



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

Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KUJAWSKI Łukasz	77		M-20	1	00:00:01	00:02:22	00:12:20	00:22:24	00:31:46.00	00:31:47.15	3:10	18.9 (100%)
2	VERKHAVODKIN Henadz	165	GRODNOOBLSPORT	M-30	1	00:00:01	00:02:23	00:12:20	00:22:25	00:32:26.00	00:32:27.25	+00:00:40 (2.1%)	3:14 18.5 (97.9%)
3	POBŁOCKI Piotr	125	UKS EKONOMIK-MARATOŃCZYK LĘBORK	M-50	1	00:00:01	00:02:25	00:12:53	00:23:09	00:33:49.70	00:33:51.55	+00:02:03 (6.1%)	3:23 17.7 (93.7%)
4	WIRKUS Łukasz	170	ULKS TALEX BORZYTUCHOM	M-20	2	00:00:01	00:02:22	00:12:38	00:23:16	00:34:16.25	00:34:17.60	+00:02:30 (7.3%)	3:25 17.5 (92.6%)
5	MATRYNYCZ Vitalii	185	FINISZ KALISZ	M-20	3	00:00:01	00:02:26	00:12:47	00:23:23	00:34:25.00	00:34:26.50	+00:02:39 (7.7%)	3:26 17.4 (92.1%)
6	STACHOWSKI Rafał	144	AZS-AWF KATOWICE	M-20	4	00:00:01	00:02:26	00:12:59	00:23:39	00:34:31.00	00:34:32.45	+00:02:45 (8.0%)	3:27 17.4 (92.1%)
7	RUDNIK Krzysztof	132	NIGHT RUNNERS SŁUPSK	M-30	2	00:00:02	00:02:29	00:13:39	00:24:52	00:35:46.80	00:35:48.85	+00:04:00 (11.2%)	3:34 16.8 (88.9%)
8	WENT Jakub	168		M-30	3	00:00:01	00:02:32	00:13:47	00:25:10	00:36:04.80	00:36:06.75	+00:04:18 (12.0%)	3:36 16.6 (87.8%)
9	MIELEWCZYK Łukasz	100	LKB BRACI PETK LĘBORK	M-20	5	00:00:01	00:02:29	00:13:40	00:25:06	00:36:26.65	00:36:28.60	+00:04:40 (12.8%)	3:38 16.5 (87.3%)
10	GAWRON Piotr	32	POLITECHNIKA KOSZALIŃSKA	M-20	6	00:00:01	00:02:26	00:13:22	00:24:42	00:36:29.95	00:36:31.70	+00:04:43 (13.0%)	3:39 16.4 (86.8%)
11	MAŃSKI Patryk	91	ULKS TALEX BORYSŁAW BORZYTUCHOM	M-20	7	00:00:01	00:02:33	00:13:47	00:25:19	00:37:12.60	00:37:14.45	+00:05:26 (14.6%)	3:43 16.1 (85.2%)

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					
12	MASŁOWSKI Mateusz	95	7 BRYGADA OBRONY WYBRZEŻA	M-30	4	00:00:02	00:02:32	00:14:04	00:25:58	00:37:55.70	00:37:57.90	+00:06:09 (16.2%)	3:47	15.8 (83.6%)
13	SZOPIŃSKI Dariusz	156	URZĄD GMINY PRZECHLEWO	M-30	5	00:00:02	00:02:27	00:13:54	00:26:03	00:38:19.60	00:38:21.75	+00:06:33 (17.1%)	3:49	15.7 (83.1%)
14	KRYCZKA Stanisław	71	MTS HAMER MIASTKO	M-40	1	00:00:03	00:02:34	00:14:22	00:26:30	00:38:35.20	00:38:38.20	+00:06:49 (17.7%)	3:51	15.6 (82.5%)
15	KUŁAKOWSKI Artur	81	FLORIAN CHOJNICE	M-30	6	00:00:04	00:02:40	00:14:22	00:26:22	00:38:35.15	00:38:40.10	+00:06:49 (17.7%)	3:51	15.5 (82.0%)
16	WILCZEWSKI Krzysztof	196	MKS ŚWIĘC SŁAWNO	M-30	7	00:00:04	00:02:48	00:14:44	00:26:49	00:38:37.05	00:38:41.05	+00:06:51 (17.7%)	3:51	15.5 (82.0%)
17	BEDNARZ Jakub	6	MTS HAMER MIASTKO	M-20	8	00:00:03	00:02:34	00:14:23	00:26:36	00:38:40.25	00:38:43.40	+00:06:54 (17.9%)	3:52	15.5 (82.0%)
18	WILCZEWSKI Mariusz	197	MKS ŚWIĘC SŁAWNO	M-30	8	00:00:04	00:02:48	00:14:44	00:26:49	00:38:44.45	00:38:48.95	+00:06:58 (18.0%)	3:52	15.5 (82.0%)
19	HERMAN Arkadiusz	62		M-40	2	00:00:02	00:02:36	00:14:25	00:26:36	00:38:58.45	00:39:01.10	+00:07:12 (18.5%)	3:53	15.4 (81.5%)
20	JASKULSKI Kazimierz	50	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	2	00:00:02	00:02:40	00:14:41	00:27:10	00:39:26.90	00:39:29.25	+00:07:40 (19.5%)	3:56	15.2 (80.4%)
21	GRZESIK Eugeniusz	37	TKKF KOSZALIN	M-50	3	00:00:02	00:02:35	00:14:40	00:27:09	00:39:36.25	00:39:38.90	+00:07:50 (19.8%)	3:57	15.2 (80.4%)
22	GOSTKOWSKI Łukasz	198	KB GOCH BYTÓW	M-20	9	00:00:04	00:02:39	00:14:25	00:26:52	00:39:38.45	00:39:42.55	+00:07:52 (19.9%)	3:57	15.1 (79.9%)
23	JURA Krzysztof	54	MTS HAMER MIASTKO	M-40	3	00:00:03	00:02:35	00:14:40	00:27:46	00:40:21.80	00:40:25.25	+00:08:35 (21.3%)	4:02	14.9 (78.8%)
24	PANCEWICZ Piotr	111	RUNNERSWALDE DARŁOWO	M-30	9	00:00:02	00:02:51	00:15:17	00:28:07	00:40:38.05	00:40:40.90	+00:08:52 (21.8%)	4:03	14.8 (78.3%)
25	FERENC Rafał	27		M-30	10	00:00:04	00:02:33	00:14:48	00:27:44	00:40:51.75	00:40:55.80	+00:09:05 (22.3%)	4:05	14.7 (77.8%)
26	GARSKI Kryspin	31	ŚWIAT PŁYTEK U KRYSPIŃSKA	M-40	4	00:00:04	00:02:50	00:15:23	00:28:15	00:41:03.75	00:41:08.70	+00:09:17 (22.6%)	4:06	14.6 (77.2%)
27	HINC Waldemar	40	ZACISZE PRZECHLEWO	M-50	4	00:00:03	00:02:47	00:15:14	00:28:09	00:41:12.30	00:41:15.30	+00:09:26 (22.9%)	4:07	14.6 (77.2%)
28	DIADCZYK Krzysztof	199	FLORIAN CHOJNICE	M-50	5	00:00:12	00:02:38	00:15:19	00:28:12	00:41:17.05	00:41:29.05	+00:09:31 (23.1%)	4:07	14.5 (76.7%)
29	ŻUCHOWSKI Maciej	182	KPPSP BYTÓW	M-30	11	00:00:03	00:02:42	00:15:07	00:28:14	00:41:36.65	00:41:40.35	+00:09:50 (23.7%)	4:09	14.4 (76.2%)
30	SIEMIĄTKOWSKI Robert	137	RUNNERSWALDE DARŁOWO	M-30	12	00:00:05	00:02:48	00:15:24	00:28:48	00:41:44.25	00:41:49.55	+00:09:58 (23.9%)	4:10	14.4 (76.2%)
31	CZACH Sebastian	20	RUNNERSWALDE DARŁOWO	M-20	10	00:00:05	00:02:48	00:15:24	00:28:47	00:41:44.35	00:41:49.85	+00:09:58 (23.9%)	4:10	14.4 (76.2%)
32	BORKOWSKI Tomasz	13		M-40	5	00:00:02	00:02:47	00:15:13	00:28:19	00:41:50.10	00:41:52.90	+00:10:04 (24.1%)	4:11	14.3 (75.7%)
33	JABŁOŃSKI Krzysztof	43	MTS HAMER MIASTKO	M-30	13	00:00:04	00:02:48	00:15:24	00:28:41	00:42:02.90	00:42:07.75	+00:10:16 (24.5%)	4:12	14.3 (75.7%)
34	WNUK Stanisław	193	MARATOŃCZYK WIELKI KLINCZ	M-50	6	00:00:05	00:02:46	00:15:40	00:28:55	00:42:16.00	00:42:21.70	+00:10:30 (24.8%)	4:13	14.2 (75.1%)

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						startu	0.7km	3.8km	6.9km					
35	BONISŁAWSKI Jarosław	10	WWW.FADOMODA.PL	M-30	14	00:00:17	00:03:04	00:16:22	00:29:32	00:42:31.35	00:42:48.55	+00:10:45 (25.3%)	4:15	14.1 (74.6%)
36	GIERLACH Jacek	34	STOPA SŁUPSK	M-20	11	00:00:08	00:02:57	00:15:49	00:29:15	00:42:34.60	00:42:42.60	+00:10:48 (25.4%)	4:15	14.1 (74.6%)
37	SAJKO Bartosz	88		M-30	15	00:00:06	00:02:47	00:15:23	00:28:58	00:42:37.45	00:42:43.70	+00:10:51 (25.5%)	4:15	14.1 (74.6%)
38	SKIERKA Grzegorz	195	MKS ŚWIĘC SŁAWNO	M-30	16	00:00:13	00:03:14	00:16:27	00:29:45	00:42:48.55	00:43:02.00	+00:11:02 (25.8%)	4:16	14 (74.1%)
39	WANTOCH REKOWSKI Zbigniew	166	JRG MIASTKO	M-40	6	00:00:02	00:02:42	00:15:29	00:29:14	00:42:50.00	00:42:52.65	+00:11:04 (25.8%)	4:17	14 (74.1%)
40	MATYJASEK Zbigniew	96	TKKF KOSZALIN	M-40	7	00:00:03	00:02:38	00:15:24	00:29:31	00:43:16.65	00:43:20.35	+00:11:30 (26.6%)	4:19	13.9 (73.5%)
41	KROPIDŁOWSKI Zdzisław	69	MTS HAMER MIASTKO	M-40	8	00:00:03	00:02:50	00:16:02	00:29:39	00:43:20.45	00:43:24.05	+00:11:34 (26.7%)	4:20	13.8 (73.0%)
42	KULPACZYŃSKI Patryk	78	GOGGLE PAE TEAM	M-30	17	00:00:09	00:02:59	00:16:11	00:29:45	00:43:25.75	00:43:35.30	+00:11:39 (26.9%)	4:20	13.8 (73.0%)
43	OLESZEK Jerzy	107		M-40	9	00:00:03	00:02:48	00:16:04	00:29:48	00:43:27.45	00:43:31.40	+00:11:41 (26.9%)	4:20	13.8 (73.0%)
44	GRABOWSKI Andrzej	177	ŚWIAT PŁYTEK U KRYSPIŃ	M-40	10	00:00:06	00:02:58	00:16:15	00:30:00	00:43:35.15	00:43:41.30	+00:11:49 (27.1%)	4:21	13.8 (73.0%)
45	ŻYLICZ Paweł	183	STOPA SŁUPSK	M-20	12	00:00:05	00:02:58	00:16:22	00:30:08	00:43:45.20	00:43:50.70	+00:11:59 (27.4%)	4:22	13.7 (72.5%)
46	ZAWADZKI Damian	176	KB WYGAN KOŁOBRZEG	M-30	18	00:00:07	00:02:53	00:16:05	00:29:57	00:43:47.10	00:43:54.35	+00:12:01 (27.4%)	4:22	13.7 (72.5%)
47	KORDECKI Robert	194	MARATOŃCZYK WIELKI KLINCZ	M-20	13	00:00:03	00:02:45	00:15:35	00:29:16	00:44:14.50	00:44:18.40	+00:12:28 (28.2%)	4:25	13.6 (72.0%)
48	CZAJA Andrzej	38	UKS EKONOMIK-MARATOŃCZYK LĘBORK	M-50	7	00:00:09	00:03:06	00:16:28	00:30:18	00:44:29.85	00:44:38.95	+00:12:43 (28.6%)	4:26	13.5 (71.4%)
49	STOLTMAN Marek	155		M-20	14	00:00:09	00:02:55	00:16:26	00:30:40	00:44:46.00	00:44:55.10	+00:13:00 (29.0%)	4:28	13.4 (70.9%)
50	DWULIT Dariusz	23	MTS HAMER MIASTKO	M-40	11	00:00:14	00:02:56	00:16:31	00:30:37	00:44:49.20	00:45:03.85	+00:13:03 (29.1%)	4:28	13.4 (70.9%)
51	JAMNIAK Bartosz	44	MTS HAMER MIASTKO	M-20	15	00:00:03	00:02:34	00:16:10	00:30:36	00:44:54.00	00:44:57.60	+00:13:08 (29.3%)	4:29	13.4 (70.9%)
52	RUSZCZYŃSKI Łukasz	133	RWT BYDGOSZCZ/ WŁ SŁUPSK	M-30	19	00:00:05	00:02:58	00:16:39	00:30:44	00:44:55.05	00:45:00.60	+00:13:09 (29.3%)	4:29	13.4 (70.9%)
53	JANKIEWICZ Tomasz	46	MTS HAMER MIASTKO	M-40	12	00:00:05	00:02:52	00:16:38	00:30:48	00:44:58.20	00:45:03.20	+00:13:12 (29.4%)	4:29	13.3 (70.4%)
54	PĘKAŁA Piotr	118	SOSW KOSZALIN	M-40	13	00:00:11	00:03:03	00:16:29	00:30:52	00:44:59.70	00:45:10.85	+00:13:13 (29.4%)	4:29	13.3 (70.4%)
55	MAZUR Emiliusz	97		M-40	14	00:00:04	00:02:51	00:16:00	00:29:59	00:45:13.20	00:45:17.70	+00:13:27 (29.8%)	4:31	13.3 (70.4%)
56	KUBIŃSKI Rafał	73	NIGHT RUNNERS SŁUPSK	M-50	8	00:00:03	00:02:45	00:16:24	00:30:34	00:45:14.80	00:45:17.90	+00:13:28 (29.8%)	4:31	13.3 (70.4%)
57	PIŁCZYŃSKI Zbigniew	120	NIEZRZESZONY	M-50	9	00:00:05	00:03:02	00:16:31	00:30:55	00:45:31.30	00:45:37.10	+00:13:45 (30.2%)	4:33	13.2 (69.8%)

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						startu	0.7km	3.8km	6.9km					
58	JURA Michał	56	MTS HAMER MIASTKO	M-20	16	00:00:05	00:03:00	00:17:27	00:32:13	00:46:01.65	00:46:07.10	+00:14:15 (31.0%)	4:36	13 (68.8%)
59	SPALIK Michał	143	MTS HAMER MIASTKO	M-20	17	00:00:03	00:02:34	00:16:10	00:31:25	00:46:03.35	00:46:07.00	+00:14:17 (31.0%)	4:36	13 (68.8%)
60	MAJEWSKI Andrzej	89	MTS HAMER MIASTKO	M-40	15	00:00:15	00:03:17	00:17:28	00:31:54	00:46:04.95	00:46:20.15	+00:14:18 (31.1%)	4:36	13 (68.8%)
61	SZEWCZUK Andrzej	154	STOPA SŁUPSK	M-60	1	00:00:08	00:03:15	00:17:20	00:31:56	00:46:34.75	00:46:42.75	+00:14:48 (31.8%)	4:39	12.9 (68.3%)
62	SPALIK Mariusz	142	MTS HAMER MIASTKO	M-40	16	00:00:03	00:02:44	00:16:40	00:31:24	00:46:35.90	00:46:39.05	+00:14:49 (31.8%)	4:39	12.9 (68.3%)
63	ŚWIĄTEK-BRZEZIŃSKI Hubert	173	MTS HAMER MIASTKO	M-20	18	00:00:05	00:03:00	00:17:28	00:32:39	00:47:35.60	00:47:40.75	+00:15:49 (33.3%)	4:45	12.6 (66.7%)
64	SKOWYRSKI Janusz	138	TKKF KOSZALIN ROWERIA KOSZALIN	M-50	10	00:00:10	00:03:13	00:17:39	00:32:31	00:47:38.00	00:47:48.00	+00:15:52 (33.3%)	4:45	12.6 (66.7%)
65	WIERZBICKI Sylwester	169	RUNNERSWALDE DARŁOWO	M-30	20	00:00:09	00:03:08	00:17:29	00:32:31	00:47:42.35	00:47:51.35	+00:15:56 (33.4%)	4:46	12.6 (66.7%)
66	PETA Andrzej	116	MTS HAMER MIASTKO	M-40	17	00:00:04	00:02:57	00:17:18	00:32:18	00:47:42.95	00:47:47.35	+00:15:56 (33.4%)	4:46	12.6 (66.7%)
67	BOHDAN Jakub	9	MTS HAMER MIASTKO	M-20	19	00:00:06	00:02:59	00:17:25	00:32:15	00:48:03.15	00:48:09.20	+00:16:17 (33.9%)	4:48	12.5 (66.1%)
68	SZYMAŃSKI Mateusz	158		M-30	21	00:00:09	00:03:25	00:18:21	00:33:19	00:48:05.15	00:48:14.40	+00:16:19 (33.9%)	4:48	12.5 (66.1%)
69	PRUS Mikołaj	63		M-20	20	00:00:03	00:02:51	00:17:36	00:33:23	00:48:05.40	00:48:08.70	+00:16:19 (33.9%)	4:48	12.5 (66.1%)
70	WOWK Adrian	186		M-20	21	00:00:07	00:03:15	00:17:38	00:32:59	00:48:07.55	00:48:14.70	+00:16:21 (34.0%)	4:48	12.5 (66.1%)
71	KOWALCZYK Grzegorz	66	BIEG NAJLEPSZYM SPOSOBEM JEST PORUSZANIA	M-40	18	00:00:06	00:03:02	00:17:20	00:32:48	00:48:12.20	00:48:18.35	+00:16:26 (34.1%)	4:49	12.4 (65.6%)
72	SURDACKI Piotr	151	MONIA TEAM	M-40	19	00:00:06	00:03:16	00:18:08	00:33:15	00:48:16.10	00:48:23.05	+00:16:30 (34.2%)	4:49	12.4 (65.6%)
73	GABRYEL Wojciech	30	:-)	M-40	20	00:00:11	00:03:09	00:17:36	00:32:48	00:48:17.30	00:48:29.15	+00:16:31 (34.2%)	4:49	12.4 (65.6%)
74	KRUPKA Piotr	70	TEAM OPTIM	M-30	22	00:00:13	00:03:16	00:18:16	00:33:13	00:48:17.60	00:48:30.75	+00:16:31 (34.2%)	4:49	12.4 (65.6%)
75	DORAWA Wojciech	51		M-20	22	00:00:09	00:03:09	00:17:19	00:32:46	00:48:30.60	00:48:40.45	+00:16:44 (34.5%)	4:51	12.4 (65.6%)
76	POZORSKI Krzysztof	127	NIGHT RUNNERS SŁUPSK	M-30	23	00:00:06	00:03:10	00:17:40	00:33:01	00:48:30.85	00:48:37.20	+00:16:44 (34.5%)	4:51	12.4 (65.6%)
77	MICERSKI Tomasz	99	TKKF KOSZALIN	M-40	21	00:00:09	00:03:14	00:17:56	00:33:15	00:48:33.35	00:48:42.90	+00:16:47 (34.6%)	4:51	12.4 (65.6%)
78	FILIPÓW Tadeusz	28	NIEZRZESZONY	M-60	2	00:00:04	00:03:07	00:17:31	00:32:46	00:48:51.90	00:48:56.70	+00:17:05 (35.0%)	4:53	12.3 (65.1%)
79	TUROWSKI Wojciech	164		M-40	22	00:00:04	00:02:58	00:17:32	00:33:14	00:48:57.05	00:49:01.30	+00:17:11 (35.1%)	4:53	12.3 (65.1%)
80	SULL Kacper	150	NIGHT RUNNERS SŁUPSK	M-20	23	00:00:07	00:03:13	00:17:34	00:33:31	00:49:17.10	00:49:25.05	+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					
81	MALEK Andrzej	90	POZYTYWNA ENDORFINA	M-60	3	00:00:07	00:03:19	00:18:03	00:33:29	00:49:25.40	00:49:32.95	+00:17:39 (35.7%)	4:56	12.1 (64.0%)
82	ZBLEWSKI Patryk	178	NIGHT RUNNERS SŁUPSK	M-30	24	00:00:06	00:03:14	00:18:08	00:33:52	00:49:27.30	00:49:33.85	+00:17:41 (35.8%)	4:56	12.1 (64.0%)
83	KUCHARSKI Przemysław	74		M-30	25	00:00:10	00:03:22	00:18:22	00:33:39	00:49:28.90	00:49:39.20	+00:17:42 (35.8%)	4:56	12.1 (64.0%)
84	KRASIŃSKI Witold	67	JW 1223 - 3.DPLOT	M-40	23	00:00:09	00:03:16	00:17:53	00:33:36	00:49:38.85	00:49:48.10	+00:17:52 (36.0%)	4:57	12.1 (64.0%)
85	ŁASZCZ Dariusz	87		M-50	11	00:00:13	00:03:46	00:19:13	00:34:31	00:49:40.65	00:49:53.90	+00:17:54 (36.1%)	4:58	12.1 (64.0%)
86	IWASZKO Krzysztof	42	MTS HAMER MIASTKO	M-30	26	00:00:15	00:03:37	00:18:59	00:34:04	00:49:49.15	00:50:04.70	+00:18:03 (36.2%)	4:58	12 (63.5%)
87	MROCZEK Przemysław	79	NIGHT RUNNERS SŁUPSK	M-40	24	00:00:02	00:03:18	00:18:04	00:34:03	00:50:13.15	00:50:15.80	+00:18:27 (36.7%)	5:01	11.9 (63.0%)
88	KARGUL Jacek	59	NIGHT RUNNERS SŁUPSK	M-30	27	00:00:07	00:03:12	00:18:03	00:34:00	00:50:19.85	00:50:27.10	+00:18:33 (36.9%)	5:02	11.9 (63.0%)
89	WENCŁAWSKI Michał	167	ARAGORTEAM	M-20	24	00:00:07	00:03:12	00:17:57	00:34:12	00:50:36.25	00:50:44.15	+00:18:50 (37.2%)	5:03	11.9 (63.0%)
90	ŻMIENKO Hubert	181		M-30	28	00:00:10	00:03:11	00:18:10	00:34:33	00:51:12.05	00:51:22.35	+00:19:26 (38.0%)	5:07	11.7 (61.9%)
91	KUŁAKOWSKI Dawid	80	TKKF KOSZALIN	M-30	29	00:00:09	00:03:14	00:18:07	00:34:22	00:51:24.15	00:51:33.25	+00:19:38 (38.2%)	5:08	11.7 (61.9%)
92	ŻWIROWSKI Andrzej	39		M-30	30	00:00:06	00:03:17	00:18:37	00:34:43	00:51:27.40	00:51:33.85	+00:19:41 (38.3%)	5:08	11.7 (61.9%)
93	ŁASZCZ Adam	83		M-50	12	00:00:12	00:03:47	00:19:27	00:35:38	00:51:31.50	00:51:44.10	+00:19:45 (38.3%)	5:09	11.6 (61.4%)
94	ANDRZEJCZAK Sławomir	2	GRZESŁAW USTKA	M-40	25	00:00:09	00:03:12	00:18:13	00:34:31	00:51:40.80	00:51:49.90	+00:19:54 (38.5%)	5:10	11.6 (61.4%)
95	BRUDKA Jacek	76		M-30	31	00:00:12	00:03:15	00:18:35	00:35:05	00:52:02.50	00:52:14.65	+00:20:16 (39.0%)	5:12	11.5 (60.8%)
96	HAŁAS Piotr	58		M-30	32	00:00:06	00:03:16	00:18:31	00:35:23	00:52:26.25	00:52:32.70	+00:20:40 (39.4%)	5:14	11.4 (60.3%)
97	KUCHENBEKIER Arkadiusz	75		M-40	26	00:00:13	00:03:35	00:19:19	00:36:02	00:52:36.05	00:52:49.95	+00:20:50 (39.6%)	5:15	11.4 (60.3%)
98	CYBULSKI Robert	19	MTS HAMER MIASTKO	M-40	27	00:00:05	00:03:18	00:19:07	00:35:48	00:52:37.65	00:52:42.95	+00:20:51 (39.6%)	5:15	11.4 (60.3%)
99	WOŹNIAK Grzegorz	174	GRZESŁAW USTKA	M-40	28	00:00:08	00:03:25	00:18:48	00:35:37	00:53:23.50	00:53:32.00	+00:21:37 (40.5%)	5:20	11.2 (59.3%)
100	HASULAK Łukasz	61	MTS HAMER MIASTKO	M-30	33	00:00:10	00:03:28	00:18:52	00:35:30	00:53:46.80	00:53:57.55	+00:22:00 (40.9%)	5:22	11.2 (59.3%)
101	PIETRZYCKI Andrzej	119	NIEZRZESZONY	M-60	4	00:00:14	00:03:53	00:21:07	00:38:16	00:53:48.30	00:54:02.75	+00:22:02 (41.0%)	5:22	11.2 (59.3%)
102	SOROKA Tomasz	140	NIGHT RUNNERS SŁUPSK / BBL SŁUPSK	M-30	34	00:00:03	00:03:17	00:19:13	00:36:35	00:53:50.50	00:53:53.50	+00:22:04 (41.0%)	5:23	11.1 (58.7%)
103	SZABAŁOWSKI Marek	148		M-40	29	00:00:04	00:03:36	00:19:54	00:36:52	00:53:50.60	00:53:54.80	+00:22:04 (41.0%)	5:23	11.1 (58.7%)

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					
104	KUPREWICZ Grzegorz	82	ROZBIEGANY KOSZALIN	M-30	35	00:00:10	00:03:15	00:19:48	00:37:39	00:54:22.65	00:54:33.10	+00:22:36 (41.6%)	5:26	11 (58.2%)
105	TURCZYN Grzegorz	162	NIGHT RUNNERS SŁUPSK	M-40	30	00:00:13	00:03:38	00:19:50	00:37:01	00:54:22.80	00:54:36.00	+00:22:36 (41.6%)	5:26	11 (58.2%)
106	GREBIENIK Andrzej	36		M-40	31	00:00:11	00:03:40	00:19:37	00:37:08	00:54:56.10	00:55:07.35	+00:23:10 (42.2%)	5:29	10.9 (57.7%)
107	SŁOMSKI Zenon	139	KORZYBSKIE REKINY	M-60	5	00:00:08	00:03:43	00:19:59	00:36:55	00:54:58.60	00:55:07.40	+00:23:12 (42.2%)	5:29	10.9 (57.7%)
108	JURA Kazimierz	55	MTS HAMER MIASTKO	M-60	6	00:00:14	00:03:41	00:20:13	00:37:47	00:54:58.90	00:55:13.85	+00:23:12 (42.2%)	5:29	10.9 (57.7%)
109	MUSZYŃSKI Jacek	102	KB GOCH BYTÓW	M-60	7	00:00:14	00:03:40	00:20:10	00:37:39	00:55:02.20	00:55:16.50	+00:23:16 (42.3%)	5:30	10.9 (57.7%)
110	BUTKIEWICZ Wojciech	16		M-50	13	00:00:07	00:03:23	00:19:46	00:37:13	00:55:11.70	00:55:18.95	+00:23:25 (42.4%)	5:31	10.9 (57.7%)
111	GAŚIOR Paweł	33	ROZBIEGANY SUSZ	M-30	36	00:00:08	00:03:42	00:20:31	00:38:20	00:55:27.85	00:55:36.70	+00:23:41 (42.7%)	5:32	10.8 (57.1%)
112	MARCZAK Andrzej	94	AMATOR	M-50	14	00:00:08	00:03:39	00:20:50	00:38:23	00:56:17.80	00:56:25.80	+00:24:31 (43.6%)	5:37	10.7 (56.6%)
113	PARWANICKI Wiktor	112	'TUPOT' USTKA	M-60	8	00:00:14	00:03:57	00:20:55	00:38:56	00:57:37.05	00:57:51.85	+00:25:51 (44.9%)	5:45	10.4 (55.0%)
114	ŚLEDŹ Andrzej	160	WŁ SŁUPSK	M-40	32	00:00:05	00:03:22	00:20:06	00:38:54	00:57:47.15	00:57:53.10	+00:26:01 (45.0%)	5:46	10.4 (55.0%)
115	BĄCZYK Adam	5	MONIA TEAM	M-30	37	00:00:13	00:03:46	00:21:29	00:39:53	00:57:58.40	00:58:11.50	+00:26:12 (45.2%)	5:47	10.4 (55.0%)
116	POZORSKI Zbigniew	128	NIGHT RUNNERS SŁUPSK	M-60	9	00:00:07	00:03:43	00:20:49	00:39:19	00:58:16.05	00:58:23.10	+00:26:30 (45.5%)	5:49	10.3 (54.5%)
117	ZIĘBA Paweł	179	TKKF KOSZALIN	M-40	33	00:00:09	00:03:16	00:20:46	00:41:00	00:58:48.35	00:58:58.10	+00:27:02 (46.0%)	5:52	10.2 (54.0%)
118	LIŚNIEWSKI Andrzej	85	WKB META LUBLINIEC	M-40	34	00:00:13	00:03:53	00:21:29	00:40:17	00:59:36.20	00:59:50.10	+00:27:50 (46.7%)	5:57	10.1 (53.4%)
119	SZYSZKOWSKI Tomasz	159		M-30	38	00:00:11	00:03:35	00:21:52	00:41:18	00:59:40.70	00:59:52.30	+00:27:54 (46.8%)	5:58	10.1 (53.4%)
120	ZALEWSKI Grzegorz	175		M-30	39	00:00:08	00:03:41	00:21:02	00:40:22	01:00:29.60	01:00:38.40	+00:28:43 (47.5%)	6:03	9.9 (52.4%)
121	GRELA Maciej	192	FOLLOW ME SZCZECINEK	M-20	25	00:00:07	00:03:35	00:21:20	00:40:53	01:00:48.40	01:00:55.50	+00:29:02 (47.8%)	6:04	9.9 (52.4%)
122	BASARAB Adam	3		M-20	26	00:00:11	00:03:45	00:21:10	00:41:07	01:00:59.95	01:01:11.40	+00:29:13 (47.9%)	6:06	9.8 (51.9%)
123	JĘDRASZKO Łukasz	52		M-30	40	00:00:09	00:03:46	00:22:58	00:44:34	01:06:33.85	01:06:43.70	+00:34:47 (52.3%)	6:39	9 (47.6%)
	BORDUN Michał	12	NEKO	M-30		DNF	00:03:30 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	KŁOSIŃSKI Stanisław	190		M-50		DNF	00:04:34 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	MALINOWSKI Mariusz	104		M-40		DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 126 wynik(ów)