

**Organizator:** Ośrodek Sportu i Rekreacji w Sławnie  
**Data:** 2016-05-14  
**Miejsce:** Sławno  
**Dystans:** 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>OLIJNYK Paweł</b>	<b>390</b>	ICE MAT TEAM	M-18	1	00:00:08	00:10:05	00:20:30	<b>00:30:48.65</b>	<b>00:30:48.65</b>		3:04	19.5 (100%)
2	<b>DERBENYOV Evgeny</b>	<b>57</b>	ACHILLES LESZNO	M-30	1	00:00:09	00:10:27	00:21:15	<b>00:32:27.60</b>	<b>00:32:27.60</b>	+00:01:38 (5.1%)	3:14	18.5 (94.9%)
3	<b>LABZIUK Oleksandr</b>	<b>174</b>	ACHILLES LESZNO	M-30	2	00:00:09	00:10:52	00:21:50	<b>00:32:57.85</b>	<b>00:32:57.85</b>	+00:02:09 (6.5%)	3:17	18.2 (93.3%)
4	<b>BORZĘCKI Norbert</b>	<b>25</b>		M-30	3	00:00:09	00:11:03	00:22:09	<b>00:33:20.35</b>	<b>00:33:20.35</b>	+00:02:31 (7.6%)	3:20	18 (92.3%)
5	<b>KRÓL Błażej</b>	<b>158</b>	GKS TĘCZA NOWA WIEŚ LĘBORSKA	M-18	2	00:00:10	00:11:03	00:22:20	<b>00:34:02.60</b>	<b>00:34:02.60</b>	+00:03:13 (9.5%)	3:24	17.6 (90.3%)
6	<b>BEDNARZ Paweł</b>	<b>8</b>	MODEST. MAN.KOSZALI(N)ACŁAW	M-30	4	00:00:10	00:11:14	00:22:59	<b>00:34:47.75</b>	<b>00:34:47.75</b>	+00:03:59 (11.5%)	3:28	17.2 (88.2%)
7	<b>GUZOWSKI Dariusz</b>	<b>87</b>	CARRY PETFOOD TRZEBIELINO	M-40	1	00:00:10	00:11:43	00:23:26	<b>00:35:07.40</b>	<b>00:35:07.40</b>	+00:04:18 (12.3%)	3:30	17.1 (87.7%)
8	<b>RUDNIK Krzysztof</b>	<b>267</b>	NIGHT RUNNERS SŁUPSK	M-30	5	00:00:10	00:11:43	00:23:36	<b>00:35:27.80</b>	<b>00:35:27.80</b>	+00:04:39 (13.1%)	3:32	16.9 (86.7%)
9	<b>BURZYŃSKI Aleksander</b>	<b>34</b>	STOPA SŁUPSK	M-30	6	00:00:10	00:11:49	00:23:46	<b>00:35:51.05</b>	<b>00:35:51.05</b>	+00:05:02 (14.1%)	3:35	16.7 (85.6%)
10	<b>PŁASHUK Katsiaryna</b>	<b>394</b>		K-18	1	00:00:10	00:12:13	00:24:05	<b>00:36:29.05</b>	<b>00:36:29.05</b>	+00:05:40 (15.6%)	3:38	16.4 (84.1%)
11	<b>URZĘDOWSKI Przemysław</b>	<b>332</b>	BAZA 44	M-18	3	00:00:10	00:11:58	00:24:22	<b>00:36:57.55</b>	<b>00:36:57.55</b>	+00:06:08 (16.6%)	3:41	16.2 (83.1%)
12	<b>OLIJNYK Switlana</b>	<b>391</b>	ICE MAT TEAM	K-30	1	00:00:11	00:12:15	00:24:39	<b>00:37:11.60</b>	<b>00:37:11.60</b>	+00:06:22 (17.2%)	3:43	16.1 (82.6%)
13	<b>MIERZWA Witold</b>	<b>204</b>	DARŁOWO	M-40	2	00:00:10	00:12:18	00:24:49	<b>00:37:17.65</b>	<b>00:37:17.65</b>	+00:06:29 (17.4%)	3:43	16.1 (82.6%)
14	<b>WILCZEWSKI Krzysztof</b>	<b>347</b>	MKS ŚWIĘC SŁAWNO	M-30	7	00:00:13	00:12:57	00:25:34	<b>00:37:34.35</b>	<b>00:37:34.35</b>	+00:06:45 (18.0%)	3:45	16 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
15	<b>WILCZEWSKI Mariusz</b>	<b>346</b>	MKS ŚWIĘC ABWOOD SŁAWNO	M-30	8	00:00:12	00:12:35	00:25:09	<b>00:37:43.70</b>	<b>00:37:43.70</b>	+00:06:55 (18.3%)	3:46	15.9 (81.5%)
16	<b>KYTYTSJA Olena</b>	<b>392</b>		K-18	2	00:00:11	00:12:34	00:25:09	<b>00:37:48.10</b>	<b>00:37:48.10</b>	+00:06:59 (18.5%)	3:46	15.9 (81.5%)
17	<b>ŻMUDA Tomasz</b>	<b>376</b>	CW FANZA KOŁOBRZEG	M-40	3	00:00:11	00:12:30	00:25:09	<b>00:37:51.25</b>	<b>00:37:51.25</b>	+00:07:02 (18.6%)	3:47	15.9 (81.5%)
18	<b>NAGÓREK Kamil</b>	<b>217</b>	NIGHT RUNNERS	M-30	9	00:00:12	00:12:42	00:25:34	<b>00:38:00.95</b>	<b>00:38:00.95</b>	+00:07:12 (19.0%)	3:48	15.8 (81.0%)
19	<b>KRYCZKA Stanisław</b>	<b>161</b>	MTSHAMER MIASTKO	M-40	4	00:00:16	00:12:36	00:25:17	<b>00:38:01.30</b>	<b>00:38:01.30</b>	+00:07:12 (19.0%)	3:48	15.8 (81.0%)
20	<b>KRUKOWSKI Błażej</b>	<b>159</b>	MKS ŚWIĘC SŁAWNO	M-30	10	00:00:13	00:12:57	00:25:35	<b>00:38:09.40</b>	<b>00:38:09.40</b>	+00:07:20 (19.3%)	3:48	15.7 (80.5%)
21	<b>HERMAN Arkadiusz</b>	<b>93</b>		M-40	5	00:00:11	00:12:49	00:25:45	<b>00:38:30.60</b>	<b>00:38:30.60</b>	+00:07:41 (20.0%)	3:51	15.6 (80.0%)
22	<b>RUDNIKOWSKI Maciej</b>	<b>268</b>	BIEGUZDROWISKOWY.PL	M-40	6	00:00:11	00:12:35	00:25:40	<b>00:38:43.10</b>	<b>00:38:43.10</b>	+00:07:54 (20.4%)	3:52	15.5 (79.5%)
23	<b>POBŁOCKA Katarzyna</b>	<b>248</b>	UKS"EKONOMIK-MARATOŃCZYK"ŁĘBORK	K-18	3	00:00:12	00:12:42	00:25:34	<b>00:38:46.85</b>	<b>00:38:46.85</b>	+00:07:58 (20.6%)	3:52	15.5 (79.5%)
24	<b>GAŁKOWSKI Dariusz</b>	<b>399</b>		M-40	7	00:00:10	00:12:34	00:25:28	<b>00:38:50.35</b>	<b>00:38:50.35</b>	+00:08:01 (20.7%)	3:53	15.5 (79.5%)
25	<b>CHUDY Henryk</b>	<b>40</b>	K SOLSZEWSKI I SYNOWIE	M-60	1	00:00:16	00:12:52	00:25:48	<b>00:38:58.40</b>	<b>00:38:58.40</b>	+00:08:09 (20.9%)	3:53	15.4 (79.0%)
26	<b>PAZDA-POZORSKA Gosiunia</b>	<b>236</b>	NIGHT RUNNERS SŁUPSK	K-30	2	00:00:12	00:12:42	00:25:45	<b>00:39:01.15</b>	<b>00:39:01.15</b>	+00:08:12 (21.0%)	3:54	15.4 (79.0%)
27	<b>PANCEWICZ Piotr</b>	<b>235</b>		M-30	11	00:00:15	00:12:53	00:26:14	<b>00:39:21.45</b>	<b>00:39:21.45</b>	+00:08:32 (21.7%)	3:56	15.2 (77.9%)
28	<b>BARAŃSKI Przemysław</b>	<b>5</b>	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M-18	4	00:00:09	00:12:44	00:26:10	<b>00:39:27.45</b>	<b>00:39:27.45</b>	+00:08:38 (21.9%)	3:56	15.2 (77.9%)
29	<b>MAZUR Emiliusz</b>	<b>196</b>		M-40	8	00:00:14	00:12:59	00:26:13	<b>00:39:40.60</b>	<b>00:39:40.60</b>	+00:08:51 (22.3%)	3:58	15.1 (77.4%)
29	<b>ŁAGUTKO Kamila</b>	<b>184</b>		K-30	3	00:00:15	00:12:59	00:26:13	<b>00:39:40.60</b>	<b>00:39:40.60</b>	+00:08:51 (22.3%)	3:58	15.1 (77.4%)
31	<b>HOŁUB Kamil</b>	<b>96</b>	MLUKS TRZEBIATÓW	M-30	12	00:00:11	00:12:52	00:26:23	<b>00:39:43.25</b>	<b>00:39:43.25</b>	+00:08:54 (22.4%)	3:58	15.1 (77.4%)
32	<b>BIERNAT Kamil</b>	<b>15</b>	MKS ŚWIĘC SŁAWNO	M-18	5	00:00:17	00:12:47	00:26:18	<b>00:40:06.70</b>	<b>00:40:06.70</b>	+00:09:18 (23.2%)	4:00	15 (76.9%)
33	<b>MŁYNARCZYK Zbyszek</b>	<b>210</b>		M-30	13	00:00:17	00:13:08	00:26:30	<b>00:40:07.80</b>	<b>00:40:07.80</b>	+00:09:19 (23.2%)	4:00	15 (76.9%)
34	<b>ADAMELAK Krzysztof</b>	<b>2</b>		M-40	9	00:00:22	00:13:35	00:27:07	<b>00:40:24.50</b>	<b>00:40:24.50</b>	+00:09:35 (23.8%)	4:02	14.9 (76.4%)
35	<b>KAMIENIECKI Rafał</b>	<b>121</b>	TUPOT-USTKA	M-30	14	00:00:18	00:13:52	00:27:36	<b>00:40:32.55</b>	<b>00:40:32.55</b>	+00:09:43 (24.0%)	4:03	14.8 (75.9%)
36	<b>KOZŁOWSKI Jerzy</b>	<b>152</b>	GTS CZ. DĄBRÓWKA	M-50	1	00:00:13	00:13:14	00:26:40	<b>00:40:32.85</b>	<b>00:40:32.85</b>	+00:09:44 (24.0%)	4:03	14.8 (75.9%)
37	<b>WIDONIAK Rafał</b>	<b>342</b>	BIEGNIJMY.PL	M-40	10	00:00:13	00:13:31	00:26:58	<b>00:40:34.10</b>	<b>00:40:34.10</b>	+00:09:45 (24.1%)	4:03	14.8 (75.9%)

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									netto 10km	brutto 10km			
38	<b>BONISŁAWSKI Jarosław</b>	<b>23</b>	FADOMODA TEAM	M-30	15	00:00:20	00:12:47	00:26:30	<b>00:40:43.25</b>	<b>00:40:43.25</b>	+00:09:54 (24.3%)	4:04	14.7 (75.4%)
39	<b>MODRZEJEWSKI Mateusz</b>	<b>211</b>	KOCHAM ASIE	M-18	6	00:00:13	00:13:37	00:27:10	<b>00:40:43.85</b>	<b>00:40:43.85</b>	+00:09:55 (24.4%)	4:04	14.7 (75.4%)
40	<b>STAWARZ Monika</b>	<b>296</b>		K-18	4	00:00:14	00:13:28	00:27:10	<b>00:40:45.20</b>	<b>00:40:45.20</b>	+00:09:56 (24.4%)	4:04	14.7 (75.4%)
41	<b>RYBA Paweł</b>	<b>273</b>		M-40	11	00:00:15	00:13:41	00:27:30	<b>00:40:52.10</b>	<b>00:40:52.10</b>	+00:10:03 (24.6%)	4:05	14.7 (75.4%)
42	<b>KORCZYŃSKI Sławomir</b>	<b>143</b>	DECATHLON KOSZALIN	M-18	7	00:00:15	00:13:45	00:27:31	<b>00:41:19.75</b>	<b>00:41:19.75</b>	+00:10:31 (25.5%)	4:07	14.5 (74.4%)
43	<b>WILKOWSKI Wojciech</b>	<b>350</b>	SSI AKTYWNI DAMNICA	M-50	2	00:00:19	00:13:48	00:27:37	<b>00:41:22.70</b>	<b>00:41:22.70</b>	+00:10:34 (25.5%)	4:08	14.5 (74.4%)
44	<b>NAGÓREK Krzysztof</b>	<b>218</b>	TUPOT USTKA	M-50	3	00:00:14	00:13:53	00:27:48	<b>00:41:32.45</b>	<b>00:41:32.45</b>	+00:10:43 (25.8%)	4:09	14.4 (73.8%)
45	<b>BIERNAT Marcin</b>	<b>72</b>	MKS ŚWIĘC SŁAWNO	M-18	8	00:00:16	00:13:12	00:27:47	<b>00:41:42.90</b>	<b>00:41:42.90</b>	+00:10:54 (26.1%)	4:10	14.4 (73.8%)
46	<b>WÓJCIK Damian</b>	<b>362</b>	RUNNERSWALDE DARŁOWO	M-40	12	00:00:15	00:13:40	00:27:42	<b>00:41:45.00</b>	<b>00:41:45.00</b>	+00:10:56 (26.2%)	4:10	14.4 (73.8%)
47	<b>OLESZEK Jerzy</b>	<b>229</b>		M-40	13	00:00:15	00:13:51	00:27:52	<b>00:41:52.00</b>	<b>00:41:52.00</b>	+00:11:03 (26.4%)	4:11	14.3 (73.3%)
48	<b>GAJEWSKI Andrzej</b>	<b>71</b>		M-30	16	00:00:15	00:13:44	00:27:57	<b>00:41:55.70</b>	<b>00:41:55.70</b>	+00:11:07 (26.5%)	4:11	14.3 (73.3%)
49	<b>DĘGA Ryszard</b>	<b>58</b>	TUPOT USTKA	M-60	2	00:00:17	00:13:52	00:27:51	<b>00:42:01.20</b>	<b>00:42:01.20</b>	+00:11:12 (26.7%)	4:12	14.3 (73.3%)
50	<b>BŁASZCZYK Tadeusz</b>	<b>19</b>		M-50	4	00:00:19	00:13:57	00:28:03	<b>00:42:04.05</b>	<b>00:42:04.05</b>	+00:11:15 (26.8%)	4:12	14.3 (73.3%)
51	<b>KOSICKI Tomasz</b>	<b>145</b>	STOPA SŁUPSK	M-30	17	00:00:20	00:14:13	00:28:20	<b>00:42:11.60</b>	<b>00:42:11.60</b>	+00:11:22 (27.0%)	4:13	14.2 (72.8%)
52	<b>DANIŁOW Andrrij</b>	<b>396</b>		M-50	5	00:00:13	00:14:47	00:29:07	<b>00:42:39.55</b>	<b>00:42:39.55</b>	+00:11:50 (27.8%)	4:15	14.1 (72.3%)
53	<b>SZYMAŃSKI Tomasz</b>	<b>316</b>		M-40	14	00:00:23	00:14:28	00:28:47	<b>00:42:53.90</b>	<b>00:42:53.90</b>	+00:12:05 (28.2%)	4:17	14 (71.8%)
54	<b>SOMINKA Andrzej</b>	<b>289</b>		M-40	15	00:00:24	00:14:24	00:28:50	<b>00:43:09.35</b>	<b>00:43:09.35</b>	+00:12:20 (28.6%)	4:18	13.9 (71.3%)
55	<b>WICENS Jacek</b>	<b>340</b>	JACEK -BIEGAM BO LUBIĘ	M-30	18	00:00:15	00:14:32	00:29:06	<b>00:43:19.10</b>	<b>00:43:19.10</b>	+00:12:30 (28.9%)	4:19	13.9 (71.3%)
56	<b>SKIERKA Grzegorz</b>	<b>282</b>	MKS ŚWIĘC SŁAWNO	M-30	19	00:00:20	00:14:10	00:28:38	<b>00:43:33.20</b>	<b>00:43:33.20</b>	+00:12:44 (29.3%)	4:21	13.8 (70.8%)
56	<b>RÓG Bartosz</b>	<b>264</b>	MKS ŚWIĘC SŁAWNO	M-30	20	00:00:22	00:14:10	00:28:38	<b>00:43:33.20</b>	<b>00:43:33.20</b>	+00:12:44 (29.3%)	4:21	13.8 (70.8%)
58	<b>CZACH Sebastian</b>	<b>41</b>	RUNNERSWALDE DARŁOWO	M-18	9	00:00:21	00:14:36	00:29:22	<b>00:43:49.40</b>	<b>00:43:49.40</b>	+00:13:00 (29.7%)	4:22	13.7 (70.3%)
59	<b>ROSIĄK Damian</b>	<b>263</b>		M-18	10	00:00:19	00:13:36	00:28:39	<b>00:43:51.65</b>	<b>00:43:51.65</b>	+00:13:03 (29.8%)	4:23	13.7 (70.3%)
60	<b>BILEK Sebastian</b>	<b>387</b>	DORIAN TEAM	M-18	11	00:00:27	00:14:36	00:29:36	<b>00:43:59.80</b>	<b>00:43:59.80</b>	+00:13:11 (30.0%)	4:23	13.6 (69.7%)

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									netto 10km	brutto 10km			
61	<b>CZAJA Andrzej</b>	<b>42</b>	UKS"EKONOMIK-MARATOŃCZYK"ŁĘBORK	M-50	6	00:00:14	00:13:52	00:28:21	<b>00:44:02.50</b>	<b>00:44:02.50</b>	+00:13:13 (30.0%)	4:24	13.6 (69.7%)
62	<b>PIŁCZYŃSKI Zbigniew</b>	<b>108</b>		M-50	7	00:00:20	00:14:30	00:29:21	<b>00:44:07.10</b>	<b>00:44:07.10</b>	+00:13:18 (30.2%)	4:24	13.6 (69.7%)
63	<b>KRAWCZUK Szymon</b>	<b>154</b>	GEPARD GLEŻNOWO	M-30	21	00:00:24	00:15:08	00:29:56	<b>00:44:07.90</b>	<b>00:44:07.90</b>	+00:13:19 (30.2%)	4:24	13.6 (69.7%)
64	<b>DUDZIAK Piotr</b>	<b>60</b>	BIEGNIJMY.PL	M-40	16	00:00:20	00:14:28	00:29:19	<b>00:44:11.75</b>	<b>00:44:11.75</b>	+00:13:23 (30.3%)	4:25	13.6 (69.7%)
65	<b>BONDARENKO Jan</b>	<b>22</b>	BIEGAJŁO	M-60	3	00:00:21	00:15:11	00:29:53	<b>00:44:22.75</b>	<b>00:44:22.75</b>	+00:13:34 (30.6%)	4:26	13.5 (69.2%)
66	<b>KUBIŃSKI Rafał</b>	<b>163</b>	ALLIANZ RUNNING TEAM	M-50	8	00:00:20	00:14:13	00:29:06	<b>00:44:28.35</b>	<b>00:44:28.35</b>	+00:13:39 (30.7%)	4:26	13.5 (69.2%)
67	<b>KASPROWICZ Małgorzata</b>	<b>128</b>	STOPA SŁUPSK	K-30	4	00:00:18	00:14:52	00:29:46	<b>00:44:29.10</b>	<b>00:44:29.10</b>	+00:13:40 (30.7%)	4:26	13.5 (69.2%)
68	<b>KAMELSKI Piotr</b>	<b>120</b>	B/K	M-40	17	00:00:19	00:14:50	00:29:43	<b>00:44:29.45</b>	<b>00:44:29.45</b>	+00:13:40 (30.7%)	4:26	13.5 (69.2%)
69	<b>WEŁNIŃSKI Bartłomiej</b>	<b>382</b>	DORIAN TEAM	M-18	12	00:00:27	00:14:35	00:29:36	<b>00:44:31.65</b>	<b>00:44:31.65</b>	+00:13:43 (30.8%)	4:27	13.5 (69.2%)
70	<b>WITKOWSKI Krzysztof</b>	<b>355</b>	MKS ŚWIĘC SM WYBRZEŻE SŁAWNO	M-50	9	00:00:19	00:14:53	00:30:05	<b>00:45:10.10</b>	<b>00:45:10.10</b>	+00:14:21 (31.8%)	4:31	13.3 (68.2%)
71	<b>TARNIOŃEK Katarzyna</b>	<b>323</b>	ŻYJ Z ENERGIA	K-30	5	00:00:22	00:15:37	00:30:36	<b>00:45:18.70</b>	<b>00:45:18.70</b>	+00:14:30 (32.0%)	4:31	13.2 (67.7%)
72	<b>SZCZEPANIAK Jacek</b>	<b>308</b>	KORZYBSKIE REKINY	M-40	18	00:00:22	00:14:45	00:30:03	<b>00:45:19.35</b>	<b>00:45:19.35</b>	+00:14:30 (32.0%)	4:31	13.2 (67.7%)
73	<b>SOROKA Piotr</b>	<b>291</b>		M-30	22	00:00:18	00:14:43	00:30:14	<b>00:45:22.75</b>	<b>00:45:22.75</b>	+00:14:34 (32.1%)	4:32	13.2 (67.7%)
74	<b>LESZCZYŃSKI Tomasz</b>	<b>179</b>	JW 1223	M-30	23	00:00:34	00:15:28	00:30:23	<b>00:45:25.35</b>	<b>00:45:25.35</b>	+00:14:36 (32.2%)	4:32	13.2 (67.7%)
74	<b>JAŚNIEWSKI Mariusz</b>	<b>111</b>		M-40	19	00:00:28	00:15:44	00:30:49	<b>00:45:25.35</b>	<b>00:45:25.35</b>	+00:14:36 (32.2%)	4:32	13.2 (67.7%)
76	<b>STOJEWSKI Jarosław</b>	<b>303</b>	B/K	M-30	24	00:00:24	00:15:08	00:30:30	<b>00:45:28.10</b>	<b>00:45:28.10</b>	+00:14:39 (32.2%)	4:32	13.2 (67.7%)
77	<b>STĘPNIEWSKI Marcin</b>	<b>301</b>		M-40	20	00:00:33	00:15:39	00:30:42	<b>00:45:31.20</b>	<b>00:45:31.20</b>	+00:14:42 (32.3%)	4:33	13.2 (67.7%)
78	<b>POBŁOCKA Bożena</b>	<b>246</b>	UKS"EKONOMIK-MARATOŃCZYK"ŁĘBORK	K-40	1	00:00:14	00:15:11	00:30:25	<b>00:45:32.90</b>	<b>00:45:32.90</b>	+00:14:44 (32.4%)	4:33	13.2 (67.7%)
79	<b>CHORAŻY Karolina</b>	<b>39</b>	FADOMODA TEAM	K-18	5	00:00:21	00:15:07	00:30:30	<b>00:45:33.00</b>	<b>00:45:33.00</b>	+00:14:44 (32.4%)	4:33	13.2 (67.7%)
80	<b>WIATRZYK Krzysztof</b>	<b>339</b>		M-40	21	00:00:22	00:15:00	00:30:12	<b>00:45:33.60</b>	<b>00:45:33.60</b>	+00:14:44 (32.4%)	4:33	13.2 (67.7%)
81	<b>SKOPP Sebastian</b>	<b>285</b>		M-18	13	00:00:21	00:15:01	00:30:18	<b>00:45:37.60</b>	<b>00:45:37.60</b>	+00:14:48 (32.5%)	4:33	13.2 (67.7%)
82	<b>WIERZBICKI Sylwester</b>	<b>344</b>	RUNNERSWALDE	M-30	25	00:00:21	00:15:02	00:30:34	<b>00:45:56.00</b>	<b>00:45:56.00</b>	+00:15:07 (32.9%)	4:35	13.1 (67.2%)
83	<b>ROGOŻA Ireneusz</b>	<b>260</b>	BIEGNIJMY.PL	M-40	22	00:00:22	00:15:36	00:31:11	<b>00:45:56.30</b>	<b>00:45:56.30</b>	+00:15:07 (32.9%)	4:35	13.1 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
84	<b>TELESIEWICZ Henryk</b>	<b>324</b>	KLUB WIELKA STOPA	M-60	4	00:00:16	00:14:47	00:30:23	<b>00:46:01.20</b>	<b>00:46:01.20</b>	+00:15:12 (33.0%)	4:36	13 (66.7%)
85	<b>CAŁKA Magdalena</b>	<b>37</b>	NIGHT RUNNERS SŁUPSK	K-18	6	00:00:17	00:15:02	00:30:34	<b>00:46:05.45</b>	<b>00:46:05.45</b>	+00:15:16 (33.2%)	4:36	13 (66.7%)
86	<b>SKOCZYŃSKA Renata</b>	<b>284</b>		K-30	6	00:00:19	00:15:01	00:30:36	<b>00:46:15.30</b>	<b>00:46:15.30</b>	+00:15:26 (33.4%)	4:37	13 (66.7%)
87	<b>KRASIŃSKI Witold</b>	<b>153</b>		M-40	23	00:00:16	00:14:58	00:30:37	<b>00:46:22.85</b>	<b>00:46:22.85</b>	+00:15:34 (33.6%)	4:38	12.9 (66.2%)
88	<b>STRZELECKI Zbigniew</b>	<b>305</b>	KORZYBSKIE REKINY	M-60	5	00:00:25	00:15:49	00:31:22	<b>00:46:24.75</b>	<b>00:46:24.75</b>	+00:15:36 (33.6%)	4:38	12.9 (66.2%)
89	<b>GAJEK Artur</b>	<b>70</b>	KORZYBSKIE REKINY	M-40	24	00:00:25	00:15:49	00:31:25	<b>00:46:25.60</b>	<b>00:46:25.60</b>	+00:15:36 (33.6%)	4:38	12.9 (66.2%)
90	<b>KILAR Tomasz</b>	<b>132</b>	HILL KILER	M-40	25	00:00:26	00:15:29	00:30:58	<b>00:46:25.75</b>	<b>00:46:25.75</b>	+00:15:37 (33.6%)	4:38	12.9 (66.2%)
91	<b>WYGANOWSKI Andrzej</b>	<b>364</b>		M-70+	1	00:00:28	00:15:45	00:31:16	<b>00:46:26.35</b>	<b>00:46:26.35</b>	+00:15:37 (33.7%)	4:38	12.9 (66.2%)
92	<b>KURCZYK Zbigniew</b>	<b>170</b>		M-30	26	00:00:16	00:15:03	00:30:45	<b>00:46:28.95</b>	<b>00:46:28.95</b>	+00:15:40 (33.7%)	4:38	12.9 (66.2%)
93	<b>RATAJCZYK Monika</b>	<b>257</b>		K-30	7	00:00:25	00:15:36	00:30:59	<b>00:46:36.35</b>	<b>00:46:36.35</b>	+00:15:47 (33.9%)	4:39	12.9 (66.2%)
94	<b>KLEBANOWSKI Artur</b>	<b>135</b>		M-40	26	00:00:17	00:14:57	00:30:48	<b>00:46:37.20</b>	<b>00:46:37.20</b>	+00:15:48 (33.9%)	4:39	12.9 (66.2%)
95	<b>ŚWIETLIK Tomasz</b>	<b>322</b>		M-50	10	00:00:22	00:15:37	00:31:13	<b>00:46:38.20</b>	<b>00:46:38.20</b>	+00:15:49 (33.9%)	4:39	12.9 (66.2%)
96	<b>KULCZYK Katarzyna</b>	<b>166</b>	KB BRYZA POSTOMINO	K-30	8	00:00:18	00:15:30	00:31:14	<b>00:46:42.45</b>	<b>00:46:42.45</b>	+00:15:53 (34.0%)	4:40	12.8 (65.6%)
97	<b>DYŚ Jarosław</b>	<b>63</b>	MARKOS SPORT TEAM	M-40	27	00:00:33	00:15:41	00:30:55	<b>00:46:44.50</b>	<b>00:46:44.50</b>	+00:15:55 (34.1%)	4:40	12.8 (65.6%)
98	<b>NOWACZYK Christian</b>	<b>224</b>		M-18	14	00:00:24	00:15:43	00:31:30	<b>00:46:45.95</b>	<b>00:46:45.95</b>	+00:15:57 (34.1%)	4:40	12.8 (65.6%)
99	<b>KUZIO Waldemar</b>	<b>173</b>	NIGHT RUNNERS SŁUPSK	M-30	27	00:00:33	00:15:37	00:31:12	<b>00:46:47.40</b>	<b>00:46:47.40</b>	+00:15:58 (34.2%)	4:40	12.8 (65.6%)
100	<b>MŁODZIEJEWSKI Krzysztof</b>	<b>209</b>	KB WYGAN	M-40	28	00:00:32	00:15:47	00:31:12	<b>00:46:54.15</b>	<b>00:46:54.15</b>	+00:16:05 (34.3%)	4:41	12.8 (65.6%)
101	<b>KACZMAREK Łukasz</b>	<b>119</b>	WOJOWNICY WODY	M-30	28	00:00:26	00:15:34	00:31:20	<b>00:46:57.05</b>	<b>00:46:57.05</b>	+00:16:08 (34.4%)	4:41	12.8 (65.6%)
102	<b>WITKOWSKI Dawid</b>	<b>354</b>		M-18	15	00:00:32	00:15:43	00:31:02	<b>00:46:59.05</b>	<b>00:46:59.05</b>	+00:16:10 (34.4%)	4:41	12.8 (65.6%)
103	<b>ŁABEJSZA Łukasz</b>	<b>183</b>	WOJOWNICY WÓDY	M-30	29	00:00:26	00:16:11	00:31:55	<b>00:47:07.15</b>	<b>00:47:07.15</b>	+00:16:18 (34.6%)	4:42	12.7 (65.1%)
104	<b>KLASA Jan</b>	<b>134</b>		M-60	6	00:00:28	00:15:50	00:31:13	<b>00:47:12.85</b>	<b>00:47:12.85</b>	+00:16:24 (34.7%)	4:43	12.7 (65.1%)
105	<b>PĘKAŁA Piotr</b>	<b>239</b>	SOSW KOSZALIN	M-40	29	00:00:19	00:15:27	00:31:31	<b>00:47:13.95</b>	<b>00:47:13.95</b>	+00:16:25 (34.8%)	4:43	12.7 (65.1%)
106	<b>STELMASZCZYK Dominik</b>	<b>298</b>		M-30	30	00:00:25	00:15:50	00:31:33	<b>00:47:14.30</b>	<b>00:47:14.30</b>	+00:16:25 (34.8%)	4:43	12.7 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	<b>GOSTOMCZYK Krzysztof</b>	<b>82</b>		M-30	31	00:00:18	00:15:18	00:31:00	<b>00:47:15.25</b>	<b>00:47:15.25</b>	+00:16:26 (34.8%)	4:43	12.7 (65.1%)
108	<b>HOLAK Kamila</b>	<b>94</b>	BBL SŁUPSK	K-30	9	00:00:18	00:15:59	00:31:48	<b>00:47:17.00</b>	<b>00:47:17.00</b>	+00:16:28 (34.8%)	4:43	12.7 (65.1%)
109	<b>WILKOWSKI Krzysztof</b>	<b>349</b>	ROZBIEGANY KOSZALIN	M-30	32	00:00:19	00:15:19	00:31:11	<b>00:47:25.20</b>	<b>00:47:25.20</b>	+00:16:36 (35.0%)	4:44	12.7 (65.1%)
110	<b>SZABLA Ewelina</b>	<b>307</b>	MTS HAMER MIASTKO	K-30	10	00:00:20	00:15:19	00:31:13	<b>00:47:27.15</b>	<b>00:47:27.15</b>	+00:16:38 (35.1%)	4:44	12.6 (64.6%)
111	<b>KOTUSIEWICZ Karol</b>	<b>150</b>	NIGHT RUNNERS SŁUPSK	M-18	16	00:00:35	00:16:46	00:32:27	<b>00:47:29.30</b>	<b>00:47:29.30</b>	+00:16:40 (35.1%)	4:44	12.6 (64.6%)
112	<b>SZYMCZEWSKI Szymon</b>	<b>319</b>		M-18	17	00:00:27	00:15:49	00:31:49	<b>00:47:43.35</b>	<b>00:47:43.35</b>	+00:16:54 (35.4%)	4:46	12.6 (64.6%)
113	<b>WALIŃSKA Agnieszka</b>	<b>336</b>	BBL	K-40	2	00:00:23	00:15:54	00:31:52	<b>00:47:48.80</b>	<b>00:47:48.80</b>	+00:17:00 (35.6%)	4:46	12.6 (64.6%)
114	<b>KUŁAKOWSKI Dawid</b>	<b>167</b>		M-30	33	00:00:15	00:16:10	00:32:22	<b>00:47:50.15</b>	<b>00:47:50.15</b>	+00:17:01 (35.6%)	4:47	12.5 (64.1%)
115	<b>LASKA Agnieszka</b>	<b>176</b>	MKS ŚWIĘC SŁAWNO	K-40	3	00:00:14	00:15:36	00:31:50	<b>00:47:53.65</b>	<b>00:47:53.65</b>	+00:17:05 (35.7%)	4:47	12.5 (64.1%)
116	<b>SZYMCZEWSKI Dariusz</b>	<b>318</b>		M-50	11	00:00:27	00:16:02	00:32:17	<b>00:48:01.40</b>	<b>00:48:01.40</b>	+00:17:12 (35.8%)	4:48	12.5 (64.1%)
117	<b>GŁOWACZ Mariusz</b>	<b>76</b>	KS OLSZEWSKI I SYNOWIE	M-30	34	00:00:30	00:16:10	00:32:15	<b>00:48:02.50</b>	<b>00:48:02.50</b>	+00:17:13 (35.9%)	4:48	12.5 (64.1%)
118	<b>LAS Mateusz</b>	<b>175</b>		M-18	18	00:00:27	00:16:00	00:32:08	<b>00:48:02.80</b>	<b>00:48:02.80</b>	+00:17:14 (35.9%)	4:48	12.5 (64.1%)
119	<b>HRYHOROWICZ Joanna</b>	<b>99</b>	NIGHT RUNNERS SŁUPSK	K-30	11	00:00:28	00:16:02	00:32:11	<b>00:48:17.35</b>	<b>00:48:17.35</b>	+00:17:28 (36.2%)	4:49	12.4 (63.6%)
120	<b>ROMAN Sylwia</b>	<b>261</b>	MKS ŚWIĘC SŁAWNO	K-30	12	00:00:17	00:15:51	00:32:12	<b>00:48:20.35</b>	<b>00:48:20.35</b>	+00:17:31 (36.3%)	4:50	12.4 (63.6%)
121	<b>GAWIECKI Piotr</b>	<b>74</b>	ROZBIEGANY KOSZALIN	M-40	30	00:00:19	00:15:34	00:32:08	<b>00:48:22.15</b>	<b>00:48:22.15</b>	+00:17:33 (36.3%)	4:50	12.4 (63.6%)
122	<b>SCHWARZ Ludwik</b>	<b>397</b>		M-50	12	00:00:18	00:16:32	00:32:38	<b>00:48:25.30</b>	<b>00:48:25.30</b>	+00:17:36 (36.4%)	4:50	12.4 (63.6%)
123	<b>KAZUSEK Jan</b>	<b>380</b>	BRYZA POSTOMINO	M-60	7	00:00:24	00:16:22	00:32:15	<b>00:48:26.45</b>	<b>00:48:26.45</b>	+00:17:37 (36.4%)	4:50	12.4 (63.6%)
124	<b>KUPREWICZ Grzegorz</b>	<b>168</b>	ROZBIEGANY KOSZALIN	M-30	35	00:00:22	00:15:49	00:32:13	<b>00:48:31.70</b>	<b>00:48:31.70</b>	+00:17:43 (36.5%)	4:51	12.4 (63.6%)
125	<b>KRUSZYŃSKI Stanisław</b>	<b>160</b>	DARŁOWOBIEGA	M-50	13	00:00:35	00:16:30	00:32:47	<b>00:48:53.10</b>	<b>00:48:53.10</b>	+00:18:04 (37.0%)	4:53	12.3 (63.1%)
126	<b>NOREK Tomek</b>	<b>221</b>		M-40	31	00:00:22	00:15:54	00:32:20	<b>00:48:54.35</b>	<b>00:48:54.35</b>	+00:18:05 (37.0%)	4:53	12.3 (63.1%)
127	<b>MŁODZIEJEWSKA Iwona</b>	<b>208</b>	KB WYGAN	K-40	4	00:00:32	00:16:46	00:33:07	<b>00:48:54.85</b>	<b>00:48:54.85</b>	+00:18:06 (37.0%)	4:53	12.3 (63.1%)
128	<b>KANIEWSKI Jacek</b>	<b>125</b>	W.P.K SŁOŃ TEAM USTKA	M-40	32	00:00:28	00:15:58	00:32:35	<b>00:48:58.10</b>	<b>00:48:58.10</b>	+00:18:09 (37.1%)	4:53	12.3 (63.1%)
129	<b>MICERSKI Tomasz</b>	<b>200</b>	BRAK	M-40	33	00:00:15	00:16:10	00:32:25	<b>00:49:00.55</b>	<b>00:49:00.55</b>	+00:18:11 (37.1%)	4:54	12.2 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									10km	10km			
130	<b>GWIAZDA Mariusz</b>	<b>88</b>		M-40	34	00:00:35	00:16:39	00:32:53	<b>00:49:04.20</b>	<b>00:49:04.20</b>	+00:18:15 (37.2%)	4:54	12.2 (62.6%)
131	<b>WENCŁAWSKI Michał</b>	<b>337</b>	ARAGORTEAM	M-18	19	00:00:20	00:16:28	00:32:53	<b>00:49:07.90</b>	<b>00:49:07.90</b>	+00:18:19 (37.3%)	4:54	12.2 (62.6%)
132	<b>KOSICKA Iwona</b>	<b>144</b>	STOPA SŁUPSK	K-30	13	00:00:30	00:16:43	00:33:16	<b>00:49:09.40</b>	<b>00:49:09.40</b>	+00:18:20 (37.3%)	4:54	12.2 (62.6%)
133	<b>SOROKA Tomasz</b>	<b>290</b>	NIGHT RUNNERS SŁUPSK / BBL SŁUPSK	M-30	36	00:00:18	00:15:48	00:32:11	<b>00:49:24.60</b>	<b>00:49:24.60</b>	+00:18:35 (37.6%)	4:56	12.1 (62.1%)
134	<b>BOGUSZ Marietta</b>	<b>21</b>	NIGHT RUNNERS SŁUPSK	K-18	7	00:00:17	00:15:50	00:32:25	<b>00:49:24.90</b>	<b>00:49:24.90</b>	+00:18:36 (37.6%)	4:56	12.1 (62.1%)
135	<b>ZARZYCKI Darek</b>	<b>368</b>		M-30	37	00:00:21	00:15:21	00:31:59	<b>00:49:26.30</b>	<b>00:49:26.30</b>	+00:18:37 (37.7%)	4:56	12.1 (62.1%)
136	<b>KARAŚ Radosław</b>	<b>126</b>	NIGHT RUNNERS SŁUPSK	M-30	38	00:00:35	00:16:02	00:33:14	<b>00:49:49.25</b>	<b>00:49:49.25</b>	+00:19:00 (38.2%)	4:58	12 (61.5%)
137	<b>GOSTOMCZYK Marek</b>	<b>83</b>	ŚWIĘC	M-40	35	00:00:18	00:15:39	00:33:17	<b>00:49:53.20</b>	<b>00:49:53.20</b>	+00:19:04 (38.2%)	4:59	12 (61.5%)
138	<b>TOPOLIŃSKI Ireneusz</b>	<b>327</b>	„BRYZA" POSTOMINO	M-30	39	00:00:23	00:16:26	00:33:18	<b>00:50:00.35</b>	<b>00:50:00.35</b>	+00:19:11 (38.4%)	5:00	12 (61.5%)
139	<b>KURCZYK Elżbieta</b>	<b>169</b>		K-40	5	00:00:14	00:16:44	00:33:40	<b>00:50:13.95</b>	<b>00:50:13.95</b>	+00:19:25 (38.7%)	5:01	11.9 (61.0%)
140	<b>GAWIN Paulina</b>	<b>75</b>	NIGHT RUNNERS SŁUPSK	K-18	8	00:00:16	00:16:49	00:33:36	<b>00:50:25.65</b>	<b>00:50:25.65</b>	+00:19:37 (38.9%)	5:02	11.9 (61.0%)
141	<b>KLIMSKI Michał</b>	<b>136</b>	BBL SŁUPSK	M-18	20	00:00:16	00:16:49	00:33:37	<b>00:50:26.35</b>	<b>00:50:26.35</b>	+00:19:37 (38.9%)	5:02	11.9 (61.0%)
142	<b>MALINOWSKI Adam</b>	<b>189</b>	MKS ŚWIĘC SŁAWNO	M-50	14	00:00:21	00:16:22	00:33:32	<b>00:50:27.65</b>	<b>00:50:27.65</b>	+00:19:39 (38.9%)	5:02	11.9 (61.0%)
143	<b>RUTKOWSKI Ryszard</b>	<b>272</b>		M-50	15	00:00:20	00:16:43	00:33:43	<b>00:50:32.45</b>	<b>00:50:32.45</b>	+00:19:43 (39.0%)	5:03	11.9 (61.0%)
144	<b>MISZCZYK Jan</b>	<b>207</b>		M-18	21	00:00:36	00:16:03	00:33:22	<b>00:50:33.85</b>	<b>00:50:33.85</b>	+00:19:45 (39.1%)	5:03	11.9 (61.0%)
145	<b>KAZIMIERCZAK Leszek</b>	<b>131</b>	CSSP KOSZALIN	M-30	40	00:00:28	00:16:45	00:33:54	<b>00:50:35.30</b>	<b>00:50:35.30</b>	+00:19:46 (39.1%)	5:03	11.9 (61.0%)
146	<b>JĘDRUSZCZAK Izabela</b>	<b>115</b>		K-30	14	00:00:22	00:16:51	00:33:43	<b>00:50:41.55</b>	<b>00:50:41.55</b>	+00:19:52 (39.2%)	5:04	11.8 (60.5%)
147	<b>KOPERSKI Jan</b>	<b>141</b>	MKS ŚWIĘC SŁAWNO	M-50	16	00:00:27	00:16:32	00:33:41	<b>00:50:41.90</b>	<b>00:50:41.90</b>	+00:19:53 (39.2%)	5:04	11.8 (60.5%)
148	<b>PAKMUR Michał</b>	<b>234</b>		M-30	41	00:00:31	00:16:35	00:33:38	<b>00:50:52.60</b>	<b>00:50:52.60</b>	+00:20:03 (39.4%)	5:05	11.8 (60.5%)
149	<b>TWOREK Józef</b>	<b>330</b>	ŚWIĘC SŁAWNO	M-50	17	00:00:19	00:16:40	00:33:45	<b>00:50:55.65</b>	<b>00:50:55.65</b>	+00:20:07 (39.5%)	5:05	11.8 (60.5%)
150	<b>PODSIEDLIK Zbigniew</b>	<b>251</b>	22 OŚRODEK DOWODZENIA I NAPROWADZANIA BYDGOSZCZ	M-40	36	00:00:23	00:16:47	00:33:51	<b>00:51:08.75</b>	<b>00:51:08.75</b>	+00:20:20 (39.8%)	5:06	11.7 (60.0%)
151	<b>KRYGIER Ireneusz</b>	<b>162</b>	W.P.K.SŁOŃ TEAM	M-30	42	00:00:25	00:16:32	00:33:48	<b>00:51:14.40</b>	<b>00:51:14.40</b>	+00:20:25 (39.9%)	5:07	11.7 (60.0%)
152	<b>ROGAŁSKI Roberto</b>	<b>259</b>	TKKF KOSZALIN	M-30	43	00:00:26	00:17:59	00:36:00	<b>00:51:19.30</b>	<b>00:51:19.30</b>	+00:20:30 (40.0%)	5:07	11.7 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									10km	10km			
153	<b>NOREK Ryszard</b>	<b>222</b>		M-60	8	00:00:34	00:17:10	00:34:10	<b>00:51:22.80</b>	<b>00:51:22.80</b>	+00:20:34 (40.0%)	5:08	11.7 (60.0%)
154	<b>SUCHTA Monika</b>	<b>306</b>		K-30	15	00:00:23	00:16:55	00:34:21	<b>00:51:33.45</b>	<b>00:51:33.45</b>	+00:20:44 (40.2%)	5:09	11.6 (59.5%)
155	<b>LEMAŃCZYK Alina</b>	<b>178</b>	DORIAN TEAM	K-30	16	00:00:27	00:16:37	00:33:55	<b>00:51:38.60</b>	<b>00:51:38.60</b>	+00:20:49 (40.3%)	5:09	11.6 (59.5%)
156	<b>KOWALSKI Konrad</b>	<b>384</b>	DORIAN TEAM	M-18	22	00:00:28	00:16:36	00:33:55	<b>00:51:38.95</b>	<b>00:51:38.95</b>	+00:20:50 (40.3%)	5:09	11.6 (59.5%)
156	<b>WANAGO Daniel</b>	<b>383</b>	DORIAN TEAM	M-30	44	00:00:27	00:16:37	00:33:55	<b>00:51:38.95</b>	<b>00:51:38.95</b>	+00:20:50 (40.3%)	5:09	11.6 (59.5%)
158	<b>PIETRZYCKI Andrzej</b>	<b>242</b>	NIEZRZESZONY	M-60	9	00:00:32	00:17:48	00:34:52	<b>00:51:41.05</b>	<b>00:51:41.05</b>	+00:20:52 (40.4%)	5:10	11.6 (59.5%)
159	<b>GAFFKE Krzysztof</b>	<b>69</b>		M-30	45	00:00:21	00:17:01	00:34:15	<b>00:51:49.45</b>	<b>00:51:49.45</b>	+00:21:00 (40.5%)	5:10	11.6 (59.5%)
160	<b>JEŻAK Agata</b>	<b>114</b>		K-30	17	00:00:21	00:16:36	00:33:45	<b>00:51:51.10</b>	<b>00:51:51.10</b>	+00:21:02 (40.6%)	5:11	11.6 (59.5%)
161	<b>KONKEL Joanna</b>	<b>139</b>	MKS 'ŚWIĘC' SŁAWNO	K-50	1	00:00:24	00:17:20	00:34:40	<b>00:51:53.35</b>	<b>00:51:53.35</b>	+00:21:04 (40.6%)	5:11	11.6 (59.5%)
162	<b>RĄCZKOWSKI Włodzimierz</b>	<b>12</b>		M-60	10	00:00:35	00:17:20	00:34:40	<b>00:51:53.55</b>	<b>00:51:53.55</b>	+00:21:04 (40.6%)	5:11	11.6 (59.5%)
163	<b>JAROCKI Jarosław</b>	<b>110</b>		M-18	23	00:00:14	00:16:46	00:34:12	<b>00:52:31.75</b>	<b>00:52:31.75</b>	+00:21:43 (41.3%)	5:15	11.4 (58.5%)
164	<b>KOWALCZYK Piotr</b>	<b>151</b>		M-30	46	00:00:30	00:17:09	00:34:50	<b>00:52:42.75</b>	<b>00:52:42.75</b>	+00:21:54 (41.5%)	5:16	11.4 (58.5%)
165	<b>BIERNAT Krzysztof</b>	<b>381</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	47	00:00:32	00:17:22	00:35:21	<b>00:52:43.70</b>	<b>00:52:43.70</b>	+00:21:55 (41.6%)	5:16	11.4 (58.5%)
166	<b>DĄBROWSKA Alicja</b>	<b>54</b>	TKKF KOSZALIN	K-50	2	00:00:18	00:17:21	00:35:21	<b>00:52:46.40</b>	<b>00:52:46.40</b>	+00:21:57 (41.6%)	5:16	11.4 (58.5%)
167	<b>TOMCZYK Leszek</b>	<b>326</b>	JW 1223	M-30	48	00:00:34	00:18:04	00:35:52	<b>00:52:59.55</b>	<b>00:52:59.55</b>	+00:22:10 (41.9%)	5:17	11.3 (57.9%)
168	<b>BYSZEWSKI Arkadiusz</b>	<b>36</b>		M-18	24	00:00:28	00:17:53	00:35:40	<b>00:53:04.65</b>	<b>00:53:04.65</b>	+00:22:16 (42.0%)	5:18	11.3 (57.9%)
169	<b>RUCHLEWICZ Michał</b>	<b>265</b>	ZSZYWACZ	M-18	25	00:00:30	00:17:14	00:34:59	<b>00:53:04.90</b>	<b>00:53:04.90</b>	+00:22:16 (42.0%)	5:18	11.3 (57.9%)
170	<b>SZOKALSKI Wojciech</b>	<b>398</b>		M-60	11	00:00:19	00:16:51	00:34:44	<b>00:53:11.20</b>	<b>00:53:11.20</b>	+00:22:22 (42.1%)	5:19	11.3 (57.9%)
171	<b>WENELSKI Damian</b>	<b>13</b>		M-18	26	00:00:32	00:17:54	00:35:40	<b>00:53:17.90</b>	<b>00:53:17.90</b>	+00:22:29 (42.2%)	5:19	11.3 (57.9%)
172	<b>SAWICKA Małgorzata</b>	<b>277</b>	BRAK	K-30	18	00:00:27	00:17:14	00:35:07	<b>00:53:22.80</b>	<b>00:53:22.80</b>	+00:22:34 (42.3%)	5:20	11.2 (57.4%)
173	<b>HANC Michał</b>	<b>91</b>		M-30	49	00:00:31	00:17:31	00:35:48	<b>00:53:23.15</b>	<b>00:53:23.15</b>	+00:22:34 (42.3%)	5:20	11.2 (57.4%)
174	<b>SZMIGIERO Sebastian</b>	<b>310</b>		M-30	50	00:00:27	00:17:12	00:35:21	<b>00:53:29.40</b>	<b>00:53:29.40</b>	+00:22:40 (42.4%)	5:20	11.2 (57.4%)
175	<b>KAWECKI Józef</b>	<b>130</b>		M-50	18	00:00:23	00:17:53	00:35:40	<b>00:53:37.15</b>	<b>00:53:37.15</b>	+00:22:48 (42.5%)	5:21	11.2 (57.4%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas	Czas	Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
175	<b>KAWECKA Katarzyna</b>	<b>129</b>		K-30	19	00:00:27	00:17:53	00:35:40	<b>00:53:37.15</b>	<b>00:53:37.15</b>	+00:22:48 (42.5%)	5:21	11.2 (57.4%)
177	<b>ZIĘBA Paweł</b>	<b>372</b>		M-40	37	00:00:15	00:16:20	00:34:47	<b>00:53:48.80</b>	<b>00:53:48.80</b>	+00:23:00 (42.7%)	5:22	11.2 (57.4%)
178	<b>ANTOSIK Grażyna</b>	<b>3</b>	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-30	20	00:00:34	00:17:05	00:34:15	<b>00:53:50.95</b>	<b>00:53:50.95</b>	+00:23:02 (42.8%)	5:23	11.1 (56.9%)
179	<b>STOJEWSKA Katarzyna</b>	<b>302</b>	B/K	K-18	9	00:00:25	00:17:13	00:35:13	<b>00:53:51.20</b>	<b>00:53:51.20</b>	+00:23:02 (42.8%)	5:23	11.1 (56.9%)
180	<b>SZCZYGIELSKA Edyta</b>	<b>388</b>	KS OLSZEWSKI I SYNOWIE	K-30	21	00:00:34	00:17:05	00:34:15	<b>00:53:51.65</b>	<b>00:53:51.65</b>	+00:23:03 (42.8%)	5:23	11.1 (56.9%)
181	<b>SENIUK Wojciech</b>	<b>279</b>	WOLNO ALE DOSTOJNIE	M-18	27	00:00:17	00:17:04	00:35:44	<b>00:53:58.40</b>	<b>00:53:58.40</b>	+00:23:09 (42.9%)	5:23	11.1 (56.9%)
182	<b>ROMAN Paula</b>	<b>262</b>	UKS BADMINTON SŁAWNO	K-18	10	00:00:17	00:16:44	00:35:00	<b>00:54:01.40</b>	<b>00:54:01.40</b>	+00:23:12 (43.0%)	5:24	11.1 (56.9%)
183	<b>RADKO Sylwia</b>	<b>386</b>		K-30	22	00:00:18	00:18:12	00:36:18	<b>00:54:02.60</b>	<b>00:54:02.60</b>	+00:23:13 (43.0%)	5:24	11.1 (56.9%)
184	<b>POZORSKI Zbigniew</b>	<b>253</b>	NIGHT RUNNERS SŁUPSK	M-60	12	00:00:23	00:17:35	00:35:42	<b>00:54:09.55</b>	<b>00:54:09.55</b>	+00:23:20 (43.1%)	5:24	11.1 (56.9%)
185	<b>ZYCH Dorota</b>	<b>393</b>		K-40	6	00:00:18	00:18:12	00:36:18	<b>00:54:14.95</b>	<b>00:54:14.95</b>	+00:23:26 (43.2%)	5:25	11.1 (56.9%)
186	<b>FILIPOWICZ Marian</b>	<b>65</b>	NIEZRZESZONY	M-70+	2	00:00:27	00:18:06	00:36:26	<b>00:54:18.25</b>	<b>00:54:18.25</b>	+00:23:29 (43.3%)	5:25	11 (56.4%)
187	<b>MICHALAK Wojciech</b>	<b>201</b>	MKS ŚWIĘC SŁAWNO	M-40	38	00:00:12	00:17:46	00:36:07	<b>00:54:28.90</b>	<b>00:54:28.90</b>	+00:23:40 (43.4%)	5:26	11 (56.4%)
188	<b>CZYŻEWSKI Piotr</b>	<b>49</b>	BIEGAMSAM.PL	M-30	51	00:00:33	00:18:19	00:36:29	<b>00:54:36.45</b>	<b>00:54:36.45</b>	+00:23:47 (43.6%)	5:27	11 (56.4%)
189	<b>WILKOWSKA Mariola</b>	<b>348</b>	SSI AKTYWNI DAMNICA	K-40	7	00:00:32	00:18:14	00:36:22	<b>00:54:37.40</b>	<b>00:54:37.40</b>	+00:23:48 (43.6%)	5:27	11 (56.4%)
190	<b>CZECH Roman</b>	<b>44</b>	KB.GOCH	M-60	13	00:00:32	00:17:54	00:35:51	<b>00:54:42.65</b>	<b>00:54:42.65</b>	+00:23:54 (43.7%)	5:28	11 (56.4%)
191	<b>MACHŁAJ Sonia</b>	<b>188</b>		K-18	11	00:00:31	00:19:04	00:37:00	<b>00:54:44.80</b>	<b>00:54:44.80</b>	+00:23:56 (43.7%)	5:28	11 (56.4%)
192	<b>PACAN Mirosława</b>	<b>232</b>	ŚWIAT PŁYTEK U KRYSPIŃ	K-18	12	00:00:21	00:18:00	00:36:28	<b>00:54:53.30</b>	<b>00:54:53.30</b>	+00:24:04 (43.9%)	5:29	10.9 (55.9%)
193	<b>NOWAK Agnieszka</b>	<b>226</b>		K-30	23	00:00:52	00:18:10	00:36:08	<b>00:55:00.50</b>	<b>00:55:00.50</b>	+00:24:11 (44.0%)	5:30	10.9 (55.9%)
194	<b>DYRCZ Marika</b>	<b>62</b>	MKS ŚWIĘC SŁAWNO	K-30	24	00:00:33	00:18:48	00:37:04	<b>00:55:01.85</b>	<b>00:55:01.85</b>	+00:24:13 (44.0%)	5:30	10.9 (55.9%)
195	<b>JABŁOŃSKI Tomasz</b>	<b>101</b>		M-30	52	00:00:23	00:17:11	00:36:21	<b>00:55:07.95</b>	<b>00:55:07.95</b>	+00:24:19 (44.1%)	5:30	10.9 (55.9%)
196	<b>SENIUK Bartosz</b>	<b>278</b>	WOLNO ALE DOSTOJNIE	M-18	28	00:00:18	00:17:04	00:35:44	<b>00:55:17.60</b>	<b>00:55:17.60</b>	+00:24:28 (44.3%)	5:31	10.9 (55.9%)
197	<b>ZARZYCKA Izabela</b>	<b>367</b>		K-30	25	00:00:29	00:18:01	00:36:45	<b>00:55:45.95</b>	<b>00:55:45.95</b>	+00:24:57 (44.7%)	5:34	10.8 (55.4%)
198	<b>MAZUREK Barbara</b>	<b>197</b>	BABECZKI KOSZALIN	K-30	26	00:00:29	00:18:23	00:37:03	<b>00:55:54.15</b>	<b>00:55:54.15</b>	+00:25:05 (44.9%)	5:35	10.7 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									10km	10km			
199	<b>BUTOWICZ Adam</b>	<b>35</b>		M-50	19	00:00:29	00:18:23	00:37:03	<b>00:55:54.30</b>	<b>00:55:54.30</b>	+00:25:05 (44.9%)	5:35	10.7 (54.9%)
200	<b>JAROCKI Tomasz</b>	<b>109</b>		M-50	20	00:00:14	00:17:50	00:36:51	<b>00:56:06.25</b>	<b>00:56:06.25</b>	+00:25:17 (45.1%)	5:36	10.7 (54.9%)
201	<b>GAWIECKA Mariola</b>	<b>73</b>	ROZBIEGANY KOSZALIN	K-40	8	00:00:21	00:18:34	00:37:27	<b>00:56:09.75</b>	<b>00:56:09.75</b>	+00:25:21 (45.1%)	5:36	10.7 (54.9%)
202	<b>VON BARDELEBEN Agnieszka</b>	<b>333</b>	BABECZKI KOSZALIN	K-40	9	00:00:29	00:18:23	00:37:43	<b>00:56:37.05</b>	<b>00:56:37.05</b>	+00:25:48 (45.6%)	5:39	10.6 (54.4%)
203	<b>MARCZAK Małgorzata</b>	<b>192</b>		K-50	3	00:00:23	00:18:08	00:37:23	<b>00:57:11.20</b>	<b>00:57:11.20</b>	+00:26:22 (46.1%)	5:43	10.5 (53.8%)
204	<b>BAK Zbigniew</b>	<b>7</b>	RUNNERSWALDE	M-30	53	00:00:32	00:18:49	00:38:02	<b>00:57:32.95</b>	<b>00:57:32.95</b>	+00:26:44 (46.5%)	5:45	10.4 (53.3%)
205	<b>RYBA Anna</b>	<b>274</b>		K-40	10	00:00:24	00:18:46	00:38:02	<b>00:57:44.75</b>	<b>00:57:44.75</b>	+00:26:56 (46.6%)	5:46	10.4 (53.3%)
206	<b>BRESZKA Paweł</b>	<b>28</b>	DARŁOWO	M-40	39	00:00:35	00:20:08	00:39:39	<b>00:58:15.30</b>	<b>00:58:15.30</b>	+00:27:26 (47.1%)	5:49	10.3 (52.8%)
207	<b>JAKUBOWSKI Krystian</b>	<b>104</b>	CAPTAIN AMERICA VS THE FLASH	M-30	54	00:00:36	00:20:07	00:39:39	<b>00:58:16.45</b>	<b>00:58:16.45</b>	+00:27:27 (47.1%)	5:49	10.3 (52.8%)
207	<b>BRESZKA Monika</b>	<b>27</b>	DRUŻYNA KSIĘŻNEJ ZOFII	K-30	27	00:00:35	00:20:08	00:39:39	<b>00:58:16.45</b>	<b>00:58:16.45</b>	+00:27:27 (47.1%)	5:49	10.3 (52.8%)
209	<b>BRESZKA Tomek</b>	<b>26</b>	DRUŻYNA KSIĘŻNEJ ZOFII	M-30	55	00:00:36	00:20:08	00:39:39	<b>00:58:17.15</b>	<b>00:58:17.15</b>	+00:27:28 (47.1%)	5:49	10.3 (52.8%)
210	<b>PACHUTA Damian</b>	<b>233</b>		M-18	29	00:00:30	00:20:36	00:39:46	<b>00:58:40.40</b>	<b>00:58:40.40</b>	+00:27:51 (47.5%)	5:52	10.2 (52.3%)
211	<b>TWITCHETT Iain</b>	<b>329</b>	LONE BADGER	M-40	40	00:00:31	00:19:14	00:38:46	<b>00:59:07.10</b>	<b>00:59:07.10</b>	+00:28:18 (47.9%)	5:54	10.1 (51.8%)
212	<b>DALLMER Basia</b>	<b>52</b>		K-30	28	00:00:25	00:18:45	00:39:28	<b>00:59:25.75</b>	<b>00:59:25.75</b>	+00:28:37 (48.2%)	5:56	10.1 (51.8%)
213	<b>MIELCZAREK Mateusz</b>	<b>203</b>	NIGHT RUNNERS	M-30	56	00:00:25	00:18:45	00:39:02	<b>00:59:26.30</b>	<b>00:59:26.30</b>	+00:28:37 (48.2%)	5:56	10.1 (51.8%)
214	<b>ZALEWSKI Grzegorz</b>	<b>365</b>		M-30	57	00:00:23	00:18:17	00:38:39	<b>00:59:49.85</b>	<b>00:59:49.85</b>	+00:29:01 (48.5%)	5:58	10 (51.3%)
215	<b>WOJCIECHOWSKA Izabela</b>	<b>357</b>	ŻYJ Z ENERGIA	K-30	29	00:00:25	00:18:46	00:39:41	<b>01:00:00.75</b>	<b>01:00:00.75</b>	+00:29:12 (48.7%)	6:00	10 (51.3%)
216	<b>SŁOMSKI Zenon</b>	<b>287</b>	KORZYBSKIE REKINY	M-70+	3	00:00:31	00:18:22	00:38:28	<b>01:01:10.75</b>	<b>01:01:10.75</b>	+00:30:22 (49.6%)	6:07	9.8 (50.3%)
217	<b>KRAWCZUK-KIEŁB Anna</b>	<b>155</b>	ŻYJ Z ENERGIA	K-40	11	00:00:25	00:20:00	00:40:44	<b>01:01:14.40</b>	<b>01:01:14.40</b>	+00:30:25 (49.7%)	6:07	9.8 (50.3%)
218	<b>RUBACHA Agata</b>	<b>378</b>		K-18	13	00:00:19	00:19:26	00:40:09	<b>01:01:23.30</b>	<b>01:01:23.30</b>	+00:30:34 (49.8%)	6:08	9.8 (50.3%)
219	<b>SZYSZKOWSKI Tomasz</b>	<b>320</b>		M-30	58	00:00:22	00:20:25	00:41:14	<b>01:01:27.10</b>	<b>01:01:27.10</b>	+00:30:38 (49.9%)	6:08	9.8 (50.3%)
220	<b>BUDZYŃSKA Elżbieta</b>	<b>32</b>	BBL SŁUPSK	K-50	4	00:00:29	00:20:35	00:41:33	<b>01:02:49.70</b>	<b>01:02:49.70</b>	+00:32:01 (51.0%)	6:16	9.6 (49.2%)
221	<b>DĄBROWSKA Katarzyna</b>	<b>53</b>	TKKF KOSZALIN	K-18	14	00:00:21	00:19:40	00:41:09	<b>01:03:07.05</b>	<b>01:03:07.05</b>	+00:32:18 (51.2%)	6:18	9.5 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	<b>FILIPOWICZ Andrzej</b>	<b>66</b>	NIEZRZESZONY	M-70+	4	00:00:28	00:20:27	00:41:45	<b>01:03:51.15</b>	<b>01:03:51.15</b>	+00:33:02 (51.7%)	6:23	9.4 (48.2%)
223	<b>BRZEZIŃSKA Aleksandra</b>	<b>379</b>		K-18	15	00:00:32	00:18:15	00:40:21	<b>01:04:57.40</b>	<b>01:04:57.40</b>	+00:34:08 (52.6%)	6:29	9.2 (47.2%)
224	<b>MEGGER Agata</b>	<b>198</b>	ŻYJ Z ENERGIAŁ	K-40	12	00:00:36	00:22:19	00:44:33	<b>01:06:38.15</b>	<b>01:06:38.15</b>	+00:35:49 (53.8%)	6:39	9 (46.2%)
225	<b>JAKUBOWSKA Anna</b>	<b>103</b>		K-18	16	00:00:29	00:20:36	00:43:55	<b>01:06:44.75</b>	<b>01:06:44.75</b>	+00:35:56 (53.8%)	6:40	9 (46.2%)
226	<b>MATKOWSKA Monika</b>	<b>195</b>		K-30	30	00:00:21	00:19:48	00:43:53	<b>01:08:29.10</b>	<b>01:08:29.10</b>	+00:37:40 (55.0%)	6:50	8.8 (45.1%)
227	<b>OSTROWSKA Sylwia</b>	<b>231</b>		K-30	31	00:00:36	00:21:31	00:44:20	<b>01:08:45.30</b>	<b>01:08:45.30</b>	+00:37:56 (55.2%)	6:52	8.7 (44.6%)
228	<b>WRÓBEL Alicja</b>	<b>363</b>		K-18	17	00:00:36	00:21:31	00:44:20	<b>01:08:45.35</b>	<b>01:08:45.35</b>	+00:37:56 (55.2%)	6:52	8.7 (44.6%)
229	<b>BIELEND Malwina</b>	<b>14</b>		K-18	18	00:00:36	00:21:31	00:44:21	<b>01:08:45.60</b>	<b>01:08:45.60</b>	+00:37:56 (55.2%)	6:52	8.7 (44.6%)
230	<b>KILAR Zofia</b>	<b>133</b>		M-70+	5	00:00:31	00:26:39	00:53:33	<b>01:21:22.45</b>	<b>01:21:22.45</b>	+00:50:33 (62.1%)	8:08	7.4 (37.9%)
231	<b>MACHELSKA Sylwia</b>	<b>187</b>	PGB SPORTOWA PACZKA	K-30	32	00:00:13	00:15:20				+00:05:15	4:32	13.2 (67.7%)
232	<b>JANOWICZ Jerzy</b>	<b>395</b>		M-50	21	00:00:12	00:16:20				+00:06:14	4:49	12.4 (63.6%)
233	<b>LISIAK Ryszard</b>	<b>389</b>		M-40	41	00:00:29	00:26:29				+00:16:23	7:50	7.7 (39.5%)
234	<b>WOŹNIAK Dariusz</b>	<b>360</b>	WWW.LIMO300C.COM	M-40	42	00:00:13					+00:00:05	3:05	19.4 (99.5%)
235	<b>WOŹNIAK Honorata</b>	<b>361</b>	WWW.LIMO300C.COM	K-40	13	00:00:15					+00:00:07	3:34	16.8 (86.2%)

Znaleziono 235 wynik(ów)