



# 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: M-OPEN

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	SZEWCUK 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%)

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15	<b>GRZESIK Eugeniusz</b>	<b>49</b>	PATRIA INVICTUS	M-50	2	00:00:07	00:06:23	00:12:55	<b>00:19:23.50</b>	<b>00:19:30.65</b>	+00:03:08 (16.2%)	4:00	15 (84.3%)
16	<b>STĘŻAŁA Artur</b>	<b>168</b>	JW1223	M-40	3	00:00:07	00:06:24	00:12:56	<b>00:19:28.05</b>	<b>00:19:35.40</b>	+00:03:13 (16.5%)	4:01	14.9 (83.7%)
17	<b>GLAZER Piotr</b>	<b>42</b>		M-16	7	00:00:16	00:06:19	00:12:47	<b>00:19:32.45</b>	<b>00:19:48.85</b>	+00:03:17 (16.8%)	4:02	14.8 (83.1%)
18	<b>MOSEK Radosław</b>	<b>120</b>		M-30	6	00:00:12	00:06:24	00:13:00	<b>00:19:39.35</b>	<b>00:19:51.60</b>	+00:03:24 (17.3%)	4:04	14.7 (82.6%)
19	<b>SZAMREJ Wojciech</b>	<b>178</b>		M-50	3	00:00:07	00:06:22	00:13:07	<b>00:19:41.85</b>	<b>00:19:49.75</b>	+00:03:26 (17.5%)	4:04	14.7 (82.6%)
20	<b>POLAŃSKI Dariusz</b>	<b>145</b>		M-40	4	00:00:07	00:06:15	00:12:59	<b>00:19:44.35</b>	<b>00:19:51.85</b>	+00:03:29 (17.7%)	4:05	14.7 (82.6%)
21	<b>KAPUSCINSKI Robert</b>	<b>75</b>	JW 1223 KOSZALIN	M-30	7	00:00:08	00:06:30	00:13:10	<b>00:19:52.15</b>	<b>00:20:00.95</b>	+00:03:37 (18.2%)	4:06	14.6 (82.0%)
22	<b>RAJNER Krzysztof</b>	<b>149</b>		M-30	8	00:00:11	00:06:37	00:13:17	<b>00:20:01.15</b>	<b>00:20:13.00</b>	+00:03:46 (18.8%)	4:08	14.5 (81.5%)
23	<b>NACHYŁA Paweł</b>	<b>125</b>	DZIKI KOSZALIN	M-16	8	00:00:18	00:06:30	00:13:21	<b>00:20:15.00</b>	<b>00:20:33.00</b>	+00:03:59 (19.7%)	4:11	14.3 (80.3%)
24	<b>FALKO Piotr</b>	<b>37</b>	JW1223	M-16	9	00:00:12	00:06:35	00:13:29	<b>00:20:25.45</b>	<b>00:20:38.20</b>	+00:04:10 (20.4%)	4:13	14.2 (79.8%)
25	<b>TOMCZAK Wojtek</b>	<b>192</b>		M-40	5	00:00:08	00:06:27	00:13:16	<b>00:20:34.90</b>	<b>00:20:43.70</b>	+00:04:19 (21.0%)	4:15	14.1 (79.2%)
26	<b>CIUPA Marcin</b>	<b>30</b>	H2 DESIGN	M-30	9	00:00:09	00:07:01	00:13:59	<b>00:20:50.35</b>	<b>00:20:59.95</b>	+00:04:35 (22.0%)	4:18	13.9 (78.1%)
27	<b>TESKA Bartosz</b>	<b>191</b>	TKKF KOSZALIN	M-30	10	00:00:08	00:06:54	00:13:57	<b>00:20:52.30</b>	<b>00:21:00.55</b>	+00:04:37 (22.1%)	4:19	13.9 (78.1%)
28	<b>KOZŁOWSKI Tomasz</b>	<b>91</b>		M-30	11	00:00:08	00:06:38	00:13:46	<b>00:20:56.85</b>	<b>00:21:05.60</b>	+00:04:41 (22.4%)	4:20	13.8 (77.5%)
29	<b>KRACZKOWSKI Przemysław</b>	<b>92</b>		M-30	12	00:00:12	00:06:58	00:13:59	<b>00:21:02.80</b>	<b>00:21:15.10</b>	+00:04:47 (22.8%)	4:21	13.8 (77.5%)
30	<b>GÓRECKI Mirosław</b>	<b>46</b>	JW 1223	M-40	6	00:00:12	00:07:16	00:14:16	<b>00:21:14.25</b>	<b>00:21:26.95</b>	+00:04:59 (23.5%)	4:23	13.6 (76.4%)
31	<b>IWANIEC Dariusz</b>	<b>56</b>	TKKF KOSZALIN	M-40	7	00:00:09	00:07:00	00:14:14	<b>00:21:20.50</b>	<b>00:21:29.65</b>	+00:05:05 (23.9%)	4:25	13.6 (76.4%)
32	<b>RUTKOWSKI Artur</b>	<b>154</b>	RUTKOWSKI TEAM	M-16	10	00:00:07	00:06:43	00:14:03	<b>00:21:21.75</b>	<b>00:21:29.55</b>	+00:05:06 (23.9%)	4:25	13.6 (76.4%)
33	<b>MISIKONIS Kamil</b>	<b>119</b>	KS MASTERS GRYFICE	M-30	13	00:00:07	00:06:46	00:14:11	<b>00:21:33.75</b>	<b>00:21:41.25</b>	+00:05:18 (24.6%)	4:27	13.4 (75.3%)
34	<b>PEKAŁA Piotr</b>	<b>142</b>	ROZBIEGANY KOSZALIN	M-40	8	00:00:11	00:07:33	00:14:42	<b>00:21:40.40</b>	<b>00:21:51.75</b>	+00:05:25 (25.0%)	4:29	13.4 (75.3%)
35	<b>KOWALCZYK Mariusz</b>	<b>90</b>	WZAJEMNEJ ADORACJI	M-40	9	00:00:11	00:06:56	00:14:08	<b>00:21:44.25</b>	<b>00:21:55.30</b>	+00:05:29 (25.2%)	4:29	13.3 (74.7%)
36	<b>ŚWIETLIK Tomasz</b>	<b>190</b>		M-50	4	00:00:09	00:07:07	00:14:32	<b>00:21:46.25</b>	<b>00:21:55.25</b>	+00:05:31 (25.4%)	4:30	13.3 (74.7%)
37	<b>DUDZIAK Piotr</b>	<b>34</b>	ROZBIEGANY KOSZALIN	M-40	10	00:00:09	00:07:07	00:14:18	<b>00:21:47.00</b>	<b>00:21:56.00</b>	+00:05:31 (25.4%)	4:30	13.3 (74.7%)

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38	<b>SZYMAJDA Grzegorz</b>	<b>215</b>	TKKF KOSZALIN	M-30	14	00:00:09	00:07:07	00:14:35	<b>00:21:52.30</b>	<b>00:22:01.35</b>	+00:05:37 (25.7%)	4:31	13.3 (74.7%)
39	<b>PSTRĄGOWSKI Marcin</b>	<b>147</b>	DZIKI KOSZALIN	M-30	15	00:00:09	00:06:49	00:14:23	<b>00:21:56.45</b>	<b>00:22:06.05</b>	+00:05:41 (25.9%)	4:32	13.2 (74.2%)
40	<b>KAMYK Piotr</b>	<b>74</b>	MH KOSZALIN - IT SERWIS	M-30	16	00:00:08	00:06:57	00:14:26	<b>00:21:57.15</b>	<b>00:22:05.70</b>	+00:05:42 (26.0%)	4:32	13.2 (74.2%)
41	<b>DZIĘBOWSKI Mariusz</b>	<b>36</b>		M-30	17	00:00:14	00:07:17	00:14:46	<b>00:21:58.35</b>	<b>00:22:12.85</b>	+00:05:43 (26.0%)	4:32	13.2 (74.2%)
42	<b>MICERSKI Tomasz</b>	<b>116</b>	TKKF KOSZALIN	M-40	11	00:00:11	00:07:18	00:14:37	<b>00:21:58.85</b>	<b>00:22:10.65</b>	+00:05:43 (26.1%)	4:33	13.2 (74.2%)
43	<b>OSTROWSKI Krzysztof</b>	<b>135</b>		M-40	12	00:00:08	00:07:02	00:14:33	<b>00:22:00.15</b>	<b>00:22:08.65</b>	+00:05:45 (26.1%)	4:33	13.2 (74.2%)
44	<b>RUTKOWSKI Ryszard</b>	<b>155</b>		M-50	5	00:00:07	00:07:13	00:14:47	<b>00:22:07.55</b>	<b>00:22:15.15</b>	+00:05:52 (26.6%)	4:34	13.1 (73.6%)
45	<b>GOŃKA Krzysztof</b>	<b>45</b>	DECATHLON KOSZALIN	M-16	11	00:00:10	00:07:36	00:15:02	<b>00:22:10.60</b>	<b>00:22:21.15</b>	+00:05:55 (26.7%)	4:35	13.1 (73.6%)
46	<b>BURKIET Marek</b>	<b>18</b>	JW 1223	M-40	13	00:00:13	00:07:26	00:14:51	<b>00:22:11.45</b>	<b>00:22:25.15</b>	+00:05:56 (26.8%)	4:35	13.1 (73.6%)
46	<b>MAZUR Marcin</b>	<b>110</b>		M-30	18	00:00:25	00:07:48	00:15:13	<b>00:22:11.45</b>	<b>00:22:36.50</b>	+00:05:56 (26.8%)	4:35	13.1 (73.6%)
48	<b>NIEMCZAK Dariusz</b>	<b>226</b>		M-50	6	00:00:15	00:07:33	00:14:59	<b>00:22:14.05</b>	<b>00:22:29.90</b>	+00:05:59 (26.9%)	4:36	13 (73.0%)
49	<b>PUŚCIAN Krzysztof</b>	<b>148</b>	GIMNAZJUM W MANOWIE	M-40	14	00:00:11	00:07:27	00:14:49	<b>00:22:21.80</b>	<b>00:22:33.50</b>	+00:06:06 (27.3%)	4:37	13 (73.0%)
50	<b>ZDROWIECKI Artur</b>	<b>211</b>		M-30	19	00:00:08	00:07:06	00:14:48	<b>00:22:26.10</b>	<b>00:22:34.35</b>	+00:06:11 (27.6%)	4:38	12.9 (72.5%)
51	<b>KISIELIŃSKI Igor</b>	<b>84</b>	TKKF KOSZALIN	M-50	7	00:00:10	00:07:37	00:15:06	<b>00:22:26.15</b>	<b>00:22:36.35</b>	+00:06:11 (27.6%)	4:38	12.9 (72.5%)
52	<b>GLISZCZYŃSKI Łukasz</b>	<b>43</b>	SPRINT SŁAWNO	M-16	12	00:00:08	00:07:06	00:14:48	<b>00:22:29.05</b>	<b>00:22:37.55</b>	+00:06:14 (27.7%)	4:39	12.9 (72.5%)
53	<b>SOKOŁOWSKI Maciej</b>	<b>162</b>		M-30	20	00:00:23	00:07:45	00:15:07	<b>00:22:29.35</b>	<b>00:22:53.30</b>	+00:06:14 (27.7%)	4:39	12.9 (72.5%)
54	<b>KRAWCZYK Bohdan</b>	<b>96</b>	MR	M-50	8	00:00:09	00:07:31	00:15:12	<b>00:22:29.60</b>	<b>00:22:39.00</b>	+00:06:14 (27.8%)	4:39	12.9 (72.5%)
55	<b>KUŁAKOWSKI Dawid</b>	<b>98</b>	TKKF KOSZALIN	M-30	21	00:00:11	00:07:19	00:14:52	<b>00:22:30.25</b>	<b>00:22:42.10</b>	+00:06:15 (27.8%)	4:39	12.9 (72.5%)
56	<b>CYBULSKI Robert</b>	<b>31</b>	MTS HAMER MIASTKO	M-40	15	00:00:11	00:07:19	00:14:52	<b>00:22:30.45</b>	<b>00:22:42.00</b>	+00:06:15 (27.8%)	4:39	12.9 (72.5%)
57	<b>SZYMAŃSKI Piotr</b>	<b>189</b>	BIEGAM BO TAK MAM	M-40	16	00:00:10	00:07:17	00:14:55	<b>00:22:33.00</b>	<b>00:22:43.15</b>	+00:06:17 (27.9%)	4:40	12.9 (72.5%)
58	<b>WASYLÓW Mateusz</b>	<b>200</b>		M-16	13	00:00:11	00:07:35	00:15:06	<b>00:22:38.30</b>	<b>00:22:49.50</b>	+00:06:23 (28.2%)	4:41	12.8 (71.9%)
59	<b>ŁABEJSZA Łukasz</b>	<b>103</b>	WOJOWNICY WÓDY	M-30	22	00:00:17	00:07:40	00:15:14	<b>00:22:38.70</b>	<b>00:22:56.35</b>	+00:06:23 (28.2%)	4:41	12.8 (71.9%)
60	<b>ROGALSKI Roberto</b>	<b>153</b>	TKKF KOSZALIN	M-30	23	00:00:15	00:07:20	00:15:03	<b>00:22:40.35</b>	<b>00:22:55.50</b>	+00:06:25 (28.3%)	4:41	12.8 (71.9%)

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61	<b>RYBARCZYK Ireneusz</b>	<b>156</b>		M-30	24	00:00:11	00:07:36	00:15:06	<b>00:22:42.70</b>	<b>00:22:54.00</b>	+00:06:27 (28.4%)	4:42	12.8 (71.9%)
62	<b>SKOWROŃSKI Tomasz</b>	<b>158</b>		M-30	25	00:00:14	00:07:56	00:15:37	<b>00:22:51.25</b>	<b>00:23:05.75</b>	+00:06:36 (28.9%)	4:43	12.7 (71.3%)
63	<b>BYKOWSKI Robert</b>	<b>19</b>	CSSP KOSZALIN / FORMA ROSNOWO	M-40	17	00:00:17	00:08:07	00:15:36	<b>00:22:51.50</b>	<b>00:23:09.30</b>	+00:06:36 (28.9%)	4:44	12.7 (71.3%)
64	<b>SKOWYRSKI Janusz</b>	<b>159</b>	TKKF KOSZALIN	M-50	9	00:00:09	00:07:44	00:15:22	<b>00:22:53.90</b>	<b>00:23:03.75</b>	+00:06:38 (29.0%)	4:44	12.7 (71.3%)
65	<b>CHWALEBA Jan</b>	<b>26</b>		M-50	10	00:00:22	00:08:24	00:15:44	<b>00:23:00.25</b>	<b>00:23:22.40</b>	+00:06:45 (29.4%)	4:45	12.6 (70.8%)
66	<b>MRUGALSKI Damian</b>	<b>124</b>	MOSG	M-30	26	00:00:15	00:08:04	00:15:51	<b>00:23:06.85</b>	<b>00:23:22.25</b>	+00:06:51 (29.7%)	4:47	12.5 (70.2%)
67	<b>CHOJNACKI Bartosz</b>	<b>23</b>	JAMNO	M-30	27	00:00:09	00:07:45	00:15:30	<b>00:23:10.85</b>	<b>00:23:20.50</b>	+00:06:55 (29.9%)	4:47	12.5 (70.2%)
68	<b>JASIENIECKI Piotr</b>	<b>66</b>		M-40	18	00:00:13	00:08:01	00:15:44	<b>00:23:21.95</b>	<b>00:23:35.65</b>	+00:07:06 (30.5%)	4:50	12.4 (69.7%)
69	<b>ZAWADA Andrzej</b>	<b>210</b>	ZSP1 SŁUPSK	M-50	11	00:00:23	00:07:52	00:15:34	<b>00:23:24.20</b>	<b>00:23:47.45</b>	+00:07:09 (30.6%)	4:50	12.4 (69.7%)
70	<b>WYKA Marcin</b>	<b>207</b>	JW 1223	M-16	14	00:00:21	00:08:01	00:15:41	<b>00:23:25.05</b>	<b>00:23:46.40</b>	+00:07:10 (30.6%)	4:50	12.4 (69.7%)
71	<b>CESAK Grzegorz</b>	<b>20</b>		M-16	15	00:00:21	00:08:37	00:16:54	<b>00:23:34.45</b>	<b>00:23:56.10</b>	+00:07:19 (31.1%)	4:52	12.3 (69.1%)
72	<b>TUKAJSKI Tomasz</b>	<b>195</b>	BIKE U UP	M-30	28	00:00:10	00:07:44	00:15:33	<b>00:23:35.70</b>	<b>00:23:46.15</b>	+00:07:20 (31.1%)	4:53	12.3 (69.1%)
73	<b>KARTOSZ Mariusz</b>	<b>77</b>	RUNGRYF GRYFICE	M-40	19	00:00:11	00:07:50	00:15:41	<b>00:23:36.60</b>	<b>00:23:47.90</b>	+00:07:21 (31.2%)	4:53	12.3 (69.1%)
74	<b>DZIESZUK Dariusz</b>	<b>35</b>	TKKF KOSZALIN	M-40	20	00:00:12	00:08:00	00:15:58	<b>00:23:39.45</b>	<b>00:23:51.75</b>	+00:07:24 (31.3%)	4:53	12.3 (69.1%)
75	<b>CHUDZIK Zbigniew</b>	<b>25</b>	TKKF KOSZALIN	M-50	12	00:00:12	00:08:00	00:15:58	<b>00:23:45.70</b>	<b>00:23:57.95</b>	+00:07:30 (31.6%)	4:55	12.2 (68.5%)
76	<b>SZAMREJ Piotr</b>	<b>179</b>		M-16	16	00:00:15	00:08:13	00:16:21	<b>00:23:46.15</b>	<b>00:24:02.05</b>	+00:07:31 (31.6%)	4:55	12.2 (68.5%)
77	<b>WALCZAK Marcin</b>	<b>199</b>		M-30	29	00:00:13	00:07:52	00:16:06	<b>00:23:48.90</b>	<b>00:24:02.80</b>	+00:07:33 (31.8%)	4:55	12.2 (68.5%)
78	<b>JANUSZEWSKI Jacek</b>	<b>63</b>	17 WOG KOSZALIN	M-50	13	00:00:17	00:08:06	00:16:04	<b>00:23:50.50</b>	<b>00:24:07.70</b>	+00:07:35 (31.8%)	4:56	12.2 (68.5%)
79	<b>STOKROCKI Wojciech</b>	<b>171</b>		M-30	30	00:00:17	00:08:25	00:16:17	<b>00:23:59.20</b>	<b>00:24:16.85</b>	+00:07:44 (32.3%)	4:57	12.1 (68.0%)
80	<b>SZULC Marek</b>	<b>187</b>	NIEZRZESZONY	M-50	14	00:00:15	00:08:09	00:16:11	<b>00:24:00.45</b>	<b>00:24:16.30</b>	+00:07:45 (32.3%)	4:58	12.1 (68.0%)
81	<b>OLIŃSKI Arek</b>	<b>131</b>	WIDZEW	M-30	31	00:00:09	00:07:46	00:16:08	<b>00:24:05.45</b>	<b>00:24:15.10</b>	+00:07:50 (32.5%)	4:59	12 (67.4%)
82	<b>MĘDEL Cezary</b>	<b>114</b>		M-40	21	00:00:14	00:08:00	00:16:15	<b>00:24:08.05</b>	<b>00:24:22.90</b>	+00:07:53 (32.7%)	4:59	12 (67.4%)
83	<b>JABŁOŃSKI Tomasz</b>	<b>57</b>	SPOKO	M-30	32	00:00:12	00:07:39	00:15:54	<b>00:24:14.75</b>	<b>00:24:27.45</b>	+00:07:59 (33.0%)	5:01	12 (67.4%)

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
84	<b>PLEWKA Mariusz</b>	<b>219</b>		M-16	17	00:00:09	00:07:09	00:16:46	<b>00:24:27.60</b>	<b>00:24:37.55</b>	+00:08:12 (33.6%)	5:03	11.8 (66.3%)
85	<b>KOZŁOWSKI Tomasz</b>	<b>3</b>		M-30	33	00:00:12	00:07:47	00:16:03	<b>00:24:30.10</b>	<b>00:24:42.35</b>	+00:08:15 (33.7%)	5:04	11.8 (66.3%)
86	<b>SZPILER Krzysztof</b>	<b>182</b>	JW 1223	M-16	18	00:00:18	00:08:33	00:16:42	<b>00:24:31.70</b>	<b>00:24:50.00</b>	+00:08:16 (33.7%)	5:04	11.8 (66.3%)
87	<b>HNATOWSKI Artur</b>	<b>54</b>	DM FC KOSZALIN	M-40	22	00:00:08	00:08:02	00:16:19	<b>00:24:32.65</b>	<b>00:24:41.30</b>	+00:08:17 (33.8%)	5:04	11.8 (66.3%)
88	<b>REMLAKOWSKI Krzysztof</b>	<b>150</b>		M-40	23	00:00:21	00:08:48	00:16:48	<b>00:24:34.65</b>	<b>00:24:55.75</b>	+00:08:19 (33.9%)	5:05	11.8 (66.3%)
89	<b>SZULC Szymon</b>	<b>185</b>	GRYF LOK \ SZULC RUNNERS	M-30	34	00:00:14	00:08:11	00:16:46	<b>00:24:53.80</b>	<b>00:25:08.70</b>	+00:08:38 (34.7%)	5:09	11.6 (65.2%)
90	<b>KUPREWICZ Grzegorz</b>	<b>99</b>	JW 1223 KOSZALIN	M-30	35	00:00:10	00:08:12	00:16:29	<b>00:24:56.95</b>	<b>00:25:07.10</b>	+00:08:41 (34.9%)	5:09	11.6 (65.2%)
91	<b>WILKOWSKI Krzysztof</b>	<b>202</b>		M-30	36	00:00:10	00:08:12	00:16:28	<b>00:24:57.20</b>	<b>00:25:07.75</b>	+00:08:42 (34.9%)	5:09	11.6 (65.2%)
92	<b>KRUPIŃSKI Krzysztof</b>	<b>97</b>		M-50	15	00:00:09	00:08:21	00:16:51	<b>00:25:00.20</b>	<b>00:25:09.85</b>	+00:08:45 (35.0%)	5:10	11.6 (65.2%)
93	<b>ATALSKI Damian</b>	<b>1</b>		M-30	37	00:00:21	00:08:37	00:16:54	<b>00:25:06.35</b>	<b>00:25:28.05</b>	+00:08:51 (35.3%)	5:12	11.5 (64.6%)
94	<b>CHWALEBA Maciek</b>	<b>27</b>		M-16	19	00:00:21	00:08:49	00:16:55	<b>00:25:10.50</b>	<b>00:25:32.45</b>	+00:08:55 (35.4%)	5:12	11.5 (64.6%)
95	<b>GIL Remigiusz</b>	<b>41</b>	LYCONET PRO TEAM	M-30	38	00:00:16	00:07:57	00:16:08	<b>00:25:11.60</b>	<b>00:25:28.00</b>	+00:08:56 (35.5%)	5:13	11.5 (64.6%)
96	<b>LEWANDOWSKI Andrzej</b>	<b>218</b>		M-30	39	00:00:18	00:08:06	00:16:36	<b>00:25:28.85</b>	<b>00:25:46.85</b>	+00:09:13 (36.2%)	5:16	11.4 (64.0%)
97	<b>CHOŁUJ Jarek</b>	<b>24</b>	ROZBIEGANY KOSZALIN	M-40	24	00:00:17	00:08:57	00:17:24	<b>00:25:30.75</b>	<b>00:25:48.40</b>	+00:09:15 (36.3%)	5:16	11.4 (64.0%)
98	<b>OSENKOWSKI Artur</b>	<b>134</b>	JW1223 KOSZALIN 4DPL0T	M-30	40	00:00:22	00:08:53	00:17:16	<b>00:25:32.70</b>	<b>00:25:55.15</b>	+00:09:17 (36.4%)	5:17	11.3 (63.5%)
99	<b>GROSIK Tomasz</b>	<b>48</b>		M-30	41	00:00:14	00:08:12	00:16:59	<b>00:25:48.80</b>	<b>00:26:03.75</b>	+00:09:33 (37.0%)	5:20	11.2 (62.9%)
100	<b>ZIĘBA Paweł</b>	<b>213</b>	TKKF KOSZALIN	M-40	25	00:00:12	00:07:45	00:16:42	<b>00:26:00.60</b>	<b>00:26:12.70</b>	+00:09:45 (37.5%)	5:22	11.1 (62.4%)
101	<b>CYGAN Adam</b>	<b>33</b>		M-50	16	00:00:24	00:09:35	00:18:05	<b>00:26:00.70</b>	<b>00:26:25.25</b>	+00:09:45 (37.5%)	5:23	11.1 (62.4%)
102	<b>STOJEWSKI Jarosław</b>	<b>170</b>	JA_BEZ_SILNA	M-30	42	00:00:20	00:08:29	00:17:19	<b>00:26:03.75</b>	<b>00:26:24.05</b>	+00:09:48 (37.6%)	5:23	11.1 (62.4%)
103	<b>WOJCIECHOWSKI Andrzej</b>	<b>225</b>		M-40	26	00:00:15	00:08:39	00:17:25	<b>00:26:07.75</b>	<b>00:26:23.35</b>	+00:09:52 (37.8%)	5:24	11.1 (62.4%)
104	<b>BATYŃSKI Jakub</b>	<b>4</b>	WŁASNY	M-30	43	00:00:16	00:09:04	00:17:46	<b>00:26:08.50</b>	<b>00:26:25.45</b>	+00:09:53 (37.8%)	5:24	11.1 (62.4%)
105	<b>KAMIŃSKI Tomasz</b>	<b>73</b>	JW 1223 /24 BST	M-30	44	00:00:11	00:08:43	00:17:28	<b>00:26:16.15</b>	<b>00:26:27.50</b>	+00:10:01 (38.1%)	5:26	11 (61.8%)
106	<b>BERNACKI Adam</b>	<b>8</b>	WWW.BERNACKI.COM.PL	M-40	27	00:00:12	00:08:48	00:17:51	<b>00:26:24.60</b>	<b>00:26:37.45</b>	+00:10:09 (38.5%)	5:28	11 (61.8%)

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	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%)
108	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%)
109	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%)
110	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%)
111	FRAŃCZYK Marek	39	SA 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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
121	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)

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	<b>SKRZYPEK Marcin</b>	<b>160</b>	NIETOPERZE KOSZALIN	M-30	53	00:00:23	00:09:15	00:18:28	<b>00:28:14.35</b>	<b>00:28:37.55</b>	+00:11:59 (42.5%)	5:50	10.3 (57.9%)
131	<b>MASZOTA Rafał</b>	<b>109</b>		M-40	32	00:00:21	00:09:29	00:19:03	<b>00:28:18.00</b>	<b>00:28:39.20</b>	+00:12:02 (42.6%)	5:51	10.2 (57.3%)
132	<b>BRESZKA Paweł</b>	<b>14</b>	BIEGNIJMY TO	M-40	33	00:00:19	00:09:42	00:19:14	<b>00:28:38.90</b>	<b>00:28:58.45</b>	+00:12:23 (43.3%)	5:55	10.1 (56.7%)
133	<b>JAKUBOWSKI Krystian</b>	<b>60</b>	BIEGNIJMY TO	M-30	54	00:00:18	00:09:43	00:19:15	<b>00:28:39.65</b>	<b>00:28:58.35</b>	+00:12:24 (43.3%)	5:56	10.1 (56.7%)
134	<b>RADECKI Jacek</b>	<b>224</b>	CSSP KOSZALIN	M-40	34	00:00:20	00:09:27	00:19:06	<b>00:28:48.30</b>	<b>00:29:09.10</b>	+00:12:33 (43.6%)	5:57	10.1 (56.7%)
135	<b>KACZMAREK Łukasz</b>	<b>70</b>	WOJOWNICY WÓDY	M-30	55	00:00:20	00:09:26	00:19:03	<b>00:28:49.10</b>	<b>00:29:09.15</b>	+00:12:34 (43.6%)	5:57	10.1 (56.7%)
135	<b>BENEDYSIUK Sławomir</b>	<b>6</b>	CSSP KOSZALIN	M-40	35	00:00:20	00:09:26	00:19:03	<b>00:28:49.10</b>	<b>00:29:09.30</b>	+00:12:34 (43.6%)	5:57	10.1 (56.7%)
137	<b>KAJKOWSKI Rafał</b>	<b>71</b>	MAŁDOMRAFIWA KOSZALIN	M-40	36	00:00:19	00:09:26	00:19:04	<b>00:28:49.65</b>	<b>00:29:09.50</b>	+00:12:34 (43.6%)	5:58	10.1 (56.7%)
138	<b>KRASIŃSKI Witold</b>	<b>94</b>		M-40	37	00:00:19	00:09:26	00:19:03	<b>00:28:49.80</b>	<b>00:29:08.95</b>	+00:12:34 (43.6%)	5:57	10.1 (56.7%)
139	<b>KALETA Sebastian</b>	<b>72</b>	CSSP KOSZALIN	M-40	38	00:00:19	00:09:26	00:19:04	<b>00:28:50.15</b>	<b>00:29:09.60</b>	+00:12:35 (43.6%)	5:58	10.1 (56.7%)
140	<b>ŁUKASZCZYK Marcin</b>	<b>104</b>	DE PERRO	M-30	56	00:00:22	00:09:47	00:19:25	<b>00:29:01.30</b>	<b>00:29:23.80</b>	+00:12:46 (44.0%)	6:00	10 (56.2%)
141	<b>HRYCIÓW Paweł</b>	<b>55</b>	BIAŁOGARD	M-30	57	00:00:20	00:09:47	00:20:02	<b>00:29:34.35</b>	<b>00:29:55.10</b>	+00:13:19 (45.0%)	6:07	9.8 (55.1%)
142	<b>ROSIŃSKI Rafał</b>	<b>228</b>		M-30	58	00:00:13	00:10:00	00:20:12	<b>00:29:55.55</b>	<b>00:30:08.85</b>	+00:13:40 (45.7%)	6:11	9.7 (54.5%)
143	<b>ZIELIŃSKI Jarosław</b>	<b>212</b>	AMATOR	M-30	59	00:00:14	00:09:16	00:19:29	<b>00:30:06.90</b>	<b>00:30:21.25</b>	+00:13:51 (46.0%)	6:14	9.6 (53.9%)
144	<b>NEJMAN Grzegorz</b>	<b>128</b>	ORLEN RUNNING TEAM	M-40	39	00:00:18	00:10:13	00:20:20	<b>00:30:21.65</b>	<b>00:30:40.10</b>	+00:14:06 (46.5%)	6:17	9.5 (53.4%)
145	<b>KIPER Jarosław</b>	<b>83</b>	JW 1223	M-40	40	00:00:08	00:09:37	00:19:58	<b>00:30:21.75</b>	<b>00:30:30.45</b>	+00:14:06 (46.5%)	6:17	9.5 (53.4%)
146	<b>WOLSKI Zbigniew</b>	<b>222</b>		M-50	18	00:00:15	00:09:48	00:20:09	<b>00:30:46.95</b>	<b>00:31:02.35</b>	+00:14:31 (47.2%)	6:22	9.4 (52.8%)
147	<b>GAWLIK Artur</b>	<b>40</b>	BIEGNIJMY.PL	M-30	60	00:00:21	00:10:09	00:21:15	<b>00:32:42.05</b>	<b>00:33:03.90</b>	+00:16:27 (50.3%)	6:46	8.9 (50.0%)
148	<b>HAUSMAN Andrzej</b>	<b>52</b>	KSR ROWERIA	M-60	4	00:00:16	00:10:13	00:21:19	<b>00:32:48.25</b>	<b>00:33:05.15</b>	+00:16:33 (50.5%)	6:47	8.8 (49.4%)
149	<b>BERTHELSEN Robert</b>	<b>220</b>		M-50	19	00:00:12	00:10:17	00:21:18	<b>00:33:20.65</b>	<b>00:33:32.75</b>	+00:17:05 (51.3%)	6:54	8.7 (48.9%)
150	<b>SIWIEC Piotr</b>	<b>157</b>		M-16	27	00:00:19	00:11:43	00:24:13	<b>00:36:14.35</b>	<b>00:36:33.55</b>	+00:19:59 (55.2%)	7:30	8 (44.9%)

Znaleziono 150 wynik(ów)