



III DECARUN KOSZALIN 5 KM

B4SPORT

Wydarzenie: III DecaRun Koszalin
Organizator: Spółka Decathlon sp. z o.o. z siedzibą w Warszawie
Data: 2019-08-15
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PYSHNIAK Kostiantyn	282	TKKF KOSZALIN	M-20	1	00:08:02	00:16:14.85		3:15	18.5 (100%)
2	SIÓDMIAK Igor	252	7PRO SIÓDMIAK TEAM, MBC ,MKP	M-20	2	00:08:09	00:16:35.30	+00:00:20 (2.1%)	3:19	18.1 (97.8%)
3	PERLIK Tomasz	214	MTS HAMER MIASTKO	M-30	1	00:08:20	00:16:49.45	+00:00:34 (3.4%)	3:22	17.8 (96.2%)
4	SIADAK Arkadiusz	249		M-30	2	00:08:43	00:17:15.65	+00:01:00 (5.9%)	3:27	17.4 (94.1%)
5	MAJKOWICZ Rafał	165		M-30	3	00:08:47	00:17:54.80	+00:01:39 (9.3%)	3:35	16.7 (90.3%)
6	GOS Mateusz	73	START PUŁAWSKI WARKA	M-20	3	00:08:49	00:18:06.60	+00:01:51 (10.3%)	3:37	16.6 (89.7%)
7	KASZUBIAK Klaudiusz	111		M-40	1	00:09:10	00:18:13.65	+00:01:58 (10.9%)	3:38	16.5 (89.2%)
8	RYKIEL Michał	243	DĄBROWSKI TEAM	M-30	4	00:09:04	00:18:25.30	+00:02:10 (11.8%)	3:41	16.3 (88.1%)
9	ROKOSZ Radosław	346	JW 1223	M-30	5	00:09:21	00:18:44.50	+00:02:29 (13.3%)	3:44	16 (86.5%)
10	ZUKAL Piotr	324		M-40	2	00:09:21	00:18:46.70	+00:02:31 (13.5%)	3:45	16 (86.5%)
11	MASŁOWSKI Mateusz	173	TEAM ROGELLI	M-30	6	00:09:22	00:19:04.15	+00:02:49 (14.8%)	3:48	15.7 (84.9%)
12	POŁUBIŃSKI Paweł	225	BORNE BIEGA	M-40	3	00:09:23	00:19:17.05	+00:03:02 (15.7%)	3:51	15.6 (84.3%)
13	DĄBKOWSKI Maciej	48	7PRO SIÓDMIAK TEAM / MKP	M-20	4	00:09:40	00:19:21.70	+00:03:06 (16.1%)	3:52	15.5 (83.8%)
14	PRZEWŁOCKI Michał	227	TKKF KOSZALIN	M-30	7	00:09:28	00:19:25.10	+00:03:10 (16.3%)	3:53	15.5 (83.8%)
15	SIENIAWSKI Jarek	250	MEDEN-INMED SPORTS TEAM	M-40	4	00:09:46	00:19:27.05	+00:03:12 (16.5%)	3:53	15.4 (83.2%)
16	OPIELA Paweł	202	7PRO SIÓDMIAK TEAM	M-20	5	00:09:41	00:19:28.40	+00:03:13 (16.6%)	3:53	15.4 (83.2%)
17	LEWANDOWSKI Jacek	157	STARY BOREK	M-40	5	00:09:44	00:19:29.50	+00:03:14 (16.6%)	3:53	15.4 (83.2%)
18	MAZUR Emilusz	174	DARŁOWSKI OGR	M-40	6	00:09:49	00:19:48.80	+00:03:33 (18.0%)	3:57	15.1 (81.6%)
19	CIASTOŃ Tomasz	38	ORSKOV FOODS TEAM	M-30	8	00:09:39	00:19:49.35	+00:03:34 (18.0%)	3:57	15.1 (81.6%)
20	POPŁAWSKI Daniel	226		M-30	9	00:09:18	00:19:49.85	+00:03:35 (18.1%)	3:58	15.1 (81.6%)
21	KUKIEŁA Tomasz	151	ROZBIEGANY FUN CLUB KAROLINKI I MATYLDKI K	M-40	7	00:09:43	00:20:00.35	+00:03:45 (18.8%)	4:00	15 (81.1%)
22	WITKIEWICZ Magdalena	304	KB 10 BIAŁOGARD	K-40	1	00:09:55	00:20:05.90	+00:03:51 (19.2%)	4:01	14.9 (80.5%)
23	KRACZKOWSKI Przemysław	143		M-40	8	00:10:03	00:20:30.45	+00:04:15 (20.8%)	4:06	14.6 (78.9%)
24	RYBICKI Andrzej	242	KB SPOKO SŁAWNO	M-30	10	00:10:18	00:20:52.60	+00:04:37 (22.2%)	4:10	14.4 (77.8%)
25	LIS Stanisław	343		M-30	11	00:10:14	00:20:59.65	+00:04:44 (22.6%)	4:12	14.3 (77.3%)
26	SZPITER Tomasz	3	OLAWS ZŁOTORYJA	M-50	1	00:10:22	00:21:05.90	+00:04:51 (23.0%)	4:13	14.2 (76.8%)
27	KOWALIK Natalia	138	MKL SZCZECINEK	K-20	1	00:09:53	00:21:22.30	+00:05:07 (24.0%)	4:16	14 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 2.5km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
28	OLCZAK Krzysztof	198		M-30	12	00:10:45	00:21:22.45	+00:05:07 (24.0%)	4:16	14 (75.7%)
29	RADOMSKI Heronim	231	CZARNE BIEGA	M-50	2	00:10:29	00:21:23.35	+00:05:08 (24.0%)	4:16	14 (75.7%)
30	BŁASZCZYK Piotr	14		M-40	9	00:10:38	00:21:24.50	+00:05:09 (24.1%)	4:16	14 (75.7%)
31	SOSNOWSKI Tomasz	260	FPP FUNKCJONALNOŚĆ PONAD POMPE	M-20	6	00:10:47	00:21:34.15	+00:05:19 (24.7%)	4:18	13.9 (75.1%)
32	PAWŁOWICZ Roland	210	7PRO SIÓDMIAK TEAM	M-20	7	00:10:46	00:21:45.60	+00:05:30 (25.3%)	4:21	13.8 (74.6%)
33	MARCINIAK Michał	168		M-20	8	00:10:40	00:21:45.90	+00:05:31 (25.4%)	4:21	13.8 (74.6%)
34	DAVIES Chris	47		M-30	13	00:10:36	00:21:48.20	+00:05:33 (25.5%)	4:21	13.8 (74.6%)
35	WEBER Paweł	292	FPP	M-30	14	00:10:47	00:21:50.60	+00:05:35 (25.6%)	4:22	13.7 (74.1%)
36	HAWRYŁAK Marcin	85	AMPIO TEAM	M-50	3	00:10:38	00:21:50.80	+00:05:35 (25.6%)	4:22	13.7 (74.1%)
37	GOŹDZIK-ZARĘBA Aneta	75	ŁÓDŹ KOCHA SPORT	K-30	1	00:10:39	00:21:52.75	+00:05:37 (25.7%)	4:22	13.7 (74.1%)
38	RUTKOWSKI Ryszard	240	RUNKING	M-50	4	00:10:52	00:22:06.00	+00:05:51 (26.5%)	4:25	13.6 (73.5%)
39	BIEŃKOWSKI Tomasz	169		M-30	15	00:10:55	00:22:13.40	+00:05:58 (26.9%)	4:26	13.5 (73.0%)
40	THOMAS Daniel	281	PRECON POLSKA	M-30	16	00:10:52	00:22:14.50	+00:05:59 (27.0%)	4:26	13.5 (73.0%)
41	KONOWALSKI Bartosz	131		M-40	10	00:11:08	00:22:15.05	+00:06:00 (27.0%)	4:27	13.5 (73.0%)
42	KLENIEWSKI Piotr	121	ROZBIEGANY KOSZALIN	M-50	5	00:11:01	00:22:21.20	+00:06:06 (27.3%)	4:28	13.4 (72.4%)
43	IWANIEC Darek	93	TKKF KOSZALIN	M-40	11	00:10:54	00:22:21.85	+00:06:07 (27.4%)	4:28	13.4 (72.4%)
44	PASIEKA Agnieszka	209	UKL FENIKS ŚWIDWIN/ 21 BLT	K-30	2	00:10:55	00:22:22.65	+00:06:07 (27.4%)	4:28	13.4 (72.4%)
45	HOREGLAD Paweł	91	SPEEDY GONZALES	M-20	9	00:10:24	00:22:23.10	+00:06:08 (27.4%)	4:28	13.4 (72.4%)
46	ZAKIELARZ Jan	316	PRECON POLSKA JASTROWIE	M-60+	1	00:11:01	00:22:27.20	+00:06:12 (27.6%)	4:29	13.4 (72.4%)
47	PERLIK Katarzyna	213	MTS HAMER MIASTKO	K-20	2	00:11:19	00:22:27.30	+00:06:12 (27.6%)	4:29	13.4 (72.4%)
48	ADAMOWICZ Paweł	344		M-30	17	00:10:47	00:22:31.10	+00:06:16 (27.8%)	4:30	13.3 (71.9%)
49	MINKO Mariola	182		K-30	3	00:10:51	00:22:38.05	+00:06:23 (28.2%)	4:31	13.3 (71.9%)
50	WILKOWSKI Krzysztof	301	FOR-REST-RUN	M-40	12	00:11:23	00:22:57.80	+00:06:42 (29.2%)	4:35	13.1 (70.8%)
51	GOSTOMCZYK Krzysztof	74	KB SPOKO SŁAWNO	M-40	13	00:11:23	00:23:04.65	+00:06:49 (29.6%)	4:37	13 (70.3%)
52	BOREK Daniel	21		M-30	18	00:11:22	00:23:06.65	+00:06:51 (29.7%)	4:37	13 (70.3%)
53	ZAKIELARZ Piotr	315	PRECON POLSKA	M-30	19	00:11:28	00:23:08.45	+00:06:53 (29.8%)	4:37	13 (70.3%)
54	HAMALA Marcin	342	TAGER KOSZALIN	M-30	20	00:11:38	00:23:15.85	+00:07:01 (30.2%)	4:39	12.9 (69.7%)
55	BLICHARZ Monika	13	TAGER KOSZALIN	K-30	4	00:11:39	00:23:16.15	+00:07:01 (30.2%)	4:39	12.9 (69.7%)
56	REDLICKI Piotr	340		M-30	21	00:11:37	00:23:19.40	+00:07:04 (30.3%)	4:39	12.9 (69.7%)
57	MIKUSZEWSKI Arkadiusz	83		M-30	22	00:12:02	00:23:19.80	+00:07:04 (30.4%)	4:40	12.9 (69.7%)
58	KRUKOWSKA Magdalena	229	UKS DOJLIDY	K-30	5	00:12:02	00:23:19.90	+00:07:05 (30.4%)	4:40	12.9 (69.7%)
59	KULCZYK Katarzyna	334	BRYZA POSTOMINO	K-30	6	00:11:41	00:23:21.65	+00:07:06 (30.4%)	4:40	12.8 (69.2%)
60	BORYS Justyna	23		K-30	7	00:11:35	00:23:30.70	+00:07:15 (30.9%)	4:42	12.8 (69.2%)
61	NERĆ Patrycja	195	7PRO SIÓDMIAK TEAM / MKP	K-20	3	00:12:07	00:23:59.70	+00:07:44 (32.3%)	4:47	12.5 (67.6%)
62	JAWORSKI Robert	63		M-40	14	00:11:46	00:24:00.20	+00:07:45 (32.3%)	4:48	12.5 (67.6%)
63	ROMBALSKA Julia	234	DECATHLON PRZYMORZE TEAM	K-20	4	00:12:11	00:24:01.25	+00:07:46 (32.4%)	4:48	12.5 (67.6%)
64	DĄBROWSKA Alicja	49	TKKF KOSZALIN	K-50	1	00:12:09	00:24:02.40	+00:07:47 (32.4%)	4:48	12.5 (67.6%)
65	JASIENIECKI Piotr	99	KP ZEFIR WYSZEWO	M-40	15	00:11:49	00:24:08.95	+00:07:54 (32.7%)	4:49	12.4 (67.0%)
66	OLEARCZYK Patryk	159	BOBOLICKIE BRACTWO BIEGOWE	M-20	10	00:12:58	00:24:12.45	+00:07:57 (32.9%)	4:50	12.4 (67.0%)
67	KRUPIŃSKA Beata	145	E-UROLOG.EU	K-40	2	00:11:48	00:24:14.20	+00:07:59 (33.0%)	4:50	12.4 (67.0%)
68	BOGACKI Tomasz	19	TKKF KOSZALIN	M-60+	2	00:12:05	00:24:14.85	+00:08:00 (33.0%)	4:51	12.4 (67.0%)
69	SERKOWSKA Magdalena	248	JEDWABIŚCI	K-20	5	00:11:40	00:24:18.05	+00:08:03 (33.1%)	4:51	12.3 (66.5%)
70	BIEŃKOWSKI Jarosław	11	DECATHLON PRZYMORZE TEAM	M-20	11	00:11:57	00:24:24.00	+00:08:09 (33.4%)	4:52	12.3 (66.5%)
71	GAWIECKI Piotr	65	ROZBIEGANY KOSZALIN	M-40	16	00:12:03	00:24:24.10	+00:08:09 (33.4%)	4:52	12.3 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps	Czas netto	Różn	Tempo	Tempo
						2.5km	5km		min/km	km/h
72	MEJER Aleksandra	175		K-20	6	00:12:02	00:24:39.60	+00:08:24 (34.1%)	4:56	12.2 (65.9%)
73	GROT Paulina	79		K-20	7	00:11:21	00:24:42.05	+00:08:27 (34.2%)	4:56	12.1 (65.4%)
74	WRÓBLEWSKI Mateusz	311		M-20	12	00:12:49	00:24:44.90	+00:08:30 (34.3%)	4:57	12.1 (65.4%)
75	KARWAN Krystian	109	AUTOSTORE	M-30	23	00:12:02	00:24:48.85	+00:08:34 (34.5%)	4:57	12.1 (65.4%)
76	HAŁKA Arkadiusz	82	TRUCHT ŁOBEZ	M-40	17	00:12:09	00:24:49.05	+00:08:34 (34.5%)	4:57	12.1 (65.4%)
77	PŁATOSZ Magda	223		K-20	8	00:11:57	00:24:54.05	+00:08:39 (34.8%)	4:58	12 (64.9%)
78	SOLNICA Waldemar	258	KOSZALIN CASTORAMA	M-30	24	00:12:11	00:24:57.40	+00:08:42 (34.9%)	4:59	12 (64.9%)
79	GLEWICZ Sylwia	67		K-30	8	00:12:42	00:24:59.35	+00:08:44 (35.0%)	4:59	12 (64.9%)
80	NADOLNY Krzysztof	193		M-30	25	00:12:44	00:25:06.45	+00:08:51 (35.3%)	5:01	12 (64.9%)
81	BUTOWICZ Adam	32		M-50	6	00:12:25	00:25:09.65	+00:08:54 (35.4%)	5:02	11.9 (64.3%)
82	ZAREMBA Tomasz	318		M-30	26	00:12:10	00:25:22.65	+00:09:07 (36.0%)	5:04	11.8 (63.8%)
83	KORUBA Robert	135	MORSACZEBIEGACZE	M-50	7	00:12:38	00:25:28.30	+00:09:13 (36.2%)	5:05	11.8 (63.8%)
84	RADZIUSZ Ilona	87		K-30	9	00:12:25	00:25:34.45	+00:09:19 (36.5%)	5:07	11.7 (63.2%)
85	SAWIŃSKI Jacek	246		M-40	18	00:12:13	00:25:37.70	+00:09:22 (36.6%)	5:07	11.7 (63.2%)
86	KASPRZYK Bogdan	110	KM PSP KOSZALIN / JRG 2	M-40	19	00:12:42	00:25:45.70	+00:09:30 (36.9%)	5:09	11.7 (63.2%)
87	CZUB Maciek	45		M-20	13	00:12:05	00:25:46.75	+00:09:31 (37.0%)	5:09	11.6 (62.7%)
88	SEMSKIN Sergey	94		M-30	27	00:13:01	00:26:09.60	+00:09:54 (37.9%)	5:13	11.5 (62.2%)
89	HESTKOWSKA Katarzyna	89		K-20	9	00:12:40	00:26:17.35	+00:10:02 (38.2%)	5:15	11.4 (61.6%)
90	BOGACKA Lucyna	18	TKKF KOSZALIN	K-60+	1	00:12:56	00:26:20.50	+00:10:05 (38.3%)	5:16	11.4 (61.6%)
91	BASŁYK Agnieszka	7	LUMBERJACKS CROSS GARAGE KOSZALIN	K-30	10	00:12:52	00:26:26.75	+00:10:11 (38.6%)	5:17	11.3 (61.1%)
92	JANUSZEWSKI Jacek	97	17 WOG KOSZALIN	M-50	8	00:13:03	00:26:39.60	+00:10:24 (39.1%)	5:20	11.3 (61.1%)
93	PIETRZAK Mariola	218	ROZBIEGANY KOSZALIN BABECZKI KOSZALIN	K-50	2	00:12:53	00:26:43.95	+00:10:29 (39.2%)	5:20	11.2 (60.5%)
94	GRZESIUK Alicja	81		K-20	10	00:12:25	00:26:46.55	+00:10:31 (39.3%)	5:21	11.2 (60.5%)
95	SŁOMSKI Zenon	254	KORZYBSKIE REKINY	M-60+	3	00:13:02	00:26:58.05	+00:10:43 (39.8%)	5:23	11.1 (60.0%)
96	GOLEC Anna	70		K-40	3	00:13:17	00:27:14.60	+00:10:59 (40.4%)	5:26	11 (59.5%)
97	BIERNAT Marta	12		K-30	11	00:13:12	00:27:17.30	+00:11:02 (40.5%)	5:27	11 (59.5%)
98	MARCZAK Małgorzata	171		K-50	3	00:13:18	00:27:23.95	+00:11:09 (40.7%)	5:28	10.9 (58.9%)
99	BRZEZIŃSKI Paweł	28		M-30	28	00:13:03	00:27:31.70	+00:11:16 (41.0%)	5:30	10.9 (58.9%)
100	MITUNIEWICZ Renata	184		K-50	4	00:13:41	00:27:33.30	+00:11:18 (41.0%)	5:30	10.9 (58.9%)
101	MACIEJEWSKI Maciej	163	FPP	M-30	29	00:13:23	00:27:33.65	+00:11:18 (41.0%)	5:30	10.9 (58.9%)
102	ZAKIELARZ Adriana	314		K-30	12	00:13:18	00:27:38.55	+00:11:23 (41.2%)	5:31	10.9 (58.9%)
103	WIOREK Katarzyna	86		K-30	13	00:13:39	00:28:05.40	+00:11:50 (42.2%)	5:37	10.7 (57.8%)
103	SUDER-MAKSYMOWICZ Monika	269		K-30	14	00:13:58	00:28:05.40	+00:11:50 (42.2%)	5:37	10.7 (57.8%)
105	ŁUBKOWSKA Magdalena	350		K-40	4	00:13:41	00:28:08.20	+00:11:53 (42.3%)	5:37	10.7 (57.8%)
106	KAŻMIERCZAK Aleksandra	114		K-20	11	00:13:28	00:28:16.20	+00:12:01 (42.5%)	5:39	10.6 (57.3%)
107	SZABAT Daria	270	DECATHLON SŁUPSK	K-20	12	00:14:51	00:28:17.55	+00:12:02 (42.6%)	5:39	10.6 (57.3%)
108	KRZEMIŃSKI Andrzej	147		M-50	9	00:14:05	00:28:19.20	+00:12:04 (42.6%)	5:39	10.6 (57.3%)
109	NIEGMAŃSKA Paulina	196		K-20	13	00:13:51	00:28:26.35	+00:12:11 (42.9%)	5:41	10.6 (57.3%)
110	MALINOWSKA-BURDA Aleksandra	167		K-30	15	00:13:57	00:28:32.05	+00:12:17 (43.1%)	5:42	10.5 (56.8%)
111	WITEK Adrian	302		M-20	14	00:14:00	00:28:32.80	+00:12:17 (43.1%)	5:42	10.5 (56.8%)
112	GAWIECKA Mariola	64	ROZBIEGANY KOSZALIN	K-40	5	00:14:11	00:28:43.10	+00:12:28 (43.4%)	5:44	10.4 (56.2%)
113	PACUCHA Paulina	205		K-20	14	00:13:33	00:28:54.50	+00:12:39 (43.8%)	5:46	10.4 (56.2%)
114	SŁUPECKA Aneta	255		K-30	16	00:13:53	00:29:07.30	+00:12:52 (44.2%)	5:49	10.3 (55.7%)
115	JASIENIECKA Beata	98	KP ZEFIR WYSZEWO	K-50	5	00:14:27	00:29:18.30	+00:13:03 (44.6%)	5:51	10.2 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 2.5km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
116	BLAZIK Marta	10		K-20	15	00:14:13	00:29:20.10	+00:13:05 (44.6%)	5:52	10.2 (55.1%)
117	JUSZCZYK Agnieszka	103	ANOX TEAM	K-30	17	00:14:05	00:29:29.00	+00:13:14 (44.9%)	5:53	10.2 (55.1%)
118	KLIMKOWSKA Maria	122		K-40	6	00:14:23	00:29:34.00	+00:13:19 (45.0%)	5:54	10.1 (54.6%)
119	KLIMKOWSKI Pawel	123		M-40	20	00:14:23	00:29:34.05	+00:13:19 (45.0%)	5:54	10.1 (54.6%)
120	KAŻMIERCZAK Monika	115		K-30	18	00:14:43	00:29:35.90	+00:13:21 (45.1%)	5:55	10.1 (54.6%)
121	ZDYB Barbara	319		K-30	19	00:14:52	00:29:35.95	+00:13:21 (45.1%)	5:55	10.1 (54.6%)
122	GŁOWACKI Włodzimierz	68		M-60+	4	00:13:58	00:29:36.75	+00:13:21 (45.1%)	5:55	10.1 (54.6%)
123	WYSOCKI Krystian	312		M-20	15	00:14:45	00:29:40.15	+00:13:25 (45.2%)	5:56	10.1 (54.6%)
124	BRZEZIŃSKI Dariusz	27	BRUNNERS	M-30	30	00:14:50	00:29:48.20	+00:13:33 (45.5%)	5:57	10.1 (54.6%)
125	PODRAZA - OLECH Dagmara	224		K-40	7	00:14:58	00:30:02.20	+00:13:47 (45.9%)	6:00	10 (54.1%)
126	SADOSKA Mirka	245		K-20	16	00:14:46	00:30:04.50	+00:13:49 (46.0%)	6:01	10 (54.1%)
127	KILJAN Sylwia	118		K-30	20	00:14:35	00:30:15.20	+00:14:00 (46.3%)	6:03	9.9 (53.5%)
128	ZACHCIAŁ Pawel	313	JW 1223	M-30	31	00:14:04	00:30:17.05	+00:14:02 (46.3%)	6:03	9.9 (53.5%)
129	KOPEĆ Klaudia	133	DECATHLON PRZYMORZE TEAM	K-20	17	00:14:11	00:30:19.10	+00:14:04 (46.4%)	6:03	9.9 (53.5%)
130	WACHHOLZ Beata	50	KB BRYZA POSTOMINO	K-40	8	00:14:41	00:30:20.75	+00:14:05 (46.5%)	6:04	9.9 (53.5%)
131	GRUDZIŃSKI Arkadiusz	80	JW 1223	M-30	32	00:14:04	00:30:41.00	+00:14:26 (47.0%)	6:08	9.8 (53.0%)
132	PAŃCZYK Justyna	208		K-40	9	00:15:26	00:30:44.55	+00:14:29 (47.1%)	6:08	9.8 (53.0%)
133	SEEWALD Agnieszka	247	ZAKWAS	K-30	21	00:15:25	00:30:44.95	+00:14:30 (47.2%)	6:09	9.8 (53.0%)
134	CICHOSZ Jerzy	39		M-60+	5	00:15:06	00:30:57.75	+00:14:42 (47.5%)	6:11	9.7 (52.4%)
135	WĘCŁAW Joanna	294		K-30	22	00:15:03	00:30:59.80	+00:14:44 (47.6%)	6:11	9.7 (52.4%)
136	ZUKAL Aleksandra	325		K-40	10	00:14:54	00:31:17.00	+00:15:02 (48.1%)	6:15	9.6 (51.9%)
137	WĘCŁAW Sławomir	295		M-30	33	00:15:20	00:31:18.05	+00:15:03 (48.1%)	6:15	9.6 (51.9%)
138	KIEDOS Dariusz	117	JW1223	M-30	34	00:14:04	00:31:18.40	+00:15:03 (48.1%)	6:15	9.6 (51.9%)
139	KAMIŃSKA Monika	105	POŁCZYN BIEGA	K-40	11	00:15:22	00:31:21.25	+00:15:06 (48.2%)	6:16	9.6 (51.9%)
140	MACIEJEWSKI Tomasz	162		M-40	21	00:15:11	00:31:31.85	+00:15:17 (48.5%)	6:18	9.5 (51.4%)
141	RYBAKOWSKA Urszula	241		K-30	23	00:15:00	00:31:42.40	+00:15:27 (48.8%)	6:20	9.5 (51.4%)
142	BODNAR Joanna	16	POŁCZYN BIEGA :-)	K-30	24	00:15:32	00:31:49.70	+00:15:34 (49.0%)	6:22	9.4 (50.8%)
143	WENTA Malwina	293		K-30	25	00:15:38	00:32:00.20	+00:15:45 (49.2%)	6:24	9.4 (50.8%)
144	JEUŁA Agata	100	DRUŻYNA SZPIKU	K-30	26	00:15:39	00:32:01.55	+00:15:46 (49.3%)	6:24	9.4 (50.8%)
145	WOJTKOWIAK Wioleta	308		K-30	27	00:14:28	00:32:07.35	+00:15:52 (49.4%)	6:25	9.3 (50.3%)
146	GNACINSKI Krzysztof	69		M-30	35	00:15:09	00:32:27.50	+00:16:12 (49.9%)	6:29	9.2 (49.7%)
147	HESTKOWSKI Łukasz	90		M-30	36	00:16:15	00:32:33.55	+00:16:18 (50.1%)	6:30	9.2 (49.7%)
148	TUROWSKA Agata	348	DECATHLON SŁUPSK	K-20	18	00:15:24	00:32:37.85	+00:16:23 (50.2%)	6:31	9.2 (49.7%)
149	SZWAJKOWSKA Klaudia	347	DECATHLON SŁUPSK	K-20	19	00:15:25	00:32:37.90	+00:16:23 (50.2%)	6:31	9.2 (49.7%)
150	MRUGAJSKI Stanisław	190	MTS HAMER MIASTKO	M-50	10	00:15:45	00:33:01.90	+00:16:47 (50.8%)	6:36	9.1 (49.2%)
151	RULEWICZ Artur	238		M-50	11	00:16:12	00:33:19.00	+00:17:04 (51.2%)	6:39	9 (48.6%)
152	BAWOŁ Wioleta	8	:-)	K-40	12	00:16:18	00:33:40.15	+00:17:25 (51.7%)	6:44	8.9 (48.1%)
153	TRACZ Jadwiga	283		K-40	13	00:16:08	00:33:43.30	+00:17:28 (51.8%)	6:44	8.9 (48.1%)
154	TUROWSKA Agnieszka	285		K-40	14	00:16:20	00:33:47.10	+00:17:32 (51.9%)	6:45	8.9 (48.1%)
155	SIENICKA Helena	251	POŁCZYN BIEGA	K-30	28	00:15:55	00:33:48.35	+00:17:33 (51.9%)	6:45	8.9 (48.1%)
156	JANISZEWSKI Kacper	95	AUTOSTORE	M-20	16	00:15:49	00:34:34.45	+00:18:19 (53.0%)	6:54	8.7 (47.0%)
157	WOJTKOWIAK Paulina	307		K-20	20	00:17:08	00:35:11.20	+00:18:56 (53.8%)	7:02	8.5 (45.9%)
158	STASYŃSKA Marianna	265	BTC,,ORZEŁ"	K-60+	2	00:17:11	00:35:36.35	+00:19:21 (54.4%)	7:07	8.4 (45.4%)
159	KARNICKI Artur	148		M-40	22	00:17:14	00:35:53.70	+00:19:38 (54.7%)	7:10	8.4 (45.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
160	MARTKO Agnieszka	172		K-30	29	00:16:49	00:36:08.25	+00:19:53 (55.0%)	7:13	8.3 (44.9%)
161	BOŚ Daria	25		K-30	30	00:17:32	00:36:37.00	+00:20:22 (55.6%)	7:19	8.2 (44.3%)
162	MONDRON Paweł	187		M-40	23	00:17:15	00:37:22.35	+00:21:07 (56.5%)	7:28	8 (43.2%)
163	ŚNIEŻKO Beata	278		K-30	31	00:17:25	00:37:28.40	+00:21:13 (56.6%)	7:29	8 (43.2%)
164	CZEKALSKI Mateusz	43		M-30	37	00:17:25	00:38:03.20	+00:21:48 (57.3%)	7:36	7.9 (42.7%)
165	MONDRON Katarzyna	186		K-40	15	00:20:54	00:41:45.20	+00:25:30 (61.1%)	8:21	7.2 (38.9%)
166	SZCZEBLEWSKI Józef	271		M-60+	6	00:27:50	00:46:50.00	+00:30:35 (65.3%)	9:22	6.4 (34.6%)
167	BARTNIK Marian	5	TKKF KOSZALIN	M-60+	7	00:24:04	00:49:34.05	+00:33:19 (67.2%)	9:54	6.1 (33.0%)

Znaleziono 167 wynik(ów)