



VI BIEG WIOSENNY MANOWO - 5 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Vi Bieg Wiosenny Manowo
Wójt Gminy Manowo
2019-05-18
Manowo
5.3 km

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	ZABORSKI Ryszard	420	TKKF KOSZALIN	M-OPEN	1	00:18:45.11		3:32	17 (100%)
2	KOZAK Arkadiusz	425	TKKF KOSZALIN	M-OPEN	2	00:18:47.91	+00:00:02 (0.2%)	3:32	16.9 (99.4%)
3	JAROSZ Wiesław	448	JW 1223	M-OPEN	3	00:19:01.78	+00:00:16 (1.5%)	3:35	16.7 (98.2%)
4	MAJKOWICZ Rafał	333		M-OPEN	4	00:19:22.32	+00:00:37 (3.2%)	3:39	16.4 (96.5%)
5	RYKIEL Michał	373		M-OPEN	5	00:19:46.45	+00:01:01 (5.2%)	3:43	16.1 (94.7%)
6	SOBSTEL Krystian	384	CIACHU CIACH PRACOWNIA RĘKODZIEŁA	M-OPEN	6	00:19:56.75	+00:01:11 (6.0%)	3:45	15.9 (93.5%)
7	CZAPLIŃSKI Jacek	265	TAGER KOSZALIN	M-OPEN	7	00:20:05.68	+00:01:20 (6.7%)	3:47	15.8 (92.9%)
8	SITOWSKI Marcin	379	FC RYSIEK	M-OPEN	8	00:20:19.66	+00:01:34 (7.8%)	3:50	15.6 (91.8%)
9	PRZEWŁOCKI Michał	361	TKKF KOSZALIN	M-OPEN	9	00:20:50.88	+00:02:05 (10.1%)	3:56	15.3 (90.0%)
10	SIENIAWSKI Jarosław	377	MEDEN-INMED SPORTSMENKI TEAM	M-OPEN	10	00:21:06.36	+00:02:21 (11.2%)	3:59	15.1 (88.8%)
11	MATUSZEWSKI Karol	338	WILKI KOSZALIN	M-OPEN	11	00:21:22.45	+00:02:37 (12.3%)	4:01	14.9 (87.6%)
12	MUCHA Krzysztof	347	JW 1223	M-OPEN	12	00:21:24.77	+00:02:39 (12.4%)	4:02	14.9 (87.6%)
13	KRZYWONOS Tomasz	450		M-OPEN	13	00:21:30.85	+00:02:45 (12.8%)	4:03	14.8 (87.1%)
14	SZUSZKIEWICZ Tomasz	394		M-OPEN	14	00:21:32.90	+00:02:47 (13.0%)	4:03	14.8 (87.1%)
15	MAĆKOWIAK Krzysztof	332	ROZBIEGANY KOSZALIN	M-OPEN	15	00:21:39.71	+00:02:54 (13.4%)	4:05	14.7 (86.5%)
16	HOREGLAD Paweł	290	SPEEDY GONZALES	M-OPEN	16	00:21:41.50	+00:02:56 (13.6%)	4:05	14.7 (86.5%)
17	BIEDRZYCKI Adam	255		M-OPEN	17	00:21:49.56	+00:03:04 (14.1%)	4:06	14.6 (85.9%)
18	PEKAŁA Piotr	357	SZKOŁA PODSTAWOWA W MANOWIE	M-OPEN	18	00:21:56.59	+00:03:11 (14.5%)	4:08	14.5 (85.3%)
19	BIEŃKOWSKI Tomasz	449		M-OPEN	19	00:22:05.33	+00:03:20 (15.1%)	4:10	14.4 (84.7%)
20	BALICKI Michał	426	HERKULES	M-OPEN	20	00:22:05.71	+00:03:20 (15.1%)	4:10	14.4 (84.7%)
21	STRZYŻ Łukasz	389	ART IT	M-OPEN	21	00:22:09.70	+00:03:24 (15.4%)	4:10	14.3 (84.1%)
22	KAMIŃSKA Weronika	307	KL ISKRA BIAŁOGARD	K-OPEN	1	00:22:11.20	+00:03:26 (15.5%)	4:11	14.3 (84.1%)
23	HAŁUBASZ Filip	254		M-OPEN	22	00:22:13.20	+00:03:28 (15.6%)	4:11	14.3 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 5.3km	Różn		
24	STAWISZIŃSKI Jarosław	431	FRK	M-OPEN	23	00:22:18.75	+00:03:33 (16.0%)	4:12	14.2 (83.5%)
25	CHORAŻY Karolina	262	LEO-TEAM	K-OPEN	2	00:22:18.78	+00:03:33 (16.0%)	4:12	14.2 (83.5%)
26	DOBOSZ Michał	272	KL BAŁTYK	M-OPEN	24	00:22:21.34	+00:03:36 (16.1%)	4:13	14.2 (83.5%)
27	SZYMAŃSKI Piotr	395		M-OPEN	25	00:22:25.74	+00:03:40 (16.4%)	4:13	14.2 (83.5%)
28	GRZESIAK Tomek	283		M-OPEN	26	00:22:44.09	+00:03:58 (17.5%)	4:17	14 (82.4%)
29	WEBER Paweł	405	ENERGON	M-OPEN	27	00:22:45.25	+00:04:00 (17.6%)	4:17	14 (82.4%)
30	BURDZIK Michał	261	MAIKELB	M-OPEN	28	00:22:56.12	+00:04:11 (18.2%)	4:19	13.9 (81.8%)
31	HAMALA Marcin	284	TAGER KOSZALIN	M-OPEN	29	00:23:06.65	+00:04:21 (18.9%)	4:21	13.8 (81.2%)
32	SZOSTAK Piotr	393		M-OPEN	30	00:23:13.55	+00:04:28 (19.3%)	4:23	13.7 (80.6%)
33	KUŹNIARSKI Radosław	328	LUMBERJACKS CROSS GARAGE KOSZALIN	M-OPEN	31	00:23:21.97	+00:04:36 (19.7%)	4:24	13.6 (80.0%)
34	SEEWALD Jan	376	ZAKWAS	M-OPEN	32	00:23:22.45	+00:04:37 (19.8%)	4:24	13.6 (80.0%)
35	STASIOROWSKI Sebastian	279		M-OPEN	33	00:23:24.29	+00:04:39 (19.9%)	4:25	13.6 (80.0%)
36	WOŁYŃSKA Wioletta	414	TKKF KOSZALIN	K-OPEN	3	00:23:28.61	+00:04:43 (20.1%)	4:25	13.5 (79.4%)
37	DAVIES Chris	266		M-OPEN	34	00:23:35.63	+00:04:50 (20.5%)	4:27	13.5 (79.4%)
38	BOREK Daniel	259		M-OPEN	35	00:23:47.06	+00:05:01 (21.2%)	4:29	13.4 (78.8%)
39	OLCZAK Krzysztof	352		M-OPEN	36	00:23:50.44	+00:05:05 (21.3%)	4:29	13.3 (78.2%)
40	KONKEL Agnieszka	315		K-OPEN	4	00:23:53.80	+00:05:08 (21.5%)	4:30	13.3 (78.2%)
41	PILIŃSKI Łukasz	267		M-OPEN	37	00:23:55.12	+00:05:10 (21.6%)	4:30	13.3 (78.2%)
42	SOSNOWSKI Tomasz	385		M-OPEN	38	00:24:03.27	+00:05:18 (22.0%)	4:32	13.2 (77.6%)
43	KRUPIŃSKI Krzysztof	323	WWW.E-UROLOG.EU	M-OPEN	39	00:24:08.60	+00:05:23 (22.3%)	4:33	13.2 (77.6%)
44	BASSEL Marcin	252		M-OPEN	40	00:24:09.97	+00:05:24 (22.4%)	4:33	13.2 (77.6%)
45	ROGOŻA Ireneusz	369		M-OPEN	41	00:24:13.12	+00:05:28 (22.6%)	4:34	13.1 (77.1%)
46	KOTARA-PAŁKA Małgorzata	440		K-OPEN	5	00:24:21.38	+00:05:36 (23.0%)	4:35	13.1 (77.1%)
47	MARCINKOWSKI Jacek	335	SSK ORZEŁ ŚWIESZYNO	M-OPEN	42	00:24:22.51	+00:05:37 (23.1%)	4:35	13.1 (77.1%)
48	WOJCIECHOWSKI Andrzej	410		M-OPEN	43	00:24:23.56	+00:05:38 (23.1%)	4:36	13 (76.5%)
49	BIEŃKOWSKI Emil	291		M-OPEN	44	00:24:26.58	+00:05:41 (23.3%)	4:36	13 (76.5%)
50	JOCHYM Mariusz	298	WKURW_TEAM	M-OPEN	45	00:24:26.70	+00:05:41 (23.3%)	4:36	13 (76.5%)
51	ZIOMEK Joanna	423	LUMBERJACKS	K-OPEN	6	00:24:28.68	+00:05:43 (23.4%)	4:36	13 (76.5%)
52	BARUTOWICZ Grzegorz	251		M-OPEN	46	00:24:29.24	+00:05:44 (23.4%)	4:37	13 (76.5%)
53	SIUDA Andrzej	380		M-OPEN	47	00:24:42.68	+00:05:57 (24.1%)	4:39	12.9 (75.9%)
54	KONKEL Łukasz	316		M-OPEN	48	00:24:44.07	+00:05:58 (24.2%)	4:40	12.8 (75.3%)
55	LATKOWSKI Mateusz	257		M-OPEN	49	00:24:48.89	+00:06:03 (24.4%)	4:40	12.8 (75.3%)
56	REMPLAKOWSKI Krzysztof	367		M-OPEN	50	00:24:49.29	+00:06:04 (24.5%)	4:40	12.8 (75.3%)
57	WĘSEK Maciej	446		M-OPEN	51	00:24:52.68	+00:06:07 (24.6%)	4:41	12.8 (75.3%)
58	KOSECKI Tomasz	366		M-OPEN	52	00:24:55.27	+00:06:10 (24.8%)	4:42	12.8 (75.3%)
59	JARKIEWICZ Tomasz	256		M-OPEN	53	00:24:55.31	+00:06:10 (24.8%)	4:42	12.8 (75.3%)
60	ZIOMEK Darek	422	LUMBERJACKS	M-OPEN	54	00:24:57.17	+00:06:12 (24.9%)	4:42	12.7 (74.7%)
61	PIECHOTA Robert	358		M-OPEN	55	00:24:59.75	+00:06:14 (25.0%)	4:43	12.7 (74.7%)
62	WAWSZCZYK Krzysztof	404		M-OPEN	56	00:25:05.32	+00:06:20 (25.3%)	4:44	12.7 (74.7%)
63	DĄBROWSKI Grzegorz	268		M-OPEN	57	00:25:09.53	+00:06:24 (25.5%)	4:44	12.6 (74.1%)
64	OSOBNIAK Ryszard	353		M-OPEN	58	00:25:12.94	+00:06:27 (25.6%)	4:45	12.6 (74.1%)
65	KILAR Tomasz	312	KILAR TEAM KOSZALIN	M-OPEN	59	00:25:25.11	+00:06:40 (26.2%)	4:47	12.5 (73.5%)
66	RAŚ Mateusz	438		M-OPEN	60	00:25:25.90	+00:06:40 (26.3%)	4:47	12.5 (73.5%)
67	GAŁECKI Jacek	276	TEAM MATEUSZ POLSKI	M-OPEN	61	00:25:27.04	+00:06:41 (26.3%)	4:48	12.5 (73.5%)

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						netto	Różn		
						5.3km			
68	RODZIEWICZ-CZAPLIŃSKA Agnieszka	368		K-OPEN	7	00:25:34.55	+00:06:49 (26.7%)	4:49	12.4 (72.9%)
69	WAWRZYN Grzegorz	403		M-OPEN	62	00:25:36.74	+00:06:51 (26.8%)	4:49	12.4 (72.9%)
70	GALICKI Robert	275		M-OPEN	63	00:25:37.88	+00:06:52 (26.8%)	4:50	12.4 (72.9%)
71	ĆWIKLIŃSKI Andrzej	428		M-OPEN	64	00:25:40.20	+00:06:55 (27.0%)	4:50	12.4 (72.9%)
72	TRĘBACZ Mariusz	398	LUMBERJACKS KOSZALIN	M-OPEN	65	00:25:42.25	+00:06:57 (27.0%)	4:51	12.4 (72.9%)
73	JUSZCZAK Krzysztof	301		M-OPEN	66	00:25:43.74	+00:06:58 (27.1%)	4:51	12.4 (72.9%)
74	MEJER Aleksandra	339		K-OPEN	8	00:25:48.05	+00:07:02 (27.3%)	4:52	12.3 (72.4%)
75	CZAJKOWSKI Paweł	264	LUMBERJACKS CROSS GARAGE KOSZALIN	M-OPEN	67	00:25:55.36	+00:07:10 (27.7%)	4:53	12.3 (72.4%)
76	TOMSA Mariusz	397		M-OPEN	68	00:25:58.28	+00:07:13 (27.8%)	4:54	12.2 (71.8%)
77	NOREK Tomek	350		M-OPEN	69	00:26:03.03	+00:07:17 (28.0%)	4:54	12.2 (71.8%)
78	KAZIMIEROWICZ Radosław	310	VTT KOSZALIN	M-OPEN	70	00:26:05.19	+00:07:20 (28.1%)	4:55	12.2 (71.8%)
79	GARNCAREK Paweł	278		M-OPEN	71	00:26:17.63	+00:07:32 (28.7%)	4:57	12.1 (71.2%)
80	JAROSIK Mariusz	294		M-OPEN	72	00:26:18.02	+00:07:32 (28.7%)	4:57	12.1 (71.2%)
81	KLEIN Rafał	313	SBKLEIN	M-OPEN	73	00:26:21.03	+00:07:35 (28.8%)	4:58	12.1 (71.2%)
82	BORYS Justyna	433		K-OPEN	9	00:26:27.97	+00:07:42 (29.1%)	4:59	12 (70.6%)
83	SIKORSKI Witold	378	KB RUN 42	M-OPEN	74	00:26:37.47	+00:07:52 (29.6%)	5:01	11.9 (70.0%)
84	WRÓBLEWSKI Mateusz	417		M-OPEN	75	00:26:43.34	+00:07:58 (29.8%)	5:02	11.9 (70.0%)
85	WILKOWSKI Krzysztof	407	FOR-REST-RUN	M-OPEN	76	00:26:44.63	+00:07:59 (29.9%)	5:02	11.9 (70.0%)
86	SZYSZKOWSKI Tomasz	396		M-OPEN	77	00:26:44.65	+00:07:59 (29.9%)	5:02	11.9 (70.0%)
87	JURKIEWICZ Andrzej	300	CSSP	M-OPEN	78	00:26:47.73	+00:08:02 (30.0%)	5:03	11.9 (70.0%)
88	DOBOSZ Jarosław	271		M-OPEN	79	00:26:49.63	+00:08:04 (30.1%)	5:03	11.9 (70.0%)
89	KRUPIŃSKA Beata	322	WWW.E-UROLOG.EU	K-OPEN	10	00:27:00.31	+00:08:15 (30.6%)	5:05	11.8 (69.4%)
90	JASIENIECKI Piotr	295	KP ZEFIR WYSZEWO	M-OPEN	80	00:27:04.37	+00:08:19 (30.7%)	5:06	11.7 (68.8%)
91	WOŁOWIEC Przemek	413		M-OPEN	81	00:27:13.83	+00:08:28 (31.1%)	5:08	11.7 (68.8%)
92	KOWALCZYK Mariusz	319	KOSZALIŃSKI KLUB MORSÓW POSEJDON	M-OPEN	82	00:27:15.82	+00:08:30 (31.2%)	5:08	11.7 (68.8%)
93	PIECHOTA Grzegorz	437		M-OPEN	83	00:27:21.16	+00:08:36 (31.4%)	5:09	11.6 (68.2%)
94	TROJAK Jakub	399	WILKI KOSZALIN	M-OPEN	84	00:27:30.25	+00:08:45 (31.8%)	5:11	11.6 (68.2%)
95	HAWRANIAK Piotr	286		M-OPEN	85	00:27:30.92	+00:08:45 (31.8%)	5:11	11.6 (68.2%)
96	WOŁOSZYN Aurelia	412	LUMBERJACKS CROSS GARAGE KOSZALIN	K-OPEN	11	00:27:35.77	+00:08:50 (32.0%)	5:12	11.5 (67.6%)
97	BORKOWSKA-KOWALCZYK Daria	260	KOSZALIŃSKI KLUB MORSÓW POSEJDON	K-OPEN	12	00:27:43.72	+00:08:58 (32.4%)	5:13	11.5 (67.6%)
98	SUSKI Wiesław	391		M-OPEN	86	00:27:51.96	+00:09:06 (32.7%)	5:15	11.4 (67.1%)
99	FRACZAK Bartosz	447		M-OPEN	87	00:27:55.68	+00:09:10 (32.9%)	5:16	11.4 (67.1%)
100	BARANOWSKI Adam	274		M-OPEN	88	00:27:58.56	+00:09:13 (33.0%)	5:16	11.4 (67.1%)
101	WRZOSEK Grzegorz	419		M-OPEN	89	00:28:11.31	+00:09:26 (33.5%)	5:19	11.3 (66.5%)
102	MACKO Michał	439		M-OPEN	90	00:28:16.49	+00:09:31 (33.7%)	5:20	11.3 (66.5%)
103	RADZIUSZ Ilona	364		K-OPEN	13	00:28:16.50	+00:09:31 (33.7%)	5:20	11.3 (66.5%)
104	GŁUCH Katrzyna	280	FORMA	K-OPEN	14	00:28:20.23	+00:09:35 (33.8%)	5:20	11.2 (65.9%)
105	HOŁUBASZ Paweł	289		M-OPEN	91	00:28:27.16	+00:09:42 (34.1%)	5:22	11.2 (65.9%)
106	KANIK Małgorzata	309		K-OPEN	15	00:28:47.06	+00:10:01 (34.9%)	5:26	11 (64.7%)
107	GOLEC Anna	282		K-OPEN	16	00:28:50.06	+00:10:04 (35.0%)	5:26	11 (64.7%)
108	KACZMAREK Artur	305		M-OPEN	92	00:28:55.48	+00:10:10 (35.2%)	5:27	11 (64.7%)
109	PANCERZYŃSKI Łukasz	273	POSEJDON	M-OPEN	93	00:28:55.98	+00:10:10 (35.2%)	5:27	11 (64.7%)
110	PISKORZ-WILCZAK Iwona	360		K-OPEN	17	00:28:59.93	+00:10:14 (35.3%)	5:28	11 (64.7%)
111	DEJNAK Dagmara	269		K-OPEN	18	00:29:03.45	+00:10:18 (35.5%)	5:28	10.9 (64.1%)

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						netto	Różn			
						5.3km				
112	PSTRĄGOWSKA Marlena	362	BIEGNIJMY.PL	K-OPEN	19	00:29:11.52	+00:10:26 (35.8%)	5:30	10.9 (64.1%)	
113	WOLF Beata	411	TKKF KOSZALIN	K-OPEN	20	00:29:29.61	+00:10:44 (36.4%)	5:33	10.8 (63.5%)	
114	NIEWIADOWSKI Robert	349	WWW.ARTE-IT.PL	M-OPEN	94	00:29:42.04	+00:10:56 (36.9%)	5:36	10.7 (62.9%)	
115	WRÓBLEWSKA Marta	416		K-OPEN	21	00:29:47.62	+00:11:02 (37.1%)	5:37	10.7 (62.9%)	
116	GŁOWACKI Włodzimierz	444		M-OPEN	95	00:29:49.00	+00:11:03 (37.1%)	5:37	10.7 (62.9%)	
117	KUREK Aneta	327	SZKOŁA PODSTAWOWA W MANOWIE	K-OPEN	22	00:29:59.66	+00:11:14 (37.5%)	5:39	10.6 (62.4%)	
118	PUŚCIAN Krzysztof	363	SZKOŁA PODSTAWOWA W MANOWIE	M-OPEN	96	00:30:00.11	+00:11:15 (37.5%)	5:39	10.6 (62.4%)	
119	LISAS Przemysław	258		M-OPEN	97	00:30:01.27	+00:11:16 (37.5%)	5:39	10.6 (62.4%)	
120	MICHALAK Anna	341		K-OPEN	23	00:30:06.90	+00:11:21 (37.7%)	5:40	10.6 (62.4%)	
121	MACIEJEWSKI Maciej	331		M-OPEN	98	00:30:07.65	+00:11:22 (37.8%)	5:41	10.6 (62.4%)	
122	JEWUŁA Agata	296	DRUŻYNA SZPIKU	K-OPEN	24	00:30:11.97	+00:11:26 (37.9%)	5:41	10.5 (61.8%)	
123	NORTH.PL Paweł	351	LUMBERJACKS CROSS GARAGE KOSZALIN	M-OPEN	99	00:30:14.94	+00:11:29 (38.0%)	5:42	10.5 (61.8%)	
124	RUSIECKI Paweł	371		M-OPEN	100	00:30:40.19	+00:11:55 (38.9%)	5:47	10.4 (61.2%)	
125	JUSZCZYK Agnieszka	302		K-OPEN	25	00:30:45.16	+00:12:00 (39.0%)	5:48	10.3 (60.6%)	
126	BORSUK Dorota	427		K-OPEN	26	00:30:48.25	+00:12:03 (39.1%)	5:48	10.3 (60.6%)	
127	SPIRIN Wojciech	386	LUMBERJACKS KOSZALIN	M-OPEN	101	00:30:50.99	+00:12:05 (39.2%)	5:49	10.3 (60.6%)	
128	PIETRZAK Mariola	359	ROZBIEGANY KOSZALIN	K-OPEN	27	00:30:55.77	+00:12:10 (39.4%)	5:50	10.3 (60.6%)	
129	ULMAN Weronika	400		K-OPEN	28	00:30:56.70	+00:12:11 (39.4%)	5:50	10.3 (60.6%)	
130	SEEWALD Julia	375	ZAKWAS	K-OPEN	29	00:31:16.47	+00:12:31 (40.0%)	5:54	10.2 (60.0%)	
131	SULIMA Monika	430		K-OPEN	30	00:31:18.38	+00:12:33 (40.1%)	5:54	10.2 (60.0%)	
132	JEŻYNA Igor	297	WATAHA ŻÓŁWI	M-OPEN	102	00:31:19.56	+00:12:34 (40.1%)	5:54	10.2 (60.0%)	
133	JURDZIAK Antoni	287		M-OPEN	103	00:31:27.27	+00:12:42 (40.4%)	5:56	10.1 (59.4%)	
134	KLONOWSKI Artur	497	KOSPEL	M-OPEN	104	00:31:27.81	+00:12:42 (40.4%)	14:18	4.2 (24.7%)	
135	SUDER-MAKSYMOWICZ Monika	390		K-OPEN	31	00:31:48.01	+00:13:02 (41.0%)	6:00	10 (58.8%)	
136	ANTOSZKO Barbara	432	ZEFIR WYSZEWO	K-OPEN	32	00:31:52.97	+00:13:07 (41.2%)	6:00	10 (58.8%)	
137	DOBRYNIAK Mikołaj	441	ZEFIR	M-OPEN	105	00:31:54.77	+00:13:09 (41.2%)	6:01	10 (58.8%)	
138	SPIRIN Piotr	387		M-OPEN	106	00:31:57.02	+00:13:11 (41.3%)	6:01	10 (58.8%)	
139	SEEWALD Agnieszka	374	ZAKWAS !!	K-OPEN	33	00:32:20.55	+00:13:35 (42.0%)	6:06	9.8 (57.6%)	
140	KOSECKA Sylwia	365		K-OPEN	34	00:32:21.22	+00:13:36 (42.0%)	6:06	9.8 (57.6%)	
141	HELLER Zdzisław	288	NIEZRZESZONY	M-OPEN	107	00:32:24.12	+00:13:39 (42.1%)	6:06	9.8 (57.6%)	
142	NOGA Sylwia	445		K-OPEN	35	00:32:39.26	+00:13:54 (42.6%)	6:09	9.7 (57.1%)	
143	KEMBROWSKA Sylwia	311	LUMBERJACKS CROSS GARAGE	K-OPEN	36	00:32:39.46	+00:13:54 (42.6%)	6:09	9.7 (57.1%)	
144	CYBULSKA Agnieszka	263		K-OPEN	37	00:32:39.47	+00:13:54 (42.6%)	6:09	9.7 (57.1%)	
145	LIPSKA Joanna	330	LUMBERJACKS CROSS GARAGE	K-OPEN	38	00:32:39.53	+00:13:54 (42.6%)	6:09	9.7 (57.1%)	
146	DOBOSZ Izabella	270		K-OPEN	39	00:33:04.22	+00:14:19 (43.3%)	6:14	9.6 (56.5%)	
147	JASIENIECKA Beata	253		K-OPEN	40	00:33:10.53	+00:14:25 (43.5%)	6:15	9.6 (56.5%)	
148	KACZMAREK Agata	304		K-OPEN	41	00:33:10.92	+00:14:25 (43.5%)	6:15	9.6 (56.5%)	
149	MOSEK Oskar	345		M-OPEN	108	00:33:13.73	+00:14:28 (43.6%)	6:16	9.6 (56.5%)	
150	MOSEK Radek	346		M-OPEN	109	00:33:16.16	+00:14:31 (43.6%)	6:16	9.6 (56.5%)	
151	KAMIŃSKI Alan	308	LUMBERJACKS	M-OPEN	110	00:33:17.15	+00:14:32 (43.7%)	6:16	9.5 (55.9%)	
152	KUJAWA Natalia	299		K-OPEN	42	00:33:17.91	+00:14:32 (43.7%)	6:16	9.5 (55.9%)	
153	ZABOROWSKI Maciej	356		M-OPEN	111	00:33:18.59	+00:14:33 (43.7%)	6:16	9.5 (55.9%)	
154	KRASIŃSKI Witold	321		M-OPEN	112	00:33:20.42	+00:14:35 (43.8%)	6:17	9.5 (55.9%)	
155	PORZYWIAK Hubert	442		M-OPEN	113	00:33:21.40	+00:14:36 (43.8%)	6:17	9.5 (55.9%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
156	CZARNOTKA Sabina	292		K-OPEN	43	00:33:26.71	+00:14:41 (43.9%)	6:18	9.5 (55.9%)
157	KAMINSKI Tomasz	306	JEDNOSTKA WOJSKOWA 1223	M-OPEN	114	00:33:31.39	+00:14:46 (44.1%)	6:19	9.5 (55.9%)
158	KRYSTOSIK Paulina	324	BIEGAMBO LUBIE,BIEGAM DLA SIEBIE	K-OPEN	44	00:33:53.34	+00:15:08 (44.7%)	6:23	9.4 (55.3%)
159	WRZOSEK Karolina	418		K-OPEN	45	00:34:34.88	+00:15:49 (45.8%)	6:31	9.2 (54.1%)
160	GAMUS Ewelina	277		K-OPEN	46	00:34:34.97	+00:15:49 (45.8%)	6:31	9.2 (54.1%)
161	MICHIEJEW-HANASZ Monika	343		K-OPEN	47	00:34:37.31	+00:15:52 (45.8%)	6:32	9.2 (54.1%)
162	HANASZ Sebastian	285		M-OPEN	115	00:34:40.15	+00:15:55 (45.9%)	6:32	9.2 (54.1%)
163	BIESES Krzysztof	281		M-OPEN	116	00:35:23.67	+00:16:38 (47.0%)	6:40	9 (52.9%)
164	ZAWIEJA Mariusz	443		M-OPEN	117	00:35:30.99	+00:16:45 (47.2%)	6:42	9 (52.9%)
165	JAWORSKA Antonina	434		K-OPEN	48	00:37:20.32	+00:18:35 (49.8%)	7:02	8.5 (50.0%)
166	JAWORSKA Judyta	435		K-OPEN	49	00:38:57.40	+00:20:12 (51.9%)	7:21	8.2 (48.2%)
167	MOŁDAWA Karolina	344	LUMBERJACKS CROSS GARAGE KOSZALIN	K-OPEN	50	00:38:59.72	+00:20:14 (51.9%)	7:21	8.2 (48.2%)
168	PASEK Paula	354	KLUB BIEGOWY JANTAR ŚWIESZYNO	K-OPEN	51	00:39:19.41	+00:20:34 (52.3%)	7:25	8.1 (47.6%)
169	PASEK Jan	355	KLUB BIEGOWY JANTAR ŚWIESZYNO	M-OPEN	118	00:39:23.28	+00:20:38 (52.4%)	7:25	8.1 (47.6%)
170	RUMIANEK Wiktoria	293		K-OPEN	52	00:41:57.08	+00:23:11 (55.3%)	7:54	7.6 (44.7%)
171	ILECKA Joanna	429		K-OPEN	53	00:42:14.22	+00:23:29 (55.6%)	7:58	7.5 (44.1%)
172	NIEWIADOWSKA Urszula	348	WWW.ARTE-IT.PL	K-OPEN	54	00:48:39.78	+00:29:54 (61.5%)	9:10	6.5 (38.2%)
173	MALINOWSKA Agnieszka	334	CIOTECZKI	K-OPEN	55	00:48:40.56	+00:29:55 (61.5%)	9:10	6.5 (38.2%)
174	MICHIEJEW Jakub	342		M-OPEN	119	00:49:55.62	+00:31:10 (62.4%)	9:25	6.4 (37.6%)
DNC	BARTNIK Marian	436		M-OPEN		00:23:32.41		-	- (0.0%)

Znaleziono 175 wynik(ów)