

### III DECARUN KOSZALIN 5 KM

Organizator: Spółka Decathlon sp. z o.o. z siedzibą w Warszawie  
Data: 2019-08-15  
Miejsce: Koszalin  
Dystans: 5 km  
Klasyfikacja wg czasów netto.



### III DECARUN KOSZALIN 5 KM, OPEN

| M-ce | Nazwisko i imię        | Nr  | Klub                                       | M-scowość      | Kraj | Kat.  | M. kat | K/M  | 2.5km    | Netto       | min/km | km/h |
|------|------------------------|-----|--|----------------|------|-------|--------|------|----------|-------------|--------|------|
| 1    | PYSHNIAK KOSTIANTYN    | 282 | TKKF KOSZALIN                              | DVORICHNA      | UKR  | M-20  | 1      | M 1  | 00:08:02 | 00:16:14.85 | 3:15   | 18.5 |
| 2    | SIÓDZIAK IGOR          | 252 | 7PRO SIÓDZIAK TEAM, MBC ,MKP               | SZCZECINEK     | POL  | M-20  | 2      | M 2  | 00:08:09 | 00:16:35.30 | 3:19   | 18.1 |
| 3    | PERLIK TOMASZ          | 214 | MTS HAMER MIASTKO                          | MIASTKO        | POL  | M-30  | 1      | M 3  | 00:08:20 | 00:16:49.45 | 3:22   | 17.8 |
| 4    | SIADAK ARKADIUSZ       | 249 |  | KOSZALIN       | POL  | M-30  | 2      | M 4  | 00:08:43 | 00:17:15.65 | 3:27   | 17.4 |
| 5    | MAJKOWICZ RAFAŁ        | 165 |  | KOSZALIN       | POL  | M-30  | 3      | M 5  | 00:08:47 | 00:17:54.80 | 3:35   | 16.7 |
| 6    | GOS MATEUSZ            | 73  | START PUŁAWSKI WARKA                       | WARKA          | POL  | M-20  | 3      | M 6  | 00:08:49 | 00:18:06.60 | 3:37   | 16.6 |
| 7    | KASZUBIAK KLAUDIUSZ    | 111 |  | KOSZALIN       | POL  | M-40  | 1      | M 7  | 00:09:10 | 00:18:13.65 | 3:38   | 16.5 |
| 8    | RYKIEL MICHAŁ          | 243 | DĄBROWSKI TEAM                             | BONIN          | POL  | M-30  | 4      | M 8  | 00:09:04 | 00:18:25.30 | 3:41   | 16.3 |
| 9    | ROKOSZ RADOSŁAW        | 346 | JW 1223                                    | KOSZALIN       | POL  | M-30  | 5      | M 9  | 00:09:21 | 00:18:44.50 | 3:44   | 16   |
| 10   | ZUKAŁ PIOTR            | 324 |  | KOSZALIN       | POL  | M-40  | 2      | M 10 | 00:09:21 | 00:18:46.70 | 3:45   | 16   |
| 11   | MASŁOWSKI MATEUSZ      | 173 | TEAM ROGELLI                               | SŁUPSK         | POL  | M-30  | 6      | M 11 | 00:09:22 | 00:19:04.15 | 3:48   | 15.7 |
| 12   | POŁUBIŃSKI PAWEŁ       | 225 | BORNE BIEGA                                | BORNE SULINOWO | POL  | M-40  | 3      | M 12 | 00:09:23 | 00:19:17.05 | 3:51   | 15.6 |
| 13   | DĄBKOWSKI MACIEJ       | 48  | 7PRO SIÓDZIAK TEAM / MKP                   | SZCZECINEK     | POL  | M-20  | 4      | M 13 | 00:09:40 | 00:19:21.70 | 3:52   | 15.5 |
| 14   | PRZEWŁOCKI MICHAŁ      | 227 | TKKF KOSZALIN                              | KOSZALIN       | POL  | M-30  | 7      | M 14 | 00:09:28 | 00:19:25.10 | 3:53   | 15.5 |
| 15   | SIENIAWSKI JAREK       | 250 | MEDEN-INMED SPORTS TEAM                    | BONIN          | POL  | M-40  | 4      | M 15 | 00:09:46 | 00:19:27.05 | 3:53   | 15.4 |
| 16   | OPIELA PAWEŁ           | 202 | 7PRO SIÓDZIAK TEAM                         | SŁOSINKO       | POL  | M-20  | 5      | M 16 | 00:09:41 | 00:19:28.40 | 3:53   | 15.4 |
| 17   | LEWANDOWSKI JACEK      | 157 | STARY BOREK                                | KOŁOBRZEG      | POL  | M-40  | 5      | M 17 | 00:09:44 | 00:19:29.50 | 3:53   | 15.4 |
| 18   | MAZUR EMILIUSZ         | 174 | DARŁOWSKI OGR                              | DARŁOWO        | POL  | M-40  | 6      | M 18 | 00:09:49 | 00:19:48.80 | 3:57   | 15.1 |
| 19   | CIASTON TOMASZ         | 38  | ORSKOV FOODS TEAM                          | CZAPLINEK      | POL  | M-30  | 8      | M 19 | 00:09:39 | 00:19:49.35 | 3:57   | 15.1 |
| 20   | POPŁAWSKI DANIEL       | 226 |  | KOSZALIN       | POL  | M-30  | 9      | M 20 | 00:09:18 | 00:19:49.85 | 3:58   | 15.1 |
| 21   | KUKIEŁA TOMASZ         | 151 | ROZBIEGANY FUN CLUB KAROLINKI I MATYLDKI K | KOSZALIN       | POL  | M-40  | 7      | M 21 | 00:09:43 | 00:20:00.35 | 4:00   | 15   |
| 22   | WITKIEWICZ MAGDALENA   | 304 | KB 10 BIAŁOGARD                            | BIAŁOGARD      | POL  | K-40  | 1      | K 1  | 00:09:55 | 00:20:05.90 | 4:01   | 14.9 |
| 23   | KRACZKOWSKI PRZEMYSŁAW | 143 |  | KOSZALIN       | POL  | M-40  | 8      | M 22 | 00:10:03 | 00:20:30.45 | 4:06   | 14.6 |
| 24   | RYBICKI ANDRZEJ        | 242 | KB SPOKO SŁAWNO                            | MALECHOWO      | POL  | M-30  | 10     | M 23 | 00:10:18 | 00:20:52.60 | 4:10   | 14.4 |
| 25   | LIS STANISŁAW          | 343 |  | KOSZALIN       | POL  | M-30  | 11     | M 24 | 00:10:14 | 00:20:59.65 | 4:12   | 14.3 |
| 26   | SZPITER TOMASZ         | 3   | OLAWS ZŁOTORYJA                            | ZŁOTORYJA      | POL  | M-50  | 1      | M 25 | 00:10:22 | 00:21:05.90 | 4:13   | 14.2 |
| 27   | KOWALIK NATALIA        | 138 | MKL SZCZECINEK                             | SZCZECINEK     | POL  | K-20  | 1      | K 2  | 00:09:53 | 00:21:22.30 | 4:16   | 14   |
| 28   | OLCZAK KRZYSZTOF       | 198 |  | SIAŃÓW         | POL  | M-30  | 12     | M 26 | 00:10:45 | 00:21:22.45 | 4:16   | 14   |
| 29   | RADOMSKI HERONIM       | 231 | CZARNE BIEGA                               | CZARNE         | POL  | M-50  | 2      | M 27 | 00:10:29 | 00:21:23.35 | 4:16   | 14   |
| 30   | BŁASZCZYK PIOTR        | 14  |  | CZAPLINEK      | POL  | M-40  | 9      | M 28 | 00:10:38 | 00:21:24.50 | 4:16   | 14   |
| 31   | SOSNOWSKI TOMASZ       | 260 | FPP FUNKCJONALNOŚĆ PONAD POMPE             | KOSZALIN       | POL  | M-20  | 6      | M 29 | 00:10:47 | 00:21:34.15 | 4:18   | 13.9 |
| 32   | PAWŁOWICZ ROLAND       | 210 | 7PRO SIÓDZIAK TEAM                         | SZCZECINEK     | POL  | M-20  | 7      | M 30 | 00:10:46 | 00:21:45.60 | 4:21   | 13.8 |
| 33   | MARCINIAK MICHAŁ       | 168 |  | POLANÓW        | POL  | M-20  | 8      | M 31 | 00:10:40 | 00:21:45.90 | 4:21   | 13.8 |
| 34   | DAVIES CHRIS           | 47  |  | LINCOLN        | GBR  | M-30  | 13     | M 32 | 00:10:36 | 00:21:48.20 | 4:21   | 13.8 |
| 35   | WEBER PAWEŁ            | 292 | FPP  | KOSZALIN       | POL  | M-30  | 14     | M 33 | 00:10:47 | 00:21:50.60 | 4:22   | 13.7 |
| 36   | HAWRYŁAK MARCIN        | 85  | AMPIO TEAM                                 | SZCZECIN       | POL  | M-50  | 3      | M 34 | 00:10:38 | 00:21:50.80 | 4:22   | 13.7 |
| 37   | GOZDZIK-ZARĘBA ANETA   | 75  | ŁÓDŹ KOCHA SPORT                           | ŁÓDŹ           | POL  | K-30  | 1      | K 3  | 00:10:39 | 00:21:52.75 | 4:22   | 13.7 |
| 38   | RUTKOWSKI RYSZARD      | 240 | RUNKING                                    | SIAŃÓW         | POL  | M-50  | 4      | M 35 | 00:10:52 | 00:22:06.00 | 4:25   | 13.6 |
| 39   | BIENKOWSKI TOMASZ      | 169 |  | NIEKŁONICE     | POL  | M-30  | 15     | M 36 | 00:10:55 | 00:22:13.40 | 4:26   | 13.5 |
| 40   | THOMAS DANIEL          | 281 | PRECON POLSKA                              | JASTROWIE      | POL  | M-30  | 16     | M 37 | 00:10:52 | 00:22:14.50 | 4:26   | 13.5 |
| 41   | KONOWALSKI BARTOSZ     | 131 |  | OSTROŁĘKA      | POL  | M-40  | 10     | M 38 | 00:11:08 | 00:22:15.05 | 4:27   | 13.5 |
| 42   | KLENIEWSKI PIOTR       | 121 | ROZBIEGANY KOSZALIN                        | KOSZALIN       | POL  | M-50  | 5      | M 39 | 00:11:01 | 00:22:21.20 | 4:28   | 13.4 |
| 43   | IWANIEC DAREK          | 93  | TKKF KOSZALIN                              | SIERAKOWO      | POL  | M-40  | 11     | M 40 | 00:10:54 | 00:22:21.85 | 4:28   | 13.4 |
| 44   | PASIEKA AGNIESZKA      | 209 | UKL FENIKS ŚWIDWIN/ 21 BLT                 | ŚWIDWIN        | POL  | K-30  | 2      | K 4  | 00:10:55 | 00:22:22.65 | 4:28   | 13.4 |
| 45   | HOREGLAD PAWEŁ         | 91  | SPEEDY GONZALES                            | KOSZALIN       | POL  | M-20  | 9      | M 41 | 00:10:24 | 00:22:23.10 | 4:28   | 13.4 |
| 46   | ZAKIELARZ JAN          | 316 | PRECON POLSKA JASTROWIE                    | JASTROWIE      | POL  | M-60+ | 1      | M 42 | 00:11:01 | 00:22:27.20 | 4:29   | 13.4 |

**III DECARUN KOSZALIN 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię       | Nr  | Klub                                  | M-scowość   | Kraj | Kat.  | M. kat | K/M  | 2.5km    | Netto       | min/km | km/h |
|------|-----------------------|-----|---------------------------------------|-------------|------|-------|--------|------|----------|-------------|--------|------|
| 47   | PERLIK KATARZYNA      | 213 | MTS HAMER MIASTKO                     | MIASTKO     | POL  | K-20  | 2      | K 5  | 00:11:19 | 00:22:27.30 | 4:29   | 13.4 |
| 48   | ADAMOWICZ PAWEŁ       | 344 |                                       | KONIKOWO    | POL  | M-30  | 17     | M 43 | 00:10:47 | 00:22:31.10 | 4:30   | 13.3 |
| 49   | MINKO MARIOLA         | 182 |                                       | MIASTKO     | POL  | K-30  | 3      | K 6  | 00:10:51 | 00:22:38.05 | 4:31   | 13.3 |
| 50   | WILKOWSKI KRZYSZTOF   | 301 | FOR-REST-RUN                          | KOSZALIN    | POL  | M-40  | 12     | M 44 | 00:11:23 | 00:22:57.80 | 4:35   | 13.1 |
| 51   | GOSTOMCZYK KRZYSZTOF  | 74  | KB SPOKO SŁAWNO                       | SŁAWNO      | POL  | M-40  | 13     | M 45 | 00:11:23 | 00:23:04.65 | 4:37   | 13   |
| 52   | BOREK DANIEL          | 21  |                                       | KOSZALIN    | POL  | M-30  | 18     | M 46 | 00:11:22 | 00:23:06.65 | 4:37   | 13   |
| 53   | ZAKIELARZ PIOTR       | 315 | PRECON POLSKA                         | JASTROWIE   | POL  | M-30  | 19     | M 47 | 00:11:28 | 00:23:08.45 | 4:37   | 13   |
| 54   | HAMALA MARCIN         | 342 | TAGER KOSZALIN                        | KOSZALIN    | POL  | M-30  | 20     | M 48 | 00:11:38 | 00:23:15.85 | 4:39   | 12.9 |
| 55   | BLICHARZ MONIKA       | 13  | TAGER KOSZALIN                        | KOSZALIN    | POL  | K-30  | 4      | K 7  | 00:11:39 | 00:23:16.15 | 4:39   | 12.9 |
| 56   | REDLICKI PIOTR        | 340 |                                       | SZCZECINEK  | POL  | M-30  | 21     | M 49 | 00:11:37 | 00:23:19.40 | 4:39   | 12.9 |
| 57   | MIKUSZEWSKI ARKADIUSZ | 83  |                                       | BIAŁY BÓR   | POL  | M-30  | 22     | M 50 | 00:12:02 | 00:23:19.80 | 4:40   | 12.9 |
| 58   | KRUKOWSKA MAGDALENA   | 229 | UKS DOJLIDY                           | DRZONOWO    | POL  | K-30  | 5      | K 8  | 00:12:02 | 00:23:19.90 | 4:40   | 12.9 |
| 59   | KULCZYK KATARZYNA     | 334 | BRYZA POSTOMINO                       | SŁAWSKO     | POL  | K-30  | 6      | K 9  | 00:11:41 | 00:23:21.65 | 4:40   | 12.8 |
| 60   | BORYS JUSTYNA         | 23  |                                       | KOSZALIN    | POL  | K-30  | 7      | K 10 | 00:11:35 | 00:23:30.70 | 4:42   | 12.8 |
| 61   | NERC PATRYCJA         | 195 | 7PRO SIÓDZIAK TEAM / MKP              | SZCZECINEK  | POL  | K-20  | 3      | K 11 | 00:12:07 | 00:23:59.70 | 4:47   | 12.5 |
| 62   | JAWORSKI ROBERT       | 63  |                                       | PIESZCZ     | POL  | M-40  | 14     | M 51 | 00:11:46 | 00:24:00.20 | 4:48   | 12.5 |
| 63   | ROMBALSKA JULIA       | 234 | DECATHLON PRZYMORZE TEAM              | GDAŃSK      | POL  | K-20  | 4      | K 12 | 00:12:11 | 00:24:01.25 | 4:48   | 12.5 |
| 64   | DĄBROWSKA ALICJA      | 49  | TKKF KOSZALIN                         | SIANÓW      | POL  | K-50  | 1      | K 13 | 00:12:09 | 00:24:02.40 | 4:48   | 12.5 |
| 65   | JASieniecki PIOTR     | 99  | KP ZEFIR WYSZEWO                      | KOSZALIN    | POL  | M-40  | 15     | M 52 | 00:11:49 | 00:24:08.95 | 4:49   | 12.4 |
| 66   | OLEARCZYK PATRYK      | 159 | BOBOLICKIE BRACCTWO BIEGOWE           | BOBOLICE    | POL  | M-20  | 10     | M 53 | 00:12:58 | 00:24:12.45 | 4:50   | 12.4 |
| 67   | KRUPIŃSKA BEATA       | 145 | E-UROLOG.EU                           | KOSZALIN    | POL  | K-40  | 2      | K 14 | 00:11:48 | 00:24:14.20 | 4:50   | 12.4 |
| 68   | BOGACKI TOMASZ        | 19  | TKKF KOSZALIN                         | KOSZALIN    | POL  | M-60+ | 2      | M 54 | 00:12:05 | 00:24:14.85 | 4:51   | 12.4 |
| 69   | SERKOWSKA MAGDALENA   | 248 | JEDWABIŚCI                            | KOSZALIN    | POL  | K-20  | 5      | K 15 | 00:11:40 | 00:24:18.05 | 4:51   | 12.3 |
| 70   | BIENKOWSKI JAROSŁAW   | 11  | DECATHLON PRZYMORZE TEAM              | GDAŃSK      | POL  | M-20  | 11     | M 55 | 00:11:57 | 00:24:24.00 | 4:52   | 12.3 |
| 71   | GAWIECKI PIOTR        | 65  | ROZBIEGANY KOSZALIN                   | KOSZALIN    | POL  | M-40  | 16     | M 56 | 00:12:03 | 00:24:24.10 | 4:52   | 12.3 |
| 72   | MEJER ALEKSANDRA      | 175 |                                       | ROSNOWO     | POL  | K-20  | 6      | K 16 | 00:12:02 | 00:24:39.60 | 4:56   | 12.2 |
| 73   | GROT PAULINA          | 79  |                                       | KOŚCIERZYNA | POL  | K-20  | 7      | K 17 | 00:11:21 | 00:24:42.05 | 4:56   | 12.1 |
| 74   | WRÓBLEWSKI MATEUSZ    | 311 |                                       | KOSZALIN    | POL  | M-20  | 12     | M 57 | 00:12:49 | 00:24:44.90 | 4:57   | 12.1 |
| 75   | KARWAN KRYSZTYAN      | 109 | AUTOSTORE                             | KOSZALIN    | POL  | M-30  | 23     | M 58 | 00:12:02 | 00:24:48.85 | 4:57   | 12.1 |
| 76   | HAŁKA ARKADIUSZ       | 82  | TRUCHT ŁOBEZ                          | ŁOBEZ       | POL  | M-40  | 17     | M 59 | 00:12:09 | 00:24:49.05 | 4:57   | 12.1 |
| 77   | PLATOSZ MAGDA         | 223 |                                       | KARLINO     | POL  | K-20  | 8      | K 18 | 00:11:57 | 00:24:54.05 | 4:58   | 12   |
| 78   | SOLNICA WALDEMAR      | 258 | KOSZALIN CASTORAMA                    | KOSZALIN    | POL  | M-30  | 24     | M 60 | 00:12:11 | 00:24:57.40 | 4:59   | 12   |
| 79   | GLEWICZ SYLWIA        | 67  |                                       | KOSZALIN    | POL  | K-30  | 8      | K 19 | 00:12:42 | 00:24:59.35 | 4:59   | 12   |
| 80   | NADOLNY KRZYSZTOF     | 193 |                                       | KOSZALIN    | POL  | M-30  | 25     | M 61 | 00:12:44 | 00:25:06.45 | 5:01   | 12   |
| 81   | BUTOWICZ ADAM         | 32  |                                       | SZCZECINEK  | POL  | M-50  | 6      | M 62 | 00:12:25 | 00:25:09.65 | 5:02   | 11.9 |
| 82   | ZAREMBA TOMASZ        | 318 |                                       | KOSZALIN    | POL  | M-30  | 26     | M 63 | 00:12:10 | 00:25:22.65 | 5:04   | 11.8 |
| 83   | KORUBA ROBERT         | 135 | MORSACZEBIEGACZE                      | NIEKŁONICE  | POL  | M-50  | 7      | M 64 | 00:12:38 | 00:25:28.30 | 5:05   | 11.8 |
| 84   | RADZIUSZ ILONA        | 87  |                                       | KOSZALIN    | POL  | K-30  | 9      | K 20 | 00:12:25 | 00:25:34.45 | 5:07   | 11.7 |
| 85   | SAWIŃSKI JACEK        | 246 |                                       | KOSZALIN    | POL  | M-40  | 18     | M 65 | 00:12:13 | 00:25:37.70 | 5:07   | 11.7 |
| 86   | KASPRZYK BOGDAN       | 110 | KM PSP KOSZALIN / JRG 2               | MŚCICE      | POL  | M-40  | 19     | M 66 | 00:12:42 | 00:25:45.70 | 5:09   | 11.7 |
| 87   | CZUB MACIEK           | 45  |                                       | SZCZECINEK  | POL  | M-20  | 13     | M 67 | 00:12:05 | 00:25:46.75 | 5:09   | 11.6 |
| 88   | SEMOSKIN SERGEY       | 94  |                                       | SŁAWSKO     | UKR  | M-30  | 27     | M 68 | 00:13:01 | 00:26:09.60 | 5:13   | 11.5 |
| 89   | HESTKOWSKA KATARZYNA  | 89  |                                       | SZCZECINEK  | POL  | K-20  | 9      | K 21 | 00:12:40 | 00:26:17.35 | 5:15   | 11.4 |
| 90   | BOGACKA LUCYNA        | 18  | TKKF KOSZALIN                         | KOSZALIN    | POL  | K-60+ | 1      | K 22 | 00:12:56 | 00:26:20.50 | 5:16   | 11.4 |
| 91   | BASŁYK AGNIESZKA      | 7   | LUMBERJACKS CROSS GARAGE KOSZALIN     | KOSZALIN    | POL  | K-30  | 10     | K 23 | 00:12:52 | 00:26:26.75 | 5:17   | 11.3 |
| 92   | JANUSZEWSKI JACEK     | 97  | 17 WOG KOSZALIN                       | KOSZALIN    | POL  | M-50  | 8      | M 69 | 00:13:03 | 00:26:39.60 | 5:20   | 11.3 |
| 93   | PIETRZAK MARIOLA      | 218 | ROZBIEGANY KOSZALIN BABECZKI KOSZALIN | KOSZALIN    | POL  | K-50  | 2      | K 24 | 00:12:53 | 00:26:43.95 | 5:20   | 11.2 |
| 94   | GRZEŚIUK ALICJA       | 81  |                                       | MIASTKO     | POL  | K-20  | 10     | K 25 | 00:12:25 | 00:26:46.55 | 5:21   | 11.2 |
| 95   | SŁOMSKI ZENON         | 254 | KORZYBSKIE REKINY                     | KORZYBIE    | POL  | M-60+ | 3      | M 70 | 00:13:02 | 00:26:58.05 | 5:23   | 11.1 |
| 96   | GOLEC ANNA            | 70  |                                       | KOSZALIN    | POL  | K-40  | 3      | K 26 | 00:13:17 | 00:27:14.60 | 5:26   | 11   |
| 97   | BIERNAT MARTA         | 12  |                                       | KOSZALIN    | POL  | K-30  | 11     | K 27 | 00:13:12 | 00:27:17.30 | 5:27   | 11   |
| 98   | MARCZAK MAŁGORZATA    | 171 |                                       | ŻELKOWO     | POL  | K-50  | 3      | K 28 | 00:13:18 | 00:27:23.95 | 5:28   | 10.9 |
| 99   | BRZEZIŃSKI PAWEŁ      | 28  |                                       | KOSZALIN    | POL  | M-30  | 28     | M 71 | 00:13:03 | 00:27:31.70 | 5:30   | 10.9 |
| 100  | MITUNIEWICZ RENATA    | 184 |                                       | KOSZALIN    | POL  | K-50  | 4      | K 29 | 00:13:41 | 00:27:33.30 | 5:30   | 10.9 |
| 101  | MACIEJEWSKI MACIEJ    | 163 | FPP                                   | KOSZALIN    | POL  | M-30  | 29     | M 72 | 00:13:23 | 00:27:33.65 | 5:30   | 10.9 |
| 102  | ZAKIELARZ ADRIANA     | 314 |                                       | JASTROWIE   | POL  | K-30  | 12     | K 30 | 00:13:18 | 00:27:38.55 | 5:31   | 10.9 |
| 103  | WIOREK KATARZYNA      | 86  |                                       | SIANÓW      | POL  | K-30  | 13     | K 31 | 00:13:39 | 00:28:05.40 | 5:37   | 10.7 |

**III DECARUN KOSZALIN 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię             | Nr  | Klub                     | M-scowość        | Kraj | Kat.  | M. kat | K/M  | 2.5km    | Netto       | min/km | km/h |
|------|-----------------------------|-----|--------------------------|------------------|------|-------|--------|------|----------|-------------|--------|------|
| 104  | SUDER-MAKSYMOWICZ MONIKA    | 269 |                          | USTRONIE MORSKIE | POL  | K-30  | 14     | K 32 | 00:13:58 | 00:28:05.40 | 5:37   | 10.7 |
| 105  | ŁUBKOWSKA MAGDALENA         | 350 |                          | SŁUPSK           | POL  | K-40  | 4      | K 33 | 00:13:41 | 00:28:08.20 | 5:37   | 10.7 |
| 106  | KĄŻMIERCZAK ALEKSANDRA      | 114 |                          | KOSZALIN         | POL  | K-20  | 11     | K 34 | 00:13:28 | 00:28:16.20 | 5:39   | 10.6 |
| 107  | SZABAT DARIA                | 270 | DECATHLON SŁUPSK         | SŁUPSK           | POL  | K-20  | 12     | K 35 | 00:14:51 | 00:28:17.55 | 5:39   | 10.6 |
| 108  | KRZEMIŃSKI ANDRZEJ          | 147 |                          | KOSZALIN         | POL  | M-50  | 9      | M 73 | 00:14:05 | 00:28:19.20 | 5:39   | 10.6 |
| 109  | NIEGMAŃSKA PAULINA          | 196 |                          | CZARNE           | POL  | K-20  | 13     | K 36 | 00:13:51 | 00:28:26.35 | 5:41   | 10.6 |
| 110  | MALINOWSKA-BURDA ALEKSANDRA | 167 |                          | KOSZALIN         | POL  | K-30  | 15     | K 37 | 00:13:57 | 00:28:32.05 | 5:42   | 10.5 |
| 111  | WITEK ADRIAN                | 302 |                          | BIAŁOGARD        | POL  | M-20  | 14     | M 74 | 00:14:00 | 00:28:32.80 | 5:42   | 10.5 |
| 112  | GAWIECKA MARIOLA            | 64  | ROZBIEGANY KOSZALIN      | KOSZALIN         | POL  | K-40  | 5      | K 38 | 00:14:11 | 00:28:43.10 | 5:44   | 10.4 |
| 113  | PACUCHA PAULINA             | 205 |                          | KOSZALIN         | POL  | K-20  | 14     | K 39 | 00:13:33 | 00:28:54.50 | 5:46   | 10.4 |
| 114  | SŁUPECKA ANETA              | 255 |                          | KOSZALIN         | POL  | K-30  | 16     | K 40 | 00:13:53 | 00:29:07.30 | 5:49   | 10.3 |
| 115  | JASIENIECKA BEATA           | 98  | KP ZEFIR WYSZEWO         | KOSZALIN         | POL  | K-50  | 5      | K 41 | 00:14:27 | 00:29:18.30 | 5:51   | 10.2 |
| 116  | BIAZIK MARTA                | 10  |                          | KOSZALIN         | POL  | K-20  | 15     | K 42 | 00:14:13 | 00:29:20.10 | 5:52   | 10.2 |
| 117  | JUSZCZYK AGNIESZKA          | 103 | ANOX TEAM                | KOSZALIN         | POL  | K-30  | 17     | K 43 | 00:14:05 | 00:29:29.00 | 5:53   | 10.2 |
| 118  | KLIMKOWSKA MARIA            | 122 |                          | KOSZALIN         | POL  | K-40  | 6      | K 44 | 00:14:23 | 00:29:34.00 | 5:54   | 10.1 |
| 119  | KLIMKOWSKI PAWEŁ            | 123 |                          | KOSZALIN         | POL  | M-40  | 20     | M 75 | 00:14:23 | 00:29:34.05 | 5:54   | 10.1 |
| 120  | KĄŻMIERCZAK MONIKA          | 115 |                          | BELCHATÓW        | POL  | K-30  | 18     | K 45 | 00:14:43 | 00:29:35.90 | 5:55   | 10.1 |
| 121  | ZDYB BARBARA                | 319 |                          | KOSZALIN         | POL  | K-30  | 19     | K 46 | 00:14:52 | 00:29:35.95 | 5:55   | 10.1 |
| 122  | GŁOWACKI WŁODZIMIERZ        | 68  |                          | KOSZALIN         | POL  | M-60+ | 4      | M 76 | 00:13:58 | 00:29:36.75 | 5:55   | 10.1 |
| 123  | WYSOCKI KRYSZTIAN           | 312 |                          | SIANÓW           | POL  | M-20  | 15     | M 77 | 00:14:45 | 00:29:40.15 | 5:56   | 10.1 |
| 124  | BRZEZIŃSKI DARIUSZ          | 27  | BRUNNERS                 | KRAKÓW           | POL  | M-30  | 30     | M 78 | 00:14:50 | 00:29:48.20 | 5:57   | 10.1 |
| 125  | PODRAZA - OLECH DAGMARA     | 224 |                          | KOSZALIN         | POL  | K-40  | 7      | K 47 | 00:14:58 | 00:30:02.20 | 6:00   | 10   |
| 126  | SADOSKA MIRKA               | 245 |                          | SIANÓW           | POL  | K-20  | 16     | K 48 | 00:14:46 | 00:30:04.50 | 6:01   | 10   |
| 127  | KILJAN SYLWIA               | 118 |                          | KOŁOBRZEG        | POL  | K-30  | 20     | K 49 | 00:14:35 | 00:30:15.20 | 6:03   | 9.9  |
| 128  | ZACHCIAŁ PAWEŁ              | 313 | JW 1223                  | KOSZALIN         | POL  | M-30  | 31     | M 79 | 00:14:04 | 00:30:17.05 | 6:03   | 9.9  |
| 129  | KOPEĆ KLAUDIA               | 133 | DECATHLON PRZYMORZE TEAM | GDAŃSK           | POL  | K-20  | 17     | K 50 | 00:14:11 | 00:30:19.10 | 6:03   | 9.9  |
| 130  | WACHHOLZ BEATA              | 50  | KB BRYZA POSTOMINO       | SŁAWNO           | POL  | K-40  | 8      | K 51 | 00:14:41 | 00:30:20.75 | 6:04   | 9.9  |
| 131  | GRUDZIŃSKI ARKADIUSZ        | 80  | JW 1223                  | KOSZALIN         | POL  | M-30  | 32     | M 80 | 00:14:04 | 00:30:41.00 | 6:08   | 9.8  |
| 132  | PAŃCZYK JUSTYNA             | 208 |                          | KOSZALIN         | POL  | K-40  | 9      | K 52 | 00:15:26 | 00:30:44.55 | 6:08   | 9.8  |
| 133  | SEEWALD AGNIESZKA           | 247 | ZAKWAS                   | KOSZALIN         | POL  | K-30  | 21     | K 53 | 00:15:25 | 00:30:44.95 | 6:09   | 9.8  |
| 134  | CICHOSZ JERZY               | 39  |                          | KOSZALIN         | POL  | M-60+ | 5      | M 81 | 00:15:06 | 00:30:57.75 | 6:11   | 9.7  |
| 135  | WĘCŁAW JOANNA               | 294 |                          | SZCZECINEK       | POL  | K-30  | 22     | K 54 | 00:15:03 | 00:30:59.80 | 6:11   | 9.7  |
| 136  | ZUKAL ALEKSANDRA            | 325 |                          | KOSZALIN         | POL  | K-40  | 10     | K 55 | 00:14:54 | 00:31:17.00 | 6:15   | 9.6  |
| 137  | WĘCŁAW SŁAWOMIR             | 295 |                          | SZCZECINEK       | POL  | M-30  | 33     | M 82 | 00:15:20 | 00:31:18.05 | 6:15   | 9.6  |
| 138  | KIEDOS DARIUSZ              | 117 | JW1223                   | KOSZALIN         | POL  | M-30  | 34     | M 83 | 00:14:04 | 00:31:18.40 | 6:15   | 9.6  |
| 139  | KAMIŃSKA MONIKA             | 105 | POŁCZYN BIEGA            | POŁCZYN - ZDRÓJ  | POL  | K-40  | 11     | K 56 | 00:15:22 | 00:31:21.25 | 6:16   | 9.6  |
| 140  | MACIEJEWSKI TOMASZ          | 162 |                          | USTKA            | POL  | M-40  | 21     | M 84 | 00:15:11 | 00:31:31.85 | 6:18   | 9.5  |
| 141  | RYBAKOWSKA URSZULA          | 241 |                          | KOSZALIN         | POL  | K-30  | 23     | K 57 | 00:15:00 | 00:31:42.40 | 6:20   | 9.5  |
| 142  | BODNAR JOANNA               | 16  | POŁCZYN BIEGA :-)        | POŁCZYN-ZDRÓJ    | POL  | K-30  | 24     | K 58 | 00:15:32 | 00:31:49.70 | 6:22   | 9.4  |
| 143  | WENTA MALWINA               | 293 |                          | KOŁOBRZEG        | POL  | K-30  | 25     | K 59 | 00:15:38 | 00:32:00.20 | 6:24   | 9.4  |
| 144  | JEWUŁA AGATA                | 100 | DRUŻYNA SZPIKU           | KOSZALIN         | POL  | K-30  | 26     | K 60 | 00:15:39 | 00:32:01.55 | 6:24   | 9.4  |
| 145  | WOJTKOWIAK WIOLETA          | 308 |                          | KOSZALIN         | POL  | K-30  | 27     | K 61 | 00:14:28 | 00:32:07.35 | 6:25   | 9.3  |
| 146  | GNACINSKI KRZYSZTOF         | 69  |                          | PETERBOROUGH     | GBR  | M-30  | 35     | M 85 | 00:15:09 | 00:32:27.50 | 6:29   | 9.2  |
| 147  | HESTKOWSKI ŁUKASZ           | 90  |                          | SZCZECINEK       | POL  | M-30  | 36     | M 86 | 00:16:15 | 00:32:33.55 | 6:30   | 9.2  |
| 148  | TUROWSKA AGATA              | 348 | DECATHLON SŁUPSK         | SŁUPSK           | POL  | K-20  | 18     | K 62 | 00:15:24 | 00:32:37.85 | 6:31   | 9.2  |
| 149  | SZWAJKOWSKA KLAUDIA         | 347 | DECATHLON SŁUPSK         | SŁUPSK           | POL  | K-20  | 19     | K 63 | 00:15:25 | 00:32:37.90 | 6:31   | 9.2  |
| 150  | MRUGAJSKI STANISŁAW         | 190 | MTS HAMER MIASTKO        | MIASTKO          | POL  | M-50  | 10     | M 87 | 00:15:45 | 00:33:01.90 | 6:36   | 9.1  |
| 151  | RULEWICZ ARTUR              | 238 |                          | ASKIM            | NOR  | M-50  | 11     | M 88 | 00:16:12 | 00:33:19.00 | 6:39   | 9    |
| 152  | BAWOŁ WIOLETA               | 8   | -:)                      | KRĘPA            | POL  | K-40  | 12     | K 64 | 00:16:18 | 00:33:40.15 | 6:44   | 8.9  |
| 153  | TRACZ JADWIGA               | 283 |                          | BIESIEKIERZ      | POL  | K-40  | 13     | K 65 | 00:16:08 | 00:33:43.30 | 6:44   | 8.9  |
| 154  | TUROWSKA AGNIESZKA          | 285 |                          | KOSZALIN         | POL  | K-40  | 14     | K 66 | 00:16:20 | 00:33:47.10 | 6:45   | 8.9  |
| 155  | SIENICKA HELENA             | 251 | POŁCZYN BIEGA            | POŁCZYN-ZDRÓJ    | POL  | K-30  | 28     | K 67 | 00:15:55 | 00:33:48.35 | 6:45   | 8.9  |
| 156  | JANISZEWSKI KACPER          | 95  | AUTOSTORE                | KOSZALIN         | POL  | M-20  | 16     | M 89 | 00:15:49 | 00:34:34.45 | 6:54   | 8.7  |
| 157  | WOJTKOWIAK PAULINA          | 307 |                          | KOSZALIN         | POL  | K-20  | 20     | K 68 | 00:17:08 | 00:35:11.20 | 7:02   | 8.5  |
| 158  | STASYŃSKA MARIANNA          | 265 | BTC„ORZEŁ”               | BIAŁOGARD        | POL  | K-60+ | 2      | K 69 | 00:17:11 | 00:35:36.35 | 7:07   | 8.4  |
| 159  | KARNICKI ARTUR              | 148 |                          | KOSZALIN         | POL  | M-40  | 22     | M 90 | 00:17:14 | 00:35:53.70 | 7:10   | 8.4  |
| 160  | MARTKO AGNIESZKA            | 172 |                          | KATOWICE         | POL  | K-30  | 29     | K 70 | 00:16:49 | 00:36:08.25 | 7:13   | 8.3  |

**III DECARUN KOSZALIN 5 KM, OPEN c.d.**

| M-ce | Nazwisko i imię    | Nr  | Klub          | M-scowość | Kraj | Kat.  | M. kat | K/M  | 2.5km    | Netto       | min/km | km/h |
|------|--------------------|-----|---------------|-----------|------|-------|--------|------|----------|-------------|--------|------|
| 161  | BOŚ DARIA          | 25  |               | SŁUPSK    | POL  | K-30  | 30     | K 71 | 00:17:32 | 00:36:37.00 | 7:19   | 8.2  |
| 162  | MONDRON PAWEŁ      | 187 |               | KOSZALIN  | POL  | M-40  | 23     | M 91 | 00:17:15 | 00:37:22.35 | 7:28   | 8    |
| 163  | ŚNIEŻKO BEATA      | 278 |               | KOSZALIN  | POL  | K-30  | 31     | K 72 | 00:17:25 | 00:37:28.40 | 7:29   | 8    |
| 164  | CZEKAŁSKI MATEUSZ  | 43  |               | SKIBNO    | POL  | M-30  | 37     | M 92 | 00:17:25 | 00:38:03.20 | 7:36   | 7.9  |
| 165  | MONDRON KATARZYNA  | 186 |               | KOSZALIN  | POL  | K-40  | 15     | K 73 | 00:20:54 | 00:41:45.20 | 8:21   | 7.2  |
| 166  | SZCZEBLEWSKI JÓZEF | 271 |               | MANOWO    | POL  | M-60+ | 6      | M 93 | 00:27:50 | 00:46:50.00 | 9:22   | 6.4  |
| 167  | BARTNIK MARIAN     | 5   | TKKF KOSZALIN | KOSZALIN  | POL  | M-60+ | 7      | M 94 | 00:24:04 | 00:49:34.05 | 9:54   | 6.1  |