



KOŁOBRZESKA
15-stka ZAŚLUBIN

KOŁOBRZESKA 15-STKA ZAŚLUBIN

B4SPORT

Wydarzenie: Kołobrzaska 15-stka Zaślubin
Organizator: Miejski Ośrodek Sportu i Rekreacji
Data: 2024-03-17
Miejsce: Kołobrzeg
Dystans: 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	PRZYBYŁA Adrian	403	RUN GOKU TEAM	M-30	1	00:00:00	00:48:24.85	00:48:25.17		3:13	18.6 (100%)
2	KOZŁOWICZ Tomasz	234	OBORYGENI	M-30	2	00:00:00	00:49:44.56	00:49:44.87	+00:01:19 (2.7%)	3:18	18.1 (97.3%)
3	PYTLAK Michał	405	AML SŁUPSK /7 BRYGADA OBRONY WYBRZEŻA	M-30	3	00:00:00	00:50:00.24	00:50:00.56	+00:01:35 (3.2%)	3:20	18 (96.8%)
4	PIOTRASCHKE Paweł	386	AML SŁUPSK	M-40	1	00:00:00	00:51:19.83	00:51:20.14	+00:02:54 (5.7%)	3:25	17.5 (94.1%)
5	CZERNIEWSKI Marcin	594	AML SŁUPSK	M-30	4	00:00:01	00:52:26.25	00:52:27.66	+00:04:01 (7.7%)	3:29	17.2 (92.5%)
6	OSIŃSKI Wojciech	377	TEAM ZABIEGANEDNI	M-30	5	00:00:02	00:53:15.71	00:53:18.14	+00:04:50 (9.1%)	3:33	16.9 (90.9%)
7	BORYSIUK Arkadiusz	49	ELITE NIERUCHOMOŚCI SZCZECIN	M-30	6	00:00:00	00:53:47.19	00:53:47.50	+00:05:22 (10.0%)	3:35	16.7 (89.8%)
8	LESYK Rafał	283	SZCZECINECCY BIEGACZE	M-30	7	00:00:00	00:54:25.41	00:54:25.73	+00:06:00 (11.0%)	3:37	16.5 (88.7%)
9	PRZEKOPOWICZ Bartosz	402	WOJSKO POLSKIE	M-30	8	00:00:00	00:54:32.98	00:54:33.30	+00:06:08 (11.2%)	3:38	16.5 (88.7%)
10	SZYMAŃSKI Sylwek	483	SZCZECINECCY BIEGACZE	M-50	1	00:00:00	00:54:49.61	00:54:49.93	+00:06:24 (11.7%)	3:39	16.4 (88.2%)
11	BOHOMIAHKOVA Khrystyna	44	STAYER RUN CLUB	K-30	1	00:00:00	00:55:15.82	00:55:16.14	+00:06:50 (12.4%)	3:41	16.3 (87.6%)
12	KOZIEŁ Sebastian	232	FIGA PRACOWNIA PROJEKTOWA1	M-16	1	00:00:01	00:55:28.94	00:55:30.92	+00:07:04 (12.7%)	3:41	16.2 (87.1%)
13	KOBUS Tomasz	211		M-40	2	00:00:01	00:55:34.70	00:55:35.75	+00:07:09 (12.9%)	3:42	16.2 (87.1%)
14	MANIKOWSKI Piotr	315	KP PSP ZŁOTÓW	M-40	3	00:00:00	00:55:36.94	00:55:37.25	+00:07:12 (12.9%)	3:42	16.2 (87.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
15	MEYER Ireneusz	335		M-50	2	00:00:03	00:55:38.03	00:55:41.28	+00:07:13 (13.0%)	3:42	16.2 (87.1%)
16	ORGANKA Marcin	374	TRUCHT ŁOBEZ	M-40	4	00:00:00	00:55:43.66	00:55:43.98	+00:07:18 (13.1%)	3:42	16.2 (87.1%)
17	LASAK Konrad	277	SZCZECINECCY BIEGACZE	M-16	2	00:00:01	00:56:32.99	00:56:34.52	+00:08:08 (14.4%)	3:46	15.9 (85.5%)
18	BUDZIAK Zbigniew	58	GRYFICKA SIŁA BIEGOWA	M-50	3	00:00:01	00:56:45.62	00:56:47.08	+00:08:20 (14.7%)	3:47	15.9 (85.5%)
19	WILCZEWSKI Krzysztof	533	KB SPOKO SŁAWNO	M-30	9	00:00:03	00:56:49.83	00:56:52.97	+00:08:24 (14.8%)	3:47	15.8 (84.9%)
20	ZIELECKI Adam	568	RUNPASSION.PL TEAM	M-30	10	00:00:06	00:56:55.25	00:57:01.32	+00:08:30 (14.9%)	3:47	15.8 (84.9%)
21	TERLIKOWSKI Grzegorz	498	TRENER PERSONALNY GRZEGORZ TERLIKOWSKI	M-30	11	00:00:00	00:56:59.44	00:56:59.76	+00:08:34 (15.0%)	3:47	15.8 (84.9%)
22	RUDNIKOWSKI Maciej	417	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M-50	4	00:00:02	00:56:59.62	00:57:01.85	+00:08:34 (15.1%)	3:47	15.8 (84.9%)
23	KUCZYŃSKA Wioletta	262	WIERZBICKI RUNNING PROJECT	K-30	2	00:00:00	00:57:01.95	00:57:02.92	+00:08:37 (15.1%)	3:48	15.8 (84.9%)
24	MACKOJĆ Krzysztof	299	EL-MACKOJĆ	M-50	5	00:00:01	00:57:09.13	00:57:10.16	+00:08:44 (15.3%)	3:48	15.7 (84.4%)
25	WELLER Philipp	524	VEGAN RUNNERS	M-16	3	00:00:01	00:57:14.97	00:57:16.11	+00:08:50 (15.4%)	3:48	15.7 (84.4%)
26	FEDORCZAK Łukasz	110	BIEGOLAS KOSZALIN	M-30	12	00:00:02	00:57:40.70	00:57:43.04	+00:09:15 (16.1%)	3:50	15.6 (83.9%)
27	SZYMAŃSKI Krzysztof	488		M-30	13	00:00:01	00:57:41.39	00:57:42.89	+00:09:16 (16.1%)	3:50	15.6 (83.9%)
28	UZNAŃSKI Wojciech	514		M-30	14	00:00:00	00:57:45.12	00:57:45.44	+00:09:20 (16.2%)	3:51	15.6 (83.9%)
29	HOŁUB Kamil	155	MLUKS TRZEBIATÓW	M-40	5	00:00:00	00:58:24.27	00:58:24.58	+00:09:59 (17.1%)	3:53	15.4 (82.8%)
30	WNUK Dominik	543	ZAWIANI KOŁOBRZEG	M-30	15	00:00:10	00:59:02.38	00:59:12.41	+00:10:37 (18.0%)	3:56	15.2 (81.7%)
31	CHLASTA Jacek	69	GO2TRI	M-40	6	00:00:01	00:59:04.03	00:59:05.91	+00:10:39 (18.0%)	3:56	15.2 (81.7%)
32	SMAGOWSKI Wojtek	445	FIGA PRACOWNIA PROJEKTOWA1	M-40	7	00:00:02	00:59:12.04	00:59:14.36	+00:10:47 (18.2%)	3:56	15.2 (81.7%)
33	KRÓL Sebastian	242	STONEMAN TEAM	M-30	16	00:00:38	00:59:22.90	01:00:01.05	+00:10:58 (18.5%)	3:57	15.2 (81.7%)
34	PICK Tomasz	383	BIEGOLAS KOSZALIN	M-50	6	00:00:06	00:59:38.06	00:59:44.15	+00:11:13 (18.8%)	3:58	15.1 (81.2%)
35	ZATOŃ Olga	564		K-30	3	00:00:14	00:59:38.90	00:59:53.21	+00:11:14 (18.8%)	3:58	15.1 (81.2%)
36	PRZYBYŁA Agnieszka	404	RUN GOKU TEAM	K-30	4	00:00:01	00:59:40.43	00:59:41.62	+00:11:15 (18.9%)	3:58	15.1 (81.2%)
37	SMOŁUCH Marcin	447	KB BRYZA POSTOMINO	M-30	17	00:00:07	00:59:42.14	00:59:49.49	+00:11:17 (18.9%)	3:58	15.1 (81.2%)

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38	MADEJSKI Przemysław	300		M-30	18	00:00:11	00:59:52.47	01:00:04.18	+00:11:27 (19.1%)	3:59	15 (80.6%)
39	SWĘDROWSKI Sylwester	470	MKL MARATON ŚWINOUJŚCIE	M-40	8	00:00:11	00:59:56.46	01:00:08.03	+00:11:31 (19.2%)	3:59	15 (80.6%)
40	MICHAŁOWSKI Piotr	337	KB BIEGAJĄCY DIETETYK TEAM	M-30	19	00:00:12	01:00:05.44	01:00:17.92	+00:11:40 (19.4%)	4:00	15 (80.6%)
41	PROŚNIEWSKI Mirosław	400	GRYFICKA SIŁA BIEGOWA	M-40	9	00:00:01	01:00:11.61	01:00:13.11	+00:11:46 (19.6%)	4:00	15 (80.6%)
42	KIESZKOWSKI Adam	198		M-30	20	00:00:00	01:00:37.81	01:00:38.13	+00:12:12 (20.1%)	4:02	14.8 (79.6%)
43	NOWICKI Michał	361	KB WYGAN	M-40	10	00:00:02	01:00:40.70	01:00:43.27	+00:12:15 (20.2%)	4:02	14.8 (79.6%)
44	ZAWALSKI Mariusz	565		M-40	11	00:00:28	01:00:41.23	01:01:09.86	+00:12:16 (20.2%)	4:02	14.8 (79.6%)
45	KRYNICKA GRZYB Małgorzata	250		K-30	5	00:00:00	01:00:57.19	01:00:57.50	+00:12:32 (20.6%)	4:03	14.8 (79.6%)
46	BOLECHOWSKI Cezary	47		M-16	4	00:00:02	01:01:03.40	01:01:05.49	+00:12:38 (20.7%)	4:04	14.7 (79.0%)
47	ZIELIŃSKA Anna	571	TRUCHT ŁOBEZ	K-50	1	00:00:01	01:01:07.65	01:01:09.41	+00:12:42 (20.8%)	4:04	14.7 (79.0%)
48	GAJEWSKI Andrzej	121	STOPA SŁUPSK	M-40	12	00:00:07	01:01:12.84	01:01:20.71	+00:12:47 (20.9%)	4:04	14.7 (79.0%)
49	WACHOWSKI Rafał	516	KOŁOBRZEG BIEGA	M-40	13	00:00:05	01:01:17.03	01:01:22.33	+00:12:52 (21.0%)	4:05	14.7 (79.0%)
50	HAWROT Sylwester	150	ROZBIEGANY GOLENIOW	M-50	7	00:00:07	01:01:17.81	01:01:25.00	+00:12:52 (21.0%)	4:05	14.7 (79.0%)
51	KOWALSKI Damian	592	KLUB BIEGACZA BRYZA POSTOMINO	M-30	21	00:00:07	01:01:19.25	01:01:27.24	+00:12:54 (21.0%)	4:05	14.7 (79.0%)
52	WALEŃSKI Michał	518	P1PK4	M-50	8	00:00:05	01:01:30.94	01:01:36.63	+00:13:06 (21.3%)	4:06	14.6 (78.5%)
53	KOWALSKI Mirosław	227	SZCZECINECCY BIEGACZE	M-60	1	00:00:03	01:01:48.71	01:01:52.36	+00:13:23 (21.7%)	4:07	14.6 (78.5%)
54	ŻMUDA Jarosław	585	CW FANZA	M-50	9	00:00:02	01:01:52.56	01:01:55.48	+00:13:27 (21.8%)	4:07	14.5 (78.0%)
55	KAMIENIECKI Rafał	188	TUPOT USTKA	M-40	14	00:00:04	01:01:56.96	01:02:01.33	+00:13:32 (21.8%)	4:07	14.5 (78.0%)
56	KOZIEŁ Paweł	233	FIGA PRACOWNIA PROJEKTOWA1	M-40	15	00:00:04	01:02:00.75	01:02:05.58	+00:13:35 (21.9%)	4:08	14.5 (78.0%)
57	STADNIK Rafał	454		M-30	22	00:00:25	01:02:04.09	01:02:29.32	+00:13:39 (22.0%)	4:08	14.5 (78.0%)
58	WŁADYKO Rafał	542	STRAŻ POŻARNA KOSZALIN	M-30	23	00:00:07	01:02:13.64	01:02:21.36	+00:13:48 (22.2%)	4:08	14.5 (78.0%)
59	CHMIEL Krzysztof	70	STONEMAN TEAM	M-30	24	00:00:10	01:02:40.69	01:02:50.76	+00:14:15 (22.8%)	4:10	14.4 (77.4%)
60	BARTHA Tomasz	23	KO-Ł-OB	M-16	5	00:00:04	01:02:58.74	01:03:03.06	+00:14:33 (23.1%)	4:11	14.3 (76.9%)

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61	BURDA Robert	64	KOSPEL	M-50	10	00:00:04	01:02:59.37	01:03:03.93	+00:14:34 (23.1%)	4:11	14.3 (76.9%)
62	SOBCZYK Łukasz	448	KOLOBRZEG BIEGA	M-40	16	00:00:04	01:03:05.42	01:03:10.02	+00:14:40 (23.3%)	4:12	14.3 (76.9%)
63	MACIEJKO Witold	298		M-60	2	00:00:17	01:03:06.76	01:03:24.02	+00:14:41 (23.3%)	4:12	14.3 (76.9%)
64	HOJKA Tomasz	154	ZAKWAS TEAM	M-40	17	00:00:19	01:03:10.06	01:03:29.25	+00:14:45 (23.4%)	4:12	14.2 (76.3%)
65	LIPERTOWICZ Sebastian	286	WIECZORNE BIEGANIE W SZCZECINIE	M-40	18	00:00:08	01:03:10.56	01:03:19.56	+00:14:45 (23.4%)	4:12	14.2 (76.3%)
66	WIŚNIEWSKI Piotr	536		M-40	19	00:00:07	01:03:10.72	01:03:18.41	+00:14:45 (23.4%)	4:12	14.2 (76.3%)
67	SKORYCH Andrii	443	YULI	M-30	25	00:00:22	01:03:26.48	01:03:49.39	+00:15:01 (23.7%)	4:13	14.2 (76.3%)
68	CYGAN Małgorzata	85		K-30	6	00:00:06	01:03:38.87	01:03:45.08	+00:15:14 (23.9%)	4:14	14.1 (75.8%)
69	GEREK Dariusz	130		M-50	11	00:00:00	01:04:09.13	01:04:09.45	+00:15:44 (24.5%)	4:16	14 (75.3%)
70	BARTHA Adrian	22	KO-Ł-OB	M-30	26	00:00:04	01:04:17.81	01:04:21.91	+00:15:52 (24.7%)	4:17	14 (75.3%)
71	JÓŻWIK Adam	178	OLSZEWSKI I SYNOWIE	M-30	27	00:00:14	01:04:18.85	01:04:33.48	+00:15:54 (24.7%)	4:17	14 (75.3%)
72	SZARŁATA Piotr	474		M-30	28	00:00:03	01:04:24.09	01:04:27.41	+00:15:59 (24.8%)	4:17	14 (75.3%)
73	ZYGOŃ Artur	583		M-30	29	00:00:02	01:04:32.00	01:04:34.25	+00:16:07 (25.0%)	4:18	13.9 (74.7%)
74	DURKA Rafał	105		M-30	30	00:00:24	01:04:32.16	01:04:57.00	+00:16:07 (25.0%)	4:18	13.9 (74.7%)
75	KRASICKI Michał	239	RUNNIN-GYM	M-40	20	00:00:22	01:04:35.45	01:04:58.06	+00:16:10 (25.0%)	4:18	13.9 (74.7%)
76	GERKE Mateusz	131		M-30	31	00:00:04	01:04:38.69	01:04:43.53	+00:16:13 (25.1%)	4:18	13.9 (74.7%)
77	CIBORSKI Sławomir	77	TATRA KLUB	M-40	21	00:00:12	01:04:38.99	01:04:51.77	+00:16:14 (25.1%)	4:18	13.9 (74.7%)
78	FELSKI Jakub	113	MŻS WOŁCZA MAŁA	M-30	32	00:00:35	01:04:46.86	01:05:22.38	+00:16:22 (25.3%)	4:19	13.9 (74.7%)
79	ŻURAWIK Piotr	597	GM KĘPICE	M-50	12	00:00:15	01:05:00.55	01:05:16.53	+00:16:35 (25.5%)	4:20	13.8 (74.2%)
80	MŁYNAREK Mirosław	350		M-30	33	00:00:16	01:05:05.52	01:05:22.21	+00:16:40 (25.6%)	4:20	13.8 (74.2%)
81	COKAN Paulina	83		K-16	1	00:00:45	01:05:07.53	01:05:52.82	+00:16:42 (25.7%)	4:20	13.8 (74.2%)
82	BAJGERT Robert	17	VOLTAIX.PL	M-50	13	00:00:04	01:05:10.93	01:05:15.82	+00:16:46 (25.7%)	4:20	13.8 (74.2%)
83	CIESIELSKI Marcin	79		M-30	34	00:00:18	01:05:17.81	01:05:36.32	+00:16:52 (25.9%)	4:21	13.8 (74.2%)

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84	MELON Jacek	333	RUN GOKU TEAM	M-40	22	00:00:12	01:05:17.89	01:05:30.08	+00:16:53 (25.9%)	4:21	13.8 (74.2%)
85	UZNAŃSKI Ryszard	515	KOŁOBRZEG BIEGA	M-50	14	00:00:02	01:05:19.68	01:05:22.23	+00:16:54 (25.9%)	4:21	13.8 (74.2%)
86	TRZECIAK Darek	506	KOŁOBRZEG MARATON TEAM	M-50	15	00:00:27	01:05:19.86	01:05:47.27	+00:16:55 (25.9%)	4:21	13.8 (74.2%)
87	HAŁKA Justyna	146	KO-Ł-OB	K-40	1	00:00:09	01:05:22.04	01:05:32.01	+00:16:57 (25.9%)	4:21	13.8 (74.2%)
88	ZIELIŃSKI Grzegorz	575	LUDWIG CZEKOLADA TUCZNO TEAM	M-40	23	00:00:06	01:05:22.24	01:05:28.67	+00:16:57 (25.9%)	4:21	13.8 (74.2%)
89	MAJROWSKI Mariusz	303	KLUB BIEGACZA BRYZA POSTOMINO	M-16	6	00:00:08	01:05:24.44	01:05:33.33	+00:16:59 (26.0%)	4:21	13.8 (74.2%)
90	MATYSIAK Wojciech	324		M-40	24	00:00:20	01:05:26.62	01:05:47.19	+00:17:01 (26.0%)	4:21	13.8 (74.2%)
91	PIŁCZYŃSKI Paweł	385		M-30	35	00:00:09	01:05:29.70	01:05:39.32	+00:17:04 (26.1%)	4:21	13.7 (73.7%)
92	BANASZEK Sławomir	20	SZYMI TEAM ŻARY	M-40	25	00:00:07	01:05:32.15	01:05:39.23	+00:17:07 (26.1%)	4:22	13.7 (73.7%)
93	MYSZKOWSKI Jan	355		M-60	3	00:00:06	01:05:37.83	01:05:44.58	+00:17:12 (26.2%)	4:22	13.7 (73.7%)
94	KUBIAK Jagoda	256		K-30	7	00:00:18	01:05:41.45	01:06:00.17	+00:17:16 (26.3%)	4:22	13.7 (73.7%)
95	MICKIEWICZ - SZYMAŃSKA Ilona	338		K-30	8	00:00:03	01:05:43.80	01:05:47.78	+00:17:18 (26.3%)	4:22	13.7 (73.7%)
96	TURCZYN Tomasz	509	SLAWNO.NASZEMIASTO.PL	M-40	26	00:00:02	01:05:45.15	01:05:47.72	+00:17:20 (26.4%)	4:23	13.7 (73.7%)
97	LESZCZEŁOWSKI Piotr	284	SHELTIES RACE	M-50	16	00:00:40	01:05:46.91	01:06:27.47	+00:17:22 (26.4%)	4:23	13.7 (73.7%)
98	KOŚCIELNIAK Robert	220	TKKF KOSZALIN	M-60	4	00:00:16	01:05:55.24	01:06:11.99	+00:17:30 (26.6%)	4:23	13.7 (73.7%)
99	KURCZAK Łukasz	268		M-30	36	00:00:17	01:05:58.08	01:06:15.78	+00:17:33 (26.6%)	4:23	13.6 (73.1%)
100	WIZE Małgorzata	541		K-40	2	00:00:03	01:06:00.16	01:06:03.27	+00:17:35 (26.6%)	4:24	13.6 (73.1%)
101	BRODECKI Artur	54	BIEGOLAS KOSZALIN	M-40	27	00:00:07	01:06:01.49	01:06:08.57	+00:17:36 (26.7%)	4:24	13.6 (73.1%)
102	WITKOWSKI Dawid	539	KB SPOKO SŁAWNO	M-30	37	00:00:15	01:06:14.50	01:06:29.53	+00:17:49 (26.9%)	4:24	13.6 (73.1%)
103	BETAŃSKI Filip	31	THULE GROUP	M-30	38	00:00:26	01:06:17.97	01:06:44.70	+00:17:53 (27.0%)	4:25	13.6 (73.1%)
104	WIELGAT Łukasz	595	KLUB BIEGACZA BRYZA POSTOMINO	M-30	39	00:00:08	01:06:27.58	01:06:35.71	+00:18:02 (27.2%)	4:25	13.5 (72.6%)
105	SPICZAK-BRZEZIŃSKI Robert	450		M-40	28	00:00:54	01:06:27.99	01:07:22.58	+00:18:03 (27.2%)	4:25	13.5 (72.6%)
106	KUCZYŃSKI Mirosław	263		M-40	29	00:00:02	01:06:32.45	01:06:34.68	+00:18:07 (27.2%)	4:26	13.5 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
107	WYRWA Przemysław	559	TEAM TERMINATORUN	M-50	17	00:00:15	01:06:32.71	01:06:48.62	+00:18:07 (27.2%)	4:26	13.5 (72.6%)
108	IWANIEC Dariusz	159	BIEGOLAS KOSZALIN	M-40	30	00:00:06	01:06:33.41	01:06:40.11	+00:18:08 (27.3%)	4:26	13.5 (72.6%)
109	JĘDRZEJEWSKI Łukasz	176		M-40	31	00:00:07	01:06:39.76	01:06:47.68	+00:18:14 (27.4%)	4:26	13.5 (72.6%)
110	JUSTYŃSKI Andrzej	181	CKS ORKA SZCZECIN	M-40	32	00:00:11	01:06:40.68	01:06:51.85	+00:18:15 (27.4%)	4:26	13.5 (72.6%)
111	CHWIEDUK Andrzej	76		M-30	40	00:00:12	01:06:44.73	01:06:57.66	+00:18:19 (27.5%)	4:26	13.5 (72.6%)
112	KRYNICKA Magdalena	249		K-16	2	00:00:06	01:06:45.09	01:06:51.78	+00:18:20 (27.5%)	4:27	13.5 (72.6%)
113	KRÓL Piotr	241		M-50	18	00:00:19	01:06:46.18	01:07:05.44	+00:18:21 (27.5%)	4:27	13.5 (72.6%)
114	KUBIK Krystian	258	RUNGRYF GRYFICE	M-30	41	00:00:00	01:07:00.25	01:07:00.56	+00:18:35 (27.7%)	4:28	13.4 (72.0%)
115	BUDYCH Arek	57		M-40	33	00:00:27	01:07:06.89	01:07:34.47	+00:18:42 (27.9%)	4:28	13.4 (72.0%)
116	ŚWITAL Leszek	496	MORSY MARGONIN	M-50	19	00:00:11	01:07:10.43	01:07:22.14	+00:18:45 (27.9%)	4:28	13.4 (72.0%)
117	LENDZIONOWSKI Artur	281	GREENSY HEROES	M-40	34	00:00:21	01:07:17.31	01:07:38.33	+00:18:52 (28.0%)	4:29	13.4 (72.0%)
118	GIŻYCKI Łukasz	134		M-16	7	00:00:09	01:07:17.40	01:07:26.51	+00:18:52 (28.1%)	4:29	13.4 (72.0%)
119	KLUPŚ Marta	208		K-16	3	00:00:02	01:07:21.82	01:07:24.46	+00:18:56 (28.1%)	4:29	13.4 (72.0%)
120	JURKIEWICZ Krystian	179		M-16	8	00:00:15	01:07:22.59	01:07:38.03	+00:18:57 (28.1%)	4:29	13.4 (72.0%)
121	MATUSZCZYK Paweł	323	MOVEMIRACLE	M-50	20	00:00:12	01:07:23.56	01:07:36.01	+00:18:58 (28.2%)	4:29	13.4 (72.0%)
122	FIAŁKOWSKI Krzysztof	116	TERMINATORUN	M-50	21	00:00:13	01:07:29.48	01:07:43.29	+00:19:04 (28.3%)	4:29	13.3 (71.5%)
123	ZWOLIŃSKI Jan	580	TKKF KOSZALIN	M-50	22	00:00:20	01:07:36.53	01:07:57.40	+00:19:11 (28.4%)	4:30	13.3 (71.5%)
124	KUCHNA Nikodem	261		M-16	9	00:00:35	01:07:42.05	01:08:17.15	+00:19:17 (28.5%)	4:30	13.3 (71.5%)
125	KUKIEŁA Tomasz	265	FCMIK/BIEGOLAS KOSZALIN	M-40	35	00:00:15	01:07:50.94	01:08:06.10	+00:19:26 (28.6%)	4:31	13.3 (71.5%)
126	BACHLIŃSKI Daniel	15		M-16	10	00:00:17	01:07:51.86	01:08:09.48	+00:19:27 (28.7%)	4:31	13.3 (71.5%)
127	SAJ Marek	424		M-40	36	00:00:10	01:07:59.24	01:08:09.58	+00:19:34 (28.8%)	4:31	13.2 (71.0%)
128	ANTONOWICZ Wojciech	9		M-60	5	00:00:17	01:08:03.51	01:08:20.94	+00:19:38 (28.9%)	4:32	13.2 (71.0%)
129	ANDRZEJCZAK Anna	6	NKB CHYŻY NOWY TOMYŚL	K-40	3	00:00:17	01:08:03.74	01:08:21.25	+00:19:38 (28.9%)	4:32	13.2 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
130	SZAFRANEK Krzysztof	473		M-30	42	00:00:42	01:08:11.68	01:08:54.38	+00:19:46 (29.0%)	4:32	13.2 (71.0%)
131	PISARENOK Adam	388		M-40	37	00:00:07	01:08:13.55	01:08:20.75	+00:19:48 (29.0%)	4:32	13.2 (71.0%)
132	MAJKA Dariusz	302	BIEGACZE ŚWINOUJŚCIA	M-40	38	00:00:02	01:08:16.78	01:08:19.14	+00:19:51 (29.1%)	4:33	13.2 (71.0%)
133	AUGUSTYNIAK Grzegorz	13		M-40	39	00:00:07	01:08:19.01	01:08:26.90	+00:19:54 (29.1%)	4:33	13.2 (71.0%)
134	BANASIAK Agnieszka	19		K-40	4	00:00:16	01:08:19.17	01:08:36.14	+00:19:54 (29.1%)	4:33	13.2 (71.0%)
135	JABŁOŃSKI Andrzej	163	TEAM JABŁOŃSCY	M-50	23	00:00:12	01:08:19.73	01:08:32.53	+00:19:54 (29.1%)	4:33	13.2 (71.0%)
136	MAZUR Emiliusz	327	PSP KOSZALIN	M-40	40	00:00:11	01:08:33.64	01:08:45.15	+00:20:08 (29.4%)	4:34	13.1 (70.4%)
137	PRAWDA Sebastian	396	MELON, GREJPFRUT I SPÓŁKA	M-40	41	00:00:24	01:08:36.56	01:09:00.78	+00:20:11 (29.4%)	4:34	13.1 (70.4%)
138	KADŁUBOWSKI Przemysław	185	KARLINOBIEGAJ	M-30	43	00:00:29	01:08:36.68	01:09:05.87	+00:20:11 (29.4%)	4:34	13.1 (70.4%)
139	MARCINKOWSKI Zbigniew	316	HOMANIT	M-50	24	00:00:04	01:08:40.36	01:08:44.56	+00:20:15 (29.5%)	4:34	13.1 (70.4%)
140	RATAJCZAK Janusz	408	KB AKTYWNI KRZYŻ WLKP	M-60	6	00:00:08	01:08:43.17	01:08:51.50	+00:20:18 (29.5%)	4:34	13.1 (70.4%)
141	BIEDRZYCKI Daniel	34	12 PUŁK LOGISTYCZNY	M-40	42	00:00:18	01:08:43.65	01:09:02.64	+00:20:18 (29.6%)	4:34	13.1 (70.4%)
142	NOWICKA Karolina	360	KB WYGAN	K-40	5	00:00:02	01:08:43.92	01:08:46.89	+00:20:19 (29.6%)	4:34	13.1 (70.4%)
143	GAWRYSIAK Przemysław	129		M-40	43	00:00:20	01:08:54.51	01:09:14.98	+00:20:29 (29.7%)	4:35	13.1 (70.4%)
144	CHODOR Martyna	73	7PRO SIÓDMIAK TEAM	K-40	6	00:00:11	01:08:59.01	01:09:10.21	+00:20:34 (29.8%)	4:35	13 (69.9%)
145	PIETKIEWICZ Agata	384	FIZJOBIEGACZE SZCZECIN	K-16	4	00:00:05	01:08:59.06	01:09:04.47	+00:20:34 (29.8%)	4:35	13 (69.9%)
146	KIERZEK Przemysław	591	PŁONĄCE UDA	M-40	44	00:00:10	01:09:03.23	01:09:13.64	+00:20:38 (29.9%)	4:36	13 (69.9%)
147	LENIO Dariusz	282		M-40	45	00:00:00	01:09:07.96	01:09:08.28	+00:20:43 (30.0%)	4:36	13 (69.9%)
148	STORCZYK-RAK Agnieszka	460		K-30	9	00:00:04	01:09:14.20	01:09:18.97	+00:20:49 (30.1%)	4:36	13 (69.9%)
149	MAZIEC Beata	325	NICE'S RUNNERSTEAM	K-30	10	00:00:05	01:09:23.43	01:09:28.50	+00:20:58 (30.2%)	4:37	13 (69.9%)
150	SZCZYGIELSKI Radosław	478		M-30	44	00:00:15	01:09:24.30	01:09:39.94	+00:20:59 (30.2%)	4:37	13 (69.9%)
151	STRZAŁA Marcin	462	WŁĄCZ AKTYWNOŚĆ	M-40	46	00:00:39	01:09:24.78	01:10:03.87	+00:20:59 (30.3%)	4:37	13 (69.9%)
152	WYSOCKI Piotr	561	STONEMAN TRIATHLON TEAM	M-30	45	00:00:10	01:09:25.71	01:09:36.43	+00:21:00 (30.3%)	4:37	13 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
153	KUJTKOWSKA Urszula	264		K-30	11	00:00:37	01:09:39.61	01:10:17.56	+00:21:14 (30.5%)	4:38	12.9 (69.4%)
154	MAZUR Tomasz	326	I LO SZCZECINEK	M-40	47	00:00:03	01:09:47.79	01:09:51.13	+00:21:22 (30.6%)	4:39	12.9 (69.4%)
155	ZYGAN Marcin	581	KOŁOBRZEG BIEGA	M-40	48	00:00:21	01:09:54.07	01:10:15.38	+00:21:29 (30.7%)	4:39	12.9 (69.4%)
156	KOWALCZYK Marcin	224	STOPA SŁUPSK	M-40	49	00:00:12	01:09:54.29	01:10:06.56	+00:21:29 (30.7%)	4:39	12.9 (69.4%)
157	ANTOSIK Grzegorz	10	KB BRYZA POSTOMINO	M-40	50	00:00:06	01:10:02.67	01:10:08.74	+00:21:37 (30.9%)	4:40	12.9 (69.4%)
158	SUCHANOWSKI Zygmunt	465	RESPECT LOTYŃ	M-50	25	00:00:03	01:10:05.82	01:10:09.76	+00:21:40 (30.9%)	4:40	12.8 (68.8%)
159	KRUK Wojciech	243		M-40	51	00:00:08	01:10:05.84	01:10:14.76	+00:21:40 (30.9%)	4:40	12.8 (68.8%)
160	ADRIAN Paweł	5	ADRIAN	M-30	46	00:00:32	01:10:20.50	01:10:52.85	+00:21:55 (31.2%)	4:41	12.8 (68.8%)
161	BIELIŃSKI Łukasz	35		M-40	52	00:00:42	01:10:27.68	01:11:10.03	+00:22:02 (31.3%)	4:41	12.8 (68.8%)
162	KWIATKOWSKI Konrad	275		M-16	11	00:00:07	01:10:27.94	01:10:35.00	+00:22:03 (31.3%)	4:41	12.8 (68.8%)
163	GAPSKA Rozalia	125	BIEGACZE JÓZEFA NOJI	K-16	5	00:00:06	01:10:29.51	01:10:35.62	+00:22:04 (31.3%)	4:41	12.8 (68.8%)
164	MIELNIK Piotr	340		M-30	47	00:01:01	01:10:55.64	01:11:57.54	+00:22:30 (31.7%)	4:43	12.7 (68.3%)
165	KONECKI Dariusz	216	KB SPOKO SŁAWNO	M-50	26	00:00:30	01:10:59.02	01:11:29.91	+00:22:34 (31.8%)	4:43	12.7 (68.3%)
166	WILCZEWSKI Mariusz	534	KB SPOKO SŁAWNO	M-30	48	00:00:29	01:11:00.67	01:11:29.90	+00:22:35 (31.8%)	4:44	12.7 (68.3%)
167	DĄBROWSKI Wiktor	90	PAŃSTWO DĄBREK	M-30	49	00:00:12	01:11:02.60	01:11:14.90	+00:22:37 (31.9%)	4:44	12.7 (68.3%)
168	OLSZAK Jakub	372		M-16	12	00:00:41	01:11:03.27	01:11:45.22	+00:22:38 (31.9%)	4:44	12.7 (68.3%)
169	KRUK Marcin	244	TKKF KOSZALIN	M-40	53	00:00:07	01:11:18.10	01:11:25.35	+00:22:53 (32.1%)	4:45	12.6 (67.7%)
170	PROKOPIUK Jarosław	398	GDYNIA BIEGA	M-50	27	00:00:09	01:11:20.15	01:11:29.71	+00:22:55 (32.1%)	4:45	12.6 (67.7%)
171	ROMANOWSKI Piotr	412	KO-Ł-OB	M-40	54	00:00:23	01:11:26.76	01:11:50.02	+00:23:01 (32.2%)	4:45	12.6 (67.7%)
172	MARZEC Bogdan	322	MARATONCZYK	M-60	7	00:00:13	01:11:40.39	01:11:53.91	+00:23:15 (32.5%)	4:46	12.6 (67.7%)
173	ZADROŻNY Sławomir	563	STOPKA PILAWA	M-60	8	00:00:37	01:11:40.57	01:12:18.34	+00:23:15 (32.5%)	4:46	12.6 (67.7%)
174	WIŚNIEWSKI Stanisław	537		M-40	55	00:00:21	01:11:48.82	01:12:10.70	+00:23:23 (32.6%)	4:47	12.5 (67.2%)
175	KLIMCZAK Agnieszka	204	BBL SŁUPSK	K-50	2	00:00:39	01:11:51.58	01:12:30.95	+00:23:26 (32.6%)	4:47	12.5 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
176	SASIN Kacper	428	GRABOWO	M-16	13	00:00:17	01:11:54.53	01:12:11.73	+00:23:29 (32.7%)	4:47	12.5 (67.2%)
177	SIŁAKOWSKI Dariusz	439		M-40	56	00:00:12	01:11:55.31	01:12:08.01	+00:23:30 (32.7%)	4:47	12.5 (67.2%)
178	DOMAŃSKI Adam	98	KOŁOBRZEG BIEGA	M-50	28	00:00:14	01:12:01.35	01:12:15.61	+00:23:36 (32.8%)	4:48	12.5 (67.2%)
179	IWANOWICZ Magda	160		K-40	7	00:00:32	01:12:01.47	01:12:33.90	+00:23:36 (32.8%)	4:48	12.5 (67.2%)
180	STRZELECKI Grzegorz	463	FIGA PRACOWNIA PROJEKTOWA	M-40	57	00:00:03	01:12:01.57	01:12:05.11	+00:23:36 (32.8%)	4:48	12.5 (67.2%)
181	MAZUR Mirosław	328	TKKF KOSZALIN	M-50	29	00:00:26	01:12:01.74	01:12:28.30	+00:23:36 (32.8%)	4:48	12.5 (67.2%)
182	FEDORCZAK Joanna	111	NICE'S RUNNERSTEAM	K-40	8	00:00:11	01:12:09.31	01:12:20.45	+00:23:44 (32.9%)	4:48	12.5 (67.2%)
183	RAK Krzysztof	406		M-40	58	00:00:04	01:12:09.92	01:12:14.73	+00:23:45 (32.9%)	4:48	12.5 (67.2%)
184	TRZPIS Piotr	507	BIEGORANEK DARŁOWO	M-40	59	00:00:44	01:12:13.09	01:12:57.44	+00:23:48 (33.0%)	4:48	12.5 (67.2%)
185	CHODOR Izabela	72	TKKF KOSZALIN	K-40	9	00:00:12	01:12:13.21	01:12:25.47	+00:23:48 (33.0%)	4:48	12.5 (67.2%)
186	KUKIEŁKA Wojciech	266		M-40	60	00:00:39	01:12:13.38	01:12:53.09	+00:23:48 (33.0%)	4:48	12.5 (67.2%)
187	MAJEWSKA Dorota	301	BIEGOLAS KOSZALIN	K-50	3	00:00:06	01:12:14.57	01:12:21.22	+00:23:49 (33.0%)	4:48	12.5 (67.2%)
188	SMOLIŃSKI Krzysztof	446	SMOLIŃSCY TEAM	M-40	61	00:00:15	01:12:15.75	01:12:31.54	+00:23:50 (33.0%)	4:49	12.5 (67.2%)
189	ŚWIECIAK Tomasz	494		M-40	62	00:00:27	01:12:20.30	01:12:47.52	+00:23:55 (33.1%)	4:49	12.4 (66.7%)
190	WOLAK Radosław	549	DEZEL TEAM	M-16	14	00:00:22	01:12:28.25	01:12:51.04	+00:24:03 (33.2%)	4:49	12.4 (66.7%)
191	LUDWIKOWSKI Marek	291	KB BRYZA POSTOMINO	M-40	63	00:00:24	01:12:32.47	01:12:57.09	+00:24:07 (33.3%)	4:50	12.4 (66.7%)
192	KOZIARZ Anna	231		K-40	10	00:00:09	01:12:34.51	01:12:44.10	+00:24:09 (33.3%)	4:50	12.4 (66.7%)
193	HANULA Piotr	148	BŁĘKITNY PATROL WWF	M-40	64	00:00:18	01:12:39.89	01:12:58.08	+00:24:15 (33.4%)	4:50	12.4 (66.7%)
194	TOMASZEWICZ Magda	501		K-40	11	00:00:16	01:12:42.98	01:12:59.78	+00:24:18 (33.4%)	4:50	12.4 (66.7%)
195	SIENIAWSKI Krzysiek	436		M-40	65	00:00:17	01:12:45.58	01:13:02.97	+00:24:20 (33.5%)	4:51	12.4 (66.7%)
196	DOSKONAŁY Łukasz	99		M-40	66	00:00:11	01:12:48.29	01:12:59.81	+00:24:23 (33.5%)	4:51	12.4 (66.7%)
197	OWCZARZ Marcin	381	FIGA PRACOWNIA PROJEKTOWA	M-30	50	00:00:03	01:12:54.07	01:12:57.61	+00:24:29 (33.6%)	4:51	12.3 (66.1%)
198	DRZEWIECKI Dominik	103	JAK MASZ TAK BIEĆ, TO LEPIEJ ZEJDŹ	M-16	15	00:00:03	01:12:57.44	01:13:01.23	+00:24:32 (33.6%)	4:51	12.3 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
199	ANDRZEJCZAK Łukasz	7	NKB CHYŻY NOWY TOMYŚL	M-30	51	00:00:18	01:12:58.48	01:13:16.58	+00:24:33 (33.7%)	4:51	12.3 (66.1%)
200	BIALKOWSKI Marcin	33	GRANIT TEAM	M-40	67	00:00:37	01:13:05.63	01:13:43.02	+00:24:40 (33.8%)	4:52	12.3 (66.1%)
201	DŁUGA Magdalena	93	TEAM TERMINATORUN	K-40	12	00:00:12	01:13:07.15	01:13:20.12	+00:24:42 (33.8%)	4:52	12.3 (66.1%)
202	WOJCIECHOWSKA Basia	544		K-16	6	00:00:17	01:13:08.21	01:13:25.50	+00:24:43 (33.8%)	4:52	12.3 (66.1%)
203	FELSKA Natalia	112	MŻS WOŁCZA MAŁA	K-30	12	00:00:35	01:13:09.79	01:13:45.35	+00:24:44 (33.8%)	4:52	12.3 (66.1%)
204	KRZEŚNIEWSKI Marcin	254	FIZJOBIEGACZE SZCZECIN	M-40	68	00:00:00	01:13:16.43	01:13:17.20	+00:24:51 (33.9%)	4:53	12.3 (66.1%)
205	OCHWAT Bartłomiej	364		M-30	52	00:00:13	01:13:19.37	01:13:33.32	+00:24:54 (34.0%)	4:53	12.3 (66.1%)
206	KLUPŚ Agata	207		K-16	7	00:00:10	01:13:30.83	01:13:41.14	+00:25:05 (34.1%)	4:54	12.2 (65.6%)
207	ITRICH Krzysztof	158		M-30	53	00:00:32	01:13:32.15	01:14:04.28	+00:25:07 (34.2%)	4:54	12.2 (65.6%)
208	OGONOWSKI Marek	365	KPP WAŁCZ	M-50	30	00:00:25	01:13:33.65	01:13:59.61	+00:25:08 (34.2%)	4:54	12.2 (65.6%)
209	KURZEPA Daniel	272	BRAK	M-40	69	00:00:17	01:13:42.15	01:13:59.58	+00:25:17 (34.3%)	4:54	12.2 (65.6%)
210	BUNIEWICZ Krzysztof	61		M-50	31	00:00:41	01:13:42.44	01:14:24.37	+00:25:17 (34.3%)	4:54	12.2 (65.6%)
211	KUBINOWSKI Michał	259		M-30	54	00:00:24	01:13:43.76	01:14:07.93	+00:25:18 (34.3%)	4:54	12.2 (65.6%)
212	KILIJAŃSKI Andrzej	199	KPP WAŁCZ	M-40	70	00:00:25	01:13:44.43	01:14:09.50	+00:25:19 (34.3%)	4:54	12.2 (65.6%)
213	KRUKOWSKI Tadeusz	246	BRAK	M-60	9	00:00:20	01:13:45.14	01:14:05.91	+00:25:20 (34.4%)	4:55	12.2 (65.6%)
214	SKRZYPCZYK Wojciech	444		M-30	55	00:00:23	01:13:48.34	01:14:12.30	+00:25:23 (34.4%)	4:55	12.2 (65.6%)
215	LIPKA Daria	289	KPP WAŁCZ	K-30	13	00:00:22	01:13:48.40	01:14:10.86	+00:25:23 (34.4%)	4:55	12.2 (65.6%)
216	KOŚCIUCZUK Bartosz	221		M-40	71	00:00:11	01:13:51.10	01:14:02.82	+00:25:26 (34.4%)	4:55	12.2 (65.6%)
217	SUCHANEK Radosław	464		M-60	10	00:00:13	01:13:52.14	01:14:05.56	+00:25:27 (34.5%)	4:55	12.2 (65.6%)
218	FELSKI Mariusz	114	MŻS WOŁCZA MAŁA	M-50	32	00:00:36	01:14:00.66	01:14:37.51	+00:25:35 (34.6%)	4:56	12.2 (65.6%)
219	ŻDANOW Oleksandr	584		M-40	72	00:00:16	01:14:01.03	01:14:17.56	+00:25:36 (34.6%)	4:56	12.2 (65.6%)
220	WIĘSEK Natalia	530	ULTRA WAY TEAM	K-30	14	00:00:06	01:14:03.92	01:14:10.88	+00:25:39 (34.6%)	4:56	12.2 (65.6%)
221	KAŁUŻA Mariusz	186	PAMIĄTKOWO RUN TEAM	M-40	73	00:00:33	01:14:15.78	01:14:49.26	+00:25:50 (34.8%)	4:57	12.1 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
222	KOWALSKI Dariusz	226	TRIDARKO	M-30	56	00:00:39	01:14:15.96	01:14:55.63	+00:25:51 (34.8%)	4:57	12.1 (65.1%)
223	MAZURKIEWICZ Krystian	330		M-16	16	00:00:35	01:14:16.01	01:14:51.03	+00:25:51 (34.8%)	4:57	12.1 (65.1%)
224	CHUDY Roman	75	RUN TEAM RYDZYNA	M-60	11	00:00:09	01:14:20.28	01:14:30.21	+00:25:55 (34.9%)	4:57	12.1 (65.1%)
225	MYSZYŃSKI Paweł	356		M-40	74	00:00:19	01:14:22.26	01:14:41.52	+00:25:57 (34.9%)	4:57	12.1 (65.1%)
226	GRZESIAK Zbigniew	143		M-50	33	00:00:35	01:14:24.62	01:14:59.97	+00:25:59 (34.9%)	4:57	12.1 (65.1%)
227	KUROWSKI Marcin	270	SHELTIES RACE	M-50	34	00:00:41	01:14:28.58	01:15:09.82	+00:26:03 (35.0%)	4:57	12.1 (65.1%)
228	KUROWSKA Olga	269	SHELTIES RACE	K-40	13	00:00:40	01:14:29.41	01:15:09.46	+00:26:04 (35.0%)	4:57	12.1 (65.1%)
229	MARET Robert	318	LOKATOR NIERUCHOMOŚCI PIŁA	M-40	75	00:00:34	01:14:39.66	01:15:14.53	+00:26:14 (35.2%)	4:58	12.1 (65.1%)
230	GUZIKIEWICZ Mirosław	145	ROZBIEGANY GOLENIOW	M-50	35	00:00:13	01:14:40.87	01:14:54.55	+00:26:16 (35.2%)	4:58	12.1 (65.1%)
231	POLAŃSKI Norbert	392	21BLT	M-40	76	00:00:08	01:14:44.50	01:14:53.01	+00:26:19 (35.2%)	4:58	12 (64.5%)
232	SIKORSKI Adam	437	SIKORROVO	M-40	77	00:00:00	01:14:46.01	01:14:46.01	+00:26:21 (35.2%)	4:59	12 (64.5%)
233	KĘDZIERSKI Bartek	193		M-40	78	00:00:09	01:14:46.92	01:14:56.21	+00:26:22 (35.3%)	4:59	12 (64.5%)
234	GAŁAN Leszek	123		M-60	12	00:00:10	01:14:47.58	01:14:58.50	+00:26:22 (35.3%)	4:59	12 (64.5%)
235	GRABCZEWSKA Ewa	137	KPP WAŁCZ	K-30	15	00:00:24	01:14:51.80	01:15:16.80	+00:26:26 (35.3%)	4:59	12 (64.5%)
236	BAJGERT Wojciech	18	VOLTAIX.PL	M-16	17	00:00:05	01:14:52.25	01:14:57.59	+00:26:27 (35.3%)	4:59	12 (64.5%)
237	PIWEK Adrian	389	STOWARZYSZENIE KRWIODAWCÓW FARA	M-30	57	00:00:03	01:14:54.50	01:14:57.72	+00:26:29 (35.4%)	4:59	12 (64.5%)
238	WÓJCIK Jacek	555		M-40	79	00:00:23	01:14:58.80	01:15:21.83	+00:26:33 (35.4%)	4:59	12 (64.5%)
239	NACHYŁA Piotr	357	STOPA SŁUPSK	M-50	36	00:00:45	01:15:00.10	01:15:45.21	+00:26:35 (35.4%)	5:00	12 (64.5%)
240	JASTROWICZ Maciek	173	NASZE WZGÓRZE TEAM	M-40	80	00:00:30	01:15:05.19	01:15:35.26	+00:26:40 (35.5%)	5:00	12 (64.5%)
241	TWARÓG Eugeniusz	511		M-40	81	00:00:21	01:15:12.40	01:15:33.58	+00:26:47 (35.6%)	5:00	12 (64.5%)
242	KLESZCZ Dawid	203	MŻS WOŁCZA MAŁA	M-30	58	00:00:37	01:15:15.55	01:15:53.00	+00:26:50 (35.7%)	5:01	12 (64.5%)
243	MEYER Joanna	336		K-50	4	00:00:09	01:15:16.44	01:15:25.90	+00:26:51 (35.7%)	5:01	12 (64.5%)
244	KRZYŻAŃSKI Jakub	255		M-40	82	00:00:16	01:15:20.91	01:15:37.41	+00:26:56 (35.7%)	5:01	11.9 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
245	KOŁODZIEJCZAK Grzegorz	214		M-50	37	00:00:21	01:15:26.63	01:15:48.39	+00:27:01 (35.8%)	5:01	11.9 (64.0%)
246	MAZURSKI Paweł	331		M-30	59	00:00:18	01:15:31.68	01:15:50.08	+00:27:06 (35.9%)	5:02	11.9 (64.0%)
247	BIRLET Paweł	39		M-40	83	00:00:09	01:15:35.16	01:15:44.68	+00:27:10 (35.9%)	5:02	11.9 (64.0%)
248	CHAMIER GLISZCZYŃSKI Marian	68	TUCHOMSKIE ORŁY	M-50	38	00:00:16	01:15:40.46	01:15:57.35	+00:27:15 (36.0%)	5:02	11.9 (64.0%)
249	LEWANDOWSKI Grzegorz	285	STOWARZYSZENIE BIEGACZY GMINA SZYDŁOWO	M-40	84	00:00:08	01:15:44.49	01:15:52.55	+00:27:19 (36.1%)	5:02	11.9 (64.0%)
250	DĄBROWSKI Marek	89	BIEGACZE JÓZEFA NOJI	M-50	39	00:00:20	01:15:46.40	01:16:06.57	+00:27:21 (36.1%)	5:03	11.9 (64.0%)
251	WYSOCKA Urszula	560		K-40	14	00:00:08	01:15:50.56	01:15:59.28	+00:27:25 (36.2%)	5:03	11.9 (64.0%)
252	SAWIŃSKI Jacek	431		M-40	85	00:00:13	01:15:51.70	01:16:05.54	+00:27:26 (36.2%)	5:03	11.9 (64.0%)
253	BRANICKI Dawid	51		M-40	86	00:00:20	01:15:53.25	01:16:13.47	+00:27:28 (36.2%)	5:03	11.9 (64.0%)
254	KWAŚNIAK Przemysław	274		M-40	87	00:01:04	01:15:58.11	01:17:03.02	+00:27:33 (36.3%)	5:03	11.8 (63.4%)
255	SZYMAŃSKI Roman	484	BUKOWSKI KLUB BIEGACZA	M-50	40	00:00:40	01:16:00.42	01:16:41.35	+00:27:35 (36.3%)	5:04	11.8 (63.4%)
256	BIMPTZAS Achillefs	38	KOURKOURIKIS TRAINING TEAM	M-50	41	00:00:22	01:16:03.82	01:16:26.78	+00:27:38 (36.4%)	5:04	11.8 (63.4%)
257	RĘBISZ Jan	410		M-60	13	00:00:40	01:16:11.06	01:16:51.22	+00:27:46 (36.5%)	5:04	11.8 (63.4%)
258	BOBER Kamil	40	#ZALINIAMETYTEAM	M-30	60	00:00:33	01:16:14.94	01:16:48.26	+00:27:50 (36.5%)	5:04	11.8 (63.4%)
259	ZYGAROWICZ Janusz	582	WCR BYDGOSZCZ	M-50	42	00:00:18	01:16:16.73	01:16:34.83	+00:27:51 (36.5%)	5:05	11.8 (63.4%)
260	CIEKLIŃSKI Jacek	78	POD KOSZEM	M-30	61	00:00:36	01:16:40.02	01:17:16.96	+00:28:15 (36.9%)	5:06	11.7 (62.9%)
261	WOJCIECHOWSKA-HRYCYK Agata	532		K-50	5	00:00:28	01:16:41.68	01:17:10.17	+00:28:16 (36.9%)	5:06	11.7 (62.9%)
262	MAKAŚ Sebastian	304		M-30	62	00:00:28	01:16:45.83	01:17:14.22	+00:28:20 (36.9%)	5:07	11.7 (62.9%)
263	KIERZNOWSKI Andrzej	197	KB WYGAN	M-60	14	00:00:41	01:16:47.22	01:17:28.74	+00:28:22 (36.9%)	5:07	11.7 (62.9%)
264	PIWOWARSKI Jarosław	390		M-40	88	00:00:32	01:16:48.92	01:17:21.40	+00:28:24 (37.0%)	5:07	11.7 (62.9%)
265	SYDONOWICZ Kinga	472	TEAM TERMINATORUN	K-16	8	00:00:13	01:16:55.25	01:17:08.71	+00:28:30 (37.1%)	5:07	11.7 (62.9%)
266	SZUBERT Julia	480	KOŁOBRZEG BIEGA	K-16	9	00:00:33	01:16:55.38	01:17:29.24	+00:28:30 (37.1%)	5:07	11.7 (62.9%)
267	ZAWORA Wiesław	566	TEAM TERMINATORUN	M-50	43	00:00:12	01:16:56.49	01:17:09.26	+00:28:31 (37.1%)	5:07	11.7 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
268	LIPIŃSKI Krzysztof	288	KB MANIAC POZNAŃ	M-60	15	00:00:26	01:16:56.59	01:17:23.57	+00:28:31 (37.1%)	5:07	11.7 (62.9%)
269	PŁAWECKI Andrzej	588	BIEGACZE JÓZEFA NOJI	M-16	18	00:00:06	01:16:56.66	01:17:02.78	+00:28:31 (37.1%)	5:07	11.7 (62.9%)
270	ZIELIŃSKA Danuta	570	USB USTKA	K-40	15	00:00:07	01:17:03.35	01:17:11.17	+00:28:38 (37.2%)	5:08	11.7 (62.9%)
271	ZIELINSKA Marzena	569		K-50	6	00:00:40	01:17:12.61	01:17:52.75	+00:28:47 (37.3%)	5:08	11.7 (62.9%)
272	KACHNOWICZ-BUKAŁA Izabela	183	PUSZCZYK BUKOWY	K-50	7	00:00:13	01:17:18.17	01:17:32.11	+00:28:53 (37.4%)	5:09	11.6 (62.4%)
273	KOPCEWICZ Robert	217	BIEGOLENIE GOLENIÓW	M-50	44	00:00:13	01:17:18.21	01:17:32.21	+00:28:53 (37.4%)	5:09	11.6 (62.4%)
274	MACIAS Justyna	297	KB BRYZA POSTOMINO	K-30	16	00:00:19	01:17:28.82	01:17:48.28	+00:29:03 (37.5%)	5:09	11.6 (62.4%)
275	SEMENOWICZ Michał	433		M-30	63	00:00:29	01:17:33.84	01:18:03.07	+00:29:08 (37.6%)	5:10	11.6 (62.4%)
276	KLUPŚ Monika	209	POZYTYWNI Z PASJĄ	K-40	16	00:00:25	01:17:33.86	01:17:59.26	+00:29:09 (37.6%)	5:10	11.6 (62.4%)
277	GAWRYJOŁEK Szymon	128		M-30	64	00:00:26	01:17:39.77	01:18:05.86	+00:29:14 (37.7%)	5:10	11.6 (62.4%)
278	SAWICKA - WERS Urszula	429	NADMORSZY BIEGACZE KOŁOBRZEG	K-30	17	00:00:23	01:17:40.45	01:18:04.42	+00:29:15 (37.7%)	5:10	11.6 (62.4%)
279	OLEJNIK Mariusz	369		M-40	89	00:00:05	01:17:48.70	01:17:53.89	+00:29:23 (37.8%)	5:11	11.6 (62.4%)
280	TYLL Karol	513		M-40	90	00:00:46	01:17:49.58	01:18:36.06	+00:29:24 (37.8%)	5:11	11.6 (62.4%)
281	MISZCZYSZYN Bartosz	345	-	M-40	91	00:00:31	01:17:52.55	01:18:24.38	+00:29:27 (37.8%)	5:11	11.6 (62.4%)
282	AUGUSTYNIAK Grzegorz	12	UKL FENIKSŚWIDWIN	M-40	92	00:00:31	01:17:54.79	01:18:26.17	+00:29:29 (37.9%)	5:11	11.6 (62.4%)
283	SZCZERBA Łukasz	476		M-40	93	00:00:28	01:18:00.76	01:18:29.14	+00:29:35 (37.9%)	5:12	11.5 (61.8%)
284	ŚWIĄTEK Adam	493		M-30	65	00:00:40	01:18:01.86	01:18:42.48	+00:29:37 (38.0%)	5:12	11.5 (61.8%)
285	TITARENKO Danylo	499	GRABOWO	M-16	19	00:00:15	01:18:04.87	01:18:20.41	+00:29:40 (38.0%)	5:12	11.5 (61.8%)
286	MIKULSKA GAWLE Karina	342	UNITY LINE	K-40	17	00:00:15	01:18:05.86	01:18:21.46	+00:29:41 (38.0%)	5:12	11.5 (61.8%)
287	KULCZYK Katarzyna	267	KB BRYZA POSTOMINO	K-40	18	00:00:30	01:18:06.09	01:18:36.13	+00:29:41 (38.0%)	5:12	11.5 (61.8%)
288	ORŁOWSKI Paweł	376		M-50	45	00:00:47	01:18:12.43	01:18:59.86	+00:29:47 (38.1%)	5:12	11.5 (61.8%)
289	LACHCIK Iwona	276		K-40	19	00:00:26	01:18:14.31	01:18:40.86	+00:29:49 (38.1%)	5:12	11.5 (61.8%)
290	WOJCIECHOWSKA Wanda	545		K-50	8	00:00:28	01:18:15.56	01:18:44.45	+00:29:50 (38.1%)	5:13	11.5 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
291	WOLSKI Tomasz	551	WIECZORNE BIEGANIE W SZCZECINIE	M-50	46	00:00:10	01:18:17.27	01:18:27.73	+00:29:52 (38.2%)	5:13	11.5 (61.8%)
292	BOJANOWSKI Michał	45	KOŁOBRZESKI KLUB MORSÓW	M-40	94	00:00:33	01:18:22.08	01:18:55.37	+00:29:57 (38.2%)	5:13	11.5 (61.8%)
293	JABŁOŃSKA Katarzyna	162		K-40	20	00:00:24	01:18:22.70	01:18:47.39	+00:29:57 (38.2%)	5:13	11.5 (61.8%)
294	WOJDYLEWSKI Ariel	546		M-40	95	00:00:16	01:18:23.60	01:18:39.75	+00:29:58 (38.2%)	5:13	11.5 (61.8%)
295	BRZEZIŃSKI Krystian	55	POLARIS	M-30	66	00:00:17	01:18:24.06	01:18:42.03	+00:29:59 (38.2%)	5:13	11.5 (61.8%)
296	TUROWICZ Mikołaj	510		M-16	20	00:00:20	01:18:30.24	01:18:50.49	+00:30:05 (38.3%)	5:14	11.5 (61.8%)
297	KATA Marcin	192	DZIKIE ŻÓLWIE	M-40	96	00:00:47	01:18:31.53	01:19:19.34	+00:30:06 (38.3%)	5:14	11.5 (61.8%)
298	BAGIŃSKI Piotr	16		M-40	97	00:00:17	01:18:36.07	01:18:53.99	+00:30:11 (38.4%)	5:14	11.5 (61.8%)
299	KASPRZYK Bogdan	190	KS WILKI POMORSKIE	M-50	47	00:00:20	01:18:48.45	01:19:08.50	+00:30:23 (38.6%)	5:15	11.4 (61.3%)
300	SIUTA Marta	441		K-40	21	00:00:08	01:18:50.48	01:18:59.45	+00:30:25 (38.6%)	5:15	11.4 (61.3%)
301	TUDRUJ Andrzej	508		M-50	48	00:00:28	01:18:55.26	01:19:23.59	+00:30:30 (38.7%)	5:15	11.4 (61.3%)
302	STACHOWSKI Andrzej	453	MONIA GYM	M-50	49	00:00:34	01:18:58.81	01:19:33.66	+00:30:33 (38.7%)	5:15	11.4 (61.3%)
303	MISZTELA Robert	346	GRABOWO	M-30	67	00:00:14	01:19:02.54	01:19:17.47	+00:30:37 (38.7%)	5:16	11.4 (61.3%)
304	MAKOWSKI Wojtek	307		M-16	21	00:00:57	01:19:13.61	01:20:10.83	+00:30:48 (38.9%)	5:16	11.4 (61.3%)
305	GAPSKI Bogdan	126	BIEGACZE JÓZEFA NOJI	M-50	50	00:00:06	01:19:14.80	01:19:21.37	+00:30:49 (38.9%)	5:16	11.4 (61.3%)
306	MALICKI Grzegorz	309	SCYZORYK	M-50	51	00:00:28	01:19:20.98	01:19:49.10	+00:30:56 (39.0%)	5:17	11.3 (60.8%)
307	STACHOWIAK Ryszard	452		M-70	1	00:00:04	01:19:25.95	01:19:30.68	+00:31:01 (39.0%)	5:17	11.3 (60.8%)
308	GRZESIAK Magdalena	144		K-40	22	00:00:25	01:19:28.72	01:19:54.66	+00:31:03 (39.1%)	5:17	11.3 (60.8%)
309	KLINGER Alan	206	WSPÓLNA PASJA ŻORY	M-40	98	00:00:34	01:19:29.94	01:20:03.97	+00:31:05 (39.1%)	5:17	11.3 (60.8%)
310	MONGIAŁO Marcin	352		M-40	99	00:00:57	01:19:37.22	01:20:34.87	+00:31:12 (39.2%)	5:18	11.3 (60.8%)
311	BOROWIEC Mariusz	48		M-50	52	00:00:54	01:19:55.18	01:20:49.68	+00:31:30 (39.4%)	5:19	11.3 (60.8%)
312	BEDNARCZYK Arkadiusz	27	STOPA SŁUPSK	M-50	53	00:00:45	01:20:07.04	01:20:52.34	+00:31:42 (39.6%)	5:20	11.2 (60.2%)
313	FURMAN Tomasz	120		M-50	54	00:00:23	01:20:09.20	01:20:33.11	+00:31:44 (39.6%)	5:20	11.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
314	PROKOPOWICZ Marcin	399	3:33 TEAM	M-40	100	00:00:27	01:20:09.51	01:20:36.79	+00:31:44 (39.6%)	5:20	11.2 (60.2%)
315	LASOTA Mirosław	278		M-70	2	00:00:19	01:20:13.42	01:20:32.56	+00:31:48 (39.7%)	5:20	11.2 (60.2%)
316	KRUK Waldemar	245		M-50	55	00:00:10	01:20:14.18	01:20:24.84	+00:31:49 (39.7%)	5:20	11.2 (60.2%)
317	JANIAK Damian	166	GRABOWO	M-16	22	00:00:17	01:20:18.14	01:20:35.68	+00:31:53 (39.7%)	5:21	11.2 (60.2%)
318	JUSZCZAK Jarosław	182		M-30	68	00:00:34	01:20:19.32	01:20:54.13	+00:31:54 (39.7%)	5:21	11.2 (60.2%)
319	TALAGA Rafał	497		M-40	101	00:00:44	01:20:19.73	01:21:04.38	+00:31:54 (39.7%)	5:21	11.2 (60.2%)
320	SPICZAK-BRZEZIŃSKI Piotr	451		M-16	23	00:00:55	01:20:32.09	01:21:27.40	+00:32:07 (39.9%)	5:22	11.2 (60.2%)
321	OLECHNOWICZ Sławomir	368	STOPA SŁUPSK	M-40	102	00:00:44	01:20:34.57	01:21:19.22	+00:32:09 (39.9%)	5:22	11.2 (60.2%)
322	BOGACKA Lucyna	42	TKKF KOSZALIN	K-60	1	00:00:30	01:20:37.81	01:21:08.75	+00:32:12 (40.0%)	5:22	11.2 (60.2%)
323	KRYSZCZUK Piotr	252	JAK MASZ TAK BIEĆ, TO LEPIEJ ZEJDŹ	M-40	103	00:00:03	01:20:39.22	01:20:43.19	+00:32:14 (40.0%)	5:22	11.2 (60.2%)
324	RUTKOWSKI Artur	420		M-30	69	00:00:04	01:20:47.29	01:20:51.34	+00:32:22 (40.1%)	5:23	11.1 (59.7%)
325	DĄBROWSKA Dorota	87	BIEGACZE JÓZEFA NOJI	K-50	9	00:00:20	01:20:47.31	01:21:08.05	+00:32:22 (40.1%)	5:23	11.1 (59.7%)
326	KIRAGA Jarek	200	TRAINING TANK	M-30	70	00:00:41	01:20:47.33	01:21:28.92	+00:32:22 (40.1%)	5:23	11.1 (59.7%)
327	DZIWIŃSKI Wojciech	109		M-30	71	00:00:30	01:20:47.94	01:21:18.36	+00:32:23 (40.1%)	5:23	11.1 (59.7%)
328	GRABOWSKA Marta	138		K-30	18	00:00:33	01:20:51.72	01:21:24.77	+00:32:26 (40.1%)	5:23	11.1 (59.7%)
329	PRYCA Adam	401		M-40	104	00:00:22	01:20:56.65	01:21:19.02	+00:32:31 (40.2%)	5:23	11.1 (59.7%)
330	WASIAK Sylwester	520	GWIEZDNA FLOTA MASZEWO	M-40	105	00:00:11	01:20:58.90	01:21:10.27	+00:32:34 (40.2%)	5:23	11.1 (59.7%)
331	CIEŚLAK Monika	82		K-30	19	00:00:15	01:21:00.82	01:21:16.60	+00:32:35 (40.2%)	5:24	11.1 (59.7%)
332	SZYMAŃSKI Artur	485	BS FAMILY TEAM	M-40	106	00:00:15	01:21:06.56	01:21:22.22	+00:32:41 (40.3%)	5:24	11.1 (59.7%)
333	LASOTA Grzegorz	280		M-50	56	00:00:30	01:21:18.07	01:21:48.34	+00:32:53 (40.5%)	5:25	11.1 (59.7%)
334	KACZMAREK Adrian	184		M-16	24	00:00:30	01:21:20.21	01:21:50.98	+00:32:55 (40.5%)	5:25	11.1 (59.7%)
335	MAKSZEWSKA Aleksandra	308		K-16	10	00:00:29	01:21:24.82	01:21:54.17	+00:32:59 (40.5%)	5:25	11.1 (59.7%)
336	ZWIRBLIS Arkadiusz	579		M-30	72	00:00:27	01:21:26.95	01:21:54.74	+00:33:02 (40.6%)	5:25	11.1 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
337	KOZACZUK Grzegorz	229		M-40	107	00:00:33	01:21:34.20	01:22:07.72	+00:33:09 (40.6%)	5:26	11 (59.1%)
338	WOJDA Paulina	596		K-30	20	00:00:21	01:21:36.86	01:21:58.74	+00:33:12 (40.7%)	5:26	11 (59.1%)
339	BUJANOWSKI Grzegorz	59	STOWARZYSZENIE BIEGACZY GMINA SZYDŁOWO	M-40	108	00:00:36	01:21:40.71	01:22:17.42	+00:33:15 (40.7%)	5:26	11 (59.1%)
340	MURAWSKA Monika	353	BIEGACZE ŚWINOUJŚCIA	K-40	23	00:00:15	01:21:42.14	01:21:57.69	+00:33:17 (40.7%)	5:26	11 (59.1%)
341	ZENEL Marek	567		M-60	16	00:00:19	01:21:43.01	01:22:02.02	+00:33:18 (40.8%)	5:26	11 (59.1%)
342	BOBER Anna	41	#ZALINIAMETYTEAM	K-30	21	00:00:32	01:21:51.75	01:22:24.72	+00:33:26 (40.9%)	5:27	11 (59.1%)
343	BARTMAN Radosław	24		M-16	25	00:02:36	01:21:53.68	01:24:30.62	+00:33:28 (40.9%)	5:27	11 (59.1%)
344	OSOBNIAK Ryszard	378		M-60	17	00:00:38	01:21:58.54	01:22:37.44	+00:33:33 (40.9%)	5:27	11 (59.1%)
345	KLIMEK Andrzej	205		M-50	57	00:00:41	01:22:01.57	01:22:43.40	+00:33:36 (41.0%)	5:28	11 (59.1%)
346	OCHOWIAK Piotr	362		M-50	58	00:00:30	01:22:02.40	01:22:33.14	+00:33:37 (41.0%)	5:28	11 (59.1%)
347	GREUDA Monika	142	DOBRZANY	K-40	24	00:00:20	01:22:06.25	01:22:27.02	+00:33:41 (41.0%)	5:28	11 (59.1%)
348	SUCHODOLSKA Aleksandra	466		K-30	22	00:00:42	01:22:07.29	01:22:50.27	+00:33:42 (41.0%)	5:28	11 (59.1%)
349	KUZIAK Aleksandra	273	GRABOWO	K-30	23	00:00:16	01:22:16.58	01:22:32.62	+00:33:51 (41.2%)	5:29	10.9 (58.6%)
350	WARNIEŁŁO Adriana	519		K-40	25	00:00:37	01:22:17.63	01:22:55.09	+00:33:52 (41.2%)	5:29	10.9 (58.6%)
351	WIĘSEK Artur	531		M-30	73	00:00:06	01:22:23.38	01:22:30.20	+00:33:58 (41.2%)	5:29	10.9 (58.6%)
352	PIOTROWSKI Łukasz	387		M-40	109	00:00:59	01:22:29.60	01:23:29.28	+00:34:04 (41.3%)	5:29	10.9 (58.6%)
353	WEGNER Marek	523	TKKF WODNIK	M-60	18	00:00:29	01:22:29.70	01:22:59.02	+00:34:04 (41.3%)	5:29	10.9 (58.6%)
354	KOLASA Andrzej	213	KLUB J.ŚŁOWACKIEGO	M-70	3	00:00:14	01:22:31.62	01:22:45.69	+00:34:06 (41.3%)	5:30	10.9 (58.6%)
355	MILCZAREK Janusz	344	WYCIECZKA BIEGOWA	M-60	19	00:00:15	01:22:32.40	01:22:47.80	+00:34:07 (41.3%)	5:30	10.9 (58.6%)
356	MYSIO Lech	354		M-60	20	00:00:19	01:22:34.26	01:22:53.35	+00:34:09 (41.4%)	5:30	10.9 (58.6%)
357	ŁUCZEJKO Sławomir	296	TEAM BIEGOWY SZCZECINEK	M-50	59	00:00:24	01:22:35.84	01:23:00.64	+00:34:10 (41.4%)	5:30	10.9 (58.6%)
358	SZYMKOWIAK-PIASKOWSKA Barbara	489	#ZALINIAMETYTEAM	K-40	26	00:00:05	01:22:37.12	01:22:43.07	+00:34:12 (41.4%)	5:30	10.9 (58.6%)
359	KRYCIŃSKA Jolanta	248		K-40	27	00:00:21	01:22:38.19	01:23:00.00	+00:34:13 (41.4%)	5:30	10.9 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
360	MAZUREK Ryszard	329		M-70	4	00:00:41	01:22:40.30	01:23:21.99	+00:34:15 (41.4%)	5:30	10.9 (58.6%)
361	ŚLĄSKA Małgorzata	490	ZMĘCZENI JUŻ NA STARCIE	K-50	10	00:00:23	01:22:40.37	01:23:03.93	+00:34:15 (41.4%)	5:30	10.9 (58.6%)
362	ADAMOWICZ Anna	2	FIGA PRACOWNIA PROJEKTOWA	K-16	11	00:00:09	01:22:47.57	01:22:57.50	+00:34:22 (41.5%)	5:31	10.9 (58.6%)
363	SZCZECIŃSKI Mariusz	475	KRÓLICZKI W PLECAKU	M-50	60	00:00:42	01:23:06.94	01:23:49.06	+00:34:42 (41.8%)	5:32	10.8 (58.1%)
364	MARZEC Piotr	320		M-50	61	00:00:44	01:23:08.82	01:23:52.98	+00:34:43 (41.8%)	5:32	10.8 (58.1%)
365	SALAWA Anna	425	BIEGAJZMAŃKIEMTEAM	K-30	24	00:00:26	01:23:14.17	01:23:41.06	+00:34:49 (41.8%)	5:32	10.8 (58.1%)
366	MARET Wacław	319	LOKATOR NIERUCHOMOŚCI	M-70	5	00:00:36	01:23:16.46	01:23:53.09	+00:34:51 (41.9%)	5:33	10.8 (58.1%)
367	KOPCIŃSKI Bartłomiej	218		M-16	26	00:00:13	01:23:19.90	01:23:33.24	+00:34:55 (41.9%)	5:33	10.8 (58.1%)
368	KRAJEWSKI Marek	237		M-40	110	00:00:21	01:23:22.72	01:23:44.51	+00:34:57 (41.9%)	5:33	10.8 (58.1%)
369	RĘBELIŃSKA Anna	409		K-40	28	00:00:21	01:23:22.77	01:23:44.61	+00:34:57 (41.9%)	5:33	10.8 (58.1%)
370	OLSZAK Grzegorz	371		M-50	62	00:00:42	01:23:32.67	01:24:15.30	+00:35:07 (42.0%)	5:34	10.8 (58.1%)
371	MONGIAŁO Aleksandra	351		K-30	25	00:00:55	01:23:38.57	01:24:33.87	+00:35:13 (42.1%)	5:34	10.8 (58.1%)
372	OLESIŃSKA Patrycja	370		K-30	26	00:00:25	01:23:56.36	01:24:21.42	+00:35:31 (42.3%)	5:35	10.7 (57.5%)
373	ŁANGOWSKA Iwona	293	KOŁOBRZEG BIEGA	K-50	11	00:00:29	01:24:03.34	01:24:33.29	+00:35:38 (42.4%)	5:36	10.7 (57.5%)
374	WIELUŃSKI Maciej	528	12 PUŁK LOGISTYCZNY	M-30	74	00:00:39	01:24:09.06	01:24:48.19	+00:35:44 (42.5%)	5:36	10.7 (57.5%)
375	DWÓŹNIK Robert	106	DAM RADĘ	M-50	63	00:00:19	01:24:22.87	01:24:42.50	+00:35:58 (42.6%)	5:37	10.7 (57.5%)
376	KUBIAK Andrzej	257		M-70	6	00:00:20	01:24:25.42	01:24:46.06	+00:36:00 (42.7%)	5:37	10.7 (57.5%)
377	TRZECIAK Anna	505	KOŁOBRZEG BIEGA	K-50	12	00:00:29	01:24:26.56	01:24:56.44	+00:36:01 (42.7%)	5:37	10.7 (57.5%)
378	BUSZAC Paweł	65		M-30	75	00:00:40	01:24:34.87	01:25:14.94	+00:36:10 (42.8%)	5:38	10.6 (57.0%)
379	KOWALSKA Katarzyna	225	TRIDARKO	K-30	27	00:00:38	01:24:41.31	01:25:20.27	+00:36:16 (42.8%)	5:38	10.6 (57.0%)
380	CIESZYŃSKA Marta	80	BEAUTY STUDIO LĘBORK	K-40	29	00:00:36	01:24:42.93	01:25:19.31	+00:36:18 (42.9%)	5:38	10.6 (57.0%)
381	LASOTA Irena	279		K-70	1	00:00:19	01:24:43.88	01:25:03.26	+00:36:19 (42.9%)	5:38	10.6 (57.0%)
382	SZYMAŃSKI Andrzej	486		M-40	111	00:00:35	01:24:46.04	01:25:21.48	+00:36:21 (42.9%)	5:39	10.6 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
383	TOFIL Anna	500		K-50	13	00:00:48	01:24:53.06	01:25:41.44	+00:36:28 (43.0%)	5:39	10.6 (57.0%)
384	BUNIEWICZ Adrianna	62		K-50	14	00:00:42	01:24:59.83	01:25:42.68	+00:36:34 (43.0%)	5:39	10.6 (57.0%)
385	BARAŃSKI Grzegorz	21	SAR-BSR KOŁOBRZEG MARATON TEAM	M-50	64	00:00:33	01:25:07.44	01:25:40.85	+00:36:42 (43.1%)	5:40	10.6 (57.0%)
386	RZESZOTARSKI Jacek	422	SAR-BSR KOŁOBRZEG MARATON TEAM	M-40	112	00:00:33	01:25:08.05	01:25:41.24	+00:36:43 (43.1%)	5:40	10.6 (57.0%)
387	CIESZYŃSKI Mariusz	81	BEAUTY STUDIO LĘBORK	M-50	65	00:00:35	01:25:11.98	01:25:47.44	+00:36:47 (43.2%)	5:40	10.6 (57.0%)
388	MARZEC Agnieszka	321		K-40	30	00:00:42	01:25:24.28	01:26:07.20	+00:36:59 (43.3%)	5:41	10.5 (56.5%)
389	OCHOWIAK Amelia	363		K-16	12	00:00:31	01:25:24.44	01:25:55.51	+00:36:59 (43.3%)	5:41	10.5 (56.5%)
390	NOWAK Marcin	359		M-40	113	00:00:00	01:25:31.49	01:25:32.36	+00:37:06 (43.4%)	5:42	10.5 (56.5%)
391	KASZYCA Jakub	191	SMT SZCZECIN	M-16	27	00:00:07	01:25:34.07	01:25:41.10	+00:37:09 (43.4%)	5:42	10.5 (56.5%)
392	KURZAWIŃSKA- Kasia	271	TEAM JABŁOŃSCY	K-50	15	00:00:14	01:25:35.30	01:25:50.16	+00:37:10 (43.4%)	5:42	10.5 (56.5%)
393	OLAS Iwona	367		K-30	28	00:00:35	01:25:35.82	01:26:11.25	+00:37:10 (43.4%)	5:42	10.5 (56.5%)
394	ADAMCZYK Robert	1		M-50	66	00:00:41	01:25:48.20	01:26:30.13	+00:37:23 (43.6%)	5:43	10.5 (56.5%)
395	HANĆ Ryszard	147	NIE ZRZESZONY	M-50	67	00:00:16	01:25:49.15	01:26:05.77	+00:37:24 (43.6%)	5:43	10.5 (56.5%)
396	KLUPŚ Janusz	210	POZYTYWNI Z PASJA	M-50	68	00:00:26	01:25:51.11	01:26:17.75	+00:37:26 (43.6%)	5:43	10.5 (56.5%)
397	MAŁKIŃSKI Józef	314		M-60	21	00:00:29	01:25:51.68	01:26:21.52	+00:37:26 (43.6%)	5:43	10.5 (56.5%)
398	BARTON Krystyna	25	PRZECHEWKO	K-60	2	00:00:14	01:25:55.45	01:26:10.07	+00:37:30 (43.7%)	5:43	10.5 (56.5%)
399	KĘPKA Karolina	194	STOPA SŁUPSK	K-40	31	00:00:43	01:25:56.49	01:26:40.40	+00:37:31 (43.7%)	5:43	10.5 (56.5%)
400	SUŁEK Dorotka	468	KB BRYZA POSTOMINO	K-40	32	00:00:25	01:26:03.64	01:26:28.79	+00:37:38 (43.7%)	5:44	10.5 (56.5%)
401	RÓŻAŃSKI Krzysztof	414		M-50	69	00:00:00	01:26:14.61	01:26:14.93	+00:37:49 (43.9%)	5:44	10.4 (55.9%)
402	WAJS Agnieszka	517		K-40	33	00:00:47	01:26:16.48	01:27:03.86	+00:37:51 (43.9%)	5:45	10.4 (55.9%)
403	MALINOWSKA Anna	310	GRABOWO	K-40	34	00:00:57	01:26:16.90	01:27:14.61	+00:37:52 (43.9%)	5:45	10.4 (55.9%)
404	MITURA Jacek	348		M-40	114	00:00:49	01:26:30.59	01:27:19.78	+00:38:05 (44.0%)	5:46	10.4 (55.9%)
405	POLAŃSKI Dariusz	393		M-50	70	00:00:33	01:26:36.25	01:27:09.65	+00:38:11 (44.1%)	5:46	10.4 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
406	SIUTKOWSKA Martyna	442		K-30	29	00:00:39	01:26:49.48	01:27:29.40	+00:38:24 (44.2%)	5:47	10.4 (55.9%)
407	SĄŁAMASZEK Andrzej	427		M-40	115	00:00:37	01:26:51.53	01:27:29.51	+00:38:26 (44.3%)	5:47	10.4 (55.9%)
408	HINC Piotr	153		M-30	76	00:00:39	01:26:52.32	01:27:32.32	+00:38:27 (44.3%)	5:47	10.4 (55.9%)
409	SILSKI Michał	438		M-30	77	00:00:49	01:26:55.05	01:27:44.59	+00:38:30 (44.3%)	5:47	10.4 (55.9%)
410	ZIELIŃSKI Jacek	573		M-40	116	00:00:37	01:27:00.05	01:27:37.29	+00:38:35 (44.4%)	5:48	10.3 (55.4%)
411	JARECKI Bartosz	171		M-40	117	00:00:48	01:27:09.79	01:27:58.04	+00:38:44 (44.5%)	5:48	10.3 (55.4%)
412	OSTAPIŃSKI Michał	379	SUPER KSIĘGOWY	M-40	118	00:01:02	01:27:11.65	01:28:14.55	+00:38:46 (44.5%)	5:48	10.3 (55.4%)
413	BRODECKA Monika	53	BIEGOLAS KOSZALIN	K-30	30	00:00:29	01:27:11.73	01:27:40.80	+00:38:46 (44.5%)	5:48	10.3 (55.4%)
414	ZIELIŃSKA Berenika	572		K-40	35	00:00:10	01:27:15.05	01:27:25.92	+00:38:50 (44.5%)	5:49	10.3 (55.4%)
415	NAKONIECZNA Katarzyna	358	BIEGOLAS KOSZALIN	K-40	36	00:00:28	01:27:17.51	01:27:46.24	+00:38:52 (44.5%)	5:49	10.3 (55.4%)
416	MAKOWSKI Adam	306		M-30	78	00:00:55	01:27:17.56	01:28:13.31	+00:38:52 (44.5%)	5:49	10.3 (55.4%)
417	RAŚ Ryszard ,marek	407		M-70	7	00:00:04	01:27:21.83	01:27:26.26	+00:38:56 (44.6%)	5:49	10.3 (55.4%)
418	BURBULIS Agnieszka	63	LOKATOR NIERUCHOMOŚCI PIŁA	K-40	37	00:00:36	01:27:23.96	01:27:59.99	+00:38:59 (44.6%)	5:49	10.3 (55.4%)
419	BĘGOWSKA Katarzyna	32	NOGI Z KAMIENIA	K-16	13	00:00:08	01:27:25.50	01:27:33.93	+00:39:00 (44.6%)	5:49	10.3 (55.4%)
420	DOMAGAŁA Radosław	96	ATS R.B	M-30	79	00:00:37	01:27:26.01	01:28:03.90	+00:39:01 (44.6%)	5:49	10.3 (55.4%)
421	TYLL Grzegorz	512		M-60	22	00:00:46	01:27:34.91	01:28:21.49	+00:39:10 (44.7%)	5:50	10.3 (55.4%)
422	GÓRSKI Marek	136		M-40	119	00:00:25	01:27:51.38	01:28:16.58	+00:39:26 (44.9%)	5:51	10.2 (54.8%)
423	FILUT Bartosz	118	GRABOWO	M-16	28	00:00:18	01:27:58.20	01:28:16.87	+00:39:33 (45.0%)	5:51	10.2 (54.8%)
424	BUZAŁA Walenty	67	STOWARZYSZENIE BIEGACZY GMINA SZYDŁOWO	M-60	23	00:00:36	01:27:58.29	01:28:34.96	+00:39:33 (45.0%)	5:51	10.2 (54.8%)
425	WIECZOREK Jaromir	527	GRABOWO	M-30	80	00:00:18	01:27:59.84	01:28:18.24	+00:39:34 (45.0%)	5:51	10.2 (54.8%)
426	MECHECKI Grzegorz	332		M-40	120	00:00:27	01:28:02.45	01:28:29.53	+00:39:37 (45.0%)	5:52	10.2 (54.8%)
427	KĘSICKA-BLOCH Aneta	195		K-40	38	00:00:36	01:28:02.74	01:28:38.94	+00:39:37 (45.0%)	5:52	10.2 (54.8%)
428	KRAJDA Adrian	236		M-30	81	00:00:25	01:28:03.11	01:28:28.89	+00:39:38 (45.0%)	5:52	10.2 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
429	WITKOWSKI Mariusz	540	MAWI GNIEZNO	M-40	121	00:00:31	01:28:10.05	01:28:41.57	+00:39:45 (45.1%)	5:52	10.2 (54.8%)
430	ROSIAK Jacek	413	ZJEW TEAM	M-50	71	00:00:48	01:28:21.32	01:29:10.00	+00:39:56 (45.2%)	5:53	10.2 (54.8%)
431	KROCZYŃSKA Kinga	240		K-40	39	00:00:31	01:28:30.19	01:29:01.38	+00:40:05 (45.3%)	5:54	10.2 (54.8%)
432	HRYCAJ Tomasz	156		M-40	122	00:00:46	01:28:38.81	01:29:25.12	+00:40:13 (45.4%)	5:54	10.2 (54.8%)
433	BEJNAR Katarzyna	30		K-30	31	00:00:27	01:28:47.89	01:29:15.74	+00:40:23 (45.5%)	5:55	10.1 (54.3%)
434	KIEŁKOWSKI Przemysław	196	TAK DLA KOŁOBRZEGU	M-40	123	00:00:00	01:29:01.02	01:29:01.62	+00:40:36 (45.6%)	5:56	10.1 (54.3%)
435	MALINOWSKI Zbigniew	311	KOŁOBRZEG MORZEM DOBRA	M-70	8	00:00:00	01:29:01.21	01:29:02.10	+00:40:36 (45.6%)	5:56	10.1 (54.3%)
436	JANUSZEWSKA Anna	169		K-40	40	00:00:52	01:29:21.74	01:30:14.60	+00:40:56 (45.8%)	5:57	10.1 (54.3%)
437	FENGIER Maksym	115		M-40	124	00:00:00	01:29:22.14	01:29:22.14	+00:40:57 (45.8%)	5:57	10.1 (54.3%)
438	GRABOWSKI Marek	140	BBL ZŁOTÓW	M-50	72	00:00:34	01:29:31.18	01:30:06.06	+00:41:06 (45.9%)	5:58	10.1 (54.3%)
439	BUTOWICZ Adam	66		M-60	24	00:00:35	01:29:37.42	01:30:12.95	+00:41:12 (46.0%)	5:58	10 (53.8%)
440	MŁYNAREK Piotr	349		M-40	125	00:00:50	01:29:51.13	01:30:42.12	+00:41:26 (46.1%)	5:59	10 (53.8%)
441	FILIPIAK Honorata	117		K-30	32	00:00:38	01:30:00.70	01:30:39.21	+00:41:35 (46.2%)	6:00	10 (53.8%)
442	WINIARSKI Marcin	535		M-40	126	00:00:50	01:30:15.51	01:31:05.93	+00:41:50 (46.4%)	6:01	10 (53.8%)
443	SUDER-MAKSYMOWICZ Grzegorz	467		M-40	127	00:00:20	01:30:27.80	01:30:47.88	+00:42:02 (46.5%)	6:01	10 (53.8%)
444	PŁAŻALSKI Łukasz	391		M-40	128	00:00:44	01:30:36.30	01:31:20.31	+00:42:11 (46.6%)	6:02	9.9 (53.2%)
445	OSTROWSKA Kinga	380		K-16	14	00:00:43	01:30:37.22	01:31:20.73	+00:42:12 (46.6%)	6:02	9.9 (53.2%)
446	WOŹNIAK Dariusz	553	WWW.LIMO300C.COM	M-50	73	00:00:01	01:31:06.68	01:31:08.45	+00:42:41 (46.9%)	6:04	9.9 (53.2%)
447	DYMEK Urszula	107	BIEGACZE JÓZEFA NOJI	K-40	41	00:00:20	01:31:08.55	01:31:29.27	+00:42:43 (46.9%)	6:04	9.9 (53.2%)
448	ŻUCHELKOWSKI Henryk	586	NEPTUN KOŁOBRZEG	M-30	82	00:00:45	01:31:17.49	01:32:03.19	+00:42:52 (47.0%)	6:05	9.9 (53.2%)
449	JURKIEWICZ Daniel	180	OLGA	M-40	129	00:00:20	01:31:26.42	01:31:46.98	+00:43:01 (47.1%)	6:05	9.8 (52.7%)
450	DRYMEL Agata	102		K-40	42	00:00:27	01:31:31.46	01:31:58.73	+00:43:06 (47.1%)	6:06	9.8 (52.7%)
451	TRACZYK Tomasz	502		M-40	130	00:00:20	01:31:32.61	01:31:53.24	+00:43:07 (47.1%)	6:06	9.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
452	KAZIMIERCZAK Robert	593		M-50	74	00:00:34	01:31:40.99	01:32:15.14	+00:43:16 (47.2%)	6:06	9.8 (52.7%)
453	SADOWSKA Maria	423	BBL ZŁOTÓW	K-50	16	00:00:33	01:31:41.26	01:32:15.21	+00:43:16 (47.2%)	6:06	9.8 (52.7%)
454	BOJARSKI Karol	46		M-40	131	00:00:51	01:31:44.65	01:32:36.41	+00:43:19 (47.2%)	6:06	9.8 (52.7%)
455	ROMANOWICZ Monika	411	DZIKIE ŻÓŁWIE	K-30	33	00:00:47	01:31:58.35	01:32:45.64	+00:43:33 (47.4%)	6:07	9.8 (52.7%)
456	ZIONTKOWSKA Jolanta	577		K-60	3	00:00:16	01:31:59.19	01:32:15.83	+00:43:34 (47.4%)	6:07	9.8 (52.7%)
457	DOBOSZ Romuald	94	KB 'TUPOT' USTKA	M-70	9	00:00:38	01:32:11.24	01:32:49.58	+00:43:46 (47.5%)	6:08	9.8 (52.7%)
458	RUDZEWICZ Mariusz	418		M-40	132	00:00:02	01:32:16.99	01:32:19.94	+00:43:52 (47.5%)	6:09	9.8 (52.7%)
459	ARTEMENKO Yana	11		K-30	34	00:00:21	01:32:21.59	01:32:43.27	+00:43:56 (47.6%)	6:09	9.7 (52.2%)
460	WOJTKUN Waldemar	548		M-60	25	00:00:27	01:32:30.92	01:32:58.15	+00:44:06 (47.7%)	6:10	9.7 (52.2%)
461	CSULITS Claudia	84		K-50	17	00:00:40	01:32:37.23	01:33:17.91	+00:44:12 (47.7%)	6:10	9.7 (52.2%)
462	GIERSZEWSKI Mateusz	133		M-30	83	00:00:28	01:32:52.40	01:33:21.35	+00:44:27 (47.9%)	6:11	9.7 (52.2%)
463	DĘBSKI Paweł	92		M-16	29	00:00:21	01:32:54.60	01:33:16.39	+00:44:29 (47.9%)	6:11	9.7 (52.2%)
464	KOZŁOWIECKI Waldemar	235	TKKF KOSZALIN	M-70	10	00:00:57	01:32:56.26	01:33:53.97	+00:44:31 (47.9%)	6:11	9.7 (52.2%)
465	DĄBROWSKA Izabela	88		K-30	35	00:00:30	01:33:02.19	01:33:33.10	+00:44:37 (48.0%)	6:12	9.7 (52.2%)
466	GONERSKA Ewa	135	ŚWIERZNO	K-50	18	00:00:29	01:33:13.61	01:33:43.08	+00:44:48 (48.1%)	6:12	9.7 (52.2%)
467	WYGANOWSKI Andrzej	558	WYGAN	M-70	11	00:00:56	01:33:23.41	01:34:20.40	+00:44:58 (48.2%)	6:13	9.6 (51.6%)
468	SOBKOWIAK Ewa	449	100MCP	K-60	4	00:00:50	01:34:25.38	01:35:15.90	+00:46:00 (48.7%)	6:17	9.5 (51.1%)
469	ROSA Mirosław	587		M-40	133	00:00:36	01:34:35.69	01:35:12.47	+00:46:10 (48.8%)	6:18	9.5 (51.1%)
470	KAPLER Mikołaj	189		M-16	30	00:00:23	01:35:00.51	01:35:23.85	+00:46:35 (49.0%)	6:20	9.5 (51.1%)
471	GRABOWSKA Elżbieta	139		K-50	19	00:00:33	01:35:01.03	01:35:34.98	+00:46:36 (49.0%)	6:20	9.5 (51.1%)
472	CHMIELEWSKA Katarzyna	71		K-30	36	00:00:39	01:35:04.10	01:35:43.93	+00:46:39 (49.1%)	6:20	9.5 (51.1%)
473	RYCKIEWICZ Anna	421		K-40	43	00:00:39	01:35:04.22	01:35:43.71	+00:46:39 (49.1%)	6:20	9.5 (51.1%)
474	ŚLEDŹ Przemysław	491		M-40	134	00:00:49	01:35:12.53	01:36:02.19	+00:46:47 (49.1%)	6:20	9.5 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
475	HRYNIEWICZ Rafał	157		M-40	135	00:00:50	01:35:25.20	01:36:15.63	+00:47:00 (49.3%)	6:21	9.4 (50.5%)
476	BOWNIK Marcin	50		M-30	84	00:00:49	01:35:37.17	01:36:26.38	+00:47:12 (49.4%)	6:22	9.4 (50.5%)
477	JOŃCZYK Tadeusz	177	KOŁOBRZEG MARATON TEAM	M-50	75	00:00:31	01:35:54.66	01:36:26.18	+00:47:29 (49.5%)	6:23	9.4 (50.5%)
478	ANGROT Marcin	8		M-40	136	00:00:26	01:36:09.83	01:36:35.99	+00:47:44 (49.7%)	6:24	9.4 (50.5%)
479	BEDNARZ Katarzyna	29		K-50	20	00:00:24	01:36:12.73	01:36:37.17	+00:47:47 (49.7%)	6:24	9.4 (50.5%)
480	WECLAWIAK Marek	522		M-40	137	00:00:50	01:36:15.52	01:37:05.59	+00:47:50 (49.7%)	6:25	9.4 (50.5%)
481	BUCZKOWSKI Jacek	56	12 PUŁK LOGISTYCZNY	M-50	76	00:00:37	01:36:27.76	01:37:05.61	+00:48:02 (49.8%)	6:25	9.3 (50.0%)
482	GIERMAKOWSKA Helena	132		K-40	44	00:00:10	01:36:41.09	01:36:51.14	+00:48:16 (49.9%)	6:26	9.3 (50.0%)
483	HELLER Zdzisław	152		M-60	26	00:00:48	01:37:31.81	01:38:20.46	+00:49:06 (50.4%)	6:30	9.2 (49.5%)
484	MITROSZ Andrzej	347	BRAT ALBERT TEAM	M-60	27	00:00:43	01:37:37.48	01:38:21.32	+00:49:12 (50.4%)	6:30	9.2 (49.5%)
485	BRĘGOSZEWSKA-SZYSZKO Adrianna	52		K-40	45	00:00:26	01:37:42.05	01:38:08.55	+00:49:17 (50.4%)	6:30	9.2 (49.5%)
486	JANCZEWSKI Jacek	165		M-50	77	00:00:49	01:37:47.87	01:38:37.11	+00:49:23 (50.5%)	6:31	9.2 (49.5%)
487	FRYDRYCHOWICZ Lilianna	119	SENIORKA	K-60	5	00:00:23	01:38:06.24	01:38:29.56	+00:49:41 (50.7%)	6:32	9.2 (49.5%)
488	JARCZEWSKA Katarzyna	170		K-16	15	00:00:45	01:38:22.17	01:39:07.51	+00:49:57 (50.8%)	6:33	9.1 (48.9%)
489	RUDINICZ Sylwia	589		K-30	37	00:00:56	01:38:24.60	01:39:21.55	+00:49:59 (50.8%)	6:33	9.1 (48.9%)
490	RUDOWICZ Dawid	590		M-30	85	00:00:57	01:38:24.62	01:39:22.13	+00:49:59 (50.8%)	6:33	9.1 (48.9%)
491	KONDAK Anna	215		K-40	46	00:00:37	01:38:33.56	01:39:11.30	+00:50:08 (50.9%)	6:34	9.1 (48.9%)
492	JAKUBIAK Katarzyna	164		K-40	47	00:00:37	01:38:34.39	01:39:11.52	+00:50:09 (50.9%)	6:34	9.1 (48.9%)
493	ZIELIŃSKI Michał	574		M-30	86	00:00:00	01:38:45.69	01:38:45.69	+00:50:20 (51.0%)	6:35	9.1 (48.9%)
494	KOZAR Paweł	230		M-30	87	00:00:42	01:39:06.30	01:39:48.82	+00:50:41 (51.1%)	6:36	9.1 (48.9%)
495	PRAWDA Iwona	397		K-40	48	00:00:23	01:39:11.20	01:39:34.24	+00:50:46 (51.2%)	6:36	9.1 (48.9%)
496	KLEINSCHMIDT Anja	201		K-50	21	00:00:23	01:39:34.65	01:39:58.16	+00:51:09 (51.4%)	6:38	9 (48.4%)
497	SERKIS Piotr	434		M-30	88	00:00:16	01:39:58.95	01:40:15.55	+00:51:34 (51.6%)	6:39	9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
498	GARBACZ - ZATORSKA Milena	127		K-40	49	00:00:21	01:40:17.08	01:40:38.31	+00:51:52 (51.7%)	6:41	9 (48.4%)
499	STERNALSKI Michał	458	KB HARCOWNIK JELCZ-LASKOWICE	M-40	138	00:00:49	01:40:19.51	01:41:08.57	+00:51:54 (51.7%)	6:41	9 (48.4%)
500	ŁABANOWICZ Jacek	292	GRABOWO	M-16	31	00:00:18	01:40:29.08	01:40:47.14	+00:52:04 (51.8%)	6:41	9 (48.4%)
501	STANIASZEK Bogusław	455	TUPOT USTKA	M-70	12	00:00:35	01:40:31.75	01:41:07.67	+00:52:06 (51.8%)	6:42	9 (48.4%)
502	KRYSA Krzysztof	251		M-50	78	00:00:52	01:40:37.19	01:41:30.15	+00:52:12 (51.9%)	6:42	8.9 (47.8%)
503	WOŹNIAK Piotr	552		M-60	28	00:00:00	01:41:31.30	01:41:31.30	+00:53:06 (52.3%)	6:46	8.9 (47.8%)
504	OKOŃ Stanisław	366	KB WYGAN	M-50	79	00:00:45	01:41:35.58	01:42:20.97	+00:53:10 (52.3%)	6:46	8.9 (47.8%)
505	ZIÓŁKOWSKI Bartłomiej	578		M-30	89	00:00:25	01:41:44.30	01:42:10.14	+00:53:19 (52.4%)	6:46	8.8 (47.3%)
506	DOBROWOLSKI Krystian	95		M-16	32	00:00:12	01:42:08.78	01:42:21.66	+00:53:43 (52.6%)	6:48	8.8 (47.3%)
507	SALITA Lech	426		M-60	29	00:00:46	01:42:57.91	01:43:44.33	+00:54:33 (53.0%)	6:51	8.7 (46.8%)
508	MARCZAK Małgorzata	317	W.P.K.SŁOŃTEAM	K-60	6	00:00:46	01:44:12.38	01:44:58.47	+00:55:47 (53.5%)	6:56	8.6 (46.2%)
509	WOLNY Franciszek	550		M-60	30	00:00:12	01:44:46.50	01:44:58.82	+00:56:21 (53.8%)	6:59	8.6 (46.2%)
510	WITKOWSKA Kinga	538		K-16	16	00:00:20	01:46:04.60	01:46:25.55	+00:57:39 (54.4%)	7:04	8.5 (45.7%)
511	ZACH Sebastian	562	TKKF WODNIK WIĘCBORK	M-50	80	00:00:47	01:46:08.32	01:46:55.35	+00:57:43 (54.4%)	7:04	8.5 (45.7%)
512	TREJDER Maria	503	BAJADERKI KOSZALIN	K-50	22	00:00:29	01:47:12.82	01:47:42.40	+00:58:47 (54.8%)	7:08	8.4 (45.2%)
513	STOPNICKI Ignacy	459	TUPOT USTKA	M-80+	1	00:00:31	01:48:02.02	01:48:33.45	+00:59:37 (55.2%)	7:12	8.3 (44.6%)
514	WÓJCIK Ryszard	554		M-16	33	00:00:51	01:49:24.55	01:50:16.02	+01:00:59 (55.7%)	7:17	8.2 (44.1%)
515	HECIAK Karolina	151		K-16	17	00:00:50	01:49:25.77	01:50:16.69	+01:01:00 (55.8%)	7:17	8.2 (44.1%)
516	SZUTRA Agnieszka	481	7	K-40	50	00:00:31	01:49:42.25	01:50:13.81	+01:01:17 (55.9%)	7:18	8.2 (44.1%)
517	BIERNACKI Rene	37		M-70	13	00:00:00	01:50:00.53	01:50:00.53	+01:01:35 (56.0%)	7:20	8.2 (44.1%)
518	ŚWIERCZYŃSKI Władysław	495		M-70	14	00:00:11	01:50:02.41	01:50:13.91	+01:01:37 (56.0%)	7:20	8.2 (44.1%)
519	KOT Daniel	222	KOT TEAM	M-40	139	00:00:48	01:50:59.53	01:51:48.45	+01:02:34 (56.4%)	7:23	8.1 (43.5%)
520	KRAMER-DWÓŹNIK Ewa	238		K-50	23	00:00:42	01:59:28.44	02:00:11.33	+01:11:03 (59.5%)	7:57	7.5 (40.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
521	LIPIŃSKA Bernadeta	287	KB MANIAC POZNAŃ	K-60	7	00:00:45	01:59:43.69	02:00:29.09	+01:11:18 (59.6%)	7:58	7.5 (40.3%)
522	ŁOPIŃSKI Aleksy	295		M-70	15	00:00:53	02:03:28.89	02:04:21.98	+01:15:04 (60.8%)	8:13	7.3 (39.2%)
523	KOLASA Barbara	212	KLUB J.SŁOWACKIEGO	K-60	8	00:00:13	02:04:41.66	02:04:55.22	+01:16:16 (61.2%)	8:18	7.2 (38.7%)
524	STEC Wioletta	457	14 ZBOT 142 BATALION LEKKIEJ PIECHOTY	K-40	51	00:00:31	02:04:54.87	02:05:26.30	+01:16:30 (61.2%)	8:19	7.2 (38.7%)
525	MILA Przemysław	343		M-40	140	00:00:47					(0.0%)

Znaleziono 525 wynik(ów)