PÓŁMARATON KOSZALIN - 21.1KM

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

Klasyfikacja: M-OPEN

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
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%)

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
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%)
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	**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%)
24	**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%)
25	**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%)
26	**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%)
27	**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%)
28	**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%)
29	**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%)
30	**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%)
31	**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%)
32	**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%)
33	**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%)
34	**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%)
35	**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%)
36	**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%)

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
37	**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%)
38	**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%)
39	**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%)
40	**JAMROZIAK Grzegorz**	**67**	KLUB BIEGACZA KAMIEŃ 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%)
41	**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%)
42	**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%)
43	**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%)
44	**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%)
45	**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%)
46	**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%)
47	**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%)
48	**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%)
49	**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%)
50	**MROCZKOWSKI 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%)
51	**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%)
52	**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%)
53	**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%)
54	**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%)
55	**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%)
56	**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%)
57	**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%)
58	**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%)
59	**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%)
60	**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%)

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61	**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%)
62	**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%)
63	**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%)
64	**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%)
65	**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%)
66	**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%)
67	**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%)
68	**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%)
69	**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%)
70	**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%)
71	**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%)
72	**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%)
73	**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%)
74	**TROTT Daniel**	**211**	AKADEMIA PILKARSKA 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%)
75	**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%)
76	**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%)
77	**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%)
78	**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%)
79	**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%)
80	**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%)
81	**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%)
82	**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%)
83	**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%)
84	**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%)

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
85	**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%)
86	**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%)
87	**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%)
88	**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%)
89	**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%)
90	**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%)
91	**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%)
92	**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%)
93	**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%)
94	**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%)
95	**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%)
96	**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%)
97	**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%)
98	**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%)
99	**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%)
100	**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%)
101	**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%)
102	**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%)
103	**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%)
104	**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%)
105	**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%)
106	**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%)
107	**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%)
108	**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%)

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
109	**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%)
110	**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%)
111	**KLOSKOWSKI 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%)
112	**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%)
113	**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%)
114	**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%)
115	**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%)
116	**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%)
117	**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%)
118	**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%)
119	**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%)
120	**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%)
121	**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%)
122	**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%)
123	**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%)
124	**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%)
125	**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%)
126	**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%)
127	**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%)
128	**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%)
129	**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%)
130	**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%)
131	**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%)
132	**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%)

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
133	**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%)
134	**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%)
135	**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%)
136	**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%)
137	**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%)
138	**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%)
139	**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%)
140	**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%)
141	**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%)
142	**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%)
143	**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%)
144	**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%)
145	**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%)
146	**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%)
147	**WITEK Sebastian**	**249**	RAJSPORT 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%)
148	**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%)
149	**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%)
150	**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%)
151	**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%)
152	**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%)
153	**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%)
154	**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%)
155	**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%)
156	**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%)

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
157	**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%)
158	**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%)
159	**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%)
160	**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%)
161	**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%)
162	**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%)
163	**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%)
164	**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%)
165	**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%)
166	**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%)
167	**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%)
168	**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%)
169	**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%)
170	**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%)
171	**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%)
172	**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%)
173	**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%)
174	**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%)
175	**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%)
176	**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%)
177	**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%)
178	**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%)
179	**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%)
180	**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%)

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
181	**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%)
182	**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%)
183	**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%)
184	**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%)
185	**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%)
186	**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%)
187	**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%)
188	**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%)
189	**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%)
190	**PRZYKUCKI Tomasz**	**170**		M30-39	67	00:00:37	00:04:19	00:25:51					+00:05:53	4:23	13.6 (85.5%)
191	**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 192 wynik(ów)