

Klasyfikacja: M-40

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	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%)
3	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%)
4	GARSKI Kryspin	41	ŚWIAT PŁYTEK U KRYSPIŃA	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%)
5	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%)
6	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%)
7	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%)
8	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%)
9	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%)
10	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%)
11	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%)
12	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%)
13	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%)
14	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%)
15	MAZUR Emiliusz	168	ŻYJ Z ENERGIA	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%)

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					
16	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%)
17	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%)
18	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%)
19	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%)
20	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%)
21	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)
30	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%)
31	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%)
32	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%)
33	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%)
34	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%)
35	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%)
36	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%)
37	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%)
38	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%)
39	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%)

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40	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%)
41	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%)
42	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%)
43	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%)
44	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%)
45	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%)
46	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%)
47	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%)
48	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%)
49	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%)
50	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%)
51	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%)
52	MICHALAK 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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	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%)
61	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%)
62	HNATOWSKI Artur	71	SZYBKE 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%)

