



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

## XIII MIĘDZYNARODOWY BIEG WENEDÓW - 10KM

B4SPORT  
INTELEKTUALNE SPODRYBKI



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	<b>DIDOWODIUK Dmitro</b>	<b>365</b>	UKRAINA	M-2	1	00:00:14	00:07:37	00:15:23	00:23:19	00:31:08	<b>00:31:25</b>	<b>00:31:25</b>		3:08	19.1 (100%)
2	<b>OLIJNIK Pawel</b>	<b>371</b>	UKRAINA	M-2	2	00:00:14	00:07:37	00:23:19			<b>00:31:26</b>	<b>00:31:26</b>	+00:00:01 (0.1%)	3:08	19.1 (100%)
3	<b>GONCHAR Oleksii</b>	<b>412</b>		M-3	1	00:00:14	00:07:56	00:16:04	00:24:16	00:32:18	<b>00:32:34</b>	<b>00:32:34</b>	+00:01:09 (3.5%)	3:15	18.4 (96.3%)
4	<b>CICHOCKI Jarosław</b>	<b>363</b>	KB 10 BIALOGARD	M-4	1	00:00:15	00:08:08	00:16:10	00:24:16	00:32:21	<b>00:32:37</b>	<b>00:32:37</b>	+00:01:12 (3.7%)	3:15	18.4 (96.3%)
5	<b>LABZIUK Aleksander</b>	<b>366</b>	ACHILLES LESZNO	M-3	2	00:00:14	00:08:13	00:16:24	00:24:33	00:32:36	<b>00:32:53</b>	<b>00:32:53</b>	+00:01:28 (4.5%)	3:17	18.2 (95.3%)
6	<b>DZIUBA Piotr</b>	<b>46</b>	MARATOŃCZYK OKONEK	M-3	3	00:00:15	00:08:12	00:16:24	00:24:33	00:32:53	<b>00:33:05</b>	<b>00:33:05</b>	+00:01:40 (5.0%)	3:18	18.1 (94.8%)
6	<b>MARYNICZ Witalii</b>	<b>467</b>	UKRAINA	M-2	3	00:00:13	00:08:12	00:16:23	00:24:42		<b>00:33:05</b>	<b>00:33:05</b>	+00:01:40 (5.0%)	3:18	18.1 (94.8%)
8	<b>BORYCHOWSKI Mariusz</b>	<b>378</b>	TUPOT USTKA	M-4	2	00:00:16	00:08:12	00:16:25	00:24:47	00:33:16	<b>00:33:33</b>	<b>00:33:33</b>	+00:02:08 (6.4%)	3:21	17.9 (93.7%)
9	<b>WITKOWSKI Mateusz</b>	<b>1</b>	KU AZS PWSZ KOSZALIN TTKF KOSZALIN	M-2	4	00:00:15	00:08:13	00:16:32	00:25:04	00:33:20	<b>00:33:34</b>	<b>00:33:34</b>	+00:02:09 (6.4%)	3:21	17.9 (93.7%)
10	<b>BORZĘCKI Norbert</b>	<b>15</b>		M-3	4	00:00:15	00:08:17	00:16:49	00:25:21	00:33:44	<b>00:33:59</b>	<b>00:33:59</b>	+00:02:34 (7.6%)	3:23	17.7 (92.7%)
10	<b>RYBARCZYK Jan</b>	<b>250</b>		M-4	3	00:00:16	00:08:23	00:16:49	00:25:21	00:33:45	<b>00:33:59</b>	<b>00:33:59</b>	+00:02:34 (7.6%)	3:23	17.7 (92.7%)
12	<b>KRUCZKOWSKI Damian</b>	<b>135</b>		M-2	5	00:00:14	00:08:34	00:25:38	00:34:07		<b>00:34:23</b>	<b>00:34:23</b>	+00:02:58 (8.6%)	3:26	17.5 (91.6%)
13	<b>SZYMAŃSKI Sylwester</b>	<b>287</b>	ULKS BARWICETEAM BIEGOWY SZCZECINEK	M-4	4	00:00:15	00:08:49	00:17:31	00:26:09	00:34:33	<b>00:34:48</b>	<b>00:34:48</b>	+00:03:23 (9.7%)	3:28	17.2 (90.1%)

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
14	<b>WOJCIECHOWSKI Jarosław</b>	<b>321</b>	IKS BRAK FORMY	M-3	5	00:00:15	00:08:51	00:17:31	00:26:09	00:34:38	<b>00:34:54</b>	<b>00:34:54</b>	+00:03:29 (10.0%)	3:29	17.2 (90.1%)
15	<b>KAMIŃSKI Daniel</b>	<b>364</b>		M-3	6	00:00:16	00:08:51	00:17:37	00:26:38	00:35:40	<b>00:35:58</b>	<b>00:35:58</b>	+00:04:33 (12.7%)	3:35	16.7 (87.4%)
16	<b>BERG Thoralf</b>	<b>349</b>	SCHWEDTER HASEN	M-4	5	00:00:15	00:08:53	00:17:54	00:26:59	00:36:16	<b>00:36:35</b>	<b>00:36:35</b>	+00:05:10 (14.1%)	3:39	16.4 (85.9%)
17	<b>WESOŁOWSKI Damian</b>	<b>310</b>	AZS UAM POZNAŃ	M-2	6	00:00:15	00:08:53	00:17:55	00:27:09	00:36:30	<b>00:36:44</b>	<b>00:36:44</b>	+00:05:19 (14.5%)	3:40	16.3 (85.3%)
18	<b>GOLECKI Mirosław</b>	<b>348</b>	FORMA ROSNOWO CSSPTKKF KOSZALIN	M-3	7	00:00:19	00:09:38	00:18:59	00:28:11	00:37:20	<b>00:37:36</b>	<b>00:37:36</b>	+00:06:11 (16.4%)	3:45	16 (83.8%)
19	<b>SZYMAJDA Grzegorz</b>	<b>286</b>	4RUN TKKF KOSZALIN	M-3	8	00:00:15	00:09:07	00:18:41	00:28:24	00:37:54	<b>00:38:09</b>	<b>00:38:09</b>	+00:06:44 (17.6%)	3:48	15.7 (82.2%)
20	<b>KĘDZIERSKI Andrzej</b>	<b>104</b>		M-3	9	00:00:15	00:09:11	00:18:42	00:28:25	00:37:55	<b>00:38:14</b>	<b>00:38:14</b>	+00:06:49 (17.8%)	3:49	15.7 (82.2%)
21	<b>ANTOSIK Grzegorz</b>	<b>405</b>		M-3	10	00:00:18	00:09:25	00:18:56	00:28:31	00:38:11	<b>00:38:30</b>	<b>00:38:30</b>	+00:07:05 (18.4%)	3:51	15.6 (81.7%)
22	<b>KALETA Sebastian</b>	<b>95</b>		M-3	11	00:00:18	00:09:39	00:19:01	00:28:36	00:38:15	<b>00:38:33</b>	<b>00:38:33</b>	+00:07:08 (18.5%)	3:51	15.6 (81.7%)
23	<b>RYBACZEK Sebastian</b>	<b>249</b>	FORMA ROSNOWO JW 1223 - 3DPLOT	M-3	12	00:00:19	00:09:38	00:19:01	00:28:38	00:38:23	<b>00:38:40</b>	<b>00:38:40</b>	+00:07:15 (18.8%)	3:52	15.5 (81.2%)
24	<b>OLIJNIK Swietlana</b>	<b>372</b>	UKRAINA	K-3	1	00:00:17	00:09:43	00:19:22	00:29:15	00:38:34	<b>00:38:51</b>	<b>00:38:51</b>	+00:07:26 (19.1%)	3:53	15.4 (80.6%)
25	<b>MAGALSKI Tomasz</b>	<b>436</b>		M-2	7	00:00:24	00:09:47	00:19:29	00:29:15	00:38:45	<b>00:39:02</b>	<b>00:39:02</b>	+00:07:37 (19.5%)	3:54	15.4 (80.6%)
26	<b>JAROSZ Wiesław</b>	<b>415</b>	JW. 1223 BLOG	M-4	6	00:00:17	00:09:24	00:18:59	00:28:55	00:38:52	<b>00:39:08</b>	<b>00:39:08</b>	+00:07:43 (19.7%)	3:54	15.3 (80.1%)
27	<b>BURMEISTER Burkhardt</b>	<b>351</b>	SCHWEDTER HASEN	M-5	1	00:00:17	00:09:22	00:19:00	00:28:52	00:38:51	<b>00:39:10</b>	<b>00:39:10</b>	+00:07:45 (19.8%)	3:55	15.3 (80.1%)
28	<b>KRYCZKA Stanisław</b>	<b>458</b>	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-4	7	00:00:19	00:09:33	00:19:09	00:29:00	00:38:56	<b>00:39:14</b>	<b>00:39:14</b>	+00:07:49 (19.9%)	3:55	15.3 (80.1%)
29	<b>LECHONKOVA Natalia</b>	<b>370</b>	ACHILLES LESZNO	K-3	2	00:00:18	00:09:44	00:19:22	00:29:16	00:38:57	<b>00:39:15</b>	<b>00:39:15</b>	+00:07:50 (20.0%)	3:55	15.3 (80.1%)
30	<b>GOLIŃSKI Łukasz</b>	<b>60</b>	K.B. SPRINT ŚWIDWIN	M-3	13	00:00:20	00:09:48	00:19:36	00:29:28	00:39:08	<b>00:39:26</b>	<b>00:39:26</b>	+00:08:01 (20.3%)	3:56	15.2 (79.6%)
31	<b>HESSEL Lars</b>	<b>352</b>	SV TURBINE NEUBRANDENBURG E.V.	M-4	8	00:00:18	00:09:38	00:19:20	00:29:16	00:39:07	<b>00:39:27</b>	<b>00:39:27</b>	+00:08:02 (20.4%)	3:56	15.2 (79.6%)
32	<b>HURYŃ Ewa</b>	<b>80</b>		K-4	1	00:00:18	00:09:44	00:19:27	00:29:19	00:39:15	<b>00:39:32</b>	<b>00:39:32</b>	+00:08:07 (20.5%)	3:57	15.2 (79.6%)
33	<b>POLAK Szymon</b>	<b>222</b>	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-4	9	00:00:23	00:09:43	00:19:29	00:29:29	00:39:20	<b>00:39:37</b>	<b>00:39:37</b>	+00:08:12 (20.7%)	3:57	15.1 (79.1%)
34	<b>RYŚKIEWICZ Rafał</b>	<b>251</b>	TNT	M-3	14	00:00:17	00:09:36	00:19:18	00:29:22	00:39:03	<b>00:39:39</b>	<b>00:39:39</b>	+00:08:14 (20.8%)	3:57	15.1 (79.1%)
35	<b>RADLIŃSKI Leopold</b>	<b>233</b>	PUPIL KOSZALIN	M-4	10	00:00:19	00:09:59	00:19:53	00:29:49	00:39:25	<b>00:39:42</b>	<b>00:39:42</b>	+00:08:17 (20.9%)	3:58	15.1 (79.1%)
36	<b>KUNCEWICZ Robert</b>	<b>147</b>		M-3	15	00:00:19	00:09:49	00:19:35	00:29:36	00:39:29	<b>00:39:46</b>	<b>00:39:46</b>	+00:08:21 (21.0%)	3:58	15.1 (79.1%)
37	<b>GÓRA Sylwester</b>	<b>453</b>	PHILIPS-PIŁA	M-4	11	00:00:16	00:09:54	00:19:48	00:29:45	00:39:33	<b>00:39:50</b>	<b>00:39:50</b>	+00:08:25 (21.1%)	3:59	15.1 (79.1%)
38	<b>MICHALSKI Artur</b>	<b>180</b>	BBL GDYNIA KPW GDYNIA	M-3	16	00:00:19	00:09:36	00:19:31	00:29:37	00:39:39	<b>00:39:57</b>	<b>00:39:57</b>	+00:08:32 (21.4%)	3:59	15 (78.5%)

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					
39	<b>GĄSECKI Tomasz</b>	<b>58</b>		M-4	12	00:00:25	00:10:00	00:19:48	00:29:50	00:39:51	<b>00:40:11</b>	<b>00:40:11</b>	+00:08:46 (21.8%)	4:01	14.9 (78.0%)
40	<b>WIDONIAK Rafał</b>	<b>312</b>		M-4	13	00:00:20	00:10:10	00:20:13	00:30:21	00:40:06	<b>00:40:23</b>	<b>00:40:23</b>	+00:08:58 (22.2%)	4:02	14.9 (78.0%)
41	<b>KASZTELAN Urszula</b>	<b>101</b>	TKKF TRIATHLON KOSZALIN	K-2	1	00:00:19	00:09:44	00:19:35	00:29:51	00:40:06	<b>00:40:27</b>	<b>00:40:27</b>	+00:09:02 (22.3%)	4:02	14.8 (77.5%)
41	<b>ZELEK Jan</b>	<b>331</b>	4RUN TKKF KOSZALIN	M-5	2	00:00:17	00:09:58	00:19:55	00:30:03	00:40:08	<b>00:40:27</b>	<b>00:40:27</b>	+00:09:02 (22.3%)	4:02	14.8 (77.5%)
43	<b>RUDNIKOWSKI Maciej</b>	<b>244</b>		M-4	14	00:00:21	00:09:44	00:19:43	00:30:08	00:40:13	<b>00:40:30</b>	<b>00:40:30</b>	+00:09:05 (22.4%)	4:03	14.8 (77.5%)
44	<b>BEMOWICZ Tomasz</b>	<b>414</b>		M-4	15	00:00:22	00:10:09	00:20:07	00:30:21	00:40:14	<b>00:40:31</b>	<b>00:40:31</b>	+00:09:06 (22.5%)	4:03	14.8 (77.5%)
45	<b>POWARZYŃSKI Krzysztof</b>	<b>456</b>		M-4	16	00:00:19	00:09:56	00:19:55	00:30:07	00:40:18	<b>00:40:35</b>	<b>00:40:35</b>	+00:09:10 (22.6%)	4:03	14.8 (77.5%)
46	<b>RETKA Bartosz</b>	<b>237</b>	FORMA ROSNOWO	M-2	8	00:00:18	00:10:11	00:20:13	00:30:23	00:40:21	<b>00:40:36</b>	<b>00:40:36</b>	+00:09:11 (22.6%)	4:03	14.8 (77.5%)
47	<b>STAWARZ Monika</b>	<b>265</b>	UKS EKOLUDEK SZCZENURZE	K-2	2	00:00:19	00:09:59	00:20:03	00:30:18	00:40:23	<b>00:40:42</b>	<b>00:40:42</b>	+00:09:17 (22.8%)	4:04	14.7 (77.0%)
48	<b>SKIERKA Grzegorz</b>	<b>261</b>	MKS ŚWIĘC SŁAWNO	M-3	17	00:00:17	00:09:53	00:20:03	00:30:25	00:40:41	<b>00:40:50</b>	<b>00:40:50</b>	+00:09:25 (23.1%)	4:05	14.7 (77.0%)
49	<b>WIŚNIK Marcin</b>	<b>318</b>	AMADEUS CROSSGYM	M-3	18	00:00:19	00:10:21	00:20:40	00:30:50	00:40:52	<b>00:41:08</b>	<b>00:41:08</b>	+00:09:43 (23.6%)	4:06	14.6 (76.4%)
50	<b>WIELEBA Marlena</b>	<b>379</b>	TUPOT USTKA	K-2	3	00:00:18	00:09:45	00:19:45	00:30:13	00:40:50	<b>00:41:10</b>	<b>00:41:10</b>	+00:09:45 (23.7%)	4:07	14.6 (76.4%)
51	<b>GAJLEWICZ Dominik</b>	<b>439</b>		M-2	9	00:00:21	00:09:48	00:20:04	00:30:30	00:40:54	<b>00:41:15</b>	<b>00:41:15</b>	+00:09:50 (23.8%)	4:07	14.5 (75.9%)
52	<b>WITKIEWICZ Magda</b>	<b>319</b>	KB DZIESIĄTKA BIAŁOGARD	K-3	3	00:00:19	00:10:09	00:20:20	00:30:49	00:41:02	<b>00:41:21</b>	<b>00:41:21</b>	+00:09:56 (24.0%)	4:08	14.5 (75.9%)
53	<b>BUJKO Andrzej</b>	<b>368</b>	CSSP KOSZALIN	M-2	10	00:00:27	00:10:35	00:20:47	00:31:07	00:41:07	<b>00:41:25</b>	<b>00:41:25</b>	+00:10:00 (24.1%)	4:08	14.5 (75.9%)
54	<b>KASZTELAN Władysław</b>	<b>102</b>	TKKF TRIATHLON KOSZALIN	M-3	19	00:00:22	00:10:17	00:20:35	00:31:02	00:41:15	<b>00:41:32</b>	<b>00:41:32</b>	+00:10:07 (24.4%)	4:09	14.4 (75.4%)
55	<b>KOŚCIELNIAK Robert</b>	<b>126</b>		M-5	3	00:00:16	00:09:54	00:20:19	00:31:02	00:41:18	<b>00:41:34</b>	<b>00:41:34</b>	+00:10:09 (24.4%)	4:09	14.4 (75.4%)
56	<b>STĘPNIAK Tomasz</b>	<b>269</b>	I LO KOSZALIN	M-3	20	00:00:22	00:10:10	00:20:29	00:31:03	00:41:21	<b>00:41:39</b>	<b>00:41:39</b>	+00:10:14 (24.6%)	4:09	14.4 (75.4%)
57	<b>CHMIELEWSKI Bartosz</b>	<b>26</b>	AMADEUS CROSSTRaining GYM	M-2	11	00:00:18	00:10:20	00:20:40	00:30:55	00:41:23	<b>00:41:41</b>	<b>00:41:41</b>	+00:10:16 (24.6%)	4:10	14.4 (75.4%)
58	<b>OKOŁOTOWICZ Sebastian</b>	<b>418</b>		M-3	21	00:00:20	00:19:59	00:30:53	00:41:22		<b>00:41:44</b>	<b>00:41:44</b>	+00:10:19 (24.7%)	4:10	14.4 (75.4%)
59	<b>ROGALSKI Marcin</b>	<b>238</b>	VOCALIS SZCZECIN	M-5	4	00:00:21	00:10:28	00:20:40	00:31:07	00:41:29	<b>00:41:49</b>	<b>00:41:49</b>	+00:10:24 (24.9%)	4:10	14.3 (74.9%)
60	<b>BYKOWSKI Robert</b>	<b>442</b>	FORMA ROSNOWO CSSP	M-4	17	00:00:20	00:10:07	00:20:23	00:30:58	00:41:33	<b>00:41:53</b>	<b>00:41:53</b>	+00:10:28 (25.0%)	4:11	14.3 (74.9%)
61	<b>STĘŻAŁA Artur</b>	<b>270</b>	JW 1223 2DPL0T	M-4	18	00:00:23	00:10:12	00:20:35	00:31:08	00:41:39	<b>00:41:57</b>	<b>00:41:57</b>	+00:10:32 (25.1%)	4:11	14.3 (74.9%)
62	<b>MROCZKOWSKI Marek</b>	<b>185</b>	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-3	22	00:00:41	00:10:53	00:21:04	00:31:22	00:41:43	<b>00:41:58</b>	<b>00:41:58</b>	+00:10:33 (25.1%)	4:11	14.3 (74.9%)
63	<b>SAWICZ Michał</b>	<b>253</b>	FINISZ MORĄG BIEGACZ Z PÓŁNOCY	M-2	12	00:00:25	00:10:31	00:21:03	00:31:27	00:41:45	<b>00:42:01</b>	<b>00:42:01</b>	+00:10:36 (25.2%)	4:12	14.3 (74.9%)

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					
64	<b>BOLECHOWSKI Cezary</b>	<b>13</b>		M-1	1	00:00:21	00:10:10	00:20:31	00:31:10	00:41:45	<b>00:42:03</b>	<b>00:42:03</b>	+00:10:38 (25.3%)	4:12	14.3 (74.9%)
65	<b>CZYŻEWSKI Janusz</b>	<b>34</b>	KOŁOBRZEG BIEGA	M-5	5	00:00:21	00:10:31	00:21:04	00:31:44	00:42:13	<b>00:42:34</b>	<b>00:42:34</b>	+00:11:09 (26.2%)	4:15	14.1 (73.8%)
66	<b>NOGA Sebastian</b>	<b>192</b>	4RUN TKKF KOSZALIN	M-2	13	00:00:22	00:10:33	00:21:21	00:32:01	00:42:19	<b>00:42:35</b>	<b>00:42:35</b>	+00:11:10 (26.2%)	4:15	14.1 (73.8%)
67	<b>GÓRNY Norbert</b>	<b>64</b>	FORMA ROSNOWO	M-4	19	00:00:34	00:10:22	00:20:36	00:31:37	00:42:21	<b>00:42:42</b>	<b>00:42:42</b>	+00:11:17 (26.4%)	4:16	14.1 (73.8%)
67	<b>ŁUKAWSKI Mariusz</b>	<b>428</b>	JW 1223 3DPLOT	M-2	14	00:00:30	00:10:37	00:21:05	00:31:47	00:42:24	<b>00:42:42</b>	<b>00:42:42</b>	+00:11:17 (26.4%)	4:16	14.1 (73.8%)
69	<b>KOTARA-PAŁKA Małgorzata</b>	<b>127</b>		K-3	4	00:00:24	00:10:30	00:21:00	00:31:36	00:42:26	<b>00:42:44</b>	<b>00:42:44</b>	+00:11:19 (26.5%)	4:16	14 (73.3%)
70	<b>HARASYM Zbigniew</b>	<b>73</b>		M-3	23	00:00:21	00:10:08	00:20:31	00:31:26	00:42:26	<b>00:42:46</b>	<b>00:42:46</b>	+00:11:21 (26.5%)	4:16	14 (73.3%)
71	<b>SKARA Steffi</b>	<b>353</b>	SCHWEDTER HASEN	K-3	5	00:00:20	00:10:21	00:20:50	00:31:44	00:42:29	<b>00:42:49</b>	<b>00:42:49</b>	+00:11:24 (26.6%)	4:16	14 (73.3%)
72	<b>PANCEWICZ Piotr</b>	<b>440</b>	RANNERSWALDE	M-3	24	00:00:19	00:10:32	00:21:13	00:32:10	00:42:36	<b>00:43:00</b>	<b>00:43:00</b>	+00:11:35 (26.9%)	4:18	14 (73.3%)
73	<b>MATYJASEK Zbigniew</b>	<b>176</b>		M-4	20	00:00:18	00:09:51	00:20:42	00:31:55	00:42:51	<b>00:43:11</b>	<b>00:43:11</b>	+00:11:46 (27.2%)	4:19	13.9 (72.8%)
74	<b>WEIDEMANN Phillip</b>	<b>416</b>		M-1	2	00:00:23	00:10:58	00:21:28	00:32:22	00:42:55	<b>00:43:14</b>	<b>00:43:14</b>	+00:11:49 (27.3%)	4:19	13.9 (72.8%)
75	<b>TROŚNIAK Piotr</b>	<b>432</b>	KB 10 BIAŁOGARD	M-4	21	00:00:25	00:10:58	00:21:35	00:32:16	00:42:56	<b>00:43:17</b>	<b>00:43:17</b>	+00:11:52 (27.4%)	4:19	13.9 (72.8%)
76	<b>DZIUBA Leszek</b>	<b>45</b>	KB DZIESIĄTKA BIAŁOGARD	M-6	1	00:00:20	00:10:52	00:21:36	00:32:22	00:43:06	<b>00:43:26</b>	<b>00:43:26</b>	+00:12:01 (27.7%)	4:20	13.8 (72.3%)
77	<b>RAJNER Krzysztof</b>	<b>346</b>		M-3	25	00:00:33	00:10:56	00:21:30	00:32:26	00:43:16	<b>00:43:35</b>	<b>00:43:35</b>	+00:12:10 (27.9%)	4:21	13.8 (72.3%)
78	<b>PAWŁOWSKI Łukasz</b>	<b>490</b>		M-3	26	00:00:35	00:11:03	00:21:45	00:32:34	00:43:19	<b>00:43:38</b>	<b>00:43:38</b>	+00:12:13 (28.0%)	4:21	13.8 (72.3%)
78	<b>PAKULSKI Marcin</b>	<b>205</b>		M-4	22	00:00:41	00:11:17	00:22:00	00:32:45	00:43:20	<b>00:43:38</b>	<b>00:43:38</b>	+00:12:13 (28.0%)	4:21	13.8 (72.3%)
80	<b>MALINOWSKI Mariusz</b>	<b>170</b>		M-3	27	00:00:24	00:10:57	00:21:47	00:32:39	00:43:29	<b>00:43:49</b>	<b>00:43:49</b>	+00:12:24 (28.3%)	4:22	13.7 (71.7%)
81	<b>KUKIEŁA Tomasz</b>	<b>146</b>		M-3	28	00:00:32	00:11:33	00:22:33	00:33:21	00:43:36	<b>00:43:53</b>	<b>00:43:53</b>	+00:12:28 (28.4%)	4:23	13.7 (71.7%)
82	<b>ROKOSZ Radosław</b>	<b>241</b>	JW 1223	M-2	15	00:00:34	00:10:53	00:21:35	00:32:48	00:43:36	<b>00:43:56</b>	<b>00:43:56</b>	+00:12:31 (28.5%)	4:23	13.7 (71.7%)
83	<b>RACZYŃSKI Grzegorz</b>	<b>228</b>	GIMNAZJUM SPORTOWE NR 1	M-1	3	00:00:17	00:10:29	00:21:22	00:32:38	00:43:44	<b>00:44:01</b>	<b>00:44:01</b>	+00:12:36 (28.6%)	4:24	13.6 (71.2%)
84	<b>NACHYŁA Paweł</b>		DZIKI KOSZALIN	M-2	16	00:00:25	00:10:45	00:21:29	00:32:36	00:43:41	<b>00:44:02</b>	<b>00:44:02</b>	+00:12:37 (28.7%)	4:24	13.6 (71.2%)
85	<b>SIKORSKI Adam</b>	<b>360</b>	SIKORROWO	M-3	29	00:00:25	00:10:42	00:21:38	00:32:45	00:43:45	<b>00:44:05</b>	<b>00:44:05</b>	+00:12:40 (28.7%)	4:24	13.6 (71.2%)
85	<b>MARCINIAK Maciej</b>	<b>171</b>		M-3	30	00:00:26	00:10:35	00:21:22	00:32:25	00:43:47	<b>00:44:05</b>	<b>00:44:05</b>	+00:12:40 (28.7%)	4:24	13.6 (71.2%)
85	<b>OGRODNIK Grzegorz</b>	<b>199</b>	JW 1223 1DPLOT	M-4	23	00:00:18	00:10:58	00:22:06	00:33:04	00:43:47	<b>00:44:05</b>	<b>00:44:05</b>	+00:12:40 (28.7%)	4:24	13.6 (71.2%)
88	<b>WALTER Przemysław</b>	<b>304</b>	KB DZIESIĄTKA BIAŁOGARD	M-4	24	00:00:25	00:10:56	00:21:37	00:32:35	00:43:39	<b>00:44:07</b>	<b>00:44:07</b>	+00:12:42 (28.8%)	4:24	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					
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%)
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 TTKF 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%)

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
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%)
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%)

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					
139	<b>RAMA Janusz</b>	<b>234</b>		M-4	32	00:00:29	00:12:14	00:23:53	00:35:21	00:46:34	<b>00:46:54</b>	<b>00:46:54</b>	+00:15:29 (33.0%)	4:41	12.8 (67.0%)
140	<b>SZAŁKOWSKI Wojtek</b>	<b>280</b>		M-3	49	00:00:37	00:12:10	00:23:45	00:35:18	00:46:36	<b>00:46:56</b>	<b>00:46:56</b>	+00:15:31 (33.1%)	4:41	12.8 (67.0%)
141	<b>KUBIAK Andrzej</b>	<b>380</b>		M-6	2	00:00:23	00:11:37	00:23:18	00:35:00	00:46:37	<b>00:46:57</b>	<b>00:46:57</b>	+00:15:32 (33.1%)	4:41	12.8 (67.0%)
142	<b>ALABA Jerzy</b>	<b>468</b>	KB 10 BIAŁOGARD	M-5	13	00:00:36	00:12:26	00:23:56	00:35:27	00:46:42	<b>00:46:59</b>	<b>00:46:59</b>	+00:15:34 (33.1%)	4:41	12.8 (67.0%)
143	<b>SZTUBA Bartłomiej</b>	<b>284</b>		M-4	33	00:00:20	00:11:24	00:23:11	00:35:11	00:46:39	<b>00:47:00</b>	<b>00:47:00</b>	+00:15:35 (33.2%)	4:42	12.8 (67.0%)
144	<b>MAKSYMOWICZ Kornelia</b>	<b>401</b>		K-3	6	00:00:33	00:12:01	00:23:24	00:35:02	00:46:38	<b>00:47:01</b>	<b>00:47:01</b>	+00:15:36 (33.2%)	4:42	12.8 (67.0%)
145	<b>KURYŁOWICZ Bartosz</b>	<b>375</b>		M-2	30	00:00:25	00:11:23	00:22:59	00:34:46	00:46:39	<b>00:47:02</b>	<b>00:47:02</b>	+00:15:37 (33.2%)	4:42	12.8 (67.0%)
146	<b>TRAFNY Mateusz</b>	<b>361</b>		M-2	31	00:00:23	00:11:55	00:23:42	00:35:22	00:46:44	<b>00:47:06</b>	<b>00:47:06</b>	+00:15:41 (33.3%)	4:42	12.7 (66.5%)
147	<b>LEWANDOWSKI Marek</b>	<b>157</b>		M-3	50	00:00:32	00:11:49	00:23:30	00:35:19	00:46:51	<b>00:47:08</b>	<b>00:47:08</b>	+00:15:43 (33.3%)	4:42	12.7 (66.5%)
148	<b>CHODOR Martyna</b>	<b>387</b>	4RUN TKKF KOSZALIN	K-3	7	00:00:27	00:11:40	00:23:12	00:34:58	00:46:46	<b>00:47:09</b>	<b>00:47:09</b>	+00:15:44 (33.4%)	4:42	12.7 (66.5%)
149	<b>SIKORSKI Witold</b>	<b>259</b>	KB RUN 42	M-5	14	00:00:35	00:11:53	00:23:39	00:35:28	00:46:51	<b>00:47:10</b>	<b>00:47:10</b>	+00:15:45 (33.4%)	4:43	12.7 (66.5%)
150	<b>KRUK Marcin</b>	<b>136</b>		M-3	51	00:00:27	00:11:08	00:22:45	00:34:45	00:46:52	<b>00:47:12</b>	<b>00:47:12</b>	+00:15:47 (33.4%)	4:43	12.7 (66.5%)
151	<b>ROGALSKI Roberto</b>	<b>239</b>	ZSW ZAWSZE SIĘGAJ WYŻEJ	M-3	52	00:00:18	00:10:52	00:23:15	00:35:31	00:46:53	<b>00:47:13</b>	<b>00:47:13</b>	+00:15:48 (33.5%)	4:43	12.7 (66.5%)
151	<b>STRUMIŃSKI Rafał</b>	<b>274</b>	ŻYTANIA TEAM	M-3	53	00:00:42	00:11:59	00:23:36	00:35:20	00:46:55	<b>00:47:13</b>	<b>00:47:13</b>	+00:15:48 (33.5%)	4:43	12.7 (66.5%)
153	<b>TRZECIAK Dariusz</b>	<b>296</b>		M-4	34	00:00:37	00:12:13	00:24:02	00:35:43	00:46:55	<b>00:47:15</b>	<b>00:47:15</b>	+00:15:50 (33.5%)	4:43	12.7 (66.5%)
154	<b>ZIOMEK Darek</b>	<b>334</b>	4RUN TKKF KOSZALIN	M-4	35	00:00:24	00:11:35	00:23:12	00:35:08	00:46:57	<b>00:47:16</b>	<b>00:47:16</b>	+00:15:51 (33.5%)	4:43	12.7 (66.5%)
154	<b>KORMAN Kamil</b>	<b>476</b>		M-1	6	00:00:43	00:12:53	00:24:51	00:36:22	00:47:00	<b>00:47:16</b>	<b>00:47:16</b>	+00:15:51 (33.5%)	4:43	12.7 (66.5%)
156	<b>JABŁOŃSKI Arkadiusz</b>	<b>83</b>		M-4	36	00:00:34	00:12:37	00:24:19	00:35:50	00:47:02	<b>00:47:23</b>	<b>00:47:23</b>	+00:15:58 (33.7%)	4:44	12.7 (66.5%)
157	<b>MACHELSKA Sylwia</b>	<b>357</b>	PGB SPORTOWA PACZKA	K-3	8	00:00:22	00:11:41	00:23:16	00:35:14	00:47:05	<b>00:47:27</b>	<b>00:47:27</b>	+00:16:02 (33.8%)	4:44	12.6 (66.0%)
158	<b>NOWAKOWSKI Rafał</b>	<b>194</b>		M-3	54	00:00:33	00:11:28	00:22:34	00:34:42	00:47:13	<b>00:47:35</b>	<b>00:47:35</b>	+00:16:10 (34.0%)	4:45	12.6 (66.0%)
158	<b>JURA Michał</b>	<b>455</b>	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-1	7	00:00:24	00:11:41	00:23:48	00:36:02	00:47:14	<b>00:47:35</b>	<b>00:47:35</b>	+00:16:10 (34.0%)	4:45	12.6 (66.0%)
160	<b>JURA Krzysztof</b>	<b>89</b>	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-4	37	00:00:25	00:11:51	00:23:48	00:36:04	00:47:14	<b>00:47:36</b>	<b>00:47:36</b>	+00:16:11 (34.0%)	4:45	12.6 (66.0%)
161	<b>MATEJKO Jacek</b>	<b>175</b>	TKKF KOSZALIN	M-4	38	00:00:32	00:11:55	00:23:38	00:35:29	00:47:17	<b>00:47:37</b>	<b>00:47:37</b>	+00:16:12 (34.0%)	4:45	12.6 (66.0%)
162	<b>MACIEJEWSKI Piotr</b>	<b>165</b>		M-3	55	00:00:44	00:12:34	00:24:16	00:36:02	00:47:19	<b>00:47:39</b>	<b>00:47:39</b>	+00:16:14 (34.1%)	4:45	12.6 (66.0%)
163	<b>KRYSZCZUK Michał</b>	<b>139</b>		M-2	32	00:00:42	00:12:19	00:24:30	00:36:08	00:47:25	<b>00:47:43</b>	<b>00:47:43</b>	+00:16:18 (34.2%)	4:46	12.6 (66.0%)

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
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%)
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 TTKF 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 TTKF 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%)



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
188	<b>SZCZEPANIAK Jacek</b>	<b>282</b>		M-4	45	00:00:25	00:11:30	00:23:28	00:35:54	00:48:18	<b>00:48:40</b>	<b>00:48:40</b>	+00:17:15 (35.4%)	4:52	12.3 (64.4%)
190	<b>ANDRZEJEWSKA Marta</b>	<b>4</b>		K-3	9	00:00:28	00:12:10	00:24:10	00:36:28	00:48:20	<b>00:48:41</b>	<b>00:48:41</b>	+00:17:16 (35.5%)	4:52	12.3 (64.4%)
190	<b>MRUGALSKI Damian</b>	<b>186</b>		M-3	66	00:00:40	00:12:54	00:25:07	00:37:01	00:48:21	<b>00:48:41</b>	<b>00:48:41</b>	+00:17:16 (35.5%)	4:52	12.3 (64.4%)
192	<b>WIELGUS Paweł</b>	<b>448</b>		M-3	67	00:00:25	00:11:57	00:23:59	00:36:21	00:48:21	<b>00:48:43</b>	<b>00:48:43</b>	+00:17:18 (35.5%)	4:52	12.3 (64.4%)
193	<b>KILAR Tomasz</b>	<b>106</b>		M-4	46	00:00:35	00:12:05	00:24:07	00:36:14	00:48:19	<b>00:48:45</b>	<b>00:48:45</b>	+00:17:20 (35.6%)	4:52	12.3 (64.4%)
194	<b>GÓRA Agnieszka</b>	<b>452</b>	PHILIPS-PIŁA	K-3	10	00:00:23	00:12:08	00:24:14	00:36:25	00:48:26	<b>00:48:48</b>	<b>00:48:48</b>	+00:17:23 (35.6%)	4:52	12.3 (64.4%)
195	<b>NACHYŁA Piotr</b>	<b>429</b>		M-4	47	00:00:34	00:12:29	00:24:31	00:36:35	00:48:28	<b>00:48:49</b>	<b>00:48:49</b>	+00:17:24 (35.6%)	4:52	12.3 (64.4%)
196	<b>CHUDYK Magda</b>	<b>430</b>		K-3	11	00:00:26	00:12:14	00:24:16	00:36:35	00:48:38	<b>00:48:59</b>	<b>00:48:59</b>	+00:17:34 (35.9%)	4:53	12.2 (63.9%)
197	<b>WOJCIECHOWSKA-HRYCYK Agata</b>	<b>320</b>		K-4	5	00:00:26	00:12:13	00:24:15	00:36:34	00:48:40	<b>00:49:01</b>	<b>00:49:01</b>	+00:17:36 (35.9%)	4:54	12.2 (63.9%)
198	<b>WESOŁOWSKI Arkadiusz</b>	<b>451</b>		M-3	68	00:00:29	00:11:32	00:23:27	00:36:04	00:48:40	<b>00:49:03</b>	<b>00:49:03</b>	+00:17:38 (35.9%)	4:54	12.2 (63.9%)
199	<b>STRZELECKI Zbigniew</b>	<b>275</b>		M-5	18	00:00:30	00:12:14	00:24:20	00:36:36	00:48:42	<b>00:49:04</b>	<b>00:49:04</b>	+00:17:39 (36.0%)	4:54	12.2 (63.9%)
200	<b>RÓJ Andrzej</b>	<b>388</b>		M-4	48	00:00:24	00:12:28	00:24:34	00:36:56	00:48:45	<b>00:49:05</b>	<b>00:49:05</b>	+00:17:40 (36.0%)	4:54	12.2 (63.9%)
201	<b>RADECKI Jacek</b>	<b>229</b>		M-4	49	00:00:24	00:11:56	00:23:58	00:36:29	00:48:45	<b>00:49:06</b>	<b>00:49:06</b>	+00:17:41 (36.0%)	4:54	12.2 (63.9%)
202	<b>KRASIŃSKI Witold</b>	<b>131</b>		M-4	50	00:00:28	00:11:22	00:23:22	00:36:04	00:48:50	<b>00:49:07</b>	<b>00:49:07</b>	+00:17:42 (36.0%)	4:54	12.2 (63.9%)
203	<b>DĄBROWSKI Grzegorz</b>	<b>36</b>		M-4	51	00:00:26	00:11:43	00:23:58	00:36:31	00:48:49	<b>00:49:09</b>	<b>00:49:09</b>	+00:17:44 (36.1%)	4:54	12.2 (63.9%)
204	<b>IWANIEC Dariusz</b>	<b>81</b>		M-4	52	00:00:27	00:11:56	00:24:00	00:36:28	00:48:51	<b>00:49:13</b>	<b>00:49:13</b>	+00:17:48 (36.2%)	4:55	12.2 (63.9%)
205	<b>RUDZIŃSKI Krzysztof</b>	<b>449</b>		M-2	35	00:00:34	00:11:56	00:23:55	00:36:30	00:48:58	<b>00:49:17</b>	<b>00:49:17</b>	+00:17:52 (36.3%)	4:55	12.2 (63.9%)
206	<b>MYDŁOWSKA Monika</b>	<b>188</b>		K-3	12	00:00:39	00:15:00	00:32:02	00:48:48		<b>00:49:19</b>	<b>00:49:19</b>	+00:17:54 (36.3%)	4:55	12.2 (63.9%)
207	<b>MACHNIEWSKI Artur</b>	<b>386</b>		M-3	69	00:00:33	00:12:02	00:24:06	00:36:33	00:48:57	<b>00:49:20</b>	<b>00:49:20</b>	+00:17:55 (36.3%)	4:56	12.2 (63.9%)
208	<b>KOŁAKOWSKI Dariusz</b>	<b>115</b>	K. B. SPRINT ŚWIDWIN	M-4	53	00:00:33	00:12:19	00:24:30	00:36:50	00:49:03	<b>00:49:25</b>	<b>00:49:25</b>	+00:18:00 (36.4%)	4:56	12.1 (63.4%)
209	<b>SZABLA Ewelina</b>	<b>279</b>		K-3	13	00:00:32	00:12:13	00:24:30	00:36:57	00:49:06	<b>00:49:29</b>	<b>00:49:29</b>	+00:18:04 (36.5%)	4:56	12.1 (63.4%)
210	<b>SZYMAŃSKI Kacper</b>	<b>474</b>	TEAM BIEGOWY SZCZECINEK	M-2	36	00:00:27	00:12:38	00:25:11	00:37:45	00:49:11	<b>00:49:31</b>	<b>00:49:31</b>	+00:18:06 (36.6%)	4:57	12.1 (63.4%)
210	<b>GAWROŃSKI Paweł</b>	<b>57</b>	OGIEŃ W SZOPIE	M-2	37	00:00:28	00:11:37	00:23:51	00:36:38	00:49:14	<b>00:49:31</b>	<b>00:49:31</b>	+00:18:06 (36.6%)	4:57	12.1 (63.4%)
212	<b>MARKOWSKI Andrzej</b>	<b>174</b>	4RUN TKKF KOSZALIN	M-6	3	00:00:25	00:12:04	00:24:27	00:36:57	00:49:20	<b>00:49:37</b>	<b>00:49:37</b>	+00:18:12 (36.7%)	4:57	12.1 (63.4%)
213	<b>MĘDEL Marta</b>	<b>179</b>		K-3	14	00:00:31	00:12:21	00:24:43	00:37:15	00:49:19	<b>00:49:38</b>	<b>00:49:38</b>	+00:18:13 (36.7%)	4:57	12.1 (63.4%)

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
214	<b>PEŁKA Janusz</b>	<b>210</b>		M-5	19	00:00:39	00:12:14	00:24:23	00:36:45	00:49:17	<b>00:49:45</b>	<b>00:49:45</b>	+00:18:20 (36.9%)	4:58	12.1 (63.4%)
215	<b>MĘDEL Cezary</b>	<b>178</b>		M-4	54	00:00:30	00:12:23	00:24:43	00:37:15	00:49:26	<b>00:49:48</b>	<b>00:49:48</b>	+00:18:23 (36.9%)	4:58	12 (62.8%)
216	<b>CHAMERA Krzysztof</b>	<b>24</b>		M-4	55	00:00:41	00:12:04	00:24:05	00:37:00	00:49:31	<b>00:49:55</b>	<b>00:49:55</b>	+00:18:30 (37.1%)	4:59	12 (62.8%)
216	<b>DWULIT Katarzyna</b>	<b>44</b>		K-2	6	00:00:21	00:11:45	00:23:58	00:36:47	00:49:33	<b>00:49:55</b>	<b>00:49:55</b>	+00:18:30 (37.1%)	4:59	12 (62.8%)
218	<b>JĘDRASZKO Magda</b>	<b>88</b>	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	K-3	15	00:00:22	00:11:45	00:23:58	00:36:47	00:49:31	<b>00:49:57</b>	<b>00:49:57</b>	+00:18:32 (37.1%)	4:59	12 (62.8%)
218	<b>STAWISZYŃSKI Jarosław</b>	<b>266</b>		M-3	70	00:00:43	00:13:11	00:25:34	00:37:56	00:49:41	<b>00:49:57</b>	<b>00:49:57</b>	+00:18:32 (37.1%)	4:59	12 (62.8%)
220	<b>PIETRZYCKI Adrian</b>	<b>215</b>		M-3	71	00:00:34	00:12:36	00:24:49	00:37:25	00:49:38	<b>00:49:58</b>	<b>00:49:58</b>	+00:18:33 (37.1%)	4:59	12 (62.8%)
221	<b>CZERWIŃSKI Daniel</b>	<b>32</b>		M-3	72	00:00:35	00:12:22	00:37:30			<b>00:50:00</b>	<b>00:50:00</b>	+00:18:35 (37.2%)	5:00	12 (62.8%)
222	<b>KOZŁOWIECKI Waldemar</b>	<b>129</b>	4RUN TKKF KOSZALIN	M-6	4	00:00:35	00:12:37	00:24:51	00:37:27	00:49:41	<b>00:50:02</b>	<b>00:50:02</b>	+00:18:37 (37.2%)	5:00	12 (62.8%)
223	<b>BOGACKI Tomasz</b>	<b>11</b>	4RUN TKKF KOSZALIN	M-5	20	00:00:25	00:12:14	00:24:37	00:37:10	00:49:46	<b>00:50:09</b>	<b>00:50:09</b>	+00:18:44 (37.4%)	5:00	12 (62.8%)
224	<b>DASZKO Tomasz</b>	<b>478</b>		M-3	73	00:00:29	00:12:28	00:25:08	00:37:55	00:49:53	<b>00:50:13</b>	<b>00:50:13</b>	+00:18:48 (37.4%)	5:01	11.9 (62.3%)
225	<b>SZEWczyk Andrzej</b>	<b>283</b>		M-2	38	00:00:36	00:12:05	00:24:33	00:37:29	00:49:56	<b>00:50:15</b>	<b>00:50:15</b>	+00:18:50 (37.5%)	5:01	11.9 (62.3%)
226	<b>KUTWIN Artur</b>	<b>152</b>		M-4	56	00:00:29	00:12:27	00:24:42	00:37:29	00:49:55	<b>00:50:19</b>	<b>00:50:19</b>	+00:18:54 (37.6%)	5:01	11.9 (62.3%)
227	<b>JUSZCZAK Krzysztof</b>	<b>91</b>		M-6	5	00:00:29	00:12:10	00:24:29	00:37:15	00:49:58	<b>00:50:22</b>	<b>00:50:22</b>	+00:18:57 (37.6%)	5:02	11.9 (62.3%)
228	<b>RUSINEK Dawid</b>	<b>463</b>		M-2	39	00:00:35	00:13:03	00:25:53	00:38:22	00:50:06	<b>00:50:26</b>	<b>00:50:26</b>	+00:19:01 (37.7%)	5:02	11.9 (62.3%)
229	<b>SUBALSKI Michał</b>	<b>276</b>		M-3	74	00:00:32	00:12:32	00:25:03	00:37:56	00:50:05	<b>00:50:29</b>	<b>00:50:29</b>	+00:19:04 (37.8%)	5:02	11.9 (62.3%)
229	<b>OSOBNIAK Ryszard</b>	<b>204</b>		M-5	21	00:00:38	00:12:27	00:24:44	00:37:27	00:50:06	<b>00:50:29</b>	<b>00:50:29</b>	+00:19:04 (37.8%)	5:02	11.9 (62.3%)
231	<b>KARNICKI Zygmunt</b>	<b>99</b>	4RUN TKKF KOSZALIN	M-6	6	00:00:26	00:11:53	00:24:24	00:37:21	00:50:17	<b>00:50:37</b>	<b>00:50:37</b>	+00:19:12 (37.9%)	5:03	11.9 (62.3%)
232	<b>ANIELSKI Michał</b>	<b>427</b>		M-2	40	00:00:38	00:13:04	00:25:40	00:38:44	00:50:24	<b>00:50:44</b>	<b>00:50:44</b>	+00:19:19 (38.1%)	5:04	11.8 (61.8%)
233	<b>RUDZIŃSKI Bronisław</b>	<b>475</b>		M-6	7	00:00:32	00:12:16	00:24:56	00:37:47	00:50:23	<b>00:50:46</b>	<b>00:50:46</b>	+00:19:21 (38.1%)	5:04	11.8 (61.8%)
234	<b>KOPREK Łukasz</b>	<b>121</b>	SŁONECZNY PATROL KOSZALIN	M-2	41	00:00:40	00:12:19	00:24:36	00:37:30	00:50:28	<b>00:50:48</b>	<b>00:50:48</b>	+00:19:23 (38.2%)	5:04	11.8 (61.8%)
235	<b>KOKOT Edward</b>	<b>113</b>	2 BRYGADA ZMECHANIZOWANA	M-3	75	00:00:20	00:11:41	00:24:04	00:37:05	00:50:29	<b>00:50:50</b>	<b>00:50:50</b>	+00:19:25 (38.2%)	5:05	11.8 (61.8%)
236	<b>HERBA Krzysztof</b>	<b>75</b>		M-3	76	00:00:27	00:12:14	00:24:14	00:37:14	00:50:36	<b>00:50:54</b>	<b>00:50:54</b>	+00:19:29 (38.3%)	5:05	11.8 (61.8%)
237	<b>ŻUREK Kamila</b>	<b>343</b>		K-3	16	00:12:27	00:25:10	00:38:01	00:50:37		<b>00:50:56</b>	<b>00:50:56</b>	+00:19:31 (38.3%)	5:05	11.8 (61.8%)
238	<b>SIKORSKA Grażyna</b>	<b>258</b>		K-5	2	00:00:24	00:12:42	00:25:17	00:38:06	00:50:50	<b>00:51:13</b>	<b>00:51:13</b>	+00:19:48 (38.7%)	5:07	11.7 (61.3%)

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					
238	<b>KACZMAREK Zbigniew</b>	<b>374</b>		M-6	8	00:00:41	00:12:55	00:25:32	00:38:24	00:50:53	<b>00:51:13</b>	<b>00:51:13</b>	+00:19:48 (38.7%)	5:07	11.7 (61.3%)
240	<b>LAMPKOWSKI Krzysztof</b>	<b>466</b>		M-4	57	00:00:22	00:11:27	00:24:14	00:37:37	00:50:50	<b>00:51:16</b>	<b>00:51:16</b>	+00:19:51 (38.7%)	5:07	11.7 (61.3%)
241	<b>NOWAK Marcin</b>	<b>195</b>		M-3	77	00:00:22	00:12:16	00:24:41	00:37:58	00:50:55	<b>00:51:18</b>	<b>00:51:18</b>	+00:19:53 (38.8%)	5:07	11.7 (61.3%)
242	<b>BEDNAREK Krzysztof</b>	<b>350</b>		M-3	78	00:00:26	00:12:58	00:25:48	00:38:41	00:50:59	<b>00:51:19</b>	<b>00:51:19</b>	+00:19:54 (38.8%)	5:07	11.7 (61.3%)
242	<b>OPALIŃSKI Stanisław</b>	<b>423</b>		M-5	22	00:00:30	00:12:45	00:25:28	00:38:19	00:51:00	<b>00:51:19</b>	<b>00:51:19</b>	+00:19:54 (38.8%)	5:07	11.7 (61.3%)
244	<b>KIRKO Mariusz</b>	<b>107</b>		M-3	79	00:00:30	00:12:29	00:24:59	00:38:01	00:51:05	<b>00:51:25</b>	<b>00:51:25</b>	+00:20:00 (38.9%)	5:08	11.7 (61.3%)
245	<b>KISIEL Michał</b>	<b>109</b>	PARKRUN SZCZECINEK	M-3	80	00:00:30	00:13:08	00:25:36	00:38:12	00:51:02	<b>00:51:26</b>	<b>00:51:26</b>	+00:20:01 (38.9%)	5:08	11.7 (61.3%)
246	<b>SAMELZON-SROKA Beata</b>	<b>252</b>		K-3	17	00:00:39	00:12:57	00:25:37	00:38:27	00:51:06	<b>00:51:29</b>	<b>00:51:29</b>	+00:20:04 (39.0%)	5:08	11.7 (61.3%)
247	<b>KARWASZ Krzysztof</b>	<b>100</b>	KATEDRA KOSZALIN	M-4	58	00:00:29	00:12:29	00:25:31	00:38:39	00:51:22	<b>00:51:44</b>	<b>00:51:44</b>	+00:20:19 (39.3%)	5:10	11.6 (60.7%)
248	<b>KUPREWICZ Grzegorz</b>	<b>148</b>		M-3	81	00:00:35	00:12:43	00:25:48	00:38:37	00:51:26	<b>00:51:48</b>	<b>00:51:48</b>	+00:20:23 (39.4%)	5:10	11.6 (60.7%)
249	<b>ZATORSKI Zbigniew</b>	<b>329</b>		M-3	82	00:00:35	00:13:06	00:25:53	00:38:54	00:51:27	<b>00:51:49</b>	<b>00:51:49</b>	+00:20:24 (39.4%)	5:10	11.6 (60.7%)
250	<b>SALAMON Piotr</b>	<b>399</b>		M-3	83	00:00:44	00:12:27	00:24:23	00:36:37	00:51:35	<b>00:51:53</b>	<b>00:51:53</b>	+00:20:28 (39.4%)	5:11	11.6 (60.7%)
251	<b>MROCZKOWSKA Marta</b>	<b>184</b>		K-3	18	00:00:37	00:13:03	00:25:48	00:38:47	00:51:36	<b>00:51:56</b>	<b>00:51:56</b>	+00:20:31 (39.5%)	5:11	11.6 (60.7%)
252	<b>PIĄTKOWSKI Bartosz</b>	<b>211</b>	AKT KOSZALIN	M-4	59	00:00:32	00:13:07	00:26:00	00:38:58	00:51:38	<b>00:51:59</b>	<b>00:51:59</b>	+00:20:34 (39.6%)	5:11	11.5 (60.2%)
252	<b>TRZECAK Anna</b>	<b>295</b>		K-4	6	00:00:36	00:12:44	00:26:01	00:39:23	00:51:40	<b>00:51:59</b>	<b>00:51:59</b>	+00:20:34 (39.6%)	5:11	11.5 (60.2%)
254	<b>LUBICZ-KROŚNICKA Anna</b>	<b>160</b>	AMADEUS CROSSGYM	K-3	19	00:00:20	00:12:18	00:25:30	00:38:41	00:51:46	<b>00:52:05</b>	<b>00:52:05</b>	+00:20:40 (39.7%)	5:12	11.5 (60.2%)
255	<b>KONIECZNA Marzena</b>	<b>120</b>	AMADEUS CROSSTRaining GYM	K-2	7	00:00:20	00:12:18	00:25:30	00:38:42	00:51:46	<b>00:52:06</b>	<b>00:52:06</b>	+00:20:41 (39.7%)	5:12	11.5 (60.2%)
256	<b>LUPZIK Radosław</b>	<b>426</b>		M-2	42	00:00:37	00:13:04	00:25:41	00:38:57	00:51:51	<b>00:52:08</b>	<b>00:52:08</b>	+00:20:43 (39.7%)	5:12	11.5 (60.2%)
257	<b>GAJEK Artur</b>	<b>54</b>		M-3	84	00:00:40	00:13:02	00:25:47	00:38:50	00:51:50	<b>00:52:14</b>	<b>00:52:14</b>	+00:20:49 (39.9%)	5:13	11.5 (60.2%)
258	<b>ROGOŻA Ireneusz</b>	<b>240</b>		M-4	60	00:00:36	00:13:32	00:27:06	00:39:52	00:52:01	<b>00:52:20</b>	<b>00:52:20</b>	+00:20:55 (40.0%)	5:14	11.5 (60.2%)
259	<b>POLIWIKA-KISIEL Małgorzata</b>	<b>446</b>	PARKRUN SZCZECINEK	K-3	20	00:00:30	00:13:17	00:26:15	00:39:18	00:52:03	<b>00:52:26</b>	<b>00:52:26</b>	+00:21:01 (40.1%)	5:14	11.4 (59.7%)
260	<b>GRZELAK Karina</b>	<b>70</b>		K-3	21	00:00:31	00:12:38	00:25:42	00:39:02	00:52:14	<b>00:52:39</b>	<b>00:52:39</b>	+00:21:14 (40.3%)	5:15	11.4 (59.7%)
261	<b>MRUGALSKA Magdalena</b>	<b>419</b>	JW 1223 1DPLOT	K-2	8	00:00:41	00:12:53	00:26:15	00:39:31	00:52:27	<b>00:52:48</b>	<b>00:52:48</b>	+00:21:23 (40.5%)	5:16	11.4 (59.7%)
262	<b>HOŁUBASZ Paweł</b>	<b>79</b>	UNIA RACING TEAM LĘBORK	M-3	85	00:00:35	00:11:55	00:24:57	00:38:58	00:52:30	<b>00:52:53</b>	<b>00:52:53</b>	+00:21:28 (40.6%)	5:17	11.3 (59.2%)
263	<b>JABŁOŃSKA Katarzyna</b>	<b>82</b>		K-3	22	00:00:34	00:13:19	00:26:19	00:39:33	00:52:34	<b>00:52:57</b>	<b>00:52:57</b>	+00:21:32 (40.7%)	5:17	11.3 (59.2%)

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			
264	<b>SIEPRACKI Adam</b>	<b>257</b>		M-3	86	00:00:43	00:13:31	00:26:43	00:40:08	00:52:56	<b>00:53:18</b>	<b>00:53:18</b>	+00:21:53 (41.1%)	5:19	11.3 (59.2%)
265	<b>FELKOWSKI Tomasz</b>	<b>49</b>		M-3	87	00:00:32	00:13:29	00:26:38	00:39:50	00:53:02	<b>00:53:26</b>	<b>00:53:26</b>	+00:22:01 (41.2%)	5:20	11.2 (58.6%)
266	<b>MADEJSZA Marcin</b>	<b>411</b>		M-3	88	00:00:30	00:13:29	00:26:33	00:39:51	00:53:08	<b>00:53:33</b>	<b>00:53:33</b>	+00:22:08 (41.3%)	5:21	11.2 (58.6%)
267	<b>ŚLUSARZ Krzysztof</b>	<b>288</b>		M-4	61	00:00:36	00:13:03	00:26:36	00:39:50	00:53:13	<b>00:53:37</b>	<b>00:53:37</b>	+00:22:12 (41.4%)	5:21	11.2 (58.6%)
268	<b>KUJAWA Natalia</b>	<b>145</b>		K-2	9	00:00:21	00:12:26	00:25:44	00:39:36	00:53:24	<b>00:53:45</b>	<b>00:53:45</b>	+00:22:20 (41.6%)	5:22	11.2 (58.6%)
269	<b>MACIOSZEK Agnieszka</b>	<b>462</b>		K-4	7	00:00:37	00:13:42	00:26:57	00:40:08	00:53:25	<b>00:53:48</b>	<b>00:53:48</b>	+00:22:23 (41.6%)	5:22	11.2 (58.6%)
270	<b>PANAS Małgorzata</b>	<b>206</b>		K-4	8	00:00:40	00:13:48	00:26:51	00:40:08	00:53:26	<b>00:53:49</b>	<b>00:53:49</b>	+00:22:24 (41.6%)	5:22	11.1 (58.1%)
271	<b>WĘGIEL Aleksandra</b>	<b>431</b>		K-2	10	00:00:29	00:12:21	00:25:41	00:39:35	00:53:29	<b>00:53:54</b>	<b>00:53:54</b>	+00:22:29 (41.7%)	5:23	11.1 (58.1%)
272	<b>TURCZYN Grzegorz</b>	<b>297</b>		M-4	62	00:00:35	00:12:42	00:25:23	00:39:23	00:53:36	<b>00:54:03</b>	<b>00:54:03</b>	+00:22:38 (41.9%)	5:24	11.1 (58.1%)
273	<b>WOLF Weronika</b>	<b>322</b>		K-4	9	00:00:31	00:13:10	00:26:38	00:40:21	00:53:52	<b>00:54:16</b>	<b>00:54:16</b>	+00:22:51 (42.1%)	5:25	11.1 (58.1%)
274	<b>DZIESZUK Dariusz</b>	<b>394</b>	4RUN TKKF KOSZALIN	M-4	63	00:00:33	00:14:02	00:27:48	00:41:09	00:53:57	<b>00:54:18</b>	<b>00:54:18</b>	+00:22:53 (42.1%)	5:25	11 (57.6%)
275	<b>DEREŃ Grzegorz</b>	<b>38</b>	K. B. SPRINT ŚWIDWIN	M-3	89	00:00:20	00:12:09	00:25:14	00:39:57	00:54:02	<b>00:54:19</b>	<b>00:54:19</b>	+00:22:54 (42.2%)	5:25	11 (57.6%)
276	<b>SZARY Szymon</b>	<b>281</b>		M-3	90	00:00:41	00:13:48	00:27:05	00:40:34	00:54:03	<b>00:54:27</b>	<b>00:54:27</b>	+00:23:02 (42.3%)	5:26	11 (57.6%)
277	<b>PIĘTKO Joanna</b>	<b>460</b>		K-4	10	00:00:37	00:13:27	00:26:56	00:40:41	00:54:05	<b>00:54:29</b>	<b>00:54:29</b>	+00:23:04 (42.3%)	5:26	11 (57.6%)
278	<b>HAMROL Dawid</b>	<b>72</b>	KATEDRA KOSZALIN	M-3	91	00:00:44	00:13:31	00:27:19	00:41:04	00:54:15	<b>00:54:34</b>	<b>00:54:34</b>	+00:23:09 (42.4%)	5:27	11 (57.6%)
279	<b>BARTOSIK Jarosław</b>	<b>347</b>		M-4	64	00:00:38	00:12:41	00:26:12	00:40:06	00:54:14	<b>00:54:35</b>	<b>00:54:35</b>	+00:23:10 (42.4%)	5:27	11 (57.6%)
280	<b>POLAŃSKA Katarzyna</b>	<b>384</b>		K-3	23	00:00:26	00:12:43	00:26:03	00:39:57	00:54:12	<b>00:54:36</b>	<b>00:54:36</b>	+00:23:11 (42.5%)	5:27	11 (57.6%)
281	<b>GÓRALCZYK Anna</b>	<b>62</b>		K-3	24	00:00:30	00:14:06	00:27:47	00:41:27	00:54:15	<b>00:54:37</b>	<b>00:54:37</b>	+00:23:12 (42.5%)	5:27	11 (57.6%)
282	<b>JARUGA Artur</b>	<b>421</b>		M-3	92	00:00:30	00:14:06	00:27:47	00:41:27	00:54:15	<b>00:54:38</b>	<b>00:54:38</b>	+00:23:13 (42.5%)	5:27	11 (57.6%)
283	<b>CINCIO Robert</b>	<b>30</b>	TKKF TRIATHLON KOSZALIN	M-3	93	00:00:27	00:12:04	00:25:51	00:40:25	00:54:22	<b>00:54:41</b>	<b>00:54:41</b>	+00:23:16 (42.5%)	5:28	11 (57.6%)
284	<b>PUŚCIAN Krzysztof Kamil</b>	<b>377</b>		M-4	65	00:00:35	00:13:36	00:26:55	00:40:41	00:54:20	<b>00:54:43</b>	<b>00:54:43</b>	+00:23:18 (42.6%)	5:28	11 (57.6%)
285	<b>NIEDBAŁA Konrad</b>	<b>469</b>		M-4	66	00:00:40	00:13:41	00:26:52	00:40:53	00:54:22	<b>00:54:45</b>	<b>00:54:45</b>	+00:23:20 (42.6%)	5:28	11 (57.6%)
286	<b>TOMCZYK Leszek</b>	<b>293</b>	JW 1223 3DPLOT	M-3	94	00:00:41	00:14:31	00:28:01	00:41:36	00:54:35	<b>00:54:54</b>	<b>00:54:54</b>	+00:23:29 (42.8%)	5:29	10.9 (57.1%)
287	<b>STUZIŃSKI Siergiej</b>	<b>472</b>		M-4	67	00:00:31	00:14:19	00:27:46	00:41:26	00:54:42	<b>00:55:02</b>	<b>00:55:02</b>	+00:23:37 (42.9%)	5:30	10.9 (57.1%)
288	<b>GŁOWACKI Włodzimierz</b>	<b>471</b>		M-7	1	00:00:24	00:12:44	00:26:26	00:40:47	00:54:41	<b>00:55:08</b>	<b>00:55:08</b>	+00:23:43 (43.0%)	5:30	10.9 (57.1%)

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					
289	<b>BĄK Zbigniew</b>	<b>7</b>	RANNERSWALDE	M-3	95	00:00:25	00:13:28	00:27:10	00:41:09	00:55:03	<b>00:55:24</b>	<b>00:55:24</b>	+00:23:59 (43.3%)	5:32	10.8 (56.5%)
290	<b>HIROWICZ Agnieszka</b>	<b>78</b>		K-3	25	00:00:28	00:13:18	00:26:58	00:41:20	00:55:20	<b>00:55:35</b>	<b>00:55:35</b>	+00:24:10 (43.5%)	5:33	10.8 (56.5%)
291	<b>PIENIAŻEK Magdalena</b>	<b>445</b>	PARKRUN SZCZECINEK	K-3	26	00:00:30	00:13:36	00:26:40	00:40:55	00:55:13	<b>00:55:40</b>	<b>00:55:40</b>	+00:24:15 (43.6%)	5:34	10.8 (56.5%)
291	<b>TYLUŚ Sylwia</b>	<b>299</b>	PARKRUN SZCZECINEK TEAM BIEGOWY SZCZECINEK	K-3	27	00:00:30	00:13:36	00:26:40	00:40:55	00:55:13	<b>00:55:40</b>	<b>00:55:40</b>	+00:24:15 (43.6%)	5:34	10.8 (56.5%)
293	<b>WEJNEROWSKA Klaudia</b>	<b>385</b>		K-2	11	00:00:39	00:14:14	00:28:01	00:41:57	00:55:22	<b>00:55:45</b>	<b>00:55:45</b>	+00:24:20 (43.6%)	5:34	10.8 (56.5%)
294	<b>GUDZIŃSKI Lech</b>	<b>71</b>		M-6	9	00:00:29	00:13:44	00:27:35	00:41:26	00:55:20	<b>00:55:46</b>	<b>00:55:46</b>	+00:24:21 (43.7%)	5:34	10.8 (56.5%)
294	<b>ODRZYWOŁEK Paweł</b>	<b>197</b>		M-3	96	00:00:39	00:14:14	00:28:01	00:41:57	00:55:22	<b>00:55:46</b>	<b>00:55:46</b>	+00:24:21 (43.7%)	5:34	10.8 (56.5%)
296	<b>RADLIŃSKA Alicja</b>	<b>231</b>	PUPIL KOSZALIN	K-4	11	00:00:31	00:13:57	00:27:42	00:41:39	00:55:28	<b>00:55:47</b>	<b>00:55:47</b>	+00:24:22 (43.7%)	5:34	10.8 (56.5%)
297	<b>RADECKI Przemysław</b>	<b>230</b>		M-3	97	00:00:42	00:13:52	00:27:34	00:41:33	00:55:48	<b>00:56:08</b>	<b>00:56:08</b>	+00:24:43 (44.0%)	5:36	10.7 (56.0%)
298	<b>ZIĘTARA Ryszard</b>	<b>333</b>		M-6	10	00:00:26	00:13:28	00:27:13	00:41:20	00:55:44	<b>00:56:10</b>	<b>00:56:10</b>	+00:24:45 (44.1%)	5:37	10.7 (56.0%)
299	<b>PAULIŃSKI Jan</b>	<b>492</b>		M-6	11	00:00:23	00:13:19	00:27:13	00:41:27	00:55:46	<b>00:56:11</b>	<b>00:56:11</b>	+00:24:46 (44.1%)	5:37	10.7 (56.0%)
300	<b>MAZUREK Barbara</b>	<b>177</b>	BABECZKI KOSZALIN	K-3	28	00:00:29	00:12:45	00:26:49	00:41:30	00:55:51	<b>00:56:12</b>	<b>00:56:12</b>	+00:24:47 (44.1%)	5:37	10.7 (56.0%)
301	<b>SOBOLEWSKI Marek</b>	<b>344</b>		M-4	68	00:00:19	00:12:59	00:27:10	00:41:27	00:55:59	<b>00:56:19</b>	<b>00:56:19</b>	+00:24:54 (44.2%)	5:37	10.7 (56.0%)
302	<b>GOŁDYN Marek</b>	<b>61</b>		M-3	98	00:00:26	00:12:27	00:26:10	00:41:20	00:55:59	<b>00:56:24</b>	<b>00:56:24</b>	+00:24:59 (44.3%)	5:38	10.6 (55.5%)
303	<b>NOWAK Wiesław</b>	<b>196</b>		M-6	12	00:00:36	00:13:53	00:27:47	00:42:16	00:56:04	<b>00:56:26</b>	<b>00:56:26</b>	+00:25:01 (44.3%)	5:38	10.6 (55.5%)
304	<b>HILLER Jerzy</b>	<b>77</b>	PERFECT RUNNER TEAM	M-6	13	00:00:35	00:14:10	00:28:13	00:42:19	00:56:12	<b>00:56:35</b>	<b>00:56:35</b>	+00:25:10 (44.5%)	5:39	10.6 (55.5%)
305	<b>MACIĄŻEK Jarosław</b>	<b>402</b>		M-3	99	00:00:36	00:13:01	00:26:50	00:41:19	00:56:12	<b>00:56:37</b>	<b>00:56:37</b>	+00:25:12 (44.5%)	5:39	10.6 (55.5%)
306	<b>IWANKIEWICZ Justyna</b>	<b>443</b>		K-3	29	00:00:31	00:13:08	00:27:24	00:42:17	00:56:14	<b>00:56:40</b>	<b>00:56:40</b>	+00:25:15 (44.6%)	5:40	10.6 (55.5%)
307	<b>OSENKOWSKA Wiktoria</b>	<b>202</b>	KATEDRA KOSZALIN	K-1	1	00:00:44	00:13:31	00:27:31	00:42:28	00:56:20	<b>00:56:41</b>	<b>00:56:41</b>	+00:25:16 (44.6%)	5:40	10.6 (55.5%)
308	<b>SWATOWSKI Andrzej</b>	<b>278</b>		M-6	14	00:00:41	00:14:17	00:27:56	00:42:18	00:56:26	<b>00:56:51</b>	<b>00:56:51</b>	+00:25:26 (44.7%)	5:41	10.6 (55.5%)
309	<b>NOREK Tomasz</b>	<b>193</b>		M-4	69	00:00:38	00:13:56	00:27:46	00:42:05	00:56:28	<b>00:56:53</b>	<b>00:56:53</b>	+00:25:28 (44.8%)	5:41	10.5 (55.0%)
310	<b>KUBIAK Maria</b>			K-6	1	00:00:34	00:13:54	00:27:47	00:42:15	00:56:48	<b>00:57:11</b>	<b>00:57:11</b>	+00:25:46 (45.1%)	5:43	10.5 (55.0%)
311	<b>SZYMAŃSKI Tomasz</b>	<b>473</b>	TEAM BIEGOWY SZCZECINEK	M-4	70	00:00:37	00:14:17	00:28:26	00:42:54	00:56:50	<b>00:57:13</b>	<b>00:57:13</b>	+00:25:48 (45.1%)	5:43	10.5 (55.0%)
312	<b>RASZPLA Radosław</b>	<b>235</b>		M-4	71	00:00:29	00:12:25	00:26:49	00:41:29	00:56:50	<b>00:57:19</b>	<b>00:57:19</b>	+00:25:54 (45.2%)	5:43	10.5 (55.0%)
313	<b>BUREK Szymon</b>	<b>21</b>	SQUASH FORMA KOSZALIN	M-3	100	00:00:46	00:14:20	00:28:33	00:42:45	00:56:58	<b>00:57:21</b>	<b>00:57:21</b>	+00:25:56 (45.2%)	5:44	10.5 (55.0%)

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
314	<b>KOSIŃSKI Krzysztof</b>	<b>438</b>		M-5	23	00:00:32	00:13:36	00:27:39	00:42:11	00:57:03	<b>00:57:27</b>	<b>00:57:27</b>	+00:26:02 (45.3%)	5:44	10.4 (54.5%)
314	<b>GRUDZIŃSKI Marcin</b>	<b>69</b>		M-3	101	00:00:39	00:14:16	00:28:10	00:42:41	00:57:06	<b>00:57:27</b>	<b>00:57:27</b>	+00:26:02 (45.3%)	5:44	10.4 (54.5%)
316	<b>SOJKA Agnieszka</b>	<b>263</b>		K-3	30	00:00:42	00:14:55	00:29:08	00:43:18	00:57:07	<b>00:57:28</b>	<b>00:57:28</b>	+00:26:03 (45.3%)	5:44	10.4 (54.5%)
317	<b>ZIEJEWSKI Krzysztof</b>	<b>487</b>	MONOLITH LIFE TEAM	M-3	102	00:00:39	00:14:22	00:28:42	00:42:54	00:57:03	<b>00:57:29</b>	<b>00:57:29</b>	+00:26:04 (45.3%)	5:44	10.4 (54.5%)
318	<b>ZIELIŃSKA Dominika</b>	<b>400</b>	RAZ SZCZECIN	K-3	31	00:00:29	00:13:29	00:27:50	00:42:35	00:57:36	<b>00:57:56</b>	<b>00:57:56</b>	+00:26:31 (45.8%)	5:47	10.4 (54.5%)
319	<b>ŁAWRYNOWICZ Wiktor</b>	<b>404</b>		M-5	24	00:00:20	00:12:49	00:27:15	00:42:10	00:57:33	<b>00:58:00</b>	<b>00:58:00</b>	+00:26:35 (45.8%)	5:48	10.3 (53.9%)
320	<b>ZARBOCK Krzysztof</b>	<b>433</b>		M-5	25	00:00:33	00:14:01	00:27:48	00:42:25	00:57:35	<b>00:58:01</b>	<b>00:58:01</b>	+00:26:36 (45.8%)	5:48	10.3 (53.9%)
321	<b>BASŁYK Agnieszka</b>	<b>489</b>		K-3	32	00:00:35	00:13:59	00:28:15	00:43:19	00:57:45	<b>00:58:10</b>	<b>00:58:10</b>	+00:26:45 (46.0%)	5:49	10.3 (53.9%)
322	<b>SKIERŚ Stanisław</b>	<b>262</b>		M-6	15	00:00:37	00:14:17	00:28:32	00:42:57	00:57:52	<b>00:58:20</b>	<b>00:58:20</b>	+00:26:55 (46.1%)	5:50	10.3 (53.9%)
323	<b>PŁOŃSKA Ewelina</b>	<b>464</b>	JW 1223	K-3	33	00:00:36	00:13:27	00:27:37	00:42:51	00:58:02	<b>00:58:25</b>	<b>00:58:25</b>	+00:27:00 (46.2%)	5:50	10.3 (53.9%)
324	<b>CZYŻEWSKA Beata</b>	<b>33</b>	KOŁOBRZEG BIEGA	K-4	12	00:00:27	00:14:08	00:28:31	00:43:18	00:58:00	<b>00:58:26</b>	<b>00:58:26</b>	+00:27:01 (46.2%)	5:50	10.3 (53.9%)
325	<b>PILARSKA Joanna</b>	<b>217</b>		K-3	34	00:00:41	00:14:31	00:28:39	00:43:36	00:58:27	<b>00:58:46</b>	<b>00:58:46</b>	+00:27:21 (46.5%)	5:52	10.2 (53.4%)
326	<b>SZCZEBLEWSKI Grzegorz</b>	<b>410</b>		M-4	72	00:00:33	00:14:41	00:29:04	00:44:05	00:58:21	<b>00:58:48</b>	<b>00:58:48</b>	+00:27:23 (46.6%)	5:52	10.2 (53.4%)
326	<b>KOZŁOWSKA-NAJDER Magda</b>	<b>409</b>		K-4	13	00:00:34	00:14:41	00:29:05	00:44:05	00:58:21	<b>00:58:48</b>	<b>00:58:48</b>	+00:27:23 (46.6%)	5:52	10.2 (53.4%)
328	<b>VON BARDELEBEN Agnieszka</b>	<b>395</b>	BABECZKI KOSZALIN	K-4	14	00:00:33	00:14:49	00:29:39	00:44:14	00:58:19	<b>00:58:51</b>	<b>00:58:51</b>	+00:27:26 (46.6%)	5:53	10.2 (53.4%)
328	<b>MIELCZAREK Julia</b>	<b>397</b>		K-1	2	00:00:44	00:15:00	00:29:25	00:44:00	00:58:27	<b>00:58:51</b>	<b>00:58:51</b>	+00:27:26 (46.6%)	5:53	10.2 (53.4%)
330	<b>MOŻEJKO Anna</b>	<b>183</b>		K-3	35	00:00:33	00:14:49	00:29:40	00:44:14	00:58:18	<b>00:58:52</b>	<b>00:58:52</b>	+00:27:27 (46.6%)	5:53	10.2 (53.4%)
331	<b>JANACZYK Marcin</b>	<b>485</b>	JW 1223	M-3	103	00:00:43	00:13:34	00:27:44	00:43:08	00:58:32	<b>00:58:54</b>	<b>00:58:54</b>	+00:27:29 (46.7%)	5:53	10.2 (53.4%)
332	<b>PIOR Tomasz</b>	<b>218</b>		M-3	104	00:00:27	00:13:11	00:27:39	00:42:47	00:58:29	<b>00:58:55</b>	<b>00:58:55</b>	+00:27:30 (46.7%)	5:53	10.2 (53.4%)
333	<b>ŁADA Paweł</b>	<b>161</b>		M-3	105	00:00:42	00:14:33	00:29:12	00:44:05	00:58:35	<b>00:58:57</b>	<b>00:58:57</b>	+00:27:32 (46.7%)	5:53	10.2 (53.4%)
334	<b>TYLUŚ Damian</b>	<b>298</b>	PARKRUN SZCZECINEK	M-4	73	00:00:30	00:14:20	00:29:01	00:43:54	00:58:34	<b>00:58:59</b>	<b>00:58:59</b>	+00:27:34 (46.7%)	5:53	10.2 (53.4%)
335	<b>WÓJCIK Sebastian</b>	<b>325</b>	ŻYTANIA TEAM	M-3	106	00:00:42	00:14:34	00:29:13	00:44:05	00:58:36	<b>00:59:02</b>	<b>00:59:02</b>	+00:27:37 (46.8%)	5:54	10.2 (53.4%)
335	<b>WÓJCIK Anna</b>	<b>323</b>	ŻYTANIA TEAM	K-3	36	00:00:42	00:14:34	00:29:13	00:44:07	00:58:36	<b>00:59:02</b>	<b>00:59:02</b>	+00:27:37 (46.8%)	5:54	10.2 (53.4%)
337	<b>BOCZEK Bartłomiej</b>	<b>10</b>		M-1	9	00:00:41	00:14:30	00:29:15	00:44:10	00:58:43	<b>00:59:08</b>	<b>00:59:08</b>	+00:27:43 (46.9%)	5:54	10.1 (52.9%)
338	<b>WYGODA Grzegorz</b>	<b>327</b>		M-3	107	00:00:40	00:13:53	00:28:14	00:43:22	00:58:44	<b>00:59:10</b>	<b>00:59:10</b>	+00:27:45 (46.9%)	5:55	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
339	<b>WOJCIECHOWSKA Katarzyna</b>	<b>477</b>		K-2	12	00:00:34	00:14:35	00:28:43	00:43:29	00:58:51	<b>00:59:11</b>	<b>00:59:11</b>	+00:27:46 (46.9%)	5:55	10.1 (52.9%)
340	<b>KOLASA Tomasz</b>	<b>114</b>		M-4	74	00:00:40	00:14:39	00:29:15	00:44:10	00:58:54	<b>00:59:14</b>	<b>00:59:14</b>	+00:27:49 (47.0%)	5:55	10.1 (52.9%)
341	<b>RÓJ Barbara</b>	<b>389</b>		K-4	15	00:00:22	00:14:12	00:29:42	00:44:55	00:59:06	<b>00:59:33</b>	<b>00:59:33</b>	+00:28:08 (47.2%)	5:57	10.1 (52.9%)
342	<b>GRABOWSKA Marta</b>	<b>67</b>		K-2	13	00:00:38	00:15:18	00:30:03	00:44:50	00:59:13	<b>00:59:34</b>	<b>00:59:34</b>	+00:28:09 (47.3%)	5:57	10.1 (52.9%)
343	<b>KRYSIAK Andrzej</b>	<b>138</b>		M-4	75	00:00:35	00:13:46	00:27:57	00:43:35	00:59:22	<b>00:59:53</b>	<b>00:59:53</b>	+00:28:28 (47.5%)	5:59	10 (52.4%)
344	<b>GŁUSZCZ Beata</b>	<b>345</b>		K-2	14	00:00:33	00:14:50	00:29:28	00:44:44	00:59:46	<b>01:00:07</b>	<b>01:00:07</b>	+00:28:42 (47.7%)	6:00	10 (52.4%)
345	<b>KIRKO Marzena</b>	<b>108</b>		K-3	37	00:00:33	00:14:51	00:29:30	00:44:45	00:59:53	<b>01:00:15</b>	<b>01:00:15</b>	+00:28:50 (47.9%)	6:01	10 (52.4%)
346	<b>WIKTOROWICZ Małgorzata</b>	<b>315</b>		K-4	16	00:00:38	00:15:14	00:30:07	00:44:56	00:59:53	<b>01:00:17</b>	<b>01:00:17</b>	+00:28:52 (47.9%)	6:01	10 (52.4%)
347	<b>KORPAL Cezary</b>	<b>124</b>		M-5	26	00:00:42	00:16:13	00:30:45	00:45:13	01:00:07	<b>01:00:35</b>	<b>01:00:35</b>	+00:29:10 (48.1%)	6:03	9.9 (51.8%)
348	<b>GRABOWSKA Elżbieta</b>	<b>66</b>		K-5	3	00:00:37	00:15:10	00:29:55	00:45:03	01:00:10	<b>01:00:38</b>	<b>01:00:38</b>	+00:29:13 (48.2%)	6:03	9.9 (51.8%)
349	<b>ZAWADA Andrzej</b>	<b>420</b>		M-4	76	00:00:36	00:12:52	00:26:38	00:42:13	01:00:05	<b>01:00:39</b>	<b>01:00:39</b>	+00:29:14 (48.2%)	6:03	9.9 (51.8%)
350	<b>STOLARCZYK Łukasz</b>	<b>359</b>		M-2	43	00:00:35	00:13:29	00:28:20	00:44:03	01:00:29	<b>01:00:52</b>	<b>01:00:52</b>	+00:29:27 (48.4%)	6:05	9.9 (51.8%)
351	<b>POWARZYŃSKI Damian</b>	<b>457</b>		M-2	44	00:00:42	00:15:15	00:30:04	00:45:46	01:00:35	<b>01:00:58</b>	<b>01:00:58</b>	+00:29:33 (48.5%)	6:05	9.8 (51.3%)
352	<b>STEC Edyta</b>	<b>267</b>	BABECZKI KOSZALIN	K-3	38	00:00:32	00:14:49	00:29:40	00:45:09	01:00:35	<b>01:01:03</b>	<b>01:01:03</b>	+00:29:38 (48.5%)	6:06	9.8 (51.3%)
353	<b>POTECKA Agnieszka</b>	<b>224</b>		K-4	17	00:00:22	00:14:12	00:29:42	00:45:03	01:00:43	<b>01:01:11</b>	<b>01:01:11</b>	+00:29:46 (48.7%)	6:07	9.8 (51.3%)
354	<b>DONDAJEWSKA Marzena</b>	<b>40</b>		K-3	39	00:00:39	00:14:18	00:29:17	00:44:54	01:00:51	<b>01:01:18</b>	<b>01:01:18</b>	+00:29:53 (48.7%)	6:07	9.8 (51.3%)
355	<b>SZYLKA Justyna</b>	<b>285</b>		M-1	10	00:00:37	00:14:17	00:29:24	00:45:04	01:00:57	<b>01:01:20</b>	<b>01:01:20</b>	+00:29:55 (48.8%)	6:08	9.8 (51.3%)
356	<b>DĄBROWSKI Michał</b>	<b>37</b>	RUN FOREST RUN	M-3	108	00:00:44	00:15:56	00:31:09	00:46:14	01:01:05	<b>01:01:26</b>	<b>01:01:26</b>	+00:30:01 (48.9%)	6:08	9.8 (51.3%)
356	<b>DĄBROWSKA Agnieszka</b>	<b>422</b>	RUN FOREST RUN	K-3	40	00:00:43	00:15:57	00:31:10	00:46:15	01:01:05	<b>01:01:26</b>	<b>01:01:26</b>	+00:30:01 (48.9%)	6:08	9.8 (51.3%)
358	<b>KOSTRZEWA Łukasz</b>	<b>424</b>	RUN FOREST RUN	M-3	109	00:00:44	00:15:57	00:31:09	00:46:16	01:01:07	<b>01:01:32</b>	<b>01:01:32</b>	+00:30:07 (48.9%)	6:09	9.8 (51.3%)
359	<b>KOMOROWSKA Beata</b>	<b>118</b>		K-3	41	00:00:38	00:14:10	00:29:27	00:45:08	01:01:25	<b>01:01:50</b>	<b>01:01:50</b>	+00:30:25 (49.2%)	6:11	9.7 (50.8%)
360	<b>SCHMIDT Dariusz</b>	<b>441</b>		M-5	27	00:00:39	00:14:19	00:29:11	00:45:28	01:01:52	<b>01:02:17</b>	<b>01:02:17</b>	+00:30:52 (49.6%)	6:13	9.6 (50.3%)
361	<b>KUC Sylwia</b>	<b>144</b>		K-3	42	00:00:42	00:15:14	00:30:07	00:46:02	01:01:52	<b>01:02:20</b>	<b>01:02:20</b>	+00:30:55 (49.6%)	6:14	9.6 (50.3%)
362	<b>MALINOWSKA Agnieszka</b>	<b>444</b>		K-3	43	00:00:38	00:15:13	00:30:08	00:46:02	01:01:52	<b>01:02:21</b>	<b>01:02:21</b>	+00:30:56 (49.6%)	6:14	9.6 (50.3%)
363	<b>TREJDER Maria Magdalena</b>	<b>294</b>		K-4	18	00:00:39	00:15:19	00:30:54	00:46:41	01:02:07	<b>01:02:30</b>	<b>01:02:30</b>	+00:31:05 (49.7%)	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
364	<b>HELLER Zdzisław</b>	<b>74</b>		M-5	28	00:00:31	00:14:55	00:30:24	00:46:23	01:02:07	<b>01:02:31</b>	<b>01:02:31</b>	+00:31:06 (49.7%)	6:15	9.6 (50.3%)
365	<b>KOŚCIELNIAK Kinga</b>	<b>125</b>		K-2	15	00:00:38	00:15:14	00:31:08	00:47:07	01:02:16	<b>01:02:33</b>	<b>01:02:33</b>	+00:31:08 (49.8%)	6:15	9.6 (50.3%)
366	<b>KREIS-GROCHOWSKA Dominika</b>	<b>132</b>		K-3	44	00:00:45	00:15:37	00:31:03	00:46:55	01:03:07	<b>01:03:33</b>	<b>01:03:33</b>	+00:32:08 (50.6%)	6:21	9.4 (49.2%)
366	<b>GROCHOWSKI Rafał</b>	<b>68</b>		M-4	77	00:00:45	00:15:37	00:31:03	00:46:55	01:03:07	<b>01:03:33</b>	<b>01:03:33</b>	+00:32:08 (50.6%)	6:21	9.4 (49.2%)
368	<b>GAJLEWICZ Karolina</b>	<b>55</b>		K-3	45	00:00:32	00:15:51	00:32:38	00:48:15	01:03:46	<b>01:04:14</b>	<b>01:04:14</b>	+00:32:49 (51.1%)	6:25	9.3 (48.7%)
369	<b>WOCHNA Filip</b>	<b>486</b>		M-1	11	00:00:29	00:14:46	00:32:22	00:48:16	01:04:39	<b>01:04:57</b>	<b>01:04:57</b>	+00:33:32 (51.6%)	6:29	9.2 (48.2%)
370	<b>ZDANOWICZ Magda</b>	<b>330</b>		K-1	3	00:00:43	00:15:42	00:31:53	00:48:29	01:05:09	<b>01:05:39</b>	<b>01:05:39</b>	+00:34:14 (52.1%)	6:33	9.1 (47.6%)
371	<b>RZEDZICKI Rafał</b>	<b>392</b>		M-4	78	00:00:42	00:16:16	00:32:37	00:49:35	01:05:47	<b>01:06:10</b>	<b>01:06:10</b>	+00:34:45 (52.5%)	6:37	9.1 (47.6%)
372	<b>GÓRNA Anna</b>	<b>63</b>	FORMA ROSNOWO	K-3	46	00:00:39	00:16:07	00:32:19	00:49:00	01:05:50	<b>01:06:16</b>	<b>01:06:16</b>	+00:34:51 (52.6%)	6:37	9.1 (47.6%)
373	<b>KOWALSKA Magdalena</b>	<b>382</b>	KOSZALIN	K-2	16	00:00:37	00:16:15	00:32:38	00:49:34	01:06:01	<b>01:06:17</b>	<b>01:06:17</b>	+00:34:52 (52.6%)	6:37	9.1 (47.6%)
373	<b>HAŁA Anna</b>	<b>383</b>		K-2	17	00:00:36	00:16:15	00:32:38	00:49:35	01:06:01	<b>01:06:17</b>	<b>01:06:17</b>	+00:34:52 (52.6%)	6:37	9.1 (47.6%)
375	<b>GŁOWIŃSKI Krzysztof</b>	<b>450</b>		M-4	79	00:00:42	00:15:39	00:31:36	00:48:12	01:05:58	<b>01:06:31</b>	<b>01:06:31</b>	+00:35:06 (52.8%)	6:39	9 (47.1%)
376	<b>WOLF Beata</b>	<b>484</b>		K-3	47	00:00:40	00:16:51	00:33:20	00:50:38	01:07:32	<b>01:08:01</b>	<b>01:08:01</b>	+00:36:36 (53.8%)	6:48	8.8 (46.1%)
377	<b>ŻELECHOWSKA Magdalena</b>	<b>339</b>	BABECZKI KOSZALIN	K-3	48	00:00:40	00:16:51	00:33:20	00:50:38	01:07:32	<b>01:08:02</b>	<b>01:08:02</b>	+00:36:37 (53.8%)	6:48	8.8 (46.1%)
378	<b>BŁACHNIO Marian</b>	<b>425</b>		M-6	16	00:00:39	00:16:48	00:33:43	00:50:53	01:07:37	<b>01:08:08</b>	<b>01:08:08</b>	+00:36:43 (53.9%)	6:48	8.8 (46.1%)
379	<b>MALĄG BAIK Anna</b>	<b>167</b>		K-2	18	00:00:34	00:15:54	00:32:51	00:50:20	01:08:21	<b>01:08:52</b>	<b>01:08:52</b>	+00:37:27 (54.4%)	6:53	8.7 (45.5%)
380	<b>WALO Zbigniew</b>	<b>302</b>		M-5	29	00:00:43	00:16:15	00:33:15	00:50:59	01:09:26	<b>01:09:59</b>	<b>01:09:59</b>	+00:38:34 (55.1%)	6:59	8.6 (45.0%)
381	<b>PEŁKA Iwona</b>	<b>209</b>		K-4	19	00:00:41	00:17:43	00:34:52	00:52:21	01:10:11	<b>01:10:34</b>	<b>01:10:34</b>	+00:39:09 (55.5%)	7:03	8.5 (44.5%)
382	<b>BARTNIK Marian</b>	<b>6</b>	TKKF KOSZALIN	M-7	2	00:00:23	00:18:32	00:38:22	00:59:01	01:20:17	<b>01:20:51</b>	<b>01:20:51</b>	+00:49:26 (61.1%)	8:05	7.4 (38.7%)
383	<b>MRUGALSKI Stanisław</b>	<b>187</b>		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	<b>PIEKARSKI Rafał</b>	<b>417</b>	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	<b>TARNIONEK Katarzyna</b>	<b>290</b>		K-3	49	00:00:22	00:11:56	00:24:29					+00:09:06	4:53	12.3 (64.4%)
386	<b>WASILEWSKI Jarosław</b>	<b>305</b>		M-3	110	00:00:43	00:13:31	00:26:41					+00:11:18	5:20	11.2 (58.6%)
387	<b>WOCHNA Karolina</b>	<b>483</b>		K-1	4	00:00:29	00:21:11						+00:13:34	8:20	7.2 (37.7%)



Znaleziono 387 wynik(ów)