



BIEG TRZECH KRÓLI 5 KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-01-06
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SIÓDMIAK Igor	184	MKP SZCZECINEK / TRIATHLON	M-16	1	00:16:50.75		3:22	17.8 (100%)
2	JEFIMCZYK Norbert	72	LKS FENIX SŁUPSK	M-16	2	00:16:54.35	+00:00:03 (0.4%)	3:22	17.8 (100%)
3	BORYCHOWSKI Mariusz	248	KB TUPOT USTKA	M-40	1	00:17:00.30	+00:00:09 (0.9%)	3:24	17.6 (98.9%)
4	KĘPKA Adrian	89	DECATHLON KOSZALIN	M-16	3	00:17:26.90	+00:00:36 (3.5%)	3:29	17.2 (96.6%)
5	JAKUBEK Patryk	66	ŚWIAT PŁYTEK U KRYSPINA	M-16	4	00:18:12.00	+00:01:21 (7.4%)	3:38	16.5 (92.7%)
6	GARSKI Kryspin	49	ŚWIAT PŁYTEK U KRYSPINA	M-40	2	00:18:17.00	+00:01:26 (7.9%)	3:39	16.4 (92.1%)
7	SIADAK Arkadiusz	182		M-30	1	00:18:53.70	+00:02:02 (10.8%)	3:46	15.9 (89.3%)
8	CZAPLIŃSKI Jacek	30	FREE BIRDS	M-30	2	00:19:02.20	+00:02:11 (11.5%)	3:48	15.8 (88.8%)
9	KALKOWSKI Paweł	80	JW1223	M-30	3	00:19:31.60	+00:02:40 (13.7%)	3:54	15.4 (86.5%)
10	TRĘBSKI Krzysztof	217	#ZABIEGANINOCA	M-40	3	00:19:37.45	+00:02:46 (14.2%)	3:55	15.3 (86.0%)
11	BAJGERT Robert	3	VOLTAIX.PL	M-40	4	00:19:45.45	+00:02:54 (14.7%)	3:57	15.2 (85.4%)
12	ŁUKAWSKI Mariusz	118	JW1223	M-30	4	00:19:50.75	+00:03:00 (15.1%)	3:58	15.1 (84.8%)
13	CICHOSZ MIELEWCZYK Mateusz	251	ŚWIAT PŁYTEK U KRYSPINA	M-30	5	00:19:56.15	+00:03:05 (15.5%)	3:59	15.1 (84.8%)
14	URBAŃSKI Tomasz	222		M-40	5	00:19:56.30	+00:03:05 (15.5%)	3:59	15 (84.3%)
15	CUBER Wojciech	29	#ZABIEGANINOCA	M-30	6	00:20:04.35	+00:03:13 (16.1%)	4:00	15 (84.3%)
16	KOŚCIELNIAK Robert	254	TKKF KOSZALIN	M-50	1	00:20:04.80	+00:03:14 (16.1%)	4:00	15 (84.3%)
17	PAKUŁSKI Marcin	151		M-40	6	00:20:18.65	+00:03:27 (17.1%)	4:03	14.8 (83.1%)
18	ZIENKIEWICZ Wojciech	236	BARBARIANS KOSZALIN	M-30	7	00:20:19.40	+00:03:28 (17.1%)	4:04	14.8 (83.1%)
19	BORYCHOWSKA Marlena	15	KB TUPOT USTKA	K-30	1	00:20:23.35	+00:03:32 (17.4%)	4:04	14.7 (82.6%)
20	STEBELSKI Jasiek	193		M-30	8	00:20:34.30	+00:03:43 (18.1%)	4:06	14.6 (82.0%)
21	ZWOLIŃSKI Jan	239	TKKF KOSZALIN	M-50	2	00:20:42.05	+00:03:51 (18.6%)	4:08	14.5 (81.5%)
22	BONISŁAWSKI Jarosław	13	MAM ŚWIRA	M-30	9	00:20:49.30	+00:03:58 (19.1%)	4:09	14.4 (80.9%)
23	KUKIEŁA Tomasz	114		M-30	10	00:21:05.85	+00:04:15 (20.2%)	4:13	14.2 (79.8%)
24	SZUBERT Marcin	209	KOŁOBRZEG BIEGA	M-40	7	00:21:16.10	+00:04:25 (20.8%)	4:15	14.1 (79.2%)
25	RUSINEK Artur	175		M-30	11	00:21:17.30	+00:04:26 (20.9%)	4:15	14.1 (79.2%)
26	OSTAFI Robert	144		M-40	8	00:21:17.60	+00:04:26 (20.9%)	4:15	14.1 (79.2%)
27	STRUMIŃSKI Rafał	195	ŻYTANIA TEAM	M-30	12	00:21:23.00	+00:04:32 (21.2%)	4:16	14 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	GLAZER Piotr	52	MODLITWA BIEGANIA GRYFINO	M-16	5	00:21:27.05	+00:04:36 (21.5%)	4:17	14 (78.7%)
29	MUCHA Krzysztof	133		M-40	9	00:21:27.95	+00:04:37 (21.5%)	4:17	14 (78.7%)
30	OLEJNIK Bartłomiej	142		M-30	13	00:21:32.90	+00:04:42 (21.8%)	4:18	13.9 (78.1%)
31	RUSINEK Dawid	176		M-16	6	00:21:33.10	+00:04:42 (21.8%)	4:18	13.9 (78.1%)
32	STACHOWIAK Ryszard	190		M-60	1	00:21:33.90	+00:04:43 (21.9%)	4:18	13.9 (78.1%)
33	IWANIEC Dariusz	65	TKKF KOSZALIN	M-40	10	00:21:36.25	+00:04:45 (22.0%)	4:19	13.9 (78.1%)
34	KAJKOWSKI Rafał	79	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M-40	11	00:21:45.75	+00:04:55 (22.6%)	4:21	13.8 (77.5%)
35	KASPERSKI Dariusz	85		M-40	12	00:21:46.15	+00:04:55 (22.6%)	4:21	13.8 (77.5%)
36	NIEMCZUK Dariusz	137		M-50	3	00:22:02.10	+00:05:11 (23.5%)	4:24	13.6 (76.4%)
37	KOZIEŁ Paweł	107	WICHER RĄBINO	M-30	14	00:22:06.90	+00:05:16 (23.8%)	4:25	13.6 (76.4%)
38	KŁOS Tomasz	94		M-30	15	00:22:10.65	+00:05:19 (24.0%)	4:26	13.5 (75.8%)
39	CHOŁUJ Jarek	25	ROZBIEGANY KOSZALIN	M-40	13	00:22:15.65	+00:05:24 (24.3%)	4:27	13.5 (75.8%)
40	JARZYNA Roman	69		M-50	4	00:22:27.95	+00:05:37 (25.0%)	4:29	13.4 (75.3%)
41	DROZDOWSKI Marcin	36	MORPOL	M-16	7	00:22:29.25	+00:05:38 (25.1%)	4:29	13.3 (74.7%)
42	PICK Tomasz	158		M-40	14	00:22:31.40	+00:05:40 (25.2%)	4:30	13.3 (74.7%)
43	SZUBERT Julia	210	KOŁOBRZEG BIEGA	K-16	1	00:22:37.05	+00:05:46 (25.5%)	4:31	13.3 (74.7%)
44	OTTO Michał	147		M-30	16	00:22:46.75	+00:05:56 (26.0%)	4:33	13.2 (74.2%)
45	MAJCHRZAK Paweł	119	KARLINO BIEGAJ	M-40	15	00:22:49.30	+00:05:58 (26.2%)	4:34	13.1 (73.6%)
46	SKOWYRSKI Janusz	186	TKKF KOSZALIN	M-50	5	00:22:56.95	+00:06:06 (26.6%)	4:35	13.1 (73.6%)
47	ALABA Jerzy	1		M-50	6	00:22:59.65	+00:06:08 (26.7%)	4:35	13.1 (73.6%)
48	KRUPIŃSKI Krzysztof	111	E-UROLOG.EU	M-50	7	00:23:00.50	+00:06:09 (26.8%)	4:36	13 (73.0%)
49	GLISZCZYŃSKI Łukasz	53	UKSN SPRINT SŁAWNO	M-16	8	00:23:04.10	+00:06:13 (27.0%)	4:36	13 (73.0%)
50	KAMYK Piotr	82	MH IT SERWIS KOSZALIN	M-30	17	00:23:05.05	+00:06:14 (27.0%)	4:37	13 (73.0%)
51	ŻUKOWSKI Cezary	241	MIGAWKOWE.PL	M-30	18	00:23:05.40	+00:06:14 (27.0%)	4:37	13 (73.0%)
52	ZAWADA Andrzej	258		M-50	8	00:23:05.90	+00:06:15 (27.1%)	4:37	13 (73.0%)
53	CHODOR Martyna	23	TKKF KOSZALIN	K-30	2	00:23:07.45	+00:06:16 (27.2%)	4:37	13 (73.0%)
54	ANTKOWIAK Sebastian	2	DB - ACTIVE	M-40	16	00:23:08.30	+00:06:17 (27.2%)	4:37	13 (73.0%)
55	BOBER Jakub	10		M-16	9	00:23:09.90	+00:06:19 (27.3%)	4:37	13 (73.0%)
56	MRUGALSKI Damian	246		M-30	19	00:23:19.25	+00:06:28 (27.8%)	4:40	12.9 (72.5%)
57	GARSKA Joanna	48	ŚWIAT PŁYTEK U KRYSPIŃA	K-40	1	00:23:20.75	+00:06:30 (27.8%)	4:40	12.8 (71.9%)
58	KIERKOSZ Marek	91		M-50	9	00:23:20.90	+00:06:30 (27.8%)	4:40	12.9 (72.5%)
59	ZIÓŁKOWSKI Wojciech	238	#ZABIEGANINOCA	M-40	17	00:23:23.20	+00:06:32 (28.0%)	4:40	12.8 (71.9%)
60	RASZPLA Radosław	171	BBL	M-40	18	00:23:26.65	+00:06:35 (28.1%)	4:41	12.8 (71.9%)
61	KRZEWIŃSKA Małgorzata	113	TKKF KOSZALIN	K-50	1	00:23:29.60	+00:06:38 (28.3%)	4:41	12.8 (71.9%)
61	RÓG Michał	174	JW1223	M-30	20	00:23:29.60	+00:06:38 (28.3%)	4:42	12.8 (71.9%)
63	CHOŁUJ Karol	26	ZAWSZE DO PRZODU	M-30	21	00:23:36.00	+00:06:45 (28.6%)	4:43	12.7 (71.3%)
64	GONTARZ Wojciech	55		M-16	10	00:23:37.10	+00:06:46 (28.7%)	4:43	12.7 (71.3%)
65	SULL Kacper	199	NIGHT RUNNERS SŁUPSK	M-16	11	00:23:37.80	+00:06:47 (28.7%)	4:43	12.7 (71.3%)
66	MARZEC Łukasz	123		M-30	22	00:23:41.95	+00:06:51 (28.9%)	4:44	12.7 (71.3%)
67	MICHALCZYK Mariusz	128		M-40	19	00:23:42.15	+00:06:51 (28.9%)	4:44	12.7 (71.3%)
68	MEJER Aleksandra	126		K-16	2	00:23:42.70	+00:06:51 (29.0%)	4:44	12.6 (70.8%)
69	JASIŃSKI Cezary	70	MNBC	M-40	20	00:23:43.35	+00:06:52 (29.0%)	4:44	12.6 (70.8%)
70	SZULC Marek	213	SZULC RUNNERS TEAM	M-50	10	00:23:50.70	+00:06:59 (29.4%)	4:46	12.6 (70.8%)
71	PODSIADŁO Marcin	162		M-40	21	00:23:58.05	+00:07:07 (29.7%)	4:47	12.5 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 5km	Różn		
72	SKOWROŃSKI Tomasz	185		M-30	23	00:23:58.15	+00:07:07 (29.7%)	4:47	12.5 (70.2%)
73	BERNECKI Edward	8		M-50	11	00:23:59.15	+00:07:08 (29.8%)	4:48	12.5 (70.2%)
74	DOMAŃSKI Adam	34		M-40	22	00:24:03.25	+00:07:12 (30.0%)	4:48	12.5 (70.2%)
75	BRESZKA Michał	18	DARŁOWSKIE CHARTY	M-16	12	00:24:05.40	+00:07:14 (30.1%)	4:49	12.5 (70.2%)
76	JAWORSKI Robert	71	BRYZA POSTOMINO	M-40	23	00:24:06.25	+00:07:15 (30.1%)	4:49	12.4 (69.7%)
77	DZIĘBOWSKI Mariusz	38		M-30	24	00:24:06.40	+00:07:15 (30.1%)	4:49	12.4 (69.7%)
78	CHORAŻY Karolina	27		K-16	3	00:24:07.85	+00:07:17 (30.2%)	4:49	12.4 (69.7%)
79	KAŻMIERCZAK Agnieszka	87		K-40	2	00:24:08.50	+00:07:17 (30.2%)	4:49	12.4 (69.7%)
80	SZULC Szymon	212		M-30	25	00:24:13.90	+00:07:23 (30.5%)	4:50	12.4 (69.7%)
81	CHODOR Izabela	22	TKKF KOSZALIN	K-30	3	00:24:15.50	+00:07:24 (30.6%)	4:51	12.4 (69.7%)
81	KAMIŃSKI Tomasz	81	TKKF-JW 1223	M-40	24	00:24:15.50	+00:07:24 (30.6%)	4:51	12.4 (69.7%)
83	KOPCZEWSKI Dariusz	99		M-50	12	00:24:17.25	+00:07:26 (30.6%)	4:51	12.3 (69.1%)
84	KRASIŃSKI Witold	110	JW1223	M-40	25	00:24:17.55	+00:07:26 (30.7%)	4:51	12.4 (69.7%)
85	KAŻMIERCZAK Tomasz	88	JW 3937	M-40	26	00:24:24.05	+00:07:33 (31.0%)	4:52	12.3 (69.1%)
86	GUTOWSKI Sebastian	60	GUCIOR-RUN	M-40	27	00:24:25.55	+00:07:34 (31.0%)	4:53	12.3 (69.1%)
87	PUSZ Jakub	165	ELEKTRONIK KOSZALIN	M-16	13	00:24:25.90	+00:07:35 (31.0%)	4:53	12.3 (69.1%)
88	ZIOMEK Maja	237	DECATHLON KOSZALIN	K-16	4	00:24:26.35	+00:07:35 (31.1%)	4:53	12.3 (69.1%)
89	FRĄTCZAK Sławomir	42		M-30	26	00:24:29.10	+00:07:38 (31.2%)	4:53	12.3 (69.1%)
90	KIEŁTYKA Tomasz	90	#ZABIEGANINOCA	M-30	27	00:24:30.00	+00:07:39 (31.2%)	4:54	12.2 (68.5%)
91	SZNYTER Sabina	207	DECATHLON KOSZALIN	K-16	5	00:24:31.00	+00:07:40 (31.3%)	4:54	12.2 (68.5%)
92	SZKOŁUDA Miłosz	206	DECATHLON KOSZALIN	M-16	14	00:24:31.60	+00:07:40 (31.3%)	4:54	12.2 (68.5%)
93	REMBALSKI Piotr	250	ŚWIAT PŁYTEK U KRYSPIŃA	M-40	28	00:24:35.80	+00:07:45 (31.5%)	4:55	12.2 (68.5%)
94	DANOWSKI Maciej	32	FITNES CLUB FORMA	M-40	29	00:24:38.50	+00:07:47 (31.6%)	4:55	12.2 (68.5%)
95	ŁOZIŃSKA Karolina	117		K-16	6	00:24:40.40	+00:07:49 (31.7%)	4:56	12.2 (68.5%)
96	OSOBNIAK Ryszard	143		M-60	2	00:24:44.45	+00:07:53 (31.9%)	4:57	12.1 (68.0%)
97	LEWANDOWSKA Sylwia	116	ŚWIAT PŁYTEK U KRYSPIŃA	K-16	7	00:24:48.85	+00:07:58 (32.1%)	4:57	12.1 (68.0%)
98	JANUSZEWSKI Jacek	68	17WOG KOSZALIN	M-50	13	00:24:56.60	+00:08:05 (32.5%)	4:59	12 (67.4%)
99	KAZIMIERCZAK Leszek	86	SKURCZTEAM	M-30	28	00:25:01.05	+00:08:10 (32.7%)	5:00	12 (67.4%)
100	JANKOWSKA Monika	67		K-16	8	00:25:04.30	+00:08:13 (32.8%)	5:00	12 (67.4%)
101	GALICKI Robert	44		M-40	30	00:25:08.70	+00:08:17 (33.0%)	5:01	11.9 (66.9%)
102	NIEDBAŁA Konrad	135		M-40	31	00:25:09.10	+00:08:18 (33.0%)	5:01	11.9 (66.9%)
103	MEGIER Wojciech	125	ELEKTRONIK KOSZALIN	M-50	14	00:25:12.80	+00:08:22 (33.2%)	5:02	11.9 (66.9%)
104	KOWALCZYK Piotr	105		M-30	29	00:25:15.00	+00:08:24 (33.3%)	5:03	11.9 (66.9%)
105	KOZŁOWIECKI Waldemar	109	TKKF KOSZALIN	M-60	3	00:25:16.05	+00:08:25 (33.3%)	5:03	11.9 (66.9%)
106	FAJGIER Tomasz	39		M-40	32	00:25:17.25	+00:08:26 (33.4%)	5:03	11.9 (66.9%)
107	ROGAŁA Łukasz	173	NIGHT RUNNERS SŁUPSK	M-30	30	00:25:17.50	+00:08:26 (33.4%)	5:03	11.9 (66.9%)
108	BRZOSTKO Przemysław	20		M-30	31	00:25:24.90	+00:08:34 (33.7%)	5:05	11.8 (66.3%)
109	PLUTA Katarzyna	159		K-16	9	00:25:34.65	+00:08:43 (34.1%)	5:07	11.7 (65.7%)
110	RYCHLIŃSKI Damian	177		M-30	32	00:25:39.70	+00:08:48 (34.4%)	5:08	11.7 (65.7%)
111	MRUGALSKA Magdalena	255		K-16	10	00:25:41.75	+00:08:51 (34.4%)	5:08	11.7 (65.7%)
112	SEEWALD Jan	180	ZAKWAS	M-40	33	00:25:42.60	+00:08:51 (34.5%)	5:08	11.7 (65.7%)
113	HRYCAJ Tomasz	63		M-30	33	00:25:43.95	+00:08:53 (34.5%)	5:08	11.7 (65.7%)
114	KOSMALA Aleksandra	102		K-30	4	00:25:45.55	+00:08:54 (34.6%)	5:09	11.6 (65.2%)
115	MALINOWSKA-BURDA Aleksandra	120		K-16	11	00:25:54.75	+00:09:04 (35.0%)	5:11	11.6 (65.2%)

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116	GAŁKA Dominik	46	SP 1 TRZEBIATÓW	M-16	15	00:25:56.90	+00:09:06 (35.1%)	5:11	11.6 (65.2%)
117	ROBAKOWSKA Żaneta	172	GABINET REHABILITACJI AKTYWNEJ	K-30	5	00:25:59.00	+00:09:08 (35.2%)	5:11	11.5 (64.6%)
118	MIŁEK Ewelina	132		K-16	12	00:26:03.30	+00:09:12 (35.3%)	5:12	11.5 (64.6%)
119	FRONTCZAK Izabela	43		K-30	6	00:26:06.60	+00:09:15 (35.5%)	5:13	11.5 (64.6%)
120	GŁUCH Katarzyna	256	ELEKTRONIK	K-30	7	00:26:07.05	+00:09:16 (35.5%)	5:13	11.5 (64.6%)
120	WOJCIECHOWSKI Piotr	233		M-40	34	00:26:07.05	+00:09:16 (35.5%)	5:13	11.5 (64.6%)
122	GAŁKA Marcin	47		M-40	35	00:26:09.75	+00:09:19 (35.6%)	5:14	11.5 (64.6%)
123	JUSZCZAK Krzysztof	75		M-60	4	00:26:12.30	+00:09:21 (35.7%)	5:14	11.4 (64.0%)
124	ZALESKI Tomasz	235		M-30	34	00:26:17.60	+00:09:26 (35.9%)	5:15	11.4 (64.0%)
125	GRĄBCZEWSKI Rafał	58	JW1223	M-30	35	00:26:19.00	+00:09:28 (36.0%)	5:15	11.4 (64.0%)
126	BODO Rafał	12		M-30	36	00:26:23.85	+00:09:33 (36.2%)	5:16	11.4 (64.0%)
127	KLENIEWSKI Piotr	93	ZACHODNIOPOMORSKIE	M-50	15	00:26:24.70	+00:09:33 (36.2%)	5:17	11.4 (64.0%)
128	STRZELECKA Małgorzata	196	SAILING TEAM FERAJNA	K-40	3	00:26:24.95	+00:09:34 (36.2%)	5:17	11.4 (64.0%)
129	KOLIGAT Anna	97		K-30	8	00:26:27.35	+00:09:36 (36.3%)	5:17	11.3 (63.5%)
130	SCHWARZ Ludwik	179		M-50	16	00:26:27.45	+00:09:36 (36.3%)	5:17	11.3 (63.5%)
131	DOMAŃSKI Krzysztof	35		M-16	16	00:26:27.90	+00:09:37 (36.3%)	5:17	11.3 (63.5%)
132	SZAFIRSKI Marek	203	CAMINO SŁUPSK	M-50	17	00:26:28.85	+00:09:38 (36.4%)	5:17	11.3 (63.5%)
133	KOWALCZYK Karolina	106		K-40	4	00:26:37.65	+00:09:46 (36.7%)	5:19	11.3 (63.5%)
134	TURCZYN Grzegorz	220	NIGHT RUNNERS SŁUPSK	M-40	36	00:26:42.95	+00:09:52 (36.9%)	5:20	11.2 (62.9%)
135	BERNACKI Adam	6	ADRÓG	M-40	37	00:26:44.55	+00:09:53 (37.0%)	5:21	11.2 (62.9%)
136	OSTAFI Joanna	145		K-30	9	00:26:49.65	+00:09:58 (37.2%)	5:22	11.2 (62.9%)
137	GŁOWACKI Włodzimierz	54	ROZBIEGANY KOSZALIN	M-70+	1	00:26:56.75	+00:10:06 (37.5%)	5:23	11.1 (62.4%)
138	RASZPLA Ilona	170	CIOTECZKI.PL	K-40	5	00:26:57.05	+00:10:06 (37.5%)	5:23	11.1 (62.4%)
139	ŻYWOT Norbert	242		M-40	38	00:26:59.75	+00:10:09 (37.6%)	5:24	11.1 (62.4%)
140	BUTOWICZ Adam	245		M-50	18	00:27:00.20	+00:10:09 (37.6%)	5:24	11.1 (62.4%)
141	DZIESZUK Dariusz	37	TKKF KOSZALIN	M-50	19	00:27:02.10	+00:10:11 (37.7%)	5:24	11.1 (62.4%)
142	MAŁYSZEWICZ Andrzej	121		M-50	20	00:27:06.45	+00:10:15 (37.9%)	5:25	11.1 (62.4%)
143	JUSZCZYK Agnieszka	76	ANOX TEAM	K-30	10	00:27:08.65	+00:10:17 (37.9%)	5:25	11.1 (62.4%)
144	WAŚOWICZ Anna	227		K-30	11	00:27:09.85	+00:10:19 (38.0%)	5:26	11 (61.8%)
145	NOWAK Bartłomiej	141		M-40	39	00:27:19.95	+00:10:29 (38.4%)	5:28	11 (61.8%)
146	PACAN Mira	149		K-30	12	00:27:23.40	+00:10:32 (38.5%)	5:28	11 (61.8%)
147	PERKOWSKA Oktawia	157		K-16	13	00:27:24.20	+00:10:33 (38.5%)	5:28	10.9 (61.2%)
148	PASZKOWSKI Marek	154		M-50	21	00:27:34.75	+00:10:44 (38.9%)	5:31	10.9 (61.2%)
149	KARPIŃSKI Tomek	84		M-40	40	00:27:35.20	+00:10:44 (38.9%)	5:31	10.9 (61.2%)
150	KACZMAREK Łukasz	78	WOJOWNICY WÓDY	M-30	37	00:27:43.00	+00:10:52 (39.2%)	5:32	10.8 (60.7%)
151	SZAFIRSKI Kacper	202	CAMINO SŁUPSK	M-16	17	00:27:43.95	+00:10:53 (39.3%)	5:32	10.8 (60.7%)
152	PUSZ Jacek	166		M-50	22	00:27:45.95	+00:10:55 (39.3%)	5:33	10.8 (60.7%)
153	MASTALERZ Konrad	124	DECATHLON KOSZALIN	M-16	18	00:27:46.05	+00:10:55 (39.3%)	5:33	10.8 (60.7%)
154	KARNICKI Zygmunt	253	TKKF KOSZALIN	M-60	5	00:27:46.95	+00:10:56 (39.4%)	5:33	10.8 (60.7%)
155	GAWLIK Artur	50	BIEGNIJMY.PL	M-30	38	00:27:47.35	+00:10:56 (39.4%)	5:33	10.8 (60.7%)
156	SZUBERT Agnieszka	208	KOŁOBRZEG BIEGA	K-30	13	00:27:56.45	+00:11:05 (39.7%)	5:35	10.7 (60.1%)
157	PAULIŃSKI Jan	155		M-60	6	00:28:02.75	+00:11:12 (39.9%)	5:36	10.7 (60.1%)
158	SZULC Adam	211	SZULC RUNNERS TEAM	M-30	39	00:28:13.75	+00:11:23 (40.3%)	5:38	10.6 (59.6%)
159	FIUK Agnieszka	40	ATF TEAM	K-30	14	00:28:15.80	+00:11:25 (40.4%)	5:39	10.6 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
160	HNATOWSKI Artur	62	SZYBKIESTOPY	M-50	23	00:28:16.10	+00:11:25 (40.4%)	5:39	10.6 (59.6%)
161	SZEWCZYK Paulina	204		K-16	14	00:28:21.30	+00:11:30 (40.6%)	5:40	10.6 (59.6%)
162	SOWIERSZENKO Maciej	189	DECATHLON KOSZALIN	M-30	40	00:28:23.75	+00:11:33 (40.7%)	5:40	10.6 (59.6%)
163	HELLER Zdzisław	61	NIEZRZESZONY	M-60	7	00:28:25.55	+00:11:34 (40.7%)	5:41	10.6 (59.6%)
164	KOMOROWSKA Beata	98	ROZBIEGANY KOSZALIN	K-40	6	00:28:27.90	+00:11:37 (40.8%)	5:41	10.5 (59.0%)
165	BASIAK Krystian	4	JW1223	M-30	41	00:28:29.80	+00:11:39 (40.9%)	5:42	10.5 (59.0%)
166	HRYCIÓW Paweł	64	JW1223	M-30	42	00:28:30.75	+00:11:40 (40.9%)	5:42	10.5 (59.0%)
167	BURSZTA Marta	21	KARLINO BIEGAJ	K-16	15	00:28:30.95	+00:11:40 (40.9%)	5:42	10.5 (59.0%)
168	WIĘCKOWSKI Maciej	229	KARLINO BIEGAJ	M-30	43	00:28:33.60	+00:11:42 (41.0%)	5:42	10.5 (59.0%)
169	ŻAK Rafał	240		M-30	44	00:28:33.95	+00:11:43 (41.0%)	5:42	10.5 (59.0%)
170	SULL Agnieszka	198	NIGHT RUNNERS SŁUPSK	K-40	7	00:28:35.85	+00:11:45 (41.1%)	5:43	10.5 (59.0%)
171	KOLBA Aleksandra	96		K-30	15	00:28:40.10	+00:11:49 (41.2%)	5:44	10.5 (59.0%)
172	KILJAN Sylwia	92		K-30	16	00:28:48.75	+00:11:58 (41.5%)	5:45	10.4 (58.4%)
173	DOMAŃSKA Katarzyna	33		K-40	8	00:28:53.75	+00:12:03 (41.7%)	5:46	10.4 (58.4%)
174	OSTAPIŃSKI Tomasz	146		M-30	45	00:29:15.40	+00:12:24 (42.4%)	5:51	10.3 (57.9%)
175	KOZŁOWSKA Karolina	108		K-30	17	00:29:28.50	+00:12:37 (42.8%)	5:53	10.2 (57.3%)
176	BRZEZIŃSKI Bartosz	19		M-30	46	00:29:29.20	+00:12:38 (42.9%)	5:53	10.2 (57.3%)
177	MYSZKOWSKA Grażyna	134		K-50	2	00:29:29.50	+00:12:38 (42.9%)	5:54	10.2 (57.3%)
178	PACAN Bartosz	150		M-30	47	00:29:33.70	+00:12:42 (43.0%)	5:54	10.2 (57.3%)
179	STAŃCZYK Franciszek	192	NIEZRZESZONY	M-70+	2	00:29:35.15	+00:12:44 (43.1%)	5:55	10.1 (56.7%)
180	CICHOSZ Jerzy	28		M-70+	3	00:29:41.90	+00:12:51 (43.3%)	5:56	10.1 (56.7%)
181	BEDNARZ Katarzyna	5		K-40	9	00:29:42.60	+00:12:51 (43.3%)	5:56	10.1 (56.7%)
182	KOT Aleksandra	104	#ZABIEGANINOCA	K-30	18	00:29:48.90	+00:12:58 (43.5%)	5:57	10.1 (56.7%)
183	BRESZKA Paweł	17	POLSKA	M-40	41	00:30:00.70	+00:13:09 (43.9%)	6:00	10 (56.2%)
184	BORSUK Dorota	14		K-40	10	00:30:01.30	+00:13:10 (43.9%)	6:00	10 (56.2%)
185	NOWAK Piotr	140		M-30	48	00:30:03.20	+00:13:12 (43.9%)	6:00	10 (56.2%)
186	TRACZ Jadwiga	215		K-30	19	00:30:06.40	+00:13:15 (44.0%)	6:01	10 (56.2%)
187	SZYMAŃSKI Marcin	214	TEAM BIEGOWY SZCZECINEK	M-30	49	00:30:09.85	+00:13:19 (44.2%)	6:02	9.9 (55.6%)
188	FRASZKIEWICZ Jarosław	41		M-40	42	00:30:18.50	+00:13:27 (44.4%)	6:03	9.9 (55.6%)
189	BIERNAT Agnieszka	9		K-30	20	00:30:29.70	+00:13:38 (44.8%)	6:05	9.8 (55.1%)
190	KOLBA Bartosz	95		M-30	50	00:30:32.50	+00:13:41 (44.8%)	6:06	9.8 (55.1%)
191	PŁOTKA Emilia	161		K-30	21	00:30:36.15	+00:13:45 (45.0%)	6:07	9.8 (55.1%)
192	PŁOTKA Grzegorz	160		M-30	51	00:30:36.95	+00:13:46 (45.0%)	6:07	9.8 (55.1%)
193	TRZEŚNIEWSKI Zbigniew	219		M-50	24	00:31:02.60	+00:14:11 (45.7%)	6:12	9.7 (54.5%)
194	NIEDBAŁA Dorota	136		K-40	11	00:31:05.10	+00:14:14 (45.8%)	6:13	9.7 (54.5%)
195	BERNECKA Agnieszka	7		K-40	12	00:31:06.15	+00:14:15 (45.8%)	6:13	9.6 (53.9%)
196	SUSKA Joanna	200		K-16	16	00:31:19.40	+00:14:28 (46.2%)	6:16	9.6 (53.9%)
197	KOZŁOWIECKA Małgorzata	249		K-50	3	00:31:29.20	+00:14:38 (46.5%)	6:17	9.5 (53.4%)
198	SZAFIROWICZ-CHOJNACKA Paulina	201		K-30	22	00:31:29.45	+00:14:38 (46.5%)	6:17	9.5 (53.4%)
199	CHOJNACKI Bartosz	24	ROWERY MAŁGOŚKA	M-40	43	00:31:30.45	+00:14:39 (46.5%)	6:18	9.5 (53.4%)
200	PUTKAMER Joanna	167	DECATHLON KOSZALIN	K-16	17	00:31:31.90	+00:14:41 (46.6%)	6:18	9.5 (53.4%)
201	ZAKONEK Anna	259	DECATHLON KOSZALIN	K-16	18	00:31:35.40	+00:14:44 (46.7%)	6:19	9.5 (53.4%)
202	WINIARSKA Wiktoria	230	DECATHLON KOSZALIN	K-16	19	00:31:36.80	+00:14:46 (46.7%)	6:19	9.5 (53.4%)
203	WALKOWIAK Dariusz	225		M-40	44	00:31:38.05	+00:14:47 (46.7%)	6:19	9.5 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	PEŁKA Iwona	156		K-50	4	00:31:41.25	+00:14:50 (46.8%)	6:20	9.5 (53.4%)
205	STRZELECKI Sebastian	257		M-40	45	00:31:47.65	+00:14:56 (47.0%)	6:21	9.4 (52.8%)
206	WALECKA Katarzyna	224	ATOMÓWKI	K-30	23	00:31:49.50	+00:14:58 (47.1%)	6:21	9.4 (52.8%)
207	SOKOŁOWSKA Anna	187	ATOMÓWKI	K-30	24	00:31:49.95	+00:14:59 (47.1%)	6:22	9.4 (52.8%)
208	SZKARŁAT Magdalena	205	#ZABIEGANINOCA	K-30	25	00:32:11.05	+00:15:20 (47.7%)	6:26	9.3 (52.2%)
209	MICKIEWICZ Kinga	129		K-40	13	00:32:11.45	+00:15:20 (47.7%)	6:26	9.3 (52.2%)
210	TRĘBSKA Marta	216	#ZABIEGANINOCA	K-40	14	00:32:11.95	+00:15:21 (47.7%)	6:26	9.3 (52.2%)
211	KOSECKI Tomasz	101	ZAKWAS	M-30	52	00:32:15.15	+00:15:24 (47.8%)	6:27	9.3 (52.2%)
211	KOSECKA Sylwia	100	ZAKWAS	K-30	26	00:32:15.15	+00:15:24 (47.8%)	6:27	9.3 (52.2%)
213	STANCZEWSKA Karolina	191		K-30	27	00:32:15.70	+00:15:24 (47.8%)	6:27	9.3 (52.2%)
214	BIEŁĘDA Karolina	244		K-30	28	00:32:22.35	+00:15:31 (48.0%)	6:28	9.3 (52.2%)
215	WOJANOWSKA Maryla	260		K-60	1	00:32:23.80	+00:15:33 (48.0%)	6:28	9.3 (52.2%)
216	WOJANOWSKI Zbigniew	232	BIEGAM BO LUBIĘ	M-60	8	00:32:24.05	+00:15:33 (48.0%)	6:29	9.3 (52.2%)
217	RAMA Ewa	169		K-50	5	00:32:46.85	+00:15:56 (48.6%)	6:33	9.2 (51.7%)
218	RAMA Janusz	168		M-40	46	00:32:47.20	+00:15:56 (48.6%)	6:33	9.2 (51.7%)
219	LEŚNIEWSKI Dominik	243		M-30	53	00:32:49.65	+00:15:58 (48.7%)	6:34	9.1 (51.1%)
220	PASEK Jan	153		M-60	9	00:33:03.45	+00:16:12 (49.0%)	6:36	9.1 (51.1%)
221	KARPIŃSKA Hanna	83		K-40	15	00:33:29.70	+00:16:38 (49.7%)	6:41	9 (50.6%)
222	ULENBERG Maria	221		K-16	20	00:34:04.70	+00:17:13 (50.6%)	6:48	8.8 (49.4%)
223	MAŁYSZEWICZ Teresa	122		K-50	6	00:34:58.20	+00:18:07 (51.8%)	6:59	8.6 (48.3%)
224	PASEK Paula	152		K-30	29	00:35:06.50	+00:18:15 (52.0%)	7:01	8.5 (47.8%)
225	GÓRSKA Dorota	57		K-50	7	00:36:23.40	+00:19:32 (53.7%)	7:16	8.2 (46.1%)
226	SOLAK Halina	188	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-60	2	00:36:46.10	+00:19:55 (54.2%)	7:21	8.2 (46.1%)
227	WRÓBEL Ewelina	234		K-16	21	00:36:59.50	+00:20:08 (54.5%)	7:23	8.1 (45.5%)
228	DAMPS Julita	31	NIGHT RUNNERS SŁUPSK	K-30	30	00:38:20.10	+00:21:29 (56.1%)	7:40	7.8 (43.8%)
229	KRYSTOSIK Paulina	112		K-16	22	00:39:35.25	+00:22:44 (57.4%)	7:55	7.6 (42.7%)
230	BARTNIK Marian	252		M-70+	4	00:39:47.55	+00:22:56 (57.7%)	7:57	7.5 (42.1%)
231	GAŁECKI Jacek	45	KARLINO BIEGAJ	M-50	25	00:40:38.25	+00:23:47 (58.5%)	8:07	7.4 (41.6%)

Znaleziono 231 wynik(ów)