



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

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

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						5km	Różn		
116	DUBACKI Kazimierz	43	NIGHT RUNNERS SŁUPSK	M-40	39	00:25:23.15	+00:08:28 (33.4%)	5:04	11.8 (66.7%)
117	ROBAKOWSKA Żaneta	195	GABINET REHABILITACJI AKTYWNEJ	K-30	10	00:25:24.15	+00:08:29 (33.4%)	5:04	11.8 (66.7%)
118	KOZUB Daria	119	ŁOSOŚ T. E. A. M	K-16	6	00:25:32.25	+00:08:37 (33.8%)	5:06	11.7 (66.1%)
119	RAMA Janusz	191		M-40	40	00:25:33.55	+00:08:38 (33.8%)	5:06	11.7 (66.1%)
120	KAZIMIERCZAK Leszek	101	SKURCZTEAM	M-30	31	00:25:34.15	+00:08:39 (33.9%)	5:07	11.7 (66.1%)
121	BAK Sebastian	7	ŁOSOŚ T.E.A.M	M-30	32	00:25:34.85	+00:08:40 (33.9%)	5:06	11.7 (66.1%)
122	POKRZYWKA Tomasz	184		M-50	10	00:25:37.20	+00:08:42 (34.0%)	5:07	11.7 (66.1%)
123	RZEPLIŃSKI Dominik	203		M-16	16	00:25:37.75	+00:08:43 (34.0%)	5:07	11.7 (66.1%)
124	BRESZKA Michał	22	DARŁOWSKIE CHARTY	M-16	17	00:25:44.45	+00:08:49 (34.3%)	5:08	11.7 (66.1%)
125	SZAFIRSKI Kacper	229	CAMINO SŁUPSK	M-16	18	00:25:46.40	+00:08:51 (34.4%)	5:09	11.6 (65.5%)
126	SZAFIRSKI Marek	230	CAMINO SŁUPSK	M-50	11	00:25:46.60	+00:08:51 (34.4%)	5:09	11.6 (65.5%)
127	SEEWALD Jan	205	ZAKWAS	M-40	41	00:25:47.85	+00:08:53 (34.4%)	5:09	11.6 (65.5%)
128	SCHWARZ Ludwik	204		M-50	12	00:25:48.95	+00:08:54 (34.5%)	5:09	11.6 (65.5%)
129	PACAN Mira	167	ŚWIAT PŁYTEK U KRYPINA	K-30	11	00:25:51.60	+00:08:56 (34.6%)	5:10	11.6 (65.5%)
130	GAWRYSIAK Przemysław	59		M-40	42	00:25:54.10	+00:08:59 (34.7%)	5:10	11.6 (65.5%)
131	JANUSZEWSKI Jacek	83	17WOG KOSZALIN	M-50	13	00:26:00.45	+00:09:05 (35.0%)	5:12	11.5 (65.0%)
132	PACAN Bartosz	168	ŚWIAT PŁYTEK U KRYPINA	M-30	33	00:26:00.90	+00:09:06 (35.0%)	5:12	11.5 (65.0%)
133	GLISZCZYŃSKI Łukasz	61	ŚWIAT PŁYTEK U KRYPINA	M-16	19	00:26:01.65	+00:09:06 (35.0%)	5:12	11.5 (65.0%)
134	ZALESKI Tomasz	264		M-30	34	00:26:05.95	+00:09:11 (35.2%)	5:13	11.5 (65.0%)
135	JASIŃSKI Cezary	86	MNBC	M-40	43	00:26:06.75	+00:09:12 (35.2%)	5:13	11.5 (65.0%)
136	JUSZCZAK Krzysztof	90		M-60	5	00:26:09.20	+00:09:14 (35.3%)	5:13	11.5 (65.0%)
137	KOWALCZYK Piotr	114		M-30	35	00:26:12.60	+00:09:17 (35.5%)	5:14	11.5 (65.0%)
138	MASTALERZ Konrad	137	DECATHLON KOSZALIN	M-16	20	00:26:14.35	+00:09:19 (35.5%)	5:14	11.4 (64.4%)
139	BODO Rafał	15		M-30	36	00:26:19.15	+00:09:24 (35.7%)	5:15	11.4 (64.4%)
140	STRZELECKA Małgorzata	222	SAILING TEAM FERAJNA	K-40	5	00:26:19.30	+00:09:24 (35.7%)	5:16	11.4 (64.4%)
141	GRĄBCZEWSKI Rafał	67	JW 1223	M-30	37	00:26:22.50	+00:09:27 (35.9%)	5:16	11.4 (64.4%)
142	SZULC Szymon	239	SZULC RUNNERS TEAM	M-30	38	00:26:23.55	+00:09:28 (35.9%)	5:16	11.4 (64.4%)
143	OSTAFI Joanna	162	ATF TEAM	K-30	12	00:26:29.70	+00:09:34 (36.2%)	5:18	11.3 (63.8%)
144	KOLIGAT Anna	107		K-30	13	00:26:33.85	+00:09:39 (36.3%)	5:18	11.3 (63.8%)
145	WIERZBICKI Kacper	260	TATA W MIEŚCIE KOSZALIN :)	M-16	21	00:26:35.35	+00:09:40 (36.4%)	5:19	11.3 (63.8%)
146	NOWAK Bartłomiej	157	SAILING TEAM FERAJNA	M-40	44	00:26:37.15	+00:09:42 (36.5%)	5:19	11.3 (63.8%)
147	ZAWADA Andrzej	266	ZSP 1 SŁUPSK	M-50	14	00:26:39.25	+00:09:44 (36.5%)	5:20	11.3 (63.8%)
148	BUTOWICZ Adam	113		M-50	15	00:26:40.25	+00:09:45 (36.6%)	5:20	11.3 (63.8%)
149	MONGIAŁO Marcin	148		M-40	45	00:26:44.85	+00:09:50 (36.8%)	5:21	11.2 (63.3%)
150	BASIAK Krystian	6	JW1223	M-30	39	00:26:44.95	+00:09:50 (36.8%)	5:21	11.2 (63.3%)
151	SZEWCZYK Paulina	231		K-16	7	00:26:51.65	+00:09:56 (37.0%)	5:22	11.2 (63.3%)
152	KACZMAREK Łukasz	92	WOJOWNICY WÓDY	M-30	40	00:26:58.65	+00:10:03 (37.3%)	5:23	11.1 (62.7%)
153	ROGAŁA Łukasz	196	NIGHT RUNNERS SŁUPSK	M-30	41	00:26:59.20	+00:10:04 (37.3%)	5:23	11.1 (62.7%)
154	OSTROVSKA Yuliia	192		K-30	14	00:27:01.50	+00:10:06 (37.4%)	5:24	11.1 (62.7%)
155	MALINOWSKA-BURDA Aleksandra	133		K-16	8	00:27:04.80	+00:10:10 (37.5%)	5:25	11.1 (62.7%)
156	FAJGIER Tomasz	47		M-40	46	00:27:08.55	+00:10:13 (37.7%)	5:25	11 (62.1%)
157	WĄSOWICZ Anna	255		K-30	15	00:27:10.95	+00:10:16 (37.8%)	5:26	11 (62.1%)
158	PAWŁOWSKA Urszula	237	KOŁOBRZEG BIEGA	K-16	9	00:27:22.75	+00:10:28 (38.2%)	5:28	11 (62.1%)
159	RASZPLA Ilona	193	CIOTECZKI.PL	K-40	6	00:27:26.10	+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	GAŁKA Dominik	55	SPNR 1 TRZEBIATÓW	M-16	22	00:27:35.20	+00:10:40 (38.7%)	5:31	10.9 (61.6%)
161	SULL Agnieszka	225	NIGHT RUNNERS SŁUPSK	K-40	7	00:27:37.30	+00:10:42 (38.8%)	5:31	10.9 (61.6%)
161	TURCZYN Grzegorz	246	NIGHT RUNNERS SŁUPSK	M-40	47	00:27:37.30	+00:10:42 (38.8%)	5:31	10.9 (61.6%)
163	PUSZ Jakub	189	ELEKTRONIK KOSZALIN	M-16	23	00:27:38.00	+00:10:43 (38.8%)	5:31	10.9 (61.6%)
164	PUSZ Jacek	190		M-50	16	00:27:39.50	+00:10:44 (38.9%)	5:32	10.8 (61.0%)
165	GAŁKA Marcin	54		M-40	48	00:27:42.30	+00:10:47 (39.0%)	5:32	10.8 (61.0%)
166	GŁOWACKI Włodzimierz	62	ROZBIEGANY KOSZALIN	M-70+	1	00:27:46.95	+00:10:52 (39.1%)	5:33	10.8 (61.0%)
167	BERNACKI Adam	9	ADRÓG	M-40	49	00:27:48.10	+00:10:53 (39.2%)	5:33	10.8 (61.0%)
168	MONGIAŁO Aleksandra	147		K-30	16	00:27:57.00	+00:11:02 (39.5%)	5:35	10.7 (60.5%)
169	WEILAND Adrian	257		M-30	42	00:28:01.10	+00:11:06 (39.6%)	5:36	10.7 (60.5%)
170	HNATOWSKI Artur	71	SZYBKIESTOPY	M-50	17	00:28:02.30	+00:11:07 (39.7%)	5:36	10.7 (60.5%)
171	FIUK Agnieszka	48	ATF TEAM	K-30	17	00:28:18.25	+00:11:23 (40.2%)	5:39	10.6 (59.9%)
172	OZIMEK Iwona	166		K-30	18	00:28:20.15	+00:11:25 (40.3%)	5:40	10.6 (59.9%)
173	ZIELIŃSKI Tomasz	267		M-40	50	00:28:21.75	+00:11:27 (40.4%)	5:40	10.6 (59.9%)
174	PŁOTKA Grzegorz	181		M-30	43	00:28:30.00	+00:11:35 (40.7%)	5:42	10.5 (59.3%)
174	PŁOTKA Emilia	182		K-30	19	00:28:30.00	+00:11:35 (40.7%)	5:42	10.5 (59.3%)
176	JANKOWSKI Remigiusz	82		M-30	44	00:28:38.75	+00:11:44 (41.0%)	5:43	10.5 (59.3%)
177	LATOPOLSKA-OLEJNIK Kalina	127	ŻYTANIA TEAM	K-30	20	00:28:42.05	+00:11:47 (41.1%)	5:44	10.5 (59.3%)
178	ŁUSZCZEWSKA Agnieszka	130	ŻYTANIA TEAM	K-40	8	00:28:42.60	+00:11:47 (41.1%)	5:44	10.4 (58.8%)
179	KIJKO Jacek	279		M-40	51	00:28:45.40	+00:11:50 (41.2%)	5:45	10.4 (58.8%)
180	KIJKO Anna	134		K-40	9	00:28:45.65	+00:11:50 (41.2%)	5:45	10.4 (58.8%)
181	PAULIŃSKI Jan	173	JAMNO	M-60	6	00:28:47.05	+00:11:52 (41.2%)	5:45	10.4 (58.8%)
182	BURSZTA Marta	25	KARLINO BIEGAJ	K-16	10	00:28:48.70	+00:11:53 (41.3%)	5:45	10.4 (58.8%)
183	SUSKA Joanna	227		K-16	11	00:28:48.90	+00:11:54 (41.3%)	5:45	10.4 (58.8%)
184	GAWLIK Artur	58	BIEGNIJMY.PL	M-30	45	00:28:49.15	+00:11:54 (41.3%)	5:46	10.4 (58.8%)
185	DOMAŃSKA Katarzyna	39		K-40	10	00:28:59.70	+00:12:04 (41.7%)	5:48	10.3 (58.2%)
186	KOZUB Paweł	120	ŁOSOŚ T. E. A. M	M-16	24	00:29:01.70	+00:12:06 (41.7%)	5:48	10.3 (58.2%)
187	HELLER Zdzisław	69	NIEZRZESZONY	M-60	7	00:29:02.40	+00:12:07 (41.8%)	5:48	10.3 (58.2%)
188	BORSUK Dorota	18		K-40	11	00:29:03.35	+00:12:08 (41.8%)	5:48	10.3 (58.2%)
189	KILJAN Sylwia	105		K-30	21	00:29:03.90	+00:12:09 (41.8%)	5:48	10.3 (58.2%)
190	ŻAK Rafał	273		M-30	46	00:29:13.20	+00:12:18 (42.1%)	5:50	10.3 (58.2%)
191	BEDNARZ Katarzyna	8		K-40	12	00:29:19.65	+00:12:24 (42.3%)	5:52	10.2 (57.6%)
192	STRZELECKI Sebastian	223	SAILING TEAM FERAJNA	M-40	52	00:29:20.85	+00:12:26 (42.4%)	5:52	10.2 (57.6%)
193	CZERWIŃSKA Ania	35	BALTIC SEALS	K-40	13	00:29:29.05	+00:12:34 (42.6%)	5:53	10.2 (57.6%)
194	HOC Agnieszka	73		K-30	22	00:29:31.10	+00:12:36 (42.7%)	5:54	10.2 (57.6%)
195	ZIELIŃSKA Dorota	270		K-40	14	00:29:31.50	+00:12:36 (42.7%)	5:54	10.2 (57.6%)
196	MYSZKOWSKA Grażyna	150	NIGHT RUNNERS SŁUPSK	K-50	2	00:29:36.90	+00:12:42 (42.9%)	5:55	10.1 (57.1%)
197	TRACZ Jadwiga	242		K-30	23	00:29:53.00	+00:12:58 (43.4%)	5:58	10 (56.5%)
198	WEILAND Agnieszka	256		K-30	24	00:30:00.75	+00:13:06 (43.6%)	6:00	10 (56.5%)
199	KOSECKI Tomasz	111	ZAKWAS	M-30	47	00:30:08.05	+00:13:13 (43.9%)	6:01	10 (56.5%)
200	KOSECKA Sylwia	110	ZAKWAS	K-30	25	00:30:09.65	+00:13:14 (43.9%)	6:01	10 (56.5%)
201	KOZŁOWSKA Karolina	117	ZABIEGANI NOCĄ	K-30	26	00:30:20.60	+00:13:25 (44.3%)	6:04	9.9 (55.9%)
202	HERBUŚ Małgorzata	70		K-16	12	00:30:27.35	+00:13:32 (44.5%)	6:05	9.9 (55.9%)
203	POKRZYWKA Olga	185		K-16	13	00:30:28.65	+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	PASEK Paula	171	KLUB BIEGOWY JANTAR ŚWIESZYNO	K-30	27	00:30:31.15	+00:13:36 (44.6%)	6:06	9.8 (55.4%)
205	BERNECKA Agnieszka	10		K-40	15	00:30:37.80	+00:13:43 (44.8%)	6:07	9.8 (55.4%)
206	NIEDBAŁA Dorota	152		K-40	16	00:30:37.85	+00:13:43 (44.8%)	6:07	9.8 (55.4%)
206	SZULC Adam	238	SZULC RUNNERS TEAM	M-30	48	00:30:37.85	+00:13:43 (44.8%)	6:07	9.8 (55.4%)
208	KOZŁOWIECKA Małgorzata	142		K-50	3	00:30:46.50	+00:13:51 (45.0%)	6:09	9.7 (54.8%)
209	WALKOWIAK Dariusz	251		M-40	53	00:30:50.05	+00:13:55 (45.2%)	6:10	9.7 (54.8%)
210	WAŚNIEWSKA Ewa	253	FREERUNNER	K-40	17	00:31:02.10	+00:14:07 (45.5%)	6:12	9.7 (54.8%)
211	WAŚNIEWSKI Arek	254		M-50	18	00:31:02.30	+00:14:07 (45.5%)	6:12	9.7 (54.8%)
212	PAPLACZYK Tomasz	170		M-50	19	00:31:04.35	+00:14:09 (45.6%)	6:13	9.7 (54.8%)
213	BRESZKA Paweł	21	POLSKA	M-40	54	00:31:06.00	+00:14:11 (45.6%)	6:13	9.6 (54.2%)
214	DAMPS Julita	37	NIGHT RUNNERS SŁUPSK	K-30	28	00:31:10.80	+00:14:16 (45.8%)	6:14	9.6 (54.2%)
215	PEŁKA Iwona	174		K-50	4	00:31:21.40	+00:14:26 (46.1%)	6:16	9.6 (54.2%)
216	GEBORYS Ewa	60		K-30	29	00:31:27.60	+00:14:32 (46.2%)	6:17	9.5 (53.7%)
217	PRYGIEL Ewa	187	PARKRUN ŚWIDWIN	K-40	18	00:31:29.15	+00:14:34 (46.3%)	6:17	9.5 (53.7%)
218	STANCZEWSKA Karolina	218		K-30	30	00:31:33.95	+00:14:39 (46.4%)	6:18	9.5 (53.7%)
219	NOWAK Piotr	156		M-30	49	00:32:01.25	+00:15:06 (47.2%)	6:24	9.4 (53.1%)
220	KARPIŃSKA Hanna	98	AKADEMIA MALUCHA GOLENIÓW	K-40	19	00:32:03.35	+00:15:08 (47.2%)	6:24	9.4 (53.1%)
221	KARPIŃSKI Tomek	99		M-40	55	00:32:04.75	+00:15:10 (47.3%)	6:24	9.4 (53.1%)
222	SŁODZIŃSKA Martyna	212	ŁOSOŚ T.E.A.M	K-16	14	00:32:08.15	+00:15:13 (47.4%)	6:25	9.3 (52.5%)
223	JADCZAK Magdalena	79		K-16	15	00:32:13.95	+00:15:19 (47.5%)	6:26	9.3 (52.5%)
224	SZKARŁAT Magdalena	232	ZABIEGANI NOCĄ	K-30	31	00:32:34.20	+00:15:39 (48.1%)	6:30	9.2 (52.0%)
225	TRĘBSKA Marta	243	ZABIEGANINOCA	K-40	20	00:32:34.95	+00:15:40 (48.1%)	6:31	9.2 (52.0%)
226	KALKOWSKA Julita	94		K-16	16	00:32:38.25	+00:15:43 (48.2%)	6:31	9.2 (52.0%)
227	PIECYCHNA Agata	280		K-40	21	00:32:43.95	+00:15:49 (48.3%)	6:32	9.2 (52.0%)
228	KRYSTOSIK Paulina	123	KOSZALIN	K-16	17	00:32:48.85	+00:15:54 (48.5%)	6:33	9.1 (51.4%)
229	WALECKA Katarzyna	250	ATOMOWKI	K-30	32	00:33:06.40	+00:16:11 (48.9%)	6:37	9.1 (51.4%)
230	SOKOŁOWSKA Anna	214	ATOMOWKI	K-30	33	00:33:07.20	+00:16:12 (48.9%)	6:37	9.1 (51.4%)
231	BROLL Wioletta	23	ŁOSOŚ T.E.A.M	K-30	34	00:33:16.55	+00:16:21 (49.2%)	6:39	9 (50.8%)
232	PASEK Jan	172	KLUB BIEGOWY JANTAR ŚWIESZYNO	M-60	8	00:33:33.10	+00:16:38 (49.6%)	6:42	8.9 (50.3%)
233	LEŚNIEWSKI Dominik	269	RAMS	M-30	50	00:34:20.35	+00:17:25 (50.7%)	6:52	8.7 (49.2%)
234	MAŁYSZEWICZ Teresa	135		K-50	5	00:34:46.15	+00:17:51 (51.4%)	6:57	8.6 (48.6%)
235	WĄTRUCKA Jolanta	278	ŚWIAT PŁYTEK I KRYPINA	K-60	1	00:39:02.05	+00:22:07 (56.7%)	7:48	7.7 (43.5%)
236	SOLAK Halina	215	ŚWIAT PŁYTEK U KRYPINA	K-60	2	00:39:03.25	+00:22:08 (56.7%)	7:48	7.7 (43.5%)
DNC	GUTOWSKI Sebastian	68	GUCIOR-RUN	M-40				-	- (0.0%)

Znaleziono 237 wynik(ów)