

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 | PRZEWŁOCKI 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_All | Start_All | Czas | Różn | Tempo | Tempo |
|-----|-----------------------------|------------|---|-----------|------|-----------|-----------|--------------------|----------------------|--------|-----------------|
| | | | | | | 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Start_All | Start_All | Czas | Różn | Tempo | Tempo |
|-----|----------------------------|------------|---|-----------|------|-----------|-----------|--------------------|----------------------|-------|-----------------|
| | | | | | | 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 | | | |
| 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 | BOŹEK 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)