

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	SOKOŁOWSKI Ryszard	2	LKB.IM BRACI PETK	M30	1	00:04:57	00:10:19	00:15:33.75		3:06	19.3 (100%)
2	JEFIMCZYK Norbert	136	AML SŁUPSK	M18	1	00:04:57	00:10:19	00:15:38.65	+00:00:04 (0.5%)	3:07	19.2 (99.5%)
3	PIOTRASCHKE Paweł	225	AML SŁUPSK	M40	1	00:04:58	00:10:31	00:16:14.70	+00:00:40 (4.2%)	3:14	18.5 (95.9%)
4	CZERNIEWSKI Marcin	96	AML SŁUPSK	M30	2	00:04:56	00:10:34	00:16:21.85	+00:00:48 (4.9%)	3:16	18.3 (94.8%)
5	PROWANCKI Patryk	227	KS WILKI POMORSKIE	M18	2	00:04:58	00:10:47	00:16:44.95	+00:01:11 (7.1%)	3:20	17.9 (92.7%)
6	WENT Jakub	54		M40	2	00:05:18	00:11:07	00:16:46.75	+00:01:13 (7.3%)	3:21	17.9 (92.7%)
7	KARCZ Artur	142		M40	3	00:05:16	00:11:11	00:17:12.40	+00:01:38 (9.6%)	3:26	17.4 (90.2%)
8	TROJAK Jakub	281	AML SŁUPSK	M14	1	00:05:22	00:11:14	00:17:20.95	+00:01:47 (10.3%)	3:28	17.3 (89.6%)
9	SIADAK Arkadiusz	242		M40	4	00:05:26	00:11:36	00:17:43.80	+00:02:10 (12.2%)	3:32	16.9 (87.6%)
10	MAKOWSKI Marek	184	INDYWIDUALNIE	M18	3	00:05:10	00:11:25	00:17:44.90	+00:02:11 (12.3%)	3:32	16.9 (87.6%)
11	RUDNIKOWSKI Maciej	235	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M40	5	00:05:33	00:11:51	00:17:56.10	+00:02:22 (13.2%)	3:35	16.7 (86.5%)
12	KASZTELAN Michał	147	3LITERY	M14	2	00:05:31	00:11:45	00:17:59.75	+00:02:26 (13.5%)	3:35	16.7 (86.5%)
13	GUZOWSKI Dariusz	121	TALEX BORZYTUCHOM	M50	1	00:05:32	00:11:50	00:18:01.70	+00:02:27 (13.7%)	3:36	16.7 (86.5%)
14	MIKODA Grzegorz	195		M40	6	00:05:34	00:11:52	00:18:07.95	+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	SMOŁUCH Marcin	249	KB.BRYZA POSTOMINO	M30	3	00:05:40	00:12:01	00:18:25.40	+00:02:51 (15.5%)	3:41	16.3 (84.5%)
16	GŁAZOWSKI Jacek	113	ZALEWSKI PERFORMANCE ACADEMY/LUNA NIECHORZE	M50	2	00:05:32	00:12:02	00:18:30.95	+00:02:57 (16.0%)	3:42	16.2 (83.9%)
17	CHMIELEWSKI Tomasz	90		M40	7	00:05:36	00:12:03	00:18:40.05	+00:03:06 (16.6%)	3:44	16.1 (83.4%)
18	TOMKOWSKI Przemysław	279	CHRYSTUS KRÓLEM	M30	4	00:05:42	00:12:20	00:18:43.95	+00:03:10 (16.9%)	3:44	16 (82.9%)
19	ZDANIUKIEWICZ Grzegorz	53		M30	5	00:05:56	00:12:22	00:18:50.35	+00:03:16 (17.4%)	3:46	15.9 (82.4%)
20	KLIMOWICZ Michał	154		M30	6	00:05:51	00:12:21	00:18:50.40	+00:03:16 (17.4%)	3:46	15.9 (82.4%)
21	ŚLEDŹ Łukasz	272		M18	4	00:05:55	00:12:22	00:18:57.35	+00:03:23 (17.9%)	3:47	15.8 (81.9%)
22	JANISZEWSKI Marek	131		M40	8	00:05:44	00:12:21	00:19:08.25	+00:03:34 (18.7%)	3:49	15.7 (81.3%)
23	SZULC Arek Arbuz	270	7PROTEAM	M40	9	00:06:11	00:12:50	00:19:08.80	+00:03:35 (18.7%)	3:49	15.7 (81.3%)
24	KOWALSKI Damian	162	KB BRYZA POSTOMINO	M30	7	00:05:46	00:12:30	00:19:17.20	+00:03:43 (19.3%)	3:51	15.6 (80.8%)
25	SZOPIŃSKI Tomasz	268	KB BRYZA POSTOMINO	M40	10	00:06:00	00:12:49	00:19:27.50	+00:03:53 (20.0%)	3:53	15.4 (79.8%)
26	WITKIEWICZ Mateusz	1	KB DZIESIĄTKA BIALOGARD	M18	5	00:05:51	00:12:44	00:19:29.55	+00:03:55 (20.2%)	3:53	15.4 (79.8%)
27	PACYNA Daniel	211	FUNDACJA ZASTOPUJ	M40	11	00:05:52	00:12:38	00:19:29.95	+00:03:56 (20.2%)	3:53	15.4 (79.8%)
28	ZATOŃ Olga	60		K30	1	00:06:01	00:12:47	00:19:30.10	+00:03:56 (20.2%)	3:54	15.4 (79.8%)
29	KRYGER Patryk	168	CRITERS TEAM	M14	3	00:05:44	00:12:48	00:19:35.10	+00:04:01 (20.5%)	3:55	15.3 (79.3%)
30	SMAGOWSKI Wojtek	248	OSP RĄBINO	M40	12	00:05:59	00:12:50	00:19:38.30	+00:04:04 (20.8%)	3:55	15.3 (79.3%)
31	WALEŃSKI Michał	3	TKKF KOSZALIN	M40	13	00:06:19	00:13:09	00:19:46.50	+00:04:12 (21.3%)	3:57	15.2 (78.8%)
32	PICK Tomasz	220	BIEGOLAS KOSZALIN / KORONA	M50	3	00:06:17	00:13:12	00:19:49.75	+00:04:16 (21.5%)	3:57	15.1 (78.2%)
33	BOLECHOWSKI Cezary	79		M18	6	00:05:48	00:12:49	00:19:50.85	+00:04:17 (21.6%)	3:58	15.1 (78.2%)
34	WITKIEWICZ Eryk	56	KB DZIESIĄTKA BIALOGARD	M40	14	00:06:18	00:13:13	00:19:53.45	+00:04:19 (21.8%)	3:58	15.1 (78.2%)
35	PEKAŁA Mikołaj	218		M18	7	00:06:03	00:12:58	00:19:58.70	+00:04:24 (22.1%)	3:59	15 (77.7%)
36	BARTHA Tomasz	68		M14	4	00:06:12	00:13:29	00:20:25.50	+00:04:51 (23.8%)	4:05	14.7 (76.2%)
37	WEBER Paweł	286	BIEGOLAS	M40	15	00:06:19	00:13:21	00:20:26.55	+00:04:52 (23.9%)	4:05	14.7 (76.2%)

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

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

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

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						1.6km	3.3km	netto 5km			
107	PAWŁOWSKI Grzegorz	216	GAMMAXRUN	M40	36	00:07:48	00:16:43	00:24:44.30	+00:09:10 (37.1%)	4:56	12.1 (62.7%)
108	NOWOTKA Piotr	203	FUNDACJA ZASTOPUJ	M30	17	00:07:21	00:16:15	00:24:44.55	+00:09:10 (37.1%)	4:56	12.1 (62.7%)
109	SILSKI Michal	243		M30	18	00:08:57	00:17:11	00:24:48.95	+00:09:15 (37.3%)	4:57	12.1 (62.7%)
110	JAROSIK Monika	134		K40	4	00:07:21	00:16:05	00:24:49.50	+00:09:15 (37.3%)	4:57	12.1 (62.7%)
111	KANIOWSKI Jacek	141	W. P. K SŁOŃ TEAM USTKA	M40	37	00:07:41	00:16:12	00:24:55.45	+00:09:21 (37.6%)	4:59	12 (62.2%)
112	KAŻMIERCZAK Tomasz	149	JW 3937	M40	38	00:07:56	00:16:30	00:24:57.05	+00:09:23 (37.6%)	4:59	12 (62.2%)
113	KUBIAK Katarzyna	171		K40	5	00:07:47	00:16:27	00:25:05.20	+00:09:31 (38.0%)	5:01	12 (62.2%)
114	GRABOWSKA-LESISZ Aneta	117		K40	6	00:07:36	00:16:20	00:25:07.40	+00:09:33 (38.1%)	5:01	11.9 (61.7%)
115	HAŁAJKO Magdalena	122	TKKF KOSZALIN	K40	7	00:07:43	00:16:23	00:25:08.90	+00:09:35 (38.1%)	5:01	11.9 (61.7%)
116	TOMKOWSKI Krzysztof	278		M30	19	00:07:49	00:16:46	00:25:15.70	+00:09:41 (38.4%)	5:03	11.9 (61.7%)
117	BADOWSKA Agnieszka	64		K40	8	00:07:33	00:16:30	00:25:22.50	+00:09:48 (38.7%)	5:04	11.8 (61.1%)
118	RYBAK Przemysław	238	GAMMAXRUN	M40	39	00:07:51	00:16:39	00:25:23.05	+00:09:49 (38.7%)	5:04	11.8 (61.1%)
119	WOŹNIAK Ireneusz	57		M30	20	00:08:18	00:17:13	00:25:23.50	+00:09:49 (38.7%)	5:04	11.8 (61.1%)
120	KLENIEWSKI Piotr	153		M60	4	00:07:59	00:16:52	00:25:23.85	+00:09:50 (38.7%)	5:04	11.8 (61.1%)
121	MICERSKI Tomasz	192	TKKF KOSZALIN	M40	40	00:07:52	00:16:46	00:25:29.60	+00:09:55 (39.0%)	5:05	11.8 (61.1%)
122	BOGACKA Lucyna	74	TKKF KOSZALIN	K60+	2	00:08:02	00:16:47	00:25:32.55	+00:09:58 (39.1%)	5:06	11.7 (60.6%)
123	BAHR Marzena	65		K30	9	00:08:00	00:16:54	00:25:33.90	+00:10:00 (39.1%)	5:06	11.7 (60.6%)
124	URBAŃSKI Tomasz	283	BIAŁOGARD BIEGA	M50	14	00:08:11	00:17:08	00:25:34.40	+00:10:00 (39.1%)	5:06	11.7 (60.6%)
125	RAHOZA Szymon	231	LION STRONG TEAM	M40	41	00:08:21	00:17:11	00:25:35.05	+00:10:01 (39.2%)	5:07	11.7 (60.6%)
126	GÓRALSKA Monika	116	BIAŁOGARD BIEGA	K40	9	00:08:10	00:17:08	00:25:35.20	+00:10:01 (39.2%)	5:07	11.7 (60.6%)
127	JASIENIECKI Piotr	135		M50	15	00:08:16	00:17:11	00:25:37.50	+00:10:03 (39.3%)	5:07	11.7 (60.6%)
128	ANGRYS Maciej	62	FUNDACJA ZASTOPUJ	M30	21	00:08:27	00:17:13	00:25:37.85	+00:10:04 (39.3%)	5:07	11.7 (60.6%)
129	FIGARSKI Leszek	183		M40	42	00:07:49	00:16:28	00:25:39.40	+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	SKOWYRSKI Janusz	245	TKKF KOSZALIN	M60	5	00:07:46	00:16:37	00:25:40.15	+00:10:06 (39.4%)	5:08	11.7 (60.6%)
131	MANDZIAK Piotr	186		M30	22	00:07:42	00:16:55	00:25:43.25	+00:10:09 (39.5%)	5:08	11.7 (60.6%)
132	BOGUSZEWSKA-KAŻMIERCZAK Agnieszka	76	ZASAPANI HYDRO TRZCIANKA	K40	10	00:08:12	00:17:06	00:25:43.50	+00:10:09 (39.5%)	5:08	11.7 (60.6%)
133	TRAPP Sebastian	280	LION STRONG TEAM	M40	43	00:08:20	00:17:10	00:25:47.25	+00:10:13 (39.7%)	5:09	11.6 (60.1%)
134	PAWŁOWSKA Magdalena	214	GAMMAXRUN	K40	11	00:07:51	00:16:47	00:25:57.65	+00:10:23 (40.1%)	5:11	11.6 (60.1%)
135	ZAREMBA Tomasz	6		M40	44	00:08:08	00:17:08	00:25:58.80	+00:10:25 (40.1%)	5:11	11.6 (60.1%)
136	ORŁOWSKI Bartosz	207		M40	45	00:07:57	00:16:57	00:25:59.95	+00:10:26 (40.1%)	5:11	11.5 (59.6%)
137	RUDZIŃSKI Bronisław	5		M60	6	00:07:51	00:16:52	00:26:00.00	+00:10:26 (40.1%)	5:12	11.5 (59.6%)
138	PIECHOTA Robert	221		M50	16	00:07:48	00:17:10	00:26:25.90	+00:10:52 (41.1%)	5:17	11.4 (59.1%)
139	BOJANOWSKA Nikola	77		K18	3	00:08:02	00:17:15	00:26:33.85	+00:11:00 (41.4%)	5:18	11.3 (58.5%)
140	KASZUBA Tomasz	148		M50	17	00:07:50	00:17:21	00:26:41.45	+00:11:07 (41.7%)	5:20	11.2 (58.0%)
141	SUDER-MAKSYMOWICZ Grzegorz	261		M40	46	00:08:10	00:17:11	00:26:43.00	+00:11:09 (41.7%)	5:20	11.2 (58.0%)
142	MISZTAL Arkadiusz	197		M40	47	00:08:01	00:17:18	00:26:46.65	+00:11:12 (41.9%)	5:21	11.2 (58.0%)
143	OSOBNIAK Ryszard	209		M60	7	00:08:29	00:17:49	00:26:54.55	+00:11:20 (42.2%)	5:22	11.2 (58.0%)
144	DYMEK Remek	102		M50	18	00:08:00	00:17:42	00:27:24.80	+00:11:51 (43.2%)	5:28	10.9 (56.5%)
145	NIEWIADA Jarosław	201		M50	19	00:08:07	00:17:48	00:27:26.60	+00:11:52 (43.3%)	5:29	10.9 (56.5%)
146	PIETRZYKOWSKI Mateusz	224		M30	23	00:08:55	00:18:57	00:28:16.40	+00:12:42 (45.0%)	5:39	10.6 (54.9%)
147	CHOMA Edyta	91		K30	10	00:08:47	00:18:38	00:28:33.70	+00:12:59 (45.5%)	5:42	10.5 (54.4%)
148	KOS Jan	157	FUNDACJA ZASTOPUJ	M50	20	00:08:27	00:18:29	00:28:38.75	+00:13:05 (45.7%)	5:43	10.5 (54.4%)
149	KONISZEWSKI Marcin	156		M40	48	00:09:28	00:19:29	00:28:39.90	+00:13:06 (45.7%)	5:43	10.5 (54.4%)
150	DZIUGA Dagmara	104		K18	4	00:08:36	00:18:43	00:28:41.05	+00:13:07 (45.7%)	5:44	10.5 (54.4%)
151	BŁAŻEJCZAK-BOGUCKA Paulina	71		K30	11	00:08:45	00:18:52	00:28:45.45	+00:13:11 (45.9%)	5:45	10.4 (53.9%)
152	KOWALCZYK Karolina	160		K40	12	00:09:10	00:19:16	00:28:47.00	+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	BUTOWICZ Adam	86		M60	8	00:08:52	00:19:05	00:28:51.65	+00:13:17 (46.1%)	5:46	10.4 (53.9%)
154	KOZŁOWIECKI Waldemar	164	TKKF KOSZALIN	M70+	1	00:08:54	00:19:07	00:28:53.25	+00:13:19 (46.1%)	5:46	10.4 (53.9%)
155	SKRZYPCZYK Joanna	246	DARŁOWSKIE CHARTY	K40	13	00:09:06	00:18:54	00:28:56.85	+00:13:23 (46.2%)	5:47	10.4 (53.9%)
156	PEŁKA Iwona	217		K50	1	00:09:16	00:19:37	00:29:22.45	+00:13:48 (47.0%)	5:52	10.2 (52.8%)
157	MISZTAL Wiktoria	196		K18	5	00:08:53	00:18:59	00:29:26.55	+00:13:52 (47.1%)	5:53	10.2 (52.8%)
158	GAŁKOWSKA Hanna	109	BIEGOLAS	K30	12	00:09:09	00:19:13	00:29:39.50	+00:14:05 (47.5%)	5:55	10.1 (52.3%)
159	ŚLEDŹ Przemysław	273		M40	49	00:08:49	00:18:57	00:29:40.05	+00:14:06 (47.5%)	5:56	10.1 (52.3%)
160	RADZIMSKI Marcel	230	RADZIMSCY.PL	M18	20	00:07:52	00:18:12	00:29:41.30	+00:14:07 (47.6%)	5:56	10.1 (52.3%)
161	KRAJEWSKI Robert	166		M30	24	00:09:09	00:19:15	00:29:43.20	+00:14:09 (47.6%)	5:56	10.1 (52.3%)
162	SUCHANOWSKA Anna	258	RESPECT LOTYŃ	K50	2	00:09:22	00:19:34	00:29:48.55	+00:14:14 (47.8%)	5:57	10.1 (52.3%)
163	BORUSIŃSKA Marta	80		K40	14	00:09:19	00:19:24	00:29:59.30	+00:14:25 (48.1%)	5:59	10 (51.8%)
164	WIERZBICKI Kacper	59		M30	25	00:09:31	00:19:50	00:29:59.60	+00:14:25 (48.1%)	5:59	10 (51.8%)
165	SOKOŁOWSKA Tola	251		K40	15	00:09:19	00:19:24	00:29:59.95	+00:14:26 (48.1%)	5:59	10 (51.8%)
166	PAUL Andrzej	212	FUNDACJA ZASTOPIJ	M40	50	00:08:47	00:19:21	00:30:14.20	+00:14:40 (48.5%)	6:02	9.9 (51.3%)
167	BUTYŃSKA-RADZIOWON Edyta	87		K40	16	00:09:07	00:19:39	00:30:19.35	+00:14:45 (48.7%)	6:03	9.9 (51.3%)
168	KARPIŃSKI Marcin	143	GUMIS TEAM	M30	26	00:09:25	00:19:38	00:30:22.80	+00:14:49 (48.8%)	6:04	9.9 (51.3%)
169	ŁUKAWSKA Pola	180		K14	1	00:08:59	00:19:27	00:30:29.65	+00:14:55 (49.0%)	6:05	9.8 (50.8%)
170	SADOWSKI Zbigniew	239	FUNDACJA ZASTOPIJ	M50	21	00:09:25	00:20:02	00:30:42.70	+00:15:08 (49.3%)	6:08	9.8 (50.8%)
171	MARCZAK Małgorzata	187	WPK SŁOŃ TEAM	K60+	3	00:09:29	00:20:05	00:30:46.40	+00:15:12 (49.4%)	6:09	9.8 (50.8%)
172	HELLER Zdzisław	126		M60	9	00:09:27	00:20:04	00:30:47.95	+00:15:14 (49.5%)	6:09	9.7 (50.3%)
173	BORZYKOWSKI Rafał	81	MIASTKO	M40	51	00:09:38	00:20:15	00:30:52.80	+00:15:19 (49.6%)	6:10	9.7 (50.3%)
174	PIETRYKA Artur	223	KARLINOBIEGAJ	M40	52	00:09:17	00:20:02	00:31:11.55	+00:15:37 (50.1%)	6:14	9.6 (49.7%)
175	HARASYM Daniel	125		M40	53	00:09:48	00:20:37	00:31:20.05	+00:15:46 (50.3%)	6:16	9.6 (49.7%)

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

Znaleziono 198 wynik(ów)