

# XV MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT  
INTELEKTUALNE ŚRODKI OPIEKI

**Wydarzenie:** XV MIĘDZYNARODOWY BIEG WENEDÓW  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin  
**Data:** 2017-05-27  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                    | Numer      | Klub   | Kategoria | Mkat | Czas startu | Start_All 2km | Start_All 4km | Start_All 6km | Start_All 8km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|------------|--|-----------|------|-------------|---------------|---------------|---------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1   | <b>POLAK Szymon</b>         | <b>246</b> | ROZBIEGANY KOSZALIN                          | M-40      | 1    | 00:00:02    | 00:06:59      | 00:14:09      | 00:21:25      | 00:28:43      | <b>00:35:53.50</b> | <b>00:35:56.40</b> |                   | 3:35         | 16.7 (100%)  |
| 2   | <b>BERG Thoralf</b>         | <b>105</b> | SCHWEDTER HASEN                              | M-40      | 2    | 00:00:02    | 00:06:56      | 00:14:06      | 00:21:25      | 00:28:45      | <b>00:36:29.75</b> | <b>00:36:31.85</b> | +00:00:36 (1.7%)  | 3:38         | 16.4 (98.2%) |
| 3   | <b>BEDNARZ Paweł</b>        | <b>104</b> | 13-TY FUN CLUB ASI CHMIEL :*                 | M-30      | 1    | 00:00:02    | 00:06:38      | 00:13:53      | 00:21:19      | 00:29:01      | <b>00:36:47.35</b> | <b>00:36:49.40</b> | +00:00:53 (2.4%)  | 3:40         | 16.3 (97.6%) |
| 4   | <b>JAROSZ Wiesław</b>       | <b>163</b> | JW 1223/BLOG                                 | M-40      | 3    | 00:00:03    | 00:07:02      | 00:14:24      | 00:21:58      | 00:29:41      | <b>00:37:11.70</b> | <b>00:37:14.85</b> | +00:01:18 (3.5%)  | 3:43         | 16.1 (96.4%) |
| 5   | <b>RUDNIKOWSKI Maciej</b>   | <b>262</b> | BIEGUZDROWISKOWY.PL                          | M-40      | 4    | 00:00:03    | 00:07:12      | 00:14:44      | 00:22:24      | 00:30:05      | <b>00:37:33.65</b> | <b>00:37:36.80</b> | +00:01:40 (4.4%)  | 3:45         | 16 (95.8%)   |
| 6   | <b>ZABORSKI Ryszard</b>     | <b>321</b> | TKKF KOSZALIN ( ORKIESTRA WOJSKOWA KOSZALIN) | M-40      | 5    | 00:00:02    | 00:06:59      | 00:14:18      | 00:22:02      | 00:29:53      | <b>00:37:35.35</b> | <b>00:37:37.60</b> | +00:01:41 (4.5%)  | 3:45         | 16 (95.8%)   |
| 7   | <b>MORAWSKI Janusz</b>      | <b>346</b> |  | M-40      | 6    | 00:00:04    | 00:07:40      | 00:15:26      | 00:23:15      | 00:30:53      | <b>00:38:13.50</b> | <b>00:38:18.35</b> | +00:02:20 (6.1%)  | 3:49         | 15.7 (94.0%) |
| 8   | <b>ZATORSKI Zbigniew</b>    | <b>322</b> | KOŁOBRZEG BIEGA                              | M-30      | 2    | 00:00:05    | 00:07:33      | 00:15:15      | 00:23:08      | 00:30:55      | <b>00:38:33.35</b> | <b>00:38:38.35</b> | +00:02:39 (6.9%)  | 3:51         | 15.6 (93.4%) |
| 9   | <b>BURDA Robert</b>         | <b>117</b> | KOSPEL                                       | M-40      | 7    | 00:00:03    | 00:07:26      | 00:15:10      | 00:23:05      | 00:31:01      | <b>00:38:37.35</b> | <b>00:38:41.05</b> | +00:02:43 (7.1%)  | 3:51         | 15.5 (92.8%) |
| 10  | <b>GRZESIK Eugeniusz</b>    | <b>351</b> | TKKF KOSZALIN                                | M-50      | 1    | 00:00:03    | 00:07:26      | 00:15:11      | 00:23:05      | 00:31:01      | <b>00:38:39.05</b> | <b>00:38:42.50</b> | +00:02:45 (7.1%)  | 3:51         | 15.5 (92.8%) |
| 11  | <b>BEMOWICZ Tomasz</b>      | <b>345</b> | KB WYGAN                                     | M-40      | 8    | 00:00:04    | 00:07:41      | 00:15:32      | 00:23:26      | 00:31:21      | <b>00:39:07.60</b> | <b>00:39:12.30</b> | +00:03:14 (8.3%)  | 3:54         | 15.3 (91.6%) |
| 12  | <b>STACHOWIAK Adrian</b>    | <b>276</b> | JW 3775                                      | M-30      | 3    | 00:00:02    | 00:07:22      | 00:15:09      | 00:23:08      | 00:31:16      | <b>00:39:22.65</b> | <b>00:39:25.05</b> | +00:03:29 (8.9%)  | 3:56         | 15.2 (91.0%) |
| 13  | <b>KARCZ Artur</b>          | <b>171</b> | ORZEŁ MRZEŻYNO                               | M-30      | 4    | 00:00:05    | 00:07:34      | 00:15:24      | 00:23:23      | 00:31:28      | <b>00:39:24.60</b> | <b>00:39:29.60</b> | +00:03:31 (8.9%)  | 3:56         | 15.2 (91.0%) |
| 14  | <b>POHLMANN André</b>       | <b>245</b> | SCHWEDTER HASEN                              | M-30      | 5    | 00:00:03    | 00:07:09      | 00:14:49      | 00:22:54      | 00:31:09      | <b>00:39:31.65</b> | <b>00:39:35.10</b> | +00:03:38 (9.2%)  | 3:57         | 15.2 (91.0%) |
| 15  | <b>ZELEK Jan</b>            | <b>325</b> | TKKF KOSZALIN                                | M-50      | 2    | 00:00:04    | 00:07:21      | 00:15:07      | 00:23:09      | 00:31:20      | <b>00:39:32.70</b> | <b>00:39:37.05</b> | +00:03:39 (9.2%)  | 3:57         | 15.2 (91.0%) |
| 16  | <b>SITOWSKI Marcin</b>      | <b>272</b> | FC RYSIEK                                    | M-18      | 1    | 00:00:04    | 00:07:08      | 00:15:06      | 00:23:20      | 00:31:54      | <b>00:40:18.10</b> | <b>00:40:22.20</b> | +00:04:24 (10.9%) | 4:01         | 14.9 (89.2%) |
| 17  | <b>BURMEISTER Burkhardt</b> | <b>119</b> | SCHWEDTER HASEN                              | M-50      | 3    | 00:00:04    | 00:07:35      | 00:15:34      | 00:23:48      | 00:32:10      | <b>00:40:29.50</b> | <b>00:40:33.60</b> | +00:04:36 (11.4%) | 4:02         | 14.8 (88.6%) |

| Msc | Zawodnik                      | Numer      | Klub                           | Kategoria | Mkat | Czas startu | Start_All 2km | Start_All 4km | Start_All 6km | Start_All 8km | Czas               |                    | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|--------------------------------|-----------|------|-------------|---------------|---------------|---------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
|     |                               |            |                                |           |      |             |               |               |               |               | netto 10km         | brutto 10km        |                   |              |              |
| 18  | <b>SOBSTEL Krystian</b>       | <b>274</b> |                                | M-30      | 6    | 00:00:07    | 00:07:56      | 00:16:06      | 00:24:26      | 00:32:51      | <b>00:40:36.25</b> | <b>00:40:44.00</b> | +00:04:42 (11.6%) | 4:03         | 14.8 (88.6%) |
| 19  | <b>BIEDRZYCKI Adam</b>        | <b>108</b> | CW FANZA KOŁOBRZEG             | M-30      | 7    | 00:00:04    | 00:07:45      | 00:15:46      | 00:23:58      | 00:32:19      | <b>00:40:43.75</b> | <b>00:40:48.60</b> | +00:04:50 (11.9%) | 4:04         | 14.7 (88.0%) |
| 20  | <b>BARTOSIŃSKI Bartłomiej</b> | <b>365</b> | DECATHLON KOSZALIN             | M-18      | 2    | 00:00:02    | 00:07:25      | 00:15:30      | 00:24:03      | 00:32:37      | <b>00:40:54.50</b> | <b>00:40:57.40</b> | +00:05:01 (12.3%) | 4:05         | 14.7 (88.0%) |
| 21  | <b>BARSCZ Detlef</b>          | <b>102</b> | SCHWEDTER HASEN                | M-50      | 4    | 00:00:04    | 00:07:36      | 00:15:31      | 00:23:48      | 00:32:20      | <b>00:40:58.55</b> | <b>00:41:02.65</b> | +00:05:05 (12.4%) | 4:05         | 14.6 (87.4%) |
| 22  | <b>RYŚKIEWICZ Rafał</b>       | <b>267</b> |                                | M-40      | 9    | 00:00:02    | 00:07:36      | 00:15:48      | 00:24:13      | 00:32:49      | <b>00:41:08.05</b> | <b>00:41:10.55</b> | +00:05:14 (12.7%) | 4:06         | 14.6 (87.4%) |
| 23  | <b>STEGE Aleksander</b>       | <b>279</b> | SCHWEDTER HAUSEN               | M-30      | 8    | 00:00:03    | 00:07:37      | 00:15:48      | 00:24:21      | 00:32:54      | <b>00:41:14.65</b> | <b>00:41:18.55</b> | +00:05:21 (13.0%) | 4:07         | 14.5 (86.8%) |
| 24  | <b>ZWOLIŃSKI Jan</b>          | <b>329</b> | TKKF KOSZALIN                  | M-40      | 10   | 00:00:03    | 00:07:55      | 00:16:08      | 00:24:36      | 00:33:06      | <b>00:41:17.00</b> | <b>00:41:20.90</b> | +00:05:23 (13.1%) | 4:07         | 14.5 (86.8%) |
| 25  | <b>KROCZYŃSKI Sławomir</b>    | <b>193</b> |                                | M-50      | 5    | 00:00:03    | 00:07:59      | 00:16:12      | 00:24:31      | 00:33:00      | <b>00:41:25.75</b> | <b>00:41:29.00</b> | +00:05:32 (13.4%) | 4:08         | 14.5 (86.8%) |
| 26  | <b>ROKOSZ Radosław</b>        | <b>260</b> | JW 1223                        | M-30      | 9    | 00:00:03    | 00:07:47      | 00:16:01      | 00:24:33      | 00:33:17      | <b>00:41:41.95</b> | <b>00:41:45.75</b> | +00:05:48 (13.9%) | 4:10         | 14.4 (86.2%) |
| 27  | <b>GÓRNY Norbert</b>          | <b>147</b> | FORMA ROSNOWO                  | M-40      | 11   | 00:00:06    | 00:07:50      | 00:16:04      | 00:24:40      | 00:33:19      | <b>00:41:50.25</b> | <b>00:41:56.95</b> | +00:05:56 (14.2%) | 4:11         | 14.3 (85.6%) |
| 28  | <b>RAJNER Krzysztof</b>       | <b>254</b> |                                | M-30      | 10   | 00:00:07    | 00:08:05      | 00:16:26      | 00:24:55      | 00:33:34      | <b>00:42:06.05</b> | <b>00:42:13.45</b> | +00:06:12 (14.7%) | 4:12         | 14.3 (85.6%) |
| 29  | <b>STENDERA Maik</b>          | <b>280</b> | SCHWEDTER WASSERSPORT PCK E.V. | M-50      | 6    | 00:00:04    | 00:08:02      | 00:16:31      | 00:25:10      | 00:33:54      | <b>00:42:35.30</b> | <b>00:42:40.00</b> | +00:06:41 (15.7%) | 4:15         | 14.1 (84.4%) |
| 30  | <b>KONKEL Agnieszka</b>       | <b>178</b> |                                | K-30      | 1    | 00:00:05    | 00:08:00      | 00:16:24      | 00:25:10      | 00:34:07      | <b>00:42:37.00</b> | <b>00:42:42.05</b> | +00:06:43 (15.8%) | 4:15         | 14.1 (84.4%) |
| 31  | <b>MOKSA Dariusz</b>          | <b>224</b> |                                | M-18      | 3    | 00:00:03    | 00:07:22      | 00:15:34      | 00:24:30      | 00:33:52      | <b>00:42:37.75</b> | <b>00:42:40.85</b> | +00:06:44 (15.8%) | 4:15         | 14.1 (84.4%) |
| 32  | <b>ŚNIEŻKO Marcin</b>         | <b>334</b> | TKKF KOSZALIN                  | M-30      | 11   | 00:00:06    | 00:07:55      | 00:16:24      | 00:25:11      | 00:34:07      | <b>00:42:47.55</b> | <b>00:42:54.30</b> | +00:06:54 (16.1%) | 4:16         | 14 (83.8%)   |
| 33  | <b>TCHÓRZEWSKI Marek</b>      | <b>297</b> |                                | M-40      | 12   | 00:00:05    | 00:08:07      | 00:16:34      | 00:25:19      | 00:34:10      | <b>00:42:56.45</b> | <b>00:43:02.25</b> | +00:07:02 (16.4%) | 4:17         | 14 (83.8%)   |
| 34  | <b>STRZELECKI Michał</b>      | <b>285</b> | PZSF                           | M-30      | 12   | 00:00:03    | 00:08:15      | 00:16:54      | 00:25:41      | 00:34:36      | <b>00:43:00.80</b> | <b>00:43:03.90</b> | +00:07:07 (16.6%) | 4:18         | 14 (83.8%)   |
| 35  | <b>JASICZEK Darek</b>         | <b>165</b> | CSSP KOSZALIN                  | M-40      | 13   | 00:00:10    | 00:08:29      | 00:17:03      | 00:25:45      | 00:34:40      | <b>00:43:21.20</b> | <b>00:43:31.75</b> | +00:07:27 (17.2%) | 4:20         | 13.8 (82.6%) |
| 36  | <b>WERNER Kamila</b>          | <b>311</b> |                                | K-30      | 2    | 00:00:02    | 00:07:58      | 00:16:33      | 00:25:21      | 00:34:21      | <b>00:43:21.30</b> | <b>00:43:23.55</b> | +00:07:27 (17.2%) | 4:20         | 13.8 (82.6%) |
| 37  | <b>MATYJASEK Zbigniew</b>     | <b>215</b> | TKKF KOSZALIN                  | M-40      | 14   | 00:00:03    | 00:07:43      | 00:16:17      | 00:25:20      | 00:34:28      | <b>00:43:28.20</b> | <b>00:43:31.70</b> | +00:07:34 (17.4%) | 4:20         | 13.8 (82.6%) |
| 38  | <b>PĘKAŁA Piotr</b>           | <b>239</b> | ROZBIEGANY KOSZALIN            | M-40      | 15   | 00:00:07    | 00:08:25      | 00:17:08      | 00:25:55      | 00:34:51      | <b>00:43:35.60</b> | <b>00:43:42.60</b> | +00:07:42 (17.7%) | 4:21         | 13.8 (82.6%) |
| 39  | <b>MARCINIAK Maciej</b>       | <b>213</b> | TKKF LUKS TECHNIK              | M-30      | 13   | 00:00:02    | 00:07:31      | 00:16:08      | 00:25:12      | 00:34:28      | <b>00:43:36.15</b> | <b>00:43:38.80</b> | +00:07:42 (17.7%) | 4:21         | 13.8 (82.6%) |
| 40  | <b>UZNAŃSKI Ryszard</b>       | <b>306</b> | KOŁOBRZEG BIEGA                | M-40      | 16   | 00:00:02    | 00:07:57      | 00:16:25      | 00:25:24      | 00:34:29      | <b>00:43:37.85</b> | <b>00:43:40.25</b> | +00:07:44 (17.7%) | 4:21         | 13.8 (82.6%) |
| 41  | <b>TOKARSKI Szymon</b>        | <b>299</b> |                                | M-40      | 17   | 00:00:16    | 00:08:28      | 00:17:07      | 00:25:58      | 00:35:00      | <b>00:43:56.90</b> | <b>00:44:12.95</b> | +00:08:03 (18.3%) | 4:23         | 13.7 (82.0%) |
| 42  | <b>CHOŁUJ Jarek</b>           | <b>120</b> | ROZBIEGANY KOSZALIN            | M-40      | 18   | 00:00:05    | 00:08:36      | 00:17:12      | 00:26:10      | 00:35:08      | <b>00:43:59.75</b> | <b>00:44:05.15</b> | +00:08:06 (18.4%) | 4:24         | 13.6 (81.4%) |
| 43  | <b>IWANIEC Dariusz</b>        | <b>159</b> | TKKF KOSZALIN                  | M-40      | 19   | 00:00:06    | 00:08:34      | 00:17:16      | 00:26:14      | 00:35:19      | <b>00:44:03.65</b> | <b>00:44:10.60</b> | +00:08:10 (18.5%) | 4:24         | 13.6 (81.4%) |

| Msc | Zawodnik                     | Numer      | Klub  | Kategoria | Mkat | Czas startu | Start_All 2km | Start_All 4km | Start_All 6km | Start_All 8km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|------------|---|-----------|------|-------------|---------------|---------------|---------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
| 44  | <b>STĘPNIEWSKI Marcin</b>    | <b>283</b> | MARKOS RUNNING TEAM                                   | M-40      | 20   | 00:00:06    | 00:08:28      | 00:17:10      | 00:26:02      | 00:35:14      | <b>00:44:04.05</b> | <b>00:44:10.55</b> | +00:08:10 (18.6%) | 4:24         | 13.6 (81.4%) |
| 45  | <b>MODRZEJEWSKI Mateusz</b>  | <b>337</b> | KOCHAM ASIE   | M-30      | 14   | 00:00:07    | 00:08:34      | 00:17:15      | 00:26:19      | 00:35:31      | <b>00:44:16.05</b> | <b>00:44:23.85</b> | +00:08:22 (18.9%) | 4:25         | 13.6 (81.4%) |
| 46  | <b>SZABLA Ewelina</b>        | <b>287</b> |   | K-30      | 3    | 00:00:05    | 00:08:20      | 00:17:11      | 00:26:19      | 00:35:33      | <b>00:44:22.30</b> | <b>00:44:27.85</b> | +00:08:28 (19.1%) | 4:26         | 13.5 (80.8%) |
| 47  | <b>CZAPLIŃSKI Jacek</b>      | <b>125</b> |   | M-30      | 15   | 00:00:06    | 00:07:59      | 00:16:36      | 00:25:32      | 00:34:55      | <b>00:44:23.40</b> | <b>00:44:30.10</b> | +00:08:29 (19.1%) | 4:26         | 13.5 (80.8%) |
| 48  | <b>STEFANOWICZ Paweł</b>     | <b>338</b> |   | M-40      | 21   | 00:00:10    | 00:08:13      | 00:17:12      | 00:26:32      | 00:35:50      | <b>00:44:46.70</b> | <b>00:44:56.80</b> | +00:08:53 (19.8%) | 4:28         | 13.4 (80.2%) |
| 49  | <b>JAMNIAK Bartosz</b>       | <b>160</b> | MTS HAMER MIASTKO                                     | M-30      | 16   | 00:00:04    | 00:07:48      | 00:16:47      | 00:26:17      | 00:35:50      | <b>00:44:56.95</b> | <b>00:45:01.25</b> | +00:09:03 (20.2%) | 4:29         | 13.3 (79.6%) |
| 50  | <b>RACZYŃSKI Kazimierz</b>   | <b>253</b> | ZESPÓŁ SZKÓŁ NR 1 IM. MIKOŁAJA KOPERNIKA W KOSZALINIE | M-40      | 22   | 00:00:07    | 00:08:21      | 00:17:16      | 00:26:30      | 00:35:50      | <b>00:45:07.85</b> | <b>00:45:15.10</b> | +00:09:14 (20.5%) | 4:30         | 13.3 (79.6%) |
| 51  | <b>RUTKOWSKI Ryszard</b>     | <b>265</b> | RUTKOWSKI TEAM  | M-50      | 7    | 00:00:04    | 00:07:50      | 00:16:44      | 00:26:10      | 00:35:41      | <b>00:45:26.35</b> | <b>00:45:30.45</b> | +00:09:32 (21.0%) | 4:32         | 13.2 (79.0%) |
| 52  | <b>FIŁONOWICZ Monika</b>     | <b>139</b> |   | K-30      | 4    | 00:00:05    | 00:08:31      | 00:17:22      | 00:26:35      | 00:36:09      | <b>00:45:26.90</b> | <b>00:45:32.10</b> | +00:09:33 (21.0%) | 4:32         | 13.2 (79.0%) |
| 53  | <b>KUKIEŁA Tomasz</b>        | <b>196</b> | WIELBICIELE KAROLINY I MATYLDY K.                     | M-30      | 17   | 00:00:11    | 00:09:04      | 00:17:59      | 00:27:02      | 00:36:21      | <b>00:45:34.95</b> | <b>00:45:46.70</b> | +00:09:41 (21.3%) | 4:33         | 13.2 (79.0%) |
| 54  | <b>MELLER Paweł</b>          | <b>217</b> |   | M-50      | 8    | 00:00:04    | 00:07:54      | 00:16:52      | 00:26:24      | 00:36:03      | <b>00:45:37.80</b> | <b>00:45:42.20</b> | +00:09:44 (21.3%) | 4:33         | 13.1 (78.4%) |
| 55  | <b>CHODOR Martyna</b>        | <b>331</b> | TKKF KOSZALIN   | K-30      | 5    | 00:00:08    | 00:09:07      | 00:18:08      | 00:27:16      | 00:36:33      | <b>00:45:40.70</b> | <b>00:45:49.55</b> | +00:09:47 (21.4%) | 4:34         | 13.1 (78.4%) |
| 56  | <b>ŁOPIŃSKI Piotr</b>        | <b>204</b> |   | M-30      | 18   | 00:00:05    | 00:08:21      | 00:17:22      | 00:26:46      | 00:36:20      | <b>00:45:42.85</b> | <b>00:45:48.15</b> | +00:09:49 (21.5%) | 4:34         | 13.1 (78.4%) |
| 57  | <b>STRZELECKI Zbigniew</b>   | <b>286</b> | KORZYBSKIE REKINY                                     | M-60      | 1    | 00:00:08    | 00:09:01      | 00:18:08      | 00:27:30      | 00:36:47      | <b>00:45:50.70</b> | <b>00:45:59.35</b> | +00:09:57 (21.7%) | 4:35         | 13.1 (78.4%) |
| 58  | <b>TOMCZAK Dominik</b>       | <b>300</b> | CSMW USTKA  | M-40      | 23   | 00:00:06    | 00:08:20      | 00:17:17      | 00:26:40      | 00:36:10      | <b>00:45:51.70</b> | <b>00:45:58.00</b> | +00:09:58 (21.7%) | 4:35         | 13.1 (78.4%) |
| 59  | <b>PUSCIAN Krzysztof</b>     | <b>252</b> | GIMNAZJUM W MANOWIE                                   | M-40      | 24   | 00:00:04    | 00:08:52      | 00:17:56      | 00:27:20      | 00:36:52      | <b>00:46:19.05</b> | <b>00:46:23.95</b> | +00:10:25 (22.5%) | 4:37         | 13 (77.8%)   |
| 60  | <b>PROKOPIUK Jan</b>         | <b>251</b> |   | M-40      | 25   | 00:00:03    | 00:08:03      | 00:17:21      | 00:26:55      | 00:36:53      | <b>00:46:21.80</b> | <b>00:46:25.50</b> | +00:10:28 (22.6%) | 4:38         | 12.9 (77.2%) |
| 61  | <b>MAJCHRZAK Łukasz</b>      | <b>207</b> | CPSP USTKA  | M-18      | 4    | 00:00:03    | 00:08:50      | 00:17:46      | 00:27:07      | 00:36:49      | <b>00:46:33.00</b> | <b>00:46:36.70</b> | +00:10:39 (22.9%) | 4:39         | 12.9 (77.2%) |
| 61  | <b>MAJCHRZAK Dariusz</b>     | <b>208</b> | CPSP USTKA  | M-50      | 9    | 00:00:03    | 00:08:51      | 00:17:48      | 00:27:09      | 00:36:54      | <b>00:46:33.00</b> | <b>00:46:36.45</b> | +00:10:39 (22.9%) | 4:39         | 12.9 (77.2%) |
| 63  | <b>TESKA Bartosz</b>         | <b>298</b> | TKKF KOSZALIN   | M-40      | 26   | 00:00:12    | 00:08:53      | 00:17:59      | 00:27:32      | 00:37:15      | <b>00:46:34.75</b> | <b>00:46:47.05</b> | +00:10:41 (22.9%) | 4:39         | 12.9 (77.2%) |
| 64  | <b>ŚWIETLIK Tomasz</b>       | <b>295</b> |   | M-50      | 10   | 00:00:02    | 00:08:16      | 00:17:24      | 00:26:59      | 00:36:50      | <b>00:46:41.60</b> | <b>00:46:44.40</b> | +00:10:48 (23.1%) | 4:40         | 12.8 (76.6%) |
| 65  | <b>DUDZIAK Piotr</b>         | <b>131</b> | KOSZALIN  | M-40      | 27   | 00:00:05    | 00:08:47      | 00:18:07      | 00:27:39      | 00:37:16      | <b>00:46:45.70</b> | <b>00:46:50.90</b> | +00:10:52 (23.2%) | 4:40         | 12.8 (76.6%) |
| 66  | <b>KSZCZANOWICZ Jacek</b>    | <b>195</b> |   | M-40      | 28   | 00:00:11    | 00:08:48      | 00:17:42      | 00:27:06      | 00:36:52      | <b>00:46:50.60</b> | <b>00:47:01.90</b> | +00:10:57 (23.4%) | 4:41         | 12.8 (76.6%) |
| 67  | <b>MICERSKI Tomasz</b>       | <b>218</b> | TKKF KOSZALIN   | M-40      | 29   | 00:00:07    | 00:08:50      | 00:18:10      | 00:27:46      | 00:37:32      | <b>00:46:51.80</b> | <b>00:46:59.10</b> | +00:10:58 (23.4%) | 4:41         | 12.8 (76.6%) |
| 68  | <b>KRZEWIŃSKA Małgorzata</b> | <b>194</b> | TKKF KOSZALIN   | K-50      | 1    | 00:00:09    | 00:09:09      | 00:18:33      | 00:27:59      | 00:37:29      | <b>00:46:56.45</b> | <b>00:47:06.20</b> | +00:11:02 (23.5%) | 4:41         | 12.8 (76.6%) |
| 69  | <b>KOSECKA Katarzyna</b>     | <b>180</b> | KB WYGAN  | K-30      | 6    | 00:00:03    | 00:09:20      | 00:18:50      | 00:28:20      | 00:37:53      | <b>00:47:00.05</b> | <b>00:47:03.85</b> | +00:11:06 (23.6%) | 4:42         | 12.8 (76.6%) |

| Msc | Zawodnik                     | Numer      | Klub                | Kategoria | Mkat | Czas startu | Start_All 2km | Start_All 4km | Start_All 6km | Start_All 8km | Czas               |                    | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|------------|---------------------|-----------|------|-------------|---------------|---------------|---------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
|     |                              |            |                     |           |      |             |               |               |               |               | netto 10km         | brutto 10km        |                   |              |              |
| 70  | <b>PRACOWITY Tomasz</b>      | <b>250</b> |                     | M-30      | 19   | 00:00:08    |               |               |               |               | <b>00:47:02.00</b> | <b>00:47:10.00</b> | +00:11:08 (23.7%) | 4:42         | 12.8 (76.6%) |
| 71  | <b>MICHALCZYK Mariusz</b>    | <b>219</b> | JW 1223             | M-40      | 30   | 00:00:10    | 00:09:03      | 00:18:15      | 00:27:53      | 00:37:34      | <b>00:47:03.10</b> | <b>00:47:13.65</b> | +00:11:09 (23.7%) | 4:42         | 12.8 (76.6%) |
| 72  | <b>TRZEŚNIEWSKI Zbigniew</b> | <b>302</b> |                     | M-50      | 11   | 00:00:14    | 00:11:23      | 00:23:10      | 00:35:05      |               | <b>00:47:03.25</b> | <b>00:47:17.75</b> | +00:11:09 (23.7%) | 4:42         | 12.8 (76.6%) |
| 73  | <b>PIĘTKO Joanna</b>         | <b>241</b> | ROZBIEGANY KOSZALIN | K-40      | 1    | 00:00:08    | 00:09:00      | 00:18:23      | 00:27:54      | 00:37:35      | <b>00:47:05.60</b> | <b>00:47:14.00</b> | +00:11:12 (23.8%) | 4:42         | 12.7 (76.0%) |
| 74  | <b>NIEMCZUK Darek</b>        | <b>364</b> |                     | M-50      | 12   | 00:00:09    | 00:09:01      | 00:18:07      | 00:27:41      | 00:37:31      | <b>00:47:14.75</b> | <b>00:47:24.65</b> | +00:11:21 (24.0%) | 4:43         | 12.7 (76.0%) |
| 75  | <b>WYGANOWSKI Andrzej</b>    | <b>344</b> | KB WYGAN            | M-70+     | 1    | 00:00:03    | 00:09:19      | 00:18:50      | 00:28:20      | 00:37:53      | <b>00:47:17.20</b> | <b>00:47:20.65</b> | +00:11:23 (24.1%) | 4:43         | 12.7 (76.0%) |
| 76  | <b>WIĘCEK Sebastian</b>      | <b>314</b> |                     | M-18      | 5    | 00:00:09    | 00:10:46      | 00:22:42      | 00:35:08      |               | <b>00:47:17.65</b> | <b>00:47:26.95</b> | +00:11:24 (24.1%) | 4:43         | 12.7 (76.0%) |
| 77  | <b>GREMBLEWSKI Dariusz</b>   | <b>356</b> |                     | M-40      | 31   | 00:00:09    | 00:09:25      |               |               |               | <b>00:47:17.80</b> | <b>00:47:26.80</b> | +00:11:24 (24.1%) | 4:43         | 12.7 (76.0%) |
| 78  | <b>CIUPA Marcin</b>          | <b>121</b> | H2DESIGN            | M-40      | 32   | 00:00:05    | 00:08:23      | 00:17:33      | 00:27:30      | 00:37:36      | <b>00:47:22.35</b> | <b>00:47:27.45</b> | +00:11:28 (24.2%) | 4:44         | 12.7 (76.0%) |
| 79  | <b>SZYMAŃSKI Piotr</b>       | <b>293</b> |                     | M-40      | 33   | 00:00:16    | 00:09:27      | 00:18:44      | 00:28:17      | 00:37:55      | <b>00:47:27.30</b> | <b>00:47:44.10</b> | +00:11:33 (24.4%) | 4:44         | 12.6 (75.4%) |
| 80  | <b>OLCZAK Dawid</b>          | <b>228</b> |                     | M-18      | 6    | 00:00:09    | 00:08:34      | 00:17:48      | 00:27:38      | 00:37:54      | <b>00:47:28.60</b> | <b>00:47:38.10</b> | +00:11:35 (24.4%) | 4:44         | 12.6 (75.4%) |
| 81  | <b>WILKOWSKI Krzysztof</b>   | <b>316</b> |                     | M-30      | 20   | 00:00:12    | 00:09:27      | 00:18:45      | 00:27:56      | 00:37:41      | <b>00:47:32.15</b> | <b>00:47:44.90</b> | +00:11:38 (24.5%) | 4:45         | 12.6 (75.4%) |
| 82  | <b>ZDROWIECKI Artur</b>      | <b>324</b> |                     | M-30      | 21   | 00:00:10    | 00:09:07      | 00:18:31      | 00:28:13      | 00:38:12      | <b>00:47:36.30</b> | <b>00:47:46.65</b> | +00:11:42 (24.6%) | 4:45         | 12.6 (75.4%) |
| 83  | <b>ŁABEJSZA Łukasz</b>       | <b>203</b> | WOJOWNICY WÓDY      | M-30      | 22   | 00:00:14    | 00:08:48      | 00:17:37      | 00:26:46      | 00:37:46      | <b>00:47:37.55</b> | <b>00:47:52.35</b> | +00:11:44 (24.6%) | 4:45         | 12.6 (75.4%) |
| 84  | <b>OTTO Michał</b>           | <b>231</b> |                     | M-30      | 23   | 00:00:06    | 00:08:45      | 00:18:13      | 00:28:03      | 00:38:07      | <b>00:47:41.20</b> | <b>00:47:48.00</b> | +00:11:47 (24.7%) | 4:46         | 12.6 (75.4%) |
| 85  | <b>RUSINEK Artur</b>         | <b>264</b> |                     | M-30      | 24   | 00:00:08    | 00:09:07      | 00:18:41      | 00:28:34      | 00:38:30      | <b>00:47:51.90</b> | <b>00:48:00.10</b> | +00:11:58 (25.0%) | 4:47         | 12.5 (74.9%) |
| 86  | <b>HAMALA Marcin</b>         | <b>152</b> |                     | M-30      | 25   | 00:00:07    | 00:09:11      | 00:18:27      | 00:28:01      | 00:37:56      | <b>00:47:53.65</b> | <b>00:48:01.10</b> | +00:12:00 (25.1%) | 4:47         | 12.5 (74.9%) |
| 87  | <b>WICHER Krzysztof</b>      | <b>313</b> | ADWOKATURA          | M-30      | 26   | 00:00:07    | 00:09:08      | 00:18:44      | 00:28:39      | 00:38:38      | <b>00:48:02.05</b> | <b>00:48:09.35</b> | +00:12:08 (25.3%) | 4:48         | 12.5 (74.9%) |
| 88  | <b>CZAPLICKI Paweł</b>       | <b>124</b> | TKKF KOSZALIN       | M-40      | 34   | 00:00:04    | 00:09:12      | 00:18:48      | 00:28:29      | 00:38:29      | <b>00:48:04.35</b> | <b>00:48:08.35</b> | +00:12:10 (25.3%) | 4:48         | 12.5 (74.9%) |
| 89  | <b>CHODOR Izabela</b>        | <b>332</b> | TKKF KOSZALIN       | K-30      | 7    | 00:00:09    | 00:09:16      | 00:18:41      | 00:28:16      | 00:38:21      | <b>00:48:05.95</b> | <b>00:48:15.10</b> | +00:12:12 (25.4%) | 4:48         | 12.5 (74.9%) |
| 90  | <b>DEMBICKI Daniel</b>       | <b>128</b> |                     | M-40      | 35   | 00:00:08    | 00:08:57      | 00:18:25      | 00:28:20      | 00:38:24      | <b>00:48:18.75</b> | <b>00:48:27.70</b> | +00:12:25 (25.7%) | 4:49         | 12.4 (74.3%) |
| 91  | <b>WOSZTYL Alicja</b>        | <b>319</b> |                     | K-30      | 8    | 00:00:10    | 00:09:25      | 00:19:08      | 00:28:48      | 00:38:40      | <b>00:48:20.80</b> | <b>00:48:31.40</b> | +00:12:27 (25.8%) | 4:50         | 12.4 (74.3%) |
| 92  | <b>JANKOWSKI Jakub</b>       | <b>161</b> |                     | M-40      | 36   | 00:00:06    | 00:08:56      | 00:18:26      | 00:28:12      | 00:38:16      | <b>00:48:21.15</b> | <b>00:48:28.10</b> | +00:12:27 (25.8%) | 4:50         | 12.4 (74.3%) |
| 93  | <b>GAWEŁ Zbigniew</b>        | <b>348</b> | SŁUPSK              | M-60      | 2    | 00:00:07    | 00:09:04      | 00:18:35      | 00:28:17      | 00:38:28      | <b>00:48:23.40</b> | <b>00:48:31.30</b> | +00:12:29 (25.8%) | 4:50         | 12.4 (74.3%) |
| 94  | <b>ALABA Jerzy</b>           | <b>101</b> | KB10 BIAŁOGARD      | M-50      | 13   | 00:00:10    | 00:09:15      | 00:18:26      | 00:27:55      | 00:37:59      | <b>00:48:29.20</b> | <b>00:48:40.05</b> | +00:12:35 (26.0%) | 4:51         | 12.4 (74.3%) |
| 95  | <b>KRAWCZYK Tomasz</b>       | <b>191</b> |                     | M-30      | 27   | 00:00:05    | 00:09:03      | 00:18:24      | 00:28:06      | 00:38:20      | <b>00:48:35.95</b> | <b>00:48:41.05</b> | +00:12:42 (26.1%) | 4:51         | 12.3 (73.7%) |

| Msc | Zawodnik                         | Numer      | Klub   | Kategoria | Mkat | Czas startu | Start_All 2km | Start_All 4km | Start_All 6km | Start_All 8km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------------|------------|--|-----------|------|-------------|---------------|---------------|---------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
| 96  | <b>BORKOWSKA-KOWALCZYK Daria</b> | <b>111</b> | WOMENS FIGHT CLUB KOSZALIN,ROZBIEGANY KOSZALIN | K-30      | 9    | 00:00:05    | 00:09:09      | 00:18:45      | 00:28:38      | 00:38:45      | <b>00:48:37.10</b> | <b>00:48:42.90</b> | +00:12:43 (26.2%) | 4:51         | 12.3 (73.7%) |
| 97  | <b>JAROSZEWSKI Daniel</b>        | <b>164</b> | ROZBIEGANY KOSZALIN                            | M-30      | 28   | 00:00:13    | 00:08:40      | 00:18:02      | 00:28:05      | 00:38:35      | <b>00:48:43.15</b> | <b>00:48:56.15</b> | +00:12:49 (26.3%) | 4:52         | 12.3 (73.7%) |
| 98  | <b>KAMYK Piotr</b>               | <b>357</b> |  | M-30      | 29   | 00:00:06    | 00:08:44      | 00:18:13      | 00:28:12      | 00:38:42      | <b>00:48:43.55</b> | <b>00:48:49.65</b> | +00:12:50 (26.3%) | 4:52         | 12.3 (73.7%) |
| 99  | <b>NOWAK Adam</b>                | <b>227</b> |  | M-18      | 7    | 00:00:04    | 00:08:53      | 00:18:36      | 00:28:31      | 00:38:53      | <b>00:48:43.80</b> | <b>00:48:48.40</b> | +00:12:50 (26.3%) | 4:52         | 12.3 (73.7%) |
| 100 | <b>BURKIET Marek</b>             | <b>118</b> | JW 1223  | M-40      | 37   | 00:00:10    | 00:09:03      | 00:18:16      | 00:27:55      | 00:38:13      | <b>00:48:55.05</b> | <b>00:49:05.80</b> | +00:13:01 (26.6%) | 4:53         | 12.3 (73.7%) |
| 101 | <b>ZIÓLKOWSKA Małgorzata</b>     | <b>328</b> |  | K-30      | 10   | 00:00:05    | 00:09:37      | 00:19:17      | 00:29:05      | 00:39:06      | <b>00:48:56.90</b> | <b>00:49:02.85</b> | +00:13:03 (26.7%) | 4:53         | 12.3 (73.7%) |
| 102 | <b>MAKSYMOWICZ Kornelia</b>      | <b>209</b> |  | K-30      | 11   | 00:00:03    | 00:09:10      | 00:18:49      | 00:28:41      | 00:38:49      | <b>00:48:58.15</b> | <b>00:49:02.05</b> | +00:13:04 (26.7%) | 4:53         | 12.2 (73.1%) |
| 103 | <b>BIL Adrian</b>                | <b>109</b> |  | M-30      | 30   | 00:00:09    | 00:09:17      | 00:19:01      | 00:29:03      | 00:39:06      | <b>00:49:02.05</b> | <b>00:49:11.20</b> | +00:13:08 (26.8%) | 4:54         | 12.2 (73.1%) |
| 104 | <b>MISZCZYK Jan</b>              | <b>223</b> | ROZBIEGANY KOSZALIN                            | M-18      | 8    | 00:00:10    | 00:08:40      | 00:18:13      | 00:28:12      | 00:38:52      | <b>00:49:05.45</b> | <b>00:49:15.50</b> | +00:13:11 (26.9%) | 4:54         | 12.2 (73.1%) |
| 105 | <b>WOŁOWIEC Przemek</b>          | <b>318</b> |  | M-30      | 31   | 00:00:06    | 00:09:36      | 00:19:17      | 00:29:04      | 00:39:05      | <b>00:49:05.65</b> | <b>00:49:12.05</b> | +00:13:12 (26.9%) | 4:54         | 12.2 (73.1%) |
| 106 | <b>MIECZKOWSKI Michał</b>        | <b>220</b> | KTC KOŁOBRZEG                                  | M-50      | 14   | 00:00:06    | 00:09:19      | 00:19:13      | 00:29:19      | 00:39:22      | <b>00:49:14.65</b> | <b>00:49:21.60</b> | +00:13:21 (27.1%) | 4:55         | 12.2 (73.1%) |
| 107 | <b>PIECHOTA Robert</b>           | <b>240</b> |  | M-40      | 38   | 00:00:05    | 00:08:54      | 00:18:36      | 00:29:00      | 00:39:15      | <b>00:49:17.70</b> | <b>00:49:23.55</b> | +00:13:24 (27.2%) | 4:55         | 12.2 (73.1%) |
| 108 | <b>BEDNARCZYK Wojciech</b>       | <b>103</b> |  | M-30      | 32   | 00:00:08    | 00:08:32      | 00:18:09      | 00:28:24      | 00:39:10      | <b>00:49:25.50</b> | <b>00:49:33.65</b> | +00:13:32 (27.4%) | 4:56         | 12.1 (72.5%) |
| 109 | <b>GAJEK Artur</b>               | <b>141</b> | KORZYBSKIE REKINY                              | M-40      | 39   | 00:00:09    | 00:09:10      | 00:18:39      | 00:28:29      | 00:38:49      | <b>00:49:27.90</b> | <b>00:49:37.05</b> | +00:13:34 (27.4%) | 4:56         | 12.1 (72.5%) |
| 110 | <b>OSOBNIAK Ryszard</b>          | <b>230</b> | ROZBIEGANY KOSZALIN                            | M-60      | 3    | 00:00:08    | 00:09:16      | 00:18:55      | 00:28:59      | 00:39:17      | <b>00:49:34.35</b> | <b>00:49:43.00</b> | +00:13:40 (27.6%) | 4:57         | 12.1 (72.5%) |
| 111 | <b>WYBRANIEC Karolina</b>        | <b>320</b> |  | K-18      | 1    | 00:00:07    | 00:09:18      | 00:19:04      | 00:29:13      | 00:39:25      | <b>00:49:36.10</b> | <b>00:49:43.85</b> | +00:13:42 (27.6%) | 4:57         | 12.1 (72.5%) |
| 112 | <b>STAWISZYŃSKI Jarosław</b>     | <b>278</b> | FORUM ROZWOJU KOSZALINA                        | M-30      | 33   | 00:00:11    | 00:09:09      | 00:18:53      | 00:29:01      | 00:39:39      | <b>00:49:46.85</b> | <b>00:49:57.85</b> | +00:13:53 (27.9%) | 4:58         | 12.1 (72.5%) |
| 113 | <b>TARAŚ Jakub</b>               | <b>296</b> |  | M-18      | 9    | 00:00:09    | 00:08:50      | 00:18:22      | 00:28:48      | 00:39:51      | <b>00:50:19.40</b> | <b>00:50:29.30</b> | +00:14:25 (28.7%) | 5:02         | 11.9 (71.3%) |
| 114 | <b>ZAWADA Andrzej</b>            | <b>323</b> | ZSP1 SŁUPSK                                    | M-50      | 15   | 00:00:19    | 00:08:59      | 00:18:16      | 00:28:13      | 00:39:08      | <b>00:50:23.80</b> | <b>00:50:43.15</b> | +00:14:30 (28.8%) | 5:02         | 11.9 (71.3%) |
| 115 | <b>STERNKIKER Heike</b>          | <b>282</b> | SCHWEDTER HASEN                                | K-40      | 2    | 00:00:05    | 00:09:19      | 00:19:13      | 00:29:37      | 00:40:13      | <b>00:50:27.50</b> | <b>00:50:33.15</b> | +00:14:34 (28.9%) | 5:02         | 11.9 (71.3%) |
| 116 | <b>STERNKIKER Mario</b>          | <b>281</b> | SCHWEDTER HASEN                                | M-40      | 40   | 00:00:05    | 00:09:19      | 00:19:13      | 00:29:37      | 00:40:13      | <b>00:50:28.00</b> | <b>00:50:33.15</b> | +00:14:34 (28.9%) | 5:02         | 11.9 (71.3%) |
| 117 | <b>RUDZIŃSKI Bronisław</b>       | <b>263</b> |  | M-60      | 4    | 00:00:09    | 00:09:13      | 00:19:14      | 00:29:49      | 00:40:24      | <b>00:50:30.30</b> | <b>00:50:39.55</b> | +00:14:36 (28.9%) | 5:03         | 11.9 (71.3%) |
| 118 | <b>GRABOWSKA-LESISZ Aneta</b>    | <b>148</b> |  | K-30      | 12   | 00:00:11    | 00:09:07      | 00:19:05      | 00:29:29      | 00:40:01      | <b>00:50:31.15</b> | <b>00:50:42.20</b> | +00:14:37 (29.0%) | 5:03         | 11.9 (71.3%) |
| 119 | <b>KOZŁOWIECKI Waldemar</b>      | <b>186</b> | TKKF KOSZALIN                                  | M-60      | 5    | 00:00:20    | 00:09:40      | 00:19:41      | 00:29:56      | 00:40:17      | <b>00:50:32.40</b> | <b>00:50:52.55</b> | +00:14:38 (29.0%) | 5:03         | 11.9 (71.3%) |
| 120 | <b>KUSZYŃSKI Dariusz</b>         | <b>197</b> |  | M-30      | 34   | 00:00:16    | 00:09:57      | 00:19:54      | 00:30:09      | 00:40:34      | <b>00:50:34.80</b> | <b>00:50:51.60</b> | +00:14:41 (29.0%) | 5:03         | 11.9 (71.3%) |

| Msc | Zawodnik              | Numer | Klub                | Kategoria | Mkat | Czas startu | Start_All 2km | Start_All 4km | Start_All 6km | Start_All 8km | Czas        |             | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------|-------|---------------------|-----------|------|-------------|---------------|---------------|---------------|---------------|-------------|-------------|-------------------|--------------|--------------|
|     |                       |       |                     |           |      |             |               |               |               |               | netto 10km  | brutto 10km |                   |              |              |
| 121 | TUCKI Marek           | 303   |                     | M-40      | 41   | 00:00:16    | 00:09:29      | 00:19:19      | 00:29:50      | 00:40:35      | 00:50:41.30 | 00:50:57.80 | +00:14:47 (29.2%) | 5:04         | 11.8 (70.7%) |
| 122 | RUTKOWSKI Artur       | 266   | RUTKOWSKI TEAM      | M-18      | 10   | 00:00:02    | 00:08:39      | 00:18:27      | 00:29:10      | 00:39:48      | 00:50:42.90 | 00:50:45.80 | +00:14:49 (29.2%) | 5:04         | 11.8 (70.7%) |
| 123 | KACZMAREK Łukasz      | 168   | WOJOWNICY WÓDY      | M-30      | 35   | 00:00:15    | 00:09:11      | 00:19:18      | 00:29:54      | 00:40:36      | 00:50:47.40 | 00:51:02.50 | +00:14:53 (29.3%) | 5:04         | 11.8 (70.7%) |
| 124 | LAMPKOWSKI Krzysztof  | 349   |                     | M-50      | 16   | 00:00:06    | 00:09:03      | 00:18:57      | 00:29:15      | 00:40:03      | 00:50:53.90 | 00:51:00.30 | +00:15:00 (29.5%) | 5:05         | 11.8 (70.7%) |
| 125 | SZULTKA Mariusz       | 290   |                     | M-30      | 36   | 00:00:17    | 00:09:48      | 00:19:47      | 00:30:04      | 00:40:42      | 00:50:59.70 | 00:51:16.80 | +00:15:06 (29.6%) | 5:05         | 11.8 (70.7%) |
| 126 | DZIĘBOWSKI Mariusz    | 134   |                     | M-30      | 37   | 00:00:16    | 00:09:49      | 00:19:47      | 00:30:05      | 00:40:43      | 00:51:00.70 | 00:51:17.60 | +00:15:07 (29.6%) | 5:06         | 11.8 (70.7%) |
| 127 | KACZMAREK Zbigniew    | 169   |                     | M-60      | 6    | 00:00:11    | 00:10:01      | 00:20:10      | 00:30:40      | 00:41:07      | 00:51:12.10 | 00:51:23.55 | +00:15:18 (29.9%) | 5:07         | 11.7 (70.1%) |
| 128 | RASZPLA Radosław      | 255   | BBL                 | M-40      | 42   | 00:00:10    | 00:09:14      | 00:18:48      | 00:29:37      | 00:40:43      | 00:51:12.60 | 00:51:22.85 | +00:15:19 (29.9%) | 5:07         | 11.7 (70.1%) |
| 129 | CZERWIŃSKI Daniel     | 126   | NIEZRZESZONY        | M-30      | 38   | 00:00:11    | 00:09:24      | 00:19:36      | 00:30:24      | 00:41:06      | 00:51:14.65 | 00:51:25.85 | +00:15:21 (30.0%) | 5:07         | 11.7 (70.1%) |
| 130 | SZUDY Stanisław       | 288   |                     | M-50      | 17   | 00:00:13    | 00:10:01      | 00:20:22      | 00:30:54      | 00:41:25      | 00:51:20.20 | 00:51:33.50 | +00:15:26 (30.1%) | 5:08         | 11.7 (70.1%) |
| 131 | WALCZAK Rafał         | 307   |                     | M-40      | 43   | 00:00:08    | 00:08:50      | 00:18:48      | 00:29:27      | 00:40:33      | 00:51:24.05 | 00:51:32.60 | +00:15:30 (30.2%) | 5:08         | 11.7 (70.1%) |
| 132 | POLAK Monika          | 247   |                     | K-40      | 3    | 00:00:11    | 00:09:28      | 00:19:50      | 00:30:20      | 00:40:54      | 00:51:26.20 | 00:51:37.65 | +00:15:32 (30.2%) | 5:08         | 11.7 (70.1%) |
| 133 | FAJGIER Tomasz        | 135   |                     | M-40      | 44   | 00:00:06    | 00:09:13      | 00:19:19      | 00:30:13      | 00:41:08      | 00:51:26.30 | 00:51:33.00 | +00:15:32 (30.2%) | 5:08         | 11.7 (70.1%) |
| 134 | RETERSKI Damian       | 258   |                     | M-18      | 11   | 00:00:09    | 00:09:16      | 00:19:17      | 00:29:43      | 00:40:37      | 00:51:34.95 | 00:51:44.05 | +00:15:41 (30.4%) | 5:09         | 11.6 (69.5%) |
| 135 | WOLAŃSKI Mariusz      | 317   |                     | M-50      | 18   | 00:00:08    | 00:09:30      | 00:19:33      | 00:30:14      | 00:41:02      | 00:51:36.45 | 00:51:44.65 | +00:15:42 (30.5%) | 5:09         | 11.6 (69.5%) |
| 136 | JANUSZEWSKI Jacek     | 162   | 17 WOG KOSZALIN     | M-50      | 19   | 00:00:10    | 00:09:18      | 00:19:21      | 00:29:51      | 00:40:43      | 00:51:38.55 | 00:51:49.40 | +00:15:45 (30.5%) | 5:09         | 11.6 (69.5%) |
| 137 | HRYCAJ Tomasz         | 157   |                     | M-30      | 39   | 00:00:10    | 00:09:35      | 00:19:47      | 00:30:16      | 00:41:05      | 00:51:42.10 | 00:51:52.55 | +00:15:48 (30.6%) | 5:10         | 11.6 (69.5%) |
| 138 | RÓG Michał            | 261   | JW 1223             | M-30      | 40   | 00:00:08    | 00:09:18      | 00:19:04      | 00:29:38      | 00:40:45      | 00:51:44.20 | 00:51:52.75 | +00:15:50 (30.6%) | 5:10         | 11.6 (69.5%) |
| 139 | HAŁAJKO Magdalena     | 150   |                     | K-30      | 13   | 00:00:10    | 00:09:41      | 00:19:53      | 00:30:12      | 00:41:09      | 00:52:01.80 | 00:52:11.85 | +00:16:08 (31.0%) | 5:12         | 11.5 (68.9%) |
| 140 | KAMIŃSKI Tomasz       | 170   | JW 1223             | M-30      | 41   | 00:00:04    | 00:09:20      | 00:19:33      | 00:30:34      | 00:41:58      | 00:52:06.90 | 00:52:11.10 | +00:16:13 (31.1%) | 5:12         | 11.5 (68.9%) |
| 141 | MALESZA-HOUSIN Joanna | 210   | ROZBIEGANY KOSZALIN | K-40      | 4    | 00:00:08    | 00:09:28      | 00:19:36      | 00:30:11      | 00:41:06      | 00:52:18.50 | 00:52:27.05 | +00:16:25 (31.4%) | 5:13         | 11.5 (68.9%) |
| 142 | BOROWIEC Mariusz      | 112   |                     | M-40      | 45   | 00:00:19    | 00:10:30      | 00:20:49      | 00:31:17      | 00:41:51      | 00:52:25.10 | 00:52:44.10 | +00:16:31 (31.5%) | 5:14         | 11.4 (68.3%) |
| 143 | KOSECKI Tomasz        | 181   |                     | M-30      | 42   | 00:00:15    | 00:10:31      | 00:20:46      | 00:31:13      | 00:41:55      | 00:52:30.45 | 00:52:46.35 | +00:16:36 (31.6%) | 5:15         | 11.4 (68.3%) |
| 144 | KOŁODZIEJ Jakub       | 176   |                     | M-30      | 43   | 00:00:13    | 00:09:55      | 00:20:07      | 00:31:01      | 00:42:13      | 00:52:35.25 | 00:52:48.85 | +00:16:41 (31.7%) | 5:15         | 11.4 (68.3%) |
| 145 | BERNACKI Adam         | 106   | EB BERNACKI         | M-40      | 46   | 00:00:11    | 00:09:57      | 00:20:23      | 00:31:05      | 00:42:02      | 00:52:46.00 | 00:52:57.15 | +00:16:52 (32.0%) | 5:16         | 11.4 (68.3%) |
| 146 | KOMODA Mariusz        | 177   |                     | M-40      | 47   | 00:00:05    | 00:09:32      | 00:19:53      | 00:30:46      | 00:41:55      | 00:53:04.30 | 00:53:09.70 | +00:17:10 (32.4%) | 5:18         | 11.3 (67.7%) |

| Msc | Zawodnik                      | Numer      | Klub               | Kategoria | Mkat | Czas startu | Start_All 2km | Start_All 4km | Start_All 6km | Start_All 8km | Czas               |                    | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|--------------------|-----------|------|-------------|---------------|---------------|---------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
|     |                               |            |                    |           |      |             |               |               |               |               | netto 10km         | brutto 10km        |                   |              |              |
| 146 | <b>GÓRA Roman</b>             | <b>145</b> | BRAK               | M-50      | 20   | 00:00:11    | 00:10:22      | 00:21:07      | 00:31:57      | 00:42:46      | <b>00:53:04.30</b> | <b>00:53:15.60</b> | +00:17:10 (32.4%) | 5:18         | 11.3 (67.7%) |
| 148 | <b>BOŚ Grzegorz</b>           | <b>114</b> |                    | M-30      | 44   | 00:00:12    | 00:10:04      | 00:20:27      | 00:31:19      | 00:42:30      | <b>00:53:12.45</b> | <b>00:53:24.55</b> | +00:17:18 (32.5%) | 5:19         | 11.3 (67.7%) |
| 149 | <b>KOWALSKI Roman</b>         | <b>185</b> | KOSPEL             | M-30      | 45   | 00:00:10    | 00:09:37      | 00:19:57      | 00:30:48      | 00:42:04      | <b>00:53:20.00</b> | <b>00:53:30.45</b> | +00:17:26 (32.7%) | 5:20         | 11.3 (67.7%) |
| 150 | <b>ROGALSKI Roberto</b>       | <b>333</b> | TKKF KOSZALIN      | M-30      | 46   | 00:00:08    | 00:09:08      | 00:19:25      | 00:30:10      | 00:41:39      | <b>00:53:33.45</b> | <b>00:53:41.80</b> | +00:17:39 (33.0%) | 5:21         | 11.2 (67.1%) |
| 151 | <b>JUSZCZAK Krzysztof</b>     | <b>166</b> |                    | M-60      | 7    | 00:00:23    | 00:09:37      | 00:20:08      | 00:31:06      | 00:42:27      | <b>00:53:39.00</b> | <b>00:54:02.45</b> | +00:17:45 (33.1%) | 5:21         | 11.2 (67.1%) |
| 152 | <b>GRAJ Joanna</b>            | <b>149</b> |                    | K-18      | 2    | 00:00:11    | 00:10:14      | 00:20:57      | 00:31:44      | 00:42:45      | <b>00:53:39.80</b> | <b>00:53:50.95</b> | +00:17:46 (33.1%) | 5:21         | 11.2 (67.1%) |
| 153 | <b>MRUGALSKI Stanisław</b>    | <b>225</b> |                    | M-50      | 21   | 00:00:22    | 00:10:20      | 00:20:59      | 00:31:47      | 00:42:52      | <b>00:53:46.85</b> | <b>00:54:09.50</b> | +00:17:53 (33.3%) | 5:22         | 11.2 (67.1%) |
| 154 | <b>BUBNOWICZ Sławomir</b>     | <b>327</b> |                    | M-40      | 48   | 00:00:10    | 00:09:27      | 00:19:49      | 00:30:55      | 00:42:25      | <b>00:53:48.20</b> | <b>00:53:58.90</b> | +00:17:54 (33.3%) | 5:22         | 11.2 (67.1%) |
| 155 | <b>KUPREWICZ Grzegorz</b>     | <b>198</b> | JW 1223            | M-30      | 47   | 00:00:13    | 00:09:53      | 00:20:15      | 00:31:33      | 00:43:01      | <b>00:53:50.95</b> | <b>00:54:04.20</b> | +00:17:57 (33.3%) | 5:23         | 11.1 (66.5%) |
| 156 | <b>MACIĄŻEK Jarosław</b>      | <b>205</b> |                    | M-30      | 48   | 00:00:14    | 00:11:19      | 00:22:01      | 00:32:48      | 00:43:35      | <b>00:53:56.15</b> | <b>00:54:10.75</b> | +00:18:02 (33.5%) | 5:23         | 11.1 (66.5%) |
| 157 | <b>MACIĄŻEK Renata</b>        | <b>206</b> |                    | K-30      | 14   | 00:00:14    | 00:11:06      | 00:22:02      | 00:32:48      | 00:43:36      | <b>00:53:56.40</b> | <b>00:54:10.85</b> | +00:18:02 (33.5%) | 5:23         | 11.1 (66.5%) |
| 158 | <b>RETERSKI Przemysław</b>    | <b>257</b> |                    | M-40      | 49   | 00:00:09    | 00:09:51      | 00:20:28      | 00:32:07      | 00:43:12      | <b>00:53:59.25</b> | <b>00:54:09.10</b> | +00:18:05 (33.5%) | 5:24         | 11.1 (66.5%) |
| 159 | <b>KAZIMIERCZAK Leszek</b>    | <b>341</b> | CSSP KOSZALIN      | M-30      | 49   | 00:00:14    | 00:10:10      | 00:20:58      | 00:32:08      | 00:43:16      | <b>00:54:03.70</b> | <b>00:54:18.60</b> | +00:18:10 (33.6%) | 5:24         | 11.1 (66.5%) |
| 160 | <b>KARNICKI Zygmunt</b>       | <b>172</b> | TKKF KOSZALIN      | M-60      | 8    | 00:00:06    | 00:09:40      | 00:20:22      | 00:31:39      | 00:43:07      | <b>00:54:11.10</b> | <b>00:54:17.20</b> | +00:18:17 (33.8%) | 5:25         | 11.1 (66.5%) |
| 161 | <b>POTRZEBOWSKA Agata</b>     | <b>248</b> | DEAF PZG           | K-30      | 15   | 00:00:07    | 00:10:17      | 00:20:52      | 00:32:07      | 00:43:20      | <b>00:54:15.05</b> | <b>00:54:22.15</b> | +00:18:21 (33.8%) | 5:25         | 11.1 (66.5%) |
| 162 | <b>RAPSIEWICZ Łukasz</b>      | <b>335</b> |                    | M-30      | 50   | 00:00:13    | 00:10:49      | 00:21:42      | 00:32:31      | 00:43:05      | <b>00:54:15.85</b> | <b>00:54:29.65</b> | +00:18:22 (33.9%) | 5:25         | 11.1 (66.5%) |
| 163 | <b>GRONOWSKI Cezary</b>       | <b>352</b> |                    | M-40      | 50   | 00:00:15    | 00:10:27      | 00:20:51      | 00:31:52      | 00:43:22      | <b>00:54:16.10</b> | <b>00:54:31.20</b> | +00:18:22 (33.9%) | 5:25         | 11.1 (66.5%) |
| 164 | <b>KOTLIŃSKI Krzysztof</b>    | <b>182</b> | GETRUCK            | M-50      | 22   | 00:00:05    | 00:09:40      | 00:19:59      | 00:30:42      | 00:42:06      | <b>00:54:18.25</b> | <b>00:54:23.30</b> | +00:18:24 (33.9%) | 5:25         | 11 (65.9%)   |
| 165 | <b>KRASIŃSKI Witold</b>       | <b>187</b> |                    | M-40      | 51   | 00:00:08    | 00:09:25      | 00:19:39      | 00:30:55      | 00:42:37      | <b>00:54:19.50</b> | <b>00:54:28.05</b> | +00:18:26 (33.9%) | 5:26         | 11 (65.9%)   |
| 166 | <b>KAZIMIEROWICZ Radosław</b> | <b>173</b> | VTT KOSZALIN       | M-30      | 51   | 00:00:11    | 00:09:22      | 00:19:44      | 00:31:13      | 00:42:46      | <b>00:54:35.75</b> | <b>00:54:47.65</b> | +00:18:42 (34.3%) | 5:27         | 11 (65.9%)   |
| 167 | <b>SZULC Anna</b>             | <b>289</b> | SCHWEDTER HASEN    | K-30      | 16   | 00:00:05    | 00:10:02      | 00:21:14      | 00:32:28      | 00:43:42      | <b>00:54:39.35</b> | <b>00:54:45.20</b> | +00:18:45 (34.3%) | 5:28         | 11 (65.9%)   |
| 168 | <b>KOWALCZYK Piotr</b>        | <b>183</b> |                    | M-30      | 52   | 00:00:09    | 00:09:18      | 00:20:11      | 00:31:31      | 00:43:07      | <b>00:54:42.60</b> | <b>00:54:51.60</b> | +00:18:49 (34.4%) | 5:28         | 11 (65.9%)   |
| 169 | <b>ĆWIKLIŃSKI Jakub</b>       | <b>127</b> |                    | M-40      | 52   | 00:00:09    | 00:21:36      | 00:32:43      | 00:43:46      |               | <b>00:54:44.70</b> | <b>00:54:54.35</b> | +00:18:51 (34.4%) | 5:28         | 11 (65.9%)   |
| 170 | <b>MASTALERZ Konrad</b>       | <b>214</b> | DECATHLON KOSZALIN | M-18      | 12   | 00:00:08    | 00:10:09      | 00:20:29      | 00:31:19      | 00:42:52      | <b>00:54:45.00</b> | <b>00:54:53.05</b> | +00:18:51 (34.4%) | 5:28         | 11 (65.9%)   |
| 171 | <b>KASPROWICZ Katarzyna</b>   | <b>347</b> | KL BAŁTYK KOSZALIN | K-18      | 3    | 00:00:13    | 00:10:30      | 00:21:19      | 00:32:37      | 00:43:45      | <b>00:54:50.90</b> | <b>00:55:03.90</b> | +00:18:57 (34.6%) | 5:29         | 10.9 (65.3%) |
| 172 | <b>PILŻYS Malwina</b>         | <b>243</b> |                    | K-30      | 17   | 00:00:10    | 00:10:02      | 00:20:46      | 00:32:17      | 00:44:00      | <b>00:54:59.20</b> | <b>00:55:09.75</b> | +00:19:05 (34.7%) | 5:29         | 10.9 (65.3%) |

| Msc | Zawodnik            | Numer | Klub                | Kategoria | Mkat | Czas startu | Start_All 2km | Start_All 4km | Start_All 6km | Start_All 8km | Czas        |             | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|---------------------|-----------|------|-------------|---------------|---------------|---------------|---------------|-------------|-------------|-------------------|--------------|--------------|
|     |                     |       |                     |           |      |             |               |               |               |               | netto 10km  | brutto 10km |                   |              |              |
| 173 | SEEWALD Jan         | 270   |                     | M-40      | 53   | 00:00:15    | 00:10:08      | 00:20:25      | 00:31:33      | 00:43:23      | 00:55:10.50 | 00:55:26.15 | +00:19:17 (34.9%) | 5:31         | 10.9 (65.3%) |
| 174 | TOMICKA Małgorzata  | 301   | BABECZKI KOSZALIN   | K-30      | 18   | 00:00:09    | 00:10:37      | 00:21:31      | 00:32:41      | 00:44:01      | 00:55:21.10 | 00:55:30.55 | +00:19:27 (35.2%) | 5:32         | 10.8 (64.7%) |
| 175 | BRZOSTKO Przemysław | 130   |                     | M-30      | 53   | 00:00:11    | 00:09:39      | 00:20:39      | 00:32:10      | 00:43:47      | 00:55:34.65 | 00:55:45.85 | +00:19:41 (35.4%) | 5:33         | 10.8 (64.7%) |
| 176 | UZNAŃSKA Agata      | 305   | KOŁOBRZEG BIEGA     | K-50      | 2    | 00:00:12    | 00:10:41      | 00:21:50      | 00:33:08      | 00:44:38      | 00:55:36.05 | 00:55:48.05 | +00:19:42 (35.4%) | 5:33         | 10.8 (64.7%) |
| 177 | CYRKLEWICZ Weronika | 122   |                     | K-30      | 19   | 00:00:16    | 00:10:40      | 00:21:50      | 00:33:15      | 00:44:29      | 00:55:40.55 | 00:55:57.05 | +00:19:47 (35.5%) | 5:34         | 10.8 (64.7%) |
| 178 | KOWALCZYK Mariusz   | 184   | ROZBIEGANY KOSZALIN | M-40      | 54   | 00:00:06    | 00:08:37      | 00:18:42      | 00:30:18      | 00:42:44      | 00:55:43.95 | 00:55:50.65 | +00:19:50 (35.6%) | 5:34         | 10.8 (64.7%) |
| 179 | SZARY Szymon        | 132   |                     | M-30      | 54   | 00:00:09    | 00:10:51      | 00:21:52      | 00:32:57      | 00:44:31      | 00:55:59.80 | 00:56:09.75 | +00:20:06 (35.9%) | 5:36         | 10.7 (64.1%) |
| 180 | HAŁKA Ola           | 151   |                     | K-18      | 4    | 00:00:06    | 00:09:51      | 00:20:46      | 00:32:48      | 00:45:05      | 00:56:11.05 | 00:56:17.20 | +00:20:17 (36.1%) | 5:37         | 10.7 (64.1%) |
| 181 | PAWELEC Marta       | 233   |                     | K-30      | 20   | 00:00:07    | 00:10:19      | 00:21:55      | 00:33:58      | 00:45:50      | 00:56:11.90 | 00:56:19.35 | +00:20:18 (36.1%) | 5:37         | 10.7 (64.1%) |
| 182 | DIAKOWICZ Magdalena | 129   |                     | K-30      | 21   | 00:00:07    | 00:10:19      | 00:21:55      | 00:33:58      | 00:45:49      | 00:56:12.15 | 00:56:19.65 | +00:20:18 (36.1%) | 5:37         | 10.7 (64.1%) |
| 183 | PAWLIK Bożena       | 236   |                     | K-40      | 5    | 00:00:08    | 00:10:55      | 00:22:08      | 00:33:35      | 00:45:09      | 00:56:22.85 | 00:56:31.70 | +00:20:29 (36.3%) | 5:38         | 10.6 (63.5%) |
| 184 | DACZKOWSKA Ewelina  | 358   |                     | K-18      | 5    | 00:00:12    | 00:10:39      | 00:21:51      | 00:33:27      | 00:45:05      | 00:56:25.70 | 00:56:38.20 | +00:20:32 (36.4%) | 5:38         | 10.6 (63.5%) |
| 185 | RASZPLA Ilona       | 256   | CIOTECZKI.PL        | K-40      | 6    | 00:00:13    | 00:11:05      | 00:22:21      | 00:34:03      | 00:45:17      | 00:56:33.20 | 00:56:46.25 | +00:20:39 (36.5%) | 5:39         | 10.6 (63.5%) |
| 186 | SZULTKA Sylwia      | 291   |                     | K-30      | 22   | 00:00:16    | 00:10:40      | 00:21:50      | 00:33:17      | 00:45:00      | 00:56:35.15 | 00:56:51.15 | +00:20:41 (36.6%) | 5:39         | 10.6 (63.5%) |
| 187 | PAWŁAK Ewelina      | 235   |                     | K-30      | 23   | 00:00:16    | 00:10:40      | 00:21:50      | 00:33:17      | 00:45:00      | 00:56:35.20 | 00:56:51.20 | +00:20:41 (36.6%) | 5:39         | 10.6 (63.5%) |
| 188 | DĄBROWSKA Agnieszka | 339   | RUN DMB             | K-30      | 24   | 00:00:13    | 00:10:53      | 00:22:12      | 00:34:08      | 00:46:11      | 00:56:59.40 | 00:57:12.55 | +00:21:05 (37.0%) | 5:41         | 10.5 (62.9%) |
| 189 | GRABIŃSKA Emilia    | 354   |                     | K-30      | 25   | 00:00:12    | 00:10:54      | 00:22:13      | 00:34:09      | 00:46:12      | 00:57:03.15 | 00:57:16.10 | +00:21:09 (37.1%) | 5:42         | 10.5 (62.9%) |
| 190 | WIERZBICKI Kacper   | 353   |                     | M-18      | 13   | 00:00:12    | 00:10:25      | 00:21:04      | 00:33:24      | 00:45:44      | 00:57:10.40 | 00:57:22.80 | +00:21:16 (37.2%) | 5:43         | 10.5 (62.9%) |
| 191 | ŻMUDA Monika        | 330   | CW FANZA KOŁOBRZEG  | K-40      | 7    | 00:00:13    | 00:10:26      | 00:21:29      | 00:33:46      | 00:45:47      | 00:57:11.70 | 00:57:24.75 | +00:21:18 (37.2%) | 5:43         | 10.5 (62.9%) |
| 192 | BORYS Justyna       | 340   |                     | K-30      | 26   | 00:00:10    | 00:10:48      | 00:22:17      | 00:33:56      | 00:45:49      | 00:57:19.80 | 00:57:29.85 | +00:21:26 (37.4%) | 5:43         | 10.5 (62.9%) |
| 193 | LASKOWSKI Grzegorz  | 199   |                     | M-30      | 55   | 00:00:15    | 00:10:26      | 00:21:16      | 00:32:43      | 00:44:41      | 00:57:30.00 | 00:57:45.25 | +00:21:36 (37.6%) | 5:45         | 10.4 (62.3%) |
| 194 | LUPA Marene         | 40    | SC SCHORFHEIDE      | K-40      | 8    | 00:00:11    | 00:10:43      | 00:21:59      | 00:33:44      | 00:45:52      | 00:57:52.60 | 00:58:04.35 | +00:21:59 (38.0%) | 5:47         | 10.4 (62.3%) |
| 195 | FLEŚMAN Eliza       | 367   | DECATHLON KOSZALIN  | K-18      | 6    | 00:00:04    | 00:10:19      | 00:22:07      | 00:33:47      | 00:46:02      | 00:57:53.65 | 00:57:58.40 | +00:22:00 (38.0%) | 5:47         | 10.4 (62.3%) |
| 196 | LUPA Erik           | 202   | SC SCHORFHEIDE      | M-40      | 55   | 00:00:11    | 00:10:43      | 00:21:59      | 00:33:43      | 00:45:52      | 00:57:55.30 | 00:58:07.05 | +00:22:01 (38.0%) | 5:47         | 10.4 (62.3%) |
| 197 | BASIAK Krystian     | 362   |                     | M-30      | 56   | 00:00:12    | 00:10:24      | 00:21:02      | 00:33:23      | 00:45:44      | 00:58:19.50 | 00:58:31.70 | +00:22:26 (38.5%) | 5:49         | 10.3 (61.7%) |
| 197 | HRYCIÓW Paweł       | 158   | BIAŁOGARD           | M-30      | 57   | 00:00:11    | 00:10:25      | 00:21:03      | 00:33:24      | 00:45:44      | 00:58:19.50 | 00:58:31.40 | +00:22:26 (38.5%) | 5:50         | 10.3 (61.7%) |



| Msc | Zawodnik                           | Numer      | Klub                | Kategoria | Mkat | Czas startu | Start_All 2km | Start_All 4km | Start_All 6km | Start_All 8km | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------------|------------|---------------------|-----------|------|-------------|---------------|---------------|---------------|---------------|--------------------|--------------------|-------------------|--------------|--------------|
| 199 | <b>MALINOWSKA-BURDA Aleksandra</b> | <b>212</b> |                     | K-18      | 7    | 00:00:14    | 00:11:15      | 00:22:34      | 00:34:06      | 00:46:15      | <b>00:58:37.05</b> | <b>00:58:51.95</b> | +00:22:43 (38.8%) | 5:51         | 10.2 (61.1%) |
| 200 | <b>POTRZEBOWSKI Marek</b>          | <b>249</b> | DEAF PZG            | M-30      | 58   | 00:00:07    | 00:10:07      | 00:21:08      | 00:33:29      | 00:46:29      | <b>00:58:46.45</b> | <b>00:58:54.35</b> | +00:22:52 (38.9%) | 5:52         | 10.2 (61.1%) |
| 201 | <b>BITTNER Łukasz</b>              | <b>110</b> | TEAM PAPRY 20       | M-40      | 56   | 00:00:13    | 00:10:49      | 00:22:06      | 00:33:57      | 00:46:20      | <b>00:59:01.60</b> | <b>00:59:15.40</b> | +00:23:08 (39.2%) | 5:54         | 10.2 (61.1%) |
| 202 | <b>WIKTOROWICZ Małgorzata</b>      | <b>315</b> | CIOTECZKI.PL        | K-40      | 9    | 00:00:13    | 00:11:05      | 00:22:21      | 00:34:11      | 00:46:49      | <b>00:59:10.00</b> | <b>00:59:23.50</b> | +00:23:16 (39.3%) | 5:55         | 10.1 (60.5%) |
| 203 | <b>MALINOWSKA Agnieszka</b>        | <b>211</b> | CIOTECZKI.PL        | K-30      | 27   | 00:00:14    | 00:11:04      | 00:22:29      | 00:34:43      | 00:47:29      | <b>00:59:45.10</b> | <b>00:59:59.15</b> | +00:23:51 (39.9%) | 5:58         | 10 (59.9%)   |
| 204 | <b>MAZUREK Barbara</b>             | <b>216</b> | BABECZKI KOSZALIN   | K-30      | 28   | 00:00:09    | 00:10:52      | 00:22:30      | 00:34:52      | 00:47:31      | <b>00:59:49.90</b> | <b>00:59:59.10</b> | +00:23:56 (40.0%) | 5:59         | 10 (59.9%)   |
| 205 | <b>KACZMAREK Agnieszka</b>         | <b>336</b> |                     | K-40      | 10   | 00:00:09    | 00:10:50      | 00:23:13      | 00:35:52      | 00:47:59      | <b>00:59:57.15</b> | <b>01:00:06.90</b> | +00:24:03 (40.1%) | 5:59         | 10 (59.9%)   |
| 206 | <b>PAULIŃSKI Jan</b>               | <b>363</b> |                     | M-60      | 9    | 00:00:09    | 00:10:50      | 00:23:13      | 00:35:51      | 00:47:59      | <b>00:59:57.50</b> | <b>01:00:06.95</b> | +00:24:04 (40.1%) | 5:59         | 10 (59.9%)   |
| 207 | <b>KROCZYŃSKA Kinga</b>            | <b>192</b> |                     | K-30      | 29   | 00:00:07    | 00:11:04      | 00:23:11      | 00:35:41      | 00:48:20      | <b>01:00:04.95</b> | <b>01:00:12.70</b> | +00:24:11 (40.3%) | 6:00         | 10 (59.9%)   |
| 208 | <b>SEEWALD Agnieszka</b>           | <b>271</b> |                     | K-30      | 30   | 00:00:15    | 00:11:39      | 00:23:24      | 00:35:38      | 00:48:08      | <b>01:00:05.45</b> | <b>01:00:20.85</b> | +00:24:11 (40.3%) | 6:00         | 10 (59.9%)   |
| 209 | <b>PAWŁOWSKA Urszula</b>           | <b>237</b> |                     | K-30      | 31   | 00:00:18    | 00:11:34      | 00:23:14      | 00:35:26      | 00:47:57      | <b>01:00:13.70</b> | <b>01:00:31.85</b> | +00:24:20 (40.4%) | 6:01         | 10 (59.9%)   |
| 210 | <b>BORSUK Dorota</b>               | <b>113</b> |                     | K-40      | 11   | 00:00:13    | 00:11:42      | 00:23:53      | 00:36:19      | 00:48:39      | <b>01:00:17.85</b> | <b>01:00:31.55</b> | +00:24:24 (40.5%) | 6:01         | 10 (59.9%)   |
| 211 | <b>PAŃCZYK Justyna</b>             | <b>232</b> |                     | K-30      | 32   | 00:00:15    | 00:11:39      | 00:23:24      | 00:35:39      | 00:48:09      | <b>01:00:20.75</b> | <b>01:00:36.10</b> | +00:24:27 (40.5%) | 6:02         | 9.9 (59.3%)  |
| 212 | <b>PIETRZAK Mariola</b>            | <b>242</b> | BABECZKI KOSZALIN   | K-50      | 3    | 00:00:09    | 00:10:52      | 00:22:30      | 00:34:52      | 00:47:49      | <b>01:00:28.00</b> | <b>01:00:37.75</b> | +00:24:34 (40.6%) | 6:02         | 9.9 (59.3%)  |
| 213 | <b>NAPIERAŁA Marcin</b>            | <b>226</b> |                     | M-30      | 59   | 00:00:17    | 00:11:35      | 00:23:16      | 00:35:28      | 00:48:02      | <b>01:00:30.60</b> | <b>01:00:48.55</b> | +00:24:37 (40.7%) | 6:03         | 9.9 (59.3%)  |
| 214 | <b>BUDZIŃSKI Paweł</b>             | <b>116</b> |                     | M-30      | 60   | 00:00:09    | 00:10:02      | 00:21:04      | 00:33:01      | 00:46:52      | <b>01:00:46.35</b> | <b>01:00:56.15</b> | +00:24:52 (40.9%) | 6:04         | 9.9 (59.3%)  |
| 215 | <b>HELLER Zdzisław</b>             | <b>153</b> | NIEZRZESZONY        | M-60      | 10   | 00:00:15    | 00:11:03      | 00:23:03      | 00:35:24      | 00:48:03      | <b>01:00:49.10</b> | <b>01:01:04.70</b> | +00:24:55 (41.0%) | 6:04         | 9.9 (59.3%)  |
| 216 | <b>URBAŃSKA Anetta</b>             | <b>304</b> |                     | K-40      | 12   | 00:00:12    | 00:10:54      | 00:22:45      | 00:35:21      | 00:48:08      | <b>01:00:58.85</b> | <b>01:01:11.65</b> | +00:25:05 (41.1%) | 6:05         | 9.8 (58.7%)  |
| 217 | <b>BINDAS Jakub</b>                | <b>359</b> |                     | M-18      | 14   | 00:00:17    | 00:10:09      | 00:22:07      | 00:35:34      | 00:49:09      | <b>01:01:14.65</b> | <b>01:01:31.75</b> | +00:25:21 (41.4%) | 6:07         | 9.8 (58.7%)  |
| 218 | <b>FILIPOWICZ Marian</b>           | <b>138</b> | NIEZRZESZONY        | M-70+     | 2    | 00:00:11    | 00:11:16      | 00:23:29      | 00:36:07      | 00:48:50      | <b>01:01:23.85</b> | <b>01:01:35.80</b> | +00:25:30 (41.5%) | 6:08         | 9.8 (58.7%)  |
| 219 | <b>MISIAK Marzena</b>              | <b>222</b> |                     | K-40      | 13   | 00:00:11    | 00:11:06      | 00:23:03      | 00:35:31      | 00:48:05      | <b>01:01:35.75</b> | <b>01:01:47.55</b> | +00:25:42 (41.7%) | 6:09         | 9.7 (58.1%)  |
| 220 | <b>HOŁÓWKA Tomasz</b>              | <b>366</b> | DECATHLON KOSZALIN  | M-18      | 15   | 00:00:04    | 00:10:19      | 00:22:45      | 00:35:51      | 00:49:13      | <b>01:01:57.85</b> | <b>01:02:02.35</b> | +00:26:04 (42.1%) | 6:11         | 9.7 (58.1%)  |
| 221 | <b>FRASZKIEWICZ Jarosław</b>       | <b>140</b> |                     | M-40      | 57   | 00:00:14    | 00:11:16      | 00:23:10      | 00:35:58      | 00:49:08      | <b>01:02:10.25</b> | <b>01:02:25.05</b> | +00:26:16 (42.3%) | 6:13         | 9.6 (57.5%)  |
| 222 | <b>FALGOWSKI Paweł</b>             | <b>136</b> |                     | M-30      | 61   | 00:00:13    | 00:10:37      | 00:21:52      | 00:35:31      | 00:48:45      | <b>01:02:38.75</b> | <b>01:02:52.45</b> | +00:26:45 (42.7%) | 6:15         | 9.6 (57.5%)  |
| 223 | <b>SZYSZKOWSKI Tomasz</b>          | <b>294</b> | ROZBIEGANY KOSZALIN | M-30      | 62   | 00:00:07    | 00:11:19      | 00:23:37      | 00:36:39      | 00:50:09      | <b>01:03:22.90</b> | <b>01:03:30.70</b> | +00:27:29 (43.4%) | 6:20         | 9.5 (56.9%)  |

| Msc | Zawodnik                         | Numer      | Klub                | Kategoria | Mkat | Czas startu | Start_All 2km   | Start_All 4km   | Start_All 6km   | Start_All 8km   | Czas netto 10km    | Czas brutto 10km   | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------------|------------|---------------------|-----------|------|-------------|-----------------|-----------------|-----------------|-----------------|--------------------|--------------------|-------------------|--------------|-------------|
| 224 | <b>STASZYŃSKA Marianna</b>       | <b>277</b> | BTC ORZEŁ BIAŁOGARD | K-60      | 1    | 00:00:12    | 00:11:55        | 00:24:36        | 00:37:32        | 00:50:41        | <b>01:03:57.70</b> | <b>01:04:10.10</b> | +00:28:04 (43.9%) | 6:23         | 9.4 (56.3%) |
| 225 | <b>ZIELIŃSKI Jarosław</b>        | <b>326</b> |                     | M-40      | 58   | 00:00:10    | 00:10:32        | 00:22:28        | 00:35:24        | 00:49:50        | <b>01:04:34.05</b> | <b>01:04:44.55</b> | +00:28:40 (44.4%) | 6:27         | 9.3 (55.7%) |
| 226 | <b>GÓRNA Anna</b>                | <b>146</b> | FORMA ROSNOWO       | K-40      | 14   | 00:00:07    | 00:12:04        | 00:25:28        | 00:38:50        | 00:52:16        | <b>01:04:59.95</b> | <b>01:05:07.00</b> | +00:29:06 (44.8%) | 6:30         | 9.2 (55.1%) |
| 227 | <b>BRZEZIŃSKI Łukasz</b>         | <b>115</b> |                     | M-18      | 16   | 00:00:15    | 00:11:12        | 00:24:18        | 00:38:01        | 00:51:45        | <b>01:05:13.25</b> | <b>01:05:28.85</b> | +00:29:19 (45.0%) | 6:31         | 9.2 (55.1%) |
| 228 | <b>KURŁOWICZ Krzysztof</b>       | <b>350</b> |                     | M-30      | 63   | 00:00:06    | 00:10:27        | 00:23:51        | 00:37:47        | 00:51:52        | <b>01:05:26.60</b> | <b>01:05:33.05</b> | +00:29:33 (45.2%) | 6:32         | 9.2 (55.1%) |
| 229 | <b>SAJ Agnieszka</b>             | <b>268</b> |                     | K-18      | 8    | 00:00:11    | 00:11:06        | 00:23:42        | 00:37:26        | 00:52:21        | <b>01:05:48.30</b> | <b>01:05:59.65</b> | +00:29:54 (45.5%) | 6:34         | 9.1 (54.5%) |
| 230 | <b>WENCŁAW-JUSZCZAK Marta</b>    | <b>309</b> |                     | K-40      | 15   | 00:00:12    | 00:12:03        | 00:25:42        | 00:39:33        | 00:53:42        | <b>01:07:32.00</b> | <b>01:07:44.45</b> | +00:31:38 (46.9%) | 6:45         | 8.9 (53.3%) |
| 231 | <b>GARBACZ - ZATORSKA Milena</b> | <b>142</b> | PSYCHOLOG-KG.PL     | K-40      | 16   | 00:00:12    | 00:12:03        | 00:25:42        | 00:39:33        | 00:53:42        | <b>01:07:36.75</b> | <b>01:07:49.15</b> | +00:31:43 (46.9%) | 6:45         | 8.9 (53.3%) |
| 232 | <b>PEŁKA Iwona</b>               | <b>238</b> |                     | K-40      | 17   | 00:00:15    | 00:13:28        | 00:27:26        | 00:41:31        | 00:55:25        | <b>01:08:37.95</b> | <b>01:08:53.05</b> | +00:32:44 (47.7%) | 6:51         | 8.7 (52.1%) |
| 233 | <b>BIENIEK Daniel</b>            | <b>360</b> |                     | M-18      | 17   | 00:00:17    | 00:11:27        | 00:27:29        | 00:42:29        | 00:58:55        | <b>01:14:09.00</b> | <b>01:14:26.95</b> | +00:38:15 (51.6%) | 7:24         | 8.1 (48.5%) |
| 234 | <b>DYMEK Piotr</b>               | <b>361</b> |                     | M-18      | 18   | 00:00:17    | 00:12:01        | 00:27:29        | 00:42:29        | 00:58:54        | <b>01:14:09.60</b> | <b>01:14:27.25</b> | +00:38:16 (51.6%) | 7:25         | 8.1 (48.5%) |
| 235 | <b>MIĘCZEWSKA Agnieszka</b>      | <b>221</b> |                     | K-18      | 9    | 00:00:08    | 00:12:11        | 00:26:30        | 00:42:03        | 00:58:31        | <b>01:14:35.10</b> | <b>01:14:43.15</b> | +00:38:41 (51.9%) | 7:27         | 8 (47.9%)   |
| 236 | <b>KRAWCZUK-KIEŁB Anna</b>       | <b>190</b> | ŻYJ Z ENERGIA       | K-40      | 18   | 00:00:14    | 00:12:59        | 00:27:54        | 00:43:29        | 00:59:16        | <b>01:14:49.20</b> | <b>01:15:03.60</b> | +00:38:55 (52.0%) | 7:28         | 8 (47.9%)   |
|     | <b>GOŃKA Krzysztof</b>           | <b>144</b> | DECATHLON KOSZALIN  | M-18      |      | DNF         | 00:08:22<br>DNF | 00:17:25<br>DNF | 00:28:44<br>DNF | 00:34:37<br>DNF | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>KOWALSKI Michał</b>           | <b>355</b> |                     | M-18      |      | DNF         | 00:09:37<br>DNF | 00:19:54<br>DNF | 00:30:29<br>DNF | 00:41:03<br>DNF | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>SZYMAŃSKI Łukasz</b>          | <b>292</b> |                     | M-18      |      | DNF         | 00:07:38<br>DNF | DNF             | DNF             | DNF             | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>KOWALCZYK Marek</b>           | <b>369</b> |                     | M-18      |      | DNF         | 00:07:46<br>DNF | DNF             | DNF             | DNF             | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |
|     | <b>ROSZAK Bartosz</b>            | <b>368</b> |                     | M-18      |      | DNF         | 00:07:46<br>DNF | DNF             | DNF             | DNF             | <b>DNF</b>         | <b>DNF</b>         | -                 | -            | - (0.0%)    |

Znaleziono 241 wynik(ów)