

BIEG GŁÓWNY - 5 KM - ATEST PZLA - BIEG 1

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
 Data: 2024-12-28
 Miejsce: Koszalin
 Dystans: 5 km
 Klasyfikacja wg czasów netto.

**BIEG GŁÓWNY - 5 KM - ATEST PZLA - BIEG 1, OPEN**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	3.3km	Netto	min/km	km/h
1	DOMŻAŁSKA DARIA	159		GDYNIA	POL	K18	1	K 1	00:05:28	00:11:24	00:17:25.05	3:29	17.2
2	PAWELCZYK JULIA	383		GDAŃSK	POL	K18	2	K 2	00:05:41	00:11:53	00:17:56.25	3:35	16.7
3	WASIELEWSKA PAULINA	502	UKL OSEMKA POLICE	POLICE	POL	K18	3	K 3	00:05:54	00:12:29	00:19:00.00	3:48	15.8
4	SZKOŁUDA SABINA	472	NICE'SRUNNERS TEAM	KOSZALIN	POL	K18	4	K 4	00:05:55	00:12:29	00:19:01.45	3:48	15.8
5	KASZTELAN ULA	241		KOSZALIN	POL	K30	1	K 5	00:06:00	00:12:39	00:19:20.65	3:52	15.5
6	KISIELEWICZ KRZYSZTOF	252		KORZYBIE	POL	M30	1	M 1	00:06:12	00:12:49	00:19:27.15	3:53	15.4
7	KULCZYK JERZY	292		TYCHOWO	POL	M60	1	M 2	00:06:04	00:12:48	00:19:28.00	3:53	15.4
8	KACZOR AGNIESZKA	227	KUJAWSCY RUNNERS	DEBRZNO	POL	K30	2	K 6	00:06:09	00:12:55	00:19:44.65	3:56	15.2
9	NOWAK IWONA	365	ZDRUN EXTREME	DRAWSKO POMORSKIE	POL	K30	3	K 7	00:06:13	00:13:09	00:19:48.05	3:57	15.2
10	SKROBANEK HANNA	440		SZCZECINEK	POL	K18	5	K 8	00:06:29	00:13:16	00:19:59.10	3:59	15
11	NOWICKA ALICJA	368	TUPTAŃSKO	POZNAŃ	POL	K18	6	K 9	00:06:05	00:13:08	00:20:17.80	4:03	14.8
12	KUJTKOWSKA URSZULA	291		KOSZALIN	POL	K30	4	K 10	00:06:03	00:13:13	00:20:19.65	4:03	14.8
13	SILSKI MICHAŁ	439	LESZCZE	KOSZALIN	POL	M30	2	M 3	00:06:48	00:13:45	00:20:19.95	4:03	14.8
14	KOŚCIELNIAK ROBERT	267	TKKF KOSZALIN	KOSZALIN	POL	M60	2	M 4	00:06:28	00:13:38	00:20:43.25	4:08	14.5
15	BIEDRZYCKI KRZYSZTOF	112		KOŁOBRZEG	POL	M50	1	M 5	00:07:04	00:13:58	00:20:47.55	4:09	14.4
16	KŁUNDUKOWSKA PAULINA	257	KS NORDIC WALKING PIŁA/ POZYTYWNI Z PASJĄ	TARNÓWKA	POL	K30	5	K 11	00:06:32	00:13:41	00:20:58.85	4:11	14.3
17	GUZIK PIOTR	192	USB USTKA	SŁUPSK	POL	M30	3	M 6	00:06:21	00:13:47	00:21:10.40	4:14	14.2
18	KATULSKI TOMASZ	564		KOSZALIN	POL	M40	1	M 7	00:06:27	00:13:47	00:21:11.40	4:14	14.2
19	BAKALARZ KASIA	104	DARŁOWSKIE CHARTY/FEIFER TEAM	DARŁOWO	POL	K40	1	K 12	00:06:29	00:13:59	00:21:11.95	4:14	14.2
20	SOBCZAK WIKTORIA	449	AZS GDAŃSKI UNIwersYTET MEDYCZNY	KOSZALIN	POL	K18	7	K 13	00:06:34	00:13:51	00:21:12.90	4:14	14.2
21	FILIPOWICZ MACIEJ	167		POLANÓW	POL	M30	4	M 8	00:06:39	00:13:59	00:21:13.00	4:14	14.1
22	GUDANIEC KATARZYNA	189		KOSZALIN	POL	K30	6	K 14	00:06:27	00:13:55	00:21:14.50	4:14	14.1
23	KAMIŃSKA AGATA	233	KAMIŃSKI TEAM	SZCZECIN	POL	K30	7	K 15	00:06:35	00:14:03	00:21:17.40	4:15	14.1
24	PAWŁOWSKA MARLENA	386		CZŁUCHÓW	POL	K50	1	K 16	00:06:39	00:14:07	00:21:19.25	4:15	14.1
25	HRINKO ADRIAN	203	RAKIETY KOTLETY	ZEL. BREZNICA	SLO	M18	1	M 9	00:06:41	00:14:01	00:21:23.15	4:16	14
26	MUCHA KRZYSZTOF	357		KOSZALIN	POL	M40	2	M 10	00:06:40	00:13:57	00:21:23.65	4:16	14
27	JABŁOŃSKA-KIERSZK BEATA	208	TRIPAKA PRZECHLEWO	PRZECHLEWO	POL	K40	2	K 17	00:06:38	00:14:06	00:21:34.30	4:18	13.9
28	KOPCZAK GRZEGORZ	264	52 BREM	ZALESIE	POL	M40	3	M 11	00:06:36	00:14:04	00:21:36.10	4:19	13.9
29	OSIŃSKI WOJCIECH	375	BEST BEASTS	SŁUPSK	POL	M30	5	M 12	00:06:42	00:14:11	00:21:43.60	4:20	13.8
30	WIZE MAŁGORZATA	518	BESTBEASTS	SŁUPSK	POL	K40	3	K 18	00:06:43	00:14:13	00:21:45.55	4:21	13.8
31	GULBITOWICZ KAROL	190	BEST BEASTS	SŁUPSK	POL	M30	6	M 13	00:06:35	00:14:05	00:21:46.15	4:21	13.8
32	WOŹNIAK IRENEUSZ	521		TATÓW	POL	M30	7	M 14	00:06:59	00:14:27	00:21:46.85	4:21	13.8
33	PIŁAT ARTUR	398		KRZYŻANOWICE	POL	M50	2	M 15	00:06:43	00:14:20	00:21:50.00	4:22	13.7
34	KĄŁUZA MARIUSZ	232	NADMORSKY BIEGACZE	KOŁOBRZEG	POL	M40	4	M 15	00:06:20	00:13:30	00:21:50.00	4:22	13.7
35	BANIA EDWARD	105		TUROWO POM.	POL	M50	3	M 17	00:07:05	00:14:33	00:21:50.05	4:22	13.7
36	MOSZYŃSKI JACEK	354	TKKF KOSZALIN	SIANÓW	POL	M60	3	M 18	00:06:57	00:14:30	00:21:50.90	4:22	13.7
37	SIERADZKI SZYMON	438	ISKRA BIAŁOGARD	BIAŁOGARD	POL	M14	1	M 19	00:06:24	00:14:02	00:21:52.20	4:22	13.7
38	LETNIAŃCHYN IGOR	301		KOSZALIN	UKR	M30	8	M 20	00:06:45	00:14:15	00:21:53.00	4:22	13.7
39	GAWRON CZESŁAW	175		KOSZALIN	POL	M18	2	M 21	00:06:30	00:13:50	00:21:56.00	4:23	13.7
40	PEKAŁA PIOTR	390	SOSW/SP4 KOSZALIN	KOSZALIN	POL	M50	4	M 22	00:07:09	00:14:39	00:21:57.05	4:23	13.7
41	MAZUREK MARCIN	339		WARSZAWA	POL	M40	5	M 23	00:07:02	00:14:30	00:21:58.10	4:23	13.7
42	ZYGAN MARCIN	536	NADMORSKY BIEGACZE KOŁOBRZEG	KOŁOBRZEG	POL	M40	6	M 24	00:07:06	00:14:33	00:22:09.50	4:25	13.5
43	KRUPIŃSKI KRZYSZTOF	281	E-UROLOG.EU	KOSZALIN	POL	M60	4	M 25	00:07:11	00:14:56	00:22:19.40	4:27	13.4
44	ŻMUDA JAROSŁAW	538	NADMORSKY BIEGACZE KOŁOBRZEG	KOŁOBRZEG	POL	M50	5	M 26	00:07:15	00:15:01	00:22:23.25	4:28	13.4
45	SOKÓŁ MICHAŁ	451		SIANÓW	POL	M18	3	M 27	00:07:03	00:14:43	00:22:24.45	4:28	13.4

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46	CHUDY HENRYK	138	KSOLSZEWSKI I SYNOWIE	SŁAWSKO	POL	M60	5	M 28	00:06:48	00:14:34	00:22:25.95	4:29	13.4
47	ZIÓŁKOWSKA AGNIESZKA	533		SŁUPSK	POL	K50	2	K 19	00:07:05	00:14:51	00:22:29.25	4:29	13.3
48	WIERZBICKI SYLWESTER	510	DARŁOWSKIE CHARTY	DOMASŁAWICE	POL	M40	7	M 29	00:06:54	00:14:57	00:22:31.95	4:30	13.3
49	WOJCIECHOWSKA BARBARA	519		TRZEBIATÓW	POL	K18	8	K 20	00:07:07	00:14:52	00:22:32.90	4:30	13.3
50	LENDZIOSZEK RYSZARD	299	DARŁOWSKIE CHARTY	DARŁOWO	POL	M40	8	M 30	00:07:03	00:14:56	00:22:34.25	4:30	13.3
51	HYBNER MARCIN	205	FAJNAFABRYKA.PL	CZARNE	POL	M30	9	M 31	00:07:15	00:15:05	00:22:41.90	4:32	13.2
52	KACZMAREK MARTA	225	KB SPOKO SŁAWNO	SŁAWNO	POL	K30	8	K 21	00:06:46	00:14:46	00:22:46.60	4:33	13.2
53	WALCZAK TOMASZ	499		MALECHÓWKO	POL	M40	9	M 32	00:07:10	00:15:06	00:22:46.90	4:33	13.2
54	NOSAL MARIUSZ	363		SZCZECINEK	POL	M40	10	M 33	00:07:01	00:14:51	00:22:47.90	4:33	13.2
55	ZAWADZIŃSKI PRZEMYSŁAW	529		KOSZALIN	POL	M30	10	M 34	00:07:13	00:15:05	00:22:49.05	4:33	13.1
56	MISZTAŁ ARKADIUSZ	349		BOBOLICE	POL	M40	11	M 35	00:07:06	00:15:01	00:22:53.65	4:34	13.1
57	OSTROWSKI MARIAN	568	SENIOR	ZŁOCIENIEC	POL	M70+	1	M 36	00:07:09	00:15:09	00:22:58.20	4:35	13.1
58	SKWIERCZ SŁAWOMIR	443	CHARZYKOWSKIE MORSY	PRZECHLEWO	POL	M18	4	M 37	00:07:11	00:15:07	00:23:00.55	4:36	13
59	TREDER MARIAN	494	TEAM TREDER	ŁOSINO	POL	M50	6	M 38	00:06:59	00:15:02	00:23:02.05	4:36	13
60	GAWRYSIĄK PRZEMYSŁAW	176		WŁODARKA	POL	M40	12	M 39	00:07:24	00:15:14	00:23:09.75	4:37	13
61	HOREGLAD PAWEŁ	202	SPEEDY GONZALES	KOSZALIN	POL	M18	5	M 40	00:07:41	00:15:42	00:23:10.85	4:38	12.9
62	KNUT-POTOCZNIK GABRIELA	258		POLANÓW	POL	K40	4	K 22	00:07:19	00:15:17	00:23:13.55	4:38	12.9
63	WALCZAK ANNA	498		MALECHÓWKO	POL	K30	9	K 23	00:07:12	00:15:12	00:23:14.85	4:38	12.9
64	RYSZKIEWICZ KACPER	432		POZNAŃ	POL	M18	6	M 41	00:07:17	00:15:25	00:23:16.60	4:39	12.9
65	KOBYLAK JANUSZ	259	NADMORSKY BIEGACZE KOŁOBRZEG	KOŁOBRZEG	POL	M40	13	M 41	00:07:18	00:15:24	00:23:16.60	4:39	12.9
66	RYBAK DARIA	429	GAMNAXRUN	KOSZALIN	POL	K40	5	K 24	00:07:46	00:15:40	00:23:32.50	4:42	12.7
67	KARPIŃSKI MARCIN	238	GUMIS TEAM	KOSZALIN	POL	M30	11	M 43	00:07:18	00:15:26	00:23:34.60	4:42	12.7
68	MARCINIAK MACIEJ	330	BIEGNIĘCI TEAM KOSZALIN	POŁCZYN ZDRÓJ	POL	M30	12	M 44	00:08:23	00:16:24	00:23:39.30	4:43	12.7
69	GAWEŁ IZA	172	ANANASY Z 3 FAL	SŁUPSK	POL	K30	10	K 25	00:07:20	00:15:35	00:23:41.55	4:44	12.7
70	TRAPP SEBASTIAN	493	LION STRONG TEAM	SIEMIANICE	POL	M40	14	M 45	00:07:49	00:15:59	00:23:43.15	4:44	12.6
71	GRUNWALD KAROLINA	187		BOBOLICE	POL	K30	11	K 26	00:07:21	00:15:34	00:23:43.50	4:44	12.6
72	RADECKA KATARZYNA	416	BIEGNIĘCI TEAM	KOSZALIN	POL	K40	6	K 27	00:07:34	00:15:48	00:23:47.55	4:45	12.6
73	KLENIŃSKI PIOTR	254		KOSZALIN	POL	M60	6	M 46	00:07:17	00:15:34	00:23:51.95	4:46	12.6
74	BOGUCKI DARIUSZ	121		GRYFICE	POL	M40	15	M 47	00:07:41	00:15:51	00:23:53.60	4:46	12.6
75	SUDER-MAKSYMOWICZ GRZEGORZ	466		USTRONIE MORSKIE	POL	M40	16	M 48	00:07:33	00:15:45	00:23:56.90	4:47	12.5
76	KUBIAK KATARZYNA	287		GNIEZNO	POL	K40	7	K 28	00:07:31	00:15:46	00:23:57.15	4:47	12.5
77	CHUDZIŃSKI ZBIGNIEW	139	TKKF KOSZALIN	KOSZALIN	POL	M60	7	M 49	00:07:36	00:15:52	00:23:57.20	4:47	12.5
78	HANULA PIOTR	198	BLĘKITNY PATROL WWF	DARŁOWO	POL	M40	17	M 50	00:07:34	00:15:55	00:24:02.40	4:48	12.5
79	CZERNIAK FILIP	148		KOSZALIN	POL	M14	2	M 51	00:07:45	00:15:53	00:24:06.00	4:49	12.4
80	SOSNOWSKI TOMASZ	452	TKKF KOSZALIN	KOSZALIN	POL	M30	13	M 52	00:07:45	00:15:53	00:24:06.50	4:49	12.4
81	WAŚOWICZ ANNA	505		KOŁOBRZEG/STRAMNICA	POL	K40	8	K 29	00:07:34	00:15:52	00:24:07.10	4:49	12.4
82	ADASZYŃSKI WIESŁAW	93		BOBOLICE	POL	M50	7	M 53	00:07:27	00:16:01	00:24:10.20	4:50	12.4
83	DZIKOŃ RAFAŁ	165	STOWARZYSZENIE NADMORSKICH BIEGACZY	KOŁOBRZEG	POL	M40	18	M 54	00:07:31	00:15:48	00:24:11.20	4:50	12.4
84	OLSZAK GRZEGORZ	372		KOSZALIN	POL	M50	8	M 55	00:07:39	00:16:06	00:24:12.95	4:50	12.4
85	MAJEWSKA DOROTA	318		BIAŁOGARD	POL	K50	3	K 30	00:07:32	00:15:56	00:24:13.15	4:50	12.4
86	BADOWSKA AGNIESZKA	101		KOSZALIN	POL	K40	9	K 31	00:07:28	00:15:49	00:24:13.50	4:50	12.4
87	DRAŻKOWSKI TOMASZ	160	AZS AWS KALISZ	SZCZECINEK	POL	M18	7	M 56	00:07:51	00:16:06	00:24:15.70	4:51	12.4
88	GOLBA PIOTR	179		POŁCZYN-ZDRÓJ	POL	M30	14	M 57	00:07:40	00:16:02	00:24:19.05	4:51	12.3
89	ORŁOWSKI PAWEŁ	373		SJANÓW	POL	M50	9	M 58	00:07:46	00:16:03	00:24:21.15	4:52	12.3
90	DIDŁUCH JACEK	157	KARLINOBIEGAJ	POBŁOCIE WIELKIE	POL	M40	19	M 59	00:07:34	00:15:57	00:24:22.30	4:52	12.3
91	KAŁUZA MARTA	231	NADMORSKY BIEGACZE	KOŁOBRZEG	POL	K40	10	K 32	00:07:34	00:16:01	00:24:22.70	4:52	12.3
92	LEWANDOWSKI KAROL	302		POLANÓW	POL	M30	15	M 60	00:07:41	00:16:08	00:24:33.50	4:54	12.2
93	JEŻAK TOMASZ	216		MALBORK	POL	M18	8	M 61	00:07:38	00:16:16	00:24:34.30	4:54	12.2
94	CICHOŃSKI ROBERT	140		SŁUPSK	POL	M30	16	M 62	00:07:21	00:15:53	00:24:36.85	4:55	12.2
95	LEWICZ JAN	305		STARE BIELICE	POL	M40	20	M 63	00:07:59	00:16:32	00:24:37.05	4:55	12.2
96	JARZYNA ROMAN	212	STARGADZKI KLUB LEKOATLETYCZNY	STARGARD	POL	M50	10	M 64	00:07:46	00:16:15	00:24:37.80	4:55	12.2
97	KANIEWSKI JACEK	235	W.P.K SŁOŃ TEAM USTKA	SŁAWNO	POL	M40	21	M 65	00:07:26	00:15:53	00:24:37.90	4:55	12.2
98	WASIEWICZ ANNA	503		KOŁOBRZEG	POL	K40	11	K 33	00:07:45	00:16:14	00:24:39.50	4:55	12.2
99	KASPRZAK MARIKA	240	RAKIETY KOTLETY	POLANÓW	POL	K18	9	K 34	00:08:14	00:16:33	00:24:40.40	4:56	12.2
100	ANTKOWIAK SEBASTIAN	98	DB -ACTIVE	KOSZALIN	POL	M50	11	M 66	00:07:16	00:15:54	00:24:41.70	4:56	12.2
101	MRÓZ MALGORZATA	355	LAPNAS.PL	KOSZALIN	POL	K30	12	K 35	00:07:40	00:16:10	00:24:42.00	4:56	12.1
102	MARKOWSKA KAROLINA	335	ULTRASKA	CZŁUCHÓW	POL	K30	13	K 36	00:07:34	00:16:07	00:24:42.25	4:56	12.1

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103	PRZYGÓCKI SYLWESTER	411	LION STRONG TEAM	SIEMIANICE	POL	M30	17	M 67	00:08:17	00:16:35	00:24:43.15	4:56	12.1
104	PRZYGÓCKI STANISŁAW	412		SIEMIANICE	POL	M14	3	M 68	00:08:17	00:16:35	00:24:43.20	4:56	12.1
105	RADKO SYLWIA	417	BIEGI KOLACYJNE	SŁAWNO	POL	K40	12	K 37	00:07:54	00:16:18	00:24:45.25	4:57	12.1
106	MAJ AGNIESZKA	317	BIEGI KOLACYJNE	SŁAWNO	POL	K40	12	K 37	00:07:54	00:16:19	00:24:45.25	4:57	12.1
107	BARZYK ŁUKASZ	108		KOŁOBRZEG	POL	M40	22	M 69	00:07:25	00:16:09	00:24:45.80	4:57	12.1
108	PAWŁOWSKA MAGDALENA	385		ZIELENIEWO	POL	K18	10	K 39	00:07:53	00:16:31	00:24:47.75	4:57	12.1
109	RYDZIŃSKI PIOTR	431		SŁUPSK	POL	M18	9	M 70	00:07:20	00:16:15	00:24:48.50	4:57	12.1
110	POLANOWSKI DAWID	405		SZCZECINEK	POL	M14	4	M 71	00:08:06	00:16:34	00:24:50.85	4:58	12.1
111	STRZELECKA MAŁGORZATA	461	SAILING TEAM FERAJNA	PIŁA	POL	K50	4	K 40	00:07:58	00:16:28	00:24:50.90	4:58	12.1
112	BURKIET PAWEŁ	134		KOSZALIN	POL	M40	23	M 72	00:07:28	00:16:05	00:24:51.20	4:58	12.1
113	WYSOCKA URSZULA	525	BIEGNIĘCI TEAM KOSZALIN	KOSZALIN	POL	K40	14	K 41	00:07:53	00:16:22	00:24:51.95	4:58	12.1
114	PTAK ANETA	414	TEAM TERMINATORUN	WAŁCZ	POL	K40	15	K 42	00:07:59	00:16:30	00:24:53.40	4:58	12.1
115	KUŻAJ SŁAWOMIR	296	SAILING TEAM FERAJNA	PIŁA	POL	M50	12	M 73	00:07:56	00:16:22	00:24:53.85	4:58	12.1
116	ADAMOWICZ ANNA	92	FIGA TEAM	BIAŁOGARD	POL	K18	11	K 43	00:07:53	00:16:32	00:24:54.85	4:58	12
117	MILASZEWSKI KAMIL	347		KOSZALIN	POL	M40	24	M 74	00:07:33	00:16:15	00:24:55.20	4:59	12
118	ŁAWRYNOWICZ PATRYCJA	310		STARE BIELICE	POL	K18	12	K 44	00:08:20	00:17:06	00:24:56.95	4:59	12
119	TOMKOWSKI KRZYSZTOF	490		GDYNIA	POL	M30	18	M 75	00:07:46	00:16:37	00:24:57.25	4:59	12
120	KALETA CEZARY	229	STREET ATHLETIC	KOSZALIN	POL	M14	5	M 76	00:07:58	00:16:24	00:24:59.90	4:59	12
121	GRABOWSKA KINGA	184	ANANASY Z 3 FAL	SŁUPSK	POL	K40	16	K 45	00:07:41	00:16:28	00:25:01.40	5:00	12
122	BOGACKI TOMASZ	120	TKKF KOSZALIN	KOSZALIN	POL	M60	8	M 77	00:07:57	00:16:33	00:25:01.90	5:00	12
123	KUD JOANNA	290		KOSZALIN	POL	K18	13	K 46	00:08:07	00:16:45	00:25:03.25	5:00	12
124	MACIĄG PAWEŁ	312		KOSZALIN	POL	M40	25	M 78	00:08:05	00:16:34	00:25:10.75	5:02	11.9
125	KRZEWIŃSKA MAŁGORZATA	285	TKKF KOSZALIN	KOSZALIN	POL	K60+	1	K 47	00:08:03	00:16:44	00:25:11.00	5:02	11.9
126	ŚMIGIELSKA EWELINA	482	DARŁOWSKIE CHARTY	DARŁOWO	POL	K40	17	K 48	00:08:01	00:16:44	00:25:11.10	5:02	11.9
127	GAWĘDA EMIL	174	DARŁOWSKIE CHARTY	STARY JAROSŁAW	POL	M30	19	M 79	00:08:01	00:16:44	00:25:11.45	5:02	11.9
128	MAZURKIEWICZ SEWERYN	340		BIAŁOGARD	POL	M40	26	M 80	00:08:05	00:16:37	00:25:12.25	5:02	11.9
129	KOŁODZIEJCZYK DANUTA	262		BIESOWICE	POL	K60+	2	K 49	00:08:09	00:16:46	00:25:13.70	5:02	11.9
130	ZWOLSKI PAWEŁ	535		KOSZALIN	POL	M30	20	M 81	00:08:17	00:17:07	00:25:13.95	5:02	11.9
131	RĘBELIŃSKA ANNA	424	NADMORSKY BIEGACZE KOŁOBRZEG	KOŁOBRZEG	POL	K40	18	K 50	00:07:43	00:16:31	00:25:14.50	5:02	11.9
132	HAŁAJKO MAGDALENA	196	TKKF KOSZALIN	KOSZALIN	POL	K40	19	K 51	00:07:51	00:16:29	00:25:20.85	5:04	11.8
133	ŚLEDŹ PRZEMYSŁAW	480		KOSZALIN	POL	M40	27	M 82	00:07:50	00:16:34	00:25:21.90	5:04	11.8
134	IGNACZYŃSKI DARIUSZ	206	JW 3937	RUSOWO	POL	M30	21	M 83	00:07:43	00:16:37	00:25:25.20	5:05	11.8
135	WIERZBIČKA MONIKA	509	DARŁOWSKIE CHARTY	DOMASŁAWICE	POL	K30	14	K 52	00:07:54	00:16:42	00:25:25.55	5:05	11.8
136	STRZELECKA AGNIESZKA	462	FIGA TEAM	BIAŁOGARD	POL	K40	20	K 53	00:07:53	00:16:35	00:25:31.70	5:06	11.8
137	MONGIAŁO MARCIN	353		KOSZALIN	POL	M40	28	M 84	00:08:16	00:16:52	00:25:31.85	5:06	11.8
138	REDLIČKA KINGA	420		SZCZECINEK	POL	K30	15	K 54	00:08:03	00:16:51	00:25:32.30	5:06	11.7
139	KACZMARZYŃSKI JAROSŁAW	226		MIELNO	POL	M50	13	M 85	00:08:16	00:16:55	00:25:33.80	5:06	11.7
140	SŁUPCZEWSKA MAŁGORZATA	445	SDROG	SIANÓW	POL	K40	21	K 55	00:07:49	00:16:42	00:25:36.20	5:07	11.7
141	BOGUSZEWSKA-KAŻMIERCZAK AGNIESZKA	122	ZASAPANI HYDRO	TRZCIANKA	POL	K40	22	K 56	00:08:14	00:17:03	00:25:37.15	5:07	11.7
142	SZCZEPANIK ANNA	470		MALECHÓWKO	POL	K30	16	K 57	00:08:06	00:16:58	00:25:39.35	5:07	11.7
143	HINC MAKSYMILIAN	200		KOSZALIN	POL	M30	22	M 86	00:08:19	00:17:11	00:25:39.75	5:07	11.7
144	GRAL DANIEL	186	GRALKI	KOSZALIN	POL	M30	23	M 87	00:08:19	00:17:10	00:25:41.90	5:08	11.7
145	HAKKARAINEN JOUNI	194		ESPOO	FIN	M50	14	M 88	00:08:00	00:16:57	00:25:51.35	5:10	11.6
146	CHOMA EDYTA	137	SKWARKI TEAM	KOSZALIN	POL	K30	17	K 58	00:07:43	00:16:36	00:25:52.20	5:10	11.6
147	JÓZEFOWSKI KRYSZTOF	221	DHL ULTRA TRAIL	KOSZALIN	POL	M18	10	M 89	00:08:04	00:16:47	00:25:54.90	5:10	11.6
148	KASPRZAK KAROLINA	239		POLANÓW	POL	K40	23	K 59	00:08:16	00:17:07	00:25:55.20	5:11	11.6
149	PISKORZ-WILCZAK IWONA	401	KDN	KONIKOWO	POL	K50	5	K 60	00:08:18	00:17:14	00:25:56.40	5:11	11.6
150	TARADAJCZYK AGNIESZKA	484	BEST BEASTS	BUKÓWKA	POL	K40	24	K 61	00:07:51	00:16:51	00:25:57.10	5:11	11.6
151	SOBKOWIAK IRENEUSZ	450		KARLINO	POL	M30	24	M 90	00:07:56	00:16:52	00:25:57.45	5:11	11.6
152	KRZEWIŃSKA MONIKA	337	TKKF KOSZALIN	KOSZALIN	POL	K30	18	K 62	00:08:10	00:17:08	00:25:59.45	5:11	11.5
153	RECKI ADAM	419		SŁAWNO	POL	M40	29	M 91	00:08:26	00:17:30	00:26:00.60	5:12	11.5
154	GUZOWSKA ELŻBIETA	193		KOSZALIN	POL	K40	25	K 63	00:08:03	00:16:58	00:26:04.75	5:12	11.5
155	LEŚNIAK ROMAN	300	OSP OSTROWICE	OSTROWICE	POL	M50	15	M 92	00:07:55	00:16:57	00:26:05.15	5:13	11.5
156	KOPIEC-PARYSIK JOANNA	265		DOBRZYCA	POL	K40	26	K 64	00:08:26	00:17:22	00:26:07.35	5:13	11.5
157	BŁAŻEJCZAK-BOGUĆKA PAULINA	114		GRYFICE	POL	K30	19	K 65	00:08:22	00:17:20	00:26:09.85	5:13	11.5
158	OSOBNIAK RYSZARD	377		KOSZALIN	POL	M60	9	M 93	00:08:22	00:17:22	00:26:12.00	5:14	11.5
159	JUREWICZ MONIKA	222		KOSZALIN	POL	K30	20	K 66	00:08:17	00:17:09	00:26:13.85	5:14	11.4

BIEG GŁÓWNY - 5 KM - ATEST PZLA - BIEG 1, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	3.3km	Netto	min/km	km/h
160	KAZMIERCZAK TOMASZ	245	JW 3937	KOSZALIN	POL	M40	30	M 94	00:08:56	00:17:59	00:26:14.15	5:14	11.4
161	JUSZCZYK AGNIESZKA	224		BIAŁOGARD	POL	K40	27	K 67	00:08:09	00:17:14	00:26:17.20	5:15	11.4
162	STOCKA-PODŁYSKA ŻANETA	460		TRZCIANKA	POL	K40	28	K 68	00:08:30	00:17:35	00:26:17.30	5:15	11.4
163	KAMYK PIOTR	234	MH-INFORMATYKA.PL	KOSZALIN	POL	M40	31	M 95	00:08:11	00:17:15	00:26:20.10	5:16	11.4
164	BOGACKA LUCYNA	119	TKKF KOSZALIN	KOSZALIN	POL	K60+	3	K 69	00:08:21	00:17:22	00:26:22.85	5:16	11.4
165	MADEJ BARTOSZ	316	SALOMON BOXING	KOSZALIN	POL	M30	25	M 96	00:08:56	00:18:14	00:26:24.55	5:16	11.4
166	WÓJTOWICZ KAMIL	522		KOŁOBRZEG	POL	M40	32	M 97	00:08:00	00:17:18	00:26:26.05	5:17	11.3
167	ANTOSIK GRAŻYNA	99	K SOLSZEWSKI I SYNOWIE	SŁAWSKO	POL	K40	29	K 70	00:07:12	00:15:55	00:26:30.60	5:18	11.3
168	BOROWIEC MARIUSZ	124		KOŁOBRZEG	POL	M50	16	M 98	00:08:37	00:17:46	00:26:32.05	5:18	11.3
169	KALOCINSKI KRZYSZTOF	230	FIGA TEAM	KOSZALIN	POL	M40	33	M 99	00:07:50	00:16:35	00:26:32.55	5:18	11.3
170	NOSAL HANNA	362		SZCZECINEK	POL	K30	21	K 71	00:08:28	00:17:33	00:26:32.75	5:18	11.3
171	KINOWSKI KAROL	251		KOSZALIN	POL	M50	17	M 100	00:08:49	00:18:06	00:26:41.85	5:20	11.2
172	KOZICKI PIOTR	274	FIGA TEAM	SIŃCE	POL	M50	18	M 101	00:08:13	00:17:33	00:26:43.15	5:20	11.2
173	KRYCIŃSKA JOLANTA	283	NADMORSKY BIEGACZE	KOŁOBRZEG	POL	K40	30	K 72	00:08:10	00:17:27	00:26:43.20	5:20	11.2
174	GÓRALSKA MONIKA	182	BIAŁOGARD BIEGA	BIAŁOGARD	POL	K40	31	K 73	00:08:09	00:17:29	00:26:43.30	5:20	11.2
175	MARCZUK OLA	332	OSP KORZYBIE	BARWINO	POL	K14	1	K 74	00:08:08	00:17:32	00:26:45.50	5:21	11.2
176	FRANZKOWSKI MAREK	168	AMATOR	KOSZALIN	POL	M60	10	M 102	00:08:07	00:17:13	00:26:47.30	5:21	11.2
177	SACHARZEWSKA ANNA	433		STARE BIELICE	POL	K40	32	K 75	00:08:26	00:17:39	00:26:48.55	5:21	11.2
178	ŚWIĘTLICKA SYLWIA	483		BIAŁOGARD	POL	K40	33	K 76	00:08:03	00:17:30	00:26:49.80	5:21	11.2
179	DĄBROWSKI GRZEGORZ	154		KOSZALIN	POL	M50	19	M 103	00:08:31	00:17:40	00:26:50.55	5:22	11.2
180	SAGAŁA PATRYCJA	434		SŁUPSK	POL	K40	34	K 77	00:08:13	00:17:37	00:26:53.10	5:22	11.2
181	OSIŃSKI JANUSZ	376		CZARNE	POL	M30	26	M 104	00:07:58	00:17:27	00:26:57.00	5:23	11.1
182	MAKOWSKI ADAM	323		KOSZALIN	POL	M30	27	M 105	00:08:22	00:17:38	00:27:04.40	5:24	11.1
183	PIECHOTA ROBERT	393		KOSZALIN	POL	M50	20	M 106	00:08:18	00:17:53	00:27:09.55	5:25	11
184	KŁOS JAROSŁAW	256		KOSZALIN	POL	M30	28	M 107	00:08:59	00:18:12	00:27:10.85	5:26	11
185	SKRZYPCZAK TOMASZ	442		KOSZALIN	POL	M40	34	M 107	00:08:37	00:17:58	00:27:10.85	5:26	11
186	CZERNIAK MAGDALENA	149		BIAŁOGARD	POL	K30	22	K 78	00:08:37	00:17:58	00:27:10.95	5:26	11
187	CZAJKA ADRIAN	145		BIAŁOGARD	POL	M30	29	M 109	00:08:23	00:17:46	00:27:11.40	5:26	11
188	PAWEŁEK DAMIAN	384		SŁAWNO	POL	M30	30	M 110	00:08:45	00:18:17	00:27:11.80	5:26	11
189	MUDŹ ANNA	358		USTKA	POL	K30	23	K 79	00:08:47	00:18:21	00:27:12.70	5:26	11
190	GÓRSKA JOANNA	183		CZARNE	POL	K40	35	K 80	00:08:22	00:17:35	00:27:13.40	5:26	11
191	STRZELECKI SEBASTIAN 'KASZANA'	463	SAILING TEAM FERAJNA	PIŁA	POL	M50	21	M 111	00:08:48	00:18:08	00:27:16.15	5:27	11
192	KURKOWSKA WIOLETA	293	SKWARKI TEAM	KOSZALIN	POL	K30	24	K 81	00:08:30	00:17:53	00:27:19.25	5:27	11
193	GAWEŁ ANDRZEJ	173	POMERIDERS	SŁUPSK	POL	M60	11	M 112	00:08:20	00:17:47	00:27:23.20	5:28	11
194	KUBIAK RAFAŁ	288		KOSZALIN	POL	M30	31	M 113	00:08:04	00:17:31	00:27:28.55	5:29	10.9
195	ZBOROWSKA-SKROBANEK JUSTYNA	531		SZCZECINEK	POL	K40	36	K 82	00:08:58	00:18:28	00:27:29.15	5:29	10.9
196	WILK PIOTR	511	NIEZRZESZONY	MIELNO	POL	M60	12	M 114	00:08:30	00:18:00	00:27:29.25	5:29	10.9
197	ŚLĄŻAK ROBERT	479	CANCERFIGHTERDARŁOWO	DARŁOWO	POL	M30	32	M 115	00:08:15	00:17:40	00:27:31.70	5:30	10.9
198	MAJEWSKI KAMIL	319	INŻYNIER KONSTRUKTYWNY	GDAŃSK	POL	M30	33	M 116	00:08:17	00:18:03	00:27:34.45	5:30	10.9
199	GUDANIEC DOROTA	188	TRIATHLON KOSZALIN	KOSZALIN	POL	K60+	4	K 83	00:08:42	00:18:10	00:27:36.20	5:31	10.9
200	JĘDRZEJEWSKA JUSTYNA	218		PĘKANINO	POL	K30	25	K 84	00:08:19	00:17:55	00:27:37.70	5:31	10.9
201	BARANEK ALEKSANDRA	106		SZCZECINEK	POL	K18	14	K 85	00:09:01	00:18:32	00:27:40.10	5:32	10.8
202	DĄBROWSKA KATARZYNA	153		SZCZECINEK	POL	K40	37	K 86	00:08:42	00:18:13	00:27:40.30	5:32	10.8
203	KOWALCZYK KAROLINA	268		KOSZALIN	POL	K40	38	K 87	00:08:55	00:18:25	00:27:50.95	5:34	10.8
204	MISZTAŁ WIKTORIA	350		POZNAŃ	POL	K18	15	K 88	00:08:23	00:17:54	00:27:53.90	5:34	10.8
205	BORZECKA EWA	125		KOSZALIN	POL	K30	26	K 89	00:08:46	00:18:17	00:27:56.70	5:35	10.7
206	KONDAK ANNA	263		STOISŁAW	POL	K40	39	K 90	00:08:37	00:18:22	00:27:59.40	5:35	10.7
207	POSPIESZNA SANDRA	408		ZŁOTÓW	POL	K30	27	K 91	00:08:49	00:18:23	00:28:02.45	5:36	10.7
208	BRUSKI BENIAMIN	127		ZŁOTÓW	POL	M40	35	M 117	00:08:49	00:18:23	00:28:02.45	5:36	10.7
209	SZPARKOWSKA AGATA	475	FIGA TEAM	BIAŁOGARD	POL	K30	28	K 92	00:08:26	00:18:07	00:28:12.15	5:38	10.6
210	BOCHAŃSKA ANNA	115		KOSZALIN	POL	K40	40	K 93	00:08:22	00:18:17	00:28:12.90	5:38	10.6
211	KOROL MONIKA	435		KOSZALIN	POL	K30	29	K 94	00:09:13	00:18:47	00:28:17.60	5:39	10.6
212	ROSIŃSKA MAGDALENA	426		KOSZALIN	POL	K18	16	K 95	00:08:38	00:18:35	00:28:20.70	5:40	10.6
213	PIEPIÓRA EDYTA	394		STARE BIELICE	POL	K30	30	K 96	00:08:26	00:18:20	00:28:24.70	5:40	10.6
214	RADDATZ ALICJA	415		SZCZECINEK	POL	K50	6	K 97	00:08:42	00:18:31	00:28:26.90	5:41	10.6
215	DEPCZYŃSKI MATEUSZ	155		KOSZALIN	POL	M30	34	M 118	00:09:07	00:19:07	00:28:28.85	5:41	10.5
216	TOŚKO TADEUSZ	492	IS DUOLIFE SZCZECINEK	SZCZECINEK	POL	M40	36	M 119	00:08:44	00:18:08	00:28:31.10	5:42	10.5

BIEG GŁÓWNY - 5 KM - ATEST PZLA - BIEG 1, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	3.3km	Netto	min/km	km/h
217	KĄZMIERCZAK DAWID	246		STARE BIELICE	POL	M18	11	M 120	00:08:22	00:18:21	00:28:38.15	5:43	10.5
218	NOWAKOWSKA MARTA	367		BIĄŁOGARD	POL	K50	7	K 98	00:08:41	00:18:40	00:28:40.55	5:44	10.5
219	OLESZCZUK MAREK	371		KOSZALIN	POL	M30	35	M 121	00:09:13	00:19:06	00:28:41.50	5:44	10.5
220	DUDZIAK PIOTR	162	MEC KOSZALIN	KOSZALIN	POL	M40	37	M 122	00:09:10	00:18:55	00:28:41.65	5:44	10.5
221	KOZŁOWIECKI WALDEMAR	277	TKKF KOSZALIN	KOSZALIN	POL	M70+	2	M 123	00:09:04	00:19:18	00:28:51.35	5:46	10.4
222	ANGROT ANITA	96		NOSÓWKO	POL	K30	31	K 99	00:09:12	00:19:06	00:28:52.90	5:46	10.4
223	MILEWSKI KRZYSZTOF	345		KOSZALIN	POL	M40	38	M 124	00:09:02	00:19:02	00:28:55.30	5:47	10.4
224	KISIELEWICZ KATARZYNA	253		KORZYBIE	POL	K18	17	K 100	00:08:43	00:18:54	00:28:57.15	5:47	10.4
225	WIŚNIEWSKA MAGDA	516		BIĄŁOGARD	POL	K40	41	K 101	00:08:33	00:18:48	00:29:02.30	5:48	10.3
226	ZACHACZEWSKA KATARZYNA	527		BIĄŁOGARD	POL	K50	8	K 102	00:08:33	00:18:48	00:29:02.60	5:48	10.3
227	JANKOJC DOMINIK	210		KOSZALIN	POL	M40	39	M 125	00:09:11	00:19:12	00:29:03.35	5:48	10.3
228	PIERZCHAŁO DOROTA	395		SŁUPSK	POL	K40	42	K 103	00:08:18	00:19:05	00:29:09.50	5:49	10.3
229	KRAJEWSKI MAREK	279		KOŁOBRZEG	POL	M40	40	M 126	00:08:29	00:18:25	00:29:21.10	5:52	10.2
230	TOMICKA AGNIESZKA	489	STOWARZYSZENIE NADMORSKY BIEGACZE KOŁOBRZEG	KOŁOBRZEG	POL	K40	43	K 104	00:08:49	00:19:01	00:29:21.40	5:52	10.2
231	KORZEŃ KACPER	266		KOŁOBRZEG	POL	M14	6	M 127	00:08:30	00:18:26	00:29:21.85	5:52	10.2
232	HELLER ZDZISŁAW	199	NIEZRZESZONY	KOSZALIN	POL	M60	13	M 128	00:09:10	00:19:22	00:29:23.80	5:52	10.2
233	STEC JOANNA	459	FIGA TEAM	BIĄŁOGARD	POL	K30	32	K 105	00:09:08	00:19:23	00:29:24.60	5:52	10.2
234	PRZEDNOWEK ADAM	410		KOSZALIN	POL	M40	41	M 129	00:09:33	00:19:48	00:29:28.35	5:53	10.2
235	PIĄTKOWSKA URSZULA	391	BIEGNIĘCI TEAM KOSZALIN	KOSZALIN	POL	K40	44	K 106	00:09:23	00:19:22	00:29:32.65	5:54	10.2
236	MACIĄG MIKOŁAJ	313		KOSZALIN	POL	M14	7	M 130	00:09:06	00:19:18	00:29:41.50	5:56	10.1
237	ŁAWRYNOWICZ AGNIESZKA	309		STARE BIELICE	POL	K40	45	K 107	00:08:59	00:19:15	00:29:46.25	5:57	10.1
238	BUZE MAŁGORZATA	136	OLSZEWSKI I SYNOWIE	SŁAWNO	POL	K40	46	K 108	00:09:01	00:19:11	00:29:50.10	5:58	10.1
239	CISEK - MUSOLF STANISŁAWA	144		BĘDZINO	POL	K30	33	K 109	00:09:18	00:19:35	00:29:55.75	5:59	10
240	PIETRUS MAGDALENA	396		KOSZALIN	POL	K30	34	K 110	00:09:04	00:19:12	00:29:57.30	5:59	10
241	MILASZEWSKA AGNIESZKA	346		KOSZALIN	POL	K40	47	K 111	00:08:51	00:19:23	00:29:58.40	5:59	10
242	RADZIMSKI MARCEL	418	RADZIMSKY.PL	SZCZECIN	POL	M18	12	M 131	00:08:12	00:19:02	00:30:01.05	6:00	10
243	JERUZAL MONIKA	214		ZŁOCIENIEC	POL	K18	18	K 112	00:09:21	00:19:49	00:30:04.05	6:00	10
244	BEDNARZ KATARZYNA	109		KOŁOBRZEG	POL	K50	9	K 113	00:09:23	00:19:53	00:30:13.25	6:02	9.9
245	HOJDYJC JAN	201	X	KOSZALIN	POL	M60	14	M 132	00:09:18	00:19:35	00:30:25.65	6:05	9.9
246	MAJSTERKIEWICZ NATALIA	321		KARLINO	POL	K18	19	K 114	00:09:15	00:19:50	00:30:26.05	6:05	9.9
247	BOCHNIARZ BARTOSZ	116		KOSZALIN	POL	M18	13	M 133	00:09:15	00:19:50	00:30:26.60	6:05	9.9
248	KĄZMIERCZAK ALEKSANDRA	248		KOSZALIN	POL	K30	35	K 115	00:09:18	00:19:51	00:30:33.40	6:06	9.8
249	PSTRĄGOWSKA MARLENA	413		KONIKOWO	POL	K40	48	K 116	00:09:19	00:19:51	00:30:34.15	6:06	9.8
250	SOYA IZABELA	453	PRZESTRZEŃ INSPIRACJI	KOSZALIN	POL	K40	49	K 117	00:09:21	00:19:58	00:30:38.95	6:07	9.8
251	GANSKE NATALIA	171		KOSZALIN	POL	K30	36	K 118	00:09:13	00:20:01	00:30:44.90	6:08	9.8
252	MACIEJCZAK KAROLINA	314	SAILING TEAM FERAJNA	PIŁA	POL	K40	50	K 119	00:09:31	00:20:15	00:30:47.55	6:09	9.7
253	KAWECKA AGNIESZKA	243		WRZEŚNICA	POL	K30	37	K 120	00:10:09	00:20:48	00:30:50.80	6:10	9.7
254	WALO ZBIGNIEW	501	X	KOSZALIN	POL	M60	15	M 134	00:09:17	00:19:45	00:30:53.00	6:10	9.7
255	STORZOLEK FILIP	526		KOSZALIN	POL	M18	14	M 135	00:08:01	00:19:19	00:30:55.25	6:11	9.7
256	ANGROT JACEK	97		NOSÓWKO	POL	M40	42	M 136	00:09:13	00:19:46	00:30:58.40	6:11	9.7
257	WRÓTNIK ROBERT	524		BIĄŁOGARD	POL	M40	43	M 137	00:09:16	00:20:00	00:30:58.45	6:11	9.7
258	POLETAJEW WIKTORIA	407		KOSZALIN	POL	K40	51	K 121	00:10:06	00:20:37	00:30:59.00	6:11	9.7
259	WRÓTNIK KASIA	523		BIĄŁOGARD	POL	K40	52	K 122	00:09:17	00:20:02	00:30:59.80	6:11	9.7
260	STASIAK ZBIGNIEW	457		DARŁOWO	POL	M50	22	M 138	00:10:10	00:21:45	00:31:01.80	6:12	9.7
261	JUSZCZAK KRZYSZTOF	223		KOSZALIN	POL	M70+	3	M 139	00:09:00	00:20:00	00:31:03.95	6:12	9.7
262	KSIĄŻKIEWICZ PAULINA	286		KOSZALIN	POL	K18	20	K 123	00:08:24	00:20:21	00:31:04.05	6:12	9.7
263	WILKOWSKA MAŁGORZATA	512	KJP KOSZALIN	KOSZALIN	POL	K40	53	K 124	00:09:42	00:20:32	00:31:18.30	6:15	9.6
264	WILKOWSKA BEATA	513	KJP KOSZALIN	KOSZALIN	POL	K40	54	K 125	00:09:43	00:20:35	00:31:21.70	6:16	9.6
265	MARCZAK MAŁGORZATA	331	AKTYWNI ŻELKOWO	ŻELKOWO	POL	K60+	5	K 126	00:09:18	00:20:13	00:31:24.65	6:16	9.6
266	POLANOWSKA ANGELIKA	404		SZCZECINEK	POL	K30	38	K 127	00:09:38	00:20:48	00:31:37.40	6:19	9.5
267	BUTOWICZ ADAM	135		SZCZECINEK	POL	M60	16	M 140	00:09:25	00:20:51	00:31:43.20	6:20	9.5
268	KIERSZK GRZEGORZ	250		PRZECHLEWO	POL	M40	44	M 141	00:09:40	00:20:40	00:32:00.10	6:24	9.4
269	GOLA EWELINA	178		CHOJNICE	POL	K40	55	K 128	00:09:41	00:20:41	00:32:00.65	6:24	9.4
270	RUDNICKI RYSZARD	427		KOŚCIERNICA	POL	M60	17	M 142	00:09:50	00:21:09	00:32:18.40	6:27	9.3
271	SKROBANEK ZOFIA	441		SZCZECINEK	POL	K18	21	K 129	00:09:43	00:21:00	00:32:27.65	6:29	9.2
272	SUDER-MAKSYMOWICZ MONIKA	465		USTRONIE MORSKIE	POL	K40	56	K 130	00:10:16	00:21:25	00:32:29.80	6:29	9.2

BIEG GŁÓWNY - 5 KM - ATEST PZLA - BIEG 1, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	1.6km	3.3km	Netto	min/km	km/h
273	STAŃCZAK KAMILA	456		KOSZALIN	POL	K30	39	K 131	00:09:54	00:21:08	00:32:44.60	6:32	9.2
274	PEŁKA IWONA	387		KOSZALIN	POL	K50	10	K 132	00:09:55	00:21:08	00:32:44.95	6:32	9.2
275	KWOLEK MACIEJ	298		KOSZALIN	POL	M40	45	M 143	00:09:43	00:21:21	00:32:56.00	6:35	9.1
276	OLEKSIUK JOANNA	370		TRZEBIELE	POL	K30	40	K 133	00:09:51	00:21:32	00:33:01.25	6:36	9.1
277	STASIAK ALEKSANDRA	458		DARŁOWO	POL	K18	22	K 134	00:10:10	00:21:45	00:33:24.30	6:40	9
278	OLCZYKOWSKI BARTOSZ	369	WILLA BLANKA	DĄBKI	POL	M40	46	M 144	00:10:11	00:21:46	00:33:25.70	6:41	9
279	CICHOSZ JERZY	141		KOSZALIN	POL	M70+	4	M 145	00:10:25	00:21:56	00:33:30.75	6:42	9
280	KRYCH KAROLINA	282		BIAŁOGARD	POL	K18	23	K 135	00:10:01	00:22:06	00:33:36.40	6:43	8.9
281	KWIECIŃSKI RAFAŁ	297		SJANÓW	POL	M30	36	M 146	00:09:42	00:21:42	00:34:00.50	6:48	8.8
282	ANGROT MARCIN	95		KOSZALIN	POL	M40	47	M 147	00:10:06	00:21:57	00:34:18.55	6:51	8.7
283	MERKIS MAŁGORZATA	343		KOSZALIN	POL	K50	11	K 136	00:10:37	00:22:36	00:34:30.60	6:54	8.7
284	SUSKI JAN	467		BONIN	POL	M70+	5	M 148	00:09:27	00:20:57	00:34:31.05	6:54	8.7
285	SZAFONI MICHAŁ	468		KOSZALIN	POL	M40	48	M 149	00:09:45	00:22:17	00:34:48.05	6:57	8.6
286	JARUGA ARTUR	211		KOSZALIN	POL	M40	49	M 150	00:10:11	00:22:28	00:35:10.05	7:02	8.5
287	MOLENDAS SEBASTIAN	352		BYDGOSZCZ	POL	M30	37	M 151	00:11:25	00:25:25	00:35:16.55	7:03	8.5
288	JEZIORSKA DANUTA	215		KOSZALIN	POL	K50	12	K 137	00:10:30	00:22:16		6:44	8.9
289	LUBLEWSKI DAWID	307	BIEGOLAS	KOSZALIN	POL	M30	38	M 152	00:06:37			4:08	14.5
290	SZYMCZAK MAGDALENA	478		SZUBIN	POL	K18	24	K 138	00:11:25			7:08	8.4