

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



Klasyfikacja: M-Open

| Msc | Zawodnik                   | Numer      | Klub                   | Kategoria | Mkat | Start_All | Start_All | Start_All | Start_All | Start_All | Start_All | Start_All | Start_All | Czas netto<br>15km | Różn                 | Tempo<br>min/km | Tempo<br>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<br>(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<br>(1.9%)  | 3:48            | 15.8<br>(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<br>(2.6%)  | 3:49            | 15.7<br>(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<br>(4.2%)  | 3:53            | 15.4<br>(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<br>(5.6%)  | 3:56            | 15.2<br>(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<br>(8.0%)  | 4:03            | 14.8<br>(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<br>(11.5%) | 4:12            | 14.2<br>(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<br>(11.9%) | 4:13            | 14.2<br>(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<br>(12.5%) | 4:15            | 14.1<br>(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<br>(12.7%) | 4:16            | 14.1<br>(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<br>(14.1%) | 4:20            | 13.8<br>(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<br>(15.0%) | 4:23            | 13.7<br>(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<br>(16.0%) | 4:26            | 13.5<br>(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<br>(16.9%) | 4:29            | 13.4<br>(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<br>(17.4%) | 4:30            | 13.3<br>(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<br>(17.9%) | 4:32            | 13.2<br>(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<br>(18.6%) | 4:34            | 13.1<br>(81.4%) |

| Msc | Zawodnik                      | Numer      | Klub                             | Kategoria | Mkat | Start_All | Start_All | Start_All | Start_All | Start_All | Start_All | Start_All | Start_All | Czas netto         | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|----------------------------------|-----------|------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--------------------|-------------------|--------------|--------------|
|     |                               |            |                                  |           |      | 1.667km   | 3.333km   | 5km       | 6.667km   | 8.333km   | 10km      | 11.667km  | 13.333km  | 15km               |                   |              |              |
| 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>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%) |
| 21  | <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%) |
| 21  | <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%) |
| 23  | <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%) |
| 24  | <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%) |
| 25  | <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%) |
| 26  | <b>PEKAŁA 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%) |
| 27  | <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%) |
| 28  | <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%) |
| 29  | <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%) |
| 30  | <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%) |
| 31  | <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%) |
| 32  | <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%) |
| 33  | <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%) |
| 34  | <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%) |
| 35  | <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%)   |
| 36  | <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%)   |
| 37  | <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%)   |
| 38  | <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%) |
| 39  | <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%) |
| 40  | <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%) |
| 41  | <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%) |
| 42  | <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%) |
| 43  | <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%) |

| Msc | Zawodnik               | Numer | Klub                    | Kategoria | Mkat | Start_All | Start_All | Start_All | Start_All | Start_All | Start_All | Start_All | Start_All | Czas netto  | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------|-------|-------------------------|-----------|------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-------------|-------------------|--------------|--------------|
|     |                        |       |                         |           |      | 1.667km   | 3.333km   | 5km       | 6.667km   | 8.333km   | 10km      | 11.667km  | 13.333km  | 15km        |                   |              |              |
| 44  | GROTA Mariusz          | 79    |                         | 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  | 01:17:42.40 | +00:21:47 (28.0%) | 5:10         | 11.6 (72.0%) |
| 45  | MELCHERT Kamil         | 170   |                         | 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  | 01:17:42.70 | +00:21:47 (28.0%) | 5:10         | 11.6 (72.0%) |
| 46  | WOJCIECHOWSKI Andrzej  | 296   |                         | 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  | 01:17:52.00 | +00:21:56 (28.2%) | 5:11         | 11.6 (72.0%) |
| 47  | JABŁOŃSKI Andrzej      | 87    |                         | 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  | 01:18:12.70 | +00:22:17 (28.5%) | 5:12         | 11.5 (71.4%) |
| 48  | POKRYSZKA Wojciech     | 214   | 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  | 01:18:16.05 | +00:22:20 (28.6%) | 5:13         | 11.5 (71.4%) |
| 48  | LESIAK Sebastian       | 150   | 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  | 01:18:16.05 | +00:22:20 (28.6%) | 5:13         | 11.5 (71.4%) |
| 50  | ŁOPIŃSKI Piotr         | 155   | 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  | 01:18:23.10 | +00:22:28 (28.7%) | 5:13         | 11.5 (71.4%) |
| 51  | KUBACZKA Andrzej       | 140   |                         | 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  | 01:18:40.35 | +00:22:45 (28.9%) | 5:14         | 11.4 (70.8%) |
| 52  | BAGIEŃSKI Mateusz      | 4     | 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  | 01:19:05.90 | +00:23:10 (29.3%) | 5:16         | 11.4 (70.8%) |
| 53  | MODZELEWSKI Szymon     | 334   |                         | 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  | 01:19:25.50 | +00:23:30 (29.6%) | 5:17         | 11.3 (70.2%) |
| 54  | GAJEK Artur            | 60    | 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  | 01:19:34.45 | +00:23:39 (29.7%) | 5:18         | 11.3 (70.2%) |
| 55  | STRZELECKI Zbigniew    | 254   | 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  | 01:19:35.05 | +00:23:39 (29.7%) | 5:18         | 11.3 (70.2%) |
| 56  | WILKOWSKI Krzysztof    | 291   |                         | 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  | 01:19:45.25 | +00:23:50 (29.9%) | 5:19         | 11.3 (70.2%) |
| 57  | WEILAND Adrian         | 282   | 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  | 01:19:45.60 | +00:23:50 (29.9%) | 5:19         | 11.3 (70.2%) |
| 58  | MALINOWSKI Krzysztof   | 160   | 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  | 01:20:07.05 | +00:24:11 (30.2%) | 5:20         | 11.2 (69.6%) |
| 59  | KAZIMIEROWICZ Radosław | 109   | 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  | 01:20:07.70 | +00:24:12 (30.2%) | 5:20         | 11.2 (69.6%) |
| 60  | ROGOŻA Ireneusz        | 225   |                         | 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  | 01:20:26.15 | +00:24:31 (30.5%) | 5:21         | 11.2 (69.6%) |
| 61  | JÓZEFIAK Adrian        | 337   |                         | 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  | 01:20:31.80 | +00:24:36 (30.6%) | 5:22         | 11.2 (69.6%) |
| 62  | GREBIENIK Andrzej      | 77    | 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  | 01:20:46.45 | +00:24:51 (30.8%) | 5:23         | 11.1 (68.9%) |
| 63  | FIGARSKI Leszek        | 58    | 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  | 01:20:51.65 | +00:24:56 (30.8%) | 5:23         | 11.1 (68.9%) |
| 64  | JURKIEWICZ Paweł       | 101   |                         | 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  | 01:21:03.50 | +00:25:08 (31.0%) | 5:24         | 11.1 (68.9%) |
| 65  | CHUDZIK Zbigniew       | 38    | 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  | 01:21:53.00 | +00:25:57 (31.7%) | 5:27         | 11 (68.3%)   |
| 66  | DZIESZUK Dariusz       | 56    | 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  | 01:21:53.35 | +00:25:58 (31.7%) | 5:27         | 11 (68.3%)   |
| 67  | CZERNAK Gracjan        | 45    |                         | 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  | 01:21:58.15 | +00:26:03 (31.8%) | 5:27         | 11 (68.3%)   |
| 68  | GRZEGORZEK Andrzej     | 80    | 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  | 01:22:10.50 | +00:26:15 (32.0%) | 5:28         | 11 (68.3%)   |
| 69  | BUTOWICZ Adam          | 33    |                         | 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  | 01:22:41.30 | +00:26:46 (32.4%) | 5:30         | 10.9 (67.7%) |

| 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>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%) |
| 71  | <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%) |
| 72  | <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%) |
| 73  | <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%) |
| 74  | <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%) |
| 75  | <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%) |
| 76  | <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%) |
| 77  | <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%) |
| 78  | <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%) |
| 79  | <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%) |
| 80  | <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%) |
| 81  | <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%) |
| 82  | <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%) |
| 83  | <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%) |
| 84  | <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%) |
| 85  | <b>STAŃCZYK 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%) |
| 86  | <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%) |
| 87  | <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%) |
| 88  | <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%) |
| 89  | <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%) |
| 90  | <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%) |
| 91  | <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%) |
| 92  | <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%)  |
| 93  | <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%)  |
| 94  | <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%)  |
| 95  | <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%)  |

| Msc | Zawodnik                      | Numer      | Klub | Kategoria | Mkat | 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 |                    |                      |              |                 |
| 96  | <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<br>(41.2%) | 6:20         | 9.5<br>(59.0%)  |
| 97  | <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<br>(44.5%) | 6:43         | 8.9<br>(55.3%)  |
| 98  | <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<br>(77.0%) |
| 99  | <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<br>(70.8%) |
| 100 | <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<br>(70.8%) |
| 101 | <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<br>(65.2%) |
| 102 | <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<br>(57.8%)  |

Znaleziono 102 wynik(ów)