



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: 8,6 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	Lap_6 8.58km
1	CZERNIEWSKI Marcin	23	AML SŁUPSK	M30-39	00:00:14	00:04:50	00:09:24	00:14:03	00:18:43	00:23:29	00:28:18
2	BORYCHOWSKI Mariusz	210	TKKF KOSZALIN1	M40-49	00:00:13	00:04:50	00:09:24	00:14:03	00:18:48	00:23:41	00:28:37
3	PERLIK Tomasz	133	MTS HAMER	M30-39	00:00:13	00:04:51	00:09:29	00:14:15	00:19:07	00:24:01	00:29:00
4	KOZŁOWICZ Tomasz	85	OBORYGENI	M18-39	00:00:13	00:04:51	00:09:32	00:14:21	00:19:17	00:24:18	00:29:18
5	HUBERT Łukasz	51	TKKF KOSZALIN1	M30-39	00:00:13	00:05:00	00:10:02	00:15:15	00:20:32	00:25:52	00:31:14
6	ZABORSKI Ryszard	200	TKKF KOSZALIN	M40-49	00:00:13	00:05:02	00:10:03	00:15:14	00:20:31	00:25:51	00:31:16
7	WALCZAK Paweł	182	1989.	M30-39	00:00:14	00:05:11	00:10:20	00:15:28	00:20:48	00:26:16	00:31:45
8	HOŁUB Kamil	49	MLUKS TRZEBIATÓW	M40-49	00:00:13	00:05:09	00:10:20	00:15:44	00:21:10	00:26:34	00:32:05
9	WOJTALIK Łukasz	195	TRUCHCIKI	M30-39	00:00:14	00:05:02	00:10:14	00:15:32	00:20:56	00:26:29	00:32:06
10	RUDNIKOWSKI Maciej	150	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M40-49	00:00:14	00:05:24	00:10:47	00:16:13	00:21:39	00:27:08	00:32:37
11	WITKIEWICZ Eryk	193	1976.	M40-49	00:00:14	00:05:31	00:10:53	00:16:14	00:21:37	00:27:05	00:32:40
12	KASZUBIAK Klaudiusz	63		M40-49	00:00:15	00:05:21	00:10:41	00:16:07	00:21:39	00:27:14	00:32:55
13	GOLIŃSKI Łukasz	41	3:10 TEAM ŚWIDWIN	M40-49	00:00:15	00:05:32	00:11:02	00:16:31	00:22:07	00:27:41	00:33:16
14	MACKOJĆ Krzysztof	106	EL-MACKOJĆ	M40-49	00:00:15	00:05:25	00:10:44	00:16:12	00:21:42	00:27:24	00:33:26
15	ZYCH Paweł	207	ALLIANZ RUNNING TEAM	M40-49	00:00:14	00:05:17	00:10:39	00:16:11	00:21:53	00:27:40	00:33:30
16	WOJCIECHOWICZ Jacek	194	WWW.STUDIOTANCAPASJA.PL	M40-49	00:00:16	00:05:34	00:11:03	00:16:38	00:22:16	00:27:58	00:33:35
17	LASAK Konrad	99		M18-39	00:00:15	00:05:30	00:10:52	00:16:21	00:22:09	00:27:58	00:33:48
18	SITOWSKI Marcin	159	FC RYSIEK	M18-39	00:00:15	00:05:24	00:10:45	00:16:16	00:22:00	00:27:57	00:33:51
19	BIEDRZYCKI Krzysztof	6	CW FANZA	M40-49	00:00:14	00:05:34	00:11:06	00:16:41	00:22:27	00:28:19	00:34:11
20	LANGE Grzegorz	98	LANGE TRI COACH	M40-49	00:00:16	00:05:35	00:11:01	00:16:33	00:22:14	00:28:23	00:34:20
21	BURDA Robert	14	KOSPEL	M40-49	00:00:16	00:05:39	00:11:13	00:16:57	00:22:45	00:28:36	00:34:21
22	ZŁOTY Wojciech	192		M18-39	00:00:15	00:05:30	00:11:01	00:16:42	00:22:33	00:28:28	00:34:23
23	MICHALAK Grzegorz	117	KARLINO BIEGAJ!	M40-49	00:00:15	00:05:35	00:11:06	00:16:48	00:22:39	00:28:31	00:34:29
24	GRZESIK Eugeniusz	44	TKKF KOSZALIN	M50-59	00:00:15	00:05:34	00:11:06	00:16:47	00:22:35	00:28:32	00:34:30
25	PIETRUSZKA Mikołaj	138	TECZA RUN	M50-59	00:00:16	00:05:36	00:11:09	00:16:53	00:22:44	00:28:36	00:34:33
26	GAJLEWICZ Dominik	37	MTS HAMER	M30-39	00:00:14	00:05:28	00:11:06	00:16:58	00:23:00	00:29:00	00:35:11
27	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	00:35:13
28	WICHER Krzysztof	188	ADWOKATURA	M30-39	00:00:14	00:05:39	00:11:11	00:17:00	00:23:05	00:29:08	00:35:14

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	Lap_6 8.58km
29	KORMAN Kamil	76	8PLOT	M18-39	00:00:15	00:05:27	00:11:04	00:16:57	00:23:03	00:29:04	00:35:20
30	KAWKA Adrian	64	RAKIETY	M30-39	00:00:14	00:05:20	00:10:52	00:16:37	00:22:36	00:29:21	00:35:34
31	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	00:35:54
32	RYNDAK Mariusz	151		M50-59	00:00:15	00:05:35	00:11:13	00:17:15	00:23:28	00:29:42	00:36:00
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	00:36:12
34	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	00:36:17
35	ZATOŃ Olga	202	TRUCHCIKI	K30-39	00:00:16	00:05:47	00:11:38	00:17:44	00:23:51	00:30:03	00:36:18
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	00:36:27
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	00:36:54
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	00:37:06
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	00:37:10
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	00:37:15
41	KOZAK Grzegorz	82	FPP	M40-49	00:00:17	00:06:07	00:12:10	00:18:25	00:24:47	00:31:14	00:37:23
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	00:37:37
43	WERS Krzysztof	187		M30-39	00:00:19	00:06:14	00:12:22	00:18:37	00:24:49	00:31:10	00:37:42
44	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	00:37:45
45	WEBER Paweł	186	FPP	M30-39	00:00:17	00:06:07	00:12:10	00:18:25	00:24:47	00:31:14	00:37:46
46	KWIETNIEWSKI Daniel	97		M40-49	00:00:19	00:06:07	00:12:10	00:18:25	00:24:47	00:31:18	00:37:58
47	URBAŃSKI Tomasz	181		M40-49	00:00:19	00:06:21	00:12:24	00:18:47	00:25:10	00:31:34	00:38:02
48	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	00:38:07
49	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	00:38:15
50	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	00:38:24
51	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	00:38:25
52	TRZEBIATOWSKA Kinga	180		K18-29	00:00:15	00:05:50	00:12:05	00:18:37	00:25:11	00:31:54	00:38:29
53	SPOLSKA Weronika	164		K18-29	00:00:17	00:06:16	00:12:34	00:19:01	00:25:36	00:32:07	00:38:42
54	SITARCYK Damian	158	FUNDACJA ZASTOPIJ	M30-39	00:00:20	00:06:02	00:12:00	00:18:21	00:24:56	00:31:40	00:38:43
55	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	00:38:47
56	HAŁKA Justyna	45	TRUCHCIKI	K40-49	00:00:19	00:06:30	00:12:50	00:19:17	00:25:46	00:32:14	00:38:48
57	BRYGAŁA Magdalena	10		K40-49	00:00:19	00:06:15	00:12:27	00:18:52	00:25:29	00:32:09	00:38:54
58	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	00:38:57
59	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	00:39:04
60	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	00:39:05
61	MARCINIAK Maciej	109	KS POGOŃ POŁCZYŃ ZDRÓJ	M30-39	00:00:16	00:06:05	00:12:15	00:18:36	00:25:00	00:32:05	00:39:23
62	PETERSKI Damian	198		M18-39	00:00:19	00:06:27	00:12:43	00:19:09	00:25:39	00:32:23	00:39:24
63	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	00:39:34
64	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	00:39:35
65	CZERNIAK Gracjan	22		M40-49	00:00:21	00:06:50	00:13:18	00:19:51	00:26:21	00:33:00	00:39:37
66	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	00:39:42
67	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	00:39:47
68	MAZURSKI Paweł	115		M30-39	00:00:17	00:06:38	00:13:13	00:19:53	00:26:31	00:33:20	00:40:27
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	00:40:27
70	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	00:40:39
71	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	00:40:43
72	WIKTOROWSKI Maciej	191		M40-49	00:00:18	00:06:18	00:12:51	00:19:41	00:26:40	00:33:40	00:40:49

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	Lap_6 8.58km
73	KRZEWIŃSKA Małgorzata	92	TKKF KOSZALIN1	K60+	00:00:22	00:07:00	00:13:43	00:20:29	00:27:12	00:34:01	00:40:55
74	ZAWADZKI Damian	203	KB WYGAN	M30-39	00:00:20	00:06:53	00:13:37	00:20:21	00:27:11	00:34:08	00:40:56
75	SAWIŃSKI Jacek	157		M40-49	00:00:20	00:07:00	00:13:49	00:20:31	00:27:24	00:34:12	00:40:57
76	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	00:40:58
77	HAŁKA Arkadiusz	46	TRUCHCIKI	M40-49	00:00:19	00:06:44	00:13:27	00:20:16	00:27:14	00:34:16	00:41:22
78	DĄBROWSKA Alicja	26	TKKF KOSZALIN1	K50-59	00:00:21	00:07:08	00:13:51	00:20:41	00:27:37	00:34:32	00:41:26
79	KOWALCZYK Piotr	79	FOR-REST-RUN	M30-39	00:00:19	00:06:52	00:13:29	00:20:17	00:27:12	00:34:17	00:41:31
80	ROGOŻA Ireneusz	147		M40-49	00:00:21	00:06:50	00:13:33	00:20:15	00:27:15	00:34:29	00:41:48
81	OLESIŃSKA Patrycja	126		K30-39	00:00:22	00:07:11	00:13:55	00:20:45	00:27:39	00:34:48	00:42:07
82	DRULIK-HOŁUB Marta	33	TORNADO KOSZALIN	K40-49	00:00:22	00:06:55	00:13:44	00:20:40	00:27:43	00:34:53	00:42:08
83	OLESIŃSKI Marcin	127		M18-39	00:00:23	00:07:13	00:13:54	00:20:50	00:27:53	00:34:56	00:42:11
84	SZYMAŃSKI Piotr	172		M30-39	00:00:22	00:06:57	00:13:41	00:20:29	00:27:25	00:34:46	00:42:17
85	WIELGAT Łukasz	190	KB BRYZA POSTOMINO	M30-39	00:00:20	00:06:14	00:12:22	00:18:51	00:26:02	00:34:17	00:42:18
86	KRUPIŃSKA Beata	88	E-UROLOG.EU	K50-59	00:00:23	00:07:09	00:13:53	00:20:52	00:27:54	00:35:01	00:42:18
87	PIECHOTA Robert	136	ROZBIEGANY KOSZALIN	M50-59	00:00:15	00:06:24	00:13:16	00:20:24	00:27:38	00:34:56	00:42:23
88	STAWISZYŃSKI Jarosław	165	FRK	M30-39	00:00:20	00:06:52	00:13:44	00:20:44	00:27:52	00:35:10	00:42:32
89	KAPERA Mikołaj	61	KAMIEŃ RYMAŃSKI	M18-39	00:00:19	00:06:29	00:12:46	00:19:15	00:26:38	00:34:41	00:42:48
90	BOGACKI Tomasz	9	TKKF KOSZALIN	M60-69	00:00:20	00:07:06	00:14:00	00:21:07	00:28:18	00:35:30	00:42:51
91	KORDECKI Maciej	75		M18-39	00:00:23	00:06:52	00:13:33	00:20:38	00:28:00	00:35:25	00:42:51
92	PIEKARZEWICZ Tomasz	137	BOBOLICKIE BRACTWO BIEGOWE	M50-59	00:00:23	00:07:19	00:14:33	00:21:32	00:28:41	00:35:45	00:42:58
93	BUDZIŃSKI Paweł	13	DRUŻYNA SZPIKU	M40-49	00:00:19	00:07:04	00:13:58	00:20:55	00:28:05	00:35:27	00:42:58
94	BURDZIK Michał	15	L9	M18-39	00:00:17	00:06:16	00:12:55	00:20:03	00:27:35	00:35:19	00:43:15
95	PUŚCIAN Krzysztof	145	SP MANOWO	M40-49	00:00:23	00:07:12	00:14:17	00:21:27	00:28:34	00:35:38	00:43:20
96	NIWIŃSKI Grzegorz	124	KB TUPOT USTKA	M60-69	00:00:21	00:07:06	00:14:07	00:21:17	00:28:34	00:35:52	00:43:21
97	KISIELIŃSKI Igor	67	TKKF KOSZALIN	M50-59	00:00:22	00:07:00	00:13:49	00:20:47	00:27:53	00:35:22	00:43:28
98	ANTKOWIAK Sebastian	4	DB - ACTIVE	M40-49	00:00:22	00:06:58	00:13:45	00:20:58	00:28:25	00:35:54	00:43:28
99	GRUNWALD Karolina	42		K30-39	00:00:23	00:07:31	00:14:34	00:21:33	00:28:49	00:36:09	00:43:37
100	GALICKI Robert	38		M40-49	00:00:24	00:07:32	00:14:36	00:21:34	00:28:50	00:36:10	00:43:38
101	WYGANOWSKI Andrzej	197	KB WYGAN	M70+	00:00:21	00:07:30	00:14:45	00:21:58	00:29:16	00:36:32	00:43:49
102	JESZKE Dawid	55	KAMIEŃ RYMAŃSKI	M18-39	00:00:24	00:07:23	00:14:31	00:21:33	00:28:50	00:36:19	00:43:56
103	SARAPUK Gabriela	152	TKKF KOSZALIN	K40-49	00:00:23	00:07:02	00:13:53	00:21:05	00:28:38	00:36:21	00:44:08
104	SARAPUK Piotr	153		M40-49	00:00:22	00:07:02	00:13:43	00:20:30	00:27:10	00:34:31	00:44:09
105	KONKEL Łukasz	72		M40-49	00:00:22	00:07:07	00:14:13	00:21:26	00:28:47	00:36:14	00:44:10
106	CZUCZAK Tomasz	209		M40-49	00:00:22	00:07:04	00:13:57	00:21:04	00:28:25	00:36:21	00:44:12
107	BRZEZIŃSKI Paweł	12		M40-49	00:00:16	00:07:02	00:14:10	00:21:30	00:28:53	00:36:29	00:44:13
108	KAMIŃSKA Karolina	58		K40-49	00:00:21	00:07:05	00:14:11	00:21:31	00:29:01	00:36:41	00:44:25
109	WYSOCKI Arkadiusz	199		M30-39	00:00:15	00:06:19	00:13:36	00:21:26	00:29:15	00:36:50	00:44:26
110	MIELCZAREK Maciej	118		M50-59	00:00:21	00:07:13	00:14:15	00:21:33	00:29:01	00:36:39	00:44:28
111	BOGACKA Lucyna	8	TKKF KOSZALIN	K60+	00:00:24	00:07:17	00:14:34	00:21:49	00:29:13	00:36:45	00:44:29
112	ŚLIWIŃSKI Rafał	175	AQUA-MED ALEKSANDRA ŚLIWIŃSKA	M40-49	00:00:17	00:06:44	00:13:54	00:21:15	00:28:53	00:36:41	00:44:32
113	MAZIEC Beata	112		K30-39	00:00:26	00:07:33	00:14:54	00:22:19	00:29:51	00:37:22	00:44:46
114	BODO Rafał	7	ZOZKOSZ KOSZALIN	M30-39	00:00:19	00:07:05	00:14:15	00:21:33	00:29:10	00:36:54	00:44:48
115	ADAMOWICZ Maciej	1	SP MIELNO	M30-39	00:00:16	00:06:38	00:13:53	00:21:18	00:29:03	00:36:51	00:44:50
116	KOZŁOWIECKI Waldemar	87	TKKF KOSZALIN	M60-69	00:00:21	00:07:14	00:14:11	00:21:27	00:28:59	00:36:47	00:44:52
117	CZARNECKI Radek	21		M30-39	00:00:22	00:06:56	00:13:42	00:21:01	00:28:48	00:36:58	00:44:53

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	Lap_6 8.58km
118	SŁUPECKA Aneta	162		K30-39	00:00:30	00:07:34	00:14:55	00:22:20	00:29:53	00:37:24	00:44:54
119	KAZIMIERCZAK Leszek	65	1980.	M40-49	00:00:25	00:07:15	00:14:24	00:21:45	00:29:12	00:37:05	00:45:05
120	PAWŁOWSKI Grzegorz	130	GAMMAX	M40-49	00:00:20	00:06:45	00:13:41	00:20:59	00:28:47	00:36:49	00:45:08
121	SZYSZKOWSKI Tomasz	174	FOR-REST-RUN	M30-39	00:00:22	00:07:09	00:14:28	00:22:04	00:29:41	00:37:25	00:45:12
122	CZESZEK Ireneusz	24	FUNDACJA ZASTOPUJ	M30-39	00:00:17	00:06:21	00:13:28	00:20:59	00:28:51	00:37:13	00:45:13
123	ANGRYS Maciej	3	FUNDACJA ZASTOPUJ	M18-39	00:00:23	00:07:42	00:15:01	00:22:31	00:29:58	00:37:35	00:45:20
124	POLETAJEW Wiktoria	141		K30-39	00:00:25	00:07:44	00:15:21	00:22:49	00:30:27	00:38:10	00:45:20
125	PANASZEWSKI Przemysław	129		M30-39	00:00:22	00:07:25	00:14:44	00:22:15	00:29:54	00:37:30	00:45:25
126	MITUNIEWICZ Adrian	122		M30-39	00:00:20	00:07:22	00:14:42	00:22:14	00:29:54	00:37:45	00:45:51
127	KONKEL Joanna	73	MKS 'ŚWIĘC' SŁAWNO	K50-59	00:00:22	00:07:30	00:14:45	00:22:14	00:29:59	00:38:03	00:46:16
128	JUSZCZAK Krzysztof	56		M60-69	00:00:21	00:07:19	00:14:39	00:22:16	00:30:03	00:38:09	00:46:19
129	HRYNIEWICZ Rafał	50		M40-49	00:00:20	00:07:35	00:15:12	00:22:56	00:30:44	00:38:40	00:46:40
130	POŁOCZAŃSKI Piotr	142	SZWAGRY BIEGAJĄ	M30-39	00:00:22	00:07:41	00:15:08	00:22:44	00:30:46	00:38:43	00:46:49
131	LISOWSKA Monika	104		K30-39	00:00:26	00:07:51	00:15:20	00:23:00	00:30:47	00:38:57	00:46:55
132	GRZELAK Karina	43	ROZBIEGANY KOSZALIN	K40-49	00:00:27	00:07:52	00:15:21	00:23:01	00:30:48	00:38:57	00:46:56
133	KULAWIŃSKI Marek	94		M40-49	00:00:21	00:07:59	00:15:40	00:23:19	00:31:08	00:38:57	00:47:01
134	RASZPLA Ilona	146	BIEGOLAS	K40-49	00:00:28	00:07:45	00:15:05	00:22:53	00:30:49	00:39:02	00:47:26
135	WALESIEWICZ Julia	184		K18-29	00:00:25	00:07:46	00:15:19	00:23:09	00:31:15	00:39:26	00:47:39
136	SZMYT Marcin	170	SZWAGRY BIEGAJĄ	M30-39	00:00:23	00:07:34	00:14:52	00:22:38	00:30:47	00:39:12	00:48:01
137	DIDŁUCH Jacek	31		M40-49	00:00:23	00:07:53	00:15:26	00:23:04	00:30:57	00:39:33	00:48:17
138	GARNCAREK Paweł	39		M40-49	00:00:26	00:08:14	00:16:01	00:23:50	00:31:57	00:40:13	00:48:24
139	KURŁOWICZ Krzysztof	95	OKS WWW.SZKOLNICTWO.PL	M40-49	00:00:23	00:08:08	00:15:46	00:23:06	00:31:36	00:40:02	00:49:04
140	DESKA Łukasz	30	WCKMED ŁÓDŹ	M18-39	00:00:20	00:07:31	00:15:08	00:23:08	00:31:29	00:40:18	00:49:13
141	CZAPLIŃSKI Piotr	20	FUNDACJA ZASTOPUJ	M18-39	00:00:21	00:07:47	00:15:01	00:22:28	00:30:54	00:39:37	00:49:21
142	PIETRZYK Rafał	139		M30-39	00:00:23	00:07:52	00:15:45	00:23:53	00:32:23	00:40:50	00:49:25
143	PRZYBYLSKI Czesław	144	HERMES ŚWIDNICA	M70+	00:00:29	00:08:00	00:15:52	00:24:00	00:32:18	00:40:50	00:49:27
144	SZCZYPEK Arkadiusz	169	FUNDACJA ZASTOPUJ	M30-39	00:00:19	00:07:28	00:14:54	00:22:20	00:30:52	00:39:51	00:49:42
145	KAPCIO Michał	60	KAMIEŃ RYMAŃSKI	M18-39	00:00:22	00:07:09	00:14:44	00:24:11	00:32:21	00:41:58	00:50:19
146	ZAWISKA Bartłomiej	204		M18-39	00:00:22	00:07:55	00:15:47	00:23:53	00:32:34	00:41:29	00:50:29
147	MARCZAK Małgorzata	110	NIGHTRUNNERS SŁUPSK	K60+	00:00:22	00:07:31	00:15:08	00:23:16	00:32:16	00:41:38	00:51:22
148	ZAWISKA Anna	205		K18-29	00:00:24	00:08:04	00:16:00	00:24:12	00:32:55	00:42:38	00:51:55
149	DUCHNOWSKA Grażyna	34		K50-59	00:00:26	00:08:44	00:17:01	00:25:30	00:34:08	00:43:03	00:52:04
150	SAWICKA-WERS Urszula	156		K30-39	00:00:23	00:07:53	00:16:05	00:24:52	00:33:49	00:42:58	00:52:05
151	KARNICKI Zygmunt	62	TKKF KOSZALIN	M60-69	00:00:23	00:08:09	00:16:24	00:25:00	00:33:54	00:42:57	00:52:06
152	KRUPIŃSKI Adam	89	FUNDACJA ZASTOPUJ	M30-39	00:00:18	00:06:51	00:14:42	00:22:33	00:33:17	00:42:50	00:52:17
153	MARKOWSKI Andrzej	111	TKKF KOSZALIN	M60-69	00:00:22	00:08:19	00:16:53	00:25:46	00:34:40	00:43:47	00:52:45
154	HELLER Zdzisław	48	HERBMARATONOW.PL	M60-69	00:00:25	00:08:41	00:17:23	00:26:08	00:35:08	00:44:09	00:53:23
155	STRZAŁKOWSKI Patryk	166	KAMIEŃ RYMAŃSKI	M18-39	00:00:27	00:08:11	00:16:44	00:25:38	00:34:43	00:44:32	00:53:27
156	SWAT Karolina	168	KAMIEŃ RYMAŃSKI	K18-29	00:00:19	00:07:11	00:15:48	00:25:00	00:34:34	00:44:33	00:53:28
157	SARBIEWSKI Przemysław	155	102 BATALION OCHRONY	M40-49	00:00:25	00:09:17	00:19:17	00:29:39	00:37:48	00:46:16	00:54:46
158	DOGODA Katarzyna	32		K18-29	00:00:25	00:08:53	00:17:42	00:26:41	00:35:49	00:45:48	00:55:51
159	KOZŁOWIECKA Małgorzata	86		K60+	00:00:21	00:09:02	00:18:19	00:28:09	00:38:09	00:48:28	00:58:29
160	DUCHNOWSKI Dariusz	35	BIAŁA PODLASKA	M40-49	00:00:27	00:09:23	00:18:53	00:29:03	00:39:18	00:49:14	00:59:26
161	HARASYM Daniel	47	FUNDACJA ZASTOPUJ	M40-49	00:00:23	00:08:37	00:17:41	00:27:30	00:37:59	00:49:06	01:00:06
162	SARBIEWSKA Gabriela	154		K40-49	00:00:26	00:09:18	00:19:17	00:29:51	00:40:38	00:52:01	01:03:04

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	Lap_6 8.58km
	KLENIEWSKI Piotr	68	ZACHODNIOPOMORSKIE	M60-69	00:00:19 DNF	00:06:43 DNF	00:13:32 DNF	00:20:52 DNF	DNF	DNF	DNF
	SOBOLEWSKI Jan	163		M18-39	00:00:17 DNF	00:05:46 DNF	DNF	DNF	DNF	DNF	DNF
	MIERZEJEWSKA Karolina	119		K30-39	00:00:22 DNF	00:08:32 DNF	00:18:07 DNF	DNF	DNF	DNF	DNF
	ZAREMBA Tomasz	201		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
	WALEŃSKI Michał	183	TKKF KOSZALIN	M40-49	00:00:21 DNF	00:07:03 DNF	DNF	DNF	DNF	DNF	DNF
	WALO Zbigniew	185		M60-69	00:00:28 DNF	00:09:47 DNF	00:20:50 DNF	00:31:56 DNF	00:43:10 DNF	DNF	DNF
	CZAPLIŃSKI Jacek	19		M30-39	00:00:17 DNF	00:05:44 DNF	00:11:14 DNF	00:16:55 DNF	DNF	DNF	DNF
	ORZADA Anna	128	STOPA SŁUPSK	K40-49	00:00:24 DNF	00:07:19 DNF	00:14:49 DNF	DNF	DNF	DNF	DNF
	ADRYAN Adam	2	WATAHA ŁĄCZY NAS BIEGANIE	M40-49	00:00:23 DNF	00:07:17 DNF	00:14:46 DNF	DNF	DNF	DNF	DNF
	SLUPCZEWSKI Krzysztof	161	SDROG KOSZALIN	M40-49	00:00:16 DNF	00:05:35 DNF	00:11:20 DNF	DNF	DNF	DNF	DNF
	MITUNIEWICZ Renata	121		K50-59	00:00:25 DNF	00:08:40 DNF	00:17:18 DNF	00:26:26 DNF	00:35:58 DNF	DNF	DNF
	KLONOWSKI Artur	69		M40-49	00:00:23 DNF	00:08:08 DNF	00:15:46 DNF	00:23:33 DNF	00:33:58 DNF	DNF	DNF

Znaleziono 174 wynik(ów)