



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	PYSHNIAK Kostiantyn	234		M18	1	00:05:08	00:10:31	00:16:03.00		3:08	19.1 (100%)
2	PROWANCKI Patryk	318	WILKI POMORSKI	M18	2	00:05:12	00:11:07	00:17:09.75	+00:01:06 (6.5%)	3:21	17.8 (93.2%)
3	RYBARCZYK Jan	168	ŻYJ Z ENERGIA	M50	1	00:05:26	00:11:22	00:17:21.60	+00:01:18 (7.5%)	3:24	17.6 (92.1%)
4	KĘPKA Adrian	88		M18	3	00:05:29	00:11:31	00:17:35.25	+00:01:32 (8.7%)	3:26	17.4 (91.1%)
5	KOZAK Arkadiusz	98	TKKF KOSZALIN	M50	2	00:05:28	00:11:37	00:17:52.25	+00:01:49 (10.2%)	3:30	17.1 (89.5%)
6	MIERZLIKIN Natalia	128		K30	1	00:05:41	00:11:50	00:17:57.05	+00:01:54 (10.6%)	3:31	17 (89.0%)
7	WOJTKIEWICZ Mateusz	215	KB 10 BIAŁOGARD	M18	4	00:05:36	00:11:57	00:18:07.15	+00:02:04 (11.4%)	3:33	16.9 (88.5%)
8	GUZOWSKI Dariusz	59	TALEX BORZYTUCHOM	M50	3	00:05:40	00:11:58	00:18:08.85	+00:02:05 (11.6%)	3:33	16.9 (88.5%)
9	RODZUCH Daniel	162		M30	1	00:05:42	00:11:58	00:18:10.35	+00:02:07 (11.7%)	3:33	16.8 (88.0%)
10	MAKOWSKI Marek	117		M18	5	00:05:25	00:11:31	00:18:32.70	+00:02:29 (13.5%)	3:38	16.5 (86.4%)
11	MICHAŁOWSKI Piotr	127		M30	2	00:05:45	00:12:12	00:18:35.00	+00:02:32 (13.6%)	3:38	16.5 (86.4%)
12	ORZECZOWSKI Kamil	141	TKKF KOSZALIN	M30	3	00:06:06	00:12:41	00:18:47.45	+00:02:44 (14.6%)	3:40	16.3 (85.3%)
13	RUDNIKOWSKI Maciej	165	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWYPL	M40	1	00:05:51	00:12:24	00:18:47.80	+00:02:44 (14.6%)	3:40	16.3 (85.3%)
14	PICK Tomasz	152	BIEGOLAS / KORONA	M50	4	00:06:00	00:12:33	00:18:51.35	+00:02:48 (14.9%)	3:41	16.2 (84.8%)
15	CYRULEWSKI Rafał	32		M50	5	00:06:00	00:12:27	00:18:56.05	+00:02:53 (15.2%)	3:42	16.2 (84.8%)
16	WITKIEWICZ Eryk	213		M40	2	00:05:56	00:12:32	00:18:57.00	+00:02:54 (15.3%)	3:42	16.1 (84.3%)
17	WALEŃSKI Michał	204	TKKF KOSZALIN	M40	3	00:06:00	00:12:33	00:18:59.60	+00:02:56 (15.5%)	3:43	16.1 (84.3%)
18	NEJMAN Jerzy	133		M30	4	00:05:45	00:12:15	00:19:02.90	+00:02:59 (15.7%)	3:43	16.1 (84.3%)
19	FOLTYNIEWICZ Hanna	49	7PRO TEAM/LITWIN TRIATHLON ELITE	K14	1	00:06:05	00:12:37	00:19:03.85	+00:03:00 (15.8%)	3:44	16.1 (84.3%)
20	FEDORCZAK Łukasz	45	BIEGOLAS KOSZALIN	M30	5	00:06:01	00:12:33	00:19:06.30	+00:03:03 (16.0%)	3:44	16 (83.8%)
21	SOBKO Maksymilian	181		M14	1	00:05:47	00:12:26	00:19:12.05	+00:03:09 (16.4%)	3:45	15.9 (83.2%)
22	KLIMOWICZ Michał	92		M30	6	00:05:58	00:12:34	00:19:15.30	+00:03:12 (16.6%)	3:46	15.9 (83.2%)
23	SMAGOWSKI Wojtek	179	OSP RĄBINO	M40	4	00:06:04	00:12:46	00:19:26.80	+00:03:23 (17.5%)	3:48	15.7 (82.2%)
24	BLOCH Radosław	15	WITKOWSKI RUNNING TEAM	M18	6	00:06:21	00:13:10	00:19:37.35	+00:03:34 (18.2%)	3:50	15.6 (81.7%)
25	MIKODA Grzegorz	129		M40	5	00:06:07	00:12:52	00:19:46.00	+00:03:43 (18.8%)	3:52	15.5 (81.2%)
26	SZOPIŃSKI Tomasz	191		M30	7	00:06:00	00:12:48	00:19:48.60	+00:03:45 (19.0%)	3:52	15.5 (81.2%)
27	KALETA Sebastian	79		M40	6	00:06:10	00:13:07	00:20:04.85	+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 Emilusz	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	OWCZARZ Marcin	142	FIGA PRACOWNIA PROJEKTOWA	M30	17	00:07:18	00:15:32	00:23:38.90	+00:07:35 (32.1%)	4:38	12.9 (67.5%)
73	KALINOWSKI Krzysztof	240		M40	26	00:06:54	00:14:59	00:23:43.65	+00:07:40 (32.4%)	4:39	12.9 (67.5%)
74	CHUDZIK Zbigniew	28	TKKF KOSZALIN	M60	2	00:07:32	00:15:43	00:23:46.60	+00:07:43 (32.5%)	4:39	12.9 (67.5%)
75	HOREGLAD Paweł	68	SPEEDY GONZALES	M18	11	00:07:25	00:15:48	00:23:52.25	+00:07:49 (32.8%)	4:40	12.8 (67.0%)
76	LUBLEWSKI Dawid	112	MARNI BIEGACZE	M30	18	00:07:45	00:15:53	00:23:55.60	+00:07:52 (32.9%)	4:41	12.8 (67.0%)
77	MAZUR Mirosław	238	TKKF KOSZALIN	M50	12	00:07:34	00:15:50	00:23:56.80	+00:07:53 (33.0%)	4:41	12.8 (67.0%)
78	SKOWYRSKI Janusz	175	TKKF KOSZALIN	M60	3	00:07:30	00:15:43	00:24:02.50	+00:07:59 (33.2%)	4:42	12.7 (66.5%)
79	ZACHARSKI Jerzy	226	FABRYKA NORDICA TRZCIANKA	M60	4	00:07:21	00:15:44	00:24:03.85	+00:08:00 (33.3%)	4:42	12.7 (66.5%)
80	KISIELIŃSKI Igor	91		M50	13	00:07:37	00:15:55	00:24:04.95	+00:08:01 (33.4%)	4:43	12.7 (66.5%)
81	DIDŁUCH Jacek	37	KARLINOBIEGAJ	M40	27	00:07:44	00:15:54	00:24:05.55	+00:08:02 (33.4%)	4:43	12.7 (66.5%)
82	BOGACKI Tomasz	19	TKKF KOSZALIN	M60	5	00:07:37	00:15:56	00:24:07.80	+00:08:04 (33.5%)	4:43	12.7 (66.5%)
83	SUDER-MAKSYMOWICZ Grzegorz	187	:-)	M40	28	00:07:15	00:15:39	00:24:08.85	+00:08:05 (33.5%)	4:43	12.7 (66.5%)
84	SCHWARZ Ludwik	233		M50	14	00:07:36	00:15:57	00:24:16.05	+00:08:13 (33.9%)	4:45	12.6 (66.0%)
85	SZULTKA Mariusz	193		M30	19	00:07:38	00:16:02	00:24:19.15	+00:08:16 (34.0%)	4:46	12.6 (66.0%)
86	DĄBROWSKI Grzegorz	36		M40	29	00:07:50	00:16:08	00:24:19.60	+00:08:16 (34.0%)	4:46	12.6 (66.0%)
87	BODO Rafał	17	ZOZKOSZ KOSZALIN	M40	30	00:07:39	00:16:03	00:24:20.75	+00:08:17 (34.1%)	4:46	12.6 (66.0%)
88	BARTHA Tomasz	10		M14	2	00:07:32	00:16:13	00:24:25.00	+00:08:22 (34.3%)	4:47	12.5 (65.4%)
89	STRZELECKI Grzegorz	185	FIGA PRACOWNIA PROJEKTOWA	M40	31	00:07:19	00:15:53	00:24:27.65	+00:08:24 (34.4%)	4:47	12.5 (65.4%)
90	SARBIEWSKI Przemysław	170		M40	32	00:08:08	00:16:34	00:24:33.25	+00:08:30 (34.6%)	4:48	12.5 (65.4%)
91	PAWŁOWSKI Grzegorz	148	GAMMAX	M40	33	00:07:47	00:16:29	00:24:35.60	+00:08:32 (34.7%)	4:49	12.4 (64.9%)
92	RYBAK Przemysław	167		M40	34	00:07:56	00:16:29	00:24:38.55	+00:08:35 (34.9%)	4:49	12.4 (64.9%)
93	FEDORCZAK Joanna	46	BIEGOLAS KOSZALIN	K40	2	00:07:38	00:16:16	00:24:40.50	+00:08:37 (35.0%)	4:50	12.4 (64.9%)
94	BURKIET Paweł	23		M40	35	00:07:42	00:16:14	00:24:41.75	+00:08:38 (35.0%)	4:50	12.4 (64.9%)
95	KRUPIŃSKA Beata	103	E-UROLOG.EU	K50	2	00:07:42	00:16:18	00:24:49.20	+00:08:46 (35.3%)	4:51	12.3 (64.4%)
96	DRABKOWSKA Agnieszka	40	CUDAKI♥	K40	3	00:07:36	00:16:08	00:24:49.35	+00:08:46 (35.3%)	4:51	12.3 (64.4%)
97	ORLIKOWSKI Robert	139	POŁCZYŃ BIEGA ♥	M30	20	00:07:36	00:16:07	00:24:49.75	+00:08:46 (35.4%)	4:51	12.3 (64.4%)
98	FIGARSKI Leszek	47		M30	21	00:07:15	00:15:53	00:24:55.65	+00:08:52 (35.6%)	4:53	12.3 (64.4%)
99	KASPRZYK Bogdan	84		M40	36	00:07:53	00:16:33	00:25:01.15	+00:08:58 (35.8%)	4:54	12.2 (63.9%)
100	ANGRYŚ Maciej	3	FUNDACJA ZASTOPIJ	M30	22	00:08:08	00:16:50	00:25:06.50	+00:09:03 (36.1%)	4:55	12.2 (63.9%)
101	WALCZAK Anna	203		K30	4	00:07:51	00:16:25	00:25:09.65	+00:09:06 (36.2%)	4:55	12.2 (63.9%)
102	WALCZAK Rafał	202		M40	37	00:07:12	00:16:05	00:25:11.20	+00:09:08 (36.3%)	4:56	12.2 (63.9%)
103	JASIENIECKI Piotr	75		M50	15	00:08:17	00:16:59	00:25:14.50	+00:09:11 (36.4%)	4:56	12.1 (63.4%)
103	RYBAK Daria	166		K40	4	00:08:11	00:17:11	00:25:14.50	+00:09:11 (36.4%)	4:56	12.1 (63.4%)
105	GIEDROWICZ Aleksandra	239		K30	5	00:07:19	00:16:00	00:25:15.00	+00:09:12 (36.4%)	4:57	12.1 (63.4%)
106	FLIS Anna	48		K30	6	00:08:18	00:16:36	00:25:16.00	+00:09:13 (36.5%)	4:57	12.1 (63.4%)
107	BUTRYM Wiktor	25	BAŁTYK KOSZALIN	M40	38	00:07:43	00:16:25	00:25:17.95	+00:09:14 (36.6%)	4:57	12.1 (63.4%)
108	DRULIK-HOŁUB Marta	42		K40	5	00:07:59	00:16:44	00:25:24.90	+00:09:21 (36.8%)	4:58	12 (62.8%)
109	MENDELSKI Lukasz	125		M30	23	00:06:45	00:12:54	00:25:25.00	+00:09:22 (36.9%)	4:59	12 (62.8%)
110	ZAREMBA Tomasz	231		M30	24	00:08:09	00:17:03	00:25:27.95	+00:09:24 (37.0%)	4:59	12 (62.8%)
111	ORŁOWSKI Paweł	140		M40	39	00:08:05	00:16:47	00:25:29.10	+00:09:26 (37.0%)	4:59	12 (62.8%)
112	WĄSOWICZ Anna	206		K40	6	00:07:48	00:16:37	00:25:29.30	+00:09:26 (37.0%)	4:59	12 (62.8%)
113	GRABAREK Ewelina	53		K30	7	00:07:54	00:16:42	00:25:29.80	+00:09:26 (37.1%)	4:59	12 (62.8%)
114	KANIOWSKI Jacek	82	W. P. K. SŁOŃ TEAM USTKA	M40	40	00:07:52	00:16:34	00:25:30.10	+00:09:27 (37.1%)	5:00	12 (62.8%)
115	KUBIAK Katarzyna	106		K40	7	00:08:10	00:16:57	00:25:32.30	+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	ANTKOWIAK Sebastian	4	DB - ACTIVE	M40	41	00:07:26	00:16:21	00:25:34.75	+00:09:31 (37.3%)	5:00	12 (62.8%)
117	MONGIAŁO Marcin	131		M40	42	00:08:07	00:17:01	00:25:39.85	+00:09:36 (37.5%)	5:01	11.9 (62.3%)
118	KINOWSKI Karol	89	CHRUPI, CHRUPI...	M40	43	00:08:21	00:17:16	00:25:44.85	+00:09:41 (37.7%)	5:02	11.9 (62.3%)
119	PANASZEWSKI Przemysław	143		M30	25	00:07:57	00:16:54	00:25:46.85	+00:09:43 (37.7%)	5:03	11.9 (62.3%)
120	RETERSKI Damian	161		M18	12	00:07:48	00:16:50	00:25:47.25	+00:09:44 (37.8%)	5:03	11.9 (62.3%)
121	RADZIMSKI Marcel	160		M18	13	00:07:01	00:16:07	00:25:49.15	+00:09:46 (37.8%)	5:03	11.9 (62.3%)
122	GUDANIEC Katarzyna	56	TKKF TRIATHLON KOSZALIN	K30	8	00:08:33	00:17:35	00:25:50.50	+00:09:47 (37.9%)	5:03	11.8 (61.8%)
123	GRABOWSKA-LESISZ Aneta	54		K40	8	00:07:50	00:16:56	00:25:51.40	+00:09:48 (37.9%)	5:04	11.8 (61.8%)
124	ORŁOWSKI Bartosz	34	51050942	M40	44	00:07:51	00:16:57	00:25:52.70	+00:09:49 (38.0%)	5:04	11.8 (61.8%)
125	BOGACKA Lucyna	18	TKKF KOSZALIN	K60+	1	00:08:10	00:16:58	00:25:54.15	+00:09:51 (38.0%)	5:04	11.8 (61.8%)
126	KOLIGAT Anna	95		K40	9	00:08:17	00:17:06	00:25:56.65	+00:09:53 (38.1%)	5:05	11.8 (61.8%)
127	NOSAL Martyna	135	KS PENTATHLON SZCZECINEK	K14	2	00:07:55	00:17:03	00:25:56.75	+00:09:53 (38.1%)	5:05	11.8 (61.8%)
128	MANDZIAK Piotr	316		M30	26	00:08:16	00:17:27	00:26:03.70	+00:10:00 (38.4%)	5:06	11.7 (61.3%)
129	ŻUCHELKOWSKI Henryk	230	NEPTUN KOŁOBRZEG	M30	27	00:08:14	00:17:18	00:26:11.00	+00:10:08 (38.7%)	5:08	11.7 (61.3%)
130	KARASIEWICZ Robert	83		M40	45	00:08:04	00:17:01	00:26:19.85	+00:10:16 (39.0%)	5:09	11.6 (60.7%)
131	PAWŁOWSKA Magdalena	147	GAMMAX	K40	10	00:08:11	00:17:12	00:26:23.50	+00:10:20 (39.2%)	5:10	11.6 (60.7%)
132	KOZŁOWIECKI Waldemar	100	TKKF KOSZALIN	M70+	1	00:08:16	00:17:19	00:26:23.70	+00:10:20 (39.2%)	5:10	11.6 (60.7%)
133	LEWKOWICZ Karol	232		M30	28	00:08:02	00:17:10	00:26:28.25	+00:10:25 (39.4%)	5:11	11.6 (60.7%)
134	MAJEWSKI Kamil	116		M30	29	00:08:03	00:17:13	00:26:28.40	+00:10:25 (39.4%)	5:11	11.6 (60.7%)
135	MALINOWSKA Małgorzata	118		K60+	2	00:08:40	00:17:44	00:26:33.50	+00:10:30 (39.6%)	5:12	11.5 (60.2%)
136	JĘDRZEJCZYK Franciszek	77		M50	16	00:08:34	00:17:36	00:26:35.00	+00:10:32 (39.6%)	5:12	11.5 (60.2%)
137	KANIEWSKI Paweł	81		M40	46	00:08:08	00:17:19	00:26:38.85	+00:10:35 (39.8%)	5:13	11.5 (60.2%)
138	PIECHOTA Robert	153		M50	17	00:08:16	00:17:33	00:26:42.05	+00:10:39 (39.9%)	5:14	11.5 (60.2%)
139	STOCKA-PODŁYSKA Żaneta	184	ZASAPANI HYDRO	K40	11	00:08:39	00:17:45	00:26:42.90	+00:10:39 (39.9%)	5:14	11.5 (60.2%)
140	SIERGIEJ Iwona	173		K40	12	00:08:33	00:17:36	00:26:44.75	+00:10:41 (40.0%)	5:14	11.4 (59.7%)
141	GUDANIEC Dorota	57	TKKF TRIATHLON KOSZALIN	K60+	3	00:08:33	00:17:35	00:26:45.20	+00:10:42 (40.0%)	5:14	11.4 (59.7%)
142	ROGAŁA Jacek	163	FUNDACJA ZASTOPIJ	M50	18	00:08:18	00:17:26	00:26:48.60	+00:10:45 (40.1%)	5:15	11.4 (59.7%)
143	PLESIEWICZ Tomasz	155	TKKF KOSZALIN	M50	19	00:08:35	00:17:46	00:26:55.00	+00:10:52 (40.4%)	5:16	11.4 (59.7%)
144	JANUSZEWSKI Jacek	71	NIEZRZESZONY	M60	6	00:08:25	00:17:39	00:26:58.85	+00:10:55 (40.5%)	5:17	11.3 (59.2%)
145	SOCHA Ewa	182		K30	9	00:08:42	00:18:16	00:27:07.30	+00:11:04 (40.8%)	5:19	11.3 (59.2%)
146	JASIAKIEWICZ-JELEŃ Natalia	74		K30	10	00:08:31	00:17:49	00:27:08.95	+00:11:05 (40.9%)	5:19	11.3 (59.2%)
147	WRÓBLEWSKI Mateusz	223		M14	3	00:09:07	00:18:44	00:27:19.05	+00:11:16 (41.2%)	5:21	11.2 (58.6%)
148	BUTOWICZ Adam	24		M60	7	00:08:20	00:17:51	00:27:21.75	+00:11:18 (41.3%)	5:21	11.2 (58.6%)
149	GUTOWSKI Marek	58		M40	47	00:08:47	00:18:15	00:27:46.65	+00:11:43 (42.2%)	5:26	11 (57.6%)
150	OLEJARCZYK Sylwia	137		K18	2	00:08:38	00:18:02	00:27:54.00	+00:11:51 (42.5%)	5:28	11 (57.6%)
151	PELKA Iwona Pełka	149		K50	3	00:08:54	00:18:47	00:28:03.65	+00:12:00 (42.8%)	5:30	10.9 (57.1%)
152	HAŁAJKO Magdalena	60		K40	13	00:08:54	00:18:28	00:28:12.20	+00:12:09 (43.1%)	5:31	10.9 (57.1%)
153	SKRZYPCZYK Joanna	176	DARŁOWSKIE CHARTY	K40	14	00:08:20	00:17:56	00:28:18.20	+00:12:15 (43.3%)	5:32	10.8 (56.5%)
154	BARTON Krystyna	11	PRZECHLEWO	K60+	4	00:08:20	00:18:08	00:28:30.70	+00:12:27 (43.7%)	5:35	10.7 (56.0%)
155	PIETRYKA Artur	154	KARLINOBIEGAJ	M40	48	00:08:58	00:18:44	00:28:36.25	+00:12:33 (43.9%)	5:36	10.7 (56.0%)
156	JEWSTAFIEW Adam	76	BIEGAJ KAROLINA	M30	30	00:08:58	00:18:44	00:28:36.50	+00:12:33 (43.9%)	5:36	10.7 (56.0%)
157	SOBKO Krzysztof	180		M50	20	00:08:42	00:18:40	00:28:38.60	+00:12:35 (44.0%)	5:36	10.7 (56.0%)
158	HELLER Zdzisław	64	HERBMARATONOW.PL	M60	8	00:08:47	00:18:47	00:28:43.65	+00:12:40 (44.1%)	5:37	10.7 (56.0%)
159	WÓJCIK Edyta	220		K30	11	00:08:59	00:18:52	00:28:45.45	+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	KOS Janek	97	FUNDACJA ZASTOPIJ	M50	21	00:08:59	00:19:11	00:28:53.75	+00:12:50 (44.5%)	5:39	10.6 (55.5%)	
161	KANIEWSKA Anetta	80		K40	15	00:08:45	00:18:54	00:28:58.50	+00:12:55 (44.6%)	5:40	10.6 (55.5%)	
162	SUDER-MAKSYMOWICZ Monika	186	:-)	K40	16	00:09:20	00:19:24	00:28:59.10	+00:12:56 (44.6%)	5:40	10.6 (55.5%)	
163	WRÓBLEWSKA Marta	222		K40	17	00:09:17	00:19:20	00:29:01.60	+00:12:58 (44.7%)	5:41	10.5 (55.0%)	
164	SŁUPECKA Aneta	178		K30	12	00:09:34	00:19:52	00:29:25.45	+00:13:22 (45.5%)	5:46	10.4 (54.5%)	
165	BEDNARZ Katarzyna	13		K40	18	00:09:18	00:19:29	00:29:30.40	+00:13:27 (45.6%)	5:47	10.4 (54.5%)	
166	DZIESZUK Dariusz	44		M50	22	00:09:34	00:19:51	00:29:35.55	+00:13:32 (45.8%)	5:48	10.3 (53.9%)	
167	URBAN Ewelina	200	ANANASY Z 3 FAL	K30	13	00:10:05	00:20:11	00:29:49.00	+00:13:46 (46.2%)	5:50	10.3 (53.9%)	
168	SAGAŁA Patrycja	169	ANANASY Z 3 FAL	K40	19	00:10:05	00:20:11	00:29:53.05	+00:13:50 (46.3%)	5:51	10.2 (53.4%)	
169	ANDRZEJCZYK Ewelina	236	ANANASY Z 3 FAL	K30	14	00:10:04	00:20:11	00:29:55.35	+00:13:52 (46.4%)	5:51	10.2 (53.4%)	
170	SEREJ Daria	172		K18	3	00:09:14	00:19:18	00:30:01.60	+00:13:58 (46.5%)	5:53	10.2 (53.4%)	
171	PAWLIK Marcin	146		M30	31	00:09:35	00:19:56	00:30:03.50	+00:14:00 (46.6%)	5:53	10.2 (53.4%)	
172	TOMCZYK Krzysztof	199		M40	49	00:09:36	00:19:55	00:30:03.60	+00:14:00 (46.6%)	5:53	10.2 (53.4%)	
173	SZULTKA Sylwia	194		K30	15	00:08:59	00:19:15	00:30:03.90	+00:14:00 (46.6%)	5:53	10.2 (53.4%)	
173	WÓJCIK Anna	218		K30	15	00:09:35	00:19:55	00:30:03.90	+00:14:00 (46.6%)	5:53	10.2 (53.4%)	
175	SZOPKA Jakub	192		M30	32	00:09:39	00:20:09	00:30:15.65	+00:14:12 (47.0%)	5:55	10.1 (52.9%)	
176	ŁUBNIEWSKI Arkadiusz	114		M30	33	00:11:11	00:20:56	00:30:27.35	+00:14:24 (47.3%)	5:58	10 (52.4%)	
177	WOLF Beata	217	TKKF KOSZALIN	K40	20	00:09:19	00:20:00	00:30:30.80	+00:14:27 (47.4%)	5:58	10 (52.4%)	
178	HARASYM Mateusz	63	FUNDACJA ZASTOPIJ	M14	4	00:08:10	00:19:49	00:30:43.00	+00:14:40 (47.7%)	6:01	10 (52.4%)	
179	BURMAN Tomasz	237	ANANASY Z 3 FAL	M30	34	00:10:05	00:20:11	00:30:45.00	+00:14:42 (47.8%)	6:01	10 (52.4%)	
180	KEPKA Mirosław	87		M50	23	00:09:11	00:19:41	00:30:45.80	+00:14:42 (47.8%)	6:01	10 (52.4%)	
181	KOŁAKOWSKI Dariusz	96		M50	24	00:09:11	00:19:41	00:30:45.85	+00:14:42 (47.8%)	6:01	10 (52.4%)	
182	PUDEŁKO Dariusz	159	STELLANTIS ACTIVE TEAM	M50	25	00:10:14	00:20:34	00:31:02.05	+00:14:59 (48.3%)	6:05	9.9 (51.8%)	
183	MARSCHAŁKOWSKA Dorota	121	TKKF KOSZALIN	K50	4	00:09:36	00:20:30	00:31:23.20	+00:15:20 (48.9%)	6:09	9.8 (51.3%)	
184	KWOLEK Maciej	109		M40	50	00:09:16	00:20:27	00:31:41.80	+00:15:38 (49.4%)	6:12	9.7 (50.8%)	
185	MARCZAK Małgorzata	120		K60+	5	00:09:26	00:20:26	00:31:56.20	+00:15:53 (49.7%)	6:15	9.6 (50.3%)	
186	HARASYM Daniel	62	FUNDACJA ZASTOPIJ	M40	51	00:09:54	00:20:51	00:32:10.90	+00:16:07 (50.1%)	6:18	9.5 (49.7%)	
187	WALCZAK Magdalena	201		K40	21	00:10:11	00:21:13	00:32:44.45	+00:16:41 (51.0%)	6:25	9.3 (48.7%)	
188	PAŃCZYK Justyna	144		K40	22	00:10:11	00:21:13	00:32:44.70	+00:16:41 (51.0%)	6:25	9.3 (48.7%)	
189	SIWAK Kinga	174		K18	4	00:09:56	00:21:22	00:33:23.80	+00:17:20 (51.9%)	6:32	9.2 (48.2%)	
190	ŚWIĄTEK Daniel	197		M18	14	00:09:56	00:21:21	00:33:24.40	+00:17:21 (52.0%)	6:32	9.2 (48.2%)	
191	CICHOSZ Jerzy	29	-----	M70+	2	00:10:30	00:22:04	00:33:50.45	+00:17:47 (52.6%)	6:38	9 (47.1%)	
192	CHRYSTOFIAK Janina	26		K40	23	00:08:58	00:21:52	00:33:54.00	+00:17:51 (52.7%)	6:38	9 (47.1%)	
193	DOBZEAŃSKI Mateusz	38		M18	15	00:10:46	00:24:06	00:35:57.30	+00:19:54 (55.4%)	7:02	8.5 (44.5%)	
194	DROZDA Sandra	41		K18	5	00:10:46	00:24:07	00:35:57.70	+00:19:54 (55.4%)	7:02	8.5 (44.5%)	
195	WÓJCIK Karolina	219		K18	6	00:10:57	00:23:44	00:37:26.90	+00:21:23 (57.1%)	7:20	8.2 (42.9%)	
196	ŁASYCIA Krzysztof	113		M30	35	00:10:58	00:23:44	00:37:27.30	+00:21:24 (57.1%)	7:20	8.2 (42.9%)	
197	WESOŁOWSKI Łukasz	209		M30	36	00:11:13	00:24:42	00:37:42.15	+00:21:39 (57.4%)	7:23	8.1 (42.4%)	
198	WESOŁOWSKA Justyna	208		K30	17	00:11:13	00:24:43	00:37:42.40	+00:21:39 (57.4%)	7:23	8.1 (42.4%)	
199	WESOŁOWSKI Krzysztof	210		M14	5	00:11:13	00:24:43	00:37:43.00	+00:21:40 (57.4%)	7:23	8.1 (42.4%)	
200	WOJTKOWIAK Agata	216		K18	7	00:10:09	00:24:48	00:38:59.30	+00:22:56 (58.8%)	7:38	7.8 (40.8%)	
201	JUSZCZYK Agnieszka	78		K40	24	00:11:17	00:25:09	00:39:10.45	+00:23:07 (59.0%)	7:40	7.8 (40.8%)	
202	KOZŁOWIECKA Małgorzata	255	TKKF KOSZALIN	K60+	6	00:11:47	00:25:33	00:39:38.85	+00:23:35 (59.5%)	7:46	7.7 (40.3%)	

