

BIEG IM. ASI KENIG - BIEG 10KM

Organizator: Szkoła Podstawowa im. Jana Kochanowskiego w Sławsku
 Data: 2023-04-22
 Miejsce: Sławsko
 Dystans: 10 km
 Klasyfikacja wg czasów netto.


BIEG IM. ASI KENIG - BIEG 10KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------------|----|--|----------------|------|------|--------|------|-------------|--------|------|
| 1 | KĘPKA ADRIAN | 44 | DARŁOWSKIE CHARTY | DARŁOWO | POL | M-18 | 1 | M 1 | 00:35:08.44 | 3:30 | 17.1 |
| 2 | RUDNIK KRZYSZTOF | 64 | | SŁUPSK | POL | M-40 | 1 | M 2 | 00:35:46.36 | 3:34 | 16.8 |
| 3 | RYBARCZYK JAN | 66 | ŻYJ Z ENERGIĄ | DARŁOWO | POL | M-50 | 1 | M 3 | 00:35:53.93 | 3:35 | 16.7 |
| 4 | OSIŃSKI WOJCIECH | 56 | TEAM ZABIEGANEDNI | SŁUPSK | POL | M-30 | 1 | M 4 | 00:36:27.48 | 3:38 | 16.5 |
| 5 | ROSIAK DAMIAN | 63 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-30 | 2 | M 5 | 00:37:24.88 | 3:44 | 16 |
| 6 | WILCZEWSKI KRZYSZTOF | 88 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-30 | 3 | M 6 | 00:37:59.13 | 3:47 | 15.8 |
| 7 | RUDNIKOWSKI MACIEJ | 65 | BIEGUZZDROWISKOWY.PL / DARŁOWSKIE CHARTY | DARŁOWO | POL | M-40 | 2 | M 7 | 00:38:22.24 | 3:50 | 15.6 |
| 8 | SMOŁUCH MARCIN | 84 | KB BRYZA POSTOMINO | MASŁOWICE | POL | M-30 | 4 | M 8 | 00:39:14.26 | 3:55 | 15.3 |
| 9 | FEDORCZAK ŁUKASZ | 29 | BIEGOLAS KOSZALIN | KONIKOWO | POL | M-30 | 5 | M 9 | 00:39:16.19 | 3:55 | 15.3 |
| 10 | SMAGOWSKI WOJTEK | 67 | OSP RĄBINO | RĄBINO | POL | M-40 | 3 | M 10 | 00:39:23.71 | 3:56 | 15.2 |
| 11 | WITKIEWICZ ERYK | 71 | KB 10 BIAŁOGARD | BIAŁOGARD | POL | M-40 | 4 | M 11 | 00:40:25.70 | 4:02 | 14.8 |
| 12 | JABŁOŃSKI TOMASZ | 89 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-40 | 5 | M 12 | 00:41:14.33 | 4:07 | 14.6 |
| 13 | KOWALSKI DAMIAN | 86 | KB SPOKO SŁAWNO | STARY KRAKÓW | POL | M-30 | 6 | M 13 | 00:41:44.51 | 4:10 | 14.4 |
| 14 | JÓŻWIK ADAM | 40 | K SOLSZEWSKI I SYNOWIE | SŁAWNO | POL | M-30 | 7 | M 14 | 00:41:57.18 | 4:11 | 14.3 |
| 15 | JUSZCZAK JAROSŁAW | 41 | | KOŁOBRZEG | POL | M-30 | 8 | M 15 | 00:42:14.57 | 4:13 | 14.2 |
| 16 | KONKEL AGNIESZKA | 46 | | KOSZALIN | POL | K-30 | 1 | K 1 | 00:43:05.96 | 4:18 | 13.9 |
| 17 | WILUSZ KRZYSZTOF | 70 | STOPA SŁUPSK | SŁUPSK | POL | M-40 | 6 | M 16 | 00:43:14.52 | 4:19 | 13.9 |
| 18 | KLUCZEWSKA EMILIA | 96 | RUNTASYCZNI TEAM BYTÓW | BYTÓW | POL | K-30 | 2 | K 2 | 00:43:34.63 | 4:21 | 13.8 |
| 19 | NOWODWORSKA JUSTYNA | 95 | RUNTASYCZNI TEAM BYTÓW | BYTÓW | POL | K-30 | 3 | K 3 | 00:43:35.42 | 4:21 | 13.8 |
| 20 | GAWĘDA EMIL | 33 | DARŁOWSKIE CHARTY | STARY JAROSŁAW | POL | M-30 | 9 | M 17 | 00:44:12.36 | 4:25 | 13.6 |
| 21 | ŻURAWIK PIOTR | 76 | GM KĘPICE | KĘPICE | POL | M-50 | 2 | M 18 | 00:44:25.95 | 4:26 | 13.5 |
| 22 | HARBUTIAK MONIKA | 38 | MKRAWCZYŃSKA TEAM | CISOWO | POL | K-30 | 4 | K 4 | 00:44:36.53 | 4:27 | 13.5 |
| 23 | TURCZYN TOMASZ | 68 | SŁAWNO.NASZEMIASTO.PL | SŁAWNO | POL | M-40 | 7 | M 19 | 00:44:52.56 | 4:29 | 13.4 |
| 24 | ŁAGUTKO KAMILA | 81 | ŻYJ Z ENERGIĄ | DARŁOWO | POL | K-40 | 1 | K 5 | 00:45:09.72 | 4:30 | 13.3 |
| 25 | KUKLIŃSKA-NURKOWSKA LUCYNA | 77 | USB USTKA | USTKA | POL | K-50 | 1 | K 6 | 00:45:16.02 | 4:31 | 13.3 |
| 26 | PACZUŁA STANISŁAW | 58 | BIEGAJĄCY DIETETYK TEAM | CEWICE | POL | M-50 | 3 | M 20 | 00:45:57.13 | 4:35 | 13.1 |
| 27 | CHUDY HENRYK | 27 | K SOLSZEWSKI I SYNOWIE | SŁAWSKO | POL | M-60 | 1 | M 21 | 00:46:14.42 | 4:37 | 13 |
| 28 | WIELGAT ŁUKASZ | 93 | KB BRYZA POSTOMINO | PIENKOWO | POL | M-30 | 10 | M 22 | 00:47:08.02 | 4:42 | 12.7 |
| 29 | CHRUSZCZ MATEUSZ | 92 | KB BRYZA POSTOMINO | RUSINOWO | POL | M-30 | 11 | M 23 | 00:47:28.68 | 4:44 | 12.6 |
| 30 | WITKOWSKI DAWID | 72 | KSSPOKO SŁAWNO | SŁAWNO | POL | M-18 | 2 | M 24 | 00:47:53.42 | 4:47 | 12.5 |
| 31 | HADRYŚ BARTOSZ | 36 | | KWASOWO | POL | M-30 | 12 | M 25 | 00:47:55.66 | 4:47 | 12.5 |
| 32 | PŁOSKI KRZYSZTOF | 59 | DOM RYBAKA BOBOLIN | BOBOLIN | POL | M-40 | 8 | M 26 | 00:47:57.81 | 4:47 | 12.5 |
| 33 | KACZMAREK MARTA | 42 | KB SPOKO SŁAWNO | SŁAWNO | POL | K-30 | 5 | K 7 | 00:48:04.56 | 4:48 | 12.5 |
| 34 | KONECKI DARIUSZ | 45 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-50 | 4 | M 27 | 00:48:06.72 | 4:48 | 12.5 |
| 35 | POPRAWSKI ADAM | 60 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-30 | 13 | M 28 | 00:48:35.57 | 4:51 | 12.3 |
| 36 | OLSZAR GRZEGORZ | 54 | KB DARŁOWSKIE CHARTY | DARŁOWO | POL | M-40 | 9 | M 29 | 00:48:43.85 | 4:52 | 12.3 |
| 37 | GAWĘŁ ZBIGNIEW | 31 | ANANASY Z 3FAL | SŁUPSK | POL | M-60 | 2 | M 30 | 00:48:48.34 | 4:52 | 12.3 |
| 38 | ORŁOWSKI MACIEJ | 55 | | DARŁOWO | POL | M-30 | 14 | M 31 | 00:49:03.15 | 4:54 | 12.2 |
| 39 | STRUŚ ARTUR | 94 | KB BRYZA POSTOMINO | WRZEŚNICA | POL | M-50 | 5 | M 32 | 00:49:03.72 | 4:54 | 12.2 |
| 40 | DRABKOWSKA AGNIESZKA | 91 | KRÓLOWA WŁASNEJ BRYKI | BIAŁOGARD | POL | K-40 | 2 | K 8 | 00:49:19.68 | 4:55 | 12.2 |
| 41 | FEDORCZAK JOANNA | 28 | BIEGOLAS KOSZALIN | KONIKOWO | POL | K-40 | 3 | K 9 | 00:50:05.53 | 5:00 | 12 |
| 42 | GAWĘŁ IZA | 32 | ANANASY Z 3 FAL | SŁUPSK | POL | K-30 | 6 | K 10 | 00:50:19.67 | 5:01 | 11.9 |
| 43 | SEKULSKI OLIWIER | 21 | OSP MASŁOWICE | MASŁOWICE | POL | M-40 | 10 | M 33 | 00:50:20.52 | 5:02 | 11.9 |
| 44 | KULCZYK KATARZYNA | 90 | KB BRYZA POSTOMINO | SŁAWNO | POL | K-40 | 4 | K 11 | 00:50:55.49 | 5:05 | 11.8 |
| 45 | GOSTOMCZYK KRZYSZTOF | 34 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-40 | 11 | M 34 | 00:51:29.31 | 5:08 | 11.7 |
| 46 | WOJNIUSZ KAMILA | 73 | FEIFER TEAM | DARŁOWO | POL | K-30 | 7 | K 12 | 00:51:45.88 | 5:10 | 11.6 |

BIEG IM. ASI KENIG - BIEG 10KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|----|---------------------------|-------------------|------|------|--------|------|-------------|--------|------|
| 47 | PACHUTA DAMIAN | 57 | | WRZEŚNICA | POL | M-18 | 3 | M 35 | 00:51:53.59 | 5:11 | 11.6 |
| 48 | KOZDRA DAWID | 48 | | SŁAWNO | POL | M-18 | 4 | M 36 | 00:52:07.07 | 5:12 | 11.5 |
| 49 | GRABOWSKA KINGA | 35 | | SŁUPSK | POL | K-40 | 5 | K 13 | 00:52:17.03 | 5:13 | 11.5 |
| 50 | BAKALARZ KATARZYNA | 24 | DARŁOWSKIE CHARTY | DARŁOWO | POL | K-30 | 8 | K 14 | 00:52:22.88 | 5:14 | 11.5 |
| 51 | BAKALARZ ADAM | 23 | DARŁOWSKIE CHARTY | DARŁOWO | POL | M-30 | 15 | M 37 | 00:52:22.98 | 5:14 | 11.5 |
| 52 | KĘSIK AGNIESZKA | 82 | ŚWIAT PŁYTEK U KRYSPIŃSKA | SŁUPSK | POL | M-30 | 16 | M 38 | 00:52:56.68 | 5:17 | 11.3 |
| 53 | WÓJCICKI GRZEGORZ | 75 | SPOKO SŁAWNO | SŁAWSKO | POL | M-40 | 12 | M 39 | 00:52:58.81 | 5:17 | 11.3 |
| 54 | BURMAN TOMASZ | 80 | ANANASY Z 3 FAL | SŁUPSK | POL | M-30 | 17 | M 40 | 00:53:02.79 | 5:18 | 11.3 |
| 55 | URBAN EWELINA | 69 | ANANASY Z 3 FAL | DĘBNICA KASZUBSKA | POL | K-30 | 9 | K 15 | 00:53:02.98 | 5:18 | 11.3 |
| 56 | PROTASEWICZ ANDRZEJ | 61 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-40 | 13 | M 41 | 00:54:07.66 | 5:24 | 11.1 |
| 57 | KOWALSKI RAFAŁ | 47 | | SŁAWNO | POL | M-18 | 5 | M 42 | 00:55:58.00 | 5:35 | 10.7 |
| 58 | BRZOSTOWSKA EWA | 83 | KB BRYZA POSTOMINO | PIENKOWO | POL | K-40 | 6 | K 16 | 00:56:18.23 | 5:37 | 10.7 |
| 59 | KOZŁOWIECKI WALDEMAR | 87 | TKKF | KOSZALIN | POL | M-60 | 3 | M 43 | 00:56:21.27 | 5:38 | 10.6 |
| 60 | NOREK RYSZARD | 53 | | SŁAWNO | POL | M-60 | 4 | M 44 | 00:56:26.72 | 5:38 | 10.6 |
| 61 | MAJ AGNIESZKA | 50 | | SŁAWNO | POL | K-40 | 7 | K 17 | 00:56:27.15 | 5:38 | 10.6 |
| 62 | SUŁEK DOROTA | 85 | KB BRYZA POSTOMINO | MASŁOWICE | POL | K-40 | 8 | K 18 | 00:58:05.84 | 5:48 | 10.3 |
| 63 | PORĘBSKA KAROLINA | 78 | | SŁAWSKO | POL | K-18 | 1 | K 19 | 01:00:11.78 | 6:01 | 10 |
| 64 | KAMELSKI PIOTR | 43 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-50 | 6 | M 45 | 01:01:31.96 | 6:09 | 9.8 |
| 65 | BUZE MAŁGORZATA | 26 | OLSZEWSKI ISYNOWIE | SŁAWNO | POL | K-40 | 9 | K 20 | 01:01:36.17 | 6:09 | 9.7 |
| 66 | HELLER ZDZISŁAW | 39 | HERBMARATONOW.PL | KOSZALIN | POL | M-60 | 5 | M 46 | 01:04:08.30 | 6:24 | 9.4 |
| 67 | HANC MICHAŁ | 37 | HAJALE19 | SŁAWNO | POL | M-30 | 18 | M 47 | 01:08:11.67 | 6:49 | 8.8 |
| 68 | WOZNIAK DARIUSZ | 74 | | SŁAWNO | POL | M-50 | 7 | M 48 | 01:08:12.94 | 6:49 | 8.8 |
| 69 | FELIŃSKA ANNA | 30 | | SIEMIANICE | POL | K-30 | 10 | K 21 | 01:08:55.94 | 6:53 | 8.7 |
| 70 | RAHOZA SZYMON | 62 | | SIEMIANICE | POL | M-40 | 14 | M 49 | 01:08:56.93 | 6:53 | 8.7 |
| 71 | MARCZAK MAŁGORZATA | 52 | | ŻELKOWO | POL | K-60 | 1 | K 22 | 01:09:50.59 | 6:59 | 8.6 |
| 72 | MARCZAK ANDRZEJ | 51 | | ŻELKOWO | POL | M-60 | 6 | M 50 | 01:15:21.53 | 7:32 | 8 |
| 73 | MUSIAŁ KLAUDIA | 79 | | SŁAWSKO | POL | K-18 | 2 | K 23 | 01:15:23.46 | 7:32 | 8 |
| 74 | ANTOSIK GRAŻYNA | 22 | KS OLSZEWSKI I SYNOWIE | SŁAWSKO | POL | K-40 | 10 | K 24 | 01:16:18.14 | 7:37 | 7.9 |

BIEG IM. ASI KENIG - BIEG 10KM, OPEN-K

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------------|----|------------------------|-------------------|------|------|--------|------|-------------|--------|------|
| 1 | KONKEL AGNIESZKA | 46 | | KOSZALIN | POL | K-30 | 1 | K 1 | 00:43:05.96 | 4:18 | 13.9 |
| 2 | KLUCZEWSKA EMILIA | 96 | RUNTASYCZNI TEAM BYTÓW | BYTÓW | POL | K-30 | 2 | K 2 | 00:43:34.63 | 4:21 | 13.8 |
| 3 | NOWODWORSKA JUSTYNA | 95 | RUNTASYCZNI TEAM BYTÓW | BYTÓW | POL | K-30 | 3 | K 3 | 00:43:35.42 | 4:21 | 13.8 |
| 4 | HARBUTIAK MONIKA | 38 | MKRAWCZYŃSKA TEAM | CISOWO | POL | K-30 | 4 | K 4 | 00:44:36.53 | 4:27 | 13.5 |
| 5 | ŁAGUTKO KAMILA | 81 | ŻYJ Z ENERGIA | DARŁOWO | POL | K-40 | 1 | K 5 | 00:45:09.72 | 4:30 | 13.3 |
| 6 | KUKLIŃSKA-NURKOWSKA LUCYNA | 77 | USB USTKA | USTKA | POL | K-50 | 1 | K 6 | 00:45:16.02 | 4:31 | 13.3 |
| 7 | KACZMAREK MARTA | 42 | KB SPOKO SŁAWNO | SŁAWNO | POL | K-30 | 5 | K 7 | 00:48:04.56 | 4:48 | 12.5 |
| 8 | DRABKOWSKA AGNIESZKA | 91 | KRÓLOWA WŁASNEJ BRYKI | BIAŁOGARD | POL | K-40 | 2 | K 8 | 00:49:19.68 | 4:55 | 12.2 |
| 9 | FEDORCZAK JOANNA | 28 | BIEGOLAS KOSZALIN | KONIKOWO | POL | K-40 | 3 | K 9 | 00:50:05.53 | 5:00 | 12 |
| 10 | GAWEŁ IZA | 32 | ANANASY Z 3 FAL | SŁUPSK | POL | K-30 | 6 | K 10 | 00:50:19.67 | 5:01 | 11.9 |
| 11 | KULCZYK KATARZYNA | 90 | KB BRYZA POSTOMINO | SŁAWSKO | POL | K-40 | 4 | K 11 | 00:50:55.49 | 5:05 | 11.8 |
| 12 | WOJNIUSZ KAMILA | 73 | FEIFER TEAM | DARŁOWO | POL | K-30 | 7 | K 12 | 00:51:45.88 | 5:10 | 11.6 |
| 13 | GRABOWSKA KINGA | 35 | | SŁUPSK | POL | K-40 | 5 | K 13 | 00:52:17.03 | 5:13 | 11.5 |
| 14 | BAKALARZ KATARZYNA | 24 | DARŁOWSKIE CHARTY | DARŁOWO | POL | K-30 | 8 | K 14 | 00:52:22.88 | 5:14 | 11.5 |
| 15 | URBAN EWELINA | 69 | ANANASY Z 3 FAL | DĘBNICA KASZUBSKA | POL | K-30 | 9 | K 15 | 00:53:02.98 | 5:18 | 11.3 |
| 16 | BRZOSTOWSKA EWA | 83 | KB BRYZA POSTOMINO | PIENKOWO | POL | K-40 | 6 | K 16 | 00:56:18.23 | 5:37 | 10.7 |
| 17 | MAJ AGNIESZKA | 50 | | SŁAWNO | POL | K-40 | 7 | K 17 | 00:56:27.15 | 5:38 | 10.6 |
| 18 | SUŁEK DOROTA | 85 | KB BRYZA POSTOMINO | MASŁOWICE | POL | K-40 | 8 | K 18 | 00:58:05.84 | 5:48 | 10.3 |
| 19 | PORĘBSKA KAROLINA | 78 | | SŁAWSKO | POL | K-18 | 1 | K 19 | 01:00:11.78 | 6:01 | 10 |
| 20 | BUZE MAŁGORZATA | 26 | OLSZEWSKI ISYNOWIE | SŁAWNO | POL | K-40 | 9 | K 20 | 01:01:36.17 | 6:09 | 9.7 |
| 21 | FELIŃSKA ANNA | 30 | | SIEMIANICE | POL | K-30 | 10 | K 21 | 01:08:55.94 | 6:53 | 8.7 |
| 22 | MARCZAK MAŁGORZATA | 52 | | ŻELKOWO | POL | K-60 | 1 | K 22 | 01:09:50.59 | 6:59 | 8.6 |
| 23 | MUSIAŁ KLAUDIA | 79 | | SŁAWSKO | POL | K-18 | 2 | K 23 | 01:15:23.46 | 7:32 | 8 |
| 24 | ANTOSIK GRAŻYNA | 22 | KS OLSZEWSKI I SYNOWIE | SŁAWSKO | POL | K-40 | 10 | K 24 | 01:16:18.14 | 7:37 | 7.9 |

BIEG IM. ASI KENIG - BIEG 10KM, OPEN-M

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|------|----------------------|----|---|----------------|------|------|--------|------|-------------|--------|------|
| 1 | KĘPKA ADRIAN | 44 | DARŁOWSKIE CHARTY | DARŁOWO | POL | M-18 | 1 | M 1 | 00:35:08.44 | 3:30 | 17.1 |
| 2 | RUDNIK KRZYSZTOF | 64 | | SŁUPSK | POL | M-40 | 1 | M 2 | 00:35:46.36 | 3:34 | 16.8 |
| 3 | RYBARCZYK JAN | 66 | ŻYJ Z ENERGIA | DARŁOWO | POL | M-50 | 1 | M 3 | 00:35:53.93 | 3:35 | 16.7 |
| 4 | OSIŃSKI WOJCIECH | 56 | TEAM ZABIEGANEDNI | SŁUPSK | POL | M-30 | 1 | M 4 | 00:36:27.48 | 3:38 | 16.5 |
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| 8 | SMOŁUCH MARCIN | 84 | KB BRYZA POSTOMINO | MASŁOWICE | POL | M-30 | 4 | M 8 | 00:39:14.26 | 3:55 | 15.3 |
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| 10 | SMAGOWSKI WOJTEK | 67 | OSP RĄBINO | RĄBINO | POL | M-40 | 3 | M 10 | 00:39:23.71 | 3:56 | 15.2 |
| 11 | WITKIEWICZ ERYK | 71 | KB 10 BIAŁOGARD | BIAŁOGARD | POL | M-40 | 4 | M 11 | 00:40:25.70 | 4:02 | 14.8 |
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| 13 | KOWALSKI DAMIAN | 86 | KB SPOKO SŁAWNO | STARY KRAKÓW | POL | M-30 | 6 | M 13 | 00:41:44.51 | 4:10 | 14.4 |
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| 15 | JUSZCZAK JAROSŁAW | 41 | | KOŁOBRZEG | POL | M-30 | 8 | M 15 | 00:42:14.57 | 4:13 | 14.2 |
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| 17 | GAWĘDA EMIL | 33 | DARŁOWSKIE CHARTY | STARY JAROSŁAW | POL | M-30 | 9 | M 17 | 00:44:12.36 | 4:25 | 13.6 |
| 18 | ŻURAWIK PIOTR | 76 | GM KĘPICE | KĘPICE | POL | M-50 | 2 | M 18 | 00:44:25.95 | 4:26 | 13.5 |
| 19 | TURCZYN TOMASZ | 68 | SLAWNO.NASZEMIASTO.PL | SŁAWNO | POL | M-40 | 7 | M 19 | 00:44:52.56 | 4:29 | 13.4 |
| 20 | PACZUŁA STANISŁAW | 58 | BIEGAJĄCY DIETETYK TEAM | CEWICE | POL | M-50 | 3 | M 20 | 00:45:57.13 | 4:35 | 13.1 |
| 21 | CHUDY HENRYK | 27 | K SOLSZEWSKI I SYNOWIE | SŁAWSKO | POL | M-60 | 1 | M 21 | 00:46:14.42 | 4:37 | 13 |
| 22 | WIELGAT ŁUKASZ | 93 | KB BRYZA POSTOMINO | PIENKOWO | POL | M-30 | 10 | M 22 | 00:47:08.02 | 4:42 | 12.7 |
| 23 | CHRUSZCZ MATEUSZ | 92 | KB BRYZA POSTOMINO | RUSINOWO | POL | M-30 | 11 | M 23 | 00:47:28.68 | 4:44 | 12.6 |
| 24 | WITKOWSKI DAWID | 72 | KSSPOKO SŁAWNO | SŁAWNO | POL | M-18 | 2 | M 24 | 00:47:53.42 | 4:47 | 12.5 |
| 25 | HADRYŚ BARTOSZ | 36 | | KWASOWO | POL | M-30 | 12 | M 25 | 00:47:55.66 | 4:47 | 12.5 |
| 26 | PŁOSKI KRZYSZTOF | 59 | DOM RYBAKA BOBOLIN | BOBOLIN | POL | M-40 | 8 | M 26 | 00:47:57.81 | 4:47 | 12.5 |
| 27 | KONECKI DARIUSZ | 45 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-50 | 4 | M 27 | 00:48:06.72 | 4:48 | 12.5 |
| 28 | POPRAWSKI ADAM | 60 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-30 | 13 | M 28 | 00:48:35.57 | 4:51 | 12.3 |
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| 30 | GAWĘŁ ZBIGNIEW | 31 | ANANASY Z 3FAL | SŁUPSK | POL | M-60 | 2 | M 30 | 00:48:48.34 | 4:52 | 12.3 |
| 31 | ORŁOWSKI MACIEJ | 55 | | DARLOWO | POL | M-30 | 14 | M 31 | 00:49:03.15 | 4:54 | 12.2 |
| 32 | STRUŚ ARTUR | 94 | KB BRYZA POSTOMINO | WRZEŚNICA | POL | M-50 | 5 | M 32 | 00:49:03.72 | 4:54 | 12.2 |
| 33 | SEKULSKI OLIWIER | 21 | OSP MASŁOWICE | MASŁOWICE | POL | M-40 | 10 | M 33 | 00:50:20.52 | 5:02 | 11.9 |
| 34 | GOSTOMCZYK KRZYSZTOF | 34 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-40 | 11 | M 34 | 00:51:29.31 | 5:08 | 11.7 |
| 35 | PACHUTA DAMIAN | 57 | | WRZEŚNICA | POL | M-18 | 3 | M 35 | 00:51:53.59 | 5:11 | 11.6 |
| 36 | KOZDRA DAWID | 48 | | SŁAWNO | POL | M-18 | 4 | M 36 | 00:52:07.07 | 5:12 | 11.5 |
| 37 | BAKALARZ ADAM | 23 | DARŁOWSKIE CHARTY | DARŁOWO | POL | M-30 | 15 | M 37 | 00:52:22.98 | 5:14 | 11.5 |
| 38 | KĘSIK AGNIESZKA | 82 | ŚWIAT PŁYTEK U KRYSPIŃA | SŁUPSK | POL | M-30 | 16 | M 38 | 00:52:56.68 | 5:17 | 11.3 |
| 39 | WÓJCICKI GRZEGORZ | 75 | SPOKO SŁAWNO | SŁAWSKO | POL | M-40 | 12 | M 39 | 00:52:58.81 | 5:17 | 11.3 |
| 40 | BURMAN TOMASZ | 80 | ANANASY Z 3 FAL | SŁUPSK | POL | M-30 | 17 | M 40 | 00:53:02.79 | 5:18 | 11.3 |
| 41 | PROTASEWICZ ANDRZEJ | 61 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-40 | 13 | M 41 | 00:54:07.66 | 5:24 | 11.1 |
| 42 | KOWALSKI RAFAŁ | 47 | | SŁAWNO | POL | M-18 | 5 | M 42 | 00:55:58.00 | 5:35 | 10.7 |
| 43 | KOZŁOWIECKI WALDEMAR | 87 | TKKF | KOSZALIN | POL | M-60 | 3 | M 43 | 00:56:21.27 | 5:38 | 10.6 |
| 44 | NOREK RYSZARD | 53 | | SŁAWNO | POL | M-60 | 4 | M 44 | 00:56:26.72 | 5:38 | 10.6 |
| 45 | KAMELSKI PIOTR | 43 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-50 | 6 | M 45 | 01:01:31.96 | 6:09 | 9.8 |
| 46 | HELLER ZDZISŁAW | 39 | HERBMARATONOW.PL | KOSZALIN | POL | M-60 | 5 | M 46 | 01:04:08.30 | 6:24 | 9.4 |
| 47 | HANC MICHAŁ | 37 | HAJALE19 | SŁAWNO | POL | M-30 | 18 | M 47 | 01:08:11.67 | 6:49 | 8.8 |
| 48 | WOZNIAK DARIUSZ | 74 | | SŁAWNO | POL | M-50 | 7 | M 48 | 01:08:12.94 | 6:49 | 8.8 |
| 49 | RAHOZA SZYMON | 62 | | SIEMIANICE | POL | M-40 | 14 | M 49 | 01:08:56.93 | 6:53 | 8.7 |
| 50 | MARCZAK ANDRZEJ | 51 | | ŻELKOWO | POL | M-60 | 6 | M 50 | 01:15:21.53 | 7:32 | 8 |

BIEG IM. ASI KENIG - BIEG 10KM, K-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------|----|------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | PORĘBSKA KAROLINA | 78 | | SŁAWSKO | POL | K-18 | 1 | K 19 | 01:00:11.78 | 6:01 | 10 |
| 2 | MUSIAŁ KLAUDIA | 79 | | SŁAWSKO | POL | K-18 | 2 | K 23 | 01:15:23.46 | 7:32 | 8 |

BIEG IM. ASI KENIG - BIEG 10KM, M-18

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|----|-------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | KĘPKA ADRIAN | 44 | DARŁOWSKIE CHARTY | DARŁOWO | POL | M-18 | 1 | M 1 | 00:35:08.44 | 3:30 | 17.1 |
| 2 | WITKOWSKI DAWID | 72 | KSSPOKO SŁAWNO | SŁAWNO | POL | M-18 | 2 | M 24 | 00:47:53.42 | 4:47 | 12.5 |
| 3 | PACHUTA DAMIAN | 57 | | WRZEŚNICA | POL | M-18 | 3 | M 35 | 00:51:53.59 | 5:11 | 11.6 |
| 4 | KOZDRA DAWID | 48 | | SŁAWNO | POL | M-18 | 4 | M 36 | 00:52:07.07 | 5:12 | 11.5 |
| 5 | KOWALSKI RAFAŁ | 47 | | SŁAWNO | POL | M-18 | 5 | M 42 | 00:55:58.00 | 5:35 | 10.7 |

BIEG IM. ASI KENIG - BIEG 10KM, 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 | 46 | | KOSZALIN | POL | K-30 | 1 | K 1 | 00:43:05.96 | 4:18 | 13.9 |
| 2 | KLUCZEWSKA EMILIA | 96 | RUNTASYCZNI TEAM BYTÓW | BYTÓW | POL | K-30 | 2 | K 2 | 00:43:34.63 | 4:21 | 13.8 |
| 3 | NOWODWORSKA JUSTYNA | 95 | RUNTASYCZNI TEAM BYTÓW | BYTÓW | POL | K-30 | 3 | K 3 | 00:43:35.42 | 4:21 | 13.8 |
| 4 | HARBUTIAK MONIKA | 38 | MKRAWCZYŃSKA TEAM | CISOWO | POL | K-30 | 4 | K 4 | 00:44:36.53 | 4:27 | 13.5 |
| 5 | KACZMAREK MARTA | 42 | KB SPOKO SŁAWNO | SŁAWNO | POL | K-30 | 5 | K 7 | 00:48:04.56 | 4:48 | 12.5 |
| 6 | GAWĘŁ IZA | 32 | ANANASY Z 3 FAL | SŁUPSK | POL | K-30 | 6 | K 10 | 00:50:19.67 | 5:01 | 11.9 |
| 7 | WOJNIUSZ KAMILA | 73 | FEIFER TEAM | DARŁOWO | POL | K-30 | 7 | K 12 | 00:51:45.88 | 5:10 | 11.6 |
| 8 | BAKALARZ KATARZYNA | 24 | DARŁOWSKIE CHARTY | DARŁOWO | POL | K-30 | 8 | K 14 | 00:52:22.88 | 5:14 | 11.5 |
| 9 | URBAN EWELINA | 69 | ANANASY Z 3 FAL | DĘBNICA KASZUBSKA | POL | K-30 | 9 | K 15 | 00:53:02.98 | 5:18 | 11.3 |
| 10 | FELIŃSKA ANNA | 30 | | SIEMIANICE | POL | K-30 | 10 | K 21 | 01:08:55.94 | 6:53 | 8.7 |

BIEG IM. ASI KENIG - BIEG 10KM, M-30

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|----|-------------------------|----------------|------|------|--------|------|-------------|--------|------|
| 1 | OSIŃSKI WOJCIECH | 56 | TEAM ZABIEGANEDNI | SŁUPSK | POL | M-30 | 1 | M 4 | 00:36:27.48 | 3:38 | 16.5 |
| 2 | ROSIĄK DAMIAN | 63 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-30 | 2 | M 5 | 00:37:24.88 | 3:44 | 16 |
| 3 | WILCZEWSKI KRZYSZTOF | 88 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-30 | 3 | M 6 | 00:37:59.13 | 3:47 | 15.8 |
| 4 | SMOŁUCH MARCIN | 84 | KB BRYZA POSTOMINO | MASŁOWICE | POL | M-30 | 4 | M 8 | 00:39:14.26 | 3:55 | 15.3 |
| 5 | FEDORCZAK ŁUKASZ | 29 | BIEGOLAS KOSZALIN | KONIKOWO | POL | M-30 | 5 | M 9 | 00:39:16.19 | 3:55 | 15.3 |
| 6 | KOWALSKI DAMIAN | 86 | KB SPOKO SŁAWNO | STARY KRAKÓW | POL | M-30 | 6 | M 13 | 00:41:44.51 | 4:10 | 14.4 |
| 7 | JÓZWIK ADAM | 40 | K SOLSZEWSKI I SYNOWIE | SŁAWNO | POL | M-30 | 7 | M 14 | 00:41:57.18 | 4:11 | 14.3 |
| 8 | JUSZCZAK JAROSŁAW | 41 | | KOŁOBRZEG | POL | M-30 | 8 | M 15 | 00:42:14.57 | 4:13 | 14.2 |
| 9 | GAWĘDA EMIL | 33 | DARŁOWSKIE CHARTY | STARY JAROSŁAW | POL | M-30 | 9 | M 17 | 00:44:12.36 | 4:25 | 13.6 |
| 10 | WIELGAT ŁUKASZ | 93 | KB BRYZA POSTOMINO | PIENKOWO | POL | M-30 | 10 | M 22 | 00:47:08.02 | 4:42 | 12.7 |
| 11 | CHRUSZCZ MATEUSZ | 92 | KB BRYZA POSTOMINO | RUSINOWO | POL | M-30 | 11 | M 23 | 00:47:28.68 | 4:44 | 12.6 |
| 12 | HADRYŚ BARTOSZ | 36 | | KWASOWO | POL | M-30 | 12 | M 25 | 00:47:55.66 | 4:47 | 12.5 |
| 13 | POPRAWSKI ADAM | 60 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-30 | 13 | M 28 | 00:48:35.57 | 4:51 | 12.3 |
| 14 | ORŁOWSKI MACIEJ | 55 | | DARŁOWO | POL | M-30 | 14 | M 31 | 00:49:03.15 | 4:54 | 12.2 |
| 15 | BAKALARZ ADAM | 23 | DARŁOWSKIE CHARTY | DARŁOWO | POL | M-30 | 15 | M 37 | 00:52:22.98 | 5:14 | 11.5 |
| 16 | KĘSIK AGNIESZKA | 82 | ŚWIAT PŁYTEK U KRYSPIŃA | SŁUPSK | POL | M-30 | 16 | M 38 | 00:52:56.68 | 5:17 | 11.3 |
| 17 | BURMAN TOMASZ | 80 | ANANASY Z 3 FAL | SŁUPSK | POL | M-30 | 17 | M 40 | 00:53:02.79 | 5:18 | 11.3 |
| 18 | HANC MICHAŁ | 37 | HAJALE19 | SŁAWNO | POL | M-30 | 18 | M 47 | 01:08:11.67 | 6:49 | 8.8 |

BIEG IM. ASI KENIG - BIEG 10KM, K-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|----|-----------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | ŁAGUTKO KAMILA | 81 | ŻYJ Z ENERGIA | DARŁOWO | POL | K-40 | 1 | K 5 | 00:45:09.72 | 4:30 | 13.3 |
| 2 | DRABKOWSKA AGNIESZKA | 91 | KRÓLOWA WŁASNEJ BRYKI | BIAŁOGARD | POL | K-40 | 2 | K 8 | 00:49:19.68 | 4:55 | 12.2 |
| 3 | FEDORCZAK JOANNA | 28 | BIEGOLAS KOSZALIN | KONIKOWO | POL | K-40 | 3 | K 9 | 00:50:05.53 | 5:00 | 12 |
| 4 | KULCZYK KATARZYNA | 90 | KB BRYZA POSTOMINO | SŁAWSKO | POL | K-40 | 4 | K 11 | 00:50:55.49 | 5:05 | 11.8 |
| 5 | GRABOWSKA KINGA | 35 | | SŁUPSK | POL | K-40 | 5 | K 13 | 00:52:17.03 | 5:13 | 11.5 |
| 6 | BRZOSTOWSKA EWA | 83 | KB BRYZA POSTOMINO | PIENKOWO | POL | K-40 | 6 | K 16 | 00:56:18.23 | 5:37 | 10.7 |
| 7 | MAJ AGNIESZKA | 50 | | SŁAWNO | POL | K-40 | 7 | K 17 | 00:56:27.15 | 5:38 | 10.6 |

BIEG IM. ASI KENIG - BIEG 10KM, K-40 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|----|------------------------|-----------|------|------|--------|------|-------------|--------|------|
| 8 | SUŁEK DOROTA | 85 | KB BRYZA POSTOMINO | MASŁOWICE | POL | K-40 | 8 | K 18 | 00:58:05.84 | 5:48 | 10.3 |
| 9 | BUZE MAŁGORZATA | 26 | OLSZEWSKI ISYNOWIE | SŁAWNO | POL | K-40 | 9 | K 20 | 01:01:36.17 | 6:09 | 9.7 |
| 10 | ANTOSIK GRAŻYNA | 22 | KS OLSZEWSKI I SYNOWIE | SŁAWSKO | POL | K-40 | 10 | K 24 | 01:16:18.14 | 7:37 | 7.9 |

BIEG IM. ASI KENIG - BIEG 10KM, M-40

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|----|---|------------|------|------|--------|------|-------------|--------|------|
| 1 | RUDNIK KRZYSZTOF | 64 | | SŁUPSK | POL | M-40 | 1 | M 2 | 00:35:46.36 | 3:34 | 16.8 |
| 2 | RUDNIKOWSKI MACIEJ | 65 | BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY | DARŁOWO | POL | M-40 | 2 | M 7 | 00:38:22.24 | 3:50 | 15.6 |
| 3 | SMAGOWSKI WOJTEK | 67 | OSP RĄBINO | RĄBINO | POL | M-40 | 3 | M 10 | 00:39:23.71 | 3:56 | 15.2 |
| 4 | WITKIEWICZ ERYK | 71 | KB 10 BIAŁOGARD | BIAŁOGARD | POL | M-40 | 4 | M 11 | 00:40:25.70 | 4:02 | 14.8 |
| 5 | JABŁOŃSKI TOMASZ | 89 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-40 | 5 | M 12 | 00:41:14.33 | 4:07 | 14.6 |
| 6 | WILUSZ KRZYSZTOF | 70 | STOPA SŁUPSK | SŁUPSK | POL | M-40 | 6 | M 16 | 00:43:14.52 | 4:19 | 13.9 |
| 7 | TURCZYN TOMASZ | 68 | SLAWNO.NASZEMIASTO.PL | SŁAWNO | POL | M-40 | 7 | M 19 | 00:44:52.56 | 4:29 | 13.4 |
| 8 | PŁOSKI KRZYSZTOF | 59 | DOM RYBAKA BOBOLIN | BOBOLIN | POL | M-40 | 8 | M 26 | 00:47:57.81 | 4:47 | 12.5 |
| 9 | OLSZAR GRZEGORZ | 54 | KB DARŁOWSKIE CHARTY | DARŁOWO | POL | M-40 | 9 | M 29 | 00:48:43.85 | 4:52 | 12.3 |
| 10 | SEKULSKI OLWIWER | 21 | OSP MASŁOWICE | MASŁOWICE | POL | M-40 | 10 | M 33 | 00:50:20.52 | 5:02 | 11.9 |
| 11 | GOSTOMCZYK KRZYSZTOF | 34 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-40 | 11 | M 34 | 00:51:29.31 | 5:08 | 11.7 |
| 12 | WÓJCICKI GRZEGORZ | 75 | SPOKO SŁAWNO | SŁAWSKO | POL | M-40 | 12 | M 39 | 00:52:58.81 | 5:17 | 11.3 |
| 13 | PROTASEWICZ ANDRZEJ | 61 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-40 | 13 | M 41 | 00:54:07.66 | 5:24 | 11.1 |
| 14 | RAHOZA SZYMON | 62 | | SIEMIANICE | POL | M-40 | 14 | M 49 | 01:08:56.93 | 6:53 | 8.7 |

BIEG IM. ASI KENIG - BIEG 10KM, M-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-------------------|----|-------------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | RYBARCZYK JAN | 66 | ŻYJ Z ENERGIA | DARŁOWO | POL | M-50 | 1 | M 3 | 00:35:53.93 | 3:35 | 16.7 |
| 2 | ŻURAWIK PIOTR | 76 | GM KĘPICE | KĘPICE | POL | M-50 | 2 | M 18 | 00:44:25.95 | 4:26 | 13.5 |
| 3 | PACZUŁA STANISŁAW | 58 | BIEGAJĄCY DIETETYK TEAM | CEWICE | POL | M-50 | 3 | M 20 | 00:45:57.13 | 4:35 | 13.1 |
| 4 | KONECKI DARIUSZ | 45 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-50 | 4 | M 27 | 00:48:06.72 | 4:48 | 12.5 |
| 5 | STRUŚ ARTUR | 94 | KB BRYZA POSTOMINO | WRZEŚNICA | POL | M-50 | 5 | M 32 | 00:49:03.72 | 4:54 | 12.2 |
| 6 | KAMELSKI PIOTR | 43 | KB SPOKO SŁAWNO | SŁAWNO | POL | M-50 | 6 | M 45 | 01:01:31.96 | 6:09 | 9.8 |
| 7 | WOZNAK DARIUSZ | 74 | | SŁAWNO | POL | M-50 | 7 | M 48 | 01:08:12.94 | 6:49 | 8.8 |

BIEG IM. ASI KENIG - BIEG 10KM, K-50

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------------|----|-----------|-----------|------|------|--------|-----|-------------|--------|------|
| 1 | KUKLIŃSKA-NURKOWSKA LUCYNA | 77 | USB USTKA | USTKA | POL | K-50 | 1 | K 6 | 00:45:16.02 | 4:31 | 13.3 |

BIEG IM. ASI KENIG - BIEG 10KM, K-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|--------------------|----|------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | MARCZAK MAŁGORZATA | 52 | | ŻELKOWO | POL | K-60 | 1 | K 22 | 01:09:50.59 | 6:59 | 8.6 |

BIEG IM. ASI KENIG - BIEG 10KM, M-60

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|----------------------|----|------------------------|-----------|------|------|--------|------|-------------|--------|------|
| 1 | CHUDY HENRYK | 27 | K SOLSZEWSKI I SYNOWIE | SŁAWSKO | POL | M-60 | 1 | M 21 | 00:46:14.42 | 4:37 | 13 |
| 2 | GAWEŁ ZBIGNIEW | 31 | ANANASY Z 3FAL | SŁUPSK | POL | M-60 | 2 | M 30 | 00:48:48.34 | 4:52 | 12.3 |
| 3 | KOZŁOWIECKI WALDEMAR | 87 | TKKF | KOSZALIN | POL | M-60 | 3 | M 43 | 00:56:21.27 | 5:38 | 10.6 |

BIEG IM. ASI KENIG - BIEG 10KM, M-60 c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------|----|------------------|-----------|------|------|--------|------|-------------|--------|------|
| 4 | NOREK RYSZARD | 53 | | SŁAWNO | POL | M-60 | 4 | M 44 | 00:56:26.72 | 5:38 | 10.6 |
| 5 | HELLER ZDZISŁAW | 39 | HERBMARATONOW.PL | KOSZALIN | POL | M-60 | 5 | M 46 | 01:04:08.30 | 6:24 | 9.4 |
| 6 | MARCZAK ANDRZEJ | 51 | | ŻELKOWO | POL | M-60 | 6 | M 50 | 01:15:21.53 | 7:32 | 8 |