

# 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	<b>PYSHNIAK Kostiantyn</b>	<b>282</b>	TKKF KOSZALIN	M-20	1	00:08:02	<b>00:16:14.85</b>		3:15	18.5 (100%)
2	<b>SIÓDZIAK Igor</b>	<b>252</b>	7PRO SIÓDZIAK TEAM, MBC ,MKP	M-20	2	00:08:09	<b>00:16:35.30</b>	+00:00:20 (2.1%)	3:19	18.1 (97.8%)
3	<b>PERLIK Tomasz</b>	<b>214</b>	MTS HAMER MIASTKO	M-30	1	00:08:20	<b>00:16:49.45</b>	+00:00:34 (3.4%)	3:22	17.8 (96.2%)
4	<b>SIADAK Arkadiusz</b>	<b>249</b>		M-30	2	00:08:43	<b>00:17:15.65</b>	+00:01:00 (5.9%)	3:27	17.4 (94.1%)
5	<b>MAJKOWICZ Rafał</b>	<b>165</b>		M-30	3	00:08:47	<b>00:17:54.80</b>	+00:01:39 (9.3%)	3:35	16.7 (90.3%)
6	<b>GOS Mateusz</b>	<b>73</b>	START PUŁAWSKI WARKA	M-20	3	00:08:49	<b>00:18:06.60</b>	+00:01:51 (10.3%)	3:37	16.6 (89.7%)
7	<b>KASZUBIAK Klaudiusz</b>	<b>111</b>		M-40	1	00:09:10	<b>00:18:13.65</b>	+00:01:58 (10.9%)	3:38	16.5 (89.2%)
8	<b>RYKIEL Michał</b>	<b>243</b>	DĄBROWSKI TEAM	M-30	4	00:09:04	<b>00:18:25.30</b>	+00:02:10 (11.8%)	3:41	16.3 (88.1%)
9	<b>ROKOSZ Radosław</b>	<b>346</b>	JW 1223	M-30	5	00:09:21	<b>00:18:44.50</b>	+00:02:29 (13.3%)	3:44	16 (86.5%)
10	<b>ZUKAL Piotr</b>	<b>324</b>		M-40	2	00:09:21	<b>00:18:46.70</b>	+00:02:31 (13.5%)	3:45	16 (86.5%)
11	<b>MASŁOWSKI Mateusz</b>	<b>173</b>	TEAM ROGELLI	M-30	6	00:09:22	<b>00:19:04.15</b>	+00:02:49 (14.8%)	3:48	15.7 (84.9%)
12	<b>POŁUBIŃSKI Paweł</b>	<b>225</b>	BORNE BIEGA	M-40	3	00:09:23	<b>00:19:17.05</b>	+00:03:02 (15.7%)	3:51	15.6 (84.3%)
13	<b>DĄBKOWSKI Maciej</b>	<b>48</b>	7PRO SIÓDZIAK TEAM / MKP	M-20	4	00:09:40	<b>00:19:21.70</b>	+00:03:06 (16.1%)	3:52	15.5 (83.8%)
14	<b>PRZEWŁOCKI Michał</b>	<b>227</b>	TKKF KOSZALIN	M-30	7	00:09:28	<b>00:19:25.10</b>	+00:03:10 (16.3%)	3:53	15.5 (83.8%)
15	<b>SIENIAWSKI Jarek</b>	<b>250</b>	MEDEN-INMED SPORTS TEAM	M-40	4	00:09:46	<b>00:19:27.05</b>	+00:03:12 (16.5%)	3:53	15.4 (83.2%)
16	<b>OPIELA Paweł</b>	<b>202</b>	7PRO SIÓDZIAK TEAM	M-20	5	00:09:41	<b>00:19:28.40</b>	+00:03:13 (16.6%)	3:53	15.4 (83.2%)
17	<b>LEWANDOWSKI Jacek</b>	<b>157</b>	STARY BOREK	M-40	5	00:09:44	<b>00:19:29.50</b>	+00:03:14 (16.6%)	3:53	15.4 (83.2%)
18	<b>MAZUR Emilusz</b>	<b>174</b>	DARŁOWSKI OGR	M-40	6	00:09:49	<b>00:19:48.80</b>	+00:03:33 (18.0%)	3:57	15.1 (81.6%)
19	<b>CIASTOŃ Tomasz</b>	<b>38</b>	ORSKOV FOODS TEAM	M-30	8	00:09:39	<b>00:19:49.35</b>	+00:03:34 (18.0%)	3:57	15.1 (81.6%)
20	<b>POPŁAWSKI Daniel</b>	<b>226</b>		M-30	9	00:09:18	<b>00:19:49.85</b>	+00:03:35 (18.1%)	3:58	15.1 (81.6%)
21	<b>KUKIEŁA Tomasz</b>	<b>151</b>	ROZBIEGANY FUN CLUB KAROLINKI I MATYLDKI K	M-40	7	00:09:43	<b>00:20:00.35</b>	+00:03:45 (18.8%)	4:00	15 (81.1%)
22	<b>WITKIEWICZ Magdalena</b>	<b>304</b>	KB 10 BIAŁOGARD	K-40	1	00:09:55	<b>00:20:05.90</b>	+00:03:51 (19.2%)	4:01	14.9 (80.5%)
23	<b>KRACZKOWSKI Przemysław</b>	<b>143</b>		M-40	8	00:10:03	<b>00:20:30.45</b>	+00:04:15 (20.8%)	4:06	14.6 (78.9%)
24	<b>RYBICKI Andrzej</b>	<b>242</b>	KB SPOKO SŁAWNO	M-30	10	00:10:18	<b>00:20:52.60</b>	+00:04:37 (22.2%)	4:10	14.4 (77.8%)
25	<b>LIS Stanisław</b>	<b>343</b>		M-30	11	00:10:14	<b>00:20:59.65</b>	+00:04:44 (22.6%)	4:12	14.3 (77.3%)
26	<b>SZPITER Tomasz</b>	<b>3</b>	OLAWS ZŁOTORYJA	M-50	1	00:10:22	<b>00:21:05.90</b>	+00:04:51 (23.0%)	4:13	14.2 (76.8%)
27	<b>KOWALIK Natalia</b>	<b>138</b>	MKL SZCZECINEK	K-20	1	00:09:53	<b>00:21:22.30</b>	+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	<b>OLCZAK Krzysztof</b>	<b>198</b>		M-30	12	00:10:45	<b>00:21:22.45</b>	+00:05:07 (24.0%)	4:16	14 (75.7%)
29	<b>RADOMSKI Heronim</b>	<b>231</b>	CZARNE BIEGA	M-50	2	00:10:29	<b>00:21:23.35</b>	+00:05:08 (24.0%)	4:16	14 (75.7%)
30	<b>BŁASZCZYK Piotr</b>	<b>14</b>		M-40	9	00:10:38	<b>00:21:24.50</b>	+00:05:09 (24.1%)	4:16	14 (75.7%)
31	<b>SOSNOWSKI Tomasz</b>	<b>260</b>	FPP FUNKCJONALNOŚĆ PONAD POMPE	M-20	6	00:10:47	<b>00:21:34.15</b>	+00:05:19 (24.7%)	4:18	13.9 (75.1%)
32	<b>PAWŁOWICZ Roland</b>	<b>210</b>	7PRO SIÓDMIĄK TEAM	M-20	7	00:10:46	<b>00:21:45.60</b>	+00:05:30 (25.3%)	4:21	13.8 (74.6%)
33	<b>MARCINIAK Michał</b>	<b>168</b>		M-20	8	00:10:40	<b>00:21:45.90</b>	+00:05:31 (25.4%)	4:21	13.8 (74.6%)
34	<b>DAVIES Chris</b>	<b>47</b>		M-30	13	00:10:36	<b>00:21:48.20</b>	+00:05:33 (25.5%)	4:21	13.8 (74.6%)
35	<b>WEBER Paweł</b>	<b>292</b>	FPP	M-30	14	00:10:47	<b>00:21:50.60</b>	+00:05:35 (25.6%)	4:22	13.7 (74.1%)
36	<b>HAWRYŁAK Marcin</b>	<b>85</b>	AMPIO TEAM	M-50	3	00:10:38	<b>00:21:50.80</b>	+00:05:35 (25.6%)	4:22	13.7 (74.1%)
37	<b>GOŹDZIK-ZARĘBA Aneta</b>	<b>75</b>	ŁÓDŹ KOCHA SPORT	K-30	1	00:10:39	<b>00:21:52.75</b>	+00:05:37 (25.7%)	4:22	13.7 (74.1%)
38	<b>RUTKOWSKI Ryszard</b>	<b>240</b>	RUNKING	M-50	4	00:10:52	<b>00:22:06.00</b>	+00:05:51 (26.5%)	4:25	13.6 (73.5%)
39	<b>BIEŃKOWSKI Tomasz</b>	<b>169</b>		M-30	15	00:10:55	<b>00:22:13.40</b>	+00:05:58 (26.9%)	4:26	13.5 (73.0%)
40	<b>THOMAS Daniel</b>	<b>281</b>	PRECON POLSKA	M-30	16	00:10:52	<b>00:22:14.50</b>	+00:05:59 (27.0%)	4:26	13.5 (73.0%)
41	<b>KONOWALSKI Bartosz</b>	<b>131</b>		M-40	10	00:11:08	<b>00:22:15.05</b>	+00:06:00 (27.0%)	4:27	13.5 (73.0%)
42	<b>KLENIEWSKI Piotr</b>	<b>121</b>	ROZBIEGANY KOSZALIN	M-50	5	00:11:01	<b>00:22:21.20</b>	+00:06:06 (27.3%)	4:28	13.4 (72.4%)
43	<b>IWANIEC Darek</b>	<b>93</b>	TKKF KOSZALIN	M-40	11	00:10:54	<b>00:22:21.85</b>	+00:06:07 (27.4%)	4:28	13.4 (72.4%)
44	<b>PASIEKA Agnieszka</b>	<b>209</b>	UKL FENIKS ŚWIDWIN/ 21 BLT	K-30	2	00:10:55	<b>00:22:22.65</b>	+00:06:07 (27.4%)	4:28	13.4 (72.4%)
45	<b>HOREGLAD Paweł</b>	<b>91</b>	SPEEDY GONZALES	M-20	9	00:10:24	<b>00:22:23.10</b>	+00:06:08 (27.4%)	4:28	13.4 (72.4%)
46	<b>ZAKIELARZ Jan</b>	<b>316</b>	PRECON POLSKA JASTROWIE	M-60+	1	00:11:01	<b>00:22:27.20</b>	+00:06:12 (27.6%)	4:29	13.4 (72.4%)
47	<b>PERLIK Katarzyna</b>	<b>213</b>	MTS HAMER MIASTKO	K-20	2	00:11:19	<b>00:22:27.30</b>	+00:06:12 (27.6%)	4:29	13.4 (72.4%)
48	<b>ADAMOWICZ Paweł</b>	<b>344</b>		M-30	17	00:10:47	<b>00:22:31.10</b>	+00:06:16 (27.8%)	4:30	13.3 (71.9%)
49	<b>MINKO Mariola</b>	<b>182</b>		K-30	3	00:10:51	<b>00:22:38.05</b>	+00:06:23 (28.2%)	4:31	13.3 (71.9%)
50	<b>WILKOWSKI Krzysztof</b>	<b>301</b>	FOR-REST-RUN	M-40	12	00:11:23	<b>00:22:57.80</b>	+00:06:42 (29.2%)	4:35	13.1 (70.8%)
51	<b>GOSTOMCZYK Krzysztof</b>	<b>74</b>	KB SPOKO SŁAWNO	M-40	13	00:11:23	<b>00:23:04.65</b>	+00:06:49 (29.6%)	4:37	13 (70.3%)
52	<b>BOREK Daniel</b>	<b>21</b>		M-30	18	00:11:22	<b>00:23:06.65</b>	+00:06:51 (29.7%)	4:37	13 (70.3%)
53	<b>ZAKIELARZ Piotr</b>	<b>315</b>	PRECON POLSKA	M-30	19	00:11:28	<b>00:23:08.45</b>	+00:06:53 (29.8%)	4:37	13 (70.3%)
54	<b>HAMALA Marcin</b>	<b>342</b>	TAGER KOSZALIN	M-30	20	00:11:38	<b>00:23:15.85</b>	+00:07:01 (30.2%)	4:39	12.9 (69.7%)
55	<b>BLICHARZ Monika</b>	<b>13</b>	TAGER KOSZALIN	K-30	4	00:11:39	<b>00:23:16.15</b>	+00:07:01 (30.2%)	4:39	12.9 (69.7%)
56	<b>REDLICKI Piotr</b>	<b>340</b>		M-30	21	00:11:37	<b>00:23:19.40</b>	+00:07:04 (30.3%)	4:39	12.9 (69.7%)
57	<b>MIKUSZEWSKI Arkadiusz</b>	<b>83</b>		M-30	22	00:12:02	<b>00:23:19.80</b>	+00:07:04 (30.4%)	4:40	12.9 (69.7%)
58	<b>KRUKOWSKA Magdalena</b>	<b>229</b>	UKS DOJLIDY	K-30	5	00:12:02	<b>00:23:19.90</b>	+00:07:05 (30.4%)	4:40	12.9 (69.7%)
59	<b>KULCZYK Katarzyna</b>	<b>334</b>	BRYZA POSTOMINO	K-30	6	00:11:41	<b>00:23:21.65</b>	+00:07:06 (30.4%)	4:40	12.8 (69.2%)
60	<b>BORYS Justyna</b>	<b>23</b>		K-30	7	00:11:35	<b>00:23:30.70</b>	+00:07:15 (30.9%)	4:42	12.8 (69.2%)
61	<b>NERĆ Patrycja</b>	<b>195</b>	7PRO SIÓDMIĄK TEAM / MKP	K-20	3	00:12:07	<b>00:23:59.70</b>	+00:07:44 (32.3%)	4:47	12.5 (67.6%)
62	<b>JAWORSKI Robert</b>	<b>63</b>		M-40	14	00:11:46	<b>00:24:00.20</b>	+00:07:45 (32.3%)	4:48	12.5 (67.6%)
63	<b>ROMBALSKA Julia</b>	<b>234</b>	DECATHLON PRZYMORZE TEAM	K-20	4	00:12:11	<b>00:24:01.25</b>	+00:07:46 (32.4%)	4:48	12.5 (67.6%)
64	<b>DĄBROWSKA Alicja</b>	<b>49</b>	TKKF KOSZALIN	K-50	1	00:12:09	<b>00:24:02.40</b>	+00:07:47 (32.4%)	4:48	12.5 (67.6%)
65	<b>JASIENIECKI Piotr</b>	<b>99</b>	KP ZEFIR WYSZEWO	M-40	15	00:11:49	<b>00:24:08.95</b>	+00:07:54 (32.7%)	4:49	12.4 (67.0%)
66	<b>OLEARCZYK Patryk</b>	<b>159</b>	BOBOLICKIE BRACTWO BIEGOWE	M-20	10	00:12:58	<b>00:24:12.45</b>	+00:07:57 (32.9%)	4:50	12.4 (67.0%)
67	<b>KRUPIŃSKA Beata</b>	<b>145</b>	E-UROLOG.EU	K-40	2	00:11:48	<b>00:24:14.20</b>	+00:07:59 (33.0%)	4:50	12.4 (67.0%)
68	<b>BOGACKI Tomasz</b>	<b>19</b>	TKKF KOSZALIN	M-60+	2	00:12:05	<b>00:24:14.85</b>	+00:08:00 (33.0%)	4:51	12.4 (67.0%)
69	<b>SERKOWSKA Magdalena</b>	<b>248</b>	JEDWABIŚCI	K-20	5	00:11:40	<b>00:24:18.05</b>	+00:08:03 (33.1%)	4:51	12.3 (66.5%)
70	<b>BIEŃKOWSKI Jarosław</b>	<b>11</b>	DECATHLON PRZYMORZE TEAM	M-20	11	00:11:57	<b>00:24:24.00</b>	+00:08:09 (33.4%)	4:52	12.3 (66.5%)
71	<b>GAWIECKI Piotr</b>	<b>65</b>	ROZBIEGANY KOSZALIN	M-40	16	00:12:03	<b>00:24:24.10</b>	+00:08:09 (33.4%)	4:52	12.3 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Laps 2.5km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
72	<b>MEJER Aleksandra</b>	<b>175</b>		K-20	6	00:12:02	<b>00:24:39.60</b>	+00:08:24 (34.1%)	4:56	12.2 (65.9%)
73	<b>GROT Paulina</b>	<b>79</b>		K-20	7	00:11:21	<b>00:24:42.05</b>	+00:08:27 (34.2%)	4:56	12.1 (65.4%)
74	<b>WRÓBLEWSKI Mateusz</b>	<b>311</b>		M-20	12	00:12:49	<b>00:24:44.90</b>	+00:08:30 (34.3%)	4:57	12.1 (65.4%)
75	<b>KARWAN Krystian</b>	<b>109</b>	AUTOSTORE	M-30	23	00:12:02	<b>00:24:48.85</b>	+00:08:34 (34.5%)	4:57	12.1 (65.4%)
76	<b>HAŁKA Arkadiusz</b>	<b>82</b>	TRUCHT ŁOBEZ	M-40	17	00:12:09	<b>00:24:49.05</b>	+00:08:34 (34.5%)	4:57	12.1 (65.4%)
77	<b>PŁATOSZ Magda</b>	<b>223</b>		K-20	8	00:11:57	<b>00:24:54.05</b>	+00:08:39 (34.8%)	4:58	12 (64.9%)
78	<b>SOLNICA Waldemar</b>	<b>258</b>	KOSZALIN CASTORAMA	M-30	24	00:12:11	<b>00:24:57.40</b>	+00:08:42 (34.9%)	4:59	12 (64.9%)
79	<b>GLEWICZ Sylwia</b>	<b>67</b>		K-30	8	00:12:42	<b>00:24:59.35</b>	+00:08:44 (35.0%)	4:59	12 (64.9%)
80	<b>NADOLNY Krzysztof</b>	<b>193</b>		M-30	25	00:12:44	<b>00:25:06.45</b>	+00:08:51 (35.3%)	5:01	12 (64.9%)
81	<b>BUTOWICZ Adam</b>	<b>32</b>		M-50	6	00:12:25	<b>00:25:09.65</b>	+00:08:54 (35.4%)	5:02	11.9 (64.3%)
82	<b>ZAREMBA Tomasz</b>	<b>318</b>		M-30	26	00:12:10	<b>00:25:22.65</b>	+00:09:07 (36.0%)	5:04	11.8 (63.8%)
83	<b>KORUBA Robert</b>	<b>135</b>	MORSACZEBIEGACZE	M-50	7	00:12:38	<b>00:25:28.30</b>	+00:09:13 (36.2%)	5:05	11.8 (63.8%)
84	<b>RADZIUSZ Ilona</b>	<b>87</b>		K-30	9	00:12:25	<b>00:25:34.45</b>	+00:09:19 (36.5%)	5:07	11.7 (63.2%)
85	<b>SAWIŃSKI Jacek</b>	<b>246</b>		M-40	18	00:12:13	<b>00:25:37.70</b>	+00:09:22 (36.6%)	5:07	11.7 (63.2%)
86	<b>KASPRZYK Bogdan</b>	<b>110</b>	KM PSP KOSZALIN / JRG 2	M-40	19	00:12:42	<b>00:25:45.70</b>	+00:09:30 (36.9%)	5:09	11.7 (63.2%)
87	<b>CZUB Maciek</b>	<b>45</b>		M-20	13	00:12:05	<b>00:25:46.75</b>	+00:09:31 (37.0%)	5:09	11.6 (62.7%)
88	<b>SEMSKIN Sergey</b>	<b>94</b>		M-30	27	00:13:01	<b>00:26:09.60</b>	+00:09:54 (37.9%)	5:13	11.5 (62.2%)
89	<b>HESTKOWSKA Katarzyna</b>	<b>89</b>		K-20	9	00:12:40	<b>00:26:17.35</b>	+00:10:02 (38.2%)	5:15	11.4 (61.6%)
90	<b>BOGACKA Lucyna</b>	<b>18</b>	TKKF KOSZALIN	K-60+	1	00:12:56	<b>00:26:20.50</b>	+00:10:05 (38.3%)	5:16	11.4 (61.6%)
91	<b>BASŁYK Agnieszka</b>	<b>7</b>	LUMBERJACKS CROSS GARAGE KOSZALIN	K-30	10	00:12:52	<b>00:26:26.75</b>	+00:10:11 (38.6%)	5:17	11.3 (61.1%)
92	<b>JANUSZEWSKI Jacek</b>	<b>97</b>	17 WOG KOSZALIN	M-50	8	00:13:03	<b>00:26:39.60</b>	+00:10:24 (39.1%)	5:20	11.3 (61.1%)
93	<b>PIETRZAK Mariola</b>	<b>218</b>	ROZBIEGANY KOSZALIN BABECZKI KOSZALIN	K-50	2	00:12:53	<b>00:26:43.95</b>	+00:10:29 (39.2%)	5:20	11.2 (60.5%)
94	<b>GRZESIUK Alicja</b>	<b>81</b>		K-20	10	00:12:25	<b>00:26:46.55</b>	+00:10:31 (39.3%)	5:21	11.2 (60.5%)
95	<b>SŁOMSKI Zenon</b>	<b>254</b>	KORZYBSKIE REKINY	M-60+	3	00:13:02	<b>00:26:58.05</b>	+00:10:43 (39.8%)	5:23	11.1 (60.0%)
96	<b>GOLEC Anna</b>	<b>70</b>		K-40	3	00:13:17	<b>00:27:14.60</b>	+00:10:59 (40.4%)	5:26	11 (59.5%)
97	<b>BIERNAT Marta</b>	<b>12</b>		K-30	11	00:13:12	<b>00:27:17.30</b>	+00:11:02 (40.5%)	5:27	11 (59.5%)
98	<b>MARCZAK Małgorzata</b>	<b>171</b>		K-50	3	00:13:18	<b>00:27:23.95</b>	+00:11:09 (40.7%)	5:28	10.9 (58.9%)
99	<b>BRZEZIŃSKI Paweł</b>	<b>28</b>		M-30	28	00:13:03	<b>00:27:31.70</b>	+00:11:16 (41.0%)	5:30	10.9 (58.9%)
100	<b>MITUNIEWICZ Renata</b>	<b>184</b>		K-50	4	00:13:41	<b>00:27:33.30</b>	+00:11:18 (41.0%)	5:30	10.9 (58.9%)
101	<b>MACIEJEWSKI Maciej</b>	<b>163</b>	FPP	M-30	29	00:13:23	<b>00:27:33.65</b>	+00:11:18 (41.0%)	5:30	10.9 (58.9%)
102	<b>ZAKIELARZ Adriana</b>	<b>314</b>		K-30	12	00:13:18	<b>00:27:38.55</b>	+00:11:23 (41.2%)	5:31	10.9 (58.9%)
103	<b>WIOREK Katarzyna</b>	<b>86</b>		K-30	13	00:13:39	<b>00:28:05.40</b>	+00:11:50 (42.2%)	5:37	10.7 (57.8%)
103	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>269</b>		K-30	14	00:13:58	<b>00:28:05.40</b>	+00:11:50 (42.2%)	5:37	10.7 (57.8%)
105	<b>ŁUBKOWSKA Magdalena</b>	<b>350</b>		K-40	4	00:13:41	<b>00:28:08.20</b>	+00:11:53 (42.3%)	5:37	10.7 (57.8%)
106	<b>KAŻMIERCZAK Aleksandra</b>	<b>114</b>		K-20	11	00:13:28	<b>00:28:16.20</b>	+00:12:01 (42.5%)	5:39	10.6 (57.3%)
107	<b>SZABAT Daria</b>	<b>270</b>	DECATHLON SŁUPSK	K-20	12	00:14:51	<b>00:28:17.55</b>	+00:12:02 (42.6%)	5:39	10.6 (57.3%)
108	<b>KRZEMIŃSKI Andrzej</b>	<b>147</b>		M-50	9	00:14:05	<b>00:28:19.20</b>	+00:12:04 (42.6%)	5:39	10.6 (57.3%)
109	<b>NIEGMAŃSKA Paulina</b>	<b>196</b>		K-20	13	00:13:51	<b>00:28:26.35</b>	+00:12:11 (42.9%)	5:41	10.6 (57.3%)
110	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>167</b>		K-30	15	00:13:57	<b>00:28:32.05</b>	+00:12:17 (43.1%)	5:42	10.5 (56.8%)
111	<b>WITEK Adrian</b>	<b>302</b>		M-20	14	00:14:00	<b>00:28:32.80</b>	+00:12:17 (43.1%)	5:42	10.5 (56.8%)
112	<b>GAWIECKA Mariola</b>	<b>64</b>	ROZBIEGANY KOSZALIN	K-40	5	00:14:11	<b>00:28:43.10</b>	+00:12:28 (43.4%)	5:44	10.4 (56.2%)
113	<b>PACUCHA Paulina</b>	<b>205</b>		K-20	14	00:13:33	<b>00:28:54.50</b>	+00:12:39 (43.8%)	5:46	10.4 (56.2%)
114	<b>SŁUPECKA Aneta</b>	<b>255</b>		K-30	16	00:13:53	<b>00:29:07.30</b>	+00:12:52 (44.2%)	5:49	10.3 (55.7%)
115	<b>JASIENIECKA Beata</b>	<b>98</b>	KP ZEFIR WYSZEWO	K-50	5	00:14:27	<b>00:29:18.30</b>	+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	<b>BLAZIK Marta</b>	<b>10</b>		K-20	15	00:14:13	<b>00:29:20.10</b>	+00:13:05 (44.6%)	5:52	10.2 (55.1%)
117	<b>JUSZCZYK Agnieszka</b>	<b>103</b>	ANOX TEAM	K-30	17	00:14:05	<b>00:29:29.00</b>	+00:13:14 (44.9%)	5:53	10.2 (55.1%)
118	<b>KLIMKOWSKA Maria</b>	<b>122</b>		K-40	6	00:14:23	<b>00:29:34.00</b>	+00:13:19 (45.0%)	5:54	10.1 (54.6%)
119	<b>KLIMKOWSKI Pawel</b>	<b>123</b>		M-40	20	00:14:23	<b>00:29:34.05</b>	+00:13:19 (45.0%)	5:54	10.1 (54.6%)
120	<b>KAŻMIERCZAK Monika</b>	<b>115</b>		K-30	18	00:14:43	<b>00:29:35.90</b>	+00:13:21 (45.1%)	5:55	10.1 (54.6%)
121	<b>ZDYB Barbara</b>	<b>319</b>		K-30	19	00:14:52	<b>00:29:35.95</b>	+00:13:21 (45.1%)	5:55	10.1 (54.6%)
122	<b>GŁOWACKI Włodzimierz</b>	<b>68</b>		M-60+	4	00:13:58	<b>00:29:36.75</b>	+00:13:21 (45.1%)	5:55	10.1 (54.6%)
123	<b>WYSOCKI Krystian</b>	<b>312</b>		M-20	15	00:14:45	<b>00:29:40.15</b>	+00:13:25 (45.2%)	5:56	10.1 (54.6%)
124	<b>BRZEZIŃSKI Dariusz</b>	<b>27</b>	BRUNNERS	M-30	30	00:14:50	<b>00:29:48.20</b>	+00:13:33 (45.5%)	5:57	10.1 (54.6%)
125	<b>PODRAZA - OLECH Dagmara</b>	<b>224</b>		K-40	7	00:14:58	<b>00:30:02.20</b>	+00:13:47 (45.9%)	6:00	10 (54.1%)
126	<b>SADOSKA Mirka</b>	<b>245</b>		K-20	16	00:14:46	<b>00:30:04.50</b>	+00:13:49 (46.0%)	6:01	10 (54.1%)
127	<b>KILJAN Sylwia</b>	<b>118</b>		K-30	20	00:14:35	<b>00:30:15.20</b>	+00:14:00 (46.3%)	6:03	9.9 (53.5%)
128	<b>ZACHCIAŁ Pawel</b>	<b>313</b>	JW 1223	M-30	31	00:14:04	<b>00:30:17.05</b>	+00:14:02 (46.3%)	6:03	9.9 (53.5%)
129	<b>KOPEĆ Klaudia</b>	<b>133</b>	DECATHLON PRZYMORZE TEAM	K-20	17	00:14:11	<b>00:30:19.10</b>	+00:14:04 (46.4%)	6:03	9.9 (53.5%)
130	<b>WACHHOLZ Beata</b>	<b>50</b>	KB BRYZA POSTOMINO	K-40	8	00:14:41	<b>00:30:20.75</b>	+00:14:05 (46.5%)	6:04	9.9 (53.5%)
131	<b>GRUDZIŃSKI Arkadiusz</b>	<b>80</b>	JW 1223	M-30	32	00:14:04	<b>00:30:41.00</b>	+00:14:26 (47.0%)	6:08	9.8 (53.0%)
132	<b>PAŃCZYK Justyna</b>	<b>208</b>		K-40	9	00:15:26	<b>00:30:44.55</b>	+00:14:29 (47.1%)	6:08	9.8 (53.0%)
133	<b>SEEWALD Agnieszka</b>	<b>247</b>	ZAKWAS	K-30	21	00:15:25	<b>00:30:44.95</b>	+00:14:30 (47.2%)	6:09	9.8 (53.0%)
134	<b>CICHOSZ Jerzy</b>	<b>39</b>		M-60+	5	00:15:06	<b>00:30:57.75</b>	+00:14:42 (47.5%)	6:11	9.7 (52.4%)
135	<b>WĘCŁAW Joanna</b>	<b>294</b>		K-30	22	00:15:03	<b>00:30:59.80</b>	+00:14:44 (47.6%)	6:11	9.7 (52.4%)
136	<b>ZUKAL Aleksandra</b>	<b>325</b>		K-40	10	00:14:54	<b>00:31:17.00</b>	+00:15:02 (48.1%)	6:15	9.6 (51.9%)
137	<b>WĘCŁAW Sławomir</b>	<b>295</b>		M-30	33	00:15:20	<b>00:31:18.05</b>	+00:15:03 (48.1%)	6:15	9.6 (51.9%)
138	<b>KIEDOS Dariusz</b>	<b>117</b>	JW1223	M-30	34	00:14:04	<b>00:31:18.40</b>	+00:15:03 (48.1%)	6:15	9.6 (51.9%)
139	<b>KAMIŃSKA Monika</b>	<b>105</b>	POŁCZYŃ BIEGA	K-40	11	00:15:22	<b>00:31:21.25</b>	+00:15:06 (48.2%)	6:16	9.6 (51.9%)
140	<b>MACIEJEWSKI Tomasz</b>	<b>162</b>		M-40	21	00:15:11	<b>00:31:31.85</b>	+00:15:17 (48.5%)	6:18	9.5 (51.4%)
141	<b>RYBAKOWSKA Urszula</b>	<b>241</b>		K-30	23	00:15:00	<b>00:31:42.40</b>	+00:15:27 (48.8%)	6:20	9.5 (51.4%)
142	<b>BODNAR Joanna</b>	<b>16</b>	POŁCZYŃ BIEGA :-)	K-30	24	00:15:32	<b>00:31:49.70</b>	+00:15:34 (49.0%)	6:22	9.4 (50.8%)
143	<b>WENTA Malwina</b>	<b>293</b>		K-30	25	00:15:38	<b>00:32:00.20</b>	+00:15:45 (49.2%)	6:24	9.4 (50.8%)
144	<b>JEWUŁA Agata</b>	<b>100</b>	DRUŻYNA SZPIKU	K-30	26	00:15:39	<b>00:32:01.55</b>	+00:15:46 (49.3%)	6:24	9.4 (50.8%)
145	<b>WOJTKOWIAK Wioleta</b>	<b>308</b>		K-30	27	00:14:28	<b>00:32:07.35</b>	+00:15:52 (49.4%)	6:25	9.3 (50.3%)
146	<b>GNACINSKI Krzysztof</b>	<b>69</b>		M-30	35	00:15:09	<b>00:32:27.50</b>	+00:16:12 (49.9%)	6:29	9.2 (49.7%)
147	<b>HESTKOWSKI Łukasz</b>	<b>90</b>		M-30	36	00:16:15	<b>00:32:33.55</b>	+00:16:18 (50.1%)	6:30	9.2 (49.7%)
148	<b>TUROWSKA Agata</b>	<b>348</b>	DECATHLON SŁUPSK	K-20	18	00:15:24	<b>00:32:37.85</b>	+00:16:23 (50.2%)	6:31	9.2 (49.7%)
149	<b>SZWAJKOWSKA Klaudia</b>	<b>347</b>	DECATHLON SŁUPSK	K-20	19	00:15:25	<b>00:32:37.90</b>	+00:16:23 (50.2%)	6:31	9.2 (49.7%)
150	<b>MRUGAJSKI Stanisław</b>	<b>190</b>	MTS HAMER MIASTKO	M-50	10	00:15:45	<b>00:33:01.90</b>	+00:16:47 (50.8%)	6:36	9.1 (49.2%)
151	<b>RULEWICZ Artur</b>	<b>238</b>		M-50	11	00:16:12	<b>00:33:19.00</b>	+00:17:04 (51.2%)	6:39	9 (48.6%)
152	<b>BAWOŁ Wioleta</b>	<b>8</b>	:-)	K-40	12	00:16:18	<b>00:33:40.15</b>	+00:17:25 (51.7%)	6:44	8.9 (48.1%)
153	<b>TRACZ Jadwiga</b>	<b>283</b>		K-40	13	00:16:08	<b>00:33:43.30</b>	+00:17:28 (51.8%)	6:44	8.9 (48.1%)
154	<b>TUROWSKA Agnieszka</b>	<b>285</b>		K-40	14	00:16:20	<b>00:33:47.10</b>	+00:17:32 (51.9%)	6:45	8.9 (48.1%)
155	<b>SIENICKA Helena</b>	<b>251</b>	POŁCZYŃ BIEGA	K-30	28	00:15:55	<b>00:33:48.35</b>	+00:17:33 (51.9%)	6:45	8.9 (48.1%)
156	<b>JANISZEWSKI Kacper</b>	<b>95</b>	AUTOSTORE	M-20	16	00:15:49	<b>00:34:34.45</b>	+00:18:19 (53.0%)	6:54	8.7 (47.0%)
157	<b>WOJTKOWIAK Paulina</b>	<b>307</b>		K-20	20	00:17:08	<b>00:35:11.20</b>	+00:18:56 (53.8%)	7:02	8.5 (45.9%)
158	<b>STASYŃSKA Marianna</b>	<b>265</b>	BTC,,ORZEŁ"	K-60+	2	00:17:11	<b>00:35:36.35</b>	+00:19:21 (54.4%)	7:07	8.4 (45.4%)
159	<b>KARNICKI Artur</b>	<b>148</b>		M-40	22	00:17:14	<b>00:35:53.70</b>	+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	<b>MARTKO Agnieszka</b>	<b>172</b>		K-30	29	00:16:49	<b>00:36:08.25</b>	+00:19:53 (55.0%)	7:13	8.3 (44.9%)
161	<b>BOŚ Daria</b>	<b>25</b>		K-30	30	00:17:32	<b>00:36:37.00</b>	+00:20:22 (55.6%)	7:19	8.2 (44.3%)
162	<b>MONDRON Paweł</b>	<b>187</b>		M-40	23	00:17:15	<b>00:37:22.35</b>	+00:21:07 (56.5%)	7:28	8 (43.2%)
163	<b>ŚNIEŻKO Beata</b>	<b>278</b>		K-30	31	00:17:25	<b>00:37:28.40</b>	+00:21:13 (56.6%)	7:29	8 (43.2%)
164	<b>CZEKALSKI Mateusz</b>	<b>43</b>		M-30	37	00:17:25	<b>00:38:03.20</b>	+00:21:48 (57.3%)	7:36	7.9 (42.7%)
165	<b>MONDRON Katarzyna</b>	<b>186</b>		K-40	15	00:20:54	<b>00:41:45.20</b>	+00:25:30 (61.1%)	8:21	7.2 (38.9%)
166	<b>SZCZEBLEWSKI Józef</b>	<b>271</b>		M-60+	6	00:27:50	<b>00:46:50.00</b>	+00:30:35 (65.3%)	9:22	6.4 (34.6%)
167	<b>BARTNIK Marian</b>	<b>5</b>	TKKF KOSZALIN	M-60+	7	00:24:04	<b>00:49:34.05</b>	+00:33:19 (67.2%)	9:54	6.1 (33.0%)

Znaleziono 167 wynik(ów)