

III DECARUN KOSZALIN 10 KM

Organizator: Spółka Decathlon sp. z o.o. z siedzibą w Warszawie
Data: 2019-08-15
Miejsce: Koszalin
Dystans: 10 km
Klasyfikacja wg czasów netto.



III DECARUN KOSZALIN 10 KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------|-----|-----------------------------------------------------|-------------------|------|------|--------|------|----------|----------|----------|-------------|--------|------|
| 1 | BORYCHOWSKI MARIUSZ | 220 | HERKULES | KOBYLNICA | POL | M-40 | 1 | M 1 | 00:08:01 | 00:16:08 | 00:24:23 | 00:32:36.55 | 3:15 | 18.4 |
| 2 | GAWRON PIOTR | 66 | ULKS TALEX BORZYTUCHOM | KOSZALIN | POL | M-20 | 1 | M 2 | 00:08:28 | 00:17:27 | 00:26:33 | 00:35:37.20 | 3:33 | 16.8 |
| 3 | WOJTALIK ŁUKASZ | 306 | POŁCZYN BIEGA | POŁCZYN ZDRÓJ | POL | M-30 | 1 | M 3 | 00:08:49 | 00:18:06 | 00:27:36 | 00:37:05.25 | 3:42 | 16.2 |
| 4 | GOLIŃSKI ŁUKASZ | 71 | K.B. SPRINT ŚWIDWIN | ŚWIDWIN | POL | M-40 | 2 | M 4 | 00:09:12 | 00:18:42 | 00:28:13 | 00:37:40.35 | 3:46 | 15.9 |
| 5 | RUDNIKOWSKI MACIEJ | 236 | KLUB BIEGACZA DARŁOWSKIE CHARTY / BIEGZROWISKOWY.PL | DARŁOWO | POL | M-40 | 3 | M 5 | 00:09:23 | 00:18:56 | 00:28:33 | 00:38:01.45 | 3:48 | 15.8 |
| 6 | DUDA GRZEGORZ | 54 | BEST BEASTS | BUKÓWKA | POL | M-40 | 4 | M 6 | 00:09:09 | 00:18:51 | 00:28:47 | 00:38:39.25 | 3:51 | 15.5 |
| 7 | IGNACZAK PIOTR | 92 | KB.10.BIAŁOGARD | BIAŁOGARD | POL | M-20 | 2 | M 7 | 00:09:17 | 00:19:07 | 00:28:59 | 00:38:46.20 | 3:52 | 15.5 |
| 8 | WITKIEWICZ ERYK | 303 | KB 10 BIAŁOGARD | BIAŁOGARD | POL | M-40 | 5 | M 8 | 00:09:16 | 00:19:02 | 00:28:57 | 00:38:52.90 | 3:53 | 15.4 |
| 9 | ZIENOWICZ MICHAŁ | 322 | | KOSZALIN | POL | M-20 | 3 | M 9 | 00:09:30 | 00:19:21 | 00:29:08 | 00:38:53.65 | 3:53 | 15.4 |
| 10 | CZAPLIŃSKI JACEK | 42 | TAGER SPORT | KOSZALIN | POL | M-30 | 2 | M 10 | 00:09:35 | 00:19:23 | 00:29:14 | 00:39:00.20 | 3:54 | 15.4 |
| 11 | PICK TOMASZ | 215 | SKSG KORONA SZCZECIN | KOSZALIN | POL | M-40 | 6 | M 11 | 00:09:32 | 00:19:26 | 00:29:26 | 00:39:01.70 | 3:54 | 15.4 |
| 12 | ZWOLIŃSKI JAN | 326 | TKKF KOSZALIN | WIERCISZEWO | POL | M-50 | 1 | M 12 | 00:09:44 | 00:19:40 | 00:29:53 | 00:39:57.60 | 3:59 | 15 |
| 13 | SITOWSKI MARCIN | 253 | FC RYSIEK | KOSZALIN | POL | M-20 | 4 | M 13 | 00:09:42 | 00:19:40 | 00:29:55 | 00:40:01.65 | 4:00 | 15 |
| 14 | KLIMOWICZ MICHAŁ | 124 | | WARSZAWA | POL | M-30 | 3 | M 14 | 00:09:42 | 00:19:43 | 00:29:58 | 00:40:03.30 | 4:00 | 15 |
| 15 | SOMINKA PAWEŁ | 259 | BAŁTYK-TRANS-SPEDITION | KOSZALIN | POL | M-30 | 4 | M 15 | 00:09:43 | 00:19:43 | 00:30:01 | 00:40:05.65 | 4:00 | 15 |
| 16 | CHRAPEK JANUSZ | 36 | BONVM KLUB SPORTOWY | WARSZAWA | POL | M-30 | 5 | M 16 | 00:09:03 | 00:20:25 | 00:30:49 | 00:40:51.15 | 4:05 | 14.7 |
| 17 | WALEŃSKI MICHAŁ | 155 | | SKIBIENKO | POL | M-40 | 7 | M 17 | 00:09:45 | 00:19:58 | 00:30:36 | 00:41:13.70 | 4:07 | 14.6 |
| 18 | SMAGOWSKI WOJCIECH | 256 | KB SPRINT ŚWIDWIN | RĄBINO | POL | M-40 | 8 | M 18 | 00:09:47 | 00:20:01 | 00:30:38 | 00:41:27.50 | 4:08 | 14.5 |
| 19 | OLECH ADAM | 199 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-20 | 5 | M 19 | 00:08:53 | 00:19:24 | 00:31:29 | 00:41:34.60 | 4:09 | 14.4 |
| 20 | DZIADEK KRZYSZTOF | 56 | | KOSZALIN | POL | M-30 | 6 | M 20 | 00:10:04 | 00:20:28 | 00:31:11 | 00:41:42.35 | 4:10 | 14.4 |
| 21 | TARNOWSKI MARIUSZ | 280 | | KOSZALIN | POL | M-30 | 7 | M 21 | 00:09:33 | 00:20:02 | 00:30:52 | 00:42:02.30 | 4:12 | 14.3 |
| 22 | MAĆKOWIAK KRZYSZTOF | 164 | HEIZZENTRALEN24.DE | KOSZALIN | POL | M-40 | 9 | M 22 | 00:10:05 | 00:20:38 | 00:31:30 | 00:42:05.60 | 4:12 | 14.3 |
| 23 | STAŃCZYK SŁAWOMIR | 264 | | STARGARD | POL | M-30 | 8 | M 23 | 00:10:09 | 00:20:37 | 00:31:22 | 00:42:09.90 | 4:13 | 14.2 |
| 24 | MICHNOWICZ EWELINA | 178 | | KROSNO ODRZAŃSKIE | POL | K-20 | 1 | K 1 | 00:09:57 | 00:20:33 | 00:31:21 | 00:42:22.95 | 4:14 | 14.2 |
| 25 | RETKA BARTOSZ | 335 | | POL | POL | M-30 | 9 | M 24 | 00:10:43 | 00:21:42 | 00:32:45 | 00:43:16.70 | 4:19 | 13.9 |
| 26 | CHUPTYŚ ADRIAN | 37 | RUNDORFINA | CZAPLINEK | POL | M-30 | 10 | M 25 | 00:10:10 | 00:21:03 | 00:32:17 | 00:43:19.50 | 4:19 | 13.9 |
| 27 | KOZIEŁ PAWEŁ | 140 | | RĄBINO | POL | M-40 | 10 | M 26 | 00:10:22 | 00:21:18 | 00:32:25 | 00:43:31.55 | 4:21 | 13.8 |
| 28 | CYGAN MAŁGORZATA | 41 | | SZCZECINEK | POL | K-30 | 1 | K 2 | 00:10:40 | 00:21:34 | 00:32:34 | 00:43:41.90 | 4:22 | 13.7 |
| 29 | RUBASZNIK RADOSŁAW | 235 | | KOSZALIN | POL | M-30 | 11 | M 27 | 00:10:46 | 00:21:48 | 00:33:02 | 00:43:58.05 | 4:23 | 13.6 |
| 30 | SZYMAŃSKI PIOTR | 276 | | ROSNOWO | POL | M-40 | 11 | M 28 | 00:11:10 | 00:22:09 | 00:33:10 | 00:44:11.90 | 4:25 | 13.6 |
| 31 | BURDZIK MICHAŁ | 31 | | KOSZALIN | POL | M-20 | 6 | M 29 | 00:09:45 | 00:20:57 | 00:33:05 | 00:44:42.60 | 4:28 | 13.4 |
| 32 | MOKSA DARIUSZ | 185 | | KOSZALIN | POL | M-20 | 7 | M 30 | 00:10:15 | 00:21:43 | 00:33:11 | 00:44:49.00 | 4:28 | 13.4 |
| 33 | KORMAN KAMIL | 134 | | KOSZALIN | POL | M-20 | 8 | M 31 | 00:10:13 | 00:21:26 | 00:33:13 | 00:44:55.80 | 4:29 | 13.4 |
| 34 | LITWIEJKO PRZEMYSŁAW | 337 | | PIŁA | POL | M-20 | 9 | M 32 | 00:11:03 | 00:22:22 | 00:33:56 | 00:45:05.20 | 4:30 | 13.3 |
| 35 | ŁAWNICZAK JUSTYNA | 160 | #ZABIEGANINOCA | ZAKRZEWO | POL | K-30 | 2 | K 3 | 00:10:59 | 00:22:15 | 00:33:37 | 00:45:06.05 | 4:30 | 13.3 |
| 36 | ŁOPIŃSKI PIOTR | 161 | FSD | DREZDENKO | POL | M-30 | 12 | M 33 | 00:11:05 | 00:22:30 | 00:34:03 | 00:45:37.70 | 4:33 | 13.1 |
| 37 | KASZUBSKI BARTŁOMIEJ | 112 | | KOSZALIN | POL | M-20 | 10 | M 34 | 00:10:58 | 00:22:28 | 00:34:12 | 00:45:41.25 | 4:34 | 13.1 |
| 38 | KWIETNIEWSKI DANIEL | 153 | | KOSZALIN | POL | M-40 | 12 | M 35 | 00:11:00 | 00:22:35 | 00:34:14 | 00:45:42.65 | 4:34 | 13.1 |
| 39 | SOCHACKA MARTA | 257 | | KOŁOBRZEG | POL | K-30 | 3 | K 4 | 00:11:23 | 00:23:10 | 00:34:34 | 00:45:48.45 | 4:34 | 13.1 |
| 40 | WĘSEK MACIEJ | 296 | | SIAŃÓW | POL | M-20 | 11 | M 36 | 00:11:31 | 00:22:56 | 00:34:36 | 00:45:51.45 | 4:35 | 13.1 |
| 41 | KRUPIŃSKI KRZYSZTOF | 146 | E-UROLOG.EU | KOSZALIN | POL | M-50 | 2 | M 37 | 00:11:28 | 00:22:48 | 00:34:26 | 00:45:55.55 | 4:35 | 13.1 |
| 42 | KONKEL AGNIESZKA | 130 | | KOSZALIN | POL | K-30 | 4 | K 5 | 00:10:43 | 00:22:10 | 00:34:01 | 00:46:01.10 | 4:36 | 13 |
| 43 | KUBIŚ PAWEŁ | 149 | RUNDORFINA | SZCZECINEK | POL | M-30 | 13 | M 38 | 00:11:53 | 00:23:36 | 00:35:01 | 00:46:02.80 | 4:36 | 13 |
| 44 | NOGA SEBASTIAN | 197 | TKKF KOSZALIN | KOSZALIN | POL | M-20 | 12 | M 39 | 00:10:44 | 00:21:58 | 00:34:11 | 00:46:12.20 | 4:37 | 13 |
| 45 | WĄSOWSKI ROBERT | 291 | BIURO PODRÓŻY PARADISE TOUR | NOWE BIELICE | POL | M-20 | 13 | M 40 | 00:11:09 | 00:22:51 | 00:34:44 | 00:46:28.50 | 4:38 | 12.9 |

III DECARUN KOSZALIN 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|----------------------------------|-----|---------------------------------|-----------------|------|-------|--------|------|----------|----------|----------|-------------|--------|------|
| 46 | PAWŁOWSKI MACIEJ | 211 | | SIANÓW | POL | M-50 | 3 | M 41 | 00:11:16 | 00:22:52 | 00:34:45 | 00:46:28.80 | 4:38 | 12.9 |
| 47 | ŻURAWIK PIOTR | 327 | | KĘPICE | POL | M-40 | 13 | M 42 | 00:11:23 | 00:23:05 | 00:34:56 | 00:46:33.50 | 4:39 | 12.9 |
| 48 | STRZELECKI ZBIGNIEW | 267 | KORZYBSKIE REKINY | KORZYBIE | POL | M-60+ | 1 | M 43 | 00:11:27 | 00:23:09 | 00:34:58 | 00:46:35.15 | 4:39 | 12.9 |
| 49 | GÓRA ROMAN | 76 | BIEGOLASKOSZALIN | KOSZALIN | POL | M-50 | 4 | M 44 | 00:11:48 | 00:23:43 | 00:35:28 | 00:46:39.65 | 4:39 | 12.9 |
| 50 | OLEARCZUK ARKADIUSZ | 136 | | BOBOLICE | POL | M-40 | 14 | M 45 | 00:10:50 | 00:22:35 | 00:34:52 | 00:46:43.15 | 4:40 | 12.8 |
| 51 | WOŁYŃSKA WIOLETTA | 309 | TKKF KOSZALIN | KOSZALIN | POL | K-40 | 1 | K 6 | 00:11:37 | 00:23:19 | 00:35:04 | 00:46:43.35 | 4:40 | 12.8 |
| 52 | OLSZAR GRZEGORZ | 200 | DARŁOWSKIE CHARTY/POLICJA | DARŁOWO | POL | M-30 | 14 | M 46 | 00:11:23 | 00:22:57 | 00:34:50 | 00:46:48.85 | 4:40 | 12.8 |
| 53 | RACISZ MATEUSZ | 72 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-20 | 14 | M 47 | 00:11:05 | 00:22:33 | 00:34:29 | 00:46:51.05 | 4:41 | 12.8 |
| 54 | ZAGALSKA PAULINA | 349 | | POŁCZYN-ZDRÓJ | POL | K-30 | 5 | K 7 | 00:11:24 | 00:23:12 | 00:35:10 | 00:47:15.35 | 4:43 | 12.7 |
| 55 | BARUTOWICZ GRZEGORZ | 6 | | KOSZALIN | POL | M-30 | 15 | M 48 | 00:11:37 | 00:23:25 | 00:35:22 | 00:47:18.65 | 4:43 | 12.7 |
| 56 | JÓZEFIAK ADRIAN | 101 | | RYMAŃ | POL | M-30 | 16 | M 49 | 00:11:32 | 00:23:18 | 00:35:13 | 00:47:19.90 | 4:44 | 12.7 |
| 57 | ROGOŻA IRENEUSZ | 233 | | KOSZALIN | POL | M-40 | 15 | M 50 | 00:11:37 | 00:23:29 | 00:35:27 | 00:47:22.35 | 4:44 | 12.7 |
| 58 | PILAREK IRENEUSZ | 221 | | KOSZALIN | POL | M-30 | 17 | M 51 | 00:11:38 | 00:23:23 | 00:35:19 | 00:47:27.60 | 4:44 | 12.6 |
| 59 | KUROWSKA IZABELA | 206 | UKL FENIKS ŚWIDWIN | ŚWIDWIN | POL | K-40 | 2 | K 8 | 00:11:10 | 00:22:59 | 00:35:03 | 00:47:28.10 | 4:44 | 12.6 |
| 60 | GROCHOWALSKI RAFAŁ | 77 | K.B.SPRINT ŚWIDWIN | ŚWIDWIN | POL | M-40 | 16 | M 52 | 00:11:09 | 00:22:58 | 00:35:02 | 00:47:30.05 | 4:45 | 12.6 |
| 61 | KOCLEJDA GRZEGORZ | 127 | RUNDORFINA | CZAPLINEK | POL | M-40 | 17 | M 53 | 00:11:59 | 00:23:48 | 00:35:41 | 00:47:37.75 | 4:45 | 12.6 |
| 62 | KARASIUK ADAM | 106 | AUTOSTORE | KOSZALIN | POL | M-30 | 18 | M 54 | 00:11:16 | 00:23:05 | 00:35:17 | 00:47:40.85 | 4:46 | 12.6 |
| 63 | GUDANIEC KATARZYNA | 328 | TRIATHLON TKKF KOSZALIN | KOSZALIN | POL | K-30 | 6 | K 9 | 00:10:49 | 00:22:40 | 00:35:06 | 00:47:42.85 | 4:46 | 12.6 |
| 64 | KOZIEŁ ADAM | 139 | | RĄBINO | POL | M-20 | 15 | M 55 | 00:10:39 | 00:22:39 | 00:35:09 | 00:47:43.55 | 4:46 | 12.6 |
| 65 | KOPACZ RAFAŁ | 132 | | KOSZALIN | POL | M-30 | 19 | M 56 | 00:11:36 | 00:23:12 | 00:35:26 | 00:47:59.10 | 4:47 | 12.5 |
| 66 | DERLIŃSKI ADAM | 51 | TORNADO KOSZALIN | KOSZALIN | POL | M-40 | 18 | M 57 | 00:11:07 | 00:23:05 | 00:35:33 | 00:47:59.10 | 4:47 | 12.5 |
| 67 | BUDZIŃSKI PAWEŁ | 29 | DRUŻYNA SZPIKU | KONIKOWO | POL | M-40 | 19 | M 58 | 00:11:58 | 00:24:14 | 00:36:31 | 00:48:08.00 | 4:48 | 12.5 |
| 68 | SPOLSKA WERONIKA | 262 | | ŚWIESZYNO | POL | K-20 | 2 | K 10 | 00:11:33 | 00:23:39 | 00:36:03 | 00:48:08.75 | 4:48 | 12.5 |
| 69 | WILIŃSKI MAREK | 300 | KB SPRINT ŚWIDWIN | ŚWIDWIN | POL | M-50 | 5 | M 59 | 00:11:56 | 00:23:55 | 00:36:03 | 00:48:10.50 | 4:49 | 12.5 |
| 70 | BROCA JAROSŁAW | 26 | FOREST RUN KOSZALIN | KOSZALIN | POL | M-40 | 20 | M 60 | 00:11:46 | 00:23:38 | 00:35:55 | 00:48:11.55 | 4:49 | 12.5 |
| 71 | FIGARSKI LESZEK | 57 | | KOSZALIN | POL | M-30 | 20 | M 61 | 00:11:56 | 00:23:55 | 00:36:05 | 00:48:12.50 | 4:49 | 12.4 |
| 72 | RUSINEK DAWID | 338 | | BIAŁOGARD | POL | M-20 | 16 | M 62 | 00:11:23 | 00:23:35 | 00:36:15 | 00:48:13.15 | 4:49 | 12.4 |
| 73 | CZERNIAK GRACJAN | 44 | | KOSZALIN | POL | M-30 | 21 | M 63 | 00:11:43 | 00:23:49 | 00:36:06 | 00:48:14.35 | 4:49 | 12.4 |
| 74 | ANTKOWIAK SEBASTIAN | 1 | DB - ACTIVE | KOSZALIN | POL | M-40 | 21 | M 64 | 00:11:17 | 00:23:10 | 00:35:39 | 00:48:19.65 | 4:50 | 12.4 |
| 75 | ZIELIŃSKI MACIEJ | 321 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-20 | 17 | M 65 | 00:11:29 | 00:23:58 | 00:36:51 | 00:48:23.00 | 4:50 | 12.4 |
| 76 | KĄZMIERCZAK ANDRZEJ | 116 | | KOSZALIN | POL | M-50 | 6 | M 66 | 00:11:44 | 00:23:36 | 00:36:03 | 00:48:26.05 | 4:50 | 12.4 |
| 77 | RODZIEWICZ- CZAPLIŃSKA AGNIESZKA | 336 | | KOSZALIN | POL | K-40 | 3 | K 11 | 00:11:49 | 00:23:41 | 00:35:58 | 00:48:26.95 | 4:50 | 12.4 |
| 78 | WIATRZYK KRZYSZTOF | 297 | DARŁOWO | DARŁOWO | POL | M-40 | 22 | M 67 | 00:11:25 | 00:23:19 | 00:35:56 | 00:48:28.40 | 4:50 | 12.4 |
| 79 | RUTKOWSKI ARTUR | 239 | RUNKING | SIANÓW | POL | M-20 | 18 | M 68 | 00:11:15 | 00:23:35 | 00:36:22 | 00:49:02.30 | 4:54 | 12.2 |
| 80 | MISZCZYK JAN | 183 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | M-30 | 22 | M 69 | 00:11:40 | 00:24:03 | 00:36:39 | 00:49:02.30 | 4:54 | 12.2 |
| 81 | BAWOŁ ANDRZEJ | 9 | -) | KRĘPA | POL | M-40 | 23 | M 70 | 00:11:33 | 00:23:33 | 00:36:00 | 00:49:02.60 | 4:54 | 12.2 |
| 82 | PIECHOTA ROBERT | 217 | ROZBIEGANY KOSZALIN | KOSZALIN | POL | M-40 | 24 | M 71 | 00:11:22 | 00:23:29 | 00:36:40 | 00:49:06.30 | 4:54 | 12.2 |
| 83 | REMPLAKOWSKI KRZYSZTOF | 232 | WE RUN | ROSNOWO | POL | M-40 | 25 | M 72 | 00:11:47 | 00:23:52 | 00:36:22 | 00:49:10.25 | 4:55 | 12.2 |
| 84 | WOJCIECHOWSKI ANDRZEJ | 305 | | KOSZALIN | POL | M-40 | 26 | M 73 | 00:12:06 | 00:24:18 | 00:36:55 | 00:49:24.55 | 4:56 | 12.1 |
| 85 | KRASIŃSKI WITOLD | 144 | | KOSZALIN | POL | M-40 | 27 | M 74 | 00:11:40 | 00:24:06 | 00:36:54 | 00:49:33.10 | 4:57 | 12.1 |
| 86 | SZCZUBLEWSKI MARTIN | 272 | KAMIEŃ RYMAŃSKI | KOLOBRZEG | POL | M-20 | 19 | M 75 | 00:11:04 | 00:23:26 | 00:36:13 | 00:49:38.35 | 4:57 | 12.1 |
| 87 | GARNCAREK PAWEŁ | 61 | ORZEŁ ŚWIESZYNO | ŚWIESZYNO | POL | M-30 | 23 | M 76 | 00:12:06 | 00:24:33 | 00:37:10 | 00:49:38.50 | 4:57 | 12.1 |
| 88 | PIĘTKO JOANNA | 219 | | KOSZALIN | POL | K-50 | 1 | K 12 | 00:11:50 | 00:24:15 | 00:37:10 | 00:49:48.80 | 4:58 | 12 |
| 89 | ZIELIŃSKI MACIEJ | 320 | | ŚWIDWIN | POL | M-30 | 24 | M 77 | 00:11:51 | 00:24:14 | 00:37:03 | 00:49:53.65 | 4:59 | 12 |
| 90 | CHABOWSKI WOJCIECH | 33 | | RĄBINO | POL | M-20 | 20 | M 78 | 00:11:17 | 00:23:32 | 00:36:45 | 00:50:06.45 | 5:00 | 12 |
| 91 | SPECJAŁ DOMINIK | 261 | DECATHLON PRZYMORZE TEAM | GDAŃSK | POL | M-20 | 21 | M 79 | 00:11:19 | 00:24:27 | 00:37:40 | 00:50:15.15 | 5:01 | 11.9 |
| 92 | MIELCZAREK MACIEJ | 179 | M&M | KOSZALIN | POL | M-40 | 28 | M 80 | 00:11:42 | 00:24:09 | 00:37:09 | 00:50:17.30 | 5:01 | 11.9 |
| 93 | KOZŁOWIECKI WALDEMAR | 142 | TKKF KOSZALIN | KOSZALIN | POL | M-60+ | 2 | M 81 | 00:12:14 | 00:24:42 | 00:37:27 | 00:50:17.35 | 5:01 | 11.9 |
| 94 | GUDANIEC RADOŚLAW | 329 | TRIATHLON TKKF KOSZALIN | KOSZALIN | POL | M-50 | 7 | M 82 | 00:12:07 | 00:24:34 | 00:37:23 | 00:50:18.75 | 5:01 | 11.9 |
| 95 | KUSZYŃSKI DARIUSZ | 152 | CASTORAMA KOSZALIN | KOSZALIN | POL | M-40 | 29 | M 83 | 00:12:27 | 00:25:07 | 00:37:49 | 00:50:27.25 | 5:02 | 11.9 |
| 96 | KOWALCZYK PIOTR | 137 | FOR-REST-RUN | KOSZALIN | POL | M-30 | 25 | M 84 | 00:11:49 | 00:24:22 | 00:37:32 | 00:50:52.35 | 5:05 | 11.8 |
| 97 | KNUT-POTOCZNIK GABRIELA | 126 | STOWARZYSZENIE KIERUNEK POLANÓW | POLANÓW | POL | K-30 | 7 | K 13 | 00:11:54 | 00:24:35 | 00:37:45 | 00:50:57.20 | 5:05 | 11.8 |
| 98 | GAJEK ARTUR | 59 | KORZYBSKIE REKINY | KEPICE | POL | M-40 | 30 | M 85 | 00:11:47 | 00:24:26 | 00:37:37 | 00:51:06.50 | 5:06 | 11.7 |
| 99 | BODNAR RADOŚLAW | 15 | POŁCZYN BIEGA | POŁCZYN-ZDRÓJ | POL | M-30 | 26 | M 86 | 00:12:29 | 00:25:15 | 00:38:11 | 00:51:07.50 | 5:06 | 11.7 |
| 100 | ZIÓŁKOWSKA GOSIA | 323 | | KOSZALIN | POL | K-30 | 8 | K 14 | 00:11:45 | 00:24:45 | 00:38:06 | 00:51:18.65 | 5:07 | 11.7 |
| 101 | DRABKOWSKA AGNIESZKA | 345 | | BIAŁOGARD | POL | K-40 | 4 | K 15 | 00:12:41 | 00:25:27 | 00:38:22 | 00:51:19.40 | 5:08 | 11.7 |
| 102 | STALUSZKA DARIUSZ | 263 | 21.BLT | ŚWIDWIN | POL | M-40 | 31 | M 87 | 00:12:32 | 00:25:18 | 00:38:17 | 00:51:21.55 | 5:08 | 11.7 |

III DECARUN KOSZALIN 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|-------------------------------|-----|-------------------------|-----------------|------|-------|--------|-------|----------|----------|----------|-------------|--------|------|
| 103 | DRULIK-HOŁUB MARTA | 53 | TORNADO KOSZALIN | KOSZALIN | POL | K-40 | 5 | K 16 | 00:12:07 | 00:24:51 | 00:38:01 | 00:51:34.15 | 5:09 | 11.6 |
| 104 | KAZIMIEROWICZ RADOSŁAW | 113 | VTT KOSZALIN | KOSZALIN | POL | M-30 | 27 | M 88 | 00:12:20 | 00:25:01 | 00:38:21 | 00:51:41.30 | 5:10 | 11.6 |
| 105 | CHMARA GRZEGORZ | 34 | STM TEAM | POŁCZYN ZDRÓJ | POL | M-50 | 8 | M 89 | 00:12:30 | 00:25:17 | 00:38:16 | 00:51:51.45 | 5:11 | 11.6 |
| 106 | BOŚ GRZEGORZ | 24 | SUBVENTUM TEAM | SŁUPSK | POL | M-30 | 28 | M 90 | 00:12:40 | 00:25:14 | 00:37:45 | 00:51:56.65 | 5:11 | 11.5 |
| 107 | ORLIKOWSKI ROBERT | 203 | POŁCZYN BIEGA | POŁCZYN-ZDRÓJ | POL | M-30 | 29 | M 91 | 00:12:40 | 00:25:26 | 00:38:21 | 00:52:01.90 | 5:12 | 11.5 |
| 108 | GROMADA BARTOSZ | 78 | | ŚWIDWIN | POL | M-30 | 30 | M 92 | 00:11:53 | 00:25:03 | 00:38:18 | 00:52:04.80 | 5:12 | 11.5 |
| 109 | SZYSZKOWSKI TOMASZ | 277 | | KOSZALIN | POL | M-30 | 31 | M 93 | 00:12:07 | 00:25:12 | 00:38:38 | 00:52:06.65 | 5:12 | 11.5 |
| 110 | FORST FILIP | 58 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-20 | 22 | M 94 | 00:11:04 | 00:24:16 | 00:37:56 | 00:52:06.85 | 5:12 | 11.5 |
| 111 | BOJANOWSKI MIHAŁ | 20 | KOŁOBRZESKI KLUB MORSÓW | KOŁOBRZEG | POL | M-40 | 32 | M 95 | 00:11:28 | 00:24:28 | 00:38:22 | 00:52:21.65 | 5:14 | 11.5 |
| 112 | SZYMEN KAROL | 330 | | KOSZALIN | POL | M-30 | 32 | M 96 | 00:11:16 | 00:24:36 | 00:38:25 | 00:52:26.05 | 5:14 | 11.4 |
| 113 | JUSZCZAK KRZYSZTOF | 102 | | KOSZALIN | POL | M-60+ | 3 | M 97 | 00:12:23 | 00:25:38 | 00:39:14 | 00:52:44.40 | 5:16 | 11.4 |
| 114 | DĘBEK MICHAŁ | 52 | | KARLINO | POL | M-30 | 33 | M 98 | 00:12:39 | 00:25:46 | 00:39:19 | 00:52:51.45 | 5:17 | 11.4 |
| 115 | STUBIEDA ROBERT | 268 | KARLINO BIEGAJ ! | BIAŁOGARD | POL | M-30 | 34 | M 99 | 00:12:38 | 00:25:45 | 00:39:18 | 00:52:51.65 | 5:17 | 11.4 |
| 116 | MALESZA-HOUSIN JOANNA | 166 | FORRESTRUN | KOSZALIN | POL | K-40 | 6 | K 17 | 00:12:35 | 00:25:23 | 00:39:01 | 00:52:51.90 | 5:17 | 11.3 |
| 117 | RZESZUTEK MICHAŁ | 244 | KAMIEŃ RYMAŃSKI | SŁUPSK | POL | M-30 | 35 | M 100 | 00:12:02 | 00:25:02 | 00:38:58 | 00:53:04.00 | 5:18 | 11.3 |
| 118 | SUDOL MATEUSZ | 332 | WYPISZ WYMALUJ | KOSZALIN | POL | M-20 | 23 | M 101 | 00:12:12 | 00:25:30 | 00:39:08 | 00:53:04.30 | 5:18 | 11.3 |
| 119 | GALICKI ROBERT | 60 | | BOBOLICE | POL | M-40 | 33 | M 102 | 00:12:47 | 00:26:29 | 00:39:51 | 00:53:04.55 | 5:18 | 11.3 |
| 120 | USTJANOWSKA KATARZYNA | 287 | | DRZONOWO | POL | K-30 | 9 | K 18 | 00:13:04 | 00:26:12 | 00:39:29 | 00:53:05.10 | 5:18 | 11.3 |
| 121 | GASEK WIESŁAW | 62 | PARKRUN ŚWIDWIN | ŚWIDWIN | POL | M-50 | 9 | M 103 | 00:12:43 | 00:26:05 | 00:39:39 | 00:53:08.70 | 5:18 | 11.3 |
| 122 | PANCERZYŃSKI ŁUKASZ | 207 | | KOSZALIN | POL | M-40 | 34 | M 104 | 00:12:59 | 00:26:14 | 00:39:44 | 00:53:11.35 | 5:19 | 11.3 |
| 123 | MONGIAŁO MARCIN | 189 | FAST FEET K-LIN | KOSZALIN | POL | M-40 | 35 | M 105 | 00:12:21 | 00:25:17 | 00:38:57 | 00:53:24.50 | 5:20 | 11.2 |
| 124 | DANIUK KASIA | 46 | | POZNAŃ | POL | K-40 | 7 | K 19 | 00:12:25 | 00:25:56 | 00:39:48 | 00:53:31.15 | 5:21 | 11.2 |
| 125 | BORUC BARBARA | 22 | PARKRUN SZCZECINEK | SZCZECINEK | POL | K-50 | 2 | K 20 | 00:13:02 | 00:26:29 | 00:40:02 | 00:53:33.85 | 5:21 | 11.2 |
| 126 | WALCZAK MAGDALENA | 288 | | BARWICE | POL | K-40 | 8 | K 21 | 00:12:35 | 00:25:24 | 00:39:36 | 00:53:39.20 | 5:21 | 11.2 |
| 127 | LENIK HUBERT | 154 | JW 1223 | BIESIEKIERZ | POL | M-30 | 36 | M 106 | 00:11:27 | 00:24:55 | 00:39:20 | 00:53:45.40 | 5:22 | 11.2 |
| 128 | ZAKUTYŃSKA-KOWALCZYK KAROLINA | 317 | | NIEKŁONICE | POL | K-40 | 9 | K 22 | 00:12:53 | 00:26:13 | 00:40:04 | 00:53:57.55 | 5:23 | 11.1 |
| 129 | KAMINSKI TOMASZ | 104 | JEDNOSTKA WOJSKOWA 1223 | KOSZALIN | POL | M-40 | 36 | M 107 | 00:11:27 | 00:24:57 | 00:39:58 | 00:53:59.20 | 5:23 | 11.1 |
| 130 | WILCZYŃSKI PIOTR | 299 | | JEZIERZYCE | POL | M-30 | 37 | M 108 | 00:12:33 | 00:25:54 | 00:39:39 | 00:54:01.90 | 5:24 | 11.1 |
| 131 | OLSZEWSKA NINA | 201 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | K-20 | 3 | K 23 | 00:12:38 | 00:25:59 | 00:40:02 | 00:54:02.45 | 5:24 | 11.1 |
| 132 | BARSZCZEWSKI SEBASTIAN | 4 | BŁĘKITNY PATROL WWF | MILENKO | POL | M-40 | 37 | M 109 | 00:12:29 | 00:26:01 | 00:40:19 | 00:54:37.30 | 5:27 | 11 |
| 133 | BODO RAFAŁ | 17 | ZOKOSZ KOSZALIN | KOSZALIN | POL | M-30 | 38 | M 110 | 00:12:27 | 00:25:53 | 00:40:02 | 00:54:57.05 | 5:29 | 10.9 |
| 134 | WRÓBLEWSKA MARTA | 310 | | KOSZALIN | POL | K-40 | 10 | K 24 | 00:13:02 | 00:26:39 | 00:40:46 | 00:54:57.85 | 5:29 | 10.9 |
| 135 | KOLIGAT ANNA | 128 | | KOSZALIN | POL | K-30 | 10 | K 25 | 00:13:23 | 00:27:02 | 00:40:55 | 00:54:58.85 | 5:29 | 10.9 |
| 136 | PISKORZ-WILCZAK IWONA | 222 | NKD | KONIKOWO | POL | K-40 | 11 | K 26 | 00:13:06 | 00:26:29 | 00:40:51 | 00:55:30.10 | 5:33 | 10.8 |
| 137 | MICHAŁIK AGNIESZKA | 177 | | KŁOS | POL | K-20 | 4 | K 27 | 00:13:58 | 00:28:01 | 00:42:08 | 00:55:32.20 | 5:33 | 10.8 |
| 138 | SZYMAŃSKI PATRYK | 275 | | SŁUPSK | POL | M-30 | 39 | M 111 | 00:13:57 | 00:28:01 | 00:42:08 | 00:55:32.60 | 5:33 | 10.8 |
| 139 | KONKEL ŁUKASZ | 341 | | KOSZALIN | POL | M-30 | 40 | M 112 | 00:12:27 | 00:25:46 | 00:40:13 | 00:55:33.20 | 5:33 | 10.8 |
| 140 | KISIELIŃSKI IGOR | 120 | TKKF KOSZALIN | KOSZALIN | POL | M-50 | 10 | M 113 | 00:12:24 | 00:25:13 | 00:39:50 | 00:55:33.65 | 5:33 | 10.8 |
| 141 | ŁANGOWSKI PAWEŁ | 158 | | KOSZALIN | POL | M-20 | 24 | M 114 | 00:13:07 | 00:26:25 | 00:40:21 | 00:55:34.40 | 5:33 | 10.8 |
| 142 | MONGIAŁO ALEKSANDRA | 188 | FAST FEET K-LIN | KOSZALIN | POL | K-30 | 11 | K 28 | 00:13:21 | 00:27:17 | 00:41:20 | 00:55:37.15 | 5:33 | 10.8 |
| 143 | SZABŁOWIŃSKI MACIEJ | 331 | | KOSZALIN | POL | M-20 | 25 | M 115 | 00:11:38 | 00:26:13 | 00:41:42 | 00:55:50.70 | 5:35 | 10.7 |
| 144 | KARNICKI ZYGMUNT | 108 | TKKF KOSZALIN | KOSZALIN | POL | M-60+ | 4 | M 116 | 00:13:11 | 00:27:34 | 00:41:57 | 00:56:24.20 | 5:38 | 10.6 |
| 145 | DUDZIAK PIOTR | 55 | | KOSZALIN | POL | M-40 | 38 | M 117 | 00:12:50 | 00:27:24 | 00:42:09 | 00:56:30.60 | 5:39 | 10.6 |
| 146 | MICHAŁAK MICHAŁ | 176 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-20 | 26 | M 118 | 00:12:56 | 00:27:45 | 00:42:24 | 00:56:32.40 | 5:39 | 10.6 |
| 147 | MIKOŁAJCZAK LUIZA | 180 | FSD | BOBOLICE | POL | K-30 | 12 | K 29 | 00:13:20 | 00:27:22 | 00:41:57 | 00:56:34.15 | 5:39 | 10.6 |
| 148 | ZANDER JAKUB | 150 | KAMIEŃ RYMAŃSKI | KAMIEŃ RYMAŃSKI | POL | M-20 | 27 | M 119 | 00:13:20 | 00:27:44 | 00:42:24 | 00:56:36.40 | 5:39 | 10.6 |
| 149 | NAWROCKA ANNA | 194 | | KOSZALIN | POL | K-30 | 13 | K 30 | 00:12:47 | 00:27:01 | 00:41:39 | 00:56:38.15 | 5:39 | 10.6 |
| 150 | PIECHOCKI ROBERT | 216 | | KOSZALIN | POL | M-50 | 11 | M 120 | 00:13:14 | 00:27:23 | 00:41:54 | 00:56:49.60 | 5:40 | 10.6 |
| 151 | JAROSZEWICZ MIROSLAW | 96 | | SŁUPSK | POL | M-40 | 39 | M 121 | 00:12:56 | 00:27:02 | 00:41:36 | 00:57:02.65 | 5:42 | 10.5 |
| 152 | KLONOWSKI ARTUR | 125 | KOSPEL | KOSZALIN | POL | M-40 | 40 | M 122 | 00:13:16 | 00:27:15 | 00:41:54 | 00:57:14.95 | 5:43 | 10.5 |
| 153 | MURAWSKI RAFAŁ | 192 | | SŁUPSK | POL | M-30 | 41 | M 123 | 00:13:13 | 00:27:30 | 00:42:21 | 00:57:26.00 | 5:44 | 10.4 |
| 154 | TUROWSKI MICHAŁ | 286 | DECATHLON SŁUPSK | SŁUPSK | POL | M-20 | 28 | M 124 | 00:13:16 | 00:27:31 | 00:42:21 | 00:57:29.75 | 5:44 | 10.4 |
| 155 | TRZEŚNIEWSKI ZBIGNIEW | 284 | | KOSZALIN | POL | M-50 | 12 | M 125 | 00:13:23 | 00:27:34 | 00:42:32 | 00:58:29.35 | 5:50 | 10.3 |
| 156 | WALCZAK ADAM | 289 | | BARWICE | POL | M-50 | 13 | M 126 | 00:13:44 | 00:28:37 | 00:44:03 | 00:59:45.00 | 5:58 | 10 |
| 157 | KISIEL RADEK | 119 | | KOSZALIN | POL | M-30 | 42 | M 127 | 00:13:35 | 00:28:36 | 00:44:07 | 00:59:48.55 | 5:58 | 10 |
| 158 | PRZYBYŁ KRZYSZTOF | 228 | | KOSZALIN | POL | M-30 | 43 | M 128 | 00:13:57 | 00:28:01 | 00:43:57 | 01:00:16.60 | 6:01 | 10 |
| 159 | SZWEDA MATEUSZ | 273 | JW | KOSZALIN | POL | M-30 | 44 | M 129 | 00:13:57 | 00:28:01 | 00:43:58 | 01:00:17.60 | 6:01 | 10 |

III DECARUN KOSZALIN 10 KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | 2.5km | 5km | 7.5km | Netto | min/km | km/h |
|------|------------------------|-----|---------------------|-----------|------|-------|--------|-------|----------|----------|----------|-------------|--------|------|
| 160 | BUDZYŃSKA ELŻBIETA | 30 | | SŁUPSK | POL | K-50 | 3 | K 31 | 00:14:33 | 00:29:51 | 00:45:58 | 01:02:14.15 | 6:13 | 9.6 |
| 161 | POLAK MATEUSZ | 333 | | WAŁCZ | POL | M-20 | 29 | M 130 | 00:13:36 | 00:28:50 | 00:44:59 | 01:02:15.40 | 6:13 | 9.6 |
| 162 | MURAWSKA KATARZYNA | 191 | | SŁUPSK | POL | K-30 | 14 | K 32 | 00:14:39 | 00:30:01 | 00:46:07 | 01:02:28.90 | 6:14 | 9.6 |
| 163 | HELLER ZDZISŁAW | 88 | NIEZRZESZONY | KOSZALIN | POL | M-60+ | 5 | M 131 | 00:14:40 | 00:30:17 | 00:46:24 | 01:02:29.25 | 6:14 | 9.6 |
| 164 | BAJ NORBERT | 2 | AUTOSTORE | KOSZALIN | POL | M-30 | 45 | M 132 | 00:13:40 | 00:30:13 | 00:47:44 | 01:05:26.95 | 6:32 | 9.2 |
| 165 | KRAUZE DAWID | 156 | | RUMIA | POL | M-20 | 30 | M 133 | 00:14:07 | 00:30:17 | 00:47:36 | 01:05:58.35 | 6:35 | 9.1 |
| 166 | KOZŁOWIECKA MAŁGORZATA | 141 | | KOSZALIN | POL | K-50 | 4 | K 33 | 00:15:24 | 00:31:40 | 00:48:46 | 01:06:08.60 | 6:36 | 9.1 |
| 167 | KOŁODZIEJCZAK ARTUR | 129 | NIGHT RUNNERS NEKLA | NEKLA | POL | M-40 | 41 | M 134 | 00:14:25 | 00:31:16 | 00:48:39 | 01:06:33.15 | 6:39 | 9 |
| 168 | PEŁKA IWONA | 212 | | KOSZALIN | POL | K-50 | 5 | K 34 | 00:16:25 | 00:33:34 | 00:50:58 | 01:07:24.80 | 6:44 | 8.9 |
| 169 | SZYMANOWICZ MARCIN | 274 | | KOSZALIN | POL | M-30 | 46 | M 135 | 00:15:38 | 00:32:32 | 00:49:42 | 01:07:53.95 | 6:47 | 8.8 |
| 170 | STRZELECKA AGNIESZKA | 266 | | SŁAWNO | POL | K-30 | 15 | K 35 | 00:15:41 | 00:32:34 | 00:49:45 | 01:07:56.10 | 6:47 | 8.8 |
| 171 | CIŻMOWSKA BARBARA | 40 | MTS HAMER MIASTKO | KĘPICE | POL | K-60+ | 1 | K 36 | 00:15:44 | 00:32:50 | 00:50:16 | 01:08:00.70 | 6:48 | 8.8 |
| 172 | HARASIM EMILA | 84 | | SŁUPSK | POL | K-30 | 16 | K 37 | 00:15:33 | 00:32:55 | 00:50:37 | 01:08:03.20 | 6:48 | 8.8 |
| 173 | KARASIUK RENATA | 107 | | KOSZALIN | POL | K-30 | 17 | K 38 | 00:16:17 | 00:33:41 | 00:51:27 | 01:09:09.05 | 6:54 | 8.7 |
| | CHORAŻY KAROLINA | 339 | LEO TEAM | KOSZALIN | POL | K-30 | | | 00:11:21 | 00:22:50 | DNF | DNF | - | - |
| | | | | | | | | | DNF | DNF | | | | |
| | RADOMSKA KATARZYNA | 230 | | RACINIEWO | POL | K-20 | | | 00:13:08 | DNF | DNF | DNF | - | - |
| | | | | | | | | | DNF | | | | | |