

# XIII KOSZALIŃSKI BIEG SYLWESTROWY - 5.1 KM

B4SPORT

**Wydarzenie:** XIII Koszaliński Bieg Sylwestrowy  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2022-12-31  
**Miejsce:** Koszalin  
**Dystans:** 5.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.6km	Lap 3.35km	Czas netto 5.1km	Różn	Tempo min/km	Tempo km/h
1	<b>PYSHNIAK Kostiantyn</b>	<b>234</b>		M18	1	00:05:08	00:10:31	<b>00:16:03.00</b>		3:08	19.1 (100%)
2	<b>PROWANCKI Patryk</b>	<b>318</b>	WILKI POMORSKI	M18	2	00:05:12	00:11:07	<b>00:17:09.75</b>	+00:01:06 (6.5%)	3:21	17.8 (93.2%)
3	<b>RYBARCZYK Jan</b>	<b>168</b>	ŻYJ Z ENERGIA	M50	1	00:05:26	00:11:22	<b>00:17:21.60</b>	+00:01:18 (7.5%)	3:24	17.6 (92.1%)
4	<b>KĘPKA Adrian</b>	<b>88</b>		M18	3	00:05:29	00:11:31	<b>00:17:35.25</b>	+00:01:32 (8.7%)	3:26	17.4 (91.1%)
5	<b>KOZAK Arkadiusz</b>	<b>98</b>	TKKF KOSZALIN	M50	2	00:05:28	00:11:37	<b>00:17:52.25</b>	+00:01:49 (10.2%)	3:30	17.1 (89.5%)
6	<b>MIERZLIKIN Natalia</b>	<b>128</b>		K30	1	00:05:41	00:11:50	<b>00:17:57.05</b>	+00:01:54 (10.6%)	3:31	17 (89.0%)
7	<b>WOJTKIEWICZ Mateusz</b>	<b>215</b>	KB 10 BIAŁOGARD	M18	4	00:05:36	00:11:57	<b>00:18:07.15</b>	+00:02:04 (11.4%)	3:33	16.9 (88.5%)
8	<b>GUZOWSKI Dariusz</b>	<b>59</b>	TALEX BORZYTUCHOM	M50	3	00:05:40	00:11:58	<b>00:18:08.85</b>	+00:02:05 (11.6%)	3:33	16.9 (88.5%)
9	<b>RODZUCH Daniel</b>	<b>162</b>		M30	1	00:05:42	00:11:58	<b>00:18:10.35</b>	+00:02:07 (11.7%)	3:33	16.8 (88.0%)
10	<b>MAKOWSKI Marek</b>	<b>117</b>		M18	5	00:05:25	00:11:31	<b>00:18:32.70</b>	+00:02:29 (13.5%)	3:38	16.5 (86.4%)
11	<b>MICHAŁOWSKI Piotr</b>	<b>127</b>		M30	2	00:05:45	00:12:12	<b>00:18:35.00</b>	+00:02:32 (13.6%)	3:38	16.5 (86.4%)
12	<b>ORZECZOWSKI Kamil</b>	<b>141</b>	TKKF KOSZALIN	M30	3	00:06:06	00:12:41	<b>00:18:47.45</b>	+00:02:44 (14.6%)	3:40	16.3 (85.3%)
13	<b>RUDNIKOWSKI Maciej</b>	<b>165</b>	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWYPL	M40	1	00:05:51	00:12:24	<b>00:18:47.80</b>	+00:02:44 (14.6%)	3:40	16.3 (85.3%)
14	<b>PICK Tomasz</b>	<b>152</b>	BIEGOLAS / KORONA	M50	4	00:06:00	00:12:33	<b>00:18:51.35</b>	+00:02:48 (14.9%)	3:41	16.2 (84.8%)
15	<b>CYRULEWSKI Rafał</b>	<b>32</b>		M50	5	00:06:00	00:12:27	<b>00:18:56.05</b>	+00:02:53 (15.2%)	3:42	16.2 (84.8%)
16	<b>WITKIEWICZ Eryk</b>	<b>213</b>		M40	2	00:05:56	00:12:32	<b>00:18:57.00</b>	+00:02:54 (15.3%)	3:42	16.1 (84.3%)
17	<b>WALEŃSKI Michał</b>	<b>204</b>	TKKF KOSZALIN	M40	3	00:06:00	00:12:33	<b>00:18:59.60</b>	+00:02:56 (15.5%)	3:43	16.1 (84.3%)
18	<b>NEJMAN Jerzy</b>	<b>133</b>		M30	4	00:05:45	00:12:15	<b>00:19:02.90</b>	+00:02:59 (15.7%)	3:43	16.1 (84.3%)
19	<b>FOLTYNIEWICZ Hanna</b>	<b>49</b>	7PRO TEAM/LITWIN TRIATHLON ELITE	K14	1	00:06:05	00:12:37	<b>00:19:03.85</b>	+00:03:00 (15.8%)	3:44	16.1 (84.3%)
20	<b>FEDORCZAK Łukasz</b>	<b>45</b>	BIEGOLAS KOSZALIN	M30	5	00:06:01	00:12:33	<b>00:19:06.30</b>	+00:03:03 (16.0%)	3:44	16 (83.8%)
21	<b>SOBKO Maksymilian</b>	<b>181</b>		M14	1	00:05:47	00:12:26	<b>00:19:12.05</b>	+00:03:09 (16.4%)	3:45	15.9 (83.2%)
22	<b>KLIMOWICZ Michał</b>	<b>92</b>		M30	6	00:05:58	00:12:34	<b>00:19:15.30</b>	+00:03:12 (16.6%)	3:46	15.9 (83.2%)
23	<b>SMAGOWSKI Wojtek</b>	<b>179</b>	OSP RĄBINO	M40	4	00:06:04	00:12:46	<b>00:19:26.80</b>	+00:03:23 (17.5%)	3:48	15.7 (82.2%)
24	<b>BLOCH Radosław</b>	<b>15</b>	WITKOWSKI RUNNING TEAM	M18	6	00:06:21	00:13:10	<b>00:19:37.35</b>	+00:03:34 (18.2%)	3:50	15.6 (81.7%)
25	<b>MIKODA Grzegorz</b>	<b>129</b>		M40	5	00:06:07	00:12:52	<b>00:19:46.00</b>	+00:03:43 (18.8%)	3:52	15.5 (81.2%)
26	<b>SZOPIŃSKI Tomasz</b>	<b>191</b>		M30	7	00:06:00	00:12:48	<b>00:19:48.60</b>	+00:03:45 (19.0%)	3:52	15.5 (81.2%)
27	<b>KALETA Sebastian</b>	<b>79</b>		M40	6	00:06:10	00:13:07	<b>00:20:04.85</b>	+00:04:01 (20.1%)	3:56	15.2 (79.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas		Różn	Tempo min/km	Tempo km/h
						1.6km	3.35km	5.1km				
28	ZWOLIŃSKI Jan	228	TKKF KOSZALIN	M50	6	00:06:08	00:13:08	00:20:05.00	+00:04:02 (20.1%)	3:56	15.2 (79.6%)	
29	TŁUSTEK Łukasz	198	KB BRYZA POSTOMINO	M30	8	00:06:12	00:13:09	00:20:08.00	+00:04:05 (20.3%)	3:56	15.2 (79.6%)	
29	WILK Daniel	212	WILK I ZAJĄC	M50	7	00:06:05	00:13:06	00:20:08.00	+00:04:05 (20.3%)	3:56	15.2 (79.6%)	
31	WICHER Krzysztof	211	ADWOKATURA	M40	7	00:06:11	00:13:10	00:20:08.80	+00:04:05 (20.3%)	3:56	15.2 (79.6%)	
32	BARAN Krzysztof	7		M30	9	00:06:06	00:13:04	00:20:18.85	+00:04:15 (21.0%)	3:58	15.1 (79.1%)	
33	KOZIEŁ Paweł	99		M40	8	00:06:17	00:13:22	00:20:20.75	+00:04:17 (21.1%)	3:59	15 (78.5%)	
34	SZNYTER Hubert	190		M18	7	00:06:22	00:13:18	00:20:23.00	+00:04:20 (21.3%)	3:59	15 (78.5%)	
35	WENT Jakub	207		M40	9	00:05:30	00:12:14	00:20:37.20	+00:04:34 (22.2%)	4:02	14.8 (77.5%)	
36	HISZCZYŃSKA Aleksandra	65	SPORT GENERATION	K18	1	00:06:21	00:13:25	00:20:42.90	+00:04:39 (22.5%)	4:03	14.8 (77.5%)	
37	BARTHA Adrian	9		M30	10	00:06:15	00:13:29	00:20:47.75	+00:04:44 (22.8%)	4:04	14.7 (77.0%)	
38	PĘKAŁA Mikołaj	151		M18	8	00:06:50	00:14:06	00:21:08.05	+00:05:05 (24.1%)	4:08	14.5 (75.9%)	
39	MOSZYŃSKI Jacek	132	TKKF KOSZALIN	M50	8	00:06:35	00:13:57	00:21:10.95	+00:05:07 (24.2%)	4:09	14.5 (75.9%)	
40	KISIELEWICZ Krzysztof	90	KORZYBSKIE REKINY	M30	11	00:06:53	00:14:10	00:21:23.65	+00:05:20 (25.0%)	4:11	14.3 (74.9%)	
41	KRACZKOWSKI Przemysław	101		M40	10	00:06:38	00:13:58	00:21:27.95	+00:05:24 (25.2%)	4:12	14.3 (74.9%)	
42	WRZESZCZ Bartosz	224		M18	9	00:06:36	00:14:01	00:21:31.00	+00:05:28 (25.4%)	4:13	14.2 (74.3%)	
43	MAZUREK Marcin	124		M40	11	00:06:44	00:14:15	00:21:33.90	+00:05:30 (25.6%)	4:13	14.2 (74.3%)	
44	GAWĘDA Emil	51	DARŁOWSKIE CHARTY/KĘPKA NA TRASIE	M30	12	00:06:48	00:14:15	00:21:34.15	+00:05:31 (25.6%)	4:13	14.2 (74.3%)	
45	HAŁKA Justyna	61		K40	1	00:06:40	00:14:07	00:21:36.05	+00:05:33 (25.7%)	4:14	14.2 (74.3%)	
46	SAWIŃSKI Jacek	171		M40	12	00:06:42	00:14:09	00:21:37.60	+00:05:34 (25.8%)	4:14	14.2 (74.3%)	
47	KLUCZEWSKA Emilia	93	RUNASTYCZNI TEAM BYTÓW	K30	2	00:06:49	00:14:17	00:21:41.25	+00:05:38 (26.0%)	4:15	14.1 (73.8%)	
48	KRUK Marcin	102	TKKF MASTERS KOSZALIN	M40	13	00:06:33	00:14:06	00:21:51.85	+00:05:48 (26.6%)	4:17	14 (73.3%)	
49	LIPIŃSKI Sebastian	111	ZDARTE PODESZWY	M30	13	00:06:46	00:14:18	00:21:56.75	+00:05:53 (26.9%)	4:18	14 (73.3%)	
50	ŁUKAWSKI Mariusz	115	JW 1223	M30	14	00:06:32	00:14:16	00:22:02.35	+00:05:59 (27.2%)	4:19	13.9 (72.8%)	
51	PODŁYSKA Tadeusz	157	ZASAPANI HYDRO	M40	14	00:06:57	00:14:33	00:22:05.90	+00:06:02 (27.4%)	4:19	13.9 (72.8%)	
52	IWANIEC Dariusz	69	TKKF KOSZALIN	M40	15	00:06:43	00:14:24	00:22:08.30	+00:06:05 (27.5%)	4:20	13.8 (72.3%)	
53	ZUKAL Piotr	227	7PRO SIÓDMIAK TEAM	M40	16	00:07:08	00:14:46	00:22:10.65	+00:06:07 (27.6%)	4:20	13.8 (72.3%)	
54	SŁUPCZEWSKI Krzysztof	177	SDROG KOSZALIN	M40	17	00:07:13	00:14:58	00:22:23.65	+00:06:20 (28.3%)	4:23	13.7 (71.7%)	
55	PŁOSKI Krzysztof	156	DOM RYBAKA BOBOLIN	M40	18	00:07:19	00:14:55	00:22:27.60	+00:06:24 (28.5%)	4:24	13.6 (71.2%)	
56	KRUPIŃSKI Krzysztof	104	E-UROLOG.EU	M50	9	00:07:01	00:14:46	00:22:28.90	+00:06:25 (28.6%)	4:24	13.6 (71.2%)	
57	MOKRZYCKI Michał	130		M18	10	00:07:09	00:15:09	00:22:36.25	+00:06:33 (29.0%)	4:25	13.5 (70.7%)	
58	BOREJKO Łukasz	21		M30	15	00:07:44	00:15:47	00:22:37.20	+00:06:34 (29.0%)	4:26	13.5 (70.7%)	
59	BARUTOWICZ Grzegorz	12		M40	19	00:07:01	00:14:45	00:22:50.50	+00:06:47 (29.7%)	4:28	13.4 (70.2%)	
60	MAZUR Emiliusz	123		M40	20	00:06:55	00:14:51	00:22:55.35	+00:06:52 (30.0%)	4:29	13.4 (70.2%)	
61	DĄBROWSKA Alicja	35	TKKF KOSZALIN	K50	1	00:07:13	00:15:13	00:22:58.40	+00:06:55 (30.1%)	4:30	13.3 (69.6%)	
62	CZERNIAK Gracjan	33		M40	21	00:07:13	00:15:11	00:22:59.35	+00:06:56 (30.2%)	4:30	13.3 (69.6%)	
63	CHUDY Henryk	27	K SOLSZEWSKI I SYNOWIE	M60	1	00:07:02	00:14:58	00:23:05.05	+00:07:02 (30.5%)	4:31	13.3 (69.6%)	
64	BRZEZIŃSKI Paweł	22	IRON DAD	M40	22	00:07:14	00:15:23	00:23:15.75	+00:07:12 (31.0%)	4:33	13.2 (69.1%)	
65	PĘKAŁA Piotr	150	SOSW KOSZALIN	M50	10	00:07:22	00:15:26	00:23:16.65	+00:07:13 (31.0%)	4:33	13.2 (69.1%)	
66	MAZIEC Beata	122	BIEGOLAS / TKKF KOSZALIN	K30	3	00:07:33	00:15:31	00:23:18.15	+00:07:15 (31.1%)	4:34	13.1 (68.6%)	
67	ADASZYŃSKI Wiesław	2	BIEGOLAS KOSZALIN	M50	11	00:06:59	00:15:10	00:23:27.45	+00:07:24 (31.6%)	4:35	13 (68.1%)	
68	NOSAL Mariusz	134		M40	23	00:07:25	00:15:32	00:23:29.50	+00:07:26 (31.7%)	4:36	13 (68.1%)	
69	BOJANOWSKI Michał	20	KOŁOBRZESKI KLUB MORSÓW	M40	24	00:07:15	00:15:18	00:23:35.70	+00:07:32 (32.0%)	4:37	13 (68.1%)	
70	ŚNIEŻKO Marcin	196		M30	16	00:07:23	00:15:35	00:23:37.25	+00:07:34 (32.1%)	4:37	13 (68.1%)	
71	MICERSKI Tomasz	126	TKKF KOSZALIN	M40	25	00:07:31	00:15:41	00:23:38.05	+00:07:35 (32.1%)	4:38	12.9 (67.5%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas		Tempo min/km	Tempo km/h
						1.6km	3.35km	5.1km	Różn		
72	<b>OWCZARZ Marcin</b>	<b>142</b>	FIGA PRACOWNIA PROJEKTOWA	M30	17	00:07:18	00:15:32	<b>00:23:38.90</b>	+00:07:35 (32.1%)	4:38	12.9 (67.5%)
73	<b>KALINOWSKI Krzysztof</b>	<b>240</b>		M40	26	00:06:54	00:14:59	<b>00:23:43.65</b>	+00:07:40 (32.4%)	4:39	12.9 (67.5%)
74	<b>CHUDZIK Zbigniew</b>	<b>28</b>	TKKF KOSZALIN	M60	2	00:07:32	00:15:43	<b>00:23:46.60</b>	+00:07:43 (32.5%)	4:39	12.9 (67.5%)
75	<b>HOREGLAD Paweł</b>	<b>68</b>	SPEEDY GONZALES	M18	11	00:07:25	00:15:48	<b>00:23:52.25</b>	+00:07:49 (32.8%)	4:40	12.8 (67.0%)
76	<b>LUBLEWSKI Dawid</b>	<b>112</b>	MARNI BIEGACZE	M30	18	00:07:45	00:15:53	<b>00:23:55.60</b>	+00:07:52 (32.9%)	4:41	12.8 (67.0%)
77	<b>MAZUR Mirosław</b>	<b>238</b>	TKKF KOSZALIN	M50	12	00:07:34	00:15:50	<b>00:23:56.80</b>	+00:07:53 (33.0%)	4:41	12.8 (67.0%)
78	<b>SKOWYRSKI Janusz</b>	<b>175</b>	TKKF KOSZALIN	M60	3	00:07:30	00:15:43	<b>00:24:02.50</b>	+00:07:59 (33.2%)	4:42	12.7 (66.5%)
79	<b>ZACHARSKI Jerzy</b>	<b>226</b>	FABRYKA NORDICA TRZCIANKA	M60	4	00:07:21	00:15:44	<b>00:24:03.85</b>	+00:08:00 (33.3%)	4:42	12.7 (66.5%)
80	<b>KISIELIŃSKI Igor</b>	<b>91</b>		M50	13	00:07:37	00:15:55	<b>00:24:04.95</b>	+00:08:01 (33.4%)	4:43	12.7 (66.5%)
81	<b>DIDŁUCH Jacek</b>	<b>37</b>	KARLINOBIEGAJ	M40	27	00:07:44	00:15:54	<b>00:24:05.55</b>	+00:08:02 (33.4%)	4:43	12.7 (66.5%)
82	<b>BOGACKI Tomasz</b>	<b>19</b>	TKKF KOSZALIN	M60	5	00:07:37	00:15:56	<b>00:24:07.80</b>	+00:08:04 (33.5%)	4:43	12.7 (66.5%)
83	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>187</b>	:-)	M40	28	00:07:15	00:15:39	<b>00:24:08.85</b>	+00:08:05 (33.5%)	4:43	12.7 (66.5%)
84	<b>SCHWARZ Ludwik</b>	<b>233</b>		M50	14	00:07:36	00:15:57	<b>00:24:16.05</b>	+00:08:13 (33.9%)	4:45	12.6 (66.0%)
85	<b>SZULTKA Mariusz</b>	<b>193</b>		M30	19	00:07:38	00:16:02	<b>00:24:19.15</b>	+00:08:16 (34.0%)	4:46	12.6 (66.0%)
86	<b>DĄBROWSKI Grzegorz</b>	<b>36</b>		M40	29	00:07:50	00:16:08	<b>00:24:19.60</b>	+00:08:16 (34.0%)	4:46	12.6 (66.0%)
87	<b>BODO Rafał</b>	<b>17</b>	ZOZKOSZ KOSZALIN	M40	30	00:07:39	00:16:03	<b>00:24:20.75</b>	+00:08:17 (34.1%)	4:46	12.6 (66.0%)
88	<b>BARTHA Tomasz</b>	<b>10</b>		M14	2	00:07:32	00:16:13	<b>00:24:25.00</b>	+00:08:22 (34.3%)	4:47	12.5 (65.4%)
89	<b>STRZELECKI Grzegorz</b>	<b>185</b>	FIGA PRACOWNIA PROJEKTOWA	M40	31	00:07:19	00:15:53	<b>00:24:27.65</b>	+00:08:24 (34.4%)	4:47	12.5 (65.4%)
90	<b>SARBIEWSKI Przemysław</b>	<b>170</b>		M40	32	00:08:08	00:16:34	<b>00:24:33.25</b>	+00:08:30 (34.6%)	4:48	12.5 (65.4%)
91	<b>PAWŁOWSKI Grzegorz</b>	<b>148</b>	GAMMAX	M40	33	00:07:47	00:16:29	<b>00:24:35.60</b>	+00:08:32 (34.7%)	4:49	12.4 (64.9%)
92	<b>RYBAK Przemysław</b>	<b>167</b>		M40	34	00:07:56	00:16:29	<b>00:24:38.55</b>	+00:08:35 (34.9%)	4:49	12.4 (64.9%)
93	<b>FEDORCZAK Joanna</b>	<b>46</b>	BIEGOLAS KOSZALIN	K40	2	00:07:38	00:16:16	<b>00:24:40.50</b>	+00:08:37 (35.0%)	4:50	12.4 (64.9%)
94	<b>BURKIET Paweł</b>	<b>23</b>		M40	35	00:07:42	00:16:14	<b>00:24:41.75</b>	+00:08:38 (35.0%)	4:50	12.4 (64.9%)
95	<b>KRUPIŃSKA Beata</b>	<b>103</b>	E-UROLOG.EU	K50	2	00:07:42	00:16:18	<b>00:24:49.20</b>	+00:08:46 (35.3%)	4:51	12.3 (64.4%)
96	<b>DRABKOWSKA Agnieszka</b>	<b>40</b>	CUDAKI♥	K40	3	00:07:36	00:16:08	<b>00:24:49.35</b>	+00:08:46 (35.3%)	4:51	12.3 (64.4%)
97	<b>ORLIKOWSKI Robert</b>	<b>139</b>	POŁCZYŃ BIEGA ♥	M30	20	00:07:36	00:16:07	<b>00:24:49.75</b>	+00:08:46 (35.4%)	4:51	12.3 (64.4%)
98	<b>FIGARSKI Leszek</b>	<b>47</b>		M30	21	00:07:15	00:15:53	<b>00:24:55.65</b>	+00:08:52 (35.6%)	4:53	12.3 (64.4%)
99	<b>KASPRZYK Bogdan</b>	<b>84</b>		M40	36	00:07:53	00:16:33	<b>00:25:01.15</b>	+00:08:58 (35.8%)	4:54	12.2 (63.9%)
100	<b>ANGRYS Maciej</b>	<b>3</b>	FUNDACJA ZASTOPIJ	M30	22	00:08:08	00:16:50	<b>00:25:06.50</b>	+00:09:03 (36.1%)	4:55	12.2 (63.9%)
101	<b>WALCZAK Anna</b>	<b>203</b>		K30	4	00:07:51	00:16:25	<b>00:25:09.65</b>	+00:09:06 (36.2%)	4:55	12.2 (63.9%)
102	<b>WALCZAK Rafał</b>	<b>202</b>		M40	37	00:07:12	00:16:05	<b>00:25:11.20</b>	+00:09:08 (36.3%)	4:56	12.2 (63.9%)
103	<b>JASIENIECKI Piotr</b>	<b>75</b>		M50	15	00:08:17	00:16:59	<b>00:25:14.50</b>	+00:09:11 (36.4%)	4:56	12.1 (63.4%)
103	<b>RYBAK Daria</b>	<b>166</b>		K40	4	00:08:11	00:17:11	<b>00:25:14.50</b>	+00:09:11 (36.4%)	4:56	12.1 (63.4%)
105	<b>GIEDROWICZ Aleksandra</b>	<b>239</b>		K30	5	00:07:19	00:16:00	<b>00:25:15.00</b>	+00:09:12 (36.4%)	4:57	12.1 (63.4%)
106	<b>FLIS Anna</b>	<b>48</b>		K30	6	00:08:18	00:16:36	<b>00:25:16.00</b>	+00:09:13 (36.5%)	4:57	12.1 (63.4%)
107	<b>BUTRYM Wiktor</b>	<b>25</b>	BAŁTYK KOSZALIN	M40	38	00:07:43	00:16:25	<b>00:25:17.95</b>	+00:09:14 (36.6%)	4:57	12.1 (63.4%)
108	<b>DRULIK-HOŁUB Marta</b>	<b>42</b>		K40	5	00:07:59	00:16:44	<b>00:25:24.90</b>	+00:09:21 (36.8%)	4:58	12 (62.8%)
109	<b>MENDELSKI Lukasz</b>	<b>125</b>		M30	23	00:06:45	00:12:54	<b>00:25:25.00</b>	+00:09:22 (36.9%)	4:59	12 (62.8%)
110	<b>ZAREMBA Tomasz</b>	<b>231</b>		M30	24	00:08:09	00:17:03	<b>00:25:27.95</b>	+00:09:24 (37.0%)	4:59	12 (62.8%)
111	<b>ORŁOWSKI Paweł</b>	<b>140</b>		M40	39	00:08:05	00:16:47	<b>00:25:29.10</b>	+00:09:26 (37.0%)	4:59	12 (62.8%)
112	<b>WĄSOWICZ Anna</b>	<b>206</b>		K40	6	00:07:48	00:16:37	<b>00:25:29.30</b>	+00:09:26 (37.0%)	4:59	12 (62.8%)
113	<b>GRABAREK Ewelina</b>	<b>53</b>		K30	7	00:07:54	00:16:42	<b>00:25:29.80</b>	+00:09:26 (37.1%)	4:59	12 (62.8%)
114	<b>KANIOWSKI Jacek</b>	<b>82</b>	W. P. K. SŁOŃ TEAM USTKA	M40	40	00:07:52	00:16:34	<b>00:25:30.10</b>	+00:09:27 (37.1%)	5:00	12 (62.8%)
115	<b>KUBIAK Katarzyna</b>	<b>106</b>		K40	7	00:08:10	00:16:57	<b>00:25:32.30</b>	+00:09:29 (37.2%)	5:00	12 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas		Tempo min/km	Tempo km/h
						1.6km	3.35km	5.1km	Różn		
116	<b>ANTKOWIAK Sebastian</b>	<b>4</b>	DB - ACTIVE	M40	41	00:07:26	00:16:21	<b>00:25:34.75</b>	+00:09:31 (37.3%)	5:00	12 (62.8%)
117	<b>MONGIAŁO Marcin</b>	<b>131</b>		M40	42	00:08:07	00:17:01	<b>00:25:39.85</b>	+00:09:36 (37.5%)	5:01	11.9 (62.3%)
118	<b>KINOWSKI Karol</b>	<b>89</b>	CHRUPI, CHRUPI...	M40	43	00:08:21	00:17:16	<b>00:25:44.85</b>	+00:09:41 (37.7%)	5:02	11.9 (62.3%)
119	<b>PANASZEWSKI Przemysław</b>	<b>143</b>		M30	25	00:07:57	00:16:54	<b>00:25:46.85</b>	+00:09:43 (37.7%)	5:03	11.9 (62.3%)
120	<b>RETERSKI Damian</b>	<b>161</b>		M18	12	00:07:48	00:16:50	<b>00:25:47.25</b>	+00:09:44 (37.8%)	5:03	11.9 (62.3%)
121	<b>RADZIMSKI Marcel</b>	<b>160</b>		M18	13	00:07:01	00:16:07	<b>00:25:49.15</b>	+00:09:46 (37.8%)	5:03	11.9 (62.3%)
122	<b>GUDANIEC Katarzyna</b>	<b>56</b>	TKKF TRIATHLON KOSZALIN	K30	8	00:08:33	00:17:35	<b>00:25:50.50</b>	+00:09:47 (37.9%)	5:03	11.8 (61.8%)
123	<b>GRABOWSKA-LESISZ Aneta</b>	<b>54</b>		K40	8	00:07:50	00:16:56	<b>00:25:51.40</b>	+00:09:48 (37.9%)	5:04	11.8 (61.8%)
124	<b>ORŁOWSKI Bartosz</b>	<b>34</b>	51050942	M40	44	00:07:51	00:16:57	<b>00:25:52.70</b>	+00:09:49 (38.0%)	5:04	11.8 (61.8%)
125	<b>BOGACKA Lucyna</b>	<b>18</b>	TKKF KOSZALIN	K60+	1	00:08:10	00:16:58	<b>00:25:54.15</b>	+00:09:51 (38.0%)	5:04	11.8 (61.8%)
126	<b>KOLIGAT Anna</b>	<b>95</b>		K40	9	00:08:17	00:17:06	<b>00:25:56.65</b>	+00:09:53 (38.1%)	5:05	11.8 (61.8%)
127	<b>NOSAL Martyna</b>	<b>135</b>	KS PENTATHLON SZCZECINEK	K14	2	00:07:55	00:17:03	<b>00:25:56.75</b>	+00:09:53 (38.1%)	5:05	11.8 (61.8%)
128	<b>MANDZIAK Piotr</b>	<b>316</b>		M30	26	00:08:16	00:17:27	<b>00:26:03.70</b>	+00:10:00 (38.4%)	5:06	11.7 (61.3%)
129	<b>ŻUCHELKOWSKI Henryk</b>	<b>230</b>	NEPTUN KOŁOBRZEG	M30	27	00:08:14	00:17:18	<b>00:26:11.00</b>	+00:10:08 (38.7%)	5:08	11.7 (61.3%)
130	<b>KARASIEWICZ Robert</b>	<b>83</b>		M40	45	00:08:04	00:17:01	<b>00:26:19.85</b>	+00:10:16 (39.0%)	5:09	11.6 (60.7%)
131	<b>PAWŁOWSKA Magdalena</b>	<b>147</b>	GAMMAX	K40	10	00:08:11	00:17:12	<b>00:26:23.50</b>	+00:10:20 (39.2%)	5:10	11.6 (60.7%)
132	<b>KOZŁOWIECKI Waldemar</b>	<b>100</b>	TKKF KOSZALIN	M70+	1	00:08:16	00:17:19	<b>00:26:23.70</b>	+00:10:20 (39.2%)	5:10	11.6 (60.7%)
133	<b>LEWKOWICZ Karol</b>	<b>232</b>		M30	28	00:08:02	00:17:10	<b>00:26:28.25</b>	+00:10:25 (39.4%)	5:11	11.6 (60.7%)
134	<b>MAJEWSKI Kamil</b>	<b>116</b>		M30	29	00:08:03	00:17:13	<b>00:26:28.40</b>	+00:10:25 (39.4%)	5:11	11.6 (60.7%)
135	<b>MALINOWSKA Małgorzata</b>	<b>118</b>		K60+	2	00:08:40	00:17:44	<b>00:26:33.50</b>	+00:10:30 (39.6%)	5:12	11.5 (60.2%)
136	<b>JĘDRZEJCZYK Franciszek</b>	<b>77</b>		M50	16	00:08:34	00:17:36	<b>00:26:35.00</b>	+00:10:32 (39.6%)	5:12	11.5 (60.2%)
137	<b>KANIEWSKI Paweł</b>	<b>81</b>		M40	46	00:08:08	00:17:19	<b>00:26:38.85</b>	+00:10:35 (39.8%)	5:13	11.5 (60.2%)
138	<b>PIECHOTA Robert</b>	<b>153</b>		M50	17	00:08:16	00:17:33	<b>00:26:42.05</b>	+00:10:39 (39.9%)	5:14	11.5 (60.2%)
139	<b>STOCKA-PODŁYSKA Żaneta</b>	<b>184</b>	ZASAPANI HYDRO	K40	11	00:08:39	00:17:45	<b>00:26:42.90</b>	+00:10:39 (39.9%)	5:14	11.5 (60.2%)
140	<b>SIERGIEJ Iwona</b>	<b>173</b>		K40	12	00:08:33	00:17:36	<b>00:26:44.75</b>	+00:10:41 (40.0%)	5:14	11.4 (59.7%)
141	<b>GUDANIEC Dorota</b>	<b>57</b>	TKKF TRIATHLON KOSZALIN	K60+	3	00:08:33	00:17:35	<b>00:26:45.20</b>	+00:10:42 (40.0%)	5:14	11.4 (59.7%)
142	<b>ROGAŁA Jacek</b>	<b>163</b>	FUNDACJA ZASTOPIJ	M50	18	00:08:18	00:17:26	<b>00:26:48.60</b>	+00:10:45 (40.1%)	5:15	11.4 (59.7%)
143	<b>PLESIEWICZ Tomasz</b>	<b>155</b>	TKKF KOSZALIN	M50	19	00:08:35	00:17:46	<b>00:26:55.00</b>	+00:10:52 (40.4%)	5:16	11.4 (59.7%)
144	<b>JANUSZEWSKI Jacek</b>	<b>71</b>	NIEZRZESZONY	M60	6	00:08:25	00:17:39	<b>00:26:58.85</b>	+00:10:55 (40.5%)	5:17	11.3 (59.2%)
145	<b>SOCHA Ewa</b>	<b>182</b>		K30	9	00:08:42	00:18:16	<b>00:27:07.30</b>	+00:11:04 (40.8%)	5:19	11.3 (59.2%)
146	<b>JASIAKIEWICZ-JELEŃ Natalia</b>	<b>74</b>		K30	10	00:08:31	00:17:49	<b>00:27:08.95</b>	+00:11:05 (40.9%)	5:19	11.3 (59.2%)
147	<b>WRÓBLEWSKI Mateusz</b>	<b>223</b>		M14	3	00:09:07	00:18:44	<b>00:27:19.05</b>	+00:11:16 (41.2%)	5:21	11.2 (58.6%)
148	<b>BUTOWICZ Adam</b>	<b>24</b>		M60	7	00:08:20	00:17:51	<b>00:27:21.75</b>	+00:11:18 (41.3%)	5:21	11.2 (58.6%)
149	<b>GUTOWSKI Marek</b>	<b>58</b>		M40	47	00:08:47	00:18:15	<b>00:27:46.65</b>	+00:11:43 (42.2%)	5:26	11 (57.6%)
150	<b>OLEJARCZYK Sylwia</b>	<b>137</b>		K18	2	00:08:38	00:18:02	<b>00:27:54.00</b>	+00:11:51 (42.5%)	5:28	11 (57.6%)
151	<b>PELKA Iwona Pełka</b>	<b>149</b>		K50	3	00:08:54	00:18:47	<b>00:28:03.65</b>	+00:12:00 (42.8%)	5:30	10.9 (57.1%)
152	<b>HAŁAJKO Magdalena</b>	<b>60</b>		K40	13	00:08:54	00:18:28	<b>00:28:12.20</b>	+00:12:09 (43.1%)	5:31	10.9 (57.1%)
153	<b>SKRZYPCZYK Joanna</b>	<b>176</b>	DARŁOWSKIE CHARTY	K40	14	00:08:20	00:17:56	<b>00:28:18.20</b>	+00:12:15 (43.3%)	5:32	10.8 (56.5%)
154	<b>BARTON Krystyna</b>	<b>11</b>	PRZECHLEWO	K60+	4	00:08:20	00:18:08	<b>00:28:30.70</b>	+00:12:27 (43.7%)	5:35	10.7 (56.0%)
155	<b>PIETRYKA Artur</b>	<b>154</b>	KARLINOBIEGAJ	M40	48	00:08:58	00:18:44	<b>00:28:36.25</b>	+00:12:33 (43.9%)	5:36	10.7 (56.0%)
156	<b>JEWSTAFIEW Adam</b>	<b>76</b>	BIEGAJ KAROLINA	M30	30	00:08:58	00:18:44	<b>00:28:36.50</b>	+00:12:33 (43.9%)	5:36	10.7 (56.0%)
157	<b>SOBKO Krzysztof</b>	<b>180</b>		M50	20	00:08:42	00:18:40	<b>00:28:38.60</b>	+00:12:35 (44.0%)	5:36	10.7 (56.0%)
158	<b>HELLER Zdzisław</b>	<b>64</b>	HERBMARATONOW.PL	M60	8	00:08:47	00:18:47	<b>00:28:43.65</b>	+00:12:40 (44.1%)	5:37	10.7 (56.0%)
159	<b>WÓJCIK Edyta</b>	<b>220</b>		K30	11	00:08:59	00:18:52	<b>00:28:45.45</b>	+00:12:42 (44.2%)	5:38	10.6 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap		Czas		Różn	Tempo min/km	Tempo km/h
						1.6km	3.35km	5.1km	netto			
160	<b>KOS Janek</b>	<b>97</b>	FUNDACJA ZASTOPIJ	M50	21	00:08:59	00:19:11	<b>00:28:53.75</b>	+00:12:50 (44.5%)	5:39	10.6 (55.5%)	
161	<b>KANIEWSKA Anetta</b>	<b>80</b>		K40	15	00:08:45	00:18:54	<b>00:28:58.50</b>	+00:12:55 (44.6%)	5:40	10.6 (55.5%)	
162	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>186</b>	:-)	K40	16	00:09:20	00:19:24	<b>00:28:59.10</b>	+00:12:56 (44.6%)	5:40	10.6 (55.5%)	
163	<b>WRÓBLEWSKA Marta</b>	<b>222</b>		K40	17	00:09:17	00:19:20	<b>00:29:01.60</b>	+00:12:58 (44.7%)	5:41	10.5 (55.0%)	
164	<b>SŁUPECKA Aneta</b>	<b>178</b>		K30	12	00:09:34	00:19:52	<b>00:29:25.45</b>	+00:13:22 (45.5%)	5:46	10.4 (54.5%)	
165	<b>BEDNARZ Katarzyna</b>	<b>13</b>		K40	18	00:09:18	00:19:29	<b>00:29:30.40</b>	+00:13:27 (45.6%)	5:47	10.4 (54.5%)	
166	<b>DZIESZUK Dariusz</b>	<b>44</b>		M50	22	00:09:34	00:19:51	<b>00:29:35.55</b>	+00:13:32 (45.8%)	5:48	10.3 (53.9%)	
167	<b>URBAN Ewelina</b>	<b>200</b>	ANANASY Z 3 FAL	K30	13	00:10:05	00:20:11	<b>00:29:49.00</b>	+00:13:46 (46.2%)	5:50	10.3 (53.9%)	
168	<b>SAGAŁA Patrycja</b>	<b>169</b>	ANANASY Z 3 FAL	K40	19	00:10:05	00:20:11	<b>00:29:53.05</b>	+00:13:50 (46.3%)	5:51	10.2 (53.4%)	
169	<b>ANDRZEJCZYK Ewelina</b>	<b>236</b>	ANANASY Z 3 FAL	K30	14	00:10:04	00:20:11	<b>00:29:55.35</b>	+00:13:52 (46.4%)	5:51	10.2 (53.4%)	
170	<b>SEREJ Daria</b>	<b>172</b>		K18	3	00:09:14	00:19:18	<b>00:30:01.60</b>	+00:13:58 (46.5%)	5:53	10.2 (53.4%)	
171	<b>PAWLIK Marcin</b>	<b>146</b>		M30	31	00:09:35	00:19:56	<b>00:30:03.50</b>	+00:14:00 (46.6%)	5:53	10.2 (53.4%)	
172	<b>TOMCZYK Krzysztof</b>	<b>199</b>		M40	49	00:09:36	00:19:55	<b>00:30:03.60</b>	+00:14:00 (46.6%)	5:53	10.2 (53.4%)	
173	<b>SZULTKA Sylwia</b>	<b>194</b>		K30	15	00:08:59	00:19:15	<b>00:30:03.90</b>	+00:14:00 (46.6%)	5:53	10.2 (53.4%)	
173	<b>WÓJCIK Anna</b>	<b>218</b>		K30	15	00:09:35	00:19:55	<b>00:30:03.90</b>	+00:14:00 (46.6%)	5:53	10.2 (53.4%)	
175	<b>SZOPKA Jakub</b>	<b>192</b>		M30	32	00:09:39	00:20:09	<b>00:30:15.65</b>	+00:14:12 (47.0%)	5:55	10.1 (52.9%)	
176	<b>ŁUBNIEWSKI Arkadiusz</b>	<b>114</b>		M30	33	00:11:11	00:20:56	<b>00:30:27.35</b>	+00:14:24 (47.3%)	5:58	10 (52.4%)	
177	<b>WOLF Beata</b>	<b>217</b>	TKKF KOSZALIN	K40	20	00:09:19	00:20:00	<b>00:30:30.80</b>	+00:14:27 (47.4%)	5:58	10 (52.4%)	
178	<b>HARASYM Mateusz</b>	<b>63</b>	FUNDACJA ZASTOPIJ	M14	4	00:08:10	00:19:49	<b>00:30:43.00</b>	+00:14:40 (47.7%)	6:01	10 (52.4%)	
179	<b>BURMAN Tomasz</b>	<b>237</b>	ANANASY Z 3 FAL	M30	34	00:10:05	00:20:11	<b>00:30:45.00</b>	+00:14:42 (47.8%)	6:01	10 (52.4%)	
180	<b>KEPKA Mirosław</b>	<b>87</b>		M50	23	00:09:11	00:19:41	<b>00:30:45.80</b>	+00:14:42 (47.8%)	6:01	10 (52.4%)	
181	<b>KOŁAKOWSKI Dariusz</b>	<b>96</b>		M50	24	00:09:11	00:19:41	<b>00:30:45.85</b>	+00:14:42 (47.8%)	6:01	10 (52.4%)	
182	<b>PUDEŁKO Dariusz</b>	<b>159</b>	STELLANTIS ACTIVE TEAM	M50	25	00:10:14	00:20:34	<b>00:31:02.05</b>	+00:14:59 (48.3%)	6:05	9.9 (51.8%)	
183	<b>MARSCHAŁKOWSKA Dorota</b>	<b>121</b>	TKKF KOSZALIN	K50	4	00:09:36	00:20:30	<b>00:31:23.20</b>	+00:15:20 (48.9%)	6:09	9.8 (51.3%)	
184	<b>KWOLEK Maciej</b>	<b>109</b>		M40	50	00:09:16	00:20:27	<b>00:31:41.80</b>	+00:15:38 (49.4%)	6:12	9.7 (50.8%)	
185	<b>MARCZAK Małgorzata</b>	<b>120</b>		K60+	5	00:09:26	00:20:26	<b>00:31:56.20</b>	+00:15:53 (49.7%)	6:15	9.6 (50.3%)	
186	<b>HARASYM Daniel</b>	<b>62</b>	FUNDACJA ZASTOPIJ	M40	51	00:09:54	00:20:51	<b>00:32:10.90</b>	+00:16:07 (50.1%)	6:18	9.5 (49.7%)	
187	<b>WALCZAK Magdalena</b>	<b>201</b>		K40	21	00:10:11	00:21:13	<b>00:32:44.45</b>	+00:16:41 (51.0%)	6:25	9.3 (48.7%)	
188	<b>PAŃCZYK Justyna</b>	<b>144</b>		K40	22	00:10:11	00:21:13	<b>00:32:44.70</b>	+00:16:41 (51.0%)	6:25	9.3 (48.7%)	
189	<b>SIWAK Kinga</b>	<b>174</b>		K18	4	00:09:56	00:21:22	<b>00:33:23.80</b>	+00:17:20 (51.9%)	6:32	9.2 (48.2%)	
190	<b>ŚWIĄTEK Daniel</b>	<b>197</b>		M18	14	00:09:56	00:21:21	<b>00:33:24.40</b>	+00:17:21 (52.0%)	6:32	9.2 (48.2%)	
191	<b>CICHOSZ Jerzy</b>	<b>29</b>	-----	M70+	2	00:10:30	00:22:04	<b>00:33:50.45</b>	+00:17:47 (52.6%)	6:38	9 (47.1%)	
192	<b>CHRYSTOFIAK Janina</b>	<b>26</b>		K40	23	00:08:58	00:21:52	<b>00:33:54.00</b>	+00:17:51 (52.7%)	6:38	9 (47.1%)	
193	<b>DOBRZAŃSKI Mateusz</b>	<b>38</b>		M18	15	00:10:46	00:24:06	<b>00:35:57.30</b>	+00:19:54 (55.4%)	7:02	8.5 (44.5%)	
194	<b>DROZDA Sandra</b>	<b>41</b>		K18	5	00:10:46	00:24:07	<b>00:35:57.70</b>	+00:19:54 (55.4%)	7:02	8.5 (44.5%)	
195	<b>WÓJCIK Karolina</b>	<b>219</b>		K18	6	00:10:57	00:23:44	<b>00:37:26.90</b>	+00:21:23 (57.1%)	7:20	8.2 (42.9%)	
196	<b>ŁASYCIA Krzysztof</b>	<b>113</b>		M30	35	00:10:58	00:23:44	<b>00:37:27.30</b>	+00:21:24 (57.1%)	7:20	8.2 (42.9%)	
197	<b>WESOŁOWSKI Łukasz</b>	<b>209</b>		M30	36	00:11:13	00:24:42	<b>00:37:42.15</b>	+00:21:39 (57.4%)	7:23	8.1 (42.4%)	
198	<b>WESOŁOWSKA Justyna</b>	<b>208</b>		K30	17	00:11:13	00:24:43	<b>00:37:42.40</b>	+00:21:39 (57.4%)	7:23	8.1 (42.4%)	
199	<b>WESOŁOWSKI Krzysztof</b>	<b>210</b>		M14	5	00:11:13	00:24:43	<b>00:37:43.00</b>	+00:21:40 (57.4%)	7:23	8.1 (42.4%)	
200	<b>WOJTKOWIAK Agata</b>	<b>216</b>		K18	7	00:10:09	00:24:48	<b>00:38:59.30</b>	+00:22:56 (58.8%)	7:38	7.8 (40.8%)	
201	<b>JUSZCZYK Agnieszka</b>	<b>78</b>		K40	24	00:11:17	00:25:09	<b>00:39:10.45</b>	+00:23:07 (59.0%)	7:40	7.8 (40.8%)	
202	<b>KOZŁOWIECKA Małgorzata</b>	<b>255</b>	TKKF KOSZALIN	K60+	6	00:11:47	00:25:33	<b>00:39:38.85</b>	+00:23:35 (59.5%)	7:46	7.7 (40.3%)	

