

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2019-05-18
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	Różn	Tempo min/km	Tempo km/h
1	DĄBROWSKI Przemysław	26	AGRO-METAL OSTROŁĘKA	M-Open	1	00:00:12	00:10:49	00:21:42	00:32:46.55		3:16	18.3 (100%)
2	DRWAŁ Piotr	30	USB USTKA	M-40	1	00:00:14	00:11:02	00:22:00	00:33:06.55	+00:00:20 (1.0%)	3:18	18.1 (98.9%)
3	WIRKUS Łukasz	279	LKB IM.BRACI PETK	M-Open	2	00:00:14	00:11:04	00:22:17	00:33:38.65	+00:00:52 (2.6%)	3:21	17.8 (97.3%)
4	WITKOWSKI Mateusz	256	JW 1223	M-Open	3	00:00:13	00:11:04	00:22:34	00:34:23.10	+00:01:36 (4.7%)	3:26	17.5 (95.6%)
5	ORZECOWSKI Kamil	167	TKKF KOSZALIN	M-Open	4	00:00:15	00:11:39	00:23:23	00:34:50.30	+00:02:03 (5.9%)	3:29	17.2 (94.0%)
6	RYBARCZYK Jan	201	ŻYJ Z ENERGIA	M-50	1	00:00:15	00:11:39	00:23:22	00:35:05.15	+00:02:18 (6.6%)	3:30	17.1 (93.4%)
7	PERLIK Tomasz	173	MTS HAMER MIASTKO	M-Open	5	00:00:15	00:11:38	00:23:23	00:35:38.05	+00:02:51 (8.0%)	3:33	16.8 (91.8%)
8	BURZYŃSKI Aleksander	19	TADMOT HURTOWNIA MOTORYZACYJNA	M-40	2	00:00:14	00:12:03	00:24:03	00:36:17.90	+00:03:31 (9.7%)	3:37	16.5 (90.2%)
9	WILCZEWSKI Krzysztof	252	KB SPOKO SŁAWNO	M-Open	6	00:00:15	00:12:16	00:24:45	00:37:29.10	+00:04:42 (12.6%)	3:44	16 (87.4%)
10	ZWOLSKI Andrzej	266	ŚCIGAŁ TEAM	M-50	2	00:00:14	00:12:03	00:25:14	00:37:43.35	+00:04:56 (13.1%)	3:46	15.9 (86.9%)
11	JAKUBEK Patryk	58	ŚWIAT PŁYTEK U KRYSPIŃNA	M-Open	7	00:00:15	00:12:38	00:25:14	00:37:53.10	+00:05:06 (13.5%)	3:47	15.8 (86.3%)
12	MIERZWA Witold	144		M-40	3	00:00:18	00:12:37	00:25:26	00:38:25.90	+00:05:39 (14.7%)	3:50	15.6 (85.2%)
13	KRYCZKA Stanisław	106	MTS HAMER MIASTKO	M-50	3	00:00:16	00:12:32	00:25:23	00:38:28.90	+00:05:42 (14.8%)	3:50	15.6 (85.2%)
14	RUDNIKOWSKI Maciej	196	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M-40	4	00:00:16	00:12:54	00:26:04	00:39:11.05	+00:06:24 (16.4%)	3:55	15.3 (83.6%)
15	GLAZIK Dariusz	43	ŚCIGAŁ TEAM	M-40	5	00:00:16	00:13:18	00:26:36	00:39:42.65	+00:06:56 (17.5%)	3:58	15.1 (82.5%)
16	WEGNER Przemysław	242		M-40	6	00:00:19	00:13:26	00:26:39	00:39:52.35	+00:07:05 (17.8%)	3:59	15.1 (82.5%)
17	KRUKOWSKI Błażej	103	KB SPOKO SŁAWNO	M-40	7	00:00:20	00:13:34	00:26:56	00:40:42.65	+00:07:56 (19.5%)	4:04	14.7 (80.3%)
18	KOZA Kamil	99	CENTRALNY POLIGON SIŁ POWIETRZNYCH	M-Open	8	00:00:18	00:13:33	00:27:05	00:40:56.45	+00:08:09 (19.9%)	4:05	14.7 (80.3%)
19	OLESZCZUK Dominik	163		M-Open	9	00:00:21	00:13:01	00:26:33	00:40:56.75	+00:08:10 (20.0%)	4:05	14.7 (80.3%)
20	RYBA Paweł	199	USB USTKA	M-40	8	00:00:19	00:13:49	00:27:30	00:41:01.60	+00:08:15 (20.1%)	4:06	14.6 (79.8%)
21	PŁAZA Ryszard	180		M-40	9	00:00:19	00:13:22	00:27:06	00:41:01.95	+00:08:15 (20.1%)	4:06	14.6 (79.8%)
22	JABŁOŃSKI Tomasz	57	KB SPOKO SŁAWNO	M-40	10	00:00:15	00:13:18	00:27:16	00:41:04.55	+00:08:18 (20.2%)	4:06	14.6 (79.8%)
23	ROSIĄK Damian	194	KB SPOKO SŁAWNO	M-Open	10	00:00:17	00:13:01	00:27:09	00:41:14.85	+00:08:28 (20.5%)	4:07	14.6 (79.8%)
24	RYGIELSKI Arkadiusz	204		M-Open	11	00:00:18	00:13:20	00:27:28	00:41:47.20	+00:09:00 (21.6%)	4:10	14.4 (78.7%)
25	MANIKOWSKI Przemysław	132		M-40	11	00:00:25	00:14:19	00:28:05	00:41:51.90	+00:09:05 (21.7%)	4:11	14.3 (78.1%)
26	MŁYNARCZYK Zbigniew	146		M-Open	12	00:00:22	00:14:05	00:28:05	00:42:04.95	+00:09:18 (22.1%)	4:12	14.3 (78.1%)
27	NAGÓREK Krzysztof	153	TUPOT USTKA	M-60	1	00:00:19	00:13:52	00:27:52	00:42:11.55	+00:09:25 (22.3%)	4:13	14.2 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas		Tempo min/km	Tempo km/h
									netto 10km	Różn		
28	GAŁKOWSKI Dariusz	38		M-50	4	00:00:14	00:13:28	00:27:50	00:42:23.90	+00:09:37 (22.7%)	4:14	14.2 (77.6%)
29	PEKAŁA Piotr	175		M-40	12	00:00:26	00:14:15	00:28:34	00:42:33.95	+00:09:47 (23.0%)	4:15	14.1 (77.0%)
30	KURKUL Janek	112	KB BRYZA POSTOMINO	M-Open	13	00:00:19	00:13:22	00:28:35	00:42:34.05	+00:09:47 (23.0%)	4:15	14.1 (77.0%)
31	WĘSIERSKI Krystian	245	DRUTEX	M-Open	14	00:00:21	00:14:05	00:28:26	00:42:39.80	+00:09:53 (23.2%)	4:15	14.1 (77.0%)
32	WIKTOROWICZ Sławomir	250	JW 1223 /BLOG	M-40	13	00:00:16	00:13:13	00:27:21	00:42:40.40	+00:09:53 (23.2%)	4:16	14.1 (77.0%)
33	TŁUSTEK Łukasz	230	KB BRYZA POSTOMINO	M-Open	15	00:00:18	00:13:51	00:28:20	00:42:40.90	+00:09:54 (23.2%)	4:16	14.1 (77.0%)
34	WĘGRZYN Rafał	244		M-40	14	00:00:21	00:14:03	00:28:17	00:42:45.55	+00:09:59 (23.3%)	4:16	14 (76.5%)
35	BRZOZOWSKI Piotr	105	AKTYWNI POTOMINO	M-Open	16	00:00:19	00:14:08	00:28:41	00:43:08.95	+00:10:22 (24.0%)	4:18	13.9 (76.0%)
36	KRAWCZUK Szymon	101	DARŁOWSKIE CHARTY	M-Open	17	00:00:20	00:14:01	00:28:35	00:43:20.85	+00:10:34 (24.4%)	4:20	13.8 (75.4%)
37	WILUSZ Krzysztof	254	STOPA SŁUPSK	M-Open	18	00:00:19	00:14:12	00:28:46	00:43:25.70	+00:10:39 (24.5%)	4:20	13.8 (75.4%)
38	ŻYLICZ Paweł	269	STOPA SŁUPSK / USB USTKA	M-Open	19	00:00:18	00:13:46	00:28:35	00:43:42.75	+00:10:56 (25.0%)	4:22	13.7 (74.9%)
39	JANKOWSKI Grzegorz	59	ŚWIAT PŁYTEK U KRYSPIŃA	M-40	15	00:00:17	00:14:09	00:29:07	00:43:57.50	+00:11:10 (25.4%)	4:23	13.7 (74.9%)
40	RYBICKI Andrzej	202	KB SPOKO SŁAWNO	M-Open	20	00:00:18	00:14:40	00:29:36	00:44:01.55	+00:11:15 (25.6%)	4:24	13.6 (74.3%)
41	KUCHAREK Marcin	107	STOPA SŁUPSK	M-40	16	00:00:20	00:14:36	00:29:32	00:44:14.10	+00:11:27 (25.9%)	4:25	13.6 (74.3%)
42	WASZAK Karol	241	KORZYBSKIE REKINY	M-Open	21	00:00:23	00:14:20	00:29:19	00:44:26.15	+00:11:39 (26.2%)	4:26	13.5 (73.8%)
43	OLESEK Jerzy	164	SZKOŁA PODOFICERSKA MW	M-40	17	00:00:19	00:14:43	00:29:37	00:44:29.10	+00:11:42 (26.3%)	4:26	13.5 (73.8%)
44	KOPLIN Maciej	90		M-Open	22	00:00:18	00:14:01	00:29:02	00:44:32.95	+00:11:46 (26.4%)	4:27	13.5 (73.8%)
45	ROSIĄK Jacek	195		M-40	18	00:00:25	00:14:41	00:29:36	00:44:41.95	+00:11:55 (26.7%)	4:28	13.4 (73.2%)
46	ANTOSIK Grzegorz	6	KB BRYZA POSTOMINO	M-40	19	00:00:19	00:14:10	00:29:20	00:44:49.25	+00:12:02 (26.9%)	4:28	13.4 (73.2%)
47	WÓJCICKI Grzegorz	259	KB SPOKO SŁAWNO	M-Open	23	00:00:15	00:13:58	00:30:05	00:45:00.15	+00:12:13 (27.2%)	4:30	13.3 (72.7%)
48	ŻURAWIK Piotr	268	KORZYBSKIE REKINY	M-40	20	00:00:22	00:14:40	00:29:45	00:45:05.60	+00:12:19 (27.3%)	4:30	13.3 (72.7%)
49	NIECKARZ Krzysztof	156	KB SPOKO SŁAWNO	M-Open	24	00:00:20	00:14:40	00:29:51	00:45:06.20	+00:12:19 (27.3%)	4:30	13.3 (72.7%)
50	NOWAK Jacek	158		M-50	5	00:00:23	00:14:31	00:29:58	00:45:15.95	+00:12:29 (27.6%)	4:31	13.3 (72.7%)
51	RUTKOWSKI Ryszard	198	KOSZALIŃSKI RANKING BIEGACZY	M-50	6	00:00:21	00:14:48	00:30:04	00:45:18.55	+00:12:32 (27.7%)	4:31	13.2 (72.1%)
52	KAMELSKI Piotr	274	KB SPOKO SŁAWNO	M-40	21	00:00:19	00:14:34	00:29:51	00:45:21.25	+00:12:34 (27.7%)	4:32	13.2 (72.1%)
53	SZCZEPANIAK Jacek	219	LUB WYBIERZ Z LISTY	M-50	7	00:00:24	00:14:26	00:29:54	00:45:23.00	+00:12:36 (27.8%)	4:32	13.2 (72.1%)
54	BAKALARZ Adam	8	REHA OMT	M-Open	25	00:00:24	00:14:54	00:30:24	00:45:26.80	+00:12:40 (27.9%)	4:32	13.2 (72.1%)
55	KUŁAKOWSKI Dawid	110	TKKF KOSZALIN	M-40	22	00:00:20	00:14:45	00:29:59	00:45:32.50	+00:12:45 (28.0%)	4:33	13.2 (72.1%)
56	KACHLICKI Kamil	66		M-40	23	00:00:23	00:15:18	00:30:32	00:45:44.55	+00:12:58 (28.3%)	4:34	13.1 (71.6%)
57	STRUŚ Artur	215	KB BRYZA POSTOMINO	M-50	8	00:00:25	00:15:07	00:30:21	00:45:49.35	+00:13:02 (28.5%)	4:34	13.1 (71.6%)
58	MATUSZYŃSKI Mirosław	138	KB GOCH BYTÓW	M-40	24	00:00:28	00:15:09	00:30:20	00:45:52.45	+00:13:05 (28.6%)	4:35	13.1 (71.6%)
59	SALAMONIK Piotr	205		M-50	9	00:00:19	00:14:56	00:30:20	00:46:03.60	+00:13:17 (28.8%)	4:36	13 (71.0%)
60	PROTASEWICZ Andrzej	183	KB SPOKO SŁAWNO	M-40	25	00:00:17	00:15:37	00:31:07	00:46:15.10	+00:13:28 (29.1%)	4:37	13 (71.0%)
61	TOMCZAK Dominik	231	NIGHT RUNNERS SŁUPSK	M-40	26	00:00:20	00:15:19	00:30:51	00:46:24.00	+00:13:37 (29.4%)	4:38	12.9 (70.5%)
62	TURCZYN Tomasz	236	'DZIENNIK SŁAWIEŃSKI'	M-40	27	00:00:17	00:14:14	00:29:56	00:46:32.85	+00:13:46 (29.6%)	4:39	12.9 (70.5%)
63	FIERKA Tomasz	33	KLUB 42.2 LĘBORK	M-Open	26	00:00:23	00:15:09	00:30:50	00:46:38.65	+00:13:52 (29.7%)	4:39	12.9 (70.5%)
64	TREDER Marian	233		M-50	10	00:00:25	00:15:24	00:31:01	00:46:40.75	+00:13:54 (29.8%)	4:40	12.9 (70.5%)
65	GAWEŁ Zbigniew	41	POMERIDERS SŁUPSK	M-60	2	00:00:24	00:15:42	00:31:20	00:46:59.95	+00:14:13 (30.3%)	4:41	12.8 (69.9%)
66	OLSZAR Grzegorz	165	DARŁOWSKIE CHARTY	M-Open	27	00:00:25	00:14:56	00:30:50	00:47:14.50	+00:14:27 (30.6%)	4:43	12.7 (69.4%)
67	WIELGAT Łukasz	249	KB BRYZA POSTOMINO	M-Open	28	00:00:24	00:14:49	00:30:29	00:47:15.70	+00:14:29 (30.7%)	4:43	12.7 (69.4%)
68	GOSTOMCZYK Krzysztof	44	KB SPOKO SŁAWNO	M-40	28	00:00:16	00:14:50	00:31:00	00:47:15.95	+00:14:29 (30.7%)	4:43	12.7 (69.4%)
69	NOWICKI Mateusz	161	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M-Open	29	00:00:37	00:16:10	00:31:50	00:47:19.10	+00:14:32 (30.7%)	4:43	12.7 (69.4%)
70	BAJTEK Przemysław	277	KB SPOKO SŁAWNO	M-Open	30	00:00:30	00:15:11	00:30:41	00:47:26.90	+00:14:40 (30.9%)	4:44	12.6 (68.9%)
71	URBANIĄK Szymon	239	CSSP KOSZALIN	M-Open	31	00:00:29	00:15:02	00:31:07	00:47:32.60	+00:14:46 (31.1%)	4:45	12.6 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas		Tempo min/km	Tempo km/h
									netto 10km	Różn		
72	DERLIŃSKI Adam	27	TORNADO KOSZALIN	M-40	29	00:00:24	00:15:40	00:31:31	00:47:38.85	+00:14:52 (31.2%)	4:45	12.6 (68.9%)
73	SOMINKA Andrzej	210	SSB (SOBIESAMBIEGAM)	M-50	11	00:00:29	00:15:17	00:31:25	00:47:45.75	+00:14:59 (31.4%)	4:46	12.6 (68.9%)
74	LUDWIKOWSKI Marek	124		M-Open	32	00:00:29	00:15:47	00:31:51	00:47:50.20	+00:15:03 (31.5%)	4:47	12.5 (68.3%)
75	BONISŁAWSKI Jarosław	13	KB SPOKO SŁAWNO	M-Open	33	00:00:42	00:15:25	00:31:26	00:48:01.15	+00:15:14 (31.7%)	4:48	12.5 (68.3%)
76	HORBACZ Grzegorz	56		M-40	30	00:00:30	00:16:16	00:32:39	00:48:16.80	+00:15:30 (32.1%)	4:49	12.4 (67.8%)
77	STRZELECKI Zbigniew	216	KORZYBSKIE REKINY	M-60	3	00:00:28	00:15:55	00:31:53	00:48:19.10	+00:15:32 (32.2%)	4:49	12.4 (67.8%)
78	KLEBBA Artur	80	DRUTEX	M-40	31	00:00:26	00:15:35	00:31:43	00:48:30.20	+00:15:43 (32.4%)	4:51	12.4 (67.8%)
79	GUZIK Piotr	48		M-Open	34	00:00:28	00:15:38	00:32:06	00:48:41.45	+00:15:54 (32.7%)	4:52	12.3 (67.2%)
80	LIPNIEWICZ Paweł	123	LIPNE MUMIE	M-Open	35	00:00:30	00:15:57	00:32:24	00:48:41.55	+00:15:55 (32.7%)	4:52	12.3 (67.2%)
81	ORLOWSKI Maciej	166		M-Open	36	00:00:28	00:16:10	00:32:10	00:48:43.70	+00:15:57 (32.7%)	4:52	12.3 (67.2%)
82	KAZIMIERCZAK Leszek	77	CSSP KOSZALIN	M-Open	37	00:00:29	00:16:12	00:32:41	00:48:57.00	+00:16:10 (33.0%)	4:53	12.3 (67.2%)
83	ANTOSIAK Grzegorz	4	DECATHLON POWER SŁUPSK	M-Open	38	00:00:31	00:15:20	00:31:49	00:49:06.65	+00:16:20 (33.3%)	4:54	12.2 (66.7%)
84	ANTKOWIAK Sebastian	3	DB - ACTIVE	M-40	32	00:00:31	00:15:56	00:32:43	00:49:23.85	+00:16:37 (33.6%)	4:56	12.1 (66.1%)
85	GAJEK Artur	34	KORZYBSKIE REKINY	M-40	33	00:00:29	00:16:09	00:32:29	00:49:26.35	+00:16:39 (33.7%)	4:56	12.1 (66.1%)
86	MAREK Piotr	134		M-40	34	00:00:32	00:16:45	00:33:27	00:49:31.85	+00:16:45 (33.8%)	4:57	12.1 (66.1%)
87	RASZPLA Radosław	191	BBL	M-40	35	00:00:22	00:15:44	00:32:43	00:49:37.30	+00:16:50 (33.9%)	4:57	12.1 (66.1%)
88	PODLAK Piotr	182		M-Open	39	00:00:29	00:16:11	00:32:55	00:49:40.35	+00:16:53 (34.0%)	4:58	12.1 (66.1%)
89	RUTKOWSKI Artur	197	KOSZALIŃSKI RANKING BIEGACZY	M-Open	40	00:00:23	00:16:06	00:32:43	00:49:40.55	+00:16:54 (34.0%)	4:58	12.1 (66.1%)
90	HANN Grzegorz	51	STOPA SŁUPSK	M-40	36	00:00:22	00:16:05	00:32:56	00:49:42.55	+00:16:56 (34.1%)	4:58	12.1 (66.1%)
91	NIWIŃSKI Grzegorz	157	TUPOT USTKA	M-60	4	00:00:42	00:16:35	00:33:10	00:49:54.75	+00:17:08 (34.3%)	4:59	12 (65.6%)
92	BUKOWSKI Bartosz	18		M-Open	41	00:00:29	00:15:45	00:32:31	00:50:02.30	+00:17:15 (34.5%)	5:00	12 (65.6%)
93	BOROWIEC Mariusz	14		M-40	37	00:00:40	00:17:11	00:33:54	00:50:04.20	+00:17:17 (34.5%)	5:00	12 (65.6%)
94	KARGUL Jacek	73	NIGHT RUNNERS SŁUPSK	M-40	38	00:00:34	00:16:20	00:32:59	00:50:06.85	+00:17:20 (34.6%)	5:00	12 (65.6%)
95	KARAŚ Radosław	72	NIGHT RUNNERS SŁUPSK	M-Open	42	00:00:35	00:16:06	00:32:39	00:50:07.00	+00:17:20 (34.6%)	5:00	12 (65.6%)
96	JOCHYM Mariusz	65	WKURW_TEAM	M-Open	43	00:00:36	00:16:42	00:33:33	00:50:10.80	+00:17:24 (34.7%)	5:01	12 (65.6%)
97	SZYMAŃSKI Mateusz	224	MTS HAMER MIASTKO	M-Open	44	00:00:31	00:17:11	00:33:55	00:50:30.95	+00:17:44 (35.1%)	5:03	11.9 (65.0%)
98	WENCŁAWSKI Michał	243	DECATHLON POWER SŁUPSK	M-Open	45	00:00:31	00:17:00	00:33:50	00:50:32.30	+00:17:45 (35.1%)	5:03	11.9 (65.0%)
99	KANIOWSKI Jacek	71	W.P.K SŁOŃ TEAM USTKA	M-40	39	00:00:35	00:16:23	00:33:14	00:50:35.55	+00:17:49 (35.2%)	5:03	11.9 (65.0%)
100	ZĘBALA Dariusz	263	DRUTEX	M-40	40	00:00:26	00:16:19	00:33:31	00:50:46.45	+00:17:59 (35.4%)	5:04	11.8 (64.5%)
101	BARYŁA Tomasz	9		M-40	41	00:00:29	00:16:13	00:33:22	00:51:07.05	+00:18:20 (35.9%)	5:06	11.7 (63.9%)
102	OLECHNOWICZ Zbigniew	162	TUPOT USTKA	M-70+	1	00:00:23	00:16:42	00:33:56	00:51:28.45	+00:18:41 (36.3%)	5:08	11.7 (63.9%)
103	KOS Krystian	93	CENTRALNY POLIGON SIŁ POWIETRZNYCH	M-Open	46	00:00:36	00:17:22	00:34:22	00:51:34.70	+00:18:48 (36.5%)	5:09	11.6 (63.4%)
104	NAGÓRNY Sławomir	154		M-50	12	00:00:17	00:15:53	00:33:26	00:51:35.15	+00:18:48 (36.5%)	5:09	11.6 (63.4%)
105	PIĄTKOWSKI Michał	176	CZARNI SŁUPSK	M-Open	47	00:00:29	00:16:50	00:34:11	00:51:38.80	+00:18:52 (36.5%)	5:09	11.6 (63.4%)
106	DERLIŃSKI Jacek	28	AKADEMIA POMORSKA	M-Open	48	00:00:30	00:16:07	00:33:53	00:51:44.70	+00:18:58 (36.7%)	5:10	11.6 (63.4%)
107	ZARZYCKI Dariusz	261	W.P.K SŁOŃ TEAM USTKA	M-40	42	00:00:36	00:16:48	00:34:18	00:51:51.00	+00:19:04 (36.8%)	5:11	11.6 (63.4%)
108	SZYMAŃSKI Tomasz	225		M-40	43	00:00:35	00:16:34	00:33:54	00:51:57.35	+00:19:10 (36.9%)	5:11	11.5 (62.8%)
109	JAWORSKI Robert	62	KB BRYZA POSTOMINO	M-40	44	00:00:22	00:16:17	00:33:48	00:52:06.10	+00:19:19 (37.1%)	5:12	11.5 (62.8%)
110	KASPROWICZ Sebastian	75	JW 3411	M-Open	49	00:00:39	00:17:15	00:34:37	00:52:10.30	+00:19:23 (37.2%)	5:13	11.5 (62.8%)
111	KOWALSKI Krzysztof	96	STOPA SŁUPSK	M-60	5	00:00:33	00:17:45	00:35:05	00:52:19.30	+00:19:32 (37.4%)	5:13	11.5 (62.8%)
112	NOWAK Marek	159		M-Open	50	00:00:40	00:17:33	00:35:11	00:52:25.55	+00:19:39 (37.5%)	5:14	11.4 (62.3%)
113	STANIASZEK Bogusław	212	TUPOT USTKA	M-60	6	00:00:38	00:18:35	00:35:42	00:52:33.60	+00:19:47 (37.6%)	5:15	11.4 (62.3%)
114	KOWALCZYK Piotr	95	FOR-REST-RUN	M-Open	51	00:00:36	00:17:04	00:34:39	00:52:36.85	+00:19:50 (37.7%)	5:15	11.4 (62.3%)
115	RYCHLIŃSKI Damian	203	WATAHA-ŁĄCZY NAS BIEGANIE	M-Open	52	00:00:36	00:17:46	00:35:23	00:52:50.25	+00:20:03 (38.0%)	5:17	11.4 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas		Tempo min/km	Tempo km/h
									netto 10km	Różn		
116	HAŁKA Arkadiusz	49	TRUCHT ŁOBEZ	M-40	45	00:00:38	00:17:19	00:35:00	00:53:03.95	+00:20:17 (38.2%)	5:18	11.3 (61.7%)
117	TYRKA Emil	238		M-Open	53	00:00:28	00:17:13	00:34:51	00:53:13.15	+00:20:26 (38.4%)	5:19	11.3 (61.7%)
118	PAWLIK Krystian	168	USTKA	M-Open	54	00:00:27	00:16:13	00:34:43	00:53:17.40	+00:20:30 (38.5%)	5:19	11.3 (61.7%)
119	TELESIEWICZ Henryk	229	KB SPOKO SŁAWNO	M-70+	2	00:00:23	00:16:48	00:34:41	00:53:21.65	+00:20:35 (38.6%)	5:20	11.2 (61.2%)
120	GÓRSKI Michał	45		M-Open	55	00:00:24	00:16:41	00:35:00	00:53:50.00	+00:21:03 (39.1%)	5:23	11.1 (60.7%)
121	KOT Daniel	94	KOT TEAM	M-40	46	00:00:36	00:18:11	00:35:43	00:53:52.85	+00:21:06 (39.2%)	5:23	11.1 (60.7%)
122	REDLAK Tomasz	193		M-40	47	00:00:28	00:17:12	00:35:24	00:53:54.95	+00:21:08 (39.2%)	5:23	11.1 (60.7%)
123	MALINOWSKI Adam	130	MKS ŚWIĘC SŁAWNO	M-60	7	00:00:32	00:17:58	00:35:57	00:53:58.65	+00:21:12 (39.3%)	5:23	11.1 (60.7%)
124	SZYSZKOWSKI Tomasz	228		M-Open	56	00:00:27	00:17:40	00:35:40	00:54:00.15	+00:21:13 (39.3%)	5:24	11.1 (60.7%)
125	KAMIŃSKI Tomasz	70	JW 1223	M-40	48	00:00:33	00:17:11	00:35:48	00:54:07.35	+00:21:20 (39.4%)	5:24	11.1 (60.7%)
126	GAŁECKI Jacek	35	TEAM MATEUSZ POLSKI	M-50	13	00:00:24	00:17:14	00:35:52	00:54:23.70	+00:21:37 (39.7%)	5:26	11 (60.1%)
127	WITKOWSKI Krzysztof	257	MKS ŚWIĘC SŁAWNO	M-50	14	00:00:38	00:18:27	00:36:20	00:54:26.10	+00:21:39 (39.8%)	5:26	11 (60.1%)
128	WILCZYŃSKI Piotr	253		M-Open	57	00:00:26	00:17:13	00:35:45	00:54:29.35	+00:21:42 (39.8%)	5:26	11 (60.1%)
129	KACZMAREK Krzysztof	68		M-Open	58	00:00:27	00:17:10	00:35:51	00:54:38.75	+00:21:52 (40.0%)	5:27	11 (60.1%)
130	KULAWIŃSKI Marek	108		M-40	49	00:00:41	00:18:03	00:36:18	00:54:57.80	+00:22:11 (40.4%)	5:29	10.9 (59.6%)
131	GARNCAREK Paweł	40		M-Open	59	00:00:37	00:18:30	00:37:05	00:55:21.95	+00:22:35 (40.8%)	5:32	10.8 (59.0%)
132	ANDRZEJCZAK Sławomir	2	GRZESŁAW USTKA	M-40	50	00:00:28	00:17:25	00:36:03	00:55:48.90	+00:23:02 (41.3%)	5:34	10.8 (59.0%)
133	JAROSZEWICZ Mirek	60		M-40	51	00:00:37	00:18:10	00:37:02	00:56:00.05	+00:23:13 (41.5%)	5:36	10.7 (58.5%)
134	CHUDY Henryk	23	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	8	00:00:24	00:17:26	00:36:09	00:56:05.15	+00:23:18 (41.6%)	5:36	10.7 (58.5%)
135	SUCHANOWSKI Zygmunt	217	RESPECT LOTYŃ	M-50	15	00:00:29	00:17:34	00:36:20	00:56:17.10	+00:23:30 (41.8%)	5:37	10.7 (58.5%)
136	LEŚNIEWSKI Bartosz	119	JW 3411	M-Open	60	00:00:39	00:17:43	00:36:51	00:56:29.20	+00:23:42 (42.0%)	5:38	10.6 (57.9%)
137	KRASIŃSKI Witold	100		M-40	52	00:00:35	00:17:09	00:36:39	00:56:43.20	+00:23:56 (42.2%)	5:40	10.6 (57.9%)
138	PUŚCIAN Krzysztof	189	SZKOŁA PODSTAWOWA W MANOWIE	M-40	53	00:00:38	00:17:59	00:38:01	00:56:43.55	+00:23:57 (42.2%)	5:40	10.6 (57.9%)
139	KOWALSKI Bartosz	97	SAMOLEJ ZTS	M-40	54	00:00:39	00:18:36	00:37:39	00:56:48.20	+00:24:01 (42.3%)	5:40	10.6 (57.9%)
140	ZAWADA Andrzej	262		M-50	16	00:00:28	00:15:37	00:34:08	00:57:16.05	+00:24:29 (42.8%)	5:43	10.5 (57.4%)
141	WOŹNIAK Dariusz	258	WWW.LIMO300C.COM	M-40	55	00:00:16	00:18:00	00:37:25	00:57:20.30	+00:24:33 (42.8%)	5:44	10.5 (57.4%)
142	WITKOWSKI Dawid	255		M-Open	61	00:00:38	00:18:49	00:37:26	00:57:29.40	+00:24:42 (43.0%)	5:44	10.4 (56.8%)
143	STEFANOWSKI Kamil	213		M-Open	62	00:00:39	00:18:36	00:37:57	00:57:41.85	+00:24:55 (43.2%)	5:46	10.4 (56.8%)
144	GLISZCZYŃSKI Łukasz	222	ŚWIAT PŁYTEK U KRYSPIŃNA	M-Open	63	00:00:26	00:16:48	00:37:22	00:57:44.20	+00:24:57 (43.2%)	5:46	10.4 (56.8%)
145	SZYMBORSKI Wojciech	271		M-Open	64	00:00:41	00:19:38	00:38:52	00:57:44.55	+00:24:58 (43.2%)	5:46	10.4 (56.8%)
146	MIELNICZEK Janusz	143		M-40	56	00:00:41	00:19:39	00:38:53	00:57:55.15	+00:25:08 (43.4%)	5:47	10.4 (56.8%)
147	KRUSZYŃSKI Stanisław	104	DARŁOWSKIE CHARTY, KLUBMORSÓW	M-50	17	00:00:33	00:19:01	00:38:27	00:58:08.70	+00:25:22 (43.6%)	5:48	10.3 (56.3%)
148	SZYMCZEWSKI Szymon	227		M-Open	65	00:00:38	00:17:27	00:37:28	00:58:36.05	+00:25:49 (44.1%)	5:51	10.2 (55.7%)
149	KAZIMIEROWICZ Radosław	78	VTT KOSZALIN	M-Open	66	00:00:38	00:18:14	00:38:07	00:58:40.75	+00:25:54 (44.1%)	5:52	10.2 (55.7%)
150	KOCIOŁEK Robert	84		M-50	18	00:00:28	00:17:49	00:38:39	00:58:48.25	+00:26:01 (44.3%)	5:52	10.2 (55.7%)
151	SZWEDA Mateusz	223		M-Open	67	00:00:35	00:19:16	00:39:19	00:59:20.15	+00:26:33 (44.8%)	5:56	10.1 (55.2%)
152	KARNICKI Zygmunt	74	TKKF KOSZALIN	M-60	9	00:00:30	00:18:54	00:39:06	00:59:44.75	+00:26:58 (45.1%)	5:58	10 (54.6%)
153	LEWANDOWSKI Adam	122	W.P.K SŁOŃ TEAM USTKA	M-Open	68	00:00:32	00:18:11	00:39:22	01:00:39.05	+00:27:52 (46.0%)	6:03	9.9 (54.1%)
154	SZYMAŃSKI Patryk	226		M-Open	69	00:00:34	00:19:16	00:39:19	01:00:51.70	+00:28:05 (46.1%)	6:05	9.9 (54.1%)
155	PRZYBYŁ Krzysztof	187		M-Open	70	00:00:35	00:19:18	00:39:19	01:00:51.85	+00:28:05 (46.1%)	6:05	9.9 (54.1%)
156	CHAMERA Tomasz	21		M-40	57	00:00:33	00:19:18	00:39:20	01:00:51.95	+00:28:05 (46.2%)	6:05	9.9 (54.1%)
157	MARIAK Adrian	135		M-Open	71	00:00:41	00:18:57	00:39:40	01:01:07.75	+00:28:21 (46.4%)	6:06	9.8 (53.6%)
158	TWOREK Józef	273		M-50	19	00:00:38	00:20:59	00:42:01	01:03:48.45	+00:31:01 (48.6%)	6:22	9.4 (51.4%)
159	HELLER Zdzisław	53	NIEZRZESZONY	M-60	10	00:00:38	00:21:11	00:42:59	01:04:35.60	+00:31:49 (49.3%)	6:27	9.3 (50.8%)

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			
160	MICHALAK Wojciech	141	MKS ŚWIĘC SŁAWNO	M-40	58	00:00:43	00:21:14	00:44:14	01:07:24.50	+00:34:37 (51.4%)	6:44	8.9 (48.6%)
161	ŻUKOWSKI Władysław	267		M-60	11	00:00:43	00:22:53	00:46:00	01:09:23.75	+00:36:37 (52.8%)	6:56	8.6 (47.0%)

Znaleziono 161 wynik(ów)