



## II LETNI BIEG MTS HAMER - MIASTKO - 10KM

B4SPORT

**Organizator:** Miasteczkie Towarzystwo Sportowe HAMER w Miastku  
**Data:** 2016-07-17  
**Miejsce:** Miastko  
**Dystans:** 10 km

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo	Tempo
						startu	0.7km	3.8km	6.9km	10km	10km	min/km	km/h
1	<b>KUJAWSKI Łukasz</b>	<b>77</b>		M-20	1	00:00:01	00:02:22	00:12:20	00:22:24	<b>00:31:46.00</b>	<b>00:31:47.15</b>	3:10	18.9 (100%)
2	<b>VERKHAVODKIN Henadz</b>	<b>165</b>	GRODNOOBLSPORT	M-30	1	00:00:01	00:02:23	00:12:20	00:22:25	<b>00:32:26.00</b>	<b>00:32:27.25</b>	+00:00:40 (2.1%)	3:14 18.5 (97.9%)
3	<b>POBŁOCKI Piotr</b>	<b>125</b>	UKS EKONOMIK-MARATOŃCZYK LĘBORK	M-50	1	00:00:01	00:02:25	00:12:53	00:23:09	<b>00:33:49.70</b>	<b>00:33:51.55</b>	+00:02:03 (6.1%)	3:23 17.7 (93.7%)
4	<b>WIRKUS Łukasz</b>	<b>170</b>	ULKS TALEX BORZYTUCHOM	M-20	2	00:00:01	00:02:22	00:12:38	00:23:16	<b>00:34:16.25</b>	<b>00:34:17.60</b>	+00:02:30 (7.3%)	3:25 17.5 (92.6%)
5	<b>MATRYNYCZ Vitalii</b>	<b>185</b>	FINISZ KALISZ	M-20	3	00:00:01	00:02:26	00:12:47	00:23:23	<b>00:34:25.00</b>	<b>00:34:26.50</b>	+00:02:39 (7.7%)	3:26 17.4 (92.1%)
6	<b>STACHOWSKI Rafał</b>	<b>144</b>	AZS-AWF KATOWICE	M-20	4	00:00:01	00:02:26	00:12:59	00:23:39	<b>00:34:31.00</b>	<b>00:34:32.45</b>	+00:02:45 (8.0%)	3:27 17.4 (92.1%)
7	<b>RUDNIK Krzysztof</b>	<b>132</b>	NIGHT RUNNERS SŁUPSK	M-30	2	00:00:02	00:02:29	00:13:39	00:24:52	<b>00:35:46.80</b>	<b>00:35:48.85</b>	+00:04:00 (11.2%)	3:34 16.8 (88.9%)
8	<b>WENT Jakub</b>	<b>168</b>		M-30	3	00:00:01	00:02:32	00:13:47	00:25:10	<b>00:36:04.80</b>	<b>00:36:06.75</b>	+00:04:18 (12.0%)	3:36 16.6 (87.8%)
9	<b>MIELEWCZYK Łukasz</b>	<b>100</b>	LKB BRACI PETK LĘBORK	M-20	5	00:00:01	00:02:29	00:13:40	00:25:06	<b>00:36:26.65</b>	<b>00:36:28.60</b>	+00:04:40 (12.8%)	3:38 16.5 (87.3%)
10	<b>GAWRON Piotr</b>	<b>32</b>	POLITECHNIKA KOSZALIŃSKA	M-20	6	00:00:01	00:02:26	00:13:22	00:24:42	<b>00:36:29.95</b>	<b>00:36:31.70</b>	+00:04:43 (13.0%)	3:39 16.4 (86.8%)
11	<b>KAPERA Monika</b>	<b>57</b>	AZS-AWF KATOWICE	K-20	1	00:00:01	00:02:33	00:13:48	00:25:10	<b>00:36:39.70</b>	<b>00:36:41.60</b>	+00:04:53 (13.4%)	3:40 16.4 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	0.7km	3.8km	6.9km					
12	<b>MAŃSKI Patryk</b>	<b>91</b>	ULKS TALEX BORYSŁAW BORZYTUCHOM	M-20	7	00:00:01	00:02:33	00:13:47	00:25:19	<b>00:37:12.60</b>	<b>00:37:14.45</b>	+00:05:26 (14.6%)	3:43	16.1 (85.2%)
13	<b>MASŁOWSKI Mateusz</b>	<b>95</b>	7 BRYGADA OBRONY WYBRZEŻA	M-30	4	00:00:02	00:02:32	00:14:04	00:25:58	<b>00:37:55.70</b>	<b>00:37:57.90</b>	+00:06:09 (16.2%)	3:47	15.8 (83.6%)
14	<b>KUZUBOVA Tatyana</b>	<b>184</b>	ACE MAT	K-20	2	00:00:01	00:02:41	00:14:24	00:26:03	<b>00:38:03.55</b>	<b>00:38:05.20</b>	+00:06:17 (16.5%)	3:48	15.8 (83.6%)
15	<b>PAWŁOWSKA Marlena</b>	<b>45</b>		K-40	1	00:00:01	00:02:35	00:14:23	00:26:24	<b>00:38:13.80</b>	<b>00:38:15.65</b>	+00:06:27 (16.9%)	3:49	15.7 (83.1%)
16	<b>SZOPIŃSKI Dariusz</b>	<b>156</b>	URZĄD GMINY PRZECHELEWO	M-30	5	00:00:02	00:02:27	00:13:54	00:26:03	<b>00:38:19.60</b>	<b>00:38:21.75</b>	+00:06:33 (17.1%)	3:49	15.7 (83.1%)
17	<b>KRYCZKA Stanisław</b>	<b>71</b>	MTS HAMER MIASTKO	M-40	1	00:00:03	00:02:34	00:14:22	00:26:30	<b>00:38:35.20</b>	<b>00:38:38.20</b>	+00:06:49 (17.7%)	3:51	15.6 (82.5%)
18	<b>KUŁAKOWSKI Artur</b>	<b>81</b>	FLORIAN CHOJNICE	M-30	6	00:00:04	00:02:40	00:14:22	00:26:22	<b>00:38:35.15</b>	<b>00:38:40.10</b>	+00:06:49 (17.7%)	3:51	15.5 (82.0%)
19	<b>WILCZEWSKI Krzysztof</b>	<b>196</b>	MKS ŚWIĘC SŁAWNO	M-30	7	00:00:04	00:02:48	00:14:44	00:26:49	<b>00:38:37.05</b>	<b>00:38:41.05</b>	+00:06:51 (17.7%)	3:51	15.5 (82.0%)
20	<b>POBŁOCKA Kamila</b>	<b>124</b>	UKS EKONOMIK-MARATOŃCZYK LĘBORK	K-20	3	00:00:02	00:02:34	00:14:24	00:26:31	<b>00:38:40.25</b>	<b>00:38:42.30</b>	+00:06:54 (17.9%)	3:52	15.5 (82.0%)
21	<b>BEDNARZ Jakub</b>	<b>6</b>	MTS HAMER MIASTKO	M-20	8	00:00:03	00:02:34	00:14:23	00:26:36	<b>00:38:40.25</b>	<b>00:38:43.40</b>	+00:06:54 (17.9%)	3:52	15.5 (82.0%)
22	<b>WILCZEWSKI Mariusz</b>	<b>197</b>	MKS ŚWIĘC SŁAWNO	M-30	8	00:00:04	00:02:48	00:14:44	00:26:49	<b>00:38:44.45</b>	<b>00:38:48.95</b>	+00:06:58 (18.0%)	3:52	15.5 (82.0%)
23	<b>HERMAN Arkadiusz</b>	<b>62</b>		M-40	2	00:00:02	00:02:36	00:14:25	00:26:36	<b>00:38:58.45</b>	<b>00:39:01.10</b>	+00:07:12 (18.5%)	3:53	15.4 (81.5%)
24	<b>PAZDA-POZORSKA Gosiunia</b>	<b>114</b>	NIGHT RUNNERS SŁUPSK	K-30	1	00:00:01	00:02:35	00:14:24	00:26:37	<b>00:39:24.15</b>	<b>00:39:26.00</b>	+00:07:38 (19.4%)	3:56	15.2 (80.4%)
25	<b>JASKULSKI Kazimierz</b>	<b>50</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	2	00:00:02	00:02:40	00:14:41	00:27:10	<b>00:39:26.90</b>	<b>00:39:29.25</b>	+00:07:40 (19.5%)	3:56	15.2 (80.4%)
26	<b>GRZESIK Eugeniusz</b>	<b>37</b>	TKKF KOSZALIN	M-50	3	00:00:02	00:02:35	00:14:40	00:27:09	<b>00:39:36.25</b>	<b>00:39:38.90</b>	+00:07:50 (19.8%)	3:57	15.2 (80.4%)
27	<b>GOSTKOWSKI Łukasz</b>	<b>198</b>	KB GOCH BYTÓW	M-20	9	00:00:04	00:02:39	00:14:25	00:26:52	<b>00:39:38.45</b>	<b>00:39:42.55</b>	+00:07:52 (19.9%)	3:57	15.1 (79.9%)
28	<b>CZAPIEWSKA Monika</b>	<b>21</b>	UKS OLIMPIJCZYK SKORZEWO	K-20	4	00:00:01	00:02:48	00:15:44	00:28:29	<b>00:40:11.15</b>	<b>00:40:12.65</b>	+00:08:25 (21.0%)	4:01	14.9 (78.8%)
29	<b>RYCHTER Antonina</b>	<b>134</b>	MKL SZCZECINEK	K-30	2	00:00:02	00:02:47	00:15:13	00:27:52	<b>00:40:15.10</b>	<b>00:40:17.65</b>	+00:08:29 (21.1%)	4:01	14.9 (78.8%)
30	<b>JURA Krzysztof</b>	<b>54</b>	MTS HAMER MIASTKO	M-40	3	00:00:03	00:02:35	00:14:40	00:27:46	<b>00:40:21.80</b>	<b>00:40:25.25</b>	+00:08:35 (21.3%)	4:02	14.9 (78.8%)
31	<b>PANCEWICZ Piotr</b>	<b>111</b>	RUNNERSWALDE DARŁOWO	M-30	9	00:00:02	00:02:51	00:15:17	00:28:07	<b>00:40:38.05</b>	<b>00:40:40.90</b>	+00:08:52 (21.8%)	4:03	14.8 (78.3%)
32	<b>FERENC Rafał</b>	<b>27</b>		M-30	10	00:00:04	00:02:33	00:14:48	00:27:44	<b>00:40:51.75</b>	<b>00:40:55.80</b>	+00:09:05 (22.3%)	4:05	14.7 (77.8%)
33	<b>GARSKI Kryspin</b>	<b>31</b>	ŚWIAT PŁYTEK U KRYSPIŃNA	M-40	4	00:00:04	00:02:50	00:15:23	00:28:15	<b>00:41:03.75</b>	<b>00:41:08.70</b>	+00:09:17 (22.6%)	4:06	14.6 (77.2%)
34	<b>HINC Waldemar</b>	<b>40</b>	ZACISZE PRZECHELEWO	M-50	4	00:00:03	00:02:47	00:15:14	00:28:09	<b>00:41:12.30</b>	<b>00:41:15.30</b>	+00:09:26 (22.9%)	4:07	14.6 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	0.7km	3.8km	6.9km					
35	<b>DIADCZYK Krzysztof</b>	<b>199</b>	FLORIAN CHOJNICE	M-50	5	00:00:12	00:02:38	00:15:19	00:28:12	<b>00:41:17.05</b>	<b>00:41:29.05</b>	+00:09:31 (23.1%)	4:07	14.5 (76.7%)
36	<b>ŁAGUTKO Kamila</b>	<b>86</b>		K-30	3	00:00:04	00:02:50	00:15:15	00:28:12	<b>00:41:17.95</b>	<b>00:41:22.75</b>	+00:09:31 (23.1%)	4:07	14.5 (76.7%)
37	<b>ŻUCHOWSKI Maciej</b>	<b>182</b>	KPPSP BYTÓW	M-30	11	00:00:03	00:02:42	00:15:07	00:28:14	<b>00:41:36.65</b>	<b>00:41:40.35</b>	+00:09:50 (23.7%)	4:09	14.4 (76.2%)
38	<b>SIEMIĄTKOWSKI Robert</b>	<b>137</b>	RUNNERSWALDE DARŁOWO	M-30	12	00:00:05	00:02:48	00:15:24	00:28:48	<b>00:41:44.25</b>	<b>00:41:49.55</b>	+00:09:58 (23.9%)	4:10	14.4 (76.2%)
39	<b>CZACH Sebastian</b>	<b>20</b>	RUNNERSWALDE DARŁOWO	M-20	10	00:00:05	00:02:48	00:15:24	00:28:47	<b>00:41:44.35</b>	<b>00:41:49.85</b>	+00:09:58 (23.9%)	4:10	14.4 (76.2%)
40	<b>BORKOWSKI Tomasz</b>	<b>13</b>		M-40	5	00:00:02	00:02:47	00:15:13	00:28:19	<b>00:41:50.10</b>	<b>00:41:52.90</b>	+00:10:04 (24.1%)	4:11	14.3 (75.7%)
41	<b>JABŁOŃSKI Krzysztof</b>	<b>43</b>	MTS HAMER MIASTKO	M-30	13	00:00:04	00:02:48	00:15:24	00:28:41	<b>00:42:02.90</b>	<b>00:42:07.75</b>	+00:10:16 (24.5%)	4:12	14.3 (75.7%)
42	<b>SZABAŁOWSKA Małgorzata</b>	<b>147</b>	MKL SZCZECINEK	K-20	5	00:00:04	00:02:46	00:15:17	00:28:38	<b>00:42:04.20</b>	<b>00:42:08.40</b>	+00:10:18 (24.5%)	4:12	14.3 (75.7%)
43	<b>FELSKA Anna</b>	<b>26</b>	MŻS WOŁCZA MAŁA	K-40	2	00:00:03	00:02:53	00:16:11	00:29:24	<b>00:42:13.20</b>	<b>00:42:16.55</b>	+00:10:27 (24.8%)	4:13	14.2 (75.1%)
44	<b>WNUK Stanisław</b>	<b>193</b>	MARATOŃCZYK WIELKI KLINCZ	M-50	6	00:00:05	00:02:46	00:15:40	00:28:55	<b>00:42:16.00</b>	<b>00:42:21.70</b>	+00:10:30 (24.8%)	4:13	14.2 (75.1%)
45	<b>BONISŁAWSKI Jarosław</b>	<b>10</b>	WWW.FADOMODA.PL	M-30	14	00:00:17	00:03:04	00:16:22	00:29:32	<b>00:42:31.35</b>	<b>00:42:48.55</b>	+00:10:45 (25.3%)	4:15	14.1 (74.6%)
46	<b>GIERLACH Jacek</b>	<b>34</b>	STOPA SŁUPSK	M-20	11	00:00:08	00:02:57	00:15:49	00:29:15	<b>00:42:34.60</b>	<b>00:42:42.60</b>	+00:10:48 (25.4%)	4:15	14.1 (74.6%)
47	<b>SAJKO Bartosz</b>	<b>88</b>		M-30	15	00:00:06	00:02:47	00:15:23	00:28:58	<b>00:42:37.45</b>	<b>00:42:43.70</b>	+00:10:51 (25.5%)	4:15	14.1 (74.6%)
48	<b>SKIERKA Grzegorz</b>	<b>195</b>	MKS ŚWIĘC SŁAWNO	M-30	16	00:00:13	00:03:14	00:16:27	00:29:45	<b>00:42:48.55</b>	<b>00:43:02.00</b>	+00:11:02 (25.8%)	4:16	14 (74.1%)
49	<b>WANTOCH REKOWSKI Zbigniew</b>	<b>166</b>	JRG MIASTKO	M-40	6	00:00:02	00:02:42	00:15:29	00:29:14	<b>00:42:50.00</b>	<b>00:42:52.65</b>	+00:11:04 (25.8%)	4:17	14 (74.1%)
50	<b>SMOLARZ Angelika</b>	<b>65</b>		K-20	6	00:00:02	00:02:41	00:15:29	00:29:07	<b>00:42:53.20</b>	<b>00:42:55.55</b>	+00:11:07 (25.9%)	4:17	14 (74.1%)
51	<b>MATYJASEK Zbigniew</b>	<b>96</b>	TKKF KOSZALIN	M-40	7	00:00:03	00:02:38	00:15:24	00:29:31	<b>00:43:16.65</b>	<b>00:43:20.35</b>	+00:11:30 (26.6%)	4:19	13.9 (73.5%)
52	<b>KROPIDŁOWSKI Zdzisław</b>	<b>69</b>	MTS HAMER MIASTKO	M-40	8	00:00:03	00:02:50	00:16:02	00:29:39	<b>00:43:20.45</b>	<b>00:43:24.05</b>	+00:11:34 (26.7%)	4:20	13.8 (73.0%)
53	<b>KULPACZYŃSKI Patryk</b>	<b>78</b>	GOGGLE PAE TEAM	M-30	17	00:00:09	00:02:59	00:16:11	00:29:45	<b>00:43:25.75</b>	<b>00:43:35.30</b>	+00:11:39 (26.9%)	4:20	13.8 (73.0%)
54	<b>OLESZEK Jerzy</b>	<b>107</b>		M-40	9	00:00:03	00:02:48	00:16:04	00:29:48	<b>00:43:27.45</b>	<b>00:43:31.40</b>	+00:11:41 (26.9%)	4:20	13.8 (73.0%)
55	<b>GRABOWSKI Andrzej</b>	<b>177</b>	ŚWIAT PŁYTEK U KRYSPIŃNA	M-40	10	00:00:06	00:02:58	00:16:15	00:30:00	<b>00:43:35.15</b>	<b>00:43:41.30</b>	+00:11:49 (27.1%)	4:21	13.8 (73.0%)
56	<b>ŻYLICZ Paweł</b>	<b>183</b>	STOPA SŁUPSK	M-20	12	00:00:05	00:02:58	00:16:22	00:30:08	<b>00:43:45.20</b>	<b>00:43:50.70</b>	+00:11:59 (27.4%)	4:22	13.7 (72.5%)
57	<b>ZAWADZKI Damian</b>	<b>176</b>	KB WYGAN KOŁOBRZEG	M-30	18	00:00:07	00:02:53	00:16:05	00:29:57	<b>00:43:47.10</b>	<b>00:43:54.35</b>	+00:12:01 (27.4%)	4:22	13.7 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	0.7km	3.8km	6.9km					
58	<b>KŁACZYŃSKA Danuta</b>	<b>60</b>		K-40	3	00:00:03	00:02:42	00:15:37	00:29:49	<b>00:43:52.00</b>	<b>00:43:55.30</b>	+00:12:06 (27.6%)	4:23	13.7 (72.5%)
59	<b>KORDECKI Robert</b>	<b>194</b>	MARATOŃCZYK WIELKI KLINCZ	M-20	13	00:00:03	00:02:45	00:15:35	00:29:16	<b>00:44:14.50</b>	<b>00:44:18.40</b>	+00:12:28 (28.2%)	4:25	13.6 (72.0%)
60	<b>CZAJA Andrzej</b>	<b>38</b>	UKS EKONOMIK-MARATOŃCZYK LĘBORK	M-50	7	00:00:09	00:03:06	00:16:28	00:30:18	<b>00:44:29.85</b>	<b>00:44:38.95</b>	+00:12:43 (28.6%)	4:26	13.5 (71.4%)
61	<b>STOLTMAN Marek</b>	<b>155</b>		M-20	14	00:00:09	00:02:55	00:16:26	00:30:40	<b>00:44:46.00</b>	<b>00:44:55.10</b>	+00:13:00 (29.0%)	4:28	13.4 (70.9%)
62	<b>DWULIT Dariusz</b>	<b>23</b>	MTS HAMER MIASTKO	M-40	11	00:00:14	00:02:56	00:16:31	00:30:37	<b>00:44:49.20</b>	<b>00:45:03.85</b>	+00:13:03 (29.1%)	4:28	13.4 (70.9%)
63	<b>JAMNIAK Bartosz</b>	<b>44</b>	MTS HAMER MIASTKO	M-20	15	00:00:03	00:02:34	00:16:10	00:30:36	<b>00:44:54.00</b>	<b>00:44:57.60</b>	+00:13:08 (29.3%)	4:29	13.4 (70.9%)
64	<b>RUSZCZYŃSKI Łukasz</b>	<b>133</b>	RWT BYDGOSZCZ/ WŁ SŁUPSK	M-30	19	00:00:05	00:02:58	00:16:39	00:30:44	<b>00:44:55.05</b>	<b>00:45:00.60</b>	+00:13:09 (29.3%)	4:29	13.4 (70.9%)
65	<b>JANKIEWICZ Tomasz</b>	<b>46</b>	MTS HAMER MIASTKO	M-40	12	00:00:05	00:02:52	00:16:38	00:30:48	<b>00:44:58.20</b>	<b>00:45:03.20</b>	+00:13:12 (29.4%)	4:29	13.3 (70.4%)
66	<b>PĘKAŁA Piotr</b>	<b>118</b>	SOSW KOSZALIN	M-40	13	00:00:11	00:03:03	00:16:29	00:30:52	<b>00:44:59.70</b>	<b>00:45:10.85</b>	+00:13:13 (29.4%)	4:29	13.3 (70.4%)
67	<b>MAZUR Emiliusz</b>	<b>97</b>		M-40	14	00:00:04	00:02:51	00:16:00	00:29:59	<b>00:45:13.20</b>	<b>00:45:17.70</b>	+00:13:27 (29.8%)	4:31	13.3 (70.4%)
68	<b>KUBIŃSKI Rafał</b>	<b>73</b>	NIGHT RUNNERS SŁUPSK	M-50	8	00:00:03	00:02:45	00:16:24	00:30:34	<b>00:45:14.80</b>	<b>00:45:17.90</b>	+00:13:28 (29.8%)	4:31	13.3 (70.4%)
69	<b>PIŁCZYŃSKI Zbigniew</b>	<b>120</b>	NIEZRZESZONY	M-50	9	00:00:05	00:03:02	00:16:31	00:30:55	<b>00:45:31.30</b>	<b>00:45:37.10</b>	+00:13:45 (30.2%)	4:33	13.2 (69.8%)
70	<b>JASKULSKA Mirela</b>	<b>49</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	K-50	1	00:00:10	00:03:14	00:17:20	00:31:36	<b>00:46:00.85</b>	<b>00:46:11.50</b>	+00:14:14 (31.0%)	4:36	13 (68.8%)
71	<b>JURA Michał</b>	<b>56</b>	MTS HAMER MIASTKO	M-20	16	00:00:05	00:03:00	00:17:27	00:32:13	<b>00:46:01.65</b>	<b>00:46:07.10</b>	+00:14:15 (31.0%)	4:36	13 (68.8%)
72	<b>SPALIK Michał</b>	<b>143</b>	MTS HAMER MIASTKO	M-20	17	00:00:03	00:02:34	00:16:10	00:31:25	<b>00:46:03.35</b>	<b>00:46:07.00</b>	+00:14:17 (31.0%)	4:36	13 (68.8%)
73	<b>MAJEWSKI Andrzej</b>	<b>89</b>	MTS HAMER MIASTKO	M-40	15	00:00:15	00:03:17	00:17:28	00:31:54	<b>00:46:04.95</b>	<b>00:46:20.15</b>	+00:14:18 (31.1%)	4:36	13 (68.8%)
74	<b>CAŁKA Magdalena</b>	<b>17</b>	NIGHT RUNNERS SŁUPSK	K-20	7	00:00:06	00:03:02	00:16:48	00:31:35	<b>00:46:28.85</b>	<b>00:46:35.65</b>	+00:14:42 (31.7%)	4:38	12.9 (68.3%)
75	<b>POBŁOCKA Bożena</b>	<b>123</b>	UKS EKONOMIK-MARATOŃCZYK LĘBORK	K-40	4	00:00:02	00:03:15	00:17:27	00:32:02	<b>00:46:33.00</b>	<b>00:46:35.65</b>	+00:14:47 (31.8%)	4:39	12.9 (68.3%)
76	<b>SZEWCZUK Andrzej</b>	<b>154</b>	STOPA SŁUPSK	M-60	1	00:00:08	00:03:15	00:17:20	00:31:56	<b>00:46:34.75</b>	<b>00:46:42.75</b>	+00:14:48 (31.8%)	4:39	12.9 (68.3%)
77	<b>SPALIK Mariusz</b>	<b>142</b>	MTS HAMER MIASTKO	M-40	16	00:00:03	00:02:44	00:16:40	00:31:24	<b>00:46:35.90</b>	<b>00:46:39.05</b>	+00:14:49 (31.8%)	4:39	12.9 (68.3%)
78	<b>KRZEWIŃSKA Małgorzata</b>	<b>72</b>	TKKF KOSZALIN	K-50	2	00:00:06	00:03:13	00:17:44	00:32:36	<b>00:47:23.10</b>	<b>00:47:29.15</b>	+00:15:37 (33.0%)	4:44	12.7 (67.2%)
79	<b>ŚWIĄTEK-BRZEZIŃSKI Hubert</b>	<b>173</b>	MTS HAMER MIASTKO	M-20	18	00:00:05	00:03:00	00:17:28	00:32:39	<b>00:47:35.60</b>	<b>00:47:40.75</b>	+00:15:49 (33.3%)	4:45	12.6 (66.7%)
80	<b>SKOWYRSKI Janusz</b>	<b>138</b>	TKKF KOSZALIN ROWERIA KOSZALIN	M-50	10	00:00:10	00:03:13	00:17:39	00:32:31	<b>00:47:38.00</b>	<b>00:47:48.00</b>	+00:15:52 (33.3%)	4:45	12.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	0.7km	3.8km	6.9km					
81	<b>WIERZBICKI Sylwester</b>	<b>169</b>	RUNNERSWALDE DARŁOWO	M-30	20	00:00:09	00:03:08	00:17:29	00:32:31	<b>00:47:42.35</b>	<b>00:47:51.35</b>	+00:15:56 (33.4%)	4:46	12.6 (66.7%)
82	<b>PETA Andrzej</b>	<b>116</b>	MTS HAMER MIASTKO	M-40	17	00:00:04	00:02:57	00:17:18	00:32:18	<b>00:47:42.95</b>	<b>00:47:47.35</b>	+00:15:56 (33.4%)	4:46	12.6 (66.7%)
83	<b>BOHDAN Jakub</b>	<b>9</b>	MTS HAMER MIASTKO	M-20	19	00:00:06	00:02:59	00:17:25	00:32:15	<b>00:48:03.15</b>	<b>00:48:09.20</b>	+00:16:17 (33.9%)	4:48	12.5 (66.1%)
84	<b>FRONTCZAK Izabela</b>	<b>29</b>	TKKF KOSZALIN	K-20	8	00:00:06	00:03:13	00:17:44	00:32:50	<b>00:48:03.70</b>	<b>00:48:09.70</b>	+00:16:17 (33.9%)	4:48	12.5 (66.1%)
85	<b>SZYMAŃSKI Mateusz</b>	<b>158</b>		M-30	21	00:00:09	00:03:25	00:18:21	00:33:19	<b>00:48:05.15</b>	<b>00:48:14.40</b>	+00:16:19 (33.9%)	4:48	12.5 (66.1%)
86	<b>PRUS Mikołaj</b>	<b>63</b>		M-20	20	00:00:03	00:02:51	00:17:36	00:33:23	<b>00:48:05.40</b>	<b>00:48:08.70</b>	+00:16:19 (33.9%)	4:48	12.5 (66.1%)
87	<b>WOWK Adrian</b>	<b>186</b>		M-20	21	00:00:07	00:03:15	00:17:38	00:32:59	<b>00:48:07.55</b>	<b>00:48:14.70</b>	+00:16:21 (34.0%)	4:48	12.5 (66.1%)
88	<b>KOWALCZYK Grzegorz</b>	<b>66</b>	BIEG NAJLEPSZYM SPOSOBEM JEST PORUSZANIA	M-40	18	00:00:06	00:03:02	00:17:20	00:32:48	<b>00:48:12.20</b>	<b>00:48:18.35</b>	+00:16:26 (34.1%)	4:49	12.4 (65.6%)
89	<b>SURDAKCI Piotr</b>	<b>151</b>	MONIA TEAM	M-40	19	00:00:06	00:03:16	00:18:08	00:33:15	<b>00:48:16.10</b>	<b>00:48:23.05</b>	+00:16:30 (34.2%)	4:49	12.4 (65.6%)
90	<b>OTOKA Kasia</b>	<b>109</b>	MONIA TEAM	K-30	4	00:00:06	00:03:16	00:18:08	00:33:14	<b>00:48:16.25</b>	<b>00:48:22.65</b>	+00:16:30 (34.2%)	4:49	12.4 (65.6%)
91	<b>GABRYEL Wojciech</b>	<b>30</b>	:-)	M-40	20	00:00:11	00:03:09	00:17:36	00:32:48	<b>00:48:17.30</b>	<b>00:48:29.15</b>	+00:16:31 (34.2%)	4:49	12.4 (65.6%)
92	<b>KRUPKA Piotr</b>	<b>70</b>	TEAM OPTIM	M-30	22	00:00:13	00:03:16	00:18:16	00:33:13	<b>00:48:17.60</b>	<b>00:48:30.75</b>	+00:16:31 (34.2%)	4:49	12.4 (65.6%)
93	<b>PATUREJ-KRUPKA Anna Paulina</b>	<b>113</b>	TEAM OPTIM	K-30	5	00:00:12	00:03:17	00:18:17	00:33:14	<b>00:48:18.15</b>	<b>00:48:30.90</b>	+00:16:32 (34.2%)	4:49	12.4 (65.6%)
94	<b>GOLUŃSKA Renata</b>	<b>35</b>		K-30	6	00:00:06	00:03:17	00:18:01	00:33:29	<b>00:48:19.20</b>	<b>00:48:26.15</b>	+00:16:33 (34.3%)	4:50	12.4 (65.6%)
95	<b>SZABLA Ewelina</b>	<b>153</b>	MTS HAMER MIASTKO	K-30	7	00:00:03	00:03:02	00:17:37	00:33:00	<b>00:48:20.85</b>	<b>00:48:24.60</b>	+00:16:34 (34.3%)	4:50	12.4 (65.6%)
96	<b>DORAWA Wojciech</b>	<b>51</b>		M-20	22	00:00:09	00:03:09	00:17:19	00:32:46	<b>00:48:30.60</b>	<b>00:48:40.45</b>	+00:16:44 (34.5%)	4:51	12.4 (65.6%)
97	<b>POZORSKI Krzysztof</b>	<b>127</b>	NIGHT RUNNERS SŁUPSK	M-30	23	00:00:06	00:03:10	00:17:40	00:33:01	<b>00:48:30.85</b>	<b>00:48:37.20</b>	+00:16:44 (34.5%)	4:51	12.4 (65.6%)
98	<b>MICERSKI Tomasz</b>	<b>99</b>	TKKF KOSZALIN	M-40	21	00:00:09	00:03:14	00:17:56	00:33:15	<b>00:48:33.35</b>	<b>00:48:42.90</b>	+00:16:47 (34.6%)	4:51	12.4 (65.6%)
99	<b>FILIPÓW Tadeusz</b>	<b>28</b>	NIEZRZESZONY	M-60	2	00:00:04	00:03:07	00:17:31	00:32:46	<b>00:48:51.90</b>	<b>00:48:56.70</b>	+00:17:05 (35.0%)	4:53	12.3 (65.1%)
100	<b>TUROWSKI Wojciech</b>	<b>164</b>		M-40	22	00:00:04	00:02:58	00:17:32	00:33:14	<b>00:48:57.05</b>	<b>00:49:01.30</b>	+00:17:11 (35.1%)	4:53	12.3 (65.1%)
101	<b>JĘDRASZKO Magda</b>	<b>53</b>	MTS HAMER MIASTKO	K-30	8	00:00:08	00:03:13	00:18:00	00:33:28	<b>00:49:00.90</b>	<b>00:49:09.70</b>	+00:17:14 (35.2%)	4:54	12.2 (64.6%)
102	<b>ZIENTARSKA Joanna</b>	<b>180</b>	ŚWIAT PŁYTEK U KRYPINA	K-40	5	00:00:08	00:03:37	00:18:17	00:33:34	<b>00:49:10.70</b>	<b>00:49:18.75</b>	+00:17:24 (35.4%)	4:55	12.2 (64.6%)
103	<b>SULL Kacper</b>	<b>150</b>	NIGHT RUNNERS SŁUPSK	M-20	23	00:00:07	00:03:13	00:17:34	00:33:31	<b>00:49:17.10</b>	<b>00:49:25.05</b>	+00:17:31 (35.5%)	4:55	12.2 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	0.7km	3.8km	6.9km					
104	<b>MALEK Andrzej</b>	<b>90</b>	POZYTYWNA ENDORFINA	M-60	3	00:00:07	00:03:19	00:18:03	00:33:29	<b>00:49:25.40</b>	<b>00:49:32.95</b>	+00:17:39 (35.7%)	4:56	12.1 (64.0%)
105	<b>ZBLEWSKI Patryk</b>	<b>178</b>	NIGHT RUNNERS SŁUPSK	M-30	24	00:00:06	00:03:14	00:18:08	00:33:52	<b>00:49:27.30</b>	<b>00:49:33.85</b>	+00:17:41 (35.8%)	4:56	12.1 (64.0%)
106	<b>KUCHARSKI Przemysław</b>	<b>74</b>		M-30	25	00:00:10	00:03:22	00:18:22	00:33:39	<b>00:49:28.90</b>	<b>00:49:39.20</b>	+00:17:42 (35.8%)	4:56	12.1 (64.0%)
107	<b>KRASIŃSKI Witold</b>	<b>67</b>	JW 1223 - 3.DPLOT	M-40	23	00:00:09	00:03:16	00:17:53	00:33:36	<b>00:49:38.85</b>	<b>00:49:48.10</b>	+00:17:52 (36.0%)	4:57	12.1 (64.0%)
108	<b>ŁASZCZ Dariusz</b>	<b>87</b>		M-50	11	00:00:13	00:03:46	00:19:13	00:34:31	<b>00:49:40.65</b>	<b>00:49:53.90</b>	+00:17:54 (36.1%)	4:58	12.1 (64.0%)
109	<b>IWASZKO Krzysztof</b>	<b>42</b>	MTS HAMER MIASTKO	M-30	26	00:00:15	00:03:37	00:18:59	00:34:04	<b>00:49:49.15</b>	<b>00:50:04.70</b>	+00:18:03 (36.2%)	4:58	12 (63.5%)
110	<b>BOGUSZ Marietta</b>	<b>200</b>	NIGHT RUNNERS SŁUPSK	K-20	9	00:00:03	00:03:16	00:18:04	00:34:02	<b>00:50:12.80</b>	<b>00:50:15.80</b>	+00:18:26 (36.7%)	5:01	12 (63.5%)
111	<b>MROCEK Przemysław</b>	<b>79</b>	NIGHT RUNNERS SŁUPSK	M-40	24	00:00:02	00:03:18	00:18:04	00:34:03	<b>00:50:13.15</b>	<b>00:50:15.80</b>	+00:18:27 (36.7%)	5:01	11.9 (63.0%)
112	<b>WIRSKA Karolina</b>	<b>172</b>	BRAK	K-30	9	00:00:05	00:03:21	00:18:41	00:34:25	<b>00:50:18.55</b>	<b>00:50:23.70</b>	+00:18:32 (36.9%)	5:01	11.9 (63.0%)
113	<b>KARGUL Jacek</b>	<b>59</b>	NIGHT RUNNERS SŁUPSK	M-30	27	00:00:07	00:03:12	00:18:03	00:34:00	<b>00:50:19.85</b>	<b>00:50:27.10</b>	+00:18:33 (36.9%)	5:02	11.9 (63.0%)
114	<b>WENCŁAWSKI Michał</b>	<b>167</b>	ARAGORTEAM	M-20	24	00:00:07	00:03:12	00:17:57	00:34:12	<b>00:50:36.25</b>	<b>00:50:44.15</b>	+00:18:50 (37.2%)	5:03	11.9 (63.0%)
115	<b>ŻMIENKO Hubert</b>	<b>181</b>		M-30	28	00:00:10	00:03:11	00:18:10	00:34:33	<b>00:51:12.05</b>	<b>00:51:22.35</b>	+00:19:26 (38.0%)	5:07	11.7 (61.9%)
116	<b>KUŁAKOWSKI Dawid</b>	<b>80</b>	TKKF KOSZALIN	M-30	29	00:00:09	00:03:14	00:18:07	00:34:22	<b>00:51:24.15</b>	<b>00:51:33.25</b>	+00:19:38 (38.2%)	5:08	11.7 (61.9%)
117	<b>ŻWIROWSKI Andrzej</b>	<b>39</b>		M-30	30	00:00:06	00:03:17	00:18:37	00:34:43	<b>00:51:27.40</b>	<b>00:51:33.85</b>	+00:19:41 (38.3%)	5:08	11.7 (61.9%)
118	<b>ŁASZCZ Adam</b>	<b>83</b>		M-50	12	00:00:12	00:03:47	00:19:27	00:35:38	<b>00:51:31.50</b>	<b>00:51:44.10</b>	+00:19:45 (38.3%)	5:09	11.6 (61.4%)
119	<b>ANDRZEJCZAK Sławomir</b>	<b>2</b>	GRZESŁAW USTKA	M-40	25	00:00:09	00:03:12	00:18:13	00:34:31	<b>00:51:40.80</b>	<b>00:51:49.90</b>	+00:19:54 (38.5%)	5:10	11.6 (61.4%)
120	<b>SZABAŁOWSKA Adrianna</b>	<b>1</b>		K-20	10	00:00:08	00:03:33	00:19:22	00:35:43	<b>00:51:49.95</b>	<b>00:51:58.45</b>	+00:20:03 (38.7%)	5:11	11.6 (61.4%)
121	<b>BRUDKA Jacek</b>	<b>76</b>		M-30	31	00:00:12	00:03:15	00:18:35	00:35:05	<b>00:52:02.50</b>	<b>00:52:14.65</b>	+00:20:16 (39.0%)	5:12	11.5 (60.8%)
122	<b>HAŁAS Piotr</b>	<b>58</b>		M-30	32	00:00:06	00:03:16	00:18:31	00:35:23	<b>00:52:26.25</b>	<b>00:52:32.70</b>	+00:20:40 (39.4%)	5:14	11.4 (60.3%)
123	<b>KUCHENBEKIER Arkadiusz</b>	<b>75</b>		M-40	26	00:00:13	00:03:35	00:19:19	00:36:02	<b>00:52:36.05</b>	<b>00:52:49.95</b>	+00:20:50 (39.6%)	5:15	11.4 (60.3%)
124	<b>CYBULSKI Robert</b>	<b>19</b>	MTS HAMER MIASTKO	M-40	27	00:00:05	00:03:18	00:19:07	00:35:48	<b>00:52:37.65</b>	<b>00:52:42.95</b>	+00:20:51 (39.6%)	5:15	11.4 (60.3%)
125	<b>MARCULA Agata</b>	<b>92</b>		K-30	10	00:00:11	00:03:26	00:18:51	00:35:29	<b>00:52:38.45</b>	<b>00:52:50.30</b>	+00:20:52 (39.7%)	5:15	11.4 (60.3%)
126	<b>BORDUN Basia</b>	<b>11</b>	NEKO	K-20	11	00:00:07	00:03:31	00:19:17	00:36:04	<b>00:52:57.65</b>	<b>00:53:05.55</b>	+00:21:11 (40.0%)	5:17	11.3 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	0.7km	3.8km	6.9km					
127	<b>DZIERŻEŃSKA Monika</b>	<b>188</b>		K-40	6	00:00:13	00:03:16	00:18:48	00:35:52	<b>00:53:00.85</b>	<b>00:53:14.25</b>	+00:21:14 (40.1%)	5:18	11.3 (59.8%)
128	<b>WOŹNIAK Grzegorz</b>	<b>174</b>	GRZESŁAW USTKA	M-40	28	00:00:08	00:03:25	00:18:48	00:35:37	<b>00:53:23.50</b>	<b>00:53:32.00</b>	+00:21:37 (40.5%)	5:20	11.2 (59.3%)
129	<b>HASULAK Łukasz</b>	<b>61</b>	MTS HAMER MIASTKO	M-30	33	00:00:10	00:03:28	00:18:52	00:35:30	<b>00:53:46.80</b>	<b>00:53:57.55</b>	+00:22:00 (40.9%)	5:22	11.2 (59.3%)
130	<b>PIETRZYCKI Andrzej</b>	<b>119</b>	NIEZRZESZONY	M-60	4	00:00:14	00:03:53	00:21:07	00:38:16	<b>00:53:48.30</b>	<b>00:54:02.75</b>	+00:22:02 (41.0%)	5:22	11.2 (59.3%)
131	<b>SOROKA Tomasz</b>	<b>140</b>	NIGHT RUNNERS SŁUPSK / BBL SŁUPSK	M-30	34	00:00:03	00:03:17	00:19:13	00:36:35	<b>00:53:50.50</b>	<b>00:53:53.50</b>	+00:22:04 (41.0%)	5:23	11.1 (58.7%)
132	<b>SZABAŁOWSKI Marek</b>	<b>148</b>		M-40	29	00:00:04	00:03:36	00:19:54	00:36:52	<b>00:53:50.60</b>	<b>00:53:54.80</b>	+00:22:04 (41.0%)	5:23	11.1 (58.7%)
133	<b>KUPREWICZ Grzegorz</b>	<b>82</b>	ROZBIEGANY KOSZALIN	M-30	35	00:00:10	00:03:15	00:19:48	00:37:39	<b>00:54:22.65</b>	<b>00:54:33.10</b>	+00:22:36 (41.6%)	5:26	11 (58.2%)
134	<b>TURCZYN Grzegorz</b>	<b>162</b>	NIGHT RUNNERS SŁUPSK	M-40	30	00:00:13	00:03:38	00:19:50	00:37:01	<b>00:54:22.80</b>	<b>00:54:36.00</b>	+00:22:36 (41.6%)	5:26	11 (58.2%)
135	<b>HRYHOROWICZ Joanna</b>	<b>41</b>	NIGHT RUNNERS SŁUPSK	K-30	11	00:00:13	00:03:38	00:19:52	00:37:02	<b>00:54:22.85</b>	<b>00:54:36.25</b>	+00:22:36 (41.6%)	5:26	11 (58.2%)
136	<b>GREBIENIK Andrzej</b>	<b>36</b>		M-40	31	00:00:11	00:03:40	00:19:37	00:37:08	<b>00:54:56.10</b>	<b>00:55:07.35</b>	+00:23:10 (42.2%)	5:29	10.9 (57.7%)
137	<b>SŁOMSKI Zenon</b>	<b>139</b>	KORZYBSKIE REKINY	M-60	5	00:00:08	00:03:43	00:19:59	00:36:55	<b>00:54:58.60</b>	<b>00:55:07.40</b>	+00:23:12 (42.2%)	5:29	10.9 (57.7%)
138	<b>JURA Kazimierz</b>	<b>55</b>	MTS HAMER MIASTKO	M-60	6	00:00:14	00:03:41	00:20:13	00:37:47	<b>00:54:58.90</b>	<b>00:55:13.85</b>	+00:23:12 (42.2%)	5:29	10.9 (57.7%)
139	<b>MUSZYŃSKI Jacek</b>	<b>102</b>	KB GOCH BYTÓW	M-60	7	00:00:14	00:03:40	00:20:10	00:37:39	<b>00:55:02.20</b>	<b>00:55:16.50</b>	+00:23:16 (42.3%)	5:30	10.9 (57.7%)
140	<b>PETA Renata</b>	<b>115</b>	MTS HAMER MIASTKO	K-30	12	00:00:10	00:03:27	00:20:15	00:37:58	<b>00:55:02.50</b>	<b>00:55:12.65</b>	+00:23:16 (42.3%)	5:30	10.9 (57.7%)
141	<b>BUTKIEWICZ Wojciech</b>	<b>16</b>		M-50	13	00:00:07	00:03:23	00:19:46	00:37:13	<b>00:55:11.70</b>	<b>00:55:18.95</b>	+00:23:25 (42.4%)	5:31	10.9 (57.7%)
142	<b>GĄSIOR Paweł</b>	<b>33</b>	ROZBIEGANY SUSZ	M-30	36	00:00:08	00:03:42	00:20:31	00:38:20	<b>00:55:27.85</b>	<b>00:55:36.70</b>	+00:23:41 (42.7%)	5:32	10.8 (57.1%)
143	<b>DYRCZ Marika</b>	<b>24</b>	MKS ŚWIĘC SŁAWNO	K-30	13	00:00:14	00:03:57	00:20:48	00:38:33	<b>00:56:13.75</b>	<b>00:56:28.05</b>	+00:24:27 (43.5%)	5:37	10.7 (56.6%)
144	<b>MARCZAK Andrzej</b>	<b>94</b>	AMATOR	M-50	14	00:00:08	00:03:39	00:20:50	00:38:23	<b>00:56:17.80</b>	<b>00:56:25.80</b>	+00:24:31 (43.6%)	5:37	10.7 (56.6%)
145	<b>PACAN Mira</b>	<b>110</b>	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-20	12	00:00:08	00:03:53	00:21:23	00:39:30	<b>00:57:12.25</b>	<b>00:57:20.50</b>	+00:25:26 (44.5%)	5:43	10.5 (55.6%)
146	<b>JANKOWSKA Monika</b>	<b>191</b>	FOLLOW ME SZCZECINEK	K-20	13	00:00:07	00:03:42	00:21:00	00:39:33	<b>00:57:27.65</b>	<b>00:57:35.30</b>	+00:25:41 (44.7%)	5:44	10.4 (55.0%)
147	<b>PARWANICKI Wiktor</b>	<b>112</b>	'TUPOT' USTKA	M-60	8	00:00:14	00:03:57	00:20:55	00:38:56	<b>00:57:37.05</b>	<b>00:57:51.85</b>	+00:25:51 (44.9%)	5:45	10.4 (55.0%)
148	<b>ŚLEDŹ Andrzej</b>	<b>160</b>	WŁ SŁUPSK	M-40	32	00:00:05	00:03:22	00:20:06	00:38:54	<b>00:57:47.15</b>	<b>00:57:53.10</b>	+00:26:01 (45.0%)	5:46	10.4 (55.0%)
149	<b>BĄCZYK Adam</b>	<b>5</b>	MONIA TEAM	M-30	37	00:00:13	00:03:46	00:21:29	00:39:53	<b>00:57:58.40</b>	<b>00:58:11.50</b>	+00:26:12 (45.2%)	5:47	10.4 (55.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	0.7km	3.8km	6.9km					
150	<b>BĄCZYK Monika</b>	<b>4</b>	MONIA TEAM	K-30	14	00:00:12	00:03:47	00:21:29	00:39:54	<b>00:57:58.75</b>	<b>00:58:11.65</b>	+00:26:12 (45.2%)	5:47	10.3 (54.5%)
151	<b>POZORSKI Zbigniew</b>	<b>128</b>	NIGHT RUNNERS SŁUPSK	M-60	9	00:00:07	00:03:43	00:20:49	00:39:19	<b>00:58:16.05</b>	<b>00:58:23.10</b>	+00:26:30 (45.5%)	5:49	10.3 (54.5%)
152	<b>SZABAT Daria</b>	<b>152</b>		K-20	14	00:00:15	00:03:55	00:21:25	00:39:22	<b>00:58:17.90</b>	<b>00:58:33.25</b>	+00:26:31 (45.5%)	5:49	10.3 (54.5%)
153	<b>SZYCA Karolina</b>	<b>157</b>		K-20	15	00:00:06	00:03:18	00:19:07	00:37:18	<b>00:58:28.10</b>	<b>00:58:34.45</b>	+00:26:42 (45.7%)	5:50	10.3 (54.5%)
154	<b>ZIĘBA Paweł</b>	<b>179</b>	TKKF KOSZALIN	M-40	33	00:00:09	00:03:16	00:20:46	00:41:00	<b>00:58:48.35</b>	<b>00:58:58.10</b>	+00:27:02 (46.0%)	5:52	10.2 (54.0%)
155	<b>WOLSKA Anna</b>	<b>22</b>	ŚWIAT PŁYTEK U KRYSPIŃ	K-30	15	00:00:12	00:03:55	00:21:33	00:40:09	<b>00:58:50.10</b>	<b>00:59:02.25</b>	+00:27:04 (46.0%)	5:53	10.2 (54.0%)
156	<b>JANKOWSKA Justyna</b>	<b>48</b>		K-30	16	00:00:09	00:03:36	00:21:10	00:40:11	<b>00:59:04.50</b>	<b>00:59:14.40</b>	+00:27:18 (46.2%)	5:54	10.2 (54.0%)
157	<b>BRZOZOWSKA Magdalena</b>	<b>14</b>		K-20	16	00:00:04	00:03:36	00:21:07	00:39:49	<b>00:59:15.55</b>	<b>00:59:20.50</b>	+00:27:29 (46.4%)	5:55	10.1 (53.4%)
158	<b>JANKIEWICZ Helena</b>	<b>47</b>	MTS HAMER MIASTKO	K-30	17	00:00:10	00:03:55	00:22:45	00:41:40	<b>00:59:23.05</b>	<b>00:59:33.05</b>	+00:27:37 (46.5%)	5:56	10.1 (53.4%)
159	<b>LIŚNIEWSKI Andrzej</b>	<b>85</b>	WKB META LUBLINIEC	M-40	34	00:00:13	00:03:53	00:21:29	00:40:17	<b>00:59:36.20</b>	<b>00:59:50.10</b>	+00:27:50 (46.7%)	5:57	10.1 (53.4%)
160	<b>SZYSZKOWSKI Tomasz</b>	<b>159</b>		M-30	38	00:00:11	00:03:35	00:21:52	00:41:18	<b>00:59:40.70</b>	<b>00:59:52.30</b>	+00:27:54 (46.8%)	5:58	10.1 (53.4%)
161	<b>STANKOWIAK Magdalena</b>	<b>145</b>		K-40	7	00:00:06	00:03:20	00:21:07	00:40:30	<b>00:59:42.35</b>	<b>00:59:48.45</b>	+00:27:56 (46.8%)	5:58	10.1 (53.4%)
162	<b>KUCHENBEKIER Ilona</b>	<b>189</b>		K-30	18	00:00:13	00:03:53	00:21:32	00:40:22	<b>00:59:48.90</b>	<b>01:00:02.80</b>	+00:28:02 (46.9%)	5:58	10 (52.9%)
163	<b>MARCZAK Małgorzata</b>	<b>93</b>	AMATOR	K-50	3	00:00:07	00:03:44	00:21:25	00:40:48	<b>01:00:01.10</b>	<b>01:00:08.50</b>	+00:28:15 (47.1%)	6:00	10 (52.9%)
164	<b>ZALEWSKI Grzegorz</b>	<b>175</b>		M-30	39	00:00:08	00:03:41	00:21:02	00:40:22	<b>01:00:29.60</b>	<b>01:00:38.40</b>	+00:28:43 (47.5%)	6:03	9.9 (52.4%)
165	<b>GRELA Maciej</b>	<b>192</b>	FOLLOW ME SZCZECINEK	M-20	25	00:00:07	00:03:35	00:21:20	00:40:53	<b>01:00:48.40</b>	<b>01:00:55.50</b>	+00:29:02 (47.8%)	6:04	9.9 (52.4%)
166	<b>BASARAB Adam</b>	<b>3</b>		M-20	26	00:00:11	00:03:45	00:21:10	00:41:07	<b>01:00:59.95</b>	<b>01:01:11.40</b>	+00:29:13 (47.9%)	6:06	9.8 (51.9%)
167	<b>BUDZYŃSKA Elżbieta</b>	<b>15</b>	BBL SŁUPSK	K-50	4	00:00:09	00:04:00	00:22:38	00:42:12	<b>01:01:58.55</b>	<b>01:02:07.95</b>	+00:30:12 (48.7%)	6:11	9.7 (51.3%)
168	<b>CYBULSKA Elżbieta</b>	<b>18</b>		K-50	5	00:00:03	00:04:02	00:22:34	00:42:07	<b>01:02:06.50</b>	<b>01:02:10.15</b>	+00:30:20 (48.9%)	6:12	9.7 (51.3%)
169	<b>TUROWSKA Katarzyna</b>	<b>163</b>	PGB SPORTOWA PACZKA	K-50	6	00:00:11	00:03:54	00:22:09	00:41:25	<b>01:02:34.40</b>	<b>01:02:45.85</b>	+00:30:48 (49.2%)	6:15	9.6 (50.8%)
170	<b>SETNIK Monika</b>	<b>136</b>		K-40	8	00:00:15	00:03:55	00:21:40	00:42:15	<b>01:03:12.65</b>	<b>01:03:27.65</b>	+00:31:26 (49.7%)	6:19	9.5 (50.3%)
171	<b>SULL Agnieszka</b>	<b>149</b>	NIGHT RUNNERS SŁUPSK	K-40	9	00:00:12	00:03:47	00:22:14	00:42:30	<b>01:04:36.70</b>	<b>01:04:49.35</b>	+00:32:50 (50.8%)	6:27	9.3 (49.2%)
172	<b>JĘDRASZKO Łukasz</b>	<b>52</b>		M-30	40	00:00:09	00:03:46	00:22:58	00:44:34	<b>01:06:33.85</b>	<b>01:06:43.70</b>	+00:34:47 (52.3%)	6:39	9 (47.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.7km	3.8km	6.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
173	<b>WIRKUS-LASKOWSKA Magda</b>	<b>171</b>		K-30	19	00:00:13	00:03:52	00:22:40	00:45:09	<b>01:08:26.85</b>	<b>01:08:40.55</b>	+00:36:40 (53.6%)	6:50	8.8 (46.6%)
174	<b>NAPIĘTEK Elżbieta</b>	<b>25</b>	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-60	1	00:00:14	00:04:06	00:26:11	00:49:29	<b>01:13:17.40</b>	<b>01:13:31.60</b>	+00:41:31 (56.7%)	7:19	8.2 (43.4%)
	<b>PLISKOWSKA Anna</b>	<b>187</b>		K-30		DNF	00:03:27 DNF	00:19:09 DNF	00:36:10 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>POBŁOCKA Katarzyna</b>	<b>8</b>	UKS EKONOMIK-MARATOŃCZYK LĘBORK	K-20		DNF	00:03:07 DNF	00:17:27 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>TRZASKA Katarzyna</b>	<b>64</b>		K-20		DNF	00:03:29 DNF	00:25:56 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>BORDUN Michał</b>	<b>12</b>	NEKO	M-30		DNF	00:03:30 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KŁOSIŃSKI Stanisław</b>	<b>190</b>		M-50		DNF	00:04:34 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>MALINOWSKI Mariusz</b>	<b>104</b>		M-40		DNF	DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 180 wynik(ów)