

## II DECARUN KOSZALIN 15 KM

B4SPORT  
inteligentny sport dla każdego

**Wydarzenie:** II DECARUN KOSZALIN  
**Organizator:** Decathlon Koszalin  
**Data:** 2018-08-15  
**Miejsce:** Koszalin  
**Dystans:** 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						1.667km	3.333km	5km	6.667km	8.333km	10km	11.667km	13.333km				
1	<b>WITKOWSKI Mateusz</b>	<b>295</b>	JW 1223	M18-39	1	00:05:59	00:12:08	00:18:17	00:24:31	00:30:46	00:37:05	00:43:23	00:49:38	<b>00:55:55.10</b>		3:43	16.1 (100%)
2	<b>BARDZIŃSKI Rafał</b>	<b>8</b>	JANOSPORT TEAM LEGNICA	M18-39	2	00:06:22	00:12:47	00:19:05	00:25:25	00:31:46	00:38:03	00:44:20	00:50:42	<b>00:56:59.50</b>	+00:01:04 (1.9%)	3:48	15.8 (98.1%)
3	<b>GAWRON Piotr</b>	<b>68</b>	ULKS TALEX BORZYTUCHOM	M18-39	3	00:06:22	00:12:48	00:19:06	00:25:26	00:31:47	00:38:11	00:44:39	00:51:02	<b>00:57:23.10</b>	+00:01:28 (2.6%)	3:49	15.7 (97.5%)
4	<b>ROĆKO Krzysztof</b>	<b>328</b>	CZAPLA	M18-39	4	00:06:21	00:12:47	00:19:07	00:25:31	00:32:04	00:38:35	00:44:59	00:51:24	<b>00:58:23.25</b>	+00:02:28 (4.2%)	3:53	15.4 (95.7%)
5	<b>JAROSZ Wiesław</b>	<b>94</b>	JW 1223/BLOG	M40-49	1	00:06:22	00:12:47	00:19:23	00:25:59	00:32:38	00:39:18	00:45:58	00:52:37	<b>00:59:14.85</b>	+00:03:19 (5.6%)	3:56	15.2 (94.4%)
6	<b>KULCZYK Jerzy</b>	<b>142</b>		M50-59	1	00:06:24	00:13:08	00:19:52	00:26:40	00:33:34	00:40:23	00:47:12	00:54:02	<b>01:00:47.90</b>	+00:04:52 (8.0%)	4:03	14.8 (91.9%)
7	<b>BUCZKO Krystian</b>	<b>31</b>		M18-39	5	00:06:32	00:13:21	00:20:24	00:27:34	00:34:47	00:42:00	00:49:10	00:56:15	<b>01:03:11.75</b>	+00:07:16 (11.5%)	4:12	14.2 (88.2%)
8	<b>PERLIK Tomasz</b>	<b>199</b>		M18-39	6	00:06:26	00:13:10	00:20:05	00:27:12	00:34:19	00:41:33	00:48:54	00:56:13	<b>01:03:26.75</b>	+00:07:31 (11.9%)	4:13	14.2 (88.2%)
9	<b>GOLIŃSKI Łukasz</b>	<b>73</b>	K.B. SPRINT ŚWIDWIN	M18-39	7	00:06:58	00:14:05	00:21:11	00:28:15	00:35:22	00:42:31	00:49:44	00:56:57	<b>01:03:52.35</b>	+00:07:57 (12.5%)	4:15	14.1 (87.6%)
10	<b>GROCHOWALSKI Rafał</b>	<b>78</b>	K.B. SPRINT ŚWIDWIN	M40-49	2	00:06:59	00:14:04	00:21:11	00:28:14	00:35:25	00:42:31	00:49:43	00:56:57	<b>01:04:03.70</b>	+00:08:08 (12.7%)	4:16	14.1 (87.6%)
11	<b>ZWOLIŃSKI Jan</b>	<b>311</b>	TKKF KOSZALIN	M50-59	2	00:07:06	00:14:21	00:21:37	00:28:54	00:36:06	00:43:18	00:50:38	00:57:55	<b>01:05:06.55</b>	+00:09:11 (14.1%)	4:20	13.8 (85.7%)
12	<b>WOJCIECHOWICZ Jacek</b>	<b>326</b>		M40-49	3	00:06:56	00:14:14	00:21:37	00:28:59	00:36:26	00:43:58	00:51:20	00:58:38	<b>01:05:49.30</b>	+00:09:54 (15.0%)	4:23	13.7 (85.1%)
13	<b>GRZESIK Eugeniusz</b>	<b>81</b>	TKKF KOSZALIN	M50-59	3	00:07:05	00:14:22	00:21:38	00:28:58	00:36:26	00:43:58	00:51:26	00:59:01	<b>01:06:33.30</b>	+00:10:38 (16.0%)	4:26	13.5 (83.9%)
14	<b>PIŃSKI Paweł</b>	<b>207</b>	JW 1223	M18-39	8	00:06:56	00:14:14	00:21:43	00:29:17	00:36:47	00:44:20	00:51:54	00:59:37	<b>01:07:17.80</b>	+00:11:22 (16.9%)	4:29	13.4 (83.2%)
15	<b>SITOWSKI Marcin</b>	<b>237</b>	PROMED SZCZECINEK	M18-39	9	00:07:05	00:14:22	00:21:50	00:29:29	00:37:01	00:44:32	00:52:08	00:59:55	<b>01:07:40.35</b>	+00:11:45 (17.4%)	4:30	13.3 (82.6%)
16	<b>GAŁAN Leszek</b>	<b>61</b>		M50-59	4	00:07:12	00:14:40	00:22:16	00:29:58	00:37:42	00:45:23	00:53:04	01:00:45	<b>01:08:08.95</b>	+00:12:13 (17.9%)	4:32	13.2 (82.0%)
17	<b>MAZUR Emilusz</b>	<b>168</b>	ŻYJ Z ENERGIA	M40-49	4	00:07:10	00:14:44	00:22:18	00:29:53	00:37:30	00:45:07	00:52:54	01:00:41	<b>01:08:40.75</b>	+00:12:45 (18.6%)	4:34	13.1 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start								Czas		Tempo min/km	Tempo km/h
						1.667km	3.333km	5km	6.667km	8.333km	10km	11.667km	13.333km	15km	Różn		
18	<b>ZIENOWICZ Michał</b>	<b>306</b>		M18-39	10	00:07:38	00:15:18	00:23:05	00:30:50	00:38:43	00:46:13	00:53:55	01:01:44	<b>01:09:04.30</b>	+00:13:09 (19.0%)	4:36	13 (80.7%)
19	<b>URBAŃSKI Tomasz</b>	<b>277</b>		M40-49	5	00:07:38	00:15:18	00:23:05	00:30:50	00:38:43	00:46:13	00:53:55	01:01:44	<b>01:09:22.35</b>	+00:13:27 (19.4%)	4:37	13 (80.7%)
20	<b>CHORAŻY Karolina</b>	<b>37</b>	LEO-TEAM	K18-39	1	00:07:41	00:15:32	00:23:24	00:31:16	00:39:11	00:47:07	00:55:03	01:03:03	<b>01:10:57.70</b>	+00:15:02 (21.2%)	4:43	12.7 (78.9%)
21	<b>BOŻEK Radosław</b>	<b>27</b>	40%	M18-39	11	00:07:04	00:14:53	00:22:58	00:30:50	00:38:59	00:46:57	00:55:06	01:03:15	<b>01:11:27.35</b>	+00:15:32 (21.7%)	4:45	12.6 (78.3%)
22	<b>SKIERKA Grzegorz</b>	<b>239</b>	MKS 'ŚWIĘC' SŁAWNO	M18-39	12	00:07:38	00:15:41	00:23:52	00:32:04	00:40:15	00:48:24	00:56:29	01:04:26	<b>01:12:12.80</b>	+00:16:17 (22.6%)	4:48	12.5 (77.6%)
22	<b>JABŁOŃSKI Tomasz</b>	<b>88</b>	KB SPOKO SŁAWNO	M18-39	13	00:07:39	00:15:41	00:23:53	00:32:05	00:40:16	00:48:24	00:56:29	01:04:27	<b>01:12:12.80</b>	+00:16:17 (22.6%)	4:48	12.5 (77.6%)
24	<b>PROTASEWICZ Andrzej</b>	<b>217</b>	SŁAWNO	M40-49	6	00:07:48	00:15:52	00:23:59	00:32:16	00:40:21	00:48:29	00:56:32	01:04:34	<b>01:12:17.30</b>	+00:16:22 (22.6%)	4:49	12.5 (77.6%)
25	<b>GAŁECKI Jacek</b>	<b>327</b>		M50-59	5	00:07:37	00:15:18	00:23:39	00:32:12	00:40:23	00:48:35	00:56:32	01:04:38	<b>01:12:40.45</b>	+00:16:45 (23.1%)	4:50	12.4 (77.0%)
26	<b>MICHNOWICZ Ewelina</b>	<b>172</b>	HUSARIA RACE TEAM	K18-39	2	00:07:31	00:15:40	00:23:55	00:32:06	00:40:16	00:48:25	00:56:34	01:04:52	<b>01:12:45.50</b>	+00:16:50 (23.1%)	4:51	12.4 (77.0%)
27	<b>PIEKUTOWSKI Ireneusz</b>	<b>204</b>	DECATHLON CAR ŁÓDŹ	M18-39	14	00:07:59	00:16:10	00:24:24	00:32:39	00:40:53	00:49:10	00:57:16	01:05:22	<b>01:12:55.20</b>	+00:17:00 (23.3%)	4:51	12.3 (76.4%)
28	<b>PĘKAŁA Piotr</b>	<b>200</b>		M40-49	7	00:08:21	00:16:46	00:24:52	00:33:01	00:41:04	00:49:06	00:57:04	01:05:08	<b>01:13:10.80</b>	+00:17:15 (23.6%)	4:52	12.3 (76.4%)
29	<b>BANCEWICZ Tomasz</b>	<b>5</b>	SALON KOSMETYCZNY DIAMENT SŁUPSK	M18-39	15	00:07:49	00:15:51	00:24:08	00:32:19	00:40:25	00:48:39	00:56:54	01:05:08	<b>01:13:16.50</b>	+00:17:21 (23.7%)	4:53	12.3 (76.4%)
30	<b>STRUŻYNA Waldek</b>	<b>333</b>		M18-39	16	00:08:21	00:16:31	00:24:31	00:32:46	00:40:54	00:49:11	00:57:25	01:05:39	<b>01:13:36.50</b>	+00:17:41 (24.0%)	4:54	12.2 (75.8%)
31	<b>TOMASZEWSKI Mieczysław</b>	<b>268</b>		M-60+	1	00:07:56	00:16:10	00:24:26	00:32:48	00:40:52	00:49:08	00:57:26	01:05:45	<b>01:13:51.00</b>	+00:17:55 (24.3%)	4:55	12.2 (75.8%)
32	<b>ADAMOWICZ Daniel</b>	<b>2</b>	KB PIONIER	M18-39	17	00:07:31	00:15:27	00:23:37	00:31:57	00:40:20	00:48:48	00:57:11	01:05:45	<b>01:13:54.00</b>	+00:17:58 (24.3%)	4:55	12.2 (75.8%)
33	<b>MOKSA Dariusz</b>	<b>178</b>		M18-39	18	00:07:18	00:15:21	00:23:38	00:31:57	00:40:21	00:48:48	00:57:12	01:05:41	<b>01:14:21.10</b>	+00:18:26 (24.8%)	4:57	12.1 (75.2%)
34	<b>TUJAKA Grzegorz</b>	<b>274</b>		M18-39	19	00:06:55	00:14:47	00:23:02	00:31:22	00:39:49	00:48:24	00:57:09	01:05:50	<b>01:14:21.65</b>	+00:18:26 (24.8%)	4:57	12.1 (75.2%)
35	<b>PŁOSKI Krzysztof</b>	<b>211</b>	DARŁOWSKIE CHARTY	M40-49	8	00:08:08	00:15:58	00:24:06	00:32:41	00:40:59	00:49:24	00:57:51	01:06:05	<b>01:14:22.00</b>	+00:18:26 (24.8%)	4:57	12.1 (75.2%)
36	<b>WÓJCIK Radosław</b>	<b>299</b>		M18-39	20	00:07:41	00:15:44	00:24:06	00:32:27	00:40:54	00:49:29	00:57:59	01:06:18	<b>01:14:38.80</b>	+00:18:43 (25.1%)	4:58	12.1 (75.2%)
37	<b>CHUTYRKO Paweł</b>	<b>340</b>		M18-39	21	00:08:00	00:16:27	00:24:39	00:33:01	00:41:15	00:49:27	00:57:45	01:05:59	<b>01:14:48.90</b>	+00:18:53 (25.3%)	4:59	12 (74.5%)
38	<b>NOWACKI Mariusz</b>	<b>188</b>	ZFCI	M40-49	9	00:07:39	00:15:51	00:24:12	00:32:44	00:41:16	00:49:45	00:58:12	01:06:46	<b>01:14:56.00</b>	+00:19:00 (25.4%)	4:59	12 (74.5%)
39	<b>WIELGAT Łukasz</b>	<b>285</b>	KB BRYZA POSTOMINO	M18-39	22	00:07:50	00:15:57	00:24:08	00:32:32	00:40:53	00:49:27	00:58:03	01:06:45	<b>01:15:06.25</b>	+00:19:11 (25.5%)	5:00	12 (74.5%)
40	<b>KOPA Jacek</b>	<b>124</b>	----	M40-49	10	00:07:53	00:16:05	00:24:25	00:32:45	00:40:50	00:49:06	00:57:40	01:06:23	<b>01:15:27.90</b>	+00:19:32 (25.9%)	5:01	11.9 (73.9%)
41	<b>PRYGIEL Jarosław</b>	<b>219</b>	PARKRUN ŚWIDWIN	M40-49	11	00:07:35	00:15:22	00:23:32	00:31:49	00:40:11	00:48:40	00:57:09	01:05:52	<b>01:15:40.80</b>	+00:19:45 (26.1%)	5:02	11.9 (73.9%)
42	<b>ŻUREK Mateusz</b>	<b>316</b>		M18-39	23	00:08:33	00:17:03	00:25:40	00:34:17	00:42:48	00:51:23	00:59:53	01:08:36	<b>01:17:09.35</b>	+00:21:14 (27.5%)	5:08	11.7 (72.7%)
43	<b>KRUPIŃSKI Krzysztof</b>	<b>133</b>	E-UROLOG.EU	M50-59	6	00:08:00	00:16:15	00:24:44	00:33:19	00:42:01	00:50:47	00:59:40	01:08:39	<b>01:17:24.25</b>	+00:21:29 (27.8%)	5:09	11.6 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start								Czas		Tempo min/km	Tempo km/h
						1.667km	3.333km	5km	6.667km	8.333km	10km	11.667km	13.333km	netto 15km	Różn		
44	<b>KONKEL Agnieszka</b>	<b>120</b>		K18-39	3	00:07:40	00:15:40	00:24:01	00:32:42	00:41:39	00:50:35	00:59:37	01:08:36	<b>01:17:26.60</b>	+00:21:31 (27.8%)	5:09	11.6 (72.0%)
45	<b>WILIŃSKI Marek</b>	<b>290</b>	K.B. SPRINT ŚWIDWIN	M50-59	7	00:08:43	00:17:34	00:26:20	00:34:58	00:43:34	00:52:06	01:00:38	01:09:14	<b>01:17:37.55</b>	+00:21:42 (28.0%)	5:10	11.6 (72.0%)
46	<b>WIATRZYK Krzysztof</b>	<b>283</b>	DARŁOWO	M40-49	12	00:08:15	00:16:32	00:25:18	00:34:07	00:42:43	00:51:24	01:00:13	01:09:12	<b>01:17:41.25</b>	+00:21:46 (28.0%)	5:10	11.6 (72.0%)
47	<b>GROTA Mariusz</b>	<b>79</b>		M18-39	24	00:08:36	00:17:24	00:26:10	00:34:57	00:43:42	00:52:21	01:00:52	01:09:18	<b>01:17:42.40</b>	+00:21:47 (28.0%)	5:10	11.6 (72.0%)
48	<b>MELCHERT Kamil</b>	<b>170</b>		M18-39	25	00:08:03	00:16:27	00:25:05	00:33:44	00:42:24	00:51:17	01:00:15	01:09:06	<b>01:17:42.70</b>	+00:21:47 (28.0%)	5:10	11.6 (72.0%)
49	<b>WOJCIECHOWSKI Andrzej</b>	<b>296</b>		M18-39	26	00:08:26	00:16:57	00:25:36	00:34:19	00:43:00	00:51:43	01:00:26	01:09:17	<b>01:17:52.00</b>	+00:21:56 (28.2%)	5:11	11.6 (72.0%)
50	<b>JABŁOŃSKI Andrzej</b>	<b>87</b>		M40-49	13	00:07:58	00:16:14	00:24:37	00:33:08	00:41:54	00:50:47	00:59:43	01:08:50	<b>01:18:12.70</b>	+00:22:17 (28.5%)	5:12	11.5 (71.4%)
51	<b>POKRYSZKA Wojciech</b>	<b>214</b>	DECATHLON CAR ŁÓDŹ	M18-39	27	00:08:44	00:17:28	00:26:06	00:34:52	00:43:37	00:52:16	01:00:58	01:09:46	<b>01:18:16.05</b>	+00:22:20 (28.6%)	5:13	11.5 (71.4%)
51	<b>LESIAK Sebastian</b>	<b>150</b>	DECATHLON CAR ŁÓDŹ	M18-39	28	00:08:43	00:17:28	00:26:06	00:34:52	00:43:37	00:52:16	01:00:57	01:09:47	<b>01:18:16.05</b>	+00:22:20 (28.6%)	5:13	11.5 (71.4%)
53	<b>ŁOPIŃSKI Piotr</b>	<b>155</b>	FSD	M18-39	29	00:07:57	00:16:12	00:24:33	00:33:06	00:41:43	00:50:34	00:59:37	01:09:08	<b>01:18:23.10</b>	+00:22:28 (28.7%)	5:13	11.5 (71.4%)
54	<b>KUBACZKA Andrzej</b>	<b>140</b>		M40-49	14	00:08:57	00:17:44	00:26:25	00:35:06	00:43:45	00:52:28	01:01:14	01:10:04	<b>01:18:40.35</b>	+00:22:45 (28.9%)	5:14	11.4 (70.8%)
55	<b>KRZEWIŃSKA Małgorzata</b>	<b>137</b>	TKKF KOSZALIN	K50-59	1	00:08:23	00:16:59	00:25:41	00:34:23	00:43:03	00:51:48	01:00:43	01:09:53	<b>01:18:53.80</b>	+00:22:58 (29.1%)	5:15	11.4 (70.8%)
56	<b>BAGIEŃSKI Mateusz</b>	<b>4</b>	STC STARGARD	M18-39	30	00:07:55	00:16:36	00:25:30	00:34:26	00:43:22	00:52:31	01:01:18	01:10:20	<b>01:19:05.90</b>	+00:23:10 (29.3%)	5:16	11.4 (70.8%)
57	<b>MODZELEWSKI Szymon</b>	<b>334</b>		M18-39	31	00:07:32	00:15:43	00:24:38	00:33:41	00:43:18	00:52:29	01:01:46	01:11:03	<b>01:19:25.50</b>	+00:23:30 (29.6%)	5:17	11.3 (70.2%)
58	<b>GAJEK Artur</b>	<b>60</b>	KORZYBSKIE REKINY	M40-49	15	00:08:26	00:17:09	00:26:01	00:34:46	00:43:43	00:52:43	01:01:45	01:10:52	<b>01:19:34.45</b>	+00:23:39 (29.7%)	5:18	11.3 (70.2%)
59	<b>STRZELECKI Zbigniew</b>	<b>254</b>	KORZYBSKIE REKINY	M-60+	2	00:08:25	00:17:05	00:26:00	00:34:59	00:43:52	00:52:44	01:01:46	01:10:51	<b>01:19:35.05</b>	+00:23:39 (29.7%)	5:18	11.3 (70.2%)
60	<b>WILKOWSKI Krzysztof</b>	<b>291</b>		M18-39	32	00:09:23	00:18:36	00:27:37	00:36:22	00:44:54	00:53:10	01:01:42	01:10:53	<b>01:19:45.25</b>	+00:23:50 (29.9%)	5:19	11.3 (70.2%)
61	<b>WEILAND Adrian</b>	<b>282</b>	NOCNE WILKI	M18-39	33	00:07:47	00:16:08	00:24:47	00:33:37	00:42:41	00:51:46	01:00:56	01:10:23	<b>01:19:45.60</b>	+00:23:50 (29.9%)	5:19	11.3 (70.2%)
62	<b>MALINOWSKI Krzysztof</b>	<b>160</b>	HOUSEBERRY.PL	M18-39	34	00:07:40	00:15:59	00:24:44	00:33:52	00:42:49	00:51:52	01:01:06	01:10:40	<b>01:20:07.05</b>	+00:24:11 (30.2%)	5:20	11.2 (69.6%)
63	<b>KAZIMIEROWICZ Radosław</b>	<b>109</b>	VTT KOSZALIN	M18-39	35	00:08:45	00:17:34	00:26:26	00:35:42	00:44:37	00:53:25	01:02:16	01:11:25	<b>01:20:07.70</b>	+00:24:12 (30.2%)	5:20	11.2 (69.6%)
64	<b>ROGOŻA Ireneusz</b>	<b>225</b>		M40-49	16	00:08:35	00:17:22	00:26:11	00:35:06	00:44:03	00:52:58	01:02:07	01:11:20	<b>01:20:26.15</b>	+00:24:31 (30.5%)	5:21	11.2 (69.6%)
65	<b>JÓZEFIAK Adrian</b>	<b>337</b>		M18-39	36	00:07:18	00:17:58	00:26:37	00:36:04	00:44:29	00:53:24	01:01:47	01:11:04	<b>01:20:31.80</b>	+00:24:36 (30.6%)	5:22	11.2 (69.6%)
66	<b>GREBIENIK Andrzej</b>	<b>77</b>	W.P.K. SŁOŃ TEAM	M40-49	17	00:08:29	00:17:17	00:26:12	00:35:10	00:44:09	00:53:08	01:02:20	01:11:39	<b>01:20:46.45</b>	+00:24:51 (30.8%)	5:23	11.1 (68.9%)
67	<b>FIGARSKI Leszek</b>	<b>58</b>	LOVEBIKE	M18-39	37	00:08:18	00:16:52	00:25:42	00:34:47	00:43:45	00:52:47	01:01:46	01:11:18	<b>01:20:51.65</b>	+00:24:56 (30.8%)	5:23	11.1 (68.9%)
68	<b>JURKIEWICZ Paweł</b>	<b>101</b>		M18-39	38	00:08:28	00:17:09	00:26:00	00:34:57	00:44:06	00:53:12	01:02:28	01:11:54	<b>01:21:03.50</b>	+00:25:08 (31.0%)	5:24	11.1 (68.9%)
69	<b>ZIÓŁKOWSKA Gosia</b>	<b>308</b>		K18-39	4	00:08:30	00:17:14	00:26:04	00:35:06	00:44:11	00:53:22	01:02:43	01:12:09	<b>01:21:14.35</b>	+00:25:19 (31.2%)	5:25	11.1 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start								Czas		Tempo min/km	Tempo km/h
						1.667km	3.333km	5km	6.667km	8.333km	10km	11.667km	13.333km	15km	Różn		
70	<b>CHUDZIK Zbigniew</b>	<b>38</b>	TKKF KOSZALIN	M50-59	8	00:08:53	00:18:06	00:27:13	00:36:17	00:45:26	00:54:34	01:03:37	01:12:57	<b>01:21:53.00</b>	+00:25:57 (31.7%)	5:27	11 (68.3%)
71	<b>DZIESZUK Dariusz</b>	<b>56</b>	TKKF KOSZALIN	M50-59	9	00:09:01	00:18:06	00:27:13	00:36:17	00:45:26	00:54:35	01:03:38	01:12:58	<b>01:21:53.35</b>	+00:25:58 (31.7%)	5:27	11 (68.3%)
72	<b>CZERNAK Gracjan</b>	<b>45</b>		M18-39	39	00:09:02	00:18:10	00:27:34	00:37:03	00:46:19	00:55:29	01:04:42	01:13:34	<b>01:21:58.15</b>	+00:26:03 (31.8%)	5:27	11 (68.3%)
73	<b>GRZEGORZEK Andrzej</b>	<b>80</b>	GMINA STRZELCE OPOLSKIE	M40-49	18	00:08:25	00:17:20	00:26:21	00:35:27	00:44:35	00:53:52	01:03:15	01:12:44	<b>01:22:10.50</b>	+00:26:15 (32.0%)	5:28	11 (68.3%)
74	<b>BUTOWICZ Adam</b>	<b>33</b>		M50-59	10	00:08:47	00:17:54	00:26:54	00:35:59	00:45:16	00:54:35	01:04:01	01:13:39	<b>01:22:41.30</b>	+00:26:46 (32.4%)	5:30	10.9 (67.7%)
75	<b>LANGNER-KAPCZYŃSKA Edyta</b>	<b>148</b>	BEST BEASTS	K18-39	5	00:08:32	00:17:35	00:26:44	00:36:06	00:45:25	00:54:46	01:04:18	01:13:41	<b>01:22:42.85</b>	+00:26:47 (32.4%)	5:30	10.9 (67.7%)
76	<b>KOZŁOWIECKI Waldemar</b>	<b>129</b>	TKKF KOSZALIN	M-60+	3	00:09:01	00:17:53	00:26:55	00:36:08	00:45:17	00:54:34	01:04:01	01:13:38	<b>01:22:44.90</b>	+00:26:49 (32.4%)	5:31	10.9 (67.7%)
77	<b>BEDNARZ Sebastian</b>	<b>13</b>		M40-49	19	00:08:48	00:17:58	00:27:06	00:36:20	00:45:34	00:54:58	01:04:23	01:13:48	<b>01:23:08.95</b>	+00:27:13 (32.7%)	5:32	10.8 (67.1%)
78	<b>JARNO Wojciech</b>	<b>91</b>	AKTYWNA KRAJENKA	M18-39	40	00:08:36	00:17:57	00:27:17	00:36:40	00:46:00	00:55:27	01:04:51	01:14:10	<b>01:23:09.60</b>	+00:27:14 (32.8%)	5:32	10.8 (67.1%)
79	<b>DUDZIAK Piotr</b>	<b>55</b>	FOR-REST-RUN KOSZALIN	M40-49	20	00:08:46	00:18:07	00:27:40	00:37:09	00:46:08	00:55:08	01:04:23	01:13:46	<b>01:23:12.35</b>	+00:27:17 (32.8%)	5:32	10.8 (67.1%)
80	<b>PILAREK Ireneusz</b>	<b>206</b>		M18-39	41	00:08:42	00:17:16	00:26:05	00:35:03	00:44:04	00:53:14	01:03:18	01:13:20	<b>01:23:46.00</b>	+00:27:50 (33.2%)	5:35	10.7 (66.5%)
81	<b>BANCEWICZ Radosław</b>	<b>6</b>	SALON KOSMETYCZNY DIAMENT SŁUPSK	M18-39	42	00:08:47	00:18:02	00:27:26	00:36:56	00:46:22	00:55:54	01:05:26	01:14:54	<b>01:23:46.80</b>	+00:27:51 (33.3%)	5:35	10.7 (66.5%)
82	<b>WIERZBICKI Przemysław</b>	<b>289</b>		M18-39	43	00:08:46	00:18:03	00:27:27	00:36:58	00:46:23	00:55:55	01:05:27	01:14:55	<b>01:23:47.05</b>	+00:27:51 (33.3%)	5:35	10.7 (66.5%)
83	<b>ŻURAWIK Piotr</b>	<b>315</b>		M40-49	21	00:08:43	00:18:02	00:27:12	00:36:38	00:45:55	00:55:23	01:04:52	01:14:26	<b>01:23:54.90</b>	+00:27:59 (33.4%)	5:35	10.7 (66.5%)
84	<b>DANIUK Katarzyna</b>	<b>47</b>	CITYZEN	K40-49	1	00:08:35	00:17:33	00:26:39	00:36:05	00:45:23	00:54:45	01:04:32	01:14:22	<b>01:24:00.60</b>	+00:28:05 (33.4%)	5:36	10.7 (66.5%)
85	<b>BOŚ Grzegorz</b>	<b>26</b>		M18-39	44	00:09:05	00:18:25	00:27:40	00:37:01	00:46:26	00:57:07	01:06:04	01:15:17	<b>01:24:03.90</b>	+00:28:08 (33.5%)	5:36	10.7 (66.5%)
86	<b>SZCZUBLEWSKI Martin</b>	<b>338</b>		M18-39	45	00:07:41	00:15:58	00:24:41	00:34:06	00:43:56	00:53:38	01:03:48	01:14:02	<b>01:24:27.45</b>	+00:28:32 (33.8%)	5:37	10.7 (66.5%)
87	<b>GAWĘDA Emil</b>	<b>65</b>	DARŁOWSKIE CHARTY	M18-39	46	00:09:19	00:18:50	00:28:19	00:37:57	00:47:26	00:56:50	01:06:17	01:15:49	<b>01:24:28.80</b>	+00:28:33 (33.8%)	5:37	10.7 (66.5%)
88	<b>RZESZUTEK Michał</b>	<b>339</b>		M18-39	47	00:08:53	00:18:18	00:27:33	00:36:50	00:46:00	00:55:38	01:05:22	01:15:10	<b>01:24:39.85</b>	+00:28:44 (34.0%)	5:38	10.6 (65.8%)
89	<b>PANCERZYŃSKI Łukasz</b>	<b>194</b>		M18-39	48	00:08:39	00:17:48	00:27:04	00:36:21	00:45:44	00:55:16	01:04:55	01:14:54	<b>01:24:40.35</b>	+00:28:45 (34.0%)	5:38	10.6 (65.8%)
90	<b>MICHOLCZ Sławek</b>	<b>173</b>		M18-39	49	00:09:19	00:18:42	00:28:02	00:37:33	00:46:52	00:56:18	01:05:55	01:15:42	<b>01:25:01.45</b>	+00:29:06 (34.2%)	5:40	10.6 (65.8%)
91	<b>SZYSZKOWSKI Tomasz</b>	<b>266</b>	ROZBIEGANY KOSZALIN	M18-39	50	00:09:16	00:18:46	00:28:16	00:37:55	00:47:23	00:56:49	01:06:15	01:15:49	<b>01:25:04.20</b>	+00:29:09 (34.3%)	5:40	10.6 (65.8%)
92	<b>MOTYCZYŃSKA Patrycja</b>	<b>332</b>		K18-39	6	00:09:21	00:18:51	00:28:20	00:37:59	00:47:28	00:56:52	01:06:19	01:15:50	<b>01:25:09.85</b>	+00:29:14 (34.3%)	5:40	10.6 (65.8%)
93	<b>BLICHARZ Monika</b>	<b>18</b>		K18-39	7	00:09:24	00:18:58	00:28:45	00:38:38	00:48:13	00:57:49	01:07:10	01:16:18	<b>01:25:18.10</b>	+00:29:23 (34.4%)	5:41	10.6 (65.8%)
94	<b>STĄNCZYK Sławomir</b>	<b>249</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M18-39	51	00:08:02	00:16:53	00:26:17	00:36:02	00:45:58	00:55:51	01:05:34	01:15:26	<b>01:25:32.65</b>	+00:29:37 (34.6%)	5:42	10.5 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start								Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						Start_All 1.667km	Start_All 3.333km	Start_All 5km	Start_All 6.667km	Start_All 8.333km	Start_All 10km	Start_All 11.667km	Start_All 13.333km				
95	<b>TUROWSKI Michał</b>	<b>276</b>	DECATHLON SŁUPSK	M18-39	52	00:08:28	00:17:34	00:26:57	00:36:47	00:46:33	00:56:26	01:06:17	01:16:21	<b>01:26:35.00</b>	+00:30:39 (35.4%)	5:46	10.4 (64.6%)
96	<b>KOWALCZYK Piotr</b>	<b>126</b>		M18-39	53	00:08:47	00:17:51	00:27:10	00:36:50	00:46:33	00:56:22	01:06:23	01:16:45	<b>01:27:00.00</b>	+00:31:04 (35.7%)	5:48	10.3 (64.0%)
97	<b>KONKEL Łukasz</b>	<b>121</b>		M18-39	54	00:08:50	00:18:18	00:27:47	00:37:36	00:47:03	00:56:52	01:06:50	01:17:09	<b>01:27:44.35</b>	+00:31:49 (36.3%)	5:50	10.3 (64.0%)
98	<b>PODSIADŁO Marcin</b>	<b>213</b>		M40-49	22	00:09:01	00:18:19	00:27:48	00:37:34	00:47:16	00:57:29	01:07:45	01:17:52	<b>01:27:57.05</b>	+00:32:01 (36.4%)	5:51	10.2 (63.4%)
99	<b>STACHERA Jacek</b>	<b>247</b>		M40-49	23	00:09:17	00:18:44	00:28:39	00:38:26	00:48:14	00:58:02	01:07:59	01:17:53	<b>01:27:58.15</b>	+00:32:03 (36.4%)	5:51	10.2 (63.4%)
100	<b>GARNCAREK Paweł</b>	<b>63</b>		M18-39	55	00:09:33	00:19:24	00:28:53	00:38:32	00:48:07	00:57:43	01:07:44	01:18:05	<b>01:28:27.00</b>	+00:32:31 (36.8%)	5:53	10.2 (63.4%)
101	<b>GAŁAN Joanna</b>	<b>62</b>		K50-59	2	00:09:23	00:19:12	00:29:04	00:39:05	00:49:06	00:59:10	01:09:14	01:19:09	<b>01:28:54.45</b>	+00:32:59 (37.1%)	5:55	10.1 (62.7%)
102	<b>BORUC Barbara</b>	<b>25</b>	PARKRUN SZCZECINEK	K40-49	2	00:09:25	00:19:12	00:29:03	00:38:59	00:49:04	00:59:08	01:09:22	01:19:45	<b>01:29:51.90</b>	+00:33:56 (37.8%)	5:59	10 (62.1%)
103	<b>JUSZCZAK Krzysztof</b>	<b>102</b>		M-60+	4	00:09:06	00:18:48	00:28:51	00:38:57	00:49:05	00:59:20	01:09:46	01:20:11	<b>01:30:28.95</b>	+00:34:33 (38.2%)	6:01	9.9 (61.5%)
104	<b>PIECHOCKI Robert</b>	<b>202</b>		M50-59	11	00:09:22	00:19:00	00:28:59	00:38:59	00:49:03	00:59:19	01:09:43	01:20:09	<b>01:30:46.35</b>	+00:34:51 (38.4%)	6:03	9.9 (61.5%)
105	<b>KRAUZE Dawid</b>	<b>336</b>		M18-39	56	00:08:55	00:18:36	00:28:38	00:38:31	00:48:28	00:59:20	01:10:42	01:21:26	<b>01:32:16.50</b>	+00:36:21 (39.4%)	6:09	9.8 (60.9%)
106	<b>SZYMANOWICZ Marcin</b>	<b>264</b>		M18-39	57	00:09:46	00:20:08	00:30:36	00:41:01	00:51:21	01:01:49	01:12:28	01:22:37	<b>01:32:42.95</b>	+00:36:47 (39.7%)	6:10	9.7 (60.2%)
107	<b>PISKORZ-WILCZAK Iwona</b>	<b>209</b>	NESSI KOLOROWA DRUŻYNA	K40-49	3	00:09:39	00:19:29	00:30:16	00:40:37	00:51:08	01:01:27	01:12:05	01:22:57	<b>01:34:11.95</b>	+00:38:16 (40.6%)	6:16	9.6 (59.6%)
108	<b>CUDEK Roman</b>	<b>330</b>		M40-49	24	00:10:01	00:20:34	00:31:09	00:41:45	00:52:18	01:02:58	01:13:45	01:24:35	<b>01:35:03.30</b>	+00:39:08 (41.2%)	6:20	9.5 (59.0%)
109	<b>PASEK Paula</b>	<b>195</b>	KLUB BIEGOWY JANTAR ŚWIESZYNO	K18-39	8	00:09:32	00:19:45	00:31:17	00:42:32	00:53:25	01:04:23	01:15:48	01:27:04	<b>01:38:02.35</b>	+00:42:07 (43.0%)	6:32	9.2 (57.1%)
110	<b>MOTOWIDŁO-ZAWADZKA Izabella</b>	<b>180</b>	NIGHT RUNNERS SŁUPSK	K40-49	4	00:10:01	00:20:51	00:32:12	00:43:29	00:54:21	01:05:42	01:17:20	01:28:53	<b>01:38:59.90</b>	+00:43:04 (43.5%)	6:36	9.1 (56.5%)
111	<b>TRZESNIEWSKI Zbigniew</b>	<b>273</b>		M50-59	12	00:10:37	00:21:25	00:32:26	00:43:28	00:54:32	01:05:53	01:17:25	01:28:57	<b>01:40:46.40</b>	+00:44:51 (44.5%)	6:43	8.9 (55.3%)
112	<b>MURAWSKA Katarzyna</b>	<b>183</b>	WATAHA-ŁĄCZY NAS BIEGANIE	K18-39	9	00:09:59	00:20:46	00:31:58	00:43:24	00:54:39	01:06:13	01:18:12	01:30:24	<b>01:42:23.30</b>	+00:46:28 (45.4%)	6:49	8.8 (54.7%)
113	<b>KOZŁOWIECKA Małgorzata</b>	<b>130</b>		K50-59	3	00:10:13	00:21:15	00:32:47	00:44:16	00:55:49	01:07:31	01:19:29	01:31:19	<b>01:42:33.80</b>	+00:46:38 (45.5%)	6:50	8.8 (54.7%)
114	<b>GRZELAKOWSKI Michał</b>	<b>335</b>		M18-39	58	00:07:21	00:14:45	00:22:29	00:31:21	00:40:03	00:48:16	00:56:22	01:04:32		+00:14:53	4:50	12.4 (77.0%)
115	<b>ŻEROMSKI Dawid</b>	<b>54</b>		M18-39	59	00:08:00	00:16:29	00:25:05	00:33:58	00:42:59	00:52:14	01:01:40	01:10:24		+00:20:45	5:16	11.4 (70.8%)
116	<b>WĄSOWSKI Mateusz</b>	<b>281</b>		M18-39	60	00:08:29	00:17:15	00:26:12	00:35:14	00:44:10	00:53:05	01:01:45	01:10:24		+00:20:45	5:16	11.4 (70.8%)
117	<b>MACIEJEWSKI Dawid</b>	<b>156</b>		M18-39	61	00:07:33	00:16:35	00:26:12	00:36:35	00:46:51	00:56:55	01:06:58			+00:23:36	5:44	10.5 (65.2%)
118	<b>JĘDRZEJEWSKI Krzysztof</b>	<b>100</b>		M18-39	62	00:09:06	00:19:01	00:29:16	00:39:53	00:50:39	01:02:10	01:15:36			+00:32:13	6:28	9.3 (57.8%)

Znaleziono 118 wynik(ów)