

XXVIII PÓŁMARATON LIPCOWY

B4SPORT

Organizator: Urząd Miejski w Okonku
Data: 2015-07-19
Miejsce: Okonek
Dystans: 21,1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	10.6km	15.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	KRYSKE Bartosz	56	4RUN TEAM BYDGOSZCZ	M-3	1	00:19:24	00:39:04	00:59:22	01:18:45	01:18:48		3:43	16.1 (100%)
2	RUDNIK Krzysiek	104	NIGHT RUNNERS SŁUPSK	M-3	2	00:19:40	00:39:19	00:59:22	01:19:29	01:19:31	+00:00:43 (0.9%)	3:46	15.9 (98.8%)
3	HOFFMAN Aleksander	31	PRECON POLSKA-JASTROWIE	M-4	1	00:19:22	00:39:03	00:59:22	01:19:50	01:19:52	+00:01:04 (1.3%)	3:47	15.9 (98.8%)
4	SZYMAJDA Grzegorz	119	4RUN TKKF KOSZALIN	M-3	3	00:20:19	00:40:54	01:02:09	01:22:46	01:22:49	+00:04:01 (4.9%)	3:55	15.3 (95.0%)
5	RADTKA Tomasz	94	LZS "JEDNOŚĆ" ŁOBŻENICA	M-4	2	00:20:38	00:40:30	01:00:04	01:23:24	01:23:28	+00:04:40 (5.6%)	3:57	15.2 (94.4%)
6	BŁASZCZYK Zbigniew	12	TEAM BIEGOWY SZCZECINEK	M-3	4	00:19:23	00:39:46	01:01:17	01:23:32	01:23:35	+00:04:47 (5.7%)	3:57	15.2 (94.4%)
7	OSIŃSKI Ryszard	142	KS ACTIVE MALBORK	M-6	1	00:20:48	00:41:54	01:03:26	01:25:23	01:25:26	+00:06:38 (7.8%)	4:02	14.8 (91.9%)
8	KRYSKE Mariusz	55	4RUN TEAM BYDGOSZCZ	M-3	5	00:21:11	00:42:37	01:04:22	01:25:56	01:26:02	+00:07:14 (8.4%)	4:04	14.7 (91.3%)
9	CHOŁOTA Marek	14	BIEGOWY ŚWIAT	M-3	6	00:19:49	00:41:01	01:02:59	01:26:07	01:26:10	+00:07:22 (8.5%)	4:04	14.7 (91.3%)
10	KASZUBOWSKI Zenon	42	ACTIVE MALBORK	M-6	2	00:20:54	00:41:58	01:03:43	01:26:14	01:26:18	+00:07:30 (8.7%)	4:05	14.7 (91.3%)
11	RADTKA Artur	95	LZS "JEDNOŚĆ" ŁOBŻENICA	M-3	7	00:22:26	00:44:22	01:06:01	01:27:35	01:27:42	+00:08:54 (10.1%)	4:09	14.5 (90.1%)
12	BIEDRZYCKI Andrzej	4	OSP STARY BOREK	M-7	1	00:20:31	00:42:16	01:05:11	01:28:59	01:29:01	+00:10:13 (11.5%)	4:13	14.2 (88.2%)
13	KRÓLIKOWSKI Edward	157	KB MANIAC POZNAŃ	M-5	1	00:22:33	00:45:29	01:07:52	01:29:25	01:29:29	+00:10:41 (11.9%)	4:14	14.2 (88.2%)
14	PAZDA-POZORSKA Gosiunia	85	NIGHT RUNNERS SŁUPSK	K-3	1	00:21:39	00:44:09	01:07:00	01:29:40	01:29:42	+00:10:54 (12.2%)	4:14	14.1 (87.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	10.6km	15.9km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									21.1km	21.1km			
15	OCHNIO Ryszard	82	POLONIA JASTROWIE PRECON POLSKA JASTROWIE	M-4	3	00:21:02	00:43:09	01:06:37	01:30:13	01:30:17	+00:11:29 (12.7%)	4:16	14 (87.0%)
16	POLCYN Czesław	90		M-3	8	00:21:38	00:43:59	01:07:11	01:30:34	01:30:37	+00:11:49 (13.0%)	4:17	14 (87.0%)
17	ŻYLSKI Władysław	62	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-2	1	00:23:05	00:46:21	01:09:23	01:31:04	01:31:06	+00:12:18 (13.5%)	4:18	13.9 (86.3%)
18	SARNOWSKI Janusz	105		M-5	2	00:22:27	00:45:01	01:08:00	01:31:08	01:31:12	+00:12:24 (13.6%)	4:19	13.9 (86.3%)
19	WOJTASIK Jarosław	151		M-6	3	00:23:41	00:46:52	01:09:24	01:31:40	01:31:46	+00:12:58 (14.1%)	4:20	13.8 (85.7%)
20	SKRZYPCZAK Anna	108	LOKATOR NIERUCHOMOŚCI	K-4	1	00:22:57	00:46:06	01:09:22	01:32:46	01:32:51	+00:14:03 (15.1%)	4:23	13.6 (84.5%)
21	JAROSZ Jakub	35	4RUN TKKF KOSZALIN	M-1	1	00:23:37	00:47:02	01:10:23	01:33:30	01:33:35	+00:14:47 (15.8%)	4:25	13.5 (83.9%)
22	MAŃKOWSKI Dariusz	71	JASTROWIE	M-5	3	00:23:36	00:46:47	01:10:31	01:33:44	01:33:55	+00:15:07 (16.1%)	4:26	13.5 (83.9%)
23	BEMOWICZ Tomasz	143	KB WYGAN	M-5	4	00:22:40	00:45:46	01:09:58	01:33:55	01:34:02	+00:15:14 (16.2%)	4:27	13.5 (83.9%)
24	ROGALSKI Roberto	102	ZSW ZAWSZE SIĘGAJ WYŻEJ	M-3	9	00:23:33	00:47:17	01:10:52	01:34:01	01:34:05	+00:15:17 (16.2%)	4:27	13.5 (83.9%)
25	MADAJCZAK Jarosław	66		M-4	4	00:22:40	00:45:56	01:09:56	01:34:05	01:34:14	+00:15:26 (16.4%)	4:27	13.5 (83.9%)
26	MATUSIK Janusz	69	TUCZNO/NIEZRZESZONY	M-8	1	00:22:33	00:45:56	01:09:52	01:34:19	01:34:24	+00:15:36 (16.5%)	4:28	13.4 (83.2%)
27	MROZIK Daniel	77		M-3	10	00:23:29	00:46:44	01:10:25	01:34:57	01:35:04	+00:16:16 (17.1%)	4:30	13.3 (82.6%)
28	KUBAT Krzysztof	57		M-3	11	00:22:15	00:45:37	01:10:06	01:35:18	01:35:23	+00:16:35 (17.4%)	4:30	13.3 (82.6%)
29	ECKERT Zbigniew	24	TEAM BIEGOWY SZCZECINEK	M-5	5	00:23:51	00:47:26	01:11:36	01:35:24	01:35:31	+00:16:43 (17.5%)	4:31	13.3 (82.6%)
30	JANUZYK Tomasz	34		M-3	12	00:23:36	00:47:23	01:11:36	01:35:27	01:35:34	+00:16:46 (17.5%)	4:31	13.3 (82.6%)
31	KOPER Adam	44	SBZZ ZŁOTÓW	M-3	13	00:23:40	00:47:04	01:11:10	01:36:01	01:36:08	+00:17:20 (18.0%)	4:33	13.2 (82.0%)
32	KOZŁOWSKI Antoni	51	FABRYKA PAPIERU KACZORY	M-6	4	00:23:31	00:47:19	01:11:40	01:36:29	01:36:38	+00:17:50 (18.5%)	4:34	13.1 (81.4%)
33	KOŚCIELNIAK Robert	52	4RUN TKKF KOSZALIN	M-6	5	00:24:00	00:48:28	01:13:00	01:36:52	01:36:57	+00:18:09 (18.7%)	4:35	13.1 (81.4%)
34	RADTKE Robert	97	SBZZ ZŁOTÓW	M-5	6	00:23:06	00:47:21	01:12:16	01:37:48	01:37:53	+00:19:05 (19.5%)	4:38	12.9 (80.1%)
35	BORRMANN Dawid	6		M-3	14	00:23:40	00:47:44	01:12:08	01:38:01	01:38:08	+00:19:20 (19.7%)	4:38	12.9 (80.1%)
36	STOLARÓW Agnieszka	114	ACTIVE MALBORK	K-4	2	00:24:10	00:48:39	01:13:45	01:38:31	01:38:35	+00:19:47 (20.1%)	4:40	12.9 (80.1%)
37	PIECHOWSKI Krzysztof	87	LOKATOR NIERUCHOMOŚCI PIŁA	M-3	15	00:23:42	00:48:38	01:13:43	01:38:49	01:38:53	+00:20:05 (20.3%)	4:40	12.8 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	10.6km	15.9km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									21.1km	21.1km			
37	SAWICKI Eligiusz	106		M-6	6	00:24:03	00:48:43	01:13:45	01:38:47	01:38:53	+00:20:05 (20.3%)	4:40	12.8 (79.5%)
39	RUDNIK Jerzy	146	FLORIAN CHOJNICE	M-8	2	00:23:13	00:47:40	01:13:27	01:40:02	01:40:07	+00:21:19 (21.3%)	4:44	12.7 (78.9%)
40	STOLARÓW Robert	113	ACTIVE MALBORK	M-4	5	00:24:10	00:48:39	01:14:11	01:40:10	01:40:14	+00:21:26 (21.4%)	4:44	12.6 (78.3%)
41	JAROSZ Dariusz	36	4RUN TKKF KOSZALIN	M-4	6	00:25:01	00:49:59	01:15:13	01:40:25	01:40:33	+00:21:45 (21.6%)	4:45	12.6 (78.3%)
42	POLLEY Adam	91	LZS "JEDNOŚĆ" ŁOBŻENICA	M-3	16	00:24:22	00:49:27	01:14:44	01:40:46	01:40:57	+00:22:09 (21.9%)	4:46	12.6 (78.3%)
43	ROMEJ Elżbieta	103	LŁKB "TRUCHT"	K-6	1	00:23:40	00:48:19	01:14:08	01:41:14	01:41:20	+00:22:32 (22.2%)	4:47	12.5 (77.6%)
44	KULPA Marcin	59	CSLOG GRUPA	M-3	17	00:22:48	00:47:14	01:13:19	01:41:25	01:41:33	+00:22:45 (22.4%)	4:48	12.5 (77.6%)
45	TOMCZAK Zbigniew	144	ALTOM GNIEZNO	M-8	3	00:24:27	00:49:34	01:15:20	01:41:33	01:41:39	+00:22:51 (22.5%)	4:48	12.5 (77.6%)
46	PIKULIK Jarosław	89	LZS "JEDNOŚĆ" ŁOBŻENICA	M-2	2	00:23:30	00:47:18	01:11:44	01:41:40	01:41:50	+00:23:02 (22.6%)	4:49	12.5 (77.6%)
47	SZYMIKOWSKI Jarosław	152		M-3	18	00:24:25	00:49:34	01:15:40	01:41:48	01:41:59	+00:23:11 (22.7%)	4:49	12.4 (77.0%)
48	ZWOLIŃSKI Jan	135	4RUN TKKF KOSZALIN	M-5	7	00:23:39	00:48:28	01:14:41	01:42:11	01:42:15	+00:23:27 (22.9%)	4:50	12.4 (77.0%)
49	MILACHOWSKI Sebastian	74	SBZZ ZŁOTÓW	M-3	19	00:25:00	00:50:49	01:17:02	01:42:37	01:42:44	+00:23:56 (23.3%)	4:51	12.3 (76.4%)
50	OŻÓG Jarosław	83		M-5	8	00:25:41	00:51:26	01:17:31	01:42:50	01:42:58	+00:24:10 (23.5%)	4:52	12.3 (76.4%)
51	KRAKOWIAK Sławomir	53		M-4	7	00:25:01	00:49:59	01:16:01	01:43:18	01:43:26	+00:24:38 (23.8%)	4:53	12.3 (76.4%)
52	MEJGIER Paweł	72	TKKF WODNIK WIĘCIBORK	M-5	9	00:25:25	00:51:15	01:17:29	01:43:28	01:43:36	+00:24:48 (23.9%)	4:54	12.2 (75.8%)
53	GRABOWSKA Maria	25	FUNDACJA AKTYWNE TRZEMESZNO	K-4	3	00:25:00	00:50:56	01:17:35	01:44:02	01:44:07	+00:25:19 (24.3%)	4:55	12.2 (75.8%)
54	REINKE Maciej	100	KB MECHANIK PIŁA	M-3	20	00:25:16	00:51:19	01:17:31	01:44:17	01:44:22	+00:25:34 (24.5%)	4:56	12.1 (75.2%)
55	ZYGMUNT Marcin	136	PZU SPORT TEAM	M-4	8	00:25:46	00:51:19	01:17:19	01:44:13	01:44:23	+00:25:35 (24.5%)	4:56	12.1 (75.2%)
56	PIKULIK Jerzy	88	TKKF WODNIK WIĘCIBORK	M-8	4	00:24:46	00:50:43	01:17:16	01:44:26	01:44:38	+00:25:50 (24.7%)	4:56	12.1 (75.2%)
57	LINDA Jan	64	LEŚNY LUDEK	M-3	21	00:25:01	00:50:49	01:17:03	01:44:37	01:44:43	+00:25:55 (24.7%)	4:57	12.1 (75.2%)
58	SIKORSKI Witold	107	KB RUN 42	M-6	7	00:25:17	00:52:31	01:19:25	01:44:46	01:44:55	+00:26:07 (24.9%)	4:57	12.1 (75.2%)
59	BUCZYŃSKI Eugeniusz	9	2 BRYGADA ZMECHANIZOWANA	M-3	22	00:24:45	00:50:18	01:17:31	01:44:59	01:45:13	+00:26:25 (25.1%)	4:58	12.1 (75.2%)
60	WALENDZIAK Ryszard	122	22. BAZA LOTNICTWA POLSKIEGO	M-4	9	00:24:18	00:49:42	01:17:08	01:45:28	01:45:37	+00:26:49 (25.4%)	4:59	12 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	10.6km	15.9km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									21.1km	21.1km			
60	SOBOLEWSKI Piotr	110	22. BAZA LOTNICTWA POLSKIEGO	M-2	3	00:24:05	00:51:00	01:18:23	01:45:26	01:45:37	+00:26:49 (25.4%)	4:59	12 (74.5%)
62	WALIŃSKA Agnieszka	150		K-4	4	00:26:05	00:52:26	01:18:52	01:45:34	01:45:40	+00:26:52 (25.4%)	5:00	12 (74.5%)
63	REITER Eugeniusz	101		M-9	1	00:24:43	00:51:11	01:19:00	01:45:38	01:45:46	+00:26:58 (25.5%)	5:00	12 (74.5%)
64	MOCNY Piotr	75	SPARTANIE DZIECIOM	M-4	10	00:26:49	00:53:21	01:19:46	01:45:46	01:45:59	+00:27:11 (25.6%)	5:00	12 (74.5%)
65	RATAJCZAK Rajmund	98		M-6	8	00:25:20	00:51:43	01:19:12	01:46:09	01:46:18	+00:27:30 (25.9%)	5:01	11.9 (73.9%)
66	WILCZYŃSKI Jarosław	124	NIEZRZESZONY (UCZESTNIK NA WÓZKU INWALIDZKIM)	M-3	23	00:25:14	00:51:12	01:18:05	01:46:30	01:46:38	+00:27:50 (26.1%)	5:02	11.9 (73.9%)
67	ŻYLICZ Paweł	141	STOPA SŁUPSK	M-2	4	00:26:29	00:54:00	01:19:51	01:46:38	01:46:41	+00:27:53 (26.1%)	5:03	11.9 (73.9%)
68	ZIOMEK Joanna	133	4RUN TKKF KOSZALIN	K-4	5	00:25:53	00:51:38	01:18:56	01:46:39	01:46:47	+00:27:59 (26.2%)	5:03	11.9 (73.9%)
69	DOMINIAK Andrzej	17	KB STOPA ŁÓDŹ	M-8	5	00:24:17	00:50:24	01:17:53	01:46:53	01:46:59	+00:28:11 (26.3%)	5:03	11.8 (73.3%)
70	ŁUKASZEWSKI Tomasz	139	KB MANIAC POZNAŃ	M-7	2	00:25:57	00:52:17	01:19:05	01:46:50	01:47:05	+00:28:17 (26.4%)	5:03	11.9 (73.9%)
71	SAWICKI Krzysztof	158	DRUŻYNA SZPIKU	M-2	5	00:25:10	00:52:03	01:19:58	01:48:12	01:48:24	+00:29:36 (27.3%)	5:07	11.7 (72.7%)
72	ZIOMEK Darek	132	4RUN TKKF KOSZALIN	M-5	10	00:25:20	00:52:32	01:20:42	01:49:07	01:49:11	+00:30:23 (27.8%)	5:10	11.6 (72.0%)
73	ZIÓLKOWSKI Wojciech	134	KB GOCH BYTÓW	M-3	24	00:25:00	00:51:08	01:19:31	01:49:21	01:49:26	+00:30:38 (28.0%)	5:10	11.6 (72.0%)
74	LIETZ Renata	63	FZGT	K-2	1	00:25:03	00:52:03	01:20:19	01:49:24	01:49:33	+00:30:45 (28.1%)	5:11	11.6 (72.0%)
75	DUDEK Edward	20	RKB "BACA"RADZIECHOWY	M-8	6	00:26:13	00:53:37	01:21:33	01:49:34	01:49:37	+00:30:49 (28.1%)	5:11	11.6 (72.0%)
76	ZAGRODZKI Ireneusz	129	KLUB BIEGACZA TUPOT USTKA	M-7	3	00:26:01	00:52:58	01:21:17	01:49:35	01:49:48	+00:31:00 (28.2%)	5:11	11.6 (72.0%)
77	ANKUDOWICZ Damian	2	STAROSTWO POWIATOWE W ZŁOTOWIE	M-3	25	00:25:26	00:52:17	01:20:40	01:50:01	01:50:05	+00:31:17 (28.4%)	5:12	11.5 (71.4%)
78	URBAŃSKA Emilia	155		K-3	2	00:26:08	00:52:56	01:21:14	01:50:16	01:50:28	+00:31:40 (28.7%)	5:13	11.5 (71.4%)
79	RATAJCZYK Robert	99	4RUN TEAM PIŁA	M-2	6	00:26:39	00:52:45	01:21:18	01:50:37	01:50:49	+00:32:01 (28.9%)	5:14	11.4 (70.8%)
80	SZWEDA Karol	118		M-7	4	00:25:15	00:52:29	01:20:37	01:50:55	01:51:02	+00:32:14 (29.0%)	5:15	11.4 (70.8%)
81	KOWALSKI Zbigniew	46	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-7	5	00:25:52	00:53:19	01:22:04	01:50:58	01:51:06	+00:32:18 (29.1%)	5:15	11.4 (70.8%)
82	GÓRA Agnieszka	28	MARATOŃCZYK OKONEK	K-3	3	00:26:49	00:54:33	01:22:28	01:51:06	01:51:18	+00:32:30 (29.2%)	5:15	11.4 (70.8%)
83	TERER Kipkemoi	120		M-5	11	00:24:18	00:51:51	01:21:06	01:51:31	01:51:40	+00:32:52 (29.4%)	5:17	11.4 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	10.6km	15.9km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
									21.1km	21.1km			
84	NAKONIECZNY Rafał	79	BAJADERKI KOSZALIN	M-3	26	00:27:10	00:54:39	01:22:43	01:51:53	01:52:00	+00:33:12 (29.6%)	5:18	11.3 (70.2%)
84	JANICKA Katarzyna	32	BAJADERKI KOSZALIN	K-3	4	00:27:10	00:54:40	01:23:18	01:51:54	01:52:00	+00:33:12 (29.6%)	5:18	11.3 (70.2%)
86	KOZA Mariusz	47		M-3	27	00:24:47	00:51:13	01:20:09	01:53:08	01:53:19	+00:34:31 (30.5%)	5:21	11.2 (69.6%)
87	KUJATT Wojciech	58	KUJATT RUNNERS TEAM	M-3	28	00:26:52	00:55:39	01:25:08	01:53:58	01:54:03	+00:35:15 (30.9%)	5:24	11.1 (68.9%)
88	KOZŁOWIECKI Waldemar	49	4RUN TKKF KOSZALIN	M-8	7	00:28:21	00:57:23	01:27:05	01:54:09	01:54:22	+00:35:34 (31.1%)	5:24	11.1 (68.9%)
89	DRACZYŃSKI Zygmunt	18	LŁKB "TRUCHT"	M-9	2	00:26:50	00:54:35	01:23:21	01:54:18	01:54:30	+00:35:42 (31.2%)	5:25	11.1 (68.9%)
90	MROCZKOWSKA Marta	76		K-3	5	00:26:58	00:55:21	01:24:46	01:54:38	01:54:52	+00:36:04 (31.4%)	5:25	11 (68.3%)
91	KRÓLIKOWSKI Andrzej	156		M-7	6	00:27:21	00:56:32	01:25:36	01:54:43	01:54:53	+00:36:05 (31.4%)	5:26	11 (68.3%)
92	ZBLEWSKI Patryk	130		M-3	29	00:28:07	00:56:30	01:25:31	01:54:59	01:55:13	+00:36:25 (31.6%)	5:26	11 (68.3%)
93	WIELGUS Paweł	123	ENERGA OPERATOR TOO SZCZECINEK	M-3	30	00:26:55	00:54:57	01:24:36	01:55:34	01:55:40	+00:36:52 (31.9%)	5:28	11 (68.3%)
94	GRZELAK Karina	26	BIEGNIJMY.PL	K-3	6	00:26:59	00:55:22	01:25:16	01:55:28	01:55:41	+00:36:53 (31.9%)	5:28	11 (68.3%)
95	PAECH Ziemowit	84		M-5	12	00:28:20	00:57:14	01:26:21	01:55:37	01:55:48	+00:37:00 (32.0%)	5:28	10.9 (67.7%)
96	MARKOWSKI Andrzej	68	4RUN TKKF KOSZALIN	M-8	8	00:27:16	00:56:21	01:27:09	01:55:53	01:56:00	+00:37:12 (32.1%)	5:29	10.9 (67.7%)
97	PERLIK Grzegorz	86	MIAŁEM SZCZĘŚCIE...	M-8	9	00:28:52	00:57:13	01:26:49	01:56:21	01:56:34	+00:37:46 (32.4%)	5:30	10.9 (67.7%)
98	RADTKE Arkadiusz	96	SBZZ ZŁOTÓW	M-1	2	00:25:36	00:55:11	01:24:59	01:57:05	01:57:10	+00:38:22 (32.7%)	5:32	10.8 (67.1%)
99	CHODOR Martyna	13	4RUN TKKF KOSZALIN	K-3	7	00:25:53	00:53:38	01:25:15	01:57:25	01:57:34	+00:38:46 (33.0%)	5:33	10.8 (67.1%)
100	KOZŁOWSKI Klaudiusz	50		M-2	7	00:26:48	00:55:20	01:26:03	01:57:52	01:58:07	+00:39:19 (33.3%)	5:35	10.7 (66.5%)
101	ŻELECHOWSKA Magdalena	140		K-3	8	00:28:20	00:57:27	01:28:24	01:58:55	01:59:05	+00:40:17 (33.8%)	5:38	10.6 (65.8%)
102	HAŁAJKO Magdalena	30	BABECZKI	K-3	9	00:28:21	00:57:28	01:28:24	01:59:05	01:59:15	+00:40:27 (33.9%)	5:38	10.6 (65.8%)
103	ANDRUSZKIEWICZ Grzegorz	1	PARKRUN SZCZECINEK	M-3	31	00:29:47	00:58:38	01:28:58	01:59:40	01:59:54	+00:41:06 (34.3%)	5:40	10.6 (65.8%)
104	WIŚNIEWSKI Daniel	127		M-7	7	00:29:51	00:59:34	01:28:31	02:00:38	02:00:50	+00:42:02 (34.8%)	5:43	10.5 (65.2%)
105	DYRCZ Marika	21	MKS ŚWIĘC SŁAWNO	K-3	10	00:29:52	01:00:35	01:31:49	02:02:20	02:02:34	+00:43:46 (35.7%)	5:47	10.3 (64.0%)
106	DROŹDŹ Piotr	19	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-5	13	00:26:06	00:54:09	01:26:10	02:03:12	02:03:21	+00:44:33 (36.1%)	5:50	10.3 (64.0%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	5.3km	10.6km	15.9km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
										21.1km	21.1km			
107	SZLECHT Piotr	116	BRAK		M-2	8	00:26:33	00:56:53	01:29:11	02:03:15	02:03:30	+00:44:42 (36.2%)	5:50	10.3 (64.0%)
108	KOPROWSKI Tomasz	45	ZHP		M-2	9	00:26:33	00:56:54	01:29:12	02:03:32	02:03:47	+00:44:59 (36.3%)	5:51	10.2 (63.4%)
109	ZYGMUNT Angelika	137			K-4	6	00:29:51	01:00:06	01:31:57	02:03:57	02:04:08	+00:45:20 (36.5%)	5:52	10.2 (63.4%)
110	JARUGA Artur	37			M-3	32	00:30:17	01:01:27	01:32:36	02:04:46	02:04:56	+00:46:08 (36.9%)	5:54	10.1 (62.7%)
111	MIELCZAREK Mateusz	73	NIGHT RUNNERS SŁUPSK		M-2	10	00:28:20	00:57:30	01:28:24	02:04:54	02:05:08	+00:46:20 (37.0%)	5:55	10.1 (62.7%)
112	PYTLARZ Waldemar	93	4RUN TEAM PIŁA		M-6	9	00:29:52	01:00:06	01:31:57	02:05:40	02:05:51	+00:47:03 (37.4%)	5:57	10.1 (62.7%)
113	KARASOWSKI Marek	39	BRAK		M-7	8	00:27:23	00:56:38	01:28:41	02:06:48	02:07:01	+00:48:13 (38.0%)	6:00	10 (62.1%)
114	LASOTA Mirosław	60			M-8	10	00:29:47	01:01:14	01:33:56	02:07:41	02:07:57	+00:49:09 (38.4%)	6:03	9.9 (61.5%)
115	DZIESZUK Dariusz	22	4RUN TKKF KOSZALIN		M-5	14	00:28:25	00:57:32	01:30:59	02:08:31	02:08:37	+00:49:49 (38.7%)	6:05	9.9 (61.5%)
116	POZORSKI Krzysztof	92	NIGHTRUNNERS SŁUPSK		M-3	33	00:30:36	01:02:13	01:34:24	02:08:32	02:08:46	+00:49:58 (38.8%)	6:05	9.8 (60.9%)
117	BZÓWKA Bogdan	153			M-4	11	00:28:21	00:57:55	01:31:46	02:09:24	02:09:37	+00:50:49 (39.2%)	6:07	9.8 (60.9%)
118	ZDANOWSKI Marian	131			M-7	9	00:31:11	01:03:50	01:36:50	02:09:27	02:09:42	+00:50:54 (39.2%)	6:08	9.8 (60.9%)
119	ŁUKASZEWSKI Szymon	138	KB MANIAC POZNAŃ		M-5	15	00:30:45	01:02:50	01:37:24	02:11:30	02:11:45	+00:52:57 (40.2%)	6:13	9.6 (59.6%)
120	PYDYN Andrzej	149			M-6	10	00:29:20	01:01:44	01:37:02	02:11:50	02:11:56	+00:53:08 (40.3%)	6:14	9.6 (59.6%)
120	PYDYN Regina	148			K-6	2	00:29:21	01:01:45	01:37:04	02:11:51	02:11:56	+00:53:08 (40.3%)	6:14	9.6 (59.6%)
122	BIALIK Wiesław	3	K. B. SPRINT ŚWIDWIN		M-8	11	00:29:26	01:02:46	01:38:29	02:15:25	02:15:35	+00:56:47 (41.9%)	6:25	9.3 (57.8%)
123	MAŃKOWSKA Janina	70	JASTROWIE		K-6	3	00:29:52	01:01:22	01:39:16	02:16:45	02:16:54	+00:58:06 (42.4%)	6:28	9.3 (57.8%)
124	BUJAK Justyna	10	KUJATT RUNNERS TEAM		K-3	11	00:32:08	01:06:20	01:41:16	02:16:58	02:17:04	+00:58:16 (42.5%)	6:29	9.2 (57.1%)
125	LASOTA Irena	61			K-8	1	00:30:35	01:05:17	01:42:55	02:23:26	02:23:33	+01:04:45 (45.1%)	6:47	8.8 (54.7%)
126	TREJDER Maria	121	BAJADERKI KOSZALIN		K-4	7	00:34:28	01:10:59	01:47:13	02:23:27	02:23:36	+01:04:48 (45.1%)	6:47	8.8 (54.7%)
127	KASIEWSKA Ewa Katarzyna	41	WKB META LUBLINIEC		K-9	1	00:36:15	01:16:32	01:57:03	02:38:05	02:38:20	+01:19:32 (50.2%)	7:29	8 (49.7%)
128	OKOŁOWICZ Sebastian	145			M-3	34	00:23:58	00:49:39	01:18:51			+00:19:37	4:57	12.1 (75.2%)
129	WARYLEWSKI Dariusz	154			M-4	12	00:28:49	00:56:23	01:25:35			+00:26:23	5:22	11.1 (68.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.3km	10.6km	15.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
130	BARTNIK Marian	147	4RUN TKKF KOSZALIN	M-10	1	00:43:40	01:32:14	02:24:27			+01:25:05	9:05	6.6 (41.0%)
131	GÓRA Sylwester	29	MARATOŃCZYK OKONEK	M-4	13	00:22:35	00:46:13				+00:07:08	4:21	13.8 (85.7%)
132	WIĘZIK Henryk	126		M-10	2	00:28:36					+00:09:25	5:23	11.1 (68.9%)

Znaleziono 132 wynik(ów)