



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: M-OPEN

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	PAŁKA Piotr	403		M30-39	1	00:00:29	00:09:10	00:18:23	00:27:35	00:36:11.00		3:37	16.6 (100%)
2	ORZECZOWSKI Kamil	328	TKKF KOSZALIN	M30-39	2	00:00:29	00:09:10	00:18:23	00:27:35	00:36:14.80	+00:00:03 (0.2%)	3:37	16.6 (100%)
3	ZABORSKI Ryszard	395	TKKF KOSZALIN-ORKIESTRA WOJSKOWA	M40-49	1	00:00:30	00:09:14	00:18:23	00:27:37	00:36:34.00	+00:00:23 (1.0%)	3:39	16.4 (98.8%)
4	SIADAK Arkadiusz	351		M30-39	3	00:00:30	00:09:17	00:18:25	00:27:46	00:37:12.84	+00:01:01 (2.8%)	3:43	16.1 (97.0%)
5	GOLIŃSKI Łukasz	261	K.B. SPRINT ŚWIDWIN	M30-39	4	00:00:32	00:09:50	00:19:28	00:29:12	00:38:40.45	+00:02:29 (6.4%)	3:52	15.5 (93.4%)
6	KALETA Sebastian	286	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M40-49	2	00:00:33	00:09:49	00:19:27	00:29:12	00:38:52.11	+00:02:41 (6.9%)	3:53	15.4 (92.8%)
7	SOBSTEŁ Krystian	358	CIACHU CIACH PRACOWNIA RĘKODZIEŁA	M30-39	5	00:00:39	00:10:21	00:20:00	00:29:53	00:39:08.71	+00:02:57 (7.6%)	3:54	15.3 (92.2%)
8	WOJCIECHOWICZ Jacek	392		M40-49	3	00:00:31	00:09:47	00:19:27	00:29:22	00:39:25.47	+00:03:14 (8.2%)	3:56	15.2 (91.6%)
9	TOKARSKI Szymon	376		M40-49	4	00:00:40	00:10:03	00:19:45	00:29:42	00:39:28.17	+00:03:17 (8.3%)	3:56	15.2 (91.6%)
10	STEBELSKI Jasiak	365		M30-39	6	00:00:33	00:09:46	00:19:30	00:29:33	00:39:34.53	+00:03:23 (8.6%)	3:57	15.2 (91.6%)
11	BURDA Robert	230	KOSPEL	M40-49	5	00:00:34	00:10:12	00:20:08	00:30:16	00:39:55.97	+00:03:44 (9.4%)	3:59	15 (90.4%)
12	ZWOLIŃSKI Jan	400	TKKF KOSZALIN	M50-59	1	00:00:34	00:10:15	00:20:05	00:30:16	00:40:18.25	+00:04:07 (10.2%)	4:01	14.9 (89.8%)
13	NAKONIECZNY Rafał	325	TKKF KOSZALIN	M30-39	7	00:00:34	00:10:15	00:20:02	00:30:13	00:40:18.34	+00:04:07 (10.2%)	4:01	14.9 (89.8%)
14	KUBIAK Maciej	302	REKU	M40-49	6	00:00:35	00:10:11	00:20:16	00:30:26	00:40:27.21	+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	CZAPLIŃSKI Jacek	238	TAGER KOSZALIN	M30-39	8	00:00:32	00:09:50	00:19:54	00:30:20	00:40:28.31	+00:04:17 (10.6%)	4:02	14.8 (89.2%)
16	USTIANOWSKI Wojciech	378	JW 1223	M30-39	9	00:00:35	00:10:17	00:20:16	00:30:26	00:40:28.96	+00:04:17 (10.6%)	4:02	14.8 (89.2%)
17	SIENIAWSKI Jarosław	352	MEDEN-INMED SPORTS TEAM	M40-49	7	00:00:39	00:10:24	00:20:22	00:30:32	00:40:56.55	+00:04:45 (11.6%)	4:05	14.7 (88.6%)
18	SITOWSKI Marcin	353	FC RYSIEK	M18-39	1	00:00:37	00:10:01	00:20:14	00:30:48	00:41:06.19	+00:04:55 (12.0%)	4:06	14.6 (88.0%)
19	GÓRNY Norbert	264	CSSP KOSZALIN	M40-49	8	00:00:42	00:10:31	00:20:43	00:31:07	00:41:06.41	+00:04:55 (12.0%)	4:06	14.6 (88.0%)
20	OBOLIK Mirosław	327		M50-59	2	00:00:34	00:10:09	00:20:20	00:30:48	00:41:12.72	+00:05:01 (12.2%)	4:07	14.6 (88.0%)
21	KOŚCIELNIAK Robert	296	TKKF KOSZALIN	M50-59	3	00:00:35	00:10:19	00:20:36	00:31:16	00:41:17.13	+00:05:06 (12.4%)	4:07	14.5 (87.3%)
22	BIEDRZYCKI Krzysztof	216	CW FANZA	M40-49	9	00:00:33	00:10:20	00:20:27	00:31:26	00:41:32.93	+00:05:21 (12.9%)	4:09	14.4 (86.7%)
23	SOBCZYK Łukasz	357	KOŁOBRZEG BIEGA	M40-49	10	00:00:36	00:10:34	00:21:02	00:31:49	00:42:24.36	+00:06:13 (14.7%)	4:14	14.2 (85.5%)
24	SMAGOWSKI Wojciech	356	KB SPRINT ŚWIDWIN	M40-49	11	00:00:33	00:10:16	00:20:45	00:31:42	00:42:27.57	+00:06:16 (14.8%)	4:14	14.1 (84.9%)
25	KORZENIOWSKI Sylwester	295	JW 1223	M40-49	12	00:00:34	00:10:32	00:21:06	00:32:06	00:42:35.31	+00:06:24 (15.0%)	4:15	14.1 (84.9%)
26	SZYMCZAK Michał	371		M30-39	10	00:00:32	00:10:37	00:21:08	00:31:57	00:42:41.68	+00:06:30 (15.3%)	4:16	14.1 (84.9%)
27	HESSEL Lars	269	SV TURBINE NEUBRANDENBURG	M50-59	4	00:00:40	00:10:56	00:21:32	00:32:12	00:42:53.35	+00:06:42 (15.6%)	4:17	14 (84.3%)
28	MAZUR Emiliusz	316	ŻYJ Z ENERGIA	M40-49	13	00:00:36	00:10:56	00:21:41	00:32:26	00:42:58.99	+00:06:47 (15.8%)	4:17	14 (84.3%)
29	ROKOSZ Radosław	346	8 KOSZALIŃSKI PUŁK PRZECIWLOTNICZY	M30-39	11	00:00:36	00:10:24	00:20:55	00:31:55	00:43:11.33	+00:07:00 (16.2%)	4:19	13.9 (83.7%)
30	BIEDRZYCKI Andrzej	217	OSP STARY BOREK	M60-69	1	00:00:34	00:10:33	00:21:07	00:32:11	00:43:17.15	+00:07:06 (16.4%)	4:19	13.9 (83.7%)
31	BRZozowski Piotr	227	BIEGAJĄCY TCZEW	M40-49	14	00:00:33	00:10:15	00:20:41	00:31:23	00:44:10.29	+00:07:59 (18.1%)	4:25	13.6 (81.9%)
32	MOKSA Dariusz	321		M18-39	2	00:00:35	00:10:16	00:20:52	00:32:33	00:44:12.15	+00:08:01 (18.1%)	4:25	13.6 (81.9%)
33	CHOŁUJ Jarosław	235	ROZBIEGANY KOSZALIN	M40-49	15	00:00:41	00:11:13	00:22:06	00:33:17	00:44:26.75	+00:08:15 (18.6%)	4:26	13.5 (81.3%)
34	PYPŁACZ Krystian	342	ATMAN RUNNERS	M40-49	16	00:00:35	00:10:34	00:21:10	00:32:51	00:44:29.93	+00:08:18 (18.7%)	4:26	13.5 (81.3%)
35	WIECZOREK Łukasz	406		M18-39	3	00:00:39	00:11:01	00:22:02	00:33:44	00:44:46.50	+00:08:35 (19.2%)	4:28	13.4 (80.7%)
36	OKOŁOTOWICZ Sebastian	410		M30-39	12	00:00:48	00:10:56	00:21:16	00:32:48	00:44:47.34	+00:08:36 (19.2%)	4:28	13.4 (80.7%)
37	BADLIK Marcin	213	IPA REGION PRZEMYŚL	M40-49	17	00:00:34	00:11:20	00:22:42	00:34:01	00:44:48.34	+00:08:37 (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	LEWANDOWSKI Jacek	307		M40-49	18	00:00:43	00:11:36	00:22:51	00:34:24	00:45:33.86	+00:09:22 (20.6%)	4:33	13.2 (79.5%)
39	GOŁDYN Marek	262	TKKF KOSZALIN	M30-39	13	00:00:43	00:12:02	00:23:25	00:34:49	00:45:47.74	+00:09:36 (21.0%)	4:34	13.1 (78.9%)
40	MUCHA Krzysztof	323		M40-49	19	00:00:40	00:11:30	00:22:44	00:34:22	00:45:49.46	+00:09:38 (21.0%)	4:34	13.1 (78.9%)
41	JAMNIAK Bartosz	271	TKKF KOSZALIN	M30-39	14	00:00:35	00:11:12	00:22:38	00:34:15	00:45:51.45	+00:09:40 (21.1%)	4:35	13.1 (78.9%)
42	DZIUBA Leszek	252	KB DZIESIĄTKA BIAŁOGARD	M60-69	2	00:00:43	00:11:53	00:23:12	00:34:40	00:46:01.07	+00:09:50 (21.4%)	4:36	13 (78.3%)
43	MIŁASZEWSKI Przemek	320	TEAM HOLIDAY SPORT	M30-39	15	00:00:37	00:11:28	00:22:48	00:34:32	00:46:17.67	+00:10:06 (21.8%)	4:37	13 (78.3%)
44	PROTASEWICZ Andrzej	337	SŁAWNO	M40-49	20	00:00:41	00:11:51	00:23:15	00:35:03	00:46:22.30	+00:10:11 (22.0%)	4:38	12.9 (77.7%)
45	JÓZEFIAK Adrian	281		M30-39	16	00:00:44	00:11:51	00:23:16	00:34:56	00:46:27.54	+00:10:16 (22.1%)	4:38	12.9 (77.7%)
46	PAJĄK Zbigniew	330		M18-39	4	00:00:47	00:11:52	00:23:17	00:35:03	00:46:30.79	+00:10:19 (22.2%)	4:39	12.9 (77.7%)
47	PUŚCIAN Krzysztof	340	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	21	00:00:42	00:11:56	00:23:20	00:34:52	00:46:34.61	+00:10:23 (22.3%)	4:39	12.9 (77.7%)
48	ŁOPIŃSKI Piotr	308	FSD	M30-39	17	00:00:42	00:11:53	00:23:21	00:35:06	00:46:43.38	+00:10:32 (22.6%)	4:40	12.8 (77.1%)
49	ROGOŻA Ireneusz	345		M40-49	22	00:00:42	00:11:51	00:23:26	00:35:09	00:46:47.68	+00:10:36 (22.7%)	4:40	12.8 (77.1%)
50	NACHYŁA Paweł	324	DZIKI KOSZALIN	M30-39	18	00:00:40	00:11:14	00:22:44	00:34:56	00:46:49.90	+00:10:38 (22.7%)	4:40	12.8 (77.1%)
51	STAWISZYŃSKI Jarek	364	FORUM ROZWOJU KOSZALINA	M30-39	19	00:00:49	00:12:09	00:23:45	00:35:33	00:46:53.09	+00:10:42 (22.8%)	4:41	12.8 (77.1%)
52	KAJKOWSKI Rafał	285	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	23	00:00:43	00:11:45	00:23:15	00:35:07	00:47:05.92	+00:10:54 (23.2%)	4:42	12.7 (76.5%)
53	MARCINIAK Maciej	413		M30-39	20	00:00:32	00:11:10	00:22:39	00:34:47	00:47:11.29	+00:11:00 (23.3%)	4:43	12.7 (76.5%)
54	SOŁTYS Rafał	359		M30-39	21	00:00:36	00:10:53	00:22:44	00:35:08	00:47:34.16	+00:11:23 (23.9%)	4:45	12.6 (75.9%)
55	HAMALA Marcin	267	TAGER	M30-39	22	00:00:53	00:12:05	00:23:37	00:35:43	00:47:44.57	+00:11:33 (24.2%)	4:46	12.6 (75.9%)
56	PIECHOTA Robert	334	ROBIEGANY KOSZALIN	M40-49	24	00:00:35	00:11:35	00:23:06	00:35:42	00:47:44.94	+00:11:33 (24.2%)	4:46	12.6 (75.9%)
57	RÓG Michał	347		M30-39	23	00:00:53	00:12:50	00:24:56	00:36:52	00:48:04.05	+00:11:53 (24.7%)	4:48	12.5 (75.3%)
58	STRZELECKI Zbigniew	367	KORZYBSKIE REKINY	M60-69	3	00:00:44	00:12:25	00:24:15	00:36:17	00:48:05.25	+00:11:54 (24.8%)	4:48	12.5 (75.3%)
59	MICERSKI Tomasz	318	TKKF KOSZALIN	M40-49	25	00:00:38	00:11:44	00:23:27	00:35:52	00:48:07.93	+00:11:56 (24.8%)	4:48	12.5 (75.3%)
60	GAJEK Artur	257	KORZYBSKIE REKINY	M40-49	26	00:00:44	00:12:28	00:24:21	00:36:21	00:48:17.42	+00:12:06 (25.1%)	4:49	12.4 (74.7%)

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			
61	DEMBICKI Daniel	241		M40-49	27	00:00:44	00:12:11	00:24:10	00:36:19	00:48:26.97	+00:12:15 (25.3%)	4:50	12.4 (74.7%)
62	WILKOWSKI Krzysztof	389		M30-39	24	00:00:48	00:12:48	00:24:51	00:36:57	00:48:35.23	+00:12:24 (25.5%)	4:51	12.3 (74.1%)
63	CHUDZIK Zbigniew	237	TKKF KOSZALIN	M50-59	5	00:00:43	00:12:23	00:24:14	00:36:31	00:48:37.01	+00:12:26 (25.6%)	4:51	12.3 (74.1%)
64	KRUPIŃSKI Krzysztof	300	E-UROLOG.EU	M50-59	6	00:00:42	00:12:04	00:23:56	00:36:24	00:48:38.68	+00:12:27 (25.6%)	4:51	12.3 (74.1%)
65	WIATRZYK Krzysztof	383	DARŁOWO	M40-49	28	00:00:42	00:11:55	00:23:44	00:36:13	00:48:41.47	+00:12:30 (25.7%)	4:52	12.3 (74.1%)
66	ZIELIŃSKI Grzegorz	398		M60-69	4	00:00:39	00:12:08	00:24:14	00:36:46	00:49:01.14	+00:12:50 (26.2%)	4:54	12.2 (73.5%)
67	STASIOROWSKI Sebastian	362		M30-39	25	00:00:47	00:11:45	00:23:38	00:36:21	00:49:03.87	+00:12:52 (26.3%)	4:54	12.2 (73.5%)
68	SZYMCZEWSKI Dariusz	372		M50-59	7	00:00:55	00:12:48	00:24:51	00:37:05	00:49:06.97	+00:12:55 (26.3%)	4:54	12.2 (73.5%)
69	WIELOCH Radosław	387		M18-39	5	00:00:44	00:12:02	00:24:05	00:36:48	00:49:25.28	+00:13:14 (26.8%)	4:56	12.1 (72.9%)
70	DOMAŃSKI Andrzej	247		M40-49	29	00:00:44	00:11:30	00:23:17	00:36:08	00:49:30.86	+00:13:19 (26.9%)	4:57	12.1 (72.9%)
71	KAŻMIERCZAK Robert	289		M40-49	30	00:00:38	00:12:21	00:24:55	00:37:36	00:49:37.63	+00:13:26 (27.1%)	4:57	12.1 (72.9%)
72	KWIETNIEWSKI Daniel	306		M30-39	26	00:00:56	00:12:22	00:24:23	00:36:56	00:49:39.42	+00:13:28 (27.1%)	4:57	12.1 (72.9%)
73	KOŁODZIEJ Jakub	291		M30-39	27	00:00:48	00:12:48	00:24:58	00:37:29	00:49:43.10	+00:13:32 (27.2%)	4:58	12.1 (72.9%)
74	BUDZIŃSKI Paweł	228	DRUŻYNA SZPIKU	M30-39	28	00:00:44	00:12:35	00:24:48	00:37:29	00:49:43.63	+00:13:32 (27.2%)	4:58	12.1 (72.9%)
75	GAŁECKI Jacek	258	KARLINO BIEGAJ	M50-59	8	00:00:36	00:11:22	00:23:22	00:36:48	00:49:49.63	+00:13:38 (27.4%)	4:58	12 (72.3%)
76	BARUTOWICZ Grzegorz	215		M30-39	29	00:00:49	00:12:22	00:24:18	00:36:59	00:49:55.50	+00:13:44 (27.5%)	4:59	12 (72.3%)
77	BURKIET Marek	231	JW1223	M40-49	31	00:00:45	00:12:00	00:23:42	00:36:32	00:50:00.84	+00:13:49 (27.7%)	5:00	12 (72.3%)
78	RETERSKI Damian	344		M18-39	6	00:00:48	00:12:03	00:24:03	00:37:00	00:50:04.18	+00:13:53 (27.7%)	5:00	12 (72.3%)
79	ZAWADA Andrzej	397		M50-59	9	00:00:41	00:12:22	00:24:33	00:37:23	00:50:12.51	+00:14:01 (27.9%)	5:01	12 (72.3%)
80	WIECZOREK Jacek	408		M30-39	30	00:00:49	00:12:19	00:24:40	00:37:24	00:50:25.92	+00:14:14 (28.3%)	5:02	11.9 (71.7%)
81	KWIDZIŃSKI Michał	305		M30-39	31	00:00:59	00:13:39	00:26:06	00:38:49	00:50:27.62	+00:14:16 (28.3%)	5:02	11.9 (71.7%)
82	RUTKOWSKI Artur	349		M18-39	7	00:00:38	00:11:41	00:23:59	00:37:19	00:50:31.58	+00:14:20 (28.4%)	5:03	11.9 (71.7%)
83	ALABA Jerzy	211		M50-59	10	00:00:51	00:12:24	00:24:28	00:37:19	00:50:34.63	+00:14:23 (28.5%)	5:03	11.9 (71.7%)

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				
84	DZIESZUK Dariusz	250	TKKF KOSZALIN	M50-59	11	00:00:47	00:13:18	00:25:50	00:38:29	00:51:07.12	+00:14:56 (29.2%)	5:06	11.7 (70.5%)
85	SZOSTAK Piotr	370		M40-49	32	00:00:48	00:12:27	00:24:48	00:37:48	00:51:10.03	+00:14:59 (29.3%)	5:07	11.7 (70.5%)
86	DERLIŃSKI Adam	243	TORNADO KOSZALIN	M40-49	33	00:00:49	00:12:53	00:25:33	00:38:36	00:51:13.73	+00:15:02 (29.4%)	5:07	11.7 (70.5%)
87	KICIŃSKI Filip	290	PATUS TUUS	M18-39	8	00:00:43	00:11:47	00:24:04	00:37:01	00:51:16.40	+00:15:05 (29.4%)	5:07	11.7 (70.5%)
88	ZIENOWICZ Michał	399		M18-39	9	00:00:47	00:12:34	00:25:14	00:38:37	00:51:21.36	+00:15:10 (29.5%)	5:08	11.7 (70.5%)
89	BITRYCH Jakub	220		M18-39	10	00:00:48	00:12:34	00:25:15	00:38:37	00:51:21.49	+00:15:10 (29.5%)	5:08	11.7 (70.5%)
90	KONKEL Łukasz	293		M30-39	32	00:00:42	00:12:31	00:24:55	00:38:11	00:51:38.53	+00:15:27 (29.9%)	5:09	11.6 (69.9%)
91	JASIŃSKI Cezary	277	MNBC	M40-49	34	00:00:46	00:12:47	00:25:38	00:38:46	00:51:40.33	+00:15:29 (30.0%)	5:10	11.6 (69.9%)
92	DOMAŃSKI Adam	246		M40-49	35	00:00:57	00:13:39	00:26:22	00:39:25	00:51:51.98	+00:15:40 (30.2%)	5:11	11.6 (69.9%)
93	STASIACZEK Arkadiusz	361		M18-39	11	00:00:35	00:11:17	00:24:12	00:38:17	00:52:12.86	+00:16:01 (30.7%)	5:13	11.5 (69.3%)
94	ANTKOWIAK Sebastian	212	DB - ACTIVE	M40-49	36	00:00:47	00:12:46	00:25:22	00:38:43	00:52:40.17	+00:16:29 (31.3%)	5:16	11.4 (68.7%)
95	KACZMAREK Łukasz	284	WOJOWNICY WÓDY	M30-39	33	00:00:40	00:12:22	00:25:34	00:39:17	00:52:48.05	+00:16:37 (31.5%)	5:16	11.4 (68.7%)
96	KAZIMIERCZAK Leszek	288	CSSP	M30-39	34	00:00:54	00:13:28	00:26:32	00:40:05	00:53:15.58	+00:17:04 (32.1%)	5:19	11.3 (68.1%)
97	SZCZUBULEWSKI Martin	368		M18-39	12	00:00:41	00:11:30	00:24:19	00:39:13	00:53:20.71	+00:17:09 (32.2%)	5:20	11.3 (68.1%)
98	SZYNKARUK Marek	411		M30-39	35	00:01:00	00:14:14	00:27:41	00:40:38	00:53:34.22	+00:17:23 (32.5%)	5:21	11.2 (67.5%)
99	KOZŁOWIECKI Waldek	298	TKKF KOSZALIN	M60-69	5	00:00:57	00:14:57	00:27:53	00:41:09	00:53:38.12	+00:17:27 (32.5%)	5:21	11.2 (67.5%)
100	RYCHLIŃSKI Damian	350		M30-39	36	00:00:48	00:13:06	00:26:28	00:40:23	00:53:40.92	+00:17:29 (32.6%)	5:22	11.2 (67.5%)
101	SZYSZKOWSKI Tomasz	374	ROZBIEGANY KOSZALIN	M30-39	37	00:00:51	00:13:45	00:26:54	00:40:16	00:53:41.15	+00:17:30 (32.6%)	5:22	11.2 (67.5%)
102	KAMIŃSKI Tomasz	287	JW 1223	M40-49	37	00:00:51	00:12:38	00:25:35	00:39:43	00:53:45.56	+00:17:34 (32.7%)	5:22	11.2 (67.5%)
103	STĘPIEŃ Kamil	366		M18-39	13	00:00:39	00:11:28	00:24:19	00:38:17	00:53:53.98	+00:17:42 (32.9%)	5:23	11.1 (66.9%)
104	BUTOWICZ Adam	233		M50-59	12	00:00:42	00:13:21	00:26:38	00:40:22	00:53:54.53	+00:17:43 (32.9%)	5:23	11.1 (66.9%)
105	MAŃKIEWICZ Konrad	313		M30-39	38	00:00:55	00:13:58	00:26:41	00:40:15	00:53:56.60	+00:17:45 (32.9%)	5:23	11.1 (66.9%)
106	MAŁKOWSKI Tomasz	312		M30-39	39	00:00:49	00:13:46	00:26:55	00:40:38	00:54:02.80	+00:17:51 (33.1%)	5:24	11.1 (66.9%)

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			
107	KULAWIŃSKI Marek	304		M40-49	38	00:01:02	00:13:50	00:26:35	00:40:15	00:54:34.73	+00:18:23 (33.7%)	5:27	11 (66.3%)
108	WAJDA Waldemar	380	BORNE BIEGA	M40-49	39	00:01:00	00:14:14	00:27:41	00:41:12	00:54:48.56	+00:18:37 (34.0%)	5:28	10.9 (65.7%)
109	BOGACKI Tomasz	223	TKKF KOSZALIN	M50-59	13	00:00:49	00:13:54	00:27:25	00:41:09	00:54:55.67	+00:18:44 (34.1%)	5:29	10.9 (65.7%)
110	JUCHNO Bartosz	282		M18-39	14	00:00:40	00:12:24	00:25:48	00:40:31	00:55:01.83	+00:18:50 (34.2%)	5:30	10.9 (65.7%)
111	DROZDOWSKI Marcin	248	ZABIEGANY MORPOL	M18-39	15	00:00:42	00:11:15	00:22:47	00:34:58	00:55:15.25	+00:19:04 (34.5%)	5:31	10.9 (65.7%)
112	KOWALCZYK Piotr	297		M30-39	40	00:00:47	00:13:20	00:26:49	00:41:06	00:55:28.27	+00:19:17 (34.8%)	5:32	10.8 (65.1%)
113	MAZUR Mirosław	317		M40-49	40	00:00:56	00:14:15	00:27:54	00:41:54	00:55:31.54	+00:19:20 (34.8%)	5:33	10.8 (65.1%)
114	RETERSKI Przemysław	343		M40-49	41	00:00:51	00:13:55	00:27:53	00:41:55	00:55:32.50	+00:19:21 (34.9%)	5:33	10.8 (65.1%)
115	DĘBSKI Damian	244		M30-39	41	00:01:02	00:14:22	00:28:27	00:42:08	00:55:33.36	+00:19:22 (34.9%)	5:33	10.8 (65.1%)
116	MASTALERZ Konrad	405	DECATHLON KOSZALIN	M18-39	16	00:00:57	00:14:23	00:28:08	00:42:08	00:56:05.74	+00:19:54 (35.5%)	5:36	10.7 (64.5%)
117	WĘCŁAWIAK Marek	382		M40-49	42	00:00:57	00:13:54	00:27:25	00:41:33	00:56:06.95	+00:19:55 (35.5%)	5:36	10.7 (64.5%)
118	JANUSZEWSKI Jacek	273	17 WOG KOSZALIN	M50-59	14	00:00:58	00:14:27	00:28:02	00:41:59	00:56:07.43	+00:19:56 (35.5%)	5:36	10.7 (64.5%)
119	GREMBLEWSKI Darek	266		M40-49	43	00:00:44	00:12:50	00:27:01	00:36:13	00:56:17.36	+00:20:06 (35.7%)	5:37	10.7 (64.5%)
120	JAROSZ Jakub	275	TKKF KOSZALIN	M18-39	17	00:00:40	00:13:54	00:26:09	00:41:10	00:56:19.57	+00:20:08 (35.8%)	5:37	10.7 (64.5%)
121	BILL Łukasz	219		M30-39	42	00:01:01	00:14:27	00:28:24	00:42:39	00:56:43.81	+00:20:32 (36.2%)	5:40	10.6 (63.9%)
122	PODSIADŁO Marcin	335		M40-49	44	00:00:48	00:13:29	00:27:03	00:41:57	00:56:57.60	+00:20:46 (36.5%)	5:41	10.5 (63.3%)
123	SZYSZ Kajetan	373		M18-39	18	00:00:44	00:12:12	00:25:06	00:41:12	00:56:58.11	+00:20:47 (36.5%)	5:41	10.5 (63.3%)
124	WŁODARCZYK Józef	391		M60-69	6	00:00:47	00:13:26	00:27:05	00:42:02	00:57:20.66	+00:21:09 (36.9%)	5:44	10.5 (63.3%)
125	KRASIŃSKI Witold	299	JW 1223	M40-49	45	00:00:54	00:13:58	00:28:08	00:43:17	00:58:11.17	+00:22:00 (37.8%)	5:49	10.3 (62.0%)
126	HELLER Zdzisław	268		M60-69	7	00:00:59	00:15:35	00:30:40	00:45:56	01:00:58.54	+00:24:47 (40.7%)	6:05	9.8 (59.0%)
127	HRYCIÓW Paweł	270	JW1223	M30-39	43	00:00:59	00:14:04	00:29:08	00:45:15	01:01:26.30	+00:25:15 (41.1%)	6:08	9.8 (59.0%)
128	WIERZBICKI Kacper	388	ŁUBUDUBU PREZES KLUBU	M18-39	19	00:00:58	00:14:22	00:29:08	00:45:15	01:01:26.32	+00:25:15 (41.1%)	6:08	9.8 (59.0%)
129	DUDKIEWICZ Leszek	249	TKKF KOSZALIN	M60-69	8	00:00:57	00:14:56	00:29:50	00:46:00	01:01:44.21	+00:25:33 (41.4%)	6:10	9.7 (58.4%)

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
130	BUGIEL Roman	229	RAN TYCHY	M50-59	15	00:00:50	00:14:20	00:30:02	00:47:16	01:04:19.49	+00:28:08 (43.7%)	6:25	9.3 (56.0%)
131	JĘDRZEJEWSKI Krzysztof	279		M30-39	44	00:00:48	00:16:23	00:34:42	00:53:29	01:10:55.80	+00:34:44 (49.0%)	7:05	8.5 (51.2%)
132	SZCZEBLEWSKI Józef	407		M60-69	9	00:01:08	00:20:38	00:40:10	01:00:57	01:22:07.63	+00:45:56 (55.9%)	8:12	7.3 (44.0%)
	SKOWYRSKI Janusz	354	TKKF KOSZALIN	M50-59		00:00:39 DNF	00:12:09 DNF	00:25:20 DNF	DNF	DNF		-	- (0.0%)
	EMILIT Grzegorz	253	10 BIAŁOGARD	M30-39		00:00:32 DNF	00:09:43 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 134 wynik(ów)