



# 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	<b>01:12:13.85</b>		3:25	17.5 (100%)
2	SZYMAŃSKI Sylwek	245	SZCZECINECCY BIEGACZE	M-50	1		00:39:30	<b>01:19:42.51</b>	+00:07:28 (9.4%)	3:46	15.9 (90.9%)
3	MEYER Irek	157	TV REFRATH	M-50	2		00:39:47	<b>01:20:13.19</b>	+00:07:59 (10.0%)	3:48	15.8 (90.3%)
4	WÓJCIK Robert	285	RAZEM TRENUJEMY SPORT	M-50	3		00:40:31	<b>01:22:09.64</b>	+00:09:55 (12.1%)	3:53	15.4 (88.0%)
5	BRESKA Daniel	23	ŚCIGAŁ TEAM	M-40	1		00:40:25	<b>01:22:26.87</b>	+00:10:13 (12.4%)	3:54	15.4 (88.0%)
6	SZYMAŃSKI Piotr, Krzysztof	246		M-30	1		00:40:12	<b>01:23:11.26</b>	+00:10:57 (13.2%)	3:56	15.2 (86.9%)
7	WIĘCKOWSKA Sandra	275		K-30	1		00:42:04	<b>01:24:01.47</b>	+00:11:47 (14.0%)	3:58	15.1 (86.3%)
8	GIBA Jacek	62	MKL MARATON ŚWINOUJŚCIE	M-50	4		00:42:07	<b>01:24:39.15</b>	+00:12:25 (14.7%)	4:00	15 (85.7%)
9	GOSTKOWSKI Łukasz	67	KB GOCH BYTÓW	M-30	3		00:42:08	<b>01:25:04.89</b>	+00:12:51 (15.1%)	4:01	14.9 (85.1%)
10	WROTECKA Katarzyna	286	STAJNIAKTEAM	K-30	2		00:42:26	<b>01:25:21.64</b>	+00:13:07 (15.4%)	4:02	14.8 (84.6%)
11	SKORYCH Andrii	218	YULI	M-30	2		00:42:04	<b>01:24:42.52</b>	+00:12:28 (14.7%)	4:00	14.9 (85.1%)
12	STADNIK Rafał	223		M-30	4	TAK	00:42:34	<b>01:26:17.57</b>	+00:14:03 (16.3%)	4:05	14.7 (84.0%)
13	RUTA Maciej	200	SZAKALE BAŁUT	M-40	2		00:42:20	<b>01:26:28.66</b>	+00:14:14 (16.5%)	4:05	14.6 (83.4%)
14	MACIEJCZYK Mateusz	139		M-30	5		00:42:36	<b>01:26:34.35</b>	+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	<b>WOJTALIK Łukasz</b>	<b>282</b>		M-40	3		00:41:48	<b>01:27:17.13</b>	+00:15:03 (17.2%)	4:08	14.5 (82.9%)
16	<b>SZEWCZYK Rafał</b>	<b>239</b>	WOSIEK TEAM	M-50	5		00:42:54	<b>01:28:37.32</b>	+00:16:23 (18.5%)	4:11	14.3 (81.7%)
17	<b>ZAWALSKI Mariusz</b>	<b>290</b>		M-40	4	TAK	00:43:47	<b>01:29:01.48</b>	+00:16:47 (18.9%)	4:13	14.2 (81.1%)
18	<b>KALETA Sebastian</b>	<b>97</b>		M-40	5		00:44:31	<b>01:30:04.27</b>	+00:17:50 (19.8%)	4:16	14.1 (80.6%)
19	<b>ZATOŃ Olga</b>	<b>289</b>		K-30	3		00:43:23	<b>01:30:22.59</b>	+00:18:08 (20.1%)	4:16	14 (80.0%)
20	<b>MACKOJC Krzysztof</b>	<b>141</b>	EL-MACKOJC	M-50	6	TAK	00:43:51	<b>01:30:39.14</b>	+00:18:25 (20.3%)	4:17	14 (80.0%)
21	<b>KOCIUBA Przemysław</b>	<b>107</b>	TT SZCZECIN	M-30	6		00:44:39	<b>01:31:16.95</b>	+00:19:03 (20.9%)	4:19	13.9 (79.4%)
22	<b>PEKAŁA Mikołaj</b>	<b>185</b>		M-18	2		00:46:10	<b>01:32:19.36</b>	+00:20:05 (21.8%)	4:22	13.7 (78.3%)
23	<b>KOZIEŁ Paweł</b>	<b>113</b>	JJ RUNNERS TEAM	M-40	6		00:45:18	<b>01:32:45.72</b>	+00:20:31 (22.1%)	4:23	13.6 (77.7%)
24	<b>ORŁOWSKA Magdalena</b>	<b>179</b>		K-30	4		00:45:31	<b>01:33:52.68</b>	+00:21:38 (23.1%)	4:26	13.5 (77.1%)
25	<b>KOWALCZYK Kamila</b>	<b>111</b>	WIERZBICKI RUNNING PROJECT	K-30	5		00:45:52	<b>01:34:02.08</b>	+00:21:48 (23.2%)	4:27	13.5 (77.1%)
26	<b>WIERZEJSKI Sławomir</b>	<b>274</b>	KB GOCH BYTÓW	M-50	7		00:46:54	<b>01:34:09.94</b>	+00:21:56 (23.3%)	4:27	13.4 (76.6%)
27	<b>STULIGŁOWA Bartłomiej</b>	<b>234</b>	ZALEWSKI PERFORMANCE ACADEMY	M-50	8		00:45:31	<b>01:34:35.89</b>	+00:22:22 (23.6%)	4:28	13.4 (76.6%)
28	<b>FELSKI Jakub</b>	<b>53</b>	MŻS WOŁCZA MAŁA	M-30	7		00:46:58	<b>01:34:34.75</b>	+00:22:20 (23.6%)	4:28	13.4 (76.6%)
29	<b>TRZECIAK Dariusz</b>	<b>258</b>	KOŁOBRZEG BIEGA	M-50	9	TAK	00:47:04	<b>01:34:53.48</b>	+00:22:39 (23.9%)	4:29	13.3 (76.0%)
30	<b>KURCZAK Łukasz</b>	<b>132</b>		M-30	8		00:45:44	<b>01:35:08.61</b>	+00:22:54 (24.1%)	4:30	13.3 (76.0%)
31	<b>GRZESIK Eugeniusz</b>	<b>75</b>	STRAŻAK SAM	M-50	10		00:46:55	<b>01:35:18.10</b>	+00:23:04 (24.2%)	4:30	13.3 (76.0%)
32	<b>KROCZYŃSKI Sławomir</b>	<b>120</b>	BIEGOLAS KOSZALIN-KOŁOBRZEG	M-60	1	TAK	00:46:48	<b>01:35:27.32</b>	+00:23:13 (24.3%)	4:31	13.3 (76.0%)
33	<b>SPICZAK-BRZEZIŃSKI Robert</b>	<b>222</b>		M-40	7	TAK	00:46:38	<b>01:35:23.31</b>	+00:23:09 (24.3%)	4:31	13.3 (76.0%)
34	<b>KUBIŚ Paweł</b>	<b>128</b>		M-30	9		00:48:04	<b>01:36:03.83</b>	+00:23:49 (24.8%)	4:33	13.2 (75.4%)
35	<b>BUDYCH Arek</b>	<b>29</b>		M-40	8		00:48:40	<b>01:36:25.91</b>	+00:24:12 (25.1%)	4:34	13.1 (74.9%)
36	<b>WŁADYKO Rafał</b>	<b>279</b>	PSP KOSZALIN	M-30	10		00:45:32	<b>01:36:30.11</b>	+00:24:16 (25.2%)	4:34	13.1 (74.9%)
37	<b>BOLECHOWSKI Cezary</b>	<b>17</b>		M-18	3	TAK	00:46:46	<b>01:36:36.98</b>	+00:24:23 (25.2%)	4:34	13.1 (74.9%)

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

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

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84	<b>WIŚNIEWSKI Stanisław</b>	<b>278</b>		M-40	26		00:51:09	<b>01:46:54.62</b>	+00:34:40 (32.4%)	5:03	11.8 (67.4%)
85	<b>GIL Zygmunt</b>	<b>66</b>		M-60	4		00:53:18	<b>01:47:19.84</b>	+00:35:05 (32.7%)	5:05	11.8 (67.4%)
86	<b>ORŁOWSKA Beata</b>	<b>180</b>		K-50	1	TAK	00:52:50	<b>01:47:22.89</b>	+00:35:09 (32.7%)	5:05	11.8 (67.4%)
87	<b>SZPITER Tomek</b>	<b>240</b>		M-50	19		00:52:16	<b>01:47:41.83</b>	+00:35:27 (32.9%)	5:06	11.8 (67.4%)
88	<b>KAŁUŻA Mariusz</b>	<b>98</b>	PAMIATKOWO RUN TEAM	M-40	27	TAK	00:54:14	<b>01:48:00.30</b>	+00:35:46 (33.1%)	5:07	11.7 (66.9%)
89	<b>DZIUBA Leszek</b>	<b>51</b>		M-60	5		00:53:46	<b>01:48:23.96</b>	+00:36:10 (33.4%)	5:08	11.7 (66.9%)
90	<b>ZYGAN Marcin</b>	<b>296</b>	NADMORSZY BIEGACZE	M-40	28	TAK	00:54:16	<b>01:48:28.55</b>	+00:36:14 (33.4%)	5:08	11.7 (66.9%)
91	<b>SHAHBAZYAN Anaida</b>	<b>209</b>		K-18	1		00:54:02	<b>01:48:30.06</b>	+00:36:16 (33.4%)	5:08	11.7 (66.9%)
92	<b>KLESZCZ Dawid</b>	<b>106</b>	MŻS WOŁCZA MAŁA	M-30	23		00:53:37	<b>01:48:41.64</b>	+00:36:27 (33.5%)	5:09	11.6 (66.3%)
93	<b>ZIÓŁKOWSKI Robert</b>	<b>295</b>	LINCOLN ELECTRIC RUNNING TEAM	M-40	29		00:53:08	<b>01:48:46.84</b>	+00:36:32 (33.6%)	5:09	11.6 (66.3%)
94	<b>KURZAJEWSKA Danuta</b>	<b>133</b>		K-30	9		00:53:36	<b>01:48:57.15</b>	+00:36:43 (33.7%)	5:09	11.6 (66.3%)
95	<b>GALANT Krzysztof</b>	<b>58</b>		M-30	24		00:50:40	<b>01:49:31.75</b>	+00:37:17 (34.1%)	5:11	11.6 (66.3%)
96	<b>WOŹNIAK Marcin</b>	<b>284</b>		M-30	25		00:54:33	<b>01:49:33.64</b>	+00:37:19 (34.1%)	5:11	11.6 (66.3%)
97	<b>ŻYCHLIŃSKI Miłosz</b>	<b>299</b>	HTF LUDWIK SIKORSKI	M-50	20		00:52:41	<b>01:49:59.22</b>	+00:37:45 (34.3%)	5:12	11.5 (65.7%)
98	<b>WEGNER Marek</b>	<b>265</b>	TKKF WODNIK	M-60	6		00:54:56	<b>01:50:03.85</b>	+00:37:50 (34.4%)	5:12	11.5 (65.7%)
99	<b>FELSKA Natalia</b>	<b>52</b>	MŻS WOŁCZA MAŁA	K-30	10		00:53:26	<b>01:50:05.08</b>	+00:37:51 (34.4%)	5:13	11.5 (65.7%)
100	<b>SILSKI Michał</b>	<b>214</b>		M-30	26		00:56:34	<b>01:50:06.62</b>	+00:37:52 (34.4%)	5:13	11.5 (65.7%)
101	<b>GRYMUŁA Agnieszka</b>	<b>70</b>		K-40	3		00:53:05	<b>01:50:09.08</b>	+00:37:55 (34.4%)	5:13	11.5 (65.7%)
102	<b>MAJEWSKI Maciej</b>	<b>146</b>		M-50	21		00:53:42	<b>01:50:16.70</b>	+00:38:02 (34.5%)	5:13	11.5 (65.7%)
103	<b>FELSKI Mariusz</b>	<b>54</b>	MŻS WOŁCZA MAŁA	M-50	22		00:53:38	<b>01:50:19.53</b>	+00:38:05 (34.5%)	5:13	11.5 (65.7%)
104	<b>ŁAGOWNIK Nina</b>	<b>302</b>		K-30	11		00:55:35	<b>01:50:31.12</b>	+00:38:17 (34.6%)	5:14	11.5 (65.7%)
105	<b>TRZECIAKIEWICZ Rafał</b>	<b>259</b>		M-30	27		00:55:53	<b>01:50:38.15</b>	+00:38:24 (34.7%)	5:14	11.4 (65.1%)
106	<b>KWAŚNIAK Przemysław</b>	<b>134</b>		M-40	30	TAK	00:53:30	<b>01:50:58.01</b>	+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	<b>GRZESIAK Zbigniew</b>	<b>72</b>		M-50	23	TAK	00:53:58	<b>01:51:52.78</b>	+00:39:38 (35.4%)	5:18	11.3 (64.6%)
108	<b>KWIATKOWSKI Konrad</b>	<b>135</b>	CODY WEAR	M-18	6	TAK	00:51:42	<b>01:52:22.26</b>	+00:40:08 (35.7%)	5:19	11.3 (64.6%)
109	<b>WOJNAROWICZ Monika</b>	<b>280</b>	VEGE RUNNERS	K-30	12		00:54:53	<b>01:52:28.09</b>	+00:40:14 (35.8%)	5:19	11.3 (64.6%)
110	<b>ŻDANOW Oleksandr</b>	<b>298</b>		M-40	31	TAK	00:54:34	<b>01:52:48.48</b>	+00:40:34 (36.0%)	5:20	11.2 (64.0%)
111	<b>WOJCIECHOWSKA-HRYCYK Agata</b>	<b>308</b>		K-50	2	TAK	00:55:00	<b>01:52:57.73</b>	+00:40:43 (36.1%)	5:21	11.2 (64.0%)
112	<b>GIEDROWICZ Aleksandra</b>	<b>64</b>		K-30	13		00:56:05	<b>01:53:03.96</b>	+00:40:50 (36.1%)	5:21	11.2 (64.0%)
113	<b>STOŁOWSKI Robert</b>	<b>230</b>		M-40	32		00:55:03	<b>01:53:06.32</b>	+00:40:52 (36.1%)	5:21	11.2 (64.0%)
114	<b>STOCKER Ania</b>	<b>229</b>	HILTON RESORT & SPA ŚWINOUJŚCIE	K-40	4		00:55:57	<b>01:53:10.19</b>	+00:40:56 (36.2%)	5:21	11.2 (64.0%)
115	<b>PIETROWICZ Darek</b>	<b>188</b>	KB PIONIER SZCZECIN	M-30	28		00:51:31	<b>01:53:21.39</b>	+00:41:07 (36.3%)	5:22	11.2 (64.0%)
116	<b>KADECKI Piotr</b>	<b>95</b>	KSIR SPORTICO BIAŁOŚLIWIE	M-40	33		00:53:14	<b>01:53:31.06</b>	+00:41:17 (36.4%)	5:22	11.2 (64.0%)
117	<b>STAWICKI Tomasz</b>	<b>317</b>		M-40	34		00:54:06	<b>01:53:43.86</b>	+00:41:30 (36.5%)	5:23	11.1 (63.4%)
118	<b>HAMULAK Dariusz</b>	<b>79</b>	BIAŁOGARD BIEGA	M-60	7		00:54:34	<b>01:53:48.19</b>	+00:41:34 (36.5%)	5:23	11.1 (63.4%)
119	<b>MAJEWSKI Adam</b>	<b>147</b>		M-30	29		00:53:09	<b>01:53:52.40</b>	+00:41:38 (36.6%)	5:23	11.1 (63.4%)
120	<b>KIEŁKOWSKI Przemysław</b>	<b>311</b>		M-40	35	TAK	00:57:08	<b>01:53:58.55</b>	+00:41:44 (36.6%)	5:24	11.1 (63.4%)
121	<b>DIDŁUCH Jacek</b>	<b>41</b>	KARLINOBIEGAJ	M-40	36		00:55:11	<b>01:54:00.28</b>	+00:41:46 (36.6%)	5:24	11.1 (63.4%)
122	<b>JABŁOŃSKA Katarzyna</b>	<b>83</b>		K-40	5		00:56:11	<b>01:54:07.76</b>	+00:41:53 (36.7%)	5:24	11.1 (63.4%)
123	<b>BĄK Tomasz</b>	<b>10</b>	TEAM TEMPO	M-40	37		00:57:00	<b>01:54:08.06</b>	+00:41:54 (36.7%)	5:24	11.1 (63.4%)
124	<b>SIWEK Kacper</b>	<b>216</b>		M-18	7		00:53:38	<b>01:54:21.81</b>	+00:42:07 (36.8%)	5:25	11.1 (63.4%)
125	<b>GULBINOWICZ Karol</b>	<b>77</b>		M-30	30		00:52:11	<b>01:54:30.25</b>	+00:42:16 (36.9%)	5:25	11.1 (63.4%)
126	<b>STĘPNIAK Grzegorz</b>	<b>228</b>	KLUB BIEGACZA KAMIEŃ POMORSKI	M-50	24		00:55:09	<b>01:54:53.32</b>	+00:42:39 (37.1%)	5:26	11 (62.9%)
127	<b>DRABKOWSKA Agnieszka</b>	<b>44</b>		K-40	6		00:55:32	<b>01:55:00.00</b>	+00:42:46 (37.2%)	5:27	11 (62.9%)
128	<b>GAWRYJOŁEK Szymon</b>	<b>61</b>		M-30	31	TAK	00:53:47	<b>01:55:17.45</b>	+00:43:03 (37.3%)	5:27	11 (62.9%)
129	<b>POLAŃSKI Piotr</b>	<b>310</b>	KMP KOSZALIN	M-18	8		00:55:11	<b>01:55:20.32</b>	+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	<b>MIKOŁAJUK Aneta</b>	<b>161</b>	SMT SZCZECIN	K-50	3		00:56:22	<b>01:55:21.31</b>	+00:43:07 (37.4%)	5:28	11 (62.9%)
131	<b>KRZYŻAŃSKI Jakub</b>	<b>125</b>		M-40	38	TAK	00:54:21	<b>01:55:22.25</b>	+00:43:08 (37.4%)	5:28	11 (62.9%)
132	<b>KOZUBOWSKA Agnieszka</b>	<b>117</b>	GRIFFIN AERO MARINE	K-40	7		00:57:29	<b>01:55:49.31</b>	+00:43:35 (37.6%)	5:29	10.9 (62.3%)
133	<b>PIETRASIK Dawid</b>	<b>187</b>		M-40	39		00:54:58	<b>01:55:53.40</b>	+00:43:39 (37.7%)	5:29	10.9 (62.3%)
134	<b>JAWORSKA Marta</b>	<b>90</b>	BIEGOLAS KOSZALIN	K-30	14		00:59:14	<b>01:56:10.48</b>	+00:43:56 (37.8%)	5:30	10.9 (62.3%)
135	<b>MAJCHRZAK Dominik</b>	<b>144</b>		M-30	32		00:52:05	<b>01:56:12.25</b>	+00:43:58 (37.8%)	5:30	10.9 (62.3%)
136	<b>SZUBERT Agnieszka</b>	<b>241</b>		K-40	8	TAK	00:57:47	<b>01:56:20.83</b>	+00:44:06 (37.9%)	5:30	10.9 (62.3%)
137	<b>MEYER Joanna</b>	<b>158</b>		K-50	4		00:57:42	<b>01:56:34.95</b>	+00:44:21 (38.0%)	5:31	10.9 (62.3%)
138	<b>GASKA Justyna</b>	<b>60</b>	BIEGAJACA MAMA	K-40	9		00:55:39	<b>01:56:40.68</b>	+00:44:26 (38.1%)	5:31	10.9 (62.3%)
139	<b>LITWINOWICZ Reni</b>	<b>137</b>	KB WYGAN	K-40	10	TAK	00:57:22	<b>01:56:41.72</b>	+00:44:27 (38.1%)	5:31	10.8 (61.7%)
140	<b>SKOMPСКА Hania Skompcka</b>	<b>217</b>	BUKOWSKI KLUB BIEGACZA	K-40	11		00:57:22	<b>01:56:57.10</b>	+00:44:43 (38.2%)	5:32	10.8 (61.7%)
141	<b>ORLIKOWSKI Robert</b>	<b>178</b>	POŁCZYN BIEGA ♥	M-30	33		00:55:31	<b>01:57:01.90</b>	+00:44:48 (38.3%)	5:32	10.8 (61.7%)
142	<b>DUDENKO Jerzy</b>	<b>47</b>		M-40	40		00:57:51	<b>01:57:07.02</b>	+00:44:53 (38.3%)	5:33	10.8 (61.7%)
143	<b>ZELL Jacek</b>	<b>291</b>	DZIKIE DZIKI GORZÓW	M-60	8		00:55:06	<b>01:57:18.06</b>	+00:45:04 (38.4%)	5:33	10.8 (61.7%)
144	<b>MAKSZEWSKA Aleksandra</b>	<b>149</b>		K-18	2	TAK	00:58:28	<b>01:57:27.32</b>	+00:45:13 (38.5%)	5:33	10.8 (61.7%)
145	<b>BOROWIEC Mariusz</b>	<b>18</b>		M-50	25	TAK	00:59:55	<b>01:57:29.61</b>	+00:45:15 (38.5%)	5:34	10.8 (61.7%)
146	<b>OLEJNIK Mariusz</b>	<b>174</b>		M-40	41		00:56:42	<b>01:57:35.06</b>	+00:45:21 (38.6%)	5:34	10.8 (61.7%)
147	<b>KRAJEWSKI Marek</b>	<b>119</b>		M-40	42	TAK	00:56:48	<b>01:57:38.20</b>	+00:45:24 (38.6%)	5:34	10.8 (61.7%)
148	<b>KOZŁOWSKI Mateusz</b>	<b>115</b>		M-30	34		00:56:52	<b>01:58:00.99</b>	+00:45:47 (38.8%)	5:35	10.7 (61.1%)
149	<b>ĆWIKLIŃSKI Maciej</b>	<b>38</b>		M-50	26		00:58:59	<b>01:58:09.23</b>	+00:45:55 (38.9%)	5:35	10.7 (61.1%)
150	<b>SZYMAŃSKI Artur</b>	<b>243</b>	BS FAMILY TEAM	M-40	43		00:56:32	<b>01:58:11.94</b>	+00:45:58 (38.9%)	5:36	10.7 (61.1%)
151	<b>KASPRZYK Bogdan</b>	<b>100</b>	KS WILKI POMORSKIE	M-50	27		00:57:01	<b>01:58:33.70</b>	+00:46:19 (39.1%)	5:37	10.7 (61.1%)
152	<b>SKRZOS Tomasz</b>	<b>220</b>		M-50	28		00:59:56	<b>01:58:47.81</b>	+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	<b>BORUCH Adam</b>	<b>20</b>		M-50	29		00:59:16	<b>01:59:02.39</b>	+00:46:48 (39.3%)	5:38	10.6 (60.6%)
154	<b>ŚWIĄTEK Adam</b>	<b>248</b>		M-30	35		00:55:34	<b>01:59:25.54</b>	+00:47:11 (39.5%)	5:39	10.6 (60.6%)
155	<b>JANKOWIAK Marek</b>	<b>85</b>		M-40	44	TAK	00:59:42	<b>01:59:39.23</b>	+00:47:25 (39.6%)	5:40	10.6 (60.6%)
156	<b>BOĆKO Mateusz</b>	<b>13</b>		M-18	9	TAK	00:54:57	<b>01:59:41.99</b>	+00:47:28 (39.7%)	5:40	10.6 (60.6%)
157	<b>OCHWAT Bartłomiej</b>	<b>170</b>		M-30	36	TAK	00:56:53	<b>01:59:42.54</b>	+00:47:28 (39.7%)	5:40	10.6 (60.6%)
158	<b>MAKAŚ Sebastian</b>	<b>148</b>		M-30	37		00:57:08	<b>01:59:43.72</b>	+00:47:29 (39.7%)	5:40	10.6 (60.6%)
159	<b>WOJNOWSKI Wacław</b>	<b>281</b>		M-30	38		00:57:57	<b>01:59:56.66</b>	+00:47:42 (39.8%)	5:41	10.6 (60.6%)
160	<b>BROWARSKI Mariusz</b>	<b>303</b>	RUN JP2	M-50	30		00:59:05	<b>02:00:14.46</b>	+00:48:00 (39.9%)	5:41	10.5 (60.0%)
161	<b>JANKOWSKA Agnieszka</b>	<b>86</b>		K-30	15		00:58:30	<b>02:00:22.80</b>	+00:48:08 (40.0%)	5:42	10.5 (60.0%)
162	<b>RZECHACZEK Karol</b>	<b>202</b>		M-30	39		00:56:39	<b>02:00:27.89</b>	+00:48:14 (40.0%)	5:42	10.5 (60.0%)
163	<b>ŚWIERCZ Filip</b>	<b>250</b>	KLUB BOKSERSKI KOŁOBRZEG	M-18	10		00:57:46	<b>02:00:34.98</b>	+00:48:21 (40.1%)	5:42	10.5 (60.0%)
164	<b>STRAUSS Martyna</b>	<b>231</b>		K-30	16		00:58:34	<b>02:00:37.91</b>	+00:48:24 (40.1%)	5:42	10.5 (60.0%)
165	<b>BRODECKA Monika</b>	<b>24</b>	BIEGOLAS KOSZALIN	K-30	17		00:58:20	<b>02:00:39.00</b>	+00:48:25 (40.1%)	5:43	10.5 (60.0%)
166	<b>BRODECKI Artur</b>	<b>25</b>	BIEGOLAS KOSZALIN	M-40	45		00:59:25	<b>02:00:41.54</b>	+00:48:27 (40.2%)	5:43	10.5 (60.0%)
167	<b>OLESZEK Krzysztof</b>	<b>176</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M-40	46		00:59:01	<b>02:00:50.00</b>	+00:48:36 (40.2%)	5:43	10.5 (60.0%)
168	<b>SIUTA Marta</b>	<b>215</b>		K-40	12	TAK	00:56:54	<b>02:01:01.97</b>	+00:48:48 (40.3%)	5:44	10.5 (60.0%)
169	<b>BRANICKI Dawid</b>	<b>22</b>		M-40	47	TAK	00:56:20	<b>02:01:09.18</b>	+00:48:55 (40.4%)	5:44	10.4 (59.4%)
170	<b>BADOWSKA Agnieszka</b>	<b>5</b>		K-40	13		01:00:22	<b>02:01:18.93</b>	+00:49:05 (40.5%)	5:44	10.4 (59.4%)
171	<b>GUZOWSKA Elżbieta</b>	<b>78</b>		K-40	14		01:00:55	<b>02:01:25.96</b>	+00:49:12 (40.5%)	5:45	10.4 (59.4%)
172	<b>GRZESIAK Magdalena</b>	<b>74</b>		K-40	15		00:57:56	<b>02:01:34.53</b>	+00:49:20 (40.6%)	5:45	10.4 (59.4%)
173	<b>JĘDRZEJCZYK Franciszek</b>	<b>91</b>		M-50	31		00:55:52	<b>02:02:07.86</b>	+00:49:54 (40.9%)	5:47	10.4 (59.4%)
174	<b>PŁAŻAŁSKI Przemysław</b>	<b>300</b>		M-40	48		00:59:15	<b>02:02:24.88</b>	+00:50:11 (41.0%)	5:48	10.3 (58.9%)
175	<b>BRZEZIŃSKI Krystian</b>	<b>27</b>		M-30	40		00:56:30	<b>02:03:17.99</b>	+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	<b>MAZUREK Ryszard</b>	<b>156</b>		M-70	1		01:00:23	<b>02:03:31.55</b>	+00:51:17 (41.5%)	5:51	10.2 (58.3%)
177	<b>KUBIAK Andrzej</b>	<b>127</b>		M-70	2		01:00:47	<b>02:03:31.82</b>	+00:51:17 (41.5%)	5:51	10.2 (58.3%)
178	<b>ŚWILIŃSKA Martyna</b>	<b>273</b>	12PLOG	K-30	18	TAK	00:58:31	<b>02:03:43.07</b>	+00:51:29 (41.6%)	5:51	10.2 (58.3%)
179	<b>ŚWITLIŃSKI Damian</b>	<b>252</b>		M-30	41	TAK	00:55:32	<b>02:03:43.44</b>	+00:51:29 (41.6%)	5:51	10.2 (58.3%)
180	<b>HASSELBRINK Karolina</b>	<b>80</b>		K-40	16		01:03:48	<b>02:03:44.08</b>	+00:51:30 (41.6%)	5:51	10.2 (58.3%)
181	<b>WRÓBLEWSKA Anna</b>	<b>287</b>	KLUB BIEGACZA KAMIEŃ POMORSKI	K-40	17		00:59:56	<b>02:03:44.49</b>	+00:51:30 (41.6%)	5:51	10.2 (58.3%)
182	<b>WESOŁOWSKI Maciej</b>	<b>270</b>		M-50	32		00:59:10	<b>02:04:22.64</b>	+00:52:08 (41.9%)	5:53	10.2 (58.3%)
183	<b>KRAJDA Adrian</b>	<b>118</b>		M-30	42	TAK	01:00:02	<b>02:04:44.11</b>	+00:52:30 (42.1%)	5:54	10.1 (57.7%)
184	<b>KOZIOŁ Jakub</b>	<b>114</b>	GOAT	M-18	11	TAK	00:55:14	<b>02:04:51.30</b>	+00:52:37 (42.1%)	5:55	10.1 (57.7%)
185	<b>SUCHODOLSKA Aleksandra</b>	<b>235</b>		K-30	19		01:00:05	<b>02:05:07.87</b>	+00:52:54 (42.3%)	5:55	10.1 (57.7%)
186	<b>TRZECIAK Anna</b>	<b>257</b>	KOŁOBRZEG BIEGA	K-50	5	TAK	00:59:45	<b>02:05:39.18</b>	+00:53:25 (42.5%)	5:57	10.1 (57.7%)
187	<b>OSTAPIŃSKI Michał</b>	<b>181</b>	SUPER KSIĘGOWY	M-40	49	TAK	00:59:28	<b>02:05:48.18</b>	+00:53:34 (42.6%)	5:57	10.1 (57.7%)
188	<b>MALYSH Vladyslav</b>	<b>151</b>	BEZ KLUBU	M-30	43	TAK	00:59:16	<b>02:06:01.73</b>	+00:53:47 (42.7%)	5:58	10 (57.1%)
189	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>236</b>		M-40	50	TAK	01:01:14	<b>02:06:02.85</b>	+00:53:48 (42.7%)	5:58	10 (57.1%)
190	<b>SERKIES Piotr</b>	<b>208</b>	WENY.PWR	M-40	51		01:00:12	<b>02:06:05.59</b>	+00:53:51 (42.7%)	5:58	10 (57.1%)
191	<b>BOJANOWSKI Michał</b>	<b>15</b>		M-40	52	TAK	00:56:50	<b>02:06:14.31</b>	+00:54:00 (42.8%)	5:58	10 (57.1%)
192	<b>PISKUNOWICZ Aleksandra</b>	<b>191</b>	10BIEGACZA BIAŁOGARD	K-30	20		00:59:41	<b>02:06:30.42</b>	+00:54:16 (42.9%)	5:59	10 (57.1%)
193	<b>BARDADYN Artur</b>	<b>7</b>	BURSZTYNEK	M-40	53		01:04:17	<b>02:06:31.25</b>	+00:54:17 (42.9%)	5:59	10 (57.1%)
194	<b>BIAŁECKA Paula</b>	<b>11</b>		K-30	21		01:01:49	<b>02:06:35.93</b>	+00:54:22 (42.9%)	5:59	10 (57.1%)
195	<b>BUSZAC Paweł</b>	<b>30</b>		M-30	44	TAK	01:02:03	<b>02:06:42.40</b>	+00:54:28 (43.0%)	6:00	10 (57.1%)
196	<b>KIMASZEWSKI Kornel</b>	<b>104</b>	GOAT	M-18	12	TAK	00:56:22	<b>02:06:46.94</b>	+00:54:33 (43.0%)	6:00	10 (57.1%)
197	<b>CIEŚLAK Monika</b>	<b>35</b>		K-30	22		01:01:13	<b>02:07:13.08</b>	+00:54:59 (43.2%)	6:01	10 (57.1%)
198	<b>SALAWA Anna</b>	<b>204</b>	BIEGAJZMAŃKIEMTEAM/ MAMUŚKI	K-30	23		01:01:25	<b>02:07:37.70</b>	+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	<b>CZYNSZAK Krystian</b>	<b>37</b>	STARGARD JA SIĘ NIE ŚCIGAM	M-40	54		01:01:07	<b>02:07:41.98</b>	+00:55:28 (43.4%)	6:03	9.9 (56.6%)
200	<b>KUCZA Mateusz</b>	<b>130</b>	NIEZRZESZONY	M-30	45	TAK	01:03:48	<b>02:07:44.75</b>	+00:55:30 (43.5%)	6:03	9.9 (56.6%)
201	<b>PLEWA Paulina</b>	<b>192</b>		K-18	3		00:59:51	<b>02:08:23.99</b>	+00:56:10 (43.7%)	6:05	9.9 (56.6%)
202	<b>KACZMAREK Sylwia</b>	<b>94</b>		K-40	18		00:59:51	<b>02:08:50.12</b>	+00:56:36 (43.9%)	6:06	9.8 (56.0%)
203	<b>DRZEWIECKA Agnieszka</b>	<b>45</b>	BIEGACZE ŚWINOUJŚCIE	K-50	6		01:02:06	<b>02:09:01.60</b>	+00:56:47 (44.0%)	6:06	9.8 (56.0%)
204	<b>WERESZCZYŃSKI Krzysztof</b>	<b>268</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-40	55		01:02:58	<b>02:09:23.86</b>	+00:57:10 (44.2%)	6:07	9.8 (56.0%)
205	<b>WERESZCZYŃSKA Lidia</b>	<b>267</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-30	24		01:03:01	<b>02:09:23.94</b>	+00:57:10 (44.2%)	6:07	9.8 (56.0%)
206	<b>GÓRSKI Marek</b>	<b>68</b>		M-40	56		00:59:30	<b>02:09:41.49</b>	+00:57:27 (44.3%)	6:08	9.8 (56.0%)
207	<b>ZIELIŃSKI Dominik</b>	<b>292</b>		M-18	13		01:00:22	<b>02:10:12.19</b>	+00:57:58 (44.5%)	6:10	9.7 (55.4%)
208	<b>SIERŻAN Aleksandra</b>	<b>213</b>		K-30	25	TAK	01:00:18	<b>02:10:22.41</b>	+00:58:08 (44.6%)	6:10	9.7 (55.4%)
209	<b>SIADAK Dominik</b>	<b>210</b>	ETUSIE	M-30	46		01:00:06	<b>02:10:57.81</b>	+00:58:43 (44.8%)	6:12	9.7 (55.4%)
210	<b>DZIUBA Monika</b>	<b>50</b>		K-40	19		01:01:32	<b>02:11:19.76</b>	+00:59:05 (45.0%)	6:13	9.6 (54.9%)
211	<b>OLESIŃSKA Patrycja</b>	<b>175</b>		K-30	26	TAK	01:01:31	<b>02:11:19.97</b>	+00:59:06 (45.0%)	6:13	9.6 (54.9%)
212	<b>RUTKOWSKI Artur</b>	<b>201</b>	RUNKING / SPORTOWIEC.INFO	M-30	47		01:00:43	<b>02:11:34.49</b>	+00:59:20 (45.1%)	6:14	9.6 (54.9%)
213	<b>KOZAR Paweł</b>	<b>112</b>		M-30	48	TAK	01:06:22	<b>02:11:46.78</b>	+00:59:32 (45.2%)	6:14	9.6 (54.9%)
214	<b>SZYMAŃSKI Andrzej</b>	<b>244</b>	ELKOPLAST	M-40	57	TAK	00:58:42	<b>02:12:06.60</b>	+00:59:52 (45.3%)	6:15	9.6 (54.9%)
215	<b>STUCKI Leszek</b>	<b>233</b>		M-18	14		01:06:29	<b>02:12:31.00</b>	+01:00:17 (45.5%)	6:16	9.6 (54.9%)
216	<b>BOROWSKI Mariusz</b>	<b>19</b>	COLBERG	M-40	58		01:04:14	<b>02:12:32.87</b>	+01:00:19 (45.5%)	6:16	9.6 (54.9%)
217	<b>WILKOWSKI Krzysztof</b>	<b>276</b>	FOR-REST-RUN KOSZALIN	M-40	59		01:03:06	<b>02:12:39.95</b>	+01:00:26 (45.6%)	6:17	9.5 (54.3%)
218	<b>MIKOŁAJCZAK Emilia</b>	<b>160</b>	FOR-REST-RUN KOSZALIN	K-40	20		01:03:10	<b>02:12:40.41</b>	+01:00:26 (45.6%)	6:17	9.5 (54.3%)
219	<b>FRYDRYCH Michał</b>	<b>57</b>	VIP NIERUCHOMOŚCI SZCZECIN	M-30	49		00:58:25	<b>02:12:40.78</b>	+01:00:26 (45.6%)	6:17	9.5 (54.3%)
220	<b>PIOTROWSKI Łukasz</b>	<b>301</b>		M-40	60	TAK	00:59:20	<b>02:12:47.27</b>	+01:00:33 (45.6%)	6:17	9.5 (54.3%)
221	<b>GIERSZEWSKI Mateusz</b>	<b>65</b>		M-30	50		01:03:51	<b>02:12:54.62</b>	+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	<b>BARDADYN Ula</b>	<b>8</b>	BURSZTYNEK	K-40	21		01:04:19	<b>02:13:00.13</b>	+01:00:46 (45.7%)	6:18	9.5 (54.3%)
223	<b>MAHLKE-SKROCK Thomas</b>	<b>142</b>	LRG TORPEDO BERLIN	M-60	9		01:03:21	<b>02:13:00.98</b>	+01:00:47 (45.7%)	6:18	9.5 (54.3%)
224	<b>SKALSKI Adrian</b>	<b>305</b>		M-30	51		01:01:14	<b>02:13:06.93</b>	+01:00:53 (45.7%)	6:18	9.5 (54.3%)
225	<b>DEPTA Katarzyna</b>	<b>39</b>		K-30	27		01:03:13	<b>02:13:10.96</b>	+01:00:57 (45.8%)	6:18	9.5 (54.3%)
226	<b>KONKEL Damian</b>	<b>318</b>		M-18	15		01:04:47	<b>02:13:27.73</b>	+01:01:13 (45.9%)	6:19	9.5 (54.3%)
227	<b>NOWAK Marcin</b>	<b>169</b>		M-40	61	TAK	01:02:04	<b>02:13:43.37</b>	+01:01:29 (46.0%)	6:20	9.5 (54.3%)
228	<b>DZIKOŃ Rafał</b>	<b>49</b>	RAFTER-RUN	M-40	62	TAK	01:00:45	<b>02:13:51.70</b>	+01:01:37 (46.0%)	6:20	9.5 (54.3%)
229	<b>BIEDKA Aleksander</b>	<b>12</b>		M-18	16		01:01:32	<b>02:13:51.75</b>	+01:01:37 (46.0%)	6:20	9.5 (54.3%)
230	<b>OSTROWSKA Kinga</b>	<b>182</b>		K-18	4		01:03:39	<b>02:14:14.56</b>	+01:02:00 (46.2%)	6:21	9.4 (53.7%)
231	<b>PŁAŻALSKI Łukasz</b>	<b>193</b>		M-40	63	TAK	01:03:39	<b>02:14:14.98</b>	+01:02:01 (46.2%)	6:21	9.4 (53.7%)
232	<b>WINIARSKI Marcin</b>	<b>277</b>		M-40	64		01:02:49	<b>02:14:30.85</b>	+01:02:16 (46.3%)	6:22	9.4 (53.7%)
233	<b>BORZĘCKA Ewa</b>	<b>21</b>		K-30	28		01:05:54	<b>02:14:36.64</b>	+01:02:22 (46.3%)	6:22	9.4 (53.7%)
234	<b>BODUSZEK Kamila</b>	<b>14</b>		K-30	29		01:00:03	<b>02:15:07.28</b>	+01:02:53 (46.5%)	6:24	9.4 (53.7%)
235	<b>PIETRUCZUK Radek</b>	<b>189</b>	JBC SQUAD	M-30	52		00:59:53	<b>02:15:08.14</b>	+01:02:54 (46.5%)	6:24	9.4 (53.7%)
236	<b>DWORCZAK Angelika</b>	<b>48</b>		K-30	30		01:05:07	<b>02:15:15.04</b>	+01:03:01 (46.6%)	6:24	9.4 (53.7%)
237	<b>KOZŁOWIECKI Waldemar</b>	<b>316</b>	TKKF	M-70	3		01:06:22	<b>02:15:42.30</b>	+01:03:28 (46.8%)	6:25	9.3 (53.1%)
238	<b>MAŁEK Kamil</b>	<b>153</b>		M-18	17	TAK	01:04:41	<b>02:17:30.40</b>	+01:05:16 (47.5%)	6:30	9.2 (52.6%)
239	<b>ŚWIERCZ Ewa</b>	<b>249</b>	NORDICOWE SOBOTY	K-40	22		01:05:32	<b>02:17:39.19</b>	+01:05:25 (47.5%)	6:31	9.2 (52.6%)
240	<b>SIADAK Malwina</b>	<b>211</b>	ETUSIE	K-30	31		01:05:20	<b>02:17:47.32</b>	+01:05:33 (47.6%)	6:31	9.2 (52.6%)
241	<b>STASZEWSKI Mariusz</b>	<b>224</b>		M-40	65		01:06:26	<b>02:17:47.84</b>	+01:05:33 (47.6%)	6:31	9.2 (52.6%)
242	<b>JANCZEWSKI Jacek</b>	<b>84</b>		M-50	33		01:06:05	<b>02:19:08.91</b>	+01:06:55 (48.1%)	6:35	9.1 (52.0%)
243	<b>JANKOWSKA Barbara</b>	<b>87</b>		K-40	23		01:07:54	<b>02:19:36.83</b>	+01:07:22 (48.3%)	6:36	9.1 (52.0%)
244	<b>ZIELKE Marina</b>	<b>312</b>		K-60	1		01:08:41	<b>02:20:46.15</b>	+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	<b>OLAS Iwona</b>	<b>173</b>		K-30	32		01:00:57	<b>02:20:49.92</b>	+01:08:36 (48.7%)	6:40	9 (51.4%)
246	<b>MALICKA Katarzyna</b>	<b>150</b>		K-18	5		01:05:47	<b>02:21:20.92</b>	+01:09:07 (48.9%)	6:41	9 (51.4%)
247	<b>ADAMOWICZ Patryk</b>	<b>1</b>		M-18	18		01:05:45	<b>02:21:21.44</b>	+01:09:07 (48.9%)	6:41	9 (51.4%)
248	<b>ZIÓŁKOWSKI Bartłomiej</b>	<b>294</b>		M-30	53	TAK	01:04:25	<b>02:21:30.36</b>	+01:09:16 (49.0%)	6:42	8.9 (50.9%)
249	<b>PEŁECHATY Paweł</b>	<b>183</b>		M-30	54		01:03:57	<b>02:21:33.37</b>	+01:09:19 (49.0%)	6:42	8.9 (50.9%)
250	<b>WOŹNIAK Piotr</b>	<b>283</b>		M-60	10	TAK	01:10:27	<b>02:23:38.79</b>	+01:11:24 (49.7%)	6:48	8.8 (50.3%)
251	<b>KONIEC Krzysztof</b>	<b>108</b>		M-50	34		01:05:23	<b>02:23:39.00</b>	+01:11:25 (49.7%)	6:48	8.8 (50.3%)
252	<b>KROCZYŃSKA Kinga</b>	<b>313</b>		K-40	24	TAK	01:05:17	<b>02:23:42.09</b>	+01:11:28 (49.7%)	6:48	8.8 (50.3%)
253	<b>ŁANGOWSKA Iwona</b>	<b>138</b>	KOŁOBRZEG BIEGA	K-50	7	TAK	01:06:58	<b>02:23:42.21</b>	+01:11:28 (49.7%)	6:48	8.8 (50.3%)
254	<b>TROJNACKI Rafał</b>	<b>256</b>		M-30	55		01:07:20	<b>02:23:52.53</b>	+01:11:38 (49.8%)	6:49	8.8 (50.3%)
255	<b>GRIMM - SPERLING Anja</b>	<b>69</b>	RUNNING.COACH	K-50	8		01:08:15	<b>02:25:12.52</b>	+01:12:58 (50.3%)	6:52	8.7 (49.7%)
256	<b>OCHWAT Barbara</b>	<b>171</b>		K-30	33	TAK	01:05:58	<b>02:25:31.40</b>	+01:13:17 (50.4%)	6:53	8.7 (49.7%)
257	<b>TROJANOWSKA Kinga</b>	<b>255</b>		K-60	2		01:10:06	<b>02:25:59.60</b>	+01:13:45 (50.5%)	6:55	8.7 (49.7%)
258	<b>MŁYNAREK Piotr</b>	<b>164</b>		M-40	66		01:08:10	<b>02:26:39.57</b>	+01:14:25 (50.7%)	6:57	8.6 (49.1%)
259	<b>SAWICKI Łukasz</b>	<b>205</b>	A MIAŁO BYĆ Z GÓRKI	M-30	56		01:04:22	<b>02:28:57.10</b>	+01:16:43 (51.5%)	7:03	8.5 (48.6%)
260	<b>GARBIEŃ Tomasz</b>	<b>59</b>		M-40	67		01:11:17	<b>02:30:41.12</b>	+01:18:27 (52.1%)	7:08	8.4 (48.0%)
261	<b>JARCZEWSKA Katarzyna</b>	<b>89</b>		K-18	6		01:10:09	<b>02:31:26.18</b>	+01:19:12 (52.3%)	7:10	8.4 (48.0%)
262	<b>WERES Asia</b>	<b>266</b>		K-30	34		01:09:12	<b>02:31:58.50</b>	+01:19:44 (52.5%)	7:12	8.3 (47.4%)
263	<b>OKOŃ Stanisław</b>	<b>172</b>	KB WYGAN KOŁOBRZEG	M-50	35	TAK	01:11:08	<b>02:34:40.37</b>	+01:22:26 (53.3%)	7:19	8.2 (46.9%)
264	<b>WESOŁOWSKA Urszula</b>	<b>269</b>		K-50	9		01:08:30	<b>02:34:55.44</b>	+01:22:41 (53.4%)	7:20	8.2 (46.9%)
265	<b>ZIÓŁKOWSKA Sylwia</b>	<b>293</b>	STALOWOWOLSKI KLUB BIEGACZA	K-50	10		01:11:54	<b>02:35:55.29</b>	+01:23:41 (53.7%)	7:23	8.1 (46.3%)
266	<b>ZATOŃ Paweł</b>	<b>314</b>		M-30	57		01:06:32	<b>02:36:26.05</b>	+01:24:12 (53.8%)	7:24	8.1 (46.3%)
267	<b>LEWANDOWSKI Mirosław</b>	<b>136</b>	GOLENIOW	M-60	11		01:14:33	<b>02:39:30.11</b>	+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	<b>MAUNDER-COCKRAM Dorota</b>	<b>154</b>		K-30	35		01:12:00	<b>02:40:31.67</b>	+01:28:17 (55.0%)	7:36	7.9 (45.1%)
269	<b>SZCZYTKOWSKI Marek</b>	<b>238</b>		M-50	36		01:15:28	<b>02:43:05.06</b>	+01:30:51 (55.7%)	7:43	7.8 (44.6%)
270	<b>DĘBOWSKA- SZCZYTKOWSKA Izabella</b>	<b>40</b>		K-50	11		01:15:31	<b>02:43:05.07</b>	+01:30:51 (55.7%)	7:43	7.8 (44.6%)
271	<b>GRZYWACZ Anna</b>	<b>76</b>		K-18	7		01:23:09	<b>02:50:30.03</b>	+01:38:16 (57.6%)	8:04	7.4 (42.3%)
272	<b>STEPNIEWSKI Robert</b>	<b>226</b>	BEZ KLUBU	M-40	68	TAK	01:21:15	<b>02:55:46.24</b>	+01:43:32 (58.9%)	8:19	7.2 (41.1%)
273	<b>DOBROWOLSKI Krystian</b>	<b>42</b>		M-18	19	TAK					(0.0%)
DQ	<b>CHRZAŚTOWSKI Sebastian</b>	<b>34</b>	RUN BOY RUN	M-40			01:10:35 DQ	<b>DQ</b>			(0.0%)
DNC	<b>KRYCIŃSKA Jolanta</b>	<b>123</b>	NADMORSZY BIEGACZE	K-40		TAK					(0.0%)

Znaleziono 275 wynik(ów)