

XVII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin
Data: 2019-05-25
Miejsce: Koszalin
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 0.18km	Herk_All 2.635km	Herk_All 5.09km	Herk_All 7.545km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KOZŁOWICZ Tomasz	74	OBORYGENI	M18-39	1	00:00:40	00:08:52	00:17:19	00:25:49	00:34:19.25		3:25	17.5 (100%)
2	KĘPKA Adrian	62	DECATHLON KOSZALIN	M18-39	2	00:00:43	00:09:18	00:18:00	00:26:42	00:34:51.05	+00:00:31 (1.5%)	3:29	17.2 (98.3%)
3	RYBARCZYK Jan	127	ŻYJ Z ENERGIA	M50-59	1	00:00:42	00:09:18	00:17:59	00:26:42	00:35:09.15	+00:00:49 (2.4%)	3:30	17.1 (97.7%)
4	JAROSZ Wiesław	54	JW. 1223/POLITECHNIKA KOSZALIŃSKA	M40-49	1	00:00:43	00:09:34	00:18:30	00:27:33	00:36:33.55	+00:02:14 (6.1%)	3:39	16.4 (93.7%)
5	SIADAK Arkadiusz	130		M30-39	1	00:00:43	00:09:21	00:18:25	00:27:39	00:36:43.00	+00:02:23 (6.5%)	3:40	16.3 (93.1%)
6	ZABORSKI Ryszard	155	TKKF KOSZALIN	M40-49	2	00:00:43	00:09:30	00:18:33	00:27:50	00:37:04.35	+00:02:45 (7.4%)	3:42	16.2 (92.6%)
7	JAROCKI Bartosz	53		M18-39	3	00:00:42	00:09:30	00:18:34	00:27:56	00:37:32.10	+00:03:12 (8.6%)	3:45	16 (91.4%)
8	FOLTYNIEWICZ Maciej	41	KS TRIATHLON SZCZECINEK	M40-49	3	00:00:43	00:09:43	00:18:55	00:28:19	00:37:38.20	+00:03:18 (8.8%)	3:45	15.9 (90.9%)
9	OLECH Adam	105	KAMIEŃ RYMAŃSKI	M18-39	4	00:00:42	00:09:41	00:19:17	00:28:59	00:38:32.60	+00:04:13 (11.0%)	3:51	15.6 (89.1%)
10	RYKIEL Michał	128		M30-39	2	00:00:39	00:10:03	00:19:38	00:29:27	00:39:09.00	+00:04:49 (12.3%)	3:54	15.3 (87.4%)
11	CZAPLIŃSKI Jacek	29	TAGER KOSZALIN	M30-39	3	00:00:45	00:10:05	00:19:46	00:29:37	00:39:17.00	+00:04:57 (12.6%)	3:55	15.3 (87.4%)
12	WOJCIECHOWICZ Jacek	151	WWW.STUDIOTANCAPASJA.PL	M40-49	4	00:00:44	00:10:19	00:20:05	00:29:49	00:39:25.05	+00:05:05 (12.9%)	3:56	15.2 (86.9%)
13	ZWOLIŃSKI Jan	159	TKKF KOSZALIN	M50-59	2	00:00:46	00:10:33	00:20:21	00:30:21	00:40:12.85	+00:05:53 (14.7%)	4:01	14.9 (85.1%)
14	KASZTELAN Urszula	162	TRIATHLON KOSZALIN	K30-39	1	00:00:45	00:10:26	00:20:28	00:30:34	00:40:37.60	+00:06:18 (15.5%)	4:03	14.8 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 0.18km	Herk All 2.635km	Herk All 5.09km	Herk All 7.545km	Czas		Tempo min/km	Tempo km/h
										netto 10km	Różn		
15	BURDA Robert	16	KOSPEL	M40-49	5	00:00:50	00:10:36	00:20:37	00:30:49	00:40:40.25	+00:06:21 (15.6%)	4:04	14.8 (84.6%)
16	ROKOSZ Radosław	122	JW 1223 KOSZALIN	M30-39	4	00:00:45	00:10:23	00:20:36	00:30:54	00:40:59.00	+00:06:39 (16.3%)	4:05	14.6 (83.4%)
17	SITOWSKI Marcin	133	FC RYSIEK	M18-39	5	00:00:44	00:10:08	00:20:22	00:30:48	00:41:21.50	+00:07:02 (17.0%)	4:08	14.5 (82.9%)
18	ZELEK Jan	156	TKKF KOSZALIN	M50-59	3	00:00:46	00:10:44	00:20:50	00:31:04	00:41:22.10	+00:07:02 (17.0%)	4:08	14.5 (82.9%)
19	MUCHA Krzysztof	102		M40-49	6	00:00:49	00:10:56	00:21:15	00:31:48	00:42:23.65	+00:08:04 (19.0%)	4:14	14.2 (81.1%)
20	HESSEL Lars	46	SV TURBINE NEUBRANDENBURG	M50-59	4	00:00:48	00:10:56	00:21:20	00:31:59	00:42:41.20	+00:08:21 (19.6%)	4:16	14.1 (80.6%)
21	GÓRNY Norbert	44	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40-49	7	00:01:05	00:11:11	00:21:36	00:32:20	00:42:48.60	+00:08:29 (19.8%)	4:16	14 (80.0%)
22	PĘKAŁA Piotr	114		M40-49	8	00:01:01	00:11:20	00:21:48	00:32:29	00:42:50.40	+00:08:31 (19.9%)	4:17	14 (80.0%)
23	WIECZOREK Łukasz	147	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M18-39	6	00:00:57	00:11:19	00:21:56	00:32:46	00:42:58.50	+00:08:39 (20.1%)	4:17	14 (80.0%)
24	SZMID Tomasz	138		M30-39	5	00:01:05	00:11:36	00:21:57	00:32:36	00:43:02.50	+00:08:43 (20.3%)	4:18	13.9 (79.4%)
25	CHUPTYŚ Adrian	24	RUNDORFINA	M30-39	6	00:00:52	00:10:54	00:21:30	00:32:20	00:43:07.05	+00:08:47 (20.4%)	4:18	13.9 (79.4%)
26	ROMANOWSKI Piotr	123	1983.	M30-39	7	00:01:08	00:12:03	00:22:41	00:33:19	00:43:20.55	+00:09:01 (20.8%)	4:20	13.8 (78.9%)
27	JAMNIAK Bartosz	51	TKKF KOSZALIN	M30-39	8	00:00:54	00:11:08	00:21:43	00:32:40	00:43:21.20	+00:09:01 (20.8%)	4:20	13.8 (78.9%)
28	ZYCH Krzysztof	160	ZYCHSPORT	M30-39	9	00:00:42	00:11:08	00:22:09	00:33:03	00:43:42.25	+00:09:23 (21.5%)	4:22	13.7 (78.3%)
29	CHORAŻY Karolina	23	LEO-TEAM	K30-39	2	00:00:58	00:11:32	00:22:03	00:32:54	00:43:44.15	+00:09:24 (21.5%)	4:22	13.7 (78.3%)
30	BIĘNKOWSKI Tomasz	10	IQ CONSULTING	M30-39	10	00:00:48	00:10:55	00:21:37	00:32:58	00:44:06.35	+00:09:47 (22.2%)	4:24	13.6 (77.7%)
31	IWANIEC Dariusz	50	TKKF KOSZALIN	M40-49	9	00:00:55	00:11:33	00:22:26	00:33:34	00:44:28.25	+00:10:09 (22.8%)	4:26	13.5 (77.1%)
32	CHUTYRKO Paweł	25	KAMIEŃ RYMAŃSKI	M18-39	7	00:00:50	00:11:20	00:22:33	00:33:45	00:44:30.50	+00:10:11 (22.9%)	4:27	13.5 (77.1%)
33	WEBER Paweł	146	ENERGON	M30-39	11	00:00:57	00:11:33	00:22:30	00:33:40	00:44:36.45	+00:10:17 (23.1%)	4:27	13.5 (77.1%)
34	HOREGLAD Paweł	48	SPEEDY GONZALES	M18-39	8	00:01:09	00:11:40	00:22:38	00:33:49	00:44:38.85	+00:10:19 (23.1%)	4:27	13.4 (76.6%)
35	ŁOPIŃSKI Piotr	89	FSD	M30-39	12	00:00:55	00:11:49	00:22:54	00:33:56	00:44:39.65	+00:10:20 (23.2%)	4:27	13.4 (76.6%)
36	LISOWSKI Sławomir	88		M30-39	13	00:00:58	00:11:13	00:22:05	00:33:19	00:44:41.00	+00:10:21 (23.2%)	4:28	13.4 (76.6%)
37	MARCINIAK Maciej	93	KS POGOŃ POŁCZYN ZDRÓJ	M30-39	14	00:00:58	00:11:43	00:22:02	00:33:30	00:44:43.70	+00:10:24 (23.3%)	4:28	13.4 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 0.18km	Herk All 2.635km	Herk All 5.09km	Herk All 7.545km	Czas		Tempo min/km	Tempo km/h
										netto 10km	Różn		
38	STEFAŃCZYK Krzysztof	106	KAMIEŃ RYMAŃSKI	M18-39	9	00:00:58	00:11:13	00:22:08	00:33:36	00:44:51.30	+00:10:32 (23.5%)	4:29	13.4 (76.6%)
39	CHODOR Martyna	21	TKKF KOSZALIN	K30-39	3	00:01:01	00:12:00	00:23:04	00:34:09	00:45:08.70	+00:10:49 (24.0%)	4:30	13.3 (76.0%)
40	WNUK Przemek	150		M18-39	10	00:00:40	00:09:30	00:23:12	00:34:50	00:45:32.60	+00:11:13 (24.6%)	4:33	13.2 (75.4%)
41	WIKTOROWSKI Maciej	148		M40-49	10	00:00:50	00:11:28	00:22:47	00:34:16	00:45:38.05	+00:11:18 (24.8%)	4:33	13.1 (74.9%)
42	RETERSKI Damian	119		M18-39	11	00:01:04	00:11:48	00:22:47	00:34:19	00:45:38.35	+00:11:19 (24.8%)	4:33	13.1 (74.9%)
43	MICERSKI Tomasz	97	TKKF KOSZALIN	M40-49	11	00:00:56	00:11:50	00:23:04	00:34:19	00:45:38.95	+00:11:19 (24.8%)	4:33	13.1 (74.9%)
44	STAWISZYŃSKI Jarek	136	FORUM ROZWOJU KOSZALINA	M30-39	15	00:00:51	00:11:35	00:22:55	00:34:38	00:45:46.00	+00:11:26 (25.0%)	4:34	13.1 (74.9%)
45	KLEMANN Paweł	63	TKKF KOSZALIN	M40-49	12	00:01:03	00:11:49	00:22:43	00:34:08	00:45:49.95	+00:11:30 (25.1%)	4:34	13.1 (74.9%)
46	KWIETNIEWSKI Daniel	84		M40-49	13	00:01:09	00:11:50	00:23:04	00:34:32	00:45:55.30	+00:11:36 (25.3%)	4:35	13.1 (74.9%)
47	JANKOWSKI Mariusz	52		M40-49	14	00:00:54	00:12:01	00:23:25	00:35:04	00:46:03.40	+00:11:44 (25.5%)	4:36	13 (74.3%)
48	ROGOŻA Ireneusz	121		M40-49	15	00:01:03	00:12:21	00:23:38	00:35:06	00:46:04.45	+00:11:45 (25.5%)	4:36	13 (74.3%)
49	CHODOR Izabela	20	TKKF KOSZALIN	K30-39	4	00:01:02	00:12:21	00:23:51	00:35:11	00:46:08.20	+00:11:48 (25.6%)	4:36	13 (74.3%)
50	DAVIES Chris	30		M30-39	16	00:01:01	00:11:59	00:23:32	00:35:04	00:46:09.50	+00:11:50 (25.6%)	4:36	13 (74.3%)
51	KRZEWIŃSKA Małgorzata	80	TKKF KOSZALIN	K60+	1	00:01:02	00:12:20	00:23:51	00:35:11	00:46:09.95	+00:11:50 (25.7%)	4:36	13 (74.3%)
52	MAZURSKI Paweł	96		M30-39	17	00:00:41	00:11:39	00:23:02	00:35:04	00:46:11.05	+00:11:51 (25.7%)	4:37	13 (74.3%)
53	BŁACH Piotr	12		M40-49	16	00:01:02	00:12:21	00:23:41	00:35:11	00:46:11.65	+00:11:52 (25.7%)	4:37	13 (74.3%)
54	KONKEL Agnieszka	68		K30-39	5	00:01:01	00:12:00	00:23:23	00:35:05	00:46:16.25	+00:11:57 (25.8%)	4:37	13 (74.3%)
55	DERLIŃSKI Adam	33	TORNADO KOSZALIN	M40-49	17	00:00:47	00:11:51	00:23:13	00:35:04	00:46:21.35	+00:12:02 (26.0%)	4:38	12.9 (73.7%)
56	RUTKOWSKI Ryszard	126	RUNKING	M50-59	5	00:00:50	00:11:34	00:23:03	00:35:11	00:46:24.80	+00:12:05 (26.1%)	4:38	12.9 (73.7%)
57	KRUPIŃSKI Krzysztof	78	E-UROLOG.EU	M50-59	6	00:01:02	00:12:11	00:23:31	00:35:08	00:46:30.60	+00:12:11 (26.2%)	4:39	12.9 (73.7%)
58	WOŁYŃSKA Wioletta	154	TKKF KOSZALIN	K40-49	1	00:00:56	00:11:59	00:23:25	00:35:05	00:46:32.65	+00:12:13 (26.3%)	4:39	12.9 (73.7%)
59	BIELIŃSKA Iwona	8	ROZBIEGANY KOSZALIN	K40-49	2	00:01:04	00:12:37	00:24:01	00:35:30	00:46:42.90	+00:12:23 (26.5%)	4:40	12.8 (73.1%)
60	BIELIŃSKI Michał	9	ROZBIEGANY KOSZALIN	M40-49	18	00:01:04	00:12:37	00:24:01	00:35:30	00:46:43.75	+00:12:24 (26.6%)	4:40	12.8 (73.1%)

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										netto 10km	Różn		
61	CHOŁUJ Jarek	22	ROZBIEGANY KOSZALIN	M40-49	19	00:00:57	00:12:26	00:24:12	00:35:48	00:46:43.90	+00:12:24 (26.6%)	4:40	12.8 (73.1%)
62	BARUTOWICZ Grzegorz	6		M30-39	18	00:01:00	00:12:20	00:23:52	00:35:34	00:47:12.80	+00:12:53 (27.3%)	4:43	12.7 (72.6%)
63	ANTKOWIAK Sebastian	2	DB - ACTIVE	M40-49	20	00:01:01	00:11:56	00:23:40	00:35:38	00:47:16.65	+00:12:57 (27.4%)	4:43	12.7 (72.6%)
64	KOCIOŁOWICZ Łukasz	66		M30-39	19	00:01:07	00:12:57	00:24:37	00:36:11	00:47:35.10	+00:13:15 (27.9%)	4:45	12.6 (72.0%)
65	OPALIŃSKI Stanisław	107	BIEGAM BO LUBIĘ	M60-69	1	00:00:51	00:12:35	00:24:29	00:36:18	00:47:43.35	+00:13:24 (28.1%)	4:46	12.6 (72.0%)
66	PILIŃSKI Łukasz	161		M18-39	12	00:01:15	00:13:16	00:24:35	00:36:09	00:47:44.55	+00:13:25 (28.1%)	4:46	12.6 (72.0%)
67	STASIOROWSKI Sebastian	134	1981.	M30-39	20	00:01:00	00:12:20	00:23:48	00:35:52	00:47:47.65	+00:13:28 (28.2%)	4:46	12.6 (72.0%)
68	DZIUBA Leszek	40		M60-69	2	00:01:05	00:12:47	00:24:36	00:36:18	00:47:47.80	+00:13:28 (28.2%)	4:46	12.6 (72.0%)
69	WOJCIECHOWSKI Andrzej	152		M40-49	21	00:01:01	00:12:30	00:24:18	00:36:09	00:47:52.35	+00:13:33 (28.3%)	4:47	12.5 (71.4%)
70	WIŚNIEWSKA Magdalena	149		K30-39	6	00:01:02	00:12:25	00:24:10	00:36:05	00:48:02.15	+00:13:42 (28.6%)	4:48	12.5 (71.4%)
71	RUTKOWSKI Artur	125	RUNKING	M18-39	13	00:00:58	00:12:26	00:24:15	00:36:22	00:48:05.05	+00:13:45 (28.6%)	4:48	12.5 (71.4%)
72	JÓZEFIAK Adrian	57	KAMIEŃ RYMAŃSKI	M30-39	21	00:00:50	00:11:20	00:22:45	00:35:24	00:48:19.10	+00:13:59 (29.0%)	4:49	12.4 (70.9%)
73	ALABA Jerzy	1		M60-69	3	00:01:17	00:13:00	00:24:35	00:36:22	00:48:20.10	+00:14:00 (29.0%)	4:50	12.4 (70.9%)
74	BARTHA Adrian	5		M30-39	22	00:01:09	00:12:34	00:24:12	00:36:22	00:48:20.35	+00:14:01 (29.0%)	4:50	12.4 (70.9%)
75	ŚWIĘTOŃ Rafał	142		M30-39	23	00:01:04	00:12:26	00:24:21	00:36:34	00:48:27.80	+00:14:08 (29.2%)	4:50	12.4 (70.9%)
76	ZIÓŁKOWSKA Gosia	158		K30-39	7	00:00:58	00:12:31	00:24:28	00:36:36	00:48:28.30	+00:14:09 (29.2%)	4:50	12.4 (70.9%)
77	PIECHOTA Robert	115	ROZBIEGANY KOSZALIN	M40-49	22	00:00:53	00:12:15	00:24:18	00:36:56	00:48:30.15	+00:14:10 (29.2%)	4:51	12.4 (70.9%)
78	CZUCZAK Tomasz	164		M40-49	23	00:00:58	00:12:20	00:24:08	00:36:24	00:48:32.15	+00:14:12 (29.3%)	4:51	12.4 (70.9%)
79	KRAWCZYK Tomasz	77		M30-39	24	00:01:07	00:12:54	00:24:56	00:37:00	00:48:33.15	+00:14:13 (29.3%)	4:51	12.4 (70.9%)
80	KONKEL Łukasz	67		M40-49	24	00:01:02	00:12:42	00:24:42	00:36:57	00:48:36.50	+00:14:17 (29.4%)	4:51	12.3 (70.3%)
81	GAŁECKI Jacek	42	TEAM MATEUSZ POLSKI	M50-59	7	00:01:05	00:12:44	00:24:45	00:36:54	00:48:39.60	+00:14:20 (29.5%)	4:51	12.3 (70.3%)
82	ART Kamila	3		K30-39	8	00:01:08	00:13:00	00:25:00	00:37:00	00:48:43.85	+00:14:24 (29.6%)	4:52	12.3 (70.3%)
83	BURDZIK Michał	17	L9	M18-39	14	00:00:44	00:11:14	00:23:08	00:36:02	00:48:52.60	+00:14:33 (29.8%)	4:53	12.3 (70.3%)

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										netto 10km	Różn		
84	RODZIEWICZ-CZAPLIŃSKA Agnieszka	120		K40-49	3	00:00:59	00:12:23	00:24:23	00:36:44	00:49:06.95	+00:14:47 (30.1%)	4:54	12.2 (69.7%)
85	SZYMAŃSKI Mateusz	140	MTS HAMER MIASTKO	M30-39	25	00:01:10	00:13:27	00:25:37	00:37:41	00:49:14.85	+00:14:55 (30.3%)	4:55	12.2 (69.7%)
86	OSOBNIAK Ryszard	108		M60-69	4	00:00:57	00:12:47	00:25:02	00:37:23	00:49:16.55	+00:14:57 (30.3%)	4:55	12.2 (69.7%)
87	CZADROWSKI Piotr	28		M40-49	25	00:01:15	00:13:35	00:25:39	00:37:34	00:49:18.40	+00:14:59 (30.4%)	4:55	12.2 (69.7%)
88	DRULIK-HOŁUB Marta	37	TORNADO KOSZALIN	K40-49	4	00:00:54	00:12:50	00:24:53	00:37:06	00:49:18.70	+00:14:59 (30.4%)	4:55	12.2 (69.7%)
89	NIWIŃSKI Grzegorz	103	K. B. TUPOT USTKA	M60-69	5	00:01:11	00:12:48	00:24:54	00:37:17	00:49:22.25	+00:15:03 (30.5%)	4:56	12.2 (69.7%)
90	BLICHARZ Monika	11	TAGER KOSZALIN	K30-39	9	00:01:16	00:13:40	00:26:01	00:38:06	00:49:25.55	+00:15:06 (30.6%)	4:56	12.1 (69.1%)
91	KNUT-POTOCZNIK Gabriela	64	STOWARZYSZENIE KIERUNEK POLANÓW	K30-39	10	00:01:04	00:12:37	00:24:44	00:37:16	00:49:27.35	+00:15:08 (30.6%)	4:56	12.1 (69.1%)
92	PIETRYKA Artur	116	KARLINOBIEGAJ!	M40-49	26	00:01:07	00:12:50	00:25:15	00:37:41	00:49:30.00	+00:15:10 (30.7%)	4:57	12.1 (69.1%)
93	MAJKOWICZ Rafał	90		M30-39	26	00:00:42	00:09:41	00:19:18	00:28:56	00:49:32.00	+00:15:12 (30.7%)	4:57	12.1 (69.1%)
94	KRASIŃSKI Witold	76		M40-49	27	00:01:04	00:12:47	00:24:53	00:37:14	00:49:35.20	+00:15:15 (30.8%)	4:57	12.1 (69.1%)
95	MOTYCZYŃSKA Patrycja	101		K18-29	1	00:01:10	00:13:22	00:25:18	00:37:32	00:49:36.65	+00:15:17 (30.8%)	4:57	12.1 (69.1%)
96	DĄBROWSKA Alicja	31	TKKF KOSZALIN	K50-59	1	00:01:04	00:13:24	00:25:50	00:38:05	00:49:37.25	+00:15:18 (30.8%)	4:57	12.1 (69.1%)
97	CHWALEBA Jan	26		M50-59	8	00:01:16	00:13:28	00:26:01	00:38:09	00:49:39.00	+00:15:19 (30.9%)	4:57	12.1 (69.1%)
98	BORYS Justyna	15	JEDWABIŚCI	K30-39	11	00:00:59	00:12:25	00:24:41	00:37:22	00:49:45.45	+00:15:26 (31.0%)	4:58	12.1 (69.1%)
99	KOPACZ Rafał	69		M30-39	27	00:01:17	00:13:44	00:25:56	00:38:07	00:49:59.35	+00:15:40 (31.3%)	4:59	12 (68.6%)
100	PAPIERNIK Błażej	109		M18-39	15	00:01:07	00:13:00	00:25:36	00:38:17	00:50:03.05	+00:15:43 (31.4%)	5:00	12 (68.6%)
101	DĄBROWSKI Grzegorz	32		M40-49	28	00:01:06	00:13:14	00:25:41	00:38:12	00:50:12.80	+00:15:53 (31.6%)	5:01	12 (68.6%)
102	MAZUR Mirosław	95		M40-49	29	00:01:06	00:13:26	00:25:51	00:38:19	00:50:17.70	+00:15:58 (31.8%)	5:01	11.9 (68.0%)
103	SKOWYRSKI Janusz	167	TKKF KOSZALIN	M50-59	9	00:00:58	00:12:44	00:25:07	00:37:46	00:50:18.90	+00:15:59 (31.8%)	5:01	11.9 (68.0%)
104	SARAPUK Gabriela	129	TKKF KOSZALIN	K40-49	5	00:01:04	00:13:24	00:25:50	00:38:34	00:51:02.40	+00:16:43 (32.8%)	5:06	11.8 (67.4%)
105	BOGACKI Tomasz	14	TKKF KOSZALIN	M60-69	6	00:01:04	00:13:24	00:25:50	00:38:33	00:51:02.60	+00:16:43 (32.8%)	5:06	11.8 (67.4%)
106	KUBACZKA Andrzej	81		M40-49	30	00:01:16	00:13:29	00:25:39	00:38:17	00:51:08.40	+00:16:49 (32.9%)	5:06	11.7 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start	Herk All	Herk All	Herk All	Czas	Różn	Tempo	Tempo
						0.18km	2.635km	5.09km	7.545km	netto 10km		min/km	km/h
107	PAWŁOWSKI Grzegorz	112		M40-49	31	00:01:14	00:13:40	00:26:12	00:38:44	00:51:10.55	+00:16:51 (32.9%)	5:07	11.7 (66.9%)
108	KOCIENIEWSKI Rafał	65		M40-49	32	00:01:15	00:13:56	00:26:55	00:39:29	00:51:15.65	+00:16:56 (33.0%)	5:07	11.7 (66.9%)
109	GARNCAREK Paweł	43		M30-39	28	00:01:16	00:13:40	00:26:01	00:38:55	00:51:15.85	+00:16:56 (33.1%)	5:07	11.7 (66.9%)
110	KACZMAREK Łukasz	60	WOJOWNICY WÓDY	M30-39	29	00:01:13	00:13:39	00:26:29	00:39:03	00:51:22.85	+00:17:03 (33.2%)	5:08	11.7 (66.9%)
111	SZYSZKOWSKI Tomasz	141		M30-39	30	00:01:04	00:13:14	00:25:57	00:38:54	00:51:25.15	+00:17:05 (33.3%)	5:08	11.7 (66.9%)
112	DĘBSKI Damian	34		M30-39	31	00:01:05	00:12:52	00:25:13	00:38:26	00:51:48.75	+00:17:29 (33.8%)	5:10	11.6 (66.3%)
113	KURZAWIŃSKA-JABŁOŃSKA Kasia	83	CZARNE BIEGA	K40-49	6	00:01:05	00:13:28	00:26:15	00:39:06	00:51:55.00	+00:17:35 (33.9%)	5:11	11.6 (66.3%)
114	JASIENIECKI Piotr	55	KP ZEFIR WYSZEWO	M40-49	33	00:00:58	00:13:19	00:26:03	00:39:03	00:51:57.30	+00:17:38 (33.9%)	5:11	11.5 (65.7%)
115	WOJTOWICZ-SANDER Sylwia	169		K18-29	2	00:01:00	00:13:45	00:26:51	00:39:37	00:51:57.75	+00:17:38 (34.0%)	5:11	11.5 (65.7%)
116	PIOTROWSKI Grzegorz	170	BIEGOWA ŚWIDNICA	M30-39	32	00:01:00	00:13:45	00:26:51	00:39:36	00:51:57.95	+00:17:38 (34.0%)	5:11	11.5 (65.7%)
117	KOWALCZYK Piotr	72	FOR-REST-RUN	M30-39	33	00:01:04	00:13:24	00:26:06	00:39:05	00:52:01.50	+00:17:42 (34.0%)	5:12	11.5 (65.7%)
118	BALIŃSKA Justyna	4	DRAWSKI BIEGACZ	K18-29	3	00:01:07	00:13:33	00:26:39	00:39:49	00:52:15.45	+00:17:56 (34.3%)	5:13	11.5 (65.7%)
119	BUDZIŃSKI Paweł	163		M40-49	34	00:01:11	00:14:04	00:26:53	00:39:50	00:52:29.30	+00:18:10 (34.6%)	5:14	11.4 (65.1%)
120	DIDŁUCH Jacek	35	KOŁOBRZEG BIEGA MARATON TEAM	M40-49	35	00:01:08	00:13:27	00:26:14	00:39:27	00:52:38.65	+00:18:19 (34.8%)	5:15	11.4 (65.1%)
121	LEWICZ Ewa	86	GMINA SŁUPSK	K30-39	12	00:01:08	00:13:35	00:26:37	00:39:48	00:53:04.10	+00:18:44 (35.3%)	5:18	11.3 (64.6%)
122	LEWICZ Jan	85	CPSP USTKA	M30-39	34	00:01:09	00:13:35	00:26:37	00:39:48	00:53:04.55	+00:18:45 (35.3%)	5:18	11.3 (64.6%)
123	KOZŁOWIECKI Waldemar	75	TKKF KOSZALIN	M60-69	7	00:01:16	00:14:08	00:26:50	00:40:11	00:53:06.75	+00:18:47 (35.4%)	5:18	11.3 (64.6%)
124	SIERANT Maria	131		K18-29	4	00:01:05	00:13:26	00:26:33	00:40:16	00:53:28.40	+00:19:09 (35.8%)	5:20	11.2 (64.0%)
125	DZIUBA Monika	39		K30-39	13	00:01:05	00:13:51	00:27:04	00:40:33	00:53:55.30	+00:19:36 (36.4%)	5:23	11.1 (63.4%)
126	GDANIEC Konrad	153	KAMIEŃ RYMAŃSKI	M18-39	16	00:01:15	00:13:47	00:27:00	00:40:33	00:54:06.60	+00:19:47 (36.6%)	5:24	11.1 (63.4%)
127	JUSZCZAK Krzysztof	59		M60-69	8	00:01:00	00:13:27	00:26:49	00:40:32	00:54:10.75	+00:19:51 (36.7%)	5:25	11.1 (63.4%)
128	KULAWIŃSKI Marek	168		M40-49	36	00:01:13	00:14:03	00:27:13	00:40:47	00:54:25.70	+00:20:06 (36.9%)	5:26	11 (62.9%)
129	RADZIUSZ Ilona	118		K30-39	14	00:01:07	00:13:44	00:27:12	00:41:27	00:54:47.35	+00:20:28 (37.4%)	5:28	11 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start 0.18km	Herk All 2.635km	Herk All 5.09km	Herk All 7.545km	Czas		Tempo min/km	Tempo km/h
										netto 10km	Różn		
130	JURKIEWICZ Andrzej	58	CSSP	M30-39	35	00:01:16	00:14:07	00:27:27	00:41:04	00:54:48.55	+00:20:29 (37.4%)	5:28	10.9 (62.3%)
131	BOGACKA Lucyna	13	TKKF KOSZALIN	K60+	2	00:01:06	00:14:05	00:27:31	00:41:16	00:54:57.45	+00:20:38 (37.6%)	5:29	10.9 (62.3%)
132	KRZEWIŃSKA Monika	166	TKKF KOSZALIN	K30-39	15	00:01:06	00:14:20	00:28:04	00:42:16	00:55:05.95	+00:20:46 (37.7%)	5:30	10.9 (62.3%)
133	JEWUŁA Agata	56	DRUŻYNA SZPIKU	K30-39	16	00:01:05	00:14:05	00:27:50	00:41:41	00:55:41.10	+00:21:21 (38.4%)	5:34	10.8 (61.7%)
134	MAJSIUK Agnieszka	91		K40-49	7	00:01:15	00:14:40	00:28:36	00:42:41	00:56:22.15	+00:22:02 (39.1%)	5:38	10.6 (60.6%)
135	HNATOWSKI Artur	47	CSSP KOSZALIN	M50-59	10	00:01:16	00:14:02	00:27:49	00:42:05	00:56:39.25	+00:22:20 (39.4%)	5:39	10.6 (60.6%)
136	WĄSOWICZ Anna	145		K30-39	17	00:01:10	00:14:04	00:28:13	00:42:59	00:56:46.15	+00:22:26 (39.5%)	5:40	10.6 (60.6%)
137	KOROL Dominika	71		K18-29	5	00:01:07	00:14:20	00:28:40	00:43:11	00:57:08.90	+00:22:49 (39.9%)	5:42	10.5 (60.0%)
138	MALINOWSKA-BURDA Aleksandra	92		K30-39	18	00:01:13	00:14:55	00:28:59	00:43:04	00:57:17.40	+00:22:58 (40.1%)	5:43	10.5 (60.0%)
139	KARNICKI Zygmunt	61	TKKF KOSZALIN	M60-69	9	00:01:04	00:14:18	00:28:21	00:42:55	00:57:42.85	+00:23:23 (40.5%)	5:46	10.4 (59.4%)
140	KUHN Karin	82	SV TURBINE NEUBRANDENBURG	K60+	3	00:01:11	00:14:56	00:29:08	00:43:33	00:57:58.10	+00:23:38 (40.8%)	5:47	10.4 (59.4%)
141	BEDNARZ Katarzyna	7		K40-49	8	00:01:13	00:15:16	00:29:47	00:44:32	00:58:59.90	+00:24:40 (41.8%)	5:53	10.2 (58.3%)
142	RUSIECKI Paweł	124	WSPL SP ZOZ W KOSZALINIE	M40-49	37	00:01:12	00:15:19	00:29:44	00:44:37	00:59:39.15	+00:25:19 (42.5%)	5:57	10.1 (57.7%)
143	MICHALAK Michał	98	KAMIEŃ RYMAŃSKI	M18-39	17	00:01:14	00:15:09	00:30:33	00:46:17	01:00:19.60	+00:26:00 (43.1%)	6:01	9.9 (56.6%)
144	STEC Jakub	137	KAMIEŃ RYMAŃSKI	M18-39	18	00:01:14	00:15:09	00:30:33	00:46:18	01:00:45.65	+00:26:26 (43.5%)	6:04	9.9 (56.6%)
145	WACHHOLZ Beata	144	KB BRYZA	K40-49	9	00:01:15	00:15:25	00:30:27	00:45:40	01:00:48.05	+00:26:28 (43.6%)	6:04	9.9 (56.6%)
146	DYBALSKI Krzysztof	38		M40-49	38	00:01:19	00:15:31	00:30:16	00:45:36	01:00:56.90	+00:26:37 (43.7%)	6:05	9.8 (56.0%)
147	HELLER Zdzisław	45	NIEZRZESZONY	M60-69	10	00:01:16	00:15:40	00:30:47	00:45:51	01:01:03.20	+00:26:43 (43.8%)	6:06	9.8 (56.0%)
148	KRYSTOSIK Paulina	79	BIEGAM BO LUBIE,BIEGAM DLA SIEBIE	K18-29	6	00:01:14	00:15:01	00:30:29	00:45:56	01:01:57.90	+00:27:38 (44.6%)	6:11	9.7 (55.4%)
149	SZYMANOWICZ Marcin	139		M30-39	36	00:01:12	00:15:27	00:30:46	00:47:07	01:02:55.65	+00:28:36 (45.5%)	6:17	9.5 (54.3%)
150	CICHOSZ Jerzy	27		M70+	1	00:01:25	00:16:12	00:31:38	00:47:42	01:03:13.70	+00:28:54 (45.7%)	6:19	9.5 (54.3%)
151	KOPCZYŃSKI Michał	70		M40-49	39	00:01:14	00:15:23	00:30:55	00:47:49	01:03:50.70	+00:29:31 (46.2%)	6:23	9.4 (53.7%)
152	PEŁKA Iwona	113		K50-59	2	00:01:23	00:17:30	00:33:42	00:49:32	01:04:55.55	+00:30:36 (47.1%)	6:29	9.2 (52.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start				Czas netto 10km	Różn	Tempo min/km	Tempo km/h
						0.18km	Herk_All 2.635km	Herk_All 5.09km	Herk_All 7.545km				
153	KOZŁOWIECKA Małgorzata	36		K50-59	3	00:01:14	00:16:48	00:33:12	00:49:51	01:06:55.10	+00:32:35 (48.7%)	6:41	9 (51.4%)
154	STASZYŃSKA Marianna	135	BTC,,ORZEŁ'	K60+	4	00:01:13	00:17:50	00:35:02	00:52:37	01:10:34.50	+00:36:15 (51.4%)	7:03	8.5 (48.6%)
155	PASEK Jan	110	KLUB BIEGOWY JANTAR ŚWIESZYNO	M60-69	11	00:01:22	00:18:29	00:37:07	00:56:08	01:15:10.80	+00:40:51 (54.3%)	7:31	8 (45.7%)
156	SZCZEBLEWSKI Józef	165		M60-69	12	00:01:26	00:19:59	00:39:09	00:59:50	01:20:48.00	+00:46:28 (57.5%)	8:04	7.4 (42.3%)
	MARCINIAK Marcin	94	MACIEJ MARCINIAK BIKE TEAM	M30-39		00:00:58 DNF	00:11:43 DNF	00:22:45 DNF	DNF	DNF		-	- (0.0%)
	ZIELIŃSKI Grzegorz	157		M60-69		00:01:09 DNF	00:14:08 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 158 wynik(ów)