

XIV BIEG WENEDÓW - 10KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2016-05-22
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ZBLEWSKI Tadeusz	502	4RUN TEAM BYTÓW	M-30	1	00:02:29	00:18:46	00:35:25.00	00:37:54.55		3:32	16.9 (100%)
2	WITKOWSKI Mateusz	457	KL ISKRA BIAŁOGARD	M-18	1	00:02:30	00:18:46	00:35:30.00	00:38:00.05	+00:00:05 (0.2%)	3:33	16.9 (100%)
3	WOJTKIEWICZ Mateusz	461	KB 'DZIESIĄTKA BIAŁOGARD'	M-18	2	00:02:30	00:18:45	00:36:49.90	00:39:20.25	+00:01:24 (3.8%)	3:41	16.3 (96.4%)
4	POLAK Szymon	407		M-40	1	00:02:31	00:19:21	00:39:08.90	00:41:40.45	+00:03:43 (9.5%)	3:54	15.3 (90.5%)
5	GAWRON Piotr	490	TALEX BORZYTUCHOM	M-18	3	00:02:29	00:19:17	00:39:21.40	00:41:50.95	+00:03:56 (10.0%)	3:56	15.2 (89.9%)
6	STENCEL Maciej	433		M-30	2	00:02:31	00:20:37	00:40:23.65	00:42:55.35	+00:04:58 (12.3%)	4:02	14.9 (88.2%)
7	RYŚKIEWICZ Rafał	421		M-40	2	00:02:29	00:19:15	00:40:25.90	00:42:55.45	+00:05:00 (12.4%)	4:02	14.8 (87.6%)
8	OSMULSKI Marcin	399	JW1223	M-30	3	00:02:34	00:19:54	00:40:29.15	00:43:03.90	+00:05:04 (12.5%)	4:02	14.8 (87.6%)
9	BURMEISTER Burkhardt	475	TSV BLAU WEISS 65 SCHWEDT E,V.SCHWEDTER HASEN	M-50	1	00:02:31	00:19:35	00:40:38.35	00:43:09.45	+00:05:13 (12.9%)	4:03	14.8 (87.6%)
10	BRZozowski Piotr	312	BIEGAJĄCY TCZEW	M-30	4	00:02:30	00:20:06	00:40:59.80	00:43:30.50	+00:05:34 (13.6%)	4:06	14.6 (86.4%)
11	BAJGERT Robert	302	KB WYGAN/VOLTAIX.PL	M-40	3	00:02:33	00:20:41	00:41:44.30	00:44:17.60	+00:06:19 (15.1%)	4:10	14.4 (85.2%)
12	WITKIEWICZ Magda	456	KB 10 BIAŁOGARD	K-30	1	00:02:30	00:20:38	00:41:51.80	00:44:21.95	+00:06:26 (15.4%)	4:11	14.3 (84.6%)
13	ZELEK Jan	466	TKKF KOSZALIN	M-50	2	00:02:30	00:20:31	00:42:06.40	00:44:37.05	+00:06:41 (15.9%)	4:12	14.2 (84.0%)
14	WOJCIECHOWICZ Jacek	459	WWW.STUDIOTANCAPASJA.PL	M-30	5	00:02:30	00:19:51	00:42:58.30	00:45:29.15	+00:07:33 (17.6%)	4:17	14 (82.8%)

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15	WIDONIAK Rafał	506	BIEGNIJMY.PL	M-40	4	00:02:34	00:20:26	00:42:54.60	00:45:29.45	+00:07:29 (17.5%)	4:17	14 (82.8%)
16	GÓRNY Norbert	334	FORMA ROSNOWO	M-40	5	00:02:40	00:20:28	00:42:57.45	00:45:38.30	+00:07:32 (17.6%)	4:17	14 (82.8%)
17	TUTUS Michał	425	JW1223	M-30	6	00:02:33	00:21:40	00:43:39.00	00:46:12.60	+00:08:14 (18.9%)	4:21	13.7 (81.1%)
18	NOWAKOWSKI Rafał	398		M-30	7	00:02:31	00:21:48	00:43:49.00	00:46:20.55	+00:08:24 (19.2%)	4:22	13.7 (81.1%)
19	ZWOLIŃSKI Jan	473	TKKF KOSZALIN	M-40	6	00:02:31	00:21:09	00:43:50.15	00:46:21.50	+00:08:25 (19.2%)	4:23	13.7 (81.1%)
20	SMAGOWSKI Wojtek	426	K.B.SPRINT SWIDWIN	M-30	8	00:02:34	00:21:45	00:43:56.75	00:46:31.05	+00:08:31 (19.4%)	4:23	13.7 (81.1%)
21	SROKA Sylwester	474		M-30	9	00:02:33	00:22:09	00:44:02.35	00:46:35.60	+00:08:37 (19.6%)	4:24	13.6 (80.5%)
22	MICKIEWICZ Adam	391	JW3937 MRZEŻYNO	M-18	4	00:02:37	00:22:50	00:44:22.65	00:47:00.35	+00:08:57 (20.2%)	4:26	13.5 (79.9%)
23	CIUPA Marcin	499		M-30	10	00:02:40	00:22:18	00:44:30.50	00:47:11.00	+00:09:05 (20.4%)	4:27	13.5 (79.9%)
24	WYSZKOWSKI Marcin	464	KB WYGAN	M-40	7	00:02:39	00:21:54	00:44:46.35	00:47:25.45	+00:09:21 (20.9%)	4:28	13.4 (79.3%)
25	RACZYŃSKI Grzegorz	488	I LO DUBOUIS	M-18	5	00:02:34	00:22:02	00:44:55.55	00:47:29.60	+00:09:30 (21.2%)	4:29	13.4 (79.3%)
26	JASICZEK Dariusz	342	CSSP KOSZALIN	M-40	8	00:02:41	00:22:17	00:44:49.80	00:47:30.85	+00:09:24 (21.0%)	4:28	13.4 (79.3%)
27	PŁAŻAŁSKI Przemysław	508	RUN GRYF GRYFICE	M-30	11	00:02:30	00:22:34	00:45:19.30	00:47:49.35	+00:09:54 (21.9%)	4:31	13.2 (78.1%)
28	STENDERA Maik	479	TSV BLAU WEISS 65 SCHWEDT E,V.SCHWEDTER HASEN	M-40	9	00:02:36	00:22:12	00:45:14.05	00:47:50.50	+00:09:49 (21.7%)	4:31	13.3 (78.7%)
29	DZIUBA Leszek	323	KB DZIESIĄTKA BIAŁOGARD	M-60	1	00:02:30	00:22:04	00:45:21.70	00:47:52.40	+00:09:56 (21.9%)	4:32	13.2 (78.1%)
30	STEFANOWICZ Paweł	484		M-40	10	00:02:31	00:21:47	00:45:28.90	00:48:00.15	+00:10:03 (22.1%)	4:32	13.2 (78.1%)
31	ŚNIEŻKO Marcin	501	TKKF KOSZALIN	M-30	12	00:02:41	00:22:30	00:45:20.65	00:48:02.15	+00:09:55 (21.9%)	4:32	13.2 (78.1%)
32	KASPROWICZ Małgorzata	352	STOPA SŁUPSK	K-30	2	00:02:30	00:22:34	00:45:47.55	00:48:18.20	+00:10:22 (22.7%)	4:34	13.1 (77.5%)
32	KOWALSKI Łukasz	367		M-30	13	00:02:32	00:23:27	00:45:47.55	00:48:19.85	+00:10:22 (22.7%)	4:34	13.1 (77.5%)
34	LUBLEWSKI Dawid	381		M-18	6	00:02:35	00:22:58	00:46:48.90	00:49:24.65	+00:11:23 (24.3%)	4:40	12.8 (75.7%)
35	LESZCZYŃSKI Tomasz	380		M-30	14	00:02:47	00:23:15	00:46:55.95	00:49:43.50	+00:11:30 (24.5%)	4:41	12.8 (75.7%)
36	KRAWCZUK Szymon	371	GEPARD GLEŻNOWO	M-30	15	00:02:42	00:23:54	00:47:01.20	00:49:43.60	+00:11:36 (24.7%)	4:42	12.8 (75.7%)
37	KAMELSKI Piotr	350	B/K	M-40	11	00:02:30	00:23:19	00:47:18.05	00:49:49.00	+00:11:53 (25.1%)	4:43	12.7 (75.1%)

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38	NAGRABECKI Hubert	395		M-30	16	00:02:32	00:23:27	00:47:26.40	00:49:58.90	+00:12:01 (25.3%)	4:44	12.6 (74.6%)
39	KSZCZANOWICZ Jacek	374		M-40	12	00:02:38	00:23:03	00:47:32.75	00:50:11.05	+00:12:07 (25.5%)	4:45	12.6 (74.6%)
40	SZABLA Ewelina	435	MTS HAMER MIASTKO	K-30	3	00:02:32	00:23:22	00:47:39.40	00:50:12.20	+00:12:14 (25.7%)	4:46	12.6 (74.6%)
41	FIŁONOWICZ Monika	328		K-30	4	00:02:34	00:23:30	00:47:41.30	00:50:15.35	+00:12:16 (25.7%)	4:46	12.6 (74.6%)
42	KRZEWIŃSKA Małgorzata	319	TKKF KOSZALIN	K-50	1	00:02:37	00:23:39	00:47:44.65	00:50:22.15	+00:12:19 (25.8%)	4:46	12.6 (74.6%)
43	SZYMCZAK Michał	469		M-30	17	00:02:30	00:22:45	00:48:02.85	00:50:32.90	+00:12:37 (26.3%)	4:48	12.5 (74.0%)
44	KRASKA Włodzimierz	370	NIEZRZESZONY	M-70+	1	00:02:30	00:23:16	00:48:05.20	00:50:35.55	+00:12:40 (26.3%)	4:48	12.5 (74.0%)
45	ATAŁAP Artur	301		M-40	13	00:02:34	00:23:29	00:48:11.70	00:50:45.90	+00:12:46 (26.5%)	4:49	12.5 (74.0%)
46	ŁABEJSZA Łukasz	382	WOJOWNICY WÓDY	M-30	18	00:02:40	00:23:32	00:48:23.65	00:51:03.70	+00:12:58 (26.8%)	4:50	12.4 (73.4%)
47	IWANIEC Dariusz	470	TKKF KOSZALIN	M-40	14	00:02:36	00:23:39	00:48:28.75	00:51:05.40	+00:13:03 (26.9%)	4:50	12.4 (73.4%)
48	KORZEC Artur	364		M-30	19	00:02:34	00:23:41	00:48:31.40	00:51:06.35	+00:13:06 (27.0%)	4:51	12.4 (73.4%)
49	KAŻMIERCZAK Robert	494		M-40	15	00:02:39	00:23:55	00:48:44.05	00:51:23.45	+00:13:19 (27.3%)	4:52	12.3 (72.8%)
50	WYSOCKI Łukasz	463		M-30	20	00:02:47	00:24:20	00:48:47.50	00:51:34.80	+00:13:22 (27.4%)	4:52	12.3 (72.8%)
51	WYGANOWSKI Andrzej	496	KB WYGAN	M-70+	2	00:02:32	00:24:05	00:48:50.70	00:51:23.00	+00:13:25 (27.5%)	4:53	12.3 (72.8%)
52	JASIENIECKI Piotr	343		M-40	16	00:02:32	00:24:42	00:49:03.45	00:51:35.50	+00:13:38 (27.8%)	4:54	12.2 (72.2%)
53	FRYDRYCH Wojciech	329		M-18	7	00:02:39	00:22:58	00:49:14.70	00:51:53.90	+00:13:49 (28.1%)	4:55	12.2 (72.2%)
54	ŚWIĘTOŃ Rafał	443		M-30	21	00:02:43	00:23:44	00:49:18.10	00:52:01.35	+00:13:53 (28.2%)	4:55	12.2 (72.2%)
55	WOJCIECHOWSKA-HRYCYK Agata	460		K-40	1	00:02:32	00:24:10	00:49:35.25	00:52:07.90	+00:14:10 (28.6%)	4:57	12.1 (71.6%)
56	WYKA Marcin	462	JW 1223	M-18	8	00:02:41	00:23:32	00:49:50.45	00:52:32.25	+00:14:25 (28.9%)	4:59	12 (71.0%)
57	KURŁOWICZ Robert	297	ROBIN HOOD TEAM	M-18	9	00:02:37	00:25:25	00:49:50.50	00:52:27.65	+00:14:25 (28.9%)	4:59	12 (71.0%)
58	KRASIŃSKI Witold	369		M-40	17	00:02:35	00:23:51	00:49:56.40	00:52:32.00	+00:14:31 (29.1%)	4:59	12 (71.0%)
59	MACHELSKA Sylwia	507	PGB SPORTOWA PACZKA	K-30	5	00:02:34	00:23:59	00:50:08.90	00:52:43.85	+00:14:43 (29.4%)	5:00	12 (71.0%)
60	LAS Mateusz	377		M-18	10	00:02:47	00:24:54	00:50:56.70	00:53:44.05	+00:15:31 (30.5%)	5:05	11.8 (69.8%)

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61	HESSEL Lars	477	SV TURBINE NEUBRANDENBURG	M-40	18	00:02:31	00:24:24	00:51:02.40	00:53:34.30	+00:15:37 (30.6%)	5:06	11.8 (69.8%)
62	NACHYŁA Paweł	394	DZIKI KOSZALIN	M-18	11	00:02:44	00:23:57	00:51:13.25	00:53:57.35	+00:15:48 (30.9%)	5:07	11.7 (69.2%)
63	JÓŹWIAK Mariusz	344		M-30	22	00:02:35	00:24:54	00:51:14.10	00:53:49.15	+00:15:49 (30.9%)	5:07	11.7 (69.2%)
64	JURKIEWICZ Andrzej	345	JW 1223	M-30	23	00:02:41	00:25:33	00:51:16.50	00:53:58.15	+00:15:51 (30.9%)	5:07	11.7 (69.2%)
65	FRONTCZAK Izabela	509	TKKF KOSZALIN	K-18	1	00:02:37	00:23:53	00:51:22.25	00:53:59.65	+00:15:57 (31.1%)	5:08	11.7 (69.2%)
66	WICHER Krzysztof	454	ADWOKATURA/ZHP	M-30	24	00:02:38	00:24:08	00:51:22.50	00:54:01.00	+00:15:57 (31.1%)	5:08	11.7 (69.2%)
67	WAWRZYN Grzegorz	450	COPY-SERWIS	M-40	19	00:02:32	00:23:59	00:51:25.05	00:53:57.05	+00:16:00 (31.1%)	5:08	11.7 (69.2%)
68	LINDOW Margitta	478	SV TURBINE NEUBRANDENBURG	K-50	2	00:02:36	00:25:11	00:51:25.50	00:54:01.65	+00:16:00 (31.1%)	5:08	11.7 (69.2%)
69	KISIEL Michał	353	TEAM BIEGOWY SZCZECINEK	M-30	25	00:02:39	00:24:46	00:51:30.50	00:54:10.35	+00:16:05 (31.2%)	5:09	11.6 (68.6%)
70	KOPACZ Rafał	360	RAFALKOPACZ.PL	M-30	26	00:02:36	00:23:53	00:51:34.40	00:54:10.85	+00:16:09 (31.3%)	5:09	11.6 (68.6%)
71	KOPCZEWSKI Dariusz	361		M-50	3	00:02:40	00:24:58	00:51:39.15	00:54:19.60	+00:16:14 (31.4%)	5:09	11.6 (68.6%)
72	BOGACKI Tomasz	308	TKKF KOSZALIN	M-50	4	00:02:35	00:25:05	00:51:53.10	00:54:28.40	+00:16:28 (31.7%)	5:11	11.6 (68.6%)
73	KACZMAREK Łukasz	348	WOJOWNICY WÓDY	M-30	27	00:02:40	00:24:22	00:51:55.85	00:54:36.05	+00:16:30 (31.8%)	5:11	11.6 (68.6%)
74	KISIELINSKI Igor	354		M-50	5	00:02:40	00:24:58	00:51:59.85	00:54:40.40	+00:16:34 (31.9%)	5:12	11.5 (68.0%)
75	MAJKOWICZ Mirosław	489		M-30	28	00:02:41	00:25:30	00:52:05.70	00:54:47.25	+00:16:40 (32.0%)	5:12	11.5 (68.0%)
76	WALTER Joanna	448	KB 10 BIAŁOGARD	K-40	2	00:02:33	00:25:17	00:52:08.05	00:54:41.35	+00:16:43 (32.1%)	5:12	11.5 (68.0%)
77	NOWAKOWSKA Małgorzata	397		K-18	2	00:02:35	00:25:03	00:52:08.30	00:54:44.15	+00:16:43 (32.1%)	5:12	11.5 (68.0%)
78	STEBELSKI Jasiek	431		M-18	12	00:02:31	00:24:11	00:52:10.60	00:54:41.75	+00:16:45 (32.1%)	5:13	11.5 (68.0%)
79	RUTKOWSKI Ryszard	419	RUTKOWSCY TEAM	M-50	6	00:02:31	00:24:55	00:52:31.00	00:55:02.40	+00:17:06 (32.6%)	5:15	11.4 (67.5%)
80	SZAFIRSKI Sebastian	437		M-30	29	00:02:40	00:25:10	00:52:39.75	00:55:20.50	+00:17:14 (32.7%)	5:16	11.4 (67.5%)
81	ĆWIKLIŃSKI Jakub	317		M-30	30	00:02:41	00:25:56	00:52:41.95	00:55:23.30	+00:17:16 (32.8%)	5:16	11.4 (67.5%)
82	DROZDZ Mariusz	321		M-40	20	00:02:41	00:25:04	00:52:46.50	00:55:28.15	+00:17:21 (32.9%)	5:16	11.4 (67.5%)
83	WENCŁAWSKI Michał	453	ARAGORTEAM	M-18	13	00:02:38	00:25:27	00:52:49.75	00:55:28.70	+00:17:24 (33.0%)	5:17	11.4 (67.5%)

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84	RATAJCZYK Robert	414		M-18	14	00:02:47	00:25:20	00:52:56.95	00:55:44.10	+00:17:31 (33.1%)	5:17	11.3 (66.9%)
85	STAWISZYŃSKI Jarosław	430	FORUM ROZWOJU KOSZALINA	M-30	31	00:02:46	00:26:38	00:53:06.20	00:55:52.90	+00:17:41 (33.3%)	5:18	11.3 (66.9%)
86	TESKA Bartosz	491		M-30	32	00:02:32	00:25:52	00:53:20.95	00:55:53.15	+00:17:55 (33.6%)	5:20	11.2 (66.3%)
87	KOWALCZYK Stanisław	365	NIEZRZESZONY	M-60	2	00:02:34	00:25:53	00:53:23.10	00:55:57.85	+00:17:58 (33.7%)	5:20	11.2 (66.3%)
88	KOWALSKA Magdalena	366		K-18	3	00:02:44	00:26:31	00:53:23.80	00:56:08.10	+00:17:58 (33.7%)	5:20	11.2 (66.3%)
89	RUDZIŃSKI Bronisław	417		M-60	3	00:02:38	00:25:33	00:53:38.15	00:56:16.65	+00:18:13 (34.0%)	5:21	11.2 (66.3%)
90	PIETRZYCKI Andrzej	498		M-60	4	00:02:37	00:26:40	00:53:51.30	00:56:28.80	+00:18:26 (34.2%)	5:23	11.1 (65.7%)
91	KAJKOWSKI Rafał	349	CSSP KOSZALIN	M-40	21	00:02:50	00:27:03	00:54:07.95	00:56:58.55	+00:18:42 (34.6%)	5:24	11.1 (65.7%)
92	ENGELMANN Ivo	476	TSV BLAU WEISS 65 SCHWEDT E,V.SCHWEDTER HASEN	M-50	7	00:02:35	00:25:57	00:54:10.40	00:56:46.00	+00:18:45 (34.6%)	5:25	11.1 (65.7%)
93	SZARY Szymon	438		M-30	33	00:02:46	00:27:07	00:54:11.55	00:56:58.30	+00:18:46 (34.6%)	5:25	11.1 (65.7%)
94	IGNATOWICZ Hubert	340		M-18	15	00:02:44	00:25:18	00:54:14.70	00:56:58.80	+00:18:49 (34.7%)	5:25	11.1 (65.7%)
95	BEDNARCZYK Tomasz	304	AWBUD S.A.	M-18	16	00:02:44	00:25:18	00:54:14.85	00:56:59.15	+00:18:49 (34.7%)	5:25	11.1 (65.7%)
96	KUPREWICZ Grzegorz	375	ROZBIEGANY KOSZALIN	M-30	34	00:02:34	00:25:59	00:54:16.15	00:56:50.85	+00:18:51 (34.7%)	5:25	11.1 (65.7%)
97	PUDŁO Paweł	492	NIGHT RUNNERS SŁUPSK	M-40	22	00:02:38	00:25:15	00:54:19.55	00:56:58.05	+00:18:54 (34.8%)	5:26	11 (65.1%)
98	BUTOWICZ Adam	315		M-50	8	00:02:39	00:26:09	00:54:27.65	00:57:07.15	+00:19:02 (35.0%)	5:26	11 (65.1%)
99	MARKOWSKI Andrzej	471	TKKF KOSZALIN	M-60	5	00:02:30	00:25:55	00:54:28.35	00:56:58.50	+00:19:03 (35.0%)	5:26	11 (65.1%)
100	BORKOWSKA-KOWALCZYK Daria	309	WOMENS FIGHT CLUB KOSZALIN	K-30	6	00:02:43	00:26:06	00:54:29.55	00:57:13.05	+00:19:04 (35.0%)	5:27	11 (65.1%)
101	DĄBROWSKI Grzegorz	320		M-40	23	00:02:32	00:25:52	00:54:29.85	00:57:02.45	+00:19:04 (35.0%)	5:27	11 (65.1%)
102	SOBIERAJ Magdalena	427	K. B. SPRINT ŚWIDWIN	K-30	7	00:02:46	00:26:53	00:54:32.35	00:57:18.40	+00:19:07 (35.1%)	5:27	11 (65.1%)
103	PIĘTKO Joanna	403		K-40	3	00:02:31	00:26:14	00:54:36.10	00:57:07.65	+00:19:11 (35.1%)	5:27	11 (65.1%)
104	MLAZGA Jacek	392		M-40	24	00:02:44	00:27:08	00:54:44.10	00:57:28.65	+00:19:19 (35.3%)	5:28	11 (65.1%)
105	KUCHARCZYK Jacek	485	BIAŁY ZĄBEK	M-30	35	00:02:38	00:25:35	00:54:49.85	00:57:28.20	+00:19:24 (35.4%)	5:29	10.9 (64.5%)
106	BARAN Grzegorz	303		M-30	36	00:02:35	00:26:37	00:55:01.80	00:57:37.65	+00:19:36 (35.6%)	5:30	10.9 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5km	10km	10km			
107	CZEPIEL Iwona	316	KORZYBSKIE REKINY	K-30	8	00:02:33	00:27:11	00:55:12.65	00:57:46.05	+00:19:47 (35.9%)	5:31	10.9 (64.5%)
108	MAŁETKA Piotr	505	COLBERG TEAM	M-40	25	00:02:42	00:27:01	00:55:14.75	00:57:57.65	+00:19:49 (35.9%)	5:31	10.9 (64.5%)
109	ROGALSKI Roberto	472	TKKF KOSZALIN	M-30	37	00:02:34	00:25:19	00:55:17.00	00:57:51.50	+00:19:52 (35.9%)	5:31	10.9 (64.5%)
110	GŁOWACKI Włodzimierz	423		M-70+	3	00:02:31	00:25:37	00:55:17.10	00:57:48.15	+00:19:52 (35.9%)	5:31	10.9 (64.5%)
111	ŚLUSZRZ Krzysztof	442		M-40	26	00:02:43	00:27:16	00:55:17.65	00:58:01.05	+00:19:52 (35.9%)	5:31	10.8 (63.9%)
112	GIBES Maciej	332		M-30	38	00:02:45	00:27:22	00:55:25.55	00:58:11.20	+00:20:00 (36.1%)	5:32	10.8 (63.9%)
113	MARTYNOWSKI Marcin	389		M-40	27	00:02:35	00:27:19	00:55:26.30	00:58:01.35	+00:20:01 (36.1%)	5:32	10.8 (63.9%)
114	FOSZCZ-REDA Monika	511		K-18	4	00:02:33	00:26:55	00:55:36.30	00:58:09.90	+00:20:11 (36.3%)	5:33	10.8 (63.9%)
115	RUTKOWSKI Artur	418	RUTKOWSKI TEAM	M-18	17	00:02:31	00:24:39	00:55:37.65	00:58:08.90	+00:20:12 (36.3%)	5:33	10.8 (63.9%)
116	GRAJ Joanna	336		K-18	5	00:02:47	00:27:07	00:55:40.85	00:58:28.75	+00:20:15 (36.4%)	5:34	10.8 (63.9%)
117	KOROL Krzysztof	363		M-40	28	00:02:36	00:26:13	00:55:45.70	00:58:22.35	+00:20:20 (36.5%)	5:34	10.8 (63.9%)
118	CHODOR Izabela	487		K-30	9	00:02:37	00:27:05	00:55:49.45	00:58:26.85	+00:20:24 (36.6%)	5:34	10.7 (63.3%)
119	TURCZYN Grzegorz	444	NIGHT RUNNERS SŁUPSK	M-40	29	00:02:39	00:26:44	00:55:58.00	00:58:37.35	+00:20:33 (36.7%)	5:35	10.7 (63.3%)
120	MACIOSZEK Agnieszka	383		K-40	4	00:02:33	00:26:21	00:56:00.95	00:58:33.95	+00:20:35 (36.8%)	5:36	10.7 (63.3%)
121	UZNAŃSKA Agata	446		K-50	3	00:02:35	00:27:20	00:56:01.50	00:58:36.75	+00:20:36 (36.8%)	5:36	10.7 (63.3%)
122	WIEDUWILT Anke	480	SV TURBINE NEUBRANDENBURG	K-50	4	00:02:37	00:27:46	00:56:14.10	00:58:51.35	+00:20:49 (37.0%)	5:37	10.7 (63.3%)
123	MALCZEWSKI Dariusz	386	BOBOLICE	M-50	9	00:02:44	00:28:24	00:56:28.15	00:59:12.45	+00:21:03 (37.3%)	5:38	10.6 (62.7%)
124	DWULIT Dominik	322	KORZYBSKIE REKINY	M-18	18	00:02:33	00:27:11	00:56:36.05	00:59:09.15	+00:21:11 (37.4%)	5:39	10.6 (62.7%)
125	KLING Beata	356		K-40	5	00:02:36	00:27:42	00:57:00.95	00:59:37.85	+00:21:35 (37.9%)	5:42	10.5 (62.1%)
126	KLING Aleksandra	355		K-18	6	00:02:36	00:27:42	00:57:01.00	00:59:37.55	+00:21:36 (37.9%)	5:42	10.5 (62.1%)
127	SZMIGIERO Sebastian	440		M-30	39	00:02:38	00:27:03	00:57:05.90	00:59:44.50	+00:21:40 (38.0%)	5:42	10.5 (62.1%)
128	KOLAKOWSKI Dariusz	504	K. B. SPRINT ŚWIDWIN	M-40	30	00:02:46	00:26:53	00:57:07.95	00:59:54.70	+00:21:42 (38.0%)	5:42	10.5 (62.1%)
129	WARZECHA Bartosz	449		M-40	31	00:02:46	00:27:55	00:57:12.40	00:59:59.25	+00:21:47 (38.1%)	5:43	10.5 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	DZIUBA Patryk	324	STUDIOEMBLANT	M-18	19	00:02:34	00:27:42	00:57:29.15	01:00:03.45	+00:22:04 (38.4%)	5:44	10.4 (61.5%)
131	RADECKA Katarzyna	412		K-30	10	00:02:41	00:28:15	00:57:30.85	01:00:12.60	+00:22:05 (38.4%)	5:45	10.4 (61.5%)
132	ZIELIŃSKI Ernest	298		M-40	32	00:02:37	00:28:12	00:57:40.70	01:00:17.80	+00:22:15 (38.6%)	5:46	10.4 (61.5%)
133	DANOWSKI Maciej	510	KB 'DZIESIĄTKA BIAŁOGARD'	M-40	33	00:02:35	00:28:14	00:57:42.10	01:00:17.95	+00:22:17 (38.6%)	5:46	10.4 (61.5%)
134	SIEPRACKI Adam	424	FORUM ROZWOJU KOSZALINA	M-30	40	00:02:46	00:28:32	00:57:49.15	01:00:35.85	+00:22:24 (38.7%)	5:46	10.4 (61.5%)
135	GAWLIK Artur	331	BIEGNIJMY.PL	M-30	41	00:02:42	00:26:42	00:57:50.00	01:00:32.00	+00:22:25 (38.8%)	5:47	10.4 (61.5%)
136	GRABOWICZ Jerzy	335	TUPOT USTKA	M-60	6	00:02:46	00:28:09	00:58:08.00	01:00:54.00	+00:22:43 (39.1%)	5:48	10.3 (60.9%)
137	RASZPLA Radosław	413	CIOTECZKI.PL	M-40	34	00:02:36	00:25:21	00:58:17.50	01:00:54.30	+00:22:52 (39.2%)	5:49	10.3 (60.9%)
138	KACAŁA Olga	347		K-30	11	00:02:44	00:27:39	00:58:21.25	01:01:05.95	+00:22:56 (39.3%)	5:50	10.3 (60.9%)
139	PIETRZYCKI Dariusz	497		M-40	35	00:02:38	00:27:53	00:58:36.35	01:01:14.50	+00:23:11 (39.6%)	5:51	10.2 (60.4%)
140	PIOTROWSKI Marcin	404		M-30	42	00:02:38	00:26:54	00:58:48.70	01:01:26.70	+00:23:23 (39.8%)	5:52	10.2 (60.4%)
141	RETERSKI Przemysław	416		M-30	43	00:02:48	00:27:41	00:58:51.15	01:01:39.25	+00:23:26 (39.8%)	5:53	10.2 (60.4%)
142	RETERSKA Beata	415		K-40	6	00:02:47	00:27:42	00:58:51.25	01:01:39.15	+00:23:26 (39.8%)	5:53	10.2 (60.4%)
143	PACAN Mirosława	401	ŚWIAT PŁYTEK U KRYSPIŃ	K-18	7	00:02:41	00:29:18	00:59:12.95	01:01:54.40	+00:23:47 (40.2%)	5:55	10.1 (59.8%)
144	HILLER Jerzy	339	PERFECT TEAM LUBLIN	M-60	7	00:02:40	00:29:32	00:59:28.90	01:02:09.25	+00:24:03 (40.5%)	5:56	10.1 (59.8%)
145	NEUBAUER Adrianna	396		K-30	12	00:02:48	00:28:36	00:59:32.95	01:02:21.35	+00:24:07 (40.5%)	5:57	10.1 (59.8%)
146	WEGNER Aneta	451		K-30	13	00:02:45	00:27:23	00:59:34.50	01:02:19.65	+00:24:09 (40.6%)	5:57	10.1 (59.8%)
147	WEGNER Przemysław	452		M-30	44	00:02:45	00:27:24	00:59:36.00	01:02:21.00	+00:24:11 (40.6%)	5:57	10.1 (59.8%)
148	KOBUS Emilia	358		K-30	14	00:02:43	00:28:36	00:59:43.40	01:02:26.50	+00:24:18 (40.7%)	5:58	10 (59.2%)
149	FAJGIER Tomasz	325		M-40	36	00:02:35	00:26:32	00:59:43.60	01:02:19.15	+00:24:18 (40.7%)	5:58	10 (59.2%)
150	KOŁODZIEJCZYK Danuta	359		K-50	5	00:02:36	00:27:07	01:00:04.75	01:02:41.60	+00:24:39 (41.1%)	6:00	10 (59.2%)
151	PSTRĄGOWSKA Marlena	411		K-30	15	00:02:40	00:28:08	01:00:07.70	01:02:48.20	+00:24:42 (41.1%)	6:00	10 (59.2%)
152	ZIELIŃSKI Jarosław	503		M-30	45	00:02:42	00:27:58	01:00:34.90	01:03:17.05	+00:25:09 (41.5%)	6:03	9.9 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	POLAK Monika	408		K-40	7	00:02:39	00:29:11	01:00:42.80	01:03:21.85	+00:25:17 (41.7%)	6:04	9.9 (58.6%)
154	PIÓRO Ewa	405	COLBERG TEAM	K-40	8	00:02:43	00:27:40	01:00:48.25	01:03:31.35	+00:25:23 (41.8%)	6:04	9.9 (58.6%)
155	HRANKOWSKA Monika	486		K-18	8	00:02:36	00:27:58	01:00:53.40	01:03:29.45	+00:25:28 (41.8%)	6:05	9.9 (58.6%)
156	POLAŃSKA Katarzyna	409	DZIKI KOSZALIN	K-30	16	00:02:44	00:28:51	01:01:01.05	01:03:45.05	+00:25:36 (42.0%)	6:06	9.8 (58.0%)
157	STEC Edyta	432	BABECZKI.PL	K-30	17	00:02:34	00:29:23	01:01:07.35	01:03:41.75	+00:25:42 (42.1%)	6:06	9.8 (58.0%)
158	MOŻEJKO Anna	393	BABECZKI.PL	K-30	18	00:02:34	00:29:23	01:01:07.65	01:03:42.00	+00:25:42 (42.1%)	6:06	9.8 (58.0%)
159	JANKIEWICZ Helena	341	MTS HAMER	K-30	19	00:02:33	00:30:12	01:01:21.40	01:03:54.95	+00:25:56 (42.3%)	6:08	9.8 (58.0%)
160	BRESZKA Paweł	311	RUNNERSWALDE DARŁOWO	M-40	37	00:02:42	00:29:49	01:01:45.15	01:04:27.45	+00:26:20 (42.6%)	6:10	9.7 (57.4%)
161	BORSUK Dorota	310		K-40	9	00:02:37	00:29:31	01:03:03.35	01:05:40.60	+00:27:38 (43.8%)	6:18	9.5 (56.2%)
162	HELLER Zdzisław	338	NIEZRZESZONY	M-60	8	00:02:37	00:29:50	01:03:13.60	01:05:51.50	+00:27:48 (44.0%)	6:19	9.5 (56.2%)
163	TWITCHETT Iain	445	LONE BADGER	M-40	38	00:02:43	00:30:27	01:03:25.95	01:06:09.65	+00:28:00 (44.2%)	6:20	9.5 (56.2%)
164	ZIĘTARA Ryszard	467		M-60	9	00:02:32	00:28:55	01:03:27.30	01:05:59.85	+00:28:02 (44.2%)	6:20	9.5 (56.2%)
165	KRYSIAK Andrzej	483		M-40	39	00:02:37	00:28:33	01:03:45.60	01:06:23.10	+00:28:20 (44.5%)	6:22	9.4 (55.6%)
166	KURCZYK Elżbieta	376		K-40	10	00:02:33	00:31:26	01:03:51.25	01:06:24.95	+00:28:26 (44.5%)	6:23	9.4 (55.6%)
167	MAŁGORZATA Michalczyk	387	WOJOWNICY WÓDY	K-18	9	00:02:40	00:30:36	01:03:59.00	01:06:39.75	+00:28:34 (44.6%)	6:23	9.4 (55.6%)
168	SZYSZKOWSKI Tomasz	441		M-30	46	00:02:38	00:30:20	01:04:02.85	01:06:41.15	+00:28:37 (44.7%)	6:24	9.4 (55.6%)
169	WIERZBICKI Kacper	455		M-18	20	00:02:38	00:30:05	01:04:52.00	01:07:30.45	+00:29:27 (45.4%)	6:29	9.2 (54.4%)
170	GAJC Bartek	330		M-30	47	00:02:49	00:30:17	01:04:53.30	01:07:42.30	+00:29:28 (45.4%)	6:29	9.2 (54.4%)
171	WŁAŚNIAK Jowita	458	DZIKI KOSZALIN	K-30	20	00:02:42	00:31:22	01:05:08.00	01:07:50.95	+00:29:43 (45.6%)	6:30	9.2 (54.4%)
172	FILIPOWICZ Andrzej	327	NIEZRZESZONY	M-70+	4	00:02:31	00:31:08	01:05:13.15	01:07:44.50	+00:29:48 (45.7%)	6:31	9.2 (54.4%)
173	BIALIK Wiesław	307	K. B. SPRINT ŚWIDWIN	M-60	10	00:02:30	00:31:08	01:05:14.25	01:07:44.25	+00:29:49 (45.7%)	6:31	9.2 (54.4%)
174	DYMECKA Joanna	410	PARKRUN SZCZECINEK	K-30	21	00:02:39	00:31:25	01:06:07.65	01:08:47.50	+00:30:42 (46.4%)	6:36	9.1 (53.8%)
175	KRAWCZUK-KIEŁB Anna	372	ŻYJ Z ENERGIA	K-40	11	00:02:41	00:30:51	01:06:09.20	01:08:51.15	+00:30:44 (46.5%)	6:37	9.1 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	GÓRNA Anna	333	FORMA ROSNOWO	K-30	22	00:02:41	00:31:59	01:06:32.55	01:09:13.60	+00:31:07 (46.8%)	6:39	9 (53.3%)
177	SZAFIROWICZ-CHOJNACKA Paulina	436		K-30	23	00:02:47	00:31:30	01:07:05.15	01:09:52.75	+00:31:40 (47.2%)	6:42	8.9 (52.7%)
178	DĄBROWSKA Katarzyna	318	TKKF KOSZALIN	K-18	10	00:02:40	00:31:50	01:08:23.75	01:11:03.90	+00:32:58 (48.2%)	6:50	8.8 (52.1%)
179	KOZŁOWIECKA Małgorzata	368		K-50	6	00:02:39	00:32:34	01:08:39.05	01:11:18.05	+00:33:14 (48.4%)	6:51	8.7 (51.5%)
180	FELKOWSKA Karolina	326	KOSZALIN	K-30	24	00:02:45	00:32:36	01:09:05.80	01:11:50.95	+00:33:40 (48.7%)	6:54	8.7 (51.5%)
181	PLATA Kasia	406		K-40	12	00:02:45	00:32:36	01:09:05.90	01:11:51.75	+00:33:40 (48.7%)	6:54	8.7 (51.5%)
182	LESIAK Anna	379		K-18	11	00:02:33	00:30:58	01:09:06.55	01:11:40.45	+00:33:41 (48.8%)	6:54	8.7 (51.5%)
183	PEŁKA Iwona	402		K-40	13	00:02:39	00:34:44	01:09:20.10	01:11:59.10	+00:33:55 (48.9%)	6:56	8.7 (51.5%)
184	STASZYŃSKA Marianna	429	BTC'ORZEŁ' BIAŁOGARD	K-60	1	00:02:38	00:34:02	01:09:43.70	01:12:22.45	+00:34:18 (49.2%)	6:58	8.6 (50.9%)
185	MALĄG-BAIK Anna	385		K-18	12	00:02:46	00:32:44	01:10:22.85	01:13:08.90	+00:34:57 (49.7%)	7:02	8.5 (50.3%)
186	OSTAPIŃSKI Tomasz	400		M-30	48	00:02:45	00:32:45	01:10:22.95	01:13:08.90	+00:34:57 (49.7%)	7:02	8.5 (50.3%)
187	JUSZCZYK Agnieszka	346		K-30	25	00:02:46	00:33:26	01:11:33.80	01:14:20.05	+00:36:08 (50.5%)	7:09	8.4 (49.7%)
188	MADEJAK Paweł	384		M-30	49	00:02:35	00:34:05	01:13:09.85	01:15:45.10	+00:37:44 (51.6%)	7:19	8.2 (48.5%)
189	HAUSMAN Andrzej	337	KSR ROWERIA	M-60	11	00:02:40	00:34:08	01:14:26.30	01:17:07.15	+00:39:01 (52.4%)	7:26	8.1 (47.9%)
190	KABACINSKI Bronisław	495	KB TUPOT USTKA	M-60	12	00:02:45	00:36:46	01:15:16.05	01:18:01.70	+00:39:51 (52.9%)	7:31	8 (47.3%)
191	SZEBLEWSKI Józef	439		M-60	13	00:02:29	00:37:10	01:18:56.00	01:21:25.80	+00:43:31 (55.1%)	7:53	7.6 (45.0%)
192	BARTNIK Marian	482	TKKF KOSZALIN	M-70+	5	00:02:29	00:41:48	01:26:10.10	01:28:39.40	+00:50:45 (58.9%)	8:37	7 (41.4%)
193	WITKIEWICZ Eryk	500	KB 'DZIESIĄTKA BIAŁOGARD'	M-40	40	00:02:30	00:19:54			+00:01:08	3:58	15.1 (89.3%)
	BEMOWICZ Tomasz	493	KB WYGAN	M-40		DNF	DNF	DNF	DNF		-	- (0.0%)
	WALO Zbigniew	447	X	M-50		DNF	00:33:05 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 195 wynik(ów)