

IV EDYCJA BIEGU TROPEM WILCZYM - KOSZALIN - 10 KM

B4SPORT
INTEGRATING SPORTS & SPORTS

Organiser: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Date: 2016-02-28
Place: Koszalin
Distance: 10 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	WITKOWSKI Mateusz	353	KL BIAŁOGARD	M-18	1	00:00:03	00:07:59	00:16:06	00:24:15	00:32:14	00:32:42.85	00:32:46.00		3:16	18.3 (100%)
2	BORZĘCKI Norbert	22		M-30	1	00:00:04	00:08:22	00:16:53	00:25:19	00:33:37	00:34:07.00	00:34:11.00	+00:01:24 (4.1%)	3:24	17.6 (96.2%)
3	ŻMUDA Tomasz	327	CW FANZA KOŁOBRZEG	M-40	1	00:00:02	00:09:06	00:18:25	00:27:47	00:37:06	00:37:40.10	00:37:43.00	+00:04:57 (13.2%)	3:46	15.9 (86.9%)
4	GOLECKI Mirosław	63	CSSP- KOSZALIN : FORMA ROSNOWO	M-30	2	00:00:04	00:09:31	00:19:01	00:28:16	00:37:23	00:37:54.90	00:37:59.00	+00:05:12 (13.7%)	3:47	15.8 (86.3%)
5	WITKIEWICZ Eryk	308	KB 10 BIAŁOGARD	M-40	2	00:00:03	00:09:06	00:18:33	00:28:05	00:37:26	00:38:00.45	00:38:04.00	+00:05:17 (13.9%)	3:48	15.8 (86.3%)
6	RUDNIKOWSKI Maciej	252	BIEGUZDROWISKOWY.PL	M-40	3	00:00:03	00:09:10	00:18:48	00:28:23	00:37:54	00:38:28.30	00:38:32.00	+00:05:45 (15.0%)	3:50	15.6 (85.2%)
7	RYBACZEK Sebastian	254	JW 1223/FORMA ROSNOWO	M-30	3	00:00:04	00:09:30	00:19:03	00:28:37	00:38:07	00:38:38.00	00:38:42.00	+00:05:55 (15.3%)	3:51	15.5 (84.7%)
8	SOLSKI Marcin	267		M-18	2	00:00:04	00:09:24	00:19:00	00:28:37	00:38:18	00:38:47.50	00:38:52.00	+00:06:04 (15.7%)	3:52	15.5 (84.7%)
8	KĘPKA Adrian	358		M-18	3	00:00:04	00:09:28	00:19:02	00:28:37	00:38:19	00:38:47.90	00:38:52.00	+00:06:05 (15.7%)	3:52	15.5 (84.7%)
10	ZYCH Dariusz	326	4RUN TEAM	M-40	4	00:00:04	00:09:36	00:19:16	00:28:52	00:38:18	00:38:50.95	00:38:55.00	+00:06:08 (15.8%)	3:53	15.4 (84.2%)
11	KRUKOWSKI Błażej	148	MKS ŚWIĘC SŁAWNO	M-30	4	00:00:04	00:09:38	00:19:19	00:29:03	00:38:37	00:39:05.95	00:39:10.00	+00:06:23 (16.3%)	3:54	15.3 (83.6%)
12	JAROSZ Wiesław	99	8 KOSZALIŃSKI PLOT/BLOG	M-40	5	00:00:03	00:09:23	00:18:58	00:28:45	00:38:34	00:39:07.80	00:39:11.00	+00:06:24 (16.4%)	3:54	15.3 (83.6%)
13	BARAŃSKI Bogusław	368		M-50	1	00:00:02	00:09:15	00:18:59	00:28:46	00:38:39	00:39:16.10	00:39:19.00	+00:06:33 (16.7%)	3:55	15.3 (83.6%)
14	REMBECKI Marcin	247	WSPINANIE KOSZALIN	M-30	5	00:00:05	00:09:35	00:19:26	00:29:10	00:38:41	00:39:18.95	00:39:24.00	+00:06:36 (16.8%)	3:55	15.3 (83.6%)
15	GOLIŃSKI Łukasz	64	K.B. SPRINT ŚWIDWIN	M-30	6	00:00:06	00:09:29	00:19:15	00:29:08	00:38:57	00:39:32.55	00:39:39.00	+00:06:49 (17.3%)	3:57	15.2 (83.1%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
16	USTIANOWSKI Wojciech	295	JW1223	M-18	4	00:00:07	00:09:28	00:19:15	00:29:14	00:39:05	00:39:38.00	00:39:45.00	+00:06:55 (17.5%)	3:57	15.1 (82.5%)
17	POLAK Szymon	233	ROZBIEGANY KOSZALIN	M-40	6	00:00:03	00:09:14	00:19:00	00:29:00	00:39:10	00:39:48.60	00:39:52.00	+00:07:05 (17.8%)	3:58	15.1 (82.5%)
18	BIEDRZYCKI Adam	10	OSP STARY BOREK	M-30	7	00:00:03	00:09:32	00:19:15	00:29:21	00:39:24	00:39:56.95	00:40:00.00	+00:07:14 (18.1%)	3:59	15 (82.0%)
19	BURDA Robert	24	KOSPEL	M-40	7	00:00:06	00:09:47	00:19:51	00:29:55	00:39:35	00:40:04.00	00:40:10.00	+00:07:21 (18.4%)	4:00	15 (82.0%)
20	DURMAN Dawid	49		M-18	5	00:00:07	00:09:47	00:19:48	00:29:45	00:39:32	00:40:04.15	00:40:12.00	+00:07:21 (18.4%)	4:00	15 (82.0%)
21	WOJCIECHOWICZ Jacek	312	WWW.STUDIOTANCAPASJA.PL	M-30	8	00:00:04	00:09:42	00:19:41	00:29:47	00:39:40	00:40:12.35	00:40:17.00	+00:07:29 (18.6%)	4:01	14.9 (81.4%)
22	ROKOSZ Radosław	250	JW 1223	M-30	9	00:00:07	00:09:36	00:19:37	00:29:41	00:39:44	00:40:16.20	00:40:24.00	+00:07:33 (18.8%)	4:01	14.9 (81.4%)
23	BIEDRZYCKI Andrzej	11	OSP STARY BOREK	M-50	2	00:00:03	00:09:37	00:19:31	00:29:52	00:40:01	00:40:40.50	00:40:44.00	+00:07:57 (19.6%)	4:04	14.7 (80.3%)
24	KOŚCIELNIAK Robert	134	TKKF KOSZALIN	M-50	3	00:00:03	00:09:50	00:19:55	00:30:09	00:40:13	00:40:43.60	00:40:47.00	+00:08:00 (19.7%)	4:04	14.7 (80.3%)
25	ŁAGUTKO Kamila	169	RUNNERSWALDE	K-30	1	00:00:05	00:09:39	00:19:35	00:29:53	00:40:13	00:40:55.30	00:41:01.00	+00:08:12 (20.1%)	4:05	14.7 (80.3%)
26	CHUDY Henryk	34	K S. OLSZEWSKI I SYNOWIESŁAWSKO	M-60	1	00:00:06	00:09:38	00:19:33	00:29:52	00:40:12	00:40:55.25	00:41:02.00	+00:08:12 (20.1%)	4:05	14.7 (80.3%)
26	MAZUR Emilusz	185		M-40	8	00:00:05	00:09:38	00:19:47	00:30:02	00:40:13	00:40:56.60	00:41:02.00	+00:08:13 (20.1%)	4:05	14.7 (80.3%)
28	BIEDRZYCKI Krzysztof	9	NIEZRZESZONY	M-40	9	00:00:03	00:09:50	00:19:55	00:30:12	00:40:35	00:41:13.30	00:41:17.00	+00:08:30 (20.6%)	4:07	14.6 (79.8%)
29	MODRZEJEWSKI Mateusz	195	(JW 1223) DLA ŻONKI ASI	M-18	6	00:00:04	00:10:01	00:20:17	00:30:33	00:40:45	00:41:18.05	00:41:23.00	+00:08:35 (20.8%)	4:07	14.5 (79.2%)
30	KAPUŚCIŃSKI Robert	113	JW 1223 KOSZALIN	M-30	10	00:00:04	00:09:50	00:19:59	00:30:31	00:40:56	00:41:33.40	00:41:38.00	+00:08:50 (21.3%)	4:09	14.4 (78.7%)
31	GROŃSKI Rafał	73		M-40	10	00:00:05	00:09:49	00:19:59	00:30:32	00:41:00	00:41:34.90	00:41:40.00	+00:08:52 (21.3%)	4:09	14.4 (78.7%)
32	KASZTELAN Urszula	627	TKKF TRIATHLON	K-30	2	00:00:06	00:09:47	00:20:03	00:30:31	00:40:59	00:41:39.00	00:41:45.00	+00:08:56 (21.5%)	4:09	14.4 (78.7%)
33	SZYMCZAK Henryk	283		M-40	11	00:00:07	00:10:34	00:20:50	00:31:07	00:41:15	00:41:49.35	00:41:57.00	+00:09:06 (21.8%)	4:11	14.3 (78.1%)
34	KALETA Sebastian	106	CSSP KOSZALIN	M-40	12	00:00:04	00:09:35	00:19:52	00:30:29	00:41:12	00:41:52.25	00:41:57.00	+00:09:09 (21.9%)	4:11	14.3 (78.1%)
35	GRZESIK Eugeniusz	75	TKKF KOSZALIN	M-50	4	00:00:06	00:10:17	00:20:46	00:31:17	00:41:35	00:42:09.25	00:42:16.00	+00:09:26 (22.4%)	4:13	14.2 (77.6%)
36	PENDRAK Kamil	225	VIOLA CLUB POLONIA	M-18	7	00:00:06	00:10:35	00:21:05	00:31:28	00:41:34	00:42:10.55	00:42:17.00	+00:09:27 (22.4%)	4:13	14.2 (77.6%)
37	MICKIEWICZ Adam	191	36DROP MRZEŻYNO	M-18	8	00:00:05	00:09:51	00:20:15	00:30:57	00:41:36	00:42:11.60	00:42:17.00	+00:09:28 (22.5%)	4:13	14.2 (77.6%)
38	BOGUSŁAW Łukasz	16		M-18	9	00:00:06	00:10:05	00:20:37	00:31:14	00:41:37	00:42:13.85	00:42:20.00	+00:09:31 (22.5%)	4:13	14.2 (77.6%)
39	KOISZEWSKI Krzysztof	122	MIRAP LĘBORK	M-40	13	00:00:03	00:09:51	00:20:26	00:31:01	00:41:41	00:42:18.60	00:42:22.00	+00:09:35 (22.7%)	4:13	14.2 (77.6%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
40	MOKSA Dariusz	196		M-18	10	00:00:03	00:09:27	00:19:38	00:30:28	00:41:40	00:42:23.30	00:42:27.00	+00:09:40 (22.8%)	4:14	14.2 (77.6%)
41	BYKOWSKI Robert	351	JW CSSP/FORMA ROSNOWO	M-40	14	00:00:04	00:10:03	00:20:31	00:31:07	00:41:42	00:42:23.65	00:42:28.00	+00:09:40 (22.8%)	4:14	14.2 (77.6%)
42	KORCZYŃSKI Sławomir	132	DECATHLON KOSZALIN	M-18	11	00:00:03	00:09:53	00:20:31	00:31:13	00:41:52	00:42:26.55	00:42:30.00	+00:09:43 (22.9%)	4:14	14.1 (77.0%)
43	HEJMAN Damian	81	RUNNERSCLUB.PL	M-18	12	00:00:06	00:10:04	00:20:31	00:31:10	00:41:53	00:42:34.15	00:42:41.00	+00:09:51 (23.2%)	4:15	14.1 (77.0%)
44	PAKULSKI Marcin	219		M-40	15	00:00:09	00:10:21	00:20:50	00:31:29	00:42:04	00:42:38.20	00:42:48.00	+00:09:55 (23.3%)	4:15	14.1 (77.0%)
45	SMAGOWSKI Wojtek	264	K.B.SPRINT ŚWIDWIN	M-30	11	00:00:11	00:10:20	00:20:47	00:31:22	00:42:03	00:42:41.05	00:42:53.00	+00:09:58 (23.4%)	4:16	14.1 (77.0%)
46	TROŚNIAK Piotr	292	DZIESIĄTKA BIAŁOGARD	M-40	16	00:00:14	00:10:45	00:21:22	00:31:46	00:42:15	00:42:47.30	00:43:02.00	+00:10:04 (23.5%)	4:16	14 (76.5%)
47	FLESZER Natan	59	KOSTRZYŃSKI KLUB BIEGACZA	M-18	13	00:00:07	00:10:06	00:20:46	00:31:45	00:42:20	00:42:57.75	00:43:05.00	+00:10:14 (23.9%)	4:17	14 (76.5%)
48	MALINOWSKI Mariusz	176		M-30	12	00:00:14	00:10:22	00:21:14	00:31:53	00:42:24	00:42:59.30	00:43:14.00	+00:10:16 (23.9%)	4:18	14 (76.5%)
49	DZIUBA Leszek	53	KB DZIESIĄTKA BIAŁOGARD	M-60	2	00:00:03	00:10:15	00:20:54	00:31:37	00:42:23	00:43:02.50	00:43:06.00	+00:10:19 (24.0%)	4:18	13.9 (76.0%)
50	KONDRACIUK Piotr	129	DRUŻYNA SZPIKU KOSZALIN	M-40	17	00:00:08	00:10:41	00:21:27	00:32:09	00:42:34	00:43:13.40	00:43:22.00	+00:10:30 (24.3%)	4:19	13.9 (76.0%)
51	CZYŻEWSKI Janusz	39	KOŁOBRZEG BIEGA	M-50	5	00:00:07	00:10:16	00:20:45	00:31:35	00:42:36	00:43:14.65	00:43:22.00	+00:10:31 (24.4%)	4:19	13.9 (76.0%)
52	NOWAK Paweł	339		M-30	13	00:00:09	00:10:40	00:21:21	00:31:57	00:42:38	00:43:16.65	00:43:26.00	+00:10:33 (24.4%)	4:19	13.9 (76.0%)
53	TCHÓRZEWSKI Marek	289		M-40	18	00:00:09	00:10:39	00:21:27	00:32:09	00:42:41	00:43:18.75	00:43:28.00	+00:10:35 (24.5%)	4:19	13.9 (76.0%)
54	GOŁDYN Marek	65	TKKF KOSZALIN	M-30	14	00:00:06	00:10:45	00:21:30	00:32:22	00:42:51	00:43:27.55	00:43:34.00	+00:10:44 (24.7%)	4:20	13.8 (75.4%)
55	KOZŁOWSKI Marcin	140	KMP K-LIN	M-30	15	00:00:40	00:10:41	00:21:27	00:32:23	00:42:53	00:43:30.55	00:44:11.00	+00:10:47 (24.8%)	4:21	13.8 (75.4%)
56	OKOŁOTOWICZ Sebastian	214		M-30	16	00:00:09	00:09:56	00:20:23	00:31:15	00:42:38	00:43:33.20	00:43:43.00	+00:10:50 (24.9%)	4:21	13.8 (75.4%)
57	WINKEL Jerzy	306		M-40	19	00:00:05	00:10:06	00:20:42	00:31:44	00:42:53	00:43:36.80	00:43:42.00	+00:10:53 (25.0%)	4:21	13.8 (75.4%)
58	STUSIO Zenon	274		M-50	6	00:00:06	00:10:27	00:21:13	00:32:07	00:42:58	00:43:38.20	00:43:45.00	+00:10:55 (25.0%)	4:21	13.7 (74.9%)
59	JĘDRZEJCZYK Adam	102	33 DR OP (JW 3936)	M-30	17	00:00:06	00:10:18	00:21:19	00:32:24	00:43:13	00:43:40.65	00:43:47.00	+00:10:57 (25.1%)	4:22	13.7 (74.9%)
60	ZWOLIŃSKI Jan	325	TKKF KSZALIN	M-40	20	00:00:05	00:10:46	00:21:31	00:32:25	00:43:10	00:43:44.15	00:43:50.00	+00:11:01 (25.2%)	4:22	13.7 (74.9%)
61	ZIOMKO Rafał	323		M-40	21	00:00:19	00:10:50	00:21:46	00:32:41	00:43:15	00:43:51.10	00:44:11.00	+00:11:08 (25.4%)	4:23	13.7 (74.9%)
62	MROCZKOWSKI Marek	199	ROZBIEGANY KOSZALIN	M-30	18	00:00:09	00:10:54	00:21:26	00:32:17	00:43:19	00:43:55.30	00:44:05.00	+00:11:12 (25.5%)	4:23	13.7 (74.9%)
63	PASIEKA Agnieszka	221	K.B. 'SPRINT' ŚWIDWIN	K-18	1	00:00:07	00:10:41	00:21:34	00:32:38	00:43:26	00:44:05.65	00:44:13.00	+00:11:22 (25.8%)	4:24	13.6 (74.3%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
64	BARANOWSKI Piotr	330	SFX	M-30	19	00:00:06	00:11:16	00:22:06	00:32:49	00:43:32	00:44:12.65	00:44:19.00	+00:11:29 (26.0%)	4:25	13.6 (74.3%)
65	WICENS Jacek	300	JACEK - BIEGAM BO LUBIĘ (JW 1223)	M-30	20	00:00:06	00:10:44	00:21:37	00:32:42	00:43:41	00:44:15.45	00:44:22.00	+00:11:32 (26.1%)	4:25	13.6 (74.3%)
66	CHODOR Martyna	28	TKKF KOSZALIN	K-30	3	00:00:09	00:10:43	00:21:35	00:32:39	00:43:39	00:44:16.00	00:44:25.00	+00:11:33 (26.1%)	4:25	13.6 (74.3%)
67	KWIATKIEWICZ Bartosz	162	GB JUTROSIN - KOBYLIN I PRZYJACIELE	M-18	14	00:00:05	00:09:50	00:21:00	00:32:22	00:43:36	00:44:16.45	00:44:22.00	+00:11:33 (26.1%)	4:25	13.5 (73.8%)
68	JAKUBOWSKI Karol	93	2BZ	M-18	15	00:00:08	00:10:39	00:21:56	00:33:04	00:43:46	00:44:22.40	00:44:31.00	+00:11:39 (26.3%)	4:26	13.5 (73.8%)
69	KURLAPSKI Mariusz	160	STR ŚWIDWIN	M-40	22	00:00:07	00:10:42	00:21:34	00:32:37	00:43:48	00:44:27.25	00:44:35.00	+00:11:44 (26.4%)	4:26	13.5 (73.8%)
70	JASICZEK Dariusz	100	CSSP KOSZALIN	M-40	23	00:00:10	00:10:35	00:21:27	00:32:38	00:43:49	00:44:29.25	00:44:40.00	+00:11:46 (26.5%)	4:27	13.5 (73.8%)
71	WIERZBICKI Jakub	302		M-30	21	00:00:13	00:10:26	00:21:20	00:32:34	00:43:56	00:44:37.50	00:44:51.00	+00:11:54 (26.7%)	4:27	13.4 (73.2%)
72	KUZAN Sławek	355	CZARNE BIEGA	M-18	16	00:00:28	00:10:46	00:21:44	00:33:01	00:44:04	00:44:45.70	00:45:14.00	+00:12:02 (26.9%)	4:28	13.4 (73.2%)
73	STRUMIŃSKI Rafał	273	ŻYTANIA TEAM	M-30	22	00:00:05	00:10:41	00:21:49	00:33:10	00:44:18	00:44:58.70	00:45:04.00	+00:12:15 (27.3%)	4:29	13.3 (72.7%)
74	SZTUBA Bartłomiej	334		M-40	24	00:00:07	00:11:16	00:22:26	00:33:36	00:44:23	00:44:58.90	00:45:06.00	+00:12:16 (27.3%)	4:29	13.3 (72.7%)
75	KRACZKOWSKI Przemysław	141	AMADEUS CROSSTRaining GYM	M-30	23	00:00:10	00:10:15	00:21:20	00:32:54	00:44:24	00:45:06.10	00:45:17.00	+00:12:23 (27.5%)	4:30	13.3 (72.7%)
76	CHOŁUJ Jarosław	31	ROZBIEGANY KOSZALIN	M-40	25	00:00:13	00:11:10	00:22:20	00:33:30	00:44:38	00:45:16.50	00:45:30.00	+00:12:33 (27.7%)	4:31	13.2 (72.1%)
77	WOCH Edward	309		M-50	7	00:00:19	00:11:20	00:22:29	00:33:42	00:44:54	00:45:33.95	00:45:53.00	+00:12:51 (28.2%)	4:33	13.2 (72.1%)
78	KUBIŃSKI Rafał	153	ALLIANZ RUNNING TEAM	M-50	8	00:00:03	00:10:25	00:21:35	00:33:06	00:44:50	00:45:34.20	00:45:38.00	+00:12:51 (28.2%)	4:33	13.2 (72.1%)
79	ŻMUDA Jarosław	328	CW FANZA KOŁOBRZEG	M-40	26	00:00:04	00:11:08	00:22:27	00:33:46	00:44:58	00:45:35.85	00:45:40.00	+00:12:53 (28.3%)	4:33	13.2 (72.1%)
80	BOGDANOWICZ Krzysztof	15	TKKF KOSZALIN	M-50	9	00:00:06	00:11:16	00:22:18	00:33:39	00:45:01	00:45:38.15	00:45:45.00	+00:12:55 (28.3%)	4:33	13.1 (71.6%)
81	PUŚCIAN Krzysztof Kamil	239	GIMNAZJUM W MANOWIE	M-40	27	00:00:10	00:10:57	00:22:15	00:33:41	00:45:14	00:45:50.00	00:46:00.00	+00:13:07 (28.6%)	4:35	13.1 (71.6%)
82	KORZYSTKO Bartosz	133		M-30	24	00:00:06	00:10:14	00:21:00	00:33:08	00:45:13	00:45:53.55	00:46:00.00	+00:13:10 (28.7%)	4:35	13.1 (71.6%)
83	PINDRAL Piotr	229		M-40	28	00:00:14	00:11:29	00:22:33	00:34:00	00:45:14	00:45:55.70	00:46:10.00	+00:13:12 (28.8%)	4:35	13.1 (71.6%)
83	GRZYSTEK Marcin	76		M-30	25	00:00:08	00:10:55	00:22:31	00:34:06	00:45:19	00:45:55.70	00:46:04.00	+00:13:12 (28.8%)	4:35	13.1 (71.6%)
85	WOJCIECHOWSKI Adrian	313	AMADEUS CROSSGYM	M-18	17	00:00:11	00:10:58	00:22:25	00:34:06	00:45:32	00:46:11.55	00:46:23.00	+00:13:28 (29.2%)	4:37	13 (71.0%)
86	KSZCZANOWICZ Jacek	151		M-40	29	00:00:26	00:11:05	00:22:24	00:34:01	00:45:33	00:46:14.35	00:46:41.00	+00:13:31 (29.3%)	4:37	13 (71.0%)
87	CZUCZAK Tomasz	367		M-30	26	00:00:06	00:11:16	00:22:28	00:34:08	00:45:41	00:46:20.25	00:46:27.00	+00:13:37 (29.4%)	4:38	12.9 (70.5%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
88	SAPIECHO Bartłomiej	341		M-18	18	00:00:22	00:11:18	00:22:55	00:34:33	00:45:48	00:46:22.25	00:46:45.00	+00:13:39 (29.5%)	4:38	12.9 (70.5%)
89	KUKIEŁA Tomasz	154		M-30	27	00:00:20	00:11:22	00:22:34	00:34:18	00:45:49	00:46:27.50	00:46:48.00	+00:13:44 (29.6%)	4:38	12.9 (70.5%)
90	IWANIEC Dariusz	88	OSP SIERAKOWO	M-40	30	00:00:07	00:11:04	00:22:39	00:34:20	00:45:49	00:46:30.55	00:46:38.00	+00:13:47 (29.7%)	4:39	12.9 (70.5%)
91	BEDNARCZYK Tomasz	5		M-30	28	00:00:11	00:11:34	00:23:01	00:34:28	00:45:51	00:46:31.90	00:46:43.00	+00:13:49 (29.7%)	4:39	12.9 (70.5%)
92	PSTRĄGOWSKI Marcin	236		M-30	29	00:00:06	00:10:41	00:22:15	00:34:21	00:45:58	00:46:39.25	00:46:46.00	+00:13:56 (29.9%)	4:40	12.9 (70.5%)
93	SOROKA Piotr	269		M-30	30	00:00:12	00:11:10	00:22:44	00:34:37	00:46:07	00:46:42.00	00:46:54.00	+00:13:59 (29.9%)	4:40	12.8 (69.9%)
94	CHWALEBA Jan	36		M-50	10	00:00:07	00:11:12	00:22:46	00:34:27	00:46:02	00:46:43.45	00:46:51.00	+00:14:00 (30.0%)	4:40	12.8 (69.9%)
95	ZBLEWSKI Patryk	319	NIGHT RUNNERS SŁUPSK	M-30	31	00:00:15	00:11:26	00:23:03	00:34:42	00:46:11	00:46:45.65	00:47:01.00	+00:14:02 (30.0%)	4:40	12.8 (69.9%)
96	WIŚNIEWSKI Kornel	307	GARNIZON DRAWSKI	M-30	32	00:00:15	00:11:51	00:23:28	00:34:53	00:46:12	00:46:45.95	00:47:01.00	+00:14:03 (30.0%)	4:40	12.8 (69.9%)
97	KAŹMIERCZAK Robert	335		M-40	31	00:00:17	00:11:25	00:22:58	00:34:39	00:46:10	00:46:48.85	00:47:06.00	+00:14:06 (30.1%)	4:40	12.8 (69.9%)
98	MYSZYŃSKI Paweł	347		M-30	33	00:00:13	00:11:21	00:22:59	00:34:41	00:46:13	00:46:53.95	00:47:07.00	+00:14:11 (30.2%)	4:41	12.8 (69.9%)
99	ŁUKASIEWICZ Ewelina	173		K-18	2	00:00:10	00:11:29	00:23:19	00:34:51	00:46:18	00:46:57.15	00:47:08.00	+00:14:14 (30.3%)	4:41	12.8 (69.9%)
100	BUTOWICZ Adam	25		M-50	11	00:00:07	00:10:56	00:22:36	00:34:31	00:46:20	00:46:57.25	00:47:05.00	+00:14:14 (30.3%)	4:41	12.8 (69.9%)
101	SKOWYRSKI Janusz	261	ROWERIA/TKKF KOSZALIN	M-50	12	00:00:19	00:11:22	00:22:55	00:34:45	00:46:20	00:46:57.90	00:47:17.00	+00:14:15 (30.3%)	4:41	12.8 (69.9%)
102	SIKORSKI Witold	333	KB RUN 42	M-50	13	00:00:13	00:11:14	00:22:49	00:34:50	00:46:19	00:46:58.75	00:47:12.00	+00:14:15 (30.4%)	4:41	12.8 (69.9%)
103	SZABLA Ewelina	277	MTS HAMER MIASTKO	K-30	4	00:00:06	00:11:02	00:22:40	00:34:34	00:46:22	00:46:59.50	00:47:06.00	+00:14:16 (30.4%)	4:42	12.8 (69.9%)
104	DUDA Andrzej	43		M-50	14	00:00:08	00:11:16	00:22:52	00:34:39	00:46:22	00:47:02.10	00:47:11.00	+00:14:19 (30.4%)	4:42	12.8 (69.9%)
105	SZALKOWSKI Wojtek	279	TUPOT USTKA	M-40	32	00:00:21	00:12:04	00:23:53	00:35:26	00:46:29	00:47:06.55	00:47:28.00	+00:14:23 (30.6%)	4:42	12.7 (69.4%)
106	ROGALSKI Roberto	248	ZAWSZE SIĘGAJ WYŻEJ	M-30	34	00:00:05	00:11:03	00:23:09	00:35:00	00:46:29	00:47:07.20	00:47:13.00	+00:14:24 (30.6%)	4:42	12.7 (69.4%)
107	WILKOWSKI Krzysztof	304	KLUB	M-30	35	00:00:06	00:11:01	00:22:40	00:34:34	00:46:26	00:47:08.85	00:47:15.00	+00:14:26 (30.6%)	4:42	12.7 (69.4%)
108	DUDZIAK Piotr	47		M-40	33	00:00:04	00:10:43	00:22:29	00:34:35	00:46:28	00:47:09.25	00:47:14.00	+00:14:26 (30.6%)	4:43	12.7 (69.4%)
109	ŁABANSKI Waldemar	167		M-18	19	00:00:18	00:11:03	00:22:18	00:34:19	00:46:36	00:47:16.45	00:47:35.00	+00:14:33 (30.8%)	4:43	12.7 (69.4%)
110	KAMELSKI Piotr	108	B/K	M-40	34	00:00:15	00:11:45	00:23:26	00:35:19	00:46:42	00:47:19.30	00:47:35.00	+00:14:36 (30.9%)	4:44	12.7 (69.4%)
111	ŚWIETLIK Tomasz	287		M-50	15	00:00:15	00:11:39	00:23:26	00:35:12	00:46:48	00:47:21.30	00:47:37.00	+00:14:38 (30.9%)	4:44	12.7 (69.4%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
112	BEDNARCZYK Piotr	6		M-40	35	00:00:18	00:11:24	00:22:57	00:34:41	00:46:40	00:47:23.65	00:47:42.00	+00:14:40 (31.0%)	4:44	12.7 (69.4%)
113	KILAR Tomasz	344		M-40	36	00:00:24	00:11:29	00:23:10	00:34:58	00:46:41	00:47:23.75	00:47:48.00	+00:14:40 (31.0%)	4:44	12.7 (69.4%)
114	JANUSZEK Adam	96		M-30	36	00:00:29	00:10:50	00:22:16	00:34:33	00:46:43	00:47:25.90	00:47:55.00	+00:14:43 (31.0%)	4:44	12.6 (68.9%)
115	KURŁOWICZ Robert	362		M-18	20	00:00:23	00:11:52	00:23:53	00:35:42	00:46:51	00:47:26.30	00:47:50.00	+00:14:43 (31.0%)	4:44	12.6 (68.9%)
116	BUCZYŃSKI Eugeniusz	23	JW 1696	M-40	37	00:00:24	00:11:33	00:23:04	00:34:52	00:46:43	00:47:26.50	00:47:51.00	+00:14:43 (31.0%)	4:44	12.6 (68.9%)
117	ŚWIĘTOŃ Rafał	288		M-30	37	00:00:17	00:11:35	00:23:18	00:35:05	00:46:50	00:47:27.15	00:47:45.00	+00:14:44 (31.1%)	4:44	12.6 (68.9%)
118	JABŁOŃSKI Arkadiusz	91		M-40	38	00:00:22	00:11:29	00:23:14	00:35:04	00:46:46	00:47:28.35	00:47:51.00	+00:14:45 (31.1%)	4:44	12.6 (68.9%)
119	SZYMCZAK Dawid	370		M-18	21	00:00:11	00:11:28	00:23:20	00:35:16	00:46:52	00:47:31.00	00:47:42.00	+00:14:48 (31.2%)	4:45	12.6 (68.9%)
119	WOJCIECHOWSKI Marcin	314		M-18	22	00:00:25	00:11:38	00:23:15	00:35:02	00:46:53	00:47:31.00	00:47:56.00	+00:14:48 (31.2%)	4:45	12.6 (68.9%)
121	WYGANOWSKI Andrzej	357		M-70+	1	00:00:07	00:11:34	00:23:23	00:35:10	00:46:55	00:47:35.80	00:47:43.00	+00:14:52 (31.3%)	4:45	12.6 (68.9%)
122	DUDEK Mateusz	44		M-18	23	00:00:14	00:11:49	00:23:15	00:35:04	00:46:57	00:47:38.80	00:47:53.00	+00:14:55 (31.3%)	4:45	12.6 (68.9%)
123	WOJCIECHOWSKA-HRYCYK Agata	360		K-40	1	00:00:06	00:11:36	00:23:27	00:35:13	00:47:00	00:47:39.15	00:47:46.00	+00:14:56 (31.3%)	4:46	12.6 (68.9%)
124	WACHOWIAK Bogdan	298		M-40	39	00:00:11	00:11:47	00:23:31	00:35:19	00:47:01	00:47:43.25	00:47:55.00	+00:15:00 (31.4%)	4:46	12.6 (68.9%)
125	NACHYŁA Paweł	201	DZIKI KOSZALIN	M-18	24	00:00:07	00:10:40	00:22:14	00:34:26	00:46:59	00:47:45.75	00:47:53.00	+00:15:02 (31.5%)	4:46	12.6 (68.9%)
126	GOŃKA Krzysztof	67	DECATHLON KOSZALIN	M-18	25	00:00:05	00:11:08	00:23:08	00:35:13	00:47:09	00:47:46.75	00:47:52.00	+00:15:03 (31.5%)	4:46	12.6 (68.9%)
127	CHUDZIK Zbigniew	35	TKKF KOSZALIN	M-50	16	00:00:07	00:11:35	00:23:20	00:35:13	00:47:13	00:47:50.15	00:47:58.00	+00:15:07 (31.6%)	4:47	12.5 (68.3%)
128	KARAŚ Radosław	114	NIGHT RUNNERS SŁUPSK	M-30	38	00:00:31	00:11:11	00:22:32	00:34:48	00:47:00	00:47:51.05	00:48:23.00	+00:15:08 (31.6%)	4:47	12.5 (68.3%)
129	GONCZARONEK Krzysztof	66	MARIANÓWEK	M-30	39	00:00:15	00:11:18	00:23:33	00:35:37	00:47:13	00:47:55.10	00:48:11.00	+00:15:12 (31.7%)	4:47	12.5 (68.3%)
130	KUBALA Mateusz	152	DECATHLON KOSZALIN	M-18	26	00:00:05	00:11:10	00:23:22	00:35:28	00:47:09	00:47:55.80	00:48:01.00	+00:15:12 (31.7%)	4:47	12.5 (68.3%)
130	MATYJASEK Zbigniew	184	TKKF KOSZALIN	M-40	40	00:00:07	00:10:59	00:23:23	00:36:09	00:47:12	00:47:55.80	00:48:03.00	+00:15:12 (31.7%)	4:47	12.5 (68.3%)
132	BIEDRZYCKA Anna	8		K-30	5	00:00:04	00:11:11	00:23:08	00:35:13	00:47:10	00:47:55.90	00:48:00.00	+00:15:13 (31.7%)	4:47	12.5 (68.3%)
133	ŁABEJSZA Łukasz	168	WOJOWNICY WÓDY	M-30	40	00:00:11	00:11:15	00:23:06	00:35:14	00:47:25	00:48:05.60	00:48:17.00	+00:15:22 (32.0%)	4:48	12.5 (68.3%)
134	NOWAK Piotr	210	CZARNE BIEGA	M-30	41	00:00:29	00:11:59	00:23:57	00:35:46	00:47:24	00:48:05.75	00:48:35.00	+00:15:22 (32.0%)	4:48	12.5 (68.3%)
135	NOWAK Kuba	340		M-18	27	00:00:10	00:10:39	00:22:03	00:35:07	00:47:38	00:48:10.00	00:48:20.00	+00:15:27 (32.1%)	4:49	12.5 (68.3%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
136	JANUSZEWSKI Jacek	97	NIEZRZESZONY	M-50	17	00:00:22	00:11:33	00:23:21	00:35:28	00:47:30	00:48:11.35	00:48:34.00	+00:15:28 (32.1%)	4:49	12.4 (67.8%)
137	CHRYSTOFIAK Paweł	33		M-30	42	00:00:14	00:11:40	00:23:33	00:35:34	00:47:29	00:48:13.80	00:48:28.00	+00:15:30 (32.2%)	4:49	12.4 (67.8%)
138	PEŁKA Janusz	224		M-50	18	00:00:09	00:11:31	00:23:17	00:35:08	00:47:31	00:48:16.00	00:48:25.00	+00:15:33 (32.2%)	4:49	12.4 (67.8%)
139	JABŁOŃSKI Andrzej	90	CZARNE BIEGA	M-40	41	00:00:20	00:11:30	00:23:17	00:35:29	00:47:36	00:48:18.95	00:48:39.00	+00:15:36 (32.3%)	4:49	12.4 (67.8%)
140	KRAWCZUK Szymon	143		M-30	43	00:00:10	00:12:03	00:24:18	00:36:22	00:47:42	00:48:21.60	00:48:32.00	+00:15:38 (32.4%)	4:50	12.4 (67.8%)
141	ŁOPIŃSKI Piotr	170		M-30	44	00:00:16	00:11:42	00:23:42	00:35:51	00:47:56	00:48:31.05	00:48:48.00	+00:15:48 (32.6%)	4:51	12.4 (67.8%)
142	WALERIAŃCZYK Roman	350		M-40	42	00:00:12	00:11:22	00:23:16	00:35:19	00:47:45	00:48:31.35	00:48:44.00	+00:15:48 (32.6%)	4:51	12.4 (67.8%)
143	NAGRABECKI Hubert	203		M-30	45	00:00:15	00:11:39	00:23:35	00:35:57	00:47:54	00:48:31.65	00:48:47.00	+00:15:48 (32.6%)	4:51	12.4 (67.8%)
144	CINCIO Robert	37	TKKF TRIATHLON KOSZALIN	M-30	46	00:00:08	00:11:08	00:23:05	00:35:16	00:47:50	00:48:32.05	00:48:41.00	+00:15:49 (32.6%)	4:51	12.4 (67.8%)
145	SOŁTYS Zbigniew	356		M-40	43	00:00:23	00:12:08	00:24:07	00:36:02	00:47:54	00:48:35.55	00:48:59.00	+00:15:52 (32.7%)	4:51	12.3 (67.2%)
146	KALICKI Jerzy	354		M-60	3	00:00:08	00:11:45	00:23:38	00:35:40	00:48:00	00:48:42.10	00:48:51.00	+00:15:59 (32.8%)	4:52	12.3 (67.2%)
147	KULCZYK Katarzyna	155	KB BRYZA POSTOMINO	K-30	6	00:00:08	00:11:43	00:23:39	00:35:46	00:48:02	00:48:43.55	00:48:52.00	+00:16:00 (32.9%)	4:52	12.3 (67.2%)
148	CHOJNACKI Bartosz	29	JAMNO	M-30	47	00:00:21	00:12:12	00:24:23	00:36:41	00:48:08	00:48:47.25	00:49:09.00	+00:16:04 (32.9%)	4:52	12.3 (67.2%)
149	ROGOŹA Ireneusz	249	BIEGNIJMY.PL	M-40	44	00:00:13	00:12:10	00:24:14	00:36:15	00:48:06	00:48:51.35	00:49:05.00	+00:16:08 (33.0%)	4:53	12.3 (67.2%)
150	DZIĘBOWSKI Mariusz	51		M-30	48	00:00:22	00:11:21	00:23:19	00:35:49	00:48:08	00:48:51.65	00:49:14.00	+00:16:08 (33.0%)	4:53	12.3 (67.2%)
151	HYNDA Waldemar	87	KB 10 BIAŁOGARD	M-50	19	00:00:18	00:11:37	00:23:36	00:35:50	00:48:08	00:48:53.50	00:49:12.00	+00:16:10 (33.1%)	4:53	12.3 (67.2%)
152	SZAREK Paweł	280	7 BRYGADA OBRONY WYBRZEŻA	M-30	49	00:00:05	00:11:15	00:23:24	00:35:45	00:48:14	00:48:55.30	00:49:01.00	+00:16:12 (33.1%)	4:53	12.3 (67.2%)
153	MISZCZYK Jan	193		M-18	28	00:00:28	00:11:36	00:23:39	00:36:05	00:48:19	00:49:05.55	00:49:34.00	+00:16:22 (33.4%)	4:54	12.2 (66.7%)
154	LAS Mateusz	163		M-18	29	00:00:30	00:11:48	00:24:04	00:36:18	00:48:27	00:49:10.25	00:49:41.00	+00:16:27 (33.5%)	4:55	12.2 (66.7%)
155	STAWISZYŃSKI Jarosław	271	FORUM ROZWOJU KOSZALINA	M-30	50	00:00:07	00:11:00	00:23:24	00:36:09	00:48:34	00:49:13.05	00:49:21.00	+00:16:30 (33.5%)	4:55	12.2 (66.7%)
156	MĘDEL Marta	188		K-40	2	00:00:08	00:11:43	00:23:59	00:36:19	00:48:36	00:49:14.85	00:49:23.00	+00:16:32 (33.6%)	4:55	12.2 (66.7%)
157	MĘDEL Cezary	189		M-40	45	00:00:07	00:11:44	00:24:00	00:36:20	00:48:38	00:49:15.05	00:49:23.00	+00:16:32 (33.6%)	4:55	12.2 (66.7%)
158	KRASIŃSKI Witold	142	JW 1223	M-40	46	00:00:15	00:12:29	00:24:51	00:36:54	00:48:34	00:49:17.30	00:49:33.00	+00:16:34 (33.6%)	4:55	12.2 (66.7%)
159	KUTWIN Artur	161		M-40	47	00:00:05	00:11:36	00:23:36	00:36:09	00:48:34	00:49:20.30	00:49:26.00	+00:16:37 (33.7%)	4:56	12.2 (66.7%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
160	KAMIŃSKI Piotr	110	BIEGACZE Z WAŁCZA	M-50	20	00:00:07	00:11:04	00:23:15	00:35:51	00:48:47	00:49:28.50	00:49:36.00	+00:16:45 (33.9%)	4:56	12.1 (66.1%)
161	GASIOROWSKI Piotr	60	CSWL DRAWSKO	M-40	48	00:00:17	00:12:19	00:24:23	00:36:46	00:48:51	00:49:28.80	00:49:46.00	+00:16:45 (33.9%)	4:56	12.1 (66.1%)
162	SIENICKI Piotr	258	ROZBIEGANY KOSZALIN	M-40	49	00:00:15	00:12:05	00:24:20	00:36:30	00:48:48	00:49:30.85	00:49:46.00	+00:16:48 (33.9%)	4:57	12.1 (66.1%)
163	KAŻMIERCZAK Tomasz	119	JW 3937	M-30	51	00:00:14	00:12:22	00:24:50	00:37:10	00:48:58	00:49:33.90	00:49:48.00	+00:16:51 (34.0%)	4:57	12.1 (66.1%)
164	LEMBOWICZ Marek	164	FUHRMANN	M-60	4	00:00:16	00:12:33	00:24:47	00:36:59	00:49:06	00:49:41.45	00:49:58.00	+00:16:58 (34.2%)	4:58	12.1 (66.1%)
165	PERZANOWSKI Jarosław	227	JW 1223	M-18	30	00:00:06	00:11:32	00:24:18	00:37:00	00:49:08	00:49:51.00	00:49:57.00	+00:17:08 (34.4%)	4:59	12 (65.6%)
166	SZKUDLAREK Roman	281	DRUŻYNA SZPIKU	M-50	21	00:00:13	00:12:14	00:24:23	00:36:31	00:49:06	00:49:51.10	00:50:05.00	+00:17:08 (34.4%)	4:59	12 (65.6%)
167	KOZŁOWIECKI Waldemar	331	TKKF KOSZALIN	M-60	5	00:00:06	00:12:08	00:24:32	00:36:52	00:49:19	00:49:52.90	00:49:59.00	+00:17:10 (34.4%)	4:59	12 (65.6%)
168	DZIESZUK Dariusz	50	TKKF KOSZALIN	M-40	50	00:00:15	00:12:22	00:24:37	00:37:02	00:49:12	00:49:52.95	00:50:08.00	+00:17:10 (34.4%)	4:59	12 (65.6%)
169	MARKOWSKI Andrzej	180	TKKF KOSZALIN	M-60	6	00:00:05	00:11:53	00:24:32	00:36:53	00:49:21	00:49:53.90	00:49:59.00	+00:17:11 (34.4%)	4:59	12 (65.6%)
170	KUŁAKOWSKI Dawid	156	AMADORES	M-30	52	00:00:15	00:11:49	00:24:12	00:36:56	00:49:25	00:50:08.25	00:50:24.00	+00:17:25 (34.8%)	5:00	12 (65.6%)
171	DOMAGAŁA Sławomir	41	POLSKA	M-30	53	00:00:05	00:11:16	00:23:37	00:36:23	00:49:20	00:50:09.95	00:50:15.00	+00:17:27 (34.8%)	5:01	12 (65.6%)
172	PENDRAK Piotr	226		M-60	7	00:00:21	00:12:33	00:25:03	00:37:21	00:49:29	00:50:13.05	00:50:35.00	+00:17:30 (34.9%)	5:01	11.9 (65.0%)
173	JÓZWIAK Mariusz	104		M-30	54	00:00:12	00:11:51	00:24:06	00:36:48	00:49:27	00:50:13.85	00:50:26.00	+00:17:31 (34.9%)	5:01	11.9 (65.0%)
174	RASZPLA Radosław	245	CIOTECZKI.PL	M-40	51	00:00:13	00:11:33	00:23:43	00:36:25	00:49:32	00:50:16.40	00:50:30.00	+00:17:33 (34.9%)	5:01	11.9 (65.0%)
175	PŁOSKI Krzysztof	359		M-30	55	00:00:08	00:12:24	00:24:25	00:36:57	00:49:40	00:50:21.75	00:50:30.00	+00:17:38 (35.0%)	5:02	11.9 (65.0%)
176	NAPIERAŁA Bogumił	345		M-50	22	00:00:05	00:11:36	00:24:23	00:37:13	00:49:45	00:50:26.40	00:50:32.00	+00:17:43 (35.1%)	5:02	11.9 (65.0%)
177	OLESIŃSKI Marcin	215		M-18	31	00:00:12	00:11:39	00:24:13	00:38:27	00:49:53	00:50:29.55	00:50:42.00	+00:17:46 (35.2%)	5:03	11.9 (65.0%)
178	SCHWARZ Ludwik	257		M-50	23	00:00:04	00:12:23	00:24:51	00:37:22	00:49:53	00:50:37.40	00:50:42.00	+00:17:54 (35.4%)	5:03	11.8 (64.5%)
179	WICHER Krzysztof	301	ADWOKATURA	M-30	56	00:00:05	00:11:15	00:23:35	00:36:28	00:49:47	00:50:41.50	00:50:47.00	+00:17:58 (35.5%)	5:04	11.8 (64.5%)
180	GIL Remigiusz	62	LYCONET	M-30	57	00:00:09	00:11:09	00:23:39	00:36:41	00:49:49	00:50:42.00	00:50:51.00	+00:17:59 (35.5%)	5:04	11.8 (64.5%)
181	KACZMAREK Łukasz	105		M-30	58	00:00:10	00:11:49	00:24:29	00:37:21	00:49:58	00:50:43.10	00:50:54.00	+00:18:00 (35.5%)	5:04	11.8 (64.5%)
182	CHOŁUJ Karol	30	ZAWSZE DO PRZODU	M-30	59	00:00:10	00:11:43	00:24:13	00:36:57	00:50:06	00:50:45.90	00:50:56.00	+00:18:03 (35.6%)	5:04	11.8 (64.5%)
183	FELCHNER Agnieszka	55		K-18	3	00:00:11	00:12:13	00:24:43	00:37:14	00:49:59	00:50:46.05	00:50:58.00	+00:18:03 (35.6%)	5:04	11.8 (64.5%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
184	BOBER Jakub	13	AKADEMIA POMORSKA	M-18	32	00:00:15	00:12:02	00:24:09	00:37:34	00:50:13	00:50:57.30	00:51:13.00	+00:18:14 (35.8%)	5:05	11.8 (64.5%)
185	CHAMERA Krzysztof	26	BMG SŁUPSK	M-40	52	00:00:27	00:12:38	00:25:21	00:37:49	00:50:24	00:51:00.85	00:51:28.00	+00:18:18 (35.9%)	5:06	11.8 (64.5%)
186	KANDUT Tomasz	111		M-40	53	00:00:21	00:12:20	00:24:55	00:37:36	00:50:19	00:51:02.75	00:51:24.00	+00:18:19 (35.9%)	5:06	11.8 (64.5%)
187	KOŁAKOWSKI Dariusz	124	K.B.SPRINT ŚWIDWIN	M-40	54	00:00:19	00:11:59	00:24:28	00:37:25	00:50:23	00:51:07.05	00:51:27.00	+00:18:24 (36.0%)	5:06	11.7 (63.9%)
188	RUTKOWSKA Elżbieta	346		K-18	4	00:00:16	00:11:53	00:24:38	00:37:21	00:50:21	00:51:08.70	00:51:25.00	+00:18:25 (36.0%)	5:06	11.7 (63.9%)
189	KANIOWSKI Jacek	112	W.P.K. SŁON TEAM USTKA	M-40	55	00:00:17	00:12:15	00:24:54	00:37:45	00:50:27	00:51:10.15	00:51:28.00	+00:18:27 (36.1%)	5:07	11.7 (63.9%)
190	GROCHOWSKI Rafał	72		M-40	56	00:00:22	00:12:09	00:24:30	00:37:25	00:50:25	00:51:10.25	00:51:33.00	+00:18:27 (36.1%)	5:07	11.7 (63.9%)
191	RAJNER Krzysztof	243		M-30	60	00:00:22	00:12:09	00:24:30	00:37:25	00:50:25	00:51:10.60	00:51:33.00	+00:18:27 (36.1%)	5:07	11.7 (63.9%)
192	SZYPOSZYŃSKI Kamil	284	MECENAS I PRZYJACIELE	M-30	61	00:00:05	00:11:26	00:23:46	00:37:01	00:50:30	00:51:15.65	00:51:21.00	+00:18:32 (36.2%)	5:07	11.7 (63.9%)
193	KAZUSEK Jan	118	KB BRYZA POSTOMINO	M-60	8	00:00:14	00:13:01	00:25:37	00:38:03	00:50:31	00:51:16.30	00:51:31.00	+00:18:33 (36.2%)	5:07	11.7 (63.9%)
194	HOC Dariusz	84		M-40	57	00:00:09	00:12:54	00:25:52	00:38:39	00:50:48	00:51:20.45	00:51:30.00	+00:18:37 (36.3%)	5:08	11.7 (63.9%)
195	GONCIARZ Kamila	342	ZIELONAGÓRAKREATYWNOŚCI	M-30	62	00:00:07	00:11:36	00:24:18	00:37:34	00:50:45	00:51:27.75	00:51:35.00	+00:18:44 (36.4%)	5:08	11.7 (63.9%)
196	SZULC Szymon	338	GRYF LOK BIAŁOGARD/SZULC RUNNERS TEAM	M-30	63	00:00:08	00:12:15	00:24:50	00:37:37	00:50:41	00:51:28.70	00:51:37.00	+00:18:45 (36.5%)	5:08	11.7 (63.9%)
197	HOŁUBASZ Paweł	343		M-30	64	00:00:24	00:11:50	00:24:39	00:37:40	00:50:47	00:51:31.45	00:51:56.00	+00:18:48 (36.5%)	5:09	11.6 (63.4%)
198	KOŁODZIEJ Karolina	125		K-18	5	00:00:23	00:12:30	00:25:14	00:38:08	00:50:52	00:51:35.65	00:51:59.00	+00:18:52 (36.6%)	5:09	11.6 (63.4%)
199	RADZIKOWSKI Damian	242		M-18	33	00:00:26	00:12:52	00:25:25	00:38:08	00:50:53	00:51:40.85	00:52:07.00	+00:18:58 (36.7%)	5:10	11.6 (63.4%)
200	WALCZAK Agnieszka	299		K-40	3	00:00:10	00:11:58	00:24:44	00:37:51	00:51:03	00:51:46.70	00:51:57.00	+00:19:03 (36.8%)	5:10	11.6 (63.4%)
201	BORUCH Adam	20	:)	M-40	58	00:00:31	00:12:38	00:25:28	00:38:32	00:51:16	00:51:53.80	00:52:25.00	+00:19:10 (37.0%)	5:11	11.6 (63.4%)
202	HNATOWSKI Artur	83	DM FC KOSZALIN	M-40	59	00:00:30	00:12:09	00:24:59	00:38:11	00:51:12	00:51:58.00	00:52:28.00	+00:19:15 (37.0%)	5:11	11.5 (62.8%)
203	MARCZAK Andrzej	177		M-50	24	00:00:07	00:12:38	00:25:42	00:38:30	00:51:12	00:51:59.55	00:52:07.00	+00:19:16 (37.1%)	5:12	11.5 (62.8%)
204	SUBALSKI Michał	275		M-30	65	00:00:17	00:12:30	00:25:19	00:38:24	00:51:24	00:52:06.95	00:52:24.00	+00:19:24 (37.2%)	5:12	11.5 (62.8%)
205	BONISŁAWSKI Jarosław	17	TITKI TATITKI I DWIE KITKI	M-30	66	00:00:30	00:13:05	00:26:00	00:38:54	00:51:31	00:52:09.95	00:52:40.00	+00:19:27 (37.3%)	5:13	11.5 (62.8%)
206	CHORAŻY Karolina	32		K-18	6	00:00:30	00:13:05	00:26:01	00:38:54	00:51:30	00:52:10.55	00:52:41.00	+00:19:27 (37.3%)	5:13	11.5 (62.8%)
207	DUDKIEWICZ Leszek	46	TKKF KOSZALIN	M-60	9	00:00:21	00:12:40	00:25:36	00:38:41	00:51:29	00:52:12.75	00:52:34.00	+00:19:29 (37.3%)	5:13	11.5 (62.8%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
208	HOC Agnieszka	85		K-30	7	00:00:08	00:12:55	00:25:53	00:38:43	00:51:35	00:52:20.10	00:52:29.00	+00:19:37 (37.5%)	5:14	11.5 (62.8%)
209	KĘPKA Mirosław	121	K.B.SPRINT ŚWIDWIN	M-40	60	00:00:12	00:12:19	00:25:26	00:38:58	00:51:49	00:52:34.00	00:52:46.00	+00:19:51 (37.8%)	5:15	11.4 (62.3%)
210	WILIŃSKI Marek	303		M-50	25	00:00:11	00:12:21	00:25:28	00:39:00	00:51:50	00:52:34.05	00:52:46.00	+00:19:51 (37.8%)	5:15	11.4 (62.3%)
211	ŚLUSARZ Krzysztof	285		M-40	61	00:00:21	00:12:27	00:25:25	00:38:32	00:51:48	00:52:36.00	00:52:57.00	+00:19:53 (37.8%)	5:15	11.4 (62.3%)
212	JAROS Damian	98	ZHP	M-18	34	00:00:25	00:12:29	00:25:21	00:38:42	00:51:53	00:52:39.75	00:53:05.00	+00:19:56 (37.9%)	5:16	11.4 (62.3%)
213	KOŁODZIEJCZYK Danuta	128		K-50	1	00:00:18	00:13:04	00:26:00	00:38:47	00:51:57	00:52:43.85	00:53:02.00	+00:20:01 (38.0%)	5:16	11.4 (62.3%)
214	KUPREWICZ Grzegorz	157		M-30	67	00:00:23	00:12:15	00:25:33	00:39:00	00:52:01	00:52:43.90	00:53:07.00	+00:20:01 (38.0%)	5:16	11.4 (62.3%)
215	WOLF Emil	316	TKKF KOSZALIN	M-40	62	00:00:11	00:12:53	00:26:06	00:39:16	00:52:12	00:52:55.65	00:53:07.00	+00:20:12 (38.2%)	5:17	11.3 (61.7%)
216	NIEDBAŁA Konrad	207		M-40	63	00:00:19	00:12:43	00:25:30	00:38:50	00:52:15	00:53:02.40	00:53:22.00	+00:20:19 (38.3%)	5:18	11.3 (61.7%)
217	HRYCIÓW Paweł	86		M-30	68	00:00:29	00:12:33	00:25:56	00:39:40	00:52:19	00:53:03.25	00:53:33.00	+00:20:20 (38.3%)	5:18	11.3 (61.7%)
218	KARNICKI Zygmunt	115	TKKF KOSZALIN	M-60	10	00:00:08	00:12:06	00:25:19	00:38:48	00:52:25	00:53:08.55	00:53:17.00	+00:20:25 (38.4%)	5:18	11.3 (61.7%)
219	FELKOWSKI Tomasz	57		M-30	69	00:00:22	00:13:52	00:26:51	00:39:50	00:52:33	00:53:14.65	00:53:37.00	+00:20:31 (38.6%)	5:19	11.3 (61.7%)
220	KRAWCZUK Dariusz	144	WHITE POWER	M-30	70	00:00:11	00:12:51	00:26:04	00:39:27	00:52:32	00:53:18.65	00:53:30.00	+00:20:35 (38.6%)	5:19	11.3 (61.7%)
221	MIĄSEK Ryszard	190		M-30	71	00:00:28	00:12:40	00:25:44	00:39:10	00:52:33	00:53:23.55	00:53:52.00	+00:20:40 (38.7%)	5:20	11.2 (61.2%)
222	DUDKA Tomasz	45		M-30	72	00:00:22	00:13:26	00:26:50	00:40:16	00:52:52	00:53:30.90	00:53:53.00	+00:20:48 (38.9%)	5:21	11.2 (61.2%)
223	RAMA Janusz	244	KLUB	M-40	64	00:00:27	00:13:09	00:25:58	00:39:13	00:52:44	00:53:31.75	00:53:59.00	+00:20:48 (38.9%)	5:21	11.2 (61.2%)
224	JOŃCZYK Tadeusz	103		M-40	65	00:00:09	00:12:46	00:26:13	00:39:47	00:52:45	00:53:34.50	00:53:44.00	+00:20:51 (38.9%)	5:21	11.2 (61.2%)
225	BORYSZEWSKI Dawid	21		M-30	73	00:00:23	00:13:25	00:26:48	00:40:14	00:52:55	00:53:36.45	00:54:00.00	+00:20:53 (39.0%)	5:21	11.2 (61.2%)
226	KOWALSKI Roman	138	KOSPEL	M-30	74	00:00:04	00:11:09	00:23:08	00:36:53	00:52:27	00:53:39.35	00:53:44.00	+00:20:56 (39.0%)	5:22	11.2 (61.2%)
227	MALINOWSKA Małgorzata	175	STR- ŚWIDWIN	K-50	2	00:00:06	00:13:11	00:26:30	00:39:42	00:52:54	00:53:41.05	00:53:48.00	+00:20:58 (39.1%)	5:22	11.2 (61.2%)
228	ONIÓW Aleksandra	363		K-18	7	00:00:21	00:13:21	00:26:37	00:39:41	00:52:59	00:53:41.25	00:54:03.00	+00:20:58 (39.1%)	5:22	11.2 (61.2%)
229	GORGOL Piotr	68	STOP ZWOLNIENIOM Z WF-U	M-30	75	00:00:29	00:12:34	00:25:56	00:39:40	00:53:05	00:53:41.30	00:54:11.00	+00:20:58 (39.1%)	5:22	11.2 (61.2%)
230	MARZAŁKOWSKI Radosław	182		M-18	35	00:00:21	00:13:21	00:26:37	00:39:42	00:53:00	00:53:42.40	00:54:04.00	+00:20:59 (39.1%)	5:22	11.2 (61.2%)
231	KONKEL Joanna	131		K-50	3	00:00:15	00:13:03	00:26:11	00:39:30	00:53:00	00:53:50.00	00:54:05.00	+00:21:07 (39.2%)	5:23	11.1 (60.7%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
232	PIOR Tomasz	230		M-30	76	00:00:13	00:12:24	00:25:59	00:39:38	00:53:09	00:53:54.20	00:54:08.00	+00:21:11 (39.3%)	5:23	11.1 (60.7%)
233	KRUSZYŃSKI Marcin	149		M-40	66	00:00:26	00:13:17	00:26:24	00:39:52	00:53:19	00:54:06.10	00:54:33.00	+00:21:23 (39.5%)	5:24	11.1 (60.7%)
234	CHODOR Izabela	27		K-30	8	00:00:12	00:13:20	00:26:44	00:40:15	00:53:23	00:54:06.60	00:54:19.00	+00:21:23 (39.5%)	5:24	11.1 (60.7%)
235	JABŁOŃSKA Katarzyna	89		K-40	4	00:00:23	00:13:25	00:26:49	00:40:14	00:53:19	00:54:06.95	00:54:30.00	+00:21:24 (39.5%)	5:24	11.1 (60.7%)
236	WOJANOWSKI Zbigniew	311		M-50	26	00:00:13	00:12:56	00:26:16	00:39:53	00:53:18	00:54:07.50	00:54:21.00	+00:21:24 (39.6%)	5:24	11.1 (60.7%)
237	TOMALAK Michał	291		M-30	77	00:00:32	00:13:30	00:27:24	00:40:27	00:53:27	00:54:08.00	00:54:40.00	+00:21:25 (39.6%)	5:24	11.1 (60.7%)
238	NOWAK Włodzimierz	364		M-50	27	00:00:12	00:14:04	00:27:48	00:41:07	00:53:28	00:54:12.65	00:54:25.00	+00:21:29 (39.7%)	5:25	11.1 (60.7%)
239	ROSA Malwina	251	WŻW OLESZNO	K-30	9	00:00:25	00:13:16	00:26:57	00:40:30	00:53:34	00:54:19.55	00:54:45.00	+00:21:36 (39.8%)	5:26	11 (60.1%)
240	CZOS Łukasz	38		M-30	78	00:00:24	00:12:34	00:25:59	00:40:02	00:53:51	00:54:31.35	00:54:56.00	+00:21:48 (40.0%)	5:27	11 (60.1%)
241	WOCH Zbigniew	310	NIEZRZESZONY	M-60	11	00:00:19	00:13:10	00:26:20	00:39:53	00:53:42	00:54:33.60	00:54:53.00	+00:21:50 (40.0%)	5:27	11 (60.1%)
242	FAJGIER Tomasz	54		M-40	67	00:00:10	00:12:37	00:26:07	00:39:59	00:53:47	00:54:36.60	00:54:47.00	+00:21:53 (40.1%)	5:27	11 (60.1%)
242	RADECKI Jacek	241	JW CS SP	M-40	68	00:00:10	00:12:37	00:26:07	00:39:59	00:53:48	00:54:36.60	00:54:47.00	+00:21:53 (40.1%)	5:27	11 (60.1%)
244	SZAFIRSKI Marek	278	CAMINO SŁUPSK	M-50	28	00:00:27	00:13:27	00:27:04	00:40:31	00:54:00	00:54:41.75	00:55:09.00	+00:21:58 (40.2%)	5:28	11 (60.1%)
245	MATEJKO Marcin	183		M-18	36	00:00:23	00:13:32	00:27:11	00:40:55	00:54:03	00:54:45.55	00:55:09.00	+00:22:02 (40.3%)	5:28	11 (60.1%)
246	ADAMCZYK Agnieszka	1		K-30	10	00:00:09	00:13:17	00:26:47	00:40:27	00:53:53	00:54:46.60	00:54:56.00	+00:22:03 (40.3%)	5:28	11 (60.1%)
247	ŚWIĄTCZAK Patrycja	286		K-30	11	00:00:16	00:13:52	00:27:34	00:41:03	00:54:10	00:54:57.45	00:55:14.00	+00:22:14 (40.5%)	5:29	10.9 (59.6%)
248	KOWALCZYK Piotr	135		M-30	79	00:00:30	00:12:41	00:26:02	00:39:55	00:54:06	00:54:57.50	00:55:28.00	+00:22:14 (40.5%)	5:29	10.9 (59.6%)
249	KAMIŃSKI Tomasz	109	JW 1223	M-30	80	00:00:05	00:12:49	00:26:25	00:40:34	00:54:20	00:55:00.40	00:55:06.00	+00:22:17 (40.5%)	5:30	10.9 (59.6%)
250	MAZUREK Barbara	186	BABECZKI KOSZALIN	K-30	12	00:00:11	00:13:02	00:26:34	00:40:22	00:54:20	00:55:07.45	00:55:19.00	+00:22:24 (40.7%)	5:30	10.9 (59.6%)
251	NOWAK Paulina	365		K-18	8	00:00:11	00:14:05	00:27:49	00:41:08	00:54:30	00:55:16.05	00:55:28.00	+00:22:33 (40.8%)	5:31	10.9 (59.6%)
252	ORYSZCZYN Arkadiusz	218		M-30	81	00:00:12	00:12:54	00:26:44	00:40:55	00:54:35	00:55:22.60	00:55:35.00	+00:22:39 (40.9%)	5:32	10.8 (59.0%)
253	MOTYCZYŃSKA Patrycja	197		K-18	9	00:00:12	00:12:21	00:25:51	00:40:15	00:54:35	00:55:29.15	00:55:42.00	+00:22:46 (41.0%)	5:33	10.8 (59.0%)
254	RABKA Monika	240		K-30	13	00:00:16	00:13:24	00:27:10	00:41:04	00:54:50	00:55:38.15	00:55:55.00	+00:22:55 (41.2%)	5:33	10.8 (59.0%)
255	KRÓL Marcin	147		M-40	69	00:00:22	00:12:47	00:26:16	00:40:20	00:54:57	00:55:53.55	00:56:16.00	+00:23:10 (41.5%)	5:35	10.7 (58.5%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
256	BORUC Barbara	19		K-40	5	00:00:18	00:13:20	00:27:06	00:40:51	00:55:07	00:55:58.55	00:56:17.00	+00:23:15 (41.6%)	5:35	10.7 (58.5%)
257	BORUC Jacek	18		M-50	29	00:00:17	00:13:21	00:27:07	00:40:52	00:55:08	00:55:59.25	00:56:17.00	+00:23:16 (41.6%)	5:36	10.7 (58.5%)
258	NEUBAUER Łukasz	206		M-40	70	00:00:20	00:13:39	00:27:16	00:41:03	00:55:07	00:55:59.30	00:56:20.00	+00:23:16 (41.6%)	5:36	10.7 (58.5%)
259	PTASZYŃSKA Katarzyna	237	KOŁOBRZEG BIEGA	K-50	4	00:00:18	00:13:41	00:27:37	00:41:31	00:55:12	00:56:00.80	00:56:19.00	+00:23:17 (41.6%)	5:36	10.7 (58.5%)
260	HAMROL Dawid	79	KATEDRA KOSZALIN	M-30	82	00:00:04	00:12:58	00:26:56	00:41:15	00:55:14	00:56:03.10	00:56:08.00	+00:23:20 (41.6%)	5:36	10.7 (58.5%)
261	GRAJ Joanna	71		K-18	10	00:00:27	00:13:44	00:27:50	00:41:57	00:55:33	00:56:17.25	00:56:45.00	+00:23:34 (41.9%)	5:37	10.7 (58.5%)
262	DĄBROWSKI Grzegorz	40		M-40	71	00:00:23	00:12:53	00:26:36	00:41:13	00:55:31	00:56:17.75	00:56:41.00	+00:23:34 (41.9%)	5:37	10.7 (58.5%)
263	ZIĘBA Paweł	321		M-40	72	00:00:12	00:12:14	00:26:21	00:41:23	00:55:40	00:56:32.00	00:56:44.00	+00:23:49 (42.1%)	5:39	10.6 (57.9%)
264	GRZELAK Karina	74	ROZBIEGANY KOSZALIN	K-30	14	00:00:14	00:13:29	00:27:11	00:41:15	00:55:39	00:56:32.60	00:56:47.00	+00:23:49 (42.1%)	5:39	10.6 (57.9%)
265	GUDANIEC Dorota	628	TKKF TRIATHLON	K-50	5	00:00:12	00:13:21	00:27:13	00:41:17	00:55:41	00:56:35.15	00:56:48.00	+00:23:52 (42.2%)	5:39	10.6 (57.9%)
266	WOLF Weronika	317	TKKF KOSZALIN	K-40	6	00:00:11	00:13:22	00:27:14	00:41:18	00:55:42	00:56:36.55	00:56:48.00	+00:23:53 (42.2%)	5:39	10.6 (57.9%)
267	OLIŃSKI Arek	216	WIDZEW JEST WSZĘDZIE.	M-30	83	00:00:16	00:12:46	00:26:45	00:41:20	00:55:54	00:56:37.15	00:56:54.00	+00:23:54 (42.2%)	5:39	10.6 (57.9%)
268	GZELA Olga	77	BIEGNIJMY.PL	K-30	15	00:00:10	00:13:10	00:27:14	00:41:27	00:55:50	00:56:37.70	00:56:48.00	+00:23:54 (42.2%)	5:39	10.6 (57.9%)
269	HELLER Zdzisław	82	NIEZRZESZONY	M-60	12	00:00:20	00:13:43	00:27:45	00:42:05	00:56:05	00:56:48.50	00:57:09.00	+00:24:05 (42.4%)	5:40	10.6 (57.9%)
270	MĄDRZYK Magdalena	187		K-30	16	00:00:14	00:13:44	00:27:35	00:41:57	00:56:05	00:56:57.15	00:57:12.00	+00:24:14 (42.6%)	5:41	10.5 (57.4%)
271	RUTKOWSKI Lucjan	253		M-50	30	00:00:17	00:14:23	00:28:56	00:43:15	00:56:19	00:57:07.85	00:57:25.00	+00:24:25 (42.7%)	5:42	10.5 (57.4%)
272	GAWLIK Artur	61		M-30	84	00:00:17	00:13:06	00:27:07	00:41:45	00:56:22	00:57:09.85	00:57:27.00	+00:24:27 (42.8%)	5:43	10.5 (57.4%)
273	SAGAN Jadwiga	348		K-30	17	00:00:13	00:13:24	00:27:25	00:41:38	00:56:28	00:57:14.20	00:57:28.00	+00:24:31 (42.8%)	5:43	10.5 (57.4%)
274	LIPIŃSKA Małgorzata	166		K-18	11	00:00:25	00:13:36	00:27:50	00:42:11	00:56:39	00:57:28.00	00:57:53.00	+00:24:45 (43.1%)	5:44	10.4 (56.8%)
275	WILKOWSKI Piotr	305		M-30	85	00:00:28	00:13:19	00:27:26	00:41:58	00:56:36	00:57:29.85	00:57:58.00	+00:24:47 (43.1%)	5:45	10.4 (56.8%)
276	SOBOLEWSKI Marek	265		M-40	73	00:00:04	00:13:21	00:27:47	00:42:52	00:56:44	00:57:30.00	00:57:34.00	+00:24:47 (43.1%)	5:45	10.4 (56.8%)
277	POLAK Monika	366		K-40	7	00:00:09	00:13:32	00:27:14	00:41:27	00:56:39	00:57:36.15	00:57:46.00	+00:24:53 (43.2%)	5:45	10.4 (56.8%)
278	TRYBUCHOWICZ Monika	293		K-18	12	00:00:25	00:13:36	00:27:49	00:42:11	00:56:44	00:57:36.55	00:58:02.00	+00:24:53 (43.2%)	5:45	10.4 (56.8%)
279	JAKÓBCZAK Darek	92		M-40	74	00:00:25	00:14:37	00:29:01	00:43:25	00:56:55	00:57:43.40	00:58:09.00	+00:25:00 (43.3%)	5:46	10.4 (56.8%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
280	JANKOWSKI Remigiusz	95	HURAGAN PANDOMINO	M-30	86	00:00:25	00:13:39	00:27:46	00:42:26	00:56:57	00:57:44.60	00:58:10.00	+00:25:01 (43.3%)	5:46	10.4 (56.8%)
281	BŁOŃSKA Agnieszka	12	BABECZKI KOSZALIN	K-40	8	00:00:12	00:13:58	00:28:18	00:42:38	00:56:56	00:57:46.30	00:57:59.00	+00:25:03 (43.4%)	5:46	10.4 (56.8%)
282	WOLAŃSKI Mariusz	315		M-50	31	00:00:15	00:13:39	00:27:56	00:42:21	00:56:55	00:57:47.70	00:58:03.00	+00:25:04 (43.4%)	5:46	10.4 (56.8%)
283	LEWANDOWSKI Marek	165		M-30	87	00:00:26	00:14:10	00:29:00	00:43:30	00:57:09	00:57:51.40	00:58:18.00	+00:25:08 (43.5%)	5:47	10.4 (56.8%)
284	ZWOLAK Basia	324		K-40	9	00:00:25	00:14:37	00:29:02	00:43:25	00:57:02	00:57:51.45	00:58:17.00	+00:25:08 (43.5%)	5:47	10.4 (56.8%)
285	BOCHEŃSKI Marcin	14	PARKRUN SZCZECINEK	M-40	75	00:00:19	00:13:48	00:27:57	00:42:28	00:57:05	00:57:59.90	00:58:19.00	+00:25:17 (43.6%)	5:48	10.3 (56.3%)
286	NADZIEJKO Paulina	202		K-30	18	00:00:18	00:13:50	00:27:59	00:42:30	00:57:06	00:58:00.50	00:58:19.00	+00:25:17 (43.6%)	5:48	10.3 (56.3%)
287	KRYGIER Ireneusz	150	W.P.K. SŁOŃ TEAM USTKA	M-30	88	00:00:17	00:12:49	00:27:08	00:42:04	00:57:11	00:58:04.10	00:58:22.00	+00:25:21 (43.7%)	5:48	10.3 (56.3%)
288	WOŹNIAK Dariusz	318	WWW.LIMO300C.COM	M-40	76	00:00:27	00:13:30	00:27:59	00:42:46	00:57:22	00:58:09.85	00:58:37.00	+00:25:27 (43.8%)	5:49	10.3 (56.3%)
289	SIKORA Tomasz	361		M-50	32	00:00:08	00:14:00	00:28:28	00:42:56	00:57:28	00:58:15.05	00:58:24.00	+00:25:32 (43.8%)	5:49	10.3 (56.3%)
290	BENEDYSIUK Sławomir	7		M-40	77	00:00:09	00:12:24	00:26:32	00:41:25	00:57:19	00:58:15.90	00:58:25.00	+00:25:33 (43.9%)	5:49	10.3 (56.3%)
291	GÓRCKA-MITORAJ Justyna	69		K-30	19	00:00:09	00:13:47	00:28:05	00:42:36	00:57:24	00:58:18.35	00:58:28.00	+00:25:35 (43.9%)	5:49	10.3 (56.3%)
292	KAŹMIERCZAK Łukasz	120		M-30	89	00:00:26	00:13:59	00:28:46	00:43:46	00:57:37	00:58:20.65	00:58:47.00	+00:25:37 (43.9%)	5:50	10.3 (56.3%)
293	VON BARDELEBEN Agnieszka	296	BABECZKI KOSZALIN	K-40	10	00:00:13	00:14:14	00:28:56	00:43:35	00:57:52	00:58:44.50	00:58:58.00	+00:26:01 (44.3%)	5:52	10.2 (55.7%)
294	MARSCHAŁKOWSKA Dorota	181	TKKF KOSZALIN	K-50	6	00:00:17	00:14:04	00:28:33	00:43:18	00:57:57	00:58:49.75	00:59:07.00	+00:26:06 (44.4%)	5:53	10.2 (55.7%)
295	WIERZBICKI Kacper	352		M-18	37	00:00:14	00:13:44	00:27:57	00:42:42	00:58:02	00:58:56.30	00:59:11.00	+00:26:13 (44.5%)	5:53	10.2 (55.7%)
296	TELEGA Michał	290		M-30	90	00:00:27	00:14:00	00:28:18	00:42:59	00:58:07	00:59:00.70	00:59:28.00	+00:26:17 (44.6%)	5:54	10.2 (55.7%)
297	KONIECZKA Piotr	130		M-40	78	00:00:20	00:14:03	00:28:23	00:43:18	00:58:18	00:59:15.80	00:59:36.00	+00:26:32 (44.8%)	5:55	10.1 (55.2%)
298	STEC Edyta	272	BABECZKI.PL	K-30	20	00:00:13	00:14:14	00:28:57	00:43:50	00:58:41	00:59:25.35	00:59:39.00	+00:26:42 (44.9%)	5:56	10.1 (55.2%)
299	MOŻEJKO Anna	198	BABECZKI.PL	K-30	21	00:00:13	00:14:14	00:28:57	00:43:50	00:58:41	00:59:25.75	00:59:39.00	+00:26:42 (45.0%)	5:56	10.1 (55.2%)
300	WACHHOLZ Beata	297	KB BRYZA POSTOMINO	K-40	11	00:00:20	00:14:00	00:28:30	00:43:35	00:58:34	00:59:28.50	00:59:49.00	+00:26:45 (45.0%)	5:56	10.1 (55.2%)
301	SOŁOWICZ Marcin	268		M-30	91	00:00:24	00:14:04	00:28:47	00:43:31	00:58:36	00:59:28.95	00:59:53.00	+00:26:46 (45.0%)	5:56	10.1 (55.2%)
302	URBAŃSKI Aleksander	294	17WOG KOSZALIN	M-40	79	00:00:04	00:13:50	00:28:29	00:43:34	00:58:47	00:59:36.50	00:59:41.00	+00:26:53 (45.1%)	5:57	10.1 (55.2%)
303	NOWACKA Elżbieta	209	K,S,R'ROWERIA'	K-40	12	00:00:12	00:13:58	00:28:24	00:43:27	00:58:17	00:59:42.70	00:59:55.35	+00:26:59 (45.2%)	5:58	10 (54.6%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
											10km	10km			
304	PASEK Paula	220		K-30	22	00:00:07	00:13:53	00:28:42	00:43:55	00:58:56	00:59:48.55	00:59:56.00	+00:27:05 (45.3%)	5:58	10 (54.6%)
305	ŁOSIEWICZ Paulina	172		M-18	38	00:00:03	00:13:48	00:28:50	00:44:11	00:59:36	01:00:33.30	01:00:37.00	+00:27:50 (46.0%)	6:03	9.9 (54.1%)
306	MARCZAK Małgorzata	178		K-50	7	00:00:10	00:13:33	00:28:42	00:44:33	01:00:27	01:01:18.40	01:01:29.00	+00:28:35 (46.6%)	6:07	9.8 (53.6%)
307	KOWALCZYK Stanisław	136	NIEZRZESZONY	M-60	13	00:00:08	00:12:51	00:26:30	00:39:59	01:00:40	01:01:29.10	01:01:38.00	+00:28:46 (46.8%)	6:09	9.8 (53.6%)
308	PSTRĄGOWSKA Marlena	235		K-30	23	00:00:11	00:13:25	00:28:07	00:45:06	01:00:36	01:01:31.90	01:01:43.00	+00:28:49 (46.8%)	6:09	9.8 (53.6%)
309	MIĘKCZYŃSKA Marta	192	KB SPRINT ŚWIDWIN	K-30	24	00:00:20	00:14:21	00:30:04	00:45:22	01:00:49	01:01:52.80	01:02:13.00	+00:29:09 (47.1%)	6:11	9.7 (53.0%)
310	ZIELIŃSKI Jarosław	320	NIEZRZESZONY	M-30	92	00:00:09	00:13:42	00:29:12	00:45:25	01:01:31	01:02:25.15	01:02:35.00	+00:29:42 (47.6%)	6:14	9.6 (52.5%)
311	KOWALCZYK Kornelia	137		K-18	13	00:00:24	00:15:39	00:31:29	00:46:44	01:02:07	01:02:59.50	01:03:24.00	+00:30:16 (48.1%)	6:18	9.5 (51.9%)
312	KRAWCZUK-KIEŁB Anna	145		K-40	13	00:00:10	00:14:29	00:29:55	00:45:52	01:02:09	01:03:09.10	01:03:20.00	+00:30:26 (48.2%)	6:19	9.5 (51.9%)
313	SZULC Martyna	337	GRYF LOK BIAŁOGARD/SZULC RUNNERS TEAM	K-18	14	00:00:09	00:14:40	00:30:25	00:46:35	01:02:38	01:03:37.60	01:03:47.00	+00:30:54 (48.6%)	6:21	9.4 (51.4%)
314	SZUBERT Agnieszka	282		K-30	25	00:00:16	00:14:45	00:30:32	00:46:46	01:02:51	01:03:45.90	01:04:02.00	+00:31:03 (48.7%)	6:22	9.4 (51.4%)
315	KURCZ Barbara	158	BABECZKI KOSZALIN	K-40	14	00:00:12	00:15:20	00:31:56	00:48:25	01:04:33	01:05:29.55	01:05:42.00	+00:32:46 (50.0%)	6:33	9.2 (50.3%)
316	KOZŁOWIECKA Małgorzata	332		K-50	8	00:00:04	00:15:43	00:32:03	00:48:31	01:05:10	01:06:05.65	01:06:10.00	+00:33:22 (50.5%)	6:36	9.1 (49.7%)
317	FELKOWSKA Karolina	56		K-30	26	00:00:23	00:15:06	00:31:39	00:48:11	01:05:31	01:06:33.35	01:06:57.00	+00:33:50 (50.8%)	6:39	9 (49.2%)
318	PLATA Katarzyna	231		K-40	15	00:00:23	00:15:06	00:31:39	00:48:11	01:05:32	01:06:34.35	01:06:58.00	+00:33:51 (50.9%)	6:39	9 (49.2%)
319	LEWANDOWSKA Dominika	336		K-18	15	00:00:09	00:14:40	00:30:34	00:47:44	01:05:44	01:07:02.25	01:07:11.75	+00:34:19 (51.2%)	6:42	9 (49.2%)
320	MYCA Karolina	200		K-18	16	00:00:19	00:15:57	00:32:45	00:49:25	01:06:21	01:07:14.70	01:07:34.00	+00:34:31 (51.4%)	6:43	8.9 (48.6%)
321	SWIOKŁA Paweł	276		M-30	93	00:00:18	00:15:58	00:32:46	00:49:26	01:06:22	01:07:15.30	01:07:34.00	+00:34:32 (51.4%)	6:43	8.9 (48.6%)
322	KOWALSKI Jerzy	139		M-60	14	00:00:29	00:15:37	00:32:16	00:49:20	01:06:20	01:07:23.90	01:07:53.00	+00:34:41 (51.5%)	6:44	8.9 (48.6%)
323	SIEWIERA Paweł	260	RUNNERSCLUB.PL	M-30	94	00:00:28	00:16:12	00:32:37	00:47:35	01:06:50	01:07:55.85	01:08:24.00	+00:35:13 (51.8%)	6:47	8.8 (48.1%)
324	SIEWIERA Aleksandra	259	RUNNERSCLUB.PL	K-18	17	00:00:27	00:16:14	00:32:43	00:49:24	01:06:51	01:07:56.45	01:08:24.00	+00:35:13 (51.8%)	6:47	8.8 (48.1%)
325	PEŁKA Iwona	223		K-40	16	00:00:21	00:17:20	00:34:44	00:51:58	01:07:55	01:08:48.00	01:09:09.00	+00:36:05 (52.5%)	6:52	8.7 (47.5%)
326	SŁOTA Renata	263		K-18	18	00:00:24	00:15:40	00:33:13	00:51:21	01:10:32	01:11:38.50	01:12:03.00	+00:38:55 (54.3%)	7:09	8.4 (45.9%)
327	ŻYLIŃSKI Przemysław	329		M-30	95	00:00:19	00:15:14	00:33:32	00:52:25	01:10:45	01:11:47.65	01:12:07.00	+00:39:04 (54.4%)	7:10	8.4 (45.9%)

Place	Participant	Number	Club	Category	MCat	Start time	2.46km	4.92km	7.38km	9.84km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
328	BARTNIK Marian	3	TKKF KOSZALIN	M-70+	2	00:00:02	00:18:43	00:39:12	01:00:17	01:21:49	01:23:06.15	01:23:09.00	+00:50:23 (60.6%)	8:18	7.2 (39.3%)
329	LIUDVINAVICIUS Robertas	349		M-40	80	00:00:33	00:26:23	00:39:54	00:53:29				+00:29:15	7:14	8.3 (45.4%)
330	POTOCZNA Agata	234		K-30	27	00:00:16									(0.0%)

Total 330 results.