

# OTWARTE MISTRZOSTWA KOSZALINA 5 000 M

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
Data: 2023-06-15  
Miejsce: Koszalin  
Dystans: 5 km  
Klasyfikacja wg czasów netto.



## OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h	
1	WITKOWSKI MATEUSZ	1		NOWE BIELICE	POL	SENIOR -M	1	M 1		3	00:09:42	00:11:00	00:12:19	00:13:40	00:15:01	00:16:21.49	3:16	18.3
2	PROWANCKI PATRYK	3	WILKI POMORSKIE	KOSZALIN	POL	SENIOR -M	2	M 2		3	00:09:43	00:11:04	00:12:30	00:13:54	00:15:14	00:16:26.47	3:17	18.3
3	PIETRASCHKE PAWEŁ	52	AML SŁUPSK	SŁUPSK	POL	M-40	1	M 3		3	00:10:01	00:11:20	00:12:41	00:14:02	00:15:22	00:16:36.19	3:19	18.1
4	KARCZ ARTUR	5	OSP MRZEŻYNO	MRZEŻYNO	POL	M-40	2	M 4		3	00:10:27	00:11:53	00:13:17	00:14:42	00:16:07	00:17:16.10	3:27	17.4
5	KOZAK ARKADIUSZ	8	TKKF KOSZALIN	BONIN	POL	M-50	1	M 5		3	00:10:27	00:11:53	00:13:17	00:14:41	00:16:06	00:17:16.79	3:27	17.4
6	KOŁOMAŃSKI MICHAŁ	4	CZARNECKI RUN TEAM	WILKÓW	POL	SENIOR -M	3	M 6		3	00:10:26	00:11:52	00:13:17	00:14:42	00:16:07	00:17:22.61	3:28	17.3
7	WASZCZUK TOMASZ	2	WASZCZUK TEAM	SZCZECIN	POL	M-40	3	M 7		3	00:10:27	00:11:52	00:13:16	00:14:41	00:16:06	00:17:29.70	3:29	17.2
8	FEDORCZAK ŁUKASZ	11	BIEGOLAS KOSZALIN	KONIKOWO	POL	SENIOR -M	4	M 8		3	00:10:47	00:12:15	00:13:41	00:15:11	00:16:40	00:17:58.54	3:35	16.7
9	RUDNIKOWSKI MACIEJ	10	BIEGUZDROWISKOWY.P L / DARŁOWSKIE CHARTY	DARŁOWO	POL	M-40	4	M 9		3	00:10:52	00:12:21	00:13:50	00:15:19	00:16:48	00:18:09.72	3:37	16.5
10	HOŁUB KAMIL	7	MLUKS TRZEBIATÓW	TRZEBIATÓW	POL	M-40	5	M 10		3	00:10:54	00:12:23	00:13:53	00:15:24	00:16:54	00:18:17.59	3:39	16.4
11	SMAGOWSKI WOJTEK	12	OSP RĄBINO	RĄBINO/ŚWIDWI N	POL	M-40	6	M 11		3	00:10:52	00:12:21	00:13:51	00:15:22	00:16:52	00:18:19.39	3:39	16.4
12	PICK TOMASZ	14	BIEGOLAS / KORONA	KOSZALIN	POL	M-50	2	M 12		2	00:11:15	00:12:46	00:14:18	00:15:48	00:17:18	00:18:33.48	3:42	16.2
13	WITKIEWICZ ERYK	24	KB DZIESIATKA BIAŁOGARD	BIAŁOGARD	POL	M-40	7	M 13		2	00:11:08	00:12:40	00:14:13	00:15:46	00:17:20	00:18:40.83	3:44	16.1
14	KLIMOWICZ MICHAŁ	9		KOSZALIN	POL	SENIOR -M	5	M 14		3	00:11:10	00:12:41	00:14:14	00:15:48	00:17:22	00:18:48.00	3:45	16
15	GAJEWSKI ANDRZEJ	21	STOPA SŁUPSK	DAMNICA	POL	M-40	8	M 15		2	00:11:23	00:12:57	00:14:30	00:16:04	00:17:36	00:18:58.26	3:47	15.8
16	CHOLEWIŃSKI ARTUR	18	AML SŁUPSK	SŁUPSK	POL	SENIOR -M	6	M 16		2	00:11:39	00:13:15	00:14:51	00:16:26	00:17:57	00:19:22.24	3:52	15.5
17	NOWICKI MICHAŁ	33	KB WYGAN	KOŁOBRZEG	POL	SENIOR -M	7	M 17		2	00:11:34	00:13:10	00:14:42	00:16:17	00:17:55	00:19:26.75	3:53	15.4
18	PIENIAWSKI MATEUSZ	22		KOSZALIN	POL	SENIOR -M	8	M 18		2	00:11:30	00:13:08	00:14:48	00:16:28	00:18:06	00:19:32.78	3:54	15.4
19	WEBER PAWEŁ	15	BIEGOLAS	KOSZALIN	POL	M-40	9	M 19		2	00:11:32	00:13:09	00:14:48	00:16:26	00:18:04	00:19:33.66	3:54	15.3
20	MAĆKOWIAK KRZYSZTOF	16	DOMINET	KOSZALIN	POL	M-40	10	M 20		2	00:11:35	00:13:13	00:14:52	00:16:30	00:18:08	00:19:38.81	3:55	15.3
21	SZCZUBLEWSKI MARTIN	25	KAMIEŃ RYMAŃSKI	KOSZALIN	POL	SENIOR -M	9	M 21		2	00:11:53	00:13:30	00:15:10	00:16:52	00:18:31	00:20:04.55	4:00	15
22	MARCINIAK MACIEJ	29	PARKRUN	POŁCZYN ZDRÓJ	POL	SENIOR -M	10	M 22		2	00:12:13	00:13:56	00:15:34	00:17:11	00:18:44	00:20:09.79	4:01	14.9
23	KONKEL AGNIESZKA	19		KOSZALIN	POL	SENIOR -K	1	K 1		2	00:11:55	00:13:35	00:15:16	00:16:59	00:18:38	00:20:11.33	4:02	14.9
24	KOŚCIELNIAK ROBERT	54	TKKF KOSZALIN NERO TEAM		POL	M-50	3	M 23		2	00:12:04	00:13:46	00:15:29	00:17:10	00:18:50	00:20:24.76	4:04	14.7
25	MAZURSKI PAWEŁ	26		GRYFICE	POL	SENIOR -M	11	M 24		2	00:12:06	00:13:52	00:15:38	00:17:24	00:19:06	00:20:37.29	4:07	14.6
26	NAGÓREK KRZYSZTOF	32	TUPOT USTKA	SŁUPSK	POL	M-60	1	M 25		2	00:12:18	00:13:58	00:15:41	00:17:23	00:19:06	00:20:39.74	4:07	14.5
27	BIERZANOWSKI RAFAŁ	23		SŁUPSK	POL	M-40	11	M 26		2	00:12:18	00:13:59	00:15:41	00:17:24	00:19:07	00:20:42.27	4:08	14.5
28	KRUK MARCIN	28	TKKF MASTERS KOSZALIN	KOSZALIN	POL	M-40	12	M 27		2	00:12:20	00:14:03	00:15:47	00:17:31	00:19:18	00:20:58.77	4:11	14.3
29	KOCZOROWSKI PAWEŁ	37	W.P.K. SŁOŃ TEAM USTKA	USTKA	POL	M-40	13	M 28		1	00:13:02	00:14:46	00:16:29	00:18:14	00:19:57	00:21:34.83	4:18	13.9
30	CHUDZIK ZBIGNIEW	34	TKKF KOSZALIN	KOSZALIN	POL	M-60	2	M 29		1	00:13:19	00:15:07	00:16:56	00:18:46	00:20:32	00:22:11.84	4:26	13.5
31	DRABKOWSKA AGNIESZKA	47		BIAŁOGARD	POL	K-40	1	K 2		1	00:13:19	00:15:07	00:16:56	00:18:46	00:20:35	00:22:21.99	4:28	13.4
32	ORLIKOWSKI ROBERT	46	POŁCZYN BIEGA ♥	POŁCZYN ZDRÓJ	POL	SENIOR -M	12	M 30		1	00:13:20	00:15:13	00:17:06	00:18:59	00:20:53	00:22:45.68	4:33	13.2
33	OWCZARZ MARCIN	38	FIGA PRACOWNIA PROJEKTOWA	BIAŁOGARD	POL	SENIOR -M	13	M 31		1	00:13:38	00:15:25	00:17:18	00:19:11	00:21:06	00:22:51.10	4:34	13.1

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
34	RUTKOWSKI ARTUR	30	RUNKING / SPORTOWIEC.INFO	KOSZALIN	POL	SENIOR -M	14	M 32	2	00:13:29	00:15:25	00:17:24	00:19:24	00:21:21	00:22:57.29	4:35	13.1
35	GRABAREK EWELINA	36		WIERCISZEWO	POL	SENIOR -K	2	K 3	1	00:13:38	00:15:35	00:17:30	00:19:28	00:21:19	00:23:05.41	4:37	13
36	BRZEZIŃSKI PAWEŁ	35	PAB IRONDAD	KOSZALIN	POL	M-40	14	M 33	1	00:13:54	00:15:51	00:17:48	00:19:43	00:21:40	00:23:31.44	4:42	12.8
37	KRZEWIŃSKA MAŁGORZATA	43	TKKF KOSZALIN	KOSZALIN	POL	K-60	1	K 4	1	00:13:51	00:15:47	00:17:43	00:19:40	00:21:38	00:23:31.79	4:42	12.8
38	ANTKOWIAK SEBASTIAN	42	DB-ACTIVE	KOSZALIN	POL	M-40	15	M 34	1	00:13:50	00:15:47	00:17:45	00:19:44	00:21:42	00:23:37.40	4:43	12.7
39	STRZELECKI GRZEGORZ	40	FIGA PRACOWNIA PROJEKTOWA	BIAŁOGARD	POL	M-40	16	M 35	1	00:14:09	00:16:09	00:18:07	00:20:06	00:22:04	00:23:53.17	4:46	12.6
40	SUDER-MAKSYMOWICZ GRZEGORZ	39		USTRONIE MORSKIE	POL	M-40	17	M 36	1	00:14:21	00:16:23	00:18:25	00:20:22	00:22:19	00:24:06.40	4:49	12.4
41	GIEDROWICZ ALEKSANDRA	45		KOSZALIN	POL	SENIOR -K	3	K 5	1	00:14:18	00:16:21	00:18:24	00:20:21	00:22:18	00:24:20.35	4:52	12.3
42	ZAWISKA ANNA	49		KOSZALIN	POL	SENIOR -K	4	K 6	1	00:14:58	00:17:05	00:19:14	00:21:22	00:23:29	00:25:33.60	5:06	11.7
43	KLASA JAN	53	URZĄD GMINY CZARNA DĄBRÓWKA	NOŻYNO	POL	M-60	3	M 37	1	00:15:05	00:17:10	00:19:18	00:21:26	00:23:34	00:25:38.31	5:07	11.7
44	BOGACKA LUCYNA	48	TKKF KOSZALIN	KOSZALIN	POL	K-60	2	K 7	1	00:15:11	00:17:16	00:19:23	00:21:29	00:23:41	00:25:43.26	5:08	11.7
45	KOZŁOWIECKI WALDEMAR	51		KOSZALIN	POL	M-70+	1	M 38	1	00:16:03	00:18:15	00:20:27	00:22:38	00:24:50	00:26:56.35	5:23	11.1
46	WALEŃSKI MICHAŁ	17		SIANÓW	POL	M-40	18	M 39	2	00:41:28	00:43:00	00:44:29	00:45:56	00:47:24	00:48:49.40	9:45	6.1
47	BLOCH RADOSŁAW	13	WITKOWSKI RUNNING TEAM	DOBROWO	POL	SENIOR -M	15	M 40	2	00:41:36	00:43:08	00:44:39	00:46:09	00:47:37	00:48:56.95	9:47	6.1
48	ŻUCHELKOWSKI HENRYK	44	NEPTUN KOŁOBRZEG	KOŁOBRZEG	POL	SENIOR -M	16	M 41	1	00:45:26	00:47:21	00:49:17	00:51:08	00:53:01	00:54:50.90	10:58	5.5
49	WOJCIECHOWSKA BASIA	27		MRZEŻYNO	POL	SENIOR -K	5	K 8	2	00:12:49	00:14:38	00:16:29	00:18:15	00:19:57		4:20	13.8

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, 1 seria**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	KOCZOROWSKI PAWEŁ	37	W.P.K. SŁOŃ TEAM USTKA	USTKA	POL	M-40	13	M 28	1	00:13:02	00:14:46	00:16:29	00:18:14	00:19:57	00:21:34.83	4:18	13.9
2	CHUDZIK ZBIGNIEW	34	TKKF KOSZALIN	KOSZALIN	POL	M-60	2	M 29	1	00:13:19	00:15:07	00:16:56	00:18:46	00:20:32	00:22:11.84	4:26	13.5
3	DRABKOWSKA AGNIESZKA	47		BIAŁOGARD	POL	K-40	1	K 2	1	00:13:19	00:15:07	00:16:56	00:18:46	00:20:35	00:22:21.99	4:28	13.4
4	ORLIKOWSKI ROBERT	46	POŁCZYN BIEGA ♥	POŁCZYN ZDRÓJ	POL	SENIOR -M	12	M 30	1	00:13:20	00:15:13	00:17:06	00:18:59	00:20:53	00:22:45.68	4:33	13.2
5	OWCZARZ MARCIN	38	FIGA PRACOWNIA PROJEKTOWA	BIAŁOGARD	POL	SENIOR -M	13	M 31	1	00:13:38	00:15:25	00:17:18	00:19:11	00:21:06	00:22:51.10	4:34	13.1
6	GRABAREK EWELINA	36		WIERCISZEWO	POL	SENIOR -K	2	K 3	1	00:13:38	00:15:35	00:17:30	00:19:28	00:21:19	00:23:05.41	4:37	13
7	BRZEZIŃSKI PAWEŁ	35	PAB IRONDAD	KOSZALIN	POL	M-40	14	M 33	1	00:13:54	00:15:51	00:17:48	00:19:43	00:21:40	00:23:31.44	4:42	12.8
8	KRZEWIŃSKA MAŁGORZATA	43	TKKF KOSZALIN	KOSZALIN	POL	K-60	1	K 4	1	00:13:51	00:15:47	00:17:43	00:19:40	00:21:38	00:23:31.79	4:42	12.8
9	ANTKOWIAK SEBASTIAN	42	DB-ACTIVE	KOSZALIN	POL	M-40	15	M 34	1	00:13:50	00:15:47	00:17:45	00:19:44	00:21:42	00:23:37.40	4:43	12.7
10	STRZELECKI GRZEGORZ	40	FIGA PRACOWNIA PROJEKTOWA	BIAŁOGARD	POL	M-40	16	M 35	1	00:14:09	00:16:09	00:18:07	00:20:06	00:22:04	00:23:53.17	4:46	12.6
11	SUDER-MAKSYMOWICZ GRZEGORZ	39		USTRONIE MORSKIE	POL	M-40	17	M 36	1	00:14:21	00:16:23	00:18:25	00:20:22	00:22:19	00:24:06.40	4:49	12.4
12	GIEDROWICZ ALEKSANDRA	45		KOSZALIN	POL	SENIOR -K	3	K 5	1	00:14:18	00:16:21	00:18:24	00:20:21	00:22:18	00:24:20.35	4:52	12.3
13	ZAWISKA ANNA	49		KOSZALIN	POL	SENIOR -K	4	K 6	1	00:14:58	00:17:05	00:19:14	00:21:22	00:23:29	00:25:33.60	5:06	11.7
14	KLASA JAN	53	URZĄD GMINY CZARNA DĄBRÓWKA	NOŻYNO	POL	M-60	3	M 37	1	00:15:05	00:17:10	00:19:18	00:21:26	00:23:34	00:25:38.31	5:07	11.7
15	BOGACKA LUCYNA	48	TKKF KOSZALIN	KOSZALIN	POL	K-60	2	K 7	1	00:15:11	00:17:16	00:19:23	00:21:29	00:23:41	00:25:43.26	5:08	11.7
16	KOZŁOWIECKI WALDEMAR	51		KOSZALIN	POL	M-70+	1	M 38	1	00:16:03	00:18:15	00:20:27	00:22:38	00:24:50	00:26:56.35	5:23	11.1

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, 1 seria c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
17	ZUCHELKOWSKI HENRYK	44	NEPTUN KOŁOBRZEG	KOŁOBRZEG	POL	SENIOR -M	16	M 41	1	00:45:26	00:47:21	00:49:17	00:51:08	00:53:01	00:54:50.90	10:58	5.5

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, 2 seria**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	PICK TOMASZ	14	BIEGOLAS / KORONA	KOSZALIN	POL	M-50	2	M 12	2	00:11:15	00:12:46	00:14:18	00:15:48	00:17:18	00:18:33.48	3:42	16.2
2	WITKIEWICZ ERYK	24	KB DZIESIATKA BIAŁOGARD	BIAŁOGARD	POL	M-40	7	M 13	2	00:11:08	00:12:40	00:14:13	00:15:46	00:17:20	00:18:40.83	3:44	16.1
3	GAJEWSKI ANDRZEJ	21	STOPA SŁUPSK	DAMNICA	POL	M-40	8	M 15	2	00:11:23	00:12:57	00:14:30	00:16:04	00:17:36	00:18:58.26	3:47	15.8
4	CHOLEWIŃSKI ARTUR	18	AML SŁUPSK	SŁUPSK	POL	SENIOR -M	6	M 16	2	00:11:39	00:13:15	00:14:51	00:16:26	00:17:57	00:19:22.24	3:52	15.5
5	NOWICKI MICHAŁ	33	KB WYGAN	KOŁOBRZEG	POL	SENIOR -M	7	M 17	2	00:11:34	00:13:10	00:14:42	00:16:17	00:17:55	00:19:26.75	3:53	15.4
6	PIENIAWSKI MATEUSZ	22		KOSZALIN	POL	SENIOR -M	8	M 18	2	00:11:30	00:13:08	00:14:48	00:16:28	00:18:06	00:19:32.78	3:54	15.4
7	WEBER PAWEŁ	15	BIEGOLAS	KOSZALIN	POL	M-40	9	M 19	2	00:11:32	00:13:09	00:14:48	00:16:26	00:18:04	00:19:33.66	3:54	15.3
8	MACKOWIAK KRZYSZTOF	16	DOMINET	KOSZALIN	POL	M-40	10	M 20	2	00:11:35	00:13:13	00:14:52	00:16:30	00:18:08	00:19:38.81	3:55	15.3
9	SZCZUBLEWSKI MARTIN	25	KAMIEŃ RYMAŃSKI	KOSZALIN	POL	SENIOR -M	9	M 21	2	00:11:53	00:13:30	00:15:10	00:16:52	00:18:31	00:20:04.55	4:00	15
10	MARCINIAK MACIEJ	29	PARKRUN	POŁCZYN ZDRÓJ	POL	SENIOR -M	10	M 22	2	00:12:13	00:13:56	00:15:34	00:17:11	00:18:44	00:20:09.79	4:01	14.9
11	KONKEL AGNIESZKA	19		KOSZALIN	POL	SENIOR -K	1	K 1	2	00:11:55	00:13:35	00:15:16	00:16:59	00:18:38	00:20:11.33	4:02	14.9
12	KOŚCIELNIAK ROBERT	54	TKKF KOSZALIN NERO TEAM		POL	M-50	3	M 23	2	00:12:04	00:13:46	00:15:29	00:17:10	00:18:50	00:20:24.76	4:04	14.7
13	MAZURSKI PAWEŁ	26		GRYFICE	POL	SENIOR -M	11	M 24	2	00:12:06	00:13:52	00:15:38	00:17:24	00:19:06	00:20:37.29	4:07	14.6
14	NAGÓREK KRZYSZTOF	32	TUPOT USTKA	SŁUPSK	POL	M-60	1	M 25	2	00:12:18	00:13:58	00:15:41	00:17:23	00:19:06	00:20:39.74	4:07	14.5
15	BIERZANOWSKI RAFAŁ	23		SŁUPSK	POL	M-40	11	M 26	2	00:12:18	00:13:59	00:15:41	00:17:24	00:19:07	00:20:42.27	4:08	14.5
16	KRUK MARCIN	28	TKKF MASTERS KOSZALIN	KOSZALIN	POL	M-40	12	M 27	2	00:12:20	00:14:03	00:15:47	00:17:31	00:19:18	00:20:58.77	4:11	14.3
17	RUTKOWSKI ARTUR	30	RUNKING / SPORTOWIEC.INFO	KOSZALIN	POL	SENIOR -M	14	M 32	2	00:13:29	00:15:25	00:17:24	00:19:24	00:21:21	00:22:57.29	4:35	13.1
18	WALEŃSKI MICHAŁ	17		SIANÓW	POL	M-40	18	M 39	2	00:41:28	00:43:00	00:44:29	00:45:56	00:47:24	00:48:49.40	9:45	6.1
19	BLOCH RADOSŁAW	13	WITKOWSKI RUNNING TEAM	DOBROWO	POL	SENIOR -M	15	M 40	2	00:41:36	00:43:08	00:44:39	00:46:09	00:47:37	00:48:56.95	9:47	6.1
20	WOJCIECHOWSKA BASIA	27		MRZEŻYNO	POL	SENIOR -K	5	K 8	2	00:12:49	00:14:38	00:16:29	00:18:15	00:19:57		4:20	13.8

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, 3 seria**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	WITKOWSKI MATEUSZ	1		NOWE BIELICE	POL	SENIOR -M	1	M 1	3	00:09:42	00:11:00	00:12:19	00:13:40	00:15:01	00:16:21.49	3:16	18.3
2	PROWANCKI PATRYK	3	WILKI POMORSKIE	KOSZALIN	POL	SENIOR -M	2	M 2	3	00:09:43	00:11:04	00:12:30	00:13:54	00:15:14	00:16:26.47	3:17	18.3
3	PIETRASCHKE PAWEŁ	52	AML SŁUPSK	SŁUPSK	POL	M-40	1	M 3	3	00:10:01	00:11:20	00:12:41	00:14:02	00:15:22	00:16:36.19	3:19	18.1
4	KARCZ ARTUR	5	OSP MRZEŻYNO	MRZEŻYNO	POL	M-40	2	M 4	3	00:10:27	00:11:53	00:13:17	00:14:42	00:16:07	00:17:16.10	3:27	17.4
5	KOZAK ARKADIUSZ	4	TKKF KOSZALIN	BONIN	POL	M-50	1	M 5	3	00:10:27	00:11:53	00:13:17	00:14:41	00:16:06	00:17:16.79	3:27	17.4
6	KOŁOMAŃSKI MICHAŁ	8	CZARNECKI RUN TEAM	WILKÓW	POL	SENIOR -M	3	M 6	3	00:10:26	00:11:52	00:13:17	00:14:42	00:16:07	00:17:22.61	3:28	17.3
7	WASZCZUK TOMASZ	2	WASZCZUK TEAM	SZCZECIN	POL	M-40	3	M 7	3	00:10:27	00:11:52	00:13:16	00:14:41	00:16:06	00:17:29.70	3:29	17.2
8	FEDORCZAK ŁUKASZ	11	BIEGOLAS KOSZALIN	KONIKOWO	POL	SENIOR -M	4	M 8	3	00:10:47	00:12:15	00:13:41	00:15:11	00:16:40	00:17:58.54	3:35	16.7
9	RUDNIKOWSKI MACIEJ	10	BIEGUZDROWISKOWY.P L / DARŁOWSKIE CHARTY	DARŁOWO	POL	M-40	4	M 9	3	00:10:52	00:12:21	00:13:50	00:15:19	00:16:48	00:18:09.72	3:37	16.5
10	HOŁUB KAMIL	7	MLUKS TRZEBIATÓW	TRZEBIATÓW	POL	M-40	5	M 10	3	00:10:54	00:12:23	00:13:53	00:15:24	00:16:54	00:18:17.59	3:39	16.4
11	SMAGOWSKI WOJTEK	12	OSP RĄBINO	RĄBINO/SWIDWI N	POL	M-40	6	M 11	3	00:10:52	00:12:21	00:13:51	00:15:22	00:16:52	00:18:19.39	3:39	16.4
12	KLIMOWICZ MICHAŁ	9		KOSZALIN	POL	SENIOR -M	5	M 14	3	00:11:10	00:12:41	00:14:14	00:15:48	00:17:22	00:18:48.00	3:45	16

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, OPEN -K**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	KONKEL AGNIESZKA	19		KOSZALIN	POL	SENIOR -K	1	K 1	2	00:11:55	00:13:35	00:15:16	00:16:59	00:18:38	00:20:11.33	4:02	14.9
2	DRABKOWSKA AGNIESZKA	47		BIAŁOGARD	POL	K-40	1	K 2	1	00:13:19	00:15:07	00:16:56	00:18:46	00:20:35	00:22:21.99	4:28	13.4
3	GRABAREK EWELINA	36		WIERCISZEWO	POL	SENIOR -K	2	K 3	1	00:13:38	00:15:35	00:17:30	00:19:28	00:21:19	00:23:05.41	4:37	13
4	KRZEWIŃSKA MAŁGORZATA	43	TKKF KOSZALIN	KOSZALIN	POL	K-60	1	K 4	1	00:13:51	00:15:47	00:17:43	00:19:40	00:21:38	00:23:31.79	4:42	12.8
5	GIEDROWICZ ALEKSANDRA	45		KOSZALIN	POL	SENIOR -K	3	K 5	1	00:14:18	00:16:21	00:18:24	00:20:21	00:22:18	00:24:20.35	4:52	12.3
6	ZAWISKA ANNA	49		KOSZALIN	POL	SENIOR -K	4	K 6	1	00:14:58	00:17:05	00:19:14	00:21:22	00:23:29	00:25:33.60	5:06	11.7
7	BOGACKA LUCYNA	48	TKKF KOSZALIN	KOSZALIN	POL	K-60	2	K 7	1	00:15:11	00:17:16	00:19:23	00:21:29	00:23:41	00:25:43.26	5:08	11.7
8	WOJCIECHOWSKA BASIA	27		MRZEŻYNO	POL	SENIOR -K	5	K 8	2	00:12:49	00:14:38	00:16:29	00:18:15	00:19:57		4:20	13.8

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, OPEN -M**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	WITKOWSKI MATEUSZ	1		NOWE BIELICE	POL	SENIOR -M	1	M 1	3	00:09:42	00:11:00	00:12:19	00:13:40	00:15:01	00:16:21.49	3:16	18.3
2	PROWANCKI PATRYK	3	WILKI POMORSKIE	KOSZALIN	POL	SENIOR -M	2	M 2	3	00:09:43	00:11:04	00:12:30	00:13:54	00:15:14	00:16:26.47	3:17	18.3
3	PIETRASCHKE PAWEŁ	52	AML SŁUPSK	SŁUPSK	POL	M-40	1	M 3	3	00:10:01	00:11:20	00:12:41	00:14:02	00:15:22	00:16:36.19	3:19	18.1
4	KARCZ ARTUR	5	OSP MRZEŻYNO	MRZEŻYNO	POL	M-40	2	M 4	3	00:10:27	00:11:53	00:13:17	00:14:42	00:16:07	00:17:16.10	3:27	17.4
5	KOZAK ARKADIUSZ	8	TKKF KOSZALIN	BONIN	POL	M-50	1	M 5	3	00:10:27	00:11:53	00:13:17	00:14:41	00:16:06	00:17:16.79	3:27	17.4
6	KOŁOMAŃSKI MICHAŁ	4	CZARNECKI RUN TEAM	WILKÓW	POL	SENIOR -M	3	M 6	3	00:10:26	00:11:52	00:13:17	00:14:42	00:16:07	00:17:22.61	3:28	17.3
7	WASZCZUK TOMASZ	2	WASZCZUK TEAM	SZCZECIN	POL	M-40	3	M 7	3	00:10:27	00:11:52	00:13:16	00:14:41	00:16:06	00:17:29.70	3:29	17.2
8	FEDORCZAK ŁUKASZ	11	BIEGOLAS KOSZALIN	KONIKOWO	POL	SENIOR -M	4	M 8	3	00:10:47	00:12:15	00:13:41	00:15:11	00:16:40	00:17:58.54	3:35	16.7
9	RUDNIKOWSKI MACIEJ	10	BIEGUZDROWISKOWY.P L / DARŁOWSKIE CHARTY	DARŁOWO	POL	M-40	4	M 9	3	00:10:52	00:12:21	00:13:50	00:15:19	00:16:48	00:18:09.72	3:37	16.5
10	HOŁUB KAMIL	7	MLUKS TRZEBIATÓW	TRZEBIATÓW	POL	M-40	5	M 10	3	00:10:54	00:12:23	00:13:53	00:15:24	00:16:54	00:18:17.59	3:39	16.4
11	SMAGOWSKI WOJTEK	12	OSP RĄBINO	RĄBINO/ŚWIDWIN	POL	M-40	6	M 11	3	00:10:52	00:12:21	00:13:51	00:15:22	00:16:52	00:18:19.39	3:39	16.4
12	PICK TOMASZ	14	BIEGOLAS / KORONA	KOSZALIN	POL	M-50	2	M 12	2	00:11:15	00:12:46	00:14:18	00:15:48	00:17:18	00:18:33.48	3:42	16.2
13	WITKIEWICZ ERYK	24	KB DZIESIATKA BIAŁOGARD	BIAŁOGARD	POL	M-40	7	M 13	2	00:11:08	00:12:40	00:14:13	00:15:46	00:17:20	00:18:40.83	3:44	16.1
14	KLIMOWICZ MICHAŁ	9		KOSZALIN	POL	SENIOR -M	5	M 14	3	00:11:10	00:12:41	00:14:14	00:15:48	00:17:22	00:18:48.00	3:45	16
15	GAJEWSKI ANDRZEJ	21	STOPA SŁUPSK	DAMNICA	POL	M-40	8	M 15	2	00:11:23	00:12:57	00:14:30	00:16:04	00:17:36	00:18:58.26	3:47	15.8
16	CHOLEWIŃSKI ARTUR	18	AML SŁUPSK	SŁUPSK	POL	SENIOR -M	6	M 16	2	00:11:39	00:13:15	00:14:51	00:16:26	00:17:57	00:19:22.24	3:52	15.5
17	NOWICKI MICHAŁ	33	KB WYGAN	KOŁOBRZEG	POL	SENIOR -M	7	M 17	2	00:11:34	00:13:10	00:14:42	00:16:17	00:17:55	00:19:26.75	3:53	15.4
18	PIENIAWSKI MATEUSZ	22		KOSZALIN	POL	SENIOR -M	8	M 18	2	00:11:30	00:13:08	00:14:48	00:16:28	00:18:06	00:19:32.78	3:54	15.4
19	WEBER PAWEŁ	15	BIEGOLAS	KOSZALIN	POL	M-40	9	M 19	2	00:11:32	00:13:09	00:14:48	00:16:26	00:18:04	00:19:33.66	3:54	15.3
20	MAĆKOWIAK KRZYSZTOF	16	DOMINET	KOSZALIN	POL	M-40	10	M 20	2	00:11:35	00:13:13	00:14:52	00:16:30	00:18:08	00:19:38.81	3:55	15.3
21	SZCZUBLEWSKI MARTIN	25	KAMIEŃ RYMAŃSKI	KOSZALIN	POL	SENIOR -M	9	M 21	2	00:11:53	00:13:30	00:15:10	00:16:52	00:18:31	00:20:04.55	4:00	15
22	MARCINIAK MACIEJ	29	PARKRUN	POŁCZYN ZDRÓJ	POL	SENIOR -M	10	M 22	2	00:12:13	00:13:56	00:15:34	00:17:11	00:18:44	00:20:09.79	4:01	14.9
23	KOŚCIELNIAK ROBERT	54	TKKF KOSZALIN NERO TEAM		POL	M-50	3	M 23	2	00:12:04	00:13:46	00:15:29	00:17:10	00:18:50	00:20:24.76	4:04	14.7
24	MAZURSKI PAWEŁ	26		GRYFICE	POL	SENIOR -M	11	M 24	2	00:12:06	00:13:52	00:15:38	00:17:24	00:19:06	00:20:37.29	4:07	14.6
25	NAGÓREK KRZYSZTOF	32	TUPOT USTKA	SŁUPSK	POL	M-60	1	M 25	2	00:12:18	00:13:58	00:15:41	00:17:23	00:19:06	00:20:39.74	4:07	14.5
26	BIERZANOWSKI RAFAŁ	23		SŁUPSK	POL	M-40	11	M 26	2	00:12:18	00:13:59	00:15:41	00:17:24	00:19:07	00:20:42.27	4:08	14.5
27	KRUK MARCIN	28	TKKF MASTERS KOSZALIN	KOSZALIN	POL	M-40	12	M 27	2	00:12:20	00:14:03	00:15:47	00:17:31	00:19:18	00:20:58.77	4:11	14.3
28	KOCZOROWSKI PAWEŁ	37	W.P.K. SŁOŃ TEAM USTKA	USTKA	POL	M-40	13	M 28	1	00:13:02	00:14:46	00:16:29	00:18:14	00:19:57	00:21:34.83	4:18	13.9
29	CHUDZIK ZBIGNIEW	34	TKKF KOSZALIN	KOSZALIN	POL	M-60	2	M 29	1	00:13:19	00:15:07	00:16:56	00:18:46	00:20:32	00:22:11.84	4:26	13.5
30	ORLIKOWSKI ROBERT	46	POŁCZYN BIEGA	POŁCZYN ZDRÓJ	POL	SENIOR -M	12	M 30	1	00:13:20	00:15:13	00:17:06	00:18:59	00:20:53	00:22:45.68	4:33	13.2

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, OPEN -M c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
31	OWCZARZ MARCIN	38	FIGA PRACOWNIA PROJEKTOWA	BIAŁOGARD	POL	SENIOR -M	13	M 31	1	00:13:38	00:15:25	00:17:18	00:19:11	00:21:06	00:22:51.10	4:34	13.1
32	RUTKOWSKI ARTUR	30	RUNKING / SPORTOWIEC.INFO	KOSZALIN	POL	SENIOR -M	14	M 32	2	00:13:29	00:15:25	00:17:24	00:19:24	00:21:21	00:22:57.29	4:35	13.1
33	BRZEZIŃSKI PAWEŁ	35	PAB IRONDAD	KOSZALIN	POL	M-40	14	M 33	1	00:13:54	00:15:51	00:17:48	00:19:43	00:21:40	00:23:31.44	4:42	12.8
34	ANTKOWIAK SEBASTIAN	42	DB-ACTIVE	KOSZALIN	POL	M-40	15	M 34	1	00:13:50	00:15:47	00:17:45	00:19:44	00:21:42	00:23:37.40	4:43	12.7
35	STRZELECKI GRZEGORZ	40	FIGA PRACOWNIA PROJEKTOWA	BIAŁOGARD	POL	M-40	16	M 35	1	00:14:09	00:16:09	00:18:07	00:20:06	00:22:04	00:23:53.17	4:46	12.6
36	SUDER-MAKSYMOWICZ GRZEGORZ	39		USTRONIE MORSKIE	POL	M-40	17	M 36	1	00:14:21	00:16:23	00:18:25	00:20:22	00:22:19	00:24:06.40	4:49	12.4
37	KLASA JAN	53	URZĄD GMINY CZARNA DĄBRÓWKA	NOŻYNO	POL	M-60	3	M 37	1	00:15:05	00:17:10	00:19:18	00:21:26	00:23:34	00:25:38.31	5:07	11.7
38	KOZŁOWIECKI WALDEMAR	51		KOSZALIN	POL	M-70+	1	M 38	1	00:16:03	00:18:15	00:20:27	00:22:38	00:24:50	00:26:56.35	5:23	11.1
39	WALEŃSKI MICHAŁ	17		SIANÓW	POL	M-40	18	M 39	2	00:41:28	00:43:00	00:44:29	00:45:56	00:47:24	00:48:49.40	9:45	6.1
40	BLOCH RADOSŁAW	13	WITKOWSKI RUNNING TEAM	DOBROWO	POL	SENIOR -M	15	M 40	2	00:41:36	00:43:08	00:44:39	00:46:09	00:47:37	00:48:56.95	9:47	6.1
41	ŻUCHELKOWSKI HENRYK	44	NEPTUN KOŁOBRZEG	KOŁOBRZEG	POL	SENIOR -M	16	M 41	1	00:45:26	00:47:21	00:49:17	00:51:08	00:53:01	00:54:50.90	10:58	5.5

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, SENIOR -K**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	KONKEL AGNIESZKA	19		KOSZALIN	POL	SENIOR -K	1	K 1	2	00:11:55	00:13:35	00:15:16	00:16:59	00:18:38	00:20:11.33	4:02	14.9
2	GRABAREK EWELINA	36		WIERCISZEWO	POL	SENIOR -K	2	K 3	1	00:13:38	00:15:35	00:17:30	00:19:28	00:21:19	00:23:05.41	4:37	13
3	GIEDROWICZ ALEKSANDRA	45		KOSZALIN	POL	SENIOR -K	3	K 5	1	00:14:18	00:16:21	00:18:24	00:20:21	00:22:18	00:24:20.35	4:52	12.3
4	ZAWISKA ANNA	49		KOSZALIN	POL	SENIOR -K	4	K 6	1	00:14:58	00:17:05	00:19:14	00:21:22	00:23:29	00:25:33.60	5:06	11.7
5	WOJCIECHOWSKA BASIA	27		MRZEŻYNO	POL	SENIOR -K	5	K 8	2	00:12:49	00:14:38	00:16:29	00:18:15	00:19:57		4:20	13.8

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, SENIOR -M**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h	
1	WITKOWSKI MATEUSZ	1		NOWE BIELICE	POL	SENIOR -M	1	M 1	3	00:09:42	00:11:00	00:12:19	00:13:40	00:15:01	00:16:21.49	3:16	18.3	
2	PROWANCKI PATRYK	3	WILKI POMORSKIE	KOSZALIN	POL	SENIOR -M	2	M 2	3	00:09:43	00:11:04	00:12:30	00:13:54	00:15:14	00:16:26.47	3:17	18.3	
3	KOŁOMAŃSKI MICHAŁ	4	CZARNECKI RUN TEAM	WILKÓW	POL	SENIOR -M	3	M 6	3	00:10:26	00:11:52	00:13:17	00:14:42	00:16:07	00:17:22.61	3:28	17.3	
4	FEDORCZAK ŁUKASZ	11	BIEGOLAS KOSZALIN	KONIKOWO	POL	SENIOR -M	4	M 8	3	00:10:47	00:12:15	00:13:41	00:15:11	00:16:40	00:17:58.54	3:35	16.7	
5	KLIMOWICZ MICHAŁ	9		KOSZALIN	POL	SENIOR -M	5	M 14	3	00:11:10	00:12:41	00:14:14	00:15:48	00:17:22	00:18:48.00	3:45	16	
6	CHOLEWIŃSKI ARTUR	18	AML SŁUPSK	SŁUPSK	POL	SENIOR -M	6	M 16	2	00:11:39	00:13:15	00:14:51	00:16:26	00:17:57	00:19:22.24	3:52	15.5	
7	NOWICKI MICHAŁ	33	KB WYGAN	KOŁOBRZEG	POL	SENIOR -M	7	M 17	2	00:11:34	00:13:10	00:14:42	00:16:17	00:17:55	00:19:26.75	3:53	15.4	
8	PIENIAWSKI MATEUSZ	22		KOSZALIN	POL	SENIOR -M	8	M 18	2	00:11:30	00:13:08	00:14:48	00:16:28	00:18:06	00:19:32.78	3:54	15.4	
9	SZCZUBLEWSKI MARTIN	25	KAMIEŃ RYMAŃSKI	KOSZALIN	POL	SENIOR -M	9	M 21	2	00:11:53	00:13:30	00:15:10	00:16:52	00:18:31	00:20:04.55	4:00	15	
10	MARCINIAK MACIEJ	29	PARKRUN	POŁCZYN ZDRÓJ	POL	SENIOR -M	10	M 22	2	00:12:13	00:13:56	00:15:34	00:17:11	00:18:44	00:20:09.79	4:01	14.9	
11	MAZURSKI PAWEŁ	26		GRYFICE	POL	SENIOR -M	11	M 24	2	00:12:06	00:13:52	00:15:38	00:17:24	00:19:06	00:20:37.29	4:07	14.6	
12	ORLIKOWSKI ROBERT	46		POŁCZYN BIEGA	POŁCZYN ZDRÓJ	POL	SENIOR -M	12	M 30	1	00:13:20	00:15:13	00:17:06	00:18:59	00:20:53	00:22:45.68	4:33	13.2
13	OWCZARZ MARCIN	38	FIGA PRACOWNIA PROJEKTOWA	BIAŁOGARD	POL	SENIOR -M	13	M 31	1	00:13:38	00:15:25	00:17:18	00:19:11	00:21:06	00:22:51.10	4:34	13.1	
14	RUTKOWSKI ARTUR	30	RUNKING / SPORTOWIEC.INFO	KOSZALIN	POL	SENIOR -M	14	M 32	2	00:13:29	00:15:25	00:17:24	00:19:24	00:21:21	00:22:57.29	4:35	13.1	
15	BLOCH RADOSŁAW	13	WITKOWSKI RUNNING TEAM	DOBROWO	POL	SENIOR -M	15	M 40	2	00:41:36	00:43:08	00:44:39	00:46:09	00:47:37	00:48:56.95	9:47	6.1	

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, SENIOR -M c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
16	ZUCHELKOWSKI HENRYK	44	NEPTUN KOŁOBRZEG	KOŁOBRZEG	POL	SENIOR -M	16	M 41	1	00:45:26	00:47:21	00:49:17	00:51:08	00:53:01	00:54:50.90	10:58	5.5

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, K-40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	DRABKOWSKA AGNIESZKA	47		BIAŁOGARD	POL	K-40	1	K 2	1	00:13:19	00:15:07	00:16:56	00:18:46	00:20:35	00:22:21.99	4:28	13.4

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, M-40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	PIETRASCHKE PAWEŁ	52	AML SŁUPSK	SŁUPSK	POL	M-40	1	M 3	3	00:10:01	00:11:20	00:12:41	00:14:02	00:15:22	00:16:36.19	3:19	18.1
2	KARCZ ARTUR	5	OSP MRZEŻYNO	MRZEŻYNO	POL	M-40	2	M 4	3	00:10:27	00:11:53	00:13:17	00:14:42	00:16:07	00:17:16.10	3:27	17.4
3	WASZCZUK TOMASZ	2	WASZCZUK TEAM	SZCZECIN	POL	M-40	3	M 7	3	00:10:27	00:11:52	00:13:16	00:14:41	00:16:06	00:17:29.70	3:29	17.2
4	RUDNIKOWSKI MACIEJ	10	BIEGUZDROWISKOWY.P L / DARŁOWSKIE CHARTY	DARŁOWO	POL	M-40	4	M 9	3	00:10:52	00:12:21	00:13:50	00:15:19	00:16:48	00:18:09.72	3:37	16.5
5	HOŁUB KAMIL	7	MLUKS TRZEBIATÓW	TRZEBIATÓW	POL	M-40	5	M 10	3	00:10:54	00:12:23	00:13:53	00:15:24	00:16:54	00:18:17.59	3:39	16.4
6	SMAGOWSKI WOJTEK	12	OSP RĄBINO	RĄBINO/ŚWIDWI N	POL	M-40	6	M 11	3	00:10:52	00:12:21	00:13:51	00:15:22	00:16:52	00:18:19.39	3:39	16.4
7	WITKIEWICZ ERYK	24	KB DZIESIATKA BIAŁOGARD	BIAŁOGARD	POL	M-40	7	M 13	2	00:11:08	00:12:40	00:14:13	00:15:46	00:17:20	00:18:40.83	3:44	16.1
8	GAJEWSKI ANDRZEJ	21	STOPA SŁUPSK	DAMNICA	POL	M-40	8	M 15	2	00:11:23	00:12:57	00:14:30	00:16:04	00:17:36	00:18:58.26	3:47	15.8
9	WEBER PAWEŁ	15	BIEGOLAS	KOSZALIN	POL	M-40	9	M 19	2	00:11:32	00:13:09	00:14:48	00:16:26	00:18:04	00:19:33.66	3:54	15.3
10	MACKOWIAK KRZYSZTOF	16	DOMINET	KOSZALIN	POL	M-40	10	M 20	2	00:11:35	00:13:13	00:14:52	00:16:30	00:18:08	00:19:38.81	3:55	15.3
11	BIERZANOWSKI RAFAŁ	23		SŁUPSK	POL	M-40	11	M 26	2	00:12:18	00:13:59	00:15:41	00:17:24	00:19:07	00:20:42.27	4:08	14.5
12	KRUK MARCIN	28	TKKF MASTERS KOSZALIN	KOSZALIN	POL	M-40	12	M 27	2	00:12:20	00:14:03	00:15:47	00:17:31	00:19:18	00:20:58.77	4:11	14.3
13	KOCZOROWSKI PAWEŁ	37	W.P.K. SŁOŃ TEAM USTKA	USTKA	POL	M-40	13	M 28	1	00:13:02	00:14:46	00:16:29	00:18:14	00:19:57	00:21:34.83	4:18	13.9
14	BRZEZIŃSKI PAWEŁ	35	PAB IRONDAD	KOSZALIN	POL	M-40	14	M 33	1	00:13:54	00:15:51	00:17:48	00:19:43	00:21:40	00:23:31.44	4:42	12.8
15	ANTKOWIAK SEBASTIAN	42	DB-ACTIVE	KOSZALIN	POL	M-40	15	M 34	1	00:13:50	00:15:47	00:17:45	00:19:44	00:21:42	00:23:37.40	4:43	12.7
16	STRZELECKI GRZEGORZ	40	FIGA PRACOWNIA PROJEKTOWA	BIAŁOGARD	POL	M-40	16	M 35	1	00:14:09	00:16:09	00:18:07	00:20:06	00:22:04	00:23:53.17	4:46	12.6
17	SUDER-MAKSYMOWICZ GRZEGORZ	39		USTRONIE MORSKIE	POL	M-40	17	M 36	1	00:14:21	00:16:23	00:18:25	00:20:22	00:22:19	00:24:06.40	4:49	12.4
18	WALEŃSKI MICHAŁ	17		SIANÓW	POL	M-40	18	M 39	2	00:41:28	00:43:00	00:44:29	00:45:56	00:47:24	00:48:49.40	9:45	6.1

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, M-50**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	KOZAK ARKADIUSZ	8	TKKF KOSZALIN	BONIN	POL	M-50	1	M 5	3	00:10:27	00:11:53	00:13:17	00:14:41	00:16:06	00:17:16.79	3:27	17.4
2	PICK TOMASZ	14	BIEGOLAS / KORONA	KOSZALIN	POL	M-50	2	M 12	2	00:11:15	00:12:46	00:14:18	00:15:48	00:17:18	00:18:33.48	3:42	16.2
3	KOŚCIELNIAK ROBERT	54	TKKF KOSZALIN NERO TEAM		POL	M-50	3	M 23	2	00:12:04	00:13:46	00:15:29	00:17:10	00:18:50	00:20:24.76	4:04	14.7

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, K-60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	KRZEWIŃSKA MAŁGORZATA	43	TKKF KOSZALIN	KOSZALIN	POL	K-60	1	K 4	1	00:13:51	00:15:47	00:17:43	00:19:40	00:21:38	00:23:31.79	4:42	12.8
2	BOGACKA LUCYNA	48	TKKF KOSZALIN	KOSZALIN	POL	K-60	2	K 7	1	00:15:11	00:17:16	00:19:23	00:21:29	00:23:41	00:25:43.26	5:08	11.7

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, M-60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	NAGÓREK KRZYSZTOF	32	TUPOT USTKA	SŁUPSK	POL	M-60	1	M 25	2	00:12:18	00:13:58	00:15:41	00:17:23	00:19:06	00:20:39.74	4:07	14.5
2	CHUDZIK ZBIGNIEW	34	TKKF KOSZALIN	KOSZALIN	POL	M-60	2	M 29	1	00:13:19	00:15:07	00:16:56	00:18:46	00:20:32	00:22:11.84	4:26	13.5
3	KLASA JAN	53	URZĄD GMINY CZARNA DĄBRÓWKA	NOŻYNO	POL	M-60	3	M 37	1	00:15:05	00:17:10	00:19:18	00:21:26	00:23:34	00:25:38.31	5:07	11.7

**OTWARTE MISTRZOSTWA KOSZALINA 5 000 M, M-70+**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Seria	3km	3.4km	3.8km	4.2km	4.6km	Netto	min/km	km/h
1	KOZŁOWIECKI WALDEMAR	51		KOSZALIN	POL	M-70+	1	M 38	1	00:16:03	00:18:15	00:20:27	00:22:38	00:24:50	00:26:56.35	5:23	11.1