



# XIV KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM - ATEST PZLA

B4SPORT

**Wydarzenie:** XIV Koszaliński Bieg Sylwestrowy oraz Marsz Nordic Walking  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej  
**Data:** 2023-12-30  
**Miejsce:** Koszalin  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                  | Numer      | Klub                                    | Kategoria | Mkat | Lap 1.6km | Lap 3.3km | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------|------------|---|-----------|------|-----------|-----------|--------------------|-------------------|--------------|--------------|
| 1   | <b>SOKOŁOWSKI Ryszard</b> | <b>2</b>   | LKB.IM BRACI PETK                       | M30       | 1    | 00:04:57  | 00:10:19  | <b>00:15:33.75</b> |                   | 3:06         | 19.3 (100%)  |
| 2   | <b>JEFIMCZYK Norbert</b>  | <b>136</b> | AML SŁUPSK                              | M18       | 1    | 00:04:57  | 00:10:19  | <b>00:15:38.65</b> | +00:00:04 (0.5%)  | 3:07         | 19.2 (99.5%) |
| 3   | <b>PIOTRASCHKE Paweł</b>  | <b>225</b> | AML SŁUPSK                              | M40       | 1    | 00:04:58  | 00:10:31  | <b>00:16:14.70</b> | +00:00:40 (4.2%)  | 3:14         | 18.5 (95.9%) |
| 4   | <b>CZERNIEWSKI Marcin</b> | <b>96</b>  | AML SŁUPSK                              | M30       | 2    | 00:04:56  | 00:10:34  | <b>00:16:21.85</b> | +00:00:48 (4.9%)  | 3:16         | 18.3 (94.8%) |
| 5   | <b>PROWANCKI Patryk</b>   | <b>227</b> | KS WILKI POMORSKIE                      | M18       | 2    | 00:04:58  | 00:10:47  | <b>00:16:44.95</b> | +00:01:11 (7.1%)  | 3:20         | 17.9 (92.7%) |
| 6   | <b>WENT Jakub</b>         | <b>54</b>  |   | M40       | 2    | 00:05:18  | 00:11:07  | <b>00:16:46.75</b> | +00:01:13 (7.3%)  | 3:21         | 17.9 (92.7%) |
| 7   | <b>KARCZ Artur</b>        | <b>142</b> |   | M40       | 3    | 00:05:16  | 00:11:11  | <b>00:17:12.40</b> | +00:01:38 (9.6%)  | 3:26         | 17.4 (90.2%) |
| 8   | <b>TROJAK Jakub</b>       | <b>281</b> | AML SŁUPSK                              | M14       | 1    | 00:05:22  | 00:11:14  | <b>00:17:20.95</b> | +00:01:47 (10.3%) | 3:28         | 17.3 (89.6%) |
| 9   | <b>SIADAK Arkadiusz</b>   | <b>242</b> |   | M40       | 4    | 00:05:26  | 00:11:36  | <b>00:17:43.80</b> | +00:02:10 (12.2%) | 3:32         | 16.9 (87.6%) |
| 10  | <b>MAKOWSKI Marek</b>     | <b>184</b> | INDYWIDUALNIE                           | M18       | 3    | 00:05:10  | 00:11:25  | <b>00:17:44.90</b> | +00:02:11 (12.3%) | 3:32         | 16.9 (87.6%) |
| 11  | <b>RUDNIKOWSKI Maciej</b> | <b>235</b> | BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY | M40       | 5    | 00:05:33  | 00:11:51  | <b>00:17:56.10</b> | +00:02:22 (13.2%) | 3:35         | 16.7 (86.5%) |
| 12  | <b>KASZTELAN Michał</b>   | <b>147</b> | 3LITERY                                 | M14       | 2    | 00:05:31  | 00:11:45  | <b>00:17:59.75</b> | +00:02:26 (13.5%) | 3:35         | 16.7 (86.5%) |
| 13  | <b>GUZOWSKI Dariusz</b>   | <b>121</b> | TALEX BORZYTUCHOM                       | M50       | 1    | 00:05:32  | 00:11:50  | <b>00:18:01.70</b> | +00:02:27 (13.7%) | 3:36         | 16.7 (86.5%) |
| 14  | <b>MIKODA Grzegorz</b>    | <b>195</b> |   | M40       | 6    | 00:05:34  | 00:11:52  | <b>00:18:07.95</b> | +00:02:34 (14.2%) | 3:37         | 16.6 (86.0%) |

| Msc | Zawodnik                      | Numer      | Klub  | Kategoria | Mkat | Lap      | Lap      | Czas               | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|---|-----------|------|----------|----------|--------------------|-------------------|--------------|--------------|
|     |                               |            |   |           |      | 1.6km    | 3.3km    | netto 5km          |                   |              |              |
| 15  | <b>SMOŁUCH Marcin</b>         | <b>249</b> | KB.BRYZA POSTOMINO                          | M30       | 3    | 00:05:40 | 00:12:01 | <b>00:18:25.40</b> | +00:02:51 (15.5%) | 3:41         | 16.3 (84.5%) |
| 16  | <b>GŁAZOWSKI Jacek</b>        | <b>113</b> | ZALEWSKI PERFORMANCE ACADEMY/LUNA NIECHORZE | M50       | 2    | 00:05:32 | 00:12:02 | <b>00:18:30.95</b> | +00:02:57 (16.0%) | 3:42         | 16.2 (83.9%) |
| 17  | <b>CHMIELEWSKI Tomasz</b>     | <b>90</b>  |   | M40       | 7    | 00:05:36 | 00:12:03 | <b>00:18:40.05</b> | +00:03:06 (16.6%) | 3:44         | 16.1 (83.4%) |
| 18  | <b>TOMKOWSKI Przemysław</b>   | <b>279</b> | CHRYSTUS KRÓLEM                             | M30       | 4    | 00:05:42 | 00:12:20 | <b>00:18:43.95</b> | +00:03:10 (16.9%) | 3:44         | 16 (82.9%)   |
| 19  | <b>ZDANIUKIEWICZ Grzegorz</b> | <b>53</b>  |   | M30       | 5    | 00:05:56 | 00:12:22 | <b>00:18:50.35</b> | +00:03:16 (17.4%) | 3:46         | 15.9 (82.4%) |
| 20  | <b>KLIMOWICZ Michał</b>       | <b>154</b> |   | M30       | 6    | 00:05:51 | 00:12:21 | <b>00:18:50.40</b> | +00:03:16 (17.4%) | 3:46         | 15.9 (82.4%) |
| 21  | <b>ŚLEDŹ Łukasz</b>           | <b>272</b> |   | M18       | 4    | 00:05:55 | 00:12:22 | <b>00:18:57.35</b> | +00:03:23 (17.9%) | 3:47         | 15.8 (81.9%) |
| 22  | <b>JANISZEWSKI Marek</b>      | <b>131</b> |   | M40       | 8    | 00:05:44 | 00:12:21 | <b>00:19:08.25</b> | +00:03:34 (18.7%) | 3:49         | 15.7 (81.3%) |
| 23  | <b>SZULC Arek Arbuz</b>       | <b>270</b> | 7PROTEAM                                    | M40       | 9    | 00:06:11 | 00:12:50 | <b>00:19:08.80</b> | +00:03:35 (18.7%) | 3:49         | 15.7 (81.3%) |
| 24  | <b>KOWALSKI Damian</b>        | <b>162</b> | KB BRYZA POSTOMINO                          | M30       | 7    | 00:05:46 | 00:12:30 | <b>00:19:17.20</b> | +00:03:43 (19.3%) | 3:51         | 15.6 (80.8%) |
| 25  | <b>SZOPIŃSKI Tomasz</b>       | <b>268</b> | KB BRYZA POSTOMINO                          | M40       | 10   | 00:06:00 | 00:12:49 | <b>00:19:27.50</b> | +00:03:53 (20.0%) | 3:53         | 15.4 (79.8%) |
| 26  | <b>WITKIEWICZ Mateusz</b>     | <b>1</b>   | KB DZIESIĄTKA BIALOGARD                     | M18       | 5    | 00:05:51 | 00:12:44 | <b>00:19:29.55</b> | +00:03:55 (20.2%) | 3:53         | 15.4 (79.8%) |
| 27  | <b>PACYNA Daniel</b>          | <b>211</b> | FUNDACJA ZASTOPUJ                           | M40       | 11   | 00:05:52 | 00:12:38 | <b>00:19:29.95</b> | +00:03:56 (20.2%) | 3:53         | 15.4 (79.8%) |
| 28  | <b>ZATOŃ Olga</b>             | <b>60</b>  |   | K30       | 1    | 00:06:01 | 00:12:47 | <b>00:19:30.10</b> | +00:03:56 (20.2%) | 3:54         | 15.4 (79.8%) |
| 29  | <b>KRYGER Patryk</b>          | <b>168</b> | CRITERS TEAM                                | M14       | 3    | 00:05:44 | 00:12:48 | <b>00:19:35.10</b> | +00:04:01 (20.5%) | 3:55         | 15.3 (79.3%) |
| 30  | <b>SMAGOWSKI Wojtek</b>       | <b>248</b> | OSP RĄBINO                                  | M40       | 12   | 00:05:59 | 00:12:50 | <b>00:19:38.30</b> | +00:04:04 (20.8%) | 3:55         | 15.3 (79.3%) |
| 31  | <b>WALEŃSKI Michał</b>        | <b>3</b>   | TKKF KOSZALIN                               | M40       | 13   | 00:06:19 | 00:13:09 | <b>00:19:46.50</b> | +00:04:12 (21.3%) | 3:57         | 15.2 (78.8%) |
| 32  | <b>PICK Tomasz</b>            | <b>220</b> | BIEGOLAS KOSZALIN / KORONA                  | M50       | 3    | 00:06:17 | 00:13:12 | <b>00:19:49.75</b> | +00:04:16 (21.5%) | 3:57         | 15.1 (78.2%) |
| 33  | <b>BOLECHOWSKI Cezary</b>     | <b>79</b>  |   | M18       | 6    | 00:05:48 | 00:12:49 | <b>00:19:50.85</b> | +00:04:17 (21.6%) | 3:58         | 15.1 (78.2%) |
| 34  | <b>WITKIEWICZ Eryk</b>        | <b>56</b>  | KB DZIESIĄTKA BIALOGARD                     | M40       | 14   | 00:06:18 | 00:13:13 | <b>00:19:53.45</b> | +00:04:19 (21.8%) | 3:58         | 15.1 (78.2%) |
| 35  | <b>PEKAŁA Mikołaj</b>         | <b>218</b> |   | M18       | 7    | 00:06:03 | 00:12:58 | <b>00:19:58.70</b> | +00:04:24 (22.1%) | 3:59         | 15 (77.7%)   |
| 36  | <b>BARTHA Tomasz</b>          | <b>68</b>  |   | M14       | 4    | 00:06:12 | 00:13:29 | <b>00:20:25.50</b> | +00:04:51 (23.8%) | 4:05         | 14.7 (76.2%) |
| 37  | <b>WEBER Paweł</b>            | <b>286</b> | BIEGOLAS                                    | M40       | 15   | 00:06:19 | 00:13:21 | <b>00:20:26.55</b> | +00:04:52 (23.9%) | 4:05         | 14.7 (76.2%) |

| Msc | Zawodnik                      | Numer      | Klub                    | Kategoria | Mkat | Lap      | Lap      | Czas               | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-------------------------------|------------|-------------------------|-----------|------|----------|----------|--------------------|----------------------|-----------------|-----------------|
|     |                               |            |                         |           |      | 1.6km    | 3.3km    | netto<br>5km       |                      |                 |                 |
| 38  | <b>ŚNIEŻKO Marcin</b>         | <b>274</b> | TKKF KOSZALIN           | M40       | 16   | 00:06:19 | 00:13:26 | <b>00:20:36.00</b> | +00:05:02<br>(24.5%) | 4:07            | 14.6<br>(75.6%) |
| 39  | <b>BARTHA Adrian</b>          | <b>67</b>  |                         | M30       | 8    | 00:06:12 | 00:13:30 | <b>00:20:46.80</b> | +00:05:13<br>(25.1%) | 4:09            | 14.4<br>(74.6%) |
| 40  | <b>SZKOŁUDA Sabina</b>        | <b>266</b> | NICE'SRUNNERSTEAM       | K18       | 1    | 00:06:31 | 00:13:43 | <b>00:20:50.30</b> | +00:05:16<br>(25.3%) | 4:10            | 14.4<br>(74.6%) |
| 41  | <b>KOZIEŁ Paweł</b>           | <b>163</b> | JJ RUNNERS TEAM         | M40       | 17   | 00:06:50 | 00:14:02 | <b>00:20:51.75</b> | +00:05:18<br>(25.4%) | 4:10            | 14.4<br>(74.6%) |
| 42  | <b>KOŚCIELNIAK Robert</b>     | <b>158</b> | TKKF KOSZALIN           | M50       | 4    | 00:06:30 | 00:13:47 | <b>00:20:54.65</b> | +00:05:20<br>(25.6%) | 4:10            | 14.4<br>(74.6%) |
| 43  | <b>KULCZYK Jerzy</b>          | <b>172</b> |                         | M60       | 1    | 00:06:18 | 00:13:41 | <b>00:21:01.45</b> | +00:05:27<br>(26.0%) | 4:12            | 14.3<br>(74.1%) |
| 44  | <b>OLSZAK Jakub</b>           | <b>206</b> |                         | M14       | 5    | 00:06:29 | 00:13:44 | <b>00:21:05.60</b> | +00:05:31<br>(26.2%) | 4:13            | 14.2<br>(73.6%) |
| 45  | <b>KISIELEWICZ Krzysztof</b>  | <b>151</b> | KORZYBSKIE REKINY       | M30       | 9    | 00:06:48 | 00:14:01 | <b>00:21:06.70</b> | +00:05:32<br>(26.3%) | 4:13            | 14.2<br>(73.6%) |
| 46  | <b>ŻURAWIK Piotr</b>          | <b>55</b>  | GM KĘPICE               | M50       | 5    | 00:06:33 | 00:13:56 | <b>00:21:17.60</b> | +00:05:43<br>(26.9%) | 4:15            | 14.1<br>(73.1%) |
| 47  | <b>WIZE Małgorzata</b>        | <b>52</b>  |                         | K40       | 1    | 00:06:26 | 00:13:50 | <b>00:21:19.55</b> | +00:05:45<br>(27.0%) | 4:15            | 14.1<br>(73.1%) |
| 48  | <b>LUBLEWSKI Dawid</b>        | <b>179</b> | BIEGOLAS                | M30       | 10   | 00:06:24 | 00:13:52 | <b>00:21:21.10</b> | +00:05:47<br>(27.1%) | 4:16            | 14.1<br>(73.1%) |
| 49  | <b>CHMIELEWICZ Hubert</b>     | <b>89</b>  |                         | M18       | 8    | 00:07:00 | 00:14:27 | <b>00:21:25.40</b> | +00:05:51<br>(27.4%) | 4:17            | 14<br>(72.5%)   |
| 50  | <b>BAJGERT Robert</b>         | <b>66</b>  | VOLTAIX.PL              | M50       | 6    | 00:06:49 | 00:14:13 | <b>00:21:33.90</b> | +00:06:00<br>(27.8%) | 4:18            | 13.9<br>(72.0%) |
| 51  | <b>KASZTELAN Urszula</b>      | <b>146</b> | TRIATHLON TKKF KOSZALIN | K30       | 2    | 00:06:22 | 00:14:10 | <b>00:21:39.10</b> | +00:06:05<br>(28.1%) | 4:19            | 13.9<br>(72.0%) |
| 52  | <b>IWANIEC Dariusz</b>        | <b>129</b> | TKKF KOSZALIN           | M40       | 18   | 00:06:45 | 00:14:15 | <b>00:21:39.20</b> | +00:06:05<br>(28.1%) | 4:19            | 13.9<br>(72.0%) |
| 53  | <b>KRACZKOWSKI Przemysław</b> | <b>165</b> |                         | M40       | 19   | 00:06:53 | 00:14:16 | <b>00:21:41.30</b> | +00:06:07<br>(28.2%) | 4:20            | 13.8<br>(71.5%) |
| 54  | <b>DZIUBEK Henryk</b>         | <b>103</b> | FUNDACJA ZASTOPIJ       | M40       | 20   | 00:06:30 | 00:14:09 | <b>00:21:41.70</b> | +00:06:07<br>(28.3%) | 4:20            | 13.8<br>(71.5%) |
| 55  | <b>MAZUREK Marcin</b>         | <b>191</b> |                         | M40       | 21   | 00:06:48 | 00:14:16 | <b>00:21:43.95</b> | +00:06:10<br>(28.4%) | 4:20            | 13.8<br>(71.5%) |
| 56  | <b>MAZIEC Beata</b>           | <b>190</b> | TKKF KOSZALIN           | K30       | 3    | 00:06:50 | 00:14:22 | <b>00:21:46.60</b> | +00:06:12<br>(28.5%) | 4:21            | 13.8<br>(71.5%) |
| 57  | <b>KURKOWSKI Piotr</b>        | <b>174</b> |                         | M30       | 11   | 00:06:48 | 00:14:25 | <b>00:21:57.35</b> | +00:06:23<br>(29.1%) | 4:23            | 13.7<br>(71.0%) |
| 58  | <b>SAWICKI Marcin</b>         | <b>241</b> |                         | M30       | 12   | 00:07:00 | 00:14:47 | <b>00:22:04.05</b> | +00:06:30<br>(29.5%) | 4:24            | 13.6<br>(70.5%) |
| 59  | <b>MARCZUK Maksymilian</b>    | <b>189</b> |                         | M18       | 9    | 00:06:59 | 00:14:45 | <b>00:22:06.65</b> | +00:06:32<br>(29.6%) | 4:25            | 13.6<br>(70.5%) |
| 60  | <b>KĘPA Martyna</b>           | <b>150</b> | BRAK                    | K18       | 2    | 00:07:00 | 00:14:44 | <b>00:22:06.95</b> | +00:06:33<br>(29.6%) | 4:25            | 13.6<br>(70.5%) |

| Msc | Zawodnik                    | Numer      | Klub                    | Kategoria | Mkat | Lap      | Lap      | Czas               | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-----------------------------|------------|-------------------------|-----------|------|----------|----------|--------------------|----------------------|-----------------|-----------------|
|     |                             |            |                         |           |      | 1.6km    | 3.3km    | netto<br>5km       |                      |                 |                 |
| 61  | <b>GAŁKOWSKI Marcin</b>     | <b>110</b> | BIEGOLAS                | M30       | 13   | 00:06:29 | 00:14:16 | <b>00:22:07.05</b> | +00:06:33<br>(29.6%) | 4:25            | 13.6<br>(70.5%) |
| 62  | <b>GAŁGAŃSKI Jan</b>        | <b>108</b> |                         | M18       | 10   | 00:07:24 | 00:15:14 | <b>00:22:10.00</b> | +00:06:36<br>(29.8%) | 4:26            | 13.5<br>(69.9%) |
| 63  | <b>PRĘDKI Grzegorz</b>      | <b>226</b> | KB BRYZA POSTOMINO      | M30       | 14   | 00:07:09 | 00:14:52 | <b>00:22:21.90</b> | +00:06:48<br>(30.4%) | 4:28            | 13.4<br>(69.4%) |
| 64  | <b>MOKRZYCKI Michał</b>     | <b>198</b> |                         | M18       | 11   | 00:07:11 | 00:15:04 | <b>00:22:23.60</b> | +00:06:49<br>(30.5%) | 4:28            | 13.4<br>(69.4%) |
| 65  | <b>TOMKOWSKI Tomasz</b>     | <b>277</b> | FUNDACJA ZASTOPIJ       | M18       | 12   | 00:07:47 | 00:15:22 | <b>00:22:24.35</b> | +00:06:50<br>(30.5%) | 4:28            | 13.4<br>(69.4%) |
| 66  | <b>RYBAK Daria</b>          | <b>237</b> | GAMMAXRUN               | K40       | 2    | 00:06:57 | 00:14:37 | <b>00:22:25.95</b> | +00:06:52<br>(30.6%) | 4:29            | 13.4<br>(69.4%) |
| 67  | <b>KOZAK Grzegorz</b>       | <b>4</b>   | FPP                     | M50       | 7    | 00:06:57 | 00:14:37 | <b>00:22:26.15</b> | +00:06:52<br>(30.6%) | 4:29            | 13.4<br>(69.4%) |
| 68  | <b>RETERSKI Damian</b>      | <b>232</b> |                         | M18       | 13   | 00:07:09 | 00:15:02 | <b>00:22:27.45</b> | +00:06:53<br>(30.7%) | 4:29            | 13.4<br>(69.4%) |
| 69  | <b>JANDERNAL Lena</b>       | <b>61</b>  |                         | K-OPEN    | 1    | 00:07:04 | 00:15:28 | <b>00:22:31.00</b> | +00:06:57<br>(30.9%) | 4:30            | 13.3<br>(68.9%) |
| 70  | <b>KURKOWSKI Sylwester</b>  | <b>173</b> |                         | M50       | 8    | 00:06:44 | 00:14:37 | <b>00:22:33.90</b> | +00:07:00<br>(31.0%) | 4:30            | 13.3<br>(68.9%) |
| 71  | <b>SKLENARSKI Piotr</b>     | <b>244</b> |                         | M50       | 9    | 00:07:16 | 00:15:03 | <b>00:22:34.95</b> | +00:07:01<br>(31.1%) | 4:30            | 13.3<br>(68.9%) |
| 72  | <b>SUCHANOWSKI Zygmunt</b>  | <b>259</b> | RESPECT LOTYŃ           | M50       | 10   | 00:06:51 | 00:14:48 | <b>00:22:44.60</b> | +00:07:10<br>(31.6%) | 4:32            | 13.2<br>(68.4%) |
| 73  | <b>GAWRYSIAK Przemysław</b> | <b>111</b> |                         | M40       | 22   | 00:07:07 | 00:14:58 | <b>00:22:48.45</b> | +00:07:14<br>(31.8%) | 4:33            | 13.2<br>(68.4%) |
| 74  | <b>PĘKAŁA Piotr</b>         | <b>219</b> | SOSW KOSZALIN           | M50       | 11   | 00:07:22 | 00:15:14 | <b>00:22:49.65</b> | +00:07:15<br>(31.8%) | 4:33            | 13.1<br>(67.9%) |
| 75  | <b>BUDZIŃSKI Paweł</b>      | <b>84</b>  | DRUŻYNA SZPIKU          | M40       | 23   | 00:07:17 | 00:15:15 | <b>00:22:52.20</b> | +00:07:18<br>(32.0%) | 4:34            | 13.1<br>(67.9%) |
| 76  | <b>JAROSIK Mariusz</b>      | <b>133</b> |                         | M50       | 12   | 00:06:57 | 00:15:01 | <b>00:22:53.15</b> | +00:07:19<br>(32.0%) | 4:34            | 13.1<br>(67.9%) |
| 77  | <b>HOREGLAD Paweł</b>       | <b>128</b> | SPEEDY GONZALES         | M18       | 14   | 00:07:19 | 00:15:16 | <b>00:22:56.70</b> | +00:07:22<br>(32.2%) | 4:35            | 13.1<br>(67.9%) |
| 78  | <b>GUDANIEC Katarzyna</b>   | <b>119</b> | TRIATHLON TKKF KOSZALIN | K30       | 4    | 00:06:54 | 00:14:25 | <b>00:23:00.25</b> | +00:07:26<br>(32.3%) | 4:36            | 13<br>(67.4%)   |
| 79  | <b>BIESEK Krzysztof</b>     | <b>70</b>  | -                       | M40       | 24   | 00:07:02 | 00:15:01 | <b>00:23:04.10</b> | +00:07:30<br>(32.5%) | 4:36            | 13<br>(67.4%)   |
| 80  | <b>NIEWIADA Marek</b>       | <b>200</b> |                         | M40       | 25   | 00:07:06 | 00:15:06 | <b>00:23:11.60</b> | +00:07:37<br>(32.9%) | 4:38            | 12.9<br>(66.8%) |
| 81  | <b>CZERNIAK Gracjan</b>     | <b>95</b>  |                         | M40       | 26   | 00:07:27 | 00:15:31 | <b>00:23:12.05</b> | +00:07:38<br>(32.9%) | 4:38            | 12.9<br>(66.8%) |
| 82  | <b>HAMALA Marcin</b>        | <b>124</b> |                         | M40       | 27   | 00:07:12 | 00:15:17 | <b>00:23:14.45</b> | +00:07:40<br>(33.0%) | 4:38            | 12.9<br>(66.8%) |
| 83  | <b>CZAPLIŃSKI Jacek</b>     | <b>94</b>  | NICE'S RUNNERS TEAM     | M40       | 28   | 00:07:12 | 00:15:17 | <b>00:23:15.10</b> | +00:07:41<br>(33.1%) | 4:39            | 12.9<br>(66.8%) |

| Msc | Zawodnik                     | Numer      | Klub                   | Kategoria | Mkat | Lap      | Lap      | Czas               | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|------------------------------|------------|------------------------|-----------|------|----------|----------|--------------------|----------------------|-----------------|-----------------|
|     |                              |            |                        |           |      | 1.6km    | 3.3km    | netto<br>5km       |                      |                 |                 |
| 84  | <b>PSUJEK Seweryn</b>        | <b>229</b> | POLSKA                 | M30       | 15   | 00:06:54 | 00:15:03 | <b>00:23:24.90</b> | +00:07:51<br>(33.5%) | 4:40            | 12.8<br>(66.3%) |
| 85  | <b>BOJANOWSKI Michał</b>     | <b>78</b>  | KOŁOBRZEG BIEGA        | M40       | 29   | 00:07:11 | 00:15:14 | <b>00:23:30.95</b> | +00:07:57<br>(33.8%) | 4:42            | 12.8<br>(66.3%) |
| 86  | <b>HOPE Przemysław</b>       | <b>127</b> | KORONA SZCZECIN        | M18       | 15   | 00:07:02 | 00:15:14 | <b>00:23:31.15</b> | +00:07:57<br>(33.8%) | 4:42            | 12.8<br>(66.3%) |
| 87  | <b>KOWALCZYK Marcin</b>      | <b>161</b> |                        | M40       | 30   | 00:07:28 | 00:15:37 | <b>00:23:36.90</b> | +00:08:03<br>(34.1%) | 4:43            | 12.7<br>(65.8%) |
| 88  | <b>MICHALAK Adam</b>         | <b>193</b> |                        | M18       | 16   | 00:07:27 | 00:15:45 | <b>00:23:37.45</b> | +00:08:03<br>(34.1%) | 4:43            | 12.7<br>(65.8%) |
| 89  | <b>DROŹDŻAL Jarosław</b>     | <b>101</b> | WOLNY STRZELEC         | M40       | 31   | 00:07:00 | 00:15:00 | <b>00:23:38.00</b> | +00:08:04<br>(34.2%) | 4:43            | 12.7<br>(65.8%) |
| 90  | <b>BOCZEK Bartłomiej</b>     | <b>73</b>  |                        | M18       | 17   | 00:07:16 | 00:15:29 | <b>00:23:42.45</b> | +00:08:08<br>(34.4%) | 4:44            | 12.7<br>(65.8%) |
| 91  | <b>KOWALCZYK Karol</b>       | <b>159</b> | KOWALCZYK.EU           | M40       | 32   | 00:07:21 | 00:15:34 | <b>00:23:44.35</b> | +00:08:10<br>(34.4%) | 4:44            | 12.6<br>(65.3%) |
| 92  | <b>FLIS Anna</b>             | <b>106</b> | WŚCIEKŁE PIĘŚCI MOPSÓW | K30       | 5    | 00:07:54 | 00:16:08 | <b>00:23:55.30</b> | +00:08:21<br>(34.9%) | 4:47            | 12.5<br>(64.8%) |
| 93  | <b>TOMASZEWICZ Magdalena</b> | <b>276</b> |                        | K40       | 3    | 00:07:05 | 00:15:36 | <b>00:23:59.35</b> | +00:08:25<br>(35.1%) | 4:47            | 12.5<br>(64.8%) |
| 94  | <b>GIEDROWICZ Aleksandra</b> | <b>112</b> |                        | K30       | 6    | 00:07:03 | 00:15:36 | <b>00:24:01.10</b> | +00:08:27<br>(35.2%) | 4:48            | 12.5<br>(64.8%) |
| 95  | <b>DIDŁUCH Jacek</b>         | <b>100</b> | KARLINOBIEGAJ          | M40       | 33   | 00:07:08 | 00:15:26 | <b>00:24:01.35</b> | +00:08:27<br>(35.2%) | 4:48            | 12.5<br>(64.8%) |
| 96  | <b>KRZEWIŃSKA Małgorzata</b> | <b>169</b> | TKKF KOSZALIN          | K60+      | 1    | 00:07:32 | 00:15:51 | <b>00:24:07.35</b> | +00:08:33<br>(35.5%) | 4:49            | 12.4<br>(64.2%) |
| 97  | <b>GÓRA Roman</b>            | <b>115</b> | TKKF KOSZALIN          | M60       | 2    | 00:07:42 | 00:16:08 | <b>00:24:10.65</b> | +00:08:36<br>(35.6%) | 4:50            | 12.4<br>(64.2%) |
| 98  | <b>OLSZAK Grzegorz</b>       | <b>205</b> |                        | M40       | 34   | 00:07:32 | 00:16:01 | <b>00:24:12.05</b> | +00:08:38<br>(35.7%) | 4:50            | 12.4<br>(64.2%) |
| 99  | <b>ORŁOWSKI Paweł</b>        | <b>208</b> |                        | M50       | 13   | 00:07:28 | 00:15:53 | <b>00:24:13.90</b> | +00:08:40<br>(35.8%) | 4:50            | 12.4<br>(64.2%) |
| 100 | <b>BOGACKI Tomasz</b>        | <b>75</b>  | TKKF KOSZALIN          | M60       | 3    | 00:07:42 | 00:16:07 | <b>00:24:16.05</b> | +00:08:42<br>(35.9%) | 4:51            | 12.4<br>(64.2%) |
| 101 | <b>GOŁDYN Marek</b>          | <b>114</b> | KORMAX.COM.PL          | M40       | 35   | 00:08:16 | 00:16:33 | <b>00:24:16.50</b> | +00:08:42<br>(35.9%) | 4:51            | 12.4<br>(64.2%) |
| 102 | <b>MRUGALSKA Magdalena</b>   | <b>199</b> | JW1223                 | K30       | 7    | 00:07:33 | 00:16:01 | <b>00:24:25.60</b> | +00:08:51<br>(36.3%) | 4:53            | 12.3<br>(63.7%) |
| 103 | <b>STACHURA Daniel</b>       | <b>254</b> |                        | M18       | 18   | 00:07:16 | 00:15:55 | <b>00:24:27.75</b> | +00:08:54<br>(36.4%) | 4:53            | 12.3<br>(63.7%) |
| 104 | <b>NOWACZYK Christian</b>    | <b>202</b> |                        | M18       | 19   | 00:07:31 | 00:16:02 | <b>00:24:29.05</b> | +00:08:55<br>(36.4%) | 4:53            | 12.3<br>(63.7%) |
| 105 | <b>PRZYGÓCKI Sylwester</b>   | <b>228</b> | LION STRONG TEAM       | M30       | 16   | 00:08:08 | 00:16:15 | <b>00:24:35.50</b> | +00:09:01<br>(36.7%) | 4:55            | 12.2<br>(63.2%) |
| 106 | <b>WALCZAK Anna</b>          | <b>284</b> |                        | K30       | 8    | 00:07:40 | 00:16:14 | <b>00:24:36.65</b> | +00:09:02<br>(36.8%) | 4:55            | 12.2<br>(63.2%) |

| Msc | Zawodnik                      | Numer      | Klub                    | Kategoria | Mkat | Lap      | Lap      | Czas               | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|-------------------------|-----------|------|----------|----------|--------------------|-------------------|--------------|--------------|
|     |                               |            |                         |           |      | 1.6km    | 3.3km    | netto 5km          |                   |              |              |
| 107 | <b>PAWŁOWSKI Grzegorz</b>     | <b>216</b> | GAMMAXRUN               | M40       | 36   | 00:07:48 | 00:16:43 | <b>00:24:44.30</b> | +00:09:10 (37.1%) | 4:56         | 12.1 (62.7%) |
| 108 | <b>NOWOTKA Piotr</b>          | <b>203</b> | FUNDACJA ZASTOPUJ       | M30       | 17   | 00:07:21 | 00:16:15 | <b>00:24:44.55</b> | +00:09:10 (37.1%) | 4:56         | 12.1 (62.7%) |
| 109 | <b>SILSKI Michał</b>          | <b>243</b> |                         | M30       | 18   | 00:08:57 | 00:17:11 | <b>00:24:48.95</b> | +00:09:15 (37.3%) | 4:57         | 12.1 (62.7%) |
| 110 | <b>JAROSIK Monika</b>         | <b>134</b> |                         | K40       | 4    | 00:07:21 | 00:16:05 | <b>00:24:49.50</b> | +00:09:15 (37.3%) | 4:57         | 12.1 (62.7%) |
| 111 | <b>KANIOWSKI Jacek</b>        | <b>141</b> | W. P. K SŁOŃ TEAM USTKA | M40       | 37   | 00:07:41 | 00:16:12 | <b>00:24:55.45</b> | +00:09:21 (37.6%) | 4:59         | 12 (62.2%)   |
| 112 | <b>KAŻMIERCZAK Tomasz</b>     | <b>149</b> | JW 3937                 | M40       | 38   | 00:07:56 | 00:16:30 | <b>00:24:57.05</b> | +00:09:23 (37.6%) | 4:59         | 12 (62.2%)   |
| 113 | <b>KUBIAK Katarzyna</b>       | <b>171</b> |                         | K40       | 5    | 00:07:47 | 00:16:27 | <b>00:25:05.20</b> | +00:09:31 (38.0%) | 5:01         | 12 (62.2%)   |
| 114 | <b>GRABOWSKA-LESISZ Aneta</b> | <b>117</b> |                         | K40       | 6    | 00:07:36 | 00:16:20 | <b>00:25:07.40</b> | +00:09:33 (38.1%) | 5:01         | 11.9 (61.7%) |
| 115 | <b>HAŁAJKO Magdalena</b>      | <b>122</b> | TKKF KOSZALIN           | K40       | 7    | 00:07:43 | 00:16:23 | <b>00:25:08.90</b> | +00:09:35 (38.1%) | 5:01         | 11.9 (61.7%) |
| 116 | <b>TOMKOWSKI Krzysztof</b>    | <b>278</b> |                         | M30       | 19   | 00:07:49 | 00:16:46 | <b>00:25:15.70</b> | +00:09:41 (38.4%) | 5:03         | 11.9 (61.7%) |
| 117 | <b>BADOWSKA Agnieszka</b>     | <b>64</b>  |                         | K40       | 8    | 00:07:33 | 00:16:30 | <b>00:25:22.50</b> | +00:09:48 (38.7%) | 5:04         | 11.8 (61.1%) |
| 118 | <b>RYBAK Przemysław</b>       | <b>238</b> | GAMMAXRUN               | M40       | 39   | 00:07:51 | 00:16:39 | <b>00:25:23.05</b> | +00:09:49 (38.7%) | 5:04         | 11.8 (61.1%) |
| 119 | <b>WOŹNIAK Ireneusz</b>       | <b>57</b>  |                         | M30       | 20   | 00:08:18 | 00:17:13 | <b>00:25:23.50</b> | +00:09:49 (38.7%) | 5:04         | 11.8 (61.1%) |
| 120 | <b>KLENIEWSKI Piotr</b>       | <b>153</b> |                         | M60       | 4    | 00:07:59 | 00:16:52 | <b>00:25:23.85</b> | +00:09:50 (38.7%) | 5:04         | 11.8 (61.1%) |
| 121 | <b>MICERSKI Tomasz</b>        | <b>192</b> | TKKF KOSZALIN           | M40       | 40   | 00:07:52 | 00:16:46 | <b>00:25:29.60</b> | +00:09:55 (39.0%) | 5:05         | 11.8 (61.1%) |
| 122 | <b>BOGACKA Lucyna</b>         | <b>74</b>  | TKKF KOSZALIN           | K60+      | 2    | 00:08:02 | 00:16:47 | <b>00:25:32.55</b> | +00:09:58 (39.1%) | 5:06         | 11.7 (60.6%) |
| 123 | <b>BAHR Marzena</b>           | <b>65</b>  |                         | K30       | 9    | 00:08:00 | 00:16:54 | <b>00:25:33.90</b> | +00:10:00 (39.1%) | 5:06         | 11.7 (60.6%) |
| 124 | <b>URBAŃSKI Tomasz</b>        | <b>283</b> | BIAŁOGARD BIEGA         | M50       | 14   | 00:08:11 | 00:17:08 | <b>00:25:34.40</b> | +00:10:00 (39.1%) | 5:06         | 11.7 (60.6%) |
| 125 | <b>RAHOZA Szymon</b>          | <b>231</b> | LION STRONG TEAM        | M40       | 41   | 00:08:21 | 00:17:11 | <b>00:25:35.05</b> | +00:10:01 (39.2%) | 5:07         | 11.7 (60.6%) |
| 126 | <b>GÓRALSKA Monika</b>        | <b>116</b> | BIAŁOGARD BIEGA         | K40       | 9    | 00:08:10 | 00:17:08 | <b>00:25:35.20</b> | +00:10:01 (39.2%) | 5:07         | 11.7 (60.6%) |
| 127 | <b>JASIENIECKI Piotr</b>      | <b>135</b> |                         | M50       | 15   | 00:08:16 | 00:17:11 | <b>00:25:37.50</b> | +00:10:03 (39.3%) | 5:07         | 11.7 (60.6%) |
| 128 | <b>ANGRYS Maciej</b>          | <b>62</b>  | FUNDACJA ZASTOPUJ       | M30       | 21   | 00:08:27 | 00:17:13 | <b>00:25:37.85</b> | +00:10:04 (39.3%) | 5:07         | 11.7 (60.6%) |
| 129 | <b>FIGARSKI Leszek</b>        | <b>183</b> |                         | M40       | 42   | 00:07:49 | 00:16:28 | <b>00:25:39.40</b> | +00:10:05 (39.3%) | 5:07         | 11.7 (60.6%) |

| Msc | Zawodnik                                 | Numer      | Klub                     | Kategoria | Mkat | Lap      | Lap      | Czas               | Różn              | Tempo min/km | Tempo km/h   |
|-----|--|------------|--------------------------|-----------|------|----------|----------|--------------------|-------------------|--------------|--------------|
|     |  |            |                          |           |      | 1.6km    | 3.3km    | netto 5km          |                   |              |              |
| 130 | <b>SKOWYRSKI Janusz</b>                  | <b>245</b> | TKKF KOSZALIN            | M60       | 5    | 00:07:46 | 00:16:37 | <b>00:25:40.15</b> | +00:10:06 (39.4%) | 5:08         | 11.7 (60.6%) |
| 131 | <b>MANDZIAK Piotr</b>                    | <b>186</b> |                          | M30       | 22   | 00:07:42 | 00:16:55 | <b>00:25:43.25</b> | +00:10:09 (39.5%) | 5:08         | 11.7 (60.6%) |
| 132 | <b>BOGUSZEWSKA-KAŻMIERCZAK Agnieszka</b> | <b>76</b>  | ZASAPANI HYDRO TRZCIANKA | K40       | 10   | 00:08:12 | 00:17:06 | <b>00:25:43.50</b> | +00:10:09 (39.5%) | 5:08         | 11.7 (60.6%) |
| 133 | <b>TRAPP Sebastian</b>                   | <b>280</b> | LION STRONG TEAM         | M40       | 43   | 00:08:20 | 00:17:10 | <b>00:25:47.25</b> | +00:10:13 (39.7%) | 5:09         | 11.6 (60.1%) |
| 134 | <b>PAWŁOWSKA Magdalena</b>               | <b>214</b> | GAMMAXRUN                | K40       | 11   | 00:07:51 | 00:16:47 | <b>00:25:57.65</b> | +00:10:23 (40.1%) | 5:11         | 11.6 (60.1%) |
| 135 | <b>ZAREMBA Tomasz</b>                    | <b>6</b>   |                          | M40       | 44   | 00:08:08 | 00:17:08 | <b>00:25:58.80</b> | +00:10:25 (40.1%) | 5:11         | 11.6 (60.1%) |
| 136 | <b>ORŁOWSKI Bartosz</b>                  | <b>207</b> |                          | M40       | 45   | 00:07:57 | 00:16:57 | <b>00:25:59.95</b> | +00:10:26 (40.1%) | 5:11         | 11.5 (59.6%) |
| 137 | <b>RUDZIŃSKI Bronisław</b>               | <b>5</b>   |                          | M60       | 6    | 00:07:51 | 00:16:52 | <b>00:26:00.00</b> | +00:10:26 (40.1%) | 5:12         | 11.5 (59.6%) |
| 138 | <b>PIECHOTA Robert</b>                   | <b>221</b> |                          | M50       | 16   | 00:07:48 | 00:17:10 | <b>00:26:25.90</b> | +00:10:52 (41.1%) | 5:17         | 11.4 (59.1%) |
| 139 | <b>BOJANOWSKA Nikola</b>                 | <b>77</b>  |                          | K18       | 3    | 00:08:02 | 00:17:15 | <b>00:26:33.85</b> | +00:11:00 (41.4%) | 5:18         | 11.3 (58.5%) |
| 140 | <b>KASZUBA Tomasz</b>                    | <b>148</b> |                          | M50       | 17   | 00:07:50 | 00:17:21 | <b>00:26:41.45</b> | +00:11:07 (41.7%) | 5:20         | 11.2 (58.0%) |
| 141 | <b>SUDER-MAKSYMOWICZ Grzegorz</b>        | <b>261</b> |                          | M40       | 46   | 00:08:10 | 00:17:11 | <b>00:26:43.00</b> | +00:11:09 (41.7%) | 5:20         | 11.2 (58.0%) |
| 142 | <b>MISZTAL Arkadiusz</b>                 | <b>197</b> |                          | M40       | 47   | 00:08:01 | 00:17:18 | <b>00:26:46.65</b> | +00:11:12 (41.9%) | 5:21         | 11.2 (58.0%) |
| 143 | <b>OSOBNIAK Ryszard</b>                  | <b>209</b> |                          | M60       | 7    | 00:08:29 | 00:17:49 | <b>00:26:54.55</b> | +00:11:20 (42.2%) | 5:22         | 11.2 (58.0%) |
| 144 | <b>DYMEK Remek</b>                       | <b>102</b> |                          | M50       | 18   | 00:08:00 | 00:17:42 | <b>00:27:24.80</b> | +00:11:51 (43.2%) | 5:28         | 10.9 (56.5%) |
| 145 | <b>NIEWIADA Jarosław</b>                 | <b>201</b> |                          | M50       | 19   | 00:08:07 | 00:17:48 | <b>00:27:26.60</b> | +00:11:52 (43.3%) | 5:29         | 10.9 (56.5%) |
| 146 | <b>PIETRZYKOWSKI Mateusz</b>             | <b>224</b> |                          | M30       | 23   | 00:08:55 | 00:18:57 | <b>00:28:16.40</b> | +00:12:42 (45.0%) | 5:39         | 10.6 (54.9%) |
| 147 | <b>CHOMA Edyta</b>                       | <b>91</b>  |                          | K30       | 10   | 00:08:47 | 00:18:38 | <b>00:28:33.70</b> | +00:12:59 (45.5%) | 5:42         | 10.5 (54.4%) |
| 148 | <b>KOS Jan</b>                           | <b>157</b> | FUNDACJA ZASTOPUJ        | M50       | 20   | 00:08:27 | 00:18:29 | <b>00:28:38.75</b> | +00:13:05 (45.7%) | 5:43         | 10.5 (54.4%) |
| 149 | <b>KONISZEWSKI Marcin</b>                | <b>156</b> |                          | M40       | 48   | 00:09:28 | 00:19:29 | <b>00:28:39.90</b> | +00:13:06 (45.7%) | 5:43         | 10.5 (54.4%) |
| 150 | <b>DZIUGA Dagmara</b>                    | <b>104</b> |                          | K18       | 4    | 00:08:36 | 00:18:43 | <b>00:28:41.05</b> | +00:13:07 (45.7%) | 5:44         | 10.5 (54.4%) |
| 151 | <b>BŁAŻEJCZAK-BOGUCKA Paulina</b>        | <b>71</b>  |                          | K30       | 11   | 00:08:45 | 00:18:52 | <b>00:28:45.45</b> | +00:13:11 (45.9%) | 5:45         | 10.4 (53.9%) |
| 152 | <b>KOWALCZYK Karolina</b>                | <b>160</b> |                          | K40       | 12   | 00:09:10 | 00:19:16 | <b>00:28:47.00</b> | +00:13:13 (45.9%) | 5:45         | 10.4 (53.9%) |

| Msc | Zawodnik                       | Numer      | Klub              | Kategoria | Mkat | Lap      | Lap      | Czas               | Różn                 | Tempo min/km | Tempo km/h      |
|-----|--------------------------------|------------|-------------------|-----------|------|----------|----------|--------------------|----------------------|--------------|-----------------|
|     |                                |            |                   |           |      | 1.6km    | 3.3km    | netto 5km          |                      |              |                 |
| 153 | <b>BUTOWICZ Adam</b>           | <b>86</b>  |                   | M60       | 8    | 00:08:52 | 00:19:05 | <b>00:28:51.65</b> | +00:13:17<br>(46.1%) | 5:46         | 10.4<br>(53.9%) |
| 154 | <b>KOZŁOWIECKI Waldemar</b>    | <b>164</b> | TKKF KOSZALIN     | M70+      | 1    | 00:08:54 | 00:19:07 | <b>00:28:53.25</b> | +00:13:19<br>(46.1%) | 5:46         | 10.4<br>(53.9%) |
| 155 | <b>SKRZYPCZYK Joanna</b>       | <b>246</b> | DARŁOWSKIE CHARTY | K40       | 13   | 00:09:06 | 00:18:54 | <b>00:28:56.85</b> | +00:13:23<br>(46.2%) | 5:47         | 10.4<br>(53.9%) |
| 156 | <b>PEŁKA Iwona</b>             | <b>217</b> |                   | K50       | 1    | 00:09:16 | 00:19:37 | <b>00:29:22.45</b> | +00:13:48<br>(47.0%) | 5:52         | 10.2<br>(52.8%) |
| 157 | <b>MISZTAL Wiktoria</b>        | <b>196</b> |                   | K18       | 5    | 00:08:53 | 00:18:59 | <b>00:29:26.55</b> | +00:13:52<br>(47.1%) | 5:53         | 10.2<br>(52.8%) |
| 158 | <b>GAŁKOWSKA Hanna</b>         | <b>109</b> | BIEGOLAS          | K30       | 12   | 00:09:09 | 00:19:13 | <b>00:29:39.50</b> | +00:14:05<br>(47.5%) | 5:55         | 10.1<br>(52.3%) |
| 159 | <b>ŚLEDŹ Przemysław</b>        | <b>273</b> |                   | M40       | 49   | 00:08:49 | 00:18:57 | <b>00:29:40.05</b> | +00:14:06<br>(47.5%) | 5:56         | 10.1<br>(52.3%) |
| 160 | <b>RADZIMSKI Marcel</b>        | <b>230</b> | RADZIMSCY.PL      | M18       | 20   | 00:07:52 | 00:18:12 | <b>00:29:41.30</b> | +00:14:07<br>(47.6%) | 5:56         | 10.1<br>(52.3%) |
| 161 | <b>KRAJEWSKI Robert</b>        | <b>166</b> |                   | M30       | 24   | 00:09:09 | 00:19:15 | <b>00:29:43.20</b> | +00:14:09<br>(47.6%) | 5:56         | 10.1<br>(52.3%) |
| 162 | <b>SUCHANOWSKA Anna</b>        | <b>258</b> | RESPECT LOTYŃ     | K50       | 2    | 00:09:22 | 00:19:34 | <b>00:29:48.55</b> | +00:14:14<br>(47.8%) | 5:57         | 10.1<br>(52.3%) |
| 163 | <b>BORUSIŃSKA Marta</b>        | <b>80</b>  |                   | K40       | 14   | 00:09:19 | 00:19:24 | <b>00:29:59.30</b> | +00:14:25<br>(48.1%) | 5:59         | 10<br>(51.8%)   |
| 164 | <b>WIERZBICKI Kacper</b>       | <b>59</b>  |                   | M30       | 25   | 00:09:31 | 00:19:50 | <b>00:29:59.60</b> | +00:14:25<br>(48.1%) | 5:59         | 10<br>(51.8%)   |
| 165 | <b>SOKOŁOWSKA Tola</b>         | <b>251</b> |                   | K40       | 15   | 00:09:19 | 00:19:24 | <b>00:29:59.95</b> | +00:14:26<br>(48.1%) | 5:59         | 10<br>(51.8%)   |
| 166 | <b>PAUL Andrzej</b>            | <b>212</b> | FUNDACJA ZASTOPIJ | M40       | 50   | 00:08:47 | 00:19:21 | <b>00:30:14.20</b> | +00:14:40<br>(48.5%) | 6:02         | 9.9<br>(51.3%)  |
| 167 | <b>BUTYŃSKA-RADZIWON Edyta</b> | <b>87</b>  |                   | K40       | 16   | 00:09:07 | 00:19:39 | <b>00:30:19.35</b> | +00:14:45<br>(48.7%) | 6:03         | 9.9<br>(51.3%)  |
| 168 | <b>KARPIŃSKI Marcin</b>        | <b>143</b> | GUMIS TEAM        | M30       | 26   | 00:09:25 | 00:19:38 | <b>00:30:22.80</b> | +00:14:49<br>(48.8%) | 6:04         | 9.9<br>(51.3%)  |
| 169 | <b>ŁUKAWSKA Pola</b>           | <b>180</b> |                   | K14       | 1    | 00:08:59 | 00:19:27 | <b>00:30:29.65</b> | +00:14:55<br>(49.0%) | 6:05         | 9.8<br>(50.8%)  |
| 170 | <b>SADOWSKI Zbigniew</b>       | <b>239</b> | FUNDACJA ZASTOPIJ | M50       | 21   | 00:09:25 | 00:20:02 | <b>00:30:42.70</b> | +00:15:08<br>(49.3%) | 6:08         | 9.8<br>(50.8%)  |
| 171 | <b>MARCZAK Małgorzata</b>      | <b>187</b> | WPK SŁOŃ TEAM     | K60+      | 3    | 00:09:29 | 00:20:05 | <b>00:30:46.40</b> | +00:15:12<br>(49.4%) | 6:09         | 9.8<br>(50.8%)  |
| 172 | <b>HELLER Zdzisław</b>         | <b>126</b> |                   | M60       | 9    | 00:09:27 | 00:20:04 | <b>00:30:47.95</b> | +00:15:14<br>(49.5%) | 6:09         | 9.7<br>(50.3%)  |
| 173 | <b>BORZYKOWSKI Rafał</b>       | <b>81</b>  | MIASTKO           | M40       | 51   | 00:09:38 | 00:20:15 | <b>00:30:52.80</b> | +00:15:19<br>(49.6%) | 6:10         | 9.7<br>(50.3%)  |
| 174 | <b>PIETRYKA Artur</b>          | <b>223</b> | KARLINOBIEGAJ     | M40       | 52   | 00:09:17 | 00:20:02 | <b>00:31:11.55</b> | +00:15:37<br>(50.1%) | 6:14         | 9.6<br>(49.7%)  |
| 175 | <b>HARASYM Daniel</b>          | <b>125</b> |                   | M40       | 53   | 00:09:48 | 00:20:37 | <b>00:31:20.05</b> | +00:15:46<br>(50.3%) | 6:16         | 9.6<br>(49.7%)  |



| Msc | Zawodnik                            | Numer      | Klub                    | Kategoria | Mkat | Lap      | Lap      | Czas               | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------------------|------------|-------------------------|-----------|------|----------|----------|--------------------|----------------------|-----------------|----------------|
|     |                                     |            |                         |           |      | 1.6km    | 3.3km    | netto<br>5km       |                      |                 |                |
| 176 | <b>SOSNOWSKI Tomasz</b>             | <b>252</b> | TKKF KOSZALIN           | M30       | 27   | 00:09:11 | 00:20:19 | <b>00:31:21.35</b> | +00:15:47<br>(50.4%) | 6:16            | 9.6<br>(49.7%) |
| 177 | <b>PAWŁOWSKA Małgorzata</b>         | <b>215</b> |                         | K18       | 6    | 00:09:12 | 00:20:20 | <b>00:31:21.85</b> | +00:15:48<br>(50.4%) | 6:16            | 9.6<br>(49.7%) |
| 178 | <b>KARŻANOWSKI Aleksander</b>       | <b>145</b> |                         | M30       | 28   | 00:09:45 | 00:21:18 | <b>00:31:28.70</b> | +00:15:54<br>(50.6%) | 6:17            | 9.5<br>(49.2%) |
| 179 | <b>BEDNARZ Katarzyna</b>            | <b>69</b>  |                         | K40       | 17   | 00:09:48 | 00:20:55 | <b>00:31:31.00</b> | +00:15:57<br>(50.6%) | 6:18            | 9.5<br>(49.2%) |
| 180 | <b>MAKSYLEWICZ Daniela</b>          | <b>185</b> | DANIELA                 | K18       | 7    | 00:09:32 | 00:20:46 | <b>00:31:32.15</b> | +00:15:58<br>(50.7%) | 6:18            | 9.5<br>(49.2%) |
| 181 | <b>WALO Zbigniew</b>                | <b>285</b> |                         | M60       | 10   | 00:09:32 | 00:20:31 | <b>00:31:36.10</b> | +00:16:02<br>(50.8%) | 6:19            | 9.5<br>(49.2%) |
| 182 | <b>SUDER-MAKSYMOWICZ Monika</b>     | <b>260</b> |                         | K40       | 18   | 00:10:15 | 00:21:15 | <b>00:31:58.90</b> | +00:16:25<br>(51.3%) | 6:23            | 9.4<br>(48.7%) |
| 183 | <b>CHINC Agnieszka</b>              | <b>88</b>  |                         | K30       | 13   | 00:09:32 | 00:21:03 | <b>00:32:28.70</b> | +00:16:54<br>(52.1%) | 6:29            | 9.2<br>(47.7%) |
| 184 | <b>TOMASZEWICZ Agnieszka</b>        | <b>275</b> |                         | K40       | 19   | 00:09:32 | 00:21:02 | <b>00:32:28.80</b> | +00:16:55<br>(52.1%) | 6:29            | 9.2<br>(47.7%) |
| 185 | <b>STANKIEWICZ-MAJKOWSKA Joanna</b> | <b>255</b> | TKKF MASTERS KOSZALIN   | K50       | 3    | 00:10:15 | 00:21:15 | <b>00:32:39.70</b> | +00:17:05<br>(52.4%) | 6:31            | 9.2<br>(47.7%) |
| 186 | <b>GUDANIEC Dorota</b>              | <b>118</b> | TRIATHLON TKKF KOSZALIN | K60+      | 4    | 00:10:16 | 00:21:16 | <b>00:32:40.20</b> | +00:17:06<br>(52.4%) | 6:32            | 9.2<br>(47.7%) |
| 187 | <b>JUSZCZAK Krzysztof</b>           | <b>137</b> |                         | M60       | 11   | 00:09:29 | 00:21:04 | <b>00:32:57.85</b> | +00:17:24<br>(52.8%) | 6:35            | 9.1<br>(47.2%) |
| 188 | <b>ULIŃSKI Michał</b>               | <b>282</b> |                         | M40       | 54   | 00:09:53 | 00:21:53 | <b>00:33:19.55</b> | +00:17:45<br>(53.3%) | 6:39            | 9<br>(46.6%)   |
| 189 | <b>WROBLEWSKI Jerzy</b>             | <b>58</b>  | PARKRUN SZCZECINEK      | M60       | 12   | 00:10:30 | 00:21:58 | <b>00:33:56.90</b> | +00:18:23<br>(54.2%) | 6:47            | 8.8<br>(45.6%) |
| 190 | <b>CICHOSZ Jerzy</b>                | <b>92</b>  |                         | M70+      | 2    | 00:10:14 | 00:22:28 | <b>00:34:53.95</b> | +00:19:20<br>(55.4%) | 6:58            | 8.6<br>(44.6%) |
| 191 | <b>SUSKI Jan</b>                    | <b>262</b> | TKKF KOSZALIN           | M70+      | 3    | 00:09:58 | 00:21:42 | <b>00:35:36.75</b> | +00:20:03<br>(56.3%) | 7:07            | 8.4<br>(43.5%) |
| 192 | <b>KWOLEK Maciej</b>                | <b>176</b> |                         | M40       | 55   | 00:10:24 | 00:23:18 | <b>00:36:01.40</b> | +00:20:27<br>(56.8%) | 7:12            | 8.3<br>(43.0%) |
| 193 | <b>MARCZAK Andrzej</b>              | <b>188</b> | WPK SŁOŃ TEAM           | M60       | 13   | 00:11:01 | 00:23:39 | <b>00:36:52.45</b> | +00:21:18<br>(57.8%) | 7:22            | 8.1<br>(42.0%) |
| 194 | <b>FELIŃSKA Anna</b>                | <b>105</b> | LION STRONG TEAM        | K30       | 14   | 00:11:02 | 00:23:39 | <b>00:36:52.80</b> | +00:21:19<br>(57.8%) | 7:22            | 8.1<br>(42.0%) |
| 195 | <b>DAMASZEK-TECLAF Maria</b>        | <b>98</b>  | LION STRONG TEAM        | K40       | 20   | 00:11:03 | 00:23:40 | <b>00:36:53.00</b> | +00:21:19<br>(57.8%) | 7:22            | 8.1<br>(42.0%) |
| 196 | <b>JANAS Karolina</b>               | <b>130</b> | TKKF MASTERS KOSZALIN   | K30       | 15   | 00:11:15 | 00:24:40 | <b>00:38:23.15</b> | +00:22:49<br>(59.5%) | 7:40            | 7.8<br>(40.4%) |
| 197 | <b>BUDZYŃSKA Elżbieta</b>           | <b>85</b>  |                         | K50       | 4    | 00:14:03 | 00:31:02 | <b>00:47:23.80</b> | +00:31:50<br>(67.2%) | 9:28            | 6.3<br>(32.6%) |
| 198 | <b>ZARZYCKA Weronika</b>            | <b>50</b>  |                         | K30       | 16   | 00:09:49 |          |                    | +00:04:52            | 6:08            | 9.8<br>(50.8%) |

Znaleziono 198 wynik(ów)