

# BIEG WALENTYNKOWY 5 KM (JAMNEŃSKI TOUR BIEGOWY)

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łąbusz, Koszalińskie  
Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2018-02-11  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JEFIMCZYK Norbert	88	LKS FENIX SŁUPSK	M-16	1	00:16:54.75		3:23	17.7 (100%)
2	KĘPKA Adrian	103	DECATHLON KOSZALIN	M-16	2	00:17:05.10	+00:00:10 (1.0%)	3:25	17.6 (99.4%)
3	BORYCHOWSKI Mariusz	20	KB TUPOT USTKA	M-40	1	00:17:31.70	+00:00:36 (3.5%)	3:30	17.1 (96.6%)
4	HERING Mateusz	276		M-16	3	00:17:44.75	+00:00:50 (4.7%)	3:32	16.9 (95.5%)
5	ORZECHOWSKI Kamil	159	TKKF KOSZALIN	M-30	1	00:18:02.35	+00:01:07 (6.2%)	3:36	16.6 (93.8%)
6	JAKUBEK Patryk	80	ŚWIAT PŁYTEK U KRYSPIŃA	M-16	4	00:18:08.70	+00:01:13 (6.8%)	3:37	16.5 (93.2%)
7	SIADAK Arkadiusz	207		M-30	2	00:18:20.65	+00:01:25 (7.8%)	3:40	16.3 (92.1%)
8	SZKOŁUDA Miłosz	233	DECATHLON KOSZALIN	M-16	5	00:18:48.05	+00:01:53 (10.0%)	3:45	16 (90.4%)
9	GARSKI Krystin	57	ŚWIAT PŁYTEK U KRYSPIŃA	M-40	2	00:18:55.55	+00:02:00 (10.6%)	3:47	15.8 (89.3%)
10	HOFMAN Darek	74	GOGGLE PAE/WOLF TEAM	M-30	3	00:18:57.30	+00:02:02 (10.8%)	3:47	15.8 (89.3%)
11	CZAPLIŃSKI Jacek	34	FREE BIRDS	M-30	4	00:18:58.00	+00:02:03 (10.8%)	3:47	15.8 (89.3%)
12	WICHER Krzysztof	259	GABINET REHABILITACJI AKTYWNEJ	M-30	5	00:19:02.95	+00:02:08 (11.2%)	3:48	15.7 (88.7%)
13	GAŁKOWSKI Dariusz	24		M-40	3	00:19:28.50	+00:02:33 (13.2%)	3:53	15.4 (87.0%)
14	STEBELSKI Jasiek	219		M-30	6	00:19:34.70	+00:02:39 (13.6%)	3:54	15.3 (86.4%)
15	TRĘBSKI Krzysztof	244	ZABIEGANINOCA	M-40	4	00:19:40.90	+00:02:46 (14.1%)	3:56	15.2 (85.9%)
16	BAJGERT Robert	5	VOLTAIX.PL	M-40	5	00:19:52.90	+00:02:58 (14.9%)	3:58	15.1 (85.3%)
17	CICHOSZ-MIELEWCZYK Mateusz	277	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	7	00:19:53.55	+00:02:58 (15.0%)	3:58	15.1 (85.3%)
18	BORYCHOWSKA Marlena	19	KB TUPOT USTKA	K-30	1	00:20:15.40	+00:03:20 (16.5%)	4:03	14.8 (83.6%)
19	PAKULSKI Marcin	169		M-40	6	00:20:47.10	+00:03:52 (18.6%)	4:09	14.4 (81.4%)
20	PIĄTKOWSKI Grzegorz	175	WICHER RĄBINO	M-30	8	00:20:53.55	+00:03:58 (19.0%)	4:10	14.4 (81.4%)
21	FADDA Bruno-André	46		M-30	9	00:20:54.50	+00:03:59 (19.1%)	4:10	14.4 (81.4%)
22	MUCHA Krzysztof	149	KOSZALIN	M-40	7	00:20:56.20	+00:04:01 (19.2%)	4:11	14.3 (80.8%)
23	MICKIEWICZ Adam	143	JW3937 MRZEŻYNO	M-30	10	00:20:57.05	+00:04:02 (19.3%)	4:11	14.3 (80.8%)
24	SULL Kacper	226	NIGHT RUNNERS SŁUPSK	M-16	6	00:21:02.60	+00:04:07 (19.6%)	4:12	14.3 (80.8%)
25	RUSINEK Artur	200		M-30	11	00:21:05.45	+00:04:10 (19.8%)	4:13	14.2 (80.2%)
26	FABICH Adrian	45	USTECKA SZKOŁA BIEGANIA	M-30	12	00:21:08.25	+00:04:13 (20.0%)	4:13	14.2 (80.2%)
27	CHUDY Henryk	32	K SOLSZEWSKI I SYNOWIE	M-60	1	00:21:09.95	+00:04:15 (20.1%)	4:14	14.2 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	<b>MIELCZAREK Ksawery</b>	<b>144</b>	JAMNO	M-16	7	<b>00:21:24.90</b>	+00:04:30 (21.0%)	4:17	14 (79.1%)
29	<b>ZWOLIŃSKI Jan</b>	<b>272</b>	TKKF KOSZALIN	M-50	1	<b>00:21:26.90</b>	+00:04:32 (21.1%)	4:17	14 (79.1%)
30	<b>BADLIK Marcin</b>	<b>4</b>	COS SG	M-40	8	<b>00:21:37.65</b>	+00:04:42 (21.8%)	4:19	13.9 (78.5%)
31	<b>CHOŁUJ Jarek</b>	<b>29</b>	ROZBIEGANY KOSZALIN	M-40	9	<b>00:21:40.65</b>	+00:04:45 (22.0%)	4:20	13.8 (78.0%)
32	<b>KASPERSKI Dariusz</b>	<b>100</b>		M-40	10	<b>00:21:43.30</b>	+00:04:48 (22.1%)	4:20	13.8 (78.0%)
33	<b>OSTAFI Robert</b>	<b>161</b>		M-40	11	<b>00:21:43.85</b>	+00:04:49 (22.2%)	4:20	13.8 (78.0%)
34	<b>KUKIEŁA Tomasz</b>	<b>125</b>		M-30	13	<b>00:21:45.15</b>	+00:04:50 (22.3%)	4:21	13.8 (78.0%)
35	<b>SZYMCZAK Michał</b>	<b>241</b>		M-30	14	<b>00:21:46.45</b>	+00:04:51 (22.3%)	4:21	13.8 (78.0%)
36	<b>PRYGIEL Jarosław</b>	<b>186</b>	21BLT , PARKRUN ŚWIDWIN	M-40	12	<b>00:21:47.10</b>	+00:04:52 (22.4%)	4:21	13.8 (78.0%)
37	<b>OLEJNIK Bartłomiej</b>	<b>158</b>	ŻYTANIA TEAM	M-30	15	<b>00:21:52.65</b>	+00:04:57 (22.7%)	4:22	13.7 (77.4%)
38	<b>BONISŁAWSKI Jarosław</b>	<b>17</b>	MAM ŚWIRA	M-30	16	<b>00:21:54.10</b>	+00:04:59 (22.8%)	4:22	13.7 (77.4%)
39	<b>NIEMCZUK Dariusz</b>	<b>153</b>	JAMNO	M-50	2	<b>00:21:59.60</b>	+00:05:04 (23.1%)	4:23	13.6 (76.8%)
40	<b>KŁOS Tomasz</b>	<b>106</b>		M-30	17	<b>00:22:01.05</b>	+00:05:06 (23.2%)	4:24	13.6 (76.8%)
41	<b>ROMANOWICZ Piotr</b>	<b>198</b>	NIE ZRZESZONY	M-40	13	<b>00:22:05.25</b>	+00:05:10 (23.4%)	4:25	13.6 (76.8%)
42	<b>PICK Tomasz</b>	<b>176</b>	MK KOSZALIN	M-40	14	<b>00:22:10.75</b>	+00:05:16 (23.7%)	4:26	13.5 (76.3%)
43	<b>URBAŃSKI Tomasz</b>	<b>248</b>		M-40	15	<b>00:22:10.95</b>	+00:05:16 (23.8%)	4:26	13.5 (76.3%)
44	<b>LITWINOWICZ Renata</b>	<b>128</b>	KB WYGAN	K-40	1	<b>00:22:13.55</b>	+00:05:18 (23.9%)	4:26	13.5 (76.3%)
45	<b>SZUBERT Marcin</b>	<b>236</b>	KOŁOBRZEG BIEGA	M-40	16	<b>00:22:14.80</b>	+00:05:20 (24.0%)	4:27	13.5 (76.3%)
46	<b>JARZYNA Roman</b>	<b>85</b>		M-40	17	<b>00:22:15.70</b>	+00:05:20 (24.0%)	4:27	13.5 (76.3%)
47	<b>JADCZAK Tomasz</b>	<b>78</b>		M-30	18	<b>00:22:19.55</b>	+00:05:24 (24.2%)	4:27	13.4 (75.7%)
48	<b>KOZIEŁ Paweł</b>	<b>115</b>	WICHER RĄBINO	M-30	19	<b>00:22:23.50</b>	+00:05:28 (24.5%)	4:28	13.4 (75.7%)
49	<b>CHODOR Martyna</b>	<b>27</b>	TKKF KOSZALIN	K-30	2	<b>00:22:25.30</b>	+00:05:30 (24.6%)	4:29	13.4 (75.7%)
50	<b>KAJKOWSKI Rafał</b>	<b>93</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M-40	18	<b>00:22:26.30</b>	+00:05:31 (24.6%)	4:29	13.4 (75.7%)
51	<b>IWANIEC Dariusz</b>	<b>77</b>	TKKF KOSZALIN	M-40	19	<b>00:22:27.25</b>	+00:05:32 (24.7%)	4:29	13.4 (75.7%)
52	<b>KAMYK Piotr</b>	<b>97</b>	MH IT SERWIS KOSZALIN	M-30	20	<b>00:22:28.60</b>	+00:05:33 (24.8%)	4:29	13.3 (75.1%)
53	<b>DROZDOWSKI Marcin</b>	<b>42</b>	MORPOL	M-16	8	<b>00:22:31.95</b>	+00:05:37 (24.9%)	4:30	13.3 (75.1%)
54	<b>GAŁECKI Jacek</b>	<b>53</b>	KARLINO BIEGAJ	M-50	3	<b>00:22:39.45</b>	+00:05:44 (25.4%)	4:31	13.2 (74.6%)
55	<b>BOGUMIŁOW Marcin</b>	<b>16</b>		M-30	21	<b>00:22:40.20</b>	+00:05:45 (25.4%)	4:32	13.2 (74.6%)
56	<b>STACHOWIAK Ryszard</b>	<b>217</b>		M-60	2	<b>00:22:41.10</b>	+00:05:46 (25.4%)	4:32	13.2 (74.6%)
57	<b>HERING Aleksandra</b>	<b>118</b>		K-16	1	<b>00:22:41.70</b>	+00:05:46 (25.5%)	4:32	13.2 (74.6%)
58	<b>NIEWIŃSKA SĘK Monika</b>	<b>155</b>		K-30	3	<b>00:22:46.55</b>	+00:05:51 (25.7%)	4:33	13.2 (74.6%)
59	<b>KĘSIK Agnieszka</b>	<b>104</b>	ŚWIAT PŁYTEK U KRYPINA	K-30	4	<b>00:22:47.10</b>	+00:05:52 (25.8%)	4:33	13.2 (74.6%)
60	<b>HOC Dariusz</b>	<b>72</b>		M-40	20	<b>00:22:48.95</b>	+00:05:54 (25.9%)	4:33	13.1 (74.0%)
61	<b>OTTO Michał</b>	<b>165</b>		M-30	22	<b>00:22:50.05</b>	+00:05:55 (25.9%)	4:34	13.1 (74.0%)
62	<b>ALABA Jerzy</b>	<b>2</b>		M-50	4	<b>00:22:52.15</b>	+00:05:57 (26.0%)	4:34	13.1 (74.0%)
63	<b>ANTKOWIAK Sebastian</b>	<b>3</b>	DB - ACTIVE	M-40	21	<b>00:23:03.15</b>	+00:06:08 (26.6%)	4:36	13 (73.4%)
64	<b>CHORAŻY Karolina</b>	<b>31</b>		K-16	2	<b>00:23:10.50</b>	+00:06:15 (27.0%)	4:38	12.9 (72.9%)
65	<b>MEJER Aleksandra</b>	<b>139</b>		K-16	3	<b>00:23:12.05</b>	+00:06:17 (27.1%)	4:38	12.9 (72.9%)
66	<b>ZIELIŃSKI Filip</b>	<b>268</b>		M-16	9	<b>00:23:13.25</b>	+00:06:18 (27.2%)	4:38	12.9 (72.9%)
67	<b>FRĄTCZAK Sławomir</b>	<b>50</b>		M-30	23	<b>00:23:15.45</b>	+00:06:20 (27.3%)	4:39	12.9 (72.9%)
68	<b>KRUPIŃSKI Krzysztof</b>	<b>122</b>	E-UROLOG.EU	M-50	5	<b>00:23:16.05</b>	+00:06:21 (27.3%)	4:39	12.9 (72.9%)
69	<b>RÓG Michał</b>	<b>199</b>	JW 1223	M-30	24	<b>00:23:16.35</b>	+00:06:21 (27.3%)	4:39	12.9 (72.9%)
70	<b>BERNECKI Edward</b>	<b>11</b>		M-50	6	<b>00:23:25.20</b>	+00:06:30 (27.8%)	4:41	12.8 (72.3%)
71	<b>RASZPLA Radosław</b>	<b>194</b>	BBL	M-40	22	<b>00:23:27.75</b>	+00:06:33 (27.9%)	4:41	12.8 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
72	<b>KOPCZEWSKI Dariusz</b>	<b>109</b>		M-50	7	<b>00:23:30.45</b>	+00:06:35 (28.1%)	4:42	12.8 (72.3%)
73	<b>GARSKA Joanna</b>	<b>56</b>	ŚWIAT PŁYTEK I KRYSPIŃ	K-40	2	<b>00:23:32.10</b>	+00:06:37 (28.1%)	4:42	12.7 (71.8%)
74	<b>JAWORSKI Robert</b>	<b>87</b>	BRYZA POSTOMINO	M-40	23	<b>00:23:35.70</b>	+00:06:40 (28.3%)	4:43	12.7 (71.8%)
75	<b>MICHALCZYK Mariusz</b>	<b>141</b>	JW1223	M-40	24	<b>00:23:42.50</b>	+00:06:47 (28.7%)	4:44	12.6 (71.2%)
76	<b>ŻUKOWSKI Cezary</b>	<b>274</b>	MIGAWKOWE.PL	M-30	25	<b>00:23:43.15</b>	+00:06:48 (28.7%)	4:44	12.6 (71.2%)
77	<b>MIKIETYŃSKI Michał</b>	<b>145</b>	„ZABIEGANI NOCĄ”	M-30	26	<b>00:23:48.80</b>	+00:06:54 (29.0%)	4:45	12.6 (71.2%)
78	<b>ZIÓŁKOWSKI Wojciech</b>	<b>271</b>	#ZABIEGANINOCĄ	M-40	25	<b>00:23:49.75</b>	+00:06:55 (29.0%)	4:46	12.6 (71.2%)
79	<b>PRZYCHODA Anna</b>	<b>188</b>	BALTIC SEALS	K-30	5	<b>00:23:50.55</b>	+00:06:55 (29.1%)	4:46	12.6 (71.2%)
80	<b>KRZEWIŃSKA Małgorzata</b>	<b>124</b>	TKKF KOSZALIN	K-50	1	<b>00:23:52.65</b>	+00:06:57 (29.2%)	4:46	12.6 (71.2%)
81	<b>KRASIŃSKI Witold</b>	<b>121</b>	JW1223	M-40	26	<b>00:23:54.80</b>	+00:07:00 (29.3%)	4:47	12.5 (70.6%)
82	<b>CHODOR Izabela</b>	<b>26</b>	TKKF KOSZALIN	K-30	6	<b>00:24:03.90</b>	+00:07:09 (29.7%)	4:48	12.5 (70.6%)
83	<b>JAROSZ Jakub</b>	<b>84</b>	TKKF KOSZALIN	M-16	10	<b>00:24:04.25</b>	+00:07:09 (29.7%)	4:48	12.5 (70.6%)
84	<b>MAJCHRZAK Paweł</b>	<b>132</b>	KARLINO BIEGAJ	M-40	27	<b>00:24:05.05</b>	+00:07:10 (29.8%)	4:49	12.5 (70.6%)
85	<b>SZULC Marek</b>	<b>240</b>	SZULC RUNNERS TEAM	M-50	8	<b>00:24:06.25</b>	+00:07:11 (29.8%)	4:49	12.4 (70.1%)
86	<b>DOMAŃSKI Adam</b>	<b>40</b>		M-40	28	<b>00:24:06.85</b>	+00:07:12 (29.9%)	4:49	12.4 (70.1%)
87	<b>DZIĘBOWSKI Mariusz</b>	<b>44</b>		M-30	27	<b>00:24:09.90</b>	+00:07:15 (30.0%)	4:50	12.4 (70.1%)
88	<b>CZUB Maciej</b>	<b>36</b>		M-16	11	<b>00:24:10.40</b>	+00:07:15 (30.0%)	4:50	12.4 (70.1%)
89	<b>OSOBNIAK Ryszard</b>	<b>160</b>	ROZBIEGANY KOSZALIN	M-60	3	<b>00:24:11.90</b>	+00:07:17 (30.1%)	4:50	12.4 (70.1%)
90	<b>GONTARZ Wojciech</b>	<b>63</b>		M-16	12	<b>00:24:14.45</b>	+00:07:19 (30.2%)	4:50	12.4 (70.1%)
91	<b>KOSMALA Aleksandra</b>	<b>112</b>		K-30	7	<b>00:24:16.45</b>	+00:07:21 (30.3%)	4:51	12.4 (70.1%)
92	<b>SZNYTER Sabina</b>	<b>234</b>	DECATHLON KOSZALIN	K-16	4	<b>00:24:18.70</b>	+00:07:23 (30.4%)	4:51	12.3 (69.5%)
93	<b>SŁODZIŃSKI Gabriel</b>	<b>213</b>	ŁOSOŚ T.E.A.M	M-16	13	<b>00:24:27.10</b>	+00:07:32 (30.8%)	4:53	12.3 (69.5%)
94	<b>KAŻMIERCZAK Agnieszka</b>	<b>102</b>		K-40	3	<b>00:24:28.20</b>	+00:07:33 (30.9%)	4:53	12.3 (69.5%)
95	<b>SZUBERT Agnieszka</b>	<b>235</b>	KOŁOBRZEG BIEGA	K-30	8	<b>00:24:30.25</b>	+00:07:35 (31.0%)	4:54	12.2 (68.9%)
96	<b>MEGIER Wojciech</b>	<b>138</b>	ELEKTRONIK	M-50	9	<b>00:24:37.00</b>	+00:07:42 (31.3%)	4:55	12.2 (68.9%)
97	<b>PODSIADŁO Marcin</b>	<b>183</b>	1978	M-40	29	<b>00:24:39.85</b>	+00:07:45 (31.4%)	4:56	12.2 (68.9%)
98	<b>ROGALSKA Marta</b>	<b>197</b>	ZAKWAS	K-30	9	<b>00:24:40.90</b>	+00:07:46 (31.5%)	4:56	12.2 (68.9%)
99	<b>ŁUSZCZEWSKI Krzysztof</b>	<b>131</b>	ŻYTŃIA TEAM	M-40	30	<b>00:24:43.90</b>	+00:07:49 (31.6%)	4:56	12.1 (68.4%)
100	<b>ŻYWOT Norbert</b>	<b>275</b>		M-40	31	<b>00:24:45.60</b>	+00:07:50 (31.7%)	4:57	12.1 (68.4%)
101	<b>OSTAFI Jakub</b>	<b>163</b>	ATF TEAM	M-16	14	<b>00:24:48.05</b>	+00:07:53 (31.8%)	4:57	12.1 (68.4%)
102	<b>KOZŁOWIECKI Waldemar</b>	<b>116</b>	TKKF KOSZALIN	M-60	4	<b>00:24:51.20</b>	+00:07:56 (32.0%)	4:58	12.1 (68.4%)
103	<b>ADRYAN Adam</b>	<b>1</b>	CKB SŁUPSK	M-40	32	<b>00:24:53.00</b>	+00:07:58 (32.0%)	4:58	12.1 (68.4%)
104	<b>BIELEWICZ Anna</b>	<b>12</b>	STOPA SŁUPSK	K-40	4	<b>00:24:54.45</b>	+00:07:59 (32.1%)	4:58	12 (67.8%)
105	<b>JANKOWSKA Monika</b>	<b>81</b>		K-16	5	<b>00:25:03.45</b>	+00:08:08 (32.5%)	5:00	12 (67.8%)
106	<b>HRYCIÓW Paweł</b>	<b>76</b>	JW1223	M-30	28	<b>00:25:04.45</b>	+00:08:09 (32.6%)	5:01	12 (67.8%)
107	<b>KULAWIŃSKI Marek</b>	<b>126</b>		M-40	33	<b>00:25:05.55</b>	+00:08:10 (32.6%)	5:01	12 (67.8%)
108	<b>KAMIŃSKI Tomasz</b>	<b>95</b>	TKKF-JW 1223	M-40	34	<b>00:25:10.45</b>	+00:08:15 (32.8%)	5:02	11.9 (67.2%)
109	<b>GALICKI Robert</b>	<b>52</b>		M-40	35	<b>00:25:11.20</b>	+00:08:16 (32.9%)	5:02	11.9 (67.2%)
110	<b>MARZEC Łukasz</b>	<b>136</b>		M-30	29	<b>00:25:11.55</b>	+00:08:16 (32.9%)	5:02	11.9 (67.2%)
111	<b>WEILAND Cyprian</b>	<b>258</b>		M-16	15	<b>00:25:14.10</b>	+00:08:19 (33.0%)	5:02	11.9 (67.2%)
112	<b>RYCHLIŃSKI Damian</b>	<b>202</b>		M-30	30	<b>00:25:14.75</b>	+00:08:20 (33.0%)	5:03	11.9 (67.2%)
113	<b>PIĘTOSA Daniel</b>	<b>177</b>	FREERUNNER	M-40	36	<b>00:25:15.50</b>	+00:08:20 (33.0%)	5:03	11.9 (67.2%)
114	<b>DANOWSKI Maciej</b>	<b>38</b>	FITNES CLUB FORMA	M-40	37	<b>00:25:15.95</b>	+00:08:21 (33.1%)	5:03	11.9 (67.2%)
115	<b>NIEDBAŁA Konrad</b>	<b>151</b>		M-40	38	<b>00:25:18.35</b>	+00:08:23 (33.2%)	5:03	11.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
116	<b>DUBACKI Kazimierz</b>	<b>43</b>	NIGHT RUNNERS SŁUPSK	M-40	39	<b>00:25:23.15</b>	+00:08:28 (33.4%)	5:04	11.8 (66.7%)
117	<b>ROBAKOWSKA Żaneta</b>	<b>195</b>	GABINET REHABILITACJI AKTYWNEJ	K-30	10	<b>00:25:24.15</b>	+00:08:29 (33.4%)	5:04	11.8 (66.7%)
118	<b>KOZUB Daria</b>	<b>119</b>	ŁOSOŚ T. E. A. M	K-16	6	<b>00:25:32.25</b>	+00:08:37 (33.8%)	5:06	11.7 (66.1%)
119	<b>RAMA Janusz</b>	<b>191</b>		M-40	40	<b>00:25:33.55</b>	+00:08:38 (33.8%)	5:06	11.7 (66.1%)
120	<b>KAZIMIERCZAK Leszek</b>	<b>101</b>	SKURCZTEAM	M-30	31	<b>00:25:34.15</b>	+00:08:39 (33.9%)	5:07	11.7 (66.1%)
121	<b>BAK Sebastian</b>	<b>7</b>	ŁOSOŚ T.E.A.M	M-30	32	<b>00:25:34.85</b>	+00:08:40 (33.9%)	5:06	11.7 (66.1%)
122	<b>POKRZYWKA Tomasz</b>	<b>184</b>		M-50	10	<b>00:25:37.20</b>	+00:08:42 (34.0%)	5:07	11.7 (66.1%)
123	<b>RZEPLIŃSKI Dominik</b>	<b>203</b>		M-16	16	<b>00:25:37.75</b>	+00:08:43 (34.0%)	5:07	11.7 (66.1%)
124	<b>BRESZKA Michał</b>	<b>22</b>	DARŁOWSKIE CHARTY	M-16	17	<b>00:25:44.45</b>	+00:08:49 (34.3%)	5:08	11.7 (66.1%)
125	<b>SZAFIRSKI Kacper</b>	<b>229</b>	CAMINO SŁUPSK	M-16	18	<b>00:25:46.40</b>	+00:08:51 (34.4%)	5:09	11.6 (65.5%)
126	<b>SZAFIRSKI Marek</b>	<b>230</b>	CAMINO SŁUPSK	M-50	11	<b>00:25:46.60</b>	+00:08:51 (34.4%)	5:09	11.6 (65.5%)
127	<b>SEEWALD Jan</b>	<b>205</b>	ZAKWAS	M-40	41	<b>00:25:47.85</b>	+00:08:53 (34.4%)	5:09	11.6 (65.5%)
128	<b>SCHWARZ Ludwik</b>	<b>204</b>		M-50	12	<b>00:25:48.95</b>	+00:08:54 (34.5%)	5:09	11.6 (65.5%)
129	<b>PACAN Mira</b>	<b>167</b>	ŚWIAT PŁYTEK U KRYPINA	K-30	11	<b>00:25:51.60</b>	+00:08:56 (34.6%)	5:10	11.6 (65.5%)
130	<b>GAWRYSIAK Przemysław</b>	<b>59</b>		M-40	42	<b>00:25:54.10</b>	+00:08:59 (34.7%)	5:10	11.6 (65.5%)
131	<b>JANUSZEWSKI Jacek</b>	<b>83</b>	17WOG KOSZALIN	M-50	13	<b>00:26:00.45</b>	+00:09:05 (35.0%)	5:12	11.5 (65.0%)
132	<b>PACAN Bartosz</b>	<b>168</b>	ŚWIAT PŁYTEK U KRYPINA	M-30	33	<b>00:26:00.90</b>	+00:09:06 (35.0%)	5:12	11.5 (65.0%)
133	<b>GLISZCZYŃSKI Łukasz</b>	<b>61</b>	ŚWIAT PŁYTEK U KRYPINA	M-16	19	<b>00:26:01.65</b>	+00:09:06 (35.0%)	5:12	11.5 (65.0%)
134	<b>ZALESKI Tomasz</b>	<b>264</b>		M-30	34	<b>00:26:05.95</b>	+00:09:11 (35.2%)	5:13	11.5 (65.0%)
135	<b>JASIŃSKI Cezary</b>	<b>86</b>	MNBC	M-40	43	<b>00:26:06.75</b>	+00:09:12 (35.2%)	5:13	11.5 (65.0%)
136	<b>JUSZCZAK Krzysztof</b>	<b>90</b>		M-60	5	<b>00:26:09.20</b>	+00:09:14 (35.3%)	5:13	11.5 (65.0%)
137	<b>KOWALCZYK Piotr</b>	<b>114</b>		M-30	35	<b>00:26:12.60</b>	+00:09:17 (35.5%)	5:14	11.5 (65.0%)
138	<b>MASTALERZ Konrad</b>	<b>137</b>	DECATHLON KOSZALIN	M-16	20	<b>00:26:14.35</b>	+00:09:19 (35.5%)	5:14	11.4 (64.4%)
139	<b>BODO Rafał</b>	<b>15</b>		M-30	36	<b>00:26:19.15</b>	+00:09:24 (35.7%)	5:15	11.4 (64.4%)
140	<b>STRZELECKA Małgorzata</b>	<b>222</b>	SAILING TEAM FERAJNA	K-40	5	<b>00:26:19.30</b>	+00:09:24 (35.7%)	5:16	11.4 (64.4%)
141	<b>GRĄBCZEWSKI Rafał</b>	<b>67</b>	JW 1223	M-30	37	<b>00:26:22.50</b>	+00:09:27 (35.9%)	5:16	11.4 (64.4%)
142	<b>SZULC Szymon</b>	<b>239</b>	SZULC RUNNERS TEAM	M-30	38	<b>00:26:23.55</b>	+00:09:28 (35.9%)	5:16	11.4 (64.4%)
143	<b>OSTAFI Joanna</b>	<b>162</b>	ATF TEAM	K-30	12	<b>00:26:29.70</b>	+00:09:34 (36.2%)	5:18	11.3 (63.8%)
144	<b>KOLIGAT Anna</b>	<b>107</b>		K-30	13	<b>00:26:33.85</b>	+00:09:39 (36.3%)	5:18	11.3 (63.8%)
145	<b>WIERZBICKI Kacper</b>	<b>260</b>	TATA W MIEŚCIE KOSZALIN :)	M-16	21	<b>00:26:35.35</b>	+00:09:40 (36.4%)	5:19	11.3 (63.8%)
146	<b>NOWAK Bartłomiej</b>	<b>157</b>	SAILING TEAM FERAJNA	M-40	44	<b>00:26:37.15</b>	+00:09:42 (36.5%)	5:19	11.3 (63.8%)
147	<b>ZAWADA Andrzej</b>	<b>266</b>	ZSP 1 SŁUPSK	M-50	14	<b>00:26:39.25</b>	+00:09:44 (36.5%)	5:20	11.3 (63.8%)
148	<b>BUTOWICZ Adam</b>	<b>113</b>		M-50	15	<b>00:26:40.25</b>	+00:09:45 (36.6%)	5:20	11.3 (63.8%)
149	<b>MONGIAŁO Marcin</b>	<b>148</b>		M-40	45	<b>00:26:44.85</b>	+00:09:50 (36.8%)	5:21	11.2 (63.3%)
150	<b>BASIAK Krystian</b>	<b>6</b>	JW1223	M-30	39	<b>00:26:44.95</b>	+00:09:50 (36.8%)	5:21	11.2 (63.3%)
151	<b>SZEWCZYK Paulina</b>	<b>231</b>		K-16	7	<b>00:26:51.65</b>	+00:09:56 (37.0%)	5:22	11.2 (63.3%)
152	<b>KACZMAREK Łukasz</b>	<b>92</b>	WOJOWNICY WÓDY	M-30	40	<b>00:26:58.65</b>	+00:10:03 (37.3%)	5:23	11.1 (62.7%)
153	<b>ROGALA Łukasz</b>	<b>196</b>	NIGHT RUNNERS SŁUPSK	M-30	41	<b>00:26:59.20</b>	+00:10:04 (37.3%)	5:23	11.1 (62.7%)
154	<b>OSTROVSKA Yuliia</b>	<b>192</b>		K-30	14	<b>00:27:01.50</b>	+00:10:06 (37.4%)	5:24	11.1 (62.7%)
155	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>133</b>		K-16	8	<b>00:27:04.80</b>	+00:10:10 (37.5%)	5:25	11.1 (62.7%)
156	<b>FAJGIER Tomasz</b>	<b>47</b>		M-40	46	<b>00:27:08.55</b>	+00:10:13 (37.7%)	5:25	11 (62.1%)
157	<b>WĄSOWICZ Anna</b>	<b>255</b>		K-30	15	<b>00:27:10.95</b>	+00:10:16 (37.8%)	5:26	11 (62.1%)
158	<b>PAWŁOWSKA Urszula</b>	<b>237</b>	KOŁOBRZEG BIEGA	K-16	9	<b>00:27:22.75</b>	+00:10:28 (38.2%)	5:28	11 (62.1%)
159	<b>RASZPLA Ilona</b>	<b>193</b>	CIOTECZKI.PL	K-40	6	<b>00:27:26.10</b>	+00:10:31 (38.4%)	5:29	10.9 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
160	<b>GAŁKA Dominik</b>	<b>55</b>	SPNR 1 TRZEBIATÓW	M-16	22	<b>00:27:35.20</b>	+00:10:40 (38.7%)	5:31	10.9 (61.6%)
161	<b>SULL Agnieszka</b>	<b>225</b>	NIGHT RUNNERS SŁUPSK	K-40	7	<b>00:27:37.30</b>	+00:10:42 (38.8%)	5:31	10.9 (61.6%)
161	<b>TURCZYN Grzegorz</b>	<b>246</b>	NIGHT RUNNERS SŁUPSK	M-40	47	<b>00:27:37.30</b>	+00:10:42 (38.8%)	5:31	10.9 (61.6%)
163	<b>PUSZ Jakub</b>	<b>189</b>	ELEKTRONIK KOSZALIN	M-16	23	<b>00:27:38.00</b>	+00:10:43 (38.8%)	5:31	10.9 (61.6%)
164	<b>PUSZ Jacek</b>	<b>190</b>		M-50	16	<b>00:27:39.50</b>	+00:10:44 (38.9%)	5:32	10.8 (61.0%)
165	<b>GAŁKA Marcin</b>	<b>54</b>		M-40	48	<b>00:27:42.30</b>	+00:10:47 (39.0%)	5:32	10.8 (61.0%)
166	<b>GŁOWACKI Włodzimierz</b>	<b>62</b>	ROZBIEGANY KOSZALIN	M-70+	1	<b>00:27:46.95</b>	+00:10:52 (39.1%)	5:33	10.8 (61.0%)
167	<b>BERNACKI Adam</b>	<b>9</b>	ADRÓG	M-40	49	<b>00:27:48.10</b>	+00:10:53 (39.2%)	5:33	10.8 (61.0%)
168	<b>MONGIAŁO Aleksandra</b>	<b>147</b>		K-30	16	<b>00:27:57.00</b>	+00:11:02 (39.5%)	5:35	10.7 (60.5%)
169	<b>WEILAND Adrian</b>	<b>257</b>		M-30	42	<b>00:28:01.10</b>	+00:11:06 (39.6%)	5:36	10.7 (60.5%)
170	<b>HNATOWSKI Artur</b>	<b>71</b>	SZYBKIESTOPY	M-50	17	<b>00:28:02.30</b>	+00:11:07 (39.7%)	5:36	10.7 (60.5%)
171	<b>FIUK Agnieszka</b>	<b>48</b>	ATF TEAM	K-30	17	<b>00:28:18.25</b>	+00:11:23 (40.2%)	5:39	10.6 (59.9%)
172	<b>OZIMEK Iwona</b>	<b>166</b>		K-30	18	<b>00:28:20.15</b>	+00:11:25 (40.3%)	5:40	10.6 (59.9%)
173	<b>ZIELIŃSKI Tomasz</b>	<b>267</b>		M-40	50	<b>00:28:21.75</b>	+00:11:27 (40.4%)	5:40	10.6 (59.9%)
174	<b>PŁOTKA Grzegorz</b>	<b>181</b>		M-30	43	<b>00:28:30.00</b>	+00:11:35 (40.7%)	5:42	10.5 (59.3%)
174	<b>PŁOTKA Emilia</b>	<b>182</b>		K-30	19	<b>00:28:30.00</b>	+00:11:35 (40.7%)	5:42	10.5 (59.3%)
176	<b>JANKOWSKI Remigiusz</b>	<b>82</b>		M-30	44	<b>00:28:38.75</b>	+00:11:44 (41.0%)	5:43	10.5 (59.3%)
177	<b>LATOPOLSKA-OLEJNIK Kalina</b>	<b>127</b>	ŻYTANIA TEAM	K-30	20	<b>00:28:42.05</b>	+00:11:47 (41.1%)	5:44	10.5 (59.3%)
178	<b>ŁUSZCZEWSKA Agnieszka</b>	<b>130</b>	ŻYTANIA TEAM	K-40	8	<b>00:28:42.60</b>	+00:11:47 (41.1%)	5:44	10.4 (58.8%)
179	<b>KIJKO Jacek</b>	<b>279</b>		M-40	51	<b>00:28:45.40</b>	+00:11:50 (41.2%)	5:45	10.4 (58.8%)
180	<b>KIJKO Anna</b>	<b>134</b>		K-40	9	<b>00:28:45.65</b>	+00:11:50 (41.2%)	5:45	10.4 (58.8%)
181	<b>PAULIŃSKI Jan</b>	<b>173</b>	JAMNO	M-60	6	<b>00:28:47.05</b>	+00:11:52 (41.2%)	5:45	10.4 (58.8%)
182	<b>BURSZTA Marta</b>	<b>25</b>	KARLINO BIEGAJ	K-16	10	<b>00:28:48.70</b>	+00:11:53 (41.3%)	5:45	10.4 (58.8%)
183	<b>SUSKA Joanna</b>	<b>227</b>		K-16	11	<b>00:28:48.90</b>	+00:11:54 (41.3%)	5:45	10.4 (58.8%)
184	<b>GAWLIK Artur</b>	<b>58</b>	BIEGNIJMY.PL	M-30	45	<b>00:28:49.15</b>	+00:11:54 (41.3%)	5:46	10.4 (58.8%)
185	<b>DOMAŃSKA Katarzyna</b>	<b>39</b>		K-40	10	<b>00:28:59.70</b>	+00:12:04 (41.7%)	5:48	10.3 (58.2%)
186	<b>KOZUB Paweł</b>	<b>120</b>	ŁOSOŚ T. E. A. M	M-16	24	<b>00:29:01.70</b>	+00:12:06 (41.7%)	5:48	10.3 (58.2%)
187	<b>HELLER Zdzisław</b>	<b>69</b>	NIEZRZESZONY	M-60	7	<b>00:29:02.40</b>	+00:12:07 (41.8%)	5:48	10.3 (58.2%)
188	<b>BORSUK Dorota</b>	<b>18</b>		K-40	11	<b>00:29:03.35</b>	+00:12:08 (41.8%)	5:48	10.3 (58.2%)
189	<b>KILJAN Sylwia</b>	<b>105</b>		K-30	21	<b>00:29:03.90</b>	+00:12:09 (41.8%)	5:48	10.3 (58.2%)
190	<b>ŻAK Rafał</b>	<b>273</b>		M-30	46	<b>00:29:13.20</b>	+00:12:18 (42.1%)	5:50	10.3 (58.2%)
191	<b>BEDNARZ Katarzyna</b>	<b>8</b>		K-40	12	<b>00:29:19.65</b>	+00:12:24 (42.3%)	5:52	10.2 (57.6%)
192	<b>STRZELECKI Sebastian</b>	<b>223</b>	SAILING TEAM FERAJNA	M-40	52	<b>00:29:20.85</b>	+00:12:26 (42.4%)	5:52	10.2 (57.6%)
193	<b>CZERWIŃSKA Ania</b>	<b>35</b>	BALTIC SEALS	K-40	13	<b>00:29:29.05</b>	+00:12:34 (42.6%)	5:53	10.2 (57.6%)
194	<b>HOC Agnieszka</b>	<b>73</b>		K-30	22	<b>00:29:31.10</b>	+00:12:36 (42.7%)	5:54	10.2 (57.6%)
195	<b>ZIELIŃSKA Dorota</b>	<b>270</b>		K-40	14	<b>00:29:31.50</b>	+00:12:36 (42.7%)	5:54	10.2 (57.6%)
196	<b>MYSZKOWSKA Grażyna</b>	<b>150</b>	NIGHT RUNNERS SŁUPSK	K-50	2	<b>00:29:36.90</b>	+00:12:42 (42.9%)	5:55	10.1 (57.1%)
197	<b>TRACZ Jadwiga</b>	<b>242</b>		K-30	23	<b>00:29:53.00</b>	+00:12:58 (43.4%)	5:58	10 (56.5%)
198	<b>WEILAND Agnieszka</b>	<b>256</b>		K-30	24	<b>00:30:00.75</b>	+00:13:06 (43.6%)	6:00	10 (56.5%)
199	<b>KOSECKI Tomasz</b>	<b>111</b>	ZAKWAS	M-30	47	<b>00:30:08.05</b>	+00:13:13 (43.9%)	6:01	10 (56.5%)
200	<b>KOSECKA Sylwia</b>	<b>110</b>	ZAKWAS	K-30	25	<b>00:30:09.65</b>	+00:13:14 (43.9%)	6:01	10 (56.5%)
201	<b>KOZŁOWSKA Karolina</b>	<b>117</b>	ZABIEGANI NOCĄ	K-30	26	<b>00:30:20.60</b>	+00:13:25 (44.3%)	6:04	9.9 (55.9%)
202	<b>HERBUŚ Małgorzata</b>	<b>70</b>		K-16	12	<b>00:30:27.35</b>	+00:13:32 (44.5%)	6:05	9.9 (55.9%)
203	<b>POKRZYWKA Olga</b>	<b>185</b>		K-16	13	<b>00:30:28.65</b>	+00:13:33 (44.5%)	6:05	9.8 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	<b>PASEK Paula</b>	<b>171</b>	KLUB BIEGOWY JANTAR ŚWIESZYNO	K-30	27	<b>00:30:31.15</b>	+00:13:36 (44.6%)	6:06	9.8 (55.4%)
205	<b>BERNECKA Agnieszka</b>	<b>10</b>		K-40	15	<b>00:30:37.80</b>	+00:13:43 (44.8%)	6:07	9.8 (55.4%)
206	<b>NIEDBAŁA Dorota</b>	<b>152</b>		K-40	16	<b>00:30:37.85</b>	+00:13:43 (44.8%)	6:07	9.8 (55.4%)
206	<b>SZULC Adam</b>	<b>238</b>	SZULC RUNNERS TEAM	M-30	48	<b>00:30:37.85</b>	+00:13:43 (44.8%)	6:07	9.8 (55.4%)
208	<b>KOZŁOWIECKA Małgorzata</b>	<b>142</b>		K-50	3	<b>00:30:46.50</b>	+00:13:51 (45.0%)	6:09	9.7 (54.8%)
209	<b>WALKOWIAK Dariusz</b>	<b>251</b>		M-40	53	<b>00:30:50.05</b>	+00:13:55 (45.2%)	6:10	9.7 (54.8%)
210	<b>WAŚNIEWSKA Ewa</b>	<b>253</b>	FREERUNNER	K-40	17	<b>00:31:02.10</b>	+00:14:07 (45.5%)	6:12	9.7 (54.8%)
211	<b>WAŚNIEWSKI Arek</b>	<b>254</b>		M-50	18	<b>00:31:02.30</b>	+00:14:07 (45.5%)	6:12	9.7 (54.8%)
212	<b>PAPLACZYK Tomasz</b>	<b>170</b>		M-50	19	<b>00:31:04.35</b>	+00:14:09 (45.6%)	6:13	9.7 (54.8%)
213	<b>BRESZKA Paweł</b>	<b>21</b>	POLSKA	M-40	54	<b>00:31:06.00</b>	+00:14:11 (45.6%)	6:13	9.6 (54.2%)
214	<b>DAMPS Julita</b>	<b>37</b>	NIGHT RUNNERS SŁUPSK	K-30	28	<b>00:31:10.80</b>	+00:14:16 (45.8%)	6:14	9.6 (54.2%)
215	<b>PEŁKA Iwona</b>	<b>174</b>		K-50	4	<b>00:31:21.40</b>	+00:14:26 (46.1%)	6:16	9.6 (54.2%)
216	<b>GEBORYS Ewa</b>	<b>60</b>		K-30	29	<b>00:31:27.60</b>	+00:14:32 (46.2%)	6:17	9.5 (53.7%)
217	<b>PRYGIEL Ewa</b>	<b>187</b>	PARKRUN ŚWIDWIN	K-40	18	<b>00:31:29.15</b>	+00:14:34 (46.3%)	6:17	9.5 (53.7%)
218	<b>STANCZEWSKA Karolina</b>	<b>218</b>		K-30	30	<b>00:31:33.95</b>	+00:14:39 (46.4%)	6:18	9.5 (53.7%)
219	<b>NOWAK Piotr</b>	<b>156</b>		M-30	49	<b>00:32:01.25</b>	+00:15:06 (47.2%)	6:24	9.4 (53.1%)
220	<b>KARPIŃSKA Hanna</b>	<b>98</b>	AKADEMIA MALUCHA GOLENIÓW	K-40	19	<b>00:32:03.35</b>	+00:15:08 (47.2%)	6:24	9.4 (53.1%)
221	<b>KARPIŃSKI Tomek</b>	<b>99</b>		M-40	55	<b>00:32:04.75</b>	+00:15:10 (47.3%)	6:24	9.4 (53.1%)
222	<b>SŁODZIŃSKA Martyna</b>	<b>212</b>	ŁOSOŚ T.E.A.M	K-16	14	<b>00:32:08.15</b>	+00:15:13 (47.4%)	6:25	9.3 (52.5%)
223	<b>JADCZAK Magdalena</b>	<b>79</b>		K-16	15	<b>00:32:13.95</b>	+00:15:19 (47.5%)	6:26	9.3 (52.5%)
224	<b>SZKARŁAT Magdalena</b>	<b>232</b>	ZABIEGANI NOCĄ	K-30	31	<b>00:32:34.20</b>	+00:15:39 (48.1%)	6:30	9.2 (52.0%)
225	<b>TRĘBSKA Marta</b>	<b>243</b>	ZABIEGANINOCĄ	K-40	20	<b>00:32:34.95</b>	+00:15:40 (48.1%)	6:31	9.2 (52.0%)
226	<b>KALKOWSKA Julita</b>	<b>94</b>		K-16	16	<b>00:32:38.25</b>	+00:15:43 (48.2%)	6:31	9.2 (52.0%)
227	<b>PIECYCHNA Agata</b>	<b>280</b>		K-40	21	<b>00:32:43.95</b>	+00:15:49 (48.3%)	6:32	9.2 (52.0%)
228	<b>KRYSTOSIK Paulina</b>	<b>123</b>	KOSZALIN	K-16	17	<b>00:32:48.85</b>	+00:15:54 (48.5%)	6:33	9.1 (51.4%)
229	<b>WALECKA Katarzyna</b>	<b>250</b>	ATOMOWKI	K-30	32	<b>00:33:06.40</b>	+00:16:11 (48.9%)	6:37	9.1 (51.4%)
230	<b>SOKOŁOWSKA Anna</b>	<b>214</b>	ATOMOWKI	K-30	33	<b>00:33:07.20</b>	+00:16:12 (48.9%)	6:37	9.1 (51.4%)
231	<b>BROLL Wioletta</b>	<b>23</b>	ŁOSOŚ T.E.A.M	K-30	34	<b>00:33:16.55</b>	+00:16:21 (49.2%)	6:39	9 (50.8%)
232	<b>PASEK Jan</b>	<b>172</b>	KLUB BIEGOWY JANTAR ŚWIESZYNO	M-60	8	<b>00:33:33.10</b>	+00:16:38 (49.6%)	6:42	8.9 (50.3%)
233	<b>LEŚNIEWSKI Dominik</b>	<b>269</b>	RAMS	M-30	50	<b>00:34:20.35</b>	+00:17:25 (50.7%)	6:52	8.7 (49.2%)
234	<b>MAŁYSZEWICZ Teresa</b>	<b>135</b>		K-50	5	<b>00:34:46.15</b>	+00:17:51 (51.4%)	6:57	8.6 (48.6%)
235	<b>WĄTRUCKA Jolanta</b>	<b>278</b>	ŚWIAT PŁYTEK I KRYPINA	K-60	1	<b>00:39:02.05</b>	+00:22:07 (56.7%)	7:48	7.7 (43.5%)
236	<b>SOLAK Halina</b>	<b>215</b>	ŚWIAT PŁYTEK U KRYPINA	K-60	2	<b>00:39:03.25</b>	+00:22:08 (56.7%)	7:48	7.7 (43.5%)
DNC	<b>GUTOWSKI Sebastian</b>	<b>68</b>	GUCIOR-RUN	M-40				-	- (0.0%)

Znaleziono 237 wynik(ów)