

BIEG ŚNIADANIOWY O PUCHAR BURMISTRZ MIELNA - 5 KM

B4SPORT

Wydarzenie: XVI Międzynarodowy Zlot Morsów
Organizator: Gmina Mielno, Centrum Kultury w Mielnie – Biuro Organizacyjne Zlotu Morsów
Data: 2019-02-09
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GARSKI Dawid	42	MLKS BASZTA BYTÓW	M-18	1	00:18:53.37		3:46	15.9 (100%)
2	KUŚMIDER Andrzej	108	WMLKS POMORZE STARGARD	M-30	1	00:19:04.97	+00:00:11 (1.0%)	3:48	15.7 (98.7%)
3	GIŻYŃSKI Damian	49	ALPIN SPORT TEAM/SZARE MORSY	M-30	2	00:20:49.06	+00:01:55 (9.1%)	4:09	14.4 (90.6%)
4	GĘBSKI Jacek	263	CZARNECKI RUN TEAM	M-30	3	00:21:46.61	+00:02:54 (13.2%)	4:21	13.8 (86.8%)
5	MALEC Mariusz	121	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-40	1	00:22:03.72	+00:03:10 (14.2%)	4:24	13.6 (85.5%)
6	ROKOSZ Radosław	238		M-30	4	00:22:30.05	+00:03:37 (16.0%)	4:30	13.3 (83.6%)
7	RYKIEL Michał	181		M-30	5	00:22:32.90	+00:03:41 (16.2%)	4:30	13.3 (83.6%)
8	TUŁACZ Bohdan	221	KALISKIE MORSY	M-40	2	00:22:42.82	+00:03:49 (16.7%)	4:32	13.2 (83.0%)
9	DEJEWSKI Jakub	26	SZARE MORSY	M-30	6	00:23:01.97	+00:04:08 (17.8%)	4:36	13 (81.8%)
10	GRZESIK Eugeniusz	57	TKKF KOSZALIN	M-50	1	00:23:02.01	+00:04:09 (17.9%)	4:36	13 (81.8%)
11	JABŁOŃSKI Tomasz	69	KB SPOKO SŁAWNO	M-40	3	00:23:17.61	+00:04:24 (18.8%)	4:39	12.9 (81.1%)
12	SZPAK Damian	253	TYSKIE SINICE	M-50	2	00:23:24.34	+00:04:31 (19.2%)	4:40	12.8 (80.5%)
13	POMIAN Sebastian	251		M-18	2	00:23:24.26	+00:04:35 (19.4%)	4:40	12.8 (80.5%)
14	AUGUSTYN Mateusz	1	MORSY NA KOKSIE	M-18	3	00:23:42.53	+00:04:49 (20.2%)	4:44	12.6 (79.2%)
15	FLISZKIEWICZ Artur	247		M-30	7	00:23:45.18	+00:04:53 (20.4%)	4:45	12.6 (79.2%)
16	BIĘNKOWSKI Tomasz	265	IQ CONSULTING	M-30	8	00:23:46.84	+00:04:54 (20.5%)	4:45	12.6 (79.2%)
17	ZIELIŃSKA Anna	248	TRUCHT ŁOBEZ	K-40	1	00:23:47.09	+00:04:55 (20.5%)	4:45	12.6 (79.2%)
18	HOREGLAD Paweł	66	SPEEDY GONZALES	M-18	4	00:23:57.77	+00:05:11 (21.4%)	4:47	12.5 (78.6%)
19	GRYGORCEWICZ Jan	269	POLICKIE MORSY	M-50	3	00:24:07.89	+00:05:17 (21.7%)	4:49	12.4 (78.0%)
20	BERNATEK Marcin	8	STRZEGOMSKA DWUNASTKA	M-40	4	00:24:16.27	+00:05:26 (22.2%)	4:51	12.4 (78.0%)
21	SUBERLAK Damian	199	RUNDORFINA	M-18	5	00:24:05.60	+00:05:29 (22.3%)	4:49	12.4 (78.0%)
22	KRACZYŃSKI Łukasz	11		M-30	9	00:24:32.57	+00:05:39 (22.9%)	4:54	12.2 (76.7%)
23	MUCHA Krzysztof	132		M-40	5	00:24:30.52	+00:05:41 (23.0%)	4:54	12.2 (76.7%)
24	POKRZYWKA Piotr	170	MORSY OPOCZNO	M-30	10	00:24:22.67	+00:05:42 (23.0%)	4:52	12.3 (77.4%)
25	CHORAŻY Karolina	18	LEO-TEAM	K-30	1	00:24:39.60	+00:05:49 (23.4%)	4:56	12.2 (76.7%)
26	WOLIŃSKI Benedykt	235	LODOŁAMACZ SKIERNIEWICE	M-40	6	00:24:44.25	+00:06:03 (24.1%)	4:56	12.1 (76.1%)
27	TARNACKI Mateusz	220	MORSY BORÓW NIEMODLIŃSKICH	M-30	11	00:24:54.25	+00:06:03 (24.1%)	4:58	12 (75.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	KACZMAREK Piotr	78	KS AMBER	M-18	6	00:25:14.16	+00:06:08 (24.3%)	5:02	11.9 (74.8%)
29	KATRYCZ Zbigniew	82		M-50	4	00:25:14.57	+00:06:24 (25.1%)	5:02	11.9 (74.8%)
30	PICK Tomasz	160	DEAF KOSZALIN	M-40	7	00:25:13.17	+00:06:26 (25.2%)	5:02	11.9 (74.8%)
31	PROTASIEWICZ Robert	219		M-40	8	00:25:23.22	+00:06:31 (25.5%)	5:04	11.8 (74.2%)
32	STEFANOWICZ Paweł	261		M-40	9	00:25:22.06	+00:06:33 (25.6%)	5:04	11.8 (74.2%)
33	PAKOWSKI Robert	155	KS AMBER	M-40	10	00:25:22.87	+00:06:34 (25.6%)	5:04	11.8 (74.2%)
34	GĘBSKA Marta	264	CZARNECKI RUN TEAM	K-18	1	00:25:27.26	+00:06:36 (25.7%)	5:05	11.8 (74.2%)
35	KANIOWSKI Piotr	79		M-40	11	00:25:28.36	+00:06:36 (25.7%)	5:05	11.8 (74.2%)
36	LANGE Damian	114	TEAM POSEJDONA	M-30	12	00:25:21.03	+00:06:39 (25.8%)	5:04	11.8 (74.2%)
37	KONKEL Agnieszka	90		K-30	2	00:25:31.22	+00:06:41 (26.0%)	5:06	11.8 (74.2%)
38	MORGIEWICZ Piotr	128	GĘSIA SKÓRKA GRYFICE	M-50	5	00:25:44.69	+00:06:51 (26.4%)	5:09	11.7 (73.6%)
39	KOCIK Kamil	88	LZS LASOCIN	M-18	7	00:25:44.15	+00:07:02 (26.9%)	5:08	11.7 (73.6%)
40	SPRINGER Marcin	250		M-40	12	00:26:00.71	+00:07:13 (27.5%)	5:12	11.5 (72.3%)
41	GOŁEK Karolina	52	FOR-FERST-RUN	K-30	3	00:26:05.16	+00:07:15 (27.5%)	5:13	11.5 (72.3%)
42	DEJEWSKA Arleta	25	SZARE MORSY	K-30	4	00:26:16.40	+00:07:23 (27.9%)	5:15	11.4 (71.7%)
43	NIEWIADOMSKI Tomasz	140		M-18	8	00:26:19.92	+00:07:36 (28.5%)	5:16	11.4 (71.7%)
44	RUTKOWSKI Sławomir	179	KOSZALIŃSKI RANKING BIEGACZY	M-30	13	00:26:30.59	+00:07:38 (28.6%)	5:18	11.3 (71.1%)
45	GĘBKA Jakub	45	JURAJSKIE MORSY	M-13	1	00:26:32.75	+00:07:39 (28.6%)	5:18	11.3 (71.1%)
46	KARKOSZKA Anita	80		K-30	5	00:26:30.21	+00:07:40 (28.7%)	5:18	11.3 (71.1%)
47	WOLSKI Paweł	236		M-30	14	00:26:16.06	+00:07:42 (28.8%)	5:15	11.4 (71.7%)
48	TYLMAN Piotr	222	RUNDORFINA	M-30	15	00:26:40.80	+00:07:50 (29.1%)	5:20	11.2 (70.4%)
49	PIOTROWSKI Grzegorz	165	STRZEGOMSKA DWUNASTKA	M-30	16	00:26:41.56	+00:07:51 (29.1%)	5:20	11.2 (70.4%)
50	DOBROCHOWSKI Marek	28	STRZEGOMSKA DWUNASTKA	M-30	17	00:26:43.78	+00:07:52 (29.2%)	5:20	11.2 (70.4%)
51	SZYMAŃSKA Brygida	213	STRZEGOMSKA DWUNASTKA	K-18	2	00:26:44.48	+00:07:54 (29.3%)	5:20	11.2 (70.4%)
52	KRASIŃSKI Witold	101		M-40	13	00:27:12.06	+00:08:23 (30.5%)	5:26	11 (69.2%)
53	MIELCZAREK Krystian	126	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-30	18	00:27:08.93	+00:08:27 (30.7%)	5:25	11 (69.2%)
54	NOWAK Paweł	143	RUNDORFINA	M-30	19	00:27:17.19	+00:08:38 (31.2%)	5:27	11 (69.2%)
55	GŁADYSZAK Michał	50	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-30	20	00:27:32.44	+00:08:42 (31.3%)	5:30	10.9 (68.6%)
56	WÓJCICKI Adrian	239	DEAF KOSZALIN	M-30	21	00:27:31.76	+00:08:46 (31.5%)	5:30	10.9 (68.6%)
57	HAŁKA Justyna	61	TRUCHT ŁOBEZ	K-30	6	00:27:30.89	+00:08:46 (31.5%)	5:30	10.9 (68.6%)
58	OGRODOWCZYK Rafał	148		M-40	14	00:27:32.43	+00:08:53 (31.7%)	5:30	10.9 (68.6%)
59	SZYMECKI Rafał	217	TOTALNIE BIEGNIĘCI	M-30	22	00:27:49.41	+00:09:00 (32.1%)	5:33	10.8 (67.9%)
60	SYCHA Jarosław	203		M-30	23	00:27:51.44	+00:09:02 (32.1%)	5:34	10.8 (67.9%)
61	DALKA Maciej	23		M-30	24	00:27:46.01	+00:09:03 (32.2%)	5:33	10.8 (67.9%)
62	KONKEL Łukasz	91		M-40	15	00:27:53.08	+00:09:04 (32.2%)	5:34	10.8 (67.9%)
63	ZIÓŁKOWSKI Krzysztof	249	MORSY OPOCZNO	M-18	9	00:27:49.35	+00:09:06 (32.3%)	5:33	10.8 (67.9%)
64	SZEREMETA Adam	255	ZGIERZOLUDY ZGIERZ	M-40	16	00:27:54.69	+00:09:07 (32.3%)	5:34	10.8 (67.9%)
65	JĘDRYCHA Mariusz	75	LODOŁAMACZ MORSY SKIERNIEWICE	M-40	17	00:27:45.03	+00:09:10 (32.5%)	5:33	10.8 (67.9%)
66	SZEWCZYK Monika	208	KKM KALORYFER	K-30	7	00:28:06.56	+00:09:17 (32.7%)	5:37	10.7 (67.3%)
67	DURKALEC Ewelina	33	STRZEGOMSKA DWUNASTKA	K-30	8	00:28:19.84	+00:09:29 (33.2%)	5:40	10.6 (66.7%)
68	PŁOSZAJCZYK Norbert	167	STRZEGOMSKA DWUNASTKA	M-50	6	00:28:18.17	+00:09:30 (33.2%)	5:39	10.6 (66.7%)
69	KĘDZIORA Ireneusz	84	PIONKOWSKIE MORSY	M-40	18	00:28:16.18	+00:09:32 (33.3%)	5:39	10.6 (66.7%)
70	WIATRZYK Krzysztof	230	DARŁOWO	M-40	19	00:28:27.67	+00:09:41 (33.7%)	5:41	10.5 (66.0%)
71	MURAWSKA Wioletta	134	POLICKIE MORSY	K-50	1	00:28:35.94	+00:09:43 (33.8%)	5:43	10.5 (66.0%)

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72	KALMARCZYK Marcin	162		M-18	10	00:28:23.03	+00:09:46 (33.8%)	5:40	10.6 (66.7%)
73	RUTKOWSKI Artur	178	KOSZALIŃKI RANKING BIEGACZY	M-18	11	00:28:39.63	+00:09:48 (33.9%)	5:44	10.5 (66.0%)
74	CIUŃCZYK Bogdan	19	LODOŁAMACZ KLUB MORSZA SKIERNIEWICE	M-40	20	00:28:31.58	+00:09:48 (33.9%)	5:42	10.5 (66.0%)
75	GRYGORCEWICZ Władysław	56	POLICKIE MORSY	M-60	1	00:28:43.24	+00:09:51 (34.0%)	5:44	10.4 (65.4%)
76	GRUNTOWSKI Mateusz	55		M-30	25	00:28:46.59	+00:09:54 (34.2%)	5:45	10.4 (65.4%)
77	PUŁKOWSKI Rafał	174		M-40	21	00:28:45.24	+00:10:00 (34.4%)	5:45	10.4 (65.4%)
78	SZYMECKA Monika	216	TOTALNIE BIEGNIĘCI	K-30	9	00:28:54.57	+00:10:05 (34.6%)	5:47	10.4 (65.4%)
79	PIECHOTA Daniel	161	HARCIOLE	M-40	22	00:29:23.96	+00:10:32 (35.6%)	5:52	10.2 (64.2%)
80	WYCZAŁKOWSKI Witold	241	WROCŁAWSKIE MORSY	M-50	7	00:29:13.49	+00:10:33 (35.6%)	5:50	10.3 (64.8%)
81	WOŁCZYK Małgorzata	237	KS AMBER	K-30	10	00:29:21.84	+00:10:35 (35.7%)	5:52	10.2 (64.2%)
82	LECHOWICZ Tadeusz	115	SZARE MORSY	M-50	8	00:29:28.55	+00:10:40 (35.8%)	5:53	10.2 (64.2%)
83	WIERZBIŃSKI Rafał	231	BIAŁOGARD	M-30	26	00:29:26.15	+00:10:49 (36.2%)	5:53	10.2 (64.2%)
84	STAŃCZAK Grzegorz	195	ASTON VILLA	M-50	9	00:29:33.89	+00:10:52 (36.3%)	5:54	10.1 (63.5%)
85	KACZMARCZYK Stanisław	227		M-60	2	00:29:39.17	+00:10:55 (36.4%)	5:55	10.1 (63.5%)
86	SZYMAŃSKI Michał	215	STRZEGOMSKA DWUNASTKA	M-30	27	00:29:47.99	+00:10:58 (36.5%)	5:57	10.1 (63.5%)
87	MALISZEWSKA Anita	123		K-18	3	00:29:43.46	+00:10:59 (36.5%)	5:56	10.1 (63.5%)
88	JOCHYM Mariusz	76		M-30	28	00:29:37.63	+00:11:01 (36.6%)	5:55	10.1 (63.5%)
89	RYBACKA Katarzyna	180	POLAR	K-40	2	00:29:51.78	+00:11:09 (36.9%)	5:58	10 (62.9%)
90	MYK Paweł	136		M-30	29	00:30:08.26	+00:11:24 (37.4%)	6:01	10 (62.9%)
91	KORZENIOWSKA Ewa	98		K-18	4	00:30:09.14	+00:11:24 (37.4%)	6:01	10 (62.9%)
92	RODEWALD Ryszard	177	BIEGAMDLAZDROWIA.PL	M-40	23	00:30:21.08	+00:11:39 (37.9%)	6:04	9.9 (62.3%)
93	PACAN Mira	152	ŚWIAT PŁYTEK U KRYSPIŃA	K-30	11	00:30:19.66	+00:11:40 (38.0%)	6:03	9.9 (62.3%)
94	DOBROCHOWSKA Ilona	27	STRZEGOMSKA DWUNASTKA	K-40	3	00:30:34.48	+00:11:45 (38.1%)	6:06	9.8 (61.6%)
95	KOPYŚCIAŃSKI Piotr	95	LEGNICKIE MORSY	M-40	24	00:30:26.31	+00:11:47 (38.2%)	6:05	9.9 (62.3%)
96	MARCZYKOWSKI Jarosław	228		M-50	10	00:30:33.96	+00:11:49 (38.2%)	6:06	9.8 (61.6%)
97	MOŃKA Andrzej	127	ZMORSOWANI	M-40	25	00:30:32.31	+00:11:52 (38.4%)	6:06	9.8 (61.6%)
98	SZOSTAK Marcin	209	WIECZORNE BIEGANIE W SZCZECINIE	M-30	30	00:30:33.10	+00:11:55 (38.5%)	6:06	9.8 (61.6%)
99	KORCZAK Piotr	96	GÓRSKIE WŁÓCZYKIJE	M-30	31	00:30:34.71	+00:11:57 (38.5%)	6:07	9.8 (61.6%)
100	ZAKRZEWSKA Elżbieta	243	POSEJDON KOSZALIN	K-50	2	00:30:55.45	+00:12:05 (38.8%)	6:11	9.7 (61.0%)
101	KRUPA Irena	102	EKIPA LODOWCOWA	K-30	12	00:30:48.63	+00:12:06 (38.8%)	6:09	9.7 (61.0%)
102	ZAPORA Patrycja	245	KLUB MORSZA 'KROPELKA' PIECHOWICE	K-40	4	00:30:53.07	+00:12:06 (38.8%)	6:10	9.7 (61.0%)
103	HAŁKA Arkadiusz	62	TRUCHT ŁOBEZ	M-40	26	00:30:52.84	+00:12:09 (38.9%)	6:10	9.7 (61.0%)
104	PEŁKA Aneta	159	K.S.AMBER	K-40	5	00:31:05.36	+00:12:12 (39.0%)	6:13	9.7 (61.0%)
105	WARCHOŁ Grzegorz	224	MORSY NA KOKSIE	M-30	32	00:31:03.75	+00:12:13 (39.0%)	6:12	9.7 (61.0%)
106	PEC Rafał	158	MORSY OPOCZNO	M-30	33	00:30:57.54	+00:12:14 (39.1%)	6:11	9.7 (61.0%)
107	MRUGALSKI Stanisław	131		M-50	11	00:30:47.67	+00:12:17 (39.1%)	6:09	9.7 (61.0%)
108	MARASEK Mikołaj	254	KKM KALORYFER	M-13	2	00:31:14.66	+00:12:22 (39.3%)	6:15	9.6 (60.4%)
109	SZOT Ewa	210		K-40	6	00:31:07.45	+00:12:29 (39.5%)	6:13	9.6 (60.4%)
110	WĄSIK Marek	256		M-50	12	00:31:31.51	+00:12:40 (39.9%)	6:18	9.5 (59.7%)
111	PACAN Bartosz	153	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	34	00:31:19.98	+00:12:41 (39.9%)	6:16	9.6 (60.4%)
112	BANASIK Wiesław	3	MORSY NA KOKSIE	M-50	13	00:31:36.76	+00:12:51 (40.2%)	6:19	9.5 (59.7%)
113	GNIOT Katarzyna	51	MORSY NA KOKSIE	K-30	13	00:31:43.20	+00:12:51 (40.3%)	6:20	9.5 (59.7%)
114	NOWAK Katarzyna	146		K-30	14	00:31:40.53	+00:12:56 (40.4%)	6:20	9.5 (59.7%)
115	MARYSIAK Karol	9		M-30	35	00:31:18.90	+00:12:56 (40.4%)	6:15	9.6 (60.4%)

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116	IGNACZEWSKA Maja Ignaczewska	68		K-30	15	00:31:40.00	+00:13:07 (40.7%)	6:20	9.5 (59.7%)
117	JUSZCZAK Krzysztof	6		M-60	3	00:31:30.56	+00:13:07 (40.7%)	6:18	9.5 (59.7%)
118	CHMIEL Nina	262	CZARNECKI RUN TEAM	K-50	3	00:31:51.84	+00:13:08 (40.8%)	6:22	9.4 (59.1%)
119	SOMERFELD Wiktor	233		M-40	27	00:31:34.48	+00:13:11 (40.9%)	6:19	9.5 (59.7%)
120	MATCZAK Jacek	124		M-40	28	00:32:03.49	+00:13:20 (41.1%)	6:24	9.4 (59.1%)
121	WAŚNIEWSKI Adam	226	GÓRSKIE WŁÓCZYKIJE	M-40	29	00:32:00.99	+00:13:21 (41.2%)	6:24	9.4 (59.1%)
122	CHOJNACKA-MARYSIK Anna	17	KLUB SPORTOWY LIBERO / POWIDZKIE MORSY	K-30	16	00:31:46.22	+00:13:23 (41.2%)	6:21	9.4 (59.1%)
123	DALKA Hanna	22	NIEZRZESZONA	K-30	17	00:32:16.71	+00:13:33 (41.5%)	6:27	9.3 (58.5%)
124	MADEJ Elżbieta	120	ŁÓDZKIE MORSY	K-50	4	00:32:27.56	+00:13:39 (41.7%)	6:29	9.2 (57.9%)
125	STELMASZCZYK Dominik	198	DOMINOTEAM	M-40	30	00:32:18.22	+00:13:41 (41.7%)	6:27	9.3 (58.5%)
126	SZELMECZKA Bogdan	207	EUFORIA	M-60	4	00:32:09.37	+00:13:45 (41.9%)	6:26	9.3 (58.5%)
127	CHILLA Danuta	16		K-30	18	00:32:35.45	+00:13:52 (42.1%)	6:31	9.2 (57.9%)
128	SZOTA Rafał	212	KKM KALORYFER	M-40	31	00:32:48.89	+00:13:59 (42.3%)	6:33	9.1 (57.2%)
129	NOWAK Jarosław	145	LODOŁAMACZE MARGONIN	M-40	32	00:33:02.66	+00:14:27 (43.1%)	6:36	9.1 (57.2%)
130	JURA Kazimierz	77	MTS HAMER MIASTKO	M-70+	1	00:32:59.18	+00:14:29 (43.1%)	6:35	9.1 (57.2%)
131	SPRINGER Jagoda	252		K-13	1	00:33:18.78	+00:14:31 (43.2%)	6:39	9 (56.6%)
132	WIERZBOWSKI Jarosław	260	ZGIERZOLUDY	M-30	36	00:33:21.42	+00:14:34 (43.3%)	6:40	9 (56.6%)
133	WYSOCKI Jarosław	242	WROCŁAWSKIE MORSY	M-50	14	00:33:13.21	+00:14:38 (43.4%)	6:38	9 (56.6%)
134	DUDEK Magdalena	32	KKM KALORYFER	K-30	19	00:33:27.90	+00:14:38 (43.4%)	6:41	9 (56.6%)
135	WACŁAWSKA Izabela	266	ŁÓDZKIE MORSY	K-40	7	00:33:29.37	+00:14:42 (43.5%)	6:41	9 (56.6%)
136	FRONTCZAK Kamil	40	ŁÓDZKIE MORSY	M-30	37	00:33:29.50	+00:14:42 (43.5%)	6:41	9 (56.6%)
137	ADAMCZYK Piotr	267	ŁÓDZKIE MORSY	M-40	33	00:33:29.37	+00:14:43 (43.5%)	6:42	9 (56.6%)
138	SZATKOWSKA Anna	206	ŁÓDZKIE MORSY	K-30	20	00:33:31.83	+00:14:43 (43.5%)	6:42	8.9 (56.0%)
139	SYPEREK Marcin	258	WROCŁAWSKIE MORSY	M-40	34	00:33:30.36	+00:14:49 (43.7%)	6:42	9 (56.6%)
140	NITA Małgorzata	141		K-40	8	00:33:37.61	+00:14:51 (43.8%)	6:43	8.9 (56.0%)
141	WRÓBLEWSKA Marta	240		K-40	9	00:33:47.10	+00:15:06 (44.2%)	6:45	8.9 (56.0%)
142	KUBICZEK Grzegorz	104	JURAJSKIE MORSY	M-50	15	00:33:56.55	+00:15:06 (44.2%)	6:47	8.8 (55.3%)
143	SROKA Lidia	192	JURAJSKIE MORSY	K-40	10	00:33:56.93	+00:15:06 (44.2%)	6:47	8.8 (55.3%)
144	SKAŁA Renia	189	JURAJSKIE MORSY	K-40	11	00:33:51.86	+00:15:11 (44.3%)	6:46	8.9 (56.0%)
145	KUTWIN Artur	110	OKEANOS	M-40	35	00:33:51.21	+00:15:16 (44.4%)	6:46	8.9 (56.0%)
146	GĘBKA Joanna	44	JURAJSKIE MORSY	K-40	12	00:33:58.48	+00:15:18 (44.5%)	6:47	8.8 (55.3%)
147	GALIŃSKI Paweł	41	KS AMBER	M-40	36	00:34:05.63	+00:15:19 (44.5%)	6:49	8.8 (55.3%)
148	GĘBKA Marcin	46	JURAJSKIE MORSY	M-40	37	00:33:57.84	+00:15:19 (44.5%)	6:47	8.8 (55.3%)
149	KILAN Adrian	86		M-30	38	00:33:59.47	+00:15:25 (44.7%)	6:47	8.8 (55.3%)
150	CZERNIEWSKI Marcin	20		M-30	39	00:34:03.10	+00:15:27 (44.7%)	6:48	8.8 (55.3%)
151	WOJTYSIK Dorota	234		K-30	21	00:34:15.60	+00:15:31 (44.9%)	6:51	8.8 (55.3%)
152	MULARCZYK Krzysztof	133	WARECKIE MORSY	M-30	40	00:34:18.82	+00:15:42 (45.1%)	6:51	8.7 (54.7%)
153	HELLER Zdzisław	63	NIEZRZESZONY	M-60	5	00:34:23.44	+00:15:48 (45.3%)	6:52	8.7 (54.7%)
154	SURÓWKA Wioleta	201	SKAWINA BIEGA	K-30	22	00:34:44.13	+00:15:55 (45.5%)	6:56	8.6 (54.1%)
155	FEDYCZKOWSKA Justyna	38	STRZEGOMSKA DWUNASTKA	K-40	13	00:34:41.08	+00:16:01 (45.6%)	6:56	8.6 (54.1%)
156	HRYCIÓW Paweł	67	JW1223	M-30	41	00:34:38.02	+00:16:02 (45.7%)	6:55	8.7 (54.7%)
157	BASIAK Krystian	5	JW1223	M-30	42	00:34:39.62	+00:16:03 (45.7%)	6:56	8.7 (54.7%)
158	STAŃCZYK Sławomir	196	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-30	43	00:34:48.69	+00:16:04 (45.7%)	6:57	8.6 (54.1%)
159	OSIOWY Ewa	150	ESKIMOS	K-30	23	00:34:59.37	+00:16:09 (45.8%)	7:00	8.6 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
160	PAZERA Piotr	157		M-30	44	00:35:07.31	+00:16:16 (46.0%)	7:01	8.5 (53.5%)
161	PODSIADŁA Ewelina	169		K-30	24	00:35:07.73	+00:16:16 (46.0%)	7:01	8.5 (53.5%)
162	KOWALISZYN Małgorzata	100	DOBROMORSY	K-40	14	00:35:23.61	+00:16:38 (46.6%)	7:04	8.5 (53.5%)
163	GAWLE Kinga	43	HEINEKEN KRAKOW RUNNING CLUB DAREDEVILS TRIATHLONTEAM	K-30	25	00:35:33.59	+00:16:45 (46.7%)	7:06	8.4 (52.8%)
164	DUDEK Mariola	31	STRZEGOMSKA DWUNASTKA	K-40	15	00:35:27.07	+00:16:47 (46.8%)	7:05	8.5 (53.5%)
165	DUDEK Krzysztof	30	STRZEGOMSKA DWUNASTKA	M-40	38	00:35:28.02	+00:16:48 (46.8%)	7:05	8.5 (53.5%)
166	POMRENKE Łukasz	171	KATOWICKI KLUB MORSÓW ARKTYKA	M-18	12	00:35:41.57	+00:16:56 (47.0%)	7:08	8.4 (52.8%)
167	KIEŁKOWSKA Agnieszka	85	SZARE MORSY	K-40	16	00:35:47.87	+00:17:03 (47.2%)	7:09	8.4 (52.8%)
168	KONKEL Joanna	92	MKS 'ŚWIĘC' SŁAWNO	K-50	5	00:35:59.94	+00:17:14 (47.4%)	7:12	8.3 (52.2%)
169	JASEK Wiola	73	ŚWIĘTOCHŁOWICKI KLUB MORSÓW HARCIOLE	K-40	17	00:35:59.64	+00:17:16 (47.5%)	7:12	8.3 (52.2%)
170	BAJCAR Beata	2	SZARE MORSY	K-40	18	00:36:03.41	+00:17:20 (47.6%)	7:12	8.3 (52.2%)
171	MARCZYKOWSKA Dorota	164		K-40	19	00:36:19.29	+00:17:33 (47.9%)	7:15	8.3 (52.2%)
172	JAKUBEK Anna	71	SOPELEK	K-30	26	00:36:21.18	+00:17:40 (48.1%)	7:16	8.3 (52.2%)
173	KURCZ Barbara	107	BABECZKI KOSZALIN	K-40	20	00:36:22.56	+00:17:42 (48.1%)	7:16	8.2 (51.6%)
174	BARAN Irena	4	SZARE MORSY	K-50	6	00:36:29.54	+00:17:45 (48.2%)	7:17	8.2 (51.6%)
175	KARPOWSKI Marian	81		M-50	16	00:37:00.54	+00:18:20 (49.0%)	7:24	8.1 (50.9%)
176	RAWECKA Elwira	176	NIGHT RUNNERS	K-50	7	00:37:03.03	+00:18:21 (49.0%)	7:24	8.1 (50.9%)
177	WINKIEL Wiesław	232	SZARE MORSY	M-60	6	00:37:13.41	+00:18:29 (49.2%)	7:26	8.1 (50.9%)
178	SZOTA Monika	211	KKM KALORYFER	K-40	21	00:37:23.42	+00:18:34 (49.3%)	7:28	8 (50.3%)
179	WEISS Anna	229		K-40	22	00:37:28.35	+00:18:41 (49.5%)	7:29	8 (50.3%)
180	MAĆKOWIAK Ewa	119	NIAGARA KLUB MORSÓW	K-30	27	00:37:29.72	+00:18:41 (49.5%)	7:30	8 (50.3%)
181	SIKORSKA Katarzyna	186	NIAGARA KLUB MORSÓW	K-30	28	00:37:29.53	+00:18:41 (49.5%)	7:29	8 (50.3%)
182	ZANDECKA Anita	244	NIAGARA KLUB MORSÓW	K-18	5	00:37:28.85	+00:18:42 (49.5%)	7:29	8 (50.3%)
183	KONKIEWICZ Katarzyna	93	GRODZISKI KLUB BIEGACZA	K-40	23	00:37:30.36	+00:18:42 (49.5%)	7:30	8 (50.3%)
184	UTRATA Asia	223	NIAGARA KLUB MORSÓW	K-40	24	00:37:29.81	+00:18:42 (49.5%)	7:30	8 (50.3%)
185	SZYMAŃSKA Edyta	214	NIAGARAKLUB MORSÓW	K-40	25	00:37:29.30	+00:18:42 (49.5%)	7:30	8 (50.3%)
186	SKAŁA Rafał	188	JURAJSKIE MORSY	M-40	39	00:37:38.98	+00:18:59 (49.9%)	7:31	8 (50.3%)
187	MAĆZKA Michał	125	JURAJSKIE MORSY	M-40	40	00:37:36.75	+00:18:59 (49.9%)	7:31	8 (50.3%)
188	STACHOWICZ-MAĆZKA Dorota	194	JURAJSKIE MORSY	K-40	26	00:37:36.52	+00:18:59 (49.9%)	7:31	8 (50.3%)
189	NITSCHKE Grażyna	142	MORSY TAKE CONTROL	K-40	27	00:37:37.03	+00:19:02 (49.9%)	7:31	8 (50.3%)
190	PAWŁOWSKA Violetta	156	MORSY TAKE CONTROL	K-40	28	00:37:38.02	+00:19:03 (50.0%)	7:31	8 (50.3%)
191	ŁABIĄK Andrzej	117	MILICKI KLUB MORSÓW	M-40	41	00:37:38.09	+00:19:07 (50.0%)	7:31	8 (50.3%)
192	DZIEDZIC Piotr	35	MILICKIE MORSY	M-50	17	00:37:39.75	+00:19:07 (50.0%)	7:32	8 (50.3%)
193	MUSIELAK Wioleta	135	MILICKIE MORSY	K-40	29	00:37:39.93	+00:19:07 (50.0%)	7:32	8 (50.3%)
194	PYTLIK Dariusz	175	SG SQUAD	M-50	18	00:37:52.55	+00:19:16 (50.2%)	7:34	7.9 (49.7%)
195	BEDNAREK Małgorzata	7		K-30	29	00:37:51.36	+00:19:18 (50.3%)	7:34	7.9 (49.7%)
196	GRZEŚKIEWICZ Izabela	58	OSTROWSKIE MORSY	K-30	30	00:38:05.22	+00:19:23 (50.4%)	7:37	7.9 (49.7%)
197	HETMANOWSKI Jędrzej	65	ULTRA PMI	M-40	42	00:38:13.82	+00:19:35 (50.6%)	7:38	7.8 (49.1%)
198	OGRODOWCZYK Kamilla	147		K-40	30	00:38:14.23	+00:19:35 (50.6%)	7:38	7.8 (49.1%)
199	HETMANOWSKA Anna	64	ULTRA PMI	K-40	31	00:38:16.42	+00:19:36 (50.7%)	7:39	7.8 (49.1%)
200	KWARCIAK Natalia	111	SKM MIEDWIANIA	K-30	31	00:38:21.91	+00:19:39 (50.7%)	7:40	7.8 (49.1%)
201	LAL Monika	113	RUNGRYF	K-50	8	00:38:41.02	+00:19:49 (50.9%)	7:44	7.8 (49.1%)
202	GIŻYŃSKA Katarzyna	48	KOBIETY NA 5+	K-30	32	00:38:43.71	+00:19:59 (51.2%)	7:44	7.7 (48.4%)
203	ŚMIGIELSKA Justyna	218	MORSY NA KOKSIE	K-30	33	00:39:04.04	+00:20:19 (51.6%)	7:49	7.7 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	SAREŁO- JANIAK Beata	183		K-50	9	00:38:54.66	+00:20:20 (51.6%)	7:47	7.7 (48.4%)
205	KOROL Elzbieta	97		K-40	32	00:38:51.04	+00:20:21 (51.6%)	7:46	7.7 (48.4%)
206	GRZYMALA Angelika	59		K-40	33	00:38:50.46	+00:20:21 (51.6%)	7:46	7.7 (48.4%)
207	MOZEJKO Anna	129		K-30	34	00:38:51.14	+00:20:22 (51.6%)	7:46	7.7 (48.4%)
208	KUSZ Aleksander	151		M-50	19	00:39:22.55	+00:20:42 (52.0%)	7:52	7.6 (47.8%)
209	SZAFczyk Anita	205	MORSY KLIMA WRZEŚNIA	K-40	34	00:39:19.22	+00:20:44 (52.1%)	7:51	7.6 (47.8%)
210	MAŁECKI Krzysztof	268	MORSY KLIMA WRZEŚNIA	M-30	45	00:39:19.40	+00:20:44 (52.1%)	7:52	7.6 (47.8%)
211	NECEL Dorota	138	KRAKOWSKI KLUB MORSÓW KALORYFER	K-40	35	00:39:53.77	+00:21:05 (52.5%)	7:58	7.5 (47.2%)
212	PAJĄK Anna	154	AMBER	K-40	36	00:39:53.71	+00:21:07 (52.5%)	7:58	7.5 (47.2%)
213	ERBETOWSKA Agnieszka	37		K-40	37	00:39:53.62	+00:21:08 (52.5%)	7:58	7.5 (47.2%)
214	DĄBROWSKA Katarzyna	24	RUNDORFINA	K-30	35	00:39:50.86	+00:21:11 (52.6%)	7:58	7.5 (47.2%)
215	FIRLEJ Agnieszka	39	RUNDORFINA	K-40	38	00:39:51.63	+00:21:12 (52.6%)	7:58	7.5 (47.2%)
216	PRĘDOTA Michał	172	JURAJSKIE MORSY	M-30	46	00:40:18.94	+00:21:40 (53.2%)	8:03	7.4 (46.5%)
217	ŁABIĄK Aneta	116	MILICKI KLUB MORSÓW	K-40	39	00:40:23.62	+00:21:50 (53.4%)	8:04	7.4 (46.5%)
218	KUŚNIERZ Dariusz	109	POLAR	M-50	20	00:40:37.68	+00:22:02 (53.6%)	8:07	7.4 (46.5%)
219	SKOWYRA Wioletta	190	GĘSIA SKÓRKA GRYFICE	K-40	40	00:40:42.54	+00:22:13 (53.8%)	8:08	7.4 (46.5%)
220	KUCHARCZYK Robert	105	GĘSIA SKÓRKA GRYFICE	M-40	43	00:40:44.05	+00:22:13 (53.8%)	8:08	7.4 (46.5%)
221	PISKORZ Anna	166	NIAGARA KLUB MORSÓW	K-40	41	00:41:08.44	+00:22:21 (53.9%)	8:13	7.3 (45.9%)
222	GOŁĘBSKA Jolanta	53		K-40	42	00:41:03.85	+00:22:33 (54.2%)	8:12	7.3 (45.9%)
223	BŁOŃSKA Agnieszka	10		K-40	43	00:41:06.96	+00:22:36 (54.2%)	8:13	7.3 (45.9%)
224	CZEKALSKI Dariusz	259	ZGIERZOLUDY	M-50	21	00:41:46.93	+00:23:00 (54.6%)	8:21	7.2 (45.3%)
225	SWOROWSKA Kasia	202	OKEANOS	K-30	36	00:41:43.22	+00:23:14 (54.9%)	8:20	7.2 (45.3%)
226	GRODZIŃSKA Agnieszka	54	SKM MIEDWIANIE	K-40	44	00:41:54.20	+00:23:14 (54.9%)	8:22	7.2 (45.3%)
227	RZEPECKI Bartłomiej	182	GRUPA BIEGOWA WROCŁAWSKIE MORSY	M-30	47	00:42:27.66	+00:24:00 (55.7%)	8:29	7.1 (44.7%)
228	PŁOSZAJCZYK Beata	168	STRZEGOMSKA DWUNASTKA	K-50	10	00:42:48.73	+00:24:10 (55.9%)	8:33	7 (44.0%)
229	WARSZAWSKI Rafał	225	OSTROWSKIE MORSY	M-40	44	00:42:55.73	+00:24:14 (55.9%)	8:35	7 (44.0%)
230	WIKTOREK Jadwiga	257	ZGIERZOLUBY ZGIERZ	K-60	1	00:43:28.21	+00:24:40 (56.4%)	8:41	6.9 (43.4%)
231	BUCZYŃSKI Krzysztof	15	GĘSIA SKÓRKA GRYFICE	M-50	22	00:43:22.16	+00:24:54 (56.6%)	8:40	6.9 (43.4%)
232	SIKORRA Janina	130		K-70+	1	00:44:26.66	+00:25:48 (57.5%)	8:53	6.8 (42.8%)
233	LEWANDOWSKI Marek	173		M-60	7	00:44:46.05	+00:26:11 (57.8%)	8:57	6.7 (42.1%)
234	KWIADOR Artur	112	ŚWIĘTOCHŁOWICKI KLUB MORSÓW HARCIOLE	M-40	45	00:44:53.63	+00:26:11 (57.8%)	8:58	6.7 (42.1%)
235	SITARSKA Agnieszka	187	ŚWIĘTOCHŁOWICKI KLUB MORSÓW HARCIOLE	K-40	45	00:44:55.21	+00:26:13 (57.9%)	8:59	6.7 (42.1%)
236	DOMARADZKA Malgorzata	29		K-40	46	00:45:43.32	+00:27:10 (58.7%)	9:08	6.6 (41.5%)
237	SROKA Grzegorz	193	JURAJSKIE MORSY	M-40	46	00:47:43.16	+00:29:06 (60.4%)	9:32	6.3 (39.6%)
238	KĘDZIORA Ludwik	83	MORSY OSTRÓW WLKP.	M-70+	2	00:47:58.78	+00:29:27 (60.7%)	9:35	6.3 (39.6%)
239	ZATOR Katarzyna	246		K-40	47	00:48:03.03	+00:29:31 (60.7%)	9:36	6.2 (39.0%)
240	KOGUT MORDALSKA Anna	89		K-40	48	00:48:04.15	+00:29:32 (60.7%)	9:36	6.2 (39.0%)
241	KUCHARCZYK Elzbieta	106	GĘSIA SKÓRKA GRYFICE	K-40	49	00:58:03.06	+00:39:34 (67.5%)	11:36	5.2 (32.7%)
242	SKOWYRA Arkadiusz	191	GĘSIA SKÓRKA GRYFICE	M-30	48	00:58:04.84	+00:39:34 (67.5%)	11:37	5.2 (32.7%)
243	HAŁAS Renata	60	SZYBCIEJ NIE MOGE	K-50	11	00:58:11.85	+00:39:35 (67.5%)	11:38	5.2 (32.7%)
244	KOCIK Szymon	87	LZS LASOCIN	M-18	13				(0.0%)

Znaleziono 244 wynik(ów)