

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



Klasyfikacja: M-Open

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	GARSKI Dawid	647	MLKS BASZTA BYTÓW	M-Open	1	00:00:14	00:11:10	00:22:06	00:32:56.80	00:32:56.80		3:17	18.2 (100%)
2	POŁĘĆ Arkadiusz	781		M-Open	2	00:00:14	00:11:10	00:22:06	00:32:59.15	00:32:59.15	+00:00:02 (0.1%)	3:17	18.2 (100%)
3	DRWAL Piotr	639		M-40	1	00:00:13	00:11:09	00:22:06	00:33:10.00	00:33:10.00	+00:00:13 (0.7%)	3:19	18.1 (99.5%)
4	MURAWSKI Paweł	753	12 BRYGADA ZMECHANIZOWANA SZCZECIN	M-Open	3	00:00:13	00:11:17	00:22:42	00:34:46.95	00:34:46.95	+00:01:50 (5.3%)	3:28	17.3 (95.1%)
5	RUDNIK Krzysztof	791		M-Open	4	00:00:14	00:11:18	00:23:49	00:35:23.45	00:35:23.45	+00:02:26 (6.9%)	3:32	17 (93.4%)
6	KĘPKA Adrian	691		M-Open	5	00:00:14	00:11:52	00:23:49	00:35:32.95	00:35:32.95	+00:02:36 (7.3%)	3:33	16.9 (92.9%)
7	ZWOLSKI Andrzej	860		M-40	2	00:00:14	00:11:53	00:23:56	00:35:45.70	00:35:45.70	+00:02:48 (7.9%)	3:34	16.8 (92.3%)
8	WILCZEWSKI Krzysztof	842		M-Open	6	00:00:13	00:11:57	00:23:52	00:35:49.00	00:35:49.00	+00:02:52 (8.0%)	3:34	16.8 (92.3%)
9	SYWANYCZ Ireneusz	812		M-40	3	00:00:15	00:12:18	00:24:38	00:36:50.25	00:36:50.25	+00:03:53 (10.6%)	3:41	16.3 (89.6%)
10	WIERZEJSKI Sławomir	840	KLUB BIEGACZA GOCH BYTÓW	M-40	4	00:00:14	00:12:17	00:24:39	00:36:52.10	00:36:52.10	+00:03:55 (10.6%)	3:41	16.3 (89.6%)
11	JAKUBEK Patryk	669	ŚWIAT PŁYTEK U KRYSPIŃA	M-Open	7	00:00:14	00:12:12	00:24:47	00:36:58.85	00:36:58.85	+00:04:02 (10.9%)	3:41	16.2 (89.0%)
12	ROSIĄK Damian	788		M-Open	8	00:00:15	00:12:22	00:24:57	00:37:32.55	00:37:32.55	+00:04:35 (12.2%)	3:45	16 (87.9%)
13	HERMAN Arkadiusz	665		M-40	5	00:00:16	00:12:47	00:25:31	00:38:13.45	00:38:13.45	+00:05:16 (13.8%)	3:49	15.7 (86.3%)
14	KAMIENIECKI Rafał	683	TUPOT-USTKA	M-Open	9	00:00:16	00:12:27	00:25:21	00:38:28.25	00:38:28.25	+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 netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	GLAZIK Dariusz	651	ZWOLAK TEAM	M-40	6	00:00:15	00:12:56	00:25:46	00:38:31.20	00:38:31.20	+00:05:34 (14.5%)	3:51	15.6 (85.7%)
16	GAJLEWICZ Dominik	646	MTS HAMER	M-Open	10	00:00:18	00:12:50	00:25:49	00:38:37.65	00:38:37.65	+00:05:40 (14.7%)	3:51	15.5 (85.2%)
17	KURKUL Przemek	718	KB BRYZA POSTOMINO	M-Open	11	00:00:22	00:13:05	00:26:05	00:38:59.15	00:38:59.15	+00:06:02 (15.5%)	3:53	15.4 (84.6%)
18	WIKTOROWICZ Sławomir	841	JW 1223/BLOG	M-40	7	00:00:18	00:13:10	00:26:10	00:39:07.30	00:39:07.30	+00:06:10 (15.8%)	3:54	15.3 (84.1%)
19	KRUKOWSKI Błażej	708		M-Open	12	00:00:16	00:12:51	00:25:57	00:39:12.95	00:39:12.95	+00:06:16 (16.0%)	3:55	15.3 (84.1%)
20	WEGNER Przemysław	834		M-40	8	00:00:24	00:13:06	00:26:18	00:39:30.15	00:39:30.15	+00:06:33 (16.6%)	3:57	15.2 (83.5%)
21	ZWOLIŃSKI Jan	859	TKKF KOSZALIN	M-50	1	00:00:17	00:13:25	00:26:36	00:39:34.70	00:39:34.70	+00:06:37 (16.8%)	3:57	15.2 (83.5%)
22	KOŚCIELNIAK Robert	704	TKKF KOSZALIN	M-50	2	00:00:17	00:13:25	00:26:42	00:39:47.50	00:39:47.50	+00:06:50 (17.2%)	3:58	15.1 (83.0%)
23	KURKUL Janek	717	KB BRYZA POSTOMINO	M-Open	13	00:00:23	00:13:16	00:26:56	00:40:28.55	00:40:28.55	+00:07:31 (18.6%)	4:02	14.8 (81.3%)
24	ANTOSIK Grzegorz	605	KB BRYZA POSTOMINO, JW 1223	M-40	9	00:00:18	00:12:52	00:26:47	00:40:43.00	00:40:43.00	+00:07:46 (19.1%)	4:04	14.7 (80.8%)
25	CHUDY Henryk	627		M-60	1	00:00:19	00:13:31	00:27:15	00:41:07.40	00:41:07.40	+00:08:10 (19.9%)	4:06	14.6 (80.2%)
26	CENDER Szymon	625	W.P.K. SŁOŃ TEAM USTKA	M-Open	14	00:00:15	00:12:43	00:26:13	00:41:14.90	00:41:14.90	+00:08:18 (20.1%)	4:07	14.6 (80.2%)
27	MAĆKOWIAK Krzysztof	885	ROZBIEGANY KOSZALIN	M-Open	15	00:00:18	00:13:34	00:27:26	00:41:21.10	00:41:21.10	+00:08:24 (20.3%)	4:08	14.5 (79.7%)
28	DUDA Grzegorz	641	OSP BUKÓWKA	M-Open	16	00:00:17	00:13:24	00:27:32	00:41:28.60	00:41:28.60	+00:08:31 (20.6%)	4:08	14.5 (79.7%)
29	WILCZEWSKI Mariusz	843	MKS 'ŚWIĘC' SŁAWNO	M-Open	17	00:00:26	00:13:43	00:27:37	00:41:31.95	00:41:31.95	+00:08:35 (20.7%)	4:09	14.5 (79.7%)
30	NOWAKOWSKI Rafał	759		M-40	10	00:00:20	00:13:49	00:27:44	00:41:32.35	00:41:32.35	+00:08:35 (20.7%)	4:09	14.4 (79.1%)
31	NAGÓREK Krzysztof	754		M-60	2	00:00:17	00:13:44	00:27:42	00:41:34.30	00:41:34.30	+00:08:37 (20.7%)	4:09	14.4 (79.1%)
32	GÓRALSKI Jan	655	12.SDZ	M-40	11	00:00:21	00:13:52	00:27:52	00:41:48.40	00:41:48.40	+00:08:51 (21.2%)	4:10	14.4 (79.1%)
33	OLESZCZUK Dominik	763		M-Open	18	00:00:32	00:14:04	00:28:09	00:41:59.25	00:41:59.25	+00:09:02 (21.5%)	4:11	14.3 (78.6%)
34	CZERCHAWSKI Janusz	632		M-40	12	00:00:23	00:14:04	00:28:08	00:42:07.35	00:42:07.35	+00:09:10 (21.8%)	4:12	14.2 (78.0%)
35	MAZUR Emiliusz	739	ŻYJ Z ENERGIA	M-40	13	00:00:18	00:13:53	00:28:11	00:42:34.45	00:42:34.45	+00:09:37 (22.6%)	4:15	14.1 (77.5%)
36	MAJCHRZAK Łukasz	732	CENTRALNY POLIGON SIŁ POWIETRZNYCH	M-Open	19	00:00:22	00:14:12	00:28:37	00:42:44.25	00:42:44.25	+00:09:47 (22.9%)	4:16	14 (76.9%)
37	ADAMELAK Krzysztof	601	GRUPA LOTNICZA DARŁOWO	M-40	14	00:00:27	00:14:24	00:28:41	00:42:45.40	00:42:45.40	+00:09:48 (22.9%)	4:16	14 (76.9%)

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38	RYGIELSKI Arkadiusz	797	MKS 'ŚWIĘC' SŁAWNO	M-Open	20	00:00:24	00:13:55	00:28:19	00:42:50.45	00:42:50.45	+00:09:53 (23.1%)	4:17	14 (76.9%)
39	MOROŃ Jarosław	878	USB USTKA	M-Open	21	00:00:23	00:14:32	00:28:56	00:42:59.75	00:42:59.75	+00:10:02 (23.4%)	4:17	14 (76.9%)
40	PIŁCZYŃSKI Zbigniew	776		M-50	3	00:00:22	00:14:27	00:28:52	00:43:07.85	00:43:07.85	+00:10:11 (23.6%)	4:18	13.9 (76.4%)
41	BANCEWICZ Tomasz	609	SALON KOSMETYCZNY DIAMENT SŁUPSK	M-Open	22	00:00:33	00:14:45	00:29:03	00:43:17.55	00:43:17.55	+00:10:20 (23.9%)	4:19	13.9 (76.4%)
42	KOPLIN Maciej	700	KALIOP POLAND	M-Open	23	00:00:23	00:14:19	00:28:53	00:43:18.45	00:43:18.45	+00:10:21 (23.9%)	4:19	13.9 (76.4%)
43	JAKUSZCZONEK Zbigniew	670		M-40	15	00:00:26	00:13:52	00:29:02	00:43:27.65	00:43:27.65	+00:10:30 (24.2%)	4:20	13.8 (75.8%)
44	BONISŁAWSKI Jarosław	615	MAM ŚWIRA	M-Open	24	00:00:25	00:14:17	00:28:49	00:43:33.35	00:43:33.35	+00:10:36 (24.4%)	4:21	13.8 (75.8%)
45	JANKOWSKI Grzegorz	671	ŚWIAT PŁYTEK U KRYSPINA	M-40	16	00:00:25	00:14:18	00:28:52	00:43:44.00	00:43:44.00	+00:10:47 (24.7%)	4:22	13.7 (75.3%)
46	RÓG Bartosz	789	MKS 'ŚWIĘC' SŁAWNO	M-Open	25	00:00:21	00:13:55	00:28:38	00:43:45.10	00:43:45.10	+00:10:48 (24.7%)	4:22	13.7 (75.3%)
47	KAMELSKI Piotr	682	KS OLSZEWSKI I SYNOWIE	M-40	17	00:00:23	00:14:29	00:29:08	00:43:47.80	00:43:47.80	+00:10:51 (24.8%)	4:22	13.7 (75.3%)
48	OLESZEK Jerzy	764	SZKOŁA PODOFICERSKA MW	M-40	18	00:00:19	00:14:20	00:29:04	00:43:51.95	00:43:51.95	+00:10:55 (24.9%)	4:23	13.7 (75.3%)
49	WIELGAT Łukasz	838	KB BRYZA POSTOMINO	M-Open	26	00:00:28	00:14:48	00:29:40	00:43:59.90	00:43:59.90	+00:11:03 (25.1%)	4:23	13.6 (74.7%)
50	ZIENOWICZ Michał	858		M-Open	27	00:00:26	00:14:22	00:28:55	00:44:01.95	00:44:01.95	+00:11:05 (25.2%)	4:24	13.6 (74.7%)
51	GARSKI Kryspin	875	ŚWIAT PŁYTEK U KRYSPINA	M-40	19	00:00:25	00:14:18	00:30:32	00:44:07.85	00:44:07.85	+00:11:11 (25.3%)	4:24	13.6 (74.7%)
52	KAŃDUŁA Mariusz	685	WĘŻELEK SŁUPSK	M-40	20	00:00:34	00:14:53	00:29:31	00:44:08.25	00:44:08.25	+00:11:11 (25.4%)	4:24	13.6 (74.7%)
53	JABŁOŃSKI Tomasz	668	MKS 'ŚWIĘC' SŁAWNO	M-Open	28	00:00:20	00:14:07	00:29:13	00:44:16.10	00:44:16.10	+00:11:19 (25.6%)	4:25	13.6 (74.7%)
54	CZYŻYKOWSKI Mateusz	635		M-Open	29	00:00:26	00:15:14	00:30:10	00:44:25.90	00:44:25.90	+00:11:29 (25.8%)	4:26	13.5 (74.2%)
55	BŁASZCZYK Tadeusz	614		M-50	4	00:00:39	00:14:56	00:29:43	00:44:28.90	00:44:28.90	+00:11:32 (25.9%)	4:26	13.5 (74.2%)
56	PROTASEWICZ Andrzej	782	SŁAWNO	M-40	21	00:00:19	00:14:42	00:29:44	00:44:36.70	00:44:36.70	+00:11:39 (26.1%)	4:27	13.5 (74.2%)
57	STRUŚ Artur	809	KB BRYZA POSTOMINO	M-50	5	00:00:27	00:14:49	00:29:40	00:44:36.85	00:44:36.85	+00:11:40 (26.2%)	4:27	13.5 (74.2%)
58	SZCZĘSNY Piotr	874	LKBB PETK LĘBORK	M-50	6	00:00:23	00:14:56	00:29:53	00:44:40.20	00:44:40.20	+00:11:43 (26.2%)	4:28	13.4 (73.6%)
59	CZAJA Andrzej	629		M-50	7	00:00:23	00:14:42	00:29:28	00:44:41.15	00:44:41.15	+00:11:44 (26.3%)	4:28	13.4 (73.6%)
60	KASPERSKI Dariusz	688		M-40	22	00:00:34	00:14:50	00:29:41	00:44:47.35	00:44:47.35	+00:11:50 (26.4%)	4:28	13.4 (73.6%)

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61	KRAWCZUK Szymon	707	DARŁOWSKIE CHARTY	M-Open	30	00:00:28	00:15:23	00:30:15	00:45:03.75	00:45:03.75	+00:12:06 (26.9%)	4:30	13.3 (73.1%)
62	MUCHA Krzysztof	752		M-40	23	00:00:25	00:14:47	00:30:07	00:45:19.15	00:45:19.15	+00:12:22 (27.3%)	4:31	13.2 (72.5%)
63	CZYŻYKOWSKI Krzysztof	634		M-Open	31	00:00:27	00:15:33	00:30:31	00:45:21.20	00:45:21.20	+00:12:24 (27.4%)	4:32	13.2 (72.5%)
64	FOLWARCZNY Jarosław	871		M-Open	32	00:00:39	00:15:56	00:31:05	00:45:24.40	00:45:24.40	+00:12:27 (27.4%)	4:32	13.2 (72.5%)
65	OTTO Michał	770		M-Open	33	00:00:24	00:14:48	00:30:07	00:45:28.05	00:45:28.05	+00:12:31 (27.5%)	4:32	13.2 (72.5%)
66	TURCZYN Tomasz	830	'DZIENNIK SŁAWIEŃSKI'	M-40	24	00:00:18	00:14:30	00:29:55	00:45:35.40	00:45:35.40	+00:12:38 (27.7%)	4:33	13.2 (72.5%)
67	JĘDRASZCZYK Marek	678	WĘZEŁEK SŁUPSK	M-40	25	00:00:32	00:15:16	00:30:33	00:45:40.50	00:45:40.50	+00:12:43 (27.9%)	4:34	13.1 (72.0%)
68	WÓJCICKI Grzegorz	848		M-Open	34	00:00:24	00:15:17	00:30:32	00:45:43.75	00:45:43.75	+00:12:46 (28.0%)	4:34	13.1 (72.0%)
69	KRUPIŃSKI Krzysztof	709	E-UROLOG.EU	M-50	8	00:00:23	00:15:00	00:30:21	00:45:51.35	00:45:51.35	+00:12:54 (28.2%)	4:35	13.1 (72.0%)
70	JAŹDŻEWSKI Sebastian	676	KLUB BIEGACZA GOCH BYTÓW	M-Open	35	00:00:26	00:16:22	00:31:15	00:45:58.85	00:45:58.85	+00:13:02 (28.3%)	4:35	13.1 (72.0%)
71	PUŚCIAN Krzysztof	784	SZKOŁA PODSTAWOWA W MANOWIE	M-40	26	00:00:27	00:15:34	00:30:43	00:46:01.45	00:46:01.45	+00:13:04 (28.4%)	4:36	13 (71.4%)
72	STRZELECKI Zbigniew	810	KORZYBSKIE REKINY	M-60	3	00:00:28	00:15:41	00:30:59	00:46:05.60	00:46:05.60	+00:13:08 (28.5%)	4:36	13 (71.4%)
73	WIATRZYK Krzysztof	836		M-40	27	00:00:26	00:15:04	00:30:38	00:46:05.90	00:46:05.90	+00:13:09 (28.5%)	4:36	13 (71.4%)
74	ROGOŻA Ireneusz	787		M-40	28	00:00:25	00:15:31	00:30:58	00:46:06.00	00:46:06.00	+00:13:09 (28.5%)	4:36	13 (71.4%)
75	GAWEŁ Zbigniew	648	MIASTO SŁUPSK	M-60	4	00:00:19	00:15:27	00:30:56	00:46:08.70	00:46:08.70	+00:13:11 (28.6%)	4:36	13 (71.4%)
76	GAJEK Artur	645	KORZYBSKIE REKINY	M-40	29	00:00:27	00:15:44	00:31:01	00:46:11.95	00:46:11.95	+00:13:15 (28.7%)	4:37	13 (71.4%)
77	YALTUSHENKA Vitali	850		M-Open	36	00:00:29	00:14:11	00:30:04	00:46:20.45	00:46:20.45	+00:13:23 (28.9%)	4:38	12.9 (70.9%)
78	NIECKARZ Krzysztof	756		M-Open	37	00:00:21	00:15:06	00:30:50	00:46:23.20	00:46:23.20	+00:13:26 (29.0%)	4:38	12.9 (70.9%)
79	RUTKOWSKI Ryszard	795	RUTKOWSKI TEAM	M-50	9	00:00:16	00:14:37	00:30:23	00:46:37.80	00:46:37.80	+00:13:41 (29.3%)	4:39	12.9 (70.9%)
80	GROTA Mariusz	657	NEONET	M-Open	38	00:00:28	00:16:17	00:31:46	00:46:41.15	00:46:41.15	+00:13:44 (29.4%)	4:40	12.9 (70.9%)
81	BURKIET Marek	623	JW 1223	M-40	30	00:00:27	00:15:20	00:30:48	00:46:53.55	00:46:53.55	+00:13:56 (29.7%)	4:41	12.8 (70.3%)
82	KUCHAREK Marcin	712	STOPA SŁUPSK	M-40	31	00:00:25	00:15:57	00:31:27	00:46:56.20	00:46:56.20	+00:13:59 (29.8%)	4:41	12.8 (70.3%)
83	LITZBARSKI Marek	726	DUDYCZ RUN	M-50	10	00:00:32	00:15:53	00:31:28	00:47:01.30	00:47:01.30	+00:14:04 (29.9%)	4:42	12.8 (70.3%)

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									netto 10km	brutto 10km			
84	MAJCHRZAK Dariusz	733	CENTRALNY POLIGON SIŁ POWIETRZNYCH	M-50	11	00:00:23	00:15:10	00:30:57	00:47:03.25	00:47:03.25	+00:14:06 (30.0%)	4:42	12.8 (70.3%)
85	PŁOSKI Krzysztof	779	DARŁOWSKIE CHARTY	M-40	32	00:00:30	00:15:14	00:31:15	00:47:04.35	00:47:04.35	+00:14:07 (30.0%)	4:42	12.7 (69.8%)
86	CZAJA Marcin	630		M-Open	39	00:00:26	00:16:00	00:31:39	00:47:04.75	00:47:04.75	+00:14:07 (30.0%)	4:42	12.7 (69.8%)
87	ADRYAN Adam	602	CKB SŁUPSK	M-40	33	00:00:29	00:16:17	00:31:50	00:47:10.75	00:47:10.75	+00:14:13 (30.2%)	4:43	12.7 (69.8%)
88	BAJTEK Przemek	607	BANK SPÓŁDZIELCZY W SŁAWNIE	M-Open	40	00:00:37	00:15:34	00:31:08	00:47:17.35	00:47:17.35	+00:14:20 (30.3%)	4:43	12.7 (69.8%)
89	PEKAŁA Piotr	775	ROZBIEGANY KOSZALIN	M-40	34	00:00:41	00:17:03	00:32:40	00:47:19.00	00:47:19.00	+00:14:22 (30.4%)	4:43	12.7 (69.8%)
90	KARAŚ Radosław	686	NIGHT RUNNERS SŁUPSK	M-Open	41	00:00:27	00:15:11	00:31:14	00:47:26.30	00:47:26.30	+00:14:29 (30.5%)	4:44	12.6 (69.2%)
91	RUTKOWSKI Artur	794	RUTKOWSKI TEAM	M-Open	42	00:00:23	00:15:05	00:31:12	00:47:40.55	00:47:40.55	+00:14:43 (30.9%)	4:46	12.6 (69.2%)
92	ZARZYCKI Darek	855		M-Open	43	00:00:27	00:15:57	00:31:45	00:47:41.05	00:47:41.05	+00:14:44 (30.9%)	4:46	12.6 (69.2%)
93	TOPOLIŃSKI Ireneusz	825	KB BRYZA POSTOMINO	M-Open	44	00:00:34	00:16:16	00:32:03	00:47:53.60	00:47:53.60	+00:14:56 (31.2%)	4:47	12.5 (68.7%)
94	GOSTOMCZYK Krzysztof	654		M-Open	45	00:00:24	00:15:29	00:31:44	00:47:59.90	00:47:59.90	+00:15:03 (31.4%)	4:47	12.5 (68.7%)
95	LUPKE Marcin	727	DARŁOWSKIE CHARTY	M-Open	46	00:00:30	00:16:32	00:32:33	00:48:06.95	00:48:06.95	+00:15:10 (31.5%)	4:48	12.5 (68.7%)
96	ORLOWSKI Maciej	769	DARŁOWSKIE CHARTY	M-Open	47	00:00:30	00:16:31	00:32:33	00:48:07.40	00:48:07.40	+00:15:10 (31.5%)	4:48	12.5 (68.7%)
97	MORDASZEWSKI Jarosław	870		M-40	35	00:00:38	00:16:14	00:32:11	00:48:17.15	00:48:17.15	+00:15:20 (31.8%)	4:49	12.4 (68.1%)
98	WIECZOREK Jacek	837	SŁAWNO	M-Open	48	00:00:37	00:15:37	00:31:43	00:48:18.05	00:48:18.05	+00:15:21 (31.8%)	4:49	12.4 (68.1%)
99	JAWORSKI Robert	675	KB BRYZA POSTOMINO	M-40	36	00:00:25	00:15:28	00:31:37	00:48:21.15	00:48:21.15	+00:15:24 (31.9%)	4:50	12.4 (68.1%)
100	SZYMCZEWSKI Dariusz	818		M-50	12	00:00:34	00:16:36	00:32:41	00:48:22.70	00:48:22.70	+00:15:25 (31.9%)	4:50	12.4 (68.1%)
101	SKOWYRSKI Janusz	802	TKKF KOSZALIN	M-50	13	00:00:21	00:15:49	00:32:17	00:48:24.50	00:48:24.50	+00:15:27 (31.9%)	4:50	12.4 (68.1%)
102	DOBOSZ Łukasz	638		M-Open	49	00:00:32	00:16:25	00:32:28	00:48:33.65	00:48:33.65	+00:15:36 (32.2%)	4:51	12.4 (68.1%)
103	BAKALARZ Adam	608	REHA OMT	M-Open	50	00:00:20	00:16:06	00:32:23	00:48:54.35	00:48:54.35	+00:15:57 (32.6%)	4:53	12.3 (67.6%)
104	KANIOWSKI Jacek	684	W.P.K. SŁOŃ TEAM USTKA	M-40	37	00:00:32	00:16:19	00:32:30	00:48:55.75	00:48:55.75	+00:15:58 (32.7%)	4:53	12.3 (67.6%)
105	TELESIEWICZ Henryk	863	KLUB BIEGACZA GOCH BYTÓW	M-70+	1	00:00:15	00:16:00	00:32:35	00:48:59.40	00:48:59.40	+00:16:02 (32.7%)	4:53	12.2 (67.0%)
106	KLASA Jan	873	UG CZARNA DĄBRÓWKA	M-60	5	00:00:37	00:16:15	00:32:25	00:49:05.75	00:49:05.75	+00:16:08 (32.9%)	4:54	12.2 (67.0%)

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
107	CZERWIŃSKI Szczęsny	633		M-40	38	00:00:39	00:16:21	00:33:06	00:49:13.10	00:49:13.10	+00:16:16 (33.1%)	4:55	12.2 (67.0%)
108	URBANIAK Szymon	832	WRZESNICA	M-Open	51	00:00:36	00:16:33	00:33:10	00:49:30.20	00:49:30.20	+00:16:33 (33.4%)	4:57	12.1 (66.5%)
109	BOŹEK Łukasz	616	ZABIEGANY MORPOL	M-Open	52	00:00:38	00:16:57	00:33:26	00:49:38.95	00:49:38.95	+00:16:42 (33.6%)	4:57	12.1 (66.5%)
110	MALINOWSKI Adam	734	MKS 'ŚWIĘC' SŁAWNO	M-60	6	00:00:28	00:16:26	00:32:57	00:49:46.60	00:49:46.60	+00:16:49 (33.8%)	4:58	12.1 (66.5%)
111	SZYMAŃSKI Tomasz	882		M-40	39	00:00:31	00:16:33	00:33:05	00:49:49.40	00:49:49.40	+00:16:52 (33.9%)	4:58	12 (65.9%)
112	DZIESZUK Dariusz	643	TKKF KOSZALIN	M-50	14	00:00:26	00:17:02	00:33:45	00:49:57.40	00:49:57.40	+00:17:00 (34.0%)	4:59	12 (65.9%)
113	TRZASKA Tomasz	828		M-Open	53	00:00:25	00:16:06	00:33:37	00:50:43.95	00:50:43.95	+00:17:47 (35.1%)	5:04	11.8 (64.8%)
114	WITKOWSKI Krzysztof	844	MKS 'ŚWIĘC' SŁAWNO	M-50	15	00:00:39	00:17:05	00:34:09	00:50:50.35	00:50:50.35	+00:17:53 (35.2%)	5:05	11.8 (64.8%)
115	LANDMANN Tobias	721		M-50	16	00:00:27	00:16:30	00:33:33	00:50:59.75	00:50:59.75	+00:18:02 (35.4%)	5:05	11.8 (64.8%)
116	MAŁYSZEWICZ Andrzej	736		M-50	17	00:00:25	00:16:44	00:33:45	00:51:01.55	00:51:01.55	+00:18:04 (35.4%)	5:06	11.8 (64.8%)
117	DUDZIAK Piotr	642	FOR-REST-RUN KOSZALIN	M-40	40	00:00:23	00:16:03	00:33:08	00:51:03.95	00:51:03.95	+00:18:07 (35.5%)	5:06	11.8 (64.8%)
118	STRZEMBOWICZ Mariusz	811	DZIKI SŁUPSK	M-Open	54	00:00:33	00:16:55	00:34:10	00:51:04.90	00:51:04.90	+00:18:08 (35.5%)	5:06	11.7 (64.3%)
119	GŁOWACZ Mariusz	653		M-Open	55	00:00:37	00:18:19	00:35:22	00:51:15.95	00:51:15.95	+00:18:19 (35.7%)	5:07	11.7 (64.3%)
120	OLECHNOWICZ Zbigniew	762	TUPOT-USTKA	M-70+	2	00:00:25	00:16:26	00:33:51	00:51:17.60	00:51:17.60	+00:18:20 (35.8%)	5:07	11.7 (64.3%)
121	KAZUSEK Jan	690	KB BRYZA POSTOMINO	M-60	7	00:00:29	00:16:49	00:33:47	00:51:18.75	00:51:18.75	+00:18:21 (35.8%)	5:07	11.7 (64.3%)
122	DEMIDOK Mariusz	637	JEN 1223	M-40	41	00:00:36	00:17:14	00:34:24	00:51:20.10	00:51:20.10	+00:18:23 (35.8%)	5:08	11.7 (64.3%)
123	PLACEK Patryk	866		M-Open	56	00:00:44	00:18:16	00:34:45	00:51:31.70	00:51:31.70	+00:18:34 (36.1%)	5:09	11.6 (63.7%)
124	SZKATULSKI Tomasz	815	DARŁOWSKIE CHARTY	M-Open	57	00:00:30	00:17:46	00:34:32	00:51:36.65	00:51:36.65	+00:18:39 (36.2%)	5:09	11.6 (63.7%)
125	GRĄBCZEWSKI Rafał	656		M-Open	58	00:00:35	00:17:24	00:34:36	00:51:45.90	00:51:45.90	+00:18:49 (36.4%)	5:10	11.6 (63.7%)
126	ZIELIŃSKI Łukasz	857		M-Open	59	00:00:32	00:16:35	00:34:01	00:51:51.85	00:51:51.85	+00:18:55 (36.5%)	5:11	11.6 (63.7%)
127	RĄCZKOWSKI Włodzimierz	785	FUNDACJA DZIEDZICTWO - SŁAWNO	M-60	8	00:00:43	00:17:29	00:34:37	00:51:52.05	00:51:52.05	+00:18:55 (36.5%)	5:11	11.6 (63.7%)
128	BUTOWICZ Adam	880		M-50	18	00:00:30	00:17:32	00:34:43	00:51:52.40	00:51:52.40	+00:18:55 (36.5%)	5:11	11.6 (63.7%)
129	MARIAK Adrian	737	BYLIOTYLI	M-Open	60	00:00:37	00:17:07	00:34:39	00:52:00.05	00:52:00.05	+00:19:03 (36.6%)	5:12	11.5 (63.2%)

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
130	KAZIMIERCZAK Leszek	864	PORUNNY TEAM	M-Open	61	00:00:36	00:17:04	00:34:46	00:52:21.00	00:52:21.00	+00:19:24 (37.1%)	5:14	11.5 (63.2%)
131	OLSZAR Grzegorz	766		M-Open	62	00:00:28	00:17:05	00:34:49	00:52:30.10	00:52:30.10	+00:19:33 (37.2%)	5:15	11.4 (62.6%)
132	KRUSZYNSKI Stanisław	710	KLUBMORSÓW, DARŁOWSKIE CHARTY	M-50	19	00:00:34	00:17:47	00:35:09	00:52:34.10	00:52:34.10	+00:19:37 (37.3%)	5:15	11.4 (62.6%)
133	KAZIMIEROWICZ Radosław	689	VTT KOSZALIN	M-Open	63	00:00:32	00:16:51	00:34:34	00:52:40.00	00:52:40.00	+00:19:43 (37.4%)	5:16	11.4 (62.6%)
134	KACZMAREK Łukasz	681	WOJOWNICY WÓDY	M-Open	64	00:00:37	00:17:53	00:36:08	00:52:50.95	00:52:50.95	+00:19:54 (37.7%)	5:17	11.4 (62.6%)
135	BARSZCZEWSKI Sebastian	611	BŁĘKITNY PATROL WWF	M-40	42	00:00:24	00:16:46	00:34:24	00:52:53.10	00:52:53.10	+00:19:56 (37.7%)	5:17	11.3 (62.1%)
136	MICHALAK Wojciech	742	MKS 'ŚWIĘC' SŁAWNO	M-40	43	00:00:39	00:17:35	00:35:13	00:53:18.40	00:53:18.40	+00:20:21 (38.2%)	5:19	11.3 (62.1%)
137	KISIEL Łukasz	868		M-Open	65	00:00:37	00:18:07	00:36:07	00:53:56.50	00:53:56.50	+00:20:59 (38.9%)	5:23	11.1 (61.0%)
138	SOLECKI Łukasz	869		M-Open	66	00:00:37	00:18:07	00:36:08	00:53:56.55	00:53:56.55	+00:20:59 (38.9%)	5:23	11.1 (61.0%)
139	STANIASZEK Bogusław	884	TUPOT USTKA	M-60	9	00:00:35	00:19:44	00:37:48	00:54:05.60	00:54:05.60	+00:21:08 (39.1%)	5:24	11.1 (61.0%)
140	SITKIEWICZ Mariusz	872		M-40	44	00:00:38	00:17:57	00:35:44	00:54:07.80	00:54:07.80	+00:21:11 (39.1%)	5:24	11.1 (61.0%)
141	SZYSZKOWSKI Tomasz	820	ROZBIEGANY KOSZALIN	M-Open	67	00:00:43	00:18:15	00:36:22	00:54:13.60	00:54:13.60	+00:21:16 (39.2%)	5:25	11.1 (61.0%)
142	GŁOWACKI Włodzimierz	652		M-70+	3	00:00:19	00:17:58	00:36:35	00:54:20.45	00:54:20.45	+00:21:23 (39.4%)	5:26	11 (60.4%)
143	KOPREK Łukasz	701	SŁONECZNY PATROL KOSZALIN	M-Open	68	00:00:29	00:17:49	00:36:09	00:54:23.65	00:54:23.65	+00:21:26 (39.4%)	5:26	11 (60.4%)
144	ŻURAWIK Piotr	862		M-40	45	00:00:28	00:18:05	00:36:19	00:54:27.60	00:54:27.60	+00:21:30 (39.5%)	5:26	11 (60.4%)
145	MRUGALSKI Stanisław	751		M-50	20	00:00:44	00:18:31	00:36:33	00:54:28.10	00:54:28.10	+00:21:31 (39.5%)	5:26	11 (60.4%)
146	ANDRZEJCZAK Sławomir	603	GRZESŁAW USTKA	M-40	46	00:00:30	00:17:40	00:36:06	00:54:47.35	00:54:47.35	+00:21:50 (39.9%)	5:28	11 (60.4%)
147	KOWALEWSKI Jacek	883		M-40	47	00:00:39	00:18:09	00:36:33	00:54:50.45	00:54:50.45	+00:21:53 (39.9%)	5:29	10.9 (59.9%)
148	ZALEWSKI Grzegorz	852	W.P.K. SŁOŃ TEAM USTKA	M-Open	69	00:00:32	00:17:48	00:36:02	00:54:52.70	00:54:52.70	+00:21:55 (40.0%)	5:29	10.9 (59.9%)
149	PODLAK Piotr	780		M-Open	70	00:00:36	00:18:06	00:36:43	00:54:58.00	00:54:58.00	+00:22:01 (40.1%)	5:29	10.9 (59.9%)
150	KRYGIER Ireneusz	711	W.P.K. SŁOŃ TEAM USTKA	M-40	48	00:00:30	00:17:59	00:36:36	00:55:22.35	00:55:22.35	+00:22:25 (40.5%)	5:32	10.8 (59.3%)
151	GAWEŁ Andrzej	649	ROLGAW	M-50	21	00:00:33	00:18:15	00:36:41	00:55:26.60	00:55:26.60	+00:22:29 (40.6%)	5:32	10.8 (59.3%)
152	GAWĘDA Emil	650	DARŁOWSKIE CHARTY	M-Open	71	00:00:41	00:19:07	00:37:35	00:55:28.65	00:55:28.65	+00:22:31 (40.6%)	5:32	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
153	OGRODNICZUK Marek	761		M-40	49	00:00:39	00:18:19	00:37:04	00:55:31.90	00:55:31.90	+00:22:35 (40.7%)	5:33	10.8 (59.3%)
154	TOMCZAK Mikołaj	824		M-Open	72	00:00:41	00:19:23	00:37:50	00:55:49.55	00:55:49.55	+00:22:52 (41.0%)	5:34	10.7 (58.8%)
155	CHRISTYNIUK Piotr	889		M-40	50	00:00:32	00:17:37	00:36:31	00:56:09.65	00:56:09.65	+00:23:12 (41.3%)	5:36	10.7 (58.8%)
156	TRUSIAK Miłosz	827		M-40	51	00:00:30	00:18:21	00:37:22	00:56:30.00	00:56:30.00	+00:23:33 (41.7%)	5:39	10.6 (58.2%)
157	BUKOWSKI Bartosz	621		M-Open	73	00:00:43	00:19:40	00:38:34	00:56:35.50	00:56:35.50	+00:23:38 (41.8%)	5:39	10.6 (58.2%)
158	KUPREWICZ Grzegorz	716	TKKF KOSZALIN	M-Open	74	00:00:35	00:18:07	00:37:29	00:56:38.35	00:56:38.35	+00:23:41 (41.8%)	5:39	10.6 (58.2%)
159	WOŹNIAK Dariusz	846	WWW.LIMO300C.COM	M-40	52	00:00:30	00:18:04	00:37:29	00:56:47.95	00:56:47.95	+00:23:51 (42.0%)	5:40	10.6 (58.2%)
160	GRZELAK Robert	660		M-40	53	00:00:32	00:18:16	00:37:08	00:56:51.00	00:56:51.00	+00:23:54 (42.0%)	5:41	10.6 (58.2%)
161	MAZUROWSKI Karol	867		M-Open	75	00:00:43	00:19:41	00:38:34	00:56:54.55	00:56:54.55	+00:23:57 (42.1%)	5:41	10.5 (57.7%)
162	CZECH Roman	631	KLUB BIEGACZA GOCH BYTÓW	M-60	10	00:00:37	00:19:45	00:38:33	00:57:08.95	00:57:08.95	+00:24:12 (42.3%)	5:42	10.5 (57.7%)
163	ŁAKOMSKI Janusz	729		M-60	11	00:00:39	00:19:21	00:38:38	00:57:11.75	00:57:11.75	+00:24:14 (42.4%)	5:43	10.5 (57.7%)
164	KOPERSKI Jan	699		M-60	12	00:00:41	00:18:43	00:38:07	00:57:53.40	00:57:53.40	+00:24:56 (43.1%)	5:47	10.4 (57.1%)
165	GRZEGORCZYK Piotr	658		M-Open	76	00:00:42	00:18:45	00:38:18	00:58:00.65	00:58:00.65	+00:25:03 (43.2%)	5:48	10.3 (56.6%)
166	BRESZKA Paweł	617	DARŁOWSKIE CHARTY	M-40	54	00:00:40	00:19:58	00:39:46	00:59:04.90	00:59:04.90	+00:26:08 (44.2%)	5:54	10.2 (56.0%)
167	ŚLEDŹ Andrzej	821	WĘŻELEK SŁUPSK	M-40	55	00:00:37	00:18:55	00:38:56	00:59:17.65	00:59:17.65	+00:26:20 (44.4%)	5:55	10.1 (55.5%)
168	PARWANICKI Wiktor	772	TUPOT-USTKA	M-70+	4	00:00:43	00:20:16	00:39:48	00:59:46.35	00:59:46.35	+00:26:49 (44.9%)	5:58	10 (54.9%)
169	HELLER Zdzisław	664	NIEZRZESZONY	M-60	13	00:00:40	00:20:17	00:40:55	01:01:11.85	01:01:11.85	+00:28:15 (46.2%)	6:07	9.8 (53.8%)
170	KOPCZYŃSKI Michał	698	JW 1223	M-40	56	00:00:37	00:20:17	00:40:39	01:01:27.75	01:01:27.75	+00:28:30 (46.4%)	6:08	9.8 (53.8%)
171	SŁOMSKI Zenon	803	KORZYBSKIE REKINY	M-70+	5	00:00:35	00:18:53	00:39:39	01:02:56.35	01:02:56.35	+00:29:59 (47.7%)	6:17	9.5 (52.2%)
172	ŻUCHOWSKI Jacek	861	BYLIOTYLI	M-Open	77	00:00:37	00:19:56	00:41:31	01:03:00.15	01:03:00.15	+00:30:03 (47.7%)	6:18	9.5 (52.2%)
173	STOPNICKI Ignacy	808	TUPOT-USTKA	M-70+	6	00:00:44	00:22:31	00:44:22	01:05:43.50	01:05:43.50	+00:32:46 (49.9%)	6:34	9.1 (50.0%)
174	BARTNIK Marian	612	TKKF KOSZALIN	M-70+	7	00:00:28	00:28:52	00:58:07	01:29:08.85	01:29:08.85	+00:56:12 (63.0%)	8:54	6.7 (36.8%)
	WÓJCIK Damian	849	RUNNERSWALDE DARŁOWO	M-40		00:00:42 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 175 wynik(ów)