

# XVIII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT  
INTELEKTUALNE SŁOŻE SPORTOWE

**Wydarzenie:** XVIII MIĘDZYNARODOWY BIEG WENEDÓW  
**Organizator:** Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej, Gmina Miasto Koszalin  
**Data:** 2020-09-12  
**Miejsce:** Koszalin  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>CZERNIEWSKI Marcin</b>	<b>23</b>	AML SŁUPSK	M30-39	1	00:00:14	00:04:50	00:09:24	00:14:03	00:18:43	00:23:29	00:28:18	<b>00:32:58.20</b>		3:17	18.2 (100%)
2	<b>BORYCHOWSKI Mariusz</b>	<b>210</b>	TKKF KOSZALIN1	M40-49	1	00:00:13	00:04:50	00:09:24	00:14:03	00:18:48	00:23:41	00:28:37	<b>00:33:31.70</b>	+00:00:33 (1.7%)	3:21	17.9 (98.4%)
3	<b>PERLIK Tomasz</b>	<b>133</b>	MTS HAMER	M30-39	2	00:00:13	00:04:51	00:09:29	00:14:15	00:19:07	00:24:01	00:29:00	<b>00:33:48.90</b>	+00:00:50 (2.5%)	3:22	17.7 (97.3%)
4	<b>KOZŁOWICZ Tomasz</b>	<b>85</b>	OBORYGENI	M18-39	1	00:00:13	00:04:51	00:09:32	00:14:21	00:19:17	00:24:18	00:29:18	<b>00:34:06.75</b>	+00:01:08 (3.3%)	3:24	17.6 (96.7%)
5	<b>HUBERT Łukasz</b>	<b>51</b>	TKKF KOSZALIN1	M30-39	3	00:00:13	00:05:00	00:10:02	00:15:15	00:20:32	00:25:52	00:31:14	<b>00:36:19.85</b>	+00:03:21 (9.3%)	3:38	16.5 (90.7%)
6	<b>ZABORSKI Ryszard</b>	<b>200</b>	TKKF KOSZALIN	M40-49	2	00:00:13	00:05:02	00:10:03	00:15:14	00:20:31	00:25:51	00:31:16	<b>00:36:34.45</b>	+00:03:36 (9.9%)	3:39	16.4 (90.1%)
7	<b>WALCZAK Paweł</b>	<b>182</b>	1989.	M30-39	4	00:00:14	00:05:11	00:10:20	00:15:28	00:20:48	00:26:16	00:31:45	<b>00:37:02.15</b>	+00:04:03 (11.0%)	3:42	16.2 (89.0%)
8	<b>HOŁUB Kamil</b>	<b>49</b>	MLUKS TRZEBIATÓW	M40-49	3	00:00:13	00:05:09	00:10:20	00:15:44	00:21:10	00:26:34	00:32:05	<b>00:37:24.55</b>	+00:04:26 (11.9%)	3:44	16 (87.9%)
9	<b>WOJTALIK Łukasz</b>	<b>195</b>	TRUCHCIKI	M30-39	5	00:00:14	00:05:02	00:10:14	00:15:32	00:20:56	00:26:29	00:32:06	<b>00:37:38.55</b>	+00:04:40 (12.4%)	3:45	15.9 (87.4%)
10	<b>RUDNIKOWSKI Maciej</b>	<b>150</b>	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M40-49	4	00:00:14	00:05:24	00:10:47	00:16:13	00:21:39	00:27:08	00:32:37	<b>00:37:54.20</b>	+00:04:56 (13.0%)	3:47	15.8 (86.8%)
11	<b>WITKIEWICZ Eryk</b>	<b>193</b>	1976.	M40-49	5	00:00:14	00:05:31	00:10:53	00:16:14	00:21:37	00:27:05	00:32:40	<b>00:37:59.20</b>	+00:05:01 (13.2%)	3:47	15.8 (86.8%)
12	<b>KASZUBIAK Klaudiusz</b>	<b>63</b>		M40-49	6	00:00:15	00:05:21	00:10:41	00:16:07	00:21:39	00:27:14	00:32:55	<b>00:38:22.75</b>	+00:05:24 (14.1%)	3:50	15.6 (85.7%)
13	<b>GOLIŃSKI Łukasz</b>	<b>41</b>	3:10 TEAM ŚWIDWIN	M40-49	7	00:00:15	00:05:32	00:11:02	00:16:31	00:22:07	00:27:41	00:33:16	<b>00:38:48.45</b>	+00:05:50 (15.0%)	3:52	15.5 (85.2%)
14	<b>WOJCIECHOWICZ Jacek</b>	<b>194</b>	WWW.STUDIOTANCAPASJA.PL	M40-49	8	00:00:16	00:05:34	00:11:03	00:16:38	00:22:16	00:27:58	00:33:35	<b>00:39:06.40</b>	+00:06:08 (15.7%)	3:54	15.3 (84.1%)
15	<b>ZYCH Paweł</b>	<b>207</b>	ALLIANZ RUNNING TEAM	M40-49	9	00:00:14	00:05:17	00:10:39	00:16:11	00:21:53	00:27:40	00:33:30	<b>00:39:10.50</b>	+00:06:12 (15.8%)	3:55	15.3 (84.1%)
16	<b>SITOWSKI Marcin</b>	<b>159</b>	FC RYSIEK	M18-39	2	00:00:15	00:05:24	00:10:45	00:16:16	00:22:00	00:27:57	00:33:51	<b>00:39:17.00</b>	+00:06:18 (16.1%)	3:55	15.3 (84.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas	Różn	Tempo min/km	Tempo km/h
													netto 10km			
17	<b>LASAK Konrad</b>	<b>99</b>		M18-39	3	00:00:15	00:05:30	00:10:52	00:16:21	00:22:09	00:27:58	00:33:48	<b>00:39:32.00</b>	+00:06:33 (16.6%)	3:57	15.2 (83.5%)
18	<b>BURDA Robert</b>	<b>14</b>	KOSPEL	M40-49	10	00:00:16	00:05:39	00:11:13	00:16:57	00:22:45	00:28:36	00:34:21	<b>00:39:42.20</b>	+00:06:44 (17.0%)	3:58	15.1 (83.0%)
19	<b>LANGE Grzegorz</b>	<b>98</b>	LANGE TRI COACH	M40-49	11	00:00:16	00:05:35	00:11:01	00:16:33	00:22:14	00:28:23	00:34:20	<b>00:39:50.45</b>	+00:06:52 (17.2%)	3:59	15.1 (83.0%)
20	<b>BIEDRZYCKI Krzysztof</b>	<b>6</b>	CW FANZA	M40-49	12	00:00:14	00:05:34	00:11:06	00:16:41	00:22:27	00:28:19	00:34:11	<b>00:39:59.30</b>	+00:07:01 (17.6%)	3:59	15 (82.4%)
21	<b>ZŁOTY Wojciech</b>	<b>192</b>		M18-39	4	00:00:15	00:05:30	00:11:01	00:16:42	00:22:33	00:28:28	00:34:23	<b>00:40:02.20</b>	+00:07:04 (17.7%)	4:00	15 (82.4%)
22	<b>GRZESIK Eugeniusz</b>	<b>44</b>	TKKF KOSZALIN	M50-59	1	00:00:15	00:05:34	00:11:06	00:16:47	00:22:35	00:28:32	00:34:30	<b>00:40:10.00</b>	+00:07:11 (17.9%)	4:01	14.9 (81.9%)
23	<b>MICHALAK Grzegorz</b>	<b>117</b>	KARLINO BIEGAJ!	M40-49	13	00:00:15	00:05:35	00:11:06	00:16:48	00:22:39	00:28:31	00:34:29	<b>00:40:10.50</b>	+00:07:12 (17.9%)	4:01	14.9 (81.9%)
24	<b>PIETRUSZKA Mikołaj</b>	<b>138</b>	TĘCZA RUN	M50-59	2	00:00:16	00:05:36	00:11:09	00:16:53	00:22:44	00:28:36	00:34:33	<b>00:40:20.45</b>	+00:07:22 (18.3%)	4:02	14.9 (81.9%)
25	<b>WIECZOREK Łukasz</b>	<b>189</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M30-39	6	00:00:18	00:05:50	00:11:35	00:17:29	00:23:25	00:29:22	00:35:13	<b>00:40:43.15</b>	+00:07:44 (19.0%)	4:04	14.7 (80.8%)
26	<b>KORMAN Kamil</b>	<b>76</b>	8PLOT	M18-39	5	00:00:15	00:05:27	00:11:04	00:16:57	00:23:03	00:29:04	00:35:20	<b>00:40:57.15</b>	+00:07:58 (19.5%)	4:05	14.7 (80.8%)
27	<b>WICHER Krzysztof</b>	<b>188</b>	ADWOKATURA	M30-39	7	00:00:14	00:05:39	00:11:11	00:17:00	00:23:05	00:29:08	00:35:14	<b>00:40:58.65</b>	+00:08:00 (19.5%)	4:05	14.6 (80.2%)
28	<b>MACKOJĆ Krzysztof</b>	<b>106</b>	EL-MACKOJĆ	M40-49	14	00:00:15	00:05:25	00:10:44	00:16:12	00:21:42	00:27:24	00:33:26	<b>00:41:00.05</b>	+00:08:01 (19.6%)	4:06	14.6 (80.2%)
29	<b>GAJLEWICZ Dominik</b>	<b>37</b>	MTS HAMER	M30-39	8	00:00:14	00:05:28	00:11:06	00:16:58	00:23:00	00:29:00	00:35:11	<b>00:41:09.50</b>	+00:08:11 (19.9%)	4:07	14.6 (80.2%)
30	<b>KAWKA Adrian</b>	<b>64</b>	RAKIETY	M30-39	9	00:00:14	00:05:20	00:10:52	00:16:37	00:22:36	00:29:21	00:35:34	<b>00:41:35.25</b>	+00:08:37 (20.7%)	4:09	14.4 (79.1%)
31	<b>RUBASZNIK Radosław</b>	<b>149</b>	CSSP KOSZALIN	M30-39	10	00:00:19	00:06:20	00:12:09	00:18:03	00:23:57	00:29:55	00:35:54	<b>00:41:40.10</b>	+00:08:41 (20.9%)	4:10	14.4 (79.1%)
32	<b>RYNDAK Mariusz</b>	<b>151</b>		M50-59	3	00:00:15	00:05:35	00:11:13	00:17:15	00:23:28	00:29:42	00:36:00	<b>00:41:53.30</b>	+00:08:55 (21.3%)	4:11	14.3 (78.6%)
33	<b>KOZIEŁ Paweł</b>	<b>83</b>	TRUCHCIKI	M40-49	15	00:00:16	00:05:51	00:11:45	00:17:48	00:23:54	00:30:03	00:36:12	<b>00:42:07.65</b>	+00:09:09 (21.7%)	4:12	14.2 (78.0%)
34	<b>PĘKAŁA Piotr</b>	<b>134</b>	SOSW KOSZALIN	M40-49	16	00:00:22	00:06:25	00:12:18	00:18:19	00:24:25	00:30:27	00:36:27	<b>00:42:09.15</b>	+00:09:10 (21.8%)	4:13	14.2 (78.0%)
35	<b>ZWOLIŃSKI Jan</b>	<b>206</b>	TKKF KOSZALIN	M50-59	4	00:00:17	00:06:07	00:12:03	00:18:03	00:24:05	00:30:12	00:36:17	<b>00:42:18.30</b>	+00:09:20 (22.1%)	4:13	14.2 (78.0%)
36	<b>ZATOŃ Olga</b>	<b>202</b>	TRUCHCIKI	K30-39	1	00:00:16	00:05:47	00:11:38	00:17:44	00:23:51	00:30:03	00:36:18	<b>00:42:28.20</b>	+00:09:30 (22.4%)	4:14	14.1 (77.5%)
37	<b>CHUPTYŚ Adrian</b>	<b>18</b>	RUNDORFINA	M30-39	11	00:00:16	00:05:43	00:11:37	00:17:48	00:24:07	00:30:29	00:36:54	<b>00:43:04.45</b>	+00:10:06 (23.5%)	4:18	13.9 (76.4%)
38	<b>IWANIEC Dariusz</b>	<b>52</b>	TKKF KOSZALIN	M40-49	17	00:00:17	00:06:08	00:12:05	00:18:12	00:24:28	00:30:48	00:37:10	<b>00:43:07.00</b>	+00:10:08 (23.5%)	4:18	13.9 (76.4%)
39	<b>KOZAK Grzegorz</b>	<b>82</b>	FPP	M40-49	18	00:00:17	00:06:07	00:12:10	00:18:25	00:24:47	00:31:14	00:37:23	<b>00:43:12.40</b>	+00:10:14 (23.7%)	4:19	13.9 (76.4%)
40	<b>MAZUR Tomasz</b>	<b>113</b>	I LO SZCZECINEK	M40-49	19	00:00:16	00:05:51	00:11:46	00:17:51	00:24:05	00:30:33	00:37:06	<b>00:43:15.90</b>	+00:10:17 (23.8%)	4:19	13.9 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Czas		Tempo	Tempo
													netto	Różn		
41	<b>KRYNICKA GRZYB Małgorzata</b>	<b>91</b>		K30-39	2	00:00:17	00:06:02	00:12:00	00:18:10	00:24:27	00:30:51	00:37:15	<b>00:43:19.70</b>	+00:10:21 (23.9%)	4:20	13.8 (75.8%)
42	<b>BRZEZIŃSKI Jan</b>	<b>11</b>	TEAM PIOTRUŚ	M50-59	5	00:00:19	00:06:20	00:12:32	00:18:47	00:25:04	00:31:26	00:37:45	<b>00:43:46.10</b>	+00:10:47 (24.7%)	4:22	13.7 (75.3%)
43	<b>BARUTOWICZ Grzegorz</b>	<b>5</b>	1981.	M30-39	12	00:00:17	00:06:11	00:12:12	00:18:23	00:24:43	00:31:11	00:37:37	<b>00:43:53.10</b>	+00:10:54 (24.9%)	4:23	13.7 (75.3%)
44	<b>WERS Krzysztof</b>	<b>187</b>		M30-39	13	00:00:19	00:06:14	00:12:22	00:18:37	00:24:49	00:31:10	00:37:42	<b>00:43:56.75</b>	+00:10:58 (25.0%)	4:23	13.7 (75.3%)
45	<b>WEBER Paweł</b>	<b>186</b>	FPP	M30-39	14	00:00:17	00:06:07	00:12:10	00:18:25	00:24:47	00:31:14	00:37:46	<b>00:44:04.85</b>	+00:11:06 (25.2%)	4:24	13.6 (74.7%)
46	<b>MŁASZEWSKI Przemek</b>	<b>120</b>	AMBRA PL	M30-39	15	00:00:19	00:06:18	00:12:30	00:18:49	00:25:03	00:31:30	00:38:07	<b>00:44:16.30</b>	+00:11:18 (25.5%)	4:25	13.6 (74.7%)
47	<b>KOŚCIELNIAK Robert</b>	<b>77</b>	TKKF KOSZALIN	M50-59	6	00:00:18	00:06:12	00:12:16	00:18:32	00:25:02	00:31:42	00:38:15	<b>00:44:20.65</b>	+00:11:22 (25.6%)	4:26	13.5 (74.2%)
48	<b>URBAŃSKI Tomasz</b>	<b>181</b>		M40-49	20	00:00:19	00:06:21	00:12:24	00:18:47	00:25:10	00:31:34	00:38:02	<b>00:44:22.05</b>	+00:11:23 (25.7%)	4:26	13.5 (74.2%)
49	<b>KRUPIŃSKI Krzysztof</b>	<b>90</b>	E-UROLOG.EU	M50-59	7	00:00:19	00:06:20	00:12:36	00:18:55	00:25:26	00:31:57	00:38:25	<b>00:44:27.45</b>	+00:11:29 (25.8%)	4:26	13.5 (74.2%)
50	<b>KWIETNIEWSKI Daniel</b>	<b>97</b>		M40-49	21	00:00:19	00:06:07	00:12:10	00:18:25	00:24:47	00:31:18	00:37:58	<b>00:44:28.95</b>	+00:11:30 (25.9%)	4:26	13.5 (74.2%)
51	<b>NIEDBALSKI Oktawian</b>	<b>123</b>	KAMIEŃ RYMAŃSKI	M18-39	6	00:00:18	00:06:10	00:12:11	00:18:31	00:25:07	00:31:48	00:38:24	<b>00:44:36.90</b>	+00:11:38 (26.1%)	4:27	13.4 (73.6%)
52	<b>TRZEBIATOWSKA Kinga</b>	<b>180</b>		K18-29	1	00:00:15	00:05:50	00:12:05	00:18:37	00:25:11	00:31:54	00:38:29	<b>00:44:50.20</b>	+00:11:52 (26.5%)	4:29	13.4 (73.6%)
53	<b>SPOLSKA Weronika</b>	<b>164</b>		K18-29	2	00:00:17	00:06:16	00:12:34	00:19:01	00:25:36	00:32:07	00:38:42	<b>00:45:02.80</b>	+00:12:04 (26.8%)	4:30	13.3 (73.1%)
54	<b>HAŁKA Justyna</b>	<b>45</b>	TRUCHCIKI	K40-49	1	00:00:19	00:06:30	00:12:50	00:19:17	00:25:46	00:32:14	00:38:48	<b>00:45:11.30</b>	+00:12:13 (27.0%)	4:31	13.3 (73.1%)
55	<b>BRYGAŁA Magdalena</b>	<b>10</b>		K40-49	2	00:00:19	00:06:15	00:12:27	00:18:52	00:25:29	00:32:09	00:38:54	<b>00:45:26.75</b>	+00:12:28 (27.5%)	4:32	13.2 (72.5%)
56	<b>OLEARCZYK Arkadiusz</b>	<b>125</b>	BOBOLICKIE BRACTWO BIEGOWE	M40-49	22	00:00:18	00:05:52	00:11:52	00:18:11	00:24:44	00:31:54	00:38:47	<b>00:45:31.60</b>	+00:12:33 (27.6%)	4:33	13.2 (72.5%)
57	<b>KONKEL Agnieszka</b>	<b>71</b>	MTS HAMER	K30-39	3	00:00:17	00:06:12	00:12:21	00:18:46	00:25:25	00:32:08	00:39:05	<b>00:45:34.20</b>	+00:12:36 (27.6%)	4:33	13.2 (72.5%)
58	<b>SZYMAŃSKI Piotr</b>	<b>173</b>	SZYMON TEAM	M40-49	23	00:00:21	00:06:55	00:13:30	00:20:03	00:26:33	00:33:08	00:39:35	<b>00:45:37.85</b>	+00:12:39 (27.7%)	4:33	13.1 (72.0%)
59	<b>GAWEŁ Zbigniew</b>	<b>40</b>	POMERIDERS SŁUPSK	M60-69	1	00:00:16	00:06:18	00:12:36	00:19:01	00:25:31	00:32:12	00:38:57	<b>00:45:40.40</b>	+00:12:42 (27.8%)	4:34	13.1 (72.0%)
60	<b>SITARCZYK Damian</b>	<b>158</b>	FUNDACJA ZASTOPIJ	M30-39	16	00:00:20	00:06:02	00:12:00	00:18:21	00:24:56	00:31:40	00:38:43	<b>00:45:46.30</b>	+00:12:48 (28.0%)	4:34	13.1 (72.0%)
61	<b>PERLIK Katarzyna</b>	<b>132</b>	MTS HAMER	K18-29	3	00:00:18	00:06:13	00:12:31	00:18:56	00:25:27	00:32:06	00:39:04	<b>00:45:49.00</b>	+00:12:50 (28.0%)	4:34	13.1 (72.0%)
62	<b>KOBYLAK Janusz</b>	<b>70</b>	KOŁOBRZEG BIEGA	M40-49	24	00:00:17	00:06:17	00:12:39	00:19:20	00:26:03	00:32:50	00:39:34	<b>00:46:02.35</b>	+00:13:04 (28.4%)	4:36	13 (71.4%)
63	<b>CZERNIAK Gracjan</b>	<b>22</b>		M40-49	25	00:00:21	00:06:50	00:13:18	00:19:51	00:26:21	00:33:00	00:39:37	<b>00:46:06.95</b>	+00:13:08 (28.5%)	4:36	13 (71.4%)
64	<b>PETERSKI Damian</b>	<b>198</b>		M18-39	7	00:00:19	00:06:27	00:12:43	00:19:09	00:25:39	00:32:23	00:39:24	<b>00:46:28.75</b>	+00:13:30 (29.1%)	4:38	12.9 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas		Tempo min/km	Tempo km/h
													netto 10km	Różn		
65	<b>DERLIŃSKI Adam</b>	<b>29</b>	TORNADO KOSZALIN	M40-49	26	00:00:18	00:06:20	00:12:38	00:19:07	00:25:53	00:32:48	00:39:47	<b>00:46:35.40</b>	+00:13:37 (29.2%)	4:39	12.9 (70.9%)
66	<b>MARCINIAK Maciej</b>	<b>109</b>	KS POGOŃ POŁCZYN ZDRÓJ	M30-39	17	00:00:16	00:06:05	00:12:15	00:18:36	00:25:00	00:32:05	00:39:23	<b>00:46:42.75</b>	+00:13:44 (29.4%)	4:40	12.8 (70.3%)
67	<b>WOŁOSZYN Daniel</b>	<b>196</b>	KAMIEŃ RYMAŃSKI	M18-39	8	00:00:20	00:06:34	00:12:48	00:19:13	00:25:43	00:32:32	00:39:42	<b>00:46:52.25</b>	+00:13:54 (29.7%)	4:41	12.8 (70.3%)
68	<b>SKOWYRSKI Janusz</b>	<b>160</b>	TKKF KOSZALIN	M50-59	8	00:00:19	00:06:33	00:13:00	00:19:43	00:26:30	00:33:31	00:40:27	<b>00:47:09.35</b>	+00:14:11 (30.1%)	4:42	12.7 (69.8%)
69	<b>MAZURSKI Paweł</b>	<b>115</b>		M30-39	18	00:00:17	00:06:38	00:13:13	00:19:53	00:26:31	00:33:20	00:40:27	<b>00:47:17.40</b>	+00:14:19 (30.3%)	4:43	12.7 (69.8%)
70	<b>ŚWIETLIK Tomasz</b>	<b>177</b>	LEO TEAM	M60-69	2	00:00:18	00:06:40	00:13:18	00:20:07	00:26:57	00:33:47	00:40:39	<b>00:47:20.80</b>	+00:14:22 (30.4%)	4:44	12.7 (69.8%)
71	<b>ZAWADZKI Damian</b>	<b>203</b>	KB WYGAN	M30-39	19	00:00:20	00:06:53	00:13:37	00:20:21	00:27:11	00:34:08	00:40:56	<b>00:47:22.95</b>	+00:14:24 (30.4%)	4:44	12.7 (69.8%)
72	<b>SAWIŃSKI Jacek</b>	<b>157</b>		M40-49	27	00:00:20	00:07:00	00:13:49	00:20:31	00:27:24	00:34:12	00:40:57	<b>00:47:38.85</b>	+00:14:40 (30.8%)	4:45	12.6 (69.2%)
73	<b>KRZEWIŃSKA Małgorzata</b>	<b>92</b>	TKKF KOSZALIN1	K60+	1	00:00:22	00:07:00	00:13:43	00:20:29	00:27:12	00:34:01	00:40:55	<b>00:47:39.60</b>	+00:14:41 (30.8%)	4:46	12.6 (69.2%)
74	<b>SUCHANOWSKI Zygmunt</b>	<b>167</b>	RESPECT LOTYŃ	M50-59	9	00:00:17	00:06:17	00:12:48	00:19:34	00:26:33	00:33:37	00:40:43	<b>00:47:41.90</b>	+00:14:43 (30.9%)	4:46	12.6 (69.2%)
75	<b>WIKTOROWSKI Maciej</b>	<b>191</b>		M40-49	28	00:00:18	00:06:18	00:12:51	00:19:41	00:26:40	00:33:40	00:40:49	<b>00:47:43.10</b>	+00:14:44 (30.9%)	4:46	12.6 (69.2%)
76	<b>DĄBROWSKA Alicja</b>	<b>26</b>	TKKF KOSZALIN1	K50-59	1	00:00:21	00:07:08	00:13:51	00:20:41	00:27:37	00:34:32	00:41:26	<b>00:47:56.80</b>	+00:14:58 (31.2%)	4:47	12.5 (68.7%)
77	<b>KUBIK Krystian</b>	<b>93</b>	RUNGRYF GRYFICE	M18-39	9	00:00:13	00:06:00	00:12:35	00:19:24	00:26:30	00:33:43	00:40:58	<b>00:47:59.75</b>	+00:15:01 (31.3%)	4:47	12.5 (68.7%)
78	<b>HAŁKA Arkadiusz</b>	<b>46</b>	TRUCHCIKI	M40-49	29	00:00:19	00:06:44	00:13:27	00:20:16	00:27:14	00:34:16	00:41:22	<b>00:48:02.30</b>	+00:15:04 (31.4%)	4:48	12.5 (68.7%)
79	<b>KOWALCZYK Piotr</b>	<b>79</b>	FOR-REST-RUN	M30-39	20	00:00:19	00:06:52	00:13:29	00:20:17	00:27:12	00:34:17	00:41:31	<b>00:48:32.75</b>	+00:15:34 (32.1%)	4:51	12.4 (68.1%)
80	<b>ROGOŻA Ireneusz</b>	<b>147</b>		M40-49	30	00:00:21	00:06:50	00:13:33	00:20:15	00:27:15	00:34:29	00:41:48	<b>00:48:33.50</b>	+00:15:35 (32.1%)	4:51	12.4 (68.1%)
81	<b>OLESIŃSKI Marcin</b>	<b>127</b>		M18-39	10	00:00:23	00:07:13	00:13:54	00:20:50	00:27:53	00:34:56	00:42:11	<b>00:49:00.55</b>	+00:16:02 (32.7%)	4:54	12.2 (67.0%)
82	<b>PIECHOTA Robert</b>	<b>136</b>	ROZBIEGANY KOSZALIN	M50-59	10	00:00:15	00:06:24	00:13:16	00:20:24	00:27:38	00:34:56	00:42:23	<b>00:49:07.25</b>	+00:16:09 (32.9%)	4:54	12.2 (67.0%)
83	<b>WIELGAT Łukasz</b>	<b>190</b>	KB BRYZA POSTOMINO	M30-39	21	00:00:20	00:06:14	00:12:22	00:18:51	00:26:02	00:34:17	00:42:18	<b>00:49:11.20</b>	+00:16:13 (33.0%)	4:55	12.2 (67.0%)
84	<b>DRULIK-HOŁUB Marta</b>	<b>33</b>	TORNADO KOSZALIN	K40-49	3	00:00:22	00:06:55	00:13:44	00:20:40	00:27:43	00:34:53	00:42:08	<b>00:49:13.75</b>	+00:16:15 (33.0%)	4:55	12.2 (67.0%)
85	<b>STAWISZYŃSKI Jarosław</b>	<b>165</b>	FRK	M30-39	22	00:00:20	00:06:52	00:13:44	00:20:44	00:27:52	00:35:10	00:42:32	<b>00:49:14.75</b>	+00:16:16 (33.1%)	4:55	12.2 (67.0%)
86	<b>KRUPIŃSKA Beata</b>	<b>88</b>	E-UROLOG.EU	K50-59	2	00:00:23	00:07:09	00:13:53	00:20:52	00:27:54	00:35:01	00:42:18	<b>00:49:15.10</b>	+00:16:16 (33.1%)	4:55	12.2 (67.0%)
87	<b>OLESIŃSKA Patrycja</b>	<b>126</b>		K30-39	4	00:00:22	00:07:11	00:13:55	00:20:45	00:27:39	00:34:48	00:42:07	<b>00:49:20.95</b>	+00:16:22 (33.2%)	4:56	12.2 (67.0%)
88	<b>SZYMAŃSKI Piotr</b>	<b>172</b>		M30-39	23	00:00:22	00:06:57	00:13:41	00:20:29	00:27:25	00:34:46	00:42:17	<b>00:49:34.10</b>	+00:16:35 (33.5%)	4:57	12.1 (66.5%)
89	<b>PIEKARZEWICZ Tomasz</b>	<b>137</b>	BOBOLICKIE BRACHTWO BIEGOWE	M50-59	11	00:00:23	00:07:19	00:14:33	00:21:32	00:28:41	00:35:45	00:42:58	<b>00:49:46.40</b>	+00:16:48 (33.8%)	4:58	12.1 (66.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Czas		Tempo	Tempo
													netto	Różn		
90	<b>KORDECKI Maciej</b>	<b>75</b>		M18-39	11	00:00:23	00:06:52	00:13:33	00:20:38	00:28:00	00:35:25	00:42:51	<b>00:49:51.90</b>	+00:16:53 (33.9%)	4:59	12 (65.9%)
91	<b>BOGACKI Tomasz</b>	<b>9</b>	TKKF KOSZALIN	M60-69	3	00:00:20	00:07:06	00:14:00	00:21:07	00:28:18	00:35:30	00:42:51	<b>00:49:54.35</b>	+00:16:56 (33.9%)	4:59	12 (65.9%)
92	<b>BUDZIŃSKI Paweł</b>	<b>13</b>	DRUŻYNA SZPIKU	M40-49	31	00:00:19	00:07:04	00:13:58	00:20:55	00:28:05	00:35:27	00:42:58	<b>00:50:00.50</b>	+00:17:02 (34.1%)	5:00	12 (65.9%)
93	<b>GRUNWALD Karolina</b>	<b>42</b>		K30-39	5	00:00:23	00:07:31	00:14:34	00:21:33	00:28:49	00:36:09	00:43:37	<b>00:50:21.35</b>	+00:17:23 (34.5%)	5:02	11.9 (65.4%)
94	<b>KISIELIŃSKI Igor</b>	<b>67</b>	TKKF KOSZALIN	M50-59	12	00:00:22	00:07:00	00:13:49	00:20:47	00:27:53	00:35:22	00:43:28	<b>00:50:24.65</b>	+00:17:26 (34.6%)	5:02	11.9 (65.4%)
95	<b>GALICKI Robert</b>	<b>38</b>		M40-49	32	00:00:24	00:07:32	00:14:36	00:21:34	00:28:50	00:36:10	00:43:38	<b>00:50:29.20</b>	+00:17:31 (34.7%)	5:03	11.9 (65.4%)
96	<b>BURDZIK Michał</b>	<b>15</b>	L9	M18-39	12	00:00:17	00:06:16	00:12:55	00:20:03	00:27:35	00:35:19	00:43:15	<b>00:50:31.80</b>	+00:17:33 (34.8%)	5:03	11.9 (65.4%)
97	<b>NIWIŃSKI Grzegorz</b>	<b>124</b>	KB TUPOT USTKA	M60-69	4	00:00:21	00:07:06	00:14:07	00:21:17	00:28:34	00:35:52	00:43:21	<b>00:50:45.10</b>	+00:17:46 (35.0%)	5:04	11.8 (64.8%)
98	<b>SARAPUK Piotr</b>	<b>153</b>		M40-49	33	00:00:22	00:07:02	00:13:43	00:20:30	00:27:10	00:34:31	00:44:09	<b>00:50:50.75</b>	+00:17:52 (35.2%)	5:05	11.8 (64.8%)
99	<b>WYGANOWSKI Andrzej</b>	<b>197</b>	KB WYGAN	M70+	1	00:00:21	00:07:30	00:14:45	00:21:58	00:29:16	00:36:32	00:43:49	<b>00:50:55.75</b>	+00:17:57 (35.3%)	5:05	11.8 (64.8%)
100	<b>KAPERA Mikołaj</b>	<b>61</b>	KAMIEŃ RYMAŃSKI	M18-39	13	00:00:19	00:06:29	00:12:46	00:19:15	00:26:38	00:34:41	00:42:48	<b>00:51:01.35</b>	+00:18:03 (35.4%)	5:06	11.8 (64.8%)
101	<b>JESZKE Dawid</b>	<b>55</b>	KAMIEŃ RYMAŃSKI	M18-39	14	00:00:24	00:07:23	00:14:31	00:21:33	00:28:50	00:36:19	00:43:56	<b>00:51:01.50</b>	+00:18:03 (35.4%)	5:06	11.8 (64.8%)
102	<b>CZUCZAK Tomasz</b>	<b>209</b>		M40-49	34	00:00:22	00:07:04	00:13:57	00:21:04	00:28:25	00:36:21	00:44:12	<b>00:51:06.30</b>	+00:18:08 (35.5%)	5:06	11.7 (64.3%)
103	<b>PUŚCIAN Krzysztof</b>	<b>145</b>	SP MANOWO	M40-49	35	00:00:23	00:07:12	00:14:17	00:21:27	00:28:34	00:35:38	00:43:20	<b>00:51:07.70</b>	+00:18:09 (35.5%)	5:06	11.7 (64.3%)
104	<b>ANTKOWIAK Sebastian</b>	<b>4</b>	DB - ACTIVE	M40-49	36	00:00:22	00:06:58	00:13:45	00:20:58	00:28:25	00:35:54	00:43:28	<b>00:51:13.35</b>	+00:18:15 (35.6%)	5:07	11.7 (64.3%)
105	<b>SARAPUK Gabriela</b>	<b>152</b>	TKKF KOSZALIN	K40-49	4	00:00:23	00:07:02	00:13:53	00:21:05	00:28:38	00:36:21	00:44:08	<b>00:51:18.50</b>	+00:18:20 (35.7%)	5:07	11.7 (64.3%)
106	<b>BRZEZIŃSKI Paweł</b>	<b>12</b>		M40-49	37	00:00:16	00:07:02	00:14:10	00:21:30	00:28:53	00:36:29	00:44:13	<b>00:51:40.10</b>	+00:18:41 (36.2%)	5:10	11.6 (63.7%)
107	<b>MAZIEC Beata</b>	<b>112</b>		K30-39	6	00:00:26	00:07:33	00:14:54	00:22:19	00:29:51	00:37:22	00:44:46	<b>00:51:43.90</b>	+00:18:45 (36.3%)	5:10	11.6 (63.7%)
108	<b>KAMIŃSKA Karolina</b>	<b>58</b>		K40-49	5	00:00:21	00:07:05	00:14:11	00:21:31	00:29:01	00:36:41	00:44:25	<b>00:51:49.25</b>	+00:18:51 (36.4%)	5:11	11.6 (63.7%)
109	<b>KONKEL Łukasz</b>	<b>72</b>		M40-49	38	00:00:22	00:07:07	00:14:13	00:21:26	00:28:47	00:36:14	00:44:10	<b>00:51:50.20</b>	+00:18:52 (36.4%)	5:11	11.6 (63.7%)
110	<b>WYSOCKI Arkadiusz</b>	<b>199</b>		M30-39	24	00:00:15	00:06:19	00:13:36	00:21:26	00:29:15	00:36:50	00:44:26	<b>00:51:51.80</b>	+00:18:53 (36.4%)	5:11	11.6 (63.7%)
111	<b>BOGACKA Lucyna</b>	<b>8</b>	TKKF KOSZALIN	K60+	2	00:00:24	00:07:17	00:14:34	00:21:49	00:29:13	00:36:45	00:44:29	<b>00:52:00.55</b>	+00:19:02 (36.6%)	5:12	11.5 (63.2%)
112	<b>SŁUPECKA Aneta</b>	<b>162</b>		K30-39	7	00:00:30	00:07:34	00:14:55	00:22:20	00:29:53	00:37:24	00:44:54	<b>00:52:01.30</b>	+00:19:03 (36.6%)	5:12	11.5 (63.2%)
113	<b>MIELCZAREK Maciej</b>	<b>118</b>		M50-59	13	00:00:21	00:07:13	00:14:15	00:21:33	00:29:01	00:36:39	00:44:28	<b>00:52:06.10</b>	+00:19:07 (36.7%)	5:12	11.5 (63.2%)
114	<b>ADAMOWICZ Maciej</b>	<b>1</b>	SP MIELNO	M30-39	25	00:00:16	00:06:38	00:13:53	00:21:18	00:29:03	00:36:51	00:44:50	<b>00:52:17.10</b>	+00:19:18 (36.9%)	5:13	11.5 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas	Różn	Tempo min/km	Tempo km/h
													netto 10km			
115	<b>ŚLIWIŃSKI Rafał</b>	<b>175</b>	AQUA-MED ALEKSANDRA ŚLIWIŃSKA	M40-49	39	00:00:17	00:06:44	00:13:54	00:21:15	00:28:53	00:36:41	00:44:32	<b>00:52:22.15</b>	+00:19:23 (37.0%)	5:14	11.5 (63.2%)
116	<b>SZYSZKOWSKI Tomasz</b>	<b>174</b>	FOR-REST-RUN	M30-39	26	00:00:22	00:07:09	00:14:28	00:22:04	00:29:41	00:37:25	00:45:12	<b>00:52:34.15</b>	+00:19:35 (37.3%)	5:15	11.4 (62.6%)
117	<b>BODO Rafał</b>	<b>7</b>	ZOZKOSZ KOSZALIN	M30-39	27	00:00:19	00:07:05	00:14:15	00:21:33	00:29:10	00:36:54	00:44:48	<b>00:52:34.80</b>	+00:19:36 (37.3%)	5:15	11.4 (62.6%)
118	<b>CZESZEK Ireneusz</b>	<b>24</b>	FUNDACJA ZASTOPUJ	M30-39	28	00:00:17	00:06:21	00:13:28	00:20:59	00:28:51	00:37:13	00:45:13	<b>00:52:41.25</b>	+00:19:43 (37.4%)	5:16	11.4 (62.6%)
119	<b>KAZIMIERCZAK Leszek</b>	<b>65</b>	1980.	M40-49	40	00:00:25	00:07:15	00:14:24	00:21:45	00:29:12	00:37:05	00:45:05	<b>00:52:49.50</b>	+00:19:51 (37.6%)	5:17	11.4 (62.6%)
120	<b>ANGRYS Maciej</b>	<b>3</b>	FUNDACJA ZASTOPUJ	M18-39	15	00:00:23	00:07:42	00:15:01	00:22:31	00:29:58	00:37:35	00:45:20	<b>00:52:52.30</b>	+00:19:54 (37.6%)	5:17	11.3 (62.1%)
121	<b>PANASZEWSKI Przemysław</b>	<b>129</b>		M30-39	29	00:00:22	00:07:25	00:14:44	00:22:15	00:29:54	00:37:30	00:45:25	<b>00:52:57.55</b>	+00:19:59 (37.7%)	5:17	11.3 (62.1%)
122	<b>KOZŁOWIECKI Waldemar</b>	<b>87</b>	TKKF KOSZALIN	M60-69	5	00:00:21	00:07:14	00:14:11	00:21:27	00:28:59	00:36:47	00:44:52	<b>00:53:04.10</b>	+00:20:05 (37.9%)	5:18	11.3 (62.1%)
123	<b>CZARNECKI Radek</b>	<b>21</b>		M30-39	30	00:00:22	00:06:56	00:13:42	00:21:01	00:28:48	00:36:58	00:44:53	<b>00:53:18.95</b>	+00:20:20 (38.2%)	5:19	11.3 (62.1%)
124	<b>POLETAJEW Wiktoria</b>	<b>141</b>		K30-39	8	00:00:25	00:07:44	00:15:21	00:22:49	00:30:27	00:38:10	00:45:20	<b>00:53:19.60</b>	+00:20:21 (38.2%)	5:19	11.3 (62.1%)
125	<b>PAWŁOWSKI Grzegorz</b>	<b>130</b>	GAMMAX	M40-49	41	00:00:20	00:06:45	00:13:41	00:20:59	00:28:47	00:36:49	00:45:08	<b>00:53:23.50</b>	+00:20:25 (38.2%)	5:20	11.2 (61.5%)
126	<b>MITUNIEWICZ Adrian</b>	<b>122</b>		M30-39	31	00:00:20	00:07:22	00:14:42	00:22:14	00:29:54	00:37:45	00:45:51	<b>00:53:50.90</b>	+00:20:52 (38.8%)	5:23	11.1 (61.0%)
127	<b>POŁOCZAŃSKI Piotr</b>	<b>142</b>	SZWAGRY BIEGAJĄ	M30-39	32	00:00:22	00:07:41	00:15:08	00:22:44	00:30:46	00:38:43	00:46:49	<b>00:54:14.40</b>	+00:21:16 (39.2%)	5:25	11.1 (61.0%)
128	<b>HRYNIEWICZ Rafał</b>	<b>50</b>		M40-49	42	00:00:20	00:07:35	00:15:12	00:22:56	00:30:44	00:38:40	00:46:40	<b>00:54:17.70</b>	+00:21:19 (39.3%)	5:25	11 (60.4%)
129	<b>JUSZCZAK Krzysztof</b>	<b>56</b>		M60-69	6	00:00:21	00:07:19	00:14:39	00:22:16	00:30:03	00:38:09	00:46:19	<b>00:54:27.85</b>	+00:21:29 (39.5%)	5:26	11 (60.4%)
130	<b>LISOWSKA Monika</b>	<b>104</b>		K30-39	9	00:00:26	00:07:51	00:15:20	00:23:00	00:30:47	00:38:57	00:46:55	<b>00:54:38.45</b>	+00:21:40 (39.7%)	5:27	11 (60.4%)
131	<b>GRZELAK Karina</b>	<b>43</b>	ROZBIEGANY KOSZALIN	K40-49	6	00:00:27	00:07:52	00:15:21	00:23:01	00:30:48	00:38:57	00:46:56	<b>00:54:39.10</b>	+00:21:40 (39.7%)	5:27	11 (60.4%)
132	<b>KONKEL Joanna</b>	<b>73</b>	MKS 'ŚWIĘC' SŁAWNO	K50-59	3	00:00:22	00:07:30	00:14:45	00:22:14	00:29:59	00:38:03	00:46:16	<b>00:54:51.00</b>	+00:21:52 (39.9%)	5:29	10.9 (59.9%)
133	<b>KULAWIŃSKI Marek</b>	<b>94</b>		M40-49	43	00:00:21	00:07:59	00:15:40	00:23:19	00:31:08	00:38:57	00:47:01	<b>00:54:57.10</b>	+00:21:58 (40.0%)	5:29	10.9 (59.9%)
134	<b>WALESIEWICZ Julia</b>	<b>184</b>		K18-29	4	00:00:25	00:07:46	00:15:19	00:23:09	00:31:15	00:39:26	00:47:39	<b>00:55:11.65</b>	+00:22:13 (40.3%)	5:31	10.9 (59.9%)
135	<b>RASZPLA Ilona</b>	<b>146</b>	BIEGOLAS	K40-49	7	00:00:28	00:07:45	00:15:05	00:22:53	00:30:49	00:39:02	00:47:26	<b>00:55:17.10</b>	+00:22:18 (40.4%)	5:31	10.9 (59.9%)
136	<b>GARNCAREK Paweł</b>	<b>39</b>		M40-49	44	00:00:26	00:08:14	00:16:01	00:23:50	00:31:57	00:40:13	00:48:24	<b>00:56:19.95</b>	+00:23:21 (41.5%)	5:38	10.7 (58.8%)
137	<b>SZMYT Marcin</b>	<b>170</b>	SZWAGRY BIEGAJĄ	M30-39	33	00:00:23	00:07:34	00:14:52	00:22:38	00:30:47	00:39:12	00:48:01	<b>00:56:37.50</b>	+00:23:39 (41.8%)	5:39	10.6 (58.2%)
138	<b>KURŁOWICZ Krzysztof</b>	<b>95</b>	OKS WWW.SZKOLNICTWO.PL	M40-49	45	00:00:23	00:08:08	00:15:46	00:23:06	00:31:36	00:40:02	00:49:04	<b>00:57:01.05</b>	+00:24:02 (42.2%)	5:42	10.5 (57.7%)
139	<b>DIDŁUCH Jacek</b>	<b>31</b>		M40-49	46	00:00:23	00:07:53	00:15:26	00:23:04	00:30:57	00:39:33	00:48:17	<b>00:57:05.60</b>	+00:24:07 (42.3%)	5:42	10.5 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km	Lap_6 8.58km	Czas		Tempo min/km	Tempo km/h
													netto 10km	Różn		
140	<b>DESKA Łukasz</b>	<b>30</b>	WCKMED ŁÓDŹ	M18-39	16	00:00:20	00:07:31	00:15:08	00:23:08	00:31:29	00:40:18	00:49:13	<b>00:57:25.70</b>	+00:24:27 (42.6%)	5:44	10.4 (57.1%)
141	<b>PRZYBYLSKI Czesław</b>	<b>144</b>	HERMES ŚWIDNICA	M70+	2	00:00:29	00:08:00	00:15:52	00:24:00	00:32:18	00:40:50	00:49:27	<b>00:57:48.95</b>	+00:24:50 (43.0%)	5:46	10.4 (57.1%)
142	<b>PIETRZYK Rafał</b>	<b>139</b>		M30-39	34	00:00:23	00:07:52	00:15:45	00:23:53	00:32:23	00:40:50	00:49:25	<b>00:58:16.80</b>	+00:25:18 (43.4%)	5:49	10.3 (56.6%)
143	<b>SZCZYPEK Arkadiusz</b>	<b>169</b>	FUNDACJA ZASTOPUJ	M30-39	35	00:00:19	00:07:28	00:14:54	00:22:20	00:30:52	00:39:51	00:49:42	<b>00:58:17.80</b>	+00:25:19 (43.4%)	5:49	10.3 (56.6%)
144	<b>KAPCIO Michał</b>	<b>60</b>	KAMIEŃ RYMAŃSKI	M18-39	17	00:00:22	00:07:09	00:14:44	00:24:11	00:32:21	00:41:58	00:50:19	<b>00:58:28.10</b>	+00:25:29 (43.6%)	5:50	10.3 (56.6%)
145	<b>ZAWISKA Bartłomiej</b>	<b>204</b>		M18-39	18	00:00:22	00:07:55	00:15:47	00:23:53	00:32:34	00:41:29	00:50:29	<b>00:58:56.20</b>	+00:25:58 (44.1%)	5:53	10.2 (56.0%)
146	<b>SAWICKA-WERS Urszula</b>	<b>156</b>		K30-39	10	00:00:23	00:07:53	00:16:05	00:24:52	00:33:49	00:42:58	00:52:05	<b>01:00:29.55</b>	+00:27:31 (45.5%)	6:02	9.9 (54.4%)
147	<b>MARCZAK Małgorzata</b>	<b>110</b>	NIGHTRUNNERS SŁUPSK	K60+	3	00:00:22	00:07:31	00:15:08	00:23:16	00:32:16	00:41:38	00:51:22	<b>01:00:29.65</b>	+00:27:31 (45.5%)	6:03	9.9 (54.4%)
148	<b>KRUPIŃSKI Adam</b>	<b>89</b>	FUNDACJA ZASTOPUJ	M30-39	36	00:00:18	00:06:51	00:14:42	00:22:33	00:33:17	00:42:50	00:52:17	<b>01:00:34.25</b>	+00:27:36 (45.6%)	6:03	9.9 (54.4%)
149	<b>DUCHNOWSKA Grażyna</b>	<b>34</b>		K50-59	4	00:00:26	00:08:44	00:17:01	00:25:30	00:34:08	00:43:03	00:52:04	<b>01:00:41.45</b>	+00:27:43 (45.7%)	6:04	9.9 (54.4%)
150	<b>MARKOWSKI Andrzej</b>	<b>111</b>	TKKF KOSZALIN	M60-69	7	00:00:22	00:08:19	00:16:53	00:25:46	00:34:40	00:43:47	00:52:45	<b>01:01:03.30</b>	+00:28:05 (46.0%)	6:06	9.8 (53.8%)
151	<b>ZAWISKA Anna</b>	<b>205</b>		K18-29	5	00:00:24	00:08:04	00:16:00	00:24:12	00:32:55	00:42:38	00:51:55	<b>01:01:04.75</b>	+00:28:06 (46.0%)	6:06	9.8 (53.8%)
152	<b>KARNICKI Zygmunt</b>	<b>62</b>	TKKF KOSZALIN	M60-69	8	00:00:23	00:08:09	00:16:24	00:25:00	00:33:54	00:42:57	00:52:06	<b>01:01:06.10</b>	+00:28:07 (46.0%)	6:06	9.8 (53.8%)
153	<b>HELLER Zdzisław</b>	<b>48</b>	HERBMARATONOW.PL	M60-69	9	00:00:25	00:08:41	00:17:23	00:26:08	00:35:08	00:44:09	00:53:23	<b>01:02:23.45</b>	+00:29:25 (47.2%)	6:14	9.6 (52.7%)
154	<b>STRZAŁKOWSKI Patryk</b>	<b>166</b>	KAMIEŃ RYMAŃSKI	M18-39	19	00:00:27	00:08:11	00:16:44	00:25:38	00:34:43	00:44:32	00:53:27	<b>01:02:50.45</b>	+00:29:52 (47.5%)	6:17	9.5 (52.2%)
155	<b>SWAT Karolina</b>	<b>168</b>	KAMIEŃ RYMAŃSKI	K18-29	6	00:00:19	00:07:11	00:15:48	00:25:00	00:34:34	00:44:33	00:53:28	<b>01:02:51.65</b>	+00:29:53 (47.6%)	6:17	9.5 (52.2%)
156	<b>SARBIEWSKI Przemysław</b>	<b>155</b>	102 BATALION OCHRONY	M40-49	47	00:00:25	00:09:17	00:19:17	00:29:39	00:37:48	00:46:16	00:54:46	<b>01:03:10.15</b>	+00:30:11 (47.8%)	6:19	9.5 (52.2%)
157	<b>DOGODA Katarzyna</b>	<b>32</b>		K18-29	7	00:00:25	00:08:53	00:17:42	00:26:41	00:35:49	00:45:48	00:55:51	<b>01:04:46.85</b>	+00:31:48 (49.1%)	6:28	9.3 (51.1%)
158	<b>KOZŁOWIECKA Małgorzata</b>	<b>86</b>		K60+	4	00:00:21	00:09:02	00:18:19	00:28:09	00:38:09	00:48:28	00:58:29	<b>01:08:48.20</b>	+00:35:50 (52.1%)	6:52	8.7 (47.8%)
159	<b>DUCHNOWSKI Dariusz</b>	<b>35</b>	BIAŁA PODLASKA	M40-49	48	00:00:27	00:09:23	00:18:53	00:29:03	00:39:18	00:49:14	00:59:26	<b>01:09:20.15</b>	+00:36:21 (52.4%)	6:56	8.7 (47.8%)
160	<b>HARASYM Daniel</b>	<b>47</b>	FUNDACJA ZASTOPUJ	M40-49	49	00:00:23	00:08:37	00:17:41	00:27:30	00:37:59	00:49:06	01:00:06	<b>01:11:12.55</b>	+00:38:14 (53.7%)	7:07	8.4 (46.2%)
161	<b>SARBIEWSKA Gabriela</b>	<b>154</b>		K40-49	8	00:00:26	00:09:18	00:19:17	00:29:51	00:40:38	00:52:01	01:03:04	<b>01:13:28.15</b>	+00:40:29 (55.1%)	7:20	8.2 (45.1%)
162	<b>CZAPLIŃSKI Piotr</b>	<b>20</b>	FUNDACJA ZASTOPUJ	M18-39	20	00:00:21	00:07:47	00:15:01	00:22:28	00:30:54	00:39:37	00:49:21	<b>01:21:47.85</b>	+00:48:49 (59.7%)	8:10	7.3 (40.1%)
	<b>ZAREMBA Tomasz</b>	<b>201</b>		M30-39		00:00:18 DNF	00:07:06 DNF	00:14:33 DNF	00:22:45 DNF	00:31:32 DNF	00:40:12 DNF	DNF	<b>DNF</b>	-	-	- (0.0%)
	<b>KLONOWSKI Artur</b>	<b>69</b>		M40-49		00:00:23 DNF	00:08:08 DNF	00:15:46 DNF	00:23:33 DNF	00:33:58 DNF	DNF	DNF	<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
	<b>MITUNIEWICZ Renata</b>	<b>121</b>		K50-59		00:00:25 DNF	00:08:40 DNF	00:17:18 DNF	00:26:26 DNF	00:35:58 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WALO Zbigniew</b>	<b>185</b>		M60-69		00:00:28 DNF	00:09:47 DNF	00:20:50 DNF	00:31:56 DNF	00:43:10 DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>CZAPLIŃSKI Jacek</b>	<b>19</b>		M30-39		00:00:17 DNF	00:05:44 DNF	00:11:14 DNF	00:16:55 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>KLENIEWSKI Piotr</b>	<b>68</b>	ZACHODNIOPOMORSKIE	M60-69		00:00:19 DNF	00:06:43 DNF	00:13:32 DNF	00:20:52 DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SLUPCZEWSKI Krzysztof</b>	<b>161</b>	SDROG KOSZALIN	M40-49		00:00:16 DNF	00:05:35 DNF	00:11:20 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>ADRYAN Adam</b>	<b>2</b>	WATAHA ŁĄCZY NAS BIEGANIE	M40-49		00:00:23 DNF	00:07:17 DNF	00:14:46 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>ORZADA Anna</b>	<b>128</b>	STOPA SŁUPSK	K40-49		00:00:24 DNF	00:07:19 DNF	00:14:49 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>MIERZEJEWSKA Karolina</b>	<b>119</b>		K30-39		00:00:22 DNF	00:08:32 DNF	00:18:07 DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>SOBOLEWSKI Jan</b>	<b>163</b>		M18-39		00:00:17 DNF	00:05:46 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)
	<b>WALEŃSKI Michał</b>	<b>183</b>	TKKF KOSZALIN	M40-49		00:00:21 DNF	00:07:03 DNF	DNF	DNF	DNF	DNF	DNF	<b>DNF</b>	-	-	(0.0%)

Znaleziono 174 wynik(ów)