOSZALIN	M-40	23	00:00:30	00:11:31	00:23:23	00:35:13	00:46:38.10	00:47:08.25	+00:11:43 (25.2%)	4:39	12.9 (75.0%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	5km	7.5km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
										10km	10km			
61	SCHWARZ Ludwik	365		M-50	5	00:00:23	00:11:36	00:23:24	00:35:19	00:46:40.95	00:47:04.10	+00:11:46 (25.2%)	4:40	12.9 (75.0%)
62	ROGOŹA Ireneusz	362	BIEGNIJMY.PL	M-40	24	00:00:31	00:11:31	00:23:25	00:35:22	00:46:46.65	00:47:18.25	+00:11:52 (25.4%)	4:40	12.8 (74.4%)
63	PEŁKA Janusz	348		M-50	6	00:00:31	00:10:54	00:23:02	00:35:10	00:46:53.20	00:47:24.25	+00:11:58 (25.6%)	4:41	12.8 (74.4%)
64	MEDEL Marta	325		K-40	2	00:00:27	00:11:08	00:23:08	00:35:23	00:46:57.85	00:47:25.00	+00:12:03 (25.7%)	4:41	12.8 (74.4%)
65	LEWANDOWSKI Marek	310		M-30	20	00:00:35	00:11:06	00:22:38	00:35:02	00:47:02.65	00:47:38.50	+00:12:08 (25.8%)	4:42	12.8 (74.4%)
66	SZALKOWSKI Dariusz	380		M-40	25	00:00:37	00:10:45	00:22:42	00:35:02	00:47:06.20	00:47:43.75	+00:12:11 (25.9%)	4:42	12.7 (73.8%)
67	MIĄSEK Ryszard	327		M-30	21	00:00:36	00:11:27	00:23:23	00:35:27	00:47:21.70	00:47:57.70	+00:12:27 (26.3%)	4:44	12.7 (73.8%)
68	WENCLAWSKI Michał	402	ARAGORTEAM	M-18	9	00:00:25	00:11:38	00:23:35	00:35:29	00:47:22.40	00:47:48.30	+00:12:28 (26.3%)	4:44	12.7 (73.8%)
69	LESZCZ Paweł	307		M-40	26	00:00:27	00:10:34	00:22:02	00:34:56	00:47:28.65	00:47:55.85	+00:12:34 (26.5%)	4:44	12.6 (73.3%)
70	GWIAZDA Mariusz	252		M-40	27	00:00:32	00:11:08	00:23:00	00:35:27	00:47:30.30	00:48:02.35	+00:12:35 (26.5%)	4:45	12.6 (73.3%)
71	KOPACZ Rafał	290	RAFALKOPACZ.PL	M-30	22	00:00:27	00:11:28	00:23:16	00:35:28	00:47:33.95	00:48:00.95	+00:12:39 (26.6%)	4:45	12.6 (73.3%)
72	STOLARCZYK Adrian	376		M-18	10	00:00:35	00:10:17	00:22:02	00:34:42	00:47:40.45	00:48:16.10	+00:12:46 (26.8%)	4:46	12.6 (73.3%)
73	BAKOWSKI Łukasz	3		M-30	23	00:00:32	00:12:01	00:24:00	00:36:21	00:47:46.15	00:48:18.95	+00:12:51 (26.9%)	4:46	12.6 (73.3%)
74	BOGACKI Tomasz	204	TKKF KOSZALIN	M-50	7	00:00:29	00:11:41	00:23:50	00:35:59	00:47:54.40	00:48:23.85	+00:13:00 (27.1%)	4:47	12.5 (72.7%)
75	ŚWIĘTOŃ Rafał	388		M-30	24	00:00:50	00:11:20	00:23:25	00:36:02	00:47:57.25	00:48:47.80	+00:13:02 (27.2%)	4:47	12.5 (72.7%)
76	CINCIO Robert	221	TKKF TRIATHLON KOSZALIN	M-30	25	00:00:32	00:10:58	00:23:02	00:35:36	00:48:10.45	00:48:42.95	+00:13:16 (27.5%)	4:49	12.5 (72.7%)
77	SZYMANIAK Ryszard	384		M-60	2	00:00:26	00:10:59	00:23:11	00:35:41	00:48:12.40	00:48:38.80	+00:13:18 (27.6%)	4:49	12.4 (72.1%)
78	PIĄTKOWSKI Bartosz	351		M-40	28	00:00:26	00:11:26	00:23:44	00:36:34	00:48:13.80	00:48:40.00	+00:13:19 (27.6%)	4:49	12.4 (72.1%)
79	SZAFIRSKI Sebastian	379		M-30	26	00:00:23	00:10:28	00:23:01	00:35:57	00:48:16.35	00:48:39.95	+00:13:22 (27.7%)	4:49	12.4 (72.1%)
80	HOŁUBASZ Paweł	256		M-30	27	00:00:34	00:11:36	00:23:59	00:36:28	00:48:21.95	00:48:56.80	+00:13:27 (27.8%)	4:50	12.4 (72.1%)
81	DIAKOWICZ Magdalena	228		K-30	3	00:00:26	00:11:26	00:23:44	00:36:34	00:48:31.40	00:48:57.95	+00:13:37 (28.1%)	4:51	12.4 (72.1%)
82	JASIENIECKI Piotr	266		M-40	29	00:00:25	00:11:33	00:23:29	00:35:25	00:48:31.85	00:48:57.60	+00:13:37 (28.1%)	4:51	12.4 (72.1%)
83	KUŁAKOWSKI Dawid	304		M-30	28	00:00:31	00:12:00	00:24:07	00:36:34	00:48:34.70	00:49:05.85	+00:13:40 (28.1%)	4:51	12.4 (72.1%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
84	<b>JANUSZEWSKI Jacek</b>	<b>262</b>	17 WOG KOSZALIN	M-50	8	00:00:36	00:11:46	00:23:51	00:36:15	<b>00:48:47.85</b>	<b>00:49:24.35</b>	+00:13:53 (28.5%)	4:52	12.3 (71.5%)
85	<b>OSOBNIAK Ryszard</b>	<b>342</b>	ROZBIEGANY KOSZALIN	M-60	3	00:00:33	00:11:50	00:24:09	00:36:51	<b>00:49:02.50</b>	<b>00:49:36.25</b>	+00:14:08 (28.8%)	4:54	12.2 (70.9%)
86	<b>ZIELIŃSKI Tomasz</b>	<b>418</b>		M-40	30	00:00:26	00:10:45	00:23:05	00:36:12	<b>00:49:10.75</b>	<b>00:49:37.65</b>	+00:14:16 (29.0%)	4:55	12.2 (70.9%)
87	<b>MARKOWSKI Andrzej</b>	<b>320</b>	TKKF KOSZALIN	M-60	4	00:00:22	00:11:29	00:23:56	00:36:42	<b>00:49:11.55</b>	<b>00:49:34.00</b>	+00:14:17 (29.0%)	4:55	12.2 (70.9%)
88	<b>ATAŁAP Artur</b>	<b>423</b>	ROZBIEGANY KOSZALIN	M-40	31	00:00:34	00:12:40	00:24:53	00:37:24	<b>00:49:16.10</b>	<b>00:49:50.20</b>	+00:14:21 (29.2%)	4:55	12.2 (70.9%)
89	<b>DĄBROWSKI Grzegorz</b>	<b>226</b>		M-40	32	00:00:32	00:11:42	00:24:07	00:36:48	<b>00:49:17.70</b>	<b>00:49:50.20</b>	+00:14:23 (29.2%)	4:55	12.2 (70.9%)
90	<b>HNATOWSKI Artur</b>	<b>255</b>	DM FC KOSZALIN	M-40	33	00:00:25	00:11:13	00:23:39	00:36:57	<b>00:49:21.75</b>	<b>00:49:46.90</b>	+00:14:27 (29.3%)	4:56	12.2 (70.9%)
91	<b>MALESZA-HOUSIN Joanna</b>	<b>315</b>	ROZBIEGANY KOSZALIN	K-40	3	00:00:27	00:11:51	00:24:10	00:36:58	<b>00:49:23.65</b>	<b>00:49:51.25</b>	+00:14:29 (29.3%)	4:56	12.1 (70.3%)
92	<b>MICERSKI Tomasz</b>	<b>328</b>		M-40	34	00:00:31	00:12:32	00:24:44	00:37:17	<b>00:49:25.30</b>	<b>00:49:57.05</b>	+00:14:30 (29.4%)	4:56	12.1 (70.3%)
93	<b>DATA Dariusz</b>	<b>224</b>		M-40	35	00:00:37	00:11:43	00:24:38	00:37:45	<b>00:49:45.00</b>	<b>00:50:22.70</b>	+00:14:50 (29.8%)	4:58	12.1 (70.3%)
94	<b>MARCZAK Andrzej</b>	<b>317</b>		M-50	9	00:00:31	00:11:59	00:24:28	00:37:05	<b>00:49:46.50</b>	<b>00:50:17.80</b>	+00:14:52 (29.9%)	4:58	12.1 (70.3%)
95	<b>NOREK Tomek</b>	<b>337</b>		M-40	36	00:00:28	00:11:38	00:24:08	00:37:04	<b>00:49:53.60</b>	<b>00:50:21.95</b>	+00:14:59 (30.0%)	4:59	12 (69.8%)
96	<b>JARUGA Artur</b>	<b>265</b>	-----	M-30	29	00:00:32	00:12:19	00:24:50	00:37:35	<b>00:50:07.05</b>	<b>00:50:39.25</b>	+00:15:12 (30.4%)	5:00	12 (69.8%)
97	<b>KORPAL Cezary</b>	<b>292</b>	ROZBIEGANY KOSZALIN	M-50	10	00:00:35	00:12:50	00:25:28	00:38:04	<b>00:50:17.95</b>	<b>00:50:53.20</b>	+00:15:23 (30.6%)	5:01	11.9 (69.2%)
98	<b>WOJANOWSKI Zbigniew</b>	<b>412</b>		M-50	11	00:00:41	00:12:11	00:24:38	00:37:49	<b>00:50:26.40</b>	<b>00:51:07.80</b>	+00:15:32 (30.8%)	5:02	11.9 (69.2%)
99	<b>KAZIMIEROWICZ Radek</b>	<b>280</b>		M-30	30	00:00:34	00:11:31	00:24:21	00:38:00	<b>00:50:58.25</b>	<b>00:51:32.90</b>	+00:16:03 (31.5%)	5:05	11.8 (68.6%)
100	<b>CHODOR Izabela</b>	<b>214</b>		K-30	4	00:00:27	00:13:00	00:26:12	00:39:03	<b>00:51:05.60</b>	<b>00:51:33.20</b>	+00:16:11 (31.7%)	5:06	11.7 (68.0%)
101	<b>KAMIŃSKI Tomasz</b>	<b>272</b>	JW 1223 / POLITECHNIKA KOSZALIŃSKA	M-30	31	00:00:22	00:11:17	00:24:17	00:37:57	<b>00:51:21.45</b>	<b>00:51:44.30</b>	+00:16:27 (32.0%)	5:08	11.7 (68.0%)
102	<b>SZYMAŃSKI Michał</b>	<b>385</b>		M-30	32	00:00:30	00:12:22	00:25:12	00:38:30	<b>00:51:26.00</b>	<b>00:51:56.15</b>	+00:16:31 (32.1%)	5:08	11.7 (68.0%)
103	<b>JUSZCZAK Krzysztof</b>	<b>269</b>		M-60	5	00:00:33	00:12:09	00:25:09	00:38:27	<b>00:51:36.30</b>	<b>00:52:09.70</b>	+00:16:41 (32.4%)	5:09	11.6 (67.4%)
104	<b>CIEŹKI Dominik</b>	<b>220</b>		M-40	37	00:00:35	00:12:33	00:25:12	00:38:24	<b>00:51:41.65</b>	<b>00:52:17.05</b>	+00:16:47 (32.5%)	5:10	11.6 (67.4%)
105	<b>WARZECHA Bartosz</b>	<b>401</b>		M-40	38	00:00:35	00:12:33	00:25:12	00:38:24	<b>00:51:41.85</b>	<b>00:52:16.90</b>	+00:16:47 (32.5%)	5:10	11.6 (67.4%)
106	<b>DYRCZ Marika</b>	<b>233</b>	MKS ŚWIĘC SŁAWNO	K-30	5	00:00:39	00:12:34	00:25:29	00:38:53	<b>00:52:12.35</b>	<b>00:52:51.80</b>	+00:17:18 (33.1%)	5:13	11.5 (66.9%)

Place	Participant	Number	Club	Category	MCat	Start time	2.5km	5km	7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
107	<b>MARCZYKOWSKI Kamil</b>	<b>319</b>		M-18	11	00:00:35	00:12:33	00:25:59	00:39:41	<b>00:52:34.55</b>	<b>00:53:09.90</b>	+00:17:40 (33.6%)	5:15	11.4 (66.3%)
108	<b>WIERZBICKI Kacper</b>	<b>404</b>		M-18	12	00:00:24	00:12:01	00:25:20	00:39:05	<b>00:53:01.35</b>	<b>00:53:25.95</b>	+00:18:07 (34.2%)	5:18	11.3 (65.7%)
109	<b>MARCZAK Małgorzata</b>	<b>318</b>		K-50	2	00:00:28	00:12:25	00:25:51	00:40:00	<b>00:53:31.45</b>	<b>00:54:00.40</b>	+00:18:37 (34.8%)	5:21	11.2 (65.1%)
110	<b>MAZUREK Barbara</b>	<b>322</b>	BABECZKI KOSZALIN/ROZBIEGANY KOSZALIN	K-30	6	00:00:38	00:12:34	00:25:55	00:39:51	<b>00:53:38.30</b>	<b>00:54:16.30</b>	+00:18:43 (34.9%)	5:21	11.2 (65.1%)
111	<b>KAMYK Piotr</b>	<b>273</b>	MH - WWW.MH-INFORMATYKA.PL	M-30	33	00:00:34	00:13:36	00:27:19	00:41:03	<b>00:53:59.40</b>	<b>00:54:33.50</b>	+00:19:05 (35.3%)	5:23	11.1 (64.5%)
112	<b>BERNACKI Adam</b>	<b>202</b>		M-40	39	00:00:33	00:13:37	00:27:20	00:41:05	<b>00:53:59.50</b>	<b>00:54:33.05</b>	+00:19:05 (35.3%)	5:24	11.1 (64.5%)
113	<b>GÓRECKI Patryk</b>	<b>246</b>	WYDZIAŁ NAUK EKONOMICZNYCH	M-18	13	00:00:28	00:13:00	00:26:52	00:40:57	<b>00:54:40.40</b>	<b>00:55:08.70</b>	+00:19:46 (36.2%)	5:28	11 (64.0%)
114	<b>GAWLIK Artur</b>	<b>240</b>	BIEGNIJMY.PL	M-30	34	00:00:37	00:12:47	00:26:22	00:40:43	<b>00:54:59.25</b>	<b>00:55:36.50</b>	+00:20:04 (36.5%)	5:29	10.9 (63.4%)
115	<b>VON BARDELEBEN Agnieszka</b>	<b>396</b>	BABECZKI KOSZALIN	K-40	4	00:00:38	00:13:18	00:27:07	00:41:07	<b>00:55:12.75</b>	<b>00:55:50.75</b>	+00:20:18 (36.8%)	5:31	10.9 (63.4%)
116	<b>MŁYNARCZYK Aneta</b>	<b>332</b>		K-40	5	00:00:28	00:13:05	00:27:32	00:41:37	<b>00:55:16.95</b>	<b>00:55:45.65</b>	+00:20:22 (36.9%)	5:31	10.9 (63.4%)
117	<b>SZYSZKOWSKI Tomasz</b>	<b>387</b>		M-30	35	00:00:26	00:13:09	00:27:25	00:42:05	<b>00:56:20.70</b>	<b>00:56:47.40</b>	+00:21:26 (38.0%)	5:38	10.6 (61.6%)
118	<b>BUDZYŃSKA Elżbieta</b>	<b>210</b>	BBL SŁUPSK	K-50	3	00:00:40	00:13:33	00:28:09	00:43:28	<b>00:58:13.20</b>	<b>00:58:53.20</b>	+00:23:18 (40.0%)	5:49	10.3 (59.9%)
119	<b>WACHHOLZ Beata</b>	<b>398</b>	KB „BRYZA POSTOMINO'	K-40	6	00:00:40	00:13:38	00:28:23	00:43:35	<b>00:58:40.25</b>	<b>00:59:20.40</b>	+00:23:45 (40.5%)	5:52	10.2 (59.3%)
120	<b>WIKTOROWICZ Małgorzata</b>	<b>406</b>	CIOTECZKI.PL	K-40	7	00:00:33	00:14:15	00:28:55	00:44:04	<b>00:58:51.70</b>	<b>00:59:25.15</b>	+00:23:57 (40.7%)	5:53	10.2 (59.3%)
121	<b>RASZPLA Ilona</b>	<b>361</b>	CIOTECZKI.PL	K-40	8	00:00:32	00:14:16	00:28:56	00:44:06	<b>00:58:52.25</b>	<b>00:59:24.80</b>	+00:23:57 (40.7%)	5:53	10.2 (59.3%)
122	<b>PASEK Jan</b>	<b>345</b>		M-60	6	00:00:26	00:14:08	00:29:36	00:45:28	<b>01:01:17.35</b>	<b>01:01:43.45</b>	+00:26:23 (43.0%)	6:07	9.8 (57.0%)
123	<b>KRAWCZUK-KIEŁB Anna</b>	<b>298</b>	ŻYJ Z ENERGIA	K-40	9	00:00:24	00:14:19	00:29:31	00:45:12	<b>01:01:19.30</b>	<b>01:01:43.35</b>	+00:26:24 (43.1%)	6:07	9.8 (57.0%)
124	<b>PEŁKA Iwona</b>	<b>347</b>		K-40	10	00:00:37	00:15:49	00:32:19	00:48:49	<b>01:03:57.30</b>	<b>01:04:34.75</b>	+00:29:02 (45.4%)	6:23	9.4 (54.7%)
125	<b>JUSZCZYK Agnieszka</b>	<b>270</b>	BIEGNIJMY.PL	K-30	7	00:00:29	00:15:42	00:32:57				+00:15:34	6:35	9.1 (52.9%)
126	<b>ŁUBNIEWSKA Natalia</b>	<b>314</b>	ROZBIEGANY KOSZALIN	K-30	8	00:00:32	00:15:41	00:33:19				+00:15:55	6:39	9 (52.3%)
127	<b>PASEK Paula</b>	<b>344</b>		K-30	9	00:00:24	00:14:10					+00:05:40	5:40	10.6 (61.6%)
	<b>PEWIŃSKA Justyna</b>	<b>349</b>		K-30		DNF	00:16:08 DNF	00:33:18 DNF	00:49:02 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 128 results.