

# BIEG TRZECH KRÓLI 5 KM

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łabusz, Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2019-01-20  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BORYCHOWSKI Mariusz</b>	<b>237</b>	MARIO TEAM	M-40	1	<b>00:16:19.99</b>		3:16	18.4 (100%)
2	<b>ORZECHOWSKI Kamil</b>	<b>147</b>	TKKF KOSZALIN	M-30	1	<b>00:16:49.32</b>	+00:00:29 (2.9%)	3:22	17.8 (96.7%)
3	<b>ZACHARCZUK Albin</b>	<b>236</b>	MARIO TEAM	M-20	1	<b>00:17:17.10</b>	+00:00:57 (5.5%)	3:27	17.4 (94.6%)
4	<b>SZKOŁUDA Miłosz</b>	<b>196</b>	DECATHLON KOSZALIN	M-20	2	<b>00:17:26.29</b>	+00:01:06 (6.3%)	3:29	17.2 (93.5%)
5	<b>ZABORSKI Ryszard</b>	<b>223</b>	JAMNO	M-40	2	<b>00:17:38.39</b>	+00:01:18 (7.4%)	3:31	17 (92.4%)
6	<b>GARSKI Kryspin</b>	<b>45</b>	ŚWIAT PŁYTEK U KRYSPINA	M-40	3	<b>00:17:41.51</b>	+00:01:21 (7.7%)	3:32	17 (92.4%)
7	<b>SIADAK Arkadiusz</b>	<b>181</b>		M-30	2	<b>00:17:48.57</b>	+00:01:28 (8.3%)	3:33	16.8 (91.3%)
8	<b>JAKUBEK Patryk</b>	<b>63</b>	ŚWIAT PŁYTEK U KRYSPINA	M-20	3	<b>00:18:07.75</b>	+00:01:47 (9.9%)	3:37	16.6 (90.2%)
9	<b>HUBERT Łukasz</b>	<b>62</b>	TKKF KOSZALIN	M-30	3	<b>00:18:19.19</b>	+00:01:59 (10.8%)	3:39	16.4 (89.1%)
10	<b>DUDA Grzegorz</b>	<b>37</b>	METALCORP TEAM	M-40	4	<b>00:18:44.08</b>	+00:02:24 (12.8%)	3:44	16 (87.0%)
11	<b>CZAPLIŃSKI Jacek</b>	<b>26</b>	TAGER KOSZALIN	M-30	4	<b>00:18:47.09</b>	+00:02:27 (13.1%)	3:45	16 (87.0%)
12	<b>MAJKOWICZ Rafał</b>	<b>115</b>		M-30	5	<b>00:18:52.01</b>	+00:02:32 (13.4%)	3:46	15.9 (86.4%)
13	<b>WICHER Krzysztof</b>	<b>214</b>	ADWOKATURA	M-30	6	<b>00:18:59.90</b>	+00:02:39 (14.0%)	3:48	15.8 (85.9%)
14	<b>RYKIEL Michał</b>	<b>177</b>	JEDWABIŚCI	M-30	7	<b>00:19:04.01</b>	+00:02:44 (14.3%)	3:48	15.7 (85.3%)
15	<b>ZUKAL Piotr</b>	<b>228</b>		M-40	5	<b>00:19:24.99</b>	+00:03:04 (15.9%)	3:53	15.5 (84.2%)
16	<b>KAWKA Adrian</b>	<b>78</b>		M-30	8	<b>00:19:31.17</b>	+00:03:11 (16.3%)	3:54	15.4 (83.7%)
17	<b>WOJCIECHOWICZ Jacek</b>	<b>220</b>	WWW.STUDIOTANCAPASJA.PL	M-40	6	<b>00:19:35.63</b>	+00:03:15 (16.6%)	3:55	15.3 (83.2%)
18	<b>KOŚCIELNIAK Robert</b>	<b>94</b>	TKKF KOSZALIN	M-50	1	<b>00:19:40.70</b>	+00:03:20 (17.0%)	3:56	15.2 (82.6%)
19	<b>CUBER Wojciech</b>	<b>25</b>	#ZABIEGANINOCA	M-30	9	<b>00:19:40.95</b>	+00:03:20 (17.0%)	3:56	15.2 (82.6%)
20	<b>CICHOSZ-MIELEWCZYK Mateusz</b>	<b>24</b>	ŚWIAT PŁYTEK U KRYSPINA	M-30	10	<b>00:19:46.96</b>	+00:03:26 (17.4%)	3:57	15.2 (82.6%)
21	<b>URBAŃSKI Tomasz</b>	<b>208</b>	KARLINO BIEGAJ	M-40	7	<b>00:20:14.10</b>	+00:03:54 (19.3%)	4:02	14.8 (80.4%)
22	<b>KONKEL Agnieszka</b>	<b>90</b>		K-30	1	<b>00:20:19.53</b>	+00:03:59 (19.6%)	4:03	14.8 (80.4%)
23	<b>MUCHA Krzysztof</b>	<b>131</b>		M-40	8	<b>00:20:25.58</b>	+00:04:05 (20.0%)	4:05	14.7 (79.9%)
24	<b>BIEŃKOWSKI Tomasz</b>	<b>239</b>		M-30	11	<b>00:20:28.85</b>	+00:04:08 (20.3%)	4:05	14.7 (79.9%)
25	<b>NIEWIADA Marek</b>	<b>136</b>	FLOTA ŚWINOUJŚCIE	M-30	12	<b>00:20:33.08</b>	+00:04:13 (20.5%)	4:06	14.6 (79.3%)
26	<b>CHORAŻY Karolina</b>	<b>21</b>	LEO-TEAM	K-30	2	<b>00:20:33.59</b>	+00:04:13 (20.6%)	4:06	14.6 (79.3%)
27	<b>BRZEZINSKI Jan</b>	<b>15</b>	TEAM PIOTRUŚ	M-50	2	<b>00:20:34.19</b>	+00:04:14 (20.6%)	4:06	14.6 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>MAZURSKI Paweł</b>	<b>121</b>		M-30	13	<b>00:20:36.44</b>	+00:04:16 (20.7%)	4:07	14.6 (79.3%)
29	<b>PICK Tomasz</b>	<b>161</b>	DEAF KOSZALIN	M-40	9	<b>00:20:39.59</b>	+00:04:19 (20.9%)	4:08	14.5 (78.8%)
30	<b>ROMANOWSKI Piotr</b>	<b>171</b>		M-30	14	<b>00:20:42.62</b>	+00:04:22 (21.1%)	4:08	14.5 (78.8%)
31	<b>DZIĘBOWSKI Mariusz</b>	<b>39</b>		M-30	15	<b>00:20:45.98</b>	+00:04:25 (21.3%)	4:09	14.4 (78.3%)
32	<b>KATRYCZ Zbigniew</b>	<b>77</b>		M-50	3	<b>00:20:50.47</b>	+00:04:30 (21.6%)	4:10	14.4 (78.3%)
33	<b>SZNYTER Sabina</b>	<b>198</b>	DECATHLON KOSZALIN	K-20	1	<b>00:20:51.55</b>	+00:04:31 (21.7%)	4:10	14.4 (78.3%)
34	<b>SPRINGER Marcin</b>	<b>189</b>		M-40	10	<b>00:21:05.91</b>	+00:04:45 (22.6%)	4:13	14.2 (77.2%)
35	<b>PAKULSKI Marcin</b>	<b>152</b>		M-40	11	<b>00:21:14.23</b>	+00:04:54 (23.1%)	4:15	14.1 (76.6%)
36	<b>KALKOWSKI Paweł</b>	<b>72</b>	JW1223/BLOG	M-30	16	<b>00:21:16.74</b>	+00:04:56 (23.2%)	4:15	14.1 (76.6%)
37	<b>FABICH Adrian</b>	<b>40</b>	USB	M-30	17	<b>00:21:22.93</b>	+00:05:02 (23.6%)	4:16	14 (76.1%)
38	<b>KOŁODZIEJ Krystian</b>	<b>89</b>	BESTIE OCR LEGIONOWO	M-30	18	<b>00:21:26.37</b>	+00:05:06 (23.8%)	4:17	14 (76.1%)
39	<b>WEBER Paweł</b>	<b>155</b>	ENERGON	M-30	19	<b>00:21:37.03</b>	+00:05:17 (24.4%)	4:19	13.9 (75.5%)
40	<b>MIKIETYŃSKI Michał</b>	<b>126</b>	ZABIEGAMI NOCA	M-30	20	<b>00:21:40.19</b>	+00:05:20 (24.6%)	4:20	13.8 (75.0%)
41	<b>ŁAWNICZAK Justyna</b>	<b>113</b>	#ZABIEGANINOCA	K-30	3	<b>00:21:40.35</b>	+00:05:20 (24.6%)	4:20	13.8 (75.0%)
42	<b>GÓRA Sylwester</b>	<b>51</b>	#ZABIEGANINOCA	M-40	12	<b>00:21:41.28</b>	+00:05:21 (24.7%)	4:20	13.8 (75.0%)
43	<b>CHOŁUJ Jarek</b>	<b>19</b>		M-40	13	<b>00:21:50.85</b>	+00:05:30 (25.2%)	4:22	13.7 (74.5%)
44	<b>OTTO Michał</b>	<b>149</b>		M-30	21	<b>00:21:50.98</b>	+00:05:30 (25.2%)	4:22	13.7 (74.5%)
45	<b>GLISZCZYŃSKI Łukasz</b>	<b>47</b>	ŚWIAT PŁYTEK U KRYPINA	M-20	4	<b>00:22:10.72</b>	+00:05:50 (26.4%)	4:26	13.5 (73.4%)
46	<b>GAWRYSIAK Przemysław</b>	<b>238</b>		M-40	14	<b>00:22:11.12</b>	+00:05:51 (26.4%)	4:26	13.5 (73.4%)
47	<b>BORUC Marika</b>	<b>12</b>	RAZ SZCZECIN	K-20	2	<b>00:22:14.57</b>	+00:05:54 (26.6%)	4:27	13.5 (73.4%)
48	<b>KWIETNIEWSKI Daniel</b>	<b>109</b>		M-40	15	<b>00:22:16.53</b>	+00:05:56 (26.7%)	4:27	13.5 (73.4%)
49	<b>HAŁKA Justyna</b>	<b>57</b>		K-30	4	<b>00:22:26.13</b>	+00:06:06 (27.2%)	4:29	13.4 (72.8%)
50	<b>CHABOWSKI Wojciech</b>	<b>17</b>		M-20	5	<b>00:22:26.58</b>	+00:06:06 (27.2%)	4:29	13.4 (72.8%)
51	<b>OLCZAK Krzysztof</b>	<b>143</b>		M-30	22	<b>00:22:26.68</b>	+00:06:06 (27.2%)	4:29	13.4 (72.8%)
52	<b>ANTKOWIAK Sebastian</b>	<b>1</b>	DB - ACTIVE	M-40	16	<b>00:22:27.53</b>	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
53	<b>KRUPIŃSKI Krzysztof</b>	<b>100</b>	E-UROLOG.EU	M-50	4	<b>00:22:29.46</b>	+00:06:09 (27.4%)	4:29	13.3 (72.3%)
54	<b>POLAŃSKI Norbert</b>	<b>165</b>	21BLT	M-40	17	<b>00:22:34.99</b>	+00:06:14 (27.7%)	4:31	13.3 (72.3%)
55	<b>GÓRA Agnieszka</b>	<b>50</b>	#ZABIEGANINOCA	K-40	1	<b>00:22:39.19</b>	+00:06:19 (27.9%)	4:31	13.2 (71.7%)
56	<b>WIKTOROWSKI Maciej</b>	<b>217</b>		M-40	18	<b>00:22:41.37</b>	+00:06:21 (28.0%)	4:32	13.2 (71.7%)
57	<b>WÓJCICI Adrian</b>	<b>221</b>	DEAF KOSZALIN	M-30	23	<b>00:22:41.73</b>	+00:06:21 (28.0%)	4:32	13.2 (71.7%)
58	<b>KĘSIK Agnieszka</b>	<b>207</b>	ŚWIAT PŁYTEK U KRYPINA	K-30	5	<b>00:22:43.81</b>	+00:06:23 (28.1%)	4:32	13.2 (71.7%)
59	<b>KAJKOWSKI Rafał</b>	<b>71</b>	CSSP KOSZALIN	M-40	19	<b>00:22:47.09</b>	+00:06:27 (28.3%)	4:33	13.2 (71.7%)
60	<b>JARZYNA Roman</b>	<b>65</b>	SZWLA	M-40	20	<b>00:22:50.60</b>	+00:06:30 (28.5%)	4:34	13.1 (71.2%)
61	<b>BORYS Justyna</b>	<b>14</b>	JEDWABIŚCI	K-30	6	<b>00:22:51.49</b>	+00:06:31 (28.5%)	4:34	13.1 (71.2%)
62	<b>WIŚNIEWSKI Łukasz</b>	<b>219</b>		M-20	6	<b>00:22:59.38</b>	+00:06:39 (29.0%)	4:35	13.1 (71.2%)
63	<b>KONKEL Łukasz</b>	<b>91</b>		M-40	21	<b>00:22:59.64</b>	+00:06:39 (29.0%)	4:36	13 (70.7%)
64	<b>PERKOWSKA Oktawia</b>	<b>160</b>	DECATHLON KOSZALIN	K-20	3	<b>00:22:59.82</b>	+00:06:39 (29.0%)	4:36	13 (70.7%)
65	<b>OPALIŃSKI Stanisław</b>	<b>144</b>	KLUB SENIORÓW	M-60	1	<b>00:23:06.19</b>	+00:06:46 (29.3%)	4:37	13 (70.7%)
66	<b>JASIŃSKI Cezary</b>	<b>66</b>		M-40	22	<b>00:23:06.38</b>	+00:06:46 (29.3%)	4:37	13 (70.7%)
67	<b>KŁOS Tomasz</b>	<b>86</b>		M-40	23	<b>00:23:06.81</b>	+00:06:46 (29.3%)	4:37	13 (70.7%)
68	<b>BARTHA Adrian</b>	<b>2</b>		M-30	24	<b>00:23:09.22</b>	+00:06:49 (29.5%)	4:37	13 (70.7%)
69	<b>GAŁECKI Jacek</b>	<b>43</b>	KARLINOBIEGAJ	M-50	5	<b>00:23:19.25</b>	+00:06:59 (30.0%)	4:39	12.9 (70.1%)
70	<b>KAŻMIERCZAK Agnieszka</b>	<b>80</b>		K-40	2	<b>00:23:20.19</b>	+00:07:00 (30.0%)	4:40	12.9 (70.1%)
71	<b>KOZIEŁ Paweł</b>	<b>96</b>		M-40	24	<b>00:23:20.28</b>	+00:07:00 (30.0%)	4:40	12.9 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	ZAGALSKA Paulina	224		K-30	7	00:23:29.19	+00:07:09 (30.5%)	4:42	12.8 (69.6%)
73	KAZIMIERCZAK Leszek	79	LOVELASY DĄBKI	M-30	25	00:23:29.77	+00:07:09 (30.5%)	4:42	12.8 (69.6%)
74	KUSZYŃSKI Dariusz	108		M-40	25	00:23:31.82	+00:07:11 (30.6%)	4:42	12.7 (69.0%)
75	CHOŁUJ Karol	20	ZAWSZE DO PRZODU	M-30	26	00:23:32.36	+00:07:12 (30.6%)	4:42	12.7 (69.0%)
76	NIEWIŃSKA-SĘK Monika	235		K-30	8	00:23:40.24	+00:07:20 (31.0%)	4:44	12.7 (69.0%)
77	DOMAŃSKI Krzysztof	34		M-14	1	00:23:42.13	+00:07:22 (31.1%)	4:44	12.7 (69.0%)
78	GARSKA Joanna	44	ŚWIAT PŁYTEK U KRYSPINA	K-40	3	00:23:52.43	+00:07:32 (31.6%)	4:46	12.6 (68.5%)
79	WOJCIECHOWSKI Andrzej	54		M-40	26	00:23:53.26	+00:07:33 (31.6%)	4:46	12.6 (68.5%)
80	OSOBNIAK Ryszard	148	KOSZALIN - NIEZRZESZONY	M-60	2	00:23:53.31	+00:07:33 (31.6%)	4:46	12.6 (68.5%)
81	KRZEWIŃSKA Małgorzata	104	TKKF KOSZALIN	K-60	1	00:23:59.98	+00:07:39 (31.9%)	4:48	12.5 (67.9%)
82	CHODOR Izabela	18	TKKF KOSZALIN	K-30	9	00:24:00.28	+00:07:40 (32.0%)	4:48	12.5 (67.9%)
83	ORLIKOWSKI Robert	145	POŁCZYN	M-30	27	00:24:02.65	+00:07:42 (32.1%)	4:48	12.5 (67.9%)
84	SZOSTAK Marta	199		K-20	4	00:24:04.97	+00:07:44 (32.2%)	4:49	12.5 (67.9%)
85	GRĄBCZEWSKI Rafał	55	JW 1223	M-30	28	00:24:05.75	+00:07:45 (32.2%)	4:49	12.4 (67.4%)
86	KRASIŃSKI Witold	98		M-40	27	00:24:13.45	+00:07:53 (32.6%)	4:50	12.4 (67.4%)
87	STALUSZKA Dariusz	190	21.BLT	M-40	28	00:24:14.80	+00:07:54 (32.6%)	4:51	12.4 (67.4%)
88	SKIBA Artur	183	PARALOTNIOWY PPGG	M-40	29	00:24:20.63	+00:08:00 (32.9%)	4:52	12.3 (66.8%)
89	ŻUKOWSKI Cezary	231	MIGAWKOWE.PL	M-30	29	00:24:21.34	+00:08:01 (32.9%)	4:52	12.3 (66.8%)
90	KŁOSIŃSKI Michał	87		M-30	30	00:24:26.45	+00:08:06 (33.2%)	4:53	12.3 (66.8%)
91	MEJER Aleksandra	123		K-14	1	00:24:27.85	+00:08:07 (33.2%)	4:53	12.3 (66.8%)
92	SZULC Marek	200	SZULC RUNNERS TEAME	M-50	6	00:24:32.19	+00:08:12 (33.4%)	4:54	12.2 (66.3%)
93	DĘBSKI Damian	30		M-30	31	00:24:33.07	+00:08:13 (33.5%)	4:54	12.2 (66.3%)
94	MRUGALSKI Stanisław	130		M-50	7	00:24:44.77	+00:08:24 (34.0%)	4:57	12.1 (65.8%)
95	GŁUCH Katarzyna	49		K-30	10	00:24:48.77	+00:08:28 (34.2%)	4:57	12.1 (65.8%)
96	KOZIEŁ Adam	95		M-20	7	00:24:55.41	+00:08:35 (34.5%)	4:59	12 (65.2%)
97	BODO Rafał	7		M-30	32	00:24:56.12	+00:08:36 (34.5%)	4:59	12 (65.2%)
98	KORZENIOWSKA Ewa	92		K-20	5	00:25:00.79	+00:08:40 (34.7%)	5:00	12 (65.2%)
99	MYK Paweł	132		M-30	33	00:25:00.94	+00:08:40 (34.7%)	5:00	12 (65.2%)
100	PRYCA Adam	166		M-30	34	00:25:02.65	+00:08:42 (34.8%)	5:00	12 (65.2%)
101	KOSZ Paweł	93		M-30	35	00:25:02.90	+00:08:42 (34.8%)	5:00	12 (65.2%)
102	DOWNAR-ZAPOLSKI Paweł	35		M-30	36	00:25:09.21	+00:08:49 (35.1%)	5:01	11.9 (64.7%)
103	PACAN Bartosz	151	ŚWIAT PŁYTEK U KRYSPINA	M-30	37	00:25:14.90	+00:08:54 (35.3%)	5:03	11.9 (64.7%)
104	KOLIGAT Anna	88		K-30	11	00:25:19.93	+00:08:59 (35.5%)	5:04	11.8 (64.1%)
105	DOMAŃSKI Adam	33		M-40	30	00:25:20.19	+00:09:00 (35.5%)	5:04	11.8 (64.1%)
106	RÓJ Barbara	173		K-40	4	00:25:22.92	+00:09:02 (35.7%)	5:04	11.8 (64.1%)
107	HAŁKA Arkadiusz	58	TRUCHT ŁOBEZ	M-40	31	00:25:23.94	+00:09:03 (35.7%)	5:04	11.8 (64.1%)
108	SZMIGIERO Sebastian	197	W.P.K SŁOŃ TEAM	M-40	32	00:25:32.32	+00:09:12 (36.0%)	5:06	11.7 (63.6%)
109	JANUSZEWSKI Jacek	64	17 WOG KOSZALIN	M-50	8	00:25:43.67	+00:09:23 (36.5%)	5:08	11.7 (63.6%)
110	JUSZCZAK Krzysztof	69		M-60	3	00:25:44.75	+00:09:24 (36.6%)	5:09	11.7 (63.6%)
111	FAJGIER Tomasz	41		M-50	9	00:25:51.35	+00:09:31 (36.8%)	5:10	11.6 (63.0%)
112	CZUPAJŁO Karolina	27		K-20	6	00:25:54.13	+00:09:34 (36.9%)	5:10	11.6 (63.0%)
113	KĘSIK Łukasz	233	ŚWIAT PŁYTEK U KRYSPINA	M-30	38	00:25:54.66	+00:09:34 (37.0%)	5:10	11.6 (63.0%)
114	DANOWSKI Maciek	29	FITNESS CLUB FORMA BIAŁOGARD	M-40	33	00:25:55.37	+00:09:35 (37.0%)	5:11	11.6 (63.0%)
115	KUBIAK Monika	105	ELITARNA GRUPA BIEGOWO - ROWEROWA	K-30	12	00:25:56.37	+00:09:36 (37.0%)	5:11	11.6 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
116	KULAWINSKI Marek	106		M-40	34	00:25:57.18	+00:09:37 (37.1%)	5:11	11.6 (63.0%)
117	DRABKOWSKA Agnieszka	36		K-40	5	00:26:02.64	+00:09:42 (37.3%)	5:12	11.5 (62.5%)
118	PAWŁOWSKA Urszula	158		K-30	13	00:26:04.30	+00:09:44 (37.4%)	5:13	11.5 (62.5%)
119	SATYŁA Tomasz	179	TEAM CZARNEBIEGA	M-30	39	00:26:06.24	+00:09:46 (37.4%)	5:13	11.5 (62.5%)
120	JEWUŁA Agata	67		K-30	14	00:26:06.61	+00:09:46 (37.4%)	5:13	11.5 (62.5%)
121	BORUC Barbara	13	PARKRUN	K-50	1	00:26:06.63	+00:09:46 (37.4%)	5:13	11.5 (62.5%)
122	ZIELIŃSKI Maciej	226		M-30	40	00:26:10.93	+00:09:50 (37.6%)	5:14	11.5 (62.5%)
123	GROMADA Bartosz	56		M-30	41	00:26:11.20	+00:09:51 (37.6%)	5:14	11.5 (62.5%)
124	PACAN Mira	150	ŚWIAT PŁYTEK U KRYSPIŃ	K-30	15	00:26:13.99	+00:09:54 (37.7%)	5:14	11.4 (62.0%)
125	MONGIAŁO Marcin	129	FAST FEET K-LIN	M-40	35	00:26:24.38	+00:10:04 (38.1%)	5:16	11.4 (62.0%)
126	WRÓBLEWSKA Marta	222		K-40	6	00:26:24.50	+00:10:04 (38.2%)	5:16	11.4 (62.0%)
127	MONGIAŁO Aleksandra	128	FAST FEET K-LIN	K-30	16	00:26:24.57	+00:10:04 (38.2%)	5:16	11.4 (62.0%)
128	WAŚOWICZ Anna	211		K-30	17	00:26:27.13	+00:10:07 (38.3%)	5:17	11.3 (61.4%)
129	ORYSZCZYN Arkadiusz	146		M-30	42	00:26:27.44	+00:10:07 (38.3%)	5:17	11.3 (61.4%)
130	HRYCIÓW Paweł	61	JW1223	M-30	43	00:26:35.28	+00:10:15 (38.6%)	5:19	11.3 (61.4%)
131	WIERZBICKI Kacper	215		M-30	44	00:26:35.78	+00:10:15 (38.6%)	5:19	11.3 (61.4%)
132	GRABSKA Iwona	53		K-40	7	00:26:43.41	+00:10:23 (38.9%)	5:20	11.2 (60.9%)
133	KOZŁOWSKI Adrian	97	OSP POŁCZYŃ -ZDRÓJ	M-30	45	00:26:48.47	+00:10:28 (39.1%)	5:21	11.2 (60.9%)
134	NOWAK Ania	140	JEDWABIŚCI	K-40	8	00:26:48.86	+00:10:28 (39.1%)	5:21	11.2 (60.9%)
135	WIŚNIEWSKI Jarosław	218		M-50	10	00:26:48.93	+00:10:28 (39.1%)	5:21	11.2 (60.9%)
136	KOZŁOWIECKI Waldemar	84	TKKF KOSZALIN	M-60	4	00:26:49.78	+00:10:29 (39.1%)	5:22	11.2 (60.9%)
137	NESTOR Petro	133		M-50	11	00:26:50.11	+00:10:30 (39.1%)	5:22	11.2 (60.9%)
138	RÓJ Andrzej	172		M-40	36	00:26:54.84	+00:10:34 (39.3%)	5:23	11.1 (60.3%)
139	NIEWIADOWSKA Urszula	137		K-30	18	00:27:06.93	+00:10:46 (39.8%)	5:25	11.1 (60.3%)
140	SPICA Łukasz	188		M-30	46	00:27:08.77	+00:10:48 (39.8%)	5:25	11 (59.8%)
141	WAŚOWSKI Robert	212		M-20	8	00:27:10.17	+00:10:50 (39.9%)	5:26	11 (59.8%)
142	JURA Kazimierz	68	MTS HAMER	M-70+	1	00:27:15.68	+00:10:55 (40.1%)	5:27	11 (59.8%)
143	DĘGA Piotr	31	TEAM CZARNEBIEGA	M-30	47	00:27:19.55	+00:10:59 (40.2%)	5:28	11 (59.8%)
144	HNATOWSKI Artur	60	LOVELASY DĄBK	M-50	12	00:27:23.36	+00:11:03 (40.4%)	5:28	11 (59.8%)
145	PRZYBYŁ Krzysztof	168		M-30	48	00:27:25.87	+00:11:05 (40.5%)	5:29	10.9 (59.2%)
146	DZIEMIANKO Ilona	38		K-20	7	00:27:30.06	+00:11:10 (40.6%)	5:30	10.9 (59.2%)
147	GŁOWACKI Włodzimierz	46		M-70+	2	00:27:39.07	+00:11:19 (40.9%)	5:31	10.8 (58.7%)
148	SAŁAJ Angelika	178	METALCORP TEAM	K-30	19	00:27:51.94	+00:11:31 (41.4%)	5:34	10.8 (58.7%)
149	KARNICKI Zygmunt	74	TKKF KOSZALIN	M-60	5	00:27:57.54	+00:11:37 (41.6%)	5:35	10.7 (58.2%)
150	NAWROCKA Anna	234		K-30	20	00:28:01.08	+00:11:41 (41.7%)	5:36	10.7 (58.2%)
151	KARPIŃSKI Mateusz	76		M-20	9	00:28:05.21	+00:11:45 (41.8%)	5:37	10.7 (58.2%)
152	OGRODOWCZYK Jagoda	141		K-30	21	00:28:06.04	+00:11:46 (41.9%)	5:37	10.7 (58.2%)
153	MALINOWSKA-BURDA Aleksandra	116		K-30	22	00:28:08.63	+00:11:48 (42.0%)	5:37	10.7 (58.2%)
154	HELLER Zdzisław	59	NIEZRZESZONY	M-60	6	00:28:11.63	+00:11:51 (42.1%)	5:38	10.6 (57.6%)
155	KURZAWIŃSKA-JABŁOŃSKA Kasia	107	TEAM CZARNE BIEGA	K-40	9	00:28:12.10	+00:11:52 (42.1%)	5:38	10.6 (57.6%)
156	PRZEDNÓWEK Mariola	167	CZARNE BIEGA	K-30	23	00:28:12.21	+00:11:52 (42.1%)	5:38	10.6 (57.6%)
157	BOKOTA Adam	10		M-50	13	00:28:17.31	+00:11:57 (42.3%)	5:39	10.6 (57.6%)
158	BOKOTA Katarzyna	9		K-40	10	00:28:17.88	+00:11:57 (42.3%)	5:39	10.6 (57.6%)
159	CICHOSZ Jerzy	23		M-70+	3	00:28:29.80	+00:12:09 (42.7%)	5:42	10.5 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
160	WALCZAK Agnieszka	209	TKKF KOSZALIN	K-40	11	00:28:32.69	+00:12:12 (42.8%)	5:42	10.5 (57.1%)
161	KACZMAREK Łukasz	70	WOJOWNICY WÓDY	M-30	49	00:28:38.45	+00:12:18 (43.0%)	5:43	10.5 (57.1%)
162	PŁOTKA Emilia	164		K-30	24	00:28:38.54	+00:12:18 (43.0%)	5:43	10.5 (57.1%)
163	PŁOTKA Grzegorz	163		M-30	50	00:28:40.18	+00:12:20 (43.0%)	5:44	10.5 (57.1%)
164	CZUPAJŁO Marta	28		K-40	12	00:28:51.37	+00:12:31 (43.4%)	5:46	10.4 (56.5%)
165	NIEWIADOWSKI Robert	138		M-30	51	00:28:54.17	+00:12:34 (43.5%)	5:46	10.4 (56.5%)
166	DOMAŃSKA Katarzyna	32		K-40	13	00:28:55.08	+00:12:35 (43.5%)	5:47	10.4 (56.5%)
167	ZUKAL Aleksandra	229		K-40	14	00:28:59.14	+00:12:39 (43.7%)	5:48	10.3 (56.0%)
168	FINSTER Joanna	42		K-20	8	00:29:06.94	+00:12:46 (43.9%)	5:49	10.3 (56.0%)
169	KILJAN Sylwia	83		K-30	25	00:29:07.56	+00:12:47 (43.9%)	5:49	10.3 (56.0%)
170	ZWOLIŃSKA Anna	230		K-40	15	00:29:29.33	+00:13:09 (44.6%)	5:53	10.2 (55.4%)
171	BORSUK Dorota	11		K-40	16	00:29:29.71	+00:13:09 (44.6%)	5:54	10.2 (55.4%)
172	SAWICKA - WERS Urszula	180		K-30	26	00:29:39.24	+00:13:19 (44.9%)	5:55	10.1 (54.9%)
173	KRAWIECKA Klaudia	99	AKADEMIA BIEGOWA KIEŁPINO	K-14	2	00:29:40.04	+00:13:20 (44.9%)	5:56	10.1 (54.9%)
174	PAWŁOWICZ Aleksandra	156		K-20	9	00:29:49.55	+00:13:29 (45.2%)	5:57	10.1 (54.9%)
175	DUDKA Agata	232		K-20	10	00:29:55.24	+00:13:35 (45.4%)	5:59	10 (54.3%)
176	WIKIERSKA Agnieszka	216	JAMNO	K-40	17	00:30:22.07	+00:14:02 (46.2%)	6:04	9.9 (53.8%)
177	BEDNARZ Katarzyna	5		K-40	18	00:30:44.75	+00:14:24 (46.9%)	6:09	9.8 (53.3%)
178	ZIMNOWŁOCKI Mariusz	227	DEAF KOSZALIN	M-30	52	00:30:52.76	+00:14:32 (47.1%)	6:10	9.7 (52.7%)
179	PEŁKA Iwona	159		K-50	2	00:30:59.37	+00:14:39 (47.3%)	6:11	9.7 (52.7%)
180	BUDZYŃSKA Elżbieta	16		K-50	3	00:31:04.43	+00:14:44 (47.4%)	6:12	9.7 (52.7%)
181	KRYSZEWSKA Magdalena	102		K-30	27	00:31:06.48	+00:14:46 (47.5%)	6:13	9.6 (52.2%)
182	ZAKOŚCIELNA Katarzyna	225	ZABIEGANE :)	K-30	28	00:31:06.58	+00:14:46 (47.5%)	6:13	9.6 (52.2%)
183	SZULC Szymon	202	SZULC RUNNERS TEAME	M-30	53	00:31:10.63	+00:14:50 (47.6%)	6:14	9.6 (52.2%)
184	STAŃCZYK Franciszek	192	NIEZRZESZONY	M-70+	4	00:31:12.08	+00:14:52 (47.7%)	6:14	9.6 (52.2%)
185	KOZŁOWIECKA Małgorzata	157		K-50	4	00:31:13.11	+00:14:53 (47.7%)	6:14	9.6 (52.2%)
186	TRACZ Jadwiga	206		K-40	19	00:32:02.04	+00:15:42 (49.0%)	6:24	9.4 (51.1%)
187	KLIMCZYK Magdalena	85		K-30	29	00:32:03.09	+00:15:43 (49.0%)	6:24	9.4 (51.1%)
188	STRACH Marek	241		M-60	7	00:32:06.41	+00:15:46 (49.1%)	6:25	9.3 (50.5%)
189	STRACH Martyna	240		K-14	3	00:32:09.30	+00:15:49 (49.2%)	6:26	9.3 (50.5%)
190	PIECYCHNA Agata	162		K-40	20	00:32:11.10	+00:15:51 (49.3%)	6:26	9.3 (50.5%)
191	RUSIECKI Paweł	174	WSPL SP ZOZ KOSZALIN	M-40	37	00:32:11.49	+00:15:51 (49.3%)	6:26	9.3 (50.5%)
192	ŚLEDŹ Andrzej	204	WĘZEŁEK	M-40	38	00:32:31.98	+00:16:11 (49.8%)	6:30	9.2 (50.0%)
193	ŚLEDŹ Joanna	205		K-40	21	00:32:32.42	+00:16:12 (49.8%)	6:30	9.2 (50.0%)
194	SZULC Adam	201	SZULC RUNNERS TEAME	M-30	54	00:33:16.19	+00:16:56 (50.9%)	6:39	9 (48.9%)
195	STASZYŃSKA Marianna	193	BTC,,ORZEŁ"	K-60	2	00:34:39.52	+00:18:19 (52.9%)	6:56	8.7 (47.3%)
196	GÓRSKA Dorota	52		K-50	5	00:36:33.03	+00:20:13 (55.3%)	7:18	8.2 (44.6%)
197	KARNICKI Artur	75		M-40	39	00:37:44.74	+00:21:24 (56.7%)	7:33	7.9 (42.9%)
198	STANCZEWSKA Karolina	191		K-30	30	00:38:45.45	+00:22:25 (57.9%)	7:45	7.7 (41.8%)
199	SZULC Martyna	203	SZULC RUNNERS TEAME	K-30	31	00:38:47.00	+00:22:27 (57.9%)	7:45	7.7 (41.8%)
200	SOLAK Halina	185	ŚWIAT PŁYTEK U KRYSPIŃA	K-60	3	00:42:25.59	+00:26:05 (61.5%)	8:29	7.1 (38.6%)
201	BARTNIK Marian	3	TKKF KOSZALIN	M-70+	5	00:43:37.04	+00:27:17 (62.6%)	8:43	6.9 (37.5%)