



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: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Czas netto	Różn	Tempo min/km	Tempo km/h
						0.08km	1.48km	2.9km	4.32km	5.74km	7.16km	8.58km	10km			
1	CZERNIEWSKI Marcin	23	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	00:32:58.20		3:17	18.2 (100%)
2	BORYCHOWSKI Mariusz	210	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	00:33:31.70	+00:00:33 (1.7%)	3:21	17.9 (98.4%)
3	PERLIK Tomasz	133	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	00:33:48.90	+00:00:50 (2.5%)	3:22	17.7 (97.3%)
4	KOZŁOWICZ Tomasz	85	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	00:34:06.75	+00:01:08 (3.3%)	3:24	17.6 (96.7%)
5	HUBERT Łukasz	51	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	00:36:19.85	+00:03:21 (9.3%)	3:38	16.5 (90.7%)
6	ZABORSKI Ryszard	200	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	00:36:34.45	+00:03:36 (9.9%)	3:39	16.4 (90.1%)
7	WALCZAK Paweł	182	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	00:37:02.15	+00:04:03 (11.0%)	3:42	16.2 (89.0%)
8	HOŁUB Kamil	49	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	00:37:24.55	+00:04:26 (11.9%)	3:44	16 (87.9%)
9	WOJTALIK Łukasz	195	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	00:37:38.55	+00:04:40 (12.4%)	3:45	15.9 (87.4%)
10	RUDNIKOWSKI Maciej	150	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	00:37:54.20	+00:04:56 (13.0%)	3:47	15.8 (86.8%)
11	WITKIEWICZ Eryk	193	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	00:37:59.20	+00:05:01 (13.2%)	3:47	15.8 (86.8%)
12	KASZUBIAK Klaudiusz	63		M40-49	6	00:00:15	00:05:21	00:10:41	00:16:07	00:21:39	00:27:14	00:32:55	00:38:22.75	+00:05:24 (14.1%)	3:50	15.6 (85.7%)
13	GOLIŃSKI Łukasz	41	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	00:38:48.45	+00:05:50 (15.0%)	3:52	15.5 (85.2%)
14	WOJCIECHOWICZ Jacek	194	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	00:39:06.40	+00:06:08 (15.7%)	3:54	15.3 (84.1%)
15	ZYCH Paweł	207	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	00:39:10.50	+00:06:12 (15.8%)	3:55	15.3 (84.1%)
16	SITOWSKI Marcin	159	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	00:39:17.00	+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		Tempo min/km	Tempo km/h
													netto 10km	Różn		
17	LASAK Konrad	99		M18-39	3	00:00:15	00:05:30	00:10:52	00:16:21	00:22:09	00:27:58	00:33:48	00:39:32.00	+00:06:33 (16.6%)	3:57	15.2 (83.5%)
18	BURDA Robert	14	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	00:39:42.20	+00:06:44 (17.0%)	3:58	15.1 (83.0%)
19	LANGE Grzegorz	98	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	00:39:50.45	+00:06:52 (17.2%)	3:59	15.1 (83.0%)
20	BIEDRZYCKI Krzysztof	6	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	00:39:59.30	+00:07:01 (17.6%)	3:59	15 (82.4%)
21	ZŁOTY Wojciech	192		M18-39	4	00:00:15	00:05:30	00:11:01	00:16:42	00:22:33	00:28:28	00:34:23	00:40:02.20	+00:07:04 (17.7%)	4:00	15 (82.4%)
22	GRZESIK Eugeniusz	44	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	00:40:10.00	+00:07:11 (17.9%)	4:01	14.9 (81.9%)
23	MICHALAK Grzegorz	117	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	00:40:10.50	+00:07:12 (17.9%)	4:01	14.9 (81.9%)
24	PIETRUSZKA Mikołaj	138	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	00:40:20.45	+00:07:22 (18.3%)	4:02	14.9 (81.9%)
25	WIECZOREK Łukasz	189	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	00:40:43.15	+00:07:44 (19.0%)	4:04	14.7 (80.8%)
26	KORMAN Kamil	76	8PPLOT	M18-39	5	00:00:15	00:05:27	00:11:04	00:16:57	00:23:03	00:29:04	00:35:20	00:40:57.15	+00:07:58 (19.5%)	4:05	14.7 (80.8%)
27	WICHER Krzysztof	188	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	00:40:58.65	+00:08:00 (19.5%)	4:05	14.6 (80.2%)
28	MACKOJĆ Krzysztof	106	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	00:41:00.05	+00:08:01 (19.6%)	4:06	14.6 (80.2%)
29	GAJLEWICZ Dominik	37	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	00:41:09.50	+00:08:11 (19.9%)	4:07	14.6 (80.2%)
30	KAWKA Adrian	64	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	00:41:35.25	+00:08:37 (20.7%)	4:09	14.4 (79.1%)
31	RUBASZNIK Radosław	149	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	00:41:40.10	+00:08:41 (20.9%)	4:10	14.4 (79.1%)
32	RYNDAK Mariusz	151		M50-59	3	00:00:15	00:05:35	00:11:13	00:17:15	00:23:28	00:29:42	00:36:00	00:41:53.30	+00:08:55 (21.3%)	4:11	14.3 (78.6%)
33	KOZIEŁ Paweł	83	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	00:42:07.65	+00:09:09 (21.7%)	4:12	14.2 (78.0%)
34	PĘKAŁA Piotr	134	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	00:42:09.15	+00:09:10 (21.8%)	4:13	14.2 (78.0%)
35	ZWOLIŃSKI Jan	206	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	00:42:18.30	+00:09:20 (22.1%)	4:13	14.2 (78.0%)
36	CHUPTYŚ Adrian	18	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	00:43:04.45	+00:10:06 (23.5%)	4:18	13.9 (76.4%)
37	IWANIEC Dariusz	52	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	00:43:07.00	+00:10:08 (23.5%)	4:18	13.9 (76.4%)
38	KOZAK Grzegorz	82	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	00:43:12.40	+00:10:14 (23.7%)	4:19	13.9 (76.4%)
39	MAZUR Tomasz	113	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	00:43:15.90	+00:10:17 (23.8%)	4:19	13.9 (76.4%)
40	BRZEZIŃSKI Jan	11	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	00:43:46.10	+00:10:47 (24.7%)	4:22	13.7 (75.3%)
41	BARUTOWICZ Grzegorz	5	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	00:43:53.10	+00:10:54 (24.9%)	4:23	13.7 (75.3%)

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		
42	WERS Krzysztof	187		M30-39	13	00:00:19	00:06:14	00:12:22	00:18:37	00:24:49	00:31:10	00:37:42	00:43:56.75	+00:10:58 (25.0%)	4:23	13.7 (75.3%)
43	WEBER Paweł	186	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	00:44:04.85	+00:11:06 (25.2%)	4:24	13.6 (74.7%)
44	MŁASZEWSKI Przemek	120	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	00:44:16.30	+00:11:18 (25.5%)	4:25	13.6 (74.7%)
45	KOŚCIELNIAK Robert	77	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	00:44:20.65	+00:11:22 (25.6%)	4:26	13.5 (74.2%)
46	URBAŃSKI Tomasz	181		M40-49	20	00:00:19	00:06:21	00:12:24	00:18:47	00:25:10	00:31:34	00:38:02	00:44:22.05	+00:11:23 (25.7%)	4:26	13.5 (74.2%)
47	KRUPIŃSKI Krzysztof	90	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	00:44:27.45	+00:11:29 (25.8%)	4:26	13.5 (74.2%)
48	KWIETNIEWSKI Daniel	97		M40-49	21	00:00:19	00:06:07	00:12:10	00:18:25	00:24:47	00:31:18	00:37:58	00:44:28.95	+00:11:30 (25.9%)	4:26	13.5 (74.2%)
49	NIEDBALSKI Oktawian	123	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	00:44:36.90	+00:11:38 (26.1%)	4:27	13.4 (73.6%)
50	OLEARCZYK Arkadiusz	125	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	00:45:31.60	+00:12:33 (27.6%)	4:33	13.2 (72.5%)
51	SZYMAŃSKI Piotr	173	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	00:45:37.85	+00:12:39 (27.7%)	4:33	13.1 (72.0%)
52	GAWEŁ Zbigniew	40	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	00:45:40.40	+00:12:42 (27.8%)	4:34	13.1 (72.0%)
53	SITARCZYK Damian	158	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	00:45:46.30	+00:12:48 (28.0%)	4:34	13.1 (72.0%)
54	KOBYLAK Janusz	70	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	00:46:02.35	+00:13:04 (28.4%)	4:36	13 (71.4%)
55	CZERNIAK Gracjan	22		M40-49	25	00:00:21	00:06:50	00:13:18	00:19:51	00:26:21	00:33:00	00:39:37	00:46:06.95	+00:13:08 (28.5%)	4:36	13 (71.4%)
56	PETERSKI Damian	198		M18-39	7	00:00:19	00:06:27	00:12:43	00:19:09	00:25:39	00:32:23	00:39:24	00:46:28.75	+00:13:30 (29.1%)	4:38	12.9 (70.9%)
57	DERLIŃSKI Adam	29	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	00:46:35.40	+00:13:37 (29.2%)	4:39	12.9 (70.9%)
58	MARCINIAK Maciej	109	KS POGOŃ POŁCZYŃ 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	00:46:42.75	+00:13:44 (29.4%)	4:40	12.8 (70.3%)
59	WOŁOŻYŃ Daniel	196	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	00:46:52.25	+00:13:54 (29.7%)	4:41	12.8 (70.3%)
60	SKOWYRSKI Janusz	160	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	00:47:09.35	+00:14:11 (30.1%)	4:42	12.7 (69.8%)
61	MAZURSKI Paweł	115		M30-39	18	00:00:17	00:06:38	00:13:13	00:19:53	00:26:31	00:33:20	00:40:27	00:47:17.40	+00:14:19 (30.3%)	4:43	12.7 (69.8%)
62	ŚWIETLIK Tomasz	177	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	00:47:20.80	+00:14:22 (30.4%)	4:44	12.7 (69.8%)
63	ZAWADZKI Damian	203	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	00:47:22.95	+00:14:24 (30.4%)	4:44	12.7 (69.8%)
64	SAWIŃSKI Jacek	157		M40-49	27	00:00:20	00:07:00	00:13:49	00:20:31	00:27:24	00:34:12	00:40:57	00:47:38.85	+00:14:40 (30.8%)	4:45	12.6 (69.2%)
65	SUCHANOWSKI Zygmunt	167	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	00:47:41.90	+00:14:43 (30.9%)	4:46	12.6 (69.2%)
66	WIKTOROWSKI Maciej	191		M40-49	28	00:00:18	00:06:18	00:12:51	00:19:41	00:26:40	00:33:40	00:40:49	00:47:43.10	+00:14:44 (30.9%)	4:46	12.6 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Czas		Tempo	Tempo
													netto	Różn		
67	KUBIK Krystian	93	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	00:47:59.75	+00:15:01 (31.3%)	4:47	12.5 (68.7%)
68	HAŁKA Arkadiusz	46	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	00:48:02.30	+00:15:04 (31.4%)	4:48	12.5 (68.7%)
69	KOWALCZYK Piotr	79	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	00:48:32.75	+00:15:34 (32.1%)	4:51	12.4 (68.1%)
70	ROGOŻA Ireneusz	147		M40-49	30	00:00:21	00:06:50	00:13:33	00:20:15	00:27:15	00:34:29	00:41:48	00:48:33.50	+00:15:35 (32.1%)	4:51	12.4 (68.1%)
71	OLESIŃSKI Marcin	127		M18-39	10	00:00:23	00:07:13	00:13:54	00:20:50	00:27:53	00:34:56	00:42:11	00:49:00.55	+00:16:02 (32.7%)	4:54	12.2 (67.0%)
72	PIECHOTA Robert	136	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	00:49:07.25	+00:16:09 (32.9%)	4:54	12.2 (67.0%)
73	WIELGAT Łukasz	190	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	00:49:11.20	+00:16:13 (33.0%)	4:55	12.2 (67.0%)
74	STAWISZYNSKI Jarosław	165	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	00:49:14.75	+00:16:16 (33.1%)	4:55	12.2 (67.0%)
75	SZYMAŃSKI Piotr	172		M30-39	23	00:00:22	00:06:57	00:13:41	00:20:29	00:27:25	00:34:46	00:42:17	00:49:34.10	+00:16:35 (33.5%)	4:57	12.1 (66.5%)
76	PIEKARZEWICZ Tomasz	137	BOBOLICKIE BRACtwo 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	00:49:46.40	+00:16:48 (33.8%)	4:58	12.1 (66.5%)
77	KORDECKI Maciej	75		M18-39	11	00:00:23	00:06:52	00:13:33	00:20:38	00:28:00	00:35:25	00:42:51	00:49:51.90	+00:16:53 (33.9%)	4:59	12 (65.9%)
78	BOGACKI Tomasz	9	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	00:49:54.35	+00:16:56 (33.9%)	4:59	12 (65.9%)
79	BUDZIŃSKI Paweł	13	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	00:50:00.50	+00:17:02 (34.1%)	5:00	12 (65.9%)
80	KISIELIŃSKI Igor	67	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	00:50:24.65	+00:17:26 (34.6%)	5:02	11.9 (65.4%)
81	GALICKI Robert	38		M40-49	32	00:00:24	00:07:32	00:14:36	00:21:34	00:28:50	00:36:10	00:43:38	00:50:29.20	+00:17:31 (34.7%)	5:03	11.9 (65.4%)
82	BURDZIK Michał	15	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	00:50:31.80	+00:17:33 (34.8%)	5:03	11.9 (65.4%)
83	NIWIŃSKI Grzegorz	124	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	00:50:45.10	+00:17:46 (35.0%)	5:04	11.8 (64.8%)
84	SARAPUK Piotr	153		M40-49	33	00:00:22	00:07:02	00:13:43	00:20:30	00:27:10	00:34:31	00:44:09	00:50:50.75	+00:17:52 (35.2%)	5:05	11.8 (64.8%)
85	WYGANOWSKI Andrzej	197	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	00:50:55.75	+00:17:57 (35.3%)	5:05	11.8 (64.8%)
86	KAPERA Mikołaj	61	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	00:51:01.35	+00:18:03 (35.4%)	5:06	11.8 (64.8%)
87	JESZKE Dawid	55	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	00:51:01.50	+00:18:03 (35.4%)	5:06	11.8 (64.8%)
88	CZUCZAK Tomasz	209		M40-49	34	00:00:22	00:07:04	00:13:57	00:21:04	00:28:25	00:36:21	00:44:12	00:51:06.30	+00:18:08 (35.5%)	5:06	11.7 (64.3%)
89	PUŚCIAN Krzysztof	145	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	00:51:07.70	+00:18:09 (35.5%)	5:06	11.7 (64.3%)
90	ANTKOWIAK Sebastian	4	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	00:51:13.35	+00:18:15 (35.6%)	5:07	11.7 (64.3%)
91	BRZEZIŃSKI Paweł	12		M40-49	37	00:00:16	00:07:02	00:14:10	00:21:30	00:28:53	00:36:29	00:44:13	00:51:40.10	+00:18:41 (36.2%)	5:10	11.6 (63.7%)

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		
92	KONKEL Łukasz	72		M40-49	38	00:00:22	00:07:07	00:14:13	00:21:26	00:28:47	00:36:14	00:44:10	00:51:50.20	+00:18:52 (36.4%)	5:11	11.6 (63.7%)
93	WYSOCKI Arkadiusz	199		M30-39	24	00:00:15	00:06:19	00:13:36	00:21:26	00:29:15	00:36:50	00:44:26	00:51:51.80	+00:18:53 (36.4%)	5:11	11.6 (63.7%)
94	MIELCZAREK Maciej	118		M50-59	13	00:00:21	00:07:13	00:14:15	00:21:33	00:29:01	00:36:39	00:44:28	00:52:06.10	+00:19:07 (36.7%)	5:12	11.5 (63.2%)
95	ADAMOWICZ Maciej	1	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	00:52:17.10	+00:19:18 (36.9%)	5:13	11.5 (63.2%)
96	ŚLIWIŃSKI Rafał	175	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	00:52:22.15	+00:19:23 (37.0%)	5:14	11.5 (63.2%)
97	SZYSZKOWSKI Tomasz	174	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	00:52:34.15	+00:19:35 (37.3%)	5:15	11.4 (62.6%)
98	BODO Rafał	7	ZOKOSZ 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	00:52:34.80	+00:19:36 (37.3%)	5:15	11.4 (62.6%)
99	CZESZEK Ireneusz	24	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	00:52:41.25	+00:19:43 (37.4%)	5:16	11.4 (62.6%)
100	KAZIMIERCZAK Leszek	65	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	00:52:49.50	+00:19:51 (37.6%)	5:17	11.4 (62.6%)
101	ANGRYS Maciej	3	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	00:52:52.30	+00:19:54 (37.6%)	5:17	11.3 (62.1%)
102	PANASZEWSKI Przemysław	129		M30-39	29	00:00:22	00:07:25	00:14:44	00:22:15	00:29:54	00:37:30	00:45:25	00:52:57.55	+00:19:59 (37.7%)	5:17	11.3 (62.1%)
103	KOZŁOWIECKI Waldemar	87	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	00:53:04.10	+00:20:05 (37.9%)	5:18	11.3 (62.1%)
104	CZARNECKI Radek	21		M30-39	30	00:00:22	00:06:56	00:13:42	00:21:01	00:28:48	00:36:58	00:44:53	00:53:18.95	+00:20:20 (38.2%)	5:19	11.3 (62.1%)
105	PAWŁOWSKI Grzegorz	130	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	00:53:23.50	+00:20:25 (38.2%)	5:20	11.2 (61.5%)
106	MITUNIEWICZ Adrian	122		M30-39	31	00:00:20	00:07:22	00:14:42	00:22:14	00:29:54	00:37:45	00:45:51	00:53:50.90	+00:20:52 (38.8%)	5:23	11.1 (61.0%)
107	POŁOCZAŃSKI Piotr	142	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	00:54:14.40	+00:21:16 (39.2%)	5:25	11.1 (61.0%)
108	HRYNIEWICZ Rafał	50		M40-49	42	00:00:20	00:07:35	00:15:12	00:22:56	00:30:44	00:38:40	00:46:40	00:54:17.70	+00:21:19 (39.3%)	5:25	11 (60.4%)
109	JUSZCZAK Krzysztof	56		M60-69	6	00:00:21	00:07:19	00:14:39	00:22:16	00:30:03	00:38:09	00:46:19	00:54:27.85	+00:21:29 (39.5%)	5:26	11 (60.4%)
110	KULAWIŃSKI Marek	94		M40-49	43	00:00:21	00:07:59	00:15:40	00:23:19	00:31:08	00:38:57	00:47:01	00:54:57.10	+00:21:58 (40.0%)	5:29	10.9 (59.9%)
111	GARNCAREK Paweł	39		M40-49	44	00:00:26	00:08:14	00:16:01	00:23:50	00:31:57	00:40:13	00:48:24	00:56:19.95	+00:23:21 (41.5%)	5:38	10.7 (58.8%)
112	SZMYT Marcin	170	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	00:56:37.50	+00:23:39 (41.8%)	5:39	10.6 (58.2%)
113	KURŁOWICZ Krzysztof	95	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	00:57:01.05	+00:24:02 (42.2%)	5:42	10.5 (57.7%)
114	DIDŁUCH Jacek	31		M40-49	46	00:00:23	00:07:53	00:15:26	00:23:04	00:30:57	00:39:33	00:48:17	00:57:05.60	+00:24:07 (42.3%)	5:42	10.5 (57.7%)
115	DESKA Łukasz	30	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	00:57:25.70	+00:24:27 (42.6%)	5:44	10.4 (57.1%)
116	PRZYBYLSKI Czesław	144	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	00:57:48.95	+00:24:50 (43.0%)	5:46	10.4 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dobieg	Lap_1	Lap_2	Lap_3	Lap_4	Lap_5	Lap_6	Czas		Tempo	Tempo
													netto	Różn		
117	PIETRZYK Rafał	139		M30-39	34	00:00:23	00:07:52	00:15:45	00:23:53	00:32:23	00:40:50	00:49:25	00:58:16.80	+00:25:18 (43.4%)	5:49	10.3 (56.6%)
118	SZCZYPEK Arkadiusz	169	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	00:58:17.80	+00:25:19 (43.4%)	5:49	10.3 (56.6%)
119	KAPCIO Michał	60	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	00:58:28.10	+00:25:29 (43.6%)	5:50	10.3 (56.6%)
120	ZAWISKA Bartłomiej	204		M18-39	18	00:00:22	00:07:55	00:15:47	00:23:53	00:32:34	00:41:29	00:50:29	00:58:56.20	+00:25:58 (44.1%)	5:53	10.2 (56.0%)
121	KRUPIŃSKI Adam	89	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	01:00:34.25	+00:27:36 (45.6%)	6:03	9.9 (54.4%)
122	MARKOWSKI Andrzej	111	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	01:01:03.30	+00:28:05 (46.0%)	6:06	9.8 (53.8%)
123	KARNICKI Zygmunt	62	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	01:01:06.10	+00:28:07 (46.0%)	6:06	9.8 (53.8%)
124	HELLER Zdzisław	48	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	01:02:23.45	+00:29:25 (47.2%)	6:14	9.6 (52.7%)
125	STRZAŁKOWSKI Patryk	166	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	01:02:50.45	+00:29:52 (47.5%)	6:17	9.5 (52.2%)
126	SARBIEWSKI Przemysław	155	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	01:03:10.15	+00:30:11 (47.8%)	6:19	9.5 (52.2%)
127	DUCHNOWSKI Dariusz	35	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	01:09:20.15	+00:36:21 (52.4%)	6:56	8.7 (47.8%)
128	HARASYM Daniel	47	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	01:11:12.55	+00:38:14 (53.7%)	7:07	8.4 (46.2%)
129	CZAPLIŃSKI Piotr	20	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	01:21:47.85	+00:48:49 (59.7%)	8:10	7.3 (40.1%)
	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	DNF	-	-	- (0.0%)
	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	DNF	-	-	- (0.0%)
	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	DNF	-	-	- (0.0%)
	CZAPLIŃSKI Jacek	19		M30-39		00:00:17 DNF	00:05:44 DNF	00:11:14 DNF	00:16:55 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	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	DNF	-	-	- (0.0%)
	SLUPCZEWSKI Krzysztof	161	SDROG KOSZALIN	M40-49		00:00:16 DNF	00:05:35 DNF	00:11:20 DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	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	DNF	-	-	- (0.0%)
	SOBOLEWSKI Jan	163		M18-39		00:00:17 DNF	00:05:46 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	WALEŃSKI Michał	183	TKKF KOSZALIN	M40-49		00:00:21 DNF	00:07:03 DNF	DNF	DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 138 wynik(ów)