



VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-12-31
Miejsce: Koszalin
Dystans: 5.3 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
1	BEDNARZ Paweł	31	13-TY FUN CLUB ASI CHMIEL:*	M30-39	1	00:00:15	00:05:32	00:11:37	00:17:37	00:18:10.90	00:18:26.75		3:25	17.5 (100%)
2	WENT Jakub	342		M30-39	2	00:00:15	00:06:01	00:12:04	00:17:38	00:18:13.45	00:18:29.10	+00:00:02 (0.2%)	3:26	17.4 (99.4%)
3	RUDNIK Krzysztof	278	NIGHT RUNNERS SŁUPSK	M30-39	3	00:00:15	00:05:53	00:12:05	00:17:40	00:18:15.90	00:18:31.25	+00:00:05 (0.5%)	3:26	17.4 (99.4%)
4	GUZOWSKI Denis	104	TALEX BORYSŁAW BORZYTUCHOM	M18-29	1	00:00:15	00:05:53	00:12:04	00:18:20	00:18:56.50	00:19:11.55	+00:00:45 (4.0%)	3:34	16.8 (96.0%)
5	KURKUL Przemek	189	PAŁÓWKO	M18-29	2	00:00:16	00:06:08	00:12:24	00:18:36	00:19:15.50	00:19:32.35	+00:01:04 (5.6%)	3:38	16.5 (94.3%)
6	KULCZYK Jerzy	435		M50-59	1	00:00:15	00:06:07	00:12:29	00:18:44	00:19:20.45	00:19:36.35	+00:01:09 (6.0%)	3:39	16.4 (93.7%)
7	BARTKOWIAK Janusz	28	K.B. ZDRÓJ MENTOR	M18-29	3	00:00:15	00:06:09	00:12:29	00:18:44	00:19:20.85	00:19:36.65	+00:01:09 (6.0%)	3:39	16.4 (93.7%)
8	WIERZEJSKI Sławomir	348	KLUB BIEGACZA 'GOCH' BYTÓW	M40-49	1	00:00:15	00:06:19	00:12:35	00:18:47	00:19:21.50	00:19:37.30	+00:01:10 (6.1%)	3:39	16.4 (93.7%)
9	ORZECZOWSKI Kamil	240		M18-29	4	00:00:16	00:06:06	00:12:25	00:18:45	00:19:23.15	00:19:39.15	+00:01:12 (6.2%)	3:39	16.4 (93.7%)
10	EMILIT Grzegorz	76	DZIESIĄTKA BIAŁOGARD	M30-39	4	00:00:17	00:06:19	00:12:37	00:18:53	00:19:30.30	00:19:47.75	+00:01:19 (6.8%)	3:40	16.3 (93.1%)
11	GOSTKOWSKI Łukasz	95	KB GOCH BYTÓW	M18-29	5	00:00:18	00:06:17	00:12:32	00:18:53	00:19:31.25	00:19:49.50	+00:01:20 (6.9%)	3:40	16.3 (93.1%)
12	LEŚNIEWSKI Konrad	193	KB BRYZA POSTOMINO	M18-29	6	00:00:15	00:06:12	00:12:35	00:18:59	00:19:37.15	00:19:52.95	+00:01:26 (7.3%)	3:42	16.2 (92.6%)
13	GARSKI Krystin	86	ŚWIAT PŁYTEK U KRYSPIŃA	M40-49	2	00:00:16	00:06:19	00:12:36	00:19:00	00:19:41.40	00:19:57.40	+00:01:30 (7.7%)	3:42	16.2 (92.6%)
14	KURKUL Janek	188	KB BRYZA POSTOMINO	M14-17	1	00:00:17	00:06:11	00:12:43	00:19:14	00:19:49.60	00:20:07.10	+00:01:38 (8.3%)	3:44	16 (91.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
15	RUDNIKOWSKI Maciej	279	BIEGUZDROWISKOWY.PL	M40-49	3	00:00:16	00:06:12	00:12:44	00:19:15	00:19:50.60	00:20:06.90	+00:01:39 (8.4%)	3:44	16 (91.4%)
16	USTIANOWSKI Wojciech	329	JW 1223 (ROZBIEGANY KOSZALIN)	M18-29	7	00:00:17	00:06:28	00:13:04	00:19:29	00:20:05.50	00:20:23.40	+00:01:54 (9.5%)	3:47	15.8 (90.3%)
17	PEC Marek	251		M40-49	4	00:00:15	00:06:19	00:12:58	00:19:36	00:20:15.60	00:20:31.40	+00:02:04 (10.3%)	3:49	15.7 (89.7%)
18	KLIMOWICZ Michał	151	NIEZRZESZONY	M18-29	8	00:00:17	00:06:27	00:13:10	00:19:45	00:20:21.80	00:20:38.90	+00:02:10 (10.7%)	3:50	15.6 (89.1%)
19	WOJTALIK Łukasz	412	POŁCZYN -ZDRÓJ BIEGA	M30-39	5	00:00:16	00:06:17	00:13:05	00:19:48	00:20:27.15	00:20:43.40	+00:02:16 (11.1%)	3:51	15.6 (89.1%)
20	JAŻWIŃSKI Dawid	129	TKKF KOSZALIN	M14-17	2	00:00:16	00:06:12	00:13:05	00:19:49	00:20:27.25	00:20:43.40	+00:02:16 (11.1%)	3:51	15.6 (89.1%)
21	SZEWCUK Paweł	308		M30-39	6	00:00:16	00:06:18	00:13:01	00:19:52	00:20:36.15	00:20:52.90	+00:02:25 (11.8%)	3:53	15.4 (88.0%)
22	GRZESIK Eugeniusz	102	TKKF KOSZALIN	M50-59	2	00:00:15	00:06:33	00:13:22	00:20:08	00:20:47.55	00:21:02.85	+00:02:36 (12.6%)	3:55	15.3 (87.4%)
23	WOJCIECHOWICZ Jacek	407	WWW.STUDIOTANCAPASJA.PL	M30-39	7	00:00:16	00:06:33	00:13:21	00:20:09	00:20:49.60	00:21:06.30	+00:02:38 (12.7%)	3:55	15.3 (87.4%)
24	RODZIEWICZ Marcin	273		M30-39	8	00:00:16	00:06:38	00:13:25	00:20:11	00:20:52.45	00:21:08.85	+00:02:41 (12.9%)	3:56	15.2 (86.9%)
25	WÓJCIK Damian	418	RUNNERSWALDE DARŁOWO	M40-49	5	00:00:19	00:06:41	00:13:29	00:20:13	00:20:52.85	00:21:12.15	+00:02:41 (12.9%)	3:56	15.2 (86.9%)
26	MOSEK Radosław	220		M30-39	9	00:00:18	00:06:37	00:13:30	00:20:27	00:21:05.95	00:21:24.70	+00:02:55 (13.8%)	3:58	15.1 (86.3%)
27	CZAPLIŃSKI Jacek	60		M30-39	10	00:00:18	00:06:30	00:13:32	00:20:28	00:21:08.60	00:21:26.90	+00:02:57 (14.0%)	3:59	15 (85.7%)
28	WOJDASIEWICZ Tadeusz	411		M30-39	11	00:00:19	00:06:47	00:13:38	00:20:31	00:21:11.70	00:21:31.60	+00:03:00 (14.2%)	4:00	15 (85.7%)
29	RUDZIŃSKI Adam	261		M40-49	6	00:00:16	00:06:33	00:13:31	00:20:33	00:21:15.05	00:21:31.90	+00:03:04 (14.4%)	4:00	15 (85.7%)
30	SZAMREJ Wojciech	306		M50-59	3	00:00:18	00:06:37	00:13:34	00:20:32	00:21:17.30	00:21:35.95	+00:03:06 (14.6%)	4:00	14.9 (85.1%)
31	LUBLEWSKI Dawid	436		M18-29	9	00:00:18	00:06:32	00:13:31	00:20:36	00:21:18.95	00:21:37.80	+00:03:08 (14.7%)	4:01	14.9 (85.1%)
32	CHUDY Henryk	53	K S OLSZEWSKI I SYNOWIE	M60-69	1	00:00:18	00:06:44	00:13:45	00:20:48	00:21:32.05	00:21:50.05	+00:03:21 (15.6%)	4:03	14.8 (84.6%)
33	BIEDRZYCKI Krzysztof	32	CW FANZA	M40-49	7	00:00:17	00:06:50	00:14:02	00:21:02	00:21:44.50	00:22:01.55	+00:03:33 (16.4%)	4:06	14.6 (83.4%)
34	KISIELEWICZ Krzysztof	439	KORZYBSKIE REKINY	M18-29	10	00:00:21	00:07:02	00:14:07	00:21:04	00:21:47.35	00:22:08.85	+00:03:36 (16.6%)	4:06	14.6 (83.4%)
35	STĘŻAŁA Artur	300	JW1223	M40-49	8	00:00:17	00:06:49	00:14:02	00:21:14	00:21:55.55	00:22:13.35	+00:03:44 (17.1%)	4:08	14.5 (82.9%)
36	UZNAŃSKI Ryszard	330	KOŁOBRZEG BIEGA	M40-49	9	00:00:16	00:06:47	00:13:53	00:21:18	00:22:02.00	00:22:18.10	+00:03:51 (17.5%)	4:09	14.4 (82.3%)
37	ZBOIŃSKI Wojciech	422		M40-49	10	00:00:19	00:07:11	00:14:28	00:21:30	00:22:07.35	00:22:26.60	+00:03:56 (17.8%)	4:10	14.4 (82.3%)

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38	WUJTIUK Piotr	417		M40-49	11	00:00:18	00:06:56	00:14:09	00:21:28	00:22:11.90	00:22:30.55	+00:04:01 (18.1%)	4:11	14.3 (81.7%)
39	WALTER Przemysław	336	10 BIAŁOGARD	M40-49	12	00:00:18	00:07:03	00:14:14	00:21:30	00:22:13.25	00:22:31.80	+00:04:02 (18.2%)	4:11	14.3 (81.7%)
40	ŁUKAWSKI Mariusz	198	JW 1223	M18-29	11	00:00:19	00:06:47	00:14:00	00:21:31	00:22:15.05	00:22:35.00	+00:04:04 (18.3%)	4:12	14.3 (81.7%)
40	HAMER Szymon	433		M30-39	12	00:00:18	00:06:46	00:14:07	00:21:35	00:22:15.05	00:22:33.65	+00:04:04 (18.3%)	4:11	14.3 (81.7%)
42	SZYMAŃSKI Piotr	314	POŁCZYN ZDRÓJ BIEGA	M30-39	13	00:00:34	00:07:13	00:14:19	00:21:29	00:22:15.80	00:22:50.35	+00:04:04 (18.3%)	4:12	14.3 (81.7%)
43	NOWAKOWSKI Rafał	236		M30-39	14	00:00:25	00:07:15	00:14:29	00:21:35	00:22:16.70	00:22:42.00	+00:04:05 (18.4%)	4:12	14.3 (81.7%)
44	WEBER Paweł	339	BAŁTYK KOSZALIN	M30-39	15	00:00:18	00:06:44	00:14:06	00:21:35	00:22:18.10	00:22:36.45	+00:04:07 (18.5%)	4:12	14.3 (81.7%)
45	CHOŁUJ Jarek	50	ROZBIEGANY KOSZALIN	M40-49	13	00:00:29	00:07:16	00:14:29	00:21:39	00:22:22.75	00:22:52.30	+00:04:11 (18.8%)	4:13	14.2 (81.1%)
46	NOWACZYK Christian	235		M18-29	12	00:00:21	00:07:05	00:14:31	00:21:54	00:22:33.10	00:22:54.25	+00:04:22 (19.4%)	4:15	14.1 (80.6%)
47	WINKEL Łukasz	403		M40-49	14	00:00:18	00:07:17	00:14:34	00:21:54	00:22:37.95	00:22:56.85	+00:04:27 (19.7%)	4:16	14.1 (80.6%)
48	ŻEROMSKI Dawid	426		M18-29	13	00:00:18	00:06:59	00:14:22	00:21:58	00:22:43.00	00:23:01.95	+00:04:32 (20.0%)	4:17	14 (80.0%)
49	CHAJNOWSKI Jarosław	48	TKKF TRIATHLON KOSZALIN	M50-59	4	00:00:22	00:07:34	00:15:01	00:22:07	00:22:47.70	00:23:10.35	+00:04:36 (20.2%)	4:18	13.9 (79.4%)
50	WILKOWSKI Krzysztof	401		M30-39	16	00:00:17	00:07:04	00:14:28	00:22:01	00:22:48.30	00:23:06.25	+00:04:37 (20.3%)	4:18	13.9 (79.4%)
51	JAMNIAK Bartosz	120	MTS HAMER MIASTKO	M18-29	14	00:00:16	00:06:54	00:14:30	00:22:08	00:22:49.85	00:23:06.55	+00:04:38 (20.4%)	4:18	13.9 (79.4%)
52	ŻYLICZ Paweł	431	STOPA SŁUPSK	M18-29	15	00:00:17	00:07:13	00:14:40	00:22:07	00:22:51.00	00:23:08.00	+00:04:40 (20.4%)	4:18	13.9 (79.4%)
53	SZAŁKOWSKI Wojtek	305	TUPOT USTKA	M40-49	15	00:00:34	00:07:34	00:14:56	00:22:12	00:22:55.50	00:23:30.40	+00:04:44 (20.7%)	4:19	13.9 (79.4%)
54	PĘKAŁA Piotr	256	ROZBIEGA KOSZALIN	M40-49	16	00:00:23	00:07:14	00:14:45	00:22:12	00:22:58.65	00:23:22.40	+00:04:47 (20.9%)	4:20	13.8 (78.9%)
55	MICHALSKI Jakub	218	TRIATHLON KOSZALIN	M40-49	17	00:00:21	00:07:35	00:15:03	00:22:24	00:23:04.20	00:23:26.00	+00:04:53 (21.2%)	4:21	13.8 (78.9%)
56	ADAMCZAK Andrzej	26	TRIATHLON KOSZALIN LABO SPORT	M50-59	5	00:00:22	00:07:34	00:15:02	00:22:22	00:23:06.60	00:23:28.80	+00:04:55 (21.3%)	4:21	13.8 (78.9%)
57	DESZCZ Tomasz	434	RONIN GOLDTEAM	M18-29	16	00:00:15	00:06:52	00:15:12	00:22:27	00:23:09.70	00:23:25.30	+00:04:58 (21.5%)	4:22	13.7 (78.3%)
58	RUTKOWSKI Ryszard	282	RUTKOWSKI TEAM	M50-59	6	00:00:20	00:07:18	00:14:55	00:22:28	00:23:10.85	00:23:31.55	+00:04:59 (21.6%)	4:22	13.7 (78.3%)
59	KRACZKOWSKI Przemysław	170		M30-39	17	00:00:35	00:07:26	00:14:55	00:22:26	00:23:11.40	00:23:47.15	+00:05:00 (21.6%)	4:22	13.7 (78.3%)
60	CZERSKI Paweł	62		M18-29	17	00:00:18	00:07:18	00:14:51	00:22:34	00:23:12.95	00:23:31.50	+00:05:02 (21.7%)	4:22	13.7 (78.3%)

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61	KRAKOWIAK Sławomir	172	COSSG KOSZALIN	M40-49	18	00:00:24	00:07:37	00:15:12	00:22:33	00:23:16.45	00:23:40.60	+00:05:05 (21.9%)	4:23	13.7 (78.3%)
62	KOSIŃSKI Mateusz	164	DRUŻYNA SZPIKU	M18-29	18	00:00:27	00:07:30	00:15:04	00:22:36	00:23:17.90	00:23:45.05	+00:05:07 (22.0%)	4:23	13.6 (77.7%)
63	MOSIOŁEK Piotr	221		M40-49	19	00:00:22	00:07:34	00:15:03	00:22:36	00:23:23.90	00:23:46.10	+00:05:13 (22.3%)	4:24	13.6 (77.7%)
64	CHROSTEK Adam	52		M40-49	20	00:00:24	00:07:32	00:15:11	00:22:44	00:23:24.00	00:23:48.55	+00:05:13 (22.3%)	4:24	13.6 (77.7%)
65	NIEMCZUK Dariusz	233	JAMNO	M50-59	7	00:00:21	00:07:36	00:15:05	00:22:46	00:23:27.20	00:23:49.15	+00:05:16 (22.5%)	4:25	13.6 (77.7%)
66	PERCZYŃSKI Jarek	255		M40-49	21	00:00:17	00:06:56	00:14:58	00:22:50	00:23:31.05	00:23:48.25	+00:05:20 (22.7%)	4:26	13.5 (77.1%)
67	ŚNIADECKI Wojciech	317		M18-29	19	00:00:16	00:06:50	00:14:39	00:22:45	00:23:32.30	00:23:49.15	+00:05:21 (22.8%)	4:26	13.5 (77.1%)
68	IWANIEC Dariusz	116	TKKF KOSZALIN	M40-49	22	00:00:18	00:07:15	00:15:02	00:22:51	00:23:34.70	00:23:53.60	+00:05:23 (22.9%)	4:26	13.5 (77.1%)
69	KLEMANN Paweł	150		M30-39	18	00:00:16	00:07:20	00:15:05	00:22:51	00:23:36.50	00:23:52.50	+00:05:25 (23.0%)	4:27	13.5 (77.1%)
70	HOC Dariusz	110		M40-49	23	00:00:24	00:07:38	00:15:28	00:22:54	00:23:38.65	00:24:03.00	+00:05:27 (23.1%)	4:27	13.4 (76.6%)
71	BOBER Jakub	37		M18-29	20	00:00:21	00:07:12	00:15:12	00:22:53	00:23:39.90	00:24:01.20	+00:05:29 (23.2%)	4:27	13.4 (76.6%)
72	KUŁAKOWSKI Dawid	185	TKKF KOSZALIN	M30-39	19	00:00:32	00:07:46	00:15:35	00:23:04	00:23:45.45	00:24:18.25	+00:05:34 (23.5%)	4:29	13.4 (76.6%)
73	PSTRĄGOWSKI Marcin	442	DZIKI KOSZALIN	M30-39	20	00:00:20	00:07:19	00:15:12	00:23:01	00:23:47.85	00:24:08.70	+00:05:36 (23.6%)	4:29	13.4 (76.6%)
74	KRAWCZYK Tomasz	177		M30-39	21	00:00:21	00:07:30	00:15:13	00:23:01	00:23:48.25	00:24:09.45	+00:05:37 (23.6%)	4:29	13.4 (76.6%)
75	ROGOŻA Ireneusz	276	BIEGNIJMY.PL	M40-49	24	00:00:19	00:07:26	00:15:10	00:23:03	00:23:51.95	00:24:11.55	+00:05:41 (23.8%)	4:30	13.3 (76.0%)
76	MICERSKI Tomasz	216	TKKF KOSZALIN	M40-49	25	00:00:34	00:07:44	00:15:33	00:23:09	00:23:54.15	00:24:28.50	+00:05:43 (23.9%)	4:30	13.3 (76.0%)
77	MUCHA Krzysztof	224		M30-39	22	00:00:19	00:07:47	00:15:39	00:23:12	00:23:55.75	00:24:15.50	+00:05:44 (24.0%)	4:30	13.3 (76.0%)
78	SIENICKI Piotr	286	OPIUM	M40-49	26	00:00:23	00:07:31	00:15:21	00:23:15	00:23:57.15	00:24:20.40	+00:05:46 (24.1%)	4:31	13.3 (76.0%)
79	WASYLÓW Mateusz	337	DROZDOWO	M18-29	21	00:00:18	00:07:10	00:15:19	00:23:14	00:24:01.60	00:24:19.60	+00:05:50 (24.3%)	4:31	13.2 (75.4%)
80	FILIPEK Damian	80		M18-29	22	00:00:16	00:06:54	00:14:59	00:23:15	00:24:02.70	00:24:19.40	+00:05:51 (24.4%)	4:32	13.2 (75.4%)
81	GOŃKA Krzysztof	94	DECATHLON KOSZALIN	M18-29	23	00:00:20	00:07:39	00:15:39	00:23:13	00:24:04.40	00:24:25.25	+00:05:53 (24.5%)	4:32	13.2 (75.4%)
82	JARZYNA Roman	126		M40-49	27	00:00:17	00:07:27	00:15:18	00:23:19	00:24:06.05	00:24:23.40	+00:05:55 (24.6%)	4:32	13.2 (75.4%)
83	KILAR Tomasz	148		M40-49	28	00:00:25	00:07:32	00:15:25	00:23:22	00:24:08.30	00:24:33.45	+00:05:57 (24.7%)	4:33	13.2 (75.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
84	KISIELIŃSKI Igor	149		M50-59	8	00:00:25	00:07:47	00:15:44	00:23:19	00:24:08.50	00:24:33.80	+00:05:57 (24.7%)	4:33	13.2 (75.4%)
85	KUBIŃSKI Rafał	184	NIGHT RUNNERS SŁUPSK	M50-59	9	00:00:19	00:07:34	00:15:23	00:23:22	00:24:11.30	00:24:30.75	+00:06:00 (24.8%)	4:33	13.1 (74.9%)
86	STRUMIŃSKI Rafał	302	DZIKI KOSZALIN	M30-39	23	00:00:20	00:07:35	00:15:29	00:23:25	00:24:11.70	00:24:32.25	+00:06:00 (24.9%)	4:33	13.1 (74.9%)
87	GOTOWAŁA Rafał	96		M30-39	24	00:00:21	00:07:40	00:15:34	00:23:28	00:24:15.85	00:24:37.45	+00:06:04 (25.1%)	4:34	13.1 (74.9%)
88	CHWALEBA Jan	55		M50-59	10	00:00:28	00:07:38	00:15:28	00:23:30	00:24:16.30	00:24:44.70	+00:06:05 (25.1%)	4:34	13.1 (74.9%)
89	CYBULSKI Robert	57	MTS HAMER MIASTKO	M40-49	29	00:00:26	00:07:51	00:15:41	00:23:33	00:24:17.20	00:24:44.00	+00:06:06 (25.1%)	4:35	13.1 (74.9%)
90	ŚNIEŻKO Marcin	318	TKKF KOSZALIN	M30-39	25	00:00:21	00:07:37	00:15:38	00:23:31	00:24:17.80	00:24:38.80	+00:06:06 (25.2%)	4:34	13.1 (74.9%)
91	KRUPIŃSKI Krzysztof	178	E-UROLOG	M50-59	11	00:00:22	00:07:59	00:15:47	00:23:28	00:24:18.15	00:24:40.35	+00:06:07 (25.2%)	4:35	13.1 (74.9%)
92	GOŁDYN Marek	92	TKKF KOSZALIN	M30-39	26	00:00:24	00:07:48	00:15:49	00:23:37	00:24:20.20	00:24:44.70	+00:06:09 (25.3%)	4:35	13.1 (74.9%)
93	JAROSZEWSKI Daniel	125	ROZBIEGANY KOSZALIN	M30-39	27	00:00:22	00:07:40	00:15:39	00:23:35	00:24:21.10	00:24:43.60	+00:06:10 (25.3%)	4:35	13.1 (74.9%)
94	WICHER Krzysztof	345	ADWOKATURA	M30-39	28	00:00:19	00:07:34	00:15:38	00:23:35	00:24:22.20	00:24:41.45	+00:06:11 (25.4%)	4:35	13.1 (74.9%)
95	KRASIŃSKI Witold	174		M40-49	30	00:00:23	00:07:45	00:15:43	00:23:39	00:24:22.45	00:24:46.20	+00:06:11 (25.4%)	4:36	13 (74.3%)
96	DOMASZK Zbigniew	70		M40-49	31	00:00:16	00:07:42	00:15:45	00:23:40	00:24:23.60	00:24:39.90	+00:06:12 (25.5%)	4:36	13 (74.3%)
97	SZYMAŃSKI Piotr	315		M40-49	32	00:00:36	00:07:49	00:15:50	00:23:37	00:24:25.95	00:25:02.25	+00:06:15 (25.6%)	4:36	13 (74.3%)
98	GLISZCZYŃSKI Łukasz	89	SPRINT SŁAWNO	M14-17	3	00:00:16	00:07:19	00:15:23	00:23:41	00:24:26.15	00:24:42.85	+00:06:15 (25.6%)	4:36	13 (74.3%)
99	KOWALCZYK Mariusz	167	WZAJEMNEJ ADORACJI:-)	M40-49	33	00:00:21	00:07:35	00:15:27	00:23:40	00:24:28.65	00:24:50.60	+00:06:17 (25.7%)	4:37	13 (74.3%)
100	NIECKARZ Krzysztof	232		M30-39	29	00:00:17	00:07:48	00:15:48	00:23:46	00:24:30.50	00:24:48.15	+00:06:19 (25.8%)	4:37	13 (74.3%)
101	TESKA Bartosz	322	TKKF KOSZALIN	M30-39	30	00:00:20	00:07:36	00:15:43		00:24:32.65	00:24:53.10	+00:06:21 (25.9%)	4:37	13 (74.3%)
102	MATYSIUK Grzegorz	210	7BOW	M40-49	34	00:00:19	00:07:50	00:15:49		00:24:34.85	00:24:54.70	+00:06:23 (26.0%)	4:38	12.9 (73.7%)
103	STAWISZYŃSKI Jarosław	298	FORUM ROZWOJU KOSZALINA	M30-39	31	00:00:41	00:07:53	00:15:59	00:23:54	00:24:35.85	00:25:17.20	+00:06:24 (26.1%)	4:38	12.9 (73.7%)
104	KUBIAK Andrzej	182		M60-69	2	00:00:21	00:07:52	00:15:54	00:24:00	00:24:43.75	00:25:05.35	+00:06:32 (26.5%)	4:40	12.9 (73.7%)
105	WACHOLC Michał	333		M18-29	24	00:00:21	00:07:52	00:15:55	00:23:58	00:24:44.80	00:25:06.30	+00:06:33 (26.5%)	4:40	12.8 (73.1%)
106	PUŚCIAN Krzysztof	263	GIMNAZJUM W MANOWIE	M40-49	35	00:00:25	00:07:47	00:15:51	00:23:59	00:24:45.15	00:25:10.45	+00:06:34 (26.5%)	4:40	12.8 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										5.3km	5.3km			
107	WIATRZYK Krzysztof	344	DARŁOWO	M40-49	36	00:00:22	00:07:50	00:15:42	00:23:57	00:24:45.35	00:25:07.40	+00:06:34 (26.6%)	4:40	12.8 (73.1%)
108	NACHYŁA Paweł	227	DZIKI KOSZALIN	M18-29	25	00:00:29	00:08:03	00:16:02		00:24:48.75	00:25:18.00	+00:06:37 (26.7%)	4:40	12.8 (73.1%)
109	SABISZ Krzysztof	284		M18-29	26	00:00:28	00:08:17	00:16:18	00:24:07	00:24:53.15	00:25:21.20	+00:06:42 (26.9%)	4:41	12.8 (73.1%)
109	BŁANK Krystian	35		M18-29	27	00:00:27	00:08:19	00:16:19	00:24:09	00:24:53.15	00:25:20.65	+00:06:42 (26.9%)	4:41	12.8 (73.1%)
111	KUTKOWSKI Marcin	190		M30-39	32	00:00:18	00:07:53	00:16:04	00:24:06	00:24:53.40	00:25:11.40	+00:06:42 (27.0%)	4:41	12.8 (73.1%)
112	RUTKOWSKI Artur	283		M18-29	28	00:00:21	00:07:26	00:15:41	00:24:14	00:24:54.40	00:25:15.70	+00:06:43 (27.0%)	4:41	12.8 (73.1%)
113	PRUS Mikołaj	441		M18-29	29	00:00:25	00:08:19	00:16:20	00:24:21	00:24:54.65	00:25:20.10	+00:06:43 (27.0%)	4:42	12.8 (73.1%)
114	ŁABEJSZA Łukasz	195	WOJOWNICY WÓDY	M30-39	33	00:00:32	00:08:13	00:16:16	00:24:14	00:24:58.85	00:25:30.95	+00:06:47 (27.2%)	4:42	12.7 (72.6%)
115	KALISZUK Damian	138		M30-39	34	00:00:27	00:07:57	00:16:04	00:24:13	00:24:59.35	00:25:27.10	+00:06:48 (27.2%)	4:43	12.7 (72.6%)
116	CYBULSKI Robert	58	MTS HAMER MIASTKO	M14-17	4	00:00:27	00:08:18	00:16:19	00:24:07	00:25:00.75	00:25:28.30	+00:06:49 (27.3%)	4:43	12.7 (72.6%)
117	KAZIMIEROWICZ Radosław	144	VTT KOSZALIN	M30-39	35	00:00:22	00:07:45	00:15:58	00:24:13	00:25:05.40	00:25:28.00	+00:06:54 (27.5%)	4:44	12.7 (72.6%)
118	HRYCIÓW Paweł	113	BIAŁOGARD	M30-39	36	00:00:28	00:08:11	00:16:29	00:24:22	00:25:05.95	00:25:34.50	+00:06:55 (27.6%)	4:44	12.7 (72.6%)
119	WYGANOWSKI Andrzej	427	WYGAN KOŁOBRZEG	M70+	1	00:00:23	00:08:07	00:16:26	00:24:19	00:25:06.15	00:25:29.30	+00:06:55 (27.6%)	4:44	12.7 (72.6%)
120	CAŁA Bartosz	47	KARATE KLUB BYTÓW	M30-39	37	00:00:37	00:08:14	00:16:21	00:24:19	00:25:08.20	00:25:45.50	+00:06:57 (27.7%)	4:44	12.7 (72.6%)
121	MALINOWSKI Mariusz	203		M30-39	38	00:00:22	00:07:59	00:16:18	00:24:22	00:25:10.60	00:25:33.15	+00:06:59 (27.8%)	4:45	12.6 (72.0%)
122	KAZMIERCZAK Robert	145		M40-49	37	00:00:22	00:07:51	00:16:22	00:24:26	00:25:11.80	00:25:33.80	+00:07:00 (27.8%)	4:45	12.6 (72.0%)
123	PEŁKA Janusz	254		M50-59	12	00:00:20	00:07:47	00:16:23	00:24:29	00:25:12.45	00:25:33.20	+00:07:01 (27.9%)	4:45	12.6 (72.0%)
124	KŁOSKOWSKI Dariusz	152	NIGHT RUNNERS SŁUPSK	M40-49	38	00:00:19	00:07:50	00:16:11	00:24:25	00:25:12.55	00:25:32.50	+00:07:01 (27.9%)	4:45	12.6 (72.0%)
125	CYBULSKI Szymon	59	MTS HAMER MIASTKO	M14-17	5	00:00:26	00:08:16	00:16:24	00:24:33	00:25:16.25	00:25:43.05	+00:07:05 (28.1%)	4:46	12.6 (72.0%)
126	BIL Adrian	34		M30-39	39	00:00:22	00:08:13	00:16:42	00:24:33	00:25:16.70	00:25:39.30	+00:07:05 (28.1%)	4:46	12.6 (72.0%)
127	FIGURA Arkadiusz	79	KONIKOWO	M40-49	39	00:00:18	00:08:00	00:16:35	00:24:37	00:25:21.60	00:25:39.65	+00:07:10 (28.3%)	4:46	12.5 (71.4%)
128	NAGRABECKI Hubert	229	HUBCIO TEAM :)	M30-39	40	00:00:35	00:08:14	00:16:28	00:24:31	00:25:22.15	00:25:57.55	+00:07:11 (28.3%)	4:47	12.5 (71.4%)
129	JANUSZEWSKI Jacek	124	17 WOG KOSZALIN	M50-59	13	00:00:28	00:08:07	00:16:23	00:24:39	00:25:26.05	00:25:54.10	+00:07:15 (28.5%)	4:47	12.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
130	PEC Daniel	252		M14-17	6	00:00:15	00:08:08	00:16:36	00:24:40	00:25:27.75	00:25:42.95	+00:07:16 (28.6%)	4:48	12.5 (71.4%)
131	TURCZYN Grzegorz	326	NIGHT RUNNERS SŁUPSK	M40-49	40	00:00:24	00:07:41	00:16:06	00:24:34	00:25:28.15	00:25:52.20	+00:07:17 (28.6%)	4:48	12.5 (71.4%)
132	PIECHOTA Robert	257		M40-49	41	00:00:18	00:07:34	00:16:16	00:24:54	00:25:30.45	00:25:49.05	+00:07:19 (28.7%)	4:48	12.5 (71.4%)
133	DĄBROWSKI Grzegorz	69		M40-49	42	00:00:30	00:08:07	00:16:28	00:24:48	00:25:30.85	00:26:01.10	+00:07:19 (28.7%)	4:48	12.5 (71.4%)
134	ZDROWIECKI Artur	423		M30-39	41	00:00:17	00:07:25	00:16:06	00:24:52	00:25:37.55	00:25:55.20	+00:07:26 (29.0%)	4:50	12.4 (70.9%)
135	DZIESZUK Dariusz	75	TKKF KOSZALIN	M40-49	43	00:00:24	00:08:19	00:16:38	00:24:54	00:25:38.10	00:26:02.15	+00:07:27 (29.1%)	4:50	12.4 (70.9%)
136	ŚWIETLIK Tomasz	320		M50-59	14	00:00:27	00:08:04	00:16:17	00:24:53	00:25:39.35	00:26:06.85	+00:07:28 (29.1%)	4:50	12.4 (70.9%)
137	TUKAJSKI Tomasz	325	BIKE U UP	M30-39	42	00:00:23	00:07:59	00:16:21	00:24:45	00:25:40.00	00:26:03.05	+00:07:29 (29.2%)	4:50	12.4 (70.9%)
138	ROGALSKI Roberto	275	TKKF KOSZALIN	M30-39	43	00:00:35	00:07:56	00:16:30	00:24:50	00:25:42.20	00:26:17.60	+00:07:31 (29.3%)	4:50	12.4 (70.9%)
139	CHUDZIK Zbigniew	54	TKKF KOSZALIN	M50-59	15	00:00:23	00:08:20	00:16:39	00:24:58	00:25:45.40	00:26:09.05	+00:07:34 (29.4%)	4:51	12.3 (70.3%)
140	KALOCIŃSKI Krzysztof	139	ROZBIEGANY KOSZALIN	M30-39	44	00:00:26	00:08:30	00:16:41	00:24:57	00:25:48.50	00:26:14.50	+00:07:37 (29.6%)	4:52	12.3 (70.3%)
141	STOKROCKI Wojciech	301		M30-39	45	00:00:41	00:08:42	00:17:01	00:25:07	00:25:54.65	00:26:35.85	+00:07:43 (29.8%)	4:53	12.3 (70.3%)
142	STASIAK Grzegorz	296		M30-39	46	00:00:40	00:08:43	00:17:02	00:25:08	00:25:55.25	00:26:35.90	+00:07:44 (29.9%)	4:53	12.3 (70.3%)
143	REMLAKOWSKI Krzysztof	270	WE RUN	M40-49	44	00:00:35	00:08:30	00:16:52	00:25:05	00:25:56.15	00:26:32.00	+00:07:45 (29.9%)	4:53	12.3 (70.3%)
144	JUSZCZAK Krzysztof	132		M60-69	3	00:00:35	00:08:22	00:16:33	00:25:04	00:25:57.25	00:26:32.40	+00:07:46 (29.9%)	4:53	12.3 (70.3%)
145	LASKOWSKI Grzegorz	192		M18-29	30	00:00:23	00:07:58	00:16:23	00:25:10	00:26:00.70	00:26:23.85	+00:07:49 (30.1%)	4:54	12.2 (69.7%)
146	CHWALEBA Maciej	56		M18-29	31	00:00:28	00:08:18	00:16:39	00:25:10	00:26:01.00	00:26:29.55	+00:07:50 (30.1%)	4:54	12.2 (69.7%)
147	ŻANDARSKI Paweł	425		M18-29	32	00:00:17	00:08:01	00:16:36	00:25:09	00:26:01.75	00:26:19.70	+00:07:50 (30.1%)	4:54	12.2 (69.7%)
148	RUDZIŃSKI Bronisław	281		M60-69	4	00:00:26	00:08:13	00:16:41	00:25:07	00:26:02.55	00:26:29.35	+00:07:51 (30.2%)	4:54	12.2 (69.7%)
149	GROCHOWSKI Rafał	101		M40-49	45	00:00:26	00:08:09	00:16:40	00:25:15	00:26:02.65	00:26:29.05	+00:07:51 (30.2%)	4:54	12.2 (69.7%)
150	OTTO Michał	243		M30-39	47	00:00:19	00:08:01	00:16:36	00:25:15	00:26:02.95	00:26:22.70	+00:07:52 (30.2%)	4:54	12.2 (69.7%)
151	KAMIŃSKI Tomasz	140	JEDNOSTKA WOJSKOWA 1223	M30-39	48	00:00:17	00:07:59	00:16:43	00:25:19	00:26:05.35	00:26:23.30	+00:07:54 (30.3%)	4:55	12.2 (69.7%)
151	FELSKI Łukasz	78		M30-39	49	00:00:43	00:08:11	00:16:47	00:25:19	00:26:05.35	00:26:48.80	+00:07:54 (30.3%)	4:55	12.2 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
153	PRZYMORSKI Waldemar	259	W.P.K. SŁOŃ TEAM USTKA	M40-49	46	00:00:36	00:08:28	00:16:55	00:25:19	00:26:10.10	00:26:47.00	+00:07:59 (30.5%)	4:56	12.1 (69.1%)
154	DUDZIAK Piotr	72	KOSZALIN	M40-49	47	00:00:24	00:07:52	00:16:20	00:25:18	00:26:13.70	00:26:37.90	+00:08:02 (30.7%)	4:56	12.1 (69.1%)
155	SKOWYRSKI Janusz	289	TKKF KOSZALIN	M50-59	16	00:00:19	00:08:01	00:16:34	00:25:22	00:26:17.30	00:26:36.75	+00:08:06 (30.8%)	4:57	12.1 (69.1%)
155	OSOBNIAK Ryszard	241	ROZBIEGANY KOSZALIN	M60-69	5	00:00:33	00:08:25	00:17:01	00:25:28	00:26:17.30	00:26:50.60	+00:08:06 (30.8%)	4:57	12.1 (69.1%)
157	NADSTAWNY Marek	228		M30-39	50	00:00:22	00:08:10	00:16:40	00:25:24	00:26:17.80	00:26:40.75	+00:08:06 (30.9%)	4:57	12.1 (69.1%)
158	SZULC Marek	313		M50-59	17	00:00:32	00:08:42	00:17:08	00:25:31	00:26:22.15	00:26:54.85	+00:08:11 (31.0%)	4:58	12.1 (69.1%)
159	MADEJ Krzysztof	200		M30-39	51	00:00:29	00:08:15	00:16:48	00:25:31	00:26:25.35	00:26:54.90	+00:08:14 (31.2%)	4:59	12 (68.6%)
160	KOZŁOWIECKI Waldemar	169	TKKF KOSZALIN	M60-69	6	00:00:16	00:08:29	00:17:02	00:25:33	00:26:27.15	00:26:43.75	+00:08:16 (31.3%)	4:59	12 (68.6%)
161	JABŁOŃSKI Tomasz	117	AR SPOKO SŁAWNO	M30-39	52	00:00:36	00:08:44	00:17:09	00:25:38	00:26:29.90	00:27:06.50	+00:08:19 (31.4%)	5:00	12 (68.6%)
162	MEGIER Wojtek	212		M50-59	18	00:00:26	00:08:25	00:17:07	00:25:43	00:26:35.55	00:27:01.75	+00:08:24 (31.6%)	5:00	12 (68.6%)
163	GRZYBOWSKI Piotr	103	KB RUN 42	M40-49	48	00:00:26	00:08:23	00:17:02	00:25:41	00:26:38.30	00:27:05.10	+00:08:27 (31.7%)	5:01	11.9 (68.0%)
164	JASIŃSKI Cezary	128	UBUDUBU	M40-49	49	00:00:18	00:08:14	00:16:59	00:25:48	00:26:38.90	00:26:56.90	+00:08:28 (31.8%)	5:01	11.9 (68.0%)
165	MĘDEL Cezary	214		M40-49	50	00:00:29	00:08:34	00:17:17	00:25:54	00:26:42.20	00:27:11.35	+00:08:31 (31.9%)	5:02	11.9 (68.0%)
166	KOWALCZYK Piotr	166		M30-39	53	00:00:29	00:08:21	00:17:04	00:25:55	00:26:45.90	00:27:15.65	+00:08:35 (32.1%)	5:03	11.9 (68.0%)
167	SZULC Szymon	437		M30-39	54	00:00:32	00:08:54	00:17:52	00:26:12	00:26:54.15	00:27:26.60	+00:08:43 (32.4%)	5:04	11.8 (67.4%)
168	JASIENIECKI Piotr	127		M40-49	51	00:00:23	00:08:37	00:17:18	00:26:06	00:26:55.20	00:27:18.95	+00:08:44 (32.5%)	5:04	11.8 (67.4%)
169	JANKOWSKI Grzegorz	123	ŚWIAT PŁYTEK U KRYSPIŃ	M40-49	52	00:00:23	00:08:09	00:17:03	00:26:06	00:26:57.45	00:27:21.10	+00:08:46 (32.6%)	5:05	11.8 (67.4%)
170	MAJCHRZAK Paweł	201	SUNDAYBIKERS KARLINO TEAM	M40-49	53	00:00:23	00:08:34	00:17:21	00:26:07	00:26:59.80	00:27:23.35	+00:08:48 (32.7%)	5:05	11.8 (67.4%)
171	WENCŁAWSKI Michał	341	ARAGORTEAM\ NIGHT RUNNERS SŁUPSK	M18-29	33	00:00:24	00:08:34	00:17:21	00:26:10	00:27:01.15	00:27:25.30	+00:08:50 (32.7%)	5:05	11.8 (67.4%)
172	PUZYREWSKI Wojciech	264	FORREST GUMP	M30-39	55	00:00:33	00:09:36	00:18:05	00:26:16	00:27:04.65	00:27:38.30	+00:08:53 (32.9%)	5:06	11.7 (66.9%)
173	RUDZIK Grzegorz	280	KL 'ISKRA' BIAŁOGARD	M30-39	56	00:00:27	00:08:29	00:17:33	00:26:24	00:27:15.85	00:27:43.10	+00:09:04 (33.3%)	5:08	11.7 (66.9%)
174	GREBIENIK Andrzej	100		M40-49	54	00:00:32	00:08:50	00:17:29	00:26:22	00:27:16.95	00:27:49.45	+00:09:06 (33.4%)	5:08	11.7 (66.9%)
175	KACZMAREK Łukasz	136	1984	M30-39	57	00:00:35	00:08:39	00:17:45	00:26:37	00:27:20.45	00:27:56.25	+00:09:09 (33.5%)	5:09	11.6 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
176	ATALSKI Damian	27		M30-39	58	00:00:33	00:08:37	00:17:30	00:26:31	00:27:23.40	00:27:56.85	+00:09:12 (33.6%)	5:10	11.6 (66.3%)
177	HRYCAJ Tomasz	112		M30-39	59	00:00:25	00:08:46	00:17:51	00:26:32	00:27:24.30	00:27:50.25	+00:09:13 (33.7%)	5:10	11.6 (66.3%)
178	NIWIŃSKI Grzegorz	234	K.B. TUPOT USTKA	M50-59	19	00:00:42	00:08:52	00:17:42	00:26:36	00:27:30.15	00:28:13.00	+00:09:19 (33.9%)	5:11	11.6 (66.3%)
179	WOJCIECHOWSKI Andrzej	410		M40-49	55	00:00:24	00:08:48	00:17:48	00:26:44	00:27:32.60	00:27:57.40	+00:09:21 (34.0%)	5:11	11.5 (65.7%)
180	KĘPKA Mirosław	147	K.B.SPRINT ŚWIDWIN	M40-49	56	00:00:29	00:08:54	00:17:50	00:26:41	00:27:33.45	00:28:03.40	+00:09:22 (34.0%)	5:12	11.5 (65.7%)
181	KOŁAKOWSKI Dariusz	154	K.B.SPRINT ŚWIDWIN	M40-49	57	00:00:29	00:08:54	00:17:50	00:26:42	00:27:33.70	00:28:03.60	+00:09:22 (34.0%)	5:12	11.5 (65.7%)
182	WILIŃSKI Marek	349	K. B SPRINT ŚWIDWIN	M50-59	20	00:00:28	00:08:55	00:17:51	00:26:42	00:27:34.65	00:28:03.50	+00:09:23 (34.1%)	5:12	11.5 (65.7%)
183	MARZEC Łukasz	207		M30-39	60	00:00:27	00:08:30	00:17:28	00:26:43	00:27:40.25	00:28:07.55	+00:09:29 (34.3%)	5:13	11.5 (65.7%)
184	JURA Kazimierz	131	MTS HAMER	M60-69	7	00:00:38	00:08:49	00:17:48	00:26:55	00:27:47.20	00:28:25.65	+00:09:36 (34.6%)	5:14	11.4 (65.1%)
185	RETERSKI Damian	272		M14-17	7	00:00:30	00:08:49	00:17:56	00:26:58	00:27:48.85	00:28:18.85	+00:09:37 (34.6%)	5:14	11.4 (65.1%)
186	OSOWSKI Andrzej	242	OSATEAM	M40-49	58	00:00:23	00:08:07	00:17:28	00:26:56	00:27:49.40	00:28:12.90	+00:09:38 (34.7%)	5:14	11.4 (65.1%)
187	FAJGIER Tomasz	77		M40-49	59	00:00:20	00:08:23	00:17:39	00:26:55	00:27:49.45	00:28:10.25	+00:09:38 (34.7%)	5:15	11.4 (65.1%)
188	KRYGIER Ireneusz	179	W.P.K SŁOŃ TEAM USTKA	M30-39	61	00:00:36	00:08:55	00:17:59	00:26:59	00:27:51.95	00:28:28.55	+00:09:41 (34.8%)	5:15	11.4 (65.1%)
189	PUCHALSKI Marcin	262		M30-39	62	00:00:38	00:08:35	00:17:42	00:27:00	00:27:53.70	00:28:31.95	+00:09:42 (34.8%)	5:15	11.4 (65.1%)
190	GŁOWACKI Włodzimierz	90		M70+	2	00:00:16	00:08:29	00:17:44	00:27:03	00:27:58.40	00:28:14.50	+00:09:47 (35.0%)	5:16	11.4 (65.1%)
191	DANOWSKI Maciej	65	FITNESS CLUB FORMA	M40-49	60	00:00:25	00:08:57	00:18:20	00:27:14	00:27:58.85	00:28:24.30	+00:09:47 (35.0%)	5:16	11.4 (65.1%)
192	JAKÓBCZAK Dariusz	118		M40-49	61	00:00:26	00:08:49	00:18:02	00:27:02	00:28:00.30	00:28:27.10	+00:09:49 (35.1%)	5:17	11.4 (65.1%)
193	WIERZBICKI Sylwester	346		M30-39	63	00:00:32	00:09:31	00:19:16	00:27:23	00:28:02.40	00:28:34.80	+00:09:51 (35.2%)	5:17	11.3 (64.6%)
194	KARNICKI Zygmunt	142	TKKF KOSZALIN	M60-69	8	00:00:25	00:08:37	00:17:53	00:27:13	00:28:06.00	00:28:31.70	+00:09:55 (35.3%)	5:18	11.3 (64.6%)
195	HELLER Zdzisław	108	NIEZRZESZONY	M60-69	9	00:00:36	00:08:56	00:18:02	00:27:19	00:28:12.35	00:28:48.35	+00:10:01 (35.5%)	5:19	11.3 (64.6%)
196	RETERSKI Przemysław	271		M30-39	64	00:00:30	00:08:49	00:17:58	00:27:19	00:28:14.30	00:28:44.65	+00:10:03 (35.6%)	5:19	11.3 (64.6%)
197	KOSECKI Tomasz	162		M30-39	65	00:00:39	00:09:49	00:18:59	00:27:35	00:28:25.00	00:29:04.25	+00:10:14 (36.0%)	5:21	11.2 (64.0%)
198	ŻUREK Daniel	430		M30-39	66	00:00:16	00:09:35	00:18:51	00:27:51	00:28:36.55	00:28:52.55	+00:10:25 (36.4%)	5:23	11.1 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
199	MRUGALSKI Stanisław	223		M50-59	21	00:00:43	00:09:11	00:18:27	00:27:38	00:28:39.05	00:29:22.80	+00:10:28 (36.5%)	5:24	11.1 (63.4%)
200	NAPIERAŁA Marcin	230		M30-39	67	00:00:36	00:09:43	00:19:05	00:27:46	00:28:41.25	00:29:17.25	+00:10:30 (36.6%)	5:24	11.1 (63.4%)
201	WOLAŃSKI Maciej	415		M14-17	8	00:00:30	00:09:26	00:18:54	00:28:03	00:28:59.85	00:29:30.65	+00:10:48 (37.3%)	5:28	11 (62.9%)
202	KOTULSKI Piotr	165	KLUB BIEGACZY JYSK	M30-39	68	00:00:28	00:09:05	00:18:36	00:28:07	00:29:01.45	00:29:30.10	+00:10:50 (37.4%)	5:28	11 (62.9%)
203	HNATOWSKI Artur	109	DM FC KOSZALIN	M40-49	62	00:00:37	00:09:08	00:18:48	00:28:15	00:29:03.85	00:29:41.35	+00:10:52 (37.4%)	5:29	10.9 (62.3%)
204	KRAWCZYK Bohdan	176		M50-59	22	00:00:47	00:10:09	00:19:30	00:28:09	00:29:07.30	00:29:55.10	+00:10:56 (37.6%)	5:29	10.9 (62.3%)
204	SPICA Łukasz	294		M18-29	34	00:00:30	00:09:13	00:18:39	00:28:22	00:29:07.30	00:29:37.80	+00:10:56 (37.6%)	5:29	10.9 (62.3%)
206	ŻYWOT Norbert	432	PARKRUN KOŁOBRZEG	M40-49	63	00:00:27	00:09:25	00:19:03	00:28:19	00:29:10.05	00:29:37.65	+00:10:59 (37.7%)	5:30	10.9 (62.3%)
207	KLENIEWICZ Piotr	440		M50-59	23	00:00:17	00:08:52	00:18:20	00:28:13	00:29:10.80	00:29:28.25	+00:10:59 (37.7%)	5:30	10.9 (62.3%)
208	KOLASA Tomasz	153	KĄPIELE NA SPONTANIE	M40-49	64	00:00:27	00:09:25	00:19:03	00:28:18	00:29:12.35	00:29:39.95	+00:11:01 (37.7%)	5:30	10.9 (62.3%)
209	WOLAŃSKI Mariusz	414		M50-59	24	00:00:17	00:09:39	00:19:07	00:28:16	00:29:13.65	00:29:30.65	+00:11:02 (37.8%)	5:30	10.9 (62.3%)
210	ŚRODA Wojciech	319		M40-49	65	00:00:34	00:09:36	00:19:07	00:28:24	00:29:17.35	00:29:51.50	+00:11:06 (37.9%)	5:31	10.9 (62.3%)
211	ORYSZCZYN Arkadiusz	239		M30-39	69	00:00:30	00:09:13	00:18:40	00:28:25	00:29:19.90	00:29:50.40	+00:11:09 (38.0%)	5:32	10.8 (61.7%)
212	SKIERKA Grzegorz	288	MKS ŚWIĘC SŁAWNO	M30-39	70	00:00:34	00:09:36	00:19:12	00:28:28	00:29:25.25	00:30:00.00	+00:11:14 (38.2%)	5:33	10.8 (61.7%)
213	FRASZKIEWICZ Jarosław	81		M40-49	66	00:00:37	00:09:34	00:19:13	00:28:38	00:29:28.85	00:30:06.40	+00:11:17 (38.3%)	5:33	10.8 (61.7%)
214	CZERSKI Piotr	61		M50-59	25	00:00:38	00:10:07	00:19:43	00:28:40	00:29:31.15	00:30:09.65	+00:11:20 (38.4%)	5:34	10.8 (61.7%)
215	TRZEŚNIEWSKI Zbigniew	324		M40-49	67	00:00:37	00:09:35	00:19:13	00:28:38	00:29:34.65	00:30:12.30	+00:11:23 (38.5%)	5:34	10.7 (61.1%)
216	IMIOŁEK Jacek	115		M40-49	68	00:00:37	00:09:30	00:19:08	00:28:53	00:29:43.85	00:30:21.40	+00:11:32 (38.8%)	5:36	10.7 (61.1%)
217	BASIAK Krystian	30	KOSZALIN	M30-39	71	00:00:17	00:09:05	00:18:30	00:28:56	00:29:46.25	00:30:03.70	+00:11:35 (38.9%)	5:36	10.7 (61.1%)
218	WIERZBICKI Kacper	347		M18-29	35	00:00:16	00:09:06	00:18:32	00:28:58	00:29:51.90	00:30:08.60	+00:11:41 (39.1%)	5:38	10.6 (60.6%)
219	KACAŁA Jacek	134		M30-39	72	00:00:36	00:09:38	00:19:15	00:29:04	00:29:52.30	00:30:29.05	+00:11:41 (39.1%)	5:38	10.6 (60.6%)
220	BONISŁAWSKI Jarosław	39	FADOMODA TEAM	M30-39	73	00:00:29	00:09:36	00:19:19	00:29:08	00:30:04.80	00:30:34.05	+00:11:53 (39.6%)	5:40	10.6 (60.6%)
221	SZKATULSKI Tomasz	309	DARŁOWO	M18-29	36	00:00:33	00:09:30	00:19:16	00:29:06	00:30:08.10	00:30:41.65	+00:11:57 (39.7%)	5:41	10.6 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Start All 5.1km	Czas netto 5.3km	Czas brutto 5.3km	Różn	Tempo min/km	Tempo km/h
222	BRESZKA Paweł	43	BIEGNIJMY TO DARŁOWO	M40-49	69	00:00:32	00:09:31	00:19:17	00:29:07	00:30:08.95	00:30:41.90	+00:11:58 (39.7%)	5:41	10.5 (60.0%)
223	KUPREWICZ Grzegorz	186	JW1223	M30-39	74	00:00:34	00:09:42	00:19:29	00:29:23	00:30:15.55	00:30:50.15	+00:12:04 (39.9%)	5:42	10.5 (60.0%)
224	PAULIŃSKI Jan	249	JAMNO	M60-69	10	00:00:21	00:09:06	00:18:57	00:29:14	00:30:36.75	00:30:57.90	+00:12:25 (40.6%)	5:46	10.4 (59.4%)
224	SZULC Adam	312		M18-29	37	00:00:38	00:09:29	00:19:37	00:29:45	00:30:36.75	00:31:15.70	+00:12:25 (40.6%)	5:46	10.4 (59.4%)
226	SIKORSKI Witold	287	KB RUN 42	M50-59	26	00:00:29	00:09:25	00:18:48	00:29:16	00:30:50.05	00:31:19.70	+00:12:39 (41.0%)	5:49	10.3 (58.9%)
227	GAWEŁ Michał	87		M18-29	38	00:00:35	00:10:09	00:20:41	00:30:25	00:31:12.50	00:31:47.70	+00:13:01 (41.7%)	5:53	10.2 (58.3%)
228	SKRZYPEK Marcin	290	NIETOPERZE KOSZALIN	M30-39	75	00:00:42	00:09:38	00:19:40	00:30:26	00:31:24.35	00:32:07.05	+00:13:13 (42.1%)	5:55	10.1 (57.7%)
229	PACAN Bartosz	245		M30-39	76	00:00:31	00:09:59	00:20:35	00:30:40	00:31:34.10	00:32:05.35	+00:13:23 (42.4%)	5:57	10.1 (57.7%)
230	TELEGA Michał	321		M30-39	77	00:00:32	00:10:01	00:20:20	00:30:45	00:31:46.80	00:32:19.10	+00:13:35 (42.8%)	5:59	10 (57.1%)
231	ZIELIŃSKI Jarosław	424	AMATOR	M30-39	78	00:00:38	00:09:54	00:20:21	00:31:18	00:32:18.35	00:32:56.70	+00:14:07 (43.7%)	6:05	9.8 (56.0%)
232	LEWEK Maciej	194	PRZYJACIELE Z RADZYN	M50-59	27	00:00:17	00:09:25	00:20:24	00:31:20	00:32:22.60	00:32:39.80	+00:14:11 (43.8%)	6:06	9.8 (56.0%)
233	SZYSZKOWSKI Tomasz	316		M30-39	79	00:00:24	00:10:11	00:21:00	00:31:59	00:33:01.80	00:33:26.65	+00:14:50 (45.0%)	6:13	9.6 (54.9%)
234	WILKOWSKI Piotr	402		M30-39	80	00:00:31	00:10:22	00:21:17	00:32:08	00:33:10.80	00:33:42.25	+00:14:59 (45.2%)	6:15	9.6 (54.9%)
235	GAWLIK Artur	88	BIEGNIJMY.PL	M30-39	81	00:00:31	00:09:48	00:20:33	00:32:29	00:33:26.60	00:33:57.90	+00:15:15 (45.6%)	6:18	9.5 (54.3%)
236	KOSECKI Mariusz	161		M30-39	82	00:00:37	00:10:16	00:21:38	00:33:28	00:34:29.15	00:35:07.00	+00:16:18 (47.3%)	6:30	9.2 (52.6%)
237	PASEK Jan	248		M60-69	11	00:00:26	00:10:18	00:21:49	00:33:37	00:34:37.35	00:35:03.90	+00:16:26 (47.5%)	6:31	9.2 (52.6%)
238	ŻURAŃSKI Dariusz	428	WIKING KOSZALIN	M40-49	70	00:00:42	00:10:58	00:22:07	00:34:02	00:35:12.75	00:35:54.95	+00:17:01 (48.4%)	6:38	9 (51.4%)
239	PANKOWIECKI Roman	226		M60-69	12	00:00:23	00:10:05	00:21:57	00:34:22	00:35:33.85	00:35:57.40	+00:17:22 (48.9%)	6:42	8.9 (50.9%)
240	HAUSMAN Andrzej	107	KSR ROWERIA	M60-69	13	00:00:28	00:10:24	00:22:48	00:35:17	00:36:32.70	00:37:01.35	+00:18:21 (50.2%)	6:53	8.7 (49.7%)
241	ZATORSKI Zbigniew	421	KOŁOBRZEG BIEGA	M30-39	83	00:00:40	00:11:44	00:24:43	00:37:55	00:39:10.60	00:39:50.70	+00:20:59 (53.6%)	7:23	8.1 (46.3%)
242	KĘPIŃSKI Jan	146		M50-59	28	00:00:22	00:12:00	00:26:14	00:40:20	00:41:33.65	00:41:55.75	+00:23:22 (56.3%)	7:50	7.7 (44.0%)
243	BARTNIK Marian	29	TKKF KOSZALIN	M70+	3	00:00:14	00:13:07	00:27:06	00:41:57	00:43:25.85	00:43:40.50	+00:25:14 (58.1%)	8:11	7.3 (41.7%)
244	WALENTOWICZ Ireneusz	443		M60-69	14	00:00:38	00:16:21	00:34:35	00:53:36	00:57:04.20	00:57:42.40	+00:38:53 (68.1%)	10:46	5.6 (32.0%)

Znaleziono 244 wynik(ów)