



**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Ośrodek Sportu i Rekreacji w Sławnie  
2024-05-25  
Sławno  
10 km

## XXVI BIEG ŚWIĘCÓW

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.4km	6.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PYSHNIAK Kostiantyn</b>	<b>134</b>	FIGA TEAM	M-18	1	00:00:02	00:10:46	00:21:34	<b>00:32:17.80</b>	<b>00:32:19.95</b>		3:13	18.6 (100%)
2	<b>BURZYŃSKI Aleksander</b>	<b>17</b>	STOPA SŁUPSK	M-40	1	00:00:02	00:11:42	00:23:37	<b>00:35:34.10</b>	<b>00:35:36.25</b>	+00:03:16 (9.2%)	3:33	16.9 (90.9%)
3	<b>ROSIAK Damian</b>	<b>81</b>	KB SPOKO SŁAWNO	M-30	1	00:00:02	00:11:41	00:23:55	<b>00:36:25.80</b>	<b>00:36:28.25</b>	+00:04:08 (11.3%)	3:38	16.5 (88.7%)
4	<b>SMOŁUCH Marcin</b>	<b>89</b>	BRYZA POSTOMINO	M-30	2	00:00:03	00:12:38	00:25:26	<b>00:38:14.55</b>	<b>00:38:17.90</b>	+00:05:56 (15.5%)	3:49	15.7 (84.4%)
5	<b>GUZOWSKI Dariusz</b>	<b>32</b>	TALEX BORZYTUCHOM	M-50	1	00:00:02	00:12:34	00:25:28	<b>00:38:21.95</b>	<b>00:38:24.50</b>	+00:06:04 (15.8%)	3:50	15.6 (83.9%)
6	<b>BOHOMIAHKOVA Khrystyna</b>	<b>14</b>	STAYER RUN CLUB	K-30	1	00:00:01	00:12:40	00:25:28	<b>00:38:25.40</b>	<b>00:38:27.35</b>	+00:06:07 (15.9%)	3:50	15.6 (83.9%)
7	<b>KOWALSKI Damian</b>	<b>52</b>	KB BRYZA POSTOMINO	M-30	3	00:00:03	00:13:19	00:26:55	<b>00:40:50.45</b>	<b>00:40:54.05</b>	+00:08:32 (20.9%)	4:05	14.7 (79.0%)
8	<b>MAKARSKI Marcin</b>	<b>62</b>	DARŁOWSKIE CHARTY	M-40	2	00:00:02	00:12:58	00:26:47	<b>00:40:58.15</b>	<b>00:41:00.45</b>	+00:08:40 (21.2%)	4:05	14.6 (78.5%)
9	<b>HARDY Jacek</b>	<b>33</b>	TEAM TROPIKANA	M-18	2	00:00:02	00:13:41	00:27:36	<b>00:41:03.25</b>	<b>00:41:06.20</b>	+00:08:45 (21.3%)	4:06	14.6 (78.5%)
10	<b>CZYŻYKOWSKI Mateusz</b>	<b>25</b>		M-30	4	00:00:03	00:13:17	00:27:16	<b>00:41:11.90</b>	<b>00:41:15.05</b>	+00:08:54 (21.6%)	4:07	14.6 (78.5%)
11	<b>ZIELIŃSKA Anna</b>	<b>120</b>	TRUCHT ŁOBEZ	K-50	1	00:00:02	00:13:26	00:27:08	<b>00:41:16.55</b>	<b>00:41:19.10</b>	+00:08:58 (21.8%)	4:07	14.5 (78.0%)
12	<b>KRUKOWSKI Błażej</b>	<b>54</b>		M-40	3	00:00:04	00:13:27	00:27:12	<b>00:41:24.10</b>	<b>00:41:28.20</b>	+00:09:06 (22.0%)	4:08	14.5 (78.0%)
13	<b>CZAJKA Maciej</b>	<b>124</b>		M-18	3	00:00:08	00:13:46	00:27:32	<b>00:41:20.85</b>	<b>00:41:29.70</b>	+00:09:03 (21.9%)	4:08	14.5 (78.0%)
14	<b>ULBRYCH Marcin</b>	<b>103</b>	JEST LEPIEJ RUN TEAM	M-40	4	00:00:02	00:13:25	00:27:17	<b>00:41:33.50</b>	<b>00:41:36.35</b>	+00:09:15 (22.3%)	4:09	14.4 (77.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.4km	6.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>DEREŃ Justyna</b>	<b>26</b>	NIEPUBLICZNA SZKOŁA PODSTAWOWA NR 7 W SŁUPSKU	K-30	2	00:00:02	00:13:27	00:27:15	<b>00:41:38.70</b>	<b>00:41:41.55</b>	+00:09:20 (22.4%)	4:09	14.4 (77.4%)
16	<b>DUDA Grzegorz</b>	<b>28</b>	BEST BEASTS	M-40	5	00:00:02	00:13:28	00:27:42	<b>00:41:46.40</b>	<b>00:41:48.70</b>	+00:09:28 (22.7%)	4:10	14.4 (77.4%)
17	<b>WISNIEWSKI Piotr</b>	<b>110</b>	BIAŁOGARD BIEGA	M-40	6	00:00:03	00:13:26	00:27:25	<b>00:41:51.60</b>	<b>00:41:54.85</b>	+00:09:33 (22.8%)	4:11	14.3 (76.9%)
18	<b>JĘDRZEJEWSKI Łukasz</b>	<b>39</b>		M-40	7	00:00:03	00:13:58	00:28:17	<b>00:42:11.20</b>	<b>00:42:14.85</b>	+00:09:53 (23.4%)	4:13	14.2 (76.3%)
19	<b>ANTOSIAK Grzegorz</b>	<b>1</b>		M-30	5	00:00:04	00:13:53	00:27:52	<b>00:42:30.10</b>	<b>00:42:34.20</b>	+00:10:12 (24.0%)	4:15	14.1 (75.8%)
20	<b>JABŁOŃSKI Tomasz</b>	<b>34</b>	KB SPOKO SŁAWNO	M-40	8	00:00:03	00:13:32	00:28:17	<b>00:43:06.25</b>	<b>00:43:09.70</b>	+00:10:48 (25.1%)	4:18	13.9 (74.7%)
21	<b>BIERZANOWSKI Rafał</b>	<b>8</b>		M-40	9	00:00:05	00:14:28	00:28:51	<b>00:43:20.00</b>	<b>00:43:25.95</b>	+00:11:02 (25.5%)	4:20	13.8 (74.2%)
22	<b>MAJROWSKI Mariusz</b>	<b>61</b>	KB BRYZA POSTOMINO	M-18	4	00:00:03	00:14:10	00:28:49	<b>00:43:23.35</b>	<b>00:43:26.50</b>	+00:11:05 (25.6%)	4:20	13.8 (74.2%)
23	<b>ŻURAWIK Piotr</b>	<b>135</b>	GM KĘPICE	M-50	2	00:00:05	00:14:01	00:28:32	<b>00:43:22.55</b>	<b>00:43:27.60</b>	+00:11:04 (25.5%)	4:20	13.8 (74.2%)
24	<b>CZUPA Oskar</b>	<b>131</b>		M-18	5	00:00:03	00:14:02	00:28:54	<b>00:43:59.75</b>	<b>00:44:03.00</b>	+00:11:41 (26.6%)	4:23	13.6 (73.1%)
25	<b>KLOC Dariusz</b>	<b>45</b>	BEST BEASTS	M-40	10	00:00:04	00:14:06	00:28:57	<b>00:44:06.00</b>	<b>00:44:10.00</b>	+00:11:48 (26.8%)	4:24	13.6 (73.1%)
26	<b>RUCHLEWICZ Rafał</b>	<b>83</b>	BAKAU BUCHLEWICZ	M-30	6	00:00:06	00:13:47	00:28:50	<b>00:44:31.35</b>	<b>00:44:38.20</b>	+00:12:13 (27.5%)	4:27	13.5 (72.6%)
27	<b>TURCZYN Tomasz</b>	<b>102</b>	SLAWNO.NASZEMIASTO.PL	M-40	11	00:00:02	00:14:04	00:29:17	<b>00:44:42.30</b>	<b>00:44:45.05</b>	+00:12:24 (27.8%)	4:28	13.4 (72.0%)
28	<b>BACHLIŃSKI Daniel</b>	<b>4</b>	PARKRUN KOSZALIN	M-18	6	00:00:03	00:14:42	00:29:50	<b>00:45:20.40</b>	<b>00:45:23.95</b>	+00:13:02 (28.8%)	4:32	13.2 (71.0%)
29	<b>BIŃCZYK Piotr</b>	<b>9</b>		M-30	7	00:00:06	00:15:17	00:30:13	<b>00:45:17.75</b>	<b>00:45:24.35</b>	+00:12:59 (28.7%)	4:31	13.2 (71.0%)
30	<b>WILCZEWSKI Mariusz</b>	<b>132</b>	KB SPOKO SŁAWNO	M-30	8	00:00:09	00:15:02	00:30:11	<b>00:45:19.20</b>	<b>00:45:28.95</b>	+00:13:01 (28.7%)	4:31	13.2 (71.0%)
31	<b>WIŚNIEWSKI Michał</b>	<b>111</b>	BEST BEASTS	M-40	12	00:00:07	00:15:12	00:30:20	<b>00:45:31.10</b>	<b>00:45:38.25</b>	+00:13:13 (29.0%)	4:33	13.2 (71.0%)
32	<b>TOMCZYK Mateusz</b>	<b>100</b>	KB SPOKO SŁAWNO	M-30	9	00:00:04	00:14:47	00:30:13	<b>00:45:44.50</b>	<b>00:45:48.95</b>	+00:13:26 (29.4%)	4:34	13.1 (70.4%)
33	<b>SUCHANOWSKI Zygmunt</b>	<b>95</b>	RESPECT LOTYŃ	M-50	3	00:00:02	00:14:41	00:30:09	<b>00:45:52.20</b>	<b>00:45:55.05</b>	+00:13:34 (29.6%)	4:35	13.1 (70.4%)
34	<b>BŁASZCZYK Tadeusz</b>	<b>13</b>		M-60	1	00:00:05	00:15:06	00:30:35	<b>00:45:58.95</b>	<b>00:46:04.55</b>	+00:13:41 (29.8%)	4:35	13.1 (70.4%)
35	<b>BŁASZCZYK Tomasz</b>	<b>12</b>		M-18	7	00:00:05	00:14:42	00:30:27	<b>00:46:03.50</b>	<b>00:46:09.15</b>	+00:13:45 (29.9%)	4:36	13 (69.9%)
36	<b>KACZMAREK Marta</b>	<b>40</b>	KB SPOKO SŁAWNO	K-30	3	00:00:04	00:14:53	00:30:29	<b>00:46:14.35</b>	<b>00:46:18.45</b>	+00:13:56 (30.2%)	4:37	13 (69.9%)
37	<b>ANTOSIK Grzegorz</b>	<b>2</b>	KB BRYZA POSTOMINO	M-40	13	00:00:02	00:14:26	00:30:28	<b>00:46:41.65</b>	<b>00:46:43.65</b>	+00:14:23 (30.8%)	4:40	12.9 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.4km	6.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>CHUDY Henryk</b>	<b>21</b>	KS OLSZEWSKI I SYNOWIE	M-60	2	00:00:04	00:14:53	00:30:31	<b>00:46:40.05</b>	<b>00:46:44.25</b>	+00:14:22 (30.8%)	4:40	12.9 (69.4%)
39	<b>NOWAK Agnieszka</b>	<b>125</b>		K-40	1	00:00:04	00:14:20	00:30:04	<b>00:46:43.80</b>	<b>00:46:48.05</b>	+00:14:26 (30.9%)	4:40	12.8 (68.8%)
40	<b>POCZĄTEK Mikołaj</b>	<b>77</b>		M-30	10	00:00:09	00:15:39	00:31:26	<b>00:46:42.90</b>	<b>00:46:52.20</b>	+00:14:25 (30.9%)	4:40	12.8 (68.8%)
41	<b>SOBORAK Mariusz</b>	<b>91</b>	JLRT	M-40	14	00:00:05	00:14:06	00:29:19	<b>00:46:55.75</b>	<b>00:47:00.75</b>	+00:14:37 (31.2%)	4:41	12.8 (68.8%)
42	<b>TRZPIS Piotr</b>	<b>101</b>	BIEGORANEK DARŁOWO	M-40	15	00:00:09	00:15:35	00:31:17	<b>00:47:04.35</b>	<b>00:47:13.65</b>	+00:14:46 (31.4%)	4:42	12.7 (68.3%)
43	<b>LUDWIKOWSKI Marek</b>	<b>59</b>	BRYZA POSTOMINO	M-40	16	00:00:08	00:15:36	00:31:18	<b>00:47:05.90</b>	<b>00:47:14.25</b>	+00:14:48 (31.4%)	4:42	12.7 (68.3%)
44	<b>KONECKI Dariusz</b>	<b>46</b>	KB SPOKO SŁAWNO	M-50	4	00:00:04	00:14:55	00:30:48	<b>00:47:14.30</b>	<b>00:47:19.15</b>	+00:14:56 (31.6%)	4:43	12.7 (68.3%)
45	<b>ZIELIŃSKI Dominik</b>	<b>121</b>		M-18	8	00:00:05	00:14:23	00:30:38	<b>00:47:28.30</b>	<b>00:47:34.20</b>	+00:15:10 (32.0%)	4:44	12.6 (67.7%)
46	<b>BIŃCZYK Tomasz</b>	<b>11</b>		M-18	9	00:00:06	00:15:29	00:31:49	<b>00:48:22.80</b>	<b>00:48:29.40</b>	+00:16:05 (33.2%)	4:50	12.4 (66.7%)
47	<b>WITKOWSKI Dawid</b>	<b>113</b>	KB SPOKO SŁAWNO	M-30	11	00:00:04	00:14:26	00:30:31	<b>00:48:25.40</b>	<b>00:48:29.55</b>	+00:16:07 (33.3%)	4:50	12.4 (66.7%)
48	<b>KLIMCZAK Agnieszka</b>	<b>44</b>	BBL SŁUPSK	K-50	2	00:00:05	00:15:04	00:31:32	<b>00:48:31.60</b>	<b>00:48:36.65</b>	+00:16:13 (33.4%)	4:51	12.4 (66.7%)
49	<b>SITNIK Mikołaj</b>	<b>87</b>		M-30	12	00:00:06	00:15:17	00:31:54	<b>00:48:55.65</b>	<b>00:49:01.90</b>	+00:16:37 (34.0%)	4:53	12.3 (66.1%)
50	<b>KULCZYK Katarzyna</b>	<b>56</b>	KB BRYZA POSTOMINO	K-40	2	00:00:05	00:16:25	00:32:47	<b>00:48:57.25</b>	<b>00:49:02.40</b>	+00:16:39 (34.0%)	4:53	12.3 (66.1%)
51	<b>WALEŃSKI Michał</b>	<b>104</b>	TKKF	M-50	5	00:00:03	00:16:22	00:32:49	<b>00:48:58.65</b>	<b>00:49:02.45</b>	+00:16:40 (34.1%)	4:53	12.3 (66.1%)
52	<b>KSYCKI Krystian</b>	<b>55</b>		M-18	10	00:00:06	00:16:15	00:32:48	<b>00:49:06.25</b>	<b>00:49:13.10</b>	+00:16:48 (34.2%)	4:54	12.2 (65.6%)
53	<b>ORŁOWSKI Maciej</b>	<b>74</b>		M-30	13	00:00:07	00:16:19	00:32:41	<b>00:49:15.60</b>	<b>00:49:23.10</b>	+00:16:57 (34.4%)	4:55	12.2 (65.6%)
54	<b>CISZEWSKI Krzysztof</b>	<b>23</b>	BIEG Z CHRYSYUSEM	M-60	3	00:00:10	00:16:33	00:33:07	<b>00:49:30.40</b>	<b>00:49:40.60</b>	+00:17:12 (34.8%)	4:57	12.1 (65.1%)
55	<b>SMOLIŃSKI Krzysztof</b>	<b>88</b>	SMOLIŃSKI TEAM	M-40	17	00:00:11	00:15:36	00:32:05	<b>00:49:32.75</b>	<b>00:49:43.75</b>	+00:17:14 (34.8%)	4:57	12.1 (65.1%)
56	<b>JANKOWSKI Krzysztof</b>	<b>35</b>	KB SPOKO SŁAWNO	M-30	14	00:00:08	00:15:25	00:32:58	<b>00:49:43.40</b>	<b>00:49:51.55</b>	+00:17:25 (35.0%)	4:58	12.1 (65.1%)
57	<b>ANTOSIK Grażyna</b>	<b>3</b>	KSOLSZEWSKI I SYNOWIE	K-40	3	00:00:05	00:15:36	00:32:35	<b>00:49:51.40</b>	<b>00:49:56.70</b>	+00:17:33 (35.2%)	4:59	12 (64.5%)
58	<b>SEKULSKI Oliwier</b>	<b>127</b>		M-18	11	00:00:03	00:14:25	00:31:43	<b>00:49:55.00</b>	<b>00:49:58.05</b>	+00:17:37 (35.3%)	4:59	12 (64.5%)
59	<b>ROGALSKI Piotr</b>	<b>79</b>		M-40	18	00:00:02	00:16:05	00:32:56	<b>00:50:16.55</b>	<b>00:50:19.20</b>	+00:17:58 (35.8%)	5:01	11.9 (64.0%)
60	<b>SZUBERT Agnieszka</b>	<b>137</b>		K-40	4	00:00:05	00:17:02	00:33:40	<b>00:50:20.85</b>	<b>00:50:26.05</b>	+00:18:03 (35.9%)	5:02	11.9 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.4km	6.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	<b>GOSTOMCZYK Krzysztof</b>	<b>31</b>	KB SPOKO SŁAWNO	M-40	19	00:00:02	00:15:43	00:32:42	<b>00:50:30.10</b>	<b>00:50:32.65</b>	+00:18:12 (36.0%)	5:03	11.9 (64.0%)
62	<b>KOWALSKI Michał</b>	<b>51</b>		M-18	12	00:00:03	00:15:12	00:33:13	<b>00:51:37.10</b>	<b>00:51:40.45</b>	+00:19:19 (37.4%)	5:09	11.6 (62.4%)
63	<b>NARBUT Szymon</b>	<b>70</b>		M-30	15	00:00:10	00:16:44	00:33:27	<b>00:51:42.50</b>	<b>00:51:53.30</b>	+00:19:24 (37.5%)	5:10	11.6 (62.4%)
64	<b>KOWALCZYK Aleksandra</b>	<b>50</b>		K-18	1	00:00:05	00:16:20	00:33:13	<b>00:51:45.30</b>	<b>00:51:50.90</b>	+00:19:27 (37.6%)	5:10	11.6 (62.4%)
65	<b>KAMELSKI Piotr</b>	<b>41</b>	KB SPOKO SŁAWNO	M-50	6	00:00:04	00:16:40	00:33:56	<b>00:51:46.10</b>	<b>00:51:50.85</b>	+00:19:28 (37.6%)	5:10	11.6 (62.4%)
66	<b>RZECZKOWSKA Edyta</b>	<b>86</b>	KB SPOKO SŁAWNO	K-30	4	00:00:03	00:16:19	00:33:37	<b>00:52:01.30</b>	<b>00:52:04.95</b>	+00:19:43 (37.9%)	5:12	11.5 (61.8%)
67	<b>ZAKRZEWSKI Paweł</b>	<b>118</b>	DARŁOWSKIE CHARTY	M-40	20	00:00:09	00:17:00	00:34:07	<b>00:52:09.35</b>	<b>00:52:18.95</b>	+00:19:51 (38.1%)	5:12	11.5 (61.8%)
68	<b>KURLAPSKA Anna</b>	<b>57</b>	BEST BEASTS	K-30	5	00:00:04	00:16:07	00:33:57	<b>00:52:13.75</b>	<b>00:52:18.20</b>	+00:19:55 (38.2%)	5:13	11.5 (61.8%)
69	<b>SZUBERT Marcin</b>	<b>138</b>	KOŁOBRZEG BIEGA	M-40	21	00:00:05	00:17:13	00:34:43	<b>00:52:14.95</b>	<b>00:52:19.95</b>	+00:19:57 (38.2%)	5:13	11.5 (61.8%)
70	<b>SZUBERT Julia</b>	<b>136</b>	KÓŁOBRZEG BIEGA	K-18	2	00:00:00	00:17:20	00:34:49	<b>00:52:19.90</b>	<b>00:52:19.90</b>	+00:20:02 (38.3%)	5:13	11.5 (61.8%)
71	<b>BOJARYN Marcin</b>	<b>15</b>	RADA MIEJSKA SŁAWNO	M-40	22	00:00:07	00:16:50	00:34:45	<b>00:52:55.95</b>	<b>00:53:03.60</b>	+00:20:38 (39.0%)	5:17	11.3 (60.8%)
72	<b>MROZEK Krzysztof</b>	<b>69</b>		M-30	16	00:00:06	00:17:27	00:35:32	<b>00:52:57.20</b>	<b>00:53:03.60</b>	+00:20:39 (39.0%)	5:17	11.3 (60.8%)
73	<b>KANIOWSKI Jacek</b>	<b>42</b>	W.P.K SŁOŃ TEAM USTKA	M-40	23	00:00:08	00:17:07	00:34:50	<b>00:53:22.55</b>	<b>00:53:30.70</b>	+00:21:04 (39.5%)	5:20	11.2 (60.2%)
74	<b>OKOŁOTOWICZ Sebastian</b>	<b>73</b>		M-40	24	00:00:07	00:15:36	00:33:18	<b>00:53:23.95</b>	<b>00:53:31.80</b>	+00:21:06 (39.5%)	5:20	11.2 (60.2%)
75	<b>MAZUREK Ryszard</b>	<b>67</b>		M-70	1	00:00:05	00:17:20	00:35:03	<b>00:53:31.10</b>	<b>00:53:37.05</b>	+00:21:13 (39.7%)	5:21	11.2 (60.2%)
76	<b>DUBNICKI Karol</b>	<b>130</b>		M-18	13	00:00:07	00:16:21	00:33:45	<b>00:54:07.70</b>	<b>00:54:15.55</b>	+00:21:49 (40.3%)	5:24	11.1 (59.7%)
77	<b>BAJTEK Przemek</b>	<b>5</b>	KB SPOKO SŁAWNO	M-40	25	00:00:09	00:16:14	00:35:29	<b>00:54:24.65</b>	<b>00:54:33.65</b>	+00:22:06 (40.6%)	5:26	11 (59.1%)
78	<b>DUDA Dominik</b>	<b>129</b>		M-18	14	00:00:08	00:15:30	00:33:25	<b>00:54:31.50</b>	<b>00:54:39.65</b>	+00:22:13 (40.8%)	5:27	11 (59.1%)
79	<b>MAJ Agnieszka</b>	<b>60</b>	BIEGI KOLACYJNE:)	K-40	5	00:00:04	00:17:35	00:35:59	<b>00:54:49.30</b>	<b>00:54:54.00</b>	+00:22:31 (41.1%)	5:28	10.9 (58.6%)
80	<b>WITKOWSKA Marcelina</b>	<b>112</b>	MKS ŚWIĘC SŁAWNO	K-18	3	00:00:12	00:18:21	00:36:15	<b>00:55:15.50</b>	<b>00:55:27.75</b>	+00:22:57 (41.6%)	5:31	10.9 (58.6%)
81	<b>ŚMIŁOWSKI Paweł</b>	<b>98</b>		M-18	15	00:00:11	00:18:22	00:36:16	<b>00:55:16.35</b>	<b>00:55:28.05</b>	+00:22:58 (41.6%)	5:31	10.9 (58.6%)
82	<b>BIAŁECKI Rafał</b>	<b>6</b>		M-30	17	00:00:04	00:18:54	00:37:45	<b>00:55:27.80</b>	<b>00:55:32.25</b>	+00:23:10 (41.8%)	5:32	10.8 (58.1%)
83	<b>RYBAK Paweł</b>	<b>85</b>		M-30	18	00:00:09	00:18:23	00:36:21	<b>00:55:32.70</b>	<b>00:55:42.30</b>	+00:23:14 (41.9%)	5:33	10.8 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.4km	6.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	<b>SUŁEK Dorota</b>	<b>96</b>	BRYZA POSTOMINO	K-40	6	00:00:05	00:17:43	00:36:40	<b>00:56:01.55</b>	<b>00:56:07.00</b>	+00:23:43 (42.4%)	5:36	10.7 (57.5%)
85	<b>NARBUT Łukasz</b>	<b>71</b>		M-30	19	00:00:10	00:18:25	00:37:24	<b>00:56:38.20</b>	<b>00:56:48.85</b>	+00:24:20 (43.0%)	5:39	10.6 (57.0%)
86	<b>JĘDRASZCZYK Kamil</b>	<b>37</b>	WWW.LIMO300C.COM	M-18	16	00:00:06	00:17:24	00:36:33	<b>00:56:40.70</b>	<b>00:56:47.05</b>	+00:24:22 (43.0%)	5:40	10.6 (57.0%)
87	<b>STOJEWSKA Katarzyna</b>	<b>93</b>	KB SPOKO SŁAWNO	K-30	6	00:00:04	00:17:26	00:36:50	<b>00:56:55.65</b>	<b>00:57:00.20</b>	+00:24:37 (43.3%)	5:41	10.5 (56.5%)
88	<b>RUTKOWSKI Artur</b>	<b>84</b>	RUNKING BIEGACZY / SPORTOWIEC.INFO	M-30	20	00:00:05	00:17:12	00:36:29	<b>00:57:09.30</b>	<b>00:57:14.30</b>	+00:24:51 (43.5%)	5:42	10.5 (56.5%)
89	<b>WILBIK Jakub</b>	<b>109</b>		M-18	17	00:00:09	00:17:03	00:35:18	<b>00:57:55.25</b>	<b>00:58:04.65</b>	+00:25:37 (44.2%)	5:47	10.4 (55.9%)
90	<b>BYSZEWSKA Katarzyna</b>	<b>18</b>		K-30	7	00:00:09	00:19:06	00:38:25	<b>00:57:58.15</b>	<b>00:58:07.15</b>	+00:25:40 (44.3%)	5:47	10.4 (55.9%)
91	<b>BYSZEWSKI Arkadiusz</b>	<b>19</b>		M-30	21	00:00:09	00:19:06	00:38:25	<b>00:57:58.50</b>	<b>00:58:07.55</b>	+00:25:40 (44.3%)	5:47	10.4 (55.9%)
92	<b>BONISŁAWSKI Jarosław</b>	<b>126</b>	SUPER HEAVY WEIGHT	M-40	26	00:00:13	00:18:00	00:37:39	<b>00:58:18.85</b>	<b>00:58:31.85</b>	+00:26:01 (44.6%)	5:49	10.3 (55.4%)
93	<b>KOPERSKA Michalina</b>	<b>123</b>		K-18	4	00:00:05	00:18:41	00:38:27	<b>00:58:28.35</b>	<b>00:58:34.00</b>	+00:26:10 (44.8%)	5:50	10.3 (55.4%)
94	<b>NOREK Ryszard</b>	<b>72</b>		M-70	2	00:00:06	00:18:33	00:38:36	<b>00:58:39.10</b>	<b>00:58:45.75</b>	+00:26:21 (44.9%)	5:51	10.2 (54.8%)
95	<b>CZERWIŃSKI Rafał</b>	<b>24</b>	PASJA RODZI PROFESJONALIZM	M-40	27	00:00:11	00:19:10	00:39:23	<b>00:58:54.80</b>	<b>00:59:05.80</b>	+00:26:37 (45.2%)	5:53	10.2 (54.8%)
96	<b>JĘDRUSZCZAK Izabela</b>	<b>38</b>		K-40	7	00:00:11	00:18:46	00:38:34	<b>00:59:02.65</b>	<b>00:59:13.85</b>	+00:26:44 (45.3%)	5:54	10.2 (54.8%)
97	<b>WIERZBICKA Monika</b>	<b>107</b>	DARŁOWSKIE CHARTY	K-30	8	00:00:08	00:17:51	00:38:33	<b>00:59:17.60</b>	<b>00:59:26.35</b>	+00:26:59 (45.5%)	5:55	10.1 (54.3%)
98	<b>WIERZBICKI Sylwester</b>	<b>108</b>	DARŁOWSKIE CHARTY	M-40	28	00:00:09	00:17:50	00:38:32	<b>00:59:18.40</b>	<b>00:59:27.40</b>	+00:27:00 (45.5%)	5:55	10.1 (54.3%)
99	<b>GAWĘDA Emil</b>	<b>30</b>	DARŁOWSKIE CHARTY	M-30	22	00:00:08	00:17:50	00:38:32	<b>00:59:18.90</b>	<b>00:59:27.55</b>	+00:27:01 (45.6%)	5:55	10.1 (54.3%)
100	<b>WOŹNIAK-KARCZEWSKA Patrycja</b>	<b>116</b>	BEST BEASTS	K-40	8	00:00:07	00:18:25	00:38:56	<b>00:59:49.90</b>	<b>00:59:56.95</b>	+00:27:32 (46.0%)	5:58	10 (53.8%)
101	<b>WINKOWSKI Andrzej</b>	<b>139</b>		M-40	29	00:00:10	00:18:26	00:38:27	<b>01:00:03.55</b>	<b>01:00:13.75</b>	+00:27:45 (46.2%)	6:00	10 (53.8%)
102	<b>OSESEK Marta</b>	<b>75</b>		K-40	9	00:00:11	00:19:01	00:39:28	<b>01:00:11.70</b>	<b>01:00:23.55</b>	+00:27:53 (46.3%)	6:01	10 (53.8%)
103	<b>LACHOWICZ Joanna</b>	<b>58</b>		K-40	10	00:00:11	00:19:02	00:39:27	<b>01:00:11.75</b>	<b>01:00:23.50</b>	+00:27:53 (46.3%)	6:01	10 (53.8%)
104	<b>TELESIEWICZ Henryk</b>	<b>99</b>	KB SPOKO SŁAWNO	M-70	3	00:00:00	00:18:53	00:40:18	<b>01:01:01.20</b>	<b>01:01:01.20</b>	+00:28:43 (47.1%)	6:06	9.8 (52.7%)
105	<b>BIŃCZYK Justyna</b>	<b>10</b>		K-30	9	00:00:06	00:18:18	00:39:16	<b>01:01:44.25</b>	<b>01:01:51.15</b>	+00:29:26 (47.7%)	6:10	9.7 (52.2%)
106	<b>BUKOWSKI Bartosz</b>	<b>16</b>		M-30	23	00:00:10	00:18:31	00:39:30	<b>01:02:06.35</b>	<b>01:02:16.70</b>	+00:29:48 (48.0%)	6:12	9.7 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	3.4km	6.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	<b>JAWORSKI Robert</b>	<b>36</b>	KB BRYZA POSTOMINO	M-40	30	00:00:10	00:18:53	00:39:30	<b>01:02:06.40</b>	<b>01:02:16.90</b>	+00:29:48 (48.0%)	6:12	9.7 (52.2%)
108	<b>ZARZYCKA Izabela</b>	<b>119</b>	W.P.K SŁOŃ TEAM USTKA	K-40	11	00:00:07	00:19:22	00:40:25	<b>01:02:13.25</b>	<b>01:02:20.50</b>	+00:29:55 (48.1%)	6:13	9.6 (51.6%)
109	<b>WOZNIAK Dariusz</b>	<b>115</b>	WWW.LIMO300C.COM	M-50	7	00:00:00	00:18:46	00:40:02	<b>01:03:15.50</b>	<b>01:03:15.50</b>	+00:30:57 (48.9%)	6:19	9.5 (51.1%)
110	<b>STANIASZEK Bogusław</b>	<b>92</b>	TUPOTUSTKA	M-70	4	00:00:07	00:20:43	00:41:45	<b>01:03:23.40</b>	<b>01:03:30.55</b>	+00:31:05 (49.1%)	6:20	9.5 (51.1%)
111	<b>SZCZECIŃSKA Katarzyna</b>	<b>128</b>		K-40	12	00:00:12	00:20:10	00:41:13	<b>01:03:25.50</b>	<b>01:03:38.45</b>	+00:31:07 (49.1%)	6:20	9.5 (51.1%)
112	<b>RECKI Adam</b>	<b>78</b>		M-40	31	00:00:08	00:19:43	00:41:17	<b>01:03:44.35</b>	<b>01:03:53.10</b>	+00:31:26 (49.3%)	6:22	9.4 (50.5%)
113	<b>RUCHLEWICZ Anna</b>	<b>82</b>		K-60	1	00:00:08	00:18:53	00:40:39	<b>01:03:53.75</b>	<b>01:04:02.00</b>	+00:31:35 (49.5%)	6:23	9.4 (50.5%)
114	<b>SOBORAK Beata</b>	<b>90</b>	JLRT	K-40	13	00:00:07	00:20:04	00:41:56	<b>01:04:45.10</b>	<b>01:04:52.85</b>	+00:32:27 (50.1%)	6:28	9.3 (50.0%)
115	<b>DOBOSZ Romuald</b>	<b>27</b>	TUPOT USTKA	M-70	5	00:00:06	00:19:58	00:42:31	<b>01:07:07.60</b>	<b>01:07:13.95</b>	+00:34:49 (51.9%)	6:42	8.9 (47.8%)
116	<b>BIERNAT Karolina</b>	<b>7</b>		K-18	5	00:00:09	00:19:40	00:43:01	<b>01:08:27.70</b>	<b>01:08:36.75</b>	+00:36:09 (52.8%)	6:50	8.8 (47.3%)
117	<b>PIETRZYCKI Andrzej</b>	<b>76</b>		M-70	6	00:00:08	00:20:28	00:45:58	<b>01:11:29.30</b>	<b>01:11:38.10</b>	+00:39:11 (54.8%)	7:08	8.4 (45.2%)
118	<b>MARCZAK Małgorzata</b>	<b>64</b>		K-60	2	00:00:07	00:21:05	00:45:59	<b>01:11:30.90</b>	<b>01:11:38.05</b>	+00:39:13 (54.8%)	7:09	8.4 (45.2%)
119	<b>ROMANOWSKA Wiktoria</b>	<b>80</b>		K-18	6	00:00:09	00:22:08	00:47:18	<b>01:12:26.45</b>	<b>01:12:36.40</b>	+00:40:08 (55.4%)	7:14	8.3 (44.6%)
120	<b>KONOPKO Oliver</b>	<b>49</b>		M-18	18	00:00:12	00:20:53	00:45:48	<b>01:13:02.00</b>	<b>01:13:14.05</b>	+00:40:44 (55.8%)	7:18	8.2 (44.1%)
121	<b>WITKOWSKI Krzysztof</b>	<b>114</b>	MKS ŚWIĘC SŁAWNO	M-60	4	00:00:11	00:20:54	00:45:48	<b>01:13:02.90</b>	<b>01:13:14.00</b>	+00:40:45 (55.8%)	7:18	8.2 (44.1%)
122	<b>STOPNICKI Ignacy</b>	<b>94</b>	TUPOT USTKA	M-70	7	00:00:09	00:23:34	00:48:39	<b>01:14:19.00</b>	<b>01:14:28.95</b>	+00:42:01 (56.5%)	7:25	8.1 (43.5%)
123	<b>ZDZIŁOWIECKI Aleksander</b>	<b>133</b>		M-30	24	00:00:09	00:23:33	00:49:08	<b>01:17:41.05</b>	<b>01:17:50.70</b>	+00:45:23 (58.4%)	7:46	7.7 (41.4%)
124	<b>MICHALAK Wojciech</b>	<b>68</b>	MKS ŚWIĘC SŁAWNO	M-50	8	00:00:12	00:29:00	01:03:04	<b>01:32:43.85</b>	<b>01:32:56.00</b>	+01:00:26 (65.2%)	9:16	6.5 (34.9%)
	<b>CHWOJNICKA Zofia</b>	<b>22</b>		K-18		DNF	00:15:31 DNF	00:31:57 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>KONKEL Bonita</b>	<b>47</b>		K-30		DNF	00:15:27 DNF	00:32:01 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 126 wynik(ów)