

XXI BIEG ŚWIĘCÓW

B4SPORT
WIELKOPOLSKI ZWIĄZOK SPORTOWY

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2017-05-13
Miejsce: Sławno
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	GUZOWSKI Dariusz	63	CARTY PETFOOD TRZEBIELINO/ TALEX BORZYTUCHOM	M-40	1	00:00:03	00:00:14	00:11:36	00:23:33	00:35:38.55	00:35:41.85		3:33	16.8 (100%)
2	KULCZYK Jerzy	332		M-50	1	00:00:03	00:00:14	00:12:01	00:24:07	00:36:10.75	00:36:13.90	+00:00:32 (1.5%)	3:37	16.6 (98.8%)
3	WENT Jakub	281		M-30	1	00:00:03	00:00:15	00:12:11	00:24:26	00:36:23.85	00:36:27.30	+00:00:45 (2.1%)	3:38	16.5 (98.2%)
4	ORZECHOWSKI Kamil	196	TKKF KOSZALIN	M-18	1	00:00:02	00:00:15	00:12:13	00:24:28	00:36:32.85	00:36:35.80	+00:00:54 (2.5%)	3:39	16.4 (97.6%)
5	POLAK Szymon	213	ROZBIEGANY KOSZALIN	M-40	2	00:00:03	00:00:14	00:12:16	00:24:35	00:36:58.85	00:37:02.40	+00:01:20 (3.6%)	3:41	16.2 (96.4%)
6	WILCZEWSKI Krzysztof	290	MKS 'ŚWIĘC' SŁAWNO	M-30	2	00:00:04	00:00:13	00:12:21	00:24:42	00:36:59.95	00:37:04.10	+00:01:21 (3.7%)	3:42	16.2 (96.4%)
7	PAPROCKA Ewelina	202	GKS TĘCZA	K-30	1	00:00:02	00:00:15	00:12:08	00:24:40	00:37:03.50	00:37:06.45	+00:01:24 (3.8%)	3:42	16.2 (96.4%)
8	KURKUL Przemysław	144	KB BRYZA POSTOMINO	M-18	2	00:00:04	00:00:15	00:12:35	00:25:07	00:37:30.15	00:37:34.30	+00:01:51 (5.0%)	3:45	16 (95.2%)
9	WITKIEWICZ Eryk	296		M-40	3	00:00:04	00:00:15	00:12:35	00:25:16	00:37:56.95	00:38:01.75	+00:02:18 (6.1%)	3:47	15.8 (94.0%)
10	JAKUBEK Patryk	77	ULKS TALEX BORZYTUCHOM	M-18	3	00:00:03	00:00:15	00:12:56	00:25:59	00:38:25.95	00:38:29.80	+00:02:47 (7.3%)	3:50	15.6 (92.9%)
11	GARSKI Kryspin	41	ŚWIAT PŁYTEK U KRYPINA	M-40	4	00:00:03	00:00:16	00:12:56	00:26:01	00:38:38.05	00:38:41.75	+00:02:59 (7.7%)	3:51	15.5 (92.3%)
12	KRYCZKA Stanisław	136	MTS HAMER MIASTKO	M-40	5	00:00:02	00:00:15	00:12:40	00:25:54	00:38:55.90	00:38:58.70	+00:03:17 (8.4%)	3:53	15.4 (91.7%)
13	GOLIŃSKI Łukasz	50	K.B. SPRINT ŚWIDWIN	M-30	3	00:00:04	00:00:17	00:13:05	00:26:07	00:39:07.85	00:39:12.10	+00:03:29 (8.9%)	3:54	15.3 (91.1%)
14	HERMAN Arkadiusz	69		M-40	6	00:00:03	00:00:15	00:12:48	00:25:54	00:39:13.05	00:39:16.60	+00:03:34 (9.1%)	3:55	15.3 (91.1%)
15	WILCZEWSKI Mariusz	291	MKS 'ŚWIĘC' SŁAWNO	M-30	4	00:00:04	00:00:14	00:12:38	00:25:58	00:39:25.90	00:39:30.05	+00:03:47 (9.6%)	3:56	15.2 (90.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km					
16	SAJKO Bartosz	232	ŻYJ Z ENERGIA	M-30	5	00:00:05	00:00:17	00:13:12	00:26:19	00:39:26.70	00:39:32.50	+00:03:48 (9.6%)	3:56	15.2 (90.5%)
17	SZYMAJDA Grzegorz	316	TKKF KOSZALIN	M-30	6	00:00:04	00:00:15	00:13:09	00:26:23	00:39:32.75	00:39:36.90	+00:03:54 (9.9%)	3:57	15.2 (90.5%)
18	KRUKOWSKI Błażej	134	MKS 'ŚWIĘC' SŁAWNO	M-30	7	00:00:05	00:00:15	00:13:02	00:26:16	00:39:34.55	00:39:40.00	+00:03:56 (9.9%)	3:57	15.2 (90.5%)
19	DURMAN Dawid	32		M-18	4	00:00:04	00:00:16	00:12:56	00:26:09	00:39:42.30	00:39:46.45	+00:04:03 (10.2%)	3:58	15.1 (89.9%)
20	HØYUM Per Arvid	73	VIKING LONG RUNNER	M-18	5	00:00:07	00:00:17	00:12:56	00:26:21	00:40:08.95	00:40:16.30	+00:04:30 (11.2%)	4:00	14.9 (88.7%)
21	MORAWSKI Janusz	182		M-40	7	00:00:03	00:00:17	00:13:35	00:27:11	00:40:17.45	00:40:21.30	+00:04:38 (11.5%)	4:01	14.9 (88.7%)
22	STENCEL Maciej	245	DRUTEX BYTÓW	M-30	8	00:00:04	00:00:16	00:13:34	00:26:52	00:40:26.95	00:40:30.95	+00:04:48 (11.9%)	4:02	14.8 (88.1%)
23	WITKIEWICZ Magda	295	KB 10 BIAŁOGARD	K-30	2	00:00:04	00:00:17	00:13:27	00:26:59	00:40:40.35	00:40:45.25	+00:05:01 (12.4%)	4:04	14.7 (87.5%)
24	ZWOLIŃSKI Jan	312	TKKF KOSZALIN	M-40	8	00:00:03	00:00:16	00:13:28	00:27:08	00:40:57.95	00:41:01.50	+00:05:19 (13.0%)	4:05	14.6 (86.9%)
25	PANCEWICZ Piotr	201	RUNNERSWALDE DARŁOWO	M-30	9	00:00:03	00:00:16	00:13:22	00:27:13	00:41:03.30	00:41:06.70	+00:05:24 (13.2%)	4:06	14.6 (86.9%)
26	ANTOSIK Grzegorz	35	KB BRYZA POSTOMINO	M-40	10	00:00:03	00:00:15	00:13:26	00:27:43	00:41:49.30	00:41:52.60	+00:06:10 (14.8%)	4:10	14.3 (85.1%)
27	ADAMELAK Krzysztof	1	GRUPA LOTNICZA DARŁOWO	M-40	9	00:00:16	00:00:23	00:13:51	00:27:54	00:41:38.25	00:41:54.35	+00:05:59 (14.4%)	4:09	14.4 (85.7%)
28	PAWŁOWSKI Grzegorz	204		M-30	10	00:00:07	00:00:17	00:13:50	00:27:58	00:41:50.40	00:41:57.40	+00:06:11 (14.8%)	4:11	14.3 (85.1%)
29	WÓJCIK Damian	302	RUNNERSWALDE DARŁOWO	M-40	11	00:00:05	00:00:17	00:13:31	00:27:35	00:41:57.10	00:42:02.60	+00:06:18 (15.0%)	4:11	14.3 (85.1%)
30	KONKEL Agnieszka	115		K-30	3	00:00:05	00:00:19	00:13:45	00:27:53	00:42:01.45	00:42:07.25	+00:06:22 (15.2%)	4:12	14.3 (85.1%)
31	GAWRON Piotr	43	KB GOCH BYTÓW	M-40	12	00:00:10	00:00:20	00:14:22	00:28:24	00:42:05.95	00:42:16.05	+00:06:27 (15.3%)	4:12	14.3 (85.1%)
32	CHUDY Henryk	20	KS OLSZEWSKI I SYNOWIE	M-60	1	00:00:04	00:00:16	00:13:09	00:27:13	00:42:19.20	00:42:23.70	+00:06:40 (15.8%)	4:13	14.2 (84.5%)
33	MANIKOWSKI Przemysław	164	DRUTEX BYTÓW	M-30	11	00:00:03	00:00:17	00:14:04	00:28:02	00:42:27.95	00:42:31.70	+00:06:49 (16.1%)	4:14	14.1 (83.9%)
34	ŁAGUTKO Kamila	154	ŻYJ Z ENERGIA	K-30	4	00:00:05	00:00:17	00:13:40	00:27:57	00:42:32.30	00:42:37.50	+00:06:53 (16.2%)	4:15	14.1 (83.9%)
35	MŁYNARCZYK Zbyszek	180		M-30	12	00:00:04	00:00:17	00:13:46	00:27:58	00:42:38.75	00:42:43.65	+00:07:00 (16.4%)	4:15	14.1 (83.9%)
36	NAGÓREK Krzysztof	185	TUPOT USTKA	M-60	2	00:00:05	00:00:16	00:13:47	00:28:11	00:42:47.45	00:42:52.50	+00:07:08 (16.7%)	4:16	14 (83.3%)
37	SIEMIĄTKOWSKI Robert	234	DROGERIE JASMIN DARŁOWO	M-30	13	00:00:07	00:00:19	00:14:07	00:28:43	00:42:58.05	00:43:05.65	+00:07:19 (17.0%)	4:17	14 (83.3%)
38	PŁAZA Ryszard	212	DARŁOWO	M-40	13	00:00:13	00:00:23	00:13:59	00:28:18	00:42:59.00	00:43:12.00	+00:07:20 (17.1%)	4:17	14 (83.3%)
39	SZAMREJ Wojciech	256		M-50	2	00:00:07	00:00:16	00:13:46	00:28:38	00:43:15.35	00:43:22.70	+00:07:36 (17.6%)	4:19	13.9 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km					
40	KAMELSKI Piotr	98	SŁAWNO	M-40	14	00:00:04	00:00:17	00:14:03	00:28:46	00:43:22.10	00:43:26.75	+00:07:43 (17.8%)	4:20	13.8 (82.1%)
41	GŁOMBIOWSKA Zuzanna	46	BIGYELLOWFOOT ADVENTURE TEAM	K-18	1	00:00:02	00:00:16	00:13:53	00:28:35	00:43:23.10	00:43:26.05	+00:07:44 (17.8%)	4:20	13.8 (82.1%)
42	KORAB Szymon	118	KORZYBSKIE REKINY	M-30	14	00:00:19	00:00:22	00:14:40	00:29:34	00:43:26.35	00:43:46.30	+00:07:47 (17.9%)	4:20	13.8 (82.1%)
43	MAZUR Emiliusz	168	ŻYJ Z ENERGIAŁ	M-40	15	00:00:05	00:00:18	00:14:04	00:28:21	00:43:29.10	00:43:34.50	+00:07:50 (18.0%)	4:20	13.8 (82.1%)
44	CZAJA Andrzej	22	UKS EKONOMIK MARATOŃCZYK LĘBORK	M-50	3	00:00:05	00:00:18	00:14:02	00:28:41	00:43:32.95	00:43:38.10	+00:07:54 (18.2%)	4:21	13.8 (82.1%)
45	MERDA Piotr	171	MTS HAMER MIASTKO	M-30	15	00:00:05	00:00:17	00:14:12	00:28:55	00:43:34.75	00:43:40.25	+00:07:56 (18.2%)	4:21	13.8 (82.1%)
46	SZCZĘSNY Piotr	258	LKB IM.BRACI PETK	M-40	16	00:00:04	00:00:18	00:14:40	00:29:12	00:43:40.60	00:43:45.45	+00:08:02 (18.4%)	4:22	13.7 (81.5%)
47	KOWAL Zbigniew	125	STOPA SŁUPSK	M-40	17	00:00:15	00:00:23	00:14:51	00:29:25	00:43:42.90	00:43:58.50	+00:08:04 (18.5%)	4:22	13.7 (81.5%)
48	OLESEK Jerzy	194	GRZESŁAW USTKA IGMAR TEAM	M-40	18	00:00:05	00:00:17	00:14:17	00:28:59	00:43:43.55	00:43:48.70	+00:08:05 (18.5%)	4:22	13.7 (81.5%)
49	NOWACZYK Christian	189		M-18	6	00:00:06	00:00:20	00:14:23	00:29:11	00:43:49.00	00:43:55.90	+00:08:10 (18.7%)	4:22	13.7 (81.5%)
50	RODZIŃSKI Damian	219	STOPA SŁUPSK	M-30	16	00:00:04	00:00:17	00:14:35	00:29:22	00:43:49.20	00:43:54.10	+00:08:10 (18.7%)	4:23	13.7 (81.5%)
51	JANKIEWICZ Tomasz	79	MTS HAMER MIASTKO	M-40	19	00:00:06	00:00:17	00:14:20	00:29:16	00:43:51.90	00:43:58.65	+00:08:13 (18.7%)	4:23	13.7 (81.5%)
52	MAJCHRZAK Łukasz	160	CPSP USTKA	M-18	7	00:00:06	00:00:19	00:14:43	00:29:21	00:43:57.65	00:44:04.40	+00:08:19 (18.9%)	4:23	13.6 (81.0%)
53	JAŃCZYK Krzysztof	83		M-30	17	00:00:17	00:00:26	00:14:59	00:29:51	00:43:58.00	00:44:15.70	+00:08:19 (18.9%)	4:23	13.6 (81.0%)
54	MERDA Katarzyna	170	MTS HAMER MIASTKO	K-30	5	00:00:06	00:00:17	00:14:28	00:29:15	00:44:00.10	00:44:06.10	+00:08:21 (19.0%)	4:24	13.6 (81.0%)
55	SKOPP Sebastian	237		M-18	8	00:00:07	00:00:20	00:14:52	00:29:37	00:44:00.25	00:44:08.10	+00:08:21 (19.0%)	4:24	13.6 (81.0%)
56	PENDRAK Kamil	205		M-18	9	00:00:11	00:00:20	00:15:02	00:29:41	00:44:03.55	00:44:14.80	+00:08:25 (19.1%)	4:24	13.6 (81.0%)
57	RYGIELSKI Arkadiusz	231	MKS 'ŚWIĘC' SŁAWNO	M-18	10	00:00:04	00:00:14	00:13:49	00:29:01	00:44:04.40	00:44:08.65	+00:08:25 (19.1%)	4:24	13.6 (81.0%)
58	STĘPNIEWSKI Marcin	246	MARKOS RUNNING TEAM	M-40	20	00:00:12	00:00:23	00:14:29	00:29:10	00:44:07.35	00:44:19.90	+00:08:28 (19.2%)	4:24	13.6 (81.0%)
59	JAROSZ Dariusz	87	TKKF KOSZALIN	M-40	21	00:00:08	00:00:19	00:14:53	00:29:35	00:44:14.25	00:44:22.45	+00:08:35 (19.4%)	4:25	13.6 (81.0%)
60	JAKUBOWSKI Krystian	78	CAPTAIN AMERICA VS THE FLASH	M-30	18	00:00:18	00:00:23	00:14:37	00:29:11	00:44:18.65	00:44:37.20	+00:08:40 (19.6%)	4:25	13.5 (80.4%)
61	RUTKOWSKI Ryszard	228	RUTKOWSKI TEAM	M-50	4	00:00:06	00:00:17	00:13:48	00:29:01	00:44:24.50	00:44:31.00	+00:08:45 (19.7%)	4:26	13.5 (80.4%)
62	GORCZYŃSKI Sebastian	53	W.P.K. SŁOŃ TEAM USTKA	M-30	19	00:00:07	00:00:20	00:14:46	00:29:52	00:44:45.10	00:44:52.65	+00:09:06 (20.4%)	4:28	13.4 (79.8%)
63	JANKOWSKI Sławomir	82	ŚWIAT PŁYTEK U KRYSPIŃA	M-18	11	00:00:13	00:00:22	00:15:01	00:29:58	00:44:47.80	00:45:01.45	+00:09:09 (20.4%)	4:28	13.4 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
64	BRESZKA Tomek	11	CAPTAIN AMERICA VS THE FLASH	M-30	20	00:00:05	00:00:17	00:14:32	00:29:46	00:44:49.95	00:44:55.35	+00:09:11 (20.5%)	4:29	13.4 (79.8%)
65	SZABLA Ewelina	255		K-30	6	00:00:09	00:00:19	00:14:43	00:29:47	00:45:01.05	00:45:10.10	+00:09:22 (20.8%)	4:30	13.3 (79.2%)
66	GAWRYŚ Marcin	44	MAMY TO !	M-30	21	00:00:13	00:00:23	00:15:02	00:30:03	00:45:07.20	00:45:20.55	+00:09:28 (21.0%)	4:30	13.3 (79.2%)
67	ŁAKOMSKI Wojciech	156		M-30	22	00:00:08	00:00:20	00:14:33	00:29:44	00:45:08.45	00:45:16.65	+00:09:29 (21.0%)	4:30	13.3 (79.2%)
68	KUKIEŁA Tomasz	140		M-30	23	00:00:14	00:00:24	00:15:40	00:30:32	00:45:12.95	00:45:27.55	+00:09:34 (21.2%)	4:31	13.3 (79.2%)
69	JANKOWSKI Grzegorz	81	ŚWIAT PŁYTEK U KRYSPIŃA	M-40	22	00:00:12	00:00:21	00:15:14	00:30:09	00:45:14.60	00:45:27.05	+00:09:36 (21.2%)	4:31	13.3 (79.2%)
70	WALTER Przemysław	277	KB 10 BIAŁOGARD	M-40	23	00:00:06	00:00:21	00:14:34	00:29:43	00:45:14.80	00:45:20.80	+00:09:36 (21.2%)	4:31	13.3 (79.2%)
71	KASPERSKI Dariusz	102		M-40	24	00:00:06	00:00:17	00:14:25	00:29:26	00:45:19.30	00:45:25.40	+00:09:40 (21.4%)	4:31	13.2 (78.6%)
72	IWANIEC Dariusz	75	TKKF KOSZALIN	M-40	25	00:00:08	00:00:20	00:14:51	00:30:09	00:45:29.15	00:45:37.90	+00:09:50 (21.6%)	4:32	13.2 (78.6%)
73	TESKA Bartosz	270	TKKF KOSZALIN	M-40	26	00:00:11	00:00:23	00:15:30	00:30:58	00:45:53.65	00:46:05.60	+00:10:15 (22.3%)	4:35	13.1 (78.0%)
74	WIERZBICKI Sylwester	288		M-30	24	00:00:16	00:00:23	00:15:18	00:30:45	00:45:55.80	00:46:12.10	+00:10:17 (22.4%)	4:35	13.1 (78.0%)
75	PIETRZAK Kamil	207	ACTIVE MALBORK	M-30	25	00:00:09	00:00:19	00:15:22	00:31:09	00:45:56.65	00:46:05.70	+00:10:18 (22.4%)	4:35	13.1 (78.0%)
76	JĘDRASZCZYK Marek	89		M-40	27	00:00:10	00:00:19	00:15:00	00:30:32	00:46:04.50	00:46:14.85	+00:10:25 (22.6%)	4:36	13 (77.4%)
77	STOJEWSKI Jarosław	248	JA_BEZ_SILNA	M-30	26	00:00:12	00:00:19	00:14:56	00:30:29	00:46:11.85	00:46:23.85	+00:10:33 (22.8%)	4:37	13 (77.4%)
78	KURCZYK Zbigniew	143	MKS 'ŚWIĘC' SŁAWNO	M-40	28	00:00:07	00:00:22	00:15:22	00:30:45	00:46:12.90	00:46:20.45	+00:10:34 (22.9%)	4:37	13 (77.4%)
79	WILKOWSKI Krzysztof	293		M-30	27	00:00:09	00:00:19	00:14:47	00:30:26	00:46:13.80	00:46:23.00	+00:10:35 (22.9%)	4:37	13 (77.4%)
80	ZIOMKO Rafał	327		M-40	29	00:00:24	00:00:25	00:15:57	00:31:17	00:46:15.45	00:46:39.95	+00:10:36 (22.9%)	4:37	13 (77.4%)
81	GOŁUŃSKA Renata	51		K-30	7	00:00:18	00:00:27	00:15:34	00:30:45	00:46:15.95	00:46:34.25	+00:10:37 (23.0%)	4:37	13 (77.4%)
82	WÓJCICKI Grzegorz	301	1983.	M-30	28	00:00:09	00:00:21	00:15:02	00:30:32	00:46:17.45	00:46:27.15	+00:10:38 (23.0%)	4:37	13 (77.4%)
83	STRZELECKI Zbigniew	250	KORZYBSKIE REKINY	M-60	3	00:00:17	00:00:25	00:15:27	00:30:53	00:46:18.80	00:46:36.55	+00:10:40 (23.0%)	4:37	13 (77.4%)
84	SULL Kacper	253		M-18	12	00:00:11	00:00:21	00:15:03	00:30:47	00:46:19.10	00:46:30.90	+00:10:40 (23.0%)	4:37	13 (77.4%)
85	KAŃDUŁA Mariusz	100	WŁ SŁUPSK	M-40	30	00:00:10	00:00:20	00:15:18	00:30:54	00:46:21.55	00:46:31.65	+00:10:43 (23.1%)	4:38	12.9 (76.8%)
86	LUPKE Marcin	152	STUDIO13DARLOWO	M-18	13	00:00:08	00:00:20	00:14:53	00:30:43	00:46:23.05	00:46:31.35	+00:10:44 (23.2%)	4:38	12.9 (76.8%)
87	RÓG Bartosz	224	MKS 'ŚWIĘC' SŁAWNO	M-30	29	00:00:10	00:00:20	00:14:29	00:30:25	00:46:37.65	00:46:47.90	+00:10:59 (23.6%)	4:39	12.9 (76.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km					
88	WILIŃSKI Marek	292	K.B. SPRINT ŚWIDWIN	M-50	5	00:00:06	00:00:21	00:15:32	00:31:14	00:46:39.95	00:46:46.85	+00:11:01 (23.6%)	4:40	12.9 (76.8%)
89	TELESIEWICZ Henryk	269	MKS 'ŚWIĘC' SŁAWNO	M-70+	1	00:00:03	00:00:17	00:15:12	00:31:00	00:46:51.10	00:46:55.00	+00:11:12 (23.9%)	4:41	12.8 (76.2%)
90	KRAWCZUK Szymon	131	GEPARD GLEŻNOWO	M-30	30	00:00:22	00:00:26	00:16:30	00:32:08	00:46:56.40	00:47:18.50	+00:11:17 (24.1%)	4:41	12.8 (76.2%)
91	JAŚNIEWSKI Mariusz	88	NIEZRZESZONY	M-40	31	00:00:15	00:00:22	00:15:11	00:30:57	00:47:00.40	00:47:15.90	+00:11:21 (24.2%)	4:42	12.8 (76.2%)
92	MAJCHRZAK Dariusz	161	CPSP USTKA	M-50	6	00:00:06	00:00:19	00:14:48	00:30:38	00:47:13.65	00:47:20.05	+00:11:35 (24.5%)	4:43	12.7 (75.6%)
93	STORCZYK-RAK Agnieszka	249		K-30	8	00:00:10	00:00:19	00:14:48	00:30:41	00:47:14.50	00:47:24.75	+00:11:35 (24.6%)	4:43	12.7 (75.6%)
94	ROSIAK Damian	223		M-18	14	00:00:03	00:00:16	00:13:50	00:30:07	00:47:15.95	00:47:19.85	+00:11:37 (24.6%)	4:43	12.7 (75.6%)
95	PROTASEWICZ Andrzej	214		M-40	32	00:00:07	00:00:19	00:15:39	00:31:30	00:47:16.85	00:47:23.85	+00:11:38 (24.6%)	4:43	12.7 (75.6%)
96	DOMASZK Zbigniew	29		M-40	33	00:00:13	00:00:22	00:15:29	00:31:27	00:47:18.50	00:47:31.60	+00:11:39 (24.7%)	4:43	12.7 (75.6%)
97	SZYMAŃSKI Tomasz	264		M-40	34	00:00:12	00:00:23	00:15:15	00:30:56	00:47:20.20	00:47:32.30	+00:11:41 (24.7%)	4:44	12.7 (75.6%)
98	SIWEK Jarek	235	RAZ SZCZECIN	M-40	35	00:00:07	00:00:21	00:15:26	00:31:47	00:47:21.15	00:47:29.00	+00:11:42 (24.7%)	4:44	12.7 (75.6%)
99	DOMITRZ Katarzyna	30	ŻYJ Z ENERGIA	K-30	9	00:00:07	00:00:21	00:15:26	00:31:48	00:47:21.85	00:47:29.05	+00:11:43 (24.7%)	4:44	12.7 (75.6%)
100	ŁABEJSZA Łukasz	153	WOJOWNICY WÓDY	M-30	31	00:00:19	00:00:25	00:15:43	00:31:36	00:47:26.30	00:47:45.65	+00:11:47 (24.9%)	4:44	12.6 (75.0%)
101	METERA Piotr	172	RUNNERSWALDE DARŁOWO	M-30	32	00:00:16	00:00:23	00:15:20	00:31:19	00:47:27.85	00:47:44.15	+00:11:49 (24.9%)	4:44	12.6 (75.0%)
102	KONIECZNA Anka	113	ROZBIEGANY KOSZALIN	K-40	1	00:00:12	00:00:23	00:14:50	00:30:48	00:47:29.20	00:47:41.45	+00:11:50 (24.9%)	4:44	12.6 (75.0%)
103	BIERNAT Marcin	318		M-18	15	00:00:07	00:00:21	00:14:27	00:30:56	00:47:30.50	00:47:38.45	+00:11:51 (25.0%)	4:45	12.6 (75.0%)
104	DUDZIAK Piotr	31	KOSZALIN	M-40	36	00:00:09	00:00:20	00:15:07	00:31:34	00:47:30.85	00:47:40.05	+00:11:52 (25.0%)	4:45	12.6 (75.0%)
105	TOMCZAK Dominik	273	CSMW	M-40	37	00:00:06	00:00:18	00:15:07	00:31:11	00:47:38.15	00:47:44.75	+00:11:59 (25.2%)	4:45	12.6 (75.0%)
106	ZARZYCKI Dariusz	305		M-30	33	00:00:08	00:00:19	00:15:31	00:31:39	00:47:43.25	00:47:51.50	+00:12:04 (25.3%)	4:46	12.6 (75.0%)
107	ŚWIETLIK Tomasz	267		M-50	7	00:00:22	00:00:26	00:15:39	00:31:36	00:47:46.85	00:48:09.40	+00:12:08 (25.4%)	4:46	12.6 (75.0%)
108	MICERSKI Tomasz	173	TKKF KOSZALIN	M-40	38	00:00:07	00:00:22	00:15:44	00:31:38	00:47:54.00	00:48:01.85	+00:12:15 (25.6%)	4:47	12.5 (74.4%)
109	PIĘTKO Joanna	208		K-40	2	00:00:12	00:00:24	00:15:46	00:31:45	00:47:56.70	00:48:09.30	+00:12:18 (25.7%)	4:47	12.5 (74.4%)
110	SPALIK Michał	243	MTS HAMER MIASTKO	M-18	16	00:00:09	00:00:20	00:15:21	00:31:26	00:47:56.80	00:48:06.50	+00:12:18 (25.7%)	4:47	12.5 (74.4%)
111	DWULIT Dominik	33	KORZYBSKIE REKINY	M-18	17	00:00:15	00:00:23	00:15:29	00:31:59	00:48:00.00	00:48:15.20	+00:12:21 (25.7%)	4:48	12.5 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km					
112	KUŁAKOWSKI Dawid	141	TKKF KOSZALIN	M-40	39	00:00:08	00:00:19	00:15:03	00:31:41	00:48:02.45	00:48:11.20	+00:12:23 (25.8%)	4:48	12.5 (74.4%)
113	MISZCZYK Jan	178	ROZBIEGANY KOSZALIN	M-18	18	00:00:24	00:00:23	00:15:12	00:31:33	00:48:03.45	00:48:28.25	+00:12:24 (25.8%)	4:48	12.5 (74.4%)
114	JĘDRASZKO Magda	90	MTS HAMER MIASTKO	K-30	10	00:00:07	00:00:21	00:15:47	00:32:06	00:48:06.30	00:48:14.15	+00:12:27 (25.9%)	4:48	12.5 (74.4%)
115	WITKOWSKI Krzysztof	298	MKS 'ŚWIĘC' SŁAWNO	M-50	8	00:00:18	00:00:22	00:15:29	00:31:42	00:48:12.55	00:48:30.60	+00:12:34 (26.1%)	4:49	12.4 (73.8%)
116	SPALIK Mariusz	242	MTS HAMER MIASTKO	M-40	40	00:00:10	00:00:19	00:15:26	00:31:46	00:48:20.00	00:48:30.10	+00:12:41 (26.3%)	4:50	12.4 (73.8%)
117	WIELGAT Łukasz	286	KB BRYZA POSTOMINO	M-30	34	00:00:13	00:00:24	00:15:27	00:31:42	00:48:23.65	00:48:37.45	+00:12:45 (26.3%)	4:50	12.4 (73.8%)
118	KOZŁOWSKI Adrian	129	MKS 'ŚWIĘC' SŁAWNO	M-18	19	00:00:04	00:00:16	00:14:23	00:31:04	00:48:25.75	00:48:30.40	+00:12:47 (26.4%)	4:50	12.4 (73.8%)
119	KOTARA-PAŁKA Małgorzata	123		K-30	11	00:00:13	00:00:24	00:15:48	00:32:17	00:48:26.45	00:48:40.40	+00:12:47 (26.4%)	4:50	12.4 (73.8%)
120	GAWEŁ Zbigniew	42	SŁUPSK	M-60	4	00:00:14	00:00:22	00:15:42	00:32:00	00:48:32.90	00:48:47.75	+00:12:54 (26.6%)	4:51	12.4 (73.8%)
121	RUTKOWSKI Artur	229	RUTKOWSKI TEAM	M-18	20	00:00:07	00:00:19	00:14:59	00:31:31	00:48:34.90	00:48:42.10	+00:12:56 (26.6%)	4:51	12.3 (73.2%)
122	GOŁUŃSKI Dawid	52		M-30	35	00:00:18	00:00:27	00:16:04	00:32:20	00:48:40.10	00:48:58.95	+00:13:01 (26.8%)	4:52	12.3 (73.2%)
123	WALIŃSKA Agnieszka	276	BBL SŁUPSK	K-40	3	00:00:09	00:00:22	00:16:14	00:32:26	00:48:53.20	00:49:03.00	+00:13:14 (27.1%)	4:53	12.3 (73.2%)
124	WYGANOWSKI Andrzej	303	KB WYGAN	M-70+	2	00:00:08	00:00:21	00:16:14	00:32:33	00:49:12.35	00:49:21.25	+00:13:33 (27.6%)	4:55	12.2 (72.6%)
125	SKOWYRSKI Janusz	238	TKKF KOSZALIN	M-50	9	00:00:08	00:00:20	00:15:33	00:32:30	00:49:13.70	00:49:22.60	+00:13:35 (27.6%)	4:55	12.2 (72.6%)
126	GAJEK Artur	39	KORZYBSKIE REKINY	M-40	41	00:00:18	00:00:26	00:16:21	00:32:47	00:49:29.15	00:49:47.70	+00:13:50 (28.0%)	4:56	12.1 (72.0%)
127	OSIŃSKA Anna	197	ACTIVE MALBORK	K-18	2	00:00:09	00:00:21	00:16:12	00:32:35	00:49:29.45	00:49:38.85	+00:13:50 (28.0%)	4:56	12.1 (72.0%)
128	RASZPLA Radosław	216	BBL	M-40	42	00:00:09	00:00:21	00:15:36	00:32:26	00:49:41.35	00:49:50.85	+00:14:02 (28.3%)	4:58	12.1 (72.0%)
129	BURKIET Marek	17	JW 1223	M-40	43	00:00:10	00:00:20	00:15:23	00:32:04	00:49:44.20	00:49:54.80	+00:14:05 (28.3%)	4:58	12.1 (72.0%)
130	KANIOWSKI Jacek	99	W.P.K. SŁOŃ TEAM USTKA	M-40	44	00:00:16	00:00:27	00:16:24	00:33:25	00:49:50.70	00:50:07.10	+00:14:12 (28.5%)	4:59	12 (71.4%)
131	ZDROWIECKI Artur	309		M-30	36	00:00:12	00:00:22	00:15:39	00:32:19	00:49:57.15	00:50:09.15	+00:14:18 (28.6%)	4:59	12 (71.4%)
132	GAFFKE Krzysztof	38	W.P.K. SŁOŃ TEAM USTKA	M-30	37	00:00:17	00:00:25	00:16:01	00:32:39	00:50:02.20	00:50:19.85	+00:14:23 (28.8%)	5:00	12 (71.4%)
133	HARBUTIAK Monika	66	ŻYJ Z ENERGIA	K-18	3	00:00:06	00:00:17	00:16:29	00:33:44	00:50:05.10	00:50:11.40	+00:14:26 (28.8%)	5:00	12 (71.4%)
134	GARSKA Joanna	40	ŚWIAT PŁYTEK U KRYSPIŃ	K-40	4	00:00:13	00:00:25	00:15:56	00:32:37	00:50:05.30	00:50:18.85	+00:14:26 (28.8%)	5:00	12 (71.4%)
135	WICENS Jacek	283	BOLESZEWO	M-30	38	00:00:13	00:00:24	00:16:53	00:33:46	00:50:06.10	00:50:19.65	+00:14:27 (28.9%)	5:00	12 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
136	TOMCZYK Mateusz	274		M-18	21	00:00:21	00:00:25	00:16:08	00:33:11	00:50:07.35	00:50:28.75	+00:14:28 (28.9%)	5:00	12 (71.4%)
137	MAZUR Bartosz	64		M-18	22	00:00:08	00:00:20	00:15:43	00:32:19	00:50:12.85	00:50:21.00	+00:14:34 (29.0%)	5:01	11.9 (70.8%)
138	KUBIŃSKI Rafał	139	NIGHT RUNNERS SŁUPSK	M-50	10	00:00:10	00:00:21	00:16:00	00:32:56	00:50:14.00	00:50:24.80	+00:14:35 (29.0%)	5:01	11.9 (70.8%)
139	LASKA Agnieszka	146	MKS 'ŚWIĘC' SŁAWNO	K-40	5	00:00:10	00:00:20	00:16:34	00:33:24	00:50:15.40	00:50:25.75	+00:14:36 (29.1%)	5:01	11.9 (70.8%)
140	KONCEWICZ Aneta	112		K-18	4	00:00:08	00:00:21	00:16:08	00:33:04	00:50:29.30	00:50:37.80	+00:14:50 (29.4%)	5:02	11.9 (70.8%)
141	GRZEGORCZYK Piotr	61		M-30	39	00:00:14	00:00:21	00:14:32	00:34:01	00:50:30.00	00:50:44.00	+00:14:51 (29.4%)	5:03	11.9 (70.8%)
142	HRYHOROWICZ Joanna	45	NIGHT RUNNERS SŁUPSK	K-30	12	00:00:11	00:00:24	00:16:28	00:33:42	00:50:30.15	00:50:42.10	+00:14:51 (29.4%)	5:03	11.9 (70.8%)
143	KRUSZYŃSKI Stanisław	135	RUNNERSWALDE DARŁOWO	M-50	11	00:00:18	00:00:25	00:17:12	00:34:08	00:50:30.40	00:50:48.80	+00:14:51 (29.4%)	5:03	11.9 (70.8%)
144	ANDRZEJCZAK Sławomir	2	GRZESŁAW USTKA	M-40	45	00:00:06	00:00:19	00:15:59	00:32:59	00:50:42.75	00:50:48.80	+00:15:04 (29.7%)	5:04	11.8 (70.2%)
145	ŻYLICZ Paweł	314	STOPA SŁUPSK	M-18	23	00:00:15	00:00:25	00:17:18	00:33:40	00:50:44.55	00:51:00.15	+00:15:06 (29.8%)	5:04	11.8 (70.2%)
146	SZMIGIERO Sebastian	261	W.P.K. SŁOŃ TEAM USTKA	M-40	46	00:00:17	00:00:23	00:16:19	00:33:37	00:50:46.00	00:51:03.15	+00:15:07 (29.8%)	5:04	11.8 (70.2%)
147	BURDA Sebastian	16	W.P.K. SŁOŃ TEAM USTKA	M-30	40	00:00:17	00:00:26	00:16:46	00:33:58	00:50:49.00	00:51:06.70	+00:15:10 (29.9%)	5:04	11.8 (70.2%)
148	SZCZEPANIAK Jacek	257	KORZYBSKIE REKINY	M-50	12	00:00:12	00:00:23	00:15:41	00:33:02	00:50:51.40	00:51:03.90	+00:15:12 (29.9%)	5:05	11.8 (70.2%)
149	MARIAK Adrian	326		M-30	41	00:00:12	00:00:23	00:16:15	00:33:39	00:50:55.05	00:51:07.85	+00:15:16 (30.0%)	5:05	11.8 (70.2%)
150	OLECHNOWICZ Zbigniew	193	TUPOT USTKA	M-60	5	00:00:19	00:00:26	00:16:25	00:33:25	00:51:02.30	00:51:21.85	+00:15:23 (30.2%)	5:06	11.8 (70.2%)
151	WITKOWSKI Dawid	297		M-18	24	00:00:20	00:00:26	00:16:09	00:33:26	00:51:11.75	00:51:32.55	+00:15:33 (30.4%)	5:07	11.7 (69.6%)
152	ROBAK Grzegorz	218		M-30	42	00:00:25	00:00:27	00:16:56	00:33:55	00:51:13.45	00:51:38.80	+00:15:34 (30.4%)	5:07	11.7 (69.6%)
153	WIATRZYK Krzysztof	282	DARŁOWO	M-40	47	00:00:14	00:00:25	00:16:06	00:33:08	00:51:14.30	00:51:28.95	+00:15:35 (30.4%)	5:07	11.7 (69.6%)
153	SKIERKA Grzegorz	236	MKS 'ŚWIĘC' SŁAWNO	M-30	43	00:00:14	00:00:25	00:16:06	00:33:08	00:51:14.30	00:51:29.00	+00:15:35 (30.4%)	5:07	11.7 (69.6%)
155	GREBIENIK Andrzej	59		M-40	48	00:00:23	00:00:27	00:16:40	00:33:52	00:51:15.55	00:51:38.85	+00:15:37 (30.5%)	5:07	11.7 (69.6%)
156	KAZUSEK Jan	104	'BRYZA' POSTOMINO	M-60	6	00:00:15	00:00:24	00:16:56	00:33:55	00:51:22.55	00:51:37.85	+00:15:44 (30.6%)	5:08	11.7 (69.6%)
157	MIZERA Agnieszka	179	BYLEDOBIEC ANIN	K-40	6	00:00:09	00:00:23	00:16:27	00:33:23	00:51:27.10	00:51:36.90	+00:15:48 (30.7%)	5:08	11.7 (69.6%)
158	KONKEL Łukasz	116		M-30	44	00:00:15	00:00:25	00:17:17	00:34:36	00:51:29.40	00:51:45.10	+00:15:50 (30.8%)	5:09	11.7 (69.6%)
159	KOWAL Wiktoria	124	STOPA SŁUPSK	K-18	5	00:00:16	00:00:24	00:17:17	00:34:32	00:51:32.95	00:51:49.05	+00:15:54 (30.9%)	5:09	11.6 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km					
160	KAZIMIERCZAK Leszek	103	CSSP KOSZALIN	M-30	45	00:00:22	00:00:26	00:17:31	00:34:29	00:51:33.35	00:51:56.05	+00:15:54 (30.9%)	5:09	11.6 (69.0%)
161	ŁAKOMSKA Wanda	155		K-60	1	00:00:14	00:00:18	00:16:50	00:34:05	00:51:34.45	00:51:48.45	+00:15:55 (30.9%)	5:09	11.6 (69.0%)
162	MIKINKA Magdalena	177		K-30	13	00:00:11	00:00:21	00:16:53	00:34:16	00:51:36.10	00:51:47.30	+00:15:57 (30.9%)	5:09	11.6 (69.0%)
163	GOSTOMCZYK Krzysztof	54		M-30	46	00:00:03	00:00:17	00:15:42	00:33:04	00:51:36.95	00:51:40.80	+00:15:58 (30.9%)	5:09	11.6 (69.0%)
164	GŁOWACZ Mariusz	47	M&S WIĘCEJ NIŻ OKNA	M-30	47	00:00:17	00:00:23	00:16:54	00:33:53	00:51:37.85	00:51:54.85	+00:15:59 (31.0%)	5:09	11.6 (69.0%)
165	TOMCZAK Mikołaj	272		M-30	48	00:00:13	00:00:23	00:17:00	00:34:29	00:51:42.85	00:51:56.20	+00:16:04 (31.1%)	5:10	11.6 (69.0%)
166	DUDEK Bartłomiej	308	KB BRYZA POSTOMINO	M-40	49	00:00:14	00:00:24	00:16:54	00:34:25	00:51:48.80	00:52:02.95	+00:16:10 (31.2%)	5:10	11.6 (69.0%)
167	GRABOWSKA-LESISZ Aneta	58		K-30	14	00:00:09	00:00:20	00:16:27	00:34:11	00:51:51.05	00:52:00.40	+00:16:12 (31.3%)	5:11	11.6 (69.0%)
168	KAJDZIK Adrian	97	BARKA JAROSŁAWIEC	M-18	25	00:00:04	00:00:16	00:16:12	00:33:54	00:51:53.20	00:51:57.35	+00:16:14 (31.3%)	5:11	11.6 (69.0%)
169	DĄBROWSKA Alicja	27	TKKF KOSZALIN	K-50	1	00:00:13	00:00:24	00:17:25	00:34:38	00:51:54.25	00:52:08.20	+00:16:15 (31.3%)	5:11	11.6 (69.0%)
170	KARAŚ Radosław	329	NIGHT RUNNERS SŁUPSK	M-30	49	00:00:13	00:00:21	00:14:28	00:34:02	00:51:57.00	00:52:10.65	+00:16:18 (31.4%)	5:11	11.5 (68.5%)
171	BIERNAT Krzysztof	317	MKS 'ŚWIĘC' SŁAWNO	M-30	50	00:00:12	00:00:24	00:16:49	00:34:16	00:52:05.35	00:52:17.90	+00:16:26 (31.6%)	5:12	11.5 (68.5%)
172	NOWAK Agnieszka	190		K-30	15	00:00:27	00:00:28	00:17:09	00:34:11	00:52:06.95	00:52:34.50	+00:16:28 (31.6%)	5:12	11.5 (68.5%)
173	ZIELENIEWICZ Weronika	310		K-18	6	00:00:04	00:00:17	00:15:56	00:33:58	00:52:20.95	00:52:25.60	+00:16:42 (31.9%)	5:14	11.5 (68.5%)
174	WITENBERG Zbigniew	294		M-30	51	00:00:13	00:00:25	00:17:23	00:34:51	00:52:21.35	00:52:34.70	+00:16:42 (31.9%)	5:14	11.5 (68.5%)
175	DWULIT Jakub	34	KORZYBSKIE REKINY	M-18	26	00:00:17	00:00:24	00:16:42	00:34:26	00:52:25.95	00:52:43.15	+00:16:47 (32.0%)	5:14	11.4 (67.9%)
176	JĘDRUSZCZAK Izabela	91		K-30	16	00:00:19	00:00:25	00:17:16	00:34:44	00:52:26.15	00:52:45.30	+00:16:47 (32.0%)	5:14	11.4 (67.9%)
177	ANTOSIK Grażyna	3	KS OLSZEWSKI I SYNOWIE	K-30	17	00:00:12	00:00:23	00:16:42	00:34:29	00:52:26.65	00:52:38.75	+00:16:48 (32.0%)	5:14	11.4 (67.9%)
178	FELSKI Łukasz	36	LEGIA WARSZAWA	M-30	52	00:00:25	00:00:26	00:17:33	00:35:07	00:52:29.20	00:52:54.80	+00:16:50 (32.1%)	5:14	11.4 (67.9%)
179	LIGOCKA Aneta	149		K-40	7	00:00:20	00:00:25	00:17:39	00:35:08	00:52:42.80	00:53:03.20	+00:17:04 (32.4%)	5:16	11.4 (67.9%)
180	MEGIER Wojtek	169		M-50	13	00:00:10	00:00:23	00:17:20	00:35:16	00:52:43.00	00:52:53.90	+00:17:04 (32.4%)	5:16	11.4 (67.9%)
181	GŁUCH Katarzyna	48	BIEGNIJMY.PL	K-30	18	00:00:10	00:00:23	00:17:20	00:35:16	00:52:43.30	00:52:54.00	+00:17:04 (32.4%)	5:16	11.4 (67.9%)
182	NOREK Ryszard	188		M-60	7	00:00:04	00:00:18	00:16:58	00:34:43	00:52:44.30	00:52:48.80	+00:17:05 (32.4%)	5:16	11.4 (67.9%)
183	GRABOWICZ Jerzy	57	TUPOT USTKA	M-70+	3	00:00:13	00:00:24	00:17:15	00:34:46	00:52:48.40	00:53:01.90	+00:17:09 (32.5%)	5:16	11.4 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km					
184	JABŁOŃSKI Tomasz	76	AR SPOKO SŁAWNO	M-30	53	00:00:04	00:00:16	00:16:04	00:34:24	00:52:48.50	00:52:53.25	+00:17:09 (32.5%)	5:16	11.4 (67.9%)
185	MACHŁAJ Sonia	158		K-18	7	00:00:13	00:00:23	00:16:30	00:34:48	00:52:53.20	00:53:06.60	+00:17:14 (32.6%)	5:17	11.3 (67.3%)
186	KOŚLA Sara	122	ZSP1 SŁUPSK	K-18	8	00:00:02	00:00:17	00:16:35	00:35:44	00:52:54.70	00:52:57.50	+00:17:16 (32.6%)	5:17	11.3 (67.3%)
187	ROMAN Sylwia	222	MKS 'ŚWIĘC' SŁAWNO	K-40	8	00:00:14	00:00:22	00:16:46	00:34:57	00:52:58.00	00:53:12.10	+00:17:19 (32.7%)	5:17	11.3 (67.3%)
188	ZAWADA Andrzej	306	WYBRZEŻE OBJAZDA	M-50	14	00:00:12	00:00:22	00:16:24	00:35:35	00:52:58.60	00:53:10.85	+00:17:20 (32.7%)	5:17	11.3 (67.3%)
189	TOPOLIŃSKI Ireneusz	323	KB BRYZA POSTOMINO	M-30	54	00:00:11	00:00:24	00:17:09	00:34:59	00:53:00.80	00:53:12.60	+00:17:22 (32.8%)	5:18	11.3 (67.3%)
190	WOLAŃSKI Mariusz	299		M-50	15	00:00:09	00:00:21	00:16:57	00:34:57	00:53:04.10	00:53:13.50	+00:17:25 (32.8%)	5:18	11.3 (67.3%)
191	KOWALCZYK Piotr	126		M-30	55	00:00:11	00:00:23	00:16:59	00:35:03	00:53:12.45	00:53:23.95	+00:17:33 (33.0%)	5:19	11.3 (67.3%)
192	BUKOWSKI Bartosz	14		M-30	56	00:00:17	00:00:28	00:18:02	00:35:47	00:53:12.50	00:53:29.60	+00:17:33 (33.0%)	5:19	11.3 (67.3%)
193	KĘPKA Mirosław	105	K.B. SPRINT ŚWIDWIN	M-40	50	00:00:06	00:00:21	00:17:15	00:35:20	00:53:24.30	00:53:30.90	+00:17:45 (33.3%)	5:20	11.2 (66.7%)
194	DEREŃ Grzegorz	331	K.B. SPRINT ŚWIDWIN	M-40	51	00:00:06	00:00:21	00:17:14	00:35:19	00:53:24.70	00:53:30.70	+00:17:46 (33.3%)	5:20	11.2 (66.7%)
195	ROGAŁSKI Roberto	220	TKKF KOSZALIN	M-30	57	00:00:23	00:00:25	00:17:15	00:35:32	00:53:29.40	00:53:53.15	+00:17:50 (33.4%)	5:21	11.2 (66.7%)
196	LAMPKOWSKI Krzysztof	145		M-50	16	00:00:08	00:00:22	00:16:14	00:34:47	00:53:34.20	00:53:42.85	+00:17:55 (33.5%)	5:21	11.2 (66.7%)
197	KOŁODZIEJCZYK Danuta	278	PRORUNNING PROMOTION	K-50	2	00:00:19	00:00:25	00:17:28	00:35:24	00:53:35.60	00:53:54.75	+00:17:57 (33.5%)	5:21	11.2 (66.7%)
198	MICHAŁAK Wojciech	174	MKS 'ŚWIĘC' SŁAWNO	M-40	52	00:00:03	00:00:11	00:17:16	00:35:36	00:53:42.90	00:53:46.15	+00:18:04 (33.6%)	5:22	11.2 (66.7%)
199	MALESZA-HOUSIN Joanna	163	ROZBIEGANY KOSZALIN	K-40	9	00:00:14	00:00:29	00:17:28	00:35:15	00:53:49.10	00:54:03.55	+00:18:10 (33.8%)	5:22	11.1 (66.1%)
200	LEMAŃSKA Katarzyna	148		K-18	9	00:00:17	00:00:26	00:17:41	00:35:58	00:53:53.50	00:54:11.00	+00:18:14 (33.9%)	5:23	11.1 (66.1%)
201	BOGACKA Lucyna	7	TKKF KOSZALIN	K-50	3	00:00:13	00:00:24	00:17:27	00:35:11	00:53:55.95	00:54:09.10	+00:18:17 (33.9%)	5:23	11.1 (66.1%)
202	KACZMAREK Łukasz	95	WOJOWNICY WÓDY	M-30	58	00:00:23	00:00:23	00:17:26	00:35:49	00:53:59.65	00:54:23.10	+00:18:21 (34.0%)	5:24	11.1 (66.1%)
203	GOSTOMCZYK Marek	55	MKS 'ŚWIĘC' SŁAWNO	M-40	53	00:00:05	00:00:18	00:16:16	00:34:57	00:54:09.40	00:54:15.30	+00:18:30 (34.2%)	5:25	11.1 (66.1%)
204	KONKEL Joanna	114	MKS 'ŚWIĘC' SŁAWNO	K-50	4	00:00:15	00:00:24	00:17:36	00:35:33	00:54:11.70	00:54:27.20	+00:18:33 (34.2%)	5:25	11.1 (66.1%)
205	CYWIŃSKA Agnieszka	21		K-18	10	00:00:14	00:00:24	00:17:16	00:35:31	00:54:13.05	00:54:27.70	+00:18:34 (34.3%)	5:25	11.1 (66.1%)
206	MAZIEC Magdalena	167		K-30	19	00:00:15	00:00:26	00:17:56	00:36:14	00:54:13.75	00:54:29.25	+00:18:35 (34.3%)	5:25	11.1 (66.1%)
207	MAZIEC Beata	166		K-30	20	00:00:15	00:00:26	00:17:57	00:36:15	00:54:14.15	00:54:29.30	+00:18:35 (34.3%)	5:25	11.1 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
208	STANIASZEK Bogusław	328	TUPOT USTKA	M-60	8	00:00:14	00:00:30	00:18:30	00:38:29	00:54:33.40	00:54:47.95	+00:18:54 (34.7%)	5:27	11 (65.5%)
209	MICHNO Joanna	175		K-30	21	00:00:10	00:00:24	00:17:41	00:35:59	00:54:34.50	00:54:45.45	+00:18:55 (34.7%)	5:27	11 (65.5%)
210	NAZARKO Małgorzata	187	BBL SŁUPSK	K-40	10	00:00:11	00:00:25	00:18:37	00:36:52	00:54:38.95	00:54:50.15	+00:19:00 (34.8%)	5:27	11 (65.5%)
211	HOLAK Kamila	72	BBL SŁUPSK	K-30	22	00:00:11	00:00:25	00:18:37	00:36:52	00:54:39.00	00:54:50.10	+00:19:00 (34.8%)	5:27	11 (65.5%)
212	BRUSZEWSKA-GŁOMBIOWSKA Monika	12		K-40	11	00:00:10	00:00:23	00:17:43	00:36:25	00:54:39.70	00:54:50.65	+00:19:01 (34.8%)	5:28	11 (65.5%)
213	KUBIŃSKA Beata	138	NIGHT RUNNERS SŁUPSK	K-50	5	00:00:11	00:00:23	00:17:16	00:35:35	00:54:43.70	00:54:55.50	+00:19:05 (34.9%)	5:28	11 (65.5%)
214	MRUGALSKI Stanisław	184		M-50	17	00:00:27	00:00:26	00:18:28	00:36:38	00:54:50.65	00:55:18.25	+00:19:12 (35.0%)	5:29	10.9 (64.9%)
215	JURA Kazimierz	92	MTS HAMER MIASTKO	M-60	9	00:00:16	00:00:24	00:17:49	00:36:35	00:55:00.10	00:55:16.30	+00:19:21 (35.2%)	5:30	10.9 (64.9%)
216	STOJEWSKA Katarzyna	247	JA_BEZ_SILNA	K-18	11	00:00:11	00:00:23	00:17:15	00:36:02	00:55:01.55	00:55:12.75	+00:19:23 (35.2%)	5:30	10.9 (64.9%)
217	KRÓLIKOWSKI Andrzej	133		M-50	18	00:00:20	00:00:26	00:18:11	00:36:32	00:55:05.55	00:55:26.15	+00:19:27 (35.3%)	5:30	10.9 (64.9%)
218	BUZE Małgorzata	18	KS OLSZEWSKI I SYNOWIE	K-40	12	00:00:11	00:00:23	00:17:57	00:36:27	00:55:07.00	00:55:18.80	+00:19:28 (35.3%)	5:30	10.9 (64.9%)
219	KACZMAREK Marta	94		K-30	23	00:00:11	00:00:23	00:18:07	00:36:38	00:55:07.30	00:55:18.80	+00:19:28 (35.3%)	5:30	10.9 (64.9%)
220	WEGNER Aneta	279		K-30	24	00:00:15	00:00:25	00:17:48	00:36:24	00:55:07.70	00:55:23.50	+00:19:29 (35.3%)	5:30	10.9 (64.9%)
221	ZYCH Dorota	313		K-40	13	00:00:11	00:00:23	00:18:07	00:36:38	00:55:08.05	00:55:19.05	+00:19:29 (35.4%)	5:30	10.9 (64.9%)
221	JANKIEWICZ Helena	80	MTS HAMER MIASTKO	K-30	25	00:00:07	00:00:23	00:17:48	00:36:50	00:55:08.05	00:55:15.60	+00:19:29 (35.4%)	5:30	10.9 (64.9%)
223	PAKMUR Michał	200		M-30	59	00:00:12	00:00:24	00:17:33	00:36:19	00:55:09.15	00:55:22.00	+00:19:30 (35.4%)	5:31	10.9 (64.9%)
224	PUDŁO Paweł	106	NIGHT RUNNERS SŁUPSK	M-40	54	00:00:17	00:00:25	00:17:06	00:35:10	00:55:19.10	00:55:36.80	+00:19:40 (35.6%)	5:31	10.8 (64.3%)
225	CHRISTYNIUK Piotr	19		M-40	55	00:00:15	00:00:24	00:17:36	00:36:47	00:55:35.35	00:55:50.40	+00:19:56 (35.9%)	5:33	10.8 (64.3%)
226	JARUGA Artur	320		M-30	60	00:00:13	00:00:25	00:18:05	00:36:53	00:55:59.10	00:56:12.15	+00:20:20 (36.3%)	5:35	10.7 (63.7%)
227	HRANKOWSKA Monika	74		K-30	26	00:00:23	00:00:26	00:18:59	00:37:46	00:56:00.55	00:56:23.70	+00:20:22 (36.4%)	5:36	10.7 (63.7%)
228	TWOREK Józef	321	MKS 'ŚWIĘC' SŁAWNO	M-50	19	00:00:14	00:00:26	00:18:04	00:36:46	00:56:19.65	00:56:34.55	+00:20:41 (36.7%)	5:38	10.7 (63.7%)
229	PLATH-KOPERSKA Krystyna	211		K-50	6	00:00:19	00:00:26	00:18:04	00:36:52	00:56:23.00	00:56:42.65	+00:20:44 (36.8%)	5:38	10.6 (63.1%)
230	KOPERSKI Jan	117	MKS 'ŚWIĘC' SŁAWNO	M-50	20	00:00:19	00:00:26	00:18:04	00:36:51	00:56:23.25	00:56:42.70	+00:20:44 (36.8%)	5:38	10.6 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
231	WIDAWSKI Łukasz	284		M-40	56	00:00:22	00:00:26	00:17:58	00:36:50	00:56:31.75	00:56:54.45	+00:20:53 (36.9%)	5:39	10.6 (63.1%)
232	SUCHTA Monika	251		K-30	27	00:00:09	00:00:22	00:18:08	00:37:20	00:57:12.60	00:57:22.40	+00:21:34 (37.7%)	5:43	10.5 (62.5%)
233	BASIAK Krystian	322	JW 1223	M-30	61	00:00:20	00:00:25	00:17:05	00:36:19	00:57:19.10	00:57:39.80	+00:21:40 (37.8%)	5:43	10.5 (62.5%)
234	SULL Aga	252		K-40	14	00:00:11	00:00:25	00:18:50	00:38:21	00:57:19.80	00:57:31.50	+00:21:41 (37.8%)	5:44	10.5 (62.5%)
235	DEMIDOK Mariusz	28	JW 1223	M-40	57	00:00:18	00:00:26	00:17:07	00:36:21	00:57:20.45	00:57:38.90	+00:21:41 (37.8%)	5:44	10.5 (62.5%)
236	KRASIŃSKI Witold	130		M-40	58	00:00:19	00:00:25	00:17:00	00:36:05	00:57:20.80	00:57:39.80	+00:21:42 (37.8%)	5:44	10.5 (62.5%)
237	KACZMAREK Agnieszka	96		K-40	15	00:00:22	00:00:26	00:18:52	00:38:11	00:57:27.50	00:57:49.80	+00:21:48 (38.0%)	5:44	10.4 (61.9%)
238	MARCZAK Andrzej	330		M-50	21	00:00:09	00:00:23	00:18:48	00:38:06	00:57:37.40	00:57:46.75	+00:21:58 (38.1%)	5:45	10.4 (61.9%)
239	CZECH Roman	23	KB GOCH BYTÓW	M-60	10	00:00:23	00:00:26	00:19:07	00:38:29	00:57:46.20	00:58:10.10	+00:22:07 (38.3%)	5:46	10.4 (61.9%)
240	WOŹNIAK Dariusz	300	WWW.LIMO300C.COM	M-40	59	00:00:06	00:00:18	00:18:01	00:37:21	00:57:52.65	00:57:58.65	+00:22:14 (38.4%)	5:47	10.4 (61.9%)
241	SZKATULSKI Tomasz	259	RUNNERSWALDE DARŁOWO	M-18	27	00:00:20	00:00:28	00:18:31	00:38:35	00:57:59.40	00:58:20.20	+00:22:20 (38.5%)	5:48	10.3 (61.3%)
242	RASZPLA Ilona	215	CIOTECZKI.PL	K-40	16	00:00:20	00:00:26	00:19:33	00:39:00	00:58:03.65	00:58:24.05	+00:22:25 (38.6%)	5:48	10.3 (61.3%)
243	BRESZKA Paweł	10	DARŁOWO	M-40	60	00:00:20	00:00:27	00:19:21	00:39:03	00:58:04.15	00:58:24.85	+00:22:25 (38.6%)	5:48	10.3 (61.3%)
244	MIECZKOWSKA Małgorzata	176	ŻYJ Z ENERGIA	K-30	28	00:00:22	00:00:26	00:19:05	00:38:29	00:58:05.40	00:58:27.45	+00:22:26 (38.6%)	5:48	10.3 (61.3%)
245	WIKTOROWICZ Małgorzata	289	CIOTECZKI.PL	K-40	17	00:00:20	00:00:26	00:19:33	00:39:01	00:58:06.90	00:58:27.50	+00:22:28 (38.7%)	5:48	10.3 (61.3%)
246	PACAN Bartosz	199	ŚWIAT PŁYTEK U KRYSPIŃ	M-30	62	00:00:22	00:00:27	00:19:21	00:39:03	00:58:10.85	00:58:33.40	+00:22:32 (38.7%)	5:49	10.3 (61.3%)
247	KLEJDYSZ Beata	109	SŁUPSK	K-40	18	00:00:07	00:00:21	00:18:29	00:38:27	00:58:16.10	00:58:23.80	+00:22:37 (38.8%)	5:49	10.3 (61.3%)
248	BALCERZAK Bogdan	4	ZSM DARŁOWO	M-50	22	00:00:21	00:00:26	00:19:12	00:38:51	00:58:30.70	00:58:51.75	+00:22:52 (39.1%)	5:51	10.3 (61.3%)
249	BARTKOWSKI Ryszard	5		M-60	11	00:00:17	00:00:26	00:17:40	00:38:01	00:58:33.55	00:58:50.65	+00:22:55 (39.1%)	5:51	10.2 (60.7%)
250	KONARSKA Joanna	110		K-18	12	00:00:16	00:00:25	00:19:11	00:39:09	00:58:42.20	00:58:58.70	+00:23:03 (39.3%)	5:52	10.2 (60.7%)
251	KONARSKA Monika	111		K-18	13	00:00:16	00:00:26	00:19:11	00:39:09	00:58:42.60	00:58:59.10	+00:23:04 (39.3%)	5:52	10.2 (60.7%)
252	ŁAKOMSKI Janusz	157		M-60	12	00:00:18	00:00:28	00:19:34	00:39:32	00:58:47.65	00:59:05.95	+00:23:09 (39.4%)	5:52	10.2 (60.7%)
253	KOROLCZUK Karolina	120		K-30	29	00:00:14	00:00:25	00:19:11	00:39:24	00:58:48.40	00:59:02.40	+00:23:09 (39.4%)	5:52	10.2 (60.7%)
254	MODLISZEWSKA-BAJTEK Joanna	181	BANK SPÓŁDZIELCZY W SŁAWNIE	K-30	30	00:00:12	00:00:29	00:19:13	00:39:26	00:58:50.45	00:59:02.45	+00:23:11 (39.4%)	5:53	10.2 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km					
255	GÓRNIAK Stanisław	56		M-50	23	00:00:09	00:00:25	00:19:05	00:38:59	00:58:58.70	00:59:08.40	+00:23:20 (39.6%)	5:53	10.2 (60.7%)
256	ŚWIEBODA Alicja	266		K-30	31	00:00:13	00:00:25	00:19:31	00:39:17	00:58:58.90	00:59:12.85	+00:23:20 (39.6%)	5:53	10.2 (60.7%)
257	MAJ Agnieszka	159		K-30	32	00:00:17	00:00:26	00:19:30	00:39:34	00:59:23.45	00:59:41.40	+00:23:44 (40.0%)	5:56	10.1 (60.1%)
258	MARCZAK Małgorzata	165	AMATOR	K-50	7	00:00:05	00:00:20	00:18:51	00:39:09	00:59:31.05	00:59:36.80	+00:23:52 (40.1%)	5:57	10.1 (60.1%)
259	ORDAK Iwona	195		K-30	33	00:00:21	00:00:27	00:19:20	00:39:03	00:59:38.00	00:59:59.80	+00:23:59 (40.2%)	5:57	10.1 (60.1%)
260	BUKOWSKI Adam	15		M-40	61	00:00:19	00:00:28	00:19:32	00:39:26	00:59:51.30	01:00:10.45	+00:24:12 (40.5%)	5:59	10 (59.5%)
261	TKACZ-KRAŻKO Ewa	271		K-18	14	00:00:17	00:00:25	00:19:21	00:39:28	00:59:53.30	01:00:10.30	+00:24:14 (40.5%)	5:59	10 (59.5%)
262	KUBIAK Paweł	137		M-30	63	00:00:24	00:00:26	00:19:07	00:39:54	01:01:06.70	01:01:31.35	+00:25:28 (41.7%)	6:06	9.8 (58.3%)
263	HELLER Zdzisław	67	NIEZRZESZONY	M-60	13	00:00:21	00:00:26	00:19:01	00:39:32	01:01:19.40	01:01:41.00	+00:25:40 (41.9%)	6:08	9.8 (58.3%)
264	HNATOWSKI Artur	71	SZYBKIE STOPY	M-40	62	00:00:23	00:00:26	00:19:12	00:40:02	01:01:41.05	01:02:04.35	+00:26:02 (42.2%)	6:10	9.7 (57.7%)
265	BONISŁAWSKA Małgorzata	319	ZUZA&ZOSIA	K-30	34	00:00:21	00:00:26	00:19:26	00:40:01	01:01:45.40	01:02:07.30	+00:26:06 (42.3%)	6:10	9.7 (57.7%)
266	KOWALCZYK Justyna	127	W.P.K. SŁOŃ TEAM USTKA	K-30	35	00:00:16	00:00:26	00:19:36	00:40:36	01:02:08.00	01:02:24.70	+00:26:29 (42.6%)	6:12	9.7 (57.7%)
267	WIECZOREK Jacek	285		M-30	64	00:00:23	00:00:27	00:18:52	00:39:45	01:04:12.20	01:04:36.15	+00:28:33 (44.5%)	6:25	9.3 (55.4%)
268	BRZEZIŃSKI Łukasz	13		M-18	28	00:00:19	00:00:27	00:19:42	00:42:07	01:04:29.25	01:04:48.75	+00:28:50 (44.7%)	6:26	9.3 (55.4%)
269	MOTOWIDŁO-ZAWADZKA Izabella	183		K-30	36	00:00:24	00:00:25	00:19:59	00:41:26	01:05:38.80	01:06:03.00	+00:30:00 (45.7%)	6:33	9.1 (54.2%)
270	SŁOMSKI Zenon	240	KORZYBSKIE REKINY	M-70+	4	00:00:20	00:00:28	00:18:53	00:40:18	01:05:42.90	01:06:03.60	+00:30:04 (45.8%)	6:34	9.1 (54.2%)
271	STASZYŃSKA Marianna	8	BTC ORZEŁ	K-60	2	00:00:18	00:00:28	00:21:29	00:43:35	01:05:47.80	01:06:06.65	+00:30:09 (45.8%)	6:34	9.1 (54.2%)
272	WENCLAW-JUSZCZAK Marta	280		K-40	19	00:00:17	00:00:26	00:20:06	00:44:02	01:06:26.25	01:06:44.20	+00:30:47 (46.4%)	6:38	9 (53.6%)
273	SZMIGIERO Agnieszka	260	W.P.K. SŁOŃ TEAM USTKA	K-40	20	00:00:16	00:00:26	00:20:45	00:44:03	01:09:04.15	01:09:20.15	+00:33:25 (48.4%)	6:54	8.7 (51.8%)
274	LASKA Hanna	147		K-18	15	00:00:15	00:00:27	00:20:58	00:44:27	01:09:05.25	01:09:20.40	+00:33:26 (48.4%)	6:54	8.7 (51.8%)
275	KABACIŃSKI Bronisław	93	TUPOT USTKA	M-70+	5	00:00:21	00:00:31	00:23:57	00:48:23	01:13:27.70	01:13:49.60	+00:37:49 (51.5%)	7:20	8.2 (48.8%)
276	KRAWCZUK-KIEŁB Anna	132	ŻYJ Z ENERGIA	K-40	21	00:00:21	00:00:28	00:24:01	00:49:09	01:14:44.00	01:15:05.90	+00:39:05 (52.3%)	7:28	8 (47.6%)
277	JAROCKI Tomasz	85		M-50	24	00:00:25	00:00:27	00:24:18	00:49:27	01:15:00.10	01:15:25.15	+00:39:21 (52.5%)	7:30	8 (47.6%)
277	JAROCKI Jarosław	86		M-18	29	00:00:25	00:00:27	00:24:18	00:49:28	01:15:00.10	01:15:25.45	+00:39:21 (52.5%)	7:30	8 (47.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
279	JAROCKA Małgorzata	84		K-18	16	00:00:25	00:00:27	00:24:18	00:49:27	01:15:00.25	01:15:25.50	+00:39:21 (52.5%)	7:30	8 (47.6%)
280	SOLAK Halina	241	ŚWIAT PŁYTEK U KRYSPINA	K-60	3	00:00:23	00:00:29	00:24:44	00:51:03	01:17:44.75	01:18:08.25	+00:42:06 (54.2%)	7:46	7.7 (45.8%)
	ZBYSZYŃSKA Joanna	307		K-18		DNF	00:00:25 DNF	00:20:41 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	RUBACHA Agata	226		K-18		DNF	00:00:22 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)
	GRYBA Marcin	60	AŚNAEBAEM	M-30		DNF	00:00:24 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 283 wynik(ów)