

JAMNEŃSKI TOUR BIEGOWY - KLASYFIKACJA DECATHLONU

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Organizator: Herkules
Data: 2019-01-20
Miejsce: Koszalin (Osiedle Jamno - Łabusz)
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SZKOŁUDA Miłosz	1196	DECATHLON KOSZALIN	M-20	1	00:17:53.07	00:17:26.29	00:35:19.36	00:35:26.09		3:31	17 (100%)
2	ZABORSKI Ryszard	1223	JAMNO	M-40	1	00:17:47.07	00:17:38.40	00:35:25.47	00:35:30.86	+00:00:06 (0.3%)	3:32	16.9 (99.4%)
3	GARSKI Krystin	1045	ŚWIAT PŁYTEK U KRYSPIŃA	M-40	2	00:17:57.88	00:17:41.52	00:35:39.40	00:35:46.79	+00:00:20 (0.9%)	3:33	16.8 (98.8%)
4	JAKUBEK Patryk	1063	ŚWIAT PŁYTEK U KRYSPIŃA	M-20	2	00:17:43.26	00:18:07.75	00:35:51.01	00:35:56.62	+00:00:31 (1.5%)	3:35	16.7 (98.2%)
5	SIADAK Arkadiusz	1181		M-30	1	00:18:21.68	00:17:48.58	00:36:10.26	00:36:16.99	+00:00:50 (2.3%)	3:37	16.6 (97.6%)
6	HUBERT Łukasz	1062	TKKF KOSZALIN	M-30	2	00:18:12.87	00:18:19.19	00:36:32.06	00:36:37.82	+00:01:12 (3.3%)	3:39	16.4 (96.5%)
7	DUDA Grzegorz	1037	METALCORP TEAM	M-40	3	00:19:00.26	00:18:44.08	00:37:44.34	00:37:49.47	+00:02:24 (6.4%)	3:46	15.9 (93.5%)
8	CZAPLIŃSKI Jacek	1026	TAGER KOSZALIN	M-30	3	00:19:04.99	00:18:47.10	00:37:52.09	00:37:58.79	+00:02:32 (6.7%)	3:47	15.8 (92.9%)
9	RYKIEL Michał	1177	JEDWABIŚCI	M-30	4	00:19:15.52	00:19:04.02	00:38:19.54	00:38:25.96	+00:03:00 (7.8%)	3:49	15.7 (92.4%)
10	ZUKAL Piotr	1228		M-40	4	00:19:21.11	00:19:25.00	00:38:46.11	00:38:54.88	+00:03:26 (8.9%)	3:52	15.5 (91.2%)
11	WOJCIECHOWICZ Jacek	1220	WWW.STUDIOTANCAPASJA.PL	M-40	5	00:19:17.34	00:19:35.64	00:38:52.98	00:39:01.26	+00:03:33 (9.2%)	3:53	15.4 (90.6%)
12	KOŚCIELNIAK Robert	1094	TKKF KOSZALIN	M-50	1	00:19:50.21	00:19:40.70	00:39:30.91	00:39:39.10	+00:04:11 (10.6%)	3:57	15.2 (89.4%)
13	CUBER Wojciech	1025	#ZABIEGANINOCA	M-30	5	00:19:59.26	00:19:40.96	00:39:40.22	00:39:47.55	+00:04:20 (11.0%)	3:58	15.1 (88.8%)

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14	CICHOSZ- MIELEWCZYK Mateusz	1024	ŚWIAT PŁYTEK U KRYSPIŃSKA	M-30	6	00:20:17.30	00:19:46.97	00:40:04.27	00:40:12.97	+00:04:44 (11.9%)	4:00	15 (88.2%)
15	KAWKA Adrian	1078		M-30	7	00:20:37.24	00:19:31.17	00:40:08.41	00:40:27.66	+00:04:49 (12.0%)	4:00	15 (88.2%)
16	PICK Tomasz	1161	DEAF KOSZALIN	M-40	6	00:19:31.32	00:20:39.59	00:40:10.91	00:40:22.08	+00:04:51 (12.1%)	4:01	14.9 (87.6%)
17	MUCHA Krzysztof	1131		M-40	7	00:20:24.38	00:20:25.58	00:40:49.96	00:41:01.54	+00:05:30 (13.5%)	4:04	14.7 (86.5%)
18	KALKOWSKI Paweł	1072	JW1223/BLOG	M-30	8	00:19:36.83	00:21:16.75	00:40:53.58	00:41:02.54	+00:05:34 (13.6%)	4:05	14.7 (86.5%)
19	URBAŃSKI Tomasz	1208	KARLINO BIEGAJ	M-40	8	00:20:40.50	00:20:14.11	00:40:54.61	00:41:11.39	+00:05:35 (13.7%)	4:05	14.7 (86.5%)
20	KONKEL Agnieszka	1090		K-30	1	00:20:35.58	00:20:19.54	00:40:55.12	00:41:08.13	+00:05:35 (13.7%)	4:05	14.7 (86.5%)
21	GÓRA Sylwester	1051	#ZABIEGANINOCA	M-40	9	00:19:17.02	00:21:41.28	00:40:58.30	00:41:08.94	+00:05:38 (13.8%)	4:05	14.6 (85.9%)
22	CHORAŻY Karolina	1021	LEO-TEAM	K-30	2	00:20:46.78	00:20:33.59	00:41:20.37	00:41:31.57	+00:06:01 (14.6%)	4:08	14.5 (85.3%)
23	PAKULSKI Marcin	1152		M-40	10	00:20:10.96	00:21:14.23	00:41:25.19	00:41:58.08	+00:06:05 (14.7%)	4:08	14.5 (85.3%)
24	SZNYTER Sabina	1198	DECATHLON KOSZALIN	K-20	1	00:21:01.17	00:20:51.56	00:41:52.73	00:42:02.35	+00:06:33 (15.7%)	4:11	14.3 (84.1%)
25	DZIĘBOWSKI Mariusz	1039		M-30	9	00:21:43.12	00:20:45.99	00:42:29.11	00:42:56.97	+00:07:09 (16.9%)	4:14	14.1 (82.9%)
26	KATRYCZ Zbigniew	1077		M-50	2	00:21:40.49	00:20:50.47	00:42:30.96	00:42:40.20	+00:07:11 (16.9%)	4:15	14.1 (82.9%)
27	SPRINGER Marcin	1189		M-40	11	00:21:25.41	00:21:05.91	00:42:31.32	00:42:40.03	+00:07:11 (16.9%)	4:15	14.1 (82.9%)
28	KWIETNIEWSKI Daniel	1109		M-40	12	00:21:21.80	00:22:16.53	00:43:38.33	00:43:59.22	+00:08:18 (19.1%)	4:21	13.8 (81.2%)
29	GAWRYSIAK Przemysław	1238		M-40	13	00:21:42.99	00:22:11.12	00:43:54.11	00:44:03.16	+00:08:34 (19.5%)	4:23	13.7 (80.6%)
30	CHOŁUJ Jarek	1019		M-40	14	00:22:03.76	00:21:50.85	00:43:54.61	00:44:17.79	+00:08:35 (19.6%)	4:23	13.7 (80.6%)
31	OTTO Michał	1149		M-30	10	00:22:07.92	00:21:50.99	00:43:58.91	00:44:11.02	+00:08:39 (19.7%)	4:23	13.6 (80.0%)
32	ANTKOWIAK Sebastian	1001	DB - ACTIVE	M-40	15	00:22:15.45	00:22:27.53	00:44:42.98	00:44:57.00	+00:09:23 (21.0%)	4:28	13.4 (78.8%)
33	KRUPIŃSKI Krzysztof	1100	E-UROLOG.EU	M-50	3	00:22:30.35	00:22:29.47	00:44:59.82	00:45:23.40	+00:09:40 (21.5%)	4:29	13.3 (78.2%)
34	KONKEL Łukasz	1091		M-40	16	00:22:13.44	00:22:59.64	00:45:13.08	00:45:27.45	+00:09:53 (21.9%)	4:31	13.3 (78.2%)
35	GÓRA Agnieszka	1050	#ZABIEGANINOCA	K-40	1	00:22:35.59	00:22:39.20	00:45:14.79	00:45:27.21	+00:09:55 (21.9%)	4:31	13.3 (78.2%)
36	HAŁKA Justyna	1057		K-30	3	00:23:02.07	00:22:26.14	00:45:28.21	00:45:39.72	+00:10:08 (22.3%)	4:32	13.2 (77.6%)

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37	GAŁECKI Jacek	1043	KARLINOBIEGAJ	M-50	4	00:22:11.92	00:23:19.25	00:45:31.17	00:46:02.32	+00:10:11 (22.4%)	4:33	13.2 (77.6%)
38	KAJKOWSKI Rafał	1071	CSSP KOSZALIN	M-40	17	00:22:44.48	00:22:47.10	00:45:31.58	00:45:37.53	+00:10:12 (22.4%)	4:33	13.2 (77.6%)
39	WIŚNIEWSKI Łukasz	1219		M-20	3	00:22:37.13	00:22:59.39	00:45:36.52	00:45:55.20	+00:10:17 (22.6%)	4:33	13.2 (77.6%)
40	KOZIEŁ Paweł	1096		M-40	18	00:22:18.32	00:23:20.28	00:45:38.60	00:45:45.88	+00:10:19 (22.6%)	4:33	13.1 (77.1%)
41	KĘSIK Agnieszka	1207	ŚWIAT PŁYTEK U KRYPINA	K-30	4	00:22:56.24	00:22:43.82	00:45:40.06	00:45:52.41	+00:10:20 (22.7%)	4:34	13.1 (77.1%)
42	CHABOWSKI Wojciech	1017		M-20	4	00:23:14.09	00:22:26.58	00:45:40.67	00:45:58.01	+00:10:21 (22.7%)	4:34	13.1 (77.1%)
43	BORYS Justyna	1014	JEDWABIŚCI	K-30	5	00:23:03.70	00:22:51.49	00:45:55.19	00:46:08.76	+00:10:35 (23.1%)	4:35	13.1 (77.1%)
44	POLAŃSKI Norbert	1165	21BLT	M-40	19	00:23:38.50	00:22:35.00	00:46:13.50	00:46:27.53	+00:10:54 (23.6%)	4:37	13 (76.5%)
45	JASIŃSKI Cezary	1066		M-40	20	00:23:29.99	00:23:06.39	00:46:36.38	00:47:00.48	+00:11:17 (24.2%)	4:39	12.9 (75.9%)
46	BARTHA Adrian	1002		M-30	11	00:23:49.02	00:23:09.22	00:46:58.24	00:47:24.30	+00:11:38 (24.8%)	4:41	12.8 (75.3%)
47	KŁOS Tomasz	1086		M-40	21	00:23:54.23	00:23:06.81	00:47:01.04	00:47:31.98	+00:11:41 (24.9%)	4:42	12.8 (75.3%)
48	KAŻMIERCZAK Agnieszka	1080		K-40	2	00:23:41.39	00:23:20.19	00:47:01.58	00:47:11.10	+00:11:42 (24.9%)	4:42	12.8 (75.3%)
49	CHOŁUJ Karol	1020	ZAWSZE DO PRZODU	M-30	12	00:23:40.52	00:23:32.36	00:47:12.88	00:47:39.92	+00:11:53 (25.2%)	4:43	12.7 (74.7%)
50	PERKOWSKA Oktawia	1160	DECATHLON KOSZALIN	K-20	2	00:24:28.81	00:22:59.83	00:47:28.64	00:47:40.55	+00:12:09 (25.6%)	4:44	12.6 (74.1%)
51	KRZEWIŃSKA Małgorzata	1104	TKKF KOSZALIN	K-60	1	00:23:30.19	00:23:59.98	00:47:30.17	00:47:49.97	+00:12:10 (25.6%)	4:45	12.6 (74.1%)
52	CHODOR Izabela	1018	TKKF KOSZALIN	K-30	6	00:23:30.34	00:24:00.29	00:47:30.63	00:47:50.23	+00:12:11 (25.7%)	4:45	12.6 (74.1%)
53	ZAGALSKA Paulina	1224		K-30	7	00:24:06.92	00:23:29.20	00:47:36.12	00:47:49.92	+00:12:16 (25.8%)	4:45	12.6 (74.1%)
54	OSOBNIAK Ryszard	1148	KOSZALIN - NIEZRZESZONY	M-60	1	00:23:51.48	00:23:53.32	00:47:44.80	00:48:11.63	+00:12:25 (26.0%)	4:46	12.6 (74.1%)
55	OPALIŃSKI Stanisław	1144	KLUB SENIORÓW	M-60	2	00:24:39.74	00:23:06.20	00:47:45.94	00:47:57.87	+00:12:26 (26.1%)	4:46	12.6 (74.1%)
56	KAZIMIERCZAK Leszek	1079	LOVELASY DĄBKI	M-30	13	00:24:19.72	00:23:29.78	00:47:49.50	00:48:15.55	+00:12:30 (26.1%)	4:46	12.5 (73.5%)
57	DOMAŃSKI Krzysztof	1034		M-14	1	00:24:15.15	00:23:42.14	00:47:57.29	00:48:34.69	+00:12:37 (26.3%)	4:47	12.5 (73.5%)
58	KUSZYŃSKI Dariusz	1108		M-40	22	00:24:26.26	00:23:31.82	00:47:58.08	00:48:22.93	+00:12:38 (26.4%)	4:47	12.5 (73.5%)
59	GARSKA Joanna	1044	ŚWIAT PŁYTEK U KRYPINA	K-40	3	00:24:17.54	00:23:52.43	00:48:09.97	00:48:30.12	+00:12:50 (26.7%)	4:48	12.5 (73.5%)

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60	ŻUKOWSKI Cezary	1231	MIGAWKOWE.PL	M-30	14	00:24:03.40	00:24:21.35	00:48:24.75	00:49:01.24	+00:13:05 (27.0%)	4:50	12.4 (72.9%)
61	KOZIEŁ Adam	1095		M-20	5	00:23:41.86	00:24:55.41	00:48:37.27	00:48:55.33	+00:13:17 (27.4%)	4:51	12.3 (72.4%)
62	MRUGALSKI Stanisław	1130		M-50	5	00:23:58.42	00:24:44.77	00:48:43.19	00:49:32.23	+00:13:23 (27.5%)	4:52	12.3 (72.4%)
63	KRASIŃSKI Witold	1098		M-40	23	00:24:36.43	00:24:13.45	00:48:49.88	00:49:22.44	+00:13:30 (27.7%)	4:52	12.3 (72.4%)
64	MEJER Aleksandra	1123		K-14	1	00:24:28.71	00:24:27.85	00:48:56.56	00:49:14.28	+00:13:37 (27.8%)	4:53	12.3 (72.4%)
65	KŁOSIŃSKI Michał	1087		M-30	15	00:25:01.28	00:24:26.45	00:49:27.73	00:50:11.87	+00:14:08 (28.6%)	4:56	12.1 (71.2%)
66	SZOSTAK Marta	1199		K-20	3	00:25:23.24	00:24:04.97	00:49:28.21	00:50:03.46	+00:14:08 (28.6%)	4:56	12.1 (71.2%)
67	DĘBSKI Damian	1030		M-30	16	00:25:03.75	00:24:33.08	00:49:36.83	00:50:20.13	+00:14:17 (28.8%)	4:57	12.1 (71.2%)
68	PACAN Bartosz	1151	ŚWIAT PŁYTEK U KRYPINA	M-30	17	00:24:30.46	00:25:14.91	00:49:45.37	00:50:13.35	+00:14:26 (29.0%)	4:58	12.1 (71.2%)
69	GŁUCH Katarzyna	1049		K-30	8	00:25:01.49	00:24:48.78	00:49:50.27	00:50:11.34	+00:14:30 (29.1%)	4:59	12 (70.6%)
70	BODO Rafał	1007		M-30	18	00:25:20.78	00:24:56.13	00:50:16.91	00:50:49.14	+00:14:57 (29.8%)	5:01	11.9 (70.0%)
71	DOMAŃSKI Adam	1033		M-40	24	00:25:03.75	00:25:20.19	00:50:23.94	00:50:47.91	+00:15:04 (29.9%)	5:02	11.9 (70.0%)
72	KOSZ Paweł	1093		M-30	19	00:25:26.89	00:25:02.91	00:50:29.80	00:51:00.76	+00:15:10 (30.0%)	5:02	11.9 (70.0%)
73	SZULC Marek	1200	SZULC RUNNERS TEAME	M-50	6	00:25:59.05	00:24:32.19	00:50:31.24	00:50:58.88	+00:15:11 (30.1%)	5:03	11.9 (70.0%)
74	PACAN Mira	1150	ŚWIAT PŁYTEK U KRYPINA	K-30	9	00:24:22.22	00:26:14.00	00:50:36.22	00:51:02.64	+00:15:16 (30.2%)	5:03	11.9 (70.0%)
75	MYK Paweł	1132		M-30	20	00:25:37.08	00:25:00.95	00:50:38.03	00:50:53.95	+00:15:18 (30.2%)	5:03	11.8 (69.4%)
76	KORZENIOWSKA Ewa	1092		K-20	4	00:25:37.52	00:25:00.79	00:50:38.31	00:50:53.78	+00:15:18 (30.2%)	5:03	11.8 (69.4%)
77	SKIBA Artur	1183	PARALOTNIOWY PPGG	M-40	25	00:26:22.49	00:24:20.63	00:50:43.12	00:50:56.11	+00:15:23 (30.4%)	5:04	11.8 (69.4%)
78	KOLIGAT Anna	1088		K-30	10	00:25:31.37	00:25:19.93	00:50:51.30	00:51:12.09	+00:15:31 (30.5%)	5:05	11.8 (69.4%)
79	DOWNAR-ZAPOLSKI Paweł	1035		M-30	21	00:25:49.93	00:25:09.22	00:50:59.15	00:51:19.95	+00:15:39 (30.7%)	5:05	11.8 (69.4%)
80	JANUSZEWSKI Jacek	1064	17 WOG KOSZALIN	M-50	7	00:25:24.69	00:25:43.67	00:51:08.36	00:51:33.56	+00:15:49 (30.9%)	5:06	11.7 (68.8%)
81	KOZŁOWIECKI Waldemar	1084	TKKF KOSZALIN	M-60	3	00:24:31.79	00:26:49.79	00:51:21.58	00:51:40.32	+00:16:02 (31.2%)	5:08	11.7 (68.8%)
82	RÓJ Barbara	1173		K-40	4	00:26:11.20	00:25:22.93	00:51:34.13	00:52:08.25	+00:16:14 (31.5%)	5:09	11.6 (68.2%)

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83	WRÓBLEWSKA Marta	1222		K-40	5	00:25:11.00	00:26:24.50	00:51:35.50	00:52:11.44	+00:16:16 (31.5%)	5:09	11.6 (68.2%)
84	KULAWINSKI Marek	1106		M-40	26	00:25:48.37	00:25:57.18	00:51:45.55	00:52:27.09	+00:16:26 (31.8%)	5:10	11.6 (68.2%)
85	SZMIGIERO Sebastian	1197	W.P.K SŁOŃ TEAM	M-40	27	00:26:15.04	00:25:32.32	00:51:47.36	00:52:04.79	+00:16:28 (31.8%)	5:10	11.6 (68.2%)
86	DRABKOWSKA Agnieszka	1036		K-40	6	00:26:02.29	00:26:02.64	00:52:04.93	00:52:13.68	+00:16:45 (32.2%)	5:12	11.5 (67.6%)
87	JUSZCZAK Krzysztof	1069		M-60	4	00:26:35.24	00:25:44.76	00:52:20.00	00:53:15.17	+00:17:00 (32.5%)	5:14	11.5 (67.6%)
88	SATYŁA Tomasz	1179	TEAM CZARNEBIEGA	M-30	22	00:26:25.63	00:26:06.24	00:52:31.87	00:52:55.87	+00:17:12 (32.8%)	5:15	11.4 (67.1%)
89	ORYSZCZYN Arkadiusz	1146		M-30	23	00:26:16.57	00:26:27.44	00:52:44.01	00:53:16.77	+00:17:24 (33.0%)	5:16	11.4 (67.1%)
90	WIŚNIEWSKI Jarosław	1218		M-50	8	00:26:19.10	00:26:48.93	00:53:08.03	00:53:25.22	+00:17:48 (33.5%)	5:18	11.3 (66.5%)
91	FAJGIER Tomasz	1041		M-50	9	00:27:23.64	00:25:51.35	00:53:14.99	00:53:28.83	+00:17:55 (33.7%)	5:19	11.3 (66.5%)
92	MONGIAŁO Aleksandra	1128	FAST FEET K-LIN	K-30	11	00:26:51.08	00:26:24.57	00:53:15.65	00:53:54.54	+00:17:56 (33.7%)	5:19	11.3 (66.5%)
93	MONGIAŁO Marcin	1129	FAST FEET K-LIN	M-40	28	00:26:52.99	00:26:24.39	00:53:17.38	00:53:55.07	+00:17:58 (33.7%)	5:19	11.3 (66.5%)
94	RÓJ Andrzej	1172		M-40	29	00:26:55.25	00:26:54.84	00:53:50.09	00:54:22.55	+00:18:30 (34.4%)	5:23	11.1 (65.3%)
95	SALAJ Angelika	1178	METALCORP TEAM	K-30	12	00:26:02.98	00:27:51.95	00:53:54.93	00:54:15.10	+00:18:35 (34.5%)	5:23	11.1 (65.3%)
96	DĘGA Piotr	1031	TEAM CZARNEBIEGA	M-30	24	00:26:35.49	00:27:19.55	00:53:55.04	00:54:21.88	+00:18:35 (34.5%)	5:23	11.1 (65.3%)
97	WĄSOWICZ Anna	1211		K-30	13	00:27:30.11	00:26:27.14	00:53:57.25	00:54:36.57	+00:18:37 (34.5%)	5:23	11.1 (65.3%)
98	HRYCIÓW Paweł	1061	JW1223	M-30	25	00:27:27.80	00:26:35.28	00:54:03.08	00:54:50.16	+00:18:43 (34.6%)	5:24	11.1 (65.3%)
99	WIERZBICKI Kacper	1215		M-30	26	00:27:28.36	00:26:35.79	00:54:04.15	00:54:50.67	+00:18:44 (34.7%)	5:24	11.1 (65.3%)
100	PRZYBYŁ Krzysztof	1168		M-30	27	00:26:53.49	00:27:25.88	00:54:19.37	00:54:48.77	+00:19:00 (35.0%)	5:25	11 (64.7%)
101	KURZAWIŃSKA-JABŁOŃSKA Kasia	1107	TEAM CZARNE BIEGA	K-40	7	00:26:08.61	00:28:12.10	00:54:20.71	00:54:34.45	+00:19:01 (35.0%)	5:26	11 (64.7%)
102	WĄSOWSKI Robert	1212		M-20	6	00:27:12.38	00:27:10.17	00:54:22.55	00:54:54.83	+00:19:03 (35.0%)	5:26	11 (64.7%)
103	KACZMAREK Łukasz	1070	WOJOWNICY WÓDY	M-30	28	00:25:45.87	00:28:38.46	00:54:24.33	00:54:49.41	+00:19:04 (35.1%)	5:26	11 (64.7%)
104	PRZEDNÓWEK Mariola	1167	CZARNE BIEGA	K-30	14	00:26:20.33	00:28:12.21	00:54:32.54	00:54:47.52	+00:19:13 (35.2%)	5:27	11 (64.7%)
105	GŁOWACKI Włodzimierz	1046		M-70+	1	00:27:47.54	00:27:39.07	00:55:26.61	00:55:32.80	+00:20:07 (36.3%)	5:32	10.8 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
106	DZIEMIANKO Ilona	1038		K-20	5	00:28:04.04	00:27:30.06	00:55:34.10	00:55:48.15	+00:20:14 (36.4%)	5:33	10.8 (63.5%)
107	MALINOWSKA-BURDA Aleksandra	1116		K-30	15	00:27:29.37	00:28:08.63	00:55:38.00	00:56:13.77	+00:20:18 (36.5%)	5:33	10.8 (63.5%)
108	NOWAK Ania	1140	JEDWABIŚCI	K-40	8	00:29:09.21	00:26:48.86	00:55:58.07	00:56:25.12	+00:20:38 (36.9%)	5:35	10.7 (62.9%)
109	PŁOTKA Emilia	1164		K-30	16	00:27:44.45	00:28:38.55	00:56:23.00	00:57:09.72	+00:21:03 (37.4%)	5:38	10.6 (62.4%)
110	PŁOTKA Grzegorz	1163		M-30	29	00:27:44.88	00:28:40.18	00:56:25.06	00:57:10.09	+00:21:05 (37.4%)	5:38	10.6 (62.4%)
111	WALCZAK Agnieszka	1209	TKKF KOSZALIN	K-40	9	00:27:55.37	00:28:32.69	00:56:28.06	00:56:51.52	+00:21:08 (37.4%)	5:38	10.6 (62.4%)
112	KILJAN Sylwia	1083		K-30	17	00:27:24.32	00:29:07.57	00:56:31.89	00:57:07.95	+00:21:12 (37.5%)	5:39	10.6 (62.4%)
113	OGRODOWCZYK Jagoda	1141		K-30	18	00:28:37.49	00:28:06.04	00:56:43.53	00:57:22.95	+00:21:24 (37.7%)	5:40	10.6 (62.4%)
114	HELLER Zdzisław	1059	NIEZRZESZONY	M-60	5	00:28:40.59	00:28:11.63	00:56:52.22	00:57:34.09	+00:21:32 (37.9%)	5:41	10.6 (62.4%)
115	CICHOSZ Jerzy	1023		M-70+	2	00:28:28.12	00:28:29.81	00:56:57.93	00:57:26.28	+00:21:38 (38.0%)	5:41	10.5 (61.8%)
116	DOMAŃSKA Katarzyna	1032		K-40	10	00:28:16.20	00:28:55.08	00:57:11.28	00:57:47.55	+00:21:51 (38.2%)	5:43	10.5 (61.8%)
117	SZULC Szymon	1202	SZULC RUNNERS TEAME	M-30	30	00:26:00.66	00:31:10.63	00:57:11.29	00:57:31.11	+00:21:51 (38.2%)	5:43	10.5 (61.8%)
118	KARNICKI Zygmunt	1074	TKKF KOSZALIN	M-60	6	00:29:24.18	00:27:57.54	00:57:21.72	00:57:47.25	+00:22:02 (38.4%)	5:44	10.5 (61.8%)
119	PAWŁOWICZ Aleksandra	1156		K-20	6	00:27:33.68	00:29:49.56	00:57:23.24	00:57:52.75	+00:22:03 (38.4%)	5:44	10.5 (61.8%)
120	KARPIŃSKI Mateusz	1076		M-20	7	00:29:19.85	00:28:05.22	00:57:25.07	00:58:05.80	+00:22:05 (38.5%)	5:44	10.4 (61.2%)
121	GRĄBCZEWSKI Rafał	1055	JW 1223	M-30	31	00:33:24.52	00:24:05.75	00:57:30.27	00:57:48.22	+00:22:10 (38.6%)	5:45	10.4 (61.2%)
122	BOKOTA Katarzyna	1009		K-40	11	00:29:14.79	00:28:17.89	00:57:32.68	00:58:06.29	+00:22:13 (38.6%)	5:45	10.4 (61.2%)
123	ZUKAL Aleksandra	1229		K-40	12	00:28:45.80	00:28:59.15	00:57:44.95	00:58:13.09	+00:22:25 (38.8%)	5:46	10.4 (61.2%)
124	KRAWIECKA Klaudia	1099	AKADEMIA BIEGOWA KIEŁPINO	K-14	2	00:28:31.26	00:29:40.05	00:58:11.31	00:58:48.56	+00:22:51 (39.3%)	5:49	10.3 (60.6%)
125	BORSUK Dorota	1011		K-40	13	00:29:02.34	00:29:29.72	00:58:32.06	00:59:05.33	+00:23:12 (39.7%)	5:51	10.3 (60.6%)
126	ZWOLIŃSKA Anna	1230		K-40	14	00:29:10.18	00:29:29.33	00:58:39.51	00:59:11.78	+00:23:20 (39.8%)	5:51	10.2 (60.0%)
127	SAWICKA - WERS Urszula	1180		K-30	19	00:30:58.26	00:29:39.24	01:00:37.50	01:00:58.41	+00:25:18 (41.7%)	6:03	9.9 (58.2%)
128	STAŃCZYK Franciszek	1192	NIEZRZESZONY	M-70+	3	00:29:34.43	00:31:12.08	01:00:46.51	01:01:28.81	+00:25:27 (41.9%)	6:04	9.9 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
129	BEDNARZ Katarzyna	1005		K-40	15	00:30:31.35	00:30:44.76	01:01:16.11	01:01:53.83	+00:25:56 (42.3%)	6:07	9.8 (57.6%)
130	BUDZYŃSKA Elżbieta	1016		K-50	1	00:30:57.57	00:31:04.43	01:02:02.00	01:02:19.21	+00:26:42 (43.1%)	6:12	9.7 (57.1%)
131	PEŁKA Iwona	1159		K-50	2	00:31:06.49	00:30:59.37	01:02:05.86	01:02:42.50	+00:26:46 (43.1%)	6:12	9.7 (57.1%)
132	KOZŁOWIECKA Małgorzata	1157		K-50	3	00:30:53.65	00:31:13.11	01:02:06.76	01:02:33.29	+00:26:47 (43.1%)	6:12	9.7 (57.1%)
133	ZAKOŚCIELNA Katarzyna	1225	ZABIEGANE :)	K-30	20	00:31:03.48	00:31:06.59	01:02:10.07	01:02:40.55	+00:26:50 (43.2%)	6:13	9.7 (57.1%)
134	RUSIECKI Paweł	1174	WSPL SP ZOZ KOSZALIN	M-40	30	00:30:35.14	00:32:11.50	01:02:46.64	01:03:18.37	+00:27:27 (43.7%)	6:16	9.6 (56.5%)
135	TRACZ Jadwiga	1206		K-40	16	00:31:02.62	00:32:02.04	01:03:04.66	01:03:41.20	+00:27:45 (44.0%)	6:18	9.5 (55.9%)
136	ZIMNOWŁOCKI Mariusz	1227	DEAF KOSZALIN	M-30	32	00:32:31.49	00:30:52.76	01:03:24.25	01:03:40.59	+00:28:04 (44.3%)	6:20	9.5 (55.9%)
137	ŚLEDŹ Andrzej	1204	WĘZEŁEK	M-40	31	00:31:49.14	00:32:31.99	01:04:21.13	01:04:47.95	+00:29:01 (45.1%)	6:26	9.3 (54.7%)
138	ŚLEDŹ Joanna	1205		K-40	17	00:31:48.91	00:32:32.43	01:04:21.34	01:04:47.87	+00:29:01 (45.1%)	6:26	9.3 (54.7%)
139	STRACH Martyna	1240		K-14	3	00:33:24.44	00:32:09.30	01:05:33.74	01:05:55.14	+00:30:14 (46.1%)	6:33	9.2 (54.1%)
140	STASZYŃSKA Marianna	1193	BTC,,ORZEŁ"	K-60	2	00:34:40.23	00:34:39.53	01:09:19.76	01:09:37.30	+00:34:00 (49.1%)	6:55	8.7 (51.2%)
141	STANCZEWSKA Karolina	1191		K-30	21	00:35:25.97	00:38:45.45	01:14:11.42	01:14:54.58	+00:38:52 (52.4%)	7:25	8.1 (47.6%)
142	SZULC Martyna	1203	SZULC RUNNERS TEAME	K-30	22	00:35:25.26	00:38:47.00	01:14:12.26	01:14:55.57	+00:38:52 (52.4%)	7:25	8.1 (47.6%)
143	SOLAK Halina	1185	ŚWIAT PŁYTEK U KRYSPIŃA	K-60	3	00:41:18.00	00:42:25.59	01:23:43.59	01:24:31.19	+00:48:24 (57.8%)	8:22	7.2 (42.4%)
144	BARTNIK Marian	1003	TKKF KOSZALIN	M-70+	4	00:42:07.56	00:43:37.05	01:25:44.61	01:25:52.22	+00:50:25 (58.8%)	8:34	7 (41.2%)
	BORYCHOWSKI Mariusz	1237	MARIO TEAM	M-40		00:00:00.00 DNF	00:16:19.99 DNF	DNF	DNF	-	-	- (0.0%)
	ORZECZOWSKI Kamil	1147	TKKF KOSZALIN	M-30		00:00:00.00 DNF	00:16:49.32 DNF	DNF	DNF	-	-	- (0.0%)
	ZACHARCZUK Albin	1236	MARIO TEAM	M-20		00:00:00.00 DNF	00:17:17.10 DNF	DNF	DNF	-	-	- (0.0%)
	KĘPKA Adrian	1082	KOSZALIŃSKI RANKING BIEGACZY - TRIUMFATOR PAŹDZIERNIKA	M-20		00:17:20.78 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)
	MAJKOWICZ Rafał	1115		M-30		00:00:00.00 DNF	00:18:52.01 DNF	DNF	DNF	-	-	- (0.0%)
	WICHER Krzysztof	1214	ADWOKATURA	M-30		00:00:00.00 DNF	00:18:59.90 DNF	DNF	DNF	-	-	- (0.0%)
	MIŁASZEWSKI Przemek	1127	TEAM HOLIDAY SPORT	M-30		00:20:11.67 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 1	Etap 2	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
	RUSINEK Dawid	1175		M-20	00:20:16.04 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	BIEŃKOWSKI Tomasz	1239		M-30	00:00:00.00 DNF	00:20:28.85 DNF	DNF	DNF	-	-	(0.0%)
	NIEWIADA Marek	1136	FLOTA ŚWINOUJŚCIE	M-30	00:00:00.00 DNF	00:20:33.08 DNF	DNF	DNF	-	-	(0.0%)
	BRZEZINSKI Jan	1015	TEAM PIOTRUŚ	M-50	00:00:00.00 DNF	00:20:34.19 DNF	DNF	DNF	-	-	(0.0%)
	MAZURSKI Paweł	1121		M-30	00:00:00.00 DNF	00:20:36.44 DNF	DNF	DNF	-	-	(0.0%)
	ROMANOWSKI Piotr	1171		M-30	00:00:00.00 DNF	00:20:42.62 DNF	DNF	DNF	-	-	(0.0%)
	MIELCZAREK Ksawery	1125	JAMNO	M-14	00:20:51.78 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	NOWAK Adam	1139	DECATHLON KOSZALIN	M-20	00:20:52.08 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	FABICH Adrian	1040	USB	M-30	00:00:00.00 DNF	00:21:22.93 DNF	DNF	DNF	-	-	(0.0%)
	KOŁODZIEJ Krystian	1089	BESTIE OCR LEGIONOWO	M-30	00:00:00.00 DNF	00:21:26.37 DNF	DNF	DNF	-	-	(0.0%)
	MIKIETYŃSKI Michał	1126	ZABIEGAMI NOCA	M-30	00:00:00.00 DNF	00:21:40.19 DNF	DNF	DNF	-	-	(0.0%)
	ŁAWNICZAK Justyna	1113	#ZABIEGANINOCĄ	K-30	00:00:00.00 DNF	00:21:40.35 DNF	DNF	DNF	-	-	(0.0%)
	GLISZCZYŃSKI Łukasz	1047	ŚWIAT PŁYTEK U KRYPINA	M-20	00:00:00.00 DNF	00:22:10.72 DNF	DNF	DNF	-	-	(0.0%)
	BORUC Marika	1012	RAZ SZCZECIN	K-20	00:00:00.00 DNF	00:22:14.57 DNF	DNF	DNF	-	-	(0.0%)
	OLCZAK Krzysztof	1143		M-30	00:00:00.00 DNF	00:22:26.68 DNF	DNF	DNF	-	-	(0.0%)
	NIEMCZUK Dariusz	1134	JAMNO	M-50	00:22:28.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	RAPINCZUK Jan	1169	BDSUOT WARSZAWA	M-40	00:22:37.97 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	WIKTOROWSKI Maciej	1217		M-40	00:00:00.00 DNF	00:22:41.37 DNF	DNF	DNF	-	-	(0.0%)
	WÓJCICI Adrian	1221	DEAF KOSZALIN	M-30	00:00:00.00 DNF	00:22:41.73 DNF	DNF	DNF	-	-	(0.0%)
	JARZYNA Roman	1065	SZWLA	M-40	00:00:00.00 DNF	00:22:50.60 DNF	DNF	DNF	-	-	(0.0%)
	NIEWIŃSKA-SĘK Monika	1235		K-30	00:00:00.00 DNF	00:23:40.24 DNF	DNF	DNF	-	-	(0.0%)
	WOJCIECHOWSKI Andrzej	1054		M-40	00:00:00.00 DNF	00:23:53.26 DNF	DNF	DNF	-	-	(0.0%)
	ORLIKOWSKI Robert	1145	POŁCZYN	M-30	00:00:00.00 DNF	00:24:02.65 DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 1	Etap 2	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
	STALUSZKA Dariusz	1190	21.BLT	M-40	00:00:00.00 DNF	00:24:14.80 DNF	DNF	DNF	-	-	(0.0%)
	RODZIEWICZ-CZAPLIŃSKA Agnieszka	1170		K-40	00:24:19.74 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	PRYCA Adam	1166		M-30	00:00:00.00 DNF	00:25:02.65 DNF	DNF	DNF	-	-	(0.0%)
	LEWICZ Ewa	1111		K-30	00:25:02.96 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	LEWICZ Jan	1112		M-30	00:25:03.35 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	KAŻMIERCZAK Dominik	1081		M-14	00:25:12.76 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	HAŁKA Arkadiusz	1058	TRUCHT ŁOBEZ	M-40	00:00:00.00 DNF	00:25:23.94 DNF	DNF	DNF	-	-	(0.0%)
	MEGIER Wojtek	1122	ELEKTRONIK	M-50	00:25:41.94 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	CZUPAJŁO Karolina	1027		K-20	00:00:00.00 DNF	00:25:54.13 DNF	DNF	DNF	-	-	(0.0%)
	KĘSIK Łukasz	1233	ŚWIAT PŁYTEK U KRYSPIŃSKA	M-30	00:00:00.00 DNF	00:25:54.66 DNF	DNF	DNF	-	-	(0.0%)
	DANOWSKI Maciek	1029	FITNESS CLUB FORMA BIAŁOGARD	M-40	00:00:00.00 DNF	00:25:55.37 DNF	DNF	DNF	-	-	(0.0%)
	KUBIAK Monika	1105	ELITARNA GRUPA BIEGOWO - ROWEROWA	K-30	00:00:00.00 DNF	00:25:56.37 DNF	DNF	DNF	-	-	(0.0%)
	PAWŁOWSKA Urszula	1158		K-30	00:00:00.00 DNF	00:26:04.30 DNF	DNF	DNF	-	-	(0.0%)
	JEWUŁA Agata	1067		K-30	00:00:00.00 DNF	00:26:06.61 DNF	DNF	DNF	-	-	(0.0%)
	BORUC Barbara	1013	PARKRUN	K-50	00:00:00.00 DNF	00:26:06.63 DNF	DNF	DNF	-	-	(0.0%)
	ZIELIŃSKI Maciej	1226		M-30	00:00:00.00 DNF	00:26:10.93 DNF	DNF	DNF	-	-	(0.0%)
	GROMADA Bartosz	1056		M-30	00:00:00.00 DNF	00:26:11.20 DNF	DNF	DNF	-	-	(0.0%)
	MARSZAŁKOWSKI Radosław	1120		M-30	00:26:21.55 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	MAŁYSZEWICZ Andrzej	1119		M-50	00:26:23.58 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	KRZANOWSKI Marcin	1103	MARCINBIEGA	M-30	00:26:35.25 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	GRABSKA Iwona	1053		K-40	00:00:00.00 DNF	00:26:43.41 DNF	DNF	DNF	-	-	(0.0%)
	KOZŁOWSKI Adrian	1097	OSP POŁCZYŃ - ZDRÓJ	M-30	00:00:00.00 DNF	00:26:48.47 DNF	DNF	DNF	-	-	(0.0%)
	NESTOR Petro	1133		M-50	00:00:00.00 DNF	00:26:50.11 DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Etap 1	Etap 2	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
	NIEWIADOWSKA Urszula	1137		K-30	00:00:00.00 DNF	00:27:06.93 DNF	DNF	DNF	-	-	(0.0%)
	SPICA Łukasz	1188		M-30	00:00:00.00 DNF	00:27:08.77 DNF	DNF	DNF	-	-	(0.0%)
	JURA Kazimierz	1068	MTS HAMER	M-70+	00:00:00.00 DNF	00:27:15.68 DNF	DNF	DNF	-	-	(0.0%)
	HNATOWSKI Artur	1060	LOVELASY DĄBKI	M-50	00:00:00.00 DNF	00:27:23.36 DNF	DNF	DNF	-	-	(0.0%)
	BARTOSIK Jarosław	1004		M-40	00:27:35.81 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	BERNACKI Adam	1006		M-40	00:27:40.08 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	NAWROCKA Anna	1234		K-30	00:00:00.00 DNF	00:28:01.08 DNF	DNF	DNF	-	-	(0.0%)
	BOKOTA Adam	1010		M-50	00:00:00.00 DNF	00:28:17.31 DNF	DNF	DNF	-	-	(0.0%)
	MICHALCZYK Małgorzata	1124		K-30	00:28:29.48 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	CZUPAJŁO Marta	1028		K-40	00:00:00.00 DNF	00:28:51.37 DNF	DNF	DNF	-	-	(0.0%)
	NIEWIADOWSKI Robert	1138		M-30	00:00:00.00 DNF	00:28:54.17 DNF	DNF	DNF	-	-	(0.0%)
	FINSTER Joanna	1042		K-20	00:00:00.00 DNF	00:29:06.94 DNF	DNF	DNF	-	-	(0.0%)
	RYHANYCZ Paweł	1176	JEDWABIŚCI	M-40	00:29:10.02 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	MAŁYSZEWICZ Teresa	1118		K-50	00:29:29.69 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	DUDKA Agata	1232		K-20	00:00:00.00 DNF	00:29:55.24 DNF	DNF	DNF	-	-	(0.0%)
	WIKIERSKA Agnieszka	1216	JAMNO	K-40	00:00:00.00 DNF	00:30:22.07 DNF	DNF	DNF	-	-	(0.0%)
	PAULIŃSKI Jan	1154	JAMNO	M-60	00:30:32.36 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	WALKOWIAK Dariusz	1210		M-40	00:30:33.09 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	KRYSZEWSKA Magdalena	1102		K-30	00:00:00.00 DNF	00:31:06.48 DNF	DNF	DNF	-	-	(0.0%)
	KLIMCZYK Magdalena	1085		K-30	00:00:00.00 DNF	00:32:03.09 DNF	DNF	DNF	-	-	(0.0%)
	STRACH Marek	1241		M-60	00:00:00.00 DNF	00:32:06.41 DNF	DNF	DNF	-	-	(0.0%)
	PIECYCHNA Agata	1162		K-40	00:00:00.00 DNF	00:32:11.10 DNF	DNF	DNF	-	-	(0.0%)
	SZULC Adam	1201	SZULC RUNNERS TEAME	M-30	00:00:00.00 DNF	00:33:16.19 DNF	DNF	DNF	-	-	(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
	MAŁYSZEWICZ Tomasz	1117	#TEAMDKMS,#BIEGACZE,#BWM	M-30		00:33:54.60 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	KRYSTOSIK Paulina	1101	BIEGAM BO LUBIE	K-20		00:35:49.06 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	GÓRSKA Dorota	1052		K-50		00:00:00.00 DNF	00:36:33.03 DNF	DNF	DNF	-	-	(0.0%)
	KARNICKI Artur	1075		M-40		00:00:00.00 DNF	00:37:44.74 DNF	DNF	DNF	-	-	(0.0%)
	WĄTRUCKA Jolanta	1213	ŚWIAT PŁYTEK U KRYPINA	K-60		00:41:04.16 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 225 wynik(ów)