



# KOSZALIŃSKI BIEG GÓRSKI 5 KM - ZAWODY DRUŻYNOWE

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2017-05-03  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Arkadiusz</b>	<b>148</b>	MRS&MR PERFECT KASPEROWICZ	Drużyna Męska	1	00:00:06	<b>00:19:41.95</b>	<b>00:19:48.20</b>		3:56	15.2 (100%)
2	<b>ORZECOWSKI Kamil</b>	<b>58</b>	TKKF KOSZALIN	M-OPEN	1	00:00:06	<b>00:19:56.80</b>	<b>00:20:03.40</b>	+00:00:14 (1.2%)	3:59	15 (98.7%)
3	<b>KULCZYK Jerzy</b>	<b>110</b>		M-OPEN	2	00:00:06	<b>00:20:14.90</b>	<b>00:20:21.65</b>	+00:00:32 (2.7%)	4:03	14.8 (97.4%)
4	<b>ZABORSKI Ryszard</b>	<b>93</b>	TKKF KOSZALIN	M-OPEN	3	00:00:06	<b>00:20:43.65</b>	<b>00:20:50.10</b>	+00:01:01 (5.0%)	4:08	14.5 (95.4%)
5	<b>FAMULSKI Cezary</b>	<b>98</b>	JW 1223 KOSZALIN	M-OPEN	4	00:00:07	<b>00:20:54.30</b>	<b>00:21:01.50</b>	+00:01:12 (5.8%)	4:10	14.4 (94.7%)
6	<b>MUSIAŁ Krzysztof</b>	<b>112</b>	TKKF KOSZALIN	M-OPEN	5	00:00:07	<b>00:21:05.15</b>	<b>00:21:12.35</b>	+00:01:23 (6.6%)	4:13	14.2 (93.4%)
7	<b>SZKOŁUDA Miłosz</b>	<b>108</b>	DECATHLON KOSZALIN	M-OPEN	6	00:00:07	<b>00:21:10.85</b>	<b>00:21:17.95</b>	+00:01:28 (7.0%)	4:14	14.2 (93.4%)
8	<b>SŁOBODZIAN Jerzy</b>	<b>75</b>	NYSA BIEGA	M-OPEN	7	00:00:07	<b>00:21:42.65</b>	<b>00:21:49.85</b>	+00:02:00 (9.3%)	4:20	13.8 (90.8%)
9	<b>WOJCIECHOWICZ Jacek</b>	<b>91</b>	WWW.STUDIOTANCAPASJA.PL	M-OPEN	8	00:00:06	<b>00:22:05.70</b>	<b>00:22:12.45</b>	+00:02:23 (10.8%)	4:25	13.6 (89.5%)
10	<b>NAKONIECZNY Rafał</b>	<b>135</b>	TKKF IV KOSZALIN	Drużyna Mieszana	1	00:00:08	<b>00:22:22.55</b>	<b>00:22:30.90</b>	+00:02:40 (12.0%)	4:28	13.4 (88.2%)
11	<b>DZIUBAŃSKI Grzegorz</b>	<b>16</b>	OPEL ACTIVE TEAM	M-OPEN	9	00:00:07	<b>00:22:37.80</b>	<b>00:22:45.25</b>	+00:02:55 (13.0%)	4:31	13.3 (87.5%)
12	<b>GAWEŁ Ireneusz</b>	<b>129</b>	POŁCZYN ZDRÓJ BIEGA	Drużyna Męska	2	00:00:08	<b>00:22:40.30</b>	<b>00:22:48.90</b>	+00:02:58 (13.1%)	4:32	13.2 (86.8%)
13	<b>SZYMAJDA Grzegorz</b>	<b>133</b>	TKKF IV KOSZALIN	Drużyna Mieszana	2	00:00:08	<b>00:22:49.00</b>	<b>00:22:57.15</b>	+00:03:07 (13.7%)	4:33	13.1 (86.2%)
14	<b>BARTOSIŃSKI Bartłomiej</b>	<b>121</b>	DECATHLON KOSZALIN	M-OPEN	10	00:00:07	<b>00:22:52.65</b>	<b>00:23:00.15</b>	+00:03:10 (13.9%)	4:34	13.1 (86.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>WOJTALIK Łukasz</b>	<b>149</b>	POŁCZYN ZDRÓJ BIEGA	Drużyna Męska	3	00:00:08	<b>00:22:56.90</b>	<b>00:23:05.85</b>	+00:03:14 (14.2%)	4:35	13.1 (86.2%)
16	<b>RYŚKIEWICZ Rafał</b>	<b>74</b>		M-OPEN	11	00:00:06	<b>00:23:00.10</b>	<b>00:23:07.00</b>	+00:03:18 (14.4%)	4:36	13 (85.5%)
17	<b>ZWOLIŃSKI Jan</b>	<b>96</b>	TKKF KOSZALIN	M-OPEN	12	00:00:09	<b>00:23:01.15</b>	<b>00:23:11.10</b>	+00:03:19 (14.4%)	4:36	13 (85.5%)
18	<b>SZAMREJ Wojciech</b>	<b>78</b>		M-OPEN	13	00:00:07	<b>00:23:01.55</b>	<b>00:23:09.35</b>	+00:03:19 (14.4%)	4:36	13 (85.5%)
19	<b>BONISŁAWSKI Jarosław</b>	<b>100</b>	FADOMODA TEAM	M-OPEN	14	00:00:11	<b>00:23:06.30</b>	<b>00:23:18.20</b>	+00:03:24 (14.7%)	4:37	13 (85.5%)
20	<b>JAŻWIŃSKI Dawid</b>	<b>28</b>	TKKF KOSZALIN	M-OPEN	15	00:00:08	<b>00:23:15.20</b>	<b>00:23:23.35</b>	+00:03:33 (15.3%)	4:39	12.9 (84.9%)
21	<b>MAZUR Emiliusz</b>	<b>51</b>	ŻYJ Z ENERGIAŁ	M-OPEN	16	00:00:07	<b>00:23:25.40</b>	<b>00:23:32.95</b>	+00:03:43 (15.9%)	4:41	12.8 (84.2%)
22	<b>SZYMAŃSKI Piotr</b>	<b>150</b>	POŁCZYN ZDRÓJ BIEGA	Drużyna Męska	4	00:00:08	<b>00:23:28.45</b>	<b>00:23:37.20</b>	+00:03:46 (16.1%)	4:41	12.8 (84.2%)
23	<b>BARANOWSKI Piotr</b>	<b>2</b>		M-OPEN	17	00:00:06	<b>00:23:45.60</b>	<b>00:23:52.05</b>	+00:04:03 (17.1%)	4:45	12.6 (82.9%)
24	<b>ŚNIEŻKO Marcin</b>	<b>82</b>	TKKF KOSZALIN	M-OPEN	18	00:00:08	<b>00:24:03.85</b>	<b>00:24:12.25</b>	+00:04:21 (18.1%)	4:48	12.5 (82.2%)
25	<b>ZATORSKI Zbigniew</b>	<b>119</b>	KOŁOBRZEG BIEGA	M-OPEN	19	00:00:14	<b>00:24:27.35</b>	<b>00:24:41.40</b>	+00:04:45 (19.5%)	4:53	12.3 (80.9%)
26	<b>ŁAGUTKO Kamila</b>	<b>111</b>	ŻYJ Z ENERGIAŁ	K-OPEN	1	00:00:07	<b>00:24:30.55</b>	<b>00:24:38.35</b>	+00:04:48 (19.6%)	4:54	12.2 (80.3%)
27	<b>CHAMIELEC Bogusław</b>	<b>113</b>		M-OPEN	20	00:00:10	<b>00:24:46.70</b>	<b>00:24:57.00</b>	+00:05:04 (20.5%)	4:57	12.1 (79.6%)
28	<b>RUTKOWSKI Ryszard</b>	<b>73</b>	RUTKOWSKI TEAM	M-OPEN	21	00:00:07	<b>00:24:48.50</b>	<b>00:24:56.00</b>	+00:05:06 (20.6%)	4:57	12.1 (79.6%)
29	<b>IWANIEC Dariusz</b>	<b>137</b>	TKKF II KOSZALIN	Drużyna Męska	5	00:00:08	<b>00:24:49.35</b>	<b>00:24:58.00</b>	+00:05:07 (20.6%)	4:58	12.1 (79.6%)
30	<b>WIELGUS Paweł</b>	<b>89</b>	MRS&MR PERFECT KASPEROWICZ	Drużyna Męska	6	00:00:06	<b>00:24:58.90</b>	<b>00:25:05.60</b>	+00:05:16 (21.1%)	4:59	12 (78.9%)
31	<b>KASPEROWICZ Zdzisław</b>	<b>35</b>	MRS&MR PERFECT KASPEROWICZ	Drużyna Męska	7	00:00:06	<b>00:25:00.95</b>	<b>00:25:07.55</b>	+00:05:19 (21.3%)	5:00	12 (78.9%)
32	<b>MAJ-DZIUBAŃSKA Izabela</b>	<b>80</b>	AKMB PĘDZIWIATR GLIWICE	K-OPEN	2	00:00:07	<b>00:25:08.85</b>	<b>00:25:16.80</b>	+00:05:26 (21.7%)	5:01	11.9 (78.3%)
33	<b>CZAPLIŃSKI Jacek</b>	<b>13</b>		M-OPEN	22	00:00:10	<b>00:25:13.05</b>	<b>00:25:24.00</b>	+00:05:31 (21.9%)	5:02	11.9 (78.3%)
34	<b>JARZYNA Roman</b>	<b>26</b>		M-OPEN	23	00:00:09	<b>00:25:13.80</b>	<b>00:25:22.90</b>	+00:05:31 (21.9%)	5:02	11.9 (78.3%)
35	<b>JAROSZ Jakub</b>	<b>131</b>	TKKF I KOSZALIN	Drużyna Mieszana	3	00:00:09	<b>00:25:20.65</b>	<b>00:25:30.20</b>	+00:05:38 (22.3%)	5:04	11.8 (77.6%)
36	<b>KUŁAKOWSKI Dawid</b>	<b>136</b>	TKKF II KOSZALIN	Drużyna Męska	8	00:00:09	<b>00:25:25.45</b>	<b>00:25:35.40</b>	+00:05:43 (22.5%)	5:05	11.8 (77.6%)
37	<b>JAROSZ Dariusz</b>	<b>130</b>	TKKF I KOSZALIN	Drużyna Mieszana	4	00:00:09	<b>00:25:32.65</b>	<b>00:25:42.15</b>	+00:05:50 (22.9%)	5:06	11.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	<b>WRÓBLEWSKI Jacek</b>	<b>92</b>	TKKF KOSZALIN	M-OPEN	24	00:00:09	<b>00:25:37.60</b>	<b>00:25:47.25</b>	+00:05:55 (23.1%)	5:07	11.7 (77.0%)
39	<b>JADCZAK Tomasz</b>	<b>114</b>		M-OPEN	25	00:00:09	<b>00:25:51.45</b>	<b>00:26:00.85</b>	+00:06:09 (23.8%)	5:10	11.6 (76.3%)
40	<b>GOŃKA Krzysztof</b>	<b>122</b>	DECATHLON KOSZALIN	M-OPEN	26	00:00:08	<b>00:25:59.20</b>	<b>00:26:07.35</b>	+00:06:17 (24.2%)	5:11	11.5 (75.7%)
41	<b>SZABLA Ewelina</b>	<b>77</b>		K-OPEN	3	00:00:08	<b>00:26:10.25</b>	<b>00:26:18.50</b>	+00:06:28 (24.7%)	5:14	11.5 (75.7%)
42	<b>MISZCZYK Jan</b>	<b>53</b>	ROZBIEGANY KOSZALIN	M-OPEN	27	00:00:18	<b>00:26:11.50</b>	<b>00:26:29.55</b>	+00:06:29 (24.8%)	5:14	11.5 (75.7%)
43	<b>KAJKOWSKI Rafał</b>	<b>32</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M-OPEN	28	00:00:06	<b>00:26:14.10</b>	<b>00:26:20.75</b>	+00:06:32 (24.9%)	5:14	11.4 (75.0%)
44	<b>RUTKOWSKI Artur</b>	<b>72</b>	RUTKOWSKI TEAM	M-OPEN	29	00:00:07	<b>00:26:14.90</b>	<b>00:26:22.10</b>	+00:06:32 (25.0%)	5:15	11.4 (75.0%)
45	<b>MUCHA Krzysztof</b>	<b>56</b>	KOSZALIN	M-OPEN	30	00:00:09	<b>00:26:15.15</b>	<b>00:26:25.05</b>	+00:06:33 (25.0%)	5:15	11.4 (75.0%)
46	<b>WACHOLC Michał</b>	<b>85</b>		M-OPEN	31	00:00:07	<b>00:26:21.00</b>	<b>00:26:28.70</b>	+00:06:39 (25.2%)	5:16	11.4 (75.0%)
47	<b>BIL Adrian</b>	<b>6</b>		M-OPEN	32	00:00:14	<b>00:26:21.30</b>	<b>00:26:35.65</b>	+00:06:39 (25.3%)	5:16	11.4 (75.0%)
48	<b>BRESZKA Tomasz</b>	<b>104</b>		M-OPEN	33	00:00:08	<b>00:26:28.40</b>	<b>00:26:37.05</b>	+00:06:46 (25.6%)	5:17	11.3 (74.3%)
49	<b>CHODOR Martyna</b>	<b>132</b>	TKKF I KOSZALIN	Drużyna Mieszana	5	00:00:09	<b>00:26:31.95</b>	<b>00:26:41.75</b>	+00:06:50 (25.8%)	5:18	11.3 (74.3%)
50	<b>PĘKAŁA Piotr</b>	<b>64</b>	ROZBIEGANY KOSZALIN	M-OPEN	34	00:00:11	<b>00:26:55.45</b>	<b>00:27:06.90</b>	+00:07:13 (26.8%)	5:23	11.1 (73.0%)
51	<b>ŚWIETLIK Tomasz</b>	<b>52</b>		M-OPEN	35	00:00:10	<b>00:27:01.55</b>	<b>00:27:12.15</b>	+00:07:19 (27.1%)	5:24	11.1 (73.0%)
52	<b>RÓG Michał</b>	<b>71</b>	JW 1223 KOSZALIN	M-OPEN	36	00:00:12	<b>00:27:10.35</b>	<b>00:27:23.10</b>	+00:07:28 (27.5%)	5:26	11 (72.4%)
53	<b>CIUPA Marcin</b>	<b>11</b>	H2DESIGN	M-OPEN	37	00:00:10	<b>00:27:11.90</b>	<b>00:27:22.05</b>	+00:07:29 (27.6%)	5:26	11 (72.4%)
54	<b>KOSECKA Katarzyna</b>	<b>146</b>	KOŁOBRZEG BIEGA	Drużyna Kobięca	1	00:00:08	<b>00:27:14.30</b>	<b>00:27:22.50</b>	+00:07:32 (27.7%)	5:26	11 (72.4%)
55	<b>PEŁECHATA Julita</b>	<b>145</b>	KOŁOBRZEG BIEGA	Drużyna Kobięca	2	00:00:07	<b>00:27:14.55</b>	<b>00:27:22.35</b>	+00:07:32 (27.7%)	5:27	11 (72.4%)
56	<b>CHODOR Izabela</b>	<b>9</b>	TKKF KOSZALIN	K-OPEN	4	00:00:10	<b>00:27:26.30</b>	<b>00:27:37.25</b>	+00:07:44 (28.2%)	5:29	10.9 (71.7%)
57	<b>MICERSKI Tomasz</b>	<b>138</b>	TKKF II KOSZALIN	Drużyna Męska	9	00:00:10	<b>00:27:28.55</b>	<b>00:27:38.85</b>	+00:07:46 (28.3%)	5:29	10.9 (71.7%)
58	<b>KOWALCZYK Mariusz</b>	<b>41</b>	ROZBIEGANY KOSZALIN	M-OPEN	38	00:00:10	<b>00:27:39.40</b>	<b>00:27:50.20</b>	+00:07:57 (28.8%)	5:32	10.8 (71.1%)
59	<b>JAROSZEWSKI Daniel</b>	<b>4</b>		M-OPEN	39	00:00:13	<b>00:27:43.70</b>	<b>00:27:57.10</b>	+00:08:01 (29.0%)	5:32	10.8 (71.1%)
60	<b>ROGOŻA Ireneusz</b>	<b>70</b>		M-OPEN	40	00:00:12	<b>00:27:44.20</b>	<b>00:27:56.90</b>	+00:08:02 (29.0%)	5:32	10.8 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
61	<b>CHOŁUJ Jarek</b>	<b>10</b>		M-OPEN	41	00:00:12	<b>00:27:44.55</b>	<b>00:27:57.15</b>	+00:08:02 (29.0%)	5:33	10.8 (71.1%)
62	<b>ZUKAL Piotr</b>	<b>120</b>		M-OPEN	42	00:00:19	<b>00:27:47.50</b>	<b>00:28:07.00</b>	+00:08:05 (29.1%)	5:33	10.8 (71.1%)
63	<b>WICHER Krzysztof</b>	<b>88</b>	ADWOKATURA	M-OPEN	43	00:00:11	<b>00:28:10.50</b>	<b>00:28:21.85</b>	+00:08:28 (30.1%)	5:38	10.7 (70.4%)
64	<b>OTTO Michał</b>	<b>60</b>		M-OPEN	44	00:00:09	<b>00:28:17.70</b>	<b>00:28:27.00</b>	+00:08:35 (30.4%)	5:39	10.6 (69.7%)
65	<b>JUSZCZAK Krzysztof</b>	<b>31</b>		M-OPEN	45	00:00:22	<b>00:28:31.65</b>	<b>00:28:54.05</b>	+00:08:49 (30.9%)	5:42	10.5 (69.1%)
66	<b>MRUGALSKA Magdalena</b>	<b>107</b>	JW 1223 KOSZALIN	K-OPEN	5	00:00:15	<b>00:28:32.70</b>	<b>00:28:48.00</b>	+00:08:50 (31.0%)	5:42	10.5 (69.1%)
67	<b>RETERSKI Damian</b>	<b>102</b>		M-OPEN	46	00:00:12	<b>00:28:33.60</b>	<b>00:28:46.25</b>	+00:08:51 (31.0%)	5:42	10.5 (69.1%)
68	<b>WIATRZYK Krzysztof</b>	<b>87</b>	DARŁOWO	M-OPEN	47	00:00:10	<b>00:28:34.75</b>	<b>00:28:45.10</b>	+00:08:52 (31.1%)	5:43	10.5 (69.1%)
69	<b>KRZEWIŃSKA Małgorzata</b>	<b>46</b>	TKKF KOSZALIN	K-OPEN	6	00:00:10	<b>00:28:38.55</b>	<b>00:28:49.50</b>	+00:08:56 (31.2%)	5:43	10.5 (69.1%)
70	<b>SZAMREJ Piotr</b>	<b>118</b>		M-OPEN	48	00:00:15	<b>00:28:40.40</b>	<b>00:28:55.95</b>	+00:08:58 (31.3%)	5:44	10.5 (69.1%)
71	<b>MAJCHRZAK Paweł</b>	<b>50</b>	SUNDAYBIKERS KARLINO TEAM	M-OPEN	49	00:00:09	<b>00:28:52.30</b>	<b>00:29:02.20</b>	+00:09:10 (31.8%)	5:46	10.4 (68.4%)
72	<b>OSOBNIAK Ryszard</b>	<b>59</b>	ROZBIEGANY KOSZALIN	M-OPEN	50	00:00:17	<b>00:28:53.00</b>	<b>00:29:10.10</b>	+00:09:11 (31.8%)	5:46	10.4 (68.4%)
73	<b>KRUPIŃSKI Krzysztof</b>	<b>45</b>	E-UROLOG.EU	M-OPEN	51	00:00:17	<b>00:28:55.50</b>	<b>00:29:13.00</b>	+00:09:13 (31.9%)	5:47	10.4 (68.4%)
74	<b>KOZŁOWIECKI Waldemar</b>	<b>42</b>	TKKF KOSZALIN	M-OPEN	52	00:00:11	<b>00:29:05.75</b>	<b>00:29:17.30</b>	+00:09:23 (32.3%)	5:49	10.3 (67.8%)
75	<b>ZDROWIECKI Artur</b>	<b>94</b>		M-OPEN	53	00:00:10	<b>00:29:24.15</b>	<b>00:29:34.75</b>	+00:09:42 (33.0%)	5:52	10.2 (67.1%)
76	<b>BORKOWSKA-KOWALCZYK Daria</b>	<b>7</b>	WOMENS FIGHT CLUB KOSZALIN ROZBIEGANY KOSZALIN	K-OPEN	7	00:00:11	<b>00:29:26.75</b>	<b>00:29:37.75</b>	+00:09:44 (33.1%)	5:53	10.2 (67.1%)
77	<b>GRABOWSKA-LESISZ Aneta</b>	<b>147</b>	KOŁOBRZEG BIEGA	Drużyna Kobięca	3	00:00:08	<b>00:29:35.45</b>	<b>00:29:43.75</b>	+00:09:53 (33.4%)	5:55	10.1 (66.4%)
78	<b>KRASIŃSKI Witold</b>	<b>43</b>		M-OPEN	54	00:00:15	<b>00:29:41.85</b>	<b>00:29:57.05</b>	+00:09:59 (33.7%)	5:56	10.1 (66.4%)
79	<b>BŁACH Piotr</b>	<b>103</b>		M-OPEN	55	00:00:08	<b>00:29:44.60</b>	<b>00:29:53.25</b>	+00:10:02 (33.8%)	5:57	10.1 (66.4%)
80	<b>BRZEZIŃSKI Robert</b>	<b>106</b>	HERKULES	M-OPEN	56	00:00:06	<b>00:29:47.95</b>	<b>00:29:54.05</b>	+00:10:06 (33.9%)	5:57	10.1 (66.4%)
81	<b>KAMIŃSKI Tomasz</b>	<b>141</b>	TKKF III KOSZALIN	Drużyna Mieszana	6	00:00:08	<b>00:29:48.40</b>	<b>00:29:57.30</b>	+00:10:06 (33.9%)	5:57	10.1 (66.4%)
82	<b>MAZURKIEWICZ Jolanta</b>	<b>140</b>	TKKF III KOSZALIN	Drużyna Mieszana	7	00:00:09	<b>00:29:48.70</b>	<b>00:29:58.00</b>	+00:10:06 (33.9%)	5:57	10.1 (66.4%)
83	<b>BARTKOWSKI Ryszard</b>	<b>99</b>		M-OPEN	57	00:00:09	<b>00:30:16.00</b>	<b>00:30:25.35</b>	+00:10:34 (34.9%)	6:03	9.9 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	<b>DUDZIAK Piotr</b>	<b>15</b>	KOSZALIN	M-OPEN	58	00:00:10	<b>00:30:24.40</b>	<b>00:30:34.75</b>	+00:10:42 (35.2%)	6:04	9.9 (65.1%)
85	<b>JANUSZEWSKI Jacek</b>	<b>24</b>	17 WOG KOSZALIN	M-OPEN	59	00:00:14	<b>00:30:27.20</b>	<b>00:30:41.55</b>	+00:10:45 (35.3%)	6:05	9.9 (65.1%)
86	<b>GRZYBOWSKI Piotr</b>	<b>109</b>		M-OPEN	60	00:00:12	<b>00:30:41.60</b>	<b>00:30:53.70</b>	+00:10:59 (35.8%)	6:08	9.8 (64.5%)
87	<b>LASKOWSKI Grzegorz</b>	<b>49</b>		M-OPEN	61	00:00:14	<b>00:30:43.50</b>	<b>00:30:58.00</b>	+00:11:01 (35.9%)	6:08	9.8 (64.5%)
88	<b>POTRZEBOWSKA Agata</b>	<b>66</b>	DEAF	K-OPEN	8	00:00:12	<b>00:30:47.90</b>	<b>00:31:00.15</b>	+00:11:05 (36.0%)	6:09	9.7 (63.8%)
89	<b>KOWALCZYK Piotr</b>	<b>40</b>		M-OPEN	62	00:00:18	<b>00:30:50.10</b>	<b>00:31:08.40</b>	+00:11:08 (36.1%)	6:10	9.7 (63.8%)
90	<b>JANICKA Katarzyna</b>	<b>134</b>	TKKF IV KOSZALIN	Drużyna Mieszana	8	00:00:09	<b>00:31:01.10</b>	<b>00:31:11.00</b>	+00:11:19 (36.5%)	6:12	9.7 (63.8%)
91	<b>MRUGALSKI Stanisław</b>	<b>55</b>		M-OPEN	63	00:00:20	<b>00:31:01.35</b>	<b>00:31:21.70</b>	+00:11:19 (36.5%)	6:12	9.7 (63.8%)
92	<b>DĄBROWSKA Alicja</b>	<b>14</b>	TKKF KOSZALIN	K-OPEN	9	00:00:10	<b>00:31:03.50</b>	<b>00:31:14.20</b>	+00:11:21 (36.6%)	6:12	9.7 (63.8%)
93	<b>KUPREWICZ Grzegorz</b>	<b>47</b>	JW 1223 KOSZALIN	M-OPEN	64	00:00:11	<b>00:31:06.25</b>	<b>00:31:18.15</b>	+00:11:24 (36.7%)	6:13	9.6 (63.2%)
94	<b>BASIAK Krystian</b>	<b>5</b>	KOSZALIN	M-OPEN	65	00:00:13	<b>00:31:06.45</b>	<b>00:31:19.45</b>	+00:11:24 (36.7%)	6:13	9.6 (63.2%)
95	<b>KARNICKI Zygmunt</b>	<b>34</b>	TKKF KOSZALIN	M-OPEN	66	00:00:16	<b>00:31:47.65</b>	<b>00:32:03.65</b>	+00:12:05 (38.0%)	6:21	9.4 (61.8%)
96	<b>ZIĘBA Paweł</b>	<b>95</b>	TKKF KOSZALIN	M-OPEN	67	00:00:12	<b>00:31:49.05</b>	<b>00:32:01.45</b>	+00:12:07 (38.1%)	6:21	9.4 (61.8%)
97	<b>GŁOWACKI Włodzimierz</b>	<b>143</b>	BABECZKI KOSZALIN	M-OPEN	68	00:00:13	<b>00:31:54.90</b>	<b>00:32:08.60</b>	+00:12:12 (38.3%)	6:23	9.4 (61.8%)
98	<b>POTRZEBOWSKI Marek</b>	<b>67</b>	DEAF	M-OPEN	69	00:00:13	<b>00:32:08.00</b>	<b>00:32:21.55</b>	+00:12:26 (38.7%)	6:25	9.3 (61.2%)
99	<b>JURKIEWICZ Andrzej</b>	<b>30</b>		M-OPEN	70	00:00:15	<b>00:32:36.35</b>	<b>00:32:51.50</b>	+00:12:54 (39.6%)	6:31	9.2 (60.5%)
100	<b>SZEWczyk Paulina</b>	<b>79</b>		K-OPEN	10	00:00:11	<b>00:32:37.10</b>	<b>00:32:48.35</b>	+00:12:55 (39.6%)	6:31	9.2 (60.5%)
101	<b>SEEWALD Jan</b>	<b>105</b>		M-OPEN	71	00:00:14	<b>00:32:42.00</b>	<b>00:32:56.90</b>	+00:13:00 (39.8%)	6:32	9.2 (60.5%)
102	<b>KOSIM Maciej</b>	<b>39</b>	NIGHT RUNNERS WROCŁAW	M-OPEN	72	00:00:15	<b>00:32:42.05</b>	<b>00:32:57.35</b>	+00:13:00 (39.8%)	6:32	9.2 (60.5%)
103	<b>MAZUREK Barbara</b>	<b>142</b>	BABECZKI KOSZALIN	K-OPEN	11	00:00:14	<b>00:32:50.65</b>	<b>00:33:05.55</b>	+00:13:08 (40.0%)	6:34	9.1 (59.9%)
104	<b>HELLER Zdzisław</b>	<b>21</b>	NIEZRZESZONY	M-OPEN	73	00:00:17	<b>00:32:58.75</b>	<b>00:33:15.85</b>	+00:13:16 (40.3%)	6:35	9.1 (59.9%)
105	<b>GRZYBOWSKI Krzysztof</b>	<b>139</b>	TKKF III KOSZALIN	Drużyna Mieszana	9	00:00:09	<b>00:32:59.45</b>	<b>00:33:08.80</b>	+00:13:17 (40.3%)	6:35	9.1 (59.9%)
106	<b>GZELA Olga</b>	<b>20</b>	BABECZKI KOSZALIN, ROZBIEGANY KOSZALIN	K-OPEN	12	00:00:14	<b>00:33:01.25</b>	<b>00:33:15.35</b>	+00:13:19 (40.3%)	6:36	9.1 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>KLENIEWSKI Piotr</b>	<b>36</b>	ZACHODNIOPOMORSKIE	M-OPEN	74	00:00:08	<b>00:33:05.20</b>	<b>00:33:14.00</b>	+00:13:23 (40.5%)	6:37	9.1 (59.9%)
108	<b>KONKEL Joanna</b>	<b>37</b>	MKS 'ŚWIĘC SŁAWNO'	K-OPEN	13	00:00:11	<b>00:33:22.20</b>	<b>00:33:34.00</b>	+00:13:40 (41.0%)	6:40	9 (59.2%)
109	<b>HRYCIÓW Paweł</b>	<b>22</b>	BIĄŁOGARD	M-OPEN	75	00:00:14	<b>00:33:26.15</b>	<b>00:33:40.15</b>	+00:13:44 (41.1%)	6:41	9 (59.2%)
110	<b>HRANKOWSKA Monika</b>	<b>25</b>		K-OPEN	14	00:00:16	<b>00:33:33.85</b>	<b>00:33:50.05</b>	+00:13:51 (41.3%)	6:42	8.9 (58.6%)
111	<b>WIERZBICKI Kacper</b>	<b>90</b>		M-OPEN	76	00:00:13	<b>00:34:16.10</b>	<b>00:34:29.75</b>	+00:14:34 (42.5%)	6:51	8.8 (57.9%)
112	<b>GAWIECKA Mariola</b>	<b>18</b>	ROZBIEGANY KOSZALIN	K-OPEN	15	00:00:10	<b>00:34:29.95</b>	<b>00:34:40.65</b>	+00:14:48 (42.9%)	6:54	8.7 (57.2%)
113	<b>WALCZAK Agnieszka</b>	<b>86</b>	TKKF KOSZALIN	K-OPEN	16	00:00:15	<b>00:34:49.75</b>	<b>00:35:05.60</b>	+00:15:07 (43.4%)	6:58	8.6 (56.6%)
114	<b>BRESZKA Paweł</b>	<b>8</b>	DARŁOWO	M-OPEN	77	00:00:16	<b>00:35:01.80</b>	<b>00:35:18.35</b>	+00:15:19 (43.8%)	7:00	8.6 (56.6%)
115	<b>WENCŁAW-JUSZCZAK Marta</b>	<b>117</b>		K-OPEN	17	00:00:13	<b>00:35:18.10</b>	<b>00:35:31.15</b>	+00:15:36 (44.2%)	7:03	8.5 (55.9%)
116	<b>SAGAN Jadwiga</b>	<b>115</b>		K-OPEN	18	00:00:14	<b>00:35:33.65</b>	<b>00:35:47.80</b>	+00:15:51 (44.6%)	7:06	8.4 (55.3%)
117	<b>RETERSKI Przemysław</b>	<b>101</b>		M-OPEN	78	00:00:12	<b>00:36:02.65</b>	<b>00:36:15.30</b>	+00:16:20 (45.3%)	7:12	8.3 (54.6%)
118	<b>FRUBA Karina</b>	<b>17</b>	STOPA SŁUPSK	K-OPEN	19	00:00:12	<b>00:36:10.25</b>	<b>00:36:23.00</b>	+00:16:28 (45.5%)	7:14	8.3 (54.6%)
119	<b>KOROL Elżbieta</b>	<b>38</b>	BABECZKI KOSZALIN	K-OPEN	20	00:00:15	<b>00:36:13.60</b>	<b>00:36:29.05</b>	+00:16:31 (45.6%)	7:14	8.3 (54.6%)
120	<b>KURCZ Barbara</b>	<b>48</b>	BABECZKI KOSZALIN	K-OPEN	21	00:00:17	<b>00:36:28.25</b>	<b>00:36:45.75</b>	+00:16:46 (46.0%)	7:17	8.2 (53.9%)
121	<b>IMIOŁEK Jacek</b>	<b>23</b>		M-OPEN	79	00:00:18	<b>00:37:52.10</b>	<b>00:38:10.10</b>	+00:18:10 (48.0%)	7:34	7.9 (52.0%)
122	<b>TREJDER Maria</b>	<b>83</b>	BAJADERKI KOSZALIN	K-OPEN	22	00:00:12	<b>00:38:24.50</b>	<b>00:38:36.90</b>	+00:18:42 (48.7%)	7:40	7.8 (51.3%)
123	<b>MOŻEJKO Anna</b>	<b>54</b>	BABECZKI KOSZALIN	K-OPEN	23	00:00:16	<b>00:38:45.15</b>	<b>00:39:01.15</b>	+00:19:03 (49.2%)	7:45	7.7 (50.7%)
124	<b>STEC Edyta</b>	<b>76</b>	BABECZKI KOSZALIN	K-OPEN	24	00:00:15	<b>00:38:45.85</b>	<b>00:39:01.20</b>	+00:19:03 (49.2%)	7:45	7.7 (50.7%)
125	<b>PASEK Jan</b>	<b>62</b>		M-OPEN	80	00:00:10	<b>00:39:05.20</b>	<b>00:39:15.60</b>	+00:19:23 (49.6%)	7:49	7.7 (50.7%)
126	<b>KOZŁOWIECKA Małgorzata</b>	<b>97</b>		K-OPEN	25	00:00:13	<b>00:39:11.75</b>	<b>00:39:25.60</b>	+00:19:29 (49.7%)	7:50	7.7 (50.7%)
127	<b>VON BARDELEBEN Agnieszka</b>	<b>84</b>	BABECZKI KOSZALIN	K-OPEN	26	00:00:17	<b>00:39:15.80</b>	<b>00:39:32.95</b>	+00:19:33 (49.8%)	7:51	7.6 (50.0%)
128	<b>PASEK Paula</b>	<b>61</b>		K-OPEN	27	00:00:11	<b>00:43:20.20</b>	<b>00:43:31.85</b>	+00:23:38 (54.5%)	8:40	6.9 (45.4%)
129	<b>RADOMSKA Iwona</b>	<b>68</b>		K-OPEN	28	00:00:18	<b>00:44:41.45</b>	<b>00:44:59.75</b>	+00:24:59 (55.9%)	8:56	6.7 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>GARBACZ-ZATORSKA Milena</b>	<b>116</b>		K-OPEN	29	00:00:13	<b>00:44:49.75</b>	<b>00:45:03.05</b>	+00:25:07 (56.1%)	8:58	6.7 (44.1%)
131	<b>KRAWCZUK-KIEŁB Anna</b>	<b>44</b>	ŻYJ Z ENERGIAŁ	K-OPEN	30	00:00:17	<b>00:47:09.15</b>	<b>00:47:26.55</b>	+00:27:27 (58.2%)	9:25	6.4 (42.1%)
132	<b>RESPONDEK Dariusz</b>	<b>69</b>		M-OPEN	81	00:00:10					(0.0%)

Znaleziono 132 wynik(ów)