



TROPEM WILCZYM BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - 10KM

B4SPORT

Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

Tropem Wilczym Bieg Pamięci Żołnierzy Wyklętych
Fundacja Wolność i Demokracja; Koszalińskie
Towarzystwo Krzewienia Kultury Fizycznej
2018-03-04
Koszalin
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BRAUN Grzegorz	18	RUNGRYF GRYFICE	M-18	1	00:00:01	00:05:31	00:11:27	00:17:28	00:23:26	00:29:20	00:34:54.05	00:34:55.25		3:29	17.2 (100%)
2	KĘPKA Adrian	391	DECATHLON KOSZALIN	M-18	2	00:00:01	00:05:51	00:11:44	00:17:37	00:23:30	00:29:26	00:35:18.95	00:35:20.60	+00:00:24 (1.2%)	3:31	17 (98.8%)
3	ORZECHOWSKI Kamil	135	TKKF KOSZALIN	M-30	1	00:00:02	00:05:54	00:11:50	00:17:52	00:23:57	00:30:03	00:35:53.95	00:35:55.95	+00:00:59 (2.8%)	3:35	16.7 (97.1%)
4	JAROSZ Wiesław	302	JW. 1223/BLOG KOSZALIN	M-40	1	00:00:00	00:05:53	00:11:51	00:17:54	00:23:59	00:30:06	00:36:07.45	00:36:07.95	+00:01:13 (3.4%)	3:36	16.6 (96.5%)
5	KARCZ Artur	77		M-30	2	00:00:01	00:05:51	00:11:50	00:17:56	00:24:03	00:30:11	00:36:21.30	00:36:22.50	+00:01:27 (4.0%)	3:38	16.5 (95.9%)
6	ZABORSKI Ryszard	218	TKKF KOSZALIN-ORKIESTRA WOJSKOWA	M-40	2	00:00:01	00:05:52	00:11:54	00:18:15	00:24:42	00:31:12	00:37:34.55	00:37:35.80	+00:02:40 (7.1%)	3:45	16 (93.0%)
7	SIADAK Arkadiusz	166		M-30	3	00:00:01	00:06:04	00:12:20	00:18:46	00:25:13	00:31:41	00:38:00.95	00:38:02.75	+00:03:06 (8.2%)	3:48	15.8 (91.9%)
8	RUDNIKOWSKI Maciej	160	BIEGUZDROWISKOWY.PL	M-40	3	00:00:03	00:06:07	00:12:29	00:18:54	00:25:13	00:31:44	00:38:07.45	00:38:10.50	+00:03:13 (8.5%)	3:48	15.7 (91.3%)
9	GOLIŃSKI Łukasz	48	K.B. SPRINT ŚWIDWIN	M-30	4	00:00:01	00:06:15	00:12:37	00:19:09	00:25:34	00:32:04	00:38:17.65	00:38:19.15	+00:03:23 (8.9%)	3:49	15.7 (91.3%)
10	ŻMUDA Tomasz	227	CW FANZA KOŁOBRZEG	M-40	4	00:00:01	00:06:10	00:12:33	00:19:00	00:25:29	00:32:00	00:38:24.45	00:38:26.10	+00:03:30 (9.1%)	3:50	15.6 (90.7%)
11	KAMIŃSKI Jakub	234	RUNGRYF GRYFICE	M-18	3	00:00:03	00:06:13	00:12:37	00:19:12	00:25:46	00:32:30	00:39:02.80	00:39:06.00	+00:04:08 (10.6%)	3:54	15.4 (89.5%)
12	BURDA Robert	20	KOSPEL	M-40	5	00:00:02	00:06:27	00:13:04	00:19:47	00:26:25	00:33:02	00:39:16.85	00:39:19.05	+00:04:22 (11.2%)	3:55	15.3 (89.0%)
13	DURMAN Dawid	40		M-18	4	00:00:03	00:06:13	00:12:38	00:19:15	00:25:54	00:32:46	00:39:20.50	00:39:23.50	+00:04:26 (11.3%)	3:56	15.3 (89.0%)
14	WOJCIECHOWICZ Jacek	213	WWW.STUDIOTANCAPASJA.PL	M-40	6	00:00:03	00:06:26	00:13:03	00:19:45	00:26:24	00:33:02	00:39:33.35	00:39:36.50	+00:04:39 (11.8%)	3:57	15.2 (88.4%)
15	WILCZEWSKI Krzysztof	209		M-30	5	00:00:03	00:06:40	00:13:23	00:20:07	00:26:47	00:33:21	00:39:34.20	00:39:37.65	+00:04:40 (11.8%)	3:57	15.2 (88.4%)
16	PERLIK Tomasz	141		M-18	5	00:00:01	00:06:09	00:12:42	00:19:25	00:26:12	00:33:02	00:39:41.10	00:39:42.60	+00:04:47 (12.1%)	3:58	15.1 (87.8%)
17	CZAPLIŃSKI Jacek	30	TAGER KOSZALIN	M-30	6	00:00:03	00:06:24	00:12:52	00:19:34	00:26:20	00:33:09	00:39:44.60	00:39:47.75	+00:04:50 (12.2%)	3:58	15.1 (87.8%)
18	SZKOŁUDA Miłosz	400	DECATHLON KOSZALIN	M-18	6	00:00:02	00:06:24	00:12:52	00:19:34	00:26:21	00:33:09	00:39:45.15	00:39:47.35	+00:04:51 (12.2%)	3:58	15.1 (87.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
19	BIEDRZYCKI Krzysztof	12	CW FANZA KOŁOBRZEG	M-40	7	00:00:01	00:06:28	00:13:06	00:19:51	00:26:34	00:33:19	00:40:01.10	00:40:03.00	+00:05:07 (12.8%)	4:00	15 (87.2%)
20	BIEDRZYCKI Andrzej	14	OSP STARY BOREK	M-60	1	00:00:01	00:06:27	00:13:05	00:19:50	00:26:34	00:33:19	00:40:01.20	00:40:03.10	+00:05:07 (12.8%)	4:00	15 (87.2%)
21	KRUKOWSKI Błażej	96		M-30	7	00:00:03	00:06:40	00:13:24	00:20:11	00:26:53	00:33:38	00:40:21.45	00:40:25.30	+00:05:27 (13.5%)	4:02	14.9 (86.6%)
22	ZWOLIŃSKI Jan	226	TKKF KOSZALIN	M-50	1	00:00:03	00:06:40	00:13:23	00:20:07	00:26:53	00:33:44	00:40:22.35	00:40:25.90	+00:05:28 (13.6%)	4:02	14.9 (86.6%)
23	SMAGOWSKI Wojtek	171	K.B. SPRINT ŚWIDWIN	M-40	8	00:00:02	00:06:26	00:13:07	00:19:59	00:26:54	00:33:52	00:40:40.80	00:40:43.00	+00:05:46 (14.2%)	4:04	14.7 (85.5%)
24	BARAŃSKI Bogusław	9	MLUKS TRZEBIATÓW	M-60	2	00:00:00	00:06:24	00:13:13	00:20:13	00:27:11	00:34:13	00:41:03.35	00:41:03.70	+00:06:09 (15.0%)	4:06	14.6 (84.9%)
25	MOKSA Dariusz	126		M-18	7	00:00:02	00:06:22	00:12:55	00:19:42	00:26:46	00:33:54	00:41:08.10	00:41:10.10	+00:06:14 (15.2%)	4:06	14.6 (84.9%)
26	ZUKAL Piotr	225		M-40	9	00:00:05	00:06:48	00:13:38	00:20:30	00:27:25	00:34:19	00:41:09.50	00:41:15.00	+00:06:15 (15.2%)	4:07	14.6 (84.9%)
27	STEBELSKI Jasiek	176		M-30	8	00:00:08	00:06:48	00:13:39	00:20:36	00:27:35	00:34:37	00:41:22.80	00:41:31.65	+00:06:28 (15.7%)	4:08	14.5 (84.3%)
28	BARANOWSKI Piotr	8		M-40	10	00:00:01	00:06:53	00:13:49	00:20:53	00:27:52	00:34:44	00:41:30.10	00:41:32.00	+00:06:36 (15.9%)	4:09	14.5 (84.3%)
29	WICHER Krzysztof	206	ADWOKATURA	M-30	9	00:00:03	00:06:31	00:13:14	00:20:11	00:27:22	00:34:37	00:41:32.00	00:41:35.70	+00:06:37 (16.0%)	4:09	14.4 (83.7%)
30	LESZCZYŃSKI Marcin	106	MARIANÓWEK	M-40	11	00:00:05	00:06:43	00:13:45	00:20:50	00:28:02	00:35:01	00:41:36.20	00:41:41.55	+00:06:42 (16.1%)	4:09	14.4 (83.7%)
31	SOMINKA Paweł	173	BAŁTYK-TRANS-SPEDITION	M-30	10	00:00:03	00:06:33	00:13:24	00:20:26	00:27:33	00:34:42	00:41:38.25	00:41:41.85	+00:06:44 (16.2%)	4:09	14.4 (83.7%)
32	STEFANOWICZ Paweł	178	ORLEN RUNNING TEAM	M-40	12	00:00:02	00:06:12	00:13:03	00:20:13	00:27:37	00:34:49	00:42:01.55	00:42:03.75	+00:07:07 (17.0%)	4:12	14.3 (83.1%)
33	NOWAKOWSKI Rafał	133		M-40	13	00:00:03	00:06:42	00:13:46	00:20:52	00:28:03	00:35:11	00:42:06.95	00:42:10.50	+00:07:12 (17.1%)	4:12	14.2 (82.6%)
34	URBAŃSKI Tomasz	195		M-40	14	00:00:04	00:07:03	00:14:06	00:21:05	00:28:10	00:35:14	00:42:09.15	00:42:13.95	+00:07:15 (17.2%)	4:12	14.2 (82.6%)
35	SKONECZNY Kacper	169	KONTRA DARŁOWO	M-18	8	00:00:05	00:06:48	00:13:44	00:20:48	00:28:02	00:35:21	00:42:19.05	00:42:24.05	+00:07:25 (17.5%)	4:13	14.2 (82.6%)
36	PRZYBYCIEŃ Łukasz	150		M-18	9	00:00:05	00:06:48	00:13:45	00:20:48	00:28:12	00:35:32	00:42:25.00	00:42:30.10	+00:07:30 (17.7%)	4:14	14.1 (82.0%)
37	PRZEWŁOCKI Michał	149	TKKF KOSZALIN	M-30	11	00:00:03	00:06:36	00:13:21	00:20:16	00:27:28	00:35:01	00:42:39.85	00:42:43.35	+00:07:45 (18.2%)	4:16	14.1 (82.0%)
38	MŁYNARCZYK Zbigniew	124	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	M-30	12	00:00:01	00:06:38	00:13:32	00:20:41	00:28:01	00:35:25	00:42:40.40	00:42:42.20	+00:07:46 (18.2%)	4:16	14.1 (82.0%)
39	TROŚNIAK Piotr	235		M-40	15	00:00:07	00:06:55	00:13:59	00:21:04	00:28:19	00:35:33	00:42:45.45	00:42:53.05	+00:07:51 (18.4%)	4:16	14 (81.4%)
40	KONKEL Agnieszka	84		K-30	1	00:00:07	00:07:01	00:14:01	00:21:07	00:28:20	00:35:35	00:42:50.85	00:42:58.00	+00:07:56 (18.5%)	4:17	14 (81.4%)
41	RUDZIŃSKI Radosław	162	TRYGŁAW TYCHOWO	M-30	13	00:00:03	00:06:42	00:13:54	00:21:13	00:28:31	00:36:01	00:43:12.55	00:43:15.90	+00:08:18 (19.2%)	4:19	13.9 (80.8%)
42	KADEJ Szymon	75		M-18	10	00:00:05	00:06:49	00:13:49	00:21:01	00:28:34	00:36:15	00:43:30.30	00:43:35.30	+00:08:36 (19.8%)	4:21	13.8 (80.2%)
43	CHUDY Henryk	27	KS OLSZEWSKI SYNOWIE	M-60	3	00:00:03	00:06:57	00:14:07	00:21:27	00:28:49	00:36:14	00:43:38.90	00:43:42.55	+00:08:44 (20.0%)	4:21	13.7 (79.7%)
43	MAJCHRZAK Łukasz	111	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	M-18	11	00:00:01	00:06:50	00:13:59	00:21:20	00:28:53	00:36:25	00:43:38.90	00:43:40.85	+00:08:44 (20.0%)	4:21	13.7 (79.7%)
45	PĘKAŁA Piotr	230		M-40	16	00:00:10	00:07:38	00:14:57	00:22:09	00:29:26	00:36:45	00:43:40.05	00:43:50.90	+00:08:46 (20.1%)	4:22	13.7 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
46	CIEKLIŃSKI Jacek	28		M-30	14	00:00:18	00:07:25	00:14:36	00:22:02	00:29:35	00:36:47	00:43:42.00	00:44:00.20	+00:08:47 (20.1%)	4:22	13.7 (79.7%)
47	ŁOPIŃSKI Piotr	108	FSD	M-30	15	00:00:09	00:07:18	00:14:39	00:21:57	00:29:15	00:36:36	00:43:42.90	00:43:52.05	+00:08:48 (20.2%)	4:22	13.7 (79.7%)
48	JANKOWSKI Piotr	66		M-40	17	00:00:07	00:07:11	00:14:26	00:21:52	00:29:19	00:36:45	00:44:05.30	00:44:12.70	+00:09:11 (20.8%)	4:24	13.6 (79.1%)
49	PASIEKA Agnieszka	138	K.B. SPRINT ŚWIDWIN / 21 BLT	K-30	2	00:00:14	00:07:36	00:14:54	00:22:14	00:29:35	00:36:59	00:44:13.95	00:44:28.20	+00:09:19 (21.1%)	4:25	13.6 (79.1%)
50	KAŻMIERZCAK Robert	306		M-40	18	00:00:07	00:07:28	00:14:49	00:22:16	00:29:44	00:37:05	00:44:16.65	00:44:24.15	+00:09:22 (21.2%)	4:25	13.5 (78.5%)
51	PICK Tomasz	142	DEAF KOSZALIN	M-40	19	00:00:08	00:07:34	00:14:59	00:22:28	00:29:49	00:37:11	00:44:23.20	00:44:31.80	+00:09:29 (21.4%)	4:26	13.5 (78.5%)
52	CHOŁUJ Jarosław	24	ROZBIEGANY KOSZALIN	M-40	20	00:00:08	00:07:28	00:14:51	00:22:14	00:29:43	00:37:07	00:44:33.70	00:44:42.60	+00:09:39 (21.7%)	4:27	13.5 (78.5%)
53	WOŁOWIEC Przemek	215		M-40	21	00:00:07	00:07:33	00:15:02	00:22:27	00:30:01	00:37:37	00:44:53.20	00:45:00.35	+00:09:59 (22.2%)	4:29	13.4 (77.9%)
54	KOSECKA Katarzyna	86	KB WYGAN	K-30	3	00:00:06	00:07:15	00:14:44	00:22:21	00:29:51	00:37:28	00:44:54.50	00:45:01.40	+00:10:00 (22.3%)	4:29	13.4 (77.9%)
55	SZUBERT Marcin	187	KOŁOBRZEG BIEGA	M-40	22	00:00:05	00:07:37	00:15:04	00:22:41	00:30:13	00:37:38	00:44:55.30	00:45:00.80	+00:10:01 (22.3%)	4:29	13.4 (77.9%)
56	KUŁAKOWSKI Dawid	100	TKKF KOSZALIN	M-40	23	00:00:07	00:07:30	00:15:03	00:22:34	00:30:09	00:37:41	00:45:01.50	00:45:08.70	+00:10:07 (22.5%)	4:30	13.3 (77.3%)
57	BIEDRZYCKI Adam	13	CW FANZA KOŁOBRZEG	M-30	16	00:00:06	00:08:07	00:15:55	00:23:29	00:30:50	00:38:08	00:45:09.60	00:45:16.55	+00:10:15 (22.7%)	4:31	13.3 (77.3%)
58	IWANIEC Dariusz	62	TKKF KOSZALIN	M-40	24	00:00:06	00:07:31	00:15:04	00:22:34	00:30:10	00:37:42	00:45:10.95	00:45:17.85	+00:10:16 (22.8%)	4:31	13.3 (77.3%)
59	MUCHA Krzysztof	127	KOSZALIN	M-40	25	00:00:05	00:07:17	00:15:04	00:22:46	00:30:24	00:38:07	00:45:12.15	00:45:17.90	+00:10:18 (22.8%)	4:31	13.3 (77.3%)
60	CHABOWSKA Karolina	249	KB WYGAN	K-30	4	00:00:07	00:07:20	00:14:48	00:22:21	00:30:00	00:37:40	00:45:14.25	00:45:21.25	+00:10:20 (22.8%)	4:31	13.3 (77.3%)
61	NOWICKI Michał	250	KB WYGAN	M-30	17	00:00:07	00:07:20	00:14:48	00:22:21	00:29:59	00:37:39	00:45:15.15	00:45:22.40	+00:10:21 (22.9%)	4:31	13.3 (77.3%)
62	JARZYNA Roman	70	SZWLA STARGARD	M-40	26	00:00:07	00:07:16	00:14:46	00:22:23	00:30:05	00:37:56	00:45:22.00	00:45:29.05	+00:10:27 (23.1%)	4:32	13.2 (76.7%)
63	ZIENOWICZ Michał	224		M-18	12	00:00:12	00:07:26	00:14:52	00:22:20	00:30:04	00:38:01	00:45:22.45	00:45:35.30	+00:10:28 (23.1%)	4:32	13.2 (76.7%)
64	SOROKA Piotr	174	ROZBIEGANY KOSZALIN	M-40	27	00:00:11	00:07:28	00:14:52	00:22:34	00:30:14	00:38:08	00:45:23.75	00:45:35.25	+00:10:29 (23.1%)	4:32	13.2 (76.7%)
65	WIECZOREK Łukasz	207	CSSP KOSZALIN	M-18	13	00:00:01	00:06:58	00:14:26	00:22:18	00:30:12	00:38:07	00:45:28.65	00:45:30.60	+00:10:34 (23.3%)	4:32	13.2 (76.7%)
66	CHODOR Martyna	22	TKKF KOSZALIN	K-30	5	00:00:08	00:07:50	00:15:26	00:23:06	00:30:49	00:38:27	00:45:39.25	00:45:48.05	+00:10:45 (23.6%)	4:34	13.1 (76.2%)
67	RYTTEL Marcin	165		M-30	18	00:00:06	00:07:14	00:14:52	00:22:34	00:30:18	00:38:09	00:45:41.50	00:45:48.00	+00:10:47 (23.6%)	4:34	13.1 (76.2%)
68	GOŁDYN Marek	49	TKKF KOSZALIN	M-30	19	00:00:10	00:07:48	00:15:23	00:23:05	00:30:47	00:38:25	00:45:43.40	00:45:54.20	+00:10:49 (23.7%)	4:34	13.1 (76.2%)
69	WILKOWSKI Krzysztof	211		M-30	20	00:00:09	00:07:39	00:14:58	00:22:36	00:30:26	00:38:23	00:45:52.95	00:46:02.45	+00:10:58 (23.9%)	4:35	13.1 (76.2%)
70	KOCZOROWSKI Paweł	83	POLNI WOJOWNICY USTKA	M-40	28	00:00:03	00:06:37	00:13:54	00:21:42	00:29:45	00:37:54	00:45:53.85	00:45:57.75	+00:10:59 (24.0%)	4:35	13.1 (76.2%)
71	SZABLA Ewelina	182	TKKF KOSZALIN	K-30	6	00:00:07	00:07:30	00:15:05	00:22:44	00:30:35	00:38:26	00:45:58.30	00:46:05.75	+00:11:04 (24.1%)	4:35	13.1 (76.2%)
72	STORCZYK-RAK Agnieszka	180		K-30	7	00:00:05	00:07:18	00:14:51	00:22:30	00:30:18	00:38:12	00:46:02.00	00:46:07.05	+00:11:07 (24.2%)	4:36	13 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
73	CHOŁUJ Karol	25	MONOLITH LIFE TEAM	M-30	21	00:00:09	00:07:28	00:15:03	00:22:50	00:30:42	00:38:36	00:46:17.10	00:46:26.60	+00:11:23 (24.6%)	4:37	13 (75.6%)
74	URBAŃSKI Arkadiusz	196		M-40	29	00:00:12	00:07:52	00:15:28	00:23:14	00:30:58	00:38:47	00:46:21.60	00:46:34.10	+00:11:27 (24.7%)	4:38	12.9 (75.0%)
75	SZYMAŃSKI Piotr	191	CSSP KOSZALIN	M-40	30	00:00:17	00:07:56	00:15:22	00:23:06	00:30:52	00:38:41	00:46:23.10	00:46:40.90	+00:11:29 (24.8%)	4:38	12.9 (75.0%)
76	KRACZKOWSKI Przemysław	93		M-30	22	00:00:12	00:07:52	00:15:38	00:23:25	00:31:14	00:39:00	00:46:26.05	00:46:38.85	+00:11:32 (24.8%)	4:38	12.9 (75.0%)
77	WINKEL Łukasz	212		M-40	31	00:00:11	00:07:54	00:15:39	00:23:20	00:31:09	00:38:59	00:46:47.85	00:46:59.25	+00:11:53 (25.4%)	4:40	12.8 (74.4%)
78	MALINOWSKI Mariusz	113		M-30	23	00:00:10	00:07:30	00:15:14	00:23:03	00:31:07	00:39:10	00:46:48.90	00:46:59.55	+00:11:54 (25.4%)	4:40	12.8 (74.4%)
79	KOŹMIŃSKI Patryk	92		M-30	24	00:00:07	00:07:33	00:15:21	00:23:14	00:31:12	00:39:12	00:46:52.00	00:46:59.60	+00:11:57 (25.5%)	4:41	12.8 (74.4%)
80	KWIDZIŃSKI Michał	102		M-30	25	00:00:16	00:07:33	00:14:48	00:22:10	00:30:12	00:38:45	00:46:57.25	00:47:13.95	+00:12:03 (25.7%)	4:41	12.8 (74.4%)
81	PUŚCIAN Krzysztof	152	SZKOŁA PODSTAWOWA W MANOWIE	M-40	32	00:00:08	00:07:40	00:15:15	00:23:07	00:31:16	00:39:11	00:47:02.40	00:47:11.20	+00:12:08 (25.8%)	4:42	12.8 (74.4%)
82	WALOCHA Krzysztof	200		M-30	26	00:00:10	00:07:55	00:15:40	00:23:27	00:31:19	00:39:14	00:47:03.30	00:47:14.15	+00:12:09 (25.8%)	4:42	12.7 (73.8%)
83	MICERSKI Tomasz	119	TKKF KOSZALIN	M-40	33	00:00:08	00:07:29	00:15:12	00:23:15	00:31:17	00:39:27	00:47:07.40	00:47:15.95	+00:12:13 (25.9%)	4:42	12.7 (73.8%)
84	KOZIEŁ Paweł	90	WICHER RĄBINO	M-30	27	00:00:07	00:07:38	00:15:29	00:23:27	00:31:32	00:39:32	00:47:11.20	00:47:18.30	+00:12:17 (26.0%)	4:43	12.7 (73.8%)
85	ŻUKOWSKI Cezary	229	CZAREK W BIEGU	M-30	28	00:00:06	00:07:28	00:15:13	00:23:17	00:31:22	00:39:28	00:47:13.20	00:47:20.15	+00:12:19 (26.1%)	4:43	12.7 (73.8%)
86	KRZEWIŃSKA Małgorzata	97	TKKF KOSZALIN	K-50	1	00:00:04	00:07:43	00:15:35	00:23:35	00:31:35	00:39:32	00:47:18.00	00:47:22.00	+00:12:23 (26.2%)	4:43	12.7 (73.8%)
87	RASZPLA Radosław	155		M-40	34	00:00:10	00:07:30	00:15:16	00:23:16	00:31:24	00:39:32	00:47:26.85	00:47:37.30	+00:12:32 (26.4%)	4:44	12.6 (73.3%)
88	KUZAN Sławek	101		M-18	14	00:00:20	00:08:17	00:16:13	00:24:05	00:32:06	00:40:05	00:47:33.10	00:47:53.65	+00:12:39 (26.6%)	4:45	12.6 (73.3%)
89	MISZCZYK Jan	123	ROZBIEGANY KOSZALIN	M-30	29	00:00:08	00:07:15	00:15:12	00:23:12	00:31:31	00:39:54	00:47:40.25	00:47:48.90	+00:12:46 (26.8%)	4:46	12.6 (73.3%)
90	WYGANOWSKI Andrzej	217	WYGAN	M-70+	1	00:00:07	00:07:52	00:15:53	00:23:54	00:31:49	00:39:48	00:47:41.25	00:47:48.70	+00:12:47 (26.8%)	4:46	12.6 (73.3%)
91	CYBULSKI Robert	29	MTS HAMER MIASTKO	M-40	35	00:00:16	00:07:48	00:15:39	00:23:44	00:31:58	00:40:13	00:47:43.95	00:48:00.50	+00:12:49 (26.9%)	4:46	12.6 (73.3%)
92	KWIETNIEWSKI Daniel	103		M-30	30	00:00:12	00:07:48	00:15:32	00:23:30	00:31:33	00:39:43	00:47:45.70	00:47:58.50	+00:12:51 (26.9%)	4:46	12.6 (73.3%)
93	GAŁECKI Jacek	43	KARLINO BIEGAJ!	M-50	2	00:00:05	00:07:10	00:14:57	00:23:05	00:31:42	00:40:07	00:47:49.85	00:47:55.60	+00:12:55 (27.0%)	4:47	12.5 (72.7%)
94	WALERIAŃCZYK Roman	199	GMINA KOŁOBRZEG	M-50	3	00:00:10	00:07:40	00:15:29	00:23:30	00:31:43	00:39:55	00:47:54.60	00:48:04.80	+00:13:00 (27.2%)	4:47	12.5 (72.7%)
95	ALABA Jerzy	1		M-50	4	00:00:10	00:08:07	00:16:10	00:24:07	00:32:10	00:40:12	00:47:59.60	00:48:09.80	+00:13:05 (27.3%)	4:47	12.5 (72.7%)
96	POWARZYŃSKI Krzysztof	148	17 WOG KOSZALIN	M-40	36	00:00:10	00:07:32	00:15:16	00:23:13	00:31:24	00:39:40	00:47:59.70	00:48:09.90	+00:13:05 (27.3%)	4:47	12.5 (72.7%)
97	DUDZIK Frytarda	39	GIPO TEAM	K-30	8	00:00:09	00:07:33	00:15:25	00:23:36	00:31:44	00:39:50	00:48:05.40	00:48:14.45	+00:13:11 (27.4%)	4:48	12.5 (72.7%)
98	MILEWSKI Tomasz	122		M-30	31	00:00:17	00:08:14	00:16:10	00:24:00	00:32:03	00:39:59	00:48:07.60	00:48:25.45	+00:13:13 (27.5%)	4:48	12.5 (72.7%)
99	SZUBERT Agnieszka	186	KOŁOBRZEG BIEGA	K-30	9	00:00:04	00:07:43	00:15:38	00:23:54	00:32:04	00:40:15	00:48:08.50	00:48:12.50	+00:13:14 (27.5%)	4:48	12.5 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas		Różn	Tempo min/km	Tempo km/h
												netto 10km	brutto 10km			
100	ZIELIŃSKI Grzegorz	221		M-60	4	00:00:04	00:07:30	00:15:29	00:23:32	00:31:46	00:40:02	00:48:09.35	00:48:14.30	+00:13:15 (27.5%)	4:49	12.5 (72.7%)
101	MEJER Aleksandra	118		K-18	1	00:00:03	00:07:33	00:15:32	00:23:40	00:32:00	00:40:19	00:48:21.95	00:48:25.60	+00:13:27 (27.8%)	4:50	12.4 (72.1%)
102	SIKORSKI Adam	353	SIKORROWO	M-30	32	00:00:05	00:07:30	00:15:21	00:23:17	00:31:35	00:40:09	00:48:23.85	00:48:29.25	+00:13:29 (27.9%)	4:50	12.4 (72.1%)
103	KASPROWICZ Małgorzata	78	STOPA SŁUPSK	K-30	10	00:00:09	00:07:53	00:15:58	00:24:13	00:32:27	00:40:38	00:48:29.00	00:48:38.35	+00:13:34 (28.0%)	4:50	12.4 (72.1%)
104	OTTO Michał	136		M-30	33	00:00:05	00:07:16	00:15:05	00:23:13	00:31:34	00:40:06	00:48:29.55	00:48:34.80	+00:13:35 (28.0%)	4:50	12.4 (72.1%)
105	SKOWYRSKI Janusz	170	TKKF KOSZALIN	M-50	5	00:00:08	00:07:39	00:15:31	00:23:50	00:32:13	00:40:33	00:48:34.00	00:48:42.80	+00:13:39 (28.1%)	4:51	12.4 (72.1%)
106	KONKEL Łukasz	85		M-30	34	00:00:10	00:07:57	00:15:59	00:24:07	00:32:22	00:40:42	00:48:42.55	00:48:52.90	+00:13:48 (28.3%)	4:52	12.3 (71.5%)
107	KUBIŚ Paweł	98	APTEKARZE	M-30	35	00:00:08	00:08:17	00:16:33	00:24:52	00:32:58	00:40:57	00:48:49.45	00:48:58.35	+00:13:55 (28.5%)	4:53	12.3 (71.5%)
108	DROZDOWSKI Marcin	36	MORPOL	M-18	15	00:00:16	00:07:58	00:16:04	00:24:19	00:32:35	00:41:00	00:48:51.75	00:49:08.35	+00:13:57 (28.6%)	4:53	12.3 (71.5%)
109	JADCZAK Tomasz	64		M-30	36	00:00:12	00:08:16	00:16:27	00:24:42	00:33:06	00:41:16	00:48:54.25	00:49:07.00	+00:14:00 (28.6%)	4:53	12.3 (71.5%)
110	ANTKOWIAK Sebastian	2	DB - ACTIVE	M-40	37	00:00:11	00:07:55	00:15:45	00:23:52	00:32:12	00:40:38	00:48:55.80	00:49:06.90	+00:14:01 (28.7%)	4:53	12.3 (71.5%)
111	KOZIK Przemysław	71	PARKRUN ŚWIDWIN	M-30	37	00:00:03	00:07:34	00:15:15	00:23:26	00:31:50	00:40:33	00:49:06.30	00:49:09.80	+00:14:12 (28.9%)	4:54	12.2 (70.9%)
112	LENARTOWICZ Tomasz	104	GWARDIA KOSZALIN	M-30	38	00:00:16	00:08:12	00:16:07	00:24:29	00:32:53	00:41:04	00:49:06.75	00:49:23.00	+00:14:12 (28.9%)	4:54	12.2 (70.9%)
113	CHODOR Izabela	23	TKKF KOSZALIN	K-30	11	00:00:09	00:08:06	00:16:24	00:24:50	00:33:08	00:41:20	00:49:17.15	00:49:26.30	+00:14:23 (29.2%)	4:55	12.2 (70.9%)
114	DUDZIAK Piotr	38	FOR-REST-RUN KOSZALIN	M-40	38	00:00:08	00:07:56	00:16:23	00:24:52	00:33:09	00:41:19	00:49:20.45	00:49:29.15	+00:14:26 (29.3%)	4:56	12.2 (70.9%)
115	RUDNIK Tomasz	159		M-30	39	00:00:18	00:08:16	00:16:10	00:24:20	00:32:36	00:41:02	00:49:23.35	00:49:42.00	+00:14:29 (29.3%)	4:56	12.1 (70.3%)
116	NAPIERAŁA Bogumił	354	KORA KOSZALIN	M-50	6	00:00:13	00:08:18	00:16:21	00:24:33	00:32:55	00:41:22	00:49:24.95	00:49:38.15	+00:14:30 (29.4%)	4:56	12.1 (70.3%)
117	WLAŻ Lucjan	321	ALIGANCKO	M-40	39	00:00:22	00:08:52	00:17:32	00:25:42	00:33:43	00:41:44	00:49:37.10	00:49:59.20	+00:14:43 (29.7%)	4:57	12.1 (70.3%)
118	STREL CZUK Mariusz	181		M-40	40	00:00:03	00:07:23	00:15:35	00:24:02	00:32:43	00:41:27	00:50:00.65	00:50:03.80	+00:15:06 (30.2%)	5:00	12 (69.8%)
119	HUDASZEK Grzegorz	61	PARKRUN ŚWIDWIN	M-30	40	00:00:20	00:08:22	00:16:29	00:25:06	00:33:29	00:41:52	00:50:12.90	00:50:33.00	+00:15:18 (30.5%)	5:01	11.9 (69.2%)
120	ŚWIETLIK Tomasz	193		M-50	7	00:00:13	00:08:18	00:16:31	00:24:56	00:33:17	00:41:47	00:50:13.35	00:50:26.55	+00:15:19 (30.5%)	5:01	11.9 (69.2%)
121	GALICKI Robert	42		M-40	41	00:00:14	00:08:33	00:17:10	00:25:32	00:33:47	00:42:15	00:50:13.55	00:50:28.25	+00:15:19 (30.5%)	5:01	11.9 (69.2%)
122	STOKROCKI Wojciech	179		M-30	41	00:00:18	00:08:32	00:17:00	00:25:23	00:33:42	00:42:08	00:50:18.80	00:50:37.45	+00:15:24 (30.6%)	5:01	11.9 (69.2%)
123	DĄBROWSKA Alicja	32	TKKF KOSZALIN	K-50	2	00:00:05	00:08:20	00:16:53	00:25:28	00:34:05	00:42:27	00:50:24.20	00:50:29.45	+00:15:30 (30.8%)	5:02	11.9 (69.2%)
124	MYSZYŃSKI Paweł	130	SP5KOŁOBRZEG	M-30	42	00:00:05	00:07:45	00:15:57	00:24:44	00:33:31	00:42:08	00:50:29.05	00:50:34.50	+00:15:35 (30.9%)	5:02	11.9 (69.2%)
125	SZCZYGIELSKI Michał	184	KOŁOBRZEG MARATON TEAM	M-30	43	00:00:07	00:08:21	00:16:51	00:25:15	00:33:47	00:42:14	00:50:29.70	00:50:37.00	+00:15:35 (30.9%)	5:03	11.9 (69.2%)
126	PUCEK Grzegorz	151		M-18	16	00:00:08	00:07:53	00:16:04	00:24:33	00:33:08	00:41:52	00:50:33.45	00:50:42.00	+00:15:39 (31.0%)	5:03	11.9 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
127	SZULC Szymon	188	SZULC RUNNERS TEAM	M-30	44	00:00:12	00:08:13	00:16:29	00:24:48	00:33:28	00:42:06	00:50:36.20	00:50:48.60	+00:15:42 (31.0%)	5:03	11.9 (69.2%)
128	HRYCAJ Tomasz	58		M-30	45	00:00:11	00:07:58	00:16:11	00:24:48	00:33:24	00:42:11	00:50:50.20	00:51:01.40	+00:15:56 (31.3%)	5:05	11.8 (68.6%)
129	ZIENCINA Marcin	223		M-30	46	00:00:13	00:08:00	00:16:22	00:24:59	00:33:51	00:42:40	00:51:05.85	00:51:19.05	+00:16:11 (31.7%)	5:06	11.7 (68.0%)
130	NIEDBAŁA Konrad	132		M-40	42	00:00:14	00:08:37	00:17:13	00:25:45	00:34:26	00:43:01	00:51:13.60	00:51:28.45	+00:16:19 (31.9%)	5:07	11.7 (68.0%)
131	KAŻMIERCZAK Agnieszka	80	PARKRUN ŚWIDWIN	K-40	1	00:00:06	00:08:09	00:16:39	00:25:20	00:33:59	00:42:37	00:51:21.45	00:51:27.95	+00:16:27 (32.0%)	5:08	11.7 (68.0%)
132	LESISZ Michał	105		M-40	43	00:00:17	00:08:20	00:16:48	00:25:21	00:33:56	00:42:30	00:51:22.90	00:51:40.85	+00:16:28 (32.1%)	5:08	11.7 (68.0%)
133	GRABOWSKA-LESISZ Aneta	50		K-40	2	00:00:16	00:08:04	00:16:31	00:25:10	00:33:54	00:42:45	00:51:24.60	00:51:41.00	+00:16:30 (32.1%)	5:08	11.7 (68.0%)
134	PODSIADŁO Marcin	146		M-40	44	00:00:05	00:07:56	00:16:21	00:25:07	00:33:58	00:42:54	00:51:31.25	00:51:37.00	+00:16:37 (32.3%)	5:09	11.6 (67.4%)
135	SZNYTER Sabina	233	DECATHLON KOSZALIN	K-18	2	00:00:05	00:08:31	00:17:16	00:26:03	00:34:49	00:43:26	00:51:35.65	00:51:41.25	+00:16:41 (32.4%)	5:09	11.6 (67.4%)
136	RUTKOWSKI Artur	163		M-18	17	00:00:02	00:07:19	00:15:18	00:23:52	00:32:53	00:42:22	00:51:35.90	00:51:37.90	+00:16:41 (32.4%)	5:09	11.6 (67.4%)
137	KAZIMIEROWICZ Radosław	79	VTT KOSZALIN	M-30	47	00:00:15	00:08:46	00:17:31	00:26:11	00:34:46	00:43:33	00:52:03.80	00:52:18.80	+00:17:09 (33.0%)	5:12	11.5 (66.9%)
138	KOZŁOWIECKI Waldemar	91	TKKF KOSZALIN	M-60	5	00:00:09	00:08:14	00:16:49	00:25:24	00:34:11	00:43:17	00:52:08.50	00:52:17.65	+00:17:14 (33.1%)	5:12	11.5 (66.9%)
139	JABŁOŃSKI Arkadiusz	63	JW1223	M-30	48	00:00:14	00:07:50	00:15:59	00:24:36	00:33:32	00:42:53	00:52:09.60	00:52:24.20	+00:17:15 (33.1%)	5:13	11.5 (66.9%)
140	LICHACY Marcel	107		M-30	49	00:00:13	00:08:45	00:17:40	00:26:35	00:35:26	00:43:52	00:52:15.45	00:52:28.65	+00:17:21 (33.2%)	5:13	11.5 (66.9%)
141	GAWĘDA Emil	44		M-30	50	00:00:12	00:08:46	00:17:41	00:26:36	00:35:27	00:43:52	00:52:16.15	00:52:28.50	+00:17:22 (33.2%)	5:13	11.5 (66.9%)
142	KOTULSKI Piotr	87	KLUB BIEGACZY JYSK	M-40	45	00:00:12	00:08:18	00:16:53	00:25:38	00:34:35	00:43:42	00:52:27.30	00:52:39.65	+00:17:33 (33.5%)	5:14	11.4 (66.3%)
143	DUBACKI Kazimierz Stanisław	37	NIGHT RUNNERS SŁUPSK	M-40	46	00:00:09	00:08:27	00:17:12	00:26:01	00:34:52	00:43:39	00:52:29.25	00:52:38.25	+00:17:35 (33.5%)	5:14	11.4 (66.3%)
144	SOBOLEWSKI Marcin	172		M-30	51	00:00:19	00:08:22	00:16:48	00:25:18	00:34:09	00:43:12	00:52:31.25	00:52:50.80	+00:17:37 (33.5%)	5:15	11.4 (66.3%)
145	MACIĄG Piotr	109		M-30	52	00:00:21	00:09:10	00:18:16	00:27:20	00:36:21	00:44:39	00:52:46.75	00:53:08.25	+00:17:52 (33.9%)	5:16	11.4 (66.3%)
146	CINCIO Robert	389	TKKF TRIATHLON KOSZALIN	M-40	47	00:00:09	00:07:41	00:16:01	00:24:46	00:33:57	00:43:27	00:52:49.25	00:52:58.40	+00:17:55 (33.9%)	5:16	11.4 (66.3%)
147	GOLEC Ania	47		K-40	3	00:00:14	00:08:47	00:17:32	00:26:21	00:35:17	00:44:18	00:52:59.05	00:53:13.15	+00:18:05 (34.1%)	5:17	11.3 (65.7%)
148	KOWALCZYK Piotr	88		M-30	53	00:00:13	00:08:15	00:16:55	00:25:46	00:34:51	00:44:03	00:53:00.15	00:53:13.15	+00:18:06 (34.2%)	5:18	11.3 (65.7%)
149	WRÓBLEWSKA Marta	216	WILKI KOSZALIN	K-40	4	00:00:16	00:08:36	00:17:32	00:26:14	00:35:10	00:44:12	00:53:01.25	00:53:17.55	+00:18:07 (34.2%)	5:18	11.3 (65.7%)
150	KAŻMIERCZAK Leszek	231	CSSP KOSZALIN	M-30	54	00:00:16	00:08:44	00:17:38	00:26:34	00:35:32	00:44:31	00:53:03.50	00:53:19.75	+00:18:09 (34.2%)	5:18	11.3 (65.7%)
151	KACZMAREK Łukasz	73	WOJOWNICY WÓDY	M-30	55	00:00:20	00:08:29	00:17:23	00:26:35	00:35:44	00:44:36	00:53:04.30	00:53:24.45	+00:18:10 (34.2%)	5:18	11.3 (65.7%)
152	ZAKUTYŃSKA-KOWALCZYK Karolina	219		K-40	5	00:00:18	00:08:43	00:17:36	00:26:24	00:35:21	00:44:21	00:53:05.50	00:53:23.85	+00:18:11 (34.3%)	5:18	11.3 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	DOMAGAŁA Sławomir	35	KORYUKAN ŚWIDWIN	M-40	48	00:00:18	00:08:52	00:17:42	00:26:48	00:35:32	00:44:23	00:53:12.60	00:53:30.80	+00:18:18 (34.4%)	5:19	11.3 (65.7%)
154	BORYS Justyna	16		K-30	12	00:00:09	00:08:32	00:17:07	00:25:57	00:34:57	00:44:06	00:53:12.90	00:53:22.25	+00:18:18 (34.4%)	5:19	11.3 (65.7%)
155	BORYSIEWICZ Joanna	17		K-30	13	00:00:08	00:08:46	00:17:41	00:26:39	00:35:42	00:44:45	00:53:26.90	00:53:35.70	+00:18:32 (34.7%)	5:20	11.2 (65.1%)
156	WOLAŃSKI Mariusz	214		M-50	8	00:00:10	00:08:23	00:17:06	00:26:52	00:35:51	00:44:48	00:53:27.40	00:53:38.20	+00:18:33 (34.7%)	5:20	11.2 (65.1%)
157	WICENS Jacek	205	JW1223	M-30	56	00:00:15	00:08:58	00:17:57	00:27:03	00:36:15	00:45:25	00:53:35.05	00:53:51.00	+00:18:41 (34.9%)	5:21	11.2 (65.1%)
158	WEĆLAWIAK Marek	204		M-40	49	00:00:14	00:08:47	00:17:42	00:26:42	00:35:52	00:45:03	00:53:49.05	00:54:03.65	+00:18:55 (35.1%)	5:22	11.1 (64.5%)
159	GRABCZEWSKI Rafał	52	JW1223	M-30	57	00:00:14	00:08:56	00:17:50	00:26:45	00:35:38	00:44:43	00:53:52.40	00:54:07.20	+00:18:58 (35.2%)	5:23	11.1 (64.5%)
160	MACIĄG Paweł	110		M-30	58	00:00:22	00:09:10	00:18:15	00:27:22	00:36:24	00:45:25	00:54:04.05	00:54:26.15	+00:19:10 (35.4%)	5:24	11.1 (64.5%)
161	JAROSZEWSKI Daniel	69	ROZBIEGANY KOSZALIN	M-30	59	00:00:11	00:08:19	00:16:55	00:25:42	00:34:37	00:44:30	00:54:06.60	00:54:18.00	+00:19:12 (35.5%)	5:24	11.1 (64.5%)
162	PAJOR Tomek	137		M-40	50	00:00:21	00:09:11	00:18:17	00:27:22	00:36:25	00:45:27	00:54:08.30	00:54:29.40	+00:19:14 (35.5%)	5:24	11.1 (64.5%)
163	TOMCZYK Leszek	194	JW1223	M-40	51	00:00:05	00:08:07	00:16:52	00:25:57	00:35:20	00:44:52	00:54:15.90	00:54:21.45	+00:19:21 (35.7%)	5:25	11.1 (64.5%)
164	MILASZEWSKI Przemysław	238		M-30	60	00:00:20	00:08:29	00:17:23	00:26:36	00:35:44	00:44:59	00:54:23.25	00:54:43.45	+00:19:29 (35.8%)	5:26	11 (64.0%)
165	PODLASEK Stanisław	145		M-18	18	00:00:05	00:07:43	00:16:23	00:25:34	00:35:25	00:45:15	00:54:32.30	00:54:37.45	+00:19:38 (36.0%)	5:27	11 (64.0%)
166	MAŁYSZEWICZ Andrzej	115		M-50	9	00:00:17	00:08:54	00:17:35	00:26:22	00:35:37	00:45:10	00:54:33.10	00:54:50.40	+00:19:39 (36.0%)	5:27	11 (64.0%)
167	KEPKA Mirosław	81	K.B. SPRINT ŚWIDWIN	M-40	52	00:00:20	00:08:51	00:17:47	00:27:00	00:36:18	00:45:36	00:54:34.60	00:54:55.10	+00:19:40 (36.1%)	5:27	11 (64.0%)
168	WILIŃSKI Marek	210	K.B. SPRINT ŚWIDWIN	M-50	10	00:00:20	00:08:51	00:17:45	00:27:00	00:36:16	00:45:26	00:54:35.05	00:54:55.25	+00:19:41 (36.1%)	5:27	11 (64.0%)
169	GUTOWSKI Sebastian	53	GUCIOR-RUN	M-40	53	00:00:18	00:08:53	00:17:47	00:27:02	00:36:18	00:45:28	00:54:35.90	00:54:54.60	+00:19:41 (36.1%)	5:27	11 (64.0%)
170	JANUSZEWSKI Jacek	67	17 WOG KOSZALIN	M-50	11	00:00:16	00:08:10	00:16:44	00:25:44	00:35:12	00:44:49	00:54:36.60	00:54:53.15	+00:19:42 (36.1%)	5:27	11 (64.0%)
171	SKIBA Artur	168	ŚWIDWIŃSKIE STOWARZYSZENIE LOTNICTWA REKREACYJNEGO	M-40	54	00:00:16	00:08:50	00:17:49	00:26:58	00:36:20	00:45:40	00:54:38.60	00:54:55.10	+00:19:44 (36.1%)	5:27	11 (64.0%)
172	STALUSZKA Dariusz	175	PARKRUN ŚWIDWIN	M-40	55	00:00:15	00:08:51	00:17:49	00:26:58	00:36:20	00:45:39	00:54:39.85	00:54:54.95	+00:19:45 (36.2%)	5:27	11 (64.0%)
173	RYCHLIŃSKI Damian	164		M-30	61	00:00:17	00:08:45	00:17:30	00:26:50	00:36:21	00:45:37	00:54:40.60	00:54:58.30	+00:19:46 (36.2%)	5:28	11 (64.0%)
174	KRÓL Marcin	95		M-40	56	00:00:05	00:07:42	00:16:16	00:25:21	00:34:54	00:44:50	00:54:50.85	00:54:56.35	+00:19:56 (36.4%)	5:29	10.9 (63.4%)
175	WAJDA Waldemar	198	BORNE BIEGA	M-40	57	00:00:21	00:09:02	00:18:14	00:27:13	00:36:31	00:46:02	00:54:51.65	00:55:13.35	+00:19:57 (36.4%)	5:29	10.9 (63.4%)
176	MICHALAK Szczepan	120		M-30	62	00:00:21	00:09:02	00:18:14	00:27:13	00:36:31	00:46:03	00:54:52.25	00:55:13.75	+00:19:58 (36.4%)	5:29	10.9 (63.4%)
177	MUSIK Adam	128		M-18	19	00:00:20	00:08:50	00:17:29	00:26:30	00:35:41	00:45:17	00:54:52.80	00:55:13.15	+00:19:58 (36.4%)	5:29	10.9 (63.4%)
178	BORUC Barbara	15	PARKRUN SZCZECINEK	K-40	6	00:00:18	00:09:04	00:18:16	00:27:25	00:36:42	00:46:00	00:55:09.85	00:55:28.35	+00:20:15 (36.7%)	5:31	10.9 (63.4%)
179	MALINOWSKA-BURDA Aleksandra	112		K-18	3	00:00:10	00:08:37	00:17:49	00:27:05	00:36:36	00:46:06	00:55:26.90	00:55:37.60	+00:20:32 (37.1%)	5:32	10.8 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
180	HANC Michał	55	HAJALE 16	M-30	63	00:00:18	00:09:10	00:18:29	00:27:41	00:37:01	00:46:26	00:55:28.85	00:55:47.10	+00:20:34 (37.1%)	5:32	10.8 (62.8%)
181	PIETRZAK Mariola	143	BABECZKI KOSZALIN	K-50	3	00:00:13	00:08:54	00:18:03	00:27:15	00:36:44	00:46:19	00:55:34.55	00:55:48.35	+00:20:40 (37.2%)	5:33	10.8 (62.8%)
182	SZAFIRSKI Marek	183	CAMINO SŁUPSK	M-50	12	00:00:14	00:08:43	00:17:56	00:27:17	00:36:46	00:46:23	00:55:50.80	00:56:05.05	+00:20:56 (37.5%)	5:35	10.7 (62.2%)
183	KULAWIŃSKI Marek	99		M-40	58	00:00:23	00:09:13	00:18:25	00:27:43	00:37:10	00:46:39	00:55:55.50	00:56:19.40	+00:21:01 (37.6%)	5:35	10.7 (62.2%)
184	CZUB Maciej	31		M-18	20	00:00:06	00:08:36	00:17:57	00:27:41	00:37:05	00:46:45	00:56:00.95	00:56:07.90	+00:21:06 (37.7%)	5:36	10.7 (62.2%)
185	SZEWCZYK Paulina	185		K-18	4	00:00:07	00:08:36	00:17:57	00:27:40	00:37:04	00:46:44	00:56:01.05	00:56:08.20	+00:21:07 (37.7%)	5:36	10.7 (62.2%)
186	BANASIK Wiesław	5	MORSY NA KOKSIE	M-50	13	00:00:16	00:09:00	00:18:18	00:27:34	00:37:03	00:46:34	00:56:01.20	00:56:17.90	+00:21:07 (37.7%)	5:36	10.7 (62.2%)
187	RASZPLA Iłona	154		K-40	7	00:00:11	00:08:44	00:17:59	00:27:26	00:37:02	00:46:42	00:56:12.70	00:56:23.70	+00:21:18 (37.9%)	5:37	10.7 (62.2%)
188	RADECKI Jacek	153		M-40	59	00:00:12	00:08:59	00:18:14	00:27:39	00:37:18	00:46:57	00:56:19.50	00:56:31.95	+00:21:25 (38.0%)	5:37	10.7 (62.2%)
189	WIĘCKOWSKI Maciej	208	KARLINO BIEGAJ!	M-30	64	00:00:12	00:08:52	00:18:14	00:27:35	00:37:40	00:47:33	00:56:25.15	00:56:38.10	+00:21:31 (38.1%)	5:38	10.6 (61.6%)
190	BURSZTA Marta	21	KARLINO BIEGAJ!	K-18	5	00:00:13	00:08:51	00:18:13	00:27:36	00:37:39	00:47:32	00:56:40.95	00:56:54.15	+00:21:46 (38.4%)	5:40	10.6 (61.6%)
191	ZIELIŃSKI Andrzej	324		M-40	60	00:00:21	00:09:11	00:18:28	00:27:56	00:37:18	00:47:00	00:56:54.30	00:57:15.50	+00:22:00 (38.7%)	5:41	10.5 (61.0%)
192	BONIECKA Dominika	232		K-18	6	00:00:22	00:09:11	00:18:24	00:27:52	00:37:45	00:47:42	00:56:55.95	00:57:18.20	+00:22:01 (38.7%)	5:41	10.5 (61.0%)
193	HRYCIÓW Paweł	59	JW1223	M-30	65	00:00:16	00:08:56	00:17:59	00:27:34	00:37:25	00:47:09	00:57:07.80	00:57:24.35	+00:22:13 (38.9%)	5:42	10.5 (61.0%)
194	BASIAK Krystian	10	JW1223	M-30	66	00:00:15	00:08:57	00:18:03	00:27:35	00:37:27	00:47:11	00:57:08.25	00:57:24.20	+00:22:14 (38.9%)	5:42	10.5 (61.0%)
195	WACHHOLZ Beata	197	KB BRYZA POSTOMINO	K-40	8	00:00:16	00:09:17	00:18:50	00:28:25	00:38:01	00:47:50	00:57:19.25	00:57:35.85	+00:22:25 (39.1%)	5:43	10.5 (61.0%)
196	KOWALCZYK Maciej	89		M-40	61	00:00:20	00:09:34	00:19:01	00:28:38	00:38:17	00:47:51	00:57:29.35	00:57:49.85	+00:22:35 (39.3%)	5:44	10.4 (60.5%)
197	PERIŻOK-KOWALCZYK Magdalena	140		K-40	9	00:00:20	00:09:34	00:19:01	00:28:38	00:38:17	00:47:51	00:57:29.65	00:57:49.95	+00:22:35 (39.3%)	5:44	10.4 (60.5%)
198	SZULC Adam	190	SZULC RUNNERS TEAM	M-30	67	00:00:11	00:08:44	00:18:10	00:27:58	00:37:42	00:47:33	00:57:30.30	00:57:41.40	+00:22:36 (39.3%)	5:45	10.4 (60.5%)
199	KACZMAREK Zenon	74	KOŁOBRZESKI LUB MORSÓW KOŁOBRZEG	M-70+	2	00:00:16	00:09:24	00:19:00	00:28:35	00:38:23	00:48:17	00:58:10.30	00:58:26.35	+00:23:16 (40.0%)	5:49	10.3 (59.9%)
200	NAWROCKA Anna	131		K-18	7	00:00:14	00:09:39	00:19:07	00:28:50	00:38:40	00:48:41	00:58:13.60	00:58:28.20	+00:23:19 (40.1%)	5:49	10.3 (59.9%)
201	MAZUREK Barbara	117	BABECZKI KOSZALIN	K-30	14	00:00:14	00:08:54	00:18:08	00:27:44	00:38:26	00:48:25	00:58:16.95	00:58:31.35	+00:23:22 (40.1%)	5:49	10.3 (59.9%)
202	STACHURSKA Agnieszka	422	BWM KOŁOBRZEG	K-30	15	00:00:17	00:09:35	00:19:16	00:29:02	00:38:58	00:48:44	00:58:23.00	00:58:40.90	+00:23:28 (40.2%)	5:50	10.3 (59.9%)
203	BACHTIAK Joanna	4	AMATOR	K-30	16	00:00:12	00:09:10	00:18:31	00:28:13	00:38:14	00:48:32	00:58:52.25	00:59:04.25	+00:23:58 (40.7%)	5:53	10.2 (59.3%)
204	KROCZYŃSKA Kinga	419	BWM KOŁOBRZEG	K-30	17	00:00:18	00:09:34	00:19:18	00:29:01	00:38:59	00:49:09	00:59:06.95	00:59:25.15	+00:24:12 (41.0%)	5:54	10.1 (58.7%)
205	HNATOWSKI Artur	57	SZYBKIESTOPY	M-50	14	00:00:14	00:08:46	00:17:59	00:27:47	00:38:15	00:48:43	00:59:17.70	00:59:32.65	+00:24:23 (41.1%)	5:55	10.1 (58.7%)
206	RUDNICKA Mariola	158		K-40	10	00:00:17	00:09:14	00:18:42	00:28:21	00:38:33	00:49:09	00:59:33.30	00:59:50.30	+00:24:39 (41.4%)	5:57	10.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.6km	Start_All 3.3km	Start_All 4.9km	Start_All 6.6km	Start_All 8.3km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
207	BACHORSKA Dorota	3		K-40	11	00:00:21	00:09:42	00:19:29	00:29:33	00:39:44	00:50:02	00:59:49.95	01:00:11.65	+00:24:55 (41.7%)	5:59	10 (58.1%)
208	GZELA Olga	54	ROZBIEGANY KOSZALIN	K-30	18	00:00:14	00:09:06	00:18:43	00:28:30	00:38:55	00:49:25	00:59:53.30	01:00:07.70	+00:24:59 (41.7%)	5:59	10 (58.1%)
209	MARKOWSKA Iwona	116	KARLINO BIEGAJ!	K-40	12	00:00:04	00:08:49	00:18:47	00:29:01	00:39:22	00:49:53	00:59:53.90	00:59:58.80	+00:24:59 (41.7%)	5:59	10 (58.1%)
210	ZATORSKA Milena	220	SP5KOŁOBRZEG	K-40	13	00:00:16	00:09:17	00:19:02	00:29:00	00:39:15	00:49:46	00:59:57.50	01:00:14.00	+00:25:03 (41.8%)	5:59	10 (58.1%)
211	ZIELIŃSKI Jarosław	222	AMATOR	M-40	62	00:00:13	00:08:48	00:18:25	00:28:34	00:39:10	00:49:42	01:00:18.70	01:00:31.95	+00:25:24 (42.1%)	6:01	10 (58.1%)
212	FALTYNOWSKI Dariusz	41	JW1223	M-30	68	00:00:14	00:09:40	00:19:21	00:29:13	00:39:30	00:50:12	01:00:48.55	01:01:02.90	+00:25:54 (42.6%)	6:04	9.9 (57.6%)
213	DĄBROWSKA Agnieszka	33	RUN DMB	K-30	19	00:00:09	00:09:02	00:18:52	00:29:04	00:39:28	00:50:12	01:00:52.45	01:01:01.95	+00:25:58 (42.7%)	6:05	9.9 (57.6%)
214	KRASIŃSKI Witold	94	JW1223	M-40	63	00:00:11	00:09:05	00:18:35	00:27:53	00:38:24	00:49:57	01:01:21.10	01:01:32.40	+00:26:27 (43.1%)	6:08	9.8 (57.0%)
215	KAMIŃSKI Tomasz	76	JW 1223, TKKF KOSZALIN	M-40	64	00:00:10	00:09:06	00:18:37	00:27:54	00:38:25	00:49:58	01:01:21.65	01:01:32.50	+00:26:27 (43.1%)	6:08	9.8 (57.0%)
216	HELLER Zdzisław	56	NIEZRZESZONY	M-60	6	00:00:14	00:09:17	00:19:25	00:30:04	00:40:49	00:51:25	01:02:10.10	01:02:24.70	+00:27:16 (43.9%)	6:13	9.7 (56.4%)
217	PIETRZYCKI Adrian	144		M-40	65	00:00:20	00:10:07	00:20:29	00:31:12	00:42:02	00:52:33	01:02:23.40	01:02:43.90	+00:27:29 (44.1%)	6:14	9.6 (55.8%)
218	STEFANOWICZ Jola	177		K-30	20	00:00:20	00:10:07	00:20:29	00:31:12	00:42:01	00:52:34	01:02:24.00	01:02:44.20	+00:27:29 (44.1%)	6:14	9.6 (55.8%)
219	BEDNARZ Katarzyna	11		K-40	14	00:00:18	00:09:42	00:20:01	00:30:32	00:41:09	00:51:59	01:02:46.30	01:03:04.30	+00:27:52 (44.4%)	6:16	9.6 (55.8%)
220	WEISS-SZULC Barbara	203		K-40	15	00:00:14	00:09:52	00:20:40	00:31:30	00:42:27	00:53:15	01:04:13.55	01:04:28.50	+00:29:19 (45.7%)	6:25	9.3 (54.1%)
221	JANCZYSZYN Dorota	65		K-30	21	00:00:14	00:09:51	00:20:38	00:31:30	00:42:28	00:53:14	01:04:14.60	01:04:29.00	+00:29:20 (45.7%)	6:25	9.3 (54.1%)
222	ORŁOWSKI Maciej	240		M-30	69	00:00:12	00:08:16	00:16:35	00:25:04	00:33:26	00:41:27	01:05:05.30	01:05:18.25	+00:30:11 (46.4%)	6:30	9.2 (53.5%)
223	PEŁKA Iwona	139		K-50	4	00:00:18	00:10:46	00:21:52	00:33:14	00:44:32	00:56:09	01:07:52.80	01:08:11.30	+00:32:58 (48.6%)	6:47	8.8 (51.2%)
224	MAŁYSZEWICZ Teresa	114		K-50	5	00:00:18	00:10:35	00:21:49	00:33:23	00:45:02	00:56:42	01:08:01.05	01:08:19.15	+00:33:07 (48.7%)	6:48	8.8 (51.2%)
225	GAWLIK Artur	45	BIEGNIJMY.PL	M-30	70	00:00:11	00:09:07	00:26:08	00:37:13	00:48:24	00:59:23	01:09:27.50	01:09:38.55	+00:34:33 (49.8%)	6:56	8.6 (50.0%)
226	WOJTANOWSKI Michał	330		M-30	71	00:00:19	00:09:09	00:17:56	00:26:15	00:34:05	00:41:27			+00:12:07	4:59	12 (69.8%)
227	JĘDRZEJEWSKI Krzysztof	72		M-30	72	00:00:11	00:09:02	00:19:47	00:30:37	00:41:16	00:52:30			+00:23:10	6:19	9.5 (55.2%)
DQ	KOZŁOWIECKA Małgorzata	239		K-50		DQ	00:09:56 DQ	00:20:27 DQ	00:31:38 DQ	00:42:43 DQ	00:53:54 DQ	00:54:09.60 DQ	DQ		-	- (0.0%)

Znaleziono 228 wynik(ów)