



X KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie: X Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2018-12-29
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WRÓBEL Jakub	79	BMW E36	M18-29	1	00:16:18.15		3:15	18.4 (100%)
2	WIŚNIEWSKI Kacper	309	KB DZIESIĄTKA	M18-29	2	00:16:27.23	+00:00:09 (0.9%)	3:17	18.2 (98.9%)
3	BORYCHOWSKI Mariusz	426	1 BZ LĘBORK	M40-49	1	00:16:30.36	+00:00:12 (1.2%)	3:18	18.2 (98.9%)
4	ORZECOWSKI Kamil	175	TKKF KOSZALIN	M30-39	1	00:17:18.03	+00:00:59 (5.8%)	3:27	17.3 (94.0%)
5	JEFIMCZYK Norbert	427		M18-29	3	00:17:29.99	+00:01:11 (6.8%)	3:29	17.2 (93.5%)
6	KASPROWICZ Adam	434	BMW E36	M14-17	1	00:17:49.68	+00:01:31 (8.6%)	3:33	16.8 (91.3%)
7	ZABORSKI Ryszard	265	TKKF KOSZALIN	M40-49	2	00:17:59.30	+00:01:41 (9.4%)	3:35	16.7 (90.8%)
8	SZOPIŃSKI Tomasz	237		M30-39	2	00:18:02.99	+00:01:44 (9.7%)	3:36	16.6 (90.2%)
9	WENT Jakub	247		M30-39	3	00:18:04.92	+00:01:46 (9.8%)	3:36	16.6 (90.2%)
10	SZARŁATA Piotr	235		M30-39	4	00:18:14.01	+00:01:55 (10.6%)	3:38	16.5 (89.7%)
11	ROSIĄK Damian	201		M18-29	4	00:18:46.56	+00:02:28 (13.2%)	3:45	16 (87.0%)
12	RUDNIKOWSKI Maciej	203		M40-49	3	00:19:02.85	+00:02:44 (14.4%)	3:48	15.8 (85.9%)
13	GOSTKOWSKI Łukasz	56		M30-39	5	00:19:08.77	+00:02:50 (14.9%)	3:49	15.7 (85.3%)
14	CZAPLIŃSKI Jacek	32		M30-39	6	00:19:17.59	+00:02:59 (15.5%)	3:51	15.6 (84.8%)
15	RODZIEWICZ Marcin	196		M30-39	7	00:19:20.54	+00:03:02 (15.7%)	3:52	15.5 (84.2%)
16	DUDA Grzegorz	46		M30-39	8	00:19:24.81	+00:03:06 (16.0%)	3:52	15.5 (84.2%)
17	ZUKAL Piotr	273		M40-49	4	00:19:28.95	+00:03:10 (16.3%)	3:53	15.4 (83.7%)
18	KLIMOWICZ Michał	107		M30-39	9	00:19:32.41	+00:03:14 (16.6%)	3:54	15.4 (83.7%)
19	WOJCIECHOWICZ Jacek	255		M40-49	5	00:19:39.57	+00:03:21 (17.1%)	3:55	15.3 (83.2%)
20	NOWACKI Rafał	170		M40-49	6	00:19:41.89	+00:03:23 (17.2%)	3:56	15.2 (82.6%)
21	ZIENOWICZ Michał	270		M18-29	5	00:19:42.21	+00:03:24 (17.3%)	3:56	15.2 (82.6%)
22	GRZESIK Eugeniusz	60	TKKF KOSZALIN	M50-59	1	00:19:42.73	+00:03:24 (17.3%)	3:56	15.2 (82.6%)
23	ZWOLIŃSKI Jan	274	TKKF KOSZALIN	M50-59	2	00:19:44.49	+00:03:26 (17.4%)	3:56	15.2 (82.6%)
24	MAJKOWICZ Rafał	145		M30-39	10	00:19:47.29	+00:03:29 (17.6%)	3:57	15.2 (82.6%)
25	RYKIEL Michał	208		M30-39	11	00:19:48.87	+00:03:30 (17.7%)	3:57	15.2 (82.6%)
26	KLEMANN Paweł	105	TKKF KOSZALIN	M40-49	7	00:20:19.94	+00:04:01 (19.8%)	4:03	14.8 (80.4%)
27	HOREGLAD Paweł	71		M18-29	6	00:20:33.90	+00:04:15 (20.7%)	4:06	14.6 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Różn	Tempo	Tempo
						netto		min/km	km/h
						5km			
28	SZULC Arek	271		M40-49	8	00:20:40.95	+00:04:22 (21.2%)	4:08	14.5 (78.8%)
29	PICK Tomasz	180		M40-49	9	00:20:41.15	+00:04:22 (21.2%)	4:08	14.5 (78.8%)
30	CZARNOWSKI Łukasz	33		M30-39	12	00:20:41.34	+00:04:23 (21.2%)	4:08	14.5 (78.8%)
31	ROMANOWICZ Piotr	199		M40-49	10	00:20:45.34	+00:04:27 (21.5%)	4:09	14.5 (78.8%)
32	PRZEWŁOCKI Michał	189	TKKF KOSZALIN	M30-39	13	00:20:49.33	+00:04:31 (21.7%)	4:09	14.4 (78.3%)
33	STĘŻAŁA Artur	228		M40-49	11	00:20:58.82	+00:04:40 (22.3%)	4:11	14.3 (77.7%)
34	KACZMARSKI Dariusz	91		M50-59	3	00:21:02.61	+00:04:44 (22.5%)	4:12	14.3 (77.7%)
35	MAJCHER Przemysław	143		M18-29	7	00:21:04.24	+00:04:46 (22.6%)	4:12	14.2 (77.2%)
36	NIEWIADA Marek	169		M30-39	14	00:21:06.64	+00:04:48 (22.8%)	4:13	14.2 (77.2%)
37	KISIELEWICZ Krzysztof	102		M18-29	8	00:21:08.14	+00:04:49 (22.9%)	4:13	14.2 (77.2%)
38	MUCHA Krzysztof	165		M40-49	12	00:21:10.05	+00:04:51 (23.0%)	4:14	14.2 (77.2%)
39	OSTROWSKI Marian	310	SENIOR SL	M60-69	1	00:21:15.33	+00:04:57 (23.3%)	4:15	14.1 (76.6%)
40	ŻYLICZ Paweł	279	STOPA SŁUPSK / USB USTKA	M18-29	9	00:21:17.74	+00:04:59 (23.4%)	4:15	14.1 (76.6%)
41	BAJGERT Robert	439		M40-49	13	00:21:28.24	+00:05:10 (24.1%)	4:17	14 (76.1%)
42	WASINIEWSKI Dariusz	244		M30-39	15	00:21:37.38	+00:05:19 (24.6%)	4:19	13.9 (75.5%)
43	JERMAKOWICZ Bartłomiej	83		M30-39	16	00:21:41.82	+00:05:23 (24.9%)	4:20	13.8 (75.0%)
44	KUŁAKOWSKI Dawid	410	TKKF KOSZALIN	M40-49	14	00:21:54.00	+00:05:35 (25.6%)	4:22	13.7 (74.5%)
45	BARAN Krzysztof	348		M30-39	17	00:21:59.77	+00:05:41 (25.9%)	4:23	13.6 (73.9%)
46	CHUPTYŚ Adrian	30		M30-39	18	00:22:00.48	+00:05:42 (25.9%)	4:24	13.6 (73.9%)
47	SPRINGER Marcin	221		M40-49	15	00:22:04.51	+00:05:46 (26.1%)	4:24	13.6 (73.9%)
48	BIEŃKOWSKI Tomasz	13		M30-39	19	00:22:05.01	+00:05:46 (26.2%)	4:25	13.6 (73.9%)
49	IWANIEC Dariusz	75	TKKF KOSZALIN	M40-49	16	00:22:05.94	+00:05:47 (26.2%)	4:25	13.6 (73.9%)
50	MISZCZY SZYN Bartosz	162		M30-39	20	00:22:18.42	+00:06:00 (26.9%)	4:27	13.5 (73.4%)
51	MICHALSKI Jakub	158		M40-49	17	00:22:21.14	+00:06:02 (27.1%)	4:28	13.4 (72.8%)
52	STRUMIŃSKI Rafał	229		M30-39	21	00:22:23.00	+00:06:04 (27.2%)	4:28	13.4 (72.8%)
53	KLENIEWSKI Piotr	106		M50-59	4	00:22:25.41	+00:06:07 (27.3%)	4:29	13.4 (72.8%)
54	CHOŁUJ Jarek	25		M40-49	18	00:22:27.70	+00:06:09 (27.4%)	4:29	13.4 (72.8%)
55	DESZCZ Tomasz	40		M18-29	10	00:22:28.54	+00:06:10 (27.5%)	4:29	13.4 (72.8%)
56	JAROSZ Jakub	80	TKKF KOSZALIN	M18-29	11	00:22:29.71	+00:06:11 (27.5%)	4:29	13.3 (72.3%)
57	STANKIEWICZ Wiesław	224		M50-59	5	00:22:30.40	+00:06:12 (27.6%)	4:30	13.3 (72.3%)
58	WÓJCICKI Grzegorz	260		M30-39	22	00:22:32.15	+00:06:13 (27.7%)	4:30	13.3 (72.3%)
59	OTTO Michał	177		M30-39	23	00:22:34.81	+00:06:16 (27.8%)	4:30	13.3 (72.3%)
60	SZYMAŃSKI Piotr	238		M40-49	19	00:22:40.47	+00:06:22 (28.1%)	4:32	13.2 (71.7%)
61	DRAŻKOWSKI Tomasz	44		M14-17	2	00:22:48.66	+00:06:30 (28.5%)	4:33	13.2 (71.7%)
62	JARZYNA Roman	81		M40-49	20	00:22:57.72	+00:06:39 (29.0%)	4:35	13.1 (71.2%)
63	CAŁA Bartosz	21		M40-49	21	00:23:03.21	+00:06:45 (29.3%)	4:36	13 (70.7%)
64	STAŃCZYK Sławomir	225		M30-39	24	00:23:05.52	+00:06:47 (29.4%)	4:37	13 (70.7%)
65	MICERSKI Tomasz	157	TKKF KOSZALIN	M40-49	22	00:23:06.43	+00:06:48 (29.4%)	4:37	13 (70.7%)
66	MOSIOŁEK Piotr	163		M40-49	23	00:23:10.65	+00:06:52 (29.7%)	4:38	12.9 (70.1%)
67	ANTKOWIAK Sebastian	1		M40-49	24	00:23:13.10	+00:06:54 (29.8%)	4:38	12.9 (70.1%)
68	MAZUREK Marcin	153		M40-49	25	00:23:18.16	+00:07:00 (30.0%)	4:39	12.9 (70.1%)
69	KRUPIŃSKI Krzysztof	127		M50-59	6	00:23:18.35	+00:07:00 (30.0%)	4:39	12.9 (70.1%)
70	NACHYŁA Paweł	168		M30-39	25	00:23:20.37	+00:07:02 (30.2%)	4:40	12.9 (70.1%)
71	CHABOWSKI Wojciech	23		M18-29	12	00:23:28.44	+00:07:10 (30.6%)	4:41	12.8 (69.6%)

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						netto	Różn		
						5km			
72	SULL Tygrys	233		M18-29	13	00:23:33.35	+00:07:15 (30.8%)	4:42	12.7 (69.0%)
73	OPALIŃSKI Stanisław	173		M60-69	2	00:23:33.90	+00:07:15 (30.8%)	4:42	12.7 (69.0%)
74	OLCZAK Krzysztof	172		M30-39	26	00:23:36.68	+00:07:18 (31.0%)	4:43	12.7 (69.0%)
75	BARTHA Adrian	6		M30-39	27	00:23:37.25	+00:07:19 (31.0%)	4:43	12.7 (69.0%)
76	KŁOS Tomasz	108		M30-39	28	00:23:38.50	+00:07:20 (31.0%)	4:43	12.7 (69.0%)
77	RÓG Michał	202		M30-39	29	00:23:41.03	+00:07:22 (31.2%)	4:44	12.7 (69.0%)
78	GAWRYSIAK Przemysław	51		M40-49	26	00:23:43.35	+00:07:25 (31.3%)	4:44	12.6 (68.5%)
79	WIKTOROWSKI Maciej	252		M40-49	27	00:23:45.23	+00:07:27 (31.4%)	4:45	12.6 (68.5%)
80	WODNICKI Krzysztof	254		M30-39	30	00:23:45.61	+00:07:27 (31.4%)	4:45	12.6 (68.5%)
81	ŻMUDA Jarosław	277		M40-49	28	00:23:46.57	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
82	WÓJCIK Damian	261		M40-49	29	00:23:46.75	+00:07:28 (31.4%)	4:45	12.6 (68.5%)
83	PIECHOTA Robert	181		M40-49	30	00:23:47.22	+00:07:29 (31.5%)	4:45	12.6 (68.5%)
84	BACZYŃSKI Michał	2		M14-17	3	00:23:54.86	+00:07:36 (31.8%)	4:46	12.6 (68.5%)
85	KONKEL Łukasz	115		M30-39	31	00:23:56.60	+00:07:38 (31.9%)	4:47	12.5 (67.9%)
86	HOC Dariusz	69		M40-49	31	00:23:59.04	+00:07:40 (32.0%)	4:47	12.5 (67.9%)
87	KAJKOWSKI Rafał	93		M40-49	32	00:24:03.38	+00:07:45 (32.2%)	4:48	12.5 (67.9%)
88	URBANIAK Szymon	241		M18-29	14	00:24:08.96	+00:07:50 (32.5%)	4:49	12.4 (67.4%)
89	SOŁTYS Rafał	220		M30-39	32	00:24:09.71	+00:07:51 (32.5%)	4:49	12.4 (67.4%)
90	HAMALA Marcin	66		M30-39	33	00:24:18.29	+00:08:00 (32.9%)	4:51	12.3 (66.8%)
91	CZERNAK Gracjan	34		M30-39	34	00:24:19.28	+00:08:01 (33.0%)	4:51	12.3 (66.8%)
92	CHUDZIK Zbigniew	29	TKKF KOSZALIN	M50-59	7	00:24:20.59	+00:08:02 (33.0%)	4:52	12.3 (66.8%)
93	GLISZCZYŃSKI Łukasz	52		M18-29	15	00:24:20.83	+00:08:02 (33.0%)	4:52	12.3 (66.8%)
94	KAMYK Piotr	96		M30-39	35	00:24:24.17	+00:08:06 (33.2%)	4:52	12.3 (66.8%)
95	WYSOCKI Łukasz	264		M30-39	36	00:24:26.93	+00:08:08 (33.3%)	4:53	12.3 (66.8%)
96	WILIŃSKI Marek	253		M50-59	8	00:24:29.89	+00:08:11 (33.5%)	4:53	12.3 (66.8%)
97	GUTOWSKI Sebastian	61		M40-49	33	00:24:30.09	+00:08:11 (33.5%)	4:54	12.2 (66.3%)
98	KISIELIŃSKI Igor	104	TKKF KOSZALIN	M50-59	9	00:24:32.52	+00:08:14 (33.6%)	4:54	12.2 (66.3%)
99	POLAŃSKI Norbert	188		M40-49	34	00:24:36.23	+00:08:18 (33.7%)	4:55	12.2 (66.3%)
100	OSOBNIAK Ryszard	176		M60-69	3	00:24:42.64	+00:08:24 (34.0%)	4:56	12.1 (65.8%)
101	PODSIADŁO Marcin	187		M40-49	35	00:24:43.09	+00:08:24 (34.0%)	4:56	12.1 (65.8%)
102	PILAREK Ireneusz	183		M30-39	37	00:24:44.30	+00:08:26 (34.1%)	4:56	12.1 (65.8%)
103	SARBIEWSKI Przemysław	212		M30-39	38	00:24:44.61	+00:08:26 (34.1%)	4:56	12.1 (65.8%)
104	KAZIMIERCZAK Leszek	98		M30-39	39	00:24:47.67	+00:08:29 (34.2%)	4:57	12.1 (65.8%)
105	KRAWCZYK Tomasz	126		M30-39	40	00:24:47.77	+00:08:29 (34.3%)	4:57	12.1 (65.8%)
106	LEMANCZYK Andrzej	136		M30-39	41	00:24:48.33	+00:08:30 (34.3%)	4:57	12.1 (65.8%)
107	IGNACZYŃSKI Dariusz	73		M18-29	16	00:24:48.91	+00:08:30 (34.3%)	4:57	12.1 (65.8%)
108	KOZIEŁ Paweł	122		M30-39	42	00:24:49.94	+00:08:31 (34.3%)	4:57	12.1 (65.8%)
109	PIETRYKA Artur	182		M40-49	36	00:24:50.03	+00:08:31 (34.4%)	4:58	12.1 (65.8%)
110	MĘDEL Cezary	156		M40-49	37	00:25:01.81	+00:08:43 (34.9%)	5:00	12 (65.2%)
111	RUTKOWSKI Artur	207		M18-29	17	00:25:10.15	+00:08:51 (35.2%)	5:02	11.9 (64.7%)
112	SYCHA Jarosław	234		M30-39	43	00:25:13.06	+00:08:54 (35.4%)	5:02	11.9 (64.7%)
113	WYGANOWSKI Andrzej	263		M70+	1	00:25:13.74	+00:08:55 (35.4%)	5:02	11.9 (64.7%)
114	SARAPUK Piotr	211		M40-49	38	00:25:17.06	+00:08:58 (35.5%)	5:03	11.9 (64.7%)
115	KAZIMIEROWICZ Radosław	99		M30-39	44	00:25:17.30	+00:08:59 (35.5%)	5:03	11.9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
116	BIELAŃSKI Mirosław	11		M50-59	10	00:25:18.97	+00:09:00 (35.6%)	5:03	11.9 (64.7%)
117	GALICKI Robert	50		M40-49	39	00:25:21.16	+00:09:03 (35.7%)	5:04	11.8 (64.1%)
118	SNIADECKI Wojciech	218		M18-29	18	00:25:23.80	+00:09:05 (35.8%)	5:04	11.8 (64.1%)
119	JASIENIECKI Piotr	82		M40-49	40	00:25:26.75	+00:09:08 (35.9%)	5:05	11.8 (64.1%)
120	DĘBSKI Damian	41		M30-39	45	00:25:27.72	+00:09:09 (36.0%)	5:05	11.8 (64.1%)
121	GORGOL Piotr	55		M30-39	46	00:25:28.39	+00:09:10 (36.0%)	5:05	11.8 (64.1%)
122	STANIUK Bartosz	223		M30-39	47	00:25:29.21	+00:09:11 (36.0%)	5:05	11.8 (64.1%)
123	ŻUKOWSKI Cezary	278		M30-39	48	00:25:29.38	+00:09:11 (36.0%)	5:05	11.8 (64.1%)
124	LEWANDOWSKI Marian	139		M60-69	4	00:25:31.28	+00:09:13 (36.1%)	5:06	11.8 (64.1%)
125	RUDZIŃSKI Radosław	204		M30-39	49	00:25:31.54	+00:09:13 (36.1%)	5:06	11.8 (64.1%)
126	KOZŁOWIECKI Waldemar	123	TKKF KOSZALIN	M60-69	5	00:25:37.05	+00:09:18 (36.4%)	5:07	11.7 (63.6%)
127	KOBUS Piotr	109		M30-39	50	00:25:43.45	+00:09:25 (36.6%)	5:08	11.7 (63.6%)
128	DUDEK Bartłomiej	47		M40-49	41	00:25:47.65	+00:09:29 (36.8%)	5:09	11.6 (63.0%)
129	REMLAKOWSKI Krzysztof	192		M40-49	42	00:25:53.40	+00:09:35 (37.0%)	5:10	11.6 (63.0%)
130	STALUSZKA Dariusz	222		M40-49	43	00:25:53.78	+00:09:35 (37.0%)	5:10	11.6 (63.0%)
131	BODO Rafał	14		M30-39	51	00:26:00.99	+00:09:42 (37.3%)	5:12	11.5 (62.5%)
132	SKOWYRSKI Janusz	217	TKKF KOSZALIN	M50-59	11	00:26:07.65	+00:09:49 (37.6%)	5:13	11.5 (62.5%)
133	ŁAZARCZYK Wacław	140		M60-69	6	00:26:08.52	+00:09:50 (37.6%)	5:13	11.5 (62.5%)
134	MAŁKOWSKI Tomasz	147		M30-39	52	00:26:09.53	+00:09:51 (37.7%)	5:13	11.5 (62.5%)
135	BANCEWICZ Radek	4		M30-39	53	00:26:12.29	+00:09:54 (37.8%)	5:14	11.5 (62.5%)
136	HAŁKA Arkadiusz	293		M40-49	44	00:26:12.76	+00:09:54 (37.8%)	5:14	11.5 (62.5%)
137	ROGAŁA Tomasz	198		M30-39	54	00:26:14.64	+00:09:56 (37.9%)	5:14	11.4 (62.0%)
138	BOGACKI Tomasz	16	TKKF KOSZALIN	M50-59	12	00:26:29.17	+00:10:11 (38.4%)	5:17	11.3 (61.4%)
139	SKIBA Artur	216		M40-49	45	00:26:32.88	+00:10:14 (38.6%)	5:18	11.3 (61.4%)
140	MRUGALSKI Stanisław	164		M50-59	13	00:26:39.73	+00:10:21 (38.9%)	5:19	11.3 (61.4%)
141	REMLAKOWSKI Zbigniew	193		M40-49	46	00:26:42.30	+00:10:24 (39.0%)	5:20	11.2 (60.9%)
142	SITEK Alfred	215		M30-39	55	00:26:44.42	+00:10:26 (39.0%)	5:20	11.2 (60.9%)
143	WIERZBICKI Jacek	250		M30-39	56	00:26:47.50	+00:10:29 (39.2%)	5:21	11.2 (60.9%)
144	JUSZCZAK Krzysztof	87		M60-69	7	00:26:48.19	+00:10:30 (39.2%)	5:21	11.2 (60.9%)
145	DEREŃ Grzegorz	39		M40-49	47	00:26:55.09	+00:10:36 (39.4%)	5:23	11.1 (60.3%)
146	WIERZBICKI Kacper	251		M18-29	19	00:27:07.45	+00:10:49 (39.9%)	5:25	11.1 (60.3%)
147	HRYCIÓW Paweł	72		M30-39	57	00:27:07.90	+00:10:49 (39.9%)	5:25	11.1 (60.3%)
148	DERECKI Bartosz	38		M40-49	48	00:27:09.09	+00:10:50 (40.0%)	5:25	11 (59.8%)
149	MYK Paweł	167		M30-39	58	00:27:11.32	+00:10:53 (40.0%)	5:26	11 (59.8%)
150	MARZAŁKOWSKI Radosław	150		M30-39	59	00:27:11.68	+00:10:53 (40.1%)	5:26	11 (59.8%)
151	GŁOWACKI Włodzimierz	53		M70+	2	00:27:12.70	+00:10:54 (40.1%)	5:26	11 (59.8%)
152	ORYSZCZYN Arkadiusz	174		M30-39	60	00:27:16.34	+00:10:58 (40.2%)	5:27	11 (59.8%)
153	GROMADA Bartosz	58		M30-39	61	00:27:38.27	+00:11:20 (41.0%)	5:31	10.9 (59.2%)
154	ZIELIŃSKI Maciej	269		M30-39	62	00:27:38.77	+00:11:20 (41.0%)	5:31	10.9 (59.2%)
155	HAŁAJKO Tomasz	64		M30-39	63	00:27:40.90	+00:11:22 (41.1%)	5:32	10.8 (58.7%)
156	SOBAJTIS Krzysztof	219		M18-29	20	00:27:44.57	+00:11:26 (41.2%)	5:32	10.8 (58.7%)
157	ŻMUDA Tomasz	275		M40-49	49	00:27:44.76	+00:11:26 (41.2%)	5:32	10.8 (58.7%)
158	BIELAŃSKI Krzysztof	12		M60-69	8	00:27:44.81	+00:11:26 (41.2%)	5:32	10.8 (58.7%)
159	BERNACKI Adam	10		M40-49	50	00:27:50.39	+00:11:32 (41.4%)	5:34	10.8 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
160	WIATRZYK Krzysztof	248		M40-49	51	00:27:51.86	+00:11:33 (41.5%)	5:34	10.8 (58.7%)
161	KOŁAKOWSKI Dariusz	110		M40-49	52	00:27:57.31	+00:11:39 (41.7%)	5:35	10.7 (58.2%)
162	KĘPKA Mirosław	101		M40-49	53	00:27:57.42	+00:11:39 (41.7%)	5:35	10.7 (58.2%)
163	JURA Kazimierz	86		M70+	3	00:28:04.19	+00:11:46 (41.9%)	5:36	10.7 (58.2%)
164	MAJEWSKI Kamil	144		M30-39	64	00:28:05.90	+00:11:47 (42.0%)	5:37	10.7 (58.2%)
165	FAJGIER Tomasz	48		M40-49	54	00:28:05.97	+00:11:47 (42.0%)	5:37	10.7 (58.2%)
166	PŁOTKA Grzegorz	185		M30-39	65	00:28:27.13	+00:12:08 (42.7%)	5:41	10.5 (57.1%)
167	HELLER Zdzisław	68		M60-69	9	00:28:39.07	+00:12:20 (43.1%)	5:43	10.5 (57.1%)
168	WĄSOWSKI Robert	246		M18-29	21	00:29:01.79	+00:12:43 (43.8%)	5:48	10.3 (56.0%)
169	KOMODA Mariusz	111		M40-49	55	00:29:08.53	+00:12:50 (44.1%)	5:49	10.3 (56.0%)
170	MARKOWSKI Andrzej	436	TKKF KOSZALIN	M60-69	10	00:29:09.21	+00:12:51 (44.1%)	5:49	10.3 (56.0%)
171	KARNICKI Zygmunt	97	TKKF KOSZALIN	M60-69	11	00:29:27.17	+00:13:09 (44.6%)	5:53	10.2 (55.4%)
172	BARTOSIK Jarosław	8		M40-49	56	00:29:49.21	+00:13:31 (45.3%)	5:57	10.1 (54.9%)
173	BANACH Andrzej	3		M50-59	14	00:29:53.00	+00:13:34 (45.4%)	5:58	10 (54.3%)
174	ZIELIŃSKI Tomasz	268		M40-49	57	00:30:01.50	+00:13:43 (45.7%)	6:00	10 (54.3%)
175	CICHOSZ Jerzy	31		M70+	4	00:30:14.70	+00:13:56 (46.1%)	6:02	9.9 (53.8%)
176	TRZESNIEWSKI Zbigniew	240		M50-59	15	00:31:03.91	+00:14:45 (47.5%)	6:12	9.7 (52.7%)
177	JANCZEWSKI Maciek	78		M14-17	4	00:32:06.22	+00:15:48 (49.2%)	6:25	9.3 (50.5%)
178	JANCZEWSKI Jacek	77		M40-49	58	00:32:06.46	+00:15:48 (49.2%)	6:25	9.3 (50.5%)
179	KACZYŃSKI Henryk	92		M60-69	12	00:32:18.60	+00:16:00 (49.5%)	6:27	9.3 (50.5%)
180	CHILOŃSKI Tomek	24		M40-49	59	00:32:47.37	+00:16:29 (50.3%)	6:33	9.2 (50.0%)
181	SUSKI Jan	282		M60-69	13	00:34:15.79	+00:17:57 (52.4%)	6:51	8.8 (47.8%)
182	FRASZKIEWICZ Jarosław	49		M40-49	60	00:34:18.54	+00:18:00 (52.5%)	6:51	8.7 (47.3%)
183	GRĄBCZEWSKI Rafał	280	JW1223	M30-39	66	00:34:44.85	+00:18:26 (53.1%)	6:56	8.6 (46.7%)

Znaleziono 183 wynik(ów)