

# BIEG ZAKOCHANYCH - 10.2KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2016-02-14  
**Miejsce:** Jamno  
**Dystans:** 10.2 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas netto 10.2km	Czas brutto 10.2km	Różn	Tempo min/km	Tempo km/h
1	<b>WITKOWSKI Mateusz</b>	<b>375</b>	KL ISKRA BIAŁOGARD	M-18	1	00:00:01	00:13:21	<b>00:34:15.65</b>	<b>00:34:17.15</b>		3:21	17.9 (100%)
2	<b>WASZCZUK Tomasz</b>	<b>357</b>	WASZCZUK TEAM	M-30	1	00:00:01	00:14:17	<b>00:37:25.75</b>	<b>00:37:27.20</b>	+00:03:10 (8.5%)	3:40	16.3 (91.1%)
3	<b>IGNACZAK Piotr</b>	<b>93</b>	KB.10 BIAŁOGARD	M-18	2	00:00:01	00:15:10	<b>00:39:05.10</b>	<b>00:39:06.65</b>	+00:04:49 (12.3%)	3:49	15.7 (87.7%)
4	<b>GARSKI Kryspin</b>	<b>407</b>	ŚWIAT PŁYTEK U KRYSPINA / SEXYRUNNERS	M-40	1	00:00:03	00:15:10	<b>00:39:23.35</b>	<b>00:39:26.95</b>	+00:05:07 (13.0%)	3:51	15.5 (86.6%)
5	<b>FAMULSKI Cezary</b>	<b>54</b>	FORMA ROSNOWO	M-30	2	00:00:02	00:15:34	<b>00:39:31.25</b>	<b>00:39:33.85</b>	+00:05:15 (13.3%)	3:52	15.5 (86.6%)
6	<b>WIDONIAK Rafal</b>	<b>360</b>	BIEGNIJMY.PL	M-40	2	00:00:03	00:15:10	<b>00:39:54.65</b>	<b>00:39:58.15</b>	+00:05:39 (14.2%)	3:54	15.3 (85.5%)
7	<b>KAMIENIECKI Rafał</b>	<b>123</b>	TUPOT-USTKA	M-30	3	00:00:03	00:15:09	<b>00:40:15.30</b>	<b>00:40:19.00</b>	+00:05:59 (14.9%)	3:56	15.2 (84.9%)
8	<b>PLUTA Grzegorz</b>	<b>263</b>	KB HERMES GRYFINO	M-50	1	00:00:01	00:15:48	<b>00:40:31.75</b>	<b>00:40:33.15</b>	+00:06:16 (15.5%)	3:58	15.1 (84.4%)
9	<b>GÓRA Sylwester</b>	<b>73</b>		M-40	3	00:00:02	00:15:47	<b>00:40:32.10</b>	<b>00:40:34.10</b>	+00:06:16 (15.5%)	3:58	15.1 (84.4%)
10	<b>ROKOSZ Radosław</b>	<b>284</b>	JW 1223	M-30	4	00:00:04	00:15:45	<b>00:40:47.35</b>	<b>00:40:51.70</b>	+00:06:31 (16.0%)	3:59	15 (83.8%)
11	<b>USTIANOWSKI Wojciech</b>	<b>351</b>	JW1223	M-18	3	00:00:03	00:15:34	<b>00:41:06.70</b>	<b>00:41:10.30</b>	+00:06:51 (16.7%)	4:01	14.9 (83.2%)
12	<b>SIEMIĄTKOWSKI Robert</b>	<b>292</b>	RUNNERSWALDE DARŁOWO	M-30	5	00:00:02	00:15:36	<b>00:41:13.50</b>	<b>00:41:16.40</b>	+00:06:57 (16.9%)	4:02	14.8 (82.7%)
13	<b>BARTOSIŃSKI Bartłomiej</b>	<b>5</b>	DECATHLON	M-18	4	00:00:02	00:16:04	<b>00:41:39.10</b>	<b>00:41:41.55</b>	+00:07:23 (17.7%)	4:05	14.7 (82.1%)
14	<b>KOŚCIELNIAK Robert</b>	<b>154</b>	TKKF KOSZALIN	M-50	2	00:00:03	00:16:21	<b>00:41:51.80</b>	<b>00:41:55.60</b>	+00:07:36 (18.2%)	4:06	14.6 (81.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
15	<b>KORCZYŃSKI Sławomir</b>	<b>151</b>	DECATHLON KOSZALIN	M-18	5	00:00:09	00:15:56	<b>00:42:05.35</b>	<b>00:42:14.35</b>	+00:07:49 (18.6%)	4:07	14.5 (81.0%)
16	<b>CHUDY Henryk</b>	<b>34</b>	K S OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	1	00:00:02	00:16:00	<b>00:42:07.85</b>	<b>00:42:09.90</b>	+00:07:52 (18.7%)	4:07	14.5 (81.0%)
17	<b>SOBCZYK Łukasz</b>	<b>299</b>	KOŁOBRZEG BIEGA	M-40	4	00:00:02	00:16:05	<b>00:42:08.75</b>	<b>00:42:10.80</b>	+00:07:53 (18.7%)	4:07	14.5 (81.0%)
18	<b>BAJGERT Robert</b>	<b>2</b>	VOLTAIX.PL/KB WYGAN	M-40	5	00:00:12	00:16:12	<b>00:42:10.00</b>	<b>00:42:22.00</b>	+00:07:54 (18.7%)	4:08	14.5 (81.0%)
19	<b>WOJCIECHOWICZ Jacek</b>	<b>416</b>		M-30	6	00:00:05	00:15:45	<b>00:42:36.05</b>	<b>00:42:42.00</b>	+00:08:20 (19.6%)	4:10	14.4 (80.4%)
20	<b>MODRZEJEWSKI Mateusz</b>	<b>222</b>	KOCHAM ASIE !!	M-18	6	00:00:11	00:16:40	<b>00:42:48.15</b>	<b>00:43:00.00</b>	+00:08:32 (20.0%)	4:11	14.3 (79.9%)
21	<b>MOKSA Dariusz</b>	<b>223</b>		M-18	7	00:00:06	00:15:39	<b>00:42:53.40</b>	<b>00:43:00.35</b>	+00:08:37 (20.1%)	4:12	14.3 (79.9%)
22	<b>UZNAŃSKI Ryszard</b>	<b>353</b>		M-40	6	00:00:01	00:16:06	<b>00:42:57.55</b>	<b>00:42:59.25</b>	+00:08:41 (20.2%)	4:12	14.2 (79.3%)
23	<b>LESZCZYŃSKI Marcin</b>	<b>182</b>	WWW.GARROSH.PL	M-40	7	00:00:03	00:16:53	<b>00:43:05.45</b>	<b>00:43:08.95</b>	+00:08:49 (20.5%)	4:13	14.2 (79.3%)
24	<b>KATRYCZ Zbigniew</b>	<b>130</b>		M-50	3	00:00:03	00:16:21	<b>00:43:09.65</b>	<b>00:43:12.65</b>	+00:08:54 (20.6%)	4:13	14.2 (79.3%)
25	<b>KAPUŚCIŃSKI Robert</b>	<b>127</b>	JW 1223 KOSZALIN	M-30	7	00:00:03	00:16:23	<b>00:43:43.30</b>	<b>00:43:46.65</b>	+00:09:27 (21.6%)	4:17	14 (78.2%)
26	<b>HABUŁYK Tomasz</b>	<b>82</b>		M-40	8	00:00:05	00:17:05	<b>00:43:45.90</b>	<b>00:43:51.45</b>	+00:09:30 (21.7%)	4:17	14 (78.2%)
27	<b>DĘGA Ryszard</b>	<b>44</b>	TUPOT-USTKA	M-60	2	00:00:05	00:16:55	<b>00:43:47.65</b>	<b>00:43:52.90</b>	+00:09:32 (21.8%)	4:17	14 (78.2%)
28	<b>CZYŻEWSKI Janusz</b>	<b>37</b>	KOŁOBRZEG BIEGA MARATON TEAM	M-50	4	00:00:06	00:16:45	<b>00:43:49.55</b>	<b>00:43:56.30</b>	+00:09:33 (21.8%)	4:17	14 (78.2%)
29	<b>KOTARA-PAŁKA Małgorzata</b>	<b>155</b>		K-30	1	00:00:03	00:16:48	<b>00:43:51.45</b>	<b>00:43:55.15</b>	+00:09:35 (21.9%)	4:18	14 (78.2%)
30	<b>SZYMCZAK Henryk</b>	<b>340</b>		M-40	9	00:00:07	00:17:36	<b>00:44:00.00</b>	<b>00:44:07.65</b>	+00:09:44 (22.1%)	4:18	13.9 (77.7%)
31	<b>MICKIEWICZ Adam</b>	<b>219</b>	36DROP MRZEŻYNO	M-18	8	00:00:02	00:16:27	<b>00:44:01.25</b>	<b>00:44:03.75</b>	+00:09:45 (22.2%)	4:18	13.9 (77.7%)
32	<b>SKIERKA Grzegorz</b>	<b>296</b>	MKS ŚWIĘC SŁAWNO	M-30	8	00:00:23	00:17:27	<b>00:44:12.50</b>	<b>00:44:35.70</b>	+00:09:56 (22.5%)	4:20	13.8 (77.1%)
33	<b>PŁAŻAŁSKI Przemysław</b>	<b>264</b>	BRAK	M-30	9	00:00:04	00:17:05	<b>00:44:17.15</b>	<b>00:44:21.95</b>	+00:10:01 (22.6%)	4:20	13.8 (77.1%)
34	<b>IWANOWSKI Rafal</b>	<b>96</b>		M-30	10	00:00:04	00:17:05	<b>00:44:17.40</b>	<b>00:44:21.90</b>	+00:10:01 (22.6%)	4:20	13.8 (77.1%)
35	<b>WINKEL Jerzy</b>	<b>371</b>		M-40	10	00:00:04	00:16:23	<b>00:44:19.10</b>	<b>00:44:23.85</b>	+00:10:03 (22.7%)	4:20	13.8 (77.1%)
36	<b>ZIELIŃSKI Mateusz</b>	<b>394</b>	SŁONECZNY PATROL KOSZALIN	M-18	9	00:00:29	00:17:53	<b>00:44:19.90</b>	<b>00:44:49.45</b>	+00:10:04 (22.7%)	4:20	13.8 (77.1%)
37	<b>MROCZKOWSKI Marek</b>	<b>226</b>	ROZBIEGANY KOSZALIN	M-30	11	00:00:23	00:17:27	<b>00:44:21.35</b>	<b>00:44:44.95</b>	+00:10:05 (22.8%)	4:20	13.8 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
38	<b>JAMNIAK Bartosz</b>	<b>103</b>	MTS HAMER MIASTKO	M-18	10	00:00:03	00:16:27	<b>00:44:29.50</b>	<b>00:44:33.30</b>	+00:10:13 (23.0%)	4:21	13.8 (77.1%)
39	<b>MALINOWSKI Mariusz</b>	<b>204</b>		M-30	12	00:00:08	00:16:57	<b>00:44:32.65</b>	<b>00:44:41.60</b>	+00:10:17 (23.1%)	4:22	13.7 (76.5%)
40	<b>SZKOŁUDA Miłosz</b>	<b>328</b>		M-18	11	00:00:08	00:16:39	<b>00:44:34.00</b>	<b>00:44:42.00</b>	+00:10:18 (23.1%)	4:22	13.7 (76.5%)
41	<b>BOGDANOWICZ Krzysztof</b>	<b>11</b>	TKKF KOSZALIN	M-50	5	00:00:04	00:16:56	<b>00:44:38.10</b>	<b>00:44:42.30</b>	+00:10:22 (23.2%)	4:22	13.7 (76.5%)
42	<b>KRUK Marcin</b>	<b>169</b>	XXX	M-30	13	00:00:03	00:16:51	<b>00:44:53.55</b>	<b>00:44:56.75</b>	+00:10:37 (23.7%)	4:24	13.6 (76.0%)
43	<b>GIEŁDA Jędrzej</b>	<b>65</b>	SMASHING PĄPKINS	M-30	14	00:00:11	00:16:58	<b>00:44:54.75</b>	<b>00:45:06.45</b>	+00:10:39 (23.7%)	4:24	13.6 (76.0%)
44	<b>KALWAT Marcin</b>	<b>121</b>	21 BLT	M-18	12	00:00:02	00:16:55	<b>00:45:06.50</b>	<b>00:45:08.50</b>	+00:10:50 (24.0%)	4:25	13.6 (76.0%)
45	<b>ZIÓLKOWSKI Wojciech</b>	<b>399</b>	KB 'GOCH' BYTÓW	M-30	15	00:00:05	00:17:31	<b>00:45:15.15</b>	<b>00:45:20.90</b>	+00:10:59 (24.3%)	4:26	13.5 (75.4%)
46	<b>EMILIT Grzegorz</b>	<b>51</b>		M-30	16	00:00:14	00:17:33	<b>00:45:19.75</b>	<b>00:45:34.05</b>	+00:11:04 (24.4%)	4:26	13.5 (75.4%)
47	<b>JAKUBOWSKI Krystian</b>	<b>405</b>		M-30	17	00:00:14	00:17:57	<b>00:45:24.10</b>	<b>00:45:38.65</b>	+00:11:08 (24.5%)	4:27	13.5 (75.4%)
48	<b>BONISŁAWSKI Jarosław</b>	<b>12</b>	B/K	M-30	18	00:00:33	00:18:45	<b>00:45:34.40</b>	<b>00:46:08.00</b>	+00:11:18 (24.8%)	4:28	13.4 (74.9%)
49	<b>WALASEK Robert</b>	<b>355</b>	BARCZEWSKI TEAM	M-18	13	00:00:05	00:17:32	<b>00:45:42.45</b>	<b>00:45:47.50</b>	+00:11:26 (25.0%)	4:28	13.4 (74.9%)
50	<b>JAKUBOWSKI Karol</b>	<b>102</b>	2BZ	M-18	14	00:00:03	00:17:24	<b>00:45:42.60</b>	<b>00:45:45.65</b>	+00:11:26 (25.0%)	4:28	13.4 (74.9%)
51	<b>GRZYWA Roman</b>	<b>79</b>	18.WOG	M-40	11	00:00:06	00:17:42	<b>00:45:45.95</b>	<b>00:45:52.90</b>	+00:11:30 (25.1%)	4:29	13.4 (74.9%)
52	<b>JANKIEWICZ Tomasz</b>	<b>105</b>	MTS HAMER MIASTKO	M-40	12	00:00:04	00:17:25	<b>00:46:02.75</b>	<b>00:46:07.20</b>	+00:11:47 (25.6%)	4:30	13.3 (74.3%)
53	<b>WINKEL Łukasz</b>	<b>370</b>		M-40	13	00:00:06	00:17:37	<b>00:46:07.70</b>	<b>00:46:14.10</b>	+00:11:52 (25.7%)	4:31	13.3 (74.3%)
54	<b>ZIOMKO Rafał</b>	<b>398</b>		M-40	14	00:00:25	00:18:17	<b>00:46:08.40</b>	<b>00:46:33.75</b>	+00:11:52 (25.7%)	4:31	13.3 (74.3%)
55	<b>LEWICZ Jan</b>	<b>185</b>		M-30	19	00:00:15	00:17:32	<b>00:46:09.20</b>	<b>00:46:24.85</b>	+00:11:53 (25.8%)	4:31	13.3 (74.3%)
55	<b>WIECZOREK Wojciech</b>	<b>361</b>		M-30	20	00:00:13	00:18:29	<b>00:46:09.20</b>	<b>00:46:22.35</b>	+00:11:53 (25.8%)	4:31	13.3 (74.3%)
57	<b>KONIECZNA Anka</b>	<b>148</b>	ROZBIEGANY KOSZALIN	K-40	1	00:00:08	00:18:10	<b>00:46:09.40</b>	<b>00:46:17.60</b>	+00:11:53 (25.8%)	4:31	13.3 (74.3%)
58	<b>OLEJNIK Bartłomiej</b>	<b>242</b>	ŻYTANIA TEAM	M-30	21	00:00:05	00:18:02	<b>00:46:11.10</b>	<b>00:46:16.85</b>	+00:11:55 (25.8%)	4:31	13.3 (74.3%)
59	<b>STRUMIŃSKI Rafał</b>	<b>317</b>	ŻYTANIA TEAM	M-30	22	00:00:05	00:18:01	<b>00:46:16.25</b>	<b>00:46:21.40</b>	+00:12:00 (26.0%)	4:32	13.2 (73.7%)
60	<b>CHOŁUJ Jarosław</b>	<b>32</b>		M-40	15	00:00:10	00:18:28	<b>00:46:18.25</b>	<b>00:46:28.65</b>	+00:12:02 (26.0%)	4:32	13.2 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
61	<b>KUBIŃSKI Rafał</b>	<b>174</b>	ALLIANZ RUNNING TEAM	M-50	6	00:00:09	00:17:33	<b>00:46:21.20</b>	<b>00:46:30.75</b>	+00:12:05 (26.1%)	4:32	13.2 (73.7%)
62	<b>PETA Andrzej</b>	<b>258</b>	MTS HAMER MIASTKO	M-40	16	00:00:05	00:17:45	<b>00:46:22.55</b>	<b>00:46:27.90</b>	+00:12:06 (26.1%)	4:32	13.2 (73.7%)
63	<b>MERDA Katarzyna</b>	<b>213</b>	MTS HAMER	K-30	2	00:00:04	00:17:48	<b>00:46:25.05</b>	<b>00:46:29.20</b>	+00:12:09 (26.2%)	4:33	13.2 (73.7%)
64	<b>WOCH Edward</b>	<b>378</b>		M-50	7	00:00:25	00:18:10	<b>00:46:26.35</b>	<b>00:46:51.40</b>	+00:12:10 (26.2%)	4:33	13.2 (73.7%)
65	<b>MERDA Piotr</b>	<b>212</b>	MTS HAMER	M-30	23	00:00:04	00:17:25	<b>00:46:26.90</b>	<b>00:46:31.65</b>	+00:12:11 (26.2%)	4:33	13.2 (73.7%)
66	<b>CHODOR Martyna</b>	<b>27</b>	TKKF KOSZALIN	K-30	3	00:00:04	00:18:18	<b>00:46:28.00</b>	<b>00:46:32.25</b>	+00:12:12 (26.3%)	4:33	13.2 (73.7%)
67	<b>WIERZBICKI Jakub</b>	<b>365</b>		M-30	24	00:00:17	00:17:33	<b>00:46:29.80</b>	<b>00:46:47.10</b>	+00:12:14 (26.3%)	4:33	13.2 (73.7%)
68	<b>KURLAPSKI Mariusz</b>	<b>178</b>	STR ŚWIDWIN	M-40	17	00:00:06	00:17:48	<b>00:47:07.15</b>	<b>00:47:13.15</b>	+00:12:51 (27.3%)	4:37	13 (72.6%)
69	<b>WÓJCIK Damian</b>	<b>389</b>	RUNNERSWALDE DARŁOWO	M-40	18	00:00:13	00:17:59	<b>00:47:08.55</b>	<b>00:47:22.15</b>	+00:12:52 (27.3%)	4:37	13 (72.6%)
70	<b>KSZCZANOWICZ Jacek</b>	<b>172</b>		M-40	19	00:00:28	00:18:14	<b>00:47:14.80</b>	<b>00:47:43.25</b>	+00:12:59 (27.5%)	4:37	13 (72.6%)
71	<b>JAROSZEWSKI Daniel</b>	<b>411</b>		M-30	25	00:00:01	00:17:48	<b>00:47:15.65</b>	<b>00:47:17.35</b>	+00:13:00 (27.5%)	4:38	12.9 (72.1%)
72	<b>GÓRECKI Mirosław</b>	<b>428</b>	CZARNY KOŃ	M-40	20	00:00:25	00:18:34	<b>00:47:16.15</b>	<b>00:47:41.85</b>	+00:13:00 (27.5%)	4:38	12.9 (72.1%)
73	<b>BIL Adrian</b>	<b>8</b>		M-30	26	00:00:14	00:18:00	<b>00:47:21.40</b>	<b>00:47:35.45</b>	+00:13:05 (27.7%)	4:38	12.9 (72.1%)
74	<b>ROSZCZYŃIAŁSKI Michał</b>	<b>285</b>		M-30	27	00:00:08	00:18:11	<b>00:47:22.20</b>	<b>00:47:30.20</b>	+00:13:06 (27.7%)	4:38	12.9 (72.1%)
75	<b>ZIELIŃSKI Przemysław</b>	<b>396</b>		M-40	21	00:00:19	00:18:23	<b>00:47:25.40</b>	<b>00:47:44.95</b>	+00:13:09 (27.8%)	4:38	12.9 (72.1%)
76	<b>WILKOWSKI Krzysztof</b>	<b>369</b>		M-30	28	00:00:07	00:17:55	<b>00:47:26.50</b>	<b>00:47:34.05</b>	+00:13:10 (27.8%)	4:39	12.9 (72.1%)
77	<b>SZABLA Ewelina</b>	<b>414</b>	MTS HAMER	K-30	4	00:00:07	00:17:55	<b>00:47:26.65</b>	<b>00:47:33.85</b>	+00:13:11 (27.8%)	4:39	12.9 (72.1%)
78	<b>KAMYK Piotr</b>	<b>125</b>	MH KOSZALIN IT SERWIS WWW.MH-INFORMATYKA.PL	M-30	29	00:00:08	00:18:17	<b>00:47:29.25</b>	<b>00:47:37.25</b>	+00:13:13 (27.9%)	4:39	12.9 (72.1%)
79	<b>ZWOLIŃSKI Jan</b>	<b>401</b>	TKKF KOSZALIN	M-40	22	00:00:10	00:18:22	<b>00:47:32.90</b>	<b>00:47:43.55</b>	+00:13:17 (27.9%)	4:39	12.9 (72.1%)
80	<b>SKOWYRSKI Janusz</b>	<b>297</b>	TKKF KOSZALIN/ROWERIA KOSZALIN	M-50	8	00:00:13	00:18:45	<b>00:47:33.75</b>	<b>00:47:47.35</b>	+00:13:18 (28.0%)	4:39	12.9 (72.1%)
81	<b>JAROSZ Dariusz</b>	<b>112</b>	TKKF KOSZALIN	M-40	23	00:00:12	00:18:46	<b>00:47:34.00</b>	<b>00:47:46.70</b>	+00:13:18 (28.0%)	4:39	12.9 (72.1%)
82	<b>LITWINOWICZ Renata</b>	<b>187</b>		K-40	2	00:00:02	00:18:31	<b>00:47:35.65</b>	<b>00:47:38.60</b>	+00:13:20 (28.0%)	4:40	12.9 (72.1%)
83	<b>ŁABEJSZA Łukasz</b>	<b>190</b>	WOJOWNICY WÓDY	M-30	30	00:00:27	00:18:55	<b>00:47:39.50</b>	<b>00:48:07.20</b>	+00:13:23 (28.1%)	4:40	12.8 (71.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	3.94km	10.2km	10.2km			
84	<b>MACHELSKA Sylwia</b>	<b>199</b>	PGB SPORTOWA PACZKA	K-30	5	00:00:06	00:18:28	<b>00:47:42.25</b>	<b>00:47:48.25</b>	+00:13:26 (28.2%)	4:40	12.8 (71.5%)
85	<b>BUTOWICZ Adam</b>	<b>23</b>		M-50	9	00:00:18	00:18:42	<b>00:47:42.85</b>	<b>00:48:01.50</b>	+00:13:27 (28.2%)	4:40	12.8 (71.5%)
86	<b>CHMIELOWIEC Władysław</b>	<b>26</b>		M-50	10	00:00:07	00:18:19	<b>00:47:46.95</b>	<b>00:47:54.05</b>	+00:13:31 (28.3%)	4:41	12.8 (71.5%)
87	<b>NOGA Sebastian</b>	<b>236</b>	TKKF KOSZALIN	M-18	15	00:00:04	00:18:07	<b>00:47:51.05</b>	<b>00:47:55.25</b>	+00:13:35 (28.4%)	4:41	12.8 (71.5%)
88	<b>GÓRA Agnieszka</b>	<b>74</b>		K-30	6	00:00:14	00:18:45	<b>00:47:51.35</b>	<b>00:48:05.50</b>	+00:13:35 (28.4%)	4:41	12.8 (71.5%)
89	<b>GRZYSTEK Marcin</b>	<b>78</b>		M-30	31	00:00:28	00:18:34	<b>00:47:57.10</b>	<b>00:48:26.05</b>	+00:13:41 (28.6%)	4:42	12.8 (71.5%)
90	<b>OGRODNIK Grzegorz</b>	<b>241</b>	JW1223	M-40	24	00:00:05	00:18:26	<b>00:48:01.40</b>	<b>00:48:06.65</b>	+00:13:45 (28.7%)	4:42	12.7 (70.9%)
91	<b>WOJCIECHOWSKI Adrian</b>	<b>381</b>	AMADEUS CROSSTRaining GYM	M-18	16	00:00:18	00:18:29	<b>00:48:04.75</b>	<b>00:48:23.60</b>	+00:13:49 (28.7%)	4:42	12.7 (70.9%)
92	<b>LEWANDOWSKI Marek</b>	<b>184</b>		M-30	32	00:00:27	00:19:10	<b>00:48:04.95</b>	<b>00:48:32.65</b>	+00:13:49 (28.7%)	4:42	12.7 (70.9%)
93	<b>STOJEWSKI Jarosław</b>	<b>314</b>	B/K	M-30	33	00:00:04	00:17:49	<b>00:48:06.25</b>	<b>00:48:11.05</b>	+00:13:50 (28.8%)	4:43	12.7 (70.9%)
94	<b>JABŁOŃSKI Arkadiusz</b>	<b>98</b>		M-40	25	00:00:24	00:18:37	<b>00:48:08.90</b>	<b>00:48:33.25</b>	+00:13:53 (28.8%)	4:43	12.7 (70.9%)
95	<b>MĘDEL Marta</b>	<b>214</b>		K-40	3	00:00:08	00:18:44	<b>00:48:15.40</b>	<b>00:48:23.40</b>	+00:13:59 (29.0%)	4:43	12.7 (70.9%)
96	<b>KRZEWIŃSKA Małgorzata</b>	<b>171</b>	TKKF KOSZALIN	K-50	1	00:00:07	00:18:44	<b>00:48:17.00</b>	<b>00:48:24.90</b>	+00:14:01 (29.0%)	4:44	12.7 (70.9%)
97	<b>ŁUKASIEWICZ Aleksandra</b>	<b>196</b>	DZIKI KOSZALIN	K-30	7	00:00:04	00:18:31	<b>00:48:17.20</b>	<b>00:48:22.00</b>	+00:14:01 (29.0%)	4:44	12.7 (70.9%)
98	<b>RAMA Janusz</b>	<b>277</b>	KOŁOBRZEG	M-40	26	00:00:21	00:19:21	<b>00:48:18.05</b>	<b>00:48:39.95</b>	+00:14:02 (29.1%)	4:44	12.7 (70.9%)
99	<b>FRONTCZAK Izabela</b>	<b>60</b>	TKKF KOSZALIN	K-18	1	00:00:11	00:17:50	<b>00:48:21.70</b>	<b>00:48:32.95</b>	+00:14:06 (29.2%)	4:44	12.7 (70.9%)
100	<b>PUŚCIAN Krzysztof Kamil</b>	<b>273</b>	GIMNAZJUM W MANOWIE	M-40	27	00:00:06	00:18:27	<b>00:48:24.75</b>	<b>00:48:31.55</b>	+00:14:09 (29.2%)	4:44	12.6 (70.4%)
101	<b>KAJKOWSKI Rafał</b>	<b>118</b>	CS SP KOSZALIN	M-40	28	00:00:06	00:18:56	<b>00:48:28.75</b>	<b>00:48:35.15</b>	+00:14:13 (29.3%)	4:45	12.6 (70.4%)
102	<b>WILIŃSKI Marek</b>	<b>368</b>		M-50	11	00:00:06	00:18:46	<b>00:48:33.50</b>	<b>00:48:39.80</b>	+00:14:17 (29.4%)	4:45	12.6 (70.4%)
103	<b>SIWIK Stanisław</b>	<b>295</b>		M-30	34	00:00:11	00:18:32	<b>00:48:33.60</b>	<b>00:48:45.40</b>	+00:14:17 (29.4%)	4:45	12.6 (70.4%)
104	<b>DEMBICKI Daniel</b>	<b>42</b>		M-40	29	00:00:10	00:18:24	<b>00:48:38.05</b>	<b>00:48:48.95</b>	+00:14:22 (29.6%)	4:46	12.6 (70.4%)
104	<b>KAŻMIERCZAK Dawid</b>	<b>133</b>	SAMOCODÓWKA KOSZALIN	M-18	17	00:00:14	00:18:29	<b>00:48:38.05</b>	<b>00:48:52.40</b>	+00:14:22 (29.6%)	4:46	12.6 (70.4%)
106	<b>KRASIŃSKI Witold</b>	<b>165</b>		M-40	30	00:00:11	00:18:37	<b>00:48:42.30</b>	<b>00:48:53.80</b>	+00:14:26 (29.7%)	4:46	12.6 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
107	<b>NACHYŁA Paweł</b>	<b>230</b>	DZIKI KOSZALIN	M-18	18	00:00:06	00:17:51	<b>00:48:42.75</b>	<b>00:48:48.75</b>	+00:14:27 (29.7%)	4:46	12.6 (70.4%)
108	<b>KITŁOWSKI Marcin</b>	<b>137</b>	KLUB	M-30	35	00:00:17	00:18:48	<b>00:48:45.80</b>	<b>00:49:02.95</b>	+00:14:30 (29.7%)	4:46	12.6 (70.4%)
109	<b>JANUSZEWSKI Jacek</b>	<b>109</b>	NIEZRZESZONY	M-50	12	00:00:11	00:18:25	<b>00:48:48.70</b>	<b>00:48:59.95</b>	+00:14:33 (29.8%)	4:47	12.5 (69.8%)
110	<b>ŚWIETLIK Tomasz</b>	<b>344</b>		M-50	13	00:00:26	00:18:54	<b>00:48:49.40</b>	<b>00:49:15.45</b>	+00:14:33 (29.8%)	4:47	12.5 (69.8%)
111	<b>CUBER Wojciech</b>	<b>36</b>		M-30	36	00:00:06	00:18:48	<b>00:48:54.75</b>	<b>00:49:00.85</b>	+00:14:39 (30.0%)	4:47	12.5 (69.8%)
112	<b>WIERZBICKI Sylwester</b>	<b>364</b>	RUNNERSWALDE DARŁOWO	M-30	37	00:00:12	00:19:09	<b>00:48:55.00</b>	<b>00:49:07.10</b>	+00:14:39 (30.0%)	4:47	12.5 (69.8%)
113	<b>MĘDEL Cezary</b>	<b>215</b>		M-40	31	00:00:08	00:18:48	<b>00:48:55.15</b>	<b>00:49:03.85</b>	+00:14:39 (30.0%)	4:47	12.5 (69.8%)
114	<b>CHORAŻY Karolina</b>	<b>33</b>		K-18	2	00:00:31	00:18:49	<b>00:48:59.50</b>	<b>00:49:31.25</b>	+00:14:43 (30.1%)	4:48	12.5 (69.8%)
115	<b>ROGOŻA Ireneusz</b>	<b>283</b>		M-40	32	00:00:06	00:18:27	<b>00:48:59.55</b>	<b>00:49:06.20</b>	+00:14:43 (30.1%)	4:48	12.5 (69.8%)
116	<b>JANICKA Katarzyna</b>	<b>104</b>	BAJADERKI KOSZALIN	K-30	8	00:00:08	00:18:33	<b>00:49:00.55</b>	<b>00:49:08.70</b>	+00:14:44 (30.1%)	4:48	12.5 (69.8%)
117	<b>NAKONIECZNY Rafał</b>	<b>231</b>	BAJADERKI KOSZALIN	M-30	38	00:00:07	00:18:34	<b>00:49:01.15</b>	<b>00:49:08.95</b>	+00:14:45 (30.1%)	4:48	12.5 (69.8%)
118	<b>ŁABAŃSKI Waldemar</b>	<b>189</b>		M-18	19	00:00:20	00:18:27	<b>00:49:01.60</b>	<b>00:49:22.40</b>	+00:14:45 (30.1%)	4:48	12.5 (69.8%)
119	<b>CHWALEBA Jan</b>	<b>35</b>		M-50	14	00:00:34	00:19:14	<b>00:49:09.35</b>	<b>00:49:44.15</b>	+00:14:53 (30.3%)	4:49	12.4 (69.3%)
120	<b>WIELGUS Paweł</b>	<b>362</b>	OKONEK	M-30	39	00:00:03	00:18:51	<b>00:49:09.70</b>	<b>00:49:13.50</b>	+00:14:54 (30.3%)	4:49	12.4 (69.3%)
121	<b>IWANIEC Dariusz</b>	<b>94</b>	OSP SIERAKOWO	M-40	33	00:00:09	00:18:46	<b>00:49:14.55</b>	<b>00:49:24.30</b>	+00:14:58 (30.4%)	4:49	12.4 (69.3%)
122	<b>ZIENTARSKA Joanna</b>	<b>420</b>	ŚWIAT PŁYTEK U KRYPINA	K-40	4	00:00:05	00:18:34	<b>00:49:19.00</b>	<b>00:49:24.50</b>	+00:15:03 (30.5%)	4:50	12.4 (69.3%)
123	<b>SOROKA Piotr</b>	<b>304</b>		M-30	40	00:00:09	00:18:51	<b>00:49:22.70</b>	<b>00:49:32.55</b>	+00:15:07 (30.6%)	4:50	12.4 (69.3%)
124	<b>KAMELSKI Piotr</b>	<b>122</b>	B/K	M-40	34	00:00:08	00:19:20	<b>00:49:23.30</b>	<b>00:49:32.00</b>	+00:15:07 (30.6%)	4:50	12.4 (69.3%)
125	<b>KUKIEŁA Tomasz</b>	<b>175</b>		M-30	41	00:00:28	00:19:44	<b>00:49:26.40</b>	<b>00:49:54.80</b>	+00:15:10 (30.7%)	4:50	12.4 (69.3%)
126	<b>DUDZIAK Piotr</b>	<b>48</b>		M-40	35	00:00:09	00:18:48	<b>00:49:29.85</b>	<b>00:49:39.40</b>	+00:15:14 (30.8%)	4:51	12.4 (69.3%)
127	<b>ŻYWICKI Bartosz</b>	<b>402</b>	DZIKI KOSZALIN	M-30	42	00:00:53	00:18:45	<b>00:49:38.20</b>	<b>00:50:31.60</b>	+00:15:22 (31.0%)	4:51	12.3 (68.7%)
128	<b>NIEMCZUK Dariusz</b>	<b>235</b>		M-50	15	00:00:15	00:20:00	<b>00:49:39.10</b>	<b>00:49:54.90</b>	+00:15:23 (31.0%)	4:52	12.3 (68.7%)
129	<b>KACHLICKI Kamil</b>	<b>116</b>		M-40	36	00:00:07	00:19:08	<b>00:49:47.00</b>	<b>00:49:54.80</b>	+00:15:31 (31.2%)	4:52	12.3 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
130	<b>MRUGALSKI Damian</b>	<b>229</b>		M-30	43	00:00:21	00:20:08	<b>00:49:50.35</b>	<b>00:50:12.05</b>	+00:15:34 (31.3%)	4:53	12.3 (68.7%)
131	<b>ŁOPIŃSKI Piotr</b>	<b>192</b>		M-30	44	00:00:11	00:18:40	<b>00:50:04.15</b>	<b>00:50:15.65</b>	+00:15:48 (31.6%)	4:54	12.2 (68.2%)
132	<b>GOŃKA Krzysztof</b>	<b>71</b>		M-18	20	00:00:02	00:18:20	<b>00:50:05.65</b>	<b>00:50:07.95</b>	+00:15:50 (31.6%)	4:54	12.2 (68.2%)
133	<b>KASPERSKI Mirosław</b>	<b>129</b>	B-RUN-EK KOSZALIN	M-40	37	00:00:07	00:19:17	<b>00:50:06.90</b>	<b>00:50:14.45</b>	+00:15:51 (31.6%)	4:54	12.2 (68.2%)
134	<b>MARKOWSKI Andrzej</b>	<b>207</b>	TKKF KOSZALIN	M-60	3	00:00:03	00:18:53	<b>00:50:09.15</b>	<b>00:50:12.50</b>	+00:15:53 (31.7%)	4:55	12.2 (68.2%)
135	<b>PEŁKA Janusz</b>	<b>256</b>		M-50	16	00:00:04	00:18:46	<b>00:50:15.50</b>	<b>00:50:19.55</b>	+00:15:59 (31.8%)	4:55	12.2 (68.2%)
136	<b>WITKA Piotr</b>	<b>374</b>	KLUB ŁEBA MORS POLAND	M-50	17	00:00:09	00:18:53	<b>00:50:21.50</b>	<b>00:50:30.65</b>	+00:16:05 (32.0%)	4:56	12.2 (68.2%)
137	<b>RAJNER Krzysztof</b>	<b>276</b>		M-30	45	00:00:22	00:20:41	<b>00:50:22.85</b>	<b>00:50:45.20</b>	+00:16:07 (32.0%)	4:56	12.1 (67.6%)
138	<b>KUBALA Mateusz</b>	<b>173</b>		M-18	21	00:00:03	00:18:07	<b>00:50:23.70</b>	<b>00:50:26.75</b>	+00:16:08 (32.0%)	4:56	12.1 (67.6%)
139	<b>DĄBROWSKA Anna</b>	<b>40</b>		K-30	9	00:00:15	00:19:16	<b>00:50:23.90</b>	<b>00:50:39.85</b>	+00:16:08 (32.0%)	4:56	12.1 (67.6%)
140	<b>PSTRĄGOWSKI Marcin</b>	<b>270</b>		M-30	46	00:00:16	00:18:37	<b>00:50:25.45</b>	<b>00:50:41.55</b>	+00:16:09 (32.1%)	4:56	12.1 (67.6%)
141	<b>MAZURKIEWICZ Jolanta</b>	<b>210</b>	KLUB	K-18	3	00:00:10	00:19:46	<b>00:50:25.55</b>	<b>00:50:35.80</b>	+00:16:09 (32.1%)	4:56	12.1 (67.6%)
142	<b>MICHALAK Michał</b>	<b>217</b>	DZIKI KOSZALIN	M-30	47	00:02:35	00:18:03	<b>00:50:29.40</b>	<b>00:53:04.75</b>	+00:16:13 (32.1%)	4:56	12.1 (67.6%)
143	<b>SZPILER Krzysztof</b>	<b>329</b>		M-18	22	00:00:10	00:19:46	<b>00:50:31.70</b>	<b>00:50:42.60</b>	+00:16:16 (32.2%)	4:57	12.1 (67.6%)
144	<b>DZIĘBOWSKI Mariusz</b>	<b>50</b>		M-30	48	00:00:21	00:18:50	<b>00:50:33.55</b>	<b>00:50:55.15</b>	+00:16:17 (32.2%)	4:57	12.1 (67.6%)
145	<b>ŚWIĘTOŃ Rafał</b>	<b>345</b>		M-30	49	00:00:15	00:20:08	<b>00:50:34.45</b>	<b>00:50:50.40</b>	+00:16:18 (32.3%)	4:57	12.1 (67.6%)
146	<b>KANIEWSKI Jacek</b>	<b>126</b>	W.P.K SŁOŃ TEAM USTKA	M-40	38	00:00:20	00:19:07	<b>00:50:40.30</b>	<b>00:51:00.80</b>	+00:16:24 (32.4%)	4:58	12.1 (67.6%)
147	<b>CHOŁUJ Karol</b>	<b>31</b>	ZAWSZE DO PRZODU	M-30	50	00:00:12	00:18:58	<b>00:50:41.80</b>	<b>00:50:54.50</b>	+00:16:26 (32.4%)	4:58	12.1 (67.6%)
148	<b>SUGIER Michał</b>	<b>320</b>	NMC	M-30	51	00:00:16	00:19:32	<b>00:50:47.85</b>	<b>00:51:04.60</b>	+00:16:32 (32.6%)	4:58	12 (67.0%)
149	<b>KOZŁOWIECKI Waldemar</b>	<b>162</b>	TKKF KOSZALIN	M-60	4	00:00:03	00:19:44	<b>00:50:54.75</b>	<b>00:50:57.75</b>	+00:16:39 (32.7%)	4:59	12 (67.0%)
150	<b>LINERT Mariusz</b>	<b>423</b>		M-18	23	00:00:06	00:18:55	<b>00:50:55.90</b>	<b>00:51:02.20</b>	+00:16:40 (32.7%)	4:59	12 (67.0%)
151	<b>KAŻMIERCZAK Tomasz</b>	<b>132</b>	JW 3937	M-30	52	00:00:09	00:20:08	<b>00:50:56.55</b>	<b>00:51:05.90</b>	+00:16:40 (32.7%)	4:59	12 (67.0%)
152	<b>DONIGIEWICZ Leszek</b>	<b>45</b>		M-60	5	00:00:15	00:20:07	<b>00:50:58.15</b>	<b>00:51:13.40</b>	+00:16:42 (32.8%)	4:59	12 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
153	<b>CINCIO Robert</b>	<b>433</b>		M-30	53	00:00:08	00:18:51	<b>00:50:58.75</b>	<b>00:51:07.30</b>	+00:16:43 (32.8%)	4:59	12 (67.0%)
154	<b>GAWIECKI Piotr</b>	<b>63</b>		M-40	39	00:00:02	00:19:07	<b>00:51:00.80</b>	<b>00:51:03.55</b>	+00:16:45 (32.8%)	5:00	12 (67.0%)
155	<b>JÓŹWIAK Mariusz</b>	<b>114</b>		M-30	54	00:00:10	00:19:20	<b>00:51:01.65</b>	<b>00:51:11.80</b>	+00:16:46 (32.9%)	5:00	12 (67.0%)
156	<b>OSOBNIAK Ryszard</b>	<b>247</b>		M-60	6	00:00:19	00:19:50	<b>00:51:02.55</b>	<b>00:51:21.60</b>	+00:16:46 (32.9%)	5:00	12 (67.0%)
157	<b>STANIASZEK Bogusław</b>	<b>306</b>		M-60	7	00:00:14	00:20:44	<b>00:51:05.10</b>	<b>00:51:19.65</b>	+00:16:49 (32.9%)	5:00	12 (67.0%)
158	<b>WOLF Weronika</b>	<b>386</b>		K-40	5	00:00:15	00:19:32	<b>00:51:07.20</b>	<b>00:51:22.50</b>	+00:16:51 (33.0%)	5:00	12 (67.0%)
159	<b>MRUGALSKA Magdalena</b>	<b>227</b>		K-18	4	00:00:20	00:19:21	<b>00:51:10.10</b>	<b>00:51:31.05</b>	+00:16:54 (33.0%)	5:01	12 (67.0%)
160	<b>RATAJCZYK Robert</b>	<b>281</b>		M-18	24	00:00:28	00:19:34	<b>00:51:15.60</b>	<b>00:51:44.25</b>	+00:16:59 (33.2%)	5:01	11.9 (66.5%)
160	<b>DZIESZUK Dariusz</b>	<b>49</b>	TKKF KOSZALIN	M-40	40	00:00:09	00:20:02	<b>00:51:15.60</b>	<b>00:51:25.25</b>	+00:16:59 (33.2%)	5:01	11.9 (66.5%)
162	<b>KĘPKA Mirosław</b>	<b>135</b>	K.B.SPRINT ŚWIDWIN	M-40	41	00:00:17	00:20:03	<b>00:51:16.40</b>	<b>00:51:33.40</b>	+00:17:00 (33.2%)	5:01	11.9 (66.5%)
163	<b>ROGALSKI Roberto</b>	<b>282</b>	ZAWSZE SIĘGAJ WYŻEJ	M-30	55	00:00:12	00:19:34	<b>00:51:19.70</b>	<b>00:51:31.80</b>	+00:17:04 (33.3%)	5:01	11.9 (66.5%)
164	<b>PAKULSKI Marcin</b>	<b>249</b>		M-40	42	00:00:25	00:24:10	<b>00:51:24.30</b>	<b>00:51:50.15</b>	+00:17:08 (33.4%)	5:02	11.9 (66.5%)
165	<b>MIELEWCZYK Leszek</b>	<b>221</b>	LTS LĘBORK	M-60	8	00:00:08	00:19:57	<b>00:51:28.90</b>	<b>00:51:37.35</b>	+00:17:13 (33.5%)	5:02	11.9 (66.5%)
166	<b>RYNKIEWICZ Aldona</b>	<b>288</b>		K-18	5	00:00:02	00:18:59	<b>00:51:28.95</b>	<b>00:51:31.25</b>	+00:17:13 (33.5%)	5:02	11.9 (66.5%)
167	<b>KACZMAREK Łukasz</b>	<b>117</b>	KLUB	M-30	56	00:00:25	00:19:31	<b>00:51:34.35</b>	<b>00:52:00.00</b>	+00:17:18 (33.6%)	5:03	11.9 (66.5%)
168	<b>STAWISZYŃSKI Jarosław</b>	<b>309</b>	FORUM ROZWOJU KOSZALINA	M-30	57	00:00:33	00:20:48	<b>00:51:37.40</b>	<b>00:52:10.80</b>	+00:17:21 (33.6%)	5:03	11.9 (66.5%)
169	<b>SZYMAŃSKI Jarosław</b>	<b>339</b>	TEAM BIEGOWY SZCZECINEK	M-40	43	00:00:17	00:20:29	<b>00:51:57.95</b>	<b>00:52:15.10</b>	+00:17:42 (34.1%)	5:05	11.8 (65.9%)
170	<b>RASZPLA Radosław</b>	<b>280</b>	CIOTECZKI.PL	M-40	44	00:00:07	00:19:23	<b>00:51:58.00</b>	<b>00:52:05.50</b>	+00:17:42 (34.1%)	5:05	11.8 (65.9%)
171	<b>KOZIBRODA Marcin</b>	<b>159</b>	TEAM BIEGOWY SZCZECINEK	M-40	45	00:00:11	00:20:44	<b>00:52:00.80</b>	<b>00:52:12.15</b>	+00:17:45 (34.1%)	5:05	11.8 (65.9%)
172	<b>NOREK Tomek</b>	<b>237</b>		M-40	46	00:00:19	00:19:56	<b>00:52:02.05</b>	<b>00:52:21.50</b>	+00:17:46 (34.2%)	5:06	11.8 (65.9%)
173	<b>SZULC Arkadiusz</b>	<b>426</b>		M-30	58	00:00:11	00:20:24	<b>00:52:06.45</b>	<b>00:52:17.95</b>	+00:17:50 (34.2%)	5:06	11.7 (65.4%)
174	<b>WOJTASIEWICZ Wincenty</b>	<b>424</b>		M-60	9	00:00:09	00:19:10	<b>00:52:08.45</b>	<b>00:52:17.50</b>	+00:17:52 (34.3%)	5:06	11.7 (65.4%)
175	<b>DORAWA Wojtek</b>	<b>46</b>		M-18	25	00:00:17	00:20:37	<b>00:52:14.20</b>	<b>00:52:31.40</b>	+00:17:58 (34.4%)	5:07	11.7 (65.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	3.94km	10.2km	10.2km			
176	<b>ŁANGOWSKA Iwona</b>	<b>191</b>	KOŁOBRZEG BIEGA	K-50	2	00:00:08	00:21:49	<b>00:52:16.35</b>	<b>00:52:24.75</b>	+00:18:00 (34.5%)	5:07	11.7 (65.4%)
177	<b>HAŁAJKO Magdalena</b>	<b>429</b>		K-30	10	00:00:23	00:19:23	<b>00:52:23.95</b>	<b>00:52:47.45</b>	+00:18:08 (34.6%)	5:08	11.7 (65.4%)
178	<b>PETA Renata</b>	<b>257</b>	MTS HAMER MIASTKO	K-30	11	00:00:03	00:20:11	<b>00:52:28.90</b>	<b>00:52:32.20</b>	+00:18:13 (34.7%)	5:08	11.7 (65.4%)
179	<b>LAS Mateusz</b>	<b>425</b>		M-18	26	00:00:30	00:19:25	<b>00:52:30.35</b>	<b>00:53:00.65</b>	+00:18:14 (34.7%)	5:08	11.7 (65.4%)
180	<b>KUŁAKOWSKI Dawid</b>	<b>176</b>	AMADORES	M-30	59	00:00:11	00:19:44	<b>00:52:53.05</b>	<b>00:53:04.90</b>	+00:18:37 (35.2%)	5:11	11.6 (64.8%)
181	<b>WALCZAK Agnieszka</b>	<b>356</b>		K-40	6	00:00:14	00:20:01	<b>00:52:57.85</b>	<b>00:53:12.00</b>	+00:18:42 (35.3%)	5:11	11.6 (64.8%)
182	<b>LENKIEWICZ Marta</b>	<b>180</b>		K-30	12	00:00:10	00:20:07	<b>00:53:02.25</b>	<b>00:53:12.40</b>	+00:18:46 (35.4%)	5:11	11.5 (64.2%)
183	<b>LENKIEWICZ Piotr</b>	<b>181</b>		M-30	60	00:00:10	00:20:06	<b>00:53:02.50</b>	<b>00:53:12.55</b>	+00:18:46 (35.4%)	5:11	11.5 (64.2%)
184	<b>POCZĄTEK Michał</b>	<b>265</b>	NIEZRZESZONY	M-60	10	00:00:05	00:20:29	<b>00:53:03.40</b>	<b>00:53:09.35</b>	+00:18:47 (35.4%)	5:12	11.5 (64.2%)
185	<b>ZAKRZEWSKA Agata</b>	<b>390</b>		K-30	13	00:00:10	00:20:22	<b>00:53:08.00</b>	<b>00:53:18.25</b>	+00:18:52 (35.5%)	5:12	11.5 (64.2%)
186	<b>BROVCHENKO Juri</b>	<b>20</b>	ŚWIAT PŁYTEK U KRYPINA	M-18	27	00:00:05	00:20:12	<b>00:53:08.40</b>	<b>00:53:13.85</b>	+00:18:52 (35.5%)	5:12	11.5 (64.2%)
187	<b>BROVCHENKO Sylwia</b>	<b>19</b>	ŚWIAT PŁYTEK U KRYPINA	K-18	6	00:00:05	00:20:11	<b>00:53:08.65</b>	<b>00:53:13.85</b>	+00:18:53 (35.5%)	5:12	11.5 (64.2%)
188	<b>SZYMAŃSKA Ewa</b>	<b>337</b>	TEAM BIEGOWY SZCZECINEK	K-40	7	00:00:12	00:20:57	<b>00:53:09.00</b>	<b>00:53:21.30</b>	+00:18:53 (35.5%)	5:12	11.5 (64.2%)
189	<b>STEFANIAK Piotr</b>	<b>311</b>	KLUB ŁEBA MORS POLAND	M-50	18	00:00:09	00:21:20	<b>00:53:10.80</b>	<b>00:53:19.85</b>	+00:18:55 (35.6%)	5:12	11.5 (64.2%)
190	<b>SZULC Szymon</b>	<b>332</b>	GRYF LOK \ SZULC RUNNERS TEAM	M-30	61	00:00:22	00:21:26	<b>00:53:13.20</b>	<b>00:53:35.90</b>	+00:18:57 (35.6%)	5:13	11.5 (64.2%)
191	<b>GIEMZA Agnieszka</b>	<b>66</b>		K-30	14	00:00:04	00:19:58	<b>00:53:15.75</b>	<b>00:53:20.50</b>	+00:19:00 (35.7%)	5:13	11.5 (64.2%)
192	<b>HOC Dariusz</b>	<b>86</b>		M-40	47	00:00:10	00:21:59	<b>00:53:48.95</b>	<b>00:53:59.65</b>	+00:19:33 (36.3%)	5:16	11.4 (63.7%)
193	<b>DORAWA Piotr</b>	<b>47</b>		M-18	28	00:00:16	00:20:40	<b>00:53:57.70</b>	<b>00:54:14.60</b>	+00:19:42 (36.5%)	5:17	11.3 (63.1%)
194	<b>KUPREWICZ Grzegorz</b>	<b>415</b>		M-30	62	00:00:08	00:20:05	<b>00:53:57.80</b>	<b>00:54:06.35</b>	+00:19:42 (36.5%)	5:17	11.3 (63.1%)
195	<b>MIĄSEK Ryszard</b>	<b>216</b>		M-30	63	00:00:25	00:20:32	<b>00:54:03.60</b>	<b>00:54:29.25</b>	+00:19:47 (36.6%)	5:18	11.3 (63.1%)
196	<b>SACHARZEWSKA Anna</b>	<b>289</b>		K-30	15	00:00:14	00:20:47	<b>00:54:03.65</b>	<b>00:54:17.65</b>	+00:19:48 (36.6%)	5:17	11.3 (63.1%)
197	<b>TYLUŚ Sylwia</b>	<b>349</b>	TEAM BIEGOWY SZCZECINEK	K-30	16	00:00:12	00:21:03	<b>00:54:10.35</b>	<b>00:54:23.15</b>	+00:19:54 (36.8%)	5:18	11.3 (63.1%)
198	<b>HOC Agnieszka</b>	<b>87</b>		K-30	17	00:00:11	00:21:46	<b>00:54:14.15</b>	<b>00:54:25.70</b>	+00:19:58 (36.8%)	5:19	11.3 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas netto 10.2km	Czas brutto 10.2km	Różn	Tempo min/km	Tempo km/h
199	<b>ŚRODA Wojciech</b>	<b>343</b>		M-40	48	00:00:29	00:21:44	<b>00:54:21.00</b>	<b>00:54:50.55</b>	+00:20:05 (37.0%)	5:19	11.3 (63.1%)
200	<b>PIOR Tomasz</b>	<b>260</b>		M-30	64	00:00:24	00:20:45	<b>00:54:21.55</b>	<b>00:54:46.50</b>	+00:20:05 (37.0%)	5:19	11.3 (63.1%)
201	<b>SZULC Marek</b>	<b>335</b>	RUNNERS TEAM	M-50	19	00:00:23	00:21:25	<b>00:54:24.05</b>	<b>00:54:47.75</b>	+00:20:08 (37.0%)	5:20	11.3 (63.1%)
202	<b>NOWAK-IGNACAK Monika</b>	<b>240</b>		K-40	8	00:00:13	00:21:27	<b>00:54:24.70</b>	<b>00:54:38.20</b>	+00:20:09 (37.0%)	5:20	11.2 (62.6%)
203	<b>DĄBROWSKA Alicja</b>	<b>39</b>	ROZBIEGANY KOSZALIN	K-50	3	00:00:15	00:21:23	<b>00:54:24.85</b>	<b>00:54:40.00</b>	+00:20:09 (37.0%)	5:20	11.2 (62.6%)
204	<b>WOLF Emil</b>	<b>385</b>		M-40	49	00:00:14	00:21:24	<b>00:54:25.50</b>	<b>00:54:39.55</b>	+00:20:09 (37.0%)	5:20	11.2 (62.6%)
205	<b>NAPIERAŁA Bogumił</b>	<b>417</b>		M-50	20	00:00:06	00:20:11	<b>00:54:26.10</b>	<b>00:54:33.05</b>	+00:20:10 (37.1%)	5:20	11.2 (62.6%)
206	<b>SZAFIRSKI Marek</b>	<b>324</b>	CAMINO SŁUPSK	M-50	21	00:00:20	00:21:11	<b>00:54:33.95</b>	<b>00:54:54.00</b>	+00:20:18 (37.2%)	5:20	11.2 (62.6%)
207	<b>NOWACZYK Adrian</b>	<b>239</b>		M-30	65	00:00:18	00:21:17	<b>00:54:36.45</b>	<b>00:54:55.10</b>	+00:20:20 (37.3%)	5:21	11.2 (62.6%)
208	<b>WAWRZYNIUK-NOWACZYK Anna</b>	<b>358</b>		K-30	18	00:00:18	00:21:16	<b>00:54:36.70</b>	<b>00:54:55.10</b>	+00:20:21 (37.3%)	5:21	11.2 (62.6%)
209	<b>HRYCIÓW Paweł</b>	<b>90</b>		M-30	66	00:00:32	00:22:07	<b>00:54:45.50</b>	<b>00:55:18.00</b>	+00:20:29 (37.4%)	5:22	11.2 (62.6%)
210	<b>GROCHOWSKI Rafał</b>	<b>77</b>		M-40	50	00:00:22	00:20:41	<b>00:54:45.65</b>	<b>00:55:08.45</b>	+00:20:30 (37.4%)	5:22	11.2 (62.6%)
211	<b>FAJGIER Tomasz</b>	<b>52</b>		M-40	51	00:00:06	00:21:23	<b>00:54:53.35</b>	<b>00:55:00.00</b>	+00:20:37 (37.6%)	5:22	11.1 (62.0%)
212	<b>ŻYWOT Norbert</b>	<b>403</b>	WT KOŁOBRZEG	M-40	52	00:00:21	00:21:03	<b>00:54:55.25</b>	<b>00:55:16.65</b>	+00:20:39 (37.6%)	5:23	11.1 (62.0%)
213	<b>KOŁAKOWSKI Dariusz</b>	<b>142</b>	K.B.SPRINT ŚWIDWIN	M-40	53	00:00:30	00:21:33	<b>00:54:55.50</b>	<b>00:55:26.45</b>	+00:20:39 (37.6%)	5:23	11.1 (62.0%)
214	<b>KORPAL Cezary</b>	<b>152</b>	ROZBIEGANY KOSZALIN	M-50	22	00:00:20	00:22:53	<b>00:54:56.55</b>	<b>00:55:16.75</b>	+00:20:40 (37.6%)	5:23	11.1 (62.0%)
215	<b>SIENICKI Piotr</b>	<b>293</b>		M-40	54	00:00:12	00:21:13	<b>00:55:04.95</b>	<b>00:55:17.25</b>	+00:20:49 (37.8%)	5:24	11.1 (62.0%)
216	<b>NIEDBAŁA Konrad</b>	<b>233</b>		M-40	55	00:00:26	00:20:51	<b>00:55:13.20</b>	<b>00:55:39.70</b>	+00:20:57 (38.0%)	5:24	11.1 (62.0%)
217	<b>UZNAŃSKA Agata</b>	<b>352</b>		K-50	4	00:00:13	00:21:12	<b>00:55:13.60</b>	<b>00:55:27.05</b>	+00:20:57 (38.0%)	5:24	11.1 (62.0%)
218	<b>KAZIMIERCZAK Leszek</b>	<b>131</b>	CSSP	M-30	67	00:00:26	00:21:14	<b>00:55:14.80</b>	<b>00:55:41.15</b>	+00:20:59 (38.0%)	5:25	11.1 (62.0%)
219	<b>FLEŚMAN Eliza</b>	<b>57</b>		K-18	7	00:00:02	00:19:40	<b>00:55:16.60</b>	<b>00:55:19.55</b>	+00:21:00 (38.0%)	5:25	11.1 (62.0%)
220	<b>ŁUSZCZEWSKI Krzysztof</b>	<b>198</b>	ŻYTANIA TEAM	M-30	68	00:00:19	00:21:22	<b>00:55:19.35</b>	<b>00:55:38.55</b>	+00:21:03 (38.1%)	5:25	11.1 (62.0%)
221	<b>MIELCZAREK Maciej</b>	<b>220</b>		M-40	56	00:00:25	00:22:42	<b>00:55:27.50</b>	<b>00:55:53.35</b>	+00:21:11 (38.2%)	5:26	11 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
222	<b>WOCH Zbigniew</b>	<b>379</b>	NIEZRZESZONY	M-60	11	00:00:03	00:20:52	<b>00:55:29.75</b>	<b>00:55:32.95</b>	+00:21:14 (38.3%)	5:26	11 (61.5%)
223	<b>DĄBROWSKI Grzegorz</b>	<b>41</b>		M-40	57	00:00:13	00:21:15	<b>00:55:30.05</b>	<b>00:55:43.50</b>	+00:21:14 (38.3%)	5:26	11 (61.5%)
224	<b>MALINOWSKA Małgorzata</b>	<b>202</b>	STR-ŚWIDWIN	K-50	5	00:00:05	00:21:29	<b>00:55:34.75</b>	<b>00:55:40.00</b>	+00:21:19 (38.4%)	5:26	11 (61.5%)
225	<b>JABŁOŃSKA Katarzyna</b>	<b>97</b>		K-40	9	00:00:23	00:22:15	<b>00:55:36.45</b>	<b>00:56:00.35</b>	+00:21:20 (38.4%)	5:27	11 (61.5%)
226	<b>RADECKI Jacek</b>	<b>274</b>	JW CS SP	M-40	58	00:00:06	00:21:00	<b>00:55:36.90</b>	<b>00:55:43.80</b>	+00:21:21 (38.4%)	5:27	11 (61.5%)
227	<b>HNATOWSKI Artur</b>	<b>85</b>	DM FC KOSZALIN	M-40	59	00:00:26	00:20:27	<b>00:55:38.90</b>	<b>00:56:05.55</b>	+00:21:23 (38.4%)	5:27	11 (61.5%)
228	<b>SIEPRACKI Adam</b>	<b>294</b>	FORUM ROZWOJU KOSZALINA	M-30	69	00:00:33	00:21:28	<b>00:55:39.05</b>	<b>00:56:12.75</b>	+00:21:23 (38.4%)	5:27	11 (61.5%)
229	<b>ŁUCZEJKO Sławomir</b>	<b>195</b>	TAEM BIEGOWY SZCZECINEK	M-50	23	00:00:15	00:21:24	<b>00:55:41.55</b>	<b>00:55:57.00</b>	+00:21:25 (38.5%)	5:27	11 (61.5%)
230	<b>MAZUREK Barbara</b>	<b>209</b>	BABECZKI KOSZALIN	K-30	19	00:00:19	00:21:18	<b>00:55:42.60</b>	<b>00:56:01.65</b>	+00:21:26 (38.5%)	5:27	11 (61.5%)
231	<b>STOJEWSKA Katarzyna</b>	<b>313</b>	B/K	K-18	8	00:00:06	00:20:46	<b>00:55:43.00</b>	<b>00:55:49.45</b>	+00:21:27 (38.5%)	5:27	11 (61.5%)
232	<b>WOJANOWSKI Zbigniew</b>	<b>380</b>		M-50	24	00:00:04	00:21:20	<b>00:55:45.10</b>	<b>00:55:49.15</b>	+00:21:29 (38.5%)	5:27	11 (61.5%)
233	<b>KOBUS Emilia</b>	<b>140</b>		K-30	20	00:00:33	00:21:13	<b>00:55:48.00</b>	<b>00:56:21.95</b>	+00:21:32 (38.6%)	5:28	11 (61.5%)
234	<b>KOBUS Maciej</b>	<b>139</b>		M-30	70	00:00:33	00:21:13	<b>00:55:48.60</b>	<b>00:56:21.85</b>	+00:21:32 (38.6%)	5:28	11 (61.5%)
235	<b>KURŁOWICZ Krzysztof</b>	<b>427</b>		M-30	71	00:00:18	00:20:41	<b>00:55:58.15</b>	<b>00:56:16.35</b>	+00:21:42 (38.8%)	5:29	10.9 (60.9%)
236	<b>WOCH Małgorzata</b>	<b>377</b>		K-50	6	00:00:24	00:21:58	<b>00:55:59.35</b>	<b>00:56:23.40</b>	+00:21:43 (38.8%)	5:29	10.9 (60.9%)
237	<b>GŁOWACKI Włodzimierz</b>	<b>68</b>	NIEZRZESZONY	M-70+	1	00:00:01	00:20:07	<b>00:56:03.90</b>	<b>00:56:05.00</b>	+00:21:48 (38.9%)	5:29	10.9 (60.9%)
238	<b>GIGOŁO Łukasz</b>	<b>67</b>	SUNDAYBIKERS KARLINO TEAM	M-40	60	00:00:04	00:20:29	<b>00:56:05.25</b>	<b>00:56:10.00</b>	+00:21:49 (38.9%)	5:30	10.9 (60.9%)
239	<b>KOMOROWSKA Beata</b>	<b>146</b>	BEZ KLUBU	K-30	21	00:00:18	00:21:10	<b>00:56:05.85</b>	<b>00:56:24.25</b>	+00:21:50 (38.9%)	5:30	10.9 (60.9%)
240	<b>KAMIŃSKI Tomasz</b>	<b>124</b>	JW1223	M-30	72	00:00:03	00:20:54	<b>00:56:06.35</b>	<b>00:56:09.85</b>	+00:21:50 (38.9%)	5:30	10.9 (60.9%)
241	<b>MALESZA-HOUSIN Joanna</b>	<b>201</b>		K-40	10	00:00:17	00:21:48	<b>00:56:08.35</b>	<b>00:56:26.30</b>	+00:21:52 (39.0%)	5:30	10.9 (60.9%)
242	<b>SZYCA Małgorzata</b>	<b>336</b>		K-18	9	00:00:16	00:21:08	<b>00:56:14.40</b>	<b>00:56:30.80</b>	+00:21:58 (39.1%)	5:30	10.9 (60.9%)
243	<b>KOPREK Łukasz</b>	<b>150</b>	SŁONECZNY PATROL KOSZALIN	M-30	73	00:00:29	00:21:19	<b>00:56:21.20</b>	<b>00:56:50.45</b>	+00:22:05 (39.2%)	5:31	10.9 (60.9%)
244	<b>CHMIELEWSKA Małgorzata</b>	<b>25</b>		K-18	10	00:00:29	00:21:19	<b>00:56:21.55</b>	<b>00:56:50.65</b>	+00:22:05 (39.2%)	5:31	10.9 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
245	MARCZAK Andrzej	206		M-50	25	00:00:10	00:21:50	00:56:22.20	00:56:32.65	+00:22:06 (39.2%)	5:31	10.9 (60.9%)
246	JANKIEWICZ Helena	106	MTS HAMER	K-30	22	00:00:15	00:21:16	00:56:30.45	00:56:45.45	+00:22:14 (39.4%)	5:32	10.8 (60.3%)
247	ŁUKASZYK Andrzej	410		M-40	61	00:00:15	00:21:41	00:56:30.55	00:56:45.60	+00:22:14 (39.4%)	5:32	10.8 (60.3%)
248	GIZIŃSKI Marcin	430		M-30	74	00:00:11	00:21:19	00:56:33.85	00:56:45.70	+00:22:18 (39.4%)	5:32	10.8 (60.3%)
249	POLAŃSKA Katarzyna	266	DZIKI KOSZALIN	K-30	23	00:00:08	00:21:15	00:56:36.95	00:56:45.45	+00:22:21 (39.5%)	5:33	10.8 (60.3%)
250	KOWALCZYK Piotr	156	-	M-30	75	00:00:35	00:21:06	00:56:37.15	00:57:12.80	+00:22:21 (39.5%)	5:33	10.8 (60.3%)
251	WITKA Grażyna	373	KLUB ŁEBA MORS POLAND	K-40	11	00:00:08	00:21:30	00:56:41.70	00:56:50.25	+00:22:26 (39.6%)	5:33	10.8 (60.3%)
252	GUDZIŃSKI Lech	80		M-60	12	00:00:15	00:21:49	00:56:41.75	00:56:57.50	+00:22:26 (39.6%)	5:33	10.8 (60.3%)
253	BAK Zbigniew	6	RUNNERSWALDE	M-30	76	00:00:25	00:21:48	00:56:58.80	00:57:24.15	+00:22:43 (39.9%)	5:35	10.7 (59.8%)
254	OLINSKI Arek	243		M-30	77	00:00:30	00:22:09	00:57:00.00	00:57:30.35	+00:22:44 (39.9%)	5:35	10.7 (59.8%)
255	SKOWRON Adam	434		M-30	78	00:00:28	00:21:33	00:57:02.10	00:57:30.10	+00:22:46 (39.9%)	5:35	10.7 (59.8%)
256	SOBOLEWSKI Marek	302		M-40	62	00:00:14	00:21:15	00:57:03.60	00:57:17.65	+00:22:47 (40.0%)	5:35	10.7 (59.8%)
257	HIROWICZ Agnieszka	408		K-30	24	00:00:09	00:21:36	00:57:05.80	00:57:14.95	+00:22:50 (40.0%)	5:35	10.7 (59.8%)
258	KARNICKI Zygmunt	128	TKKF KOSZALIN	M-60	13	00:00:09	00:21:35	00:57:05.85	00:57:14.90	+00:22:50 (40.0%)	5:35	10.7 (59.8%)
259	ORŁOWSKA Małgorzata	244	DZIKI KOSZALIN	K-30	25	00:00:09	00:21:14	00:57:07.40	00:57:17.05	+00:22:51 (40.0%)	5:36	10.7 (59.8%)
260	MATEJKO Marcin	208	TYCHOWO	M-18	29	00:00:25	00:22:18	00:57:08.70	00:57:34.05	+00:22:53 (40.0%)	5:36	10.7 (59.8%)
261	NAPIERAŁA Marcin	232		M-30	79	00:00:27	00:22:20	00:57:09.75	00:57:37.00	+00:22:54 (40.1%)	5:36	10.7 (59.8%)
262	KOWALCZYK Stanisław	157	NIEZRZESZONY	M-60	14	00:00:12	00:21:46	00:57:16.70	00:57:29.40	+00:23:01 (40.2%)	5:36	10.7 (59.8%)
263	JANKOWSKA Monika	107	FOLLOW ME SZCZECINEK	K-18	11	00:00:16	00:21:56	00:57:17.70	00:57:33.85	+00:23:02 (40.2%)	5:36	10.7 (59.8%)
264	TURCZYN Grzegorz	348	NIGHT RUNNERS SŁUPSK	M-40	63	00:00:24	00:21:47	00:57:21.70	00:57:46.25	+00:23:06 (40.3%)	5:37	10.7 (59.8%)
265	BENEDYSIUK Sławomir	419		M-40	64	00:00:09	00:21:18	00:57:33.40	00:57:43.05	+00:23:17 (40.5%)	5:38	10.6 (59.2%)
266	MĄDRZYK Magdalena	211	KLUB	K-30	26	00:00:07	00:22:30	00:57:53.10	00:58:00.60	+00:23:37 (40.8%)	5:40	10.6 (59.2%)
267	PTASZYŃSKA Katarzyna	271	KOŁOBRZEG BIEGA	K-50	7	00:00:08	00:22:32	00:57:54.50	00:58:02.95	+00:23:38 (40.8%)	5:40	10.6 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
268	<b>CHODOR Izabela</b>	<b>28</b>		K-30	27	00:00:31	00:23:38	<b>00:57:54.80</b>	<b>00:58:26.50</b>	+00:23:39 (40.8%)	5:40	10.6 (59.2%)
269	<b>KOWALENKO Robert</b>	<b>418</b>		M-30	80	00:00:33	00:21:01	<b>00:57:57.10</b>	<b>00:58:30.15</b>	+00:23:41 (40.9%)	5:40	10.6 (59.2%)
269	<b>BORUC Barbara</b>	<b>14</b>		K-40	12	00:00:14	00:22:12	<b>00:57:57.10</b>	<b>00:58:11.95</b>	+00:23:41 (40.9%)	5:40	10.6 (59.2%)
271	<b>BORUC Jacek</b>	<b>15</b>		M-50	26	00:00:14	00:22:12	<b>00:57:57.55</b>	<b>00:58:12.20</b>	+00:23:41 (40.9%)	5:40	10.6 (59.2%)
272	<b>KOZŁOWSKI Tomasz</b>	<b>160</b>		M-30	81	00:00:08	00:19:58	<b>00:58:15.70</b>	<b>00:58:23.70</b>	+00:24:00 (41.2%)	5:42	10.5 (58.7%)
273	<b>WOLAŃSKI Mariusz</b>	<b>384</b>	KLUB	M-50	27	00:00:07	00:22:30	<b>00:58:35.80</b>	<b>00:58:43.65</b>	+00:24:20 (41.5%)	5:44	10.4 (58.1%)
274	<b>PSTRĄGOWSKA Marlena</b>	<b>269</b>		K-30	28	00:00:18	00:22:24	<b>00:58:36.95</b>	<b>00:58:55.00</b>	+00:24:21 (41.6%)	5:44	10.4 (58.1%)
275	<b>ZARZYCKI Dariusz</b>	<b>392</b>		M-30	82	00:00:11	00:18:44	<b>00:58:37.25</b>	<b>00:58:49.05</b>	+00:24:21 (41.6%)	5:44	10.4 (58.1%)
276	<b>ZARZYCKA Izabela</b>	<b>391</b>		K-30	29	00:00:11	00:21:30	<b>00:58:38.15</b>	<b>00:58:49.15</b>	+00:24:22 (41.6%)	5:44	10.4 (58.1%)
277	<b>JĘDRASZCZYK Marek</b>	<b>113</b>	WŁ SŁUPSK	M-40	65	00:00:18	00:21:37	<b>00:58:49.90</b>	<b>00:59:08.00</b>	+00:24:34 (41.8%)	5:46	10.4 (58.1%)
278	<b>ŚLEDŹ Andrzej</b>	<b>342</b>	WŁ SŁUPSK	M-40	66	00:00:17	00:21:39	<b>00:58:50.45</b>	<b>00:59:08.10</b>	+00:24:34 (41.8%)	5:46	10.4 (58.1%)
279	<b>KIPER Jarosław</b>	<b>406</b>	JW 1223	M-40	67	00:00:09	00:22:14	<b>00:58:58.35</b>	<b>00:59:07.70</b>	+00:24:42 (41.9%)	5:46	10.4 (58.1%)
280	<b>WŁAŚNIAK Jowita</b>	<b>376</b>	DZIKI KOSZALIN	K-30	30	00:00:09	00:23:22	<b>00:58:58.95</b>	<b>00:59:08.90</b>	+00:24:43 (41.9%)	5:46	10.4 (58.1%)
281	<b>GZELA Olga</b>	<b>81</b>	BIEGNIJMY.PL	K-30	31	00:00:16	00:22:00	<b>00:58:59.90</b>	<b>00:59:16.70</b>	+00:24:44 (41.9%)	5:47	10.4 (58.1%)
282	<b>IGNACAK Marcin</b>	<b>92</b>		M-30	83	00:00:13	00:21:29	<b>00:59:04.80</b>	<b>00:59:18.60</b>	+00:24:49 (42.0%)	5:47	10.4 (58.1%)
283	<b>SZULC Adam</b>	<b>334</b>	RUNNERS TEAM	M-18	30	00:00:23	00:22:44	<b>00:59:05.25</b>	<b>00:59:29.15</b>	+00:24:49 (42.0%)	5:47	10.4 (58.1%)
284	<b>MUSZYŃSKI Jacek</b>	<b>409</b>	GOCH BYTÓW	M-60	15	00:00:22	00:22:24	<b>00:59:12.80</b>	<b>00:59:34.90</b>	+00:24:57 (42.1%)	5:48	10.3 (57.5%)
285	<b>PAWŁOWSKA Urszula</b>	<b>254</b>		K-30	32	00:00:26	00:22:21	<b>00:59:15.45</b>	<b>00:59:41.95</b>	+00:24:59 (42.2%)	5:48	10.3 (57.5%)
286	<b>GORT Mateusz</b>	<b>431</b>		M-18	31	00:00:27	00:18:47	<b>00:59:22.80</b>	<b>00:59:50.65</b>	+00:25:07 (42.3%)	5:49	10.3 (57.5%)
287	<b>ŁUSZCZEWSKA Agnieszka</b>	<b>197</b>	ŻYTANIA TEAM	K-30	33	00:00:19	00:22:34	<b>00:59:30.45</b>	<b>00:59:49.90</b>	+00:25:14 (42.4%)	5:50	10.3 (57.5%)
288	<b>VON BARDELEBEN Agnieszka</b>	<b>354</b>	BABECZKI KOSZALIN	K-40	13	00:00:19	00:23:07	<b>00:59:35.95</b>	<b>00:59:55.10</b>	+00:25:20 (42.5%)	5:50	10.3 (57.5%)
289	<b>MOŻEJKO Anna</b>	<b>224</b>	BABECZKI.PL	K-30	34	00:00:17	00:23:09	<b>00:59:37.25</b>	<b>00:59:54.85</b>	+00:25:21 (42.5%)	5:50	10.3 (57.5%)
290	<b>HELLER Zdzisław</b>	<b>84</b>	NIEZRZESZONY	M-60	16	00:00:22	00:23:15	<b>00:59:45.10</b>	<b>01:00:07.65</b>	+00:25:29 (42.7%)	5:51	10.2 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
291	<b>HRANKOWSKA Monika</b>	<b>89</b>		K-18	12	00:00:23	00:23:23	<b>00:59:50.70</b>	<b>01:00:13.70</b>	+00:25:35 (42.8%)	5:51	10.2 (57.0%)
292	<b>KOŁODZIEJCZAK Agnieszka</b>	<b>144</b>	PARKRUN SZCZECINEK	K-40	14	00:00:31	00:23:12	<b>00:59:55.90</b>	<b>01:00:27.30</b>	+00:25:40 (42.8%)	5:52	10.2 (57.0%)
293	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>143</b>	PARKRUN SZCZECINEK	M-40	68	00:00:31	00:23:12	<b>00:59:55.95</b>	<b>01:00:27.20</b>	+00:25:40 (42.8%)	5:52	10.2 (57.0%)
294	<b>JAKÓBCZAK Darek</b>	<b>99</b>		M-40	69	00:00:22	00:24:22	<b>01:00:08.70</b>	<b>01:00:30.95</b>	+00:25:53 (43.0%)	5:53	10.2 (57.0%)
295	<b>MAJCHRZAK Paweł</b>	<b>200</b>		M-40	70	00:00:05	00:21:31	<b>01:00:09.45</b>	<b>01:00:14.95</b>	+00:25:53 (43.0%)	5:53	10.2 (57.0%)
296	<b>BŁOŃSKA Agnieszka</b>	<b>9</b>	BABECZKI KOSZALIN	K-40	15	00:00:18	00:23:27	<b>01:00:10.50</b>	<b>01:00:29.30</b>	+00:25:54 (43.1%)	5:54	10.2 (57.0%)
297	<b>JAKUBCZYK Agnieszka</b>	<b>100</b>	BABECZKI KOSZALIN	K-18	13	00:00:18	00:23:27	<b>01:00:13.10</b>	<b>01:00:31.75</b>	+00:25:57 (43.1%)	5:54	10.2 (57.0%)
297	<b>ZWOLAK Basia</b>	<b>400</b>		K-40	16	00:00:22	00:24:22	<b>01:00:13.10</b>	<b>01:00:35.65</b>	+00:25:57 (43.1%)	5:54	10.2 (57.0%)
299	<b>URBAŃSKI Aleksander</b>	<b>350</b>	17WOG KOSZALIN	M-40	71	00:00:29	00:22:59	<b>01:00:13.70</b>	<b>01:00:42.75</b>	+00:25:58 (43.1%)	5:54	10.2 (57.0%)
300	<b>ORYSZCZYN Arkadiusz</b>	<b>245</b>		M-30	84	00:00:09	00:22:33	<b>01:00:15.50</b>	<b>01:00:25.35</b>	+00:25:59 (43.1%)	5:54	10.2 (57.0%)
301	<b>SZUBERT Agnieszka</b>	<b>331</b>		K-30	35	00:00:07	00:22:30	<b>01:00:18.20</b>	<b>01:00:26.15</b>	+00:26:02 (43.2%)	5:54	10.1 (56.4%)
302	<b>GAWLIK Artur</b>	<b>64</b>		M-30	85	00:00:35	00:22:25	<b>01:00:28.50</b>	<b>01:01:03.55</b>	+00:26:12 (43.3%)	5:55	10.1 (56.4%)
303	<b>MARCZAK Małgorzata</b>	<b>205</b>		K-50	8	00:00:26	00:22:10	<b>01:00:36.65</b>	<b>01:01:03.25</b>	+00:26:21 (43.5%)	5:56	10.1 (56.4%)
304	<b>BOGACZ Katarzyna</b>	<b>10</b>	B/K	K-30	36	00:00:06	00:21:38	<b>01:00:37.70</b>	<b>01:00:43.75</b>	+00:26:22 (43.5%)	5:56	10.1 (56.4%)
305	<b>KŁYK Olimpia</b>	<b>138</b>	DZIKI KOSZALIN	K-18	14	00:02:35	00:21:22	<b>01:00:48.40</b>	<b>01:03:23.55</b>	+00:26:32 (43.7%)	5:57	10.1 (56.4%)
306	<b>GAWIECKA Mariola</b>	<b>62</b>		K-40	17	00:00:02	00:23:03	<b>01:01:08.00</b>	<b>01:01:10.35</b>	+00:26:52 (44.0%)	5:59	10 (55.9%)
307	<b>HAMUŁKA Krzysztof</b>	<b>413</b>		M-40	72	00:00:10	00:21:46	<b>01:01:13.35</b>	<b>01:01:24.00</b>	+00:26:57 (44.0%)	6:00	10 (55.9%)
308	<b>GRELA Maciej</b>	<b>76</b>	FOLLOW ME SZCZECINEK	M-18	32	00:00:16	00:22:37	<b>01:01:19.85</b>	<b>01:01:35.95</b>	+00:27:04 (44.1%)	6:00	10 (55.9%)
309	<b>WIERZBICKI Kacper</b>	<b>363</b>	JW 1223	M-18	33	00:00:18	00:22:22	<b>01:01:31.10</b>	<b>01:01:49.75</b>	+00:27:15 (44.3%)	6:01	9.9 (55.3%)
310	<b>CHOŁUJ Joanna</b>	<b>30</b>		K-18	15	00:00:26	00:23:37	<b>01:01:43.85</b>	<b>01:02:10.70</b>	+00:27:28 (44.5%)	6:03	9.9 (55.3%)
311	<b>JANKOWSKI Remigiusz</b>	<b>4</b>		M-30	86	00:00:32	00:24:06	<b>01:02:00.50</b>	<b>01:02:32.50</b>	+00:27:44 (44.7%)	6:04	9.9 (55.3%)
312	<b>STASZEWSKA Aneta</b>	<b>308</b>	BRAK	K-40	18	00:00:31	00:23:12	<b>01:02:03.30</b>	<b>01:02:34.75</b>	+00:27:47 (44.8%)	6:05	9.9 (55.3%)
313	<b>DĘBOWSKA-SZCZYTKOWSKA Izabella</b>	<b>43</b>	K.B.SPRINT ŚWIDWIN	K-40	19	00:00:20	00:24:06	<b>01:02:05.75</b>	<b>01:02:26.40</b>	+00:27:50 (44.8%)	6:05	9.9 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
314	<b>SZCZYTKOWSKI Marek</b>	<b>327</b>	K.B.SPRINT ŚWIDWIN	M-40	73	00:00:20	00:24:06	<b>01:02:05.80</b>	<b>01:02:26.55</b>	+00:27:50 (44.8%)	6:05	9.9 (55.3%)
315	<b>NOWACKA Elżbieta</b>	<b>238</b>		K-40	20	00:00:16	00:23:29	<b>01:02:24.75</b>	<b>01:02:41.45</b>	+00:28:09 (45.1%)	6:07	9.8 (54.7%)
316	<b>SULIGA-KRAKOWIAK Agnieszka</b>	<b>321</b>		K-40	21	00:00:15	00:23:39	<b>01:02:26.30</b>	<b>01:02:41.35</b>	+00:28:10 (45.1%)	6:07	9.8 (54.7%)
317	<b>IWANKIEWICZ Justyna</b>	<b>95</b>		K-30	37	00:00:10	00:23:37	<b>01:02:47.75</b>	<b>01:02:57.75</b>	+00:28:32 (45.4%)	6:09	9.7 (54.2%)
318	<b>KONIECZKA Piotr</b>	<b>147</b>		M-40	74	00:00:30	00:23:44	<b>01:02:49.20</b>	<b>01:03:19.25</b>	+00:28:33 (45.5%)	6:09	9.7 (54.2%)
319	<b>KOWALEWSKI Daniel</b>	<b>158</b>	BAŁTYK-TRANSPORT TEAM	M-30	87	00:00:32	00:23:48	<b>01:03:00.15</b>	<b>01:03:32.15</b>	+00:28:44 (45.6%)	6:10	9.7 (54.2%)
320	<b>TREJDER Maria</b>	<b>347</b>	BAJADERKI KOSZALIN	K-40	22	00:00:31	00:23:50	<b>01:03:01.05</b>	<b>01:03:32.25</b>	+00:28:45 (45.6%)	6:10	9.7 (54.2%)
321	<b>PAULIŃSKI Jan</b>	<b>252</b>		M-60	17	00:00:14	00:24:36	<b>01:03:09.80</b>	<b>01:03:24.25</b>	+00:28:54 (45.8%)	6:11	9.7 (54.2%)
322	<b>NIEMCZUK Anna</b>	<b>234</b>		K-50	9	00:00:14	00:24:36	<b>01:03:09.85</b>	<b>01:03:24.30</b>	+00:28:54 (45.8%)	6:11	9.7 (54.2%)
323	<b>PACZYŃSKA Iwona</b>	<b>248</b>		K-40	23	00:00:26	00:24:09	<b>01:03:13.00</b>	<b>01:03:39.25</b>	+00:28:57 (45.8%)	6:11	9.7 (54.2%)
324	<b>PIOR Mirosław</b>	<b>262</b>	NIEZRZESZONY	M-50	28	00:00:30	00:24:30	<b>01:03:24.70</b>	<b>01:03:55.00</b>	+00:29:09 (46.0%)	6:13	9.7 (54.2%)
325	<b>PIOR Ewa</b>	<b>261</b>	NIEZRZESZONA	K-50	10	00:00:29	00:24:30	<b>01:03:25.20</b>	<b>01:03:55.15</b>	+00:29:09 (46.0%)	6:13	9.6 (53.6%)
326	<b>PAWLIK Mateusz</b>	<b>253</b>		M-18	34	00:00:05	00:23:51	<b>01:03:46.50</b>	<b>01:03:52.15</b>	+00:29:30 (46.3%)	6:15	9.6 (53.6%)
327	<b>SZULC Martyna</b>	<b>333</b>	GRYF LOK BIAŁOGARD / RUNNERS TEAM	K-18	16	00:00:21	00:24:16	<b>01:03:50.55</b>	<b>01:04:12.50</b>	+00:29:34 (46.3%)	6:15	9.6 (53.6%)
328	<b>SZYMAŃSKI Tomasz</b>	<b>338</b>	TEAM BIEGOWY SZCZECINEK	M-40	75	00:00:13	00:21:46	<b>01:03:52.95</b>	<b>01:04:06.25</b>	+00:29:37 (46.4%)	6:15	9.6 (53.6%)
329	<b>FIJAŁKOWSKA Małgorzata</b>	<b>56</b>	TEAM BIEGOWY SZCZECINEK	K-30	38	00:00:12	00:21:47	<b>01:03:53.20</b>	<b>01:04:06.00</b>	+00:29:37 (46.4%)	6:15	9.6 (53.6%)
330	<b>PASEK Paula</b>	<b>250</b>		K-30	39	00:00:02	00:23:10	<b>01:04:16.55</b>	<b>01:04:18.70</b>	+00:30:00 (46.7%)	6:18	9.5 (53.1%)
331	<b>BORSUK Dorota</b>	<b>13</b>		K-40	24	00:00:19	00:24:20	<b>01:04:17.85</b>	<b>01:04:37.80</b>	+00:30:02 (46.7%)	6:18	9.5 (53.1%)
332	<b>DĄBROWSKA Katarzyna</b>	<b>38</b>	ROZBIEGANY KOSZALIN	K-18	17	00:00:15	00:23:10	<b>01:04:27.25</b>	<b>01:04:42.85</b>	+00:30:11 (46.8%)	6:19	9.5 (53.1%)
333	<b>TELEGA Michał</b>	<b>346</b>		M-30	88	00:00:31	00:24:19	<b>01:04:41.90</b>	<b>01:05:13.10</b>	+00:30:26 (47.0%)	6:20	9.5 (53.1%)
334	<b>PEWIŃSKA Justyna</b>	<b>259</b>	JW 1223	K-30	40	00:00:23	00:24:01	<b>01:04:51.85</b>	<b>01:05:15.10</b>	+00:30:36 (47.2%)	6:21	9.4 (52.5%)
335	<b>STEC Edyta</b>	<b>310</b>	BABECZKI.PL	K-30	41	00:00:17	00:24:09	<b>01:04:52.70</b>	<b>01:05:10.30</b>	+00:30:37 (47.2%)	6:21	9.4 (52.5%)
336	<b>SZCZYGIELSKA Aleksandra</b>	<b>326</b>		K-30	42	00:00:12	00:24:06	<b>01:04:59.95</b>	<b>01:05:12.25</b>	+00:30:44 (47.3%)	6:22	9.4 (52.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10.2km	brutto 10.2km			
337	<b>SCHMIDT Dariusz</b>	<b>290</b>		M-50	29	00:00:32	00:24:48	<b>01:05:08.60</b>	<b>01:05:41.10</b>	+00:30:52 (47.4%)	6:23	9.4 (52.5%)
338	<b>WOŹNIAK Dariusz</b>	<b>388</b>	WWW.LIMO300C.COM	M-40	76	00:00:25	00:24:30	<b>01:05:25.85</b>	<b>01:05:50.90</b>	+00:31:10 (47.6%)	6:24	9.4 (52.5%)
339	<b>WOŹNIAK Honorata</b>	<b>387</b>	WWW.LIMO300C.COM	K-40	25	00:00:22	00:24:33	<b>01:05:28.10</b>	<b>01:05:50.90</b>	+00:31:12 (47.7%)	6:25	9.3 (52.0%)
340	<b>GÓRECKA Joanna</b>	<b>404</b>		K-40	26	00:00:25	00:24:40	<b>01:05:32.55</b>	<b>01:05:57.60</b>	+00:31:16 (47.7%)	6:25	9.3 (52.0%)
341	<b>ZIELIŃSKI Jarosław</b>	<b>395</b>		M-30	89	00:00:24	00:23:38	<b>01:05:40.70</b>	<b>01:06:05.55</b>	+00:31:25 (47.8%)	6:26	9.3 (52.0%)
342	<b>LEWANDOWSKA Dominika</b>	<b>183</b>		K-18	18	00:00:24	00:24:12	<b>01:05:41.45</b>	<b>01:06:05.85</b>	+00:31:25 (47.8%)	6:26	9.3 (52.0%)
343	<b>ŁOSIAK Liliana</b>	<b>422</b>		K-30	43	00:00:27	00:24:35	<b>01:05:52.20</b>	<b>01:06:19.90</b>	+00:31:36 (48.0%)	6:27	9.3 (52.0%)
344	<b>SZOSTAŁO Wiktor</b>	<b>421</b>		M-60	18	00:00:27	00:24:35	<b>01:05:52.35</b>	<b>01:06:19.80</b>	+00:31:36 (48.0%)	6:27	9.3 (52.0%)
345	<b>WESOŁY Małgorzata</b>	<b>359</b>		K-18	19	00:00:20	00:24:06	<b>01:05:53.65</b>	<b>01:06:13.70</b>	+00:31:38 (48.0%)	6:27	9.3 (52.0%)
346	<b>KRAWCZUK-KIEŁB Anna</b>	<b>166</b>		K-40	27	00:00:15	00:24:09	<b>01:05:56.25</b>	<b>01:06:12.10</b>	+00:31:40 (48.0%)	6:27	9.3 (52.0%)
347	<b>ŁUBNIEWSKA Natalia</b>	<b>194</b>		K-30	44	00:00:19	00:24:05	<b>01:06:00.90</b>	<b>01:06:20.65</b>	+00:31:45 (48.1%)	6:28	9.3 (52.0%)
347	<b>JUSZCZYK Agnieszka</b>	<b>115</b>		K-30	45	00:00:19	00:24:21	<b>01:06:00.90</b>	<b>01:06:20.85</b>	+00:31:45 (48.1%)	6:28	9.3 (52.0%)
349	<b>WIKTOROWICZ Małgorzata</b>	<b>366</b>	CIOTECZKI.PL	K-40	28	00:00:24	00:24:55	<b>01:06:01.50</b>	<b>01:06:26.45</b>	+00:31:45 (48.1%)	6:28	9.3 (52.0%)
350	<b>MALINOWSKA Agnieszka</b>	<b>203</b>	CIOTECZKI.PL	K-30	46	00:00:24	00:24:55	<b>01:06:02.25</b>	<b>01:06:26.40</b>	+00:31:46 (48.1%)	6:28	9.3 (52.0%)
351	<b>RASZPLA Ilona</b>	<b>279</b>	CIOTECZKI.PL	K-40	29	00:00:24	00:24:55	<b>01:06:02.40</b>	<b>01:06:26.65</b>	+00:31:46 (48.1%)	6:28	9.3 (52.0%)
352	<b>OSIOWY Ewa</b>	<b>432</b>		K-30	47	00:00:26	00:25:45	<b>01:06:25.25</b>	<b>01:06:51.90</b>	+00:32:09 (48.4%)	6:30	9.2 (51.4%)
353	<b>KRAMARZ Aneta</b>	<b>164</b>	ROSSBIEGANI	K-30	48	00:00:21	00:26:02	<b>01:06:25.45</b>	<b>01:06:47.10</b>	+00:32:09 (48.4%)	6:30	9.2 (51.4%)
354	<b>POLAŃSKA Małgorzata</b>	<b>267</b>	KLUB	K-40	30	00:00:19	00:24:29	<b>01:06:44.65</b>	<b>01:07:04.00</b>	+00:32:29 (48.7%)	6:32	9.2 (51.4%)
355	<b>LIPSKI Henryk</b>	<b>186</b>	SZCZECIN	M-60	19	00:00:34	00:24:01	<b>01:06:57.65</b>	<b>01:07:32.45</b>	+00:32:42 (48.8%)	6:33	9.1 (50.8%)
356	<b>RUSIECKI Paweł</b>	<b>287</b>	WSPL SP ZOZ W KOSZALINIE	M-40	77	00:00:27	00:24:27	<b>01:06:59.80</b>	<b>01:07:27.65</b>	+00:32:44 (48.9%)	6:34	9.1 (50.8%)
357	<b>KURCZ Barbara</b>	<b>177</b>	BABECZKI KOSZALIN	K-40	31	00:00:20	00:26:07	<b>01:07:50.00</b>	<b>01:08:10.35</b>	+00:33:34 (49.5%)	6:39	9 (50.3%)
358	<b>SZAFIROWICZ-CHOJNACKA Paulina</b>	<b>323</b>		K-30	49	00:00:12	00:26:31	<b>01:07:54.20</b>	<b>01:08:06.90</b>	+00:33:38 (49.5%)	6:39	9 (50.3%)
359	<b>CHOJNACKI Bartosz</b>	<b>29</b>		M-30	90	00:00:12	00:26:31	<b>01:07:54.50</b>	<b>01:08:07.20</b>	+00:33:38 (49.5%)	6:39	9 (50.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.94km	Czas netto 10.2km	Czas brutto 10.2km	Różn	Tempo min/km	Tempo km/h
360	<b>BAGIŃSKA Agnieszka</b>	<b>1</b>	BAJADERKI KOSZALIN	K-30	50	00:00:30	00:25:39	<b>01:08:50.45</b>	<b>01:09:20.90</b>	+00:34:34 (50.2%)	6:44	8.9 (49.7%)
361	<b>KOZŁOWIECKA Małgorzata</b>	<b>161</b>		K-50	11	00:00:17	00:26:27	<b>01:09:11.65</b>	<b>01:09:28.95</b>	+00:34:56 (50.5%)	6:46	8.8 (49.2%)
362	<b>PASEK Jan</b>	<b>251</b>		M-60	20	00:00:07	00:24:58	<b>01:09:37.20</b>	<b>01:09:44.30</b>	+00:35:21 (50.8%)	6:49	8.8 (49.2%)
363	<b>KORPAL Grażyna</b>	<b>153</b>	ROZBIEGANY KOSZALIN	K-50	12	00:00:32	00:25:21	<b>01:09:48.10</b>	<b>01:10:20.20</b>	+00:35:32 (50.9%)	6:50	8.8 (49.2%)
364	<b>PEŁKA Iwona</b>	<b>255</b>		K-40	32	00:00:27	00:27:35	<b>01:10:10.90</b>	<b>01:10:38.30</b>	+00:35:55 (51.2%)	6:52	8.7 (48.6%)
365	<b>ZIĘTAŁA Danuta</b>	<b>397</b>	KOŁOBRZEG POLSKIE CENTRUM SPA	K-40	33	00:00:31	00:28:00	<b>01:11:14.80</b>	<b>01:11:45.95</b>	+00:36:59 (51.9%)	6:59	8.6 (48.0%)
366	<b>JAKUBOWSKA Anna</b>	<b>101</b>		K-18	20	00:00:21	00:25:51	<b>01:11:19.60</b>	<b>01:11:41.25</b>	+00:37:03 (52.0%)	6:59	8.6 (48.0%)
367	<b>BRZOZOWSKA Dominika</b>	<b>21</b>		K-18	21	00:00:21	00:26:03	<b>01:12:09.45</b>	<b>01:12:30.75</b>	+00:37:53 (52.5%)	7:04	8.5 (47.5%)
368	<b>JARCZAK Katarzyna</b>	<b>110</b>	WOJOWNICZKA WÓDY	K-18	22	00:00:25	00:26:06	<b>01:13:28.60</b>	<b>01:13:54.45</b>	+00:39:12 (53.4%)	7:12	8.3 (46.4%)
369	<b>FORNALAK Rafał</b>	<b>59</b>		M-40	78	00:00:20	00:26:26	<b>01:17:18.15</b>	<b>01:17:38.80</b>	+00:43:02 (55.7%)	7:34	7.9 (44.1%)
370	<b>HAUSMAN Andrzej</b>	<b>83</b>	KSR ROWERIA	M-60	21	00:00:22	00:27:46	<b>01:17:54.60</b>	<b>01:18:17.45</b>	+00:43:38 (56.0%)	7:38	7.9 (44.1%)
371	<b>SOKOŁOWSKA Małgorzata</b>	<b>303</b>		K-18	23	00:00:16	00:23:01	<b>01:20:43.95</b>	<b>01:21:00.65</b>	+00:46:28 (57.6%)	7:54	7.6 (42.5%)
372	<b>STASZEK Mariola</b>	<b>307</b>	NIEZRZESZONA	K-50	13	00:00:23	00:30:48	<b>01:24:40.65</b>	<b>01:25:04.25</b>	+00:50:25 (59.5%)	8:18	7.2 (40.2%)
373	<b>BARTNIK Marian</b>	<b>3</b>	TKKF KOSZALIN	M-70+	2	00:00:00	00:31:11	<b>01:25:03.30</b>	<b>01:25:04.15</b>	+00:50:47 (59.7%)	8:20	7.2 (40.2%)
DQ	<b>BUDZYŃSKA Elżbieta</b>	<b>22</b>	BBL SŁUPSK	K-50		DQ	00:23:36 DQ	<b>2016-02-14</b> <b>DQ</b>	<b>DQ</b>		-	- (0.0%)
DQ	<b>STRUSIŃSKA Anna</b>	<b>318</b>		K-18		DQ	00:25:09 DQ	<b>DQ</b>	<b>DQ</b>		-	- (0.0%)

Znaleziono 375 wynik(ów)