

Wydarzenie:
Organizator:

XV MIĘDZYNARODOWY BIEG WENEDÓW
Koszalińskie Towarzystwo Krzewienia Kultury
Fizycznej, Gmina Miasto Koszalin
2017-05-27
Koszalin
10 km

Data:
Miejsce:
Dystans:



Klasyfikacja: M-OPEN

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	POLAK Szymon	246	ROZBIEGANY KOSZALIN	M-40	1	00:00:02	00:06:59	00:14:09	00:21:25	00:28:43	00:35:53.50	00:35:56.40		3:35	16.7 (100%)
2	BERG Thoralf	105	SCHWEDTER HASEN	M-40	2	00:00:02	00:06:56	00:14:06	00:21:25	00:28:45	00:36:29.75	00:36:31.85	+00:00:36 (1.7%)	3:38	16.4 (98.2%)
3	BEDNARZ Paweł	104	13-TY FUN CLUB ASI CHMIEL :*	M-30	1	00:00:02	00:06:38	00:13:53	00:21:19	00:29:01	00:36:47.35	00:36:49.40	+00:00:53 (2.4%)	3:40	16.3 (97.6%)
4	JAROSZ Wiesław	163	JW 1223/BLOG	M-40	3	00:00:03	00:07:02	00:14:24	00:21:58	00:29:41	00:37:11.70	00:37:14.85	+00:01:18 (3.5%)	3:43	16.1 (96.4%)
5	RUDNIKOWSKI Maciej	262	BIEGUZDROWISKOWY.PL	M-40	4	00:00:03	00:07:12	00:14:44	00:22:24	00:30:05	00:37:33.65	00:37:36.80	+00:01:40 (4.4%)	3:45	16 (95.8%)
6	ZABORSKI Ryszard	321	TKKF KOSZALIN (ORKIESTRA WOJSKOWA KOSZALIN)	M-40	5	00:00:02	00:06:59	00:14:18	00:22:02	00:29:53	00:37:35.35	00:37:37.60	+00:01:41 (4.5%)	3:45	16 (95.8%)
7	MORAWSKI Janusz	346		M-40	6	00:00:04	00:07:40	00:15:26	00:23:15	00:30:53	00:38:13.50	00:38:18.35	+00:02:20 (6.1%)	3:49	15.7 (94.0%)
8	ZATORSKI Zbigniew	322	KOŁOBRZEG BIEGA	M-30	2	00:00:05	00:07:33	00:15:15	00:23:08	00:30:55	00:38:33.35	00:38:38.35	+00:02:39 (6.9%)	3:51	15.6 (93.4%)
9	BURDA Robert	117	KOSPEL	M-40	7	00:00:03	00:07:26	00:15:10	00:23:05	00:31:01	00:38:37.35	00:38:41.05	+00:02:43 (7.1%)	3:51	15.5 (92.8%)
10	GRZESIK Eugeniusz	351	TKKF KOSZALIN	M-50	1	00:00:03	00:07:26	00:15:11	00:23:05	00:31:01	00:38:39.05	00:38:42.50	+00:02:45 (7.1%)	3:51	15.5 (92.8%)
11	BEMOWICZ Tomasz	345	KB WYGAN	M-40	8	00:00:04	00:07:41	00:15:32	00:23:26	00:31:21	00:39:07.60	00:39:12.30	+00:03:14 (8.3%)	3:54	15.3 (91.6%)
12	STACHOWIAK Adrian	276	JW 3775	M-30	3	00:00:02	00:07:22	00:15:09	00:23:08	00:31:16	00:39:22.65	00:39:25.05	+00:03:29 (8.9%)	3:56	15.2 (91.0%)
13	KARCZ Artur	171	ORZEL MRZEŻYNO	M-30	4	00:00:05	00:07:34	00:15:24	00:23:23	00:31:28	00:39:24.60	00:39:29.60	+00:03:31 (8.9%)	3:56	15.2 (91.0%)
14	POHLMANN André	245	SCHWEDTER HASEN	M-30	5	00:00:03	00:07:09	00:14:49	00:22:54	00:31:09	00:39:31.65	00:39:35.10	+00:03:38 (9.2%)	3:57	15.2 (91.0%)
15	ZELEK Jan	325	TKKF KOSZALIN	M-50	2	00:00:04	00:07:21	00:15:07	00:23:09	00:31:20	00:39:32.70	00:39:37.05	+00:03:39 (9.2%)	3:57	15.2 (91.0%)
16	SITOWSKI Marcin	272	FC RYSIEK	M-18	1	00:00:04	00:07:08	00:15:06	00:23:20	00:31:54	00:40:18.10	00:40:22.20	+00:04:24 (10.9%)	4:01	14.9 (89.2%)
17	BURMEISTER Burkhardt	119	SCHWEDTER HASEN	M-50	3	00:00:04	00:07:35	00:15:34	00:23:48	00:32:10	00:40:29.50	00:40:33.60	+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 netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	SOBSTEL Krystian	274		M-30	6	00:00:07	00:07:56	00:16:06	00:24:26	00:32:51	00:40:36.25	00:40:44.00	+00:04:42 (11.6%)	4:03	14.8 (88.6%)
19	BIEDRZYCKI Adam	108	CW FANZA KOŁOBRZEG	M-30	7	00:00:04	00:07:45	00:15:46	00:23:58	00:32:19	00:40:43.75	00:40:48.60	+00:04:50 (11.9%)	4:04	14.7 (88.0%)
20	BARTOSIŃSKI Bartłomiej	365	DECATHLON KOSZALIN	M-18	2	00:00:02	00:07:25	00:15:30	00:24:03	00:32:37	00:40:54.50	00:40:57.40	+00:05:01 (12.3%)	4:05	14.7 (88.0%)
21	BARSCZ Detlef	102	SCHWEDTER HASEN	M-50	4	00:00:04	00:07:36	00:15:31	00:23:48	00:32:20	00:40:58.55	00:41:02.65	+00:05:05 (12.4%)	4:05	14.6 (87.4%)
22	RYŚKIEWICZ Rafał	267		M-40	9	00:00:02	00:07:36	00:15:48	00:24:13	00:32:49	00:41:08.05	00:41:10.55	+00:05:14 (12.7%)	4:06	14.6 (87.4%)
23	STEGE Aleksander	279	SCHWEDTER HAUSEN	M-30	8	00:00:03	00:07:37	00:15:48	00:24:21	00:32:54	00:41:14.65	00:41:18.55	+00:05:21 (13.0%)	4:07	14.5 (86.8%)
24	ZWOLIŃSKI Jan	329	TKKF KOSZALIN	M-40	10	00:00:03	00:07:55	00:16:08	00:24:36	00:33:06	00:41:17.00	00:41:20.90	+00:05:23 (13.1%)	4:07	14.5 (86.8%)
25	KROCZYŃSKI Sławomir	193		M-50	5	00:00:03	00:07:59	00:16:12	00:24:31	00:33:00	00:41:25.75	00:41:29.00	+00:05:32 (13.4%)	4:08	14.5 (86.8%)
26	ROKOSZ Radosław	260	JW 1223	M-30	9	00:00:03	00:07:47	00:16:01	00:24:33	00:33:17	00:41:41.95	00:41:45.75	+00:05:48 (13.9%)	4:10	14.4 (86.2%)
27	GÓRNY Norbert	147	FORMA ROSNOWO	M-40	11	00:00:06	00:07:50	00:16:04	00:24:40	00:33:19	00:41:50.25	00:41:56.95	+00:05:56 (14.2%)	4:11	14.3 (85.6%)
28	RAJNER Krzysztof	254		M-30	10	00:00:07	00:08:05	00:16:26	00:24:55	00:33:34	00:42:06.05	00:42:13.45	+00:06:12 (14.7%)	4:12	14.3 (85.6%)
29	STENDERA Maik	280	SCHWEDTER WASSERSPORT PCK E.V.	M-50	6	00:00:04	00:08:02	00:16:31	00:25:10	00:33:54	00:42:35.30	00:42:40.00	+00:06:41 (15.7%)	4:15	14.1 (84.4%)
30	MOKSA Dariusz	224		M-18	3	00:00:03	00:07:22	00:15:34	00:24:30	00:33:52	00:42:37.75	00:42:40.85	+00:06:44 (15.8%)	4:15	14.1 (84.4%)
31	ŚNIEŻKO Marcin	334	TKKF KOSZALIN	M-30	11	00:00:06	00:07:55	00:16:24	00:25:11	00:34:07	00:42:47.55	00:42:54.30	+00:06:54 (16.1%)	4:16	14 (83.8%)
32	TCHÓRZEWSKI Marek	297		M-40	12	00:00:05	00:08:07	00:16:34	00:25:19	00:34:10	00:42:56.45	00:43:02.25	+00:07:02 (16.4%)	4:17	14 (83.8%)
33	STRZELECKI Michał	285	PZSF	M-30	12	00:00:03	00:08:15	00:16:54	00:25:41	00:34:36	00:43:00.80	00:43:03.90	+00:07:07 (16.6%)	4:18	14 (83.8%)
34	JASICZEK Darek	165	CSSP KOSZALIN	M-40	13	00:00:10	00:08:29	00:17:03	00:25:45	00:34:40	00:43:21.20	00:43:31.75	+00:07:27 (17.2%)	4:20	13.8 (82.6%)
35	MATYJASEK Zbigniew	215	TKKF KOSZALIN	M-40	14	00:00:03	00:07:43	00:16:17	00:25:20	00:34:28	00:43:28.20	00:43:31.70	+00:07:34 (17.4%)	4:20	13.8 (82.6%)
36	PĘKAŁA Piotr	239	ROZBIEGANY KOSZALIN	M-40	15	00:00:07	00:08:25	00:17:08	00:25:55	00:34:51	00:43:35.60	00:43:42.60	+00:07:42 (17.7%)	4:21	13.8 (82.6%)
37	MARCINIAK Maciej	213	TKKF LUKS TECHNIK	M-30	13	00:00:02	00:07:31	00:16:08	00:25:12	00:34:28	00:43:36.15	00:43:38.80	+00:07:42 (17.7%)	4:21	13.8 (82.6%)
38	UZNAŃSKI Ryszard	306	KOŁOBRZEG BIEGA	M-40	16	00:00:02	00:07:57	00:16:25	00:25:24	00:34:29	00:43:37.85	00:43:40.25	+00:07:44 (17.7%)	4:21	13.8 (82.6%)
39	TOKARSKI Szymon	299		M-40	17	00:00:16	00:08:28	00:17:07	00:25:58	00:35:00	00:43:56.90	00:44:12.95	+00:08:03 (18.3%)	4:23	13.7 (82.0%)
40	CHOŁUJ Jarek	120	ROZBIEGANY KOSZALIN	M-40	18	00:00:05	00:08:36	00:17:12	00:26:10	00:35:08	00:43:59.75	00:44:05.15	+00:08:06 (18.4%)	4:24	13.6 (81.4%)
41	IWANIEC Dariusz	159	TKKF KOSZALIN	M-40	19	00:00:06	00:08:34	00:17:16	00:26:14	00:35:19	00:44:03.65	00:44:10.60	+00:08:10 (18.5%)	4:24	13.6 (81.4%)
42	STĘPNIĘWSKI Marcin	283	MARKOS RUNNING TEAM	M-40	20	00:00:06	00:08:28	00:17:10	00:26:02	00:35:14	00:44:04.05	00:44:10.55	+00:08:10 (18.6%)	4:24	13.6 (81.4%)
43	MODRZEJEWSKI Mateusz	337	KOCHAM ASIE	M-30	14	00:00:07	00:08:34	00:17:15	00:26:19	00:35:31	00:44:16.05	00:44:23.85	+00:08:22 (18.9%)	4:25	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		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
44	CZAPLIŃSKI Jacek	125		M-30	15	00:00:06	00:07:59	00:16:36	00:25:32	00:34:55	00:44:23.40	00:44:30.10	+00:08:29 (19.1%)	4:26	13.5 (80.8%)
45	STEFANOWICZ Paweł	338		M-40	21	00:00:10	00:08:13	00:17:12	00:26:32	00:35:50	00:44:46.70	00:44:56.80	+00:08:53 (19.8%)	4:28	13.4 (80.2%)
46	JAMNIAK Bartosz	160	MTS HAMER MIASTKO	M-30	16	00:00:04	00:07:48	00:16:47	00:26:17	00:35:50	00:44:56.95	00:45:01.25	+00:09:03 (20.2%)	4:29	13.3 (79.6%)
47	RACZYŃSKI Kazimierz	253	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	00:45:07.85	00:45:15.10	+00:09:14 (20.5%)	4:30	13.3 (79.6%)
48	RUTKOWSKI Ryszard	265	RUTKOWSKI TEAM	M-50	7	00:00:04	00:07:50	00:16:44	00:26:10	00:35:41	00:45:26.35	00:45:30.45	+00:09:32 (21.0%)	4:32	13.2 (79.0%)
49	KUKIEŁA Tomasz	196	WIELBICIELE KAROLINY I MATYLDY K.	M-30	17	00:00:11	00:09:04	00:17:59	00:27:02	00:36:21	00:45:34.95	00:45:46.70	+00:09:41 (21.3%)	4:33	13.2 (79.0%)
50	MELLER Paweł	217		M-50	8	00:00:04	00:07:54	00:16:52	00:26:24	00:36:03	00:45:37.80	00:45:42.20	+00:09:44 (21.3%)	4:33	13.1 (78.4%)
51	ŁOPIŃSKI Piotr	204		M-30	18	00:00:05	00:08:21	00:17:22	00:26:46	00:36:20	00:45:42.85	00:45:48.15	+00:09:49 (21.5%)	4:34	13.1 (78.4%)
52	STRZELECKI Zbigniew	286	KORZYBSKIE REKINY	M-60	1	00:00:08	00:09:01	00:18:08	00:27:30	00:36:47	00:45:50.70	00:45:59.35	+00:09:57 (21.7%)	4:35	13.1 (78.4%)
53	TOMCZAK Dominik	300	CSMW USTKA	M-40	23	00:00:06	00:08:20	00:17:17	00:26:40	00:36:10	00:45:51.70	00:45:58.00	+00:09:58 (21.7%)	4:35	13.1 (78.4%)
54	PUŚCIAN Krzysztof	252	GIMNAZJUM W MANOWIE	M-40	24	00:00:04	00:08:52	00:17:56	00:27:20	00:36:52	00:46:19.05	00:46:23.95	+00:10:25 (22.5%)	4:37	13 (77.8%)
55	PROKOPIUK Jan	251		M-40	25	00:00:03	00:08:03	00:17:21	00:26:55	00:36:53	00:46:21.80	00:46:25.50	+00:10:28 (22.6%)	4:38	12.9 (77.2%)
56	MAJCHRZAK Łukasz	207	CPSP USTKA	M-18	4	00:00:03	00:08:50	00:17:46	00:27:07	00:36:49	00:46:33.00	00:46:36.70	+00:10:39 (22.9%)	4:39	12.9 (77.2%)
56	MAJCHRZAK Dariusz	208	CPSP USTKA	M-50	9	00:00:03	00:08:51	00:17:48	00:27:09	00:36:54	00:46:33.00	00:46:36.45	+00:10:39 (22.9%)	4:39	12.9 (77.2%)
58	TESKA Bartosz	298	TKKF KOSZALIN	M-40	26	00:00:12	00:08:53	00:17:59	00:27:32	00:37:15	00:46:34.75	00:46:47.05	+00:10:41 (22.9%)	4:39	12.9 (77.2%)
59	ŚWIETLIK Tomasz	295		M-50	10	00:00:02	00:08:16	00:17:24	00:26:59	00:36:50	00:46:41.60	00:46:44.40	+00:10:48 (23.1%)	4:40	12.8 (76.6%)
60	DUDZIAK Piotr	131	KOSZALIN	M-40	27	00:00:05	00:08:47	00:18:07	00:27:39	00:37:16	00:46:45.70	00:46:50.90	+00:10:52 (23.2%)	4:40	12.8 (76.6%)
61	KSZCZANOWICZ Jacek	195		M-40	28	00:00:11	00:08:48	00:17:42	00:27:06	00:36:52	00:46:50.60	00:47:01.90	+00:10:57 (23.4%)	4:41	12.8 (76.6%)
62	MICERSKI Tomasz	218	TKKF KOSZALIN	M-40	29	00:00:07	00:08:50	00:18:10	00:27:46	00:37:32	00:46:51.80	00:46:59.10	+00:10:58 (23.4%)	4:41	12.8 (76.6%)
63	PRACOWITY Tomasz	250		M-30	19	00:00:08					00:47:02.00	00:47:10.00	+00:11:08 (23.7%)	4:42	12.8 (76.6%)
64	MICHALCZYK Mariusz	219	JW 1223	M-40	30	00:00:10	00:09:03	00:18:15	00:27:53	00:37:34	00:47:03.10	00:47:13.65	+00:11:09 (23.7%)	4:42	12.8 (76.6%)
65	TRZEŚNIEWSKI Zbigniew	302		M-50	11	00:00:14	00:11:23	00:23:10	00:35:05		00:47:03.25	00:47:17.75	+00:11:09 (23.7%)	4:42	12.8 (76.6%)
66	NIEMCZUK Darek	364		M-50	12	00:00:09	00:09:01	00:18:07	00:27:41	00:37:31	00:47:14.75	00:47:24.65	+00:11:21 (24.0%)	4:43	12.7 (76.0%)
67	WYGANOWSKI Andrzej	344	KB WYGAN	M-70+	1	00:00:03	00:09:19	00:18:50	00:28:20	00:37:53	00:47:17.20	00:47:20.65	+00:11:23 (24.1%)	4:43	12.7 (76.0%)
68	WIĘCEK Sebastian	314		M-18	5	00:00:09	00:10:46	00:22:42	00:35:08		00:47:17.65	00:47:26.95	+00:11:24 (24.1%)	4:43	12.7 (76.0%)
69	GREMBLEWSKI Dariusz	356		M-40	31	00:00:09	00:09:25				00:47:17.80	00:47:26.80	+00:11:24 (24.1%)	4:43	12.7 (76.0%)

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	CIUPA Marcin	121	H2DESIGN	M-40	32	00:00:05	00:08:23	00:17:33	00:27:30	00:37:36	00:47:22.35	00:47:27.45	+00:11:28 (24.2%)	4:44	12.7 (76.0%)
71	SZYMAŃSKI Piotr	293		M-40	33	00:00:16	00:09:27	00:18:44	00:28:17	00:37:55	00:47:27.30	00:47:44.10	+00:11:33 (24.4%)	4:44	12.6 (75.4%)
72	OLCZAK Dawid	228		M-18	6	00:00:09	00:08:34	00:17:48	00:27:38	00:37:54	00:47:28.60	00:47:38.10	+00:11:35 (24.4%)	4:44	12.6 (75.4%)
73	WILKOWSKI Krzysztof	316		M-30	20	00:00:12	00:09:27	00:18:45	00:27:56	00:37:41	00:47:32.15	00:47:44.90	+00:11:38 (24.5%)	4:45	12.6 (75.4%)
74	ZDROWIECKI Artur	324		M-30	21	00:00:10	00:09:07	00:18:31	00:28:13	00:38:12	00:47:36.30	00:47:46.65	+00:11:42 (24.6%)	4:45	12.6 (75.4%)
75	ŁABEJSZA Łukasz	203	WOJOWNICY WÓDY	M-30	22	00:00:14	00:08:48	00:17:37	00:26:46	00:37:46	00:47:37.55	00:47:52.35	+00:11:44 (24.6%)	4:45	12.6 (75.4%)
76	OTTO Michał	231		M-30	23	00:00:06	00:08:45	00:18:13	00:28:03	00:38:07	00:47:41.20	00:47:48.00	+00:11:47 (24.7%)	4:46	12.6 (75.4%)
77	RUSINEK Artur	264		M-30	24	00:00:08	00:09:07	00:18:41	00:28:34	00:38:30	00:47:51.90	00:48:00.10	+00:11:58 (25.0%)	4:47	12.5 (74.9%)
78	HAMALA Marcin	152		M-30	25	00:00:07	00:09:11	00:18:27	00:28:01	00:37:56	00:47:53.65	00:48:01.10	+00:12:00 (25.1%)	4:47	12.5 (74.9%)
79	WICHER Krzysztof	313	ADWOKATURA	M-30	26	00:00:07	00:09:08	00:18:44	00:28:39	00:38:38	00:48:02.05	00:48:09.35	+00:12:08 (25.3%)	4:48	12.5 (74.9%)
80	CZAPLICKI Paweł	124	TKKF KOSZALIN	M-40	34	00:00:04	00:09:12	00:18:48	00:28:29	00:38:29	00:48:04.35	00:48:08.35	+00:12:10 (25.3%)	4:48	12.5 (74.9%)
81	DEMBICKI Daniel	128		M-40	35	00:00:08	00:08:57	00:18:25	00:28:20	00:38:24	00:48:18.75	00:48:27.70	+00:12:25 (25.7%)	4:49	12.4 (74.3%)
82	JANKOWSKI Jakub	161		M-40	36	00:00:06	00:08:56	00:18:26	00:28:12	00:38:16	00:48:21.15	00:48:28.10	+00:12:27 (25.8%)	4:50	12.4 (74.3%)
83	GAWEŁ Zbigniew	348	SŁUPSK	M-60	2	00:00:07	00:09:04	00:18:35	00:28:17	00:38:28	00:48:23.40	00:48:31.30	+00:12:29 (25.8%)	4:50	12.4 (74.3%)
84	ALABA Jerzy	101	KB10 BIAŁOGARD	M-50	13	00:00:10	00:09:15	00:18:26	00:27:55	00:37:59	00:48:29.20	00:48:40.05	+00:12:35 (26.0%)	4:51	12.4 (74.3%)
85	KRAWCZYK Tomasz	191		M-30	27	00:00:05	00:09:03	00:18:24	00:28:06	00:38:20	00:48:35.95	00:48:41.05	+00:12:42 (26.1%)	4:51	12.3 (73.7%)
86	JAROSZEWSKI Daniel	164	ROZBIEGANY KOSZALIN	M-30	28	00:00:13	00:08:40	00:18:02	00:28:05	00:38:35	00:48:43.15	00:48:56.15	+00:12:49 (26.3%)	4:52	12.3 (73.7%)
87	KAMYK Piotr	357		M-30	29	00:00:06	00:08:44	00:18:13	00:28:12	00:38:42	00:48:43.55	00:48:49.65	+00:12:50 (26.3%)	4:52	12.3 (73.7%)
88	NOWAK Adam	227		M-18	7	00:00:04	00:08:53	00:18:36	00:28:31	00:38:53	00:48:43.80	00:48:48.40	+00:12:50 (26.3%)	4:52	12.3 (73.7%)
89	BURKIET Marek	118	JW 1223	M-40	37	00:00:10	00:09:03	00:18:16	00:27:55	00:38:13	00:48:55.05	00:49:05.80	+00:13:01 (26.6%)	4:53	12.3 (73.7%)
90	BIL Adrian	109		M-30	30	00:00:09	00:09:17	00:19:01	00:29:03	00:39:06	00:49:02.05	00:49:11.20	+00:13:08 (26.8%)	4:54	12.2 (73.1%)
91	MISZCZYK Jan	223	ROZBIEGANY KOSZALIN	M-18	8	00:00:10	00:08:40	00:18:13	00:28:12	00:38:52	00:49:05.45	00:49:15.50	+00:13:11 (26.9%)	4:54	12.2 (73.1%)
92	WOŁOWIEC Przemek	318		M-30	31	00:00:06	00:09:36	00:19:17	00:29:04	00:39:05	00:49:05.65	00:49:12.05	+00:13:12 (26.9%)	4:54	12.2 (73.1%)
93	MIECZKOWSKI Michał	220	KTC KOŁOBRZEG	M-50	14	00:00:06	00:09:19	00:19:13	00:29:19	00:39:22	00:49:14.65	00:49:21.60	+00:13:21 (27.1%)	4:55	12.2 (73.1%)
94	PIECHOTA Robert	240		M-40	38	00:00:05	00:08:54	00:18:36	00:29:00	00:39:15	00:49:17.70	00:49:23.55	+00:13:24 (27.2%)	4:55	12.2 (73.1%)
95	BEDNARCZYK Wojciech	103		M-30	32	00:00:08	00:08:32	00:18:09	00:28:24	00:39:10	00:49:25.50	00:49:33.65	+00:13:32 (27.4%)	4:56	12.1 (72.5%)

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			
96	GAJEK Artur	141	KORZYBSKIE REKINY	M-40	39	00:00:09	00:09:10	00:18:39	00:28:29	00:38:49	00:49:27.90	00:49:37.05	+00:13:34 (27.4%)	4:56	12.1 (72.5%)
97	OSOBNIAK Ryszard	230	ROZBIEGANY KOSZALIN	M-60	3	00:00:08	00:09:16	00:18:55	00:28:59	00:39:17	00:49:34.35	00:49:43.00	+00:13:40 (27.6%)	4:57	12.1 (72.5%)
98	STAWISZYŃSKI Jarosław	278	FORUM ROZWOJU KOSZALINA	M-30	33	00:00:11	00:09:09	00:18:53	00:29:01	00:39:39	00:49:46.85	00:49:57.85	+00:13:53 (27.9%)	4:58	12.1 (72.5%)
99	TARAŚ Jakub	296		M-18	9	00:00:09	00:08:50	00:18:22	00:28:48	00:39:51	00:50:19.40	00:50:29.30	+00:14:25 (28.7%)	5:02	11.9 (71.3%)
100	ZAWADA Andrzej	323	ZSP1 SŁUPSK	M-50	15	00:00:19	00:08:59	00:18:16	00:28:13	00:39:08	00:50:23.80	00:50:43.15	+00:14:30 (28.8%)	5:02	11.9 (71.3%)
101	STERNKIKER Mario	281	SCHWEDTER HASEN	M-40	40	00:00:05	00:09:19	00:19:13	00:29:37	00:40:13	00:50:28.00	00:50:33.15	+00:14:34 (28.9%)	5:02	11.9 (71.3%)
102	RUDZIŃSKI Bronisław	263		M-60	4	00:00:09	00:09:13	00:19:14	00:29:49	00:40:24	00:50:30.30	00:50:39.55	+00:14:36 (28.9%)	5:03	11.9 (71.3%)
103	KOZŁOWIECKI Waldemar	186	TKKF KOSZALIN	M-60	5	00:00:20	00:09:40	00:19:41	00:29:56	00:40:17	00:50:32.40	00:50:52.55	+00:14:38 (29.0%)	5:03	11.9 (71.3%)
104	KUSZYŃSKI Dariusz	197		M-30	34	00:00:16	00:09:57	00:19:54	00:30:09	00:40:34	00:50:34.80	00:50:51.60	+00:14:41 (29.0%)	5:03	11.9 (71.3%)
105	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%)
106	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%)
107	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%)
108	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
121	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%)

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			
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
127	GÓRA Roman	145	BRAK	M-50	20	00:00:11	00:10:22	00:21:07	00:31:57	00:42:46	00:53:04.30	00:53:15.60	+00:17:10 (32.4%)	5:18	11.3 (67.7%)
129	BOŚ Grzegorz	114		M-30	44	00:00:12	00:10:04	00:20:27	00:31:19	00:42:30	00:53:12.45	00:53:24.55	+00:17:18 (32.5%)	5:19	11.3 (67.7%)
130	KOWALSKI Roman	185	KOSPEL	M-30	45	00:00:10	00:09:37	00:19:57	00:30:48	00:42:04	00:53:20.00	00:53:30.45	+00:17:26 (32.7%)	5:20	11.3 (67.7%)
131	ROGAŁSKI Roberto	333	TKKF KOSZALIN	M-30	46	00:00:08	00:09:08	00:19:25	00:30:10	00:41:39	00:53:33.45	00:53:41.80	+00:17:39 (33.0%)	5:21	11.2 (67.1%)
132	JUSZCZAK Krzysztof	166		M-60	7	00:00:23	00:09:37	00:20:08	00:31:06	00:42:27	00:53:39.00	00:54:02.45	+00:17:45 (33.1%)	5:21	11.2 (67.1%)
133	MRUGALSKI Stanisław	225		M-50	21	00:00:22	00:10:20	00:20:59	00:31:47	00:42:52	00:53:46.85	00:54:09.50	+00:17:53 (33.3%)	5:22	11.2 (67.1%)
134	BUBNOWICZ Sławomir	327		M-40	48	00:00:10	00:09:27	00:19:49	00:30:55	00:42:25	00:53:48.20	00:53:58.90	+00:17:54 (33.3%)	5:22	11.2 (67.1%)
135	KUPREWICZ Grzegorz	198	JW 1223	M-30	47	00:00:13	00:09:53	00:20:15	00:31:33	00:43:01	00:53:50.95	00:54:04.20	+00:17:57 (33.3%)	5:23	11.1 (66.5%)
136	MACIĄŻEK Jarosław	205		M-30	48	00:00:14	00:11:19	00:22:01	00:32:48	00:43:35	00:53:56.15	00:54:10.75	+00:18:02 (33.5%)	5:23	11.1 (66.5%)
137	RETERSKI Przemysław	257		M-40	49	00:00:09	00:09:51	00:20:28	00:32:07	00:43:12	00:53:59.25	00:54:09.10	+00:18:05 (33.5%)	5:24	11.1 (66.5%)
138	KAZIMIERCZAK Leszek	341	CSSP KOSZALIN	M-30	49	00:00:14	00:10:10	00:20:58	00:32:08	00:43:16	00:54:03.70	00:54:18.60	+00:18:10 (33.6%)	5:24	11.1 (66.5%)
139	KARNICKI Zygmunt	172	TKKF KOSZALIN	M-60	8	00:00:06	00:09:40	00:20:22	00:31:39	00:43:07	00:54:11.10	00:54:17.20	+00:18:17 (33.8%)	5:25	11.1 (66.5%)
140	RAPSIEWICZ Łukasz	335		M-30	50	00:00:13	00:10:49	00:21:42	00:32:31	00:43:05	00:54:15.85	00:54:29.65	+00:18:22 (33.9%)	5:25	11.1 (66.5%)
141	GRONOWSKI Cezary	352		M-40	50	00:00:15	00:10:27	00:20:51	00:31:52	00:43:22	00:54:16.10	00:54:31.20	+00:18:22 (33.9%)	5:25	11.1 (66.5%)
142	KOTLIŃSKI Krzysztof	182	GETRUCK	M-50	22	00:00:05	00:09:40	00:19:59	00:30:42	00:42:06	00:54:18.25	00:54:23.30	+00:18:24 (33.9%)	5:25	11 (65.9%)
143	KRASIŃSKI Witold	187		M-40	51	00:00:08	00:09:25	00:19:39	00:30:55	00:42:37	00:54:19.50	00:54:28.05	+00:18:26 (33.9%)	5:26	11 (65.9%)
144	KAZIMIEROWICZ Radosław	173	VTT KOSZALIN	M-30	51	00:00:11	00:09:22	00:19:44	00:31:13	00:42:46	00:54:35.75	00:54:47.65	+00:18:42 (34.3%)	5:27	11 (65.9%)
145	KOWALCZYK Piotr	183		M-30	52	00:00:09	00:09:18	00:20:11	00:31:31	00:43:07	00:54:42.60	00:54:51.60	+00:18:49 (34.4%)	5:28	11 (65.9%)
146	ĆWIKLIŃSKI Jakub	127		M-40	52	00:00:09	00:21:36	00:32:43	00:43:46		00:54:44.70	00:54:54.35	+00:18:51 (34.4%)	5:28	11 (65.9%)
147	MASTALERZ Konrad	214	DECATHLON KOSZALIN	M-18	12	00:00:08	00:10:09	00:20:29	00:31:19	00:42:52	00:54:45.00	00:54:53.05	+00:18:51 (34.4%)	5:28	11 (65.9%)

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			
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)
153	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%)
154	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%)
155	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%)
155	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%)
157	POTRZEBOWSKI Marek	249	DEAF PZG	M-30	58	00:00:07	00:10:07	00:21:08	00:33:29	00:46:29	00:58:46.45	00:58:54.35	+00:22:52 (38.9%)	5:52	10.2 (61.1%)
158	BITTNER Łukasz	110	TEAM PAPRY 20	M-40	56	00:00:13	00:10:49	00:22:06	00:33:57	00:46:20	00:59:01.60	00:59:15.40	+00:23:08 (39.2%)	5:54	10.2 (61.1%)
159	PAULIŃSKI Jan	363		M-60	9	00:00:09	00:10:50	00:23:13	00:35:51	00:47:59	00:59:57.50	01:00:06.95	+00:24:04 (40.1%)	5:59	10 (59.9%)
160	NAPIERAŁA Marcin	226		M-30	59	00:00:17	00:11:35	00:23:16	00:35:28	00:48:02	01:00:30.60	01:00:48.55	+00:24:37 (40.7%)	6:03	9.9 (59.3%)
161	BUDZIŃSKI Paweł	116		M-30	60	00:00:09	00:10:02	00:21:04	00:33:01	00:46:52	01:00:46.35	01:00:56.15	+00:24:52 (40.9%)	6:04	9.9 (59.3%)
162	HELLER Zdzisław	153	NIEZRZESZONY	M-60	10	00:00:15	00:11:03	00:23:03	00:35:24	00:48:03	01:00:49.10	01:01:04.70	+00:24:55 (41.0%)	6:04	9.9 (59.3%)
163	BINDAS Jakub	359		M-18	14	00:00:17	00:10:09	00:22:07	00:35:34	00:49:09	01:01:14.65	01:01:31.75	+00:25:21 (41.4%)	6:07	9.8 (58.7%)
164	FILIPOWICZ Marian	138	NIEZRZESZONY	M-70+	2	00:00:11	00:11:16	00:23:29	00:36:07	00:48:50	01:01:23.85	01:01:35.80	+00:25:30 (41.5%)	6:08	9.8 (58.7%)
165	HOŁÓWKA Tomasz	366	DECATHLON KOSZALIN	M-18	15	00:00:04	00:10:19	00:22:45	00:35:51	00:49:13	01:01:57.85	01:02:02.35	+00:26:04 (42.1%)	6:11	9.7 (58.1%)
166	FRASZKIEWICZ Jarosław	140		M-40	57	00:00:14	00:11:16	00:23:10	00:35:58	00:49:08	01:02:10.25	01:02:25.05	+00:26:16 (42.3%)	6:13	9.6 (57.5%)
167	FALGOWSKI Paweł	136		M-30	61	00:00:13	00:10:37	00:21:52	00:35:31	00:48:45	01:02:38.75	01:02:52.45	+00:26:45 (42.7%)	6:15	9.6 (57.5%)
168	SZYSZKOWSKI Tomasz	294	ROZBIEGANY KOSZALIN	M-30	62	00:00:07	00:11:19	00:23:37	00:36:39	00:50:09	01:03:22.90	01:03:30.70	+00:27:29 (43.4%)	6:20	9.5 (56.9%)
169	ZIELIŃSKI Jarosław	326		M-40	58	00:00:10	00:10:32	00:22:28	00:35:24	00:49:50	01:04:34.05	01:04:44.55	+00:28:40 (44.4%)	6:27	9.3 (55.7%)
170	BRZEZIŃSKI Łukasz	115		M-18	16	00:00:15	00:11:12	00:24:18	00:38:01	00:51:45	01:05:13.25	01:05:28.85	+00:29:19 (45.0%)	6:31	9.2 (55.1%)
171	KURŁOWICZ Krzysztof	350		M-30	63	00:00:06	00:10:27	00:23:51	00:37:47	00:51:52	01:05:26.60	01:05:33.05	+00:29:33 (45.2%)	6:32	9.2 (55.1%)
172	BIENIEK Daniel	360		M-18	17	00:00:17	00:11:27	00:27:29	00:42:29	00:58:55	01:14:09.00	01:14:26.95	+00:38:15 (51.6%)	7:24	8.1 (48.5%)
173	DYMEK Piotr	361		M-18	18	00:00:17	00:12:01	00:27:29	00:42:29	00:58:54	01:14:09.60	01:14:27.25	+00:38:16 (51.6%)	7:25	8.1 (48.5%)

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
	GOŃKA Krzysztof	144	DECATHLON KOSZALIN	M-18		DNF	00:08:22 DNF	00:17:25 DNF	00:28:44 DNF	00:34:37 DNF	DNF	DNF		-	- (0.0%)
	KOWALSKI Michał	355		M-18		DNF	00:09:37 DNF	00:19:54 DNF	00:30:29 DNF	00:41:03 DNF	DNF	DNF		-	- (0.0%)
	SZYMAŃSKI Łukasz	292		M-18		DNF	00:07:38 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	KOWALCZYK Marek	369		M-18		DNF	00:07:46 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)
	ROSZAK Bartosz	368		M-18		DNF	00:07:46 DNF	DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 178 wynik(ów)