

**Wydarzenie:** DECARUN  
**Organizator:** Decathlon Koszalin  
**Data:** 2017-08-15  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KULCZYK Jerzy</b>	<b>156</b>	-	M-50	1	00:09:29	00:18:53	00:28:06	<b>00:37:08.40</b>		3:42	16.2 (100%)
2	<b>GŁUSIŃSKI Bartek</b>	<b>77</b>		M-18	1	00:09:26	00:18:55	00:28:28	<b>00:37:46.05</b>	+00:00:37 (1.7%)	3:46	15.9 (98.1%)
3	<b>SZKOŁUDA Miłosz</b>	<b>296</b>	DECATHLON KOSZALIN	M-18	2	00:09:25	00:18:53	00:28:26	<b>00:37:52.40</b>	+00:00:44 (1.9%)	3:47	15.8 (97.5%)
4	<b>KLIMOWICZ Michał</b>	<b>128</b>		M-18	3	00:09:41	00:19:34	00:29:27	<b>00:39:08.85</b>	+00:02:00 (5.1%)	3:54	15.3 (94.4%)
5	<b>KOSIEDOWSKI Paweł</b>	<b>138</b>		M-18	4	00:09:43	00:20:04	00:30:43	<b>00:40:53.20</b>	+00:03:44 (9.2%)	4:05	14.7 (90.7%)
6	<b>LUBLEWSKI Dawid</b>	<b>164</b>		M-18	5	00:09:42	00:19:40	00:30:42	<b>00:41:16.75</b>	+00:04:08 (10.0%)	4:07	14.5 (89.5%)
7	<b>RAJNER Krzysztof</b>	<b>241</b>	FREE BIRDS	M-18	6	00:10:37	00:21:09	00:31:24	<b>00:41:23.20</b>	+00:04:14 (10.3%)	4:08	14.5 (89.5%)
8	<b>KRUKOWSKI Adam</b>	<b>147</b>		M-18	7	00:10:12	00:20:38	00:31:08	<b>00:41:27.80</b>	+00:04:19 (10.4%)	4:08	14.5 (89.5%)
9	<b>ROSIĄK Damian</b>	<b>247</b>		M-18	8	00:10:22	00:20:57	00:31:19	<b>00:41:38.75</b>	+00:04:30 (10.8%)	4:09	14.4 (88.9%)
10	<b>PIASZCZYŃSKI Maciej</b>	<b>219</b>		M-18	9	00:10:35	00:21:23	00:32:02	<b>00:41:56.65</b>	+00:04:48 (11.5%)	4:11	14.3 (88.3%)
11	<b>ŚNIEŻKO Marcin</b>	<b>306</b>	TKKF KOSZALIN	M-18	10	00:10:14	00:20:48	00:31:33	<b>00:41:57.00</b>	+00:04:48 (11.5%)	4:11	14.3 (88.3%)
12	<b>ZWOLIŃSKI Jan</b>	<b>347</b>	TKKF KOSZALIN	M-40	1	00:10:24	00:21:11	00:32:00	<b>00:42:35.40</b>	+00:05:27 (12.8%)	4:15	14.1 (87.0%)
13	<b>PRZEWŁOCKI Michał</b>	<b>235</b>	INTER-METAL	M-18	11	00:10:03	00:20:31	00:31:26	<b>00:42:45.25</b>	+00:05:36 (13.1%)	4:16	14 (86.4%)
14	<b>SOBSTEŁ Krystian</b>	<b>274</b>		M-18	12	00:10:51	00:21:47	00:32:48	<b>00:43:05.75</b>	+00:05:57 (13.8%)	4:18	13.9 (85.8%)
15	<b>SIENIAWSKI Jarosław</b>	<b>262</b>		M-40	2	00:10:51	00:21:47	00:32:48	<b>00:43:06.05</b>	+00:05:57 (13.8%)	4:18	13.9 (85.8%)
16	<b>SOBCZYK Łukasz</b>	<b>273</b>	KOŁOBRZEG BIEGA	M-40	3	00:10:32	00:21:22	00:32:28	<b>00:43:34.15</b>	+00:06:25 (14.8%)	4:21	13.8 (85.2%)
17	<b>OBOLIK Mirosław</b>	<b>203</b>		M-50	2	00:10:54	00:21:48	00:32:47	<b>00:43:35.55</b>	+00:06:27 (14.8%)	4:21	13.8 (85.2%)
18	<b>JAROSZ Jakub</b>	<b>101</b>	TKKF KOSZALIN	M-18	13	00:11:06	00:22:22	00:33:30	<b>00:43:56.20</b>	+00:06:47 (15.5%)	4:23	13.7 (84.6%)
19	<b>WÓJCIK Damian</b>	<b>353</b>	RUNNERSWALDE DARŁOWO	M-40	4	00:10:41	00:21:48	00:33:01	<b>00:44:08.60</b>	+00:07:00 (15.9%)	4:24	13.6 (84.0%)
20	<b>GOŃKA Krzysztof</b>	<b>79</b>	DECATHLON KOSZALIN	M-18	14	00:10:53	00:22:09	00:33:35	<b>00:44:22.10</b>	+00:07:13 (16.3%)	4:26	13.5 (83.3%)
21	<b>NOWAK Adam</b>	<b>202</b>	DECATHLON KOSZALIN	M-18	15	00:10:54	00:22:26	00:33:51	<b>00:44:23.20</b>	+00:07:14 (16.3%)	4:26	13.5 (83.3%)
22	<b>SOWIŃSKI Saturnin</b>	<b>277</b>	1.SLT	M-50	3	00:10:54	00:22:07	00:33:26	<b>00:44:30.50</b>	+00:07:22 (16.6%)	4:27	13.5 (83.3%)
23	<b>MICHAŁOWSKA Ewelina</b>	<b>185</b>		K-18	1	00:11:14	00:22:21	00:33:34	<b>00:44:32.90</b>	+00:07:24 (16.6%)	4:27	13.5 (83.3%)
24	<b>MARCINIĄK Michał</b>	<b>170</b>		M-18	16	00:10:52	00:22:24	00:33:48	<b>00:44:41.95</b>	+00:07:33 (16.9%)	4:28	13.4 (82.7%)
25	<b>URBAŃSKI Tomasz</b>	<b>317</b>		M-40	5	00:11:17	00:22:33	00:33:39	<b>00:44:54.45</b>	+00:07:46 (17.3%)	4:29	13.4 (82.7%)
26	<b>STAŃCZYK Sławomir</b>	<b>280</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M-18	17	00:10:57	00:22:36	00:33:57	<b>00:45:01.55</b>	+00:07:53 (17.5%)	4:30	13.3 (82.1%)
27	<b>RADOMSKI Hieronim</b>	<b>239</b>		M-50	4	00:11:23	00:22:58	00:34:44	<b>00:45:45.95</b>	+00:08:37 (18.8%)	4:34	13.1 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas		Tempo min/km	Tempo km/h
									netto 10km	Różn		
28	KRAKOWIAK Sławomir	144		M-40	6	00:11:27	00:22:49	00:34:15	<b>00:45:49.60</b>	+00:08:41 (19.0%)	4:34	13.1 (80.9%)
29	SZABLA Ewelina	291	TKKF KOSZALIN	K-18	2	00:11:22	00:22:53	00:34:44	<b>00:46:07.00</b>	+00:08:58 (19.5%)	4:36	13 (80.2%)
30	PUŚCIAN Krzysztof	236	GIMNAZJUM W MANOWIE	M-40	7	00:11:19	00:22:52	00:34:41	<b>00:46:19.75</b>	+00:09:11 (19.8%)	4:38	12.9 (79.6%)
31	WIATRZYK Krzysztof	320	DARŁOWO	M-40	8	00:11:15	00:22:50	00:34:44	<b>00:46:23.45</b>	+00:09:15 (19.9%)	4:38	12.9 (79.6%)
32	RUSINEK Artur	250		M-18	18	00:11:40	00:23:29	00:35:32	<b>00:47:02.00</b>	+00:09:53 (21.0%)	4:42	12.8 (79.0%)
33	KAŻMIERCZAK Andrzej	120		M-50	5	00:11:46	00:23:28	00:35:31	<b>00:47:31.00</b>	+00:10:22 (21.8%)	4:45	12.6 (77.8%)
34	SIEMIASZKO Kamil	261		M-18	19	00:11:34	00:23:43	00:36:06	<b>00:47:42.45</b>	+00:10:34 (22.2%)	4:46	12.6 (77.8%)
35	MRUGALSKI Damian	197	MOSG	M-18	20	00:12:34	00:25:01	00:36:41	<b>00:47:45.40</b>	+00:10:37 (22.2%)	4:46	12.6 (77.8%)
36	JABŁOŃSKI Tomasz	93	SPOKO SŁAWNO	M-18	21	00:11:17	00:23:23	00:36:01	<b>00:48:05.90</b>	+00:10:57 (22.8%)	4:48	12.5 (77.2%)
37	MICHALCZYK Mariusz	183	JW1223	M-40	9	00:11:50	00:23:55	00:36:12	<b>00:48:21.20</b>	+00:11:12 (23.2%)	4:50	12.4 (76.5%)
38	FIGARSKI Leszek	64	LOVEBIKE	M-18	22	00:11:52	00:23:53	00:36:22	<b>00:48:31.40</b>	+00:11:23 (23.5%)	4:51	12.4 (76.5%)
39	WILIŃSKI Marek	325	KB SPRINT ŚWIDWIN	M-50	6	00:11:27	00:23:20	00:36:03	<b>00:48:31.45</b>	+00:11:23 (23.5%)	4:51	12.4 (76.5%)
40	SKAŁECKI Robert	267		M-40	10	00:11:27	00:23:20	00:36:03	<b>00:48:32.20</b>	+00:11:23 (23.5%)	4:51	12.4 (76.5%)
41	MIKIETYŃSKI Michał	188	ZABIEGANI NOCĄ OKONEK	M-18	23	00:11:38	00:23:48	00:36:22	<b>00:48:47.95</b>	+00:11:39 (23.9%)	4:52	12.3 (75.9%)
42	RASZPLA Radosław	243	BBL	M-40	11	00:11:28	00:23:41	00:36:30	<b>00:48:59.65</b>	+00:11:51 (24.2%)	4:53	12.2 (75.3%)
43	JASIUCHNA Marek	107	PIECZARKOWE ŁAPKI	M-18	24	00:11:43	00:25:05	00:37:28	<b>00:49:12.00</b>	+00:12:03 (24.5%)	4:55	12.2 (75.3%)
44	KISIELIŃSKI Igor	348	TKKF KOSZALIN	M-50	7	00:11:37	00:24:15	00:36:53	<b>00:49:19.35</b>	+00:12:10 (24.7%)	4:55	12.2 (75.3%)
45	ZIÓŁKOWSKA Małgorzata	339		K-18	3	00:11:58	00:24:21	00:37:02	<b>00:49:25.70</b>	+00:12:17 (24.9%)	4:56	12.1 (74.7%)
46	GROTA Mariusz	84		M-18	25	00:12:06	00:24:31	00:37:16	<b>00:49:37.10</b>	+00:12:28 (25.1%)	4:57	12.1 (74.7%)
47	DĄBROWSKA Alicja	52	TKKF KOSZALIN	K-50	1	00:12:25	00:25:04	00:37:38	<b>00:49:49.75</b>	+00:12:41 (25.5%)	4:59	12 (74.1%)
48	LEWANDOWSKI Marek	163		M-18	26	00:12:03	00:24:30	00:37:32	<b>00:50:01.55</b>	+00:12:53 (25.8%)	5:00	12 (74.1%)
49	JURCZYSZYN Adrian	110	CZAPLINEK BIEGA	M-18	27	00:13:00	00:25:08	00:37:48	<b>00:50:09.65</b>	+00:13:01 (26.0%)	5:01	12 (74.1%)
50	KOZŁOWIECKI Waldemar	142	TKKF KOSZALIN	M-60+	1	00:12:10	00:24:51	00:37:39	<b>00:50:27.10</b>	+00:13:18 (26.4%)	5:02	11.9 (73.5%)
51	SZABAT Milena	290	DECATHLON SŁUPSK	K-18	4	00:12:43	00:25:11	00:37:52	<b>00:50:38.50</b>	+00:13:30 (26.7%)	5:03	11.8 (72.8%)
52	NAPIERAŁA Ewa	199		K-40	1	00:11:52	00:24:51	00:37:54	<b>00:50:55.00</b>	+00:13:46 (27.1%)	5:05	11.8 (72.8%)
53	KAZIMIEROWICZ Radosław	119	VTT KOSZALIN	M-18	28	00:12:22	00:25:11	00:38:28	<b>00:51:15.90</b>	+00:14:07 (27.6%)	5:07	11.7 (72.2%)
54	WIERZBICKI Kacper	323		M-18	29	00:12:25	00:25:12	00:38:33	<b>00:51:45.50</b>	+00:14:37 (28.2%)	5:10	11.6 (71.6%)
55	DUK Magdalena	59		K-40	2	00:12:27	00:25:15	00:38:49	<b>00:51:54.60</b>	+00:14:46 (28.5%)	5:11	11.6 (71.6%)
56	BUCZYŃSKI Eugeniusz	37	JW 1696	M-40	12	00:12:58	00:26:09	00:39:24	<b>00:52:04.00</b>	+00:14:55 (28.7%)	5:12	11.5 (71.0%)
57	LEMBOWICZ Marek	162	FUHRMANN	M-60+	2	00:13:06	00:26:14	00:39:25	<b>00:52:06.70</b>	+00:14:58 (28.7%)	5:12	11.5 (71.0%)
58	SIKORSKI Witold	265	KB RUN 42	M-50	8	00:12:50	00:25:58	00:39:17	<b>00:52:13.25</b>	+00:15:04 (28.9%)	5:13	11.5 (71.0%)
59	KRZANOWSKI Marcin	149	MARCIN BIEGA	M-18	30	00:12:58	00:26:09	00:39:26	<b>00:52:19.05</b>	+00:15:10 (29.0%)	5:13	11.5 (71.0%)
60	ŻUKOWSKI Cezary	345	ROZBIEGANY KOSZALIN	M-18	31	00:12:41	00:25:51	00:39:25	<b>00:52:52.95</b>	+00:15:44 (29.8%)	5:17	11.3 (69.8%)
61	TUROWSKI Michał	313	DECATHLON SŁUPSK	M-18	32	00:12:43	00:26:12	00:40:22	<b>00:53:49.85</b>	+00:16:41 (31.0%)	5:23	11.1 (68.5%)
62	PLUTA Katarzyna	228		K-18	5	00:13:46	00:27:27	00:40:59	<b>00:54:06.40</b>	+00:16:58 (31.4%)	5:24	11.1 (68.5%)
63	GALICKI Robert	70		M-40	13	00:13:12	00:27:08	00:40:50	<b>00:54:09.35</b>	+00:17:00 (31.4%)	5:25	11.1 (68.5%)
64	JANUSZEWSKI Jacek	98	17 WOG KOSZALIN	M-50	9	00:12:38	00:26:12	00:40:11	<b>00:54:51.55</b>	+00:17:43 (32.3%)	5:29	10.9 (67.3%)
65	ORŁOWSKA Kamila	205		K-18	6	00:13:08	00:27:14	00:41:17	<b>00:55:05.65</b>	+00:17:57 (32.6%)	5:30	10.9 (67.3%)
66	RZEŃNIK Karol	253	MEDEN-INMED	M-18	33	00:13:54	00:28:08	00:43:06	<b>00:55:07.20</b>	+00:17:58 (32.6%)	5:30	10.9 (67.3%)
67	MIKOŁAJCZAK Luiza	190	FSD	K-18	7	00:12:50	00:26:42	00:40:59	<b>00:55:10.20</b>	+00:18:01 (32.7%)	5:31	10.9 (67.3%)
68	TOMICKA Małgorzata	310	BABECZKI KOSZALIN	K-18	8	00:13:33	00:27:17	00:41:19	<b>00:55:15.90</b>	+00:18:07 (32.8%)	5:31	10.9 (67.3%)
69	GZELA Olga	88	ROZBIEGANY KOSZALIN, BABECZKI KOSZALIN	K-18	9	00:12:51	00:26:57	00:41:22	<b>00:55:51.95</b>	+00:18:43 (33.5%)	5:35	10.7 (66.0%)
70	PIASZCZYŃSKA Magdalena	218		K-18	10	00:13:44	00:27:56	00:42:23	<b>00:56:04.00</b>	+00:18:55 (33.8%)	5:36	10.7 (66.0%)
71	KRZEMIŃSKI Andrzej	150		M-40	14	00:13:42	00:27:39	00:41:59	<b>00:56:04.20</b>	+00:18:55 (33.8%)	5:36	10.7 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Czas	Różn	Tempo min/km	Tempo km/h
						2.5km	5km	7.5km	netto 10km			
72	<b>POLAŃSKA Katarzyna</b>	<b>231</b>		K-18	11	00:13:35	00:27:28	00:41:48	<b>00:56:13.90</b>	+00:19:05 (34.0%)	5:37	10.7 (66.0%)
73	<b>ŚLUSARZ Krzysztof</b>	<b>305</b>		M-40	15	00:13:43	00:27:40	00:42:00	<b>00:56:15.70</b>	+00:19:07 (34.0%)	5:37	10.7 (66.0%)
74	<b>MICHALSKA Ewelina</b>	<b>184</b>		K-18	12	00:13:55	00:28:09	00:42:43	<b>00:56:46.90</b>	+00:19:38 (34.6%)	5:40	10.6 (65.4%)
75	<b>MARKOWSKA Iwona</b>	<b>174</b>		K-40	3	00:13:31	00:28:06	00:42:35	<b>00:57:27.00</b>	+00:20:18 (35.4%)	5:44	10.4 (64.2%)
76	<b>BRZEZIŃSKI Rafał</b>	<b>33</b>	TRIPAKA PRZECHELEWO	M-18	34	00:13:03	00:28:41	00:43:28	<b>00:58:02.55</b>	+00:20:54 (36.0%)	5:48	10.3 (63.6%)
77	<b>PARWANICKI Wiktor</b>	<b>209</b>	'TUPOT' USTKA	M-60+	3	00:14:49	00:29:30	00:43:55	<b>00:58:06.75</b>	+00:20:58 (36.1%)	5:48	10.3 (63.6%)
78	<b>GÓRSKI Paweł</b>	<b>82</b>		M-18	35	00:14:17	00:29:09	00:44:20	<b>00:58:21.90</b>	+00:21:13 (36.4%)	5:50	10.3 (63.6%)
79	<b>ŚLEDŹ Andrzej</b>	<b>303</b>	WŁ SŁUPSK	M-40	16	00:13:25	00:28:08	00:43:16	<b>00:58:27.90</b>	+00:21:19 (36.5%)	5:50	10.3 (63.6%)
80	<b>BOŚ Sebastian</b>	<b>31</b>		M-40	17	00:13:47	00:28:46	00:43:43	<b>00:58:28.65</b>	+00:21:20 (36.5%)	5:50	10.3 (63.6%)
81	<b>WIKTOROWICZ Małgorzata</b>	<b>324</b>	CIOTECZKI.PL	K-40	4	00:14:35	00:29:06	00:43:53	<b>00:58:32.15</b>	+00:21:23 (36.6%)	5:51	10.3 (63.6%)
82	<b>RASZPLA Ilona</b>	<b>242</b>	CIOTECZKI.PL	K-40	5	00:14:35	00:29:06	00:43:53	<b>00:58:56.60</b>	+00:21:48 (37.0%)	5:53	10.2 (63.0%)
83	<b>DOMAŃSKA Katarzyna</b>	<b>55</b>		K-40	6	00:14:01	00:28:56	00:44:16	<b>00:59:31.60</b>	+00:22:23 (37.6%)	5:57	10.1 (62.3%)
84	<b>KUKIOŁCZYŃSKA Lidia</b>	<b>154</b>		K-18	13	00:14:48	00:29:28	00:44:30	<b>01:00:01.75</b>	+00:22:53 (38.1%)	6:00	10 (61.7%)
85	<b>RADOMSKA Kamila</b>	<b>237</b>		K-18	14	00:14:15	00:29:32	00:45:18	<b>01:01:02.75</b>	+00:23:54 (39.2%)	6:06	9.8 (60.5%)
86	<b>FORDOŃSKA Magdalena</b>	<b>67</b>		K-40	7	00:14:51	00:30:15	00:45:54	<b>01:01:38.10</b>	+00:24:29 (39.7%)	6:09	9.7 (59.9%)
87	<b>JURCZYSZYŃ Zyta</b>	<b>109</b>	CZAPLINEK BIEGA	K-40	8	00:14:34	00:29:54	00:47:01	<b>01:02:35.95</b>	+00:25:27 (40.7%)	6:15	9.6 (59.3%)
88	<b>SUSKA Joanna</b>	<b>288</b>		K-18	15	00:15:04	00:30:41	00:46:41	<b>01:02:52.50</b>	+00:25:44 (40.9%)	6:17	9.5 (58.6%)
89	<b>JĘDRZEJEWSKI Krzysztof</b>	<b>108</b>		M-18	36	00:13:34	00:29:22	00:46:13	<b>01:04:09.00</b>	+00:27:00 (42.1%)	6:24	9.4 (58.0%)
90	<b>SZYLKA Justyna</b>	<b>301</b>		K-18	16	00:14:35	00:30:20	00:47:39	<b>01:04:31.50</b>	+00:27:23 (42.4%)	6:27	9.3 (57.4%)
91	<b>MADEJ Jakub</b>	<b>167</b>		M-18	37	00:14:40	00:31:36	00:48:08	<b>01:04:38.85</b>	+00:27:30 (42.5%)	6:27	9.3 (57.4%)
92	<b>KOZŁOWIECKA Małgorzata</b>	<b>141</b>		K-50	2	00:15:55	00:33:11	00:50:50	<b>01:08:29.75</b>	+00:31:21 (45.8%)	6:50	8.8 (54.3%)
93	<b>PASEK Paula</b>	<b>210</b>		K-18	17	00:15:26	00:31:54	00:49:42	<b>01:09:17.30</b>	+00:32:08 (46.4%)	6:55	8.7 (53.7%)
94	<b>WIELIKDZIEN Aleksandra</b>	<b>322</b>	DECATHLON SŁUPSK	K-18	18	00:16:36	00:34:08	00:52:21	<b>01:09:19.90</b>	+00:32:11 (46.4%)	6:56	8.7 (53.7%)
95	<b>DROZD Magdalena</b>	<b>57</b>	DECATHLON SŁUPSK	K-18	19	00:16:36	00:34:08	00:52:21	<b>01:10:19.90</b>	+00:33:11 (47.2%)	7:02	8.5 (52.5%)
96	<b>KRAWCZUK -KIEŁB Anna</b>	<b>145</b>	ŻYJ Z ENERGIA	K-40	9	00:17:47	00:36:20	00:55:16	<b>01:14:46.35</b>	+00:37:37 (50.3%)	7:28	8 (49.4%)
97	<b>SZCZEBLEWSKI Józef</b>	<b>352</b>		M-60+	4	00:19:40	00:39:02	00:58:17	<b>01:18:06.85</b>	+00:40:58 (52.5%)	7:48	7.7 (47.5%)

Znaleziono 97 wynik(ów)