



BIEG POLITECHNIKI KOSZALIŃSKIEJ - 5 KM

B4SPORT

Organizator: Politechnika Koszalińska
Data: 2016-06-18
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	188	KL ISKRA BIAŁOGARD	M-18	1	00:00:22	00:08:08	00:16:04.60	00:16:26.85		3:12	18.7 (100%)
2	RYBACZEK Sebastian	149	FORMA ROSNOWO	M-30	1	00:00:22	00:08:29	00:17:18.10	00:17:40.10	+00:01:13 (7.1%)	3:27	17.3 (92.5%)
3	JAROSZ Wiesław	185		M-40	1	00:00:22	00:08:28	00:17:46.45	00:18:09.05	+00:01:41 (9.6%)	3:33	16.9 (90.4%)
4	BURDA Robert	18	KOSPEL	M-40	2	00:00:23	00:08:58	00:17:52.90	00:18:16.30	+00:01:48 (10.1%)	3:34	16.8 (89.8%)
5	KANAREK Jakub	71	TKKF TRIATHLON KOSZALIN	M-40	3	00:00:46	00:09:08	00:18:27.65	00:19:14.05	+00:02:23 (12.9%)	3:41	16.2 (86.6%)
6	EMILIT Grzegorz	36		M-30	2	00:00:24	00:09:15	00:18:31.15	00:18:55.70	+00:02:26 (13.2%)	3:42	16.2 (86.6%)
7	MODRZEJEWSKI Mateusz	119	KOCHAM ASIE :*	M-18	2	00:00:24	00:09:19	00:18:31.70	00:18:56.05	+00:02:27 (13.2%)	3:42	16.2 (86.6%)
8	BABULA Jarosław	2	BANK MILLENNIUM	M-30	3	00:00:23	00:09:15	00:18:51.80	00:19:14.85	+00:02:47 (14.8%)	3:46	15.9 (85.0%)
9	SZEWCUK Paweł	166	ROSNOWO	M-30	4	00:00:24	00:09:17	00:18:55.10	00:19:19.35	+00:02:50 (15.0%)	3:47	15.9 (85.0%)
10	OLCZAK Krzysztof	129		M-30	5	00:00:28	00:09:18	00:18:56.55	00:19:24.95	+00:02:51 (15.1%)	3:47	15.8 (84.5%)
11	ZBOIŃSKI Wojcich	182		M-40	4	00:00:23	00:09:28	00:19:05.30	00:19:28.80	+00:03:00 (15.8%)	3:49	15.7 (84.0%)
12	JAŻWIŃSKI Dawid	61	TKKF KOSZALIN	M-14	1	00:00:22	00:08:58	00:19:15.80	00:19:38.35	+00:03:11 (16.5%)	3:51	15.6 (83.4%)
13	ROMAŃCZUK Kamil	195		M-18	3	00:00:27	00:09:29	00:19:18.80	00:19:46.75	+00:03:14 (16.8%)	3:51	15.5 (82.9%)
14	RAJNER Krzysztof	191		M-30	6	00:00:32	00:09:42	00:19:19.95	00:19:52.65	+00:03:15 (16.8%)	3:52	15.5 (82.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	GOŁDYN Marek	46		M-30	7	00:00:25	00:10:18	00:20:10.60	00:20:36.35	+00:04:06 (20.3%)	4:02	14.9 (79.7%)
16	FALUTA Grzegorz	196	POGOŃ SZCZECIN	M-30	8	00:00:31	00:10:16	00:20:15.10	00:20:46.70	+00:04:10 (20.6%)	4:03	14.8 (79.1%)
17	IWANIEC Dariusz	57	TKKF KOSZALIN	M-40	5	00:00:24	00:10:08	00:20:18.85	00:20:43.00	+00:04:14 (20.9%)	4:03	14.8 (79.1%)
18	MUCHA Krzysztof	124		M-30	9	00:00:30	00:10:17	00:20:27.40	00:20:57.85	+00:04:22 (21.4%)	4:05	14.7 (78.6%)
19	KORCZYŃSKI Sławomir	85	DECATHLON KOSZALIN	M-18	4	00:00:24	00:09:51	00:20:28.55	00:20:53.10	+00:04:23 (21.5%)	4:05	14.6 (78.1%)
20	FRONTCZAK Izabela	40	TKKF KOSZALIN	K-18	1	00:00:27	00:10:04	00:20:29.25	00:20:56.60	+00:04:24 (21.5%)	4:05	14.6 (78.1%)
21	ŁABEJSZA Łukasz	106		M-30	10	00:00:29	00:10:14	00:20:30.45	00:21:00.00	+00:04:25 (21.6%)	4:06	14.6 (78.1%)
22	MOSIOŁEK Piotr	120		M-40	6	00:00:39	00:10:14	00:20:39.05	00:21:18.05	+00:04:34 (22.2%)	4:07	14.5 (77.5%)
23	SZAMREJ Wojciech	425		M-50	1	00:00:38	00:10:02	00:20:42.45	00:21:20.80	+00:04:37 (22.4%)	4:08	14.5 (77.5%)
24	STANKIEWICZ Wiesław	156		M-50	2	00:00:27	00:10:21	00:20:46.00	00:21:13.90	+00:04:41 (22.6%)	4:09	14.4 (77.0%)
25	RUTKOWSKI Ryszard	197		M-50	3	00:00:21	00:10:21	00:20:59.55	00:21:21.35	+00:04:54 (23.4%)	4:12	14.3 (76.5%)
26	PIŃCZUK Jan	134		M-18	5	00:00:36	00:10:38	00:21:01.55	00:21:37.80	+00:04:56 (23.5%)	4:12	14.3 (76.5%)
27	STACHOWIAK Gracjan	155	SZ.P. 17	M-13	1	00:00:23	00:10:27	00:21:11.20	00:21:34.25	+00:05:06 (24.1%)	4:14	14.2 (75.9%)
28	SZABLA Ewelina	161	MTS HAMER MIASTKO	K-30	1	00:00:29	00:10:31	00:21:13.75	00:21:43.50	+00:05:09 (24.3%)	4:14	14.1 (75.4%)
29	SKOWROŃSKI Tomasz	199		M-30	11	00:00:35	00:11:11	00:21:46.65	00:22:22.05	+00:05:42 (26.2%)	4:21	13.8 (73.8%)
30	BARGAŃSKA Justyna	4		K-30	2	00:00:28	00:10:42	00:21:57.85	00:22:26.40	+00:05:53 (26.8%)	4:23	13.7 (73.3%)
31	GOTOWAŁA Rafał	47		M-30	12	00:00:39	00:10:54	00:22:01.75	00:22:41.30	+00:05:57 (27.0%)	4:24	13.6 (72.7%)
32	MINSCHINSKI Daniel	118		M-18	6	00:00:29	00:10:45	00:22:03.10	00:22:32.25	+00:05:58 (27.1%)	4:24	13.6 (72.7%)
33	HAWRANIAK Hubert	52	POLSKA	M-18	7	00:00:23	00:10:28	00:22:36.70	00:23:00.55	+00:06:32 (28.9%)	4:31	13.3 (71.1%)
34	POIOTROWSKI Krzysztof	146	B-RUN-EK	M-14	2	00:00:46	00:11:20	00:22:42.00	00:23:28.70	+00:06:37 (29.2%)	4:32	13.2 (70.6%)
35	JAROSZ Konrad	186		M-14	3	00:00:39	00:11:11	00:22:44.20	00:23:23.25	+00:06:39 (29.3%)	4:32	13.2 (70.6%)
36	FELKOWSKI Tomasz	39		M-30	13	00:00:41	00:11:41	00:22:56.95	00:23:38.65	+00:06:52 (29.9%)	4:35	13.1 (70.1%)
37	KOWALCZYK Mariusz	187		M-40	7	00:00:40	00:11:41	00:22:57.30	00:23:38.25	+00:06:52 (30.0%)	4:35	13.1 (70.1%)

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38	SZCZYTKOWSKI Marek	164	K.B. SPRINT ŚWIDWIN	M-40	8	00:00:39	00:11:17	00:23:06.25	00:23:45.80	+00:07:01 (30.4%)	4:37	13 (69.5%)
39	SZCZYTKOWSKI Jakub	165		M-14	4	00:00:40	00:11:17	00:23:06.45	00:23:47.05	+00:07:01 (30.4%)	4:37	13 (69.5%)
40	TOMASZEWSKI Krzysztof	190		M-30	14	00:00:29	00:11:18	00:23:08.00	00:23:37.65	+00:07:03 (30.5%)	4:37	13 (69.5%)
41	KACZMAREK Łukasz	67	WOJOWNICY WÓDY	M-30	15	00:00:29	00:11:13	00:23:08.50	00:23:38.30	+00:07:03 (30.5%)	4:37	13 (69.5%)
42	KUPREWICZ Grzegorz	98	ROZBIEGANY KOSZALIN	M-30	16	00:00:31	00:11:09	00:23:10.05	00:23:41.20	+00:07:05 (30.6%)	4:38	12.9 (69.0%)
43	KRZEMIŃSKI Michał	93	BÓG DAŁ NAM CIAŁO A MY MUSIMY Z NIEGO ZROBIĆ ORĘŻ	M-30	17	00:00:30	00:11:37	00:23:11.25	00:23:42.00	+00:07:06 (30.7%)	4:38	12.9 (69.0%)
44	WRÓBLEWSKI Jacek	180	GIMNAZJUM 7	M-14	5	00:00:23	00:10:53	00:23:15.45	00:23:38.60	+00:07:10 (30.9%)	4:39	12.9 (69.0%)
45	BOGACKA Lucyna	11	TKKF KOSZALIN	K-50	1	00:00:28	00:11:41	00:23:19.05	00:23:47.90	+00:07:14 (31.1%)	4:39	12.9 (69.0%)
46	JAŻWIŃSKI Dominik	62	SZ.P. 17	M-13	2	00:00:24	00:11:25	00:23:27.75	00:23:52.60	+00:07:23 (31.5%)	4:41	12.8 (68.4%)
47	WYDRA Paweł	181	NIGHT RUNNERS	M-18	8	00:00:36	00:11:14	00:23:28.35	00:24:05.15	+00:07:23 (31.5%)	4:41	12.8 (68.4%)
48	KANAREK Bartosz	72	KANAREK TEAM	M-13	3	00:00:46	00:11:43	00:23:31.40	00:24:17.70	+00:07:26 (31.7%)	4:42	12.8 (68.4%)
49	KOWALSKI Kamil	428		M-18	9	00:00:36	00:11:38	00:23:38.55	00:24:15.35	+00:07:33 (32.0%)	4:43	12.7 (67.9%)
50	BRĘK Anna	429	OGIEŃ W SZOPIE	K-18	2	00:00:36	00:11:37	00:23:41.60	00:24:17.65	+00:07:37 (32.1%)	4:44	12.7 (67.9%)
51	KAZIMIERCZAK Leszek	77	CSSP KOSZALIN	M-30	18	00:00:25	00:11:29	00:23:42.45	00:24:08.00	+00:07:37 (32.2%)	4:44	12.6 (67.4%)
52	GAWROŃSKI Paweł	44	OGIEŃ W SZOPIE	M-18	10	00:00:39	00:11:52	00:23:43.25	00:24:22.60	+00:07:38 (32.2%)	4:44	12.6 (67.4%)
53	KRZEWIŃSKA Monika	94		K-18	3	00:00:39	00:11:52	00:23:43.50	00:24:22.50	+00:07:38 (32.2%)	4:44	12.6 (67.4%)
54	GŁOWACKI Włodzimierz	45		M-70+	1	00:00:22	00:11:28	00:23:43.95	00:24:06.05	+00:07:39 (32.3%)	4:44	12.6 (67.4%)
55	GRAJ Joanna	48		K-18	4	00:00:37	00:11:54	00:23:47.55	00:24:25.40	+00:07:42 (32.4%)	4:45	12.6 (67.4%)
56	KUBIŃSKA Beata	97		K-40	1	00:00:37	00:11:55	00:23:51.95	00:24:29.80	+00:07:47 (32.6%)	4:46	12.6 (67.4%)
57	TOMASZEWSKI Marek	171		M-30	19	00:00:35	00:12:03	00:23:54.80	00:24:30.50	+00:07:50 (32.8%)	4:47	12.5 (66.8%)
58	BORKOWSKA-KOWALCZYK Daria	15	FIGHT CLUB KOSZALIN	K-30	3	00:00:40	00:11:54	00:24:02.10	00:24:42.95	+00:07:57 (33.1%)	4:48	12.5 (66.8%)
59	TOŁYŻ Maja	130		K-18	5	00:00:42	00:12:21	00:24:09.90	00:24:51.95	+00:08:05 (33.5%)	4:49	12.4 (66.3%)
60	TUREK Marcin	176		M-30	20	00:00:27	00:11:16	00:24:14.35	00:24:41.85	+00:08:09 (33.7%)	4:50	12.4 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
61	PLATH-KOPERSKA Krystyna	137		K-50	2	00:00:46	00:12:14	00:24:25.40	00:25:11.40	+00:08:20 (34.2%)	4:53	12.3 (65.8%)
62	DĄBROWSKA Alicja	29	TKKF KOSZALIN	K-50	3	00:00:32	00:12:30	00:24:36.80	00:25:09.35	+00:08:32 (34.7%)	4:55	12.2 (65.2%)
63	KOPERSKI Jan	193	MKS ŚWIĘC	M-50	4	00:00:33	00:12:27	00:24:38.05	00:25:11.20	+00:08:33 (34.7%)	4:55	12.2 (65.2%)
64	SZANIAWSKI Damian	162		M-18	11	00:00:41	00:14:39	00:25:06.95	00:25:48.80	+00:09:02 (36.0%)	5:01	11.9 (63.6%)
65	KACAŁA Olga	66		K-30	4	00:00:36	00:12:02	00:25:13.55	00:25:50.35	+00:09:08 (36.3%)	5:02	11.9 (63.6%)
66	TUDRUJ Andrzej	175		M-40	9	00:00:39	00:12:21	00:25:20.35	00:26:00.10	+00:09:15 (36.6%)	5:04	11.8 (63.1%)
67	WAWRZYN Grzegorz	430	COPY-SERWIS	M-40	10	00:00:38	00:12:30	00:25:26.55	00:26:05.20	+00:09:21 (36.8%)	5:05	11.8 (63.1%)
68	KOSZOWSKI Krystian	189		M-30	21	00:00:42	00:12:55	00:25:32.80	00:26:14.80	+00:09:28 (37.1%)	5:06	11.7 (62.6%)
69	PACAN Mirosława	132	ŚWIAT PŁYTEK U KRYSPIŃ	K-18	6	00:00:38	00:12:39	00:25:38.70	00:26:17.40	+00:09:34 (37.3%)	5:07	11.7 (62.6%)
70	ZIĘBA Paweł	183	TKKF KOSZALIN	M-40	11	00:00:32	00:12:31	00:25:43.50	00:26:16.00	+00:09:38 (37.5%)	5:08	11.7 (62.6%)
71	SOWIŃSKA Lidia	154	B-RUN-EK	K-14	1	00:00:31	00:12:59	00:25:43.55	00:26:14.65	+00:09:38 (37.5%)	5:08	11.7 (62.6%)
72	NIEZGODA Agata	127	B-RUN-EK	K-14	2	00:00:31	00:12:59	00:25:44.45	00:26:15.55	+00:09:39 (37.5%)	5:08	11.7 (62.6%)
73	PSTRĄGOWSKA Marlena	141	BIEGNIJMY.PL	K-30	5	00:00:32	00:12:50	00:25:52.50	00:26:24.75	+00:09:47 (37.9%)	5:10	11.6 (62.0%)
74	MRUGALSKI Stanisław	123	MTS HAMER MIASTKO	M-50	5	00:00:46	00:13:12	00:26:10.75	00:26:56.90	+00:10:06 (38.6%)	5:14	11.5 (61.5%)
75	RADOSZ Katarzyna	142		K-40	2	00:00:33	00:12:39	00:26:13.95	00:26:47.45	+00:10:09 (38.7%)	5:14	11.4 (61.0%)
76	CINCIO Wojciech	23	TKKF TRIATHLON KOSZALIN	M-13	4	00:00:37	00:12:57	00:26:22.20	00:26:59.60	+00:10:17 (39.0%)	5:16	11.4 (61.0%)
77	BATYŃSKA Magda	7		K-18	7	00:00:29	00:12:36	00:26:24.75	00:26:53.80	+00:10:20 (39.1%)	5:16	11.4 (61.0%)
78	NAJDORA Paweł	125		M-18	12	00:00:41	00:12:48	00:26:34.55	00:27:16.40	+00:10:29 (39.5%)	5:19	11.3 (60.4%)
79	HELLER Zdzisław	53	NIEZRZESZONY	M-60	1	00:00:24	00:13:14	00:26:36.95	00:27:01.60	+00:10:32 (39.6%)	5:19	11.3 (60.4%)
80	ŁADA Paweł	107		M-30	22	00:00:32	00:12:45	00:26:55.35	00:27:27.90	+00:10:50 (40.3%)	5:23	11.1 (59.4%)
81	GAWIECKI Piotr	42	ROZBIEGANY KOSZALIN	M-40	12	00:00:34	00:13:22	00:26:59.15	00:27:33.60	+00:10:54 (40.4%)	5:23	11.1 (59.4%)
82	GAWIECKA Mariola	41	ROZBIEGANY KOSZALIN	K-40	3	00:00:33	00:13:24	00:27:00.55	00:27:33.65	+00:10:55 (40.5%)	5:24	11.1 (59.4%)
83	KURŁOWICZ Krzysztof	192		M-30	23	00:00:28	00:12:16	00:27:01.75	00:27:30.65	+00:10:57 (40.5%)	5:24	11.1 (59.4%)

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84	KIPER Jarosław	81	JW1223	M-40	13	00:00:40	00:13:27	00:27:07.70	00:27:48.30	+00:11:03 (40.7%)	5:25	11.1 (59.4%)
85	FAJCHO Filip	37		M-13	5	00:00:40	00:13:29	00:27:13.55	00:27:53.80	+00:11:08 (41.0%)	5:26	11 (58.8%)
86	DEMBICKI Jakub	30		M-13	6	00:00:33	00:13:04	00:27:17.85	00:27:50.85	+00:11:13 (41.1%)	5:27	11 (58.8%)
87	KOMOROWSKA Beata	84	ROZBIEGANY KOSZALIN	K-30	6	00:00:34	00:12:51	00:27:22.45	00:27:56.80	+00:11:17 (41.3%)	5:28	11 (58.8%)
88	MICHALAK Anna	116		K-30	7	00:00:34	00:13:23	00:27:23.05	00:27:57.50	+00:11:18 (41.3%)	5:28	11 (58.8%)
89	MICHALCZYK Małgosia	117	WOJOWNICY WÓDY	K-18	8	00:00:34	00:13:23	00:27:23.95	00:27:58.60	+00:11:19 (41.3%)	5:28	10.9 (58.3%)
90	KOBUS Emila	82		K-30	8	00:00:43	00:13:18	00:27:27.70	00:28:11.50	+00:11:23 (41.5%)	5:29	10.9 (58.3%)
91	BŁOŃSKA Agnieszka	10	BABECZKI KOSZALIN	K-40	4	00:00:39	00:13:58	00:27:28.10	00:28:07.95	+00:11:23 (41.5%)	5:29	10.9 (58.3%)
92	JĘDRZEJEWSKI Krzysztof	63	K.S.R. ROWERIA	M-30	24	00:00:25	00:12:48	00:27:30.85	00:27:56.10	+00:11:26 (41.6%)	5:30	10.9 (58.3%)
93	MERKIEL Anna	194		K-18	9	00:00:41	00:13:57	00:27:43.25	00:28:24.75	+00:11:38 (42.0%)	5:32	10.8 (57.8%)
94	FELKOWSKA Karolina	38		K-30	9	00:00:45	00:13:46	00:27:50.85	00:28:36.50	+00:11:46 (42.3%)	5:34	10.8 (57.8%)
95	STOLARCZYK Łukasz	159	BIEGNIJMY.PL	M-18	13	00:00:34	00:13:11	00:27:54.40	00:28:28.75	+00:11:49 (42.4%)	5:34	10.8 (57.8%)
96	MURAWSKA Katarzyna	200		K-40	5	00:00:28	00:13:05	00:28:02.05	00:28:31.00	+00:11:57 (42.7%)	5:36	10.7 (57.2%)
97	DĄBROWSKA Katarzyna	28	TKKF KOSZALIN	K-18	10	00:00:41	00:13:47	00:28:07.35	00:28:48.75	+00:12:02 (42.8%)	5:37	10.7 (57.2%)
98	TOMICKA Małgorzata	173		K-30	10	00:00:43	00:13:32	00:28:08.85	00:28:52.40	+00:12:04 (42.9%)	5:37	10.7 (57.2%)
99	GZELA Olga	172		K-30	11	00:00:38	00:13:41	00:28:09.10	00:28:47.60	+00:12:04 (42.9%)	5:37	10.7 (57.2%)
100	URBAŃSKA Anetta	177		K-30	12	00:00:30	00:13:55	00:28:12.25	00:28:42.30	+00:12:07 (43.0%)	5:38	10.6 (56.7%)
101	KOROL Elżbieta	86	BABECZKI KOSZALIN	K-40	6	00:00:39	00:13:58	00:28:16.50	00:28:55.75	+00:12:11 (43.1%)	5:39	10.6 (56.7%)
102	BOGUSZEWSKA Agnieszka	14		K-30	13	00:00:37	00:13:39	00:28:35.45	00:29:12.85	+00:12:30 (43.8%)	5:43	10.5 (56.1%)
103	KASPRUŚ-DZWONEK Dorota	76		K-40	7	00:00:28	00:13:34	00:28:41.85	00:29:10.10	+00:12:37 (44.0%)	5:44	10.5 (56.1%)
104	MARSCHAŁKOWSKA Dorota	112	TKKF KOSZALIN	K-50	4	00:00:40	00:13:59	00:28:57.60	00:29:38.05	+00:12:53 (44.5%)	5:47	10.4 (55.6%)
105	SZYMAŃSKA Agnieszka	168		K-30	14	00:00:30	00:13:55	00:29:23.45	00:29:53.50	+00:13:18 (45.3%)	5:52	10.2 (54.5%)
106	MATUSZAK Agnieszka	114		K-30	15	00:00:30	00:13:56	00:29:25.40	00:29:55.45	+00:13:20 (45.4%)	5:53	10.2 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	CZOPIK Jowita	26		K-40	8	00:00:30	00:13:56	00:29:28.15	00:29:58.90	+00:13:23 (45.4%)	5:53	10.2 (54.5%)
108	POLETAJEW Andrzej	427	JUDO GWARDIA	M-13	7	00:00:40	00:14:08	00:29:29.65	00:30:10.00	+00:13:25 (45.5%)	5:54	10.2 (54.5%)
109	POLETAJEW Wiktoria	140		K-30	16	00:00:40	00:14:08	00:29:29.70	00:30:10.00	+00:13:25 (45.5%)	5:54	10.2 (54.5%)
110	POLETAREW Bartosz	426		M-30	25	00:00:38	00:14:09	00:29:32.30	00:30:10.30	+00:13:27 (45.6%)	5:54	10.2 (54.5%)
111	HAUSMAN Andrzej	51	KSR ROWERIA	M-60	2	00:00:34	00:14:25	00:29:43.90	00:30:18.65	+00:13:39 (45.9%)	5:56	10.1 (54.0%)
112	JAKUBOWSKA Anna	58		K-18	11	00:00:38	00:14:35	00:29:56.00	00:30:34.00	+00:13:51 (46.3%)	5:59	10 (53.5%)
113	KOŻŁOWIECKA Małgorzata	87		K-50	5	00:00:24	00:14:52	00:30:01.55	00:30:25.60	+00:13:56 (46.5%)	6:00	10 (53.5%)
114	DATA Daria	27		K-13	1	00:00:46	00:14:46	00:30:05.35	00:30:51.70	+00:14:00 (46.6%)	6:01	10 (53.5%)
115	BURDA Weronika	184		K-13	2	00:00:34	00:14:37	00:30:10.30	00:30:44.55	+00:14:05 (46.7%)	6:02	9.9 (52.9%)
116	DORAWA Patrycja	33		K-18	12	00:00:40	00:14:40	00:30:13.10	00:30:53.85	+00:14:08 (46.8%)	6:02	9.9 (52.9%)
117	MAZUREK Hanna	115	BABECZKI KOSZALIN/ROZBIEGANY KOSZALIN	K-13	3	00:00:34	00:14:58	00:30:40.60	00:31:15.45	+00:14:36 (47.6%)	6:08	9.8 (52.4%)
118	SZYSZKOWSKA Katarzyna	170		K-30	17	00:00:42	00:14:52	00:30:43.20	00:31:26.10	+00:14:38 (47.7%)	6:08	9.8 (52.4%)
119	GUŁA Adriana	49		K-18	13	00:00:42	00:15:18	00:31:01.05	00:31:43.35	+00:14:56 (48.2%)	6:12	9.7 (51.9%)
120	BURKIET Aneta	20		K-30	18	00:00:28	00:15:13	00:31:02.50	00:31:30.60	+00:14:57 (48.2%)	6:12	9.7 (51.9%)
121	BOGUSŁAWSKI Filip	13	SZ.P 17	M-13	8	00:00:25	00:15:50	00:31:02.90	00:31:27.95	+00:14:58 (48.2%)	6:12	9.7 (51.9%)
122	PLATA Katarzyna	136		K-40	9	00:00:46	00:15:27	00:31:20.60	00:32:06.75	+00:15:16 (48.7%)	6:16	9.6 (51.3%)
123	PIOR Tomasz	198		M-30	26	00:00:42	00:15:16	00:31:21.20	00:32:03.85	+00:15:16 (48.7%)	6:16	9.6 (51.3%)
124	MALĄG BAIK Anna	110		K-18	14	00:00:45	00:15:28	00:31:21.40	00:32:06.95	+00:15:16 (48.7%)	6:16	9.6 (51.3%)
125	PIOR Kacper	135		M-13	9	00:00:42	00:15:17	00:31:21.45	00:32:03.90	+00:15:16 (48.7%)	6:16	9.6 (51.3%)
126	DĘBOWSKA-SZCZYTKOWSKA Izabella	31	K.B.SPRINT ŚWIDWIN	K-40	10	00:00:45	00:15:20	00:31:32.40	00:32:17.60	+00:15:27 (49.0%)	6:18	9.5 (50.8%)
127	LAMCZYK Agnieszka	100	KOCIAK	K-18	15	00:00:30	00:16:13	00:33:12.95	00:33:43.15	+00:17:08 (51.6%)	6:38	9 (48.1%)
128	BURKIET Monika	19		K-30	19	00:00:28	00:15:35	00:33:17.65	00:33:45.95	+00:17:13 (51.7%)	6:39	9 (48.1%)
129	RÓG Weronika	148		K-13	4	00:00:45	00:16:09	00:33:17.80	00:34:03.05	+00:17:13 (51.7%)	6:39	9 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
129	RÓG Krystyna	147		K-30	20	00:00:45	00:16:09	00:33:17.80	00:34:03.30	+00:17:13 (51.7%)	6:39	9 (48.1%)
131	SZCZEBLEWSKI Józef	163		M-60	3	00:00:22	00:16:06	00:33:30.05	00:33:52.20	+00:17:25 (52.0%)	6:42	9 (48.1%)
132	BIERKA Michał	9		M-13	10	00:00:38	00:15:33	00:33:58.80	00:34:37.30	+00:17:54 (52.7%)	6:47	8.8 (47.1%)
133	BIERKA Sylwia	8		K-30	21	00:00:38	00:16:46	00:34:34.90	00:35:13.65	+00:18:30 (53.5%)	6:55	8.7 (46.5%)
134	KILAR Oliwia	78	BIEGAM Z MAMĄ TATĄ BRATEM I BABCIA	K-13	5	00:00:43	00:17:18	00:34:48.20	00:35:32.00	+00:18:43 (53.8%)	6:57	8.6 (46.0%)
135	KILAR Igor	80	BIEGAM Z MAMĄ TATĄ BABCIA I SIOSTRĄ	M-13	11	00:00:43	00:17:30	00:36:13.30	00:36:57.15	+00:20:08 (55.6%)	7:14	8.3 (44.4%)
136	KILAR Tomasz	281	HILL KILER KOSZALIN	M-40	14	00:00:43	00:17:30	00:36:13.35	00:36:57.05	+00:20:08 (55.6%)	7:14	8.3 (44.4%)
137	BARTNIK Marian	6	TKKF KOSZALIN	M-70+	2	00:00:21	00:18:04	00:37:31.35	00:37:52.85	+00:21:26 (57.2%)	7:30	8 (42.8%)
138	ANTON Alina	1		K-60	1	00:00:40	00:18:34	00:38:10.45	00:38:51.35	+00:22:05 (57.9%)	7:38	7.9 (42.2%)
139	KRZOS Zofia	95		K-13	6	00:00:43	00:23:18	00:39:18.50	00:40:01.50	+00:23:13 (59.1%)	7:51	7.6 (40.6%)
140	BARTENOWSKA-KRZOS Anna	5		K-30	22	00:00:42	00:23:19	00:39:18.80	00:40:01.55	+00:23:14 (59.1%)	7:51	7.6 (40.6%)

Znaleziono 140 wynik(ów)