

# KOŁOBRZESKA 15-STKA ZAŚLUBIN

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Kołobrzaska 15-stka Zaślubin  
Miejski Ośrodek Sportu i Rekreacji  
2024-03-17  
Kołobrzeg  
15 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	<b>PIOTRASCHKE Paweł</b>	<b>386</b>	AML SŁUPSK	M-40	1	00:00:00	<b>00:51:19.83</b>	<b>00:51:20.14</b>		3:25	17.5 (100%)
2	<b>KOBUS Tomasz</b>	<b>211</b>		M-40	2	00:00:01	<b>00:55:34.70</b>	<b>00:55:35.75</b>	+00:04:14 (7.6%)	3:42	16.2 (92.6%)
3	<b>MANIKOWSKI Piotr</b>	<b>315</b>	KP PSP ZŁOTÓW	M-40	3	00:00:00	<b>00:55:36.94</b>	<b>00:55:37.25</b>	+00:04:17 (7.7%)	3:42	16.2 (92.6%)
4	<b>ORGANKA Marcin</b>	<b>374</b>	TRUCHT ŁOBEZ	M-40	4	00:00:00	<b>00:55:43.66</b>	<b>00:55:43.98</b>	+00:04:23 (7.9%)	3:42	16.2 (92.6%)
5	<b>HOŁUB Kamil</b>	<b>155</b>	MLUKS TRZEBIATÓW	M-40	5	00:00:00	<b>00:58:24.27</b>	<b>00:58:24.58</b>	+00:07:04 (12.1%)	3:53	15.4 (88.0%)
6	<b>CHLASTA Jacek</b>	<b>69</b>	GO2TRI	M-40	6	00:00:01	<b>00:59:04.03</b>	<b>00:59:05.91</b>	+00:07:44 (13.1%)	3:56	15.2 (86.9%)
7	<b>SMAGOWSKI Wojtek</b>	<b>445</b>	FIGA PRACOWNIA PROJEKTOWA1	M-40	7	00:00:02	<b>00:59:12.04</b>	<b>00:59:14.36</b>	+00:07:52 (13.3%)	3:56	15.2 (86.9%)
8	<b>SWĘDROWSKI Sylwester</b>	<b>470</b>	MKL MARATON ŚWINOUJŚCIE	M-40	8	00:00:11	<b>00:59:56.46</b>	<b>01:00:08.03</b>	+00:08:36 (14.4%)	3:59	15 (85.7%)
9	<b>PROŚNIEWSKI Mirosław</b>	<b>400</b>	GRYFICKA SIŁA BIEGOWA	M-40	9	00:00:01	<b>01:00:11.61</b>	<b>01:00:13.11</b>	+00:08:51 (14.7%)	4:00	15 (85.7%)
10	<b>NOWICKI Michał</b>	<b>361</b>	KB WYGAN	M-40	10	00:00:02	<b>01:00:40.70</b>	<b>01:00:43.27</b>	+00:09:20 (15.4%)	4:02	14.8 (84.6%)
11	<b>ZAWALSKI Mariusz</b>	<b>565</b>		M-40	11	00:00:28	<b>01:00:41.23</b>	<b>01:01:09.86</b>	+00:09:21 (15.4%)	4:02	14.8 (84.6%)
12	<b>GAJEWSKI Andrzej</b>	<b>121</b>	STOPA SŁUPSK	M-40	12	00:00:07	<b>01:01:12.84</b>	<b>01:01:20.71</b>	+00:09:53 (16.1%)	4:04	14.7 (84.0%)
13	<b>WACHOWSKI Rafał</b>	<b>516</b>	KOŁOBRZEG BIEGA	M-40	13	00:00:05	<b>01:01:17.03</b>	<b>01:01:22.33</b>	+00:09:57 (16.2%)	4:05	14.7 (84.0%)
14	<b>KAMIENIECKI Rafał</b>	<b>188</b>	TUPOT USTKA	M-40	14	00:00:04	<b>01:01:56.96</b>	<b>01:02:01.33</b>	+00:10:37 (17.1%)	4:07	14.5 (82.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
15	<b>KOZIEŁ Paweł</b>	<b>233</b>	FIGA PRACOWNIA PROJEKTOWA1	M-40	15	00:00:04	<b>01:02:00.75</b>	<b>01:02:05.58</b>	+00:10:40 (17.2%)	4:08	14.5 (82.9%)
16	<b>SOBCZYK Łukasz</b>	<b>448</b>	KOLOBRZEG BIEGA	M-40	16	00:00:04	<b>01:03:05.42</b>	<b>01:03:10.02</b>	+00:11:45 (18.6%)	4:12	14.3 (81.7%)
17	<b>HOJKA Tomasz</b>	<b>154</b>	ZAKWAS TEAM	M-40	17	00:00:19	<b>01:03:10.06</b>	<b>01:03:29.25</b>	+00:11:50 (18.7%)	4:12	14.2 (81.1%)
18	<b>LIPERTOWICZ Sebastian</b>	<b>286</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-40	18	00:00:08	<b>01:03:10.56</b>	<b>01:03:19.56</b>	+00:11:50 (18.8%)	4:12	14.2 (81.1%)
19	<b>WIŚNIEWSKI Piotr</b>	<b>536</b>		M-40	19	00:00:07	<b>01:03:10.72</b>	<b>01:03:18.41</b>	+00:11:50 (18.8%)	4:12	14.2 (81.1%)
20	<b>KRASICKI Michał</b>	<b>239</b>	RUNNIN-GYM	M-40	20	00:00:22	<b>01:04:35.45</b>	<b>01:04:58.06</b>	+00:13:15 (20.5%)	4:18	13.9 (79.4%)
21	<b>CIBORSKI Sławomir</b>	<b>77</b>	TATRA KLUB	M-40	21	00:00:12	<b>01:04:38.99</b>	<b>01:04:51.77</b>	+00:13:19 (20.6%)	4:18	13.9 (79.4%)
22	<b>MELON Jacek</b>	<b>333</b>	RUN GOKU TEAM	M-40	22	00:00:12	<b>01:05:17.89</b>	<b>01:05:30.08</b>	+00:13:58 (21.4%)	4:21	13.8 (78.9%)
23	<b>ZIELIŃSKI Grzegorz</b>	<b>575</b>	LUDWIG CZEKOLADA TUCZNO TEAM	M-40	23	00:00:06	<b>01:05:22.24</b>	<b>01:05:28.67</b>	+00:14:02 (21.5%)	4:21	13.8 (78.9%)
24	<b>MATYSIAK Wojciech</b>	<b>324</b>		M-40	24	00:00:20	<b>01:05:26.62</b>	<b>01:05:47.19</b>	+00:14:06 (21.6%)	4:21	13.8 (78.9%)
25	<b>BANASZEK Sławomir</b>	<b>20</b>	SZYMI TEAM ŻARY	M-40	25	00:00:07	<b>01:05:32.15</b>	<b>01:05:39.23</b>	+00:14:12 (21.7%)	4:22	13.7 (78.3%)
26	<b>TURCZYN Tomasz</b>	<b>509</b>	SLAWNO.NASZEMIASTO.PL	M-40	26	00:00:02	<b>01:05:45.15</b>	<b>01:05:47.72</b>	+00:14:25 (21.9%)	4:23	13.7 (78.3%)
27	<b>BRODECKI Artur</b>	<b>54</b>	BIEGOLAS KOSZALIN	M-40	27	00:00:07	<b>01:06:01.49</b>	<b>01:06:08.57</b>	+00:14:41 (22.3%)	4:24	13.6 (77.7%)
28	<b>SPICZAK-BRZEZIŃSKI Robert</b>	<b>450</b>		M-40	28	00:00:54	<b>01:06:27.99</b>	<b>01:07:22.58</b>	+00:15:08 (22.8%)	4:25	13.5 (77.1%)
29	<b>KUCZYŃSKI Mirosław</b>	<b>263</b>		M-40	29	00:00:02	<b>01:06:32.45</b>	<b>01:06:34.68</b>	+00:15:12 (22.9%)	4:26	13.5 (77.1%)
30	<b>IWANIEC Dariusz</b>	<b>159</b>	BIEGOLAS KOSZALIN	M-40	30	00:00:06	<b>01:06:33.41</b>	<b>01:06:40.11</b>	+00:15:13 (22.9%)	4:26	13.5 (77.1%)
31	<b>JĘDRZEJEWSKI Łukasz</b>	<b>176</b>		M-40	31	00:00:07	<b>01:06:39.76</b>	<b>01:06:47.68</b>	+00:15:19 (23.0%)	4:26	13.5 (77.1%)
32	<b>JUSTYŃSKI Andrzej</b>	<b>181</b>	CKS ORKA SZCZECIN	M-40	32	00:00:11	<b>01:06:40.68</b>	<b>01:06:51.85</b>	+00:15:20 (23.0%)	4:26	13.5 (77.1%)
33	<b>BUDYCH Arek</b>	<b>57</b>		M-40	33	00:00:27	<b>01:07:06.89</b>	<b>01:07:34.47</b>	+00:15:47 (23.5%)	4:28	13.4 (76.6%)
34	<b>LENDZIONOWSKI Artur</b>	<b>281</b>	GREENSY HEROES	M-40	34	00:00:21	<b>01:07:17.31</b>	<b>01:07:38.33</b>	+00:15:57 (23.7%)	4:29	13.4 (76.6%)
35	<b>KUKIEŁA Tomasz</b>	<b>265</b>	FCMIK/BIEGOLAS KOSZALIN	M-40	35	00:00:15	<b>01:07:50.94</b>	<b>01:08:06.10</b>	+00:16:31 (24.3%)	4:31	13.3 (76.0%)
36	<b>SAJ Marek</b>	<b>424</b>		M-40	36	00:00:10	<b>01:07:59.24</b>	<b>01:08:09.58</b>	+00:16:39 (24.5%)	4:31	13.2 (75.4%)
37	<b>PISARENOK Adam</b>	<b>388</b>		M-40	37	00:00:07	<b>01:08:13.55</b>	<b>01:08:20.75</b>	+00:16:53 (24.8%)	4:32	13.2 (75.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
38	<b>MAJKA Dariusz</b>	<b>302</b>	BIEGACZE ŚWINOUJŚCIA	M-40	38	00:00:02	<b>01:08:16.78</b>	<b>01:08:19.14</b>	+00:16:56 (24.8%)	4:33	13.2 (75.4%)
39	<b>AUGUSTYNIAK Grzegorz</b>	<b>13</b>		M-40	39	00:00:07	<b>01:08:19.01</b>	<b>01:08:26.90</b>	+00:16:59 (24.9%)	4:33	13.2 (75.4%)
40	<b>MAZUR Emiliusz</b>	<b>327</b>	PSP KOSZALIN	M-40	40	00:00:11	<b>01:08:33.64</b>	<b>01:08:45.15</b>	+00:17:13 (25.1%)	4:34	13.1 (74.9%)
41	<b>PRAWDA Sebastian</b>	<b>396</b>	MELON, GREJPFRUT I SPÓŁKA	M-40	41	00:00:24	<b>01:08:36.56</b>	<b>01:09:00.78</b>	+00:17:16 (25.2%)	4:34	13.1 (74.9%)
42	<b>BIEDRZYCKI Daniel</b>	<b>34</b>	12 PUŁK LOGISTYCZNY	M-40	42	00:00:18	<b>01:08:43.65</b>	<b>01:09:02.64</b>	+00:17:23 (25.3%)	4:34	13.1 (74.9%)
43	<b>GAWRYSIAK Przemysław</b>	<b>129</b>		M-40	43	00:00:20	<b>01:08:54.51</b>	<b>01:09:14.98</b>	+00:17:34 (25.5%)	4:35	13.1 (74.9%)
44	<b>KIERZEK Przemysław</b>	<b>591</b>	PŁONĄCE UDA	M-40	44	00:00:10	<b>01:09:03.23</b>	<b>01:09:13.64</b>	+00:17:43 (25.7%)	4:36	13 (74.3%)
45	<b>LENIO Dariusz</b>	<b>282</b>		M-40	45	00:00:00	<b>01:09:07.96</b>	<b>01:09:08.28</b>	+00:17:48 (25.8%)	4:36	13 (74.3%)
46	<b>STRZAŁA Marcin</b>	<b>462</b>	WŁĄCZ AKTYWNOŚĆ	M-40	46	00:00:39	<b>01:09:24.78</b>	<b>01:10:03.87</b>	+00:18:04 (26.1%)	4:37	13 (74.3%)
47	<b>MAZUR Tomasz</b>	<b>326</b>	I LO SZCZECINEK	M-40	47	00:00:03	<b>01:09:47.79</b>	<b>01:09:51.13</b>	+00:18:27 (26.5%)	4:39	12.9 (73.7%)
48	<b>ZYGAN Marcin</b>	<b>581</b>	KOŁOBRZEG BIEGA	M-40	48	00:00:21	<b>01:09:54.07</b>	<b>01:10:15.38</b>	+00:18:34 (26.6%)	4:39	12.9 (73.7%)
49	<b>KOWALCZYK Marcin</b>	<b>224</b>	STOPA SŁUPSK	M-40	49	00:00:12	<b>01:09:54.29</b>	<b>01:10:06.56</b>	+00:18:34 (26.6%)	4:39	12.9 (73.7%)
50	<b>ANTOSIK Grzegorz</b>	<b>10</b>	KB BRYZA POSTOMINO	M-40	50	00:00:06	<b>01:10:02.67</b>	<b>01:10:08.74</b>	+00:18:42 (26.7%)	4:40	12.9 (73.7%)
51	<b>KRUK Wojciech</b>	<b>243</b>		M-40	51	00:00:08	<b>01:10:05.84</b>	<b>01:10:14.76</b>	+00:18:46 (26.8%)	4:40	12.8 (73.1%)
52	<b>BIELIŃSKI Łukasz</b>	<b>35</b>		M-40	52	00:00:42	<b>01:10:27.68</b>	<b>01:11:10.03</b>	+00:19:07 (27.2%)	4:41	12.8 (73.1%)
53	<b>KRUK Marcin</b>	<b>244</b>	TKKF KOSZALIN	M-40	53	00:00:07	<b>01:11:18.10</b>	<b>01:11:25.35</b>	+00:19:58 (28.0%)	4:45	12.6 (72.0%)
54	<b>ROMANOWSKI Piotr</b>	<b>412</b>	KO-Ł-OB	M-40	54	00:00:23	<b>01:11:26.76</b>	<b>01:11:50.02</b>	+00:20:06 (28.2%)	4:45	12.6 (72.0%)
55	<b>WIŚNIEWSKI Stanisław</b>	<b>537</b>		M-40	55	00:00:21	<b>01:11:48.82</b>	<b>01:12:10.70</b>	+00:20:28 (28.5%)	4:47	12.5 (71.4%)
56	<b>SIŁAKOWSKI Dariusz</b>	<b>439</b>		M-40	56	00:00:12	<b>01:11:55.31</b>	<b>01:12:08.01</b>	+00:20:35 (28.6%)	4:47	12.5 (71.4%)
57	<b>STRZELECKI Grzegorz</b>	<b>463</b>	FIGA PRACOWNIA PROJEKTOWA	M-40	57	00:00:03	<b>01:12:01.57</b>	<b>01:12:05.11</b>	+00:20:41 (28.7%)	4:48	12.5 (71.4%)
58	<b>RAK Krzysztof</b>	<b>406</b>		M-40	58	00:00:04	<b>01:12:09.92</b>	<b>01:12:14.73</b>	+00:20:50 (28.9%)	4:48	12.5 (71.4%)
59	<b>TRZPIS Piotr</b>	<b>507</b>	BIEGORANEK DARŁOWO	M-40	59	00:00:44	<b>01:12:13.09</b>	<b>01:12:57.44</b>	+00:20:53 (28.9%)	4:48	12.5 (71.4%)
60	<b>KUKIEŁKA Wojciech</b>	<b>266</b>		M-40	60	00:00:39	<b>01:12:13.38</b>	<b>01:12:53.09</b>	+00:20:53 (28.9%)	4:48	12.5 (71.4%)

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61	<b>SMOLIŃSKI Krzysztof</b>	<b>446</b>	SMOLIŃSCY TEAM	M-40	61	00:00:15	<b>01:12:15.75</b>	<b>01:12:31.54</b>	+00:20:55 (29.0%)	4:49	12.5 (71.4%)
62	<b>ŚWIECIAK Tomasz</b>	<b>494</b>		M-40	62	00:00:27	<b>01:12:20.30</b>	<b>01:12:47.52</b>	+00:21:00 (29.0%)	4:49	12.4 (70.9%)
63	<b>LUDWIKOWSKI Marek</b>	<b>291</b>	KB BRYZA POSTOMINO	M-40	63	00:00:24	<b>01:12:32.47</b>	<b>01:12:57.09</b>	+00:21:12 (29.2%)	4:50	12.4 (70.9%)
64	<b>HANULA Piotr</b>	<b>148</b>	BŁĘKITNY PATROL WWF	M-40	64	00:00:18	<b>01:12:39.89</b>	<b>01:12:58.08</b>	+00:21:20 (29.4%)	4:50	12.4 (70.9%)
65	<b>SIENIAWSKI Krzysiek</b>	<b>436</b>		M-40	65	00:00:17	<b>01:12:45.58</b>	<b>01:13:02.97</b>	+00:21:25 (29.5%)	4:51	12.4 (70.9%)
66	<b>DOSKONAŁY Łukasz</b>	<b>99</b>		M-40	66	00:00:11	<b>01:12:48.29</b>	<b>01:12:59.81</b>	+00:21:28 (29.5%)	4:51	12.4 (70.9%)
67	<b>BIALKOWSKI Marcin</b>	<b>33</b>	GRANIT TEAM	M-40	67	00:00:37	<b>01:13:05.63</b>	<b>01:13:43.02</b>	+00:21:45 (29.8%)	4:52	12.3 (70.3%)
68	<b>KRZEŚNIEWSKI Marcin</b>	<b>254</b>	FIZJOBIEGACZE SZCZECIN	M-40	68	00:00:00	<b>01:13:16.43</b>	<b>01:13:17.20</b>	+00:21:56 (29.9%)	4:53	12.3 (70.3%)
69	<b>KURZEPA Daniel</b>	<b>272</b>	BRAK	M-40	69	00:00:17	<b>01:13:42.15</b>	<b>01:13:59.58</b>	+00:22:22 (30.4%)	4:54	12.2 (69.7%)
70	<b>KILIJĄSKI Andrzej</b>	<b>199</b>	KPP WAŁCZ	M-40	70	00:00:25	<b>01:13:44.43</b>	<b>01:14:09.50</b>	+00:22:24 (30.4%)	4:54	12.2 (69.7%)
71	<b>KOŚCIUCZUK Bartosz</b>	<b>221</b>		M-40	71	00:00:11	<b>01:13:51.10</b>	<b>01:14:02.82</b>	+00:22:31 (30.5%)	4:55	12.2 (69.7%)
72	<b>ŻDANOW Oleksandr</b>	<b>584</b>		M-40	72	00:00:16	<b>01:14:01.03</b>	<b>01:14:17.56</b>	+00:22:41 (30.7%)	4:56	12.2 (69.7%)
73	<b>KAŁUŻA Mariusz</b>	<b>186</b>	PAMIĄTKOWO RUN TEAM	M-40	73	00:00:33	<b>01:14:15.78</b>	<b>01:14:49.26</b>	+00:22:55 (30.9%)	4:57	12.1 (69.1%)
74	<b>MYSZYŃSKI Paweł</b>	<b>356</b>		M-40	74	00:00:19	<b>01:14:22.26</b>	<b>01:14:41.52</b>	+00:23:02 (31.0%)	4:57	12.1 (69.1%)
75	<b>MARET Robert</b>	<b>318</b>	LOKATOR NIERUCHOMOŚCI PIŁA	M-40	75	00:00:34	<b>01:14:39.66</b>	<b>01:15:14.53</b>	+00:23:19 (31.2%)	4:58	12.1 (69.1%)
76	<b>POLAŃSKI Norbert</b>	<b>392</b>	21BLT	M-40	76	00:00:08	<b>01:14:44.50</b>	<b>01:14:53.01</b>	+00:23:24 (31.3%)	4:58	12 (68.6%)
77	<b>SIKORSKI Adam</b>	<b>437</b>	SIKORROVO	M-40	77	00:00:00	<b>01:14:46.01</b>	<b>01:14:46.01</b>	+00:23:26 (31.3%)	4:59	12 (68.6%)
78	<b>KĘDZIERSKI Bartek</b>	<b>193</b>		M-40	78	00:00:09	<b>01:14:46.92</b>	<b>01:14:56.21</b>	+00:23:27 (31.4%)	4:59	12 (68.6%)
79	<b>WÓJCIK Jacek</b>	<b>555</b>		M-40	79	00:00:23	<b>01:14:58.80</b>	<b>01:15:21.83</b>	+00:23:38 (31.5%)	4:59	12 (68.6%)
80	<b>JASTROWICZ Maciek</b>	<b>173</b>	NASZE WZGÓRZE TEAM	M-40	80	00:00:30	<b>01:15:05.19</b>	<b>01:15:35.26</b>	+00:23:45 (31.6%)	5:00	12 (68.6%)
81	<b>TWARÓG Eugeniusz</b>	<b>511</b>		M-40	81	00:00:21	<b>01:15:12.40</b>	<b>01:15:33.58</b>	+00:23:52 (31.7%)	5:00	12 (68.6%)
82	<b>KRZYŻAŃSKI Jakub</b>	<b>255</b>		M-40	82	00:00:16	<b>01:15:20.91</b>	<b>01:15:37.41</b>	+00:24:01 (31.9%)	5:01	11.9 (68.0%)
83	<b>BIRLET Paweł</b>	<b>39</b>		M-40	83	00:00:09	<b>01:15:35.16</b>	<b>01:15:44.68</b>	+00:24:15 (32.1%)	5:02	11.9 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
84	<b>LEWANDOWSKI Grzegorz</b>	<b>285</b>	STOWARZYSZENIE BIEGACZY GMINA SZYDŁOWO	M-40	84	00:00:08	<b>01:15:44.49</b>	<b>01:15:52.55</b>	+00:24:24 (32.2%)	5:02	11.9 (68.0%)
85	<b>SAWIŃSKI Jacek</b>	<b>431</b>		M-40	85	00:00:13	<b>01:15:51.70</b>	<b>01:16:05.54</b>	+00:24:31 (32.3%)	5:03	11.9 (68.0%)
86	<b>BRANICKI Dawid</b>	<b>51</b>		M-40	86	00:00:20	<b>01:15:53.25</b>	<b>01:16:13.47</b>	+00:24:33 (32.4%)	5:03	11.9 (68.0%)
87	<b>KWAŚNIAK Przemysław</b>	<b>274</b>		M-40	87	00:01:04	<b>01:15:58.11</b>	<b>01:17:03.02</b>	+00:24:38 (32.4%)	5:03	11.8 (67.4%)
88	<b>PIWOWARSKI Jarosław</b>	<b>390</b>		M-40	88	00:00:32	<b>01:16:48.92</b>	<b>01:17:21.40</b>	+00:25:29 (33.2%)	5:07	11.7 (66.9%)
89	<b>OLEJNIK Mariusz</b>	<b>369</b>		M-40	89	00:00:05	<b>01:17:48.70</b>	<b>01:17:53.89</b>	+00:26:28 (34.0%)	5:11	11.6 (66.3%)
90	<b>TYLL Karol</b>	<b>513</b>		M-40	90	00:00:46	<b>01:17:49.58</b>	<b>01:18:36.06</b>	+00:26:29 (34.0%)	5:11	11.6 (66.3%)
91	<b>MISZCZYSZYN Bartosz</b>	<b>345</b>	-	M-40	91	00:00:31	<b>01:17:52.55</b>	<b>01:18:24.38</b>	+00:26:32 (34.1%)	5:11	11.6 (66.3%)
92	<b>AUGUSTYNIAK Grzegorz</b>	<b>12</b>	UKŁ FENIKSŚWIDWIN	M-40	92	00:00:31	<b>01:17:54.79</b>	<b>01:18:26.17</b>	+00:26:34 (34.1%)	5:11	11.6 (66.3%)
93	<b>SZCZERBA Łukasz</b>	<b>476</b>		M-40	93	00:00:28	<b>01:18:00.76</b>	<b>01:18:29.14</b>	+00:26:40 (34.2%)	5:12	11.5 (65.7%)
94	<b>BOJANOWSKI Michał</b>	<b>45</b>	KOŁOBRZESKI KLUB MORSÓW	M-40	94	00:00:33	<b>01:18:22.08</b>	<b>01:18:55.37</b>	+00:27:02 (34.5%)	5:13	11.5 (65.7%)
95	<b>WOJDYLEWSKI Ariel</b>	<b>546</b>		M-40	95	00:00:16	<b>01:18:23.60</b>	<b>01:18:39.75</b>	+00:27:03 (34.5%)	5:13	11.5 (65.7%)
96	<b>KATA Marcin</b>	<b>192</b>	DZIKIE ŻÓLWIE	M-40	96	00:00:47	<b>01:18:31.53</b>	<b>01:19:19.34</b>	+00:27:11 (34.6%)	5:14	11.5 (65.7%)
97	<b>BAGIŃSKI Piotr</b>	<b>16</b>		M-40	97	00:00:17	<b>01:18:36.07</b>	<b>01:18:53.99</b>	+00:27:16 (34.7%)	5:14	11.5 (65.7%)
98	<b>KLINGER Alan</b>	<b>206</b>	WSPÓLNA PASJA ŻORY	M-40	98	00:00:34	<b>01:19:29.94</b>	<b>01:20:03.97</b>	+00:28:10 (35.4%)	5:17	11.3 (64.6%)
99	<b>MONGIAŁO Marcin</b>	<b>352</b>		M-40	99	00:00:57	<b>01:19:37.22</b>	<b>01:20:34.87</b>	+00:28:17 (35.5%)	5:18	11.3 (64.6%)
100	<b>PROKOPOWICZ Marcin</b>	<b>399</b>	3:33 TEAM	M-40	100	00:00:27	<b>01:20:09.51</b>	<b>01:20:36.79</b>	+00:28:49 (36.0%)	5:20	11.2 (64.0%)
101	<b>TALAGA Rafał</b>	<b>497</b>		M-40	101	00:00:44	<b>01:20:19.73</b>	<b>01:21:04.38</b>	+00:28:59 (36.1%)	5:21	11.2 (64.0%)
102	<b>OLECHNOWICZ Sławomir</b>	<b>368</b>	STOPA SŁUPSK	M-40	102	00:00:44	<b>01:20:34.57</b>	<b>01:21:19.22</b>	+00:29:14 (36.3%)	5:22	11.2 (64.0%)
103	<b>KRYSZCZUK Piotr</b>	<b>252</b>	JAK MASZ TAK BIEC , TO LEPIEJ ZEJDŹ	M-40	103	00:00:03	<b>01:20:39.22</b>	<b>01:20:43.19</b>	+00:29:19 (36.4%)	5:22	11.2 (64.0%)
104	<b>PRYCA Adam</b>	<b>401</b>		M-40	104	00:00:22	<b>01:20:56.65</b>	<b>01:21:19.02</b>	+00:29:36 (36.6%)	5:23	11.1 (63.4%)
105	<b>WASIAK Sylwester</b>	<b>520</b>	GWIEZDNA FLOTA MASZEWO	M-40	105	00:00:11	<b>01:20:58.90</b>	<b>01:21:10.27</b>	+00:29:39 (36.6%)	5:23	11.1 (63.4%)
106	<b>SZYMAŃSKI Artur</b>	<b>485</b>	BS FAMILY TEAM	M-40	106	00:00:15	<b>01:21:06.56</b>	<b>01:21:22.22</b>	+00:29:46 (36.7%)	5:24	11.1 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
107	<b>KOZACZUK Grzegorz</b>	<b>229</b>		M-40	107	00:00:33	<b>01:21:34.20</b>	<b>01:22:07.72</b>	+00:30:14 (37.1%)	5:26	11 (62.9%)
108	<b>BUJANOWSKI Grzegorz</b>	<b>59</b>	STOWARZYSZENIE BIEGACZY GMINA SZYDŁOWO	M-40	108	00:00:36	<b>01:21:40.71</b>	<b>01:22:17.42</b>	+00:30:20 (37.2%)	5:26	11 (62.9%)
109	<b>PIOTROWSKI Łukasz</b>	<b>387</b>		M-40	109	00:00:59	<b>01:22:29.60</b>	<b>01:23:29.28</b>	+00:31:09 (37.8%)	5:29	10.9 (62.3%)
110	<b>KRAJEWSKI Marek</b>	<b>237</b>		M-40	110	00:00:21	<b>01:23:22.72</b>	<b>01:23:44.51</b>	+00:32:02 (38.4%)	5:33	10.8 (61.7%)
111	<b>SZYMAŃSKI Andrzej</b>	<b>486</b>		M-40	111	00:00:35	<b>01:24:46.04</b>	<b>01:25:21.48</b>	+00:33:26 (39.4%)	5:39	10.6 (60.6%)
112	<b>RZESZOTARSKI Jacek</b>	<b>422</b>	SAR-BSR KOŁOBRZEG MARATON TEAM	M-40	112	00:00:33	<b>01:25:08.05</b>	<b>01:25:41.24</b>	+00:33:48 (39.7%)	5:40	10.6 (60.6%)
113	<b>NOWAK Marcin</b>	<b>359</b>		M-40	113	00:00:00	<b>01:25:31.49</b>	<b>01:25:32.36</b>	+00:34:11 (40.0%)	5:42	10.5 (60.0%)
114	<b>MITURA Jacek</b>	<b>348</b>		M-40	114	00:00:49	<b>01:26:30.59</b>	<b>01:27:19.78</b>	+00:35:10 (40.7%)	5:46	10.4 (59.4%)
115	<b>SAŁAMASZEK Andrzej</b>	<b>427</b>		M-40	115	00:00:37	<b>01:26:51.53</b>	<b>01:27:29.51</b>	+00:35:31 (40.9%)	5:47	10.4 (59.4%)
116	<b>ZIELIŃSKI Jacek</b>	<b>573</b>		M-40	116	00:00:37	<b>01:27:00.05</b>	<b>01:27:37.29</b>	+00:35:40 (41.0%)	5:48	10.3 (58.9%)
117	<b>JARECKI Bartosz</b>	<b>171</b>		M-40	117	00:00:48	<b>01:27:09.79</b>	<b>01:27:58.04</b>	+00:35:49 (41.1%)	5:48	10.3 (58.9%)
118	<b>OSTAPIŃSKI Michał</b>	<b>379</b>	SUPER KSIĘGOWY	M-40	118	00:01:02	<b>01:27:11.65</b>	<b>01:28:14.55</b>	+00:35:51 (41.1%)	5:48	10.3 (58.9%)
119	<b>GÓRSKI Marek</b>	<b>136</b>		M-40	119	00:00:25	<b>01:27:51.38</b>	<b>01:28:16.58</b>	+00:36:31 (41.6%)	5:51	10.2 (58.3%)
120	<b>MECHECKI Grzegorz</b>	<b>332</b>		M-40	120	00:00:27	<b>01:28:02.45</b>	<b>01:28:29.53</b>	+00:36:42 (41.7%)	5:52	10.2 (58.3%)
121	<b>WITKOWSKI Mariusz</b>	<b>540</b>	MAWI GNIEZNO	M-40	121	00:00:31	<b>01:28:10.05</b>	<b>01:28:41.57</b>	+00:36:50 (41.8%)	5:52	10.2 (58.3%)
122	<b>HRYCAJ Tomasz</b>	<b>156</b>		M-40	122	00:00:46	<b>01:28:38.81</b>	<b>01:29:25.12</b>	+00:37:18 (42.1%)	5:54	10.2 (58.3%)
123	<b>KIEŁKOWSKI Przemysław</b>	<b>196</b>	TAK DLA KOŁOBRZEGU	M-40	123	00:00:00	<b>01:29:01.02</b>	<b>01:29:01.62</b>	+00:37:41 (42.3%)	5:56	10.1 (57.7%)
124	<b>FENGIER Maksym</b>	<b>115</b>		M-40	124	00:00:00	<b>01:29:22.14</b>	<b>01:29:22.14</b>	+00:38:02 (42.6%)	5:57	10.1 (57.7%)
125	<b>MŁYNAREK Piotr</b>	<b>349</b>		M-40	125	00:00:50	<b>01:29:51.13</b>	<b>01:30:42.12</b>	+00:38:31 (42.9%)	5:59	10 (57.1%)
126	<b>WINIARSKI Marcin</b>	<b>535</b>		M-40	126	00:00:50	<b>01:30:15.51</b>	<b>01:31:05.93</b>	+00:38:55 (43.1%)	6:01	10 (57.1%)
127	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>467</b>		M-40	127	00:00:20	<b>01:30:27.80</b>	<b>01:30:47.88</b>	+00:39:07 (43.3%)	6:01	10 (57.1%)
128	<b>PŁAŻAŁSKI Łukasz</b>	<b>391</b>		M-40	128	00:00:44	<b>01:30:36.30</b>	<b>01:31:20.31</b>	+00:39:16 (43.3%)	6:02	9.9 (56.6%)
129	<b>JURKIEWICZ Daniel</b>	<b>180</b>	OLGA	M-40	129	00:00:20	<b>01:31:26.42</b>	<b>01:31:46.98</b>	+00:40:06 (43.9%)	6:05	9.8 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
130	<b>TRACZYK Tomasz</b>	<b>502</b>		M-40	130	00:00:20	<b>01:31:32.61</b>	<b>01:31:53.24</b>	+00:40:12 (43.9%)	6:06	9.8 (56.0%)
131	<b>BOJARSKI Karol</b>	<b>46</b>		M-40	131	00:00:51	<b>01:31:44.65</b>	<b>01:32:36.41</b>	+00:40:24 (44.1%)	6:06	9.8 (56.0%)
132	<b>RUDZEWICZ Mariusz</b>	<b>418</b>		M-40	132	00:00:02	<b>01:32:16.99</b>	<b>01:32:19.94</b>	+00:40:57 (44.4%)	6:09	9.8 (56.0%)
133	<b>ROSA Mirosław</b>	<b>587</b>		M-40	133	00:00:36	<b>01:34:35.69</b>	<b>01:35:12.47</b>	+00:43:15 (45.7%)	6:18	9.5 (54.3%)
134	<b>ŚLEDŹ Przemysław</b>	<b>491</b>		M-40	134	00:00:49	<b>01:35:12.53</b>	<b>01:36:02.19</b>	+00:43:52 (46.1%)	6:20	9.5 (54.3%)
135	<b>HRYNIEWICZ Rafał</b>	<b>157</b>		M-40	135	00:00:50	<b>01:35:25.20</b>	<b>01:36:15.63</b>	+00:44:05 (46.2%)	6:21	9.4 (53.7%)
136	<b>ANGROT Marcin</b>	<b>8</b>		M-40	136	00:00:26	<b>01:36:09.83</b>	<b>01:36:35.99</b>	+00:44:50 (46.6%)	6:24	9.4 (53.7%)
137	<b>WECLAWIAK Marek</b>	<b>522</b>		M-40	137	00:00:50	<b>01:36:15.52</b>	<b>01:37:05.59</b>	+00:44:55 (46.7%)	6:25	9.4 (53.7%)
138	<b>STERNALSKI Michał</b>	<b>458</b>	KB HARCOWNIK JELCZ-LASKOWICE	M-40	138	00:00:49	<b>01:40:19.51</b>	<b>01:41:08.57</b>	+00:48:59 (48.8%)	6:41	9 (51.4%)
139	<b>KOT Daniel</b>	<b>222</b>	KOT TEAM	M-40	139	00:00:48	<b>01:50:59.53</b>	<b>01:51:48.45</b>	+00:59:39 (53.8%)	7:23	8.1 (46.3%)
140	<b>MILA Przemysław</b>	<b>343</b>		M-40	140	00:00:47					(0.0%)

Znaleziono 140 wynik(ów)