

**BIEG WALENTYNKOWY 5 KM**

Organizator: Rada Osiedla Jamno - Łabusz, Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
 Data: 2019-02-10  
 Miejsce: Koszalin  
 Dystans: 5 km  
 Klasyfikacja wg czasów netto.


**BIEG WALENTYNKOWY 5 KM, OPEN**

| M-ce | Nazwisko i imię        | Nr  | Klub                    | M-scowość       | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|------------------------|-----|-------------------------|-----------------|------|------|--------|------|-------------|--------|------|
| 1    | KĘPKA ADRIAN           | 82  | DECATHLON KOSZALIN      | KOSZALIN        | POL  | M-20 | 1      | M 1  | 00:17:02.63 | 3:24   | 17.6 |
| 2    | SZKOŁUDA MIŁOSZ        | 190 | DECATHLON KOSZALIN      | POLANÓW         | POL  | M-20 | 2      | M 2  | 00:17:06.92 | 3:25   | 17.5 |
| 3    | ZABORSKI RYSZARD       | 220 | TKKF KOSZALIN           | KOSZALIN        | POL  | M-40 | 1      | M 3  | 00:17:40.09 | 3:32   | 17   |
| 4    | SIADAK ARKADIUSZ       | 173 |                         | KOSZALIN        | POL  | M-30 | 1      | M 4  | 00:17:46.30 | 3:33   | 16.9 |
| 5    | KOZAK ARKADIUSZ        | 121 | TKKF KOSZALIN           | BONIN           | POL  | M-40 | 2      | M 5  | 00:17:51.31 | 3:34   | 16.8 |
| 6    | ZACHARCZUK ALBIN       | 229 | UNIA HRUBIESZÓW         | HRUBIESZÓW      | POL  | M-20 | 3      | M 6  | 00:17:58.19 | 3:35   | 16.7 |
| 7    | HUBERT ŁUKASZ          | 66  | TKKF KOSZALIN           | KOSZALIN        | POL  | M-30 | 2      | M 7  | 00:18:25.42 | 3:41   | 16.3 |
| 8    | GARSKI KRYSPIŃ         | 238 | ŚWIAT PŁYTEK U KRYSPIŃA | BYTÓW           | POL  | M-40 | 3      | M 8  | 00:18:33.78 | 3:42   | 16.2 |
| 9    | ZUKAŁ PIOTR            | 225 |                         | KOSZALIN        | POL  | M-40 | 4      | M 9  | 00:19:05.14 | 3:49   | 15.7 |
| 10   | RYKIEL MICHAŁ          | 169 |                         | BONIN           | POL  | M-30 | 3      | M 10 | 00:19:05.82 | 3:49   | 15.7 |
| 11   | MAJKOWICZ RAFAŁ        | 112 |                         | KOSZALIN        | POL  | M-30 | 4      | M 11 | 00:19:06.17 | 3:49   | 15.7 |
| 12   | CZAPLIŃSKI JACEK       | 29  | TAGER KOSZALIN          | KOSZALIN        | POL  | M-30 | 5      | M 12 | 00:19:14.91 | 3:51   | 15.6 |
| 13   | DUDA GRZEGORZ          | 43  | METALCORP TEAM          | BUKÓWKA         | POL  | M-40 | 5      | M 13 | 00:19:24.73 | 3:53   | 15.5 |
| 14   | DASZKIEWICZ DOMINIK    | 32  |                         | SŁUPSK          | POL  | M-14 | 1      | M 14 | 00:19:29.44 | 3:54   | 15.4 |
| 15   | KAWKA ADRIAN           | 79  |                         | SŁUPSK          | POL  | M-30 | 6      | M 15 | 00:19:29.97 | 3:54   | 15.4 |
| 16   | SZABAŁOWSKA MAŁGORZATA | 189 | MKL SZCZECINEK          | SZCZECINEK      | POL  | K-20 | 1      | K 1  | 00:19:38.52 | 3:55   | 15.3 |
| 17   | GÓRA SYLWESTER         | 202 | #ZABIEGANINOCA          | OKONEK          | POL  | M-40 | 6      | M 16 | 00:19:43.12 | 3:56   | 15.2 |
| 18   | KONKEL AGNIESZKA       | 89  |                         | KOSZALIN        | POL  | K-30 | 1      | K 2  | 00:20:11.80 | 4:02   | 14.9 |
| 19   | STENCEL MACIEJ         | 185 | GTS CZARNA DĄBRÓWKA     | CZARNA DĄBRÓWKA | POL  | M-30 | 7      | M 17 | 00:20:12.91 | 4:02   | 14.8 |
| 20   | LEWANDOWSKI JACEK      | 107 |                         | STARY BOREK     | POL  | M-40 | 7      | M 18 | 00:20:15.03 | 4:03   | 14.8 |
| 21   | CIASTOŃ TOMASZ         | 26  | ORSKOV FOODS TEAM       | CZAPLINEK       | POL  | M-30 | 8      | M 19 | 00:20:18.31 | 4:03   | 14.8 |
| 22   | KOŚCIELNIAK ROBERT     | 92  | TKKF KOSZALIN           | KOSZALIN        | POL  | M-50 | 1      | M 20 | 00:20:29.16 | 4:05   | 14.6 |
| 23   | RUSINEK DAWID          | 167 |                         | BIAŁOGARD       | POL  | M-20 | 4      | M 21 | 00:20:29.52 | 4:05   | 14.6 |
| 24   | DZIEBOWSKI MARIUSZ     | 45  |                         | KOSZALIN        | POL  | M-30 | 9      | M 22 | 00:20:29.56 | 4:06   | 14.6 |
| 25   | SPRINGER MARCIN        | 178 |                         | ZŁOCIEŃC        | POL  | M-40 | 8      | M 23 | 00:20:33.80 | 4:06   | 14.6 |
| 26   | MUCHA KRZYSZTOF        | 126 |                         | KOSZALIN        | POL  | M-40 | 9      | M 24 | 00:20:40.77 | 4:08   | 14.5 |
| 27   | MAZURSKI PAWEŁ         | 116 |                         | GRYFICE         | POL  | M-30 | 10     | M 25 | 00:20:42.42 | 4:08   | 14.5 |
| 28   | KATRYCZ ZBIGNIEW       | 78  |                         | ŚWIERCZYNA      | POL  | M-50 | 2      | M 26 | 00:20:47.26 | 4:09   | 14.4 |
| 29   | CHORAŻY KAROLINA       | 22  | LEO-TEAM                | KOSZALIN        | POL  | K-30 | 2      | K 3  | 00:20:49.26 | 4:09   | 14.4 |
| 30   | PICK TOMASZ            | 151 | DEAF KOSZALIN           | KOSZALIN        | POL  | M-40 | 10     | M 27 | 00:20:53.22 | 4:10   | 14.4 |
| 31   | BIENKOWSKI TOMASZ      | 7   | IQ CONSULTING KOSZALIN  | NIEKŁONICE      | POL  | M-30 | 11     | M 28 | 00:20:55.14 | 4:11   | 14.3 |
| 32   | CHUTYRKO PAWEŁ         | 25  | KAMIEŃ RYMAŃSKI         | KAMIEŃ RYMAŃSKI | POL  | M-20 | 5      | M 29 | 00:20:59.44 | 4:12   | 14.3 |
| 33   | WAŚOWSKI MATEUSZ       | 207 |                         | KOSZALIN        | POL  | M-20 | 6      | M 30 | 00:21:12.53 | 4:14   | 14.2 |
| 34   | WEBER PAWEŁ            | 145 | ENERGON                 | KOSZALIN        | POL  | M-30 | 12     | M 31 | 00:21:26.98 | 4:17   | 14   |
| 35   | BRZEZIŃSKI JAN         | 15  | TEAM PIOTRUŚ            | BIAŁOGARD       | POL  | M-50 | 3      | M 32 | 00:21:27.66 | 4:17   | 14   |
| 36   | OLCZAK KRZYSZTOF       | 143 |                         | SIANÓW          | POL  | M-30 | 13     | M 33 | 00:21:28.79 | 4:17   | 14   |
| 37   | CHOŁUJ JAREK           | 20  |                         | KOSZALIN        | POL  | M-40 | 11     | M 34 | 00:21:30.60 | 4:18   | 13.9 |
| 38   | BŁASZCZYK PIOTR        | 9   |                         | POLNE           | POL  | M-40 | 12     | M 35 | 00:21:47.76 | 4:21   | 13.8 |
| 39   | PAWLAK ŁUKASZ          | 146 | KAMIEŃ RYMAŃSKI         | KAMIEŃ RYMAŃSKI | POL  | M-30 | 14     | M 36 | 00:21:53.06 | 4:22   | 13.7 |
| 40   | KWIETNIEWSKI DANIEL    | 106 |                         | KOSZALIN        | POL  | M-40 | 13     | M 37 | 00:21:54.90 | 4:23   | 13.7 |
| 41   | FORST FILIP            | 47  | KAMIEŃ RYMAŃSKI         | KAMIEŃ RYMAŃSKI | POL  | M-14 | 2      | M 38 | 00:21:54.92 | 4:23   | 13.7 |
| 42   | KONKEL ŁUKASZ          | 88  |                         | KOSZALIN        | POL  | M-40 | 14     | M 39 | 00:22:00.30 | 4:24   | 13.6 |
| 43   | OTTO MICHAŁ            | 139 |                         | BONIN           | POL  | M-30 | 15     | M 40 | 00:22:04.48 | 4:24   | 13.6 |
| 44   | WÓJCICKI ADRIAN        | 217 | DEAF KOSZALIN           | KOSZALIN        | POL  | M-30 | 16     | M 41 | 00:22:15.59 | 4:27   | 13.5 |
| 45   | KOZIEŁ PAWEŁ           | 93  |                         | RAJINO          | POL  | M-40 | 15     | M 42 | 00:22:20.10 | 4:28   | 13.4 |
| 46   | GAWRYSIĄK PRZEMYSŁAW   | 50  |                         | WŁODARKA        | POL  | M-40 | 16     | M 43 | 00:22:23.75 | 4:28   | 13.4 |

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| M-ce | Nazwisko i imię                 | Nr  | Klub                          | M-scowość                       | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------------------|-----|-------------------------------|---------------------------------|------|------|--------|------|-------------|--------|------|
| 47   | HAŁKA JUSTYNA                   | 58  |                               | ŁOBEZ                           | POL  | K-30 | 3      | K 4  | 00:22:25.88 | 4:29   | 13.4 |
| 48   | NIEMCZUK DARIUSZ                | 129 | JAMNO                         | KOSZALIN                        | POL  | M-50 | 4      | M 44 | 00:22:30.53 | 4:30   | 13.3 |
| 49   | LITWINOWICZ RENATA              | 110 | KB WYGAN                      | KOŁOBRZEG                       | POL  | K-40 | 1      | K 5  | 00:22:32.79 | 4:30   | 13.3 |
| 50   | KRUPIŃSKI KRZYSZTOF             | 98  | E-UROLOG.EU                   | KOSZALIN                        | POL  | M-50 | 5      | M 45 | 00:22:33.20 | 4:30   | 13.3 |
| 51   | WIKTOROWSKI MACIEJ              | 211 |                               | KOSZALIN                        | POL  | M-40 | 17     | M 46 | 00:22:35.00 | 4:31   | 13.3 |
| 52   | OPALIŃSKI STANISŁAW             | 136 | SENIORA                       | KOŁOBRZEG                       | POL  | M-60 | 1      | M 47 | 00:22:35.20 | 4:31   | 13.3 |
| 53   | ANTKOWIAK SEBASTIAN             | 2   | DB - ACTIVE                   | KOSZALIN                        | POL  | M-40 | 18     | M 48 | 00:22:39.72 | 4:32   | 13.2 |
| 54   | KOZIEŁ ADAM                     | 94  |                               | RAJINO                          | POL  | M-20 | 7      | M 49 | 00:22:41.03 | 4:32   | 13.2 |
| 55   | BARAN SEWERYN                   | 3   | ŚWIAT PŁYTEK U KRYSPINA       | GOŁCZEWO                        | POL  | M-20 | 8      | M 50 | 00:22:41.15 | 4:32   | 13.2 |
| 56   | ŻUKOWSKI CEZARY                 | 227 | MIGAWKOWE.PL                  | KOSZALIN                        | POL  | M-30 | 17     | M 51 | 00:22:41.36 | 4:32   | 13.2 |
| 57   | KĄŻMIERCZAK AGNIESZKA           | 81  |                               | ŚWIDWIN                         | POL  | K-40 | 2      | K 6  | 00:22:46.60 | 4:33   | 13.2 |
| 58   | MALISZEWSKA ANITA               | 114 |                               | KOSZALIN                        | POL  | K-20 | 2      | K 7  | 00:22:53.07 | 4:34   | 13.1 |
| 59   | CHABOWSKI WOJCIECH              | 17  |                               | RAJINO                          | POL  | M-20 | 9      | M 52 | 00:22:54.72 | 4:35   | 13.1 |
| 60   | AGAPOW EMILIA                   | 1   |                               | SŁUPSK                          | POL  | K-30 | 4      | K 8  | 00:22:54.89 | 4:34   | 13.1 |
| 61   | GÓRCZYŃSKI ROBERT               | 53  |                               | OSTROWIEC ŚWIĘTOKRZYSKI         | POL  | M-50 | 6      | M 53 | 00:22:56.62 | 4:35   | 13.1 |
| 62   | STANKIEWICZ LUCYNA              | 181 |                               | GRYFICE                         | POL  | K-30 | 5      | K 9  | 00:22:56.62 | 4:35   | 13.1 |
| 63   | HEŁAK ROBERT                    | 62  |                               | ŚREDNICA                        | POL  | M-40 | 19     | M 54 | 00:23:00.67 | 4:36   | 13   |
| 64   | PERKOWSKA OKTAWIA               | 150 | DECATHLON KOSZALIN            | KOSZALIN                        | POL  | K-20 | 3      | K 10 | 00:23:01.91 | 4:36   | 13   |
| 65   | ZAGALSKA PAULINA                | 221 |                               | POŁCZYN ZDRÓJ                   | POL  | K-30 | 6      | K 11 | 00:23:06.79 | 4:37   | 13   |
| 66   | POLAŃSKI NORBERT                | 156 | 21BLT                         | ŚWIDWIN                         | POL  | M-40 | 20     | M 55 | 00:23:06.94 | 4:37   | 13   |
| 67   | KUSZYŃSKI DARIUSZ               | 105 |                               | KOSZALIN                        | POL  | M-40 | 21     | M 56 | 00:23:07.62 | 4:37   | 13   |
| 68   | KĘSIK AGNIESZKA                 | 233 | ŚWIAT PŁYTEK U KRYSPINA       | SŁUPSK                          | POL  | K-30 | 7      | K 12 | 00:23:12.14 | 4:38   | 12.9 |
| 69   | BARTHA ADRIAN                   | 4   |                               | KOŁOBRZEG                       | POL  | M-30 | 18     | M 57 | 00:23:12.49 | 4:38   | 12.9 |
| 70   | WIŚNIEWSKI ŁUKASZ               | 213 |                               | KOŁOBRZEG                       | POL  | M-20 | 10     | M 58 | 00:23:14.32 | 4:38   | 12.9 |
| 71   | SZOSTAK MARTA                   | 193 |                               | KOSZALIN                        | POL  | K-20 | 4      | K 13 | 00:23:17.88 | 4:39   | 12.9 |
| 72   | KŁOS TOMASZ                     | 84  |                               | KALISZ POMORSKI                 | POL  | M-40 | 22     | M 59 | 00:23:20.43 | 4:40   | 12.9 |
| 73   | KAZIMIERCZAK LESZEK             | 80  | LOVELASY DĄBK                 | NIKŁONICE                       | POL  | M-30 | 19     | M 60 | 00:23:23.75 | 4:40   | 12.8 |
| 74   | JADCZAK TOMASZ                  | 67  | JW1223                        | SULECHOWO                       | POL  | M-30 | 20     | M 61 | 00:23:26.88 | 4:41   | 12.8 |
| 75   | BORYS JUSTYNA                   | 14  | JEDWABIŚCI                    | KOSZALIN                        | POL  | K-30 | 8      | K 14 | 00:23:32.57 | 4:42   | 12.7 |
| 76   | RAPINCZUK JAN                   | 161 | BDSUOT WARSZAWA               | NOWY DWÓR MAZOWIECKI-MODLIN TW. | POL  | M-40 | 23     | M 62 | 00:23:35.14 | 4:43   | 12.7 |
| 77   | GAŁECKI JACEK                   | 48  | KARLINOBIEGAJ                 | KARLINO                         | POL  | M-50 | 7      | M 63 | 00:23:49.16 | 4:45   | 12.6 |
| 78   | KŁOSIŃSKI MICHAŁ                | 85  |                               | KOSZALIN                        | POL  | M-30 | 21     | M 64 | 00:23:49.58 | 4:46   | 12.6 |
| 79   | DĘBSKI DAMIAN                   | 35  |                               | KOSZALIN                        | POL  | M-30 | 22     | M 65 | 00:23:52.63 | 4:46   | 12.6 |
| 80   | KRZEWIŃSKA MAŁGORZATA           | 100 | TKKF KOSZALIN                 | KOSZALIN                        | POL  | K-60 | 1      | K 15 | 00:23:53.97 | 4:46   | 12.6 |
| 81   | GARSKA JOANNA                   | 237 | ŚWIAT PŁYTEK U KRYSPINA       | BYTÓW                           | POL  | K-40 | 3      | K 16 | 00:23:56.88 | 4:47   | 12.5 |
| 82   | OSOBNAK RYSZARD                 | 138 | KOSZALIN -NIEZRZESZONY        | KOSZALIN                        | POL  | M-60 | 2      | M 66 | 00:23:59.42 | 4:48   | 12.5 |
| 83   | WOCH EDWARD                     | 130 |                               | KOSZALIN                        | POL  | M-60 | 3      | M 67 | 00:24:08.93 | 4:49   | 12.4 |
| 84   | MYK PAWEŁ                       | 127 |                               | KOSZALIN                        | POL  | M-30 | 23     | M 68 | 00:24:09.44 | 4:50   | 12.4 |
| 85   | KORZENIOWSKA EWA                | 90  |                               | KOSZALIN                        | POL  | K-20 | 5      | K 17 | 00:24:10.17 | 4:50   | 12.4 |
| 86   | CHOŁUJ KAROL                    | 21  | ZAWSZE DO PRZODU              | KOSZALIN                        | POL  | M-30 | 24     | M 69 | 00:24:11.21 | 4:50   | 12.4 |
| 87   | RODZIEWICZ-CZAPLIŃSKA AGNIESZKA | 162 |                               | KOSZALIN                        | POL  | K-40 | 4      | K 18 | 00:24:17.17 | 4:51   | 12.4 |
| 88   | STALUSZKA DARIUSZ               | 179 | 21.BLT                        | ŚWIDWIN                         | POL  | M-40 | 24     | M 70 | 00:24:29.66 | 4:54   | 12.2 |
| 89   | CHRZANOWSKI CZESŁAW             | 23  | MYSŁOWICKI KLUB BIEGACZA NO I | SOSNOWIEC                       | POL  | M-50 | 8      | M 71 | 00:24:32.56 | 4:54   | 12.2 |
| 90   | KUBIAK MONIKA                   | 101 |                               | KOŁOBRZEG                       | POL  | K-30 | 9      | K 19 | 00:24:34.52 | 4:55   | 12.2 |
| 91   | DEJNAK MARIOLA                  | 33  |                               | GRYFICE                         | POL  | K-60 | 2      | K 20 | 00:24:35.10 | 4:55   | 12.2 |
| 92   | MIELEWCZYK RADOSŁAW             | 120 | KAMIEŃ RYMAŃSKI               | KAMIEŃ RYMAŃSKI                 | POL  | M-20 | 11     | M 72 | 00:24:39.12 | 4:55   | 12.2 |
| 93   | OLSZEWSKA NINA                  | 135 | KAMIEŃ RYMAŃSKI               | KAMIEŃ RYMAŃSKI                 | POL  | K-14 | 1      | K 21 | 00:24:40.53 | 4:56   | 12.2 |
| 94   | PRZYBYSZ DAMIAN                 | 160 |                               | NIEMICA                         | POL  | M-30 | 25     | M 73 | 00:24:40.77 | 4:56   | 12.2 |
| 95   | GAPPA MICHAŁ                    | 49  | 1972                          | WIĘCBORK                        | POL  | M-40 | 25     | M 74 | 00:24:44.81 | 4:57   | 12.1 |
| 96   | DOMAŃSKI KRZYSZTOF              | 39  |                               | KOŁOBRZEG                       | POL  | M-14 | 3      | M 75 | 00:24:46.24 | 4:57   | 12.1 |
| 97   | NESTOR PETRO                    | 128 |                               | MOŚCISKA                        | UKR  | M-50 | 9      | M 76 | 00:24:48.67 | 4:57   | 12.1 |
| 98   | MEJER ALEKSANDRA                | 117 |                               | ROSNOWO                         | POL  | K-14 | 2      | K 22 | 00:24:52.04 | 4:58   | 12.1 |
| 99   | SZULC MAREK                     | 196 | SZULC RUNNERS TEAM            | BIAŁOGARD                       | POL  | M-50 | 10     | M 77 | 00:24:58.90 | 4:59   | 12   |
| 100  | HAŁKA ARKADIUSZ                 | 59  | TRUCHT ŁOBEZ                  | ŁOBEZ                           | POL  | M-40 | 26     | M 78 | 00:25:00.40 | 5:00   | 12   |
| 101  | BODO RAFAŁ                      | 10  |                               | KOSZALIN                        | POL  | M-30 | 26     | M 79 | 00:25:01.83 | 5:00   | 12   |
| 102  | PACAN MIRA                      | 140 | ŚWIAT PŁYTEK U KRYSPINA       | BYTÓW                           | POL  | K-30 | 10     | K 23 | 00:25:07.49 | 5:01   | 11.9 |
| 103  | KRASIŃSKI WITOLD                | 95  |                               | KOSZALIN                        | POL  | M-40 | 27     | M 80 | 00:25:09.40 | 5:02   | 11.9 |

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| M-ce | Nazwisko i imię             | Nr  | Klub                         | M-scowość               | Kraj | Kat.  | M. kat | K/M   | Netto       | min/km | km/h |
|------|-----------------------------|-----|------------------------------|-------------------------|------|-------|--------|-------|-------------|--------|------|
| 104  | SPOLSKA WERONIKA            | 177 | KAMIEŃ RYMAŃSKI              | KAMIEŃ RYMAŃSKI         | POL  | K-20  | 6      | K 24  | 00:25:11.63 | 5:02   | 11.9 |
| 105  | GREMBLEWSKI DAREK           | 55  | KAMIEŃ RYMAŃSKI              | KAMIEŃ RYMAŃSKI         | POL  | M-50  | 11     | M 81  | 00:25:15.35 | 5:03   | 11.9 |
| 106  | GLISZCZYŃSKI ŁUKASZ         | 28  |                              | BYTÓW                   | POL  | M-20  | 12     | M 82  | 00:25:19.67 | 5:04   | 11.8 |
| 107  | KOSZ PAWEŁ                  | 91  |                              | KOSZALIN                | POL  | M-30  | 27     | M 83  | 00:25:20.39 | 5:04   | 11.8 |
| 108  | DANOWSKI MACIEK             | 31  | FITNESS CLUB FORMA BIAŁOGARD | BIAŁOGARD               | POL  | M-40  | 28     | M 84  | 00:25:21.12 | 5:04   | 11.8 |
| 109  | SZMIGIERO SEBASTIAN         | 191 | W.P.K SŁOŃ TEAM              | SŁUPSK                  | POL  | M-40  | 29     | M 85  | 00:25:21.72 | 5:04   | 11.8 |
| 110  | PACAN BARTOSZ               | 141 | ŚWIAT PŁYTEK U KRYSPIŃA      | BYTÓW                   | POL  | M-30  | 28     | M 86  | 00:25:24.07 | 5:04   | 11.8 |
| 111  | WAŚOWSKI ROBERT             | 206 | BIURO PODRÓŻY PARADISE TOUR  | NOWE BIELICE            | POL  | M-20  | 13     | M 87  | 00:25:24.99 | 5:05   | 11.8 |
| 112  | WAJDA WALDEMAR              | 204 |                              | BORNE SULINOWO          | POL  | M-40  | 30     | M 88  | 00:25:25.17 | 5:05   | 11.8 |
| 113  | KRZANOWSKI MARCIN           | 99  | MARCINBIEGA                  | BIAŁOGARD               | POL  | M-30  | 29     | M 89  | 00:25:25.95 | 5:05   | 11.8 |
| 114  | DOWNAR-ZAPOLSKI PAWEŁ       | 41  |                              | SŁUPSK                  | POL  | M-30  | 30     | M 90  | 00:25:26.48 | 5:05   | 11.8 |
| 115  | RÓJ BARBARA                 | 164 |                              | BIAŁOGARD               | POL  | K-40  | 5      | K 25  | 00:25:27.27 | 5:05   | 11.8 |
| 116  | SERKOWSKA MAGDALENA         | 172 |                              | KOSZALIN                | POL  | K-20  | 7      | K 26  | 00:25:31.23 | 5:06   | 11.8 |
| 117  | KOZŁOWIECKI WALDEMAR        | 231 | TKKF KOSZALIN                | KOSZALIN                | POL  | M-60  | 4      | M 91  | 00:25:34.34 | 5:06   | 11.7 |
| 118  | GRABSKA IWONA               | 192 |                              | BIAŁOGARD               | POL  | K-40  | 6      | K 27  | 00:25:38.45 | 5:07   | 11.7 |
| 119  | JANUSZEWSKI JACEK           | 68  | 17 WOG KOSZALIN              | KOSZALIN                | POL  | M-50  | 12     | M 92  | 00:25:49.29 | 5:09   | 11.6 |
| 120  | RÓJ ANDRZEJ                 | 165 |                              | BIAŁOGARD               | POL  | M-40  | 31     | M 93  | 00:25:49.63 | 5:10   | 11.6 |
| 121  | KOLIGAT ANNA                | 87  |                              | MAKSYMILIANA GOLISZA, 9 | POL  | K-30  | 11     | K 28  | 00:25:49.88 | 5:10   | 11.6 |
| 122  | FAJGIER TOMASZ              | 46  |                              | MANOWO                  | POL  | M-50  | 13     | M 94  | 00:25:53.11 | 5:10   | 11.6 |
| 123  | JUSZCZAK KRZYSZTOF          | 71  |                              | KOSZALIN                | POL  | M-60  | 5      | M 95  | 00:25:56.59 | 5:11   | 11.6 |
| 124  | ZIELIŃSKI MACIEJ            | 223 |                              | ŚWIDWIN                 | POL  | M-30  | 31     | M 96  | 00:26:01.60 | 5:12   | 11.5 |
| 125  | DRABKOWSKA AGNIESZKA        | 42  |                              | BIAŁOGARD               | POL  | K-40  | 7      | K 29  | 00:26:07.11 | 5:13   | 11.5 |
| 126  | NOWAK ANIA                  | 132 | JEDWABIŚCI                   | KOSZALIN                | POL  | K-40  | 8      | K 30  | 00:26:11.22 | 5:14   | 11.5 |
| 127  | CHILLA DANUTA               | 18  |                              | MIELNO                  | POL  | K-30  | 12     | K 31  | 00:26:14.18 | 5:14   | 11.4 |
| 128  | SATYŁA TOMASZ               | 171 | CZARNE BIEGA                 | CZARNE                  | POL  | M-30  | 32     | M 97  | 00:26:15.61 | 5:15   | 11.4 |
| 129  | PRZYBYŁ KRZYSZTOF           | 158 |                              | KOSZALIN                | POL  | M-30  | 33     | M 98  | 00:26:18.31 | 5:15   | 11.4 |
| 130  | BORUC BARBARA               | 13  | PARKRUN SZCZECINEK           | SZCZECINEK              | POL  | K-50  | 1      | K 32  | 00:26:22.56 | 5:16   | 11.4 |
| 131  | SĄŁAJ ANGELIKA              | 170 | METALCORP TEAM               | ZBYSZEWÓ                | POL  | K-30  | 13     | K 33  | 00:26:22.98 | 5:16   | 11.4 |
| 132  | ORYSZCZYN ARKADIUSZ         | 137 |                              | KOSZALIN                | POL  | M-30  | 34     | M 99  | 00:26:26.08 | 5:17   | 11.3 |
| 133  | SPICA ŁUKASZ                | 176 |                              | KOSZALIN                | POL  | M-30  | 35     | M 100 | 00:26:26.55 | 5:17   | 11.3 |
| 134  | KEŚIK ŁUKASZ                | 234 | ŚWIAT PŁYTEK U KRYSPIŃA      | SŁUPSK                  | POL  | M-30  | 36     | M 101 | 00:26:30.20 | 5:18   | 11.3 |
| 135  | HAŁAJKO MAGDALENA           | 57  | HAISENBERG TEAM              | KOSZALIN                | POL  | K-30  | 14     | K 34  | 00:26:33.47 | 5:18   | 11.3 |
| 136  | KACZMAREK ŁUKASZ            | 72  | WOJOWNICY WÓDY               | KOSZALIN                | POL  | M-30  | 37     | M 102 | 00:26:38.18 | 5:19   | 11.3 |
| 137  | HELAK MAŁGORZATA            | 61  |                              | ŚREDNICA                | POL  | K-30  | 15     | K 35  | 00:26:49.67 | 5:22   | 11.2 |
| 138  | WIŚNIEWSKI JAROSŁAW         | 212 |                              | KOŁOBRZEG               | POL  | M-50  | 14     | M 103 | 00:26:53.41 | 5:22   | 11.2 |
| 139  | WAŚOWICZ ANNA               | 205 |                              | KOŁOBRZEG/STRAMNICA 29  | POL  | K-30  | 16     | K 36  | 00:26:55.10 | 5:23   | 11.1 |
| 140  | BUTOWICZ ADAM               | 16  |                              | SZCZECINEK              | POL  | M-50  | 15     | M 104 | 00:26:57.85 | 5:23   | 11.1 |
| 141  | ROMANOWICZ MONIKA           | 163 | ZABIEGANE :)                 | KOSZALIN                | POL  | K-30  | 17     | K 37  | 00:27:03.42 | 5:24   | 11.1 |
| 142  | SUCHODOLSKA ALEKSANDRA      | 186 |                              | ROSNOWO                 | POL  | K-30  | 18     | K 38  | 00:27:04.02 | 5:24   | 11.1 |
| 143  | HNATOWSKI ARTUR             | 64  | LOVELASY DĄBKI               | KOSZALIN                | POL  | M-50  | 16     | M 105 | 00:27:12.35 | 5:26   | 11   |
| 144  | DĘGA PIOTR                  | 36  | CZARNE BIEGA                 | CZARNE                  | POL  | M-30  | 38     | M 106 | 00:27:12.89 | 5:26   | 11   |
| 145  | JEWUŁA AGATA                | 70  |                              | KOSZALIN                | POL  | K-30  | 19     | K 39  | 00:27:23.93 | 5:28   | 10.9 |
| 146  | GONTEK ŁUKASZ               | 52  | VW BATORY                    | SŁUPSK                  | POL  | M-30  | 39     | M 107 | 00:27:31.94 | 5:30   | 10.9 |
| 147  | MAĆKOWIAK PAWEŁ             | 111 | SKB DZIK POLICE              | SZCZECIN                | POL  | M-30  | 40     | M 108 | 00:27:35.58 | 5:31   | 10.9 |
| 148  | TERELAK ANNA                | 200 | SKB DZIK POLICE              | BIESIEKIERZ             | POL  | K-20  | 8      | K 40  | 00:27:36.02 | 5:31   | 10.9 |
| 149  | GŁOWACKI WŁODZIMIERZ        | 51  | JEDWABIŚCI                   | KOSZALIN                | POL  | M-70+ | 1      | M 109 | 00:27:39.82 | 5:32   | 10.8 |
| 150  | KARNICKI ZYGMUNT            | 75  | TKKF KOSZALIN                | KOSZALIN                | POL  | M-60  | 6      | M 110 | 00:27:42.36 | 5:32   | 10.8 |
| 151  | KNUT-POTOCZNIK GABRIELA     | 86  |                              | POLANÓW                 | POL  | K-30  | 20     | K 41  | 00:27:44.71 | 5:33   | 10.8 |
| 152  | MALINOWSKA-BURDA ALEKSANDRA | 113 |                              | KOSZALIN                | POL  | K-30  | 21     | K 42  | 00:27:49.65 | 5:34   | 10.8 |
| 153  | BOKOTA KATARZYNA            | 11  |                              | BIAŁOGARD               | POL  | K-40  | 9      | K 43  | 00:27:53.02 | 5:34   | 10.8 |
| 154  | DORAWA-ZIOMEK ANNA          | 40  |                              | KOSZALIN                | POL  | K-30  | 22     | K 44  | 00:27:54.92 | 5:35   | 10.7 |
| 155  | KILJAN SYLWIA               | 83  |                              | KOSZALIN                | POL  | K-30  | 23     | K 45  | 00:27:59.76 | 5:36   | 10.7 |
| 156  | MONGIAŁO ALEKSANDRA         | 125 | FAST FEET K-LIN              | KOSZALIN                | POL  | K-30  | 24     | K 46  | 00:27:59.96 | 5:36   | 10.7 |
| 157  | MONGIAŁO MARCIN             | 124 | FAST FEET K-LIN              | KOSZALIN                | POL  | M-40  | 32     | M 111 | 00:28:01.55 | 5:36   | 10.7 |
| 158  | PRZEDNÓWEK MARIOLA          | 157 | CZARNE BIEGA                 | CZARNE                  | POL  | K-30  | 25     | K 47  | 00:28:13.74 | 5:38   | 10.6 |
| 159  | KURZAWIŃSKA-JABŁOŃSKA KASIA | 104 | TEAM CZARNE BIEGA            | CZARNE                  | POL  | K-40  | 10     | K 48  | 00:28:14.05 | 5:38   | 10.6 |
| 160  | PAWŁOWICZ ALEKSANDRA        | 147 |                              | KOSZALIN                | POL  | K-20  | 9      | K 49  | 00:28:17.67 | 5:39   | 10.6 |

**BIEG WALENTYNKOWY 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                               | M-scowość       | Kraj | Kat.  | M. kat | K/M   | Netto       | min/km | km/h |
|------|------------------------|-----|------------------------------------|-----------------|------|-------|--------|-------|-------------|--------|------|
| 161  | DOMAŃSKI ADAM          | 38  |                                    | KOŁOBRZEG       | POL  | M-40  | 33     | M 112 | 00:28:28.26 | 5:41   | 10.5 |
| 162  | DOMAŃSKA KATARZYNA     | 37  |                                    | KOŁOBRZEG       | POL  | K-40  | 11     | K 50  | 00:28:28.38 | 5:41   | 10.5 |
| 163  | BILL ŁUKASZ            | 8   |                                    | BORNE SULINOWO  | POL  | M-30  | 41     | M 113 | 00:28:29.17 | 5:42   | 10.5 |
| 164  | DEPTUŁA-BILL BOŻENA    | 34  |                                    | BORNE SULINOWO  | POL  | K-30  | 26     | K 51  | 00:28:29.72 | 5:42   | 10.5 |
| 165  | PAWŁOWICZ RYSZARD      | 148 |                                    | KOSZALIN        | POL  | M-50  | 17     | M 114 | 00:28:31.39 | 5:42   | 10.5 |
| 166  | ZUKAL ALEKSANDRA       | 226 |                                    | KOSZALIN        | POL  | K-40  | 12     | K 52  | 00:28:47.51 | 5:45   | 10.4 |
| 167  | DUDA RÓŻA              | 239 | BEST BEAST                         |                 | POL  | K-30  | 27     | K 53  | 00:28:48.80 | 5:45   | 10.4 |
| 168  | KARPIŃSKI MATEUSZ      | 77  |                                    | BOBOLICE        | POL  | M-20  | 14     | M 115 | 00:28:52.08 | 5:46   | 10.4 |
| 169  | SKIBA ARTUR            | 174 | PARALOTNIOWY PPGG                  | ŚWIDWIN         | POL  | M-40  | 34     | M 116 | 00:28:56.39 | 5:47   | 10.4 |
| 170  | DZIEMIANKO ILONA       | 44  |                                    | KOŁACZ          | POL  | K-20  | 10     | K 54  | 00:28:56.41 | 5:47   | 10.4 |
| 171  | OGRODOWCZYK JAGODA     | 133 |                                    | KOŁOBRZEG       | POL  | K-30  | 28     | K 55  | 00:28:57.31 | 5:47   | 10.4 |
| 172  | PŁOTKA GRZEGORZ        | 155 | 1982                               | KOSZALIN        | POL  | M-30  | 42     | M 117 | 00:29:07.54 | 5:49   | 10.3 |
| 173  | PŁOTKA EMILIA          | 154 |                                    | KOSZALIN        | POL  | K-30  | 29     | K 56  | 00:29:07.54 | 5:49   | 10.3 |
| 174  | BORSUK DOROTA          | 12  |                                    | KOSZALIN        | POL  | K-40  | 13     | K 57  | 00:29:09.95 | 5:50   | 10.3 |
| 175  | WRÓBLEWSKA MARTA       | 218 |                                    | KOSZALIN        | POL  | K-40  | 14     | K 58  | 00:29:10.48 | 5:50   | 10.3 |
| 176  | HELLER ZDZISŁAW        | 63  | NIEZRZESZONY                       | KOSZALIN        | POL  | M-60  | 7      | M 118 | 00:29:10.53 | 5:50   | 10.3 |
| 177  | CICHOSZ JERZY          | 27  |                                    | KOSZALIN        | POL  | M-70+ | 2      | M 119 | 00:29:26.40 | 5:53   | 10.2 |
| 178  | ZAKOŚCIELNA KATARZYNA  | 222 | ZABIEGANE :)                       | KOSZALIN        | POL  | K-30  | 30     | K 59  | 00:29:29.35 | 5:53   | 10.2 |
| 179  | ZIMNOWŁOCKI MARIUSZ    | 224 | DEAF KOSZALIN                      | SIANOW          | POL  | M-30  | 43     | M 120 | 00:29:31.07 | 5:54   | 10.2 |
| 180  | BEDNARZ KATARZYNA      | 5   |                                    | KOŁOBRZEG       | POL  | K-40  | 15     | K 60  | 00:29:55.81 | 5:59   | 10   |
| 181  | PITURA KATARZYNA       | 153 |                                    | WARSZAWA        | POL  | K-20  | 11     | K 61  | 00:30:01.14 | 6:00   | 10   |
| 182  | WYSOCKA DOMINIKA       | 219 |                                    | KOSZALIN        | POL  | K-20  | 12     | K 62  | 00:30:01.74 | 6:00   | 10   |
| 183  | WOCH ZBIGNIEW          | 210 |                                    | KOSZALIN        | POL  | M-60  | 8      | M 121 | 00:30:10.67 | 6:02   | 9.9  |
| 184  | OLEŚKIEWICZ DAMIAN     | 134 |                                    | KOSZALIN        | POL  | M-20  | 15     | M 122 | 00:30:14.54 | 6:02   | 9.9  |
| 185  | MICHALCZYK MAŁGORZATA  | 118 | JW1223                             | KOSZALIN        | POL  | K-30  | 31     | K 63  | 00:30:16.62 | 6:03   | 9.9  |
| 186  | PIECYCHNA AGATA        | 152 |                                    | KOŁOBRZEG       | POL  | K-40  | 16     | K 64  | 00:30:49.67 | 6:09   | 9.7  |
| 187  | SAWICZ- WERS URSZULA   | 216 |                                    | DRZONOWO        | POL  | K-30  | 32     | K 65  | 00:30:50.96 | 6:10   | 9.7  |
| 188  | KRAWIECKA KLAUDIA      | 97  | AKADEMIA BIEGOWA KIEŁPINO          | SOMONINO        | POL  | K-14  | 3      | K 66  | 00:30:54.56 | 6:11   | 9.7  |
| 189  | KOZŁOWIECKA MAŁGORZATA | 232 |                                    | KOSZALIN        | POL  | K-50  | 2      | K 67  | 00:30:54.71 | 6:11   | 9.7  |
| 190  | BUDZYŃSKA ELŻBIETA     | 240 |                                    | ŚLUPSK          | POL  | K-50  | 3      | K 68  | 00:30:57.19 | 6:11   | 9.7  |
| 191  | MOLENDNA ANNA          | 123 |                                    | POLANÓW         | POL  | K-30  | 33     | K 69  | 00:31:01.92 | 6:12   | 9.7  |
| 192  | STRACH MAREK           | 235 |                                    |                 | POL  | M-60  | 9      | M 123 | 00:31:08.21 | 6:13   | 9.6  |
| 193  | PEŁKA IWONA            | 149 |                                    | KOSZALIN        | POL  | K-50  | 4      | K 70  | 00:31:19.58 | 6:16   | 9.6  |
| 194  | SZULC ADAM             | 197 | SZULC RUNNERS TEAM                 | BIAŁOGARD       | POL  | M-30  | 44     | M 124 | 00:31:21.28 | 6:16   | 9.6  |
| 195  | ŚLEDŹ ANDRZEJ          | 198 | WĘŻELEK                            | ŚLUPSK          | POL  | M-40  | 35     | M 125 | 00:31:33.51 | 6:18   | 9.5  |
| 196  | ŚLEDŹ JOANNA           | 199 | WĘŻELEK                            | ŚLUPSK          | POL  | K-40  | 17     | K 71  | 00:31:33.69 | 6:18   | 9.5  |
| 197  | RUSIECKI PAWEŁ         | 166 | WSPL SP ZOZ KOSZALIN               | BIESIEKIERZ     | POL  | M-40  | 36     | M 126 | 00:31:52.56 | 6:22   | 9.4  |
| 198  | WOJANOWSKA MARYLA      | 214 | SPORT I REKREACJA DELFIN GRUDZIĄDZ | GRUDZIĄDZ       | POL  | K-60  | 3      | K 72  | 00:32:08.07 | 6:25   | 9.3  |
| 199  | WOJANOWSKI ZBIGNIEW    | 215 | SPORT I REKREACJA DELFIN GRUDZIĄDZ | GRUDZIĄDZ       | POL  | M-60  | 10     | M 127 | 00:32:09.58 | 6:26   | 9.3  |
| 200  | WĘCKOWSKI ADAM         | 208 | KAMIEŃ RYMAŃSKI                    | KAMIEŃ RYMAŃSKI | POL  | M-20  | 16     | M 128 | 00:32:16.61 | 6:27   | 9.3  |
| 201  | KUREK MAGDALENA        | 103 | KAMIEŃ RYMAŃSKI                    | KAMIEŃ RYMAŃSKI | POL  | K-14  | 4      | K 73  | 00:32:17.46 | 6:27   | 9.3  |
| 202  | PRZYBYSZ JOANNA        | 159 | ROZBIEGANY NIEMICA                 | NIEMICA         | POL  | K-30  | 34     | K 74  | 00:32:28.67 | 6:29   | 9.2  |
| 203  | STAŃCZYK FRANCISZEK    | 183 | NIEZRZESZONY                       | KOSZALIN        | POL  | M-70+ | 3      | M 129 | 00:32:40.85 | 6:32   | 9.2  |
| 204  | TRACZ JADWIGA          | 201 |                                    | BIESIEKIERZ     | POL  | K-40  | 18     | K 75  | 00:32:55.02 | 6:35   | 9.1  |
| 205  | HEDDERGOTT KATARZYNA   | 60  | JEDWABIŚCI                         | KOSZALIN        | POL  | K-40  | 19     | K 76  | 00:34:59.90 | 7:00   | 8.6  |
| 206  | RYHANYCZ PAWEŁ         | 168 | JEDWABIŚCI                         | KOSZALIN        | POL  | M-40  | 37     | M 130 | 00:35:00.44 | 7:00   | 8.6  |
| 207  | STANCZEWSKA KAROLINA   | 180 |                                    | BIAŁOGARD       | POL  | K-30  | 35     | K 77  | 00:35:38.91 | 7:07   | 8.4  |
| 208  | SZULC MARTYNA          | 194 | SZULC RUNNERS TEAM                 | BIAŁOGARD       | POL  | K-30  | 36     | K 78  | 00:35:41.70 | 7:08   | 8.4  |
| 209  | KARNICKI ARTUR         | 76  |                                    | KOSZALIN        | POL  | M-40  | 38     | M 131 | 00:35:45.92 | 7:09   | 8.4  |
| 210  | KULAWINSKI MAREK       | 102 |                                    | KOŁOBRZEG       | POL  | M-40  | 39     | M 132 | 00:42:56.66 | 8:35   | 7    |
| 211  | SOLAK HALINA           | 236 | ŚWIAT PŁYTEK U KRYSPIŃA            | BYTÓW           | POL  | K-60  | 4      | K 79  | 00:43:55.00 | 8:47   | 6.8  |
| 212  | BARTNIK MARIAN         | 230 | TKKF KOSZALIN                      | KOSZALIN        | POL  | M-70+ | 4      | M 133 | 00:45:54.00 | 9:10   | 6.5  |

**BIEG WALENTYNKOWY 5 KM, K-OPEN**

| M-ce | Nazwisko i imię                 | Nr  | Klub                   | M-scowość               | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------------------|-----|------------------------|-------------------------|------|------|--------|------|-------------|--------|------|
| 1    | SZABAŁOWSKA MAŁGORZATA          | 189 | MKL SZCZECINEK         | SZCZECINEK              | POL  | K-20 | 1      | K 1  | 00:19:38.52 | 3:55   | 15.3 |
| 2    | KONKEL AGNIESZKA                | 89  |                        | KOSZALIN                | POL  | K-30 | 1      | K 2  | 00:20:11.80 | 4:02   | 14.9 |
| 3    | CHORAŻY KAROLINA                | 22  | LEO-TEAM               | KOSZALIN                | POL  | K-30 | 2      | K 3  | 00:20:49.26 | 4:09   | 14.4 |
| 4    | HAŁKA JUSTYNA                   | 58  |                        | ŁOBEZ                   | POL  | K-30 | 3      | K 4  | 00:22:25.88 | 4:29   | 13.4 |
| 5    | LITWINOWICZ RENATA              | 110 | KB WYGAN               | KOŁOBRZEG               | POL  | K-40 | 1      | K 5  | 00:22:32.79 | 4:30   | 13.3 |
| 6    | KĄŻMIERCZAK AGNIESZKA           | 81  |                        | ŚWIDWIN                 | POL  | K-40 | 2      | K 6  | 00:22:46.60 | 4:33   | 13.2 |
| 7    | MALISZEWSKA ANITA               | 114 |                        | KOSZALIN                | POL  | K-20 | 2      | K 7  | 00:22:53.07 | 4:34   | 13.1 |
| 8    | AGAPOW EMILIA                   | 1   |                        | SŁUPSK                  | POL  | K-30 | 4      | K 8  | 00:22:54.89 | 4:34   | 13.1 |
| 9    | STANKIEWICZ LUCYNA              | 181 |                        | GRYFICE                 | POL  | K-30 | 5      | K 9  | 00:22:56.62 | 4:35   | 13.1 |
| 10   | PERKOWSKA OKTAWIA               | 150 | DECATHLON KOSZALIN     | KOSZALIN                | POL  | K-20 | 3      | K 10 | 00:23:01.91 | 4:36   | 13   |
| 11   | ZAGAŁSKA PAULINA                | 221 |                        | POŁCZYN ZDRÓJ           | POL  | K-30 | 6      | K 11 | 00:23:06.79 | 4:37   | 13   |
| 12   | KĘSIK AGNIESZKA                 | 233 | ŚWIAT PŁYTEK U KRYSPIŃ | SŁUPSK                  | POL  | K-30 | 7      | K 12 | 00:23:12.14 | 4:38   | 12.9 |
| 13   | SZOSTAK MARTA                   | 193 |                        | KOSZALIN                | POL  | K-20 | 4      | K 13 | 00:23:17.88 | 4:39   | 12.9 |
| 14   | BORYS JUSTYNA                   | 14  | JEDWABIŚCI             | KOSZALIN                | POL  | K-30 | 8      | K 14 | 00:23:32.57 | 4:42   | 12.7 |
| 15   | KRZEWIŃSKA MAŁGORZATA           | 100 | TKKF KOSZALIN          | KOSZALIN                | POL  | K-60 | 1      | K 15 | 00:23:53.97 | 4:46   | 12.6 |
| 16   | GARSKA JOANNA                   | 237 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW                   | POL  | K-40 | 3      | K 16 | 00:23:56.88 | 4:47   | 12.5 |
| 17   | KORZENIOWSKA EWA                | 90  |                        | KOSZALIN                | POL  | K-20 | 5      | K 17 | 00:24:10.17 | 4:50   | 12.4 |
| 18   | RODZIEWICZ-CZAPLIŃSKA AGNIESZKA | 162 |                        | KOSZALIN                | POL  | K-40 | 4      | K 18 | 00:24:17.17 | 4:51   | 12.4 |
| 19   | KUBIAK MONIKA                   | 101 |                        | KOŁOBRZEG               | POL  | K-30 | 9      | K 19 | 00:24:34.52 | 4:55   | 12.2 |
| 20   | DEJNAK MARIOLA                  | 33  |                        | GRYFICE                 | POL  | K-60 | 2      | K 20 | 00:24:35.10 | 4:55   | 12.2 |
| 21   | OLSZEWSKA NINA                  | 135 | KAMIEŃ RYMAŃSKI        | KAMIEŃ RYMAŃSKI         | POL  | K-14 | 1      | K 21 | 00:24:40.53 | 4:56   | 12.2 |
| 22   | MEJER ALEKSANDRA                | 117 |                        | ROSNOWO                 | POL  | K-14 | 2      | K 22 | 00:24:52.04 | 4:58   | 12.1 |
| 23   | PACAN MIRA                      | 140 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW                   | POL  | K-30 | 10     | K 23 | 00:25:07.49 | 5:01   | 11.9 |
| 24   | SPOLSKA WERONIKA                | 177 | KAMIEŃ RYMAŃSKI        | KAMIEŃ RYMAŃSKI         | POL  | K-20 | 6      | K 24 | 00:25:11.63 | 5:02   | 11.9 |
| 25   | RÓJ BARBARA                     | 164 |                        | BIAŁOGARD               | POL  | K-40 | 5      | K 25 | 00:25:27.27 | 5:05   | 11.8 |
| 26   | SERKOWSKA MAGDALENA             | 172 |                        | KOSZALIN                | POL  | K-20 | 7      | K 26 | 00:25:31.23 | 5:06   | 11.8 |
| 27   | GRABSKA IWONA                   | 192 |                        | BIAŁOGARD               | POL  | K-40 | 6      | K 27 | 00:25:38.45 | 5:07   | 11.7 |
| 28   | KOLIGAT ANNA                    | 87  |                        | MAKSYMILIANA GOLISZA, 9 | POL  | K-30 | 11     | K 28 | 00:25:49.88 | 5:10   | 11.6 |
| 29   | DRABKOWSKA AGNIESZKA            | 42  |                        | BIAŁOGARD               | POL  | K-40 | 7      | K 29 | 00:26:07.11 | 5:13   | 11.5 |
| 30   | NOWAK ANIA                      | 132 | JEDWABIŚCI             | KOSZALIN                | POL  | K-40 | 8      | K 30 | 00:26:11.22 | 5:14   | 11.5 |
| 31   | CHILLA DANUTA                   | 18  |                        | MIELNO                  | POL  | K-30 | 12     | K 31 | 00:26:14.18 | 5:14   | 11.4 |
| 32   | BORUC BARBARA                   | 13  | PARKRUN SZCZECINEK     | SZCZECINEK              | POL  | K-50 | 1      | K 32 | 00:26:22.56 | 5:16   | 11.4 |
| 33   | SAŁAJ ANGELIKA                  | 170 | METALCORP TEAM         | ZBYSZEWO                | POL  | K-30 | 13     | K 33 | 00:26:22.98 | 5:16   | 11.4 |
| 34   | HAŁAJKO MAGDALENA               | 57  | HAISENBERG TEAM        | KOSZALIN                | POL  | K-30 | 14     | K 34 | 00:26:33.47 | 5:18   | 11.3 |
| 35   | HEŁAK MAŁGORZATA                | 61  |                        | ŚREDNICA                | POL  | K-30 | 15     | K 35 | 00:26:49.67 | 5:22   | 11.2 |
| 36   | WAŚOWICZ ANNA                   | 205 |                        | KOŁOBRZEG/STRAMNICA 29  | POL  | K-30 | 16     | K 36 | 00:26:55.10 | 5:23   | 11.1 |
| 37   | ROMANOWICZ MONIKA               | 163 | ZABIEGANE :)           | KOSZALIN                | POL  | K-30 | 17     | K 37 | 00:27:03.42 | 5:24   | 11.1 |
| 38   | SUCHODOLSKA ALEKSANDRA          | 186 |                        | ROSNOWO                 | POL  | K-30 | 18     | K 38 | 00:27:04.02 | 5:24   | 11.1 |
| 39   | JEWUŁA AGATA                    | 70  |                        | KOSZALIN                | POL  | K-30 | 19     | K 39 | 00:27:23.93 | 5:28   | 10.9 |
| 40   | TERELAK ANNA                    | 200 | SKB DZIK POLICE        | BIESIEKIERZ             | POL  | K-20 | 8      | K 40 | 00:27:36.02 | 5:31   | 10.9 |
| 41   | KNUT-POTOCZNIK GABRIELA         | 86  |                        | POLANÓW                 | POL  | K-30 | 20     | K 41 | 00:27:44.71 | 5:33   | 10.8 |
| 42   | MALINOWSKA-BURDA ALEKSANDRA     | 113 |                        | KOSZALIN                | POL  | K-30 | 21     | K 42 | 00:27:49.65 | 5:34   | 10.8 |
| 43   | BOKOTA KATARZYNA                | 11  |                        | BIAŁOGARD               | POL  | K-40 | 9      | K 43 | 00:27:53.02 | 5:34   | 10.8 |
| 44   | DORAWA-ZIOMEK ANNA              | 40  |                        | KOSZALIN                | POL  | K-30 | 22     | K 44 | 00:27:54.92 | 5:35   | 10.7 |
| 45   | KILJAN SYLWIA                   | 83  |                        | KOSZALIN                | POL  | K-30 | 23     | K 45 | 00:27:59.76 | 5:36   | 10.7 |
| 46   | MONGIAŁO ALEKSANDRA             | 125 | FAST FEET K-LIN        | KOSZALIN                | POL  | K-30 | 24     | K 46 | 00:27:59.96 | 5:36   | 10.7 |
| 47   | PRZEDNÓWEK MARIOLA              | 157 | CZARNE BIEGA           | CZARNE                  | POL  | K-30 | 25     | K 47 | 00:28:13.74 | 5:38   | 10.6 |
| 48   | KURZAWIŃSKA-JABŁOŃSKA KASIA     | 104 | TEAM CZARNE BIEGA      | CZARNE                  | POL  | K-40 | 10     | K 48 | 00:28:14.05 | 5:38   | 10.6 |
| 49   | PAWŁOWICZ ALEKSANDRA            | 147 |                        | KOSZALIN                | POL  | K-20 | 9      | K 49 | 00:28:17.67 | 5:39   | 10.6 |
| 50   | DOMAŃSKA KATARZYNA              | 37  |                        | KOŁOBRZEG               | POL  | K-40 | 11     | K 50 | 00:28:28.38 | 5:41   | 10.5 |
| 51   | DEPTUŁA-BILL BOŻENA             | 34  |                        | BORNE SULINOWO          | POL  | K-30 | 26     | K 51 | 00:28:29.72 | 5:42   | 10.5 |
| 52   | ZUKAL ALEKSANDRA                | 226 |                        | KOSZALIN                | POL  | K-40 | 12     | K 52 | 00:28:47.51 | 5:45   | 10.4 |
| 53   | DUDA RÓŻA                       | 239 | BEST BEAST             |                         | POL  | K-30 | 27     | K 53 | 00:28:48.80 | 5:45   | 10.4 |
| 54   | DZIEMIANKO ILONA                | 44  |                        | KOŁACZ                  | POL  | K-20 | 10     | K 54 | 00:28:56.41 | 5:47   | 10.4 |
| 55   | OGRODOWCZYK JAGODA              | 133 |                        | KOŁOBRZEG               | POL  | K-30 | 28     | K 55 | 00:28:57.31 | 5:47   | 10.4 |
| 56   | PŁOTKA EMILIA                   | 154 |                        | KOSZALIN                | POL  | K-30 | 29     | K 56 | 00:29:07.54 | 5:49   | 10.3 |
| 57   | BORSUK DOROTA                   | 12  |                        | KOSZALIN                | POL  | K-40 | 13     | K 57 | 00:29:09.95 | 5:50   | 10.3 |

**BIEG WALENTYNKOWY 5 KM, K-OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                               | M-scowość       | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|------------------------|-----|------------------------------------|-----------------|------|------|--------|------|-------------|--------|------|
| 58   | WRÓBLEWSKA MARTA       | 218 |                                    | KOSZALIN        | POL  | K-40 | 14     | K 58 | 00:29:10.48 | 5:50   | 10.3 |
| 59   | ZAKOŚCIELNA KATARZYNA  | 222 | ZABIEGANE :)                       | KOSZALIN        | POL  | K-30 | 30     | K 59 | 00:29:29.35 | 5:53   | 10.2 |
| 60   | BEDNARZ KATARZYNA      | 5   |                                    | KOŁOBRZEG       | POL  | K-40 | 15     | K 60 | 00:29:55.81 | 5:59   | 10   |
| 61   | PITURA KATARZYNA       | 153 |                                    | WARSZAWA        | POL  | K-20 | 11     | K 61 | 00:30:01.14 | 6:00   | 10   |
| 62   | WYSOCKA DOMINIKA       | 219 |                                    | KOSZALIN        | POL  | K-20 | 12     | K 62 | 00:30:01.74 | 6:00   | 10   |
| 63   | MICHALCZYK MAŁGORZATA  | 118 | JW1223                             | KOSZALIN        | POL  | K-30 | 31     | K 63 | 00:30:16.62 | 6:03   | 9.9  |
| 64   | PIECYCHNA AGATA        | 152 |                                    | KOŁOBRZEG       | POL  | K-40 | 16     | K 64 | 00:30:49.67 | 6:09   | 9.7  |
| 65   | SAWICZ- WERS URSZULA   | 216 |                                    | DRZONOWO        | POL  | K-30 | 32     | K 65 | 00:30:50.96 | 6:10   | 9.7  |
| 66   | KRAWIECKA KLAUDIA      | 97  | AKADEMIA BIEGOWA KIELPINO          | SOMONINO        | POL  | K-14 | 3      | K 66 | 00:30:54.56 | 6:11   | 9.7  |
| 67   | KOZŁOWIECKA MAŁGORZATA | 232 |                                    | KOSZALIN        | POL  | K-50 | 2      | K 67 | 00:30:54.71 | 6:11   | 9.7  |
| 68   | BUDZYŃSKA ELŻBIETA     | 240 |                                    | SŁUPSK          | POL  | K-50 | 3      | K 68 | 00:30:57.19 | 6:11   | 9.7  |
| 69   | MOLENDA ANNA           | 123 |                                    | POLANÓW         | POL  | K-30 | 33     | K 69 | 00:31:01.92 | 6:12   | 9.7  |
| 70   | PEŁKA IWONA            | 149 |                                    | KOSZALIN        | POL  | K-50 | 4      | K 70 | 00:31:19.58 | 6:16   | 9.6  |
| 71   | ŚLEDŹ JOANNA           | 199 | WEŻELEK                            | SŁUPSK          | POL  | K-40 | 17     | K 71 | 00:31:33.69 | 6:18   | 9.5  |
| 72   | WOJANOWSKA MARYLA      | 214 | SPORT I REKREACJA DELFIN GRUDZIĄDZ | GRUDZIĄDZ       | POL  | K-60 | 3      | K 72 | 00:32:08.07 | 6:25   | 9.3  |
| 73   | KUREK MAGDALENA        | 103 | KAMIEŃ RYMAŃSKI                    | KAMIEŃ RYMAŃSKI | POL  | K-14 | 4      | K 73 | 00:32:17.46 | 6:27   | 9.3  |
| 74   | PRZYBYSZ JOANNA        | 159 | ROZBIEGANY NIEMICA                 | NIEMICA         | POL  | K-30 | 34     | K 74 | 00:32:28.67 | 6:29   | 9.2  |
| 75   | TRACZ JADWIGA          | 201 |                                    | BIESIEKIERZ     | POL  | K-40 | 18     | K 75 | 00:32:55.02 | 6:35   | 9.1  |
| 76   | HEDDERGOTT KATARZYNA   | 60  | JEDWABIŚCI                         | KOSZALIN        | POL  | K-40 | 19     | K 76 | 00:34:59.90 | 7:00   | 8.6  |
| 77   | STANCZEWSKA KAROLINA   | 180 |                                    | BIAŁOGARD       | POL  | K-30 | 35     | K 77 | 00:35:38.91 | 7:07   | 8.4  |
| 78   | SZULC MARTYNA          | 194 | SZULC RUNNERS TEAM                 | BIAŁOGARD       | POL  | K-30 | 36     | K 78 | 00:35:41.70 | 7:08   | 8.4  |
| 79   | SOLAK HALINA           | 236 | ŚWIAT PŁYTEK U KRYSPIŃNA           | BYTÓW           | POL  | K-60 | 4      | K 79 | 00:43:55.00 | 8:47   | 6.8  |

**BIEG WALENTYNKOWY 5 KM, M-OPEN**

| M-ce | Nazwisko i imię     | Nr  | Klub                     | M-scowość       | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------|-----|--------------------------|-----------------|------|------|--------|------|-------------|--------|------|
| 1    | KEPKA ADRIAN        | 82  | DECATHLON KOSZALIN       | KOSZALIN        | POL  | M-20 | 1      | M 1  | 00:17:02.63 | 3:24   | 17.6 |
| 2    | SZKOŁUDA MIŁOSZ     | 190 | DECATHLON KOSZALIN       | POLANÓW         | POL  | M-20 | 2      | M 2  | 00:17:06.92 | 3:25   | 17.5 |
| 3    | ZABORSKI RYSZARD    | 220 | TKKF KOSZALIN            | KOSZALIN        | POL  | M-40 | 1      | M 3  | 00:17:40.09 | 3:32   | 17   |
| 4    | SIADAK ARKADIUSZ    | 173 |                          | KOSZALIN        | POL  | M-30 | 1      | M 4  | 00:17:46.30 | 3:33   | 16.9 |
| 5    | KOZAK ARKADIUSZ     | 121 | TKKF KOSZALIN            | BONIN           | POL  | M-40 | 2      | M 5  | 00:17:51.31 | 3:34   | 16.8 |
| 6    | ZACHARCZUK ALBIN    | 229 | UNIA HRUBIESZÓW          | HRUBIESZÓW      | POL  | M-20 | 3      | M 6  | 00:17:58.19 | 3:35   | 16.7 |
| 7    | HUBERT ŁUKASZ       | 66  | TKKF KOSZALIN            | KOSZALIN        | POL  | M-30 | 2      | M 7  | 00:18:25.42 | 3:41   | 16.3 |
| 8    | GARSKI KRYSPIŃ      | 238 | ŚWIAT PŁYTEK U KRYSPIŃNA | BYTÓW           | POL  | M-40 | 3      | M 8  | 00:18:33.78 | 3:42   | 16.2 |
| 9    | ZUKAL PIOTR         | 225 |                          | KOSZALIN        | POL  | M-40 | 4      | M 9  | 00:19:05.14 | 3:49   | 15.7 |
| 10   | RYKIEL MICHAŁ       | 169 |                          | BONIN           | POL  | M-30 | 3      | M 10 | 00:19:05.82 | 3:49   | 15.7 |
| 11   | MAJKOWICZ RAFAŁ     | 112 |                          | KOSZALIN        | POL  | M-30 | 4      | M 11 | 00:19:06.17 | 3:49   | 15.7 |
| 12   | CZAPLIŃSKI JACEK    | 29  | TAGER KOSZALIN           | KOSZALIN        | POL  | M-30 | 5      | M 12 | 00:19:14.91 | 3:51   | 15.6 |
| 13   | DUDA GRZEGORZ       | 43  | METALCORP TEAM           | BUKÓWKA         | POL  | M-40 | 5      | M 13 | 00:19:24.73 | 3:53   | 15.5 |
| 14   | DASZKIEWICZ DOMINIK | 32  |                          | SŁUPSK          | POL  | M-14 | 1      | M 14 | 00:19:29.44 | 3:54   | 15.4 |
| 15   | KAWKA ADRIAN        | 79  |                          | SŁUPSK          | POL  | M-30 | 6      | M 15 | 00:19:29.97 | 3:54   | 15.4 |
| 16   | GÓRA SYLWESTER      | 202 | #ZABIEGANINOCA           | OKONEK          | POL  | M-40 | 6      | M 16 | 00:19:43.12 | 3:56   | 15.2 |
| 17   | STENCEL MACIEJ      | 185 | GTS CZARNA DĄBRÓWKA      | CZARNA DĄBRÓWKA | POL  | M-30 | 7      | M 17 | 00:20:12.91 | 4:02   | 14.8 |
| 18   | LEWANDOWSKI JACEK   | 107 |                          | STARY BOREK     | POL  | M-40 | 7      | M 18 | 00:20:15.03 | 4:03   | 14.8 |
| 19   | CIASOŃ TOMASZ       | 26  | ORSKOV FOODS TEAM        | CZAPLINEK       | POL  | M-30 | 8      | M 19 | 00:20:18.31 | 4:03   | 14.8 |
| 20   | KOŚCIELNIAK ROBERT  | 92  | TKKF KOSZALIN            | KOSZALIN        | POL  | M-50 | 1      | M 20 | 00:20:29.16 | 4:05   | 14.6 |
| 21   | RUSINEK DAWID       | 167 |                          | BIAŁOGARD       | POL  | M-20 | 4      | M 21 | 00:20:29.52 | 4:05   | 14.6 |
| 22   | DZIĘBOWSKI MARIUSZ  | 45  |                          | KOSZALIN        | POL  | M-30 | 9      | M 22 | 00:20:29.56 | 4:06   | 14.6 |
| 23   | SPRINGER MARCIN     | 178 |                          | ZŁOCIENIEC      | POL  | M-40 | 8      | M 23 | 00:20:33.80 | 4:06   | 14.6 |
| 24   | MUCHA KRZYSZTOF     | 126 |                          | KOSZALIN        | POL  | M-40 | 9      | M 24 | 00:20:40.77 | 4:08   | 14.5 |
| 25   | MAZURSKI PAWEŁ      | 116 |                          | GRYFICE         | POL  | M-30 | 10     | M 25 | 00:20:42.42 | 4:08   | 14.5 |
| 26   | KATRYCZ ZBIGNIEW    | 78  |                          | ŚWIERCZYNA      | POL  | M-50 | 2      | M 26 | 00:20:47.26 | 4:09   | 14.4 |
| 27   | PICK TOMASZ         | 151 | DEAF KOSZALIN            | KOSZALIN        | POL  | M-40 | 10     | M 27 | 00:20:53.22 | 4:10   | 14.4 |
| 28   | BIENKOWSKI TOMASZ   | 7   | IQ CONSULTING KOSZALIN   | NIEKŁONICE      | POL  | M-30 | 11     | M 28 | 00:20:55.14 | 4:11   | 14.3 |
| 29   | CHUTYRKO PAWEŁ      | 25  | KAMIEŃ RYMAŃSKI          | KAMIEŃ RYMAŃSKI | POL  | M-20 | 5      | M 29 | 00:20:59.44 | 4:12   | 14.3 |
| 30   | WAŚOWSKI MATEUSZ    | 207 |                          | KOSZALIN        | POL  | M-20 | 6      | M 30 | 00:21:12.53 | 4:14   | 14.2 |

**BIEG WALENTYNKOWY 5 KM, M-OPEN c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                          | M-scowość                       | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|----------------------|-----|-------------------------------|---------------------------------|------|------|--------|------|-------------|--------|------|
| 31   | WEBER PAWEŁ          | 145 | ENERGON                       | KOSZALIN                        | POL  | M-30 | 12     | M 31 | 00:21:26.98 | 4:17   | 14   |
| 32   | BRZEZIŃSKI JAN       | 15  | TEAM PIOTRUŚ                  | BIAŁOGARD                       | POL  | M-50 | 3      | M 32 | 00:21:27.66 | 4:17   | 14   |
| 33   | OLCZAK KRZYSZTOF     | 143 |                               | SIANÓW                          | POL  | M-30 | 13     | M 33 | 00:21:28.79 | 4:17   | 14   |
| 34   | CHOŁUJ JAREK         | 20  |                               | KOSZALIN                        | POL  | M-40 | 11     | M 34 | 00:21:30.60 | 4:18   | 13.9 |
| 35   | BŁASZCZYK PIOTR      | 9   |                               | POLNE                           | POL  | M-40 | 12     | M 35 | 00:21:47.76 | 4:21   | 13.8 |
| 36   | PAWLAK ŁUKASZ        | 146 | KAMIEŃ RYMAŃSKI               | KAMIEŃ RYMAŃSKI                 | POL  | M-30 | 14     | M 36 | 00:21:53.06 | 4:22   | 13.7 |
| 37   | KWIETNIEWSKI DANIEL  | 106 |                               | KOSZALIN                        | POL  | M-40 | 13     | M 37 | 00:21:54.90 | 4:23   | 13.7 |
| 38   | FORST FILIP          | 47  | KAMIEŃ RYMAŃSKI               | KAMIEŃ RYMAŃSKI                 | POL  | M-14 | 2      | M 38 | 00:21:54.92 | 4:23   | 13.7 |
| 39   | KONKEL ŁUKASZ        | 88  |                               | KOSZALIN                        | POL  | M-40 | 14     | M 39 | 00:22:00.30 | 4:24   | 13.6 |
| 40   | OTTO MICHAŁ          | 139 |                               | BONIN                           | POL  | M-30 | 15     | M 40 | 00:22:04.48 | 4:24   | 13.6 |
| 41   | WÓJCICKI ADRIAN      | 217 | DEAF KOSZALIN                 | KOSZALIN                        | POL  | M-30 | 16     | M 41 | 00:22:15.59 | 4:27   | 13.5 |
| 42   | KOZIEŁ PAWEŁ         | 93  |                               | RĄBINO                          | POL  | M-40 | 15     | M 42 | 00:22:20.10 | 4:28   | 13.4 |
| 43   | GAWRYSIAK PRZEMYSŁAW | 50  |                               | WŁODARKA                        | POL  | M-40 | 16     | M 43 | 00:22:23.75 | 4:28   | 13.4 |
| 44   | NIEMCZUK DARIUSZ     | 129 | JAMNO                         | KOSZALIN                        | POL  | M-50 | 4      | M 44 | 00:22:30.53 | 4:30   | 13.3 |
| 45   | KRUPIŃSKI KRZYSZTOF  | 98  | E-UROLOG.EU                   | KOSZALIN                        | POL  | M-50 | 5      | M 45 | 00:22:33.20 | 4:30   | 13.3 |
| 46   | WIKTOROWSKI MACIEJ   | 211 |                               | KOSZALIN                        | POL  | M-40 | 17     | M 46 | 00:22:35.00 | 4:31   | 13.3 |
| 47   | OPALIŃSKI STANISŁAW  | 136 | SENIORA                       | KOŁOBRZEG                       | POL  | M-60 | 1      | M 47 | 00:22:35.20 | 4:31   | 13.3 |
| 48   | ANTKOWIAK SEBASTIAN  | 2   | DB - ACTIVE                   | KOSZALIN                        | POL  | M-40 | 18     | M 48 | 00:22:39.72 | 4:32   | 13.2 |
| 49   | KOZIEŁ ADAM          | 94  |                               | RĄBINO                          | POL  | M-20 | 7      | M 49 | 00:22:41.03 | 4:32   | 13.2 |
| 50   | BARAN SEWERYN        | 3   | ŚWIAT PŁYTEK U KRYSPIŃA       | GOŁCZEWO                        | POL  | M-20 | 8      | M 50 | 00:22:41.15 | 4:32   | 13.2 |
| 51   | ŻUKOWSKI CEZARY      | 227 | MIGAWKOWE.PL                  | KOSZALIN                        | POL  | M-30 | 17     | M 51 | 00:22:41.36 | 4:32   | 13.2 |
| 52   | CHABOWSKI WOJCIECH   | 17  |                               | RĄBINO                          | POL  | M-20 | 9      | M 52 | 00:22:54.72 | 4:35   | 13.1 |
| 53   | GÓRCZYŃSKI ROBERT    | 53  |                               | OSTROWIEC ŚWIĘTOKRZYSKI         | POL  | M-50 | 6      | M 53 | 00:22:56.62 | 4:35   | 13.1 |
| 54   | HEŁAK ROBERT         | 62  |                               | ŚREDNICA                        | POL  | M-40 | 19     | M 54 | 00:23:00.67 | 4:36   | 13   |
| 55   | POLAŃSKI NORBERT     | 156 | 21BLT                         | ŚWIDWIN                         | POL  | M-40 | 20     | M 55 | 00:23:06.94 | 4:37   | 13   |
| 56   | KUSZYŃSKI DARIUSZ    | 105 |                               | KOSZALIN                        | POL  | M-40 | 21     | M 56 | 00:23:07.62 | 4:37   | 13   |
| 57   | BARTHA ADRIAN        | 4   |                               | KOŁOBRZEG                       | POL  | M-30 | 18     | M 57 | 00:23:12.49 | 4:38   | 12.9 |
| 58   | WIŚNIEWSKI ŁUKASZ    | 213 |                               | KOŁOBRZEG                       | POL  | M-20 | 10     | M 58 | 00:23:14.32 | 4:38   | 12.9 |
| 59   | KŁOS TOMASZ          | 84  |                               | KALISZ POMORSKI                 | POL  | M-40 | 22     | M 59 | 00:23:20.43 | 4:40   | 12.9 |
| 60   | KAZIMIERCZAK LESZEK  | 80  | LOVELASY DĄBKI                | NIEKŁONICE                      | POL  | M-30 | 19     | M 60 | 00:23:23.75 | 4:40   | 12.8 |
| 61   | JADCZAK TOMASZ       | 67  | JW1223                        | SULECHOWO                       | POL  | M-30 | 20     | M 61 | 00:23:26.88 | 4:41   | 12.8 |
| 62   | RAPIŃCZUK JAN        | 161 | BDSUOT WARSZAWA               | NOWY DWÓR MAZOWIECKI-MODLIN TW. | POL  | M-40 | 23     | M 62 | 00:23:35.14 | 4:43   | 12.7 |
| 63   | GAŁECKI JACEK        | 48  | KARLINOBIEGAJ                 | KARLINO                         | POL  | M-50 | 7      | M 63 | 00:23:49.16 | 4:45   | 12.6 |
| 64   | KŁOSIŃSKI MICHAŁ     | 85  |                               | KOSZALIN                        | POL  | M-30 | 21     | M 64 | 00:23:49.58 | 4:46   | 12.6 |
| 65   | DĘBSKI DAMIAN        | 35  |                               | KOSZALIN                        | POL  | M-30 | 22     | M 65 | 00:23:52.63 | 4:46   | 12.6 |
| 66   | OSOBNAK RYSZARD      | 138 | KOSZALIN -NIEZRZESZONY        | KOSZALIN                        | POL  | M-60 | 2      | M 66 | 00:23:59.42 | 4:48   | 12.5 |
| 67   | WOCH EDWARD          | 130 |                               | KOSZALIN                        | POL  | M-60 | 3      | M 67 | 00:24:08.93 | 4:49   | 12.4 |
| 68   | MYK PAWEŁ            | 127 |                               | KOSZALIN                        | POL  | M-30 | 23     | M 68 | 00:24:09.44 | 4:50   | 12.4 |
| 69   | CHOŁUJ KAROL         | 21  | ZAWSZE DO PRZODU              | KOSZALIN                        | POL  | M-30 | 24     | M 69 | 00:24:11.21 | 4:50   | 12.4 |
| 70   | STALUSZKA DARIUSZ    | 179 | 21.BLT                        | ŚWIDWIN                         | POL  | M-40 | 24     | M 70 | 00:24:29.66 | 4:54   | 12.2 |
| 71   | CHRZANOWSKI CZESŁAW  | 23  | MYSŁOWICKI KLUB BIEGACZA NO I | SOSNOWIEC                       | POL  | M-50 | 8      | M 71 | 00:24:32.56 | 4:54   | 12.2 |
| 72   | MIELEWCZYK RADOŚLAW  | 120 | KAMIEŃ RYMAŃSKI               | KAMIEŃ RYMAŃSKI                 | POL  | M-20 | 11     | M 72 | 00:24:39.12 | 4:55   | 12.2 |
| 73   | PRZYBYSZ DAMIAN      | 160 |                               | NIEMICA                         | POL  | M-30 | 25     | M 73 | 00:24:40.77 | 4:56   | 12.2 |
| 74   | GAPPA MICHAŁ         | 49  | 1972                          | WIĘCBORK                        | POL  | M-40 | 25     | M 74 | 00:24:44.81 | 4:57   | 12.1 |
| 75   | DOMAŃSKI KRZYSZTOF   | 39  |                               | KOŁOBRZEG                       | POL  | M-14 | 3      | M 75 | 00:24:46.24 | 4:57   | 12.1 |
| 76   | NESTOR PETRO         | 128 |                               | MOŚCISKA                        | UKR  | M-50 | 9      | M 76 | 00:24:48.67 | 4:57   | 12.1 |
| 77   | SZULC MAREK          | 196 | SZULC RUNNERS TEAM            | BIAŁOGARD                       | POL  | M-50 | 10     | M 77 | 00:24:58.90 | 4:59   | 12   |
| 78   | HAŁKA ARKADIUSZ      | 59  | TRUCHT ŁOBEZ                  | ŁOBEZ                           | POL  | M-40 | 26     | M 78 | 00:25:00.40 | 5:00   | 12   |
| 79   | BODO RAFAŁ           | 10  |                               | KOSZALIN                        | POL  | M-30 | 26     | M 79 | 00:25:01.83 | 5:00   | 12   |
| 80   | KRASIŃSKI WITOLD     | 95  |                               | KOSZALIN                        | POL  | M-40 | 27     | M 80 | 00:25:09.40 | 5:02   | 11.9 |
| 81   | GREMBLEWSKI DAREK    | 55  | KAMIEŃ RYMAŃSKI               | KAMIEŃ RYMAŃSKI                 | POL  | M-50 | 11     | M 81 | 00:25:15.35 | 5:03   | 11.9 |
| 82   | GLISZCZYŃSKI ŁUKASZ  | 28  |                               | BYTÓW                           | POL  | M-20 | 12     | M 82 | 00:25:19.67 | 5:04   | 11.8 |
| 83   | KOSZ PAWEŁ           | 91  |                               | KOSZALIN                        | POL  | M-30 | 27     | M 83 | 00:25:20.39 | 5:04   | 11.8 |
| 84   | DANOWSKI MACIEK      | 31  | FITNESS CLUB FORMA BIAŁOGARD  | BIAŁOGARD                       | POL  | M-40 | 28     | M 84 | 00:25:21.12 | 5:04   | 11.8 |
| 85   | SZMIGIERO SEBASTIAN  | 191 | W.P.K SŁOŃ TEAM               | SŁUPSK                          | POL  | M-40 | 29     | M 85 | 00:25:21.72 | 5:04   | 11.8 |
| 86   | PACAN BARTOSZ        | 141 | ŚWIAT PŁYTEK U KRYSPIŃA       | BYTÓW                           | POL  | M-30 | 28     | M 86 | 00:25:24.07 | 5:04   | 11.8 |
| 87   | WAŚOWSKI ROBERT      | 206 | BIURO PODRÓŻY PARADISE TOUR   | NOWE BIELICE                    | POL  | M-20 | 13     | M 87 | 00:25:24.99 | 5:05   | 11.8 |

**BIEG WALENTYNKOWY 5 KM, M-OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                               | M-scowość       | Kraj | Kat.  | M. kat | K/M   | Netto       | min/km | km/h |
|------|-----------------------|-----|------------------------------------|-----------------|------|-------|--------|-------|-------------|--------|------|
| 88   | WAJDA WALDEMAR        | 204 |                                    | BORNE SULINOWO  | POL  | M-40  | 30     | M 88  | 00:25:25.17 | 5:05   | 11.8 |
| 89   | KRZANOWSKI MARCIN     | 99  | MARCINBIEGA                        | BIAŁOGARD       | POL  | M-30  | 29     | M 89  | 00:25:25.95 | 5:05   | 11.8 |
| 90   | DOWNAR-ZAPOLSKI PAWEŁ | 41  |                                    | SŁUPSK          | POL  | M-30  | 30     | M 90  | 00:25:26.48 | 5:05   | 11.8 |
| 91   | KOZŁOWIECKI WALDEMAR  | 231 | TKKF KOSZALIN                      | KOSZALIN        | POL  | M-60  | 4      | M 91  | 00:25:34.34 | 5:06   | 11.7 |
| 92   | JANUSZEWSKI JACEK     | 68  | 17 WOG KOSZALIN                    | KOSZALIN        | POL  | M-50  | 12     | M 92  | 00:25:49.29 | 5:09   | 11.6 |
| 93   | RÓJ ANDRZEJ           | 165 |                                    | BIAŁOGARD       | POL  | M-40  | 31     | M 93  | 00:25:49.63 | 5:10   | 11.6 |
| 94   | FAJGIER TOMASZ        | 46  |                                    | MANOWO          | POL  | M-50  | 13     | M 94  | 00:25:53.11 | 5:10   | 11.6 |
| 95   | JUSZCZAK KRZYSZTOF    | 71  |                                    | KOSZALIN        | POL  | M-60  | 5      | M 95  | 00:25:56.59 | 5:11   | 11.6 |
| 96   | ZIELIŃSKI MACIEJ      | 223 |                                    | ŚWIDWIN         | POL  | M-30  | 31     | M 96  | 00:26:01.60 | 5:12   | 11.5 |
| 97   | SATYŁA TOMASZ         | 171 | CZARNE BIEGA                       | CZARNE          | POL  | M-30  | 32     | M 97  | 00:26:15.61 | 5:15   | 11.4 |
| 98   | PRZYBYŁ KRZYSZTOF     | 158 |                                    | KOSZALIN        | POL  | M-30  | 33     | M 98  | 00:26:18.31 | 5:15   | 11.4 |
| 99   | ORYSZCZYN ARKADIUSZ   | 137 |                                    | KOSZALIN        | POL  | M-30  | 34     | M 99  | 00:26:26.08 | 5:17   | 11.3 |
| 100  | SPICA ŁUKASZ          | 176 |                                    | KOSZALIN        | POL  | M-30  | 35     | M 100 | 00:26:26.55 | 5:17   | 11.3 |
| 101  | KĘSIK ŁUKASZ          | 234 | ŚWIAT PŁYTEK U KRYPINA             | SŁUPSK          | POL  | M-30  | 36     | M 101 | 00:26:30.20 | 5:18   | 11.3 |
| 102  | KACZMAREK ŁUKASZ      | 72  | WOJOWNICY WÓDY                     | KOSZALIN        | POL  | M-30  | 37     | M 102 | 00:26:38.18 | 5:19   | 11.3 |
| 103  | WIŚNIEWSKI JAROSŁAW   | 212 |                                    | KOŁOBRZEG       | POL  | M-50  | 14     | M 103 | 00:26:53.41 | 5:22   | 11.2 |
| 104  | BUTOWICZ ADAM         | 16  |                                    | SZCZECINEK      | POL  | M-50  | 15     | M 104 | 00:26:57.85 | 5:23   | 11.1 |
| 105  | HNATOWSKI ARTUR       | 64  | LOVELASY DĄBKI                     | KOSZALIN        | POL  | M-50  | 16     | M 105 | 00:27:12.35 | 5:26   | 11   |
| 106  | DĘGA PIOTR            | 36  | CZARNE BIEGA                       | CZARNE          | POL  | M-30  | 38     | M 106 | 00:27:12.89 | 5:26   | 11   |
| 107  | GONTEK ŁUKASZ         | 52  | VW BATORY                          | SŁUPSK          | POL  | M-30  | 39     | M 107 | 00:27:31.94 | 5:30   | 10.9 |
| 108  | MAĆKOWIAK PAWEŁ       | 111 | SKB DZIK POLICE                    | SZCZECIN        | POL  | M-30  | 40     | M 108 | 00:27:35.58 | 5:31   | 10.9 |
| 109  | GŁOWACKI WŁODZIMIERZ  | 51  | JEDWABIŚCI                         | KOSZALIN        | POL  | M-70+ | 1      | M 109 | 00:27:39.82 | 5:32   | 10.8 |
| 110  | KARNICKI ZYGMUNT      | 75  | TKKF KOSZALIN                      | KOSZALIN        | POL  | M-60  | 6      | M 110 | 00:27:42.36 | 5:32   | 10.8 |
| 111  | MONGIAŁO MARCIN       | 124 | FAST FEET K-LIN                    | KOSZALIN        | POL  | M-40  | 32     | M 111 | 00:28:01.55 | 5:36   | 10.7 |
| 112  | DOMAŃSKI ADAM         | 38  |                                    | KOŁOBRZEG       | POL  | M-40  | 33     | M 112 | 00:28:28.26 | 5:41   | 10.5 |
| 113  | BILL ŁUKASZ           | 8   |                                    | BORNE SULINOWO  | POL  | M-30  | 41     | M 113 | 00:28:29.17 | 5:42   | 10.5 |
| 114  | PAWŁOWICZ RYSZARD     | 148 |                                    | KOSZALIN        | POL  | M-50  | 17     | M 114 | 00:28:31.39 | 5:42   | 10.5 |
| 115  | KARPIŃSKI MATEUSZ     | 77  |                                    | BOBOLICE        | POL  | M-20  | 14     | M 115 | 00:28:52.08 | 5:46   | 10.4 |
| 116  | SKIBA ARTUR           | 174 | PARALOTNIOWY PPGG                  | ŚWIDWIN         | POL  | M-40  | 34     | M 116 | 00:28:56.39 | 5:47   | 10.4 |
| 117  | PŁOTKA GRZEGORZ       | 155 | 1982                               | KOSZALIN        | POL  | M-30  | 42     | M 117 | 00:29:07.54 | 5:49   | 10.3 |
| 118  | HELLER ZDZISŁAW       | 63  | NIEZRZESZONY                       | KOSZALIN        | POL  | M-60  | 7      | M 118 | 00:29:10.53 | 5:50   | 10.3 |
| 119  | CICHOSZ JERZY         | 27  |                                    | KOSZALIN        | POL  | M-70+ | 2      | M 119 | 00:29:26.40 | 5:53   | 10.2 |
| 120  | ZIMNOWŁOCKI MARIUSZ   | 224 | DEAF KOSZALIN                      | SIANOW          | POL  | M-30  | 43     | M 120 | 00:29:31.07 | 5:54   | 10.2 |
| 121  | WOCH ZBIGNIEW         | 210 |                                    | KOSZALIN        | POL  | M-60  | 8      | M 121 | 00:30:10.67 | 6:02   | 9.9  |
| 122  | OLEŚKIEWICZ DAMIAN    | 134 |                                    | KOSZALIN        | POL  | M-20  | 15     | M 122 | 00:30:14.54 | 6:02   | 9.9  |
| 123  | STRACH MAREK          | 235 |                                    |                 | POL  | M-60  | 9      | M 123 | 00:31:08.21 | 6:13   | 9.6  |
| 124  | SZULC ADAM            | 197 | SZULC RUNNERS TEAM                 | BIAŁOGARD       | POL  | M-30  | 44     | M 124 | 00:31:21.28 | 6:16   | 9.6  |
| 125  | ŚLEDŹ ANDRZEJ         | 198 | WĘZELEK                            | SŁUPSK          | POL  | M-40  | 35     | M 125 | 00:31:33.51 | 6:18   | 9.5  |
| 126  | RUSIECKI PAWEŁ        | 166 | WSPL SP ZOZ KOSZALIN               | BIESIEKIERZ     | POL  | M-40  | 36     | M 126 | 00:31:52.56 | 6:22   | 9.4  |
| 127  | WOJANOWSKI ZBIGNIEW   | 215 | SPORT I REKREACJA DELFIN GRUDZIĄDZ | GRUDZIĄDZ       | POL  | M-60  | 10     | M 127 | 00:32:09.58 | 6:26   | 9.3  |
| 128  | WĘCKOWSKI ADAM        | 208 | KAMIEŃ RYMAŃSKI                    | KAMIEŃ RYMAŃSKI | POL  | M-20  | 16     | M 128 | 00:32:16.61 | 6:27   | 9.3  |
| 129  | STAŃCZYK FRANCISZEK   | 183 | NIEZRZESZONY                       | KOSZALIN        | POL  | M-70+ | 3      | M 129 | 00:32:40.85 | 6:32   | 9.2  |
| 130  | RYHANYCZ PAWEŁ        | 168 | JEDWABIŚCI                         | KOSZALIN        | POL  | M-40  | 37     | M 130 | 00:35:00.44 | 7:00   | 8.6  |
| 131  | KARNICKI ARTUR        | 76  |                                    | KOSZALIN        | POL  | M-40  | 38     | M 131 | 00:35:45.92 | 7:09   | 8.4  |
| 132  | KULAWINSKI MAREK      | 102 |                                    | KOŁOBRZEG       | POL  | M-40  | 39     | M 132 | 00:42:56.66 | 8:35   | 7    |
| 133  | BARTNIK MARIAN        | 230 | TKKF KOSZALIN                      | KOSZALIN        | POL  | M-70+ | 4      | M 133 | 00:45:54.00 | 9:10   | 6.5  |

**BIEG WALENTYNKOWY 5 KM, K-14**

| M-ce | Nazwisko i imię   | Nr  | Klub                      | M-scowość       | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------|-----|---------------------------|-----------------|------|------|--------|------|-------------|--------|------|
| 1    | OLSZEWSKA NINA    | 135 | KAMIEŃ RYMAŃSKI           | KAMIEŃ RYMAŃSKI | POL  | K-14 | 1      | K 21 | 00:24:40.53 | 4:56   | 12.2 |
| 2    | MEJER ALEKSANDRA  | 117 |                           | ROSNOWO         | POL  | K-14 | 2      | K 22 | 00:24:52.04 | 4:58   | 12.1 |
| 3    | KRAWIECKA KLAUDIA | 97  | AKADEMIA BIEGOWA KIELPINO | SOMONINO        | POL  | K-14 | 3      | K 66 | 00:30:54.56 | 6:11   | 9.7  |
| 4    | KUREK MAGDALENA   | 103 | KAMIEŃ RYMAŃSKI           | KAMIEŃ RYMAŃSKI | POL  | K-14 | 4      | K 73 | 00:32:17.46 | 6:27   | 9.3  |



**BIEG WALENTYNKOWY 5 KM, M-14**

| M-ce | Nazwisko i imię     | Nr | Klub            | M-scowość       | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------|----|-----------------|-----------------|------|------|--------|------|-------------|--------|------|
| 1    | DASZKIEWICZ DOMINIK | 32 |                 | SŁUPSK          | POL  | M-14 | 1      | M 14 | 00:19:29.44 | 3:54   | 15.4 |
| 2    | FORST FILIP         | 47 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL  | M-14 | 2      | M 38 | 00:21:54.92 | 4:23   | 13.7 |
| 3    | DOMAŃSKI KRZYSZTOF  | 39 |                 | KOŁOBRZEG       | POL  | M-14 | 3      | M 75 | 00:24:46.24 | 4:57   | 12.1 |

**BIEG WALENTYNKOWY 5 KM, K-20**

| M-ce | Nazwisko i imię        | Nr  | Klub               | M-scowość       | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|------------------------|-----|--------------------|-----------------|------|------|--------|------|-------------|--------|------|
| 1    | SZABAŁOWSKA MAŁGORZATA | 189 | MKL SZCZECINEK     | SZCZECINEK      | POL  | K-20 | 1      | K 1  | 00:19:38.52 | 3:55   | 15.3 |
| 2    | MALISZEWSKA ANITA      | 114 |                    | KOSZALIN        | POL  | K-20 | 2      | K 7  | 00:22:53.07 | 4:34   | 13.1 |
| 3    | PERKOWSKA OKTAWIA      | 150 | DECATHLON KOSZALIN | KOSZALIN        | POL  | K-20 | 3      | K 10 | 00:23:01.91 | 4:36   | 13   |
| 4    | SZOSTAK MARTA          | 193 |                    | KOSZALIN        | POL  | K-20 | 4      | K 13 | 00:23:17.88 | 4:39   | 12.9 |
| 5    | KORZENIOWSKA EWA       | 90  |                    | KOSZALIN        | POL  | K-20 | 5      | K 17 | 00:24:10.17 | 4:50   | 12.4 |
| 6    | SPOLSKA WERONIKA       | 177 | KAMIEŃ RYMAŃSKI    | KAMIEŃ RYMAŃSKI | POL  | K-20 | 6      | K 24 | 00:25:11.63 | 5:02   | 11.9 |
| 7    | SERKOWSKA MAGDALENA    | 172 |                    | KOSZALIN        | POL  | K-20 | 7      | K 26 | 00:25:31.23 | 5:06   | 11.8 |
| 8    | TERELAK ANNA           | 200 | SKB DZIK POLICE    | BIESIEKIERZ     | POL  | K-20 | 8      | K 40 | 00:27:36.02 | 5:31   | 10.9 |
| 9    | PAWŁOWICZ ALEKSANDRA   | 147 |                    | KOSZALIN        | POL  | K-20 | 9      | K 49 | 00:28:17.67 | 5:39   | 10.6 |
| 10   | DZIEMIANKO ILONA       | 44  |                    | KOŁACZ          | POL  | K-20 | 10     | K 54 | 00:28:56.41 | 5:47   | 10.4 |
| 11   | PITURA KATARZYNA       | 153 |                    | WARSZAWA        | POL  | K-20 | 11     | K 61 | 00:30:01.14 | 6:00   | 10   |
| 12   | WYSOCKA DOMINIKA       | 219 |                    | KOSZALIN        | POL  | K-20 | 12     | K 62 | 00:30:01.74 | 6:00   | 10   |

**BIEG WALENTYNKOWY 5 KM, M-20**

| M-ce | Nazwisko i imię     | Nr  | Klub                        | M-scowość       | Kraj | Kat. | M. kat | K/M   | Netto       | min/km | km/h |
|------|---------------------|-----|-----------------------------|-----------------|------|------|--------|-------|-------------|--------|------|
| 1    | KEPKA ADRIAN        | 82  | DECATHLON KOSZALIN          | KOSZALIN        | POL  | M-20 | 1      | M 1   | 00:17:02.63 | 3:24   | 17.6 |
| 2    | SZKOŁUDA MIŁOSZ     | 190 | DECATHLON KOSZALIN          | POLANÓW         | POL  | M-20 | 2      | M 2   | 00:17:06.92 | 3:25   | 17.5 |
| 3    | ZACHARCZUK ALBIN    | 229 | UNIA HRUBIESZÓW             | HRUBIESZÓW      | POL  | M-20 | 3      | M 6   | 00:17:58.19 | 3:35   | 16.7 |
| 4    | RUSINEK DAWID       | 167 |                             | BIAŁOGARD       | POL  | M-20 | 4      | M 21  | 00:20:29.52 | 4:05   | 14.6 |
| 5    | CHUTYRKO PAWEŁ      | 25  | KAMIEŃ RYMAŃSKI             | KAMIEŃ RYMAŃSKI | POL  | M-20 | 5      | M 29  | 00:20:59.44 | 4:12   | 14.3 |
| 6    | WAŚOWSKI MATEUSZ    | 207 |                             | KOSZALIN        | POL  | M-20 | 6      | M 30  | 00:21:12.53 | 4:14   | 14.2 |
| 7    | KOZIEŁ ADAM         | 94  |                             | RĄBINO          | POL  | M-20 | 7      | M 49  | 00:22:41.03 | 4:32   | 13.2 |
| 8    | BARAN SEWERYN       | 3   | ŚWIAT PŁYTEK U KRYPINA      | GOŁCZEWO        | POL  | M-20 | 8      | M 50  | 00:22:41.15 | 4:32   | 13.2 |
| 9    | CHABOWSKI WOJCIECH  | 17  |                             | RĄBINO          | POL  | M-20 | 9      | M 52  | 00:22:54.72 | 4:35   | 13.1 |
| 10   | WIŚNIEWSKI ŁUKASZ   | 213 |                             | KOŁOBRZEG       | POL  | M-20 | 10     | M 58  | 00:23:14.32 | 4:38   | 12.9 |
| 11   | MIELEWCZYK RADOŚLAW | 120 | KAMIEŃ RYMAŃSKI             | KAMIEŃ RYMAŃSKI | POL  | M-20 | 11     | M 72  | 00:24:39.12 | 4:55   | 12.2 |
| 12   | GLISZCZYŃSKI ŁUKASZ | 28  |                             | BYTÓW           | POL  | M-20 | 12     | M 82  | 00:25:19.67 | 5:04   | 11.8 |
| 13   | WAŚOWSKI ROBERT     | 206 | BIURO PODRÓŻY PARADISE TOUR | NOWE BIELICE    | POL  | M-20 | 13     | M 87  | 00:25:24.99 | 5:05   | 11.8 |
| 14   | KARPIŃSKI MATEUSZ   | 77  |                             | BOBOLICE        | POL  | M-20 | 14     | M 115 | 00:28:52.08 | 5:46   | 10.4 |
| 15   | OLEŚKIEWICZ DAMIAN  | 134 |                             | KOSZALIN        | POL  | M-20 | 15     | M 122 | 00:30:14.54 | 6:02   | 9.9  |
| 16   | WĘCKOWSKI ADAM      | 208 | KAMIEŃ RYMAŃSKI             | KAMIEŃ RYMAŃSKI | POL  | M-20 | 16     | M 128 | 00:32:16.61 | 6:27   | 9.3  |

**BIEG WALENTYNKOWY 5 KM, K-30**

| M-ce | Nazwisko i imię    | Nr  | Klub                   | M-scowość     | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|--------------------|-----|------------------------|---------------|------|------|--------|------|-------------|--------|------|
| 1    | KONKEL AGNIESZKA   | 89  |                        | KOSZALIN      | POL  | K-30 | 1      | K 2  | 00:20:11.80 | 4:02   | 14.9 |
| 2    | CHORAŻY KAROLINA   | 22  | LEO-TEAM               | KOSZALIN      | POL  | K-30 | 2      | K 3  | 00:20:49.26 | 4:09   | 14.4 |
| 3    | HAŁKA JUSTYNA      | 58  |                        | ŁOBEZ         | POL  | K-30 | 3      | K 4  | 00:22:25.88 | 4:29   | 13.4 |
| 4    | AGAPOW EMILIA      | 1   |                        | SŁUPSK        | POL  | K-30 | 4      | K 8  | 00:22:54.89 | 4:34   | 13.1 |
| 5    | STANKIEWICZ LUCYNA | 181 |                        | GRYFICE       | POL  | K-30 | 5      | K 9  | 00:22:56.62 | 4:35   | 13.1 |
| 6    | ZAGALSKA PAULINA   | 221 |                        | POŁCZYN ZDRÓJ | POL  | K-30 | 6      | K 11 | 00:23:06.79 | 4:37   | 13   |
| 7    | KĘSIK AGNIESZKA    | 233 | ŚWIAT PŁYTEK U KRYPINA | SŁUPSK        | POL  | K-30 | 7      | K 12 | 00:23:12.14 | 4:38   | 12.9 |
| 8    | BORYS JUSTYNA      | 14  | JEDWABIŚCI             | KOSZALIN      | POL  | K-30 | 8      | K 14 | 00:23:32.57 | 4:42   | 12.7 |
| 9    | KUBIAK MONIKA      | 101 |                        | KOŁOBRZEG     | POL  | K-30 | 9      | K 19 | 00:24:34.52 | 4:55   | 12.2 |

**BIEG WALENTYNKOWY 5 KM, K-30 c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                      | M-scowość               | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|-----------------------------|-----|---------------------------|-------------------------|------|------|--------|------|-------------|--------|------|
| 10   | PACAN MIRA                  | 140 | ŚWIAT PŁYTEK U KRYSPIŃSKA | BYTÓW                   | POL  | K-30 | 10     | K 23 | 00:25:07.49 | 5:01   | 11.9 |
| 11   | KOLIGAT ANNA                | 87  |                           | MAKSYMILIANA GOLISZA, 9 | POL  | K-30 | 11     | K 28 | 00:25:49.88 | 5:10   | 11.6 |
| 12   | CHILLA DANUTA               | 18  |                           | MIELNO                  | POL  | K-30 | 12     | K 31 | 00:26:14.18 | 5:14   | 11.4 |
| 13   | SŁAJ ANGELIKA               | 170 | METALCORP TEAM            | ZBYSZEWO                | POL  | K-30 | 13     | K 33 | 00:26:22.98 | 5:16   | 11.4 |
| 14   | HAŁAJKO MAGDALENA           | 57  | HAISENBERG TEAM           | KOSZALIN                | POL  | K-30 | 14     | K 34 | 00:26:33.47 | 5:18   | 11.3 |
| 15   | HELAK MAŁGORZATA            | 61  |                           | ŚREDNICA                | POL  | K-30 | 15     | K 35 | 00:26:49.67 | 5:22   | 11.2 |
| 16   | WAŚOWICZ ANNA               | 205 |                           | KOŁOBRZEG/STRAMNICA 29  | POL  | K-30 | 16     | K 36 | 00:26:55.10 | 5:23   | 11.1 |
| 17   | ROMANOWICZ MONIKA           | 163 | ZABIEGANE :)              | KOSZALIN                | POL  | K-30 | 17     | K 37 | 00:27:03.42 | 5:24   | 11.1 |
| 18   | SUCHODOLSKA ALEKSANDRA      | 186 |                           | ROSNOWO                 | POL  | K-30 | 18     | K 38 | 00:27:04.02 | 5:24   | 11.1 |
| 19   | JEWUŁA AGATA                | 70  |                           | KOSZALIN                | POL  | K-30 | 19     | K 39 | 00:27:23.93 | 5:28   | 10.9 |
| 20   | KNUT-POTOCZNIK GABRIELA     | 86  |                           | POLANÓW                 | POL  | K-30 | 20     | K 41 | 00:27:44.71 | 5:33   | 10.8 |
| 21   | MALINOWSKA-BURDA ALEKSANDRA | 113 |                           | KOSZALIN                | POL  | K-30 | 21     | K 42 | 00:27:49.65 | 5:34   | 10.8 |
| 22   | DORAWA-ZIOMEK ANNA          | 40  |                           | KOSZALIN                | POL  | K-30 | 22     | K 44 | 00:27:54.92 | 5:35   | 10.7 |
| 23   | KIJAN SYLWIA                | 83  |                           | KOSZALIN                | POL  | K-30 | 23     | K 45 | 00:27:59.76 | 5:36   | 10.7 |
| 24   | MONGIAŁO ALEKSANDRA         | 125 | FAST FEET K-LIN           | KOSZALIN                | POL  | K-30 | 24     | K 46 | 00:27:59.96 | 5:36   | 10.7 |
| 25   | PRZEDNÓWEK MARIOLA          | 157 | CZARNE BIEGA              | CZARNE                  | POL  | K-30 | 25     | K 47 | 00:28:13.74 | 5:38   | 10.6 |
| 26   | DEPTUŁA-BILL BOŻENA         | 34  |                           | BORNE SULINOWO          | POL  | K-30 | 26     | K 51 | 00:28:29.72 | 5:42   | 10.5 |
| 27   | DUDA RÓŻA                   | 239 | BEST BEAST                |                         | POL  | K-30 | 27     | K 53 | 00:28:48.80 | 5:45   | 10.4 |
| 28   | OGRODOWCZYK JAGODA          | 133 |                           | KOŁOBRZEG               | POL  | K-30 | 28     | K 55 | 00:28:57.31 | 5:47   | 10.4 |
| 29   | PŁOTKA EMILIA               | 154 |                           | KOSZALIN                | POL  | K-30 | 29     | K 56 | 00:29:07.54 | 5:49   | 10.3 |
| 30   | ZAKOŚCIELNA KATARZYNA       | 222 | ZABIEGANE :)              | KOSZALIN                | POL  | K-30 | 30     | K 59 | 00:29:29.35 | 5:53   | 10.2 |
| 31   | MICHALCZYK MAŁGORZATA       | 118 | JW1223                    | KOSZALIN                | POL  | K-30 | 31     | K 63 | 00:30:16.62 | 6:03   | 9.9  |
| 32   | SAWICZ- WERS URSZULA        | 216 |                           | DRZONOWO                | POL  | K-30 | 32     | K 65 | 00:30:50.96 | 6:10   | 9.7  |
| 33   | MOLENDAN ANNA               | 123 |                           | POLANÓW                 | POL  | K-30 | 33     | K 69 | 00:31:01.92 | 6:12   | 9.7  |
| 34   | PRZYBYSZ JOANNA             | 159 | ROZBIEGANY NIEMICA        | NIEMICA                 | POL  | K-30 | 34     | K 74 | 00:32:28.67 | 6:29   | 9.2  |
| 35   | STANCZEWSKA KAROLINA        | 180 |                           | BIAŁOGARD               | POL  | K-30 | 35     | K 77 | 00:35:38.91 | 7:07   | 8.4  |
| 36   | SZULC MARTYNA               | 194 | SZULC RUNNERS TEAM        | BIAŁOGARD               | POL  | K-30 | 36     | K 78 | 00:35:41.70 | 7:08   | 8.4  |

**BIEG WALENTYNKOWY 5 KM, M-30**

| M-ce | Nazwisko i imię     | Nr  | Klub                   | M-scowość       | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------|-----|------------------------|-----------------|------|------|--------|------|-------------|--------|------|
| 1    | SIADAK ARKADIUSZ    | 173 |                        | KOSZALIN        | POL  | M-30 | 1      | M 4  | 00:17:46.30 | 3:33   | 16.9 |
| 2    | HUBERT ŁUKASZ       | 66  | TKKF KOSZALIN          | KOSZALIN        | POL  | M-30 | 2      | M 7  | 00:18:25.42 | 3:41   | 16.3 |
| 3    | RYKIEL MICHAŁ       | 169 |                        | BONIN           | POL  | M-30 | 3      | M 10 | 00:19:05.82 | 3:49   | 15.7 |
| 4    | MAJKOWICZ RAFAŁ     | 112 |                        | KOSZALIN        | POL  | M-30 | 4      | M 11 | 00:19:06.17 | 3:49   | 15.7 |
| 5    | CZAPLIŃSKI JACEK    | 29  | TAGER KOSZALIN         | KOSZALIN        | POL  | M-30 | 5      | M 12 | 00:19:14.91 | 3:51   | 15.6 |
| 6    | KAWKA ADRIAN        | 79  |                        | SŁUPSK          | POL  | M-30 | 6      | M 15 | 00:19:29.97 | 3:54   | 15.4 |
| 7    | STENCEL MACIEJ      | 185 | GTS CZARNA DĄBRÓWKA    | CZARNA DĄBRÓWKA | POL  | M-30 | 7      | M 17 | 00:20:12.91 | 4:02   | 14.8 |
| 8    | CIĄSTOŃ TOMASZ      | 26  | ORSKOV FOODS TEAM      | CZAPLINEK       | POL  | M-30 | 8      | M 19 | 00:20:18.31 | 4:03   | 14.8 |
| 9    | DZIĘBOWSKI MARIUSZ  | 45  |                        | KOSZALIN        | POL  | M-30 | 9      | M 22 | 00:20:29.56 | 4:06   | 14.6 |
| 10   | MAZURSKI PAWEŁ      | 116 |                        | GRYFICE         | POL  | M-30 | 10     | M 25 | 00:20:42.42 | 4:08   | 14.5 |
| 11   | BIENKOWSKI TOMASZ   | 7   | IQ CONSULTING KOSZALIN | NIKŁONICE       | POL  | M-30 | 11     | M 28 | 00:20:55.14 | 4:11   | 14.3 |
| 12   | WEBER PAWEŁ         | 145 | ENERGON                | KOSZALIN        | POL  | M-30 | 12     | M 31 | 00:21:26.98 | 4:17   | 14   |
| 13   | OLCZAK KRZYSZTOF    | 143 |                        | SIAŃÓW          | POL  | M-30 | 13     | M 33 | 00:21:28.79 | 4:17   | 14   |
| 14   | PAWŁAK ŁUKASZ       | 146 | KAMIEŃ RYMAŃSKI        | KAMIEŃ RYMAŃSKI | POL  | M-30 | 14     | M 36 | 00:21:53.06 | 4:22   | 13.7 |
| 15   | OTTO MICHAŁ         | 139 |                        | BONIN           | POL  | M-30 | 15     | M 40 | 00:22:04.48 | 4:24   | 13.6 |
| 16   | WÓJCICKI ADRIAN     | 217 | DEAF KOSZALIN          | KOSZALIN        | POL  | M-30 | 16     | M 41 | 00:22:15.59 | 4:27   | 13.5 |
| 17   | ŻUKOWSKI Cezary     | 227 | MIGAWKOWE.PL           | KOSZALIN        | POL  | M-30 | 17     | M 51 | 00:22:41.36 | 4:32   | 13.2 |
| 18   | BARTHA ADRIAN       | 4   |                        | KOŁOBRZEG       | POL  | M-30 | 18     | M 57 | 00:23:12.49 | 4:38   | 12.9 |
| 19   | KAZIMIERCZAK LESZEK | 80  | LOVELASY DĄBKI         | NIKŁONICE       | POL  | M-30 | 19     | M 60 | 00:23:23.75 | 4:40   | 12.8 |
| 20   | JADCZAK TOMASZ      | 67  | JW1223                 | SULECHOWO       | POL  | M-30 | 20     | M 61 | 00:23:26.88 | 4:41   | 12.8 |
| 21   | KŁOSIŃSKI MICHAŁ    | 85  |                        | KOSZALIN        | POL  | M-30 | 21     | M 64 | 00:23:49.58 | 4:46   | 12.6 |
| 22   | DĘBSKI DAMIAN       | 35  |                        | KOSZALIN        | POL  | M-30 | 22     | M 65 | 00:23:52.63 | 4:46   | 12.6 |
| 23   | MYK PAWEŁ           | 127 |                        | KOSZALIN        | POL  | M-30 | 23     | M 68 | 00:24:09.44 | 4:50   | 12.4 |
| 24   | CHOŁUJ KAROL        | 21  | ZAWSZE DO PRZODU       | KOSZALIN        | POL  | M-30 | 24     | M 69 | 00:24:11.21 | 4:50   | 12.4 |
| 25   | PRZYBYSZ DAMIAN     | 160 |                        | NIEMICA         | POL  | M-30 | 25     | M 73 | 00:24:40.77 | 4:56   | 12.2 |

**BIEG WALENTYNKOWY 5 KM, M-30 c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                   | M-scowość      | Kraj | Kat. | M. kat | K/M   | Netto       | min/km | km/h |
|------|-----------------------|-----|------------------------|----------------|------|------|--------|-------|-------------|--------|------|
| 26   | BODO RAFAŁ            | 10  |                        | KOSZALIN       | POL  | M-30 | 26     | M 79  | 00:25:01.83 | 5:00   | 12   |
| 27   | KOSZ PAWEŁ            | 91  |                        | KOSZALIN       | POL  | M-30 | 27     | M 83  | 00:25:20.39 | 5:04   | 11.8 |
| 28   | PACAN BARTOSZ         | 141 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW          | POL  | M-30 | 28     | M 86  | 00:25:24.07 | 5:04   | 11.8 |
| 29   | KRZANOWSKI MARCIN     | 99  | MARCINBIEGA            | BIAŁOGARD      | POL  | M-30 | 29     | M 89  | 00:25:25.95 | 5:05   | 11.8 |
| 30   | DOWNAR-ZAPOLSKI PAWEŁ | 41  |                        | SŁUPSK         | POL  | M-30 | 30     | M 90  | 00:25:26.48 | 5:05   | 11.8 |
| 31   | ZIELIŃSKI MACIEJ      | 223 |                        | ŚWIDWIN        | POL  | M-30 | 31     | M 96  | 00:26:01.60 | 5:12   | 11.5 |
| 32   | SATYŁA TOMASZ         | 171 | CZARNE BIEGA           | CZARNE         | POL  | M-30 | 32     | M 97  | 00:26:15.61 | 5:15   | 11.4 |
| 33   | PRZYBYŁ KRZYSZTOF     | 158 |                        | KOSZALIN       | POL  | M-30 | 33     | M 98  | 00:26:18.31 | 5:15   | 11.4 |
| 34   | ORYSZCZYŃ ARKADIUSZ   | 137 |                        | KOSZALIN       | POL  | M-30 | 34     | M 99  | 00:26:26.08 | 5:17   | 11.3 |
| 35   | SPICA ŁUKASZ          | 176 |                        | KOSZALIN       | POL  | M-30 | 35     | M 100 | 00:26:26.55 | 5:17   | 11.3 |
| 36   | KĘSIK ŁUKASZ          | 234 | ŚWIAT PŁYTEK U KRYSPIŃ | SŁUPSK         | POL  | M-30 | 36     | M 101 | 00:26:30.20 | 5:18   | 11.3 |
| 37   | KACZMAREK ŁUKASZ      | 72  | WOJOWNICY WÓDY         | KOSZALIN       | POL  | M-30 | 37     | M 102 | 00:26:38.18 | 5:19   | 11.3 |
| 38   | DĘGA PIOTR            | 36  | CZARNE BIEGA           | CZARNE         | POL  | M-30 | 38     | M 106 | 00:27:12.89 | 5:26   | 11   |
| 39   | GONTEK ŁUKASZ         | 52  | VW BATORY              | SŁUPSK         | POL  | M-30 | 39     | M 107 | 00:27:31.94 | 5:30   | 10.9 |
| 40   | MAĆKOWIAK PAWEŁ       | 111 | SKB DZIK POLICE        | SZCZECIN       | POL  | M-30 | 40     | M 108 | 00:27:35.58 | 5:31   | 10.9 |
| 41   | BILL ŁUKASZ           | 8   |                        | BORNE SULINOWO | POL  | M-30 | 41     | M 113 | 00:28:29.17 | 5:42   | 10.5 |
| 42   | PŁOTKA GRZEGORZ       | 155 | 1982                   | KOSZALIN       | POL  | M-30 | 42     | M 117 | 00:29:07.54 | 5:49   | 10.3 |
| 43   | ZIMNOWŁOCKI MARIUSZ   | 224 | DEAF KOSZALIN          | SIANOW         | POL  | M-30 | 43     | M 120 | 00:29:31.07 | 5:54   | 10.2 |
| 44   | SZULC ADAM            | 197 | SZULC RUNNERS TEAM     | BIAŁOGARD      | POL  | M-30 | 44     | M 124 | 00:31:21.28 | 6:16   | 9.6  |

**BIEG WALENTYNKOWY 5 KM, K-40**

| M-ce | Nazwisko i imię                 | Nr  | Klub                   | M-scowość | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------------------|-----|------------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1    | LITWINOWICZ RENATA              | 110 | KB WYGAN               | KOŁOBRZEG | POL  | K-40 | 1      | K 5  | 00:22:32.79 | 4:30   | 13.3 |
| 2    | KĄŻMIERCZAK AGNIESZKA           | 81  |                        | ŚWIDWIN   | POL  | K-40 | 2      | K 6  | 00:22:46.60 | 4:33   | 13.2 |
| 3    | GARSKA JOANNA                   | 237 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW     | POL  | K-40 | 3      | K 16 | 00:23:56.88 | 4:47   | 12.5 |
| 4    | RODZIEWICZ-CZAPLIŃSKA AGNIESZKA | 162 |                        | KOSZALIN  | POL  | K-40 | 4      | K 18 | 00:24:17.17 | 4:51   | 12.4 |
| 5    | RÓJ BARBARA                     | 164 |                        | BIAŁOGARD | POL  | K-40 | 5      | K 25 | 00:25:27.27 | 5:05   | 11.8 |
| 6    | GRABSKA IWONA                   | 192 |                        | BIAŁOGARD | POL  | K-40 | 6      | K 27 | 00:25:38.45 | 5:07   | 11.7 |
| 7    | DRABKOWSKA AGNIESZKA            | 42  |                        | BIAŁOGARD | POL  | K-40 | 7      | K 29 | 00:26:07.11 | 5:13   | 11.5 |
| 8    | NOWAK ANIA                      | 132 | JEDWABIŚCI             | KOSZALIN  | POL  | K-40 | 8      | K 30 | 00:26:11.22 | 5:14   | 11.5 |
| 9    | BOKOTA KATARZYNA                | 11  |                        | BIAŁOGARD | POL  | K-40 | 9      | K 43 | 00:27:53.02 | 5:34   | 10.8 |
| 10   | KURZAWIŃSKA-JABŁOŃSKA KASIA     | 104 | TEAM CZARNE BIEGA      | CZARNE    | POL  | K-40 | 10     | K 48 | 00:28:14.05 | 5:38   | 10.6 |
| 11   | DOMAŃSKA KATARZYNA              | 37  |                        | KOŁOBRZEG | POL  | K-40 | 11     | K 50 | 00:28:28.38 | 5:41   | 10.5 |
| 12   | ZUKAL ALEKSANDRA                | 226 |                        | KOSZALIN  | POL  | K-40 | 12     | K 52 | 00:28:47.51 | 5:45   | 10.4 |
| 13   | BORSUK DOROTA                   | 12  |                        | KOSZALIN  | POL  | K-40 | 13     | K 57 | 00:29:09.95 | 5:50   | 10.3 |
| 14   | WRÓBLEWSKA MARTA                | 218 |                        | KOSZALIN  | POL  | K-40 | 14     | K 58 | 00:29:10.48 | 5:50   | 10.3 |
| 15   | BEDNARZ KATARZYNA               | 5   |                        | KOŁOBRZEG | POL  | K-40 | 15     | K 60 | 00:29:55.81 | 5:59   | 10   |
| 16   | PIECYCHNA AGATA                 | 152 |                        | KOŁOBRZEG | POL  | K-40 | 16     | K 64 | 00:30:49.67 | 6:09   | 9.7  |
| 17   | ŚLEDŹ JOANNA                    | 199 | WĘŻELEK                | SŁUPSK    | POL  | K-40 | 17     | K 71 | 00:31:33.69 | 6:18   | 9.5  |
| 18   | TRACZ JADWIGA                   | 201 | BIESIEKIERZ            | KOSZALIN  | POL  | K-40 | 18     | K 75 | 00:32:55.02 | 6:35   | 9.1  |
| 19   | HEDDERGOTT KATARZYNA            | 60  | JEDWABIŚCI             | KOSZALIN  | POL  | K-40 | 19     | K 76 | 00:34:59.90 | 7:00   | 8.6  |

**BIEG WALENTYNKOWY 5 KM, M-40**

| M-ce | Nazwisko i imię   | Nr  | Klub                   | M-scowość   | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|-------------------|-----|------------------------|-------------|------|------|--------|------|-------------|--------|------|
| 1    | ZABORSKI RYSZARD  | 220 | TKKF KOSZALIN          | KOSZALIN    | POL  | M-40 | 1      | M 3  | 00:17:40.09 | 3:32   | 17   |
| 2    | KOZAK ARKADIUSZ   | 121 | TKKF KOSZALIN          | BONIN       | POL  | M-40 | 2      | M 5  | 00:17:51.31 | 3:34   | 16.8 |
| 3    | GARSKI KRYSPIŃ    | 238 | ŚWIAT PŁYTEK U KRYSPIŃ | BYTÓW       | POL  | M-40 | 3      | M 8  | 00:18:33.78 | 3:42   | 16.2 |
| 4    | ZUKAL PIOTR       | 225 |                        | KOSZALIN    | POL  | M-40 | 4      | M 9  | 00:19:05.14 | 3:49   | 15.7 |
| 5    | DUDA GRZEGORZ     | 43  | METALCORP TEAM         | BUKÓWKA     | POL  | M-40 | 5      | M 13 | 00:19:24.73 | 3:53   | 15.5 |
| 6    | GÓRA SYLWESTER    | 202 | #ZABIEGANINOCA         | KONEK       | POL  | M-40 | 6      | M 16 | 00:19:43.12 | 3:56   | 15.2 |
| 7    | LEWANDOWSKI JACEK | 107 |                        | STARY BOREK | POL  | M-40 | 7      | M 18 | 00:20:15.03 | 4:03   | 14.8 |
| 8    | SPRINGER MARCIN   | 178 |                        | ZŁOCIENIEC  | POL  | M-40 | 8      | M 23 | 00:20:33.80 | 4:06   | 14.6 |

**BIEG WALENTYNKOWY 5 KM, M-40 c.d.**

| M-ce | Nazwisko i imię      | Nr  | Klub                         | M-scowość                       | Kraj | Kat. | M. kat | K/M   | Netto       | min/km | km/h |
|------|----------------------|-----|------------------------------|---------------------------------|------|------|--------|-------|-------------|--------|------|
| 9    | MUCHA KRZYSZTOF      | 126 |                              | KOSZALIN                        | POL  | M-40 | 9      | M 24  | 00:20:40.77 | 4:08   | 14.5 |
| 10   | PICK TOMASZ          | 151 | DEAF KOSZALIN                | KOSZALIN                        | POL  | M-40 | 10     | M 27  | 00:20:53.22 | 4:10   | 14.4 |
| 11   | CHOŁUJ JAREK         | 20  |                              | KOSZALIN                        | POL  | M-40 | 11     | M 34  | 00:21:30.60 | 4:18   | 13.9 |
| 12   | BŁASZCZYK PIOTR      | 9   |                              | POLNE                           | POL  | M-40 | 12     | M 35  | 00:21:47.76 | 4:21   | 13.8 |
| 13   | KWIETNIEWSKI DANIEL  | 106 |                              | KOSZALIN                        | POL  | M-40 | 13     | M 37  | 00:21:54.90 | 4:23   | 13.7 |
| 14   | KONKEL ŁUKASZ        | 88  |                              | KOSZALIN                        | POL  | M-40 | 14     | M 39  | 00:22:00.30 | 4:24   | 13.6 |
| 15   | KOZIEŁ PAWEŁ         | 93  |                              | RAJINO                          | POL  | M-40 | 15     | M 42  | 00:22:20.10 | 4:28   | 13.4 |
| 16   | GAWRYSIĄK PRZEMYSŁAW | 50  |                              | WŁODARKA                        | POL  | M-40 | 16     | M 43  | 00:22:23.75 | 4:28   | 13.4 |
| 17   | WIKTOROWSKI MACIEJ   | 211 |                              | KOSZALIN                        | POL  | M-40 | 17     | M 46  | 00:22:35.00 | 4:31   | 13.3 |
| 18   | ANTKOWIAK SEBASTIAN  | 2   | DB - ACTIVE                  | KOSZALIN                        | POL  | M-40 | 18     | M 48  | 00:22:39.72 | 4:32   | 13.2 |
| 19   | HEŁAK ROBERT         | 62  |                              | ŚREDNICA                        | POL  | M-40 | 19     | M 54  | 00:23:00.67 | 4:36   | 13   |
| 20   | POLANSKI NORBERT     | 156 | 21BLT                        | ŚWIDWIN                         | POL  | M-40 | 20     | M 55  | 00:23:06.94 | 4:37   | 13   |
| 21   | KUSZYŃSKI DARIUSZ    | 105 |                              | KOSZALIN                        | POL  | M-40 | 21     | M 56  | 00:23:07.62 | 4:37   | 13   |
| 22   | KŁOS TOMASZ          | 84  |                              | KALISZ POMORSKI                 | POL  | M-40 | 22     | M 59  | 00:23:20.43 | 4:40   | 12.9 |
| 23   | RAPIŃCZUK JAN        | 161 | BDSUOT WARSZAWA              | NOWY DWÓR MAZOWIECKI-MODLIN TW. | POL  | M-40 | 23     | M 62  | 00:23:35.14 | 4:43   | 12.7 |
| 24   | STALUSZKA DARIUSZ    | 179 | 21.BLT                       | ŚWIDWIN                         | POL  | M-40 | 24     | M 70  | 00:24:29.66 | 4:54   | 12.2 |
| 25   | GAPPA MICHAŁ         | 49  | 1972                         | WIĘCBORK                        | POL  | M-40 | 25     | M 74  | 00:24:44.81 | 4:57   | 12.1 |
| 26   | HAŁKA ARKADIUSZ      | 59  | TRUCHT ŁOBEZ                 | ŁOBEZ                           | POL  | M-40 | 26     | M 78  | 00:25:00.40 | 5:00   | 12   |
| 27   | KRASIŃSKI WITOLD     | 95  |                              | KOSZALIN                        | POL  | M-40 | 27     | M 80  | 00:25:09.40 | 5:02   | 11.9 |
| 28   | DANOWSKI MACIEK      | 31  | FITNESS CLUB FORMA BIAŁOGARD | BIAŁOGARD                       | POL  | M-40 | 28     | M 84  | 00:25:21.12 | 5:04   | 11.8 |
| 29   | SZMIGIERO SEBASTIAN  | 191 | W.P.K SŁON TEAM              | SŁUPSK                          | POL  | M-40 | 29     | M 85  | 00:25:21.72 | 5:04   | 11.8 |
| 30   | WAJDA WALDEMAR       | 204 |                              | BORNE SULINOWO                  | POL  | M-40 | 30     | M 88  | 00:25:25.17 | 5:05   | 11.8 |
| 31   | RÓJ ANDRZEJ          | 165 |                              | BIAŁOGARD                       | POL  | M-40 | 31     | M 93  | 00:25:49.63 | 5:10   | 11.6 |
| 32   | MONGIAŁO MARCIN      | 124 | FAST FEET K-LIN              | KOSZALIN                        | POL  | M-40 | 32     | M 111 | 00:28:01.55 | 5:36   | 10.7 |
| 33   | DOMAŃSKI ADAM        | 38  |                              | KOŁOBRZEG                       | POL  | M-40 | 33     | M 112 | 00:28:28.26 | 5:41   | 10.5 |
| 34   | SKIBA ARTUR          | 174 | PARALOTNIOWY PPGG            | ŚWIDWIN                         | POL  | M-40 | 34     | M 116 | 00:28:56.39 | 5:47   | 10.4 |
| 35   | ŚLEDZ ANDRZEJ        | 198 | WĘŻELEK                      | SŁUPSK                          | POL  | M-40 | 35     | M 125 | 00:31:33.51 | 6:18   | 9.5  |
| 36   | RUSIECKI PAWEŁ       | 166 | WSPL SP ZOZ KOSZALIN         | BIESIEKIERZ                     | POL  | M-40 | 36     | M 126 | 00:31:52.56 | 6:22   | 9.4  |
| 37   | RYHANYCZ PAWEŁ       | 168 | JEDWABIŚCI                   | KOSZALIN                        | POL  | M-40 | 37     | M 130 | 00:35:00.44 | 7:00   | 8.6  |
| 38   | KARNICKI ARTUR       | 76  |                              | KOSZALIN                        | POL  | M-40 | 38     | M 131 | 00:35:45.92 | 7:09   | 8.4  |
| 39   | KULAWINSKI MAREK     | 102 |                              | KOŁOBRZEG                       | POL  | M-40 | 39     | M 132 | 00:42:56.66 | 8:35   | 7    |

**BIEG WALENTYNKOWY 5 KM, K-50**

| M-ce | Nazwisko i imię        | Nr  | Klub               | M-scowość  | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|------------------------|-----|--------------------|------------|------|------|--------|------|-------------|--------|------|
| 1    | BORUC BARBARA          | 13  | PARKRUN SZCZECINEK | SZCZECINEK | POL  | K-50 | 1      | K 32 | 00:26:22.56 | 5:16   | 11.4 |
| 2    | KOZŁOWIECKA MAŁGORZATA | 232 |                    | KOSZALIN   | POL  | K-50 | 2      | K 67 | 00:30:54.71 | 6:11   | 9.7  |
| 3    | BUDZYŃSKA ELŻBIETA     | 240 |                    | SŁUPSK     | POL  | K-50 | 3      | K 68 | 00:30:57.19 | 6:11   | 9.7  |
| 4    | PEŁKA IWONA            | 149 |                    | KOSZALIN   | POL  | K-50 | 4      | K 70 | 00:31:19.58 | 6:16   | 9.6  |

**BIEG WALENTYNKOWY 5 KM, M-50**

| M-ce | Nazwisko i imię     | Nr  | Klub                          | M-scowość               | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|---------------------|-----|-------------------------------|-------------------------|------|------|--------|------|-------------|--------|------|
| 1    | KOŚCIELNIAK ROBERT  | 92  | TKKF KOSZALIN                 | KOSZALIN                | POL  | M-50 | 1      | M 20 | 00:20:29.16 | 4:05   | 14.6 |
| 2    | KATRYCZ ZBIGNIEW    | 78  |                               | ŚWIERCZYNA              | POL  | M-50 | 2      | M 26 | 00:20:47.26 | 4:09   | 14.4 |
| 3    | BRZEZIŃSKI JAN      | 15  | TEAM PIOTRUŚ                  | BIAŁOGARD               | POL  | M-50 | 3      | M 32 | 00:21:27.66 | 4:17   | 14   |
| 4    | NIEMCZUK DARIUSZ    | 129 | JAMNO                         | KOSZALIN                | POL  | M-50 | 4      | M 44 | 00:22:30.53 | 4:30   | 13.3 |
| 5    | KRUPIŃSKI KRZYSZTOF | 98  | E-UROLOG.EU                   | KOSZALIN                | POL  | M-50 | 5      | M 45 | 00:22:33.20 | 4:30   | 13.3 |
| 6    | GÓRCZYŃSKI ROBERT   | 53  |                               | OSTROWIEC ŚWIĘTOKRZYSKI | POL  | M-50 | 6      | M 53 | 00:22:56.62 | 4:35   | 13.1 |
| 7    | GAŁECKI JACEK       | 48  | KARLINOBIEGAJ                 | KARLINO                 | POL  | M-50 | 7      | M 63 | 00:23:49.16 | 4:45   | 12.6 |
| 8    | CHRZANOWSKI CZESŁAW | 23  | MYŚŁOWICKI KLUB BIEGACZA NO I | SOSNOWIEC               | POL  | M-50 | 8      | M 71 | 00:24:32.56 | 4:54   | 12.2 |
| 9    | NESTOR PETRO        | 128 |                               | MOŚCISKA                | UKR  | M-50 | 9      | M 76 | 00:24:48.67 | 4:57   | 12.1 |
| 10   | SZULC MAREK         | 196 | SZULC RUNNERS TEAM            | BIAŁOGARD               | POL  | M-50 | 10     | M 77 | 00:24:58.90 | 4:59   | 12   |
| 11   | GREMBLEWSKI DAREK   | 55  | KAMIEN RYMAŃSKI               | KAMIEN RYMAŃSKI         | POL  | M-50 | 11     | M 81 | 00:25:15.35 | 5:03   | 11.9 |

**BIEG WALENTYNKOWY 5 KM, M-50 c.d.**

| M-ce | Nazwisko i imię     | Nr  | Klub            | M-scowość  | Kraj | Kat. | M. kat | K/M   | Netto       | min/km | km/h |
|------|---------------------|-----|-----------------|------------|------|------|--------|-------|-------------|--------|------|
| 12   | JANUSZEWSKI JACEK   | 68  | 17 WOG KOSZALIN | KOSZALIN   | POL  | M-50 | 12     | M 92  | 00:25:49.29 | 5:09   | 11.6 |
| 13   | FAJGIER TOMASZ      | 46  |                 | MANOWO     | POL  | M-50 | 13     | M 94  | 00:25:53.11 | 5:10   | 11.6 |
| 14   | WIŚNIEWSKI JAROSŁAW | 212 |                 | KOŁOBRZEG  | POL  | M-50 | 14     | M 103 | 00:26:53.41 | 5:22   | 11.2 |
| 15   | BUTOWICZ ADAM       | 16  |                 | SZCZECINEK | POL  | M-50 | 15     | M 104 | 00:26:57.85 | 5:23   | 11.1 |
| 16   | HNATOWSKI ARTUR     | 64  | LOVELASY DĄBKI  | KOSZALIN   | POL  | M-50 | 16     | M 105 | 00:27:12.35 | 5:26   | 11   |
| 17   | PAWŁOWICZ RYSZARD   | 148 |                 | KOSZALIN   | POL  | M-50 | 17     | M 114 | 00:28:31.39 | 5:42   | 10.5 |

**BIEG WALENTYNKOWY 5 KM, K-60**

| M-ce | Nazwisko i imię       | Nr  | Klub                               | M-scowość | Kraj | Kat. | M. kat | K/M  | Netto       | min/km | km/h |
|------|-----------------------|-----|------------------------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1    | KRZEWIŃSKA MAŁGORZATA | 100 | TKKF KOSZALIN                      | KOSZALIN  | POL  | K-60 | 1      | K 15 | 00:23:53.97 | 4:46   | 12.6 |
| 2    | DEJNAK MARIOLA        | 33  |                                    | GRYFICE   | POL  | K-60 | 2      | K 20 | 00:24:35.10 | 4:55   | 12.2 |
| 3    | WOJANOWSKA MARYLA     | 214 | SPORT I REKREACJA DELFIN GRUDZIĄDZ | GRUDZIĄDZ | POL  | K-60 | 3      | K 72 | 00:32:08.07 | 6:25   | 9.3  |
| 4    | SOLAK HALINA          | 236 | ŚWIAT PŁYTEK U KRYSPIŃA            | BYTÓW     | POL  | K-60 | 4      | K 79 | 00:43:55.00 | 8:47   | 6.8  |

**BIEG WALENTYNKOWY 5 KM, M-60**

| M-ce | Nazwisko i imię      | Nr  | Klub                               | M-scowość | Kraj | Kat. | M. kat | K/M   | Netto       | min/km | km/h |
|------|----------------------|-----|------------------------------------|-----------|------|------|--------|-------|-------------|--------|------|
| 1    | OPALIŃSKI STANISŁAW  | 136 | SENIORA                            | KOŁOBRZEG | POL  | M-60 | 1      | M 47  | 00:22:35.20 | 4:31   | 13.3 |
| 2    | OSOBNAK RYSZARD      | 138 | KOSZALIN -NIEZRZESZONY             | KOSZALIN  | POL  | M-60 | 2      | M 66  | 00:23:59.42 | 4:48   | 12.5 |
| 3    | WOCH EDWARD          | 130 |                                    | KOSZALIN  | POL  | M-60 | 3      | M 67  | 00:24:08.93 | 4:49   | 12.4 |
| 4    | KOZŁOWIECKI WALDEMAR | 231 | TKKF KOSZALIN                      | KOSZALIN  | POL  | M-60 | 4      | M 91  | 00:25:34.34 | 5:06   | 11.7 |
| 5    | JUSZCZAK KRZYSZTOF   | 71  |                                    | KOSZALIN  | POL  | M-60 | 5      | M 95  | 00:25:56.59 | 5:11   | 11.6 |
| 6    | KARNICKI ZYGMUNT     | 75  | TKKF KOSZALIN                      | KOSZALIN  | POL  | M-60 | 6      | M 110 | 00:27:42.36 | 5:32   | 10.8 |
| 7    | HELLER ZDZISŁAW      | 63  | NIEZRZESZONY                       | KOSZALIN  | POL  | M-60 | 7      | M 118 | 00:29:10.53 | 5:50   | 10.3 |
| 8    | WOCH ZBIGNIEW        | 210 |                                    | KOSZALIN  | POL  | M-60 | 8      | M 121 | 00:30:10.67 | 6:02   | 9.9  |
| 9    | STRACH MAREK         | 235 |                                    | KOSZALIN  | POL  | M-60 | 9      | M 123 | 00:31:08.21 | 6:13   | 9.6  |
| 10   | WOJANOWSKI ZBIGNIEW  | 215 | SPORT I REKREACJA DELFIN GRUDZIĄDZ | GRUDZIĄDZ | POL  | M-60 | 10     | M 127 | 00:32:09.58 | 6:26   | 9.3  |

**BIEG WALENTYNKOWY 5 KM, M-70+**

| M-ce | Nazwisko i imię      | Nr  | Klub          | M-scowość | Kraj | Kat.  | M. kat | K/M   | Netto       | min/km | km/h |
|------|----------------------|-----|---------------|-----------|------|-------|--------|-------|-------------|--------|------|
| 1    | GŁOWACKI WŁODZIMIERZ | 51  | JEDWABIŚCI    | KOSZALIN  | POL  | M-70+ | 1      | M 109 | 00:27:39.82 | 5:32   | 10.8 |
| 2    | CICHOSZ JERZY        | 27  |               | KOSZALIN  | POL  | M-70+ | 2      | M 119 | 00:29:26.40 | 5:53   | 10.2 |
| 3    | STAŃCZYK FRANCISZEK  | 183 | NIEZRZESZONY  | KOSZALIN  | POL  | M-70+ | 3      | M 129 | 00:32:40.85 | 6:32   | 9.2  |
| 4    | BARTNIK MARIAN       | 230 | TKKF KOSZALIN | KOSZALIN  | POL  | M-70+ | 4      | M 133 | 00:45:54.00 | 9:10   | 6.5  |

**BIEG WALENTYNKOWY 5 KM, Małżeństwo**

| Miejsce | Drużyna    | Zawodnicy klasyfikowani                          | Czas                   | Czas drużyny |
|---------|------------|--|------------------------|--------------|
| 1       | KONKEL     | AGNIESZKA KONKEL&UKASZ KONKEL                    | 00:20:11.8000:22:00.30 | 00:42:11.80  |
| 2       | GARSCY     | KRYSPIŃ GARSKI&JOANNA GARSKA                     | 00:18:33.7800:23:56.88 | 00:42:29.66  |
| 3       | CZAPLIŃSCY | JACEK CZAPLIŃSKI&AGNIESZKA RODZIEWICZ-CZAPLIŃSKA | 00:19:14.9100:24:17.17 | 00:43:32.08  |

**BIEG WALENTYNKOWY 5 KM, Małżeństwo, cd.**

| Miejsce | Drużyna     | Zawodnicy klasyfikowani                    | Czas                   | Czas drużyny  |
|---------|-------------|--|------------------------|---------------|
| e       |             |  |                        |               |
| 4       | HAŁKA       | JUSTYNA HAŁKAARKADIUSZ HAŁKA               | 00:22:25.8800:25:00.40 | 00:47:25.8800 |
| 5       | ZUKAL       | PIOTR ZUKALALEKSANDRA ZUKAL                | 00:19:05.1400:28:47.51 | 00:47:51.1400 |
| 6       | KĘSIK       | AGNIESZKA KĘSIKŁUKASZ KĘSIK                | 00:23:12.1400:26:30.20 | 00:49:44.1400 |
| 7       | HELAK       | ROBERT HELAKMAŁGORZATA HELAK               | 00:23:00.6700:26:49.67 | 00:49:49.6700 |
| 8       | PACAN       | MIRA PACANBARTOSZ PACAN                    | 00:25:07.4900:25:24.07 | 00:50:31.4900 |
| 9       | RÓJ         | BARBARA RÓJANDRZEJ RÓJ                     | 00:25:27.2700:25:49.63 | 00:51:16.2700 |
| 10      | KOZŁOWIECCY | WALDEMAR KOZŁOWIECKIMAŁGORZATA KOZŁOWIECKA | 00:25:34.3400:30:54.71 | 00:56:28.3400 |
| 11      | DOMAŃSCY    | ADAM DOMAŃSIKATARZYNA DOMAŃSKA             | 00:28:28.2600:28:28.38 | 00:56:56.2600 |
| 12      | PRZYBYSZ    | DAMIAN PRZYBYSZJOANNA PRZYBYSZ             | 00:24:40.7700:32:28.67 | 00:57:08.7700 |
| 13      | PŁOTKA      | GRZEGORZ PŁOTKAEMILIA PŁOTKA               | 00:29:07.5400:29:07.54 | 00:58:15.5400 |
| 14      | ŚLEDŹ       | ANDRZEJ ŚLEDŹJOANNA ŚLEDŹ                  | 00:31:33.5100:31:33.69 | 01:03:06.5100 |
| 15      | WOJANOWSCY  | MARYLA WOJANOWSKAZBIGNIEW WOJANOWSKI       | 00:32:08.0700:32:09.58 | 01:04:17.0700 |