

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



Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GARSKI Dawid</b>	<b>42</b>	MLKS BASZTA BYTÓW	M-18	1	<b>00:18:53.37</b>		3:46	15.9 (100%)
2	<b>KUŚMIDER Andrzej</b>	<b>108</b>	WMLKS POMORZE STARGARD	M-30	1	<b>00:19:04.97</b>	+00:00:11 (1.0%)	3:48	15.7 (98.7%)
3	<b>GIŻYŃSKI Damian</b>	<b>49</b>	ALPIN SPORT TEAM/SZARE MORSY	M-30	2	<b>00:20:49.06</b>	+00:01:55 (9.1%)	4:09	14.4 (90.6%)
4	<b>GĘBSKI Jacek</b>	<b>263</b>	CZARNECKI RUN TEAM	M-30	3	<b>00:21:46.61</b>	+00:02:54 (13.2%)	4:21	13.8 (86.8%)
5	<b>MALEC Mariusz</b>	<b>121</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-40	1	<b>00:22:03.72</b>	+00:03:10 (14.2%)	4:24	13.6 (85.5%)
6	<b>ROKOSZ Radosław</b>	<b>238</b>		M-30	4	<b>00:22:30.05</b>	+00:03:37 (16.0%)	4:30	13.3 (83.6%)
7	<b>RYKIEL Michał</b>	<b>181</b>		M-30	5	<b>00:22:32.90</b>	+00:03:41 (16.2%)	4:30	13.3 (83.6%)
8	<b>TUŁACZ Bohdan</b>	<b>221</b>	KALISKIE MORSY	M-40	2	<b>00:22:42.82</b>	+00:03:49 (16.7%)	4:32	13.2 (83.0%)
9	<b>DEJEWSKI Jakub</b>	<b>26</b>	SZARE MORSY	M-30	6	<b>00:23:01.97</b>	+00:04:08 (17.8%)	4:36	13 (81.8%)
10	<b>GRZESIK Eugeniusz</b>	<b>57</b>	TKKF KOSZALIN	M-50	1	<b>00:23:02.01</b>	+00:04:09 (17.9%)	4:36	13 (81.8%)
11	<b>JABŁOŃSKI Tomasz</b>	<b>69</b>	KB SPOKO SŁAWNO	M-40	3	<b>00:23:17.61</b>	+00:04:24 (18.8%)	4:39	12.9 (81.1%)
12	<b>SZPAK Damian</b>	<b>253</b>	TYSKIE SINICE	M-50	2	<b>00:23:24.34</b>	+00:04:31 (19.2%)	4:40	12.8 (80.5%)
13	<b>POMIAN Sebastian</b>	<b>251</b>		M-18	2	<b>00:23:24.26</b>	+00:04:35 (19.4%)	4:40	12.8 (80.5%)
14	<b>AUGUSTYN Mateusz</b>	<b>1</b>	MORSY NA KOKSIE	M-18	3	<b>00:23:42.53</b>	+00:04:49 (20.2%)	4:44	12.6 (79.2%)
15	<b>FLISZKIEWICZ Artur</b>	<b>247</b>		M-30	7	<b>00:23:45.18</b>	+00:04:53 (20.4%)	4:45	12.6 (79.2%)
16	<b>BIEŃKOWSKI Tomasz</b>	<b>265</b>	IQ CONSULTING	M-30	8	<b>00:23:46.84</b>	+00:04:54 (20.5%)	4:45	12.6 (79.2%)
17	<b>HOREGLAD Paweł</b>	<b>66</b>	SPEEDY GONZALES	M-18	4	<b>00:23:57.77</b>	+00:05:11 (21.4%)	4:47	12.5 (78.6%)
18	<b>GRYGORCEWICZ Jan</b>	<b>269</b>	POLICKIE MORSY	M-50	3	<b>00:24:07.89</b>	+00:05:17 (21.7%)	4:49	12.4 (78.0%)
19	<b>BERNATEK Marcin</b>	<b>8</b>	STRZEGOMSKA DWUNASTKA	M-40	4	<b>00:24:16.27</b>	+00:05:26 (22.2%)	4:51	12.4 (78.0%)
20	<b>SUBERLAK Damian</b>	<b>199</b>	RUNDORFINA	M-18	5	<b>00:24:05.60</b>	+00:05:29 (22.3%)	4:49	12.4 (78.0%)
21	<b>KRACZYŃSKI Łukasz</b>	<b>11</b>		M-30	9	<b>00:24:32.57</b>	+00:05:39 (22.9%)	4:54	12.2 (76.7%)
22	<b>MUCHA Krzysztof</b>	<b>132</b>		M-40	5	<b>00:24:30.52</b>	+00:05:41 (23.0%)	4:54	12.2 (76.7%)
23	<b>POKRZYWKA Piotr</b>	<b>170</b>	MORSY OPCZNO	M-30	10	<b>00:24:22.67</b>	+00:05:42 (23.0%)	4:52	12.3 (77.4%)
24	<b>WOLIŃSKI Benedykt</b>	<b>235</b>	LODOŁAMACZ SKIERNIEWICE	M-40	6	<b>00:24:44.25</b>	+00:06:03 (24.1%)	4:56	12.1 (76.1%)
25	<b>TARNACKI Mateusz</b>	<b>220</b>	MORSY BORÓW NIEMODLIŃSKICH	M-30	11	<b>00:24:54.25</b>	+00:06:03 (24.1%)	4:58	12 (75.5%)
26	<b>KACZMAREK Piotr</b>	<b>78</b>	KS AMBER	M-18	6	<b>00:25:14.16</b>	+00:06:08 (24.3%)	5:02	11.9 (74.8%)
27	<b>KATRYCZ Zbigniew</b>	<b>82</b>		M-50	4	<b>00:25:14.57</b>	+00:06:24 (25.1%)	5:02	11.9 (74.8%)

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28	<b>PICK Tomasz</b>	<b>160</b>	DEAF KOSZALIN	M-40	7	<b>00:25:13.17</b>	+00:06:26 (25.2%)	5:02	11.9 (74.8%)
29	<b>PROTASIEWICZ Robert</b>	<b>219</b>		M-40	8	<b>00:25:23.22</b>	+00:06:31 (25.5%)	5:04	11.8 (74.2%)
30	<b>STEFANOWICZ Paweł</b>	<b>261</b>		M-40	9	<b>00:25:22.06</b>	+00:06:33 (25.6%)	5:04	11.8 (74.2%)
31	<b>PAKOWSKI Robert</b>	<b>155</b>	KS AMBER	M-40	10	<b>00:25:22.87</b>	+00:06:34 (25.6%)	5:04	11.8 (74.2%)
32	<b>KANIEWSKI Piotr</b>	<b>79</b>		M-40	11	<b>00:25:28.36</b>	+00:06:36 (25.7%)	5:05	11.8 (74.2%)
33	<b>LANGE Damian</b>	<b>114</b>	TEAM POSEJDONA	M-30	12	<b>00:25:21.03</b>	+00:06:39 (25.8%)	5:04	11.8 (74.2%)
34	<b>MORGIEWICZ Piotr</b>	<b>128</b>	GĘSIA SKÓRKA GRZYFICE	M-50	5	<b>00:25:44.69</b>	+00:06:51 (26.4%)	5:09	11.7 (73.6%)
35	<b>KOCIK Kamil</b>	<b>88</b>	LZS LASOCIN	M-18	7	<b>00:25:44.15</b>	+00:07:02 (26.9%)	5:08	11.7 (73.6%)
36	<b>SPRINGER Marcin</b>	<b>250</b>		M-40	12	<b>00:26:00.71</b>	+00:07:13 (27.5%)	5:12	11.5 (72.3%)
37	<b>NIEMIADOMSKI Tomasz</b>	<b>140</b>		M-18	8	<b>00:26:19.92</b>	+00:07:36 (28.5%)	5:16	11.4 (71.7%)
38	<b>RUTKOWSKI Sławomir</b>	<b>179</b>	KOSZALIŃSKI RANKING BIEGACZY	M-30	13	<b>00:26:30.59</b>	+00:07:38 (28.6%)	5:18	11.3 (71.1%)
39	<b>GĘBKA Jakub</b>	<b>45</b>	JURAJSKIE MORSY	M-13	1	<b>00:26:32.75</b>	+00:07:39 (28.6%)	5:18	11.3 (71.1%)
40	<b>WOLSKI Paweł</b>	<b>236</b>		M-30	14	<b>00:26:16.06</b>	+00:07:42 (28.8%)	5:15	11.4 (71.7%)
41	<b>TYLMAN Piotr</b>	<b>222</b>	RUNDORFINA	M-30	15	<b>00:26:40.80</b>	+00:07:50 (29.1%)	5:20	11.2 (70.4%)
42	<b>PIOTROWSKI Grzegorz</b>	<b>165</b>	STRZEGOMSKA DWUNASTKA	M-30	16	<b>00:26:41.56</b>	+00:07:51 (29.1%)	5:20	11.2 (70.4%)
43	<b>DOBROCHOWSKI Marek</b>	<b>28</b>	STRZEGOMSKA DWUNASTKA	M-30	17	<b>00:26:43.78</b>	+00:07:52 (29.2%)	5:20	11.2 (70.4%)
44	<b>KRASIŃSKI Witold</b>	<b>101</b>		M-40	13	<b>00:27:12.06</b>	+00:08:23 (30.5%)	5:26	11 (69.2%)
45	<b>MIELCZAREK Krystian</b>	<b>126</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-30	18	<b>00:27:08.93</b>	+00:08:27 (30.7%)	5:25	11 (69.2%)
46	<b>NOWAK Paweł</b>	<b>143</b>	RUNDORFINA	M-30	19	<b>00:27:17.19</b>	+00:08:38 (31.2%)	5:27	11 (69.2%)
47	<b>GŁADYSZAK Michał</b>	<b>50</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-30	20	<b>00:27:32.44</b>	+00:08:42 (31.3%)	5:30	10.9 (68.6%)
48	<b>WÓJCICKI Adrian</b>	<b>239</b>	DEAF KOSZALIN	M-30	21	<b>00:27:31.76</b>	+00:08:46 (31.5%)	5:30	10.9 (68.6%)
49	<b>OGRODOWCZYK Rafał</b>	<b>148</b>		M-40	14	<b>00:27:32.43</b>	+00:08:53 (31.7%)	5:30	10.9 (68.6%)
50	<b>SZYMECKI Rafał</b>	<b>217</b>	TOTALNIE BIEGNIĘCI	M-30	22	<b>00:27:49.41</b>	+00:09:00 (32.1%)	5:33	10.8 (67.9%)
51	<b>SYCHA Jarosław</b>	<b>203</b>		M-30	23	<b>00:27:51.44</b>	+00:09:02 (32.1%)	5:34	10.8 (67.9%)
52	<b>DALKA Maciej</b>	<b>23</b>		M-30	24	<b>00:27:46.01</b>	+00:09:03 (32.2%)	5:33	10.8 (67.9%)
53	<b>KONKEL Łukasz</b>	<b>91</b>		M-40	15	<b>00:27:53.08</b>	+00:09:04 (32.2%)	5:34	10.8 (67.9%)
54	<b>ZIÓŁKOWSKI Krzysztof</b>	<b>249</b>	MORSY OPOCZNO	M-18	9	<b>00:27:49.35</b>	+00:09:06 (32.3%)	5:33	10.8 (67.9%)
55	<b>SZEREMETA Adam</b>	<b>255</b>	ZGIERZOLUDY ZGIERZ	M-40	16	<b>00:27:54.69</b>	+00:09:07 (32.3%)	5:34	10.8 (67.9%)
56	<b>JĘDRYCHA Mariusz</b>	<b>75</b>	LODOŁAMACZ MORSY SKIERNIEWICE	M-40	17	<b>00:27:45.03</b>	+00:09:10 (32.5%)	5:33	10.8 (67.9%)
57	<b>PŁOSZAJCZYK Norbert</b>	<b>167</b>	STRZEGOMSKA DWUNASTKA	M-50	6	<b>00:28:18.17</b>	+00:09:30 (33.2%)	5:39	10.6 (66.7%)
58	<b>KĘDZIORA Ireneusz</b>	<b>84</b>	PIONKOWSKIE MORSY	M-40	18	<b>00:28:16.18</b>	+00:09:32 (33.3%)	5:39	10.6 (66.7%)
59	<b>WIATRZYK Krzysztof</b>	<b>230</b>	DARŁOWO	M-40	19	<b>00:28:27.67</b>	+00:09:41 (33.7%)	5:41	10.5 (66.0%)
60	<b>KALMARCZYK Marcin</b>	<b>162</b>		M-18	10	<b>00:28:23.03</b>	+00:09:46 (33.8%)	5:40	10.6 (66.7%)
61	<b>RUTKOWSKI Artur</b>	<b>178</b>	KOSZALIŃKI RANKING BIEGACZY	M-18	11	<b>00:28:39.63</b>	+00:09:48 (33.9%)	5:44	10.5 (66.0%)
62	<b>CIUŃCZYK Bogdan</b>	<b>19</b>	LODOŁAMACZ KLUB MORSZA SKIERNIEWICE	M-40	20	<b>00:28:31.58</b>	+00:09:48 (33.9%)	5:42	10.5 (66.0%)
63	<b>GRYGORCEWICZ Władysław</b>	<b>56</b>	POLICKIE MORSY	M-60	1	<b>00:28:43.24</b>	+00:09:51 (34.0%)	5:44	10.4 (65.4%)
64	<b>GRUNTOWSKI Mateusz</b>	<b>55</b>		M-30	25	<b>00:28:46.59</b>	+00:09:54 (34.2%)	5:45	10.4 (65.4%)
65	<b>PUŁKOWSKI Rafał</b>	<b>174</b>		M-40	21	<b>00:28:45.24</b>	+00:10:00 (34.4%)	5:45	10.4 (65.4%)
66	<b>PIECHOTA Daniel</b>	<b>161</b>	HARCIOLE	M-40	22	<b>00:29:23.96</b>	+00:10:32 (35.6%)	5:52	10.2 (64.2%)
67	<b>WYCZAŁKOWSKI Witold</b>	<b>241</b>	WROCŁAWSKIE MORSY	M-50	7	<b>00:29:13.49</b>	+00:10:33 (35.6%)	5:50	10.3 (64.8%)
68	<b>LECHOWICZ Tadeusz</b>	<b>115</b>	SZARE MORSY	M-50	8	<b>00:29:28.55</b>	+00:10:40 (35.8%)	5:53	10.2 (64.2%)
69	<b>WIERSBIŃSKI Rafał</b>	<b>231</b>	BIAŁOGARD	M-30	26	<b>00:29:26.15</b>	+00:10:49 (36.2%)	5:53	10.2 (64.2%)
70	<b>STAŃCZAK Grzegorz</b>	<b>195</b>	ASTON VILLA	M-50	9	<b>00:29:33.89</b>	+00:10:52 (36.3%)	5:54	10.1 (63.5%)
71	<b>KACZMARCZYK Stanisław</b>	<b>227</b>		M-60	2	<b>00:29:39.17</b>	+00:10:55 (36.4%)	5:55	10.1 (63.5%)

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72	<b>SZYMAŃSKI Michał</b>	<b>215</b>	STRZEGOMSKA DWUNASTKA	M-30	27	<b>00:29:47.99</b>	+00:10:58 (36.5%)	5:57	10.1 (63.5%)
73	<b>JOCHYM Mariusz</b>	<b>76</b>		M-30	28	<b>00:29:37.63</b>	+00:11:01 (36.6%)	5:55	10.1 (63.5%)
74	<b>MYK Paweł</b>	<b>136</b>		M-30	29	<b>00:30:08.26</b>	+00:11:24 (37.4%)	6:01	10 (62.9%)
75	<b>RODEWALD Ryszard</b>	<b>177</b>	BIEGAMDLAZDROWIA.PL	M-40	23	<b>00:30:21.08</b>	+00:11:39 (37.9%)	6:04	9.9 (62.3%)
76	<b>KOPYŚCIAŃSKI Piotr</b>	<b>95</b>	LEGNICKIE MORSY	M-40	24	<b>00:30:26.31</b>	+00:11:47 (38.2%)	6:05	9.9 (62.3%)
77	<b>MARCZYKOWSKI Jarosław</b>	<b>228</b>		M-50	10	<b>00:30:33.96</b>	+00:11:49 (38.2%)	6:06	9.8 (61.6%)
78	<b>MOŃKA Andrzej</b>	<b>127</b>	ZMORSOWANI	M-40	25	<b>00:30:32.31</b>	+00:11:52 (38.4%)	6:06	9.8 (61.6%)
79	<b>SZOSTAK Marcin</b>	<b>209</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-30	30	<b>00:30:33.10</b>	+00:11:55 (38.5%)	6:06	9.8 (61.6%)
80	<b>KORCZAK Piotr</b>	<b>96</b>	GÓRSKIE WŁÓCZYKIJE	M-30	31	<b>00:30:34.71</b>	+00:11:57 (38.5%)	6:07	9.8 (61.6%)
81	<b>HAŁKA Arkadiusz</b>	<b>62</b>	TRUCHT ŁOBEZ	M-40	26	<b>00:30:52.84</b>	+00:12:09 (38.9%)	6:10	9.7 (61.0%)
82	<b>WARCHOŁ Grzegorz</b>	<b>224</b>	MORSY NA KOKSIE	M-30	32	<b>00:31:03.75</b>	+00:12:13 (39.0%)	6:12	9.7 (61.0%)
83	<b>PEC Rafał</b>	<b>158</b>	MORSY OPOCZNO	M-30	33	<b>00:30:57.54</b>	+00:12:14 (39.1%)	6:11	9.7 (61.0%)
84	<b>MRUGALSKI Stanisław</b>	<b>131</b>		M-50	11	<b>00:30:47.67</b>	+00:12:17 (39.1%)	6:09	9.7 (61.0%)
85	<b>MARASEK Mikołaj</b>	<b>254</b>	KKM KALORYFER	M-13	2	<b>00:31:14.66</b>	+00:12:22 (39.3%)	6:15	9.6 (60.4%)
86	<b>WĄSIK Marek</b>	<b>256</b>		M-50	12	<b>00:31:31.51</b>	+00:12:40 (39.9%)	6:18	9.5 (59.7%)
87	<b>PACAN Bartosz</b>	<b>153</b>	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	34	<b>00:31:19.98</b>	+00:12:41 (39.9%)	6:16	9.6 (60.4%)
88	<b>BANASIK Wiesław</b>	<b>3</b>	MORSY NA KOKSIE	M-50	13	<b>00:31:36.76</b>	+00:12:51 (40.2%)	6:19	9.5 (59.7%)
89	<b>MARYSIAK Karol</b>	<b>9</b>		M-30	35	<b>00:31:18.90</b>	+00:12:56 (40.4%)	6:15	9.6 (60.4%)
90	<b>JUSZCZAK Krzysztof</b>	<b>6</b>		M-60	3	<b>00:31:30.56</b>	+00:13:07 (40.7%)	6:18	9.5 (59.7%)
91	<b>SOMERFELD Wiktor</b>	<b>233</b>		M-40	27	<b>00:31:34.48</b>	+00:13:11 (40.9%)	6:19	9.5 (59.7%)
92	<b>MATCZAK Jacek</b>	<b>124</b>		M-40	28	<b>00:32:03.49</b>	+00:13:20 (41.1%)	6:24	9.4 (59.1%)
93	<b>WAŚNIEWSKI Adam</b>	<b>226</b>	GÓRSKIE WŁÓCZYKIJE	M-40	29	<b>00:32:00.99</b>	+00:13:21 (41.2%)	6:24	9.4 (59.1%)
94	<b>STELMASZCZYK Dominik</b>	<b>198</b>	DOMINOTEAM	M-40	30	<b>00:32:18.22</b>	+00:13:41 (41.7%)	6:27	9.3 (58.5%)
95	<b>SZELMECZKA Bogdan</b>	<b>207</b>	EUFORIA	M-60	4	<b>00:32:09.37</b>	+00:13:45 (41.9%)	6:26	9.3 (58.5%)
96	<b>SZOTA Rafał</b>	<b>212</b>	KKM KALORYFER	M-40	31	<b>00:32:48.89</b>	+00:13:59 (42.3%)	6:33	9.1 (57.2%)
97	<b>NOWAK Jarosław</b>	<b>145</b>	LODOŁAMACZE MARGONIN	M-40	32	<b>00:33:02.66</b>	+00:14:27 (43.1%)	6:36	9.1 (57.2%)
98	<b>JURA Kazimierz</b>	<b>77</b>	MTS HAMER MIASTKO	M-70+	1	<b>00:32:59.18</b>	+00:14:29 (43.1%)	6:35	9.1 (57.2%)
99	<b>WIERZBOWSKI Jarosław</b>	<b>260</b>	ZGIERZOLUDY	M-30	36	<b>00:33:21.42</b>	+00:14:34 (43.3%)	6:40	9 (56.6%)
100	<b>WYSOCKI Jarosław</b>	<b>242</b>	WROCŁAWSKIE MORSY	M-50	14	<b>00:33:13.21</b>	+00:14:38 (43.4%)	6:38	9 (56.6%)
101	<b>FRONTCZAK Kamil</b>	<b>40</b>	ŁÓDZKIE MORSY	M-30	37	<b>00:33:29.50</b>	+00:14:42 (43.5%)	6:41	9 (56.6%)
102	<b>ADAMCZYK Piotr</b>	<b>267</b>	ŁÓDZKIE MORSY	M-40	33	<b>00:33:29.37</b>	+00:14:43 (43.5%)	6:42	9 (56.6%)
103	<b>SYPEREK Marcin</b>	<b>258</b>	WROCŁAWSKIE MORSY	M-40	34	<b>00:33:30.36</b>	+00:14:49 (43.7%)	6:42	9 (56.6%)
104	<b>KUBICZEK Grzegorz</b>	<b>104</b>	JURAJSKIE MORSY	M-50	15	<b>00:33:56.55</b>	+00:15:06 (44.2%)	6:47	8.8 (55.3%)
105	<b>KUTWIN Artur</b>	<b>110</b>	OKEANOS	M-40	35	<b>00:33:51.21</b>	+00:15:16 (44.4%)	6:46	8.9 (56.0%)
106	<b>GALIŃSKI Paweł</b>	<b>41</b>	KS AMBER	M-40	36	<b>00:34:05.63</b>	+00:15:19 (44.5%)	6:49	8.8 (55.3%)
107	<b>GĘBKA Marcin</b>	<b>46</b>	JURAJSKIE MORSY	M-40	37	<b>00:33:57.84</b>	+00:15:19 (44.5%)	6:47	8.8 (55.3%)
108	<b>KILAN Adrian</b>	<b>86</b>		M-30	38	<b>00:33:59.47</b>	+00:15:25 (44.7%)	6:47	8.8 (55.3%)
109	<b>CZERNIEWSKI Marcin</b>	<b>20</b>		M-30	39	<b>00:34:03.10</b>	+00:15:27 (44.7%)	6:48	8.8 (55.3%)
110	<b>MULARCZYK Krzysztof</b>	<b>133</b>	WARECKIE MORSY	M-30	40	<b>00:34:18.82</b>	+00:15:42 (45.1%)	6:51	8.7 (54.7%)
111	<b>HELLER Zdzisław</b>	<b>63</b>	NIEZRZESZONY	M-60	5	<b>00:34:23.44</b>	+00:15:48 (45.3%)	6:52	8.7 (54.7%)
112	<b>HRYCIÓW Paweł</b>	<b>67</b>	JW1223	M-30	41	<b>00:34:38.02</b>	+00:16:02 (45.7%)	6:55	8.7 (54.7%)
113	<b>BASIAK Krystian</b>	<b>5</b>	JW1223	M-30	42	<b>00:34:39.62</b>	+00:16:03 (45.7%)	6:56	8.7 (54.7%)
114	<b>STAŃCZYK Sławomir</b>	<b>196</b>	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-30	43	<b>00:34:48.69</b>	+00:16:04 (45.7%)	6:57	8.6 (54.1%)
115	<b>PAZERA Piotr</b>	<b>157</b>		M-30	44	<b>00:35:07.31</b>	+00:16:16 (46.0%)	7:01	8.5 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
116	<b>DUDEK Krzysztof</b>	<b>30</b>	STRZEGOMSKA DWUNASTKA	M-40	38	<b>00:35:28.02</b>	+00:16:48 (46.8%)	7:05	8.5 (53.5%)
117	<b>POMRENKE Łukasz</b>	<b>171</b>	KATOWICKI KLUB MORSÓW ARKTYKA	M-18	12	<b>00:35:41.57</b>	+00:16:56 (47.0%)	7:08	8.4 (52.8%)
118	<b>KARPOWSKI Marian</b>	<b>81</b>		M-50	16	<b>00:37:00.54</b>	+00:18:20 (49.0%)	7:24	8.1 (50.9%)
119	<b>WINKIEL Wiesław</b>	<b>232</b>	SZARE MORSY	M-60	6	<b>00:37:13.41</b>	+00:18:29 (49.2%)	7:26	8.1 (50.9%)
120	<b>SKAŁA Rafał</b>	<b>188</b>	JURAJSKIE MORSY	M-40	39	<b>00:37:38.98</b>	+00:18:59 (49.9%)	7:31	8 (50.3%)
121	<b>MAĆZKA Michał</b>	<b>125</b>	JURAJSKIE MORSY	M-40	40	<b>00:37:36.75</b>	+00:18:59 (49.9%)	7:31	8 (50.3%)
122	<b>ŁABIAK Andrzej</b>	<b>117</b>	MILICKI KLUB MORSÓW	M-40	41	<b>00:37:38.09</b>	+00:19:07 (50.0%)	7:31	8 (50.3%)
123	<b>DZIEDZIC Piotr</b>	<b>35</b>	MILICKIE MORSY	M-50	17	<b>00:37:39.75</b>	+00:19:07 (50.0%)	7:32	8 (50.3%)
124	<b>PYTLIK Dariusz</b>	<b>175</b>	SG SQUAD	M-50	18	<b>00:37:52.55</b>	+00:19:16 (50.2%)	7:34	7.9 (49.7%)
125	<b>HETMANOWSKI Jędrzej</b>	<b>65</b>	ULTRA PMI	M-40	42	<b>00:38:13.82</b>	+00:19:35 (50.6%)	7:38	7.8 (49.1%)
126	<b>KUSZ Aleksander</b>	<b>151</b>		M-50	19	<b>00:39:22.55</b>	+00:20:42 (52.0%)	7:52	7.6 (47.8%)
127	<b>MAŁECKI Krzysztof</b>	<b>268</b>	MORSY KLIMA WRZEŚNIA	M-30	45	<b>00:39:19.40</b>	+00:20:44 (52.1%)	7:52	7.6 (47.8%)
128	<b>PRĘDOTA Michał</b>	<b>172</b>	JURAJSKIE MORSY	M-30	46	<b>00:40:18.94</b>	+00:21:40 (53.2%)	8:03	7.4 (46.5%)
129	<b>KUŚNIERZ Dariusz</b>	<b>109</b>	POLAR	M-50	20	<b>00:40:37.68</b>	+00:22:02 (53.6%)	8:07	7.4 (46.5%)
130	<b>KUCHARCZYK Robert</b>	<b>105</b>	GĘSIA SKÓRKA GRYFICE	M-40	43	<b>00:40:44.05</b>	+00:22:13 (53.8%)	8:08	7.4 (46.5%)
131	<b>CZEKALSKI Dariusz</b>	<b>259</b>	ZGIERZOLUDY	M-50	21	<b>00:41:46.93</b>	+00:23:00 (54.6%)	8:21	7.2 (45.3%)
132	<b>RZEPECKI Bartłomiej</b>	<b>182</b>	GRUPA BIEGOWA WROCŁAWSKIE MORSY	M-30	47	<b>00:42:27.66</b>	+00:24:00 (55.7%)	8:29	7.1 (44.7%)
133	<b>WARSZAWSKI Rafał</b>	<b>225</b>	OSTROWSKIE MORSY	M-40	44	<b>00:42:55.73</b>	+00:24:14 (55.9%)	8:35	7 (44.0%)
134	<b>BUCZYŃSKI Krzysztof</b>	<b>15</b>	GĘSIA SKÓRKA GRYFICE	M-50	22	<b>00:43:22.16</b>	+00:24:54 (56.6%)	8:40	6.9 (43.4%)
135	<b>LEWANDOWSKI Marek</b>	<b>173</b>		M-60	7	<b>00:44:46.05</b>	+00:26:11 (57.8%)	8:57	6.7 (42.1%)
136	<b>KWIADOR Artur</b>	<b>112</b>	ŚWIĘTOCHŁOWICKI KLUB MORSÓW HARCIOLE	M-40	45	<b>00:44:53.63</b>	+00:26:11 (57.8%)	8:58	6.7 (42.1%)
137	<b>SROKA Grzegorz</b>	<b>193</b>	JURAJSKIE MORSY	M-40	46	<b>00:47:43.16</b>	+00:29:06 (60.4%)	9:32	6.3 (39.6%)
138	<b>KĘDZIORA Ludwik</b>	<b>83</b>	MORSY OSTRÓW WLKP.	M-70+	2	<b>00:47:58.78</b>	+00:29:27 (60.7%)	9:35	6.3 (39.6%)
139	<b>SKOWYRA Arkadiusz</b>	<b>191</b>	GĘSIA SKÓRKA GRYFICE	M-30	48	<b>00:58:04.84</b>	+00:39:34 (67.5%)	11:37	5.2 (32.7%)
140	<b>KOCIK Szymon</b>	<b>87</b>	LZS LASOCIN	M-18	13				(0.0%)

Znaleziono 140 wynik(ów)