



I OTWARTE PRZEŁAJOWE MISTRZOSTWA SIANOWA - 5KM

B4SPORT

Organiser: Sianowska Fundacja Jesteśmy Razem, Urząd Gminy Sianów, KTKKF
Date: 2017-04-01
Place: Kłos k. Sianowa
Distance: 5 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	ORZECZOWSKI Kamil	142	TKKF KOSZALIN	M16-29	1	00:00:02	00:17:17.45	00:17:19.85		3:27	17.4 (100%)
2	KOZAK Arkadiusz	100	TKKF KOSZALIN	M40-49	1	00:00:01	00:17:24.55	00:17:26.40	+00:00:07 (0.7%)	3:29	17.2 (98.9%)
3	BEDNARZ Paweł	8	13-TY FUN CLUB ASI CHMIEL :*	M30-39	1	00:00:01	00:17:37.75	00:17:39.55	+00:00:20 (1.9%)	3:31	17 (97.7%)
4	GOLECKI Mirosław	43	CSSP KOSZALIN	M40-49	2	00:00:03	00:17:40.80	00:17:44.10	+00:00:23 (2.2%)	3:32	17 (97.7%)
5	RYBACZEK Sebastian	173	JW 1223/3DPLOT - FORMA ROSNOWO	M30-39	2	00:00:02	00:17:52.45	00:17:54.95	+00:00:35 (3.3%)	3:34	16.8 (96.6%)
6	ZABORSKI Ryszard	224	TKKF KOSZALIN	M40-49	3	00:00:01	00:18:16.10	00:18:18.05	+00:00:58 (5.4%)	3:39	16.4 (94.3%)
7	GARSKI Krzysztof	39	ŚWIAT PŁYTEK/SEXYRUNNERS	M40-49	4	00:00:02	00:18:21.00	00:18:23.70	+00:01:03 (5.8%)	3:40	16.3 (93.7%)
8	JAROSZ Wiesław	68	JW. 1223/BLOG KOSZALIN	M40-49	5	00:00:02	00:18:25.30	00:18:27.75	+00:01:07 (6.1%)	3:41	16.3 (93.7%)
9	FAMULSKI Cezary	35	JW 1223 KOSZALIN	M30-39	3	00:00:02	00:18:40.10	00:18:42.80	+00:01:22 (7.4%)	3:44	16.1 (92.5%)
10	SZEWCUK Paweł	192		M30-39	4	00:00:03	00:19:10.85	00:19:14.30	+00:01:53 (9.9%)	3:50	15.6 (89.7%)
11	KOŚCIELNIAK Robert	96	TKKF KOSZALIN	M50-59	1	00:00:03	00:19:17.75	00:19:20.75	+00:02:00 (10.4%)	3:51	15.6 (89.7%)
12	ZWOLIŃSKI Jan	233	TKKF KOSZALIN	M40-49	6	00:00:03	00:19:19.90	00:19:23.20	+00:02:02 (10.6%)	3:52	15.5 (89.1%)
13	KALKOWSKI Paweł	76	JW1223 KOSZALIN	M30-39	5	00:00:03	00:19:41.20	00:19:45.00	+00:02:23 (12.2%)	3:56	15.2 (87.4%)
14	WÓJCIK Damian	220	RUNNERSWALDE DARŁOWO	M40-49	7	00:00:03	00:19:59.80	00:20:03.40	+00:02:42 (13.5%)	4:00	15 (86.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
15	RAJNER Krzysztof	163		M30-39	6	00:00:03	00:20:12.30	00:20:16.25	+00:02:54 (14.4%)	4:02	14.8 (85.1%)
16	JAŻWIŃSKI Dawid	72	TKKF KOSZALIN	M16-29	2	00:00:03	00:20:17.30	00:20:20.65	+00:02:59 (14.8%)	4:03	14.8 (85.1%)
17	JANKOWSKI Sławomir	63	ŚWIAT PŁYTEK U KRYSPIŃ	M16-29	3	00:00:02	00:20:20.05	00:20:22.30	+00:03:02 (15.0%)	4:04	14.8 (85.1%)
18	ROKOSZ Radosław	236	JW 1223	M30-39	7	00:00:04	00:20:30.10	00:20:34.60	+00:03:12 (15.7%)	4:06	14.6 (83.9%)
19	ZBOIŃSKI Wojciech	227		M50-59	2	00:00:03	00:20:34.75	00:20:37.90	+00:03:17 (16.0%)	4:06	14.6 (83.9%)
20	GRZELAK Ryszard	50		M40-49	8	00:00:04	00:20:36.75	00:20:40.85	+00:03:19 (16.1%)	4:07	14.6 (83.9%)
21	MOKSA Dariusz	130		M16-29	4	00:00:02	00:20:46.15	00:20:48.55	+00:03:28 (16.7%)	4:09	14.4 (82.8%)
22	MAZUR Emilusz	124	ŻYJ Z ENERGIA	M40-49	9	00:00:03	00:20:49.80	00:20:52.95	+00:03:32 (17.0%)	4:09	14.4 (82.8%)
23	CHOŁUJ Jarek	24		M40-49	10	00:00:09	00:20:55.20	00:21:04.35	+00:03:37 (17.3%)	4:11	14.3 (82.2%)
24	RUTKOWSKI Ryszard	172	RUTKOWSKI TEAM	M50-59	3	00:00:02	00:20:57.15	00:20:59.30	+00:03:39 (17.5%)	4:11	14.3 (82.2%)
25	KRAKOWIAK Sławomir	102		M40-49	11	00:00:04	00:21:10.60	00:21:14.90	+00:03:53 (18.3%)	4:14	14.2 (81.6%)
26	PSTRĄGOWSKI Marcin	160	DZIKI KOSZALIN	M30-39	8	00:00:06	00:21:25.55	00:21:31.90	+00:04:08 (19.3%)	4:17	14 (80.5%)
27	IWANIEC Dariusz	58	TKKF KOSZALIN	M40-49	12	00:00:06	00:21:29.50	00:21:35.55	+00:04:12 (19.5%)	4:17	14 (80.5%)
28	OLCZAK Krzysztof	139		M30-39	9	00:00:15	00:21:35.40	00:21:50.65	+00:04:17 (19.9%)	4:19	13.9 (79.9%)
29	FRONTCZAK Izabela	37	TKKF KOSZALIN	K30-39	1	00:00:04	00:21:36.60	00:21:40.65	+00:04:19 (20.0%)	4:19	13.9 (79.9%)
30	KONCEWICZ Robert	91	MRS&MR PERFECT KASPEROWICZ	M30-39	10	00:00:02	00:21:40.35	00:21:43.20	+00:04:22 (20.2%)	4:20	13.8 (79.3%)
31	BRONK Sławomir	16		M16-29	5	00:00:07	00:21:43.75	00:21:50.85	+00:04:26 (20.4%)	4:20	13.8 (79.3%)
32	WIELGUS Paweł	211	MRS&MR PERFECT KASPEROWICZ	M30-39	11	00:00:02	00:21:44.45	00:21:47.20	+00:04:27 (20.5%)	4:21	13.8 (79.3%)
33	SZABLA Ewelina	189		K30-39	2	00:00:06	00:21:48.05	00:21:54.20	+00:04:30 (20.7%)	4:21	13.8 (79.3%)
34	KAMELSKI Piotr	77	SŁAWNO	M40-49	13	00:00:04	00:21:50.15	00:21:54.70	+00:04:32 (20.8%)	4:22	13.7 (78.7%)
35	WICHER Krzysztof	235	ADWOKATURA	M30-39	12	00:00:05	00:21:53.15	00:21:58.30	+00:04:35 (21.0%)	4:22	13.7 (78.7%)
36	KUŁAKOWSKI Dawid	110	TKKF KOSZALIN	M40-49	14	00:00:06	00:21:57.70	00:22:04.45	+00:04:40 (21.3%)	4:23	13.7 (78.7%)
37	MISZCZYK Jan	129	ROZBIEGANY KOSZALIN	M16-29	6	00:00:15	00:22:10.40	00:22:25.85	+00:04:52 (22.0%)	4:26	13.5 (77.6%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
38	RUSINEK Artur	170		M30-39	13	00:00:05	00:22:10.85	00:22:16.50	+00:04:53 (22.0%)	4:26	13.5 (77.6%)
39	ROGOŻA Ireneusz	168		M40-49	15	00:00:09	00:22:18.40	00:22:27.70	+00:05:00 (22.5%)	4:27	13.5 (77.6%)
40	KASPEROWICZ Zdzisław	81	MRS&MR PERFECT KASPEROWICZ	M40-49	16	00:00:02	00:22:19.95	00:22:22.50	+00:05:02 (22.6%)	4:28	13.4 (77.0%)
41	METERA Piotr	125	RUNNERSWALDE	M30-39	14	00:00:05	00:22:20.05	00:22:25.40	+00:05:02 (22.6%)	4:28	13.4 (77.0%)
42	CHUDZIK Zbigniew	25	TKKF KOSZALIN	M50-59	4	00:00:04	00:22:22.05	00:22:26.90	+00:05:04 (22.7%)	4:28	13.4 (77.0%)
43	KOWALCZYK Mariusz	99		M40-49	17	00:00:08	00:22:23.95	00:22:32.15	+00:05:06 (22.8%)	4:28	13.4 (77.0%)
44	CHODOR Martyna	22	TKKF KOSZALIN	K30-39	3	00:00:04	00:22:29.95	00:22:34.35	+00:05:12 (23.1%)	4:30	13.3 (76.4%)
45	RUTKOWSKI Artur	171	RUTKOWSKI TEAM	M16-29	7	00:00:02	00:22:37.90	00:22:40.15	+00:05:20 (23.6%)	4:31	13.3 (76.4%)
46	MICHALCZYK Mariusz	127	JW 1223	M40-49	18	00:00:05	00:22:48.90	00:22:54.40	+00:05:31 (24.2%)	4:33	13.1 (75.3%)
47	WRÓBLEWSKI Jacek	222		M16-29	8	00:00:05	00:22:54.80	00:23:00.55	+00:05:37 (24.5%)	4:35	13.1 (75.3%)
48	MICERSKI Tomasz	126	TKKF KOSZALIN	M40-49	19	00:00:06	00:22:55.35	00:23:01.90	+00:05:37 (24.6%)	4:35	13.1 (75.3%)
49	JANKOWSKI Grzegorz	62	ŚWIAT PŁYTEK U KRYSPINA	M40-49	20	00:00:05	00:22:56.00	00:23:01.45	+00:05:38 (24.6%)	4:35	13.1 (75.3%)
50	LEWANDOWSKI Adam	116		M30-39	15	00:00:05	00:23:11.20	00:23:17.05	+00:05:53 (25.4%)	4:38	12.9 (74.1%)
51	GARSKA Joanna	38	ŚWIAT PŁYTEK U KRYSPINA	K40-49	1	00:00:05	00:23:11.30	00:23:16.50	+00:05:53 (25.4%)	4:38	12.9 (74.1%)
52	KRUPIŃSKI Krzysztof	105	E-UROLOG	M50-59	5	00:00:19	00:23:19.50	00:23:39.15	+00:06:02 (25.9%)	4:40	12.9 (74.1%)
53	ZDROWIECKI Artur	228		M30-39	16	00:00:04	00:23:23.10	00:23:27.95	+00:06:05 (26.1%)	4:40	12.8 (73.6%)
54	JAROSZ Konrad	69	GIMNAZJUM NR 9 KOSZALIN	M16-29	9	00:00:06	00:23:26.30	00:23:32.35	+00:06:08 (26.2%)	4:41	12.8 (73.6%)
55	KAMYK Piotr	78	MH IT SERWIS KOSZALIN WWW.MH-INFORMATYKA.PL	M30-39	17	00:00:04	00:23:29.05	00:23:33.30	+00:06:11 (26.4%)	4:41	12.8 (73.6%)
56	JAROSZ Dariusz	67	TKKF KOSZALIN	M40-49	21	00:00:07	00:23:29.80	00:23:37.10	+00:06:12 (26.4%)	4:42	12.8 (73.6%)
57	CHODOR Izabela	23	TKKF KOSZALIN	K30-39	4	00:00:07	00:23:30.05	00:23:37.40	+00:06:12 (26.4%)	4:42	12.8 (73.6%)
58	WIATRZYK Krzysztof	209		M40-49	22	00:00:04	00:23:32.25	00:23:37.10	+00:06:14 (26.5%)	4:42	12.7 (73.0%)
59	KIERKOSZ Marek	243		M50-59	6	00:00:12	00:23:33.35	00:23:45.95	+00:06:15 (26.6%)	4:42	12.7 (73.0%)
60	KUŻMA Jarosław	114		M30-39	18	00:00:24	00:23:39.80	00:24:04.50	+00:06:22 (26.9%)	4:44	12.7 (73.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							5km	5km			
61	KILAR Tomasz	89	HILL KILLER	M40-49	23	00:00:09	00:23:40.45	00:23:49.95	+00:06:23 (27.0%)	4:44	12.7 (73.0%)
62	HOŁUBASZ Paweł	54		M30-39	19	00:00:11	00:23:43.70	00:23:55.25	+00:06:26 (27.1%)	4:44	12.6 (72.4%)
63	GONTARZ Wojciech	44	HONEY STINGER RUNNERS	M16-29	10	00:00:03	00:23:45.50	00:23:49.45	+00:06:28 (27.2%)	4:45	12.6 (72.4%)
64	BORKOWSKA-KOWALCZYK Daria	14		K30-39	5	00:00:08	00:23:46.35	00:23:54.45	+00:06:28 (27.3%)	4:45	12.6 (72.4%)
65	HUBERT Łukasz	56		M30-39	20	00:00:03	00:23:47.75	00:23:51.35	+00:06:30 (27.3%)	4:45	12.6 (72.4%)
65	NOREK Tomek	138		M40-49	24	00:00:10	00:23:47.75	00:23:57.85	+00:06:30 (27.3%)	4:45	12.6 (72.4%)
67	GRÓDECKI Krzysztof	48	DJ KRIS GRÓDECKI AGENCJA MUZYCZNA	M30-39	21	00:00:03	00:23:48.00	00:23:51.60	+00:06:30 (27.3%)	4:45	12.6 (72.4%)
68	OSOBNIAK Ryszard	145	ROZBIEGANY KOSZALIN	M60-69	1	00:00:08	00:23:51.50	00:24:00.45	+00:06:34 (27.5%)	4:46	12.6 (72.4%)
69	KULCZYK Katarzyna	109	BRYZA POSTOMINO	K30-39	6	00:00:07	00:23:56.90	00:24:04.30	+00:06:39 (27.8%)	4:47	12.5 (71.8%)
70	SZAŁACHA Norbert	190		M30-39	22	00:00:05	00:24:06.50	00:24:12.25	+00:06:49 (28.3%)	4:49	12.4 (71.3%)
71	KOZŁOWIECKI Waldemar	101	TKKF KOSZALIN	M60-69	2	00:00:03	00:24:12.00	00:24:15.15	+00:06:54 (28.6%)	4:50	12.4 (71.3%)
72	ADAMCZAK Maciej	1		M16-29	11	00:00:15	00:24:12.40	00:24:27.50	+00:06:54 (28.6%)	4:50	12.4 (71.3%)
73	PEŁKA Janusz	153	TKKF KOSZALIN	M50-59	7	00:00:11	00:24:17.00	00:24:28.00	+00:06:59 (28.8%)	4:51	12.4 (71.3%)
74	JANUSZEWSKI Jacek	64	17WOG KOSZALIN	M50-59	8	00:00:09	00:24:17.75	00:24:27.15	+00:07:00 (28.8%)	4:51	12.3 (70.7%)
75	PLATH-KOPERSKA Krystyna	157		K50-59	1	00:00:04	00:24:18.40	00:24:23.05	+00:07:00 (28.9%)	4:51	12.3 (70.7%)
76	WAWRZYN Grzegorz	205		M40-49	25	00:00:09	00:24:20.20	00:24:29.80	+00:07:02 (29.0%)	4:52	12.3 (70.7%)
77	RYGIELSKI Bartosz	174		M30-39	23	00:00:05	00:24:21.00	00:24:26.75	+00:07:03 (29.0%)	4:52	12.3 (70.7%)
78	WRÓBLEWSKI Łukasz	238		M16-29	12	00:00:00	00:24:24.10	00:24:24.10	+00:07:06 (29.1%)	4:52	12.3 (70.7%)
79	KAZIMIEROWICZ Radosław	84	VTT KOSZALIN	M30-39	24	00:00:12	00:24:24.40	00:24:36.70	+00:07:06 (29.2%)	4:52	12.3 (70.7%)
80	GRABOWSKA-LESISZ Aneta	47		K30-39	7	00:00:04	00:24:37.55	00:24:42.40	+00:07:20 (29.8%)	4:55	12.2 (70.1%)
81	JUSZCZAK Krzysztof	73		M60-69	3	00:00:21	00:24:49.70	00:25:11.05	+00:07:32 (30.4%)	4:58	12.1 (69.5%)
82	MARKOWSKI Andrzej	123	TKKF KOSZALIN	M60-69	4	00:00:03	00:24:53.40	00:24:57.00	+00:07:35 (30.5%)	4:58	12 (69.0%)
83	PAWLICKI Krzysztof	150		M40-49	26	00:00:07	00:25:17.20	00:25:24.50	+00:07:59 (31.6%)	5:03	11.9 (68.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
84	OSENKOWSKI Artur	144	JW1223	M30-39	25	00:00:04	00:25:20.60	00:25:24.65	+00:08:03 (31.8%)	5:04	11.8 (67.8%)
85	TWORSKA Magdalena	106		K16-29	1	00:00:09	00:25:25.20	00:25:34.65	+00:08:07 (32.0%)	5:05	11.8 (67.8%)
86	SUCHECKA Katarzyna	188	CROSSFIT KOSZALIN	K30-39	8	00:00:10	00:25:31.70	00:25:42.55	+00:08:14 (32.3%)	5:06	11.7 (67.2%)
87	LUBICZ Anna	117	CROSSFIT KOSZALIN	K30-39	9	00:00:10	00:25:33.10	00:25:43.65	+00:08:15 (32.3%)	5:06	11.7 (67.2%)
88	OLIŃSKI Arek	140	WIDZEW ŁÓDŹ	M30-39	26	00:00:10	00:25:33.75	00:25:44.70	+00:08:16 (32.4%)	5:06	11.7 (67.2%)
89	PIETRZYK Paulina	156		K16-29	2	00:00:10	00:25:45.70	00:25:56.35	+00:08:28 (32.9%)	5:09	11.6 (66.7%)
90	KARNICKI Zygmunt	80	TKKF KOSZALIN	M60-69	5	00:00:08	00:25:48.25	00:25:56.80	+00:08:30 (33.0%)	5:09	11.6 (66.7%)
91	GRZYBOWSKI Piotr	66	TKKF KOSZALIN	M40-49	27	00:00:10	00:25:51.70	00:26:02.15	+00:08:34 (33.1%)	5:10	11.6 (66.7%)
92	GOLEC Ania	42		K40-49	2	00:00:13	00:25:54.85	00:26:08.60	+00:08:37 (33.3%)	5:11	11.6 (66.7%)
93	URBAŃSKI Adrian	241		M30-39	27	00:00:10	00:25:56.95	00:26:07.90	+00:08:39 (33.4%)	5:11	11.6 (66.7%)
94	KONKEL Joanna	92	MKS 'ŚWIĘC' SŁAWNO	K50-59	2	00:00:07	00:25:57.85	00:26:05.50	+00:08:40 (33.4%)	5:11	11.6 (66.7%)
95	SKOWYRSKI Janusz	179	TKKF KOSZALIN	M50-59	9	00:00:19	00:26:02.30	00:26:21.40	+00:08:44 (33.6%)	5:12	11.5 (66.1%)
96	ZUKAL Piotr	239		M40-49	28	00:00:18	00:26:19.45	00:26:38.35	+00:09:02 (34.3%)	5:16	11.4 (65.5%)
97	HAŁAJKO Magdalena	51		K30-39	10	00:00:07	00:26:20.20	00:26:27.20	+00:09:02 (34.3%)	5:16	11.4 (65.5%)
98	ORLOWSKI Maciej	141		M30-39	28	00:00:14	00:26:28.00	00:26:42.00	+00:09:10 (34.7%)	5:17	11.3 (64.9%)
99	PSTRĄGOWSKA Marlena	159	BABECZKI KOSZALIN	K30-39	11	00:00:06	00:26:33.70	00:26:40.25	+00:09:16 (34.9%)	5:18	11.3 (64.9%)
100	PACAN Bartosz	147	ŚWIAT PŁYTEK U KRYSPIŃ	M30-39	29	00:00:05	00:26:45.45	00:26:51.40	+00:09:28 (35.4%)	5:21	11.2 (64.4%)
101	WILKOWSKI Krzysztof	215		M30-39	30	00:00:11	00:26:46.65	00:26:57.90	+00:09:29 (35.4%)	5:21	11.2 (64.4%)
102	KUPREWICZ Grzegorz	111	JW 1223 KOSZALIN	M30-39	31	00:00:07	00:26:48.45	00:26:55.90	+00:09:31 (35.5%)	5:21	11.2 (64.4%)
103	SOBALA Anna	181		K30-39	12	00:00:08	00:26:52.50	00:27:00.90	+00:09:35 (35.7%)	5:22	11.2 (64.4%)
104	MRUGALSKI Stanisław	132		M50-59	10	00:00:22	00:27:01.05	00:27:23.45	+00:09:43 (36.0%)	5:24	11.1 (63.8%)
105	HELLER Zdzisław	53	NIEZRZESZONY	M60-69	6	00:00:09	00:27:13.25	00:27:22.95	+00:09:55 (36.5%)	5:26	11 (63.2%)
106	WACHHOLZ Beata	201	KB BRYZA POSTOMINO	K40-49	3	00:00:06	00:27:18.65	00:27:25.30	+00:10:01 (36.7%)	5:27	11 (63.2%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
107	CZERSKI Piotr	28		M50-59	11	00:00:13	00:27:25.90	00:27:39.35	+00:10:08 (37.0%)	5:29	10.9 (62.6%)
108	KOWALCZUK Natalia	97	ŚWIAT PŁYTEK U KRYSPIŃ	K30-39	13	00:00:12	00:27:46.00	00:27:58.20	+00:10:28 (37.7%)	5:33	10.8 (62.1%)
109	BONISŁAWSKA Małgorzata	13	ZUZA&ZOSIA TEAM	K30-39	14	00:00:10	00:27:48.75	00:27:58.80	+00:10:31 (37.8%)	5:33	10.8 (62.1%)
110	ZIĘBA Paweł	240	TKKF KOSZALIN	M40-49	29	00:00:18	00:28:09.65	00:28:27.95	+00:10:52 (38.6%)	5:37	10.7 (61.5%)
111	GAWIECKA Mariola	40	ROZBIEGANY KOSZALIN	K40-49	4	00:00:12	00:28:27.90	00:28:40.80	+00:11:10 (39.3%)	5:41	10.5 (60.3%)
112	ORZECZOWSKI Karol	143		M16-29	13	00:00:08	00:28:55.85	00:29:04.65	+00:11:38 (40.2%)	5:47	10.4 (59.8%)
113	LASOTA Rafał	115		M30-39	32	00:00:15	00:29:02.00	00:29:17.95	+00:11:44 (40.4%)	5:48	10.3 (59.2%)
114	WOJANOWSKI Zbigniew	217	BIEGAM BO LUBIĘ	M60-69	7	00:00:07	00:29:31.90	00:29:39.65	+00:12:14 (41.4%)	5:54	10.2 (58.6%)
115	WOJCIECHOWSKA Małgorzata	218		K40-49	5	00:00:12	00:29:39.15	00:29:52.05	+00:12:21 (41.7%)	5:56	10.1 (58.0%)
116	CZAPIEWSKA Justyna	26		K16-29	3	00:00:05	00:30:13.60	00:30:18.75	+00:12:56 (42.8%)	6:02	9.9 (56.9%)
117	BATYŃSKA Magdalena	6		K16-29	4	00:00:05	00:30:15.15	00:30:21.10	+00:12:57 (42.8%)	6:03	9.9 (56.9%)
118	MOŻEJKO Anna	131	BABECZKI KOSZALIN	K30-39	15	00:00:13	00:30:28.15	00:30:41.60	+00:13:10 (43.3%)	6:05	9.8 (56.3%)
119	STEC Edyta	186	BABECZKI KOSZALIN	K30-39	16	00:00:13	00:30:28.20	00:30:41.60	+00:13:10 (43.3%)	6:05	9.8 (56.3%)
120	GARDZIEJEWSZKI Tomasz	242		M30-39	33	00:00:12	00:30:46.75	00:30:58.75	+00:13:29 (43.8%)	6:09	9.8 (56.3%)
121	JAROSIEWICZ Tomasz	65	GRACIE BARRA POZNAŃ	M30-39	34	00:00:11	00:30:47.45	00:30:58.60	+00:13:30 (43.8%)	6:09	9.7 (55.7%)
122	JAWORSKA Karolina	71		K30-39	17	00:00:10	00:31:06.20	00:31:16.35	+00:13:48 (44.4%)	6:13	9.6 (55.2%)
123	BŁOŃSKA Agnieszka	12	BABECZKI KOSZALIN	K40-49	6	00:00:14	00:31:23.20	00:31:37.20	+00:14:05 (44.9%)	6:16	9.6 (55.2%)
124	KOROL Elżbieta	95	BABECZKI KOSZALIN	K40-49	7	00:00:14	00:31:23.30	00:31:37.30	+00:14:05 (44.9%)	6:16	9.6 (55.2%)
125	SZULC Ola	237		K16-29	5	00:00:09	00:32:49.40	00:32:58.40	+00:15:31 (47.3%)	6:33	9.1 (52.3%)
126	VON BARDELEBEN Agnieszka	200	BABECZKI KOSZALIN	K40-49	8	00:00:13	00:32:54.60	00:33:08.00	+00:15:37 (47.5%)	6:35	9.1 (52.3%)
127	PEŁKA Iwona	152		K40-49	9	00:00:11	00:33:06.55	00:33:17.80	+00:15:49 (47.8%)	6:37	9.1 (52.3%)
128	MIKLASIŃSKA Monika	128	SŁAWNO	K30-39	18	00:00:12	00:34:15.30	00:34:28.10	+00:16:57 (49.5%)	6:51	8.8 (50.6%)
129	KOZŁOWIECKA Małgorzata	234		K60+	1	00:00:08	00:34:29.50	00:34:37.70	+00:17:12 (49.9%)	6:53	8.7 (50.0%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
130	SETNIK Piotr	178	DECATHLON SŁUPSK	M16-29	14	00:00:19	00:35:38.75	00:35:58.70	+00:18:21 (51.5%)	7:07	8.4 (48.3%)
131	SETNIK Monika	177	DECATHLON SŁUPSK	K40-49	10	00:00:20	00:35:40.65	00:36:01.40	+00:18:23 (51.5%)	7:08	8.4 (48.3%)
132	NARCZYK Eliza	135		K30-39	19	00:00:17	00:35:51.25	00:36:08.65	+00:18:33 (51.8%)	7:10	8.4 (48.3%)
133	BARTNIK Marian	3	TKKF KOSZALIN	M70+	1	00:00:00	00:35:55.40	00:35:55.40	+00:18:37 (51.9%)	7:11	8.4 (48.3%)
134	HAUSMAN Andrzej	52	KSR ROWERIA	M60-69	8	00:00:14	00:36:22.60	00:36:37.10	+00:19:05 (52.5%)	7:16	8.2 (47.1%)
135	WALO Zbigniew	203	X	M50-59	12	00:00:14	00:36:49.80	00:37:04.70	+00:19:32 (53.1%)	7:22	8.1 (46.6%)
136	JUSZCZYK Agnieszka	74		K30-39	20	00:00:14	00:36:55.35	00:37:09.65	+00:19:37 (53.2%)	7:23	8.1 (46.6%)
137	ŁUBNIEWSKA Natalia	119	ROZBIEGANY KOSZALIN	K30-39	21	00:00:14	00:36:55.45	00:37:10.10	+00:19:38 (53.2%)	7:23	8.1 (46.6%)
138	WÓJCIK Daria	221		K16-29	6	00:00:05	00:37:09.75	00:37:14.90	+00:19:52 (53.5%)	7:25	8.1 (46.6%)
139	RADOMSKA Iwona	162		K16-29	7	00:00:15	00:37:32.75	00:37:48.65	+00:20:15 (53.9%)	7:30	8 (46.0%)
140	SOLAK Halina	183	ŚWIAT PŁYTEK U KRYSPINA	K60+	2	00:00:12	00:38:40.70	00:38:52.90	+00:21:23 (55.3%)	7:44	7.8 (44.8%)
141	WĄTRUCKA Krystyna	207	ŚWIAT PŁYTEK U KRYSPINA	K60+	3	00:00:12	00:38:59.30	00:39:11.50	+00:21:41 (55.7%)	7:47	7.7 (44.3%)

Total 141 results.