



# XVIII MIĘDZYNARODOWY BIEG WENEDÓW - 10 KM

B4SPORT

**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

Punkt pomiarowy: 7,2 km

Msc	Zawodnik	Numer	Klub	Kategoria	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km
1	<b>CZERNIEWSKI Marcin</b>	<b>23</b>	AML SŁUPSK	M30-39	00:00:14	00:04:50	00:09:24	00:14:03	00:18:43	00:23:29
2	<b>BORYCHOWSKI Mariusz</b>	<b>210</b>	TKKF KOSZALIN1	M40-49	00:00:13	00:04:50	00:09:24	00:14:03	00:18:48	00:23:41
3	<b>PERLIK Tomasz</b>	<b>133</b>	MTS HAMER	M30-39	00:00:13	00:04:51	00:09:29	00:14:15	00:19:07	00:24:01
4	<b>KOZŁOWICZ Tomasz</b>	<b>85</b>	OBORYGENI	M18-39	00:00:13	00:04:51	00:09:32	00:14:21	00:19:17	00:24:18
5	<b>ZABORSKI Ryszard</b>	<b>200</b>	TKKF KOSZALIN	M40-49	00:00:13	00:05:02	00:10:03	00:15:14	00:20:31	00:25:51
6	<b>HUBERT Łukasz</b>	<b>51</b>	TKKF KOSZALIN1	M30-39	00:00:13	00:05:00	00:10:02	00:15:15	00:20:32	00:25:52
7	<b>WALCZAK Paweł</b>	<b>182</b>	1989.	M30-39	00:00:14	00:05:11	00:10:20	00:15:28	00:20:48	00:26:16
8	<b>WOJTALIK Łukasz</b>	<b>195</b>	TRUCHCIKI	M30-39	00:00:14	00:05:02	00:10:14	00:15:32	00:20:56	00:26:29
9	<b>HOŁUB Kamil</b>	<b>49</b>	MLUKS TRZEBIATÓW	M40-49	00:00:13	00:05:09	00:10:20	00:15:44	00:21:10	00:26:34
10	<b>WITKIEWICZ Eryk</b>	<b>193</b>	1976.	M40-49	00:00:14	00:05:31	00:10:53	00:16:14	00:21:37	00:27:05
11	<b>RUDNIKOWSKI Maciej</b>	<b>150</b>	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M40-49	00:00:14	00:05:24	00:10:47	00:16:13	00:21:39	00:27:08
12	<b>KASZUBIAK Klaudiusz</b>	<b>63</b>		M40-49	00:00:15	00:05:21	00:10:41	00:16:07	00:21:39	00:27:14
13	<b>MACKOJĆ Krzysztof</b>	<b>106</b>	EL-MACKOJĆ	M40-49	00:00:15	00:05:25	00:10:44	00:16:12	00:21:42	00:27:24
14	<b>ZYCH Paweł</b>	<b>207</b>	ALLIANZ RUNNING TEAM	M40-49	00:00:14	00:05:17	00:10:39	00:16:11	00:21:53	00:27:40
15	<b>GOLIŃSKI Łukasz</b>	<b>41</b>	3:10 TEAM ŚWIDWIN	M40-49	00:00:15	00:05:32	00:11:02	00:16:31	00:22:07	00:27:41
16	<b>SITOWSKI Marcin</b>	<b>159</b>	FC RYSIEK	M18-39	00:00:15	00:05:24	00:10:45	00:16:16	00:22:00	00:27:57
17	<b>WOJCIECHOWICZ Jacek</b>	<b>194</b>	WWW.STUDIOTANCAPASJA.PL	M40-49	00:00:16	00:05:34	00:11:03	00:16:38	00:22:16	00:27:58
18	<b>LASAK Konrad</b>	<b>99</b>		M18-39	00:00:15	00:05:30	00:10:52	00:16:21	00:22:09	00:27:58
19	<b>BIEDRZYCKI Krzysztof</b>	<b>6</b>	CW FANZA	M40-49	00:00:14	00:05:34	00:11:06	00:16:41	00:22:27	00:28:19
20	<b>LANGE Grzegorz</b>	<b>98</b>	LANGE TRI COACH	M40-49	00:00:16	00:05:35	00:11:01	00:16:33	00:22:14	00:28:23
21	<b>ZŁOTY Wojciech</b>	<b>192</b>		M18-39	00:00:15	00:05:30	00:11:01	00:16:42	00:22:33	00:28:28
22	<b>MICHALAK Grzegorz</b>	<b>117</b>	KARLINO BIEGAJ!	M40-49	00:00:15	00:05:35	00:11:06	00:16:48	00:22:39	00:28:31
23	<b>GRZESIK Eugeniusz</b>	<b>44</b>	TKKF KOSZALIN	M50-59	00:00:15	00:05:34	00:11:06	00:16:47	00:22:35	00:28:32
24	<b>BURDA Robert</b>	<b>14</b>	KOSPEL	M40-49	00:00:16	00:05:39	00:11:13	00:16:57	00:22:45	00:28:36
25	<b>PIETRUSZKA Mikołaj</b>	<b>138</b>	TECZA RUN	M50-59	00:00:16	00:05:36	00:11:09	00:16:53	00:22:44	00:28:36
26	<b>GAJLEWICZ Dominik</b>	<b>37</b>	MTS HAMER	M30-39	00:00:14	00:05:28	00:11:06	00:16:58	00:23:00	00:29:00
27	<b>KORMAN Kamil</b>	<b>76</b>	8PPLOT	M18-39	00:00:15	00:05:27	00:11:04	00:16:57	00:23:03	00:29:04
28	<b>WICHER Krzysztof</b>	<b>188</b>	ADWOKATURA	M30-39	00:00:14	00:05:39	00:11:11	00:17:00	00:23:05	00:29:08

Msc	Zawodnik	Numer	Klub	Kategoria	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km
29	KAWKA Adrian	64	RAKIETY	M30-39	00:00:14	00:05:20	00:10:52	00:16:37	00:22:36	00:29:21
30	WIECZOREK Łukasz	189	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M30-39	00:00:18	00:05:50	00:11:35	00:17:29	00:23:25	00:29:22
31	RYNDAK Mariusz	151		M50-59	00:00:15	00:05:35	00:11:13	00:17:15	00:23:28	00:29:42
32	RUBASZNIAK Radosław	149	CSSP KOSZALIN	M30-39	00:00:19	00:06:20	00:12:09	00:18:03	00:23:57	00:29:55
33	KOZIEŁ Paweł	83	TRUCHCIKI	M40-49	00:00:16	00:05:51	00:11:45	00:17:48	00:23:54	00:30:03
34	ZATOŃ Olga	202	TRUCHCIKI	K30-39	00:00:16	00:05:47	00:11:38	00:17:44	00:23:51	00:30:03
35	ZWOLIŃSKI Jan	206	TKKF KOSZALIN	M50-59	00:00:17	00:06:07	00:12:03	00:18:03	00:24:05	00:30:12
36	PEKAŁA Piotr	134	SOSW KOSZALIN	M40-49	00:00:22	00:06:25	00:12:18	00:18:19	00:24:25	00:30:27
37	CHUPTYŚ Adrian	18	RUNDORFINA	M30-39	00:00:16	00:05:43	00:11:37	00:17:48	00:24:07	00:30:29
38	MAZUR Tomasz	113	I LO SZCZECINEK	M40-49	00:00:16	00:05:51	00:11:46	00:17:51	00:24:05	00:30:33
39	IWANIEC Dariusz	52	TKKF KOSZALIN	M40-49	00:00:17	00:06:08	00:12:05	00:18:12	00:24:28	00:30:48
40	KRYNICKA GRZYB Małgorzata	91		K30-39	00:00:17	00:06:02	00:12:00	00:18:10	00:24:27	00:30:51
41	WERS Krzysztof	187		M30-39	00:00:19	00:06:14	00:12:22	00:18:37	00:24:49	00:31:10
42	BARUTOWICZ Grzegorz	5	1981.	M30-39	00:00:17	00:06:11	00:12:12	00:18:23	00:24:43	00:31:11
43	KOZAK Grzegorz	82	FPP	M40-49	00:00:17	00:06:07	00:12:10	00:18:25	00:24:47	00:31:14
44	WEBER Paweł	186	FPP	M30-39	00:00:17	00:06:07	00:12:10	00:18:25	00:24:47	00:31:14
45	KWIETNIEWSKI Daniel	97		M40-49	00:00:19	00:06:07	00:12:10	00:18:25	00:24:47	00:31:18
46	BRZEZIŃSKI Jan	11	TEAM PIOTRUŚ	M50-59	00:00:19	00:06:20	00:12:32	00:18:47	00:25:04	00:31:26
47	MŁASZEWSKI Przemek	120	AMBRA PL	M30-39	00:00:19	00:06:18	00:12:30	00:18:49	00:25:03	00:31:30
48	URBAŃSKI Tomasz	181		M40-49	00:00:19	00:06:21	00:12:24	00:18:47	00:25:10	00:31:34
49	SITARCZYK Damian	158	FUNDACJA ZASTOPIJ	M30-39	00:00:20	00:06:02	00:12:00	00:18:21	00:24:56	00:31:40
50	KOŚCIELNIAK Robert	77	TKKF KOSZALIN	M50-59	00:00:18	00:06:12	00:12:16	00:18:32	00:25:02	00:31:42
51	NIEDBALSKI Oktawian	123	KAMIEŃ RYMAŃSKI	M18-39	00:00:18	00:06:10	00:12:11	00:18:31	00:25:07	00:31:48
52	TRZEBIATOWSKA Kinga	180		K18-29	00:00:15	00:05:50	00:12:05	00:18:37	00:25:11	00:31:54
53	OLEARCZYK Arkadiusz	125	BOBOLICKIE BRACTWO BIEGOWE	M40-49	00:00:18	00:05:52	00:11:52	00:18:11	00:24:44	00:31:54
54	KRUPIŃSKI Krzysztof	90	E-UROLOG.EU	M50-59	00:00:19	00:06:20	00:12:36	00:18:55	00:25:26	00:31:57
55	MARCINIAK Maciej	109	KS POGOŃ POŁCZYN ZDRÓJ	M30-39	00:00:16	00:06:05	00:12:15	00:18:36	00:25:00	00:32:05
56	PERLIK Katarzyna	132	MTS HAMER	K18-29	00:00:18	00:06:13	00:12:31	00:18:56	00:25:27	00:32:06
57	SPOLSKA Weronika	164		K18-29	00:00:17	00:06:16	00:12:34	00:19:01	00:25:36	00:32:07
58	KONKEL Agnieszka	71	MTS HAMER	K30-39	00:00:17	00:06:12	00:12:21	00:18:46	00:25:25	00:32:08
59	BRYGAŁA Magdalena	10		K40-49	00:00:19	00:06:15	00:12:27	00:18:52	00:25:29	00:32:09
60	GAWEŁ Zbigniew	40	POMERIDERS SŁUPSK	M60-69	00:00:16	00:06:18	00:12:36	00:19:01	00:25:31	00:32:12
61	HAŁKA Justyna	45	TRUCHCIKI	K40-49	00:00:19	00:06:30	00:12:50	00:19:17	00:25:46	00:32:14
62	PETERSKI Damian	198		M18-39	00:00:19	00:06:27	00:12:43	00:19:09	00:25:39	00:32:23
63	WOŁOSZYN Daniel	196	KAMIEŃ RYMAŃSKI	M18-39	00:00:20	00:06:34	00:12:48	00:19:13	00:25:43	00:32:32
64	DERLIŃSKI Adam	29	TORNADO KOSZALIN	M40-49	00:00:18	00:06:20	00:12:38	00:19:07	00:25:53	00:32:48
65	KOBYLAK Janusz	70	KOŁOBRZEG BIEGA	M40-49	00:00:17	00:06:17	00:12:39	00:19:20	00:26:03	00:32:50
66	CZERNIAK Gracjan	22		M40-49	00:00:21	00:06:50	00:13:18	00:19:51	00:26:21	00:33:00
67	SZYMAŃSKI Piotr	173	SZYMON TEAM	M40-49	00:00:21	00:06:55	00:13:30	00:20:03	00:26:33	00:33:08
68	MAZURSKI Paweł	115		M30-39	00:00:17	00:06:38	00:13:13	00:19:53	00:26:31	00:33:20
69	SKOWYRSKI Janusz	160	TKKF KOSZALIN	M50-59	00:00:19	00:06:33	00:13:00	00:19:43	00:26:30	00:33:31
70	SUCHANOWSKI Zygmunt	167	RESPECT LOTYŃ	M50-59	00:00:17	00:06:17	00:12:48	00:19:34	00:26:33	00:33:37
71	WIKTOROWSKI Maciej	191		M40-49	00:00:18	00:06:18	00:12:51	00:19:41	00:26:40	00:33:40
72	KUBIK Krystian	93	RUNGRYF GRYFICE	M18-39	00:00:13	00:06:00	00:12:35	00:19:24	00:26:30	00:33:43
73	ŚWIETLIK Tomasz	177	LEO TEAM	M60-69	00:00:18	00:06:40	00:13:18	00:20:07	00:26:57	00:33:47

Msc	Zawodnik	Numer	Klub	Kategoria	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km
74	<b>KRZEWIŃSKA Małgorzata</b>	<b>92</b>	TKKF KOSZALIN1	K60+	00:00:22	00:07:00	00:13:43	00:20:29	00:27:12	00:34:01
75	<b>ZAWADZKI Damian</b>	<b>203</b>	KB WYGAN	M30-39	00:00:20	00:06:53	00:13:37	00:20:21	00:27:11	00:34:08
76	<b>SAWIŃSKI Jacek</b>	<b>157</b>		M40-49	00:00:20	00:07:00	00:13:49	00:20:31	00:27:24	00:34:12
77	<b>HAŁKA Arkadiusz</b>	<b>46</b>	TRUCHCIKI	M40-49	00:00:19	00:06:44	00:13:27	00:20:16	00:27:14	00:34:16
78	<b>WIELGAT Łukasz</b>	<b>190</b>	KB BRYZA POSTOMINO	M30-39	00:00:20	00:06:14	00:12:22	00:18:51	00:26:02	00:34:17
79	<b>KOWALCZYK Piotr</b>	<b>79</b>	FOR-REST-RUN	M30-39	00:00:19	00:06:52	00:13:29	00:20:17	00:27:12	00:34:17
80	<b>ROGOŻA Ireneusz</b>	<b>147</b>		M40-49	00:00:21	00:06:50	00:13:33	00:20:15	00:27:15	00:34:29
81	<b>SARAPUK Piotr</b>	<b>153</b>		M40-49	00:00:22	00:07:02	00:13:43	00:20:30	00:27:10	00:34:31
82	<b>DĄBROWSKA Alicja</b>	<b>26</b>	TKKF KOSZALIN1	K50-59	00:00:21	00:07:08	00:13:51	00:20:41	00:27:37	00:34:32
83	<b>KAPERA Mikołaj</b>	<b>61</b>	KAMIEŃ RYMAŃSKI	M18-39	00:00:19	00:06:29	00:12:46	00:19:15	00:26:38	00:34:41
84	<b>SZYMAŃSKI Piotr</b>	<b>172</b>		M30-39	00:00:22	00:06:57	00:13:41	00:20:29	00:27:25	00:34:46
85	<b>OLESIŃSKA Patrycja</b>	<b>126</b>		K30-39	00:00:22	00:07:11	00:13:55	00:20:45	00:27:39	00:34:48
86	<b>DRULIK-HOŁUB Marta</b>	<b>33</b>	TORNADO KOSZALIN	K40-49	00:00:22	00:06:55	00:13:44	00:20:40	00:27:43	00:34:53
87	<b>PIECHOTA Robert</b>	<b>136</b>	ROZBIEGANY KOSZALIN	M50-59	00:00:15	00:06:24	00:13:16	00:20:24	00:27:38	00:34:56
88	<b>OLESIŃSKI Marcin</b>	<b>127</b>		M18-39	00:00:23	00:07:13	00:13:54	00:20:50	00:27:53	00:34:56
89	<b>KRUPIŃSKA Beata</b>	<b>88</b>	E-UROLOG.EU	K50-59	00:00:23	00:07:09	00:13:53	00:20:52	00:27:54	00:35:01
90	<b>STAWISZYŃSKI Jarosław</b>	<b>165</b>	FRK	M30-39	00:00:20	00:06:52	00:13:44	00:20:44	00:27:52	00:35:10
91	<b>BURDZIK Michał</b>	<b>15</b>	L9	M18-39	00:00:17	00:06:16	00:12:55	00:20:03	00:27:35	00:35:19
92	<b>KISIELIŃSKI Igor</b>	<b>67</b>	TKKF KOSZALIN	M50-59	00:00:22	00:07:00	00:13:49	00:20:47	00:27:53	00:35:22
93	<b>KORDECKI Maciej</b>	<b>75</b>		M18-39	00:00:23	00:06:52	00:13:33	00:20:38	00:28:00	00:35:25
94	<b>BUDZIŃSKI Paweł</b>	<b>13</b>	DRUŻYNA SZPIKU	M40-49	00:00:19	00:07:04	00:13:58	00:20:55	00:28:05	00:35:27
95	<b>BOGACKI Tomasz</b>	<b>9</b>	TKKF KOSZALIN	M60-69	00:00:20	00:07:06	00:14:00	00:21:07	00:28:18	00:35:30
96	<b>PUŚCIAN Krzysztof</b>	<b>145</b>	SP MANOWO	M40-49	00:00:23	00:07:12	00:14:17	00:21:27	00:28:34	00:35:38
97	<b>PIEKARZEWICZ Tomasz</b>	<b>137</b>	BOBOLICKIE BRACTWO BIEGOWE	M50-59	00:00:23	00:07:19	00:14:33	00:21:32	00:28:41	00:35:45
98	<b>NIWIŃSKI Grzegorz</b>	<b>124</b>	KB TUPOT USTKA	M60-69	00:00:21	00:07:06	00:14:07	00:21:17	00:28:34	00:35:52
99	<b>ANTKOWIAK Sebastian</b>	<b>4</b>	DB - ACTIVE	M40-49	00:00:22	00:06:58	00:13:45	00:20:58	00:28:25	00:35:54
100	<b>GRUNWALD Karolina</b>	<b>42</b>		K30-39	00:00:23	00:07:31	00:14:34	00:21:33	00:28:49	00:36:09
101	<b>GALICKI Robert</b>	<b>38</b>		M40-49	00:00:24	00:07:32	00:14:36	00:21:34	00:28:50	00:36:10
102	<b>KONKEL Łukasz</b>	<b>72</b>		M40-49	00:00:22	00:07:07	00:14:13	00:21:26	00:28:47	00:36:14
103	<b>JESZKE Dawid</b>	<b>55</b>	KAMIEŃ RYMAŃSKI	M18-39	00:00:24	00:07:23	00:14:31	00:21:33	00:28:50	00:36:19
104	<b>SARAPUK Gabriela</b>	<b>152</b>	TKKF KOSZALIN	K40-49	00:00:23	00:07:02	00:13:53	00:21:05	00:28:38	00:36:21
105	<b>CZUCZAK Tomasz</b>	<b>209</b>		M40-49	00:00:22	00:07:04	00:13:57	00:21:04	00:28:25	00:36:21
106	<b>BRZEZIŃSKI Paweł</b>	<b>12</b>		M40-49	00:00:16	00:07:02	00:14:10	00:21:30	00:28:53	00:36:29
107	<b>WYGANOWSKI Andrzej</b>	<b>197</b>	KB WYGAN	M70+	00:00:21	00:07:30	00:14:45	00:21:58	00:29:16	00:36:32
108	<b>MIELCZAREK Maciej</b>	<b>118</b>		M50-59	00:00:21	00:07:13	00:14:15	00:21:33	00:29:01	00:36:39
109	<b>ŚLIWIŃSKI Rafał</b>	<b>175</b>	AQUA-MED ALEKSANDRA ŚLIWIŃSKA	M40-49	00:00:17	00:06:44	00:13:54	00:21:15	00:28:53	00:36:41
110	<b>KAMIŃSKA Karolina</b>	<b>58</b>		K40-49	00:00:21	00:07:05	00:14:11	00:21:31	00:29:01	00:36:41
111	<b>BOGACKA Lucyna</b>	<b>8</b>	TKKF KOSZALIN	K60+	00:00:24	00:07:17	00:14:34	00:21:49	00:29:13	00:36:45
112	<b>KOZŁOWIECKI Waldemar</b>	<b>87</b>	TKKF KOSZALIN	M60-69	00:00:21	00:07:14	00:14:11	00:21:27	00:28:59	00:36:47
113	<b>PAWŁOWSKI Grzegorz</b>	<b>130</b>	GAMMAX	M40-49	00:00:20	00:06:45	00:13:41	00:20:59	00:28:47	00:36:49
114	<b>WYSOCKI Arkadiusz</b>	<b>199</b>		M30-39	00:00:15	00:06:19	00:13:36	00:21:26	00:29:15	00:36:50
115	<b>ADAMOWICZ Maciej</b>	<b>1</b>	SP MIELNO	M30-39	00:00:16	00:06:38	00:13:53	00:21:18	00:29:03	00:36:51
116	<b>BODO Rafał</b>	<b>7</b>	ZOSKOSZ KOSZALIN	M30-39	00:00:19	00:07:05	00:14:15	00:21:33	00:29:10	00:36:54
117	<b>CZARNECKI Radek</b>	<b>21</b>		M30-39	00:00:22	00:06:56	00:13:42	00:21:01	00:28:48	00:36:58
118	<b>KAZIMIERCZAK Leszek</b>	<b>65</b>	1980.	M40-49	00:00:25	00:07:15	00:14:24	00:21:45	00:29:12	00:37:05

Msc	Zawodnik	Numer	Klub	Kategoria	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km
119	<b>CZESZEK Ireneusz</b>	<b>24</b>	FUNDACJA ZASTOPIJ	M30-39	00:00:17	00:06:21	00:13:28	00:20:59	00:28:51	00:37:13
120	<b>MAZIEC Beata</b>	<b>112</b>		K30-39	00:00:26	00:07:33	00:14:54	00:22:19	00:29:51	00:37:22
121	<b>SŁUPECKA Aneta</b>	<b>162</b>		K30-39	00:00:30	00:07:34	00:14:55	00:22:20	00:29:53	00:37:24
122	<b>SZYSZKOWSKI Tomasz</b>	<b>174</b>	FOR-REST-RUN	M30-39	00:00:22	00:07:09	00:14:28	00:22:04	00:29:41	00:37:25
123	<b>PANASZEWSKI Przemysław</b>	<b>129</b>		M30-39	00:00:22	00:07:25	00:14:44	00:22:15	00:29:54	00:37:30
124	<b>ANGRYS Maciej</b>	<b>3</b>	FUNDACJA ZASTOPIJ	M18-39	00:00:23	00:07:42	00:15:01	00:22:31	00:29:58	00:37:35
125	<b>MITUNIEWICZ Adrian</b>	<b>122</b>		M30-39	00:00:20	00:07:22	00:14:42	00:22:14	00:29:54	00:37:45
126	<b>KONKEL Joanna</b>	<b>73</b>	MKS 'ŚWIĘC' SŁAWNO	K50-59	00:00:22	00:07:30	00:14:45	00:22:14	00:29:59	00:38:03
127	<b>JUSZCZAK Krzysztof</b>	<b>56</b>		M60-69	00:00:21	00:07:19	00:14:39	00:22:16	00:30:03	00:38:09
128	<b>POLETAJEW Wiktoria</b>	<b>141</b>		K30-39	00:00:25	00:07:44	00:15:21	00:22:49	00:30:27	00:38:10
129	<b>HRYNIEWICZ Rafał</b>	<b>50</b>		M40-49	00:00:20	00:07:35	00:15:12	00:22:56	00:30:44	00:38:40
130	<b>POŁOCZAŃSKI Piotr</b>	<b>142</b>	SZWAGRY BIEGAJĄ	M30-39	00:00:22	00:07:41	00:15:08	00:22:44	00:30:46	00:38:43
131	<b>GRZELAK Karina</b>	<b>43</b>	ROZBIEGANY KOSZALIN	K40-49	00:00:27	00:07:52	00:15:21	00:23:01	00:30:48	00:38:57
132	<b>LISOWSKA Monika</b>	<b>104</b>		K30-39	00:00:26	00:07:51	00:15:20	00:23:00	00:30:47	00:38:57
133	<b>KULAWIŃSKI Marek</b>	<b>94</b>		M40-49	00:00:21	00:07:59	00:15:40	00:23:19	00:31:08	00:38:57
134	<b>RASZPLA Ilona</b>	<b>146</b>	BIEGOLAS	K40-49	00:00:28	00:07:45	00:15:05	00:22:53	00:30:49	00:39:02
135	<b>SZMYT Marcin</b>	<b>170</b>	SZWAGRY BIEGAJĄ	M30-39	00:00:23	00:07:34	00:14:52	00:22:38	00:30:47	00:39:12
136	<b>WALESIEWICZ Julia</b>	<b>184</b>		K18-29	00:00:25	00:07:46	00:15:19	00:23:09	00:31:15	00:39:26
137	<b>DIDŁUCH Jacek</b>	<b>31</b>		M40-49	00:00:23	00:07:53	00:15:26	00:23:04	00:30:57	00:39:33
138	<b>CZAPLIŃSKI Piotr</b>	<b>20</b>	FUNDACJA ZASTOPIJ	M18-39	00:00:21	00:07:47	00:15:01	00:22:28	00:30:54	00:39:37
139	<b>SZCZYPEK Arkadiusz</b>	<b>169</b>	FUNDACJA ZASTOPIJ	M30-39	00:00:19	00:07:28	00:14:54	00:22:20	00:30:52	00:39:51
140	<b>KURŁOWICZ Krzysztof</b>	<b>95</b>	OKS WWW.SZKOLNICTWO.PL	M40-49	00:00:23	00:08:08	00:15:46	00:23:06	00:31:36	00:40:02
	<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
142	<b>GARNCAREK Paweł</b>	<b>39</b>		M40-49	00:00:26	00:08:14	00:16:01	00:23:50	00:31:57	00:40:13
143	<b>DESKA Łukasz</b>	<b>30</b>	WCKMED ŁÓDŹ	M18-39	00:00:20	00:07:31	00:15:08	00:23:08	00:31:29	00:40:18
144	<b>PIETRZYK Rafał</b>	<b>139</b>		M30-39	00:00:23	00:07:52	00:15:45	00:23:53	00:32:23	00:40:50
145	<b>PRZYBYLSKI Czesław</b>	<b>144</b>	HERMES ŚWIDNICA	M70+	00:00:29	00:08:00	00:15:52	00:24:00	00:32:18	00:40:50
146	<b>ZAWISKA Bartłomiej</b>	<b>204</b>		M18-39	00:00:22	00:07:55	00:15:47	00:23:53	00:32:34	00:41:29
147	<b>MARCZAK Małgorzata</b>	<b>110</b>	NIGHTRUNNERS SŁUPSK	K60+	00:00:22	00:07:31	00:15:08	00:23:16	00:32:16	00:41:38
148	<b>KAPCIO Michał</b>	<b>60</b>	KAMIEŃ RYMAŃSKI	M18-39	00:00:22	00:07:09	00:14:44	00:24:11	00:32:21	00:41:58
149	<b>ZAWISKA Anna</b>	<b>205</b>		K18-29	00:00:24	00:08:04	00:16:00	00:24:12	00:32:55	00:42:38
150	<b>KRUPIŃSKI Adam</b>	<b>89</b>	FUNDACJA ZASTOPIJ	M30-39	00:00:18	00:06:51	00:14:42	00:22:33	00:33:17	00:42:50
151	<b>KARNICKI Zygmunt</b>	<b>62</b>	TKKF KOSZALIN	M60-69	00:00:23	00:08:09	00:16:24	00:25:00	00:33:54	00:42:57
152	<b>SAWICKA-WERS Urszula</b>	<b>156</b>		K30-39	00:00:23	00:07:53	00:16:05	00:24:52	00:33:49	00:42:58
153	<b>DUCHNOWSKA Grażyna</b>	<b>34</b>		K50-59	00:00:26	00:08:44	00:17:01	00:25:30	00:34:08	00:43:03
154	<b>MARKOWSKI Andrzej</b>	<b>111</b>	TKKF KOSZALIN	M60-69	00:00:22	00:08:19	00:16:53	00:25:46	00:34:40	00:43:47
155	<b>HELLER Zdzisław</b>	<b>48</b>	HERBMARATONOW.PL	M60-69	00:00:25	00:08:41	00:17:23	00:26:08	00:35:08	00:44:09
156	<b>STRZAŁKOWSKI Patryk</b>	<b>166</b>	KAMIEŃ RYMAŃSKI	M18-39	00:00:27	00:08:11	00:16:44	00:25:38	00:34:43	00:44:32
157	<b>SWAT Karolina</b>	<b>168</b>	KAMIEŃ RYMAŃSKI	K18-29	00:00:19	00:07:11	00:15:48	00:25:00	00:34:34	00:44:33
158	<b>DOGODA Katarzyna</b>	<b>32</b>		K18-29	00:00:25	00:08:53	00:17:42	00:26:41	00:35:49	00:45:48
159	<b>SARBIEWSKI Przemysław</b>	<b>155</b>	102 BATALION OCHRONY	M40-49	00:00:25	00:09:17	00:19:17	00:29:39	00:37:48	00:46:16
160	<b>KOZŁOWIECKA Małgorzata</b>	<b>86</b>		K60+	00:00:21	00:09:02	00:18:19	00:28:09	00:38:09	00:48:28
161	<b>HARASYM Daniel</b>	<b>47</b>	FUNDACJA ZASTOPIJ	M40-49	00:00:23	00:08:37	00:17:41	00:27:30	00:37:59	00:49:06
162	<b>DUCHNOWSKI Dariusz</b>	<b>35</b>	BIAŁA PODLASKA	M40-49	00:00:27	00:09:23	00:18:53	00:29:03	00:39:18	00:49:14
163	<b>SARBIEWSKA Gabriela</b>	<b>154</b>		K40-49	00:00:26	00:09:18	00:19:17	00:29:51	00:40:38	00:52:01

Msc	Zawodnik	Numer	Klub	Kategoria	Dobieg 0.08km	Lap_1 1.48km	Lap_2 2.9km	Lap_3 4.32km	Lap_4 5.74km	Lap_5 7.16km
	<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
	<b>SOBOLEWSKI Jan</b>	<b>163</b>		M18-39	00:00:17 DNF	00:05:46 DNF	DNF	DNF	DNF	DNF
	<b>MIERZEJEWSKA Karolina</b>	<b>119</b>		K30-39	00:00:22 DNF	00:08:32 DNF	00:18:07 DNF	DNF	DNF	DNF
	<b>WALEŃSKI Michał</b>	<b>183</b>	TKKF KOSZALIN	M40-49	00:00:21 DNF	00:07:03 DNF	DNF	DNF	DNF	DNF
	<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
	<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
	<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
	<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
	<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
	<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
	<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

Znaleziono 174 wynik(ów)