



BIEG ZAKOCHANYCH - 10.2KM

B4SPORT

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury
Date: Fizycznej 2016-02-14
Place: Jamno
Distance: 10.2 km



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
1	WITKOWSKI Mateusz	375	KL ISKRA BIAŁOGARD	M-18	1	00:00:01	00:13:21	00:34:15.65	00:34:17.15		3:21	17.9 (100%)
2	WASZCZUK Tomasz	357	WASZCZUK TEAM	M-30	1	00:00:01	00:14:17	00:37:25.75	00:37:27.20	+00:03:10 (8.5%)	3:40	16.3 (91.1%)
3	IGNACZAK Piotr	93	KB.10 BIAŁOGARD	M-18	2	00:00:01	00:15:10	00:39:05.10	00:39:06.65	+00:04:49 (12.3%)	3:49	15.7 (87.7%)
4	GARSKI Kryspin	407	ŚWIAT PŁYTEK U KRYSPIŃA / SEXYRUNNERS	M-40	1	00:00:03	00:15:10	00:39:23.35	00:39:26.95	+00:05:07 (13.0%)	3:51	15.5 (86.6%)
5	FAMULSKI Cezary	54	FORMA ROSNOWO	M-30	2	00:00:02	00:15:34	00:39:31.25	00:39:33.85	+00:05:15 (13.3%)	3:52	15.5 (86.6%)
6	WIDONIAK Rafał	360	BIEGNIJMY.PL	M-40	2	00:00:03	00:15:10	00:39:54.65	00:39:58.15	+00:05:39 (14.2%)	3:54	15.3 (85.5%)
7	KAMIENIECKI Rafał	123	TUPOT-USTKA	M-30	3	00:00:03	00:15:09	00:40:15.30	00:40:19.00	+00:05:59 (14.9%)	3:56	15.2 (84.9%)
8	PLUTA Grzegorz	263	KB HERMES GRYFINO	M-50	1	00:00:01	00:15:48	00:40:31.75	00:40:33.15	+00:06:16 (15.5%)	3:58	15.1 (84.4%)
9	GÓRA Sylwester	73		M-40	3	00:00:02	00:15:47	00:40:32.10	00:40:34.10	+00:06:16 (15.5%)	3:58	15.1 (84.4%)
10	ROKOSZ Radosław	284	JW 1223	M-30	4	00:00:04	00:15:45	00:40:47.35	00:40:51.70	+00:06:31 (16.0%)	3:59	15 (83.8%)
11	USTIANOWSKI Wojciech	351	JW1223	M-18	3	00:00:03	00:15:34	00:41:06.70	00:41:10.30	+00:06:51 (16.7%)	4:01	14.9 (83.2%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
12	SIEMIĄTKOWSKI Robert	292	RUNNERSWALDE DARŁOWO	M-30	5	00:00:02	00:15:36	00:41:13.50	00:41:16.40	+00:06:57 (16.9%)	4:02	14.8 (82.7%)
13	BARTOSIŃSKI Bartłomiej	5	DECATHLON	M-18	4	00:00:02	00:16:04	00:41:39.10	00:41:41.55	+00:07:23 (17.7%)	4:05	14.7 (82.1%)
14	KOŚCIELNIAK Robert	154	TKKF KOSZALIN	M-50	2	00:00:03	00:16:21	00:41:51.80	00:41:55.60	+00:07:36 (18.2%)	4:06	14.6 (81.6%)
15	KORCZYŃSKI Sławomir	151	DECATHLON KOSZALIN	M-18	5	00:00:09	00:15:56	00:42:05.35	00:42:14.35	+00:07:49 (18.6%)	4:07	14.5 (81.0%)
16	CHUDY Henryk	34	K S OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	1	00:00:02	00:16:00	00:42:07.85	00:42:09.90	+00:07:52 (18.7%)	4:07	14.5 (81.0%)
17	SOBCZYK Łukasz	299	KOŁOBRZEG BIEGA	M-40	4	00:00:02	00:16:05	00:42:08.75	00:42:10.80	+00:07:53 (18.7%)	4:07	14.5 (81.0%)
18	BAJGERT Robert	2	VOLTAIX.PL/KB WYGAN	M-40	5	00:00:12	00:16:12	00:42:10.00	00:42:22.00	+00:07:54 (18.7%)	4:08	14.5 (81.0%)
19	WOJCIECHOWICZ Jacek	416		M-30	6	00:00:05	00:15:45	00:42:36.05	00:42:42.00	+00:08:20 (19.6%)	4:10	14.4 (80.4%)
20	MODRZEJEWSKI Mateusz	222	KOCHAM ASIE !!	M-18	6	00:00:11	00:16:40	00:42:48.15	00:43:00.00	+00:08:32 (20.0%)	4:11	14.3 (79.9%)
21	MOKSA Dariusz	223		M-18	7	00:00:06	00:15:39	00:42:53.40	00:43:00.35	+00:08:37 (20.1%)	4:12	14.3 (79.9%)
22	UZNAŃSKI Ryszard	353		M-40	6	00:00:01	00:16:06	00:42:57.55	00:42:59.25	+00:08:41 (20.2%)	4:12	14.2 (79.3%)
23	LESZCZYŃSKI Marcin	182	WWW.GARROSH.PL	M-40	7	00:00:03	00:16:53	00:43:05.45	00:43:08.95	+00:08:49 (20.5%)	4:13	14.2 (79.3%)
24	KATRYCZ Zbigniew	130		M-50	3	00:00:03	00:16:21	00:43:09.65	00:43:12.65	+00:08:54 (20.6%)	4:13	14.2 (79.3%)
25	KAPUŚCIŃSKI Robert	127	JW 1223 KOSZALIN	M-30	7	00:00:03	00:16:23	00:43:43.30	00:43:46.65	+00:09:27 (21.6%)	4:17	14 (78.2%)
26	HABUŁYK Tomasz	82		M-40	8	00:00:05	00:17:05	00:43:45.90	00:43:51.45	+00:09:30 (21.7%)	4:17	14 (78.2%)
27	DĘGA Ryszard	44	TUPOT-USTKA	M-60	2	00:00:05	00:16:55	00:43:47.65	00:43:52.90	+00:09:32 (21.8%)	4:17	14 (78.2%)
28	CZYŻEWSKI Janusz	37	KOŁOBRZEG BIEGA MARATON TEAM	M-50	4	00:00:06	00:16:45	00:43:49.55	00:43:56.30	+00:09:33 (21.8%)	4:17	14 (78.2%)
29	SZYMCZAK Henryk	340		M-40	9	00:00:07	00:17:36	00:44:00.00	00:44:07.65	+00:09:44 (22.1%)	4:18	13.9 (77.7%)
30	MICKIEWICZ Adam	219	36DROP MRZEŻYNO	M-18	8	00:00:02	00:16:27	00:44:01.25	00:44:03.75	+00:09:45 (22.2%)	4:18	13.9 (77.7%)
31	SKIERKA Grzegorz	296	MKS ŚWIĘC SŁAWNO	M-30	8	00:00:23	00:17:27	00:44:12.50	00:44:35.70	+00:09:56 (22.5%)	4:20	13.8 (77.1%)
32	PŁAŻALSKI Przemysław	264	BRAK	M-30	9	00:00:04	00:17:05	00:44:17.15	00:44:21.95	+00:10:01 (22.6%)	4:20	13.8 (77.1%)
33	IWANOWSKI Rafal	96		M-30	10	00:00:04	00:17:05	00:44:17.40	00:44:21.90	+00:10:01 (22.6%)	4:20	13.8 (77.1%)
34	WINKEL Jerzy	371		M-40	10	00:00:04	00:16:23	00:44:19.10	00:44:23.85	+00:10:03 (22.7%)	4:20	13.8 (77.1%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
35	ZIELIŃSKI Mateusz	394	SŁONECZNY PATROL KOSZALIN	M-18	9	00:00:29	00:17:53	00:44:19.90	00:44:49.45	+00:10:04 (22.7%)	4:20	13.8 (77.1%)
36	MROCKOWSKI Marek	226	ROZBIEGANY KOSZALIN	M-30	11	00:00:23	00:17:27	00:44:21.35	00:44:44.95	+00:10:05 (22.8%)	4:20	13.8 (77.1%)
37	JAMNIAK Bartosz	103	MTS HAMER MIASTKO	M-18	10	00:00:03	00:16:27	00:44:29.50	00:44:33.30	+00:10:13 (23.0%)	4:21	13.8 (77.1%)
38	MALINOWSKI Mariusz	204		M-30	12	00:00:08	00:16:57	00:44:32.65	00:44:41.60	+00:10:17 (23.1%)	4:22	13.7 (76.5%)
39	SZKOŁUDA Miłosz	328		M-18	11	00:00:08	00:16:39	00:44:34.00	00:44:42.00	+00:10:18 (23.1%)	4:22	13.7 (76.5%)
40	BOGDANOWICZ Krzysztof	11	TKKF KOSZALIN	M-50	5	00:00:04	00:16:56	00:44:38.10	00:44:42.30	+00:10:22 (23.2%)	4:22	13.7 (76.5%)
41	KRUK Marcin	169	XXX	M-30	13	00:00:03	00:16:51	00:44:53.55	00:44:56.75	+00:10:37 (23.7%)	4:24	13.6 (76.0%)
42	GIEŁDA Jędrzej	65	SMASHING PĄPKINS	M-30	14	00:00:11	00:16:58	00:44:54.75	00:45:06.45	+00:10:39 (23.7%)	4:24	13.6 (76.0%)
43	KALWAT Marcin	121	21 BLT	M-18	12	00:00:02	00:16:55	00:45:06.50	00:45:08.50	+00:10:50 (24.0%)	4:25	13.6 (76.0%)
44	ZIÓŁKOWSKI Wojciech	399	KB 'GOCH' BYTÓW	M-30	15	00:00:05	00:17:31	00:45:15.15	00:45:20.90	+00:10:59 (24.3%)	4:26	13.5 (75.4%)
45	EMILIT Grzegorz	51		M-30	16	00:00:14	00:17:33	00:45:19.75	00:45:34.05	+00:11:04 (24.4%)	4:26	13.5 (75.4%)
46	JAKUBOWSKI Krystian	405		M-30	17	00:00:14	00:17:57	00:45:24.10	00:45:38.65	+00:11:08 (24.5%)	4:27	13.5 (75.4%)
47	BONISŁAWSKI Jarosław	12	B/K	M-30	18	00:00:33	00:18:45	00:45:34.40	00:46:08.00	+00:11:18 (24.8%)	4:28	13.4 (74.9%)
48	WALASEK Robert	355	BARCZEWSKI TEAM	M-18	13	00:00:05	00:17:32	00:45:42.45	00:45:47.50	+00:11:26 (25.0%)	4:28	13.4 (74.9%)
49	JAKUBOWSKI Karol	102	2BZ	M-18	14	00:00:03	00:17:24	00:45:42.60	00:45:45.65	+00:11:26 (25.0%)	4:28	13.4 (74.9%)
50	GRZYWA Roman	79	18.WOG	M-40	11	00:00:06	00:17:42	00:45:45.95	00:45:52.90	+00:11:30 (25.1%)	4:29	13.4 (74.9%)
51	JANKIEWICZ Tomasz	105	MTS HAMER MIASTKO	M-40	12	00:00:04	00:17:25	00:46:02.75	00:46:07.20	+00:11:47 (25.6%)	4:30	13.3 (74.3%)
52	WINKEL Łukasz	370		M-40	13	00:00:06	00:17:37	00:46:07.70	00:46:14.10	+00:11:52 (25.7%)	4:31	13.3 (74.3%)
53	ZIOMKO Rafał	398		M-40	14	00:00:25	00:18:17	00:46:08.40	00:46:33.75	+00:11:52 (25.7%)	4:31	13.3 (74.3%)
54	LEWICZ Jan	185		M-30	19	00:00:15	00:17:32	00:46:09.20	00:46:24.85	+00:11:53 (25.8%)	4:31	13.3 (74.3%)
54	WIECZOREK Wojciech	361		M-30	20	00:00:13	00:18:29	00:46:09.20	00:46:22.35	+00:11:53 (25.8%)	4:31	13.3 (74.3%)
56	OLEJNIK Bartłomiej	242	ŻYTANIA TEAM	M-30	21	00:00:05	00:18:02	00:46:11.10	00:46:16.85	+00:11:55 (25.8%)	4:31	13.3 (74.3%)
57	STRUMIŃSKI Rafał	317	ŻYTANIA TEAM	M-30	22	00:00:05	00:18:01	00:46:16.25	00:46:21.40	+00:12:00 (26.0%)	4:32	13.2 (73.7%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
58	CHOŁUJ Jarosław	32		M-40	15	00:00:10	00:18:28	00:46:18.25	00:46:28.65	+00:12:02 (26.0%)	4:32	13.2 (73.7%)
59	KUBIŃSKI Rafał	174	ALLIANZ RUNNING TEAM	M-50	6	00:00:09	00:17:33	00:46:21.20	00:46:30.75	+00:12:05 (26.1%)	4:32	13.2 (73.7%)
60	PETA Andrzej	258	MTS HAMER MIASTKO	M-40	16	00:00:05	00:17:45	00:46:22.55	00:46:27.90	+00:12:06 (26.1%)	4:32	13.2 (73.7%)
61	WOCH Edward	378		M-50	7	00:00:25	00:18:10	00:46:26.35	00:46:51.40	+00:12:10 (26.2%)	4:33	13.2 (73.7%)
62	MERDA Piotr	212	MTS HAMER	M-30	23	00:00:04	00:17:25	00:46:26.90	00:46:31.65	+00:12:11 (26.2%)	4:33	13.2 (73.7%)
63	WIERZBICKI Jakub	365		M-30	24	00:00:17	00:17:33	00:46:29.80	00:46:47.10	+00:12:14 (26.3%)	4:33	13.2 (73.7%)
64	KURLAPSKI Mariusz	178	STR ŚWIDWIN	M-40	17	00:00:06	00:17:48	00:47:07.15	00:47:13.15	+00:12:51 (27.3%)	4:37	13 (72.6%)
65	WÓJCIK Damian	389	RUNNERSWALDE DARŁOWO	M-40	18	00:00:13	00:17:59	00:47:08.55	00:47:22.15	+00:12:52 (27.3%)	4:37	13 (72.6%)
66	KSZCZANOWICZ Jacek	172		M-40	19	00:00:28	00:18:14	00:47:14.80	00:47:43.25	+00:12:59 (27.5%)	4:37	13 (72.6%)
67	JAROSZEWSKI Daniel	411		M-30	25	00:00:01	00:17:48	00:47:15.65	00:47:17.35	+00:13:00 (27.5%)	4:38	12.9 (72.1%)
68	GÓRECKI Mirosław	428	CZARNY KOŃ	M-40	20	00:00:25	00:18:34	00:47:16.15	00:47:41.85	+00:13:00 (27.5%)	4:38	12.9 (72.1%)
69	BIL Adrian	8		M-30	26	00:00:14	00:18:00	00:47:21.40	00:47:35.45	+00:13:05 (27.7%)	4:38	12.9 (72.1%)
70	ROSZCZYŃIAŁSKI Michał	285		M-30	27	00:00:08	00:18:11	00:47:22.20	00:47:30.20	+00:13:06 (27.7%)	4:38	12.9 (72.1%)
71	ZIELIŃSKI Przemysław	396		M-40	21	00:00:19	00:18:23	00:47:25.40	00:47:44.95	+00:13:09 (27.8%)	4:38	12.9 (72.1%)
72	WILKOWSKI Krzysztof	369		M-30	28	00:00:07	00:17:55	00:47:26.50	00:47:34.05	+00:13:10 (27.8%)	4:39	12.9 (72.1%)
73	KAMYK Piotr	125	MH KOSZALIN IT SERWIS WWW.MH-INFORMATYKA.PL	M-30	29	00:00:08	00:18:17	00:47:29.25	00:47:37.25	+00:13:13 (27.9%)	4:39	12.9 (72.1%)
74	ZWOLIŃSKI Jan	401	TKKF KOSZALIN	M-40	22	00:00:10	00:18:22	00:47:32.90	00:47:43.55	+00:13:17 (27.9%)	4:39	12.9 (72.1%)
75	SKOWYRSKI Janusz	297	TKKF KOSZALIN/ROWERIA KOSZALIN	M-50	8	00:00:13	00:18:45	00:47:33.75	00:47:47.35	+00:13:18 (28.0%)	4:39	12.9 (72.1%)
76	JAROSZ Dariusz	112	TKKF KOSZALIN	M-40	23	00:00:12	00:18:46	00:47:34.00	00:47:46.70	+00:13:18 (28.0%)	4:39	12.9 (72.1%)
77	ŁABEJSZA Łukasz	190	WOJOWNICY WÓDY	M-30	30	00:00:27	00:18:55	00:47:39.50	00:48:07.20	+00:13:23 (28.1%)	4:40	12.8 (71.5%)
78	BUTOWICZ Adam	23		M-50	9	00:00:18	00:18:42	00:47:42.85	00:48:01.50	+00:13:27 (28.2%)	4:40	12.8 (71.5%)
79	CHMIELOWIEC Władysław	26		M-50	10	00:00:07	00:18:19	00:47:46.95	00:47:54.05	+00:13:31 (28.3%)	4:41	12.8 (71.5%)
80	NOGA Sebastian	236	TKKF KOSZALIN	M-18	15	00:00:04	00:18:07	00:47:51.05	00:47:55.25	+00:13:35 (28.4%)	4:41	12.8 (71.5%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net	Czas	Gap	Pace min/km	Pace km/h
								time 10.2km	brutto 10.2km			
81	GRZYTEK Marcin	78		M-30	31	00:00:28	00:18:34	00:47:57.10	00:48:26.05	+00:13:41 (28.6%)	4:42	12.8 (71.5%)
82	OGRODNIK Grzegorz	241	JW1223	M-40	24	00:00:05	00:18:26	00:48:01.40	00:48:06.65	+00:13:45 (28.7%)	4:42	12.7 (70.9%)
83	WOJCIECHOWSKI Adrian	381	AMADEUS CROSSTRaining GYM	M-18	16	00:00:18	00:18:29	00:48:04.75	00:48:23.60	+00:13:49 (28.7%)	4:42	12.7 (70.9%)
84	LEWANDOWSKI Marek	184		M-30	32	00:00:27	00:19:10	00:48:04.95	00:48:32.65	+00:13:49 (28.7%)	4:42	12.7 (70.9%)
85	STOJEWSKI Jarosław	314	B/K	M-30	33	00:00:04	00:17:49	00:48:06.25	00:48:11.05	+00:13:50 (28.8%)	4:43	12.7 (70.9%)
86	JABŁOŃSKI Arkadiusz	98		M-40	25	00:00:24	00:18:37	00:48:08.90	00:48:33.25	+00:13:53 (28.8%)	4:43	12.7 (70.9%)
87	RAMA Janusz	277	KOŁOBRZEG	M-40	26	00:00:21	00:19:21	00:48:18.05	00:48:39.95	+00:14:02 (29.1%)	4:44	12.7 (70.9%)
88	PUŚCIAN Krzysztof Kamil	273	GIMNAZJUM W MANOWIE	M-40	27	00:00:06	00:18:27	00:48:24.75	00:48:31.55	+00:14:09 (29.2%)	4:44	12.6 (70.4%)
89	KAJKOWSKI Rafał	118	CS SP KOSZALIN	M-40	28	00:00:06	00:18:56	00:48:28.75	00:48:35.15	+00:14:13 (29.3%)	4:45	12.6 (70.4%)
90	WILIŃSKI Marek	368		M-50	11	00:00:06	00:18:46	00:48:33.50	00:48:39.80	+00:14:17 (29.4%)	4:45	12.6 (70.4%)
91	SIWIK Stanisław	295		M-30	34	00:00:11	00:18:32	00:48:33.60	00:48:45.40	+00:14:17 (29.4%)	4:45	12.6 (70.4%)
92	DEMBICKI Daniel	42		M-40	29	00:00:10	00:18:24	00:48:38.05	00:48:48.95	+00:14:22 (29.6%)	4:46	12.6 (70.4%)
92	KAŻMIERCZAK Dawid	133	SAMOCODÓWKA KOSZALIN	M-18	17	00:00:14	00:18:29	00:48:38.05	00:48:52.40	+00:14:22 (29.6%)	4:46	12.6 (70.4%)
94	KRASIŃSKI Witold	165		M-40	30	00:00:11	00:18:37	00:48:42.30	00:48:53.80	+00:14:26 (29.7%)	4:46	12.6 (70.4%)
95	NACHYŁA Paweł	230	DZIKI KOSZALIN	M-18	18	00:00:06	00:17:51	00:48:42.75	00:48:48.75	+00:14:27 (29.7%)	4:46	12.6 (70.4%)
96	KITŁOWSKI Marcin	137	KLUB	M-30	35	00:00:17	00:18:48	00:48:45.80	00:49:02.95	+00:14:30 (29.7%)	4:46	12.6 (70.4%)
97	JANUSZEWSKI Jacek	109	NIEZRZESZONY	M-50	12	00:00:11	00:18:25	00:48:48.70	00:48:59.95	+00:14:33 (29.8%)	4:47	12.5 (69.8%)
98	ŚWIETLIK Tomasz	344		M-50	13	00:00:26	00:18:54	00:48:49.40	00:49:15.45	+00:14:33 (29.8%)	4:47	12.5 (69.8%)
99	CUBER Wojciech	36		M-30	36	00:00:06	00:18:48	00:48:54.75	00:49:00.85	+00:14:39 (30.0%)	4:47	12.5 (69.8%)
100	WIERZBICKI Sylwester	364	RUNNERSWALDE DARŁOWO	M-30	37	00:00:12	00:19:09	00:48:55.00	00:49:07.10	+00:14:39 (30.0%)	4:47	12.5 (69.8%)
101	MĘDEL Cezary	215		M-40	31	00:00:08	00:18:48	00:48:55.15	00:49:03.85	+00:14:39 (30.0%)	4:47	12.5 (69.8%)
102	ROGOŻA Ireneusz	283		M-40	32	00:00:06	00:18:27	00:48:59.55	00:49:06.20	+00:14:43 (30.1%)	4:48	12.5 (69.8%)
103	NAKONIECZNY Rafał	231	BAJADERKI KOSZALIN	M-30	38	00:00:07	00:18:34	00:49:01.15	00:49:08.95	+00:14:45 (30.1%)	4:48	12.5 (69.8%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
104	ŁABAŃSKI Waldemar	189		M-18	19	00:00:20	00:18:27	00:49:01.60	00:49:22.40	+00:14:45 (30.1%)	4:48	12.5 (69.8%)
105	CHWALEBA Jan	35		M-50	14	00:00:34	00:19:14	00:49:09.35	00:49:44.15	+00:14:53 (30.3%)	4:49	12.4 (69.3%)
106	WIELGUS Paweł	362	OKONEK	M-30	39	00:00:03	00:18:51	00:49:09.70	00:49:13.50	+00:14:54 (30.3%)	4:49	12.4 (69.3%)
107	IWANIEC Dariusz	94	OSP SIERAKOWO	M-40	33	00:00:09	00:18:46	00:49:14.55	00:49:24.30	+00:14:58 (30.4%)	4:49	12.4 (69.3%)
108	SOROKA Piotr	304		M-30	40	00:00:09	00:18:51	00:49:22.70	00:49:32.55	+00:15:07 (30.6%)	4:50	12.4 (69.3%)
109	KAMELSKI Piotr	122	B/K	M-40	34	00:00:08	00:19:20	00:49:23.30	00:49:32.00	+00:15:07 (30.6%)	4:50	12.4 (69.3%)
110	KUKIEŁA Tomasz	175		M-30	41	00:00:28	00:19:44	00:49:26.40	00:49:54.80	+00:15:10 (30.7%)	4:50	12.4 (69.3%)
111	DUDZIAK Piotr	48		M-40	35	00:00:09	00:18:48	00:49:29.85	00:49:39.40	+00:15:14 (30.8%)	4:51	12.4 (69.3%)
112	ŻYWICKI Bartosz	402	DZIKI KOSZALIN	M-30	42	00:00:53	00:18:45	00:49:38.20	00:50:31.60	+00:15:22 (31.0%)	4:51	12.3 (68.7%)
113	NIEMCZUK Dariusz	235		M-50	15	00:00:15	00:20:00	00:49:39.10	00:49:54.90	+00:15:23 (31.0%)	4:52	12.3 (68.7%)
114	KACHLICKI Kamil	116		M-40	36	00:00:07	00:19:08	00:49:47.00	00:49:54.80	+00:15:31 (31.2%)	4:52	12.3 (68.7%)
115	MRUGALSKI Damian	229		M-30	43	00:00:21	00:20:08	00:49:50.35	00:50:12.05	+00:15:34 (31.3%)	4:53	12.3 (68.7%)
116	ŁOPIŃSKI Piotr	192		M-30	44	00:00:11	00:18:40	00:50:04.15	00:50:15.65	+00:15:48 (31.6%)	4:54	12.2 (68.2%)
117	GOŃKA Krzysztof	71		M-18	20	00:00:02	00:18:20	00:50:05.65	00:50:07.95	+00:15:50 (31.6%)	4:54	12.2 (68.2%)
118	KASPERSKI Mirosław	129	B-RUN-EK KOSZALIN	M-40	37	00:00:07	00:19:17	00:50:06.90	00:50:14.45	+00:15:51 (31.6%)	4:54	12.2 (68.2%)
119	MARKOWSKI Andrzej	207	TKKF KOSZALIN	M-60	3	00:00:03	00:18:53	00:50:09.15	00:50:12.50	+00:15:53 (31.7%)	4:55	12.2 (68.2%)
120	PEŁKA Janusz	256		M-50	16	00:00:04	00:18:46	00:50:15.50	00:50:19.55	+00:15:59 (31.8%)	4:55	12.2 (68.2%)
121	WITKA Piotr	374	KLUB ŁEBA MORS POLAND	M-50	17	00:00:09	00:18:53	00:50:21.50	00:50:30.65	+00:16:05 (32.0%)	4:56	12.2 (68.2%)
122	RAJNER Krzysztof	276		M-30	45	00:00:22	00:20:41	00:50:22.85	00:50:45.20	+00:16:07 (32.0%)	4:56	12.1 (67.6%)
123	KUBALA Mateusz	173		M-18	21	00:00:03	00:18:07	00:50:23.70	00:50:26.75	+00:16:08 (32.0%)	4:56	12.1 (67.6%)
124	PSTRĄGOWSKI Marcin	270		M-30	46	00:00:16	00:18:37	00:50:25.45	00:50:41.55	+00:16:09 (32.1%)	4:56	12.1 (67.6%)
125	MICHALAK Michał	217	DZIKI KOSZALIN	M-30	47	00:02:35	00:18:03	00:50:29.40	00:53:04.75	+00:16:13 (32.1%)	4:56	12.1 (67.6%)
126	SZPILER Krzysztof	329		M-18	22	00:00:10	00:19:46	00:50:31.70	00:50:42.60	+00:16:16 (32.2%)	4:57	12.1 (67.6%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
127	DZIĘBOWSKI Mariusz	50		M-30	48	00:00:21	00:18:50	00:50:33.55	00:50:55.15	+00:16:17 (32.2%)	4:57	12.1 (67.6%)
128	ŚWIĘTOŃ Rafał	345		M-30	49	00:00:15	00:20:08	00:50:34.45	00:50:50.40	+00:16:18 (32.3%)	4:57	12.1 (67.6%)
129	KANIOWSKI Jacek	126	W.P.K SŁOŃ TEAM USTKA	M-40	38	00:00:20	00:19:07	00:50:40.30	00:51:00.80	+00:16:24 (32.4%)	4:58	12.1 (67.6%)
130	CHOŁUJ Karol	31	ZAWSZE DO PRZODU	M-30	50	00:00:12	00:18:58	00:50:41.80	00:50:54.50	+00:16:26 (32.4%)	4:58	12.1 (67.6%)
131	SUGIER Michał	320	NMC	M-30	51	00:00:16	00:19:32	00:50:47.85	00:51:04.60	+00:16:32 (32.6%)	4:58	12 (67.0%)
132	KOZŁOWIECKI Waldemar	162	TKKF KOSZALIN	M-60	4	00:00:03	00:19:44	00:50:54.75	00:50:57.75	+00:16:39 (32.7%)	4:59	12 (67.0%)
133	LINERT Mariusz	423		M-18	23	00:00:06	00:18:55	00:50:55.90	00:51:02.20	+00:16:40 (32.7%)	4:59	12 (67.0%)
134	KAŻMIERCZAK Tomasz	132	JW 3937	M-30	52	00:00:09	00:20:08	00:50:56.55	00:51:05.90	+00:16:40 (32.7%)	4:59	12 (67.0%)
135	DONIGIEWICZ Leszek	45		M-60	5	00:00:15	00:20:07	00:50:58.15	00:51:13.40	+00:16:42 (32.8%)	4:59	12 (67.0%)
136	CINCIO Robert	433		M-30	53	00:00:08	00:18:51	00:50:58.75	00:51:07.30	+00:16:43 (32.8%)	4:59	12 (67.0%)
137	GAWIECKI Piotr	63		M-40	39	00:00:02	00:19:07	00:51:00.80	00:51:03.55	+00:16:45 (32.8%)	5:00	12 (67.0%)
138	JÓŻWIAK Mariusz	114		M-30	54	00:00:10	00:19:20	00:51:01.65	00:51:11.80	+00:16:46 (32.9%)	5:00	12 (67.0%)
139	OSOBNIAK Ryszard	247		M-60	6	00:00:19	00:19:50	00:51:02.55	00:51:21.60	+00:16:46 (32.9%)	5:00	12 (67.0%)
140	STANIASZEK Bogusław	306		M-60	7	00:00:14	00:20:44	00:51:05.10	00:51:19.65	+00:16:49 (32.9%)	5:00	12 (67.0%)
141	RATAJCZYK Robert	281		M-18	24	00:00:28	00:19:34	00:51:15.60	00:51:44.25	+00:16:59 (33.2%)	5:01	11.9 (66.5%)
141	DZIESZUK Dariusz	49	TKKF KOSZALIN	M-40	40	00:00:09	00:20:02	00:51:15.60	00:51:25.25	+00:16:59 (33.2%)	5:01	11.9 (66.5%)
143	KĘPKA Mirosław	135	K.B.SPRINT ŚWIDWIN	M-40	41	00:00:17	00:20:03	00:51:16.40	00:51:33.40	+00:17:00 (33.2%)	5:01	11.9 (66.5%)
144	ROGAŁSKI Roberto	282	ZAWSZE SIĘGAJ WYŻEJ	M-30	55	00:00:12	00:19:34	00:51:19.70	00:51:31.80	+00:17:04 (33.3%)	5:01	11.9 (66.5%)
145	PAKUŁSKI Marcin	249		M-40	42	00:00:25	00:24:10	00:51:24.30	00:51:50.15	+00:17:08 (33.4%)	5:02	11.9 (66.5%)
146	MIELEWCZYK Leszek	221	LTS LĘBORK	M-60	8	00:00:08	00:19:57	00:51:28.90	00:51:37.35	+00:17:13 (33.5%)	5:02	11.9 (66.5%)
147	KACZMAREK Łukasz	117	KLUB	M-30	56	00:00:25	00:19:31	00:51:34.35	00:52:00.00	+00:17:18 (33.6%)	5:03	11.9 (66.5%)
148	STAWISZYŃSKI Jarosław	309	FORUM ROZWOJU KOSZALINA	M-30	57	00:00:33	00:20:48	00:51:37.40	00:52:10.80	+00:17:21 (33.6%)	5:03	11.9 (66.5%)
149	SZYMAŃSKI Jarosław	339	TEAM BIEGOWY SZCZECINEK	M-40	43	00:00:17	00:20:29	00:51:57.95	00:52:15.10	+00:17:42 (34.1%)	5:05	11.8 (65.9%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
150	RASZPLA Radosław	280	CIOTECZKI.PL	M-40	44	00:00:07	00:19:23	00:51:58.00	00:52:05.50	+00:17:42 (34.1%)	5:05	11.8 (65.9%)
151	KOZIBRODA Marcin	159	TEAM BIEGOWY SZCZECINEK	M-40	45	00:00:11	00:20:44	00:52:00.80	00:52:12.15	+00:17:45 (34.1%)	5:05	11.8 (65.9%)
152	NOREK Tomek	237		M-40	46	00:00:19	00:19:56	00:52:02.05	00:52:21.50	+00:17:46 (34.2%)	5:06	11.8 (65.9%)
153	SZULC Arkadiusz	426		M-30	58	00:00:11	00:20:24	00:52:06.45	00:52:17.95	+00:17:50 (34.2%)	5:06	11.7 (65.4%)
154	WOJTASIEWICZ Wincenty	424		M-60	9	00:00:09	00:19:10	00:52:08.45	00:52:17.50	+00:17:52 (34.3%)	5:06	11.7 (65.4%)
155	DORAWA Wojtek	46		M-18	25	00:00:17	00:20:37	00:52:14.20	00:52:31.40	+00:17:58 (34.4%)	5:07	11.7 (65.4%)
156	LAS Mateusz	425		M-18	26	00:00:30	00:19:25	00:52:30.35	00:53:00.65	+00:18:14 (34.7%)	5:08	11.7 (65.4%)
157	KUŁAKOWSKI Dawid	176	AMADORES	M-30	59	00:00:11	00:19:44	00:52:53.05	00:53:04.90	+00:18:37 (35.2%)	5:11	11.6 (64.8%)
158	LENKIEWICZ Piotr	181		M-30	60	00:00:10	00:20:06	00:53:02.50	00:53:12.55	+00:18:46 (35.4%)	5:11	11.5 (64.2%)
159	POCZĄTEK Michał	265	NIEZRZESZONY	M-60	10	00:00:05	00:20:29	00:53:03.40	00:53:09.35	+00:18:47 (35.4%)	5:12	11.5 (64.2%)
160	BROVCHENKO Juri	20	ŚWIAT PŁYTEK U KRYSPIŃ	M-18	27	00:00:05	00:20:12	00:53:08.40	00:53:13.85	+00:18:52 (35.5%)	5:12	11.5 (64.2%)
161	STEFANIAK Piotr	311	KLUB ŁEBA MORS POLAND	M-50	18	00:00:09	00:21:20	00:53:10.80	00:53:19.85	+00:18:55 (35.6%)	5:12	11.5 (64.2%)
162	SZULC Szymon	332	GRYF LOK \ SZULC RUNNERS TEAM	M-30	61	00:00:22	00:21:26	00:53:13.20	00:53:35.90	+00:18:57 (35.6%)	5:13	11.5 (64.2%)
163	HOC Dariusz	86		M-40	47	00:00:10	00:21:59	00:53:48.95	00:53:59.65	+00:19:33 (36.3%)	5:16	11.4 (63.7%)
164	DORAWA Piotr	47		M-18	28	00:00:16	00:20:40	00:53:57.70	00:54:14.60	+00:19:42 (36.5%)	5:17	11.3 (63.1%)
165	KUPREWICZ Grzegorz	415		M-30	62	00:00:08	00:20:05	00:53:57.80	00:54:06.35	+00:19:42 (36.5%)	5:17	11.3 (63.1%)
166	MIĄSEK Ryszard	216		M-30	63	00:00:25	00:20:32	00:54:03.60	00:54:29.25	+00:19:47 (36.6%)	5:18	11.3 (63.1%)
167	ŚRODA Wojciech	343		M-40	48	00:00:29	00:21:44	00:54:21.00	00:54:50.55	+00:20:05 (37.0%)	5:19	11.3 (63.1%)
168	PIOR Tomasz	260		M-30	64	00:00:24	00:20:45	00:54:21.55	00:54:46.50	+00:20:05 (37.0%)	5:19	11.3 (63.1%)
169	SZULC Marek	335	RUNNERS TEAM	M-50	19	00:00:23	00:21:25	00:54:24.05	00:54:47.75	+00:20:08 (37.0%)	5:20	11.3 (63.1%)
170	WOLF Emil	385		M-40	49	00:00:14	00:21:24	00:54:25.50	00:54:39.55	+00:20:09 (37.0%)	5:20	11.2 (62.6%)
171	NAPIERAŁA Bogumił	417		M-50	20	00:00:06	00:20:11	00:54:26.10	00:54:33.05	+00:20:10 (37.1%)	5:20	11.2 (62.6%)
172	SZAFIRSKI Marek	324	CAMINO SŁUPSK	M-50	21	00:00:20	00:21:11	00:54:33.95	00:54:54.00	+00:20:18 (37.2%)	5:20	11.2 (62.6%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								10.2km	10.2km			
173	NOWACZYK Adrian	239		M-30	65	00:00:18	00:21:17	00:54:36.45	00:54:55.10	+00:20:20 (37.3%)	5:21	11.2 (62.6%)
174	HRYCIÓW Paweł	90		M-30	66	00:00:32	00:22:07	00:54:45.50	00:55:18.00	+00:20:29 (37.4%)	5:22	11.2 (62.6%)
175	GROCHOWSKI Rafał	77		M-40	50	00:00:22	00:20:41	00:54:45.65	00:55:08.45	+00:20:30 (37.4%)	5:22	11.2 (62.6%)
176	FAJGIER Tomasz	52		M-40	51	00:00:06	00:21:23	00:54:53.35	00:55:00.00	+00:20:37 (37.6%)	5:22	11.1 (62.0%)
177	ŻYWOT Norbert	403	WT KOŁOBRZEG	M-40	52	00:00:21	00:21:03	00:54:55.25	00:55:16.65	+00:20:39 (37.6%)	5:23	11.1 (62.0%)
178	KOŁAKOWSKI Dariusz	142	K.B.SPRINT ŚWIDWIN	M-40	53	00:00:30	00:21:33	00:54:55.50	00:55:26.45	+00:20:39 (37.6%)	5:23	11.1 (62.0%)
179	KORPAL Cezary	152	ROZBIEGANY KOSZALIN	M-50	22	00:00:20	00:22:53	00:54:56.55	00:55:16.75	+00:20:40 (37.6%)	5:23	11.1 (62.0%)
180	SIENICKI Piotr	293		M-40	54	00:00:12	00:21:13	00:55:04.95	00:55:17.25	+00:20:49 (37.8%)	5:24	11.1 (62.0%)
181	NIEDBAŁA Konrad	233		M-40	55	00:00:26	00:20:51	00:55:13.20	00:55:39.70	+00:20:57 (38.0%)	5:24	11.1 (62.0%)
182	KAZIMIERCZAK Leszek	131	CSSP	M-30	67	00:00:26	00:21:14	00:55:14.80	00:55:41.15	+00:20:59 (38.0%)	5:25	11.1 (62.0%)
183	ŁUSZCZEWSKI Krzysztof	198	ŻYTANIA TEAM	M-30	68	00:00:19	00:21:22	00:55:19.35	00:55:38.55	+00:21:03 (38.1%)	5:25	11.1 (62.0%)
184	MIELCZAREK Maciej	220		M-40	56	00:00:25	00:22:42	00:55:27.50	00:55:53.35	+00:21:11 (38.2%)	5:26	11 (61.5%)
185	WOCH Zbigniew	379	NIEZRZESZONY	M-60	11	00:00:03	00:20:52	00:55:29.75	00:55:32.95	+00:21:14 (38.3%)	5:26	11 (61.5%)
186	DĄBROWSKI Grzegorz	41		M-40	57	00:00:13	00:21:15	00:55:30.05	00:55:43.50	+00:21:14 (38.3%)	5:26	11 (61.5%)
187	RADECKI Jacek	274	JW CS SP	M-40	58	00:00:06	00:21:00	00:55:36.90	00:55:43.80	+00:21:21 (38.4%)	5:27	11 (61.5%)
188	HNATOWSKI Artur	85	DM FC KOSZALIN	M-40	59	00:00:26	00:20:27	00:55:38.90	00:56:05.55	+00:21:23 (38.4%)	5:27	11 (61.5%)
189	SIEPRACKI Adam	294	FORUM ROZWOJU KOSZALINA	M-30	69	00:00:33	00:21:28	00:55:39.05	00:56:12.75	+00:21:23 (38.4%)	5:27	11 (61.5%)
190	ŁUCZEJKO Sławomir	195	TAEM BIEGOWY SZCZECINEK	M-50	23	00:00:15	00:21:24	00:55:41.55	00:55:57.00	+00:21:25 (38.5%)	5:27	11 (61.5%)
191	WOJANOWSKI Zbigniew	380		M-50	24	00:00:04	00:21:20	00:55:45.10	00:55:49.15	+00:21:29 (38.5%)	5:27	11 (61.5%)
192	KOBUS Maciej	139		M-30	70	00:00:33	00:21:13	00:55:48.60	00:56:21.85	+00:21:32 (38.6%)	5:28	11 (61.5%)
193	KURŁOWICZ Krzysztof	427		M-30	71	00:00:18	00:20:41	00:55:58.15	00:56:16.35	+00:21:42 (38.8%)	5:29	10.9 (60.9%)
194	GŁOWACKI Włodzimierz	68	NIEZRZESZONY	M-70+	1	00:00:01	00:20:07	00:56:03.90	00:56:05.00	+00:21:48 (38.9%)	5:29	10.9 (60.9%)
195	GIGOŁO Łukasz	67	SUNDBIKERS KARLINO TEAM	M-40	60	00:00:04	00:20:29	00:56:05.25	00:56:10.00	+00:21:49 (38.9%)	5:30	10.9 (60.9%)

Place	Participant	Number		Club	Category	MCat	Start time	3.94km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
									10.2km	10.2km			
196	KAMIŃSKI Tomasz	124	JW1223		M-30	72	00:00:03	00:20:54	00:56:06.35	00:56:09.85	+00:21:50 (38.9%)	5:30	10.9 (60.9%)
197	KOPREK Łukasz	150	SŁONECZNY PATROL KOSZALIN		M-30	73	00:00:29	00:21:19	00:56:21.20	00:56:50.45	+00:22:05 (39.2%)	5:31	10.9 (60.9%)
198	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%)
199	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%)
200	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%)
201	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%)
202	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%)
203	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%)
204	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%)
205	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%)
206	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%)
207	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%)
208	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%)
209	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%)
210	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%)
211	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%)
212	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%)
213	KOWALENKO Robert	418			M-30	80	00:00:33	00:21:01	00:57:57.10	00:58:30.15	+00:23:41 (40.9%)	5:40	10.6 (59.2%)
214	BORUC Jacek	15			M-50	26	00:00:14	00:22:12	00:57:57.55	00:58:12.20	+00:23:41 (40.9%)	5:40	10.6 (59.2%)
215	KOZŁOWSKI Tomasz	160			M-30	81	00:00:08	00:19:58	00:58:15.70	00:58:23.70	+00:24:00 (41.2%)	5:42	10.5 (58.7%)
216	WOLAŃSKI Mariusz	384	KLUB		M-50	27	00:00:07	00:22:30	00:58:35.80	00:58:43.65	+00:24:20 (41.5%)	5:44	10.4 (58.1%)
217	ZARZYCKI Dariusz	392			M-30	82	00:00:11	00:18:44	00:58:37.25	00:58:49.05	+00:24:21 (41.6%)	5:44	10.4 (58.1%)
218	JĘDRASZCZYK Marek	113	WŁ SŁUPSK		M-40	65	00:00:18	00:21:37	00:58:49.90	00:59:08.00	+00:24:34 (41.8%)	5:46	10.4 (58.1%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								10.2km	10.2km			
219	ŚLEDŹ Andrzej	342	WŁ SŁUPSK	M-40	66	00:00:17	00:21:39	00:58:50.45	00:59:08.10	+00:24:34 (41.8%)	5:46	10.4 (58.1%)
220	KIPER Jarosław	406	JW 1223	M-40	67	00:00:09	00:22:14	00:58:58.35	00:59:07.70	+00:24:42 (41.9%)	5:46	10.4 (58.1%)
221	IGNACAK Marcin	92		M-30	83	00:00:13	00:21:29	00:59:04.80	00:59:18.60	+00:24:49 (42.0%)	5:47	10.4 (58.1%)
222	SZULC Adam	334	RUNNERS TEAM	M-18	30	00:00:23	00:22:44	00:59:05.25	00:59:29.15	+00:24:49 (42.0%)	5:47	10.4 (58.1%)
223	MUSZYŃSKI Jacek	409	GOCH BYTÓW	M-60	15	00:00:22	00:22:24	00:59:12.80	00:59:34.90	+00:24:57 (42.1%)	5:48	10.3 (57.5%)
224	GORT Mateusz	431		M-18	31	00:00:27	00:18:47	00:59:22.80	00:59:50.65	+00:25:07 (42.3%)	5:49	10.3 (57.5%)
225	HELLER Zdzisław	84	NIEZRZESZONY	M-60	16	00:00:22	00:23:15	00:59:45.10	01:00:07.65	+00:25:29 (42.7%)	5:51	10.2 (57.0%)
226	KOŁODZIEJCZAK Grzegorz	143	PARKRUN SZCZECINEK	M-40	68	00:00:31	00:23:12	00:59:55.95	01:00:27.20	+00:25:40 (42.8%)	5:52	10.2 (57.0%)
227	JAKÓBCZAK Darek	99		M-40	69	00:00:22	00:24:22	01:00:08.70	01:00:30.95	+00:25:53 (43.0%)	5:53	10.2 (57.0%)
228	MAJCHRZAK Paweł	200		M-40	70	00:00:05	00:21:31	01:00:09.45	01:00:14.95	+00:25:53 (43.0%)	5:53	10.2 (57.0%)
229	URBAŃSKI Aleksander	350	17WOG KOSZALIN	M-40	71	00:00:29	00:22:59	01:00:13.70	01:00:42.75	+00:25:58 (43.1%)	5:54	10.2 (57.0%)
230	ORYSZCZYN Arkadiusz	245		M-30	84	00:00:09	00:22:33	01:00:15.50	01:00:25.35	+00:25:59 (43.1%)	5:54	10.2 (57.0%)
231	GAWLIK Artur	64		M-30	85	00:00:35	00:22:25	01:00:28.50	01:01:03.55	+00:26:12 (43.3%)	5:55	10.1 (56.4%)
232	HAMUŁKA Krzysztof	413		M-40	72	00:00:10	00:21:46	01:01:13.35	01:01:24.00	+00:26:57 (44.0%)	6:00	10 (55.9%)
233	GRELA Maciej	76	FOLLOW ME SZCZECINEK	M-18	32	00:00:16	00:22:37	01:01:19.85	01:01:35.95	+00:27:04 (44.1%)	6:00	10 (55.9%)
234	WIERZBICKI Kacper	363	JW 1223	M-18	33	00:00:18	00:22:22	01:01:31.10	01:01:49.75	+00:27:15 (44.3%)	6:01	9.9 (55.3%)
235	JANKOWSKI Remigiusz	4		M-30	86	00:00:32	00:24:06	01:02:00.50	01:02:32.50	+00:27:44 (44.7%)	6:04	9.9 (55.3%)
236	SZCZYTKOWSKI Marek	327	K.B.SPRINT ŚWIDWIN	M-40	73	00:00:20	00:24:06	01:02:05.80	01:02:26.55	+00:27:50 (44.8%)	6:05	9.9 (55.3%)
237	KONIECZKA Piotr	147		M-40	74	00:00:30	00:23:44	01:02:49.20	01:03:19.25	+00:28:33 (45.5%)	6:09	9.7 (54.2%)
238	KOWALEWSKI Daniel	158	BAŁTYK-TRANSPORT TEAM	M-30	87	00:00:32	00:23:48	01:03:00.15	01:03:32.15	+00:28:44 (45.6%)	6:10	9.7 (54.2%)
239	PAULIŃSKI Jan	252		M-60	17	00:00:14	00:24:36	01:03:09.80	01:03:24.25	+00:28:54 (45.8%)	6:11	9.7 (54.2%)
240	PIOR Mirosław	262	NIEZRZESZONY	M-50	28	00:00:30	00:24:30	01:03:24.70	01:03:55.00	+00:29:09 (46.0%)	6:13	9.7 (54.2%)
241	PAWLIK Mateusz	253		M-18	34	00:00:05	00:23:51	01:03:46.50	01:03:52.15	+00:29:30 (46.3%)	6:15	9.6 (53.6%)

Place	Participant	Number	Club	Category	MCat	Start time	3.94km	Net time 10.2km	Czas brutto 10.2km	Gap	Pace min/km	Pace km/h
242	SZYMAŃSKI Tomasz	338	TEAM BIEGOWY SZCZECINEK	M-40	75	00:00:13	00:21:46	01:03:52.95	01:04:06.25	+00:29:37 (46.4%)	6:15	9.6 (53.6%)
243	TELEGA Michał	346		M-30	88	00:00:31	00:24:19	01:04:41.90	01:05:13.10	+00:30:26 (47.0%)	6:20	9.5 (53.1%)
244	SCHMIDT Dariusz	290		M-50	29	00:00:32	00:24:48	01:05:08.60	01:05:41.10	+00:30:52 (47.4%)	6:23	9.4 (52.5%)
245	WOŹNIAK Dariusz	388	WWW.LIMO300C.COM	M-40	76	00:00:25	00:24:30	01:05:25.85	01:05:50.90	+00:31:10 (47.6%)	6:24	9.4 (52.5%)
246	ZIELIŃSKI Jarosław	395		M-30	89	00:00:24	00:23:38	01:05:40.70	01:06:05.55	+00:31:25 (47.8%)	6:26	9.3 (52.0%)
247	SZOSTAŁO Wiktor	421		M-60	18	00:00:27	00:24:35	01:05:52.35	01:06:19.80	+00:31:36 (48.0%)	6:27	9.3 (52.0%)
248	LIPSKI Henryk	186	SZCZECIN	M-60	19	00:00:34	00:24:01	01:06:57.65	01:07:32.45	+00:32:42 (48.8%)	6:33	9.1 (50.8%)
249	RUSIECKI Paweł	287	WSPL SP ZOZ W KOSZALINIE	M-40	77	00:00:27	00:24:27	01:06:59.80	01:07:27.65	+00:32:44 (48.9%)	6:34	9.1 (50.8%)
250	CHOJNACKI Bartosz	29		M-30	90	00:00:12	00:26:31	01:07:54.50	01:08:07.20	+00:33:38 (49.5%)	6:39	9 (50.3%)
251	PASEK Jan	251		M-60	20	00:00:07	00:24:58	01:09:37.20	01:09:44.30	+00:35:21 (50.8%)	6:49	8.8 (49.2%)
252	FORNALAK Rafał	59		M-40	78	00:00:20	00:26:26	01:17:18.15	01:17:38.80	+00:43:02 (55.7%)	7:34	7.9 (44.1%)
253	HAUSMAN Andrzej	83	KSR ROWERIA	M-60	21	00:00:22	00:27:46	01:17:54.60	01:18:17.45	+00:43:38 (56.0%)	7:38	7.9 (44.1%)
254	BARTNIK Marian	3	TKKF KOSZALIN	M-70+	2	00:00:00	00:31:11	01:25:03.30	01:25:04.15	+00:50:47 (59.7%)	8:20	7.2 (40.2%)

Total 254 results.