

# KOŁOBRZESKA 15-STKA ZAŚLUBIN

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

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



Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZYBYŁA Adrian</b>	<b>403</b>	RUN GOKU TEAM	M-30	1	00:00:00	<b>00:48:24.85</b>	<b>00:48:25.17</b>		3:13	18.6 (100%)
2	<b>KOZŁOWICZ Tomasz</b>	<b>234</b>	OBORYGENI	M-30	2	00:00:00	<b>00:49:44.56</b>	<b>00:49:44.87</b>	+00:01:19 (2.7%)	3:18	18.1 (97.3%)
3	<b>PYTLAK Michał</b>	<b>405</b>	AML SŁUPSK /7 BRYGADA OBRONY WYBRZEŻA	M-30	3	00:00:00	<b>00:50:00.24</b>	<b>00:50:00.56</b>	+00:01:35 (3.2%)	3:20	18 (96.8%)
4	<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>	+00:02:54 (5.7%)	3:25	17.5 (94.1%)
5	<b>CZERNIEWSKI Marcin</b>	<b>594</b>	AML SŁUPSK	M-30	4	00:00:01	<b>00:52:26.25</b>	<b>00:52:27.66</b>	+00:04:01 (7.7%)	3:29	17.2 (92.5%)
6	<b>OSIŃSKI Wojciech</b>	<b>377</b>	TEAM ZABIEGANEDNI	M-30	5	00:00:02	<b>00:53:15.71</b>	<b>00:53:18.14</b>	+00:04:50 (9.1%)	3:33	16.9 (90.9%)
7	<b>BORYSIUK Arkadiusz</b>	<b>49</b>	ELITE NIERUCHOMOŚCI SZCZECIN	M-30	6	00:00:00	<b>00:53:47.19</b>	<b>00:53:47.50</b>	+00:05:22 (10.0%)	3:35	16.7 (89.8%)
8	<b>LESYK Rafal</b>	<b>283</b>	SZCZECINECCY BIEGACZE	M-30	7	00:00:00	<b>00:54:25.41</b>	<b>00:54:25.73</b>	+00:06:00 (11.0%)	3:37	16.5 (88.7%)
9	<b>PRZEKOPOWICZ Bartosz</b>	<b>402</b>	WOJSKO POLSKIE	M-30	8	00:00:00	<b>00:54:32.98</b>	<b>00:54:33.30</b>	+00:06:08 (11.2%)	3:38	16.5 (88.7%)
10	<b>SZYMAŃSKI Sylwek</b>	<b>483</b>	SZCZECINECCY BIEGACZE	M-50	1	00:00:00	<b>00:54:49.61</b>	<b>00:54:49.93</b>	+00:06:24 (11.7%)	3:39	16.4 (88.2%)
11	<b>KOZIEŁ Sebastian</b>	<b>232</b>	FIGA PRACOWNIA PROJEKTOWA1	M-16	1	00:00:01	<b>00:55:28.94</b>	<b>00:55:30.92</b>	+00:07:04 (12.7%)	3:41	16.2 (87.1%)
12	<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>	+00:07:09 (12.9%)	3:42	16.2 (87.1%)
13	<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>	+00:07:12 (12.9%)	3:42	16.2 (87.1%)
14	<b>MEYER Ireneusz</b>	<b>335</b>		M-50	2	00:00:03	<b>00:55:38.03</b>	<b>00:55:41.28</b>	+00:07:13 (13.0%)	3:42	16.2 (87.1%)

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15	<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>	+00:07:18 (13.1%)	3:42	16.2 (87.1%)
16	<b>LASAK Konrad</b>	<b>277</b>	SZCZECINECCY BIEGACZE	M-16	2	00:00:01	<b>00:56:32.99</b>	<b>00:56:34.52</b>	+00:08:08 (14.4%)	3:46	15.9 (85.5%)
17	<b>BUDZIAK Zbigniew</b>	<b>58</b>	GRYFICKA SIŁA BIEGOWA	M-50	3	00:00:01	<b>00:56:45.62</b>	<b>00:56:47.08</b>	+00:08:20 (14.7%)	3:47	15.9 (85.5%)
18	<b>WILCZEWSKI Krzysztof</b>	<b>533</b>	KB SPOKO SŁAWNO	M-30	9	00:00:03	<b>00:56:49.83</b>	<b>00:56:52.97</b>	+00:08:24 (14.8%)	3:47	15.8 (84.9%)
19	<b>ZIELECKI Adam</b>	<b>568</b>	RUNPASSION.PL TEAM	M-30	10	00:00:06	<b>00:56:55.25</b>	<b>00:57:01.32</b>	+00:08:30 (14.9%)	3:47	15.8 (84.9%)
20	<b>TERLIKOWSKI Grzegorz</b>	<b>498</b>	TRENER PERSONALNY GRZEGORZ TERLIKOWSKI	M-30	11	00:00:00	<b>00:56:59.44</b>	<b>00:56:59.76</b>	+00:08:34 (15.0%)	3:47	15.8 (84.9%)
21	<b>RUDNIKOWSKI Maciej</b>	<b>417</b>	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M-50	4	00:00:02	<b>00:56:59.62</b>	<b>00:57:01.85</b>	+00:08:34 (15.1%)	3:47	15.8 (84.9%)
22	<b>MACKOJĆ Krzysztof</b>	<b>299</b>	EL-MACKOJĆ	M-50	5	00:00:01	<b>00:57:09.13</b>	<b>00:57:10.16</b>	+00:08:44 (15.3%)	3:48	15.7 (84.4%)
23	<b>WELLER Philipp</b>	<b>524</b>	VEGAN RUNNERS	M-16	3	00:00:01	<b>00:57:14.97</b>	<b>00:57:16.11</b>	+00:08:50 (15.4%)	3:48	15.7 (84.4%)
24	<b>FEDORCZAK Łukasz</b>	<b>110</b>	BIEGOLAS KOSZALIN	M-30	12	00:00:02	<b>00:57:40.70</b>	<b>00:57:43.04</b>	+00:09:15 (16.1%)	3:50	15.6 (83.9%)
25	<b>SZYMAŃSKI Krzysztof</b>	<b>488</b>		M-30	13	00:00:01	<b>00:57:41.39</b>	<b>00:57:42.89</b>	+00:09:16 (16.1%)	3:50	15.6 (83.9%)
26	<b>UZNAŃSKI Wojciech</b>	<b>514</b>		M-30	14	00:00:00	<b>00:57:45.12</b>	<b>00:57:45.44</b>	+00:09:20 (16.2%)	3:51	15.6 (83.9%)
27	<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>	+00:09:59 (17.1%)	3:53	15.4 (82.8%)
28	<b>WNUK Dominik</b>	<b>543</b>	ZAWIANI KOŁOBRZEG	M-30	15	00:00:10	<b>00:59:02.38</b>	<b>00:59:12.41</b>	+00:10:37 (18.0%)	3:56	15.2 (81.7%)
29	<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>	+00:10:39 (18.0%)	3:56	15.2 (81.7%)
30	<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>	+00:10:47 (18.2%)	3:56	15.2 (81.7%)
31	<b>KRÓL Sebastian</b>	<b>242</b>	STONEMAN TEAM	M-30	16	00:00:38	<b>00:59:22.90</b>	<b>01:00:01.05</b>	+00:10:58 (18.5%)	3:57	15.2 (81.7%)
32	<b>PICK Tomasz</b>	<b>383</b>	BIEGOLAS KOSZALIN	M-50	6	00:00:06	<b>00:59:38.06</b>	<b>00:59:44.15</b>	+00:11:13 (18.8%)	3:58	15.1 (81.2%)
33	<b>SMOŁUCH Marcin</b>	<b>447</b>	KB BRYZA POSTOMINO	M-30	17	00:00:07	<b>00:59:42.14</b>	<b>00:59:49.49</b>	+00:11:17 (18.9%)	3:58	15.1 (81.2%)
34	<b>MADEJSKI Przemysław</b>	<b>300</b>		M-30	18	00:00:11	<b>00:59:52.47</b>	<b>01:00:04.18</b>	+00:11:27 (19.1%)	3:59	15 (80.6%)
35	<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>	+00:11:31 (19.2%)	3:59	15 (80.6%)
36	<b>MICHAŁOWSKI Piotr</b>	<b>337</b>	KB BIEGAJĄCY DIETETYK TEAM	M-30	19	00:00:12	<b>01:00:05.44</b>	<b>01:00:17.92</b>	+00:11:40 (19.4%)	4:00	15 (80.6%)
37	<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>	+00:11:46 (19.6%)	4:00	15 (80.6%)

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38	<b>KIESZKOWSKI Adam</b>	<b>198</b>		M-30	20	00:00:00	<b>01:00:37.81</b>	<b>01:00:38.13</b>	+00:12:12 (20.1%)	4:02	14.8 (79.6%)
39	<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>	+00:12:15 (20.2%)	4:02	14.8 (79.6%)
40	<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>	+00:12:16 (20.2%)	4:02	14.8 (79.6%)
41	<b>BOLECHOWSKI Cezary</b>	<b>47</b>		M-16	4	00:00:02	<b>01:01:03.40</b>	<b>01:01:05.49</b>	+00:12:38 (20.7%)	4:04	14.7 (79.0%)
42	<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>	+00:12:47 (20.9%)	4:04	14.7 (79.0%)
43	<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>	+00:12:52 (21.0%)	4:05	14.7 (79.0%)
44	<b>HAWROT Sylwester</b>	<b>150</b>	ROZBIEGANY GOLENIOW	M-50	7	00:00:07	<b>01:01:17.81</b>	<b>01:01:25.00</b>	+00:12:52 (21.0%)	4:05	14.7 (79.0%)
45	<b>KOWALSKI Damian</b>	<b>592</b>	KLUB BIEGACZA BRYZA POSTOMINO	M-30	21	00:00:07	<b>01:01:19.25</b>	<b>01:01:27.24</b>	+00:12:54 (21.0%)	4:05	14.7 (79.0%)
46	<b>WALEŃSKI Michał</b>	<b>518</b>	P1PK4	M-50	8	00:00:05	<b>01:01:30.94</b>	<b>01:01:36.63</b>	+00:13:06 (21.3%)	4:06	14.6 (78.5%)
47	<b>KOWALSKI Mirosław</b>	<b>227</b>	SZCZECINECCY BIEGACZE	M-60	1	00:00:03	<b>01:01:48.71</b>	<b>01:01:52.36</b>	+00:13:23 (21.7%)	4:07	14.6 (78.5%)
48	<b>ŻMUDA Jarosław</b>	<b>585</b>	CW FANZA	M-50	9	00:00:02	<b>01:01:52.56</b>	<b>01:01:55.48</b>	+00:13:27 (21.8%)	4:07	14.5 (78.0%)
49	<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>	+00:13:32 (21.8%)	4:07	14.5 (78.0%)
50	<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>	+00:13:35 (21.9%)	4:08	14.5 (78.0%)
51	<b>STADNIK Rafał</b>	<b>454</b>		M-30	22	00:00:25	<b>01:02:04.09</b>	<b>01:02:29.32</b>	+00:13:39 (22.0%)	4:08	14.5 (78.0%)
52	<b>WŁADYKO Rafał</b>	<b>542</b>	STRAŻ POŻARNA KOSZALIN	M-30	23	00:00:07	<b>01:02:13.64</b>	<b>01:02:21.36</b>	+00:13:48 (22.2%)	4:08	14.5 (78.0%)
53	<b>CHMIEL Krzysztof</b>	<b>70</b>	STONEMAN TEAM	M-30	24	00:00:10	<b>01:02:40.69</b>	<b>01:02:50.76</b>	+00:14:15 (22.8%)	4:10	14.4 (77.4%)
54	<b>BARTHA Tomasz</b>	<b>23</b>	KO-Ł-OB	M-16	5	00:00:04	<b>01:02:58.74</b>	<b>01:03:03.06</b>	+00:14:33 (23.1%)	4:11	14.3 (76.9%)
55	<b>BURDA Robert</b>	<b>64</b>	KOSPEL	M-50	10	00:00:04	<b>01:02:59.37</b>	<b>01:03:03.93</b>	+00:14:34 (23.1%)	4:11	14.3 (76.9%)
56	<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>	+00:14:40 (23.3%)	4:12	14.3 (76.9%)
57	<b>MACIEJKO Witold</b>	<b>298</b>		M-60	2	00:00:17	<b>01:03:06.76</b>	<b>01:03:24.02</b>	+00:14:41 (23.3%)	4:12	14.3 (76.9%)
58	<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>	+00:14:45 (23.4%)	4:12	14.2 (76.3%)
59	<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>	+00:14:45 (23.4%)	4:12	14.2 (76.3%)
60	<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>	+00:14:45 (23.4%)	4:12	14.2 (76.3%)

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61	<b>SKORYCH Andrii</b>	<b>443</b>	YULI	M-30	25	00:00:22	<b>01:03:26.48</b>	<b>01:03:49.39</b>	+00:15:01 (23.7%)	4:13	14.2 (76.3%)
62	<b>GEREK Dariusz</b>	<b>130</b>		M-50	11	00:00:00	<b>01:04:09.13</b>	<b>01:04:09.45</b>	+00:15:44 (24.5%)	4:16	14 (75.3%)
63	<b>BARTHA Adrian</b>	<b>22</b>	KO-Ł-OB	M-30	26	00:00:04	<b>01:04:17.81</b>	<b>01:04:21.91</b>	+00:15:52 (24.7%)	4:17	14 (75.3%)
64	<b>JÓŹWIK Adam</b>	<b>178</b>	OLSZEWSKI I SYNOWIE	M-30	27	00:00:14	<b>01:04:18.85</b>	<b>01:04:33.48</b>	+00:15:54 (24.7%)	4:17	14 (75.3%)
65	<b>SZARŁATA Piotr</b>	<b>474</b>		M-30	28	00:00:03	<b>01:04:24.09</b>	<b>01:04:27.41</b>	+00:15:59 (24.8%)	4:17	14 (75.3%)
66	<b>ZYGOŃ Artur</b>	<b>583</b>		M-30	29	00:00:02	<b>01:04:32.00</b>	<b>01:04:34.25</b>	+00:16:07 (25.0%)	4:18	13.9 (74.7%)
67	<b>DURKA Rafał</b>	<b>105</b>		M-30	30	00:00:24	<b>01:04:32.16</b>	<b>01:04:57.00</b>	+00:16:07 (25.0%)	4:18	13.9 (74.7%)
68	<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>	+00:16:10 (25.0%)	4:18	13.9 (74.7%)
69	<b>GERKE Mateusz</b>	<b>131</b>		M-30	31	00:00:04	<b>01:04:38.69</b>	<b>01:04:43.53</b>	+00:16:13 (25.1%)	4:18	13.9 (74.7%)
70	<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>	+00:16:14 (25.1%)	4:18	13.9 (74.7%)
71	<b>FELSKI Jakub</b>	<b>113</b>	MŻS WOŁCZA MAŁA	M-30	32	00:00:35	<b>01:04:46.86</b>	<b>01:05:22.38</b>	+00:16:22 (25.3%)	4:19	13.9 (74.7%)
72	<b>ŻURAWIK Piotr</b>	<b>597</b>	GM KĘPICE	M-50	12	00:00:15	<b>01:05:00.55</b>	<b>01:05:16.53</b>	+00:16:35 (25.5%)	4:20	13.8 (74.2%)
73	<b>MŁYNAREK Mirosław</b>	<b>350</b>		M-30	33	00:00:16	<b>01:05:05.52</b>	<b>01:05:22.21</b>	+00:16:40 (25.6%)	4:20	13.8 (74.2%)
74	<b>BAJGERT Robert</b>	<b>17</b>	VOLTAIX.PL	M-50	13	00:00:04	<b>01:05:10.93</b>	<b>01:05:15.82</b>	+00:16:46 (25.7%)	4:20	13.8 (74.2%)
75	<b>CIESIELSKI Marcin</b>	<b>79</b>		M-30	34	00:00:18	<b>01:05:17.81</b>	<b>01:05:36.32</b>	+00:16:52 (25.9%)	4:21	13.8 (74.2%)
76	<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>	+00:16:53 (25.9%)	4:21	13.8 (74.2%)
77	<b>UZNAŃSKI Ryszard</b>	<b>515</b>	KOŁOBRZEG BIEGA	M-50	14	00:00:02	<b>01:05:19.68</b>	<b>01:05:22.23</b>	+00:16:54 (25.9%)	4:21	13.8 (74.2%)
78	<b>TRZECIAK Darek</b>	<b>506</b>	KOŁOBRZEG MARATON TEAM	M-50	15	00:00:27	<b>01:05:19.86</b>	<b>01:05:47.27</b>	+00:16:55 (25.9%)	4:21	13.8 (74.2%)
79	<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>	+00:16:57 (25.9%)	4:21	13.8 (74.2%)
80	<b>MAJROWSKI Mariusz</b>	<b>303</b>	KLUB BIEGACZA BRYZA POSTOMINO	M-16	6	00:00:08	<b>01:05:24.44</b>	<b>01:05:33.33</b>	+00:16:59 (26.0%)	4:21	13.8 (74.2%)
81	<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>	+00:17:01 (26.0%)	4:21	13.8 (74.2%)
82	<b>PIŁCZYŃSKI Paweł</b>	<b>385</b>		M-30	35	00:00:09	<b>01:05:29.70</b>	<b>01:05:39.32</b>	+00:17:04 (26.1%)	4:21	13.7 (73.7%)
83	<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>	+00:17:07 (26.1%)	4:22	13.7 (73.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
84	<b>MYSZKOWSKI Jan</b>	<b>355</b>		M-60	3	00:00:06	<b>01:05:37.83</b>	<b>01:05:44.58</b>	+00:17:12 (26.2%)	4:22	13.7 (73.7%)
85	<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>	+00:17:20 (26.4%)	4:23	13.7 (73.7%)
86	<b>LESZCZEŁOWSKI Piotr</b>	<b>284</b>	SHELTIES RACE	M-50	16	00:00:40	<b>01:05:46.91</b>	<b>01:06:27.47</b>	+00:17:22 (26.4%)	4:23	13.7 (73.7%)
87	<b>KOŚCIELNIAK Robert</b>	<b>220</b>	TKKF KOSZALIN	M-60	4	00:00:16	<b>01:05:55.24</b>	<b>01:06:11.99</b>	+00:17:30 (26.6%)	4:23	13.7 (73.7%)
88	<b>KURCZAK Łukasz</b>	<b>268</b>		M-30	36	00:00:17	<b>01:05:58.08</b>	<b>01:06:15.78</b>	+00:17:33 (26.6%)	4:23	13.6 (73.1%)
89	<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>	+00:17:36 (26.7%)	4:24	13.6 (73.1%)
90	<b>WITKOWSKI Dawid</b>	<b>539</b>	KB SPOKO SŁAWNO	M-30	37	00:00:15	<b>01:06:14.50</b>	<b>01:06:29.53</b>	+00:17:49 (26.9%)	4:24	13.6 (73.1%)
91	<b>BETAŃSKI Filip</b>	<b>31</b>	THULE GROUP	M-30	38	00:00:26	<b>01:06:17.97</b>	<b>01:06:44.70</b>	+00:17:53 (27.0%)	4:25	13.6 (73.1%)
92	<b>WIELGAT Łukasz</b>	<b>595</b>	KLUB BIEGACZA BRYZA POSTOMINO	M-30	39	00:00:08	<b>01:06:27.58</b>	<b>01:06:35.71</b>	+00:18:02 (27.2%)	4:25	13.5 (72.6%)
93	<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>	+00:18:03 (27.2%)	4:25	13.5 (72.6%)
94	<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>	+00:18:07 (27.2%)	4:26	13.5 (72.6%)
95	<b>WYRWA Przemysław</b>	<b>559</b>	TEAM TERMINATORUN	M-50	17	00:00:15	<b>01:06:32.71</b>	<b>01:06:48.62</b>	+00:18:07 (27.2%)	4:26	13.5 (72.6%)
96	<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>	+00:18:08 (27.3%)	4:26	13.5 (72.6%)
97	<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>	+00:18:14 (27.4%)	4:26	13.5 (72.6%)
98	<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>	+00:18:15 (27.4%)	4:26	13.5 (72.6%)
99	<b>CHWIEDUK Andrzej</b>	<b>76</b>		M-30	40	00:00:12	<b>01:06:44.73</b>	<b>01:06:57.66</b>	+00:18:19 (27.5%)	4:26	13.5 (72.6%)
100	<b>KRÓL Piotr</b>	<b>241</b>		M-50	18	00:00:19	<b>01:06:46.18</b>	<b>01:07:05.44</b>	+00:18:21 (27.5%)	4:27	13.5 (72.6%)
101	<b>KUBIK Krystian</b>	<b>258</b>	RUNGRYF GRYFICE	M-30	41	00:00:00	<b>01:07:00.25</b>	<b>01:07:00.56</b>	+00:18:35 (27.7%)	4:28	13.4 (72.0%)
102	<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>	+00:18:42 (27.9%)	4:28	13.4 (72.0%)
103	<b>ŚWITAL Leszek</b>	<b>496</b>	MORSY MARGONIN	M-50	19	00:00:11	<b>01:07:10.43</b>	<b>01:07:22.14</b>	+00:18:45 (27.9%)	4:28	13.4 (72.0%)
104	<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>	+00:18:52 (28.0%)	4:29	13.4 (72.0%)
105	<b>GIŻYCKI Łukasz</b>	<b>134</b>		M-16	7	00:00:09	<b>01:07:17.40</b>	<b>01:07:26.51</b>	+00:18:52 (28.1%)	4:29	13.4 (72.0%)
106	<b>JURKIEWICZ Krystian</b>	<b>179</b>		M-16	8	00:00:15	<b>01:07:22.59</b>	<b>01:07:38.03</b>	+00:18:57 (28.1%)	4:29	13.4 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
107	<b>MATUSZCZYK Paweł</b>	<b>323</b>	MOVEMIRACLE	M-50	20	00:00:12	<b>01:07:23.56</b>	<b>01:07:36.01</b>	+00:18:58 (28.2%)	4:29	13.4 (72.0%)
108	<b>FIAŁKOWSKI Krzysztof</b>	<b>116</b>	TERMINATORUN	M-50	21	00:00:13	<b>01:07:29.48</b>	<b>01:07:43.29</b>	+00:19:04 (28.3%)	4:29	13.3 (71.5%)
109	<b>ZWOLIŃSKI Jan</b>	<b>580</b>	TKKF KOSZALIN	M-50	22	00:00:20	<b>01:07:36.53</b>	<b>01:07:57.40</b>	+00:19:11 (28.4%)	4:30	13.3 (71.5%)
110	<b>KUCHNA Nikodem</b>	<b>261</b>		M-16	9	00:00:35	<b>01:07:42.05</b>	<b>01:08:17.15</b>	+00:19:17 (28.5%)	4:30	13.3 (71.5%)
111	<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>	+00:19:26 (28.6%)	4:31	13.3 (71.5%)
112	<b>BACHLIŃSKI Daniel</b>	<b>15</b>		M-16	10	00:00:17	<b>01:07:51.86</b>	<b>01:08:09.48</b>	+00:19:27 (28.7%)	4:31	13.3 (71.5%)
113	<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>	+00:19:34 (28.8%)	4:31	13.2 (71.0%)
114	<b>ANTONOWICZ Wojciech</b>	<b>9</b>		M-60	5	00:00:17	<b>01:08:03.51</b>	<b>01:08:20.94</b>	+00:19:38 (28.9%)	4:32	13.2 (71.0%)
115	<b>SZAFRANEK Krzysztof</b>	<b>473</b>		M-30	42	00:00:42	<b>01:08:11.68</b>	<b>01:08:54.38</b>	+00:19:46 (29.0%)	4:32	13.2 (71.0%)
116	<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>	+00:19:48 (29.0%)	4:32	13.2 (71.0%)
117	<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>	+00:19:51 (29.1%)	4:33	13.2 (71.0%)
118	<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>	+00:19:54 (29.1%)	4:33	13.2 (71.0%)
119	<b>JABŁOŃSKI Andrzej</b>	<b>163</b>	TEAM JABŁOŃSCY	M-50	23	00:00:12	<b>01:08:19.73</b>	<b>01:08:32.53</b>	+00:19:54 (29.1%)	4:33	13.2 (71.0%)
120	<b>MAZUR Emilusz</b>	<b>327</b>	PSP KOSZALIN	M-40	40	00:00:11	<b>01:08:33.64</b>	<b>01:08:45.15</b>	+00:20:08 (29.4%)	4:34	13.1 (70.4%)
121	<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>	+00:20:11 (29.4%)	4:34	13.1 (70.4%)
122	<b>KADŁUBOWSKI Przemysław</b>	<b>185</b>	KARLINOBIEGAJ	M-30	43	00:00:29	<b>01:08:36.68</b>	<b>01:09:05.87</b>	+00:20:11 (29.4%)	4:34	13.1 (70.4%)
123	<b>MARCINKOWSKI Zbigniew</b>	<b>316</b>	HOMANIT	M-50	24	00:00:04	<b>01:08:40.36</b>	<b>01:08:44.56</b>	+00:20:15 (29.5%)	4:34	13.1 (70.4%)
124	<b>RATAJCZAK Janusz</b>	<b>408</b>	KB AKTYWNI KRZYŻ WLKP	M-60	6	00:00:08	<b>01:08:43.17</b>	<b>01:08:51.50</b>	+00:20:18 (29.5%)	4:34	13.1 (70.4%)
125	<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>	+00:20:18 (29.6%)	4:34	13.1 (70.4%)
126	<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>	+00:20:29 (29.7%)	4:35	13.1 (70.4%)
127	<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>	+00:20:38 (29.9%)	4:36	13 (69.9%)
128	<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>	+00:20:43 (30.0%)	4:36	13 (69.9%)
129	<b>SZCZYGIELSKI Radosław</b>	<b>478</b>		M-30	44	00:00:15	<b>01:09:24.30</b>	<b>01:09:39.94</b>	+00:20:59 (30.2%)	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
130	<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>	+00:20:59 (30.3%)	4:37	13 (69.9%)
131	<b>WYSOCKI Piotr</b>	<b>561</b>	STONEMAN TRIATHLON TEAM	M-30	45	00:00:10	<b>01:09:25.71</b>	<b>01:09:36.43</b>	+00:21:00 (30.3%)	4:37	13 (69.9%)
132	<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>	+00:21:22 (30.6%)	4:39	12.9 (69.4%)
133	<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>	+00:21:29 (30.7%)	4:39	12.9 (69.4%)
134	<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>	+00:21:29 (30.7%)	4:39	12.9 (69.4%)
135	<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>	+00:21:37 (30.9%)	4:40	12.9 (69.4%)
136	<b>SUCHANOWSKI Zygmunt</b>	<b>465</b>	RESPECT LOTYŃ	M-50	25	00:00:03	<b>01:10:05.82</b>	<b>01:10:09.76</b>	+00:21:40 (30.9%)	4:40	12.8 (68.8%)
137	<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>	+00:21:40 (30.9%)	4:40	12.8 (68.8%)
138	<b>ADRIAN Paweł</b>	<b>5</b>	ADRIAN	M-30	46	00:00:32	<b>01:10:20.50</b>	<b>01:10:52.85</b>	+00:21:55 (31.2%)	4:41	12.8 (68.8%)
139	<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>	+00:22:02 (31.3%)	4:41	12.8 (68.8%)
140	<b>KWIATKOWSKI Konrad</b>	<b>275</b>		M-16	11	00:00:07	<b>01:10:27.94</b>	<b>01:10:35.00</b>	+00:22:03 (31.3%)	4:41	12.8 (68.8%)
141	<b>MIELNIK Piotr</b>	<b>340</b>		M-30	47	00:01:01	<b>01:10:55.64</b>	<b>01:11:57.54</b>	+00:22:30 (31.7%)	4:43	12.7 (68.3%)
142	<b>KONECKI Dariusz</b>	<b>216</b>	KB SPOKO SŁAWNO	M-50	26	00:00:30	<b>01:10:59.02</b>	<b>01:11:29.91</b>	+00:22:34 (31.8%)	4:43	12.7 (68.3%)
143	<b>WILCZEWSKI Mariusz</b>	<b>534</b>	KB SPOKO SŁAWNO	M-30	48	00:00:29	<b>01:11:00.67</b>	<b>01:11:29.90</b>	+00:22:35 (31.8%)	4:44	12.7 (68.3%)
144	<b>DĄBROWSKI Wiktor</b>	<b>90</b>	PAŃSTWO DĄBREK	M-30	49	00:00:12	<b>01:11:02.60</b>	<b>01:11:14.90</b>	+00:22:37 (31.9%)	4:44	12.7 (68.3%)
145	<b>OLSZAK Jakub</b>	<b>372</b>		M-16	12	00:00:41	<b>01:11:03.27</b>	<b>01:11:45.22</b>	+00:22:38 (31.9%)	4:44	12.7 (68.3%)
146	<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>	+00:22:53 (32.1%)	4:45	12.6 (67.7%)
147	<b>PROKOPIUK Jarosław</b>	<b>398</b>	GDYNIA BIEGA	M-50	27	00:00:09	<b>01:11:20.15</b>	<b>01:11:29.71</b>	+00:22:55 (32.1%)	4:45	12.6 (67.7%)
148	<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>	+00:23:01 (32.2%)	4:45	12.6 (67.7%)
149	<b>MARZEC Bogdan</b>	<b>322</b>	MARATONCZYK	M-60	7	00:00:13	<b>01:11:40.39</b>	<b>01:11:53.91</b>	+00:23:15 (32.5%)	4:46	12.6 (67.7%)
150	<b>ZADROŻNY Sławomir</b>	<b>563</b>	STOPKA PILAWA	M-60	8	00:00:37	<b>01:11:40.57</b>	<b>01:12:18.34</b>	+00:23:15 (32.5%)	4:46	12.6 (67.7%)
151	<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>	+00:23:23 (32.6%)	4:47	12.5 (67.2%)
152	<b>SASIN Kacper</b>	<b>428</b>	GRABOWO	M-16	13	00:00:17	<b>01:11:54.53</b>	<b>01:12:11.73</b>	+00:23:29 (32.7%)	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
153	<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>	+00:23:30 (32.7%)	4:47	12.5 (67.2%)
154	<b>DOMAŃSKI Adam</b>	<b>98</b>	KOŁOBRZEG BIEGA	M-50	28	00:00:14	<b>01:12:01.35</b>	<b>01:12:15.61</b>	+00:23:36 (32.8%)	4:48	12.5 (67.2%)
155	<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>	+00:23:36 (32.8%)	4:48	12.5 (67.2%)
156	<b>MAZUR Mirosław</b>	<b>328</b>	TKKF KOSZALIN	M-50	29	00:00:26	<b>01:12:01.74</b>	<b>01:12:28.30</b>	+00:23:36 (32.8%)	4:48	12.5 (67.2%)
157	<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>	+00:23:45 (32.9%)	4:48	12.5 (67.2%)
158	<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>	+00:23:48 (33.0%)	4:48	12.5 (67.2%)
159	<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>	+00:23:48 (33.0%)	4:48	12.5 (67.2%)
160	<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>	+00:23:50 (33.0%)	4:49	12.5 (67.2%)
161	<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>	+00:23:55 (33.1%)	4:49	12.4 (66.7%)
162	<b>WOLAK Radosław</b>	<b>549</b>	DEZEL TEAM	M-16	14	00:00:22	<b>01:12:28.25</b>	<b>01:12:51.04</b>	+00:24:03 (33.2%)	4:49	12.4 (66.7%)
163	<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>	+00:24:07 (33.3%)	4:50	12.4 (66.7%)
164	<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>	+00:24:15 (33.4%)	4:50	12.4 (66.7%)
165	<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>	+00:24:20 (33.5%)	4:51	12.4 (66.7%)
166	<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>	+00:24:23 (33.5%)	4:51	12.4 (66.7%)
167	<b>OWCZARZ Marcin</b>	<b>381</b>	FIGA PRACOWNIA PROJEKTOWA	M-30	50	00:00:03	<b>01:12:54.07</b>	<b>01:12:57.61</b>	+00:24:29 (33.6%)	4:51	12.3 (66.1%)
168	<b>DRZEWIECKI Dominik</b>	<b>103</b>	JAK MASZ TAK BIEC , TO LEPIEJ ZEJDŹ	M-16	15	00:00:03	<b>01:12:57.44</b>	<b>01:13:01.23</b>	+00:24:32 (33.6%)	4:51	12.3 (66.1%)
169	<b>ANDRZEJCZAK Łukasz</b>	<b>7</b>	NKB CHYŻY NOWY TOMYŚL	M-30	51	00:00:18	<b>01:12:58.48</b>	<b>01:13:16.58</b>	+00:24:33 (33.7%)	4:51	12.3 (66.1%)
170	<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>	+00:24:40 (33.8%)	4:52	12.3 (66.1%)
171	<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>	+00:24:51 (33.9%)	4:53	12.3 (66.1%)
172	<b>OCHWAT Bartłomiej</b>	<b>364</b>		M-30	52	00:00:13	<b>01:13:19.37</b>	<b>01:13:33.32</b>	+00:24:54 (34.0%)	4:53	12.3 (66.1%)
173	<b>ITRICH Krzysztof</b>	<b>158</b>		M-30	53	00:00:32	<b>01:13:32.15</b>	<b>01:14:04.28</b>	+00:25:07 (34.2%)	4:54	12.2 (65.6%)
174	<b>OGONOWSKI Marek</b>	<b>365</b>	KPP WAŁCZ	M-50	30	00:00:25	<b>01:13:33.65</b>	<b>01:13:59.61</b>	+00:25:08 (34.2%)	4:54	12.2 (65.6%)
175	<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>	+00:25:17 (34.3%)	4:54	12.2 (65.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
176	<b>BUNIEWICZ Krzysztof</b>	<b>61</b>		M-50	31	00:00:41	<b>01:13:42.44</b>	<b>01:14:24.37</b>	+00:25:17 (34.3%)	4:54	12.2 (65.6%)
177	<b>KUBINOWSKI Michał</b>	<b>259</b>		M-30	54	00:00:24	<b>01:13:43.76</b>	<b>01:14:07.93</b>	+00:25:18 (34.3%)	4:54	12.2 (65.6%)
178	<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>	+00:25:19 (34.3%)	4:54	12.2 (65.6%)
179	<b>KRUKOWSKI Tadeusz</b>	<b>246</b>	BRAK	M-60	9	00:00:20	<b>01:13:45.14</b>	<b>01:14:05.91</b>	+00:25:20 (34.4%)	4:55	12.2 (65.6%)
180	<b>SKRZYPCZYK Wojciech</b>	<b>444</b>		M-30	55	00:00:23	<b>01:13:48.34</b>	<b>01:14:12.30</b>	+00:25:23 (34.4%)	4:55	12.2 (65.6%)
181	<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>	+00:25:26 (34.4%)	4:55	12.2 (65.6%)
182	<b>SUCHANEK Radosław</b>	<b>464</b>		M-60	10	00:00:13	<b>01:13:52.14</b>	<b>01:14:05.56</b>	+00:25:27 (34.5%)	4:55	12.2 (65.6%)
183	<b>FELSKI Mariusz</b>	<b>114</b>	MŻS WOŁCZA MAŁA	M-50	32	00:00:36	<b>01:14:00.66</b>	<b>01:14:37.51</b>	+00:25:35 (34.6%)	4:56	12.2 (65.6%)
184	<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>	+00:25:36 (34.6%)	4:56	12.2 (65.6%)
185	<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>	+00:25:50 (34.8%)	4:57	12.1 (65.1%)
186	<b>KOWALSKI Dariusz</b>	<b>226</b>	TRIDARKO	M-30	56	00:00:39	<b>01:14:15.96</b>	<b>01:14:55.63</b>	+00:25:51 (34.8%)	4:57	12.1 (65.1%)
187	<b>MAZURKIEWICZ Krystian</b>	<b>330</b>		M-16	16	00:00:35	<b>01:14:16.01</b>	<b>01:14:51.03</b>	+00:25:51 (34.8%)	4:57	12.1 (65.1%)
188	<b>CHUDY Roman</b>	<b>75</b>	RUN TEAM RYDZYNA	M-60	11	00:00:09	<b>01:14:20.28</b>	<b>01:14:30.21</b>	+00:25:55 (34.9%)	4:57	12.1 (65.1%)
189	<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>	+00:25:57 (34.9%)	4:57	12.1 (65.1%)
190	<b>GRZESIAK Zbigniew</b>	<b>143</b>		M-50	33	00:00:35	<b>01:14:24.62</b>	<b>01:14:59.97</b>	+00:25:59 (34.9%)	4:57	12.1 (65.1%)
191	<b>KUROWSKI Marcin</b>	<b>270</b>	SHELTIES RACE	M-50	34	00:00:41	<b>01:14:28.58</b>	<b>01:15:09.82</b>	+00:26:03 (35.0%)	4:57	12.1 (65.1%)
192	<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>	+00:26:14 (35.2%)	4:58	12.1 (65.1%)
193	<b>GUZIKIEWICZ Mirosław</b>	<b>145</b>	ROZBIEGANY GOLENIOW	M-50	35	00:00:13	<b>01:14:40.87</b>	<b>01:14:54.55</b>	+00:26:16 (35.2%)	4:58	12.1 (65.1%)
194	<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>	+00:26:19 (35.2%)	4:58	12 (64.5%)
195	<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>	+00:26:21 (35.2%)	4:59	12 (64.5%)
196	<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>	+00:26:22 (35.3%)	4:59	12 (64.5%)
197	<b>GAŁAN Leszek</b>	<b>123</b>		M-60	12	00:00:10	<b>01:14:47.58</b>	<b>01:14:58.50</b>	+00:26:22 (35.3%)	4:59	12 (64.5%)
198	<b>BAJGERT Wojciech</b>	<b>18</b>	VOLTAIX.PL	M-16	17	00:00:05	<b>01:14:52.25</b>	<b>01:14:57.59</b>	+00:26:27 (35.3%)	4:59	12 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
199	<b>PIWEK Adrian</b>	<b>389</b>	STOWARZYSZENIE KRWIODAWCÓW FARA	M-30	57	00:00:03	<b>01:14:54.50</b>	<b>01:14:57.72</b>	+00:26:29 (35.4%)	4:59	12 (64.5%)
200	<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>	+00:26:33 (35.4%)	4:59	12 (64.5%)
201	<b>NACHYŁA Piotr</b>	<b>357</b>	STOPA SŁUPSK	M-50	36	00:00:45	<b>01:15:00.10</b>	<b>01:15:45.21</b>	+00:26:35 (35.4%)	5:00	12 (64.5%)
202	<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>	+00:26:40 (35.5%)	5:00	12 (64.5%)
203	<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>	+00:26:47 (35.6%)	5:00	12 (64.5%)
204	<b>KLESZCZ Dawid</b>	<b>203</b>	MŻS WOŁCZA MAŁA	M-30	58	00:00:37	<b>01:15:15.55</b>	<b>01:15:53.00</b>	+00:26:50 (35.7%)	5:01	12 (64.5%)
205	<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>	+00:26:56 (35.7%)	5:01	11.9 (64.0%)
206	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>214</b>		M-50	37	00:00:21	<b>01:15:26.63</b>	<b>01:15:48.39</b>	+00:27:01 (35.8%)	5:01	11.9 (64.0%)
207	<b>MAZURSKI Paweł</b>	<b>331</b>		M-30	59	00:00:18	<b>01:15:31.68</b>	<b>01:15:50.08</b>	+00:27:06 (35.9%)	5:02	11.9 (64.0%)
208	<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>	+00:27:10 (35.9%)	5:02	11.9 (64.0%)
209	<b>CHAMIER GLISZCZYŃSKI Marian</b>	<b>68</b>	TUCHOMSKIE ORŁY	M-50	38	00:00:16	<b>01:15:40.46</b>	<b>01:15:57.35</b>	+00:27:15 (36.0%)	5:02	11.9 (64.0%)
210	<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>	+00:27:19 (36.1%)	5:02	11.9 (64.0%)
211	<b>DĄBROWSKI Marek</b>	<b>89</b>	BIEGACZE JÓZEFA NOJI	M-50	39	00:00:20	<b>01:15:46.40</b>	<b>01:16:06.57</b>	+00:27:21 (36.1%)	5:03	11.9 (64.0%)
212	<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>	+00:27:26 (36.2%)	5:03	11.9 (64.0%)
213	<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>	+00:27:28 (36.2%)	5:03	11.9 (64.0%)
214	<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>	+00:27:33 (36.3%)	5:03	11.8 (63.4%)
215	<b>SZYMAŃSKI Roman</b>	<b>484</b>	BUKOWSKI KLUB BIEGACZA	M-50	40	00:00:40	<b>01:16:00.42</b>	<b>01:16:41.35</b>	+00:27:35 (36.3%)	5:04	11.8 (63.4%)
216	<b>BIMPTZAS Achillefs</b>	<b>38</b>	KOURKOURIKIS TRAINING TEAM	M-50	41	00:00:22	<b>01:16:03.82</b>	<b>01:16:26.78</b>	+00:27:38 (36.4%)	5:04	11.8 (63.4%)
217	<b>RĘBISZ Jan</b>	<b>410</b>		M-60	13	00:00:40	<b>01:16:11.06</b>	<b>01:16:51.22</b>	+00:27:46 (36.5%)	5:04	11.8 (63.4%)
218	<b>BOBER Kamil</b>	<b>40</b>	#ZALINIAMETYTEAM	M-30	60	00:00:33	<b>01:16:14.94</b>	<b>01:16:48.26</b>	+00:27:50 (36.5%)	5:04	11.8 (63.4%)
219	<b>ZYGAROWICZ Janusz</b>	<b>582</b>	WCR BYDGOSZCZ	M-50	42	00:00:18	<b>01:16:16.73</b>	<b>01:16:34.83</b>	+00:27:51 (36.5%)	5:05	11.8 (63.4%)
220	<b>CIEKLIŃSKI Jacek</b>	<b>78</b>	POD KOSZEM	M-30	61	00:00:36	<b>01:16:40.02</b>	<b>01:17:16.96</b>	+00:28:15 (36.9%)	5:06	11.7 (62.9%)
221	<b>MAKAŚ Sebastian</b>	<b>304</b>		M-30	62	00:00:28	<b>01:16:45.83</b>	<b>01:17:14.22</b>	+00:28:20 (36.9%)	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
222	<b>KIERZNOWSKI Andrzej</b>	<b>197</b>	KB WYGAN	M-60	14	00:00:41	<b>01:16:47.22</b>	<b>01:17:28.74</b>	+00:28:22 (36.9%)	5:07	11.7 (62.9%)
223	<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>	+00:28:24 (37.0%)	5:07	11.7 (62.9%)
224	<b>ZAWORA Wiesław</b>	<b>566</b>	TEAM TERMINATORUN	M-50	43	00:00:12	<b>01:16:56.49</b>	<b>01:17:09.26</b>	+00:28:31 (37.1%)	5:07	11.7 (62.9%)
225	<b>LIPIŃSKI Krzysztof</b>	<b>288</b>	KB MANIAC POZNAŃ	M-60	15	00:00:26	<b>01:16:56.59</b>	<b>01:17:23.57</b>	+00:28:31 (37.1%)	5:07	11.7 (62.9%)
226	<b>PŁAWECKI Andrzej</b>	<b>588</b>	BIEGACZE JÓZEFA NOJI	M-16	18	00:00:06	<b>01:16:56.66</b>	<b>01:17:02.78</b>	+00:28:31 (37.1%)	5:07	11.7 (62.9%)
227	<b>KOPCEWICZ Robert</b>	<b>217</b>	BIEGOLENIE GOLENIÓW	M-50	44	00:00:13	<b>01:17:18.21</b>	<b>01:17:32.21</b>	+00:28:53 (37.4%)	5:09	11.6 (62.4%)
228	<b>SEMENOWICZ Michał</b>	<b>433</b>		M-30	63	00:00:29	<b>01:17:33.84</b>	<b>01:18:03.07</b>	+00:29:08 (37.6%)	5:10	11.6 (62.4%)
229	<b>GAWRYJOŁEK Szymon</b>	<b>128</b>		M-30	64	00:00:26	<b>01:17:39.77</b>	<b>01:18:05.86</b>	+00:29:14 (37.7%)	5:10	11.6 (62.4%)
230	<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>	+00:29:23 (37.8%)	5:11	11.6 (62.4%)
231	<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>	+00:29:24 (37.8%)	5:11	11.6 (62.4%)
232	<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>	+00:29:27 (37.8%)	5:11	11.6 (62.4%)
233	<b>AUGUSTYNIAK Grzegorz</b>	<b>12</b>	UKL FENIKSŚWIDWIN	M-40	92	00:00:31	<b>01:17:54.79</b>	<b>01:18:26.17</b>	+00:29:29 (37.9%)	5:11	11.6 (62.4%)
234	<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>	+00:29:35 (37.9%)	5:12	11.5 (61.8%)
235	<b>ŚWIĄTEK Adam</b>	<b>493</b>		M-30	65	00:00:40	<b>01:18:01.86</b>	<b>01:18:42.48</b>	+00:29:37 (38.0%)	5:12	11.5 (61.8%)
236	<b>TITARENKO Danylo</b>	<b>499</b>	GRABOWO	M-16	19	00:00:15	<b>01:18:04.87</b>	<b>01:18:20.41</b>	+00:29:40 (38.0%)	5:12	11.5 (61.8%)
237	<b>ORŁOWSKI Paweł</b>	<b>376</b>		M-50	45	00:00:47	<b>01:18:12.43</b>	<b>01:18:59.86</b>	+00:29:47 (38.1%)	5:12	11.5 (61.8%)
238	<b>WOLSKI Tomasz</b>	<b>551</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-50	46	00:00:10	<b>01:18:17.27</b>	<b>01:18:27.73</b>	+00:29:52 (38.2%)	5:13	11.5 (61.8%)
239	<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>	+00:29:57 (38.2%)	5:13	11.5 (61.8%)
240	<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>	+00:29:58 (38.2%)	5:13	11.5 (61.8%)
241	<b>BRZEZIŃSKI Krystian</b>	<b>55</b>	POLARIS	M-30	66	00:00:17	<b>01:18:24.06</b>	<b>01:18:42.03</b>	+00:29:59 (38.2%)	5:13	11.5 (61.8%)
242	<b>TUROWICZ Mikołaj</b>	<b>510</b>		M-16	20	00:00:20	<b>01:18:30.24</b>	<b>01:18:50.49</b>	+00:30:05 (38.3%)	5:14	11.5 (61.8%)
243	<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>	+00:30:06 (38.3%)	5:14	11.5 (61.8%)
244	<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>	+00:30:11 (38.4%)	5:14	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
245	<b>KASPRZYK Bogdan</b>	<b>190</b>	KS WILKI POMORSKIE	M-50	47	00:00:20	<b>01:18:48.45</b>	<b>01:19:08.50</b>	+00:30:23 (38.6%)	5:15	11.4 (61.3%)
246	<b>TUDRUJ Andrzej</b>	<b>508</b>		M-50	48	00:00:28	<b>01:18:55.26</b>	<b>01:19:23.59</b>	+00:30:30 (38.7%)	5:15	11.4 (61.3%)
247	<b>STACHOWSKI Andrzej</b>	<b>453</b>	MONIA GYM	M-50	49	00:00:34	<b>01:18:58.81</b>	<b>01:19:33.66</b>	+00:30:33 (38.7%)	5:15	11.4 (61.3%)
248	<b>MISZTELA Robert</b>	<b>346</b>	GRABOWO	M-30	67	00:00:14	<b>01:19:02.54</b>	<b>01:19:17.47</b>	+00:30:37 (38.7%)	5:16	11.4 (61.3%)
249	<b>MAKOWSKI Wojtek</b>	<b>307</b>		M-16	21	00:00:57	<b>01:19:13.61</b>	<b>01:20:10.83</b>	+00:30:48 (38.9%)	5:16	11.4 (61.3%)
250	<b>GAPSKI Bogdan</b>	<b>126</b>	BIEGACZE JÓZEFA NOJI	M-50	50	00:00:06	<b>01:19:14.80</b>	<b>01:19:21.37</b>	+00:30:49 (38.9%)	5:16	11.4 (61.3%)
251	<b>MALICKI Grzegorz</b>	<b>309</b>	SCYZORYK	M-50	51	00:00:28	<b>01:19:20.98</b>	<b>01:19:49.10</b>	+00:30:56 (39.0%)	5:17	11.3 (60.8%)
252	<b>STACHOWIAK Ryszard</b>	<b>452</b>		M-70	1	00:00:04	<b>01:19:25.95</b>	<b>01:19:30.68</b>	+00:31:01 (39.0%)	5:17	11.3 (60.8%)
253	<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>	+00:31:05 (39.1%)	5:17	11.3 (60.8%)
254	<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>	+00:31:12 (39.2%)	5:18	11.3 (60.8%)
255	<b>BOROWIEC Mariusz</b>	<b>48</b>		M-50	52	00:00:54	<b>01:19:55.18</b>	<b>01:20:49.68</b>	+00:31:30 (39.4%)	5:19	11.3 (60.8%)
256	<b>BEDNARCZYK Arkadiusz</b>	<b>27</b>	STOPA SŁUPSK	M-50	53	00:00:45	<b>01:20:07.04</b>	<b>01:20:52.34</b>	+00:31:42 (39.6%)	5:20	11.2 (60.2%)
257	<b>FURMAN Tomasz</b>	<b>120</b>		M-50	54	00:00:23	<b>01:20:09.20</b>	<b>01:20:33.11</b>	+00:31:44 (39.6%)	5:20	11.2 (60.2%)
258	<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>	+00:31:44 (39.6%)	5:20	11.2 (60.2%)
259	<b>LASOTA Mirosław</b>	<b>278</b>		M-70	2	00:00:19	<b>01:20:13.42</b>	<b>01:20:32.56</b>	+00:31:48 (39.7%)	5:20	11.2 (60.2%)
260	<b>KRUK Waldemar</b>	<b>245</b>		M-50	55	00:00:10	<b>01:20:14.18</b>	<b>01:20:24.84</b>	+00:31:49 (39.7%)	5:20	11.2 (60.2%)
261	<b>JANIAK Damian</b>	<b>166</b>	GRABOWO	M-16	22	00:00:17	<b>01:20:18.14</b>	<b>01:20:35.68</b>	+00:31:53 (39.7%)	5:21	11.2 (60.2%)
262	<b>JUSZCZAK Jarosław</b>	<b>182</b>		M-30	68	00:00:34	<b>01:20:19.32</b>	<b>01:20:54.13</b>	+00:31:54 (39.7%)	5:21	11.2 (60.2%)
263	<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>	+00:31:54 (39.7%)	5:21	11.2 (60.2%)
264	<b>SPICZAK-BRZEZIŃSKI Piotr</b>	<b>451</b>		M-16	23	00:00:55	<b>01:20:32.09</b>	<b>01:21:27.40</b>	+00:32:07 (39.9%)	5:22	11.2 (60.2%)
265	<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>	+00:32:09 (39.9%)	5:22	11.2 (60.2%)
266	<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>	+00:32:14 (40.0%)	5:22	11.2 (60.2%)
267	<b>RUTKOWSKI Artur</b>	<b>420</b>		M-30	69	00:00:04	<b>01:20:47.29</b>	<b>01:20:51.34</b>	+00:32:22 (40.1%)	5:23	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
268	<b>KIRAGA Jarek</b>	<b>200</b>	TRAINING TANK	M-30	70	00:00:41	<b>01:20:47.33</b>	<b>01:21:28.92</b>	+00:32:22 (40.1%)	5:23	11.1 (59.7%)
269	<b>DZIWIŃSKI Wojciech</b>	<b>109</b>		M-30	71	00:00:30	<b>01:20:47.94</b>	<b>01:21:18.36</b>	+00:32:23 (40.1%)	5:23	11.1 (59.7%)
270	<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>	+00:32:31 (40.2%)	5:23	11.1 (59.7%)
271	<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>	+00:32:34 (40.2%)	5:23	11.1 (59.7%)
272	<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>	+00:32:41 (40.3%)	5:24	11.1 (59.7%)
273	<b>LASOTA Grzegorz</b>	<b>280</b>		M-50	56	00:00:30	<b>01:21:18.07</b>	<b>01:21:48.34</b>	+00:32:53 (40.5%)	5:25	11.1 (59.7%)
274	<b>KACZMAREK Adrian</b>	<b>184</b>		M-16	24	00:00:30	<b>01:21:20.21</b>	<b>01:21:50.98</b>	+00:32:55 (40.5%)	5:25	11.1 (59.7%)
275	<b>ZWIRBLIS Arkadiusz</b>	<b>579</b>		M-30	72	00:00:27	<b>01:21:26.95</b>	<b>01:21:54.74</b>	+00:33:02 (40.6%)	5:25	11.1 (59.7%)
276	<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>	+00:33:09 (40.6%)	5:26	11 (59.1%)
277	<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>	+00:33:15 (40.7%)	5:26	11 (59.1%)
278	<b>ZENEL Marek</b>	<b>567</b>		M-60	16	00:00:19	<b>01:21:43.01</b>	<b>01:22:02.02</b>	+00:33:18 (40.8%)	5:26	11 (59.1%)
279	<b>BARTMAN Radosław</b>	<b>24</b>		M-16	25	00:02:36	<b>01:21:53.68</b>	<b>01:24:30.62</b>	+00:33:28 (40.9%)	5:27	11 (59.1%)
280	<b>OSOBNIAK Ryszard</b>	<b>378</b>		M-60	17	00:00:38	<b>01:21:58.54</b>	<b>01:22:37.44</b>	+00:33:33 (40.9%)	5:27	11 (59.1%)
281	<b>KLIMEK Andrzej</b>	<b>205</b>		M-50	57	00:00:41	<b>01:22:01.57</b>	<b>01:22:43.40</b>	+00:33:36 (41.0%)	5:28	11 (59.1%)
282	<b>OCHOWIAK Piotr</b>	<b>362</b>		M-50	58	00:00:30	<b>01:22:02.40</b>	<b>01:22:33.14</b>	+00:33:37 (41.0%)	5:28	11 (59.1%)
283	<b>WIĘSEK Artur</b>	<b>531</b>		M-30	73	00:00:06	<b>01:22:23.38</b>	<b>01:22:30.20</b>	+00:33:58 (41.2%)	5:29	10.9 (58.6%)
284	<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>	+00:34:04 (41.3%)	5:29	10.9 (58.6%)
285	<b>WEGNER Marek</b>	<b>523</b>	TKKF WODNIK	M-60	18	00:00:29	<b>01:22:29.70</b>	<b>01:22:59.02</b>	+00:34:04 (41.3%)	5:29	10.9 (58.6%)
286	<b>KOLASA Andrzej</b>	<b>213</b>	KLUB J.SŁOWACKIEGO	M-70	3	00:00:14	<b>01:22:31.62</b>	<b>01:22:45.69</b>	+00:34:06 (41.3%)	5:30	10.9 (58.6%)
287	<b>MILCZAREK Janusz</b>	<b>344</b>	WYCIECZKA BIEGOWA	M-60	19	00:00:15	<b>01:22:32.40</b>	<b>01:22:47.80</b>	+00:34:07 (41.3%)	5:30	10.9 (58.6%)
288	<b>MYSIO Lech</b>	<b>354</b>		M-60	20	00:00:19	<b>01:22:34.26</b>	<b>01:22:53.35</b>	+00:34:09 (41.4%)	5:30	10.9 (58.6%)
289	<b>ŁUCZEJKO Sławomir</b>	<b>296</b>	TEAM BIEGOWY SZCZECINEK	M-50	59	00:00:24	<b>01:22:35.84</b>	<b>01:23:00.64</b>	+00:34:10 (41.4%)	5:30	10.9 (58.6%)
290	<b>MAZUREK Ryszard</b>	<b>329</b>		M-70	4	00:00:41	<b>01:22:40.30</b>	<b>01:23:21.99</b>	+00:34:15 (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
291	<b>SZCZECIŃSKI Mariusz</b>	<b>475</b>	KRÓLICZKI W PLECAKU	M-50	60	00:00:42	<b>01:23:06.94</b>	<b>01:23:49.06</b>	+00:34:42 (41.8%)	5:32	10.8 (58.1%)
292	<b>MARZEC Piotr</b>	<b>320</b>		M-50	61	00:00:44	<b>01:23:08.82</b>	<b>01:23:52.98</b>	+00:34:43 (41.8%)	5:32	10.8 (58.1%)
293	<b>MARET Wacław</b>	<b>319</b>	LOKATOR NIERUCHOMOŚCI	M-70	5	00:00:36	<b>01:23:16.46</b>	<b>01:23:53.09</b>	+00:34:51 (41.9%)	5:33	10.8 (58.1%)
294	<b>KOPCIŃSKI Bartłomiej</b>	<b>218</b>		M-16	26	00:00:13	<b>01:23:19.90</b>	<b>01:23:33.24</b>	+00:34:55 (41.9%)	5:33	10.8 (58.1%)
295	<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>	+00:34:57 (41.9%)	5:33	10.8 (58.1%)
296	<b>OLSZAK Grzegorz</b>	<b>371</b>		M-50	62	00:00:42	<b>01:23:32.67</b>	<b>01:24:15.30</b>	+00:35:07 (42.0%)	5:34	10.8 (58.1%)
297	<b>WIELUŃSKI Maciej</b>	<b>528</b>	12 PUŁK LOGISTYCZNY	M-30	74	00:00:39	<b>01:24:09.06</b>	<b>01:24:48.19</b>	+00:35:44 (42.5%)	5:36	10.7 (57.5%)
298	<b>DWÓŹNIK Robert</b>	<b>106</b>	DAM RADĘ	M-50	63	00:00:19	<b>01:24:22.87</b>	<b>01:24:42.50</b>	+00:35:58 (42.6%)	5:37	10.7 (57.5%)
299	<b>KUBIAK Andrzej</b>	<b>257</b>		M-70	6	00:00:20	<b>01:24:25.42</b>	<b>01:24:46.06</b>	+00:36:00 (42.7%)	5:37	10.7 (57.5%)
300	<b>BUSZAC Paweł</b>	<b>65</b>		M-30	75	00:00:40	<b>01:24:34.87</b>	<b>01:25:14.94</b>	+00:36:10 (42.8%)	5:38	10.6 (57.0%)
301	<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>	+00:36:21 (42.9%)	5:39	10.6 (57.0%)
302	<b>BARAŃSKI Grzegorz</b>	<b>21</b>	SAR-BSR KOŁOBRZEG MARATON TEAM	M-50	64	00:00:33	<b>01:25:07.44</b>	<b>01:25:40.85</b>	+00:36:42 (43.1%)	5:40	10.6 (57.0%)
303	<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>	+00:36:43 (43.1%)	5:40	10.6 (57.0%)
304	<b>CIESZYŃSKI Mariusz</b>	<b>81</b>	BEAUTY STUDIO LĘBORK	M-50	65	00:00:35	<b>01:25:11.98</b>	<b>01:25:47.44</b>	+00:36:47 (43.2%)	5:40	10.6 (57.0%)
305	<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>	+00:37:06 (43.4%)	5:42	10.5 (56.5%)
306	<b>KASZYCA Jakub</b>	<b>191</b>	SMT SZCZECIN	M-16	27	00:00:07	<b>01:25:34.07</b>	<b>01:25:41.10</b>	+00:37:09 (43.4%)	5:42	10.5 (56.5%)
307	<b>ADAMCZYK Robert</b>	<b>1</b>		M-50	66	00:00:41	<b>01:25:48.20</b>	<b>01:26:30.13</b>	+00:37:23 (43.6%)	5:43	10.5 (56.5%)
308	<b>HANĆ Ryszard</b>	<b>147</b>	NIE ZRZESZONY	M-50	67	00:00:16	<b>01:25:49.15</b>	<b>01:26:05.77</b>	+00:37:24 (43.6%)	5:43	10.5 (56.5%)
309	<b>KLUPŚ Janusz</b>	<b>210</b>	POZYTYWNI Z PASJA	M-50	68	00:00:26	<b>01:25:51.11</b>	<b>01:26:17.75</b>	+00:37:26 (43.6%)	5:43	10.5 (56.5%)
310	<b>MAŁKIŃSKI Józef</b>	<b>314</b>		M-60	21	00:00:29	<b>01:25:51.68</b>	<b>01:26:21.52</b>	+00:37:26 (43.6%)	5:43	10.5 (56.5%)
311	<b>RÓŻAŃSKI Krzysztof</b>	<b>414</b>		M-50	69	00:00:00	<b>01:26:14.61</b>	<b>01:26:14.93</b>	+00:37:49 (43.9%)	5:44	10.4 (55.9%)
312	<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>	+00:38:05 (44.0%)	5:46	10.4 (55.9%)
313	<b>POLAŃSKI Dariusz</b>	<b>393</b>		M-50	70	00:00:33	<b>01:26:36.25</b>	<b>01:27:09.65</b>	+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
314	<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>	+00:38:26 (44.3%)	5:47	10.4 (55.9%)
315	<b>HINC Piotr</b>	<b>153</b>		M-30	76	00:00:39	<b>01:26:52.32</b>	<b>01:27:32.32</b>	+00:38:27 (44.3%)	5:47	10.4 (55.9%)
316	<b>SILSKI Michał</b>	<b>438</b>		M-30	77	00:00:49	<b>01:26:55.05</b>	<b>01:27:44.59</b>	+00:38:30 (44.3%)	5:47	10.4 (55.9%)
317	<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>	+00:38:35 (44.4%)	5:48	10.3 (55.4%)
318	<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>	+00:38:44 (44.5%)	5:48	10.3 (55.4%)
319	<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>	+00:38:46 (44.5%)	5:48	10.3 (55.4%)
320	<b>MAKOWSKI Adam</b>	<b>306</b>		M-30	78	00:00:55	<b>01:27:17.56</b>	<b>01:28:13.31</b>	+00:38:52 (44.5%)	5:49	10.3 (55.4%)
321	<b>RAŚ Ryszard ,marek</b>	<b>407</b>		M-70	7	00:00:04	<b>01:27:21.83</b>	<b>01:27:26.26</b>	+00:38:56 (44.6%)	5:49	10.3 (55.4%)
322	<b>DOMAGAŁA Radosław</b>	<b>96</b>	ATS R.B	M-30	79	00:00:37	<b>01:27:26.01</b>	<b>01:28:03.90</b>	+00:39:01 (44.6%)	5:49	10.3 (55.4%)
323	<b>TYLL Grzegorz</b>	<b>512</b>		M-60	22	00:00:46	<b>01:27:34.91</b>	<b>01:28:21.49</b>	+00:39:10 (44.7%)	5:50	10.3 (55.4%)
324	<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>	+00:39:26 (44.9%)	5:51	10.2 (54.8%)
325	<b>FILUT Bartosz</b>	<b>118</b>	GRABOWO	M-16	28	00:00:18	<b>01:27:58.20</b>	<b>01:28:16.87</b>	+00:39:33 (45.0%)	5:51	10.2 (54.8%)
326	<b>BUZAŁA Walenty</b>	<b>67</b>	STOWARZYSZENIE BIEGACZY GMINA SZYDŁOWO	M-60	23	00:00:36	<b>01:27:58.29</b>	<b>01:28:34.96</b>	+00:39:33 (45.0%)	5:51	10.2 (54.8%)
327	<b>WIECZOREK Jaromir</b>	<b>527</b>	GRABOWO	M-30	80	00:00:18	<b>01:27:59.84</b>	<b>01:28:18.24</b>	+00:39:34 (45.0%)	5:51	10.2 (54.8%)
328	<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>	+00:39:37 (45.0%)	5:52	10.2 (54.8%)
329	<b>KRAJDA Adrian</b>	<b>236</b>		M-30	81	00:00:25	<b>01:28:03.11</b>	<b>01:28:28.89</b>	+00:39:38 (45.0%)	5:52	10.2 (54.8%)
330	<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>	+00:39:45 (45.1%)	5:52	10.2 (54.8%)
331	<b>ROSIAK Jacek</b>	<b>413</b>	ZJEW TEAM	M-50	71	00:00:48	<b>01:28:21.32</b>	<b>01:29:10.00</b>	+00:39:56 (45.2%)	5:53	10.2 (54.8%)
332	<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>	+00:40:13 (45.4%)	5:54	10.2 (54.8%)
333	<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>	+00:40:36 (45.6%)	5:56	10.1 (54.3%)
334	<b>MALINOWSKI Zbigniew</b>	<b>311</b>	KOŁOBRZEG MORZEM DOBRA	M-70	8	00:00:00	<b>01:29:01.21</b>	<b>01:29:02.10</b>	+00:40:36 (45.6%)	5:56	10.1 (54.3%)
335	<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>	+00:40:57 (45.8%)	5:57	10.1 (54.3%)
336	<b>GRABOWSKI Marek</b>	<b>140</b>	BBL ZŁOTÓW	M-50	72	00:00:34	<b>01:29:31.18</b>	<b>01:30:06.06</b>	+00:41:06 (45.9%)	5:58	10.1 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
337	<b>BUTOWICZ Adam</b>	<b>66</b>		M-60	24	00:00:35	<b>01:29:37.42</b>	<b>01:30:12.95</b>	+00:41:12 (46.0%)	5:58	10 (53.8%)
338	<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>	+00:41:26 (46.1%)	5:59	10 (53.8%)
339	<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>	+00:41:50 (46.4%)	6:01	10 (53.8%)
340	<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>	+00:42:02 (46.5%)	6:01	10 (53.8%)
341	<b>PŁAŻALSKI Łukasz</b>	<b>391</b>		M-40	128	00:00:44	<b>01:30:36.30</b>	<b>01:31:20.31</b>	+00:42:11 (46.6%)	6:02	9.9 (53.2%)
342	<b>WOŹNIAK Dariusz</b>	<b>553</b>	WWW.LIMO300C.COM	M-50	73	00:00:01	<b>01:31:06.68</b>	<b>01:31:08.45</b>	+00:42:41 (46.9%)	6:04	9.9 (53.2%)
343	<b>ŻUCHELKOWSKI Henryk</b>	<b>586</b>	NEPTUN KOŁOBRZEG	M-30	82	00:00:45	<b>01:31:17.49</b>	<b>01:32:03.19</b>	+00:42:52 (47.0%)	6:05	9.9 (53.2%)
344	<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>	+00:43:01 (47.1%)	6:05	9.8 (52.7%)
345	<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>	+00:43:07 (47.1%)	6:06	9.8 (52.7%)
346	<b>KAZIMIERCZAK Robert</b>	<b>593</b>		M-50	74	00:00:34	<b>01:31:40.99</b>	<b>01:32:15.14</b>	+00:43:16 (47.2%)	6:06	9.8 (52.7%)
347	<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>	+00:43:19 (47.2%)	6:06	9.8 (52.7%)
348	<b>DOBOSZ Romuald</b>	<b>94</b>	KB 'TUPOT' USTKA	M-70	9	00:00:38	<b>01:32:11.24</b>	<b>01:32:49.58</b>	+00:43:46 (47.5%)	6:08	9.8 (52.7%)
349	<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>	+00:43:52 (47.5%)	6:09	9.8 (52.7%)
350	<b>WOJTKUN Waldemar</b>	<b>548</b>		M-60	25	00:00:27	<b>01:32:30.92</b>	<b>01:32:58.15</b>	+00:44:06 (47.7%)	6:10	9.7 (52.2%)
351	<b>GIERSZEWSKI Mateusz</b>	<b>133</b>		M-30	83	00:00:28	<b>01:32:52.40</b>	<b>01:33:21.35</b>	+00:44:27 (47.9%)	6:11	9.7 (52.2%)
352	<b>DĘBSKI Paweł</b>	<b>92</b>		M-16	29	00:00:21	<b>01:32:54.60</b>	<b>01:33:16.39</b>	+00:44:29 (47.9%)	6:11	9.7 (52.2%)
353	<b>KOZŁOWIECKI Waldemar</b>	<b>235</b>	TKKF KOSZALIN	M-70	10	00:00:57	<b>01:32:56.26</b>	<b>01:33:53.97</b>	+00:44:31 (47.9%)	6:11	9.7 (52.2%)
354	<b>WYGANOWSKI Andrzej</b>	<b>558</b>	WYGAN	M-70	11	00:00:56	<b>01:33:23.41</b>	<b>01:34:20.40</b>	+00:44:58 (48.2%)	6:13	9.6 (51.6%)
355	<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>	+00:46:10 (48.8%)	6:18	9.5 (51.1%)
356	<b>KAPLER Mikołaj</b>	<b>189</b>		M-16	30	00:00:23	<b>01:35:00.51</b>	<b>01:35:23.85</b>	+00:46:35 (49.0%)	6:20	9.5 (51.1%)
357	<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>	+00:46:47 (49.1%)	6:20	9.5 (51.1%)
358	<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>	+00:47:00 (49.3%)	6:21	9.4 (50.5%)
359	<b>BOWNIK Marcin</b>	<b>50</b>		M-30	84	00:00:49	<b>01:35:37.17</b>	<b>01:36:26.38</b>	+00:47:12 (49.4%)	6:22	9.4 (50.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
360	<b>JOŃCZYK Tadeusz</b>	<b>177</b>	KOŁOBRZEG MARATON TEAM	M-50	75	00:00:31	<b>01:35:54.66</b>	<b>01:36:26.18</b>	+00:47:29 (49.5%)	6:23	9.4 (50.5%)
361	<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>	+00:47:44 (49.7%)	6:24	9.4 (50.5%)
362	<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>	+00:47:50 (49.7%)	6:25	9.4 (50.5%)
363	<b>BUCZKOWSKI Jacek</b>	<b>56</b>	12 PUŁK LOGISTYCZNY	M-50	76	00:00:37	<b>01:36:27.76</b>	<b>01:37:05.61</b>	+00:48:02 (49.8%)	6:25	9.3 (50.0%)
364	<b>HELLER Zdzisław</b>	<b>152</b>		M-60	26	00:00:48	<b>01:37:31.81</b>	<b>01:38:20.46</b>	+00:49:06 (50.4%)	6:30	9.2 (49.5%)
365	<b>MITROSZ Andrzej</b>	<b>347</b>	BRAT ALBERT TEAM	M-60	27	00:00:43	<b>01:37:37.48</b>	<b>01:38:21.32</b>	+00:49:12 (50.4%)	6:30	9.2 (49.5%)
366	<b>JANCZEWSKI Jacek</b>	<b>165</b>		M-50	77	00:00:49	<b>01:37:47.87</b>	<b>01:38:37.11</b>	+00:49:23 (50.5%)	6:31	9.2 (49.5%)
367	<b>RUDOWICZ Dawid</b>	<b>590</b>		M-30	85	00:00:57	<b>01:38:24.62</b>	<b>01:39:22.13</b>	+00:49:59 (50.8%)	6:33	9.1 (48.9%)
368	<b>ZIELIŃSKI Michał</b>	<b>574</b>		M-30	86	00:00:00	<b>01:38:45.69</b>	<b>01:38:45.69</b>	+00:50:20 (51.0%)	6:35	9.1 (48.9%)
369	<b>KOZAR Paweł</b>	<b>230</b>		M-30	87	00:00:42	<b>01:39:06.30</b>	<b>01:39:48.82</b>	+00:50:41 (51.1%)	6:36	9.1 (48.9%)
370	<b>SERKIS Piotr</b>	<b>434</b>		M-30	88	00:00:16	<b>01:39:58.95</b>	<b>01:40:15.55</b>	+00:51:34 (51.6%)	6:39	9 (48.4%)
371	<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>	+00:51:54 (51.7%)	6:41	9 (48.4%)
372	<b>ŁABANOWICZ Jacek</b>	<b>292</b>	GRABOWO	M-16	31	00:00:18	<b>01:40:29.08</b>	<b>01:40:47.14</b>	+00:52:04 (51.8%)	6:41	9 (48.4%)
373	<b>STANIASZEK Bogusław</b>	<b>455</b>	TUPOT USTKA	M-70	12	00:00:35	<b>01:40:31.75</b>	<b>01:41:07.67</b>	+00:52:06 (51.8%)	6:42	9 (48.4%)
374	<b>KRYSA Krzysztof</b>	<b>251</b>		M-50	78	00:00:52	<b>01:40:37.19</b>	<b>01:41:30.15</b>	+00:52:12 (51.9%)	6:42	8.9 (47.8%)
375	<b>WOŹNIAK Piotr</b>	<b>552</b>		M-60	28	00:00:00	<b>01:41:31.30</b>	<b>01:41:31.30</b>	+00:53:06 (52.3%)	6:46	8.9 (47.8%)
376	<b>OKOŃ Stanisław</b>	<b>366</b>	KB WYGAN	M-50	79	00:00:45	<b>01:41:35.58</b>	<b>01:42:20.97</b>	+00:53:10 (52.3%)	6:46	8.9 (47.8%)
377	<b>ZIÓLKOWSKI Bartłomiej</b>	<b>578</b>		M-30	89	00:00:25	<b>01:41:44.30</b>	<b>01:42:10.14</b>	+00:53:19 (52.4%)	6:46	8.8 (47.3%)
378	<b>DOBROWOLSKI Krystian</b>	<b>95</b>		M-16	32	00:00:12	<b>01:42:08.78</b>	<b>01:42:21.66</b>	+00:53:43 (52.6%)	6:48	8.8 (47.3%)
379	<b>SALITA Lech</b>	<b>426</b>		M-60	29	00:00:46	<b>01:42:57.91</b>	<b>01:43:44.33</b>	+00:54:33 (53.0%)	6:51	8.7 (46.8%)
380	<b>WOLNY Franciszek</b>	<b>550</b>		M-60	30	00:00:12	<b>01:44:46.50</b>	<b>01:44:58.82</b>	+00:56:21 (53.8%)	6:59	8.6 (46.2%)
381	<b>ZACH Sebastian</b>	<b>562</b>	TKKF WODNIK WIĘCBORK	M-50	80	00:00:47	<b>01:46:08.32</b>	<b>01:46:55.35</b>	+00:57:43 (54.4%)	7:04	8.5 (45.7%)
382	<b>STOPNICKI Ignacy</b>	<b>459</b>	TUPOT USTKA	M-80+	1	00:00:31	<b>01:48:02.02</b>	<b>01:48:33.45</b>	+00:59:37 (55.2%)	7:12	8.3 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
383	<b>WÓJCIK Ryszard</b>	<b>554</b>		M-16	33	00:00:51	<b>01:49:24.55</b>	<b>01:50:16.02</b>	+01:00:59 (55.7%)	7:17	8.2 (44.1%)
384	<b>BIERNACKI Rene</b>	<b>37</b>		M-70	13	00:00:00	<b>01:50:00.53</b>	<b>01:50:00.53</b>	+01:01:35 (56.0%)	7:20	8.2 (44.1%)
385	<b>ŚWIERCZYŃSKI Władysław</b>	<b>495</b>		M-70	14	00:00:11	<b>01:50:02.41</b>	<b>01:50:13.91</b>	+01:01:37 (56.0%)	7:20	8.2 (44.1%)
386	<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>	+01:02:34 (56.4%)	7:23	8.1 (43.5%)
387	<b>ŁOPIŃSKI Aleksy</b>	<b>295</b>		M-70	15	00:00:53	<b>02:03:28.89</b>	<b>02:04:21.98</b>	+01:15:04 (60.8%)	8:13	7.3 (39.2%)
388	<b>MILA Przemysław</b>	<b>343</b>		M-40	140	00:00:47					(0.0%)

Znaleziono 388 wynik(ów)