



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%) |

| 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 | | |
| 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%) |

| 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 | | |
| 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 |
| 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)