

PÓŁMARATON KOSZALIN - 21.1KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-05-22
Miejsce: Koszalin
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
1	SZYMAŃSKI Sylwester	203	TEAM BIEGOWY SZCZECINEK-ULKS BARWICE	M40-44	1	00:00:33	00:04:03	00:23:00	00:42:04	01:01:05	01:19:23.95	01:19:57.20		3:45	15.9 (100%)
2	WOJCIECHOWSKI Jarosław	226		M30-39	1	00:00:33	00:04:03	00:23:00	00:41:59	01:00:43	01:19:34.45	01:20:08.05	+00:00:10 (0.2%)	3:46	15.9 (100%)
3	BEDNARZ Paweł	6	MODEST.MAN.KOSZALI(N)ACŁAW	M30-39	2	00:00:33	00:03:34	00:21:39	00:40:43	01:00:28	01:20:26.05	01:20:59.55	+00:01:02 (1.3%)	3:48	15.7 (98.7%)
4	RUDNIK Krzysztof	177	NIGHT RUNNERS SŁUPSK	M30-39	3	00:00:33	00:04:06	00:23:16	00:42:36	01:02:19	01:21:57.10	01:22:30.65	+00:02:33 (3.1%)	3:53	15.4 (96.9%)
5	MIERZWA Witold	140	DARŁOWO	M40-44	2	00:00:34	00:04:06	00:23:35	00:43:32	01:03:54	01:25:01.70	01:25:35.80	+00:05:37 (6.6%)	4:01	14.9 (93.7%)
6	LECKI Mateusz	123	TEAM BIEGOWY SZCZECINEK	M30-39	4	00:00:34	00:04:16	00:24:30	00:44:40	01:05:36	01:27:09.00	01:27:43.10	+00:07:45 (8.9%)	4:07	14.5 (91.2%)
7	ANDRUSZ Kamil	2	TRIDEA / MNIAM.NET	M30-39	5	00:00:37	00:04:23	00:24:57	00:45:46	01:06:39	01:27:26.40	01:28:03.55	+00:08:02 (9.2%)	4:08	14.5 (91.2%)
8	WOŚ Kamil	229	PSZCZÓŁKOWSKI TEAM	M30-39	6	00:00:33	00:04:17	00:24:31	00:45:00	01:06:26	01:27:34.50	01:28:07.85	+00:08:10 (9.3%)	4:09	14.5 (91.2%)
9	CHRZĄSZCZ Piotr	21		M18-29	1	00:00:35	00:04:07	00:25:01	00:45:30	01:06:56	01:28:04.00	01:28:39.00	+00:08:40 (9.8%)	4:10	14.4 (90.6%)
10	CHUDY Henryk	22	K SOLSZEWSKI I SYNOWIE	M60-64	1	00:00:35	00:04:17	00:24:30	00:45:31	01:07:32	01:29:36.30	01:30:12.25	+00:10:12 (11.4%)	4:14	14.1 (88.7%)
11	KĘPKA Adrian	92		M18-29	2	00:00:35	00:04:15	00:24:30	00:44:58	01:06:50	01:29:46.05	01:30:21.20	+00:10:22 (11.6%)	4:15	14.1 (88.7%)
12	KRYCZKA Stanisław	114	MTS HAMER MIASTKO	M45-49	1	00:00:33	00:04:18	00:24:32	00:45:16	01:07:07	01:29:49.95	01:30:23.90	+00:10:26 (11.6%)	4:15	14.1 (88.7%)
13	GOLIŃSKI Łukasz	46	K.B. SPRINT ŚWIDWIN	M30-39	7	00:00:34	00:04:29	00:25:36	00:46:46	01:08:18	01:30:09.65	01:30:44.35	+00:10:45 (11.9%)	4:16	14 (88.1%)
14	GRZESIK Eugeniusz	52	TKKF KOSZALIN	M50-54	1	00:00:35	00:04:27	00:25:40	00:47:07	01:08:47	01:30:13.45	01:30:48.75	+00:10:49 (12.0%)	4:16	14 (88.1%)
15	RUDNIKOWSKI Maciej	178	BIEGUZDROWISKOWY.PL	M40-44	3	00:00:34	00:04:12	00:24:33	00:46:07	01:08:54	01:31:23.40	01:31:58.10	+00:11:59 (13.1%)	4:19	13.9 (87.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km					
16	MAGALSKI Tomasz	126	KLUB BIEGACZA KAMIEŃ POMORSKI	M18-29	3	00:00:35	00:04:27	00:25:39	00:46:52	01:09:22	01:32:14.75	01:32:50.05	+00:12:50 (13.9%)	4:22	13.7 (86.2%)
17	BIEDRZYCKI Krzysztof	259	CW FANZA KOŁOBRZEG	M45-49	2	00:00:35	00:04:36	00:26:48	00:49:04	01:11:21	01:33:41.55	01:34:17.20	+00:14:17 (15.3%)	4:26	13.5 (84.9%)
18	KONDRACIUK Piotr	100	ROZBIEGANY KOSZALIN - DRUŻYNA SZPIKU	M40-44	4	00:00:36	00:04:39	00:27:08	00:49:53	01:12:56	01:35:45.15	01:36:21.15	+00:16:21 (17.1%)	4:32	13.2 (83.0%)
19	SOBCZYK Łukasz	186	KOŁOBRZEG BIEGA	M40-44	5	00:00:34	00:04:30	00:26:22	00:48:30	01:11:36	01:35:47.70	01:36:22.55	+00:16:23 (17.1%)	4:32	13.2 (83.0%)
20	JAROSZ Wiesław	79	JW. 1223/BLOG	M40-44	6	00:00:34	00:04:16	00:24:47	00:47:47	01:12:10	01:36:12.40	01:36:46.65	+00:16:48 (17.5%)	4:33	13.2 (83.0%)
21	CZYŻEWSKI Janusz	29	KOŁOBRZEG BIEGA MARATON TEAM	M50-54	2	00:00:34	00:04:30	00:26:37	00:49:28	01:13:16	01:36:48.95	01:37:23.65	+00:17:25 (18.0%)	4:35	13.1 (82.4%)
22	TCHÓRZEWSKI Marek	207		M45-49	3	00:00:35	00:04:43	00:27:20	00:50:05	01:13:33	01:37:16.20	01:37:51.50	+00:17:52 (18.4%)	4:36	13 (81.8%)
23	KASZTELAN Urszula	91	TKKF TRIATHLON KOSZALIN	K30-39	1	00:00:35	00:04:40	00:26:21	00:49:24	01:13:38	01:37:38.20	01:38:14.10	+00:18:14 (18.7%)	4:37	13 (81.8%)
24	KALETA Sebastian	84	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-44	7	00:00:35	00:04:31	00:26:38	00:49:40	01:13:58	01:38:14.05	01:38:49.25	+00:18:50 (19.2%)	4:39	12.9 (81.1%)
25	GROCHOWALSKI Rafał	50	K.B. SPRINT ŚWIDWIN	M30-39	8	00:00:35	00:04:31	00:26:33	00:49:53	01:13:59	01:38:42.05	01:39:17.05	+00:19:18 (19.6%)	4:40	12.8 (80.5%)
26	STACHOWIAK Adrian	193	280 KOMPANIA RADIOTECHNICZNA	M18-29	4	00:00:36	00:04:29	00:26:26	00:50:08	01:14:43	01:38:53.50	01:39:29.60	+00:19:29 (19.7%)	4:41	12.8 (80.5%)
27	NAKONIECZNY Rafał	147	BAJADERKI KOSZALIN	M30-39	9	00:00:39	00:05:00	00:28:14	00:50:48	01:14:16	01:39:10.80	01:39:50.70	+00:19:46 (19.9%)	4:42	12.8 (80.5%)
28	SKIBIŃSKI Krzysztof	183	TKKF TRIATHLON KOSZALIN	M40-44	8	00:00:36	00:04:43	00:27:24	00:51:05	01:15:11	01:39:21.25	01:39:57.60	+00:19:57 (20.1%)	4:42	12.7 (79.9%)
29	GRĘŻLIKOWSKI Adam	49		M30-39	10	00:00:36	00:04:51	00:27:55	00:51:31	01:15:22	01:39:28.70	01:40:05.20	+00:20:04 (20.2%)	4:42	12.7 (79.9%)
30	WALTER Przemysław	218	KB 10 BIAŁOGARD	M40-44	9	00:00:37	00:04:54	00:27:34	00:50:25	01:14:19	01:39:31.95	01:40:09.70	+00:20:08 (20.2%)	4:43	12.7 (79.9%)
31	NIWIŃSKI Grzegorz	150	K.B. TUPOT USTKA	M55-59	1	00:00:49	00:05:10	00:27:52	00:51:13	01:15:12	01:40:37.60	01:41:27.00	+00:21:13 (21.1%)	4:46	12.6 (79.2%)
32	WINKEL Jerzy	223		M40-44	10	00:00:36	00:04:25	00:26:31	00:50:23	01:15:43	01:40:54.75	01:41:30.95	+00:21:30 (21.3%)	4:46	12.5 (78.6%)
33	NOWACKI Rafał	151		M30-39	11	00:00:41	00:04:38	00:26:14	00:49:28	01:14:36	01:40:58.35	01:41:40.10	+00:21:34 (21.4%)	4:47	12.5 (78.6%)
34	KAPUŚCIŃSKI Robert	88	JW 1223 KOSZALIN	M30-39	12	00:00:34	00:04:31	00:26:35	00:50:24	01:15:47	01:41:10.60	01:41:45.05	+00:21:46 (21.5%)	4:47	12.5 (78.6%)
35	MATYJASEK Zbigniew	244	TKKF KOSZALIN	M40-44	11	00:00:34	00:04:16	00:26:47	00:50:53	01:15:58	01:41:15.15	01:41:49.35	+00:21:51 (21.6%)	4:47	12.5 (78.6%)
36	ZIEMBA Daniel	235		M40-44	12	00:00:37	00:04:21	00:26:35	00:50:15	01:15:17	01:41:42.50	01:42:19.55	+00:22:18 (21.9%)	4:49	12.4 (78.0%)
37	CHAJNOWSKI Jarosław	252	TKKF TRIATHLON KOSZALIN	M50-54	3	00:00:45	00:05:16	00:29:33	00:54:22	01:18:44	01:42:12.15	01:42:57.55	+00:22:48 (22.3%)	4:50	12.4 (78.0%)
38	ADAMCZAK Andrzej	1	TRIATHLON KOSZALIN	M55-59	2	00:00:44	00:05:17	00:29:34	00:54:24	01:18:45	01:42:12.65	01:42:57.60	+00:22:48 (22.3%)	4:50	12.4 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
39	BŁASZCZYK Tadeusz	9		M55-59	3	00:00:39	00:04:57	00:27:49	00:51:33	01:16:10	01:42:29.75	01:43:08.90	+00:23:05 (22.5%)	4:51	12.4 (78.0%)
40	MILCZAREK Grzegorz	141		M18-29	5	00:00:45	00:05:12	00:28:09	00:51:54	01:17:12	01:42:49.15	01:43:34.25	+00:23:25 (22.8%)	4:52	12.3 (77.4%)
41	JAMROZIAK Grzegorz	67	KLUB BIEGACZA KAMIEN POMORSKI	M30-39	13	00:00:38	00:05:01	00:29:02	00:53:34	01:18:48	01:42:49.90	01:43:28.45	+00:23:25 (22.8%)	4:52	12.3 (77.4%)
42	MAĆKOWIAK Krzysztof	125	ROZBIEGANY KOSZALIN	M30-39	14	00:00:39	00:05:27	00:30:10	00:54:48	01:19:25	01:43:30.10	01:44:09.85	+00:24:06 (23.3%)	4:54	12.2 (76.7%)
43	PASIEKA Agnieszka	160	K.B. SPRINT ŚWIDWIN	K18-29	1	00:00:42	00:05:13	00:29:39	00:54:25	01:19:19	01:43:44.35	01:44:26.45	+00:24:20 (23.5%)	4:54	12.2 (76.7%)
44	BIELIŃSKI Michał	7	ROZBIEGANY KOSZALIN	M30-39	15	00:00:40	00:05:26	00:30:10	00:54:47	01:19:23	01:43:45.00	01:44:25.05	+00:24:21 (23.5%)	4:55	12.2 (76.7%)
45	WILEWSKI Paweł	220		M18-29	6	00:00:41	00:05:21	00:29:21	00:53:11	01:17:36	01:43:56.40	01:44:37.85	+00:24:32 (23.6%)	4:55	12.2 (76.7%)
46	UZNAŃSKI Ryszard	213		M45-49	4	00:00:33	00:04:30	00:26:31	00:49:13	01:15:18	01:43:57.60	01:44:31.40	+00:24:33 (23.6%)	4:55	12.2 (76.7%)
47	JAMNIAK Bartosz	66	MTS HAMER MIASTKO	M18-29	7	00:00:35	00:04:30	00:26:54	00:51:44	01:18:06	01:44:34.90	01:45:10.65	+00:25:10 (24.1%)	4:57	12.1 (76.1%)
48	GLIŃSKI Łukasz	44		M30-39	16	00:00:41	00:04:52	00:27:52	00:52:37	01:18:42	01:44:45.70	01:45:27.00	+00:25:21 (24.2%)	4:57	12.1 (76.1%)
49	DUDZIAK Piotr	34	BIEGNIJMY.PL	M40-44	13	00:00:43	00:05:01	00:29:00	00:54:29	01:20:05	01:45:34.10	01:46:17.55	+00:26:10 (24.8%)	5:00	12 (75.5%)
50	SPALIK Mariusz	191	MTSHAMERMIASTKO	M40-44	14	00:00:35	00:04:34	00:28:02	00:53:07	01:19:13	01:45:56.35	01:46:31.80	+00:26:32 (25.1%)	5:01	12 (75.5%)
51	SAPIECHO Bartłomiej	179	RONIN GOLD TEAM	M18-29	8	00:00:35	00:04:42	00:27:58	00:53:17	01:18:55	01:46:19.75	01:46:55.55	+00:26:55 (25.3%)	5:02	11.9 (74.8%)
52	MROCKOWSKI Marek	145	ROZBIEGANY KOSZALIN	M30-39	17	00:00:44	00:05:41	00:29:47	00:52:44	01:18:23	01:46:32.55	01:47:17.10	+00:27:08 (25.5%)	5:02	11.9 (74.8%)
53	SKIERKA Grzegorz	184	MKS ŚWIĘC SŁAWNO	M30-39	18	00:00:44	00:05:41	00:29:47	00:52:44	01:18:22	01:46:32.60	01:47:17.10	+00:27:08 (25.5%)	5:02	11.9 (74.8%)
54	BONISŁAWSKI Jarosław	12	FADOMODA TEAM	M30-39	19	00:00:52	00:05:19	00:27:39	00:50:28	01:14:18	01:46:58.00	01:47:50.45	+00:27:34 (25.8%)	5:04	11.8 (74.2%)
55	MOSEK Radosław	144		M30-39	20	00:00:37	00:05:28	00:30:44	00:55:36	01:20:54	01:47:07.30	01:47:44.55	+00:27:43 (25.9%)	5:04	11.8 (74.2%)
56	KORDYLAS Michał	103		M30-39	21	00:00:42	00:05:28	00:30:16	00:55:24	01:20:58	01:47:08.65	01:47:51.30	+00:27:44 (25.9%)	5:04	11.8 (74.2%)
57	KAMIŃSKA Agata	85	KŁAM SZCZECIN	K30-39	2	00:00:47	00:05:33	00:31:10	00:56:48	01:23:05	01:47:53.30	01:48:40.55	+00:28:29 (26.4%)	5:06	11.7 (73.6%)
58	KAMIŃSKI Łukasz	86	KŁAM SZCZECIN	M30-39	22	00:00:47	00:05:33	00:31:10	00:56:48	01:23:05	01:47:53.40	01:48:40.65	+00:28:29 (26.4%)	5:06	11.7 (73.6%)
59	WILKOWSKI Krzysztof	222		M30-39	23	00:00:35	00:04:52	00:29:06	00:54:20	01:20:31	01:48:00.00	01:48:35.60	+00:28:36 (26.5%)	5:07	11.7 (73.6%)
60	CHWALEBA Jan	25		M55-59	4	00:00:43	00:05:10	00:28:55	00:54:01	01:20:38	01:48:00.50	01:48:44.20	+00:28:36 (26.5%)	5:07	11.7 (73.6%)
61	CHORAŻY Karolina	20		K18-29	2	00:00:38	00:05:06	00:29:05	00:54:30	01:20:36	01:48:10.70	01:48:49.55	+00:28:46 (26.6%)	5:07	11.7 (73.6%)
62	MALINOWSKI Mariusz	130		M30-39	24	00:00:44	00:04:55	00:28:34	00:53:28	01:20:04	01:48:16.55	01:49:00.75	+00:28:52 (26.7%)	5:07	11.7 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
63	STANKIEWICZ Wiesław	195		M50-54	4	00:00:40	00:05:32	00:30:54	00:56:15	01:21:59	01:48:26.15	01:49:06.65	+00:29:02 (26.8%)	5:08	11.7 (73.6%)
64	JONKO Wojciech	256		M65-69	1	00:00:42	00:05:07	00:28:38	00:54:04	01:20:39	01:48:34.85	01:49:17.25	+00:29:10 (26.9%)	5:08	11.7 (73.6%)
65	ZIOMKO Rafał	236		M40-44	15	00:00:37	00:04:59	00:28:54	00:54:13	01:20:41	01:48:40.20	01:49:17.35	+00:29:16 (26.9%)	5:09	11.7 (73.6%)
66	KOBUS Maciej	97		M30-39	25	00:00:40	00:05:25	00:29:22	00:53:26	01:18:41	01:49:01.70	01:49:42.05	+00:29:37 (27.2%)	5:10	11.6 (73.0%)
67	MELLER Paweł	134	JW 1223	M55-59	5	00:00:44	00:05:42	00:31:37	00:56:52	01:22:53	01:49:14.85	01:49:59.10	+00:29:50 (27.3%)	5:10	11.6 (73.0%)
68	EMILIT Grzegorz	38		M30-39	26	00:00:38	00:05:18	00:29:33	00:54:28	01:19:22	01:49:15.75	01:49:54.20	+00:29:51 (27.3%)	5:10	11.6 (73.0%)
69	MERDA Piotr	135	MTS HAMER MIASTKO	M30-39	27	00:00:38	00:05:16	00:30:40	00:56:48	01:22:54	01:49:17.80	01:49:55.85	+00:29:53 (27.4%)	5:10	11.6 (73.0%)
70	MERDA Katarzyna	136	MTS HAMER MIASTKO	K30-39	3	00:00:38	00:05:16	00:30:40	00:56:48	01:22:54	01:49:18.20	01:49:56.35	+00:29:54 (27.4%)	5:10	11.6 (73.0%)
71	KOSAKOWSKI Krzysztof	106	TKKF KOLEJARZ BYDGOSZCZ	M55-59	6	00:00:44	00:05:23	00:30:27	00:56:32	01:23:05	01:49:27.20	01:50:12.05	+00:30:03 (27.5%)	5:11	11.6 (73.0%)
72	MARCINIAK Kacper	132		M18-29	9	00:00:41	00:05:32	00:31:16	00:56:43	01:23:13	01:50:22.25	01:51:03.90	+00:30:58 (28.1%)	5:13	11.5 (72.3%)
73	SIKORSKI Witold	182	KB RUN 42	M55-59	7	00:00:43	00:05:25	00:30:15	00:56:37	01:23:51	01:50:34.25	01:51:17.35	+00:31:10 (28.2%)	5:14	11.5 (72.3%)
74	TOMALIK Karol	253	PORANNE BIEGANIE	M30-39	28	00:00:40	00:04:59	00:28:13	00:53:55	01:21:46	01:50:39.15	01:51:19.70	+00:31:15 (28.2%)	5:14	11.4 (71.7%)
75	STRZELECKI Zbigniew	199	KORZYBSKIE REKINY	M60-64	2	00:00:42	00:05:30	00:30:37	00:56:42	01:23:23	01:50:39.70	01:51:21.75	+00:31:15 (28.3%)	5:14	11.4 (71.7%)
76	KACZMAREK Zbigniew	82	ROZBIEGANY KOSZALIN	M60-64	3	00:00:43	00:05:29	00:31:01	00:57:27	01:24:11	01:50:43.20	01:51:26.55	+00:31:19 (28.3%)	5:14	11.4 (71.7%)
77	MOKSA Dariusz	261		M18-29	10	00:00:34	00:04:06	00:26:10	00:52:21	01:20:25	01:50:46.35	01:51:21.05	+00:31:22 (28.3%)	5:15	11.4 (71.7%)
78	PĘKAŁA Piotr	164	SOSW KOSZALIN	M45-49	5	00:00:48	00:05:46	00:32:07	00:58:30	01:24:59	01:50:52.55	01:51:41.35	+00:31:28 (28.4%)	5:15	11.4 (71.7%)
79	TROTT Daniel	211	AKADEMIA PIKARSKA KOWICA KOŁOBRZEG	M40-44	16	00:00:48	00:05:21	00:29:16	00:54:40	01:23:04	01:51:12.00	01:52:00.80	+00:31:48 (28.6%)	5:16	11.4 (71.7%)
80	BRESZKA Tomasz	15	CAPTAIN AMERICA VS THE FLASH	M30-39	29	00:00:37	00:05:03	00:29:00	00:55:14	01:22:41	01:51:17.15	01:51:54.65	+00:31:53 (28.7%)	5:16	11.4 (71.7%)
81	BEDNARCZYK Arkadiusz	5	TRIDEA	M40-44	17	00:00:34	00:05:01	00:29:35	00:55:32	01:23:30	01:51:52.85	01:52:27.25	+00:32:28 (29.0%)	5:18	11.3 (71.1%)
82	BOGDANOWICZ Krzysztof	11	TKKF KOSZALIN	M50-54	5	00:00:39	00:05:11	00:29:06	00:54:16	01:23:02	01:52:00.05	01:52:39.05	+00:32:36 (29.1%)	5:18	11.3 (71.1%)
83	ROGOŻA Ireneusz	174	BIEGNIJMY.PL	M40-44	18	00:00:43	00:05:34	00:30:54	00:56:35	01:23:26	01:52:01.55	01:52:44.70	+00:32:37 (29.1%)	5:18	11.3 (71.1%)
84	JANKOWSKI Jakub	74		M45-49	6	00:00:39	00:05:34	00:31:47	00:58:26	01:25:01	01:52:16.40	01:52:55.80	+00:32:52 (29.3%)	5:19	11.3 (71.1%)
85	SKOWYRSKI Janusz	185	ROWERIA KOSZALIN	M50-54	6	00:00:43	00:05:18	00:30:10	00:55:55	01:23:48	01:52:20.95	01:53:04.05	+00:32:57 (29.3%)	5:19	11.3 (71.1%)
86	CZAPLIŃSKI Jacek	27		M30-39	30	00:00:41	00:05:00	00:28:49	00:55:50	01:24:28	01:52:39.50	01:53:20.90	+00:33:15 (29.5%)	5:20	11.2 (70.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
87	KONIECZNA Anka	101	ROZBIEGANY KOSZALIN	K45-49	1	00:00:41	00:05:20	00:29:04	00:54:26	01:23:01	01:52:49.80	01:53:31.60	+00:33:25 (29.6%)	5:20	11.2 (70.4%)
88	STOKROCKI Wojciech	196		M30-39	31	00:00:45	00:05:41	00:32:05	00:58:07	01:24:39	01:52:51.05	01:53:36.85	+00:33:27 (29.6%)	5:20	11.2 (70.4%)
89	NIEMCZUK Dariusz	247		M55-59	8	00:00:47	00:05:37	00:32:42	00:59:34	01:26:05	01:52:51.10	01:53:38.95	+00:33:27 (29.6%)	5:20	11.2 (70.4%)
90	CHUDZIŃSKI Dariusz	24		M50-54	7	00:00:44	00:05:49	00:31:49	00:58:42	01:26:16	01:52:56.25	01:53:41.05	+00:33:32 (29.7%)	5:21	11.2 (70.4%)
91	SOWIŃSKI Saturnin	189	KB SPRINT ŚWIDWIN	M50-54	8	00:00:35	00:05:01	00:28:56	00:56:37	01:25:37	01:53:03.75	01:53:39.70	+00:33:39 (29.8%)	5:21	11.2 (70.4%)
92	MAKSYMOWICZ Kornelia	127		K30-39	4	00:00:35	00:04:53	00:29:18	00:55:13	01:24:37	01:53:17.95	01:53:53.30	+00:33:54 (29.9%)	5:22	11.2 (70.4%)
93	ŻYWICKI Bartosz	237	DZIKI KOSZALIN	M30-39	32	00:00:42	00:05:09	00:30:15	00:57:12	01:24:59	01:53:35.85	01:54:18.65	+00:34:11 (30.1%)	5:23	11.1 (69.8%)
94	LAMPKOWSKI Krzysztof	121		M50-54	9	00:00:36	00:04:55	00:28:55	00:56:12	01:24:31	01:53:56.30	01:54:33.25	+00:34:32 (30.3%)	5:24	11.1 (69.8%)
95	WASZAK Karol	28	KORZYBSKIE REKINY	M18-29	11	00:00:41	00:05:29	00:30:20	00:56:37	01:25:13	01:54:11.80	01:54:52.95	+00:34:47 (30.5%)	5:24	11.1 (69.8%)
96	JANKIEWICZ Tomasz	70	MTS HAMER MIASTKO	M40-44	19	00:00:39	00:05:15	00:30:40	00:56:48	01:25:10	01:54:14.25	01:54:53.25	+00:34:50 (30.5%)	5:24	11.1 (69.8%)
97	GAJEK Artur	40	KORZYBSKIE REKINY	M40-44	20	00:00:42	00:05:33	00:32:12	00:58:47	01:26:36	01:54:16.90	01:54:59.05	+00:34:52 (30.5%)	5:24	11.1 (69.8%)
98	GRABOWSKI Krzysztof	258		M45-49	7	00:00:38	00:05:37	00:32:33	01:00:35	01:28:25	01:54:18.65	01:54:57.00	+00:34:54 (30.5%)	5:25	11.1 (69.8%)
99	JAKIMA Szymon	63		M30-39	33	00:00:38	00:05:11	00:29:34	00:55:03	01:23:54	01:54:25.60	01:55:04.30	+00:35:01 (30.6%)	5:25	11.1 (69.8%)
100	CHODOR Martyna	251		K30-39	5	00:00:39	00:05:30	00:30:59	00:57:07	01:25:57	01:54:36.40	01:55:16.15	+00:35:12 (30.7%)	5:25	11 (69.2%)
101	KRAKOWIAK Sławomir	113		M40-44	21	00:00:40	00:05:16	00:29:35	00:55:19	01:24:18	01:54:48.30	01:55:28.80	+00:35:24 (30.8%)	5:26	11 (69.2%)
102	JANUSZEK Adam	76		M30-39	34	00:00:51	00:04:54	00:29:03	00:55:50	01:23:00	01:54:55.95	01:55:47.15	+00:35:32 (30.9%)	5:26	11 (69.2%)
103	SZEWCZUK Paweł	202	-	M30-39	35	00:00:37	00:05:28	00:30:44	00:55:59	01:23:44	01:54:58.80	01:55:36.75	+00:35:34 (30.9%)	5:26	11 (69.2%)
104	GOŁDYN Marek	239	TKKF KOSZALIN	M30-39	36	00:00:41	00:05:52	00:33:33	01:01:29	01:29:48	01:55:10.15	01:55:51.60	+00:35:46 (31.1%)	5:27	11 (69.2%)
105	KUBALA Mateusz	117		M18-29	12	00:00:37	00:05:18	00:31:02	00:58:22	01:26:13	01:55:12.00	01:55:49.75	+00:35:48 (31.1%)	5:27	11 (69.2%)
106	SZYMANIAK Ryszard	245		M65-69	2	00:00:38	00:05:13	00:31:15	00:58:28	01:26:22	01:55:13.85	01:55:52.20	+00:35:49 (31.1%)	5:27	11 (69.2%)
107	OSTROWSKI Piotr	156	BIEGAJĄCY TCZEW	M45-49	8	00:00:40	00:05:06	00:30:02	00:56:45	01:25:33	01:55:21.05	01:56:01.15	+00:35:57 (31.2%)	5:28	11 (69.2%)
108	ZADROŻNY Szymon	231	RUNNER'S OF WAŁCZ	M30-39	37	00:00:46	00:05:50	00:34:16	01:02:29	01:29:23	01:55:31.35	01:56:17.65	+00:36:07 (31.3%)	5:28	11 (69.2%)
109	STORCZYK-RAK Agnieszka	197		K30-39	6	00:00:42	00:05:27	00:30:57	00:57:19	01:26:15	01:55:31.85	01:56:13.90	+00:36:07 (31.3%)	5:28	11 (69.2%)
110	KOZŁOWIECKI Waldemar	110	TKKF KOSZALIN	M65-69	3	00:00:33	00:05:16	00:31:31	00:59:43	01:27:14	01:55:51.40	01:56:25.35	+00:36:27 (31.5%)	5:29	10.9 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
111	DEMBICKI Daniel	33		M40-44	22	00:00:43	00:05:13	00:30:37	00:58:06	01:26:47	01:55:56.80	01:56:40.70	+00:36:32 (31.5%)	5:29	10.9 (68.6%)
112	WOLF Weronika	241	TKKF KOSZALIN	K40-44	1	00:00:50	00:05:43	00:32:12	00:59:26	01:27:35	01:56:00.25	01:56:50.45	+00:36:36 (31.6%)	5:29	10.9 (68.6%)
113	ZAGRODZKI Ireneusz	232	KB TUPOT USTKA	M60-64	4	00:00:37	00:05:19	00:31:05	00:58:10	01:26:48	01:56:21.65	01:56:59.00	+00:36:57 (31.8%)	5:30	10.9 (68.6%)
114	JANKOWSKI Marcin	72	CHAMPION - POLICE	M40-44	23	00:00:40	00:05:30	00:31:28	00:57:52	01:25:45	01:56:25.60	01:57:05.80	+00:37:01 (31.8%)	5:31	10.9 (68.6%)
115	CHUDZIK Zbigniew	23	TKKF KOSZALIN	M55-59	9	00:00:41	00:05:30	00:31:55	00:59:13	01:27:42	01:56:27.15	01:57:08.40	+00:37:03 (31.8%)	5:31	10.9 (68.6%)
116	ŚRODA Wojciech	204		M45-49	9	00:00:50	00:05:50	00:32:09	00:59:21	01:27:08	01:56:33.95	01:57:23.95	+00:37:10 (31.9%)	5:31	10.9 (68.6%)
117	TELESIEWICZ Henryk	35	MKS ŚWIĘC SŁAWNO	M65-69	4	00:00:34	00:04:48	00:30:38	00:58:05	01:28:06	01:56:38.85	01:57:13.25	+00:37:14 (31.9%)	5:31	10.9 (68.6%)
118	WILIŃSKI Marek	221	K.B SPRINT ŚWIDWIN	M55-59	10	00:00:44	00:05:31	00:31:40	00:58:57	01:28:17	01:57:12.90	01:57:56.95	+00:37:48 (32.3%)	5:33	10.8 (67.9%)
119	KORCZYŃSKI Sławomir	102	DECATHLON KOSZALIN	M18-29	13	00:00:37	00:04:37	00:27:04	00:51:34	01:30:00	01:57:28.30	01:58:05.55	+00:38:04 (32.4%)	5:34	10.8 (67.9%)
120	KURCZYK Zbigniew	119		M30-39	38	00:00:37	00:05:23	00:30:20	00:56:56	01:26:35	01:57:31.65	01:58:09.20	+00:38:07 (32.4%)	5:34	10.8 (67.9%)
121	KŁOSKOWSKI Dariusz	96		M40-44	24	00:00:39	00:05:16	00:29:58	00:56:50	01:25:54	01:57:41.20	01:58:20.65	+00:38:17 (32.5%)	5:34	10.8 (67.9%)
122	BARANOWSKI Piotr	4	ROZBIEGANY KOSZALIN	M30-39	39	00:00:36	00:05:30	00:30:32	00:56:43	01:25:06	01:57:48.90	01:58:25.50	+00:38:24 (32.6%)	5:35	10.7 (67.3%)
123	CZAPLICKI Paweł	238	TKKF KOSZALIN	M40-44	25	00:00:38	00:05:33	00:32:00	00:59:32	01:28:19	01:57:53.05	01:58:31.25	+00:38:29 (32.6%)	5:35	10.7 (67.3%)
124	OPALIŃSKI Stanisław	154	KOŁOBRZEG BIEGA	M60-64	5	00:00:37	00:05:42	00:32:17	01:00:03	01:28:36	01:58:05.65	01:58:43.10	+00:38:41 (32.8%)	5:35	10.7 (67.3%)
125	SOROKA Piotr	188		M30-39	40	00:00:48	00:05:42	00:31:58	00:58:52	01:27:05	01:58:06.65	01:58:54.95	+00:38:42 (32.8%)	5:35	10.7 (67.3%)
126	ZIELIŃSKI Przemysław	234		M40-44	26	00:00:45	00:05:17	00:30:48	00:58:51	01:28:21	01:58:19.30	01:59:05.00	+00:38:55 (32.9%)	5:36	10.7 (67.3%)
127	GAWEŁ Zbigniew	41	SŁUPSK	M60-64	6	00:00:40	00:05:32	00:30:57	00:57:57	01:27:37	01:58:20.10	01:59:01.00	+00:38:56 (32.9%)	5:36	10.7 (67.3%)
128	WACHOWIAK Bogdan	215		M45-49	10	00:00:37	00:05:30	00:31:34	00:59:07	01:28:00	01:59:07.45	01:59:45.00	+00:39:43 (33.3%)	5:38	10.6 (66.7%)
129	JAKUBOWSKI Krystian	65	CAPTAIN AMERICA VS THE FLASH	M30-39	41	00:00:36	00:05:04	00:29:00	00:55:17	01:25:34	01:59:13.30	01:59:49.95	+00:39:49 (33.4%)	5:39	10.6 (66.7%)
130	ŚWIETLIK Tomasz	205		M55-59	11	00:00:48	00:05:43	00:31:42	00:59:17	01:26:56	01:59:15.10	02:00:03.55	+00:39:51 (33.4%)	5:39	10.6 (66.7%)
131	KRUSZYŃSKI Stanisław	194	RUNNERSWALDE.DARŁOWO.. MORSS	M55-59	12	00:00:38	00:05:53	00:34:12	01:03:50	01:32:57	01:59:22.85	02:00:01.10	+00:39:58 (33.5%)	5:39	10.6 (66.7%)
132	KRZEWIŃSKA Monika	115		K18-29	3	00:00:48	00:06:00	00:34:25	01:03:35	01:32:22	01:59:45.80	02:00:34.70	+00:40:21 (33.7%)	5:40	10.6 (66.7%)
133	SCHWARZ Ludwik	248		M50-54	10	00:00:37	00:05:35	00:32:01	00:59:10	01:27:56	01:59:48.20	02:00:25.25	+00:40:24 (33.7%)	5:40	10.6 (66.7%)
134	WALIŃSKA Agnieszka	217	BBL	K40-44	2	00:00:36	00:05:32	00:32:16	00:59:14	01:27:11	01:59:55.20	02:00:31.75	+00:40:31 (33.8%)	5:40	10.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
135	DZIESZUK Dariusz	36	TKKF KOSZALIN	M45-49	11	00:00:42	00:05:51	00:33:32	01:01:28	01:29:48	02:00:09.50	02:00:51.75	+00:40:45 (33.9%)	5:41	10.5 (66.0%)
136	KIEŁTYKA Rafał	94		M30-39	42	00:00:46	00:05:25	00:31:00	00:58:52	01:29:07	02:00:34.60	02:01:20.90	+00:41:10 (34.2%)	5:42	10.5 (66.0%)
137	JANKOWSKI Jarosław	73		M45-49	12	00:00:44	00:06:05	00:34:18	01:02:37	01:31:47	02:00:49.40	02:01:33.90	+00:41:25 (34.3%)	5:43	10.5 (66.0%)
138	SIKORSKI Darek	181		M50-54	11	00:00:39	00:05:58	00:33:14	01:01:30	01:30:50	02:00:53.25	02:01:33.20	+00:41:29 (34.3%)	5:43	10.5 (66.0%)
139	CHOŁUJ Karol	19	ZAWSZE DO PRZODU	M30-39	43	00:00:44	00:05:24	00:31:43	00:59:35	01:29:16	02:01:07.80	02:01:52.40	+00:41:43 (34.5%)	5:44	10.5 (66.0%)
140	MĘDEL Cezary	138		M40-44	27	00:00:51	00:05:43	00:32:33	01:00:46	01:30:31	02:01:30.30	02:02:21.30	+00:42:06 (34.7%)	5:45	10.4 (65.4%)
141	NAPIERAŁA Bogumił	148	KORA KOSZALIN	M50-54	12	00:00:44	00:05:46	00:31:46	00:59:22	01:30:25	02:01:31.40	02:02:16.10	+00:42:07 (34.7%)	5:45	10.4 (65.4%)
142	WOJCIECHOWSKI Marcin	225		M18-29	14	00:00:47	00:05:45	00:32:34	01:00:28	01:30:16	02:01:48.60	02:02:35.85	+00:42:24 (34.8%)	5:46	10.4 (65.4%)
143	ŁOPIŃSKI Piotr	124		M30-39	44	00:00:42	00:05:19	00:30:09	00:58:02	01:28:59	02:01:56.30	02:02:38.85	+00:42:32 (34.9%)	5:46	10.4 (65.4%)
144	KORUS Marcin	105		M30-39	45	00:00:45	00:05:38	00:32:10	01:00:17	01:30:10	02:02:03.40	02:02:48.65	+00:42:39 (34.9%)	5:47	10.4 (65.4%)
145	KĘPKA Karolina	243	STOPA	K40-44	3	00:00:42	00:05:37	00:32:30	01:01:11	01:31:40	02:02:13.80	02:02:56.55	+00:42:49 (35.0%)	5:47	10.4 (65.4%)
146	GAWROŃSKI Paweł	42	OGIEŃ W SZOPIE	M18-29	15	00:00:49	00:05:59	00:34:24	01:03:35	01:32:22	02:02:20.70	02:03:10.20	+00:42:56 (35.1%)	5:47	10.3 (64.8%)
147	BOROWIEC Mariusz	13		M40-44	28	00:00:51	00:06:31	00:35:37	01:04:16	01:32:59	02:02:24.95	02:03:16.85	+00:43:01 (35.1%)	5:48	10.3 (64.8%)
148	KALBARCZYK Jolanta	83	SZCZECIN BIEGA	K40-44	4	00:00:39	00:05:37	00:32:31	01:02:37	01:32:15	02:02:34.45	02:03:13.90	+00:43:10 (35.2%)	5:48	10.3 (64.8%)
149	JANKOWSKI Maciej	75		M45-49	13	00:00:38	00:05:35	00:31:49	01:00:26	01:31:28	02:03:04.15	02:03:42.20	+00:43:40 (35.5%)	5:49	10.3 (64.8%)
150	PIECHOTA Robert	166		M45-49	14	00:00:36	00:04:32	00:29:47	01:00:16	01:32:55	02:03:32.00	02:04:08.00	+00:44:08 (35.7%)	5:51	10.2 (64.2%)
151	CINCIO Robert	26	TKKF TRIATHLON KOSZALIN	M30-39	46	00:00:41	00:05:08	00:31:23	01:00:04	01:31:59	02:03:44.65	02:04:25.95	+00:44:20 (35.8%)	5:51	10.2 (64.2%)
152	DZIĘBOWSKI Mariusz	37		M30-39	47	00:00:47	00:05:36	00:32:16	01:02:25	01:33:40	02:04:22.30	02:05:09.55	+00:44:58 (36.2%)	5:53	10.2 (64.2%)
153	SUBALSKI Michał	200		M30-39	48	00:00:46	00:05:31	00:31:49	00:59:38	01:30:22	02:04:25.15	02:05:11.75	+00:45:01 (36.2%)	5:53	10.2 (64.2%)
154	PIEKARZEWICZ Tomasz	167	BOBOLICE	M45-49	15	00:00:46	00:05:28	00:31:42	01:00:41	01:32:18	02:04:25.45	02:05:11.45	+00:45:01 (36.2%)	5:53	10.2 (64.2%)
155	HORDEJUK Damaris	58	PSZCZÓLKOWSKI TEAM	K18-29	4	00:00:35	00:05:46	00:33:10	01:02:03	01:33:17	02:04:34.30	02:05:09.65	+00:45:10 (36.3%)	5:54	10.2 (64.2%)
156	GWIZDAŁA Radosław	54	MY OWN CLUB	M30-39	49	00:00:51	00:05:39	00:32:00	01:00:07	01:30:59	02:04:40.00	02:05:31.85	+00:45:16 (36.3%)	5:54	10.2 (64.2%)
157	SIENICKI Piotr	180	ROZBIEGANY KOSZALIN	M40-44	29	00:00:44	00:05:55	00:33:18	01:02:14	01:32:50	02:04:42.45	02:05:26.45	+00:45:18 (36.3%)	5:54	10.2 (64.2%)
158	KOZŁOWSKI Maciej	112	TT SZCZECIN	M40-44	30	00:00:44	00:06:05	00:35:08	01:05:12	01:35:25	02:05:51.20	02:06:35.90	+00:46:27 (36.9%)	5:57	10.1 (63.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
159	RAMA Janusz	173	KOŁOBRZEG BIEGA	M40-44	31	00:00:38	00:05:41	00:32:16	01:00:15	01:33:48	02:06:20.25	02:06:59.00	+00:46:56 (37.2%)	5:59	10 (62.9%)
160	PIĄTKOWSKI Bartosz	165		M40-44	32	00:00:43	00:05:37	00:32:06	01:01:42	01:33:50	02:06:59.85	02:07:43.50	+00:47:35 (37.5%)	6:01	10 (62.9%)
161	DIAKOWICZ Magdalena	250		K30-39	7	00:00:43	00:05:37	00:32:06	01:01:42	01:33:50	02:07:00.15	02:07:43.60	+00:47:36 (37.5%)	6:01	10 (62.9%)
162	PSTRĄGOWSKI Marcin	171	DZIKI KOSZALIN	M30-39	50	00:00:42	00:04:45	00:28:19	00:54:21	01:30:21	02:07:04.50	02:07:47.45	+00:47:40 (37.5%)	6:01	10 (62.9%)
163	WITEK Sebastian	249	RAJSPOORT ACTIVE TEAM	M40-44	33	00:00:49	00:05:51	00:34:09	01:03:51	01:35:33	02:07:36.50	02:08:26.40	+00:48:12 (37.8%)	6:02	9.9 (62.3%)
164	WALCZAK Agnieszka	216	TKKF KOSZALIN	K40-44	5	00:00:47	00:05:37	00:32:42	01:02:52	01:35:37	02:07:40.05	02:08:27.10	+00:48:16 (37.8%)	6:03	9.9 (62.3%)
165	CZYŻEWSKI Piotr	30	TKKF KOSZALIN	M50-54	13	00:00:38	00:05:33	00:32:04	01:01:15	01:34:12	02:08:23.50	02:09:01.95	+00:48:59 (38.2%)	6:05	9.9 (62.3%)
166	WOLF Emil	242	TKKF KOSZALIN	M40-44	34	00:00:45	00:05:57	00:34:06	01:03:19	01:35:11	02:08:35.00	02:09:20.80	+00:49:11 (38.3%)	6:05	9.8 (61.6%)
167	PAULIŃSKI Jan	246		M65-69	5	00:00:47	00:05:37	00:33:42	01:04:30	01:36:46	02:08:37.25	02:09:24.80	+00:49:13 (38.3%)	6:05	9.8 (61.6%)
168	POLIKOWSKI Patryk	257	ORP ISKRA	M30-39	51	00:00:45	00:05:40	00:33:29	01:05:06	01:36:37	02:08:37.60	02:09:23.30	+00:49:13 (38.3%)	6:05	9.8 (61.6%)
169	KARWAT Stanisław	90	PARKRUN SZCZECINEK	M55-59	13	00:00:46	00:05:35	00:33:17	01:05:57	01:38:03	02:08:58.00	02:09:44.95	+00:49:34 (38.4%)	6:06	9.8 (61.6%)
170	KARNICKI Zygmunt	89	TKKF KOSZALIN	M60-64	7	00:00:41	00:05:32	00:33:48	01:03:56	01:36:53	02:09:05.90	02:09:47.20	+00:49:41 (38.5%)	6:07	9.8 (61.6%)
171	FILIPOWICZ Marian	39	NIEZRZESZONY	M-70+	1	00:00:45	00:06:16	00:35:11	01:04:51	01:36:23	02:09:11.80	02:09:56.90	+00:49:47 (38.5%)	6:07	9.8 (61.6%)
172	STOSIO Krzysztof	198	WWW.WKOLOBRZEGU.COM.PL	M30-39	52	00:00:52	00:05:54	00:33:23	01:02:27	01:36:48	02:09:17.25	02:10:09.50	+00:49:53 (38.6%)	6:07	9.8 (61.6%)
173	GUDANIEC Dorota	53	TKKF TRIATHLON KOSZALIN	K55-59	1	00:00:45	00:06:08	00:35:03	01:05:28	01:37:15	02:09:17.55	02:10:03.00	+00:49:53 (38.6%)	6:07	9.8 (61.6%)
174	NOWAK-IGNACAK Monika	152		K40-44	6	00:00:46	00:06:29	00:36:43	01:07:05	01:37:39	02:09:21.90	02:10:08.40	+00:49:57 (38.6%)	6:07	9.8 (61.6%)
175	MALESZA-HOUSIN Joanna	128	ROZBIEGANY KOSZALIN-BIEGNIJMY.PL	K40-44	7	00:00:50	00:06:11	00:35:51	01:06:53	01:37:45	02:09:37.45	02:10:28.10	+00:50:13 (38.7%)	6:08	9.8 (61.6%)
176	BORYS Przemysław	14	BIEGNIJMY.PL	M30-39	53	00:00:50	00:06:18	00:36:25	01:07:55	01:40:12	02:10:11.90	02:11:01.90	+00:50:47 (39.0%)	6:10	9.7 (61.0%)
177	MISZCZYK Jan	142		M18-29	16	00:00:50	00:05:46	00:32:31	01:02:15	01:34:57	02:10:21.90	02:11:12.85	+00:50:57 (39.1%)	6:10	9.7 (61.0%)
178	MIĄSEK Ryszard	139		M30-39	54	00:00:45	00:05:28	00:31:52	01:01:10	01:36:55	02:10:53.30	02:11:38.60	+00:51:29 (39.3%)	6:12	9.7 (61.0%)
179	OSOBNIAK Ryszard	155	ROZBIEGANY KOSZALIN	M60-64	8	00:00:40	00:05:27	00:32:07	01:01:23	01:34:37	02:10:53.90	02:11:34.75	+00:51:29 (39.3%)	6:12	9.7 (61.0%)
180	MĘDEL Marta	137		K40-44	8	00:00:50	00:05:44	00:32:34	01:00:48	01:30:32	02:10:56.00	02:11:46.80	+00:51:32 (39.4%)	6:12	9.7 (61.0%)
181	MIZERA Agnieszka	143		K45-49	2	00:00:36	00:05:40	00:35:15	01:05:33	01:37:45	02:11:06.95	02:11:43.60	+00:51:43 (39.4%)	6:12	9.7 (61.0%)
182	WYGLĄDACZ Alicja	230		K40-44	9	00:00:43	00:05:50	00:33:50	01:04:11	01:37:31	02:11:30.00	02:12:13.55	+00:52:06 (39.6%)	6:13	9.6 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
183	RUDNIK Janina Ewa	176		K30-39	8	00:00:47	00:06:14	00:36:01	01:07:49	01:39:37	02:12:28.80	02:13:16.55	+00:53:04 (40.1%)	6:16	9.6 (60.4%)
184	NIEDBAŁA Konrad	149		M45-49	16	00:00:49	00:06:13	00:35:12	01:04:51	01:37:44	02:12:59.20	02:13:48.30	+00:53:35 (40.3%)	6:18	9.5 (59.7%)
185	TORCZ Karol	209	SZKÓŁKA PŁYWACKA DEPKA	M30-39	55	00:00:40	00:05:30	00:32:16	01:04:08	01:37:51	02:13:15.00	02:13:55.10	+00:53:51 (40.4%)	6:18	9.5 (59.7%)
186	ZARĘBSKI Maciej	233		M40-44	35	00:00:36	00:05:33	00:35:11	01:06:49	01:39:14	02:13:23.10	02:13:59.50	+00:53:59 (40.5%)	6:19	9.5 (59.7%)
187	HRYCIÓW Paweł	59	BIAŁOGARD	M30-39	56	00:00:39	00:05:50	00:35:30	01:07:38	01:40:23	02:14:01.15	02:14:40.50	+00:54:37 (40.8%)	6:21	9.4 (59.1%)
188	KOWALCZYK Piotr	108		M30-39	57	00:00:48	00:05:48	00:32:54	01:02:40	01:36:13	02:14:29.55	02:15:18.20	+00:55:05 (41.0%)	6:22	9.4 (59.1%)
189	PASTERNAK Magdalena	162		K30-39	9	00:00:47	00:06:20	00:36:47	01:08:41	01:41:42	02:14:59.50	02:15:47.15	+00:55:35 (41.2%)	6:23	9.4 (59.1%)
190	BAR Wojciech	3		M30-39	58	00:00:43	00:05:21	00:32:21	01:06:18	01:41:52	02:15:04.30	02:15:47.55	+00:55:40 (41.2%)	6:24	9.4 (59.1%)
191	JAKUBCZYK Agnieszka	64	BABECZKI KOSZALIN	K18-29	5	00:00:49	00:06:19	00:36:28	01:08:04	01:41:44	02:15:40.85	02:16:30.55	+00:56:16 (41.5%)	6:25	9.3 (58.5%)
192	VON BARDELEBEN Agnieszka	214	BABECZKI KOSZALIN	K45-49	3	00:00:49	00:06:19	00:36:29	01:08:04	01:41:44	02:15:41.25	02:16:30.45	+00:56:17 (41.5%)	6:25	9.3 (58.5%)
193	PANASZEWSKI Przemysław	157	NEW YORK ISLANDERS	M18-29	17	00:00:49	00:05:55	00:34:45	01:06:17	01:39:50	02:15:59.30	02:16:48.70	+00:56:35 (41.6%)	6:26	9.3 (58.5%)
194	HAŁAJKO Magdalena	56	BABECZKI	K30-39	10	00:00:50	00:05:43	00:32:12	01:05:36	01:39:43	02:16:26.65	02:17:16.80	+00:57:02 (41.8%)	6:27	9.3 (58.5%)
195	MAZUREK Barbara	133	BABECZKI KOSZALIN	K30-39	11	00:00:49	00:06:12	00:35:51	01:07:25	01:40:36	02:16:30.00	02:17:19.10	+00:57:06 (41.8%)	6:28	9.3 (58.5%)
196	JUSZCZAK Krzysztof	81		M60-64	9	00:00:46	00:05:49	00:35:07	01:07:12	01:40:39	02:16:30.85	02:17:17.15	+00:57:06 (41.8%)	6:28	9.3 (58.5%)
197	WOLAŃSKI Mariusz	227		M50-54	14	00:00:48	00:06:19	00:38:30	01:10:58	01:44:27	02:16:39.35	02:17:28.15	+00:57:15 (41.9%)	6:28	9.3 (58.5%)
198	WOSZTYL Alicja	228		K18-29	6	00:00:46	00:06:15	00:36:11	01:08:08	01:41:45	02:17:04.75	02:17:51.05	+00:57:40 (42.1%)	6:29	9.2 (57.9%)
199	KORPAL Cezary	104	ROZBIEGANY KOSZALIN	M50-54	15	00:00:40	00:06:16	00:35:11	01:06:07	01:38:17	02:17:08.05	02:17:48.45	+00:57:44 (42.1%)	6:29	9.2 (57.9%)
200	JANICKA Katarzyna	68	BAJADERKI KOSZALIN	K30-39	12	00:00:52	00:06:14	00:35:59	01:07:28	01:41:13	02:17:41.25	02:18:34.20	+00:58:17 (42.3%)	6:31	9.2 (57.9%)
201	GRUDZIŃSKI Marcin	51		M30-39	59	00:00:52	00:06:14	00:35:59	01:07:28	01:41:13	02:17:41.55	02:18:34.35	+00:58:17 (42.3%)	6:31	9.2 (57.9%)
202	KOLASA Tomasz	98	KĄPIELE NA SPONTANIE	M45-49	17	00:00:48	00:06:20	00:38:30	01:10:58	01:44:26	02:18:04.15	02:18:52.30	+00:58:40 (42.5%)	6:32	9.2 (57.9%)
203	JANUSZEWSKI Jacek	77	17 WOG KOSZALIN	M50-54	16	00:00:40	00:05:25	00:31:44	01:02:26	01:39:35	02:21:08.80	02:21:49.75	+01:01:44 (43.7%)	6:41	9 (56.6%)
204	WOJANOWSKI Zbigniew	224	BIEGAM BO LUBIĘ	M55-59	14	00:00:39	00:05:28	00:33:10	01:06:20	01:42:29	02:21:08.95	02:21:48.05	+01:01:45 (43.7%)	6:41	9 (56.6%)
205	OLINSKI Arek	153	WIDZEW	M30-39	60	00:00:34	00:05:08	00:34:03	01:07:03	01:42:26	02:21:28.95	02:22:03.85	+01:02:05 (43.9%)	6:42	8.9 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	1.1km	6.1km	11.1km	16.1km	21.1km	21.1km			
206	ŻUREK Kamila	240		M30-39	61	00:00:34	00:06:15	00:37:12	01:10:10	01:45:24	02:21:29.55	02:22:04.00	+01:02:05 (43.9%)	6:42	8.9 (56.0%)
207	BRODOWSKA Honorata	16		K30-39	13	00:00:47	00:06:15	00:37:59	01:11:32	01:46:16	02:21:33.55	02:22:20.80	+01:02:09 (43.9%)	6:42	8.9 (56.0%)
208	KANIA Paulina	87	HERB PIETRUSZKI	K18-29	7	00:00:43	00:05:54	00:35:16	01:08:08	01:44:59	02:22:32.50	02:23:16.40	+01:03:08 (44.3%)	6:45	8.9 (56.0%)
209	DĄBROWSKA Alicja	116	TKKF KOSZALIN	K50-54	1	00:00:49	00:06:13	00:36:02	01:08:39	01:45:18	02:23:08.90	02:23:58.60	+01:03:44 (44.5%)	6:47	8.8 (55.3%)
210	JAROSZ Jakub	78	TKKF KOSZALIN	M18-29	18	00:00:39	00:05:12	00:32:41	01:05:39	01:45:58	02:23:17.00	02:23:56.65	+01:03:53 (44.6%)	6:47	8.8 (55.3%)
211	PRENDECKA Sylwia	169	RUNNERS OF WAŁCZ	K30-39	14	00:00:40	00:05:49	00:37:03	01:11:18	01:45:31	02:23:50.65	02:24:30.85	+01:04:26 (44.8%)	6:49	8.8 (55.3%)
212	DATA Dariusz	32		M40-44	36	00:00:41	00:06:09	00:35:23	01:09:08	01:45:44	02:24:24.35	02:25:06.30	+01:05:00 (45.0%)	6:50	8.8 (55.3%)
213	JANKOWSKA Justyna	71		K30-39	15	00:00:36	00:05:30	00:35:33	01:10:17	01:47:42	02:24:48.90	02:25:25.45	+01:05:24 (45.2%)	6:51	8.7 (54.7%)
214	MALINOWSKA Małgorzata	129	STR- ŚWIDWIN	K55-59	2	00:00:42	00:05:53	00:37:19	01:14:10	01:51:13	02:27:59.85	02:28:42.50	+01:08:35 (46.4%)	7:00	8.6 (54.1%)
215	MARZEC Edwin	255	HERB PIETRUSZKI	M18-29	19	00:00:44	00:05:53	00:35:15	01:08:08	01:47:48	02:28:20.50	02:29:04.70	+01:08:56 (46.5%)	7:01	8.5 (53.5%)
216	KOZŁOWSKA-NAJDER Magda	111		K40-44	10	00:00:46	00:06:54	00:41:33	01:16:12	01:51:56	02:28:42.50	02:29:29.20	+01:09:18 (46.6%)	7:02	8.5 (53.5%)
217	NAJDER Krzysiek	146		M40-44	37	00:00:45	00:06:55	00:41:34	01:16:13	01:51:56	02:28:43.05	02:29:28.75	+01:09:19 (46.6%)	7:02	8.5 (53.5%)
218	PUŚCIAN Krzysztof	172	GIMNAZJUM W MANOWIE	M40-44	38	00:00:43	00:06:17	00:37:03	01:13:51	01:51:01	02:29:58.10	02:30:41.35	+01:10:34 (47.1%)	7:06	8.4 (52.8%)
219	KUREK Aneta	120	GIMNAZJUM W MANOWIE	K40-44	11	00:00:42	00:06:19	00:37:04	01:13:52	01:51:03	02:29:59.45	02:30:41.70	+01:10:35 (47.1%)	7:06	8.4 (52.8%)
220	KURŁOWICZ Krzysiek	260		M30-39	62	00:00:42	00:06:01	00:37:43	01:13:35	01:50:45	02:31:43.35	02:32:26.15	+01:12:19 (47.7%)	7:11	8.3 (52.2%)
221	GZELA Olga	55	BIEGNIJMY.PL	K30-39	16	00:00:41	00:05:57	00:38:23	01:14:12	01:51:29	02:31:53.25	02:32:34.70	+01:12:29 (47.7%)	7:11	8.3 (52.2%)
222	DZIUBA Krzysztof	254		M18-29	20	00:00:37	00:06:17	00:35:22	01:08:03	01:49:39	02:31:55.65	02:32:32.80	+01:12:31 (47.7%)	7:11	8.3 (52.2%)
223	KOMOROWSKA Beata	99	ROZBIEGANY KOSZALIN	K30-39	17	00:00:48	00:06:27	00:38:57	01:15:25	01:54:35	02:34:32.75	02:35:20.75	+01:15:08 (48.6%)	7:19	8.2 (51.6%)
224	TREJDER Maria	210	BAJADERKI KOSZALIN	K40-44	12	00:00:47	00:06:53	00:40:59	01:18:24	01:57:14	02:35:53.80	02:36:41.75	+01:16:29 (49.1%)	7:23	8.1 (50.9%)
225	PIOR Tomasz	168		M30-39	63	00:00:40	00:05:31	00:34:45	01:13:12	01:54:05	02:36:09.90	02:36:50.55	+01:16:45 (49.2%)	7:24	8.1 (50.9%)
226	KURCZ Barbara	118	BABECZKI KOSZALIN	K45-49	4	00:00:50	00:07:00	00:42:00	01:19:38	01:59:27	02:42:38.35	02:43:28.55	+01:23:14 (51.2%)	7:42	7.8 (49.1%)
227	PASEK Paula	158		K30-39	18	00:00:51	00:06:42	00:41:42	01:21:37	02:04:08	02:50:32.35	02:51:23.85	+01:31:08 (53.4%)	8:04	7.4 (46.5%)
228	PASEK Jan	159		M60-64	10	00:00:50	00:06:43	00:41:43	01:21:39	02:04:09	02:50:33.50	02:51:24.10	+01:31:09 (53.4%)	8:05	7.4 (46.5%)
229	GOŃKA Krzysztof	47	DECATHLON KOSZALIN	M18-29	21	00:00:37	00:05:18	00:30:17	00:56:02	01:23:20			+00:22:14	5:10	11.6 (73.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.1km	6.1km	11.1km	16.1km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
230	BIELSKI Sebastian	8	NOWOGARD	M18-29	22	00:00:38	00:04:22	00:25:54	00:48:26				+00:06:21	4:21	13.8 (86.8%)
231	TOMCZAK Marek	208	ROZBIEGANY KOSZALIN	M30-39	64	00:00:35	00:04:41	00:27:19	00:51:07				+00:09:03	4:36	13 (81.8%)
232	ROSZCZYNIALSKI Michał	175		M30-39	65	00:00:39	00:05:10	00:29:29	00:56:43				+00:14:39	5:06	11.7 (73.6%)
233	LECH Sylwester	122	SZKÓŁKA PŁYWACKA DEPKA	M30-39	66	00:00:39	00:05:26	00:30:39	00:58:45				+00:16:40	5:17	11.3 (71.1%)
234	TARNIOEK Katarzyna	206		K30-39	19	00:00:36	00:05:09	00:30:11	00:59:18				+00:17:14	5:20	11.2 (70.4%)
235	PRZYKUCKI Tomasz	170		M30-39	67	00:00:37	00:04:19	00:25:51					+00:05:53	4:23	13.6 (85.5%)
236	SZCZEBLEWSKI Grzegorz	201		M40-44	39	00:00:46	00:06:52						+00:14:27	6:41	9 (56.6%)
	GODLEWSKI Tomasz	45		M18-29		DNF	00:05:57 DNF	00:32:12 DNF	00:58:49 DNF	01:30:29 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 237 wynik(ów)