



I KOŁOBRZESKI PÓLMARATON BRZEGIEM BAŁTYKU

B4SPORT

Organizator: Kołobrzegskie Stowarzyszenie Biegów Ulicznych „Nadmorscy Biegacze”
Data: 2024-05-19
Miejsce: Kołobrzeg
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	PYSHNIAK Kostiantyn	306	FIGA TEAM	M-18	1		00:36:35	01:12:13.85		3:25	17.5 (100%)
2	SZYMAŃSKI Sylwek	245	SZCZECINECCY BIEGACZE	M-50	1		00:39:30	01:19:42.51	+00:07:28 (9.4%)	3:46	15.9 (90.9%)
3	MEYER Irek	157	TV REFRATH	M-50	2		00:39:47	01:20:13.19	+00:07:59 (10.0%)	3:48	15.8 (90.3%)
4	WÓJCIK Robert	285	RAZEM TRENUJEMY SPORT	M-50	3		00:40:31	01:22:09.64	+00:09:55 (12.1%)	3:53	15.4 (88.0%)
5	BRESKA Daniel	23	ŚCIGAŁ TEAM	M-40	1		00:40:25	01:22:26.87	+00:10:13 (12.4%)	3:54	15.4 (88.0%)
6	SZYMAŃSKI Piotr, Krzysztof	246		M-30	1		00:40:12	01:23:11.26	+00:10:57 (13.2%)	3:56	15.2 (86.9%)
7	WIĘCKOWSKA Sandra	275		K-30	1		00:42:04	01:24:01.47	+00:11:47 (14.0%)	3:58	15.1 (86.3%)
8	GIBA Jacek	62	MKL MARATON ŚWINOUJŚCIE	M-50	4		00:42:07	01:24:39.15	+00:12:25 (14.7%)	4:00	15 (85.7%)
9	GOSTKOWSKI Łukasz	67	KB GOCH BYTÓW	M-30	3		00:42:08	01:25:04.89	+00:12:51 (15.1%)	4:01	14.9 (85.1%)
10	WROTECKA Katarzyna	286	STAJNIAKTEAM	K-30	2		00:42:26	01:25:21.64	+00:13:07 (15.4%)	4:02	14.8 (84.6%)
11	SKORYCH Andrii	218	YULI	M-30	2		00:42:04	01:24:42.52	+00:12:28 (14.7%)	4:00	14.9 (85.1%)
12	STADNIK Rafał	223		M-30	4	TAK	00:42:34	01:26:17.57	+00:14:03 (16.3%)	4:05	14.7 (84.0%)
13	RUTA Maciej	200	SZAKALE BAŁUT	M-40	2		00:42:20	01:26:28.66	+00:14:14 (16.5%)	4:05	14.6 (83.4%)
14	MACIEJCZYK Mateusz	139		M-30	5		00:42:36	01:26:34.35	+00:14:20 (16.6%)	4:06	14.6 (83.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
15	WOJTALIK Łukasz	282		M-40	3		00:41:48	01:27:17.13	+00:15:03 (17.2%)	4:08	14.5 (82.9%)
16	SZEWCZYK Rafał	239	WOSIEK TEAM	M-50	5		00:42:54	01:28:37.32	+00:16:23 (18.5%)	4:11	14.3 (81.7%)
17	ZAWALSKI Mariusz	290		M-40	4	TAK	00:43:47	01:29:01.48	+00:16:47 (18.9%)	4:13	14.2 (81.1%)
18	KALETA Sebastian	97		M-40	5		00:44:31	01:30:04.27	+00:17:50 (19.8%)	4:16	14.1 (80.6%)
19	ZATOŃ Olga	289		K-30	3		00:43:23	01:30:22.59	+00:18:08 (20.1%)	4:16	14 (80.0%)
20	MACKOJĆ Krzysztof	141	EL-MACKOJĆ	M-50	6	TAK	00:43:51	01:30:39.14	+00:18:25 (20.3%)	4:17	14 (80.0%)
21	KOCIUBA Przemysław	107	TT SZCZECIN	M-30	6		00:44:39	01:31:16.95	+00:19:03 (20.9%)	4:19	13.9 (79.4%)
22	PEKAŁA Mikołaj	185		M-18	2		00:46:10	01:32:19.36	+00:20:05 (21.8%)	4:22	13.7 (78.3%)
23	KOZIEŁ Paweł	113	JJ RUNNERS TEAM	M-40	6		00:45:18	01:32:45.72	+00:20:31 (22.1%)	4:23	13.6 (77.7%)
24	ORŁOWSKA Magdalena	179		K-30	4		00:45:31	01:33:52.68	+00:21:38 (23.1%)	4:26	13.5 (77.1%)
25	KOWALCZYK Kamila	111	WIERZBICKI RUNNING PROJECT	K-30	5		00:45:52	01:34:02.08	+00:21:48 (23.2%)	4:27	13.5 (77.1%)
26	WIERZEJSKI Sławomir	274	KB GOCH BYTÓW	M-50	7		00:46:54	01:34:09.94	+00:21:56 (23.3%)	4:27	13.4 (76.6%)
27	STULIGŁOWA Bartłomiej	234	ZALEWSKI PERFORMANCE ACADEMY	M-50	8		00:45:31	01:34:35.89	+00:22:22 (23.6%)	4:28	13.4 (76.6%)
28	FELSKI Jakub	53	MŻS WOŁCZA MAŁA	M-30	7		00:46:58	01:34:34.75	+00:22:20 (23.6%)	4:28	13.4 (76.6%)
29	TRZECIAK Dariusz	258	KOŁOBRZEG BIEGA	M-50	9	TAK	00:47:04	01:34:53.48	+00:22:39 (23.9%)	4:29	13.3 (76.0%)
30	KURCZAK Łukasz	132		M-30	8		00:45:44	01:35:08.61	+00:22:54 (24.1%)	4:30	13.3 (76.0%)
31	GRZESIK Eugeniusz	75	STRAŻAK SAM	M-50	10		00:46:55	01:35:18.10	+00:23:04 (24.2%)	4:30	13.3 (76.0%)
32	KROCZYŃSKI Sławomir	120	BIEGOLAS KOSZALIN-KOŁOBRZEG	M-60	1	TAK	00:46:48	01:35:27.32	+00:23:13 (24.3%)	4:31	13.3 (76.0%)
33	SPICZAK-BRZEZIŃSKI Robert	222		M-40	7	TAK	00:46:38	01:35:23.31	+00:23:09 (24.3%)	4:31	13.3 (76.0%)
34	KUBIŚ Paweł	128		M-30	9		00:48:04	01:36:03.83	+00:23:49 (24.8%)	4:33	13.2 (75.4%)
35	BUDYCH Arek	29		M-40	8		00:48:40	01:36:25.91	+00:24:12 (25.1%)	4:34	13.1 (74.9%)
36	WŁADYKO Rafał	279	PSP KOSZALIN	M-30	10		00:45:32	01:36:30.11	+00:24:16 (25.2%)	4:34	13.1 (74.9%)
37	BOLECHOWSKI Cezary	17		M-18	3	TAK	00:46:46	01:36:36.98	+00:24:23 (25.2%)	4:34	13.1 (74.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
38	WESOŁOWSKI Marcin	271	JOBMAN GROUP	M-40	9		00:47:02	01:36:52.40	+00:24:38 (25.4%)	4:35	13.1 (74.9%)
39	BRYŁA-CRUZ Agnieszka	26	COACHE DAMIANI TEAM	K-40	1		00:48:37	01:37:01.04	+00:24:47 (25.5%)	4:35	13 (74.3%)
40	MYSZKOWSKI Jan	166	1958	M-60	2		00:48:07	01:37:50.27	+00:25:36 (26.2%)	4:38	12.9 (73.7%)
41	TALAREK Robert	253	SMT SZCZECIN	M-40	10		00:47:16	01:38:10.79	+00:25:56 (26.4%)	4:39	12.9 (73.7%)
42	SCHULTEK Arkadiusz	206		M-50	11		00:47:45	01:38:38.10	+00:26:24 (26.8%)	4:40	12.8 (73.1%)
43	AUGUSTYNIAK Grzegorz	3	WYGAN KOŁOBRZEG	M-40	11	TAK	00:48:55	01:38:42.79	+00:26:28 (26.8%)	4:40	12.8 (73.1%)
44	PROKOP Tomek	196		M-40	12		00:48:39	01:38:55.17	+00:26:41 (27.0%)	4:41	12.8 (73.1%)
45	SOBCZYK Łukasz	221	KOŁOBRZEG BIEGA	M-40	13	TAK	00:44:35	01:39:21.73	+00:27:07 (27.3%)	4:42	12.7 (72.6%)
46	ŚWITAL Leszek	251	MORSY MARGONIN	M-50	12		00:48:34	01:39:21.57	+00:27:07 (27.3%)	4:42	12.7 (72.6%)
47	UZNAŃSKI Ryszard	261	KOŁOBRZEG BIEGA	M-50	13	TAK	00:47:05	01:40:02.77	+00:27:48 (27.8%)	4:44	12.7 (72.6%)
48	MŁYNAREK Mirosław	163		M-30	11		00:48:52	01:40:07.12	+00:27:53 (27.9%)	4:44	12.6 (72.0%)
49	BACHLIŃSKI Daniel	4	PARKRUN KOSZALIN	M-18	4		00:49:46	01:40:11.40	+00:27:57 (27.9%)	4:44	12.6 (72.0%)
50	KRÓL Marek	121		M-30	12		00:50:00	01:40:12.08	+00:27:58 (27.9%)	4:44	12.6 (72.0%)
51	KAMINSKI Gracjan	99		M-30	13		00:49:59	01:40:19.48	+00:28:05 (28.0%)	4:45	12.6 (72.0%)
52	MOSZYŃSKI Maciej	165	EKOPROJEKT RUN TEAM	M-30	14		00:48:11	01:40:24.44	+00:28:10 (28.1%)	4:45	12.6 (72.0%)
53	PĘKAŁA Piotr	186	SOSW KOSZALIN	M-50	14		00:50:47	01:40:27.81	+00:28:13 (28.1%)	4:45	12.6 (72.0%)
54	CHRZANOWSKI Mariusz	33	NADMORSZY BIEGACZE KOŁOBRZEG	M-50	15	TAK	00:49:21	01:40:32.13	+00:28:18 (28.2%)	4:45	12.6 (72.0%)
55	ŚCIBISZ Paweł	247	10BIEGACZA BIAŁOGARD	M-40	14		00:50:14	01:40:52.15	+00:28:38 (28.4%)	4:46	12.6 (72.0%)
56	PETRYŃSKA Olga	184		K-30	6		00:50:13	01:40:56.20	+00:28:42 (28.4%)	4:47	12.5 (71.4%)
57	AUGUSTYNIAK Grzegorz	2	UKL FENIKS ŚWIDWIN	M-40	15		00:50:57	01:41:01.57	+00:28:47 (28.5%)	4:47	12.5 (71.4%)
58	KIERZEK Przemysław	103	PŁONAŃCE UDA	M-40	16		00:49:24	01:41:02.70	+00:28:48 (28.5%)	4:47	12.5 (71.4%)
59	NOWICKA Karolina	315		K-40	2	TAK	00:49:39	01:41:12.35	+00:28:58 (28.6%)	4:47	12.5 (71.4%)
60	KUBIAK Jagoda	126		K-30	7		00:49:29	01:41:59.92	+00:29:46 (29.2%)	4:50	12.4 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
61	STASZAK Wojciech	309	KMP KOSZALIN	M-30	15		00:48:12	01:42:01.06	+00:29:47 (29.2%)	4:50	12.4 (70.9%)
62	ZYGOŃ Artur	297		M-30	16		00:49:38	01:42:29.73	+00:30:15 (29.5%)	4:51	12.4 (70.9%)
63	SZUBERT Marcin	242	KOŁOBRZEG BIEGA	M-40	17	TAK	00:50:25	01:42:44.70	+00:30:30 (29.7%)	4:52	12.3 (70.3%)
64	URBAŃSKI Tomasz	260	BIAŁOGARD BIEGA	M-50	16		00:48:28	01:43:00.20	+00:30:46 (29.9%)	4:52	12.3 (70.3%)
65	WACHOWSKI Rafał	262	KOŁOBRZEG BIEGA	M-40	18	TAK	00:46:56	01:43:02.89	+00:30:49 (29.9%)	4:52	12.3 (70.3%)
66	CZECHOWSKI Rafał	36	NIESKOŃCZONOŚĆ	M-40	19		00:52:09	01:43:03.78	+00:30:49 (29.9%)	4:53	12.3 (70.3%)
67	NOWAK Joanna	168	UGORY TEAM	K-30	8		00:51:18	01:43:14.76	+00:31:00 (30.0%)	4:53	12.3 (70.3%)
68	PRZYTARSKI Łukasz	197	DRUŻYNA LESZCZYŃSKIEGO	M-40	20		00:47:59	01:43:22.56	+00:31:08 (30.1%)	4:53	12.2 (69.7%)
69	KUDAŚ Piotr	131	GNM TEAM	M-30	17		00:48:33	01:43:27.81	+00:31:13 (30.2%)	4:54	12.2 (69.7%)
70	MAZUR Emilusz	155	PSP KOSZALIN	M-40	21		00:49:56	01:43:57.10	+00:31:43 (30.5%)	4:55	12.2 (69.7%)
71	MACIEJKO Witold	140		M-60	3		00:46:45	01:44:17.81	+00:32:03 (30.7%)	4:56	12.1 (69.1%)
72	BAJGERT Robert	304	VALTAIX.PL	M-50	17	TAK	00:51:33	01:44:29.79	+00:32:15 (30.9%)	4:57	12.1 (69.1%)
73	BRZEZIŃSKI Jan	28	BIAŁOGARD BIEGA	M-50	18		00:49:08	01:44:43.30	+00:32:29 (31.0%)	4:57	12.1 (69.1%)
74	MIELNIK Piotr	307		M-30	18		00:51:24	01:44:52.23	+00:32:38 (31.1%)	4:58	12.1 (69.1%)
75	HERZBERG Przemysław	82	-	M-30	19		00:52:52	01:45:26.63	+00:33:12 (31.5%)	4:59	12 (68.6%)
76	KELLER Marcin	102		M-40	22		00:50:00	01:45:27.14	+00:33:13 (31.5%)	4:59	12 (68.6%)
77	PIETRZAK Norbert	190	SLB	M-30	20	TAK	00:50:55	01:45:37.16	+00:33:23 (31.6%)	5:00	12 (68.6%)
78	KLEIST Marek	105		M-40	23		00:49:39	01:45:53.17	+00:33:39 (31.8%)	5:01	12 (68.6%)
79	DOSKONAŁY Łukasz	43		M-40	24		00:52:17	01:46:21.99	+00:34:08 (32.1%)	5:02	11.9 (68.0%)
80	KUCHNA Nikodem	129		M-18	5	TAK	00:52:02	01:46:34.91	+00:34:21 (32.2%)	5:03	11.9 (68.0%)
81	FLORCZYK Wojtek	56		M-30	21		00:51:04	01:46:40.69	+00:34:26 (32.3%)	5:03	11.9 (68.0%)
82	JUSZCZAK Jarosław	92		M-30	22	TAK	00:54:21	01:46:52.81	+00:34:38 (32.4%)	5:03	11.8 (67.4%)
83	GRZESIAK Dariusz	73		M-40	25		00:52:49	01:46:53.13	+00:34:39 (32.4%)	5:03	11.8 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
84	WIŚNIEWSKI Stanisław	278		M-40	26		00:51:09	01:46:54.62	+00:34:40 (32.4%)	5:03	11.8 (67.4%)
85	GIL Zygmunt	66		M-60	4		00:53:18	01:47:19.84	+00:35:05 (32.7%)	5:05	11.8 (67.4%)
86	ORŁOWSKA Beata	180		K-50	1	TAK	00:52:50	01:47:22.89	+00:35:09 (32.7%)	5:05	11.8 (67.4%)
87	SZPITER Tomek	240		M-50	19		00:52:16	01:47:41.83	+00:35:27 (32.9%)	5:06	11.8 (67.4%)
88	KAŁUŻA Mariusz	98	PAMIATKOWO RUN TEAM	M-40	27	TAK	00:54:14	01:48:00.30	+00:35:46 (33.1%)	5:07	11.7 (66.9%)
89	DZIUBA Leszek	51		M-60	5		00:53:46	01:48:23.96	+00:36:10 (33.4%)	5:08	11.7 (66.9%)
90	ZYGAN Marcin	296	NADMORSZY BIEGACZE	M-40	28	TAK	00:54:16	01:48:28.55	+00:36:14 (33.4%)	5:08	11.7 (66.9%)
91	SHAHBAZYAN Anaida	209		K-18	1		00:54:02	01:48:30.06	+00:36:16 (33.4%)	5:08	11.7 (66.9%)
92	KLESZCZ Dawid	106	MŻS WOŁCZA MAŁA	M-30	23		00:53:37	01:48:41.64	+00:36:27 (33.5%)	5:09	11.6 (66.3%)
93	ZIÓŁKOWSKI Robert	295	LINCOLN ELECTRIC RUNNING TEAM	M-40	29		00:53:08	01:48:46.84	+00:36:32 (33.6%)	5:09	11.6 (66.3%)
94	KURZAJEWSKA Danuta	133		K-30	9		00:53:36	01:48:57.15	+00:36:43 (33.7%)	5:09	11.6 (66.3%)
95	GALANT Krzysztof	58		M-30	24		00:50:40	01:49:31.75	+00:37:17 (34.1%)	5:11	11.6 (66.3%)
96	WOŹNIAK Marcin	284		M-30	25		00:54:33	01:49:33.64	+00:37:19 (34.1%)	5:11	11.6 (66.3%)
97	ŻYCHLIŃSKI Miłosz	299	HTF LUDWIK SIKORSKI	M-50	20		00:52:41	01:49:59.22	+00:37:45 (34.3%)	5:12	11.5 (65.7%)
98	WEGNER Marek	265	TKKF WODNIK	M-60	6		00:54:56	01:50:03.85	+00:37:50 (34.4%)	5:12	11.5 (65.7%)
99	FELSKA Natalia	52	MŻS WOŁCZA MAŁA	K-30	10		00:53:26	01:50:05.08	+00:37:51 (34.4%)	5:13	11.5 (65.7%)
100	SILSKI Michał	214		M-30	26		00:56:34	01:50:06.62	+00:37:52 (34.4%)	5:13	11.5 (65.7%)
101	GRYMUŁA Agnieszka	70		K-40	3		00:53:05	01:50:09.08	+00:37:55 (34.4%)	5:13	11.5 (65.7%)
102	MAJEWSKI Maciej	146		M-50	21		00:53:42	01:50:16.70	+00:38:02 (34.5%)	5:13	11.5 (65.7%)
103	FELSKI Mariusz	54	MŻS WOŁCZA MAŁA	M-50	22		00:53:38	01:50:19.53	+00:38:05 (34.5%)	5:13	11.5 (65.7%)
104	ŁAGOWNIK Nina	302		K-30	11		00:55:35	01:50:31.12	+00:38:17 (34.6%)	5:14	11.5 (65.7%)
105	TRZECIAKIEWICZ Rafał	259		M-30	27		00:55:53	01:50:38.15	+00:38:24 (34.7%)	5:14	11.4 (65.1%)
106	KWAŚNIAK Przemysław	134		M-40	30	TAK	00:53:30	01:50:58.01	+00:38:44 (34.9%)	5:15	11.4 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
107	GRZESIAK Zbigniew	72		M-50	23	TAK	00:53:58	01:51:52.78	+00:39:38 (35.4%)	5:18	11.3 (64.6%)
108	KWIATKOWSKI Konrad	135	CODY WEAR	M-18	6	TAK	00:51:42	01:52:22.26	+00:40:08 (35.7%)	5:19	11.3 (64.6%)
109	WOJNAROWICZ Monika	280	VEGE RUNNERS	K-30	12		00:54:53	01:52:28.09	+00:40:14 (35.8%)	5:19	11.3 (64.6%)
110	ŻDANOW Oleksandr	298		M-40	31	TAK	00:54:34	01:52:48.48	+00:40:34 (36.0%)	5:20	11.2 (64.0%)
111	WOJCIECHOWSKA-HRYCYK Agata	308		K-50	2	TAK	00:55:00	01:52:57.73	+00:40:43 (36.1%)	5:21	11.2 (64.0%)
112	GIEDROWICZ Aleksandra	64		K-30	13		00:56:05	01:53:03.96	+00:40:50 (36.1%)	5:21	11.2 (64.0%)
113	STOŁOWSKI Robert	230		M-40	32		00:55:03	01:53:06.32	+00:40:52 (36.1%)	5:21	11.2 (64.0%)
114	STOCKER Ania	229	HILTON RESORT & SPA ŚWINOUJŚCIE	K-40	4		00:55:57	01:53:10.19	+00:40:56 (36.2%)	5:21	11.2 (64.0%)
115	PIETROWICZ Darek	188	KB PIONIER SZCZECIN	M-30	28		00:51:31	01:53:21.39	+00:41:07 (36.3%)	5:22	11.2 (64.0%)
116	KADECKI Piotr	95	KSIR SPORTICO BIAŁOŚLIWIE	M-40	33		00:53:14	01:53:31.06	+00:41:17 (36.4%)	5:22	11.2 (64.0%)
117	STAWICKI Tomasz	317		M-40	34		00:54:06	01:53:43.86	+00:41:30 (36.5%)	5:23	11.1 (63.4%)
118	HAMULAK Dariusz	79	BIAŁOGARD BIEGA	M-60	7		00:54:34	01:53:48.19	+00:41:34 (36.5%)	5:23	11.1 (63.4%)
119	MAJEWSKI Adam	147		M-30	29		00:53:09	01:53:52.40	+00:41:38 (36.6%)	5:23	11.1 (63.4%)
120	KIEŁKOWSKI Przemysław	311		M-40	35	TAK	00:57:08	01:53:58.55	+00:41:44 (36.6%)	5:24	11.1 (63.4%)
121	DIDŁUCH Jacek	41	KARLINOBIEGAJ	M-40	36		00:55:11	01:54:00.28	+00:41:46 (36.6%)	5:24	11.1 (63.4%)
122	JABŁOŃSKA Katarzyna	83		K-40	5		00:56:11	01:54:07.76	+00:41:53 (36.7%)	5:24	11.1 (63.4%)
123	BĄK Tomasz	10	TEAM TEMPO	M-40	37		00:57:00	01:54:08.06	+00:41:54 (36.7%)	5:24	11.1 (63.4%)
124	SIWEK Kacper	216		M-18	7		00:53:38	01:54:21.81	+00:42:07 (36.8%)	5:25	11.1 (63.4%)
125	GULBINOWICZ Karol	77		M-30	30		00:52:11	01:54:30.25	+00:42:16 (36.9%)	5:25	11.1 (63.4%)
126	STĘPNIAK Grzegorz	228	KLUB BIEGACZA KAMIEŃ POMORSKI	M-50	24		00:55:09	01:54:53.32	+00:42:39 (37.1%)	5:26	11 (62.9%)
127	DRABKOWSKA Agnieszka	44		K-40	6		00:55:32	01:55:00.00	+00:42:46 (37.2%)	5:27	11 (62.9%)
128	GAWRYJOŁEK Szymon	61		M-30	31	TAK	00:53:47	01:55:17.45	+00:43:03 (37.3%)	5:27	11 (62.9%)
129	POLAŃSKI Piotr	310	KMP KOSZALIN	M-18	8		00:55:11	01:55:20.32	+00:43:06 (37.4%)	5:27	11 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
130	MIKOŁAJUK Aneta	161	SMT SZCZECIN	K-50	3		00:56:22	01:55:21.31	+00:43:07 (37.4%)	5:28	11 (62.9%)
131	KRZYŻAŃSKI Jakub	125		M-40	38	TAK	00:54:21	01:55:22.25	+00:43:08 (37.4%)	5:28	11 (62.9%)
132	KOZUBOWSKA Agnieszka	117	GRIFFIN AERO MARINE	K-40	7		00:57:29	01:55:49.31	+00:43:35 (37.6%)	5:29	10.9 (62.3%)
133	PIETRASIK Dawid	187		M-40	39		00:54:58	01:55:53.40	+00:43:39 (37.7%)	5:29	10.9 (62.3%)
134	JAWORSKA Marta	90	BIEGOLAS KOSZALIN	K-30	14		00:59:14	01:56:10.48	+00:43:56 (37.8%)	5:30	10.9 (62.3%)
135	MAJCHRZAK Dominik	144		M-30	32		00:52:05	01:56:12.25	+00:43:58 (37.8%)	5:30	10.9 (62.3%)
136	SZUBERT Agnieszka	241		K-40	8	TAK	00:57:47	01:56:20.83	+00:44:06 (37.9%)	5:30	10.9 (62.3%)
137	MEYER Joanna	158		K-50	4		00:57:42	01:56:34.95	+00:44:21 (38.0%)	5:31	10.9 (62.3%)
138	GASKA Justyna	60	BIEGAJACA MAMA	K-40	9		00:55:39	01:56:40.68	+00:44:26 (38.1%)	5:31	10.9 (62.3%)
139	LITWINOWICZ Reni	137	KB WYGAN	K-40	10	TAK	00:57:22	01:56:41.72	+00:44:27 (38.1%)	5:31	10.8 (61.7%)
140	SKOMPСКА Hania Skompcka	217	BUKOWSKI KLUB BIEGACZA	K-40	11		00:57:22	01:56:57.10	+00:44:43 (38.2%)	5:32	10.8 (61.7%)
141	ORLIKOWSKI Robert	178	POŁCZYN BIEGA ♥	M-30	33		00:55:31	01:57:01.90	+00:44:48 (38.3%)	5:32	10.8 (61.7%)
142	DUDENKO Jerzy	47		M-40	40		00:57:51	01:57:07.02	+00:44:53 (38.3%)	5:33	10.8 (61.7%)
143	ZELL Jacek	291	DZIKIE DZIKI GORZÓW	M-60	8		00:55:06	01:57:18.06	+00:45:04 (38.4%)	5:33	10.8 (61.7%)
144	MAKSZEWSKA Aleksandra	149		K-18	2	TAK	00:58:28	01:57:27.32	+00:45:13 (38.5%)	5:33	10.8 (61.7%)
145	BOROWIEC Mariusz	18		M-50	25	TAK	00:59:55	01:57:29.61	+00:45:15 (38.5%)	5:34	10.8 (61.7%)
146	OLEJNIK Mariusz	174		M-40	41		00:56:42	01:57:35.06	+00:45:21 (38.6%)	5:34	10.8 (61.7%)
147	KRAJEWSKI Marek	119		M-40	42	TAK	00:56:48	01:57:38.20	+00:45:24 (38.6%)	5:34	10.8 (61.7%)
148	KOZŁOWSKI Mateusz	115		M-30	34		00:56:52	01:58:00.99	+00:45:47 (38.8%)	5:35	10.7 (61.1%)
149	ĆWIKLIŃSKI Maciej	38		M-50	26		00:58:59	01:58:09.23	+00:45:55 (38.9%)	5:35	10.7 (61.1%)
150	SZYMAŃSKI Artur	243	BS FAMILY TEAM	M-40	43		00:56:32	01:58:11.94	+00:45:58 (38.9%)	5:36	10.7 (61.1%)
151	KASPRZYK Bogdan	100	KS WILKI POMORSKIE	M-50	27		00:57:01	01:58:33.70	+00:46:19 (39.1%)	5:37	10.7 (61.1%)
152	SKRZOS Tomasz	220		M-50	28		00:59:56	01:58:47.81	+00:46:33 (39.2%)	5:37	10.7 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
153	BORUCH Adam	20		M-50	29		00:59:16	01:59:02.39	+00:46:48 (39.3%)	5:38	10.6 (60.6%)
154	ŚWIĄTEK Adam	248		M-30	35		00:55:34	01:59:25.54	+00:47:11 (39.5%)	5:39	10.6 (60.6%)
155	JANKOWIAK Marek	85		M-40	44	TAK	00:59:42	01:59:39.23	+00:47:25 (39.6%)	5:40	10.6 (60.6%)
156	BOĆKO Mateusz	13		M-18	9	TAK	00:54:57	01:59:41.99	+00:47:28 (39.7%)	5:40	10.6 (60.6%)
157	OCHWAT Bartłomiej	170		M-30	36	TAK	00:56:53	01:59:42.54	+00:47:28 (39.7%)	5:40	10.6 (60.6%)
158	MAKAŚ Sebastian	148		M-30	37		00:57:08	01:59:43.72	+00:47:29 (39.7%)	5:40	10.6 (60.6%)
159	WOJNOWSKI Wacław	281		M-30	38		00:57:57	01:59:56.66	+00:47:42 (39.8%)	5:41	10.6 (60.6%)
160	BROWARSKI Mariusz	303	RUN JP2	M-50	30		00:59:05	02:00:14.46	+00:48:00 (39.9%)	5:41	10.5 (60.0%)
161	JANKOWSKA Agnieszka	86		K-30	15		00:58:30	02:00:22.80	+00:48:08 (40.0%)	5:42	10.5 (60.0%)
162	RZECHACZEK Karol	202		M-30	39		00:56:39	02:00:27.89	+00:48:14 (40.0%)	5:42	10.5 (60.0%)
163	ŚWIERCZ Filip	250	KLUB BOKSERSKI KOŁOBRZEG	M-18	10		00:57:46	02:00:34.98	+00:48:21 (40.1%)	5:42	10.5 (60.0%)
164	STRAUSS Martyna	231		K-30	16		00:58:34	02:00:37.91	+00:48:24 (40.1%)	5:42	10.5 (60.0%)
165	BRODECKA Monika	24	BIEGOLAS KOSZALIN	K-30	17		00:58:20	02:00:39.00	+00:48:25 (40.1%)	5:43	10.5 (60.0%)
166	BRODECKI Artur	25	BIEGOLAS KOSZALIN	M-40	45		00:59:25	02:00:41.54	+00:48:27 (40.2%)	5:43	10.5 (60.0%)
167	OLESZEK Krzysztof	176	STARGARD. JA SIĘ NIE ŚCIGAM	M-40	46		00:59:01	02:00:50.00	+00:48:36 (40.2%)	5:43	10.5 (60.0%)
168	SIUTA Marta	215		K-40	12	TAK	00:56:54	02:01:01.97	+00:48:48 (40.3%)	5:44	10.5 (60.0%)
169	BRANICKI Dawid	22		M-40	47	TAK	00:56:20	02:01:09.18	+00:48:55 (40.4%)	5:44	10.4 (59.4%)
170	BADOWSKA Agnieszka	5		K-40	13		01:00:22	02:01:18.93	+00:49:05 (40.5%)	5:44	10.4 (59.4%)
171	GUZOWSKA Elżbieta	78		K-40	14		01:00:55	02:01:25.96	+00:49:12 (40.5%)	5:45	10.4 (59.4%)
172	GRZESIAK Magdalena	74		K-40	15		00:57:56	02:01:34.53	+00:49:20 (40.6%)	5:45	10.4 (59.4%)
173	JĘDRZEJCZYK Franciszek	91		M-50	31		00:55:52	02:02:07.86	+00:49:54 (40.9%)	5:47	10.4 (59.4%)
174	PŁAŻAŁSKI Przemysław	300		M-40	48		00:59:15	02:02:24.88	+00:50:11 (41.0%)	5:48	10.3 (58.9%)
175	BRZEZIŃSKI Krystian	27		M-30	40		00:56:30	02:03:17.99	+00:51:04 (41.4%)	5:50	10.3 (58.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
176	MAZUREK Ryszard	156		M-70	1		01:00:23	02:03:31.55	+00:51:17 (41.5%)	5:51	10.2 (58.3%)
177	KUBIAK Andrzej	127		M-70	2		01:00:47	02:03:31.82	+00:51:17 (41.5%)	5:51	10.2 (58.3%)
178	ŚWILIŃSKA Martyna	273	12PLOG	K-30	18	TAK	00:58:31	02:03:43.07	+00:51:29 (41.6%)	5:51	10.2 (58.3%)
179	ŚWITLIŃSKI Damian	252		M-30	41	TAK	00:55:32	02:03:43.44	+00:51:29 (41.6%)	5:51	10.2 (58.3%)
180	HASSELBRINK Karolina	80		K-40	16		01:03:48	02:03:44.08	+00:51:30 (41.6%)	5:51	10.2 (58.3%)
181	WRÓBLEWSKA Anna	287	KLUB BIEGACZA KAMIEŃ POMORSKI	K-40	17		00:59:56	02:03:44.49	+00:51:30 (41.6%)	5:51	10.2 (58.3%)
182	WESOŁOWSKI Maciej	270		M-50	32		00:59:10	02:04:22.64	+00:52:08 (41.9%)	5:53	10.2 (58.3%)
183	KRAJDA Adrian	118		M-30	42	TAK	01:00:02	02:04:44.11	+00:52:30 (42.1%)	5:54	10.1 (57.7%)
184	KOZIOŁ Jakub	114	GOAT	M-18	11	TAK	00:55:14	02:04:51.30	+00:52:37 (42.1%)	5:55	10.1 (57.7%)
185	SUCHODOLSKA Aleksandra	235		K-30	19		01:00:05	02:05:07.87	+00:52:54 (42.3%)	5:55	10.1 (57.7%)
186	TRZECIAK Anna	257	KOŁOBRZEG BIEGA	K-50	5	TAK	00:59:45	02:05:39.18	+00:53:25 (42.5%)	5:57	10.1 (57.7%)
187	OSTAPIŃSKI Michał	181	SUPER KSIĘGOWY	M-40	49	TAK	00:59:28	02:05:48.18	+00:53:34 (42.6%)	5:57	10.1 (57.7%)
188	MALYSH Vladyslav	151	BEZ KLUBU	M-30	43	TAK	00:59:16	02:06:01.73	+00:53:47 (42.7%)	5:58	10 (57.1%)
189	SUDER-MAKSYMOWICZ Grzegorz	236		M-40	50	TAK	01:01:14	02:06:02.85	+00:53:48 (42.7%)	5:58	10 (57.1%)
190	SERKIES Piotr	208	WENY.PWR	M-40	51		01:00:12	02:06:05.59	+00:53:51 (42.7%)	5:58	10 (57.1%)
191	BOJANOWSKI Michał	15		M-40	52	TAK	00:56:50	02:06:14.31	+00:54:00 (42.8%)	5:58	10 (57.1%)
192	PISKUNOWICZ Aleksandra	191	10BIEGACZA BIAŁOGARD	K-30	20		00:59:41	02:06:30.42	+00:54:16 (42.9%)	5:59	10 (57.1%)
193	BARDADYN Artur	7	BURSZTYNEK	M-40	53		01:04:17	02:06:31.25	+00:54:17 (42.9%)	5:59	10 (57.1%)
194	BIAŁECKA Paula	11		K-30	21		01:01:49	02:06:35.93	+00:54:22 (42.9%)	5:59	10 (57.1%)
195	BUSZAC Paweł	30		M-30	44	TAK	01:02:03	02:06:42.40	+00:54:28 (43.0%)	6:00	10 (57.1%)
196	KIMASZEWSKI Kornel	104	GOAT	M-18	12	TAK	00:56:22	02:06:46.94	+00:54:33 (43.0%)	6:00	10 (57.1%)
197	CIEŚLAK Monika	35		K-30	22		01:01:13	02:07:13.08	+00:54:59 (43.2%)	6:01	10 (57.1%)
198	SALAWA Anna	204	BIEGAJZMAŃKIEMTEAM/ MAMUŚKI	K-30	23		01:01:25	02:07:37.70	+00:55:23 (43.4%)	6:02	9.9 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
199	CZYNSZAK Krystian	37	STARGARD JA SIĘ NIE ŚCIGAM	M-40	54		01:01:07	02:07:41.98	+00:55:28 (43.4%)	6:03	9.9 (56.6%)
200	KUCZA Mateusz	130	NIEZRZESZONY	M-30	45	TAK	01:03:48	02:07:44.75	+00:55:30 (43.5%)	6:03	9.9 (56.6%)
201	PLEWA Paulina	192		K-18	3		00:59:51	02:08:23.99	+00:56:10 (43.7%)	6:05	9.9 (56.6%)
202	KACZMAREK Sylwia	94		K-40	18		00:59:51	02:08:50.12	+00:56:36 (43.9%)	6:06	9.8 (56.0%)
203	DRZEWIECKA Agnieszka	45	BIEGACZE ŚWINOUJŚCIE	K-50	6		01:02:06	02:09:01.60	+00:56:47 (44.0%)	6:06	9.8 (56.0%)
204	WERESZCZYŃSKI Krzysztof	268	WIECZORNE BIEGANIE W SZCZECINIE	M-40	55		01:02:58	02:09:23.86	+00:57:10 (44.2%)	6:07	9.8 (56.0%)
205	WERESZCZYŃSKA Lidia	267	WIECZORNE BIEGANIE W SZCZECINIE	K-30	24		01:03:01	02:09:23.94	+00:57:10 (44.2%)	6:07	9.8 (56.0%)
206	GÓRSKI Marek	68		M-40	56		00:59:30	02:09:41.49	+00:57:27 (44.3%)	6:08	9.8 (56.0%)
207	ZIELIŃSKI Dominik	292		M-18	13		01:00:22	02:10:12.19	+00:57:58 (44.5%)	6:10	9.7 (55.4%)
208	SIERŻAN Aleksandra	213		K-30	25	TAK	01:00:18	02:10:22.41	+00:58:08 (44.6%)	6:10	9.7 (55.4%)
209	SIADAK Dominik	210	ETUSIE	M-30	46		01:00:06	02:10:57.81	+00:58:43 (44.8%)	6:12	9.7 (55.4%)
210	DZIUBA Monika	50		K-40	19		01:01:32	02:11:19.76	+00:59:05 (45.0%)	6:13	9.6 (54.9%)
211	OLESIŃSKA Patrycja	175		K-30	26	TAK	01:01:31	02:11:19.97	+00:59:06 (45.0%)	6:13	9.6 (54.9%)
212	RUTKOWSKI Artur	201	RUNKING / SPORTOWIEC.INFO	M-30	47		01:00:43	02:11:34.49	+00:59:20 (45.1%)	6:14	9.6 (54.9%)
213	KOZAR Paweł	112		M-30	48	TAK	01:06:22	02:11:46.78	+00:59:32 (45.2%)	6:14	9.6 (54.9%)
214	SZYMAŃSKI Andrzej	244	ELKOPLAST	M-40	57	TAK	00:58:42	02:12:06.60	+00:59:52 (45.3%)	6:15	9.6 (54.9%)
215	STUCKI Leszek	233		M-18	14		01:06:29	02:12:31.00	+01:00:17 (45.5%)	6:16	9.6 (54.9%)
216	BOROWSKI Mariusz	19	COLBERG	M-40	58		01:04:14	02:12:32.87	+01:00:19 (45.5%)	6:16	9.6 (54.9%)
217	WILKOWSKI Krzysztof	276	FOR-REST-RUN KOSZALIN	M-40	59		01:03:06	02:12:39.95	+01:00:26 (45.6%)	6:17	9.5 (54.3%)
218	MIKOŁAJCZAK Emilia	160	FOR-REST-RUN KOSZALIN	K-40	20		01:03:10	02:12:40.41	+01:00:26 (45.6%)	6:17	9.5 (54.3%)
219	FRYDRYCH Michał	57	VIP NIERUCHOMOŚCI SZCZECIN	M-30	49		00:58:25	02:12:40.78	+01:00:26 (45.6%)	6:17	9.5 (54.3%)
220	PIOTROWSKI Łukasz	301		M-40	60	TAK	00:59:20	02:12:47.27	+01:00:33 (45.6%)	6:17	9.5 (54.3%)
221	GIERSZEWSKI Mateusz	65		M-30	50		01:03:51	02:12:54.62	+01:00:40 (45.7%)	6:17	9.5 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
222	BARADYŃ Ula	8	BURSZTYNEK	K-40	21		01:04:19	02:13:00.13	+01:00:46 (45.7%)	6:18	9.5 (54.3%)
223	MAHLKE-SKROCK Thomas	142	LRG TORPEDO BERLIN	M-60	9		01:03:21	02:13:00.98	+01:00:47 (45.7%)	6:18	9.5 (54.3%)
224	SKALSKI Adrian	305		M-30	51		01:01:14	02:13:06.93	+01:00:53 (45.7%)	6:18	9.5 (54.3%)
225	DEPTA Katarzyna	39		K-30	27		01:03:13	02:13:10.96	+01:00:57 (45.8%)	6:18	9.5 (54.3%)
226	KONKEL Damian	318		M-18	15		01:04:47	02:13:27.73	+01:01:13 (45.9%)	6:19	9.5 (54.3%)
227	NOWAK Marcin	169		M-40	61	TAK	01:02:04	02:13:43.37	+01:01:29 (46.0%)	6:20	9.5 (54.3%)
228	DZIKOŃ Rafał	49	RAFTER-RUN	M-40	62	TAK	01:00:45	02:13:51.70	+01:01:37 (46.0%)	6:20	9.5 (54.3%)
229	BIEDKA Aleksander	12		M-18	16		01:01:32	02:13:51.75	+01:01:37 (46.0%)	6:20	9.5 (54.3%)
230	OSTROWSKA Kinga	182		K-18	4		01:03:39	02:14:14.56	+01:02:00 (46.2%)	6:21	9.4 (53.7%)
231	PŁAŻALSKI Łukasz	193		M-40	63	TAK	01:03:39	02:14:14.98	+01:02:01 (46.2%)	6:21	9.4 (53.7%)
232	WINIARSKI Marcin	277		M-40	64		01:02:49	02:14:30.85	+01:02:16 (46.3%)	6:22	9.4 (53.7%)
233	BORZĘCKA Ewa	21		K-30	28		01:05:54	02:14:36.64	+01:02:22 (46.3%)	6:22	9.4 (53.7%)
234	BODUSZEK Kamila	14		K-30	29		01:00:03	02:15:07.28	+01:02:53 (46.5%)	6:24	9.4 (53.7%)
235	PIETRUCZUK Radek	189	JBC SQUAD	M-30	52		00:59:53	02:15:08.14	+01:02:54 (46.5%)	6:24	9.4 (53.7%)
236	DWORCZAK Angelika	48		K-30	30		01:05:07	02:15:15.04	+01:03:01 (46.6%)	6:24	9.4 (53.7%)
237	KOZŁOWIECKI Waldemar	316	TKKF	M-70	3		01:06:22	02:15:42.30	+01:03:28 (46.8%)	6:25	9.3 (53.1%)
238	MAŁEK Kamil	153		M-18	17	TAK	01:04:41	02:17:30.40	+01:05:16 (47.5%)	6:30	9.2 (52.6%)
239	ŚWIERCZ Ewa	249	NORDICOWE SOBOTY	K-40	22		01:05:32	02:17:39.19	+01:05:25 (47.5%)	6:31	9.2 (52.6%)
240	SIADAK Malwina	211	ETUSIE	K-30	31		01:05:20	02:17:47.32	+01:05:33 (47.6%)	6:31	9.2 (52.6%)
241	STASZEWSKI Mariusz	224		M-40	65		01:06:26	02:17:47.84	+01:05:33 (47.6%)	6:31	9.2 (52.6%)
242	JANCZEWSKI Jacek	84		M-50	33		01:06:05	02:19:08.91	+01:06:55 (48.1%)	6:35	9.1 (52.0%)
243	JANKOWSKA Barbara	87		K-40	23		01:07:54	02:19:36.83	+01:07:22 (48.3%)	6:36	9.1 (52.0%)
244	ZIELKE Marina	312		K-60	1		01:08:41	02:20:46.15	+01:08:32 (48.7%)	6:40	9 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas		Tempo min/km	Tempo km/h
								netto 21.1km	Różn		
245	OLAS Iwona	173		K-30	32		01:00:57	02:20:49.92	+01:08:36 (48.7%)	6:40	9 (51.4%)
246	MALICKA Katarzyna	150		K-18	5		01:05:47	02:21:20.92	+01:09:07 (48.9%)	6:41	9 (51.4%)
247	ADAMOWICZ Patryk	1		M-18	18		01:05:45	02:21:21.44	+01:09:07 (48.9%)	6:41	9 (51.4%)
248	ZIÓŁKOWSKI Bartłomiej	294		M-30	53	TAK	01:04:25	02:21:30.36	+01:09:16 (49.0%)	6:42	8.9 (50.9%)
249	PEŁECHATY Paweł	183		M-30	54		01:03:57	02:21:33.37	+01:09:19 (49.0%)	6:42	8.9 (50.9%)
250	WOŹNIAK Piotr	283		M-60	10	TAK	01:10:27	02:23:38.79	+01:11:24 (49.7%)	6:48	8.8 (50.3%)
251	KONIEC Krzysztof	108		M-50	34		01:05:23	02:23:39.00	+01:11:25 (49.7%)	6:48	8.8 (50.3%)
252	KROCZYŃSKA Kinga	313		K-40	24	TAK	01:05:17	02:23:42.09	+01:11:28 (49.7%)	6:48	8.8 (50.3%)
253	ŁANGOWSKA Iwona	138	KOŁOBRZEG BIEGA	K-50	7	TAK	01:06:58	02:23:42.21	+01:11:28 (49.7%)	6:48	8.8 (50.3%)
254	TROJNACKI Rafał	256		M-30	55		01:07:20	02:23:52.53	+01:11:38 (49.8%)	6:49	8.8 (50.3%)
255	GRIMM - SPERLING Anja	69	RUNNING.COACH	K-50	8		01:08:15	02:25:12.52	+01:12:58 (50.3%)	6:52	8.7 (49.7%)
256	OCHWAT Barbara	171		K-30	33	TAK	01:05:58	02:25:31.40	+01:13:17 (50.4%)	6:53	8.7 (49.7%)
257	TROJANOWSKA Kinga	255		K-60	2		01:10:06	02:25:59.60	+01:13:45 (50.5%)	6:55	8.7 (49.7%)
258	MŁYNAREK Piotr	164		M-40	66		01:08:10	02:26:39.57	+01:14:25 (50.7%)	6:57	8.6 (49.1%)
259	SAWICKI Łukasz	205	A MIAŁO BYĆ Z GÓRKI	M-30	56		01:04:22	02:28:57.10	+01:16:43 (51.5%)	7:03	8.5 (48.6%)
260	GARBIEN Tomasz	59		M-40	67		01:11:17	02:30:41.12	+01:18:27 (52.1%)	7:08	8.4 (48.0%)
261	JARCZEWSKA Katarzyna	89		K-18	6		01:10:09	02:31:26.18	+01:19:12 (52.3%)	7:10	8.4 (48.0%)
262	WERES Asia	266		K-30	34		01:09:12	02:31:58.50	+01:19:44 (52.5%)	7:12	8.3 (47.4%)
263	OKOŃ Stanisław	172	KB WYGAN KOŁOBRZEG	M-50	35	TAK	01:11:08	02:34:40.37	+01:22:26 (53.3%)	7:19	8.2 (46.9%)
264	WESOŁOWSKA Urszula	269		K-50	9		01:08:30	02:34:55.44	+01:22:41 (53.4%)	7:20	8.2 (46.9%)
265	ZIÓŁKOWSKA Sylwia	293	STALOWOWOLSKI KLUB BIEGACZA	K-50	10		01:11:54	02:35:55.29	+01:23:41 (53.7%)	7:23	8.1 (46.3%)
266	ZATOŃ Paweł	314		M-30	57		01:06:32	02:36:26.05	+01:24:12 (53.8%)	7:24	8.1 (46.3%)
267	LEWANDOWSKI Mirosław	136	GOLENIOW	M-60	11		01:14:33	02:39:30.11	+01:27:16 (54.7%)	7:33	7.9 (45.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Kołobrzeg	10.6km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
268	MAUNDER-COCKRAM Dorota	154		K-30	35		01:12:00	02:40:31.67	+01:28:17 (55.0%)	7:36	7.9 (45.1%)
269	SZCZYTKOWSKI Marek	238		M-50	36		01:15:28	02:43:05.06	+01:30:51 (55.7%)	7:43	7.8 (44.6%)
270	DĘBOWSKA- SZCZYTKOWSKA Izabella	40		K-50	11		01:15:31	02:43:05.07	+01:30:51 (55.7%)	7:43	7.8 (44.6%)
271	GRZYWACZ Anna	76		K-18	7		01:23:09	02:50:30.03	+01:38:16 (57.6%)	8:04	7.4 (42.3%)
272	STEPNIEWSKI Robert	226	BEZ KLUBU	M-40	68	TAK	01:21:15	02:55:46.24	+01:43:32 (58.9%)	8:19	7.2 (41.1%)
273	DOBROWOLSKI Krystian	42		M-18	19	TAK					(0.0%)
DQ	CHRZAŚTOWSKI Sebastian	34	RUN BOY RUN	M-40			01:10:35 DQ	DQ			(0.0%)
DNC	KRYCIŃSKA Jolanta	123	NADMORSZY BIEGACZE	K-40		TAK					(0.0%)

Znaleziono 275 wynik(ów)