



BIEG WALENTYNKOWY 5 KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-02-10
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KĘPKA Adrian	82	DECATHLON KOSZALIN	M-20	1	00:17:02.63		3:24	17.6 (100%)
2	SZKOŁUDA Miłosz	190	DECATHLON KOSZALIN	M-20	2	00:17:06.92	+00:00:04 (0.4%)	3:25	17.5 (99.4%)
3	ZABORSKI Ryszard	220	TKKF KOSZALIN	M-40	1	00:17:40.09	+00:00:37 (3.5%)	3:32	17 (96.6%)
4	SIADAK Arkadiusz	173		M-30	1	00:17:46.30	+00:00:43 (4.1%)	3:33	16.9 (96.0%)
5	KOZAK Arkadiusz	121	TKKF KOSZALIN	M-40	2	00:17:51.31	+00:00:48 (4.5%)	3:34	16.8 (95.5%)
6	ZACHARCZUK Albin	229	UNIA HRUBIESZÓW	M-20	3	00:17:58.19	+00:00:55 (5.2%)	3:35	16.7 (94.9%)
7	HUBERT Łukasz	66	TKKF KOSZALIN	M-30	2	00:18:25.42	+00:01:22 (7.5%)	3:41	16.3 (92.6%)
8	GARSKI Krystin	238	ŚWIAT PŁYTEK U KRYPINA	M-40	3	00:18:33.78	+00:01:31 (8.2%)	3:42	16.2 (92.0%)
9	ZUKAL Piotr	225		M-40	4	00:19:05.14	+00:02:02 (10.7%)	3:49	15.7 (89.2%)
10	RYKIEL Michał	169		M-30	3	00:19:05.82	+00:02:03 (10.8%)	3:49	15.7 (89.2%)
11	MAJKOWICZ Rafał	112		M-30	4	00:19:06.17	+00:02:03 (10.8%)	3:49	15.7 (89.2%)
12	CZAPLIŃSKI Jacek	29	TAGER KOSZALIN	M-30	5	00:19:14.91	+00:02:12 (11.5%)	3:51	15.6 (88.6%)
13	DUDA Grzegorz	43	METALCORP TEAM	M-40	5	00:19:24.73	+00:02:22 (12.2%)	3:53	15.5 (88.1%)
14	DASZKIEWICZ Dominik	32		M-14	1	00:19:29.44	+00:02:26 (12.6%)	3:54	15.4 (87.5%)
15	KAWKA Adrian	79		M-30	6	00:19:29.97	+00:02:27 (12.6%)	3:54	15.4 (87.5%)
16	SZABAŁOWSKA Małgorzata	189	MKL SZCZECINEK	K-20	1	00:19:38.52	+00:02:35 (13.2%)	3:55	15.3 (86.9%)
17	GÓRA Sylwester	202	#ZABIEGANINOCA	M-40	6	00:19:43.12	+00:02:40 (13.6%)	3:56	15.2 (86.4%)
18	KONKEL Agnieszka	89		K-30	1	00:20:11.80	+00:03:09 (15.6%)	4:02	14.9 (84.7%)
19	STENCEL Maciej	185	GTS CZARNA DĄBRÓWKA	M-30	7	00:20:12.91	+00:03:10 (15.7%)	4:02	14.8 (84.1%)
20	LEWANDOWSKI Jacek	107		M-40	7	00:20:15.03	+00:03:12 (15.8%)	4:03	14.8 (84.1%)
21	CIASTOŃ Tomasz	26	ORSKOV FOODS TEAM	M-30	8	00:20:18.31	+00:03:15 (16.1%)	4:03	14.8 (84.1%)
22	KOŚCIELNIAK Robert	92	TKKF KOSZALIN	M-50	1	00:20:29.16	+00:03:26 (16.8%)	4:05	14.6 (83.0%)
23	RUSINEK Dawid	167		M-20	4	00:20:29.52	+00:03:26 (16.8%)	4:05	14.6 (83.0%)
24	DZIĘBOWSKI Mariusz	45		M-30	9	00:20:29.56	+00:03:26 (16.8%)	4:06	14.6 (83.0%)
25	SPRINGER Marcin	178		M-40	8	00:20:33.80	+00:03:31 (17.1%)	4:06	14.6 (83.0%)
26	MUCHA Krzysztof	126		M-40	9	00:20:40.77	+00:03:38 (17.6%)	4:08	14.5 (82.4%)
27	MAZURSKI Paweł	116		M-30	10	00:20:42.42	+00:03:39 (17.7%)	4:08	14.5 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	KATRYCZ Zbigniew	78		M-50	2	00:20:47.26	+00:03:44 (18.0%)	4:09	14.4 (81.8%)
29	CHORAŻY Karolina	22	LEO-TEAM	K-30	2	00:20:49.26	+00:03:46 (18.1%)	4:09	14.4 (81.8%)
30	PICK Tomasz	151	DEAF KOSZALIN	M-40	10	00:20:53.22	+00:03:50 (18.4%)	4:10	14.4 (81.8%)
31	BIENKOWSKI Tomasz	7	IQ CONSULTING KOSZALIN	M-30	11	00:20:55.14	+00:03:52 (18.5%)	4:11	14.3 (81.3%)
32	CHUTYRKO Paweł	25	KAMIEŃ RYMAŃSKI	M-20	5	00:20:59.44	+00:03:56 (18.8%)	4:12	14.3 (81.3%)
33	WAŚOWSKI Mateusz	207		M-20	6	00:21:12.53	+00:04:09 (19.6%)	4:14	14.2 (80.7%)
34	WEBER Paweł	145	ENERGON	M-30	12	00:21:26.98	+00:04:24 (20.5%)	4:17	14 (79.5%)
35	BRZEZIŃSKI Jan	15	TEAM PIOTRUŚ	M-50	3	00:21:27.66	+00:04:25 (20.6%)	4:17	14 (79.5%)
36	OLCZAK Krzysztof	143		M-30	13	00:21:28.79	+00:04:26 (20.7%)	4:17	14 (79.5%)
37	CHOŁUJ Jarek	20		M-40	11	00:21:30.60	+00:04:27 (20.8%)	4:18	13.9 (79.0%)
38	BŁASZCZYK Piotr	9		M-40	12	00:21:47.76	+00:04:45 (21.8%)	4:21	13.8 (78.4%)
39	PAWLAK Łukasz	146	KAMIEŃ RYMAŃSKI	M-30	14	00:21:53.06	+00:04:50 (22.1%)	4:22	13.7 (77.8%)
40	KWIETNIEWSKI Daniel	106		M-40	13	00:21:54.90	+00:04:52 (22.2%)	4:23	13.7 (77.8%)
41	FORST Filip	47	KAMIEŃ RYMAŃSKI	M-14	2	00:21:54.92	+00:04:52 (22.2%)	4:23	13.7 (77.8%)
42	KONKEL Łukasz	88		M-40	14	00:22:00.30	+00:04:57 (22.5%)	4:24	13.6 (77.3%)
43	OTTO Michał	139		M-30	15	00:22:04.48	+00:05:01 (22.8%)	4:24	13.6 (77.3%)
44	WÓJCICKI Adrian	217	DEAF KOSZALIN	M-30	16	00:22:15.59	+00:05:12 (23.4%)	4:27	13.5 (76.7%)
45	KOZIEŁ Paweł	93		M-40	15	00:22:20.10	+00:05:17 (23.7%)	4:28	13.4 (76.1%)
46	GAWRYSIAK Przemysław	50		M-40	16	00:22:23.75	+00:05:21 (23.9%)	4:28	13.4 (76.1%)
47	HAŁKA Justyna	58		K-30	3	00:22:25.88	+00:05:23 (24.0%)	4:29	13.4 (76.1%)
48	NIEMCZUK Dariusz	129	JAMNO	M-50	4	00:22:30.53	+00:05:27 (24.3%)	4:30	13.3 (75.6%)
49	LITWINOWICZ Renata	110	KB WYGAN	K-40	1	00:22:32.79	+00:05:30 (24.4%)	4:30	13.3 (75.6%)
50	KRUPIŃSKI Krzysztof	98	E-UROLOG.EU	M-50	5	00:22:33.20	+00:05:30 (24.4%)	4:30	13.3 (75.6%)
51	WIKTOROWSKI Maciej	211		M-40	17	00:22:35.00	+00:05:32 (24.5%)	4:31	13.3 (75.6%)
52	OPALIŃSKI Stanisław	136	SENIORA	M-60	1	00:22:35.20	+00:05:32 (24.5%)	4:31	13.3 (75.6%)
53	ANTKOWIAK Sebastian	2	DB - ACTIVE	M-40	18	00:22:39.72	+00:05:37 (24.8%)	4:32	13.2 (75.0%)
54	KOZIEŁ Adam	94		M-20	7	00:22:41.03	+00:05:38 (24.9%)	4:32	13.2 (75.0%)
55	BARAN Seweryn	3	ŚWIAT PŁYTEK U KRYSPIŃA	M-20	8	00:22:41.15	+00:05:38 (24.9%)	4:32	13.2 (75.0%)
56	ŻUKOWSKI Cezary	227	MIGAWKOWE.PL	M-30	17	00:22:41.36	+00:05:38 (24.9%)	4:32	13.2 (75.0%)
57	KAŻMIERCZAK Agnieszka	81		K-40	2	00:22:46.60	+00:05:43 (25.2%)	4:33	13.2 (75.0%)
58	MALISZEWSKA Anita	114		K-20	2	00:22:53.07	+00:05:50 (25.5%)	4:34	13.1 (74.4%)
59	CHABOWSKI Wojciech	17		M-20	9	00:22:54.72	+00:05:52 (25.6%)	4:35	13.1 (74.4%)
60	AGAPOW Emilia	1		K-30	4	00:22:54.89	+00:05:52 (25.6%)	4:34	13.1 (74.4%)
61	GÓRCZYŃSKI Robert	53		M-50	6	00:22:56.62	+00:05:53 (25.7%)	4:35	13.1 (74.4%)
62	STANKIEWICZ Lucyna	181		K-30	5	00:22:56.62	+00:05:53 (25.7%)	4:35	13.1 (74.4%)
63	HELAK Robert	62		M-40	19	00:23:00.67	+00:05:58 (25.9%)	4:36	13 (73.9%)
64	PERKOWSKA Oktawia	150	DECATHLON KOSZALIN	K-20	3	00:23:01.91	+00:05:59 (26.0%)	4:36	13 (73.9%)
65	ZAGALSKA Paulina	221		K-30	6	00:23:06.79	+00:06:04 (26.3%)	4:37	13 (73.9%)
66	POLAŃSKI Norbert	156	21BLT	M-40	20	00:23:06.94	+00:06:04 (26.3%)	4:37	13 (73.9%)
67	KUSZYŃSKI Dariusz	105		M-40	21	00:23:07.62	+00:06:04 (26.3%)	4:37	13 (73.9%)
68	KĘSIK Agnieszka	233	ŚWIAT PŁYTEK U KRYSPIŃA	K-30	7	00:23:12.14	+00:06:09 (26.5%)	4:38	12.9 (73.3%)
69	BARTHA Adrian	4		M-30	18	00:23:12.49	+00:06:09 (26.6%)	4:38	12.9 (73.3%)
70	WIŚNIEWSKI Łukasz	213		M-20	10	00:23:14.32	+00:06:11 (26.7%)	4:38	12.9 (73.3%)
71	SZOSTAK Marta	193		K-20	4	00:23:17.88	+00:06:15 (26.8%)	4:39	12.9 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
72	KŁOS Tomasz	84		M-40	22	00:23:20.43	+00:06:17 (27.0%)	4:40	12.9 (73.3%)
73	KAZIMIERCZAK Leszek	80	LOVELASY DĄBKI	M-30	19	00:23:23.75	+00:06:21 (27.2%)	4:40	12.8 (72.7%)
74	JADCZAK Tomasz	67	JW1223	M-30	20	00:23:26.88	+00:06:24 (27.3%)	4:41	12.8 (72.7%)
75	BORYS Justyna	14	JEDWABIŚCI	K-30	8	00:23:32.57	+00:06:29 (27.6%)	4:42	12.7 (72.2%)
76	RAPIŃCZUK Jan	161	BDSUOT WARSZAWA	M-40	23	00:23:35.14	+00:06:32 (27.7%)	4:43	12.7 (72.2%)
77	GAŁECKI Jacek	48	KARLINOBIEGAJ	M-50	7	00:23:49.16	+00:06:46 (28.4%)	4:45	12.6 (71.6%)
78	KŁOSIŃSKI Michał	85		M-30	21	00:23:49.58	+00:06:46 (28.5%)	4:46	12.6 (71.6%)
79	DĘBSKI Damian	35		M-30	22	00:23:52.63	+00:06:49 (28.6%)	4:46	12.6 (71.6%)
80	KRZEWIŃSKA Małgorzata	100	TKKF KOSZALIN	K-60	1	00:23:53.97	+00:06:51 (28.7%)	4:46	12.6 (71.6%)
81	GARSKA Joanna	237	ŚWIAT PŁYTEK U KRYPINA	K-40	3	00:23:56.88	+00:06:54 (28.8%)	4:47	12.5 (71.0%)
82	OSOBNIAK Ryszard	138	KOSZALIN -NIEZRZESZONY	M-60	2	00:23:59.42	+00:06:56 (29.0%)	4:48	12.5 (71.0%)
83	WOCH Edward	130		M-60	3	00:24:08.93	+00:07:06 (29.4%)	4:49	12.4 (70.5%)
84	MYK Paweł	127		M-30	23	00:24:09.44	+00:07:06 (29.4%)	4:50	12.4 (70.5%)
85	KORZENIOWSKA Ewa	90		K-20	5	00:24:10.17	+00:07:07 (29.5%)	4:50	12.4 (70.5%)
86	CHOŁUJ Karol	21	ZAWSZE DO PRZODU	M-30	24	00:24:11.21	+00:07:08 (29.5%)	4:50	12.4 (70.5%)
87	RODZIEWICZ-CZAPLIŃSKA Agnieszka	162		K-40	4	00:24:17.17	+00:07:14 (29.8%)	4:51	12.4 (70.5%)
88	STALUSZKA Dariusz	179	21.BLT	M-40	24	00:24:29.66	+00:07:27 (30.4%)	4:54	12.2 (69.3%)
89	CHRZANOWSKI Czesław	23	MYSŁOWICKI KLUB BIEGACZA NO I	M-50	8	00:24:32.56	+00:07:29 (30.6%)	4:54	12.2 (69.3%)
90	KUBIAK Monika	101		K-30	9	00:24:34.52	+00:07:31 (30.6%)	4:55	12.2 (69.3%)
91	DEJNAK Mariola	33		K-60	2	00:24:35.10	+00:07:32 (30.7%)	4:55	12.2 (69.3%)
92	MIELEWCZYK Radosław	120	KAMIEŃ RYMAŃSKI	M-20	11	00:24:39.12	+00:07:36 (30.9%)	4:55	12.2 (69.3%)
93	OLSZEWSKA Nina	135	KAMIEŃ RYMAŃSKI	K-14	1	00:24:40.53	+00:07:37 (30.9%)	4:56	12.2 (69.3%)
94	PRZYBYSZ Damian	160		M-30	25	00:24:40.77	+00:07:38 (30.9%)	4:56	12.2 (69.3%)
95	GAPPA Michał	49	1972	M-40	25	00:24:44.81	+00:07:42 (31.1%)	4:57	12.1 (68.8%)
96	DOMAŃSKI Krzysztof	39		M-14	3	00:24:46.24	+00:07:43 (31.2%)	4:57	12.1 (68.8%)
97	NESTOR Petro	128		M-50	9	00:24:48.67	+00:07:46 (31.3%)	4:57	12.1 (68.8%)
98	MEJER Aleksandra	117		K-14	2	00:24:52.04	+00:07:49 (31.5%)	4:58	12.1 (68.8%)
99	SZULC Marek	196	SZULC RUNNERS TEAM	M-50	10	00:24:58.90	+00:07:56 (31.8%)	4:59	12 (68.2%)
100	HAŁKA Arkadiusz	59	TRUCHT ŁOBEZ	M-40	26	00:25:00.40	+00:07:57 (31.8%)	5:00	12 (68.2%)
101	BODO Rafał	10		M-30	26	00:25:01.83	+00:07:59 (31.9%)	5:00	12 (68.2%)
102	PACAN Mira	140	ŚWIAT PŁYTEK U KRYPINA	K-30	10	00:25:07.49	+00:08:04 (32.2%)	5:01	11.9 (67.6%)
103	KRASIŃSKI Witold	95		M-40	27	00:25:09.40	+00:08:06 (32.2%)	5:02	11.9 (67.6%)
104	SPOLSKA Weronika	177	KAMIEŃ RYMAŃSKI	K-20	6	00:25:11.63	+00:08:08 (32.3%)	5:02	11.9 (67.6%)
105	GREMBLEWSKI Darek	55	KAMIĘŃ RYMAŃSKI	M-50	11	00:25:15.35	+00:08:12 (32.5%)	5:03	11.9 (67.6%)
106	GLISZCZYŃSKI Łukasz	28		M-20	12	00:25:19.67	+00:08:17 (32.7%)	5:04	11.8 (67.0%)
107	KOSZ Paweł	91		M-30	27	00:25:20.39	+00:08:17 (32.7%)	5:04	11.8 (67.0%)
108	DANOWSKI Maciek	31	FITNESS CLUB FORMA BIAŁOGARD	M-40	28	00:25:21.12	+00:08:18 (32.8%)	5:04	11.8 (67.0%)
109	SZMIGIERO Sebastian	191	W.P.K SŁOŃ TEAM	M-40	29	00:25:21.72	+00:08:19 (32.8%)	5:04	11.8 (67.0%)
110	PACAN Bartosz	141	ŚWIAT PŁYTEK U KRYPINA	M-30	28	00:25:24.07	+00:08:21 (32.9%)	5:04	11.8 (67.0%)
111	WAŚOWSKI Robert	206	BIURO PODRÓŻY PARADISE TOUR	M-20	13	00:25:24.99	+00:08:22 (32.9%)	5:05	11.8 (67.0%)
112	WAJDA Waldemar	204		M-40	30	00:25:25.17	+00:08:22 (32.9%)	5:05	11.8 (67.0%)
113	KRZANOWSKI Marcin	99	MARCINBIEGA	M-30	29	00:25:25.95	+00:08:23 (33.0%)	5:05	11.8 (67.0%)
114	DOWNAR-ZAPOLSKI Paweł	41		M-30	30	00:25:26.48	+00:08:23 (33.0%)	5:05	11.8 (67.0%)
115	RÓJ Barbara	164		K-40	5	00:25:27.27	+00:08:24 (33.0%)	5:05	11.8 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
116	SERKOWSKA Magdalena	172		K-20	7	00:25:31.23	+00:08:28 (33.2%)	5:06	11.8 (67.0%)
117	KOZŁOWIECKI Waldemar	231	TKKF KOSZALIN	M-60	4	00:25:34.34	+00:08:31 (33.4%)	5:06	11.7 (66.5%)
118	GRABSKA Iwona	192		K-40	6	00:25:38.45	+00:08:35 (33.5%)	5:07	11.7 (66.5%)
119	JANUSZEWSKI Jacek	68	17 WOG KOSZALIN	M-50	12	00:25:49.29	+00:08:46 (34.0%)	5:09	11.6 (65.9%)
120	RÓJ Andrzej	165		M-40	31	00:25:49.63	+00:08:46 (34.0%)	5:10	11.6 (65.9%)
121	KOLIGAT Anna	87		K-30	11	00:25:49.88	+00:08:47 (34.0%)	5:10	11.6 (65.9%)
122	FAJGIER Tomasz	46		M-50	13	00:25:53.11	+00:08:50 (34.2%)	5:10	11.6 (65.9%)
123	JUSZCZAK Krzysztof	71		M-60	5	00:25:56.59	+00:08:53 (34.3%)	5:11	11.6 (65.9%)
124	ZIELIŃSKI Maciej	223		M-30	31	00:26:01.60	+00:08:58 (34.5%)	5:12	11.5 (65.3%)
125	DRABKOWSKA Agnieszka	42		K-40	7	00:26:07.11	+00:09:04 (34.7%)	5:13	11.5 (65.3%)
126	NOWAK Ania	132	JEDWABIŚCI	K-40	8	00:26:11.22	+00:09:08 (34.9%)	5:14	11.5 (65.3%)
127	CHILLA Danuta	18		K-30	12	00:26:14.18	+00:09:11 (35.0%)	5:14	11.4 (64.8%)
128	SATYŁA Tomasz	171	CZARNE BIEGA	M-30	32	00:26:15.61	+00:09:12 (35.1%)	5:15	11.4 (64.8%)
129	PRZYBYŁ Krzysztof	158		M-30	33	00:26:18.31	+00:09:15 (35.2%)	5:15	11.4 (64.8%)
130	BORUC Barbara	13	PARKRUN SZCZECINEK	K-50	1	00:26:22.56	+00:09:19 (35.4%)	5:16	11.4 (64.8%)
131	SAŁAJ Angelika	170	METALCORP TEAM	K-30	13	00:26:22.98	+00:09:20 (35.4%)	5:16	11.4 (64.8%)
132	ORYSZCZYN Arkadiusz	137		M-30	34	00:26:26.08	+00:09:23 (35.5%)	5:17	11.3 (64.2%)
133	SPICA Łukasz	176		M-30	35	00:26:26.55	+00:09:23 (35.5%)	5:17	11.3 (64.2%)
134	KĘSIK Łukasz	234	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	36	00:26:30.20	+00:09:27 (35.7%)	5:18	11.3 (64.2%)
135	HAŁAJKO Magdalena	57	HAISENBERG TEAM	K-30	14	00:26:33.47	+00:09:30 (35.8%)	5:18	11.3 (64.2%)
136	KACZMAREK Łukasz	72	WOJOWNICY WODY	M-30	37	00:26:38.18	+00:09:35 (36.0%)	5:19	11.3 (64.2%)
137	HELAK Małgorzata	61		K-30	15	00:26:49.67	+00:09:47 (36.5%)	5:22	11.2 (63.6%)
138	WIŚNIEWSKI Jarosław	212		M-50	14	00:26:53.41	+00:09:50 (36.6%)	5:22	11.2 (63.6%)
139	WĄSOWICZ Anna	205		K-30	16	00:26:55.10	+00:09:52 (36.7%)	5:23	11.1 (63.1%)
140	BUTOWICZ Adam	16		M-50	15	00:26:57.85	+00:09:55 (36.8%)	5:23	11.1 (63.1%)
141	ROMANOWICZ Monika	163	ZABIEGANE :)	K-30	17	00:27:03.42	+00:10:00 (37.0%)	5:24	11.1 (63.1%)
142	SUCHODOLSKA Aleksandra	186		K-30	18	00:27:04.02	+00:10:01 (37.0%)	5:24	11.1 (63.1%)
143	HNATOWSKI Artur	64	LOVELASY DĄBKI	M-50	16	00:27:12.35	+00:10:09 (37.4%)	5:26	11 (62.5%)
144	DĘGA Piotr	36	CZARNE BIEGA	M-30	38	00:27:12.89	+00:10:10 (37.4%)	5:26	11 (62.5%)
145	JEWUŁA Agata	70		K-30	19	00:27:23.93	+00:10:21 (37.8%)	5:28	10.9 (61.9%)
146	GONTEK Łukasz	52	VW BATORY	M-30	39	00:27:31.94	+00:10:29 (38.1%)	5:30	10.9 (61.9%)
147	MAĆKOWIAK Paweł	111	SKB DZIK POLICE	M-30	40	00:27:35.58	+00:10:32 (38.2%)	5:31	10.9 (61.9%)
148	TERELAK Anna	200	SKB DZIK POLICE	K-20	8	00:27:36.02	+00:10:33 (38.2%)	5:31	10.9 (61.9%)
149	GŁOWACKI Włodzimierz	51	JEDWABIŚCI	M-70+	1	00:27:39.82	+00:10:37 (38.4%)	5:32	10.8 (61.4%)
150	KARNICKI Zygmunt	75	TKKF KOSZALIN	M-60	6	00:27:42.36	+00:10:39 (38.5%)	5:32	10.8 (61.4%)
151	KNUT-POTOCZNIK Gabriela	86		K-30	20	00:27:44.71	+00:10:42 (38.6%)	5:33	10.8 (61.4%)
152	MALINOWSKA-BURDA Aleksandra	113		K-30	21	00:27:49.65	+00:10:47 (38.8%)	5:34	10.8 (61.4%)
153	BOKOTA Katarzyna	11		K-40	9	00:27:53.02	+00:10:50 (38.9%)	5:34	10.8 (61.4%)
154	DORAWA-ZIOMEK Anna	40		K-30	22	00:27:54.92	+00:10:52 (38.9%)	5:35	10.7 (60.8%)
155	KILJAN Sylwia	83		K-30	23	00:27:59.76	+00:10:57 (39.1%)	5:36	10.7 (60.8%)
156	MONGIAŁO Aleksandra	125	FAST FEET K-LIN	K-30	24	00:27:59.96	+00:10:57 (39.1%)	5:36	10.7 (60.8%)
157	MONGIAŁO Marcin	124	FAST FEET K-LIN	M-40	32	00:28:01.55	+00:10:58 (39.2%)	5:36	10.7 (60.8%)
158	PRZEDNÓWEK Mariola	157	CZARNE BIEGA	K-30	25	00:28:13.74	+00:11:11 (39.6%)	5:38	10.6 (60.2%)
159	KURZAWIŃSKA-JABŁOŃSKA Kasia	104	TEAM CZARNE BIEGA	K-40	10	00:28:14.05	+00:11:11 (39.6%)	5:38	10.6 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
160	PAWŁOWICZ Aleksandra	147		K-20	9	00:28:17.67	+00:11:15 (39.8%)	5:39	10.6 (60.2%)
161	DOMAŃSKI Adam	38		M-40	33	00:28:28.26	+00:11:25 (40.1%)	5:41	10.5 (59.7%)
162	DOMAŃSKA Katarzyna	37		K-40	11	00:28:28.38	+00:11:25 (40.1%)	5:41	10.5 (59.7%)
163	BILL Łukasz	8		M-30	41	00:28:29.17	+00:11:26 (40.2%)	5:42	10.5 (59.7%)
164	DEPTUŁA-BILL Bożena	34		K-30	26	00:28:29.72	+00:11:27 (40.2%)	5:42	10.5 (59.7%)
165	PAWŁOWICZ Ryszard	148		M-50	17	00:28:31.39	+00:11:28 (40.2%)	5:42	10.5 (59.7%)
166	ZUKAL Aleksandra	226		K-40	12	00:28:47.51	+00:11:44 (40.8%)	5:45	10.4 (59.1%)
167	DUDA Róża	239	BEST BEAST	K-30	27	00:28:48.80	+00:11:46 (40.8%)	5:45	10.4 (59.1%)
168	KARPIŃSKI Mateusz	77		M-20	14	00:28:52.08	+00:11:49 (41.0%)	5:46	10.4 (59.1%)
169	SKIBA Artur	174	PARALOTNIOWY PPGG	M-40	34	00:28:56.39	+00:11:53 (41.1%)	5:47	10.4 (59.1%)
170	DZIEMIANKO Ilona	44		K-20	10	00:28:56.41	+00:11:53 (41.1%)	5:47	10.4 (59.1%)
171	OGRODOWCZYK Jagoda	133		K-30	28	00:28:57.31	+00:11:54 (41.1%)	5:47	10.4 (59.1%)
172	PŁOTKA Grzegorz	155	1982	M-30	42	00:29:07.54	+00:12:04 (41.5%)	5:49	10.3 (58.5%)
173	PŁOTKA Emilia	154		K-30	29	00:29:07.54	+00:12:04 (41.5%)	5:49	10.3 (58.5%)
174	BORSUK Dorota	12		K-40	13	00:29:09.95	+00:12:07 (41.6%)	5:50	10.3 (58.5%)
175	WRÓBLEWSKA Marta	218		K-40	14	00:29:10.48	+00:12:07 (41.6%)	5:50	10.3 (58.5%)
176	HELLER Zdzisław	63	NIEZRZESZONY	M-60	7	00:29:10.53	+00:12:07 (41.6%)	5:50	10.3 (58.5%)
177	CICHOSZ Jerzy	27		M-70+	2	00:29:26.40	+00:12:23 (42.1%)	5:53	10.2 (58.0%)
178	ZAKOŚCIELNA Katarzyna	222	ZABIEGANE :)	K-30	30	00:29:29.35	+00:12:26 (42.2%)	5:53	10.2 (58.0%)
179	ZIMNOWŁOCKI Mariusz	224	DEAF KOSZALIN	M-30	43	00:29:31.07	+00:12:28 (42.3%)	5:54	10.2 (58.0%)
180	BEDNARZ Katarzyna	5		K-40	15	00:29:55.81	+00:12:53 (43.1%)	5:59	10 (56.8%)
181	PITURA Katarzyna	153		K-20	11	00:30:01.14	+00:12:58 (43.2%)	6:00	10 (56.8%)
182	WYSOCKA Dominika	219		K-20	12	00:30:01.74	+00:12:59 (43.2%)	6:00	10 (56.8%)
183	WOCH Zbigniew	210		M-60	8	00:30:10.67	+00:13:08 (43.5%)	6:02	9.9 (56.3%)
184	OLEŚKIEWICZ Damian	134		M-20	15	00:30:14.54	+00:13:11 (43.6%)	6:02	9.9 (56.3%)
185	MICHALCZYK Małgorzata	118	JW1223	K-30	31	00:30:16.62	+00:13:13 (43.7%)	6:03	9.9 (56.3%)
186	PIECYCHNA Agata	152		K-40	16	00:30:49.67	+00:13:47 (44.7%)	6:09	9.7 (55.1%)
187	SAWICZ- WERS Urszula	216		K-30	32	00:30:50.96	+00:13:48 (44.8%)	6:10	9.7 (55.1%)
188	KRAWIECKA Klaudia	97	AKADEMIA BIEGOWA KIELPINO	K-14	3	00:30:54.56	+00:13:51 (44.9%)	6:11	9.7 (55.1%)
189	KOZŁOWIECKA Małgorzata	232		K-50	2	00:30:54.71	+00:13:52 (44.9%)	6:11	9.7 (55.1%)
190	BUDZYŃSKA Elżbieta	240		K-50	3	00:30:57.19	+00:13:54 (44.9%)	6:11	9.7 (55.1%)
191	MOLEND Anna	123		K-30	33	00:31:01.92	+00:13:59 (45.1%)	6:12	9.7 (55.1%)
192	STRACH Marek	235		M-60	9	00:31:08.21	+00:14:05 (45.3%)	6:13	9.6 (54.5%)
193	PEŁKA Iwona	149		K-50	4	00:31:19.58	+00:14:16 (45.6%)	6:16	9.6 (54.5%)
194	SZULC Adam	197	SZULC RUNNERS TEAM	M-30	44	00:31:21.28	+00:14:18 (45.6%)	6:16	9.6 (54.5%)
195	ŚLEDŹ Andrzej	198	WĘŻELEK	M-40	35	00:31:33.51	+00:14:30 (46.0%)	6:18	9.5 (54.0%)
196	ŚLEDŹ Joanna	199	WĘŻELEK	K-40	17	00:31:33.69	+00:14:31 (46.0%)	6:18	9.5 (54.0%)
197	RUSIECKI Paweł	166	WSPL SP ZOZ KOSZALIN	M-40	36	00:31:52.56	+00:14:49 (46.5%)	6:22	9.4 (53.4%)
198	WOJANOWSKA Maryla	214	SPORT I REKREACJA DELFIN GRUDZIĄDZ	K-60	3	00:32:08.07	+00:15:05 (47.0%)	6:25	9.3 (52.8%)
199	WOJANOWSKI Zbigniew	215	SPORT I REKREACJA DELFIN GRUDZIĄDZ	M-60	10	00:32:09.58	+00:15:06 (47.0%)	6:26	9.3 (52.8%)
200	WĘCKOWSKI Adam	208	KAMIEŃ RYMAŃSKI	M-20	16	00:32:16.61	+00:15:13 (47.2%)	6:27	9.3 (52.8%)
201	KUREK Magdalena	103	KAMIEŃ RYMAŃSKI	K-14	4	00:32:17.46	+00:15:14 (47.2%)	6:27	9.3 (52.8%)
202	PRZYBYSZ Joanna	159	ROZBIEGANY NIEMICA	K-30	34	00:32:28.67	+00:15:26 (47.5%)	6:29	9.2 (52.3%)
203	STAŃCZYK Franciszek	183	NIEZRZESZONY	M-70+	3	00:32:40.85	+00:15:38 (47.8%)	6:32	9.2 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	TRACZ Jadwiga	201		K-40	18	00:32:55.02	+00:15:52 (48.2%)	6:35	9.1 (51.7%)
205	HEDDERGOTT Katarzyna	60	JEDWABIŚCI	K-40	19	00:34:59.90	+00:17:57 (51.3%)	7:00	8.6 (48.9%)
206	RYHANYCZ Paweł	168	JEDWABIŚCI	M-40	37	00:35:00.44	+00:17:57 (51.3%)	7:00	8.6 (48.9%)
207	STANCZEWSKA Karolina	180		K-30	35	00:35:38.91	+00:18:36 (52.2%)	7:07	8.4 (47.7%)
208	SZULC Martyna	194	SZULC RUNNERS TEAM	K-30	36	00:35:41.70	+00:18:39 (52.3%)	7:08	8.4 (47.7%)
209	KARNICKI Artur	76		M-40	38	00:35:45.92	+00:18:43 (52.3%)	7:09	8.4 (47.7%)
210	KULAWINSKI Marek	102		M-40	39	00:42:56.66	+00:25:54 (60.3%)	8:35	7 (39.8%)
211	SOLAK Halina	236	ŚWIAT PŁYTEK U KRYSPINA	K-60	4	00:43:55.00	+00:26:52 (61.2%)	8:47	6.8 (38.6%)
212	BARTNIK Marian	230	TKKF KOSZALIN	M-70+	4	00:45:54.00	+00:28:51 (62.9%)	9:10	6.5 (36.9%)

Znaleziono 212 wynik(ów)