

# JAMNEŃSKI TOUR BIEGOWY - KLASYFIKACJA GENERALNA PO 3 EDYCJACH

B4SPORT  
INTELEGENCIE ZAWODY SPORTOWE

**Organizator:** Herkules  
**Data:** 2020-02-09  
**Miejsce:** Koszalin  
**Dystans:** 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	<b>JAKUBEK Patryk</b>	<b>5067</b>	7 DAYS	M-20	1	00:17:11.00	00:17:30.00	00:18:20.00	<b>00:53:01.00</b>	<b>00:53:06.00</b>		3:32	17 (100%)
2	<b>HUBERT Łukasz</b>	<b>5065</b>	TKKF KOSZALIN	M-30	1	00:17:32.00	00:17:45.00	00:17:47.00	<b>00:53:04.00</b>	<b>00:53:10.00</b>	+00:00:03 (0.1%)	3:32	17 (100%)
3	<b>ZIEMAN Michał</b>	<b>5247</b>	404 NOT FOUND	M-30	2	00:17:21.00	00:17:38.00	00:18:28.00	<b>00:53:27.00</b>	<b>00:53:34.00</b>	+00:00:26 (0.8%)	3:33	16.8 (98.8%)
4	<b>RYKIEL Michał</b>	<b>5193</b>	TAGER SPORT I PRZYJACIELE	M-30	3	00:17:55.00	00:17:55.00	00:18:11.00	<b>00:54:01.00</b>	<b>00:54:07.00</b>	+00:01:00 (1.9%)	3:36	16.7 (98.2%)
5	<b>DYLEWSKI Tomasz</b>	<b>5037</b>		M-20	2	00:18:56.00	00:18:30.00	00:18:44.00	<b>00:56:10.00</b>	<b>00:56:35.00</b>	+00:03:09 (5.6%)	3:44	16 (94.1%)
6	<b>PICK Tomasz</b>	<b>5176</b>	SKSG KORONA SZCZECIN	M-50	1	00:18:42.00	00:19:50.00	00:19:03.00	<b>00:57:35.00</b>	<b>00:57:47.00</b>	+00:04:34 (7.9%)	3:50	15.6 (91.8%)
7	<b>KAWKA Adrian</b>	<b>5088</b>		M-30	4	00:19:21.00	00:19:00.00	00:19:24.00	<b>00:57:45.00</b>	<b>00:57:52.00</b>	+00:04:44 (8.2%)	3:51	15.6 (91.8%)
8	<b>DUDA Grzegorz</b>	<b>5035</b>	BEST BEASTS	M-40	1	00:19:12.00	00:19:37.00	00:19:19.00	<b>00:58:08.00</b>	<b>00:58:15.00</b>	+00:05:07 (8.8%)	3:52	15.5 (91.2%)
9	<b>STOLTMAN Marcin</b>	<b>5205</b>	7 DAYS	M-20	3	00:19:15.00	00:19:22.00	00:19:32.00	<b>00:58:09.00</b>	<b>00:58:20.00</b>	+00:05:08 (8.8%)	3:52	15.5 (91.2%)
10	<b>GOSTKOWSKI Łukasz</b>	<b>5050</b>	404 NOT FOUND	M-30	5	00:19:30.00	00:19:34.00	00:19:14.00	<b>00:58:18.00</b>	<b>00:58:28.00</b>	+00:05:17 (9.1%)	3:53	15.4 (90.6%)
11	<b>KORMAN Kamil</b>	<b>5100</b>		M-20	4	00:19:27.00	00:19:35.00	00:19:24.00	<b>00:58:26.00</b>	<b>00:58:34.00</b>	+00:05:25 (9.3%)	3:53	15.4 (90.6%)
12	<b>CICHOSZ-MIELEWCZYK Mateusz</b>	<b>5025</b>	POZYTYWNIENIE NAKRĘCENI	M-30	6	00:19:25.00	00:19:42.00	00:19:30.00	<b>00:58:37.00</b>	<b>00:58:50.00</b>	+00:05:36 (9.6%)	3:54	15.4 (90.6%)
13	<b>LEWANDOWSKI Jacek</b>	<b>5123</b>	TAPETY KOSZALIN MONIUSZKI	M-40	2	00:20:09.00	00:19:37.00	00:19:32.00	<b>00:59:18.00</b>	<b>00:59:33.00</b>	+00:06:17 (10.6%)	3:57	15.2 (89.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
14	<b>TRĘBSKI Krzysztof</b>	<b>5229</b>	#ZABIEGANINOCA	M-40	3	00:19:54.00	00:20:03.00	00:19:29.00	<b>00:59:26.00</b>	<b>00:59:53.00</b>	+00:06:25 (10.8%)	3:57	15.1 (88.8%)
15	<b>CHABOWSKI Wojciech</b>	<b>5020</b>		M-20	5	00:20:33.00	00:20:48.00	00:19:35.00	<b>01:00:56.00</b>	<b>01:01:08.00</b>	+00:07:55 (13.0%)	4:03	14.8 (87.1%)
15	<b>JANKOWSKI Grzegorz</b>	<b>5069</b>	POZYTYWNE NAKRĘCENI	M-40	4	00:19:36.00	00:20:30.00	00:20:50.00	<b>01:00:56.00</b>	<b>01:01:09.00</b>	+00:07:55 (13.0%)	4:03	14.8 (87.1%)
17	<b>ŁUKAWSKI Mariusz</b>	<b>5128</b>	JW 1223	M-30	7	00:19:44.00	00:21:10.00	00:20:29.00	<b>01:01:23.00</b>	<b>01:01:39.00</b>	+00:08:22 (13.6%)	4:05	14.7 (86.5%)
18	<b>SKROBANEK Hanna</b>	<b>5202</b>	MKP SZCZECINEK	K-14	1	00:20:10.00	00:20:29.00	00:20:52.00	<b>01:01:31.00</b>	<b>01:01:43.00</b>	+00:08:30 (13.8%)	4:06	14.6 (85.9%)
19	<b>KONKEL Agnieszka</b>	<b>5095</b>	TAGER SPORT I PRZYJACIELE	K-30	1	00:20:17.00	00:20:41.00	00:20:43.00	<b>01:01:41.00</b>	<b>01:01:59.00</b>	+00:08:40 (14.1%)	4:06	14.6 (85.9%)
20	<b>KOZIEŁ Paweł</b>	<b>5103</b>		M-40	5	00:21:03.00	00:20:34.00	00:20:40.00	<b>01:02:17.00</b>	<b>01:02:29.00</b>	+00:09:16 (14.9%)	4:09	14.5 (85.3%)
21	<b>KOZIEŁ Adam</b>	<b>5104</b>		M-20	6	00:20:56.00	00:21:09.00	00:20:39.00	<b>01:02:44.00</b>	<b>01:02:54.00</b>	+00:09:43 (15.5%)	4:10	14.3 (84.1%)
22	<b>DRAŹKOWSKI Tomasz</b>	<b>5033</b>	MKP SZCZECINEK	M-14	1	00:21:16.00	00:20:39.00	00:21:04.00	<b>01:02:59.00</b>	<b>01:03:12.00</b>	+00:09:58 (15.8%)	4:11	14.3 (84.1%)
23	<b>OLCZAK Krzysztof</b>	<b>5163</b>		M-30	8	00:20:41.00	00:21:18.00	00:21:07.00	<b>01:03:06.00</b>	<b>01:04:00.00</b>	+00:10:05 (16.0%)	4:12	14.3 (84.1%)
24	<b>WEBER Paweł</b>	<b>5230</b>	FPP FUNCTIONAL POLISH PERFORMANCE	M-30	9	00:21:12.00	00:21:01.00	00:21:00.00	<b>01:03:13.00</b>	<b>01:03:24.00</b>	+00:10:12 (16.1%)	4:12	14.2 (83.5%)
25	<b>BRZEZIŃSKI Jan</b>	<b>5016</b>	TEAM PIOTRUŚ	M-50	2	00:21:00.00	00:21:09.00	00:21:11.00	<b>01:03:20.00</b>	<b>01:03:51.00</b>	+00:10:19 (16.3%)	4:13	14.2 (83.5%)
26	<b>WIKTOROWSKI Maciej</b>	<b>5234</b>		M-40	6	00:20:56.00	00:21:05.00	00:21:34.00	<b>01:03:35.00</b>	<b>01:03:43.00</b>	+00:10:34 (16.6%)	4:14	14.2 (83.5%)
27	<b>NOWODWORSKA Justyna</b>	<b>5162</b>	7 DAYS	K-30	2	00:21:11.00	00:21:04.00	00:21:25.00	<b>01:03:40.00</b>	<b>01:03:59.00</b>	+00:10:39 (16.7%)	4:14	14.1 (82.9%)
28	<b>KUCAL Paweł</b>	<b>5117</b>		M-40	7	00:21:43.00	00:20:40.00	00:21:26.00	<b>01:03:49.00</b>	<b>01:04:34.00</b>	+00:10:48 (16.9%)	4:15	14.1 (82.9%)
29	<b>ŁAWNICZAK Justyna</b>	<b>5126</b>	#ZABIEGANINOCA	K-30	3	00:21:29.00	00:21:15.00	00:21:12.00	<b>01:03:56.00</b>	<b>01:04:07.00</b>	+00:10:55 (17.1%)	4:15	14.1 (82.9%)
30	<b>HISZCZYŃSKA Aleksandra</b>	<b>5062</b>	CSSP KOSZALIN	K-20	1	00:21:07.00	00:21:16.00	00:21:37.00	<b>01:04:00.00</b>	<b>01:04:28.00</b>	+00:10:59 (17.2%)	4:16	14.1 (82.9%)
31	<b>BARGAŃSKA Justyna</b>	<b>5005</b>	404 NOT FOUND	K-40	1	00:21:14.00	00:21:22.00	00:21:34.00	<b>01:04:10.00</b>	<b>01:04:31.00</b>	+00:11:09 (17.4%)	4:16	14 (82.4%)
32	<b>SZCZEK Małgorzata</b>	<b>5214</b>	404 NOT FOUND	K-30	4	00:21:27.00	00:22:00.00	00:21:01.00	<b>01:04:28.00</b>	<b>01:04:49.00</b>	+00:11:27 (17.8%)	4:17	14 (82.4%)
33	<b>CZYŻYKOWSKI Łukasz</b>	<b>5028</b>		M-30	10	00:21:18.00	00:21:27.00	00:21:53.00	<b>01:04:38.00</b>	<b>01:04:58.00</b>	+00:11:37 (18.0%)	4:18	13.9 (81.8%)
34	<b>ŻUREK Mateusz</b>	<b>5250</b>		M-30	11	00:22:06.00	00:21:17.00	00:21:18.00	<b>01:04:41.00</b>	<b>01:05:11.00</b>	+00:11:40 (18.0%)	4:18	13.9 (81.8%)
35	<b>HAŁKA Justyna</b>	<b>5056</b>	TRUCHT ŁOBEZ	K-40	2	00:21:30.00	00:21:28.00	00:21:50.00	<b>01:04:48.00</b>	<b>01:05:06.00</b>	+00:11:47 (18.2%)	4:19	13.9 (81.8%)
36	<b>BUDZIŃSKI Paweł</b>	<b>5018</b>	TAGER SPORT KOSZALIN / DRUŻYNA SZPIKU	M-40	8	00:22:03.00	00:21:39.00	00:21:08.00	<b>01:04:50.00</b>	<b>01:05:09.00</b>	+00:11:49 (18.2%)	4:19	13.9 (81.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
37	<b>KLUCZEWSKA Emilia</b>	<b>5094</b>	7 DAYS	K-30	5	00:21:39.00	00:21:23.00	00:21:55.00	<b>01:04:57.00</b>	<b>01:05:20.00</b>	+00:11:56 (18.4%)	4:19	13.9 (81.8%)
38	<b>GAWRYSIAK Przemysław</b>	<b>5043</b>		M-40	9	00:21:25.00	00:22:03.00	00:22:10.00	<b>01:05:38.00</b>	<b>01:05:53.00</b>	+00:12:37 (19.2%)	4:22	13.7 (80.6%)
39	<b>PAŁASZEWSKA Karolina</b>	<b>5172</b>	KOŁOBRZEG BIEGA	K-30	6	00:21:47.00	00:22:03.00	00:21:59.00	<b>01:05:49.00</b>	<b>01:06:12.00</b>	+00:12:48 (19.4%)	4:23	13.7 (80.6%)
40	<b>KRUPIŃSKI Krzysztof</b>	<b>5112</b>	E-UROLOG.EU	M-50	3	00:22:00.00	00:22:21.00	00:21:47.00	<b>01:06:08.00</b>	<b>01:06:35.00</b>	+00:13:07 (19.8%)	4:24	13.6 (80.0%)
40	<b>SITARCZYK Damian</b>	<b>5199</b>	FUNDACJA ZASTOPIJ	M-30	12	00:23:11.00	00:21:21.00	00:21:36.00	<b>01:06:08.00</b>	<b>01:06:31.00</b>	+00:13:07 (19.8%)	4:24	13.6 (80.0%)
42	<b>GAWEŁ Zbigniew</b>	<b>5041</b>	POMERIDERS SŁUPSK	M-60	1	00:22:27.00	00:22:06.00	00:22:11.00	<b>01:06:44.00</b>	<b>01:06:57.00</b>	+00:13:43 (20.6%)	4:26	13.5 (79.4%)
43	<b>NOSAL Mariusz</b>	<b>5159</b>		M-30	13	00:21:25.00	00:22:06.00	00:23:38.00	<b>01:07:09.00</b>	<b>01:07:37.00</b>	+00:14:08 (21.0%)	4:28	13.4 (78.8%)
44	<b>KRYNICKA Magdalena</b>	<b>5113</b>		K-20	2	00:22:28.00	00:22:34.00	00:22:24.00	<b>01:07:26.00</b>	<b>01:07:38.00</b>	+00:14:25 (21.4%)	4:29	13.3 (78.2%)
45	<b>JOŃCA Jakub</b>	<b>5076</b>	BEST BEASTS	M-14	2	00:22:38.00	00:21:29.00	00:23:20.00	<b>01:07:27.00</b>	<b>01:07:57.00</b>	+00:14:26 (21.4%)	4:29	13.3 (78.2%)
46	<b>KAŻMIERCZAK Agnieszka</b>	<b>5089</b>		K-40	3	00:22:28.00	00:22:44.00	00:22:46.00	<b>01:07:58.00</b>	<b>01:08:12.00</b>	+00:14:57 (22.0%)	4:31	13.2 (77.6%)
47	<b>GÓRA Agnieszka</b>	<b>5051</b>	#ZABIEGANINOCA	K-40	4	00:23:09.00	00:22:30.00	00:22:39.00	<b>01:08:18.00</b>	<b>01:08:41.00</b>	+00:15:17 (22.4%)	4:33	13.2 (77.6%)
48	<b>PIETRYKA Artur</b>	<b>5177</b>	KARLINO BIEGAJ	M-40	10	00:22:17.00	00:22:58.00	00:23:05.00	<b>01:08:20.00</b>	<b>01:08:40.00</b>	+00:15:19 (22.4%)	4:33	13.2 (77.6%)
49	<b>NOGA Sebastian</b>	<b>5158</b>	TKKF KOSZALIN	M-20	7	00:20:55.00	00:21:25.00	00:26:05.00	<b>01:08:25.00</b>	<b>01:08:51.00</b>	+00:15:24 (22.5%)	4:33	13.2 (77.6%)
50	<b>KONKEL Łukasz</b>	<b>5096</b>		M-40	11	00:23:06.00	00:23:26.00	00:22:21.00	<b>01:08:53.00</b>	<b>01:09:14.00</b>	+00:15:52 (23.0%)	4:35	13.1 (77.1%)
51	<b>NIEMCZUK Dariusz</b>	<b>5156</b>	JAMNO	M-50	4	00:23:04.00	00:22:53.00	00:22:59.00	<b>01:08:56.00</b>	<b>01:09:25.00</b>	+00:15:55 (23.1%)	4:35	13.1 (77.1%)
52	<b>KRZEWIŃSKA Małgorzata</b>	<b>5116</b>	TAGER SPORT I PRZYJACIELE	K-60	1	00:23:19.00	00:23:05.00	00:23:12.00	<b>01:09:36.00</b>	<b>01:09:57.00</b>	+00:16:35 (23.8%)	4:38	12.9 (75.9%)
53	<b>METEL Izabela</b>	<b>5138</b>	POZYTYWNIENIE NAKRĘCENI	K-40	5	00:21:55.00	00:25:08.00	00:23:05.00	<b>01:10:08.00</b>	<b>01:10:31.00</b>	+00:17:07 (24.4%)	4:40	12.8 (75.3%)
54	<b>HAŁKA Arkadiusz</b>	<b>5057</b>	TRUCHT ŁOBEZ	M-40	12	00:23:36.00	00:23:07.00	00:23:51.00	<b>01:10:34.00</b>	<b>01:11:06.00</b>	+00:17:33 (24.9%)	4:42	12.8 (75.3%)
55	<b>GIEDROWICZ Aleksandra</b>	<b>5045</b>		K-30	7	00:23:31.00	00:23:39.00	00:23:27.00	<b>01:10:37.00</b>	<b>01:11:00.00</b>	+00:17:36 (24.9%)	4:42	12.7 (74.7%)
56	<b>NOSAL Martyna</b>	<b>5160</b>	PENTATHLON SZCZECINEK	K-14	2	00:24:07.00	00:23:19.00	00:23:13.00	<b>01:10:39.00</b>	<b>01:11:06.00</b>	+00:17:38 (25.0%)	4:42	12.7 (74.7%)
57	<b>ANTKOWIAK Sebastian</b>	<b>5002</b>	DB - ACTIVE	M-40	13	00:22:56.00	00:23:52.00	00:24:09.00	<b>01:10:57.00</b>	<b>01:11:36.00</b>	+00:17:56 (25.3%)	4:43	12.7 (74.7%)
58	<b>MONGIAŁO Marcin</b>	<b>5148</b>	FAST FEET K-LIN	M-40	14	00:23:37.00	00:23:36.00	00:23:54.00	<b>01:11:07.00</b>	<b>01:12:30.00</b>	+00:18:06 (25.5%)	4:44	12.7 (74.7%)
59	<b>MICHALCZYK Kamil</b>	<b>5139</b>		M-30	14	00:22:53.00	00:24:06.00	00:24:41.00	<b>01:11:40.00</b>	<b>01:12:15.00</b>	+00:18:39 (26.0%)	4:46	12.6 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
60	HNATOWSKI Artur	5063		M-50	5	00:24:04.00	00:23:55.00	00:24:03.00	01:12:02.00	01:12:55.00	+00:19:01 (26.4%)	4:48	12.5 (73.5%)
61	HARASIMOWICZ Michał	5059		M-30	15	00:23:18.00	00:23:13.00	00:25:32.00	01:12:03.00	01:12:58.00	+00:19:02 (26.4%)	4:48	12.5 (73.5%)
62	CHUDZIK Zbigniew	5023	TKKF KOSZALIN	M-50	6	00:23:40.00	00:25:08.00	00:23:32.00	01:12:20.00	01:12:47.00	+00:19:19 (26.7%)	4:49	12.4 (72.9%)
63	DRULIK-HOŁUB Marta	5034	TORNADO KOSZALIN	K-40	6	00:24:23.00	00:24:02.00	00:24:00.00	01:12:25.00	01:13:07.00	+00:19:24 (26.8%)	4:49	12.4 (72.9%)
64	LIPNIEWICZ Paweł	5124		M-30	16	00:24:07.00	00:25:20.00	00:23:03.00	01:12:30.00	01:13:12.00	+00:19:29 (26.9%)	4:50	12.4 (72.9%)
65	SKOKOWSKI Marek	5201		M-30	17	00:24:13.00	00:24:15.00	00:24:34.00	01:13:02.00	01:13:58.00	+00:20:01 (27.4%)	4:52	12.3 (72.4%)
66	DEJNAK Mariola	5029		K-60	2	00:24:38.00	00:24:39.00	00:24:15.00	01:13:32.00	01:13:44.00	+00:20:31 (27.9%)	4:54	12.2 (71.8%)
67	MONGIAŁO Aleksandra	5149	FAST FEET K-LIN	K-30	8	00:24:54.00	00:24:48.00	00:23:52.00	01:13:34.00	01:14:41.00	+00:20:33 (27.9%)	4:54	12.2 (71.8%)
68	OSOBNIAK Ryszard	5168		M-60	2	00:24:33.00	00:24:39.00	00:24:26.00	01:13:38.00	01:14:23.00	+00:20:37 (28.0%)	4:54	12.2 (71.8%)
69	KAJKOWSKI Rafał	5084	CSSP KOSZALIN	M-40	15	00:24:54.00	00:24:43.00	00:24:04.00	01:13:41.00	01:13:48.00	+00:20:40 (28.0%)	4:54	12.2 (71.8%)
70	JASIEK Paweł	5071	#ZABIEGANINOCA	M-30	18	00:25:27.00	00:24:23.00	00:24:06.00	01:13:56.00	01:14:25.00	+00:20:55 (28.3%)	4:55	12.2 (71.8%)
71	KRASIŃSKI Witold	5106		M-40	16	00:24:59.00	00:24:10.00	00:24:48.00	01:13:57.00	01:14:36.00	+00:20:56 (28.3%)	4:55	12.2 (71.8%)
72	DĘBSKI Damian	5030	1986.	M-30	19	00:24:57.00	00:24:20.00	00:24:53.00	01:14:10.00	01:15:04.00	+00:21:09 (28.5%)	4:56	12.1 (71.2%)
73	KRUPIŃSKA Beata	5111	E-UROLOG.EU	K-50	1	00:24:37.00	00:24:16.00	00:25:59.00	01:14:52.00	01:15:46.00	+00:21:51 (29.2%)	4:59	12 (70.6%)
74	KACZMARYK Jolanta	5080		K-40	7	00:24:47.00	00:25:04.00	00:25:21.00	01:15:12.00	01:15:56.00	+00:22:11 (29.5%)	5:00	12 (70.6%)
75	STALUSZKA Dariusz	5203		M-40	17	00:25:21.00	00:24:54.00	00:25:32.00	01:15:47.00	01:16:30.00	+00:22:46 (30.0%)	5:03	11.9 (70.0%)
76	PŁATOSZ Magda	5179		K-20	3	00:25:02.00	00:25:57.00	00:24:55.00	01:15:54.00	01:16:12.00	+00:22:53 (30.1%)	5:03	11.9 (70.0%)
77	KOWALCZYK Karolina	5102		K-40	8	00:25:49.00	00:25:21.00	00:25:15.00	01:16:25.00	01:17:29.00	+00:23:24 (30.6%)	5:05	11.8 (69.4%)
78	SUCHODOLSKA Aleksandra	5208	DZIKIE ŻÓŁWIE	K-30	9	00:25:11.00	00:26:08.00	00:25:08.00	01:16:27.00	01:17:21.00	+00:23:26 (30.7%)	5:05	11.8 (69.4%)
79	GOLEC Anna	5048		K-40	9	00:26:36.00	00:25:03.00	00:24:56.00	01:16:35.00	01:17:13.00	+00:23:34 (30.8%)	5:06	11.8 (69.4%)
80	JUSZCZAK Krzysztof	5077		M-60	3	00:25:34.00	00:25:47.00	00:25:21.00	01:16:42.00	01:17:22.00	+00:23:41 (30.9%)	5:06	11.7 (68.8%)
81	ŁODYGA Łukasz	5127		M-30	20	00:24:30.00	00:26:16.00	00:26:15.00	01:17:01.00	01:17:33.00	+00:24:00 (31.2%)	5:08	11.7 (68.8%)
82	CIEŚLAK Grzegorz	5026		M-30	21	00:26:16.00	00:25:40.00	00:25:25.00	01:17:21.00	01:17:57.00	+00:24:20 (31.5%)	5:09	11.6 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
82	<b>MRUGALSKI Stanisław</b>	<b>5151</b>	MTS HAMER	M-50	7	00:26:13.00	00:25:59.00	00:25:09.00	<b>01:17:21.00</b>	<b>01:18:46.00</b>	+00:24:20 (31.5%)	5:09	11.6 (68.2%)
84	<b>MARCINKOWSKI Jacek</b>	<b>5134</b>	SSK ORZEŁ ŚWIESZYNO	M-40	18	00:26:48.00	00:24:10.00	00:26:30.00	<b>01:17:28.00</b>	<b>01:18:25.00</b>	+00:24:27 (31.6%)	5:09	11.6 (68.2%)
85	<b>KOPEĆ Krzysztof</b>	<b>5097</b>		M-40	19	00:25:24.00	00:25:44.00	00:26:30.00	<b>01:17:38.00</b>	<b>01:18:24.00</b>	+00:24:37 (31.7%)	5:10	11.6 (68.2%)
86	<b>PACAN Mira</b>	<b>5169</b>	POZYTYWNIENAKRĘCENI	K-30	10	00:26:00.00	00:25:08.00	00:26:46.00	<b>01:17:54.00</b>	<b>01:18:25.00</b>	+00:24:53 (31.9%)	5:11	11.6 (68.2%)
87	<b>GONTEK Łukasz</b>	<b>5049</b>	VW BATORY	M-30	22	00:26:29.00	00:25:12.00	00:26:14.00	<b>01:17:55.00</b>	<b>01:18:30.00</b>	+00:24:54 (32.0%)	5:11	11.6 (68.2%)
88	<b>SAWIŃSKI Jacek</b>	<b>5197</b>		M-40	20	00:30:12.00	00:23:28.00	00:24:32.00	<b>01:18:12.00</b>	<b>01:19:17.00</b>	+00:25:11 (32.2%)	5:12	11.5 (67.6%)
89	<b>ROMANOWICZ Monika</b>	<b>5189</b>	DZIKIE ŻÓŁWIE	K-30	11	00:25:51.00	00:26:09.00	00:26:20.00	<b>01:18:20.00</b>	<b>01:19:13.00</b>	+00:25:19 (32.3%)	5:13	11.5 (67.6%)
90	<b>STRZELECKA Małgorzata</b>	<b>5206</b>	SAILING TEAM FERAJNA	K-40	10	00:26:07.00	00:26:08.00	00:26:32.00	<b>01:18:47.00</b>	<b>01:19:15.00</b>	+00:25:46 (32.7%)	5:15	11.4 (67.1%)
91	<b>DORAWA-ZIOMEK Anna</b>	<b>5031</b>	DZIKIE ŻÓŁWIE	K-30	12	00:24:57.00	00:27:10.00	00:27:24.00	<b>01:19:31.00</b>	<b>01:20:21.00</b>	+00:26:30 (33.3%)	5:18	11.3 (66.5%)
91	<b>JĘDRZEJKO Mirosław</b>	<b>5074</b>		M-40	21	00:25:03.00	00:26:38.00	00:27:50.00	<b>01:19:31.00</b>	<b>01:20:04.00</b>	+00:26:30 (33.3%)	5:18	11.3 (66.5%)
93	<b>ŚWIDERSKI Marcin</b>	<b>5227</b>		M-30	23	00:26:06.00	00:27:33.00	00:26:15.00	<b>01:19:54.00</b>	<b>01:20:26.00</b>	+00:26:53 (33.6%)	5:19	11.3 (66.5%)
94	<b>KAMINSKI Tomasz</b>	<b>5085</b>	WODNA SŁUŻBA RATOWNICZA	M-40	22	00:25:00.00	00:27:27.00	00:27:58.00	<b>01:20:25.00</b>	<b>01:21:01.00</b>	+00:27:24 (34.1%)	5:21	11.2 (65.9%)
94	<b>PISKÓRZ Justyna</b>	<b>5178</b>		K-30	13	00:25:50.00	00:27:12.00	00:27:23.00	<b>01:20:25.00</b>	<b>01:21:15.00</b>	+00:27:24 (34.1%)	5:21	11.2 (65.9%)
96	<b>BRZOZOWSKA Barbara</b>	<b>5017</b>		K-40	11	00:26:46.00	00:26:38.00	00:27:21.00	<b>01:20:45.00</b>	<b>01:21:20.00</b>	+00:27:44 (34.3%)	5:23	11.1 (65.3%)
97	<b>SZWEDA Mateusz</b>	<b>5220</b>	WATAHA	M-30	24	00:26:34.00	00:26:38.00	00:27:46.00	<b>01:20:58.00</b>	<b>01:21:45.00</b>	+00:27:57 (34.5%)	5:23	11.1 (65.3%)
98	<b>SZYMAŃSKI Patryk</b>	<b>5221</b>	1987.	M-30	25	00:26:39.00	00:28:03.00	00:26:18.00	<b>01:21:00.00</b>	<b>01:21:47.00</b>	+00:27:59 (34.5%)	5:24	11.1 (65.3%)
99	<b>MASŁOWSKI Artur</b>	<b>5137</b>		M-30	26	00:26:39.00	00:28:04.00	00:26:18.00	<b>01:21:01.00</b>	<b>01:21:47.00</b>	+00:28:00 (34.6%)	5:24	11.1 (65.3%)
100	<b>MITUNIEWICZ Adrian</b>	<b>5147</b>		M-30	27	00:28:07.00	00:27:33.00	00:25:46.00	<b>01:21:26.00</b>	<b>01:22:39.00</b>	+00:28:25 (34.9%)	5:25	11.1 (65.3%)
101	<b>KARNICKI Zygmunt</b>	<b>5087</b>	TKKF KOSZALIN	M-60	4	00:26:26.00	00:27:16.00	00:27:49.00	<b>01:21:31.00</b>	<b>01:22:00.00</b>	+00:28:30 (35.0%)	5:26	11 (64.7%)
101	<b>ORYSZCZYN Arkadiusz</b>	<b>5167</b>	DZIKIE ŻÓŁWIE	M-30	28	00:25:39.00	00:27:46.00	00:28:06.00	<b>01:21:31.00</b>	<b>01:22:25.00</b>	+00:28:30 (35.0%)	5:26	11 (64.7%)
103	<b>JUSZCZYK Agnieszka</b>	<b>5078</b>	ANOX TEAM	K-40	12	00:29:31.00	00:25:47.00	00:26:15.00	<b>01:21:33.00</b>	<b>01:22:14.00</b>	+00:28:32 (35.0%)	5:26	11 (64.7%)
104	<b>WIŚNIEWSKI Jarosław</b>	<b>5235</b>		M-50	8	00:26:58.00	00:27:05.00	00:27:32.00	<b>01:21:35.00</b>	<b>01:22:15.00</b>	+00:28:34 (35.0%)	5:26	11 (64.7%)
105	<b>MARCZAK Małgorzata</b>	<b>5135</b>		K-60	3	00:27:16.00	00:26:22.00	00:28:29.00	<b>01:22:07.00</b>	<b>01:22:25.00</b>	+00:29:06 (35.4%)	5:28	11 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
106	<b>SZULC Marek</b>	<b>5217</b>		M-50	9	00:28:49.00	00:27:09.00	00:26:16.00	<b>01:22:14.00</b>	<b>01:22:53.00</b>	+00:29:13 (35.5%)	5:28	10.9 (64.1%)
107	<b>MURAWSKI Waldemar</b>	<b>5153</b>	ZKS	M-50	10	00:27:14.00	00:28:29.00	00:26:33.00	<b>01:22:16.00</b>	<b>01:23:12.00</b>	+00:29:15 (35.6%)	5:29	10.9 (64.1%)
108	<b>TABISZ Sławomir</b>	<b>5228</b>	12 BBSP	M-30	29	00:27:19.00	00:28:26.00	00:27:18.00	<b>01:23:03.00</b>	<b>01:23:58.00</b>	+00:30:02 (36.2%)	5:32	10.8 (63.5%)
109	<b>SARBIEWSKI Przemysław</b>	<b>5196</b>		M-40	23	00:32:34.00	00:23:52.00	00:27:03.00	<b>01:23:29.00</b>	<b>01:23:54.00</b>	+00:30:28 (36.5%)	5:33	10.8 (63.5%)
110	<b>KLONOWSKI Artur</b>	<b>5093</b>	KOSPEL	M-40	24	00:25:32.00	00:27:50.00	00:30:31.00	<b>01:23:53.00</b>	<b>01:24:40.00</b>	+00:30:52 (36.8%)	5:35	10.7 (62.9%)
111	<b>HELLER Zdzisław</b>	<b>5061</b>	HERBMARATONOW.PL	M-60	5	00:28:09.00	00:27:29.00	00:28:22.00	<b>01:24:00.00</b>	<b>01:24:35.00</b>	+00:30:59 (36.9%)	5:36	10.7 (62.9%)
112	<b>MITUNIEWICZ Renata</b>	<b>5146</b>		K-50	2	00:26:49.00	00:28:18.00	00:29:16.00	<b>01:24:23.00</b>	<b>01:25:33.00</b>	+00:31:22 (37.2%)	5:37	10.7 (62.9%)
113	<b>JOŃCA Klaudia</b>	<b>5075</b>	BEST BEASTS	K-14	3	00:26:37.00	00:27:06.00	00:30:52.00	<b>01:24:35.00</b>	<b>01:25:09.00</b>	+00:31:34 (37.3%)	5:38	10.6 (62.4%)
114	<b>CHAMERA Tomasz</b>	<b>5021</b>	WATAHA	M-40	25	00:28:01.00	00:29:27.00	00:27:13.00	<b>01:24:41.00</b>	<b>01:25:25.00</b>	+00:31:40 (37.4%)	5:38	10.6 (62.4%)
115	<b>BEDNARZ Katarzyna</b>	<b>5007</b>	KOŁOBRZEG BIEGA	K-40	13	00:27:40.00	00:28:46.00	00:28:16.00	<b>01:24:42.00</b>	<b>01:25:22.00</b>	+00:31:41 (37.4%)	5:38	10.6 (62.4%)
115	<b>STRZELECKI Sebastian 'Kaszana'</b>	<b>5207</b>	SAILING TEAM FERAJNA	M-40	26	00:27:42.00	00:28:09.00	00:28:51.00	<b>01:24:42.00</b>	<b>01:25:09.00</b>	+00:31:41 (37.4%)	5:38	10.6 (62.4%)
117	<b>BOKOTA Katarzyna</b>	<b>5012</b>		K-40	14	00:28:15.00	00:28:18.00	00:28:27.00	<b>01:25:00.00</b>	<b>01:25:20.00</b>	+00:31:59 (37.6%)	5:40	10.6 (62.4%)
118	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>5130</b>		K-30	14	00:29:04.00	00:28:22.00	00:28:01.00	<b>01:25:27.00</b>	<b>01:26:05.00</b>	+00:32:26 (38.0%)	5:41	10.5 (61.8%)
119	<b>SIGNAROWSKI Dawid</b>	<b>5198</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	30	00:27:14.00	00:28:17.00	00:30:12.00	<b>01:25:43.00</b>	<b>01:25:57.00</b>	+00:32:42 (38.1%)	5:42	10.5 (61.8%)
120	<b>GROCHOWSKA Agnieszka</b>	<b>5052</b>	SAILING TEAM FERAJNA	K-40	15	00:28:58.00	00:28:11.00	00:28:51.00	<b>01:26:00.00</b>	<b>01:26:25.00</b>	+00:32:59 (38.4%)	5:44	10.5 (61.8%)
121	<b>BRZEZIŃSKI Paweł</b>	<b>5015</b>	PAB TRI KOSZALIN	M-40	27	00:27:59.00	00:28:18.00	00:29:44.00	<b>01:26:01.00</b>	<b>01:26:40.00</b>	+00:33:00 (38.4%)	5:44	10.5 (61.8%)
122	<b>MARCZAK Andrzej</b>	<b>5136</b>		M-60	6	00:29:05.00	00:27:41.00	00:29:34.00	<b>01:26:20.00</b>	<b>01:27:05.00</b>	+00:33:19 (38.6%)	5:45	10.4 (61.2%)
123	<b>WOJTKOWIAK Wioleta</b>	<b>5241</b>		K-30	15	00:29:03.00	00:28:40.00	00:28:42.00	<b>01:26:25.00</b>	<b>01:26:39.00</b>	+00:33:24 (38.6%)	5:45	10.4 (61.2%)
124	<b>RUSIECKI Paweł</b>	<b>5191</b>	WSPL SPZOZ W KOSZALINIE	M-40	28	00:28:30.00	00:27:55.00	00:30:06.00	<b>01:26:31.00</b>	<b>01:27:17.00</b>	+00:33:30 (38.7%)	5:46	10.4 (61.2%)
125	<b>HUBKO Janina</b>	<b>5066</b>	PRESS GLASS - BIEGAMY I WSPIERAMY	K-30	16	00:28:20.00	00:28:01.00	00:30:13.00	<b>01:26:34.00</b>	<b>01:26:43.00</b>	+00:33:33 (38.8%)	5:46	10.4 (61.2%)
126	<b>HRYNCEWICZ Anna</b>	<b>5064</b>	SAILING TEAM FERAJNA	K-40	16	00:28:58.00	00:28:45.00	00:28:55.00	<b>01:26:38.00</b>	<b>01:27:02.00</b>	+00:33:37 (38.8%)	5:46	10.4 (61.2%)
127	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>5209</b>		K-30	17	00:29:29.00	00:28:33.00	00:29:36.00	<b>01:27:38.00</b>	<b>01:28:15.00</b>	+00:34:37 (39.5%)	5:50	10.3 (60.6%)
128	<b>JĄCZKOWSKA Wioleta</b>	<b>5072</b>		K-40	17	00:29:04.00	00:29:05.00	00:31:01.00	<b>01:29:10.00</b>	<b>01:30:15.00</b>	+00:36:09 (40.5%)	5:56	10.1 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Etap 1	Etap 2	Etap3	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
129	KĘDZIERA Izidor	5090		M-50	11	00:28:57.00	00:29:34.00	00:30:48.00	01:29:19.00	01:30:19.00	+00:36:18 (40.6%)	5:57	10.1 (59.4%)
130	ZBOROWSKA-SKROBANEK Justyna	5245	MKP SZCZECINEK	K-40	18	00:29:23.00	00:29:27.00	00:30:37.00	01:29:27.00	01:30:00.00	+00:36:26 (40.7%)	5:57	10.1 (59.4%)
131	BRZEZIŃSKA Beata	5014	TEAM PIOTRUŚ	K-50	3	00:29:18.00	00:29:51.00	00:30:30.00	01:29:39.00	01:30:09.00	+00:36:38 (40.9%)	5:58	10 (58.8%)
132	WOJANOWSKI Zbigniew	5240	SPORT I REKREACJA DELFIN	M-60	7	00:29:56.00	00:29:40.00	00:30:17.00	01:29:53.00	01:30:16.00	+00:36:52 (41.0%)	5:59	10 (58.8%)
133	WENTA Malwina	5232		K-30	18	00:30:28.00	00:29:16.00	00:30:10.00	01:29:54.00	01:30:39.00	+00:36:53 (41.0%)	5:59	10 (58.8%)
134	KOPEĆ Magdalena	5098		K-40	19	00:30:27.00	00:29:19.00	00:30:10.00	01:29:56.00	01:30:43.00	+00:36:55 (41.0%)	5:59	10 (58.8%)
135	WOJANOWSKA Maryla	5239	SPORT I REKREACJA DELFIN	K-60	4	00:29:57.00	00:29:43.00	00:30:17.00	01:29:57.00	01:30:17.00	+00:36:56 (41.1%)	5:59	10 (58.8%)
136	SZMYT Marcin	5215		M-30	31	00:31:40.00	00:32:01.00	00:28:28.00	01:32:09.00	01:32:45.00	+00:39:08 (42.5%)	6:08	9.8 (57.6%)
137	MOŻEJKO Anna	5150		K-40	20	00:30:10.00	00:31:10.00	00:31:07.00	01:32:27.00	01:33:25.00	+00:39:26 (42.7%)	6:09	9.7 (57.1%)
138	STEC Edyta	5204		K-40	21	00:30:11.00	00:31:09.00	00:31:09.00	01:32:29.00	01:33:24.00	+00:39:28 (42.7%)	6:09	9.7 (57.1%)
139	KOROL Elżbieta	5101		K-40	22	00:30:11.00	00:31:10.00	00:31:09.00	01:32:30.00	01:33:25.00	+00:39:29 (42.7%)	6:10	9.7 (57.1%)
140	MAŁYSZEWICZ Andrzej	5133		M-50	12	00:28:35.00	00:28:38.00	00:35:21.00	01:32:34.00	01:33:33.00	+00:39:33 (42.7%)	6:10	9.7 (57.1%)
141	BABIARZ Jacek	5003	PRESS GLASS - BIEGAMY I WSPIERAMY	M-40	29	00:28:48.00	00:32:34.00	00:31:16.00	01:32:38.00	01:33:04.00	+00:39:37 (42.8%)	6:10	9.7 (57.1%)
142	POLAK Mateusz	5182	KOSPEL	M-20	8	00:28:41.00	00:33:34.00	00:30:55.00	01:33:10.00	01:33:58.00	+00:40:09 (43.1%)	6:12	9.7 (57.1%)
143	KULIGOWSKI Maksym	5119	PRESS GLASS - BIEGAMY I WSPIERAMY	M-30	32	00:30:20.00	00:30:53.00	00:32:02.00	01:33:15.00	01:33:38.00	+00:40:14 (43.1%)	6:13	9.7 (57.1%)
144	KIEDOS Dariusz	5091	JW 1223	M-30	33	00:31:24.00	00:32:19.00	00:31:11.00	01:34:54.00	01:35:45.00	+00:41:53 (44.1%)	6:19	9.5 (55.9%)
145	KOŻŁOWIECKA Małgorzata	5105		K-60	5	00:31:39.00	00:32:27.00	00:32:08.00	01:36:14.00	01:36:51.00	+00:43:13 (44.9%)	6:24	9.4 (55.3%)
146	KRYSTOSIK Paulina	5115	BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE	K-20	4	00:32:18.00	00:31:39.00	00:33:04.00	01:37:01.00	01:37:34.00	+00:44:00 (45.4%)	6:28	9.3 (54.7%)
147	SARBIEWSKA Gabriela	5195		K-40	23	00:32:33.00	00:32:03.00	00:32:45.00	01:37:21.00	01:37:46.00	+00:44:20 (45.5%)	6:29	9.2 (54.1%)
148	WEISS-SZULC Barbara	5231		K-40	24	00:31:14.00	00:32:32.00	00:33:56.00	01:37:42.00	01:38:48.00	+00:44:41 (45.7%)	6:30	9.2 (54.1%)
149	MAŁYSZEWICZ Teresa	5132		K-50	4	00:34:06.00	00:32:49.00	00:35:21.00	01:42:16.00	01:43:17.00	+00:49:15 (48.2%)	6:49	8.8 (51.8%)
149	PAŁASZ Karolina	5171	FUNDACJA ZASTOPUJ	K-30	19	00:33:57.00	00:33:56.00	00:34:23.00	01:42:16.00	01:42:48.00	+00:49:15 (48.2%)	6:49	8.8 (51.8%)
151	KACZYŃSKI Henryk	5082		M-60	8	00:35:47.00	00:32:24.00	00:38:58.00	01:47:09.00	01:47:21.00	+00:54:08 (50.5%)	7:08	8.4 (49.4%)

Znaleziono 151 wynik(ów)