

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



Klasyfikacja: M-OPEN

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	OLIJNYK Paweł	390	ICE MAT TEAM	M-18	1	00:00:08	00:10:05	00:20:30	00:30:48.65	00:30:48.65		3:04	19.5 (100%)
2	DERBENYOV Evgeny	57	ACHILLES LESZNO	M-30	1	00:00:09	00:10:27	00:21:15	00:32:27.60	00:32:27.60	+00:01:38 (5.1%)	3:14	18.5 (94.9%)
3	LABZIUK Oleksandr	174	ACHILLES LESZNO	M-30	2	00:00:09	00:10:52	00:21:50	00:32:57.85	00:32:57.85	+00:02:09 (6.5%)	3:17	18.2 (93.3%)
4	BORZĘCKI Norbert	25		M-30	3	00:00:09	00:11:03	00:22:09	00:33:20.35	00:33:20.35	+00:02:31 (7.6%)	3:20	18 (92.3%)
5	KRÓL Błażej	158	GKS TĘCZA NOWA WIEŚ LĘBORSKA	M-18	2	00:00:10	00:11:03	00:22:20	00:34:02.60	00:34:02.60	+00:03:13 (9.5%)	3:24	17.6 (90.3%)
6	BEDNARZ Paweł	8	MODEST. MAN.KOSZALI(N)ACŁAW	M-30	4	00:00:10	00:11:14	00:22:59	00:34:47.75	00:34:47.75	+00:03:59 (11.5%)	3:28	17.2 (88.2%)
7	GUZOWSKI Dariusz	87	CARRY PETFOOD TRZEBIELINO	M-40	1	00:00:10	00:11:43	00:23:26	00:35:07.40	00:35:07.40	+00:04:18 (12.3%)	3:30	17.1 (87.7%)
8	RUDNIK Krzysztof	267	NIGHT RUNNERS SŁUPSK	M-30	5	00:00:10	00:11:43	00:23:36	00:35:27.80	00:35:27.80	+00:04:39 (13.1%)	3:32	16.9 (86.7%)
9	BURZYŃSKI Aleksander	34	STOPA SŁUPSK	M-30	6	00:00:10	00:11:49	00:23:46	00:35:51.05	00:35:51.05	+00:05:02 (14.1%)	3:35	16.7 (85.6%)
10	URZĘDOWSKI Przemysław	332	BAZA 44	M-18	3	00:00:10	00:11:58	00:24:22	00:36:57.55	00:36:57.55	+00:06:08 (16.6%)	3:41	16.2 (83.1%)
11	MIERZWA Witold	204	DARŁOWO	M-40	2	00:00:10	00:12:18	00:24:49	00:37:17.65	00:37:17.65	+00:06:29 (17.4%)	3:43	16.1 (82.6%)
12	WILCZEWSKI Krzysztof	347	MKS ŚWIĘC SŁAWNO	M-30	7	00:00:13	00:12:57	00:25:34	00:37:34.35	00:37:34.35	+00:06:45 (18.0%)	3:45	16 (82.1%)
13	WILCZEWSKI Mariusz	346	MKS ŚWIĘC ABWOOD SŁAWNO	M-30	8	00:00:12	00:12:35	00:25:09	00:37:43.70	00:37:43.70	+00:06:55 (18.3%)	3:46	15.9 (81.5%)
14	ŻMUDA Tomasz	376	CW FANZA KOŁOBRZEG	M-40	3	00:00:11	00:12:30	00:25:09	00:37:51.25	00:37:51.25	+00:07:02 (18.6%)	3:47	15.9 (81.5%)

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	NAGÓREK Kamil	217	NIGHT RUNNERS	M-30	9	00:00:12	00:12:42	00:25:34	00:38:00.95	00:38:00.95	+00:07:12 (19.0%)	3:48	15.8 (81.0%)
16	KRYCZKA Stanisław	161	MTSHAMER MIASTKO	M-40	4	00:00:16	00:12:36	00:25:17	00:38:01.30	00:38:01.30	+00:07:12 (19.0%)	3:48	15.8 (81.0%)
17	KRUKOWSKI Błażej	159	MKS ŚWIĘC SŁAWNO	M-30	10	00:00:13	00:12:57	00:25:35	00:38:09.40	00:38:09.40	+00:07:20 (19.3%)	3:48	15.7 (80.5%)
18	HERMAN Arkadiusz	93		M-40	5	00:00:11	00:12:49	00:25:45	00:38:30.60	00:38:30.60	+00:07:41 (20.0%)	3:51	15.6 (80.0%)
19	RUDNIKOWSKI Maciej	268	BIEGUZDROWISKOWY.PL	M-40	6	00:00:11	00:12:35	00:25:40	00:38:43.10	00:38:43.10	+00:07:54 (20.4%)	3:52	15.5 (79.5%)
20	GAŁKOWSKI Dariusz	399		M-40	7	00:00:10	00:12:34	00:25:28	00:38:50.35	00:38:50.35	+00:08:01 (20.7%)	3:53	15.5 (79.5%)
21	CHUDY Henryk	40	K SOLSZEWSKI I SYNOWIE	M-60	1	00:00:16	00:12:52	00:25:48	00:38:58.40	00:38:58.40	+00:08:09 (20.9%)	3:53	15.4 (79.0%)
22	PANCEWICZ Piotr	235		M-30	11	00:00:15	00:12:53	00:26:14	00:39:21.45	00:39:21.45	+00:08:32 (21.7%)	3:56	15.2 (77.9%)
23	BARAŃSKI Przemysław	5	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M-18	4	00:00:09	00:12:44	00:26:10	00:39:27.45	00:39:27.45	+00:08:38 (21.9%)	3:56	15.2 (77.9%)
24	MAZUR Emiliusz	196		M-40	8	00:00:14	00:12:59	00:26:13	00:39:40.60	00:39:40.60	+00:08:51 (22.3%)	3:58	15.1 (77.4%)
25	HOŁUB Kamil	96	MLUKS TRZEBIATÓW	M-30	12	00:00:11	00:12:52	00:26:23	00:39:43.25	00:39:43.25	+00:08:54 (22.4%)	3:58	15.1 (77.4%)
26	BIERNAT Kamil	15	MKS ŚWIĘC SŁAWNO	M-18	5	00:00:17	00:12:47	00:26:18	00:40:06.70	00:40:06.70	+00:09:18 (23.2%)	4:00	15 (76.9%)
27	MŁYNARCZYK Zbyszek	210		M-30	13	00:00:17	00:13:08	00:26:30	00:40:07.80	00:40:07.80	+00:09:19 (23.2%)	4:00	15 (76.9%)
28	ADAMELAK Krzysztof	2		M-40	9	00:00:22	00:13:35	00:27:07	00:40:24.50	00:40:24.50	+00:09:35 (23.8%)	4:02	14.9 (76.4%)
29	KAMIENIECKI Rafał	121	TUPOT-USTKA	M-30	14	00:00:18	00:13:52	00:27:36	00:40:32.55	00:40:32.55	+00:09:43 (24.0%)	4:03	14.8 (75.9%)
30	KOZŁOWSKI Jerzy	152	GTS CZ. DĄBRÓWKA	M-50	1	00:00:13	00:13:14	00:26:40	00:40:32.85	00:40:32.85	+00:09:44 (24.0%)	4:03	14.8 (75.9%)
31	WIDONIAK Rafał	342	BIEGNIJMY.PL	M-40	10	00:00:13	00:13:31	00:26:58	00:40:34.10	00:40:34.10	+00:09:45 (24.1%)	4:03	14.8 (75.9%)
32	BONISŁAWSKI Jarosław	23	FADOMODA TEAM	M-30	15	00:00:20	00:12:47	00:26:30	00:40:43.25	00:40:43.25	+00:09:54 (24.3%)	4:04	14.7 (75.4%)
33	MODRZEJEWSKI Mateusz	211	KOCHAM ASIE	M-18	6	00:00:13	00:13:37	00:27:10	00:40:43.85	00:40:43.85	+00:09:55 (24.4%)	4:04	14.7 (75.4%)
34	RYBA Paweł	273		M-40	11	00:00:15	00:13:41	00:27:30	00:40:52.10	00:40:52.10	+00:10:03 (24.6%)	4:05	14.7 (75.4%)
35	KORCZYŃSKI Sławomir	143	DECATHLON KOSZALIN	M-18	7	00:00:15	00:13:45	00:27:31	00:41:19.75	00:41:19.75	+00:10:31 (25.5%)	4:07	14.5 (74.4%)
36	WILKOWSKI Wojciech	350	SSI AKTYWNI DAMNICA	M-50	2	00:00:19	00:13:48	00:27:37	00:41:22.70	00:41:22.70	+00:10:34 (25.5%)	4:08	14.5 (74.4%)
37	NAGÓREK Krzysztof	218	TUPOT USTKA	M-50	3	00:00:14	00:13:53	00:27:48	00:41:32.45	00:41:32.45	+00:10:43 (25.8%)	4:09	14.4 (73.8%)

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			
38	BIERNAT Marcin	72	MKS ŚWIĘC SŁAWNO	M-18	8	00:00:16	00:13:12	00:27:47	00:41:42.90	00:41:42.90	+00:10:54 (26.1%)	4:10	14.4 (73.8%)
39	WÓJCIK Damian	362	RUNNERSWALDE DARŁOWO	M-40	12	00:00:15	00:13:40	00:27:42	00:41:45.00	00:41:45.00	+00:10:56 (26.2%)	4:10	14.4 (73.8%)
40	OLESEK Jerzy	229		M-40	13	00:00:15	00:13:51	00:27:52	00:41:52.00	00:41:52.00	+00:11:03 (26.4%)	4:11	14.3 (73.3%)
41	GAJEWSKI Andrzej	71		M-30	16	00:00:15	00:13:44	00:27:57	00:41:55.70	00:41:55.70	+00:11:07 (26.5%)	4:11	14.3 (73.3%)
42	DĘGA Ryszard	58	TUPOT USTKA	M-60	2	00:00:17	00:13:52	00:27:51	00:42:01.20	00:42:01.20	+00:11:12 (26.7%)	4:12	14.3 (73.3%)
43	BŁASZCZYK Tadeusz	19		M-50	4	00:00:19	00:13:57	00:28:03	00:42:04.05	00:42:04.05	+00:11:15 (26.8%)	4:12	14.3 (73.3%)
44	KOSICKI Tomasz	145	STOPA SŁUPSK	M-30	17	00:00:20	00:14:13	00:28:20	00:42:11.60	00:42:11.60	+00:11:22 (27.0%)	4:13	14.2 (72.8%)
45	DANIŁOW Andrrij	396		M-50	5	00:00:13	00:14:47	00:29:07	00:42:39.55	00:42:39.55	+00:11:50 (27.8%)	4:15	14.1 (72.3%)
46	SZYMAŃSKI Tomasz	316		M-40	14	00:00:23	00:14:28	00:28:47	00:42:53.90	00:42:53.90	+00:12:05 (28.2%)	4:17	14 (71.8%)
47	SOMINKA Andrzej	289		M-40	15	00:00:24	00:14:24	00:28:50	00:43:09.35	00:43:09.35	+00:12:20 (28.6%)	4:18	13.9 (71.3%)
48	WICENS Jacek	340	JACEK -BIEGAM BO LUBIĘ	M-30	18	00:00:15	00:14:32	00:29:06	00:43:19.10	00:43:19.10	+00:12:30 (28.9%)	4:19	13.9 (71.3%)
49	SKIERKA Grzegorz	282	MKS ŚWIĘC SŁAWNO	M-30	19	00:00:20	00:14:10	00:28:38	00:43:33.20	00:43:33.20	+00:12:44 (29.3%)	4:21	13.8 (70.8%)
49	RÓG Bartosz	264	MKS ŚWIĘC SŁAWNO	M-30	20	00:00:22	00:14:10	00:28:38	00:43:33.20	00:43:33.20	+00:12:44 (29.3%)	4:21	13.8 (70.8%)
51	CZACH Sebastian	41	RUNNERSWALDE DARŁOWO	M-18	9	00:00:21	00:14:36	00:29:22	00:43:49.40	00:43:49.40	+00:13:00 (29.7%)	4:22	13.7 (70.3%)
52	ROSIK Damian	263		M-18	10	00:00:19	00:13:36	00:28:39	00:43:51.65	00:43:51.65	+00:13:03 (29.8%)	4:23	13.7 (70.3%)
53	BILEK Sebastian	387	DORIAN TEAM	M-18	11	00:00:27	00:14:36	00:29:36	00:43:59.80	00:43:59.80	+00:13:11 (30.0%)	4:23	13.6 (69.7%)
54	CZAJA Andrzej	42	UKS"EKONOMIK-MARATOŃCZYK"LĘBORK	M-50	6	00:00:14	00:13:52	00:28:21	00:44:02.50	00:44:02.50	+00:13:13 (30.0%)	4:24	13.6 (69.7%)
55	PIŁCZYŃSKI Zbigniew	108		M-50	7	00:00:20	00:14:30	00:29:21	00:44:07.10	00:44:07.10	+00:13:18 (30.2%)	4:24	13.6 (69.7%)
56	KRAWCZUK Szymon	154	GEPARD GLEŻNOWO	M-30	21	00:00:24	00:15:08	00:29:56	00:44:07.90	00:44:07.90	+00:13:19 (30.2%)	4:24	13.6 (69.7%)
57	DUDZIAK Piotr	60	BIEGNIJMY.PL	M-40	16	00:00:20	00:14:28	00:29:19	00:44:11.75	00:44:11.75	+00:13:23 (30.3%)	4:25	13.6 (69.7%)
58	BONDARENKO Jan	22	BIEGAJŁO	M-60	3	00:00:21	00:15:11	00:29:53	00:44:22.75	00:44:22.75	+00:13:34 (30.6%)	4:26	13.5 (69.2%)
59	KUBIŃSKI Rafał	163	ALLIANZ RUNNING TEAM	M-50	8	00:00:20	00:14:13	00:29:06	00:44:28.35	00:44:28.35	+00:13:39 (30.7%)	4:26	13.5 (69.2%)
60	KAMELSKI Piotr	120	B/K	M-40	17	00:00:19	00:14:50	00:29:43	00:44:29.45	00:44:29.45	+00:13:40 (30.7%)	4:26	13.5 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
61	WEŁNIŃSKI Bartłomiej	382	DORIAN TEAM	M-18	12	00:00:27	00:14:35	00:29:36	00:44:31.65	00:44:31.65	+00:13:43 (30.8%)	4:27	13.5 (69.2%)
62	WITKOWSKI Krzysztof	355	MKS ŚWIĘC SM WYBRZEŻE SŁAWNO	M-50	9	00:00:19	00:14:53	00:30:05	00:45:10.10	00:45:10.10	+00:14:21 (31.8%)	4:31	13.3 (68.2%)
63	SZCZEPANIAK Jacek	308	KORZYBSKIE REKINY	M-40	18	00:00:22	00:14:45	00:30:03	00:45:19.35	00:45:19.35	+00:14:30 (32.0%)	4:31	13.2 (67.7%)
64	SOROKA Piotr	291		M-30	22	00:00:18	00:14:43	00:30:14	00:45:22.75	00:45:22.75	+00:14:34 (32.1%)	4:32	13.2 (67.7%)
65	LESZCZYŃSKI Tomasz	179	JW 1223	M-30	23	00:00:34	00:15:28	00:30:23	00:45:25.35	00:45:25.35	+00:14:36 (32.2%)	4:32	13.2 (67.7%)
65	JAŚNIEWSKI Mariusz	111		M-40	19	00:00:28	00:15:44	00:30:49	00:45:25.35	00:45:25.35	+00:14:36 (32.2%)	4:32	13.2 (67.7%)
67	STOJEWSKI Jarosław	303	B/K	M-30	24	00:00:24	00:15:08	00:30:30	00:45:28.10	00:45:28.10	+00:14:39 (32.2%)	4:32	13.2 (67.7%)
68	STĘPNIEWSKI Marcin	301		M-40	20	00:00:33	00:15:39	00:30:42	00:45:31.20	00:45:31.20	+00:14:42 (32.3%)	4:33	13.2 (67.7%)
69	WIATRZYK Krzysztof	339		M-40	21	00:00:22	00:15:00	00:30:12	00:45:33.60	00:45:33.60	+00:14:44 (32.4%)	4:33	13.2 (67.7%)
70	SKOPP Sebastian	285		M-18	13	00:00:21	00:15:01	00:30:18	00:45:37.60	00:45:37.60	+00:14:48 (32.5%)	4:33	13.2 (67.7%)
71	WIERZBICKI Sylwester	344	RUNNERSWALDE	M-30	25	00:00:21	00:15:02	00:30:34	00:45:56.00	00:45:56.00	+00:15:07 (32.9%)	4:35	13.1 (67.2%)
72	ROGOŻA Ireneusz	260	BIEGNIJMY.PL	M-40	22	00:00:22	00:15:36	00:31:11	00:45:56.30	00:45:56.30	+00:15:07 (32.9%)	4:35	13.1 (67.2%)
73	TELESIEWICZ Henryk	324	KLUB WIELKA STOPA	M-60	4	00:00:16	00:14:47	00:30:23	00:46:01.20	00:46:01.20	+00:15:12 (33.0%)	4:36	13 (66.7%)
74	KRASIŃSKI Witold	153		M-40	23	00:00:16	00:14:58	00:30:37	00:46:22.85	00:46:22.85	+00:15:34 (33.6%)	4:38	12.9 (66.2%)
75	STRZELECKI Zbigniew	305	KORZYBSKIE REKINY	M-60	5	00:00:25	00:15:49	00:31:22	00:46:24.75	00:46:24.75	+00:15:36 (33.6%)	4:38	12.9 (66.2%)
76	GAJEK Artur	70	KORZYBSKIE REKINY	M-40	24	00:00:25	00:15:49	00:31:25	00:46:25.60	00:46:25.60	+00:15:36 (33.6%)	4:38	12.9 (66.2%)
77	KILAR Tomasz	132	HILL KILER	M-40	25	00:00:26	00:15:29	00:30:58	00:46:25.75	00:46:25.75	+00:15:37 (33.6%)	4:38	12.9 (66.2%)
78	WYGANOWSKI Andrzej	364		M-70+	1	00:00:28	00:15:45	00:31:16	00:46:26.35	00:46:26.35	+00:15:37 (33.7%)	4:38	12.9 (66.2%)
79	KURCZYK Zbigniew	170		M-30	26	00:00:16	00:15:03	00:30:45	00:46:28.95	00:46:28.95	+00:15:40 (33.7%)	4:38	12.9 (66.2%)
80	KLEBANOWSKI Artur	135		M-40	26	00:00:17	00:14:57	00:30:48	00:46:37.20	00:46:37.20	+00:15:48 (33.9%)	4:39	12.9 (66.2%)
81	ŚWIETLIK Tomasz	322		M-50	10	00:00:22	00:15:37	00:31:13	00:46:38.20	00:46:38.20	+00:15:49 (33.9%)	4:39	12.9 (66.2%)
82	DYŚ Jarosław	63	MARKOS SPORT TEAM	M-40	27	00:00:33	00:15:41	00:30:55	00:46:44.50	00:46:44.50	+00:15:55 (34.1%)	4:40	12.8 (65.6%)
83	NOWACZYK Christian	224		M-18	14	00:00:24	00:15:43	00:31:30	00:46:45.95	00:46:45.95	+00:15:57 (34.1%)	4:40	12.8 (65.6%)

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			
84	KUZIO Waldemar	173	NIGHT RUNNERS SŁUPSK	M-30	27	00:00:33	00:15:37	00:31:12	00:46:47.40	00:46:47.40	+00:15:58 (34.2%)	4:40	12.8 (65.6%)
85	MŁODZIEJEWSKI Krzysztof	209	KB WYGAN	M-40	28	00:00:32	00:15:47	00:31:12	00:46:54.15	00:46:54.15	+00:16:05 (34.3%)	4:41	12.8 (65.6%)
86	KACZMAREK Łukasz	119	WOJOWNICY WODY	M-30	28	00:00:26	00:15:34	00:31:20	00:46:57.05	00:46:57.05	+00:16:08 (34.4%)	4:41	12.8 (65.6%)
87	WITKOWSKI Dawid	354		M-18	15	00:00:32	00:15:43	00:31:02	00:46:59.05	00:46:59.05	+00:16:10 (34.4%)	4:41	12.8 (65.6%)
88	ŁABEJSZA Łukasz	183	WOJOWNICY WÓDY	M-30	29	00:00:26	00:16:11	00:31:55	00:47:07.15	00:47:07.15	+00:16:18 (34.6%)	4:42	12.7 (65.1%)
89	KLASA Jan	134		M-60	6	00:00:28	00:15:50	00:31:13	00:47:12.85	00:47:12.85	+00:16:24 (34.7%)	4:43	12.7 (65.1%)
90	PEKAŁA Piotr	239	SOSW KOSZALIN	M-40	29	00:00:19	00:15:27	00:31:31	00:47:13.95	00:47:13.95	+00:16:25 (34.8%)	4:43	12.7 (65.1%)
91	STELMASZCZYK Dominik	298		M-30	30	00:00:25	00:15:50	00:31:33	00:47:14.30	00:47:14.30	+00:16:25 (34.8%)	4:43	12.7 (65.1%)
92	GOSTOMCZYK Krzysztof	82		M-30	31	00:00:18	00:15:18	00:31:00	00:47:15.25	00:47:15.25	+00:16:26 (34.8%)	4:43	12.7 (65.1%)
93	WILKOWSKI Krzysztof	349	ROZBIEGANY KOSZALIN	M-30	32	00:00:19	00:15:19	00:31:11	00:47:25.20	00:47:25.20	+00:16:36 (35.0%)	4:44	12.7 (65.1%)
94	KOTUSIEWICZ Karol	150	NIGHT RUNNERS SŁUPSK	M-18	16	00:00:35	00:16:46	00:32:27	00:47:29.30	00:47:29.30	+00:16:40 (35.1%)	4:44	12.6 (64.6%)
95	SZYMCZEWSKI Szymon	319		M-18	17	00:00:27	00:15:49	00:31:49	00:47:43.35	00:47:43.35	+00:16:54 (35.4%)	4:46	12.6 (64.6%)
96	KUŁAKOWSKI Dawid	167		M-30	33	00:00:15	00:16:10	00:32:22	00:47:50.15	00:47:50.15	+00:17:01 (35.6%)	4:47	12.5 (64.1%)
97	SZYMCZEWSKI Dariusz	318		M-50	11	00:00:27	00:16:02	00:32:17	00:48:01.40	00:48:01.40	+00:17:12 (35.8%)	4:48	12.5 (64.1%)
98	GŁOWACZ Mariusz	76	KS OLSZEWSKI I SYNOWIE	M-30	34	00:00:30	00:16:10	00:32:15	00:48:02.50	00:48:02.50	+00:17:13 (35.9%)	4:48	12.5 (64.1%)
99	LAS Mateusz	175		M-18	18	00:00:27	00:16:00	00:32:08	00:48:02.80	00:48:02.80	+00:17:14 (35.9%)	4:48	12.5 (64.1%)
100	GAWIECKI Piotr	74	ROZBIEGANY KOSZALIN	M-40	30	00:00:19	00:15:34	00:32:08	00:48:22.15	00:48:22.15	+00:17:33 (36.3%)	4:50	12.4 (63.6%)
101	SCHWARZ Ludwik	397		M-50	12	00:00:18	00:16:32	00:32:38	00:48:25.30	00:48:25.30	+00:17:36 (36.4%)	4:50	12.4 (63.6%)
102	KAZUSEK Jan	380	BRYZA POSTOMINO	M-60	7	00:00:24	00:16:22	00:32:15	00:48:26.45	00:48:26.45	+00:17:37 (36.4%)	4:50	12.4 (63.6%)
103	KUPREWICZ Grzegorz	168	ROZBIEGANY KOSZALIN	M-30	35	00:00:22	00:15:49	00:32:13	00:48:31.70	00:48:31.70	+00:17:43 (36.5%)	4:51	12.4 (63.6%)
104	KRUSZYŃSKI Stanisław	160	DARŁOWOBIEGA	M-50	13	00:00:35	00:16:30	00:32:47	00:48:53.10	00:48:53.10	+00:18:04 (37.0%)	4:53	12.3 (63.1%)
105	NOREK Tomek	221		M-40	31	00:00:22	00:15:54	00:32:20	00:48:54.35	00:48:54.35	+00:18:05 (37.0%)	4:53	12.3 (63.1%)
106	KANIOWSKI Jacek	125	W.P.K SŁOŃ TEAM USTKA	M-40	32	00:00:28	00:15:58	00:32:35	00:48:58.10	00:48:58.10	+00:18:09 (37.1%)	4:53	12.3 (63.1%)

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			
107	MICERSKI Tomasz	200	BRAK	M-40	33	00:00:15	00:16:10	00:32:25	00:49:00.55	00:49:00.55	+00:18:11 (37.1%)	4:54	12.2 (62.6%)
108	GWIAZDA Mariusz	88		M-40	34	00:00:35	00:16:39	00:32:53	00:49:04.20	00:49:04.20	+00:18:15 (37.2%)	4:54	12.2 (62.6%)
109	WENCLAWSKI Michał	337	ARAGORTEAM	M-18	19	00:00:20	00:16:28	00:32:53	00:49:07.90	00:49:07.90	+00:18:19 (37.3%)	4:54	12.2 (62.6%)
110	SOROKA Tomasz	290	NIGHT RUNNERS SŁUPSK / BBL SŁUPSK	M-30	36	00:00:18	00:15:48	00:32:11	00:49:24.60	00:49:24.60	+00:18:35 (37.6%)	4:56	12.1 (62.1%)
111	ZARZYCKI Darek	368		M-30	37	00:00:21	00:15:21	00:31:59	00:49:26.30	00:49:26.30	+00:18:37 (37.7%)	4:56	12.1 (62.1%)
112	KARAS Radosław	126	NIGHT RUNNERS SŁUPSK	M-30	38	00:00:35	00:16:02	00:33:14	00:49:49.25	00:49:49.25	+00:19:00 (38.2%)	4:58	12 (61.5%)
113	GOSTOMCZYK Marek	83	ŚWIĘC	M-40	35	00:00:18	00:15:39	00:33:17	00:49:53.20	00:49:53.20	+00:19:04 (38.2%)	4:59	12 (61.5%)
114	TOPOLIŃSKI Ireneusz	327	„BRYZA" POSTOMINO	M-30	39	00:00:23	00:16:26	00:33:18	00:50:00.35	00:50:00.35	+00:19:11 (38.4%)	5:00	12 (61.5%)
115	KLIMSKI Michał	136	BBL SŁUPSK	M-18	20	00:00:16	00:16:49	00:33:37	00:50:26.35	00:50:26.35	+00:19:37 (38.9%)	5:02	11.9 (61.0%)
116	MALINOWSKI Adam	189	MKS ŚWIĘC SŁAWNO	M-50	14	00:00:21	00:16:22	00:33:32	00:50:27.65	00:50:27.65	+00:19:39 (38.9%)	5:02	11.9 (61.0%)
117	RUTKOWSKI Ryszard	272		M-50	15	00:00:20	00:16:43	00:33:43	00:50:32.45	00:50:32.45	+00:19:43 (39.0%)	5:03	11.9 (61.0%)
118	MISZCZYK Jan	207		M-18	21	00:00:36	00:16:03	00:33:22	00:50:33.85	00:50:33.85	+00:19:45 (39.1%)	5:03	11.9 (61.0%)
119	KAZIMIERCZAK Leszek	131	CSSP KOSZALIN	M-30	40	00:00:28	00:16:45	00:33:54	00:50:35.30	00:50:35.30	+00:19:46 (39.1%)	5:03	11.9 (61.0%)
120	KOPERSKI Jan	141	MKS ŚWIĘC SŁAWNO	M-50	16	00:00:27	00:16:32	00:33:41	00:50:41.90	00:50:41.90	+00:19:53 (39.2%)	5:04	11.8 (60.5%)
121	PAKMUR Michał	234		M-30	41	00:00:31	00:16:35	00:33:38	00:50:52.60	00:50:52.60	+00:20:03 (39.4%)	5:05	11.8 (60.5%)
122	TWOREK Józef	330	ŚWIĘC SŁAWNO	M-50	17	00:00:19	00:16:40	00:33:45	00:50:55.65	00:50:55.65	+00:20:07 (39.5%)	5:05	11.8 (60.5%)
123	PODSIEDLIK Zbigniew	251	22 OŚRODEK DOWODZENIA I NAPROWADZANIA BYDGOSZCZ	M-40	36	00:00:23	00:16:47	00:33:51	00:51:08.75	00:51:08.75	+00:20:20 (39.8%)	5:06	11.7 (60.0%)
124	KRYGIER Ireneusz	162	W.P.K.SŁOŃ TEAM	M-30	42	00:00:25	00:16:32	00:33:48	00:51:14.40	00:51:14.40	+00:20:25 (39.9%)	5:07	11.7 (60.0%)
125	ROGALSKI Roberto	259	TKKF KOSZALIN	M-30	43	00:00:26	00:17:59	00:36:00	00:51:19.30	00:51:19.30	+00:20:30 (40.0%)	5:07	11.7 (60.0%)
126	NOREK Ryszard	222		M-60	8	00:00:34	00:17:10	00:34:10	00:51:22.80	00:51:22.80	+00:20:34 (40.0%)	5:08	11.7 (60.0%)
127	KOWALSKI Konrad	384	DORIAN TEAM	M-18	22	00:00:28	00:16:36	00:33:55	00:51:38.95	00:51:38.95	+00:20:50 (40.3%)	5:09	11.6 (59.5%)
127	WANAGO Daniel	383	DORIAN TEAM	M-30	44	00:00:27	00:16:37	00:33:55	00:51:38.95	00:51:38.95	+00:20:50 (40.3%)	5:09	11.6 (59.5%)
129	PIETRZYCKI Andrzej	242	NIEZRZESZONY	M-60	9	00:00:32	00:17:48	00:34:52	00:51:41.05	00:51:41.05	+00:20:52 (40.4%)	5:10	11.6 (59.5%)

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			
130	GAFFKE Krzysztof	69		M-30	45	00:00:21	00:17:01	00:34:15	00:51:49.45	00:51:49.45	+00:21:00 (40.5%)	5:10	11.6 (59.5%)
131	RĄCZKOWSKI Włodzimierz	12		M-60	10	00:00:35	00:17:20	00:34:40	00:51:53.55	00:51:53.55	+00:21:04 (40.6%)	5:11	11.6 (59.5%)
132	JAROCKI Jarosław	110		M-18	23	00:00:14	00:16:46	00:34:12	00:52:31.75	00:52:31.75	+00:21:43 (41.3%)	5:15	11.4 (58.5%)
133	KOWALCZYK Piotr	151		M-30	46	00:00:30	00:17:09	00:34:50	00:52:42.75	00:52:42.75	+00:21:54 (41.5%)	5:16	11.4 (58.5%)
134	BIERNAT Krzysztof	381	MKS 'ŚWIĘC' SŁAWNO	M-30	47	00:00:32	00:17:22	00:35:21	00:52:43.70	00:52:43.70	+00:21:55 (41.6%)	5:16	11.4 (58.5%)
135	TOMCZYK Leszek	326	JW 1223	M-30	48	00:00:34	00:18:04	00:35:52	00:52:59.55	00:52:59.55	+00:22:10 (41.9%)	5:17	11.3 (57.9%)
136	BYSZEWSKI Arkadiusz	36		M-18	24	00:00:28	00:17:53	00:35:40	00:53:04.65	00:53:04.65	+00:22:16 (42.0%)	5:18	11.3 (57.9%)
137	RUCHLEWICZ Michał	265	ZSZYWACZ	M-18	25	00:00:30	00:17:14	00:34:59	00:53:04.90	00:53:04.90	+00:22:16 (42.0%)	5:18	11.3 (57.9%)
138	SZOKALSKI Wojciech	398		M-60	11	00:00:19	00:16:51	00:34:44	00:53:11.20	00:53:11.20	+00:22:22 (42.1%)	5:19	11.3 (57.9%)
139	WENELSKI Damian	13		M-18	26	00:00:32	00:17:54	00:35:40	00:53:17.90	00:53:17.90	+00:22:29 (42.2%)	5:19	11.3 (57.9%)
140	HANC Michał	91		M-30	49	00:00:31	00:17:31	00:35:48	00:53:23.15	00:53:23.15	+00:22:34 (42.3%)	5:20	11.2 (57.4%)
141	SZMIGIERO Sebastian	310		M-30	50	00:00:27	00:17:12	00:35:21	00:53:29.40	00:53:29.40	+00:22:40 (42.4%)	5:20	11.2 (57.4%)
142	KAWECKI Józef	130		M-50	18	00:00:23	00:17:53	00:35:40	00:53:37.15	00:53:37.15	+00:22:48 (42.5%)	5:21	11.2 (57.4%)
143	ZIĘBA Paweł	372		M-40	37	00:00:15	00:16:20	00:34:47	00:53:48.80	00:53:48.80	+00:23:00 (42.7%)	5:22	11.2 (57.4%)
144	SENIUK Wojciech	279	WOLNO ALE DOSTOJNIE	M-18	27	00:00:17	00:17:04	00:35:44	00:53:58.40	00:53:58.40	+00:23:09 (42.9%)	5:23	11.1 (56.9%)
145	POZORSKI Zbigniew	253	NIGHT RUNNERS SŁUPSK	M-60	12	00:00:23	00:17:35	00:35:42	00:54:09.55	00:54:09.55	+00:23:20 (43.1%)	5:24	11.1 (56.9%)
146	FILIPOWICZ Marian	65	NIEZRZESZONY	M-70+	2	00:00:27	00:18:06	00:36:26	00:54:18.25	00:54:18.25	+00:23:29 (43.3%)	5:25	11 (56.4%)
147	MICHALAK Wojciech	201	MKS ŚWIĘC SŁAWNO	M-40	38	00:00:12	00:17:46	00:36:07	00:54:28.90	00:54:28.90	+00:23:40 (43.4%)	5:26	11 (56.4%)
148	CZYŻEWSKI Piotr	49	BIEGAMSAM.PL	M-30	51	00:00:33	00:18:19	00:36:29	00:54:36.45	00:54:36.45	+00:23:47 (43.6%)	5:27	11 (56.4%)
149	CZECH Roman	44	KB.GOCH	M-60	13	00:00:32	00:17:54	00:35:51	00:54:42.65	00:54:42.65	+00:23:54 (43.7%)	5:28	11 (56.4%)
150	JABŁOŃSKI Tomasz	101		M-30	52	00:00:23	00:17:11	00:36:21	00:55:07.95	00:55:07.95	+00:24:19 (44.1%)	5:30	10.9 (55.9%)
151	SENIUK Bartosz	278	WOLNO ALE DOSTOJNIE	M-18	28	00:00:18	00:17:04	00:35:44	00:55:17.60	00:55:17.60	+00:24:28 (44.3%)	5:31	10.9 (55.9%)
152	BUTOWICZ Adam	35		M-50	19	00:00:29	00:18:23	00:37:03	00:55:54.30	00:55:54.30	+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 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	JAROCKI Tomasz	109		M-50	20	00:00:14	00:17:50	00:36:51	00:56:06.25	00:56:06.25	+00:25:17 (45.1%)	5:36	10.7 (54.9%)
154	BĄK Zbigniew	7	RUNNERSWALDE	M-30	53	00:00:32	00:18:49	00:38:02	00:57:32.95	00:57:32.95	+00:26:44 (46.5%)	5:45	10.4 (53.3%)
155	BRESZKA Paweł	28	DARŁOWO	M-40	39	00:00:35	00:20:08	00:39:39	00:58:15.30	00:58:15.30	+00:27:26 (47.1%)	5:49	10.3 (52.8%)
156	JAKUBOWSKI Krystian	104	CAPTAIN AMERICA VS THE FLASH	M-30	54	00:00:36	00:20:07	00:39:39	00:58:16.45	00:58:16.45	+00:27:27 (47.1%)	5:49	10.3 (52.8%)
157	BRESZKA Tomek	26	DRUŻYNA KSIĘŻNEJ ZOFII	M-30	55	00:00:36	00:20:08	00:39:39	00:58:17.15	00:58:17.15	+00:27:28 (47.1%)	5:49	10.3 (52.8%)
158	PACHUTA Damian	233		M-18	29	00:00:30	00:20:36	00:39:46	00:58:40.40	00:58:40.40	+00:27:51 (47.5%)	5:52	10.2 (52.3%)
159	TWITCHETT Iain	329	LONE BADGER	M-40	40	00:00:31	00:19:14	00:38:46	00:59:07.10	00:59:07.10	+00:28:18 (47.9%)	5:54	10.1 (51.8%)
160	MIELCZAREK Mateusz	203	NIGHT RUNNERS	M-30	56	00:00:25	00:18:45	00:39:02	00:59:26.30	00:59:26.30	+00:28:37 (48.2%)	5:56	10.1 (51.8%)
161	ZALEWSKI Grzegorz	365		M-30	57	00:00:23	00:18:17	00:38:39	00:59:49.85	00:59:49.85	+00:29:01 (48.5%)	5:58	10 (51.3%)
162	SŁOMSKI Zenon	287	KORZYBSKIE REKINY	M-70+	3	00:00:31	00:18:22	00:38:28	01:01:10.75	01:01:10.75	+00:30:22 (49.6%)	6:07	9.8 (50.3%)
163	SZYSZKOWSKI Tomasz	320		M-30	58	00:00:22	00:20:25	00:41:14	01:01:27.10	01:01:27.10	+00:30:38 (49.9%)	6:08	9.8 (50.3%)
164	FILIPOWICZ Andrzej	66	NIEZRZESZONY	M-70+	4	00:00:28	00:20:27	00:41:45	01:03:51.15	01:03:51.15	+00:33:02 (51.7%)	6:23	9.4 (48.2%)
165	JANOWICZ Jerzy	395		M-50	21	00:00:12	00:16:20				+00:06:14	4:49	12.4 (63.6%)
166	LISIAK Ryszard	389		M-40	41	00:00:29	00:26:29				+00:16:23	7:50	7.7 (39.5%)
167	WOŹNIAK Dariusz	360	WWW.LIMO300C.COM	M-40	42	00:00:13					+00:00:05	3:05	19.4 (99.5%)

Znaleziono 167 wynik(ów)