

II DECARUN KOSZALIN 5 KM

B4SPORT

Wydarzenie: II DECARUN KOSZALIN
Organizator: Decathlon Koszalin
Data: 2018-08-15
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.667km	Start_All 3.333km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ORZECHOWSKI Kamil	193	TKKF KOSZALIN	M18-39	1	00:05:59	00:12:06	00:18:10.20		3:38	16.5 (100%)
2	BARAŃSKI Przemysław	7	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M18-39	2	00:05:59	00:12:14	00:18:38.85	+00:00:28 (2.6%)	3:43	16.1 (97.6%)
3	PIONK Rafał	208	KPW GDYNIA/RUNNERSI S7 BANINO	M18-39	3	00:06:09	00:12:35	00:18:50.30	+00:00:40 (3.5%)	3:46	15.9 (96.4%)
4	HUBERT Łukasz	85	TKKF KOSZALIN	M18-39	4	00:06:23	00:13:04	00:19:49.95	+00:01:39 (8.4%)	3:58	15.1 (91.5%)
5	ZUKAL Piotr	309		M40-49	1	00:06:43	00:13:19	00:19:53.85	+00:01:43 (8.7%)	3:58	15.1 (91.5%)
6	HOŁUB Kamil	83	MLUKS TRZEBIATÓW	M18-39	5	00:06:34	00:13:26	00:20:10.50	+00:02:00 (9.9%)	4:02	14.9 (90.3%)
7	ŻMUDA Tomasz	312	CW FANZA KOŁOBRZEG	M40-49	2	00:06:40	00:13:34	00:20:18.10	+00:02:07 (10.5%)	4:03	14.8 (89.7%)
8	LUBLEWSKI Dawid	154	GABINET REHABILITACJI AKTYWNEJ KOSZALIN	M18-39	6	00:06:39	00:13:33	00:20:23.65	+00:02:13 (10.9%)	4:04	14.7 (89.1%)
9	JAROSZ Przemysław	92	JW 1223/BLOG	M18-39	7	00:06:34	00:13:30	00:20:26.45	+00:02:16 (11.1%)	4:05	14.7 (89.1%)
10	KASZUBIAK Klaudiusz	108		M18-39	8	00:06:55	00:13:57	00:20:27.10	+00:02:16 (11.2%)	4:05	14.7 (89.1%)
11	ROKOSZ Radosław	227	JW 1223	M18-39	9	00:06:49	00:13:46	00:20:40.65	+00:02:30 (12.1%)	4:08	14.5 (87.9%)
12	WICHER Krzysztof	284	GABINET REHABILITACJI AKTYWNEJ KOSZALIN	M18-39	10	00:06:52	00:13:55	00:20:45.60	+00:02:35 (12.5%)	4:09	14.4 (87.3%)
13	PRZEWOŁOCKI Michał	221	TKKF KOSZALIN	M18-39	11	00:06:41	00:13:44	00:20:47.90	+00:02:37 (12.6%)	4:09	14.4 (87.3%)
14	SIENIAWSKI Jarek	236	MEDEN-INMED SPORTS TEAM	M40-49	3	00:06:49	00:13:55	00:20:56.50	+00:02:46 (13.2%)	4:11	14.3 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						1.667km	3.333km	netto		min/km	km/h
15	WIŚNIEWSKI Mieczysław	292	STOPA SŁUPSK	M-60+	1	00:06:51	00:13:55	00:20:59.70	+00:02:49 (13.5%)	4:12	14.3 (86.7%)
16	SZULC Arkadiusz	324	ROZBIEGANY KOSZALIN	M40-49	4	00:07:11	00:14:21	00:21:10.70	+00:03:00 (14.2%)	4:14	14.2 (86.1%)
17	HOREGLAD Paweł	84	SPEEDY GONZALES	M18-39	12	00:07:06	00:14:21	00:21:11.80	+00:03:01 (14.3%)	4:14	14.2 (86.1%)
18	PICK Tomasz	201	DEAF KOSZALIN	M40-49	5	00:07:09	00:14:29	00:21:18.90	+00:03:08 (14.8%)	4:15	14.1 (85.5%)
19	RUSINEK Artur	231		M18-39	13	00:07:01	00:14:19	00:21:29.05	+00:03:18 (15.4%)	4:17	14 (84.8%)
20	PAWŁOWICZ Roland	317	HUSARIA RACE TEAM	M18-39	14	00:06:51	00:14:04	00:21:33.45	+00:03:23 (15.7%)	4:18	13.9 (84.2%)
21	BRYNKIEWICZ Dorota	115	POLISH TRIATHLES IN UK	K18-39	1	00:07:13	00:14:39	00:21:47.40	+00:03:37 (16.6%)	4:21	13.8 (83.6%)
22	KOWALIK Natalia	127	MKL SZCZECINEK	K14-17	1	00:07:13	00:14:40	00:21:47.75	+00:03:37 (16.6%)	4:21	13.8 (83.6%)
23	SKOWROŃSKI Tomasz	240		M18-39	15	00:07:55	00:15:06	00:21:53.35	+00:03:43 (17.0%)	4:22	13.7 (83.0%)
24	MAKSYMOWICZ Marcin	157	TEAM ZABIEGANE DNI	M40-49	6	00:06:57	00:14:31	00:21:53.80	+00:03:43 (17.0%)	4:22	13.7 (83.0%)
25	BIĘNKOWSKI Tomasz	15	KOSZALIŃSKI RANKING BIEGACZY	M18-39	16	00:06:58	00:14:32	00:21:57.20	+00:03:47 (17.2%)	4:23	13.7 (83.0%)
26	JAMNIAK Bartosz	89	TKKF KOSZALIN	M18-39	17	00:07:06	00:14:38	00:22:14.05	+00:04:03 (18.3%)	4:26	13.5 (81.8%)
27	WASZAK Karol	134	KORZYBSKIE REKINY	M18-39	18	00:07:10	00:14:48	00:22:21.90	+00:04:11 (18.8%)	4:28	13.4 (81.2%)
28	PUŚCIAN Krzysztof	222	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	7	00:07:20	00:14:46	00:22:22.90	+00:04:12 (18.8%)	4:28	13.4 (81.2%)
29	JAROSZ Konrad	95	TECHNIKUM ELEKTRONICZNE (ZS9) KOSZALIN	M14-17	1	00:07:11	00:14:45	00:22:27.75	+00:04:17 (19.1%)	4:29	13.4 (81.2%)
30	MUCHA Krzysztof	182		M40-49	8	00:07:33	00:15:08	00:22:28.85	+00:04:18 (19.2%)	4:29	13.3 (80.6%)
31	BASSEL Marcin	12		M18-39	19	00:07:33	00:15:06	00:22:35.50	+00:04:25 (19.6%)	4:31	13.3 (80.6%)
32	MARCINKOWSKI Jacek	162	ORZEŁ ŚWIESZYNO	M40-49	9	00:07:30	00:15:10	00:22:36.65	+00:04:26 (19.6%)	4:31	13.3 (80.6%)
33	IWANIEC Dariusz	86	TKKF KOSZALIN	M40-49	10	00:07:35	00:15:08	00:22:40.95	+00:04:30 (19.9%)	4:32	13.2 (80.0%)
34	KUŁAKOWSKI Dawid	143	TKKF KOSZALIN	M40-49	11	00:07:35	00:15:08	00:22:41.10	+00:04:30 (19.9%)	4:32	13.2 (80.0%)
35	BONISŁAWSKI Jarosław	23	MAM ŚWIRA	M18-39	20	00:07:36	00:15:25	00:22:54.75	+00:04:44 (20.7%)	4:34	13.1 (79.4%)
36	STRZYŻ Łukasz	255	LUMBERJACKS CROSS GARAGE KOSZALIN	M18-39	21	00:07:30	00:15:16	00:22:57.35	+00:04:47 (20.8%)	4:35	13.1 (79.4%)
37	KSIĄŻEK Daria	139	AML SŁUPSK	K14-17	2	00:07:29	00:15:23	00:23:04.20	+00:04:54 (21.2%)	4:36	13 (78.8%)

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						1.667km	3.333km	netto		min/km	km/h
38	KAMELSKI Piotr	106		M40-49	12	00:07:24	00:15:16	00:23:04.70	+00:04:54 (21.3%)	4:37	13 (78.8%)
39	MIŁASZEWSKI Przemek	176	HOLIDAY SPORT	M18-39	22	00:07:36	00:15:22	00:23:04.75	+00:04:54 (21.3%)	4:36	13 (78.8%)
40	SAKS Krystian	234		M18-39	23	00:07:22	00:15:20	00:23:14.40	+00:05:04 (21.8%)	4:38	12.9 (78.2%)
41	KWIETNIEWSKI Daniel	147		M18-39	24	00:07:34	00:15:21	00:23:14.80	+00:05:04 (21.8%)	4:39	12.9 (78.2%)
42	MARCINIAK Michał	161		M18-39	25	00:07:28	00:15:12	00:23:15.85	+00:05:05 (21.9%)	4:39	12.9 (78.2%)
43	CHUPTYŚ Adrian	39	RUNDORFINA CZAPLINEK	M18-39	26	00:07:32	00:15:29	00:23:32.65	+00:05:22 (22.8%)	4:42	12.7 (77.0%)
44	MIKIETYNSKI Michał	174	ZABIEGANI NOCĄ	M18-39	27	00:07:49	00:15:52	00:23:34.20	+00:05:24 (22.9%)	4:42	12.7 (77.0%)
45	LENIK Hubert	149		M18-39	28	00:07:16	00:15:32	00:23:37.00	+00:05:26 (23.1%)	4:43	12.7 (77.0%)
46	CHODOR Martyna	35	TKKF KOSZALIN	K18-39	2	00:07:58	00:16:00	00:23:38.35	+00:05:28 (23.1%)	4:43	12.7 (77.0%)
47	OLCZAK Krzysztof	191		M18-39	29	00:07:48	00:15:56	00:23:46.30	+00:05:36 (23.6%)	4:45	12.6 (76.4%)
48	PEŁECHATA Julita	197	KOSZALIŃSKI RANKING BIEGACZY	K18-39	3	00:07:58	00:16:00	00:23:47.00	+00:05:36 (23.6%)	4:45	12.6 (76.4%)
49	RADOMSKI Hieronim	224	SOKÓŁ WYCZECHY	M50-59	1	00:07:44	00:15:54	00:23:49.70	+00:05:39 (23.7%)	4:46	12.6 (76.4%)
50	KAJKOWSKI Rafał	104	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	13	00:07:29	00:15:35	00:23:57.60	+00:05:47 (24.2%)	4:47	12.5 (75.8%)
51	KOZIEŁ Paweł	128		M18-39	30	00:07:42	00:15:53	00:23:59.30	+00:05:49 (24.3%)	4:48	12.5 (75.8%)
52	BARUTOWICZ Grzegorz	11		M18-39	31	00:07:36	00:15:32	00:23:59.50	+00:05:49 (24.3%)	4:48	12.5 (75.8%)
53	GOŹDZIK-ZARĘBA Aneta	75	ŁKS ŁÓDŹ	K18-39	4	00:07:57	00:15:58	00:24:00.65	+00:05:50 (24.3%)	4:48	12.5 (75.8%)
54	SZNYTER Sabina	297	DECATHLON KOSZALIN	K18-39	5	00:07:51	00:16:01	00:24:05.95	+00:05:55 (24.6%)	4:49	12.4 (75.2%)
55	MARZEC Łukasz	165		M18-39	32	00:07:57	00:15:54	00:24:08.35	+00:05:58 (24.7%)	4:49	12.4 (75.2%)
56	PITUS Radosław	210	PITUS MEBLE	M40-49	14	00:07:43	00:15:51	00:24:08.90	+00:05:58 (24.8%)	4:49	12.4 (75.2%)
57	SZUBERT Marcin	263	KOŁOBRZEG BIEGA	M40-49	15	00:08:09	00:16:16	00:24:11.40	+00:06:01 (24.9%)	4:50	12.4 (75.2%)
58	KLENIEWSKI Piotr	117	ZACHODNIOPOMORSKIE	M50-59	2	00:07:46	00:15:56	00:24:16.15	+00:06:05 (25.1%)	4:51	12.4 (75.2%)
59	KAŻMIERCZAK Andrzej	113		M50-59	3	00:08:04	00:16:02	00:24:17.25	+00:06:07 (25.2%)	4:51	12.4 (75.2%)
60	GAWIECKI Piotr	67		M40-49	16	00:08:14	00:16:26	00:24:41.95	+00:06:31 (26.4%)	4:56	12.1 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						1.667km	3.333km	netto		min/km	km/h
61	ANTKOWIAK Sebastian	3	DB - ACTIVE	M40-49	17	00:08:06	00:16:16	00:24:43.10	+00:06:32 (26.5%)	4:56	12.1 (73.3%)
62	MEJER Aleksandra	169		K18-39	6	00:08:22	00:16:45	00:24:45.35	+00:06:35 (26.6%)	4:57	12.1 (73.3%)
63	KONOWALSKI Bartosz	123	BIEGAM BO LUBIĘ OSTROŁĘKA	M40-49	18	00:08:32	00:16:47	00:24:52.35	+00:06:42 (26.9%)	4:58	12.1 (73.3%)
64	PIETRZYK Paulina	205		K18-39	7	00:08:05	00:16:40	00:25:04.20	+00:06:54 (27.5%)	5:00	12 (72.7%)
65	PERKOWSKA Oktawia	198	DECATHLON KOSZALIN	K18-39	8	00:08:08	00:16:46	00:25:07.65	+00:06:57 (27.7%)	5:01	11.9 (72.1%)
66	RÓG Michał	230		M18-39	33	00:08:22	00:17:04	00:25:07.70	+00:06:57 (27.7%)	5:01	11.9 (72.1%)
67	KULCZYK Katarzyna	318	KB BRYZA POSTOMINO	K18-39	9	00:08:32	00:17:01	00:25:07.85	+00:06:57 (27.7%)	5:01	11.9 (72.1%)
68	CHODOR Izabela	34	TKKF KOSZALIN	K18-39	10	00:08:32	00:17:02	00:25:11.05	+00:07:00 (27.9%)	5:02	11.9 (72.1%)
69	RUTKOWSKI Artur	232	KOSZALIŃSKI RANKING BIEGACZY	M18-39	34	00:07:44	00:16:17	00:25:11.90	+00:07:01 (27.9%)	5:02	11.9 (72.1%)
70	ZAGALSKA Paulina	302		K18-39	11	00:08:17	00:16:44	00:25:13.95	+00:07:03 (28.0%)	5:02	11.9 (72.1%)
71	KAŻMIERCZAK Dominik	111		M14-17	2	00:08:01	00:16:44	00:25:16.80	+00:07:06 (28.1%)	5:03	11.9 (72.1%)
72	TELESIEWICZ Henryk	267		M-60+	2	00:08:16	00:16:51	00:25:16.95	+00:07:06 (28.1%)	5:03	11.9 (72.1%)
73	DĄBROWSKA Alicja	48	TKKF KOSZALIN	K50-59	1	00:08:39	00:17:10	00:25:19.20	+00:07:09 (28.2%)	5:03	11.8 (71.5%)
74	KAŻMIERCZAK Agnieszka	110		K40-49	1	00:08:07	00:16:45	00:25:19.75	+00:07:09 (28.3%)	5:03	11.8 (71.5%)
75	WITKOWSKI Krzysztof	294	DECATHLON CAR ŁÓDŹ	M18-39	35	00:08:11	00:16:51	00:25:21.85	+00:07:11 (28.4%)	5:04	11.8 (71.5%)
76	KOPCZEWSKI Dariusz	125		M50-59	4	00:08:17	00:16:52	00:25:25.25	+00:07:15 (28.5%)	5:05	11.8 (71.5%)
77	MINKO Bartek	177		M18-39	36	00:08:23	00:17:09	00:25:29.15	+00:07:18 (28.7%)	5:05	11.8 (71.5%)
78	JASIENIECKI Piotr	319		M40-49	19	00:08:23	00:17:02	00:25:45.70	+00:07:35 (29.5%)	5:09	11.6 (70.3%)
79	GOSTOMCZYK Krzysztof	74		M18-39	37	00:08:25	00:17:10	00:25:49.55	+00:07:39 (29.6%)	5:10	11.6 (70.3%)
80	SZEWCZYK Paweł	257		M14-17	3	00:08:38	00:17:37	00:25:55.90	+00:07:45 (29.9%)	5:11	11.6 (70.3%)
80	SZEWCZYK Dawid	258		M14-17	4	00:08:39	00:17:38	00:25:55.90	+00:07:45 (29.9%)	5:11	11.6 (70.3%)
82	KRASIŃSKI Witold	131		M40-49	20	00:08:22	00:17:06	00:26:01.65	+00:07:51 (30.2%)	5:12	11.5 (69.7%)
83	WAJDA Waldemar	278	BORNE BIEGA	M40-49	21	00:08:22	00:17:19	00:26:03.20	+00:07:53 (30.3%)	5:12	11.5 (69.7%)

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						1.667km	3.333km	netto			
84	BOGACKI Tomasz	21	TKKF KOSZALIN	M50-59	5	00:08:45	00:17:48	00:26:11.05	+00:08:00 (30.6%)	5:14	11.5 (69.7%)
85	CZUB Maciej	46		M18-39	38	00:09:01	00:17:35	00:26:22.40	+00:08:12 (31.1%)	5:16	11.4 (69.1%)
86	ŻUKOWSKI Cezary	314	ROZBIEGANY KOSZALIN / FOR-REST-RUN / MIGAWKOWE.PL	M18-39	39	00:08:52	00:17:36	00:26:24.90	+00:08:14 (31.2%)	5:17	11.4 (69.1%)
87	WITEK Adrian	293		M18-39	40	00:07:57	00:17:08	00:26:27.05	+00:08:16 (31.3%)	5:17	11.3 (68.5%)
88	BILL Łukasz	17		M18-39	41	00:08:15	00:17:11	00:26:31.50	+00:08:21 (31.5%)	5:18	11.3 (68.5%)
89	CZECH Roman	41	GOCH BYTÓW	M-60+	3	00:08:41	00:17:34	00:26:35.10	+00:08:24 (31.7%)	5:19	11.3 (68.5%)
90	BRZOZOWSKI Bartosz	30		M14-17	5	00:08:47	00:17:49	00:26:35.95	+00:08:25 (31.7%)	5:19	11.3 (68.5%)
91	SZUBERT Agnieszka	261	KOŁOBRZEG BIEGA	K18-39	12	00:08:48	00:17:54	00:26:41.85	+00:08:31 (31.9%)	5:20	11.2 (67.9%)
92	GOLEC Ania	72		K40-49	2	00:08:35	00:17:26	00:26:44.55	+00:08:34 (32.1%)	5:21	11.2 (67.9%)
93	GASEK Wiesław	64	PARKRUN ŚWIDWIN	M50-59	6	00:08:40	00:17:55	00:26:46.25	+00:08:36 (32.1%)	5:21	11.2 (67.9%)
94	DĘBSKI Damian	50		M18-39	42	00:08:44	00:17:35	00:26:47.75	+00:08:37 (32.2%)	5:21	11.2 (67.9%)
95	CZEPIEL Iwona	42	KORZYBSKIE REKINY	K18-39	13	00:09:02	00:18:11	00:26:49.35	+00:08:39 (32.3%)	5:22	11.2 (67.9%)
96	KONKEL Joanna	122	MKS 'ŚWIĘC' SŁAWNO	K50-59	2	00:08:48	00:17:50	00:26:55.30	+00:08:45 (32.5%)	5:23	11.1 (67.3%)
97	BOGACKA Lucyna	20	TKKF KOSZALIN	K50-59	3	00:08:46	00:17:48	00:26:56.20	+00:08:46 (32.5%)	5:23	11.1 (67.3%)
98	JANUSZEWSKI Jacek	90	17 WOG KOSZALIN	M50-59	7	00:08:41	00:17:45	00:26:59.40	+00:08:49 (32.7%)	5:23	11.1 (67.3%)
99	SŁOMSKI Zenon	241		M-60+	4	00:09:09	00:18:09	00:27:07.10	+00:08:56 (33.0%)	5:25	11.1 (67.3%)
100	ZAKRZEWSKA Elżbieta	303		K50-59	4	00:09:09	00:18:22	00:27:17.25	+00:09:07 (33.4%)	5:27	11 (66.7%)
101	DUDKIEWICZ Leszek	320	TKKF KOSZALIN	M-60+	5	00:08:51	00:18:22	00:27:33.70	+00:09:23 (34.1%)	5:30	10.9 (66.1%)
102	MICHALAK Anna	171		K18-39	14	00:09:13	00:18:24	00:27:35.15	+00:09:24 (34.1%)	5:31	10.9 (66.1%)
103	ŻMUDA Monika	313	CW FANZA KOŁOBRZEG	K40-49	3	00:08:57	00:18:18	00:27:35.65	+00:09:25 (34.2%)	5:31	10.9 (66.1%)
104	ZARBOCK Krzysztof	304	SPORTY WALKI PILA	M50-59	8	00:08:50	00:18:16	00:27:40.45	+00:09:30 (34.3%)	5:32	10.8 (65.5%)
105	MASTALERZ Konrad	166	DECATHLON KOSZALIN	M18-39	43	00:08:29	00:18:02	00:27:40.85	+00:09:30 (34.4%)	5:32	10.8 (65.5%)
106	WĄSOWICZ Anna	251		K18-39	15	00:08:58	00:18:19	00:27:48.85	+00:09:38 (34.7%)	5:33	10.8 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						1.667km	3.333km	netto		min/km	km/h
107	CZEPIEL Łukasz	44	KORZYBSKIE REKINY	M40-49	22	00:09:02	00:18:16	00:27:50.80	+00:09:40 (34.7%)	5:34	10.8 (65.5%)
107	MRUGALSKI Stanisław	181		M50-59	9	00:09:23	00:18:41	00:27:50.80	+00:09:40 (34.7%)	5:34	10.8 (65.5%)
109	DROPKO Grzegorz	51		M40-49	23	00:08:45	00:18:08	00:27:55.15	+00:09:44 (34.9%)	5:35	10.7 (64.8%)
110	GŁOWACKI Włodzimierz	71		M-60+	6	00:08:57	00:18:29	00:27:57.20	+00:09:47 (35.0%)	5:35	10.7 (64.8%)
111	NIEWIADOWSKI Robert	187		M18-39	44	00:08:43	00:18:15	00:27:58.15	+00:09:47 (35.0%)	5:35	10.7 (64.8%)
112	SZKATULSKI Tomasz	259	DARŁOWSKIE CHARTY	M18-39	45	00:09:01	00:18:35	00:28:00.30	+00:09:50 (35.1%)	5:36	10.7 (64.8%)
113	STRZELECKA Dorota	252		K18-39	16	00:08:54	00:18:27	00:28:05.45	+00:09:55 (35.3%)	5:37	10.7 (64.8%)
114	KOZŁOWSKI Krzysztof	271		M18-39	46	00:09:03	00:18:44	00:28:06.50	+00:09:56 (35.4%)	5:37	10.7 (64.8%)
115	FRYC Darek	118		M-60+	7	00:09:16	00:18:53	00:28:11.60	+00:10:01 (35.6%)	5:38	10.6 (64.2%)
116	WIERZBICKI Kacper	288	ŁUBU DUBU ...	M18-39	47	00:09:24	00:19:09	00:28:13.40	+00:10:03 (35.6%)	5:38	10.6 (64.2%)
117	MARZAŁKOWSKI Radosław	164		M18-39	48	00:09:25	00:19:02	00:28:15.90	+00:10:05 (35.7%)	5:39	10.6 (64.2%)
118	GAWIECKA Mariola	66		K40-49	4	00:09:16	00:18:56	00:28:17.85	+00:10:07 (35.8%)	5:39	10.6 (64.2%)
119	KRZEMIŃSKI Andrzej	136		M50-59	10	00:09:35	00:18:54	00:28:18.15	+00:10:07 (35.8%)	5:39	10.6 (64.2%)
120	SOBKO Krzysztof	242	FSE LOGISTIC	M40-49	24	00:08:55	00:18:38	00:28:19.85	+00:10:09 (35.9%)	5:40	10.6 (64.2%)
121	WÓJCIK Marcin	298	RAZEM TRENUJEMY SPORT	M40-49	25	00:09:28	00:19:04	00:28:23.35	+00:10:13 (36.0%)	5:40	10.6 (64.2%)
122	KILJAN Sylwia	116	PEPSPORT	K18-39	17	00:09:21	00:18:56	00:28:23.55	+00:10:13 (36.0%)	5:40	10.6 (64.2%)
123	BODO Rafał	19		M18-39	49	00:08:57	00:18:40	00:28:26.20	+00:10:16 (36.1%)	5:41	10.6 (64.2%)
124	KRZANOWSKI Marcin	135	MARCINBIEGA	M18-39	50	00:08:46	00:18:44	00:28:34.35	+00:10:24 (36.4%)	5:42	10.5 (63.6%)
125	MAKSYMOWICZ Kasia	158	TEAM ZABIEGANE DNI	K18-39	18	00:09:14	00:18:57	00:28:43.65	+00:10:33 (36.8%)	5:44	10.4 (63.0%)
126	BRZOZOWSKA Barbara	323		K18-39	19	00:09:31	00:19:12	00:28:50.45	+00:10:40 (37.0%)	5:46	10.4 (63.0%)
127	KOMAR Agnieszka	119	KB SPOKO SŁAWNO	K18-39	20	00:09:13	00:19:06	00:28:57.20	+00:10:47 (37.2%)	5:47	10.4 (63.0%)
128	KASPRZYK Bogdan	107	JRG 2 KOSZALIN	M40-49	26	00:09:35	00:19:24	00:28:58.10	+00:10:47 (37.3%)	5:47	10.4 (63.0%)
129	MASTALERZ Hubert	167		M18-39	51	00:09:25	00:19:18	00:28:59.95	+00:10:49 (37.3%)	5:48	10.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						1.667km	3.333km	netto			
						5km			min/km	km/h	
130	MURAWSKI Rafał	184	WATAHA-ŁĄCZY NAS BIEGANIE	M18-39	52	00:09:12	00:19:02	00:29:06.65	+00:10:56 (37.6%)	5:49	10.3 (62.4%)
131	FAJGIER Tomasz	57		M40-49	27	00:08:46	00:18:44	00:29:07.70	+00:10:57 (37.6%)	5:49	10.3 (62.4%)
132	ROKITA Emilia	226		K18-39	21	00:09:34	00:19:35	00:29:09.35	+00:10:59 (37.7%)	5:50	10.3 (62.4%)
133	RADOMSKI Michał	223		M18-39	53	00:08:54	00:18:57	00:29:11.55	+00:11:01 (37.8%)	5:50	10.3 (62.4%)
134	PIETRZAK Mariola	321		K50-59	5	00:09:47	00:19:29	00:29:14.60	+00:11:04 (37.9%)	5:51	10.3 (62.4%)
135	MALINOWSKA-BURDA Aleksandra	159		K18-39	22	00:09:39	00:19:27	00:29:16.95	+00:11:06 (37.9%)	5:51	10.2 (61.8%)
136	KURZAWIŃSKA-JABŁOŃSKA Kasia	146		K40-49	5	00:09:36	00:19:37	00:29:19.70	+00:11:09 (38.0%)	5:52	10.2 (61.8%)
137	DUCH Weronika	53	DECATHLON CAR ŁÓDŹ	K18-39	23	00:09:50	00:19:50	00:29:23.50	+00:11:13 (38.2%)	5:52	10.2 (61.8%)
138	LIS Milena	153	DECATHLON CAR ŁÓDŹ	K18-39	24	00:09:50	00:19:51	00:29:23.60	+00:11:13 (38.2%)	5:52	10.2 (61.8%)
139	DEPTUŁA-BILL Bożena	49		K18-39	25	00:09:33	00:19:28	00:29:28.65	+00:11:18 (38.4%)	5:53	10.2 (61.8%)
140	NOWAK Eryk	305		M18-39	54	00:09:53	00:19:32	00:29:30.00	+00:11:19 (38.4%)	5:54	10.2 (61.8%)
141	BOŻEK Marta	28	40%	K18-39	26	00:09:44	00:19:37	00:29:32.30	+00:11:22 (38.5%)	5:54	10.2 (61.8%)
142	MARCZAK Małgorzata	163	DECATHLON SŁUPSK	K50-59	6	00:09:21	00:19:00	00:29:34.25	+00:11:24 (38.6%)	5:54	10.1 (61.2%)
143	SZEWCZYK Paulina	256		K18-39	27	00:09:33	00:19:44	00:29:40.35	+00:11:30 (38.8%)	5:56	10.1 (61.2%)
144	WALKOWIAK Dariusz	279		M40-49	28	00:09:05	00:19:24	00:29:40.70	+00:11:30 (38.8%)	5:56	10.1 (61.2%)
145	RULEWICZ Artur	341		M50-59	11	00:09:16	00:19:26	00:29:53.85	+00:11:43 (39.2%)	5:58	10 (60.6%)
146	BRZEZIŃSKI Paweł	29		M18-39	55	00:08:59	00:19:33	00:29:58.50	+00:11:48 (39.4%)	5:59	10 (60.6%)
147	HELLER Zdzisław	329		M-60+	8	00:09:52	00:19:57	00:30:01.40	+00:11:51 (39.5%)	6:00	10 (60.6%)
147	BORSUK Dorota	24		K40-49	6	00:09:52	00:19:58	00:30:01.40	+00:11:51 (39.5%)	6:00	10 (60.6%)
149	ADAMCZYK Milena	1	HUSARIA RACE TEAM SZCZECINEK	K18-39	28	00:09:54	00:20:22	00:30:10.55	+00:12:00 (39.8%)	6:02	9.9 (60.0%)
150	KURCZ Barbara	144	BABECZKI KOSZALIN	K40-49	7	00:09:55	00:20:03	00:30:14.95	+00:12:04 (39.9%)	6:03	9.9 (60.0%)
151	OLCZAK Magdalena	192		K18-39	29	00:10:05	00:20:15	00:30:29.05	+00:12:18 (40.4%)	6:05	9.8 (59.4%)
152	STAŃCZYK Franciszek	248	NIEZRZESZONY	M-60+	9	00:09:49	00:19:29	00:30:42.85	+00:12:32 (40.8%)	6:08	9.8 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						1.667km	3.333km	netto		min/km	km/h
153	BARSKA Barbara	9		K18-39	30	00:10:22	00:20:54	00:30:43.95	+00:12:33 (40.9%)	6:08	9.8 (59.4%)
154	ZUKAL Aleksandra	310		K40-49	8	00:09:57	00:20:12	00:30:56.55	+00:12:46 (41.3%)	6:11	9.7 (58.8%)
155	ROKITA Joanna	185		K18-39	31	00:10:16	00:20:54	00:30:59.95	+00:12:49 (41.4%)	6:12	9.7 (58.8%)
156	KRZYŻEWSKA Karolina	138	#BBKTS	K18-39	32	00:09:57	00:20:19	00:31:00.15	+00:12:49 (41.4%)	6:12	9.7 (58.8%)
157	PODRAZA-OLECH Dagmara	212		K40-49	9	00:10:12	00:20:36	00:31:05.65	+00:12:55 (41.6%)	6:13	9.6 (58.2%)
158	BIERNAT Marta	16		K18-39	33	00:10:16	00:21:04	00:31:23.20	+00:13:13 (42.1%)	6:16	9.6 (58.2%)
159	PROTASEWICZ Renata	218	SŁAWNO	K18-39	34	00:10:17	00:21:08	00:31:50.80	+00:13:40 (42.9%)	6:22	9.4 (57.0%)
160	WYSOCKI Krystian	301		M18-39	56	00:10:23	00:21:21	00:32:01.45	+00:13:51 (43.3%)	6:24	9.4 (57.0%)
161	KAŻMIERCZAK Monika	112		K18-39	35	00:10:28	00:21:25	00:32:01.55	+00:13:51 (43.3%)	6:24	9.4 (57.0%)
162	SADOSKA Mirosława	233		K18-39	36	00:10:23	00:21:21	00:32:01.85	+00:13:51 (43.3%)	6:24	9.4 (57.0%)
163	CIŻMOWSKA Barbara	40		K-60+	1	00:10:36	00:21:33	00:32:54.50	+00:14:44 (44.8%)	6:35	9.1 (55.2%)
164	SZYMAŃSKI Marcin	265	TEAM BIEGOWY SZCZECINEK	M18-39	57	00:10:39	00:21:40	00:32:54.55	+00:14:44 (44.8%)	6:35	9.1 (55.2%)
165	TUROWSKA Agata	275	DECATHLON SŁUPSK	K18-39	37	00:10:53	00:21:47	00:32:54.60	+00:14:44 (44.8%)	6:35	9.1 (55.2%)
166	WIELIKDZIĘŃ Aleksandra	286	DECATHLON SŁUPSK	K18-39	38	00:10:54	00:21:49	00:32:56.10	+00:14:45 (44.8%)	6:35	9.1 (55.2%)
167	DROZD Magdalena	52	DECATHLON SŁUPSK	K18-39	39	00:10:52	00:21:47	00:32:57.15	+00:14:46 (44.9%)	6:35	9.1 (55.2%)
168	WIERZBICKA Magdalena	287		K18-39	40	00:10:14	00:21:42	00:33:11.85	+00:15:01 (45.3%)	6:38	9 (54.5%)
169	PRYGIEL Ewa	220	PARKRUN ŚWIDWIN	K40-49	10	00:10:35	00:22:11	00:33:55.45	+00:15:45 (46.4%)	6:47	8.8 (53.3%)
170	MATUSIAK Ania	322		K18-39	41	00:11:08	00:22:38	00:34:11.40	+00:16:01 (46.9%)	6:50	8.8 (53.3%)
171	MARTKO Agnieszka	325	#SPRĘŻYNATEAM	K18-39	42	00:10:08	00:21:46	00:34:26.15	+00:16:15 (47.2%)	6:53	8.7 (52.7%)
172	MIKLASIŃSKA Monika	175		K18-39	43	00:10:32	00:22:16	00:34:33.70	+00:16:23 (47.4%)	6:54	8.7 (52.7%)
173	JAWORSKA Judyta	97		K18-39	44	00:10:46	00:22:55	00:34:50.95	+00:16:40 (47.9%)	6:58	8.6 (52.1%)
174	TRZEŚNIEWSKA Izabela	272		K40-49	11	00:10:51	00:22:36	00:34:53.65	+00:16:43 (47.9%)	6:58	8.6 (52.1%)
175	PASEK Jan	196	KLUB BIEGOWY JANTAR ŚWIESZYNO	M-60+	10	00:10:45	00:22:37	00:34:56.00	+00:16:45 (48.0%)	6:59	8.6 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						1.667km	3.333km	netto			
176	STASZYŃSKA Marianna	250	BTC,,ORZEŁ"	K-60+	2	00:11:12	00:23:18	00:35:06.30	+00:16:56 (48.2%)	7:01	8.5 (51.5%)
177	STRZELECKA Agnieszka	253		K18-39	45	00:10:45	00:23:06	00:35:08.05	+00:16:57 (48.3%)	7:01	8.5 (51.5%)
178	GRZYMAŁA Angelika	82	BABECZKI KOSZALIN	K40-49	12	00:10:05	00:19:37	00:35:53.35	+00:17:43 (49.4%)	7:10	8.4 (50.9%)
179	RULEWICZ Anna	262		K40-49	13	00:11:46	00:24:30	00:37:22.00	+00:19:11 (51.4%)	7:28	8 (48.5%)
180	ZYCHOWICZ Aga	342		K18-39	46	00:11:44	00:24:28	00:37:23.35	+00:19:13 (51.4%)	7:28	8 (48.5%)
181	SZCZEBLEWSKI Józef	331		M-60+	11	00:13:19	00:27:02	00:42:09.90	+00:23:59 (56.9%)	8:26	7.1 (43.0%)
182	BARTNIK Marian	10	TKKF KOSZALIN	M-60+	12	00:03:43	00:18:50	01:00:03.00	+00:41:52 (69.7%)	12:00	5 (30.3%)
183	KĘPA Andrzej	114		M-60+	13						(0.0%)

Znaleziono 183 wynik(ów)