

TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH
Organizator: Fundacja Wolność i Demokracja, KTKKF, Fundacja Herkules All Sports
Data: 2020-03-01
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.3km	Lap 4.9km	Lap 6.6km	Lap 8.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BRAUN Grzegorz	168	DRACZYŃSKI RUNNING TEAM	M18-29	1	00:05:18	00:10:42	00:16:06	00:21:32	00:26:57	00:32:15.45		3:13	18.6 (100%)
2	GAWRON Piotr	190	ULKS TALEX BORZYTUCHOM	M18-29	2	00:05:38	00:11:35	00:17:35	00:23:38	00:29:47	00:35:50.30	+00:03:34 (10.0%)	3:35	16.7 (89.8%)
3	HUBERT Łukasz	207	TKKF KOSZALIN	M30-39	1	00:05:38	00:11:35	00:17:40	00:23:48	00:30:02	00:36:10.85	+00:03:55 (10.8%)	3:37	16.6 (89.2%)
4	SIADAK Arkadiusz	303		M40-49	1	00:05:58	00:11:58	00:18:08	00:24:17	00:30:39	00:36:36.80	+00:04:21 (11.9%)	3:39	16.4 (88.2%)
5	ŁUKASZEWSKI Sebastian	249	STARGARDZKI ZWIĄZEK WETERANÓW LEKKIEJ ATLETYKI	M40-49	2	00:05:57	00:12:07	00:18:23	00:24:38	00:30:51	00:36:44.75	+00:04:29 (12.2%)	3:40	16.3 (87.6%)
6	ZABORSKI Ryszard	340	TKKF KOSZALIN	M40-49	3	00:05:55	00:11:56	00:18:03	00:24:17	00:30:39	00:36:50.75	+00:04:35 (12.5%)	3:41	16.3 (87.6%)
7	ROSZKOWSKI Damian	294	BAGNA IZBICKIE	M30-39	2	00:06:00	00:12:12	00:18:27	00:24:44	00:30:57	00:36:56.75	+00:04:41 (12.7%)	3:41	16.2 (87.1%)
8	RYBACZEK Sebastian	350	JW 1223	M40-49	4	00:05:58	00:12:06	00:18:22	00:24:38	00:30:53	00:36:59.20	+00:04:43 (12.8%)	3:41	16.2 (87.1%)
9	MACKOJĆ Krzysztof	255	EL-MACKOJĆ	M40-49	5	00:06:00	00:12:12	00:18:29	00:24:54	00:31:17	00:37:30.60	+00:05:15 (14.0%)	3:45	16 (86.0%)
10	RYKIEL Michał	301	DĄBROWSKI TEAM	M30-39	3	00:05:55	00:12:10	00:18:28	00:24:54	00:31:18	00:37:32.25	+00:05:16 (14.1%)	3:45	16 (86.0%)
11	RUDNIKOWSKI Maciej	297	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M40-49	6	00:05:58	00:12:19	00:18:42	00:25:10	00:31:39	00:37:59.00	+00:05:43 (15.1%)	3:47	15.8 (84.9%)
12	SITOWSKI Marcin	305	HOMOSAPIE	M18-29	3	00:06:23	00:12:50	00:19:21	00:25:50	00:32:14	00:38:29.50	+00:06:14 (16.2%)	3:50	15.6 (83.9%)
13	PICK Tomasz	283	SKSG KORONA SZCZECIN	M50-59	1	00:06:10	00:12:37	00:19:10	00:25:42	00:31:58	00:38:33.00	+00:06:17 (16.3%)	3:51	15.6 (83.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km				
14	WALCZAK Paweł	52		M30-39	4	00:05:54	00:12:11	00:18:57	00:26:51	00:33:18	00:39:42.90	+00:07:27 (18.8%)	3:58	15.1 (81.2%)
15	WOJCIECHOWICZ Jacek	334	WWW.STUDIOTANCAPASJA.PL	M40-49	7	00:06:16	00:12:56	00:19:40	00:26:27	00:33:09	00:39:43.10	+00:07:27 (18.8%)	3:58	15.1 (81.2%)
16	LEWANDOWSKI Jacek	248	TAPETY KOSZALIN MONIUSZKI	M40-49	8	00:06:23	00:13:02	00:19:46	00:26:33	00:33:21	00:39:56.90	+00:07:41 (19.3%)	3:59	15 (80.6%)
17	BIEDRZYCKI Krzysztof	165		M40-49	9	00:06:26	00:13:08	00:19:49	00:26:36	00:33:26	00:39:59.55	+00:07:44 (19.3%)	3:59	15 (80.6%)
18	BURDA Robert	170	KOSPEL	M40-49	10	00:06:38	00:13:22	00:20:08	00:26:59	00:33:42	00:40:07.05	+00:07:51 (19.6%)	4:00	15 (80.6%)
19	GIERLACH Jacek	192	STOPA SŁUPSK	M30-39	5	00:06:11	00:12:55	00:19:51	00:26:55	00:34:07	00:41:03.55	+00:08:48 (21.4%)	4:06	14.6 (78.5%)
20	SZYSZKA Konrad	322	WIECZORNE BIEGANIE W SZCZECINIE	M40-49	11	00:06:31	00:13:28	00:20:30	00:27:30	00:34:31	00:41:20.75	+00:09:05 (22.0%)	4:08	14.5 (78.0%)
21	WIECZOREK Łukasz	332	CSSP KOSZALIN	M30-39	6	00:06:38	00:13:37	00:20:34	00:27:38	00:34:42	00:41:27.70	+00:09:12 (22.2%)	4:08	14.5 (78.0%)
22	CHABOWSKI Wojciech	174	PROFESJONALNI AMATORZY	M18-29	4	00:06:11	00:13:20	00:20:41	00:27:44	00:34:43	00:41:29.25	+00:09:13 (22.2%)	4:08	14.5 (78.0%)
23	NOWICKI Michał	274	KB WYGAN	M30-39	7	00:06:52	00:13:40	00:20:32	00:27:31	00:34:36	00:41:33.45	+00:09:18 (22.4%)	4:09	14.4 (77.4%)
24	KAWKA Adrian	223		M30-39	8	00:06:15	00:13:17	00:20:23	00:27:33	00:34:41	00:41:42.15	+00:09:26 (22.6%)	4:10	14.4 (77.4%)
25	KOZIEŁ Adam	236	PROFESJONALNI AMATORZY	M18-29	5	00:06:25	00:13:19	00:20:27	00:27:42	00:34:56	00:41:51.80	+00:09:36 (22.9%)	4:11	14.3 (76.9%)
26	PLUTA Kamil	4		M18-29	6	00:06:46	00:13:52	00:20:57	00:28:02	00:35:12	00:42:02.10	+00:09:46 (23.3%)	4:12	14.3 (76.9%)
27	ZWOLIŃSKI Jan	346	TKKF KOSZALIN	M50-59	2	00:06:45	00:13:46	00:20:52	00:28:04	00:35:13	00:42:16.70	+00:10:01 (23.7%)	4:13	14.2 (76.3%)
28	KOZIEŁ Paweł	235	PROFESJONALNI AMATORZY	M40-49	12	00:06:38	00:13:45	00:20:58	00:28:09	00:35:25	00:42:22.70	+00:10:07 (23.9%)	4:14	14.2 (76.3%)
29	KONKEL Agnieszka	228		K30-39	1	00:06:58	00:14:03	00:21:00	00:28:16	00:35:32	00:42:31.50	+00:10:16 (24.1%)	4:15	14.1 (75.8%)
30	BARANOWSKI Piotr	162		M40-49	13	00:06:51	00:13:50	00:20:57	00:28:09	00:35:28	00:42:43.50	+00:10:28 (24.5%)	4:16	14 (75.3%)
31	RUBASZNIAK Radosław	296		M30-39	9	00:06:43	00:13:51	00:21:04	00:28:29	00:35:51	00:42:57.60	+00:10:42 (24.9%)	4:17	14 (75.3%)
32	URBAŃSKI Tomasz	327		M40-49	14	00:07:07	00:14:09	00:21:23	00:28:35	00:35:49	00:42:58.65	+00:10:43 (24.9%)	4:17	14 (75.3%)
33	GÓRNY Norbert	196	CSSP KOSZALIN	M40-49	15	00:06:50	00:14:02	00:21:20	00:28:38	00:36:00	00:43:16.50	+00:11:01 (25.5%)	4:19	13.9 (74.7%)
34	MAZUR Tomasz	259	I LO SZCZECINEK	M40-49	16	00:06:50	00:14:01	00:21:22	00:28:44	00:36:11	00:43:18.90	+00:11:03 (25.5%)	4:19	13.9 (74.7%)
35	KUCAL Paweł	243		M40-49	17	00:07:07	00:14:11	00:21:24	00:28:45	00:36:10	00:43:26.90	+00:11:11 (25.8%)	4:20	13.8 (74.2%)
36	ZATOŃ Olga	342		K30-39	2	00:06:55	00:14:03	00:21:23	00:28:41	00:36:05	00:43:33.00	+00:11:17 (25.9%)	4:21	13.8 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km				
37	NOWAK Paweł	272	TRIPAKA PRZECHLEWO	M40-49	18	00:07:14	00:14:25	00:21:44	00:29:04	00:36:26	00:43:36.95	+00:11:21 (26.0%)	4:21	13.8 (74.2%)
38	PASIEKA Agnieszka	280		K30-39	3	00:07:14	00:14:28	00:21:50	00:29:11	00:36:39	00:43:51.80	+00:11:36 (26.5%)	4:23	13.7 (73.7%)
39	RACISZ Mateusz	289	KAMIEŃ RYMAŃSKI	M18-29	7	00:06:18	00:13:17	00:21:03	00:28:43	00:36:24	00:43:54.10	+00:11:38 (26.5%)	4:23	13.7 (73.7%)
40	MŁYNARCZYK Zbyszek	266	CPSP USTKA	M30-39	10	00:07:10	00:14:27	00:21:48	00:29:13	00:36:44	00:44:11.35	+00:11:55 (27.0%)	4:25	13.6 (73.1%)
41	ŻUREK Mateusz	348		M30-39	11	00:06:48	00:13:58	00:21:24	00:28:57	00:36:47	00:44:20.45	+00:12:05 (27.3%)	4:26	13.5 (72.6%)
42	JANKOWSKI Piotr	163		M40-49	19	00:07:18	00:14:39	00:22:11	00:29:43	00:37:13	00:44:41.40	+00:12:25 (27.8%)	4:28	13.4 (72.0%)
43	WOŁYNIEC Szymon	335	WIECZORNE BIEGANIE W SZCZECINIE	M18-29	8	00:06:45	00:14:14	00:21:54	00:29:34	00:37:30	00:45:05.00	+00:12:49 (28.4%)	4:30	13.3 (71.5%)
44	JARZYNA Roman	212	SZWLA STARGARD	M50-59	3	00:07:18	00:14:52	00:22:27	00:30:04	00:37:41	00:45:06.20	+00:12:50 (28.5%)	4:30	13.3 (71.5%)
45	BUDZIŃSKI Paweł	169	TAGER SPORT / DRUŻYNA SZPIKU	M40-49	20	00:07:23	00:14:54	00:22:30	00:30:18	00:38:01	00:45:13.85	+00:12:58 (28.7%)	4:31	13.3 (71.5%)
46	HAŁKA Justyna	201	TRUCHT ŁOBEZ	K40-49	1	00:07:20	00:14:55	00:22:37	00:30:19	00:38:00	00:45:29.05	+00:13:13 (29.1%)	4:32	13.2 (71.0%)
47	SMOCZYŃSKI Marek	309	MBC TEAM	M30-39	12	00:07:27	00:14:54	00:22:23	00:30:07	00:37:53	00:45:34.50	+00:13:19 (29.2%)	4:33	13.2 (71.0%)
48	KWIETNIEWSKI Daniel	246		M40-49	21	00:07:11	00:14:35	00:22:18	00:30:07	00:37:57	00:45:40.30	+00:13:24 (29.4%)	4:34	13.1 (70.4%)
49	IWANIEC Dariusz	209	TKKF KOSZALIN	M40-49	22	00:07:18	00:14:59	00:22:42	00:30:27	00:38:17	00:45:41.20	+00:13:25 (29.4%)	4:34	13.1 (70.4%)
50	KOZAK Grzegorz	234	FPP	M40-49	23	00:07:42	00:15:25	00:23:08	00:30:56	00:38:43	00:45:45.75	+00:13:30 (29.5%)	4:34	13.1 (70.4%)
51	KORMAN Kamil	231		M18-29	9	00:07:35	00:15:26	00:23:11	00:30:59	00:38:46	00:45:50.95	+00:13:35 (29.6%)	4:35	13.1 (70.4%)
52	PĘKAŁA Piotr	282	SP MANOWO	M40-49	24	00:08:20	00:16:03	00:23:48	00:31:31	00:39:05	00:46:00.80	+00:13:45 (29.9%)	4:36	13 (69.9%)
53	CHABOWSKA Karolina	172	KB WYGAN	K30-39	4	00:07:22	00:14:55	00:22:38	00:30:24	00:38:14	00:46:02.45	+00:13:47 (29.9%)	4:36	13 (69.9%)
54	KRAWCZUK Szymon	238	DARŁOWSKIE CHARTY	M40-49	25	00:07:32	00:15:20	00:23:05	00:30:52	00:38:39	00:46:06.55	+00:13:51 (30.0%)	4:36	13 (69.9%)
55	MYSZYŃSKI Paweł	269	SP5 KOŁOBRZEG	M40-49	26	00:07:21	00:15:00	00:22:47	00:30:35	00:38:30	00:46:07.95	+00:13:52 (30.1%)	4:36	13 (69.9%)
56	OLSZAR Grzegorz	277	DARŁOWSKIE CHARTY	M30-39	13	00:07:17	00:14:49	00:22:27	00:30:20	00:38:24	00:46:09.15	+00:13:53 (30.1%)	4:36	13 (69.9%)
57	ZAWILSKI Robert	343		M30-39	14	00:08:04	00:16:03	00:24:06	00:31:45	00:39:11	00:46:13.35	+00:13:57 (30.2%)	4:37	13 (69.9%)
58	SITARCZYK Damian	304		M30-39	15	00:08:06	00:15:44	00:23:26	00:31:18	00:38:59	00:46:13.90	+00:13:58 (30.2%)	4:37	13 (69.9%)
59	GRACZYK Paweł	198	KAMIEŃ RYMAŃSKI	M30-39	16	00:06:59	00:14:30	00:22:13	00:30:06	00:38:11	00:46:16.00	+00:14:00 (30.3%)	4:37	13 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas	Różn	Tempo	Tempo
						1.6km	3.3km	4.9km	6.6km	8.3km	netto 10km		min/km	km/h
60	WILKOWSKI Krzysztof	333	FOR-REST-RUN KOSZALIN	M40-49	27	00:07:36	00:15:09	00:22:59	00:30:49	00:38:45	00:46:21.90	+00:14:06 (30.4%)	4:38	12.9 (69.4%)
61	KIELAR Łukasz	227		M40-49	28	00:07:36	00:15:12	00:22:59	00:30:49	00:38:44	00:46:27.45	+00:14:12 (30.6%)	4:38	12.9 (69.4%)
62	KRZEWIŃSKA Małgorzata	240	TKKF KOSZALIN	K60+	1	00:07:36	00:15:23	00:23:10	00:30:58	00:38:47	00:46:27.90	+00:14:12 (30.6%)	4:38	12.9 (69.4%)
63	PILAREK Ireneusz	285		M40-49	29	00:07:23	00:14:56	00:22:37	00:30:36	00:38:45	00:46:40.30	+00:14:24 (30.9%)	4:40	12.9 (69.4%)
64	CZYŻYKOWSKI Łukasz	180		M30-39	17	00:07:49	00:15:34	00:23:25	00:31:19	00:39:23	00:47:03.60	+00:14:48 (31.5%)	4:42	12.7 (68.3%)
65	REDLICKI Piotr	291		M30-39	18	00:07:17	00:15:04	00:23:06	00:31:01	00:39:02	00:47:07.60	+00:14:52 (31.6%)	4:42	12.7 (68.3%)
66	GLEWICZ Sylwia	193		K30-39	5	00:07:52	00:15:40	00:23:34	00:31:31	00:39:30	00:47:12.20	+00:14:56 (31.7%)	4:43	12.7 (68.3%)
67	ŁUSZCZEWSKI Krzysztof	251	ŻYTANIA TEAM	M40-49	30	00:07:27	00:15:12	00:23:13	00:31:18	00:39:24	00:47:18.65	+00:15:03 (31.8%)	4:43	12.7 (68.3%)
68	CHUDZIK Zbigniew	176	TKKF KOSZALIN	M50-59	4	00:07:45	00:15:38	00:23:29	00:31:24	00:39:25	00:47:22.60	+00:15:07 (31.9%)	4:44	12.7 (68.3%)
69	STACHOWIAK Ryszard	312		M60-69	1	00:07:32	00:15:25	00:23:26	00:31:31	00:39:33	00:47:31.85	+00:15:16 (32.1%)	4:45	12.6 (67.7%)
70	RÓG Michał	295	8PPLOT	M40-49	31	00:07:52	00:15:40	00:23:39	00:31:43	00:39:53	00:47:33.50	+00:15:18 (32.2%)	4:45	12.6 (67.7%)
71	MACIEJEWICZ Piotr	254	KAMIEŃ RYMAŃSKI	M18-29	10	00:07:01	00:14:30	00:22:41	00:30:55	00:39:18	00:47:37.65	+00:15:22 (32.3%)	4:45	12.6 (67.7%)
72	BIAŁECKA Paula	164	TGK	K30-39	6	00:07:26	00:15:14	00:23:15	00:31:34	00:39:51	00:47:40.20	+00:15:24 (32.3%)	4:46	12.6 (67.7%)
73	DERLIŃSKI Adam	183	TORNADO KOSZALIN	M40-49	32	00:07:15	00:15:00	00:23:00	00:31:12	00:39:34	00:47:40.30	+00:15:24 (32.3%)	4:46	12.6 (67.7%)
74	ZIELIŃSKI Maciej	344	KAMIEŃ RYMAŃSKI	M18-29	11	00:06:37	00:14:09	00:22:25	00:30:54	00:39:17	00:47:43.00	+00:15:27 (32.4%)	4:46	12.6 (67.7%)
75	SKOWYRSKI Janusz	306	TKKF KOSZALIN	M50-59	5	00:07:33	00:15:20	00:23:30	00:31:43	00:39:53	00:47:51.65	+00:15:36 (32.6%)	4:47	12.5 (67.2%)
76	GALICKI Robert	189	BOBOLICKIE BRACTWO BIEGOWE	M40-49	33	00:08:25	00:16:51	00:24:54	00:32:47	00:40:39	00:48:05.10	+00:15:49 (32.9%)	4:48	12.5 (67.2%)
77	BURDZIK Michał	171	MBFAN	M18-29	12	00:07:06	00:14:56	00:23:08	00:31:37	00:40:12	00:48:08.15	+00:15:52 (33.0%)	4:48	12.5 (67.2%)
78	GOLUBSKI Cezary	195	KAMIEŃ RYMAŃSKI	M18-29	13	00:07:24	00:15:28	00:23:55	00:32:19	00:40:39	00:48:14.85	+00:15:59 (33.1%)	4:49	12.4 (66.7%)
79	SMOCZYŃSKA Emilia	308	MBC TEAM	K30-39	7	00:07:26	00:15:20	00:23:29	00:31:55	00:40:24	00:48:27.20	+00:16:11 (33.4%)	4:50	12.4 (66.7%)
80	RAŚ Mateusz	130	JW1223	M18-29	14	00:07:51	00:15:56	00:24:03	00:32:15	00:40:30	00:48:33.35	+00:16:17 (33.6%)	4:51	12.4 (66.7%)
81	ROGOWSKI Jan	292	BBL MIKOŁAJKI	M50-59	6	00:08:01	00:16:06	00:24:12	00:32:25	00:40:38	00:48:33.90	+00:16:18 (33.6%)	4:51	12.4 (66.7%)
82	DĄBROWSKA Alicja	181	TKKF KOSZALIN	K50-59	1	00:08:05	00:16:17	00:24:33	00:32:48	00:40:55	00:48:34.45	+00:16:19 (33.6%)	4:51	12.3 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km	netto 10km			
83	MONGIAŁO Marcin	268	FAST FEET K-LIN	M40-49	34	00:08:11	00:16:15	00:24:29	00:32:42	00:40:50	00:48:34.65	+00:16:19 (33.6%)	4:51	12.3 (66.1%)
84	ŚWIETLIK Tomasz	324	LEO TEAM	M60-69	2	00:08:08	00:16:16	00:24:31	00:32:46	00:40:53	00:48:46.30	+00:16:30 (33.9%)	4:52	12.3 (66.1%)
85	RUTKOWSKI Artur	299	RUNKING	M30-39	19	00:07:36	00:15:28	00:23:39	00:32:08	00:40:40	00:48:47.85	+00:16:32 (33.9%)	4:52	12.3 (66.1%)
86	JOCHYM Mariusz	216	WATAHA	M30-39	20	00:07:57	00:15:53	00:24:07	00:32:35	00:41:08	00:48:51.60	+00:16:36 (34.0%)	4:53	12.3 (66.1%)
87	MACIĄG Piotr	252	HOMOSAPIE	M40-49	35	00:07:54	00:15:59	00:24:15	00:32:35	00:40:55	00:48:53.75	+00:16:38 (34.0%)	4:53	12.3 (66.1%)
88	GĄSECKA Agata	29		K18-29	1	00:08:18	00:16:25	00:24:38	00:32:55	00:41:00	00:48:59.50	+00:16:44 (34.2%)	4:54	12.2 (65.6%)
89	SZKOPEK Krzysztof	318		M50-59	7	00:07:30	00:15:31	00:23:46	00:32:09	00:40:36	00:49:02.25	+00:16:46 (34.2%)	4:54	12.2 (65.6%)
90	WYGANOWSKI Andrzej	339	KB WYGAN	M70+	1	00:08:05	00:16:20	00:24:38	00:32:54	00:41:10	00:49:04.60	+00:16:49 (34.3%)	4:54	12.2 (65.6%)
91	KAŻMIERCZAK Agnieszka	225	PROFESJONALNI AMATORZYPROFESJONALNI AMATORZY	K40-49	2	00:07:32	00:15:38	00:23:57	00:32:22	00:40:53	00:49:14.45	+00:16:59 (34.5%)	4:55	12.2 (65.6%)
92	ANTKOWIAK Sebastian	161	DB - ACTIVE	M40-49	36	00:07:26	00:15:26	00:23:51	00:32:19	00:40:54	00:49:22.90	+00:17:07 (34.7%)	4:56	12.1 (65.1%)
93	TREDER Marian	325	TEAM TREDER	M50-59	8	00:07:33	00:15:25	00:23:40	00:32:11	00:40:53	00:49:23.10	+00:17:07 (34.7%)	4:56	12.1 (65.1%)
94	HAINCE Paweł	199		M40-49	37	00:07:49	00:15:50	00:23:59	00:32:29	00:41:05	00:49:25.15	+00:17:09 (34.7%)	4:56	12.1 (65.1%)
95	KACZMAREK Łukasz	218	WOJOWNICY WÓDY	M30-39	21	00:08:15	00:16:36	00:25:07	00:33:38	00:41:35	00:49:26.70	+00:17:11 (34.8%)	4:56	12.1 (65.1%)
95	IHNATOWICZ Łukasz	208	WOLNY ŚLEDŹ	M30-39	22	00:08:04	00:16:20	00:24:48	00:33:16	00:41:36	00:49:26.70	+00:17:11 (34.8%)	4:56	12.1 (65.1%)
97	BUREK Marcin	49		M30-39	23	00:07:44	00:15:54	00:24:11	00:32:37	00:41:24	00:49:27.85	+00:17:12 (34.8%)	4:56	12.1 (65.1%)
98	PAJOR Tomasz	279	HOMOSAPIE	M40-49	38	00:07:54	00:15:59	00:24:16	00:32:40	00:41:12	00:49:35.80	+00:17:20 (35.0%)	4:57	12.1 (65.1%)
99	DRULIK-HOŁUB Marta	186	TORNADO KOSZALIN	K40-49	3	00:07:52	00:15:55	00:24:09	00:32:43	00:41:07	00:49:37.65	+00:17:22 (35.0%)	4:57	12.1 (65.1%)
100	HOREGLAD Paweł	206	SPEEDY GONZALES	M18-29	15	00:07:56	00:15:58	00:24:16	00:32:50	00:41:35	00:49:41.45	+00:17:26 (35.1%)	4:58	12.1 (65.1%)
101	DĘBSKI Damian	184		M30-39	24	00:08:04	00:16:03	00:24:06	00:32:33	00:41:16	00:49:46.50	+00:17:31 (35.2%)	4:58	12.1 (65.1%)
102	MICHALCZYK Kamil	261	KOSZALIN	M30-39	25	00:07:52	00:15:48	00:24:02	00:32:31	00:41:10	00:49:48.10	+00:17:32 (35.2%)	4:58	12 (64.5%)
103	KRASIŃSKI Witold	237		M40-49	39	00:07:57	00:15:53	00:24:07	00:32:36	00:41:16	00:49:52.30	+00:17:36 (35.3%)	4:59	12 (64.5%)
104	MICHALSKI Jakub	262		M40-49	40	00:08:48	00:17:26	00:26:01	00:34:24	00:42:32	00:49:59.55	+00:17:44 (35.5%)	4:59	12 (64.5%)
105	GIEDROWICZ Aleksandra	191		K30-39	8	00:07:28	00:15:39	00:24:06	00:32:45	00:41:26	00:50:01.80	+00:17:46 (35.5%)	5:00	12 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km				
106	ALABA Jerzy	153		M60-69	3	00:08:57	00:17:01	00:25:04	00:33:33	00:42:02	00:50:09.65	+00:17:54 (35.7%)	5:01	12 (64.5%)
107	JABŁOŃSKI Arkadiusz	210	JW 1223	M30-39	26	00:07:41	00:15:39	00:23:45	00:32:26	00:41:18	00:50:13.30	+00:17:57 (35.8%)	5:01	11.9 (64.0%)
108	DOBOSZ Robert	25		M18-29	16	00:08:23	00:16:43	00:25:00	00:33:31	00:41:58	00:50:20.05	+00:18:04 (35.9%)	5:02	11.9 (64.0%)
109	BOJANOWSKI Michał	351	KOŁOBRZESKI KLUB MORSÓW	M40-49	41	00:07:53	00:16:05	00:24:39	00:33:20	00:41:40	00:50:30.60	+00:18:15 (36.1%)	5:03	11.9 (64.0%)
110	NEUBAUER Łukasz	271		M40-49	42	00:07:41	00:15:48	00:24:12	00:32:59	00:41:53	00:50:31.90	+00:18:16 (36.2%)	5:03	11.9 (64.0%)
111	KONKEL Łukasz	229		M40-49	43	00:08:26	00:16:54	00:25:29	00:33:58	00:42:27	00:50:32.40	+00:18:16 (36.2%)	5:03	11.9 (64.0%)
112	MONGIAŁO Aleksandra	267	FAST FEET K-LIN	K30-39	9	00:08:15	00:16:36	00:25:08	00:33:39	00:42:07	00:50:32.75	+00:18:17 (36.2%)	5:03	11.9 (64.0%)
113	OSOBNIAK Ryszard	278	1956	M60-69	4	00:08:14	00:16:35	00:25:07	00:33:39	00:42:18	00:50:36.35	+00:18:20 (36.3%)	5:03	11.9 (64.0%)
114	CHABOWSKI Dawid	173		M40-49	44	00:07:56	00:16:08	00:24:33	00:33:13	00:42:07	00:50:39.20	+00:18:23 (36.3%)	5:04	11.8 (63.4%)
115	HARASIMOWICZ Michał	202	12. BBSP	M30-39	27	00:07:49	00:16:07	00:24:44	00:33:30	00:42:22	00:50:39.95	+00:18:24 (36.3%)	5:03	11.8 (63.4%)
116	KAWA Marcin	15		M30-39	28	00:07:49	00:15:46	00:24:18	00:33:05	00:41:59	00:50:45.60	+00:18:30 (36.5%)	5:04	11.8 (63.4%)
117	GOLEC Anna	194		K40-49	4	00:08:06	00:16:33	00:25:08	00:33:46	00:42:24	00:50:46.30	+00:18:30 (36.5%)	5:04	11.8 (63.4%)
118	CZAPLA Paulina	178		K30-39	10	00:08:10	00:16:32	00:25:01	00:33:40	00:42:21	00:50:49.80	+00:18:34 (36.5%)	5:05	11.8 (63.4%)
119	JUSZCZAK Krzysztof	217		M60-69	5	00:08:05	00:16:14	00:24:40	00:33:25	00:42:20	00:51:19.00	+00:19:03 (37.1%)	5:07	11.7 (62.9%)
120	SZCZYPEK Arkadiusz	317	FUNDACJA ZASTOPIJ	M30-39	29	00:07:55	00:16:16	00:24:48	00:33:40	00:42:39	00:51:34.55	+00:19:19 (37.5%)	5:09	11.6 (62.4%)
121	PUŚCIAN Krzysztof	288	SP MANOWO	M40-49	45	00:08:26	00:16:53	00:25:40	00:34:25	00:43:07	00:51:44.95	+00:19:29 (37.7%)	5:10	11.6 (62.4%)
122	ZAKUTYŃSKA-KOWALCZYK Karolina	68		K40-49	5	00:08:15	00:16:40	00:25:15	00:34:05	00:43:05	00:51:52.35	+00:19:36 (37.8%)	5:11	11.6 (62.4%)
123	PAWŁOWSKI Grzegorz	62	GAMMAX	M40-49	46	00:07:43	00:15:56	00:24:35	00:33:32	00:42:48	00:51:53.70	+00:19:38 (37.8%)	5:11	11.6 (62.4%)
124	SŁOMSKA Dorota	307		K30-39	11	00:08:16	00:16:40	00:25:16	00:34:08	00:43:11	00:52:00.15	+00:19:44 (38.0%)	5:12	11.5 (61.8%)
125	HAŁAJKO Magdalena	200		K30-39	12	00:08:13	00:16:36	00:25:25	00:34:16	00:43:10	00:52:10.35	+00:19:54 (38.2%)	5:13	11.5 (61.8%)
126	SZYMAŃSKI Patryk	321	1987	M30-39	30	00:07:59	00:16:04	00:24:50	00:34:01	00:43:17	00:52:19.45	+00:20:04 (38.4%)	5:13	11.5 (61.8%)
127	SZYSZKOWSKI Tomasz	323	FOR-REST-RUN KOSZALIN	M30-39	31	00:08:30	00:17:11	00:26:02	00:34:55	00:43:49	00:52:20.25	+00:20:04 (38.4%)	5:14	11.5 (61.8%)
128	KAMINSKI Tomasz	219	WODNA SŁUŻBA RATOWNICZA	M40-49	47	00:08:15	00:16:31	00:25:21	00:34:26	00:43:18	00:52:25.80	+00:20:10 (38.5%)	5:14	11.4 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km	netto 10km			
129	SUCHANOWSKI Zygmunt	315	RESPECT LOTYŃ	M50-59	9	00:07:56	00:16:35	00:25:34	00:34:50	00:44:07	00:53:11.35	+00:20:55 (39.4%)	5:19	11.3 (60.8%)
130	USTJANOWSKA Katarzyna	328		K30-39	13	00:08:37	00:17:15	00:26:00	00:35:07	00:44:21	00:53:14.55	+00:20:59 (39.4%)	5:19	11.3 (60.8%)
131	SOBOLEWSKI Marcin	310	1983	M30-39	32	00:08:13	00:16:46	00:25:44	00:35:03	00:44:27	00:53:50.70	+00:21:35 (40.1%)	5:23	11.1 (59.7%)
132	KULAWIŃSKI Marek	244		M40-49	48	00:09:02	00:18:05	00:27:02	00:35:56	00:45:00	00:53:51.85	+00:21:36 (40.1%)	5:23	11.1 (59.7%)
133	KASPRZYK Bogdan	222	KM PSP KOSZALIN	M40-49	49	00:08:03	00:16:48	00:25:50	00:35:11	00:44:40	00:53:54.65	+00:21:39 (40.2%)	5:23	11.1 (59.7%)
134	JAKÓBCZAK Dariusz	211		M50-59	10	00:09:06	00:18:12	00:27:10	00:36:04	00:45:03	00:54:00.90	+00:21:45 (40.3%)	5:24	11.1 (59.7%)
135	MITUNIEWICZ Adrian	265		M30-39	33	00:09:00	00:18:07	00:27:06	00:36:02	00:45:09	00:54:11.40	+00:21:55 (40.5%)	5:25	11.1 (59.7%)
136	ROMANOWICZ Monika	293	DZIKIE ŻÓŁWIE	K30-39	14	00:08:48	00:18:03	00:27:28	00:36:59	00:46:04	00:54:37.70	+00:22:22 (41.0%)	5:27	11 (59.1%)
137	SUCHODOLSKA Aleksandra	316		K30-39	15	00:09:08	00:18:18	00:27:32	00:36:59	00:46:04	00:54:38.45	+00:22:23 (41.0%)	5:27	11 (59.1%)
138	KĘSIK Michał	226	ZDARTE PODESZWY	M40-49	50	00:08:59	00:18:13	00:27:27	00:36:57	00:46:02	00:54:38.90	+00:22:23 (41.0%)	5:27	11 (59.1%)
139	JASIENIECKI Piotr	213	KP ZEFIR WYSZEWO	M50-59	11	00:09:08	00:18:06	00:27:23	00:36:36	00:45:58	00:54:49.30	+00:22:33 (41.2%)	5:28	10.9 (58.6%)
140	CHRUŚLAK Dawid	175		M30-39	34	00:08:30	00:17:33	00:26:41	00:35:59	00:45:27	00:54:50.10	+00:22:34 (41.2%)	5:29	10.9 (58.6%)
141	SZUDERA Kamila	320		K30-39	16	00:08:59	00:18:15	00:27:33	00:36:51	00:46:08	00:55:13.85	+00:22:58 (41.6%)	5:31	10.9 (58.6%)
142	CIECHAŃSKI Michał	177	1979	M40-49	51	00:08:58	00:18:13	00:27:28	00:37:01	00:46:14	00:55:31.80	+00:23:16 (41.9%)	5:33	10.8 (58.1%)
143	KARNICKI Zygmunt	221	TKKF KOSZALIN	M60-69	6	00:08:29	00:17:35	00:27:03	00:36:38	00:46:28	00:55:45.65	+00:23:30 (42.2%)	5:34	10.8 (58.1%)
144	MAJ Agnieszka	256		K40-49	6	00:08:59	00:18:11	00:27:33	00:36:57	00:46:28	00:55:51.65	+00:23:36 (42.3%)	5:35	10.7 (57.5%)
145	WOLF Beata	9	TKKF KOSZALIN	K40-49	7	00:08:39	00:18:13	00:27:45	00:37:15	00:46:42	00:56:09.50	+00:23:54 (42.6%)	5:36	10.7 (57.5%)
146	HELLER Zdzisław	205	HERMARATONOW.PL	M60-69	7	00:09:02	00:18:29	00:27:53	00:37:17	00:46:48	00:56:16.25	+00:24:00 (42.7%)	5:37	10.7 (57.5%)
147	BORYS Justyna	167	JEDWABIŚCI	K30-39	17	00:09:10	00:18:35	00:28:00	00:37:24	00:46:55	00:56:22.95	+00:24:07 (42.8%)	5:38	10.6 (57.0%)
148	NOWAK Ania	273	JEDWABIŚCI	K40-49	8	00:09:10	00:18:35	00:27:59	00:37:24	00:46:55	00:56:23.25	+00:24:07 (42.8%)	5:38	10.6 (57.0%)
149	PISKÓRZ Justyna	286		K30-39	18	00:09:24	00:18:36	00:28:09	00:37:52	00:47:19	00:56:31.30	+00:24:15 (42.9%)	5:39	10.6 (57.0%)
150	MICHALUK Amadeusz	263	KAMIEŃ RYMAŃSKI	M18-29	17	00:08:25	00:17:11	00:26:20	00:36:52	00:45:43	00:56:43.65	+00:24:28 (43.1%)	5:40	10.6 (57.0%)
151	WESOŁOWSKI Łukasz	331	KOSZALIN	M30-39	35	00:08:46	00:18:21	00:28:07	00:37:59	00:47:45	00:56:48.40	+00:24:32 (43.2%)	5:40	10.6 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km	netto 10km			
152	MICHALAK Michał	260	KAMIEŃ RYMAŃSKI	M18-29	18	00:08:19	00:17:45	00:27:58	00:38:12	00:47:59	00:57:04.25	+00:24:48 (43.5%)	5:42	10.5 (56.5%)
153	SADOWSKA Justyna	302		K30-39	19	00:08:46	00:18:21	00:28:08	00:38:00	00:47:46	00:57:07.95	+00:24:52 (43.5%)	5:42	10.5 (56.5%)
154	POŁOCZAŃSKI Piotr	287	SZWAGRY BIEGAJĄ	M30-39	36	00:08:21	00:17:10	00:27:30	00:38:02	00:48:06	00:57:11.30	+00:24:55 (43.6%)	5:43	10.5 (56.5%)
155	SZMYT Marcin	319		M30-39	37	00:08:21	00:17:11	00:27:31	00:38:02	00:48:06	00:57:11.35	+00:24:55 (43.6%)	5:43	10.5 (56.5%)
156	DORAWA-ZIOMEK Anna	185	DZIKIE ŻÓŁWIE	K30-39	20	00:09:54	00:19:56	00:29:56	00:39:15	00:48:46	00:57:46.90	+00:25:31 (44.2%)	5:46	10.4 (55.9%)
157	MALINOWSKA-BURDA Aleksandra	257		K30-39	21	00:08:53	00:18:24	00:28:16	00:38:16	00:48:19	00:57:55.55	+00:25:40 (44.3%)	5:47	10.4 (55.9%)
158	PIETRZYK Rafał	284		M30-39	38	00:08:51	00:18:15	00:28:01	00:38:01	00:48:11	00:58:16.65	+00:26:01 (44.6%)	5:49	10.3 (55.4%)
159	MITUNIEWICZ Renata	264		K50-59	2	00:09:22	00:18:59	00:29:03	00:39:02	00:49:21	00:59:18.65	+00:27:03 (45.6%)	5:55	10.1 (54.3%)
160	TREJDER Maria	326	BAJADERKI KOSZALIN	K40-49	9	00:09:45	00:19:33	00:29:32	00:39:35	00:49:39	00:59:36.95	+00:27:21 (45.9%)	5:57	10.1 (54.3%)
161	KSIĄŻEK Teresa	241	1960	K60+	2	00:09:41	00:19:32	00:29:34	00:39:49	00:50:18	01:00:25.55	+00:28:10 (46.6%)	6:02	9.9 (53.2%)
161	BORKOWSKA Alicja	166		K40-49	10	00:09:43	00:19:33	00:29:35	00:39:51	00:50:18	01:00:25.55	+00:28:10 (46.6%)	6:02	9.9 (53.2%)
163	RADOMSKA Katarzyna	290		K18-29	2	00:08:26	00:18:03	00:28:19	00:38:57	00:49:44	01:00:38.25	+00:28:22 (46.8%)	6:03	9.9 (53.2%)
164	MARTYNIUK Michał	258		M18-29	19	00:09:25	00:19:00	00:29:15	00:39:50	00:50:32	01:00:46.75	+00:28:31 (46.9%)	6:04	9.9 (53.2%)
165	WACHHOLZ Beata	329	KB BRYZA POSTOMINO	K50-59	3	00:09:37	00:19:36	00:29:49	00:40:12	00:50:49	01:01:11.70	+00:28:56 (47.3%)	6:07	9.8 (52.7%)
166	KOPEĆ Magdalena	230		K40-49	11	00:09:47	00:19:56	00:30:09	00:40:40	00:51:05	01:01:16.35	+00:29:00 (47.4%)	6:07	9.8 (52.7%)
167	JEWUŁA Agata	215	DRUŻYNA SZPIKU	K30-39	22	00:09:47	00:19:56	00:30:09	00:40:40	00:51:05	01:01:16.50	+00:29:01 (47.4%)	6:07	9.8 (52.7%)
168	KRAWCZUK Aleksandra	239		K30-39	23	00:09:59	00:20:10	00:30:31	00:41:10	00:51:59	01:02:15.95	+00:30:00 (48.2%)	6:13	9.6 (51.6%)
169	NEUBAUER Adrianna	270		K40-49	12	00:09:56	00:20:07	00:30:14	00:40:45	00:51:36	01:02:24.85	+00:30:09 (48.3%)	6:14	9.6 (51.6%)
170	ŻERAŃSKA Iwona	47		K18-29	3	00:10:05	00:20:13	00:30:31	00:41:01	00:51:50	01:02:26.65	+00:30:11 (48.3%)	6:14	9.6 (51.6%)
171	ROGUCKA-KOPIJ Klaudia	48		K18-29	4	00:10:06	00:20:13	00:30:31	00:41:01	00:51:51	01:02:27.15	+00:30:11 (48.3%)	6:14	9.6 (51.6%)
172	HARASYM Daniel	203	FUNDACJA ZASTOPUJ	M40-49	52	00:09:33	00:19:30	00:29:58	00:41:01	00:51:58	01:02:36.60	+00:30:21 (48.5%)	6:15	9.6 (51.6%)
173	KAPCIO Michał	220	KAMIEŃ RYMAŃSKI	M18-29	20	00:08:01	00:19:35	00:30:21	00:40:51	00:52:07	01:02:50.95	+00:30:35 (48.7%)	6:17	9.5 (51.1%)
174	ZAKOŚCIELNA Katarzyna	341	DZIKIE ŻÓŁWIE	K30-39	24	00:09:55	00:19:57	00:29:57	00:40:38	00:51:54	01:03:03.60	+00:30:48 (48.8%)	6:18	9.5 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap	Lap	Lap	Lap	Lap	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						1.6km	3.3km	4.9km	6.6km	8.3km				
175	PEŁKA Iwona	281		K50-59	4	00:10:51	00:21:47	00:32:51	00:44:15	00:55:25	01:06:00.95	+00:33:45 (51.1%)	6:36	9.1 (48.9%)
176	OLCZYKOWSKI Bartosz	275		M40-49	53	00:10:11	00:20:54	00:32:03	00:43:27	00:55:15	01:06:48.20	+00:34:32 (51.7%)	6:40	9 (48.4%)
177	GRABSKA Natalia	197		K18-29	5	00:10:25	00:21:55	00:33:42	00:46:11	00:58:38	01:11:38.55	+00:39:23 (55.0%)	7:09	8.4 (45.2%)
178	STRUSIŃSKA Paulina	314		K18-29	6	00:09:46	00:20:16	00:31:40	00:43:11	00:54:51		+00:27:55	6:36	9.1 (48.9%)
179	HEDDERGOTT Katarzyna	204		K40-49	13	00:10:30	00:21:53	00:33:28	00:45:18	00:57:31		+00:30:35	6:55	8.7 (46.8%)
180	RYHANYCZ Paweł	300		M40-49	54	00:10:30	00:21:53	00:33:28	00:45:18	00:57:31		+00:30:34	6:55	8.7 (46.8%)

Znaleziono 180 wynik(ów)