

# XVI MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin  
**Data:** 2018-05-27  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 0.2km	Herk_All 2.65km	Herk_All 5.1km	Herk_All 7.55km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PAŁKA Piotr</b>	<b>403</b>		M30-39	1	00:00:29	00:09:10	00:18:23	00:27:35	<b>00:36:11.00</b>		3:37	16.6 (100%)
2	<b>ORZECZOWSKI Kamil</b>	<b>328</b>	TKKF KOSZALIN	M30-39	2	00:00:29	00:09:10	00:18:23	00:27:35	<b>00:36:14.80</b>	+00:00:03 (0.2%)	3:37	16.6 (100%)
3	<b>ZABORSKI Ryszard</b>	<b>395</b>	TKKF KOSZALIN-ORKIESTRA WOJSKOWA	M40-49	1	00:00:30	00:09:14	00:18:23	00:27:37	<b>00:36:34.00</b>	+00:00:23 (1.0%)	3:39	16.4 (98.8%)
4	<b>SIADAK Arkadiusz</b>	<b>351</b>		M30-39	3	00:00:30	00:09:17	00:18:25	00:27:46	<b>00:37:12.84</b>	+00:01:01 (2.8%)	3:43	16.1 (97.0%)
5	<b>GOLIŃSKI Łukasz</b>	<b>261</b>	K.B. SPRINT ŚWIDWIN	M30-39	4	00:00:32	00:09:50	00:19:28	00:29:12	<b>00:38:40.45</b>	+00:02:29 (6.4%)	3:52	15.5 (93.4%)
6	<b>KALETA Sebastian</b>	<b>286</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-49	2	00:00:33	00:09:49	00:19:27	00:29:12	<b>00:38:52.11</b>	+00:02:41 (6.9%)	3:53	15.4 (92.8%)
7	<b>SOBSTEŁ Krystian</b>	<b>358</b>	CIACHU CIACH PRACOWNIA RĘKODZIEŁA	M30-39	5	00:00:39	00:10:21	00:20:00	00:29:53	<b>00:39:08.71</b>	+00:02:57 (7.6%)	3:54	15.3 (92.2%)
8	<b>WOJCIECHOWICZ Jacek</b>	<b>392</b>		M40-49	3	00:00:31	00:09:47	00:19:27	00:29:22	<b>00:39:25.47</b>	+00:03:14 (8.2%)	3:56	15.2 (91.6%)
9	<b>TOKARSKI Szymon</b>	<b>376</b>		M40-49	4	00:00:40	00:10:03	00:19:45	00:29:42	<b>00:39:28.17</b>	+00:03:17 (8.3%)	3:56	15.2 (91.6%)
10	<b>STEBELSKI Jasiak</b>	<b>365</b>		M30-39	6	00:00:33	00:09:46	00:19:30	00:29:33	<b>00:39:34.53</b>	+00:03:23 (8.6%)	3:57	15.2 (91.6%)
11	<b>BURDA Robert</b>	<b>230</b>	KOSPEL	M40-49	5	00:00:34	00:10:12	00:20:08	00:30:16	<b>00:39:55.97</b>	+00:03:44 (9.4%)	3:59	15 (90.4%)
12	<b>ZWOLIŃSKI Jan</b>	<b>400</b>	TKKF KOSZALIN	M50-59	1	00:00:34	00:10:15	00:20:05	00:30:16	<b>00:40:18.25</b>	+00:04:07 (10.2%)	4:01	14.9 (89.8%)
13	<b>NAKONIECZNY Rafał</b>	<b>325</b>	TKKF KOSZALIN	M30-39	7	00:00:34	00:10:15	00:20:02	00:30:13	<b>00:40:18.34</b>	+00:04:07 (10.2%)	4:01	14.9 (89.8%)
14	<b>KUBIAK Maciej</b>	<b>302</b>	REKU	M40-49	6	00:00:35	00:10:11	00:20:16	00:30:26	<b>00:40:27.21</b>	+00:04:16 (10.6%)	4:02	14.8 (89.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk				Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.2km	2.65km	5.1km	7.55km				
15	<b>CZAPLIŃSKI Jacek</b>	<b>238</b>	TAGER KOSZALIN	M30-39	8	00:00:32	00:09:50	00:19:54	00:30:20	<b>00:40:28.31</b>	+00:04:17 (10.6%)	4:02	14.8 (89.2%)
16	<b>USTIANOWSKI Wojciech</b>	<b>378</b>	JW 1223	M30-39	9	00:00:35	00:10:17	00:20:16	00:30:26	<b>00:40:28.96</b>	+00:04:17 (10.6%)	4:02	14.8 (89.2%)
17	<b>SIENIAWSKI Jarosław</b>	<b>352</b>	MEDEN-INMED SPORTS TEAM	M40-49	7	00:00:39	00:10:24	00:20:22	00:30:32	<b>00:40:56.55</b>	+00:04:45 (11.6%)	4:05	14.7 (88.6%)
18	<b>SITOWSKI Marcin</b>	<b>353</b>	FC RYSIEK	M18-39	1	00:00:37	00:10:01	00:20:14	00:30:48	<b>00:41:06.19</b>	+00:04:55 (12.0%)	4:06	14.6 (88.0%)
19	<b>GÓRNY Norbert</b>	<b>264</b>	CSSP KOSZALIN	M40-49	8	00:00:42	00:10:31	00:20:43	00:31:07	<b>00:41:06.41</b>	+00:04:55 (12.0%)	4:06	14.6 (88.0%)
20	<b>OBOLIK Mirosław</b>	<b>327</b>		M50-59	2	00:00:34	00:10:09	00:20:20	00:30:48	<b>00:41:12.72</b>	+00:05:01 (12.2%)	4:07	14.6 (88.0%)
21	<b>KOŚCIELNIAK Robert</b>	<b>296</b>	TKKF KOSZALIN	M50-59	3	00:00:35	00:10:19	00:20:36	00:31:16	<b>00:41:17.13</b>	+00:05:06 (12.4%)	4:07	14.5 (87.3%)
22	<b>BIEDRZYCKI Krzysztof</b>	<b>216</b>	CW FANZA	M40-49	9	00:00:33	00:10:20	00:20:27	00:31:26	<b>00:41:32.93</b>	+00:05:21 (12.9%)	4:09	14.4 (86.7%)
23	<b>SOBCZYK Łukasz</b>	<b>357</b>	KOŁOBRZEG BIEGA	M40-49	10	00:00:36	00:10:34	00:21:02	00:31:49	<b>00:42:24.36</b>	+00:06:13 (14.7%)	4:14	14.2 (85.5%)
24	<b>SMAGOWSKI Wojciech</b>	<b>356</b>	KB SPRINT ŚWIDWIN	M40-49	11	00:00:33	00:10:16	00:20:45	00:31:42	<b>00:42:27.57</b>	+00:06:16 (14.8%)	4:14	14.1 (84.9%)
25	<b>KORZENIOWSKI Sylwester</b>	<b>295</b>	JW 1223	M40-49	12	00:00:34	00:10:32	00:21:06	00:32:06	<b>00:42:35.31</b>	+00:06:24 (15.0%)	4:15	14.1 (84.9%)
26	<b>SZYMCZAK Michał</b>	<b>371</b>		M30-39	10	00:00:32	00:10:37	00:21:08	00:31:57	<b>00:42:41.68</b>	+00:06:30 (15.3%)	4:16	14.1 (84.9%)
27	<b>HESSEL Lars</b>	<b>269</b>	SV TURBINE NEUBRANDENBURG	M50-59	4	00:00:40	00:10:56	00:21:32	00:32:12	<b>00:42:53.35</b>	+00:06:42 (15.6%)	4:17	14 (84.3%)
28	<b>MAZUR Emiliusz</b>	<b>316</b>	ŻYJ Z ENERGIA	M40-49	13	00:00:36	00:10:56	00:21:41	00:32:26	<b>00:42:58.99</b>	+00:06:47 (15.8%)	4:17	14 (84.3%)
29	<b>ROKOSZ Radosław</b>	<b>346</b>	8 KOSZALIŃSKI PUŁK PRZECIWLOTNICZY	M30-39	11	00:00:36	00:10:24	00:20:55	00:31:55	<b>00:43:11.33</b>	+00:07:00 (16.2%)	4:19	13.9 (83.7%)
30	<b>BIEDRZYCKI Andrzej</b>	<b>217</b>	OSP STARY BOREK	M60-69	1	00:00:34	00:10:33	00:21:07	00:32:11	<b>00:43:17.15</b>	+00:07:06 (16.4%)	4:19	13.9 (83.7%)
31	<b>MAKSYMOWICZ Kornelia</b>	<b>310</b>		K30-39	1	00:00:39	00:11:17	00:22:05	00:33:10	<b>00:44:02.26</b>	+00:07:51 (17.8%)	4:24	13.6 (81.9%)
32	<b>BRZozowski Piotr</b>	<b>227</b>	BIEGAJĄCY TCZEW	M40-49	14	00:00:33	00:10:15	00:20:41	00:31:23	<b>00:44:10.29</b>	+00:07:59 (18.1%)	4:25	13.6 (81.9%)
33	<b>MOKSA Dariusz</b>	<b>321</b>		M18-39	2	00:00:35	00:10:16	00:20:52	00:32:33	<b>00:44:12.15</b>	+00:08:01 (18.1%)	4:25	13.6 (81.9%)
34	<b>KONKEL Agnieszka</b>	<b>292</b>		K30-39	2	00:00:40	00:11:28	00:22:12	00:33:16	<b>00:44:16.35</b>	+00:08:05 (18.3%)	4:25	13.6 (81.9%)
35	<b>CHOŁUJ Jarosław</b>	<b>235</b>	ROZBIEGANY KOSZALIN	M40-49	15	00:00:41	00:11:13	00:22:06	00:33:17	<b>00:44:26.75</b>	+00:08:15 (18.6%)	4:26	13.5 (81.3%)
36	<b>PYPŁACZ Krystian</b>	<b>342</b>	ATMAN RUNNERS	M40-49	16	00:00:35	00:10:34	00:21:10	00:32:51	<b>00:44:29.93</b>	+00:08:18 (18.7%)	4:26	13.5 (81.3%)
37	<b>WIECZOREK Łukasz</b>	<b>406</b>		M18-39	3	00:00:39	00:11:01	00:22:02	00:33:44	<b>00:44:46.50</b>	+00:08:35 (19.2%)	4:28	13.4 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk				Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.2km	2.65km	5.1km	7.55km				
38	<b>OKOŁOTOWICZ Sebastian</b>	<b>410</b>		M30-39	12	00:00:48	00:10:56	00:21:16	00:32:48	<b>00:44:47.34</b>	+00:08:36 (19.2%)	4:28	13.4 (80.7%)
39	<b>BADLIK Marcin</b>	<b>213</b>	IPA REGION PRZEMYŚL	M40-49	17	00:00:34	00:11:20	00:22:42	00:34:01	<b>00:44:48.34</b>	+00:08:37 (19.2%)	4:28	13.4 (80.7%)
40	<b>LEWANDOWSKI Jacek</b>	<b>307</b>		M40-49	18	00:00:43	00:11:36	00:22:51	00:34:24	<b>00:45:33.86</b>	+00:09:22 (20.6%)	4:33	13.2 (79.5%)
41	<b>GOŁDYN Marek</b>	<b>262</b>	TKKF KOSZALIN	M30-39	13	00:00:43	00:12:02	00:23:25	00:34:49	<b>00:45:47.74</b>	+00:09:36 (21.0%)	4:34	13.1 (78.9%)
42	<b>MUCHA Krzysztof</b>	<b>323</b>		M40-49	19	00:00:40	00:11:30	00:22:44	00:34:22	<b>00:45:49.46</b>	+00:09:38 (21.0%)	4:34	13.1 (78.9%)
43	<b>JAMNIAK Bartosz</b>	<b>271</b>	TKKF KOSZALIN	M30-39	14	00:00:35	00:11:12	00:22:38	00:34:15	<b>00:45:51.45</b>	+00:09:40 (21.1%)	4:35	13.1 (78.9%)
44	<b>DZIUBA Leszek</b>	<b>252</b>	KB DZIESIĄTKA BIAŁOGARD	M60-69	2	00:00:43	00:11:53	00:23:12	00:34:40	<b>00:46:01.07</b>	+00:09:50 (21.4%)	4:36	13 (78.3%)
45	<b>MŁASZEWSKI Przemek</b>	<b>320</b>	TEAM HOLIDAY SPORT	M30-39	15	00:00:37	00:11:28	00:22:48	00:34:32	<b>00:46:17.67</b>	+00:10:06 (21.8%)	4:37	13 (78.3%)
46	<b>CHORAŻY Karolina</b>	<b>236</b>	LEO-TEAM	K18-29	1	00:00:45	00:12:11	00:23:30	00:34:51	<b>00:46:21.16</b>	+00:10:10 (21.9%)	4:38	12.9 (77.7%)
47	<b>PROTASEWICZ Andrzej</b>	<b>337</b>	SŁAWNO	M40-49	20	00:00:41	00:11:51	00:23:15	00:35:03	<b>00:46:22.30</b>	+00:10:11 (22.0%)	4:38	12.9 (77.7%)
48	<b>JÓZEFIAK Adrian</b>	<b>281</b>		M30-39	16	00:00:44	00:11:51	00:23:16	00:34:56	<b>00:46:27.54</b>	+00:10:16 (22.1%)	4:38	12.9 (77.7%)
49	<b>PAJĄK Zbigniew</b>	<b>330</b>		M18-39	4	00:00:47	00:11:52	00:23:17	00:35:03	<b>00:46:30.79</b>	+00:10:19 (22.2%)	4:39	12.9 (77.7%)
50	<b>PUŚCIAN Krzysztof</b>	<b>340</b>	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	21	00:00:42	00:11:56	00:23:20	00:34:52	<b>00:46:34.61</b>	+00:10:23 (22.3%)	4:39	12.9 (77.7%)
51	<b>ŁOPIŃSKI Piotr</b>	<b>308</b>	FSD	M30-39	17	00:00:42	00:11:53	00:23:21	00:35:06	<b>00:46:43.38</b>	+00:10:32 (22.6%)	4:40	12.8 (77.1%)
52	<b>FIŁONOWICZ Monika</b>	<b>255</b>		K40-49	1	00:00:39	00:11:47	00:23:11	00:34:55	<b>00:46:46.22</b>	+00:10:35 (22.6%)	4:40	12.8 (77.1%)
53	<b>ROGOŻA Ireneusz</b>	<b>345</b>		M40-49	22	00:00:42	00:11:51	00:23:26	00:35:09	<b>00:46:47.68</b>	+00:10:36 (22.7%)	4:40	12.8 (77.1%)
54	<b>NACHYŁA Paweł</b>	<b>324</b>	DZIKI KOSZALIN	M30-39	18	00:00:40	00:11:14	00:22:44	00:34:56	<b>00:46:49.90</b>	+00:10:38 (22.7%)	4:40	12.8 (77.1%)
55	<b>STAWISZYŃSKI Jarek</b>	<b>364</b>	FORUM ROZWOJU KOSZALINA	M30-39	19	00:00:49	00:12:09	00:23:45	00:35:33	<b>00:46:53.09</b>	+00:10:42 (22.8%)	4:41	12.8 (77.1%)
56	<b>KAJKOWSKI Rafał</b>	<b>285</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	23	00:00:43	00:11:45	00:23:15	00:35:07	<b>00:47:05.92</b>	+00:10:54 (23.2%)	4:42	12.7 (76.5%)
57	<b>MARCINIAK Maciej</b>	<b>413</b>		M30-39	20	00:00:32	00:11:10	00:22:39	00:34:47	<b>00:47:11.29</b>	+00:11:00 (23.3%)	4:43	12.7 (76.5%)
58	<b>SOŁTYS Rafał</b>	<b>359</b>		M30-39	21	00:00:36	00:10:53	00:22:44	00:35:08	<b>00:47:34.16</b>	+00:11:23 (23.9%)	4:45	12.6 (75.9%)
59	<b>HAMALA Marcin</b>	<b>267</b>	TAGER	M30-39	22	00:00:53	00:12:05	00:23:37	00:35:43	<b>00:47:44.57</b>	+00:11:33 (24.2%)	4:46	12.6 (75.9%)
60	<b>PIECHOTA Robert</b>	<b>334</b>	ROBIEGANY KOSZALIN	M40-49	24	00:00:35	00:11:35	00:23:06	00:35:42	<b>00:47:44.94</b>	+00:11:33 (24.2%)	4:46	12.6 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk				Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.2km	2.65km	5.1km	7.55km				
61	<b>RÓG Michał</b>	<b>347</b>		M30-39	23	00:00:53	00:12:50	00:24:56	00:36:52	<b>00:48:04.05</b>	+00:11:53 (24.7%)	4:48	12.5 (75.3%)
62	<b>STRZELECKI Zbigniew</b>	<b>367</b>	KORZYBSKIE REKINY	M60-69	3	00:00:44	00:12:25	00:24:15	00:36:17	<b>00:48:05.25</b>	+00:11:54 (24.8%)	4:48	12.5 (75.3%)
63	<b>MICERSKI Tomasz</b>	<b>318</b>	TKKF KOSZALIN	M40-49	25	00:00:38	00:11:44	00:23:27	00:35:52	<b>00:48:07.93</b>	+00:11:56 (24.8%)	4:48	12.5 (75.3%)
64	<b>WOJCIECHOWSKA-HRYCYK Agata</b>	<b>409</b>		K50-59	1	00:00:38	00:11:59	00:23:55	00:36:04	<b>00:48:16.30</b>	+00:12:05 (25.0%)	4:49	12.4 (74.7%)
65	<b>GAJEK Artur</b>	<b>257</b>	KORZYBSKIE REKINY	M40-49	26	00:00:44	00:12:28	00:24:21	00:36:21	<b>00:48:17.42</b>	+00:12:06 (25.1%)	4:49	12.4 (74.7%)
66	<b>DEMBICKI Daniel</b>	<b>241</b>		M40-49	27	00:00:44	00:12:11	00:24:10	00:36:19	<b>00:48:26.97</b>	+00:12:15 (25.3%)	4:50	12.4 (74.7%)
67	<b>WILKOWSKI Krzysztof</b>	<b>389</b>		M30-39	24	00:00:48	00:12:48	00:24:51	00:36:57	<b>00:48:35.23</b>	+00:12:24 (25.5%)	4:51	12.3 (74.1%)
68	<b>CHUDZIK Zbigniew</b>	<b>237</b>	TKKF KOSZALIN	M50-59	5	00:00:43	00:12:23	00:24:14	00:36:31	<b>00:48:37.01</b>	+00:12:26 (25.6%)	4:51	12.3 (74.1%)
69	<b>KRUPIŃSKI Krzysztof</b>	<b>300</b>	E-UROLOG.EU	M50-59	6	00:00:42	00:12:04	00:23:56	00:36:24	<b>00:48:38.68</b>	+00:12:27 (25.6%)	4:51	12.3 (74.1%)
70	<b>WIATRZYK Krzysztof</b>	<b>383</b>	DARŁOWO	M40-49	28	00:00:42	00:11:55	00:23:44	00:36:13	<b>00:48:41.47</b>	+00:12:30 (25.7%)	4:52	12.3 (74.1%)
71	<b>ZIELIŃSKI Grzegorz</b>	<b>398</b>		M60-69	4	00:00:39	00:12:08	00:24:14	00:36:46	<b>00:49:01.14</b>	+00:12:50 (26.2%)	4:54	12.2 (73.5%)
72	<b>STASIOROWSKI Sebastian</b>	<b>362</b>		M30-39	25	00:00:47	00:11:45	00:23:38	00:36:21	<b>00:49:03.87</b>	+00:12:52 (26.3%)	4:54	12.2 (73.5%)
73	<b>SZYMCZEWSKI Dariusz</b>	<b>372</b>		M50-59	7	00:00:55	00:12:48	00:24:51	00:37:05	<b>00:49:06.97</b>	+00:12:55 (26.3%)	4:54	12.2 (73.5%)
74	<b>BORYS Justyna</b>	<b>225</b>		K30-39	3	00:00:43	00:12:24	00:24:14	00:36:47	<b>00:49:17.51</b>	+00:13:06 (26.6%)	4:55	12.2 (73.5%)
75	<b>WIELOCH Radosław</b>	<b>387</b>		M18-39	5	00:00:44	00:12:02	00:24:05	00:36:48	<b>00:49:25.28</b>	+00:13:14 (26.8%)	4:56	12.1 (72.9%)
76	<b>DOMAŃSKI Andrzej</b>	<b>247</b>		M40-49	29	00:00:44	00:11:30	00:23:17	00:36:08	<b>00:49:30.86</b>	+00:13:19 (26.9%)	4:57	12.1 (72.9%)
77	<b>KAŻMIERCZAK Robert</b>	<b>289</b>		M40-49	30	00:00:38	00:12:21	00:24:55	00:37:36	<b>00:49:37.63</b>	+00:13:26 (27.1%)	4:57	12.1 (72.9%)
78	<b>KWIETNIEWSKI Daniel</b>	<b>306</b>		M30-39	26	00:00:56	00:12:22	00:24:23	00:36:56	<b>00:49:39.42</b>	+00:13:28 (27.1%)	4:57	12.1 (72.9%)
79	<b>KOŁODZIEJ Jakub</b>	<b>291</b>		M30-39	27	00:00:48	00:12:48	00:24:58	00:37:29	<b>00:49:43.10</b>	+00:13:32 (27.2%)	4:58	12.1 (72.9%)
80	<b>BUDZIŃSKI Paweł</b>	<b>228</b>	DRUŻYNA SZPIKU	M30-39	28	00:00:44	00:12:35	00:24:48	00:37:29	<b>00:49:43.63</b>	+00:13:32 (27.2%)	4:58	12.1 (72.9%)
81	<b>GAŁECKI Jacek</b>	<b>258</b>	KARLINO BIEGAJ	M50-59	8	00:00:36	00:11:22	00:23:22	00:36:48	<b>00:49:49.63</b>	+00:13:38 (27.4%)	4:58	12 (72.3%)
82	<b>BARUTOWICZ Grzegorz</b>	<b>215</b>		M30-39	29	00:00:49	00:12:22	00:24:18	00:36:59	<b>00:49:55.50</b>	+00:13:44 (27.5%)	4:59	12 (72.3%)
83	<b>BURKIET Marek</b>	<b>231</b>	JW1223	M40-49	31	00:00:45	00:12:00	00:23:42	00:36:32	<b>00:50:00.84</b>	+00:13:49 (27.7%)	5:00	12 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk				Czas netto	Różn	Tempo min/km	Tempo km/h
						0.2km	2.65km	5.1km	7.55km	10km			
84	<b>RETERSKI Damian</b>	<b>344</b>		M18-39	6	00:00:48	00:12:03	00:24:03	00:37:00	<b>00:50:04.18</b>	+00:13:53 (27.7%)	5:00	12 (72.3%)
85	<b>ZAWADA Andrzej</b>	<b>397</b>		M50-59	9	00:00:41	00:12:22	00:24:33	00:37:23	<b>00:50:12.51</b>	+00:14:01 (27.9%)	5:01	12 (72.3%)
86	<b>WIECZOREK Jacek</b>	<b>408</b>		M30-39	30	00:00:49	00:12:19	00:24:40	00:37:24	<b>00:50:25.92</b>	+00:14:14 (28.3%)	5:02	11.9 (71.7%)
87	<b>KWIDZIŃSKI Michał</b>	<b>305</b>		M30-39	31	00:00:59	00:13:39	00:26:06	00:38:49	<b>00:50:27.62</b>	+00:14:16 (28.3%)	5:02	11.9 (71.7%)
88	<b>RUTKOWSKI Artur</b>	<b>349</b>		M18-39	7	00:00:38	00:11:41	00:23:59	00:37:19	<b>00:50:31.58</b>	+00:14:20 (28.4%)	5:03	11.9 (71.7%)
89	<b>ALABA Jerzy</b>	<b>211</b>		M50-59	10	00:00:51	00:12:24	00:24:28	00:37:19	<b>00:50:34.63</b>	+00:14:23 (28.5%)	5:03	11.9 (71.7%)
90	<b>JARZĄBEK Magdalena</b>	<b>276</b>	KOSPEL	K18-29	2	00:00:57	00:12:27	00:24:58	00:37:56	<b>00:50:42.39</b>	+00:14:31 (28.6%)	5:04	11.8 (71.1%)
91	<b>DZIESZUK Dariusz</b>	<b>250</b>	TKKF KOSZALIN	M50-59	11	00:00:47	00:13:18	00:25:50	00:38:29	<b>00:51:07.12</b>	+00:14:56 (29.2%)	5:06	11.7 (70.5%)
92	<b>SZOSTAK Piotr</b>	<b>370</b>		M40-49	32	00:00:48	00:12:27	00:24:48	00:37:48	<b>00:51:10.03</b>	+00:14:59 (29.3%)	5:07	11.7 (70.5%)
93	<b>DERLIŃSKI Adam</b>	<b>243</b>	TORNADO KOSZALIN	M40-49	33	00:00:49	00:12:53	00:25:33	00:38:36	<b>00:51:13.73</b>	+00:15:02 (29.4%)	5:07	11.7 (70.5%)
94	<b>KICIŃSKI Filip</b>	<b>290</b>	PATUS TUUS	M18-39	8	00:00:43	00:11:47	00:24:04	00:37:01	<b>00:51:16.40</b>	+00:15:05 (29.4%)	5:07	11.7 (70.5%)
95	<b>ZIENOWICZ Michał</b>	<b>399</b>		M18-39	9	00:00:47	00:12:34	00:25:14	00:38:37	<b>00:51:21.36</b>	+00:15:10 (29.5%)	5:08	11.7 (70.5%)
96	<b>BITRYCH Jakub</b>	<b>220</b>		M18-39	10	00:00:48	00:12:34	00:25:15	00:38:37	<b>00:51:21.49</b>	+00:15:10 (29.5%)	5:08	11.7 (70.5%)
97	<b>BUXBAUMER Klaudia</b>	<b>234</b>		K18-29	3	00:00:57	00:12:26	00:25:00	00:38:39	<b>00:51:35.85</b>	+00:15:24 (29.9%)	5:09	11.6 (69.9%)
98	<b>KONKEL Łukasz</b>	<b>293</b>		M30-39	32	00:00:42	00:12:31	00:24:55	00:38:11	<b>00:51:38.53</b>	+00:15:27 (29.9%)	5:09	11.6 (69.9%)
99	<b>JASIŃSKI Cezary</b>	<b>277</b>	MNBC	M40-49	34	00:00:46	00:12:47	00:25:38	00:38:46	<b>00:51:40.33</b>	+00:15:29 (30.0%)	5:10	11.6 (69.9%)
100	<b>DOMAŃSKI Adam</b>	<b>246</b>		M40-49	35	00:00:57	00:13:39	00:26:22	00:39:25	<b>00:51:51.98</b>	+00:15:40 (30.2%)	5:11	11.6 (69.9%)
101	<b>STASZACZEK Arkadiusz</b>	<b>361</b>		M18-39	11	00:00:35	00:11:17	00:24:12	00:38:17	<b>00:52:12.86</b>	+00:16:01 (30.7%)	5:13	11.5 (69.3%)
102	<b>ANTKOWIAK Sebastian</b>	<b>212</b>	DB - ACTIVE	M40-49	36	00:00:47	00:12:46	00:25:22	00:38:43	<b>00:52:40.17</b>	+00:16:29 (31.3%)	5:16	11.4 (68.7%)
103	<b>KACZMAREK Łukasz</b>	<b>284</b>	WOJOWNICY WÓDY	M30-39	33	00:00:40	00:12:22	00:25:34	00:39:17	<b>00:52:48.05</b>	+00:16:37 (31.5%)	5:16	11.4 (68.7%)
104	<b>WRÓBLEWSKA Marta</b>	<b>394</b>		K40-49	2	00:01:00	00:13:25	00:26:21	00:39:40	<b>00:52:50.01</b>	+00:16:39 (31.5%)	5:17	11.4 (68.7%)
105	<b>POŁUMACKANYCZ Małgorzata</b>	<b>336</b>		K30-39	4	00:00:41	00:12:42	00:25:38	00:39:20	<b>00:53:06.70</b>	+00:16:55 (31.9%)	5:18	11.3 (68.1%)
106	<b>KAZIMIERCZAK Leszek</b>	<b>288</b>	CSSP	M30-39	34	00:00:54	00:13:28	00:26:32	00:40:05	<b>00:53:15.58</b>	+00:17:04 (32.1%)	5:19	11.3 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk				Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.2km	2.65km	5.1km	7.55km				
107	<b>SZCZUBULEWSKI Martin</b>	<b>368</b>		M18-39	12	00:00:41	00:11:30	00:24:19	00:39:13	<b>00:53:20.71</b>	+00:17:09 (32.2%)	5:20	11.3 (68.1%)
108	<b>SZYNKARUK Marek</b>	<b>411</b>		M30-39	35	00:01:00	00:14:14	00:27:41	00:40:38	<b>00:53:34.22</b>	+00:17:23 (32.5%)	5:21	11.2 (67.5%)
109	<b>KOZLOWIECKI Waldek</b>	<b>298</b>	TKKF KOSZALIN	M60-69	5	00:00:57	00:14:57	00:27:53	00:41:09	<b>00:53:38.12</b>	+00:17:27 (32.5%)	5:21	11.2 (67.5%)
110	<b>RYCHLIŃSKI Damian</b>	<b>350</b>		M30-39	36	00:00:48	00:13:06	00:26:28	00:40:23	<b>00:53:40.92</b>	+00:17:29 (32.6%)	5:22	11.2 (67.5%)
111	<b>SZYSZKOWSKI Tomasz</b>	<b>374</b>	ROZBIEGANY KOSZALIN	M30-39	37	00:00:51	00:13:45	00:26:54	00:40:16	<b>00:53:41.15</b>	+00:17:30 (32.6%)	5:22	11.2 (67.5%)
112	<b>KAMIŃSKI Tomasz</b>	<b>287</b>	JW 1223	M40-49	37	00:00:51	00:12:38	00:25:35	00:39:43	<b>00:53:45.56</b>	+00:17:34 (32.7%)	5:22	11.2 (67.5%)
113	<b>STĘPIEŃ Kamil</b>	<b>366</b>		M18-39	13	00:00:39	00:11:28	00:24:19	00:38:17	<b>00:53:53.98</b>	+00:17:42 (32.9%)	5:23	11.1 (66.9%)
114	<b>BUTOWICZ Adam</b>	<b>233</b>		M50-59	12	00:00:42	00:13:21	00:26:38	00:40:22	<b>00:53:54.53</b>	+00:17:43 (32.9%)	5:23	11.1 (66.9%)
115	<b>KONKEL Joanna</b>	<b>294</b>	MKS 'ŚWIĘC' SŁAWNO	K50-59	2	00:00:46	00:13:32	00:26:38	00:40:22	<b>00:53:55.09</b>	+00:17:44 (32.9%)	5:23	11.1 (66.9%)
116	<b>MAŃKIEWICZ Konrad</b>	<b>313</b>		M30-39	38	00:00:55	00:13:58	00:26:41	00:40:15	<b>00:53:56.60</b>	+00:17:45 (32.9%)	5:23	11.1 (66.9%)
117	<b>MOTYCZYŃSKA Patrycja</b>	<b>322</b>		K18-29	4	00:00:52	00:13:46	00:26:55	00:40:38	<b>00:54:02.70</b>	+00:17:51 (33.0%)	5:24	11.1 (66.9%)
118	<b>MAŁKOWSKI Tomasz</b>	<b>312</b>		M30-39	39	00:00:49	00:13:46	00:26:55	00:40:38	<b>00:54:02.80</b>	+00:17:51 (33.1%)	5:24	11.1 (66.9%)
119	<b>KRYSTOSIK Paulina</b>	<b>301</b>	WIECZORNE BIEGANIE W SZCZECINIE DYSTANS 8 KM	K18-29	5	00:00:46	00:15:25	00:34:56	00:44:43	<b>00:54:05.75</b>	+00:17:54 (33.1%)	5:24	11.1 (66.9%)
120	<b>ZAKUTYŃSKA-KOWALCZYK Karolina</b>	<b>396</b>		K40-49	3	00:00:50	00:13:47	00:27:00	00:40:55	<b>00:54:32.69</b>	+00:18:21 (33.7%)	5:27	11 (66.3%)
121	<b>KULAWIŃSKI Marek</b>	<b>304</b>		M40-49	38	00:01:02	00:13:50	00:26:35	00:40:15	<b>00:54:34.73</b>	+00:18:23 (33.7%)	5:27	11 (66.3%)
122	<b>WAJDA Waldemar</b>	<b>380</b>	BORNE BIEGA	M40-49	39	00:01:00	00:14:14	00:27:41	00:41:12	<b>00:54:48.56</b>	+00:18:37 (34.0%)	5:28	10.9 (65.7%)
123	<b>BOGACKA Lucyna</b>	<b>222</b>	TKKF KOSZALIN	K50-59	3	00:00:49	00:13:54	00:27:25	00:41:09	<b>00:54:55.30</b>	+00:18:44 (34.1%)	5:29	10.9 (65.7%)
124	<b>BOGACKI Tomasz</b>	<b>223</b>	TKKF KOSZALIN	M50-59	13	00:00:49	00:13:54	00:27:25	00:41:09	<b>00:54:55.67</b>	+00:18:44 (34.1%)	5:29	10.9 (65.7%)
125	<b>JUCHNO Bartosz</b>	<b>282</b>		M18-39	14	00:00:40	00:12:24	00:25:48	00:40:31	<b>00:55:01.83</b>	+00:18:50 (34.2%)	5:30	10.9 (65.7%)
126	<b>DROZDOWSKI Marcin</b>	<b>248</b>	ZABIEGANY MORPOL	M18-39	15	00:00:42	00:11:15	00:22:47	00:34:58	<b>00:55:15.25</b>	+00:19:04 (34.5%)	5:31	10.9 (65.7%)
127	<b>WIEDUWILT Anke</b>	<b>386</b>	SV TURBINE NEUBRANDENBURG	K50-59	4	00:00:57	00:14:02	00:27:54	00:41:44	<b>00:55:22.78</b>	+00:19:11 (34.7%)	5:32	10.8 (65.1%)
128	<b>KOWALCZYK Piotr</b>	<b>297</b>		M30-39	40	00:00:47	00:13:20	00:26:49	00:41:06	<b>00:55:28.27</b>	+00:19:17 (34.8%)	5:32	10.8 (65.1%)
129	<b>MAZUR Mirosław</b>	<b>317</b>		M40-49	40	00:00:56	00:14:15	00:27:54	00:41:54	<b>00:55:31.54</b>	+00:19:20 (34.8%)	5:33	10.8 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk				Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.2km	2.65km	5.1km	7.55km				
130	<b>RETERSKI Przemysław</b>	<b>343</b>		M40-49	41	00:00:51	00:13:55	00:27:53	00:41:55	<b>00:55:32.50</b>	+00:19:21 (34.9%)	5:33	10.8 (65.1%)
131	<b>DĘBSKI Damian</b>	<b>244</b>		M30-39	41	00:01:02	00:14:22	00:28:27	00:42:08	<b>00:55:33.36</b>	+00:19:22 (34.9%)	5:33	10.8 (65.1%)
132	<b>GRAJ Joanna</b>	<b>265</b>		K18-29	6	00:00:59	00:14:15	00:27:52	00:41:48	<b>00:55:52.94</b>	+00:19:41 (35.3%)	5:35	10.7 (64.5%)
133	<b>MASTALERZ Konrad</b>	<b>405</b>	DECATHLON KOSZALIN	M18-39	16	00:00:57	00:14:23	00:28:08	00:42:08	<b>00:56:05.74</b>	+00:19:54 (35.5%)	5:36	10.7 (64.5%)
134	<b>WĘCŁAWIAK Marek</b>	<b>382</b>		M40-49	42	00:00:57	00:13:54	00:27:25	00:41:33	<b>00:56:06.95</b>	+00:19:55 (35.5%)	5:36	10.7 (64.5%)
135	<b>JANUSZEWSKI Jacek</b>	<b>273</b>	17 WOG KOSZALIN	M50-59	14	00:00:58	00:14:27	00:28:02	00:41:59	<b>00:56:07.43</b>	+00:19:56 (35.5%)	5:36	10.7 (64.5%)
136	<b>GREMBLEWSKI Darek</b>	<b>266</b>		M40-49	43	00:00:44	00:12:50	00:27:01	00:36:13	<b>00:56:17.36</b>	+00:20:06 (35.7%)	5:37	10.7 (64.5%)
137	<b>JAROSZ Jakub</b>	<b>275</b>	TKKF KOSZALIN	M18-39	17	00:00:40	00:13:54	00:26:09	00:41:10	<b>00:56:19.57</b>	+00:20:08 (35.8%)	5:37	10.7 (64.5%)
138	<b>MALINOWSKA-BURDA Aleksandra</b>	<b>311</b>		K18-29	7	00:00:59	00:14:14	00:27:54	00:42:21	<b>00:56:22.68</b>	+00:20:11 (35.8%)	5:38	10.6 (63.9%)
139	<b>DZIUBA Monika</b>	<b>251</b>		K30-39	5	00:00:48	00:14:10	00:28:06	00:42:34	<b>00:56:33.35</b>	+00:20:22 (36.0%)	5:39	10.6 (63.9%)
140	<b>BILL Łukasz</b>	<b>219</b>		M30-39	42	00:01:01	00:14:27	00:28:24	00:42:39	<b>00:56:43.81</b>	+00:20:32 (36.2%)	5:40	10.6 (63.9%)
141	<b>PODSIADŁO Marcin</b>	<b>335</b>		M40-49	44	00:00:48	00:13:29	00:27:03	00:41:57	<b>00:56:57.60</b>	+00:20:46 (36.5%)	5:41	10.5 (63.3%)
142	<b>SZYSZ Kajetan</b>	<b>373</b>		M18-39	18	00:00:44	00:12:12	00:25:06	00:41:12	<b>00:56:58.11</b>	+00:20:47 (36.5%)	5:41	10.5 (63.3%)
143	<b>WŁODARCZYK Józef</b>	<b>391</b>		M60-69	6	00:00:47	00:13:26	00:27:05	00:42:02	<b>00:57:20.66</b>	+00:21:09 (36.9%)	5:44	10.5 (63.3%)
144	<b>JANICKA Katarzyna</b>	<b>272</b>	GIPO TEAM / TKKF KOSZALIN	K30-39	6	00:00:51	00:13:55	00:27:53	00:43:01	<b>00:57:23.00</b>	+00:21:12 (36.9%)	5:44	10.5 (63.3%)
145	<b>KRASIŃSKI Witold</b>	<b>299</b>	JW 1223	M40-49	45	00:00:54	00:13:58	00:28:08	00:43:17	<b>00:58:11.17</b>	+00:22:00 (37.8%)	5:49	10.3 (62.0%)
146	<b>WĄSOWICZ Anna</b>	<b>381</b>		K30-39	7	00:00:58	00:14:00	00:28:02	00:43:41	<b>00:58:18.52</b>	+00:22:07 (37.9%)	5:49	10.3 (62.0%)
147	<b>BRZozowska Monika</b>	<b>226</b>	BIEGAJĄCY TCZEW	K40-49	4	00:00:53	00:14:51	00:29:30	00:44:31	<b>00:59:20.15</b>	+00:23:09 (39.0%)	5:56	10.1 (60.8%)
148	<b>SZEWCZYK Paulina</b>	<b>369</b>		K18-29	8	00:00:47	00:14:42	00:29:58	00:45:40	<b>01:00:50.88</b>	+00:24:39 (40.5%)	6:05	9.9 (59.6%)
149	<b>HELLER Zdzisław</b>	<b>268</b>		M60-69	7	00:00:59	00:15:35	00:30:40	00:45:56	<b>01:00:58.54</b>	+00:24:47 (40.7%)	6:05	9.8 (59.0%)
150	<b>WACHHOLZ Beata</b>	<b>379</b>	KB BRYZA POSTOMINO	K40-49	5	00:00:57	00:14:54	00:30:00	00:45:34	<b>01:00:58.64</b>	+00:24:47 (40.7%)	6:05	9.8 (59.0%)
151	<b>HRYCIÓW Paweł</b>	<b>270</b>	JW1223	M30-39	43	00:00:59	00:14:04	00:29:08	00:45:15	<b>01:01:26.30</b>	+00:25:15 (41.1%)	6:08	9.8 (59.0%)
152	<b>WIERZBICKI Kacper</b>	<b>388</b>	ŁUBUDUBU PREZES KLUBU	M18-39	19	00:00:58	00:14:22	00:29:08	00:45:15	<b>01:01:26.32</b>	+00:25:15 (41.1%)	6:08	9.8 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All				Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.2km	2.65km	5.1km	7.55km				
153	DUDKIEWICZ Leszek	249	TKKF KOSZALIN	M60-69	8	00:00:57	00:14:56	00:29:50	00:46:00	<b>01:01:44.21</b>	+00:25:33 (41.4%)	6:10	9.7 (58.4%)
154	PTASZYŃSKA Katarzyna	339	KOLOBRZEG MARATON TEAM	K60+	1	00:01:00	00:15:24	00:30:22	00:45:37	<b>01:01:45.22</b>	+00:25:34 (41.4%)	6:10	9.7 (58.4%)
155	MARKOWSKA Iwona	412		K40-49	6	00:00:46	00:14:41	00:30:14	00:46:21	<b>01:01:46.51</b>	+00:25:35 (41.4%)	6:10	9.7 (58.4%)
156	BORSUK Dorota	224		K40-49	7	00:00:59	00:15:27	00:30:30	00:46:15	<b>01:01:57.17</b>	+00:25:46 (41.6%)	6:11	9.7 (58.4%)
157	DOMAŃSKA Katarzyna	245		K40-49	8	00:00:59	00:15:28	00:30:52	00:47:13	<b>01:03:50.99</b>	+00:27:39 (43.3%)	6:23	9.4 (56.6%)
158	DEPTUŁA-BILL Bożena	242		K30-39	8	00:01:02	00:15:37	00:31:29	00:47:52	<b>01:04:03.07</b>	+00:27:52 (43.5%)	6:24	9.4 (56.6%)
159	BUGIEL Roman	229	RAN TYCHY	M50-59	15	00:00:50	00:14:20	00:30:02	00:47:16	<b>01:04:19.49</b>	+00:28:08 (43.7%)	6:25	9.3 (56.0%)
160	TREJDER Maria	377	BAJADERKI KOSZALIN	K40-49	9	00:00:56	00:15:37	00:31:20	00:47:36	<b>01:04:54.09</b>	+00:28:43 (44.2%)	6:29	9.2 (55.4%)
161	PYDYNOWSKA Elżbieta	341		K50-59	5	00:00:59	00:15:28	00:30:52	00:47:32	<b>01:05:26.73</b>	+00:29:15 (44.7%)	6:32	9.2 (55.4%)
162	KOZŁOWIECKA Małgorzata	415		K50-59	6	00:00:57	00:16:08	00:32:22	00:49:11	<b>01:05:49.45</b>	+00:29:38 (45.0%)	6:34	9.1 (54.8%)
163	JEDYNAK Nikola	414		K18-29	9	00:00:48	00:14:41	00:32:02	00:49:36	<b>01:06:39.84</b>	+00:30:28 (45.7%)	6:39	9 (54.2%)
164	PEŁKA Iwona	332		K50-59	7	00:01:04	00:17:06	00:33:57	00:50:53	<b>01:07:04.90</b>	+00:30:53 (46.1%)	6:42	8.9 (53.6%)
165	STASZYŃSKA Marianna	363	BTC,,ORZEŁ"	K60+	2	00:00:54	00:16:52	00:34:00	00:51:12	<b>01:08:35.72</b>	+00:32:24 (47.3%)	6:51	8.7 (52.4%)
166	GÓRNA Anna	263	FORMA ROSNOWO	K40-49	10	00:00:56	00:17:24	00:34:59	00:52:32	<b>01:09:34.33</b>	+00:33:23 (48.0%)	6:57	8.6 (51.8%)
167	KUCHARCZYK Anna	303		K30-39	9	00:01:05	00:16:30	00:33:27	00:51:29	<b>01:09:44.66</b>	+00:33:33 (48.1%)	6:58	8.6 (51.8%)
168	JĘDRZEJEWSKI Krzysztof	279		M30-39	44	00:00:48	00:16:23	00:34:42	00:53:29	<b>01:10:55.80</b>	+00:34:44 (49.0%)	7:05	8.5 (51.2%)
169	SZCZEBLEWSKI Józef	407		M60-69	9	00:01:08	00:20:38	00:40:10	01:00:57	<b>01:22:07.63</b>	+00:45:56 (55.9%)	8:12	7.3 (44.0%)
	FOKCZYŃSKA Aleksandra	256		K18-29		00:00:46 DNF	00:16:40 DNF	00:36:13 DNF	00:56:18 DNF	<b>DNF</b>	-	-	(0.0%)
	SKOWYRSKI Janusz	354	TKKF KOSZALIN	M50-59		00:00:39 DNF	00:12:09 DNF	00:25:20 DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	EMILIT Grzegorz	253	10 BIAŁOGARD	M30-39		00:00:32 DNF	00:09:43 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	EMILIT Sylwia	254	10 BIAŁOGARD	K30-39		00:00:53 DNF	00:13:20 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	DĄBROWSKA Alicja	240	TKKF KOSZALIN	K50-59		00:00:47 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)