



**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2016-05-22  
**Miejsce:** Koszalin  
**Dystans:** 21.1 km

## PÓŁMARATON KOSZALIN - 21.1KM

B4SPORT  
WOLONTARIATY I AKTYWIZACJA



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
1	<b>SZYMAŃSKI Sylwester</b>	<b>203</b>	TEAM BIEGOWY SZCZECINEK-ULKS BARWICE	M40-44	1	00:00:33	00:04:03	00:23:00	00:42:04	01:01:05	<b>01:19:23.95</b>	<b>01:19:57.20</b>		3:45	15.9
2	<b>WOJCIECHOWSKI Jarosław</b>	<b>226</b>		M30-39	1	00:00:33	00:04:03	00:23:00	00:41:59	01:00:43	<b>01:19:34.45</b>	<b>01:20:08.05</b>	+00:00:10	3:46	15.9
3	<b>BEDNARZ Paweł</b>	<b>6</b>	MODEST.MAN.KOSZALI(N)ACŁAW	M30-39	2	00:00:33	00:03:34	00:21:39	00:40:43	01:00:28	<b>01:20:26.05</b>	<b>01:20:59.55</b>	+00:01:02	3:48	15.7
4	<b>RUDNIK Krzysztof</b>	<b>177</b>	NIGHT RUNNERS SŁUPSK	M30-39	3	00:00:33	00:04:06	00:23:16	00:42:36	01:02:19	<b>01:21:57.10</b>	<b>01:22:30.65</b>	+00:02:33	3:53	15.4
5	<b>MIERZWA Witold</b>	<b>140</b>	DARŁOWO	M40-44	2	00:00:34	00:04:06	00:23:35	00:43:32	01:03:54	<b>01:25:01.70</b>	<b>01:25:35.80</b>	+00:05:37	4:01	14.9
6	<b>LECKI Mateusz</b>	<b>123</b>	TEAM BIEGOWY SZCZECINEK	M30-39	4	00:00:34	00:04:16	00:24:30	00:44:40	01:05:36	<b>01:27:09.00</b>	<b>01:27:43.10</b>	+00:07:45	4:07	14.5
7	<b>ANDRUSZ Kamil</b>	<b>2</b>	TRIDEA / MNIAM.NET	M30-39	5	00:00:37	00:04:23	00:24:57	00:45:46	01:06:39	<b>01:27:26.40</b>	<b>01:28:03.55</b>	+00:08:02	4:08	14.5
8	<b>WOŚ Kamil</b>	<b>229</b>	PSZCZÓŁKOWSKI TEAM	M30-39	6	00:00:33	00:04:17	00:24:31	00:45:00	01:06:26	<b>01:27:34.50</b>	<b>01:28:07.85</b>	+00:08:10	4:09	14.5
9	<b>CHRZĄSZCZ Piotr</b>	<b>21</b>		M18-29	1	00:00:35	00:04:07	00:25:01	00:45:30	01:06:56	<b>01:28:04.00</b>	<b>01:28:39.00</b>	+00:08:40	4:10	14.4
10	<b>CHUDY Henryk</b>	<b>22</b>	K SOLSZEWSKI I SYNOWIE	M60-64	1	00:00:35	00:04:17	00:24:30	00:45:31	01:07:32	<b>01:29:36.30</b>	<b>01:30:12.25</b>	+00:10:12	4:14	14.1
11	<b>KĘPKA Adrian</b>	<b>92</b>		M18-29	2	00:00:35	00:04:15	00:24:30	00:44:58	01:06:50	<b>01:29:46.05</b>	<b>01:30:21.20</b>	+00:10:22	4:15	14.1
12	<b>KRYCZKA Stanisław</b>	<b>114</b>	MTS HAMER MIASTKO	M45-49	1	00:00:33	00:04:18	00:24:32	00:45:16	01:07:07	<b>01:29:49.95</b>	<b>01:30:23.90</b>	+00:10:26	4:15	14.1
13	<b>GOLIŃSKI Łukasz</b>	<b>46</b>	K.B. SPRINT ŚWIDWIN	M30-39	7	00:00:34	00:04:29	00:25:36	00:46:46	01:08:18	<b>01:30:09.65</b>	<b>01:30:44.35</b>	+00:10:45	4:16	14
14	<b>GRZESIK Eugeniusz</b>	<b>52</b>	TKKF KOSZALIN	M50-54	1	00:00:35	00:04:27	00:25:40	00:47:07	01:08:47	<b>01:30:13.45</b>	<b>01:30:48.75</b>	+00:10:49	4:16	14
15	<b>RUDNIKOWSKI Maciej</b>	<b>178</b>	BIEGUZDROWISKOWY.PL	M40-44	3	00:00:34	00:04:12	00:24:33	00:46:07	01:08:54	<b>01:31:23.40</b>	<b>01:31:58.10</b>	+00:11:59	4:19	13.9
16	<b>MAGALSKI Tomasz</b>	<b>126</b>	KLUB BIEGACZA KAMIEŃ POMORSKI	M18-29	3	00:00:35	00:04:27	00:25:39	00:46:52	01:09:22	<b>01:32:14.75</b>	<b>01:32:50.05</b>	+00:12:50	4:22	13.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
17	<b>BIEDRZYCKI Krzysztof</b>	<b>259</b>	CW FANZA KOŁOBRZEG	M45-49	2	00:00:35	00:04:36	00:26:48	00:49:04	01:11:21	<b>01:33:41.55</b>	<b>01:34:17.20</b>	+00:14:17	4:26	13.5
18	<b>KONDRACIUK Piotr</b>	<b>100</b>	ROZBIEGANY KOSZALIN - DRUŻYNA SZPIKU	M40-44	4	00:00:36	00:04:39	00:27:08	00:49:53	01:12:56	<b>01:35:45.15</b>	<b>01:36:21.15</b>	+00:16:21	4:32	13.2
19	<b>SOBCZYK Łukasz</b>	<b>186</b>	KOŁOBRZEG BIEGA	M40-44	5	00:00:34	00:04:30	00:26:22	00:48:30	01:11:36	<b>01:35:47.70</b>	<b>01:36:22.55</b>	+00:16:23	4:32	13.2
20	<b>JAROSZ Wiesław</b>	<b>79</b>	JW. 1223/BLOG	M40-44	6	00:00:34	00:04:16	00:24:47	00:47:47	01:12:10	<b>01:36:12.40</b>	<b>01:36:46.65</b>	+00:16:48	4:33	13.2
21	<b>CZYŻEWSKI Janusz</b>	<b>29</b>	KOŁOBRZEG BIEGA MARATON TEAM	M50-54	2	00:00:34	00:04:30	00:26:37	00:49:28	01:13:16	<b>01:36:48.95</b>	<b>01:37:23.65</b>	+00:17:25	4:35	13.1
22	<b>TCHÓRZEWSKI Marek</b>	<b>207</b>		M45-49	3	00:00:35	00:04:43	00:27:20	00:50:05	01:13:33	<b>01:37:16.20</b>	<b>01:37:51.50</b>	+00:17:52	4:36	13
23	<b>KASZTELAN Urszula</b>	<b>91</b>	TKKF TRIATHLON KOSZALIN	K30-39	1	00:00:35	00:04:40	00:26:21	00:49:24	01:13:38	<b>01:37:38.20</b>	<b>01:38:14.10</b>	+00:18:14	4:37	13
24	<b>KALETA Sebastian</b>	<b>84</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-44	7	00:00:35	00:04:31	00:26:38	00:49:40	01:13:58	<b>01:38:14.05</b>	<b>01:38:49.25</b>	+00:18:50	4:39	12.9
25	<b>GROCHOWALSKI Rafał</b>	<b>50</b>	K.B. SPRINT ŚWIDWIN	M30-39	8	00:00:35	00:04:31	00:26:33	00:49:53	01:13:59	<b>01:38:42.05</b>	<b>01:39:17.05</b>	+00:19:18	4:40	12.8
26	<b>STACHOWIAK Adrian</b>	<b>193</b>	280 KOMPANIA RADIOTECHNICZNA	M18-29	4	00:00:36	00:04:29	00:26:26	00:50:08	01:14:43	<b>01:38:53.50</b>	<b>01:39:29.60</b>	+00:19:29	4:41	12.8
27	<b>NAKONIECZNY Rafał</b>	<b>147</b>	BAJADERKI KOSZALIN	M30-39	9	00:00:39	00:05:00	00:28:14	00:50:48	01:14:16	<b>01:39:10.80</b>	<b>01:39:50.70</b>	+00:19:46	4:42	12.8
28	<b>SKIBIŃSKI Krzysztof</b>	<b>183</b>	TKKF TRIATHLON KOSZALIN	M40-44	8	00:00:36	00:04:43	00:27:24	00:51:05	01:15:11	<b>01:39:21.25</b>	<b>01:39:57.60</b>	+00:19:57	4:42	12.7
29	<b>GRĘŻLIKOWSKI Adam</b>	<b>49</b>		M30-39	10	00:00:36	00:04:51	00:27:55	00:51:31	01:15:22	<b>01:39:28.70</b>	<b>01:40:05.20</b>	+00:20:04	4:42	12.7
30	<b>WALTER Przemysław</b>	<b>218</b>	KB 10 BIAŁOGARD	M40-44	9	00:00:37	00:04:54	00:27:34	00:50:25	01:14:19	<b>01:39:31.95</b>	<b>01:40:09.70</b>	+00:20:08	4:43	12.7
31	<b>NIWIŃSKI Grzegorz</b>	<b>150</b>	K.B. TUPOT USTKA	M55-59	1	00:00:49	00:05:10	00:27:52	00:51:13	01:15:12	<b>01:40:37.60</b>	<b>01:41:27.00</b>	+00:21:13	4:46	12.6
32	<b>WINKEL Jerzy</b>	<b>223</b>		M40-44	10	00:00:36	00:04:25	00:26:31	00:50:23	01:15:43	<b>01:40:54.75</b>	<b>01:41:30.95</b>	+00:21:30	4:46	12.5
33	<b>NOWACKI Rafał</b>	<b>151</b>		M30-39	11	00:00:41	00:04:38	00:26:14	00:49:28	01:14:36	<b>01:40:58.35</b>	<b>01:41:40.10</b>	+00:21:34	4:47	12.5
34	<b>KAPUŚCIŃSKI Robert</b>	<b>88</b>	JW 1223 KOSZALIN	M30-39	12	00:00:34	00:04:31	00:26:35	00:50:24	01:15:47	<b>01:41:10.60</b>	<b>01:41:45.05</b>	+00:21:46	4:47	12.5
35	<b>MATYJASEK Zbigniew</b>	<b>244</b>	TKKF KOSZALIN	M40-44	11	00:00:34	00:04:16	00:26:47	00:50:53	01:15:58	<b>01:41:15.15</b>	<b>01:41:49.35</b>	+00:21:51	4:47	12.5
36	<b>ZIEMBA Daniel</b>	<b>235</b>		M40-44	12	00:00:37	00:04:21	00:26:35	00:50:15	01:15:17	<b>01:41:42.50</b>	<b>01:42:19.55</b>	+00:22:18	4:49	12.4
37	<b>CHAJNOWSKI Jarosław</b>	<b>252</b>	TKKF TRIATHLON KOSZALIN	M50-54	3	00:00:45	00:05:16	00:29:33	00:54:22	01:18:44	<b>01:42:12.15</b>	<b>01:42:57.55</b>	+00:22:48	4:50	12.4
38	<b>ADAMCZAK Andrzej</b>	<b>1</b>	TRIATHLON KOSZALIN	M55-59	2	00:00:44	00:05:17	00:29:34	00:54:24	01:18:45	<b>01:42:12.65</b>	<b>01:42:57.60</b>	+00:22:48	4:50	12.4
39	<b>BŁASZCZYK Tadeusz</b>	<b>9</b>		M55-59	3	00:00:39	00:04:57	00:27:49	00:51:33	01:16:10	<b>01:42:29.75</b>	<b>01:43:08.90</b>	+00:23:05	4:51	12.4
40	<b>MILCZAREK Grzegorz</b>	<b>141</b>		M18-29	5	00:00:45	00:05:12	00:28:09	00:51:54	01:17:12	<b>01:42:49.15</b>	<b>01:43:34.25</b>	+00:23:25	4:52	12.3
41	<b>JAMROZIAK Grzegorz</b>	<b>67</b>	KLUB BIEGACZA KAMIEŃ POMORSKI	M30-39	13	00:00:38	00:05:01	00:29:02	00:53:34	01:18:48	<b>01:42:49.90</b>	<b>01:43:28.45</b>	+00:23:25	4:52	12.3
42	<b>MAĆKOWIAK Krzysztof</b>	<b>125</b>	ROZBIEGANY KOSZALIN	M30-39	14	00:00:39	00:05:27	00:30:10	00:54:48	01:19:25	<b>01:43:30.10</b>	<b>01:44:09.85</b>	+00:24:06	4:54	12.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
43	<b>PASIEKA Agnieszka</b>	<b>160</b>	K.B. SPRINT ŚWIDWIN	K18-29	1	00:00:42	00:05:13	00:29:39	00:54:25	01:19:19	<b>01:43:44.35</b>	<b>01:44:26.45</b>	+00:24:20	4:54	12.2
44	<b>BIELIŃSKI Michał</b>	<b>7</b>	ROZBIEGANY KOSZALIN	M30-39	15	00:00:40	00:05:26	00:30:10	00:54:47	01:19:23	<b>01:43:45.00</b>	<b>01:44:25.05</b>	+00:24:21	4:55	12.2
45	<b>WILEWSKI Paweł</b>	<b>220</b>		M18-29	6	00:00:41	00:05:21	00:29:21	00:53:11	01:17:36	<b>01:43:56.40</b>	<b>01:44:37.85</b>	+00:24:32	4:55	12.2
46	<b>UZNAŃSKI Ryszard</b>	<b>213</b>		M45-49	4	00:00:33	00:04:30	00:26:31	00:49:13	01:15:18	<b>01:43:57.60</b>	<b>01:44:31.40</b>	+00:24:33	4:55	12.2
47	<b>JAMNIAK Bartosz</b>	<b>66</b>	MTS HAMER MIASTKO	M18-29	7	00:00:35	00:04:30	00:26:54	00:51:44	01:18:06	<b>01:44:34.90</b>	<b>01:45:10.65</b>	+00:25:10	4:57	12.1
48	<b>GLIŃSKI Łukasz</b>	<b>44</b>		M30-39	16	00:00:41	00:04:52	00:27:52	00:52:37	01:18:42	<b>01:44:45.70</b>	<b>01:45:27.00</b>	+00:25:21	4:57	12.1
49	<b>DUDZIAK Piotr</b>	<b>34</b>	BIEGNIJMY.PL	M40-44	13	00:00:43	00:05:01	00:29:00	00:54:29	01:20:05	<b>01:45:34.10</b>	<b>01:46:17.55</b>	+00:26:10	5:00	12
50	<b>SPALIK Mariusz</b>	<b>191</b>	MTSHAMERMIASTKO	M40-44	14	00:00:35	00:04:34	00:28:02	00:53:07	01:19:13	<b>01:45:56.35</b>	<b>01:46:31.80</b>	+00:26:32	5:01	12
51	<b>SAPIECHO Bartłomiej</b>	<b>179</b>	RONIN GOLD TEAM	M18-29	8	00:00:35	00:04:42	00:27:58	00:53:17	01:18:55	<b>01:46:19.75</b>	<b>01:46:55.55</b>	+00:26:55	5:02	11.9
52	<b>MROCKOWSKI Marek</b>	<b>145</b>	ROZBIEGANY KOSZALIN	M30-39	17	00:00:44	00:05:41	00:29:47	00:52:44	01:18:23	<b>01:46:32.55</b>	<b>01:47:17.10</b>	+00:27:08	5:02	11.9
53	<b>SKIERKA Grzegorz</b>	<b>184</b>	MKS ŚWIĘC SŁAWNO	M30-39	18	00:00:44	00:05:41	00:29:47	00:52:44	01:18:22	<b>01:46:32.60</b>	<b>01:47:17.10</b>	+00:27:08	5:02	11.9
54	<b>BONISŁAWSKI Jarosław</b>	<b>12</b>	FADOMODA TEAM	M30-39	19	00:00:52	00:05:19	00:27:39	00:50:28	01:14:18	<b>01:46:58.00</b>	<b>01:47:50.45</b>	+00:27:34	5:04	11.8
55	<b>MOSEK Radosław</b>	<b>144</b>		M30-39	20	00:00:37	00:05:28	00:30:44	00:55:36	01:20:54	<b>01:47:07.30</b>	<b>01:47:44.55</b>	+00:27:43	5:04	11.8
56	<b>KORDYLAS Michał</b>	<b>103</b>		M30-39	21	00:00:42	00:05:28	00:30:16	00:55:24	01:20:58	<b>01:47:08.65</b>	<b>01:47:51.30</b>	+00:27:44	5:04	11.8
57	<b>KAMIŃSKA Agata</b>	<b>85</b>	KŁAM SZCZECIN	K30-39	2	00:00:47	00:05:33	00:31:10	00:56:48	01:23:05	<b>01:47:53.30</b>	<b>01:48:40.55</b>	+00:28:29	5:06	11.7
58	<b>KAMIŃSKI Łukasz</b>	<b>86</b>	KŁAM SZCZECIN	M30-39	22	00:00:47	00:05:33	00:31:10	00:56:48	01:23:05	<b>01:47:53.40</b>	<b>01:48:40.65</b>	+00:28:29	5:06	11.7
59	<b>WILKOWSKI Krzysztof</b>	<b>222</b>		M30-39	23	00:00:35	00:04:52	00:29:06	00:54:20	01:20:31	<b>01:48:00.00</b>	<b>01:48:35.60</b>	+00:28:36	5:07	11.7
60	<b>CHWALEBA Jan</b>	<b>25</b>		M55-59	4	00:00:43	00:05:10	00:28:55	00:54:01	01:20:38	<b>01:48:00.50</b>	<b>01:48:44.20</b>	+00:28:36	5:07	11.7
61	<b>CHORAŻY Karolina</b>	<b>20</b>		K18-29	2	00:00:38	00:05:06	00:29:05	00:54:30	01:20:36	<b>01:48:10.70</b>	<b>01:48:49.55</b>	+00:28:46	5:07	11.7
62	<b>MALINOWSKI Mariusz</b>	<b>130</b>		M30-39	24	00:00:44	00:04:55	00:28:34	00:53:28	01:20:04	<b>01:48:16.55</b>	<b>01:49:00.75</b>	+00:28:52	5:07	11.7
63	<b>STANKIEWICZ Wiesław</b>	<b>195</b>		M50-54	4	00:00:40	00:05:32	00:30:54	00:56:15	01:21:59	<b>01:48:26.15</b>	<b>01:49:06.65</b>	+00:29:02	5:08	11.7
64	<b>JONKO Wojciech</b>	<b>256</b>		M65-69	1	00:00:42	00:05:07	00:28:38	00:54:04	01:20:39	<b>01:48:34.85</b>	<b>01:49:17.25</b>	+00:29:10	5:08	11.7
65	<b>ZIOMKO Rafał</b>	<b>236</b>		M40-44	15	00:00:37	00:04:59	00:28:54	00:54:13	01:20:41	<b>01:48:40.20</b>	<b>01:49:17.35</b>	+00:29:16	5:09	11.7
66	<b>KOBUS Maciej</b>	<b>97</b>		M30-39	25	00:00:40	00:05:25	00:29:22	00:53:26	01:18:41	<b>01:49:01.70</b>	<b>01:49:42.05</b>	+00:29:37	5:10	11.6
67	<b>MELLER Paweł</b>	<b>134</b>	JW 1223	M55-59	5	00:00:44	00:05:42	00:31:37	00:56:52	01:22:53	<b>01:49:14.85</b>	<b>01:49:59.10</b>	+00:29:50	5:10	11.6
68	<b>EMILIT Grzegorz</b>	<b>38</b>		M30-39	26	00:00:38	00:05:18	00:29:33	00:54:28	01:19:22	<b>01:49:15.75</b>	<b>01:49:54.20</b>	+00:29:51	5:10	11.6
69	<b>MERDA Piotr</b>	<b>135</b>	MTS HAMER MIASTKO	M30-39	27	00:00:38	00:05:16	00:30:40	00:56:48	01:22:54	<b>01:49:17.80</b>	<b>01:49:55.85</b>	+00:29:53	5:10	11.6
70	<b>MERDA Katarzyna</b>	<b>136</b>	MTS HAMER MIASTKO	K30-39	3	00:00:38	00:05:16	00:30:40	00:56:48	01:22:54	<b>01:49:18.20</b>	<b>01:49:56.35</b>	+00:29:54	5:10	11.6
71	<b>KOSAKOWSKI Krzysztof</b>	<b>106</b>	TKKF KOLEJARZ BYDGOSZCZ	M55-59	6	00:00:44	00:05:23	00:30:27	00:56:32	01:23:05	<b>01:49:27.20</b>	<b>01:50:12.05</b>	+00:30:03	5:11	11.6
72	<b>MARCINIAK Kacper</b>	<b>132</b>		M18-29	9	00:00:41	00:05:32	00:31:16	00:56:43	01:23:13	<b>01:50:22.25</b>	<b>01:51:03.90</b>	+00:30:58	5:13	11.5
73	<b>SIKORSKI Witold</b>	<b>182</b>	KB RUN 42	M55-59	7	00:00:43	00:05:25	00:30:15	00:56:37	01:23:51	<b>01:50:34.25</b>	<b>01:51:17.35</b>	+00:31:10	5:14	11.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
74	<b>TOMALIK Karol</b>	<b>253</b>	PORANNE BIEGANIE	M30-39	28	00:00:40	00:04:59	00:28:13	00:53:55	01:21:46	<b>01:50:39.15</b>	<b>01:51:19.70</b>	+00:31:15	5:14	11.4
75	<b>STRZELECKI Zbigniew</b>	<b>199</b>	KORZYBSKIE REKINY	M60-64	2	00:00:42	00:05:30	00:30:37	00:56:42	01:23:23	<b>01:50:39.70</b>	<b>01:51:21.75</b>	+00:31:15	5:14	11.4
76	<b>KACZMAREK Zbigniew</b>	<b>82</b>	ROZBIEGANY KOSZALIN	M60-64	3	00:00:43	00:05:29	00:31:01	00:57:27	01:24:11	<b>01:50:43.20</b>	<b>01:51:26.55</b>	+00:31:19	5:14	11.4
77	<b>MOKSA Dariusz</b>	<b>261</b>		M18-29	10	00:00:34	00:04:06	00:26:10	00:52:21	01:20:25	<b>01:50:46.35</b>	<b>01:51:21.05</b>	+00:31:22	5:15	11.4
78	<b>PĘKAŁA Piotr</b>	<b>164</b>	SOSW KOSZALIN	M45-49	5	00:00:48	00:05:46	00:32:07	00:58:30	01:24:59	<b>01:50:52.55</b>	<b>01:51:41.35</b>	+00:31:28	5:15	11.4
79	<b>TROTT Daniel</b>	<b>211</b>	AKADEMIA PILKARSKA KOWICA KOŁOBRZEG	M40-44	16	00:00:48	00:05:21	00:29:16	00:54:40	01:23:04	<b>01:51:12.00</b>	<b>01:52:00.80</b>	+00:31:48	5:16	11.4
80	<b>BRESZKA Tomasz</b>	<b>15</b>	CAPTAIN AMERICA VS THE FLASH	M30-39	29	00:00:37	00:05:03	00:29:00	00:55:14	01:22:41	<b>01:51:17.15</b>	<b>01:51:54.65</b>	+00:31:53	5:16	11.4
81	<b>BEDNARCZYK Arkadiusz</b>	<b>5</b>	TRIDEA	M40-44	17	00:00:34	00:05:01	00:29:35	00:55:32	01:23:30	<b>01:51:52.85</b>	<b>01:52:27.25</b>	+00:32:28	5:18	11.3
82	<b>BOGDANOWICZ Krzysztof</b>	<b>11</b>	TKKF KOSZALIN	M50-54	5	00:00:39	00:05:11	00:29:06	00:54:16	01:23:02	<b>01:52:00.05</b>	<b>01:52:39.05</b>	+00:32:36	5:18	11.3
83	<b>ROGOŻA Ireneusz</b>	<b>174</b>	BIEGNIJMY.PL	M40-44	18	00:00:43	00:05:34	00:30:54	00:56:35	01:23:26	<b>01:52:01.55</b>	<b>01:52:44.70</b>	+00:32:37	5:18	11.3
84	<b>JANKOWSKI Jakub</b>	<b>74</b>		M45-49	6	00:00:39	00:05:34	00:31:47	00:58:26	01:25:01	<b>01:52:16.40</b>	<b>01:52:55.80</b>	+00:32:52	5:19	11.3
85	<b>SKOWYRSKI Janusz</b>	<b>185</b>	ROWERIA KOSZALIN	M50-54	6	00:00:43	00:05:18	00:30:10	00:55:55	01:23:48	<b>01:52:20.95</b>	<b>01:53:04.05</b>	+00:32:57	5:19	11.3
86	<b>CZAPLIŃSKI Jacek</b>	<b>27</b>		M30-39	30	00:00:41	00:05:00	00:28:49	00:55:50	01:24:28	<b>01:52:39.50</b>	<b>01:53:20.90</b>	+00:33:15	5:20	11.2
87	<b>KONIECZNA Anka</b>	<b>101</b>	ROZBIEGANY KOSZALIN	K45-49	1	00:00:41	00:05:20	00:29:04	00:54:26	01:23:01	<b>01:52:49.80</b>	<b>01:53:31.60</b>	+00:33:25	5:20	11.2
88	<b>STOKROCKI Wojciech</b>	<b>196</b>		M30-39	31	00:00:45	00:05:41	00:32:05	00:58:07	01:24:39	<b>01:52:51.05</b>	<b>01:53:36.85</b>	+00:33:27	5:20	11.2
89	<b>NIEMCZUK Dariusz</b>	<b>247</b>		M55-59	8	00:00:47	00:05:37	00:32:42	00:59:34	01:26:05	<b>01:52:51.10</b>	<b>01:53:38.95</b>	+00:33:27	5:20	11.2
90	<b>CHUDZIŃSKI Dariusz</b>	<b>24</b>		M50-54	7	00:00:44	00:05:49	00:31:49	00:58:42	01:26:16	<b>01:52:56.25</b>	<b>01:53:41.05</b>	+00:33:32	5:21	11.2
91	<b>SOWIŃSKI Saturnin</b>	<b>189</b>	KB SPRINT ŚWIDWIN	M50-54	8	00:00:35	00:05:01	00:28:56	00:56:37	01:25:37	<b>01:53:03.75</b>	<b>01:53:39.70</b>	+00:33:39	5:21	11.2
92	<b>MAKSYMOWICZ Kornelia</b>	<b>127</b>		K30-39	4	00:00:35	00:04:53	00:29:18	00:55:13	01:24:37	<b>01:53:17.95</b>	<b>01:53:53.30</b>	+00:33:54	5:22	11.2
93	<b>ŻYWICKI Bartosz</b>	<b>237</b>	DZIKI KOSZALIN	M30-39	32	00:00:42	00:05:09	00:30:15	00:57:12	01:24:59	<b>01:53:35.85</b>	<b>01:54:18.65</b>	+00:34:11	5:23	11.1
94	<b>LAMPKOWSKI Krzysztof</b>	<b>121</b>		M50-54	9	00:00:36	00:04:55	00:28:55	00:56:12	01:24:31	<b>01:53:56.30</b>	<b>01:54:33.25</b>	+00:34:32	5:24	11.1
95	<b>WASZAK Karol</b>	<b>28</b>	KORZYBSKIE REKINY	M18-29	11	00:00:41	00:05:29	00:30:20	00:56:37	01:25:13	<b>01:54:11.80</b>	<b>01:54:52.95</b>	+00:34:47	5:24	11.1
96	<b>JANKIEWICZ Tomasz</b>	<b>70</b>	MTS HAMER MIASTKO	M40-44	19	00:00:39	00:05:15	00:30:40	00:56:48	01:25:10	<b>01:54:14.25</b>	<b>01:54:53.25</b>	+00:34:50	5:24	11.1
97	<b>GAJEK Artur</b>	<b>40</b>	KORZYBSKIE REKINY	M40-44	20	00:00:42	00:05:33	00:32:12	00:58:47	01:26:36	<b>01:54:16.90</b>	<b>01:54:59.05</b>	+00:34:52	5:24	11.1
98	<b>GRABOWSKI Krzysztof</b>	<b>258</b>		M45-49	7	00:00:38	00:05:37	00:32:33	01:00:35	01:28:25	<b>01:54:18.65</b>	<b>01:54:57.00</b>	+00:34:54	5:25	11.1
99	<b>JAKIMA Szymon</b>	<b>63</b>		M30-39	33	00:00:38	00:05:11	00:29:34	00:55:03	01:23:54	<b>01:54:25.60</b>	<b>01:55:04.30</b>	+00:35:01	5:25	11.1
100	<b>CHODOR Martyna</b>	<b>251</b>		K30-39	5	00:00:39	00:05:30	00:30:59	00:57:07	01:25:57	<b>01:54:36.40</b>	<b>01:55:16.15</b>	+00:35:12	5:25	11

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
101	<b>KRAKOWIAK Sławomir</b>	<b>113</b>		M40-44	21	00:00:40	00:05:16	00:29:35	00:55:19	01:24:18	<b>01:54:48.30</b>	<b>01:55:28.80</b>	+00:35:24	5:26	11
102	<b>JANUSZEK Adam</b>	<b>76</b>		M30-39	34	00:00:51	00:04:54	00:29:03	00:55:50	01:23:00	<b>01:54:55.95</b>	<b>01:55:47.15</b>	+00:35:32	5:26	11
103	<b>SZEWCZUK Paweł</b>	<b>202</b>	-	M30-39	35	00:00:37	00:05:28	00:30:44	00:55:59	01:23:44	<b>01:54:58.80</b>	<b>01:55:36.75</b>	+00:35:34	5:26	11
104	<b>GOŁDYN Marek</b>	<b>239</b>	TKKF KOSZALIN	M30-39	36	00:00:41	00:05:52	00:33:33	01:01:29	01:29:48	<b>01:55:10.15</b>	<b>01:55:51.60</b>	+00:35:46	5:27	11
105	<b>KUBALA Mateusz</b>	<b>117</b>		M18-29	12	00:00:37	00:05:18	00:31:02	00:58:22	01:26:13	<b>01:55:12.00</b>	<b>01:55:49.75</b>	+00:35:48	5:27	11
106	<b>SZYMANIAK Ryszard</b>	<b>245</b>		M65-69	2	00:00:38	00:05:13	00:31:15	00:58:28	01:26:22	<b>01:55:13.85</b>	<b>01:55:52.20</b>	+00:35:49	5:27	11
107	<b>OSTROWSKI Piotr</b>	<b>156</b>	BIEGAJĄCY TCZEW	M45-49	8	00:00:40	00:05:06	00:30:02	00:56:45	01:25:33	<b>01:55:21.05</b>	<b>01:56:01.15</b>	+00:35:57	5:28	11
108	<b>ZADROŻNY Szymon</b>	<b>231</b>	RUNNER'S OF WAŁCZ	M30-39	37	00:00:46	00:05:50	00:34:16	01:02:29	01:29:23	<b>01:55:31.35</b>	<b>01:56:17.65</b>	+00:36:07	5:28	11
109	<b>STORCZYK-RAK Agnieszka</b>	<b>197</b>		K30-39	6	00:00:42	00:05:27	00:30:57	00:57:19	01:26:15	<b>01:55:31.85</b>	<b>01:56:13.90</b>	+00:36:07	5:28	11
110	<b>KOŻŁOWIECKI Waldemar</b>	<b>110</b>	TKKF KOSZALIN	M65-69	3	00:00:33	00:05:16	00:31:31	00:59:43	01:27:14	<b>01:55:51.40</b>	<b>01:56:25.35</b>	+00:36:27	5:29	10.9
111	<b>DEMBICKI Daniel</b>	<b>33</b>		M40-44	22	00:00:43	00:05:13	00:30:37	00:58:06	01:26:47	<b>01:55:56.80</b>	<b>01:56:40.70</b>	+00:36:32	5:29	10.9
112	<b>WOLF Weronika</b>	<b>241</b>	TKKF KOSZALIN	K40-44	1	00:00:50	00:05:43	00:32:12	00:59:26	01:27:35	<b>01:56:00.25</b>	<b>01:56:50.45</b>	+00:36:36	5:29	10.9
113	<b>ZAGRODZKI Ireneusz</b>	<b>232</b>	KB TUPOT USTKA	M60-64	4	00:00:37	00:05:19	00:31:05	00:58:10	01:26:48	<b>01:56:21.65</b>	<b>01:56:59.00</b>	+00:36:57	5:30	10.9
114	<b>JANKOWSKI Marcin</b>	<b>72</b>	CHAMPION - POLICE	M40-44	23	00:00:40	00:05:30	00:31:28	00:57:52	01:25:45	<b>01:56:25.60</b>	<b>01:57:05.80</b>	+00:37:01	5:31	10.9
115	<b>CHUDZIK Zbigniew</b>	<b>23</b>	TKKF KOSZALIN	M55-59	9	00:00:41	00:05:30	00:31:55	00:59:13	01:27:42	<b>01:56:27.15</b>	<b>01:57:08.40</b>	+00:37:03	5:31	10.9
116	<b>ŚRODA Wojciech</b>	<b>204</b>		M45-49	9	00:00:50	00:05:50	00:32:09	00:59:21	01:27:08	<b>01:56:33.95</b>	<b>01:57:23.95</b>	+00:37:10	5:31	10.9
117	<b>TELESIEWICZ Henryk</b>	<b>35</b>	MKS ŚWIĘC SŁAWNO	M65-69	4	00:00:34	00:04:48	00:30:38	00:58:05	01:28:06	<b>01:56:38.85</b>	<b>01:57:13.25</b>	+00:37:14	5:31	10.9
118	<b>WILIŃSKI Marek</b>	<b>221</b>	K.B SPRINT ŚWIDWIN	M55-59	10	00:00:44	00:05:31	00:31:40	00:58:57	01:28:17	<b>01:57:12.90</b>	<b>01:57:56.95</b>	+00:37:48	5:33	10.8
119	<b>KORCZYŃSKI Sławomir</b>	<b>102</b>	DECATHLON KOSZALIN	M18-29	13	00:00:37	00:04:37	00:27:04	00:51:34	01:30:00	<b>01:57:28.30</b>	<b>01:58:05.55</b>	+00:38:04	5:34	10.8
120	<b>KURCZYK Zbigniew</b>	<b>119</b>		M30-39	38	00:00:37	00:05:23	00:30:20	00:56:56	01:26:35	<b>01:57:31.65</b>	<b>01:58:09.20</b>	+00:38:07	5:34	10.8
121	<b>KŁOSKOWSKI Dariusz</b>	<b>96</b>		M40-44	24	00:00:39	00:05:16	00:29:58	00:56:50	01:25:54	<b>01:57:41.20</b>	<b>01:58:20.65</b>	+00:38:17	5:34	10.8
122	<b>BARANOWSKI Piotr</b>	<b>4</b>	ROZBIEGANY KOSZALIN	M30-39	39	00:00:36	00:05:30	00:30:32	00:56:43	01:25:06	<b>01:57:48.90</b>	<b>01:58:25.50</b>	+00:38:24	5:35	10.7
123	<b>CZAPLICKI Paweł</b>	<b>238</b>	TKKF KOSZALIN	M40-44	25	00:00:38	00:05:33	00:32:00	00:59:32	01:28:19	<b>01:57:53.05</b>	<b>01:58:31.25</b>	+00:38:29	5:35	10.7
124	<b>OPALIŃSKI Stanisław</b>	<b>154</b>	KOŁOBRZEG BIEGA	M60-64	5	00:00:37	00:05:42	00:32:17	01:00:03	01:28:36	<b>01:58:05.65</b>	<b>01:58:43.10</b>	+00:38:41	5:35	10.7
125	<b>SOROKA Piotr</b>	<b>188</b>		M30-39	40	00:00:48	00:05:42	00:31:58	00:58:52	01:27:05	<b>01:58:06.65</b>	<b>01:58:54.95</b>	+00:38:42	5:35	10.7
126	<b>ZIELIŃSKI Przemysław</b>	<b>234</b>		M40-44	26	00:00:45	00:05:17	00:30:48	00:58:51	01:28:21	<b>01:58:19.30</b>	<b>01:59:05.00</b>	+00:38:55	5:36	10.7
127	<b>GAWEŁ Zbigniew</b>	<b>41</b>	SŁUPSK	M60-64	6	00:00:40	00:05:32	00:30:57	00:57:57	01:27:37	<b>01:58:20.10</b>	<b>01:59:01.00</b>	+00:38:56	5:36	10.7
128	<b>WACHOWIAK Bogdan</b>	<b>215</b>		M45-49	10	00:00:37	00:05:30	00:31:34	00:59:07	01:28:00	<b>01:59:07.45</b>	<b>01:59:45.00</b>	+00:39:43	5:38	10.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
129	<b>JAKUBOWSKI Krystian</b>	<b>65</b>	CAPTAIN AMERICA VS THE FLASH	M30-39	41	00:00:36	00:05:04	00:29:00	00:55:17	01:25:34	<b>01:59:13.30</b>	<b>01:59:49.95</b>	+00:39:49	5:39	10.6
130	<b>ŚWIETLIK Tomasz</b>	<b>205</b>		M55-59	11	00:00:48	00:05:43	00:31:42	00:59:17	01:26:56	<b>01:59:15.10</b>	<b>02:00:03.55</b>	+00:39:51	5:39	10.6
131	<b>KRUSZYŃSKI Stanisław</b>	<b>194</b>	RUNNERSWALDE.DARŁOWO.. MORSS	M55-59	12	00:00:38	00:05:53	00:34:12	01:03:50	01:32:57	<b>01:59:22.85</b>	<b>02:00:01.10</b>	+00:39:58	5:39	10.6
132	<b>KRZEWIŃSKA Monika</b>	<b>115</b>		K18-29	3	00:00:48	00:06:00	00:34:25	01:03:35	01:32:22	<b>01:59:45.80</b>	<b>02:00:34.70</b>	+00:40:21	5:40	10.6
133	<b>SCHWARZ Ludwik</b>	<b>248</b>		M50-54	10	00:00:37	00:05:35	00:32:01	00:59:10	01:27:56	<b>01:59:48.20</b>	<b>02:00:25.25</b>	+00:40:24	5:40	10.6
134	<b>WALIŃSKA Agnieszka</b>	<b>217</b>	BBL	K40-44	2	00:00:36	00:05:32	00:32:16	00:59:14	01:27:11	<b>01:59:55.20</b>	<b>02:00:31.75</b>	+00:40:31	5:40	10.6
135	<b>DZIESZUK Dariusz</b>	<b>36</b>	TKKF KOSZALIN	M45-49	11	00:00:42	00:05:51	00:33:32	01:01:28	01:29:48	<b>02:00:09.50</b>	<b>02:00:51.75</b>	+00:40:45	5:41	10.5
136	<b>KIEŁTYKA Rafał</b>	<b>94</b>		M30-39	42	00:00:46	00:05:25	00:31:00	00:58:52	01:29:07	<b>02:00:34.60</b>	<b>02:01:20.90</b>	+00:41:10	5:42	10.5
137	<b>JANKOWSKI Jarosław</b>	<b>73</b>		M45-49	12	00:00:44	00:06:05	00:34:18	01:02:37	01:31:47	<b>02:00:49.40</b>	<b>02:01:33.90</b>	+00:41:25	5:43	10.5
138	<b>SIKORSKI Darek</b>	<b>181</b>		M50-54	11	00:00:39	00:05:58	00:33:14	01:01:30	01:30:50	<b>02:00:53.25</b>	<b>02:01:33.20</b>	+00:41:29	5:43	10.5
139	<b>CHOŁUJ Karol</b>	<b>19</b>	ZAWSZE DO PRZODU	M30-39	43	00:00:44	00:05:24	00:31:43	00:59:35	01:29:16	<b>02:01:07.80</b>	<b>02:01:52.40</b>	+00:41:43	5:44	10.5
140	<b>MĘDEL Cezary</b>	<b>138</b>		M40-44	27	00:00:51	00:05:43	00:32:33	01:00:46	01:30:31	<b>02:01:30.30</b>	<b>02:02:21.30</b>	+00:42:06	5:45	10.4
141	<b>NAPIERAŁA Bogumił</b>	<b>148</b>	KORA KOSZALIN	M50-54	12	00:00:44	00:05:46	00:31:46	00:59:22	01:30:25	<b>02:01:31.40</b>	<b>02:02:16.10</b>	+00:42:07	5:45	10.4
142	<b>WOJCIECHOWSKI Marcin</b>	<b>225</b>		M18-29	14	00:00:47	00:05:45	00:32:34	01:00:28	01:30:16	<b>02:01:48.60</b>	<b>02:02:35.85</b>	+00:42:24	5:46	10.4
143	<b>ŁOPIŃSKI Piotr</b>	<b>124</b>		M30-39	44	00:00:42	00:05:19	00:30:09	00:58:02	01:28:59	<b>02:01:56.30</b>	<b>02:02:38.85</b>	+00:42:32	5:46	10.4
144	<b>KORUS Marcin</b>	<b>105</b>		M30-39	45	00:00:45	00:05:38	00:32:10	01:00:17	01:30:10	<b>02:02:03.40</b>	<b>02:02:48.65</b>	+00:42:39	5:47	10.4
145	<b>KĘPKA Karolina</b>	<b>243</b>	STOPA	K40-44	3	00:00:42	00:05:37	00:32:30	01:01:11	01:31:40	<b>02:02:13.80</b>	<b>02:02:56.55</b>	+00:42:49	5:47	10.4
146	<b>GAWROŃSKI Paweł</b>	<b>42</b>	OGIEŃ W SZOPIE	M18-29	15	00:00:49	00:05:59	00:34:24	01:03:35	01:32:22	<b>02:02:20.70</b>	<b>02:03:10.20</b>	+00:42:56	5:47	10.3
147	<b>BOROWIEC Mariusz</b>	<b>13</b>		M40-44	28	00:00:51	00:06:31	00:35:37	01:04:16	01:32:59	<b>02:02:24.95</b>	<b>02:03:16.85</b>	+00:43:01	5:48	10.3
148	<b>KALBARCZYK Jolanta</b>	<b>83</b>	SZCZECIN BIEGA	K40-44	4	00:00:39	00:05:37	00:32:31	01:02:37	01:32:15	<b>02:02:34.45</b>	<b>02:03:13.90</b>	+00:43:10	5:48	10.3
149	<b>JANKOWSKI Maciej</b>	<b>75</b>		M45-49	13	00:00:38	00:05:35	00:31:49	01:00:26	01:31:28	<b>02:03:04.15</b>	<b>02:03:42.20</b>	+00:43:40	5:49	10.3
150	<b>PIECHOTA Robert</b>	<b>166</b>		M45-49	14	00:00:36	00:04:32	00:29:47	01:00:16	01:32:55	<b>02:03:32.00</b>	<b>02:04:08.00</b>	+00:44:08	5:51	10.2
151	<b>CINCIO Robert</b>	<b>26</b>	TKKF TRIATHLON KOSZALIN	M30-39	46	00:00:41	00:05:08	00:31:23	01:00:04	01:31:59	<b>02:03:44.65</b>	<b>02:04:25.95</b>	+00:44:20	5:51	10.2
152	<b>DZIĘBOWSKI Mariusz</b>	<b>37</b>		M30-39	47	00:00:47	00:05:36	00:32:16	01:02:25	01:33:40	<b>02:04:22.30</b>	<b>02:05:09.55</b>	+00:44:58	5:53	10.2
153	<b>SUBALSKI Michał</b>	<b>200</b>		M30-39	48	00:00:46	00:05:31	00:31:49	00:59:38	01:30:22	<b>02:04:25.15</b>	<b>02:05:11.75</b>	+00:45:01	5:53	10.2
154	<b>PIEKARZEWICZ Tomasz</b>	<b>167</b>	BOBOLICE	M45-49	15	00:00:46	00:05:28	00:31:42	01:00:41	01:32:18	<b>02:04:25.45</b>	<b>02:05:11.45</b>	+00:45:01	5:53	10.2
155	<b>HORDEJUK Damaris</b>	<b>58</b>	PSZCZÓŁKOWSKI TEAM	K18-29	4	00:00:35	00:05:46	00:33:10	01:02:03	01:33:17	<b>02:04:34.30</b>	<b>02:05:09.65</b>	+00:45:10	5:54	10.2
156	<b>GWIZDAŁA Radosław</b>	<b>54</b>	MY OWN CLUB	M30-39	49	00:00:51	00:05:39	00:32:00	01:00:07	01:30:59	<b>02:04:40.00</b>	<b>02:05:31.85</b>	+00:45:16	5:54	10.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
157	<b>SIENICKI Piotr</b>	<b>180</b>	ROZBIEGANY KOSZALIN	M40-44	29	00:00:44	00:05:55	00:33:18	01:02:14	01:32:50	<b>02:04:42.45</b>	<b>02:05:26.45</b>	+00:45:18	5:54	10.2
158	<b>KOZŁOWSKI Maciej</b>	<b>112</b>	TT SZCZECIN	M40-44	30	00:00:44	00:06:05	00:35:08	01:05:12	01:35:25	<b>02:05:51.20</b>	<b>02:06:35.90</b>	+00:46:27	5:57	10.1
159	<b>RAMA Janusz</b>	<b>173</b>	KOŁOBRZEG BIEGA	M40-44	31	00:00:38	00:05:41	00:32:16	01:00:15	01:33:48	<b>02:06:20.25</b>	<b>02:06:59.00</b>	+00:46:56	5:59	10
160	<b>PIĄTKOWSKI Bartosz</b>	<b>165</b>		M40-44	32	00:00:43	00:05:37	00:32:06	01:01:42	01:33:50	<b>02:06:59.85</b>	<b>02:07:43.50</b>	+00:47:35	6:01	10
161	<b>DIAKOWICZ Magdalena</b>	<b>250</b>		K30-39	7	00:00:43	00:05:37	00:32:06	01:01:42	01:33:50	<b>02:07:00.15</b>	<b>02:07:43.60</b>	+00:47:36	6:01	10
162	<b>PSTRĄGOWSKI Marcin</b>	<b>171</b>	DZIKI KOSZALIN	M30-39	50	00:00:42	00:04:45	00:28:19	00:54:21	01:30:21	<b>02:07:04.50</b>	<b>02:07:47.45</b>	+00:47:40	6:01	10
163	<b>WITEK Sebastian</b>	<b>249</b>	RAJSPOORT ACTIVE TEAM	M40-44	33	00:00:49	00:05:51	00:34:09	01:03:51	01:35:33	<b>02:07:36.50</b>	<b>02:08:26.40</b>	+00:48:12	6:02	9.9
164	<b>WALCZAK Agnieszka</b>	<b>216</b>	TKKF KOSZALIN	K40-44	5	00:00:47	00:05:37	00:32:42	01:02:52	01:35:37	<b>02:07:40.05</b>	<b>02:08:27.10</b>	+00:48:16	6:03	9.9
165	<b>CZYŻEWSKI Piotr</b>	<b>30</b>	TKKF KOSZALIN	M50-54	13	00:00:38	00:05:33	00:32:04	01:01:15	01:34:12	<b>02:08:23.50</b>	<b>02:09:01.95</b>	+00:48:59	6:05	9.9
166	<b>WOLF Emil</b>	<b>242</b>	TKKF KOSZALIN	M40-44	34	00:00:45	00:05:57	00:34:06	01:03:19	01:35:11	<b>02:08:35.00</b>	<b>02:09:20.80</b>	+00:49:11	6:05	9.8
167	<b>PAULIŃSKI Jan</b>	<b>246</b>		M65-69	5	00:00:47	00:05:37	00:33:42	01:04:30	01:36:46	<b>02:08:37.25</b>	<b>02:09:24.80</b>	+00:49:13	6:05	9.8
168	<b>POLIKOWSKI Patryk</b>	<b>257</b>	ORP ISKRA	M30-39	51	00:00:45	00:05:40	00:33:29	01:05:06	01:36:37	<b>02:08:37.60</b>	<b>02:09:23.30</b>	+00:49:13	6:05	9.8
169	<b>KARWAT Stanisław</b>	<b>90</b>	PARKRUN SZCZECINEK	M55-59	13	00:00:46	00:05:35	00:33:17	01:05:57	01:38:03	<b>02:08:58.00</b>	<b>02:09:44.95</b>	+00:49:34	6:06	9.8
170	<b>KARNICKI Zygmunt</b>	<b>89</b>	TKKF KOSZALIN	M60-64	7	00:00:41	00:05:32	00:33:48	01:03:56	01:36:53	<b>02:09:05.90</b>	<b>02:09:47.20</b>	+00:49:41	6:07	9.8
171	<b>FILIPOWICZ Marian</b>	<b>39</b>	NIEZRZESZONY	M-70+	1	00:00:45	00:06:16	00:35:11	01:04:51	01:36:23	<b>02:09:11.80</b>	<b>02:09:56.90</b>	+00:49:47	6:07	9.8
172	<b>STOSIO Krzysztof</b>	<b>198</b>	WWW.WKOLOBRZEGU.COM.PL	M30-39	52	00:00:52	00:05:54	00:33:23	01:02:27	01:36:48	<b>02:09:17.25</b>	<b>02:10:09.50</b>	+00:49:53	6:07	9.8
173	<b>GUDANIEC Dorota</b>	<b>53</b>	TKKF TRIATHLON KOSZALIN	K55-59	1	00:00:45	00:06:08	00:35:03	01:05:28	01:37:15	<b>02:09:17.55</b>	<b>02:10:03.00</b>	+00:49:53	6:07	9.8
174	<b>NOWAK-IGNACAK Monika</b>	<b>152</b>		K40-44	6	00:00:46	00:06:29	00:36:43	01:07:05	01:37:39	<b>02:09:21.90</b>	<b>02:10:08.40</b>	+00:49:57	6:07	9.8
175	<b>MALESZA-HOUSIN Joanna</b>	<b>128</b>	ROZBIEGANY KOSZALIN-BIEGNIJMY.PL	K40-44	7	00:00:50	00:06:11	00:35:51	01:06:53	01:37:45	<b>02:09:37.45</b>	<b>02:10:28.10</b>	+00:50:13	6:08	9.8
176	<b>BORYS Przemysław</b>	<b>14</b>	BIEGNIJMY.PL	M30-39	53	00:00:50	00:06:18	00:36:25	01:07:55	01:40:12	<b>02:10:11.90</b>	<b>02:11:01.90</b>	+00:50:47	6:10	9.7
177	<b>MISZCZYK Jan</b>	<b>142</b>		M18-29	16	00:00:50	00:05:46	00:32:31	01:02:15	01:34:57	<b>02:10:21.90</b>	<b>02:11:12.85</b>	+00:50:57	6:10	9.7
178	<b>MIĄSEK Ryszard</b>	<b>139</b>		M30-39	54	00:00:45	00:05:28	00:31:52	01:01:10	01:36:55	<b>02:10:53.30</b>	<b>02:11:38.60</b>	+00:51:29	6:12	9.7
179	<b>OSOBNIAK Ryszard</b>	<b>155</b>	ROZBIEGANY KOSZALIN	M60-64	8	00:00:40	00:05:27	00:32:07	01:01:23	01:34:37	<b>02:10:53.90</b>	<b>02:11:34.75</b>	+00:51:29	6:12	9.7
180	<b>MEDEL Marta</b>	<b>137</b>		K40-44	8	00:00:50	00:05:44	00:32:34	01:00:48	01:30:32	<b>02:10:56.00</b>	<b>02:11:46.80</b>	+00:51:32	6:12	9.7
181	<b>MIZERA Agnieszka</b>	<b>143</b>		K45-49	2	00:00:36	00:05:40	00:35:15	01:05:33	01:37:45	<b>02:11:06.95</b>	<b>02:11:43.60</b>	+00:51:43	6:12	9.7
182	<b>WYGLĄDACZ Alicja</b>	<b>230</b>		K40-44	9	00:00:43	00:05:50	00:33:50	01:04:11	01:37:31	<b>02:11:30.00</b>	<b>02:12:13.55</b>	+00:52:06	6:13	9.6
183	<b>RUDNIK Janina Ewa</b>	<b>176</b>		K30-39	8	00:00:47	00:06:14	00:36:01	01:07:49	01:39:37	<b>02:12:28.80</b>	<b>02:13:16.55</b>	+00:53:04	6:16	9.6
184	<b>NIEDBAŁA Konrad</b>	<b>149</b>		M45-49	16	00:00:49	00:06:13	00:35:12	01:04:51	01:37:44	<b>02:12:59.20</b>	<b>02:13:48.30</b>	+00:53:35	6:18	9.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
185	<b>TORCZ Karol</b>	<b>209</b>	SZKÓŁKA PŁYWACKA DEPKA	M30-39	55	00:00:40	00:05:30	00:32:16	01:04:08	01:37:51	<b>02:13:15.00</b>	<b>02:13:55.10</b>	+00:53:51	6:18	9.5
186	<b>ZARĘBSKI Maciej</b>	<b>233</b>		M40-44	35	00:00:36	00:05:33	00:35:11	01:06:49	01:39:14	<b>02:13:23.10</b>	<b>02:13:59.50</b>	+00:53:59	6:19	9.5
187	<b>HRYCIÓW Paweł</b>	<b>59</b>	BIĄŁOGARD	M30-39	56	00:00:39	00:05:50	00:35:30	01:07:38	01:40:23	<b>02:14:01.15</b>	<b>02:14:40.50</b>	+00:54:37	6:21	9.4
188	<b>KOWALCZYK Piotr</b>	<b>108</b>		M30-39	57	00:00:48	00:05:48	00:32:54	01:02:40	01:36:13	<b>02:14:29.55</b>	<b>02:15:18.20</b>	+00:55:05	6:22	9.4
189	<b>PASTERNAK Magdalena</b>	<b>162</b>		K30-39	9	00:00:47	00:06:20	00:36:47	01:08:41	01:41:42	<b>02:14:59.50</b>	<b>02:15:47.15</b>	+00:55:35	6:23	9.4
190	<b>BAR Wojciech</b>	<b>3</b>		M30-39	58	00:00:43	00:05:21	00:32:21	01:06:18	01:41:52	<b>02:15:04.30</b>	<b>02:15:47.55</b>	+00:55:40	6:24	9.4
191	<b>JAKUBCZYK Agnieszka</b>	<b>64</b>	BABECZKI KOSZALIN	K18-29	5	00:00:49	00:06:19	00:36:28	01:08:04	01:41:44	<b>02:15:40.85</b>	<b>02:16:30.55</b>	+00:56:16	6:25	9.3
192	<b>VON BARDELEBEN Agnieszka</b>	<b>214</b>	BABECZKI KOSZALIN	K45-49	3	00:00:49	00:06:19	00:36:29	01:08:04	01:41:44	<b>02:15:41.25</b>	<b>02:16:30.45</b>	+00:56:17	6:25	9.3
193	<b>PANASZEWSKI Przemysław</b>	<b>157</b>	NEW YORK ISLANDERS	M18-29	17	00:00:49	00:05:55	00:34:45	01:06:17	01:39:50	<b>02:15:59.30</b>	<b>02:16:48.70</b>	+00:56:35	6:26	9.3
194	<b>HAŁAJKO Magdalena</b>	<b>56</b>	BABECZKI	K30-39	10	00:00:50	00:05:43	00:32:12	01:05:36	01:39:43	<b>02:16:26.65</b>	<b>02:17:16.80</b>	+00:57:02	6:27	9.3
195	<b>MAZUREK Barbara</b>	<b>133</b>	BABECZKI KOSZALIN	K30-39	11	00:00:49	00:06:12	00:35:51	01:07:25	01:40:36	<b>02:16:30.00</b>	<b>02:17:19.10</b>	+00:57:06	6:28	9.3
196	<b>JUSZCZAK Krzysztof</b>	<b>81</b>		M60-64	9	00:00:46	00:05:49	00:35:07	01:07:12	01:40:39	<b>02:16:30.85</b>	<b>02:17:17.15</b>	+00:57:06	6:28	9.3
197	<b>WOLAŃSKI Mariusz</b>	<b>227</b>		M50-54	14	00:00:48	00:06:19	00:38:30	01:10:58	01:44:27	<b>02:16:39.35</b>	<b>02:17:28.15</b>	+00:57:15	6:28	9.3
198	<b>WOSZTYL Alicja</b>	<b>228</b>		K18-29	6	00:00:46	00:06:15	00:36:11	01:08:08	01:41:45	<b>02:17:04.75</b>	<b>02:17:51.05</b>	+00:57:40	6:29	9.2
199	<b>KORPAL Cezary</b>	<b>104</b>	ROZBIEGANY KOSZALIN	M50-54	15	00:00:40	00:06:16	00:35:11	01:06:07	01:38:17	<b>02:17:08.05</b>	<b>02:17:48.45</b>	+00:57:44	6:29	9.2
200	<b>JANICKA Katarzyna</b>	<b>68</b>	BAJADERKI KOSZALIN	K30-39	12	00:00:52	00:06:14	00:35:59	01:07:28	01:41:13	<b>02:17:41.25</b>	<b>02:18:34.20</b>	+00:58:17	6:31	9.2
201	<b>GRUDZIŃSKI Marcin</b>	<b>51</b>		M30-39	59	00:00:52	00:06:14	00:35:59	01:07:28	01:41:13	<b>02:17:41.55</b>	<b>02:18:34.35</b>	+00:58:17	6:31	9.2
202	<b>KOLASA Tomasz</b>	<b>98</b>	KĄPIELE NA SPONTANIE	M45-49	17	00:00:48	00:06:20	00:38:30	01:10:58	01:44:26	<b>02:18:04.15</b>	<b>02:18:52.30</b>	+00:58:40	6:32	9.2
203	<b>JANUSZEWSKI Jacek</b>	<b>77</b>	17 WOG KOSZALIN	M50-54	16	00:00:40	00:05:25	00:31:44	01:02:26	01:39:35	<b>02:21:08.80</b>	<b>02:21:49.75</b>	+01:01:44	6:41	9
204	<b>WOJANOWSKI Zbigniew</b>	<b>224</b>	BIEGAM BO LUBIĘ	M55-59	14	00:00:39	00:05:28	00:33:10	01:06:20	01:42:29	<b>02:21:08.95</b>	<b>02:21:48.05</b>	+01:01:45	6:41	9
205	<b>OLINSKI Arek</b>	<b>153</b>	WIDZEW	M30-39	60	00:00:34	00:05:08	00:34:03	01:07:03	01:42:26	<b>02:21:28.95</b>	<b>02:22:03.85</b>	+01:02:05	6:42	8.9
206	<b>ŻUREK Kamila</b>	<b>240</b>		M30-39	61	00:00:34	00:06:15	00:37:12	01:10:10	01:45:24	<b>02:21:29.55</b>	<b>02:22:04.00</b>	+01:02:05	6:42	8.9
207	<b>BRODOWSKA Honorata</b>	<b>16</b>		K30-39	13	00:00:47	00:06:15	00:37:59	01:11:32	01:46:16	<b>02:21:33.55</b>	<b>02:22:20.80</b>	+01:02:09	6:42	8.9
208	<b>KANIA Paulina</b>	<b>87</b>	HERB PIETRUSZKI	K18-29	7	00:00:43	00:05:54	00:35:16	01:08:08	01:44:59	<b>02:22:32.50</b>	<b>02:23:16.40</b>	+01:03:08	6:45	8.9
209	<b>DĄBROWSKA Alicja</b>	<b>116</b>	TKKF KOSZALIN	K50-54	1	00:00:49	00:06:13	00:36:02	01:08:39	01:45:18	<b>02:23:08.90</b>	<b>02:23:58.60</b>	+01:03:44	6:47	8.8
210	<b>JAROSZ Jakub</b>	<b>78</b>	TKKF KOSZALIN	M18-29	18	00:00:39	00:05:12	00:32:41	01:05:39	01:45:58	<b>02:23:17.00</b>	<b>02:23:56.65</b>	+01:03:53	6:47	8.8
211	<b>PRENDECKA Sylwia</b>	<b>169</b>	RUNNERS OF WAŁCZ	K30-39	14	00:00:40	00:05:49	00:37:03	01:11:18	01:45:31	<b>02:23:50.65</b>	<b>02:24:30.85</b>	+01:04:26	6:49	8.8
212	<b>DATA Dariusz</b>	<b>32</b>		M40-44	36	00:00:41	00:06:09	00:35:23	01:09:08	01:45:44	<b>02:24:24.35</b>	<b>02:25:06.30</b>	+01:05:00	6:50	8.8
213	<b>JANKOWSKA Justyna</b>	<b>71</b>		K30-39	15	00:00:36	00:05:30	00:35:33	01:10:17	01:47:42	<b>02:24:48.90</b>	<b>02:25:25.45</b>	+01:05:24	6:51	8.7



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
214	<b>MALINOWSKA Małgorzata</b>	<b>129</b>	STR- ŚWIDWIN	K55-59	2	00:00:42	00:05:53	00:37:19	01:14:10	01:51:13	<b>02:27:59.85</b>	<b>02:28:42.50</b>	+01:08:35	7:00	8.6
215	<b>MARZEC Edwin</b>	<b>255</b>	HERB PIETRUSZKI	M18-29	19	00:00:44	00:05:53	00:35:15	01:08:08	01:47:48	<b>02:28:20.50</b>	<b>02:29:04.70</b>	+01:08:56	7:01	8.5
216	<b>KOZŁOWSKA-NAJDER Magda</b>	<b>111</b>		K40-44	10	00:00:46	00:06:54	00:41:33	01:16:12	01:51:56	<b>02:28:42.50</b>	<b>02:29:29.20</b>	+01:09:18	7:02	8.5
217	<b>NAJDER Krzysiek</b>	<b>146</b>		M40-44	37	00:00:45	00:06:55	00:41:34	01:16:13	01:51:56	<b>02:28:43.05</b>	<b>02:29:28.75</b>	+01:09:19	7:02	8.5
218	<b>PUŚCIAN Krzysztof</b>	<b>172</b>	GIMNAZJUM W MANOWIE	M40-44	38	00:00:43	00:06:17	00:37:03	01:13:51	01:51:01	<b>02:29:58.10</b>	<b>02:30:41.35</b>	+01:10:34	7:06	8.4
219	<b>KUREK Aneta</b>	<b>120</b>	GIMNAZJUM W MANOWIE	K40-44	11	00:00:42	00:06:19	00:37:04	01:13:52	01:51:03	<b>02:29:59.45</b>	<b>02:30:41.70</b>	+01:10:35	7:06	8.4
220	<b>KURŁOWICZ Krzysiek</b>	<b>260</b>		M30-39	62	00:00:42	00:06:01	00:37:43	01:13:35	01:50:45	<b>02:31:43.35</b>	<b>02:32:26.15</b>	+01:12:19	7:11	8.3
221	<b>GZELA Olga</b>	<b>55</b>	BIEGNIJMY.PL	K30-39	16	00:00:41	00:05:57	00:38:23	01:14:12	01:51:29	<b>02:31:53.25</b>	<b>02:32:34.70</b>	+01:12:29	7:11	8.3
222	<b>DZIUBA Krzysztof</b>	<b>254</b>		M18-29	20	00:00:37	00:06:17	00:35:22	01:08:03	01:49:39	<b>02:31:55.65</b>	<b>02:32:32.80</b>	+01:12:31	7:11	8.3
223	<b>KOMOROWSKA Beata</b>	<b>99</b>	ROZBIEGANY KOSZALIN	K30-39	17	00:00:48	00:06:27	00:38:57	01:15:25	01:54:35	<b>02:34:32.75</b>	<b>02:35:20.75</b>	+01:15:08	7:19	8.2
224	<b>TREJDER Maria</b>	<b>210</b>	BAJADERKI KOSZALIN	K40-44	12	00:00:47	00:06:53	00:40:59	01:18:24	01:57:14	<b>02:35:53.80</b>	<b>02:36:41.75</b>	+01:16:29	7:23	8.1
225	<b>PIOR Tomasz</b>	<b>168</b>		M30-39	63	00:00:40	00:05:31	00:34:45	01:13:12	01:54:05	<b>02:36:09.90</b>	<b>02:36:50.55</b>	+01:16:45	7:24	8.1
226	<b>KURCZ Barbara</b>	<b>118</b>	BABECZKI KOSZALIN	K45-49	4	00:00:50	00:07:00	00:42:00	01:19:38	01:59:27	<b>02:42:38.35</b>	<b>02:43:28.55</b>	+01:23:14	7:42	7.8
227	<b>PASEK Paula</b>	<b>158</b>		K30-39	18	00:00:51	00:06:42	00:41:42	01:21:37	02:04:08	<b>02:50:32.35</b>	<b>02:51:23.85</b>	+01:31:08	8:04	7.4
228	<b>PASEK Jan</b>	<b>159</b>		M60-64	10	00:00:50	00:06:43	00:41:43	01:21:39	02:04:09	<b>02:50:33.50</b>	<b>02:51:24.10</b>	+01:31:09	8:05	7.4
229	<b>GOŃKA Krzysztof</b>	<b>47</b>	DECATHLON KOSZALIN	M18-29	21	00:00:37	00:05:18	00:30:17	00:56:02	01:23:20			+00:22:14	5:10	11.6
230	<b>BIELSKI Sebastian</b>	<b>8</b>	NOWOGARD	M18-29	22	00:00:38	00:04:22	00:25:54	00:48:26				+00:06:21	4:21	13.8
231	<b>TOMCZAK Marek</b>	<b>208</b>	ROZBIEGANY KOSZALIN	M30-39	64	00:00:35	00:04:41	00:27:19	00:51:07				+00:09:03	4:36	13
232	<b>ROSZCZYŃIAŁSKI Michał</b>	<b>175</b>		M30-39	65	00:00:39	00:05:10	00:29:29	00:56:43				+00:14:39	5:06	11.7
233	<b>LECH Sylwester</b>	<b>122</b>	SZKÓŁKA PŁYWACKA DEPKA	M30-39	66	00:00:39	00:05:26	00:30:39	00:58:45				+00:16:40	5:17	11.3
234	<b>TARNIONEK Katarzyna</b>	<b>206</b>		K30-39	19	00:00:36	00:05:09	00:30:11	00:59:18				+00:17:14	5:20	11.2
235	<b>PRZYKUCKI Tomasz</b>	<b>170</b>		M30-39	67	00:00:37	00:04:19	00:25:51					+00:05:53	4:23	13.6
236	<b>SZCZEBLEWSKI Grzegorz</b>	<b>201</b>		M40-44	39	00:00:46	00:06:52						+00:14:27	6:41	9
	<b>GODLEWSKI Tomasz</b>	<b>45</b>		M18-29		DNF	00:05:57 DNF	00:32:12 DNF	00:58:49 DNF	01:30:29 DNF	<b>DNF</b>	<b>DNF</b>		-	-

Znaleziono 237 wynik(ów)