

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2016-07-02
Miejsce: Sławno
Dystans: 7.5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	KUJAWSKI Łukasz	133		M-20	1	00:23:09.40	00:23:09.40		3:05	19.4 (100%)
2	OKSENIUK Sergii	340	MK LUCHESK	M-30	1	00:23:49.80	00:23:49.80	+00:00:40 (2.8%)	3:10	18.9 (97.4%)
3	SAVCHUK Ruslan	343	MK LUCHESK	M-30	2	00:23:50.00	00:23:50.00	+00:00:40 (2.8%)	3:10	18.9 (97.4%)
4	STARŻYŃSKI Andrzej	349	CHEMIK ELEKTROWNIA PUŁAWY	M-20	2	00:23:51.45	00:23:51.45	+00:00:42 (2.9%)	3:10	18.9 (97.4%)
5	HORODYSKYI Bohdan-Ivan	348		M-20	3	00:24:28.50	00:24:28.50	+00:01:19 (5.4%)	3:15	18.4 (94.8%)
6	KOSIANCHUK Victor	347	MK LUCHESK	M-30	3	00:25:09.85	00:25:09.85	+00:02:00 (8.0%)	3:21	17.9 (92.3%)
7	GAŁKOWSKI Damian	57	GMINA SŁAWNO	M-20	4	00:26:21.10	00:26:21.10	+00:03:11 (12.1%)	3:30	17.1 (88.1%)
8	GAWRON Piotr	338	POLITECHNIKA KOSZALIŃSKA	M-20	5	00:27:07.45	00:27:07.45	+00:03:58 (14.6%)	3:36	16.6 (85.6%)
9	NEMCHENKO Maryna	342	MK LUCHESK	K-20	1	00:28:11.35	00:28:11.35	+00:05:01 (17.9%)	3:45	16 (82.5%)
10	BYBNAK Iryna	346	MK LUCHESK	K-20	2	00:28:11.65	00:28:11.65	+00:05:02 (17.9%)	3:45	16 (82.5%)
11	POTERIUK Vita	341	MK LUCHESK	K-30	1	00:28:16.65	00:28:16.65	+00:05:07 (18.1%)	3:46	15.9 (82.0%)
12	RAITO Oksana	345	MK LUCHESK	K-20	3	00:28:27.15	00:28:27.15	+00:05:17 (18.6%)	3:47	15.8 (81.4%)
13	BURZYŃSKI Aleksander	22	STOPA SŁUPSK	M-30	4	00:28:32.35	00:28:32.35	+00:05:22 (18.9%)	3:48	15.8 (81.4%)
14	MASŁOWSKI Mateusz	165	7 BRYGADA OBRONY WYBRZEŻA	M-30	5	00:28:38.15	00:28:38.15	+00:05:28 (19.1%)	3:49	15.7 (80.9%)
15	KĘPKA Adrian	102		M-20	6	00:28:38.90	00:28:38.90	+00:05:29 (19.2%)	3:49	15.7 (80.9%)
16	URZĘDOWSKI Przemysław	295	BAZA 44	M-20	7	00:28:39.70	00:28:39.70	+00:05:30 (19.2%)	3:49	15.7 (80.9%)
17	MIERZWA Witold	177	DARŁOWO	M-40	1	00:28:41.10	00:28:41.10	+00:05:31 (19.3%)	3:49	15.7 (80.9%)
18	WILCZEWSKI Krzysztof	308	MKS ŚWIĘC SŁAWNO	M-30	6	00:28:54.50	00:28:54.50	+00:05:45 (19.9%)	3:51	15.6 (80.4%)
19	WILCZEWSKI Mariusz	307	MKS ŚWIĘC SŁAWNO	M-30	7	00:29:07.00	00:29:07.00	+00:05:57 (20.5%)	3:52	15.5 (79.9%)
20	CHUDY Henryk	30	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	1	00:29:28.65	00:29:28.65	+00:06:19 (21.4%)	3:55	15.3 (78.9%)
21	PFAJFER Marek	218	SPÓJNIA BIAŁE BŁOTA	M-30	8	00:29:32.05	00:29:32.05	+00:06:22 (21.6%)	3:56	15.2 (78.4%)
22	HERMAN Arkadiusz	70		M-40	2	00:29:38.25	00:29:38.25	+00:06:28 (21.9%)	3:57	15.2 (78.4%)
23	CABAJ Damian	325	KB SOBÓTKA	M-30	9	00:29:46.15	00:29:46.15	+00:06:36 (22.2%)	3:58	15.1 (77.8%)
24	KRUKOWSKI Błażej	127	MKS ŚWIĘC SŁAWNO	M-30	10	00:29:54.55	00:29:54.55	+00:06:45 (22.6%)	3:59	15.1 (77.8%)
25	ROGAŁA Grzegorz	239	KS KROTOSZ KROTOSZYN	M-20	8	00:30:01.05	00:30:01.05	+00:06:51 (22.9%)	4:00	15 (77.3%)
26	ZAGAJEWSKI Rafał	323		M-17	1	00:30:02.65	00:30:02.65	+00:06:53 (22.9%)	4:00	15 (77.3%)
27	ANTOSIK Grzegorz	320	KB BRYZA POSTOMINO	M-30	11	00:30:03.75	00:30:03.75	+00:06:54 (23.0%)	4:00	15 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 7.5km	brutto 7.5km			
28	MODRZEJEWSKI Mateusz	184	KOCHAM ASIE	M-20	9	00:30:07.10	00:30:07.10	+00:06:57 (23.1%)	4:00	14.9 (76.8%)
29	GORSZKA Damian	63	SZCZECIN BIEGA	M-17	2	00:30:15.10	00:30:15.10	+00:07:05 (23.5%)	4:02	14.9 (76.8%)
30	KAWECKI Józef	99		M-50	1	00:30:44.70	00:30:44.70	+00:07:35 (24.7%)	4:05	14.6 (75.3%)
31	POWARZYŃSKI Krzysztof	233	6 WOG	M-40	3	00:30:57.30	00:30:57.30	+00:07:47 (25.2%)	4:07	14.5 (74.7%)
32	SHCHENSNA-RADZIKOWSKA Kalyna	321	KB SOBÓTKA	K-30	2	00:31:02.40	00:31:02.40	+00:07:53 (25.4%)	4:08	14.5 (74.7%)
33	KURKUL Przemek	142	KB BRYZA POSTOMINO	M-20	10	00:31:08.85	00:31:08.85	+00:07:59 (25.7%)	4:09	14.5 (74.7%)
34	BIERNAT Kamil	7	MKS ŚWIĘC SŁAWNO	M-20	11	00:31:09.65	00:31:09.65	+00:08:00 (25.7%)	4:09	14.4 (74.2%)
35	DĄBROWSKI Robert	267	MARATOŃCZYK.PL	M-40	4	00:31:15.75	00:31:15.75	+00:08:06 (25.9%)	4:10	14.4 (74.2%)
36	BONISŁAWSKI Jarosław	13	FADOMODA TEAM	M-30	12	00:31:25.05	00:31:25.05	+00:08:15 (26.3%)	4:11	14.3 (73.7%)
37	SIWIK Stanisław	256		M-30	13	00:31:35.80	00:31:35.80	+00:08:26 (26.7%)	4:12	14.2 (73.2%)
38	MICHALSKI Adam	328	KB SOBÓTKA	M-40	5	00:31:41.85	00:31:41.85	+00:08:32 (26.9%)	4:13	14.2 (73.2%)
39	ŚWITOŃ Marian	290	T.G. SOKÓŁ BUKOWNICA	M-50	2	00:32:01.70	00:32:01.70	+00:08:52 (27.7%)	4:16	14.1 (72.7%)
40	GRZEMPOWSKI Piotr	67	KS KROTOSZ KROTOSZYN	M-20	12	00:32:01.85	00:32:01.85	+00:08:52 (27.7%)	4:16	14.1 (72.7%)
41	DOLYNSKI Ihor	344	MK LUCHESK	M-30	14	00:32:08.15	00:32:08.15	+00:08:58 (27.9%)	4:17	14 (72.2%)
42	DUDZIAK Piotr	46	BIEGNIJMY.PL	M-40	6	00:32:13.95	00:32:13.95	+00:09:04 (28.2%)	4:17	14 (72.2%)
43	GOŁĘBIEWSKI Jacek	336	KB SOBÓTKA	M-40	7	00:32:15.15	00:32:15.15	+00:09:05 (28.2%)	4:18	14 (72.2%)
44	MACIEJEWSKI Andrzej	155	KS KROTOSZ	M-50	3	00:32:18.00	00:32:18.00	+00:09:08 (28.3%)	4:18	13.9 (71.6%)
45	KURKUL Janek	141	KB BRYZA POSTOMINO	M-17	3	00:32:32.00	00:32:32.00	+00:09:22 (28.8%)	4:20	13.8 (71.1%)
46	KAROLAK Asia	94	STOPA SŁUPSK	K-30	3	00:32:40.60	00:32:40.60	+00:09:31 (29.1%)	4:21	13.8 (71.1%)
47	RYBA Paweł	250		M-40	8	00:32:41.45	00:32:41.45	+00:09:32 (29.2%)	4:21	13.8 (71.1%)
48	SMEREKA Tomasz	261	RUNNING TEAM MILICZ	M-30	15	00:32:50.45	00:32:50.45	+00:09:41 (29.5%)	4:22	13.7 (70.6%)
49	SZYMAŃSKI Tomasz	283		M-40	9	00:33:04.45	00:33:04.45	+00:09:55 (30.0%)	4:24	13.6 (70.1%)
50	KROEHNKE Artur	124		M-40	10	00:33:06.85	00:33:06.85	+00:09:57 (30.1%)	4:24	13.6 (70.1%)
51	PIŁCZYŃSKI Zbigniew	227		M-50	4	00:33:11.60	00:33:11.60	+00:10:02 (30.2%)	4:25	13.6 (70.1%)
52	RÓG Bartosz	242	MKS ŚWIĘC SŁAWNO	M-30	16	00:33:23.40	00:33:23.40	+00:10:14 (30.6%)	4:27	13.5 (69.6%)
53	PĘKAŁA Piotr	215	SOSW KOSZALIN	M-40	11	00:33:23.95	00:33:23.95	+00:10:14 (30.7%)	4:27	13.5 (69.6%)
54	OLESZEK Jerzy	205		M-40	12	00:33:24.25	00:33:24.25	+00:10:14 (30.7%)	4:27	13.5 (69.6%)
55	ŁASZKIEWICZ Tadeusz	152	MLUKS TRIATHLON KOŁO	M-60	2	00:33:29.75	00:33:29.75	+00:10:20 (30.9%)	4:27	13.4 (69.1%)
56	STANKIEWICZ Antoni	329	KB SOBÓTKA	M-50	5	00:33:34.45	00:33:34.45	+00:10:25 (31.0%)	4:28	13.4 (69.1%)
57	KULAS Rafał	134	KS KROTOSZ KROTOSZYN	M-40	13	00:33:36.15	00:33:36.15	+00:10:26 (31.1%)	4:28	13.4 (69.1%)
58	SZYMAJDA Grzegorz	282	TKKF KOSZALIN	M-30	17	00:33:36.95	00:33:36.95	+00:10:27 (31.1%)	4:28	13.4 (69.1%)
58	ŚNIADECKI Dawid	287		M-20	13	00:33:36.95	00:33:36.95	+00:10:27 (31.1%)	4:28	13.4 (69.1%)
60	KAŁUŻNY Karol	87	KS KROTOSZ KROTOSZYN	M-30	18	00:33:37.40	00:33:37.40	+00:10:28 (31.1%)	4:28	13.4 (69.1%)
61	LESZCZYŃSKI Tomasz	148		M-30	19	00:33:38.45	00:33:38.45	+00:10:29 (31.2%)	4:29	13.4 (69.1%)
62	PIETRZAK Kamil	222	ACTIVE MALBORK	M-30	20	00:33:41.35	00:33:41.35	+00:10:31 (31.3%)	4:29	13.4 (69.1%)
63	WICZUK Michał	303	MKB DREPTAK	M-30	21	00:33:42.15	00:33:42.15	+00:10:32 (31.3%)	4:29	13.4 (69.1%)
64	CHORAŻY Karolina	29	FADOMODA TEAM	K-20	4	00:33:45.00	00:33:45.00	+00:10:35 (31.4%)	4:30	13.3 (68.6%)
65	ZAŁĘSKI Henryk	330	KB SOBÓTKA	M-70+	1	00:33:49.00	00:33:49.00	+00:10:39 (31.5%)	4:30	13.3 (68.6%)
66	JANKOWSKI Eugeniusz	121	OPEC-PUŁAWY	M-60	3	00:33:53.80	00:33:53.80	+00:10:44 (31.7%)	4:31	13.3 (68.6%)
67	ŁABEJSZA Łukasz	150	WOJOWNICY WÓDY	M-30	22	00:33:54.80	00:33:54.80	+00:10:45 (31.7%)	4:31	13.3 (68.6%)
68	MACHTYL Grzegorz	154		M-30	23	00:34:00.00	00:34:00.00	+00:10:50 (31.9%)	4:32	13.2 (68.0%)
69	STOJEWSKI Jarosław	268		M-30	24	00:34:03.50	00:34:03.50	+00:10:54 (32.0%)	4:32	13.2 (68.0%)
70	MAMLA Zbigniew	161	TRUCHT TARCHOMIN TEAM	M-40	14	00:34:11.65	00:34:11.65	+00:11:02 (32.3%)	4:33	13.2 (68.0%)
71	KUBIŃSKI Rafał	131	NIGHT RUNNERS SŁUPSK	M-50	6	00:34:17.75	00:34:17.75	+00:11:08 (32.5%)	4:34	13.1 (67.5%)

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						netto 7.5km	brutto 7.5km			
72	KASPRZAK Jacek	97	KS KROTOSZ KROTOSZYN	M-30	25	00:34:22.65	00:34:22.65	+00:11:13 (32.6%)	4:34	13.1 (67.5%)
73	SZUSTAKIEWICZ Kamil	299		M-20	14	00:34:24.00	00:34:24.00	+00:11:14 (32.7%)	4:35	13.1 (67.5%)
74	WICENS Jacek	302	JACEK -BIEGAM BO LUBIĘ	M-30	26	00:34:29.95	00:34:29.95	+00:11:20 (32.9%)	4:35	13 (67.0%)
75	OBAL Marcin`	204	KS KROTOSZ KROTOSZYN	M-30	27	00:34:37.95	00:34:37.95	+00:11:28 (33.1%)	4:36	13 (67.0%)
76	SKOPP Sebastian	259		M-20	15	00:34:40.65	00:34:40.65	+00:11:31 (33.2%)	4:37	13 (67.0%)
77	KAROLAK Ania	93	STOPA SŁUPSK	K-30	4	00:34:42.85	00:34:42.85	+00:11:33 (33.3%)	4:37	13 (67.0%)
78	RUMIŃSKI Wojtek	245	STOPA SŁUPSK	M-40	15	00:34:48.95	00:34:48.95	+00:11:39 (33.5%)	4:38	12.9 (66.5%)
79	MĄDRY Wojciech	168	CYBINA TEAM	M-20	16	00:34:51.45	00:34:51.45	+00:11:42 (33.6%)	4:38	12.9 (66.5%)
80	BIERNAT Marcin	192	MKS ŚWIĘC SŁAWNO	M-20	17	00:34:59.00	00:34:59.00	+00:11:49 (33.8%)	4:39	12.9 (66.5%)
81	CZERNIAWSKI Lech	38		M-20	18	00:35:01.05	00:35:01.05	+00:11:51 (33.9%)	4:40	12.9 (66.5%)
82	ROGALSKI Roberto	240	TKKF KOSZALIN	M-30	28	00:35:10.30	00:35:10.30	+00:12:00 (34.2%)	4:41	12.8 (66.0%)
83	STYPUŁA Marian	324	KB SOBÓTKA	M-50	7	00:35:12.90	00:35:12.90	+00:12:03 (34.2%)	4:41	12.8 (66.0%)
84	ZIÓLKOWSKI Wojciech	334	KB 'GOCH' BYTÓW	M-30	29	00:35:14.45	00:35:14.45	+00:12:05 (34.3%)	4:41	12.8 (66.0%)
85	TOMCZAK Zbigniew	293	ALTOM GNIEZNO	M-60	4	00:35:18.85	00:35:18.85	+00:12:09 (34.4%)	4:42	12.7 (65.5%)
86	SOMINKA Andrzej	263	SOBIESAMBIEGAM	M-40	16	00:35:22.25	00:35:22.25	+00:12:12 (34.5%)	4:42	12.7 (65.5%)
87	TELESIEWICZ Henryk	292	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	5	00:35:25.05	00:35:25.05	+00:12:15 (34.6%)	4:43	12.7 (65.5%)
88	WILKOWSKI Krzysztof	310	ROZBIEGANY KOSZALIN	M-30	30	00:35:33.30	00:35:33.30	+00:12:23 (34.9%)	4:44	12.7 (65.5%)
89	WIATRZYK Krzysztof	301		M-40	17	00:35:54.70	00:35:54.70	+00:12:45 (35.5%)	4:47	12.5 (64.4%)
90	GOSTOMCZYK Krzysztof	64		M-30	31	00:35:56.90	00:35:56.90	+00:12:47 (35.6%)	4:47	12.5 (64.4%)
91	KASPROWICZ Małgorzata	96	STOPA SŁUPSK	K-30	5	00:36:06.25	00:36:06.25	+00:12:56 (35.9%)	4:48	12.5 (64.4%)
92	SZCZYGIELSKA Edyta	316	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-40	1	00:36:09.00	00:36:09.00	+00:12:59 (35.9%)	4:49	12.4 (63.9%)
93	ZDUŃCZYK Tomasz	327		M-40	18	00:36:13.90	00:36:13.90	+00:13:04 (36.1%)	4:49	12.4 (63.9%)
94	PAWLIK Grzegorz	213	KS KROTOSZ KROTOSZYN	M-30	32	00:36:16.65	00:36:16.65	+00:13:07 (36.2%)	4:50	12.4 (63.9%)
95	GOŁĘBIEWSKA Sylwia	322	KB SOBÓTKA	K-40	2	00:36:17.75	00:36:17.75	+00:13:08 (36.2%)	4:50	12.4 (63.9%)
96	KILAR Tomasz	103	HILL KILER	M-40	19	00:36:20.45	00:36:20.45	+00:13:11 (36.3%)	4:50	12.4 (63.9%)
97	SZABLA Ewelina	279	MTS HAMER MIASTKO	K-30	6	00:36:27.15	00:36:27.15	+00:13:17 (36.5%)	4:51	12.3 (63.4%)
98	MALIS Artur	158		M-30	33	00:36:29.55	00:36:29.55	+00:13:20 (36.5%)	4:51	12.3 (63.4%)
99	MODRZEJEWSKI Roman	182	KINGS OF METAL	M-40	20	00:36:42.35	00:36:42.35	+00:13:32 (36.9%)	4:53	12.3 (63.4%)
100	KUŁAKOWSKI Dawid	137		M-30	34	00:36:54.15	00:36:54.15	+00:13:44 (37.2%)	4:55	12.2 (62.9%)
101	STOLARCZYK Adrian	270		M-20	19	00:36:55.85	00:36:55.85	+00:13:46 (37.3%)	4:55	12.2 (62.9%)
102	PIOTROWSKI Karol	228		M-20	20	00:37:00.25	00:37:00.25	+00:13:50 (37.4%)	4:56	12.2 (62.9%)
103	KURCZYK Zbigniew	140	MKS ŚWIĘC SŁAWNO	M-30	35	00:37:04.95	00:37:04.95	+00:13:55 (37.6%)	4:56	12.1 (62.4%)
104	LULIS Zbigniew	149		M-50	8	00:37:12.25	00:37:12.25	+00:14:02 (37.8%)	4:57	12.1 (62.4%)
105	GAWIECKI Piotr	59	ROZBIEGANY KOSZALIN	M-40	21	00:37:12.40	00:37:12.40	+00:14:03 (37.8%)	4:57	12.1 (62.4%)
106	KULCZYK Katarzyna	135	KB BRYZA POSTOMINO	K-30	7	00:37:15.00	00:37:15.00	+00:14:05 (37.8%)	4:58	12.1 (62.4%)
107	KARGUL Jacek	91	NIGHT RUNNERS SŁUPSK	M-30	36	00:37:17.45	00:37:17.45	+00:14:08 (37.9%)	4:58	12.1 (62.4%)
108	MICHALAK Wojciech	173	MKS ŚWIĘC SŁAWNO	M-40	22	00:37:22.85	00:37:22.85	+00:14:13 (38.1%)	4:58	12 (61.9%)
109	NOWAK Dariusz	202	ŻYJ Z ENERGIAŁ	M-40	23	00:37:24.55	00:37:24.55	+00:14:15 (38.1%)	4:59	12 (61.9%)
110	KOPREK Łukasz	111	SŁONECZNY PATROL KOSZALIN	M-30	37	00:37:27.05	00:37:27.05	+00:14:17 (38.2%)	4:59	12 (61.9%)
111	BARGAŃSKA Justyna	2		K-30	8	00:37:35.70	00:37:35.70	+00:14:26 (38.4%)	5:00	12 (61.9%)
112	KANIOWSKI Jacek	90	W.P.K SŁOŃ TEAM USTKA	M-40	24	00:37:41.30	00:37:41.30	+00:14:31 (38.6%)	5:01	11.9 (61.3%)
113	KOPCZEWSKI Dariusz	110		M-50	9	00:37:45.75	00:37:45.75	+00:14:36 (38.7%)	5:02	11.9 (61.3%)
114	MICERSKI Tomasz	172		M-40	25	00:37:46.20	00:37:46.20	+00:14:36 (38.7%)	5:02	11.9 (61.3%)
115	FILIPÓW Tadeusz	55		M-60	6	00:38:10.05	00:38:10.05	+00:15:00 (39.3%)	5:05	11.8 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						7.5km	7.5km			
116	LASKA Agnieszka	147	MKS ŚWIĘC SŁAWNO	K-40	3	00:38:15.30	00:38:15.30	+00:15:05 (39.5%)	5:06	11.8 (60.8%)
116	KOWALCZYK Mariusz	120		M-40	26	00:38:15.30	00:38:15.30	+00:15:05 (39.5%)	5:06	11.8 (60.8%)
118	ŁUKOWICZ Aneta	56	KB SOBÓTKA	K-40	4	00:38:17.70	00:38:17.70	+00:15:08 (39.5%)	5:06	11.8 (60.8%)
119	OSIŃSKA Anna	208	ACTIVE MALBORK	K-20	5	00:38:29.65	00:38:29.65	+00:15:20 (39.8%)	5:07	11.7 (60.3%)
120	KUPREWICZ Grzegorz	138		M-30	38	00:38:54.55	00:38:54.55	+00:15:45 (40.5%)	5:11	11.6 (59.8%)
121	PIETRZYCKI Andrzej	224		M-60	7	00:38:55.30	00:38:55.30	+00:15:45 (40.5%)	5:11	11.6 (59.8%)
122	CZAPLICKI Paweł	36	SUREM	M-40	27	00:39:01.40	00:39:01.40	+00:15:52 (40.7%)	5:12	11.5 (59.3%)
123	SOBCZYŃSKA Magdalena	262		K-20	6	00:39:02.70	00:39:02.70	+00:15:53 (40.7%)	5:12	11.5 (59.3%)
123	ZIELIŃSKI Mateusz	332	SŁONECZNY PATROL KOSZALIN	M-20	21	00:39:02.70	00:39:02.70	+00:15:53 (40.7%)	5:12	11.5 (59.3%)
125	PUDŁO Paweł	214	NIGHT RUNNERS SŁUPSK	M-40	28	00:39:06.75	00:39:06.75	+00:15:57 (40.8%)	5:12	11.5 (59.3%)
126	MODRZEJEWSKI Jakub	183	I LO W OSTROWIE WLKP.	M-17	4	00:39:10.05	00:39:10.05	+00:16:00 (40.9%)	5:13	11.5 (59.3%)
127	TWOREK Józef	294	MKS ŚWIĘC SŁAWNO	M-50	10	00:39:24.15	00:39:24.15	+00:16:14 (41.2%)	5:15	11.4 (58.8%)
128	ANTOSIK Grażyna	1	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-30	9	00:39:37.15	00:39:37.15	+00:16:27 (41.6%)	5:16	11.4 (58.8%)
129	FELKOWSKI Tomasz	51		M-30	39	00:39:38.05	00:39:38.05	+00:16:28 (41.6%)	5:17	11.4 (58.8%)
130	NOREK Tomek	199		M-40	29	00:39:47.25	00:39:47.25	+00:16:37 (41.8%)	5:18	11.3 (58.2%)
131	BORKOWSKA-KOWALCZYK Daria	14	WOMENS FIGHTCLUBU KOSZALIN	K-30	10	00:39:54.25	00:39:54.25	+00:16:44 (42.0%)	5:19	11.3 (58.2%)
132	MIKINKA Magdalena	178		K-30	11	00:39:57.05	00:39:57.05	+00:16:47 (42.0%)	5:19	11.3 (58.2%)
133	JELIŃSKI Adam	82		M-40	30	00:40:05.70	00:40:05.70	+00:16:56 (42.2%)	5:20	11.2 (57.7%)
134	WITKOWSKI Krzysztof	314	MKS ŚWIĘC SŁAWNO	M-50	11	00:40:06.30	00:40:06.30	+00:16:56 (42.3%)	5:20	11.2 (57.7%)
135	SZMIGIERO Sebastian	280	W.P.K SŁOŃ TEAM USTKA	M-30	40	00:40:07.10	00:40:07.10	+00:16:57 (42.3%)	5:20	11.2 (57.7%)
136	ROMAN Sylwia	241	MKS ŚWIĘC SŁAWNO	K-30	12	00:40:09.65	00:40:09.65	+00:17:00 (42.3%)	5:21	11.2 (57.7%)
137	BŁAŻUTYCZ Paweł	10	KS KROTOSZ KROTOSZYN	M-40	31	00:40:13.50	00:40:13.50	+00:17:04 (42.4%)	5:21	11.2 (57.7%)
138	MUSIELAK Wioleta	191		K-40	5	00:40:13.60	00:40:13.60	+00:17:04 (42.4%)	5:21	11.2 (57.7%)
139	HRYCIÓW Paweł	74	BIĄŁOGARD	M-30	41	00:40:19.15	00:40:19.15	+00:17:09 (42.6%)	5:22	11.2 (57.7%)
140	GLISZCZYŃSKI Łukasz	60		M-17	5	00:40:28.35	00:40:28.35	+00:17:18 (42.8%)	5:23	11.1 (57.2%)
141	HRYHOROWICZ Joanna	75	NIGHT RUNNERS SŁUPSK	K-30	13	00:40:29.40	00:40:29.40	+00:17:20 (42.8%)	5:23	11.1 (57.2%)
142	KOWALCZYK Piotr	119		M-30	42	00:40:33.70	00:40:33.70	+00:17:24 (42.9%)	5:24	11.1 (57.2%)
143	ŁAŻNIAK Agata	153		K-30	14	00:40:36.45	00:40:36.45	+00:17:27 (43.0%)	5:24	11.1 (57.2%)
144	JODKO Adam	234		M-30	43	00:40:38.05	00:40:38.05	+00:17:28 (43.0%)	5:25	11.1 (57.2%)
145	HRANKOWSKA Monika	73		K-20	7	00:40:42.95	00:40:42.95	+00:17:33 (43.1%)	5:25	11.1 (57.2%)
146	WALCZAK Agnieszka	297	TKKF KOSZALIN	K-40	6	00:40:43.05	00:40:43.05	+00:17:33 (43.1%)	5:25	11.1 (57.2%)
147	DEMIDOK Mariusz	43		M-40	32	00:40:46.10	00:40:46.10	+00:17:36 (43.2%)	5:26	11 (56.7%)
148	FILIPOWICZ Marian	54		M-70+	2	00:41:00.40	00:41:00.40	+00:17:51 (43.5%)	5:28	11 (56.7%)
149	SZYMCZEWSKI Szymon	285		M-17	6	00:41:04.55	00:41:04.55	+00:17:55 (43.6%)	5:28	11 (56.7%)
150	SZYMCZEWSKI Rafał	284		M-20	22	00:41:06.70	00:41:06.70	+00:17:57 (43.7%)	5:28	10.9 (56.2%)
151	BIERNAT Krzysztof	8	MKS ŚWIĘC SŁAWNO	M-30	44	00:41:10.45	00:41:10.45	+00:18:01 (43.8%)	5:29	10.9 (56.2%)
152	KONKEL Joanna	108	MKS ŚWIĘC SŁAWNO	K-50	1	00:41:12.85	00:41:12.85	+00:18:03 (43.8%)	5:29	10.9 (56.2%)
153	MAZUREK Barbara	167	BABECZKI KOSZALIN	K-30	15	00:41:24.95	00:41:24.95	+00:18:15 (44.1%)	5:31	10.9 (56.2%)
154	RUTKOWSKI Artur	247		M-20	23	00:41:28.90	00:41:28.90	+00:18:19 (44.2%)	5:31	10.9 (56.2%)
155	BYSZEWSKI Arkadiusz	24		M-20	24	00:41:29.10	00:41:29.10	+00:18:19 (44.2%)	5:31	10.8 (55.7%)
156	WIDAWSKI Łukasz	304		M-40	33	00:41:31.60	00:41:31.60	+00:18:22 (44.2%)	5:32	10.8 (55.7%)
157	KRYGIER Ireneusz	129	W.P.K SŁOŃ TEAM USTKA	M-30	45	00:41:37.95	00:41:37.95	+00:18:28 (44.4%)	5:32	10.8 (55.7%)
158	KAWECKA Katarzyna	98		K-30	16	00:41:43.85	00:41:43.85	+00:18:34 (44.5%)	5:33	10.8 (55.7%)
159	SALITA Lech	252	ALTOM GNIEZNO	M-50	12	00:41:52.85	00:41:52.85	+00:18:43 (44.7%)	5:34	10.7 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 7.5km	brutto 7.5km			
160	STANKIEWICZ Iwona	335	KB SOBÓTKA	K-50	2	00:41:54.70	00:41:54.70	+00:18:45 (44.7%)	5:35	10.7 (55.2%)
161	MALINOWSKI Adam	157	MKS ŚWIĘC SŁAWNO	M-50	13	00:42:01.85	00:42:01.85	+00:18:52 (44.9%)	5:36	10.7 (55.2%)
162	MALINOWSKI Artur	318		M-50	14	00:43:19.20	00:43:19.20	+00:20:09 (46.5%)	5:46	10.4 (53.6%)
163	WRONA Józef	163	KB WIELEŃ	M-70+	3	00:43:22.30	00:43:22.30	+00:20:12 (46.6%)	5:46	10.4 (53.6%)
164	TARNIONEK Katarzyna	291		K-30	17	00:43:34.35	00:43:34.35	+00:20:24 (46.9%)	5:48	10.3 (53.1%)
165	GÓRECKI Patryk	65		M-20	25	00:43:39.05	00:43:39.05	+00:20:29 (47.0%)	5:49	10.3 (53.1%)
166	MŁYNARCZYK Aneta	181		K-40	7	00:43:42.05	00:43:42.05	+00:20:32 (47.0%)	5:49	10.3 (53.1%)
167	VON BARDELEBEN Agnieszka	296	BABECZKI KOSZALIN	K-40	8	00:43:45.95	00:43:45.95	+00:20:36 (47.1%)	5:50	10.3 (53.1%)
168	MARCZAK Małgorzata	162		K-50	3	00:43:57.85	00:43:57.85	+00:20:48 (47.3%)	5:51	10.2 (52.6%)
169	MIECZKOWSKA Małgorzata	175	ŻYJ Z ENERGIAŁ	K-30	18	00:44:00.20	00:44:00.20	+00:20:50 (47.4%)	5:52	10.2 (52.6%)
170	DZIUBKOWSKA Anna	48	ŻYJ Z ENERGIAŁ	K-40	9	00:44:04.10	00:44:04.10	+00:20:54 (47.5%)	5:52	10.2 (52.6%)
171	ZIELENIEWICZ Weronika	331		K-17	1	00:44:13.60	00:44:13.60	+00:21:04 (47.6%)	5:53	10.2 (52.6%)
172	NIECKARZ Monika	195		K-30	19	00:44:16.35	00:44:16.35	+00:21:06 (47.7%)	5:54	10.2 (52.6%)
173	BUZE Małgorzata	339	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-40	10	00:44:19.90	00:44:19.90	+00:21:10 (47.8%)	5:54	10.2 (52.6%)
174	DYRCZ Marika	47	MKS ŚWIĘC SŁAWNO	K-30	20	00:44:26.35	00:44:26.35	+00:21:16 (47.9%)	5:55	10.1 (52.1%)
175	TOMCZAK Grzegorz	350		M-30	46	00:45:08.00	00:45:08.00	+00:21:58 (48.7%)	6:01	10 (51.5%)
176	ZIĘBA Paweł	333		M-40	34	00:45:09.75	00:45:09.75	+00:22:00 (48.7%)	6:01	10 (51.5%)
177	RYBA Anna	249		K-40	11	00:45:11.35	00:45:11.35	+00:22:01 (48.8%)	6:01	10 (51.5%)
178	KURCZYK Elżbieta	139	MKS ŚWIĘC SŁAWNO	K-40	12	00:45:32.15	00:45:32.15	+00:22:22 (49.1%)	6:04	9.9 (51.0%)
179	CZERNIAWSKI Jan	337		M-20	26	00:45:54.95	00:45:54.95	+00:22:45 (49.6%)	6:07	9.8 (50.5%)
180	GAWIECKA Mariola	58	ROZBIEGANY KOSZALIN	K-40	13	00:46:15.00	00:46:15.00	+00:23:05 (49.9%)	6:10	9.7 (50.0%)
181	SZYSZKOWSKI Tomasz	286		M-30	47	00:46:36.95	00:46:36.95	+00:23:27 (50.3%)	6:12	9.7 (50.0%)
182	BIEGAŃSKI Leszek	317	KB SOBÓTKA	M-50	15	00:46:43.05	00:46:43.05	+00:23:33 (50.4%)	6:13	9.6 (49.5%)
183	LANGE Tomasz	146	GNIEZNO BIEGA I OKOLICE	M-30	48	00:46:52.00	00:46:52.00	+00:23:42 (50.6%)	6:14	9.6 (49.5%)
184	BUDZYŃSKA Elżbieta	21	BBL SŁUPSK	K-50	4	00:46:54.05	00:46:54.05	+00:23:44 (50.6%)	6:15	9.6 (49.5%)
185	PIASECKA Karolina	219		K-30	21	00:47:00.15	00:47:00.15	+00:23:50 (50.7%)	6:16	9.6 (49.5%)
186	KOROLCZUK Karolina	114		K-30	22	00:47:04.05	00:47:04.05	+00:23:54 (50.8%)	6:16	9.6 (49.5%)
187	CHMIELEWSKA Małgorzata	28		K-20	8	00:47:34.90	00:47:34.90	+00:24:25 (51.3%)	6:20	9.5 (49.0%)
188	MOTOWIDŁO-ZAWADZKA Izabella	185		K-30	23	00:48:04.05	00:48:04.05	+00:24:54 (51.8%)	6:24	9.4 (48.5%)
189	STĘPIEŃ Karolina	266	BK	K-30	24	00:48:13.30	00:48:13.30	+00:25:03 (52.0%)	6:25	9.3 (47.9%)
190	WITKOWSKA Ilona	312	ŻYJ Z ENERGIAŁ	K-30	25	00:48:18.45	00:48:18.45	+00:25:09 (52.1%)	6:26	9.3 (47.9%)
191	RADZKI Radomir	238		M-30	49	00:48:22.25	00:48:22.25	+00:25:12 (52.1%)	6:26	9.3 (47.9%)
192	FELKOWSKA Karolina	50		K-30	26	00:48:25.65	00:48:25.65	+00:25:16 (52.2%)	6:27	9.3 (47.9%)
193	JAKUBCZYK Agnieszka	84	ROZBIEGANY KOSZALIN	K-20	9	00:48:59.55	00:48:59.55	+00:25:50 (52.7%)	6:31	9.2 (47.4%)
194	NEJMAN Krzysztof	194	KLAKIER TEAM	M-50	16	00:49:05.25	00:49:05.25	+00:25:55 (52.8%)	6:32	9.2 (47.4%)
195	OLSZEWSKA Renata	206		K-40	14	00:49:06.70	00:49:06.70	+00:25:57 (52.8%)	6:32	9.2 (47.4%)
196	STRÓŻYNA Marta	272		K-20	10	00:49:23.75	00:49:23.75	+00:26:14 (53.1%)	6:35	9.1 (46.9%)
197	STRÓŻYNA Mariusz	271	CYBINA TEAM	M-20	27	00:49:24.20	00:49:24.20	+00:26:14 (53.1%)	6:35	9.1 (46.9%)
198	ZDUNEK Katarzyna	326		K-50	5	00:49:29.50	00:49:29.50	+00:26:20 (53.2%)	6:35	9.1 (46.9%)
199	KRAWCZUK-KIEŁB Anna	123	ŻYJ Z ENERGIAŁ	K-40	15	00:49:32.90	00:49:32.90	+00:26:23 (53.3%)	6:36	9.1 (46.9%)
200	STASZYŃSKA Marianna	264	BTC,,ORZEŁ" BIALOGARD	K-60	1	00:50:16.90	00:50:16.90	+00:27:07 (53.9%)	6:42	9 (46.4%)
201	MRUGALSKI Stanisław	188	MTS HAMER	M-50	17	00:50:29.45	00:50:29.45	+00:27:20 (54.1%)	6:43	8.9 (45.9%)
202	LAMPKOWSKI Krzysztof	145		M-50	18	00:50:35.85	00:50:35.85	+00:27:26 (54.2%)	6:44	8.9 (45.9%)
203	STOLARCZYK Łukasz	269	ROZBIEGANY KOSZALIN	M-20	28	00:50:43.50	00:50:43.50	+00:27:34 (54.3%)	6:45	8.9 (45.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
204	STELMASZYK Paweł	265		M-20	29	00:51:53.35	00:51:53.35	+00:28:43 (55.4%)	6:55	8.7 (44.8%)
205	KOPREK Marzena	112		K-20	11	00:51:53.90	00:51:53.90	+00:28:44 (55.4%)	6:55	8.7 (44.8%)
206	KAMELSKI Piotr	88	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-40	35	00:52:18.30	00:52:18.30	+00:29:08 (55.7%)	6:58	8.6 (44.3%)
207	MIKLASIŃSKA-KAMELSKA Monika	179	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-30	27	00:52:18.55	00:52:18.55	+00:29:09 (55.7%)	6:58	8.6 (44.3%)
208	BUTOWICZ Adam	23		M-50	19	00:54:02.65	00:54:02.65	+00:30:53 (57.2%)	7:12	8.3 (42.8%)
209	HAUSMAN Andrzej	69	KSR ROWERIA	M-60	8	00:54:11.05	00:54:11.05	+00:31:01 (57.3%)	7:13	8.3 (42.8%)

Znaleziono 209 wynik(ów)