



XIX MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej, Gmina Miasto Koszalin
Data: 2021-10-10
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	SZYMAŃSKI Sylwester	81	SZCZECINECCY BIEGACZE	M40-49	1	00:00:18	00:05:17	00:10:12	00:15:09	00:20:00	00:24:49	00:29:37	00:34:17.15		3:25	17.5 (100%)
2	SZYMAŃSKI Łukasz	82	MLUKS TRZEBIATÓW	M30-39	1	00:00:18	00:05:17	00:10:12	00:15:09	00:20:06	00:25:10	00:30:16	00:35:17.85	+00:01:00 (2.9%)	3:31	17 (97.1%)
3	SIADAK Arkadiusz	73		M40-49	2	00:00:18	00:05:24	00:10:29	00:15:35	00:20:43	00:25:51	00:30:52	00:35:45.35	+00:01:28 (4.1%)	3:34	16.8 (96.0%)
4	LESYK Rafał	50	KOCURY	M30-39	2	00:00:18	00:05:17	00:10:12	00:15:11	00:20:24	00:25:42	00:30:54	00:36:12.50	+00:01:55 (5.3%)	3:37	16.6 (94.9%)
5	MACKOJĆ Krzysztof	55	EL-MACKOJĆ	M40-49	3	00:00:19	00:05:29	00:10:47	00:16:07	00:21:27	00:26:50	00:32:15	00:37:30.55	+00:03:13 (8.6%)	3:45	16 (91.4%)
6	HOŁUB Kamil	30	MLUKS TRZEBIATÓW	M40-49	4	00:00:18	00:05:27	00:10:52	00:16:17	00:21:41	00:27:04	00:32:25	00:37:31.45	+00:03:14 (8.6%)	3:45	16 (91.4%)
7	SZARŁATA Piotr	80		M30-39	3	00:00:20	00:05:41	00:11:11	00:16:43	00:22:14	00:27:41	00:33:08	00:38:19.05	+00:04:01 (10.5%)	3:49	15.7 (89.7%)
8	POŁUBIŃSKI Paweł	70	KOCURY	M40-49	5	00:00:20	00:05:47	00:11:11	00:16:44	00:22:14	00:27:41	00:33:04	00:38:19.25	+00:04:02 (10.5%)	3:49	15.7 (89.7%)
9	KASZTELAN Ula	34	TKKF KOSZALIN	K30-39	1	00:00:19	00:05:41	00:11:11	00:16:43	00:22:19	00:27:58	00:33:38	00:39:13.95	+00:04:56 (12.6%)	3:55	15.3 (87.4%)
10	PICK Tomasz	67	BIEGOLAS KOSZALIN	M50-59	1	00:00:22	00:05:53	00:11:30	00:17:08	00:22:49	00:28:31	00:34:10	00:39:22.65	+00:05:05 (12.9%)	3:56	15.2 (86.9%)
11	BURDA Robert	11	KOSPEL	M40-49	6	00:00:20	00:05:55	00:11:31	00:17:10	00:22:52	00:28:34	00:34:16	00:39:31.90	+00:05:14 (13.3%)	3:57	15.2 (86.9%)
12	ZWOLIŃSKI Jan	97	TKKF KOSZALIN	M50-59	2	00:00:20	00:05:54	00:11:30	00:17:08	00:22:48	00:28:32	00:34:16	00:39:40.10	+00:05:22 (13.6%)	3:58	15.1 (86.3%)
13	SŁUPCZEWSKI Krzysztof	74	SDROG KOSZALIN KOPARKAKOSZALIN.PL	M40-49	7	00:00:20	00:05:52	00:11:28	00:17:08	00:22:49	00:28:32	00:34:17	00:39:48.30	+00:05:31 (13.9%)	3:58	15.1 (86.3%)
14	ZATOŃ Olga	96	KOCURY	K30-39	2	00:00:22	00:05:54	00:11:31	00:17:14	00:22:59	00:28:37	00:34:22	00:40:05.00	+00:05:47 (14.5%)	4:00	15 (85.7%)
15	KRYNICKA GRZYB Małgorzata	46	MLUKS TRZEBIATÓW	K30-39	3	00:00:19	00:05:50	00:11:29	00:17:10	00:22:54	00:28:41	00:34:32	00:40:05.10	+00:05:47 (14.5%)	4:00	15 (85.7%)
16	KOZIEŁ Paweł	42	KOCURY	M40-49	8	00:00:21	00:05:54	00:11:35	00:17:19	00:23:08	00:28:56	00:34:48	00:40:24.45	+00:06:07 (15.1%)	4:02	14.9 (85.1%)
17	WESOŁOWSKI Marcin	89	OBSESJA BIEGANIA	M30-39	4	00:00:21	00:05:54	00:11:35	00:17:24	00:23:13	00:29:02	00:34:55	00:40:34.90	+00:06:17 (15.5%)	4:03	14.8 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto		Tempo min/km	Tempo km/h
													10km	Różn		
18	GAWĘŁ Marcin	23	BRAK	M18-39	1	00:00:19	00:05:27	00:10:56	00:16:42	00:22:29	00:28:23	00:34:28	00:40:37.10	+00:06:19 (15.6%)	4:03	14.8 (84.6%)
19	SMAGOWSKI Wojciech	75	OSP RĄBINO	M40-49	9	00:00:24	00:05:54	00:11:33	00:17:19	00:23:10	00:29:03	00:35:02	00:40:57.10	+00:06:39 (16.3%)	4:05	14.7 (84.0%)
20	BLOCH Radosław	5		M18-39	2	00:00:31	00:06:34	00:12:36	00:18:39	00:24:37	00:30:29	00:36:11	00:41:39.05	+00:07:21 (17.7%)	4:09	14.4 (82.3%)
21	HISZCZYŃSKA Aleksandra	29	CSSP KOSZALIN	K18-29	1	00:00:22	00:06:05	00:11:55	00:17:57	00:24:01	00:30:10	00:36:18	00:42:03.05	+00:07:45 (18.5%)	4:12	14.3 (81.7%)
22	MOSZYŃSKI Jacek	60	TKKF KOSZALIN	M50-59	3	00:00:23	00:06:18	00:12:11	00:18:12	00:24:12	00:30:15	00:36:17	00:42:07.60	+00:07:50 (18.6%)	4:12	14.2 (81.1%)
23	CYGAN Małgorzata	16	KOCURY	K30-39	4	00:00:22	00:06:06	00:12:00	00:18:02	00:24:06	00:30:11	00:36:16	00:42:18.65	+00:08:01 (19.0%)	4:13	14.2 (81.1%)
24	MAZUR Tomasz	57	I LO SZCZECINEK	M40-49	10	00:00:24	00:06:23	00:12:30	00:18:38	00:24:51	00:30:54	00:36:52	00:42:31.70	+00:08:14 (19.4%)	4:15	14.1 (80.6%)
25	KOZAK Grzegorz	41	FPP	M40-49	11	00:00:22	00:06:23	00:12:30	00:18:38	00:24:52	00:30:59	00:37:04	00:42:55.35	+00:08:38 (20.1%)	4:17	14 (80.0%)
26	MAZIEC Beata	56	BIEGOLAS KOSZALIN	K30-39	5	00:00:22	00:06:15	00:12:27	00:18:39	00:24:52	00:30:59	00:37:05	00:43:06.35	+00:08:49 (20.5%)	4:18	13.9 (79.4%)
27	BIERZANOWSKI Rafał	4		M40-49	12	00:00:28	00:06:30	00:12:34	00:18:44	00:24:53	00:31:01	00:37:14	00:43:17.95	+00:09:00 (20.8%)	4:19	13.9 (79.4%)
28	MACIEJCZYK Mateusz	54		M30-39	5	00:00:22	00:06:24	00:12:33	00:18:44	00:24:55	00:31:18	00:37:30	00:43:19.85	+00:09:02 (20.9%)	4:19	13.9 (79.4%)
29	MITUNIEWICZ Adrian	59	BIEGOLAS KOSZALIN	M30-39	6	00:00:22	00:06:23	00:12:30	00:18:39	00:24:53	00:31:05	00:37:22	00:43:23.90	+00:09:06 (21.0%)	4:20	13.8 (78.9%)
30	BUDZIŃSKI Paweł	10	KĘPKA NA TRASIE/DRUŻYNA SZPIKU	M40-49	13	00:00:25	00:06:31	00:12:43	00:18:52	00:25:12	00:31:37	00:37:46	00:43:34.35	+00:09:17 (21.3%)	4:21	13.8 (78.9%)
31	NOWICKI Michał	61	KB WYGAN	M30-39	7	00:00:23	00:06:16	00:12:27	00:18:40	00:24:55	00:31:20	00:37:35	00:43:35.60	+00:09:18 (21.4%)	4:21	13.8 (78.9%)
32	KUBIK Krystian	48	MLUKS TRZEBIATÓW	M18-39	3	00:00:16	00:05:55	00:12:04	00:18:20	00:24:40	00:31:00	00:37:27	00:43:46.15	+00:09:29 (21.7%)	4:22	13.7 (78.3%)
33	WEBER Paweł	88		M30-39	8	00:00:22	00:06:23	00:12:30	00:18:39	00:24:54	00:31:16	00:37:45	00:43:54.75	+00:09:37 (21.9%)	4:23	13.7 (78.3%)
34	SEROWSKI Łukasz	72	BIEGOLAS KOSZALIN	M30-39	9	00:00:27	00:06:29	00:12:34	00:18:48	00:25:09	00:31:34	00:38:03	00:44:09.30	+00:09:52 (22.4%)	4:24	13.6 (77.7%)
35	ADASZYŃSKI Wiesław	1	BIEGOLAS KOSZALIN	M50-59	4	00:00:26	00:06:27	00:12:32	00:18:45	00:25:07	00:31:32	00:38:03	00:44:10.55	+00:09:53 (22.4%)	4:25	13.6 (77.7%)
36	BARUTOWICZ Grzegorz	3		M40-49	14	00:00:25	00:06:30	00:12:33	00:18:42	00:25:10	00:31:33	00:38:03	00:44:18.60	+00:10:01 (22.6%)	4:25	13.5 (77.1%)
37	CZERNIAK Gracjan	17		M40-49	15	00:00:30	00:06:54	00:13:13	00:19:38	00:25:57	00:32:16	00:38:33	00:44:38.90	+00:10:21 (23.2%)	4:27	13.4 (76.6%)
38	TROŚNIAK Piotr	83	DZIESIĄTKA BIAŁOGARD	M40-49	16	00:00:26	00:06:31	00:12:42	00:19:02	00:25:24	00:31:53	00:38:26	00:44:45.55	+00:10:28 (23.4%)	4:28	13.4 (76.6%)
39	KRYNICKA Magdalena	45	MLUKS TRZEBIATÓW	K18-29	2	00:00:23	00:06:06	00:12:16	00:18:39	00:25:09	00:31:47	00:38:23	00:44:47.15	+00:10:30 (23.4%)	4:28	13.4 (76.6%)
40	SUCHANOWSKI Zygmunt	77	RESPECT LOTYŃ	M50-59	5	00:00:21	00:06:20	00:12:37	00:19:00	00:25:28	00:31:59	00:38:34	00:44:58.20	+00:10:41 (23.8%)	4:29	13.3 (76.0%)
41	DZIKOŃ Rafał	102		M40-49	17	00:00:33	00:07:05	00:13:31	00:19:52	00:26:14	00:32:44	00:39:14	00:45:20.15	+00:11:03 (24.4%)	4:32	13.2 (75.4%)
42	PAWŁOWSKI Grzegorz	64	GAMMAX	M40-49	18	00:00:28	00:06:36	00:12:59	00:19:31	00:26:04	00:32:36	00:39:10	00:45:23.90	+00:11:06 (24.5%)	4:32	13.2 (75.4%)
43	PIEKUTOWSKI Artur	68		M40-49	19	00:00:23	00:06:22	00:12:36	00:18:56	00:25:27	00:32:07	00:38:48	00:45:32.35	+00:11:15 (24.7%)	4:33	13.2 (75.4%)
44	IWANIEC Darek	31	TKKF KOSZALIN	M40-49	20	00:00:30	00:07:04	00:13:27	00:19:54	00:26:21	00:32:55	00:39:36	00:45:41.55	+00:11:24 (25.0%)	4:34	13.1 (74.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas		Tempo min/km	Tempo km/h
													netto 10km	Różn		
45	DĄBROWSKA Alicja	20	TKKF KOSZALIN	K50-59	1	00:00:25	00:06:53	00:13:31	00:20:08	00:26:43	00:33:14	00:39:40	00:45:48.55	+00:11:31 (25.2%)	4:34	13.1 (74.9%)
46	SOCHACKA Marta	76		K30-39	6	00:00:27	00:06:47	00:13:24	00:20:04	00:26:42	00:33:14	00:39:45	00:45:58.80	+00:11:41 (25.4%)	4:35	13.1 (74.9%)
47	KRZEWIŃSKA Małgorzata	47	TKKF KOSZALIN	K60+	1	00:00:26	00:06:58	00:13:32	00:20:10	00:26:45	00:33:18	00:39:50	00:46:19.40	+00:12:02 (26.0%)	4:37	13 (74.3%)
48	WILKOWSKI Krzysztof	90	FOR-REST-RUN	M40-49	21	00:00:29	00:06:50	00:13:20	00:19:56	00:26:33	00:33:13	00:39:52	00:46:27.85	+00:12:10 (26.2%)	4:38	12.9 (73.7%)
49	GLEWICZ Sylwia	25	POMORSKIE WILKI	K30-39	7	00:00:25	00:06:30	00:13:08	00:19:52	00:26:39	00:33:27	00:40:16	00:46:38.30	+00:12:21 (26.5%)	4:39	12.9 (73.7%)
50	CHUDZIK Zbigniew	13	TKKF KOSZALIN	M60-69	1	00:00:26	00:07:04	00:13:42	00:20:24	00:27:05	00:33:46	00:40:29	00:46:50.35	+00:12:33 (26.8%)	4:41	12.8 (73.1%)
51	CIECHAŃSKI Michał	14	ZDARTE PODESZWY	M40-49	22	00:00:31	00:06:49	00:13:19	00:19:56	00:26:33	00:33:43	00:40:43	00:47:31.05	+00:13:13 (27.8%)	4:45	12.6 (72.0%)
52	BUCZKO Katarzyna	9	TRIPAKA PRZECHLEWO	K18-29	3	00:00:26	00:06:50	00:13:29	00:20:20	00:27:18	00:34:16	00:40:59	00:47:32.00	+00:13:14 (27.9%)	4:45	12.6 (72.0%)
53	ŻYSZKIEWICZ Piotr	100	ROZBIEGANA USTKA	M50-59	6	00:00:32	00:07:25	00:14:14	00:21:07	00:27:55	00:34:43	00:41:30	00:47:57.35	+00:13:40 (28.5%)	4:47	12.5 (71.4%)
54	ANTKOWIAK Sebastian	2	DB - ACTIVE	M40-49	23	00:00:32	00:07:03	00:13:32	00:20:14	00:27:07	00:34:07	00:41:08	00:48:04.10	+00:13:46 (28.7%)	4:48	12.5 (71.4%)
55	MAZUR Mirosław	58		M50-59	7	00:00:27	00:07:09	00:13:57	00:20:51	00:27:43	00:34:37	00:41:33	00:48:18.35	+00:14:01 (29.0%)	4:49	12.4 (70.9%)
56	BOGACKI Tomasz	7	TKKF KOSZALIN	M60-69	2	00:00:26	00:07:09	00:13:57	00:20:51	00:27:43	00:34:37	00:41:33	00:48:18.40	+00:14:01 (29.0%)	4:49	12.4 (70.9%)
57	BRZEZIŃSKI Paweł	8		M40-49	24	00:00:20	00:06:38	00:13:19	00:20:08	00:27:00	00:34:11	00:41:26	00:48:26.95	+00:14:09 (29.2%)	4:50	12.4 (70.9%)
58	ŻMIJEWSKI Wojciech	98	MJT SERWIS SPORT TEAM	M30-39	10	00:00:30	00:06:50	00:13:33	00:20:25	00:27:24	00:34:39	00:41:52	00:48:37.75	+00:14:20 (29.5%)	4:51	12.3 (70.3%)
59	GIEDROWICZ Aleksandra	24		K30-39	8	00:00:29	00:06:44	00:13:34	00:20:37	00:27:36	00:34:46	00:41:57	00:48:45.05	+00:14:27 (29.7%)	4:52	12.3 (70.3%)
60	MACIĄG Piotr	52	HOMOSAPIE	M40-49	25	00:00:33	00:07:05	00:13:44	00:20:37	00:27:37	00:34:46	00:41:56	00:48:53.70	+00:14:36 (29.9%)	4:53	12.3 (70.3%)
61	KNEBLEWSKA Joanna	37		K40-49	1	00:00:30	00:06:50	00:13:34	00:20:25	00:27:24	00:34:38	00:41:52	00:48:58.00	+00:14:40 (30.0%)	4:53	12.3 (70.3%)
62	MACIEJCZYK Alan	53		M18-39	4	00:00:24	00:06:46	00:13:21	00:20:23	00:27:40	00:34:47	00:42:00	00:49:00.55	+00:14:43 (30.0%)	4:54	12.2 (69.7%)
63	DRULIK-HOŁUB Marta	21		K40-49	2	00:00:32	00:07:22	00:14:09	00:21:07	00:28:02	00:35:04	00:42:09	00:49:03.25	+00:14:46 (30.1%)	4:54	12.2 (69.7%)
64	KUPCZAK Damian	49	OSP SIANÓW	M30-39	11	00:00:31	00:07:20	00:14:11	00:21:08	00:28:10	00:35:16	00:42:28	00:49:22.90	+00:15:05 (30.6%)	4:56	12.2 (69.7%)
65	TWORSKA Magdalena	84	OSP SIANÓW	K18-29	4	00:00:31	00:07:21	00:14:12	00:21:08	00:28:10	00:35:16	00:42:28	00:49:22.95	+00:15:05 (30.6%)	4:56	12.2 (69.7%)
66	BURKIET Paweł	12		M40-49	26	00:00:29	00:07:06	00:13:46	00:20:42	00:27:49	00:35:01	00:42:15	00:49:28.30	+00:15:11 (30.7%)	4:56	12.1 (69.1%)
67	DANIELAK Tomasz	19		M18-39	5	00:00:27	00:07:16	00:14:03	00:20:58	00:28:14	00:35:33	00:42:52	00:49:42.30	+00:15:25 (31.0%)	4:58	12.1 (69.1%)
68	PAJOR Tomasz	62	HOMOSAPIE	M40-49	27	00:00:32	00:07:09	00:13:53	00:20:55	00:28:06	00:35:38	00:43:12	00:50:31.30	+00:16:14 (32.1%)	5:03	11.9 (68.0%)
69	CIEŚLAK Grzegorz	15		M30-39	12	00:00:37	00:07:43	00:14:58	00:22:17	00:29:39	00:37:00	00:44:11	00:51:12.20	+00:16:55 (33.0%)	5:07	11.7 (66.9%)
70	BOGACKA Lucyna	6	TKKF KOSZALIN	K60+	2	00:00:28	00:07:38	00:14:46	00:21:58	00:29:14	00:36:37	00:44:01	00:51:14.50	+00:16:57 (33.1%)	5:07	11.7 (66.9%)
71	RYBAK Daria	71	RYBKA LUBI PŁYWAĆ	K40-49	3	00:00:32	00:07:43	00:14:57	00:22:15	00:29:39	00:36:59	00:44:21	00:51:25.85	+00:17:08 (33.3%)	5:08	11.7 (66.9%)

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													netto 10km	Różn		
72	PAWŁOWSKA Magdalena	63	GAMMAX	K40-49	4	00:00:32	00:07:43	00:14:57	00:22:15	00:29:39	00:36:59	00:44:21	00:51:25.90	+00:17:08 (33.3%)	5:08	11.7 (66.9%)
73	ZAŁUCKI Maciej	95	ZEN SPORT TEAM	M18-39	6	00:00:27	00:07:31	00:14:53	00:22:18	00:29:46	00:37:08	00:44:28	00:51:33.70	+00:17:16 (33.5%)	5:09	11.6 (66.3%)
74	MACIĄG Paweł	51	HOMOSAPIE	M40-49	28	00:00:32	00:07:13	00:14:04	00:21:10	00:28:46	00:36:35	00:44:17	00:51:38.05	+00:17:20 (33.6%)	5:09	11.6 (66.3%)
75	KARASIEWICZ Robert	33		M40-49	29	00:00:34	00:07:40	00:14:56	00:22:10	00:29:32	00:37:04	00:44:26	00:51:47.15	+00:17:30 (33.8%)	5:10	11.6 (66.3%)
76	WYSOCKA Urszula	93	SPORTOWE BIELICE	K30-39	9	00:00:35	00:07:44	00:15:05	00:22:22	00:29:46	00:37:11	00:44:37	00:52:05.60	+00:17:48 (34.2%)	5:12	11.5 (65.7%)
77	URA Marcin	85	MALTAŃSKA	M40-49	30	00:00:34	00:07:41	00:14:58	00:22:22	00:29:55	00:37:26	00:44:59	00:52:26.95	+00:18:09 (34.6%)	5:14	11.4 (65.1%)
78	KOZŁOWIECKI Waldemar	43	TKKF KOSZALIN	M70+	1	00:00:25	00:07:42	00:15:18	00:22:35	00:29:55	00:37:25	00:44:59	00:52:27.70	+00:18:10 (34.6%)	5:14	11.4 (65.1%)
79	WYSOCZAŃSKI Daniel	94	ROZBIEGANA USTKA	M40-49	31	00:00:32	00:08:12	00:15:40	00:23:04	00:30:34	00:37:59	00:45:31	00:52:50.60	+00:18:33 (35.1%)	5:17	11.4 (65.1%)
80	SWATOWSKI Łukasz	79		M40-49	32	00:00:42	00:08:29	00:16:21	00:24:13	00:31:49	00:39:30	00:46:55	00:53:39.65	+00:19:22 (36.1%)	5:21	11.2 (64.0%)
81	KOTNOWSKI Marcin	40	MALTAŃSKA	M40-49	33	00:00:34	00:07:41	00:15:14	00:23:03	00:30:58	00:38:48	00:46:42	00:54:10.40	+00:19:53 (36.7%)	5:25	11.1 (63.4%)
82	KNEBLEWSKI Łukasz	38		M40-49	34	00:00:33	00:08:04	00:15:50	00:23:31	00:31:16	00:39:10	00:46:56	00:54:12.00	+00:19:54 (36.7%)	5:25	11.1 (63.4%)
83	KĘSIK Michał	35	ZDARTE PODESZWY	M40-49	35	00:00:37	00:08:05	00:15:37	00:23:13	00:31:04	00:39:06	00:46:56	00:54:12.05	+00:19:54 (36.7%)	5:25	11.1 (63.4%)
84	GUTOWSKI Marek	26		M40-49	36	00:00:34	00:08:07	00:15:43	00:23:30	00:31:27	00:39:27	00:47:12	00:54:41.40	+00:20:24 (37.3%)	5:28	11 (62.9%)
85	JUSZCZAK Krzysztof	32		M60-69	3	00:00:30	00:07:42	00:15:19	00:22:59	00:30:55	00:38:57	00:47:02	00:54:58.50	+00:20:41 (37.6%)	5:29	10.9 (62.3%)
86	DYBALSKI Krzysztof	22		M40-49	37	00:00:37	00:08:00	00:15:42	00:23:28	00:31:20	00:39:23	00:47:19	00:55:03.95	+00:20:46 (37.7%)	5:30	10.9 (62.3%)
87	PIETRZYK Rafał	69	KLUB OLIMPIJCZYKA IM IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	M30-39	13	00:00:34	00:08:19	00:16:07	00:24:06	00:31:57	00:39:46	00:47:46	00:55:04.70	+00:20:47 (37.8%)	5:30	10.9 (62.3%)
88	PEŁKA Iwona	65		K50-59	2	00:00:31	00:08:13	00:16:07	00:24:06	00:31:58	00:39:49	00:47:48	00:55:20.50	+00:21:03 (38.0%)	5:32	10.8 (61.7%)
89	KOCZOROWSKA Małgorzata	39	SKSG KORONA SZCZECIN	K50-59	3	00:00:27	00:07:53	00:15:41	00:23:43	00:31:52	00:40:03	00:48:02	00:55:55.85	+00:21:38 (38.7%)	5:35	10.7 (61.1%)
90	ŻYSZKIEWICZ Izabela	99	ROZBIEGANA USTKA	K50-59	4	00:00:32	00:08:30	00:16:32	00:24:24	00:32:21	00:40:26	00:48:29	00:56:22.45	+00:22:05 (39.2%)	5:38	10.6 (60.6%)
91	KRUSZYŃSKI Stanisław	44	DARŁOWSKIECHARTY.KLUBMORSÓW DARŁOWO	M60-69	4	00:00:34	00:08:23	00:16:23	00:24:44	00:32:52	00:41:05	00:49:07	00:57:13.45	+00:22:56 (40.1%)	5:43	10.5 (60.0%)
92	MRÓZ Małgorzata	101		K30-39	10	00:00:35	00:08:12	00:16:07	00:24:17	00:32:39	00:41:18	00:49:53	00:58:22.10	+00:24:04 (41.3%)	5:50	10.3 (58.9%)
93	SWATOWSKI Bartosz	78		M40-49	38	00:00:42	00:09:18	00:17:48	00:26:15	00:34:33	00:42:55	00:51:22	00:58:26.20	+00:24:09 (41.3%)	5:50	10.3 (58.9%)
94	PERSZKE Dawid	66		M18-39	7	00:00:32	00:07:27	00:15:24	00:24:22	00:32:59	00:42:04	00:50:31	00:58:43.80	+00:24:26 (41.6%)	5:52	10.2 (58.3%)
95	HELLER Zdzisław	28	HERBMARATONOW.PL	M60-69	5	00:00:37	00:08:24	00:16:32	00:24:55	00:33:22	00:41:57	00:50:30	00:59:06.65	+00:24:49 (42.0%)	5:54	10.2 (58.3%)
96	CZYCZYN Angelika	18		K30-39	11	00:00:36	00:08:13	00:16:14	00:25:00	00:33:41	00:42:17	00:50:51	00:59:17.60	+00:25:00 (42.2%)	5:55	10.1 (57.7%)
97	WACHHOLZ Beata	86	KB BRYZA POSTOMINO	K50-59	5	00:00:31	00:08:19	00:16:31	00:24:54	00:33:32	00:42:13	00:50:56	00:59:35.15	+00:25:18 (42.5%)	5:57	10.1 (57.7%)
98	WÓJCICKA Sylwia	91		K30-39	12	00:00:38	00:09:15	00:18:13	00:27:20	00:36:26	00:45:51	00:54:54	01:04:07.65	+00:29:50 (46.5%)	6:24	9.4 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
99	BARTNIK Marian	103	TKKF KOSZALIN	M70+	2	00:00:23	00:14:26	00:30:24	00:47:06	00:59:28				+00:39:28	10:21	5.8 (33.1%)

Znaleziono 99 wynik(ów)