



IV EDYCJA BIEGU TROPEM WILCZYM - KOSZALIN - 10 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-02-28
Miejsce: Koszalin
Dystans: 10 km

 **HERKULES**
www.herkules.org.pl

Klasyfikacja: M-OPEN

Punkt pomiarowy: 9,8 km

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.46km	4.92km	7.38km	9.84km
1	WITKOWSKI Mateusz	353	KL BIAŁOGARD	M-18	00:00:03	00:07:59	00:16:06	00:24:15	00:32:14
2	BORZĘCKI Norbert	22		M-30	00:00:04	00:08:22	00:16:53	00:25:19	00:33:37
3	ŻMUDA Tomasz	327	CW FANZA KOŁOBRZEG	M-40	00:00:02	00:09:06	00:18:25	00:27:47	00:37:06
4	GOLECKI Mirosław	63	CSSP- KOSZALIN : FORMA ROSNOWO	M-30	00:00:04	00:09:31	00:19:01	00:28:16	00:37:23
5	WITKIEWICZ Eryk	308	KB 10 BIAŁOGARD	M-40	00:00:03	00:09:06	00:18:33	00:28:05	00:37:26
6	RUDNIKOWSKI Maciej	252	BIEGUZDROWISKOWY.PL	M-40	00:00:03	00:09:10	00:18:48	00:28:23	00:37:54
7	RYBACZEK Sebastian	254	JW 1223/FORMA ROSNOWO	M-30	00:00:04	00:09:30	00:19:03	00:28:37	00:38:07
8	SOLSKI Marcin	267		M-18	00:00:04	00:09:24	00:19:00	00:28:37	00:38:18
9	ZYCH Dariusz	326	4RUN TEAM	M-40	00:00:04	00:09:36	00:19:16	00:28:52	00:38:18
10	KĘPKA Adrian	358		M-18	00:00:04	00:09:28	00:19:02	00:28:37	00:38:19
11	JAROSZ Wiesław	99	8 KOSZALIŃSKI PLOT/BLOG	M-40	00:00:03	00:09:23	00:18:58	00:28:45	00:38:34
12	KRUKOWSKI Błażej	148	MKS ŚWIĘC SŁAWNO	M-30	00:00:04	00:09:38	00:19:19	00:29:03	00:38:37
13	BARAŃSKI Bogusław	368		M-50	00:00:02	00:09:15	00:18:59	00:28:46	00:38:39
14	REMBECKI Marcin	247	WSPINANIE KOSZALIN	M-30	00:00:05	00:09:35	00:19:26	00:29:10	00:38:41
15	GOLIŃSKI Łukasz	64	K.B. SPRINT ŚWIDWIN	M-30	00:00:06	00:09:29	00:19:15	00:29:08	00:38:57
16	USTIANOWSKI Wojciech	295	JW1223	M-18	00:00:07	00:09:28	00:19:15	00:29:14	00:39:05
17	POLAK Szymon	233	ROZBIEGANY KOSZALIN	M-40	00:00:03	00:09:14	00:19:00	00:29:00	00:39:10
18	BIEDRZYCKI Adam	10	OSP STARY BOREK	M-30	00:00:03	00:09:32	00:19:15	00:29:21	00:39:24
19	DURMAN Dawid	49		M-18	00:00:07	00:09:47	00:19:48	00:29:45	00:39:32
20	BURDA Robert	24	KOSPEL	M-40	00:00:06	00:09:47	00:19:51	00:29:55	00:39:35
21	WOJCIECHOWICZ Jacek	312	WWW.STUDIOTANCAPASJA.PL	M-30	00:00:04	00:09:42	00:19:41	00:29:47	00:39:40
22	ROKOSZ Radosław	250	JW 1223	M-30	00:00:07	00:09:36	00:19:37	00:29:41	00:39:44
23	BIEDRZYCKI Andrzej	11	OSP STARY BOREK	M-50	00:00:03	00:09:37	00:19:31	00:29:52	00:40:01
24	CHUDY Henryk	34	K S. OLSZEWSKI I SYNOWIESŁAWSKO	M-60	00:00:06	00:09:38	00:19:33	00:29:52	00:40:12

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.46km	4.92km	7.38km	9.84km
25	KOŚCIELNIAK Robert	134	TKKF KOSZALIN	M-50	00:00:03	00:09:50	00:19:55	00:30:09	00:40:13
26	MAZUR Emiliusz	185		M-40	00:00:05	00:09:38	00:19:47	00:30:02	00:40:13
27	BIEDRZYCKI Krzysztof	9	NIEZRZESZONY	M-40	00:00:03	00:09:50	00:19:55	00:30:12	00:40:35
28	MODRZEJEWSKI Mateusz	195	(JW 1223) DLA ŻONKI ASI	M-18	00:00:04	00:10:01	00:20:17	00:30:33	00:40:45
29	KAPUŚCIŃSKI Robert	113	JW 1223 KOSZALIN	M-30	00:00:04	00:09:50	00:19:59	00:30:31	00:40:56
30	GROŃSKI Rafał	73		M-40	00:00:05	00:09:49	00:19:59	00:30:32	00:41:00
31	KALETA Sebastian	106	CSSP KOSZALIN	M-40	00:00:04	00:09:35	00:19:52	00:30:29	00:41:12
32	SZYMCZAK Henryk	283		M-40	00:00:07	00:10:34	00:20:50	00:31:07	00:41:15
33	PENDRAK Kamil	225	VIOLA CLUB POLONIA	M-18	00:00:06	00:10:35	00:21:05	00:31:28	00:41:34
34	GRZESIK Eugeniusz	75	TKKF KOSZALIN	M-50	00:00:06	00:10:17	00:20:46	00:31:17	00:41:35
35	MICKIEWICZ Adam	191	36DROP MRZEŻYNO	M-18	00:00:05	00:09:51	00:20:15	00:30:57	00:41:36
36	BOGUSŁAW Łukasz	16		M-18	00:00:06	00:10:05	00:20:37	00:31:14	00:41:37
37	MOKSA Dariusz	196		M-18	00:00:03	00:09:27	00:19:38	00:30:28	00:41:40
38	KOISZEWSKI Krzysztof	122	MIRAP LĘBORK	M-40	00:00:03	00:09:51	00:20:26	00:31:01	00:41:41
39	BYKOWSKI Robert	351	JW CSSP/FORMA ROSNOWO	M-40	00:00:04	00:10:03	00:20:31	00:31:07	00:41:42
40	KORCZYŃSKI Sławomir	132	DECATHLON KOSZALIN	M-18	00:00:03	00:09:53	00:20:31	00:31:13	00:41:52
41	HEJMAN Damian	81	RUNNERSCLUB.PL	M-18	00:00:06	00:10:04	00:20:31	00:31:10	00:41:53
42	SMAGOWSKI Wojtek	264	K.B.SPRINT ŚWIDWIN	M-30	00:00:11	00:10:20	00:20:47	00:31:22	00:42:03
43	PAKUŁSKI Marcin	219		M-40	00:00:09	00:10:21	00:20:50	00:31:29	00:42:04
44	TROŚNIAK Piotr	292	DZIESIĄTKA BIAŁOGARD	M-40	00:00:14	00:10:45	00:21:22	00:31:46	00:42:15
45	FLESZER Natan	59	KOSTRZYŃSKI KLUB BIEGACZA	M-18	00:00:07	00:10:06	00:20:46	00:31:45	00:42:20
46	DZIUBA Leszek	53	KB DZIESIĄTKA BIAŁOGARD	M-60	00:00:03	00:10:15	00:20:54	00:31:37	00:42:23
47	MALINOWSKI Mariusz	176		M-30	00:00:14	00:10:22	00:21:14	00:31:53	00:42:24
48	KONDRACIUK Piotr	129	DRUŻYNA SZPIKU KOSZALIN	M-40	00:00:08	00:10:41	00:21:27	00:32:09	00:42:34
49	CZYŻEWSKI Janusz	39	KOLOBRZEG BIEGA	M-50	00:00:07	00:10:16	00:20:45	00:31:35	00:42:36
50	NOWAK Paweł	339		M-30	00:00:09	00:10:40	00:21:21	00:31:57	00:42:38
51	OKOŁOTOWICZ Sebastian	214		M-30	00:00:09	00:09:56	00:20:23	00:31:15	00:42:38
52	TCHÓRZEWSKI Marek	289		M-40	00:00:09	00:10:39	00:21:27	00:32:09	00:42:41
53	GOŁDYN Marek	65	TKKF KOSZALIN	M-30	00:00:06	00:10:45	00:21:30	00:32:22	00:42:51
54	WINKEL Jerzy	306		M-40	00:00:05	00:10:06	00:20:42	00:31:44	00:42:53
55	KOZŁOWSKI Marcin	140	KMP K-LIN	M-30	00:00:40	00:10:41	00:21:27	00:32:23	00:42:53
56	STUSIO Zenon	274		M-50	00:00:06	00:10:27	00:21:13	00:32:07	00:42:58
57	ZWOLIŃSKI Jan	325	TKKF KSZALIN	M-40	00:00:05	00:10:46	00:21:31	00:32:25	00:43:10
58	JĘDRZEJCZYK Adam	102	33 DR OP (JW 3936)	M-30	00:00:06	00:10:18	00:21:19	00:32:24	00:43:13
59	ZIOMKO Rafał	323		M-40	00:00:19	00:10:50	00:21:46	00:32:41	00:43:15
60	MROCZKOWSKI Marek	199	ROZBIEGANY KOSZALIN	M-30	00:00:09	00:10:54	00:21:26	00:32:17	00:43:19
61	BARANOWSKI Piotr	330	SFX	M-30	00:00:06	00:11:16	00:22:06	00:32:49	00:43:32
62	KWIATKIEWICZ Bartosz	162	GB JUTROSIN - KOBYLIN I PRZYJACIELE	M-18	00:00:05	00:09:50	00:21:00	00:32:22	00:43:36
63	WICENS Jacek	300	JACEK - BIEGAM BO LUBIĘ (JW 1223)	M-30	00:00:06	00:10:44	00:21:37	00:32:42	00:43:41
64	JAKUBOWSKI Karol	93	2BZ	M-18	00:00:08	00:10:39	00:21:56	00:33:04	00:43:46
65	KURLAPSKI Mariusz	160	STR ŚWIDWIN	M-40	00:00:07	00:10:42	00:21:34	00:32:37	00:43:48
66	JASICZEK Dariusz	100	CSSP KOSZALIN	M-40	00:00:10	00:10:35	00:21:27	00:32:38	00:43:49
67	WIERZBICKI Jakub	302		M-30	00:00:13	00:10:26	00:21:20	00:32:34	00:43:56
68	KUZAN Sławek	355	CZARNE BIEGA	M-18	00:00:28	00:10:46	00:21:44	00:33:01	00:44:04
69	STRUMIŃSKI Rafał	273	ŻYTANIA TEAM	M-30	00:00:05	00:10:41	00:21:49	00:33:10	00:44:18
70	SZTUBA Bartłomiej	334		M-40	00:00:07	00:11:16	00:22:26	00:33:36	00:44:23

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.46km	4.92km	7.38km	9.84km
71	KRACZKOWSKI Przemysław	141	AMADEUS CROSSTRaining GYM	M-30	00:00:10	00:10:15	00:21:20	00:32:54	00:44:24
72	CHOŁUJ Jarosław	31	ROZBIEGANY KOSZALIN	M-40	00:00:13	00:11:10	00:22:20	00:33:30	00:44:38
73	KUBIŃSKI Rafał	153	ALLIANZ RUNNING TEAM	M-50	00:00:03	00:10:25	00:21:35	00:33:06	00:44:50
74	WOCH Edward	309		M-50	00:00:19	00:11:20	00:22:29	00:33:42	00:44:54
75	ŻMUDA Jarosław	328	CW FANZA KOŁOBRZEG	M-40	00:00:04	00:11:08	00:22:27	00:33:46	00:44:58
76	BOGDANOWICZ Krzysztof	15	TKKF KOSZALIN	M-50	00:00:06	00:11:16	00:22:18	00:33:39	00:45:01
77	KORZYSTKO Bartosz	133		M-30	00:00:06	00:10:14	00:21:00	00:33:08	00:45:13
78	PUŚCIAN Krzysztof Kamil	239	GIMNAZJUM W MANOWIE	M-40	00:00:10	00:10:57	00:22:15	00:33:41	00:45:14
79	PINDRAL Piotr	229		M-40	00:00:14	00:11:29	00:22:33	00:34:00	00:45:14
79	GRZYSTEK Marcin	76		M-30	00:00:08	00:10:55	00:22:31	00:34:06	00:45:19
81	WOJCIECHOWSKI Adrian	313	AMADEUS CROSSGYM	M-18	00:00:11	00:10:58	00:22:25	00:34:06	00:45:32
82	KSZCZANOWICZ Jacek	151		M-40	00:00:26	00:11:05	00:22:24	00:34:01	00:45:33
83	CZUCZAK Tomasz	367		M-30	00:00:06	00:11:16	00:22:28	00:34:08	00:45:41
84	SAPIECHO Bartłomiej	341		M-18	00:00:22	00:11:18	00:22:55	00:34:33	00:45:48
85	IWANIEC Dariusz	88	OSP SIERAKOWO	M-40	00:00:07	00:11:04	00:22:39	00:34:20	00:45:49
86	KUKIEŁA Tomasz	154		M-30	00:00:20	00:11:22	00:22:34	00:34:18	00:45:49
87	BEDNARCZYK Tomasz	5		M-30	00:00:11	00:11:34	00:23:01	00:34:28	00:45:51
88	PSTRAĞOWSKI Marcin	236		M-30	00:00:06	00:10:41	00:22:15	00:34:21	00:45:58
89	CHWALEBA Jan	36		M-50	00:00:07	00:11:12	00:22:46	00:34:27	00:46:02
90	SOROKA Piotr	269		M-30	00:00:12	00:11:10	00:22:44	00:34:37	00:46:07
91	KAŻMIERCZAK Robert	335		M-40	00:00:17	00:11:25	00:22:58	00:34:39	00:46:10
92	ZBLEWSKI Patryk	319	NIGHT RUNNERS SŁUPSK	M-30	00:00:15	00:11:26	00:23:03	00:34:42	00:46:11
93	WIŚNIEWSKI Kornel	307	GARNIZON DRAWSKI	M-30	00:00:15	00:11:51	00:23:28	00:34:53	00:46:12
94	MYSZYŃSKI Paweł	347		M-30	00:00:13	00:11:21	00:22:59	00:34:41	00:46:13
95	SIKORSKI Witold	333	KB RUN 42	M-50	00:00:13	00:11:14	00:22:49	00:34:50	00:46:19
96	BUTOWICZ Adam	25		M-50	00:00:07	00:10:56	00:22:36	00:34:31	00:46:20
97	SKOWYRSKI Janusz	261	ROWERIA/TKKF KOSZALIN	M-50	00:00:19	00:11:22	00:22:55	00:34:45	00:46:20
98	DUDA Andrzej	43		M-50	00:00:08	00:11:16	00:22:52	00:34:39	00:46:22
99	WILKOWSKI Krzysztof	304	KLUB	M-30	00:00:06	00:11:01	00:22:40	00:34:34	00:46:26
100	DUDZIAK Piotr	47		M-40	00:00:04	00:10:43	00:22:29	00:34:35	00:46:28
101	ROGALSKI Roberto	248	ZAWSZE SIĘGAJ WYŻEJ	M-30	00:00:05	00:11:03	00:23:09	00:35:00	00:46:29
102	SZALKOWSKI Wojtek	279	TUPOT USTKA	M-40	00:00:21	00:12:04	00:23:53	00:35:26	00:46:29
103	ŁABANSKI Waldemar	167		M-18	00:00:18	00:11:03	00:22:18	00:34:19	00:46:36
104	BEDNARCZYK Piotr	6		M-40	00:00:18	00:11:24	00:22:57	00:34:41	00:46:40
105	KILAR Tomasz	344		M-40	00:00:24	00:11:29	00:23:10	00:34:58	00:46:41
106	KAMELSKI Piotr	108	B/K	M-40	00:00:15	00:11:45	00:23:26	00:35:19	00:46:42
107	BUCZYŃSKI Eugeniusz	23	JW 1696	M-40	00:00:24	00:11:33	00:23:04	00:34:52	00:46:43
108	JANUSZEK Adam	96		M-30	00:00:29	00:10:50	00:22:16	00:34:33	00:46:43
109	JABŁOŃSKI Arkadiusz	91		M-40	00:00:22	00:11:29	00:23:14	00:35:04	00:46:46
110	ŚWIETLIK Tomasz	287		M-50	00:00:15	00:11:39	00:23:26	00:35:12	00:46:48
111	ŚWIĘTOŃ Rafał	288		M-30	00:00:17	00:11:35	00:23:18	00:35:05	00:46:50
112	KURŁOWICZ Robert	362		M-18	00:00:23	00:11:52	00:23:53	00:35:42	00:46:51
113	SZYMCZAK Dawid	370		M-18	00:00:11	00:11:28	00:23:20	00:35:16	00:46:52
113	WOJCIECHOWSKI Marcin	314		M-18	00:00:25	00:11:38	00:23:15	00:35:02	00:46:53
115	WYGANOWSKI Andrzej	357		M-70+	00:00:07	00:11:34	00:23:23	00:35:10	00:46:55
116	DUDEK Mateusz	44		M-18	00:00:14	00:11:49	00:23:15	00:35:04	00:46:57

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.46km	4.92km	7.38km	9.84km
117	NACHYŁA Paweł	201	DZIKI KOSZALIN	M-18	00:00:07	00:10:40	00:22:14	00:34:26	00:46:59
118	KARAŚ Radosław	114	NIGHT RUNNERS SŁUPSK	M-30	00:00:31	00:11:11	00:22:32	00:34:48	00:47:00
119	WACHOWIAK Bogdan	298		M-40	00:00:11	00:11:47	00:23:31	00:35:19	00:47:01
120	GOŃKA Krzysztof	67	DECATHLON KOSZALIN	M-18	00:00:05	00:11:08	00:23:08	00:35:13	00:47:09
121	KUBALA Mateusz	152	DECATHLON KOSZALIN	M-18	00:00:05	00:11:10	00:23:22	00:35:28	00:47:09
121	MATYJASEK Zbigniew	184	TKKF KOSZALIN	M-40	00:00:07	00:10:59	00:23:23	00:36:09	00:47:12
123	CHUDZIK Zbigniew	35	TKKF KOSZALIN	M-50	00:00:07	00:11:35	00:23:20	00:35:13	00:47:13
124	GONCZARONEK Krzysztof	66	MARIANÓWEK	M-30	00:00:15	00:11:18	00:23:33	00:35:37	00:47:13
125	NOWAK Piotr	210	CZARNE BIEGA	M-30	00:00:29	00:11:59	00:23:57	00:35:46	00:47:24
126	ŁABEJSZA Łukasz	168	WOJOWNICY WÓDY	M-30	00:00:11	00:11:15	00:23:06	00:35:14	00:47:25
127	CHRYSTOFIAK Paweł	33		M-30	00:00:14	00:11:40	00:23:33	00:35:34	00:47:29
128	JANUSZEWSKI Jacek	97	NIEZRZESZONY	M-50	00:00:22	00:11:33	00:23:21	00:35:28	00:47:30
129	PEŁKA Janusz	224		M-50	00:00:09	00:11:31	00:23:17	00:35:08	00:47:31
130	JABŁOŃSKI Andrzej	90	CZARNE BIEGA	M-40	00:00:20	00:11:30	00:23:17	00:35:29	00:47:36
131	NOWAK Kuba	340		M-18	00:00:10	00:10:39	00:22:03	00:35:07	00:47:38
132	KRAWCZUK Szymon	143		M-30	00:00:10	00:12:03	00:24:18	00:36:22	00:47:42
133	WALERIAŃCZYK Roman	350		M-40	00:00:12	00:11:22	00:23:16	00:35:19	00:47:45
134	CINCIO Robert	37	TKKF TRIATHLON KOSZALIN	M-30	00:00:08	00:11:08	00:23:05	00:35:16	00:47:50
135	NAGRABECKI Hubert	203		M-30	00:00:15	00:11:39	00:23:35	00:35:57	00:47:54
136	SOŁTYS Zbigniew	356		M-40	00:00:23	00:12:08	00:24:07	00:36:02	00:47:54
137	ŁOPIŃSKI Piotr	170		M-30	00:00:16	00:11:42	00:23:42	00:35:51	00:47:56
138	KALICKI Jerzy	354		M-60	00:00:08	00:11:45	00:23:38	00:35:40	00:48:00
139	ROGOŻA Ireneusz	249	BIEGNIJMY.PL	M-40	00:00:13	00:12:10	00:24:14	00:36:15	00:48:06
140	HYNDA Waldemar	87	KB 10 BIAŁOGARD	M-50	00:00:18	00:11:37	00:23:36	00:35:50	00:48:08
141	CHOJNACKI Bartosz	29	JAMNO	M-30	00:00:21	00:12:12	00:24:23	00:36:41	00:48:08
142	DZIĘBOWSKI Mariusz	51		M-30	00:00:22	00:11:21	00:23:19	00:35:49	00:48:08
143	SZAREK Paweł	280	7 BRYGADA OBRONY WYBRZEŻA	M-30	00:00:05	00:11:15	00:23:24	00:35:45	00:48:14
144	MISZCZYK Jan	193		M-18	00:00:28	00:11:36	00:23:39	00:36:05	00:48:19
145	LAS Mateusz	163		M-18	00:00:30	00:11:48	00:24:04	00:36:18	00:48:27
146	KUTWIN Artur	161		M-40	00:00:05	00:11:36	00:23:36	00:36:09	00:48:34
147	STAWISZYŃSKI Jarosław	271	FORUM ROZWOJU KOSZALINA	M-30	00:00:07	00:11:00	00:23:24	00:36:09	00:48:34
148	KRASIŃSKI Witold	142	JW 1223	M-40	00:00:15	00:12:29	00:24:51	00:36:54	00:48:34
149	MĘDEL Cezary	189		M-40	00:00:07	00:11:44	00:24:00	00:36:20	00:48:38
150	KAMIŃSKI Piotr	110	BIEGACZE Z WAŁCZA	M-50	00:00:07	00:11:04	00:23:15	00:35:51	00:48:47
151	SIENICKI Piotr	258	ROZBIEGANY KOSZALIN	M-40	00:00:15	00:12:05	00:24:20	00:36:30	00:48:48
152	GASIOROWSKI Piotr	60	CSWL DRAWSKO	M-40	00:00:17	00:12:19	00:24:23	00:36:46	00:48:51
153	KAŻMIERCZAK Tomasz	119	JW 3937	M-30	00:00:14	00:12:22	00:24:50	00:37:10	00:48:58
154	SZKUDLAREK Roman	281	DRUŻYNA SZPIKU	M-50	00:00:13	00:12:14	00:24:23	00:36:31	00:49:06
155	LEMBOWICZ Marek	164	FUHRMANN	M-60	00:00:16	00:12:33	00:24:47	00:36:59	00:49:06
156	PERZANOWSKI Jarosław	227	JW 1223	M-18	00:00:06	00:11:32	00:24:18	00:37:00	00:49:08
157	DZIESZUK Dariusz	50	TKKF KOSZALIN	M-40	00:00:15	00:12:22	00:24:37	00:37:02	00:49:12
158	KOZŁOWIECKI Waldemar	331	TKKF KOSZALIN	M-60	00:00:06	00:12:08	00:24:32	00:36:52	00:49:19
159	DOMAGAŁA Sławomir	41	POLSKA	M-30	00:00:05	00:11:16	00:23:37	00:36:23	00:49:20
160	MARKOWSKI Andrzej	180	TKKF KOSZALIN	M-60	00:00:05	00:11:53	00:24:32	00:36:53	00:49:21
161	KUŁAKOWSKI Dawid	156	AMADORES	M-30	00:00:15	00:11:49	00:24:12	00:36:56	00:49:25
162	JÓZWIAK Mariusz	104		M-30	00:00:12	00:11:51	00:24:06	00:36:48	00:49:27

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.46km	4.92km	7.38km	9.84km
163	PENDRAK Piotr	226		M-60	00:00:21	00:12:33	00:25:03	00:37:21	00:49:29
164	RASZPLA Radosław	245	CIOTECZKI.PL	M-40	00:00:13	00:11:33	00:23:43	00:36:25	00:49:32
165	PŁOSKI Krzysztof	359		M-30	00:00:08	00:12:24	00:24:25	00:36:57	00:49:40
166	NAPIERAŁA Bogumił	345		M-50	00:00:05	00:11:36	00:24:23	00:37:13	00:49:45
167	WICHER Krzysztof	301	ADWOKATURA	M-30	00:00:05	00:11:15	00:23:35	00:36:28	00:49:47
168	GIL Remigiusz	62	LYCONET	M-30	00:00:09	00:11:09	00:23:39	00:36:41	00:49:49
169	SCHWARZ Ludwik	257		M-50	00:00:04	00:12:23	00:24:51	00:37:22	00:49:53
170	OLESIŃSKI Marcin	215		M-18	00:00:12	00:11:39	00:24:13	00:38:27	00:49:53
171	KACZMAREK Łukasz	105		M-30	00:00:10	00:11:49	00:24:29	00:37:21	00:49:58
172	CHOŁUJ Karol	30	ZAWSZE DO PRZODU	M-30	00:00:10	00:11:43	00:24:13	00:36:57	00:50:06
173	BOBER Jakub	13	AKADEMIA POMORSKA	M-18	00:00:15	00:12:02	00:24:09	00:37:34	00:50:13
174	KANDUT Tomasz	111		M-40	00:00:21	00:12:20	00:24:55	00:37:36	00:50:19
175	KOŁAKOWSKI Dariusz	124	K.B.SPRINT ŚWIDWIN	M-40	00:00:19	00:11:59	00:24:28	00:37:25	00:50:23
176	CHAMERA Krzysztof	26	BMG SŁUPSK	M-40	00:00:27	00:12:38	00:25:21	00:37:49	00:50:24
177	GROCHOWSKI Rafał	72		M-40	00:00:22	00:12:09	00:24:30	00:37:25	00:50:25
178	RAJNER Krzysztof	243		M-30	00:00:22	00:12:09	00:24:30	00:37:25	00:50:25
179	KANIEWSKI Jacek	112	W.P.K. SŁON TEAM USTKA	M-40	00:00:17	00:12:15	00:24:54	00:37:45	00:50:27
180	SZYPOSZYŃSKI Kamil	284	MECENAS I PRZYJACIELE	M-30	00:00:05	00:11:26	00:23:46	00:37:01	00:50:30
181	KAZUSEK Jan	118	KB BRYZA POSTOMINO	M-60	00:00:14	00:13:01	00:25:37	00:38:03	00:50:31
182	SZULC Szymon	338	GRYF LOK BIAŁOGARD/SZULC RUNNERS TEAM	M-30	00:00:08	00:12:15	00:24:50	00:37:37	00:50:41
183	GONCIARZ Kamila	342	ZIELONAGÓRAKREATYWNOŚCI	M-30	00:00:07	00:11:36	00:24:18	00:37:34	00:50:45
184	HOŁUBASZ Paweł	343		M-30	00:00:24	00:11:50	00:24:39	00:37:40	00:50:47
185	HOC Dariusz	84		M-40	00:00:09	00:12:54	00:25:52	00:38:39	00:50:48
186	RADZIKOWSKI Damian	242		M-18	00:00:26	00:12:52	00:25:25	00:38:08	00:50:53
187	MARCZAK Andrzej	177		M-50	00:00:07	00:12:38	00:25:42	00:38:30	00:51:12
188	HNATOWSKI Artur	83	DM FC KOSZALIN	M-40	00:00:30	00:12:09	00:24:59	00:38:11	00:51:12
189	BORUCH Adam	20	:)	M-40	00:00:31	00:12:38	00:25:28	00:38:32	00:51:16
190	SUBALSKI Michał	275		M-30	00:00:17	00:12:30	00:25:19	00:38:24	00:51:24
191	DUDKIEWICZ Leszek	46	TKKF KOSZALIN	M-60	00:00:21	00:12:40	00:25:36	00:38:41	00:51:29
192	BONISŁAWSKI Jarosław	17	TITKI TATITKI I DWIE KITKI	M-30	00:00:30	00:13:05	00:26:00	00:38:54	00:51:31
193	ŚLUSARZ Krzysztof	285		M-40	00:00:21	00:12:27	00:25:25	00:38:32	00:51:48
194	KĘPKA Mirosław	121	K.B.SPRINT ŚWIDWIN	M-40	00:00:12	00:12:19	00:25:26	00:38:58	00:51:49
195	WILIŃSKI Marek	303		M-50	00:00:11	00:12:21	00:25:28	00:39:00	00:51:50
196	JAROS Damian	98	ZHP	M-18	00:00:25	00:12:29	00:25:21	00:38:42	00:51:53
197	KUPREWICZ Grzegorz	157		M-30	00:00:23	00:12:15	00:25:33	00:39:00	00:52:01
198	WOLF Emil	316	TKKF KOSZALIN	M-40	00:00:11	00:12:53	00:26:06	00:39:16	00:52:12
199	NIEDBAŁA Konrad	207		M-40	00:00:19	00:12:43	00:25:30	00:38:50	00:52:15
200	HRYCIÓW Paweł	86		M-30	00:00:29	00:12:33	00:25:56	00:39:40	00:52:19
201	KARNICKI Zygmunt	115	TKKF KOSZALIN	M-60	00:00:08	00:12:06	00:25:19	00:38:48	00:52:25
202	KOWALSKI Roman	138	KOSPEL	M-30	00:00:04	00:11:09	00:23:08	00:36:53	00:52:27
203	KRAWCZUK Dariusz	144	WHITE POWER	M-30	00:00:11	00:12:51	00:26:04	00:39:27	00:52:32
204	FELKOWSKI Tomasz	57		M-30	00:00:22	00:13:52	00:26:51	00:39:50	00:52:33
205	MIĄSEK Ryszard	190		M-30	00:00:28	00:12:40	00:25:44	00:39:10	00:52:33
206	RAMA Janusz	244	KLUB	M-40	00:00:27	00:13:09	00:25:58	00:39:13	00:52:44
207	JOŃCZYK Tadeusz	103		M-40	00:00:09	00:12:46	00:26:13	00:39:47	00:52:45
208	DUDKA Tomasz	45		M-30	00:00:22	00:13:26	00:26:50	00:40:16	00:52:52

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.46km	4.92km	7.38km	9.84km
209	BORYSZEWSKI Dawid	21		M-30	00:00:23	00:13:25	00:26:48	00:40:14	00:52:55
210	MARSZAŁKOWSKI Radosław	182		M-18	00:00:21	00:13:21	00:26:37	00:39:42	00:53:00
211	GORGOL Piotr	68	STOP ZWOLNIENIOM Z WF-U	M-30	00:00:29	00:12:34	00:25:56	00:39:40	00:53:05
212	PIOR Tomasz	230		M-30	00:00:13	00:12:24	00:25:59	00:39:38	00:53:09
213	WOJANOWSKI Zbigniew	311		M-50	00:00:13	00:12:56	00:26:16	00:39:53	00:53:18
214	KRUSZYŃSKI Marcin	149		M-40	00:00:26	00:13:17	00:26:24	00:39:52	00:53:19
215	TOMALAK Michał	291		M-30	00:00:32	00:13:30	00:27:24	00:40:27	00:53:27
216	NOWAK Włodzimierz	364		M-50	00:00:12	00:14:04	00:27:48	00:41:07	00:53:28
217	WOCH Zbigniew	310	NIEZRZESZONY	M-60	00:00:19	00:13:10	00:26:20	00:39:53	00:53:42
218	FAJGIER Tomasz	54		M-40	00:00:10	00:12:37	00:26:07	00:39:59	00:53:47
218	RADECKI Jacek	241	JW CS SP	M-40	00:00:10	00:12:37	00:26:07	00:39:59	00:53:48
220	CZOS Łukasz	38		M-30	00:00:24	00:12:34	00:25:59	00:40:02	00:53:51
221	SZAFIRSKI Marek	278	CAMINO SŁUPSK	M-50	00:00:27	00:13:27	00:27:04	00:40:31	00:54:00
222	MATEJKO Marcin	183		M-18	00:00:23	00:13:32	00:27:11	00:40:55	00:54:03
223	KOWALCZYK Piotr	135		M-30	00:00:30	00:12:41	00:26:02	00:39:55	00:54:06
224	KAMIŃSKI Tomasz	109	JW 1223	M-30	00:00:05	00:12:49	00:26:25	00:40:34	00:54:20
225	ORYSZCZYN Arkadiusz	218		M-30	00:00:12	00:12:54	00:26:44	00:40:55	00:54:35
226	KRÓL Marcin	147		M-40	00:00:22	00:12:47	00:26:16	00:40:20	00:54:57
227	NEUBAUER Łukasz	206		M-40	00:00:20	00:13:39	00:27:16	00:41:03	00:55:07
228	BORUC Jacek	18		M-50	00:00:17	00:13:21	00:27:07	00:40:52	00:55:08
229	HAMROL Dawid	79	KATEDRA KOSZALIN	M-30	00:00:04	00:12:58	00:26:56	00:41:15	00:55:14
230	DĄBROWSKI Grzegorz	40		M-40	00:00:23	00:12:53	00:26:36	00:41:13	00:55:31
231	ZIĘBA Paweł	321		M-40	00:00:12	00:12:14	00:26:21	00:41:23	00:55:40
232	OLIŃSKI Arek	216	WIDZEW JEST WSZĘDZIE.	M-30	00:00:16	00:12:46	00:26:45	00:41:20	00:55:54
233	HELLER Zdzisław	82	NIEZRZESZONY	M-60	00:00:20	00:13:43	00:27:45	00:42:05	00:56:05
234	RUTKOWSKI Lucjan	253		M-50	00:00:17	00:14:23	00:28:56	00:43:15	00:56:19
235	GAWLIK Artur	61		M-30	00:00:17	00:13:06	00:27:07	00:41:45	00:56:22
236	WILKOWSKI Piotr	305		M-30	00:00:28	00:13:19	00:27:26	00:41:58	00:56:36
237	SOBOLEWSKI Marek	265		M-40	00:00:04	00:13:21	00:27:47	00:42:52	00:56:44
238	WOLAŃSKI Mariusz	315		M-50	00:00:15	00:13:39	00:27:56	00:42:21	00:56:55
239	JAKÓBCZAK Darek	92		M-40	00:00:25	00:14:37	00:29:01	00:43:25	00:56:55
240	JANKOWSKI Remigiusz	95	HURAGAN PANDOMINO	M-30	00:00:25	00:13:39	00:27:46	00:42:26	00:56:57
241	BOCHEŃSKI Marcin	14	PARKRUN SZCZECINEK	M-40	00:00:19	00:13:48	00:27:57	00:42:28	00:57:05
242	LEWANDOWSKI Marek	165		M-30	00:00:26	00:14:10	00:29:00	00:43:30	00:57:09
243	KRYGIER Ireneusz	150	W.P.K. SŁOŃ TEAM USTKA	M-30	00:00:17	00:12:49	00:27:08	00:42:04	00:57:11
244	BENEDYSIUK Sławomir	7		M-40	00:00:09	00:12:24	00:26:32	00:41:25	00:57:19
245	WOŹNIAK Dariusz	318	WWW.LIMO300C.COM	M-40	00:00:27	00:13:30	00:27:59	00:42:46	00:57:22
246	SIKORA Tomasz	361		M-50	00:00:08	00:14:00	00:28:28	00:42:56	00:57:28
247	KAŹMIERCZAK Łukasz	120		M-30	00:00:26	00:13:59	00:28:46	00:43:46	00:57:37
248	WIERZBICKI Kacper	352		M-18	00:00:14	00:13:44	00:27:57	00:42:42	00:58:02
249	TELEGA Michał	290		M-30	00:00:27	00:14:00	00:28:18	00:42:59	00:58:07
250	KONIECZKA Piotr	130		M-40	00:00:20	00:14:03	00:28:23	00:43:18	00:58:18
251	SOŁOWICZ Marcin	268		M-30	00:00:24	00:14:04	00:28:47	00:43:31	00:58:36
252	URBAŃSKI Aleksander	294	17WOG KOSZALIN	M-40	00:00:04	00:13:50	00:28:29	00:43:34	00:58:47
253	ŁOSIEWICZ Paulina	172		M-18	00:00:03	00:13:48	00:28:50	00:44:11	00:59:36
254	KOWALCZYK Stanisław	136	NIEZRZESZONY	M-60	00:00:08	00:12:51	00:26:30	00:39:59	01:00:40

Msc	Zawodnik	Numer	Klub	Kategoria	Czas startu	2.46km	4.92km	7.38km	9.84km
255	ZIELIŃSKI Jarosław	320	NIEZRZESZONY	M-30	00:00:09	00:13:42	00:29:12	00:45:25	01:01:31
256	KOWALSKI Jerzy	139		M-60	00:00:29	00:15:37	00:32:16	00:49:20	01:06:20
257	SWIOKŁA Paweł	276		M-30	00:00:18	00:15:58	00:32:46	00:49:26	01:06:22
258	SIEWIERA Paweł	260	RUNNERSCLUB.PL	M-30	00:00:28	00:16:12	00:32:37	00:47:35	01:06:50
259	ŻYLIŃSKI Przemysław	329		M-30	00:00:19	00:15:14	00:33:32	00:52:25	01:10:45
260	BARTNIK Marian	3	TKKF KOSZALIN	M-70+	00:00:02	00:18:43	00:39:12	01:00:17	01:21:49
261	LIUDVINAVICIUS Robertas	349		M-40	00:00:33	00:26:23	00:39:54	00:53:29	

Znaleziono 261 wynik(ów)