

# BIEG TRZECH KRÓLI - II ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łabusz  
**Data:** 2020-01-06  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                   | Numer | Klub                      | Kategoria | Mkat | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|-------|---------------------------|-----------|------|----------------|-------------------|--------------|--------------|
| 1   | JAKUBEK Patryk             | 77    | 7 DAYS                    | M-20      | 1    | 00:17:30.62    |                   | 3:30         | 17.1 (100%)  |
| 2   | ZIEMAN Michał              | 259   | 404 NOT FOUND             | M-30      | 1    | 00:17:38.80    | +00:00:08 (0.8%)  | 3:31         | 17 (99.4%)   |
| 3   | HUBERT Łukasz              | 72    | TKKF KOSZALIN             | M-30      | 2    | 00:17:45.61    | +00:00:14 (1.4%)  | 3:33         | 16.9 (98.8%) |
| 4   | RYKIEL Michał              | 197   | DĄBROWSKI TEAM            | M-30      | 3    | 00:17:55.83    | +00:00:25 (2.3%)  | 3:35         | 16.7 (97.7%) |
| 5   | MAJKOWICZ Rafał            | 141   |                           | M-30      | 4    | 00:18:01.08    | +00:00:30 (2.8%)  | 3:36         | 16.6 (97.1%) |
| 6   | MIELEWCZYK Łukasz          | 152   | GRUPA BIEGOWA MRT         | M-30      | 5    | 00:18:07.09    | +00:00:36 (3.4%)  | 3:37         | 16.6 (97.1%) |
| 7   | RYBACZEK Sebastian         | 196   | 8PPLOT                    | M-40      | 1    | 00:18:27.13    | +00:00:56 (5.1%)  | 3:41         | 16.2 (94.7%) |
| 8   | DYLEWSKI Tomasz            | 48    |                           | M-20      | 2    | 00:18:30.96    | +00:01:00 (5.4%)  | 3:42         | 16.2 (94.7%) |
| 9   | KAWKA Adrian               | 100   | BEST BEASTS               | M-30      | 6    | 00:19:00.94    | +00:01:30 (7.9%)  | 3:48         | 15.8 (92.4%) |
| 10  | WALEŃSKI Michał            | 239   | TKKF KOSZALIN             | M-40      | 2    | 00:19:09.31    | +00:01:38 (8.6%)  | 3:50         | 15.7 (91.8%) |
| 11  | IWANEJKO Martyna           | 74    | AZS POZNAŃ                | K-20      | 1    | 00:19:16.23    | +00:01:45 (9.1%)  | 3:51         | 15.6 (91.2%) |
| 12  | SZULC Arek                 | 230   | MARYCZ.COM                | M-40      | 3    | 00:19:22.86    | +00:01:52 (9.7%)  | 3:52         | 15.5 (90.6%) |
| 13  | STOLTMAN Marcin            | 213   | 7 DAYS                    | M-20      | 3    | 00:19:22.50    | +00:01:51 (9.6%)  | 3:52         | 15.5 (90.6%) |
| 14  | KORMAN Kamil               | 115   |                           | M-20      | 4    | 00:19:35.73    | +00:02:05 (10.6%) | 3:55         | 15.3 (89.5%) |
| 15  | GOSTKOWSKI Łukasz          | 59    | 404 NOT FOUND             | M-30      | 7    | 00:19:34.41    | +00:02:03 (10.5%) | 3:54         | 15.3 (89.5%) |
| 16  | DUDA Grzegorz              | 47    | BEST BEASTS               | M-40      | 5    | 00:19:37.60    | +00:02:06 (10.8%) | 3:55         | 15.3 (89.5%) |
| 17  | LEWANDOWSKI Jacek          | 135   | TAPETY KOSZALIN MONIUSZKI | M-40      | 4    | 00:19:37.43    | +00:02:06 (10.8%) | 3:55         | 15.3 (89.5%) |
| 18  | CICHOSZ-MIELEWCZYK Mateusz | 35    | POZYTYWNIENIE NAKRĘCENI   | M-30      | 8    | 00:19:42.42    | +00:02:11 (11.1%) | 3:56         | 15.2 (88.9%) |
| 19  | PICK Tomasz                | 181   | SKSG KORONA SZCZECIN      | M-50      | 1    | 00:19:50.30    | +00:02:19 (11.7%) | 3:58         | 15.1 (88.3%) |
| 20  | BAJGERT Robert             | 5     | KB WYGAN/VOLTAIX.PL       | M-50      | 2    | 00:20:08.39    | +00:02:37 (13.1%) | 4:01         | 14.9 (87.1%) |
| 21  | TRĘBSKI Krzysztof          | 236   | #ZABIEGANINOCA            | M-40      | 6    | 00:20:03.24    | +00:02:32 (12.7%) | 4:00         | 15 (87.7%)   |
| 22  | BRALSKI Andrzej            | 19    | #ZABIEGANINOCA            | M-40      | 7    | 00:20:22.29    | +00:02:51 (14.0%) | 4:04         | 14.7 (86.0%) |
| 23  | SKROBANEK Hanna            | 207   | MKP SZCZECINEK            | K-14      | 1    | 00:20:29.59    | +00:02:58 (14.6%) | 4:06         | 14.6 (85.4%) |
| 24  | JANKOWSKI Grzegorz         | 78    | POZYTYWNIENIE NAKRĘCENI   | M-40      | 8    | 00:20:30.91    | +00:03:00 (14.6%) | 4:06         | 14.6 (85.4%) |
| 25  | KOZIEŁ Paweł               | 119   |                           | M-40      | 9    | 00:20:34.43    | +00:03:03 (14.9%) | 4:06         | 14.6 (85.4%) |
| 26  | DRAŻKOWSKI Tomasz          | 45    | MKP SZCZECINEK            | M-14      | 1    | 00:20:39.40    | +00:03:08 (15.2%) | 4:07         | 14.5 (84.8%) |

| Msc | Zawodnik                      | Numer      | Klub                                  | Kategoria | Mkat | Czas netto         |                   | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|---------------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
|     |                               |            |                                       |           |      | 5km                | Różn              |              |              |
| 27  | <b>KUCAL Paweł</b>            | <b>131</b> |                                       | M-40      | 10   | <b>00:20:40.19</b> | +00:03:09 (15.3%) | 4:08         | 14.5 (84.8%) |
| 28  | <b>KONKEL Agnieszka</b>       | <b>110</b> |                                       | K-30      | 1    | <b>00:20:41.07</b> | +00:03:10 (15.3%) | 4:08         | 14.5 (84.8%) |
| 29  | <b>ZATOŃ Olga</b>             | <b>257</b> |                                       | K-30      | 2    | <b>00:20:46.32</b> | +00:03:15 (15.7%) | 4:09         | 14.4 (84.2%) |
| 30  | <b>PĘKAŁA Piotr</b>           | <b>180</b> | SP MANOWO                             | M-40      | 11   | <b>00:20:46.92</b> | +00:03:16 (15.7%) | 4:09         | 14.4 (84.2%) |
| 31  | <b>CHABOWSKI Wojciech</b>     | <b>27</b>  | SOMGORSI                              | M-20      | 5    | <b>00:20:48.07</b> | +00:03:17 (15.8%) | 4:09         | 14.4 (84.2%) |
| 32  | <b>PODSTAWKA Alek</b>         | <b>187</b> |                                       | M-14      | 2    | <b>00:20:52.04</b> | +00:03:21 (16.1%) | 4:10         | 14.4 (84.2%) |
| 33  | <b>CUBER Wojciech</b>         | <b>37</b>  | #ZABIEGANINOCA                        | M-30      | 9    | <b>00:20:52.64</b> | +00:03:22 (16.1%) | 4:10         | 14.4 (84.2%) |
| 34  | <b>SZAMOTULSKI Henryk</b>     | <b>222</b> |                                       | M-40      | 12   | <b>00:20:57.22</b> | +00:03:26 (16.4%) | 4:11         | 14.3 (83.6%) |
| 35  | <b>WEBER Paweł</b>            | <b>241</b> | FPP                                   | M-30      | 10   | <b>00:21:01.67</b> | +00:03:31 (16.7%) | 4:12         | 14.3 (83.6%) |
| 36  | <b>NARKUN Szymon</b>          | <b>162</b> |                                       | M-14      | 3    | <b>00:21:02.40</b> | +00:03:31 (16.8%) | 4:12         | 14.3 (83.6%) |
| 37  | <b>NOWODWORSKA Justyna</b>    | <b>168</b> | 7 DAYS                                | K-30      | 3    | <b>00:21:04.44</b> | +00:03:33 (16.9%) | 4:13         | 14.2 (83.0%) |
| 38  | <b>WIKTOROWSKI Maciej</b>     | <b>246</b> |                                       | M-40      | 13   | <b>00:21:05.52</b> | +00:03:34 (17.0%) | 4:13         | 14.2 (83.0%) |
| 39  | <b>KOZIEŁ Adam</b>            | <b>120</b> |                                       | M-20      | 6    | <b>00:21:09.25</b> | +00:03:38 (17.2%) | 4:13         | 14.2 (83.0%) |
| 40  | <b>BRZEZIŃSKI Jan</b>         | <b>22</b>  | TEAM PIOTRUŚ                          | M-50      | 3    | <b>00:21:09.45</b> | +00:03:38 (17.2%) | 4:14         | 14.2 (83.0%) |
| 41  | <b>ŁUKAWSKI Mariusz</b>       | <b>139</b> | 8PPLOT                                | M-30      | 11   | <b>00:21:10.11</b> | +00:03:39 (17.3%) | 4:14         | 14.2 (83.0%) |
| 42  | <b>ŁAWNICZAK Justyna</b>      | <b>137</b> | #ZABIEGANINOCA                        | K-30      | 4    | <b>00:21:15.60</b> | +00:03:44 (17.6%) | 4:15         | 14.1 (82.5%) |
| 43  | <b>GÓRA Sylwester</b>         | <b>61</b>  | #ZABIEGANINOCA                        | M-40      | 14   | <b>00:21:15.60</b> | +00:03:44 (17.6%) | 4:15         | 14.1 (82.5%) |
| 44  | <b>HISZCZYŃSKA Aleksandra</b> | <b>70</b>  | CSSP                                  | K-20      | 2    | <b>00:21:16.07</b> | +00:03:45 (17.7%) | 4:15         | 14.1 (82.5%) |
| 45  | <b>ŻUREK Mateusz</b>          | <b>263</b> |                                       | M-30      | 12   | <b>00:21:17.47</b> | +00:03:46 (17.8%) | 4:15         | 14.1 (82.5%) |
| 46  | <b>OLCZAK Krzysztof</b>       | <b>169</b> |                                       | M-30      | 13   | <b>00:21:18.13</b> | +00:03:47 (17.8%) | 4:15         | 14.1 (82.5%) |
| 47  | <b>SITARCZYK Damian</b>       | <b>205</b> | FUNDACJA ZASTOPIJ                     | M-30      | 14   | <b>00:21:21.76</b> | +00:03:51 (18.0%) | 4:16         | 14.1 (82.5%) |
| 48  | <b>BARGAŃSKA Justyna</b>      | <b>8</b>   | 404 NOT FOUND                         | K-40      | 1    | <b>00:21:22.60</b> | +00:03:51 (18.1%) | 4:16         | 14 (81.9%)   |
| 49  | <b>KLUCZEWSKA Emilia</b>      | <b>107</b> | 7 DAYS                                | K-30      | 5    | <b>00:21:23.92</b> | +00:03:53 (18.2%) | 4:16         | 14 (81.9%)   |
| 50  | <b>NOGA Sebastian</b>         | <b>164</b> | TKKF KOSZALIN                         | M-20      | 7    | <b>00:21:25.23</b> | +00:03:54 (18.3%) | 4:17         | 14 (81.9%)   |
| 51  | <b>CZYŻYKOWSKI Łukasz</b>     | <b>40</b>  |                                       | M-30      | 15   | <b>00:21:27.85</b> | +00:03:57 (18.4%) | 4:17         | 14 (81.9%)   |
| 52  | <b>HAŁKA Justyna</b>          | <b>65</b>  | TRUCHT ŁOBEZ                          | K-40      | 2    | <b>00:21:28.20</b> | +00:03:57 (18.4%) | 4:17         | 14 (81.9%)   |
| 53  | <b>JOŃCA Jakub</b>            | <b>85</b>  | BEST BEASTS                           | M-14      | 4    | <b>00:21:29.57</b> | +00:03:58 (18.5%) | 4:18         | 14 (81.9%)   |
| 54  | <b>BUDZIŃSKI Paweł</b>        | <b>25</b>  | TAGER SPORT KOSZALIN / DRUŻYNA SZPIKU | M-40      | 15   | <b>00:21:39.00</b> | +00:04:08 (19.1%) | 4:19         | 13.9 (81.3%) |
| 55  | <b>SZULC Szymon</b>           | <b>228</b> | SZULC RUNNERS TEAM                    | M-30      | 16   | <b>00:21:41.85</b> | +00:04:11 (19.3%) | 4:20         | 13.8 (80.7%) |
| 56  | <b>BŁASZCZYK Piotr</b>        | <b>14</b>  |                                       | M-40      | 16   | <b>00:21:42.83</b> | +00:04:12 (19.4%) | 4:20         | 13.8 (80.7%) |
| 57  | <b>MIELCZAREK Ksawery</b>     | <b>192</b> |                                       | M-20      | 8    | <b>00:21:43.69</b> | +00:04:13 (19.4%) | 4:20         | 13.8 (80.7%) |
| 58  | <b>CIASTOŃ Tomasz</b>         | <b>33</b>  | ORSKOV FOODS TEAM                     | M-40      | 17   | <b>00:21:43.79</b> | +00:04:13 (19.4%) | 4:20         | 13.8 (80.7%) |
| 59  | <b>SZYMAŃSKI Patryk</b>       | <b>232</b> | PRESS GLASS - BIEGAMY I WSPIERAMY     | M-20      | 9    | <b>00:21:48.35</b> | +00:04:17 (19.7%) | 4:21         | 13.8 (80.7%) |
| 60  | <b>BIAŁECKA Paula</b>         | <b>13</b>  |                                       | K-30      | 6    | <b>00:21:49.00</b> | +00:04:18 (19.7%) | 4:21         | 13.8 (80.7%) |
| 61  | <b>JARZYNA Roman</b>          | <b>79</b>  | SZWLA STARGARD                        | M-50      | 4    | <b>00:21:58.48</b> | +00:04:27 (20.3%) | 4:23         | 13.7 (80.1%) |
| 62  | <b>SZCZEK Małgorzata</b>      | <b>224</b> | 404 NOT FOUND                         | K-30      | 7    | <b>00:22:00.35</b> | +00:04:29 (20.4%) | 4:24         | 13.6 (79.5%) |
| 63  | <b>GAWRYSIAK Przemysław</b>   | <b>52</b>  |                                       | M-40      | 18   | <b>00:22:03.93</b> | +00:04:33 (20.6%) | 4:24         | 13.6 (79.5%) |
| 64  | <b>PAŁASZEWSKA Karolina</b>   | <b>176</b> |                                       | K-30      | 8    | <b>00:22:03.99</b> | +00:04:33 (20.6%) | 4:24         | 13.6 (79.5%) |
| 65  | <b>NOSAL Mariusz</b>          | <b>165</b> |                                       | M-30      | 17   | <b>00:22:06.02</b> | +00:04:35 (20.8%) | 4:25         | 13.6 (79.5%) |
| 66  | <b>GAWEŁ Zbigniew</b>         | <b>51</b>  | POMERIDERS SŁUPSK                     | M-60      | 1    | <b>00:22:06.36</b> | +00:04:35 (20.8%) | 4:25         | 13.6 (79.5%) |
| 67  | <b>PŁAŻALSKI Przemysław</b>   | <b>186</b> |                                       | M-40      | 19   | <b>00:22:13.50</b> | +00:04:42 (21.2%) | 4:26         | 13.5 (78.9%) |
| 68  | <b>BARTHA Adrian</b>          | <b>9</b>   |                                       | M-30      | 18   | <b>00:22:14.78</b> | +00:04:44 (21.3%) | 4:27         | 13.5 (78.9%) |
| 69  | <b>KRUPIŃSKI Krzysztof</b>    | <b>125</b> | E-UROLOG.EU                           | M-50      | 5    | <b>00:22:21.21</b> | +00:04:50 (21.7%) | 4:28         | 13.4 (78.4%) |
| 70  | <b>GÓRA Agnieszka</b>         | <b>60</b>  | #ZABIEGANINOCA                        | K-40      | 3    | <b>00:22:30.37</b> | +00:04:59 (22.2%) | 4:30         | 13.3 (77.8%) |

| Msc | Zawodnik                | Numer | Klub                            | Kategoria | Mkat | Czas netto  |                   | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|---------------------------------|-----------|------|-------------|-------------------|--------------|--------------|
|     |                         |       |                                 |           |      | 5km         | Różn              |              |              |
| 71  | KRYNICKA Magdalena      | 126   |                                 | K-20      | 3    | 00:22:34.73 | +00:05:04 (22.4%) | 4:31         | 13.3 (77.8%) |
| 72  | WOŹNIECKA Karolina      | 253   | SEASIDE TEAM RUN                | K-30      | 9    | 00:22:39.65 | +00:05:09 (22.7%) | 4:32         | 13.2 (77.2%) |
| 73  | ŻUKOWSKI Cezary         | 262   |                                 | M-30      | 19   | 00:22:41.35 | +00:05:10 (22.8%) | 4:32         | 13.2 (77.2%) |
| 74  | KAŹMIERCZAK Agnieszka   | 102   |                                 | K-40      | 4    | 00:22:44.16 | +00:05:13 (23.0%) | 4:32         | 13.2 (77.2%) |
| 75  | FAJGIER Tomasz          | 50    |                                 | M-50      | 6    | 00:22:44.89 | +00:05:14 (23.0%) | 4:33         | 13.2 (77.2%) |
| 76  | JAKÓBCZYK Sławomir      | 76    | BRAK                            | M-40      | 20   | 00:22:49.13 | +00:05:18 (23.3%) | 4:33         | 13.1 (76.6%) |
| 77  | NIEMCZUK Dariusz        | 163   | JAMNO                           | M-50      | 7    | 00:22:53.05 | +00:05:22 (23.5%) | 4:34         | 13.1 (76.6%) |
| 78  | PIETRYKA Artur          | 182   | KARLINOBIEGAJ                   | M-40      | 21   | 00:22:58.80 | +00:05:28 (23.8%) | 4:35         | 13.1 (76.6%) |
| 79  | KLENIEWSKI Piotr        | 105   | ZACHODNIOPOMORSKIE              | M-60      | 2    | 00:22:58.94 | +00:05:28 (23.8%) | 4:35         | 13.1 (76.6%) |
| 80  | BAWOŁ Andrzej           | 10    | :-)                             | M-40      | 22   | 00:23:02.51 | +00:05:31 (24.0%) | 4:36         | 13 (76.0%)   |
| 81  | KRZEWIŃSKA Małgorzata   | 129   | TKKF KOSZALIN                   | K-60      | 1    | 00:23:05.86 | +00:05:35 (24.2%) | 4:37         | 13 (76.0%)   |
| 82  | HAŁKA Arkadiusz         | 66    | TRUCHT ŁOBEZ                    | M-40      | 23   | 00:23:07.12 | +00:05:36 (24.3%) | 4:37         | 13 (76.0%)   |
| 83  | HARASIMOWICZ Michał     | 67    | 12BBS                           | M-30      | 20   | 00:23:13.78 | +00:05:43 (24.6%) | 4:38         | 12.9 (75.4%) |
| 84  | ZAGALSKA Paulina        | 255   |                                 | K-30      | 10   | 00:23:17.02 | +00:05:46 (24.8%) | 4:39         | 12.9 (75.4%) |
| 85  | BAGNIUK Piotr           | 4     |                                 | M-30      | 21   | 00:23:19.00 | +00:05:48 (24.9%) | 4:39         | 12.9 (75.4%) |
| 86  | NOSAL Martyna           | 166   | PENTATHLON SZCZECINEK           | K-14      | 2    | 00:23:19.47 | +00:05:48 (24.9%) | 4:39         | 12.9 (75.4%) |
| 87  | KONKEL Łukasz           | 111   |                                 | M-40      | 24   | 00:23:26.70 | +00:05:56 (25.3%) | 4:41         | 12.8 (74.9%) |
| 88  | SAWIŃSKI Jacek          | 201   |                                 | M-40      | 25   | 00:23:28.12 | +00:05:57 (25.4%) | 4:41         | 12.8 (74.9%) |
| 89  | POMORSKI Łukasz         | 190   | CSSP                            | M-20      | 10   | 00:23:31.73 | +00:06:01 (25.6%) | 4:42         | 12.7 (74.3%) |
| 90  | GAŚSIOR Grzegorz        | 53    | CSSP                            | M-30      | 22   | 00:23:32.12 | +00:06:01 (25.6%) | 4:42         | 12.7 (74.3%) |
| 91  | MONGIAŁO Marcin         | 158   | FAST FEET K-LIN                 | M-40      | 26   | 00:23:36.01 | +00:06:05 (25.8%) | 4:43         | 12.7 (74.3%) |
| 92  | GIEDROWICZ Aleksandra   | 55    |                                 | K-30      | 11   | 00:23:39.64 | +00:06:09 (26.0%) | 4:44         | 12.7 (74.3%) |
| 93  | CHOŁUJ Karol            | 29    | ZAWSZE DO PRZODU                | M-30      | 23   | 00:23:40.41 | +00:06:09 (26.0%) | 4:44         | 12.7 (74.3%) |
| 94  | BODO Rafał              | 15    | ZOSKOSZ KOSZALIN                | M-30      | 24   | 00:23:41.41 | +00:06:10 (26.1%) | 4:44         | 12.7 (74.3%) |
| 95  | ŻEBROWSKI Igor          | 261   | KARLINOBIEGAJ                   | M-14      | 5    | 00:23:50.21 | +00:06:19 (26.5%) | 4:46         | 12.6 (73.7%) |
| 96  | KNUT-POTOCZNIK Gabriela | 108   | STOWARZYSZENIE KIERUNEK POLANÓW | K-30      | 12   | 00:23:52.57 | +00:06:21 (26.7%) | 4:46         | 12.6 (73.7%) |
| 97  | SARBIEWSKI Przemysław   | 200   |                                 | M-40      | 27   | 00:23:52.63 | +00:06:22 (26.7%) | 4:46         | 12.6 (73.7%) |
| 98  | ANTKOWIAK Sebastian     | 2     | DB - ACTIVE                     | M-40      | 28   | 00:23:52.88 | +00:06:22 (26.7%) | 4:46         | 12.6 (73.7%) |
| 99  | HNATOWSKI Artur         | 254   | CSSP                            | M-50      | 8    | 00:23:55.31 | +00:06:24 (26.8%) | 4:47         | 12.5 (73.1%) |
| 100 | DRULIK-HOŁUB Marta      | 46    | TORNADO KOSZALIN                | K-40      | 5    | 00:24:02.04 | +00:06:31 (27.1%) | 4:48         | 12.5 (73.1%) |
| 101 | MICHALCZYK Kamil        | 151   |                                 | M-30      | 25   | 00:24:06.06 | +00:06:35 (27.3%) | 4:49         | 12.4 (72.5%) |
| 102 | USTJANOWSKA Katarzyna   | 238   |                                 | K-30      | 13   | 00:24:07.41 | +00:06:36 (27.4%) | 4:49         | 12.4 (72.5%) |
| 103 | MARCINKOWSKI Jacek      | 146   | SSK ORZEŁ ŚWIESZYNO             | M-40      | 29   | 00:24:10.36 | +00:06:39 (27.6%) | 4:50         | 12.4 (72.5%) |
| 104 | KRASIŃSKI Witold        | 122   |                                 | M-40      | 30   | 00:24:10.39 | +00:06:39 (27.6%) | 4:50         | 12.4 (72.5%) |
| 105 | SKOKOWSKI Marek         | 206   |                                 | M-30      | 26   | 00:24:15.02 | +00:06:44 (27.8%) | 4:51         | 12.4 (72.5%) |
| 106 | KOPIEC-PARYSIAK Joanna  | 114   |                                 | K-30      | 14   | 00:24:15.91 | +00:06:45 (27.8%) | 4:51         | 12.4 (72.5%) |
| 107 | KRUPIŃSKA Beata         | 124   | E-UROLOG.EU                     | K-50      | 1    | 00:24:16.25 | +00:06:45 (27.9%) | 4:51         | 12.4 (72.5%) |
| 108 | PAWŁOWSKI Grzegorz      | 178   | GAMMAX                          | M-40      | 31   | 00:24:16.85 | +00:06:46 (27.9%) | 4:51         | 12.4 (72.5%) |
| 109 | SZOSTAK Marta           | 226   |                                 | K-20      | 4    | 00:24:20.38 | +00:06:49 (28.1%) | 4:52         | 12.3 (71.9%) |
| 110 | DĘBSKI Damian           | 42    |                                 | M-30      | 27   | 00:24:20.40 | +00:06:49 (28.1%) | 4:52         | 12.3 (71.9%) |
| 111 | CZAPLA Paulina          | 38    |                                 | K-30      | 15   | 00:24:22.29 | +00:06:51 (28.2%) | 4:52         | 12.3 (71.9%) |
| 112 | JASIEK Paweł            | 80    | #ZABIEGANINOĄ                   | M-30      | 28   | 00:24:23.02 | +00:06:52 (28.2%) | 4:52         | 12.3 (71.9%) |
| 113 | OPALIŃSKI Stanisław     | 170   | BBL KOŁOBRZEG                   | M-60      | 3    | 00:24:24.93 | +00:06:54 (28.3%) | 4:53         | 12.3 (71.9%) |
| 114 | DRABKOWSKA Agnieszka    | 44    | CUDAKI♥                         | K-40      | 6    | 00:24:36.14 | +00:07:05 (28.8%) | 4:55         | 12.2 (71.3%) |

| Msc | Zawodnik                      | Numer      | Klub                      | Kategoria | Mkat | Czas netto         |                   | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|---------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
|     |                               |            |                           |           |      | 5km                | Różn              |              |              |
| 115 | <b>OSOBNAK Ryszard</b>        | <b>173</b> |                           | M-60      | 4    | <b>00:24:39.05</b> | +00:07:08 (29.0%) | 4:55         | 12.2 (71.3%) |
| 116 | <b>DEJNAK Mariola</b>         | <b>41</b>  |                           | K-60      | 2    | <b>00:24:39.45</b> | +00:07:08 (29.0%) | 4:55         | 12.2 (71.3%) |
| 117 | <b>WAŚOWICZ Anna</b>          | <b>240</b> |                           | K-30      | 16   | <b>00:24:39.70</b> | +00:07:09 (29.0%) | 4:56         | 12.2 (71.3%) |
| 118 | <b>KAJKOWSKI Rafał</b>        | <b>93</b>  | CSSP                      | M-40      | 32   | <b>00:24:43.14</b> | +00:07:12 (29.2%) | 4:56         | 12.1 (70.8%) |
| 119 | <b>MONGIAŁO Aleksandra</b>    | <b>157</b> | FAST FEET K-LIN           | K-30      | 17   | <b>00:24:48.23</b> | +00:07:17 (29.4%) | 4:57         | 12.1 (70.8%) |
| 120 | <b>STALUSZKA Dariusz</b>      | <b>210</b> | 21BLT                     | M-40      | 33   | <b>00:24:54.13</b> | +00:07:23 (29.7%) | 4:58         | 12 (70.2%)   |
| 121 | <b>KAMYK Piotr</b>            | <b>95</b>  | HTTPS://MH-INFORMATYKA.PL | M-40      | 34   | <b>00:24:59.89</b> | +00:07:29 (30.0%) | 5:00         | 12 (70.2%)   |
| 122 | <b>KUSZYŃSKI Dariusz</b>      | <b>133</b> |                           | M-40      | 35   | <b>00:25:00.04</b> | +00:07:29 (30.0%) | 5:00         | 12 (70.2%)   |
| 123 | <b>GOLEC Anna</b>             | <b>57</b>  |                           | K-40      | 7    | <b>00:25:03.83</b> | +00:07:33 (30.1%) | 5:00         | 12 (70.2%)   |
| 124 | <b>KACZMARYK Jolanta</b>      | <b>90</b>  |                           | K-40      | 8    | <b>00:25:04.04</b> | +00:07:33 (30.1%) | 5:00         | 12 (70.2%)   |
| 125 | <b>CHUDZIK Zbigniew</b>       | <b>32</b>  | TKKF KOSZALIN             | M-50      | 9    | <b>00:25:08.21</b> | +00:07:37 (30.3%) | 5:01         | 11.9 (69.6%) |
| 126 | <b>METEL Izabela</b>          | <b>150</b> | POZYTYWNE NAKRĘCENI       | K-40      | 9    | <b>00:25:08.72</b> | +00:07:38 (30.4%) | 5:01         | 11.9 (69.6%) |
| 127 | <b>PACAN Mira</b>             | <b>174</b> | POZYTYWNE NAKRĘCENI       | K-30      | 18   | <b>00:25:08.87</b> | +00:07:38 (30.4%) | 5:01         | 11.9 (69.6%) |
| 128 | <b>GONTEK Łukasz</b>          | <b>58</b>  | VW BATORY                 | M-30      | 29   | <b>00:25:12.19</b> | +00:07:41 (30.5%) | 5:02         | 11.9 (69.6%) |
| 129 | <b>LIPNIEWICZ Paweł</b>       | <b>136</b> |                           | M-30      | 30   | <b>00:25:20.81</b> | +00:07:50 (30.9%) | 5:04         | 11.8 (69.0%) |
| 130 | <b>KOWALCZYK Karolina</b>     | <b>118</b> |                           | K-40      | 10   | <b>00:25:21.23</b> | +00:07:50 (30.9%) | 5:04         | 11.8 (69.0%) |
| 131 | <b>URBANOWICZ Michał</b>      | <b>237</b> |                           | M-40      | 36   | <b>00:25:21.52</b> | +00:07:50 (30.9%) | 5:04         | 11.8 (69.0%) |
| 132 | <b>KACZOROWSKI Marek</b>      | <b>91</b>  | FUNDACJA ZASTOPIJ         | M-20      | 11   | <b>00:25:27.88</b> | +00:07:57 (31.2%) | 5:05         | 11.8 (69.0%) |
| 133 | <b>KOLIGAT Anna</b>           | <b>109</b> |                           | K-40      | 11   | <b>00:25:35.44</b> | +00:08:04 (31.6%) | 5:07         | 11.7 (68.4%) |
| 134 | <b>CIEŚLAK Grzegorz</b>       | <b>36</b>  |                           | M-30      | 31   | <b>00:25:40.42</b> | +00:08:09 (31.8%) | 5:08         | 11.7 (68.4%) |
| 135 | <b>KOZŁOWIECKI Waldemar</b>   | <b>64</b>  | TKKF KOSZALIN             | M-60      | 5    | <b>00:25:42.58</b> | +00:08:11 (31.9%) | 5:08         | 11.7 (68.4%) |
| 136 | <b>KOPEĆ Krzysztof</b>        | <b>113</b> |                           | M-40      | 37   | <b>00:25:44.74</b> | +00:08:14 (32.0%) | 5:09         | 11.7 (68.4%) |
| 137 | <b>JUSZCZYK Agnieszka</b>     | <b>87</b>  | ANOX TEAM                 | K-40      | 12   | <b>00:25:47.15</b> | +00:08:16 (32.1%) | 5:09         | 11.6 (67.8%) |
| 138 | <b>JUSZCZAK Krzysztof</b>     | <b>86</b>  |                           | M-60      | 6    | <b>00:25:47.74</b> | +00:08:17 (32.1%) | 5:09         | 11.6 (67.8%) |
| 139 | <b>CHMARA Grzegorz</b>        | <b>28</b>  | STM TEAM                  | M-50      | 10   | <b>00:25:55.02</b> | +00:08:24 (32.4%) | 5:11         | 11.6 (67.8%) |
| 140 | <b>PŁATOSZ Magda</b>          | <b>184</b> |                           | K-20      | 5    | <b>00:25:57.11</b> | +00:08:26 (32.5%) | 5:11         | 11.6 (67.8%) |
| 141 | <b>MAJEWSKA Dorota</b>        | <b>140</b> |                           | K-50      | 2    | <b>00:25:58.19</b> | +00:08:27 (32.6%) | 5:11         | 11.6 (67.8%) |
| 142 | <b>JAGŁA Żaneta</b>           | <b>75</b>  |                           | K-40      | 13   | <b>00:25:59.01</b> | +00:08:28 (32.6%) | 5:11         | 11.5 (67.3%) |
| 143 | <b>MRUGALSKI Stanisław</b>    | <b>160</b> | MTS HAMER                 | M-50      | 11   | <b>00:25:59.88</b> | +00:08:29 (32.6%) | 5:12         | 11.5 (67.3%) |
| 144 | <b>ADAMOWICZ Maciej</b>       | <b>1</b>   | SP MIELNO                 | M-30      | 32   | <b>00:26:02.43</b> | +00:08:31 (32.8%) | 5:12         | 11.5 (67.3%) |
| 145 | <b>SUCHODOLSKA Aleksandra</b> | <b>219</b> | DZIKIE ŻÓŁWIE             | K-30      | 19   | <b>00:26:08.54</b> | +00:08:37 (33.0%) | 5:13         | 11.5 (67.3%) |
| 146 | <b>STRZELECKA Małgorzata</b>  | <b>217</b> | SAILING TEAM FERAJNA      | K-40      | 14   | <b>00:26:08.78</b> | +00:08:38 (33.0%) | 5:13         | 11.5 (67.3%) |
| 147 | <b>ROMANOWICZ Monika</b>      | <b>191</b> | DZIKIE ŻÓŁWIE             | K-30      | 20   | <b>00:26:09.12</b> | +00:08:38 (33.0%) | 5:14         | 11.5 (67.3%) |
| 148 | <b>ŁODYGA Łukasz</b>          | <b>138</b> |                           | M-30      | 33   | <b>00:26:16.40</b> | +00:08:45 (33.4%) | 5:15         | 11.4 (66.7%) |
| 149 | <b>BUCZKO Katarzyna</b>       | <b>24</b>  |                           | K-20      | 6    | <b>00:26:17.85</b> | +00:08:47 (33.4%) | 5:15         | 11.4 (66.7%) |
| 150 | <b>MARCZAK Małgorzata</b>     | <b>147</b> |                           | K-60      | 3    | <b>00:26:22.13</b> | +00:08:51 (33.6%) | 5:16         | 11.4 (66.7%) |
| 151 | <b>SZWEDA Mateusz</b>         | <b>231</b> | WATACH                    | M-30      | 34   | <b>00:26:38.08</b> | +00:09:07 (34.3%) | 5:19         | 11.3 (66.1%) |
| 152 | <b>BRZOZOWSKA Barbara</b>     | <b>23</b>  |                           | K-40      | 15   | <b>00:26:38.17</b> | +00:09:07 (34.3%) | 5:19         | 11.3 (66.1%) |
| 153 | <b>JĘDRZEJKO Mirosław</b>     | <b>83</b>  |                           | M-40      | 38   | <b>00:26:38.21</b> | +00:09:07 (34.3%) | 5:19         | 11.3 (66.1%) |
| 154 | <b>MIELEWCZYK Magdalena</b>   | <b>153</b> | GRUPA BIEGOWA MRT         | K-30      | 21   | <b>00:26:56.49</b> | +00:09:25 (35.0%) | 5:23         | 11.1 (64.9%) |
| 155 | <b>BEDNAREK Krzysztof</b>     | <b>11</b>  | MORSACZEBIEGACZE          | M-40      | 39   | <b>00:27:05.13</b> | +00:09:34 (35.4%) | 5:25         | 11.1 (64.9%) |
| 156 | <b>WIŚNIEWSKI Jarosław</b>    | <b>248</b> |                           | M-50      | 12   | <b>00:27:05.46</b> | +00:09:34 (35.4%) | 5:25         | 11.1 (64.9%) |
| 157 | <b>JOŃCA Klaudia</b>          | <b>84</b>  | BEST BEASTS               | K-14      | 3    | <b>00:27:06.45</b> | +00:09:35 (35.4%) | 5:25         | 11.1 (64.9%) |
| 158 | <b>PŁAŻAŁSKA Sylwia</b>       | <b>185</b> | RUNGRYF                   | K-30      | 22   | <b>00:27:07.31</b> | +00:09:36 (35.4%) | 5:25         | 11.1 (64.9%) |

| Msc | Zawodnik                              | Numer      | Klub                              | Kategoria | Mkat | Czas netto         |                   | Tempo min/km | Tempo km/h   |
|-----|---------------------------------------|------------|-----------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
|     |                                       |            |                                   |           |      | 5km                | Różn              |              |              |
| 159 | <b>SZULC Marek</b>                    | <b>229</b> | SZULC RUNNERS TEAM                | M-50      | 13   | <b>00:27:09.42</b> | +00:09:38 (35.5%) | 5:26         | 11 (64.3%)   |
| 160 | <b>DORAWA-ZIOMEK Anna</b>             | <b>43</b>  | DZIKIE ŻÓŁWIE                     | K-30      | 23   | <b>00:27:10.78</b> | +00:09:40 (35.6%) | 5:26         | 11 (64.3%)   |
| 161 | <b>PISKÓRZ Justyna</b>                | <b>183</b> |                                   | K-30      | 24   | <b>00:27:12.29</b> | +00:09:41 (35.6%) | 5:26         | 11 (64.3%)   |
| 162 | <b>WESOŁOWSKI Łukasz</b>              | <b>244</b> |                                   | M-30      | 35   | <b>00:27:12.50</b> | +00:09:41 (35.6%) | 5:26         | 11 (64.3%)   |
| 163 | <b>KARNICKI Zygmunt</b>               | <b>96</b>  | TKKF KOSZALIN                     | M-60      | 7    | <b>00:27:16.19</b> | +00:09:45 (35.8%) | 5:27         | 11 (64.3%)   |
| 164 | <b>BARANEK Aleksandra</b>             | <b>7</b>   | MKP SZCZECINEK                    | K-14      | 4    | <b>00:27:20.18</b> | +00:09:49 (35.9%) | 5:28         | 11 (64.3%)   |
| 165 | <b>CZUPAJŁO Marta</b>                 | <b>39</b>  |                                   | K-40      | 16   | <b>00:27:24.59</b> | +00:09:53 (36.1%) | 5:29         | 10.9 (63.7%) |
| 166 | <b>KAMINSKI Tomasz</b>                | <b>94</b>  | 8PPLOT                            | M-40      | 40   | <b>00:27:27.22</b> | +00:09:56 (36.2%) | 5:29         | 10.9 (63.7%) |
| 167 | <b>HELLER Zdzisław</b>                | <b>69</b>  | HERBMARATONOW.PL                  | M-60      | 8    | <b>00:27:29.31</b> | +00:09:58 (36.3%) | 5:29         | 10.9 (63.7%) |
| 168 | <b>ŚWIDERSKI Marcin</b>               | <b>234</b> |                                   | M-30      | 36   | <b>00:27:33.84</b> | +00:10:03 (36.5%) | 5:30         | 10.9 (63.7%) |
| 169 | <b>MITUNIEWICZ Adrian</b>             | <b>156</b> |                                   | M-30      | 37   | <b>00:27:33.91</b> | +00:10:03 (36.5%) | 5:30         | 10.9 (63.7%) |
| 170 | <b>MARCZAK Andrzej</b>                | <b>148</b> |                                   | M-60      | 9    | <b>00:27:41.99</b> | +00:10:11 (36.8%) | 5:32         | 10.8 (63.2%) |
| 171 | <b>KACZMAREK Łukasz</b>               | <b>88</b>  | WOJOWNICY WÓDY                    | M-30      | 38   | <b>00:27:42.41</b> | +00:10:11 (36.8%) | 5:32         | 10.8 (63.2%) |
| 172 | <b>ORYSZCZYN Arkadiusz</b>            | <b>172</b> | DZIKIE ŻÓŁWIE                     | M-30      | 39   | <b>00:27:46.46</b> | +00:10:15 (37.0%) | 5:33         | 10.8 (63.2%) |
| 173 | <b>GŁOWACKI Włodzimierz</b>           | <b>56</b>  |                                   | M-70+     | 1    | <b>00:27:47.76</b> | +00:10:17 (37.0%) | 5:33         | 10.8 (63.2%) |
| 174 | <b>KLONOWSKI Artur</b>                | <b>106</b> |                                   | M-40      | 41   | <b>00:27:50.61</b> | +00:10:19 (37.1%) | 5:34         | 10.8 (63.2%) |
| 175 | <b>RUSIECKI Paweł</b>                 | <b>193</b> | WSPL SPZOZ W KOSZALINIE           | M-40      | 42   | <b>00:27:55.00</b> | +00:10:24 (37.3%) | 5:35         | 10.7 (62.6%) |
| 176 | <b>HUBKO Janina</b>                   | <b>73</b>  | PRESS GLASS - BIEGAMY I WSPIERAMY | K-30      | 25   | <b>00:28:01.62</b> | +00:10:31 (37.5%) | 5:36         | 10.7 (62.6%) |
| 177 | <b>SZYMAŃSKI Patryk</b>               | <b>194</b> |                                   | M-30      | 40   | <b>00:28:03.77</b> | +00:10:33 (37.6%) | 5:36         | 10.7 (62.6%) |
| 178 | <b>WŁODARCZYK Emilia</b>              | <b>249</b> |                                   | K-30      | 26   | <b>00:28:03.99</b> | +00:10:33 (37.6%) | 5:36         | 10.7 (62.6%) |
| 179 | <b>MASŁOWSKI Artur</b>                | <b>149</b> |                                   | M-30      | 41   | <b>00:28:04.86</b> | +00:10:34 (37.6%) | 5:37         | 10.7 (62.6%) |
| 180 | <b>BANAŚ Wiktor</b>                   | <b>6</b>   | FUNDACJA ZASTOPIJ                 | M-14      | 6    | <b>00:28:08.51</b> | +00:10:37 (37.8%) | 5:37         | 10.7 (62.6%) |
| 181 | <b>STRZELECKI Sebastian 'Kaszana'</b> | <b>218</b> | SAILING TEAM FERAJNA              | M-40      | 43   | <b>00:28:09.38</b> | +00:10:38 (37.8%) | 5:37         | 10.7 (62.6%) |
| 182 | <b>GROCHOWSKA Agnieszka</b>           | <b>63</b>  | SAILING TEAM FERAJNA              | K-40      | 17   | <b>00:28:11.33</b> | +00:10:40 (37.9%) | 5:38         | 10.6 (62.0%) |
| 183 | <b>SIGNAROWSKI Dawid</b>              | <b>204</b> | PRESS GLASS - BIEGAMY I WSPIERAMY | M-30      | 42   | <b>00:28:17.36</b> | +00:10:46 (38.1%) | 5:39         | 10.6 (62.0%) |
| 184 | <b>MITUNIEWICZ Renata</b>             | <b>154</b> |                                   | K-50      | 3    | <b>00:28:18.08</b> | +00:10:47 (38.1%) | 5:39         | 10.6 (62.0%) |
| 185 | <b>BOKOTA Katarzyna</b>               | <b>16</b>  |                                   | K-40      | 18   | <b>00:28:18.77</b> | +00:10:48 (38.2%) | 5:39         | 10.6 (62.0%) |
| 186 | <b>BRZEZIŃSKI Paweł</b>               | <b>21</b>  |                                   | M-40      | 44   | <b>00:28:18.96</b> | +00:10:48 (38.2%) | 5:39         | 10.6 (62.0%) |
| 187 | <b>MALINOWSKA-BURDA Aleksandra</b>    | <b>142</b> |                                   | K-30      | 27   | <b>00:28:22.89</b> | +00:10:52 (38.3%) | 5:40         | 10.6 (62.0%) |
| 188 | <b>TABISZ Sławomir</b>                | <b>235</b> | 12BBSP                            | M-30      | 43   | <b>00:28:26.39</b> | +00:10:55 (38.4%) | 5:41         | 10.6 (62.0%) |
| 189 | <b>SZCZESIAK Paweł</b>                | <b>223</b> | ROWERY MAŁGOŚKA                   | M-30      | 44   | <b>00:28:28.48</b> | +00:10:57 (38.5%) | 5:41         | 10.5 (61.4%) |
| 190 | <b>MURAWSKI Waldemar</b>              | <b>161</b> | ZKS                               | M-50      | 14   | <b>00:28:29.38</b> | +00:10:58 (38.5%) | 5:42         | 10.5 (61.4%) |
| 191 | <b>GÓRALSKA Monika</b>                | <b>62</b>  |                                   | K-40      | 19   | <b>00:28:30.36</b> | +00:10:59 (38.6%) | 5:42         | 10.5 (61.4%) |
| 192 | <b>NOSAL Anna</b>                     | <b>167</b> |                                   | K-30      | 28   | <b>00:28:30.71</b> | +00:11:00 (38.6%) | 5:42         | 10.5 (61.4%) |
| 193 | <b>SUDER-MAKSYMOWICZ Monika</b>       | <b>220</b> |                                   | K-30      | 29   | <b>00:28:33.69</b> | +00:11:03 (38.7%) | 5:42         | 10.5 (61.4%) |
| 194 | <b>MAŁYSZEWICZ Andrzej</b>            | <b>144</b> |                                   | M-50      | 15   | <b>00:28:38.19</b> | +00:11:07 (38.9%) | 5:43         | 10.5 (61.4%) |
| 195 | <b>WIDERA Anna</b>                    | <b>245</b> |                                   | K-30      | 30   | <b>00:28:38.34</b> | +00:11:07 (38.9%) | 5:43         | 10.5 (61.4%) |
| 196 | <b>WOJTKOWIAK Wioleta</b>             | <b>252</b> |                                   | K-30      | 31   | <b>00:28:40.37</b> | +00:11:09 (38.9%) | 5:44         | 10.5 (61.4%) |
| 197 | <b>HRYNCEWICZ Anna</b>                | <b>71</b>  | SAILING TEAM FERAJNA              | K-40      | 20   | <b>00:28:45.61</b> | +00:11:14 (39.1%) | 5:45         | 10.4 (60.8%) |
| 198 | <b>BEDNARZ Katarzyna</b>              | <b>12</b>  |                                   | K-40      | 21   | <b>00:28:46.46</b> | +00:11:15 (39.1%) | 5:45         | 10.4 (60.8%) |
| 199 | <b>BORSUK Dorota</b>                  | <b>18</b>  |                                   | K-40      | 22   | <b>00:28:57.47</b> | +00:11:26 (39.5%) | 5:47         | 10.4 (60.8%) |
| 200 | <b>JĄCZKOWSKA Wioleta</b>             | <b>81</b>  |                                   | K-40      | 23   | <b>00:29:05.70</b> | +00:11:35 (39.8%) | 5:49         | 10.3 (60.2%) |
| 201 | <b>MITUNIEWICZ Natalia</b>            | <b>155</b> |                                   | K-30      | 32   | <b>00:29:10.59</b> | +00:11:39 (40.0%) | 5:50         | 10.3 (60.2%) |
| 202 | <b>SPICA Łukasz</b>                   | <b>209</b> | DZIKIE ŻÓŁWIE                     | M-30      | 45   | <b>00:29:12.77</b> | +00:11:42 (40.1%) | 5:50         | 10.3 (60.2%) |

| Msc | Zawodnik                           | Numer      | Klub                              | Kategoria | Mkat | Czas netto         |                   | Tempo min/km | Tempo km/h   |
|-----|------------------------------------|------------|-----------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
|     |                                    |            |                                   |           |      | 5km                | Różn              |              |              |
| 203 | <b>SOROCZYŃSKA Kamila</b>          | <b>208</b> | AKADEMIA MALUCHA                  | K-30      | 33   | <b>00:29:15.60</b> | +00:11:44 (40.2%) | 5:51         | 10.3 (60.2%) |
| 204 | <b>WENTA Malwina</b>               | <b>243</b> |                                   | K-30      | 34   | <b>00:29:16.12</b> | +00:11:45 (40.2%) | 5:51         | 10.3 (60.2%) |
| 205 | <b>ZAKOŚCIELNA Katarzyna</b>       | <b>256</b> | DZIKIE ŻÓŁWIE                     | K-30      | 35   | <b>00:29:16.64</b> | +00:11:46 (40.2%) | 5:51         | 10.3 (60.2%) |
| 206 | <b>JEWUŁA Agata</b>                | <b>82</b>  | DRUŻYNA SZPIKU                    | K-30      | 36   | <b>00:29:18.93</b> | +00:11:48 (40.3%) | 5:51         | 10.2 (59.6%) |
| 207 | <b>KOPEĆ Magdalena</b>             | <b>112</b> |                                   | K-40      | 24   | <b>00:29:19.62</b> | +00:11:49 (40.3%) | 5:51         | 10.2 (59.6%) |
| 208 | <b>RYBA Milena</b>                 | <b>195</b> |                                   | K-30      | 37   | <b>00:29:25.79</b> | +00:11:55 (40.5%) | 5:53         | 10.2 (59.6%) |
| 209 | <b>CHAMERA Tomasz</b>              | <b>31</b>  | WATAHA                            | M-40      | 45   | <b>00:29:27.05</b> | +00:11:56 (40.5%) | 5:53         | 10.2 (59.6%) |
| 210 | <b>ZBOROWSKA-SKROBANEK Justyna</b> | <b>258</b> | MKP SZCZECINEK                    | K-40      | 25   | <b>00:29:27.82</b> | +00:11:57 (40.6%) | 5:53         | 10.2 (59.6%) |
| 211 | <b>KĘDZIERA Izydor</b>             | <b>103</b> |                                   | M-50      | 16   | <b>00:29:34.13</b> | +00:12:03 (40.8%) | 5:54         | 10.1 (59.1%) |
| 212 | <b>STRACH Martyna</b>              | <b>215</b> | NIE                               | K-20      | 7    | <b>00:29:36.13</b> | +00:12:05 (40.8%) | 5:55         | 10.1 (59.1%) |
| 213 | <b>KARPIŃSKI Tomek</b>             | <b>99</b>  | AKADEMIA MALUCHA                  | M-40      | 46   | <b>00:29:40.74</b> | +00:12:10 (41.0%) | 5:56         | 10.1 (59.1%) |
| 214 | <b>WOJANOWSKI Zbigniew</b>         | <b>251</b> | SPORT I REKREACJA DELFIN          | M-60      | 10   | <b>00:29:40.77</b> | +00:12:10 (41.0%) | 5:56         | 10.1 (59.1%) |
| 215 | <b>KARPIŃSKA Hanna</b>             | <b>98</b>  | AKADEMIA MALUCHA                  | K-40      | 26   | <b>00:29:40.87</b> | +00:12:10 (41.0%) | 5:56         | 10.1 (59.1%) |
| 216 | <b>HARASYM Daniel</b>              | <b>68</b>  | FUNDACJA ZASTOPUJ                 | M-40      | 47   | <b>00:29:41.18</b> | +00:12:10 (41.0%) | 5:56         | 10.1 (59.1%) |
| 217 | <b>ZYGMAŃSKA Justyna</b>           | <b>260</b> | AKADEMIA MALUCHA                  | K-30      | 38   | <b>00:29:42.04</b> | +00:12:11 (41.0%) | 5:56         | 10.1 (59.1%) |
| 218 | <b>WOJANOWSKA Maryla</b>           | <b>250</b> | SPORT I REKREACJA DELFIN          | K-60      | 4    | <b>00:29:43.33</b> | +00:12:12 (41.1%) | 5:56         | 10.1 (59.1%) |
| 219 | <b>BRZEZIŃSKA Beata</b>            | <b>20</b>  | TEAM PIOTRUŚ                      | K-50      | 4    | <b>00:29:51.23</b> | +00:12:20 (41.3%) | 5:58         | 10.1 (59.1%) |
| 220 | <b>ORLIKOWSKI Robert</b>           | <b>171</b> | POŁCZYN BIEGA ♡                   | M-30      | 46   | <b>00:30:00.58</b> | +00:12:29 (41.7%) | 6:00         | 10 (58.5%)   |
| 221 | <b>GIEDO Joanna</b>                | <b>54</b>  |                                   | K-30      | 39   | <b>00:30:16.55</b> | +00:12:45 (42.2%) | 6:03         | 9.9 (57.9%)  |
| 222 | <b>MALISZEWSKI Łukasz</b>          | <b>143</b> | FUNDACJA ZASTOPUJ                 | M-20      | 12   | <b>00:30:36.77</b> | +00:13:06 (42.8%) | 6:07         | 9.8 (57.3%)  |
| 223 | <b>BUDZYŃSKA Elżbieta</b>          | <b>26</b>  |                                   | K-50      | 5    | <b>00:30:39.36</b> | +00:13:08 (42.9%) | 6:07         | 9.8 (57.3%)  |
| 224 | <b>KOT Jacek</b>                   | <b>117</b> |                                   | M-60      | 11   | <b>00:30:42.68</b> | +00:13:12 (43.0%) | 6:08         | 9.8 (57.3%)  |
| 225 | <b>STRACH Marek</b>                | <b>216</b> |                                   | M-60      | 12   | <b>00:30:43.71</b> | +00:13:13 (43.0%) | 6:08         | 9.8 (57.3%)  |
| 226 | <b>PEŁKA Iwona</b>                 | <b>179</b> |                                   | K-50      | 6    | <b>00:30:50.00</b> | +00:13:19 (43.2%) | 6:10         | 9.7 (56.7%)  |
| 227 | <b>KULIGOWSKI Maksym</b>           | <b>132</b> | PRESS GLASS - BIEGAMY I WSPIERAMY | M-30      | 47   | <b>00:30:53.02</b> | +00:13:22 (43.3%) | 6:10         | 9.7 (56.7%)  |
| 228 | <b>STEC Edyta</b>                  | <b>212</b> | BIEGAM BO LUBIE CIASTKA           | K-40      | 27   | <b>00:31:09.39</b> | +00:13:38 (43.8%) | 6:14         | 9.6 (56.1%)  |
| 229 | <b>SWOROWSKA Katarzyna</b>         | <b>221</b> |                                   | K-30      | 40   | <b>00:31:10.19</b> | +00:13:39 (43.8%) | 6:14         | 9.6 (56.1%)  |
| 230 | <b>MOŻEJKO Anna</b>                | <b>159</b> |                                   | K-40      | 28   | <b>00:31:10.58</b> | +00:13:39 (43.8%) | 6:14         | 9.6 (56.1%)  |
| 231 | <b>KOROL Elżbieta</b>              | <b>116</b> |                                   | K-40      | 29   | <b>00:31:10.70</b> | +00:13:40 (43.8%) | 6:14         | 9.6 (56.1%)  |
| 232 | <b>KRYSTOSIK Paulina</b>           | <b>128</b> | BIEGAM BO LUBIĘ BIEGAM DLA SIEBIE | K-20      | 8    | <b>00:31:39.73</b> | +00:14:09 (44.7%) | 6:20         | 9.5 (55.6%)  |
| 233 | <b>STRACH Agnieszka</b>            | <b>214</b> | NIE                               | K-50      | 7    | <b>00:31:43.43</b> | +00:14:12 (44.8%) | 6:20         | 9.5 (55.6%)  |
| 234 | <b>POŁOCZAŃSKI Piotr</b>           | <b>189</b> |                                   | M-30      | 48   | <b>00:32:01.65</b> | +00:14:31 (45.3%) | 6:24         | 9.4 (55.0%)  |
| 235 | <b>SZMYT Marcin</b>                | <b>225</b> |                                   | M-30      | 49   | <b>00:32:01.66</b> | +00:14:31 (45.3%) | 6:24         | 9.4 (55.0%)  |
| 236 | <b>SARBIEWSKA Gabriela</b>         | <b>199</b> |                                   | K-40      | 30   | <b>00:32:03.06</b> | +00:14:32 (45.4%) | 6:24         | 9.4 (55.0%)  |
| 237 | <b>KIEDOS Dariusz</b>              | <b>104</b> | 8PPLOT                            | M-30      | 50   | <b>00:32:19.90</b> | +00:14:49 (45.8%) | 6:28         | 9.3 (54.4%)  |
| 238 | <b>BOROŃ Aleksandra</b>            | <b>17</b>  |                                   | K-30      | 41   | <b>00:32:21.90</b> | +00:14:51 (45.9%) | 6:28         | 9.3 (54.4%)  |
| 239 | <b>KACZYŃSKI Henryk</b>            | <b>92</b>  |                                   | M-60      | 13   | <b>00:32:24.76</b> | +00:14:54 (46.0%) | 6:29         | 9.3 (54.4%)  |
| 240 | <b>KOZŁOWIECKA Małgorzata</b>      | <b>121</b> |                                   | K-60      | 5    | <b>00:32:27.03</b> | +00:14:56 (46.0%) | 6:29         | 9.2 (53.8%)  |
| 241 | <b>PAULIŃSKI Jan</b>               | <b>177</b> | JAMNO                             | M-70+     | 2    | <b>00:32:29.82</b> | +00:14:59 (46.1%) | 6:30         | 9.2 (53.8%)  |
| 242 | <b>WEISS-SZULC Barbara</b>         | <b>242</b> |                                   | K-40      | 31   | <b>00:32:32.92</b> | +00:15:02 (46.2%) | 6:30         | 9.2 (53.8%)  |
| 243 | <b>BABIARZ Jacek</b>               | <b>3</b>   | PRESS GLASS - BIEGAMY I WSPIERAMY | M-40      | 48   | <b>00:32:34.07</b> | +00:15:03 (46.2%) | 6:30         | 9.2 (53.8%)  |
| 244 | <b>MAŁYSZEWICZ Teresa</b>          | <b>145</b> |                                   | K-50      | 8    | <b>00:32:49.54</b> | +00:15:18 (46.7%) | 6:34         | 9.1 (53.2%)  |
| 245 | <b>SIENKIEWICZ Ewelina</b>         | <b>202</b> |                                   | K-20      | 9    | <b>00:33:10.99</b> | +00:15:40 (47.2%) | 6:38         | 9 (52.6%)    |
| 246 | <b>SIENKIEWICZ Monika</b>          | <b>203</b> |                                   | K-50      | 9    | <b>00:33:11.01</b> | +00:15:40 (47.2%) | 6:38         | 9 (52.6%)    |

| Msc | Zawodnik                    | Numer      | Klub                              | Kategoria | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------------|------------|-----------------------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 247 | <b>POLAK Mateusz</b>        | <b>188</b> | KOSPEL                            | M-20      | 13   | <b>00:33:34.20</b> | +00:16:03 (47.8%) | 6:42         | 8.9 (52.0%) |
| 248 | <b>KACZMAREK Dominika</b>   | <b>89</b>  | PRESS GLASS - BIEGAMY I WSPIERAMY | K-20      | 10   | <b>00:33:47.65</b> | +00:16:17 (48.2%) | 6:45         | 8.9 (52.0%) |
| 249 | <b>PAŁASZ Karolina</b>      | <b>175</b> | FUNDACJA ZASTOPIJ                 | K-30      | 42   | <b>00:33:56.28</b> | +00:16:25 (48.4%) | 6:47         | 8.8 (51.5%) |
| 250 | <b>KARNICKI Artur</b>       | <b>97</b>  | TKKF KOSZALIN                     | M-40      | 49   | <b>00:35:24.74</b> | +00:17:54 (50.6%) | 7:05         | 8.5 (49.7%) |
| 251 | <b>KHOURI Michał</b>        | <b>198</b> | KLUB ROGATEGO MORSA               | M-40      | 50   | <b>00:35:30.95</b> | +00:18:00 (50.7%) | 7:06         | 8.4 (49.1%) |
| 252 | <b>JANUS- KHOURI Ewa</b>    | <b>247</b> | KLUB ROGATEGO MORSA               | K-30      | 43   | <b>00:35:31.70</b> | +00:18:01 (50.7%) | 7:06         | 8.4 (49.1%) |
| 253 | <b>SZULC Martyna</b>        | <b>227</b> | SZULC RUNNERS TEAM                | K-30      | 44   | <b>00:35:58.81</b> | +00:18:28 (51.3%) | 7:11         | 8.3 (48.5%) |
| 254 | <b>STANCZEWSKA Karolina</b> | <b>211</b> |                                   | K-30      | 45   | <b>00:35:59.77</b> | +00:18:29 (51.4%) | 7:12         | 8.3 (48.5%) |
| 255 | <b>ŚCIEPŁEK Mateusz</b>     | <b>233</b> | FUNDACJA ZASTOPIJ                 | M-30      | 51   | <b>00:36:17.85</b> | +00:18:47 (51.8%) | 7:15         | 8.3 (48.5%) |
| 256 | <b>BARTNIK Marian</b>       | <b>265</b> |                                   | M-70+     | 3    | <b>00:51:28.00</b> | +00:33:57 (66.0%) | 10:17        | 5.8 (33.9%) |

Znaleziono 256 wynik(ów)