



XIII MIĘDZYNARODOWY BIEG WENEDÓW - 10KM

B4SPORT

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



Klasyfikacja: Wszyscy

Punkt pomiarowy: 7,5 km

Msc	Zawodnik	Numer	Klub	Kategoria	0.07km	2.535km	5km	7.465km
1	DIDOWODIUK Dmiro	365	UKRAINA	M-2	00:00:14	00:07:37	00:15:23	00:23:19
2	CICHOCKI Jarosław	363	KB 10 BIALOGARD	M-4	00:00:15	00:08:08	00:16:10	00:24:16
3	GONCHAR Oleksii	412		M-3	00:00:14	00:07:56	00:16:04	00:24:16
4	DZIUBA Piotr	46	MARATOŃCZYK OKONEK	M-3	00:00:15	00:08:12	00:16:24	00:24:33
5	LABZIUK Aleksander	366	ACHILLES LESZNO	M-3	00:00:14	00:08:13	00:16:24	00:24:33
6	MARYNICZ Witalii	467	UKRAINA	M-2	00:00:13	00:08:12	00:16:23	00:24:42
7	BORYCHOWSKI Mariusz	378	TUPOT USTKA	M-4	00:00:16	00:08:12	00:16:25	00:24:47
8	WITKOWSKI Mateusz	1	KU AZS PWSZ KOSZALIN TTKF KOSZALIN	M-2	00:00:15	00:08:13	00:16:32	00:25:04
9	RYBARCZYK Jan	250		M-4	00:00:16	00:08:23	00:16:49	00:25:21
9	BORZĘCKI Norbert	15		M-3	00:00:15	00:08:17	00:16:49	00:25:21
11	WOJCIECHOWSKI Jarosław	321	IKS BRAK FORMY	M-3	00:00:15	00:08:51	00:17:31	00:26:09
12	SZYMAŃSKI Sylwester	287	ULKS BARWICETEAM BIEGOWY SZCZECINEK	M-4	00:00:15	00:08:49	00:17:31	00:26:09
13	KAMIŃSKI Daniel	364		M-3	00:00:16	00:08:51	00:17:37	00:26:38
14	BERG Thoralf	349	SCHWEDTER HASEN	M-4	00:00:15	00:08:53	00:17:54	00:26:59
15	WESOŁOWSKI Damian	310	AZS UAM POZNAŃ	M-2	00:00:15	00:08:53	00:17:55	00:27:09
16	GOLECKI Mirosław	348	FORMA ROSNOWO CSSPTKKF KOSZALIN	M-3	00:00:19	00:09:38	00:18:59	00:28:11
17	PIEKARSKI Rafał	417	OPOCZNO SPORT TEAM	M-1	00:00:17	00:09:19	00:18:50	00:28:24
18	SZYMAJDA Grzegorz	286	4RUN TTKF KOSZALIN	M-3	00:00:15	00:09:07	00:18:41	00:28:24
19	KĘDZIERSKI Andrzej	104		M-3	00:00:15	00:09:11	00:18:42	00:28:25
20	ANTOSIK Grzegorz	405		M-3	00:00:18	00:09:25	00:18:56	00:28:31
21	KALETA Sebastian	95		M-3	00:00:18	00:09:39	00:19:01	00:28:36
22	RYBACZEK Sebastian	249	FORMA ROSNOWO JW 1223 - 3DPLOT	M-3	00:00:19	00:09:38	00:19:01	00:28:38
23	BURMEISTER Burkhardt	351	SCHWEDTER HASEN	M-5	00:00:17	00:09:22	00:19:00	00:28:52
24	JAROSZ Wiesław	415	JW. 1223 BLOG	M-4	00:00:17	00:09:24	00:18:59	00:28:55

Msc	Zawodnik	Numer	Klub	Kategoria	0.07km	2.535km	5km	7.465km
25	KRYCZKA Stanisław	458	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-4	00:00:19	00:09:33	00:19:09	00:29:00
26	MAGALSKI Tomasz	436		M-2	00:00:24	00:09:47	00:19:29	00:29:15
27	OLIJNIK Swietlana	372	UKRAINA	K-3	00:00:17	00:09:43	00:19:22	00:29:15
28	HESSEL Lars	352	SV TURBINE NEUBRANDENBURG E.V.	M-4	00:00:18	00:09:38	00:19:20	00:29:16
29	LECHONKOVA Natalia	370	ACHILLES LESZNO	K-3	00:00:18	00:09:44	00:19:22	00:29:16
30	HURYŃ Ewa	80		K-4	00:00:18	00:09:44	00:19:27	00:29:19
31	RYŚKIEWICZ Rafał	251	TNT	M-3	00:00:17	00:09:36	00:19:18	00:29:22
32	GOLIŃSKI Łukasz	60	K.B. SPRINT ŚWIDWIN	M-3	00:00:20	00:09:48	00:19:36	00:29:28
33	POLAK Szymon	222	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-4	00:00:23	00:09:43	00:19:29	00:29:29
34	KUNCEWICZ Robert	147		M-3	00:00:19	00:09:49	00:19:35	00:29:36
35	MICHALSKI Artur	180	BBL GDYNIA KPW GDYNIA	M-3	00:00:19	00:09:36	00:19:31	00:29:37
36	GÓRA Sylwester	453	PHILIPS-PIŁA	M-4	00:00:16	00:09:54	00:19:48	00:29:45
37	RADLIŃSKI Leopold	233	PUPIL KOSZALIN	M-4	00:00:19	00:09:59	00:19:53	00:29:49
38	GĄSECKI Tomasz	58		M-4	00:00:25	00:10:00	00:19:48	00:29:50
39	KASZTELAN Urszula	101	TKKF TRIATHLON KOSZALIN	K-2	00:00:19	00:09:44	00:19:35	00:29:51
39	ZELEK Jan	331	4RUN TTKF KOSZALIN	M-5	00:00:17	00:09:58	00:19:55	00:30:03
41	POWARZYŃSKI Krzysztof	456		M-4	00:00:19	00:09:56	00:19:55	00:30:07
42	RUDNIKOWSKI Maciej	244		M-4	00:00:21	00:09:44	00:19:43	00:30:08
43	WIELEBA Marlena	379	TUPOT USTKA	K-2	00:00:18	00:09:45	00:19:45	00:30:13
44	STAWARZ Monika	265	UKS EKOLUDEK SZCZENURZE	K-2	00:00:19	00:09:59	00:20:03	00:30:18
45	WIDONIAK Rafał	312		M-4	00:00:20	00:10:10	00:20:13	00:30:21
46	BEMOWICZ Tomasz	414		M-4	00:00:22	00:10:09	00:20:07	00:30:21
47	RETKA Bartosz	237	FORMA ROSNOWO	M-2	00:00:18	00:10:11	00:20:13	00:30:23
48	SKIERKA Grzegorz	261	MKS ŚWIĘC SŁAWNO	M-3	00:00:17	00:09:53	00:20:03	00:30:25
49	GAJLEWICZ Dominik	439		M-2	00:00:21	00:09:48	00:20:04	00:30:30
50	WITKIEWICZ Magda	319	KB DZIESIĄTKA BIAŁOGARD	K-3	00:00:19	00:10:09	00:20:20	00:30:49
51	WIŚNIK Marcin	318	AMADEUS CROSSGYM	M-3	00:00:19	00:10:21	00:20:40	00:30:50
52	CHMIELEWSKI Bartosz	26	AMADEUS CROSSTRaining GYM	M-2	00:00:18	00:10:20	00:20:40	00:30:55
53	BYKOWSKI Robert	442	FORMA ROSNOWO CSSP	M-4	00:00:20	00:10:07	00:20:23	00:30:58
54	KASZTELAN Władysław	102	TKKF TRIATHLON KOSZALIN	M-3	00:00:22	00:10:17	00:20:35	00:31:02
55	KOŚCIELNIAK Robert	126		M-5	00:00:16	00:09:54	00:20:19	00:31:02
56	STĘPNIAK Tomasz	269	I LO KOSZALIN	M-3	00:00:22	00:10:10	00:20:29	00:31:03
57	BUJKO Andrzej	368	CSSP KOSZALIN	M-2	00:00:27	00:10:35	00:20:47	00:31:07
58	ROGALSKI Marcin	238	VOCALIS SZCZECIN	M-5	00:00:21	00:10:28	00:20:40	00:31:07
59	STĘŻAŁA Artur	270	JW 1223 2DPLOT	M-4	00:00:23	00:10:12	00:20:35	00:31:08
60	BOLECHOWSKI Cezary	13		M-1	00:00:21	00:10:10	00:20:31	00:31:10
61	MROCZKOWSKI Marek	185	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	M-3	00:00:41	00:10:53	00:21:04	00:31:22
62	HARASYM Zbigniew	73		M-3	00:00:21	00:10:08	00:20:31	00:31:26
63	SAWICZ Michał	253	FINISZ MORĄG BIEGACZ Z PÓŁNOCY	M-2	00:00:25	00:10:31	00:21:03	00:31:27
64	KOTARA-PAŁKA Małgorzata	127		K-3	00:00:24	00:10:30	00:21:00	00:31:36
65	GÓRNY Norbert	64	FORMA ROSNOWO	M-4	00:00:34	00:10:22	00:20:36	00:31:37
66	CZYŻEWSKI Janusz	34	KOŁOBRZEG BIEGA	M-5	00:00:21	00:10:31	00:21:04	00:31:44
67	SKARA Steffi	353	SCHWEDTER HASEN	K-3	00:00:20	00:10:21	00:20:50	00:31:44
68	ŁUKAWSKI Mariusz	428	JW 1223 3DPLOT	M-2	00:00:30	00:10:37	00:21:05	00:31:47
69	MATYJASEK Zbigniew	176		M-4	00:00:18	00:09:51	00:20:42	00:31:55
70	NOGA Sebastian	192	4RUN TTKF KOSZALIN	M-2	00:00:22	00:10:33	00:21:21	00:32:01

Msc	Zawodnik	Numer	Klub	Kategoria	0.07km	2.535km	5km	7.465km
71	PANCEWICZ Piotr	440	RANNERSWALDE	M-3	00:00:19	00:10:32	00:21:13	00:32:10
72	TROŚNIAK Piotr	432	KB 10 BIAŁOGARD	M-4	00:00:25	00:10:58	00:21:35	00:32:16
73	DZIUBA Leszek	45	KB DZIESIĄTKA BIAŁOGARD	M-6	00:00:20	00:10:52	00:21:36	00:32:22
74	WEIDEMANN Phillip	416		M-1	00:00:23	00:10:58	00:21:28	00:32:22
75	MARCINIAK Maciej	171		M-3	00:00:26	00:10:35	00:21:22	00:32:25
76	RAJNER Krzysztof	346		M-3	00:00:33	00:10:56	00:21:30	00:32:26
77	PAWŁOWSKI Łukasz	490		M-3	00:00:35	00:11:03	00:21:45	00:32:34
78	WALTER Przemysław	304	KB DZIESIĄTKA BIAŁOGARD	M-4	00:00:25	00:10:56	00:21:37	00:32:35
79	NACHYŁA Paweł		DZIKI KOSZALIN	M-2	00:00:25	00:10:45	00:21:29	00:32:36
80	RACZYŃSKI Grzegorz	228	GIMNAZJUM SPORTOWE NR 1	M-1	00:00:17	00:10:29	00:21:22	00:32:38
81	MALINOWSKI Mariusz	170		M-3	00:00:24	00:10:57	00:21:47	00:32:39
82	TOMALIK Karol	291		M-3	00:00:21	00:10:31	00:21:30	00:32:44
83	PAKULSKI Marcin	205		M-4	00:00:41	00:11:17	00:22:00	00:32:45
84	SIKORSKI Adam	360	SIKORROWO	M-3	00:00:25	00:10:42	00:21:38	00:32:45
85	ROKOSZ Radosław	241	JW 1223	M-2	00:00:34	00:10:53	00:21:35	00:32:48
86	WALCZAK Marcin	301		M-3	00:00:23	00:10:53	00:21:50	00:32:49
87	NAWODZIŃSKI Grzegorz	454		M-3	00:00:18	00:10:42	00:21:45	00:33:00
88	STRAPOĆ Tobiasz	461		M-2	00:00:25	00:10:06	00:21:25	00:33:00
89	RYTTEL Marcin	488		M-3	00:00:22	00:10:45	00:21:48	00:33:01
90	SPALIK Michał	434		M-1	00:00:23	00:10:55	00:21:50	00:33:02
91	OGRODNIK Grzegorz	199	JW 1223 1DPLOT	M-4	00:00:18	00:10:58	00:22:06	00:33:04
92	BARANOWSKI Piotr	393		M-3	00:00:24	00:11:20	00:22:10	00:33:05
93	SINKIEWICZ Mirosław	390	JW 1223 3DPLOT	M-2	00:00:30	00:10:49	00:21:42	00:33:06
94	STEFAŃSKI Krzysztof	367	CSSP KOSZALIN	M-2	00:00:28	00:11:12	00:22:04	00:33:12
95	JODDA Sławomir	407	ZAMOŚCIE PIŁA	M-3	00:00:23	00:10:23	00:21:16	00:33:16
96	JAMROZIAK Grzegorz	84		M-3	00:00:24	00:10:52	00:22:01	00:33:18
97	KUKIEŁA Tomasz	146		M-3	00:00:32	00:11:33	00:22:33	00:33:21
98	JAROSZEWSKI Daniel	396		M-3	00:00:17	00:10:39	00:21:44	00:33:23
99	ZIELIŃSKI Mateusz	332	SŁONECZNY PATROL KOSZALIN	M-2	00:00:40	00:11:49	00:22:39	00:33:24
100	JASICZEK Dariusz	87	CSSP KOSZALIN	M-3	00:00:40	00:11:06	00:21:57	00:33:24
101	GACA Radosław	53		M-2	00:00:44	00:11:03	00:22:10	00:33:24
102	BOGDANOWICZ Krzysztof	12	4RUN TKKF KOSZALIN	M-5	00:00:17	00:10:42	00:21:52	00:33:25
103	KORCZYŃSKI Sławomir	122		M-2	00:00:26	00:10:32	00:21:43	00:33:26
103	WEBER Paweł	306	AMADEUS CROSSTRaining GYM	M-3	00:00:19	00:10:39	00:21:50	00:33:27
105	KACHLICKI Kamil	92		M-3	00:00:21	00:10:58	00:22:11	00:33:27
106	WICENS Jacek	311	JACEK - BIEGAM BO LUBIĘ	M-2	00:00:27	00:11:25	00:22:26	00:33:37
107	LEWITA Szymon	158		M-2	00:00:26	00:11:00	00:22:03	00:33:38
108	RASIAK Adam	403	JW 1223 1DPLOT	M-2	00:00:29	00:11:17	00:22:26	00:33:49
109	GAWRON Piotr	56	KB GOCH BYTÓW	M-4	00:00:31	00:11:42	00:22:55	00:33:50
110	ŻMIJOWSKI Piotr	340		M-3	00:00:25	00:11:28	00:22:38	00:33:51
111	KOISZEWSKI Krzysztof	112		M-4	00:00:20	00:11:00	00:22:27	00:33:56
112	SPALIK Mariusz	435		M-4	00:00:20	00:10:51	00:22:12	00:33:57
113	KOBUS Maciej	111		M-2	00:00:29	00:11:28	00:22:45	00:33:58
114	ZIOMKO Rafał	336	KOŁOBRZEG	M-4	00:00:28	00:11:34	00:22:40	00:33:58
115	SKAZA Dawid	260		M-3	00:00:28	00:11:35	00:22:40	00:33:58
116	OLEKSY Piotr	201		M-3	00:00:37	00:11:22	00:22:24	00:34:02

Msc	Zawodnik	Numer	Klub	Kategoria	0.07km	2.535km	5km	7.465km
117	JAMNIAK Bartosz	437		M-2	00:00:22	00:10:49	00:22:19	00:34:04
118	KRZANOWSKI Marcin	140	KB DZIESIĄTKA BIAŁOGARD	M-3	00:00:25	00:10:56	00:22:32	00:34:06
119	KRUCZKOWSKI Damian	135		M-2	00:00:14	00:08:34	00:25:38	00:34:07
120	PARYSIAK Eryk	207		M-3	00:00:23	00:11:42	00:23:02	00:34:08
121	MIECZKOWSKI Michał	181	KTC KOŁOBRZEG	M-5	00:00:31	00:11:27	00:22:45	00:34:09
122	STANKIEWICZ Wiesław	362		M-5	00:00:27	00:11:19	00:22:45	00:34:17
123	NIWIŃSKI Grzegorz	447	TUPOT USTKA	M-5	00:00:45	00:12:04	00:23:06	00:34:24
124	TROTT Daniel	470		M-4	00:00:36	00:12:12	00:23:46	00:34:26
125	ADAMCZAK Andrzej	2	TKKF TRIATHLON KOSZALIN	M-5	00:00:28	00:11:39	00:23:03	00:34:27
126	CHUDZIK Zbigniew	29	4RUN TKKF KOSZALIN	M-5	00:00:25	00:11:36	00:23:00	00:34:29
127	KRAKOWIAK Sławomir	130		M-4	00:00:24	00:11:31	00:22:57	00:34:29
128	BRYŁA Krzysztof	16		M-4	00:00:31	00:11:34	00:22:52	00:34:34
129	WILIŃSKI Marek	316		M-5	00:00:24	00:11:24	00:22:54	00:34:37
130	DONDAJEWSKI Michał	41		M-3	00:00:37	00:11:48	00:23:12	00:34:40
131	NOWAKOWSKI Rafał	194		M-3	00:00:33	00:11:28	00:22:34	00:34:42
132	DORAWA Wojciech	42		M-2	00:00:27	00:11:30	00:23:01	00:34:43
133	KRUK Marcin	136		M-3	00:00:27	00:11:08	00:22:45	00:34:45
134	JARZĄBEK Magdalena	86		K-2	00:00:25	00:11:24	00:23:00	00:34:46
135	KURYŁOWICZ Bartosz	375		M-2	00:00:25	00:11:23	00:22:59	00:34:46
136	ZIOMEK Joanna	335	4RUN TKKF KOSZALIN	K-4	00:00:27	00:11:40	00:23:11	00:34:47
137	WESOŁOWSKA Dominika	308		K-2	00:00:27	00:11:40	00:23:13	00:34:48
138	CHODOR Martyna	387	4RUN TKKF KOSZALIN	K-3	00:00:27	00:11:40	00:23:12	00:34:58
139	KUBIAK Andrzej	380		M-6	00:00:23	00:11:37	00:23:18	00:35:00
140	MAKSYMOWICZ Kornelia	401		K-3	00:00:33	00:12:01	00:23:24	00:35:02
141	NOWAK Filip	369	CSSP KOSZALIN	M-2	00:00:28	00:11:58	00:23:42	00:35:08
142	ZIOMEK Darek	334	4RUN TKKF KOSZALIN	M-4	00:00:24	00:11:35	00:23:12	00:35:08
143	SZTUBA Bartłomiej	284		M-4	00:00:20	00:11:24	00:23:11	00:35:11
144	SZNAJDER Wiktor	465		M-3	00:00:41	00:12:04	00:23:43	00:35:12
145	MACHELSKA Sylwia	357	PGB SPORTOWA PACZKA	K-3	00:00:22	00:11:41	00:23:16	00:35:14
146	KAJKOWSKI Rafał	94	DODOMISIE KOSZALIN	M-4	00:00:16	00:11:01	00:22:53	00:35:15
147	ŁOPIŃSKI Piotr	162		M-3	00:00:20	00:11:17	00:22:57	00:35:18
148	SZAŁKOWSKI Wojtek	280		M-3	00:00:37	00:12:10	00:23:45	00:35:18
149	LEWANDOWSKI Marek	157		M-3	00:00:32	00:11:49	00:23:30	00:35:19
150	STRUMIŃSKI Rafał	274	ŻYTANIA TEAM	M-3	00:00:42	00:11:59	00:23:36	00:35:20
151	RAMA Janusz	234		M-4	00:00:29	00:12:14	00:23:53	00:35:21
152	TRAFNY Mateusz	361		M-2	00:00:23	00:11:55	00:23:42	00:35:22
153	CZAPLICKI Paweł	31	4RUN TKKF KOSZALIN	M-3	00:00:24	00:11:37	00:23:12	00:35:27
154	ALABA Jerzy	468	KB 10 BIAŁOGARD	M-5	00:00:36	00:12:26	00:23:56	00:35:27
155	SIKORSKI Witold	259	KB RUN 42	M-5	00:00:35	00:11:53	00:23:39	00:35:28
156	MATEJKO Jacek	175	TKKF KOSZALIN	M-4	00:00:32	00:11:55	00:23:38	00:35:29
157	OSENKOWSKI Artur	203		M-3	00:00:38	00:11:11	00:23:11	00:35:30
158	MYDŁOWSKI Maciej	408		M-2	00:00:26	00:10:57	00:22:51	00:35:30
159	ROGALSKI Roberto	239	ZSW ZAWSZE SIĘGAJ WYŻEJ	M-3	00:00:18	00:10:52	00:23:15	00:35:31
160	JANKOWSKI Maciej	413		M-4	00:00:32	00:11:25	00:23:01	00:35:35
161	CHOŁUJ Karol	27		M-3	00:00:27	00:11:30	00:23:24	00:35:36
162	WILKOWSKI Krzysztof	314		M-3	00:00:32	00:11:41	00:23:27	00:35:38

Msc	Zawodnik	Numer	Klub	Kategoria	0.07km	2.535km	5km	7.465km
163	STOLARCZYK Adrian	358		M-1	00:00:28	00:11:38	00:23:32	00:35:41
164	ŚWIETLIK Tomasz	289		M-5	00:00:28	00:11:41	00:23:28	00:35:42
165	TRZECIAK Dariusz	296		M-4	00:00:37	00:12:13	00:24:02	00:35:43
166	BIL Adrian	8		M-3	00:00:25	00:11:48	00:23:42	00:35:43
167	KROTOWSKI Grzegorz	134	K.B. TUPOT USTKA	M-4	00:00:24	00:11:40	00:23:31	00:35:48
168	JABŁOŃSKI Arkadiusz	83		M-4	00:00:34	00:12:37	00:24:19	00:35:50
169	POLIKOWSKI Patryk	398		M-3	00:00:27	00:11:44	00:23:41	00:35:51
170	SIDELKO Robert	254		M-5	00:00:33	00:12:18	00:23:57	00:35:52
171	SZCZEPANIAK Jacek	282		M-4	00:00:25	00:11:30	00:23:28	00:35:54
172	WIERZBICKI Jakub	313		M-3	00:00:38	00:12:26	00:24:10	00:35:55
173	URBANOWICZ Grzegorz	300		M-4	00:00:20	00:11:41	00:23:38	00:35:57
174	BOHDAN Jakub	459	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-1	00:00:23	00:11:41	00:23:48	00:36:01
175	MACIEJEWSKI Piotr	165		M-3	00:00:44	00:12:34	00:24:16	00:36:02
176	ADAMCZYK Karol	3		M-2	00:00:44	00:12:34	00:24:16	00:36:02
177	JURA Michał	455	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-1	00:00:24	00:11:41	00:23:48	00:36:02
178	RUTKOWSKI Witold	248		M-4	00:00:26	00:11:55	00:23:54	00:36:02
179	KRASIŃSKI Witold	131		M-4	00:00:28	00:11:22	00:23:22	00:36:04
180	JURA Krzysztof	89	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	M-4	00:00:25	00:11:51	00:23:48	00:36:04
181	WESOŁOWSKI Arkadiusz	451		M-3	00:00:29	00:11:32	00:23:27	00:36:04
182	KRZEWIŃSKA Małgorzata	141	4RUN TKKF KOSZALIN	K-5	00:00:25	00:12:01	00:24:04	00:36:05
183	NIEMCZUK Dariusz	491		M-5	00:00:18	00:11:27	00:23:32	00:36:05
184	STERNKIKER Heike	354	SCHWEDTER HASEN	K-4	00:00:22	00:11:54	00:23:59	00:36:06
184	STERNKIKER Mario	355	SCHWEDTER HASEN	M-4	00:00:23	00:11:54	00:23:59	00:36:07
186	KRYSZCZUK Michał	139		M-2	00:00:42	00:12:19	00:24:30	00:36:08
187	SUGIER Michał	277		M-3	00:00:34	00:12:09	00:24:06	00:36:13
188	KILAR Tomasz	106		M-4	00:00:35	00:12:05	00:24:07	00:36:14
189	KACZMAREK Łukasz	93		M-3	00:00:34	00:11:52	00:23:56	00:36:18
190	WIELGUS Paweł	448		M-3	00:00:25	00:11:57	00:23:59	00:36:21
191	KORMAN Kamil	476		M-1	00:00:43	00:12:53	00:24:51	00:36:22
192	WALTER Joanna	303	KB DZIESIĄTKA BIAŁOGARD	K-4	00:00:24	00:12:28	00:24:34	00:36:24
193	GÓRA Agnieszka	452	PHILIPS-PILA	K-3	00:00:23	00:12:08	00:24:14	00:36:25
194	ANDRZEJEWSKA Marta	4		K-3	00:00:28	00:12:10	00:24:10	00:36:28
195	IWANIEC Dariusz	81		M-4	00:00:27	00:11:56	00:24:00	00:36:28
196	RADECKI Jacek	229		M-4	00:00:24	00:11:56	00:23:58	00:36:29
197	RUDZIŃSKI Krzysztof	449		M-2	00:00:34	00:11:56	00:23:55	00:36:30
198	DĄBROWSKI Grzegorz	36		M-4	00:00:26	00:11:43	00:23:58	00:36:31
199	MACHNIEWSKI Artur	386		M-3	00:00:33	00:12:02	00:24:06	00:36:33
200	WOJCIECHOWSKA-HRYCYK Agata	320		K-4	00:00:26	00:12:13	00:24:15	00:36:34
201	NACHYŁA Piotr	429		M-4	00:00:34	00:12:29	00:24:31	00:36:35
202	CHUDYK Magda	430		K-3	00:00:26	00:12:14	00:24:16	00:36:35
203	STRZELECKI Zbigniew	275		M-5	00:00:30	00:12:14	00:24:20	00:36:36
204	SALAMON Piotr	399		M-3	00:00:44	00:12:27	00:24:23	00:36:37
205	GAWROŃSKI Paweł	57	OGIEŃ W SZOPIE	M-2	00:00:28	00:11:37	00:23:51	00:36:38
206	PEŁKA Janusz	210		M-5	00:00:39	00:12:14	00:24:23	00:36:45
207	DWULIT Katarzyna	44		K-2	00:00:21	00:11:45	00:23:58	00:36:47
208	JĘDRASZKO Magda	88	MIASTECKIE TOWARZYSTWO SPORTOWE HAMER	K-3	00:00:22	00:11:45	00:23:58	00:36:47

Msc	Zawodnik	Numer	Klub	Kategoria	0.07km	2.535km	5km	7.465km
209	KOŁAKOWSKI Dariusz	115	K. B. SPRINT ŚWIDWIN	M-4	00:00:33	00:12:19	00:24:30	00:36:50
210	RÓJ Andrzej	388		M-4	00:00:24	00:12:28	00:24:34	00:36:56
211	SZABLA Ewelina	279		K-3	00:00:32	00:12:13	00:24:30	00:36:57
212	MARKOWSKI Andrzej	174	4RUN TKKF KOSZALIN	M-6	00:00:25	00:12:04	00:24:27	00:36:57
213	CHAMERA Krzysztof	24		M-4	00:00:41	00:12:04	00:24:05	00:37:00
214	MRUGALSKI Damian	186		M-3	00:00:40	00:12:54	00:25:07	00:37:01
215	KOKOT Edward	113	2 BRYGADA ZMECHANIZOWANA	M-3	00:00:20	00:11:41	00:24:04	00:37:05
216	BOGACKI Tomasz	11	4RUN TKKF KOSZALIN	M-5	00:00:25	00:12:14	00:24:37	00:37:10
217	HERBA Krzysztof	75		M-3	00:00:27	00:12:14	00:24:14	00:37:14
218	MĘDEL Cezary	178		M-4	00:00:30	00:12:23	00:24:43	00:37:15
219	MĘDEL Marta	179		K-3	00:00:31	00:12:21	00:24:43	00:37:15
220	JUSZCZAK Krzysztof	91		M-6	00:00:29	00:12:10	00:24:29	00:37:15
221	KARNICKI Zygmunt	99	4RUN TKKF KOSZALIN	M-6	00:00:26	00:11:53	00:24:24	00:37:21
222	PIETRZYCKI Adrian	215		M-3	00:00:34	00:12:36	00:24:49	00:37:25
223	OSOBNIAK Ryszard	204		M-5	00:00:38	00:12:27	00:24:44	00:37:27
224	KOZŁOWIECKI Waldemar	129	4RUN TKKF KOSZALIN	M-6	00:00:35	00:12:37	00:24:51	00:37:27
225	SZEWczyk Andrzej	283		M-2	00:00:36	00:12:05	00:24:33	00:37:29
226	KUTWIN Artur	152		M-4	00:00:29	00:12:27	00:24:42	00:37:29
227	KOPREK Łukasz	121	SŁONECZNY PATROL KOSZALIN	M-2	00:00:40	00:12:19	00:24:36	00:37:30
228	LAMPKOWSKI Krzysztof	466		M-4	00:00:22	00:11:27	00:24:14	00:37:37
229	SZYMAŃSKI Kacper	474	TEAM BIEGOWY SZCZECINEK	M-2	00:00:27	00:12:38	00:25:11	00:37:45
230	RUDZIŃSKI Bronisław	475		M-6	00:00:32	00:12:16	00:24:56	00:37:47
231	DASZKO Tomasz	478		M-3	00:00:29	00:12:28	00:25:08	00:37:55
232	SUBALSKI Michał	276		M-3	00:00:32	00:12:32	00:25:03	00:37:56
233	STAWISZYŃSKI Jarosław	266		M-3	00:00:43	00:13:11	00:25:34	00:37:56
234	NOWAK Marcin	195		M-3	00:00:22	00:12:16	00:24:41	00:37:58
235	KIRKO Mariusz	107		M-3	00:00:30	00:12:29	00:24:59	00:38:01
236	SIKORSKA Grażyna	258		K-5	00:00:24	00:12:42	00:25:17	00:38:06
237	KISIEL Michał	109	PARKRUN SZCZECINEK	M-3	00:00:30	00:13:08	00:25:36	00:38:12
238	OPALIŃSKI Stanisław	423		M-5	00:00:30	00:12:45	00:25:28	00:38:19
239	RUSINEK Dawid	463		M-2	00:00:35	00:13:03	00:25:53	00:38:22
240	KACZMAREK Zbigniew	374		M-6	00:00:41	00:12:55	00:25:32	00:38:24
241	SAMELZON-SROKA Beata	252		K-3	00:00:39	00:12:57	00:25:37	00:38:27
242	KUPREWICZ Grzegorz	148		M-3	00:00:35	00:12:43	00:25:48	00:38:37
243	KARWASZ Krzysztof	100	KATEDRA KOSZALIN	M-4	00:00:29	00:12:29	00:25:31	00:38:39
244	LUBICZ-KROŚNICKA Anna	160	AMADEUS CROSSGYM	K-3	00:00:20	00:12:18	00:25:30	00:38:41
245	BEDNAREK Krzysztof	350		M-3	00:00:26	00:12:58	00:25:48	00:38:41
246	KONIECZNA Marzena	120	AMADEUS CROSSTRaining GYM	K-2	00:00:20	00:12:18	00:25:30	00:38:42
247	ANIELSKI Michał	427		M-2	00:00:38	00:13:04	00:25:40	00:38:44
248	MROCZKOWSKA Marta	184		K-3	00:00:37	00:13:03	00:25:48	00:38:47
249	GAJEK Artur	54		M-3	00:00:40	00:13:02	00:25:47	00:38:50
250	ZATORSKI Zbigniew	329		M-3	00:00:35	00:13:06	00:25:53	00:38:54
251	LUPZIK Radosław	426		M-2	00:00:37	00:13:04	00:25:41	00:38:57
252	PIĄTKOWSKI Bartosz	211	AKT KOSZALIN	M-4	00:00:32	00:13:07	00:26:00	00:38:58
253	HOŁUBASZ Paweł	79	UNIA RACING TEAM LĘBORK	M-3	00:00:35	00:11:55	00:24:57	00:38:58
254	GRZELAK Karina	70		K-3	00:00:31	00:12:38	00:25:42	00:39:02

Msc	Zawodnik	Numer	Klub	Kategoria	0.07km	2.535km	5km	7.465km
255	POLIWKA-KISIEL Małgorzata	446	PARKRUN SZCZECINEK	K-3	00:00:30	00:13:17	00:26:15	00:39:18
256	TURCZYN Grzegorz	297		M-4	00:00:35	00:12:42	00:25:23	00:39:23
257	TRZECAK Anna	295		K-4	00:00:36	00:12:44	00:26:01	00:39:23
258	MRUGALSKA Magdalena	419	JW 1223 1DPLOT	K-2	00:00:41	00:12:53	00:26:15	00:39:31
259	JABŁOŃSKA Katarzyna	82		K-3	00:00:34	00:13:19	00:26:19	00:39:33
260	WĘGIEL Aleksandra	431		K-2	00:00:29	00:12:21	00:25:41	00:39:35
261	KUJAWA Natalia	145		K-2	00:00:21	00:12:26	00:25:44	00:39:36
262	FELKOWSKI Tomasz	49		M-3	00:00:32	00:13:29	00:26:38	00:39:50
263	ŚLUSARZ Krzysztof	288		M-4	00:00:36	00:13:03	00:26:36	00:39:50
264	MADEJSZA Marcin	411		M-3	00:00:30	00:13:29	00:26:33	00:39:51
265	ROGOŻA Ireneusz	240		M-4	00:00:36	00:13:32	00:27:06	00:39:52
266	DEREŃ Grzegorz	38	K. B. SPRINT ŚWIDWIN	M-3	00:00:20	00:12:09	00:25:14	00:39:57
267	POLAŃSKA Katarzyna	384		K-3	00:00:26	00:12:43	00:26:03	00:39:57
268	BARTOSIK Jarosław	347		M-4	00:00:38	00:12:41	00:26:12	00:40:06
269	PANAS Małgorzata	206		K-4	00:00:40	00:13:48	00:26:51	00:40:08
270	SIEPRACKI Adam	257		M-3	00:00:43	00:13:31	00:26:43	00:40:08
271	MACIOSZEK Agnieszka	462		K-4	00:00:37	00:13:42	00:26:57	00:40:08
272	WOLF Weronika	322		K-4	00:00:31	00:13:10	00:26:38	00:40:21
273	CINCIO Robert	30	TKKF TRIATHLON KOSZALIN	M-3	00:00:27	00:12:04	00:25:51	00:40:25
274	SZARY Szymon	281		M-3	00:00:41	00:13:48	00:27:05	00:40:34
275	PUŚCIAN Krzysztof Kamil	377		M-4	00:00:35	00:13:36	00:26:55	00:40:41
276	PIĘTKO Joanna	460		K-4	00:00:37	00:13:27	00:26:56	00:40:41
277	GŁOWACKI Włodzimierz	471		M-7	00:00:24	00:12:44	00:26:26	00:40:47
278	NIEDBAŁA Konrad	469		M-4	00:00:40	00:13:41	00:26:52	00:40:53
279	TYLUŚ Sylwia	299	PARKRUN SZCZECINEK TEAM BIEGOWY SZCZECINEK	K-3	00:00:30	00:13:36	00:26:40	00:40:55
279	PIENIAŻEK Magdalena	445	PARKRUN SZCZECINEK	K-3	00:00:30	00:13:36	00:26:40	00:40:55
281	HAMROL Dawid	72	KATEDRA KOSZALIN	M-3	00:00:44	00:13:31	00:27:19	00:41:04
282	DZIESZUK Dariusz	394	4RUN TKKF KOSZALIN	M-4	00:00:33	00:14:02	00:27:48	00:41:09
283	BAK Zbigniew	7	RANNERSWALDE	M-3	00:00:25	00:13:28	00:27:10	00:41:09
284	MACIĄŻEK Jarosław	402		M-3	00:00:36	00:13:01	00:26:50	00:41:19
285	HIROWICZ Agnieszka	78		K-3	00:00:28	00:13:18	00:26:58	00:41:20
286	GOŁDYN Marek	61		M-3	00:00:26	00:12:27	00:26:10	00:41:20
287	ZIĘTARA Ryszard	333		M-6	00:00:26	00:13:28	00:27:13	00:41:20
288	OKOŁOTOWICZ Sebastian	418		M-3	00:00:20	00:19:59	00:30:53	00:41:22
289	STUDZIŃSKI Siergiej	472		M-4	00:00:31	00:14:19	00:27:46	00:41:26
290	GUDZIŃSKI Lech	71		M-6	00:00:29	00:13:44	00:27:35	00:41:26
291	GÓRALCZYK Anna	62		K-3	00:00:30	00:14:06	00:27:47	00:41:27
292	SOBOLEWSKI Marek	344		M-4	00:00:19	00:12:59	00:27:10	00:41:27
293	PAULIŃSKI Jan	492		M-6	00:00:23	00:13:19	00:27:13	00:41:27
294	JARUGA Artur	421		M-3	00:00:30	00:14:06	00:27:47	00:41:27
295	RASZPLA Radosław	235		M-4	00:00:29	00:12:25	00:26:49	00:41:29
296	MAZUREK Barbara	177	BABECZKI KOSZALIN	K-3	00:00:29	00:12:45	00:26:49	00:41:30
297	RADECKI Przemysław	230		M-3	00:00:42	00:13:52	00:27:34	00:41:33
298	TOMCZYK Leszek	293	JW 1223 3DPLOT	M-3	00:00:41	00:14:31	00:28:01	00:41:36
299	RADLIŃSKA Alicja	231	PUPIL KOSZALIN	K-4	00:00:31	00:13:57	00:27:42	00:41:39
300	ODRZYWOŁEK Paweł	197		M-3	00:00:39	00:14:14	00:28:01	00:41:57

Msc	Zawodnik	Numer	Klub	Kategoria	0.07km	2.535km	5km	7.465km
301	WEJNEROWSKA Klaudia	385		K-2	00:00:39	00:14:14	00:28:01	00:41:57
302	NOREK Tomasz	193		M-4	00:00:38	00:13:56	00:27:46	00:42:05
303	ŁAWRYNOWICZ Wiktor	404		M-5	00:00:20	00:12:49	00:27:15	00:42:10
304	KOSIŃSKI Krzysztof	438		M-5	00:00:32	00:13:36	00:27:39	00:42:11
305	ZAWADA Andrzej	420		M-4	00:00:36	00:12:52	00:26:38	00:42:13
306	KUBIAK Maria			K-6	00:00:34	00:13:54	00:27:47	00:42:15
307	NOWAK Wiesław	196		M-6	00:00:36	00:13:53	00:27:47	00:42:16
308	IWANKIEWICZ Justyna	443		K-3	00:00:31	00:13:08	00:27:24	00:42:17
309	SWATOWSKI Andrzej	278		M-6	00:00:41	00:14:17	00:27:56	00:42:18
310	HILLER Jerzy	77	PERFECT RUNNER TEAM	M-6	00:00:35	00:14:10	00:28:13	00:42:19
311	ZARBOCK Krzysztof	433		M-5	00:00:33	00:14:01	00:27:48	00:42:25
312	OSENKOWSKA Wiktoria	202	KATEDRA KOSZALIN	K-1	00:00:44	00:13:31	00:27:31	00:42:28
313	ZIELIŃSKA Dominika	400	RAZ SZCZECIN	K-3	00:00:29	00:13:29	00:27:50	00:42:35
314	GRUDZIŃSKI Marcin	69		M-3	00:00:39	00:14:16	00:28:10	00:42:41
315	BUREK Szymon	21	SQUASH FORMA KOSZALIN	M-3	00:00:46	00:14:20	00:28:33	00:42:45
316	PIOR Tomasz	218		M-3	00:00:27	00:13:11	00:27:39	00:42:47
317	PŁOŃSKA Ewelina	464	JW 1223	K-3	00:00:36	00:13:27	00:27:37	00:42:51
318	SZYMAŃSKI Tomasz	473	TEAM BIEGOWY SZCZECINEK	M-4	00:00:37	00:14:17	00:28:26	00:42:54
319	ZIEJEWSKI Krzysztof	487	MONOLITH LIFE TEAM	M-3	00:00:39	00:14:22	00:28:42	00:42:54
320	SKIERS Ś Stanisław	262		M-6	00:00:37	00:14:17	00:28:32	00:42:57
321	JANACZYK Marcin	485	JW 1223	M-3	00:00:43	00:13:34	00:27:44	00:43:08
322	CZYŻEWSKA Beata	33	KOŁOBRZEG BIEGA	K-4	00:00:27	00:14:08	00:28:31	00:43:18
323	SOJKA Agnieszka	263		K-3	00:00:42	00:14:55	00:29:08	00:43:18
324	BASŁYK Agnieszka	489		K-3	00:00:35	00:13:59	00:28:15	00:43:19
325	WYGODA Grzegorz	327		M-3	00:00:40	00:13:53	00:28:14	00:43:22
326	WOJCIECHOWSKA Katarzyna	477		K-2	00:00:34	00:14:35	00:28:43	00:43:29
327	KRYSIAK Andrzej	138		M-4	00:00:35	00:13:46	00:27:57	00:43:35
328	PILARSKA Joanna	217		K-3	00:00:41	00:14:31	00:28:39	00:43:36
329	TYLUŚ Damian	298	PARKRUN SZCZECINEK	M-4	00:00:30	00:14:20	00:29:01	00:43:54
330	MIELCZAREK Julia	397		K-1	00:00:44	00:15:00	00:29:25	00:44:00
331	STOLARCZYK Łukasz	359		M-2	00:00:35	00:13:29	00:28:20	00:44:03
332	WÓJCIK Sebastian	325	ŻYTANIA TEAM	M-3	00:00:42	00:14:34	00:29:13	00:44:05
333	ŁADA Paweł	161		M-3	00:00:42	00:14:33	00:29:12	00:44:05
334	SZCZEBLEWSKI Grzegorz	410		M-4	00:00:33	00:14:41	00:29:04	00:44:05
334	KOZŁOWSKA-NAJDER Magda	409		K-4	00:00:34	00:14:41	00:29:05	00:44:05
336	WÓJCIK Anna	323	ŻYTANIA TEAM	K-3	00:00:42	00:14:34	00:29:13	00:44:07
337	BOCZEK Bartłomiej	10		M-1	00:00:41	00:14:30	00:29:15	00:44:10
338	KOLASA Tomasz	114		M-4	00:00:40	00:14:39	00:29:15	00:44:10
339	VON BARDELEBEN Agnieszka	395	BABECZKI KOSZALIN	K-4	00:00:33	00:14:49	00:29:39	00:44:14
340	MOŻEJKO Anna	183		K-3	00:00:33	00:14:49	00:29:40	00:44:14
341	GŁUSZCZ Beata	345		K-2	00:00:33	00:14:50	00:29:28	00:44:44
342	KIRKO Marzena	108		K-3	00:00:33	00:14:51	00:29:30	00:44:45
343	GRABOWSKA Marta	67		K-2	00:00:38	00:15:18	00:30:03	00:44:50
344	DONDAJEWSKA Marzena	40		K-3	00:00:39	00:14:18	00:29:17	00:44:54
345	RÓJ Barbara	389		K-4	00:00:22	00:14:12	00:29:42	00:44:55
346	WIKTOROWICZ Małgorzata	315		K-4	00:00:38	00:15:14	00:30:07	00:44:56

Msc	Zawodnik	Numer	Klub	Kategoria	0.07km	2.535km	5km	7.465km
347	POTECKA Agnieszka	224		K-4	00:00:22	00:14:12	00:29:42	00:45:03
348	GRABOWSKA Elżbieta	66		K-5	00:00:37	00:15:10	00:29:55	00:45:03
349	SZYŁKA Justyna	285		M-1	00:00:37	00:14:17	00:29:24	00:45:04
350	KOMOROWSKA Beata	118		K-3	00:00:38	00:14:10	00:29:27	00:45:08
351	STEC Edyta	267	BABECZKI KOSZALIN	K-3	00:00:32	00:14:49	00:29:40	00:45:09
352	KORPAL Cezary	124		M-5	00:00:42	00:16:13	00:30:45	00:45:13
353	SCHMIDT Dariusz	441		M-5	00:00:39	00:14:19	00:29:11	00:45:28
354	POWARZYŃSKI Damian	457		M-2	00:00:42	00:15:15	00:30:04	00:45:46
355	MALINOWSKA Agnieszka	444		K-3	00:00:38	00:15:13	00:30:08	00:46:02
356	KUC Sylwia	144		K-3	00:00:42	00:15:14	00:30:07	00:46:02
357	DĄBROWSKI Michał	37	RUN FOREST RUN	M-3	00:00:44	00:15:56	00:31:09	00:46:14
357	DĄBROWSKA Agnieszka	422	RUN FOREST RUN	K-3	00:00:43	00:15:57	00:31:10	00:46:15
359	KOSTRZEWA Łukasz	424	RUN FOREST RUN	M-3	00:00:44	00:15:57	00:31:09	00:46:16
360	HELLER Zdzisław	74		M-5	00:00:31	00:14:55	00:30:24	00:46:23
361	TREJDER Maria Magdalena	294		K-4	00:00:39	00:15:19	00:30:54	00:46:41
362	KREIS-GROCHOWSKA Dominika	132		K-3	00:00:45	00:15:37	00:31:03	00:46:55
362	GROCHOWSKI Rafał	68		M-4	00:00:45	00:15:37	00:31:03	00:46:55
364	KOŚCIELNIAK Kinga	125		K-2	00:00:38	00:15:14	00:31:08	00:47:07
365	GŁOWIŃSKI Krzysztof	450		M-4	00:00:42	00:15:39	00:31:36	00:48:12
366	GAJLEWICZ Karolina	55		K-3	00:00:32	00:15:51	00:32:38	00:48:15
367	WOCHNA Filip	486		M-1	00:00:29	00:14:46	00:32:22	00:48:16
368	ZDANOWICZ Magda	330		K-1	00:00:43	00:15:42	00:31:53	00:48:29
369	MYDŁOWSKA Monika	188		K-3	00:00:39	00:15:00	00:32:02	00:48:48
370	GÓRNA Anna	63	FORMA ROSNOWO	K-3	00:00:39	00:16:07	00:32:19	00:49:00
371	KOWALSKA Magdalena	382	KOSZALIN	K-2	00:00:37	00:16:15	00:32:38	00:49:34
371	HAŁA Anna	383		K-2	00:00:36	00:16:15	00:32:38	00:49:35
373	RZEDZICKI Rafał	392		M-4	00:00:42	00:16:16	00:32:37	00:49:35
374	MALĄG BAIK Anna	167		K-2	00:00:34	00:15:54	00:32:51	00:50:20
375	ŻUREK Kamila	343		K-3	00:12:27	00:25:10	00:38:01	00:50:37
376	WOLF Beata	484		K-3	00:00:40	00:16:51	00:33:20	00:50:38
377	ŻELECHOWSKA Magdalena	339	BABECZKI KOSZALIN	K-3	00:00:40	00:16:51	00:33:20	00:50:38
378	BŁACHNIO Marian	425		M-6	00:00:39	00:16:48	00:33:43	00:50:53
379	WALO Zbigniew	302		M-5	00:00:43	00:16:15	00:33:15	00:50:59
380	PEŁKA Iwona	209		K-4	00:00:41	00:17:43	00:34:52	00:52:21
381	BARTNIK Marian	6	TKKF KOSZALIN	M-7	00:00:23	00:18:32	00:38:22	00:59:01
382	MRUGALSKI Stanisław	187		M-5	00:00:31	00:11:52	01:30:20	01:39:58
383	WOCHNA Karolina	483		K-1	00:00:29	00:21:11		
384	CZERWIŃSKI Daniel	32		M-3	00:00:35	00:12:22	00:37:30	
385	OLIJNIK Paweł	371	UKRAINA	M-2	00:00:14	00:07:37	00:23:19	
386	WASILEWSKI Jarosław	305		M-3	00:00:43	00:13:31	00:26:41	
387	TARNIONEK Katarzyna	290		K-3	00:00:22	00:11:56	00:24:29	

Znaleziono 387 wynik(ów)