



BIEG ZAKOCHANYCH - 10 KM

B4SPORT

Organizator: Rada Osiedla Jamno - Łąbusz, Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-02-12
Miejsce: Jamno
Dystans: 10 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BEDNARZ Paweł	29	13-TY FUN CLUB ASI CHMIEL:*	M-30	1	00:00:03	00:17:06	00:35:29.55	00:35:32.60		3:32	16.9 (100%)
2	ORZECOWSKI Kamil	214		M-16	1	00:00:03	00:18:15	00:37:26.90	00:37:30.15	+00:01:57 (5.2%)	3:44	16 (94.7%)
3	KĘPKA Adrian	129		M-16	2	00:00:03	00:19:08	00:37:54.85	00:37:58.20	+00:02:25 (6.4%)	3:47	15.8 (93.5%)
4	FAMULSKI Cezary	72	JW 1223 KOSZALIN	M-30	2	00:00:02	00:19:09	00:38:02.45	00:38:05.25	+00:02:32 (6.7%)	3:48	15.8 (93.5%)
5	WOJDASIEWICZ Tadeusz	303		M-30	3	00:00:05	00:19:08	00:38:27.90	00:38:33.80	+00:02:58 (7.7%)	3:50	15.6 (92.3%)
6	SZKOŁUDA Miłosz	272	DECATHLON KOSZALIN	M-16	3	00:00:04	00:19:24	00:38:40.20	00:38:44.20	+00:03:10 (8.2%)	3:52	15.5 (91.7%)
7	USTIANOWSKI Wojciech	291	JW 1223 (ROZBIEGANY KOSZALIN)	M-16	4	00:00:03	00:19:24	00:39:37.25	00:39:40.30	+00:04:07 (10.4%)	3:57	15.1 (89.3%)
8	PAKULSKI Marcin	220		M-40	1	00:00:07	00:19:51	00:39:46.45	00:39:53.80	+00:04:16 (10.8%)	3:58	15.1 (89.3%)
9	STENCEL Maciej	261		M-30	4	00:00:03	00:19:57	00:39:47.40	00:39:51.10	+00:04:17 (10.8%)	3:58	15.1 (89.3%)
10	STACHOWIAK Adrian	257		M-30	5	00:00:03	00:19:54	00:40:06.15	00:40:09.70	+00:04:36 (11.5%)	4:00	15 (88.8%)
11	GARSKI Kryspin	232	ŚWIAT PŁYTEK U KRYSPIŃA	M-40	2	00:00:04	00:20:51	00:41:07.80	00:41:11.80	+00:05:38 (13.7%)	4:06	14.6 (86.4%)
12	PANCEWICZ Piotr	221	RUNNERSWALDE DARŁOWO	M-30	6	00:00:08	00:20:54	00:41:30.45	00:41:39.10	+00:06:00 (14.5%)	4:09	14.5 (85.8%)
13	GIERLACH Jacek	79	STOPA SŁUPSK	M-16	5	00:00:03	00:20:10	00:41:31.60	00:41:35.00	+00:06:02 (14.5%)	4:09	14.4 (85.2%)
14	UZNAŃSKI Ryszard	292	KOŁOBRZEG BIEGA	M-40	3	00:00:02	00:20:59	00:41:48.30	00:41:50.50	+00:06:18 (15.1%)	4:10	14.4 (85.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	MOKSA Dariusz	196		M-16	6	00:00:03	00:20:41	00:41:51.50	00:41:54.85	+00:06:21 (15.2%)	4:11	14.3 (84.6%)
16	WÓJCIK Damian	308	RUNNERSWALDE DARŁOWO	M-40	4	00:00:07	00:20:54	00:41:59.35	00:42:07.15	+00:06:29 (15.5%)	4:12	14.3 (84.6%)
17	BARTOSIŃSKI Bartłomiej	24	DECATHLON KOSZALIN	M-16	7	00:00:36	00:21:52	00:42:18.30	00:42:55.00	+00:06:48 (16.1%)	4:13	14.2 (84.0%)
18	BURDA Robert	48	BALT-T AGENCY	M-50	1	00:00:04	00:21:00	00:42:43.10	00:42:47.20	+00:07:13 (16.9%)	4:16	14 (82.8%)
19	KUKIEŁA Tomasz	155		M-30	7	00:00:09	00:21:49	00:42:48.75	00:42:58.35	+00:07:19 (17.1%)	4:16	14 (82.8%)
20	MARUT Ryszard	177	KB TKKF PROMYK CIECHANOW	M-60	1	00:00:06	00:21:25	00:42:58.80	00:43:05.10	+00:07:29 (17.4%)	4:17	14 (82.8%)
21	KOSIŃSKI Wojciech	141	JAZZ TEAM	M-30	8	00:00:03	00:21:32	00:43:03.70	00:43:07.10	+00:07:34 (17.6%)	4:18	13.9 (82.2%)
22	ŚNIEŻKO Marcin	281	TKKF KOSZALIN	M-30	9	00:00:04	00:21:23	00:43:04.50	00:43:09.20	+00:07:34 (17.6%)	4:18	13.9 (82.2%)
23	KALKOWSKI Paweł	118	JW1223 KOSZALIN	M-30	10	00:00:10	00:21:59	00:43:08.65	00:43:19.05	+00:07:39 (17.7%)	4:18	13.9 (82.2%)
24	LUBLEWSKI Dawid	166		M-16	8	00:00:05	00:21:07	00:43:09.85	00:43:15.80	+00:07:40 (17.8%)	4:19	13.9 (82.2%)
25	CHOŁUJ Jarek	51	ROZBIEGANY KOSZALIN	M-40	5	00:00:10	00:22:03	00:43:40.25	00:43:50.95	+00:08:10 (18.7%)	4:22	13.7 (81.1%)
26	SIWIK Stanisław	252	JW 3775 DARŻEWO	M-30	11	00:00:07	00:22:05	00:43:44.80	00:43:52.65	+00:08:15 (18.9%)	4:22	13.7 (81.1%)
27	SZULC Arek	326	ROZBIEGANY KOSZALIN	M-40	6	00:00:11	00:22:49	00:43:44.85	00:43:56.45	+00:08:15 (18.9%)	4:22	13.7 (81.1%)
28	WILKOWSKI Krzysztof	299		M-30	12	00:00:03	00:21:31	00:43:53.95	00:43:57.50	+00:08:24 (19.1%)	4:23	13.7 (81.1%)
29	WUJTIUK Piotr	309		M-40	7	00:00:07	00:21:50	00:43:57.05	00:44:05.00	+00:08:27 (19.2%)	4:23	13.6 (80.5%)
30	RUTKOWSKI Ryszard	247	RUTKOWSKI TEAM	M-50	2	00:00:04	00:21:32	00:44:07.55	00:44:11.60	+00:08:38 (19.6%)	4:24	13.6 (80.5%)
31	KASPERSKI Dariusz	127		M-40	8	00:00:05	00:22:02	00:44:09.45	00:44:15.40	+00:08:39 (19.6%)	4:25	13.6 (80.5%)
32	PĘKAŁA Piotr	229	ROZBIEGANY KOSZALIN	M-40	9	00:00:09	00:22:39	00:44:11.60	00:44:21.50	+00:08:42 (19.7%)	4:25	13.6 (80.5%)
33	ZWOLIŃSKI Jan	315	TKKF KOSZALIN	M-40	10	00:00:04	00:22:21	00:44:25.50	00:44:30.40	+00:08:55 (20.1%)	4:26	13.5 (79.9%)
34	MANIKOWSKI Przemysław	176		M-30	13	00:00:05	00:22:37	00:44:26.00	00:44:31.10	+00:08:56 (20.1%)	4:26	13.5 (79.9%)
35	LENKIEWICZ Piotr	161	AT-AKTYWNY TRZEBIATÓW	M-30	14	00:00:18	00:22:07	00:44:35.55	00:44:53.90	+00:09:06 (20.4%)	4:27	13.5 (79.9%)
36	RAJCH Sebastian	239		M-16	9	00:00:21	00:23:00	00:44:36.45	00:44:58.15	+00:09:06 (20.4%)	4:27	13.4 (79.3%)
37	PIETRZAK Kamil	231	ACTIVE MALBORK	M-30	15	00:00:05	00:22:40	00:44:51.10	00:44:56.35	+00:09:21 (20.9%)	4:29	13.4 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	URBAŃSKI Tomasz	290		M-40	11	00:00:08	00:22:07	00:44:52.05	00:45:00.30	+00:09:22 (20.9%)	4:29	13.4 (79.3%)
39	MICKIEWICZ Adam	191	JW3937 MRZEŻYNO	M-30	16	00:00:07	00:21:57	00:44:54.60	00:45:02.45	+00:09:25 (21.0%)	4:29	13.4 (79.3%)
40	MIELCZAREK Ksawery	193		M-16	10	00:00:05	00:23:01	00:44:55.75	00:45:00.75	+00:09:26 (21.0%)	4:29	13.4 (79.3%)
41	ZIOMKO Rafał	314		M-40	12	00:00:15	00:22:33	00:45:03.65	00:45:19.00	+00:09:34 (21.2%)	4:30	13.3 (78.7%)
42	KŁOS Tomasz	133		M-30	17	00:00:04	00:22:04	00:45:03.80	00:45:08.40	+00:09:34 (21.2%)	4:30	13.3 (78.7%)
43	KAMELSKI Piotr	119	SŁAWNO	M-40	13	00:00:02	00:22:24	00:45:05.60	00:45:08.55	+00:09:36 (21.3%)	4:30	13.3 (78.7%)
44	NIEMCZUK Dariusz	208		M-50	3	00:00:05	00:22:05	00:45:12.25	00:45:18.05	+00:09:42 (21.5%)	4:31	13.3 (78.7%)
45	PSTRĄGOWSKI Marcin	236	DZIKI KOSZALIN	M-30	18	00:00:07	00:22:34	00:45:14.00	00:45:21.85	+00:09:44 (21.5%)	4:31	13.3 (78.7%)
46	IWANIEC Dariusz	98	TKKF KOSZALIN	M-40	14	00:00:07	00:22:52	00:45:15.50	00:45:22.65	+00:09:45 (21.6%)	4:31	13.3 (78.7%)
47	SULL Kacper	266	NIGHT RUNNERS SŁUPSK	M-16	11	00:00:16	00:22:51	00:45:24.35	00:45:40.40	+00:09:54 (21.8%)	4:32	13.2 (78.1%)
48	RAMA Janusz	240		M-40	15	00:00:13	00:22:52	00:45:24.90	00:45:38.25	+00:09:55 (21.8%)	4:32	13.2 (78.1%)
49	SZYMAŃSKI Piotr	280		M-40	16	00:00:09	00:22:19	00:45:29.75	00:45:39.45	+00:10:00 (22.0%)	4:33	13.2 (78.1%)
50	SALAŁON Grzegorz	250	RWT BYDGOSZCZ	M-50	4	00:00:02	00:22:25	00:45:33.00	00:45:35.50	+00:10:03 (22.1%)	4:33	13.2 (78.1%)
51	KLEBBA Artur	132		M-40	17	00:00:05	00:22:17	00:45:35.90	00:45:41.10	+00:10:06 (22.2%)	4:33	13.2 (78.1%)
52	BOBER Jakub	34	AKADEMIA POMORSKA	M-16	12	00:00:10	00:22:51	00:45:40.50	00:45:50.50	+00:10:10 (22.3%)	4:34	13.1 (77.5%)
53	NOWAK Piotr	209	CZARNE BIEGA	M-30	19	00:00:05	00:22:59	00:45:47.70	00:45:53.20	+00:10:18 (22.5%)	4:34	13.1 (77.5%)
54	WOCH Edward	301		M-50	5	00:00:22	00:22:37	00:45:49.35	00:46:11.85	+00:10:19 (22.5%)	4:34	13.1 (77.5%)
55	CHWALEBA Jan	55	WZU SA	M-50	6	00:00:14	00:22:30	00:45:53.90	00:46:08.25	+00:10:24 (22.7%)	4:35	13.1 (77.5%)
56	KARWOWSKI Michał	125		M-16	13	00:00:11	00:22:58	00:46:01.80	00:46:13.75	+00:10:32 (22.9%)	4:36	13 (76.9%)
57	ŁABEJSZA Łukasz	167	WOJOWNICY WÓDY	M-30	20	00:00:12	00:22:45	00:46:02.70	00:46:14.70	+00:10:33 (22.9%)	4:36	13 (76.9%)
58	MATEBŁOWSKI Szymon	178		M-16	14	00:00:07	00:24:01	00:46:10.40	00:46:17.40	+00:10:40 (23.1%)	4:37	13 (76.9%)
59	STOJEWSKI Jarosław	263		M-30	21	00:00:05	00:23:14	00:46:15.85	00:46:20.85	+00:10:46 (23.3%)	4:37	13 (76.9%)
60	WILIŃSKI Marek	298	K.B. SPRINT ŚWIDWIN	M-50	7	00:00:11	00:23:21	00:46:17.25	00:46:28.55	+00:10:47 (23.3%)	4:37	13 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	NIECKARZ Krzysztof	206		M-30	22	00:00:06	00:23:06	00:46:17.85	00:46:24.45	+00:10:48 (23.3%)	4:37	13 (76.9%)
62	KUŁAKOWSKI Dawid	156	TKKF KOSZALIN	M-40	18	00:00:23	00:22:55	00:46:25.90	00:46:49.60	+00:10:56 (23.6%)	4:38	12.9 (76.3%)
63	SKOWROŃSKI Tomasz	253		M-30	23	00:00:28	00:23:41	00:46:28.25	00:46:56.70	+00:10:58 (23.6%)	4:38	12.9 (76.3%)
64	GOŃKA Krzysztof	82	DECATHLON KOSZALIN	M-16	15	00:00:04	00:22:56	00:46:29.75	00:46:33.75	+00:11:00 (23.7%)	4:38	12.9 (76.3%)
65	MICERSKI Tomasz	187	TKKF KOSZALIN	M-40	19	00:00:23	00:22:56	00:46:30.20	00:46:53.60	+00:11:00 (23.7%)	4:39	12.9 (76.3%)
66	GAWRYSIAK Przemysław	78		M-40	20	00:00:04	00:22:47	00:46:38.50	00:46:43.15	+00:11:08 (23.9%)	4:39	12.9 (76.3%)
67	HRYCIÓW Paweł	96	BIAŁOGARD	M-30	24	00:00:14	00:23:06	00:46:47.95	00:47:02.60	+00:11:18 (24.2%)	4:40	12.8 (75.7%)
68	MICHALAK Michał	190	DZIKI KOSZALIN	M-30	25	00:00:28	00:22:52	00:46:52.70	00:47:20.95	+00:11:23 (24.3%)	4:41	12.8 (75.7%)
69	MEISSNER Bogusław	181		M-50	8	00:00:09	00:23:01	00:47:05.00	00:47:14.00	+00:11:35 (24.6%)	4:42	12.7 (75.1%)
70	KOWALCZYK Mariusz	146	WZAJEMNEJ ADORACJI:-)	M-40	21	00:00:07	00:23:32	00:47:09.85	00:47:17.25	+00:11:40 (24.7%)	4:43	12.7 (75.1%)
71	MRUGALSKI Damian	201	MOSG	M-30	26	00:00:11	00:24:53	00:47:16.35	00:47:27.65	+00:11:46 (24.9%)	4:43	12.7 (75.1%)
72	ROGALSKI Roberto	245	TKKF KOSZALIN	M-30	27	00:00:08	00:23:42	00:47:18.80	00:47:27.25	+00:11:49 (25.0%)	4:43	12.7 (75.1%)
73	RUTKOWSKI Artur	248	RUTKOWSKI TEAM	M-16	16	00:00:02	00:22:47	00:47:20.95	00:47:23.70	+00:11:51 (25.0%)	4:44	12.7 (75.1%)
74	MATYSIUK Grzegorz	179		M-40	22	00:00:07	00:23:28	00:47:26.05	00:47:33.15	+00:11:56 (25.2%)	4:44	12.6 (74.6%)
75	ROGOŻA Ireneusz	246	BIEGNIJMY.PL	M-40	23	00:00:10	00:23:12	00:47:36.45	00:47:46.60	+00:12:06 (25.4%)	4:45	12.6 (74.6%)
76	CHUDZIK Zbigniew	54	TKKF KOSZALIN	M-50	9	00:00:08	00:23:42	00:47:43.55	00:47:52.30	+00:12:14 (25.6%)	4:46	12.6 (74.6%)
77	MUCHA Krzysztof	202	KOSZALIN	M-30	28	00:00:08	00:23:30	00:47:47.65	00:47:55.80	+00:12:18 (25.7%)	4:46	12.6 (74.6%)
78	OTTO Michał	218		M-30	29	00:00:08	00:23:31	00:47:48.05	00:47:56.30	+00:12:18 (25.7%)	4:46	12.6 (74.6%)
79	KAJKOWSKI Rafał	117	MAŁDOMRAFIWA KOSZALIN	M-40	24	00:00:20	00:24:21	00:47:54.65	00:48:15.55	+00:12:25 (25.9%)	4:47	12.5 (74.0%)
80	KAMYK Piotr	120	MH KOSZALIN - IT SERWIS WWW.MH-INFORMATYKA.PL	M-30	30	00:00:08	00:23:43	00:47:58.45	00:48:07.00	+00:12:28 (26.0%)	4:47	12.5 (74.0%)
81	KRUPIŃSKI Krzysztof	150	E-UROLOG	M-50	10	00:00:07	00:23:59	00:48:02.30	00:48:09.65	+00:12:32 (26.1%)	4:48	12.5 (74.0%)
82	OSTROWSKI Krzysztof	217		M-40	25	00:00:11	00:23:44	00:48:05.30	00:48:17.25	+00:12:35 (26.2%)	4:48	12.5 (74.0%)
83	TESKA Bartosz	285	TKKF KOSZALIN	M-40	26	00:00:11	00:23:42	00:48:06.40	00:48:18.10	+00:12:36 (26.2%)	4:48	12.5 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	KRASIŃSKI Witold	148		M-40	27	00:00:13	00:23:27	00:48:06.45	00:48:19.45	+00:12:36 (26.2%)	4:48	12.5 (74.0%)
85	ŚWIĘTOŃ Rafał	284	JAZZ TEAM	M-30	31	00:00:04	00:23:50	00:48:10.00	00:48:14.00	+00:12:40 (26.3%)	4:49	12.5 (74.0%)
86	JAROSZ Dariusz	109	TKKF KOSZALIN	M-40	28	00:00:32	00:24:05	00:48:10.65	00:48:42.85	+00:12:41 (26.3%)	4:49	12.5 (74.0%)
87	DZIESZUK Dariusz	68	TKKF KOSZALIN	M-40	29	00:00:09	00:24:28	00:48:11.10	00:48:20.25	+00:12:41 (26.3%)	4:49	12.5 (74.0%)
88	BASIAK Krystian	26	KOSZALIN	M-30	32	00:00:14	00:23:17	00:48:18.25	00:48:32.60	+00:12:48 (26.5%)	4:49	12.4 (73.4%)
89	SKOWYRSKI Janusz	254	TKKF KOSZALIN	M-50	11	00:00:08	00:23:39	00:48:18.75	00:48:27.15	+00:12:49 (26.5%)	4:49	12.4 (73.4%)
90	GOŁASZEWSKI Mateusz	81	B-RUN-EK	M-16	17	00:00:09	00:23:58	00:48:20.95	00:48:30.65	+00:12:51 (26.6%)	4:50	12.4 (73.4%)
91	CYBULSKI Robert	57	MTS HAMER MIASTKO	M-40	30	00:00:23	00:24:18	00:48:23.00	00:48:46.85	+00:12:53 (26.6%)	4:50	12.4 (73.4%)
92	KASPERSKI Mirosław	126	B-RUN-EK KOSZALIN	M-40	31	00:00:10	00:23:57	00:48:25.35	00:48:35.65	+00:12:55 (26.7%)	4:50	12.4 (73.4%)
93	KARCZEWSKI Krzysztof	123	AT - AKTYWNY TRZEBIATÓW	M-50	12	00:00:10	00:24:20	00:48:30.40	00:48:41.30	+00:13:00 (26.8%)	4:51	12.4 (73.4%)
94	KUBIŃSKI Rafał	154	NIGHT RUNNERS SŁUPSK	M-50	13	00:00:10	00:23:38	00:48:32.05	00:48:42.35	+00:13:02 (26.9%)	4:51	12.4 (73.4%)
95	ŻMIJA Dariusz	316		M-40	32	00:00:12	00:23:44	00:48:36.85	00:48:49.10	+00:13:07 (27.0%)	4:51	12.3 (72.8%)
96	CHOŁUJ Karol	52	ZAWSZE DO PRZODU	M-30	33	00:00:11	00:24:05	00:48:48.90	00:49:00.00	+00:13:19 (27.3%)	4:52	12.3 (72.8%)
97	JAKOWIENKO Grzegorz	102		M-30	34	00:00:17	00:24:34	00:49:00.25	00:49:17.40	+00:13:30 (27.6%)	4:54	12.2 (72.2%)
98	FIRSIOF Konrad	20		M-16	18	00:00:12	00:24:09	00:49:03.05	00:49:15.75	+00:13:33 (27.6%)	4:54	12.2 (72.2%)
99	KOZŁOWIECKI Waldemar	130	TKKF KOSZALIN	M-60	2	00:00:03	00:24:01	00:49:06.70	00:49:10.25	+00:13:37 (27.7%)	4:54	12.2 (72.2%)
100	DZIĘBOWSKI Mariusz	69		M-30	35	00:00:31	00:24:08	00:49:09.65	00:49:41.05	+00:13:40 (27.8%)	4:55	12.2 (72.2%)
101	REMLAKOWSKI Krzysztof	244	WE RUN	M-40	33	00:00:09	00:24:18	00:49:09.90	00:49:18.90	+00:13:40 (27.8%)	4:54	12.2 (72.2%)
102	JAROSZEWSKI Daniel	320		M-30	36	00:00:16	00:24:30	00:49:12.35	00:49:29.30	+00:13:42 (27.9%)	4:55	12.2 (72.2%)
103	DĄBROWSKI Grzegorz	62		M-40	34	00:00:16	00:24:49	00:49:13.20	00:49:29.80	+00:13:43 (27.9%)	4:55	12.2 (72.2%)
104	MĘDEL Cezary	185		M-40	35	00:00:15	00:24:50	00:49:15.35	00:49:31.15	+00:13:45 (27.9%)	4:55	12.2 (72.2%)
105	JANUSZEWSKI Jacek	107	17 WOG KOSZALIN	M-50	14	00:00:09	00:24:06	00:49:24.70	00:49:34.20	+00:13:55 (28.2%)	4:56	12.1 (71.6%)
106	ZDROWIECKI Artur	311		M-30	37	00:00:08	00:24:12	00:49:45.65	00:49:54.05	+00:14:16 (28.7%)	4:58	12.1 (71.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	METERA Piotr	183	RUNNERSWALDE	M-30	38	00:00:25	00:24:57	00:50:04.50	00:50:29.55	+00:14:34 (29.1%)	5:00	12 (71.0%)
108	OSOBNIAK Ryszard	216	ROZBIEGANY KOSZALIN	M-60	3	00:00:10	00:24:53	00:50:07.75	00:50:18.65	+00:14:38 (29.2%)	5:00	12 (71.0%)
109	JUSZCZAK Krzysztof	115		M-60	4	00:00:17	00:24:39	00:50:22.40	00:50:40.25	+00:14:52 (29.5%)	5:02	11.9 (70.4%)
110	NAPIERAŁA Bogumił	204	KORA KOSZALIN	M-50	15	00:00:06	00:25:08	00:50:24.80	00:50:31.20	+00:14:55 (29.6%)	5:02	11.9 (70.4%)
111	ŚWIETLIK Tomasz	283		M-50	16	00:00:06	00:25:07	00:50:24.85	00:50:31.25	+00:14:55 (29.6%)	5:02	11.9 (70.4%)
112	BRYGAŁA Tomasz	45		M-30	39	00:00:20	00:24:55	00:50:27.70	00:50:47.95	+00:14:58 (29.7%)	5:02	11.9 (70.4%)
113	JABŁOŃSKI Arkadiusz	101		M-40	36	00:00:11	00:25:16	00:50:34.75	00:50:45.75	+00:15:05 (29.8%)	5:03	11.9 (70.4%)
114	FELSKI Łukasz	73		M-30	40	00:00:22	00:25:31	00:50:35.00	00:50:57.05	+00:15:05 (29.8%)	5:03	11.9 (70.4%)
115	DOMAŃSKI Adam	64		M-40	37	00:00:12	00:25:42	00:50:39.15	00:50:51.55	+00:15:09 (29.9%)	5:03	11.8 (69.8%)
116	SPICA Łukasz	256		M-16	19	00:00:05	00:24:38	00:50:42.55	00:50:48.05	+00:15:13 (30.0%)	5:04	11.8 (69.8%)
117	RASZPLA Radosław	243		M-40	38	00:00:12	00:24:58	00:50:44.55	00:50:56.80	+00:15:15 (30.1%)	5:04	11.8 (69.8%)
118	KRZANOWSKI Marcin	151	MARCINBIEGA	M-30	41	00:00:12	00:25:14	00:50:49.70	00:51:02.25	+00:15:20 (30.2%)	5:05	11.8 (69.8%)
119	KOWALCZYK Piotr	144		M-30	42	00:00:27	00:24:58	00:51:39.50	00:52:06.85	+00:16:09 (31.3%)	5:09	11.6 (68.6%)
120	DROZDOWSKI Marcin	66		M-16	20	00:00:17	00:25:59	00:51:45.75	00:52:03.20	+00:16:16 (31.4%)	5:10	11.6 (68.6%)
121	MAJCHRZAK Paweł	172	SUNDAYBIKERS KARLINO TEAM	M-40	39	00:00:06	00:25:06	00:51:53.30	00:52:00.10	+00:16:23 (31.6%)	5:11	11.6 (68.6%)
122	OLIŃSKI Arek	323		M-30	43	00:00:21	00:26:16	00:51:57.55	00:52:19.15	+00:16:28 (31.7%)	5:11	11.5 (68.0%)
123	ORYSZCZYN Arkadiusz	213		M-30	44	00:00:06	00:26:14	00:52:04.30	00:52:10.40	+00:16:34 (31.8%)	5:12	11.5 (68.0%)
124	MARKOWSKI Andrzej	321	TKKF KOSZALIN	M-60	5	00:00:07	00:25:46	00:52:18.25	00:52:26.05	+00:16:48 (32.1%)	5:13	11.5 (68.0%)
124	ŁUCZEJKO Sławomir	169	TEAM BIEGOWY SZCZECINEK	M-50	17	00:00:15	00:26:21	00:52:18.25	00:52:33.75	+00:16:48 (32.1%)	5:13	11.5 (68.0%)
126	FAJGIER Tomasz	71		M-40	40	00:00:07	00:25:39	00:52:31.00	00:52:38.05	+00:17:01 (32.4%)	5:15	11.4 (67.5%)
127	KAZIMIERCZAK Leszek	328		M-30	45	00:00:05	00:25:28	00:52:33.65	00:52:38.90	+00:17:04 (32.5%)	5:15	11.4 (67.5%)
128	WARZECHA Bartosz	295		M-40	41	00:00:16	00:25:52	00:52:36.05	00:52:52.65	+00:17:06 (32.5%)	5:15	11.4 (67.5%)
129	ZIĘCIAK Krystian	313	PRZYBIERNÓW	M-16	21	00:00:14	00:24:56	00:52:39.15	00:52:53.30	+00:17:09 (32.6%)	5:15	11.4 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	JÓŹWIAK Mariusz	112		M-30	46	00:00:06	00:26:05	00:52:53.20	00:52:59.30	+00:17:23 (32.9%)	5:17	11.3 (66.9%)
131	TURCZYN Grzegorz	288	NIGHT RUNNERS SŁUPSK	M-40	42	00:00:17	00:26:19	00:52:59.30	00:53:16.45	+00:17:29 (33.0%)	5:17	11.3 (66.9%)
132	MIĄSEK Ryszard	186		M-40	43	00:00:18	00:26:06	00:53:00.50	00:53:18.70	+00:17:30 (33.0%)	5:18	11.3 (66.9%)
133	HNATOWSKI Artur	89	DM FC KOSZALIN	M-40	44	00:00:05	00:25:28	00:53:19.40	00:53:24.90	+00:17:49 (33.4%)	5:19	11.3 (66.9%)
134	FABICH Adrian	70	AŚNAEBEAM	M-16	22	00:00:08	00:25:38	00:53:27.00	00:53:35.25	+00:17:57 (33.6%)	5:20	11.2 (66.3%)
135	NAPIERAŁA Marcin	203		M-30	47	00:00:30	00:28:02	00:53:49.60	00:54:19.60	+00:18:20 (34.1%)	5:22	11.1 (65.7%)
136	JABŁOŃSKI Tomasz	100	AR SPOKO SŁAWNO	M-30	48	00:00:18	00:26:28	00:53:57.85	00:54:16.65	+00:18:28 (34.2%)	5:23	11.1 (65.7%)
137	KARNICKI Zygmunt	124	TKKF KOSZALIN	M-60	6	00:00:11	00:26:04	00:54:01.00	00:54:12.45	+00:18:31 (34.3%)	5:24	11.1 (65.7%)
138	RUDECKI Jacek	241		M-40	45	00:00:20	00:26:22	00:54:01.15	00:54:21.55	+00:18:31 (34.3%)	5:24	11.1 (65.7%)
139	KOTULSKI Piotr	143	KLUB BIEGACZY JYSK	M-40	46	00:00:09	00:26:31	00:54:01.70	00:54:10.85	+00:18:32 (34.3%)	5:24	11.1 (65.7%)
140	ŻYWOT Norbert	318	PARKRUN KOŁOBRZEG	M-40	47	00:00:25	00:27:12	00:54:05.50	00:54:30.70	+00:18:35 (34.4%)	5:24	11.1 (65.7%)
141	BERNACKI Adam	30	EB	M-40	48	00:00:18	00:26:59	00:54:10.85	00:54:29.05	+00:18:41 (34.5%)	5:25	11.1 (65.7%)
142	PIETRYKA Artur	230	KRLINO	M-40	49	00:00:17	00:27:09	00:54:11.50	00:54:28.95	+00:18:41 (34.5%)	5:25	11.1 (65.7%)
143	PEŁKA Janusz	228		M-50	18	00:00:12	00:27:39	00:54:15.95	00:54:28.55	+00:18:46 (34.6%)	5:25	11.1 (65.7%)
144	HELLER Zdzisław	88	NIEZRZESZONY	M-60	7	00:00:07	00:26:51	00:54:26.55	00:54:34.50	+00:18:57 (34.8%)	5:26	11 (65.1%)
145	KOŁODZIEJ Jakub	138		M-30	49	00:00:13	00:28:02	00:54:28.45	00:54:42.30	+00:18:58 (34.8%)	5:26	11 (65.1%)
146	JASIŃSKI Cezary	111	ZAKOCHANY W MAGDALENIE	M-40	50	00:00:10	00:26:09	00:54:36.90	00:54:47.10	+00:19:07 (35.0%)	5:27	11 (65.1%)
147	DANOWSKI Maciej	60	FITNESS CLUB FORMA	M-40	51	00:00:07	00:27:16	00:54:58.60	00:55:06.55	+00:19:29 (35.4%)	5:29	10.9 (64.5%)
148	BARAŃSKI Maciej	22		M-16	23	00:00:22	00:28:50	00:55:08.35	00:55:31.00	+00:19:38 (35.6%)	5:30	10.9 (64.5%)
149	SZAFIRSKI Marek	319	CAMINO SŁUPSK	M-50	19	00:00:16	00:27:06	00:55:09.05	00:55:25.25	+00:19:39 (35.6%)	5:30	10.9 (64.5%)
150	KUREK Adrian	158		M-40	52	00:00:22	00:27:37	00:55:10.40	00:55:32.45	+00:19:40 (35.7%)	5:31	10.9 (64.5%)
151	HRYCAJ Tomasz	95		M-30	50	00:00:13	00:27:03	00:55:15.15	00:55:28.80	+00:19:45 (35.8%)	5:31	10.9 (64.5%)
152	PECZYŃSKI Tomasz	227		M-30	51	00:00:14	00:29:11	00:55:19.15	00:55:33.35	+00:19:49 (35.8%)	5:31	10.8 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	HOPPE Bronisław	93	JW3937	M-30	52	00:00:16	00:27:39	00:55:25.90	00:55:42.00	+00:19:56 (36.0%)	5:32	10.8 (63.9%)
154	BORUC Jacek	40		M-50	20	00:00:14	00:26:47	00:55:40.95	00:55:55.70	+00:20:11 (36.3%)	5:34	10.8 (63.9%)
155	WOJTANOWSKI Tomasz	304	KB.SPRINT.ŚWIDWIN	M-30	53	00:00:31	00:27:39	00:55:43.65	00:56:15.05	+00:20:14 (36.3%)	5:34	10.8 (63.9%)
156	KOŁAKOWSKI Dariusz	137	K.B.SPRINT ŚWIDWIN	M-40	53	00:00:30	00:27:39	00:55:44.50	00:56:15.45	+00:20:14 (36.3%)	5:34	10.8 (63.9%)
157	GŁOWACKI Włodzimierz	80		M-70+	1	00:00:21	00:27:37	00:56:17.80	00:56:39.70	+00:20:48 (37.0%)	5:37	10.7 (63.3%)
158	RYBARCZYK Ireneusz	327		M-30	54	00:00:22	00:29:26	00:56:23.95	00:56:46.90	+00:20:54 (37.1%)	5:38	10.6 (62.7%)
159	BAK Zbigniew	27	RUNNERSWALDE DARŁOWO	M-30	55	00:00:25	00:28:12	00:56:33.90	00:56:59.70	+00:21:04 (37.3%)	5:39	10.6 (62.7%)
160	KACZMAREK Łukasz	116	WOJOWNICY WÓDY	M-30	56	00:00:12	00:26:47	00:56:44.25	00:56:56.50	+00:21:14 (37.4%)	5:40	10.6 (62.7%)
161	KOWALSKI Kamil	147		M-30	57	00:00:26	00:29:09	00:56:56.80	00:57:23.30	+00:21:27 (37.7%)	5:41	10.5 (62.1%)
162	WIERZBICKI Kacper	297	KOCHAM ŻONE I SYNKA OLINKA OKRĄGLINKA	M-16	24	00:00:14	00:27:22	00:57:19.85	00:57:34.60	+00:21:50 (38.1%)	5:44	10.5 (62.1%)
163	JURKIEWICZ Andrzej	113		M-30	58	00:00:18	00:27:36	00:57:23.10	00:57:41.50	+00:21:53 (38.2%)	5:44	10.5 (62.1%)
164	HOŁÓWKA Tomasz	92	DECATHLON	M-16	25	00:00:20	00:28:41	00:57:30.10	00:57:50.40	+00:22:00 (38.3%)	5:45	10.4 (61.5%)
165	FRASZKIEWICZ Jarosław	76		M-40	54	00:00:29	00:29:19	00:57:32.90	00:58:02.25	+00:22:03 (38.3%)	5:45	10.4 (61.5%)
166	BURDA Bartosz	47		M-30	59	00:00:13	00:28:36	00:57:49.80	00:58:03.15	+00:22:20 (38.6%)	5:47	10.4 (61.5%)
167	PACAN Bartosz	219	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	60	00:00:23	00:28:52	00:58:02.20	00:58:25.50	+00:22:32 (38.8%)	5:48	10.3 (60.9%)
168	BRESZKA Paweł	43	BIEGNIJMY TO	M-40	55	00:00:27	00:28:53	00:58:34.10	00:59:01.95	+00:23:04 (39.4%)	5:51	10.2 (60.4%)
169	ŚRODA Wojciech	282		M-40	56	00:00:29	00:29:31	00:58:36.10	00:59:05.80	+00:23:06 (39.4%)	5:51	10.2 (60.4%)
170	SMARSZCZ Wiesław	255	RWT BYDGOSZCZ	M-50	21	00:00:03	00:27:53	00:58:37.05	00:58:40.15	+00:23:07 (39.5%)	5:51	10.2 (60.4%)
171	SZULC Adam	276		M-16	26	00:00:18	00:29:51	00:58:41.05	00:58:59.40	+00:23:11 (39.5%)	5:52	10.2 (60.4%)
172	JANKOWSKI Remigiusz	106		M-30	61	00:00:12	00:28:23	00:58:41.25	00:58:54.10	+00:23:11 (39.5%)	5:52	10.2 (60.4%)
173	PAULIŃSKI Jan	225		M-60	8	00:00:07	00:28:09	00:58:42.25	00:58:49.30	+00:23:12 (39.5%)	5:52	10.2 (60.4%)
174	MADEJ Krzysztof	171	MRÓWECZKI	M-30	62	00:00:15	00:28:19	00:59:13.35	00:59:29.05	+00:23:43 (40.1%)	5:55	10.1 (59.8%)
175	TRZEŚNIEWSKI Zbigniew	287		M-50	22	00:00:29	00:29:44	00:59:39.85	01:00:09.10	+00:24:10 (40.5%)	5:58	10.1 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	BOŚ Grzegorz	41		M-30	63	00:00:18	00:29:56	00:59:58.40	01:00:17.35	+00:24:28 (40.8%)	5:59	10 (59.2%)
177	WOŹNIAK Stanisław	307		M-60	9	00:00:16	00:30:10	01:01:10.55	01:01:26.60	+00:25:41 (42.0%)	6:07	9.8 (58.0%)
178	KOLASA Tomasz	135	KĄPIELE NA SPONTANIE	M-40	57	00:00:15	00:30:10	01:01:11.45	01:01:26.75	+00:25:41 (42.0%)	6:07	9.8 (58.0%)
179	ZIELIŃSKI Jarosław	312	AMATOR	M-40	58	00:00:17	00:30:27	01:03:24.15	01:03:41.60	+00:27:54 (44.0%)	6:20	9.5 (56.2%)
180	SZKATULSKI Tomasz	271	KOCHAM KAROLINĘ :*	M-16	27	00:00:27	00:29:40	01:03:37.55	01:04:05.40	+00:28:08 (44.2%)	6:21	9.4 (55.6%)
181	WOJANOWSKI Zbigniew	302	BIEGAM BO LUBIĘ	M-60	10	00:00:10	00:30:47	01:04:46.60	01:04:57.05	+00:29:17 (45.2%)	6:28	9.3 (55.0%)
182	BALCERZAK Bogdan	322		M-50	23	00:00:29	00:30:43	01:05:23.15	01:05:52.50	+00:29:53 (45.7%)	6:32	9.2 (54.4%)
183	LEŚNIEWSKI Dominik	162	RAMS TRAINING HOUSE	M-30	64	00:00:07	00:34:40	01:08:58.90	01:09:05.90	+00:33:29 (48.5%)	6:53	8.7 (51.5%)
184	KITŁOWSKI Marcin	131	CZARNE BIEGA	M-30	65	00:00:28	00:35:32	01:14:13.50	01:14:42.40	+00:38:43 (52.2%)	7:25	8.1 (47.9%)
185	HAUSMAN Andrzej	87	KSR ROWERIA	M-60	11	00:00:18	00:35:59	01:15:13.35	01:15:31.90	+00:39:43 (52.8%)	7:31	8 (47.3%)
186	PASEK Jan	223		M-30	66	00:00:22	00:35:55	01:17:29.55	01:17:51.95	+00:42:00 (54.2%)	7:44	7.7 (45.6%)
187	BARTNIK Marian	23	TKKF KOSZALIN	M-70+	2	00:00:01	00:40:56	01:17:54.45	01:17:56.30	+00:42:24 (54.4%)	7:47	7.7 (45.6%)

Znaleziono 187 wynik(ów)