



# XXIX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

**Organizator:** Burmistrz Okonka  
**Data:** 2016-07-17  
**Miejsce:** Okonek  
**Dystans:** 21.1 km

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5.3km	10.6km	15.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	<b>HOFFMAN</b> Aleksander	<b>331</b>	PRECON POLSKA-JASTROWIE	M40-44	1	00:00:01	00:19:14	00:38:25	00:58:03	<b>01:17:25.35</b>	<b>01:17:26.90</b>		3:40	16.4 (100%)
2	<b>ZWIĄZEK</b> Paweł	<b>400</b>	WIECZORNE BIEGANIE W SZCZECINIE	M30-39	1	00:00:01	00:19:14	00:38:25	00:58:03	<b>01:17:35.85</b>	<b>01:17:37.35</b>	+00:00:10 (0.2%)	3:40	16.3 (99.4%)
3	<b>GEHRKE</b> Robert	<b>327</b>	PCH_RUN	M20-29	1	00:00:01	00:19:44	00:39:50	01:00:37	<b>01:21:29.95</b>	<b>01:21:31.45</b>	+00:04:04 (5.0%)	3:51	15.5 (94.5%)
4	<b>OSIŃSKI</b> Ryszard	<b>370</b>	ACTIVE MALBORK	M50-54	1	00:00:01	00:20:07	00:40:44	01:01:52	<b>01:22:50.85</b>	<b>01:22:52.80</b>	+00:05:25 (6.5%)	3:55	15.3 (93.3%)
5	<b>BŁASZCZYK</b> Zbigniew	<b>306</b>	TEAM BIEGOWY SZCZECINEK	M30-39	2	00:00:02	00:19:44	00:40:19	01:01:54	<b>01:24:39.15</b>	<b>01:24:41.15</b>	+00:07:13 (8.5%)	4:00	15 (91.5%)
6	<b>GRZONKA</b> Piotr	<b>330</b>		M20-29	2	00:00:02	00:21:32	00:43:51	01:05:21	<b>01:26:24.05</b>	<b>01:26:26.55</b>	+00:08:58 (10.4%)	4:05	14.7 (89.6%)
7	<b>WIERZEJSKI</b> Sławomir	<b>395</b>	KB GOCH BYTÓW	M45-49	1	00:00:02	00:21:00	00:42:36	01:04:47	<b>01:26:26.80</b>	<b>01:26:28.95</b>	+00:09:01 (10.4%)	4:05	14.6 (89.0%)
8	<b>KRÓLIKOWSKI</b> Edward	<b>347</b>	KB MANIAC POZNAŃ	M45-49	2	00:00:02	00:21:28	00:43:35	01:05:24	<b>01:26:58.65</b>	<b>01:27:00.95</b>	+00:09:33 (11.0%)	4:07	14.6 (89.0%)
9	<b>GAŁAN</b> Leszek	<b>325</b>		M50-54	2	00:00:03	00:21:31	00:43:54	01:05:36	<b>01:27:21.30</b>	<b>01:27:25.05</b>	+00:09:55 (11.4%)	4:08	14.5 (88.4%)
10	<b>KOZŁÓW</b> Wojciech	<b>345</b>	LKS ZANTYR SZTUM	M55-59	1	00:00:02	00:22:17	00:45:04	01:08:16	<b>01:31:08.35</b>	<b>01:31:10.80</b>	+00:13:43 (15.1%)	4:19	13.9 (84.8%)
11	<b>MATUSIK</b> Janusz	<b>360</b>	NIEZRZESZONY/TUCZNO	M60-64	1	00:00:03	00:22:27	00:45:27	01:08:48	<b>01:31:52.50</b>	<b>01:31:55.85</b>	+00:14:27 (15.7%)	4:21	13.8 (84.1%)
12	<b>BARCZAK</b> Rafał	<b>304</b>	KPP ŻŁOTÓW	M40-44	2	00:00:03	00:22:28	00:45:25	01:08:48	<b>01:32:26.15</b>	<b>01:32:29.25</b>	+00:15:00 (16.2%)	4:22	13.7 (83.5%)
13	<b>MROZIK</b> Daniel	<b>362</b>		M30-39	3	00:00:03	00:22:28	00:45:25	01:08:48	<b>01:32:31.50</b>	<b>01:32:35.15</b>	+00:15:06 (16.3%)	4:23	13.7 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5.3km	10.6km	15.9km	21.1km	21.1km			
14	<b>KUBIAK Piotr</b>	<b>348</b>	PRECON POLSKA-JASTROWIE	M30-39	4	00:00:02	00:23:11	00:47:38	01:10:51	<b>01:33:35.50</b>	<b>01:33:37.95</b>	+00:16:10 (17.3%)	4:26	13.5 (82.3%)
15	<b>ECKERT Zbigniew</b>	<b>320</b>	TEAM BIEGOWY SZCZECINEK	M45-49	3	00:00:02	00:22:17	00:45:27	01:09:25	<b>01:33:40.05</b>	<b>01:33:42.30</b>	+00:16:14 (17.3%)	4:26	13.5 (82.3%)
16	<b>MAJEWSKI Maciej</b>	<b>358</b>	TEAM ASA	M50-54	3	00:00:02	00:22:29	00:46:05	01:10:28	<b>01:34:01.50</b>	<b>01:34:04.00</b>	+00:16:36 (17.7%)	4:27	13.5 (82.3%)
17	<b>SKRZYPCZAK Anna</b>	<b>408</b>	LOKATOR NIERUCHOMOŚCI	K40-44	1	00:00:03	00:23:55	00:47:44	01:10:50	<b>01:34:07.20</b>	<b>01:34:10.85</b>	+00:16:41 (17.7%)	4:27	13.5 (82.3%)
18	<b>MYSZKOWSKI Jan</b>	<b>363</b>		M55-59	2	00:00:03	00:23:01	00:46:55	01:10:51	<b>01:34:09.75</b>	<b>01:34:13.60</b>	+00:16:44 (17.8%)	4:27	13.4 (81.7%)
19	<b>WIÓREK Maciej</b>	<b>409</b>	RDZP SZCZECINEK	M30-39	5	00:00:03	00:22:49	00:46:44	01:10:50	<b>01:34:33.45</b>	<b>01:34:36.85</b>	+00:17:08 (18.1%)	4:28	13.4 (81.7%)
20	<b>JANUZYK Tomasz</b>	<b>334</b>		M30-39	6	00:00:04	00:23:54	00:47:45	01:10:58	<b>01:34:45.70</b>	<b>01:34:50.10</b>	+00:17:20 (18.3%)	4:29	13.4 (81.7%)
21	<b>GAŃSKA Magdalena</b>	<b>326</b>	MKS FIGHTER	K40-44	2	00:00:02	00:23:56	00:47:48	01:11:39	<b>01:35:36.45</b>	<b>01:35:39.20</b>	+00:18:11 (19.0%)	4:31	13.2 (80.5%)
22	<b>MADAJCZAK Jarosław</b>	<b>357</b>		M40-44	3	00:00:03	00:23:08	00:46:57	01:11:02	<b>01:35:46.40</b>	<b>01:35:50.25</b>	+00:18:21 (19.2%)	4:32	13.2 (80.5%)
23	<b>ORZEL Przemysław</b>	<b>369</b>		M30-39	7	00:00:07	00:22:57	00:47:02	01:11:45	<b>01:36:19.50</b>	<b>01:36:26.55</b>	+00:18:54 (19.6%)	4:33	13.1 (79.9%)
24	<b>WALTER Przemysław</b>	<b>392</b>	KB 'DZIESIĄTKA' BIAŁOGARD	M40-44	4	00:00:06	00:24:12	00:47:59	01:12:10	<b>01:36:41.15</b>	<b>01:36:47.55</b>	+00:19:15 (19.9%)	4:34	13.1 (79.9%)
25	<b>SAWICKI Eligiusz</b>	<b>379</b>		M50-54	4	00:00:05	00:24:57	00:49:35	01:13:49	<b>01:37:37.15</b>	<b>01:37:42.80</b>	+00:20:11 (20.7%)	4:37	13 (79.3%)
26	<b>NOWAK Marcin</b>	<b>365</b>		M30-39	8	00:00:05	00:24:42	00:49:16	01:13:55	<b>01:38:04.80</b>	<b>01:38:10.65</b>	+00:20:39 (21.1%)	4:38	12.9 (78.7%)
27	<b>CHODOR Martyna</b>	<b>311</b>	TKKF KOSZALIN	K30-39	1	00:00:06	00:25:11	00:49:34	01:14:01	<b>01:38:25.85</b>	<b>01:38:32.70</b>	+00:21:00 (21.3%)	4:39	12.9 (78.7%)
28	<b>AUGUSTYNIAK Grzegorz</b>	<b>303</b>	WYGAN KOŁOBRZEG	M30-39	9	00:00:04	00:24:58	00:49:36	01:14:02	<b>01:38:28.05</b>	<b>01:38:32.80</b>	+00:21:02 (21.4%)	4:40	12.9 (78.7%)
29	<b>KOPER Adam</b>	<b>405</b>		M30-39	10	00:00:05	00:24:57	00:49:35	01:14:01	<b>01:38:29.35</b>	<b>01:38:35.25</b>	+00:21:04 (21.4%)	4:40	12.9 (78.7%)
30	<b>RATAJCZAK Rajmund</b>	<b>376</b>		M50-54	5	00:00:05	00:24:55	00:49:35	01:14:02	<b>01:38:38.75</b>	<b>01:38:44.55</b>	+00:21:13 (21.5%)	4:40	12.8 (78.0%)
31	<b>OCHNIO Ryszard</b>	<b>366</b>	POLONIA JASTROWIE BIEDRONKA BIEGA JASTROWIE	M40-44	5	00:00:03	00:23:55	00:47:48	01:12:57	<b>01:39:04.70</b>	<b>01:39:08.10</b>	+00:21:39 (21.9%)	4:41	12.8 (78.0%)
32	<b>RUDNIK Jerzy</b>	<b>377</b>	FLORIAN CHOJNICE	M60-64	2	00:00:02	00:23:53	00:48:25	01:13:59	<b>01:39:35.30</b>	<b>01:39:38.25</b>	+00:22:09 (22.3%)	4:43	12.7 (77.4%)
33	<b>WILCZYŃSKI Jarosław</b>	<b>397</b>	JEDNA CHWILA	M30-39	11	00:00:05	00:23:45	00:49:01	01:14:34	<b>01:40:25.00</b>	<b>01:40:30.80</b>	+00:22:59 (22.9%)	4:45	12.6 (76.8%)
34	<b>CHORAŻY Karolina</b>	<b>312</b>	FADOMODA TEAM	K20-29	1	00:00:07	00:25:41	00:50:23	01:15:20	<b>01:40:25.10</b>	<b>01:40:33.05</b>	+00:22:59 (22.9%)	4:45	12.6 (76.8%)
35	<b>PIETRZAK Kamil</b>	<b>373</b>	ACTIVE MALBORK	M30-39	12	00:00:02	00:23:08	00:48:45	01:15:00	<b>01:40:28.45</b>	<b>01:40:31.00</b>	+00:23:03 (22.9%)	4:45	12.6 (76.8%)
36	<b>CUBER Wojciech</b>	<b>314</b>	#ZARAZQA	M30-39	13	00:00:14	00:26:18	00:52:14	01:17:51	<b>01:41:19.50</b>	<b>01:41:33.55</b>	+00:23:54 (23.6%)	4:48	12.5 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5.3km	10.6km	15.9km	21.1km	21.1km			
37	<b>GRZEGORZEWSKI Rafał</b>	<b>328</b>	BRZOZA BIEGA	M40-44	6	00:00:07	00:25:17	00:50:45	01:15:56	<b>01:41:31.20</b>	<b>01:41:39.00</b>	+00:24:05 (23.7%)	4:48	12.5 (76.2%)
38	<b>WILKOWSKI Krzysztof</b>	<b>398</b>	ROZBIEGANY KOSZALIN	M30-39	14	00:00:06	00:23:55	00:49:14	01:15:24	<b>01:42:09.25</b>	<b>01:42:15.55</b>	+00:24:43 (24.2%)	4:50	12.4 (75.6%)
39	<b>ZIÓLKOWSKI Wojciech</b>	<b>410</b>	GOCH BYTÓW	M30-39	15	00:00:11	00:26:21	00:52:17	01:17:53	<b>01:43:00.85</b>	<b>01:43:12.80</b>	+00:25:35 (24.8%)	4:52	12.3 (75.0%)
40	<b>BOCH Marcin</b>	<b>307</b>		M30-39	16	00:00:06	00:23:26	00:48:53	01:15:42	<b>01:43:02.90</b>	<b>01:43:09.05</b>	+00:25:37 (24.9%)	4:53	12.3 (75.0%)
41	<b>PIECHOWSKI Krzysztof</b>	<b>371</b>	LOKATOR NIERUCHOMOŚCI PIŁA	M40-44	7	00:00:11	00:26:21	00:52:16	01:17:53	<b>01:43:09.10</b>	<b>01:43:21.05</b>	+00:25:43 (24.9%)	4:53	12.3 (75.0%)
42	<b>KAPUSTA Leszek</b>	<b>339</b>	WP	M30-39	17	00:00:08	00:25:19	00:50:47	01:17:14	<b>01:44:05.20</b>	<b>01:44:14.10</b>	+00:26:39 (25.6%)	4:56	12.2 (74.4%)
43	<b>TOMCZAK Zbigniew</b>	<b>389</b>	ALTOM GNIEZNO	M60-64	3	00:00:07	00:25:23	00:51:11	01:17:33	<b>01:44:17.90</b>	<b>01:44:24.95</b>	+00:26:52 (25.8%)	4:56	12.1 (73.8%)
44	<b>SZUMSKI Łukasz</b>	<b>386</b>		M30-39	18	00:00:08	00:25:48	00:51:08	01:17:18	<b>01:44:23.30</b>	<b>01:44:31.50</b>	+00:26:57 (25.8%)	4:56	12.1 (73.8%)
45	<b>PRZYBYŁO Leonard</b>	<b>404</b>	STALOWE ŁYDKI	M40-44	8	00:00:09	00:25:58	00:52:04	01:18:34	<b>01:44:32.35</b>	<b>01:44:42.10</b>	+00:27:07 (25.9%)	4:57	12.1 (73.8%)
46	<b>DUDZIAK Piotr</b>	<b>319</b>	ROZBIEGANY KOSZALIN	M40-44	9	00:00:07	00:27:13	00:53:32	01:17:29	<b>01:45:01.25</b>	<b>01:45:09.00</b>	+00:27:35 (26.3%)	4:58	12.1 (73.8%)
47	<b>JAROSZEWSKA Justyna</b>	<b>335</b>	4RUNTEAM	K30-39	2	00:00:07	00:26:00	00:52:06	01:18:36	<b>01:45:03.90</b>	<b>01:45:10.90</b>	+00:27:38 (26.3%)	4:58	12.1 (73.8%)
48	<b>OKOŁOTOWICZ Sebastian</b>	<b>406</b>		M30-39	19	00:00:09	00:24:45	00:49:32	01:14:18	<b>01:45:25.90</b>	<b>01:45:35.25</b>	+00:28:00 (26.6%)	4:59	12 (73.2%)
49	<b>ŚWIETLIK Tomasz</b>	<b>388</b>		M55-59	3	00:00:08	00:25:40	00:51:06	01:18:33	<b>01:46:37.95</b>	<b>01:46:46.50</b>	+00:29:12 (27.4%)	5:03	11.9 (72.6%)
50	<b>WALTER Joanna</b>	<b>393</b>	KB 'DZIESIĄTKA' BIAŁOGARD	K40-44	3	00:00:11	00:27:13	00:54:21	01:20:54	<b>01:46:38.85</b>	<b>01:46:50.45</b>	+00:29:13 (27.4%)	5:03	11.9 (72.6%)
51	<b>LASAOTA Mirosław</b>	<b>353</b>		M60-64	4	00:00:09	00:25:17	00:51:05	01:18:32	<b>01:46:48.80</b>	<b>01:46:58.55</b>	+00:29:23 (27.5%)	5:03	11.9 (72.6%)
52	<b>KOLENDO Arkadiusz</b>	<b>342</b>	ROGOZIŃSKI KLUB BIEGACZA	M30-39	20	00:00:11	00:26:40	00:52:27	01:19:56	<b>01:47:26.35</b>	<b>01:47:37.35</b>	+00:30:01 (27.9%)	5:05	11.8 (72.0%)
53	<b>OKONEK Kazimierz</b>	<b>367</b>		M65-69	1	00:00:10	00:25:17	00:51:49	01:18:38	<b>01:47:50.80</b>	<b>01:48:00.85</b>	+00:30:25 (28.2%)	5:06	11.7 (71.3%)
54	<b>PIKULIK Jarosław</b>	<b>374</b>	LZS 'JEDNOŚĆ' ŁOBŻENICA	M20-29	3	00:00:05	00:23:53	00:47:45	01:15:39	<b>01:48:43.15</b>	<b>01:48:48.65</b>	+00:31:17 (28.8%)	5:09	11.6 (70.7%)
55	<b>FIŁONOWICZ Monika</b>	<b>322</b>		K30-39	3	00:00:05	00:25:16	00:51:21	01:19:37	<b>01:48:57.35</b>	<b>01:49:02.55</b>	+00:31:32 (28.9%)	5:09	11.6 (70.7%)
56	<b>BOCHEŃSKI Wojciech</b>	<b>407</b>		M40-44	10	00:00:09	00:27:26	00:54:49	01:22:18	<b>01:49:08.85</b>	<b>01:49:18.00</b>	+00:31:43 (29.1%)	5:10	11.6 (70.7%)
57	<b>HETEL Adam</b>	<b>403</b>		M30-39	21	00:00:08	00:26:55	00:54:24	01:21:55	<b>01:49:46.15</b>	<b>01:49:55.10</b>	+00:32:20 (29.5%)	5:12	11.5 (70.1%)
58	<b>GAJEK Artur</b>	<b>324</b>	KORZYBSKIE REKINY	M40-44	11	00:00:08	00:26:14	00:53:08	01:21:14	<b>01:49:50.35</b>	<b>01:49:59.10</b>	+00:32:25 (29.5%)	5:12	11.5 (70.1%)
59	<b>KOZŁOWIECKI Waldemar</b>	<b>344</b>	TKKF KOSZALIN	M65-69	2	00:00:04	00:26:45	00:54:21	01:21:51	<b>01:49:56.85</b>	<b>01:50:01.50</b>	+00:32:31 (29.6%)	5:12	11.5 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
						startu	5.3km	10.6km	15.9km					
60	<b>WALIŃSKA Agnieszka</b>	<b>391</b>	WOLNA JAK PTAK	K40-44	4	00:00:08	00:27:05	00:54:23	01:21:46	<b>01:50:18.80</b>	<b>01:50:27.10</b>	+00:32:53 (29.8%)	5:13	11.5 (70.1%)
61	<b>BRYSZEWSKA Alicja</b>	<b>402</b>		K30-39	4	00:00:10	00:28:44	00:56:09	01:23:05	<b>01:50:41.65</b>	<b>01:50:52.05</b>	+00:33:16 (30.1%)	5:14	11.4 (69.5%)
62	<b>WIĘZIK Henryk</b>	<b>396</b>		M70+	1	00:00:10	00:26:55	00:54:14	01:21:45	<b>01:50:48.05</b>	<b>01:50:58.55</b>	+00:33:22 (30.1%)	5:15	11.4 (69.5%)
63	<b>FISCHER Łukasz</b>	<b>323</b>	KOCHAM GABRYSLA I SANDRĘ	M20-29	4	00:00:09	00:26:25	00:53:54	01:22:12	<b>01:52:18.10</b>	<b>01:52:27.45</b>	+00:34:52 (31.1%)	5:19	11.3 (68.9%)
64	<b>DRACZYŃSKI Zygmunt</b>	<b>318</b>	LŁKB TRUCHT	M65-69	3	00:00:08	00:27:27	00:54:50	01:22:56	<b>01:53:00.50</b>	<b>01:53:08.80</b>	+00:35:35 (31.5%)	5:21	11.2 (68.3%)
65	<b>NAPIERAŁA Bogumił</b>	<b>364</b>	KORA KOSZALIN	M50-54	6	00:00:08	00:25:48	00:53:36	01:22:22	<b>01:53:20.35</b>	<b>01:53:28.80</b>	+00:35:55 (31.7%)	5:22	11.2 (68.3%)
66	<b>CZARNECKI Mirosław</b>	<b>315</b>		M50-54	7	00:00:03	00:25:58	00:54:02	01:23:29	<b>01:53:40.20</b>	<b>01:53:44.15</b>	+00:36:14 (31.9%)	5:23	11.1 (67.7%)
67	<b>DORSZEWSKI Przemysław</b>	<b>317</b>	KS. ALBISIA	M30-39	22	00:00:10	00:26:53	00:54:15	01:22:36	<b>01:54:15.55</b>	<b>01:54:25.70</b>	+00:36:50 (32.2%)	5:24	11.1 (67.7%)
68	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>343</b>	PARKRUN SZCZECINEK	M40-44	12	00:00:06	00:29:55	00:59:21	01:27:53	<b>01:55:49.90</b>	<b>01:55:56.20</b>	+00:38:24 (33.2%)	5:29	10.9 (66.5%)
69	<b>SIKORSKI Witold</b>	<b>380</b>	KB RUN 42	M55-59	4	00:00:06	00:25:20	00:51:53	01:27:20	<b>01:56:19.90</b>	<b>01:56:26.60</b>	+00:38:54 (33.4%)	5:30	10.9 (66.5%)
70	<b>LASOTA Jakub</b>	<b>354</b>		M30-39	23	00:00:11	00:29:22	00:58:44	01:27:47	<b>01:56:40.25</b>	<b>01:56:51.85</b>	+00:39:14 (33.6%)	5:31	10.9 (66.5%)
71	<b>STANASIUK Edyta</b>	<b>382</b>	FIZJOBIEGACZE SZCZECIN	K30-39	5	00:00:11	00:29:22	00:58:44	01:27:48	<b>01:56:40.35</b>	<b>01:56:51.95</b>	+00:39:15 (33.6%)	5:31	10.9 (66.5%)
72	<b>LAJTER Jerzy</b>	<b>352</b>	4 RUN TEAM PIŁA	M65-69	4	00:00:09	00:28:44	00:58:24	01:26:27	<b>01:56:45.05</b>	<b>01:56:54.50</b>	+00:39:19 (33.7%)	5:31	10.8 (65.9%)
73	<b>IDZIAK Paweł</b>	<b>333</b>	TEAM BIEGOWY SZCZECINEK	M30-39	24	00:00:03	00:29:59	00:59:43	01:29:37	<b>01:57:57.75</b>	<b>01:58:00.90</b>	+00:40:32 (34.4%)	5:35	10.7 (65.2%)
74	<b>STURMOWSKI Adam</b>	<b>383</b>		M30-39	25	00:00:08	00:26:56	00:55:26	01:25:55	<b>01:58:13.50</b>	<b>01:58:22.05</b>	+00:40:48 (34.5%)	5:36	10.7 (65.2%)
75	<b>WIATR Tomasz</b>	<b>394</b>		M40-44	13	00:00:12	00:27:56	00:56:42	01:26:43	<b>01:58:32.50</b>	<b>01:58:45.35</b>	+00:41:07 (34.7%)	5:37	10.7 (65.2%)
76	<b>SZULC Edyta</b>	<b>384</b>		K40-44	5	00:00:12	00:29:20	00:58:52	01:28:43	<b>01:59:36.25</b>	<b>01:59:48.85</b>	+00:42:10 (35.3%)	5:40	10.6 (64.6%)
77	<b>KAŁUŻNY Paweł</b>	<b>338</b>		M30-39	26	00:00:05	00:27:38	00:58:02	01:28:58	<b>02:01:02.80</b>	<b>02:01:08.30</b>	+00:43:37 (36.0%)	5:44	10.5 (64.0%)
78	<b>MAŃKOWSKA Janina</b>	<b>359</b>		K50-54	1	00:00:09	00:29:45	01:00:26	01:32:07	<b>02:03:29.85</b>	<b>02:03:39.60</b>	+00:46:04 (37.3%)	5:51	10.3 (62.8%)
79	<b>KARNICKI Zygmunt</b>	<b>340</b>	TKKF KOSZALIN	M60-64	5	00:00:07	00:29:07	01:00:11	01:31:44	<b>02:03:40.80</b>	<b>02:03:48.60</b>	+00:46:15 (37.4%)	5:51	10.2 (62.2%)
80	<b>RYMER Adam</b>	<b>378</b>		M30-39	27	00:00:12	00:29:59	01:00:26	01:31:52	<b>02:03:41.10</b>	<b>02:03:53.65</b>	+00:46:15 (37.4%)	5:51	10.2 (62.2%)
81	<b>SZUMSKA Lidia</b>	<b>385</b>		K40-44	6	00:00:07	00:28:46	00:58:26	01:31:46	<b>02:05:57.25</b>	<b>02:06:04.95</b>	+00:48:31 (38.5%)	5:58	10.1 (61.6%)
82	<b>ANDRUSZKIEWICZ Grzegorz</b>	<b>302</b>	PARKRUN SZCZECINEK	M30-39	28	00:00:11	00:29:23	00:59:03	01:32:19	<b>02:08:35.20</b>	<b>02:08:46.20</b>	+00:51:09 (39.8%)	6:05	9.8 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5.3km	10.6km	15.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
83	<b>MICHALAK Marcin</b>	<b>361</b>		M30-39	29	00:00:07	00:27:06	00:58:25	01:31:25	<b>02:11:20.50</b>	<b>02:11:27.50</b>	+00:53:55 (41.1%)	6:13	9.6 (58.5%)
84	<b>LASOTA Irena</b>	<b>355</b>		K65-69	1	00:00:09	00:30:00	01:01:54	01:35:58	<b>02:13:22.00</b>	<b>02:13:31.95</b>	+00:55:56 (41.9%)	6:19	9.5 (57.9%)
85	<b>OKONEK Izabela</b>	<b>368</b>		K45-49	1	00:00:09	00:36:02	01:15:52	01:56:39	<b>02:41:32.00</b>	<b>02:41:41.85</b>	+01:24:06 (52.1%)	7:39	7.8 (47.6%)
86	<b>CHROŚCICKA-MICHALAK Anna</b>	<b>313</b>	PARKRUN GDYNIA	K30-39	6	00:00:07	00:36:04	01:18:26	02:00:42	<b>02:49:07.90</b>	<b>02:49:15.20</b>	+01:31:42 (54.2%)	8:00	7.5 (45.7%)

Znaleziono 86 wynik(ów)