

TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT
POLSKIE CENTRUM SŁUŻBY ODPORNOŚCI

Wydarzenie: Tropem Wilczym Bieg Pamięci Żołnierzy Wyklętych
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-03-03
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 0.04km	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BRAUN Grzegorz	138	RUNGRYF GRYFICE	M18-29	1	00:00:08	00:05:41	00:11:22	00:17:03	00:22:42	00:28:21	00:33:54.10		3:23	17.7 (100%)
2	PERLIK Tomasz	251	MTS HAMER MIASTKO	M30-39	1	00:00:08	00:05:42	00:11:23	00:17:04	00:22:48	00:28:41	00:34:27.68	+00:00:33 (1.6%)	3:26	17.4 (98.3%)
3	KARCZ Artur	189	PIOTR POBŁOCKI	M40-49	1	00:00:08	00:05:48	00:11:36	00:17:23	00:23:16	00:29:23	00:35:22.09	+00:01:27 (4.1%)	3:32	17 (96.0%)
4	SIADAK Arkadiusz	271		M30-39	2	00:00:08	00:05:57	00:11:55	00:17:55	00:24:03	00:30:09	00:35:57.48	+00:02:03 (5.7%)	3:35	16.7 (94.4%)
5	ZABORSKI Ryszard	306	TKKF KOSZALIN	M40-49	2	00:00:08	00:06:00	00:11:55	00:17:55	00:24:03	00:30:09	00:36:14.02	+00:02:19 (6.4%)	3:37	16.6 (93.8%)
6	FIDO Adam	158	JW 3937	M40-49	3	00:00:08	00:06:01	00:12:11	00:18:31	00:24:56	00:31:27	00:37:47.71	+00:03:53 (10.3%)	3:46	15.9 (89.8%)
7	KUŁAKOWSKI Artur	213	FLORIAN CHOJNICE	M40-49	4	00:00:14	00:06:28	00:12:45	00:19:04	00:25:23	00:31:45	00:37:55.84	+00:04:01 (10.6%)	3:47	15.8 (89.3%)
8	HUBERT Łukasz	176	TKKF KOSZALIN	M30-39	3	00:00:08	00:06:05	00:12:20	00:18:47	00:25:25	00:32:02	00:38:15.62	+00:04:21 (11.4%)	3:49	15.7 (88.7%)
9	SZARŁATA Piotr	280		M30-39	4	00:00:08	00:05:59	00:12:17	00:18:44	00:25:25	00:32:03	00:38:17.85	+00:04:23 (11.5%)	3:49	15.7 (88.7%)
10	CEJKO Dawid	141	BALTIC SEALS	M18-29	2	00:00:09	00:06:23	00:12:48	00:19:23	00:25:55	00:32:26	00:38:33.68	+00:04:39 (12.1%)	3:51	15.6 (88.1%)
11	BIEDRZYCKI Andrzej	319	WYGAN	M60-69	1	00:00:09	00:06:40	00:13:09	00:19:37	00:26:04	00:32:32	00:38:48.27	+00:04:54 (12.6%)	3:52	15.5 (87.6%)
12	DURMAN Dawid	156		M18-29	3	00:00:09	00:06:20	00:12:43	00:19:13	00:25:54	00:32:41	00:38:54.50	+00:05:00 (12.9%)	3:53	15.4 (87.0%)
13	RUDNIKOWSKI Maciej	265	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M40-49	5	00:00:08	00:06:19	00:12:49	00:19:23	00:25:58	00:32:34	00:38:58.22	+00:05:04 (13.0%)	3:53	15.4 (87.0%)
14	CZAPLIŃSKI Jacek	147	TAGER KOSZALIN	M30-39	5	00:00:10	00:06:23	00:12:47	00:19:23	00:25:58	00:32:37	00:39:00.01	+00:05:05 (13.1%)	3:54	15.4 (87.0%)
15	RYKIEL Michał	269		M30-39	6	00:00:09	00:06:25	00:13:05	00:19:45	00:26:21	00:32:55	00:39:16.80	+00:05:22 (13.7%)	3:55	15.3 (86.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km				
16	ZWOLIŃSKI Jan	314	TKKF KOSZALIN	M50-59	1	00:00:09	00:06:23	00:12:51	00:19:26	00:26:05	00:32:50	00:39:26.23	+00:05:32 (14.0%)	3:56	15.2 (85.9%)
17	POŁUBIŃSKI Paweł	258	BORNE BIEGA	M40-49	6	00:00:09	00:06:38	00:13:10	00:19:41	00:26:16	00:32:55	00:39:29.78	+00:05:35 (14.2%)	3:56	15.2 (85.9%)
18	BURDA Robert	140	KOSPEL	M40-49	7	00:00:10	00:06:47	00:13:31	00:20:15	00:26:58	00:33:41	00:40:00.68	+00:06:06 (15.3%)	4:00	15 (84.7%)
19	GRZESIK Eugeniusz	167	TKKF KOSZALIN	M50-59	2	00:00:09	00:06:24	00:13:06	00:19:49	00:26:43	00:33:42	00:40:22.97	+00:06:28 (16.0%)	4:02	14.9 (84.2%)
20	WOJCIECHOWICZ Jacek	301	WWW.STUDIOTANCPASJA.PL	M40-49	8	00:00:09	00:06:24	00:12:58	00:19:49	00:26:43	00:33:43	00:40:34.27	+00:06:40 (16.4%)	4:03	14.8 (83.6%)
21	BARANOWSKI Piotr	133		M40-49	9	00:00:10	00:06:49	00:13:35	00:20:24	00:27:17	00:34:06	00:40:54.38	+00:07:00 (17.1%)	4:05	14.7 (83.1%)
22	SMAGOWSKI Wojtek	274	KB SPRINT ŚWIDWIN	M40-49	10	00:00:14	00:06:51	00:13:37	00:20:29	00:27:26	00:34:21	00:41:06.39	+00:07:12 (17.5%)	4:06	14.6 (82.5%)
23	SITOWSKI Marcin	272	HOMOSAPIE	M18-29	4	00:00:11	00:06:44	00:13:31	00:20:27	00:27:31	00:34:38	00:41:33.46	+00:07:39 (18.4%)	4:09	14.4 (81.4%)
24	MAĆKOWIAK Krzysztof	222	ROZBIEGANY KOSZALIN	M40-49	11	00:00:10	00:06:49	00:13:36	00:20:28	00:27:32	00:34:46	00:41:48.52	+00:07:54 (18.9%)	4:10	14.4 (81.4%)
25	KAWKA Adrian	192		M30-39	7	00:00:11	00:06:29	00:13:23	00:20:34	00:27:52	00:35:01	00:42:01.62	+00:08:07 (19.3%)	4:12	14.3 (80.8%)
26	RYBACKI Dawid	267	PKP SKM TRÓJMIASTO	M30-39	8	00:00:16	00:06:56	00:13:52	00:20:58	00:28:09	00:35:19	00:42:20.13	+00:08:26 (19.9%)	4:14	14.2 (80.2%)
27	KOŁODZIEJ Krystian	197	BESTIE OCR LEGIONOWO	M30-39	9	00:00:14	00:07:03	00:13:55	00:20:54	00:28:04	00:35:20	00:42:22.86	+00:08:28 (20.0%)	4:14	14.2 (80.2%)
28	FRYDRYCH Wojciech	161		M30-39	10	00:00:12	00:07:10	00:14:14	00:21:24	00:28:34	00:35:41	00:42:24.86	+00:08:30 (20.1%)	4:14	14.2 (80.2%)
29	NOWAK Paweł	240	#TRIPAKA PRZECHLEWO	M40-49	12	00:00:11	00:07:05	00:14:06	00:21:17	00:28:31	00:35:41	00:42:43.36	+00:08:49 (20.6%)	4:16	14 (79.1%)
30	LEWANDOWSKI Jacek	217		M40-49	13	00:00:15	00:07:12	00:14:18	00:21:30	00:28:47	00:36:04	00:43:00.17	+00:09:06 (21.2%)	4:18	14 (79.1%)
31	MOKSA Dariusz	230		M18-29	5	00:00:10	00:06:28	00:13:38	00:21:03	00:28:23	00:35:47	00:43:02.34	+00:09:08 (21.2%)	4:18	13.9 (78.5%)
32	OKOŁOTOWICZ Sebastian	241		M30-39	11	00:00:18	00:07:04	00:13:37	00:20:42	00:27:59	00:35:35	00:43:04.57	+00:09:10 (21.3%)	4:18	13.9 (78.5%)
33	KONKEL Agnieszka	199		K30-39	1	00:00:14	00:07:22	00:14:36	00:21:49	00:29:04	00:36:15	00:43:07.75	+00:09:13 (21.4%)	4:18	13.9 (78.5%)
34	WILUSZ Krzysztof	298	STOPA SŁUPSK	M30-39	12	00:00:16	00:07:20	00:14:32	00:21:49	00:29:02	00:36:17	00:43:34.70	+00:09:40 (22.2%)	4:21	13.8 (78.0%)
35	MUCHA Krzysztof	235	JW1223	M40-49	14	00:00:10	00:07:18	00:14:38	00:21:51	00:29:12	00:36:30	00:43:35.69	+00:09:41 (22.2%)	4:21	13.8 (78.0%)
36	WIECZOREK Łukasz	296	CSSP KOSZALIN	M18-29	6	00:00:14	00:07:20	00:14:34	00:21:49	00:29:23	00:36:45	00:43:37.84	+00:09:43 (22.3%)	4:21	13.8 (78.0%)
37	CHORAŻY Karolina	144	LEO-TEAM	K30-39	2	00:00:11	00:07:23	00:14:38	00:21:49	00:29:04	00:36:23	00:43:39.91	+00:09:45 (22.4%)	4:21	13.7 (77.4%)
38	CIASOŃ Tomasz	146	ORSKOV FOODS TEAM	M30-39	13	00:00:17	00:07:17	00:14:26	00:21:42	00:29:11	00:36:41	00:43:43.81	+00:09:49 (22.5%)	4:22	13.7 (77.4%)
39	IWANIEC Dariusz	177	TKKF KOSZALIN	M40-49	15	00:00:12	00:07:35	00:14:53	00:22:09	00:29:39	00:37:06	00:44:27.39	+00:10:33 (23.7%)	4:26	13.5 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km				
40	HOREGLAD Paweł	174	SPEEDY GONZALES	M18-29	7	00:00:21	00:07:34	00:14:52	00:22:17	00:29:55	00:37:11	00:44:48.11	+00:10:54 (24.3%)	4:28	13.4 (75.7%)
41	CHUPTYŚ Adrian	145	RUNDORFINA	M30-39	14	00:00:21	00:07:54	00:15:13	00:22:40	00:30:17	00:37:50	00:45:01.83	+00:11:07 (24.7%)	4:30	13.3 (75.1%)
42	MALINOWSKI Mariusz	225		M30-39	15	00:00:17	00:07:28	00:14:57	00:22:34	00:30:12	00:37:39	00:45:03.09	+00:11:08 (24.7%)	4:30	13.3 (75.1%)
43	JÓZEFIAK Adrian	35		M30-39	16	00:00:16	00:07:46	00:15:10	00:22:45	00:30:17	00:37:51	00:45:04.63	+00:11:10 (24.8%)	4:30	13.3 (75.1%)
44	JANKOWSKI Piotr	180		M40-49	16	00:00:16	00:07:45	00:15:10	00:22:44	00:30:17	00:37:52	00:45:08.13	+00:11:14 (24.9%)	4:30	13.3 (75.1%)
45	STEFANOWICZ Paweł	277	ORLEN RUNNING TEAM	M40-49	17	00:00:14	00:07:22	00:14:39	00:22:10	00:29:54	00:37:27	00:45:10.10	+00:11:16 (24.9%)	4:31	13.3 (75.1%)
46	JADCZAK Tomasz	207	JW1223	M30-39	17	00:00:11	00:07:42	00:15:11	00:22:48	00:30:23	00:37:57	00:45:17.55	+00:11:23 (25.1%)	4:31	13.2 (74.6%)
47	FILOWIAT Grzegorz	160	ULKST BORNE SULINOWO	M40-49	18	00:00:21	00:07:47	00:15:15	00:22:47	00:30:22	00:37:56	00:45:19.76	+00:11:25 (25.2%)	4:31	13.2 (74.6%)
48	ŻUREK Mateusz	317		M30-39	18	00:00:18	00:07:29	00:14:45	00:22:12	00:29:45	00:37:36	00:45:19.89	+00:11:25 (25.2%)	4:31	13.2 (74.6%)
49	PEŁECHATA Julita	249	IG CONSULTING KOSZALIN TEAM	K18-29	1	00:00:13	00:07:27	00:14:51	00:22:26	00:30:04	00:37:45	00:45:21.26	+00:11:27 (25.3%)	4:32	13.2 (74.6%)
50	KOZIEŁ Paweł	206		M40-49	19	00:00:09	00:07:09	00:14:42	00:22:20	00:30:05	00:37:55	00:45:26.05	+00:11:31 (25.4%)	4:32	13.2 (74.6%)
51	OLCZAK Krzysztof	242		M30-39	19	00:00:19	00:08:00	00:15:32	00:23:09	00:30:42	00:38:23	00:45:37.81	+00:11:43 (25.7%)	4:33	13.2 (74.6%)
52	PROTASIEWICZ Robert	19		M40-49	20	00:00:17	00:07:21	00:14:37	00:22:09	00:29:51	00:37:31	00:45:40.14	+00:11:46 (25.8%)	4:34	13.1 (74.0%)
53	PŁOSKI Krzysztof	257	DARŁOWSKIE CHARTY	M40-49	21	00:00:19	00:07:47	00:15:08	00:22:45	00:30:31	00:38:21	00:45:44.84	+00:11:50 (25.9%)	4:34	13.1 (74.0%)
54	WOŁYŃSKA Wioletta	302	TKKF KOSZALIN	K40-49	1	00:00:13	00:07:52	00:15:36	00:23:14	00:31:01	00:38:37	00:45:57.43	+00:12:03 (26.2%)	4:35	13.1 (74.0%)
55	MICERSKI Tomasz	226	TKKF KOSZALIN	M40-49	22	00:00:12	00:07:40	00:15:16	00:23:02	00:30:47	00:38:33	00:46:00.09	+00:12:05 (26.3%)	4:36	13 (73.4%)
56	ROKITA Michał	263		M30-39	20	00:00:15	00:07:24	00:14:41	00:22:20	00:30:11	00:38:11	00:46:25.13	+00:12:31 (27.0%)	4:38	12.9 (72.9%)
57	FILOWIAT Justyna	159	ULKST BORNE SULINOWO	K30-39	3	00:00:21	00:07:33	00:15:09	00:22:54	00:30:45	00:38:37	00:46:27.24	+00:12:33 (27.0%)	4:38	12.9 (72.9%)
58	HAŁKA Justyna	170	TRUCHT ŁOBEZ	K30-39	4	00:00:15	00:07:42	00:15:22	00:23:11	00:31:01	00:38:53	00:46:37.99	+00:12:43 (27.3%)	4:39	12.9 (72.9%)
59	JANKOWSKI Mariusz	179		M40-49	23	00:00:10	00:07:23	00:15:02	00:22:51	00:30:49	00:38:52	00:46:42.42	+00:12:48 (27.4%)	4:40	12.8 (72.3%)
60	KRAWCZUK Szymon	209	DARŁOWSKIE CHARTY	M30-39	21	00:00:20	00:08:14	00:15:59	00:23:42	00:31:30	00:39:16	00:46:52.54	+00:12:58 (27.7%)	4:41	12.8 (72.3%)
61	MICHALSKI Jakub	228		M40-49	24	00:00:16	00:08:07	00:16:02	00:23:58	00:31:41	00:39:29	00:46:57.80	+00:13:03 (27.8%)	4:41	12.8 (72.3%)
62	RAKOWSKI Jakub	260		M30-39	22	00:00:27	00:08:17	00:15:59	00:23:42	00:31:30	00:39:16	00:47:01.43	+00:13:07 (27.9%)	4:42	12.8 (72.3%)
63	KRZEWIŃSKA Małgorzata	212	TKKF KOSZALIN	K60+	1	00:00:13	00:07:51	00:15:40	00:23:32	00:31:28	00:39:21	00:47:13.57	+00:13:19 (28.2%)	4:43	12.7 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km				
64	STACHOWIAK Ryszard	276		M60-69	2	00:00:14	00:07:33	00:15:20	00:23:14	00:31:17	00:39:28	00:47:31.04	+00:13:36 (28.7%)	4:45	12.6 (71.2%)
65	KAŹMIERCZAK Agnieszka	194		K40-49	2	00:00:13	00:07:52	00:15:44	00:23:37	00:31:33	00:39:36	00:47:35.22	+00:13:41 (28.8%)	4:45	12.6 (71.2%)
66	PIETRUSZKA Mikołaj	255	TĘCZA RUN	M40-49	25	00:00:17	00:08:08	00:16:00	00:24:06	00:32:01	00:39:57	00:47:48.97	+00:13:54 (29.1%)	4:46	12.6 (71.2%)
67	SZYMAŃSKI Piotr	282		M40-49	26	00:00:22	00:08:09	00:15:52	00:23:40	00:31:47	00:40:00	00:47:57.79	+00:14:03 (29.3%)	4:47	12.5 (70.6%)
68	OTTO Michał	247		M30-39	23	00:00:10	00:07:21	00:15:03	00:23:07	00:31:26	00:39:50	00:48:10.60	+00:14:16 (29.6%)	4:49	12.5 (70.6%)
69	MILEWSKI Tomasz	229		M30-39	24	00:00:17	00:07:57	00:15:41	00:23:40	00:31:49	00:40:03	00:48:11.23	+00:14:17 (29.6%)	4:49	12.5 (70.6%)
70	ZACHARSKI Jerzy	307		M50-59	3	00:00:18	00:08:03	00:15:55	00:23:57	00:32:06	00:40:16	00:48:11.93	+00:14:17 (29.7%)	4:49	12.5 (70.6%)
71	WÓJCICKI Adrian	304	DEAF KOSZALIN	M30-39	25	00:00:18	00:07:38	00:15:23	00:23:31	00:31:57	00:40:23	00:48:20.20	+00:14:26 (29.9%)	4:50	12.4 (70.1%)
72	GOŁDYN Marek	164	TKKF KOSZALIN	M30-39	26	00:00:24	00:08:28	00:16:23	00:24:25	00:32:33	00:40:43	00:48:31.73	+00:14:37 (30.1%)	4:51	12.4 (70.1%)
73	ADRYAN Adam	131		M40-49	27	00:00:19	00:08:06	00:15:58	00:23:58	00:32:05	00:40:33	00:48:34.89	+00:14:40 (30.2%)	4:51	12.4 (70.1%)
74	ANTKOWIAK Sebastian	132	DB - ACTIVE	M40-49	28	00:00:18	00:07:55	00:15:41	00:23:44	00:32:04	00:40:27	00:48:38.90	+00:14:44 (30.3%)	4:51	12.3 (69.5%)
75	KOZIEŁ Adam	205		M18-29	8	00:00:18	00:07:48	00:15:44	00:23:59	00:32:14	00:40:36	00:48:45.80	+00:14:51 (30.5%)	4:52	12.3 (69.5%)
76	GRZYSTEK Marcin	168		M30-39	27	00:00:26	00:08:58	00:17:01	00:25:08	00:33:16	00:41:26	00:48:52.19	+00:14:58 (30.6%)	4:53	12.3 (69.5%)
77	KOŁODZIEJCZAK Grzegorz	198	PARKRUN SZCZECINEK	M40-49	29	00:00:25	00:08:58	00:17:01	00:25:07	00:33:16	00:41:26	00:48:52.72	+00:14:58 (30.6%)	4:53	12.3 (69.5%)
78	WYGANOWSKI Andrzej	320	WYGAN	M70+	1	00:00:18	00:08:27	00:16:37	00:24:43	00:32:50	00:40:58	00:48:53.21	+00:14:59 (30.7%)	4:53	12.3 (69.5%)
79	RUTKOWSKI Artur	266	KOSZALIŃSKI RANKING BIEGACZY	M18-29	9	00:00:18	00:08:11	00:15:58	00:24:04	00:32:24	00:40:48	00:48:54.21	+00:15:00 (30.7%)	4:53	12.3 (69.5%)
80	DĄBROWSKA Alicja	149	TKKF KOSZALIN	K50-59	1	00:00:13	00:08:19	00:16:32	00:24:50	00:33:11	00:41:23	00:48:57.60	+00:15:03 (30.8%)	4:53	12.3 (69.5%)
81	PERLIK Katarzyna	252	MTS HAMER MIASTKO	K18-29	2	00:00:12	00:08:13	00:16:28	00:24:44	00:32:58	00:41:19	00:49:00.47	+00:15:06 (30.8%)	4:54	12.2 (68.9%)
82	CHABOWSKI Wojciech	142		M18-29	10	00:00:18	00:07:29	00:15:28	00:23:59	00:32:26	00:41:04	00:49:05.87	+00:15:11 (31.0%)	4:54	12.2 (68.9%)
83	URBAŃSKI Tomasz	289		M40-49	30	00:00:21	00:08:38	00:16:41	00:24:40	00:32:45	00:41:01	00:49:06.23	+00:15:12 (31.0%)	4:54	12.2 (68.9%)
84	KONKEL Łukasz	200		M40-49	31	00:00:18	00:08:32	00:16:46	00:24:56	00:33:11	00:41:29	00:49:28.30	+00:15:34 (31.5%)	4:56	12.1 (68.4%)
85	ŚWIETLIK Tomasz	285	LEO-TEAM	M50-59	4	00:00:19	00:08:34	00:16:47	00:25:02	00:33:16	00:41:31	00:49:38.25	+00:15:44 (31.7%)	4:57	12.1 (68.4%)
86	BORYS Justyna	136	JEDWABIŚCI	K30-39	5	00:00:15	00:08:21	00:16:27	00:24:51	00:33:06	00:41:33	00:49:41.59	+00:15:47 (31.8%)	4:58	12.1 (68.4%)
87	PILAREK Ireneusz	256		M30-39	28	00:00:26	00:08:29	00:16:10	00:24:08	00:32:53	00:41:43	00:49:49.98	+00:15:55 (32.0%)	4:58	12 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All						Czas netto	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km	10km			
88	CINCIO Robert	318	TKKF TRIATHLON KOSZALIN	M40-49	32	00:00:17	00:07:51	00:15:45	00:24:06	00:32:40	00:41:17	00:49:50.19	+00:15:56 (32.0%)	4:59	12 (67.8%)
89	MICHALAK Natalia	227	CSSP KOSZALIN	K18-29	3	00:00:21	00:08:15	00:16:26	00:24:54	00:33:35	00:41:56	00:49:54.12	+00:16:00 (32.1%)	4:59	12 (67.8%)
90	GALICKI Robert	162		M40-49	33	00:00:21	00:08:37	00:16:47	00:25:06	00:33:33	00:41:56	00:49:54.94	+00:16:00 (32.1%)	4:59	12 (67.8%)
91	OLSZAR Grzegorz	243	MSWIA	M30-39	29	00:00:20	00:08:21	00:16:37	00:25:02	00:33:26	00:41:56	00:50:04.67	+00:16:10 (32.3%)	5:00	12 (67.8%)
92	KISIELIŃSKI Igor	195	TKKF KOSZALIN	M50-59	5	00:00:16	00:08:19	00:16:25	00:24:26	00:32:53	00:41:41	00:50:06.95	+00:16:12 (32.4%)	5:00	12 (67.8%)
93	DERLIŃSKI Adam	151	TORNADO KOSZALIN	M40-49	34	00:00:25	00:08:31	00:16:51	00:25:08	00:33:41	00:42:17	00:50:15.61	+00:16:21 (32.5%)	5:01	11.9 (67.2%)
94	ZAGALSKA Paulina	308		K30-39	6	00:00:15	00:08:10	00:16:25	00:24:49	00:33:15	00:41:45	00:50:15.65	+00:16:21 (32.5%)	5:01	11.9 (67.2%)
95	LESISZ Michał	216		M40-49	35	00:00:25	00:08:36	00:16:55	00:25:13	00:33:43	00:42:23	00:50:15.98	+00:16:21 (32.6%)	5:01	11.9 (67.2%)
96	OSOBNIAK Ryszard	246	NIEZRZESZONY	M60-69	3	00:00:24	00:08:34	00:16:47	00:25:04	00:33:30	00:41:57	00:50:22.00	+00:16:27 (32.7%)	5:02	11.9 (67.2%)
97	MOTYCZYŃSKA Patrycja	233		K18-29	4	00:00:17	00:08:28	00:16:38	00:25:00	00:33:25	00:42:02	00:50:25.67	+00:16:31 (32.8%)	5:02	11.9 (67.2%)
98	MACIĄG Piotr	220	HOMOSAPIE	M40-49	36	00:00:19	00:08:40	00:16:58	00:25:25	00:33:58	00:42:28	00:50:28.46	+00:16:34 (32.8%)	5:02	11.9 (67.2%)
99	SKOWYRSKI Janusz	273	TKKF KOSZALIN	M50-59	6	00:00:15	00:08:06	00:16:23	00:25:04	00:33:40	00:42:13	00:50:34.46	+00:16:40 (33.0%)	5:03	11.9 (67.2%)
100	KOPACZ Rafał	201		M30-39	30	00:00:28	00:08:28	00:16:36	00:24:59	00:33:25	00:41:59	00:50:36.92	+00:16:42 (33.0%)	5:03	11.9 (67.2%)
101	ŻUKOWSKI Cezary	316		M30-39	31	00:00:28	00:09:18	00:18:09	00:26:25	00:34:34	00:42:50	00:50:45.40	+00:16:51 (33.2%)	5:04	11.8 (66.7%)
102	ZIÓŁKOWSKA Gosia	313		K30-39	7	00:00:14	00:08:24	00:16:46	00:25:18	00:33:57	00:42:32	00:50:56.46	+00:17:02 (33.4%)	5:05	11.8 (66.7%)
103	JABŁOŃSKI Arkadiusz	178	JW1223	M30-39	32	00:00:27	00:08:28	00:16:28	00:24:51	00:33:22	00:42:14	00:50:56.69	+00:17:02 (33.5%)	5:05	11.8 (66.7%)
104	KORZENIOWSKA Ewa	202	JW1223	K18-29	5	00:00:13	00:08:33	00:17:03	00:25:34	00:34:06	00:42:42	00:51:01.86	+00:17:07 (33.6%)	5:06	11.8 (66.7%)
105	KRAWCZYK Tomasz	210		M30-39	33	00:00:21	00:08:33	00:16:52	00:25:19	00:34:01	00:42:44	00:51:01.93	+00:17:07 (33.6%)	5:06	11.8 (66.7%)
106	MYK Paweł	236	JW1223	M30-39	34	00:00:14	00:08:33	00:17:03	00:25:34	00:34:06	00:42:42	00:51:01.98	+00:17:07 (33.6%)	5:06	11.8 (66.7%)
107	NESTOR Petro	238		M50-59	7	00:00:15	00:08:20	00:16:33	00:25:03	00:33:49	00:42:35	00:51:10.05	+00:17:15 (33.7%)	5:07	11.7 (66.1%)
108	NOSAL Mariusz	239		M30-39	35	00:00:26	00:08:24	00:16:34	00:25:00	00:33:38	00:42:28	00:51:18.12	+00:17:24 (33.9%)	5:07	11.7 (66.1%)
109	KASZUBOWSKA Martyna	191	MTS HAMER MIASTKO	K18-29	6	00:00:14	00:08:20	00:16:44	00:25:18	00:34:02	00:42:49	00:51:21.99	+00:17:27 (34.0%)	5:08	11.7 (66.1%)
110	PĘKAŁA Piotr	253		M40-49	37	00:00:28	00:09:24	00:18:12	00:27:02	00:35:49	00:44:15	00:51:28.12	+00:17:34 (34.1%)	5:08	11.7 (66.1%)
111	MIELEWCZYK Radosław	65	KAMIEŃ RYMAŃSKI	M18-29	11	00:00:16	00:08:53	00:17:23	00:25:54	00:34:45	00:43:15	00:51:31.12	+00:17:37 (34.2%)	5:09	11.6 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km				
112	GRABOWSKA-LESISZ Aneta	166	MODLITWA BIEGANIA	K40-49	3	00:00:19	00:08:12	00:16:47	00:25:33	00:34:16	00:43:02	00:51:50.33	+00:17:56 (34.6%)	5:11	11.6 (65.5%)
113	PAJOR Tomek	248	HOMOSAPIE	M40-49	38	00:00:20	00:08:44	00:17:03	00:25:35	00:34:23	00:43:17	00:51:53.52	+00:17:59 (34.7%)	5:11	11.6 (65.5%)
114	WILKOWSKI Krzysztof	297	FOR-REST-RUN KOSZALIN	M40-49	39	00:00:28	00:09:23	00:18:10	00:27:02	00:35:49	00:44:15	00:52:00.42	+00:18:06 (34.8%)	5:12	11.5 (65.0%)
115	KRASIŃSKI Witold	208		M40-49	40	00:00:19	00:08:26	00:16:44	00:25:28	00:34:21	00:43:25	00:52:05.82	+00:18:11 (34.9%)	5:12	11.5 (65.0%)
116	JOCHYM Mariusz	185	JW1223	M30-39	36	00:00:27	00:08:40	00:17:14	00:26:02	00:34:50	00:43:45	00:52:07.76	+00:18:13 (35.0%)	5:12	11.5 (65.0%)
117	HAŁKA Arkadiusz	171	TRUCHT ŁOBEZ	M40-49	41	00:00:16	00:08:34	00:17:12	00:26:06	00:34:57	00:43:55	00:52:27.75	+00:18:33 (35.4%)	5:14	11.4 (64.4%)
118	BIELEWICZ Anna	134	STOPA SŁUPSK	K40-49	4	00:00:19	00:08:35	00:17:03	00:25:49	00:34:44	00:43:47	00:52:30.75	+00:18:36 (35.4%)	5:15	11.4 (64.4%)
119	MACIĄG Paweł	221	HOMOSAPIE	M40-49	42	00:00:21	00:08:45	00:17:08	00:25:43	00:34:32	00:43:36	00:52:33.09	+00:18:38 (35.5%)	5:15	11.4 (64.4%)
120	KLUCZKOWSKI Jakub	295	ZHP KOSZALIN	M18-29	12	00:00:27	00:09:17	00:17:58	00:26:33	00:35:22	00:44:05	00:52:37.26	+00:18:43 (35.6%)	5:15	11.4 (64.4%)
121	PUŚCIAN Krzysztof	259	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	43	00:00:28	00:09:24	00:18:12	00:27:02	00:35:50	00:44:31	00:52:42.41	+00:18:48 (35.7%)	5:16	11.4 (64.4%)
122	GAŁECKI Jacek	163	TEAM MATEUSZ POLSKI	M50-59	8	00:00:17	00:08:37	00:16:59	00:25:57	00:34:47	00:44:09	00:52:45.25	+00:18:51 (35.7%)	5:16	11.4 (64.4%)
123	REMPŁAKOWSKI Krzysztof	261	WE RUN	M40-49	44	00:00:22	00:09:05	00:17:43	00:26:27	00:35:22	00:44:24	00:52:51.17	+00:18:57 (35.9%)	5:17	11.4 (64.4%)
124	ZAKUTYŃSKA-KOWALCZYK Karolina	310		K40-49	5	00:00:23	00:09:03	00:17:44	00:26:30	00:35:21	00:44:17	00:52:57.09	+00:19:02 (36.0%)	5:17	11.3 (63.8%)
125	MONGIAŁO Marcin	232	FAST FEET K-LIN	M40-49	45	00:00:29	00:08:53	00:17:30	00:26:14	00:35:09	00:44:08	00:52:59.95	+00:19:05 (36.0%)	5:17	11.3 (63.8%)
126	ORŁOWSKI Edward	244		M40-49	46	00:00:13	00:08:42	00:17:32	00:26:24	00:35:25	00:44:28	00:53:07.08	+00:19:12 (36.2%)	5:18	11.3 (63.8%)
127	WOJTANOWSKI Michał	57		M30-39	37	00:00:23	00:09:33	00:18:45	00:27:35	00:35:50	00:44:21	00:53:07.54	+00:19:13 (36.2%)	5:18	11.3 (63.8%)
128	WĄSOWSKI Robert	293	BIURO PODRÓŻY PARADISE TOUR	M18-29	13	00:00:27	00:09:10	00:18:05	00:26:55	00:35:50	00:44:42	00:53:09.03	+00:19:14 (36.2%)	5:18	11.3 (63.8%)
129	KRZANOWSKI Marcin	211	MARCINBIEGA	M30-39	38	00:00:26	00:09:09	00:17:59	00:26:54	00:35:46	00:44:42	00:53:10.33	+00:19:16 (36.2%)	5:19	11.3 (63.8%)
130	MYSZYŃSKI Paweł	237	SZKOŁA PODSTAWOWA NR 5 W KOŁOBRZEGU	M30-39	39	00:00:11	00:07:58	00:16:31	00:25:28	00:34:52	00:44:23	00:53:11.56	+00:19:17 (36.3%)	5:19	11.3 (63.8%)
131	KAMIŃSKI Tomasz	188	JW1223	M40-49	47	00:00:18	00:08:30	00:17:15	00:26:27	00:35:44	00:44:43	00:53:15.83	+00:19:21 (36.4%)	5:19	11.3 (63.8%)
132	OLSZEWSKA Nina	78	KAMIEŃ RYMAŃSKI	K18-29	7	00:00:17	00:09:17	00:18:12	00:27:02	00:35:50	00:44:36	00:53:15.91	+00:19:21 (36.4%)	5:19	11.3 (63.8%)
133	DĘBSKI Damian	152		M30-39	40	00:00:25	00:09:18	00:18:08	00:26:53	00:35:46	00:44:53	00:53:23.36	+00:19:29 (36.5%)	5:20	11.2 (63.3%)
134	WRÓBLEWSKA Marta	305		K40-49	6	00:00:26	00:09:04	00:17:50	00:26:40	00:35:34	00:44:43	00:53:42.28	+00:19:48 (36.9%)	5:22	11.2 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Start_All	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km	netto		10km	min/km
135	SZYSZKOWSKI Tomasz	283		M30-39	41	00:00:28	00:09:23	00:18:12	00:27:03	00:35:54	00:44:59	00:53:46.08	+00:19:51 (36.9%)	5:22	11.2 (63.3%)
136	ROKITA Emilia	262		K30-39	8	00:00:14	00:08:20	00:17:12	00:26:20	00:35:35	00:45:00	00:53:55.05	+00:20:00 (37.1%)	5:23	11.1 (62.7%)
137	WAJDA Waldemar	291		M40-49	48	00:00:23	00:09:06	00:18:02	00:27:02	00:36:09	00:45:16	00:54:02.72	+00:20:08 (37.3%)	5:24	11.1 (62.7%)
138	KOWALCZYK Piotr	203	FOR-REST-RUN KOSZALIN	M30-39	42	00:00:26	00:09:17	00:18:13	00:27:10	00:36:15	00:45:27	00:54:16.28	+00:20:22 (37.5%)	5:25	11.1 (62.7%)
139	DZIADOWIEC Marek	157		M30-39	43	00:00:18	00:08:37	00:17:07	00:26:22	00:36:04	00:45:51	00:54:22.48	+00:20:28 (37.7%)	5:26	11 (62.1%)
140	HRYCIÓW Paweł	175	JW1223	M30-39	44	00:00:27	00:08:38	00:17:37	00:26:53	00:35:46	00:45:22	00:54:23.65	+00:20:29 (37.7%)	5:26	11 (62.1%)
141	HAŁAJKO Magdalena	169		K30-39	9	00:00:28	00:09:19	00:17:58	00:26:51	00:35:50	00:45:04	00:54:27.16	+00:20:33 (37.7%)	5:26	11 (62.1%)
142	KACZMAREK Łukasz	187	WOJOWNICY WÓDY	M30-39	45	00:00:24	00:09:04	00:18:14	00:27:38	00:37:12	00:46:24	00:54:30.11	+00:20:36 (37.8%)	5:27	11 (62.1%)
143	JASIENIECKI Piotr	182	KP ZEFIR WYSZEWO	M40-49	49	00:00:30	00:09:22	00:18:17	00:27:10	00:36:15	00:45:33	00:54:35.00	+00:20:40 (37.9%)	5:27	11 (62.1%)
144	ŻEBROWSKA Sylwia	315		K30-39	10	00:00:19	00:08:38	00:17:29	00:26:34	00:35:48	00:45:11	00:54:36.12	+00:20:42 (37.9%)	5:27	11 (62.1%)
145	LEWANDOWSKI Marek	218	FOR-REST-RUN KOSZALIN	M30-39	46	00:00:28	00:09:54	00:19:15	00:28:21	00:37:28	00:46:36	00:54:57.03	+00:21:02 (38.3%)	5:29	10.9 (61.6%)
146	JUSZCZAK Krzysztof	186		M60-69	4	00:00:29	00:09:07	00:17:56	00:27:06	00:36:22	00:45:47	00:55:21.11	+00:21:27 (38.8%)	5:32	10.8 (61.0%)
147	TRYBUŁA Magdalena	286		K40-49	7	00:00:12	00:08:35	00:18:01	00:27:35	00:37:05	00:46:34	00:55:56.86	+00:22:02 (39.4%)	5:35	10.7 (60.5%)
148	KARNICKI Zygmunt	190	TKKF KOSZALIN	M60-69	5	00:00:14	00:08:36	00:17:41	00:27:02	00:36:43	00:46:27	00:56:01.28	+00:22:07 (39.5%)	5:36	10.7 (60.5%)
149	MONGIAŁO Aleksandra	231	FAST FEET K-LIN	K30-39	11	00:00:29	00:09:48	00:19:08	00:28:15	00:37:35	00:47:05	00:56:17.62	+00:22:23 (39.8%)	5:37	10.7 (60.5%)
150	JAROSZEWICZ Mirek	181		M40-49	50	00:00:27	00:09:47	00:18:57	00:28:18	00:37:32	00:47:04	00:56:17.94	+00:22:23 (39.8%)	5:37	10.7 (60.5%)
151	ZIOMKO Rafał	312		M40-49	51	00:00:29	00:10:10	00:19:45	00:29:09	00:38:30	00:47:40	00:56:32.06	+00:22:37 (40.0%)	5:39	10.6 (59.9%)
152	SZAFIRSKI Marek	279	CAMINO SŁUPSK	M50-59	9	00:00:23	00:09:09	00:18:25	00:27:56	00:37:22	00:47:01	00:56:38.82	+00:22:44 (40.2%)	5:39	10.6 (59.9%)
153	BUDZIŃSKI Paweł	139	HOMOSAPIE	M40-49	52	00:00:22	00:09:34	00:19:11	00:29:03	00:38:56	00:48:21	00:57:06.51	+00:23:12 (40.6%)	5:42	10.5 (59.3%)
154	ORYSZCZYN Arkadiusz	245		M30-39	47	00:00:25	00:10:13	00:19:27	00:28:19	00:38:02	00:47:51	00:57:18.51	+00:23:24 (40.8%)	5:43	10.5 (59.3%)
155	DIKOLENKO Agnieszka	153		K30-39	12	00:00:18	00:09:11	00:18:26	00:27:50	00:39:02	00:48:41	00:57:56.64	+00:24:02 (41.5%)	5:47	10.4 (58.8%)
156	MALINOWSKA-BURDA Aleksandra	224		K30-39	13	00:00:22	00:09:31	00:19:02	00:28:51	00:38:40	00:48:32	00:58:00.40	+00:24:06 (41.6%)	5:48	10.3 (58.2%)
157	HNATOWSKI Artur	173	LOVELASYDĄBKI	M50-59	10	00:00:26	00:09:11	00:18:27	00:28:12	00:38:25	00:48:31	00:58:06.11	+00:24:12 (41.7%)	5:48	10.3 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All						Czas netto	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km	10km			
158	JEWUŁA Agata	183		K30-39	14	00:00:21	00:09:53	00:19:51	00:30:01	00:39:15	00:48:44	00:58:18.86	+00:24:24 (41.9%)	5:49	10.3 (58.2%)
159	ZIELIŃSKI Andrzej	37		M40-49	53	00:00:24	00:10:07	00:20:08	00:29:34	00:39:03	00:48:12	00:58:22.80	+00:24:28 (41.9%)	5:50	10.3 (58.2%)
160	ŚRODA Wojciech	284		M40-49	54	00:00:27	00:10:16	00:20:00	00:29:36	00:39:13	00:48:55	00:58:25.04	+00:24:30 (42.0%)	5:50	10.3 (58.2%)
161	GÓRSKI Michał	39		M18-29	14	00:00:20	00:09:30	00:19:17	00:29:11	00:39:16	00:49:20	00:58:55.51	+00:25:01 (42.5%)	5:53	10.2 (57.6%)
162	MROZIK Joanna	234		K30-39	15	00:00:13	00:09:27	00:19:08	00:29:04	00:39:10	00:49:16	00:58:57.98	+00:25:03 (42.5%)	5:53	10.2 (57.6%)
163	GRABOWSKA Kinga	165	ORANGE POLSKA	K30-39	16	00:00:14	00:09:27	00:19:05	00:28:54	00:38:57	00:49:08	00:59:06.14	+00:25:12 (42.6%)	5:54	10.2 (57.6%)
164	WACHHOLZ Beata	290	KB BRYZA POSTOMINO	K40-49	8	00:00:23	00:09:47	00:19:30	00:29:22	00:39:15	00:49:06	00:59:44.65	+00:25:50 (43.3%)	5:58	10 (56.5%)
165	BORYSIEWICZ Joanna	137		K30-39	17	00:00:16	00:09:40	00:19:27	00:29:36	00:39:47	00:50:05	01:00:19.63	+00:26:25 (43.8%)	6:01	9.9 (55.9%)
166	DEPTUŁA-BILL Bożena	150		K30-39	18	00:00:23	00:09:36	00:19:20	00:29:18	00:39:37	00:49:59	01:00:23.00	+00:26:28 (43.9%)	6:02	9.9 (55.9%)
167	SUCHODOLSKA Aleksandra	278		K30-39	19	00:00:23	00:10:24	00:20:26	00:30:32	00:40:47	00:50:58	01:00:37.79	+00:26:43 (44.1%)	6:03	9.9 (55.9%)
168	SOBCZAK Paweł	275		M18-29	15	00:00:10	00:08:26	00:18:01	00:28:10	00:38:53	00:49:56	01:00:59.98	+00:27:05 (44.4%)	6:05	9.8 (55.4%)
169	HELLER Zdzisław	172	NIEZRZESZONY	M60-69	6	00:00:24	00:10:06	00:20:15	00:30:31	00:40:38	00:50:52	01:01:15.87	+00:27:21 (44.7%)	6:07	9.8 (55.4%)
170	DORAWA-ZIOMEK Anna	154		K30-39	20	00:00:22	00:10:09	00:20:17	00:30:35	00:41:00	00:51:34	01:01:39.75	+00:27:45 (45.0%)	6:09	9.7 (54.8%)
171	WENTA Malwina	294		K30-39	21	00:00:21	00:09:53	00:19:52	00:30:12	00:40:33	00:51:04	01:02:04.17	+00:28:10 (45.4%)	6:12	9.7 (54.8%)
172	TRZEŚNIEWSKI Zbigniew	287		M50-59	11	00:00:27	00:10:31	00:20:44	00:31:10	00:41:34	00:52:11	01:02:55.17	+00:29:01 (46.1%)	6:17	9.5 (53.7%)
173	KUREK Magdalena	49	KAMIEŃ RYMAŃSKI	K18-29	8	00:00:25	00:10:10	00:20:10	00:30:52	00:42:23	00:53:16	01:04:05.68	+00:30:11 (47.1%)	6:24	9.4 (53.1%)
174	WŁODARCZYK Emilia	300		K30-39	22	00:00:28	00:10:08	00:20:17	00:30:32	00:41:49	00:53:26	01:04:47.56	+00:30:53 (47.7%)	6:28	9.3 (52.5%)
175	PEŁKA Iwona	250		K50-59	2	00:00:24	00:11:08	00:22:14	00:33:10	00:44:11	00:55:05	01:05:10.94	+00:31:16 (48.0%)	6:31	9.2 (52.0%)
176	ROMANOWICZ Monika	264	ZABIEGANE :)	K30-39	23	00:00:23	00:10:26	00:20:47	00:31:43	00:43:16	00:54:55	01:06:18.85	+00:32:24 (48.9%)	6:37	9 (50.8%)
177	SPICA Łukasz	292		M30-39	48	00:00:25	00:10:24	00:20:28	00:31:19	00:43:16	00:54:56	01:06:19.14	+00:32:25 (48.9%)	6:37	9 (50.8%)
178	ZIELIŃSKI Jarosław	311	AMATOR	M40-49	55	00:00:27	00:09:54	00:20:41	00:32:07	00:43:59	00:55:50	01:07:10.53	+00:33:16 (49.5%)	6:43	8.9 (50.3%)
179	RYHANYCZ Paweł	268		M40-49	56	00:00:16	00:11:03	00:22:33	00:34:10	00:46:02	00:57:42	01:08:01.44	+00:34:07 (50.2%)	6:48	8.8 (49.7%)
180	ŁAGODZICZ-STACHURA Justyna	219		K30-39	24	00:00:16	00:11:05	00:22:33	00:34:10	00:46:03	00:57:42	01:08:02.17	+00:34:08 (50.2%)	6:48	8.8 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All						Czas netto	Różn	Tempo min/km	Tempo km/h
						0.04km	1.6km	3.3km	4.9km	6.6km	8.3km	10km			
181	ZAKOŚCIELNA Katarzyna	309		K30-39	25	00:00:23	00:11:07	00:22:26	00:33:52	00:45:38	00:57:01	01:08:18.24	+00:34:24 (50.4%)	6:49	8.8 (49.7%)
182	GORCZYCA Agnieszka	27	KAMIEŃ RYMAŃSKI	K18-29	9	00:00:24	00:11:06	00:22:41	00:34:33	00:46:51	00:59:30	01:12:17.84	+00:38:23 (53.1%)	7:13	8.3 (46.9%)
183	BIENKOWSKI Tomasz	36		M30-39	49	00:00:11	00:07:10	00:14:41	00:22:15	00:30:07	00:38:13		+00:09:52	4:36	13 (73.4%)
184	KWIDZIŃSKI Michał	214		M30-39	50	00:00:28	00:09:41	00:18:42	00:28:14	00:37:19	00:46:26		+00:18:05	5:35	10.7 (60.5%)
185	JĘDRZEJEWSKI Krzysztof	184		M30-39	51	00:00:27	00:09:16	00:19:00	00:28:52	00:39:45	00:50:40		+00:22:18	6:06	9.8 (55.4%)

Znaleziono 185 wynik(ów)