



IX KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie: IX Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2017-12-30
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Start_All 3.42km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SIÓDMIAK Igor	209	MKP SZCZECINEK / TRIATHLON	M18-29	1	00:05:53	00:11:42	00:17:13.85		3:26	17.4 (100%)
2	WENT Jakub	246		M30-39	1	00:06:05	00:12:04	00:17:16.55	+00:00:02 (0.3%)	3:27	17.4 (100%)
3	BORYCHOWSKI Mariusz	285		M40-49	1	00:05:53	00:11:45	00:17:21.50	+00:00:07 (0.7%)	3:28	17.3 (99.4%)
4	KĘPKA Adrian	95		M18-29	2	00:06:01	00:11:57	00:17:25.65	+00:00:11 (1.1%)	3:29	17.2 (98.9%)
5	ORZECHOWSKI Kamil	173	TKKF KOSZALIN	M18-29	3	00:06:01	00:12:04	00:17:54.45	+00:00:40 (3.8%)	3:34	16.8 (96.6%)
6	ZABORSKI Ryszard	258	TKKF KOSZALIN - ORKIESTRA WOJSKOWA	M40-49	2	00:06:05	00:12:16	00:18:13.55	+00:00:59 (5.5%)	3:38	16.5 (94.8%)
7	RUDNIKOWSKI Maciej	202	BIEGUZDROWISKOWY.PL	M40-49	3	00:06:11	00:12:38	00:18:39.05	+00:01:25 (7.6%)	3:43	16.1 (92.5%)
8	WOJTALIK Łukasz	254	POŁCZYN BIEGA	M30-39	2	00:06:10	00:12:38	00:18:50.10	+00:01:36 (8.5%)	3:46	15.9 (91.4%)
9	GOSTKOWSKI Łukasz	58	KB GOCH BYTÓW	M30-39	3	00:06:33	00:13:11	00:19:10.90	+00:01:57 (10.2%)	3:50	15.6 (89.7%)
10	MUSIAŁ Krzysztof	279	TKK KOSZALIN	M30-39	4	00:06:35	00:13:13	00:19:13.30	+00:01:59 (10.4%)	3:50	15.6 (89.7%)
11	CZAPLIŃSKI Jacek	28	TAGER KOSZALIN	M30-39	5	00:06:20	00:13:02	00:19:23.35	+00:02:09 (11.1%)	3:52	15.5 (89.1%)
12	ŻMUDA Tomasz	266	CW FANZA KOŁOBRZEG	M40-49	4	00:06:31	00:13:12	00:19:28.40	+00:02:14 (11.5%)	3:53	15.4 (88.5%)
13	WICHER Krzysztof	248	GABINET REHABILITACJI AKTYWNEJ / ADWOKATURA	M30-39	6	00:06:33	00:13:28	00:19:47.40	+00:02:33 (12.9%)	3:57	15.2 (87.4%)
14	WOJCIECHOWICZ Jacek	253	WWW.STUDIOTANCAPASJA.PL	M30-39	7	00:06:33	00:13:26	00:20:01.50	+00:02:47 (14.0%)	4:00	15 (86.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Start_All 3.42km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
15	STEBELSKI Jasiek	217		M18-29	4	00:06:55	00:13:50	00:20:10.20	+00:02:56 (14.6%)	4:02	14.9 (85.6%)
16	SZYMAŃSKI Paweł	228		M30-39	8	00:06:05	00:13:19	00:20:13.05	+00:02:59 (14.8%)	4:02	14.8 (85.1%)
17	SEKRECKI Michał	208	UAM TRIATHLON POZNAŃ	M18-29	5	00:06:50	00:13:57	00:20:25.60	+00:03:11 (15.6%)	4:05	14.7 (84.5%)
18	SABISZ Krzysztof	272		M30-39	9	00:07:11	00:14:11	00:20:26.35	+00:03:12 (15.7%)	4:05	14.7 (84.5%)
19	ZWOLIŃSKI Jan	265	TKKF KOSZALIN	M40-49	5	00:06:57	00:14:02	00:20:28.10	+00:03:14 (15.8%)	4:05	14.7 (84.5%)
20	JANKOWSKI Grzegorz	73	ŚWIAT PŁYTEK U KRYSPIŃ	M40-49	6	00:06:31	00:13:49	00:20:35.20	+00:03:21 (16.3%)	4:07	14.6 (83.9%)
21	KOSIŃSKI Mateusz	114	DRUŻYNA SZPIKU	M18-29	6	00:06:57	00:14:06	00:20:49.00	+00:03:35 (17.2%)	4:09	14.4 (82.8%)
22	ŁUKAWSKI Mariusz	143	JW 1223	M18-29	7	00:06:57	00:14:18	00:21:04.30	+00:03:50 (18.2%)	4:13	14.2 (81.6%)
23	KROCZYŃSKI Sławomir	125	KB WYGAN	M50-59	1	00:06:59	00:14:20	00:21:06.25	+00:03:52 (18.4%)	4:13	14.2 (81.6%)
24	GAWRON Piotr	50	KB GOCH BYTÓW	M40-49	7	00:07:18	00:14:32	00:21:14.30	+00:04:00 (18.9%)	4:14	14.1 (81.0%)
25	DESZCZ Tomasz	70		M18-29	8	00:07:08	00:14:38	00:21:18.05	+00:04:04 (19.1%)	4:15	14.1 (81.0%)
26	KISIELEWICZ Krzysztof	99	KORZYBSKIE REKINY	M18-29	9	00:06:57	00:14:18	00:21:18.65	+00:04:04 (19.1%)	4:15	14.1 (81.0%)
27	KOCZOROWSKI Paweł	109	POLNI WOJOWNICY USTKA	M40-49	8	00:06:50	00:14:16	00:21:20.90	+00:04:07 (19.3%)	4:16	14.1 (81.0%)
28	SZULC Arek	280		M40-49	9	00:07:27	00:14:41	00:21:21.40	+00:04:07 (19.3%)	4:16	14 (80.5%)
29	CHROSTEK Adam	24		M40-49	10	00:07:12	00:14:35	00:21:25.30	+00:04:11 (19.6%)	4:17	14 (80.5%)
30	MUCHA Krzysztof	166		M30-39	10	00:07:14	00:14:46	00:21:36.40	+00:04:22 (20.3%)	4:19	13.9 (79.9%)
31	PIĄTKOWSKI Grzegorz	184	WICHER RĄBINO	M18-29	10	00:07:11	00:14:41	00:21:36.70	+00:04:22 (20.3%)	4:19	13.9 (79.9%)
32	WINKEL Łukasz	252		M40-49	11	00:07:12	00:14:32	00:21:37.00	+00:04:23 (20.3%)	4:19	13.9 (79.9%)
33	WÓJCIK Damian	256	RUNNERSWALDE DARŁOWO	M40-49	12	00:07:18	00:14:46	00:21:43.10	+00:04:29 (20.7%)	4:20	13.8 (79.3%)
34	PRYGIEL Jarosław	190	21 BLT ŚWIDWIN	M40-49	13	00:07:11	00:14:41	00:21:47.75	+00:04:33 (20.9%)	4:21	13.8 (79.3%)
35	IWANIEC Dariusz	71	TKKF KOSZALIN	M40-49	14	00:07:16	00:14:50	00:21:49.85	+00:04:36 (21.1%)	4:22	13.7 (78.7%)
35	SZYMCZAK Michał	230		M30-39	11	00:07:26	00:14:58	00:21:49.85	+00:04:36 (21.1%)	4:22	13.7 (78.7%)
37	RUSINEK Artur	204	GABINET REHABILITACJI AKTYWNEJ	M30-39	12	00:07:05	00:14:42	00:21:55.55	+00:04:41 (21.4%)	4:23	13.7 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						1.71km	3.42km	netto		min/km	km/h
38	HAMALA Marcin	63	FREE BIRDS	M30-39	13	00:07:04	00:14:38	00:21:55.80	+00:04:41 (21.4%)	4:23	13.7 (78.7%)
39	KRACZKOWSKI Przemysław	122		M30-39	14	00:07:16	00:14:50	00:21:58.35	+00:04:44 (21.6%)	4:23	13.7 (78.7%)
40	SULL Kacper	218	NIGHT RUNNERS SŁUPSK	M18-29	11	00:07:07	00:14:36	00:21:58.60	+00:04:44 (21.6%)	4:23	13.7 (78.7%)
41	SZYMAŃSKI Piotr	227	NAJLEPSZY	M30-39	15	00:07:20	00:14:54	00:22:10.95	+00:04:57 (22.3%)	4:26	13.5 (77.6%)
42	ŻMUDA Jarosław	268	CW FANZA KOŁOBRZEG	M40-49	15	00:07:16	00:15:00	00:22:11.15	+00:04:57 (22.3%)	4:26	13.5 (77.6%)
43	KAJKOWSKI Rafał	87	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	16	00:07:12	00:14:46	00:22:15.75	+00:05:01 (22.6%)	4:27	13.5 (77.6%)
44	MAJCHER Przemek	145		M18-29	12	00:07:47	00:15:21	00:22:16.45	+00:05:02 (22.6%)	4:27	13.5 (77.6%)
45	JĘDRASZCZYK Marek	78	WŁ SŁUPSK	M40-49	17	00:07:31	00:15:13	00:22:19.30	+00:05:05 (22.8%)	4:28	13.4 (77.0%)
46	OSTAFI Robert	175	ATF TEAM	M30-39	16	00:07:35	00:15:16	00:22:19.40	+00:05:05 (22.8%)	4:27	13.4 (77.0%)
47	DOMASZK Zbigniew	40	ŚWIAT PLYTEK U KRYSPIŃ	M40-49	18	00:07:21	00:15:09	00:22:22.05	+00:05:08 (23.0%)	4:28	13.4 (77.0%)
48	KUŁAKOWSKI Dawid	129	TKKF KOSZALIN	M40-49	19	00:07:37	00:15:27	00:22:23.75	+00:05:09 (23.1%)	4:28	13.4 (77.0%)
49	POMORYNKO Krzysztof	189		M30-39	17	00:07:32	00:15:20	00:22:24.30	+00:05:10 (23.1%)	4:29	13.4 (77.0%)
50	HOC Dariusz	68		M40-49	20	00:07:37	00:15:21	00:22:27.60	+00:05:13 (23.3%)	4:29	13.4 (77.0%)
51	DROZDOWSKI Marcin	41	MORPOL	M18-29	13	00:07:36	00:15:30	00:22:36.70	+00:05:22 (23.8%)	4:31	13.3 (76.4%)
52	RYCHŁOWSKI Piotr	206		M30-39	18	00:07:30	00:15:23	00:22:39.50	+00:05:25 (24.0%)	4:31	13.2 (75.9%)
53	KŁOS Tomasz	106		M30-39	19	00:07:33	00:15:22	00:22:45.80	+00:05:31 (24.3%)	4:33	13.2 (75.9%)
54	LICHACY Marcei	138	DARŁOWO	M30-39	20	00:07:49	00:15:44	00:22:54.00	+00:05:40 (24.8%)	4:34	13.1 (75.3%)
55	KOZIEŁ Paweł	119	WICHER RĄBINO	M30-39	21	00:07:30	00:15:37	00:22:56.25	+00:05:42 (24.9%)	4:35	13.1 (75.3%)
56	SZYMAŃSKI Piotr	229		M40-49	21	00:07:59	00:15:45	00:23:00.45	+00:05:46 (25.1%)	4:36	13 (74.7%)
57	POLAŃSKI Norbert	188	21BLT	M40-49	22	00:07:38	00:15:37	00:23:01.10	+00:05:47 (25.1%)	4:36	13 (74.7%)
58	CHOŁUJ Jarosław	22	ROZBIEGANY KOSZALIN	M40-49	23	00:07:42	00:15:35	00:23:03.40	+00:05:49 (25.3%)	4:36	13 (74.7%)
59	GAŁECKI Jacek	47	KARLINO BIEGAJ	M40-49	24	00:07:40	00:15:44	00:23:11.20	+00:05:57 (25.7%)	4:38	12.9 (74.1%)
60	PĘKAŁA Piotr	182	ROZBIEGANY/WILKI KOSZALIN	M40-49	25	00:08:19	00:16:11	00:23:12.65	+00:05:58 (25.8%)	4:38	12.9 (74.1%)

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								netto 5km	Różn		
61	MAJCHRZAK Paweł	146	KARLINO BIEGAJ	M40-49	26	00:07:38	00:15:42	00:23:13.50	+00:05:59 (25.8%)	4:38	12.9 (74.1%)
62	LAS Mateusz	132		M18-29	14	00:07:43	00:15:49	00:23:18.10	+00:06:04 (26.1%)	4:39	12.9 (74.1%)
63	MICERSKI Tomasz	159	TKKF KOSZALIN	M40-49	27	00:07:37	00:15:42	00:23:18.65	+00:06:04 (26.1%)	4:39	12.9 (74.1%)
64	KWIETNIEWSKI Daniel	131		M30-39	22	00:07:44	00:15:49	00:23:19.55	+00:06:05 (26.1%)	4:39	12.9 (74.1%)
65	STAŃCZYK Sławomir	215	STARGARD. JA SIĘ NIE ŚCIGAM	M18-29	15	00:07:51	00:16:02	00:23:24.60	+00:06:10 (26.4%)	4:41	12.8 (73.6%)
66	WILKOWSKI Krzysztof	251		M30-39	23	00:08:19	00:16:10	00:23:24.90	+00:06:11 (26.4%)	4:40	12.8 (73.6%)
67	KAMYK Piotr	88	MH OPROGRAMOWANIE ERP WWW.MH-INFORMATYKA.PL	M30-39	24	00:07:30	00:15:52	00:23:27.05	+00:06:13 (26.5%)	4:41	12.8 (73.6%)
68	KRUPIŃSKI Krzysztof	126	E-UROLOG.EU	M50-59	2	00:07:55	00:15:59	00:23:27.15	+00:06:13 (26.5%)	4:41	12.8 (73.6%)
69	PICK Tomasz	185	MK KOSZALIN	M40-49	28	00:08:07	00:16:16	00:23:34.15	+00:06:20 (26.9%)	4:42	12.7 (73.0%)
70	SKOWYRSKI Janusz	212	TKKF KOSZALIN/ ALUPROFIL	M50-59	3	00:07:55	00:15:58	00:23:34.45	+00:06:20 (26.9%)	4:42	12.7 (73.0%)
71	MARZEC Łukasz	154		M30-39	25	00:07:48	00:15:49	00:23:35.15	+00:06:21 (26.9%)	4:43	12.7 (73.0%)
72	RETERSKI Damian	198		M14-17	1	00:07:53	00:16:01	00:23:36.75	+00:06:22 (27.0%)	4:43	12.7 (73.0%)
73	SZULC Szymon	225	SZULC RUNNERS TEAM	M30-39	26	00:07:44	00:16:10	00:23:38.85	+00:06:25 (27.1%)	4:43	12.7 (73.0%)
74	MAKOWIECKI Marcin	149		M30-39	27	00:07:54	00:16:10	00:23:46.05	+00:06:32 (27.5%)	4:45	12.6 (72.4%)
75	NACHYŁA Paweł	168	DZIKI KOSZALIN	M30-39	28	00:07:52	00:16:13	00:23:50.55	+00:06:36 (27.7%)	4:46	12.6 (72.4%)
76	URBANIAK Szymon	237		M18-29	16	00:07:58	00:16:17	00:23:58.70	+00:06:44 (28.1%)	4:47	12.5 (71.8%)
77	KŁOCZKO Arkadiusz	103		M40-49	29	00:08:09	00:16:21	00:23:58.85	+00:06:45 (28.1%)	4:47	12.5 (71.8%)
78	KISIELIŃSKI Igor	100	TKKF KOSZALIN	M50-59	4	00:08:06	00:16:16	00:23:59.95	+00:06:46 (28.2%)	4:48	12.5 (71.8%)
79	REMLAKOWSKI Krzysztof	197	WE RUN	M40-49	30	00:08:21	00:16:28	00:24:00.05	+00:06:46 (28.2%)	4:48	12.5 (71.8%)
80	KANIOWSKI Jacek	89	W.P.K. SŁOŃ TEAM	M40-49	31	00:07:45	00:16:04	00:24:04.00	+00:06:50 (28.4%)	4:48	12.5 (71.8%)
81	ANTKOWIAK Sebastian	2	DB ACTIVE	M40-49	32	00:07:42	00:16:05	00:24:04.45	+00:06:50 (28.4%)	4:48	12.5 (71.8%)
82	OTTO Michał	177		M30-39	29	00:08:10	00:16:29	00:24:06.75	+00:06:52 (28.5%)	4:49	12.4 (71.3%)
83	ŻUKOWSKI Cezary	269	MIGAWKOWE.PL	M30-39	30	00:08:08	00:16:33	00:24:12.55	+00:06:58 (28.8%)	4:50	12.4 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Start_All 3.42km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
84	KRASIŃSKI Witold	123	JW 1223	M40-49	33	00:08:10	00:16:31	00:24:14.05	+00:07:00 (28.9%)	4:50	12.4 (71.3%)
85	ZIELIŃSKI Grzegorz	260		M60-69	1	00:07:49	00:16:16	00:24:18.10	+00:07:04 (29.1%)	4:51	12.3 (70.7%)
86	SKIBA Artur	210	ŚWIDWIŃSKIE STOWARZYSZENIE LOTNICTWA REKREACYJNEGO	M40-49	34	00:07:58	00:16:29	00:24:18.70	+00:07:04 (29.1%)	4:51	12.3 (70.7%)
87	ROGAŁA Tomasz	200		M30-39	31	00:07:52	00:16:22	00:24:19.50	+00:07:05 (29.2%)	4:51	12.3 (70.7%)
88	PIECHOTA Robert	186	ROZBIEGANY KOSZALIN	M40-49	35	00:07:47	00:16:39	00:24:20.70	+00:07:06 (29.2%)	4:52	12.3 (70.7%)
89	SZULC Marek	226		M50-59	5	00:07:56	00:16:27	00:24:28.85	+00:07:15 (29.6%)	4:53	12.3 (70.7%)
90	ADRYAN Adam	1	CKB SŁUPSK	M40-49	36	00:08:11	00:16:41	00:24:38.95	+00:07:25 (30.1%)	4:55	12.2 (70.1%)
91	KURŁOWICZ Robert	277		M18-29	17	00:08:25	00:16:59	00:24:40.70	+00:07:26 (30.2%)	4:56	12.2 (70.1%)
92	GLISZCZYŃSKI Łukasz	53	UKSN SPRINT SŁAWNO	M18-29	18	00:07:51	00:16:38	00:24:46.35	+00:07:32 (30.4%)	4:57	12.1 (69.5%)
93	KAZIMIEROWICZ Radosław	92	VTT KOSZALIN	M30-39	32	00:08:07	00:16:44	00:24:48.15	+00:07:34 (30.5%)	4:57	12.1 (69.5%)
94	RADZIMSKI Marcel	194		M14-17	2	00:07:20	00:16:05	00:24:50.25	+00:07:36 (30.6%)	4:58	12.1 (69.5%)
95	CAŁA Bartosz	19	ŚWIAT PŁYTEK U KRYSPINA	M30-39	33	00:08:24	00:16:58	00:24:57.60	+00:07:43 (31.0%)	4:59	12 (69.0%)
96	GAWRYSIAK Przemysław	51		M40-49	37	00:07:58	00:16:20	00:25:01.65	+00:07:47 (31.2%)	5:00	12 (69.0%)
97	KOBUS Piotr	107		M30-39	34	00:08:12	00:16:48	00:25:03.10	+00:07:49 (31.2%)	5:00	12 (69.0%)
98	OSOBNIAK Ryszard	174	ROZBIEGANY KOSZALIN	M60-69	2	00:08:19	00:17:02	00:25:04.85	+00:07:51 (31.3%)	5:01	12 (69.0%)
99	LEWANDOWSKI Rafał	137		M40-49	38	00:08:21	00:17:13	00:25:15.75	+00:08:01 (31.8%)	5:03	11.9 (68.4%)
100	DUDZIAK Piotr	43	FOR-REST-RUN KOSZALIN	M40-49	39	00:08:04	00:16:53	00:25:19.85	+00:08:06 (32.0%)	5:04	11.8 (67.8%)
101	KOWALCZYK Piotr	117		M30-39	35	00:08:20	00:17:07	00:25:21.40	+00:08:07 (32.0%)	5:04	11.8 (67.8%)
102	ŚNIADECKI Wojciech	234		M18-29	19	00:07:49	00:16:45	00:25:22.40	+00:08:08 (32.1%)	5:04	11.8 (67.8%)
103	CHUDZIK Zbigniew	25	TKKF KOSZALIN	M50-59	6	00:08:38	00:17:17	00:25:23.85	+00:08:10 (32.2%)	5:04	11.8 (67.8%)
104	RUDZIŃSKI Bronisław	203		M60-69	3	00:08:06	00:17:07	00:25:25.95	+00:08:12 (32.2%)	5:05	11.8 (67.8%)
104	BRESZKA Michał	15	DARŁOWSKIE CHARTY	M14-17	3	00:08:42	00:17:43	00:25:25.95	+00:08:12 (32.2%)	5:05	11.8 (67.8%)
106	HANASZ Sebastian	64		M40-49	40	00:08:38	00:17:28	00:25:26.65	+00:08:12 (32.3%)	5:05	11.8 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Start_All 3.42km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
107	JANUSZEWSKI Jacek	74	17 WOG KOSZALIN	M50-59	7	00:08:12	00:17:04	00:25:29.30	+00:08:15 (32.4%)	5:06	11.8 (67.8%)
108	WYGANOWSKI Andrzej	257	WYGAN PO	M70+	1	00:08:43	00:17:32	00:25:32.05	+00:08:18 (32.5%)	5:06	11.7 (67.2%)
109	SZKOŁUDA Miłosz	223	DECATHLON KOSZALIN	M18-29	20	00:08:31	00:17:25	00:25:32.40	+00:08:18 (32.5%)	5:06	11.7 (67.2%)
110	KOZŁOWIECKI Waldemar	121	TKKF KOSZALIN	M60-69	4	00:08:26	00:17:19	00:25:32.65	+00:08:18 (32.5%)	5:06	11.7 (67.2%)
111	DUBACKI Kazimierz Stanisław	42	NIGHT RUNNERS SŁUPSK	M40-49	41	00:08:06	00:17:08	00:25:34.25	+00:08:20 (32.6%)	5:06	11.7 (67.2%)
112	MICHIEJEW Jakub	161		M14-17	4	00:08:55	00:17:33	00:25:35.00	+00:08:21 (32.6%)	5:07	11.7 (67.2%)
113	GAWĘDA Emil	48	GMINA DARŁOWO	M30-39	36	00:08:59	00:17:50	00:25:37.50	+00:08:23 (32.8%)	5:07	11.7 (67.2%)
114	JASIENIECKI Piotr	77	SPARK	M40-49	42	00:08:59	00:17:50	00:25:38.85	+00:08:25 (32.8%)	5:07	11.7 (67.2%)
115	WAŃSKI Michał	243		M18-29	21	00:08:10	00:17:21	00:25:40.45	+00:08:26 (32.9%)	5:08	11.7 (67.2%)
116	DOMAŃSKI Adam	38		M40-49	43	00:08:57	00:17:51	00:25:42.50	+00:08:28 (33.0%)	5:08	11.7 (67.2%)
117	ROGALA Łukasz	201	NIGHT RUNNERS SŁUPSK	M30-39	37	00:08:36	00:17:29	00:25:46.60	+00:08:32 (33.2%)	5:09	11.6 (66.7%)
118	PODSIADŁO Marcin	271		M30-39	38	00:08:10	00:17:08	00:25:48.65	+00:08:34 (33.2%)	5:09	11.6 (66.7%)
119	RYCHLIŃSKI Damian	205		M30-39	39	00:08:46	00:17:44	00:25:52.25	+00:08:38 (33.4%)	5:10	11.6 (66.7%)
120	GALICKI Robert	46		M40-49	44	00:09:13	00:18:15	00:26:07.65	+00:08:53 (34.1%)	5:13	11.5 (66.1%)
121	JUSIŃSKI Sebastian	82		M40-49	45	00:08:27	00:17:36	00:26:09.55	+00:08:55 (34.1%)	5:13	11.5 (66.1%)
122	KLENIEWSKI Piotr	102	ZACHODNIOPOMORSKIE	M50-59	8	00:08:08	00:17:15	00:26:11.05	+00:08:57 (34.2%)	5:14	11.5 (66.1%)
123	DANOWSKI Maciej	32	FITNESS CLUB FORMA	M40-49	46	00:08:31	00:17:59	00:26:14.40	+00:09:00 (34.3%)	5:14	11.4 (65.5%)
124	OLEJNIK Krzysztof	172	ŻYTANIA TEAM	M14-17	5	00:09:20	00:17:58	00:26:14.70	+00:09:00 (34.3%)	5:14	11.4 (65.5%)
125	BIELAŃSKI Krzysztof	8	1958	M50-59	9	00:08:42	00:17:46	00:26:17.60	+00:09:03 (34.5%)	5:15	11.4 (65.5%)
126	MOYS Tomasz	164		M50-59	10	00:08:32	00:17:48	00:26:18.60	+00:09:04 (34.5%)	5:15	11.4 (65.5%)
127	GAWLIK Artur	49	BIEGNIJMY.PL	M30-39	40	00:08:37	00:17:44	00:26:21.90	+00:09:08 (34.6%)	5:16	11.4 (65.5%)
128	DOMAŃSKI Dominik	283		M30-39	41	00:08:57	00:18:02	00:26:25.95	+00:09:12 (34.8%)	5:17	11.3 (64.9%)
129	KOŁAKOWSKI Dariusz	110	K.B.SPRINT ŚWIDWIN	M40-49	47	00:09:02	00:18:09	00:26:27.50	+00:09:13 (34.9%)	5:17	11.3 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Start_All 3.42km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
130	WILIŃSKI Marek	250	K.B SPRINT ŚWIDWIN	M50-59	11	00:09:03	00:18:10	00:26:28.35	+00:09:14 (34.9%)	5:17	11.3 (64.9%)
131	WĘCŁAWIAK Marek	247		M40-49	48	00:08:26	00:17:42	00:26:28.45	+00:09:14 (34.9%)	5:17	11.3 (64.9%)
132	BOGACKI Tomasz	12	TKKF KOSZALIN	M50-59	12	00:08:50	00:17:56	00:26:34.15	+00:09:20 (35.1%)	5:18	11.3 (64.9%)
133	MEGIER Wojciech	157	ELEKTRONIK	M50-59	13	00:09:06	00:18:35	00:26:39.15	+00:09:25 (35.4%)	5:19	11.3 (64.9%)
134	KĘPKA Mirosław	94	KB SPRINT ŚWIDWIN	M40-49	49	00:09:02	00:18:11	00:26:41.70	+00:09:27 (35.5%)	5:20	11.2 (64.4%)
135	DEREŃ Grzegorz	35	K.B.SPRINT ŚWIDWIN	M40-49	50	00:08:57	00:18:12	00:26:42.20	+00:09:28 (35.5%)	5:20	11.2 (64.4%)
136	CZERNAK Gracjan	29		M30-39	42	00:08:53	00:18:08	00:26:45.05	+00:09:31 (35.6%)	5:21	11.2 (64.4%)
137	JUSZCZAK Krzysztof	83		M60-69	5	00:08:41	00:17:55	00:26:47.30	+00:09:33 (35.7%)	5:21	11.2 (64.4%)
138	KAZIMIERCZAK Leszek	282		M30-39	43	00:08:59	00:18:13	00:26:52.00	+00:09:38 (35.9%)	5:22	11.2 (64.4%)
139	GUTOWSKI Sebastian	62	GUCIOR-RUN	M40-49	51	00:08:55	00:18:18	00:26:52.80	+00:09:38 (35.9%)	5:22	11.2 (64.4%)
140	KACZMAREK Łukasz	85	WOJOWNICY WÓDY	M30-39	44	00:08:58	00:18:12	00:26:56.40	+00:09:42 (36.0%)	5:23	11.1 (63.8%)
141	PACAN Bartosz	179	ŚWIAT PŁYTEK U KRYSPINA	M30-39	45	00:09:22	00:18:41	00:26:58.65	+00:09:44 (36.1%)	5:23	11.1 (63.8%)
142	TURCZYN Grzegorz	236	NIGHT RUNNERS SŁUPSK	M40-49	52	00:09:07	00:18:22	00:26:59.55	+00:09:45 (36.2%)	5:23	11.1 (63.8%)
143	KUPREWICZ Grzegorz	281		M30-39	46	00:08:52	00:18:20	00:27:02.20	+00:09:48 (36.3%)	5:24	11.1 (63.8%)
144	KINOWSKI Karol	98	DON'T TREAD ON ME!	M40-49	53	00:09:23	00:18:45	00:27:02.70	+00:09:48 (36.3%)	5:24	11.1 (63.8%)
145	BODO Rafał	10		M30-39	47	00:08:46	00:18:16	00:27:21.10	+00:10:07 (37.0%)	5:28	11 (63.2%)
146	KACZYŃSKI Henryk	86		M60-69	6	00:08:52	00:18:26	00:27:22.95	+00:10:09 (37.1%)	5:28	11 (63.2%)
147	ŚLEDŹ Andrzej	233	WŁ SŁUPSK	M40-49	54	00:08:44	00:18:29	00:27:24.30	+00:10:10 (37.1%)	5:28	10.9 (62.6%)
148	GOERIG Michał	56		M30-39	48	00:09:08	00:18:38	00:27:25.45	+00:10:11 (37.2%)	5:29	10.9 (62.6%)
149	SOŁTYSIAK Mateusz	213	KARLINO BIEGAJ	M14-17	6	00:08:38	00:18:22	00:27:34.15	+00:10:20 (37.5%)	5:30	10.9 (62.6%)
150	GRĄBCZEWSKI Rafał	59	JW 1223	M30-39	49	00:09:06	00:18:37	00:27:41.20	+00:10:27 (37.8%)	5:32	10.8 (62.1%)
151	SKOWROŃSKI Paweł	211	WARSZAWA	M30-39	50	00:09:06	00:18:37	00:27:41.65	+00:10:27 (37.8%)	5:32	10.8 (62.1%)
152	GŁOWACKI Włodzimierz	54		M70+	2	00:09:02	00:18:46	00:27:42.40	+00:10:28 (37.8%)	5:32	10.8 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.71km	Start_All 3.42km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
153	DOMAŃSKI Krzysztof	39		M14-17	7	00:09:29	00:18:58	00:27:50.85	+00:10:37 (38.1%)	5:34	10.8 (62.1%)
154	KOPCZYŃSKI Michał	111	JW1224	M30-39	51	00:09:02	00:18:49	00:27:53.25	+00:10:39 (38.2%)	5:34	10.8 (62.1%)
155	DZIESZUK Darek	270	TKKF KOSZALIN	M40-49	55	00:09:45	00:19:28	00:27:54.65	+00:10:40 (38.3%)	5:34	10.8 (62.1%)
156	WIĘCKOWSKI Maciej	276		M30-39	52	00:09:20	00:19:04	00:27:55.70	+00:10:41 (38.3%)	5:35	10.7 (61.5%)
157	ZIELIŃSKI Tomasz	261		M40-49	56	00:08:57	00:18:57	00:28:01.85	+00:10:48 (38.5%)	5:36	10.7 (61.5%)
158	KARNICKI Zygmunt	91	TKKF KOSZALIN	M60-69	7	00:09:45	00:19:28	00:28:10.00	+00:10:56 (38.8%)	5:38	10.7 (61.5%)
159	ZIELIŃSKI Jarosław	259	AMATOR	M40-49	57	00:08:51	00:18:49	00:28:30.15	+00:11:16 (39.5%)	5:42	10.5 (60.3%)
160	SZYSZKOWSKI Tomasz	232	ROZBIEGANY KOSZALIN	M30-39	53	00:08:42	00:18:52	00:28:30.25	+00:11:16 (39.5%)	5:42	10.5 (60.3%)
161	JAROSZ Jakub	75	TKKF KOSZALIN	M18-29	22	00:09:44	00:19:29	00:28:45.40	+00:11:31 (40.1%)	5:45	10.4 (59.8%)
162	CZUB Maciej	30		M18-29	23	00:09:26	00:19:17	00:28:47.95	+00:11:34 (40.2%)	5:45	10.4 (59.8%)
163	JĘDRZEJEWSKI Krzysztof	80		M30-39	54	00:09:00	00:19:32	00:28:54.70	+00:11:40 (40.4%)	5:46	10.4 (59.8%)
164	TRZEŚNIEWSKI Zbigniew	235		M50-59	14	00:09:43	00:19:30	00:28:59.75	+00:11:45 (40.6%)	5:48	10.3 (59.2%)
165	HNATOWSKI Artur	67	SZYBKIE STOPY	M40-49	58	00:09:18	00:19:13	00:29:08.95	+00:11:55 (40.9%)	5:49	10.3 (59.2%)
166	WIERZBICKI Kacper	249		M18-29	24	00:09:44	00:19:46	00:29:09.70	+00:11:55 (40.9%)	5:50	10.3 (59.2%)
167	JARZYNA Jarosław	76	PADRE TEAM	M50-59	15	00:09:29	00:19:47	00:29:21.00	+00:12:07 (41.3%)	5:52	10.2 (58.6%)
168	HELLER Zdzisław	66	NIEZRZESZONY	M60-69	8	00:09:41	00:19:44	00:29:30.30	+00:12:16 (41.6%)	5:54	10.2 (58.6%)
169	BASIAK Krystian	4	JW 1223	M30-39	55	00:09:44	00:19:47	00:29:38.75	+00:12:24 (41.9%)	5:55	10.1 (58.0%)
170	HRYCIÓW Paweł	69	JW 1223	M30-39	56	00:09:46	00:19:48	00:29:38.90	+00:12:25 (41.9%)	5:55	10.1 (58.0%)
171	KOWALSKI Marek	118		M40-49	59	00:09:36	00:19:57	00:29:43.70	+00:12:29 (42.0%)	5:56	10.1 (58.0%)
172	FRASZKIEWICZ Jarosław	45		M40-49	60	00:09:47	00:20:13	00:29:52.80	+00:12:38 (42.3%)	5:58	10 (57.5%)
173	CICHOSZ Jerzy	26		M70+	3	00:09:52	00:20:03	00:29:53.60	+00:12:39 (42.4%)	5:58	10 (57.5%)
174	PŁOTKA Grzegorz	187		M30-39	57	00:09:39	00:20:10	00:30:13.30	+00:12:59 (43.0%)	6:02	9.9 (56.9%)
175	SZKATULSKI Tomasz	222	RUNNERSWALDE DARŁOWO	M18-29	25	00:10:00	00:20:34	00:30:20.65	+00:13:06 (43.2%)	6:04	9.9 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Czas	Różn	Tempo min/km	Tempo km/h
						1.71km	3.42km	netto 5km			
176	BRESZKA Paweł	14	DARŁOWSKIE CHARTY	M40-49	61	00:10:00	00:20:34	00:30:21.60	+00:13:07 (43.2%)	6:04	9.9 (56.9%)
177	BIELAŃSKI Mirek	7	STARGARD	M50-59	16	00:09:59	00:20:49	00:30:46.00	+00:13:32 (44.0%)	6:09	9.8 (56.3%)
178	ŁUBNIEWSKI Arkadiusz	142	ANOX TEAM	M30-39	58	00:10:29	00:21:26	00:31:38.45	+00:14:24 (45.5%)	6:19	9.5 (54.6%)
179	WALKOWIAK Dariusz	242		M40-49	62	00:09:51	00:21:31	00:32:43.55	+00:15:29 (47.3%)	6:32	9.2 (52.9%)
180	NOWAK Piotr	169		M30-39	59	00:09:45	00:22:02	00:33:04.65	+00:15:50 (47.9%)	6:37	9.1 (52.3%)
181	PASEK Jan	180	KLUB BIEGOWY JANTAR ŚWIESZYNO	M60-69	9	00:10:43	00:22:12	00:33:05.35	+00:15:51 (47.9%)	6:37	9.1 (52.3%)
182	HAUSMAN Andrzej	65	KSR ROWERIA	M60-69	10	00:11:13	00:24:09	00:35:58.15	+00:18:44 (52.1%)	7:11	8.3 (47.7%)
183	BARTNIK Marian	3	TKKF KOSZALIN	M70+	4	00:13:27	00:27:53	00:42:01.10	+00:24:47 (59.0%)	8:24	7.1 (40.8%)

Znaleziono 183 wynik(ów)