

# 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	<b>BORYCHOWSKI Mariusz</b>	<b>220</b>	HERKULES	M-40	1	00:08:01	00:16:08	00:24:23	<b>00:32:36.55</b>		3:15	18.4 (100%)
2	<b>GAWRON Piotr</b>	<b>66</b>	ULKS TALEX BORZYTUCHOM	M-20	1	00:08:28	00:17:27	00:26:33	<b>00:35:37.20</b>	+00:03:00 (8.5%)	3:33	16.8 (91.3%)
3	<b>WOJTALIK Łukasz</b>	<b>306</b>	POŁCZYN BIEGA	M-30	1	00:08:49	00:18:06	00:27:36	<b>00:37:05.25</b>	+00:04:28 (12.1%)	3:42	16.2 (88.0%)
4	<b>GOLIŃSKI Łukasz</b>	<b>71</b>	K.B. SPRINT ŚWIDWIN	M-40	2	00:09:12	00:18:42	00:28:13	<b>00:37:40.35</b>	+00:05:03 (13.4%)	3:46	15.9 (86.4%)
5	<b>RUDNIKOWSKI Maciej</b>	<b>236</b>	KLUB BIEGACZA DARŁOWSKIE CHARTY / BIEGUZROWISKOWY.PL	M-40	3	00:09:23	00:18:56	00:28:33	<b>00:38:01.45</b>	+00:05:24 (14.2%)	3:48	15.8 (85.9%)
6	<b>DUDA Grzegorz</b>	<b>54</b>	BEST BEASTS	M-40	4	00:09:09	00:18:51	00:28:47	<b>00:38:39.25</b>	+00:06:02 (15.6%)	3:51	15.5 (84.2%)
7	<b>IGNACZAK Piotr</b>	<b>92</b>	KB.10.BIAŁOGARD	M-20	2	00:09:17	00:19:07	00:28:59	<b>00:38:46.20</b>	+00:06:09 (15.9%)	3:52	15.5 (84.2%)
8	<b>WITKIEWICZ Eryk</b>	<b>303</b>	KB 10 BIAŁOGARD	M-40	5	00:09:16	00:19:02	00:28:57	<b>00:38:52.90</b>	+00:06:16 (16.1%)	3:53	15.4 (83.7%)
9	<b>ZIENOWICZ Michał</b>	<b>322</b>		M-20	3	00:09:30	00:19:21	00:29:08	<b>00:38:53.65</b>	+00:06:17 (16.2%)	3:53	15.4 (83.7%)
10	<b>CZAPLIŃSKI Jacek</b>	<b>42</b>	TAGER SPORT	M-30	2	00:09:35	00:19:23	00:29:14	<b>00:39:00.20</b>	+00:06:23 (16.4%)	3:54	15.4 (83.7%)
11	<b>PICK Tomasz</b>	<b>215</b>	SKSG KORONA SZCZECIN	M-40	6	00:09:32	00:19:26	00:29:26	<b>00:39:01.70</b>	+00:06:25 (16.4%)	3:54	15.4 (83.7%)
12	<b>ZWOLIŃSKI Jan</b>	<b>326</b>	TKKF KOSZALIN	M-50	1	00:09:44	00:19:40	00:29:53	<b>00:39:57.60</b>	+00:07:21 (18.4%)	3:59	15 (81.5%)
13	<b>SITOWSKI Marcin</b>	<b>253</b>	FC RYSIEK	M-20	4	00:09:42	00:19:40	00:29:55	<b>00:40:01.65</b>	+00:07:25 (18.5%)	4:00	15 (81.5%)
14	<b>KLIMOWICZ Michał</b>	<b>124</b>		M-30	3	00:09:42	00:19:43	00:29:58	<b>00:40:03.30</b>	+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	<b>SOMINKA Paweł</b>	<b>259</b>	BAŁTYK-TRANS-SPEDITION	M-30	4	00:09:43	00:19:43	00:30:01	<b>00:40:05.65</b>	+00:07:29 (18.7%)	4:00	15 (81.5%)
16	<b>CHRAPEK Janusz</b>	<b>36</b>	BONVM KLUB SPORTOWY	M-30	5	00:09:03	00:20:25	00:30:49	<b>00:40:51.15</b>	+00:08:14 (20.2%)	4:05	14.7 (79.9%)
17	<b>WALEŃSKI Michał</b>	<b>155</b>		M-40	7	00:09:45	00:19:58	00:30:36	<b>00:41:13.70</b>	+00:08:37 (20.9%)	4:07	14.6 (79.3%)
18	<b>SMAGOWSKI Wojciech</b>	<b>256</b>	KB SPRINT ŚWIDWIN	M-40	8	00:09:47	00:20:01	00:30:38	<b>00:41:27.50</b>	+00:08:50 (21.3%)	4:08	14.5 (78.8%)
19	<b>OLECH Adam</b>	<b>199</b>	KAMIEŃ RYMAŃSKI	M-20	5	00:08:53	00:19:24	00:31:29	<b>00:41:34.60</b>	+00:08:58 (21.6%)	4:09	14.4 (78.3%)
20	<b>DZIADEK Krzysztof</b>	<b>56</b>		M-30	6	00:10:04	00:20:28	00:31:11	<b>00:41:42.35</b>	+00:09:05 (21.8%)	4:10	14.4 (78.3%)
21	<b>TARNOWSKI Mariusz</b>	<b>280</b>		M-30	7	00:09:33	00:20:02	00:30:52	<b>00:42:02.30</b>	+00:09:25 (22.4%)	4:12	14.3 (77.7%)
22	<b>MAĆKOWIAK Krzysztof</b>	<b>164</b>	HEIZZENTRALEN24.DE	M-40	9	00:10:05	00:20:38	00:31:30	<b>00:42:05.60</b>	+00:09:29 (22.5%)	4:12	14.3 (77.7%)
23	<b>STAŃCZYK Sławomir</b>	<b>264</b>		M-30	8	00:10:09	00:20:37	00:31:22	<b>00:42:09.90</b>	+00:09:33 (22.7%)	4:13	14.2 (77.2%)
24	<b>MICHNOWICZ Ewelina</b>	<b>178</b>		K-20	1	00:09:57	00:20:33	00:31:21	<b>00:42:22.95</b>	+00:09:46 (23.1%)	4:14	14.2 (77.2%)
25	<b>RETKA Bartosz</b>	<b>335</b>		M-30	9	00:10:43	00:21:42	00:32:45	<b>00:43:16.70</b>	+00:10:40 (24.7%)	4:19	13.9 (75.5%)
26	<b>CHUPTYŚ Adrian</b>	<b>37</b>	RUNDORFINA	M-30	10	00:10:10	00:21:03	00:32:17	<b>00:43:19.50</b>	+00:10:42 (24.7%)	4:19	13.9 (75.5%)
27	<b>KOZIEŁ Paweł</b>	<b>140</b>		M-40	10	00:10:22	00:21:18	00:32:25	<b>00:43:31.55</b>	+00:10:55 (25.1%)	4:21	13.8 (75.0%)
28	<b>CYGAN Małgorzata</b>	<b>41</b>		K-30	1	00:10:40	00:21:34	00:32:34	<b>00:43:41.90</b>	+00:11:05 (25.4%)	4:22	13.7 (74.5%)
29	<b>RUBASZNIAK Radosław</b>	<b>235</b>		M-30	11	00:10:46	00:21:48	00:33:02	<b>00:43:58.05</b>	+00:11:21 (25.8%)	4:23	13.6 (73.9%)
30	<b>SZYMAŃSKI Piotr</b>	<b>276</b>		M-40	11	00:11:10	00:22:09	00:33:10	<b>00:44:11.90</b>	+00:11:35 (26.2%)	4:25	13.6 (73.9%)
31	<b>BURDZIK Michał</b>	<b>31</b>		M-20	6	00:09:45	00:20:57	00:33:05	<b>00:44:42.60</b>	+00:12:06 (27.1%)	4:28	13.4 (72.8%)
32	<b>MOKSA Dariusz</b>	<b>185</b>		M-20	7	00:10:15	00:21:43	00:33:11	<b>00:44:49.00</b>	+00:12:12 (27.2%)	4:28	13.4 (72.8%)
33	<b>KORMAN Kamil</b>	<b>134</b>		M-20	8	00:10:13	00:21:26	00:33:13	<b>00:44:55.80</b>	+00:12:19 (27.4%)	4:29	13.4 (72.8%)
34	<b>LITWIEJKO Przemysław</b>	<b>337</b>		M-20	9	00:11:03	00:22:22	00:33:56	<b>00:45:05.20</b>	+00:12:28 (27.7%)	4:30	13.3 (72.3%)
35	<b>ŁAWNICZAK Justyna</b>	<b>160</b>	#ZABIEGANINOCA	K-30	2	00:10:59	00:22:15	00:33:37	<b>00:45:06.05</b>	+00:12:29 (27.7%)	4:30	13.3 (72.3%)
36	<b>ŁOPIŃSKI Piotr</b>	<b>161</b>	FSD	M-30	12	00:11:05	00:22:30	00:34:03	<b>00:45:37.70</b>	+00:13:01 (28.5%)	4:33	13.1 (71.2%)
37	<b>KASZUBSKI Bartłomiej</b>	<b>112</b>		M-20	10	00:10:58	00:22:28	00:34:12	<b>00:45:41.25</b>	+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	<b>KWIETNIEWSKI Daniel</b>	<b>153</b>		M-40	12	00:11:00	00:22:35	00:34:14	<b>00:45:42.65</b>	+00:13:06 (28.7%)	4:34	13.1 (71.2%)
39	<b>SOCHACKA Marta</b>	<b>257</b>		K-30	3	00:11:23	00:23:10	00:34:34	<b>00:45:48.45</b>	+00:13:11 (28.8%)	4:34	13.1 (71.2%)
40	<b>WĘSEK Maciej</b>	<b>296</b>		M-20	11	00:11:31	00:22:56	00:34:36	<b>00:45:51.45</b>	+00:13:14 (28.9%)	4:35	13.1 (71.2%)
41	<b>KRUPIŃSKI Krzysztof</b>	<b>146</b>	E-UROLOG.EU	M-50	2	00:11:28	00:22:48	00:34:26	<b>00:45:55.55</b>	+00:13:19 (29.0%)	4:35	13.1 (71.2%)
42	<b>KONKEL Agnieszka</b>	<b>130</b>		K-30	4	00:10:43	00:22:10	00:34:01	<b>00:46:01.10</b>	+00:13:24 (29.1%)	4:36	13 (70.7%)
43	<b>KUBIŚ Paweł</b>	<b>149</b>	RUNDORFINA	M-30	13	00:11:53	00:23:36	00:35:01	<b>00:46:02.80</b>	+00:13:26 (29.2%)	4:36	13 (70.7%)
44	<b>NOGA Sebastian</b>	<b>197</b>	TKKF KOSZALIN	M-20	12	00:10:44	00:21:58	00:34:11	<b>00:46:12.20</b>	+00:13:35 (29.4%)	4:37	13 (70.7%)
45	<b>WAŚOWSKI Robert</b>	<b>291</b>	BIURO PODRÓŻY PARADISE TOUR	M-20	13	00:11:09	00:22:51	00:34:44	<b>00:46:28.50</b>	+00:13:51 (29.8%)	4:38	12.9 (70.1%)
46	<b>PAWŁOWSKI Maciej</b>	<b>211</b>		M-50	3	00:11:16	00:22:52	00:34:45	<b>00:46:28.80</b>	+00:13:52 (29.8%)	4:38	12.9 (70.1%)
47	<b>ŻURAWIK Piotr</b>	<b>327</b>		M-40	13	00:11:23	00:23:05	00:34:56	<b>00:46:33.50</b>	+00:13:56 (30.0%)	4:39	12.9 (70.1%)
48	<b>STRZELECKI Zbigniew</b>	<b>267</b>	KORZYBSKIE REKINY	M-60+	1	00:11:27	00:23:09	00:34:58	<b>00:46:35.15</b>	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
49	<b>GÓRA Roman</b>	<b>76</b>	BIEGOLASKOSZALIN	M-50	4	00:11:48	00:23:43	00:35:28	<b>00:46:39.65</b>	+00:14:03 (30.1%)	4:39	12.9 (70.1%)
50	<b>OLEARCZUK Arkadiusz</b>	<b>136</b>		M-40	14	00:10:50	00:22:35	00:34:52	<b>00:46:43.15</b>	+00:14:06 (30.2%)	4:40	12.8 (69.6%)
51	<b>WOŁYŃSKA Wioletta</b>	<b>309</b>	TKKF KOSZALIN	K-40	1	00:11:37	00:23:19	00:35:04	<b>00:46:43.35</b>	+00:14:06 (30.2%)	4:40	12.8 (69.6%)
52	<b>OLSZAR Grzegorz</b>	<b>200</b>	DARŁOWSKIE CHARTY/POLICJA	M-30	14	00:11:23	00:22:57	00:34:50	<b>00:46:48.85</b>	+00:14:12 (30.3%)	4:40	12.8 (69.6%)
53	<b>RACISZ Mateusz</b>	<b>72</b>	KAMIEŃ RYMAŃSKI	M-20	14	00:11:05	00:22:33	00:34:29	<b>00:46:51.05</b>	+00:14:14 (30.4%)	4:41	12.8 (69.6%)
54	<b>ZAGALSKA Paulina</b>	<b>349</b>		K-30	5	00:11:24	00:23:12	00:35:10	<b>00:47:15.35</b>	+00:14:38 (31.0%)	4:43	12.7 (69.0%)
55	<b>BARUTOWICZ Grzegorz</b>	<b>6</b>		M-30	15	00:11:37	00:23:25	00:35:22	<b>00:47:18.65</b>	+00:14:42 (31.1%)	4:43	12.7 (69.0%)
56	<b>JÓZEFIAK Adrian</b>	<b>101</b>		M-30	16	00:11:32	00:23:18	00:35:13	<b>00:47:19.90</b>	+00:14:43 (31.1%)	4:44	12.7 (69.0%)
57	<b>ROGOŻA Ireneusz</b>	<b>233</b>		M-40	15	00:11:37	00:23:29	00:35:27	<b>00:47:22.35</b>	+00:14:45 (31.2%)	4:44	12.7 (69.0%)
58	<b>PILAREK Ireneusz</b>	<b>221</b>		M-30	17	00:11:38	00:23:23	00:35:19	<b>00:47:27.60</b>	+00:14:51 (31.3%)	4:44	12.6 (68.5%)
59	<b>KUROWSKA Izabela</b>	<b>206</b>	UKL FENIKS ŚWIDWIN	K-40	2	00:11:10	00:22:59	00:35:03	<b>00:47:28.10</b>	+00:14:51 (31.3%)	4:44	12.6 (68.5%)
60	<b>GROCHOWALSKI Rafał</b>	<b>77</b>	K.B.SPRINT ŚWIDWIN	M-40	16	00:11:09	00:22:58	00:35:02	<b>00:47:30.05</b>	+00:14:53 (31.4%)	4:45	12.6 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 2.5km	Laps 5km	Laps 7.5km	Czas		Tempo min/km	Tempo km/h
									netto 10km	Różn		
61	<b>KOCLEJDA Grzegorz</b>	<b>127</b>	RUNDORFINA	M-40	17	00:11:59	00:23:48	00:35:41	<b>00:47:37.75</b>	+00:15:01 (31.5%)	4:45	12.6 (68.5%)
62	<b>KARASIUK Adam</b>	<b>106</b>	AUTOSTORE	M-30	18	00:11:16	00:23:05	00:35:17	<b>00:47:40.85</b>	+00:15:04 (31.6%)	4:46	12.6 (68.5%)
63	<b>GUDANIEC Katarzyna</b>	<b>328</b>	TRIATHLON TKKF KOSZALIN	K-30	6	00:10:49	00:22:40	00:35:06	<b>00:47:42.85</b>	+00:15:06 (31.7%)	4:46	12.6 (68.5%)
64	<b>KOZIEŁ Adam</b>	<b>139</b>		M-20	15	00:10:39	00:22:39	00:35:09	<b>00:47:43.55</b>	+00:15:07 (31.7%)	4:46	12.6 (68.5%)
65	<b>KOPACZ Rafał</b>	<b>132</b>		M-30	19	00:11:36	00:23:12	00:35:26	<b>00:47:59.10</b>	+00:15:22 (32.0%)	4:47	12.5 (67.9%)
65	<b>DERLIŃSKI Adam</b>	<b>51</b>	TORNADO KOSZALIN	M-40	18	00:11:07	00:23:05	00:35:33	<b>00:47:59.10</b>	+00:15:22 (32.0%)	4:47	12.5 (67.9%)
67	<b>BUDZIŃSKI Paweł</b>	<b>29</b>	DRUŻYNA SZPIKU	M-40	19	00:11:58	00:24:14	00:36:31	<b>00:48:08.00</b>	+00:15:31 (32.3%)	4:48	12.5 (67.9%)
68	<b>SPOLSKA Weronika</b>	<b>262</b>		K-20	2	00:11:33	00:23:39	00:36:03	<b>00:48:08.75</b>	+00:15:32 (32.3%)	4:48	12.5 (67.9%)
69	<b>WILIŃSKI Marek</b>	<b>300</b>	KB ŚPRINT ŚWIDWIN	M-50	5	00:11:56	00:23:55	00:36:03	<b>00:48:10.50</b>	+00:15:33 (32.3%)	4:49	12.5 (67.9%)
70	<b>BROCA Jarosław</b>	<b>26</b>	FOREST RUN KOSZALIN	M-40	20	00:11:46	00:23:38	00:35:55	<b>00:48:11.55</b>	+00:15:35 (32.3%)	4:49	12.5 (67.9%)
71	<b>FIGARSKI Leszek</b>	<b>57</b>		M-30	20	00:11:56	00:23:55	00:36:05	<b>00:48:12.50</b>	+00:15:35 (32.4%)	4:49	12.4 (67.4%)
72	<b>RUSINEK Dawid</b>	<b>338</b>		M-20	16	00:11:23	00:23:35	00:36:15	<b>00:48:13.15</b>	+00:15:36 (32.4%)	4:49	12.4 (67.4%)
73	<b>CZERNAK Gracjan</b>	<b>44</b>		M-30	21	00:11:43	00:23:49	00:36:06	<b>00:48:14.35</b>	+00:15:37 (32.4%)	4:49	12.4 (67.4%)
74	<b>ANTKOWIAK Sebastian</b>	<b>1</b>	DB - ACTIVE	M-40	21	00:11:17	00:23:10	00:35:39	<b>00:48:19.65</b>	+00:15:43 (32.5%)	4:50	12.4 (67.4%)
75	<b>ZIELIŃSKI Maciej</b>	<b>321</b>	KAMIEŃ RYMAŃSKI	M-20	17	00:11:29	00:23:58	00:36:51	<b>00:48:23.00</b>	+00:15:46 (32.6%)	4:50	12.4 (67.4%)
76	<b>KAŻMIERCZAK Andrzej</b>	<b>116</b>		M-50	6	00:11:44	00:23:36	00:36:03	<b>00:48:26.05</b>	+00:15:49 (32.7%)	4:50	12.4 (67.4%)
77	<b>RODZIEWICZ- CZAPLIŃSKA Agnieszka</b>	<b>336</b>		K-40	3	00:11:49	00:23:41	00:35:58	<b>00:48:26.95</b>	+00:15:50 (32.7%)	4:50	12.4 (67.4%)
78	<b>WIATRZYK Krzysztof</b>	<b>297</b>	DARŁOWO	M-40	22	00:11:25	00:23:19	00:35:56	<b>00:48:28.40</b>	+00:15:51 (32.7%)	4:50	12.4 (67.4%)
79	<b>RUTKOWSKI Artur</b>	<b>239</b>	RUNKING	M-20	18	00:11:15	00:23:35	00:36:22	<b>00:49:02.30</b>	+00:16:25 (33.5%)	4:54	12.2 (66.3%)
79	<b>MISZCZYK Jan</b>	<b>183</b>	ROZBIEGANY KOSZALIN	M-30	22	00:11:40	00:24:03	00:36:39	<b>00:49:02.30</b>	+00:16:25 (33.5%)	4:54	12.2 (66.3%)
81	<b>BAWOŁ Andrzej</b>	<b>9</b>	:-)	M-40	23	00:11:33	00:23:33	00:36:00	<b>00:49:02.60</b>	+00:16:26 (33.5%)	4:54	12.2 (66.3%)
82	<b>PIECHOTA Robert</b>	<b>217</b>	ROZBIEGANY KOSZALIN	M-40	24	00:11:22	00:23:29	00:36:40	<b>00:49:06.30</b>	+00:16:29 (33.6%)	4:54	12.2 (66.3%)
83	<b>REMLAKOWSKI Krzysztof</b>	<b>232</b>	WE RUN	M-40	25	00:11:47	00:23:52	00:36:22	<b>00:49:10.25</b>	+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	<b>WOJCIECHOWSKI Andrzej</b>	<b>305</b>		M-40	26	00:12:06	00:24:18	00:36:55	<b>00:49:24.55</b>	+00:16:48 (34.0%)	4:56	12.1 (65.8%)
85	<b>KRASIŃSKI Witold</b>	<b>144</b>		M-40	27	00:11:40	00:24:06	00:36:54	<b>00:49:33.10</b>	+00:16:56 (34.2%)	4:57	12.1 (65.8%)
86	<b>SZCZUBLEWSKI Martin</b>	<b>272</b>	KAMIEŃ RYMANSKI	M-20	19	00:11:04	00:23:26	00:36:13	<b>00:49:38.35</b>	+00:17:01 (34.3%)	4:57	12.1 (65.8%)
87	<b>GARNCAREK Paweł</b>	<b>61</b>	ORZEŁ ŚWIESZYNO	M-30	23	00:12:06	00:24:33	00:37:10	<b>00:49:38.50</b>	+00:17:01 (34.3%)	4:57	12.1 (65.8%)
88	<b>PIĘTKO Joanna</b>	<b>219</b>		K-50	1	00:11:50	00:24:15	00:37:10	<b>00:49:48.80</b>	+00:17:12 (34.5%)	4:58	12 (65.2%)
89	<b>ZIELIŃSKI Maciej</b>	<b>320</b>		M-30	24	00:11:51	00:24:14	00:37:03	<b>00:49:53.65</b>	+00:17:17 (34.6%)	4:59	12 (65.2%)
90	<b>CHABOWSKI Wojciech</b>	<b>33</b>		M-20	20	00:11:17	00:23:32	00:36:45	<b>00:50:06.45</b>	+00:17:29 (34.9%)	5:00	12 (65.2%)
91	<b>SPECJAŁ Dominik</b>	<b>261</b>	DECATHLON PRZYMORZE TEAM	M-20	21	00:11:19	00:24:27	00:37:40	<b>00:50:15.15</b>	+00:17:38 (35.1%)	5:01	11.9 (64.7%)
92	<b>MIELCZAREK Maciej</b>	<b>179</b>	M&M	M-40	28	00:11:42	00:24:09	00:37:09	<b>00:50:17.30</b>	+00:17:40 (35.2%)	5:01	11.9 (64.7%)
93	<b>KOZLOWIECKI Waldemar</b>	<b>142</b>	TKKF KOSZALIN	M-60+	2	00:12:14	00:24:42	00:37:27	<b>00:50:17.35</b>	+00:17:40 (35.2%)	5:01	11.9 (64.7%)
94	<b>GUDANIEC Radosław</b>	<b>329</b>	TRIATKHLON TKKF KOSZALIN	M-50	7	00:12:07	00:24:34	00:37:23	<b>00:50:18.75</b>	+00:17:42 (35.2%)	5:01	11.9 (64.7%)
95	<b>KUSZYŃSKI Dariusz</b>	<b>152</b>	CASTORAMA KOSZALIN	M-40	29	00:12:27	00:25:07	00:37:49	<b>00:50:27.25</b>	+00:17:50 (35.4%)	5:02	11.9 (64.7%)
96	<b>KOWALCZYK Piotr</b>	<b>137</b>	FOR-REST-RUN	M-30	25	00:11:49	00:24:22	00:37:32	<b>00:50:52.35</b>	+00:18:15 (35.9%)	5:05	11.8 (64.1%)
97	<b>KNUT-POTOCZNIK Gabriela</b>	<b>126</b>	STOWARZYSZENIE KIERUNEK POLANÓW	K-30	7	00:11:54	00:24:35	00:37:45	<b>00:50:57.20</b>	+00:18:20 (36.0%)	5:05	11.8 (64.1%)
98	<b>GAJEK Artur</b>	<b>59</b>	KORZYBSKIE REKINY	M-40	30	00:11:47	00:24:26	00:37:37	<b>00:51:06.50</b>	+00:18:29 (36.2%)	5:06	11.7 (63.6%)
99	<b>BODNAR Radosław</b>	<b>15</b>	POŁCZYN BIEGA	M-30	26	00:12:29	00:25:15	00:38:11	<b>00:51:07.50</b>	+00:18:30 (36.2%)	5:06	11.7 (63.6%)
100	<b>ZIÓLKOWSKA Gosia</b>	<b>323</b>		K-30	8	00:11:45	00:24:45	00:38:06	<b>00:51:18.65</b>	+00:18:42 (36.4%)	5:07	11.7 (63.6%)
101	<b>DRABKOWSKA Agnieszka</b>	<b>345</b>		K-40	4	00:12:41	00:25:27	00:38:22	<b>00:51:19.40</b>	+00:18:42 (36.5%)	5:08	11.7 (63.6%)
102	<b>STALUSZKA Dariusz</b>	<b>263</b>	21.BLT	M-40	31	00:12:32	00:25:18	00:38:17	<b>00:51:21.55</b>	+00:18:45 (36.5%)	5:08	11.7 (63.6%)
103	<b>DRULIK-HOŁUB Marta</b>	<b>53</b>	TORNADO KOSZALIN	K-40	5	00:12:07	00:24:51	00:38:01	<b>00:51:34.15</b>	+00:18:57 (36.8%)	5:09	11.6 (63.0%)
104	<b>KAZIMIEROWICZ Radosław</b>	<b>113</b>	VTT KOSZALIN	M-30	27	00:12:20	00:25:01	00:38:21	<b>00:51:41.30</b>	+00:19:04 (36.9%)	5:10	11.6 (63.0%)
105	<b>CHMARA Grzegorz</b>	<b>34</b>	STM TEAM	M-50	8	00:12:30	00:25:17	00:38:16	<b>00:51:51.45</b>	+00:19:14 (37.1%)	5:11	11.6 (63.0%)
106	<b>BOŚ Grzegorz</b>	<b>24</b>	SUBVENTUM TEAM	M-30	28	00:12:40	00:25:14	00:37:45	<b>00:51:56.65</b>	+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	<b>ORLIKOWSKI Robert</b>	<b>203</b>	POŁCZYN BIEGA	M-30	29	00:12:40	00:25:26	00:38:21	<b>00:52:01.90</b>	+00:19:25 (37.3%)	5:12	11.5 (62.5%)
108	<b>GROMADA Bartosz</b>	<b>78</b>		M-30	30	00:11:53	00:25:03	00:38:18	<b>00:52:04.80</b>	+00:19:28 (37.4%)	5:12	11.5 (62.5%)
109	<b>SZYSZKOWSKI Tomasz</b>	<b>277</b>		M-30	31	00:12:07	00:25:12	00:38:38	<b>00:52:06.65</b>	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
110	<b>FORST Filip</b>	<b>58</b>	KAMIEŃ RYMAŃSKI	M-20	22	00:11:04	00:24:16	00:37:56	<b>00:52:06.85</b>	+00:19:30 (37.4%)	5:12	11.5 (62.5%)
111	<b>BOJANOWSKI Mihał</b>	<b>20</b>	KOŁOBRZESKI KLUB MORSÓW	M-40	32	00:11:28	00:24:28	00:38:22	<b>00:52:21.65</b>	+00:19:45 (37.7%)	5:14	11.5 (62.5%)
112	<b>SZYMEN Karol</b>	<b>330</b>		M-30	32	00:11:16	00:24:36	00:38:25	<b>00:52:26.05</b>	+00:19:49 (37.8%)	5:14	11.4 (62.0%)
113	<b>JUSZCZAK Krzysztof</b>	<b>102</b>		M-60+	3	00:12:23	00:25:38	00:39:14	<b>00:52:44.40</b>	+00:20:07 (38.2%)	5:16	11.4 (62.0%)
114	<b>DĘBEK Michał</b>	<b>52</b>		M-30	33	00:12:39	00:25:46	00:39:19	<b>00:52:51.45</b>	+00:20:14 (38.3%)	5:17	11.4 (62.0%)
115	<b>STUBIEDA Robert</b>	<b>268</b>	KARLINO BIEGAJ !	M-30	34	00:12:38	00:25:45	00:39:18	<b>00:52:51.65</b>	+00:20:15 (38.3%)	5:17	11.4 (62.0%)
116	<b>MALESZA-HOUSIN Joanna</b>	<b>166</b>	FORRESTRUN	K-40	6	00:12:35	00:25:23	00:39:01	<b>00:52:51.90</b>	+00:20:15 (38.3%)	5:17	11.3 (61.4%)
117	<b>RZESZUTEK Michał</b>	<b>244</b>	KAMIEŃ RYMAŃSKI	M-30	35	00:12:02	00:25:02	00:38:58	<b>00:53:04.00</b>	+00:20:27 (38.6%)	5:18	11.3 (61.4%)
118	<b>SUDOŁ Mateusz</b>	<b>332</b>	WYPISZ WYMALUJ	M-20	23	00:12:12	00:25:30	00:39:08	<b>00:53:04.30</b>	+00:20:27 (38.6%)	5:18	11.3 (61.4%)
119	<b>GALICKI Robert</b>	<b>60</b>		M-40	33	00:12:47	00:26:29	00:39:51	<b>00:53:04.55</b>	+00:20:28 (38.6%)	5:18	11.3 (61.4%)
120	<b>USTJANOWSKA Katarzyna</b>	<b>287</b>		K-30	9	00:13:04	00:26:12	00:39:29	<b>00:53:05.10</b>	+00:20:28 (38.6%)	5:18	11.3 (61.4%)
121	<b>GASEK Wiesław</b>	<b>62</b>	PARKRUN ŚWIDWIN	M-50	9	00:12:43	00:26:05	00:39:39	<b>00:53:08.70</b>	+00:20:32 (38.6%)	5:18	11.3 (61.4%)
122	<b>PANCERZYŃSKI Łukasz</b>	<b>207</b>		M-40	34	00:12:59	00:26:14	00:39:44	<b>00:53:11.35</b>	+00:20:34 (38.7%)	5:19	11.3 (61.4%)
123	<b>MONGIAŁO Marcin</b>	<b>189</b>	FAST FEET K-LIN	M-40	35	00:12:21	00:25:17	00:38:57	<b>00:53:24.50</b>	+00:20:47 (38.9%)	5:20	11.2 (60.9%)
124	<b>DANIUK Kasia</b>	<b>46</b>		K-40	7	00:12:25	00:25:56	00:39:48	<b>00:53:31.15</b>	+00:20:54 (39.1%)	5:21	11.2 (60.9%)
125	<b>BORUC Barbara</b>	<b>22</b>	PARKRUN SZCZECINEK	K-50	2	00:13:02	00:26:29	00:40:02	<b>00:53:33.85</b>	+00:20:57 (39.1%)	5:21	11.2 (60.9%)
126	<b>WALCZAK Magdalena</b>	<b>288</b>		K-40	8	00:12:35	00:25:24	00:39:36	<b>00:53:39.20</b>	+00:21:02 (39.2%)	5:21	11.2 (60.9%)
127	<b>LENIK Hubert</b>	<b>154</b>	JW 1223	M-30	36	00:11:27	00:24:55	00:39:20	<b>00:53:45.40</b>	+00:21:08 (39.3%)	5:22	11.2 (60.9%)
128	<b>ZAKUTYŃSKA-KOWALCZYK Karolina</b>	<b>317</b>		K-40	9	00:12:53	00:26:13	00:40:04	<b>00:53:57.55</b>	+00:21:21 (39.6%)	5:23	11.1 (60.3%)
129	<b>KAMINSKI Tomasz</b>	<b>104</b>	JEDNOSTKA WOJSKOWA 1223	M-40	36	00:11:27	00:24:57	00:39:58	<b>00:53:59.20</b>	+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	<b>WILCZYŃSKI Piotr</b>	<b>299</b>		M-30	37	00:12:33	00:25:54	00:39:39	<b>00:54:01.90</b>	+00:21:25 (39.6%)	5:24	11.1 (60.3%)
131	<b>OLSZEWSKA Nina</b>	<b>201</b>	KAMIEŃ RYMAŃSKI	K-20	3	00:12:38	00:25:59	00:40:02	<b>00:54:02.45</b>	+00:21:25 (39.7%)	5:24	11.1 (60.3%)
132	<b>BARSZCZEWSKI Sebastian</b>	<b>4</b>	BŁĘKITNY PATROL WWF	M-40	37	00:12:29	00:26:01	00:40:19	<b>00:54:37.30</b>	+00:22:00 (40.3%)	5:27	11 (59.8%)
133	<b>BODO Rafał</b>	<b>17</b>	ZOZKOSZ KOSZALIN	M-30	38	00:12:27	00:25:53	00:40:02	<b>00:54:57.05</b>	+00:22:20 (40.7%)	5:29	10.9 (59.2%)
134	<b>WRÓBLEWSKA Marta</b>	<b>310</b>		K-40	10	00:13:02	00:26:39	00:40:46	<b>00:54:57.85</b>	+00:22:21 (40.7%)	5:29	10.9 (59.2%)
135	<b>KOLIGAT Anna</b>	<b>128</b>		K-30	10	00:13:23	00:27:02	00:40:55	<b>00:54:58.85</b>	+00:22:22 (40.7%)	5:29	10.9 (59.2%)
136	<b>PISKORZ-WILCZAK Iwona</b>	<b>222</b>	NKD	K-40	11	00:13:06	00:26:29	00:40:51	<b>00:55:30.10</b>	+00:22:53 (41.2%)	5:33	10.8 (58.7%)
137	<b>MICHALIK Agnieszka</b>	<b>177</b>		K-20	4	00:13:58	00:28:01	00:42:08	<b>00:55:32.20</b>	+00:22:55 (41.3%)	5:33	10.8 (58.7%)
138	<b>SZYMAŃSKI Patryk</b>	<b>275</b>		M-30	39	00:13:57	00:28:01	00:42:08	<b>00:55:32.60</b>	+00:22:56 (41.3%)	5:33	10.8 (58.7%)
139	<b>KONKEL Łukasz</b>	<b>341</b>		M-30	40	00:12:27	00:25:46	00:40:13	<b>00:55:33.20</b>	+00:22:56 (41.3%)	5:33	10.8 (58.7%)
140	<b>KISIELIŃSKI Igor</b>	<b>120</b>	TKKF KOSZALIN	M-50	10	00:12:24	00:25:13	00:39:50	<b>00:55:33.65</b>	+00:22:57 (41.3%)	5:33	10.8 (58.7%)
141	<b>ŁANGOWSKI Paweł</b>	<b>158</b>		M-20	24	00:13:07	00:26:25	00:40:21	<b>00:55:34.40</b>	+00:22:57 (41.3%)	5:33	10.8 (58.7%)
142	<b>MONGIAŁO Aleksandra</b>	<b>188</b>	FAST FEET K-LIN	K-30	11	00:13:21	00:27:17	00:41:20	<b>00:55:37.15</b>	+00:23:00 (41.4%)	5:33	10.8 (58.7%)
143	<b>SZABŁOWIŃSKI Maciej</b>	<b>331</b>		M-20	25	00:11:38	00:26:13	00:41:42	<b>00:55:50.70</b>	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
144	<b>KARNICKI Zygmunt</b>	<b>108</b>	TKKF KOSZALIN	M-60+	4	00:13:11	00:27:34	00:41:57	<b>00:56:24.20</b>	+00:23:47 (42.2%)	5:38	10.6 (57.6%)
145	<b>DUDZIAK Piotr</b>	<b>55</b>		M-40	38	00:12:50	00:27:24	00:42:09	<b>00:56:30.60</b>	+00:23:54 (42.3%)	5:39	10.6 (57.6%)
146	<b>MICHALAK Michał</b>	<b>176</b>	KAMIEŃ RYMAŃSKI	M-20	26	00:12:56	00:27:45	00:42:24	<b>00:56:32.40</b>	+00:23:55 (42.3%)	5:39	10.6 (57.6%)
147	<b>MIKOŁAJCZAK Luiza</b>	<b>180</b>	FSD	K-30	12	00:13:20	00:27:22	00:41:57	<b>00:56:34.15</b>	+00:23:57 (42.4%)	5:39	10.6 (57.6%)
148	<b>ZANDER Jakub</b>	<b>150</b>	KAMIEŃ RYMAŃSKI	M-20	27	00:13:20	00:27:44	00:42:24	<b>00:56:36.40</b>	+00:23:59 (42.4%)	5:39	10.6 (57.6%)
149	<b>NAWROCKA Anna</b>	<b>194</b>		K-30	13	00:12:47	00:27:01	00:41:39	<b>00:56:38.15</b>	+00:24:01 (42.4%)	5:39	10.6 (57.6%)
150	<b>PIECHOCKI Robert</b>	<b>216</b>		M-50	11	00:13:14	00:27:23	00:41:54	<b>00:56:49.60</b>	+00:24:13 (42.6%)	5:40	10.6 (57.6%)
151	<b>JAROSZEWICZ Mirosław</b>	<b>96</b>		M-40	39	00:12:56	00:27:02	00:41:36	<b>00:57:02.65</b>	+00:24:26 (42.8%)	5:42	10.5 (57.1%)
152	<b>KLONOWSKI Artur</b>	<b>125</b>	KOSPEL	M-40	40	00:13:16	00:27:15	00:41:54	<b>00:57:14.95</b>	+00:24:38 (43.0%)	5:43	10.5 (57.1%)

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



Znaleziono 175 wynik(ów)