

XIII MIĘDZYNARODOWY BIEG WENEDÓW - 10KM

B4SPORT
INTELEKTUALNE SPODRYBKI

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2015-05-24
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DIDOWODIUK Dmitro	365	UKRAINA	M-2	1	00:00:14	00:07:37	00:15:23	00:23:19	00:31:08	00:31:25	00:31:25		3:08	19.1 (100%)
2	OLIJNIK Pawel	371	UKRAINA	M-2	2	00:00:14	00:07:37	00:23:19			00:31:26	00:31:26	+00:00:01 (0.1%)	3:08	19.1 (100%)
3	GONCHAR Oleksii	412		M-3	1	00:00:14	00:07:56	00:16:04	00:24:16	00:32:18	00:32:34	00:32:34	+00:01:09 (3.5%)	3:15	18.4 (96.3%)
4	CICHOCKI Jarosław	363	KB 10 BIALOGARD	M-4	1	00:00:15	00:08:08	00:16:10	00:24:16	00:32:21	00:32:37	00:32:37	+00:01:12 (3.7%)	3:15	18.4 (96.3%)
5	LABZIUK Aleksander	366	ACHILLES LESZNO	M-3	2	00:00:14	00:08:13	00:16:24	00:24:33	00:32:36	00:32:53	00:32:53	+00:01:28 (4.5%)	3:17	18.2 (95.3%)
6	DZIUBA Piotr	46	MARATOŃCZYK OKONEK	M-3	3	00:00:15	00:08:12	00:16:24	00:24:33	00:32:53	00:33:05	00:33:05	+00:01:40 (5.0%)	3:18	18.1 (94.8%)
6	MARYNICZ Witalii	467	UKRAINA	M-2	3	00:00:13	00:08:12	00:16:23	00:24:42		00:33:05	00:33:05	+00:01:40 (5.0%)	3:18	18.1 (94.8%)
8	BORYCHOWSKI Mariusz	378	TUPOT USTKA	M-4	2	00:00:16	00:08:12	00:16:25	00:24:47	00:33:16	00:33:33	00:33:33	+00:02:08 (6.4%)	3:21	17.9 (93.7%)
9	WITKOWSKI Mateusz	1	KU AZS PWSZ KOSZALIN TKKF KOSZALIN	M-2	4	00:00:15	00:08:13	00:16:32	00:25:04	00:33:20	00:33:34	00:33:34	+00:02:09 (6.4%)	3:21	17.9 (93.7%)
10	BORZĘCKI Norbert	15		M-3	4	00:00:15	00:08:17	00:16:49	00:25:21	00:33:44	00:33:59	00:33:59	+00:02:34 (7.6%)	3:23	17.7 (92.7%)
10	RYBARCZYK Jan	250		M-4	3	00:00:16	00:08:23	00:16:49	00:25:21	00:33:45	00:33:59	00:33:59	+00:02:34 (7.6%)	3:23	17.7 (92.7%)
12	KRUCZKOWSKI Damian	135		M-2	5	00:00:14	00:08:34	00:25:38	00:34:07		00:34:23	00:34:23	+00:02:58 (8.6%)	3:26	17.5 (91.6%)
13	SZYMAŃSKI Sylwester	287	ULKS BARWICETEAM BIEGOWY SZCZECINEK	M-4	4	00:00:15	00:08:49	00:17:31	00:26:09	00:34:33	00:34:48	00:34:48	+00:03:23 (9.7%)	3:28	17.2 (90.1%)
14	WOJCIECHOWSKI Jarosław	321	IKS BRAK FORMY	M-3	5	00:00:15	00:08:51	00:17:31	00:26:09	00:34:38	00:34:54	00:34:54	+00:03:29 (10.0%)	3:29	17.2 (90.1%)
15	KAMIŃSKI Daniel	364		M-3	6	00:00:16	00:08:51	00:17:37	00:26:38	00:35:40	00:35:58	00:35:58	+00:04:33 (12.7%)	3:35	16.7 (87.4%)
16	BERG Thoralf	349	SCHWEDTER HASEN	M-4	5	00:00:15	00:08:53	00:17:54	00:26:59	00:36:16	00:36:35	00:36:35	+00:05:10 (14.1%)	3:39	16.4 (85.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	WESOŁOWSKI Damian	310	AZS UAM POZNAŃ	M-2	6	00:00:15	00:08:53	00:17:55	00:27:09	00:36:30	00:36:44	00:36:44	+00:05:19 (14.5%)	3:40	16.3 (85.3%)
18	GOLECKI Mirosław	348	FORMA ROSNOWO CSSPTKKF KOSZALIN	M-3	7	00:00:19	00:09:38	00:18:59	00:28:11	00:37:20	00:37:36	00:37:36	+00:06:11 (16.4%)	3:45	16 (83.8%)
19	SZYMAJDA Grzegorz	286	4RUN TKKF KOSZALIN	M-3	8	00:00:15	00:09:07	00:18:41	00:28:24	00:37:54	00:38:09	00:38:09	+00:06:44 (17.6%)	3:48	15.7 (82.2%)
20	KĘDZIERSKI Andrzej	104		M-3	9	00:00:15	00:09:11	00:18:42	00:28:25	00:37:55	00:38:14	00:38:14	+00:06:49 (17.8%)	3:49	15.7 (82.2%)
21	ANTOSIK Grzegorz	405		M-3	10	00:00:18	00:09:25	00:18:56	00:28:31	00:38:11	00:38:30	00:38:30	+00:07:05 (18.4%)	3:51	15.6 (81.7%)
22	KALETA Sebastian	95		M-3	11	00:00:18	00:09:39	00:19:01	00:28:36	00:38:15	00:38:33	00:38:33	+00:07:08 (18.5%)	3:51	15.6 (81.7%)
23	RYBACZEK Sebastian	249	FORMA ROSNOWO JW 1223 - 3DPLOT	M-3	12	00:00:19	00:09:38	00:19:01	00:28:38	00:38:23	00:38:40	00:38:40	+00:07:15 (18.8%)	3:52	15.5 (81.2%)
24	OLIJNIK Swietlana	372	UKRAINA	K-3	1	00:00:17	00:09:43	00:19:22	00:29:15	00:38:34	00:38:51	00:38:51	+00:07:26 (19.1%)	3:53	15.4 (80.6%)
25	MAGALSKI Tomasz	436		M-2	7	00:00:24	00:09:47	00:19:29	00:29:15	00:38:45	00:39:02	00:39:02	+00:07:37 (19.5%)	3:54	15.4 (80.6%)
26	JAROSZ Wiesław	415	JW. 1223 BLOG	M-4	6	00:00:17	00:09:24	00:18:59	00:28:55	00:38:52	00:39:08	00:39:08	+00:07:43 (19.7%)	3:54	15.3 (80.1%)
27	BURMEISTER Burkhardt	351	SCHWEDTER HASEN	M-5	1	00:00:17	00:09:22	00:19:00	00:28:52	00:38:51	00:39:10	00:39:10	+00:07:45 (19.8%)	3:55	15.3 (80.1%)
28	KRYCZKA Stanisław	458	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-4	7	00:00:19	00:09:33	00:19:09	00:29:00	00:38:56	00:39:14	00:39:14	+00:07:49 (19.9%)	3:55	15.3 (80.1%)
29	LECHONKOVA Natalia	370	ACHILLES LESZNO	K-3	2	00:00:18	00:09:44	00:19:22	00:29:16	00:38:57	00:39:15	00:39:15	+00:07:50 (20.0%)	3:55	15.3 (80.1%)
30	GOLIŃSKI Łukasz	60	K.B. SPRINT ŚWIDWIN	M-3	13	00:00:20	00:09:48	00:19:36	00:29:28	00:39:08	00:39:26	00:39:26	+00:08:01 (20.3%)	3:56	15.2 (79.6%)
31	HESSEL Lars	352	SV TURBINE NEUBRANDENBURG E.V.	M-4	8	00:00:18	00:09:38	00:19:20	00:29:16	00:39:07	00:39:27	00:39:27	+00:08:02 (20.4%)	3:56	15.2 (79.6%)
32	HURYŃ Ewa	80		K-4	1	00:00:18	00:09:44	00:19:27	00:29:19	00:39:15	00:39:32	00:39:32	+00:08:07 (20.5%)	3:57	15.2 (79.6%)
33	POLAK Szymon	222	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-4	9	00:00:23	00:09:43	00:19:29	00:29:29	00:39:20	00:39:37	00:39:37	+00:08:12 (20.7%)	3:57	15.1 (79.1%)
34	RYŚKIEWICZ Rafał	251	TNT	M-3	14	00:00:17	00:09:36	00:19:18	00:29:22	00:39:03	00:39:39	00:39:39	+00:08:14 (20.8%)	3:57	15.1 (79.1%)
35	RADLIŃSKI Leopold	233	PUPIL KOSZALIN	M-4	10	00:00:19	00:09:59	00:19:53	00:29:49	00:39:25	00:39:42	00:39:42	+00:08:17 (20.9%)	3:58	15.1 (79.1%)
36	KUNCEWICZ Robert	147		M-3	15	00:00:19	00:09:49	00:19:35	00:29:36	00:39:29	00:39:46	00:39:46	+00:08:21 (21.0%)	3:58	15.1 (79.1%)
37	GÓRA Sylwester	453	PHILIPS-PIŁA	M-4	11	00:00:16	00:09:54	00:19:48	00:29:45	00:39:33	00:39:50	00:39:50	+00:08:25 (21.1%)	3:59	15.1 (79.1%)
38	MICHALSKI Artur	180	BBL GDYNIA KPW GDYNIA	M-3	16	00:00:19	00:09:36	00:19:31	00:29:37	00:39:39	00:39:57	00:39:57	+00:08:32 (21.4%)	3:59	15 (78.5%)
39	GĄSECKI Tomasz	58		M-4	12	00:00:25	00:10:00	00:19:48	00:29:50	00:39:51	00:40:11	00:40:11	+00:08:46 (21.8%)	4:01	14.9 (78.0%)
40	WIDONIAK Rafał	312		M-4	13	00:00:20	00:10:10	00:20:13	00:30:21	00:40:06	00:40:23	00:40:23	+00:08:58 (22.2%)	4:02	14.9 (78.0%)
41	KASZTELAN Urszula	101	TKKF TRIATHLON KOSZALIN	K-2	1	00:00:19	00:09:44	00:19:35	00:29:51	00:40:06	00:40:27	00:40:27	+00:09:02 (22.3%)	4:02	14.8 (77.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
41	ZELEK Jan	331	4RUN TKKF KOSZALIN	M-5	2	00:00:17	00:09:58	00:19:55	00:30:03	00:40:08	00:40:27	00:40:27	+00:09:02 (22.3%)	4:02	14.8 (77.5%)
43	RUDNIKOWSKI Maciej	244		M-4	14	00:00:21	00:09:44	00:19:43	00:30:08	00:40:13	00:40:30	00:40:30	+00:09:05 (22.4%)	4:03	14.8 (77.5%)
44	BEMOWICZ Tomasz	414		M-4	15	00:00:22	00:10:09	00:20:07	00:30:21	00:40:14	00:40:31	00:40:31	+00:09:06 (22.5%)	4:03	14.8 (77.5%)
45	POWARZYŃSKI Krzysztof	456		M-4	16	00:00:19	00:09:56	00:19:55	00:30:07	00:40:18	00:40:35	00:40:35	+00:09:10 (22.6%)	4:03	14.8 (77.5%)
46	RETKA Bartosz	237	FORMA ROSNOWO	M-2	8	00:00:18	00:10:11	00:20:13	00:30:23	00:40:21	00:40:36	00:40:36	+00:09:11 (22.6%)	4:03	14.8 (77.5%)
47	STAWARZ Monika	265	UKS EKOLUDEK SZCZENURZE	K-2	2	00:00:19	00:09:59	00:20:03	00:30:18	00:40:23	00:40:42	00:40:42	+00:09:17 (22.8%)	4:04	14.7 (77.0%)
48	SKIERKA Grzegorz	261	MKS ŚWIĘC SŁAWNO	M-3	17	00:00:17	00:09:53	00:20:03	00:30:25	00:40:41	00:40:50	00:40:50	+00:09:25 (23.1%)	4:05	14.7 (77.0%)
49	WIŚNIK Marcin	318	AMADEUS CROSSGYM	M-3	18	00:00:19	00:10:21	00:20:40	00:30:50	00:40:52	00:41:08	00:41:08	+00:09:43 (23.6%)	4:06	14.6 (76.4%)
50	WIELEBA Marlena	379	TUPOT USTKA	K-2	3	00:00:18	00:09:45	00:19:45	00:30:13	00:40:50	00:41:10	00:41:10	+00:09:45 (23.7%)	4:07	14.6 (76.4%)
51	GAJLEWICZ Dominik	439		M-2	9	00:00:21	00:09:48	00:20:04	00:30:30	00:40:54	00:41:15	00:41:15	+00:09:50 (23.8%)	4:07	14.5 (75.9%)
52	WITKIEWICZ Magda	319	KB DZIESIĄTKA BIAŁOGARD	K-3	3	00:00:19	00:10:09	00:20:20	00:30:49	00:41:02	00:41:21	00:41:21	+00:09:56 (24.0%)	4:08	14.5 (75.9%)
53	BUJKO Andrzej	368	CSSP KOSZALIN	M-2	10	00:00:27	00:10:35	00:20:47	00:31:07	00:41:07	00:41:25	00:41:25	+00:10:00 (24.1%)	4:08	14.5 (75.9%)
54	KASZTELAN Władysław	102	TKKF TRIATHLON KOSZALIN	M-3	19	00:00:22	00:10:17	00:20:35	00:31:02	00:41:15	00:41:32	00:41:32	+00:10:07 (24.4%)	4:09	14.4 (75.4%)
55	KOŚCIELNIAK Robert	126		M-5	3	00:00:16	00:09:54	00:20:19	00:31:02	00:41:18	00:41:34	00:41:34	+00:10:09 (24.4%)	4:09	14.4 (75.4%)
56	STĘPNIAK Tomasz	269	I LO KOSZALIN	M-3	20	00:00:22	00:10:10	00:20:29	00:31:03	00:41:21	00:41:39	00:41:39	+00:10:14 (24.6%)	4:09	14.4 (75.4%)
57	CHMIELEWSKI Bartosz	26	AMADEUS CROSSTRaining GYM	M-2	11	00:00:18	00:10:20	00:20:40	00:30:55	00:41:23	00:41:41	00:41:41	+00:10:16 (24.6%)	4:10	14.4 (75.4%)
58	OKOŁOTOWICZ Sebastian	418		M-3	21	00:00:20	00:19:59	00:30:53	00:41:22		00:41:44	00:41:44	+00:10:19 (24.7%)	4:10	14.4 (75.4%)
59	ROGALSKI Marcin	238	VOCALIS SZCZECIN	M-5	4	00:00:21	00:10:28	00:20:40	00:31:07	00:41:29	00:41:49	00:41:49	+00:10:24 (24.9%)	4:10	14.3 (74.9%)
60	BYKOWSKI Robert	442	FORMA ROSNOWO CSSP	M-4	17	00:00:20	00:10:07	00:20:23	00:30:58	00:41:33	00:41:53	00:41:53	+00:10:28 (25.0%)	4:11	14.3 (74.9%)
61	STĘŻAŁA Artur	270	JW 1223 2DPL0T	M-4	18	00:00:23	00:10:12	00:20:35	00:31:08	00:41:39	00:41:57	00:41:57	+00:10:32 (25.1%)	4:11	14.3 (74.9%)
62	MROCZKOWSKI Marek	185	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-3	22	00:00:41	00:10:53	00:21:04	00:31:22	00:41:43	00:41:58	00:41:58	+00:10:33 (25.1%)	4:11	14.3 (74.9%)
63	SAWICZ Michał	253	FINISZ MORĄG BIEGACZ Z PÓŁNOCY	M-2	12	00:00:25	00:10:31	00:21:03	00:31:27	00:41:45	00:42:01	00:42:01	+00:10:36 (25.2%)	4:12	14.3 (74.9%)
64	BOLECHOWSKI Cezary	13		M-1	1	00:00:21	00:10:10	00:20:31	00:31:10	00:41:45	00:42:03	00:42:03	+00:10:38 (25.3%)	4:12	14.3 (74.9%)
65	CZYŻEWSKI Janusz	34	KOŁOBRZEG BIEGA	M-5	5	00:00:21	00:10:31	00:21:04	00:31:44	00:42:13	00:42:34	00:42:34	+00:11:09 (26.2%)	4:15	14.1 (73.8%)
66	NOGA Sebastian	192	4RUN TKKF KOSZALIN	M-2	13	00:00:22	00:10:33	00:21:21	00:32:01	00:42:19	00:42:35	00:42:35	+00:11:10 (26.2%)	4:15	14.1 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
67	GÓRNY Norbert	64	FORMA ROSNOWO	M-4	19	00:00:34	00:10:22	00:20:36	00:31:37	00:42:21	00:42:42	00:42:42	+00:11:17 (26.4%)	4:16	14.1 (73.8%)
67	ŁUKAWSKI Mariusz	428	JW 1223 3DPLOT	M-2	14	00:00:30	00:10:37	00:21:05	00:31:47	00:42:24	00:42:42	00:42:42	+00:11:17 (26.4%)	4:16	14.1 (73.8%)
69	KOTARA-PAŁKA Małgorzata	127		K-3	4	00:00:24	00:10:30	00:21:00	00:31:36	00:42:26	00:42:44	00:42:44	+00:11:19 (26.5%)	4:16	14 (73.3%)
70	HARASYM Zbigniew	73		M-3	23	00:00:21	00:10:08	00:20:31	00:31:26	00:42:26	00:42:46	00:42:46	+00:11:21 (26.5%)	4:16	14 (73.3%)
71	SKARA Steffi	353	SCHWEDTER HASEN	K-3	5	00:00:20	00:10:21	00:20:50	00:31:44	00:42:29	00:42:49	00:42:49	+00:11:24 (26.6%)	4:16	14 (73.3%)
72	PANCEWICZ Piotr	440	RANNERSWALDE	M-3	24	00:00:19	00:10:32	00:21:13	00:32:10	00:42:36	00:43:00	00:43:00	+00:11:35 (26.9%)	4:18	14 (73.3%)
73	MATYJASEK Zbigniew	176		M-4	20	00:00:18	00:09:51	00:20:42	00:31:55	00:42:51	00:43:11	00:43:11	+00:11:46 (27.2%)	4:19	13.9 (72.8%)
74	WEIDEMANN Phillip	416		M-1	2	00:00:23	00:10:58	00:21:28	00:32:22	00:42:55	00:43:14	00:43:14	+00:11:49 (27.3%)	4:19	13.9 (72.8%)
75	TROŚNIAK Piotr	432	KB 10 BIAŁOGARD	M-4	21	00:00:25	00:10:58	00:21:35	00:32:16	00:42:56	00:43:17	00:43:17	+00:11:52 (27.4%)	4:19	13.9 (72.8%)
76	DZIUBA Leszek	45	KB DZIESIĄTKA BIAŁOGARD	M-6	1	00:00:20	00:10:52	00:21:36	00:32:22	00:43:06	00:43:26	00:43:26	+00:12:01 (27.7%)	4:20	13.8 (72.3%)
77	RAJNER Krzysztof	346		M-3	25	00:00:33	00:10:56	00:21:30	00:32:26	00:43:16	00:43:35	00:43:35	+00:12:10 (27.9%)	4:21	13.8 (72.3%)
78	PAWŁOWSKI Łukasz	490		M-3	26	00:00:35	00:11:03	00:21:45	00:32:34	00:43:19	00:43:38	00:43:38	+00:12:13 (28.0%)	4:21	13.8 (72.3%)
78	PAKULSKI Marcin	205		M-4	22	00:00:41	00:11:17	00:22:00	00:32:45	00:43:20	00:43:38	00:43:38	+00:12:13 (28.0%)	4:21	13.8 (72.3%)
80	MALINOWSKI Mariusz	170		M-3	27	00:00:24	00:10:57	00:21:47	00:32:39	00:43:29	00:43:49	00:43:49	+00:12:24 (28.3%)	4:22	13.7 (71.7%)
81	KUKIEŁA Tomasz	146		M-3	28	00:00:32	00:11:33	00:22:33	00:33:21	00:43:36	00:43:53	00:43:53	+00:12:28 (28.4%)	4:23	13.7 (71.7%)
82	ROKOSZ Radosław	241	JW 1223	M-2	15	00:00:34	00:10:53	00:21:35	00:32:48	00:43:36	00:43:56	00:43:56	+00:12:31 (28.5%)	4:23	13.7 (71.7%)
83	RACZYŃSKI Grzegorz	228	GIMNAZJUM SPORTOWE NR 1	M-1	3	00:00:17	00:10:29	00:21:22	00:32:38	00:43:44	00:44:01	00:44:01	+00:12:36 (28.6%)	4:24	13.6 (71.2%)
84	NACHYŁA Paweł		DZIKI KOSZALIN	M-2	16	00:00:25	00:10:45	00:21:29	00:32:36	00:43:41	00:44:02	00:44:02	+00:12:37 (28.7%)	4:24	13.6 (71.2%)
85	SIKORSKI Adam	360	SIKORROWO	M-3	29	00:00:25	00:10:42	00:21:38	00:32:45	00:43:45	00:44:05	00:44:05	+00:12:40 (28.7%)	4:24	13.6 (71.2%)
85	MARCINIAK Maciej	171		M-3	30	00:00:26	00:10:35	00:21:22	00:32:25	00:43:47	00:44:05	00:44:05	+00:12:40 (28.7%)	4:24	13.6 (71.2%)
85	OGRODNIK Grzegorz	199	JW 1223 1DPLOT	M-4	23	00:00:18	00:10:58	00:22:06	00:33:04	00:43:47	00:44:05	00:44:05	+00:12:40 (28.7%)	4:24	13.6 (71.2%)
88	WALTER Przemysław	304	KB DZIESIĄTKA BIAŁOGARD	M-4	24	00:00:25	00:10:56	00:21:37	00:32:35	00:43:39	00:44:07	00:44:07	+00:12:42 (28.8%)	4:24	13.6 (71.2%)
89	WALCZAK Marcin	301		M-3	31	00:00:23	00:10:53	00:21:50	00:32:49	00:43:53	00:44:09	00:44:09	+00:12:44 (28.8%)	4:24	13.6 (71.2%)
90	ZIELIŃSKI Mateusz	332	SŁONECZNY PATROL KOSZALIN	M-2	17	00:00:40	00:11:49	00:22:39	00:33:24	00:43:51	00:44:10	00:44:10	+00:12:45 (28.9%)	4:25	13.6 (71.2%)
91	NAWODZIŃSKI Grzegorz	454		M-3	32	00:00:18	00:10:42	00:21:45	00:33:00	00:43:55	00:44:12	00:44:12	+00:12:47 (28.9%)	4:25	13.6 (71.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.07km	2.535km	5km	7.465km	9.93km					
92	TOMALIK Karol	291		M-3	33	00:00:21	00:10:31	00:21:30	00:32:44	00:43:52	00:44:13	00:44:13	+00:12:48 (28.9%)	4:25	13.6 (71.2%)
93	BARANOWSKI Piotr	393		M-3	34	00:00:24	00:11:20	00:22:10	00:33:05	00:43:59	00:44:19	00:44:19	+00:12:54 (29.1%)	4:25	13.5 (70.7%)
94	RYTTEL Marcin	488		M-3	35	00:00:22	00:10:45	00:21:48	00:33:01	00:44:04	00:44:22	00:44:22	+00:12:57 (29.2%)	4:26	13.5 (70.7%)
95	STRĄPOĆ Tobiasz	461		M-2	18	00:00:25	00:10:06	00:21:25	00:33:00	00:44:04	00:44:23	00:44:23	+00:12:58 (29.2%)	4:26	13.5 (70.7%)
95	STEFAŃSKI Krzysztof	367	CSSP KOSZALIN	M-2	19	00:00:28	00:11:12	00:22:04	00:33:12	00:44:04	00:44:23	00:44:23	+00:12:58 (29.2%)	4:26	13.5 (70.7%)
97	SPALIK Michał	434		M-1	4	00:00:23	00:10:55	00:21:50	00:33:02	00:44:10	00:44:28	00:44:28	+00:13:03 (29.3%)	4:26	13.5 (70.7%)
98	JAMROZIAK Grzegorz	84		M-3	36	00:00:24	00:10:52	00:22:01	00:33:18	00:44:18	00:44:38	00:44:38	+00:13:13 (29.6%)	4:27	13.4 (70.2%)
98	WICENS Jacek	311	JACEK - BIEGAM BO LUBIĘ	M-2	20	00:00:27	00:11:25	00:22:26	00:33:37	00:44:19	00:44:38	00:44:38	+00:13:13 (29.6%)	4:27	13.4 (70.2%)
100	BOGDANOWICZ Krzysztof	12	4RUN TKKF KOSZALIN	M-5	6	00:00:17	00:10:42	00:21:52	00:33:25	00:44:26	00:44:43	00:44:43	+00:13:18 (29.7%)	4:28	13.4 (70.2%)
101	KACHLICKI Kamil	92		M-3	37	00:00:21	00:10:58	00:22:11	00:33:27	00:44:26	00:44:44	00:44:44	+00:13:19 (29.8%)	4:28	13.4 (70.2%)
102	GAWRON Piotr	56	KB GOCH BYTÓW	M-4	25	00:00:31	00:11:42	00:22:55	00:33:50	00:44:26	00:44:46	00:44:46	+00:13:21 (29.8%)	4:28	13.4 (70.2%)
103	JAROSZEWSKI Daniel	396		M-3	38	00:00:17	00:10:39	00:21:44	00:33:23	00:44:46	00:45:02	00:45:02	+00:13:37 (30.2%)	4:30	13.3 (69.6%)
104	SINKIEWICZ Mirosław	390	JW 1223 3DPLOT	M-2	21	00:00:30	00:10:49	00:21:42	00:33:06	00:44:45	00:45:03.85	00:45:03.85	+00:13:38 (30.3%)	4:30	13.3 (69.6%)
105	TROTT Daniel	470		M-4	26	00:00:36	00:12:12	00:23:46	00:34:26	00:44:56	00:45:11	00:45:11	+00:13:46 (30.5%)	4:31	13.3 (69.6%)
106	GACA Radosław	53		M-2	22	00:00:44	00:11:03	00:22:10	00:33:24	00:44:52	00:45:12	00:45:12	+00:13:47 (30.5%)	4:31	13.3 (69.6%)
106	PARYSIAK Eryk	207		M-3	39	00:00:23	00:11:42	00:23:02	00:34:08	00:44:55	00:45:12	00:45:12	+00:13:47 (30.5%)	4:31	13.3 (69.6%)
108	KOBUS Maciej	111		M-2	23	00:00:29	00:11:28	00:22:45	00:33:58	00:44:59	00:45:16	00:45:16	+00:13:51 (30.6%)	4:31	13.3 (69.6%)
109	ŻMIJOWSKI Piotr	340		M-3	40	00:00:25	00:11:28	00:22:38	00:33:51	00:45:00	00:45:17	00:45:17	+00:13:52 (30.6%)	4:31	13.2 (69.1%)
110	RASIAK Adam	403	JW 1223 1DPLOT	M-2	24	00:00:29	00:11:17	00:22:26	00:33:49	00:44:59	00:45:19	00:45:19	+00:13:54 (30.7%)	4:31	13.2 (69.1%)
111	WEBER Paweł	306	AMADEUS CROSSTRaining GYM	M-3	41	00:00:19	00:10:39	00:21:50	00:33:27	00:45:00	00:45:20	00:45:20	+00:13:55 (30.7%)	4:32	13.2 (69.1%)
111	KORCZYŃSKI Sławomir	122		M-2	25	00:00:26	00:10:32	00:21:43	00:33:26	00:45:03	00:45:20	00:45:20	+00:13:55 (30.7%)	4:32	13.2 (69.1%)
113	SKAZA Dawid	260		M-3	42	00:00:28	00:11:35	00:22:40	00:33:58	00:45:09	00:45:28	00:45:28	+00:14:03 (30.9%)	4:32	13.2 (69.1%)
114	ZIOMKO Rafał	336	KOŁOBRZEG	M-4	27	00:00:28	00:11:34	00:22:40	00:33:58	00:45:10	00:45:31	00:45:31	+00:14:06 (31.0%)	4:33	13.2 (69.1%)
115	LEWITA Szymon	158		M-2	26	00:00:26	00:11:00	00:22:03	00:33:38	00:45:20	00:45:37	00:45:37	+00:14:12 (31.1%)	4:33	13.2 (69.1%)
116	KRZANOWSKI Marcin	140	KB DZIESIĄTKA BIAŁOGARD	M-3	43	00:00:25	00:10:56	00:22:32	00:34:06	00:45:18	00:45:38	00:45:38	+00:14:13 (31.2%)	4:33	13.1 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.07km	2.535km	5km	7.465km	9.93km					
117	JASICZEK Dariusz	87	CSSP KOSZALIN	M-3	44	00:00:40	00:11:06	00:21:57	00:33:24	00:45:20	00:45:39	00:45:39	+00:14:14 (31.2%)	4:33	13.1 (68.6%)
118	OLEKSY Piotr	201		M-3	45	00:00:37	00:11:22	00:22:24	00:34:02	00:45:22	00:45:40	00:45:40	+00:14:15 (31.2%)	4:34	13.1 (68.6%)
119	KOISZEWSKI Krzysztof	112		M-4	28	00:00:20	00:11:00	00:22:27	00:33:56	00:45:26	00:45:44	00:45:44	+00:14:19 (31.3%)	4:34	13.1 (68.6%)
120	MIECZKOWSKI Michał	181	KTC KOŁOBRZEG	M-5	7	00:00:31	00:11:27	00:22:45	00:34:09	00:45:23	00:45:45	00:45:45	+00:14:20 (31.3%)	4:34	13.1 (68.6%)
121	JODDA Sławomir	407	ZAMOŚCIE PIŁA	M-3	46	00:00:23	00:10:23	00:21:16	00:33:16	00:45:28	00:45:50	00:45:50	+00:14:25 (31.5%)	4:35	13.1 (68.6%)
121	ADAMCZAK Andrzej	2	TKKF TRIATHLON KOSZALIN	M-5	8	00:00:28	00:11:39	00:23:03	00:34:27	00:45:31	00:45:50	00:45:50	+00:14:25 (31.5%)	4:35	13.1 (68.6%)
123	JAMNIAK Bartosz	437		M-2	27	00:00:22	00:10:49	00:22:19	00:34:04	00:45:36	00:45:58	00:45:58	+00:14:33 (31.7%)	4:35	13.1 (68.6%)
124	STANKIEWICZ Wiesław	362		M-5	9	00:00:27	00:11:19	00:22:45	00:34:17	00:45:40	00:46:01	00:46:01	+00:14:36 (31.7%)	4:36	13 (68.1%)
125	SPALIK Mariusz	435		M-4	29	00:00:20	00:10:51	00:22:12	00:33:57	00:45:49	00:46:08	00:46:08	+00:14:43 (31.9%)	4:36	13 (68.1%)
126	SZNAJDER Wiktor	465		M-3	47	00:00:41	00:12:04	00:23:43	00:35:12	00:45:50	00:46:09	00:46:09	+00:14:44 (31.9%)	4:36	13 (68.1%)
127	WESOŁOWSKA Dominika	308		K-2	4	00:00:27	00:11:40	00:23:13	00:34:48	00:45:56	00:46:16	00:46:16	+00:14:51 (32.1%)	4:37	13 (68.1%)
128	DONDAJEWSKI Michał	41		M-3	48	00:00:37	00:11:48	00:23:12	00:34:40	00:46:03	00:46:19	00:46:19	+00:14:54 (32.2%)	4:37	13 (68.1%)
129	NOWAK Filip	369	CSSP KOSZALIN	M-2	28	00:00:28	00:11:58	00:23:42	00:35:08	00:46:02	00:46:23	00:46:23	+00:14:58 (32.3%)	4:38	12.9 (67.5%)
130	NIWIŃSKI Grzegorz	447	TUPOT USTKA	M-5	10	00:00:45	00:12:04	00:23:06	00:34:24	00:46:00	00:46:25	00:46:25	+00:15:00 (32.3%)	4:38	12.9 (67.5%)
130	CHUDZIK Zbigniew	29	4RUN TKKF KOSZALIN	M-5	11	00:00:25	00:11:36	00:23:00	00:34:29	00:46:06	00:46:25	00:46:25	+00:15:00 (32.3%)	4:38	12.9 (67.5%)
132	BRYŁA Krzysztof	16		M-4	30	00:00:31	00:11:34	00:22:52	00:34:34	00:46:10	00:46:29	00:46:29	+00:15:04 (32.4%)	4:38	12.9 (67.5%)
133	KRAKOWIAK Sławomir	130		M-4	31	00:00:24	00:11:31	00:22:57	00:34:29	00:46:08	00:46:30	00:46:30	+00:15:05 (32.4%)	4:39	12.9 (67.5%)
134	WILIŃSKI Marek	316		M-5	12	00:00:24	00:11:24	00:22:54	00:34:37	00:46:18	00:46:38	00:46:38	+00:15:13 (32.6%)	4:39	12.9 (67.5%)
135	DORAWA Wojciech	42		M-2	29	00:00:27	00:11:30	00:23:01	00:34:43	00:46:19	00:46:40	00:46:40	+00:15:15 (32.7%)	4:40	12.9 (67.5%)
136	ZIOMEK Joanna	335	4RUN TKKF KOSZALIN	K-4	2	00:00:27	00:11:40	00:23:11	00:34:47	00:46:23	00:46:44	00:46:44	+00:15:19 (32.8%)	4:40	12.8 (67.0%)
137	JARZĄBEK Magdalena	86		K-2	5	00:00:25	00:11:24	00:23:00	00:34:46	00:46:29	00:46:49	00:46:49	+00:15:24 (32.9%)	4:40	12.8 (67.0%)
138	BOHDAN Jakub	459	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-1	5	00:00:23	00:11:41	00:23:48	00:36:01	00:46:35	00:46:53	00:46:53	+00:15:28 (33.0%)	4:41	12.8 (67.0%)
139	RAMA Janusz	234		M-4	32	00:00:29	00:12:14	00:23:53	00:35:21	00:46:34	00:46:54	00:46:54	+00:15:29 (33.0%)	4:41	12.8 (67.0%)
140	SZAŁKOWSKI Wojtek	280		M-3	49	00:00:37	00:12:10	00:23:45	00:35:18	00:46:36	00:46:56	00:46:56	+00:15:31 (33.1%)	4:41	12.8 (67.0%)
141	KUBIAK Andrzej	380		M-6	2	00:00:23	00:11:37	00:23:18	00:35:00	00:46:37	00:46:57	00:46:57	+00:15:32 (33.1%)	4:41	12.8 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.07km	2.535km	5km	7.465km	9.93km					
142	ALABA Jerzy	468	KB 10 BIAŁOGARD	M-5	13	00:00:36	00:12:26	00:23:56	00:35:27	00:46:42	00:46:59	00:46:59	+00:15:34 (33.1%)	4:41	12.8 (67.0%)
143	SZTUBA Bartłomiej	284		M-4	33	00:00:20	00:11:24	00:23:11	00:35:11	00:46:39	00:47:00	00:47:00	+00:15:35 (33.2%)	4:42	12.8 (67.0%)
144	MAKSYMOWICZ Kornelia	401		K-3	6	00:00:33	00:12:01	00:23:24	00:35:02	00:46:38	00:47:01	00:47:01	+00:15:36 (33.2%)	4:42	12.8 (67.0%)
145	KURYŁOWICZ Bartosz	375		M-2	30	00:00:25	00:11:23	00:22:59	00:34:46	00:46:39	00:47:02	00:47:02	+00:15:37 (33.2%)	4:42	12.8 (67.0%)
146	TRAFNY Mateusz	361		M-2	31	00:00:23	00:11:55	00:23:42	00:35:22	00:46:44	00:47:06	00:47:06	+00:15:41 (33.3%)	4:42	12.7 (66.5%)
147	LEWANDOWSKI Marek	157		M-3	50	00:00:32	00:11:49	00:23:30	00:35:19	00:46:51	00:47:08	00:47:08	+00:15:43 (33.3%)	4:42	12.7 (66.5%)
148	CHODOR Martyna	387	4RUN TKKF KOSZALIN	K-3	7	00:00:27	00:11:40	00:23:12	00:34:58	00:46:46	00:47:09	00:47:09	+00:15:44 (33.4%)	4:42	12.7 (66.5%)
149	SIKORSKI Witold	259	KB RUN 42	M-5	14	00:00:35	00:11:53	00:23:39	00:35:28	00:46:51	00:47:10	00:47:10	+00:15:45 (33.4%)	4:43	12.7 (66.5%)
150	KRUK Marcin	136		M-3	51	00:00:27	00:11:08	00:22:45	00:34:45	00:46:52	00:47:12	00:47:12	+00:15:47 (33.4%)	4:43	12.7 (66.5%)
151	ROGALSKI Roberto	239	ZSW ZAWSZE SIĘGAJ WYŻEJ	M-3	52	00:00:18	00:10:52	00:23:15	00:35:31	00:46:53	00:47:13	00:47:13	+00:15:48 (33.5%)	4:43	12.7 (66.5%)
151	STRUMIŃSKI Rafał	274	ŻYTANIA TEAM	M-3	53	00:00:42	00:11:59	00:23:36	00:35:20	00:46:55	00:47:13	00:47:13	+00:15:48 (33.5%)	4:43	12.7 (66.5%)
153	TRZECIAK Dariusz	296		M-4	34	00:00:37	00:12:13	00:24:02	00:35:43	00:46:55	00:47:15	00:47:15	+00:15:50 (33.5%)	4:43	12.7 (66.5%)
154	ZIOMEK Darek	334	4RUN TKKF KOSZALIN	M-4	35	00:00:24	00:11:35	00:23:12	00:35:08	00:46:57	00:47:16	00:47:16	+00:15:51 (33.5%)	4:43	12.7 (66.5%)
154	KORMAN Kamil	476		M-1	6	00:00:43	00:12:53	00:24:51	00:36:22	00:47:00	00:47:16	00:47:16	+00:15:51 (33.5%)	4:43	12.7 (66.5%)
156	JABŁOŃSKI Arkadiusz	83		M-4	36	00:00:34	00:12:37	00:24:19	00:35:50	00:47:02	00:47:23	00:47:23	+00:15:58 (33.7%)	4:44	12.7 (66.5%)
157	MACHELSKA Sylwia	357	PGB SPORTOWA PACZKA	K-3	8	00:00:22	00:11:41	00:23:16	00:35:14	00:47:05	00:47:27	00:47:27	+00:16:02 (33.8%)	4:44	12.6 (66.0%)
158	NOWAKOWSKI Rafał	194		M-3	54	00:00:33	00:11:28	00:22:34	00:34:42	00:47:13	00:47:35	00:47:35	+00:16:10 (34.0%)	4:45	12.6 (66.0%)
158	JURA Michał	455	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-1	7	00:00:24	00:11:41	00:23:48	00:36:02	00:47:14	00:47:35	00:47:35	+00:16:10 (34.0%)	4:45	12.6 (66.0%)
160	JURA Krzysztof	89	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-4	37	00:00:25	00:11:51	00:23:48	00:36:04	00:47:14	00:47:36	00:47:36	+00:16:11 (34.0%)	4:45	12.6 (66.0%)
161	MATEJKO Jacek	175	TKKF KOSZALIN	M-4	38	00:00:32	00:11:55	00:23:38	00:35:29	00:47:17	00:47:37	00:47:37	+00:16:12 (34.0%)	4:45	12.6 (66.0%)
162	MACIEJEWSKI Piotr	165		M-3	55	00:00:44	00:12:34	00:24:16	00:36:02	00:47:19	00:47:39	00:47:39	+00:16:14 (34.1%)	4:45	12.6 (66.0%)
163	KRYSZCZUK Michał	139		M-2	32	00:00:42	00:12:19	00:24:30	00:36:08	00:47:25	00:47:43	00:47:43	+00:16:18 (34.2%)	4:46	12.6 (66.0%)
164	ADAMCZYK Karol	3		M-2	33	00:00:44	00:12:34	00:24:16	00:36:02	00:47:28	00:47:47	00:47:47	+00:16:22 (34.3%)	4:46	12.6 (66.0%)
165	KAJKOWSKI Rafał	94	DODOMISIE KOSZALIN	M-4	39	00:00:16	00:11:01	00:22:53	00:35:15	00:47:26	00:47:49	00:47:49	+00:16:24 (34.3%)	4:46	12.5 (65.4%)
165	WILKOWSKI Krzysztof	314		M-3	56	00:00:32	00:11:41	00:23:27	00:35:38	00:47:29	00:47:49	00:47:49	+00:16:24 (34.3%)	4:46	12.5 (65.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
167	BIL Adrian	8		M-3	57	00:00:25	00:11:48	00:23:42	00:35:43	00:47:30	00:47:50	00:47:50	+00:16:25 (34.3%)	4:47	12.5 (65.4%)
168	ŁOPIŃSKI Piotr	162		M-3	58	00:00:20	00:11:17	00:22:57	00:35:18	00:47:33	00:47:52	00:47:52	+00:16:27 (34.4%)	4:47	12.5 (65.4%)
169	POLIKOWSKI Patryk	398		M-3	59	00:00:27	00:11:44	00:23:41	00:35:51	00:47:36	00:47:55	00:47:55	+00:16:30 (34.4%)	4:47	12.5 (65.4%)
169	CZAPLICKI Paweł	31	4RUN TKKF KOSZALIN	M-3	60	00:00:24	00:11:37	00:23:12	00:35:27	00:47:39	00:47:55	00:47:55	+00:16:30 (34.4%)	4:47	12.5 (65.4%)
171	STOLARCZYK Adrian	358		M-1	8	00:00:28	00:11:38	00:23:32	00:35:41	00:47:38	00:47:59	00:47:59	+00:16:34 (34.5%)	4:47	12.5 (65.4%)
172	WIERZBICKI Jakub	313		M-3	61	00:00:38	00:12:26	00:24:10	00:35:55	00:47:41	00:48:00	00:48:00	+00:16:35 (34.5%)	4:48	12.5 (65.4%)
173	JANKOWSKI Maciej	413		M-4	40	00:00:32	00:11:25	00:23:01	00:35:35	00:47:40	00:48:01	00:48:01	+00:16:36 (34.6%)	4:48	12.5 (65.4%)
173	MYDŁOWSKI Maciej	408		M-2	34	00:00:26	00:10:57	00:22:51	00:35:30	00:47:43	00:48:01	00:48:01	+00:16:36 (34.6%)	4:48	12.5 (65.4%)
175	CHOŁUJ Karol	27		M-3	62	00:00:27	00:11:30	00:23:24	00:35:36	00:47:51	00:48:05	00:48:05	+00:16:40 (34.7%)	4:48	12.5 (65.4%)
176	ŚWIETLIK Tomasz	289		M-5	15	00:00:28	00:11:41	00:23:28	00:35:42	00:47:47	00:48:06	00:48:06	+00:16:41 (34.7%)	4:48	12.5 (65.4%)
177	SIDELKO Robert	254		M-5	16	00:00:33	00:12:18	00:23:57	00:35:52	00:47:46	00:48:08	00:48:08	+00:16:43 (34.7%)	4:48	12.5 (65.4%)
178	NIEMCZUK Dariusz	491		M-5	17	00:00:18	00:11:27	00:23:32	00:36:05	00:47:50	00:48:10	00:48:10	+00:16:45 (34.8%)	4:49	12.5 (65.4%)
179	SUGIER Michał	277		M-3	63	00:00:34	00:12:09	00:24:06	00:36:13	00:47:53	00:48:14	00:48:14	+00:16:49 (34.9%)	4:49	12.4 (64.9%)
180	WALTER Joanna	303	KB DZIESIĄTKA BIAŁOGARD	K-4	3	00:00:24	00:12:28	00:24:34	00:36:24	00:48:03	00:48:23	00:48:23	+00:16:58 (35.1%)	4:50	12.4 (64.9%)
181	KRZEWIŃSKA Małgorzata	141	4RUN TKKF KOSZALIN	K-5	1	00:00:25	00:12:01	00:24:04	00:36:05	00:48:06	00:48:25	00:48:25	+00:17:00 (35.1%)	4:50	12.4 (64.9%)
182	RUTKOWSKI Witold	248		M-4	41	00:00:26	00:11:55	00:23:54	00:36:02	00:48:09	00:48:28	00:48:28	+00:17:03 (35.2%)	4:50	12.4 (64.9%)
183	KROTOWSKI Grzegorz	134	K.B. TUPOT USTKA	M-4	42	00:00:24	00:11:40	00:23:31	00:35:48	00:48:09	00:48:29	00:48:29	+00:17:04 (35.2%)	4:50	12.4 (64.9%)
184	URBANOWICZ Grzegorz	300		M-4	43	00:00:20	00:11:41	00:23:38	00:35:57	00:48:13	00:48:35	00:48:35	+00:17:10 (35.3%)	4:51	12.3 (64.4%)
185	KACZMAREK Łukasz	93		M-3	64	00:00:34	00:11:52	00:23:56	00:36:18	00:48:18	00:48:38	00:48:38	+00:17:13 (35.4%)	4:51	12.3 (64.4%)
186	STERNKIKER Heike	354	SCHWEDTER HASEN	K-4	4	00:00:22	00:11:54	00:23:59	00:36:06	00:48:14	00:48:39	00:48:39	+00:17:14 (35.4%)	4:51	12.3 (64.4%)
186	STERNKIKER Mario	355	SCHWEDTER HASEN	M-4	44	00:00:23	00:11:54	00:23:59	00:36:07	00:48:14	00:48:39	00:48:39	+00:17:14 (35.4%)	4:51	12.3 (64.4%)
188	OSENKOWSKI Artur	203		M-3	65	00:00:38	00:11:11	00:23:11	00:35:30	00:48:15	00:48:40	00:48:40	+00:17:15 (35.4%)	4:52	12.3 (64.4%)
188	SZCZEPANIAK Jacek	282		M-4	45	00:00:25	00:11:30	00:23:28	00:35:54	00:48:18	00:48:40	00:48:40	+00:17:15 (35.4%)	4:52	12.3 (64.4%)
190	ANDRZEJEWSKA Marta	4		K-3	9	00:00:28	00:12:10	00:24:10	00:36:28	00:48:20	00:48:41	00:48:41	+00:17:16 (35.5%)	4:52	12.3 (64.4%)
190	MRUGALSKI Damian	186		M-3	66	00:00:40	00:12:54	00:25:07	00:37:01	00:48:21	00:48:41	00:48:41	+00:17:16 (35.5%)	4:52	12.3 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
											10km	10km			
192	WIELGUS Paweł	448		M-3	67	00:00:25	00:11:57	00:23:59	00:36:21	00:48:21	00:48:43	00:48:43	+00:17:18 (35.5%)	4:52	12.3 (64.4%)
193	KILAR Tomasz	106		M-4	46	00:00:35	00:12:05	00:24:07	00:36:14	00:48:19	00:48:45	00:48:45	+00:17:20 (35.6%)	4:52	12.3 (64.4%)
194	GÓRA Agnieszka	452	PHILIPS-PIŁA	K-3	10	00:00:23	00:12:08	00:24:14	00:36:25	00:48:26	00:48:48	00:48:48	+00:17:23 (35.6%)	4:52	12.3 (64.4%)
195	NACHYŁA Piotr	429		M-4	47	00:00:34	00:12:29	00:24:31	00:36:35	00:48:28	00:48:49	00:48:49	+00:17:24 (35.6%)	4:52	12.3 (64.4%)
196	CHUDYK Magda	430		K-3	11	00:00:26	00:12:14	00:24:16	00:36:35	00:48:38	00:48:59	00:48:59	+00:17:34 (35.9%)	4:53	12.2 (63.9%)
197	WOJCIECHOWSKA-HRYCYK Agata	320		K-4	5	00:00:26	00:12:13	00:24:15	00:36:34	00:48:40	00:49:01	00:49:01	+00:17:36 (35.9%)	4:54	12.2 (63.9%)
198	WESOŁOWSKI Arkadiusz	451		M-3	68	00:00:29	00:11:32	00:23:27	00:36:04	00:48:40	00:49:03	00:49:03	+00:17:38 (35.9%)	4:54	12.2 (63.9%)
199	STRZELECKI Zbigniew	275		M-5	18	00:00:30	00:12:14	00:24:20	00:36:36	00:48:42	00:49:04	00:49:04	+00:17:39 (36.0%)	4:54	12.2 (63.9%)
200	RÓJ Andrzej	388		M-4	48	00:00:24	00:12:28	00:24:34	00:36:56	00:48:45	00:49:05	00:49:05	+00:17:40 (36.0%)	4:54	12.2 (63.9%)
201	RADECKI Jacek	229		M-4	49	00:00:24	00:11:56	00:23:58	00:36:29	00:48:45	00:49:06	00:49:06	+00:17:41 (36.0%)	4:54	12.2 (63.9%)
202	KRASIŃSKI Witold	131		M-4	50	00:00:28	00:11:22	00:23:22	00:36:04	00:48:50	00:49:07	00:49:07	+00:17:42 (36.0%)	4:54	12.2 (63.9%)
203	DĄBROWSKI Grzegorz	36		M-4	51	00:00:26	00:11:43	00:23:58	00:36:31	00:48:49	00:49:09	00:49:09	+00:17:44 (36.1%)	4:54	12.2 (63.9%)
204	IWANIEC Dariusz	81		M-4	52	00:00:27	00:11:56	00:24:00	00:36:28	00:48:51	00:49:13	00:49:13	+00:17:48 (36.2%)	4:55	12.2 (63.9%)
205	RUDZIŃSKI Krzysztof	449		M-2	35	00:00:34	00:11:56	00:23:55	00:36:30	00:48:58	00:49:17	00:49:17	+00:17:52 (36.3%)	4:55	12.2 (63.9%)
206	MYDŁOWSKA Monika	188		K-3	12	00:00:39	00:15:00	00:32:02	00:48:48		00:49:19	00:49:19	+00:17:54 (36.3%)	4:55	12.2 (63.9%)
207	MACHNIEWSKI Artur	386		M-3	69	00:00:33	00:12:02	00:24:06	00:36:33	00:48:57	00:49:20	00:49:20	+00:17:55 (36.3%)	4:56	12.2 (63.9%)
208	KOŁAKOWSKI Dariusz	115	K. B. SPRINT ŚWIDWIN	M-4	53	00:00:33	00:12:19	00:24:30	00:36:50	00:49:03	00:49:25	00:49:25	+00:18:00 (36.4%)	4:56	12.1 (63.4%)
209	SZABLA Ewelina	279		K-3	13	00:00:32	00:12:13	00:24:30	00:36:57	00:49:06	00:49:29	00:49:29	+00:18:04 (36.5%)	4:56	12.1 (63.4%)
210	SZYMAŃSKI Kacper	474	TEAM BIEGOWY SZCZECINEK	M-2	36	00:00:27	00:12:38	00:25:11	00:37:45	00:49:11	00:49:31	00:49:31	+00:18:06 (36.6%)	4:57	12.1 (63.4%)
210	GAWROŃSKI Paweł	57	OGIEŃ W SZOPIE	M-2	37	00:00:28	00:11:37	00:23:51	00:36:38	00:49:14	00:49:31	00:49:31	+00:18:06 (36.6%)	4:57	12.1 (63.4%)
212	MARKOWSKI Andrzej	174	4RUN TKKF KOSZALIN	M-6	3	00:00:25	00:12:04	00:24:27	00:36:57	00:49:20	00:49:37	00:49:37	+00:18:12 (36.7%)	4:57	12.1 (63.4%)
213	MĘDEL Marta	179		K-3	14	00:00:31	00:12:21	00:24:43	00:37:15	00:49:19	00:49:38	00:49:38	+00:18:13 (36.7%)	4:57	12.1 (63.4%)
214	PEŁKA Janusz	210		M-5	19	00:00:39	00:12:14	00:24:23	00:36:45	00:49:17	00:49:45	00:49:45	+00:18:20 (36.9%)	4:58	12.1 (63.4%)
215	MĘDEL Cezary	178		M-4	54	00:00:30	00:12:23	00:24:43	00:37:15	00:49:26	00:49:48	00:49:48	+00:18:23 (36.9%)	4:58	12 (62.8%)
216	CHAMERA Krzysztof	24		M-4	55	00:00:41	00:12:04	00:24:05	00:37:00	00:49:31	00:49:55	00:49:55	+00:18:30 (37.1%)	4:59	12 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						0.07km	2.535km	5km	7.465km	9.93km					
216	DWULIT Katarzyna	44		K-2	6	00:00:21	00:11:45	00:23:58	00:36:47	00:49:33	00:49:55	00:49:55	+00:18:30 (37.1%)	4:59	12 (62.8%)
218	JĘDRASZKO Magda	88	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	K-3	15	00:00:22	00:11:45	00:23:58	00:36:47	00:49:31	00:49:57	00:49:57	+00:18:32 (37.1%)	4:59	12 (62.8%)
218	STAWISZYŃSKI Jarosław	266		M-3	70	00:00:43	00:13:11	00:25:34	00:37:56	00:49:41	00:49:57	00:49:57	+00:18:32 (37.1%)	4:59	12 (62.8%)
220	PIETRZYCKI Adrian	215		M-3	71	00:00:34	00:12:36	00:24:49	00:37:25	00:49:38	00:49:58	00:49:58	+00:18:33 (37.1%)	4:59	12 (62.8%)
221	CZERWIŃSKI Daniel	32		M-3	72	00:00:35	00:12:22	00:37:30			00:50:00	00:50:00	+00:18:35 (37.2%)	5:00	12 (62.8%)
222	KOZŁOWIECKI Waldemar	129	4RUN TKKF KOSZALIN	M-6	4	00:00:35	00:12:37	00:24:51	00:37:27	00:49:41	00:50:02	00:50:02	+00:18:37 (37.2%)	5:00	12 (62.8%)
223	BOGACKI Tomasz	11	4RUN TKKF KOSZALIN	M-5	20	00:00:25	00:12:14	00:24:37	00:37:10	00:49:46	00:50:09	00:50:09	+00:18:44 (37.4%)	5:00	12 (62.8%)
224	DASZKO Tomasz	478		M-3	73	00:00:29	00:12:28	00:25:08	00:37:55	00:49:53	00:50:13	00:50:13	+00:18:48 (37.4%)	5:01	11.9 (62.3%)
225	SZEWCZYK Andrzej	283		M-2	38	00:00:36	00:12:05	00:24:33	00:37:29	00:49:56	00:50:15	00:50:15	+00:18:50 (37.5%)	5:01	11.9 (62.3%)
226	KUTWIN Artur	152		M-4	56	00:00:29	00:12:27	00:24:42	00:37:29	00:49:55	00:50:19	00:50:19	+00:18:54 (37.6%)	5:01	11.9 (62.3%)
227	JUSZCZAK Krzysztof	91		M-6	5	00:00:29	00:12:10	00:24:29	00:37:15	00:49:58	00:50:22	00:50:22	+00:18:57 (37.6%)	5:02	11.9 (62.3%)
228	RUSINEK Dawid	463		M-2	39	00:00:35	00:13:03	00:25:53	00:38:22	00:50:06	00:50:26	00:50:26	+00:19:01 (37.7%)	5:02	11.9 (62.3%)
229	SUBALSKI Michał	276		M-3	74	00:00:32	00:12:32	00:25:03	00:37:56	00:50:05	00:50:29	00:50:29	+00:19:04 (37.8%)	5:02	11.9 (62.3%)
229	OSOBNIAK Ryszard	204		M-5	21	00:00:38	00:12:27	00:24:44	00:37:27	00:50:06	00:50:29	00:50:29	+00:19:04 (37.8%)	5:02	11.9 (62.3%)
231	KARNICKI Zygmunt	99	4RUN TKKF KOSZALIN	M-6	6	00:00:26	00:11:53	00:24:24	00:37:21	00:50:17	00:50:37	00:50:37	+00:19:12 (37.9%)	5:03	11.9 (62.3%)
232	ANIELSKI Michał	427		M-2	40	00:00:38	00:13:04	00:25:40	00:38:44	00:50:24	00:50:44	00:50:44	+00:19:19 (38.1%)	5:04	11.8 (61.8%)
233	RUDZIŃSKI Bronisław	475		M-6	7	00:00:32	00:12:16	00:24:56	00:37:47	00:50:23	00:50:46	00:50:46	+00:19:21 (38.1%)	5:04	11.8 (61.8%)
234	KOPREK Łukasz	121	SŁONECZNY PATROL KOSZALIN	M-2	41	00:00:40	00:12:19	00:24:36	00:37:30	00:50:28	00:50:48	00:50:48	+00:19:23 (38.2%)	5:04	11.8 (61.8%)
235	KOKOT Edward	113	2 BRYGADA ZMECHANIZOWANA	M-3	75	00:00:20	00:11:41	00:24:04	00:37:05	00:50:29	00:50:50	00:50:50	+00:19:25 (38.2%)	5:05	11.8 (61.8%)
236	HERBA Krzysztof	75		M-3	76	00:00:27	00:12:14	00:24:14	00:37:14	00:50:36	00:50:54	00:50:54	+00:19:29 (38.3%)	5:05	11.8 (61.8%)
237	ŻUREK Kamila	343		K-3	16	00:12:27	00:25:10	00:38:01	00:50:37		00:50:56	00:50:56	+00:19:31 (38.3%)	5:05	11.8 (61.8%)
238	SIKORSKA Grażyna	258		K-5	2	00:00:24	00:12:42	00:25:17	00:38:06	00:50:50	00:51:13	00:51:13	+00:19:48 (38.7%)	5:07	11.7 (61.3%)
238	KACZMAREK Zbigniew	374		M-6	8	00:00:41	00:12:55	00:25:32	00:38:24	00:50:53	00:51:13	00:51:13	+00:19:48 (38.7%)	5:07	11.7 (61.3%)
240	LAMPKOWSKI Krzysztof	466		M-4	57	00:00:22	00:11:27	00:24:14	00:37:37	00:50:50	00:51:16	00:51:16	+00:19:51 (38.7%)	5:07	11.7 (61.3%)
241	NOWAK Marcin	195		M-3	77	00:00:22	00:12:16	00:24:41	00:37:58	00:50:55	00:51:18	00:51:18	+00:19:53 (38.8%)	5:07	11.7 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						0.07km	2.535km	5km	7.465km	9.93km					10km
242	BEDNAREK Krzysztof	350		M-3	78	00:00:26	00:12:58	00:25:48	00:38:41	00:50:59	00:51:19	00:51:19	+00:19:54 (38.8%)	5:07	11.7 (61.3%)
242	OPALIŃSKI Stanisław	423		M-5	22	00:00:30	00:12:45	00:25:28	00:38:19	00:51:00	00:51:19	00:51:19	+00:19:54 (38.8%)	5:07	11.7 (61.3%)
244	KIRKO Mariusz	107		M-3	79	00:00:30	00:12:29	00:24:59	00:38:01	00:51:05	00:51:25	00:51:25	+00:20:00 (38.9%)	5:08	11.7 (61.3%)
245	KISIEL Michał	109	PARKRUN SZCZECINEK	M-3	80	00:00:30	00:13:08	00:25:36	00:38:12	00:51:02	00:51:26	00:51:26	+00:20:01 (38.9%)	5:08	11.7 (61.3%)
246	SAMELZON-SROKA Beata	252		K-3	17	00:00:39	00:12:57	00:25:37	00:38:27	00:51:06	00:51:29	00:51:29	+00:20:04 (39.0%)	5:08	11.7 (61.3%)
247	KARWASZ Krzysztof	100	KATEDRA KOSZALIN	M-4	58	00:00:29	00:12:29	00:25:31	00:38:39	00:51:22	00:51:44	00:51:44	+00:20:19 (39.3%)	5:10	11.6 (60.7%)
248	KUPREWICZ Grzegorz	148		M-3	81	00:00:35	00:12:43	00:25:48	00:38:37	00:51:26	00:51:48	00:51:48	+00:20:23 (39.4%)	5:10	11.6 (60.7%)
249	ZATORSKI Zbigniew	329		M-3	82	00:00:35	00:13:06	00:25:53	00:38:54	00:51:27	00:51:49	00:51:49	+00:20:24 (39.4%)	5:10	11.6 (60.7%)
250	SALAMON Piotr	399		M-3	83	00:00:44	00:12:27	00:24:23	00:36:37	00:51:35	00:51:53	00:51:53	+00:20:28 (39.4%)	5:11	11.6 (60.7%)
251	MROCZKOWSKA Marta	184		K-3	18	00:00:37	00:13:03	00:25:48	00:38:47	00:51:36	00:51:56	00:51:56	+00:20:31 (39.5%)	5:11	11.6 (60.7%)
252	PIĄTKOWSKI Bartosz	211	AKT KOSZALIN	M-4	59	00:00:32	00:13:07	00:26:00	00:38:58	00:51:38	00:51:59	00:51:59	+00:20:34 (39.6%)	5:11	11.5 (60.2%)
252	TRZECAK Anna	295		K-4	6	00:00:36	00:12:44	00:26:01	00:39:23	00:51:40	00:51:59	00:51:59	+00:20:34 (39.6%)	5:11	11.5 (60.2%)
254	LUBICZ-KROŚNICKA Anna	160	AMADEUS CROSSGYM	K-3	19	00:00:20	00:12:18	00:25:30	00:38:41	00:51:46	00:52:05	00:52:05	+00:20:40 (39.7%)	5:12	11.5 (60.2%)
255	KONIECZNA Marzena	120	AMADEUS CROSSTRAINING GYM	K-2	7	00:00:20	00:12:18	00:25:30	00:38:42	00:51:46	00:52:06	00:52:06	+00:20:41 (39.7%)	5:12	11.5 (60.2%)
256	LUPZIK Radosław	426		M-2	42	00:00:37	00:13:04	00:25:41	00:38:57	00:51:51	00:52:08	00:52:08	+00:20:43 (39.7%)	5:12	11.5 (60.2%)
257	GAJEK Artur	54		M-3	84	00:00:40	00:13:02	00:25:47	00:38:50	00:51:50	00:52:14	00:52:14	+00:20:49 (39.9%)	5:13	11.5 (60.2%)
258	ROGOŻA Ireneusz	240		M-4	60	00:00:36	00:13:32	00:27:06	00:39:52	00:52:01	00:52:20	00:52:20	+00:20:55 (40.0%)	5:14	11.5 (60.2%)
259	POLIWKA-KISIEL Małgorzata	446	PARKRUN SZCZECINEK	K-3	20	00:00:30	00:13:17	00:26:15	00:39:18	00:52:03	00:52:26	00:52:26	+00:21:01 (40.1%)	5:14	11.4 (59.7%)
260	GRZELAK Karina	70		K-3	21	00:00:31	00:12:38	00:25:42	00:39:02	00:52:14	00:52:39	00:52:39	+00:21:14 (40.3%)	5:15	11.4 (59.7%)
261	MRUGALSKA Magdalena	419	JW 1223 1DPL0T	K-2	8	00:00:41	00:12:53	00:26:15	00:39:31	00:52:27	00:52:48	00:52:48	+00:21:23 (40.5%)	5:16	11.4 (59.7%)
262	HOŁUBASZ Paweł	79	UNIA RACING TEAM LĘBORK	M-3	85	00:00:35	00:11:55	00:24:57	00:38:58	00:52:30	00:52:53	00:52:53	+00:21:28 (40.6%)	5:17	11.3 (59.2%)
263	JABŁOŃSKA Katarzyna	82		K-3	22	00:00:34	00:13:19	00:26:19	00:39:33	00:52:34	00:52:57	00:52:57	+00:21:32 (40.7%)	5:17	11.3 (59.2%)
264	SIEPRACKI Adam	257		M-3	86	00:00:43	00:13:31	00:26:43	00:40:08	00:52:56	00:53:18	00:53:18	+00:21:53 (41.1%)	5:19	11.3 (59.2%)
265	FELKOWSKI Tomasz	49		M-3	87	00:00:32	00:13:29	00:26:38	00:39:50	00:53:02	00:53:26	00:53:26	+00:22:01 (41.2%)	5:20	11.2 (58.6%)
266	MADEJSZA Marcin	411		M-3	88	00:00:30	00:13:29	00:26:33	00:39:51	00:53:08	00:53:33	00:53:33	+00:22:08 (41.3%)	5:21	11.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
267	ŚLUSARZ Krzysztof	288		M-4	61	00:00:36	00:13:03	00:26:36	00:39:50	00:53:13	00:53:37	00:53:37	+00:22:12 (41.4%)	5:21	11.2 (58.6%)
268	KUJAWA Natalia	145		K-2	9	00:00:21	00:12:26	00:25:44	00:39:36	00:53:24	00:53:45	00:53:45	+00:22:20 (41.6%)	5:22	11.2 (58.6%)
269	MACIOSZEK Agnieszka	462		K-4	7	00:00:37	00:13:42	00:26:57	00:40:08	00:53:25	00:53:48	00:53:48	+00:22:23 (41.6%)	5:22	11.2 (58.6%)
270	PANAS Małgorzata	206		K-4	8	00:00:40	00:13:48	00:26:51	00:40:08	00:53:26	00:53:49	00:53:49	+00:22:24 (41.6%)	5:22	11.1 (58.1%)
271	WĘGIEL Aleksandra	431		K-2	10	00:00:29	00:12:21	00:25:41	00:39:35	00:53:29	00:53:54	00:53:54	+00:22:29 (41.7%)	5:23	11.1 (58.1%)
272	TURCZYN Grzegorz	297		M-4	62	00:00:35	00:12:42	00:25:23	00:39:23	00:53:36	00:54:03	00:54:03	+00:22:38 (41.9%)	5:24	11.1 (58.1%)
273	WOLF Weronika	322		K-4	9	00:00:31	00:13:10	00:26:38	00:40:21	00:53:52	00:54:16	00:54:16	+00:22:51 (42.1%)	5:25	11.1 (58.1%)
274	DZIESZUK Dariusz	394	4RUN TKKF KOSZALIN	M-4	63	00:00:33	00:14:02	00:27:48	00:41:09	00:53:57	00:54:18	00:54:18	+00:22:53 (42.1%)	5:25	11 (57.6%)
275	DEREŃ Grzegorz	38	K. B. SPRINT ŚWIDWIN	M-3	89	00:00:20	00:12:09	00:25:14	00:39:57	00:54:02	00:54:19	00:54:19	+00:22:54 (42.2%)	5:25	11 (57.6%)
276	SZARY Szymon	281		M-3	90	00:00:41	00:13:48	00:27:05	00:40:34	00:54:03	00:54:27	00:54:27	+00:23:02 (42.3%)	5:26	11 (57.6%)
277	PIĘTKO Joanna	460		K-4	10	00:00:37	00:13:27	00:26:56	00:40:41	00:54:05	00:54:29	00:54:29	+00:23:04 (42.3%)	5:26	11 (57.6%)
278	HAMROL Dawid	72	KATEDRA KOSZALIN	M-3	91	00:00:44	00:13:31	00:27:19	00:41:04	00:54:15	00:54:34	00:54:34	+00:23:09 (42.4%)	5:27	11 (57.6%)
279	BARTOSIK Jarosław	347		M-4	64	00:00:38	00:12:41	00:26:12	00:40:06	00:54:14	00:54:35	00:54:35	+00:23:10 (42.4%)	5:27	11 (57.6%)
280	POLAŃSKA Katarzyna	384		K-3	23	00:00:26	00:12:43	00:26:03	00:39:57	00:54:12	00:54:36	00:54:36	+00:23:11 (42.5%)	5:27	11 (57.6%)
281	GÓRALCZYK Anna	62		K-3	24	00:00:30	00:14:06	00:27:47	00:41:27	00:54:15	00:54:37	00:54:37	+00:23:12 (42.5%)	5:27	11 (57.6%)
282	JARUGA Artur	421		M-3	92	00:00:30	00:14:06	00:27:47	00:41:27	00:54:15	00:54:38	00:54:38	+00:23:13 (42.5%)	5:27	11 (57.6%)
283	CINCIO Robert	30	TKKF TRIATHLON KOSZALIN	M-3	93	00:00:27	00:12:04	00:25:51	00:40:25	00:54:22	00:54:41	00:54:41	+00:23:16 (42.5%)	5:28	11 (57.6%)
284	PUŚCIAN Krzysztof Kamil	377		M-4	65	00:00:35	00:13:36	00:26:55	00:40:41	00:54:20	00:54:43	00:54:43	+00:23:18 (42.6%)	5:28	11 (57.6%)
285	NIEDBAŁA Konrad	469		M-4	66	00:00:40	00:13:41	00:26:52	00:40:53	00:54:22	00:54:45	00:54:45	+00:23:20 (42.6%)	5:28	11 (57.6%)
286	TOMCZYK Leszek	293	JW 1223 3DPLOT	M-3	94	00:00:41	00:14:31	00:28:01	00:41:36	00:54:35	00:54:54	00:54:54	+00:23:29 (42.8%)	5:29	10.9 (57.1%)
287	STUDZIŃSKI Siergiej	472		M-4	67	00:00:31	00:14:19	00:27:46	00:41:26	00:54:42	00:55:02	00:55:02	+00:23:37 (42.9%)	5:30	10.9 (57.1%)
288	GŁOWACKI Włodzimierz	471		M-7	1	00:00:24	00:12:44	00:26:26	00:40:47	00:54:41	00:55:08	00:55:08	+00:23:43 (43.0%)	5:30	10.9 (57.1%)
289	BAK Zbigniew	7	RANNERSWALDE	M-3	95	00:00:25	00:13:28	00:27:10	00:41:09	00:55:03	00:55:24	00:55:24	+00:23:59 (43.3%)	5:32	10.8 (56.5%)
290	HIROWICZ Agnieszka	78		K-3	25	00:00:28	00:13:18	00:26:58	00:41:20	00:55:20	00:55:35	00:55:35	+00:24:10 (43.5%)	5:33	10.8 (56.5%)
291	PIENIAŻEK Magdalena	445	PARKRUN SZCZECINEK	K-3	26	00:00:30	00:13:36	00:26:40	00:40:55	00:55:13	00:55:40	00:55:40	+00:24:15 (43.6%)	5:34	10.8 (56.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	TYLUŚ Sylwia	299	PARKRUN SZCZECINEK TEAM BIEGOWY SZCZECINEK	K-3	27	00:00:30	00:13:36	00:26:40	00:40:55	00:55:13	00:55:40	00:55:40	+00:24:15 (43.6%)	5:34	10.8 (56.5%)
293	WEJNEROWSKA Klaudia	385		K-2	11	00:00:39	00:14:14	00:28:01	00:41:57	00:55:22	00:55:45	00:55:45	+00:24:20 (43.6%)	5:34	10.8 (56.5%)
294	GUDZIŃSKI Lech	71		M-6	9	00:00:29	00:13:44	00:27:35	00:41:26	00:55:20	00:55:46	00:55:46	+00:24:21 (43.7%)	5:34	10.8 (56.5%)
294	ODRZYWOŁEK Paweł	197		M-3	96	00:00:39	00:14:14	00:28:01	00:41:57	00:55:22	00:55:46	00:55:46	+00:24:21 (43.7%)	5:34	10.8 (56.5%)
296	RADLIŃSKA Alicja	231	PUPIL KOSZALIN	K-4	11	00:00:31	00:13:57	00:27:42	00:41:39	00:55:28	00:55:47	00:55:47	+00:24:22 (43.7%)	5:34	10.8 (56.5%)
297	RADECKI Przemysław	230		M-3	97	00:00:42	00:13:52	00:27:34	00:41:33	00:55:48	00:56:08	00:56:08	+00:24:43 (44.0%)	5:36	10.7 (56.0%)
298	ZIĘTARA Ryszard	333		M-6	10	00:00:26	00:13:28	00:27:13	00:41:20	00:55:44	00:56:10	00:56:10	+00:24:45 (44.1%)	5:37	10.7 (56.0%)
299	PAULIŃSKI Jan	492		M-6	11	00:00:23	00:13:19	00:27:13	00:41:27	00:55:46	00:56:11	00:56:11	+00:24:46 (44.1%)	5:37	10.7 (56.0%)
300	MAZUREK Barbara	177	BABECZKI KOSZALIN	K-3	28	00:00:29	00:12:45	00:26:49	00:41:30	00:55:51	00:56:12	00:56:12	+00:24:47 (44.1%)	5:37	10.7 (56.0%)
301	SOBOLEWSKI Marek	344		M-4	68	00:00:19	00:12:59	00:27:10	00:41:27	00:55:59	00:56:19	00:56:19	+00:24:54 (44.2%)	5:37	10.7 (56.0%)
302	GOŁDYN Marek	61		M-3	98	00:00:26	00:12:27	00:26:10	00:41:20	00:55:59	00:56:24	00:56:24	+00:24:59 (44.3%)	5:38	10.6 (55.5%)
303	NOWAK Wiesław	196		M-6	12	00:00:36	00:13:53	00:27:47	00:42:16	00:56:04	00:56:26	00:56:26	+00:25:01 (44.3%)	5:38	10.6 (55.5%)
304	HILLER Jerzy	77	PERFECT RUNNER TEAM	M-6	13	00:00:35	00:14:10	00:28:13	00:42:19	00:56:12	00:56:35	00:56:35	+00:25:10 (44.5%)	5:39	10.6 (55.5%)
305	MACIĄŻEK Jarosław	402		M-3	99	00:00:36	00:13:01	00:26:50	00:41:19	00:56:12	00:56:37	00:56:37	+00:25:12 (44.5%)	5:39	10.6 (55.5%)
306	IWANKIEWICZ Justyna	443		K-3	29	00:00:31	00:13:08	00:27:24	00:42:17	00:56:14	00:56:40	00:56:40	+00:25:15 (44.6%)	5:40	10.6 (55.5%)
307	OSENKOWSKA Wiktoria	202	KATEDRA KOSZALIN	K-1	1	00:00:44	00:13:31	00:27:31	00:42:28	00:56:20	00:56:41	00:56:41	+00:25:16 (44.6%)	5:40	10.6 (55.5%)
308	SWATOWSKI Andrzej	278		M-6	14	00:00:41	00:14:17	00:27:56	00:42:18	00:56:26	00:56:51	00:56:51	+00:25:26 (44.7%)	5:41	10.6 (55.5%)
309	NOREK Tomasz	193		M-4	69	00:00:38	00:13:56	00:27:46	00:42:05	00:56:28	00:56:53	00:56:53	+00:25:28 (44.8%)	5:41	10.5 (55.0%)
310	KUBIAK Maria			K-6	1	00:00:34	00:13:54	00:27:47	00:42:15	00:56:48	00:57:11	00:57:11	+00:25:46 (45.1%)	5:43	10.5 (55.0%)
311	SZYMAŃSKI Tomasz	473	TEAM BIEGOWY SZCZECINEK	M-4	70	00:00:37	00:14:17	00:28:26	00:42:54	00:56:50	00:57:13	00:57:13	+00:25:48 (45.1%)	5:43	10.5 (55.0%)
312	RASZPLA Radosław	235		M-4	71	00:00:29	00:12:25	00:26:49	00:41:29	00:56:50	00:57:19	00:57:19	+00:25:54 (45.2%)	5:43	10.5 (55.0%)
313	BUREK Szymon	21	SQUASH FORMA KOSZALIN	M-3	100	00:00:46	00:14:20	00:28:33	00:42:45	00:56:58	00:57:21	00:57:21	+00:25:56 (45.2%)	5:44	10.5 (55.0%)
314	KOSIŃSKI Krzysztof	438		M-5	23	00:00:32	00:13:36	00:27:39	00:42:11	00:57:03	00:57:27	00:57:27	+00:26:02 (45.3%)	5:44	10.4 (54.5%)
314	GRUDZIŃSKI Marcin	69		M-3	101	00:00:39	00:14:16	00:28:10	00:42:41	00:57:06	00:57:27	00:57:27	+00:26:02 (45.3%)	5:44	10.4 (54.5%)
316	SOJKA Agnieszka	263		K-3	30	00:00:42	00:14:55	00:29:08	00:43:18	00:57:07	00:57:28	00:57:28	+00:26:03 (45.3%)	5:44	10.4 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						0.07km	2.535km	5km	7.465km	9.93km					10km
317	ZIEJWSKI Krzysztof	487	MONOLITH LIFE TEAM	M-3	102	00:00:39	00:14:22	00:28:42	00:42:54	00:57:03	00:57:29	00:57:29	+00:26:04 (45.3%)	5:44	10.4 (54.5%)
318	ZIELIŃSKA Dominika	400	RAZ SZCZECIN	K-3	31	00:00:29	00:13:29	00:27:50	00:42:35	00:57:36	00:57:56	00:57:56	+00:26:31 (45.8%)	5:47	10.4 (54.5%)
319	ŁAWRYNOWICZ Wiktor	404		M-5	24	00:00:20	00:12:49	00:27:15	00:42:10	00:57:33	00:58:00	00:58:00	+00:26:35 (45.8%)	5:48	10.3 (53.9%)
320	ZARBOCK Krzysztof	433		M-5	25	00:00:33	00:14:01	00:27:48	00:42:25	00:57:35	00:58:01	00:58:01	+00:26:36 (45.8%)	5:48	10.3 (53.9%)
321	BASŁYK Agnieszka	489		K-3	32	00:00:35	00:13:59	00:28:15	00:43:19	00:57:45	00:58:10	00:58:10	+00:26:45 (46.0%)	5:49	10.3 (53.9%)
322	SKIERSĆ Stanisław	262		M-6	15	00:00:37	00:14:17	00:28:32	00:42:57	00:57:52	00:58:20	00:58:20	+00:26:55 (46.1%)	5:50	10.3 (53.9%)
323	PŁOŃSKA Ewelina	464	JW 1223	K-3	33	00:00:36	00:13:27	00:27:37	00:42:51	00:58:02	00:58:25	00:58:25	+00:27:00 (46.2%)	5:50	10.3 (53.9%)
324	CZYŻEWSKA Beata	33	KOŁOBRZEG BIEGA	K-4	12	00:00:27	00:14:08	00:28:31	00:43:18	00:58:00	00:58:26	00:58:26	+00:27:01 (46.2%)	5:50	10.3 (53.9%)
325	PILARSKA Joanna	217		K-3	34	00:00:41	00:14:31	00:28:39	00:43:36	00:58:27	00:58:46	00:58:46	+00:27:21 (46.5%)	5:52	10.2 (53.4%)
326	SZCZEBLEWSKI Grzegorz	410		M-4	72	00:00:33	00:14:41	00:29:04	00:44:05	00:58:21	00:58:48	00:58:48	+00:27:23 (46.6%)	5:52	10.2 (53.4%)
326	KOZŁOWSKA-NAJDER Magda	409		K-4	13	00:00:34	00:14:41	00:29:05	00:44:05	00:58:21	00:58:48	00:58:48	+00:27:23 (46.6%)	5:52	10.2 (53.4%)
328	VON BARDELEBEN Agnieszka	395	BABECZKI KOSZALIN	K-4	14	00:00:33	00:14:49	00:29:39	00:44:14	00:58:19	00:58:51	00:58:51	+00:27:26 (46.6%)	5:53	10.2 (53.4%)
328	MIELCZAREK Julia	397		K-1	2	00:00:44	00:15:00	00:29:25	00:44:00	00:58:27	00:58:51	00:58:51	+00:27:26 (46.6%)	5:53	10.2 (53.4%)
330	MOŻEJKO Anna	183		K-3	35	00:00:33	00:14:49	00:29:40	00:44:14	00:58:18	00:58:52	00:58:52	+00:27:27 (46.6%)	5:53	10.2 (53.4%)
331	JANACZYK Marcin	485	JW 1223	M-3	103	00:00:43	00:13:34	00:27:44	00:43:08	00:58:32	00:58:54	00:58:54	+00:27:29 (46.7%)	5:53	10.2 (53.4%)
332	PIOR Tomasz	218		M-3	104	00:00:27	00:13:11	00:27:39	00:42:47	00:58:29	00:58:55	00:58:55	+00:27:30 (46.7%)	5:53	10.2 (53.4%)
333	ŁADA Paweł	161		M-3	105	00:00:42	00:14:33	00:29:12	00:44:05	00:58:35	00:58:57	00:58:57	+00:27:32 (46.7%)	5:53	10.2 (53.4%)
334	TYLUŚ Damian	298	PARKRUN SZCZECINEK	M-4	73	00:00:30	00:14:20	00:29:01	00:43:54	00:58:34	00:58:59	00:58:59	+00:27:34 (46.7%)	5:53	10.2 (53.4%)
335	WÓJCIK Sebastian	325	ŻYTANIA TEAM	M-3	106	00:00:42	00:14:34	00:29:13	00:44:05	00:58:36	00:59:02	00:59:02	+00:27:37 (46.8%)	5:54	10.2 (53.4%)
335	WÓJCIK Anna	323	ŻYTANIA TEAM	K-3	36	00:00:42	00:14:34	00:29:13	00:44:07	00:58:36	00:59:02	00:59:02	+00:27:37 (46.8%)	5:54	10.2 (53.4%)
337	BOCZEK Bartłomiej	10		M-1	9	00:00:41	00:14:30	00:29:15	00:44:10	00:58:43	00:59:08	00:59:08	+00:27:43 (46.9%)	5:54	10.1 (52.9%)
338	WYGODA Grzegorz	327		M-3	107	00:00:40	00:13:53	00:28:14	00:43:22	00:58:44	00:59:10	00:59:10	+00:27:45 (46.9%)	5:55	10.1 (52.9%)
339	WOJCIECHOWSKA Katarzyna	477		K-2	12	00:00:34	00:14:35	00:28:43	00:43:29	00:58:51	00:59:11	00:59:11	+00:27:46 (46.9%)	5:55	10.1 (52.9%)
340	KOLASA Tomasz	114		M-4	74	00:00:40	00:14:39	00:29:15	00:44:10	00:58:54	00:59:14	00:59:14	+00:27:49 (47.0%)	5:55	10.1 (52.9%)
341	RÓJ Barbara	389		K-4	15	00:00:22	00:14:12	00:29:42	00:44:55	00:59:06	00:59:33	00:59:33	+00:28:08 (47.2%)	5:57	10.1 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
342	GRABOWSKA Marta	67		K-2	13	00:00:38	00:15:18	00:30:03	00:44:50	00:59:13	00:59:34	00:59:34	+00:28:09 (47.3%)	5:57	10.1 (52.9%)
343	KRYSIAK Andrzej	138		M-4	75	00:00:35	00:13:46	00:27:57	00:43:35	00:59:22	00:59:53	00:59:53	+00:28:28 (47.5%)	5:59	10 (52.4%)
344	GŁUSZCZ Beata	345		K-2	14	00:00:33	00:14:50	00:29:28	00:44:44	00:59:46	01:00:07	01:00:07	+00:28:42 (47.7%)	6:00	10 (52.4%)
345	KIRKO Marzena	108		K-3	37	00:00:33	00:14:51	00:29:30	00:44:45	00:59:53	01:00:15	01:00:15	+00:28:50 (47.9%)	6:01	10 (52.4%)
346	WIKTOROWICZ Małgorzata	315		K-4	16	00:00:38	00:15:14	00:30:07	00:44:56	00:59:53	01:00:17	01:00:17	+00:28:52 (47.9%)	6:01	10 (52.4%)
347	KORPAL Cezary	124		M-5	26	00:00:42	00:16:13	00:30:45	00:45:13	01:00:07	01:00:35	01:00:35	+00:29:10 (48.1%)	6:03	9.9 (51.8%)
348	GRABOWSKA Elżbieta	66		K-5	3	00:00:37	00:15:10	00:29:55	00:45:03	01:00:10	01:00:38	01:00:38	+00:29:13 (48.2%)	6:03	9.9 (51.8%)
349	ZAWADA Andrzej	420		M-4	76	00:00:36	00:12:52	00:26:38	00:42:13	01:00:05	01:00:39	01:00:39	+00:29:14 (48.2%)	6:03	9.9 (51.8%)
350	STOLARCZYK Łukasz	359		M-2	43	00:00:35	00:13:29	00:28:20	00:44:03	01:00:29	01:00:52	01:00:52	+00:29:27 (48.4%)	6:05	9.9 (51.8%)
351	POWARZYŃSKI Damian	457		M-2	44	00:00:42	00:15:15	00:30:04	00:45:46	01:00:35	01:00:58	01:00:58	+00:29:33 (48.5%)	6:05	9.8 (51.3%)
352	STEC Edyta	267	BABECZKI KOSZALIN	K-3	38	00:00:32	00:14:49	00:29:40	00:45:09	01:00:35	01:01:03	01:01:03	+00:29:38 (48.5%)	6:06	9.8 (51.3%)
353	POTECKA Agnieszka	224		K-4	17	00:00:22	00:14:12	00:29:42	00:45:03	01:00:43	01:01:11	01:01:11	+00:29:46 (48.7%)	6:07	9.8 (51.3%)
354	DONDAJEWSKA Marzena	40		K-3	39	00:00:39	00:14:18	00:29:17	00:44:54	01:00:51	01:01:18	01:01:18	+00:29:53 (48.7%)	6:07	9.8 (51.3%)
355	SZYLKA Justyna	285		M-1	10	00:00:37	00:14:17	00:29:24	00:45:04	01:00:57	01:01:20	01:01:20	+00:29:55 (48.8%)	6:08	9.8 (51.3%)
356	DĄBROWSKI Michał	37	RUN FOREST RUN	M-3	108	00:00:44	00:15:56	00:31:09	00:46:14	01:01:05	01:01:26	01:01:26	+00:30:01 (48.9%)	6:08	9.8 (51.3%)
356	DĄBROWSKA Agnieszka	422	RUN FOREST RUN	K-3	40	00:00:43	00:15:57	00:31:10	00:46:15	01:01:05	01:01:26	01:01:26	+00:30:01 (48.9%)	6:08	9.8 (51.3%)
358	KOSTRZEWA Łukasz	424	RUN FOREST RUN	M-3	109	00:00:44	00:15:57	00:31:09	00:46:16	01:01:07	01:01:32	01:01:32	+00:30:07 (48.9%)	6:09	9.8 (51.3%)
359	KOMOROWSKA Beata	118		K-3	41	00:00:38	00:14:10	00:29:27	00:45:08	01:01:25	01:01:50	01:01:50	+00:30:25 (49.2%)	6:11	9.7 (50.8%)
360	SCHMIDT Dariusz	441		M-5	27	00:00:39	00:14:19	00:29:11	00:45:28	01:01:52	01:02:17	01:02:17	+00:30:52 (49.6%)	6:13	9.6 (50.3%)
361	KUC Sylwia	144		K-3	42	00:00:42	00:15:14	00:30:07	00:46:02	01:01:52	01:02:20	01:02:20	+00:30:55 (49.6%)	6:14	9.6 (50.3%)
362	MALINOWSKA Agnieszka	444		K-3	43	00:00:38	00:15:13	00:30:08	00:46:02	01:01:52	01:02:21	01:02:21	+00:30:56 (49.6%)	6:14	9.6 (50.3%)
363	TREJDER Maria Magdalena	294		K-4	18	00:00:39	00:15:19	00:30:54	00:46:41	01:02:07	01:02:30	01:02:30	+00:31:05 (49.7%)	6:15	9.6 (50.3%)
364	HELLER Zdzisław	74		M-5	28	00:00:31	00:14:55	00:30:24	00:46:23	01:02:07	01:02:31	01:02:31	+00:31:06 (49.7%)	6:15	9.6 (50.3%)
365	KOŚCIELNIAK Kinga	125		K-2	15	00:00:38	00:15:14	00:31:08	00:47:07	01:02:16	01:02:33	01:02:33	+00:31:08 (49.8%)	6:15	9.6 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	2.535km	5km	7.465km	9.93km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
366	KREIS-GROCHOWSKA Dominika	132		K-3	44	00:00:45	00:15:37	00:31:03	00:46:55	01:03:07	01:03:33	01:03:33	+00:32:08 (50.6%)	6:21	9.4 (49.2%)
366	GROCHOWSKI Rafał	68		M-4	77	00:00:45	00:15:37	00:31:03	00:46:55	01:03:07	01:03:33	01:03:33	+00:32:08 (50.6%)	6:21	9.4 (49.2%)
368	GAJLEWICZ Karolina	55		K-3	45	00:00:32	00:15:51	00:32:38	00:48:15	01:03:46	01:04:14	01:04:14	+00:32:49 (51.1%)	6:25	9.3 (48.7%)
369	WOCHNA Filip	486		M-1	11	00:00:29	00:14:46	00:32:22	00:48:16	01:04:39	01:04:57	01:04:57	+00:33:32 (51.6%)	6:29	9.2 (48.2%)
370	ZDANOWICZ Magda	330		K-1	3	00:00:43	00:15:42	00:31:53	00:48:29	01:05:09	01:05:39	01:05:39	+00:34:14 (52.1%)	6:33	9.1 (47.6%)
371	RZEDZICKI Rafał	392		M-4	78	00:00:42	00:16:16	00:32:37	00:49:35	01:05:47	01:06:10	01:06:10	+00:34:45 (52.5%)	6:37	9.1 (47.6%)
372	GÓRNA Anna	63	FORMA ROSNOWO	K-3	46	00:00:39	00:16:07	00:32:19	00:49:00	01:05:50	01:06:16	01:06:16	+00:34:51 (52.6%)	6:37	9.1 (47.6%)
373	KOWALSKA Magdalena	382	KOSZALIN	K-2	16	00:00:37	00:16:15	00:32:38	00:49:34	01:06:01	01:06:17	01:06:17	+00:34:52 (52.6%)	6:37	9.1 (47.6%)
373	HAŁA Anna	383		K-2	17	00:00:36	00:16:15	00:32:38	00:49:35	01:06:01	01:06:17	01:06:17	+00:34:52 (52.6%)	6:37	9.1 (47.6%)
375	GŁOWIŃSKI Krzysztof	450		M-4	79	00:00:42	00:15:39	00:31:36	00:48:12	01:05:58	01:06:31	01:06:31	+00:35:06 (52.8%)	6:39	9 (47.1%)
376	WOLF Beata	484		K-3	47	00:00:40	00:16:51	00:33:20	00:50:38	01:07:32	01:08:01	01:08:01	+00:36:36 (53.8%)	6:48	8.8 (46.1%)
377	ŻELECHOWSKA Magdalena	339	BABECZKI KOSZALIN	K-3	48	00:00:40	00:16:51	00:33:20	00:50:38	01:07:32	01:08:02	01:08:02	+00:36:37 (53.8%)	6:48	8.8 (46.1%)
378	BŁACHNIO Marian	425		M-6	16	00:00:39	00:16:48	00:33:43	00:50:53	01:07:37	01:08:08	01:08:08	+00:36:43 (53.9%)	6:48	8.8 (46.1%)
379	MALĄG BAIK Anna	167		K-2	18	00:00:34	00:15:54	00:32:51	00:50:20	01:08:21	01:08:52	01:08:52	+00:37:27 (54.4%)	6:53	8.7 (45.5%)
380	WALO Zbigniew	302		M-5	29	00:00:43	00:16:15	00:33:15	00:50:59	01:09:26	01:09:59	01:09:59	+00:38:34 (55.1%)	6:59	8.6 (45.0%)
381	PEŁKA Iwona	209		K-4	19	00:00:41	00:17:43	00:34:52	00:52:21	01:10:11	01:10:34	01:10:34	+00:39:09 (55.5%)	7:03	8.5 (44.5%)
382	BARTNIK Marian	6	TKKF KOSZALIN	M-7	2	00:00:23	00:18:32	00:38:22	00:59:01	01:20:17	01:20:51	01:20:51	+00:49:26 (61.1%)	8:05	7.4 (38.7%)
383	MRUGALSKI Stanisław	187		M-5	30	00:00:31	00:11:52	01:30:20	01:39:58	01:50:06			+01:18:58	11:05	5.4 (28.3%)
384	PIEKARSKI Rafał	417	OPOCZNO SPORT TEAM	M-1	12	00:00:17	00:09:19	00:18:50	00:28:24				+00:05:05	3:48	15.8 (82.7%)
385	TARNIONEK Katarzyna	290		K-3	49	00:00:22	00:11:56	00:24:29					+00:09:06	4:53	12.3 (64.4%)
386	WASILEWSKI Jarosław	305		M-3	110	00:00:43	00:13:31	00:26:41					+00:11:18	5:20	11.2 (58.6%)
387	WOCHNA Karolina	483		K-1	4	00:00:29	00:21:11						+00:13:34	8:20	7.2 (37.7%)

Znaleziono 387 wynik(ów)