

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



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>KUJAWSKI Łukasz</b>	<b>133</b>		M-20	1	<b>00:23:09.40</b>	<b>00:23:09.40</b>		3:05	19.4 (100%)
2	<b>OKSENIUK Sergii</b>	<b>340</b>	MK LUCHESK	M-30	1	<b>00:23:49.80</b>	<b>00:23:49.80</b>	+00:00:40 (2.8%)	3:10	18.9 (97.4%)
3	<b>SAVCHUK Ruslan</b>	<b>343</b>	MK LUCHESK	M-30	2	<b>00:23:50.00</b>	<b>00:23:50.00</b>	+00:00:40 (2.8%)	3:10	18.9 (97.4%)
4	<b>STARZYŃSKI Andrzej</b>	<b>349</b>	CHEMIK ELEKTROWNIA PUŁAWY	M-20	2	<b>00:23:51.45</b>	<b>00:23:51.45</b>	+00:00:42 (2.9%)	3:10	18.9 (97.4%)
5	<b>HORODYSKYI Bohdan-Ivan</b>	<b>348</b>		M-20	3	<b>00:24:28.50</b>	<b>00:24:28.50</b>	+00:01:19 (5.4%)	3:15	18.4 (94.8%)
6	<b>KOSIANCHUK Victor</b>	<b>347</b>	MK LUCHESK	M-30	3	<b>00:25:09.85</b>	<b>00:25:09.85</b>	+00:02:00 (8.0%)	3:21	17.9 (92.3%)
7	<b>GAŁKOWSKI Damian</b>	<b>57</b>	GMINA SŁAWNO	M-20	4	<b>00:26:21.10</b>	<b>00:26:21.10</b>	+00:03:11 (12.1%)	3:30	17.1 (88.1%)
8	<b>GAWRON Piotr</b>	<b>338</b>	POLITECHNIKA KOSZALIŃSKA	M-20	5	<b>00:27:07.45</b>	<b>00:27:07.45</b>	+00:03:58 (14.6%)	3:36	16.6 (85.6%)
9	<b>BURZYŃSKI Aleksander</b>	<b>22</b>	STOPA SŁUPSK	M-30	4	<b>00:28:32.35</b>	<b>00:28:32.35</b>	+00:05:22 (18.9%)	3:48	15.8 (81.4%)
10	<b>MASŁOWSKI Mateusz</b>	<b>165</b>	7 BRYGADA OBRONY WYBRZEŻA	M-30	5	<b>00:28:38.15</b>	<b>00:28:38.15</b>	+00:05:28 (19.1%)	3:49	15.7 (80.9%)
11	<b>KĘPKA Adrian</b>	<b>102</b>		M-20	6	<b>00:28:38.90</b>	<b>00:28:38.90</b>	+00:05:29 (19.2%)	3:49	15.7 (80.9%)
12	<b>URZĘDOWSKI Przemysław</b>	<b>295</b>	BAZA 44	M-20	7	<b>00:28:39.70</b>	<b>00:28:39.70</b>	+00:05:30 (19.2%)	3:49	15.7 (80.9%)
13	<b>MIERZWA Witold</b>	<b>177</b>	DARŁOWO	M-40	1	<b>00:28:41.10</b>	<b>00:28:41.10</b>	+00:05:31 (19.3%)	3:49	15.7 (80.9%)
14	<b>WILCZEWSKI Krzysztof</b>	<b>308</b>	MKS ŚWIĘC SŁAWNO	M-30	6	<b>00:28:54.50</b>	<b>00:28:54.50</b>	+00:05:45 (19.9%)	3:51	15.6 (80.4%)
15	<b>WILCZEWSKI Mariusz</b>	<b>307</b>	MKS ŚWIĘC SŁAWNO	M-30	7	<b>00:29:07.00</b>	<b>00:29:07.00</b>	+00:05:57 (20.5%)	3:52	15.5 (79.9%)
16	<b>CHUDY Henryk</b>	<b>30</b>	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	1	<b>00:29:28.65</b>	<b>00:29:28.65</b>	+00:06:19 (21.4%)	3:55	15.3 (78.9%)
17	<b>PFAJFER Marek</b>	<b>218</b>	SPÓJNIA BIAŁE BŁOTA	M-30	8	<b>00:29:32.05</b>	<b>00:29:32.05</b>	+00:06:22 (21.6%)	3:56	15.2 (78.4%)
18	<b>HERMAN Arkadiusz</b>	<b>70</b>		M-40	2	<b>00:29:38.25</b>	<b>00:29:38.25</b>	+00:06:28 (21.9%)	3:57	15.2 (78.4%)
19	<b>CABAJ Damian</b>	<b>325</b>	KB SOBÓTKA	M-30	9	<b>00:29:46.15</b>	<b>00:29:46.15</b>	+00:06:36 (22.2%)	3:58	15.1 (77.8%)
20	<b>KRUKOWSKI Błażej</b>	<b>127</b>	MKS ŚWIĘC SŁAWNO	M-30	10	<b>00:29:54.55</b>	<b>00:29:54.55</b>	+00:06:45 (22.6%)	3:59	15.1 (77.8%)
21	<b>ROGAŁA Grzegorz</b>	<b>239</b>	KS KROTOSZ KROTOSZYN	M-20	8	<b>00:30:01.05</b>	<b>00:30:01.05</b>	+00:06:51 (22.9%)	4:00	15 (77.3%)
22	<b>ZAGAJEWSKI Rafał</b>	<b>323</b>		M-17	1	<b>00:30:02.65</b>	<b>00:30:02.65</b>	+00:06:53 (22.9%)	4:00	15 (77.3%)
23	<b>ANTOSIK Grzegorz</b>	<b>320</b>	KB BRYZA POSTOMINO	M-30	11	<b>00:30:03.75</b>	<b>00:30:03.75</b>	+00:06:54 (23.0%)	4:00	15 (77.3%)
24	<b>MODRZEJEWSKI Mateusz</b>	<b>184</b>	KOCHAM ASIE	M-20	9	<b>00:30:07.10</b>	<b>00:30:07.10</b>	+00:06:57 (23.1%)	4:00	14.9 (76.8%)
25	<b>GORSZKA Damian</b>	<b>63</b>	SZCZECIN BIEGA	M-17	2	<b>00:30:15.10</b>	<b>00:30:15.10</b>	+00:07:05 (23.5%)	4:02	14.9 (76.8%)
26	<b>KAWECKI Józef</b>	<b>99</b>		M-50	1	<b>00:30:44.70</b>	<b>00:30:44.70</b>	+00:07:35 (24.7%)	4:05	14.6 (75.3%)
27	<b>POWARZYŃSKI Krzysztof</b>	<b>233</b>	6 WOG	M-40	3	<b>00:30:57.30</b>	<b>00:30:57.30</b>	+00:07:47 (25.2%)	4:07	14.5 (74.7%)

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						netto 7.5km	brutto 7.5km			
28	<b>KURKUL Przemek</b>	<b>142</b>	KB BRYZA POSTOMINO	M-20	10	<b>00:31:08.85</b>	<b>00:31:08.85</b>	+00:07:59 (25.7%)	4:09	14.5 (74.7%)
29	<b>BIERNAT Kamil</b>	<b>7</b>	MKS ŚWIĘC SŁAWNO	M-20	11	<b>00:31:09.65</b>	<b>00:31:09.65</b>	+00:08:00 (25.7%)	4:09	14.4 (74.2%)
30	<b>DĄBROWSKI Robert</b>	<b>267</b>	MARATOŃCZYK.PL	M-40	4	<b>00:31:15.75</b>	<b>00:31:15.75</b>	+00:08:06 (25.9%)	4:10	14.4 (74.2%)
31	<b>BONISŁAWSKI Jarosław</b>	<b>13</b>	FADOMODA TEAM	M-30	12	<b>00:31:25.05</b>	<b>00:31:25.05</b>	+00:08:15 (26.3%)	4:11	14.3 (73.7%)
32	<b>SIWIK Stanisław</b>	<b>256</b>		M-30	13	<b>00:31:35.80</b>	<b>00:31:35.80</b>	+00:08:26 (26.7%)	4:12	14.2 (73.2%)
33	<b>MICHALSKI Adam</b>	<b>328</b>	KB SOBÓTKA	M-40	5	<b>00:31:41.85</b>	<b>00:31:41.85</b>	+00:08:32 (26.9%)	4:13	14.2 (73.2%)
34	<b>ŚWITOŃ Marian</b>	<b>290</b>	T.G. SOKÓŁ BUKOWNICA	M-50	2	<b>00:32:01.70</b>	<b>00:32:01.70</b>	+00:08:52 (27.7%)	4:16	14.1 (72.7%)
35	<b>GRZEMPOWSKI Piotr</b>	<b>67</b>	KS KROTOSZ KROTOSZYN	M-20	12	<b>00:32:01.85</b>	<b>00:32:01.85</b>	+00:08:52 (27.7%)	4:16	14.1 (72.7%)
36	<b>DOLYNSKI Ihor</b>	<b>344</b>	MK LUCHESK	M-30	14	<b>00:32:08.15</b>	<b>00:32:08.15</b>	+00:08:58 (27.9%)	4:17	14 (72.2%)
37	<b>DUDZIAK Piotr</b>	<b>46</b>	BIEGNIJMY.PL	M-40	6	<b>00:32:13.95</b>	<b>00:32:13.95</b>	+00:09:04 (28.2%)	4:17	14 (72.2%)
38	<b>GOŁĘBIEWSKI Jacek</b>	<b>336</b>	KB SOBÓTKA	M-40	7	<b>00:32:15.15</b>	<b>00:32:15.15</b>	+00:09:05 (28.2%)	4:18	14 (72.2%)
39	<b>MACIEJEWSKI Andrzej</b>	<b>155</b>	KS KROTOSZ	M-50	3	<b>00:32:18.00</b>	<b>00:32:18.00</b>	+00:09:08 (28.3%)	4:18	13.9 (71.6%)
40	<b>KURKUL Janek</b>	<b>141</b>	KB BRYZA POSTOMINO	M-17	3	<b>00:32:32.00</b>	<b>00:32:32.00</b>	+00:09:22 (28.8%)	4:20	13.8 (71.1%)
41	<b>RYBA Paweł</b>	<b>250</b>		M-40	8	<b>00:32:41.45</b>	<b>00:32:41.45</b>	+00:09:32 (29.2%)	4:21	13.8 (71.1%)
42	<b>SMEREKA Tomasz</b>	<b>261</b>	RUNNING TEAM MILICZ	M-30	15	<b>00:32:50.45</b>	<b>00:32:50.45</b>	+00:09:41 (29.5%)	4:22	13.7 (70.6%)
43	<b>SZYMAŃSKI Tomasz</b>	<b>283</b>		M-40	9	<b>00:33:04.45</b>	<b>00:33:04.45</b>	+00:09:55 (30.0%)	4:24	13.6 (70.1%)
44	<b>KROEHNKE Artur</b>	<b>124</b>		M-40	10	<b>00:33:06.85</b>	<b>00:33:06.85</b>	+00:09:57 (30.1%)	4:24	13.6 (70.1%)
45	<b>PIŁCZYŃSKI Zbigniew</b>	<b>227</b>		M-50	4	<b>00:33:11.60</b>	<b>00:33:11.60</b>	+00:10:02 (30.2%)	4:25	13.6 (70.1%)
46	<b>RÓG Bartosz</b>	<b>242</b>	MKS ŚWIĘC SŁAWNO	M-30	16	<b>00:33:23.40</b>	<b>00:33:23.40</b>	+00:10:14 (30.6%)	4:27	13.5 (69.6%)
47	<b>PĘKAŁA Piotr</b>	<b>215</b>	SOSW KOSZALIN	M-40	11	<b>00:33:23.95</b>	<b>00:33:23.95</b>	+00:10:14 (30.7%)	4:27	13.5 (69.6%)
48	<b>OLESEK Jerzy</b>	<b>205</b>		M-40	12	<b>00:33:24.25</b>	<b>00:33:24.25</b>	+00:10:14 (30.7%)	4:27	13.5 (69.6%)
49	<b>ŁASZKIEWICZ Tadeusz</b>	<b>152</b>	MLUKS TRIATHLON KOŁO	M-60	2	<b>00:33:29.75</b>	<b>00:33:29.75</b>	+00:10:20 (30.9%)	4:27	13.4 (69.1%)
50	<b>STANKIEWICZ Antoni</b>	<b>329</b>	KB SOBÓTKA	M-50	5	<b>00:33:34.45</b>	<b>00:33:34.45</b>	+00:10:25 (31.0%)	4:28	13.4 (69.1%)
51	<b>KULAS Rafał</b>	<b>134</b>	KS KROTOSZ KROTOSZYN	M-40	13	<b>00:33:36.15</b>	<b>00:33:36.15</b>	+00:10:26 (31.1%)	4:28	13.4 (69.1%)
52	<b>SZYMAJDA Grzegorz</b>	<b>282</b>	TKKF KOSZALIN	M-30	17	<b>00:33:36.95</b>	<b>00:33:36.95</b>	+00:10:27 (31.1%)	4:28	13.4 (69.1%)
52	<b>ŚNIADECKI Dawid</b>	<b>287</b>		M-20	13	<b>00:33:36.95</b>	<b>00:33:36.95</b>	+00:10:27 (31.1%)	4:28	13.4 (69.1%)
54	<b>KAŁUŻNY Karol</b>	<b>87</b>	KS KROTOSZ KROTOSZYN	M-30	18	<b>00:33:37.40</b>	<b>00:33:37.40</b>	+00:10:28 (31.1%)	4:28	13.4 (69.1%)
55	<b>LESZCZYŃSKI Tomasz</b>	<b>148</b>		M-30	19	<b>00:33:38.45</b>	<b>00:33:38.45</b>	+00:10:29 (31.2%)	4:29	13.4 (69.1%)
56	<b>PIETRZAK Kamil</b>	<b>222</b>	ACTIVE MALBORK	M-30	20	<b>00:33:41.35</b>	<b>00:33:41.35</b>	+00:10:31 (31.3%)	4:29	13.4 (69.1%)
57	<b>WICZUK Michał</b>	<b>303</b>	MKB DREPTAK	M-30	21	<b>00:33:42.15</b>	<b>00:33:42.15</b>	+00:10:32 (31.3%)	4:29	13.4 (69.1%)
58	<b>ZAŁĘSKI Henryk</b>	<b>330</b>	KB SOBÓTKA	M-70+	1	<b>00:33:49.00</b>	<b>00:33:49.00</b>	+00:10:39 (31.5%)	4:30	13.3 (68.6%)
59	<b>JANKOWSKI Eugeniusz</b>	<b>121</b>	OPEC-PUŁAWY	M-60	3	<b>00:33:53.80</b>	<b>00:33:53.80</b>	+00:10:44 (31.7%)	4:31	13.3 (68.6%)
60	<b>ŁABEJSZA Łukasz</b>	<b>150</b>	WOJOWNICY WÓDY	M-30	22	<b>00:33:54.80</b>	<b>00:33:54.80</b>	+00:10:45 (31.7%)	4:31	13.3 (68.6%)
61	<b>MACHTYL Grzegorz</b>	<b>154</b>		M-30	23	<b>00:34:00.00</b>	<b>00:34:00.00</b>	+00:10:50 (31.9%)	4:32	13.2 (68.0%)
62	<b>STOJEWSKI Jarosław</b>	<b>268</b>		M-30	24	<b>00:34:03.50</b>	<b>00:34:03.50</b>	+00:10:54 (32.0%)	4:32	13.2 (68.0%)
63	<b>MAMLA Zbigniew</b>	<b>161</b>	TRUCHT TARCHOMIN TEAM	M-40	14	<b>00:34:11.65</b>	<b>00:34:11.65</b>	+00:11:02 (32.3%)	4:33	13.2 (68.0%)
64	<b>KUBIŃSKI Rafał</b>	<b>131</b>	NIGHT RUNNERS SŁUPSK	M-50	6	<b>00:34:17.75</b>	<b>00:34:17.75</b>	+00:11:08 (32.5%)	4:34	13.1 (67.5%)
65	<b>KASPRZAK Jacek</b>	<b>97</b>	KS KROTOSZ KROTOSZYN	M-30	25	<b>00:34:22.65</b>	<b>00:34:22.65</b>	+00:11:13 (32.6%)	4:34	13.1 (67.5%)
66	<b>SZUSTAKIEWICZ Kamil</b>	<b>299</b>		M-20	14	<b>00:34:24.00</b>	<b>00:34:24.00</b>	+00:11:14 (32.7%)	4:35	13.1 (67.5%)
67	<b>WICENS Jacek</b>	<b>302</b>	JACEK -BIEGAM BO LUBIĘ	M-30	26	<b>00:34:29.95</b>	<b>00:34:29.95</b>	+00:11:20 (32.9%)	4:35	13 (67.0%)
68	<b>OBAL Marcin`</b>	<b>204</b>	KS KROTOSZ KROTOSZYN	M-30	27	<b>00:34:37.95</b>	<b>00:34:37.95</b>	+00:11:28 (33.1%)	4:36	13 (67.0%)
69	<b>SKOPP Sebastian</b>	<b>259</b>		M-20	15	<b>00:34:40.65</b>	<b>00:34:40.65</b>	+00:11:31 (33.2%)	4:37	13 (67.0%)
70	<b>RUMIŃSKI Wojtek</b>	<b>245</b>	STOPA SŁUPSK	M-40	15	<b>00:34:48.95</b>	<b>00:34:48.95</b>	+00:11:39 (33.5%)	4:38	12.9 (66.5%)
71	<b>MĄDRY Wojciech</b>	<b>168</b>	CYBINA TEAM	M-20	16	<b>00:34:51.45</b>	<b>00:34:51.45</b>	+00:11:42 (33.6%)	4:38	12.9 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 7.5km	brutto 7.5km			
72	<b>BIERNAT Marcin</b>	<b>192</b>	MKS ŚWIĘC SŁAWNO	M-20	17	<b>00:34:59.00</b>	<b>00:34:59.00</b>	+00:11:49 (33.8%)	4:39	12.9 (66.5%)
73	<b>CZERNAWSKI Lech</b>	<b>38</b>		M-20	18	<b>00:35:01.05</b>	<b>00:35:01.05</b>	+00:11:51 (33.9%)	4:40	12.9 (66.5%)
74	<b>ROGALSKI Roberto</b>	<b>240</b>	TKKF KOSZALIN	M-30	28	<b>00:35:10.30</b>	<b>00:35:10.30</b>	+00:12:00 (34.2%)	4:41	12.8 (66.0%)
75	<b>STYPUŁA Marian</b>	<b>324</b>	KB SOBÓTKA	M-50	7	<b>00:35:12.90</b>	<b>00:35:12.90</b>	+00:12:03 (34.2%)	4:41	12.8 (66.0%)
76	<b>ZIÓŁKOWSKI Wojciech</b>	<b>334</b>	KB 'GOCH' BYTÓW	M-30	29	<b>00:35:14.45</b>	<b>00:35:14.45</b>	+00:12:05 (34.3%)	4:41	12.8 (66.0%)
77	<b>TOMCZAK Zbigniew</b>	<b>293</b>	ALTOM GNIEZNO	M-60	4	<b>00:35:18.85</b>	<b>00:35:18.85</b>	+00:12:09 (34.4%)	4:42	12.7 (65.5%)
78	<b>SOMINKA Andrzej</b>	<b>263</b>	SOBIESAMBIEGAM	M-40	16	<b>00:35:22.25</b>	<b>00:35:22.25</b>	+00:12:12 (34.5%)	4:42	12.7 (65.5%)
79	<b>TELESIEWICZ Henryk</b>	<b>292</b>	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	5	<b>00:35:25.05</b>	<b>00:35:25.05</b>	+00:12:15 (34.6%)	4:43	12.7 (65.5%)
80	<b>WILKOWSKI Krzysztof</b>	<b>310</b>	ROZBIEGANY KOSZALIN	M-30	30	<b>00:35:33.30</b>	<b>00:35:33.30</b>	+00:12:23 (34.9%)	4:44	12.7 (65.5%)
81	<b>WIATRZYK Krzysztof</b>	<b>301</b>		M-40	17	<b>00:35:54.70</b>	<b>00:35:54.70</b>	+00:12:45 (35.5%)	4:47	12.5 (64.4%)
82	<b>GOSTOMCZYK Krzysztof</b>	<b>64</b>		M-30	31	<b>00:35:56.90</b>	<b>00:35:56.90</b>	+00:12:47 (35.6%)	4:47	12.5 (64.4%)
83	<b>ZDUŃCZYK Tomasz</b>	<b>327</b>		M-40	18	<b>00:36:13.90</b>	<b>00:36:13.90</b>	+00:13:04 (36.1%)	4:49	12.4 (63.9%)
84	<b>PAWLIK Grzegorz</b>	<b>213</b>	KS KROTOSZ KROTOSZYN	M-30	32	<b>00:36:16.65</b>	<b>00:36:16.65</b>	+00:13:07 (36.2%)	4:50	12.4 (63.9%)
85	<b>KILAR Tomasz</b>	<b>103</b>	HILL KILER	M-40	19	<b>00:36:20.45</b>	<b>00:36:20.45</b>	+00:13:11 (36.3%)	4:50	12.4 (63.9%)
86	<b>MALIS Artur</b>	<b>158</b>		M-30	33	<b>00:36:29.55</b>	<b>00:36:29.55</b>	+00:13:20 (36.5%)	4:51	12.3 (63.4%)
87	<b>MODRZEJEWSKI Roman</b>	<b>182</b>	KINGS OF METAL	M-40	20	<b>00:36:42.35</b>	<b>00:36:42.35</b>	+00:13:32 (36.9%)	4:53	12.3 (63.4%)
88	<b>KUŁAKOWSKI Dawid</b>	<b>137</b>		M-30	34	<b>00:36:54.15</b>	<b>00:36:54.15</b>	+00:13:44 (37.2%)	4:55	12.2 (62.9%)
89	<b>STOLARCZYK Adrian</b>	<b>270</b>		M-20	19	<b>00:36:55.85</b>	<b>00:36:55.85</b>	+00:13:46 (37.3%)	4:55	12.2 (62.9%)
90	<b>PIOTROWSKI Karol</b>	<b>228</b>		M-20	20	<b>00:37:00.25</b>	<b>00:37:00.25</b>	+00:13:50 (37.4%)	4:56	12.2 (62.9%)
91	<b>KURCZYK Zbigniew</b>	<b>140</b>	MKS ŚWIĘC SŁAWNO	M-30	35	<b>00:37:04.95</b>	<b>00:37:04.95</b>	+00:13:55 (37.6%)	4:56	12.1 (62.4%)
92	<b>LULIS Zbigniew</b>	<b>149</b>		M-50	8	<b>00:37:12.25</b>	<b>00:37:12.25</b>	+00:14:02 (37.8%)	4:57	12.1 (62.4%)
93	<b>GAWIECKI Piotr</b>	<b>59</b>	ROZBIEGANY KOSZALIN	M-40	21	<b>00:37:12.40</b>	<b>00:37:12.40</b>	+00:14:03 (37.8%)	4:57	12.1 (62.4%)
94	<b>KARGUL Jacek</b>	<b>91</b>	NIGHT RUNNERS SŁUPSK	M-30	36	<b>00:37:17.45</b>	<b>00:37:17.45</b>	+00:14:08 (37.9%)	4:58	12.1 (62.4%)
95	<b>MICHAŁAK Wojciech</b>	<b>173</b>	MKS ŚWIĘC SŁAWNO	M-40	22	<b>00:37:22.85</b>	<b>00:37:22.85</b>	+00:14:13 (38.1%)	4:58	12 (61.9%)
96	<b>NOWAK Dariusz</b>	<b>202</b>	ŻYJ Z ENERGIA	M-40	23	<b>00:37:24.55</b>	<b>00:37:24.55</b>	+00:14:15 (38.1%)	4:59	12 (61.9%)
97	<b>KOPREK Łukasz</b>	<b>111</b>	SŁONECZNY PATROL KOSZALIN	M-30	37	<b>00:37:27.05</b>	<b>00:37:27.05</b>	+00:14:17 (38.2%)	4:59	12 (61.9%)
98	<b>KANIOWSKI Jacek</b>	<b>90</b>	W.P.K SŁOŃ TEAM USTKA	M-40	24	<b>00:37:41.30</b>	<b>00:37:41.30</b>	+00:14:31 (38.6%)	5:01	11.9 (61.3%)
99	<b>KOPCZEWSKI Dariusz</b>	<b>110</b>		M-50	9	<b>00:37:45.75</b>	<b>00:37:45.75</b>	+00:14:36 (38.7%)	5:02	11.9 (61.3%)
100	<b>MICERSKI Tomasz</b>	<b>172</b>		M-40	25	<b>00:37:46.20</b>	<b>00:37:46.20</b>	+00:14:36 (38.7%)	5:02	11.9 (61.3%)
101	<b>FILIPÓW Tadeusz</b>	<b>55</b>		M-60	6	<b>00:38:10.05</b>	<b>00:38:10.05</b>	+00:15:00 (39.3%)	5:05	11.8 (60.8%)
102	<b>KOWALCZYK Mariusz</b>	<b>120</b>		M-40	26	<b>00:38:15.30</b>	<b>00:38:15.30</b>	+00:15:05 (39.5%)	5:06	11.8 (60.8%)
103	<b>KUPREWICZ Grzegorz</b>	<b>138</b>		M-30	38	<b>00:38:54.55</b>	<b>00:38:54.55</b>	+00:15:45 (40.5%)	5:11	11.6 (59.8%)
104	<b>PIETRZYCKI Andrzej</b>	<b>224</b>		M-60	7	<b>00:38:55.30</b>	<b>00:38:55.30</b>	+00:15:45 (40.5%)	5:11	11.6 (59.8%)
105	<b>CZAPLICKI Paweł</b>	<b>36</b>	SUREM	M-40	27	<b>00:39:01.40</b>	<b>00:39:01.40</b>	+00:15:52 (40.7%)	5:12	11.5 (59.3%)
106	<b>ZIELIŃSKI Mateusz</b>	<b>332</b>	SŁONECZNY PATROL KOSZALIN	M-20	21	<b>00:39:02.70</b>	<b>00:39:02.70</b>	+00:15:53 (40.7%)	5:12	11.5 (59.3%)
107	<b>PUDŁO Paweł</b>	<b>214</b>	NIGHT RUNNERS SŁUPSK	M-40	28	<b>00:39:06.75</b>	<b>00:39:06.75</b>	+00:15:57 (40.8%)	5:12	11.5 (59.3%)
108	<b>MODRZEJEWSKI Jakub</b>	<b>183</b>	I LO W OSTROWIE WLKP.	M-17	4	<b>00:39:10.05</b>	<b>00:39:10.05</b>	+00:16:00 (40.9%)	5:13	11.5 (59.3%)
109	<b>TWOREK Józef</b>	<b>294</b>	MKS ŚWIĘC SŁAWNO	M-50	10	<b>00:39:24.15</b>	<b>00:39:24.15</b>	+00:16:14 (41.2%)	5:15	11.4 (58.8%)
110	<b>FELKOWSKI Tomasz</b>	<b>51</b>		M-30	39	<b>00:39:38.05</b>	<b>00:39:38.05</b>	+00:16:28 (41.6%)	5:17	11.4 (58.8%)
111	<b>NOREK Tomek</b>	<b>199</b>		M-40	29	<b>00:39:47.25</b>	<b>00:39:47.25</b>	+00:16:37 (41.8%)	5:18	11.3 (58.2%)
112	<b>JELIŃSKI Adam</b>	<b>82</b>		M-40	30	<b>00:40:05.70</b>	<b>00:40:05.70</b>	+00:16:56 (42.2%)	5:20	11.2 (57.7%)
113	<b>WITKOWSKI Krzysztof</b>	<b>314</b>	MKS ŚWIĘC SŁAWNO	M-50	11	<b>00:40:06.30</b>	<b>00:40:06.30</b>	+00:16:56 (42.3%)	5:20	11.2 (57.7%)
114	<b>SZMIGIERO Sebastian</b>	<b>280</b>	W.P.K SŁOŃ TEAM USTKA	M-30	40	<b>00:40:07.10</b>	<b>00:40:07.10</b>	+00:16:57 (42.3%)	5:20	11.2 (57.7%)
115	<b>BŁAŻUTYCZ Paweł</b>	<b>10</b>	KS KROTOSZ KROTOSZYN	M-40	31	<b>00:40:13.50</b>	<b>00:40:13.50</b>	+00:17:04 (42.4%)	5:21	11.2 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
116	<b>HRYCIÓW Paweł</b>	<b>74</b>	BIAŁOGARD	M-30	41	<b>00:40:19.15</b>	<b>00:40:19.15</b>	+00:17:09 (42.6%)	5:22	11.2 (57.7%)
117	<b>GLISZCZYŃSKI Łukasz</b>	<b>60</b>		M-17	5	<b>00:40:28.35</b>	<b>00:40:28.35</b>	+00:17:18 (42.8%)	5:23	11.1 (57.2%)
118	<b>KOWALCZYK Piotr</b>	<b>119</b>		M-30	42	<b>00:40:33.70</b>	<b>00:40:33.70</b>	+00:17:24 (42.9%)	5:24	11.1 (57.2%)
119	<b>JODKO Adam</b>	<b>234</b>		M-30	43	<b>00:40:38.05</b>	<b>00:40:38.05</b>	+00:17:28 (43.0%)	5:25	11.1 (57.2%)
120	<b>DEMIDOK Mariusz</b>	<b>43</b>		M-40	32	<b>00:40:46.10</b>	<b>00:40:46.10</b>	+00:17:36 (43.2%)	5:26	11 (56.7%)
121	<b>FILIPOWICZ Marian</b>	<b>54</b>		M-70+	2	<b>00:41:00.40</b>	<b>00:41:00.40</b>	+00:17:51 (43.5%)	5:28	11 (56.7%)
122	<b>SZYMCZEWSKI Szymon</b>	<b>285</b>		M-17	6	<b>00:41:04.55</b>	<b>00:41:04.55</b>	+00:17:55 (43.6%)	5:28	11 (56.7%)
123	<b>SZYMCZEWSKI Rafał</b>	<b>284</b>		M-20	22	<b>00:41:06.70</b>	<b>00:41:06.70</b>	+00:17:57 (43.7%)	5:28	10.9 (56.2%)
124	<b>BIERNAT Krzysztof</b>	<b>8</b>	MKS ŚWIĘC SŁAWNO	M-30	44	<b>00:41:10.45</b>	<b>00:41:10.45</b>	+00:18:01 (43.8%)	5:29	10.9 (56.2%)
125	<b>RUTKOWSKI Artur</b>	<b>247</b>		M-20	23	<b>00:41:28.90</b>	<b>00:41:28.90</b>	+00:18:19 (44.2%)	5:31	10.9 (56.2%)
126	<b>BYSZEWSKI Arkadiusz</b>	<b>24</b>		M-20	24	<b>00:41:29.10</b>	<b>00:41:29.10</b>	+00:18:19 (44.2%)	5:31	10.8 (55.7%)
127	<b>WIDAWSKI Łukasz</b>	<b>304</b>		M-40	33	<b>00:41:31.60</b>	<b>00:41:31.60</b>	+00:18:22 (44.2%)	5:32	10.8 (55.7%)
128	<b>KRYGIER Ireneusz</b>	<b>129</b>	W.P.K SŁOŃ TEAM USTKA	M-30	45	<b>00:41:37.95</b>	<b>00:41:37.95</b>	+00:18:28 (44.4%)	5:32	10.8 (55.7%)
129	<b>SALITA Lech</b>	<b>252</b>	ALTOM GNIEZNO	M-50	12	<b>00:41:52.85</b>	<b>00:41:52.85</b>	+00:18:43 (44.7%)	5:34	10.7 (55.2%)
130	<b>MALINOWSKI Adam</b>	<b>157</b>	MKS ŚWIĘC SŁAWNO	M-50	13	<b>00:42:01.85</b>	<b>00:42:01.85</b>	+00:18:52 (44.9%)	5:36	10.7 (55.2%)
131	<b>MALINOWSKI Artur</b>	<b>318</b>		M-50	14	<b>00:43:19.20</b>	<b>00:43:19.20</b>	+00:20:09 (46.5%)	5:46	10.4 (53.6%)
132	<b>WRONA Józef</b>	<b>163</b>	KB WIELEŃ	M-70+	3	<b>00:43:22.30</b>	<b>00:43:22.30</b>	+00:20:12 (46.6%)	5:46	10.4 (53.6%)
133	<b>GÓRECKI Patryk</b>	<b>65</b>		M-20	25	<b>00:43:39.05</b>	<b>00:43:39.05</b>	+00:20:29 (47.0%)	5:49	10.3 (53.1%)
134	<b>TOMCZAK Grzegorz</b>	<b>350</b>		M-30	46	<b>00:45:08.00</b>	<b>00:45:08.00</b>	+00:21:58 (48.7%)	6:01	10 (51.5%)
135	<b>ZIĘBA Paweł</b>	<b>333</b>		M-40	34	<b>00:45:09.75</b>	<b>00:45:09.75</b>	+00:22:00 (48.7%)	6:01	10 (51.5%)
136	<b>CZERNIAWSKI Jan</b>	<b>337</b>		M-20	26	<b>00:45:54.95</b>	<b>00:45:54.95</b>	+00:22:45 (49.6%)	6:07	9.8 (50.5%)
137	<b>SZYSZKOWSKI Tomasz</b>	<b>286</b>		M-30	47	<b>00:46:36.95</b>	<b>00:46:36.95</b>	+00:23:27 (50.3%)	6:12	9.7 (50.0%)
138	<b>BIEGAŃSKI Leszek</b>	<b>317</b>	KB SOBÓTKA	M-50	15	<b>00:46:43.05</b>	<b>00:46:43.05</b>	+00:23:33 (50.4%)	6:13	9.6 (49.5%)
139	<b>LANGE Tomasz</b>	<b>146</b>	GNIEZNO BIEGA I OKOLICE	M-30	48	<b>00:46:52.00</b>	<b>00:46:52.00</b>	+00:23:42 (50.6%)	6:14	9.6 (49.5%)
140	<b>RADZKI Radomir</b>	<b>238</b>		M-30	49	<b>00:48:22.25</b>	<b>00:48:22.25</b>	+00:25:12 (52.1%)	6:26	9.3 (47.9%)
141	<b>NEJMAN Krzysztof</b>	<b>194</b>	KLAKIER TEAM	M-50	16	<b>00:49:05.25</b>	<b>00:49:05.25</b>	+00:25:55 (52.8%)	6:32	9.2 (47.4%)
142	<b>STRÓŻYNA Mariusz</b>	<b>271</b>	CYBINA TEAM	M-20	27	<b>00:49:24.20</b>	<b>00:49:24.20</b>	+00:26:14 (53.1%)	6:35	9.1 (46.9%)
143	<b>MRUGALSKI Stanisław</b>	<b>188</b>	MTS HAMER	M-50	17	<b>00:50:29.45</b>	<b>00:50:29.45</b>	+00:27:20 (54.1%)	6:43	8.9 (45.9%)
144	<b>LAMPKOWSKI Krzysztof</b>	<b>145</b>		M-50	18	<b>00:50:35.85</b>	<b>00:50:35.85</b>	+00:27:26 (54.2%)	6:44	8.9 (45.9%)
145	<b>STOLARCZYK Łukasz</b>	<b>269</b>	ROZBIEGANY KOSZALIN	M-20	28	<b>00:50:43.50</b>	<b>00:50:43.50</b>	+00:27:34 (54.3%)	6:45	8.9 (45.9%)
146	<b>STELMASZYK Paweł</b>	<b>265</b>		M-20	29	<b>00:51:53.35</b>	<b>00:51:53.35</b>	+00:28:43 (55.4%)	6:55	8.7 (44.8%)
147	<b>KAMELSKI Piotr</b>	<b>88</b>	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-40	35	<b>00:52:18.30</b>	<b>00:52:18.30</b>	+00:29:08 (55.7%)	6:58	8.6 (44.3%)
148	<b>BUTOWICZ Adam</b>	<b>23</b>		M-50	19	<b>00:54:02.65</b>	<b>00:54:02.65</b>	+00:30:53 (57.2%)	7:12	8.3 (42.8%)
149	<b>HAUSMAN Andrzej</b>	<b>69</b>	KSR ROWERIA	M-60	8	<b>00:54:11.05</b>	<b>00:54:11.05</b>	+00:31:01 (57.3%)	7:13	8.3 (42.8%)

Znaleziono 149 wynik(ów)