



III DECARUN KOSZALIN 10 KM

B4SPORT

Wydarzenie: III DecaRun Koszalin
Organizator: Spółka Decathlon sp. z o.o. z siedzibą w Warszawie
Data: 2019-08-15
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 2.5km	Laps 5km	Laps 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	220	HERKULES	M-40	1	00:08:01	00:16:08	00:24:23	00:32:36.55		3:15	18.4 (100%)
2	GAWRON Piotr	66	ULKS TALEX BORZYTUCHOM	M-20	1	00:08:28	00:17:27	00:26:33	00:35:37.20	+00:03:00 (8.5%)	3:33	16.8 (91.3%)
3	WOJTALIK Łukasz	306	POŁCZYN BIEGA	M-30	1	00:08:49	00:18:06	00:27:36	00:37:05.25	+00:04:28 (12.1%)	3:42	16.2 (88.0%)
4	GOLIŃSKI Łukasz	71	K.B. SPRINT ŚWIDWIN	M-40	2	00:09:12	00:18:42	00:28:13	00:37:40.35	+00:05:03 (13.4%)	3:46	15.9 (86.4%)
5	RUDNIKOWSKI Maciej	236	KLUB BIEGACZA DARŁOWSKIE CHARTY / BIEGUZROWISKOWY.PL	M-40	3	00:09:23	00:18:56	00:28:33	00:38:01.45	+00:05:24 (14.2%)	3:48	15.8 (85.9%)
6	DUDA Grzegorz	54	BEST BEASTS	M-40	4	00:09:09	00:18:51	00:28:47	00:38:39.25	+00:06:02 (15.6%)	3:51	15.5 (84.2%)
7	IGNACZAK Piotr	92	KB.10.BIAŁOGARD	M-20	2	00:09:17	00:19:07	00:28:59	00:38:46.20	+00:06:09 (15.9%)	3:52	15.5 (84.2%)
8	WITKIEWICZ Eryk	303	KB 10 BIAŁOGARD	M-40	5	00:09:16	00:19:02	00:28:57	00:38:52.90	+00:06:16 (16.1%)	3:53	15.4 (83.7%)
9	ZIENOWICZ Michał	322		M-20	3	00:09:30	00:19:21	00:29:08	00:38:53.65	+00:06:17 (16.2%)	3:53	15.4 (83.7%)
10	CZAPLIŃSKI Jacek	42	TAGER SPORT	M-30	2	00:09:35	00:19:23	00:29:14	00:39:00.20	+00:06:23 (16.4%)	3:54	15.4 (83.7%)
11	PICK Tomasz	215	SKSG KORONA SZCZECIN	M-40	6	00:09:32	00:19:26	00:29:26	00:39:01.70	+00:06:25 (16.4%)	3:54	15.4 (83.7%)
12	ZWOLIŃSKI Jan	326	TKKF KOSZALIN	M-50	1	00:09:44	00:19:40	00:29:53	00:39:57.60	+00:07:21 (18.4%)	3:59	15 (81.5%)
13	SITOWSKI Marcin	253	FC RYSIEK	M-20	4	00:09:42	00:19:40	00:29:55	00:40:01.65	+00:07:25 (18.5%)	4:00	15 (81.5%)
14	KLIMOWICZ Michał	124		M-30	3	00:09:42	00:19:43	00:29:58	00:40:03.30	+00:07:26 (18.6%)	4:00	15 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Różn	Tempo min/km	Tempo km/h
						Laps 2.5km	Laps 5km	Laps 7.5km	netto 10km			
15	SOMINKA Paweł	259	BAŁTYK-TRANS-SPEDITION	M-30	4	00:09:43	00:19:43	00:30:01	00:40:05.65	+00:07:29 (18.7%)	4:00	15 (81.5%)
16	CHRAPEK Janusz	36	BONVM KLUB SPORTOWY	M-30	5	00:09:03	00:20:25	00:30:49	00:40:51.15	+00:08:14 (20.2%)	4:05	14.7 (79.9%)
17	WALEŃSKI Michał	155		M-40	7	00:09:45	00:19:58	00:30:36	00:41:13.70	+00:08:37 (20.9%)	4:07	14.6 (79.3%)
18	SMAGOWSKI Wojciech	256	KB SPRINT ŚWIDWIN	M-40	8	00:09:47	00:20:01	00:30:38	00:41:27.50	+00:08:50 (21.3%)	4:08	14.5 (78.8%)
19	OLECH Adam	199	KAMIEŃ RYMAŃSKI	M-20	5	00:08:53	00:19:24	00:31:29	00:41:34.60	+00:08:58 (21.6%)	4:09	14.4 (78.3%)
20	DZIADEK Krzysztof	56		M-30	6	00:10:04	00:20:28	00:31:11	00:41:42.35	+00:09:05 (21.8%)	4:10	14.4 (78.3%)
21	TARNOWSKI Mariusz	280		M-30	7	00:09:33	00:20:02	00:30:52	00:42:02.30	+00:09:25 (22.4%)	4:12	14.3 (77.7%)
22	MAĆKOWIAK Krzysztof	164	HEIZZENTRALEN24.DE	M-40	9	00:10:05	00:20:38	00:31:30	00:42:05.60	+00:09:29 (22.5%)	4:12	14.3 (77.7%)
23	STAŃCZYK Sławomir	264		M-30	8	00:10:09	00:20:37	00:31:22	00:42:09.90	+00:09:33 (22.7%)	4:13	14.2 (77.2%)
24	MICHNOWICZ Ewelina	178		K-20	1	00:09:57	00:20:33	00:31:21	00:42:22.95	+00:09:46 (23.1%)	4:14	14.2 (77.2%)
25	RETKA Bartosz	335		M-30	9	00:10:43	00:21:42	00:32:45	00:43:16.70	+00:10:40 (24.7%)	4:19	13.9 (75.5%)
26	CHUPTYŚ Adrian	37	RUNDORFINA	M-30	10	00:10:10	00:21:03	00:32:17	00:43:19.50	+00:10:42 (24.7%)	4:19	13.9 (75.5%)
27	KOZIEŁ Paweł	140		M-40	10	00:10:22	00:21:18	00:32:25	00:43:31.55	+00:10:55 (25.1%)	4:21	13.8 (75.0%)
28	CYGAN Małgorzata	41		K-30	1	00:10:40	00:21:34	00:32:34	00:43:41.90	+00:11:05 (25.4%)	4:22	13.7 (74.5%)
29	RUBASZNIAK Radosław	235		M-30	11	00:10:46	00:21:48	00:33:02	00:43:58.05	+00:11:21 (25.8%)	4:23	13.6 (73.9%)
30	SZYMAŃSKI Piotr	276		M-40	11	00:11:10	00:22:09	00:33:10	00:44:11.90	+00:11:35 (26.2%)	4:25	13.6 (73.9%)
31	BURDZIK Michał	31		M-20	6	00:09:45	00:20:57	00:33:05	00:44:42.60	+00:12:06 (27.1%)	4:28	13.4 (72.8%)
32	MOKSA Dariusz	185		M-20	7	00:10:15	00:21:43	00:33:11	00:44:49.00	+00:12:12 (27.2%)	4:28	13.4 (72.8%)
33	KORMAN Kamil	134		M-20	8	00:10:13	00:21:26	00:33:13	00:44:55.80	+00:12:19 (27.4%)	4:29	13.4 (72.8%)
34	LITWIEJKO Przemysław	337		M-20	9	00:11:03	00:22:22	00:33:56	00:45:05.20	+00:12:28 (27.7%)	4:30	13.3 (72.3%)
35	ŁAWNICZAK Justyna	160	#ZABIEGANINOCA	K-30	2	00:10:59	00:22:15	00:33:37	00:45:06.05	+00:12:29 (27.7%)	4:30	13.3 (72.3%)
36	ŁOPIŃSKI Piotr	161	FSD	M-30	12	00:11:05	00:22:30	00:34:03	00:45:37.70	+00:13:01 (28.5%)	4:33	13.1 (71.2%)
37	KASZUBSKI Bartłomiej	112		M-20	10	00:10:58	00:22:28	00:34:12	00:45:41.25	+00:13:04 (28.6%)	4:34	13.1 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps			Czas	Różn	Tempo min/km	Tempo km/h
						2.5km	5km	7.5km	netto 10km			
38	KWIETNIEWSKI Daniel	153		M-40	12	00:11:00	00:22:35	00:34:14	00:45:42.65	+00:13:06 (28.7%)	4:34	13.1 (71.2%)
39	SOCHACKA Marta	257		K-30	3	00:11:23	00:23:10	00:34:34	00:45:48.45	+00:13:11 (28.8%)	4:34	13.1 (71.2%)
40	WĘSEK Maciej	296		M-20	11	00:11:31	00:22:56	00:34:36	00:45:51.45	+00:13:14 (28.9%)	4:35	13.1 (71.2%)
41	KRUPIŃSKI Krzysztof	146	E-UROLOG.EU	M-50	2	00:11:28	00:22:48	00:34:26	00:45:55.55	+00:13:19 (29.0%)	4:35	13.1 (71.2%)
42	KONKEL Agnieszka	130		K-30	4	00:10:43	00:22:10	00:34:01	00:46:01.10	+00:13:24 (29.1%)	4:36	13 (70.7%)
43	KUBIŚ Paweł	149	RUNDORFINA	M-30	13	00:11:53	00:23:36	00:35:01	00:46:02.80	+00:13:26 (29.2%)	4:36	13 (70.7%)
44	NOGA Sebastian	197	TKKF KOSZALIN	M-20	12	00:10:44	00:21:58	00:34:11	00:46:12.20	+00:13:35 (29.4%)	4:37	13 (70.7%)
45	WAŚOWSKI Robert	291	BIURO PODRÓŻY PARADISE TOUR	M-20	13	00:11:09	00:22:51	00:34:44	00:46:28.50	+00:13:51 (29.8%)	4:38	12.9 (70.1%)
46	PAWŁOWSKI Maciej	211		M-50	3	00:11:16	00:22:52	00:34:45	00:46:28.80	+00:13:52 (29.8%)	4:38	12.9 (70.1%)
47	ŻURAWIK Piotr	327		M-40	13	00:11:23	00:23:05	00:34:56	00:46:33.50	+00:13:56 (30.0%)	4:39	12.9 (70.1%)
48	STRZELECKI Zbigniew	267	KORZYBSKIE REKINY	M-60+	1	00:11:27	00:23:09	00:34:58	00:46:35.15	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
49	GÓRA Roman	76	BIEGOLASKOSZALIN	M-50	4	00:11:48	00:23:43	00:35:28	00:46:39.65	+00:14:03 (30.1%)	4:39	12.9 (70.1%)
50	OLEARCZUK Arkadiusz	136		M-40	14	00:10:50	00:22:35	00:34:52	00:46:43.15	+00:14:06 (30.2%)	4:40	12.8 (69.6%)
51	WOŁYŃSKA Wioletta	309	TKKF KOSZALIN	K-40	1	00:11:37	00:23:19	00:35:04	00:46:43.35	+00:14:06 (30.2%)	4:40	12.8 (69.6%)
52	OLSZAR Grzegorz	200	DARŁOWSKIE CHARTY/POLICJA	M-30	14	00:11:23	00:22:57	00:34:50	00:46:48.85	+00:14:12 (30.3%)	4:40	12.8 (69.6%)
53	RACISZ Mateusz	72	KAMIEŃ RYMAŃSKI	M-20	14	00:11:05	00:22:33	00:34:29	00:46:51.05	+00:14:14 (30.4%)	4:41	12.8 (69.6%)
54	ZAGALSKA Paulina	349		K-30	5	00:11:24	00:23:12	00:35:10	00:47:15.35	+00:14:38 (31.0%)	4:43	12.7 (69.0%)
55	BARUTOWICZ Grzegorz	6		M-30	15	00:11:37	00:23:25	00:35:22	00:47:18.65	+00:14:42 (31.1%)	4:43	12.7 (69.0%)
56	JÓZEFIAK Adrian	101		M-30	16	00:11:32	00:23:18	00:35:13	00:47:19.90	+00:14:43 (31.1%)	4:44	12.7 (69.0%)
57	ROGOŻA Ireneusz	233		M-40	15	00:11:37	00:23:29	00:35:27	00:47:22.35	+00:14:45 (31.2%)	4:44	12.7 (69.0%)
58	PILAREK Ireneusz	221		M-30	17	00:11:38	00:23:23	00:35:19	00:47:27.60	+00:14:51 (31.3%)	4:44	12.6 (68.5%)
59	KUROWSKA Izabela	206	UKL FENIKS ŚWIDWIN	K-40	2	00:11:10	00:22:59	00:35:03	00:47:28.10	+00:14:51 (31.3%)	4:44	12.6 (68.5%)
60	GROCHOWALSKI Rafał	77	K.B.SPRINT ŚWIDWIN	M-40	16	00:11:09	00:22:58	00:35:02	00:47:30.05	+00:14:53 (31.4%)	4:45	12.6 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps				Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						2.5km	5km	7.5km	10km				
61	KOCLEJDA Grzegorz	127	RUNDORFINA	M-40	17	00:11:59	00:23:48	00:35:41	00:47:37.75	+00:15:01 (31.5%)	4:45	12.6 (68.5%)	
62	KARASIUK Adam	106	AUTOSTORE	M-30	18	00:11:16	00:23:05	00:35:17	00:47:40.85	+00:15:04 (31.6%)	4:46	12.6 (68.5%)	
63	GUDANIEC Katarzyna	328	TRIATHLON TKKF KOSZALIN	K-30	6	00:10:49	00:22:40	00:35:06	00:47:42.85	+00:15:06 (31.7%)	4:46	12.6 (68.5%)	
64	KOZIEŁ Adam	139		M-20	15	00:10:39	00:22:39	00:35:09	00:47:43.55	+00:15:07 (31.7%)	4:46	12.6 (68.5%)	
65	KOPACZ Rafał	132		M-30	19	00:11:36	00:23:12	00:35:26	00:47:59.10	+00:15:22 (32.0%)	4:47	12.5 (67.9%)	
65	DERLIŃSKI Adam	51	TORNADO KOSZALIN	M-40	18	00:11:07	00:23:05	00:35:33	00:47:59.10	+00:15:22 (32.0%)	4:47	12.5 (67.9%)	
67	BUDZIŃSKI Paweł	29	DRUŻYNA SZPIKU	M-40	19	00:11:58	00:24:14	00:36:31	00:48:08.00	+00:15:31 (32.3%)	4:48	12.5 (67.9%)	
68	SPOLSKA Weronika	262		K-20	2	00:11:33	00:23:39	00:36:03	00:48:08.75	+00:15:32 (32.3%)	4:48	12.5 (67.9%)	
69	WILIŃSKI Marek	300	KB ŚPRINT ŚWIDWIN	M-50	5	00:11:56	00:23:55	00:36:03	00:48:10.50	+00:15:33 (32.3%)	4:49	12.5 (67.9%)	
70	BROCA Jarosław	26	FOREST RUN KOSZALIN	M-40	20	00:11:46	00:23:38	00:35:55	00:48:11.55	+00:15:35 (32.3%)	4:49	12.5 (67.9%)	
71	FIGARSKI Leszek	57		M-30	20	00:11:56	00:23:55	00:36:05	00:48:12.50	+00:15:35 (32.4%)	4:49	12.4 (67.4%)	
72	RUSINEK Dawid	338		M-20	16	00:11:23	00:23:35	00:36:15	00:48:13.15	+00:15:36 (32.4%)	4:49	12.4 (67.4%)	
73	CZERNAK Gracjan	44		M-30	21	00:11:43	00:23:49	00:36:06	00:48:14.35	+00:15:37 (32.4%)	4:49	12.4 (67.4%)	
74	ANTKOWIAK Sebastian	1	DB - ACTIVE	M-40	21	00:11:17	00:23:10	00:35:39	00:48:19.65	+00:15:43 (32.5%)	4:50	12.4 (67.4%)	
75	ZIELIŃSKI Maciej	321	KAMIEŃ RYMAŃSKI	M-20	17	00:11:29	00:23:58	00:36:51	00:48:23.00	+00:15:46 (32.6%)	4:50	12.4 (67.4%)	
76	KAŻMIERCZAK Andrzej	116		M-50	6	00:11:44	00:23:36	00:36:03	00:48:26.05	+00:15:49 (32.7%)	4:50	12.4 (67.4%)	
77	RODZIEWICZ- CZAPLIŃSKA Agnieszka	336		K-40	3	00:11:49	00:23:41	00:35:58	00:48:26.95	+00:15:50 (32.7%)	4:50	12.4 (67.4%)	
78	WIATRZYK Krzysztof	297	DARŁOWO	M-40	22	00:11:25	00:23:19	00:35:56	00:48:28.40	+00:15:51 (32.7%)	4:50	12.4 (67.4%)	
79	RUTKOWSKI Artur	239	RUNKING	M-20	18	00:11:15	00:23:35	00:36:22	00:49:02.30	+00:16:25 (33.5%)	4:54	12.2 (66.3%)	
79	MISZCZYK Jan	183	ROZBIEGANY KOSZALIN	M-30	22	00:11:40	00:24:03	00:36:39	00:49:02.30	+00:16:25 (33.5%)	4:54	12.2 (66.3%)	
81	BAWOŁ Andrzej	9	:-)	M-40	23	00:11:33	00:23:33	00:36:00	00:49:02.60	+00:16:26 (33.5%)	4:54	12.2 (66.3%)	
82	PIECHOTA Robert	217	ROZBIEGANY KOSZALIN	M-40	24	00:11:22	00:23:29	00:36:40	00:49:06.30	+00:16:29 (33.6%)	4:54	12.2 (66.3%)	
83	REMLAKOWSKI Krzysztof	232	WE RUN	M-40	25	00:11:47	00:23:52	00:36:22	00:49:10.25	+00:16:33 (33.7%)	4:55	12.2 (66.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 2.5km	Laps 5km	Laps 7.5km	Czas		Tempo min/km	Tempo km/h
									netto 10km	Różn		
84	WOJCIECHOWSKI Andrzej	305		M-40	26	00:12:06	00:24:18	00:36:55	00:49:24.55	+00:16:48 (34.0%)	4:56	12.1 (65.8%)
85	KRASIŃSKI Witold	144		M-40	27	00:11:40	00:24:06	00:36:54	00:49:33.10	+00:16:56 (34.2%)	4:57	12.1 (65.8%)
86	SZCZUBLEWSKI Martin	272	KAMIEŃ RYMANSKI	M-20	19	00:11:04	00:23:26	00:36:13	00:49:38.35	+00:17:01 (34.3%)	4:57	12.1 (65.8%)
87	GARNCAREK Paweł	61	ORZEŁ ŚWIESZYNO	M-30	23	00:12:06	00:24:33	00:37:10	00:49:38.50	+00:17:01 (34.3%)	4:57	12.1 (65.8%)
88	PIĘTKO Joanna	219		K-50	1	00:11:50	00:24:15	00:37:10	00:49:48.80	+00:17:12 (34.5%)	4:58	12 (65.2%)
89	ZIELIŃSKI Maciej	320		M-30	24	00:11:51	00:24:14	00:37:03	00:49:53.65	+00:17:17 (34.6%)	4:59	12 (65.2%)
90	CHABOWSKI Wojciech	33		M-20	20	00:11:17	00:23:32	00:36:45	00:50:06.45	+00:17:29 (34.9%)	5:00	12 (65.2%)
91	SPECJAŁ Dominik	261	DECATHLON PRZYMORZE TEAM	M-20	21	00:11:19	00:24:27	00:37:40	00:50:15.15	+00:17:38 (35.1%)	5:01	11.9 (64.7%)
92	MIELCZAREK Maciej	179	M&M	M-40	28	00:11:42	00:24:09	00:37:09	00:50:17.30	+00:17:40 (35.2%)	5:01	11.9 (64.7%)
93	KOZLOWIECKI Waldemar	142	TKKF KOSZALIN	M-60+	2	00:12:14	00:24:42	00:37:27	00:50:17.35	+00:17:40 (35.2%)	5:01	11.9 (64.7%)
94	GUDANIEC Radosław	329	TRIATKHLON TKKF KOSZALIN	M-50	7	00:12:07	00:24:34	00:37:23	00:50:18.75	+00:17:42 (35.2%)	5:01	11.9 (64.7%)
95	KUSZYŃSKI Dariusz	152	CASTORAMA KOSZALIN	M-40	29	00:12:27	00:25:07	00:37:49	00:50:27.25	+00:17:50 (35.4%)	5:02	11.9 (64.7%)
96	KOWALCZYK Piotr	137	FOR-REST-RUN	M-30	25	00:11:49	00:24:22	00:37:32	00:50:52.35	+00:18:15 (35.9%)	5:05	11.8 (64.1%)
97	KNUT-POTOCZNIK Gabriela	126	STOWARZYSZENIE KIERUNEK POLANÓW	K-30	7	00:11:54	00:24:35	00:37:45	00:50:57.20	+00:18:20 (36.0%)	5:05	11.8 (64.1%)
98	GAJEK Artur	59	KORZYBSKIE REKINY	M-40	30	00:11:47	00:24:26	00:37:37	00:51:06.50	+00:18:29 (36.2%)	5:06	11.7 (63.6%)
99	BODNAR Radosław	15	POŁCZYN BIEGA	M-30	26	00:12:29	00:25:15	00:38:11	00:51:07.50	+00:18:30 (36.2%)	5:06	11.7 (63.6%)
100	ZIÓLKOWSKA Gosia	323		K-30	8	00:11:45	00:24:45	00:38:06	00:51:18.65	+00:18:42 (36.4%)	5:07	11.7 (63.6%)
101	DRABKOWSKA Agnieszka	345		K-40	4	00:12:41	00:25:27	00:38:22	00:51:19.40	+00:18:42 (36.5%)	5:08	11.7 (63.6%)
102	STALUSZKA Dariusz	263	21.BLT	M-40	31	00:12:32	00:25:18	00:38:17	00:51:21.55	+00:18:45 (36.5%)	5:08	11.7 (63.6%)
103	DRULIK-HOŁUB Marta	53	TORNADO KOSZALIN	K-40	5	00:12:07	00:24:51	00:38:01	00:51:34.15	+00:18:57 (36.8%)	5:09	11.6 (63.0%)
104	KAZIMIEROWICZ Radosław	113	VTT KOSZALIN	M-30	27	00:12:20	00:25:01	00:38:21	00:51:41.30	+00:19:04 (36.9%)	5:10	11.6 (63.0%)
105	CHMARA Grzegorz	34	STM TEAM	M-50	8	00:12:30	00:25:17	00:38:16	00:51:51.45	+00:19:14 (37.1%)	5:11	11.6 (63.0%)
106	BOŚ Grzegorz	24	SUBVENTUM TEAM	M-30	28	00:12:40	00:25:14	00:37:45	00:51:56.65	+00:19:20 (37.2%)	5:11	11.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps			Czas	Różn	Tempo min/km	Tempo km/h
						2.5km	5km	7.5km	netto 10km			
107	ORLIKOWSKI Robert	203	POŁCZYN BIEGA	M-30	29	00:12:40	00:25:26	00:38:21	00:52:01.90	+00:19:25 (37.3%)	5:12	11.5 (62.5%)
108	GROMADA Bartosz	78		M-30	30	00:11:53	00:25:03	00:38:18	00:52:04.80	+00:19:28 (37.4%)	5:12	11.5 (62.5%)
109	SZYSZKOWSKI Tomasz	277		M-30	31	00:12:07	00:25:12	00:38:38	00:52:06.65	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
110	FORST Filip	58	KAMIEŃ RYMAŃSKI	M-20	22	00:11:04	00:24:16	00:37:56	00:52:06.85	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
111	BOJANOWSKI Mihał	20	KOŁOBRZESKI KLUB MORSÓW	M-40	32	00:11:28	00:24:28	00:38:22	00:52:21.65	+00:19:45 (37.7%)	5:14	11.5 (62.5%)
112	SZYMEN Karol	330		M-30	32	00:11:16	00:24:36	00:38:25	00:52:26.05	+00:19:49 (37.8%)	5:14	11.4 (62.0%)
113	JUSZCZAK Krzysztof	102		M-60+	3	00:12:23	00:25:38	00:39:14	00:52:44.40	+00:20:07 (38.2%)	5:16	11.4 (62.0%)
114	DĘBEK Michał	52		M-30	33	00:12:39	00:25:46	00:39:19	00:52:51.45	+00:20:14 (38.3%)	5:17	11.4 (62.0%)
115	STUBIEDA Robert	268	KARLINO BIEGAJ !	M-30	34	00:12:38	00:25:45	00:39:18	00:52:51.65	+00:20:15 (38.3%)	5:17	11.4 (62.0%)
116	MALESZA-HOUSIN Joanna	166	FORRESTRUN	K-40	6	00:12:35	00:25:23	00:39:01	00:52:51.90	+00:20:15 (38.3%)	5:17	11.3 (61.4%)
117	RZESZUTEK Michał	244	KAMIEŃ RYMAŃSKI	M-30	35	00:12:02	00:25:02	00:38:58	00:53:04.00	+00:20:27 (38.6%)	5:18	11.3 (61.4%)
118	SUDOŁ Mateusz	332	WYPISZ WYMALUJ	M-20	23	00:12:12	00:25:30	00:39:08	00:53:04.30	+00:20:27 (38.6%)	5:18	11.3 (61.4%)
119	GALICKI Robert	60		M-40	33	00:12:47	00:26:29	00:39:51	00:53:04.55	+00:20:28 (38.6%)	5:18	11.3 (61.4%)
120	USTJANOWSKA Katarzyna	287		K-30	9	00:13:04	00:26:12	00:39:29	00:53:05.10	+00:20:28 (38.6%)	5:18	11.3 (61.4%)
121	GASEK Wiesław	62	PARKRUN ŚWIDWIN	M-50	9	00:12:43	00:26:05	00:39:39	00:53:08.70	+00:20:32 (38.6%)	5:18	11.3 (61.4%)
122	PANCERZYŃSKI Łukasz	207		M-40	34	00:12:59	00:26:14	00:39:44	00:53:11.35	+00:20:34 (38.7%)	5:19	11.3 (61.4%)
123	MONGIAŁO Marcin	189	FAST FEET K-LIN	M-40	35	00:12:21	00:25:17	00:38:57	00:53:24.50	+00:20:47 (38.9%)	5:20	11.2 (60.9%)
124	DANIUK Kasia	46		K-40	7	00:12:25	00:25:56	00:39:48	00:53:31.15	+00:20:54 (39.1%)	5:21	11.2 (60.9%)
125	BORUC Barbara	22	PARKRUN SZCZECINEK	K-50	2	00:13:02	00:26:29	00:40:02	00:53:33.85	+00:20:57 (39.1%)	5:21	11.2 (60.9%)
126	WALCZAK Magdalena	288		K-40	8	00:12:35	00:25:24	00:39:36	00:53:39.20	+00:21:02 (39.2%)	5:21	11.2 (60.9%)
127	LENIK Hubert	154	JW 1223	M-30	36	00:11:27	00:24:55	00:39:20	00:53:45.40	+00:21:08 (39.3%)	5:22	11.2 (60.9%)
128	ZAKUTYŃSKA-KOWALCZYK Karolina	317		K-40	9	00:12:53	00:26:13	00:40:04	00:53:57.55	+00:21:21 (39.6%)	5:23	11.1 (60.3%)
129	KAMINSKI Tomasz	104	JEDNOSTKA WOJSKOWA 1223	M-40	36	00:11:27	00:24:57	00:39:58	00:53:59.20	+00:21:22 (39.6%)	5:23	11.1 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps			Czas	Różn	Tempo min/km	Tempo km/h
						2.5km	5km	7.5km	netto 10km			
130	WILCZYŃSKI Piotr	299		M-30	37	00:12:33	00:25:54	00:39:39	00:54:01.90	+00:21:25 (39.6%)	5:24	11.1 (60.3%)
131	OLSZEWSKA Nina	201	KAMIEŃ RYMAŃSKI	K-20	3	00:12:38	00:25:59	00:40:02	00:54:02.45	+00:21:25 (39.7%)	5:24	11.1 (60.3%)
132	BARSZCZEWSKI Sebastian	4	BŁĘKITNY PATROL WWF	M-40	37	00:12:29	00:26:01	00:40:19	00:54:37.30	+00:22:00 (40.3%)	5:27	11 (59.8%)
133	BODO Rafał	17	ZOZKOSZ KOSZALIN	M-30	38	00:12:27	00:25:53	00:40:02	00:54:57.05	+00:22:20 (40.7%)	5:29	10.9 (59.2%)
134	WRÓBLEWSKA Marta	310		K-40	10	00:13:02	00:26:39	00:40:46	00:54:57.85	+00:22:21 (40.7%)	5:29	10.9 (59.2%)
135	KOLIGAT Anna	128		K-30	10	00:13:23	00:27:02	00:40:55	00:54:58.85	+00:22:22 (40.7%)	5:29	10.9 (59.2%)
136	PISKORZ-WILCZAK Iwona	222	NKD	K-40	11	00:13:06	00:26:29	00:40:51	00:55:30.10	+00:22:53 (41.2%)	5:33	10.8 (58.7%)
137	MICHALIK Agnieszka	177		K-20	4	00:13:58	00:28:01	00:42:08	00:55:32.20	+00:22:55 (41.3%)	5:33	10.8 (58.7%)
138	SZYMAŃSKI Patryk	275		M-30	39	00:13:57	00:28:01	00:42:08	00:55:32.60	+00:22:56 (41.3%)	5:33	10.8 (58.7%)
139	KONKEL Łukasz	341		M-30	40	00:12:27	00:25:46	00:40:13	00:55:33.20	+00:22:56 (41.3%)	5:33	10.8 (58.7%)
140	KISIELIŃSKI Igor	120	TKKF KOSZALIN	M-50	10	00:12:24	00:25:13	00:39:50	00:55:33.65	+00:22:57 (41.3%)	5:33	10.8 (58.7%)
141	ŁANGOWSKI Paweł	158		M-20	24	00:13:07	00:26:25	00:40:21	00:55:34.40	+00:22:57 (41.3%)	5:33	10.8 (58.7%)
142	MONGIAŁO Aleksandra	188	FAST FEET K-LIN	K-30	11	00:13:21	00:27:17	00:41:20	00:55:37.15	+00:23:00 (41.4%)	5:33	10.8 (58.7%)
143	SZABŁOWIŃSKI Maciej	331		M-20	25	00:11:38	00:26:13	00:41:42	00:55:50.70	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
144	KARNICKI Zygmunt	108	TKKF KOSZALIN	M-60+	4	00:13:11	00:27:34	00:41:57	00:56:24.20	+00:23:47 (42.2%)	5:38	10.6 (57.6%)
145	DUDZIAK Piotr	55		M-40	38	00:12:50	00:27:24	00:42:09	00:56:30.60	+00:23:54 (42.3%)	5:39	10.6 (57.6%)
146	MICHALAK Michał	176	KAMIEŃ RYMAŃSKI	M-20	26	00:12:56	00:27:45	00:42:24	00:56:32.40	+00:23:55 (42.3%)	5:39	10.6 (57.6%)
147	MIKOŁAJCZAK Luiza	180	FSD	K-30	12	00:13:20	00:27:22	00:41:57	00:56:34.15	+00:23:57 (42.4%)	5:39	10.6 (57.6%)
148	ZANDER Jakub	150	KAMIEŃ RYMAŃSKI	M-20	27	00:13:20	00:27:44	00:42:24	00:56:36.40	+00:23:59 (42.4%)	5:39	10.6 (57.6%)
149	NAWROCKA Anna	194		K-30	13	00:12:47	00:27:01	00:41:39	00:56:38.15	+00:24:01 (42.4%)	5:39	10.6 (57.6%)
150	PIECHOCKI Robert	216		M-50	11	00:13:14	00:27:23	00:41:54	00:56:49.60	+00:24:13 (42.6%)	5:40	10.6 (57.6%)
151	JAROSZEWICZ Mirosław	96		M-40	39	00:12:56	00:27:02	00:41:36	00:57:02.65	+00:24:26 (42.8%)	5:42	10.5 (57.1%)
152	KLONOWSKI Artur	125	KOSPEL	M-40	40	00:13:16	00:27:15	00:41:54	00:57:14.95	+00:24:38 (43.0%)	5:43	10.5 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						
						Laps 2.5km	Laps 5km	Laps 7.5km	netto 10km	Różn	Tempo min/km	Tempo km/h
153	MURAWSKI Rafał	192		M-30	41	00:13:13	00:27:30	00:42:21	00:57:26.00	+00:24:49 (43.2%)	5:44	10.4 (56.5%)
154	TUROWSKI Michał	286	DECATHLON SŁUPSK	M-20	28	00:13:16	00:27:31	00:42:21	00:57:29.75	+00:24:53 (43.3%)	5:44	10.4 (56.5%)
155	TRZEŚNIEWSKI Zbigniew	284		M-50	12	00:13:23	00:27:34	00:42:32	00:58:29.35	+00:25:52 (44.2%)	5:50	10.3 (56.0%)
156	WALCZAK Adam	289		M-50	13	00:13:44	00:28:37	00:44:03	00:59:45.00	+00:27:08 (45.4%)	5:58	10 (54.3%)
157	KISIEL Radek	119		M-30	42	00:13:35	00:28:36	00:44:07	00:59:48.55	+00:27:12 (45.5%)	5:58	10 (54.3%)
158	PRZYBYŁ Krzysztof	228		M-30	43	00:13:57	00:28:01	00:43:57	01:00:16.60	+00:27:40 (45.9%)	6:01	10 (54.3%)
159	SZWEDA Mateusz	273	JW	M-30	44	00:13:57	00:28:01	00:43:58	01:00:17.60	+00:27:41 (45.9%)	6:01	10 (54.3%)
160	BUDZYŃSKA Elżbieta	30		K-50	3	00:14:33	00:29:51	00:45:58	01:02:14.15	+00:29:37 (47.6%)	6:13	9.6 (52.2%)
161	POLAK Mateusz	333		M-20	29	00:13:36	00:28:50	00:44:59	01:02:15.40	+00:29:38 (47.6%)	6:13	9.6 (52.2%)
162	MURAWSKA Katarzyna	191		K-30	14	00:14:39	00:30:01	00:46:07	01:02:28.90	+00:29:52 (47.8%)	6:14	9.6 (52.2%)
163	HELLER Zdzisław	88	NIEZRZESZONY	M-60+	5	00:14:40	00:30:17	00:46:24	01:02:29.25	+00:29:52 (47.8%)	6:14	9.6 (52.2%)
164	BAJ Norbert	2	AUTOSTORE	M-30	45	00:13:40	00:30:13	00:47:44	01:05:26.95	+00:32:50 (50.2%)	6:32	9.2 (50.0%)
165	KRAUZE Dawid	156		M-20	30	00:14:07	00:30:17	00:47:36	01:05:58.35	+00:33:21 (50.6%)	6:35	9.1 (49.5%)
166	KOZŁOWIECKA Małgorzata	141		K-50	4	00:15:24	00:31:40	00:48:46	01:06:08.60	+00:33:32 (50.7%)	6:36	9.1 (49.5%)
167	KOŁODZIEJCZAK Artur	129	NIGHT RUNNERS NEKLA	M-40	41	00:14:25	00:31:16	00:48:39	01:06:33.15	+00:33:56 (51.0%)	6:39	9 (48.9%)
168	PEŁKA Iwona	212		K-50	5	00:16:25	00:33:34	00:50:58	01:07:24.80	+00:34:48 (51.6%)	6:44	8.9 (48.4%)
169	SZYMANOWICZ Marcin	274		M-30	46	00:15:38	00:32:32	00:49:42	01:07:53.95	+00:35:17 (52.0%)	6:47	8.8 (47.8%)
170	STRZELECKA Agnieszka	266		K-30	15	00:15:41	00:32:34	00:49:45	01:07:56.10	+00:35:19 (52.0%)	6:47	8.8 (47.8%)
171	CIŻMOWSKA Barbara	40	MTS HAMER MIASTKO	K-60+	1	00:15:44	00:32:50	00:50:16	01:08:00.70	+00:35:24 (52.1%)	6:48	8.8 (47.8%)
172	HARASIM Emila	84		K-30	16	00:15:33	00:32:55	00:50:37	01:08:03.20	+00:35:26 (52.1%)	6:48	8.8 (47.8%)
173	KARASIUK Renata	107		K-30	17	00:16:17	00:33:41	00:51:27	01:09:09.05	+00:36:32 (52.8%)	6:54	8.7 (47.3%)
	CHORAŻY Karolina	339	LEO TEAM	K-30		00:11:21 DNF	00:22:50 DNF	DNF	DNF		-	- (0.0%)
	RADOMSKA Katarzyna	230		K-20		00:13:08 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 175 wynik(ów)