

**Organizator:** Ośrodek Sportu i Rekreacji w Sławnie  
**Data:** 2017-07-01  
**Miejsce:** Sławno  
**Dystans:** 7.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>OKSENIUK Sergii</b>	<b>907</b>	MK LUCHEK - LKB RUDNIK	M-30	1	<b>00:24:15.50</b>	<b>00:24:15.50</b>		3:14	18.6 (100%)
2	<b>STARŻYŃSKI Andrzej</b>	<b>894</b>	CENTRUM EKSPORTU KLEMENTYNKA	M-20	1	<b>00:24:15.80</b>	<b>00:24:15.80</b>	+00:00:00 (0.0%)	3:14	18.6 (100%)
3	<b>STEPANUNKO Pavlo</b>	<b>909</b>	MK LUCHEK - LKB RUDNIK	M-20	2	<b>00:25:25.50</b>	<b>00:25:25.50</b>	+00:01:10 (4.6%)	3:23	17.7 (95.2%)
4	<b>OKSENIUK Oleksandr</b>	<b>910</b>	LKB RUDNIK	M-30	2	<b>00:25:43.15</b>	<b>00:25:43.15</b>	+00:01:27 (5.7%)	3:25	17.5 (94.1%)
5	<b>GŁOGOWSKI Adam</b>	<b>917</b>	ATGCARGO TEAM	M-20	3	<b>00:25:57.70</b>	<b>00:25:57.70</b>	+00:01:42 (6.6%)	3:27	17.3 (93.0%)
6	<b>DRWAL Piotr</b>	<b>885</b>		M-40	1	<b>00:26:01.45</b>	<b>00:26:01.45</b>	+00:01:45 (6.8%)	3:28	17.3 (93.0%)
7	<b>RUDNIK Krzysztof</b>	<b>846</b>	NIGHT RUNNERS SŁUPSK	M-30	3	<b>00:26:44.75</b>	<b>00:26:44.75</b>	+00:02:29 (9.3%)	3:33	16.8 (90.3%)
8	<b>HOLOWNYTSKYI Oleksandr</b>	<b>911</b>	MK LUCHEK - LKB RUDNIK	M-40	2	<b>00:27:00.90</b>	<b>00:27:00.90</b>	+00:02:45 (10.2%)	3:36	16.7 (89.8%)
9	<b>WILCZEWSKI Krzysztof</b>	<b>904</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	4	<b>00:27:49.55</b>	<b>00:27:49.55</b>	+00:03:34 (12.8%)	3:42	16.2 (87.1%)
10	<b>ORZECOWSKI Kamil</b>	<b>833</b>	TKKF KOSZALIN	M-20	4	<b>00:27:54.25</b>	<b>00:27:54.25</b>	+00:03:38 (13.1%)	3:43	16.1 (86.6%)
11	<b>KĘPKA Adrian</b>	<b>787</b>		M-20	5	<b>00:28:05.85</b>	<b>00:28:05.85</b>	+00:03:50 (13.7%)	3:44	16 (86.0%)
12	<b>KURKUL Przemysław</b>	<b>806</b>	9 DYWIZJON PRZECIWLOTNICZY	M-20	6	<b>00:28:10.05</b>	<b>00:28:10.05</b>	+00:03:54 (13.9%)	3:45	16 (86.0%)
13	<b>JAKUBEK Patryk</b>	<b>777</b>	ŚWIAT PŁYTEK U KRYSPIŃ	M-20	7	<b>00:28:15.55</b>	<b>00:28:15.55</b>	+00:04:00 (14.2%)	3:46	15.9 (85.5%)
14	<b>BARAŃSKI Przemysław</b>	<b>880</b>	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M-20	8	<b>00:28:22.65</b>	<b>00:28:22.65</b>	+00:04:07 (14.5%)	3:46	15.9 (85.5%)
15	<b>MIERZWA Witold</b>	<b>825</b>	DARŁOWO	M-40	3	<b>00:28:23.45</b>	<b>00:28:23.45</b>	+00:04:07 (14.6%)	3:47	15.9 (85.5%)
16	<b>OKSENIUK Oksana</b>	<b>908</b>	MK LUCHEK - LKB RUDNIK	K-20	1	<b>00:28:32.00</b>	<b>00:28:32.00</b>	+00:04:16 (15.0%)	3:48	15.8 (84.9%)
17	<b>MUSIAŁ Krzysztof</b>	<b>829</b>	TKKF KOSZALIN	M-30	5	<b>00:28:41.30</b>	<b>00:28:41.30</b>	+00:04:25 (15.4%)	3:49	15.7 (84.4%)
18	<b>KUCHTA Piotr</b>	<b>800</b>	KB PIONIER SZCZECIN	M-20	9	<b>00:28:50.75</b>	<b>00:28:50.75</b>	+00:04:35 (15.9%)	3:50	15.6 (83.9%)
19	<b>GARSKI Kryspin</b>	<b>920</b>	ŚWIAT PŁYTEK U KRYSPIŃ	M-40	4	<b>00:28:58.15</b>	<b>00:28:58.15</b>	+00:04:42 (16.3%)	3:51	15.5 (83.3%)
20	<b>SZKOŁUDA Miłosz</b>	<b>923</b>	DECATHLON KOSZALIN	M-20	10	<b>00:29:13.15</b>	<b>00:29:13.15</b>	+00:04:57 (17.0%)	3:53	15.4 (82.8%)
21	<b>WIKTOROWICZ Łucja</b>	<b>879</b>	OPOCZNO	K-17	1	<b>00:29:16.75</b>	<b>00:29:16.75</b>	+00:05:01 (17.1%)	3:54	15.4 (82.8%)
22	<b>KURKUL Janek</b>	<b>804</b>	KB BRYZA POSTOMINO	M-17	1	<b>00:29:26.80</b>	<b>00:29:26.80</b>	+00:05:11 (17.6%)	3:55	15.3 (82.3%)
23	<b>ANTOSIK Grzegorz</b>	<b>916</b>	KB BRYZA POSTOMINO	M-40	5	<b>00:29:39.25</b>	<b>00:29:39.25</b>	+00:05:23 (18.2%)	3:57	15.2 (81.7%)
24	<b>ELENDT Tomasz</b>	<b>765</b>		M-20	11	<b>00:29:40.45</b>	<b>00:29:40.45</b>	+00:05:24 (18.3%)	3:57	15.2 (81.7%)
25	<b>KRUKOWSKI Błażej</b>	<b>798</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	6	<b>00:29:52.70</b>	<b>00:29:52.70</b>	+00:05:37 (18.8%)	3:58	15.1 (81.2%)
26	<b>ZAGAJEWSKI Rafał</b>	<b>899</b>	KL ISKRA BIAŁOGARD	M-20	12	<b>00:29:58.50</b>	<b>00:29:58.50</b>	+00:05:43 (19.1%)	3:59	15 (80.6%)
27	<b>BONISŁAWSKI Jarosław</b>	<b>756</b>	WWW.FADOMODA.PL TEAM	M-30	7	<b>00:30:08.05</b>	<b>00:30:08.05</b>	+00:05:52 (19.5%)	4:01	14.9 (80.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
28	<b>ROKOSZ Radosław</b>	<b>842</b>	JW 1223	M-30	8	<b>00:30:47.40</b>	<b>00:30:47.40</b>	+00:06:31 (21.2%)	4:06	14.6 (78.5%)
29	<b>GORSZKA Damian</b>	<b>770</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-20	13	<b>00:30:53.50</b>	<b>00:30:53.50</b>	+00:06:38 (21.5%)	4:07	14.6 (78.5%)
30	<b>SZAMREJ Wojciech</b>	<b>857</b>		M-50	1	<b>00:31:00.55</b>	<b>00:31:00.55</b>	+00:06:45 (21.8%)	4:08	14.5 (78.0%)
31	<b>ŚWITOŃ Marian</b>	<b>896</b>	BUKOWNICA BIEGA	M-50	2	<b>00:31:10.40</b>	<b>00:31:10.40</b>	+00:06:54 (22.2%)	4:09	14.4 (77.4%)
32	<b>RYGIELSKI Arkadiusz</b>	<b>887</b>	MKS 'ŚWIĘC' SŁAWNO	M-20	14	<b>00:31:14.80</b>	<b>00:31:14.80</b>	+00:06:59 (22.4%)	4:09	14.4 (77.4%)
33	<b>SIENKIEWICZ Czesław</b>	<b>851</b>	KS KROTOSZ KROTOSZYN	M-50	3	<b>00:31:26.35</b>	<b>00:31:26.35</b>	+00:07:10 (22.8%)	4:11	14.3 (76.9%)
34	<b>WÓJCIK Damian</b>	<b>893</b>	RUNNERSWALDE	M-40	6	<b>00:31:45.20</b>	<b>00:31:45.20</b>	+00:07:29 (23.6%)	4:14	14.2 (76.3%)
35	<b>BARAŃSKI Bogusław</b>	<b>876</b>	MLUKS TRZEBIATÓW	M-50	4	<b>00:31:46.75</b>	<b>00:31:46.75</b>	+00:07:31 (23.7%)	4:14	14.2 (76.3%)
36	<b>SHELEST Ludmyla</b>	<b>912</b>	MK LUCHEK - LKB RUDNIK	K-40	1	<b>00:31:53.45</b>	<b>00:31:53.45</b>	+00:07:37 (23.9%)	4:15	14.1 (75.8%)
37	<b>RÓG Bartosz</b>	<b>844</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	9	<b>00:31:56.80</b>	<b>00:31:56.80</b>	+00:07:41 (24.1%)	4:15	14.1 (75.8%)
38	<b>SMEREKA Tomasz</b>	<b>852</b>	RUNNING TEAM MILICZ	M-40	7	<b>00:31:59.95</b>	<b>00:31:59.95</b>	+00:07:44 (24.2%)	4:15	14.1 (75.8%)
39	<b>ROSIĄK Damian</b>	<b>843</b>		M-20	15	<b>00:32:10.15</b>	<b>00:32:10.15</b>	+00:07:54 (24.6%)	4:17	14 (75.3%)
40	<b>OSTROWSKI Marian</b>	<b>890</b>		M-60+	1	<b>00:32:22.20</b>	<b>00:32:22.20</b>	+00:08:06 (25.1%)	4:18	13.9 (74.7%)
41	<b>MAZUR Emilusz</b>	<b>819</b>	ŻYJ Z ENERGIA	M-40	8	<b>00:32:44.65</b>	<b>00:32:44.65</b>	+00:08:29 (25.9%)	4:21	13.7 (73.7%)
42	<b>ŁAGUTKO Kamila</b>	<b>811</b>	ŻYJ Z ENERGIA	K-30	1	<b>00:32:46.75</b>	<b>00:32:46.75</b>	+00:08:31 (26.0%)	4:22	13.7 (73.7%)
43	<b>KAMELSKI Piotr</b>	<b>783</b>	KS OLSZEWSKI I SYNOWIE	M-40	9	<b>00:32:47.55</b>	<b>00:32:47.55</b>	+00:08:32 (26.0%)	4:22	13.7 (73.7%)
44	<b>GIERLACH Jacek</b>	<b>900</b>	STOPA SŁUPSK	M-20	16	<b>00:32:53.85</b>	<b>00:32:53.85</b>	+00:08:38 (26.3%)	4:23	13.7 (73.7%)
45	<b>KASPERSKI Dariusz</b>	<b>785</b>		M-40	10	<b>00:32:56.30</b>	<b>00:32:56.30</b>	+00:08:40 (26.4%)	4:23	13.7 (73.7%)
46	<b>CZARNOWSKI Kamil</b>	<b>763</b>	KASZEBE	M-20	17	<b>00:33:03.15</b>	<b>00:33:03.15</b>	+00:08:47 (26.6%)	4:24	13.6 (73.1%)
47	<b>OLESZEK Jerzy</b>	<b>832</b>	GRZESŁAW USTKA	M-40	11	<b>00:33:04.35</b>	<b>00:33:04.35</b>	+00:08:48 (26.7%)	4:24	13.6 (73.1%)
48	<b>WIKTOROWICZ Jacek</b>	<b>878</b>	OPOCZNO	M-50	5	<b>00:33:14.15</b>	<b>00:33:14.15</b>	+00:08:58 (27.0%)	4:25	13.5 (72.6%)
49	<b>MAJCHRZAK Łukasz</b>	<b>814</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	M-20	18	<b>00:33:21.80</b>	<b>00:33:21.80</b>	+00:09:06 (27.3%)	4:26	13.5 (72.6%)
50	<b>IWANIEC Dariusz</b>	<b>776</b>	TKKF KOSZALIN	M-40	12	<b>00:33:24.35</b>	<b>00:33:24.35</b>	+00:09:08 (27.4%)	4:27	13.5 (72.6%)
51	<b>PIETRZAK Kamil</b>	<b>839</b>	ACTIVE MALBORK	M-30	10	<b>00:33:27.10</b>	<b>00:33:27.10</b>	+00:09:11 (27.5%)	4:27	13.5 (72.6%)
52	<b>PERZ Emilia</b>	<b>837</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	K-20	2	<b>00:33:30.70</b>	<b>00:33:30.70</b>	+00:09:15 (27.6%)	4:28	13.4 (72.0%)
53	<b>KUKIEŁA Tomasz</b>	<b>801</b>		M-30	11	<b>00:33:47.00</b>	<b>00:33:47.00</b>	+00:09:31 (28.2%)	4:30	13.3 (71.5%)
54	<b>MAZUR Bartosz</b>	<b>818</b>		M-20	19	<b>00:33:51.25</b>	<b>00:33:51.25</b>	+00:09:35 (28.3%)	4:30	13.3 (71.5%)
55	<b>OLECHNOWICZ Sławomir</b>	<b>892</b>	STOPA SŁUPSK	M-40	13	<b>00:33:55.70</b>	<b>00:33:55.70</b>	+00:09:40 (28.5%)	4:31	13.3 (71.5%)
56	<b>JANKOWSKI Grzegorz</b>	<b>779</b>	ŚWIAT PŁYTEK U KRYSPIŃ	M-40	14	<b>00:33:55.75</b>	<b>00:33:55.75</b>	+00:09:40 (28.5%)	4:31	13.3 (71.5%)
57	<b>GIEŁDA Jędrzej</b>	<b>768</b>	SMASHING PĄPKINS	M-30	12	<b>00:33:56.10</b>	<b>00:33:56.10</b>	+00:09:40 (28.5%)	4:31	13.3 (71.5%)
58	<b>BULUK Grzegorz</b>	<b>760</b>	10 WROCŁAWSKI PUŁK DOWODZENIA JW1245	M-30	13	<b>00:33:58.60</b>	<b>00:33:58.60</b>	+00:09:43 (28.6%)	4:31	13.2 (71.0%)
59	<b>SZABLA Ewelina</b>	<b>856</b>		K-30	2	<b>00:34:00.95</b>	<b>00:34:00.95</b>	+00:09:45 (28.7%)	4:32	13.2 (71.0%)
60	<b>DWULIT Dominik</b>	<b>764</b>	KORZYBSKIE REKINY	M-20	20	<b>00:34:11.30</b>	<b>00:34:11.30</b>	+00:09:55 (29.0%)	4:33	13.2 (71.0%)
61	<b>KULAS Rafał</b>	<b>802</b>	KS KROTOSZ KROTOSZYN	M-40	15	<b>00:34:15.60</b>	<b>00:34:15.60</b>	+00:10:00 (29.2%)	4:34	13.1 (70.4%)
62	<b>JANKOWSKI Eugeniusz</b>	<b>895</b>	OPEC-PUŁAWY	M-60+	2	<b>00:34:30.35</b>	<b>00:34:30.35</b>	+00:10:14 (29.7%)	4:36	13 (69.9%)
63	<b>WICZUK Michał</b>	<b>867</b>	MKB DREPTAK	M-30	14	<b>00:34:32.10</b>	<b>00:34:32.10</b>	+00:10:16 (29.8%)	4:36	13 (69.9%)
64	<b>METERA Piotr</b>	<b>821</b>	RUNNERSWALDE	M-30	15	<b>00:34:33.75</b>	<b>00:34:33.75</b>	+00:10:18 (29.8%)	4:36	13 (69.9%)
65	<b>PAWLIK Grzegorz</b>	<b>835</b>	KS KROTOSZ KROTOSZYN	M-30	16	<b>00:34:35.50</b>	<b>00:34:35.50</b>	+00:10:20 (29.9%)	4:36	13 (69.9%)
66	<b>WÓJCICKI Grzegorz</b>	<b>870</b>		M-30	17	<b>00:34:42.30</b>	<b>00:34:42.30</b>	+00:10:26 (30.1%)	4:37	13 (69.9%)
67	<b>MAJCHRZAK Dariusz</b>	<b>815</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	M-50	6	<b>00:34:45.35</b>	<b>00:34:45.35</b>	+00:10:29 (30.2%)	4:38	12.9 (69.4%)
68	<b>ŚWIETLIK Tomasz</b>	<b>861</b>		M-50	7	<b>00:34:50.70</b>	<b>00:34:50.70</b>	+00:10:35 (30.4%)	4:38	12.9 (69.4%)
69	<b>MODRZEJEWSKI Roman</b>	<b>827</b>	KINGS OF METAL	M-50	8	<b>00:34:54.75</b>	<b>00:34:54.75</b>	+00:10:39 (30.5%)	4:39	12.9 (69.4%)
70	<b>MICERSKI Tomasz</b>	<b>822</b>	TKKF KOSZALIN	M-40	16	<b>00:34:57.05</b>	<b>00:34:57.05</b>	+00:10:41 (30.6%)	4:39	12.9 (69.4%)
71	<b>GARSKA Joanna</b>	<b>921</b>	ŚWIAT PŁYTEK U KRYSPIŃ	K-40	2	<b>00:34:59.95</b>	<b>00:34:59.95</b>	+00:10:44 (30.7%)	4:39	12.9 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 7.5km	brutto 7.5km			
72	<b>TOMCZAK Dominik</b>	<b>864</b>	CSMW USTKA	M-40	17	<b>00:35:13.80</b>	<b>00:35:13.80</b>	+00:10:58 (31.1%)	4:41	12.8 (68.8%)
73	<b>GRZEGORCZYK Piotr</b>	<b>773</b>		M-30	18	<b>00:35:18.90</b>	<b>00:35:18.90</b>	+00:11:03 (31.3%)	4:42	12.7 (68.3%)
74	<b>BŁOCHOWIAK Magdalena</b>	<b>914</b>	KLUB BIEGOWY JYSK	K-30	3	<b>00:35:21.30</b>	<b>00:35:21.30</b>	+00:11:05 (31.4%)	4:42	12.7 (68.3%)
74	<b>BŁOCHOWIAK Tomasz</b>	<b>915</b>		M-30	19	<b>00:35:21.30</b>	<b>00:35:21.30</b>	+00:11:05 (31.4%)	4:42	12.7 (68.3%)
76	<b>MICHALCZYK Mariusz</b>	<b>824</b>	JW 1223	M-40	18	<b>00:35:23.80</b>	<b>00:35:23.80</b>	+00:11:08 (31.5%)	4:43	12.7 (68.3%)
77	<b>PROTASEWICZ Andrzej</b>	<b>841</b>	SŁAWNO	M-40	19	<b>00:35:24.55</b>	<b>00:35:24.55</b>	+00:11:09 (31.5%)	4:43	12.7 (68.3%)
78	<b>KURKUL Alicja</b>	<b>805</b>		K-20	3	<b>00:35:25.10</b>	<b>00:35:25.10</b>	+00:11:09 (31.5%)	4:43	12.7 (68.3%)
79	<b>MARCINIAK Michał</b>	<b>924</b>		M-20	21	<b>00:35:25.45</b>	<b>00:35:25.45</b>	+00:11:09 (31.5%)	4:43	12.7 (68.3%)
80	<b>TOMCZAK Zbigniew</b>	<b>863</b>	ALTOM GNIEZNO	M-60+	3	<b>00:35:26.80</b>	<b>00:35:26.80</b>	+00:11:11 (31.6%)	4:43	12.7 (68.3%)
81	<b>NIECKARZ Krzysztof</b>	<b>831</b>		M-30	20	<b>00:35:38.50</b>	<b>00:35:38.50</b>	+00:11:23 (31.9%)	4:45	12.6 (67.7%)
82	<b>KROEHNKE Artur</b>	<b>797</b>		M-40	20	<b>00:35:38.80</b>	<b>00:35:38.80</b>	+00:11:23 (31.9%)	4:45	12.6 (67.7%)
83	<b>NIECKARZ Monika</b>	<b>830</b>		K-30	4	<b>00:35:39.45</b>	<b>00:35:39.45</b>	+00:11:23 (32.0%)	4:45	12.6 (67.7%)
84	<b>GLISZCZYŃSKI Łukasz</b>	<b>898</b>	UKSN SPRINT SŁAWNO	M-17	2	<b>00:35:42.70</b>	<b>00:35:42.70</b>	+00:11:27 (32.1%)	4:45	12.6 (67.7%)
85	<b>USOVA Oksana</b>	<b>913</b>	MK LUCHEK - LKB RUDNIK	K-40	3	<b>00:35:44.30</b>	<b>00:35:44.30</b>	+00:11:28 (32.1%)	4:45	12.6 (67.7%)
86	<b>GOSTOMCZYK Krzysztof</b>	<b>771</b>		M-30	21	<b>00:35:45.45</b>	<b>00:35:45.45</b>	+00:11:29 (32.2%)	4:46	12.6 (67.7%)
87	<b>CHUDY Henryk</b>	<b>762</b>	KS OLSZEWSKI I SYNOWIE	M-60+	4	<b>00:35:52.20</b>	<b>00:35:52.20</b>	+00:11:36 (32.4%)	4:46	12.5 (67.2%)
88	<b>KRUPIŃSKI Krzysztof</b>	<b>799</b>	E-UROLOG.EU	M-50	9	<b>00:35:58.35</b>	<b>00:35:58.35</b>	+00:11:42 (32.6%)	4:47	12.5 (67.2%)
89	<b>TELESIEWICZ Henryk</b>	<b>862</b>	KS OLSZEWSKI I SYNOWIE	M-60+	5	<b>00:36:03.80</b>	<b>00:36:03.80</b>	+00:11:48 (32.7%)	4:48	12.5 (67.2%)
90	<b>ANDRZEJCZAK Sławomir</b>	<b>752</b>	GRZESŁAW USTKA	M-40	21	<b>00:36:06.85</b>	<b>00:36:06.85</b>	+00:11:51 (32.8%)	4:48	12.5 (67.2%)
91	<b>JABŁOŃSKI Tomasz</b>	<b>882</b>	SPOKO SŁAWNO	M-30	22	<b>00:36:13.25</b>	<b>00:36:13.25</b>	+00:11:57 (33.0%)	4:49	12.4 (66.7%)
92	<b>KĘSIK Agnieszka</b>	<b>874</b>	KUBA PROTECTOR TEAM	K-30	5	<b>00:36:18.30</b>	<b>00:36:18.30</b>	+00:12:02 (33.2%)	4:50	12.4 (66.7%)
93	<b>PERZ Marzena</b>	<b>836</b>	NKB CHYŻY NOWY TOMYŚL	K-40	4	<b>00:36:21.05</b>	<b>00:36:21.05</b>	+00:12:05 (33.3%)	4:50	12.4 (66.7%)
94	<b>STASIAK Jarosław</b>	<b>853</b>		M-20	22	<b>00:36:21.80</b>	<b>00:36:21.80</b>	+00:12:06 (33.3%)	4:50	12.4 (66.7%)
95	<b>WIATRZYK Krzysztof</b>	<b>866</b>	DARŁOWO	M-40	22	<b>00:36:30.20</b>	<b>00:36:30.20</b>	+00:12:14 (33.5%)	4:52	12.3 (66.1%)
96	<b>SZTORMOWSKI Maciej</b>	<b>858</b>	'EKIPA Z POPRAWCZAKA'	M-30	23	<b>00:36:37.15</b>	<b>00:36:37.15</b>	+00:12:21 (33.8%)	4:52	12.3 (66.1%)
97	<b>PIETRZAK Anna</b>	<b>838</b>	ACTIVE MALBORK	K-20	4	<b>00:36:48.10</b>	<b>00:36:48.10</b>	+00:12:32 (34.1%)	4:54	12.2 (65.6%)
98	<b>RUMIŃSKI Wojciech</b>	<b>906</b>		M-40	23	<b>00:36:51.35</b>	<b>00:36:51.35</b>	+00:12:35 (34.2%)	4:54	12.2 (65.6%)
99	<b>TURCZYN Tomasz</b>	<b>902</b>	DZIENNIK SŁAWIEŃSKI	M-40	24	<b>00:37:05.75</b>	<b>00:37:05.75</b>	+00:12:50 (34.6%)	4:56	12.1 (65.1%)
100	<b>HARBUTIAK Monika</b>	<b>774</b>	ŻYJ Z ENERGIA	K-20	5	<b>00:37:08.15</b>	<b>00:37:08.15</b>	+00:12:52 (34.7%)	4:57	12.1 (65.1%)
101	<b>BEDNARCZYK Arkadiusz</b>	<b>875</b>	STOPA SŁUPSK	M-40	25	<b>00:37:11.05</b>	<b>00:37:11.05</b>	+00:12:55 (34.8%)	4:57	12.1 (65.1%)
102	<b>OSOBNIAK Ryszard</b>	<b>834</b>	ROZBIEGANY KOSZALIN	M-60+	6	<b>00:37:12.35</b>	<b>00:37:12.35</b>	+00:12:56 (34.8%)	4:57	12.1 (65.1%)
103	<b>KOSECKI Tomasz</b>	<b>793</b>	ZAKWAS	M-30	24	<b>00:37:12.55</b>	<b>00:37:12.55</b>	+00:12:57 (34.8%)	4:57	12.1 (65.1%)
104	<b>MICHALAK Wojciech</b>	<b>823</b>	MKS 'ŚWIĘC' SŁAWNO	M-40	26	<b>00:37:13.50</b>	<b>00:37:13.50</b>	+00:12:58 (34.8%)	4:57	12.1 (65.1%)
105	<b>JARNÓT Agnieszka</b>	<b>780</b>	NKB CHYŻY NOWY TOMYŚL	K-40	5	<b>00:37:15.30</b>	<b>00:37:15.30</b>	+00:12:59 (34.9%)	4:58	12.1 (65.1%)
106	<b>ORŁOWSKI Maciej</b>	<b>905</b>		M-30	25	<b>00:37:33.15</b>	<b>00:37:33.15</b>	+00:13:17 (35.4%)	5:00	12 (64.5%)
107	<b>KAZIMIEROWICZ Radosław</b>	<b>786</b>		M-30	26	<b>00:37:37.20</b>	<b>00:37:37.20</b>	+00:13:21 (35.5%)	5:00	12 (64.5%)
108	<b>LASKA Agnieszka</b>	<b>808</b>	MKS 'ŚWIĘC' SŁAWNO	K-40	6	<b>00:37:38.85</b>	<b>00:37:38.85</b>	+00:13:23 (35.6%)	5:01	12 (64.5%)
109	<b>MIKINKA Magdalena</b>	<b>891</b>		K-30	6	<b>00:38:07.40</b>	<b>00:38:07.40</b>	+00:13:51 (36.4%)	5:04	11.8 (63.4%)
110	<b>KULCZYK Katarzyna</b>	<b>883</b>	KB BRYZA POSTOMINO	K-30	7	<b>00:38:12.50</b>	<b>00:38:12.50</b>	+00:13:57 (36.5%)	5:05	11.8 (63.4%)
111	<b>BASSEL Marcin</b>	<b>754</b>		M-30	27	<b>00:38:21.35</b>	<b>00:38:21.35</b>	+00:14:05 (36.8%)	5:06	11.7 (62.9%)
112	<b>KACZMAREK Marta</b>	<b>781</b>		K-30	8	<b>00:38:27.65</b>	<b>00:38:27.65</b>	+00:14:12 (36.9%)	5:07	11.7 (62.9%)
113	<b>SEEWALD Jan</b>	<b>849</b>	ZAKWAS	M-40	27	<b>00:38:34.50</b>	<b>00:38:34.50</b>	+00:14:19 (37.1%)	5:08	11.7 (62.9%)
114	<b>GREBIENIK Andrzej</b>	<b>772</b>	W.P.K. SŁOŃ TEAM USTKA	M-40	28	<b>00:38:36.10</b>	<b>00:38:36.10</b>	+00:14:20 (37.2%)	5:08	11.7 (62.9%)
115	<b>KUPREWICZ Grzegorz</b>	<b>803</b>	JW 1223	M-30	28	<b>00:38:52.35</b>	<b>00:38:52.35</b>	+00:14:36 (37.6%)	5:10	11.6 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
116	<b>KLENIEWSKI Piotr</b>	<b>789</b>	ZACHODNIOPOMORSKIE	M-50	10	<b>00:39:03.05</b>	<b>00:39:03.05</b>	+00:14:47 (37.9%)	5:12	11.5 (61.8%)
117	<b>ANTOSIK Jacek</b>	<b>922</b>	KB BRYZA POSTOMINO	M-30	29	<b>00:39:11.25</b>	<b>00:39:11.25</b>	+00:14:55 (38.1%)	5:13	11.5 (61.8%)
117	<b>ANTOSIK Grażyna</b>	<b>753</b>	KS OLSZEWSKI I SYNOWIE	K-30	9	<b>00:39:11.25</b>	<b>00:39:11.25</b>	+00:14:55 (38.1%)	5:13	11.5 (61.8%)
119	<b>KOWALCZYK Piotr</b>	<b>795</b>		M-30	30	<b>00:39:24.75</b>	<b>00:39:24.75</b>	+00:15:09 (38.5%)	5:15	11.4 (61.3%)
120	<b>WYBRANIEC Karolina</b>	<b>872</b>		K-20	6	<b>00:39:31.65</b>	<b>00:39:31.65</b>	+00:15:16 (38.6%)	5:16	11.4 (61.3%)
121	<b>GOLEC Anna</b>	<b>769</b>	GOLEC TEAM	K-40	7	<b>00:40:00.50</b>	<b>00:40:00.50</b>	+00:15:45 (39.4%)	5:20	11.3 (60.8%)
122	<b>ADRYAN Adam</b>	<b>751</b>	CKB SŁUPSK	M-40	29	<b>00:40:02.30</b>	<b>00:40:02.30</b>	+00:15:46 (39.4%)	5:20	11.2 (60.2%)
123	<b>BIELEWICZ Anna</b>	<b>755</b>	STOPA SŁUPSK	K-40	8	<b>00:40:04.75</b>	<b>00:40:04.75</b>	+00:15:49 (39.5%)	5:20	11.2 (60.2%)
124	<b>WIECZOREK Jacek</b>	<b>868</b>		M-30	31	<b>00:40:05.15</b>	<b>00:40:05.15</b>	+00:15:49 (39.5%)	5:20	11.2 (60.2%)
125	<b>LIGOCKA Aneta</b>	<b>810</b>		K-40	9	<b>00:40:07.50</b>	<b>00:40:07.50</b>	+00:15:52 (39.5%)	5:20	11.2 (60.2%)
126	<b>BUZE Małgorzata</b>	<b>761</b>	KS OLSZEWSKI I SYNOWIE	K-40	10	<b>00:40:09.95</b>	<b>00:40:09.95</b>	+00:15:54 (39.6%)	5:21	11.2 (60.2%)
127	<b>BIERNAT Karolina</b>	<b>889</b>		K-17	2	<b>00:40:15.80</b>	<b>00:40:15.80</b>	+00:16:00 (39.8%)	5:22	11.2 (60.2%)
128	<b>KONKEL Joanna</b>	<b>790</b>	MKS 'ŚWIĘC' SŁAWNO	K-50	1	<b>00:40:23.70</b>	<b>00:40:23.70</b>	+00:16:08 (39.9%)	5:23	11.1 (59.7%)
129	<b>ROGAŁA Tomasz</b>	<b>897</b>		M-30	32	<b>00:40:26.80</b>	<b>00:40:26.80</b>	+00:16:11 (40.0%)	5:23	11.1 (59.7%)
130	<b>SEEWALD Agnieszka</b>	<b>850</b>	ZAKWAS	K-30	10	<b>00:40:32.50</b>	<b>00:40:32.50</b>	+00:16:17 (40.2%)	5:24	11.1 (59.7%)
130	<b>KOSECKA Sylwia</b>	<b>792</b>	ZAKWAS	K-20	7	<b>00:40:32.50</b>	<b>00:40:32.50</b>	+00:16:17 (40.2%)	5:24	11.1 (59.7%)
132	<b>JAWORSKI Robert</b>	<b>918</b>		M-40	30	<b>00:40:42.10</b>	<b>00:40:42.10</b>	+00:16:26 (40.4%)	5:25	11.1 (59.7%)
133	<b>MADEJ Krzysztof</b>	<b>812</b>	MRÓWECZKI	M-30	33	<b>00:40:46.25</b>	<b>00:40:46.25</b>	+00:16:30 (40.5%)	5:26	11 (59.1%)
134	<b>JANKOWSKA Justyna</b>	<b>778</b>	MRÓWECZKI	K-30	11	<b>00:40:47.30</b>	<b>00:40:47.30</b>	+00:16:31 (40.5%)	5:26	11 (59.1%)
135	<b>MRUGALSKI Stanisław</b>	<b>828</b>		M-50	11	<b>00:41:19.85</b>	<b>00:41:19.85</b>	+00:17:04 (41.3%)	5:30	10.9 (58.6%)
136	<b>BRYSIK Dariusz</b>	<b>757</b>		M-30	34	<b>00:41:32.15</b>	<b>00:41:32.15</b>	+00:17:16 (41.6%)	5:32	10.8 (58.1%)
137	<b>SALITA Lech</b>	<b>848</b>		M-50	12	<b>00:42:26.10</b>	<b>00:42:26.10</b>	+00:18:10 (42.8%)	5:39	10.6 (57.0%)
138	<b>MARCZAK Małgorzata</b>	<b>884</b>	AMATOR	K-50	2	<b>00:42:50.70</b>	<b>00:42:50.70</b>	+00:18:35 (43.4%)	5:42	10.5 (56.5%)
139	<b>MIECZKOWSKA Małgorzata</b>	<b>903</b>	ŻYJ Z ENERGIA	K-30	12	<b>00:42:57.45</b>	<b>00:42:57.45</b>	+00:18:41 (43.5%)	5:43	10.5 (56.5%)
140	<b>KOROLCZUK Karolina</b>	<b>791</b>		K-30	13	<b>00:43:20.80</b>	<b>00:43:20.80</b>	+00:19:05 (44.0%)	5:46	10.4 (55.9%)
141	<b>BIERNAT Krzysztof</b>	<b>901</b>		M-30	35	<b>00:43:20.90</b>	<b>00:43:20.90</b>	+00:19:05 (44.0%)	5:46	10.4 (55.9%)
142	<b>MARCZAK Andrzej</b>	<b>816</b>	AMATOR	M-50	13	<b>00:43:22.65</b>	<b>00:43:22.65</b>	+00:19:07 (44.1%)	5:46	10.4 (55.9%)
143	<b>WRONA Józef</b>	<b>871</b>	PORTO BRYGIER	M-60+	7	<b>00:44:17.75</b>	<b>00:44:17.75</b>	+00:20:02 (45.2%)	5:54	10.2 (54.8%)
144	<b>RUDNIK Janina Ewa</b>	<b>845</b>	DYNAMIC	K-40	11	<b>00:44:20.85</b>	<b>00:44:20.85</b>	+00:20:05 (45.3%)	5:54	10.2 (54.8%)
145	<b>KOMAR Agnieszka</b>	<b>873</b>	SPOKO SŁAWNO	K-30	14	<b>00:44:26.65</b>	<b>00:44:26.65</b>	+00:20:11 (45.4%)	5:55	10.1 (54.3%)
146	<b>HELLER Zdzisław</b>	<b>775</b>	NIEZRZESZONY	M-60+	8	<b>00:44:32.35</b>	<b>00:44:32.35</b>	+00:20:16 (45.5%)	5:56	10.1 (54.3%)
147	<b>FILIPOWICZ Marian</b>	<b>767</b>	NIEZRZESZONY	M-60+	9	<b>00:45:57.90</b>	<b>00:45:57.90</b>	+00:21:42 (47.2%)	6:07	9.8 (52.7%)
148	<b>BUDZYŃSKA Elżbieta</b>	<b>758</b>		K-50	3	<b>00:47:02.50</b>	<b>00:47:02.50</b>	+00:22:47 (48.4%)	6:16	9.6 (51.6%)
149	<b>MIKLASIŃSKA Monika</b>	<b>826</b>	KS OLSZEWSKI I SYNOWIE	K-30	15	<b>00:47:52.55</b>	<b>00:47:52.55</b>	+00:23:37 (49.3%)	6:22	9.4 (50.5%)
150	<b>LISIAK Ryszard</b>	<b>888</b>		M-40	31	<b>00:48:01.35</b>	<b>00:48:01.35</b>	+00:23:45 (49.5%)	6:24	9.4 (50.5%)
151	<b>KIERSZKA Agnieszka</b>	<b>788</b>		K-40	12	<b>00:48:18.35</b>	<b>00:48:18.35</b>	+00:24:02 (49.8%)	6:26	9.3 (50.0%)
152	<b>LASKOWSKA Katarzyna</b>	<b>809</b>		K-40	13	<b>00:48:18.55</b>	<b>00:48:18.55</b>	+00:24:03 (49.8%)	6:26	9.3 (50.0%)
153	<b>MEGGER Agata</b>	<b>820</b>	ŻYJ Z ENERGIA	K-40	14	<b>00:49:28.15</b>	<b>00:49:28.15</b>	+00:25:12 (51.0%)	6:35	9.1 (48.9%)
154	<b>SOLAK Halina</b>	<b>919</b>	ŚWIAT PŁYTEK U KRYSPINA	K-60+	1	<b>00:58:33.45</b>	<b>00:58:33.45</b>	+00:34:17 (58.6%)	7:48	7.7 (41.4%)

Znaleziono 154 wynik(ów)