

KOSZALIŃSKI BIEG NIEPODLEGŁOŚCI - 4.8280 KM

B4SPORT

Organizator: Urząd Miasta i Gminy Koszalin, Zarząd Obiektów Sportowych Sp. z o.o.
Data: 2016-11-11
Miejsce: Koszalin
Dystans: 4.828 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.609km	Start All 3.218km	Czas netto 4.828km	Czas brutto 4.828km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	204	CSSP KOSZALIN	M-16	1	00:00:06	00:05:27	00:10:47	00:16:15.05	00:16:22.00		3:22	17.8 (100%)
2	BORZĘCKI Norbert	13		M-30	1	00:00:07	00:05:26	00:10:49	00:16:28.40	00:16:35.60	+00:00:13 (1.4%)	3:24	17.6 (98.9%)
3	BEDNARZ Paweł	5	13-TY FUN CLUB ASI CHMIEL :*	M-30	2	00:00:06	00:05:28	00:11:09	00:16:48.10	00:16:55.00	+00:00:33 (3.3%)	3:28	17.2 (96.6%)
4	MADEJSKI Krzysztof	106	XRUNNERS IJW1223	M-16	2	00:00:08	00:05:44	00:11:32	00:17:21.35	00:17:29.35	+00:01:06 (6.4%)	3:35	16.7 (93.8%)
5	JAROSZ Wiesław	65	JW. 1223/BLOG	M-40	1	00:00:08	00:05:46	00:11:42	00:17:40.95	00:17:49.00	+00:01:25 (8.1%)	3:39	16.4 (92.1%)
6	FAMULSKI Cezary	38	JW 1223 KOSZALIN	M-30	3	00:00:07	00:06:03	00:12:10	00:18:07.10	00:18:14.60	+00:01:52 (10.3%)	3:45	16 (89.9%)
7	SZKOŁUDA Miłosz	181		M-16	3	00:00:10	00:05:59	00:12:08	00:18:17.70	00:18:28.55	+00:02:02 (11.2%)	3:47	15.8 (88.8%)
8	ZAGAJEWSKI Rafał	209	SPRINT SŁAWNO	M-16	4	00:00:07	00:05:48	00:12:05	00:18:30.35	00:18:37.95	+00:02:15 (12.2%)	3:49	15.7 (88.2%)
9	USTIANOWSKI Wojciech	197	JW1223 (ROZBIEGANY KOSZALIN)	M-16	5	00:00:07	00:06:21	00:12:50	00:18:57.95	00:19:05.65	+00:02:42 (14.3%)	3:55	15.3 (86.0%)
10	STEBELSKI Jasiak	166		M-16	6	00:00:10	00:06:19	00:12:44	00:19:00.65	00:19:11.55	+00:02:45 (14.5%)	3:56	15.2 (85.4%)
11	GOLECKI Mirosław	44	CSSP KOSZALIN	M-30	4	00:00:08	00:06:24	00:12:39	00:19:02.95	00:19:11.40	+00:02:47 (14.7%)	3:56	15.2 (85.4%)
12	BARAŃSKI Bogusław	2	MLUKS TRZEBIATÓW	M-50	1	00:00:06	00:06:10	00:12:44	00:19:05.75	00:19:12.65	+00:02:50 (14.9%)	3:57	15.2 (85.4%)
13	PEC Marek	138		M-40	2	00:00:07	00:06:25	00:12:59	00:19:16.50	00:19:24.00	+00:03:01 (15.7%)	3:59	15 (84.3%)
14	SZEWCZUK Paweł	180		M-30	5	00:00:07	00:06:12	00:12:41	00:19:19.65	00:19:27.55	+00:03:04 (15.9%)	4:00	15 (84.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.609km	Start All 3.218km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 4.828km	brutto 4.828km			
15	GRZESIK Eugeniusz	49	PATRIA INVICTUS	M-50	2	00:00:07	00:06:23	00:12:55	00:19:23.50	00:19:30.65	+00:03:08 (16.2%)	4:00	15 (84.3%)
16	STĘŻAŁA Artur	168	JW1223	M-40	3	00:00:07	00:06:24	00:12:56	00:19:28.05	00:19:35.40	+00:03:13 (16.5%)	4:01	14.9 (83.7%)
17	GLAZER Piotr	42		M-16	7	00:00:16	00:06:19	00:12:47	00:19:32.45	00:19:48.85	+00:03:17 (16.8%)	4:02	14.8 (83.1%)
18	MOSEK Radosław	120		M-30	6	00:00:12	00:06:24	00:13:00	00:19:39.35	00:19:51.60	+00:03:24 (17.3%)	4:04	14.7 (82.6%)
19	SZAMREJ Wojciech	178		M-50	3	00:00:07	00:06:22	00:13:07	00:19:41.85	00:19:49.75	+00:03:26 (17.5%)	4:04	14.7 (82.6%)
20	POLAŃSKI Dariusz	145		M-40	4	00:00:07	00:06:15	00:12:59	00:19:44.35	00:19:51.85	+00:03:29 (17.7%)	4:05	14.7 (82.6%)
21	KAPUSCINSKI Robert	75	JW 1223 KOSZALIN	M-30	7	00:00:08	00:06:30	00:13:10	00:19:52.15	00:20:00.95	+00:03:37 (18.2%)	4:06	14.6 (82.0%)
22	RAJNER Krzysztof	149		M-30	8	00:00:11	00:06:37	00:13:17	00:20:01.15	00:20:13.00	+00:03:46 (18.8%)	4:08	14.5 (81.5%)
23	NACHYŁA Paweł	125	DZIKI KOSZALIN	M-16	8	00:00:18	00:06:30	00:13:21	00:20:15.00	00:20:33.00	+00:03:59 (19.7%)	4:11	14.3 (80.3%)
24	FALKO Piotr	37	JW1223	M-16	9	00:00:12	00:06:35	00:13:29	00:20:25.45	00:20:38.20	+00:04:10 (20.4%)	4:13	14.2 (79.8%)
25	KOTARA-PAŁKA Małgorzata	88		K-30	1	00:00:09	00:06:53	00:13:40	00:20:34.85	00:20:44.80	+00:04:19 (21.0%)	4:15	14.1 (79.2%)
26	TOMCZAK Wojtek	192		M-40	5	00:00:08	00:06:27	00:13:16	00:20:34.90	00:20:43.70	+00:04:19 (21.0%)	4:15	14.1 (79.2%)
27	CIUPA Marcin	30	H2 DESIGN	M-30	9	00:00:09	00:07:01	00:13:59	00:20:50.35	00:20:59.95	+00:04:35 (22.0%)	4:18	13.9 (78.1%)
28	TESKA Bartosz	191	TKKF KOSZALIN	M-30	10	00:00:08	00:06:54	00:13:57	00:20:52.30	00:21:00.55	+00:04:37 (22.1%)	4:19	13.9 (78.1%)
29	KOZŁOWSKI Tomasz	91		M-30	11	00:00:08	00:06:38	00:13:46	00:20:56.85	00:21:05.60	+00:04:41 (22.4%)	4:20	13.8 (77.5%)
30	KRACZKOWSKI Przemysław	92		M-30	12	00:00:12	00:06:58	00:13:59	00:21:02.80	00:21:15.10	+00:04:47 (22.8%)	4:21	13.8 (77.5%)
31	GÓRECKI Mirosław	46	JW 1223	M-40	6	00:00:12	00:07:16	00:14:16	00:21:14.25	00:21:26.95	+00:04:59 (23.5%)	4:23	13.6 (76.4%)
32	IWANIEC Dariusz	56	TKKF KOSZALIN	M-40	7	00:00:09	00:07:00	00:14:14	00:21:20.50	00:21:29.65	+00:05:05 (23.9%)	4:25	13.6 (76.4%)
33	RUTKOWSKI Artur	154	RUTKOWSKI TEAM	M-16	10	00:00:07	00:06:43	00:14:03	00:21:21.75	00:21:29.55	+00:05:06 (23.9%)	4:25	13.6 (76.4%)
34	MISIKONIS Kamil	119	KS MASTERS GRYFICE	M-30	13	00:00:07	00:06:46	00:14:11	00:21:33.75	00:21:41.25	+00:05:18 (24.6%)	4:27	13.4 (75.3%)
35	PEKAŁA Piotr	142	ROZBIEGANY KOSZALIN	M-40	8	00:00:11	00:07:33	00:14:42	00:21:40.40	00:21:51.75	+00:05:25 (25.0%)	4:29	13.4 (75.3%)
36	KOWALCZYK Mariusz	90	WZAJEMNEJ ADORACJI	M-40	9	00:00:11	00:06:56	00:14:08	00:21:44.25	00:21:55.30	+00:05:29 (25.2%)	4:29	13.3 (74.7%)
37	ŚWIETLIK Tomasz	190		M-50	4	00:00:09	00:07:07	00:14:32	00:21:46.25	00:21:55.25	+00:05:31 (25.4%)	4:30	13.3 (74.7%)

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									netto 4.828km	brutto 4.828km			
38	DUDZIAK Piotr	34	ROZBIEGANY KOSZALIN	M-40	10	00:00:09	00:07:07	00:14:18	00:21:47.00	00:21:56.00	+00:05:31 (25.4%)	4:30	13.3 (74.7%)
39	SZYMAJDA Grzegorz	215	TKKF KOSZALIN	M-30	14	00:00:09	00:07:07	00:14:35	00:21:52.30	00:22:01.35	+00:05:37 (25.7%)	4:31	13.3 (74.7%)
40	PSTRĄGOWSKI Marcin	147	DZIKI KOSZALIN	M-30	15	00:00:09	00:06:49	00:14:23	00:21:56.45	00:22:06.05	+00:05:41 (25.9%)	4:32	13.2 (74.2%)
41	KONIECZNA Anka	216	ROZBIEGANY KOSZALIN	K-40	1	00:00:13	00:07:15	00:14:33	00:21:56.55	00:22:10.10	+00:05:41 (25.9%)	4:32	13.2 (74.2%)
42	KAMYK Piotr	74	MH KOSZALIN - IT SERWIS	M-30	16	00:00:08	00:06:57	00:14:26	00:21:57.15	00:22:05.70	+00:05:42 (26.0%)	4:32	13.2 (74.2%)
43	DZIĘBOWSKI Mariusz	36		M-30	17	00:00:14	00:07:17	00:14:46	00:21:58.35	00:22:12.85	+00:05:43 (26.0%)	4:32	13.2 (74.2%)
44	MICERSKI Tomasz	116	TKKF KOSZALIN	M-40	11	00:00:11	00:07:18	00:14:37	00:21:58.85	00:22:10.65	+00:05:43 (26.1%)	4:33	13.2 (74.2%)
45	OSTROWSKI Krzysztof	135		M-40	12	00:00:08	00:07:02	00:14:33	00:22:00.15	00:22:08.65	+00:05:45 (26.1%)	4:33	13.2 (74.2%)
46	BENTKOWSKA Natalia	7	CSSP KOSZALIN	K-16	1	00:00:14	00:07:24	00:14:47	00:22:04.80	00:22:19.15	+00:05:49 (26.4%)	4:34	13.1 (73.6%)
47	RUTKOWSKI Ryszard	155		M-50	5	00:00:07	00:07:13	00:14:47	00:22:07.55	00:22:15.15	+00:05:52 (26.6%)	4:34	13.1 (73.6%)
48	GOŃKA Krzysztof	45	DECATHLON KOSZALIN	M-16	11	00:00:10	00:07:36	00:15:02	00:22:10.60	00:22:21.15	+00:05:55 (26.7%)	4:35	13.1 (73.6%)
49	BURKIET Marek	18	JW 1223	M-40	13	00:00:13	00:07:26	00:14:51	00:22:11.45	00:22:25.15	+00:05:56 (26.8%)	4:35	13.1 (73.6%)
49	MAZUR Marcin	110		M-30	18	00:00:25	00:07:48	00:15:13	00:22:11.45	00:22:36.50	+00:05:56 (26.8%)	4:35	13.1 (73.6%)
51	NIEMCZAK Dariusz	226		M-50	6	00:00:15	00:07:33	00:14:59	00:22:14.05	00:22:29.90	+00:05:59 (26.9%)	4:36	13 (73.0%)
52	PUŚCIAN Krzysztof	148	GIMNAZJUM W MANOWIE	M-40	14	00:00:11	00:07:27	00:14:49	00:22:21.80	00:22:33.50	+00:06:06 (27.3%)	4:37	13 (73.0%)
53	ZDROWIECKI Artur	211		M-30	19	00:00:08	00:07:06	00:14:48	00:22:26.10	00:22:34.35	+00:06:11 (27.6%)	4:38	12.9 (72.5%)
54	KISIELIŃSKI Igor	84	TKKF KOSZALIN	M-50	7	00:00:10	00:07:37	00:15:06	00:22:26.15	00:22:36.35	+00:06:11 (27.6%)	4:38	12.9 (72.5%)
55	GLISZCZYŃSKI Łukasz	43	SPRINT SŁAWNO	M-16	12	00:00:08	00:07:06	00:14:48	00:22:29.05	00:22:37.55	+00:06:14 (27.7%)	4:39	12.9 (72.5%)
56	SOKOŁOWSKI Maciej	162		M-30	20	00:00:23	00:07:45	00:15:07	00:22:29.35	00:22:53.30	+00:06:14 (27.7%)	4:39	12.9 (72.5%)
57	KRAWCZYK Bohdan	96	MR	M-50	8	00:00:09	00:07:31	00:15:12	00:22:29.60	00:22:39.00	+00:06:14 (27.8%)	4:39	12.9 (72.5%)
58	KUŁAKOWSKI Dawid	98	TKKF KOSZALIN	M-30	21	00:00:11	00:07:19	00:14:52	00:22:30.25	00:22:42.10	+00:06:15 (27.8%)	4:39	12.9 (72.5%)
59	CYBULSKI Robert	31	MTS HAMER MIASTKO	M-40	15	00:00:11	00:07:19	00:14:52	00:22:30.45	00:22:42.00	+00:06:15 (27.8%)	4:39	12.9 (72.5%)
60	SZYMAŃSKI Piotr	189	BIEGAM BO TAK MAM	M-40	16	00:00:10	00:07:17	00:14:55	00:22:33.00	00:22:43.15	+00:06:17 (27.9%)	4:40	12.9 (72.5%)

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61	WASYLÓW Mateusz	200		M-16	13	00:00:11	00:07:35	00:15:06	00:22:38.30	00:22:49.50	+00:06:23 (28.2%)	4:41	12.8 (71.9%)
62	ŁABEJSZA Łukasz	103	WOJOWNICY WÓDY	M-30	22	00:00:17	00:07:40	00:15:14	00:22:38.70	00:22:56.35	+00:06:23 (28.2%)	4:41	12.8 (71.9%)
63	ROGALSKI Roberto	153	TKKF KOSZALIN	M-30	23	00:00:15	00:07:20	00:15:03	00:22:40.35	00:22:55.50	+00:06:25 (28.3%)	4:41	12.8 (71.9%)
64	RYBARCZYK Ireneusz	156		M-30	24	00:00:11	00:07:36	00:15:06	00:22:42.70	00:22:54.00	+00:06:27 (28.4%)	4:42	12.8 (71.9%)
65	SZABLA Ewelina	174		K-30	2	00:00:10	00:07:21	00:15:06	00:22:45.45	00:22:55.80	+00:06:30 (28.6%)	4:42	12.7 (71.3%)
66	SKOWROŃSKI Tomasz	158		M-30	25	00:00:14	00:07:56	00:15:37	00:22:51.25	00:23:05.75	+00:06:36 (28.9%)	4:43	12.7 (71.3%)
67	BYKOWSKI Robert	19	CSSP KOSZALIN / FORMA ROSNOWO	M-40	17	00:00:17	00:08:07	00:15:36	00:22:51.50	00:23:09.30	+00:06:36 (28.9%)	4:44	12.7 (71.3%)
68	SKOWYRSKI Janusz	159	TKKF KOSZALIN	M-50	9	00:00:09	00:07:44	00:15:22	00:22:53.90	00:23:03.75	+00:06:38 (29.0%)	4:44	12.7 (71.3%)
69	CHWALEBA Jan	26		M-50	10	00:00:22	00:08:24	00:15:44	00:23:00.25	00:23:22.40	+00:06:45 (29.4%)	4:45	12.6 (70.8%)
70	MRUGALSKI Damian	124	MOSG	M-30	26	00:00:15	00:08:04	00:15:51	00:23:06.85	00:23:22.25	+00:06:51 (29.7%)	4:47	12.5 (70.2%)
71	MRUGALSKA Magdalena	122	JW1223	K-16	2	00:00:15	00:08:03	00:15:50	00:23:07.10	00:23:22.70	+00:06:52 (29.7%)	4:47	12.5 (70.2%)
72	CHOJNACKI Bartosz	23	JAMNO	M-30	27	00:00:09	00:07:45	00:15:30	00:23:10.85	00:23:20.50	+00:06:55 (29.9%)	4:47	12.5 (70.2%)
73	JASIENIECKI Piotr	66		M-40	18	00:00:13	00:08:01	00:15:44	00:23:21.95	00:23:35.65	+00:07:06 (30.5%)	4:50	12.4 (69.7%)
74	ZAWADA Andrzej	210	ZSP1 SŁUPSK	M-50	11	00:00:23	00:07:52	00:15:34	00:23:24.20	00:23:47.45	+00:07:09 (30.6%)	4:50	12.4 (69.7%)
75	WYKA Marcin	207	JW 1223	M-16	14	00:00:21	00:08:01	00:15:41	00:23:25.05	00:23:46.40	+00:07:10 (30.6%)	4:50	12.4 (69.7%)
76	KOŚLA Sara	87	ZSP1 SŁUPSK	K-16	3	00:00:07	00:07:44	00:15:50	00:23:27.65	00:23:35.25	+00:07:12 (30.7%)	4:51	12.3 (69.1%)
77	CESAK Grzegorz	20		M-16	15	00:00:21	00:08:37	00:16:54	00:23:34.45	00:23:56.10	+00:07:19 (31.1%)	4:52	12.3 (69.1%)
78	TUKAJSKI Tomasz	195	BIKE U UP	M-30	28	00:00:10	00:07:44	00:15:33	00:23:35.70	00:23:46.15	+00:07:20 (31.1%)	4:53	12.3 (69.1%)
79	KARTOSZ Mariusz	77	RUNGRYF GRYFICE	M-40	19	00:00:11	00:07:50	00:15:41	00:23:36.60	00:23:47.90	+00:07:21 (31.2%)	4:53	12.3 (69.1%)
80	DZIESZUK Dariusz	35	TKKF KOSZALIN	M-40	20	00:00:12	00:08:00	00:15:58	00:23:39.45	00:23:51.75	+00:07:24 (31.3%)	4:53	12.3 (69.1%)
81	ZACHCIAŁ-PEC Joanna	208		K-40	2	00:00:06	00:07:46	00:15:51	00:23:41.90	00:23:48.50	+00:07:26 (31.4%)	4:54	12.2 (68.5%)
82	CHUDZIK Zbigniew	25	TKKF KOSZALIN	M-50	12	00:00:12	00:08:00	00:15:58	00:23:45.70	00:23:57.95	+00:07:30 (31.6%)	4:55	12.2 (68.5%)
83	SZAMREJ Piotr	179		M-16	16	00:00:15	00:08:13	00:16:21	00:23:46.15	00:24:02.05	+00:07:31 (31.6%)	4:55	12.2 (68.5%)

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									4.828km	4.828km			
84	WALCZAK Marcin	199		M-30	29	00:00:13	00:07:52	00:16:06	00:23:48.90	00:24:02.80	+00:07:33 (31.8%)	4:55	12.2 (68.5%)
85	JANUSZEWSKI Jacek	63	17 WOG KOSZALIN	M-50	13	00:00:17	00:08:06	00:16:04	00:23:50.50	00:24:07.70	+00:07:35 (31.8%)	4:56	12.2 (68.5%)
86	CHODOR Izabela	21		K-30	3	00:00:13	00:08:19	00:16:14	00:23:54.90	00:24:08.00	+00:07:39 (32.0%)	4:57	12.1 (68.0%)
87	CHODOR Martyna	22	TKKF KOSZALIN	K-30	4	00:00:12	00:08:20	00:16:15	00:23:56.50	00:24:09.10	+00:07:41 (32.1%)	4:57	12.1 (68.0%)
88	STOKROCKI Wojciech	171		M-30	30	00:00:17	00:08:25	00:16:17	00:23:59.20	00:24:16.85	+00:07:44 (32.3%)	4:57	12.1 (68.0%)
89	SZULC Marek	187	NIEZRZESZONY	M-50	14	00:00:15	00:08:09	00:16:11	00:24:00.45	00:24:16.30	+00:07:45 (32.3%)	4:58	12.1 (68.0%)
90	OLIŃSKI Arek	131	WIDZEW	M-30	31	00:00:09	00:07:46	00:16:08	00:24:05.45	00:24:15.10	+00:07:50 (32.5%)	4:59	12 (67.4%)
91	MĘDEL Cezary	114		M-40	21	00:00:14	00:08:00	00:16:15	00:24:08.05	00:24:22.90	+00:07:53 (32.7%)	4:59	12 (67.4%)
92	MĘDEL Marta	113		K-40	3	00:00:14	00:07:59	00:16:15	00:24:08.70	00:24:23.05	+00:07:53 (32.7%)	5:00	12 (67.4%)
93	JABŁOŃSKI Tomasz	57	SPOKO	M-30	32	00:00:12	00:07:39	00:15:54	00:24:14.75	00:24:27.45	+00:07:59 (33.0%)	5:01	12 (67.4%)
94	PLEWKA Mariusz	219		M-16	17	00:00:09	00:07:09	00:16:46	00:24:27.60	00:24:37.55	+00:08:12 (33.6%)	5:03	11.8 (66.3%)
95	KOZŁOWSKI Tomasz	3		M-30	33	00:00:12	00:07:47	00:16:03	00:24:30.10	00:24:42.35	+00:08:15 (33.7%)	5:04	11.8 (66.3%)
96	SZPILER Krzysztof	182	JW 1223	M-16	18	00:00:18	00:08:33	00:16:42	00:24:31.70	00:24:50.00	+00:08:16 (33.7%)	5:04	11.8 (66.3%)
97	HNATOWSKI Artur	54	DM FC KOSZALIN	M-40	22	00:00:08	00:08:02	00:16:19	00:24:32.65	00:24:41.30	+00:08:17 (33.8%)	5:04	11.8 (66.3%)
98	REMLAKOWSKI Krzysztof	150		M-40	23	00:00:21	00:08:48	00:16:48	00:24:34.65	00:24:55.75	+00:08:19 (33.9%)	5:05	11.8 (66.3%)
99	BORKOWSKA-KOWALCZYK Daria	12	BIEGAM BO LUBIĘ	K-30	5	00:00:11	00:08:18	00:16:35	00:24:47.05	00:24:58.35	+00:08:32 (34.4%)	5:07	11.7 (65.7%)
100	SZULC Szymon	185	GRYF LOK \ SZULC RUNNERS	M-30	34	00:00:14	00:08:11	00:16:46	00:24:53.80	00:25:08.70	+00:08:38 (34.7%)	5:09	11.6 (65.2%)
101	KUPREWICZ Grzegorz	99	JW 1223 KOSZALIN	M-30	35	00:00:10	00:08:12	00:16:29	00:24:56.95	00:25:07.10	+00:08:41 (34.9%)	5:09	11.6 (65.2%)
102	WILKOWSKI Krzysztof	202		M-30	36	00:00:10	00:08:12	00:16:28	00:24:57.20	00:25:07.75	+00:08:42 (34.9%)	5:09	11.6 (65.2%)
103	KRUPIŃSKI Krzysztof	97		M-50	15	00:00:09	00:08:21	00:16:51	00:25:00.20	00:25:09.85	+00:08:45 (35.0%)	5:10	11.6 (65.2%)
104	ATALSKI Damian	1		M-30	37	00:00:21	00:08:37	00:16:54	00:25:06.35	00:25:28.05	+00:08:51 (35.3%)	5:12	11.5 (64.6%)
105	CHWALEBA Maciek	27		M-16	19	00:00:21	00:08:49	00:16:55	00:25:10.50	00:25:32.45	+00:08:55 (35.4%)	5:12	11.5 (64.6%)
106	GIL Remigiusz	41	LYCONET PRO TEAM	M-30	38	00:00:16	00:07:57	00:16:08	00:25:11.60	00:25:28.00	+00:08:56 (35.5%)	5:13	11.5 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.609km	Start All 3.218km	Czas netto 4.828km	Czas brutto 4.828km	Różn	Tempo min/km	Tempo km/h
107	TROSKOWSKA Ewa	194	KOSZALIN	K-40	4	00:00:14	00:08:21	00:17:02	00:25:25.45	00:25:40.00	+00:09:10 (36.1%)	5:15	11.4 (64.0%)
108	LEWANDOWSKI Andrzej	218		M-30	39	00:00:18	00:08:06	00:16:36	00:25:28.85	00:25:46.85	+00:09:13 (36.2%)	5:16	11.4 (64.0%)
109	ZIÓŁKOWSKA Małgorzata	214		K-30	6	00:00:17	00:08:57	00:17:24	00:25:30.50	00:25:48.35	+00:09:15 (36.3%)	5:16	11.4 (64.0%)
110	CHOŁUJ Jarek	24	ROZBIEGANY KOSZALIN	M-40	24	00:00:17	00:08:57	00:17:24	00:25:30.75	00:25:48.40	+00:09:15 (36.3%)	5:16	11.4 (64.0%)
111	OSENKOWSKI Artur	134	JW1223 KOSZALIN 4DPL0T	M-30	40	00:00:22	00:08:53	00:17:16	00:25:32.70	00:25:55.15	+00:09:17 (36.4%)	5:17	11.3 (63.5%)
112	BRYŁA Katarzyna	15		K-40	5	00:00:09	00:08:09	00:16:49	00:25:32.75	00:25:41.90	+00:09:17 (36.4%)	5:17	11.3 (63.5%)
113	GROSIAK Tomasz	48		M-30	41	00:00:14	00:08:12	00:16:59	00:25:48.80	00:26:03.75	+00:09:33 (37.0%)	5:20	11.2 (62.9%)
114	ZIĘBA Paweł	213	TKKF KOSZALIN	M-40	25	00:00:12	00:07:45	00:16:42	00:26:00.60	00:26:12.70	+00:09:45 (37.5%)	5:22	11.1 (62.4%)
115	CYGAN Adam	33		M-50	16	00:00:24	00:09:35	00:18:05	00:26:00.70	00:26:25.25	+00:09:45 (37.5%)	5:23	11.1 (62.4%)
116	GRAJ Joanna	47		K-16	4	00:00:17	00:08:19	00:17:13	00:26:02.05	00:26:19.20	+00:09:47 (37.6%)	5:23	11.1 (62.4%)
117	SZYMAŃSKA Agnieszka	188		K-30	7	00:00:18	00:08:59	00:17:32	00:26:02.85	00:26:21.80	+00:09:47 (37.6%)	5:23	11.1 (62.4%)
118	STOJEWSKI Jarosław	170	JA_BEZ_SILNA	M-30	42	00:00:20	00:08:29	00:17:19	00:26:03.75	00:26:24.05	+00:09:48 (37.6%)	5:23	11.1 (62.4%)
119	STOJEWSKA Katarzyna	169	JA_BEZ_SILNA	K-16	5	00:00:19	00:08:30	00:17:20	00:26:04.05	00:26:23.90	+00:09:49 (37.7%)	5:23	11.1 (62.4%)
120	WOJCIECHOWSKI Andrzej	225		M-40	26	00:00:15	00:08:39	00:17:25	00:26:07.75	00:26:23.35	+00:09:52 (37.8%)	5:24	11.1 (62.4%)
121	BATYŃSKI Jakub	4	WŁASNY	M-30	43	00:00:16	00:09:04	00:17:46	00:26:08.50	00:26:25.45	+00:09:53 (37.8%)	5:24	11.1 (62.4%)
122	PSTRĄGOWSKA Marlena	146	BIEGNIJMY.PL	K-30	8	00:00:12	00:08:47	00:17:43	00:26:11.95	00:26:24.35	+00:09:56 (38.0%)	5:25	11.1 (62.4%)
123	KAMIŃSKI Tomasz	73	JW 1223 /24 BST	M-30	44	00:00:11	00:08:43	00:17:28	00:26:16.15	00:26:27.50	+00:10:01 (38.1%)	5:26	11 (61.8%)
124	BERNACKI Adam	8	WWW.BERNACKI.COM.PL	M-40	27	00:00:12	00:08:48	00:17:51	00:26:24.60	00:26:37.45	+00:10:09 (38.5%)	5:28	11 (61.8%)
125	KINOWSKI Karol	82		M-40	28	00:00:21	00:09:16	00:18:09	00:26:26.35	00:26:48.05	+00:10:11 (38.5%)	5:28	11 (61.8%)
126	POLAŃSKA Katarzyna	144	DZIKI KOSZALIN	K-30	9	00:00:10	00:08:36	00:17:38	00:26:28.35	00:26:39.20	+00:10:13 (38.6%)	5:28	10.9 (61.2%)
127	WALCZAK Agnieszka	198	TKKF KOSZALIN	K-40	6	00:00:13	00:08:45	00:17:45	00:26:36.15	00:26:50.05	+00:10:21 (38.9%)	5:30	10.9 (61.2%)
128	LUPZIK Radosław	102		M-16	20	00:00:24	00:09:44	00:18:35	00:26:37.40	00:27:01.45	+00:10:22 (39.0%)	5:30	10.9 (61.2%)
129	RETERSki Przemysław	151		M-30	45	00:00:15	00:08:38	00:17:38	00:26:39.00	00:26:54.35	+00:10:23 (39.0%)	5:31	10.9 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.609km	Start All 3.218km	Czas netto 4.828km	Czas brutto 4.828km	Różn	Tempo min/km	Tempo km/h
130	RETERSKI Damian	152		M-16	21	00:00:15	00:08:37	00:17:38	00:26:39.40	00:26:54.40	+00:10:24 (39.0%)	5:31	10.9 (61.2%)
131	HAŁKA Ola	51		K-16	6	00:00:11	00:09:09	00:18:06	00:26:39.50	00:26:50.50	+00:10:24 (39.0%)	5:31	10.9 (61.2%)
132	CYGAN Marta	32		K-16	7	00:00:24	00:09:42	00:18:38	00:26:43.15	00:27:07.90	+00:10:28 (39.2%)	5:31	10.8 (60.7%)
133	KACAŁA Olga	69		K-30	10	00:00:17	00:09:05	00:18:07	00:26:45.75	00:27:02.80	+00:10:30 (39.3%)	5:32	10.8 (60.7%)
134	FRAĆZYK Marek	39	SĄ GORSI	M-16	22	00:00:19	00:09:20	00:18:29	00:26:50.00	00:27:09.20	+00:10:34 (39.4%)	5:33	10.8 (60.7%)
135	WIŚNIEWSKA Anna	203		K-30	11	00:00:13	00:08:42	00:17:58	00:26:55.35	00:27:08.40	+00:10:40 (39.6%)	5:34	10.8 (60.7%)
136	MAZUREK Barbara	111	BABECZKI KOSZALIN	K-30	12	00:00:15	00:08:51	00:17:52	00:26:58.20	00:27:14.10	+00:10:43 (39.7%)	5:35	10.7 (60.1%)
137	SPICA Łukasz	163		M-16	23	00:00:22	00:09:35	00:18:17	00:27:04.35	00:27:26.85	+00:10:49 (40.0%)	5:36	10.7 (60.1%)
138	PECZYŃSKI Tomasz	139		M-16	24	00:00:24	00:09:44	00:19:08	00:27:04.55	00:27:28.70	+00:10:49 (40.0%)	5:36	10.7 (60.1%)
139	JASIŃSKI Cezary	67		M-40	29	00:00:12	00:09:01	00:18:15	00:27:08.45	00:27:20.85	+00:10:53 (40.1%)	5:37	10.7 (60.1%)
140	MICHALAK Anna	117		K-30	13	00:00:18	00:09:09	00:18:15	00:27:09.80	00:27:27.80	+00:10:54 (40.2%)	5:37	10.7 (60.1%)
141	ORYSZCZYN Arkadiusz	133		M-30	46	00:00:22	00:09:35	00:18:21	00:27:11.55	00:27:34.25	+00:10:56 (40.2%)	5:37	10.7 (60.1%)
142	KARNICKI Zygmunt	76	TKKF KOSZALIN	M-60	1	00:00:13	00:08:44	00:17:55	00:27:12.05	00:27:25.40	+00:10:57 (40.3%)	5:37	10.7 (60.1%)
143	SZADZIŃSKI Krzysztof	175	JW 1223	M-40	30	00:00:08	00:08:36	00:18:02	00:27:14.60	00:27:22.60	+00:10:59 (40.3%)	5:38	10.6 (59.6%)
144	MACIEJCZYK Anna	105	SAGORSI	K-16	8	00:00:18	00:09:18	00:18:26	00:27:16.15	00:27:34.80	+00:11:01 (40.4%)	5:38	10.6 (59.6%)
145	SOBOLEWSKI Marek	161		M-40	31	00:00:10	00:08:40	00:18:21	00:27:24.10	00:27:34.55	+00:11:09 (40.7%)	5:40	10.6 (59.6%)
146	BONISŁAWSKA Małgorzata	10	ZUZIA&ZOSIA	K-30	14	00:00:20	00:09:23	00:18:27	00:27:24.85	00:27:44.90	+00:11:09 (40.7%)	5:40	10.6 (59.6%)
147	BONISŁAWSKI Jarosław	11	FADOMODA TEAM	M-30	47	00:00:19	00:09:25	00:18:26	00:27:25.70	00:27:45.15	+00:11:10 (40.8%)	5:40	10.6 (59.6%)
148	KOŁODZIEJ Jakub	85		M-30	48	00:00:24	00:09:44	00:18:59	00:27:28.25	00:27:53.15	+00:11:13 (40.8%)	5:41	10.5 (59.0%)
149	SZULC Adam	184	NIEZRZESZONY	M-16	25	00:00:14	00:08:27	00:18:05	00:27:28.35	00:27:43.05	+00:11:13 (40.8%)	5:41	10.5 (59.0%)
150	HELLER Zdzisław	53	NIEZRZESZONY	M-60	2	00:00:17	00:09:03	00:18:19	00:27:28.60	00:27:46.05	+00:11:13 (40.9%)	5:41	10.5 (59.0%)
151	MRUGALSKI Stanisław	123		M-50	17	00:00:26	00:09:14	00:18:28	00:27:28.65	00:27:54.95	+00:11:13 (40.9%)	5:41	10.6 (59.6%)
152	GZELA Olga	50	ROZBIEGANY KOSZALIN	K-30	15	00:00:15	00:08:55	00:18:24	00:27:29.95	00:27:45.85	+00:11:14 (40.9%)	5:41	10.5 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.609km	Start All 3.218km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 4.828km	brutto 4.828km			
153	KOMOROWSKA Beata	86	ROZBIEGANY KOSZALIN	K-30	16	00:00:21	00:08:59	00:18:19	00:27:39.60	00:28:00.60	+00:11:24 (41.2%)	5:43	10.5 (59.0%)
154	PAULIŃSKI Jan	227		M-60	3	00:00:15	00:09:04	00:18:28	00:27:45.50	00:28:01.25	+00:11:30 (41.5%)	5:44	10.4 (58.4%)
155	KACAŁA Jacek	221		M-30	49	00:00:21	00:09:26	00:18:36	00:27:45.85	00:28:06.90	+00:11:30 (41.5%)	5:44	10.4 (58.4%)
156	MEHDI Raul	112		M-30	50	00:00:24	00:09:50	00:19:01	00:27:50.50	00:28:14.85	+00:11:35 (41.6%)	5:45	10.4 (58.4%)
157	JANACZYK Marcin	61	JW 1223	M-30	51	00:00:24	00:09:09	00:18:35	00:28:01.60	00:28:26.45	+00:11:46 (42.0%)	5:48	10.3 (57.9%)
158	NOWACKA Elżbieta	130	-	K-40	7	00:00:15	00:08:57	00:18:31	00:28:06.45	00:28:22.40	+00:11:51 (42.2%)	5:49	10.3 (57.9%)
159	MALINOWSKA-BURDA Aleksandra	107		K-16	9	00:00:23	00:09:45	00:19:07	00:28:09.30	00:28:32.85	+00:11:54 (42.3%)	5:49	10.3 (57.9%)
160	BURDA Bartosz	17		M-16	26	00:00:23	00:09:45	00:19:07	00:28:09.55	00:28:33.10	+00:11:54 (42.3%)	5:49	10.3 (57.9%)
161	JANKOWSKI Remigiusz	62		M-30	52	00:00:17	00:08:59	00:18:35	00:28:12.60	00:28:30.45	+00:11:57 (42.4%)	5:50	10.3 (57.9%)
162	SKRZYPEK Marcin	160	NIETOPERZE KOSZALIN	M-30	53	00:00:23	00:09:15	00:18:28	00:28:14.35	00:28:37.55	+00:11:59 (42.5%)	5:50	10.3 (57.9%)
163	JARKIEWICZ Marlena	64		K-16	10	00:00:23	00:09:45	00:19:09	00:28:14.85	00:28:38.45	+00:11:59 (42.5%)	5:50	10.3 (57.9%)
164	MASZOTA Rafał	109		M-40	32	00:00:21	00:09:29	00:19:03	00:28:18.00	00:28:39.20	+00:12:02 (42.6%)	5:51	10.2 (57.3%)
165	URBAŃSKA Anetta	196		K-30	17	00:00:19	00:09:04	00:18:41	00:28:29.70	00:28:49.35	+00:12:14 (43.0%)	5:54	10.2 (57.3%)
166	STEC Edyta	167		K-30	18	00:00:16	00:09:20	00:19:14	00:28:36.55	00:28:52.95	+00:12:21 (43.2%)	5:55	10.1 (56.7%)
167	MOŻEJKO Anna	121	BABECZKI KOSZALIN	K-30	19	00:00:16	00:09:20	00:19:13	00:28:36.75	00:28:53.10	+00:12:21 (43.2%)	5:55	10.1 (56.7%)
168	BRESZKA Paweł	14	BIEGNIJMY TO	M-40	33	00:00:19	00:09:42	00:19:14	00:28:38.90	00:28:58.45	+00:12:23 (43.3%)	5:55	10.1 (56.7%)
169	JAKUBOWSKI Krystian	60	BIEGNIJMY TO	M-30	54	00:00:18	00:09:43	00:19:15	00:28:39.65	00:28:58.35	+00:12:24 (43.3%)	5:56	10.1 (56.7%)
170	RADECKI Jacek	224	CSSP KOSZALIN	M-40	34	00:00:20	00:09:27	00:19:06	00:28:48.30	00:29:09.10	+00:12:33 (43.6%)	5:57	10.1 (56.7%)
171	KACZMAREK Łukasz	70	WOJOWNICY WÓDY	M-30	55	00:00:20	00:09:26	00:19:03	00:28:49.10	00:29:09.15	+00:12:34 (43.6%)	5:57	10.1 (56.7%)
171	BENEDYSIUK Sławomir	6	CSSP KOSZALIN	M-40	35	00:00:20	00:09:26	00:19:03	00:28:49.10	00:29:09.30	+00:12:34 (43.6%)	5:57	10.1 (56.7%)
173	KAJKOWSKI Rafał	71	MAŁDOMRAFIWA KOSZALIN	M-40	36	00:00:19	00:09:26	00:19:04	00:28:49.65	00:29:09.50	+00:12:34 (43.6%)	5:58	10.1 (56.7%)
174	KRASIŃSKI Witold	94		M-40	37	00:00:19	00:09:26	00:19:03	00:28:49.80	00:29:08.95	+00:12:34 (43.6%)	5:57	10.1 (56.7%)
175	KALETA Sebastian	72	CSSP KOSZALIN	M-40	38	00:00:19	00:09:26	00:19:04	00:28:50.15	00:29:09.60	+00:12:35 (43.6%)	5:58	10.1 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.609km	Start All 3.218km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									4.828km	4.828km			
176	ŁUKASZCZYK Marcin	104	DE PERRO	M-30	56	00:00:22	00:09:47	00:19:25	00:29:01.30	00:29:23.80	+00:12:46 (44.0%)	6:00	10 (56.2%)
177	STANCZEWSKA Karolina	165		K-30	20	00:00:13	00:09:57	00:20:13	00:29:24.15	00:29:38.00	+00:13:09 (44.7%)	6:05	9.9 (55.6%)
178	SZAJDECKA Anna	177	BIAŁOGARD	K-30	21	00:00:20	00:09:47	00:20:02	00:29:34.15	00:29:54.95	+00:13:19 (45.0%)	6:07	9.8 (55.1%)
179	HRYCIÓW Paweł	55	BIAŁOGARD	M-30	57	00:00:20	00:09:47	00:20:02	00:29:34.35	00:29:55.10	+00:13:19 (45.0%)	6:07	9.8 (55.1%)
180	ROSIŃSKI Rafał	228		M-30	58	00:00:13	00:10:00	00:20:12	00:29:55.55	00:30:08.85	+00:13:40 (45.7%)	6:11	9.7 (54.5%)
181	ZIELIŃSKI Jarosław	212	AMATOR	M-30	59	00:00:14	00:09:16	00:19:29	00:30:06.90	00:30:21.25	+00:13:51 (46.0%)	6:14	9.6 (53.9%)
182	TREJDER Maria	193	BAJADERKI KOSZALIN	K-40	8	00:00:17	00:09:58	00:20:13	00:30:19.90	00:30:37.75	+00:14:04 (46.4%)	6:16	9.6 (53.9%)
183	NEJMAN Grzegorz	128	ORLEN RUNNING TEAM	M-40	39	00:00:18	00:10:13	00:20:20	00:30:21.65	00:30:40.10	+00:14:06 (46.5%)	6:17	9.5 (53.4%)
184	KIPER Jarosław	83	JW 1223	M-40	40	00:00:08	00:09:37	00:19:58	00:30:21.75	00:30:30.45	+00:14:06 (46.5%)	6:17	9.5 (53.4%)
185	NEJMAN Małgorzata	127	ORLEN RUNNING TEAM	K-40	9	00:00:18	00:10:13	00:20:20	00:30:22.20	00:30:40.35	+00:14:07 (46.5%)	6:17	9.5 (53.4%)
186	WOLSKI Zbigniew	222		M-50	18	00:00:15	00:09:48	00:20:09	00:30:46.95	00:31:02.35	+00:14:31 (47.2%)	6:22	9.4 (52.8%)
187	JAKUBCZYK Agnieszka	58	BABECZKI KOSZALIN	K-16	11	00:00:16	00:09:56	00:20:29	00:30:59.00	00:31:15.25	+00:14:43 (47.5%)	6:24	9.4 (52.8%)
188	SZAFIROWICZ-CHOJNACKA Paulina	176		K-30	22	00:00:19	00:10:28	00:21:02	00:31:06.20	00:31:26.05	+00:14:51 (47.8%)	6:26	9.3 (52.2%)
189	KURCZ Barbara	100	BABECZKI KOSZALIN	K-40	10	00:00:17	00:10:26	00:21:02	00:31:21.50	00:31:38.95	+00:15:06 (48.2%)	6:29	9.2 (51.7%)
190	BŁOŃSKA Agnieszka	9	BABECZKI KOSZALIN	K-40	11	00:00:16	00:09:56	00:20:29	00:31:22.00	00:31:38.95	+00:15:06 (48.2%)	6:29	9.2 (51.7%)
191	PŁONKA Joanna	143		K-30	23	00:00:08	00:10:07	00:20:53	00:31:41.45	00:31:50.15	+00:15:26 (48.7%)	6:33	9.1 (51.1%)
192	MICHALCZYK Małgorzata	118	WOJOWNICY WÓDY	K-16	12	00:00:18	00:10:05	00:20:57	00:31:47.90	00:32:06.20	+00:15:32 (48.9%)	6:35	9.1 (51.1%)
193	KASPRZAK Małgorzata	78	BIEDRONKI	K-30	24	00:00:13	00:09:58	00:20:54	00:32:17.00	00:32:30.70	+00:16:01 (49.7%)	6:41	9 (50.6%)
194	KASPRZAK Karolina	79		K-30	25	00:00:14	00:10:10	00:21:09	00:32:21.15	00:32:35.65	+00:16:06 (49.8%)	6:41	9 (50.6%)
195	KRAWCZUK-KIEŁB Anna	95	ŻYJ Z ENERGIAŁ	K-40	12	00:00:16	00:10:04	00:21:10	00:32:28.25	00:32:44.75	+00:16:13 (50.0%)	6:43	8.9 (50.0%)
196	JAKUBOWSKA Anna	59		K-16	13	00:00:21	00:11:39	00:22:13	00:32:35.55	00:32:56.60	+00:16:20 (50.1%)	6:44	8.9 (50.0%)
197	GAWLIK Artur	40	BIEGNIJMY.PL	M-30	60	00:00:21	00:10:09	00:21:15	00:32:42.05	00:33:03.90	+00:16:27 (50.3%)	6:46	8.9 (50.0%)
198	WOLSKA Magdalena	223		K-16	14	00:00:14	00:10:28	00:21:14	00:32:46.35	00:33:01.15	+00:16:31 (50.4%)	6:47	8.8 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.609km	Start_All 3.218km	Czas netto 4.828km	Czas brutto 4.828km	Różn	Tempo min/km	Tempo km/h
199	HAUSMAN Andrzej	52	KSR ROWERIA	M-60	4	00:00:16	00:10:13	00:21:19	00:32:48.25	00:33:05.15	+00:16:33 (50.5%)	6:47	8.8 (49.4%)
200	BERTHELSEN Robert	220		M-50	19	00:00:12	00:10:17	00:21:18	00:33:20.65	00:33:32.75	+00:17:05 (51.3%)	6:54	8.7 (48.9%)
201	SIWIEC Piotr	157		M-16	27	00:00:19	00:11:43	00:24:13	00:36:14.35	00:36:33.55	+00:19:59 (55.2%)	7:30	8 (44.9%)
202	PEŁECHATA Julita	140		K-16	15	00:00:18	00:11:44	00:24:14	00:36:14.70	00:36:33.35	+00:19:59 (55.2%)	7:30	8 (44.9%)
203	STACH Ewelina	164	JOANNA PŁONKA	K-30	26	00:00:08	00:11:06	00:23:33	00:36:24.70	00:36:33.20	+00:20:09 (55.4%)	7:32	8 (44.9%)

Znaleziono 203 wynik(ów)