

**Event:** XVI Międzynarodowy Zlot Morsów  
**Organiser:** Gmina Mielno, Centrum Kultury w Mielnie – Biuro Organizacyjne Zlotu Morsów  
**Date:** 2019-02-09  
**Place:** Mielno  
**Distance:** 5 km



Classification: M-30

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	KUŚMIDER Andrzej	108	WMLKS POMORZE STARGARD	M-30	1	00:19:04.97		3:48	15.7 (100%)
2	GIŻYŃSKI Damian	49	ALPIN SPORT TEAM/SZARE MORSY	M-30	2	00:20:49.06	+00:01:44 (8.3%)	4:09	14.4 (91.7%)
3	GĘBSKI Jacek	263	CZARNECKI RUN TEAM	M-30	3	00:21:46.61	+00:02:43 (12.4%)	4:21	13.8 (87.9%)
4	ROKOSZ Radosław	238		M-30	4	00:22:30.05	+00:03:26 (15.1%)	4:30	13.3 (84.7%)
5	RYKIEL Michał	181		M-30	5	00:22:32.90	+00:03:30 (15.4%)	4:30	13.3 (84.7%)
6	DEJEWSKI Jakub	26	SZARE MORSY	M-30	6	00:23:01.97	+00:03:57 (17.0%)	4:36	13 (82.8%)
7	FLISZKIEWICZ Artur	247		M-30	7	00:23:45.18	+00:04:42 (19.6%)	4:45	12.6 (80.3%)
8	BIEŃKOWSKI Tomasz	265	IQ CONSULTING	M-30	8	00:23:46.84	+00:04:43 (19.7%)	4:45	12.6 (80.3%)
9	KRACZYŃSKI Łukasz	11		M-30	9	00:24:32.57	+00:05:28 (22.1%)	4:54	12.2 (77.7%)
10	POKRZYWKA Piotr	170	MORSY OPOCZNO	M-30	10	00:24:22.67	+00:05:31 (22.3%)	4:52	12.3 (78.3%)
11	TARNACKI Mateusz	220	MORSY BORÓW NIEMODLIŃSKICH	M-30	11	00:24:54.25	+00:05:52 (23.3%)	4:58	12 (76.4%)
12	LANGE Damian	114	TEAM POSEJDONA	M-30	12	00:25:21.03	+00:06:27 (25.1%)	5:04	11.8 (75.2%)
13	RUTKOWSKI Sławomir	179	KOSZALIŃSKI RANKING BIEGACZY	M-30	13	00:26:30.59	+00:07:27 (27.9%)	5:18	11.3 (72.0%)
14	WOLSKI Paweł	236		M-30	14	00:26:16.06	+00:07:31 (28.1%)	5:15	11.4 (72.6%)
15	TYLMAN Piotr	222	RUNDORFINA	M-30	15	00:26:40.80	+00:07:39 (28.4%)	5:20	11.2 (71.3%)
16	PIOTROWSKI Grzegorz	165	STRZEGOMSKA DWUNASTKA	M-30	16	00:26:41.56	+00:07:40 (28.5%)	5:20	11.2 (71.3%)
17	DOBROCHOWSKI Marek	28	STRZEGOMSKA DWUNASTKA	M-30	17	00:26:43.78	+00:07:41 (28.5%)	5:20	11.2 (71.3%)
18	MIELCZAREK Krystian	126	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-30	18	00:27:08.93	+00:08:16 (30.0%)	5:25	11 (70.1%)
19	NOWAK Paweł	143	RUNDORFINA	M-30	19	00:27:17.19	+00:08:27 (30.5%)	5:27	11 (70.1%)
20	GŁADYSZAK Michał	50	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-30	20	00:27:32.44	+00:08:30 (30.6%)	5:30	10.9 (69.4%)
21	WÓJCICKI Adrian	239	DEAF KOSZALIN	M-30	21	00:27:31.76	+00:08:35 (30.8%)	5:30	10.9 (69.4%)
22	SZYMECKI Rafał	217	TOTALNIE BIEGNIĘCI	M-30	22	00:27:49.41	+00:08:49 (31.4%)	5:33	10.8 (68.8%)
23	SYCHA Jarosław	203		M-30	23	00:27:51.44	+00:08:51 (31.5%)	5:34	10.8 (68.8%)
24	DALKA Maciej	23		M-30	24	00:27:46.01	+00:08:52 (31.5%)	5:33	10.8 (68.8%)
25	GRUNTOWSKI Mateusz	55		M-30	25	00:28:46.59	+00:09:43 (33.5%)	5:45	10.4 (66.2%)
26	WIERZBIŃSKI Rafał	231	BIĄŁOGARD	M-30	26	00:29:26.15	+00:10:38 (35.6%)	5:53	10.2 (65.0%)
27	SZYMAŃSKI Michał	215	STRZEGOMSKA DWUNASTKA	M-30	27	00:29:47.99	+00:10:47 (35.9%)	5:57	10.1 (64.3%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
28	<b>JOCHYM Mariusz</b>	<b>76</b>		M-30	28	<b>00:29:37.63</b>	+00:10:50 (36.0%)	5:55	10.1 (64.3%)
29	<b>MYK Paweł</b>	<b>136</b>		M-30	29	<b>00:30:08.26</b>	+00:11:12 (36.8%)	6:01	10 (63.7%)
30	<b>SZOSTAK Marcin</b>	<b>209</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-30	30	<b>00:30:33.10</b>	+00:11:44 (37.9%)	6:06	9.8 (62.4%)
31	<b>KORCZAK Piotr</b>	<b>96</b>	GÓRSKIE WŁÓCZYKIJE	M-30	31	<b>00:30:34.71</b>	+00:11:46 (37.9%)	6:07	9.8 (62.4%)
32	<b>WARCHOŁ Grzegorz</b>	<b>224</b>	MORSY NA KOKSIE	M-30	32	<b>00:31:03.75</b>	+00:12:02 (38.4%)	6:12	9.7 (61.8%)
33	<b>PEC Rafał</b>	<b>158</b>	MORSY OPOCZNO	M-30	33	<b>00:30:57.54</b>	+00:12:03 (38.5%)	6:11	9.7 (61.8%)
34	<b>PACAN Bartosz</b>	<b>153</b>	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	34	<b>00:31:19.98</b>	+00:12:30 (39.3%)	6:16	9.6 (61.1%)
35	<b>MARYSIĄK Karol</b>	<b>9</b>		M-30	35	<b>00:31:18.90</b>	+00:12:45 (39.8%)	6:15	9.6 (61.1%)
36	<b>WIERZBOWSKI Jarosław</b>	<b>260</b>	ZGIERZOLUDY	M-30	36	<b>00:33:21.42</b>	+00:14:22 (42.7%)	6:40	9 (57.3%)
37	<b>FRONCZAK Kamil</b>	<b>40</b>	ŁÓDZKIE MORSY	M-30	37	<b>00:33:29.50</b>	+00:14:31 (43.0%)	6:41	9 (57.3%)
38	<b>KILAN Adrian</b>	<b>86</b>		M-30	38	<b>00:33:59.47</b>	+00:15:14 (44.1%)	6:47	8.8 (56.1%)
39	<b>CZERNIEWSKI Marcin</b>	<b>20</b>		M-30	39	<b>00:34:03.10</b>	+00:15:16 (44.2%)	6:48	8.8 (56.1%)
40	<b>MULARCZYK Krzysztof</b>	<b>133</b>	WARECKIE MORSY	M-30	40	<b>00:34:18.82</b>	+00:15:31 (44.6%)	6:51	8.7 (55.4%)
41	<b>HRYCIÓW Paweł</b>	<b>67</b>	JW1223	M-30	41	<b>00:34:38.02</b>	+00:15:51 (45.1%)	6:55	8.7 (55.4%)
42	<b>BASIAK Krystian</b>	<b>5</b>	JW1223	M-30	42	<b>00:34:39.62</b>	+00:15:52 (45.1%)	6:56	8.7 (55.4%)
43	<b>STAŃCZYK Sławomir</b>	<b>196</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-30	43	<b>00:34:48.69</b>	+00:15:53 (45.2%)	6:57	8.6 (54.8%)
44	<b>PAZERA Piotr</b>	<b>157</b>		M-30	44	<b>00:35:07.31</b>	+00:16:04 (45.5%)	7:01	8.5 (54.1%)
45	<b>MAŁECKI Krzysztof</b>	<b>268</b>	MORSY KLIMA WRZEŚNIA	M-30	45	<b>00:39:19.40</b>	+00:20:33 (51.6%)	7:52	7.6 (48.4%)
46	<b>PRĘDOTA Michał</b>	<b>172</b>	JURAJSKIE MORSY	M-30	46	<b>00:40:18.94</b>	+00:21:28 (52.7%)	8:03	7.4 (47.1%)
47	<b>RZEPECKI Bartłomiej</b>	<b>182</b>	GRUPA BIEGOWA WROCŁAWSKIE MORSY	M-30	47	<b>00:42:27.66</b>	+00:23:49 (55.3%)	8:29	7.1 (45.2%)
48	<b>SKOWYRA Arkadiusz</b>	<b>191</b>	GĘSIA SKÓRKA GRYFICE	M-30	48	<b>00:58:04.84</b>	+00:39:23 (67.1%)	11:37	5.2 (33.1%)

Total 48 results.