

# BIEG WALENTYNKOWY - III ETAP JAMNEŃSKIEGO TOURU BIEGOWEGO

B4SPORT

**Organizator:** Rada Osiedla Jamno - Łabusz  
**Data:** 2020-02-09  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	HUBERT Łukasz	65	TKKF KOSZALIN	M-30	1	00:17:47.66		3:33	16.9 (100%)
2	RYKIEL Michał	193	TAGER SPORT I PRZYJACIELE	M-30	2	00:18:11.78	+00:00:24 (2.2%)	3:38	16.5 (97.6%)
3	JAKUBEK Patryk	67	7 DAYS	M-20	1	00:18:20.22	+00:00:32 (3.0%)	3:40	16.4 (97.0%)
4	ZIEMAN Michał	247	404 NOT FOUND	M-30	3	00:18:28.38	+00:00:40 (3.7%)	3:41	16.2 (95.9%)
5	DYLEWSKI Tomasz	37		M-20	2	00:18:44.27	+00:00:56 (5.0%)	3:44	16 (94.7%)
6	CZAPLIŃSKI Jacek	27	TAGER SPORT I PRZYJACIELE	M-30	4	00:18:46.15	+00:00:58 (5.2%)	3:45	16 (94.7%)
7	PICK Tomasz	176	SKSG KORONA SZCZECIN	M-50	1	00:19:03.25	+00:01:15 (6.6%)	3:48	15.7 (92.9%)
8	GOSTKOWSKI Łukasz	50	404 NOT FOUND	M-30	5	00:19:14.11	+00:01:26 (7.5%)	3:50	15.6 (92.3%)
9	DUDA Grzegorz	35	BEST BEASTS	M-40	1	00:19:19.75	+00:01:32 (7.9%)	3:51	15.5 (91.7%)
10	KAWKA Adrian	88		M-30	6	00:19:24.00	+00:01:36 (8.3%)	3:52	15.5 (91.7%)
11	KORMAN Kamil	100		M-20	3	00:19:24.18	+00:01:36 (8.3%)	3:53	15.5 (91.7%)
12	CICHOSZ-MIELEWCZYK Mateusz	25	POZYTYWNIENIE NAKRĘCENI	M-30	7	00:19:30.18	+00:01:42 (8.8%)	3:54	15.4 (91.1%)
13	STOLTMAN Marcin	205	7 DAYS	M-20	4	00:19:32.00	+00:01:44 (8.9%)	3:54	15.4 (91.1%)
14	CHABOWSKI Wojciech	20		M-20	5	00:19:35.28	+00:01:47 (9.2%)	3:55	15.3 (90.5%)
15	LEWANDOWSKI Jacek	123	TAPETY KOSZALIN MONIUSZKI	M-40	3	00:19:32.91	+00:01:45 (9.0%)	3:54	15.3 (90.5%)
16	TRĘBSKI Krzysztof	229	#ZABIEGANINOCA	M-40	2	00:19:29.61	+00:01:41 (8.7%)	3:53	15.4 (91.1%)
17	SZABAŁOWSKA Małgorzata	210	MKL SZCZECINEK	K-20	1	00:19:38.87	+00:01:51 (9.4%)	3:55	15.3 (90.5%)
18	MŁASZEWSKI Przemek	145	AMBRA POLSKA	M-30	8	00:20:08.57	+00:02:20 (11.7%)	4:01	14.9 (88.2%)
19	BRALSKI Andrzej	13	#ZABIEGANINOCA	M-40	4	00:20:16.62	+00:02:28 (12.2%)	4:03	14.8 (87.6%)
20	ŁUKAWSKI Mariusz	128	JW 1223	M-30	9	00:20:29.17	+00:02:41 (13.1%)	4:05	14.6 (86.4%)
21	GAWEŁ Marcin	161		M-20	6	00:20:34.58	+00:02:46 (13.5%)	4:07	14.6 (86.4%)
22	KOZIEŁ Adam	104		M-20	7	00:20:39.10	+00:02:51 (13.8%)	4:07	14.5 (85.8%)
23	KOZIEŁ Paweł	103		M-40	5	00:20:40.93	+00:02:53 (14.0%)	4:08	14.5 (85.8%)
24	KONKEL Agnieszka	95	TAGER SPORT I PRZYJACIELE	K-30	1	00:20:43.53	+00:02:55 (14.1%)	4:08	14.5 (85.8%)
25	KRYNICKA GRZYB Małgorzata	114		K-30	2	00:20:43.90	+00:02:56 (14.2%)	4:08	14.5 (85.8%)
26	ZIELIŃSKA Anna	246	TRUCHT ŁOBEZ	K-40	1	00:20:45.59	+00:02:57 (14.3%)	4:09	14.4 (85.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>JANKOWSKI Grzegorz</b>	<b>69</b>	POZYTYWNIENIE NAKRĘCENI	M-40	6	<b>00:20:50.86</b>	+00:03:03 (14.6%)	4:10	14.4 (85.2%)
28	<b>SKROBANEK Hanna</b>	<b>202</b>	MKP SZCZECINEK	K-14	1	<b>00:20:52.76</b>	+00:03:05 (14.8%)	4:10	14.4 (85.2%)
29	<b>WEBER Paweł</b>	<b>230</b>	FPP FUNCTIONAL POLISH PERFORMANCE	M-30	10	<b>00:21:00.56</b>	+00:03:12 (15.3%)	4:12	14.3 (84.6%)
30	<b>SZCZĘK Małgorzata</b>	<b>214</b>	404 NOT FOUND	K-30	3	<b>00:21:01.26</b>	+00:03:13 (15.3%)	4:12	14.3 (84.6%)
31	<b>KIEŁCZYŃSKI Dawid</b>	<b>92</b>	TEAM DAVE BUKÓWKA	M-30	11	<b>00:21:01.51</b>	+00:03:13 (15.4%)	4:12	14.3 (84.6%)
32	<b>DRAŹKOWSKI Tomasz</b>	<b>33</b>	MKP SZCZECINEK	M-14	1	<b>00:21:04.53</b>	+00:03:16 (15.6%)	4:13	14.2 (84.0%)
33	<b>OLCZAK Krzysztof</b>	<b>163</b>		M-30	12	<b>00:21:07.80</b>	+00:03:20 (15.8%)	4:13	14.2 (84.0%)
34	<b>BUDZIŃSKI Paweł</b>	<b>18</b>	TAGER SPORT KOSZALIN / DRUŻYNA SZPIKU	M-40	7	<b>00:21:08.94</b>	+00:03:21 (15.9%)	4:13	14.2 (84.0%)
35	<b>NARKUN Jarek</b>	<b>154</b>		M-40	8	<b>00:21:10.59</b>	+00:03:22 (16.0%)	4:14	14.2 (84.0%)
36	<b>BRZEZIŃSKI Jan</b>	<b>16</b>	TEAM PIOTRUŚ	M-50	2	<b>00:21:11.83</b>	+00:03:24 (16.1%)	4:14	14.2 (84.0%)
37	<b>ŁAWNICZAK Justyna</b>	<b>126</b>	#ZABIEGANINOCA	K-30	4	<b>00:21:12.50</b>	+00:03:24 (16.1%)	4:14	14.1 (83.4%)
38	<b>ŻUREK Mateusz</b>	<b>250</b>		M-30	13	<b>00:21:18.67</b>	+00:03:31 (16.5%)	4:15	14.1 (83.4%)
39	<b>ZATOŃ Olga</b>	<b>243</b>		K-30	5	<b>00:21:20.03</b>	+00:03:32 (16.6%)	4:16	14.1 (83.4%)
40	<b>ŻEBROWSKI Mariusz</b>	<b>248</b>	KARLINO BIEGAJ	M-40	9	<b>00:21:20.10</b>	+00:03:32 (16.6%)	4:16	14.1 (83.4%)
41	<b>NOWODWORSKA Justyna</b>	<b>162</b>	7 DAYS	K-30	6	<b>00:21:25.11</b>	+00:03:37 (16.9%)	4:17	14 (82.8%)
42	<b>GRUCHAŁA Natalia</b>	<b>53</b>	RUNTASTYCZNI TEAM BYTÓW	K-30	7	<b>00:21:26.46</b>	+00:03:38 (17.0%)	4:17	14 (82.8%)
42	<b>KUCAL Paweł</b>	<b>117</b>		M-40	10	<b>00:21:26.46</b>	+00:03:38 (17.0%)	4:17	14 (82.8%)
44	<b>WIKTOROWSKI Maciej</b>	<b>234</b>		M-40	11	<b>00:21:34.25</b>	+00:03:46 (17.5%)	4:18	13.9 (82.2%)
45	<b>BARGAŃSKA Justyna</b>	<b>5</b>	404 NOT FOUND	K-40	2	<b>00:21:34.72</b>	+00:03:47 (17.5%)	4:19	13.9 (82.2%)
46	<b>SITARCZYK Damian</b>	<b>199</b>	FUNDACJA ZASTOPIJ	M-30	14	<b>00:21:36.15</b>	+00:03:48 (17.6%)	4:19	13.9 (82.2%)
47	<b>HISZCZYŃSKA Aleksandra</b>	<b>62</b>	CSSP KOSZALIN	K-20	2	<b>00:21:37.42</b>	+00:03:49 (17.7%)	4:19	13.9 (82.2%)
48	<b>SZYMAŃSKI Patryk</b>	<b>222</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	M-20	8	<b>00:21:37.84</b>	+00:03:50 (17.7%)	4:19	13.9 (82.2%)
49	<b>KRUPIŃSKI Krzysztof</b>	<b>112</b>	E-UROLOG.EU	M-50	3	<b>00:21:47.14</b>	+00:03:59 (18.3%)	4:21	13.8 (81.7%)
50	<b>HAŁKA Justyna</b>	<b>56</b>	TRUCHT ŁOBEZ	K-40	3	<b>00:21:50.45</b>	+00:04:02 (18.5%)	4:22	13.7 (81.1%)
51	<b>CZYŻYKOWSKI Łukasz</b>	<b>28</b>		M-30	15	<b>00:21:53.01</b>	+00:04:05 (18.7%)	4:22	13.7 (81.1%)
52	<b>KLUCZEWSKA Emilia</b>	<b>94</b>	7 DAYS	K-30	8	<b>00:21:55.96</b>	+00:04:08 (18.9%)	4:23	13.7 (81.1%)
53	<b>PAŁASZEWSKA Karolina</b>	<b>172</b>	KOŁOBRZEG BIEGA	K-30	9	<b>00:21:59.85</b>	+00:04:12 (19.1%)	4:24	13.6 (80.5%)
54	<b>BIAŁECKA Paula</b>	<b>8</b>	TGK	K-30	10	<b>00:22:05.48</b>	+00:04:17 (19.5%)	4:25	13.6 (80.5%)
55	<b>JARZYNA Roman</b>	<b>70</b>	SZWLA STARGARD	M-50	4	<b>00:22:09.59</b>	+00:04:21 (19.7%)	4:25	13.5 (79.9%)
56	<b>GAWRYSIAK Przemysław</b>	<b>43</b>		M-40	12	<b>00:22:10.36</b>	+00:04:22 (19.7%)	4:26	13.5 (79.9%)
57	<b>GAWEŁ Zbigniew</b>	<b>41</b>	POMERIDERS SŁUPSK	M-60	1	<b>00:22:11.76</b>	+00:04:24 (19.8%)	4:26	13.5 (79.9%)
58	<b>ZAWILSKI Robert</b>	<b>244</b>		M-30	16	<b>00:22:12.24</b>	+00:04:24 (19.9%)	4:26	13.5 (79.9%)
59	<b>ŻUKOWSKI Cezary</b>	<b>249</b>		M-30	17	<b>00:22:14.23</b>	+00:04:26 (20.0%)	4:26	13.5 (79.9%)
60	<b>NARKUN Szymon</b>	<b>155</b>		M-14	2	<b>00:22:16.78</b>	+00:04:29 (20.1%)	4:27	13.5 (79.9%)
61	<b>KONKEL Łukasz</b>	<b>96</b>		M-40	13	<b>00:22:21.92</b>	+00:04:34 (20.4%)	4:28	13.4 (79.3%)
62	<b>KRYNICKA Magdalena</b>	<b>113</b>		K-20	3	<b>00:22:24.55</b>	+00:04:36 (20.6%)	4:29	13.4 (79.3%)
63	<b>PĘKAŁA Piotr</b>	<b>175</b>	SP MANOWO	M-40	14	<b>00:22:32.04</b>	+00:04:44 (21.0%)	4:30	13.3 (78.7%)
64	<b>SKIBA Artur</b>	<b>200</b>		M-40	15	<b>00:22:37.45</b>	+00:04:49 (21.3%)	4:31	13.3 (78.7%)
65	<b>POLAŃSKI Norbert</b>	<b>183</b>	21BLT	M-40	16	<b>00:22:38.28</b>	+00:04:50 (21.4%)	4:31	13.3 (78.7%)
66	<b>GÓRA Agnieszka</b>	<b>51</b>	#ZABIEGANINOCA	K-40	4	<b>00:22:39.72</b>	+00:04:52 (21.5%)	4:32	13.2 (78.1%)
67	<b>KAŹMIERCZAK Agnieszka</b>	<b>89</b>		K-40	5	<b>00:22:46.95</b>	+00:04:59 (21.9%)	4:33	13.2 (78.1%)
68	<b>MIERZWA Szczepan</b>	<b>143</b>		M-40	17	<b>00:22:51.95</b>	+00:05:04 (22.2%)	4:34	13.1 (77.5%)
69	<b>HAMALA Marcin</b>	<b>58</b>	TAGER SPORT	M-30	18	<b>00:22:52.16</b>	+00:05:04 (22.2%)	4:34	13.1 (77.5%)
70	<b>OPALIŃSKI Stanisław</b>	<b>165</b>	KOŁOBRZEG BIEGA	M-60	2	<b>00:22:57.44</b>	+00:05:09 (22.5%)	4:35	13.1 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
71	<b>NIEMCZUK Dariusz</b>	<b>156</b>	JAMNO	M-50	5	<b>00:22:59.23</b>	+00:05:11 (22.6%)	4:35	13.1 (77.5%)
72	<b>LIPNIEWICZ Paweł</b>	<b>124</b>		M-30	19	<b>00:23:03.80</b>	+00:05:16 (22.8%)	4:36	13 (76.9%)
73	<b>METEL Izabela</b>	<b>138</b>	POZYTYWNIENIE NAKRĘCENI	K-40	6	<b>00:23:05.72</b>	+00:05:18 (23.0%)	4:37	13 (76.9%)
74	<b>PIETRYKA Artur</b>	<b>177</b>	KARLINO BIEGAJ	M-40	18	<b>00:23:05.82</b>	+00:05:18 (23.0%)	4:37	13 (76.9%)
75	<b>KRZEWIŃSKA Małgorzata</b>	<b>116</b>	TAGER SPORT I PRZYJACIELE	K-60	1	<b>00:23:12.40</b>	+00:05:24 (23.3%)	4:38	12.9 (76.3%)
76	<b>NOSAL Martyna</b>	<b>160</b>	PENTATHLON SZCZECINEK	K-14	2	<b>00:23:13.58</b>	+00:05:25 (23.4%)	4:38	12.9 (76.3%)
77	<b>KACZOROWSKI Marek</b>	<b>81</b>	FUNDACJA ZASTOPIJ	M-20	9	<b>00:23:18.67</b>	+00:05:31 (23.7%)	4:39	12.9 (76.3%)
78	<b>JOŃCA Jakub</b>	<b>76</b>	BEST BEASTS	M-14	3	<b>00:23:20.04</b>	+00:05:32 (23.7%)	4:40	12.9 (76.3%)
79	<b>GIEDROWICZ Aleksandra</b>	<b>45</b>		K-30	11	<b>00:23:27.22</b>	+00:05:39 (24.1%)	4:41	12.8 (75.7%)
80	<b>RÓG Michał</b>	<b>190</b>	8PLOT	M-40	19	<b>00:23:27.53</b>	+00:05:39 (24.1%)	4:41	12.8 (75.7%)
81	<b>KOCHAŃSKI Tomasz</b>	<b>253</b>		M-30	20	<b>00:23:32.64</b>	+00:05:44 (24.4%)	4:42	12.7 (75.1%)
82	<b>CHUDZIK Zbigniew</b>	<b>23</b>	TKKF KOSZALIN	M-50	6	<b>00:23:32.69</b>	+00:05:45 (24.4%)	4:42	12.7 (75.1%)
83	<b>NOSAL Mariusz</b>	<b>159</b>		M-30	21	<b>00:23:38.78</b>	+00:05:51 (24.7%)	4:43	12.7 (75.1%)
84	<b>BARTKOWSKA Ilona</b>	<b>6</b>		K-30	12	<b>00:23:47.27</b>	+00:05:59 (25.2%)	4:45	12.6 (74.6%)
85	<b>GAWEŁ Stanisław</b>	<b>42</b>	POMERIDERS SŁUPSK	M-50	7	<b>00:23:48.81</b>	+00:06:01 (25.3%)	4:45	12.6 (74.6%)
86	<b>HAŁKA Arkadiusz</b>	<b>57</b>	TRUCHT ŁOBEZ	M-40	20	<b>00:23:51.35</b>	+00:06:03 (25.4%)	4:46	12.6 (74.6%)
87	<b>MONGIAŁO Aleksandra</b>	<b>149</b>	FAST FEET K-LIN	K-30	13	<b>00:23:52.58</b>	+00:06:04 (25.5%)	4:46	12.6 (74.6%)
88	<b>MONGIAŁO Marcin</b>	<b>148</b>	FAST FEET K-LIN	M-40	21	<b>00:23:54.27</b>	+00:06:06 (25.6%)	4:46	12.6 (74.6%)
89	<b>BODO Rafał</b>	<b>11</b>	ZOZKOSZ KOSZALIN	M-30	22	<b>00:23:55.87</b>	+00:06:08 (25.6%)	4:47	12.5 (74.0%)
90	<b>DRULIK-HOŁUB Marta</b>	<b>34</b>	TORNADO KOSZALIN	K-40	7	<b>00:24:00.11</b>	+00:06:12 (25.9%)	4:48	12.5 (74.0%)
91	<b>HNATOWSKI Artur</b>	<b>63</b>		M-50	8	<b>00:24:03.75</b>	+00:06:16 (26.0%)	4:48	12.5 (74.0%)
92	<b>KAJKOWSKI Rafał</b>	<b>84</b>	CSSP KOSZALIN	M-40	22	<b>00:24:04.39</b>	+00:06:16 (26.1%)	4:49	12.5 (74.0%)
93	<b>JASIEK Paweł</b>	<b>71</b>	#ZABIEGANINOCA	M-30	23	<b>00:24:06.49</b>	+00:06:18 (26.2%)	4:49	12.4 (73.4%)
94	<b>LITWINOWICZ Renata</b>	<b>125</b>	KOŁOBRZEG BIEGA	K-40	8	<b>00:24:06.81</b>	+00:06:19 (26.2%)	4:49	12.4 (73.4%)
95	<b>ANTKOWIAK Sebastian</b>	<b>2</b>	DB - ACTIVE	M-40	23	<b>00:24:09.66</b>	+00:06:21 (26.4%)	4:50	12.4 (73.4%)
96	<b>KOPIEC-PARYSIAK Joanna</b>	<b>99</b>		K-30	14	<b>00:24:11.60</b>	+00:06:23 (26.4%)	4:50	12.4 (73.4%)
97	<b>DEJNAK Mariola</b>	<b>29</b>		K-60	2	<b>00:24:15.96</b>	+00:06:28 (26.7%)	4:51	12.4 (73.4%)
98	<b>RODZIEWICZ-CZAPLIŃSKA Agnieszka</b>	<b>188</b>	TAGER SPORT	K-40	9	<b>00:24:18.40</b>	+00:06:30 (26.8%)	4:51	12.3 (72.8%)
99	<b>OSOBNIAK Ryszard</b>	<b>168</b>		M-60	3	<b>00:24:26.32</b>	+00:06:38 (27.2%)	4:53	12.3 (72.8%)
100	<b>SAWIŃSKI Jacek</b>	<b>197</b>		M-40	24	<b>00:24:32.15</b>	+00:06:44 (27.5%)	4:54	12.2 (72.2%)
101	<b>SKOKOWSKI Marek</b>	<b>201</b>		M-30	24	<b>00:24:34.06</b>	+00:06:46 (27.6%)	4:54	12.2 (72.2%)
102	<b>ORLIKOWSKI Robert</b>	<b>166</b>	POŁCZYN BIEGA ♥	M-30	25	<b>00:24:38.21</b>	+00:06:50 (27.8%)	4:55	12.2 (72.2%)
103	<b>DRABKOWSKA Agnieszka</b>	<b>32</b>		K-40	10	<b>00:24:39.14</b>	+00:06:51 (27.8%)	4:56	12.2 (72.2%)
104	<b>MICHALCZYK Kamil</b>	<b>139</b>		M-30	26	<b>00:24:41.19</b>	+00:06:53 (27.9%)	4:56	12.2 (72.2%)
105	<b>KRASIŃSKI Witold</b>	<b>106</b>		M-40	25	<b>00:24:48.97</b>	+00:07:01 (28.3%)	4:57	12.1 (71.6%)
106	<b>DĘBSKI Damian</b>	<b>30</b>	1986.	M-30	27	<b>00:24:53.32</b>	+00:07:05 (28.5%)	4:58	12.1 (71.6%)
107	<b>PŁATOSZ Magda</b>	<b>179</b>		K-20	4	<b>00:24:55.05</b>	+00:07:07 (28.6%)	4:59	12 (71.0%)
108	<b>GOLEC Anna</b>	<b>48</b>		K-40	11	<b>00:24:56.65</b>	+00:07:08 (28.7%)	4:59	12 (71.0%)
109	<b>SUCHODOLSKA Aleksandra</b>	<b>208</b>	DZIKIE ŻÓŁWIE	K-30	15	<b>00:25:08.95</b>	+00:07:21 (29.2%)	5:01	11.9 (70.4%)
110	<b>MRUGALSKI Stanisław</b>	<b>151</b>	MTS HAMER	M-50	9	<b>00:25:09.28</b>	+00:07:21 (29.3%)	5:01	11.9 (70.4%)
111	<b>KULAWIŃSKI Marek</b>	<b>118</b>		M-40	26	<b>00:25:13.94</b>	+00:07:26 (29.5%)	5:02	11.9 (70.4%)
112	<b>KACZMAREK Łukasz</b>	<b>251</b>	WOJOWNICYWODY	M-30	28	<b>00:25:15.12</b>	+00:07:27 (29.5%)	5:03	11.9 (70.4%)
113	<b>KOWALCZYK Karolina</b>	<b>102</b>		K-40	12	<b>00:25:15.89</b>	+00:07:28 (29.6%)	5:03	11.9 (70.4%)
114	<b>KOZŁOWIECKI Waldemar</b>	<b>225</b>	TKKF KOSZALIN	M-60	4	<b>00:25:18.15</b>	+00:07:30 (29.7%)	5:03	11.9 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
115	JUSZCZAK Krzysztof	77		M-60	5	00:25:21.34	+00:07:33 (29.8%)	5:04	11.8 (69.8%)
116	KACZMARYK Jolanta	80		K-40	13	00:25:21.48	+00:07:33 (29.8%)	5:04	11.8 (69.8%)
117	CIEŚLAK Grzegorz	26		M-30	29	00:25:25.57	+00:07:37 (30.0%)	5:05	11.8 (69.8%)
118	DZIOŁAK Elżbieta	38		K-30	16	00:25:31.88	+00:07:44 (30.3%)	5:06	11.7 (69.2%)
119	HARASIMOWICZ Michał	59		M-30	30	00:25:32.04	+00:07:44 (30.3%)	5:06	11.7 (69.2%)
120	STALUSZKA Dariusz	203		M-40	27	00:25:32.95	+00:07:45 (30.4%)	5:06	11.7 (69.2%)
121	PRALICZ Grzesiu	185		M-20	10	00:25:41.39	+00:07:53 (30.7%)	5:08	11.7 (69.2%)
122	MITUNIEWICZ Adrian	147		M-30	31	00:25:46.51	+00:07:58 (31.0%)	5:09	11.6 (68.6%)
123	KRUPIŃSKA Beata	111	E-UROLOG.EU	K-50	1	00:25:59.80	+00:08:12 (31.6%)	5:12	11.5 (68.0%)
124	NOGA Sebastian	158	TKKF KOSZALIN	M-20	11	00:26:05.60	+00:08:17 (31.8%)	5:13	11.5 (68.0%)
125	GONTEK Łukasz	49	VW BATORY	M-30	32	00:26:14.86	+00:08:27 (32.2%)	5:15	11.4 (67.5%)
126	ADAMOWICZ Maciej	1	SP MIELNO	M-30	33	00:26:15.00	+00:08:27 (32.2%)	5:15	11.4 (67.5%)
127	JUSZCZYK Agnieszka	78	ANOX TEAM	K-40	14	00:26:15.16	+00:08:27 (32.2%)	5:15	11.4 (67.5%)
128	ŚWIDERSKI Marcin	227		M-30	34	00:26:15.55	+00:08:27 (32.2%)	5:15	11.4 (67.5%)
129	ŁODYGA Łukasz	127		M-30	35	00:26:15.56	+00:08:27 (32.2%)	5:15	11.4 (67.5%)
130	SZULC Marek	217		M-50	10	00:26:16.38	+00:08:28 (32.3%)	5:15	11.4 (67.5%)
131	MASŁOWSKI Artur	137		M-30	36	00:26:18.65	+00:08:30 (32.4%)	5:15	11.4 (67.5%)
132	SZYMAŃSKI Patryk	221	1987.	M-30	37	00:26:18.86	+00:08:31 (32.4%)	5:15	11.4 (67.5%)
133	ROMANOWICZ Monika	189	DZIKIE ŻÓŁWIE	K-30	17	00:26:20.19	+00:08:32 (32.4%)	5:16	11.4 (67.5%)
134	WOCH Edward	238	JAMNO	M-60	6	00:26:23.59	+00:08:35 (32.6%)	5:16	11.4 (67.5%)
135	WOCH Małgorzata	237	JAMNO	K-50	2	00:26:23.92	+00:08:36 (32.6%)	5:16	11.4 (67.5%)
136	MARCINKOWSKI Jacek	134	SSK ORZEŁ ŚWIESZYNO	M-40	28	00:26:30.09	+00:08:42 (32.9%)	5:18	11.3 (66.9%)
137	KOPEĆ Krzysztof	97		M-40	29	00:26:30.24	+00:08:42 (32.9%)	5:18	11.3 (66.9%)
138	STRZELECKA Małgorzata	206	SAILING TEAM FERAJNA	K-40	15	00:26:32.90	+00:08:45 (33.0%)	5:18	11.3 (66.9%)
139	MURAWSKI Waldemar	153	ZKS	M-50	11	00:26:33.62	+00:08:45 (33.0%)	5:18	11.3 (66.9%)
140	MAJSIUK Agnieszka	129		K-40	16	00:26:37.40	+00:08:49 (33.2%)	5:19	11.3 (66.9%)
141	PACAN Bartosz	170		M-30	38	00:26:46.28	+00:08:58 (33.5%)	5:21	11.2 (66.3%)
142	PACAN Mira	169	POZYTYWNIENAKRĘCENI	K-30	18	00:26:46.56	+00:08:58 (33.5%)	5:21	11.2 (66.3%)
143	SZABAŁOWSKI Marek	211		M-50	12	00:26:46.64	+00:08:58 (33.5%)	5:21	11.2 (66.3%)
144	FERET Alina	39	MAMUŚKI	K-20	5	00:26:55.84	+00:09:08 (33.9%)	5:23	11.1 (65.7%)
145	SARBIEWSKI Przemysław	196		M-40	30	00:27:03.73	+00:09:16 (34.2%)	5:24	11.1 (65.7%)
146	KRAWCZUK Maciej	107		M-30	39	00:27:08.79	+00:09:21 (34.5%)	5:25	11 (65.1%)
147	CHAMERA Tomasz	21	WATAHA	M-40	31	00:27:13.26	+00:09:25 (34.6%)	5:26	11 (65.1%)
148	TABISZ Sławomir	228	12 BBSP	M-30	40	00:27:18.04	+00:09:30 (34.8%)	5:27	11 (65.1%)
149	BRZOZOWSKA Barbara	17		K-40	17	00:27:21.99	+00:09:34 (35.0%)	5:28	11 (65.1%)
150	PISKÓRZ Justyna	178		K-30	19	00:27:23.56	+00:09:35 (35.0%)	5:28	10.9 (64.5%)
151	DORAWA-ZIOMEK Anna	31	DZIKIE ŻÓŁWIE	K-30	20	00:27:24.31	+00:09:36 (35.1%)	5:28	10.9 (64.5%)
152	ŚMIŁOWSKI Mariusz	226		M-30	41	00:27:29.48	+00:09:41 (35.3%)	5:29	10.9 (64.5%)
153	WIŚNIEWSKI Jarosław	235		M-50	13	00:27:32.54	+00:09:44 (35.4%)	5:30	10.9 (64.5%)
154	SZWEDA Mateusz	220	WATAHA	M-30	42	00:27:46.02	+00:09:58 (35.9%)	5:33	10.8 (63.9%)
155	SALAWA Anna	194	MAMUŚKI	K-30	21	00:27:49.04	+00:10:01 (36.0%)	5:34	10.8 (63.9%)
156	KARNICKI Zygmunt	87	TKKF KOSZALIN	M-60	7	00:27:49.39	+00:10:01 (36.0%)	5:34	10.8 (63.9%)
157	POŁOCZAŃSKI Piotr	184	SZWAGRY BIEGAJĄ	M-30	43	00:27:50.32	+00:10:02 (36.1%)	5:34	10.8 (63.9%)
158	JĘDRZEJKO Mirosław	74		M-40	32	00:27:50.49	+00:10:02 (36.1%)	5:34	10.8 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
159	<b>KAMINSKI Tomasz</b>	<b>85</b>	WODNA SŁUŻBA RATOWNICZA	M-40	33	<b>00:27:58.34</b>	+00:10:10 (36.4%)	5:35	10.7 (63.3%)
160	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>130</b>		K-30	22	<b>00:28:01.25</b>	+00:10:13 (36.5%)	5:36	10.7 (63.3%)
161	<b>PROKOPCZUK Adam</b>	<b>187</b>		M-40	34	<b>00:28:04.76</b>	+00:10:17 (36.6%)	5:37	10.7 (63.3%)
162	<b>PROKOPCZUK Monika</b>	<b>186</b>		K-40	18	<b>00:28:04.80</b>	+00:10:17 (36.6%)	5:37	10.7 (63.3%)
163	<b>ORYSZCZYN Arkadiusz</b>	<b>167</b>	DZIKIE ŻÓŁWIE	M-30	44	<b>00:28:06.60</b>	+00:10:18 (36.7%)	5:37	10.7 (63.3%)
164	<b>BEDNARZ Katarzyna</b>	<b>7</b>	KOŁOBRZEG BIEGA	K-40	19	<b>00:28:16.93</b>	+00:10:29 (37.1%)	5:39	10.6 (62.7%)
165	<b>ŚLASKA Agnieszka</b>	<b>224</b>		K-30	23	<b>00:28:18.68</b>	+00:10:31 (37.1%)	5:39	10.6 (62.7%)
166	<b>HELLER Zdzisław</b>	<b>61</b>	HERBMARATONOW.PL	M-60	8	<b>00:28:22.62</b>	+00:10:34 (37.3%)	5:40	10.6 (62.7%)
167	<b>BOKOTA Katarzyna</b>	<b>12</b>		K-40	20	<b>00:28:27.06</b>	+00:10:39 (37.5%)	5:41	10.5 (62.1%)
168	<b>SZMYT Marcin</b>	<b>215</b>		M-30	45	<b>00:28:28.70</b>	+00:10:41 (37.5%)	5:41	10.5 (62.1%)
169	<b>MARCZAK Małgorzata</b>	<b>135</b>		K-60	3	<b>00:28:29.50</b>	+00:10:41 (37.5%)	5:41	10.5 (62.1%)
170	<b>WOJTKOWIAK Wioleta</b>	<b>241</b>		K-30	24	<b>00:28:42.69</b>	+00:10:55 (38.0%)	5:44	10.4 (61.5%)
171	<b>GROCHOWSKA Agnieszka</b>	<b>52</b>	SAILING TEAM FERAJNA	K-40	21	<b>00:28:51.04</b>	+00:11:03 (38.3%)	5:46	10.4 (61.5%)
172	<b>STRZELECKI Sebastian 'Kaszana'</b>	<b>207</b>	SAILING TEAM FERAJNA	M-40	35	<b>00:28:51.33</b>	+00:11:03 (38.3%)	5:46	10.4 (61.5%)
173	<b>HRYNCEWICZ Anna</b>	<b>64</b>	SAILING TEAM FERAJNA	K-40	22	<b>00:28:55.07</b>	+00:11:07 (38.5%)	5:47	10.4 (61.5%)
174	<b>HARASYM Daniel</b>	<b>60</b>	FUNDACJA ZASTOPIJ	M-40	36	<b>00:28:56.69</b>	+00:11:09 (38.5%)	5:47	10.4 (61.5%)
175	<b>MITUNIEWICZ Renata</b>	<b>146</b>		K-50	3	<b>00:29:16.24</b>	+00:11:28 (39.2%)	5:51	10.3 (60.9%)
176	<b>KOCHAŃSKI Krzysztof</b>	<b>252</b>		M-40	37	<b>00:29:23.96</b>	+00:11:36 (39.5%)	5:52	10.2 (60.4%)
177	<b>MARCZAK Andrzej</b>	<b>136</b>		M-60	9	<b>00:29:34.48</b>	+00:11:46 (39.8%)	5:55	10.1 (59.8%)
178	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>209</b>		K-30	25	<b>00:29:36.49</b>	+00:11:48 (39.9%)	5:55	10.1 (59.8%)
179	<b>BRZEZIŃSKI Paweł</b>	<b>15</b>	PAB TRI KOSZALIN	M-40	38	<b>00:29:44.04</b>	+00:11:56 (40.2%)	5:56	10.1 (59.8%)
180	<b>GRZYBEK Bogusław</b>	<b>55</b>	WOLNY STRZELEC	M-60	10	<b>00:29:56.26</b>	+00:12:08 (40.6%)	5:59	10 (59.2%)
181	<b>RUSIECKI Paweł</b>	<b>191</b>	WSPL SPZOZ W KOSZALINIE	M-40	39	<b>00:30:06.57</b>	+00:12:18 (40.9%)	6:01	10 (59.2%)
182	<b>KRAWCZYK Marta</b>	<b>110</b>	MAMUŚKI	K-30	26	<b>00:30:09.02</b>	+00:12:21 (41.0%)	6:01	10 (59.2%)
183	<b>GRZESIAK Magdalena</b>	<b>54</b>	MAMUŚKI	K-30	27	<b>00:30:09.49</b>	+00:12:21 (41.0%)	6:02	9.9 (58.6%)
184	<b>WENTA Malwina</b>	<b>232</b>		K-30	28	<b>00:30:10.38</b>	+00:12:22 (41.0%)	6:02	9.9 (58.6%)
185	<b>KOPEĆ Magdalena</b>	<b>98</b>		K-40	23	<b>00:30:10.62</b>	+00:12:22 (41.0%)	6:02	9.9 (58.6%)
186	<b>SIGNAROWSKI Dawid</b>	<b>198</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	46	<b>00:30:12.03</b>	+00:12:24 (41.1%)	6:02	9.9 (58.6%)
187	<b>HUBKO Janina</b>	<b>66</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	29	<b>00:30:13.74</b>	+00:12:26 (41.1%)	6:02	9.9 (58.6%)
188	<b>WOJANOWSKI Zbigniew</b>	<b>240</b>	SPORT I REKREACJA DELFIN	M-60	11	<b>00:30:17.73</b>	+00:12:30 (41.3%)	6:03	9.9 (58.6%)
189	<b>WOJANOWSKA Maryla</b>	<b>239</b>	SPORT I REKREACJA DELFIN	K-60	4	<b>00:30:17.86</b>	+00:12:30 (41.3%)	6:03	9.9 (58.6%)
190	<b>BRZEZIŃSKA Beata</b>	<b>14</b>	TEAM PIOTRUŚ	K-50	4	<b>00:30:30.27</b>	+00:12:42 (41.7%)	6:06	9.8 (58.0%)
191	<b>GOLDFARB Michał</b>	<b>47</b>	TAGER SPORT	M-40	40	<b>00:30:31.52</b>	+00:12:43 (41.7%)	6:06	9.8 (58.0%)
192	<b>KLONOWSKI Artur</b>	<b>93</b>	KOSPEL	M-40	41	<b>00:30:31.53</b>	+00:12:43 (41.7%)	6:06	9.8 (58.0%)
193	<b>ZBOROWSKA-SKROBANEK Justyna</b>	<b>245</b>	MKP SZCZECINEK	K-40	24	<b>00:30:37.64</b>	+00:12:49 (41.9%)	6:07	9.8 (58.0%)
194	<b>KĘDZIERA Izydor</b>	<b>90</b>		M-50	14	<b>00:30:48.22</b>	+00:13:00 (42.2%)	6:09	9.7 (57.4%)
195	<b>JOŃCA Klaudia</b>	<b>75</b>	BEST BEASTS	K-14	3	<b>00:30:52.83</b>	+00:13:05 (42.4%)	6:10	9.7 (57.4%)
196	<b>POLAK Mateusz</b>	<b>182</b>	KOSPEL	M-20	12	<b>00:30:55.96</b>	+00:13:08 (42.5%)	6:11	9.7 (57.4%)
197	<b>JĄCZKOWSKA Wioleta</b>	<b>72</b>		K-40	25	<b>00:31:01.03</b>	+00:13:13 (42.6%)	6:12	9.7 (57.4%)
198	<b>MOŻEJKO Anna</b>	<b>150</b>		K-40	26	<b>00:31:07.91</b>	+00:13:20 (42.8%)	6:13	9.6 (56.8%)
199	<b>KOROL Elżbieta</b>	<b>101</b>		K-40	27	<b>00:31:09.15</b>	+00:13:21 (42.9%)	6:13	9.6 (56.8%)
200	<b>STEC Edyta</b>	<b>204</b>		K-40	28	<b>00:31:09.46</b>	+00:13:21 (42.9%)	6:14	9.6 (56.8%)
201	<b>KIEDOS Dariusz</b>	<b>91</b>	JW 1223	M-30	47	<b>00:31:11.78</b>	+00:13:24 (43.0%)	6:14	9.6 (56.8%)
202	<b>BABIARZ Jacek</b>	<b>3</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	M-40	42	<b>00:31:16.97</b>	+00:13:29 (43.1%)	6:15	9.6 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
203	<b>MALISZEWSKI Łukasz</b>	<b>131</b>	FUNDACJA ZASTOPUJ	M-20	13	<b>00:31:36.66</b>	+00:13:49 (43.7%)	6:19	9.5 (56.2%)
204	<b>KULIGOWSKI Maksym</b>	<b>119</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	48	<b>00:32:02.67</b>	+00:14:15 (44.5%)	6:24	9.4 (55.6%)
205	<b>KOZŁOWIECKA Małgorzata</b>	<b>105</b>		K-60	5	<b>00:32:08.65</b>	+00:14:20 (44.6%)	6:25	9.3 (55.0%)
206	<b>BUDZYŃSKA Elżbieta</b>	<b>19</b>		K-50	5	<b>00:32:40.43</b>	+00:14:52 (45.5%)	6:32	9.2 (54.4%)
207	<b>KRAWCZUK Joanna</b>	<b>108</b>		K-30	30	<b>00:32:43.84</b>	+00:14:56 (45.6%)	6:32	9.2 (54.4%)
208	<b>SARBIEWSKA Gabriela</b>	<b>195</b>		K-40	29	<b>00:32:45.50</b>	+00:14:57 (45.7%)	6:33	9.2 (54.4%)
209	<b>PAULIŃSKI Jan</b>	<b>173</b>	JAMNO	M-70+	1	<b>00:32:50.32</b>	+00:15:02 (45.8%)	6:34	9.1 (53.8%)
210	<b>KRYSTOSIK Paulina</b>	<b>115</b>	BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE	K-20	6	<b>00:33:04.00</b>	+00:15:16 (46.2%)	6:36	9.1 (53.8%)
211	<b>MIŁASZEWSKA Jolanta</b>	<b>144</b>		K-40	30	<b>00:33:51.75</b>	+00:16:04 (47.5%)	6:46	8.9 (52.7%)
212	<b>WEISS-SZULC Barbara</b>	<b>231</b>		K-40	31	<b>00:33:56.87</b>	+00:16:09 (47.6%)	6:47	8.8 (52.1%)
213	<b>PAŁASZ Karolina</b>	<b>171</b>	FUNDACJA ZASTOPUJ	K-30	31	<b>00:34:23.22</b>	+00:16:35 (48.3%)	6:52	8.7 (51.5%)
214	<b>OLCZAK Magdalena</b>	<b>164</b>		K-30	32	<b>00:34:35.18</b>	+00:16:47 (48.6%)	6:55	8.7 (51.5%)
215	<b>MAŁYSZEWICZ Teresa</b>	<b>132</b>		K-50	6	<b>00:35:21.85</b>	+00:17:34 (49.7%)	7:04	8.5 (50.3%)
216	<b>MAŁYSZEWICZ Andrzej</b>	<b>133</b>		M-50	15	<b>00:35:21.87</b>	+00:17:34 (49.7%)	7:04	8.5 (50.3%)
217	<b>ŚCIEPŁEK Mateusz</b>	<b>223</b>	FUNDACJA ZASTOPUJ	M-30	49	<b>00:37:01.82</b>	+00:19:14 (51.9%)	7:24	8.1 (47.9%)
218	<b>BIEŃKOWSKI Tomasz</b>	<b>9</b>	ADA&TOMEK	M-30	50	<b>00:37:40.28</b>	+00:19:52 (52.8%)	7:32	8 (47.3%)
219	<b>KACZYŃSKA Adrianna</b>	<b>83</b>	ADA&TOMEK	K-30	33	<b>00:37:40.92</b>	+00:19:53 (52.8%)	7:32	8 (47.3%)
220	<b>KACZYŃSKI Henryk</b>	<b>82</b>		M-60	12	<b>00:38:58.61</b>	+00:21:10 (54.3%)	7:47	7.7 (45.6%)
221	<b>DUŚKO Igor</b>	<b>36</b>		Małżeństwo	1	<b>00:40:45.46</b>	+00:22:57 (56.3%)	8:09	7.4 (43.8%)

Znaleziono 221 wynik(ów)