



## IV BIEG WIOSENNY MANOWO 2017 - 5 KM

B4SPORT

**Organizator:** Wójt Gminy Manowo  
**Data:** 2017-05-07  
**Miejsce:** Manowo  
**Dystans:** 5.3 km

 **HERKULES**  
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Arkadiusz</b>	<b>64</b>	TKKF KOSZALIN	M-OPEN	1	00:00:03	<b>00:18:19.55</b>	<b>00:18:23.25</b>		3:27	17.3 (100%)
2	<b>ORZECHOWSKI Kamil</b>	<b>107</b>	TKKF KOSZALIN	M-OPEN	2	00:00:03	<b>00:18:24.10</b>	<b>00:18:27.15</b>	+00:00:04 (0.4%)	3:28	17.3 (100%)
3	<b>GOLECKI Mirosław</b>	<b>34</b>	FORMA ROSNOWO	M-OPEN	3	00:00:04	<b>00:18:36.60</b>	<b>00:18:41.10</b>	+00:00:17 (1.5%)	3:30	17.1 (98.8%)
4	<b>KAMIENIECKI Rafał</b>	<b>58</b>	TUPOT-USTKA	M-OPEN	4	00:00:04	<b>00:18:42.00</b>	<b>00:18:46.10</b>	+00:00:22 (2.0%)	3:31	17 (98.3%)
5	<b>JAROSZ Wiesław</b>	<b>48</b>	JW. 1223 KOSZALIN/BLOG	M-OPEN	5	00:00:04	<b>00:18:49.25</b>	<b>00:18:53.70</b>	+00:00:29 (2.6%)	3:33	16.9 (97.7%)
6	<b>POLAK Szymon</b>	<b>114</b>	ROZBIEGANY KOSZALIN	M-OPEN	6	00:00:03	<b>00:18:55.45</b>	<b>00:18:58.95</b>	+00:00:35 (3.2%)	3:34	16.8 (97.1%)
7	<b>RYBACZEK Sebastian</b>	<b>129</b>	JW 1223-FORMA ROSNOWO	M-OPEN	7	00:00:04	<b>00:19:05.15</b>	<b>00:19:09.15</b>	+00:00:45 (4.0%)	3:36	16.7 (96.5%)
8	<b>MUSIAŁ Krzysztof</b>	<b>170</b>	TKKF KOSZALIN	M-OPEN	8	00:00:04	<b>00:19:40.45</b>	<b>00:19:45.10</b>	+00:01:20 (6.9%)	3:42	16.2 (93.6%)
9	<b>SITOWSKI Marcin</b>	<b>131</b>	FC RYSIEK	M-OPEN	9	00:00:05	<b>00:20:14.35</b>	<b>00:20:19.35</b>	+00:01:54 (9.5%)	3:49	15.7 (90.8%)
10	<b>KAMIŃSKI Jakub</b>	<b>59</b>	RUNGRYF GRYFICE	M-OPEN	10	00:00:06	<b>00:20:33.85</b>	<b>00:20:40.40</b>	+00:02:14 (10.9%)	3:52	15.5 (89.6%)
11	<b>BRAUN Grzegorz</b>	<b>9</b>	RUNGRYF GRYFICE	M-OPEN	11	00:00:03	<b>00:20:34.15</b>	<b>00:20:37.25</b>	+00:02:14 (10.9%)	3:52	15.5 (89.6%)
12	<b>SZYMAJDA Grzegorz</b>	<b>195</b>	TKKF KOSZALIN	M-OPEN	12	00:00:04	<b>00:20:48.60</b>	<b>00:20:52.95</b>	+00:02:29 (11.9%)	3:55	15.3 (88.4%)
13	<b>BONISŁAWSKI Jarosław</b>	<b>6</b>	ZUZIA&ZOSIA TEAM	M-OPEN	13	00:00:07	<b>00:21:07.80</b>	<b>00:21:15.05</b>	+00:02:48 (13.3%)	3:59	15 (86.7%)
14	<b>KONKEL Agnieszka</b>	<b>68</b>		K-OPEN	1	00:00:05	<b>00:21:08.85</b>	<b>00:21:14.05</b>	+00:02:49 (13.3%)	3:59	15 (86.7%)
15	<b>PRZEWŁOCKI Michał</b>	<b>171</b>		M-OPEN	14	00:00:04	<b>00:21:14.30</b>	<b>00:21:18.80</b>	+00:02:54 (13.7%)	4:00	15 (86.7%)
16	<b>SZAMREJ Wojciech</b>	<b>139</b>		M-OPEN	15	00:00:03	<b>00:21:31.30</b>	<b>00:21:35.20</b>	+00:03:11 (14.8%)	4:03	14.8 (85.5%)
17	<b>KORZENIOWSKI Sylwester</b>	<b>187</b>		M-OPEN	16	00:00:07	<b>00:21:33.20</b>	<b>00:21:40.85</b>	+00:03:13 (15.0%)	4:03	14.8 (85.5%)
18	<b>RUMIACZEK Jacek</b>	<b>185</b>		M-OPEN	17	00:00:06	<b>00:21:45.15</b>	<b>00:21:51.85</b>	+00:03:25 (15.8%)	4:06	14.6 (84.4%)
19	<b>CZAPLIŃSKI Jacek</b>	<b>14</b>		M-OPEN	18	00:00:01	<b>00:21:47.00</b>	<b>00:21:48.00</b>	+00:03:27 (15.9%)	4:06	14.6 (84.4%)
20	<b>PĘKAŁA Piotr</b>	<b>111</b>	ROZBIEGANY KOSZALIN	M-OPEN	19	00:00:08	<b>00:21:48.25</b>	<b>00:21:56.40</b>	+00:03:28 (16.0%)	4:06	14.6 (84.4%)
21	<b>DĘGA Ryszard</b>	<b>21</b>	TUPOT-USTKA	M-OPEN	20	00:00:04	<b>00:21:50.65</b>	<b>00:21:54.95</b>	+00:03:31 (16.1%)	4:07	14.6 (84.4%)
22	<b>RUTKOWSKI Ryszard</b>	<b>128</b>	RUTKOWSKI TEAM	M-OPEN	21	00:00:04	<b>00:21:55.25</b>	<b>00:21:59.65</b>	+00:03:35 (16.4%)	4:08	14.5 (83.8%)
23	<b>KAMELSKI Piotr</b>	<b>57</b>	SŁAWNO	M-OPEN	22	00:00:05	<b>00:22:14.80</b>	<b>00:22:20.50</b>	+00:03:55 (17.6%)	4:11	14.3 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5.3km	5.3km			
24	<b>KUKIEŁA Tomasz</b>	<b>75</b>		M-OPEN	23	00:00:05	<b>00:22:24.30</b>	<b>00:22:30.20</b>	+00:04:04 (18.2%)	4:13	14.2 (82.1%)
25	<b>JAROSZ Jakub</b>	<b>49</b>	TKKF KOSZALIN	M-OPEN	24	00:00:08	<b>00:22:25.80</b>	<b>00:22:34.10</b>	+00:04:06 (18.3%)	4:13	14.2 (82.1%)
26	<b>PSTRĄGOWSKI Marcin</b>	<b>176</b>	DZIKI KOSZALIN	M-OPEN	25	00:00:06	<b>00:22:31.30</b>	<b>00:22:37.55</b>	+00:04:11 (18.6%)	4:14	14.1 (81.5%)
27	<b>ZIÓŁKOWSKI Wojciech</b>	<b>164</b>	KB 'GOCH' BYTÓW	M-OPEN	26	00:00:06	<b>00:22:31.90</b>	<b>00:22:38.15</b>	+00:04:12 (18.7%)	4:15	14.1 (81.5%)
28	<b>JAROSZ Dariusz</b>	<b>50</b>	TKKF KOSZALIN	M-OPEN	27	00:00:08	<b>00:22:35.00</b>	<b>00:22:43.00</b>	+00:04:15 (18.9%)	4:15	14.1 (81.5%)
29	<b>IWANIEC Dariusz</b>	<b>44</b>	TKKF KOSZALIN	M-OPEN	28	00:00:08	<b>00:22:41.35</b>	<b>00:22:49.65</b>	+00:04:21 (19.2%)	4:16	14 (80.9%)
30	<b>CIUPA Marcin</b>	<b>11</b>	H2DESIGN	M-OPEN	29	00:00:09	<b>00:22:44.25</b>	<b>00:22:54.15</b>	+00:04:24 (19.4%)	4:17	14 (80.9%)
31	<b>SZABLA Ewelina</b>	<b>137</b>		K-OPEN	2	00:00:04	<b>00:22:51.80</b>	<b>00:22:56.45</b>	+00:04:32 (19.8%)	4:18	13.9 (80.3%)
32	<b>SZYMAŃSKI Piotr</b>	<b>145</b>		M-OPEN	30	00:00:12	<b>00:22:58.40</b>	<b>00:23:10.50</b>	+00:04:38 (20.2%)	4:20	13.8 (79.8%)
33	<b>KUŁAKOWSKI Dawid</b>	<b>78</b>	TKKF KOSZALIN	M-OPEN	31	00:00:09	<b>00:22:58.45</b>	<b>00:23:08.05</b>	+00:04:38 (20.2%)	4:20	13.8 (79.8%)
34	<b>PUŚCIAN Krzysztof</b>	<b>120</b>	GIMNAZJUM W MANOWIE	M-OPEN	32	00:00:04	<b>00:23:00.15</b>	<b>00:23:04.95</b>	+00:04:40 (20.3%)	4:20	13.8 (79.8%)
35	<b>MUCHA Krzysztof</b>	<b>105</b>	KOSZALIN	M-OPEN	33	00:00:09	<b>00:23:04.55</b>	<b>00:23:14.50</b>	+00:04:45 (20.6%)	4:21	13.8 (79.8%)
36	<b>SCISŁY Rafał</b>	<b>190</b>		M-OPEN	34	00:00:06	<b>00:23:14.05</b>	<b>00:23:20.30</b>	+00:04:54 (21.1%)	4:23	13.7 (79.2%)
37	<b>MATUSZEWSKI Karol</b>	<b>182</b>		M-OPEN	35	00:00:04	<b>00:23:16.80</b>	<b>00:23:20.90</b>	+00:04:57 (21.3%)	4:23	13.7 (79.2%)
38	<b>JAROSZ Przemysław</b>	<b>173</b>		M-OPEN	36	00:00:15	<b>00:23:18.85</b>	<b>00:23:34.35</b>	+00:04:59 (21.4%)	4:23	13.6 (78.6%)
39	<b>CZERSKI Paweł</b>	<b>16</b>		M-OPEN	37	00:00:12	<b>00:23:19.00</b>	<b>00:23:31.10</b>	+00:04:59 (21.4%)	4:23	13.6 (78.6%)
40	<b>KONIECZNA Anka</b>	<b>65</b>	ROZBIEGANI KOSZALIN	K-OPEN	3	00:00:10	<b>00:23:27.15</b>	<b>00:23:37.25</b>	+00:05:07 (21.9%)	4:25	13.6 (78.6%)
41	<b>FALUTA Grzegorz</b>	<b>168</b>		M-OPEN	38	00:00:09	<b>00:23:29.30</b>	<b>00:23:38.50</b>	+00:05:09 (22.0%)	4:25	13.5 (78.0%)
42	<b>TESKA Bartosz</b>	<b>148</b>	TKKF KOSZALIN	M-OPEN	39	00:00:12	<b>00:23:32.35</b>	<b>00:23:44.90</b>	+00:05:12 (22.1%)	4:26	13.5 (78.0%)
43	<b>HAMALA Marcin</b>	<b>40</b>		M-OPEN	40	00:00:01	<b>00:23:33.00</b>	<b>00:23:34.00</b>	+00:05:13 (22.2%)	4:26	13.5 (78.0%)
44	<b>JAROSZEWSKI Daniel</b>	<b>62</b>		M-OPEN	41	00:00:05	<b>00:23:36.05</b>	<b>00:23:41.65</b>	+00:05:16 (22.4%)	4:27	13.5 (78.0%)
45	<b>DUDZIAK Piotr</b>	<b>22</b>	KOSZALIN	M-OPEN	42	00:00:04	<b>00:23:41.65</b>	<b>00:23:46.15</b>	+00:05:22 (22.7%)	4:28	13.4 (77.5%)
46	<b>OTTO Michał</b>	<b>109</b>		M-OPEN	43	00:00:09	<b>00:23:49.50</b>	<b>00:23:58.90</b>	+00:05:29 (23.1%)	4:29	13.4 (77.5%)
47	<b>ŚWIETLIK Tomasz</b>	<b>147</b>		M-OPEN	44	00:00:06	<b>00:23:50.80</b>	<b>00:23:57.35</b>	+00:05:31 (23.2%)	4:30	13.3 (76.9%)
48	<b>RÓG Michał</b>	<b>126</b>	JW1223	M-OPEN	45	00:00:08	<b>00:23:51.10</b>	<b>00:23:59.10</b>	+00:05:31 (23.2%)	4:30	13.3 (76.9%)
49	<b>RASZPLA Radosław</b>	<b>122</b>		M-OPEN	46	00:00:12	<b>00:23:56.45</b>	<b>00:24:08.55</b>	+00:05:36 (23.5%)	4:30	13.3 (76.9%)
50	<b>ŁABEJSZA Łukasz</b>	<b>83</b>	WOJOWNICY WÓDY	M-OPEN	47	00:00:09	<b>00:23:59.35</b>	<b>00:24:08.90</b>	+00:05:39 (23.6%)	4:31	13.3 (76.9%)
51	<b>SKOWYRSKI Janusz</b>	<b>132</b>	TKKF KOSZALIN	M-OPEN	48	00:00:08	<b>00:24:14.20</b>	<b>00:24:22.80</b>	+00:05:54 (24.4%)	4:34	13.1 (75.7%)
52	<b>DATA Dariusz</b>	<b>18</b>		M-OPEN	49	00:00:14	<b>00:24:15.15</b>	<b>00:24:29.50</b>	+00:05:55 (24.4%)	4:34	13.1 (75.7%)
53	<b>MIKIETYŃSKI Michał</b>	<b>97</b>	ZABIEGANI NOCĄ	M-OPEN	50	00:00:06	<b>00:24:15.30</b>	<b>00:24:21.90</b>	+00:05:55 (24.4%)	4:34	13.1 (75.7%)
54	<b>MAJCHRZAK Paweł</b>	<b>85</b>		M-OPEN	51	00:00:04	<b>00:24:16.80</b>	<b>00:24:21.55</b>	+00:05:57 (24.5%)	4:34	13.1 (75.7%)
55	<b>WIECZOREK Adrian</b>	<b>183</b>		M-OPEN	52	00:00:06	<b>00:24:19.70</b>	<b>00:24:26.40</b>	+00:06:00 (24.7%)	4:35	13.1 (75.7%)
56	<b>WIATRZYK Krzysztof</b>	<b>152</b>	DARŁOWO	M-OPEN	53	00:00:10	<b>00:24:23.05</b>	<b>00:24:33.25</b>	+00:06:03 (24.8%)	4:36	13 (75.1%)
56	<b>SKIERKA Grzegorz</b>	<b>188</b>		M-OPEN	54	00:00:10	<b>00:24:23.05</b>	<b>00:24:33.55</b>	+00:06:03 (24.8%)	4:36	13 (75.1%)
58	<b>KUŹNIARSKI Radosław</b>	<b>193</b>		M-OPEN	55	00:00:14	<b>00:24:32.15</b>	<b>00:24:46.70</b>	+00:06:12 (25.3%)	4:37	13 (75.1%)
59	<b>ZDROWIECKI Artur</b>	<b>162</b>		M-OPEN	56	00:00:07	<b>00:24:35.50</b>	<b>00:24:42.95</b>	+00:06:15 (25.5%)	4:38	12.9 (74.6%)
60	<b>KRUPIŃSKI Krzysztof</b>	<b>73</b>	E-UROLOG.EU	M-OPEN	57	00:00:18	<b>00:24:42.10</b>	<b>00:25:00.75</b>	+00:06:22 (25.8%)	4:39	12.9 (74.6%)
61	<b>PIĘTKO Joanna</b>	<b>112</b>		K-OPEN	4	00:00:10	<b>00:24:46.90</b>	<b>00:24:57.15</b>	+00:06:27 (26.1%)	4:40	12.8 (74.0%)
62	<b>MOLESZTAK Tomasz</b>	<b>102</b>		M-OPEN	58	00:00:15	<b>00:24:47.45</b>	<b>00:25:02.80</b>	+00:06:27 (26.1%)	4:40	12.8 (74.0%)
63	<b>DZIESZUK Dariusz</b>	<b>23</b>	TKKF KOSZALIN	M-OPEN	59	00:00:15	<b>00:24:53.75</b>	<b>00:25:09.10</b>	+00:06:34 (26.4%)	4:41	12.8 (74.0%)
64	<b>FAJGIER Tomasz</b>	<b>150</b>		M-OPEN	60	00:00:08	<b>00:24:57.90</b>	<b>00:25:05.95</b>	+00:06:38 (26.6%)	4:42	12.7 (73.4%)
65	<b>PEŁECHATA Julita</b>	<b>181</b>		K-OPEN	5	00:00:11	<b>00:24:59.55</b>	<b>00:25:11.10</b>	+00:06:40 (26.7%)	4:43	12.7 (73.4%)
66	<b>KIKTA Piotr</b>	<b>25</b>		M-OPEN	61	00:00:22	<b>00:25:04.55</b>	<b>00:25:27.30</b>	+00:06:45 (26.9%)	4:43	12.7 (73.4%)
67	<b>GAWIECKI Piotr</b>	<b>28</b>	ROZBIEGANI KOSZALIN	M-OPEN	62	00:00:08	<b>00:25:06.80</b>	<b>00:25:15.40</b>	+00:06:47 (27.0%)	4:44	12.7 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5.3km	5.3km			
68	<b>SZMIGIERO Sebastian</b>	<b>142</b>	W.P.K SŁOŃ TEAM USTKA	M-OPEN	63	00:00:15	<b>00:25:12.90</b>	<b>00:25:28.05</b>	+00:06:53 (27.3%)	4:45	12.6 (72.8%)
69	<b>KULCZYK Katarzyna</b>	<b>77</b>	KB BRYZA POSTOMINO	K-OPEN	6	00:00:10	<b>00:25:14.00</b>	<b>00:25:24.15</b>	+00:06:54 (27.4%)	4:45	12.6 (72.8%)
70	<b>OSOBNIAK Ryszard</b>	<b>108</b>	ROZBIEGANY KOSZALIN	M-OPEN	64	00:00:21	<b>00:25:21.15</b>	<b>00:25:42.25</b>	+00:07:01 (27.7%)	4:46	12.5 (72.3%)
71	<b>SUDA Andrzej</b>	<b>166</b>		M-OPEN	65	00:00:13	<b>00:25:21.45</b>	<b>00:25:34.60</b>	+00:07:01 (27.7%)	4:46	12.5 (72.3%)
72	<b>MICERSKI Tomasz</b>	<b>94</b>	TKKF KOSZALIN	M-OPEN	66	00:00:20	<b>00:25:22.95</b>	<b>00:25:43.60</b>	+00:07:03 (27.8%)	4:47	12.5 (72.3%)
73	<b>ROGANOWSKA Danuta</b>	<b>124</b>	ROZBIEGANY KOSZALIN	K-OPEN	7	00:00:09	<b>00:25:26.65</b>	<b>00:25:36.50</b>	+00:07:07 (28.0%)	4:48	12.5 (72.3%)
74	<b>NOREK Tomek</b>	<b>106</b>		M-OPEN	67	00:00:11	<b>00:25:30.70</b>	<b>00:25:42.50</b>	+00:07:11 (28.2%)	4:48	12.5 (72.3%)
75	<b>JAROSIK Mariusz</b>	<b>47</b>		M-OPEN	68	00:00:11	<b>00:25:30.95</b>	<b>00:25:42.80</b>	+00:07:11 (28.2%)	4:48	12.5 (72.3%)
76	<b>JABŁOŃSKI Tomasz</b>	<b>165</b>	AR SPOKO SŁAWNO	M-OPEN	69	00:00:04	<b>00:25:32.00</b>	<b>00:25:36.90</b>	+00:07:12 (28.2%)	4:49	12.5 (72.3%)
77	<b>KONKEL Łukasz</b>	<b>67</b>		M-OPEN	70	00:00:06	<b>00:25:36.15</b>	<b>00:25:42.70</b>	+00:07:16 (28.4%)	4:49	12.4 (71.7%)
78	<b>GRABOWSKA-LESISZ Aneta</b>	<b>37</b>		K-OPEN	8	00:00:06	<b>00:25:38.65</b>	<b>00:25:45.05</b>	+00:07:19 (28.5%)	4:50	12.4 (71.7%)
79	<b>DUDZIK Przemysław</b>	<b>174</b>	NAWIGATOR	M-OPEN	71	00:00:12	<b>00:25:40.10</b>	<b>00:25:52.30</b>	+00:07:20 (28.6%)	4:50	12.4 (71.7%)
80	<b>JAROSIK Natalia</b>	<b>175</b>		K-OPEN	9	00:00:11	<b>00:25:42.70</b>	<b>00:25:54.55</b>	+00:07:23 (28.7%)	4:51	12.4 (71.7%)
81	<b>MEJER Aleksandra</b>	<b>169</b>		K-OPEN	10	00:00:04	<b>00:25:46.25</b>	<b>00:25:50.95</b>	+00:07:26 (28.9%)	4:51	12.3 (71.1%)
82	<b>KAZIMIEROWICZ Radosław</b>	<b>61</b>	VTT KOSZALIN	M-OPEN	72	00:00:11	<b>00:25:48.40</b>	<b>00:25:59.90</b>	+00:07:28 (29.0%)	4:52	12.3 (71.1%)
83	<b>DĄBROWSKI Grzegorz</b>	<b>20</b>		M-OPEN	73	00:00:12	<b>00:26:01.25</b>	<b>00:26:14.10</b>	+00:07:41 (29.6%)	4:54	12.2 (70.5%)
84	<b>MALESZA-HOUSIN Joanna</b>	<b>86</b>	ROZBIEGANY KOSZALIN	K-OPEN	11	00:00:11	<b>00:26:15.00</b>	<b>00:26:26.35</b>	+00:07:55 (30.2%)	4:57	12.1 (69.9%)
85	<b>POLAK Monika</b>	<b>115</b>		K-OPEN	12	00:00:17	<b>00:26:19.25</b>	<b>00:26:36.50</b>	+00:07:59 (30.4%)	4:57	12.1 (69.9%)
86	<b>GREBIENIK Andrzej</b>	<b>38</b>	W.P.K SŁOŃ TEAM USTKA	M-OPEN	74	00:00:15	<b>00:26:20.30</b>	<b>00:26:36.20</b>	+00:08:00 (30.4%)	4:58	12.1 (69.9%)
87	<b>KOZŁOWIECKI Waldermar</b>	<b>196</b>		M-OPEN	75	00:00:21	<b>00:26:21.30</b>	<b>00:26:42.95</b>	+00:08:01 (30.5%)	4:58	12.1 (69.9%)
88	<b>KUREK Adrian</b>	<b>81</b>		M-OPEN	76	00:00:15	<b>00:26:22.75</b>	<b>00:26:38.10</b>	+00:08:03 (30.5%)	4:58	12.1 (69.9%)
89	<b>MEGIER Wojtek</b>	<b>92</b>		M-OPEN	77	00:00:13	<b>00:26:23.75</b>	<b>00:26:36.90</b>	+00:08:04 (30.6%)	4:58	12.1 (69.9%)
90	<b>GŁUCH Katarzyna</b>	<b>33</b>		K-OPEN	13	00:00:12	<b>00:26:24.60</b>	<b>00:26:36.65</b>	+00:08:05 (30.6%)	4:58	12 (69.4%)
91	<b>MUSIAŁ Bartosz</b>	<b>172</b>		M-OPEN	78	00:00:08	<b>00:26:26.35</b>	<b>00:26:34.80</b>	+00:08:06 (30.7%)	4:59	12 (69.4%)
92	<b>BARTOSIK Tomasz</b>	<b>2</b>		M-OPEN	79	00:00:17	<b>00:26:29.10</b>	<b>00:26:46.30</b>	+00:08:09 (30.8%)	4:59	12 (69.4%)
93	<b>DĄBROWSKA Alicja</b>	<b>19</b>	TKKF KOSZALIN	K-OPEN	14	00:00:09	<b>00:26:37.40</b>	<b>00:26:47.30</b>	+00:08:17 (31.2%)	5:01	11.9 (68.8%)
94	<b>SIWEK Piotr</b>	<b>184</b>		M-OPEN	80	00:00:11	<b>00:26:43.40</b>	<b>00:26:55.00</b>	+00:08:23 (31.4%)	5:02	11.9 (68.8%)
95	<b>KAZIMIERCZAK Leszek</b>	<b>60</b>	CSSP KOSZALIN	M-OPEN	81	00:00:07	<b>00:26:43.85</b>	<b>00:26:51.30</b>	+00:08:24 (31.4%)	5:02	11.9 (68.8%)
96	<b>SUSKI Wiesław</b>	<b>136</b>		M-OPEN	82	00:00:06	<b>00:26:45.00</b>	<b>00:26:51.55</b>	+00:08:25 (31.5%)	5:02	11.9 (68.8%)
97	<b>BASIAK Krystian</b>	<b>3</b>	KOSZALIN JW1223	M-OPEN	83	00:00:15	<b>00:26:54.95</b>	<b>00:27:10.70</b>	+00:08:35 (31.9%)	5:04	11.8 (68.2%)
98	<b>FELKOWSKI Tomasz</b>	<b>24</b>		M-OPEN	84	00:00:06	<b>00:26:55.00</b>	<b>00:27:01.00</b>	+00:08:35 (31.9%)	5:04	11.8 (68.2%)
99	<b>BIELAK Małgorzata</b>	<b>189</b>		K-OPEN	15	00:00:06	<b>00:27:00.70</b>	<b>00:27:07.35</b>	+00:08:41 (32.2%)	5:05	11.8 (68.2%)
100	<b>CZAPLEWSKI Krzysztof</b>	<b>13</b>		M-OPEN	85	00:00:06	<b>00:27:06.00</b>	<b>00:27:12.55</b>	+00:08:46 (32.4%)	5:06	11.7 (67.6%)
101	<b>BARANOWSKI Adam</b>	<b>35</b>		M-OPEN	86	00:00:22	<b>00:27:17.80</b>	<b>00:27:40.10</b>	+00:08:58 (32.9%)	5:09	11.6 (67.1%)
102	<b>ROGALSKI Roberto</b>	<b>29</b>	TKKF KOSZALIN	M-OPEN	87	00:00:08	<b>00:27:22.00</b>	<b>00:27:30.50</b>	+00:09:02 (33.0%)	5:09	11.6 (67.1%)
103	<b>BURDA Sebastian</b>	<b>198</b>		M-OPEN	88	00:00:15	<b>00:27:34.00</b>	<b>00:27:49.80</b>	+00:09:14 (33.5%)	5:12	11.5 (66.5%)
104	<b>KACZMAREK Łukasz</b>	<b>55</b>	WOJOWNICY WODY	M-OPEN	89	00:00:09	<b>00:27:43.10</b>	<b>00:27:52.65</b>	+00:09:23 (33.9%)	5:13	11.5 (66.5%)
105	<b>PISARCZYK Andrzej</b>	<b>36</b>	CROSSFIT KOSZALIN	M-OPEN	90	00:00:15	<b>00:27:47.90</b>	<b>00:28:03.85</b>	+00:09:28 (34.1%)	5:14	11.4 (65.9%)
106	<b>MIĄSEK Ryszard</b>	<b>93</b>		M-OPEN	91	00:00:11	<b>00:27:51.95</b>	<b>00:28:03.70</b>	+00:09:32 (34.2%)	5:15	11.4 (65.9%)
107	<b>PSTRĄGOWSKA Marlena</b>	<b>119</b>	BABECZKI KOSZALIN	K-OPEN	16	00:00:11	<b>00:28:02.40</b>	<b>00:28:13.55</b>	+00:09:42 (34.6%)	5:17	11.3 (65.3%)
108	<b>MAZUREK Barbara</b>	<b>91</b>	BABECZKI KOSZALIN	K-OPEN	17	00:00:17	<b>00:28:02.60</b>	<b>00:28:19.85</b>	+00:09:43 (34.7%)	5:17	11.3 (65.3%)
109	<b>KONKEL Joanna</b>	<b>66</b>	MKS 'ŚWIĘC SŁAWNO'	K-OPEN	18	00:00:10	<b>00:28:04.20</b>	<b>00:28:14.70</b>	+00:09:44 (34.7%)	5:17	11.3 (65.3%)
110	<b>ZASIMOWSKI Adam</b>	<b>53</b>		M-OPEN	92	00:00:20	<b>00:28:06.45</b>	<b>00:28:26.70</b>	+00:09:46 (34.8%)	5:18	11.3 (65.3%)
111	<b>KUREK Aneta</b>	<b>80</b>		K-OPEN	19	00:00:14	<b>00:28:15.60</b>	<b>00:28:29.65</b>	+00:09:56 (35.2%)	5:19	11.3 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5.3km	brutto 5.3km			
112	<b>MIŁOSZEWICZ Aleksandra</b>	<b>100</b>		K-OPEN	20	00:00:04	<b>00:28:15.75</b>	<b>00:28:20.65</b>	+00:09:56 (35.2%)	5:20	11.3 (65.3%)
112	<b>GŁOWACKI Włodzimierz</b>	<b>32</b>		M-OPEN	93	00:00:13	<b>00:28:15.75</b>	<b>00:28:29.45</b>	+00:09:56 (35.2%)	5:20	11.3 (65.3%)
114	<b>WIERZBICKI Kacper</b>	<b>153</b>		M-OPEN	94	00:00:13	<b>00:28:19.15</b>	<b>00:28:32.35</b>	+00:09:59 (35.3%)	5:20	11.2 (64.7%)
115	<b>DANOWSKI Maciej</b>	<b>17</b>		M-OPEN	95	00:00:05	<b>00:28:22.70</b>	<b>00:28:28.60</b>	+00:10:03 (35.4%)	5:21	11.2 (64.7%)
116	<b>KLEIN Rafał</b>	<b>200</b>		M-OPEN	96	00:00:04	<b>00:28:29.75</b>	<b>00:28:34.10</b>	+00:10:10 (35.7%)	5:22	11.2 (64.7%)
117	<b>ANTOSZKO Barbara</b>	<b>191</b>		K-OPEN	21	00:00:06	<b>00:28:34.70</b>	<b>00:28:41.65</b>	+00:10:15 (35.9%)	5:23	11.1 (64.2%)
118	<b>KRYGIER Ireneusz</b>	<b>74</b>	W.P.K. SŁOŃ TEAM USTKA	M-OPEN	97	00:00:15	<b>00:28:40.85</b>	<b>00:28:56.50</b>	+00:10:21 (36.1%)	5:24	11.1 (64.2%)
119	<b>ZIĘBA Paweł</b>	<b>163</b>	TKKF KOSZALIN	M-OPEN	98	00:00:17	<b>00:28:44.05</b>	<b>00:29:01.15</b>	+00:10:24 (36.2%)	5:25	11.1 (64.2%)
120	<b>MRUGALSKI Stanisław</b>	<b>104</b>		M-OPEN	99	00:00:21	<b>00:28:44.30</b>	<b>00:29:06.20</b>	+00:10:24 (36.2%)	5:25	11.1 (64.2%)
121	<b>DACZKOWSKA Ewelina</b>	<b>116</b>		K-OPEN	22	00:00:20	<b>00:28:45.15</b>	<b>00:29:05.65</b>	+00:10:25 (36.3%)	5:25	11.1 (64.2%)
122	<b>SZEWCZYK Paulina</b>	<b>141</b>		K-OPEN	23	00:00:15	<b>00:28:48.60</b>	<b>00:29:03.75</b>	+00:10:29 (36.4%)	5:26	11 (63.6%)
123	<b>KUPREWICZ Grzegorz</b>	<b>79</b>	JW 1223	M-OPEN	100	00:00:06	<b>00:28:58.10</b>	<b>00:29:04.35</b>	+00:10:38 (36.7%)	5:27	11 (63.6%)
124	<b>GARNCAREK Paweł</b>	<b>180</b>		M-OPEN	101	00:00:27	<b>00:29:03.65</b>	<b>00:29:30.95</b>	+00:10:44 (36.9%)	5:28	10.9 (63.0%)
125	<b>HELLER Zdzisław</b>	<b>42</b>	NIEZRZESZONY	M-OPEN	102	00:00:14	<b>00:29:06.60</b>	<b>00:29:21.50</b>	+00:10:47 (37.0%)	5:29	10.9 (63.0%)
126	<b>KORPAL Cezary</b>	<b>69</b>	ROZBIERANY KOSZALIN	M-OPEN	103	00:00:22	<b>00:29:07.20</b>	<b>00:29:29.80</b>	+00:10:47 (37.1%)	5:29	10.9 (63.0%)
127	<b>BRZOZEK Michał</b>	<b>39</b>		M-OPEN	104	00:00:04	<b>00:29:15.10</b>	<b>00:29:19.70</b>	+00:10:55 (37.4%)	5:31	10.9 (63.0%)
128	<b>MICHALCZYK Małgorzata</b>	<b>96</b>	1989.	K-OPEN	24	00:00:09	<b>00:29:21.90</b>	<b>00:29:31.45</b>	+00:11:02 (37.6%)	5:32	10.8 (62.4%)
129	<b>WILKOWSKI Piotr</b>	<b>167</b>		M-OPEN	105	00:00:17	<b>00:29:26.70</b>	<b>00:29:43.90</b>	+00:11:07 (37.8%)	5:33	10.8 (62.4%)
130	<b>WILKOWSKI Krzysztof</b>	<b>156</b>		M-OPEN	106	00:00:17	<b>00:29:27.85</b>	<b>00:29:45.25</b>	+00:11:08 (37.8%)	5:33	10.8 (62.4%)
131	<b>KRAJCZYŃSKI Mariusz</b>	<b>72</b>	LEPSZY KOSZALIN	M-OPEN	107	00:00:10	<b>00:29:33.75</b>	<b>00:29:44.65</b>	+00:11:14 (38.0%)	5:34	10.8 (62.4%)
132	<b>TOMICKA Małgorzata</b>	<b>149</b>		K-OPEN	25	00:00:10	<b>00:29:35.40</b>	<b>00:29:45.55</b>	+00:11:15 (38.1%)	5:34	10.7 (61.8%)
133	<b>MAŃKOWSKI Dariusz</b>	<b>89</b>	JASTROWIE	M-OPEN	108	00:00:15	<b>00:29:36.45</b>	<b>00:29:51.60</b>	+00:11:16 (38.1%)	5:35	10.7 (61.8%)
134	<b>MAŃKOWSKA Janina</b>	<b>88</b>	JASTROWIE	K-OPEN	26	00:00:14	<b>00:29:36.75</b>	<b>00:29:51.50</b>	+00:11:17 (38.1%)	5:35	10.7 (61.8%)
135	<b>SIKORSKI Witold</b>	<b>130</b>	KB RUN 42	M-OPEN	109	00:00:13	<b>00:29:38.05</b>	<b>00:29:51.75</b>	+00:11:18 (38.2%)	5:35	10.7 (61.8%)
136	<b>NOWAK Andrzej</b>	<b>177</b>		M-OPEN	110	00:00:07	<b>00:30:00.25</b>	<b>00:30:07.95</b>	+00:11:40 (38.9%)	5:39	10.6 (61.3%)
137	<b>PAWCERZYŃSKI Łukasz</b>	<b>95</b>		M-OPEN	111	00:00:13	<b>00:30:00.75</b>	<b>00:30:14.50</b>	+00:11:41 (38.9%)	5:39	10.6 (61.3%)
138	<b>BORTNIK Joanna</b>	<b>8</b>		K-OPEN	27	00:00:19	<b>00:30:04.05</b>	<b>00:30:23.20</b>	+00:11:44 (39.1%)	5:40	10.6 (61.3%)
139	<b>WIKTOROWICZ Małgorzata</b>	<b>154</b>	CIOTECZKI.PL	K-OPEN	28	00:00:13	<b>00:30:08.65</b>	<b>00:30:22.45</b>	+00:11:49 (39.2%)	5:41	10.5 (60.7%)
140	<b>RASZPLA Iłona</b>	<b>123</b>	CIOTECZKI.PL	K-OPEN	29	00:00:13	<b>00:30:08.75</b>	<b>00:30:22.35</b>	+00:11:49 (39.2%)	5:41	10.5 (60.7%)
141	<b>MALINOWSKA Agnieszka</b>	<b>87</b>	CIOTECZKI.PL	K-OPEN	30	00:00:13	<b>00:30:20.90</b>	<b>00:30:34.40</b>	+00:12:01 (39.6%)	5:43	10.5 (60.7%)
142	<b>CZERSKI Piotr</b>	<b>15</b>		M-OPEN	112	00:00:17	<b>00:30:23.55</b>	<b>00:30:40.90</b>	+00:12:04 (39.7%)	5:43	10.5 (60.7%)
143	<b>STEC Edyta</b>	<b>135</b>	BABECZKI KOSZALIN	K-OPEN	31	00:00:19	<b>00:30:24.70</b>	<b>00:30:43.70</b>	+00:12:05 (39.7%)	5:44	10.5 (60.7%)
144	<b>MOŻEJKO Anna</b>	<b>103</b>	BABECZKI KOSZALIN	K-OPEN	32	00:00:18	<b>00:30:24.75</b>	<b>00:30:43.15</b>	+00:12:05 (39.7%)	5:44	10.5 (60.7%)
145	<b>WOJANOWSKI Zbigniew</b>	<b>158</b>	BIEGAM BO LUBIĘ	M-OPEN	113	00:00:08	<b>00:30:29.50</b>	<b>00:30:38.00</b>	+00:12:09 (39.9%)	5:45	10.4 (60.1%)
146	<b>BONISŁAWSKA Małgorzata</b>	<b>5</b>	ZUZIA&ZOSIA TEAM	K-OPEN	33	00:00:07	<b>00:30:38.10</b>	<b>00:30:46.05</b>	+00:12:18 (40.2%)	5:46	10.4 (60.1%)
147	<b>PIETRZAK Mariola</b>	<b>113</b>	BABECZKI KOSZALIN	K-OPEN	34	00:00:16	<b>00:30:38.40</b>	<b>00:30:55.30</b>	+00:12:18 (40.2%)	5:46	10.4 (60.1%)
148	<b>WOJCIECHOWSKA Małgorzata</b>	<b>159</b>		K-OPEN	35	00:00:17	<b>00:31:15.65</b>	<b>00:31:33.30</b>	+00:12:56 (41.4%)	5:53	10.2 (59.0%)
149	<b>MATUSZAK Agnieszka</b>	<b>10</b>		K-OPEN	36	00:00:10	<b>00:31:31.45</b>	<b>00:31:41.90</b>	+00:13:11 (41.9%)	5:56	10.1 (58.4%)
150	<b>JAROSZ Marzena</b>	<b>7</b>		K-OPEN	37	00:00:09	<b>00:31:32.15</b>	<b>00:31:41.60</b>	+00:13:12 (41.9%)	5:56	10.1 (58.4%)
151	<b>URBAŃSKA Anetta</b>	<b>101</b>		K-OPEN	38	00:00:20	<b>00:31:35.50</b>	<b>00:31:55.80</b>	+00:13:15 (42.0%)	5:57	10.1 (58.4%)
152	<b>KRUK Anna</b>	<b>90</b>		K-OPEN	39	00:00:19	<b>00:31:48.05</b>	<b>00:32:07.30</b>	+00:13:28 (42.4%)	6:00	10 (57.8%)
153	<b>JASIENIECKI Piotr</b>	<b>51</b>		M-OPEN	114	00:00:06	<b>00:32:00.85</b>	<b>00:32:07.15</b>	+00:13:41 (42.8%)	6:02	9.9 (57.2%)
154	<b>SZYSZKOWSKI Tomasz</b>	<b>146</b>		M-OPEN	115	00:00:09	<b>00:33:04.20</b>	<b>00:33:13.85</b>	+00:14:44 (44.6%)	6:14	9.6 (55.5%)
155	<b>JUSZCZYK Agnieszka</b>	<b>54</b>		K-OPEN	40	00:00:12	<b>00:33:10.95</b>	<b>00:33:23.10</b>	+00:14:51 (44.8%)	6:15	9.6 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
156	<b>SZMIGIERO Agnieszka</b>	<b>143</b>	W.P.K SŁOŃ TEAM USTKA	K-OPEN	41	00:00:15	<b>00:33:26.55</b>	<b>00:33:42.35</b>	+00:15:07 (45.2%)	6:18	9.5 (54.9%)
157	<b>BŁOŃSKA Agnieszka</b>	<b>4</b>	BABECZKI KOSZALIN	K-OPEN	42	00:00:18	<b>00:33:33.75</b>	<b>00:33:52.10</b>	+00:15:14 (45.4%)	6:20	9.5 (54.9%)
158	<b>JAKUBCZYK Agnieszka</b>	<b>45</b>	BABECZKI KOSZALIN	K-OPEN	43	00:00:16	<b>00:33:35.10</b>	<b>00:33:51.90</b>	+00:15:15 (45.4%)	6:20	9.5 (54.9%)
159	<b>GAWIECKA Mariola</b>	<b>27</b>	ROZBIEGANY KOSZALIN	K-OPEN	44	00:00:09	<b>00:33:42.15</b>	<b>00:33:52.00</b>	+00:15:22 (45.6%)	6:21	9.4 (54.3%)
160	<b>IGNACIK Anna</b>	<b>82</b>		K-OPEN	45	00:00:10	<b>00:34:15.30</b>	<b>00:34:25.95</b>	+00:15:55 (46.5%)	6:27	9.3 (53.8%)
161	<b>PEŁKA Iwona</b>	<b>110</b>		K-OPEN	46	00:00:20	<b>00:34:20.30</b>	<b>00:34:41.15</b>	+00:16:00 (46.6%)	6:28	9.3 (53.8%)
162	<b>MIKLASIŃSKA Monika</b>	<b>99</b>	SŁAWNO	K-OPEN	47	00:00:08	<b>00:34:32.65</b>	<b>00:34:40.85</b>	+00:16:13 (46.9%)	6:30	9.2 (53.2%)
163		<b>197</b>				00:00:14	<b>00:34:33.40</b>	<b>00:34:47.45</b>	+00:16:13 (47.0%)	6:31	9.2 (53.2%)
164	<b>STASZYŃSKA Mariana</b>	<b>186</b>		K-OPEN	48	00:00:19	<b>00:34:36.50</b>	<b>00:34:55.80</b>	+00:16:16 (47.0%)	6:31	9.2 (53.2%)
165	<b>MŁYNARCZYK Aneta</b>	<b>199</b>		K-OPEN	49	00:00:20	<b>00:35:55.45</b>	<b>00:36:16.00</b>	+00:17:35 (49.0%)	6:46	8.8 (50.9%)
166	<b>GLIŃSKA Anna</b>	<b>30</b>		K-OPEN	50	00:00:18	<b>00:35:57.95</b>	<b>00:36:16.65</b>	+00:17:38 (49.0%)	6:47	8.8 (50.9%)
167	<b>BUGAJSKA Katarzyna</b>	<b>76</b>		M-OPEN	116	00:00:46	<b>00:36:52.00</b>	<b>00:37:38.00</b>	+00:18:32 (50.3%)	6:57	8.6 (49.7%)
168	<b>BUGAJSKI Tadeusz</b>	<b>63</b>		M-OPEN	117	00:00:46	<b>00:36:56.00</b>	<b>00:37:42.00</b>	+00:18:36 (50.4%)	6:58	8.6 (49.7%)
169	<b>SZCZEBLEWSKI Józef</b>	<b>178</b>		M-OPEN	118	00:00:03	<b>00:38:51.50</b>	<b>00:38:55.40</b>	+00:20:31 (52.8%)	7:20	8.2 (47.4%)
170	<b>CWIKLIŃSKI Andrzej</b>	<b>26</b>		M-OPEN	119	00:00:11	<b>00:39:34.10</b>	<b>00:39:46.00</b>	+00:21:14 (53.7%)	7:28	8 (46.2%)
171	<b>HAUSMAN Andrzej</b>	<b>41</b>	KSR ROWERIA	M-OPEN	120	00:00:19	<b>00:39:46.75</b>	<b>00:40:05.85</b>	+00:21:27 (53.9%)	7:30	8 (46.2%)
172	<b>ZASIMOWSKA Emilka</b>	<b>52</b>		K-OPEN	51	00:00:19	<b>00:41:38.05</b>	<b>00:41:57.25</b>	+00:23:18 (56.0%)	7:51	7.6 (43.9%)
173	<b>ZASIMOWSKA Edyta</b>	<b>56</b>		K-OPEN	52	00:00:20	<b>00:41:41.20</b>	<b>00:42:01.75</b>	+00:23:21 (56.0%)	7:51	7.6 (43.9%)
174	<b>GLIŃSKI Rafał</b>	<b>31</b>		M-OPEN	121	00:00:19	<b>00:43:54.40</b>	<b>00:44:13.40</b>	+00:25:34 (58.3%)	8:16	7.2 (41.6%)
175	<b>BARTNIK Marian</b>	<b>1</b>	TKKF KOSZALIN	M-OPEN	122	00:00:04	<b>00:44:39.05</b>	<b>00:44:43.70</b>	+00:26:19 (59.0%)	8:25	7.1 (41.0%)
176	<b>FELKOWSKI Robert</b>	<b>70</b>		M-OPEN	123	00:00:46	<b>00:49:00.00</b>	<b>00:49:46.00</b>	+00:30:40 (62.6%)	9:14	6.5 (37.6%)
177	<b>CZAPLEWSKA Alicja</b>	<b>12</b>		K-OPEN	53	00:00:06					(0.0%)

Znaleziono 177 wynik(ów)