



# MARYNARSKA DYCHA - BIEG 10KM

B4SPORT

**Wydarzenie:** III BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" im. admirała floty Andrzeja KARWETY  
**Organizator:** CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)  
**Data:** 2018-04-07  
**Miejsce:** Ustka  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>DRWAL Piotr</b>	<b>44</b>		M40-49	1	<b>00:36:17.70</b>		3:37	16.5 (100%)
2	<b>RUDNIK Krzysztof</b>	<b>201</b>	NIGHT RUNNERS SŁUPSK	M30-39	1	<b>00:38:10.10</b>	+00:01:52 (4.9%)	3:49	15.7 (95.2%)
3	<b>PELO Artur</b>	<b>3</b>	7 BRYGADA OBRONY WYBRZEŻA	SM-M40-49	1	<b>00:39:25.45</b>	+00:03:07 (7.9%)	3:56	15.2 (92.1%)
4	<b>PACHOLCZYK Krzysztof</b>	<b>164</b>		M30-39	2	<b>00:39:37.55</b>	+00:03:19 (8.4%)	3:57	15.1 (91.5%)
5	<b>KURKUL Przemek</b>	<b>123</b>	9 DYWIZJON PRZECIWLOTNICZY	M18-29	1	<b>00:41:36.50</b>	+00:05:18 (12.8%)	4:09	14.4 (87.3%)
6	<b>NAGÓREK Kamil</b>	<b>296</b>	STOPA SŁUPSK	M30-39	3	<b>00:41:42.20</b>	+00:05:24 (13.0%)	4:10	14.4 (87.3%)
7	<b>KAMIENIECKI Rafał</b>	<b>85</b>	TUPOT-USTKA	M30-39	4	<b>00:41:47.80</b>	+00:05:30 (13.2%)	4:10	14.4 (87.3%)
8	<b>ZACHARCZUK Albin</b>	<b>258</b>	7 BOW/3BZ	SM-M18-29	1	<b>00:43:42.65</b>	+00:07:24 (17.0%)	4:22	13.7 (83.0%)
9	<b>CEJKO Dawid</b>	<b>352</b>	BALTIC SEALS	M18-29	2	<b>00:44:16.10</b>	+00:07:58 (18.0%)	4:25	13.6 (82.4%)
10	<b>CHUDY Henryk</b>	<b>29</b>	K SOLSZEWSKI I SYNOWIE	M60+	1	<b>00:45:05.40</b>	+00:08:47 (19.5%)	4:30	13.3 (80.6%)
11	<b>CENDER Szymon</b>	<b>26</b>	W.P.K SŁOŃ TEAM USTKA	M18-29	3	<b>00:45:16.25</b>	+00:08:58 (19.8%)	4:31	13.2 (80.0%)
12	<b>NOWAK Artur</b>	<b>158</b>	A&G CARP TEAM	M40-49	2	<b>00:45:17.25</b>	+00:08:59 (19.9%)	4:31	13.2 (80.0%)
13	<b>WYGLĄDAŁA Bartek</b>	<b>257</b>	MOŻW	SM-M30-39	1	<b>00:45:37.05</b>	+00:09:19 (20.4%)	4:33	13.2 (80.0%)
14	<b>NAGÓREK Krzysztof</b>	<b>156</b>	TUPOT USTKA	M60+	2	<b>00:45:40.75</b>	+00:09:23 (20.5%)	4:34	13.1 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>WRÓBLEWSKI Mateusz</b>	<b>274</b>	KORZYBSKIE REKINY	M18-29	4	<b>00:45:42.50</b>	+00:09:24 (20.6%)	4:34	13.1 (79.4%)
16	<b>JANKOWSKI Grzegorz</b>	<b>80</b>	ŚWIAT PŁYTEK U KRYSPIŃ	M40-49	3	<b>00:45:42.90</b>	+00:09:25 (20.6%)	4:34	13.1 (79.4%)
17	<b>OLESEK Jerzy</b>	<b>324</b>	SZKOŁA PODOFICERSKA MARYNARKI WOJENNEJ	M40-49	4	<b>00:45:53.15</b>	+00:09:35 (20.9%)	4:35	13.1 (79.4%)
18	<b>GAŁAN Leszek</b>	<b>54</b>		M50-59	1	<b>00:46:02.45</b>	+00:09:44 (21.2%)	4:36	13 (78.8%)
19	<b>PIONK Rafał</b>	<b>177</b>	KOMENDA PORTU WOJENNEGO GDYNIA, ZESPÓŁ TECHNICZY	SM-M30-39	2	<b>00:46:06.30</b>	+00:09:48 (21.3%)	4:36	13 (78.8%)
20	<b>OBARSKA Katarzyna</b>	<b>161</b>	AWL WROCŁAW	K18-29	1	<b>00:46:12.35</b>	+00:09:54 (21.4%)	4:37	13 (78.8%)
21	<b>STENCEL Maciej</b>	<b>222</b>	GTS CZARNA DĄBRÓWKA	M30-39	5	<b>00:46:22.75</b>	+00:10:05 (21.7%)	4:38	12.9 (78.2%)
22	<b>RÓŻAK Fabian</b>	<b>200</b>	MORSKA JEDNOSTKA RAKIETOWA	SM-M30-39	3	<b>00:46:49.10</b>	+00:10:31 (22.5%)	4:40	12.8 (77.6%)
23	<b>PATALON Przemysław</b>	<b>166</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	2	<b>00:46:53.00</b>	+00:10:35 (22.6%)	4:41	12.8 (77.6%)
24	<b>FABICH Adrian</b>	<b>49</b>	USB	M30-39	6	<b>00:46:54.85</b>	+00:10:37 (22.6%)	4:41	12.8 (77.6%)
25	<b>GIERLACH Jacek</b>	<b>60</b>	STOPA SŁUPSK	M18-29	5	<b>00:47:03.70</b>	+00:10:46 (22.9%)	4:42	12.7 (77.0%)
26	<b>PRUS Mikołaj</b>	<b>186</b>		M18-29	6	<b>00:47:13.90</b>	+00:10:56 (23.2%)	4:43	12.7 (77.0%)
27	<b>PODLEŚNY Mieszko</b>	<b>327</b>	AZS AWF KATOWICE	M30-39	7	<b>00:47:31.50</b>	+00:11:13 (23.6%)	4:45	12.6 (76.4%)
28	<b>KUKLIŃSKA-NURKOWSKA Lucyna</b>	<b>119</b>	LKS JANTAR USTKA USB USTKA	K40-49	1	<b>00:47:39.75</b>	+00:11:22 (23.8%)	4:46	12.6 (76.4%)
29	<b>PEKAŁA Piotr</b>	<b>171</b>	ROZBIEGANY KOSZALIN	M40-49	5	<b>00:47:45.90</b>	+00:11:28 (24.0%)	4:46	12.6 (76.4%)
30	<b>WLMONTI Krzysztof</b>	<b>284</b>	CSMW	SM-M30-39	4	<b>00:47:46.45</b>	+00:11:28 (24.0%)	4:46	12.6 (76.4%)
31	<b>PANASIUK Adrian</b>	<b>165</b>	MORSKA JEDNOSTKA RAKIETOWA	SM-M18-29	3	<b>00:47:58.10</b>	+00:11:40 (24.3%)	4:47	12.5 (75.8%)
32	<b>WIECZOREK Łukasz</b>	<b>250</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M18-29	7	<b>00:48:00.65</b>	+00:11:42 (24.4%)	4:48	12.5 (75.8%)
33	<b>STEFANIAK Marcin</b>	<b>221</b>		M40-49	6	<b>00:48:01.40</b>	+00:11:43 (24.4%)	4:48	12.5 (75.8%)
34	<b>DUDA Grzegorz</b>	<b>46</b>	OSP BUKÓWKA	SM-M30-39	5	<b>00:48:02.75</b>	+00:11:45 (24.5%)	4:48	12.5 (75.8%)
35	<b>ŻYLICZ Paweł</b>	<b>272</b>	STOPA SŁUPSK	M18-29	8	<b>00:48:30.35</b>	+00:12:12 (25.2%)	4:51	12.4 (75.2%)
36	<b>SKUMIAŁ Oskar</b>	<b>210</b>	USB	M30-39	8	<b>00:48:43.75</b>	+00:12:26 (25.5%)	4:52	12.3 (74.5%)
37	<b>GIERCZAK Paweł</b>	<b>58</b>		M30-39	9	<b>00:48:48.70</b>	+00:12:31 (25.6%)	4:52	12.3 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>KRZACZKOWSKI Paweł</b>	<b>116</b>	LYNX	M40-49	7	<b>00:49:01.25</b>	+00:12:43 (26.0%)	4:54	12.2 (73.9%)
39	<b>KOCZOROWSKI Paweł</b>	<b>98</b>	W.P.K. SŁOŃ TEAM USTKA	M40-49	8	<b>00:49:06.00</b>	+00:12:48 (26.1%)	4:54	12.2 (73.9%)
40	<b>MŁYNARCZYK Zbigniew</b>	<b>150</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	SM-M30-39	6	<b>00:49:36.50</b>	+00:13:18 (26.8%)	4:57	12.1 (73.3%)
41	<b>KUSIAK Dariusz</b>	<b>124</b>	ORP GOPŁO 13DTR	SM-M30-39	7	<b>00:49:59.00</b>	+00:13:41 (27.4%)	4:59	12 (72.7%)
42	<b>STANIOCH Krzysztof</b>	<b>218</b>	9 DYWIZJON PRZECIWLOTNICZY	SM-M18-29	4	<b>00:50:01.60</b>	+00:13:43 (27.4%)	5:00	12 (72.7%)
43	<b>NADOLNY Piotr</b>	<b>155</b>	BALTIC SEALS	M40-49	9	<b>00:50:07.10</b>	+00:13:49 (27.6%)	5:00	12 (72.7%)
44	<b>WIWATOWSKA Dagmara</b>	<b>251</b>		K30-39	1	<b>00:50:09.75</b>	+00:13:52 (27.6%)	5:01	12 (72.7%)
45	<b>BARGAŃSKA Justyna</b>	<b>355</b>	RUNTASTYCZNI TEAM BYTÓW	K30-39	2	<b>00:50:14.40</b>	+00:13:56 (27.8%)	5:01	11.9 (72.1%)
46	<b>SOBOLEWSKI Tomasz</b>	<b>347</b>		M30-39	10	<b>00:50:14.65</b>	+00:13:56 (27.8%)	5:01	11.9 (72.1%)
47	<b>WÓJCIK Damian</b>	<b>299</b>	RUNNERWALDE	M40-49	10	<b>00:50:19.50</b>	+00:14:01 (27.9%)	5:02	11.9 (72.1%)
48	<b>ADAMCZYK Karol</b>	<b>4</b>		M30-39	11	<b>00:50:24.65</b>	+00:14:06 (28.0%)	5:02	11.9 (72.1%)
49	<b>KARPOWICZ Grzegorz</b>	<b>88</b>		SM-M30-39	8	<b>00:50:31.40</b>	+00:14:13 (28.2%)	5:03	11.9 (72.1%)
50	<b>PROTASEWICZ Andrzej</b>	<b>185</b>	SŁAWNO	M40-49	11	<b>00:50:32.90</b>	+00:14:15 (28.2%)	5:03	11.9 (72.1%)
51	<b>TUSK Paweł</b>	<b>241</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	5	<b>00:50:35.35</b>	+00:14:17 (28.3%)	5:03	11.9 (72.1%)
52	<b>TEREFENKO Joanna</b>	<b>237</b>	CSMW W USTCE	SM-K18-29	1	<b>00:50:48.50</b>	+00:14:30 (28.6%)	5:04	11.8 (71.5%)
53	<b>GAWEŁ Zbigniew</b>	<b>57</b>		M60+	3	<b>00:50:52.35</b>	+00:14:34 (28.7%)	5:05	11.8 (71.5%)
54	<b>SOBIERSKI Mariusz</b>	<b>214</b>	JW 2980 BRANIEWO	SM-M40-49	2	<b>00:51:04.85</b>	+00:14:47 (28.9%)	5:06	11.7 (70.9%)
55	<b>ANDRYSKOWSKI Marek</b>	<b>7</b>	STOWARZYSZENIE 42,2 LĘBORK	M50-59	2	<b>00:51:20.90</b>	+00:15:03 (29.3%)	5:08	11.7 (70.9%)
56	<b>MOROŃ Jarosław</b>	<b>152</b>		M30-39	12	<b>00:51:26.65</b>	+00:15:08 (29.4%)	5:08	11.7 (70.9%)
57	<b>SZCZYBELSKI Wojciech</b>	<b>228</b>	DYWIZJON OKRETÓW BOJOWYCH GDYNIA	SM-M40-49	3	<b>00:51:27.10</b>	+00:15:09 (29.5%)	5:08	11.7 (70.9%)
58	<b>CYPRYCH Katarzyna</b>	<b>33</b>		K30-39	3	<b>00:51:28.30</b>	+00:15:10 (29.5%)	5:08	11.7 (70.9%)
59	<b>MŁYNARSKA Mariola</b>	<b>282</b>	WKB META LUBLINIEC	K40-49	2	<b>00:51:30.10</b>	+00:15:12 (29.5%)	5:09	11.7 (70.9%)
60	<b>GWADERA Mirosław</b>	<b>74</b>		SM-M50+	1	<b>00:51:41.60</b>	+00:15:23 (29.8%)	5:10	11.6 (70.3%)

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61	<b>RACZYŃSKA Anna</b>	<b>192</b>	BALTIC SEALS	K30-39	4	<b>00:51:46.90</b>	+00:15:29 (29.9%)	5:10	11.6 (70.3%)
62	<b>KARAŚ Radosław</b>	<b>87</b>	NIGHT RUNNERS SŁUPSK	M30-39	13	<b>00:52:13.05</b>	+00:15:55 (30.5%)	5:13	11.5 (69.7%)
63	<b>WĘSIERSKA-MUŁYK Marzena</b>	<b>249</b>	NIGHT RUNNERS SŁUPSK	K30-39	5	<b>00:52:25.45</b>	+00:16:07 (30.8%)	5:14	11.4 (69.1%)
64	<b>BOWNIK Wojciech</b>	<b>21</b>		M30-39	14	<b>00:52:34.50</b>	+00:16:16 (31.0%)	5:15	11.4 (69.1%)
65	<b>BOGDANOWICZ Paula</b>	<b>17</b>		K18-29	2	<b>00:52:35.05</b>	+00:16:17 (31.0%)	5:15	11.4 (69.1%)
66	<b>SZAŁKOWSKI Wojtek</b>	<b>226</b>	TUPOT USTKA	M40-49	12	<b>00:52:37.60</b>	+00:16:19 (31.0%)	5:15	11.4 (69.1%)
67	<b>SZMIGIERO Arkadiusz</b>	<b>231</b>	W.P.K. SŁOŃ TEAM	M40-49	13	<b>00:52:38.95</b>	+00:16:21 (31.1%)	5:15	11.4 (69.1%)
68	<b>ZYGLER Zbigniew</b>	<b>269</b>		M40-49	14	<b>00:52:46.05</b>	+00:16:28 (31.2%)	5:16	11.4 (69.1%)
69	<b>BŁENCKI Piotr</b>	<b>16</b>	NIGHTRUNNERS SŁUPSK	M30-39	15	<b>00:52:59.15</b>	+00:16:41 (31.5%)	5:17	11.3 (68.5%)
70	<b>ZBLEWSKI Patryk</b>	<b>349</b>	NIGHT RUNNERS SLUPSK	M30-39	16	<b>00:53:02.40</b>	+00:16:44 (31.6%)	5:18	11.3 (68.5%)
71	<b>CEBULA Krystian</b>	<b>25</b>		M18-29	9	<b>00:53:05.20</b>	+00:16:47 (31.6%)	5:18	11.3 (68.5%)
72	<b>MAJCHRZAK Łukasz</b>	<b>139</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M18-29	6	<b>00:53:09.00</b>	+00:16:51 (31.7%)	5:18	11.3 (68.5%)
73	<b>GRULKOWSKI Damian</b>	<b>69</b>		M40-49	15	<b>00:53:12.35</b>	+00:16:54 (31.8%)	5:19	11.3 (68.5%)
74	<b>ZAWIEROWSKA Ewelina</b>	<b>265</b>	W.P.K SŁOŃ TEAM USTKA	K30-39	6	<b>00:53:14.90</b>	+00:16:57 (31.8%)	5:19	11.3 (68.5%)
75	<b>PILIPCZUK Daniel</b>	<b>175</b>	MOŻW	SM-M18-29	7	<b>00:53:17.55</b>	+00:16:59 (31.9%)	5:19	11.3 (68.5%)
76	<b>NIERADKA Iwona</b>	<b>157</b>	GRUPA OKRĘTÓW ROZPOZNAWCZYCH	SM-K18-29	2	<b>00:53:28.80</b>	+00:17:11 (32.1%)	5:20	11.2 (67.9%)
77	<b>MATUSZEWSKI Rafał</b>	<b>144</b>	7 BRYGADA OBRONY WYBRZEŻA/1 LĘBORSKI BATALION ZMECHANIZOWANY	SM-M40-49	4	<b>00:53:32.15</b>	+00:17:14 (32.2%)	5:21	11.2 (67.9%)
78	<b>WAŃKOWSKI Adam</b>	<b>242</b>	9 BRANIEWSKA BRYGADA KAWALERII PANCERNEJ	SM-M18-29	8	<b>00:53:33.55</b>	+00:17:15 (32.2%)	5:21	11.2 (67.9%)
79	<b>JANKOWSKI Rafał</b>	<b>79</b>	MOŻW	SM-M40-49	5	<b>00:53:57.25</b>	+00:17:39 (32.7%)	5:23	11.1 (67.3%)
80	<b>PARDEJ Liliana</b>	<b>283</b>	BOCHB	SM-K18-29	3	<b>00:54:00.30</b>	+00:17:42 (32.8%)	5:24	11.1 (67.3%)
81	<b>KOSTECKI Mariusz</b>	<b>104</b>	7 BOW/3BZ	SM-M30-39	9	<b>00:54:01.75</b>	+00:17:44 (32.8%)	5:24	11.1 (67.3%)
82	<b>BRYZIK Dariusz</b>	<b>297</b>	W.P.K. SŁOŃ TEAM USTKA	M30-39	17	<b>00:54:04.30</b>	+00:17:46 (32.9%)	5:24	11.1 (67.3%)
83	<b>KOZA Kamil</b>	<b>110</b>		SM-M30-39	10	<b>00:54:05.75</b>	+00:17:48 (32.9%)	5:24	11.1 (67.3%)

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84	<b>SOMINKA Andrzej</b>	<b>216</b>	SSB(SOBIESAMBIEGAM)	M50-59	3	<b>00:54:11.70</b>	+00:17:54 (33.0%)	5:25	11.1 (67.3%)
85	<b>ĆWIEK Maria</b>	<b>354</b>	WJBN TEAM	K18-29	3	<b>00:54:12.55</b>	+00:17:54 (33.0%)	5:25	11.1 (67.3%)
86	<b>DĘGA Ryszard</b>	<b>42</b>	TUPOT USTKA	M60+	4	<b>00:54:18.70</b>	+00:18:01 (33.2%)	5:25	11 (66.7%)
87	<b>LEMAŃSKA Katarzyna</b>	<b>127</b>	USB USTKA	K18-29	4	<b>00:54:18.80</b>	+00:18:01 (33.2%)	5:25	11 (66.7%)
88	<b>POZORSKI Krzysztof</b>	<b>184</b>	MARKOS RUNNING TEAM	M30-39	18	<b>00:54:19.60</b>	+00:18:01 (33.2%)	5:25	11 (66.7%)
89	<b>ROMANOWSKI Mateusz</b>	<b>199</b>		SM-M18-29	9	<b>00:54:21.70</b>	+00:18:04 (33.2%)	5:26	11 (66.7%)
90	<b>KĘSIK Agnieszka</b>	<b>298</b>	PROTECTOR TEAM	K30-39	7	<b>00:54:28.70</b>	+00:18:11 (33.4%)	5:26	11 (66.7%)
91	<b>SIERADZKA Justyna</b>	<b>207</b>	MOŻW	SM-K30-39	1	<b>00:54:33.10</b>	+00:18:15 (33.5%)	5:27	11 (66.7%)
92	<b>KANIEWSKI Jacek</b>	<b>86</b>	W.P.K. SŁOŃ TEAM USTKA	M40-49	16	<b>00:54:37.10</b>	+00:18:19 (33.5%)	5:27	11 (66.7%)
93	<b>MIZERA Agnieszka</b>	<b>149</b>	BYLEDOBIEC ANIN	K40-49	3	<b>00:54:42.40</b>	+00:18:24 (33.7%)	5:28	11 (66.7%)
94	<b>LORYŃSKI Karol</b>	<b>134</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	10	<b>00:54:44.05</b>	+00:18:26 (33.7%)	5:28	11 (66.7%)
95	<b>ZGANIACZ Andrzej</b>	<b>268</b>	STOPA SŁUPSK	M40-49	17	<b>00:54:44.90</b>	+00:18:27 (33.7%)	5:28	11 (66.7%)
96	<b>HOPA Krzysztof</b>	<b>77</b>	BATALION OCHRONY BAZY	SM-M30-39	11	<b>00:55:16.05</b>	+00:18:58 (34.3%)	5:31	10.9 (66.1%)
97	<b>CICHAŁA Damian</b>	<b>280</b>	BATALION OCHRONY BAZY	SM-M30-39	12	<b>00:55:16.50</b>	+00:18:58 (34.3%)	5:31	10.9 (66.1%)
98	<b>SZOŁTYSIK Agnieszka</b>	<b>234</b>		K30-39	8	<b>00:55:26.20</b>	+00:19:08 (34.5%)	5:32	10.8 (65.5%)
99	<b>KWAŚNIAK Zdzisław</b>	<b>126</b>	DECATHLON TRI TEAM	M50-59	4	<b>00:55:28.35</b>	+00:19:10 (34.6%)	5:32	10.8 (65.5%)
100	<b>GOC Małgorzata</b>	<b>63</b>		K30-39	9	<b>00:55:29.40</b>	+00:19:11 (34.6%)	5:32	10.8 (65.5%)
101	<b>PŁAZA Ryszard</b>	<b>179</b>		M40-49	18	<b>00:55:29.80</b>	+00:19:12 (34.6%)	5:32	10.8 (65.5%)
102	<b>STAWICKI Marek</b>	<b>220</b>	OSP SMOŁDZINO	M40-49	19	<b>00:55:30.05</b>	+00:19:12 (34.6%)	5:33	10.8 (65.5%)
103	<b>ADRYAN Adam</b>	<b>6</b>	CKB SŁUPSK	M40-49	20	<b>00:55:40.55</b>	+00:19:22 (34.8%)	5:34	10.8 (65.5%)
104	<b>OLECHNOWICZ Zbigniew</b>	<b>162</b>	TUPOT USTKA	M60+	5	<b>00:55:45.80</b>	+00:19:28 (34.9%)	5:34	10.8 (65.5%)
105	<b>GRANDA Marcin</b>	<b>290</b>	21 BSP	SM-M30-39	13	<b>00:55:51.10</b>	+00:19:33 (35.0%)	5:35	10.7 (64.8%)
106	<b>JABŁOŃSKI Kamil</b>	<b>78</b>		SM-M30-39	14	<b>00:55:51.30</b>	+00:19:33 (35.0%)	5:35	10.7 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
107	<b>BERA Krystian</b>	<b>12</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	11	<b>00:55:56.65</b>	+00:19:38 (35.1%)	5:35	10.7 (64.8%)
108	<b>PŁATEK Damian</b>	<b>178</b>		SM-M18-29	12	<b>00:55:56.70</b>	+00:19:39 (35.1%)	5:35	10.7 (64.8%)
109	<b>TUROWSKI Michał</b>	<b>285</b>	DECATHLON SŁUPSK	M18-29	10	<b>00:55:59.00</b>	+00:19:41 (35.2%)	5:35	10.7 (64.8%)
110	<b>BIELEWICZ Anna</b>	<b>15</b>	STOPA SŁUPSK	K40-49	4	<b>00:56:09.70</b>	+00:19:52 (35.4%)	5:36	10.7 (64.8%)
111	<b>WÓJCIK Sebastian</b>	<b>256</b>		M30-39	19	<b>00:56:16.25</b>	+00:19:58 (35.5%)	5:37	10.7 (64.8%)
112	<b>KOŚLA Justyna</b>	<b>350</b>	NIGHT RUNNERS SŁUPSK	K30-39	10	<b>00:56:19.10</b>	+00:20:01 (35.6%)	5:38	10.7 (64.8%)
113	<b>GREBIENIK Andrzej</b>	<b>68</b>	W.P.K. SŁOŃ TEAM	M40-49	21	<b>00:56:35.75</b>	+00:20:18 (35.9%)	5:39	10.6 (64.2%)
114	<b>PRZYCHODA Anna</b>	<b>187</b>	BALTIC SEALS	K30-39	11	<b>00:56:57.05</b>	+00:20:39 (36.3%)	5:41	10.5 (63.6%)
115	<b>KEMPIŃSKI Łukasz</b>	<b>93</b>	9 BRANIEWSKA BRYGADA KAWALERII PANCERNEJ	SM-M18-29	13	<b>00:57:01.80</b>	+00:20:44 (36.4%)	5:42	10.5 (63.6%)
116	<b>PIELICH Konrad</b>	<b>173</b>		SM-M30-39	15	<b>00:57:14.75</b>	+00:20:57 (36.6%)	5:43	10.5 (63.6%)
117	<b>SUTOWSKI Sebastian</b>	<b>224</b>		M40-49	22	<b>00:57:24.00</b>	+00:21:06 (36.8%)	5:44	10.5 (63.6%)
118	<b>MATYSIUK Grzegorz</b>	<b>145</b>	7BOW	SM-M40-49	6	<b>00:57:29.20</b>	+00:21:11 (36.9%)	5:44	10.4 (63.0%)
119	<b>HURKO Andrzej</b>	<b>279</b>	BATALION OCHRONY BAZY	SM-M30-39	16	<b>00:57:31.30</b>	+00:21:13 (36.9%)	5:45	10.4 (63.0%)
120	<b>RUTECKA Sylwia</b>	<b>202</b>	TUPOT-USTKA	K30-39	12	<b>00:57:32.95</b>	+00:21:15 (36.9%)	5:45	10.4 (63.0%)
121	<b>MAJCHRZAK Dariusz</b>	<b>140</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M50+	2	<b>00:57:39.65</b>	+00:21:21 (37.1%)	5:46	10.4 (63.0%)
122	<b>TOMCZAK Dominik</b>	<b>18</b>	CSMW USTKA	SM-M40-49	7	<b>00:57:43.50</b>	+00:21:25 (37.1%)	5:46	10.4 (63.0%)
123	<b>KARWACKI Adrian</b>	<b>89</b>	BEST BEASTS	M18-29	11	<b>00:57:44.40</b>	+00:21:26 (37.1%)	5:46	10.4 (63.0%)
124	<b>GIERCZAK Piotr</b>	<b>59</b>		M30-39	20	<b>00:57:55.80</b>	+00:21:38 (37.3%)	5:47	10.4 (63.0%)
125	<b>BURDA Sebastian</b>	<b>23</b>	WPK SŁOŃ TEAM	M40-49	23	<b>00:57:57.70</b>	+00:21:40 (37.4%)	5:47	10.4 (63.0%)
126	<b>DELIGA Szymon</b>	<b>38</b>		M30-39	21	<b>00:57:59.85</b>	+00:21:42 (37.4%)	5:48	10.3 (62.4%)
127	<b>MAGDZIAREK Sylwia</b>	<b>138</b>	KSS PLUTON 2	SM-K18-29	4	<b>00:58:08.80</b>	+00:21:51 (37.6%)	5:48	10.3 (62.4%)
128	<b>WÓJCICKI Grzegorz</b>	<b>255</b>	ARESzt ŚLED CZY W SŁUPSKU	SM-M30-39	17	<b>00:58:11.30</b>	+00:21:53 (37.6%)	5:49	10.3 (62.4%)
129	<b>KUBIŃSKI Rafał</b>	<b>118</b>	7 BOW	SM-M50+	3	<b>00:58:15.55</b>	+00:21:57 (37.7%)	5:49	10.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
130	<b>NOWACKI Marek</b>	<b>73</b>		M40-49	24	<b>00:58:17.25</b>	+00:21:59 (37.7%)	5:49	10.3 (62.4%)
131	<b>MAKOWSKI Rafał</b>	<b>142</b>	RCI GDYNIA	SM-M30-39	18	<b>00:58:17.30</b>	+00:21:59 (37.7%)	5:49	10.3 (62.4%)
132	<b>SOŁTYŚ Katarzyna</b>	<b>215</b>	ORP.GEN.T.KOŚCIUSZKO 273	SM-K30-39	2	<b>00:58:27.60</b>	+00:22:09 (37.9%)	5:50	10.3 (62.4%)
133	<b>CHMIELEWSKA Edyta</b>	<b>28</b>	MOŻW	SM-K30-39	3	<b>00:58:28.30</b>	+00:22:10 (37.9%)	5:50	10.3 (62.4%)
134	<b>MAJKOWSKI Marcin</b>	<b>141</b>	MORSKA JEDNOSTKA RAKIETOWA	SM-M40-49	8	<b>00:58:32.05</b>	+00:22:14 (38.0%)	5:51	10.3 (62.4%)
135	<b>STANIASZEK Bogusław</b>	<b>217</b>	TUPOT USTKA	M60+	6	<b>00:58:34.60</b>	+00:22:16 (38.0%)	5:51	10.2 (61.8%)
136	<b>PAZDER Przemysław</b>	<b>168</b>		M18-29	12	<b>00:58:38.00</b>	+00:22:20 (38.1%)	5:51	10.2 (61.8%)
137	<b>GRABOWICZ Jerzy</b>	<b>65</b>	TUPOT USTKA	M60+	7	<b>00:58:45.90</b>	+00:22:28 (38.2%)	5:52	10.2 (61.8%)
138	<b>TORL Andrzej</b>	<b>348</b>		M60+	8	<b>00:58:51.80</b>	+00:22:34 (38.3%)	5:53	10.2 (61.8%)
139	<b>ŁAŃCUCKI Jarosław</b>	<b>135</b>		M30-39	22	<b>00:58:53.10</b>	+00:22:35 (38.4%)	5:53	10.2 (61.8%)
140	<b>ŻYCKA Ewelina</b>	<b>271</b>		K30-39	13	<b>00:58:54.50</b>	+00:22:36 (38.4%)	5:53	10.2 (61.8%)
141	<b>ARMATA Sonia</b>	<b>99</b>	JW 4101	SM-K18-29	5	<b>00:58:56.85</b>	+00:22:39 (38.4%)	5:53	10.2 (61.8%)
142	<b>PATYNA Paweł</b>	<b>167</b>		M30-39	23	<b>00:58:57.20</b>	+00:22:39 (38.4%)	5:53	10.2 (61.8%)
143	<b>LEWANDOWSKI Marek</b>	<b>129</b>		M18-29	13	<b>00:59:06.25</b>	+00:22:48 (38.6%)	5:54	10.2 (61.8%)
144	<b>BERENT Robert</b>	<b>13</b>	TUPOT USTKA	M50-59	5	<b>00:59:10.45</b>	+00:22:52 (38.7%)	5:55	10.1 (61.2%)
145	<b>DĄBROWSKA Dagmara</b>	<b>102</b>		K30-39	14	<b>00:59:13.65</b>	+00:22:55 (38.7%)	5:55	10.1 (61.2%)
146	<b>KUBIŃSKA Beata</b>	<b>117</b>	NIGHT RUNNERS SŁUPSK	K50-59	1	<b>00:59:16.70</b>	+00:22:59 (38.8%)	5:55	10.1 (61.2%)
147	<b>SZAREK Paweł</b>	<b>227</b>	7 BRYGADA OBRONY WYBRZEŻA	SM-M30-39	19	<b>00:59:28.60</b>	+00:23:10 (39.0%)	5:56	10.1 (61.2%)
148	<b>WIŚNIEWSKI Przemysław</b>	<b>278</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	14	<b>00:59:31.50</b>	+00:23:13 (39.0%)	5:57	10.1 (61.2%)
149	<b>ZBLEWSKI Radosław</b>	<b>267</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M40-49	9	<b>00:59:37.50</b>	+00:23:19 (39.1%)	5:57	10.1 (61.2%)
150	<b>ŻUKOWSKA Aleksandra</b>	<b>357</b>		K18-29	5	<b>00:59:41.55</b>	+00:23:23 (39.2%)	5:58	10.1 (61.2%)
151	<b>RAKOWSKA Katarzyna</b>	<b>193</b>	W.P.K SŁOŃ TEAM USTKA	K30-39	15	<b>00:59:44.70</b>	+00:23:27 (39.3%)	5:58	10 (60.6%)
152	<b>ŻYŁKA Milena</b>	<b>273</b>	WPK SŁOŃ TEAM	K30-39	16	<b>00:59:50.80</b>	+00:23:33 (39.4%)	5:59	10 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
153	<b>DUDZIUK Iwona</b>	<b>47</b>	AKADEMIA MARYNARKI WOJENNEJ	K18-29	6	<b>00:59:54.90</b>	+00:23:37 (39.4%)	5:59	10 (60.6%)
154	<b>ZALEWSKI Grzegorz</b>	<b>260</b>	W.P.K SŁOŃ TEAM USTKA	M30-39	24	<b>00:59:58.40</b>	+00:23:40 (39.5%)	5:59	10 (60.6%)
155	<b>KRYGIER Ireneusz</b>	<b>115</b>	W.P.K. SŁOŃ TEAM USTKA	M40-49	25	<b>01:00:06.35</b>	+00:23:48 (39.6%)	6:00	10 (60.6%)
156	<b>KRUPSKI Piotr</b>	<b>114</b>	SLUPSK	M50-59	6	<b>01:00:06.85</b>	+00:23:49 (39.6%)	6:00	10 (60.6%)
157	<b>TOMASZEWSKA Kinga</b>	<b>238</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-K18-29	6	<b>01:00:10.40</b>	+00:23:52 (39.7%)	6:01	10 (60.6%)
158	<b>ROGALA Łukasz</b>	<b>198</b>	NIGHT RUNNERS SŁUPSK	M30-39	25	<b>01:00:15.70</b>	+00:23:58 (39.8%)	6:01	10 (60.6%)
159	<b>LEMBICZ Elżbieta</b>	<b>128</b>		SM-K40-49	1	<b>01:00:16.00</b>	+00:23:58 (39.8%)	6:01	10 (60.6%)
160	<b>REDLARSKI Maciej</b>	<b>194</b>	9 BRYGADA KAWALERII PANCERNEJ	SM-M30-39	20	<b>01:00:25.10</b>	+00:24:07 (39.9%)	6:02	9.9 (60.0%)
161	<b>ZANIEWSKI Grzegorz</b>	<b>262</b>		M40-49	26	<b>01:00:25.85</b>	+00:24:08 (39.9%)	6:02	9.9 (60.0%)
162	<b>PANEK Urszula</b>	<b>288</b>		K30-39	17	<b>01:00:26.50</b>	+00:24:08 (40.0%)	6:02	9.9 (60.0%)
163	<b>PELA Hanna</b>	<b>170</b>	USB	K40-49	5	<b>01:00:29.35</b>	+00:24:11 (40.0%)	6:02	9.9 (60.0%)
164	<b>RYSZKA Krzysztof</b>	<b>203</b>		SM-M40-49	10	<b>01:00:34.15</b>	+00:24:16 (40.1%)	6:03	9.9 (60.0%)
165	<b>MŁYNARSKI Zygmunt</b>	<b>281</b>	WKB META LUBLINIEC	M50-59	7	<b>01:00:36.35</b>	+00:24:18 (40.1%)	6:03	9.9 (60.0%)
166	<b>SKULSKA Joanna</b>	<b>209</b>	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	SM-K18-29	7	<b>01:00:37.05</b>	+00:24:19 (40.1%)	6:03	9.9 (60.0%)
167	<b>SZYSZKOWSKI Tomasz</b>	<b>235</b>	ROZBIEGANY KOSZALIN	M30-39	26	<b>01:00:38.80</b>	+00:24:21 (40.2%)	6:03	9.9 (60.0%)
168	<b>REMUS Monika</b>	<b>195</b>	BEST BEASTS	K40-49	6	<b>01:00:48.25</b>	+00:24:30 (40.3%)	6:04	9.9 (60.0%)
169	<b>KARWASZ Krzysztof</b>	<b>90</b>		M40-49	27	<b>01:00:50.70</b>	+00:24:33 (40.3%)	6:05	9.9 (60.0%)
170	<b>PRZYMORSKI Waldemar</b>	<b>188</b>	W.P.K. SŁOŃ TEAM USTKA	M40-49	28	<b>01:00:57.00</b>	+00:24:39 (40.5%)	6:05	9.8 (59.4%)
171	<b>PACAN Mira</b>	<b>163</b>	ŚWIAT PŁYTEK U KRYSPIŃ	K30-39	18	<b>01:00:57.95</b>	+00:24:40 (40.5%)	6:05	9.8 (59.4%)
172	<b>DYDYNA Krzysztof</b>	<b>48</b>	RCI GDYNIA	SM-M40-49	11	<b>01:00:59.90</b>	+00:24:42 (40.5%)	6:06	9.8 (59.4%)
173	<b>KONYSZ Bartłomiej</b>	<b>101</b>	JW 4653	SM-M18-29	15	<b>01:01:27.95</b>	+00:25:10 (41.0%)	6:08	9.8 (59.4%)
174	<b>BOSAK Jarosław</b>	<b>294</b>	21 BSP	SM-M30-39	21	<b>01:01:39.80</b>	+00:25:22 (41.1%)	6:10	9.7 (58.8%)
175	<b>TURCZYN Grzegorz</b>	<b>240</b>	NIGHT RUNNERS SŁUPSK	M40-49	29	<b>01:01:53.20</b>	+00:25:35 (41.4%)	6:11	9.7 (58.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
176	<b>BOGUSZ Marietta</b>	<b>19</b>	NIGHT RUNNERS SŁUPSK	K18-29	7	<b>01:01:53.85</b>	+00:25:36 (41.4%)	6:11	9.7 (58.8%)
177	<b>WOŹNIAK Grzegorz</b>	<b>254</b>	GRZESŁAW USTKA	M50-59	8	<b>01:02:12.10</b>	+00:25:54 (41.6%)	6:13	9.6 (58.2%)
178	<b>GAŁAN Joanna</b>	<b>55</b>		K50-59	2	<b>01:02:20.10</b>	+00:26:02 (41.8%)	6:14	9.6 (58.2%)
179	<b>MICHALAK Kamil</b>	<b>277</b>		M18-29	14	<b>01:02:21.70</b>	+00:26:04 (41.8%)	6:14	9.6 (58.2%)
180	<b>FURSEWICZ Bartłomiej</b>	<b>52</b>	KS BURZA	M30-39	27	<b>01:02:23.90</b>	+00:26:06 (41.8%)	6:14	9.6 (58.2%)
181	<b>SZMIGIERO Sebastian</b>	<b>232</b>	WOLNO PRZEMIERZAM KILOMETRY	M40-49	30	<b>01:02:27.90</b>	+00:26:10 (41.9%)	6:14	9.6 (58.2%)
182	<b>CAŁKA Magdalena</b>	<b>24</b>	NIGHT RUNNERS SŁUPSK	K18-29	8	<b>01:02:33.10</b>	+00:26:15 (42.0%)	6:15	9.6 (58.2%)
183	<b>SYNAKOWSKI Damian</b>	<b>225</b>	WJBN TEAM	M30-39	28	<b>01:02:35.95</b>	+00:26:18 (42.0%)	6:15	9.6 (58.2%)
183	<b>KOZA Joanna</b>	<b>109</b>	USB	K30-39	19	<b>01:02:35.95</b>	+00:26:18 (42.0%)	6:15	9.6 (58.2%)
185	<b>MICHALCZYK Mariusz</b>	<b>146</b>	JW 1223	SM-M40-49	12	<b>01:02:36.45</b>	+00:26:18 (42.0%)	6:15	9.6 (58.2%)
186	<b>GIL Mateusz</b>	<b>61</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	16	<b>01:02:36.90</b>	+00:26:19 (42.0%)	6:15	9.6 (58.2%)
187	<b>POWARZYŃSKI Daniel</b>	<b>275</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	17	<b>01:02:37.15</b>	+00:26:19 (42.0%)	6:15	9.6 (58.2%)
188	<b>ANDRZEJCZAK Sławomir</b>	<b>8</b>	GRZESŁAW USTKA	M40-49	31	<b>01:02:45.70</b>	+00:26:28 (42.2%)	6:16	9.6 (58.2%)
189	<b>DOMAROS Marcin</b>	<b>289</b>	NR	M30-39	29	<b>01:02:45.80</b>	+00:26:28 (42.2%)	6:16	9.6 (58.2%)
190	<b>ŁUKASIK Sylwia</b>	<b>351</b>		K18-29	9	<b>01:02:46.20</b>	+00:26:28 (42.2%)	6:16	9.6 (58.2%)
191	<b>GOSIEWSKI Janusz</b>	<b>64</b>	MOŹW	SM-M30-39	22	<b>01:02:47.20</b>	+00:26:29 (42.2%)	6:16	9.6 (58.2%)
192	<b>WENCLAWSKI Michał</b>	<b>246</b>	DECATHLON SŁUPSK	M18-29	15	<b>01:02:52.00</b>	+00:26:34 (42.3%)	6:17	9.5 (57.6%)
193	<b>WESOŁEK Łukasz</b>	<b>247</b>		M30-39	30	<b>01:02:52.65</b>	+00:26:34 (42.3%)	6:17	9.5 (57.6%)
194	<b>ZALUSKI Adam</b>	<b>261</b>		M30-39	31	<b>01:03:00.25</b>	+00:26:42 (42.4%)	6:18	9.5 (57.6%)
195	<b>KMIECIK Agnieszka</b>	<b>96</b>	LOTOS RUNNING TEAM	K40-49	7	<b>01:03:06.55</b>	+00:26:48 (42.5%)	6:18	9.5 (57.6%)
196	<b>ZARZYCKI Darek</b>	<b>263</b>		SM-M30-39	23	<b>01:03:17.35</b>	+00:26:59 (42.7%)	6:19	9.5 (57.6%)
197	<b>POLAK Michał</b>	<b>183</b>		SM-M30-39	24	<b>01:03:18.75</b>	+00:27:01 (42.7%)	6:19	9.5 (57.6%)
198	<b>POLAK Elwira</b>	<b>182</b>		SM-K30-39	4	<b>01:03:19.95</b>	+00:27:02 (42.7%)	6:20	9.5 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
199	<b>SŁUPSKI Maciej</b>	<b>212</b>		SM-M18-29	18	<b>01:03:48.95</b>	+00:27:31 (43.1%)	6:22	9.4 (57.0%)
200	<b>ŁĄTKOWSKI Jerzy</b>	<b>136</b>	JW 4498	SM-M40-49	13	<b>01:03:58.55</b>	+00:27:40 (43.3%)	6:23	9.4 (57.0%)
201	<b>MINKO Tomek</b>	<b>148</b>	9 DYWIZJON PRZECIWLOTNICZY	SM-M18-29	19	<b>01:03:59.50</b>	+00:27:41 (43.3%)	6:24	9.4 (57.0%)
202	<b>KUPIS Hubert</b>	<b>121</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	20	<b>01:04:15.55</b>	+00:27:57 (43.5%)	6:25	9.3 (56.4%)
203	<b>KUBERA Kajetan</b>	<b>353</b>	BALTIC SEALS	M18-29	16	<b>01:04:15.70</b>	+00:27:58 (43.5%)	6:25	9.3 (56.4%)
204	<b>REMUS Janusz</b>	<b>196</b>	BEST BEASTS	M40-49	32	<b>01:04:26.85</b>	+00:28:09 (43.7%)	6:26	9.3 (56.4%)
205	<b>LISZEWSKI Damian</b>	<b>133</b>	CSWIICH	SM-M30-39	25	<b>01:04:44.80</b>	+00:28:27 (43.9%)	6:28	9.3 (56.4%)
206	<b>SZKATULSKI Tomasz</b>	<b>230</b>	DARŁOWSKIE CHARTY	M18-29	17	<b>01:04:58.20</b>	+00:28:40 (44.1%)	6:29	9.2 (55.8%)
207	<b>DUBOWSKI Artur</b>	<b>300</b>	RCI	SM-M40-49	14	<b>01:05:13.25</b>	+00:28:55 (44.4%)	6:31	9.2 (55.8%)
208	<b>PŁONKA Robert</b>	<b>180</b>	MOŻW	SM-M50+	4	<b>01:05:14.20</b>	+00:28:56 (44.4%)	6:31	9.2 (55.8%)
209	<b>TOMCZAK Sebastian</b>	<b>71</b>		SM-M40-49	15	<b>01:05:16.35</b>	+00:28:58 (44.4%)	6:31	9.2 (55.8%)
210	<b>WEGNER Aneta</b>	<b>245</b>		K30-39	20	<b>01:05:20.60</b>	+00:29:02 (44.5%)	6:32	9.2 (55.8%)
211	<b>JÓSKOWSKI Bogdan</b>	<b>83</b>	RCI GDYNIA	SM-M40-49	16	<b>01:05:25.65</b>	+00:29:07 (44.5%)	6:32	9.2 (55.8%)
212	<b>KOŁSUT Marcin</b>	<b>100</b>		SM-M18-29	21	<b>01:05:27.55</b>	+00:29:09 (44.6%)	6:32	9.2 (55.8%)
213	<b>KOZŁOWSKI Paweł</b>	<b>112</b>	6 BCHEM SP	SM-M30-39	26	<b>01:05:39.45</b>	+00:29:21 (44.7%)	6:34	9.1 (55.2%)
214	<b>ŻUKOWSKA Natalia</b>	<b>270</b>	6 BCHEM SP	SM-K30-39	5	<b>01:05:39.90</b>	+00:29:22 (44.7%)	6:34	9.1 (55.2%)
215	<b>MULLER Patrycja</b>	<b>154</b>		K18-29	10	<b>01:06:04.05</b>	+00:29:46 (45.1%)	6:36	9.1 (55.2%)
216	<b>PUPIAŁO Agnieszka</b>	<b>190</b>		SM-K30-39	6	<b>01:06:05.05</b>	+00:29:47 (45.1%)	6:36	9.1 (55.2%)
217	<b>BRUSZEWSKI Szczepan</b>	<b>22</b>		SM-M18-29	22	<b>01:06:09.00</b>	+00:29:51 (45.1%)	6:36	9.1 (55.2%)
218	<b>KOWALSKI Łukasz</b>	<b>108</b>	MJR	SM-M30-39	27	<b>01:06:14.00</b>	+00:29:56 (45.2%)	6:37	9.1 (55.2%)
219	<b>CHMIELEWSKA Joanna</b>	<b>27</b>		SM-K40-49	2	<b>01:06:17.70</b>	+00:30:00 (45.3%)	6:37	9 (54.5%)
220	<b>LITWIN Waldemar</b>	<b>292</b>	21 BSP	SM-M30-39	28	<b>01:06:18.70</b>	+00:30:01 (45.3%)	6:37	9 (54.5%)
221	<b>PRYMON Marcin</b>	<b>291</b>	21 BSP	SM-M30-39	29	<b>01:06:19.15</b>	+00:30:01 (45.3%)	6:37	9 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
222	<b>TEMSKI Amadeusz</b>	<b>236</b>	13DTR	SM-M18-29	23	<b>01:06:46.90</b>	+00:30:29 (45.7%)	6:40	9 (54.5%)
223	<b>RĘKAWICA Paweł</b>	<b>197</b>	MOŻW	SM-M18-29	24	<b>01:06:52.95</b>	+00:30:35 (45.7%)	6:41	9 (54.5%)
224	<b>JÓSKOWSKA Beata</b>	<b>82</b>		K30-39	21	<b>01:07:05.60</b>	+00:30:47 (45.9%)	6:42	8.9 (53.9%)
225	<b>ZAGÓRSKI Tomasz</b>	<b>259</b>	CSŁII ZEGRZE	SM-M30-39	30	<b>01:07:06.90</b>	+00:30:49 (45.9%)	6:42	8.9 (53.9%)
226	<b>KOSTRZEWA Paweł</b>	<b>105</b>	BATALION OCHRONY BAZY	SM-M30-39	31	<b>01:07:09.50</b>	+00:30:51 (46.0%)	6:43	8.9 (53.9%)
227	<b>SALAŁAJ Angelika</b>	<b>205</b>	OSP LULEMINO	SM-K30-39	7	<b>01:07:53.65</b>	+00:31:35 (46.5%)	6:47	8.8 (53.3%)
228	<b>PĄCZEK Bożena</b>	<b>169</b>	2 PLUTON KSS	SM-K18-29	8	<b>01:08:00.50</b>	+00:31:42 (46.6%)	6:48	8.8 (53.3%)
229	<b>PIOCH Nadia</b>	<b>176</b>		SM-K18-29	9	<b>01:08:01.00</b>	+00:31:43 (46.6%)	6:48	8.8 (53.3%)
230	<b>CYRAN Przemysław</b>	<b>34</b>	CSMW USTKA	SM-M30-39	32	<b>01:08:17.30</b>	+00:31:59 (46.9%)	6:49	8.8 (53.3%)
231	<b>LEWANDOWSKI Jarosław</b>	<b>131</b>	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	25	<b>01:08:22.45</b>	+00:32:04 (46.9%)	6:50	8.8 (53.3%)
232	<b>NOWAK Rafał</b>	<b>159</b>		M50-59	9	<b>01:08:30.85</b>	+00:32:13 (47.0%)	6:51	8.8 (53.3%)
233	<b>FRANEK Kamelia</b>	<b>51</b>		K30-39	22	<b>01:08:30.90</b>	+00:32:13 (47.0%)	6:51	8.8 (53.3%)
234	<b>KRÖNKE Karolina</b>	<b>113</b>		SM-K18-29	10	<b>01:08:34.75</b>	+00:32:17 (47.1%)	6:51	8.7 (52.7%)
235	<b>KOT Daniel</b>	<b>106</b>	KOT TEAM	M40-49	33	<b>01:08:51.35</b>	+00:32:33 (47.3%)	6:53	8.7 (52.7%)
236	<b>KUSIAK Marek</b>	<b>72</b>	CSMW	M40-49	34	<b>01:08:57.50</b>	+00:32:39 (47.4%)	6:53	8.7 (52.7%)
237	<b>WASIAK Łukasz</b>	<b>244</b>		M30-39	32	<b>01:09:01.35</b>	+00:32:43 (47.4%)	6:54	8.7 (52.7%)
238	<b>WŁODARCZYK Tomasz</b>	<b>252</b>		M30-39	33	<b>01:09:01.65</b>	+00:32:43 (47.4%)	6:54	8.7 (52.7%)
239	<b>MOTOWIDŁO-ZAWADZKA Izabella</b>	<b>153</b>		K40-49	8	<b>01:09:09.25</b>	+00:32:51 (47.5%)	6:54	8.7 (52.7%)
240	<b>DORDZIK Małgorzata</b>	<b>43</b>		K50-59	3	<b>01:09:13.45</b>	+00:32:55 (47.6%)	6:55	8.7 (52.7%)
241	<b>RÓŻNAWSKI Marek</b>	<b>243</b>		SM-M40-49	17	<b>01:09:22.10</b>	+00:33:04 (47.7%)	6:56	8.6 (52.1%)
242	<b>DEREŃ Grzegorz</b>	<b>39</b>	21. BAZA LOTNICTWA TAKTYCZNEGO	SM-M40-49	18	<b>01:09:27.25</b>	+00:33:09 (47.7%)	6:56	8.6 (52.1%)
243	<b>GRZEŻUŁKOWSKI Paweł</b>	<b>70</b>	CSMW USTKA	SM-M30-39	33	<b>01:10:07.20</b>	+00:33:49 (48.2%)	7:00	8.6 (52.1%)
244	<b>JELEŃSKI Adrian</b>	<b>81</b>		SM-M30-39	34	<b>01:10:09.50</b>	+00:33:51 (48.3%)	7:01	8.6 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
245	<b>MARCZAK Małgorzata</b>	<b>143</b>		K50-59	4	<b>01:10:24.20</b>	+00:34:06 (48.4%)	7:02	8.5 (51.5%)
246	<b>CZERWIŃSKI Waldemar</b>	<b>36</b>	MARKOS RUNNING TEAM	M30-39	34	<b>01:10:29.00</b>	+00:34:11 (48.5%)	7:02	8.5 (51.5%)
247	<b>GRABOWSKA Kinga</b>	<b>66</b>		K30-39	23	<b>01:10:29.80</b>	+00:34:12 (48.5%)	7:03	8.5 (51.5%)
248	<b>KURCZ Barbara</b>	<b>122</b>	BABECZKI KOSZALIN	K40-49	9	<b>01:10:30.15</b>	+00:34:12 (48.5%)	7:03	8.5 (51.5%)
249	<b>POKORNY Edward</b>	<b>181</b>	TUPOT USTKA	M60+	9	<b>01:10:48.45</b>	+00:34:30 (48.7%)	7:04	8.5 (51.5%)
250	<b>KOZŁOWSKI Marek</b>	<b>111</b>		M60+	10	<b>01:10:49.15</b>	+00:34:31 (48.7%)	7:04	8.5 (51.5%)
251	<b>LANOWUJOWICZ Paulina</b>	<b>295</b>	WPK SŁOŃ TEAM USTKA	K30-39	24	<b>01:10:59.70</b>	+00:34:42 (48.9%)	7:05	8.5 (51.5%)
252	<b>KOWALCZYK Justyna</b>	<b>107</b>	WPK SŁOŃ TEAM USTKA	K30-39	25	<b>01:10:59.75</b>	+00:34:42 (48.9%)	7:06	8.5 (51.5%)
253	<b>CZERWIŃSKA Ania</b>	<b>35</b>	BEST BEASTS	K40-49	10	<b>01:11:05.80</b>	+00:34:48 (48.9%)	7:06	8.4 (50.9%)
254	<b>SZKATULSKA Karolina</b>	<b>229</b>	DARŁOWSKIE CHARTY	K18-29	11	<b>01:11:17.35</b>	+00:34:59 (49.1%)	7:07	8.4 (50.9%)
255	<b>WĘSIERSKA Olga</b>	<b>248</b>		K30-39	26	<b>01:11:22.65</b>	+00:35:04 (49.2%)	7:08	8.4 (50.9%)
256	<b>GŁOGOWSKI Piotr</b>	<b>62</b>	MOŻW	SM-M30-39	35	<b>01:11:25.95</b>	+00:35:08 (49.2%)	7:08	8.4 (50.9%)
257	<b>CIEŚLIŃSKA Agnieszka</b>	<b>30</b>	MOŻW	SM-K30-39	8	<b>01:11:38.75</b>	+00:35:21 (49.3%)	7:09	8.4 (50.9%)
258	<b>TÓRZ Michał</b>	<b>239</b>	13 DTR	SM-M30-39	36	<b>01:12:09.60</b>	+00:35:51 (49.7%)	7:13	8.3 (50.3%)
259	<b>PIEKARSKA Aneta</b>	<b>172</b>		K30-39	27	<b>01:12:47.90</b>	+00:36:30 (50.1%)	7:16	8.2 (49.7%)
260	<b>NOWICKI Mateusz</b>	<b>160</b>	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	SM-M30-39	37	<b>01:13:00.15</b>	+00:36:42 (50.3%)	7:18	8.2 (49.7%)
261	<b>KOZACZEK Krzysztof</b>	<b>356</b>	MJR	M30-39	35	<b>01:13:13.60</b>	+00:36:55 (50.4%)	7:19	8.2 (49.7%)
262	<b>ANDRZEJEWSKA Magdalena</b>	<b>9</b>	DALEKO JESZCZE	K40-49	11	<b>01:13:43.65</b>	+00:37:25 (50.8%)	7:22	8.1 (49.1%)
263	<b>ANDRZEJEWSKI Rafał</b>	<b>10</b>	DALEKO JESZCZE	M40-49	35	<b>01:13:43.70</b>	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
264	<b>ZAWADZKI Jacek</b>	<b>264</b>		M40-49	36	<b>01:13:43.85</b>	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
265	<b>PIETRZYCKI Sławek</b>	<b>174</b>	BRYGADALOTNICTWAMW/RUNEDA	SM-M40-49	19	<b>01:13:44.05</b>	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
266	<b>KIEDROWSKI Mariusz</b>	<b>94</b>	CSŁII	SM-M40-49	20	<b>01:13:45.15</b>	+00:37:27 (50.8%)	7:22	8.1 (49.1%)
267	<b>ZAWISZA Tomasz</b>	<b>266</b>	CSMW USTKA	SM-M50+	5	<b>01:13:46.85</b>	+00:37:29 (50.8%)	7:22	8.1 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
268	<b>GRAJNERT Adam</b>	<b>287</b>		SM-M30-39	38	<b>01:13:50.95</b>	+00:37:33 (50.9%)	7:23	8.1 (49.1%)
269	<b>GRAJNERT Wioleta</b>	<b>286</b>		K18-29	12	<b>01:14:12.25</b>	+00:37:54 (51.1%)	7:25	8.1 (49.1%)
270	<b>ANDRZEJEWSKI Michał</b>	<b>53</b>	9 DPLT	SM-M18-29	26	<b>01:14:14.50</b>	+00:37:56 (51.1%)	7:25	8.1 (49.1%)
271	<b>MICHALUK Michał</b>	<b>147</b>	9 DYWIZJON PRZECIWLOTNICZY	SM-M30-39	39	<b>01:14:40.05</b>	+00:38:22 (51.4%)	7:28	8 (48.5%)
272	<b>JONIK Maciej</b>	<b>2</b>		SM-M40-49	21	<b>01:15:21.85</b>	+00:39:04 (51.8%)	7:32	8 (48.5%)
273	<b>KOS Krystian</b>	<b>103</b>	CPSP USTKA	SM-M18-29	27	<b>01:15:27.60</b>	+00:39:09 (51.9%)	7:32	8 (48.5%)
274	<b>LEWANDOWSKI Adam</b>	<b>130</b>	W.P.K SŁOŃ TEAM USTKA	M30-39	36	<b>01:15:31.50</b>	+00:39:13 (51.9%)	7:33	7.9 (47.9%)
275	<b>GZIK Radosław</b>	<b>76</b>	W.P.K. SŁOŃ TEAM USTKA	M30-39	37	<b>01:15:31.55</b>	+00:39:13 (51.9%)	7:33	7.9 (47.9%)
276	<b>SIKORA Tomasz</b>	<b>208</b>	21. BAZA LOTNICTWA TAKTYCZNEGO	SM-M50+	6	<b>01:15:54.70</b>	+00:39:37 (52.2%)	7:35	7.9 (47.9%)
277	<b>KULA Szymon</b>	<b>120</b>		M40-49	37	<b>01:16:41.05</b>	+00:40:23 (52.7%)	7:40	7.8 (47.3%)
278	<b>BEDNARSKI Roman</b>	<b>1</b>	JW 4101	SM-M50+	7	<b>01:17:30.10</b>	+00:41:12 (53.2%)	7:45	7.7 (46.7%)
279	<b>SZMIGIERO Agnieszka</b>	<b>233</b>	W.P.K SŁOŃ TEAM	K40-49	12	<b>01:19:17.05</b>	+00:42:59 (54.2%)	7:55	7.6 (46.1%)
280	<b>STANISŁAWSKA Ewelina</b>	<b>219</b>	MAZOWIECKI ODDZIAŁ ZANDARMERII WOJSKOWEJ	SM-K30-39	9	<b>01:20:07.70</b>	+00:43:50 (54.7%)	8:00	7.5 (45.5%)
281	<b>ŚMIETAŃSKI Krzysztof</b>	<b>5</b>	CSMW	M18-29	18	<b>01:22:52.95</b>	+00:46:35 (56.2%)	8:17	7.2 (43.6%)
282	<b>ŚMIETAŃSKI Ireneusz</b>	<b>75</b>	CSMW	M40-49	38	<b>01:22:53.20</b>	+00:46:35 (56.2%)	8:17	7.2 (43.6%)
283	<b>KABACIŃSKI Bronisław</b>	<b>84</b>	TUPOT USTKA	M60+	11	<b>01:23:53.30</b>	+00:47:35 (56.7%)	8:23	7.2 (43.6%)
284	<b>GANCARZ Łukasz</b>	<b>56</b>		SM-M18-29	28	<b>01:30:44.30</b>	+00:54:26 (60.0%)	9:04	6.6 (40.0%)
285	<b>RZEPKA Krystian</b>	<b>204</b>	9 DYWIZJON PRZECIWLOTNICZY	SM-M30-39	40	<b>01:31:43.10</b>	+00:55:25 (60.4%)	9:10	6.5 (39.4%)
286	<b>SULL Kacper</b>	<b>223</b>	NIGHT RUNNERS SŁUPSK	M18-29	19	<b>01:35:04.85</b>	+00:58:47 (61.8%)	9:30	6.3 (38.2%)
287	<b>DAMPS Julita</b>	<b>37</b>	NIGHT RUNNERS SŁUPSK	K30-39	28	<b>01:35:05.05</b>	+00:58:47 (61.8%)	9:30	6.3 (38.2%)

Znaleziono 287 wynik(ów)