

# XXII BIEG ŚWIĘCÓW

B4SPORT

**Organizator:** Ośrodek Sportu i Rekreacji w Sławnie  
**Data:** 2018-05-19  
**Miejsce:** Sławno  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>GARSKI Dawid</b>	<b>647</b>	MLKS BASZTA BYTÓW	M-Open	1	00:00:14	00:11:10	00:22:06	<b>00:32:56.80</b>	<b>00:32:56.80</b>		3:17	18.2 (100%)
2	<b>POŁĘĆ Arkadiusz</b>	<b>781</b>		M-Open	2	00:00:14	00:11:10	00:22:06	<b>00:32:59.15</b>	<b>00:32:59.15</b>	+00:00:02 (0.1%)	3:17	18.2 (100%)
3	<b>DRWAL Piotr</b>	<b>639</b>		M-40	1	00:00:13	00:11:09	00:22:06	<b>00:33:10.00</b>	<b>00:33:10.00</b>	+00:00:13 (0.7%)	3:19	18.1 (99.5%)
4	<b>MURAWSKI Paweł</b>	<b>753</b>	12 BRYGADA ZMECHANIZOWANA SZCZECIN	M-Open	3	00:00:13	00:11:17	00:22:42	<b>00:34:46.95</b>	<b>00:34:46.95</b>	+00:01:50 (5.3%)	3:28	17.3 (95.1%)
5	<b>RUDNIK Krzysztof</b>	<b>791</b>		M-Open	4	00:00:14	00:11:18	00:23:49	<b>00:35:23.45</b>	<b>00:35:23.45</b>	+00:02:26 (6.9%)	3:32	17 (93.4%)
6	<b>KĘPKA Adrian</b>	<b>691</b>		M-Open	5	00:00:14	00:11:52	00:23:49	<b>00:35:32.95</b>	<b>00:35:32.95</b>	+00:02:36 (7.3%)	3:33	16.9 (92.9%)
7	<b>ZWOLSKI Andrzej</b>	<b>860</b>		M-40	2	00:00:14	00:11:53	00:23:56	<b>00:35:45.70</b>	<b>00:35:45.70</b>	+00:02:48 (7.9%)	3:34	16.8 (92.3%)
8	<b>WILCZEWSKI Krzysztof</b>	<b>842</b>		M-Open	6	00:00:13	00:11:57	00:23:52	<b>00:35:49.00</b>	<b>00:35:49.00</b>	+00:02:52 (8.0%)	3:34	16.8 (92.3%)
9	<b>SYWANYCZ Ireneusz</b>	<b>812</b>		M-40	3	00:00:15	00:12:18	00:24:38	<b>00:36:50.25</b>	<b>00:36:50.25</b>	+00:03:53 (10.6%)	3:41	16.3 (89.6%)
10	<b>WIERZEJSKI Sławomir</b>	<b>840</b>	KLUB BIEGACZA GOCH BYTÓW	M-40	4	00:00:14	00:12:17	00:24:39	<b>00:36:52.10</b>	<b>00:36:52.10</b>	+00:03:55 (10.6%)	3:41	16.3 (89.6%)
11	<b>JAKUBEK Patryk</b>	<b>669</b>	ŚWIAT PŁYTEK U KRYSPIŃA	M-Open	7	00:00:14	00:12:12	00:24:47	<b>00:36:58.85</b>	<b>00:36:58.85</b>	+00:04:02 (10.9%)	3:41	16.2 (89.0%)
12	<b>ROSIĄK Damian</b>	<b>788</b>		M-Open	8	00:00:15	00:12:22	00:24:57	<b>00:37:32.55</b>	<b>00:37:32.55</b>	+00:04:35 (12.2%)	3:45	16 (87.9%)
13	<b>HERMAN Arkadiusz</b>	<b>665</b>		M-40	5	00:00:16	00:12:47	00:25:31	<b>00:38:13.45</b>	<b>00:38:13.45</b>	+00:05:16 (13.8%)	3:49	15.7 (86.3%)
14	<b>KAMIENIECKI Rafał</b>	<b>683</b>	TUPOT-USTKA	M-Open	9	00:00:16	00:12:27	00:25:21	<b>00:38:28.25</b>	<b>00:38:28.25</b>	+00:05:31 (14.4%)	3:50	15.6 (85.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
15	<b>GLAZIK Dariusz</b>	<b>651</b>	ZWOLAK TEAM	M-40	6	00:00:15	00:12:56	00:25:46	<b>00:38:31.20</b>	<b>00:38:31.20</b>	+00:05:34 (14.5%)	3:51	15.6 (85.7%)
16	<b>GAJLEWICZ Dominik</b>	<b>646</b>	MTS HAMER	M-Open	10	00:00:18	00:12:50	00:25:49	<b>00:38:37.65</b>	<b>00:38:37.65</b>	+00:05:40 (14.7%)	3:51	15.5 (85.2%)
17	<b>TEREFENKO Joanna</b>	<b>822</b>	LKS JANTAR USTKA	K-Open	1	00:00:16	00:12:58	00:25:51	<b>00:38:37.95</b>	<b>00:38:37.95</b>	+00:05:41 (14.7%)	3:51	15.5 (85.2%)
18	<b>HURYŃ Ewa</b>	<b>667</b>	DYNAFIT TEAM	K-40	1	00:00:15	00:12:48	00:25:47	<b>00:38:45.55</b>	<b>00:38:45.55</b>	+00:05:48 (15.0%)	3:52	15.5 (85.2%)
19	<b>KURKUL Przemek</b>	<b>718</b>	KB BRYZA POSTOMINO	M-Open	11	00:00:22	00:13:05	00:26:05	<b>00:38:59.15</b>	<b>00:38:59.15</b>	+00:06:02 (15.5%)	3:53	15.4 (84.6%)
20	<b>WIKTOROWICZ Sławomir</b>	<b>841</b>	JW 1223/BLOG	M-40	7	00:00:18	00:13:10	00:26:10	<b>00:39:07.30</b>	<b>00:39:07.30</b>	+00:06:10 (15.8%)	3:54	15.3 (84.1%)
21	<b>KRUKOWSKI Błażej</b>	<b>708</b>		M-Open	12	00:00:16	00:12:51	00:25:57	<b>00:39:12.95</b>	<b>00:39:12.95</b>	+00:06:16 (16.0%)	3:55	15.3 (84.1%)
22	<b>WEGNER Przemysław</b>	<b>834</b>		M-40	8	00:00:24	00:13:06	00:26:18	<b>00:39:30.15</b>	<b>00:39:30.15</b>	+00:06:33 (16.6%)	3:57	15.2 (83.5%)
23	<b>ZWOLIŃSKI Jan</b>	<b>859</b>	TKKF KOSZALIN	M-50	1	00:00:17	00:13:25	00:26:36	<b>00:39:34.70</b>	<b>00:39:34.70</b>	+00:06:37 (16.8%)	3:57	15.2 (83.5%)
24	<b>KOŚCIELNIAK Robert</b>	<b>704</b>	TKKF KOSZALIN	M-50	2	00:00:17	00:13:25	00:26:42	<b>00:39:47.50</b>	<b>00:39:47.50</b>	+00:06:50 (17.2%)	3:58	15.1 (83.0%)
25	<b>KURKUL Janek</b>	<b>717</b>	KB BRYZA POSTOMINO	M-Open	13	00:00:23	00:13:16	00:26:56	<b>00:40:28.55</b>	<b>00:40:28.55</b>	+00:07:31 (18.6%)	4:02	14.8 (81.3%)
26	<b>ANTOSIK Grzegorz</b>	<b>605</b>	KB BRYZA POSTOMINO, JW 1223	M-40	9	00:00:18	00:12:52	00:26:47	<b>00:40:43.00</b>	<b>00:40:43.00</b>	+00:07:46 (19.1%)	4:04	14.7 (80.8%)
27	<b>CHUDY Henryk</b>	<b>627</b>		M-60	1	00:00:19	00:13:31	00:27:15	<b>00:41:07.40</b>	<b>00:41:07.40</b>	+00:08:10 (19.9%)	4:06	14.6 (80.2%)
28	<b>CENDER Szymon</b>	<b>625</b>	W.P.K. SŁOŃ TEAM USTKA	M-Open	14	00:00:15	00:12:43	00:26:13	<b>00:41:14.90</b>	<b>00:41:14.90</b>	+00:08:18 (20.1%)	4:07	14.6 (80.2%)
29	<b>MAĆKOWIAK Krzysztof</b>	<b>885</b>	ROZBIEGANY KOSZALIN	M-Open	15	00:00:18	00:13:34	00:27:26	<b>00:41:21.10</b>	<b>00:41:21.10</b>	+00:08:24 (20.3%)	4:08	14.5 (79.7%)
30	<b>DUDA Grzegorz</b>	<b>641</b>	OSP BUKÓWKA	M-Open	16	00:00:17	00:13:24	00:27:32	<b>00:41:28.60</b>	<b>00:41:28.60</b>	+00:08:31 (20.6%)	4:08	14.5 (79.7%)
31	<b>WILCZEWSKI Mariusz</b>	<b>843</b>	MKS 'ŚWIĘC' SŁAWNO	M-Open	17	00:00:26	00:13:43	00:27:37	<b>00:41:31.95</b>	<b>00:41:31.95</b>	+00:08:35 (20.7%)	4:09	14.5 (79.7%)
32	<b>NOWAKOWSKI Rafał</b>	<b>759</b>		M-40	10	00:00:20	00:13:49	00:27:44	<b>00:41:32.35</b>	<b>00:41:32.35</b>	+00:08:35 (20.7%)	4:09	14.4 (79.1%)
33	<b>NAGÓREK Krzysztof</b>	<b>754</b>		M-60	2	00:00:17	00:13:44	00:27:42	<b>00:41:34.30</b>	<b>00:41:34.30</b>	+00:08:37 (20.7%)	4:09	14.4 (79.1%)
34	<b>GÓRALSKI Jan</b>	<b>655</b>	12.SDZ	M-40	11	00:00:21	00:13:52	00:27:52	<b>00:41:48.40</b>	<b>00:41:48.40</b>	+00:08:51 (21.2%)	4:10	14.4 (79.1%)
35	<b>OLESZCZUK Dominik</b>	<b>763</b>		M-Open	18	00:00:32	00:14:04	00:28:09	<b>00:41:59.25</b>	<b>00:41:59.25</b>	+00:09:02 (21.5%)	4:11	14.3 (78.6%)
36	<b>ŁAGUTKO Kamila</b>	<b>877</b>	ŻYJ Z ENERGIA	K-40	2	00:00:17	00:13:46	00:27:44	<b>00:42:02.15</b>	<b>00:42:02.15</b>	+00:09:05 (21.6%)	4:12	14.3 (78.6%)
37	<b>CZERCHAWSKI Janusz</b>	<b>632</b>		M-40	12	00:00:23	00:14:04	00:28:08	<b>00:42:07.35</b>	<b>00:42:07.35</b>	+00:09:10 (21.8%)	4:12	14.2 (78.0%)

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38	<b>REGLIŃSKA Joanna</b>	<b>786</b>	KLUB BIEGACZA GOCH BYTÓW	K-Open	2	00:00:23	00:14:24	00:28:28	<b>00:42:28.00</b>	<b>00:42:28.00</b>	+00:09:31 (22.4%)	4:14	14.1 (77.5%)
39	<b>MAZUR Emilusz</b>	<b>739</b>	ŻYJ Z ENERGIA	M-40	13	00:00:18	00:13:53	00:28:11	<b>00:42:34.45</b>	<b>00:42:34.45</b>	+00:09:37 (22.6%)	4:15	14.1 (77.5%)
40	<b>KONKEL Agnieszka</b>	<b>696</b>		K-Open	3	00:00:21	00:14:18	00:28:36	<b>00:42:37.50</b>	<b>00:42:37.50</b>	+00:09:40 (22.7%)	4:15	14.1 (77.5%)
41	<b>MAJCHRZAK Łukasz</b>	<b>732</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	M-Open	19	00:00:22	00:14:12	00:28:37	<b>00:42:44.25</b>	<b>00:42:44.25</b>	+00:09:47 (22.9%)	4:16	14 (76.9%)
42	<b>ADAMELAK Krzysztof</b>	<b>601</b>	GRUPA LOTNICZA DARŁOWO	M-40	14	00:00:27	00:14:24	00:28:41	<b>00:42:45.40</b>	<b>00:42:45.40</b>	+00:09:48 (22.9%)	4:16	14 (76.9%)
43	<b>RYGIELSKI Arkadiusz</b>	<b>797</b>	MKS 'ŚWIĘC' SŁAWNO	M-Open	20	00:00:24	00:13:55	00:28:19	<b>00:42:50.45</b>	<b>00:42:50.45</b>	+00:09:53 (23.1%)	4:17	14 (76.9%)
44	<b>MOROŃ Jarosław</b>	<b>878</b>	USB USTKA	M-Open	21	00:00:23	00:14:32	00:28:56	<b>00:42:59.75</b>	<b>00:42:59.75</b>	+00:10:02 (23.4%)	4:17	14 (76.9%)
45	<b>PIŁCZYŃSKI Zbigniew</b>	<b>776</b>		M-50	3	00:00:22	00:14:27	00:28:52	<b>00:43:07.85</b>	<b>00:43:07.85</b>	+00:10:11 (23.6%)	4:18	13.9 (76.4%)
46	<b>BANCEWICZ Tomasz</b>	<b>609</b>	SALON KOSMETYCZNY DIAMENT SŁUPSK	M-Open	22	00:00:33	00:14:45	00:29:03	<b>00:43:17.55</b>	<b>00:43:17.55</b>	+00:10:20 (23.9%)	4:19	13.9 (76.4%)
47	<b>KOPLIN Maciej</b>	<b>700</b>	KALIOP POLAND	M-Open	23	00:00:23	00:14:19	00:28:53	<b>00:43:18.45</b>	<b>00:43:18.45</b>	+00:10:21 (23.9%)	4:19	13.9 (76.4%)
48	<b>JAKUSZCZONEK Zbigniew</b>	<b>670</b>		M-40	15	00:00:26	00:13:52	00:29:02	<b>00:43:27.65</b>	<b>00:43:27.65</b>	+00:10:30 (24.2%)	4:20	13.8 (75.8%)
49	<b>BONISŁAWSKI Jarosław</b>	<b>615</b>	MAM ŚWIRA	M-Open	24	00:00:25	00:14:17	00:28:49	<b>00:43:33.35</b>	<b>00:43:33.35</b>	+00:10:36 (24.4%)	4:21	13.8 (75.8%)
50	<b>NOWAK Agnieszka</b>	<b>758</b>	7BOW	K-Open	4	00:00:21	00:14:05	00:28:52	<b>00:43:34.90</b>	<b>00:43:34.90</b>	+00:10:38 (24.4%)	4:21	13.8 (75.8%)
51	<b>JANKOWSKI Grzegorz</b>	<b>671</b>	ŚWIAT PŁYTEK U KRYPINA	M-40	16	00:00:25	00:14:18	00:28:52	<b>00:43:44.00</b>	<b>00:43:44.00</b>	+00:10:47 (24.7%)	4:22	13.7 (75.3%)
52	<b>JANTA-LIPIŃSKA Justyna</b>	<b>672</b>	RUNTASTYCZNI TEAM BYTÓW	K-Open	5	00:00:18	00:14:34	00:29:05	<b>00:43:44.60</b>	<b>00:43:44.60</b>	+00:10:47 (24.7%)	4:22	13.7 (75.3%)
53	<b>RÓG Bartosz</b>	<b>789</b>	MKS 'ŚWIĘC' SŁAWNO	M-Open	25	00:00:21	00:13:55	00:28:38	<b>00:43:45.10</b>	<b>00:43:45.10</b>	+00:10:48 (24.7%)	4:22	13.7 (75.3%)
54	<b>KAMELSKI Piotr</b>	<b>682</b>	KS OLSZEWSKI I SYNOWIE	M-40	17	00:00:23	00:14:29	00:29:08	<b>00:43:47.80</b>	<b>00:43:47.80</b>	+00:10:51 (24.8%)	4:22	13.7 (75.3%)
55	<b>OLESZEK Jerzy</b>	<b>764</b>	SZKOŁA PODOFICERSKA MW	M-40	18	00:00:19	00:14:20	00:29:04	<b>00:43:51.95</b>	<b>00:43:51.95</b>	+00:10:55 (24.9%)	4:23	13.7 (75.3%)
56	<b>WIELGAT Łukasz</b>	<b>838</b>	KB BRYZA POSTOMINO	M-Open	26	00:00:28	00:14:48	00:29:40	<b>00:43:59.90</b>	<b>00:43:59.90</b>	+00:11:03 (25.1%)	4:23	13.6 (74.7%)
57	<b>ZIENOWICZ Michał</b>	<b>858</b>		M-Open	27	00:00:26	00:14:22	00:28:55	<b>00:44:01.95</b>	<b>00:44:01.95</b>	+00:11:05 (25.2%)	4:24	13.6 (74.7%)
58	<b>GARSKI Krystin</b>	<b>875</b>	ŚWIAT PŁYTEK U KRYPINA	M-40	19	00:00:25	00:14:18	00:30:32	<b>00:44:07.85</b>	<b>00:44:07.85</b>	+00:11:11 (25.3%)	4:24	13.6 (74.7%)
59	<b>KAŃDUŁA Mariusz</b>	<b>685</b>	WĘZELEK SŁUPSK	M-40	20	00:00:34	00:14:53	00:29:31	<b>00:44:08.25</b>	<b>00:44:08.25</b>	+00:11:11 (25.4%)	4:24	13.6 (74.7%)
60	<b>JABŁOŃSKI Tomasz</b>	<b>668</b>	MKS 'ŚWIĘC' SŁAWNO	M-Open	28	00:00:20	00:14:07	00:29:13	<b>00:44:16.10</b>	<b>00:44:16.10</b>	+00:11:19 (25.6%)	4:25	13.6 (74.7%)

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61	<b>CZYŻYKOWSKI Mateusz</b>	<b>635</b>		M-Open	29	00:00:26	00:15:14	00:30:10	<b>00:44:25.90</b>	<b>00:44:25.90</b>	+00:11:29 (25.8%)	4:26	13.5 (74.2%)
62	<b>BŁASZCZYK Tadeusz</b>	<b>614</b>		M-50	4	00:00:39	00:14:56	00:29:43	<b>00:44:28.90</b>	<b>00:44:28.90</b>	+00:11:32 (25.9%)	4:26	13.5 (74.2%)
63	<b>PROTASEWICZ Andrzej</b>	<b>782</b>	SŁAWNO	M-40	21	00:00:19	00:14:42	00:29:44	<b>00:44:36.70</b>	<b>00:44:36.70</b>	+00:11:39 (26.1%)	4:27	13.5 (74.2%)
64	<b>STRUŚ Artur</b>	<b>809</b>	KB BRYZA POSTOMINO	M-50	5	00:00:27	00:14:49	00:29:40	<b>00:44:36.85</b>	<b>00:44:36.85</b>	+00:11:40 (26.2%)	4:27	13.5 (74.2%)
65	<b>SZCZĘSNY Piotr</b>	<b>874</b>	LKBB PETK LĘBORK	M-50	6	00:00:23	00:14:56	00:29:53	<b>00:44:40.20</b>	<b>00:44:40.20</b>	+00:11:43 (26.2%)	4:28	13.4 (73.6%)
66	<b>CZAJA Andrzej</b>	<b>629</b>		M-50	7	00:00:23	00:14:42	00:29:28	<b>00:44:41.15</b>	<b>00:44:41.15</b>	+00:11:44 (26.3%)	4:28	13.4 (73.6%)
67	<b>KASPERSKI Dariusz</b>	<b>688</b>		M-40	22	00:00:34	00:14:50	00:29:41	<b>00:44:47.35</b>	<b>00:44:47.35</b>	+00:11:50 (26.4%)	4:28	13.4 (73.6%)
68	<b>KRAWCZUK Szymon</b>	<b>707</b>	DARŁOWSKIE CHARTY	M-Open	30	00:00:28	00:15:23	00:30:15	<b>00:45:03.75</b>	<b>00:45:03.75</b>	+00:12:06 (26.9%)	4:30	13.3 (73.1%)
69	<b>MUCHA Krzysztof</b>	<b>752</b>		M-40	23	00:00:25	00:14:47	00:30:07	<b>00:45:19.15</b>	<b>00:45:19.15</b>	+00:12:22 (27.3%)	4:31	13.2 (72.5%)
70	<b>CZYŻYKOWSKI Krzysztof</b>	<b>634</b>		M-Open	31	00:00:27	00:15:33	00:30:31	<b>00:45:21.20</b>	<b>00:45:21.20</b>	+00:12:24 (27.4%)	4:32	13.2 (72.5%)
71	<b>FOLWARCZNY Jarosław</b>	<b>871</b>		M-Open	32	00:00:39	00:15:56	00:31:05	<b>00:45:24.40</b>	<b>00:45:24.40</b>	+00:12:27 (27.4%)	4:32	13.2 (72.5%)
72	<b>OTTO Michał</b>	<b>770</b>		M-Open	33	00:00:24	00:14:48	00:30:07	<b>00:45:28.05</b>	<b>00:45:28.05</b>	+00:12:31 (27.5%)	4:32	13.2 (72.5%)
73	<b>CHABOWSKA Karolina</b>	<b>819</b>	KB WYGAN	K-Open	6	00:00:24	00:15:18	00:30:25	<b>00:45:34.05</b>	<b>00:45:34.05</b>	+00:12:37 (27.7%)	4:33	13.2 (72.5%)
74	<b>TURCZYN Tomasz</b>	<b>830</b>	'DZIENNIK SŁAWIEŃSKI'	M-40	24	00:00:18	00:14:30	00:29:55	<b>00:45:35.40</b>	<b>00:45:35.40</b>	+00:12:38 (27.7%)	4:33	13.2 (72.5%)
75	<b>JĘDRASZCZYK Marek</b>	<b>678</b>	WĘŻELEK SŁUPSK	M-40	25	00:00:32	00:15:16	00:30:33	<b>00:45:40.50</b>	<b>00:45:40.50</b>	+00:12:43 (27.9%)	4:34	13.1 (72.0%)
76	<b>WÓJCICKI Grzegorz</b>	<b>848</b>		M-Open	34	00:00:24	00:15:17	00:30:32	<b>00:45:43.75</b>	<b>00:45:43.75</b>	+00:12:46 (28.0%)	4:34	13.1 (72.0%)
77	<b>KRUPIŃSKI Krzysztof</b>	<b>709</b>	E-UROLOG.EU	M-50	8	00:00:23	00:15:00	00:30:21	<b>00:45:51.35</b>	<b>00:45:51.35</b>	+00:12:54 (28.2%)	4:35	13.1 (72.0%)
78	<b>JAŹDŹEWSKI Sebastian</b>	<b>676</b>	KLUB BIEGACZA GOCH BYTÓW	M-Open	35	00:00:26	00:16:22	00:31:15	<b>00:45:58.85</b>	<b>00:45:58.85</b>	+00:13:02 (28.3%)	4:35	13.1 (72.0%)
79	<b>PUŚCIAN Krzysztof</b>	<b>784</b>	SZKOŁA PODSTAWOWA W MANOWIE	M-40	26	00:00:27	00:15:34	00:30:43	<b>00:46:01.45</b>	<b>00:46:01.45</b>	+00:13:04 (28.4%)	4:36	13 (71.4%)
80	<b>STRZELECKI Zbigniew</b>	<b>810</b>	KORZYBSKIE REKINY	M-60	3	00:00:28	00:15:41	00:30:59	<b>00:46:05.60</b>	<b>00:46:05.60</b>	+00:13:08 (28.5%)	4:36	13 (71.4%)
81	<b>WIATRZYK Krzysztof</b>	<b>836</b>		M-40	27	00:00:26	00:15:04	00:30:38	<b>00:46:05.90</b>	<b>00:46:05.90</b>	+00:13:09 (28.5%)	4:36	13 (71.4%)
82	<b>ROGOŹA Ireneusz</b>	<b>787</b>		M-40	28	00:00:25	00:15:31	00:30:58	<b>00:46:06.00</b>	<b>00:46:06.00</b>	+00:13:09 (28.5%)	4:36	13 (71.4%)
83	<b>GAWEŁ Zbigniew</b>	<b>648</b>	MIASTO SŁUPSK	M-60	4	00:00:19	00:15:27	00:30:56	<b>00:46:08.70</b>	<b>00:46:08.70</b>	+00:13:11 (28.6%)	4:36	13 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
84	<b>GAJEK Artur</b>	<b>645</b>	KORZYBSKIE REKINY	M-40	29	00:00:27	00:15:44	00:31:01	<b>00:46:11.95</b>	<b>00:46:11.95</b>	+00:13:15 (28.7%)	4:37	13 (71.4%)
85	<b>LEMAŃSKA Katarzyna</b>	<b>723</b>	USB USTKA	K-Open	7	00:00:26	00:15:31	00:31:01	<b>00:46:18.80</b>	<b>00:46:18.80</b>	+00:13:22 (28.9%)	4:37	13 (71.4%)
86	<b>YALTUSHENKA Vitali</b>	<b>850</b>		M-Open	36	00:00:29	00:14:11	00:30:04	<b>00:46:20.45</b>	<b>00:46:20.45</b>	+00:13:23 (28.9%)	4:38	12.9 (70.9%)
87	<b>NIECKARZ Krzysztof</b>	<b>756</b>		M-Open	37	00:00:21	00:15:06	00:30:50	<b>00:46:23.20</b>	<b>00:46:23.20</b>	+00:13:26 (29.0%)	4:38	12.9 (70.9%)
88	<b>NIECKARZ Monika</b>	<b>755</b>		K-Open	8	00:00:21	00:15:06	00:30:50	<b>00:46:23.25</b>	<b>00:46:23.25</b>	+00:13:26 (29.0%)	4:38	12.9 (70.9%)
89	<b>JĘDRASZKO Magda</b>	<b>679</b>	MTS HAMER	K-Open	9	00:00:29	00:15:37	00:30:55	<b>00:46:29.85</b>	<b>00:46:29.85</b>	+00:13:33 (29.1%)	4:38	12.9 (70.9%)
90	<b>RUTKOWSKI Ryszard</b>	<b>795</b>	RUTKOWSKI TEAM	M-50	9	00:00:16	00:14:37	00:30:23	<b>00:46:37.80</b>	<b>00:46:37.80</b>	+00:13:41 (29.3%)	4:39	12.9 (70.9%)
91	<b>HARBUTIAK Monika</b>	<b>663</b>		K-Open	10	00:00:18	00:15:17	00:31:08	<b>00:46:40.80</b>	<b>00:46:40.80</b>	+00:13:44 (29.4%)	4:40	12.9 (70.9%)
92	<b>GROTA Mariusz</b>	<b>657</b>	NEONET	M-Open	38	00:00:28	00:16:17	00:31:46	<b>00:46:41.15</b>	<b>00:46:41.15</b>	+00:13:44 (29.4%)	4:40	12.9 (70.9%)
93	<b>SZABLA Ewelina</b>	<b>813</b>	TKKF KOSZALIN	K-Open	11	00:00:27	00:15:41	00:31:09	<b>00:46:45.55</b>	<b>00:46:45.55</b>	+00:13:48 (29.5%)	4:40	12.8 (70.3%)
94	<b>BURKIET Marek</b>	<b>623</b>	JW 1223	M-40	30	00:00:27	00:15:20	00:30:48	<b>00:46:53.55</b>	<b>00:46:53.55</b>	+00:13:56 (29.7%)	4:41	12.8 (70.3%)
95	<b>LEWANDOWSKA Beata</b>	<b>724</b>	STOPA SŁUPSK	K-40	3	00:00:25	00:15:57	00:31:27	<b>00:46:56.20</b>	<b>00:46:56.20</b>	+00:13:59 (29.8%)	4:41	12.8 (70.3%)
95	<b>KUCHAREK Marcin</b>	<b>712</b>	STOPA SŁUPSK	M-40	31	00:00:25	00:15:57	00:31:27	<b>00:46:56.20</b>	<b>00:46:56.20</b>	+00:13:59 (29.8%)	4:41	12.8 (70.3%)
97	<b>CYRSON Anna</b>	<b>628</b>	TENIS KLUB BYTÓW	K-50	1	00:00:18	00:15:23	00:31:13	<b>00:46:56.80</b>	<b>00:46:56.80</b>	+00:14:00 (29.8%)	4:41	12.8 (70.3%)
98	<b>LITZBARSKI Marek</b>	<b>726</b>	DUDYCZ RUN	M-50	10	00:00:32	00:15:53	00:31:28	<b>00:47:01.30</b>	<b>00:47:01.30</b>	+00:14:04 (29.9%)	4:42	12.8 (70.3%)
99	<b>MAJCHRZAK Dariusz</b>	<b>733</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	M-50	11	00:00:23	00:15:10	00:30:57	<b>00:47:03.25</b>	<b>00:47:03.25</b>	+00:14:06 (30.0%)	4:42	12.8 (70.3%)
100	<b>PŁOSKI Krzysztof</b>	<b>779</b>	DARŁOWSKIE CHARTY	M-40	32	00:00:30	00:15:14	00:31:15	<b>00:47:04.35</b>	<b>00:47:04.35</b>	+00:14:07 (30.0%)	4:42	12.7 (69.8%)
101	<b>CZAJA Marcin</b>	<b>630</b>		M-Open	39	00:00:26	00:16:00	00:31:39	<b>00:47:04.75</b>	<b>00:47:04.75</b>	+00:14:07 (30.0%)	4:42	12.7 (69.8%)
102	<b>ADRYAN Adam</b>	<b>602</b>	CKB SŁUPSK	M-40	33	00:00:29	00:16:17	00:31:50	<b>00:47:10.75</b>	<b>00:47:10.75</b>	+00:14:13 (30.2%)	4:43	12.7 (69.8%)
103	<b>BAJTEK Przemek</b>	<b>607</b>	BANK SPÓŁDZIELCZY W SŁAWNIE	M-Open	40	00:00:37	00:15:34	00:31:08	<b>00:47:17.35</b>	<b>00:47:17.35</b>	+00:14:20 (30.3%)	4:43	12.7 (69.8%)
104	<b>PEKAŁA Piotr</b>	<b>775</b>	ROZBIEGANY KOSZALIN	M-40	34	00:00:41	00:17:03	00:32:40	<b>00:47:19.00</b>	<b>00:47:19.00</b>	+00:14:22 (30.4%)	4:43	12.7 (69.8%)
105	<b>KARAŚ Radosław</b>	<b>686</b>	NIGHT RUNNERS SŁUPSK	M-Open	41	00:00:27	00:15:11	00:31:14	<b>00:47:26.30</b>	<b>00:47:26.30</b>	+00:14:29 (30.5%)	4:44	12.6 (69.2%)
106	<b>RUTKOWSKI Artur</b>	<b>794</b>	RUTKOWSKI TEAM	M-Open	42	00:00:23	00:15:05	00:31:12	<b>00:47:40.55</b>	<b>00:47:40.55</b>	+00:14:43 (30.9%)	4:46	12.6 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	ZARZYCKI Darek	855		M-Open	43	00:00:27	00:15:57	00:31:45	<b>00:47:41.05</b>	<b>00:47:41.05</b>	+00:14:44 (30.9%)	4:46	12.6 (69.2%)
108	CHORAŻY Karolina	626	LEO-TEAM	K-Open	12	00:00:26	00:16:13	00:31:57	<b>00:47:41.45</b>	<b>00:47:41.45</b>	+00:14:44 (30.9%)	4:46	12.6 (69.2%)
109	TOPOLIŃSKI Ireneusz	825	KB BRYZA POSTOMINO	M-Open	44	00:00:34	00:16:16	00:32:03	<b>00:47:53.60</b>	<b>00:47:53.60</b>	+00:14:56 (31.2%)	4:47	12.5 (68.7%)
110	GOSTOMCZYK Krzysztof	654		M-Open	45	00:00:24	00:15:29	00:31:44	<b>00:47:59.90</b>	<b>00:47:59.90</b>	+00:15:03 (31.4%)	4:47	12.5 (68.7%)
111	HERMAN Karina	666		K-40	4	00:00:20	00:16:26	00:32:33	<b>00:48:06.40</b>	<b>00:48:06.40</b>	+00:15:09 (31.5%)	4:48	12.5 (68.7%)
112	LUPKE Marcin	727	DARŁOWSKIE CHARTY	M-Open	46	00:00:30	00:16:32	00:32:33	<b>00:48:06.95</b>	<b>00:48:06.95</b>	+00:15:10 (31.5%)	4:48	12.5 (68.7%)
113	ORLOWSKI Maciej	769	DARŁOWSKIE CHARTY	M-Open	47	00:00:30	00:16:31	00:32:33	<b>00:48:07.40</b>	<b>00:48:07.40</b>	+00:15:10 (31.5%)	4:48	12.5 (68.7%)
114	MORDASZEWSKI Jarosław	870		M-40	35	00:00:38	00:16:14	00:32:11	<b>00:48:17.15</b>	<b>00:48:17.15</b>	+00:15:20 (31.8%)	4:49	12.4 (68.1%)
115	WIECZOREK Jacek	837	SŁAWNO	M-Open	48	00:00:37	00:15:37	00:31:43	<b>00:48:18.05</b>	<b>00:48:18.05</b>	+00:15:21 (31.8%)	4:49	12.4 (68.1%)
116	KĘSIK Agnieszka	692	ŚWIAT PŁYTEK U KRYSPIŃSKA	K-Open	13	00:00:25	00:15:58	00:32:12	<b>00:48:18.15</b>	<b>00:48:18.15</b>	+00:15:21 (31.8%)	4:49	12.4 (68.1%)
117	JAWORSKI Robert	675	KB BRYZA POSTOMINO	M-40	36	00:00:25	00:15:28	00:31:37	<b>00:48:21.15</b>	<b>00:48:21.15</b>	+00:15:24 (31.9%)	4:50	12.4 (68.1%)
118	KULCZYK Katarzyna	714	KB BRYZA POSTOMINO	K-Open	14	00:00:26	00:16:31	00:32:49	<b>00:48:22.15</b>	<b>00:48:22.15</b>	+00:15:25 (31.9%)	4:50	12.4 (68.1%)
119	SZYMCZEWSKI Dariusz	818		M-50	12	00:00:34	00:16:36	00:32:41	<b>00:48:22.70</b>	<b>00:48:22.70</b>	+00:15:25 (31.9%)	4:50	12.4 (68.1%)
120	SKOCZYŃSKA Renata	801	USB USTKA	K-Open	15	00:00:17	00:15:51	00:32:06	<b>00:48:24.20</b>	<b>00:48:24.20</b>	+00:15:27 (31.9%)	4:50	12.4 (68.1%)
121	SKOWYRSKI Janusz	802	TKKF KOSZALIN	M-50	13	00:00:21	00:15:49	00:32:17	<b>00:48:24.50</b>	<b>00:48:24.50</b>	+00:15:27 (31.9%)	4:50	12.4 (68.1%)
122	DOBOSZ Łukasz	638		M-Open	49	00:00:32	00:16:25	00:32:28	<b>00:48:33.65</b>	<b>00:48:33.65</b>	+00:15:36 (32.2%)	4:51	12.4 (68.1%)
123	BAKALARZ Adam	608	REHA OMT	M-Open	50	00:00:20	00:16:06	00:32:23	<b>00:48:54.35</b>	<b>00:48:54.35</b>	+00:15:57 (32.6%)	4:53	12.3 (67.6%)
124	ORŁOWSKA Agata	888		K-Open	16	00:00:39	00:16:17	00:32:30	<b>00:48:54.70</b>	<b>00:48:54.70</b>	+00:15:57 (32.6%)	4:53	12.3 (67.6%)
125	KANIOWSKI Jacek	684	W.P.K. SŁOŃ TEAM USTKA	M-40	37	00:00:32	00:16:19	00:32:30	<b>00:48:55.75</b>	<b>00:48:55.75</b>	+00:15:58 (32.7%)	4:53	12.3 (67.6%)
126	TELESIEWICZ Henryk	863	KLUB BIEGACZA GOCH BYTÓW	M-70+	1	00:00:15	00:16:00	00:32:35	<b>00:48:59.40</b>	<b>00:48:59.40</b>	+00:16:02 (32.7%)	4:53	12.2 (67.0%)
127	KLASA Jan	873	UG CZARNA DĄBRÓWKA	M-60	5	00:00:37	00:16:15	00:32:25	<b>00:49:05.75</b>	<b>00:49:05.75</b>	+00:16:08 (32.9%)	4:54	12.2 (67.0%)
128	CZERWIŃSKI Szczęsny	633		M-40	38	00:00:39	00:16:21	00:33:06	<b>00:49:13.10</b>	<b>00:49:13.10</b>	+00:16:16 (33.1%)	4:55	12.2 (67.0%)
129	KACZMAREK Marta	680		K-Open	17	00:00:33	00:16:32	00:32:49	<b>00:49:14.80</b>	<b>00:49:14.80</b>	+00:16:18 (33.1%)	4:55	12.2 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 10km	brutto 10km			
130	<b>URBANIAK Szymon</b>	<b>832</b>	WRZESNICA	M-Open	51	00:00:36	00:16:33	00:33:10	<b>00:49:30.20</b>	<b>00:49:30.20</b>	+00:16:33 (33.4%)	4:57	12.1 (66.5%)
131	<b>RUTECKA Sylwia</b>	<b>793</b>	TUPOT-USTKA	K-Open	18	00:00:21	00:16:55	00:33:27	<b>00:49:33.35</b>	<b>00:49:33.35</b>	+00:16:36 (33.5%)	4:57	12.1 (66.5%)
132	<b>BOŻEK Łukasz</b>	<b>616</b>	ZABIEGANY MORPOL	M-Open	52	00:00:38	00:16:57	00:33:26	<b>00:49:38.95</b>	<b>00:49:38.95</b>	+00:16:42 (33.6%)	4:57	12.1 (66.5%)
133	<b>MIZERA Agnieszka</b>	<b>747</b>		K-40	5	00:00:22	00:16:56	00:33:26	<b>00:49:43.85</b>	<b>00:49:43.85</b>	+00:16:47 (33.8%)	4:58	12.1 (66.5%)
134	<b>JĘDRUSZCZAK Izabela</b>	<b>677</b>		K-40	6	00:00:33	00:16:41	00:33:08	<b>00:49:46.15</b>	<b>00:49:46.15</b>	+00:16:49 (33.8%)	4:58	12.1 (66.5%)
135	<b>MALINOWSKI Adam</b>	<b>734</b>	MKS 'ŚWIĘC' SŁAWNO	M-60	6	00:00:28	00:16:26	00:32:57	<b>00:49:46.60</b>	<b>00:49:46.60</b>	+00:16:49 (33.8%)	4:58	12.1 (66.5%)
136	<b>SZYMAŃSKI Tomasz</b>	<b>882</b>		M-40	39	00:00:31	00:16:33	00:33:05	<b>00:49:49.40</b>	<b>00:49:49.40</b>	+00:16:52 (33.9%)	4:58	12 (65.9%)
137	<b>DĄBROWSKA Alicja</b>	<b>636</b>	TKKF KOSZALIN	K-50	2	00:00:26	00:17:02	00:33:45	<b>00:49:56.45</b>	<b>00:49:56.45</b>	+00:16:59 (34.0%)	4:59	12 (65.9%)
138	<b>DZIESZUK Dariusz</b>	<b>643</b>	TKKF KOSZALIN	M-50	14	00:00:26	00:17:02	00:33:45	<b>00:49:57.40</b>	<b>00:49:57.40</b>	+00:17:00 (34.0%)	4:59	12 (65.9%)
139	<b>SAPIEJA Kasia</b>	<b>799</b>		K-Open	19	00:00:24	00:16:28	00:33:13	<b>00:50:06.75</b>	<b>00:50:06.75</b>	+00:17:09 (34.3%)	5:00	12 (65.9%)
140	<b>LASKA Agnieszka</b>	<b>722</b>	MKS 'ŚWIĘC' SŁAWNO	K-40	7	00:00:33	00:16:59	00:33:24	<b>00:50:09.15</b>	<b>00:50:09.15</b>	+00:17:12 (34.3%)	5:00	12 (65.9%)
141	<b>TRZASKA Tomasz</b>	<b>828</b>		M-Open	53	00:00:25	00:16:06	00:33:37	<b>00:50:43.95</b>	<b>00:50:43.95</b>	+00:17:47 (35.1%)	5:04	11.8 (64.8%)
142	<b>GARSKA Joanna</b>	<b>876</b>	ŚWIAT PŁYTEK U KRYPINA	K-40	8	00:00:31	00:17:17	00:34:18	<b>00:50:46.90</b>	<b>00:50:46.90</b>	+00:17:50 (35.1%)	5:04	11.8 (64.8%)
143	<b>WITKOWSKI Krzysztof</b>	<b>844</b>	MKS 'ŚWIĘC' SŁAWNO	M-50	15	00:00:39	00:17:05	00:34:09	<b>00:50:50.35</b>	<b>00:50:50.35</b>	+00:17:53 (35.2%)	5:05	11.8 (64.8%)
144	<b>LANDMANN Tobias</b>	<b>721</b>		M-50	16	00:00:27	00:16:30	00:33:33	<b>00:50:59.75</b>	<b>00:50:59.75</b>	+00:18:02 (35.4%)	5:05	11.8 (64.8%)
145	<b>MAŁYSZEWICZ Andrzej</b>	<b>736</b>		M-50	17	00:00:25	00:16:44	00:33:45	<b>00:51:01.55</b>	<b>00:51:01.55</b>	+00:18:04 (35.4%)	5:06	11.8 (64.8%)
146	<b>MIKINKA Magdalena</b>	<b>745</b>	SŁAWNO SŁAWNO	K-Open	20	00:00:34	00:16:56	00:33:58	<b>00:51:02.65</b>	<b>00:51:02.65</b>	+00:18:05 (35.5%)	5:06	11.8 (64.8%)
147	<b>DUDZIAK Piotr</b>	<b>642</b>	FOR-REST-RUN KOSZALIN	M-40	40	00:00:23	00:16:03	00:33:08	<b>00:51:03.95</b>	<b>00:51:03.95</b>	+00:18:07 (35.5%)	5:06	11.8 (64.8%)
148	<b>STRZEMBOWICZ Mariusz</b>	<b>811</b>	DZIKI SŁUPSK	M-Open	54	00:00:33	00:16:55	00:34:10	<b>00:51:04.90</b>	<b>00:51:04.90</b>	+00:18:08 (35.5%)	5:06	11.7 (64.3%)
149	<b>GŁOWACZ Mariusz</b>	<b>653</b>		M-Open	55	00:00:37	00:18:19	00:35:22	<b>00:51:15.95</b>	<b>00:51:15.95</b>	+00:18:19 (35.7%)	5:07	11.7 (64.3%)
150	<b>OLECHNOWICZ Zbigniew</b>	<b>762</b>	TUPOT-USTKA	M-70+	2	00:00:25	00:16:26	00:33:51	<b>00:51:17.60</b>	<b>00:51:17.60</b>	+00:18:20 (35.8%)	5:07	11.7 (64.3%)
151	<b>KAZUSEK Jan</b>	<b>690</b>	KB BRYZA POSTOMINO	M-60	7	00:00:29	00:16:49	00:33:47	<b>00:51:18.75</b>	<b>00:51:18.75</b>	+00:18:21 (35.8%)	5:07	11.7 (64.3%)
152	<b>DEMIDOK Mariusz</b>	<b>637</b>	JEN 1223	M-40	41	00:00:36	00:17:14	00:34:24	<b>00:51:20.10</b>	<b>00:51:20.10</b>	+00:18:23 (35.8%)	5:08	11.7 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	<b>ŁAKOMSKA Wanda</b>	<b>728</b>		K-60	1	00:00:23	00:17:02	00:34:07	<b>00:51:23.95</b>	<b>00:51:23.95</b>	+00:18:27 (35.9%)	5:08	11.7 (64.3%)
154	<b>PLACEK Patryk</b>	<b>866</b>		M-Open	56	00:00:44	00:18:16	00:34:45	<b>00:51:31.70</b>	<b>00:51:31.70</b>	+00:18:34 (36.1%)	5:09	11.6 (63.7%)
155	<b>SZKATULSKI Tomasz</b>	<b>815</b>	DARŁOWSKIE CHARTY	M-Open	57	00:00:30	00:17:46	00:34:32	<b>00:51:36.65</b>	<b>00:51:36.65</b>	+00:18:39 (36.2%)	5:09	11.6 (63.7%)
156	<b>GRĄBCZEWSKI Rafał</b>	<b>656</b>		M-Open	58	00:00:35	00:17:24	00:34:36	<b>00:51:45.90</b>	<b>00:51:45.90</b>	+00:18:49 (36.4%)	5:10	11.6 (63.7%)
157	<b>ZIELIŃSKI Łukasz</b>	<b>857</b>		M-Open	59	00:00:32	00:16:35	00:34:01	<b>00:51:51.85</b>	<b>00:51:51.85</b>	+00:18:55 (36.5%)	5:11	11.6 (63.7%)
158	<b>RĄCZKOWSKI Włodzimierz</b>	<b>785</b>	FUNDACJA DZIEDZICTWO - SŁAWNO	M-60	8	00:00:43	00:17:29	00:34:37	<b>00:51:52.05</b>	<b>00:51:52.05</b>	+00:18:55 (36.5%)	5:11	11.6 (63.7%)
159	<b>BUTOWICZ Adam</b>	<b>880</b>		M-50	18	00:00:30	00:17:32	00:34:43	<b>00:51:52.40</b>	<b>00:51:52.40</b>	+00:18:55 (36.5%)	5:11	11.6 (63.7%)
160	<b>KONKEL Joanna</b>	<b>695</b>	MKS 'ŚWIĘC' SŁAWNO	K-50	3	00:00:34	00:17:32	00:34:43	<b>00:51:53.50</b>	<b>00:51:53.50</b>	+00:18:56 (36.5%)	5:11	11.6 (63.7%)
161	<b>MARIAK Adrian</b>	<b>737</b>	BYLIOTYLI	M-Open	60	00:00:37	00:17:07	00:34:39	<b>00:52:00.05</b>	<b>00:52:00.05</b>	+00:19:03 (36.6%)	5:12	11.5 (63.2%)
162	<b>BIELEWICZ Anna</b>	<b>613</b>	STOPA SŁUPSK	K-40	9	00:00:29	00:16:49	00:34:37	<b>00:52:02.00</b>	<b>00:52:02.00</b>	+00:19:05 (36.7%)	5:12	11.5 (63.2%)
163	<b>WEGNER Aneta</b>	<b>835</b>	USB	K-Open	21	00:00:27	00:17:05	00:34:39	<b>00:52:05.15</b>	<b>00:52:05.15</b>	+00:19:08 (36.7%)	5:12	11.5 (63.2%)
164	<b>TRUSIAK Agnieszka</b>	<b>826</b>	NIGHT RUNNERS SŁUPSK	K-Open	22	00:00:31	00:17:38	00:35:09	<b>00:52:18.05</b>	<b>00:52:18.05</b>	+00:19:21 (37.0%)	5:13	11.5 (63.2%)
165	<b>KAZIMIERCZAK Leszek</b>	<b>864</b>	PORUNNY TEAM	M-Open	61	00:00:36	00:17:04	00:34:46	<b>00:52:21.00</b>	<b>00:52:21.00</b>	+00:19:24 (37.1%)	5:14	11.5 (63.2%)
166	<b>OLSZAR Grzegorz</b>	<b>766</b>		M-Open	62	00:00:28	00:17:05	00:34:49	<b>00:52:30.10</b>	<b>00:52:30.10</b>	+00:19:33 (37.2%)	5:15	11.4 (62.6%)
167	<b>KRUSZYŃSKI Stanisław</b>	<b>710</b>	KLUBMORSÓW, DARŁOWSKIE CHARTY	M-50	19	00:00:34	00:17:47	00:35:09	<b>00:52:34.10</b>	<b>00:52:34.10</b>	+00:19:37 (37.3%)	5:15	11.4 (62.6%)
168	<b>KAZIMIEROWICZ Radosław</b>	<b>689</b>	VTT KOSZALIN	M-Open	63	00:00:32	00:16:51	00:34:34	<b>00:52:40.00</b>	<b>00:52:40.00</b>	+00:19:43 (37.4%)	5:16	11.4 (62.6%)
169	<b>MACHŁAJ Sonia</b>	<b>730</b>		K-Open	23	00:00:33	00:18:15	00:35:41	<b>00:52:40.05</b>	<b>00:52:40.05</b>	+00:19:43 (37.4%)	5:16	11.4 (62.6%)
170	<b>KACZMAREK Łukasz</b>	<b>681</b>	WOJOWNICY WÓDY	M-Open	64	00:00:37	00:17:53	00:36:08	<b>00:52:50.95</b>	<b>00:52:50.95</b>	+00:19:54 (37.7%)	5:17	11.4 (62.6%)
171	<b>BARSZCZEWSKI Sebastian</b>	<b>611</b>	BŁĘKITNY PATROL WWF	M-40	42	00:00:24	00:16:46	00:34:24	<b>00:52:53.10</b>	<b>00:52:53.10</b>	+00:19:56 (37.7%)	5:17	11.3 (62.1%)
172	<b>TURZYŃSKA Magdalena</b>	<b>831</b>	KLUB BIEGACZA GOCH BYTÓW	K-40	10	00:00:20	00:17:33	00:35:38	<b>00:52:59.15</b>	<b>00:52:59.15</b>	+00:20:02 (37.8%)	5:17	11.3 (62.1%)
173	<b>MIECZKOWSKA Małgorzata</b>	<b>743</b>	DARŁOWSKIE CHARTY	K-40	11	00:00:32	00:17:44	00:35:39	<b>00:53:02.00</b>	<b>00:53:02.00</b>	+00:20:05 (37.9%)	5:18	11.3 (62.1%)
174	<b>MICHALAK Wojciech</b>	<b>742</b>	MKS 'ŚWIĘC' SŁAWNO	M-40	43	00:00:39	00:17:35	00:35:13	<b>00:53:18.40</b>	<b>00:53:18.40</b>	+00:20:21 (38.2%)	5:19	11.3 (62.1%)
175	<b>PELA Hanna</b>	<b>773</b>	USB USTKA	K-40	12	00:00:30	00:17:57	00:35:53	<b>00:53:32.10</b>	<b>00:53:32.10</b>	+00:20:35 (38.5%)	5:21	11.2 (61.5%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	KISIEL Łukasz	868		M-Open	65	00:00:37	00:18:07	00:36:07	<b>00:53:56.50</b>	<b>00:53:56.50</b>	+00:20:59 (38.9%)	5:23	11.1 (61.0%)
177	SOLECKI Łukasz	869		M-Open	66	00:00:37	00:18:07	00:36:08	<b>00:53:56.55</b>	<b>00:53:56.55</b>	+00:20:59 (38.9%)	5:23	11.1 (61.0%)
178	TKACZ-KRAŻKO Ewa	823		K-Open	24	00:00:35	00:18:19	00:36:11	<b>00:53:59.80</b>	<b>00:53:59.80</b>	+00:21:03 (39.0%)	5:23	11.1 (61.0%)
179	STANIASZEK Bogusław	884	TUPOT USTKA	M-60	9	00:00:35	00:19:44	00:37:48	<b>00:54:05.60</b>	<b>00:54:05.60</b>	+00:21:08 (39.1%)	5:24	11.1 (61.0%)
180	SITKIEWICZ Mariusz	872		M-40	44	00:00:38	00:17:57	00:35:44	<b>00:54:07.80</b>	<b>00:54:07.80</b>	+00:21:11 (39.1%)	5:24	11.1 (61.0%)
181	SZYSZKOWSKI Tomasz	820	ROZBIEGANY KOSZALIN	M-Open	67	00:00:43	00:18:15	00:36:22	<b>00:54:13.60</b>	<b>00:54:13.60</b>	+00:21:16 (39.2%)	5:25	11.1 (61.0%)
182	GŁOWACKI Włodzimierz	652		M-70+	3	00:00:19	00:17:58	00:36:35	<b>00:54:20.45</b>	<b>00:54:20.45</b>	+00:21:23 (39.4%)	5:26	11 (60.4%)
183	KOPREK Łukasz	701	SŁONECZNY PATROL KOSZALIN	M-Open	68	00:00:29	00:17:49	00:36:09	<b>00:54:23.65</b>	<b>00:54:23.65</b>	+00:21:26 (39.4%)	5:26	11 (60.4%)
184	ŻURAWIK Piotr	862		M-40	45	00:00:28	00:18:05	00:36:19	<b>00:54:27.60</b>	<b>00:54:27.60</b>	+00:21:30 (39.5%)	5:26	11 (60.4%)
185	MRUGALSKI Stanisław	751		M-50	20	00:00:44	00:18:31	00:36:33	<b>00:54:28.10</b>	<b>00:54:28.10</b>	+00:21:31 (39.5%)	5:26	11 (60.4%)
186	ANTOSIK Grażyna	604	KS OLSZEWSKI I SYNOWIE	K-Open	25	00:00:34	00:17:16	00:36:08	<b>00:54:34.80</b>	<b>00:54:34.80</b>	+00:21:38 (39.6%)	5:27	11 (60.4%)
187	ANDRZEJCZAK Sławomir	603	GRZESŁAW USTKA	M-40	46	00:00:30	00:17:40	00:36:06	<b>00:54:47.35</b>	<b>00:54:47.35</b>	+00:21:50 (39.9%)	5:28	11 (60.4%)
188	MOTYKOWSKA Ksenia	750		K-Open	26	00:00:35	00:18:14	00:36:28	<b>00:54:50.45</b>	<b>00:54:50.45</b>	+00:21:53 (39.9%)	5:29	10.9 (59.9%)
188	KOWALEWSKI Jacek	883		M-40	47	00:00:39	00:18:09	00:36:33	<b>00:54:50.45</b>	<b>00:54:50.45</b>	+00:21:53 (39.9%)	5:29	10.9 (59.9%)
190	ZALEWSKI Grzegorz	852	W.P.K. SŁOŃ TEAM USTKA	M-Open	69	00:00:32	00:17:48	00:36:02	<b>00:54:52.70</b>	<b>00:54:52.70</b>	+00:21:55 (40.0%)	5:29	10.9 (59.9%)
191	PLATH-KOPERSKA Krystyna	778		K-50	4	00:00:43	00:18:44	00:36:54	<b>00:54:54.85</b>	<b>00:54:54.85</b>	+00:21:58 (40.0%)	5:29	10.9 (59.9%)
192	PODLAK Piotr	780		M-Open	70	00:00:36	00:18:06	00:36:43	<b>00:54:58.00</b>	<b>00:54:58.00</b>	+00:22:01 (40.1%)	5:29	10.9 (59.9%)
193	BIERNAT Karolina	674		K-Open	27	00:00:40	00:18:15	00:36:28	<b>00:54:59.70</b>	<b>00:54:59.70</b>	+00:22:02 (40.1%)	5:29	10.9 (59.9%)
194	KRYGIER Ireneusz	711	W.P.K. SŁOŃ TEAM USTKA	M-40	48	00:00:30	00:17:59	00:36:36	<b>00:55:22.35</b>	<b>00:55:22.35</b>	+00:22:25 (40.5%)	5:32	10.8 (59.3%)
195	BUZE Małgorzata	624	OLSZEWSKI I SYNOWIE	K-40	13	00:00:35	00:18:15	00:36:40	<b>00:55:23.35</b>	<b>00:55:23.35</b>	+00:22:26 (40.5%)	5:32	10.8 (59.3%)
196	GAWEŁ Andrzej	649	ROLGAW	M-50	21	00:00:33	00:18:15	00:36:41	<b>00:55:26.60</b>	<b>00:55:26.60</b>	+00:22:29 (40.6%)	5:32	10.8 (59.3%)
197	GAWĘDA Emil	650	DARŁOWSKIE CHARTY	M-Open	71	00:00:41	00:19:07	00:37:35	<b>00:55:28.65</b>	<b>00:55:28.65</b>	+00:22:31 (40.6%)	5:32	10.8 (59.3%)
198	OGRODNICZUK Marek	761		M-40	49	00:00:39	00:18:19	00:37:04	<b>00:55:31.90</b>	<b>00:55:31.90</b>	+00:22:35 (40.7%)	5:33	10.8 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	<b>ORDAK Iwona</b>	<b>768</b>	SAMASOBIE	K-Open	28	00:00:41	00:19:09	00:37:37	<b>00:55:34.60</b>	<b>00:55:34.60</b>	+00:22:37 (40.7%)	5:33	10.8 (59.3%)
200	<b>TOMCZAK Mikołaj</b>	<b>824</b>		M-Open	72	00:00:41	00:19:23	00:37:50	<b>00:55:49.55</b>	<b>00:55:49.55</b>	+00:22:52 (41.0%)	5:34	10.7 (58.8%)
201	<b>SZYBILSKA Martyna</b>	<b>816</b>		K-Open	29	00:00:32	00:17:30	00:36:29	<b>00:55:50.85</b>	<b>00:55:50.85</b>	+00:22:54 (41.0%)	5:35	10.7 (58.8%)
202	<b>CHRISTYNIUK Piotr</b>	<b>889</b>		M-40	50	00:00:32	00:17:37	00:36:31	<b>00:56:09.65</b>	<b>00:56:09.65</b>	+00:23:12 (41.3%)	5:36	10.7 (58.8%)
203	<b>ZARZYCKA Izabela</b>	<b>854</b>		K-40	14	00:00:33	00:18:07	00:37:05	<b>00:56:22.75</b>	<b>00:56:22.75</b>	+00:23:25 (41.6%)	5:38	10.6 (58.2%)
204	<b>TRUSIAK Miłosz</b>	<b>827</b>		M-40	51	00:00:30	00:18:21	00:37:22	<b>00:56:30.00</b>	<b>00:56:30.00</b>	+00:23:33 (41.7%)	5:39	10.6 (58.2%)
205	<b>BUKOWSKI Bartosz</b>	<b>621</b>		M-Open	73	00:00:43	00:19:40	00:38:34	<b>00:56:35.50</b>	<b>00:56:35.50</b>	+00:23:38 (41.8%)	5:39	10.6 (58.2%)
206	<b>KUPREWICZ Grzegorz</b>	<b>716</b>	TKKF KOSZALIN	M-Open	74	00:00:35	00:18:07	00:37:29	<b>00:56:38.35</b>	<b>00:56:38.35</b>	+00:23:41 (41.8%)	5:39	10.6 (58.2%)
207	<b>WOŹNIAK Dariusz</b>	<b>846</b>	WWW.LIMO300C.COM	M-40	52	00:00:30	00:18:04	00:37:29	<b>00:56:47.95</b>	<b>00:56:47.95</b>	+00:23:51 (42.0%)	5:40	10.6 (58.2%)
208	<b>GRZELAK Robert</b>	<b>660</b>		M-40	53	00:00:32	00:18:16	00:37:08	<b>00:56:51.00</b>	<b>00:56:51.00</b>	+00:23:54 (42.0%)	5:41	10.6 (58.2%)
209	<b>MAZUROWSKI Karol</b>	<b>867</b>		M-Open	75	00:00:43	00:19:41	00:38:34	<b>00:56:54.55</b>	<b>00:56:54.55</b>	+00:23:57 (42.1%)	5:41	10.5 (57.7%)
210	<b>SALAJ Angelika</b>	<b>798</b>	STAROSTWO POWIATOWE SŁUPSK	K-Open	30	00:00:24	00:18:02	00:36:56	<b>00:56:54.65</b>	<b>00:56:54.65</b>	+00:23:57 (42.1%)	5:41	10.5 (57.7%)
211	<b>CZECH Roman</b>	<b>631</b>	KLUB BIEGACZA GOCH BYTÓW	M-60	10	00:00:37	00:19:45	00:38:33	<b>00:57:08.95</b>	<b>00:57:08.95</b>	+00:24:12 (42.3%)	5:42	10.5 (57.7%)
212	<b>ŁAKOMSKI Janusz</b>	<b>729</b>		M-60	11	00:00:39	00:19:21	00:38:38	<b>00:57:11.75</b>	<b>00:57:11.75</b>	+00:24:14 (42.4%)	5:43	10.5 (57.7%)
213	<b>CZAJKOWSKA-JEŻAK Agata</b>	<b>881</b>	USB USTKA	K-Open	31	00:00:21	00:18:07	00:37:46	<b>00:57:25.95</b>	<b>00:57:25.95</b>	+00:24:29 (42.6%)	5:44	10.4 (57.1%)
214	<b>KOMAR Agnieszka</b>	<b>673</b>	SPOKO SŁAWNO	K-Open	32	00:00:35	00:18:50	00:38:06	<b>00:57:29.35</b>	<b>00:57:29.35</b>	+00:24:32 (42.7%)	5:44	10.4 (57.1%)
215	<b>KOROLCZUK Karolina</b>	<b>702</b>		K-Open	33	00:00:35	00:19:17	00:38:50	<b>00:57:34.30</b>	<b>00:57:34.30</b>	+00:24:37 (42.8%)	5:45	10.4 (57.1%)
216	<b>KOPERSKI Jan</b>	<b>699</b>		M-60	12	00:00:41	00:18:43	00:38:07	<b>00:57:53.40</b>	<b>00:57:53.40</b>	+00:24:56 (43.1%)	5:47	10.4 (57.1%)
217	<b>GRĄZKA Ewa</b>	<b>887</b>		K-Open	34	00:00:37	00:19:23	00:38:44	<b>00:57:59.25</b>	<b>00:57:59.25</b>	+00:25:02 (43.2%)	5:47	10.3 (56.6%)
218	<b>GRZEGORCZYK Piotr</b>	<b>658</b>		M-Open	76	00:00:42	00:18:45	00:38:18	<b>00:58:00.65</b>	<b>00:58:00.65</b>	+00:25:03 (43.2%)	5:48	10.3 (56.6%)
219	<b>GRZEGORCZYK Kasia</b>	<b>659</b>		K-Open	35	00:00:41	00:18:45	00:38:18	<b>00:58:00.70</b>	<b>00:58:00.70</b>	+00:25:03 (43.2%)	5:48	10.3 (56.6%)
220	<b>WACHHOLZ Beata</b>	<b>833</b>	KB BRYZA POSTOMINO	K-40	15	00:00:36	00:19:00	00:38:20	<b>00:58:07.35</b>	<b>00:58:07.35</b>	+00:25:10 (43.3%)	5:48	10.3 (56.6%)
221	<b>KONARSKA Joanna</b>	<b>694</b>	BANK SPÓŁDZIELCZY W SŁAWNIE	K-Open	36	00:00:36	00:19:18	00:38:54	<b>00:58:25.15</b>	<b>00:58:25.15</b>	+00:25:28 (43.6%)	5:50	10.3 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
221	<b>BAJTEK Joanna</b>	<b>606</b>	BANK SPÓŁDZIELCZY W SŁAWNIE	K-Open	37	00:00:37	00:19:18	00:38:54	<b>00:58:25.15</b>	<b>00:58:25.15</b>	+00:25:28 (43.6%)	5:50	10.3 (56.6%)
223	<b>MAJ Agnieszka</b>	<b>731</b>		K-40	16	00:00:34	00:19:04	00:38:45	<b>00:58:25.20</b>	<b>00:58:25.20</b>	+00:25:28 (43.6%)	5:50	10.3 (56.6%)
224	<b>BRESZKA Paweł</b>	<b>617</b>	DARŁOWSKIE CHARTY	M-40	54	00:00:40	00:19:58	00:39:46	<b>00:59:04.90</b>	<b>00:59:04.90</b>	+00:26:08 (44.2%)	5:54	10.2 (56.0%)
225	<b>SZKATULSKA Karolina</b>	<b>814</b>	DARŁOWSKIE CHARTY	K-Open	38	00:00:30	00:19:46	00:39:44	<b>00:59:08.95</b>	<b>00:59:08.95</b>	+00:26:12 (44.3%)	5:54	10.1 (55.5%)
226	<b>SKIERKA-KORDYLA Anna</b>	<b>800</b>		K-Open	39	00:00:41	00:19:28	00:39:01	<b>00:59:10.65</b>	<b>00:59:10.65</b>	+00:26:13 (44.3%)	5:55	10.1 (55.5%)
227	<b>ŚLEDŹ Andrzej</b>	<b>821</b>	WĘŻELEK SŁUPSK	M-40	55	00:00:37	00:18:55	00:38:56	<b>00:59:17.65</b>	<b>00:59:17.65</b>	+00:26:20 (44.4%)	5:55	10.1 (55.5%)
228	<b>OLEŚKIEWICZ Magda</b>	<b>765</b>	USB USTKA	K-Open	40	00:00:22	00:19:04	00:39:42	<b>00:59:34.65</b>	<b>00:59:34.65</b>	+00:26:37 (44.7%)	5:57	10.1 (55.5%)
229	<b>PARWANICKI Wiktor</b>	<b>772</b>	TUPOT-USTKA	M-70+	4	00:00:43	00:20:16	00:39:48	<b>00:59:46.35</b>	<b>00:59:46.35</b>	+00:26:49 (44.9%)	5:58	10 (54.9%)
230	<b>MOTOWIDŁO-ZAWADZKA Izabella</b>	<b>749</b>		K-40	17	00:00:39	00:20:13	00:40:31	<b>01:00:18.85</b>	<b>01:00:18.85</b>	+00:27:22 (45.4%)	6:01	10 (54.9%)
231	<b>WOŹNIAK Monika</b>	<b>847</b>		K-Open	41	00:00:32	00:20:16	00:40:35	<b>01:00:19.70</b>	<b>01:00:19.70</b>	+00:27:22 (45.4%)	6:01	9.9 (54.4%)
232	<b>MEGGER Agata</b>	<b>740</b>	ŻYJ Z ENERGIA	K-40	18	00:00:32	00:20:16	00:40:35	<b>01:00:20.95</b>	<b>01:00:20.95</b>	+00:27:24 (45.4%)	6:02	9.9 (54.4%)
233	<b>MARCZAK Małgorzata</b>	<b>879</b>		K-50	5	00:00:34	00:19:11	00:40:06	<b>01:01:11.45</b>	<b>01:01:11.45</b>	+00:28:14 (46.2%)	6:07	9.8 (53.8%)
234	<b>HELLER Zdzisław</b>	<b>664</b>	NIEZRZESZONY	M-60	13	00:00:40	00:20:17	00:40:55	<b>01:01:11.85</b>	<b>01:01:11.85</b>	+00:28:15 (46.2%)	6:07	9.8 (53.8%)
235	<b>MISZKE Magdalena</b>	<b>746</b>		K-Open	42	00:00:43	00:20:12	00:40:37	<b>01:01:19.55</b>	<b>01:01:19.55</b>	+00:28:22 (46.3%)	6:07	9.8 (53.8%)
236	<b>RUBACHA Agata</b>	<b>790</b>		K-Open	43	00:00:32	00:19:38	00:40:25	<b>01:01:24.05</b>	<b>01:01:24.05</b>	+00:28:27 (46.3%)	6:08	9.8 (53.8%)
237	<b>KOPCZYŃSKI Michał</b>	<b>698</b>	JW 1223	M-40	56	00:00:37	00:20:17	00:40:39	<b>01:01:27.75</b>	<b>01:01:27.75</b>	+00:28:30 (46.4%)	6:08	9.8 (53.8%)
238	<b>ZDUNEK Katarzyna</b>	<b>856</b>		K-50	6	00:00:38	00:19:44	00:40:00	<b>01:01:45.10</b>	<b>01:01:45.10</b>	+00:28:48 (46.6%)	6:10	9.7 (53.3%)
239	<b>STĘPIEŃ Karolina</b>	<b>805</b>		K-Open	44	00:00:37	00:19:56	00:41:12	<b>01:02:39.60</b>	<b>01:02:39.60</b>	+00:29:42 (47.4%)	6:15	9.6 (52.7%)
240	<b>SŁOMSKI Zenon</b>	<b>803</b>	KORZYBSKIE REKINY	M-70+	5	00:00:35	00:18:53	00:39:39	<b>01:02:56.35</b>	<b>01:02:56.35</b>	+00:29:59 (47.7%)	6:17	9.5 (52.2%)
241	<b>PEŁKA Iwona</b>	<b>865</b>		K-50	7	00:00:41	00:21:45	00:42:31	<b>01:03:00.00</b>	<b>01:03:00.00</b>	+00:30:03 (47.7%)	6:18	9.5 (52.2%)
242	<b>ŻUCHOWSKI Jacek</b>	<b>861</b>	BYLIOTYLI	M-Open	77	00:00:37	00:19:56	00:41:31	<b>01:03:00.15</b>	<b>01:03:00.15</b>	+00:30:03 (47.7%)	6:18	9.5 (52.2%)
243	<b>MAŁYSZEWICZ Teresa</b>	<b>735</b>		K-50	8	00:00:25	00:21:02	00:43:55	<b>01:04:54.50</b>	<b>01:04:54.50</b>	+00:31:57 (49.2%)	6:29	9.2 (50.5%)
244	<b>STOPNICKI Ignacy</b>	<b>808</b>	TUPOT-USTKA	M-70+	6	00:00:44	00:22:31	00:44:22	<b>01:05:43.50</b>	<b>01:05:43.50</b>	+00:32:46 (49.9%)	6:34	9.1 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	<b>BUDZYŃSKA Elżbieta</b>	<b>620</b>		K-50	9	00:00:33	00:21:27	00:44:13	<b>01:08:30.60</b>	<b>01:08:30.60</b>	+00:35:33 (51.9%)	6:51	8.8 (48.4%)
246	<b>SOLAK Halina</b>	<b>767</b>	ŚWIAT PŁYTEK U KRYSPINA	K-60	2	00:00:41	00:24:43	00:51:18	<b>01:19:22.15</b>	<b>01:19:22.15</b>	+00:46:25 (58.5%)	7:56	7.6 (41.8%)
247	<b>BARTNIK Marian</b>	<b>612</b>	TKKF KOSZALIN	M-70+	7	00:00:28	00:28:52	00:58:07	<b>01:29:08.85</b>	<b>01:29:08.85</b>	+00:56:12 (63.0%)	8:54	6.7 (36.8%)
	<b>TRZEBIATOWSKA Kinga</b>	<b>829</b>		K-Open		00:00:23 DNF	00:14:53 DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>WÓJCIK Damian</b>	<b>849</b>	RUNNERSWALDE DARŁOWO	M-40		00:00:42 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 249 wynik(ów)