



KOŁOBRZESKA
15-stka ZAŚLUBIN

Klasyfikacja: Wszyscy

KOŁOBRZESKA 15-STKA ZAŚLUBIN

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Miejski Ośrodek Sportu i Rekreacji
2025-03-16
Kołobrzeg
15 km



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	SEMENOVYCH Bogdan	605		M-30	1	00:15:29	00:47:27.79		3:09	19 (100%)
2	DIDOVODIUK Dmytro	621		M-30	2	00:15:29	00:47:31.82	+00:00:04 (0.1%)	3:10	18.9 (99.5%)
3	STADNIK Jacek	476		M-30	3	00:15:54	00:49:10.51	+00:01:42 (3.5%)	3:16	18.3 (96.3%)
4	WITKOWSKI Mateusz	567		M-30	4	00:16:55	00:51:15.75	+00:03:47 (7.4%)	3:25	17.6 (92.6%)
5	CZERNIEWSKI Marcin	86	AML SŁUPSK	M-30	5	00:16:46	00:51:22.11	+00:03:54 (7.6%)	3:25	17.5 (92.1%)
6	SARBAK Bartosz	443	12 PUŁK LOGISTYCZNY W KOŁOBRZEGU	M-16	1	00:16:56	00:52:15.57	+00:04:47 (9.2%)	3:29	17.2 (90.5%)
7	BRZozowska Monika	626		K-40	1	00:18:06	00:53:40.79	+00:06:13 (11.6%)	3:34	16.8 (88.4%)
8	LESYK Rafal	293	FIGA TEAM BIAŁOGARD 1	M-30	6	00:17:50	00:53:41.17	+00:06:13 (11.6%)	3:34	16.8 (88.4%)
9	SEMENOVYCH Natalia	606		K-30	1	00:17:52	00:53:53.59	+00:06:25 (11.9%)	3:35	16.7 (87.9%)
10	NOWAK Piotr	365	KP PSP SZCZECINEK	M-30	7	00:18:16	00:54:30.92	+00:07:03 (12.9%)	3:38	16.5 (86.8%)
11	KARCZ Artur	193	OSP MRZEŻYNO RUNNING TEM	M-40	1	00:18:25	00:55:01.30	+00:07:33 (13.7%)	3:40	16.4 (86.3%)
12	BORYSIUK Arkadiusz	51	ELITE NIERUCHOMOŚCI SZCZECIN	M-30	8	00:18:07	00:55:04.60	+00:07:36 (13.8%)	3:40	16.3 (85.8%)
13	BURZYŃSKI Aleksander	65	733 KLP SŁUPSK	M-40	2	00:18:01	00:55:06.51	+00:07:38 (13.9%)	3:40	16.3 (85.8%)
14	CHYB Radosław	73		M-40	3	00:18:14	00:55:08.36	+00:07:40 (13.9%)	3:40	16.3 (85.8%)
15	ISKRA Paweł	160	CTS	M-30	9	00:18:08	00:55:31.95	+00:08:04 (14.5%)	3:42	16.2 (85.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
16	UZNAŃSKI Wojciech	548	RAZ SZCZECIN	M-30	10	00:18:27	00:55:41.76	+00:08:13 (14.8%)	3:42	16.2 (85.3%)
17	ŁAZOWSKI Marcin	304	PAWIK TEAM	M-40	4	00:18:46	00:55:45.47	+00:08:17 (14.9%)	3:43	16.1 (84.7%)
18	MEYER Irek	334	TV REFRATH	M-50	1	00:18:33	00:56:15.75	+00:08:47 (15.6%)	3:45	16 (84.2%)
19	MACKOJĆ Krzysztof	309	EL-MACKOJĆ	M-50	2	00:18:34	00:56:22.51	+00:08:54 (15.8%)	3:45	16 (84.2%)
20	KOZIEŁ Sebastian	246	FIGA TEAM BIAŁOGARD 1	M-16	2	00:18:31	00:56:28.53	+00:09:00 (16.0%)	3:45	15.9 (83.7%)
21	WERS Krzysztof	556	NADMORSZY BIEGACZE KOŁOBRZEG	M-30	11	00:18:45	00:56:31.95	+00:09:04 (16.0%)	3:46	15.9 (83.7%)
22	ANDRZEJEWSKI Marcin	10	12 PUŁK LOGISTYCZNY	M-40	5	00:18:46	00:56:34.23	+00:09:06 (16.1%)	3:46	15.9 (83.7%)
23	MIKODA Grzegorz	338	BUALOGARD BIEGA	M-40	6	00:18:23	00:56:35.91	+00:09:08 (16.1%)	3:46	15.9 (83.7%)
24	BAŁONIAK-SAŁUDA Kamil	19	ALOHA TEAM	M-30	12	00:18:42	00:56:43.21	+00:09:15 (16.3%)	3:46	15.9 (83.7%)
25	STADNIK Rafał	477		M-40	7	00:19:19	00:56:45.24	+00:09:17 (16.4%)	3:47	15.9 (83.7%)
26	TERLIKOWSKI Grzegorz	533		M-40	8	00:18:29	00:56:48.23	+00:09:20 (16.4%)	3:47	15.8 (83.2%)
27	BOHOMIAHKOVA Khrystyna	43	STAYER RUN CLUB	K-30	2	00:18:47	00:56:50.84	+00:09:23 (16.5%)	3:47	15.8 (83.2%)
28	PARCHETA Wojciech	613	LANGE TRI COACH	M-16	3	00:19:15	00:57:32.98	+00:10:05 (17.5%)	3:50	15.6 (82.1%)
29	PIGŁOWSKI Dawid	401	KANIA TEAM	M-40	9	00:19:11	00:57:33.10	+00:10:05 (17.5%)	3:50	15.6 (82.1%)
30	ULDYNOWICZ Łukasz	545	GRYFICKA SIŁA BIEGOWA	M-40	10	00:18:54	00:57:43.73	+00:10:15 (17.8%)	3:50	15.6 (82.1%)
31	WOJTAS Stefan	572	TRIPAKA PRZECHLEWO	M-40	11	00:18:46	00:57:48.64	+00:10:20 (17.9%)	3:51	15.6 (82.1%)
32	RUDNIKOWSKI Maciej	432	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M-50	3	00:19:04	00:57:49.42	+00:10:21 (17.9%)	3:51	15.6 (82.1%)
33	KOKOSZKO Rafał	220	1.WBPANC	M-30	13	00:19:36	00:58:17.49	+00:10:49 (18.6%)	3:53	15.4 (81.1%)
34	GIBA Jacek	129	MKL MARATON ŚWINOUJŚCIE	M-50	4	00:19:24	00:58:33.12	+00:11:05 (18.9%)	3:54	15.4 (81.1%)
35	SMOŁUCH Marcin	467	KB.BRYZA POSTOMINO	M-40	12	00:19:51	00:58:51.69	+00:11:23 (19.4%)	3:55	15.3 (80.5%)
36	WASIELEWSKA Paulina	552	UKL 'ÓSEMKA' POLICE	K-16	1	00:19:12	00:58:52.34	+00:11:24 (19.4%)	3:55	15.3 (80.5%)
37	WITKIEWICZ Eryk	566	FIGA TEAM BIAŁOGARD 1	M-40	13	00:19:18	00:58:57.01	+00:11:29 (19.5%)	3:55	15.3 (80.5%)
38	LASAK Konrad	288	I LO SZCZECINEK	M-30	14	00:19:03	00:59:02.41	+00:11:34 (19.6%)	3:56	15.2 (80.0%)

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39	ANDRZEJEWSKI Drogosz	11		M-30	15	00:19:23	00:59:11.47	+00:11:43 (19.8%)	3:56	15.2 (80.0%)
40	FEDORCZAK Łukasz	112	BIEGOLAS KOSZALIN	M-30	16	00:19:43	00:59:13.01	+00:11:45 (19.8%)	3:56	15.2 (80.0%)
41	SZOPIŃSKI Tomasz	503	KB BRYZA POSTOMINO	M-40	14	00:19:50	00:59:18.04	+00:11:50 (20.0%)	3:57	15.2 (80.0%)
42	BARAN Radosław	23	PAWKO RUNNER TEAM	M-16	4	00:19:09	00:59:19.30	+00:11:51 (20.0%)	3:57	15.2 (80.0%)
43	BUDZIAK Zbigniew	59	GRYFICKA SIŁA BIEGOWA	M-50	5	00:19:24	00:59:23.56	+00:11:55 (20.1%)	3:57	15.2 (80.0%)
44	WARZALA Rafal	551		M-50	6	00:19:08	00:59:24.75	+00:11:56 (20.1%)	3:57	15.2 (80.0%)
45	SMAGOWSKI Wojtek	465	FIGA TEAM BIAŁOGARD	M-40	15	00:19:38	00:59:29.45	+00:12:01 (20.2%)	3:57	15.1 (79.5%)
46	ZYGOŃ Artur	602		M-30	17	00:19:51	00:59:38.04	+00:12:10 (20.4%)	3:58	15.1 (79.5%)
47	PROCHNA Krzysztof	409		M-50	7	00:19:51	00:59:39.02	+00:12:11 (20.4%)	3:58	15.1 (79.5%)
48	MAJROWSKI Mariusz	312	KB BRYZA POSTOMINO	M-30	18	00:20:07	00:59:45.38	+00:12:17 (20.6%)	3:59	15.1 (79.5%)
49	GAJEWSKI Andrzej	122	STOPA SŁUPSK	M-40	16	00:20:09	00:59:59.74	+00:12:31 (20.9%)	3:59	15 (78.9%)
50	JÓŻWIK Adam	173	MPGKIM SŁAWNO	M-30	19	00:19:37	01:00:06.15	+00:12:38 (21.0%)	4:00	15 (78.9%)
51	CHALABA Alicja	623	KRA	K-16	2	00:32:34	01:00:07.90	+00:12:40 (21.1%)	4:00	15 (78.9%)
52	KULCZYK Jerzy	272		M-60	1	00:19:42	01:00:22.36	+00:12:54 (21.4%)	4:01	14.9 (78.4%)
53	KOSZTOWNY Agata	235	SKSG KORONA SZCZECIN	K-30	3	00:19:59	01:00:30.36	+00:13:02 (21.6%)	4:02	14.9 (78.4%)
54	TŁUSTEK Łukasz	536	KB BRYZA POSTOMINO	M-30	20	00:20:07	01:00:33.02	+00:13:05 (21.6%)	4:02	14.9 (78.4%)
55	ZIELIŃSKA Anna	594	TRUCHT ŁOBEZ	K-50	1	00:19:40	01:00:36.63	+00:13:08 (21.7%)	4:02	14.9 (78.4%)
56	SWĘDROWSKI Sylwester	490	MKL MARATON ŚWINOUJŚCIE	M-40	17	00:20:40	01:00:47.43	+00:13:19 (21.9%)	4:03	14.8 (77.9%)
57	MIROŚŁAW Jerzy	339		M-60	2	00:20:23	01:01:19.08	+00:13:51 (22.6%)	4:05	14.7 (77.4%)
58	KOWALSKI Damian	240	KB BRYZA POSTOMINO	M-30	21	00:20:12	01:01:29.30	+00:14:01 (22.8%)	4:05	14.6 (76.8%)
59	ZDANOWSKI Marcin	591		M-40	18	00:21:17	01:02:45.44	+00:15:17 (24.4%)	4:11	14.3 (75.3%)
60	RUTKOWSKA Elżbieta	435	ASICS FRONTRUNNER RUNPASSION.PL	K-30	4	00:20:49	01:02:45.58	+00:15:17 (24.4%)	4:11	14.3 (75.3%)
61	NOWAK Iwona	364	ZDRUN EXTREME	K-40	2	00:20:22	01:02:50.00	+00:15:22 (24.5%)	4:11	14.3 (75.3%)

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62	NOWICKI Michał	367	KB WYGAN	M-40	19	00:20:25	01:02:55.49	+00:15:27 (24.6%)	4:11	14.3 (75.3%)
63	HAWROT Sylwester	153	RG GOLENIÓW	M-50	8	00:21:15	01:03:08.93	+00:15:41 (24.8%)	4:12	14.3 (75.3%)
64	BAŁACHOWSKI Tomasz	18	UKS-T VICTORIA CHOJNA	M-50	9	00:20:27	01:03:11.28	+00:15:43 (24.9%)	4:12	14.2 (74.7%)
65	AUGUŚCIK Marcin	14	KMP SZCZECIN	M-30	22	00:20:17	01:03:18.81	+00:15:51 (25.0%)	4:13	14.2 (74.7%)
66	PICK Tomasz	396	BIEGOLAS KOSZALIN	M-50	10	00:20:51	01:03:21.61	+00:15:53 (25.1%)	4:13	14.2 (74.7%)
67	PĘKAŁA Mikołaj	393	INFERNO RUNNING TEAM	M-16	5	00:20:09	01:03:23.41	+00:15:55 (25.1%)	4:13	14.2 (74.7%)
68	KURCZAK Łukasz	276		M-30	23	00:20:39	01:03:23.83	+00:15:56 (25.1%)	4:13	14.2 (74.7%)
69	ROGALSKI Mateusz	424	7PRO TEAM SIÓDMIAK	M-16	6	00:21:18	01:03:28.39	+00:16:00 (25.2%)	4:13	14.2 (74.7%)
70	GROBELNY Andrzej	142	TEAM TERMINATORUN	M-40	20	00:20:53	01:03:28.85	+00:16:01 (25.2%)	4:13	14.2 (74.7%)
71	KORDYKA Grzegorz	229		M-30	24	00:20:39	01:03:42.00	+00:16:14 (25.5%)	4:14	14.1 (74.2%)
72	BORUCKI Dariusz	49	ZWIĄZEK ŻOŁNIERZY WOJSKA POLSKIEGO - GOŁDAP	M-60	3	00:21:18	01:03:46.62	+00:16:18 (25.6%)	4:15	14.1 (74.2%)
73	MATYSIAK Wojciech	327		M-40	21	00:21:46	01:03:46.97	+00:16:19 (25.6%)	4:15	14.1 (74.2%)
74	DURKA Rafał	106		M-30	25	00:21:20	01:03:52.71	+00:16:24 (25.7%)	4:15	14.1 (74.2%)
75	ZAWALSKI Mariusz	589		M-40	22	00:20:43	01:03:57.93	+00:16:30 (25.8%)	4:15	14.1 (74.2%)
76	STERNIK Tomasz	479	FIGA TEAM BIAŁOGARD	M-40	23	00:21:00	01:04:00.31	+00:16:32 (25.8%)	4:16	14.1 (74.2%)
77	JUSTYŃSKI Andrzej	178		M-40	24	00:21:07	01:04:01.75	+00:16:33 (25.9%)	4:16	14.1 (74.2%)
78	STEFAŃSKI Michał	478		M-30	26	00:21:12	01:04:01.93	+00:16:34 (25.9%)	4:16	14.1 (74.2%)
79	KOZAK Grzegorz	241	FPP	M-40	25	00:21:46	01:04:07.06	+00:16:39 (26.0%)	4:16	14 (73.7%)
80	RYNG Marcin	437	-	M-30	27	00:21:40	01:04:08.68	+00:16:40 (26.0%)	4:16	14 (73.7%)
81	GERKE Mateusz	128		M-30	28	00:21:42	01:04:08.93	+00:16:41 (26.0%)	4:16	14 (73.7%)
82	JUSZCZAK Jarosław	179		M-30	29	00:21:42	01:04:09.07	+00:16:41 (26.0%)	4:16	14 (73.7%)
83	PUCHALSKI Grzegorz	416		M-30	30	00:21:04	01:04:11.14	+00:16:43 (26.1%)	4:16	14 (73.7%)
84	CYGAN Małgorzata	79	FIGA TEAM BIAŁOGARD	K-40	3	00:21:00	01:04:11.41	+00:16:43 (26.1%)	4:16	14 (73.7%)

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85	SKORYCH Andrii	459	NADMORSZY BIEGACZE	M-30	31	00:21:22	01:04:13.83	+00:16:46 (26.1%)	4:16	14 (73.7%)
86	ZIELIŃSKI Grzegorz	597	LUDWIG CZEKOLADA TUCZNO TEAM	M-40	26	00:21:34	01:04:15.81	+00:16:48 (26.1%)	4:17	14 (73.7%)
87	KUBOK Ireneusz	612		M-40	27	00:20:49	01:04:16.42	+00:16:48 (26.2%)	4:17	14 (73.7%)
88	KULPIN Valerii	275		M-30	32	00:21:00	01:04:28.37	+00:17:00 (26.4%)	4:17	14 (73.7%)
89	MŁYNAREK Mirosław	342		M-30	33	00:21:01	01:04:30.88	+00:17:03 (26.4%)	4:18	14 (73.7%)
90	NIEWIADOMSKI Igor	358	SZTORM KOŁOBRZEG	M-30	34	00:20:49	01:04:40.54	+00:17:12 (26.6%)	4:18	13.9 (73.2%)
91	ROMANOWSKI Przemysław	426	TEAMBIEGOWYSZCZECINEK	M-40	28	00:20:29	01:04:46.03	+00:17:18 (26.7%)	4:19	13.9 (73.2%)
92	SILSKI Michał	452	LESZCZE	M-30	35	00:22:20	01:04:54.16	+00:17:26 (26.9%)	4:19	13.9 (73.2%)
93	SUPRUNYUK Anton	489		M-40	29	00:20:59	01:05:04.26	+00:17:36 (27.1%)	4:20	13.8 (72.6%)
94	PALUCH Mirosław	618	BUDCHEM	M-60	4	00:21:56	01:05:08.74	+00:17:40 (27.1%)	4:20	13.8 (72.6%)
95	BABIŃSKI Maciej	15		M-40	30	00:21:40	01:05:09.29	+00:17:41 (27.2%)	4:20	13.8 (72.6%)
96	MACIEJSKA Katarzyna	614		K-16	3	00:20:51	01:05:10.39	+00:17:42 (27.2%)	4:20	13.8 (72.6%)
97	FIRADZA Michał	118		M-50	11	00:21:25	01:05:19.35	+00:17:51 (27.3%)	4:21	13.8 (72.6%)
98	BAJGERT Robert	17	VOLTAIX.PL	M-50	12	00:21:46	01:05:23.65	+00:17:55 (27.4%)	4:21	13.8 (72.6%)
99	KUBIAK Jagoda	264		K-40	4	00:21:48	01:05:24.43	+00:17:56 (27.4%)	4:21	13.8 (72.6%)
100	UZNAŃSKI Ryszard	547	KOŁOBRZEG BIEGA	M-50	13	00:21:44	01:05:27.09	+00:17:59 (27.5%)	4:21	13.8 (72.6%)
101	KURKUL Karol	277		M-30	36	00:21:41	01:05:32.81	+00:18:05 (27.6%)	4:22	13.7 (72.1%)
102	MACIEJKO Witold	307		M-60	5	00:21:42	01:05:43.88	+00:18:16 (27.8%)	4:22	13.7 (72.1%)
103	KAMIENIECKI Rafał	187	TUPOT-USTKA	M-40	31	00:21:08	01:06:03.58	+00:18:35 (28.2%)	4:24	13.6 (71.6%)
104	KAŻMIERAK Marcin	199		M-30	37	00:21:50	01:06:03.59	+00:18:35 (28.2%)	4:24	13.6 (71.6%)
105	SPICZAK-BRZEZIŃSKI Robert	472		M-40	32	00:23:36	01:06:09.25	+00:18:41 (28.3%)	4:24	13.6 (71.6%)
106	KROCZYŃSKI Sławomir	253	BIEGOLAS KOSZALIN -KOŁOBRZEG	M-60	6	00:21:43	01:06:10.44	+00:18:42 (28.3%)	4:24	13.6 (71.6%)
107	WIELGAT Łukasz	558	KB BRYZA POSTOMINO	M-30	38	00:21:59	01:06:13.04	+00:18:45 (28.3%)	4:24	13.6 (71.6%)

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108	KOZIEŁ Paweł	245	FIGA TEAM BIAŁOGARD	M-40	33	00:21:36	01:06:34.76	+00:19:06 (28.7%)	4:26	13.5 (71.1%)
109	NOWACKA Marlena	361		K-40	5	00:21:37	01:06:36.55	+00:19:08 (28.7%)	4:26	13.5 (71.1%)
110	ZATOŃ Olga	588		K-40	6	00:21:28	01:06:40.17	+00:19:12 (28.8%)	4:26	13.5 (71.1%)
111	HAŁKA Justyna	148		K-40	7	00:21:55	01:06:40.83	+00:19:13 (28.8%)	4:26	13.5 (71.1%)
112	KUBIK Krystian	267	GRYFICKA SIŁA BIEGOWA	M-30	39	00:21:38	01:06:41.90	+00:19:14 (28.8%)	4:26	13.5 (71.1%)
113	WŁADYKO Rafał	568	PSP KOSZALIN	M-30	40	00:20:49	01:06:43.63	+00:19:15 (28.9%)	4:26	13.5 (71.1%)
114	BUDYCH Arek	58		M-40	34	00:22:04	01:06:45.23	+00:19:17 (28.9%)	4:27	13.5 (71.1%)
115	CIBORSKI Sławomir	75	TATRA POLSKA	M-50	14	00:21:29	01:06:57.00	+00:19:29 (29.1%)	4:27	13.4 (70.5%)
116	CHRZANOWSKI Mariusz	70		M-50	15	00:22:14	01:06:57.22	+00:19:29 (29.1%)	4:27	13.4 (70.5%)
117	AUGUSTYNIAK Grzegorz	174		M-40	35	00:22:13	01:06:58.20	+00:19:30 (29.1%)	4:27	13.4 (70.5%)
118	SIENKIEWICZ Justyna	451	1.WBPANC	K-30	5	00:22:26	01:07:01.02	+00:19:33 (29.2%)	4:28	13.4 (70.5%)
119	LIPIŃSKI Sebastian	300	BIAŁOGARD BIEGA	M-30	41	00:22:50	01:07:06.56	+00:19:38 (29.3%)	4:28	13.4 (70.5%)
120	BANASZEK Sławomir	22	SZYMI TEAM ŻARY	M-40	36	00:22:35	01:07:07.15	+00:19:39 (29.3%)	4:28	13.4 (70.5%)
121	WYTWICKI Krzysztof	580	MKL MARATON ŚWINOUJŚCIE	M-40	37	00:22:14	01:07:26.60	+00:19:58 (29.6%)	4:29	13.3 (70.0%)
122	BACHLIŃSKI Daniel	16	NICE'SRUNNERSTEAM	M-16	7	00:21:50	01:07:27.42	+00:19:59 (29.6%)	4:29	13.3 (70.0%)
123	KAMINSKI Gracjan	188		M-30	42	00:22:38	01:07:31.71	+00:20:03 (29.7%)	4:30	13.3 (70.0%)
124	DOŁŻYCKI Paweł	95		M-30	43	00:21:12	01:07:36.82	+00:20:09 (29.8%)	4:30	13.3 (70.0%)
125	ŚWITAL Leszek	528	MORSY MARGONIN	M-50	16	00:22:21	01:07:39.22	+00:20:11 (29.8%)	4:30	13.3 (70.0%)
126	WILCZEWSKI Mariusz	561	SPOKO SŁAWNO	M-30	44	00:22:49	01:07:49.75	+00:20:21 (30.0%)	4:31	13.3 (70.0%)
127	RÓŻAŃSKI Krzysztof	430		M-50	17	00:22:17	01:07:52.35	+00:20:24 (30.1%)	4:31	13.3 (70.0%)
128	SZCZUPACZYŃSKI Arkadiusz	497	GRYFICKA SIŁA BIEGOWA	M-60	7	00:22:00	01:07:53.59	+00:20:25 (30.1%)	4:31	13.3 (70.0%)
129	SZAFRANEK Krzysztof	492		M-30	45	00:22:18	01:07:53.94	+00:20:26 (30.1%)	4:31	13.3 (70.0%)
130	FELSKI Jakub	115	MŻS WOŁCZA MAŁA	M-30	46	00:22:26	01:07:55.20	+00:20:27 (30.1%)	4:31	13.3 (70.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
131	SZULTKA Mariusz	510		M-40	38	00:21:49	01:07:59.46	+00:20:31 (30.2%)	4:31	13.2 (69.5%)
132	SAJ Marek	440	DOMIN TEAM	M-40	39	00:22:12	01:08:07.33	+00:20:39 (30.3%)	4:32	13.2 (69.5%)
133	MATUSZCZYK Paweł	326		M-50	18	00:23:07	01:08:12.63	+00:20:44 (30.4%)	4:32	13.2 (69.5%)
134	DRATWA Damian	99	KOŚCIAN TEAM	M-50	19	00:21:48	01:08:18.95	+00:20:51 (30.5%)	4:33	13.2 (69.5%)
135	SZYMCZAK Henryk	521		M-50	20	00:23:11	01:08:20.43	+00:20:52 (30.5%)	4:33	13.2 (69.5%)
136	STRENK Przemek	482		M-40	40	00:23:05	01:08:25.33	+00:20:57 (30.6%)	4:33	13.2 (69.5%)
137	DEMKO Adrian	629		M-40	41	00:23:27	01:08:29.17	+00:21:01 (30.7%)	4:33	13.1 (68.9%)
138	MAŁEK Piotr	315	IRON TEAM BARWICE	M-40	42	00:22:34	01:08:30.70	+00:21:02 (30.7%)	4:34	13.1 (68.9%)
139	TOMCZYK Mateusz	539	KB SPOKO SŁAWNO	M-30	47	00:23:14	01:08:30.83	+00:21:03 (30.7%)	4:34	13.1 (68.9%)
140	KOWALCZYK Marcin	238	STOPA SŁUPSK	M-40	43	00:23:05	01:08:36.79	+00:21:09 (30.8%)	4:34	13.1 (68.9%)
141	GAPSKA Zuzanna	124	BIEGACZE JÓZEFA NOJI	K-30	6	00:23:06	01:08:48.18	+00:21:20 (31.0%)	4:35	13.1 (68.9%)
142	BŁAŻEJCZYK Marcin	40		M-30	48	00:22:15	01:08:48.82	+00:21:21 (31.0%)	4:35	13.1 (68.9%)
143	GAWĘDA Emil	126	DARŁOWSKIE CHARTY	M-30	49	00:23:35	01:08:50.29	+00:21:22 (31.1%)	4:35	13.1 (68.9%)
144	KOZDRA Piotr	243	KP PSP SŁAWNO	M-30	50	00:23:23	01:08:52.49	+00:21:24 (31.1%)	4:35	13.1 (68.9%)
145	WOJTYSIAK Marcin	574		M-30	51	00:23:09	01:08:54.50	+00:21:26 (31.1%)	4:35	13.1 (68.9%)
146	FIAŁKOWSKI Krzysztof	117	TERMINATORUN	M-50	21	00:22:58	01:08:54.53	+00:21:26 (31.1%)	4:35	13.1 (68.9%)
147	KRUK Wojciech	255	PYZA CZEPINO	M-40	44	00:23:06	01:08:55.33	+00:21:27 (31.1%)	4:35	13.1 (68.9%)
148	KASPEROWICZ Dariusz	195	PARKRUN SZCZECIN	M-50	22	00:22:23	01:08:59.18	+00:21:31 (31.2%)	4:35	13 (68.4%)
149	KRUK Marcin	254	TKKF KOSZALIN MASTERS	M-40	45	00:23:05	01:09:03.39	+00:21:35 (31.3%)	4:36	13 (68.4%)
150	STRZELECKI Grzegorz	485	FIGA TEAM BIAŁOGARD	M-40	46	00:23:12	01:09:11.81	+00:21:44 (31.4%)	4:36	13 (68.4%)
151	WIŚNIEWSKI Stanisław	565		M-40	47	00:22:34	01:09:14.16	+00:21:46 (31.4%)	4:36	13 (68.4%)
152	LIPERTOWICZ Sebastian	298	KB PIONIER SZCZECIN	M-40	48	00:23:40	01:09:15.58	+00:21:47 (31.5%)	4:37	13 (68.4%)
153	PIETRZAK Norbert	399		M-30	52	00:22:12	01:09:18.84	+00:21:51 (31.5%)	4:37	13 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
154	KAŁUŻA Mariusz	185	NADMORSZY BIEGACZE KOŁOBRZEG	M-40	49	00:23:31	01:09:19.17	+00:21:51 (31.5%)	4:37	13 (68.4%)
155	BANACH Artur	20	NSZZ SOLIDARNOŚĆ W VWMP	M-40	50	00:23:08	01:09:20.32	+00:21:52 (31.5%)	4:37	13 (68.4%)
156	SZKOPEK Krzysztof	502		M-60	8	00:22:10	01:09:20.85	+00:21:53 (31.6%)	4:37	13 (68.4%)
157	NOWICKA Karolina	366	GIZA TEAM	K-40	8	00:23:13	01:09:22.20	+00:21:54 (31.6%)	4:37	13 (68.4%)
158	OWCZARZ Marcin	385	FIGA TEAM BIAŁOGARD	M-30	53	00:23:11	01:09:22.41	+00:21:54 (31.6%)	4:37	13 (68.4%)
159	BUDYCH Roman	57	WRONIECKI KLUB BIEGACZA	M-40	51	00:23:20	01:09:24.06	+00:21:56 (31.6%)	4:37	13 (68.4%)
160	KURZEPA Daniel	282		M-40	52	00:23:02	01:09:26.44	+00:21:58 (31.6%)	4:37	13 (68.4%)
161	SZEJNER Jarosław	501	NADMORSZY BIEGACZE KOŁOBRZEG	M-50	23	00:23:04	01:09:26.92	+00:21:59 (31.7%)	4:37	13 (68.4%)
162	KRAWCZYK Tomasz	250		M-40	53	00:22:26	01:09:27.53	+00:21:59 (31.7%)	4:37	13 (68.4%)
163	SCHULTEK Arkadiusz	448		M-50	24	00:23:39	01:09:48.01	+00:22:20 (32.0%)	4:39	12.9 (67.9%)
164	WOJCIECHOWSKA Barbara	571		K-16	4	00:22:55	01:09:54.82	+00:22:27 (32.1%)	4:39	12.9 (67.9%)
165	CZECHOWSKI Rafał	84	NIESKOŃCZONOŚĆ	M-40	54	00:23:22	01:09:58.28	+00:22:30 (32.2%)	4:39	12.9 (67.9%)
166	KUBINOWSKI Michał	268		M-30	54	00:23:09	01:10:00.85	+00:22:33 (32.2%)	4:40	12.9 (67.9%)
167	TARNOWSKI Witold	530	KB TKKF PROMYK CIECHANÓW	M-60	9	00:22:13	01:10:03.67	+00:22:35 (32.3%)	4:40	12.8 (67.4%)
168	ŚWIECIAK Tomasz	527		M-40	55	00:22:09	01:10:04.48	+00:22:36 (32.3%)	4:40	12.8 (67.4%)
169	ANTOSIK Grzegorz	12	KB BRYZA POSTOMINO	M-40	56	00:23:15	01:10:20.80	+00:22:53 (32.5%)	4:41	12.8 (67.4%)
170	TOMASZEWSKI Miłosz	538		M-16	8	00:23:54	01:10:24.36	+00:22:56 (32.6%)	4:41	12.8 (67.4%)
171	CABAJ Paweł	68	SINE PĘTO	M-50	25	00:24:21	01:10:27.64	+00:22:59 (32.6%)	4:41	12.8 (67.4%)
172	MARZEC Bogdan	325	MARATONCZYK	M-60	10	00:23:22	01:10:29.65	+00:23:01 (32.7%)	4:41	12.8 (67.4%)
173	PIETRZYK Michał	400		M-16	9	00:23:53	01:10:30.02	+00:23:02 (32.7%)	4:42	12.8 (67.4%)
174	SKRENTNY Franciszek	461		M-50	26	00:22:53	01:10:31.35	+00:23:03 (32.7%)	4:42	12.8 (67.4%)
175	ZYGAN Marcin	601	NADMORSZY BIEGACZE KOŁOBRZEG	M-40	57	00:23:32	01:10:40.18	+00:23:12 (32.8%)	4:42	12.7 (66.8%)
176	PASCHKE Adam	388	ROZBIEGANY LWÓWEK	M-30	55	00:24:10	01:10:43.37	+00:23:15 (32.9%)	4:42	12.7 (66.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
177	SOBCZYK Łukasz	468	KOŁOBRZEG BIEGA	M-50	27	00:22:52	01:10:47.16	+00:23:19 (32.9%)	4:43	12.7 (66.8%)
178	ŻDANOW Oleksandr	604		M-40	58	00:24:15	01:10:47.98	+00:23:20 (33.0%)	4:43	12.7 (66.8%)
179	TOMASIK Wojciech	537	FIGA TEAM BIAŁOGARD	M-40	59	00:23:12	01:10:48.20	+00:23:20 (33.0%)	4:43	12.7 (66.8%)
180	SZUBERT Marcin	507	KOŁOBRZEG BIEGA	M-40	60	00:24:24	01:10:48.85	+00:23:21 (33.0%)	4:43	12.7 (66.8%)
181	ZAJĄC Cezary	585		M-40	61	00:23:34	01:10:59.04	+00:23:31 (33.1%)	4:43	12.7 (66.8%)
182	KLIMOWSKI Marcel	212		M-16	10	00:22:29	01:11:11.04	+00:23:43 (33.3%)	4:44	12.6 (66.3%)
183	KRZYŻANOWSKI Paweł	260		M-40	62	00:24:14	01:11:16.37	+00:23:48 (33.4%)	4:45	12.6 (66.3%)
184	KOSIACKI Sebastian	234	MY FISH®	M-30	56	00:24:01	01:11:19.45	+00:23:51 (33.5%)	4:45	12.6 (66.3%)
185	GRZESIAK Dariusz	147		M-40	63	00:24:17	01:11:22.50	+00:23:54 (33.5%)	4:45	12.6 (66.3%)
186	UEBERFLUSS Rajmund	93		M-70	1	00:23:53	01:11:24.48	+00:23:56 (33.5%)	4:45	12.6 (66.3%)
187	KRUKOWSKI Dawid	257	22. OŚRODEK DOWODZENIA I NAPROWADZANIA	M-30	57	00:23:39	01:11:31.28	+00:24:03 (33.6%)	4:46	12.6 (66.3%)
188	RATAJCZAK Janusz	419	KB AKTYWNI KRZYŻ WLKP	M-60	11	00:23:33	01:11:33.18	+00:24:05 (33.7%)	4:46	12.6 (66.3%)
189	KULBACKI Adam	271	COOLTRAVEL	M-50	28	00:23:47	01:11:34.91	+00:24:07 (33.7%)	4:46	12.6 (66.3%)
190	MAZUR Tomasz	329	I LO SZCZECINEK	M-40	64	00:22:20	01:11:42.50	+00:24:14 (33.8%)	4:46	12.6 (66.3%)
191	SIŁAKOWSKI Dariusz	453		M-40	65	00:23:48	01:11:44.50	+00:24:16 (33.8%)	4:46	12.5 (65.8%)
192	MARCINIAK Maciej	318	BIEGNIĘCI TEAM KOSZALIN	M-40	66	00:25:07	01:11:45.08	+00:24:17 (33.9%)	4:47	12.5 (65.8%)
193	KACZMARZEWSKI Piotr	183	3:33 TEAM	M-40	67	00:24:16	01:11:48.04	+00:24:20 (33.9%)	4:47	12.5 (65.8%)
194	SOKÓŁ Janusz	471	RUNGRYF GRYFICE	M-50	29	00:23:19	01:11:49.37	+00:24:21 (33.9%)	4:47	12.5 (65.8%)
195	TROŚNIAK Piotr	543		M-50	30	00:24:22	01:11:53.78	+00:24:25 (34.0%)	4:47	12.5 (65.8%)
196	KŁOSOWSKI Piotr	217		M-50	31	00:24:22	01:11:54.97	+00:24:27 (34.0%)	4:47	12.5 (65.8%)
197	NADOLNY Piotr	354	USB USTKA	M-50	32	00:23:54	01:11:58.42	+00:24:30 (34.1%)	4:47	12.5 (65.8%)
198	ZIELIŃSKI Borys	596		M-30	58	00:23:02	01:11:58.52	+00:24:30 (34.1%)	4:47	12.5 (65.8%)
199	MAZURSKI Paweł	331		M-30	59	00:23:57	01:12:00.54	+00:24:32 (34.1%)	4:48	12.5 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
200	FEDORCZAK Joanna	113	KĘPKA NA TRASIE/ BIEGOLAS KOSZALIN	K-40	9	00:23:39	01:12:08.99	+00:24:41 (34.2%)	4:48	12.5 (65.8%)
201	SHEEHAN Anna	450		K-50	2	00:23:51	01:12:10.07	+00:24:42 (34.2%)	4:48	12.5 (65.8%)
202	ZIÓŁKOWSKI Zbigniew	599	STOWARZYSZENIE WETERANÓW ONZ SZCZECIN	M-60	12	00:23:08	01:12:14.62	+00:24:46 (34.3%)	4:48	12.5 (65.8%)
203	BIELECKI Andrzej	31	3:33 TEAM	M-50	33	00:24:15	01:12:19.02	+00:24:51 (34.4%)	4:49	12.4 (65.3%)
204	MEYER Joanna	335		K-50	3	00:23:28	01:12:23.16	+00:24:55 (34.4%)	4:49	12.4 (65.3%)
205	DOMAŃSKI Adam	96		M-50	34	00:24:34	01:12:24.82	+00:24:57 (34.5%)	4:49	12.4 (65.3%)
206	CHAMIER GLISZCZYŃSKI Marian	69	TUCHOMSKIE ORŁY	M-50	35	00:22:43	01:12:24.95	+00:24:57 (34.5%)	4:49	12.4 (65.3%)
207	KUROWSKI Marcin	280	IUSTITIA SŁUPSK	M-50	36	00:24:46	01:12:25.01	+00:24:57 (34.5%)	4:49	12.4 (65.3%)
208	KUROWSKA Olga	279	IUSTITIA SŁUPSK	K-40	10	00:24:46	01:12:25.67	+00:24:57 (34.5%)	4:49	12.4 (65.3%)
209	GROCHOLEWSKI Leszek	143	MOTOR LUBOŃ TEAM	M-60	13	00:23:50	01:12:26.12	+00:24:58 (34.5%)	4:49	12.4 (65.3%)
210	LESZCZEŁOWSKI Piotr Grzegorz	295	IUSTITIA SŁUPSK	M-50	37	00:24:40	01:12:29.21	+00:25:01 (34.5%)	4:49	12.4 (65.3%)
211	KIERZNOWSKI Andrzej	205	KB WYGAN	M-60	14	00:24:19	01:12:30.44	+00:25:02 (34.5%)	4:50	12.4 (65.3%)
212	KUROWSKI Sebastian	281	JW 3937	M-40	68	00:23:54	01:12:30.78	+00:25:02 (34.5%)	4:50	12.4 (65.3%)
213	MYSZYŃSKI Paweł	352		M-40	69	00:23:31	01:12:38.57	+00:25:10 (34.7%)	4:50	12.4 (65.3%)
214	TARAŁA Michał	529		M-16	11	00:23:33	01:12:40.02	+00:25:12 (34.7%)	4:50	12.4 (65.3%)
215	SUCHANOWSKI Zygmunt	486	I LO SZCZECINEK	M-50	38	00:22:44	01:12:44.80	+00:25:17 (34.8%)	4:50	12.4 (65.3%)
216	SZUBERT Agnieszka	506	KOŁOBRZEG BIEGA	K-40	11	00:24:14	01:12:46.02	+00:25:18 (34.8%)	4:51	12.4 (65.3%)
217	DOSKONAŁY Łukasz	97	BARLINEK RUN	M-40	70	00:24:20	01:12:47.86	+00:25:20 (34.8%)	4:51	12.4 (65.3%)
218	DRZEWIECKI Dominik	102	JAK MASZ TAK BIEĆ, TO LEPIEJ ZEJDŹ	M-16	12	00:26:13	01:12:50.54	+00:25:22 (34.8%)	4:51	12.4 (65.3%)
219	KIEŁKOWSKI Przemysław	204		M-40	71	00:23:58	01:12:58.54	+00:25:30 (35.0%)	4:51	12.3 (64.7%)
220	LITWIONOWICZ Reni	301	KB WYGAN	K-40	12	00:24:33	01:13:01.50	+00:25:33 (35.0%)	4:52	12.3 (64.7%)
221	KUKIEŁKA Wojciech	270		M-40	72	00:25:21	01:13:01.87	+00:25:34 (35.0%)	4:52	12.3 (64.7%)
222	IWANIEC Dariusz	161	BIEGOLAS KOSZALIN	M-50	39	00:54:42	01:13:02.58	+00:25:34 (35.0%)	4:52	12.3 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
223	CZARNECKI Grzegorz	82		M-40	73	00:24:13	01:13:04.21	+00:25:36 (35.0%)	4:52	12.3 (64.7%)
224	LIPIŃSKI Krzysztof	299		M-60	15	00:24:19	01:13:04.74	+00:25:36 (35.1%)	4:52	12.3 (64.7%)
225	ZWOLSKI Paweł	600		M-30	60	00:24:20	01:13:07.42	+00:25:39 (35.1%)	4:52	12.3 (64.7%)
226	OCHWAT Bartłomiej	371		M-30	61	00:23:57	01:13:07.97	+00:25:40 (35.1%)	4:52	12.3 (64.7%)
227	SARBIEWSKI Przemysław	444	HQ MNC NE	M-40	74	00:24:54	01:13:08.70	+00:25:40 (35.1%)	4:52	12.3 (64.7%)
228	SMOLIŃSKI Krzysztof	466	SMOLINSKI TEAM	M-40	75	00:24:07	01:13:12.88	+00:25:45 (35.2%)	4:52	12.3 (64.7%)
229	KULIŃSKI Bogdan	274	KARATE KYOKUSHIN GŁOGÓW	M-60	16	00:23:42	01:13:13.39	+00:25:45 (35.2%)	4:52	12.3 (64.7%)
230	FELSKA Natalia	114	MŻS WOŁCZA MAŁA	K-30	7	00:24:10	01:13:14.68	+00:25:46 (35.2%)	4:52	12.3 (64.7%)
231	MAKOWSKI Wojtek	313		M-16	13	00:24:35	01:13:17.21	+00:25:49 (35.2%)	4:53	12.3 (64.7%)
232	SZCZYGIELSKI Radosław	500		M-40	76	00:23:06	01:13:22.13	+00:25:54 (35.3%)	4:53	12.3 (64.7%)
233	PAKULSKI Łukasz	386		M-40	77	00:25:35	01:13:23.77	+00:25:55 (35.3%)	4:53	12.3 (64.7%)
234	SZOZDA Janusz	625		M-60	17	00:23:36	01:13:24.72	+00:25:56 (35.3%)	4:53	12.3 (64.7%)
235	KASZYŃSKI Paweł	389	DARŁOWSKIE CHARTY	M-30	62	00:24:39	01:13:25.78	+00:25:57 (35.4%)	4:53	12.3 (64.7%)
236	ZABIELSKI Tomasz	582		M-40	78	00:24:39	01:13:29.70	+00:26:01 (35.4%)	4:53	12.2 (64.2%)
237	KRUKOWSKI Tadeusz	256		M-70	2	00:24:35	01:13:37.20	+00:26:09 (35.5%)	4:54	12.2 (64.2%)
238	OSTAPIŃSKI Michał	382	SUPER KSIĘGOWY	M-40	79	00:25:24	01:13:39.51	+00:26:11 (35.6%)	4:54	12.2 (64.2%)
239	BIMPTZAS Achillefs	35	KOURKOURIKIS TRAINING GROUP	M-50	40	00:24:08	01:13:40.01	+00:26:12 (35.6%)	4:54	12.2 (64.2%)
240	MULARCZYK Jacek	620		M-50	41	00:25:06	01:13:43.61	+00:26:15 (35.6%)	4:54	12.2 (64.2%)
241	KNAPIK Rafał	218		M-40	80	00:25:53	01:13:44.11	+00:26:16 (35.6%)	4:54	12.2 (64.2%)
242	CHUDY Henryk	71	K SOLSZEWSKI I SYNOWIE / DRUŻYN SZPIKU	M-70	3	00:23:19	01:13:46.13	+00:26:18 (35.7%)	4:55	12.2 (64.2%)
243	JURGIEL Maciej	175		M-40	81	00:23:47	01:13:52.94	+00:26:25 (35.8%)	4:55	12.2 (64.2%)
244	KOMORSKI Jacek	223	TEAM TERMINATORUN	M-40	82	00:24:15	01:14:02.58	+00:26:34 (35.9%)	4:56	12.2 (64.2%)
245	ROBAK Aleksandra	423		K-30	8	00:24:58	01:14:04.38	+00:26:36 (35.9%)	4:56	12.2 (64.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
246	SZCZURASZEK Maciej	499	STRZESZYN BIEGA	M-40	83	00:24:34	01:14:08.91	+00:26:41 (36.0%)	4:56	12.1 (63.7%)
247	GROBELNA Katarzyna	141	TEAM TERMINATORUN	K-40	13	00:24:25	01:14:10.87	+00:26:43 (36.0%)	4:56	12.1 (63.7%)
248	RADECKA Katarzyna	417	BIEGNIĘCI TEAM KOSZALIN	K-40	14	00:24:21	01:14:11.00	+00:26:43 (36.0%)	4:56	12.1 (63.7%)
249	ZAWORA Wiesław	590	TERMINATORUN	M-50	42	00:24:29	01:14:11.81	+00:26:44 (36.0%)	4:56	12.1 (63.7%)
250	BEDNARCZYK Arkadiusz	29	STOPA SŁUPSK	M-50	43	00:24:56	01:14:17.37	+00:26:49 (36.1%)	4:57	12.1 (63.7%)
251	JASIŃSKI Bogdan	170		M-40	84	00:24:36	01:14:23.05	+00:26:55 (36.2%)	4:57	12.1 (63.7%)
252	NIEWIAROWSKI Przemysław	360	NADMORSZY BIEGACZE	M-40	85	00:25:24	01:14:27.08	+00:26:59 (36.2%)	4:57	12.1 (63.7%)
253	KĘDZIORA Michał	201	KS MUSTANG KORZYSTNO	M-30	63	00:25:03	01:14:27.10	+00:26:59 (36.2%)	4:57	12.1 (63.7%)
254	KARPIŃSKI Marcin	194	GUMIŚ TEAM	M-40	86	00:24:58	01:14:31.21	+00:27:03 (36.3%)	4:58	12.1 (63.7%)
255	WĄSIEWICZ Anna	615	COLBERG.COM.PL	K-40	15	00:24:30	01:14:48.43	+00:27:20 (36.6%)	4:59	12 (63.2%)
256	CHWALIŃSKI Paweł	72		M-40	87	00:24:18	01:14:49.94	+00:27:22 (36.6%)	4:59	12 (63.2%)
257	SUDER-MAKSYMOWICZ Grzegorz	487	NADMORSZY BIEGACZE KOŁOBRZEG	M-40	88	00:25:34	01:14:59.21	+00:27:31 (36.7%)	4:59	12 (63.2%)
258	PLATA Tadeusz	403	MARATOŃCZYK TEAM SZCZECIN	M-70	4	00:24:10	01:15:09.52	+00:27:41 (36.8%)	5:00	12 (63.2%)
259	WALUK Franciszek	549		M-60	18	00:25:39	01:15:14.08	+00:27:46 (36.9%)	5:00	12 (63.2%)
260	GIŻYCKI Łukasz	132		M-16	14	00:24:19	01:15:15.72	+00:27:47 (36.9%)	5:01	12 (63.2%)
261	NACHYLĄ Piotr	353	STOPA	M-50	44	00:24:43	01:15:18.56	+00:27:50 (37.0%)	5:01	12 (63.2%)
262	KWIATKOWSKI Artur	287		M-40	89	00:25:38	01:15:21.53	+00:27:53 (37.0%)	5:01	11.9 (62.6%)
263	BOJKO Marek	46		M-50	45	00:25:59	01:15:25.23	+00:27:57 (37.1%)	5:01	11.9 (62.6%)
264	ORŁOWSKA Beata	616		K-50	4	00:24:37	01:15:25.33	+00:27:57 (37.1%)	5:01	11.9 (62.6%)
265	BRANICKI Dawid	53		M-40	90	00:25:44	01:15:26.47	+00:27:58 (37.1%)	5:01	11.9 (62.6%)
266	BARTMAN Radosław	25		M-16	15	00:25:13	01:15:28.13	+00:28:00 (37.1%)	5:01	11.9 (62.6%)
267	HANULA Piotr	151	B.P. WWF	M-50	46	00:25:38	01:15:41.94	+00:28:14 (37.3%)	5:02	11.9 (62.6%)
268	MAZURSKI Piotr	332		M-30	64	00:24:46	01:15:42.24	+00:28:14 (37.3%)	5:02	11.9 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
269	GRZESIAK Zbigniew	146		M-50	47	00:25:23	01:15:43.07	+00:28:15 (37.3%)	5:02	11.9 (62.6%)
270	UTECHT Sławomir	546	BIEGAJĄCE KREJZOLE	M-30	65	00:26:47	01:15:46.53	+00:28:18 (37.4%)	5:03	11.9 (62.6%)
271	WAŚOWICZ Anna	610		K-40	16	00:24:58	01:15:48.69	+00:28:20 (37.4%)	5:03	11.9 (62.6%)
272	DIDŁUCH Jacek	92	KARLINOBIEGAJ	M-40	91	00:24:20	01:15:53.29	+00:28:25 (37.5%)	5:03	11.9 (62.6%)
273	MAJEWSKA Dorota	311	FIGA TEAM BIAŁOGARD	K-50	5	00:24:39	01:15:54.98	+00:28:27 (37.5%)	5:03	11.9 (62.6%)
274	PRUSAK Marcin	412		M-40	92	00:24:41	01:15:55.86	+00:28:28 (37.5%)	5:03	11.9 (62.6%)
275	KARASIEWICZ Przemysław	192		M-40	93	00:25:18	01:16:05.14	+00:28:37 (37.6%)	5:04	11.8 (62.1%)
276	OLSZAK Grzegorz	377		M-50	48	00:26:01	01:16:05.58	+00:28:37 (37.6%)	5:04	11.8 (62.1%)
277	ADRIAN Paweł	6	JW2117	M-30	66	00:24:55	01:16:06.82	+00:28:39 (37.6%)	5:04	11.8 (62.1%)
278	ZIELIŃSKA Danuta	593	USTECKA SZKOŁA BIEGANIA	K-40	17	00:25:27	01:16:07.65	+00:28:39 (37.7%)	5:04	11.8 (62.1%)
279	KOPKIEWICZ Konrad	228	OSP LOTYŃ	M-40	94	00:24:48	01:16:09.47	+00:28:41 (37.7%)	5:04	11.8 (62.1%)
280	JANISZEWSKI Radek	165		M-40	95	00:25:33	01:16:12.55	+00:28:44 (37.7%)	5:04	11.8 (62.1%)
281	TŁOCZKOWSKI Kacper	535		M-16	16	00:26:44	01:16:14.73	+00:28:46 (37.7%)	5:04	11.8 (62.1%)
282	MARET Robert	320	LOKATOR NIERUCHOMOŚCI PIŁA	M-40	96	00:25:56	01:16:19.59	+00:28:51 (37.8%)	5:05	11.8 (62.1%)
283	KWIATKOWSKI Konrad	285		M-16	17	00:24:04	01:16:23.84	+00:28:56 (37.9%)	5:05	11.8 (62.1%)
284	NAZOREK Jacek	356		M-40	97	00:24:56	01:16:34.12	+00:29:06 (38.0%)	5:06	11.8 (62.1%)
285	WAŚKÓW Paweł	554		M-30	67	00:24:01	01:16:38.52	+00:29:10 (38.1%)	5:06	11.7 (61.6%)
286	PARTYKA-ZIÓŁKOWSKA Aneta	387		K-40	18	00:25:26	01:16:38.78	+00:29:10 (38.1%)	5:06	11.7 (61.6%)
287	STACHOWIAK Piotr	474		M-30	68	00:26:00	01:16:39.25	+00:29:11 (38.1%)	5:06	11.7 (61.6%)
288	BANASIAK Agnieszka	21		K-40	19	00:23:40	01:16:39.78	+00:29:11 (38.1%)	5:06	11.7 (61.6%)
289	DZIKOŃ Rafał	110	NADMORSZY BIEGACZE KOŁOBRZEG	M-50	49	00:26:15	01:16:41.25	+00:29:13 (38.1%)	5:06	11.7 (61.6%)
290	SKOWYRSKI Janusz	460	BIEGOLAS KOSZALIN	M-60	19	00:24:45	01:16:46.63	+00:29:18 (38.2%)	5:07	11.7 (61.6%)
291	SZULC Michał	509	N7	M-16	18	00:25:19	01:16:47.54	+00:29:19 (38.2%)	5:07	11.7 (61.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
292	KOPCIŃSKI Bartłomiej	227		M-16	19	00:24:27	01:16:52.45	+00:29:24 (38.3%)	5:07	11.7 (61.6%)
293	DUDCZAK Maciej	103		M-30	69	00:25:36	01:16:58.55	+00:29:30 (38.3%)	5:07	11.7 (61.6%)
294	ANDRUSZKIEWICZ Paweł	8	MORS SZCZECINEK	M-50	50	00:26:20	01:16:59.92	+00:29:32 (38.4%)	5:07	11.7 (61.6%)
295	WEGNER Marek	555	TKKF WODNIK	M-60	20	00:26:04	01:17:01.47	+00:29:33 (38.4%)	5:08	11.7 (61.6%)
296	SAWICKI Eligiusz	446		M-60	21	00:25:23	01:17:02.37	+00:29:34 (38.4%)	5:08	11.7 (61.6%)
297	ZAPIEC Jacek	587		M-60	22	00:25:40	01:17:02.48	+00:29:34 (38.4%)	5:08	11.7 (61.6%)
298	TASAREK Ryszard	531	NYSA BIEGA	M-70	5	00:24:26	01:17:03.51	+00:29:35 (38.4%)	5:08	11.7 (61.6%)
299	HORNIATKIEWICZ Aleksander	156	STOWARZYSZENIE NADMORSZY BIEGACZE KOŁOBRZEG	M-60	23	00:26:59	01:17:06.14	+00:29:38 (38.4%)	5:08	11.7 (61.6%)
300	KIRAGA Jarek	208	TRAINING TANK	M-30	70	00:24:43	01:17:10.86	+00:29:43 (38.5%)	5:08	11.7 (61.6%)
301	PIASECKA Katarzyna	394		K-16	5	00:24:46	01:17:12.32	+00:29:44 (38.5%)	5:08	11.7 (61.6%)
302	KĄKOL Franciszek	200	FLORIAN CHOJNICE	M-70	6	00:25:48	01:17:17.80	+00:29:50 (38.6%)	5:09	11.6 (61.1%)
303	CYWIŃSKA Agnieszka	80		K-30	9	00:25:06	01:17:23.02	+00:29:55 (38.7%)	5:09	11.6 (61.1%)
304	KASPRZYK Bogdan	197	KS WILKI POMORSKIE	M-50	51	00:25:01	01:17:24.22	+00:29:56 (38.7%)	5:09	11.6 (61.1%)
305	BUNIEWICZ Krzysztof	61		M-50	52	00:25:53	01:17:40.99	+00:30:13 (38.9%)	5:10	11.6 (61.1%)
306	ĆWIKLIŃSKI Maciej	87		M-50	53	00:26:43	01:17:55.15	+00:30:27 (39.1%)	5:11	11.6 (61.1%)
307	DYMEK Urszula	109	BIEGACZE JÓZEFA NOJI	K-40	20	00:25:24	01:17:56.97	+00:30:29 (39.1%)	5:11	11.5 (60.5%)
308	WILAWER Maciej	560		M-40	98	00:25:41	01:17:57.64	+00:30:29 (39.1%)	5:11	11.5 (60.5%)
309	KRAJEWSKI Łukasz	608	QUAY	M-30	71	00:24:37	01:18:00.84	+00:30:33 (39.2%)	5:12	11.5 (60.5%)
310	SZCZERBA Łukasz	496		M-40	99	00:26:05	01:18:01.04	+00:30:33 (39.2%)	5:12	11.5 (60.5%)
311	PRYCA Adam	413	PDSG ŚWINOUJŚCIE	M-40	100	00:25:52	01:18:02.34	+00:30:34 (39.2%)	5:12	11.5 (60.5%)
312	KREPSZTUL Krzysztof	251	FIGA TEAM BIAŁOGARD	M-40	101	00:26:45	01:18:05.38	+00:30:37 (39.2%)	5:12	11.5 (60.5%)
313	ROLA Krzysztof	425		M-40	102	00:25:56	01:18:06.46	+00:30:38 (39.2%)	5:12	11.5 (60.5%)
314	TERESZCZUK Karol	532	LOKATOR NIERUCHOMOŚCI PIŁA	M-50	54	00:25:50	01:18:08.38	+00:30:40 (39.3%)	5:12	11.5 (60.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
315	BOJANOWSKI Michał	44		M-40	103	00:26:34	01:18:08.69	+00:30:40 (39.3%)	5:12	11.5 (60.5%)
316	LESYK Mariola	294	FIGA TEAM BIAŁOGARD	K-30	10	00:25:58	01:18:19.51	+00:30:51 (39.4%)	5:13	11.5 (60.5%)
317	ADAMOWICZ Anna	3	FIGA TEAM BIAŁOGARD	K-16	6	00:26:48	01:18:38.64	+00:31:10 (39.6%)	5:14	11.4 (60.0%)
318	WÓJTOWICZ Kamil	576	BIEGAM BO LUBIĘ	M-40	104	00:26:02	01:18:42.61	+00:31:14 (39.7%)	5:14	11.4 (60.0%)
319	SPIESZYŃSKI Michał	473	METROHOUSE KOŁOBRZEG - SPRZEDAMY TWOJĄ NIERUCHOMOŚĆ	M-40	105	00:26:54	01:18:43.70	+00:31:15 (39.7%)	5:14	11.4 (60.0%)
320	ORŁOWSKI Paweł	380		M-50	55	00:25:44	01:18:51.01	+00:31:23 (39.8%)	5:15	11.4 (60.0%)
321	SKALSKI Adrian	457		M-40	106	00:26:24	01:18:55.80	+00:31:28 (39.9%)	5:15	11.4 (60.0%)
322	NOWICKI Tomasz	368	STARGARD	M-60	24	00:27:01	01:18:57.62	+00:31:29 (39.9%)	5:15	11.4 (60.0%)
323	CZEPIEL Natalia	85		K-40	21	00:26:14	01:19:04.78	+00:31:36 (40.0%)	5:16	11.4 (60.0%)
324	SŁOWIK Dagmara	463		K-40	22	00:26:07	01:19:05.72	+00:31:37 (40.0%)	5:16	11.4 (60.0%)
325	DYBALSKI Krzysztof	108		M-50	56	00:25:55	01:19:11.25	+00:31:43 (40.1%)	5:16	11.4 (60.0%)
326	STOCHAJ Sara	481	THULE GROUP	K-30	11	00:26:49	01:19:16.33	+00:31:48 (40.1%)	5:17	11.4 (60.0%)
327	KUBIAK Katarzyna	262		K-40	23	00:26:19	01:19:16.48	+00:31:48 (40.1%)	5:17	11.4 (60.0%)
328	OLESIŃSKA Patrycja	375		K-30	12	00:25:55	01:19:29.27	+00:32:01 (40.3%)	5:17	11.3 (59.5%)
329	SIUTA Marta	456		K-40	24	00:25:55	01:19:29.83	+00:32:02 (40.3%)	5:17	11.3 (59.5%)
330	BRZEZIŃSKI Krystian	54	POLARIS	M-30	72	00:26:09	01:19:32.59	+00:32:04 (40.3%)	5:18	11.3 (59.5%)
331	WYSOCKA Urszula	579	BIEGNIĘCI TEAM KOSZALIN	K-40	25	00:25:56	01:19:38.20	+00:32:10 (40.4%)	5:18	11.3 (59.5%)
332	DWÓŹNIK Robert	107	DAM RADĘ	M-50	57	00:25:24	01:19:39.74	+00:32:11 (40.4%)	5:18	11.3 (59.5%)
333	BLIMEL Olga	36	BIGAMY SIĘ	K-30	13	00:26:48	01:19:47.09	+00:32:19 (40.5%)	5:19	11.3 (59.5%)
334	LASOTA Mirosław	292		M-70	7	00:26:47	01:19:48.23	+00:32:20 (40.5%)	5:19	11.3 (59.5%)
335	KORYTOWSKA Magdalena	231		K-40	26	00:25:28	01:19:50.98	+00:32:23 (40.6%)	5:19	11.3 (59.5%)
336	STRZELECKA Agnieszka	484	FIGA TEAM BIAŁOGARD	K-40	27	00:26:48	01:19:52.77	+00:32:24 (40.6%)	5:19	11.3 (59.5%)
337	SZALIŁOW Ewa	493	□	K-30	14	00:26:30	01:19:54.78	+00:32:26 (40.6%)	5:19	11.3 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
338	ŁUCZEJKO Sławomir	306		M-60	25	00:26:05	01:19:55.58	+00:32:27 (40.6%)	5:19	11.3 (59.5%)
339	KACHNOWICZ-BUKAŁA Izabela	617	PUSZCZYK BUKOWY	K-50	6	00:26:01	01:19:58.03	+00:32:30 (40.6%)	5:19	11.3 (59.5%)
340	KOPCEWICZ Robert	226	BIEGOLENIE GOLENIÓW	M-50	58	00:26:01	01:19:58.55	+00:32:30 (40.7%)	5:19	11.3 (59.5%)
341	WŁODARCZYK Aneta	569		K-30	15	00:26:06	01:19:59.88	+00:32:32 (40.7%)	5:19	11.3 (59.5%)
342	STRUŚ Artur	483	KB „ BRYZA" POSTOMINO	M-60	26	00:27:01	01:20:03.09	+00:32:35 (40.7%)	5:20	11.2 (58.9%)
343	KAŁUŻA Marta	186	NADMORSZY BIEGACZE KOŁOBRZEG	K-40	28	00:26:38	01:20:08.02	+00:32:40 (40.8%)	5:20	11.2 (58.9%)
344	ŚWIĄTEK Adam	526	NADMORSZY BIEGACZE KOŁOBRZEG	M-30	73	00:24:41	01:20:08.67	+00:32:40 (40.8%)	5:20	11.2 (58.9%)
345	DĄBROWSKA Dorota	89	BIEGACZE JÓZEFA NOJI	K-50	7	00:25:57	01:20:09.64	+00:32:41 (40.8%)	5:20	11.2 (58.9%)
346	MOLENDĄ Magdalena	344		K-30	16	00:27:06	01:20:12.36	+00:32:44 (40.8%)	5:20	11.2 (58.9%)
347	BARZYK Ewa	27	36MINUT KOŁOBRZEG	K-40	29	00:26:50	01:20:19.36	+00:32:51 (40.9%)	5:21	11.2 (58.9%)
348	MLECZKO Mariusz	341	MARITIM	M-30	74	00:27:19	01:20:19.93	+00:32:52 (40.9%)	5:21	11.2 (58.9%)
349	RAGIN Przemysław	418		M-30	75	00:26:36	01:20:21.91	+00:32:54 (40.9%)	5:21	11.2 (58.9%)
350	ŚLEFARSKI Andrzej	524	STOPA	M-50	59	00:26:31	01:20:27.15	+00:32:59 (41.0%)	5:21	11.2 (58.9%)
351	KWAŚNIAK Przemysław	284		M-40	107	00:27:16	01:20:30.89	+00:33:03 (41.1%)	5:22	11.2 (58.9%)
352	RĘBELIŃSKA Anna	421	NADMORSZY BIEGACZE KOŁOBRZEG	K-40	30	00:27:13	01:20:44.40	+00:33:16 (41.2%)	5:22	11.1 (58.4%)
353	KRYCIŃSKA Jolanta	258	NADMORSZY BIEGACZE	K-40	31	00:27:11	01:20:45.69	+00:33:17 (41.2%)	5:23	11.1 (58.4%)
354	SAJDYK Tomasz	441		M-40	108	00:26:21	01:20:46.66	+00:33:18 (41.2%)	5:23	11.1 (58.4%)
355	MECHECKI Grzegorz	333		M-50	60	00:27:05	01:20:46.68	+00:33:18 (41.2%)	5:23	11.1 (58.4%)
356	WŁODARCZYK Katarzyna	570		K-30	17	00:26:06	01:20:48.05	+00:33:20 (41.3%)	5:23	11.1 (58.4%)
357	TŁOCZKOWSKI Bartosz	534		M-16	20	00:26:44	01:20:51.50	+00:33:23 (41.3%)	5:23	11.1 (58.4%)
358	MONGIAŁO Marcin	347		M-40	109	00:26:32	01:20:51.58	+00:33:23 (41.3%)	5:23	11.1 (58.4%)
359	BASTA Grzegorz	28	BBL LASY BOGDANIEC	M-50	61	00:27:08	01:20:52.24	+00:33:24 (41.3%)	5:23	11.1 (58.4%)
360	MONGIAŁO Aleksandra	346	KĘPKA NA TRASIE	K-40	32	00:26:47	01:20:55.29	+00:33:27 (41.3%)	5:23	11.1 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
361	KOSEK Mariusz	233	RCI	M-50	62	00:26:17	01:21:04.50	+00:33:36 (41.5%)	5:24	11.1 (58.4%)
362	GRABOWSKA Marta	139		K-30	18	00:27:33	01:21:08.00	+00:33:40 (41.5%)	5:24	11.1 (58.4%)
363	SZYMAŃSKI Maciej	514		M-30	76	00:26:12	01:21:09.46	+00:33:41 (41.5%)	5:24	11.1 (58.4%)
364	KAMIŃSKI Kacper	189	SMIECHUTEAM	M-30	77	00:27:34	01:21:14.17	+00:33:46 (41.6%)	5:24	11.1 (58.4%)
365	ROSIAK Jacek	428	ZJEW TEAM	M-50	63	00:27:33	01:21:14.26	+00:33:46 (41.6%)	5:24	11.1 (58.4%)
366	RUTKOWSKI Artur	436	VII GALA BIEGACZY /WIĘCEJ SPORTOWIEC.INFO	M-30	78	00:25:55	01:21:18.09	+00:33:50 (41.6%)	5:25	11.1 (58.4%)
367	TRZCINA Bartosz	544		M-40	110	00:27:09	01:21:23.01	+00:33:55 (41.7%)	5:25	11.1 (58.4%)
368	ŚLEDŹ Przemysław	523	LESZCZE	M-40	111	00:25:54	01:21:25.49	+00:33:57 (41.7%)	5:25	11.1 (58.4%)
369	KORNAK Zygmunt	230		M-50	64	00:26:50	01:21:25.78	+00:33:57 (41.7%)	5:25	11.1 (58.4%)
370	GRUCHAŁA Robert	144	CHALLENGERS	M-30	79	00:27:48	01:21:31.01	+00:34:03 (41.8%)	5:26	11 (57.9%)
371	TROJNACKI Rafał	542		M-30	80	00:27:26	01:21:31.19	+00:34:03 (41.8%)	5:26	11 (57.9%)
372	DUDZIAK Piotr	105		M-50	65	00:26:35	01:21:53.57	+00:34:25 (42.0%)	5:27	11 (57.9%)
373	BURBULIS Agnieszka	63	LOKATOR NIERUCHOMOŚCI PIŁA	K-40	33	00:27:37	01:21:58.11	+00:34:30 (42.1%)	5:27	11 (57.9%)
374	PIERZAK Jakub	398		M-40	112	00:26:09	01:21:59.36	+00:34:31 (42.1%)	5:27	11 (57.9%)
375	SZUMSKI Bartosz	512		M-40	113	00:28:23	01:22:02.31	+00:34:34 (42.1%)	5:28	11 (57.9%)
376	KROCZYŃSKA Kinga	252		K-40	34	00:27:24	01:22:05.92	+00:34:38 (42.2%)	5:28	11 (57.9%)
377	KLINGER Alan	213		M-40	114	00:27:49	01:22:08.14	+00:34:40 (42.2%)	5:28	11 (57.9%)
378	ŚMIGIELSKI Robert	525	LECHICI ZIELONKA	M-50	66	00:27:16	01:22:18.10	+00:34:50 (42.3%)	5:29	10.9 (57.4%)
379	OCHOWIAK Piotr	369	OCHUSIE	M-50	67	00:27:27	01:22:19.59	+00:34:51 (42.3%)	5:29	10.9 (57.4%)
380	BUJANOWSKI Grzegorz	60	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-50	68	00:27:01	01:22:23.91	+00:34:56 (42.4%)	5:29	10.9 (57.4%)
381	SAWICKA - WERS Urszula	445	NADMORSZY BIEGACZE KOŁOBRZEG	K-30	19	00:26:58	01:22:33.98	+00:35:06 (42.5%)	5:30	10.9 (57.4%)
382	SIENIAWSKI Krzysztof	611		M-40	115	00:26:08	01:22:34.39	+00:35:06 (42.5%)	5:30	10.9 (57.4%)
383	LASOTA Grzegorz	290		M-50	69	00:26:01	01:22:38.87	+00:35:11 (42.6%)	5:30	10.9 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
384	SZYMAŃSKI Andrzej	516	ELKOPLAST	M-40	116	00:27:26	01:22:43.38	+00:35:15 (42.6%)	5:30	10.9 (57.4%)
385	WOJCIECHOWSKA-HRYCYK Agata	619		K-50	8	00:27:22	01:22:47.10	+00:35:19 (42.7%)	5:31	10.9 (57.4%)
386	ROZKOWINSKI Łukasz	429		M-40	117	00:27:11	01:22:49.63	+00:35:21 (42.7%)	5:31	10.9 (57.4%)
387	KASPROWICZ Przemysław	196		M-40	118	00:27:59	01:22:55.66	+00:35:27 (42.8%)	5:31	10.9 (57.4%)
388	MARTYNIAK Dariusz	322		M-30	81	00:27:51	01:22:58.45	+00:35:30 (42.8%)	5:31	10.8 (56.8%)
389	SALAWA Anna	631	BIEGAJ Z MAŃKIEM TEAM	K-40	35	00:27:44	01:23:02.67	+00:35:34 (42.8%)	5:32	10.8 (56.8%)
390	STACHOWSKI Andrzej	475	NOCNY POYEB	M-50	70	00:27:48	01:23:09.83	+00:35:42 (42.9%)	5:32	10.8 (56.8%)
391	SZCZUPACZYŃSKI Błażej	498		M-30	82	00:28:10	01:23:17.45	+00:35:49 (43.0%)	5:33	10.8 (56.8%)
392	OSTROWSKA Aneta	384		K-30	20	00:28:11	01:23:17.81	+00:35:50 (43.0%)	5:33	10.8 (56.8%)
393	PŁAŻALSKI Łukasz	404		M-40	119	00:28:11	01:23:18.40	+00:35:50 (43.0%)	5:33	10.8 (56.8%)
394	OSTROWSKA Kinga	383		K-30	21	00:28:11	01:23:18.46	+00:35:50 (43.0%)	5:33	10.8 (56.8%)
395	SŁOWIK Rafał	464	FIGA TEAM BIAŁOGARD	M-40	120	00:26:47	01:23:19.14	+00:35:51 (43.0%)	5:33	10.8 (56.8%)
396	KONDAK Anna	224		K-40	36	00:27:30	01:23:22.85	+00:35:55 (43.1%)	5:33	10.8 (56.8%)
397	MORDARSKI Robert	349		M-40	121	00:26:18	01:23:22.98	+00:35:55 (43.1%)	5:33	10.8 (56.8%)
398	GIEDROWICZ Aleksandra	130	KMP KOSZALIN	K-30	22	00:27:08	01:23:30.72	+00:36:02 (43.2%)	5:34	10.8 (56.8%)
399	DROZDA Aleksandra	101		K-30	23	00:28:17	01:23:33.07	+00:36:05 (43.2%)	5:34	10.8 (56.8%)
400	SZUBERT Julia	508		K-16	7	00:27:26	01:23:37.63	+00:36:09 (43.2%)	5:34	10.8 (56.8%)
401	FURMAN Tomasz	121	TADEK & WŁADEK	M-50	71	00:27:59	01:23:47.59	+00:36:19 (43.4%)	5:35	10.7 (56.3%)
402	NIEWIADOMSKA Dominika	357		K-30	24	00:28:44	01:23:48.56	+00:36:20 (43.4%)	5:35	10.7 (56.3%)
403	GONTARZ Wojciech	135		M-30	83	00:28:08	01:24:09.69	+00:36:41 (43.6%)	5:36	10.7 (56.3%)
404	KRZYŻAŃSKI Jakub	261		M-40	122	00:26:33	01:24:11.30	+00:36:43 (43.6%)	5:36	10.7 (56.3%)
405	BORUC Barbara	50		K-50	9	00:27:38	01:24:14.60	+00:36:46 (43.7%)	5:36	10.7 (56.3%)
406	KULCZYK Katarzyna	273	KB BRYZA POSTOMINO	K-40	37	00:27:57	01:24:15.68	+00:36:47 (43.7%)	5:37	10.7 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
407	LUDWIKOWSKI Marek	302	KB BRYZA POSTOMINO	M-40	123	00:27:58	01:24:15.71	+00:36:47 (43.7%)	5:37	10.7 (56.3%)
408	ZENEL Marek	592		M-60	27	00:26:49	01:24:20.12	+00:36:52 (43.7%)	5:37	10.7 (56.3%)
409	KACZMAREK Adrian	609		M-16	21	00:26:51	01:24:21.96	+00:36:54 (43.7%)	5:37	10.7 (56.3%)
410	OSOBNIAK Ryszard	381		M-60	28	00:28:17	01:24:26.41	+00:36:58 (43.8%)	5:37	10.7 (56.3%)
411	MAZUREK Ryszard	330		M-70	8	00:27:23	01:24:27.61	+00:36:59 (43.8%)	5:37	10.7 (56.3%)
412	WRZYSZYNSKI Marek	577		M-16	22	00:27:18	01:24:30.97	+00:37:03 (43.8%)	5:38	10.7 (56.3%)
413	MARZEC Piotr	323		M-50	72	00:28:56	01:24:32.70	+00:37:04 (43.9%)	5:38	10.6 (55.8%)
414	MOLENDĄ Marcin	345	SINE PĘTO TEAM	M-40	124	00:27:46	01:24:49.58	+00:37:21 (44.0%)	5:39	10.6 (55.8%)
415	HRYNIEWICZ Rafał	159	TEAM BIEGOWY	M-40	125	00:27:16	01:24:50.36	+00:37:22 (44.1%)	5:39	10.6 (55.8%)
416	WOJDA Paulina	390		K-30	25	00:27:34	01:25:10.38	+00:37:42 (44.3%)	5:40	10.6 (55.8%)
417	KLOFIK Małgorzata	214		K-40	38	00:29:09	01:25:14.65	+00:37:46 (44.3%)	5:40	10.6 (55.8%)
418	BUNIEWICZ Adrianna	62		K-50	10	00:29:25	01:25:16.05	+00:37:48 (44.3%)	5:41	10.6 (55.8%)
419	ŻARKOWSKI Marcin	603		M-40	126	00:29:00	01:25:19.76	+00:37:51 (44.4%)	5:41	10.5 (55.3%)
420	RAWSKI Jarek	420	STOPA SLUPSK	M-60	29	00:29:54	01:25:23.40	+00:37:55 (44.4%)	5:41	10.5 (55.3%)
421	KOZICKI Piotr	244	FIGA TEAM BIAŁOGARD	M-50	73	00:27:59	01:25:26.20	+00:37:58 (44.4%)	5:41	10.5 (55.3%)
422	KRYSZCZUK Piotr	259	JAK MASZ TAK BIEC, TO LEPIJ ZEJDŹ	M-40	127	00:27:10	01:25:30.64	+00:38:02 (44.5%)	5:42	10.5 (55.3%)
423	SZYMAŃSKI Artur	515	BS FAMILY TEAM	M-40	128	00:28:03	01:25:35.06	+00:38:07 (44.5%)	5:42	10.5 (55.3%)
424	MARZEC Agnieszka	324		K-40	39	00:28:58	01:25:43.51	+00:38:15 (44.6%)	5:42	10.5 (55.3%)
425	ADAMCZYK Robert	2		M-50	74	00:29:27	01:25:45.26	+00:38:17 (44.7%)	5:43	10.5 (55.3%)
426	WOLSKI Tomasz	575	WIECZORNE BIEGANIE W SZCZECINIE	M-50	75	00:28:44	01:25:52.99	+00:38:25 (44.7%)	5:43	10.5 (55.3%)
427	KUBICA Marek	266		M-60	30	00:29:21	01:25:53.77	+00:38:25 (44.7%)	5:43	10.5 (55.3%)
428	DĄBROWSKI Wiktor	90	PAŃSTWO DĄBREK	M-30	84	00:29:49	01:26:02.71	+00:38:34 (44.8%)	5:44	10.5 (55.3%)
429	DĄBROWSKA Izabela	88	PAŃSTWO DĄBREK	K-30	26	00:28:28	01:26:05.20	+00:38:37 (44.9%)	5:44	10.5 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
430	ŁANGOWSKA Iwona	303	KOŁOBRZEG BIEGA	K-50	11	00:28:30	01:26:15.98	+00:38:48 (45.0%)	5:45	10.4 (54.7%)
431	BURIAN Waldemar	64		M-40	129	00:29:50	01:26:17.44	+00:38:49 (45.0%)	5:45	10.4 (54.7%)
432	BLIMEL Marcin	37	BIEGAMY SIĘ	M-40	130	00:29:31	01:26:23.78	+00:38:55 (45.1%)	5:45	10.4 (54.7%)
433	OCHOWIAK Amelia	370	OCHUSIE	K-16	8	00:29:30	01:26:24.51	+00:38:56 (45.1%)	5:45	10.4 (54.7%)
434	SACZKA Aneta	438		K-40	40	00:27:58	01:26:26.03	+00:38:58 (45.1%)	5:45	10.4 (54.7%)
435	BOGACKA Lucyna	41	TKKF KOSZALIN	K-60	1	00:28:25	01:26:27.98	+00:39:00 (45.1%)	5:45	10.4 (54.7%)
436	ZAKRZEWSKI Paweł	586	ELIZIUM	M-40	131	00:28:00	01:26:32.89	+00:39:05 (45.2%)	5:46	10.4 (54.7%)
437	RUDNICKA Bogusia	431		K-40	41	00:28:29	01:26:42.74	+00:39:14 (45.3%)	5:46	10.4 (54.7%)
438	SKRENTNY Karol	462		M-30	85	00:24:36	01:26:48.88	+00:39:21 (45.3%)	5:47	10.4 (54.7%)
439	KALOCIŃSKI Krzysztof	184	FIGA TEAM BIAŁOGARD	M-40	132	00:28:24	01:26:55.62	+00:39:27 (45.4%)	5:47	10.4 (54.7%)
440	ROSA Mirosław	427		M-50	76	00:30:12	01:27:14.49	+00:39:46 (45.6%)	5:48	10.3 (54.2%)
441	PIECZULIS Romuald	397		M-50	77	00:31:04	01:27:16.24	+00:39:48 (45.6%)	5:49	10.3 (54.2%)
442	KAŻMIERCZAK Tomasz	630	KOŁOBRZEG	M-40	133	00:29:58	01:27:21.52	+00:39:53 (45.7%)	5:49	10.3 (54.2%)
443	HRYCAJ Tomasz	158		M-40	134	00:29:06	01:27:34.69	+00:40:06 (45.8%)	5:50	10.3 (54.2%)
444	OCHWAT Barbara	372		K-30	27	00:29:33	01:27:37.31	+00:40:09 (45.8%)	5:50	10.3 (54.2%)
445	ADASZYŃSKI Wiesław	5		M-50	78	00:24:41	01:27:53.86	+00:40:26 (46.0%)	5:51	10.2 (53.7%)
446	KOWALCZYK Dorian	237		M-16	23	00:31:32	01:27:54.63	+00:40:26 (46.0%)	5:51	10.2 (53.7%)
447	KABACIŃSKI Dawid	181		M-40	135	00:29:01	01:27:55.99	+00:40:28 (46.0%)	5:51	10.2 (53.7%)
448	MGŁOSIEK Grzegorz	336		M-60	31	00:28:32	01:28:03.96	+00:40:36 (46.1%)	5:52	10.2 (53.7%)
449	SIMINIAK Łukasz	454		M-40	136	00:29:18	01:28:05.98	+00:40:38 (46.1%)	5:52	10.2 (53.7%)
450	KUBIAK Andrzej	265		M-70	9	00:29:02	01:28:13.78	+00:40:45 (46.2%)	5:52	10.2 (53.7%)
451	GAPSKI Bogdan	125	BIEGACZE JÓZEFA NOJI	M-60	32	00:29:50	01:28:14.59	+00:40:46 (46.2%)	5:52	10.2 (53.7%)
452	KLUG Aleksandra	215		K-16	9	00:30:35	01:28:19.22	+00:40:51 (46.3%)	5:53	10.2 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
453	BUCZKOWSKI Jacek	56	12PLOG	M-50	79	00:28:09	01:28:31.50	+00:41:03 (46.4%)	5:54	10.2 (53.7%)
454	WINIARSKI Marcin	563		M-40	137	00:30:26	01:28:36.01	+00:41:08 (46.4%)	5:54	10.2 (53.7%)
455	TRACZYK Tomasz	541		M-40	138	00:28:14	01:28:37.31	+00:41:09 (46.4%)	5:54	10.2 (53.7%)
456	PELC Marek	391	12BZ	M-40	139	00:29:56	01:28:37.34	+00:41:09 (46.4%)	5:54	10.2 (53.7%)
457	PELC Monika	392		K-40	42	00:29:56	01:28:37.57	+00:41:09 (46.4%)	5:54	10.2 (53.7%)
458	DRGAS Andrzej	100	MOTOR LUBOŃ TEAM	M-70	10	00:29:03	01:28:40.04	+00:41:12 (46.5%)	5:54	10.2 (53.7%)
459	CIEŚLA Patrycja	77		K-40	43	00:29:57	01:28:41.10	+00:41:13 (46.5%)	5:54	10.1 (53.2%)
460	KŁOS Jarosław	216		M-30	86	00:29:27	01:28:53.15	+00:41:25 (46.6%)	5:55	10.1 (53.2%)
461	GRABOWSKI Marek	140		M-50	80	00:31:05	01:29:02.86	+00:41:35 (46.7%)	5:56	10.1 (53.2%)
462	KOWALSKI Krzysztof	239	STOPA SŁUPSKA	M-60	33	00:30:01	01:29:29.49	+00:42:01 (47.0%)	5:57	10.1 (53.2%)
463	KĘPKA Karolina	202	STOPA SŁUPSK	K-50	12	00:30:01	01:29:29.65	+00:42:01 (47.0%)	5:57	10.1 (53.2%)
464	KUBIAK Monika	263	TRENING TANG	K-40	44	00:28:17	01:29:40.31	+00:42:12 (47.1%)	5:58	10 (52.6%)
465	NIEWIAROWICZ Tomasz	359		M-40	140	00:30:43	01:29:41.78	+00:42:13 (47.1%)	5:58	10 (52.6%)
466	ZIELIŃSKI Michał	595		M-30	87	00:30:32	01:29:44.22	+00:42:16 (47.1%)	5:58	10 (52.6%)
467	JANUSZEWSKI Sergiusz	168	SEREK TEAM	M-16	24	00:30:58	01:30:06.33	+00:42:38 (47.3%)	6:00	10 (52.6%)
468	MARET Wacław	319	LOKATOR NIERUCHOMOŚCI PIŁA	M-70	11	00:30:48	01:30:09.65	+00:42:41 (47.4%)	6:00	10 (52.6%)
469	BOWNIK Marcin	52		M-30	88	00:30:38	01:30:20.65	+00:42:52 (47.5%)	6:01	10 (52.6%)
470	GÓRAL Łukasz	136	DZIKIE BAŻANTY	M-40	141	00:29:53	01:30:21.57	+00:42:53 (47.5%)	6:01	10 (52.6%)
471	KORZEŃ Kacper	232		M-16	25	00:30:17	01:30:26.70	+00:42:58 (47.5%)	6:01	10 (52.6%)
472	JAKUBIAK Katarzyna	163		K-40	45	00:31:22	01:30:28.59	+00:43:00 (47.5%)	6:01	9.9 (52.1%)
473	WOJTKUN Waldemar	573		M-60	34	00:29:12	01:30:32.19	+00:43:04 (47.6%)	6:02	9.9 (52.1%)
474	OLAS Iwona	374		K-40	46	00:28:38	01:31:00.85	+00:43:33 (47.9%)	6:04	9.9 (52.1%)
475	SZOSTAK Marcin	504		M-30	89	00:30:25	01:31:01.29	+00:43:33 (47.9%)	6:04	9.9 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
476	IZNEROWICZ Monika	162		K-40	47	00:30:26	01:31:01.40	+00:43:33 (47.9%)	6:04	9.9 (52.1%)
477	FENGIER Maksym	116		M-40	142	00:30:31	01:31:02.33	+00:43:34 (47.9%)	6:04	9.9 (52.1%)
478	WASZAK Hanna	553		K-40	48	00:31:44	01:31:02.46	+00:43:34 (47.9%)	6:04	9.9 (52.1%)
479	MACKIEWICZ Olgierd	308	SUT SZCZECIN	M-50	81	00:31:03	01:31:16.15	+00:43:48 (48.0%)	6:05	9.9 (52.1%)
480	GOLEŃ Tomasz	133		M-30	90	00:28:11	01:31:22.86	+00:43:55 (48.1%)	6:05	9.9 (52.1%)
481	KOŁODZIEJCZAK Grzegorz	221		M-50	82	00:30:03	01:31:23.70	+00:43:55 (48.1%)	6:05	9.8 (51.6%)
482	MAKOWSKI Adam	314		M-30	91	00:30:20	01:31:24.77	+00:43:56 (48.1%)	6:05	9.8 (51.6%)
483	HANĆ Ryszard	149		M-60	35	00:30:11	01:31:25.17	+00:43:57 (48.1%)	6:05	9.8 (51.6%)
484	JĘTKOWSKA Elżbieta	172		K-50	13	00:30:50	01:31:31.89	+00:44:04 (48.1%)	6:06	9.8 (51.6%)
485	BUSZAC Paweł	66		M-30	92	00:31:20	01:31:36.04	+00:44:08 (48.2%)	6:06	9.8 (51.6%)
486	SUŁEK Dorota	488	KB BRYZA POSTOMINO	K-40	49	00:30:45	01:31:44.51	+00:44:16 (48.3%)	6:06	9.8 (51.6%)
487	KLEWEK Andrzej	210	FIGHTING RUNNERS	M-40	143	00:30:47	01:31:52.60	+00:44:24 (48.3%)	6:07	9.8 (51.6%)
488	CZECHLEWSKA Iwona	83	FIGHTING RUNNERS	K-40	50	00:30:48	01:31:52.65	+00:44:24 (48.3%)	6:07	9.8 (51.6%)
489	GIERSZEWSKI Mateusz	131		M-30	93	00:29:55	01:31:52.84	+00:44:25 (48.3%)	6:07	9.8 (51.6%)
490	SADOWSKA Maria	439	BBL ZŁOTÓW	K-50	14	00:30:45	01:32:00.64	+00:44:32 (48.4%)	6:08	9.8 (51.6%)
491	LASOTA Irena	291		K-70	1	00:30:31	01:32:01.29	+00:44:33 (48.4%)	6:08	9.8 (51.6%)
492	YAKZHYYK Ihar	581		M-40	144	00:30:22	01:32:04.38	+00:44:36 (48.5%)	6:08	9.8 (51.6%)
493	HAŁUSZKA Adrian	622	DRUŻYNA WOPR ANIOŁY	M-40	145	00:29:38	01:32:10.59	+00:44:42 (48.5%)	6:08	9.8 (51.6%)
494	CSULITS Claudia	78		K-50	15	00:30:12	01:32:13.54	+00:44:45 (48.5%)	6:08	9.8 (51.6%)
495	ARTEMENKO Yana	13		K-30	28	00:29:30	01:32:19.16	+00:44:51 (48.6%)	6:09	9.7 (51.1%)
496	SOBKOWICZ Tomasz	470		M-40	146	00:32:09	01:32:40.44	+00:45:12 (48.8%)	6:10	9.7 (51.1%)
497	MŁYNAREK Piotr	343		M-50	83	00:29:41	01:32:40.89	+00:45:13 (48.8%)	6:10	9.7 (51.1%)
498	ANDRUSZKO Tomasz	624	KRA MKS KARLINO	M-40	147	00:32:10	01:32:40.97	+00:45:13 (48.8%)	6:10	9.7 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
499	JURKIEWICZ Daniel	176	OLGA	M-40	148	00:29:23	01:32:46.75	+00:45:18 (48.8%)	6:11	9.7 (51.1%)
500	BLUMA Marta	39	KRZYSIO TEAM	K-40	51	00:29:47	01:32:55.67	+00:45:27 (48.9%)	6:11	9.7 (51.1%)
501	BLUMA Tomasz	38	KRZYSIO TEAM	M-40	149	00:29:47	01:32:55.82	+00:45:28 (48.9%)	6:11	9.7 (51.1%)
502	POLAŃSKI Dariusz	407	MLUKS TRZEBIATÓW	M-50	84	00:30:02	01:32:58.73	+00:45:30 (49.0%)	6:11	9.7 (51.1%)
503	JASINSKI Dariusz	169		M-40	150	00:28:58	01:33:12.97	+00:45:45 (49.1%)	6:12	9.7 (51.1%)
504	SZUMCZYK Martyna	511		K-16	10	00:34:14	01:33:18.08	+00:45:50 (49.1%)	6:13	9.6 (50.5%)
505	SOBKOWIAK Ewa	469	100MCP	K-60	2	00:31:58	01:33:23.81	+00:45:56 (49.2%)	6:13	9.6 (50.5%)
506	WYGANOWSKI Andrzej	1	WYGAN	M-80+	1	00:30:45	01:33:29.12	+00:46:01 (49.2%)	6:13	9.6 (50.5%)
507	KOZŁOWIECKI Waldemar	247	TKKF KOSZALIN	M-70	12	00:30:48	01:33:32.99	+00:46:05 (49.3%)	6:14	9.6 (50.5%)
508	ANDRUSZKIEWICZ Grzegorz	7	PARKRUN SZCZECINEK	M-40	151	00:32:01	01:34:02.43	+00:46:34 (49.5%)	6:16	9.6 (50.5%)
509	HOLC Dorota	155	BIEGA♥	K-30	29	00:30:58	01:34:10.24	+00:46:42 (49.6%)	6:16	9.6 (50.5%)
510	SZYMAŃSKA Hanna	513	POZYTYWNI BIEGACZE	K-50	16	00:31:54	01:34:26.92	+00:46:59 (49.7%)	6:17	9.5 (50.0%)
511	KAMIŃSKI Wiesław	190		M-50	85	00:30:02	01:34:32.32	+00:47:04 (49.8%)	6:18	9.5 (50.0%)
512	ADAMSKI Damian	4	LABA KOŁOBRZEG	M-40	152	00:27:47	01:34:40.04	+00:47:12 (49.9%)	6:18	9.5 (50.0%)
513	KILJANSKA Kasia	206		K-50	17	00:28:25	01:35:00.40	+00:47:32 (50.0%)	6:20	9.5 (50.0%)
514	KĘSICKA-BLOCH Aneta	203		K-40	52	00:30:11	01:35:01.14	+00:47:33 (50.0%)	6:20	9.5 (50.0%)
515	MADEJ Anna	310	FIXUM DYRDOOM AG	K-50	18	00:28:52	01:35:13.15	+00:47:45 (50.2%)	6:20	9.5 (50.0%)
516	LEWANDOWSKI Grzegorz	296	FIXUM DYRDOOM AG	M-40	153	00:28:52	01:35:14.24	+00:47:46 (50.2%)	6:20	9.5 (50.0%)
517	GALUSZKA Marcin	123	FINISZ MORĄG	M-40	154	00:30:28	01:35:21.52	+00:47:53 (50.2%)	6:21	9.4 (49.5%)
518	BEDNARZ Katarzyna	30		K-50	19	00:30:12	01:35:35.66	+00:48:07 (50.3%)	6:22	9.4 (49.5%)
519	WOŹNIAK Piotr	348		M-60	36	00:30:10	01:35:37.92	+00:48:10 (50.4%)	6:22	9.4 (49.5%)
520	KUŹNIK Elżbieta	283		K-30	30	00:32:11	01:35:39.64	+00:48:11 (50.4%)	6:22	9.4 (49.5%)
521	MUCKA Oliver	350		M-16	26	00:32:53	01:35:51.10	+00:48:23 (50.5%)	6:23	9.4 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
522	PIĄTKOWSKA Urszula	395	BIEGNIĘCI TEAM KOSZALIN	K-40	53	00:30:27	01:35:51.84	+00:48:24 (50.5%)	6:23	9.4 (49.5%)
523	WARNIEŁŁO Adriana	550		K-40	54	00:28:59	01:35:54.08	+00:48:26 (50.5%)	6:23	9.4 (49.5%)
524	OCHOWIAK Paweł	607	QUAY POZNAŃ	M-40	155	00:30:33	01:36:07.71	+00:48:39 (50.6%)	6:24	9.4 (49.5%)
525	FRYDRYCHOWICZ Lilianna	120	SENIORKA	K-60	3	00:31:41	01:36:10.80	+00:48:43 (50.7%)	6:24	9.4 (49.5%)
526	BRZOZOWSKI Tomasz	55		M-50	86	00:31:59	01:37:20.07	+00:49:52 (51.2%)	6:29	9.2 (48.4%)
527	BUZAŁA Walenty	67	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-60	37	00:30:06	01:37:26.11	+00:49:58 (51.3%)	6:29	9.2 (48.4%)
528	SZYMCZAK Klaudia	520	GĘSIORZE ZAGÓRÓW	K-16	11	00:28:50	01:37:46.48	+00:50:18 (51.5%)	6:31	9.2 (48.4%)
529	KOZAR Paweł	242		M-30	94	00:34:02	01:38:14.73	+00:50:46 (51.7%)	6:32	9.2 (48.4%)
530	KOT Daniel	236	KOT TEAM	M-50	87	00:33:38	01:38:15.45	+00:50:47 (51.7%)	6:33	9.2 (48.4%)
531	KAŹMIERCZAK Robert	627		M-50	88	00:31:12	01:38:30.28	+00:51:02 (51.8%)	6:34	9.1 (47.9%)
532	RUDZEWICZ Mariusz	434		M-40	156	00:31:15	01:38:44.97	+00:51:17 (51.9%)	6:34	9.1 (47.9%)
533	WINCENCIAK Aleksandra	562		K-40	55	00:31:02	01:38:55.01	+00:51:27 (52.0%)	6:35	9.1 (47.9%)
534	BIELICKA Ewa	32		K-40	56	00:32:30	01:39:18.97	+00:51:51 (52.2%)	6:37	9.1 (47.9%)
535	HELLER Zdzisław	154	NIEZRZESZONY	M-60	38	00:32:03	01:39:31.28	+00:52:03 (52.3%)	6:38	9 (47.4%)
536	MAŁKIŃSKI Józef	316		M-60	39	00:31:50	01:39:40.62	+00:52:12 (52.4%)	6:38	9 (47.4%)
537	SZRAM Patrycja	505		K-16	12	00:32:40	01:40:01.79	+00:52:33 (52.6%)	6:40	9 (47.4%)
538	KANIEWSKA-GÓRAL Daria	191	DZIKIE BAŻANTY	K-30	31	00:32:58	01:40:08.61	+00:52:40 (52.6%)	6:40	9 (47.4%)
539	GRABOWSKA Elżbieta	138		K-60	4	00:32:14	01:40:24.65	+00:52:56 (52.7%)	6:41	9 (47.4%)
540	NAWOJCZYK Julia	355		K-16	13	00:33:06	01:41:00.57	+00:53:32 (53.0%)	6:44	8.9 (46.8%)
541	WIECZOREK Kinga	557		K-30	32	00:32:57	01:41:00.85	+00:53:33 (53.0%)	6:44	8.9 (46.8%)
542	KLEINSCHMIDT Anja	209		K-50	20	00:32:46	01:41:12.23	+00:53:44 (53.1%)	6:44	8.9 (46.8%)
543	GOLJANEK Ewa Magdalena	134		K-40	57	00:31:43	01:41:18.52	+00:53:50 (53.1%)	6:45	8.9 (46.8%)
544	ANDRUSZKO Agata	9		K-30	33	00:32:36	01:41:29.30	+00:54:01 (53.2%)	6:45	8.9 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
545	KASZLEJ Agnieszka	198		K-16	14	00:36:32	01:41:34.68	+00:54:06 (53.3%)	6:46	8.9 (46.8%)
546	CHYLICKI Marian	74	BIEGIEM ! RADOM	M-60	40	00:32:57	01:41:56.57	+00:54:28 (53.4%)	6:47	8.8 (46.3%)
547	ŚLĄSKA Małgorzata	522	STARA BABA I MOŻE XD	K-50	21	00:32:50	01:42:05.89	+00:54:38 (53.5%)	6:48	8.8 (46.3%)
548	LIPERTOWICZ Aleksandra	297	WIECZORNE BIEGANIE W SZCZECINIE	K-30	34	00:33:31	01:42:06.19	+00:54:38 (53.5%)	6:48	8.8 (46.3%)
549	JĘDRASZCZYK Wiktoria	171		K-16	15	00:34:10	01:42:53.39	+00:55:25 (53.9%)	6:51	8.7 (45.8%)
550	SYTY Tadeusz	491		M-70	13	00:31:04	01:43:23.51	+00:55:55 (54.1%)	6:53	8.7 (45.8%)
551	RUDOWICZ Dawid	433		M-30	95	00:33:54	01:43:42.75	+00:56:14 (54.2%)	6:54	8.7 (45.8%)
552	KILJAN - RUDOWICZ Sylwia	207		K-40	58	00:33:55	01:43:43.62	+00:56:15 (54.2%)	6:54	8.7 (45.8%)
553	SZYMAŃSKI Jacek	519	POZYTYWNI BIEGACZE	M-50	89	00:33:17	01:44:06.78	+00:56:38 (54.4%)	6:56	8.6 (45.3%)
554	SALITA Lech	442	ALTOM GNIEZNO	M-60	41	00:32:53	01:44:38.17	+00:57:10 (54.6%)	6:58	8.6 (45.3%)
555	SZAŁA Angelika	494	TRAINIG TANK	K-30	35	00:28:17	01:44:51.29	+00:57:23 (54.7%)	6:59	8.6 (45.3%)
556	DUDEK Paulina	104		K-16	16	00:35:34	01:45:28.79	+00:58:01 (55.0%)	7:01	8.5 (44.7%)
557	OKOŃ Stanisław	373	KB-WYGAN	M-50	90	00:32:41	01:46:02.63	+00:58:34 (55.2%)	7:04	8.5 (44.7%)
558	FLORYS Lena	119		K-16	17	00:32:05	01:47:20.01	+00:59:52 (55.8%)	7:09	8.4 (44.2%)
559	HORNIATKIEWICZ Małgorzata	157	STOWARZYSZENIE NADMORSZY BIEGACZE KOŁOBRZEG	K-60	5	00:32:48	01:47:28.74	+01:00:00 (55.8%)	7:09	8.4 (44.2%)
560	ZACH Sebastian	584	TKKF WODNIK WIĘCBORK	M-50	91	00:36:02	01:47:43.81	+01:00:16 (55.9%)	7:10	8.4 (44.2%)
561	KOCZOROWSKA Klaudia Maria	219	BAŁTYCKIE TOWARZYSTWO PŁYWANIA LODOWEGO	K-40	59	00:29:57	01:48:01.94	+01:00:34 (56.1%)	7:12	8.3 (43.7%)
562	DOBOSZ Romuald	94	TUPOT USTKA	M-70	14	00:32:13	01:52:22.05	+01:04:54 (57.8%)	7:29	8 (42.1%)
563	KWIATKOWSKI Zygmunt	286		M-70	15	00:34:12	01:58:17.33	+01:10:49 (59.9%)	7:53	7.6 (40.0%)
564	BIERNACKI Rene	34		M-70	16	00:45:47	02:17:04.55	+01:29:36 (65.4%)	9:08	6.6 (34.7%)
565	BARZYK Łukasz	26		M-40	157	00:28:26		+00:12:57	5:41	10.6 (55.8%)
566	SZCZECIŃSKI Mariusz	495	MARIO	M-50	92	00:28:47		+00:13:18	5:45	10.4 (54.7%)
567	BIELIŃSKI Łukasz	33	RZUF13	M-40	158					(0.0%)
DNC	CHĘĆ Joanna	628		K-50			01:10:07.66		0:00	12.8 (67.4%)

Znaleziono 568 wynik(ów)