



# VIII KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

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



Klasyfikacja: M30-39

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	<b>BEDNARZ Paweł</b>	<b>31</b>	13-TY FUN CLUB ASI CHMIEL:*	M30-39	1	00:00:15	00:05:32	00:11:37	00:17:37	<b>00:18:10.90</b>	<b>00:18:26.75</b>		3:25	17.5 (100%)
2	<b>WENT Jakub</b>	<b>342</b>		M30-39	2	00:00:15	00:06:01	00:12:04	00:17:38	<b>00:18:13.45</b>	<b>00:18:29.10</b>	+00:00:02 (0.2%)	3:26	17.4 (99.4%)
3	<b>RUDNIK Krzysztof</b>	<b>278</b>	NIGHT RUNNERS SŁUPSK	M30-39	3	00:00:15	00:05:53	00:12:05	00:17:40	<b>00:18:15.90</b>	<b>00:18:31.25</b>	+00:00:05 (0.5%)	3:26	17.4 (99.4%)
4	<b>EMILIT Grzegorz</b>	<b>76</b>	DZIESIĄTKA BIAŁOGARD	M30-39	4	00:00:17	00:06:19	00:12:37	00:18:53	<b>00:19:30.30</b>	<b>00:19:47.75</b>	+00:01:19 (6.8%)	3:40	16.3 (93.1%)
5	<b>WOJTALIK Łukasz</b>	<b>412</b>	POŁCZYN -ZDRÓJ BIEGA	M30-39	5	00:00:16	00:06:17	00:13:05	00:19:48	<b>00:20:27.15</b>	<b>00:20:43.40</b>	+00:02:16 (11.1%)	3:51	15.6 (89.1%)
6	<b>SZEWCZUK Paweł</b>	<b>308</b>		M30-39	6	00:00:16	00:06:18	00:13:01	00:19:52	<b>00:20:36.15</b>	<b>00:20:52.90</b>	+00:02:25 (11.8%)	3:53	15.4 (88.0%)
7	<b>WOJCIECHOWICZ Jacek</b>	<b>407</b>	WWW.STUDIOTANCAPASJA.PL	M30-39	7	00:00:16	00:06:33	00:13:21	00:20:09	<b>00:20:49.60</b>	<b>00:21:06.30</b>	+00:02:38 (12.7%)	3:55	15.3 (87.4%)
8	<b>RODZIEWICZ Marcin</b>	<b>273</b>		M30-39	8	00:00:16	00:06:38	00:13:25	00:20:11	<b>00:20:52.45</b>	<b>00:21:08.85</b>	+00:02:41 (12.9%)	3:56	15.2 (86.9%)
9	<b>MOSEK Radosław</b>	<b>220</b>		M30-39	9	00:00:18	00:06:37	00:13:30	00:20:27	<b>00:21:05.95</b>	<b>00:21:24.70</b>	+00:02:55 (13.8%)	3:58	15.1 (86.3%)
10	<b>CZAPLIŃSKI Jacek</b>	<b>60</b>		M30-39	10	00:00:18	00:06:30	00:13:32	00:20:28	<b>00:21:08.60</b>	<b>00:21:26.90</b>	+00:02:57 (14.0%)	3:59	15 (85.7%)
11	<b>WOJDASIEWICZ Tadeusz</b>	<b>411</b>		M30-39	11	00:00:19	00:06:47	00:13:38	00:20:31	<b>00:21:11.70</b>	<b>00:21:31.60</b>	+00:03:00 (14.2%)	4:00	15 (85.7%)
12	<b>HAMER Szymon</b>	<b>433</b>		M30-39	12	00:00:18	00:06:46	00:14:07	00:21:35	<b>00:22:15.05</b>	<b>00:22:33.65</b>	+00:04:04 (18.3%)	4:11	14.3 (81.7%)
13	<b>SZYMAŃSKI Piotr</b>	<b>314</b>	POŁCZYN ZDRÓJ BIEGA	M30-39	13	00:00:34	00:07:13	00:14:19	00:21:29	<b>00:22:15.80</b>	<b>00:22:50.35</b>	+00:04:04 (18.3%)	4:12	14.3 (81.7%)
14	<b>NOWAKOWSKI Rafał</b>	<b>236</b>		M30-39	14	00:00:25	00:07:15	00:14:29	00:21:35	<b>00:22:16.70</b>	<b>00:22:42.00</b>	+00:04:05 (18.4%)	4:12	14.3 (81.7%)

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
15	<b>WEBER Paweł</b>	<b>339</b>	BAŁTYK KOSZALIN	M30-39	15	00:00:18	00:06:44	00:14:06	00:21:35	<b>00:22:18.10</b>	<b>00:22:36.45</b>	+00:04:07 (18.5%)	4:12	14.3 (81.7%)
16	<b>WILKOWSKI Krzysztof</b>	<b>401</b>		M30-39	16	00:00:17	00:07:04	00:14:28	00:22:01	<b>00:22:48.30</b>	<b>00:23:06.25</b>	+00:04:37 (20.3%)	4:18	13.9 (79.4%)
17	<b>KRACZKOWSKI Przemysław</b>	<b>170</b>		M30-39	17	00:00:35	00:07:26	00:14:55	00:22:26	<b>00:23:11.40</b>	<b>00:23:47.15</b>	+00:05:00 (21.6%)	4:22	13.7 (78.3%)
18	<b>KLEMANN Paweł</b>	<b>150</b>		M30-39	18	00:00:16	00:07:20	00:15:05	00:22:51	<b>00:23:36.50</b>	<b>00:23:52.50</b>	+00:05:25 (23.0%)	4:27	13.5 (77.1%)
19	<b>KUŁAKOWSKI Dawid</b>	<b>185</b>	TKKF KOSZALIN	M30-39	19	00:00:32	00:07:46	00:15:35	00:23:04	<b>00:23:45.45</b>	<b>00:24:18.25</b>	+00:05:34 (23.5%)	4:29	13.4 (76.6%)
20	<b>PSTRĄGOWSKI Marcin</b>	<b>442</b>	DZIKI KOSZALIN	M30-39	20	00:00:20	00:07:19	00:15:12	00:23:01	<b>00:23:47.85</b>	<b>00:24:08.70</b>	+00:05:36 (23.6%)	4:29	13.4 (76.6%)
21	<b>KRAWCZYK Tomasz</b>	<b>177</b>		M30-39	21	00:00:21	00:07:30	00:15:13	00:23:01	<b>00:23:48.25</b>	<b>00:24:09.45</b>	+00:05:37 (23.6%)	4:29	13.4 (76.6%)
22	<b>MUCHA Krzysztof</b>	<b>224</b>		M30-39	22	00:00:19	00:07:47	00:15:39	00:23:12	<b>00:23:55.75</b>	<b>00:24:15.50</b>	+00:05:44 (24.0%)	4:30	13.3 (76.0%)
23	<b>STRUMIŃSKI Rafał</b>	<b>302</b>	DZIKI KOSZALIN	M30-39	23	00:00:20	00:07:35	00:15:29	00:23:25	<b>00:24:11.70</b>	<b>00:24:32.25</b>	+00:06:00 (24.9%)	4:33	13.1 (74.9%)
24	<b>GOTOWAŁA Rafał</b>	<b>96</b>		M30-39	24	00:00:21	00:07:40	00:15:34	00:23:28	<b>00:24:15.85</b>	<b>00:24:37.45</b>	+00:06:04 (25.1%)	4:34	13.1 (74.9%)
25	<b>ŚNIEŻKO Marcin</b>	<b>318</b>	TKKF KOSZALIN	M30-39	25	00:00:21	00:07:37	00:15:38	00:23:31	<b>00:24:17.80</b>	<b>00:24:38.80</b>	+00:06:06 (25.2%)	4:34	13.1 (74.9%)
26	<b>GOŁDYN Marek</b>	<b>92</b>	TKKF KOSZALIN	M30-39	26	00:00:24	00:07:48	00:15:49	00:23:37	<b>00:24:20.20</b>	<b>00:24:44.70</b>	+00:06:09 (25.3%)	4:35	13.1 (74.9%)
27	<b>JAROSZEWSKI Daniel</b>	<b>125</b>	ROZBIEGANY KOSZALIN	M30-39	27	00:00:22	00:07:40	00:15:39	00:23:35	<b>00:24:21.10</b>	<b>00:24:43.60</b>	+00:06:10 (25.3%)	4:35	13.1 (74.9%)
28	<b>WICHER Krzysztof</b>	<b>345</b>	ADWOKATURA	M30-39	28	00:00:19	00:07:34	00:15:38	00:23:35	<b>00:24:22.20</b>	<b>00:24:41.45</b>	+00:06:11 (25.4%)	4:35	13.1 (74.9%)
29	<b>NIECKARZ Krzysztof</b>	<b>232</b>		M30-39	29	00:00:17	00:07:48	00:15:48	00:23:46	<b>00:24:30.50</b>	<b>00:24:48.15</b>	+00:06:19 (25.8%)	4:37	13 (74.3%)
30	<b>TESKA Bartosz</b>	<b>322</b>	TKKF KOSZALIN	M30-39	30	00:00:20	00:07:36	00:15:43		<b>00:24:32.65</b>	<b>00:24:53.10</b>	+00:06:21 (25.9%)	4:37	13 (74.3%)
31	<b>STAWISZYNSKI Jarosław</b>	<b>298</b>	FORUM ROZWOJU KOSZALINA	M30-39	31	00:00:41	00:07:53	00:15:59	00:23:54	<b>00:24:35.85</b>	<b>00:25:17.20</b>	+00:06:24 (26.1%)	4:38	12.9 (73.7%)
32	<b>KUTKOWSKI Marcin</b>	<b>190</b>		M30-39	32	00:00:18	00:07:53	00:16:04	00:24:06	<b>00:24:53.40</b>	<b>00:25:11.40</b>	+00:06:42 (27.0%)	4:41	12.8 (73.1%)
33	<b>ŁABEJSZA Łukasz</b>	<b>195</b>	WOJOWNICY WÓDY	M30-39	33	00:00:32	00:08:13	00:16:16	00:24:14	<b>00:24:58.85</b>	<b>00:25:30.95</b>	+00:06:47 (27.2%)	4:42	12.7 (72.6%)
34	<b>KALISZUK Damian</b>	<b>138</b>		M30-39	34	00:00:27	00:07:57	00:16:04	00:24:13	<b>00:24:59.35</b>	<b>00:25:27.10</b>	+00:06:48 (27.2%)	4:43	12.7 (72.6%)
35	<b>KAZIMIEROWICZ Radosław</b>	<b>144</b>	VTT KOSZALIN	M30-39	35	00:00:22	00:07:45	00:15:58	00:24:13	<b>00:25:05.40</b>	<b>00:25:28.00</b>	+00:06:54 (27.5%)	4:44	12.7 (72.6%)
36	<b>HRYCIÓW Paweł</b>	<b>113</b>	BIĄŁOGARD	M30-39	36	00:00:28	00:08:11	00:16:29	00:24:22	<b>00:25:05.95</b>	<b>00:25:34.50</b>	+00:06:55 (27.6%)	4:44	12.7 (72.6%)
37	<b>CAŁA Bartosz</b>	<b>47</b>	KARATE KLUB BYTÓW	M30-39	37	00:00:37	00:08:14	00:16:21	00:24:19	<b>00:25:08.20</b>	<b>00:25:45.50</b>	+00:06:57 (27.7%)	4:44	12.7 (72.6%)

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
38	<b>MALINOWSKI Mariusz</b>	<b>203</b>		M30-39	38	00:00:22	00:07:59	00:16:18	00:24:22	<b>00:25:10.60</b>	<b>00:25:33.15</b>	+00:06:59 (27.8%)	4:45	12.6 (72.0%)
39	<b>BIL Adrian</b>	<b>34</b>		M30-39	39	00:00:22	00:08:13	00:16:42	00:24:33	<b>00:25:16.70</b>	<b>00:25:39.30</b>	+00:07:05 (28.1%)	4:46	12.6 (72.0%)
40	<b>NAGRABECKI Hubert</b>	<b>229</b>	HUBCIO TEAM :)	M30-39	40	00:00:35	00:08:14	00:16:28	00:24:31	<b>00:25:22.15</b>	<b>00:25:57.55</b>	+00:07:11 (28.3%)	4:47	12.5 (71.4%)
41	<b>ZDROWIECKI Artur</b>	<b>423</b>		M30-39	41	00:00:17	00:07:25	00:16:06	00:24:52	<b>00:25:37.55</b>	<b>00:25:55.20</b>	+00:07:26 (29.0%)	4:50	12.4 (70.9%)
42	<b>TUKAJSKI Tomasz</b>	<b>325</b>	BIKE U UP	M30-39	42	00:00:23	00:07:59	00:16:21	00:24:45	<b>00:25:40.00</b>	<b>00:26:03.05</b>	+00:07:29 (29.2%)	4:50	12.4 (70.9%)
43	<b>ROGALSKI Roberto</b>	<b>275</b>	TKKF KOSZALIN	M30-39	43	00:00:35	00:07:56	00:16:30	00:24:50	<b>00:25:42.20</b>	<b>00:26:17.60</b>	+00:07:31 (29.3%)	4:50	12.4 (70.9%)
44	<b>KALOCIŃSKI Krzysztof</b>	<b>139</b>	ROZBIEGANY KOSZALIN	M30-39	44	00:00:26	00:08:30	00:16:41	00:24:57	<b>00:25:48.50</b>	<b>00:26:14.50</b>	+00:07:37 (29.6%)	4:52	12.3 (70.3%)
45	<b>STOKROCKI Wojciech</b>	<b>301</b>		M30-39	45	00:00:41	00:08:42	00:17:01	00:25:07	<b>00:25:54.65</b>	<b>00:26:35.85</b>	+00:07:43 (29.8%)	4:53	12.3 (70.3%)
46	<b>STASIAK Grzegorz</b>	<b>296</b>		M30-39	46	00:00:40	00:08:43	00:17:02	00:25:08	<b>00:25:55.25</b>	<b>00:26:35.90</b>	+00:07:44 (29.9%)	4:53	12.3 (70.3%)
47	<b>OTTO Michał</b>	<b>243</b>		M30-39	47	00:00:19	00:08:01	00:16:36	00:25:15	<b>00:26:02.95</b>	<b>00:26:22.70</b>	+00:07:52 (30.2%)	4:54	12.2 (69.7%)
48	<b>KAMIŃSKI Tomasz</b>	<b>140</b>	JEDNOSTKA WOJSKOWA 1223	M30-39	48	00:00:17	00:07:59	00:16:43	00:25:19	<b>00:26:05.35</b>	<b>00:26:23.30</b>	+00:07:54 (30.3%)	4:55	12.2 (69.7%)
48	<b>FELSKI Łukasz</b>	<b>78</b>		M30-39	49	00:00:43	00:08:11	00:16:47	00:25:19	<b>00:26:05.35</b>	<b>00:26:48.80</b>	+00:07:54 (30.3%)	4:55	12.2 (69.7%)
50	<b>NADSTAWNY Marek</b>	<b>228</b>		M30-39	50	00:00:22	00:08:10	00:16:40	00:25:24	<b>00:26:17.80</b>	<b>00:26:40.75</b>	+00:08:06 (30.9%)	4:57	12.1 (69.1%)
51	<b>MADEJ Krzysztof</b>	<b>200</b>		M30-39	51	00:00:29	00:08:15	00:16:48	00:25:31	<b>00:26:25.35</b>	<b>00:26:54.90</b>	+00:08:14 (31.2%)	4:59	12 (68.6%)
52	<b>JABŁOŃSKI Tomasz</b>	<b>117</b>	AR SPOKO SŁAWNO	M30-39	52	00:00:36	00:08:44	00:17:09	00:25:38	<b>00:26:29.90</b>	<b>00:27:06.50</b>	+00:08:19 (31.4%)	5:00	12 (68.6%)
53	<b>KOWALCZYK Piotr</b>	<b>166</b>		M30-39	53	00:00:29	00:08:21	00:17:04	00:25:55	<b>00:26:45.90</b>	<b>00:27:15.65</b>	+00:08:35 (32.1%)	5:03	11.9 (68.0%)
54	<b>SZULC Szymon</b>	<b>437</b>		M30-39	54	00:00:32	00:08:54	00:17:52	00:26:12	<b>00:26:54.15</b>	<b>00:27:26.60</b>	+00:08:43 (32.4%)	5:04	11.8 (67.4%)
55	<b>PUZYREWSKI Wojciech</b>	<b>264</b>	FORREST GUMP	M30-39	55	00:00:33	00:09:36	00:18:05	00:26:16	<b>00:27:04.65</b>	<b>00:27:38.30</b>	+00:08:53 (32.9%)	5:06	11.7 (66.9%)
56	<b>RUDZIK Grzegorz</b>	<b>280</b>	KL 'ISKRA' BIAŁOGARD	M30-39	56	00:00:27	00:08:29	00:17:33	00:26:24	<b>00:27:15.85</b>	<b>00:27:43.10</b>	+00:09:04 (33.3%)	5:08	11.7 (66.9%)
57	<b>KACZMAREK Łukasz</b>	<b>136</b>	1984	M30-39	57	00:00:35	00:08:39	00:17:45	00:26:37	<b>00:27:20.45</b>	<b>00:27:56.25</b>	+00:09:09 (33.5%)	5:09	11.6 (66.3%)
58	<b>ATALSKI Damian</b>	<b>27</b>		M30-39	58	00:00:33	00:08:37	00:17:30	00:26:31	<b>00:27:23.40</b>	<b>00:27:56.85</b>	+00:09:12 (33.6%)	5:10	11.6 (66.3%)
59	<b>HRYCAJ Tomasz</b>	<b>112</b>		M30-39	59	00:00:25	00:08:46	00:17:51	00:26:32	<b>00:27:24.30</b>	<b>00:27:50.25</b>	+00:09:13 (33.7%)	5:10	11.6 (66.3%)
60	<b>MARZEC Łukasz</b>	<b>207</b>		M30-39	60	00:00:27	00:08:30	00:17:28	00:26:43	<b>00:27:40.25</b>	<b>00:28:07.55</b>	+00:09:29 (34.3%)	5:13	11.5 (65.7%)

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										5.3km	5.3km			
61	<b>KRYGIER Ireneusz</b>	<b>179</b>	W.P.K SŁOŃ TEAM USTKA	M30-39	61	00:00:36	00:08:55	00:17:59	00:26:59	<b>00:27:51.95</b>	<b>00:28:28.55</b>	+00:09:41 (34.8%)	5:15	11.4 (65.1%)
62	<b>PUCHALSKI Marcin</b>	<b>262</b>		M30-39	62	00:00:38	00:08:35	00:17:42	00:27:00	<b>00:27:53.70</b>	<b>00:28:31.95</b>	+00:09:42 (34.8%)	5:15	11.4 (65.1%)
63	<b>WIERZBICKI Sylwester</b>	<b>346</b>		M30-39	63	00:00:32	00:09:31	00:19:16	00:27:23	<b>00:28:02.40</b>	<b>00:28:34.80</b>	+00:09:51 (35.2%)	5:17	11.3 (64.6%)
64	<b>RETERSKI Przemysław</b>	<b>271</b>		M30-39	64	00:00:30	00:08:49	00:17:58	00:27:19	<b>00:28:14.30</b>	<b>00:28:44.65</b>	+00:10:03 (35.6%)	5:19	11.3 (64.6%)
65	<b>KOSECKI Tomasz</b>	<b>162</b>		M30-39	65	00:00:39	00:09:49	00:18:59	00:27:35	<b>00:28:25.00</b>	<b>00:29:04.25</b>	+00:10:14 (36.0%)	5:21	11.2 (64.0%)
66	<b>ŻUREK Daniel</b>	<b>430</b>		M30-39	66	00:00:16	00:09:35	00:18:51	00:27:51	<b>00:28:36.55</b>	<b>00:28:52.55</b>	+00:10:25 (36.4%)	5:23	11.1 (63.4%)
67	<b>NAPIERAŁA Marcin</b>	<b>230</b>		M30-39	67	00:00:36	00:09:43	00:19:05	00:27:46	<b>00:28:41.25</b>	<b>00:29:17.25</b>	+00:10:30 (36.6%)	5:24	11.1 (63.4%)
68	<b>KOTULSKI Piotr</b>	<b>165</b>	KLUB BIEGACZY JYSK	M30-39	68	00:00:28	00:09:05	00:18:36	00:28:07	<b>00:29:01.45</b>	<b>00:29:30.10</b>	+00:10:50 (37.4%)	5:28	11 (62.9%)
69	<b>ORYSZCZYN Arkadiusz</b>	<b>239</b>		M30-39	69	00:00:30	00:09:13	00:18:40	00:28:25	<b>00:29:19.90</b>	<b>00:29:50.40</b>	+00:11:09 (38.0%)	5:32	10.8 (61.7%)
70	<b>SKIERKA Grzegorz</b>	<b>288</b>	MKS ŚWIĘC SŁAWNO	M30-39	70	00:00:34	00:09:36	00:19:12	00:28:28	<b>00:29:25.25</b>	<b>00:30:00.00</b>	+00:11:14 (38.2%)	5:33	10.8 (61.7%)
71	<b>BASIAK Krystian</b>	<b>30</b>	KOSZALIN	M30-39	71	00:00:17	00:09:05	00:18:30	00:28:56	<b>00:29:46.25</b>	<b>00:30:03.70</b>	+00:11:35 (38.9%)	5:36	10.7 (61.1%)
72	<b>KACAŁA Jacek</b>	<b>134</b>		M30-39	72	00:00:36	00:09:38	00:19:15	00:29:04	<b>00:29:52.30</b>	<b>00:30:29.05</b>	+00:11:41 (39.1%)	5:38	10.6 (60.6%)
73	<b>BONISŁAWSKI Jarosław</b>	<b>39</b>	FADOMODA TEAM	M30-39	73	00:00:29	00:09:36	00:19:19	00:29:08	<b>00:30:04.80</b>	<b>00:30:34.05</b>	+00:11:53 (39.6%)	5:40	10.6 (60.6%)
74	<b>KUPREWICZ Grzegorz</b>	<b>186</b>	JW1223	M30-39	74	00:00:34	00:09:42	00:19:29	00:29:23	<b>00:30:15.55</b>	<b>00:30:50.15</b>	+00:12:04 (39.9%)	5:42	10.5 (60.0%)
75	<b>SKRZYPEK Marcin</b>	<b>290</b>	NIETOPERZE KOSZALIN	M30-39	75	00:00:42	00:09:38	00:19:40	00:30:26	<b>00:31:24.35</b>	<b>00:32:07.05</b>	+00:13:13 (42.1%)	5:55	10.1 (57.7%)
76	<b>PACAN Bartosz</b>	<b>245</b>		M30-39	76	00:00:31	00:09:59	00:20:35	00:30:40	<b>00:31:34.10</b>	<b>00:32:05.35</b>	+00:13:23 (42.4%)	5:57	10.1 (57.7%)
77	<b>TELEGA Michał</b>	<b>321</b>		M30-39	77	00:00:32	00:10:01	00:20:20	00:30:45	<b>00:31:46.80</b>	<b>00:32:19.10</b>	+00:13:35 (42.8%)	5:59	10 (57.1%)
78	<b>ZIELIŃSKI Jarosław</b>	<b>424</b>	AMATOR	M30-39	78	00:00:38	00:09:54	00:20:21	00:31:18	<b>00:32:18.35</b>	<b>00:32:56.70</b>	+00:14:07 (43.7%)	6:05	9.8 (56.0%)
79	<b>SZYSZKOWSKI Tomasz</b>	<b>316</b>		M30-39	79	00:00:24	00:10:11	00:21:00	00:31:59	<b>00:33:01.80</b>	<b>00:33:26.65</b>	+00:14:50 (45.0%)	6:13	9.6 (54.9%)
80	<b>WILKOWSKI Piotr</b>	<b>402</b>		M30-39	80	00:00:31	00:10:22	00:21:17	00:32:08	<b>00:33:10.80</b>	<b>00:33:42.25</b>	+00:14:59 (45.2%)	6:15	9.6 (54.9%)
81	<b>GAWLIK Artur</b>	<b>88</b>	BIEGNIJMY.PL	M30-39	81	00:00:31	00:09:48	00:20:33	00:32:29	<b>00:33:26.60</b>	<b>00:33:57.90</b>	+00:15:15 (45.6%)	6:18	9.5 (54.3%)
82	<b>KOSECKI Mariusz</b>	<b>161</b>		M30-39	82	00:00:37	00:10:16	00:21:38	00:33:28	<b>00:34:29.15</b>	<b>00:35:07.00</b>	+00:16:18 (47.3%)	6:30	9.2 (52.6%)
83	<b>ZATORSKI Zbigniew</b>	<b>421</b>	KOŁOBRZEG BIEGA	M30-39	83	00:00:40	00:11:44	00:24:43	00:37:55	<b>00:39:10.60</b>	<b>00:39:50.70</b>	+00:20:59 (53.6%)	7:23	8.1 (46.3%)

Znaleziono 83 wynik(ów)