

VII KOSZALIŃSKI BIEG SYLWESTROWY - 5.37 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej
Data: 2015-12-27
Miejsce: Koszalin
Dystans: 5.37 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.37km	Czas brutto 5.37km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	385	KL ISKRA BIAŁOGARD	M-2	1	00:17:22.60	00:17:22.60		3:14	18.6 (100%)
2	WIRKUS Łukasz	317		M-2	2	00:17:38.05	00:17:38.05	+00:00:15 (1.5%)	3:17	18.3 (98.4%)
3	GAŁKOWSKI Damian	436		M-2	3	00:17:47.50	00:17:47.50	+00:00:24 (2.3%)	3:18	18.1 (97.3%)
4	KRUCZKOWSKI Damian	170	2 BRYGADA ZMECHANIZOWANA ZŁOCIENIEC	M-2	4	00:17:59.95	00:17:59.95	+00:00:37 (3.5%)	3:20	17.9 (96.2%)
5	SZYMAŃSKI Sylwester	448		M-4	1	00:18:03.85	00:18:03.85	+00:00:41 (3.8%)	3:21	17.9 (96.2%)
6	MURAWSKI Jakub	217	MKL SZCZECIN	M-0	1	00:18:11.20	00:18:11.20	+00:00:48 (4.5%)	3:23	17.7 (95.2%)
7	RUDNIK Krzysztof	440		M-3	1	00:18:17.80	00:18:17.80	+00:00:55 (5.0%)	3:24	17.6 (94.6%)
8	GUZOWSKI Dariusz	85	ULKS TALEX-BORYSŁAW BORZYTUCHOM	M-4	2	00:18:28.65	00:18:28.65	+00:01:06 (6.0%)	3:26	17.4 (93.5%)
9	GUZOWSKI Denis	421		M-2	5	00:18:44.40	00:18:44.40	+00:01:21 (7.3%)	3:29	17.2 (92.5%)
10	WITKIEWICZ Eryk	412		M-3	2	00:19:20.35	00:19:20.35	+00:01:57 (10.1%)	3:36	16.7 (89.8%)
11	KACZMAREK Tomasz	119	TEAM BIEGOWY SZCZECINEK	M-3	3	00:19:21.95	00:19:21.95	+00:01:59 (10.3%)	3:36	16.7 (89.8%)
12	RUDNIKOWSKI Maciej	270	RUNNERSWALDE	M-4	3	00:19:28.10	00:19:28.10	+00:02:05 (10.7%)	3:37	16.6 (89.2%)
13	NIEWIADOMSKI Igor	222	KMKL SZTORM KOŁOBRZEG	M-2	6	00:19:29.65	00:19:29.65	+00:02:07 (10.9%)	3:37	16.5 (88.7%)
14	KULCZYK Jerzy	428	GRAF BUKOWKO	M-5	1	00:19:36.95	00:19:36.95	+00:02:14 (11.4%)	3:38	16.4 (88.2%)
15	WIDONIAK Rafal	340		M-4	4	00:19:42.15	00:19:42.15	+00:02:19 (11.8%)	3:40	16.4 (88.2%)
16	KĘPKA Adrian	138		M-2	7	00:19:48.25	00:19:48.25	+00:02:25 (12.3%)	3:41	16.3 (87.6%)
17	GARSKI Kryspin	66	ŚWIAT PŁYTEK U KRYSPIŃA	M-NIEPEŁNOSPRAWNI	1	00:19:53.65	00:19:53.65	+00:02:31 (12.7%)	3:42	16.2 (87.1%)
18	IGNACZAK Piotr	424		M-2	8	00:19:58.55	00:19:58.55	+00:02:35 (13.0%)	3:43	16.1 (86.6%)
19	ŻMUDA Tomasz	378	CW FANZA KOŁOBRZEG	M-3	4	00:19:59.90	00:19:59.90	+00:02:37 (13.1%)	3:43	16.1 (86.6%)
20	WOJTALIK Łukasz	361		M-3	5	00:20:00.85	00:20:00.85	+00:02:38 (13.2%)	3:43	16.1 (86.6%)
21	GOSTKOWSKI Łukasz	72	GOCH BYTÓW	M-2	9	00:20:03.85	00:20:03.85	+00:02:41 (13.4%)	3:44	16.1 (86.6%)
22	BIEDRZYCKI Andrzej	11	CW FANZA KOŁOBRZEG	M-5	2	00:20:05.80	00:20:05.80	+00:02:43 (13.5%)	3:44	16 (86.0%)
23	WILCZEWSKI Mariusz	345		M-2	10	00:20:06.60	00:20:06.60	+00:02:44 (13.6%)	3:44	16 (86.0%)
24	LESZCZYŃSKI Michał	183		M-3	6	00:20:16.70	00:20:16.70	+00:02:54 (14.3%)	3:46	15.9 (85.5%)
25	USTIANOWSKI Wojciech	325	JW1223	M-2	11	00:20:17.90	00:20:17.90	+00:02:55 (14.4%)	3:46	15.9 (85.5%)
26	MAJCHER Przemysław	192		M-0	2	00:20:21.05	00:20:21.05	+00:02:58 (14.6%)	3:47	15.8 (84.9%)
27	GÓRSKI Daniel	79	DOIT-NOW.PL	M-3	7	00:20:21.70	00:20:21.70	+00:02:59 (14.7%)	3:47	15.8 (84.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5.37km	brutto 5.37km			
28	MRÓWKA Michał	214	AMBITIOUS RUNNERS TEAM	M-3	8	00:20:24.45	00:20:24.45	+00:03:01 (14.9%)	3:47	15.8 (84.9%)
29	WILCZEWSKI Krzysztof	346		M-3	9	00:20:29.55	00:20:29.55	+00:03:06 (15.2%)	3:48	15.7 (84.4%)
30	FELIŃSKI Radosław	149		M-3	10	00:20:36.00	00:20:36.00	+00:03:13 (15.6%)	3:50	15.6 (83.9%)
31	RETKA Bartosz	505		M-2	12	00:20:37.15	00:20:37.15	+00:03:14 (15.7%)	3:50	15.6 (83.9%)
32	WAŚICKI Sebastian	333	AMBITIOUS RUNNERS TEAM	M-2	13	00:20:46.05	00:20:46.05	+00:03:23 (16.3%)	3:52	15.5 (83.3%)
33	STĘŻAŁA Artur	301		M-4	5	00:20:47.85	00:20:47.85	+00:03:25 (16.4%)	3:52	15.5 (83.3%)
34	KANIEWSKI Sebastian	129		M-4	6	00:20:50.05	00:20:50.05	+00:03:27 (16.6%)	3:52	15.5 (83.3%)
35	WASZKIEWICZ Piotr	332		M-2	14	00:20:50.20	00:20:50.20	+00:03:27 (16.6%)	3:52	15.5 (83.3%)
36	GUILBERT Frederic	390		M-4	7	00:20:56.10	00:20:56.10	+00:03:33 (17.0%)	3:53	15.4 (82.8%)
37	KLIMOWICZ Michał	141		M-2	15	00:20:57.40	00:20:57.40	+00:03:34 (17.1%)	3:54	15.4 (82.8%)
38	KAMIENIECKI Rafał	126	K.B. TUPOT USTKA	M-3	11	00:20:58.85	00:20:58.85	+00:03:36 (17.2%)	3:54	15.4 (82.8%)
39	JAŻWIŃSKI Dawid	112		M-0	3	00:20:59.30	00:20:59.30	+00:03:36 (17.2%)	3:54	15.4 (82.8%)
40	KAPUŚCIŃSKI Robert	130	JW1223BDOW	M-3	12	00:20:59.65	00:20:59.65	+00:03:37 (17.2%)	3:54	15.4 (82.8%)
41	GOŹDZIEWICZ Leszek	75	BIEGAMYRAZEM.PL	M-3	13	00:21:02.75	00:21:02.75	+00:03:40 (17.4%)	3:55	15.3 (82.3%)
42	KALETA Sebastian	122		M-3	14	00:21:04.25	00:21:04.25	+00:03:41 (17.5%)	3:55	15.3 (82.3%)
43	MATYJASEK Zbigniew	201		M-4	8	00:21:06.25	00:21:06.25	+00:03:43 (17.7%)	3:55	15.3 (82.3%)
44	KOTARA-PAŁKA Małgorzata	160		K-3	1	00:21:06.55	00:21:06.55	+00:03:43 (17.7%)	3:55	15.3 (82.3%)
45	KOŚCIELNIAK Robert	156	4RUN TTKF KOSZALIN	M-5	3	00:21:07.25	00:21:07.25	+00:03:44 (17.7%)	3:55	15.3 (82.3%)
46	BONISŁAWSKI Jarosław	16		M-3	15	00:21:08.05	00:21:08.05	+00:03:45 (17.8%)	3:56	15.2 (81.7%)
47	CHUDY Henryk	35	K S OLSZEWSKI I SYNOWIE SŁAWNO	M-6	1	00:21:09.75	00:21:09.75	+00:03:47 (17.9%)	3:56	15.2 (81.7%)
48	HRYCYK Anna	409		K-0	1	00:21:11.60	00:21:11.60	+00:03:49 (18.0%)	3:56	15.2 (81.7%)
49	ROKOSZ Radosław	504		M-2	16	00:21:15.45	00:21:15.45	+00:03:52 (18.3%)	3:57	15.2 (81.7%)
50	POPŁAWSKI Michał	249		M-3	16	00:21:16.75	00:21:16.75	+00:03:54 (18.3%)	3:57	15.2 (81.7%)
51	SZYMCZAK Henryk	515		M-4	9	00:21:17.10	00:21:17.10	+00:03:54 (18.4%)	3:57	15.1 (81.2%)
52	MAZUR Emiliusz	416		M-3	17	00:21:17.35	00:21:17.35	+00:03:54 (18.4%)	3:57	15.1 (81.2%)
53	JAROSZ Jakub	109	4RUN TTKF KOSZALIN	M-1	1	00:21:19.10	00:21:19.10	+00:03:56 (18.5%)	3:58	15.1 (81.2%)
54	RAJNER Krzysztof	258		M-3	18	00:21:20.55	00:21:20.55	+00:03:57 (18.6%)	3:58	15.1 (81.2%)
55	MURAWSKA Nikola	216	MKL SZCZECIN	K-0	2	00:21:21.35	00:21:21.35	+00:03:58 (18.6%)	3:58	15.1 (81.2%)
56	TATYS Bartosz	420		M-0	4	00:21:22.85	00:21:22.85	+00:04:00 (18.7%)	3:58	15.1 (81.2%)
57	CHMIELEWSKI Bartosz	32		M-2	17	00:21:28.60	00:21:28.60	+00:04:06 (19.1%)	3:59	15 (80.6%)
58	KAŻMIERCZAK Piotr	135		M-0	5	00:21:32.35	00:21:32.35	+00:04:09 (19.3%)	4:00	15 (80.6%)
59	CHWIAŁKOWSKI Cyprian	38		M-2	18	00:21:35.55	00:21:35.55	+00:04:12 (19.5%)	4:01	14.9 (80.1%)
60	SKIERKA Grzegorz	396		M-3	19	00:21:36.60	00:21:36.60	+00:04:14 (19.6%)	4:01	14.9 (80.1%)
61	SOBCZYK Łukasz	289		M-4	10	00:21:37.50	00:21:37.50	+00:04:14 (19.6%)	4:01	14.9 (80.1%)
62	SIEMIĄTKOWSKI Robert	281	RUNNERSWALDE	M-3	20	00:21:41.15	00:21:41.15	+00:04:18 (19.9%)	4:02	14.9 (80.1%)
63	ROMAŃCZUK Kamil	268		M-2	19	00:21:45.10	00:21:45.10	+00:04:22 (20.1%)	4:03	14.8 (79.6%)
64	GOŹDZIEWICZ Paweł	74	BIEGAMYRAZEM.PL	M-3	21	00:21:47.00	00:21:47.00	+00:04:24 (20.2%)	4:03	14.8 (79.6%)
65	ZWOLIŃSKI Jan	377	4RUN TTKF KOSZALIN	M-4	11	00:21:47.45	00:21:47.45	+00:04:24 (20.3%)	4:03	14.8 (79.6%)
66	RACZYŃSKI Grzegorz	257	I LO DUBOIS	M-0	6	00:21:48.70	00:21:48.70	+00:04:26 (20.3%)	4:03	14.8 (79.6%)
67	ŚNIADECKI Dawid	427		M-2	20	00:21:50.05	00:21:50.05	+00:04:27 (20.4%)	4:03	14.8 (79.6%)
68	WINKEL Jerzy	351		M-4	12	00:21:52.10	00:21:52.10	+00:04:29 (20.5%)	4:04	14.7 (79.0%)
69	ZBOIŃSKI Wojciech	368		M-4	13	00:21:54.50	00:21:54.50	+00:04:31 (20.7%)	4:04	14.7 (79.0%)
70	SIERACKI Paweł	283	OGIEŃ W SZOPIE	M-2	21	00:21:56.95	00:21:56.95	+00:04:34 (20.8%)	4:05	14.7 (79.0%)
71	GAWROŃSKI Bartek	69	OGIEŃ W SZOPIE	M-3	22	00:21:58.95	00:21:58.95	+00:04:36 (21.0%)	4:05	14.7 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5.37km	brutto 5.37km			
72	PANCEWICZ Piotr	432	RUNNERSWALDE	M-3	23	00:22:00.50	00:22:00.50	+00:04:37 (21.0%)	4:05	14.6 (78.5%)
73	DĘGA Ryszard	502		M-6	2	00:22:05.55	00:22:05.55	+00:04:42 (21.3%)	4:06	14.6 (78.5%)
74	ŻYLICZ Paweł	381	STOPA SŁUPSK	M-2	22	00:22:06.85	00:22:06.85	+00:04:44 (21.4%)	4:06	14.6 (78.5%)
75	SABISZ Krzysztof	274		M-2	23	00:22:10.75	00:22:10.75	+00:04:48 (21.7%)	4:07	14.5 (78.0%)
76	KORCZYŃSKI Sławomir	153	DECATHLON KOSZALIN	M-2	24	00:22:12.60	00:22:12.60	+00:04:50 (21.8%)	4:08	14.5 (78.0%)
77	KRUK Macin	171		M-3	24	00:22:12.85	00:22:12.85	+00:04:50 (21.8%)	4:08	14.5 (78.0%)
78	KALKOWSKI Piotr	123		M-2	25	00:22:18.15	00:22:18.15	+00:04:55 (22.1%)	4:09	14.4 (77.4%)
79	UZNAŃSKI Ryszard	327		M-4	14	00:22:18.35	00:22:18.35	+00:04:55 (22.1%)	4:09	14.4 (77.4%)
80	PAKULSKI Marcin	229		M-4	15	00:22:20.80	00:22:20.80	+00:04:58 (22.2%)	4:09	14.4 (77.4%)
81	KISIELEWICZ Krzysztof	429	KORZYBSKIE REKINY	M-2	26	00:22:21.10	00:22:21.10	+00:04:58 (22.3%)	4:09	14.4 (77.4%)
82	MURAWSKA Wioleta	435		K-4	1	00:22:22.00	00:22:22.00	+00:04:59 (22.3%)	4:09	14.4 (77.4%)
83	PRĘDKI Grzegorz	252		M-3	25	00:22:22.20	00:22:22.20	+00:04:59 (22.3%)	4:09	14.4 (77.4%)
84	PIĄTEK Wiktor	238	JW 1223 3DPLOT	M-3	26	00:22:26.65	00:22:26.65	+00:05:04 (22.6%)	4:10	14.4 (77.4%)
85	PASCHKE Roman	231		M-3	27	00:22:28.50	00:22:28.50	+00:05:05 (22.7%)	4:11	14.3 (76.9%)
86	ZIMNIAK Leszek	373	GRUNWALD TEAM POZNAŃ	M-3	28	00:22:34.55	00:22:34.55	+00:05:11 (23.0%)	4:12	14.3 (76.9%)
87	BARANOWSKI Piotr	3		M-3	29	00:22:34.65	00:22:34.65	+00:05:12 (23.0%)	4:12	14.3 (76.9%)
88	PRUS Mikołaj	402		M-2	27	00:22:35.85	00:22:35.85	+00:05:13 (23.1%)	4:12	14.3 (76.9%)
89	MAŚLAK Radosław	199	BIEGAMYRAZEM.PL	M-4	16	00:22:36.05	00:22:36.05	+00:05:13 (23.1%)	4:12	14.3 (76.9%)
90	CYRANKOWSKI Przemysław	41	ZSP1 SŁUPSK	M-1	2	00:22:37.90	00:22:37.90	+00:05:15 (23.2%)	4:12	14.2 (76.3%)
91	KOŚKA Wojciech	157		M-0	7	00:22:38.70	00:22:38.70	+00:05:16 (23.3%)	4:12	14.2 (76.3%)
92	BOGDANOWICZ Krzysztof	14	4RUN TKKF KOSZALIN	M-5	4	00:22:39.00	00:22:39.00	+00:05:16 (23.3%)	4:13	14.2 (76.3%)
93	MICKIEWICZ Adam	209		M-2	28	00:22:43.10	00:22:43.10	+00:05:20 (23.5%)	4:13	14.2 (76.3%)
94	NACHYŁA Paweł	220	DZIKI KOSZALIN	M-2	29	00:22:43.30	00:22:43.30	+00:05:20 (23.5%)	4:13	14.2 (76.3%)
94	PSTRĄGOWSKI Marcin	254		M-3	30	00:22:43.30	00:22:43.30	+00:05:20 (23.5%)	4:13	14.2 (76.3%)
96	WEBER Paweł	335	AMADEUS CROSSTRaining GYM	M-3	31	00:22:48.15	00:22:48.15	+00:05:25 (23.8%)	4:14	14.1 (75.8%)
97	GRZESIK Eugeniusz	83	TKKF KOSZALIN	M-4	17	00:22:51.35	00:22:51.35	+00:05:28 (24.0%)	4:15	14.1 (75.8%)
98	ŚNIEŻKO Marcin	422		M-3	32	00:22:58.40	00:22:58.40	+00:05:35 (24.4%)	4:16	14 (75.3%)
99	KRAKOWIAK Sławomir	166		M-4	18	00:23:00.80	00:23:00.80	+00:05:38 (24.5%)	4:16	14 (75.3%)
100	MARKUSZEWSKI Kuba	196	DZIKI KOSZALIN	M-2	30	00:23:00.85	00:23:00.85	+00:05:38 (24.5%)	4:16	14 (75.3%)
101	GOŁDYN Marek	71		M-3	33	00:23:04.50	00:23:04.50	+00:05:41 (24.7%)	4:17	14 (75.3%)
102	BIEDRZYCKI Krzysztof	10		M-4	19	00:23:06.80	00:23:06.80	+00:05:44 (24.8%)	4:18	13.9 (74.7%)
103	PŁAŻALSKI Łukasz	404		M-3	34	00:23:09.00	00:23:09.00	+00:05:46 (24.9%)	4:18	13.9 (74.7%)
104	WICENS Jacek	338	JACEK - BIEGAM BO LUBIĘ	M-2	31	00:23:09.25	00:23:09.25	+00:05:46 (25.0%)	4:18	13.9 (74.7%)
105	STYŚ Adam	305		M-2	32	00:23:10.30	00:23:10.30	+00:05:47 (25.0%)	4:18	13.9 (74.7%)
106	KIERKOSZ Marek	140		M-4	20	00:23:10.80	00:23:10.80	+00:05:48 (25.0%)	4:18	13.9 (74.7%)
107	DUSZYŃSKI Rafał	58	WYBRZEŻE OBJAZDA	M-0	8	00:23:11.70	00:23:11.70	+00:05:49 (25.1%)	4:19	13.9 (74.7%)
108	PŁAŻALSKI Przemysław	407		M-3	35	00:23:18.00	00:23:18.00	+00:05:55 (25.4%)	4:20	13.8 (74.2%)
109	WIERZBICKI Jakub	343		M-3	36	00:23:20.45	00:23:20.45	+00:05:57 (25.6%)	4:20	13.8 (74.2%)
110	WESOŁOWSKI Arkadiusz	337		M-3	37	00:23:21.50	00:23:21.50	+00:05:58 (25.6%)	4:20	13.8 (74.2%)
111	BOROWIAK Maciej	19	WOZIMYSIE.PL	M-3	38	00:23:26.70	00:23:26.70	+00:06:04 (25.9%)	4:21	13.7 (73.7%)
112	RUDNIK Jerzy	269	FLORIAN CHOJNICE	M-6	3	00:23:27.70	00:23:27.70	+00:06:05 (25.9%)	4:22	13.7 (73.7%)
113	ATAŁAP Artur	2		M-4	21	00:23:30.25	00:23:30.25	+00:06:07 (26.1%)	4:22	13.7 (73.7%)
114	BROVCHENKO Jurii	24	ŚWIAT PŁYTEK U KRYSPIŃA	M-2	33	00:23:41.30	00:23:41.30	+00:06:18 (26.6%)	4:24	13.6 (73.1%)
115	KOPREK Łukasz	152	SŁONECZNY PATROL KOSZALIN	M-2	34	00:23:41.55	00:23:41.55	+00:06:18 (26.7%)	4:24	13.6 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5.37km	brutto 5.37km			
116	WILKOWSKI Krzysztof	350		M-3	39	00:23:42.10	00:23:42.10	+00:06:19 (26.7%)	4:24	13.6 (73.1%)
117	WIECZOREK Wojciech	341		M-3	40	00:23:42.25	00:23:42.25	+00:06:19 (26.7%)	4:24	13.6 (73.1%)
118	PLUCIŃSKI Jakub	243		M-0	9	00:23:43.70	00:23:43.70	+00:06:21 (26.8%)	4:24	13.6 (73.1%)
119	CHOŁUJ Jarosław	34		M-4	22	00:23:44.50	00:23:44.50	+00:06:21 (26.8%)	4:25	13.6 (73.1%)
120	GAŁKA Marcin	65		M-3	41	00:23:45.15	00:23:45.15	+00:06:22 (26.8%)	4:25	13.6 (73.1%)
121	KACZMAREK Rafał	117	RUNGRYF GRYFICE	M-3	42	00:23:45.25	00:23:45.25	+00:06:22 (26.8%)	4:25	13.6 (73.1%)
122	CHODOR Martyna	33	4RUN TKKF KOSZALIN	K-3	2	00:23:46.05	00:23:46.05	+00:06:23 (26.9%)	4:25	13.6 (73.1%)
123	HANIER Szymon	443		M-3	43	00:23:47.40	00:23:47.40	+00:06:24 (27.0%)	4:25	13.5 (72.6%)
124	MOSIOŁEK Piotr	211		M-4	23	00:23:47.65	00:23:47.65	+00:06:25 (27.0%)	4:25	13.5 (72.6%)
125	KAMELSKI Piotr	125		M-4	24	00:23:48.10	00:23:48.10	+00:06:25 (27.0%)	4:25	13.5 (72.6%)
126	ROGALSKI Roberto	265	ZAWSZE SIĘGAJ WYŻEJ	M-3	44	00:23:51.25	00:23:51.25	+00:06:28 (27.2%)	4:26	13.5 (72.6%)
126	WICHER Krzysztof	339		M-3	45	00:23:51.25	00:23:51.25	+00:06:28 (27.2%)	4:26	13.5 (72.6%)
128	ŚNIADECKI Wojciech	318		M-1	3	00:23:51.55	00:23:51.55	+00:06:28 (27.2%)	4:26	13.5 (72.6%)
129	SZULC Arkadiusz	313		M-3	46	00:23:52.05	00:23:52.05	+00:06:29 (27.2%)	4:26	13.5 (72.6%)
130	KONIECZNA Anka	148		K-4	2	00:23:53.40	00:23:53.40	+00:06:30 (27.3%)	4:26	13.5 (72.6%)
131	JAROSZEWSKI Daniel	384	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-3	47	00:23:54.00	00:23:54.00	+00:06:31 (27.3%)	4:27	13.5 (72.6%)
132	KASPROWICZ Małgorzata	134	STOPA SŁUPSK	K-3	3	00:23:54.65	00:23:54.65	+00:06:32 (27.3%)	4:27	13.5 (72.6%)
133	KUKIEŁA Tomasz	178		M-3	48	00:23:54.80	00:23:54.80	+00:06:32 (27.3%)	4:27	13.5 (72.6%)
134	ROGOŻA Ireneusz	267	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-4	25	00:23:55.90	00:23:55.90	+00:06:33 (27.4%)	4:27	13.5 (72.6%)
134	SOROKA Piotr	292		M-3	49	00:23:55.90	00:23:55.90	+00:06:33 (27.4%)	4:27	13.5 (72.6%)
136	PALLACH Lech	230	BIEGAMYRAZEM.PL	M-3	50	00:23:56.90	00:23:56.90	+00:06:34 (27.4%)	4:27	13.5 (72.6%)
137	OGRODNIK Grzegorz	225		M-4	26	00:23:58.60	00:23:58.60	+00:06:36 (27.5%)	4:27	13.4 (72.0%)
138	WÓJCIK Damian	431	RUNNERSWALDE	M-4	27	00:24:01.55	00:24:01.55	+00:06:38 (27.7%)	4:28	13.4 (72.0%)
139	STRUMIŃSKI Rafał	303	ŻYTANIA TEAM	M-3	51	00:24:03.05	00:24:03.05	+00:06:40 (27.8%)	4:28	13.4 (72.0%)
140	ZIÓŁKOWSKI Wojciech	375		M-3	52	00:24:03.65	00:24:03.65	+00:06:41 (27.8%)	4:28	13.4 (72.0%)
141	WYGANOWSKI Andrzej	406		M-7	1	00:24:05.00	00:24:05.00	+00:06:42 (27.8%)	4:29	13.4 (72.0%)
142	KUC Jolanta	394		K-2	1	00:24:06.90	00:24:06.90	+00:06:44 (27.9%)	4:29	13.4 (72.0%)
143	BIL Adrian	12		M-3	53	00:24:07.55	00:24:07.55	+00:06:44 (28.0%)	4:29	13.4 (72.0%)
144	FRONTCZAK Izabela	64	4RUN TKKF KOSZALIN	K-2	2	00:24:07.95	00:24:07.95	+00:06:45 (28.0%)	4:29	13.4 (72.0%)
144	NIEMCZUK Dariusz	101		M-OPEN	1	00:24:07.95	00:24:07.95	+00:06:45 (28.0%)	4:29	13.4 (72.0%)
146	WILIŃSKI Marek	528		M-5	5	00:24:08.50	00:24:08.50	+00:06:45 (28.0%)	4:29	13.4 (72.0%)
147	JAŚKIEWICZ Dawid	111		M-2	35	00:24:08.80	00:24:08.80	+00:06:46 (28.0%)	4:29	13.4 (72.0%)
148	GREGORCZYK Bartłomiej	82	WYBRZEŻE OBJAZDA	M-0	10	00:24:09.30	00:24:09.30	+00:06:46 (28.1%)	4:29	13.3 (71.5%)
149	WUJTIUK Piotr	401		M-4	28	00:24:09.80	00:24:09.80	+00:06:47 (28.1%)	4:29	13.3 (71.5%)
150	MUSIAŁ Marcin	218		M-3	54	00:24:10.50	00:24:10.50	+00:06:47 (28.1%)	4:30	13.3 (71.5%)
151	SZAŁKOWSKI Wojciech	307	K.B. TUPOT USTKA	M-3	55	00:24:10.70	00:24:10.70	+00:06:48 (28.1%)	4:30	13.3 (71.5%)
152	WRONIERSKI Jakub	366		M-2	36	00:24:13.05	00:24:13.05	+00:06:50 (28.2%)	4:30	13.3 (71.5%)
153	KALKOWSKI Paweł	124		M-2	37	00:24:13.55	00:24:13.55	+00:06:50 (28.3%)	4:30	13.3 (71.5%)
154	WOCH Edward	355		M-5	6	00:24:13.70	00:24:13.70	+00:06:51 (28.3%)	4:30	13.3 (71.5%)
155	KOŚLA Sara	159	ZSP1 SŁUPSK	K-0	3	00:24:13.95	00:24:13.95	+00:06:51 (28.3%)	4:30	13.3 (71.5%)
156	KURŁOWICZ Robert	520		M-2	38	00:24:15.30	00:24:15.30	+00:06:52 (28.4%)	4:30	13.3 (71.5%)
157	BORECKI Antoni	410		M-0	11	00:24:16.00	00:24:16.00	+00:06:53 (28.4%)	4:31	13.3 (71.5%)
158	BORECKI Grzegorz	17		M-3	56	00:24:16.35	00:24:16.35	+00:06:53 (28.4%)	4:31	13.3 (71.5%)
159	CHWALEBA Jan	37		M-5	7	00:24:16.65	00:24:16.65	+00:06:54 (28.4%)	4:31	13.3 (71.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5.37km	brutto 5.37km			
160	KUCZYŃSKI Robert	387	KB MANIAC	M-4	29	00:24:17.30	00:24:17.30	+00:06:54 (28.5%)	4:31	13.3 (71.5%)
161	WOJCIECHOWSKA-HRYCYK Agata	359		K-4	3	00:24:17.55	00:24:17.55	+00:06:54 (28.5%)	4:31	13.3 (71.5%)
162	ŻMUDA Jarosław	379	CW FANZA KOŁOBRZEG	M-4	30	00:24:18.75	00:24:18.75	+00:06:56 (28.5%)	4:31	13.3 (71.5%)
163	SZYMCZAK Damian	516		M-1	4	00:24:19.35	00:24:19.35	+00:06:56 (28.6%)	4:31	13.3 (71.5%)
164	BUT Maciej	30		M-1	5	00:24:19.70	00:24:19.70	+00:06:57 (28.6%)	4:31	13.3 (71.5%)
165	KSZCZANOWICZ Jacek	175		M-4	31	00:24:21.40	00:24:21.40	+00:06:58 (28.7%)	4:32	13.2 (71.0%)
166	SAMOŁ-KOWALSKA Irena	277	TKKF KOSZALIN BOBOLICE	K-4	4	00:24:22.45	00:24:22.45	+00:06:59 (28.7%)	4:32	13.2 (71.0%)
167	ZAWADA Andrzej	367	ZSP1 SŁUPSK	M-4	32	00:24:23.10	00:24:23.10	+00:07:00 (28.7%)	4:32	13.2 (71.0%)
168	PUŚCIAN Krzysztof Kamil	255	GIMNAZJUM W MANOWIE	M-4	33	00:24:23.80	00:24:23.80	+00:07:01 (28.8%)	4:32	13.2 (71.0%)
169	WOJCIECHOWSKI Adrian	360	AMADEUS CROSSTRaining GYM	M-2	39	00:24:29.25	00:24:29.25	+00:07:06 (29.0%)	4:33	13.2 (71.0%)
170	SZOSTAK Piotr	383		M-3	57	00:24:30.00	00:24:30.00	+00:07:07 (29.1%)	4:33	13.2 (71.0%)
171	PEC Daniel	393		M-0	12	00:24:30.45	00:24:30.45	+00:07:07 (29.1%)	4:33	13.2 (71.0%)
172	PEC Marek	235		M-4	34	00:24:30.70	00:24:30.70	+00:07:08 (29.1%)	4:33	13.2 (71.0%)
173	KAMYK Piotr	398		M-3	58	00:24:33.15	00:24:33.15	+00:07:10 (29.2%)	4:34	13.1 (70.4%)
174	SPELAK Krzysztof	293		M-3	59	00:24:34.65	00:24:34.65	+00:07:12 (29.3%)	4:34	13.1 (70.4%)
175	GOTOWAŁA Rafał	73		M-3	60	00:24:35.75	00:24:35.75	+00:07:13 (29.4%)	4:34	13.1 (70.4%)
176	LESZCZYŃSKA Weronika	182		K-3	4	00:24:38.80	00:24:38.80	+00:07:16 (29.5%)	4:35	13.1 (70.4%)
177	MICHALIK Michał	84		M-3	61	00:24:40.45	00:24:40.45	+00:07:17 (29.6%)	4:35	13.1 (70.4%)
178	KARBOWNICZEK Mateusz	405		M-2	40	00:24:41.45	00:24:41.45	+00:07:18 (29.6%)	4:35	13.1 (70.4%)
179	IWANIEC Dariusz	99	4RUN TKKF KOSZALIN	M-4	35	00:24:43.80	00:24:43.80	+00:07:21 (29.7%)	4:36	13 (69.9%)
180	DZIESZUK Mateusz	60		M-2	41	00:24:48.80	00:24:48.80	+00:07:26 (30.0%)	4:37	13 (69.9%)
181	KILAR Tomasz	511		M-4	36	00:24:49.70	00:24:49.70	+00:07:27 (30.0%)	4:37	13 (69.9%)
182	BIALIK Tomasz	386		M-4	37	00:24:50.35	00:24:50.35	+00:07:27 (30.0%)	4:37	13 (69.9%)
183	KUCZYŃSKA Anetta	388	KB MANIAC	K-4	5	00:24:51.65	00:24:51.65	+00:07:29 (30.1%)	4:37	13 (69.9%)
184	SUGIER Michał	306		M-3	62	00:24:52.40	00:24:52.40	+00:07:29 (30.1%)	4:37	13 (69.9%)
185	SPELAK Katarzyna	294		K-3	5	00:24:53.75	00:24:53.75	+00:07:31 (30.2%)	4:38	12.9 (69.4%)
186	MILEWSKI Jan	514		M-2	42	00:24:56.05	00:24:56.05	+00:07:33 (30.3%)	4:38	12.9 (69.4%)
187	WIERZBICKI Sylwester	433		M-3	63	00:24:58.95	00:24:58.95	+00:07:36 (30.4%)	4:38	12.9 (69.4%)
188	MACHELSKA Sylwia	191		K-3	6	00:25:00.05	00:25:00.05	+00:07:37 (30.5%)	4:39	12.9 (69.4%)
189	KAJKOWSKI Rafał	121	DODOMISIE KOSZALIN	M-4	38	00:25:00.20	00:25:00.20	+00:07:37 (30.5%)	4:39	12.9 (69.4%)
190	WALCZAK Rafał	331		M-3	64	00:25:01.15	00:25:01.15	+00:07:38 (30.5%)	4:39	12.9 (69.4%)
191	SCHWARZ Ludwik	280		M-5	8	00:25:01.25	00:25:01.25	+00:07:38 (30.6%)	4:39	12.9 (69.4%)
192	KAŻMIERCZAK Paweł	136		M-0	13	00:25:01.70	00:25:01.70	+00:07:39 (30.6%)	4:39	12.9 (69.4%)
193	RAWINEK Dawid	512		M-2	43	00:25:02.00	00:25:02.00	+00:07:39 (30.6%)	4:39	12.9 (69.4%)
194	KRZEWIŃSKA Małgorzata	174	4RUN TKKF KOSZALIN	K-5	1	00:25:03.40	00:25:03.40	+00:07:40 (30.7%)	4:39	12.9 (69.4%)
195	KRAWCZYK Tomasz	169		M-3	65	00:25:08.15	00:25:08.15	+00:07:45 (30.9%)	4:40	12.8 (68.8%)
196	KUŁAKOWSKI Dawid	181		M-3	66	00:25:09.95	00:25:09.95	+00:07:47 (31.0%)	4:41	12.8 (68.8%)
197	DUDZIAK Piotr	55		M-4	39	00:25:12.00	00:25:12.00	+00:07:49 (31.0%)	4:41	12.8 (68.8%)
198	HOK Marek	92		M-3	67	00:25:12.70	00:25:12.70	+00:07:50 (31.1%)	4:41	12.8 (68.8%)
199	STAWISZYŃSKI Jarosław	298	FORUM ROZWOJU KOSZALINA	M-3	68	00:25:13.80	00:25:13.80	+00:07:51 (31.1%)	4:41	12.8 (68.8%)
200	ŁABEJSZA Łukasz	403		M-3	69	00:25:14.85	00:25:14.85	+00:07:52 (31.2%)	4:41	12.8 (68.8%)
201	KOŚKA Maciej	158		M-2	44	00:25:20.80	00:25:20.80	+00:07:58 (31.4%)	4:43	12.7 (68.3%)
202	JAGŁA Łukasz	102		M-3	70	00:25:22.00	00:25:22.00	+00:07:59 (31.5%)	4:43	12.7 (68.3%)
203	LAS Mateusz	509		M-1	6	00:25:22.25	00:25:22.25	+00:07:59 (31.5%)	4:43	12.7 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5.37km	brutto 5.37km			
204	CHUDZIK Zbigniew	36	4RUNTKKF KOSZALIN	M-5	9	00:25:23.45	00:25:23.45	+00:08:00 (31.6%)	4:43	12.7 (68.3%)
205	BORYSIEWICZ Grzegorz	22	BORYSY	M-4	40	00:25:24.35	00:25:24.35	+00:08:01 (31.6%)	4:43	12.7 (68.3%)
206	KRASIŃSKI Witold	167		M-4	41	00:25:24.55	00:25:24.55	+00:08:01 (31.6%)	4:43	12.7 (68.3%)
207	JANUSZEWSKI Jacek	107		M-5	10	00:25:26.75	00:25:26.75	+00:08:04 (31.7%)	4:44	12.7 (68.3%)
208	ŚWIĘTOŃ Rafał	320		M-3	71	00:25:27.55	00:25:27.55	+00:08:04 (31.7%)	4:44	12.7 (68.3%)
209	MIELEWCZYK Leszek	210		M-5	11	00:25:27.85	00:25:27.85	+00:08:05 (31.8%)	4:44	12.7 (68.3%)
210	DĄBROWSKA Anna	45		K-3	7	00:25:28.85	00:25:28.85	+00:08:06 (31.8%)	4:44	12.7 (68.3%)
211	SKOWYRSKI Janusz	288	ROWERIA KOSZALIN	M-5	12	00:25:30.65	00:25:30.65	+00:08:08 (31.9%)	4:44	12.6 (67.7%)
212	OSOBNIAK Ryszard	227		M-5	13	00:25:32.20	00:25:32.20	+00:08:09 (32.0%)	4:45	12.6 (67.7%)
213	MAZUR Mirosław	419		M-4	42	00:25:33.95	00:25:33.95	+00:08:11 (32.0%)	4:45	12.6 (67.7%)
214	PODHORODECKI Rafal	245		M-3	72	00:25:37.80	00:25:37.80	+00:08:15 (32.2%)	4:46	12.6 (67.7%)
214	WINGERT Paweł	525		M-3	73	00:25:37.80	00:25:37.80	+00:08:15 (32.2%)	4:46	12.6 (67.7%)
216	CHOLCHA Sławomir	418		M-4	43	00:25:38.05	00:25:38.05	+00:08:15 (32.2%)	4:46	12.6 (67.7%)
217	KĘPIŃSKI Marcin	137		M-3	74	00:25:39.60	00:25:39.60	+00:08:17 (32.3%)	4:46	12.6 (67.7%)
218	DZIĘBOWSKI Mariusz	62		M-2	45	00:25:41.00	00:25:41.00	+00:08:18 (32.3%)	4:46	12.5 (67.2%)
219	WENCŁAWSKI Michał	336	ARAGORTEAM	M-2	46	00:25:48.15	00:25:48.15	+00:08:25 (32.7%)	4:48	12.5 (67.2%)
220	JACEWICZ Hubert	145		M-2	47	00:25:49.55	00:25:49.55	+00:08:26 (32.7%)	4:48	12.5 (67.2%)
221	MĘDEL Marta	205		K-3	8	00:25:50.05	00:25:50.05	+00:08:27 (32.7%)	4:48	12.5 (67.2%)
222	JANUSZ Tadeusz	106	PIOTRKOWSKI KLUB BIEGACZA ENDORFINA	M-NIEPEŁNOSPRAWNI	2	00:25:51.05	00:25:51.05	+00:08:28 (32.8%)	4:48	12.5 (67.2%)
223	KACZMAREK Zbigniew	118		M-6	4	00:25:51.40	00:25:51.40	+00:08:28 (32.8%)	4:48	12.5 (67.2%)
224	RASZPLA Radosław	438		M-4	44	00:25:51.50	00:25:51.50	+00:08:28 (32.8%)	4:48	12.5 (67.2%)
225	SŁAWIŃSKA Natalia	399		K-3	9	00:25:52.30	00:25:52.30	+00:08:29 (32.8%)	4:49	12.5 (67.2%)
226	DUDEK Mateusz	54		M-2	48	00:25:55.45	00:25:55.45	+00:08:32 (33.0%)	4:49	12.4 (66.7%)
227	CHOŁUJ Karol	524		M-3	75	00:25:56.55	00:25:56.55	+00:08:33 (33.0%)	4:49	12.4 (66.7%)
228	BOGACKI Tomasz	13	4RUN TTKF KOSZALIN	M-5	14	00:25:57.50	00:25:57.50	+00:08:34 (33.1%)	4:49	12.4 (66.7%)
229	MARKOWSKI Andrzej	194	4RUN TTKF KOSZALIN	M-6	5	00:25:57.95	00:25:57.95	+00:08:35 (33.1%)	4:49	12.4 (66.7%)
230	WITKA Piotr	353		M-5	15	00:26:00.25	00:26:00.25	+00:08:37 (33.2%)	4:50	12.4 (66.7%)
231	RUDZIŃSKI Bronisław	271		M-6	6	00:26:00.90	00:26:00.90	+00:08:38 (33.2%)	4:50	12.4 (66.7%)
232	KOZŁOWIECKI Waldemar	165	TKKF KOSZALIN	M-6	7	00:26:03.65	00:26:03.65	+00:08:41 (33.3%)	4:51	12.4 (66.7%)
233	RODZIEWICZ Jakub	411		M-3	76	00:26:07.90	00:26:07.90	+00:08:45 (33.5%)	4:51	12.3 (66.1%)
234	DEREŃ Grzegorz	48	K.B.SPRINT ŚWIDWIN	M-3	77	00:26:08.55	00:26:08.55	+00:08:45 (33.5%)	4:51	12.3 (66.1%)
235	KĘPKA Mirosław	139	K.B.SPRINT ŚWIDWIN	M-4	45	00:26:08.65	00:26:08.65	+00:08:46 (33.5%)	4:51	12.3 (66.1%)
236	PUZYREWSKI Wojciech	256	FORREST GUMP	M-3	78	00:26:13.25	00:26:13.25	+00:08:50 (33.7%)	4:52	12.3 (66.1%)
237	ŻUREK Rafał	506		M-3	79	00:26:19.50	00:26:19.50	+00:08:56 (34.0%)	4:54	12.2 (65.6%)
238	KACZMAREK Łukasz	120		M-3	80	00:26:20.90	00:26:20.90	+00:08:58 (34.1%)	4:54	12.2 (65.6%)
239	ZIENTARSKA Joanna	372	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-NIEPEŁNOSPRAWNI	1	00:26:23.25	00:26:23.25	+00:09:00 (34.1%)	4:54	12.2 (65.6%)
240	TURCZYN Grzegorz	322	NIGHT RUNNERS SŁUPSK	M-4	46	00:26:25.20	00:26:25.20	+00:09:02 (34.2%)	4:55	12.2 (65.6%)
241	DĄBROWSKI Grzegorz	47		M-4	47	00:26:25.65	00:26:25.65	+00:09:03 (34.2%)	4:55	12.2 (65.6%)
242	PLUCIŃSKI Grzegorz	244		M-4	48	00:26:25.75	00:26:25.75	+00:09:03 (34.3%)	4:55	12.2 (65.6%)
243	STOBBE Gregor	302		M-3	81	00:26:26.35	00:26:26.35	+00:09:03 (34.3%)	4:55	12.2 (65.6%)
244	DZIESZUK Dariusz	61	4RUN TTKF KOSZALIN	M-4	49	00:26:30.50	00:26:30.50	+00:09:07 (34.4%)	4:56	12.2 (65.6%)
245	MATYJASEK Lucyna	200		K-4	6	00:26:34.30	00:26:34.30	+00:09:11 (34.6%)	4:56	12.1 (65.1%)
246	WALCZAK Agnieszka	330		K-3	10	00:26:34.85	00:26:34.85	+00:09:12 (34.6%)	4:56	12.1 (65.1%)
247	MĘDEL Cezary	206		M-4	50	00:26:35.40	00:26:35.40	+00:09:12 (34.6%)	4:57	12.1 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5.37km	brutto 5.37km			
248	KASZTELAN Urszula	526		K-2	3	00:26:35.90	00:26:35.90	+00:09:13 (34.7%)	4:57	12.1 (65.1%)
249	STARZYŃSKI Eryk	296	RUNGRYF GRYFICE	M-0	14	00:26:36.80	00:26:36.80	+00:09:14 (34.7%)	4:57	12.1 (65.1%)
250	BRZEZIŃSKI Robert	215		M-2	49	00:26:38.45	00:26:38.45	+00:09:15 (34.8%)	4:57	12.1 (65.1%)
251	SZTORC-KACHLICKA Marzena	308		K-4	7	00:26:40.15	00:26:40.15	+00:09:17 (34.8%)	4:57	12.1 (65.1%)
252	KACHLICKI Kamil	115		M-3	82	00:26:40.30	00:26:40.30	+00:09:17 (34.8%)	4:57	12.1 (65.1%)
253	WITKA Grażyna	352		K-4	8	00:26:41.55	00:26:41.55	+00:09:18 (34.9%)	4:58	12.1 (65.1%)
254	STANIASZEK Bogusław	295	KLUB BIEGACZA TUPOT USTKA	M-6	8	00:26:42.55	00:26:42.55	+00:09:19 (34.9%)	4:58	12.1 (65.1%)
255	SZULC Szymon	312		M-2	50	00:26:42.75	00:26:42.75	+00:09:20 (34.9%)	4:58	12.1 (65.1%)
256	KUC Szymon	395		M-2	51	00:26:43.05	00:26:43.05	+00:09:20 (35.0%)	4:58	12.1 (65.1%)
257	RATAJCZYK Robert	261	4RUN TEAM PIŁA	M-2	52	00:26:43.40	00:26:43.40	+00:09:20 (35.0%)	4:58	12.1 (65.1%)
258	HOKUBACZ Paweł	513		M-3	83	00:26:45.80	00:26:45.80	+00:09:23 (35.1%)	4:58	12 (64.5%)
259	WOLAŃSKI Maciej	362		M-0	15	00:26:47.15	00:26:47.15	+00:09:24 (35.1%)	4:59	12 (64.5%)
260	BAK Zbigniew	8	RUNNERSWALDE	M-3	84	00:26:51.90	00:26:51.90	+00:09:29 (35.3%)	5:00	12 (64.5%)
261	HAKKARAINEN Jouni	86		M-4	51	00:26:54.35	00:26:54.35	+00:09:31 (35.4%)	5:00	12 (64.5%)
262	KOPCZEWSKI Dariusz	150		M-5	16	00:26:58.60	00:26:58.60	+00:09:36 (35.6%)	5:01	11.9 (64.0%)
263	KARPIŃSKI Tomasz	133		M-4	52	00:27:04.45	00:27:04.45	+00:09:41 (35.8%)	5:02	11.9 (64.0%)
264	JABŁOŃSKI Mateusz	100	BORYSY	M-1	7	00:27:04.55	00:27:04.55	+00:09:41 (35.8%)	5:02	11.9 (64.0%)
265	TWOREK Józef	323		M-5	17	00:27:14.50	00:27:14.50	+00:09:51 (36.2%)	5:04	11.8 (63.4%)
266	NOREK Tomek	224		M-4	53	00:27:16.10	00:27:16.10	+00:09:53 (36.3%)	5:04	11.8 (63.4%)
267	KARNICKI Zygmunt	131	4RUN TKKF KOSZALIN	M-6	9	00:27:16.85	00:27:16.85	+00:09:54 (36.3%)	5:04	11.8 (63.4%)
268	WOLF Emil	365		M-4	54	00:27:18.20	00:27:18.20	+00:09:55 (36.4%)	5:05	11.8 (63.4%)
269	SAMOŁ-KOWALSKA Gerda	276		K-0	4	00:27:18.80	00:27:18.80	+00:09:56 (36.4%)	5:05	11.8 (63.4%)
270	STEFANIAK Piotr	299		M-5	18	00:27:23.25	00:27:23.25	+00:10:00 (36.6%)	5:05	11.8 (63.4%)
271	POLAŃSKA Katarzyna	246	DZIKI KOSZALIN	K-3	11	00:27:24.35	00:27:24.35	+00:10:01 (36.6%)	5:06	11.8 (63.4%)
272	WOCH Zbigniew	356		M-5	19	00:27:24.90	00:27:24.90	+00:10:02 (36.6%)	5:06	11.8 (63.4%)
273	MICHALSKI Paweł	208		M-2	53	00:27:28.90	00:27:28.90	+00:10:06 (36.8%)	5:06	11.7 (62.9%)
274	KACZMAREK Patrycja	116	RUNGRYF GRYFICE	K-2	4	00:27:34.85	00:27:34.85	+00:10:12 (37.0%)	5:08	11.7 (62.9%)
275	ZARBOCK Krzysztof	444		M-5	20	00:27:35.65	00:27:35.65	+00:10:13 (37.0%)	5:08	11.7 (62.9%)
276	MAZUREK Barbara	202		K-3	12	00:27:36.00	00:27:36.00	+00:10:13 (37.0%)	5:08	11.7 (62.9%)
277	PEŁKA Janusz	237		M-5	21	00:27:36.60	00:27:36.60	+00:10:14 (37.1%)	5:08	11.7 (62.9%)
278	MUSZYŃSKI Jacek	219	ŚWIAT PŁYTEK U KRYSPINA	M-6	10	00:27:37.75	00:27:37.75	+00:10:15 (37.1%)	5:08	11.7 (62.9%)
279	PIROŃSKI Jakub	441		M-0	16	00:27:42.40	00:27:42.40	+00:10:19 (37.3%)	5:09	11.6 (62.4%)
280	BENEDYSIUK Sławomir	9		M-4	55	00:27:46.05	00:27:46.05	+00:10:23 (37.4%)	5:10	11.6 (62.4%)
281	GŁOWACKI Włodzimierz	70		M-7	2	00:27:46.35	00:27:46.35	+00:10:23 (37.4%)	5:10	11.6 (62.4%)
282	BARTOSIK Jarosław	7		M-4	56	00:27:48.25	00:27:48.25	+00:10:25 (37.5%)	5:10	11.6 (62.4%)
283	FAJGIER Tomasz	63		M-4	57	00:27:56.25	00:27:56.25	+00:10:33 (37.8%)	5:12	11.5 (61.8%)
284	DĄBROWSKA Alicja	46		K-4	9	00:28:03.25	00:28:03.25	+00:10:40 (38.1%)	5:13	11.5 (61.8%)
285	UZNAŃSKA Agata	326		K-5	2	00:28:03.55	00:28:03.55	+00:10:40 (38.1%)	5:13	11.5 (61.8%)
286	KACAŁA Olga	114		K-2	5	00:28:11.65	00:28:11.65	+00:10:49 (38.4%)	5:14	11.4 (61.3%)
287	SIENICKI Piotr	282		M-4	58	00:28:12.60	00:28:12.60	+00:10:50 (38.4%)	5:15	11.4 (61.3%)
288	DOMASZK Zbigniew	52		M-4	59	00:28:12.95	00:28:12.95	+00:10:50 (38.4%)	5:15	11.4 (61.3%)
289	KURŁOWICZ Krzysztof	430		M-3	85	00:28:18.20	00:28:18.20	+00:10:55 (38.6%)	5:16	11.4 (61.3%)
290	BROVCHENKO Sylwia	25	ŚWIAT PŁYTEK U KRYSPINA	K-2	6	00:28:20.90	00:28:20.90	+00:10:58 (38.7%)	5:16	11.4 (61.3%)
291	WOLF Weronika	264		K-2	7	00:28:21.35	00:28:21.35	+00:10:58 (38.7%)	5:16	11.4 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5.37km	brutto 5.37km			
292	KOSOWSKA-PACHURA Ewelina	94		K-2	8	00:28:22.80	00:28:22.80	+00:11:00 (38.8%)	5:16	11.4 (61.3%)
293	KONIECZNA Marzena	449		K-2	9	00:28:23.40	00:28:23.40	+00:11:00 (38.8%)	5:17	11.4 (61.3%)
294	SIKORSKA Grażyna	284	OTKKF BICYKL	K-5	3	00:28:24.10	00:28:24.10	+00:11:01 (38.8%)	5:17	11.3 (60.8%)
295	WOJANOWSKI Zbigniew	357		M-5	22	00:28:27.00	00:28:27.00	+00:11:04 (38.9%)	5:17	11.3 (60.8%)
296	VON BARDELEBEN Agnieszka	328	BABECZKI KOSZALIN	K-4	10	00:28:29.10	00:28:29.10	+00:11:06 (39.0%)	5:18	11.3 (60.8%)
297	HAMER Paulina	87		K-1	1	00:28:33.75	00:28:33.75	+00:11:11 (39.2%)	5:18	11.3 (60.8%)
298	GUDZIŃSKI Lech	391		M-6	11	00:28:36.00	00:28:36.00	+00:11:13 (39.2%)	5:19	11.3 (60.8%)
299	POTRZEBOWSKA Agata	250		K-NIEPEŁNOSPRAWNI	2	00:28:36.70	00:28:36.70	+00:11:14 (39.3%)	5:19	11.3 (60.8%)
300	MEJER Aleksandra	204	GIMNAZJUM W MANOWIE	K-0	5	00:28:37.25	00:28:37.25	+00:11:14 (39.3%)	5:19	11.3 (60.8%)
301	PAULIŃSKI Jan	103		M-6	12	00:28:37.35	00:28:37.35	+00:11:14 (39.3%)	5:19	11.3 (60.8%)
302	POLETAJEW Wiktoria	247		K-3	13	00:28:38.85	00:28:38.85	+00:11:16 (39.3%)	5:19	11.3 (60.8%)
303	MARSZAŁKOWSKI Radosław	197		M-2	54	00:28:39.05	00:28:39.05	+00:11:16 (39.4%)	5:20	11.2 (60.2%)
304	KRYGIER Ireneusz	173	W.P.K. SŁOŃ TEAM USTKA	M-3	86	00:28:40.90	00:28:40.90	+00:11:18 (39.4%)	5:20	11.2 (60.2%)
305	GAWROŃSKI Paweł	68	OGIEŃ W SZOPIE	M-2	55	00:28:43.55	00:28:43.55	+00:11:20 (39.5%)	5:20	11.2 (60.2%)
306	MROCZKOWSKA Marta	213		K-3	14	00:28:43.85	00:28:43.85	+00:11:21 (39.5%)	5:20	11.2 (60.2%)
307	HRANKOWSKA Monika	93		K-2	10	00:28:43.90	00:28:43.90	+00:11:21 (39.5%)	5:20	11.2 (60.2%)
308	KOWALCZYK Piotr	162		M-3	87	00:28:50.50	00:28:50.50	+00:11:27 (39.8%)	5:22	11.2 (60.2%)
309	KAZIMIERCZAK Leszek	413		M-3	88	00:28:51.55	00:28:51.55	+00:11:28 (39.8%)	5:22	11.2 (60.2%)
310	ROGANOWSKI Rafał	266		M-4	60	00:28:51.75	00:28:51.75	+00:11:29 (39.8%)	5:22	11.2 (60.2%)
311	GZELA Olga	382		K-3	15	00:28:52.05	00:28:52.05	+00:11:29 (39.8%)	5:22	11.2 (60.2%)
312	BOJKE Piotr	15		M-3	89	00:28:53.75	00:28:53.75	+00:11:31 (39.9%)	5:22	11.2 (60.2%)
313	HIROWICZ Agnieszka	1		K-3	16	00:28:55.85	00:28:55.85	+00:11:33 (39.9%)	5:23	11.1 (59.7%)
314	SOKOŁOWSKA Małgorzata	290		K-2	11	00:28:56.00	00:28:56.00	+00:11:33 (39.9%)	5:23	11.1 (59.7%)
315	JAŚKIEWICZ Filip	110		M-2	56	00:28:59.40	00:28:59.40	+00:11:36 (40.1%)	5:23	11.1 (59.7%)
316	PSTRĄGOWSKA Marlena	253		K-3	17	00:29:04.55	00:29:04.55	+00:11:41 (40.2%)	5:24	11.1 (59.7%)
317	GRAJ Joanna	80		K-2	12	00:29:09.80	00:29:09.80	+00:11:47 (40.4%)	5:25	11.1 (59.7%)
318	ZIENTARSKA Martyna	371	ŚWIAT PŁYTEK U KRYSPIŃ	K-NIEPEŁNOSPRAWNI	3	00:29:12.20	00:29:12.20	+00:11:49 (40.5%)	5:26	11 (59.1%)
319	GÓRSKA Daria	78		K-2	13	00:29:18.00	00:29:18.00	+00:11:55 (40.7%)	5:27	11 (59.1%)
320	ŁUKASZYK Andrzej	415		M-4	61	00:29:20.65	00:29:20.65	+00:11:58 (40.8%)	5:27	11 (59.1%)
321	PIOR Tomasz	241		M-3	90	00:29:21.10	00:29:21.10	+00:11:58 (40.8%)	5:27	11 (59.1%)
322	WILKOWSKI Piotr	349		M-3	91	00:29:22.25	00:29:22.25	+00:11:59 (40.8%)	5:28	11 (59.1%)
323	PIECHOCKI Robert	239		M-4	62	00:29:22.95	00:29:22.95	+00:12:00 (40.9%)	5:28	11 (59.1%)
324	KUBIŃSKA Beata	176		K-4	11	00:29:25.95	00:29:25.95	+00:12:03 (41.0%)	5:28	11 (59.1%)
325	KUBIŃSKI Rafał	177		M-5	23	00:29:26.55	00:29:26.55	+00:12:03 (41.0%)	5:28	10.9 (58.6%)
326	DUK Magdalena	57		K-4	12	00:29:28.70	00:29:28.70	+00:12:06 (41.1%)	5:29	10.9 (58.6%)
327	KULIŃSKI Marek	180		M-3	92	00:29:29.30	00:29:29.30	+00:12:06 (41.1%)	5:29	10.9 (58.6%)
328	WOLAŃSKI Mariusz	363		M-5	24	00:29:32.10	00:29:32.10	+00:12:09 (41.2%)	5:29	10.9 (58.6%)
329	SIMONOWICZ Aneta	285		K-3	18	00:29:32.65	00:29:32.65	+00:12:10 (41.2%)	5:29	10.9 (58.6%)
330	PASTERNAK Joanna	234		K-2	14	00:29:33.15	00:29:33.15	+00:12:10 (41.2%)	5:30	10.9 (58.6%)
331	BARTKOWIAK Marian	5		M-5	25	00:29:37.65	00:29:37.65	+00:12:15 (41.3%)	5:30	10.9 (58.6%)
332	ZIELIŃSKI Jarosław	370		M-3	93	00:29:42.50	00:29:42.50	+00:12:19 (41.5%)	5:31	10.8 (58.1%)
333	ORŁOWSKA Małgorzata	226	DZIKI KOSZALIN	K-3	19	00:29:48.25	00:29:48.25	+00:12:25 (41.7%)	5:32	10.8 (58.1%)
334	KOTARSKI Kamil	501		M-2	57	00:29:56.80	00:29:56.80	+00:12:34 (42.0%)	5:34	10.8 (58.1%)
335	CHODOR Anna	445		K-3	20	00:29:57.90	00:29:57.90	+00:12:35 (42.0%)	5:34	10.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5.37km	brutto 5.37km			
336	IMIOŁEK Marcin	95		M-3	94	00:29:58.40	00:29:58.40	+00:12:35 (42.0%)	5:34	10.8 (58.1%)
337	BROMIŃSKA Wiesława	23		K-5	4	00:29:58.85	00:29:58.85	+00:12:36 (42.0%)	5:34	10.8 (58.1%)
338	MĄDRZYK Magdalena	203		K-3	21	00:29:59.85	00:29:59.85	+00:12:37 (42.1%)	5:35	10.7 (57.5%)
339	CHODOR Izabela	446		K-3	22	00:30:02.60	00:30:02.60	+00:12:40 (42.2%)	5:35	10.7 (57.5%)
340	GAWLIK Artur	67		M-3	95	00:30:06.30	00:30:06.30	+00:12:43 (42.3%)	5:36	10.7 (57.5%)
341	WOLSKA Aleksandra	414		K-3	23	00:30:09.95	00:30:09.95	+00:12:47 (42.4%)	5:36	10.7 (57.5%)
342	URBANEK Adrian	439		M-OPEN	2	00:30:13.00	00:30:13.00	+00:12:50 (42.5%)	5:37	10.7 (57.5%)
343	KARPIŃSKA Hanna	132		K-3	24	00:30:15.05	00:30:15.05	+00:12:52 (42.6%)	5:37	10.7 (57.5%)
344	DĄBROWSKA Katarzyna	44		K-2	15	00:30:22.35	00:30:22.35	+00:12:59 (42.8%)	5:39	10.6 (57.0%)
345	KONDRAT Joanna	147		K-2	16	00:30:23.85	00:30:23.85	+00:13:01 (42.8%)	5:39	10.6 (57.0%)
346	WIERZBICKI Kacper	342		M-2	58	00:30:28.05	00:30:28.05	+00:13:05 (43.0%)	5:40	10.6 (57.0%)
347	STRZELECKA-DRAGUN Halina	304		K-6	1	00:30:30.85	00:30:30.85	+00:13:08 (43.1%)	5:40	10.6 (57.0%)
347	DYRCZ Marika	59	MKS ŚWIĘC SŁAWNO	K-3	25	00:30:30.85	00:30:30.85	+00:13:08 (43.1%)	5:40	10.6 (57.0%)
349	KUKIOŁCZYŃSKA Lidia	179		K-3	26	00:30:43.05	00:30:43.05	+00:13:20 (43.4%)	5:43	10.5 (56.5%)
350	RETKA Natalia	364		K-4	13	00:30:45.90	00:30:45.90	+00:13:23 (43.5%)	5:43	10.5 (56.5%)
351	GREBIENIK Andrzej	81		M-4	63	00:30:47.25	00:30:47.25	+00:13:24 (43.6%)	5:43	10.5 (56.5%)
352	ŁOSIEWICZ Paulina	187		K-2	17	00:30:51.25	00:30:51.25	+00:13:28 (43.7%)	5:44	10.4 (55.9%)
353	SCHMIDT Dariusz	279		M-5	26	00:30:52.35	00:30:52.35	+00:13:29 (43.7%)	5:44	10.4 (55.9%)
354	BUT Mikołaj	29		M-0	17	00:30:53.45	00:30:53.45	+00:13:30 (43.7%)	5:45	10.4 (55.9%)
355	BULKA Marta	437		K-1	2	00:30:54.35	00:30:54.35	+00:13:31 (43.8%)	5:45	10.4 (55.9%)
356	IWANEK Paweł	97		M-3	96	00:30:55.50	00:30:55.50	+00:13:32 (43.8%)	5:45	10.4 (55.9%)
357	HELLER Zdzisław	90		M-5	27	00:30:56.15	00:30:56.15	+00:13:33 (43.8%)	5:45	10.4 (55.9%)
358	BORSUK Dorota	20		K-4	14	00:30:57.60	00:30:57.60	+00:13:35 (43.9%)	5:45	10.4 (55.9%)
358	MARSZAŁKOWSKA Dorota	389	TKKF KOSZALIN	K-5	5	00:30:57.60	00:30:57.60	+00:13:35 (43.9%)	5:45	10.4 (55.9%)
360	KRYGIER Małgorzata	172	W.P.K. SŁOŃ TEAM USTKA	K-0	6	00:31:00.70	00:31:00.70	+00:13:38 (44.0%)	5:46	10.4 (55.9%)
361	WIĘCKOWSKI Maciej	344	MW CONSTRUCTION S.C.	M-3	97	00:31:07.60	00:31:07.60	+00:13:45 (44.2%)	5:47	10.4 (55.9%)
362	HAMUŁKA Krzysztof	88	DZIKI KOSZALIN	M-4	64	00:31:10.00	00:31:10.00	+00:13:47 (44.2%)	5:48	10.3 (55.4%)
363	POTRZEBOWSKI Marek	251		M-NIEPEŁNOSPRAWNI	3	00:31:15.50	00:31:15.50	+00:13:52 (44.4%)	5:49	10.3 (55.4%)
364	IMIOŁEK Jacek	96		M-3	98	00:31:21.00	00:31:21.00	+00:13:58 (44.6%)	5:50	10.3 (55.4%)
365	POPŁAWSKA Krystyna	248		K-5	6	00:31:22.15	00:31:22.15	+00:13:59 (44.6%)	5:50	10.3 (55.4%)
366	JAKÓBCZAK Dariusz	104		M-4	65	00:31:38.05	00:31:38.05	+00:14:15 (45.1%)	5:53	10.2 (54.8%)
367	ZWOLAK Barbara	376		K-4	15	00:31:49.30	00:31:49.30	+00:14:26 (45.4%)	5:55	10.1 (54.3%)
368	SZULC Martyna	311		K-2	18	00:31:50.10	00:31:50.10	+00:14:27 (45.4%)	5:55	10.1 (54.3%)
369	PASEK Paula	232		K-2	19	00:31:50.90	00:31:50.90	+00:14:28 (45.4%)	5:55	10.1 (54.3%)
370	RETERSKI Przemysław	263		M-3	99	00:32:06.45	00:32:06.45	+00:14:43 (45.9%)	5:58	10 (53.8%)
371	WŁODARCZYK Paulina	426		K-1	3	00:32:07.80	00:32:07.80	+00:14:45 (45.9%)	5:58	10 (53.8%)
372	KOMEL Natalia	523		K-2	20	00:32:11.30	00:32:11.30	+00:14:48 (46.0%)	5:59	10 (53.8%)
373	LITWIN Joanna	425		K-3	27	00:32:13.55	00:32:13.55	+00:14:50 (46.1%)	5:59	10 (53.8%)
374	LUBAWIŃSKA Ilona	184	K.B.SPRINT ŚWIDWIN	K-2	21	00:32:21.15	00:32:21.15	+00:14:58 (46.3%)	6:01	10 (53.8%)
375	KOŁAKOWSKI Dariusz	144	K.B.SPRINT ŚWIDWIN	M-4	66	00:32:21.50	00:32:21.50	+00:14:58 (46.3%)	6:01	10 (53.8%)
376	KORPAL Cezary	155		M-5	28	00:32:23.70	00:32:23.70	+00:15:01 (46.4%)	6:01	9.9 (53.2%)
377	MICHALCZYK Małgorzata	207		K-2	22	00:32:24.10	00:32:24.10	+00:15:01 (46.4%)	6:02	9.9 (53.2%)
378	SKIERŚ Wanda	286		K-5	7	00:32:35.00	00:32:35.00	+00:15:12 (46.7%)	6:04	9.9 (53.2%)
379	HUBERT Łukasz	510		M-3	100	00:32:43.90	00:32:43.90	+00:15:21 (46.9%)	6:05	9.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5.37km	brutto 5.37km			
380	KŁOSOWSKA Lidia	503		K-3	28	00:32:45.25	00:32:45.25	+00:15:22 (46.9%)	6:05	9.8 (52.7%)
381	KORPAL Grażyna	154		K-5	8	00:32:54.25	00:32:54.25	+00:15:31 (47.2%)	6:07	9.8 (52.7%)
382	IWANKIEWICZ Justyna	507		K-3	29	00:32:55.15	00:32:55.15	+00:15:32 (47.2%)	6:07	9.8 (52.7%)
383	FELKOWSKA Karolina	529		K-3	30	00:33:00.10	00:33:00.10	+00:15:37 (47.3%)	6:08	9.8 (52.7%)
384	PLATA Katarzyna	242		K-3	31	00:33:00.35	00:33:00.35	+00:15:37 (47.4%)	6:08	9.8 (52.7%)
385	ŁUBNIEWSKA Natalia	188		K-3	32	00:33:02.55	00:33:02.55	+00:15:39 (47.4%)	6:09	9.8 (52.7%)
386	JUSZCZYK Agnieszka	113		K-3	33	00:33:02.95	00:33:02.95	+00:15:40 (47.4%)	6:09	9.8 (52.7%)
387	RAMA Ewa	260		K-5	9	00:33:03.95	00:33:03.95	+00:15:41 (47.4%)	6:09	9.7 (52.2%)
388	RAMA Janusz	259		M-4	67	00:33:04.05	00:33:04.05	+00:15:41 (47.5%)	6:09	9.7 (52.2%)
389	ŁUKASIEWICZ Aleksandra	189	DZIKI KOSZALIN	K-3	34	00:33:10.30	00:33:10.30	+00:15:47 (47.6%)	6:10	9.7 (52.2%)
390	KOWALCZUK Natalia	161	ŚWIAT PŁYTEK U KRYSPIŃ	K-2	23	00:33:15.25	00:33:15.25	+00:15:52 (47.7%)	6:11	9.7 (52.2%)
391	KONDRAT Aleksandra	146		K-2	24	00:33:16.10	00:33:16.10	+00:15:53 (47.8%)	6:11	9.7 (52.2%)
392	KRAWCZUK-KIEŁB Anna	168		K-4	16	00:33:17.80	00:33:17.80	+00:15:55 (47.8%)	6:11	9.7 (52.2%)
393	MICHALAK Olimpia	91		K-2	25	00:33:18.95	00:33:18.95	+00:15:56 (47.8%)	6:12	9.7 (52.2%)
394	STAWISZYŃSKA Anna	297	FORUM ROZWOJU KOSZALINA	K-2	26	00:33:25.55	00:33:25.55	+00:16:02 (48.0%)	6:13	9.6 (51.6%)
395	CIOS Agnieszka	40		K-2	27	00:33:31.15	00:33:31.15	+00:16:08 (48.2%)	6:14	9.6 (51.6%)
396	MARZĘCKI Marek	198		M-4	68	00:33:31.40	00:33:31.40	+00:16:08 (48.2%)	6:14	9.6 (51.6%)
397	ŻUCHOWSKA Maria	380		K-3	35	00:33:39.70	00:33:39.70	+00:16:17 (48.4%)	6:15	9.6 (51.6%)
398	SZAFIROWICZ-CHOJNACKA	518		K-3	36	00:33:50.70	00:33:50.70	+00:16:28 (48.7%)	6:18	9.5 (51.1%)
399	CHOJNACKI Bartosz	517		M-3	101	00:33:51.25	00:33:51.25	+00:16:28 (48.7%)	6:18	9.5 (51.1%)
400	PASEK Jan	233		M-6	13	00:33:51.85	00:33:51.85	+00:16:29 (48.7%)	6:18	9.5 (51.1%)
401	KRAMARZ Aneta	442		K-3	37	00:33:53.40	00:33:53.40	+00:16:30 (48.7%)	6:18	9.5 (51.1%)
401	STASZYŃSKA Marianna	392		K-5	10	00:33:53.40	00:33:53.40	+00:16:30 (48.7%)	6:18	9.5 (51.1%)
403	NEJMAN Małgorzata	408		K-4	17	00:33:55.70	00:33:55.70	+00:16:33 (48.8%)	6:18	9.5 (51.1%)
404	KOZŁOWIECKA Małgorzata	164	TKKF KOSZALIN	K-NIEPEŁNOSPRAWNI	4	00:33:59.05	00:33:59.05	+00:16:36 (48.9%)	6:19	9.5 (51.1%)
405	RATAJCZYK Grażyna	262		K-6	2	00:34:13.30	00:34:13.30	+00:16:50 (49.2%)	6:22	9.4 (50.5%)
406	JARCZAK Katarzyna	108		K-2	28	00:34:15.90	00:34:15.90	+00:16:53 (49.3%)	6:22	9.4 (50.5%)
407	IWANIEK Wioleta	98		K-3	38	00:34:26.40	00:34:26.40	+00:17:03 (49.5%)	6:24	9.4 (50.5%)
408	KOWALSKI Jerzy	163		M-6	14	00:34:34.35	00:34:34.35	+00:17:11 (49.7%)	6:26	9.3 (50.0%)
409	SZYSZKOWSKI Tomasz	316		M-3	102	00:34:41.15	00:34:41.15	+00:17:18 (49.9%)	6:27	9.3 (50.0%)
410	OGRODNIK Sebastian	521		M-0	18	00:34:58.50	00:34:58.50	+00:17:35 (50.3%)	6:30	9.2 (49.5%)
411	SAWICKA Alicja	278		K-5	11	00:35:03.40	00:35:03.40	+00:17:40 (50.4%)	6:31	9.2 (49.5%)
412	CICHOCKA Marta	508		K-2	29	00:35:05.70	00:35:05.70	+00:17:43 (50.5%)	6:31	9.2 (49.5%)
413	MACHAŁA Janusz	190		M-5	29	00:35:30.40	00:35:30.40	+00:18:07 (51.1%)	6:36	9.1 (48.9%)
414	HAUSMAN Andrzej	89	KSR ROWERIA	M-6	15	00:36:13.80	00:36:13.80	+00:18:51 (52.0%)	6:44	8.9 (47.8%)
415	MARKOWSKA Lidia	193		K-3	39	00:36:15.00	00:36:15.00	+00:18:52 (52.1%)	6:45	8.9 (47.8%)
416	PEŁKA Iwona	236		K-4	18	00:36:16.30	00:36:16.30	+00:18:53 (52.1%)	6:45	8.9 (47.8%)
417	JAŁYŃSKI Adam	105	OGIEŃ W SZOPIE	M-3	103	00:36:16.65	00:36:16.65	+00:18:54 (52.1%)	6:45	8.9 (47.8%)
418	WŁAŚNIAK Agnieszka	354	ZSP1 SŁUPSK	K-0	7	00:36:32.50	00:36:32.50	+00:19:09 (52.4%)	6:48	8.8 (47.3%)
419	DĘBSKA Dorota	50		K-4	19	00:36:38.75	00:36:38.75	+00:19:16 (52.6%)	6:49	8.8 (47.3%)
420	WILKOWSKA Małgorzata	347		K-3	40	00:36:40.25	00:36:40.25	+00:19:17 (52.6%)	6:49	8.8 (47.3%)
421	WILKOWSKA Beata	348		K-3	41	00:36:40.70	00:36:40.70	+00:19:18 (52.6%)	6:49	8.8 (47.3%)
422	SKIERŚ Stanisław	287		M-6	16	00:36:54.00	00:36:54.00	+00:19:31 (52.9%)	6:52	8.7 (46.8%)
423	ZIMNIAK Krystyna	374	KRYSTYNA TEAM POZNAŃ	K-5	12	00:37:00.50	00:37:00.50	+00:19:37 (53.0%)	6:53	8.7 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.37km	Czas brutto 5.37km	Różn	Tempo min/km	Tempo km/h
424	STELMASZYK Paweł	300	SZYBKIE ŻÓŁWIE	M-2	59	00:37:17.70	00:37:17.70	+00:19:55 (53.4%)	6:56	8.6 (46.2%)
425	MURAWSKI Waldemar	434		M-6	17	00:37:17.95	00:37:17.95	+00:19:55 (53.4%)	6:56	8.6 (46.2%)
426	KOPREK Marzena	151	SZYBKIE ŻÓŁWIE	K-2	30	00:37:27.35	00:37:27.35	+00:20:04 (53.6%)	6:58	8.6 (46.2%)
427	DĘBOWSKA Anna	49	BORYSY	K-1	4	00:37:46.60	00:37:46.60	+00:20:24 (54.0%)	7:01	8.5 (45.7%)
428	KANIA Ania	128	BORYSY	K-2	31	00:37:46.75	00:37:46.75	+00:20:24 (54.0%)	7:01	8.5 (45.7%)
429	WĄTRUCKA Krystyna	334	ŚWIAT PŁYTEK U KRYSPINA	K-6	3	00:38:03.70	00:38:03.70	+00:20:41 (54.3%)	7:05	8.5 (45.7%)
430	MARKOWSKI Grzegorz	195		M-4	69	00:38:10.50	00:38:10.50	+00:20:47 (54.5%)	7:06	8.4 (45.2%)
431	CHOLCHA Halina	417		K-6	4	00:40:02.00	00:40:02.00	+00:22:39 (56.6%)	7:27	8 (43.0%)
432	SOLAK Halina	291	ŚWIAT PŁYTEK U KRYSPINA	K-NIEPEŁNOSPRAWNI	5	00:40:22.50	00:40:22.50	+00:22:59 (57.0%)	7:31	8 (43.0%)
433	SZYSZKOWSKA Katarzyna	315		K-3	42	00:41:12.95	00:41:12.95	+00:23:50 (57.8%)	7:40	7.8 (41.9%)
434	BARTNIK Marian	6	TKKF KOSZALIN	M-7	3	00:42:39.55	00:42:39.55	+00:25:16 (59.3%)	7:56	7.6 (40.9%)
435	KROMER Przemysław	522		M-3	104					(0.0%)

Znaleziono 435 wynik(ów)