

# XXVIII PÓLMARATON 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	<b>KRYSKE Bartosz</b>	<b>56</b>	4RUN TEAM BYDGOSZCZ	M-3	1	00:19:24	00:39:04	00:59:22	<b>01:18:45</b>	<b>01:18:48</b>		3:43	16.1 (100%)
2	<b>RUDNIK Krzysiek</b>	<b>104</b>	NIGHT RUNNERS SŁUPSK	M-3	2	00:19:40	00:39:19	00:59:22	<b>01:19:29</b>	<b>01:19:31</b>	+00:00:43 (0.9%)	3:46	15.9 (98.8%)
3	<b>HOFFMAN Aleksander</b>	<b>31</b>	PRECON POLSKA-JASTROWIE	M-4	1	00:19:22	00:39:03	00:59:22	<b>01:19:50</b>	<b>01:19:52</b>	+00:01:04 (1.3%)	3:47	15.9 (98.8%)
4	<b>SZYMAJDA Grzegorz</b>	<b>119</b>	4RUN TKKF KOSZALIN	M-3	3	00:20:19	00:40:54	01:02:09	<b>01:22:46</b>	<b>01:22:49</b>	+00:04:01 (4.9%)	3:55	15.3 (95.0%)
5	<b>RADTKA Tomasz</b>	<b>94</b>	LZS "JEDNOŚĆ" ŁOBŻENICA	M-4	2	00:20:38	00:40:30	01:00:04	<b>01:23:24</b>	<b>01:23:28</b>	+00:04:40 (5.6%)	3:57	15.2 (94.4%)
6	<b>BŁASZCZYK Zbigniew</b>	<b>12</b>	TEAM BIEGOWY SZCZECINEK	M-3	4	00:19:23	00:39:46	01:01:17	<b>01:23:32</b>	<b>01:23:35</b>	+00:04:47 (5.7%)	3:57	15.2 (94.4%)
7	<b>OSIŃSKI Ryszard</b>	<b>142</b>	KS ACTIVE MALBORK	M-6	1	00:20:48	00:41:54	01:03:26	<b>01:25:23</b>	<b>01:25:26</b>	+00:06:38 (7.8%)	4:02	14.8 (91.9%)
8	<b>KRYSKE Mariusz</b>	<b>55</b>	4RUN TEAM BYDGOSZCZ	M-3	5	00:21:11	00:42:37	01:04:22	<b>01:25:56</b>	<b>01:26:02</b>	+00:07:14 (8.4%)	4:04	14.7 (91.3%)
9	<b>CHOŁOTA Marek</b>	<b>14</b>	BIEGOWY ŚWIAT	M-3	6	00:19:49	00:41:01	01:02:59	<b>01:26:07</b>	<b>01:26:10</b>	+00:07:22 (8.5%)	4:04	14.7 (91.3%)
10	<b>KASZUBOWSKI Zenon</b>	<b>42</b>	ACTIVE MALBORK	M-6	2	00:20:54	00:41:58	01:03:43	<b>01:26:14</b>	<b>01:26:18</b>	+00:07:30 (8.7%)	4:05	14.7 (91.3%)
11	<b>RADTKA Artur</b>	<b>95</b>	LZS "JEDNOŚĆ" ŁOBŻENICA	M-3	7	00:22:26	00:44:22	01:06:01	<b>01:27:35</b>	<b>01:27:42</b>	+00:08:54 (10.1%)	4:09	14.5 (90.1%)
12	<b>BIEDRZYCKI Andrzej</b>	<b>4</b>	OSP STARY BOREK	M-7	1	00:20:31	00:42:16	01:05:11	<b>01:28:59</b>	<b>01:29:01</b>	+00:10:13 (11.5%)	4:13	14.2 (88.2%)
13	<b>KRÓLIKOWSKI Edward</b>	<b>157</b>	KB MANIAC POZNAŃ	M-5	1	00:22:33	00:45:29	01:07:52	<b>01:29:25</b>	<b>01:29:29</b>	+00:10:41 (11.9%)	4:14	14.2 (88.2%)
14	<b>PAZDA-POZORSKA Gosiunia</b>	<b>85</b>	NIGHT RUNNERS SŁUPSK	K-3	1	00:21:39	00:44:09	01:07:00	<b>01:29:40</b>	<b>01:29:42</b>	+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 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
15	<b>OCHNIO Ryszard</b>	<b>82</b>	POLONIA JASTROWIE PRECON POLSKA JASTROWIE	M-4	3	00:21:02	00:43:09	01:06:37	<b>01:30:13</b>	<b>01:30:17</b>	+00:11:29 (12.7%)	4:16	14 (87.0%)
16	<b>POLCYN Czesław</b>	<b>90</b>		M-3	8	00:21:38	00:43:59	01:07:11	<b>01:30:34</b>	<b>01:30:37</b>	+00:11:49 (13.0%)	4:17	14 (87.0%)
17	<b>ŻYLSKI Władysław</b>	<b>62</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-2	1	00:23:05	00:46:21	01:09:23	<b>01:31:04</b>	<b>01:31:06</b>	+00:12:18 (13.5%)	4:18	13.9 (86.3%)
18	<b>SARNOWSKI Janusz</b>	<b>105</b>		M-5	2	00:22:27	00:45:01	01:08:00	<b>01:31:08</b>	<b>01:31:12</b>	+00:12:24 (13.6%)	4:19	13.9 (86.3%)
19	<b>WOJTASIK Jarosław</b>	<b>151</b>		M-6	3	00:23:41	00:46:52	01:09:24	<b>01:31:40</b>	<b>01:31:46</b>	+00:12:58 (14.1%)	4:20	13.8 (85.7%)
20	<b>SKRZYPCZAK Anna</b>	<b>108</b>	LOKATOR NIERUCHOMOŚCI	K-4	1	00:22:57	00:46:06	01:09:22	<b>01:32:46</b>	<b>01:32:51</b>	+00:14:03 (15.1%)	4:23	13.6 (84.5%)
21	<b>JAROSZ Jakub</b>	<b>35</b>	4RUN TKKF KOSZALIN	M-1	1	00:23:37	00:47:02	01:10:23	<b>01:33:30</b>	<b>01:33:35</b>	+00:14:47 (15.8%)	4:25	13.5 (83.9%)
22	<b>MAŃKOWSKI Dariusz</b>	<b>71</b>	JASTROWIE	M-5	3	00:23:36	00:46:47	01:10:31	<b>01:33:44</b>	<b>01:33:55</b>	+00:15:07 (16.1%)	4:26	13.5 (83.9%)
23	<b>BEMOWICZ Tomasz</b>	<b>143</b>	KB WYGAN	M-5	4	00:22:40	00:45:46	01:09:58	<b>01:33:55</b>	<b>01:34:02</b>	+00:15:14 (16.2%)	4:27	13.5 (83.9%)
24	<b>ROGALSKI Roberto</b>	<b>102</b>	ZSW ZAWSZE SIĘGAJ WYŻEJ	M-3	9	00:23:33	00:47:17	01:10:52	<b>01:34:01</b>	<b>01:34:05</b>	+00:15:17 (16.2%)	4:27	13.5 (83.9%)
25	<b>MADAJCZAK Jarosław</b>	<b>66</b>		M-4	4	00:22:40	00:45:56	01:09:56	<b>01:34:05</b>	<b>01:34:14</b>	+00:15:26 (16.4%)	4:27	13.5 (83.9%)
26	<b>MATUSIK Janusz</b>	<b>69</b>	TUCZNO/NIEZRZESZONY	M-8	1	00:22:33	00:45:56	01:09:52	<b>01:34:19</b>	<b>01:34:24</b>	+00:15:36 (16.5%)	4:28	13.4 (83.2%)
27	<b>MROZIK Daniel</b>	<b>77</b>		M-3	10	00:23:29	00:46:44	01:10:25	<b>01:34:57</b>	<b>01:35:04</b>	+00:16:16 (17.1%)	4:30	13.3 (82.6%)
28	<b>KUBAT Krzysztof</b>	<b>57</b>		M-3	11	00:22:15	00:45:37	01:10:06	<b>01:35:18</b>	<b>01:35:23</b>	+00:16:35 (17.4%)	4:30	13.3 (82.6%)
29	<b>ECKERT Zbigniew</b>	<b>24</b>	TEAM BIEGOWY SZCZECINEK	M-5	5	00:23:51	00:47:26	01:11:36	<b>01:35:24</b>	<b>01:35:31</b>	+00:16:43 (17.5%)	4:31	13.3 (82.6%)
30	<b>JANUZYK Tomasz</b>	<b>34</b>		M-3	12	00:23:36	00:47:23	01:11:36	<b>01:35:27</b>	<b>01:35:34</b>	+00:16:46 (17.5%)	4:31	13.3 (82.6%)
31	<b>KOPER Adam</b>	<b>44</b>	SBZZ ZŁOTÓW	M-3	13	00:23:40	00:47:04	01:11:10	<b>01:36:01</b>	<b>01:36:08</b>	+00:17:20 (18.0%)	4:33	13.2 (82.0%)
32	<b>KOZŁOWSKI Antoni</b>	<b>51</b>	FABRYKA PAPIERU KACZORY	M-6	4	00:23:31	00:47:19	01:11:40	<b>01:36:29</b>	<b>01:36:38</b>	+00:17:50 (18.5%)	4:34	13.1 (81.4%)
33	<b>KOŚCIELNIAK Robert</b>	<b>52</b>	4RUN TKKF KOSZALIN	M-6	5	00:24:00	00:48:28	01:13:00	<b>01:36:52</b>	<b>01:36:57</b>	+00:18:09 (18.7%)	4:35	13.1 (81.4%)
34	<b>RADTKE Robert</b>	<b>97</b>	SBZZ ZŁOTÓW	M-5	6	00:23:06	00:47:21	01:12:16	<b>01:37:48</b>	<b>01:37:53</b>	+00:19:05 (19.5%)	4:38	12.9 (80.1%)
35	<b>BORRMANN Dawid</b>	<b>6</b>		M-3	14	00:23:40	00:47:44	01:12:08	<b>01:38:01</b>	<b>01:38:08</b>	+00:19:20 (19.7%)	4:38	12.9 (80.1%)
36	<b>STOLARÓW Agnieszka</b>	<b>114</b>	ACTIVE MALBORK	K-4	2	00:24:10	00:48:39	01:13:45	<b>01:38:31</b>	<b>01:38:35</b>	+00:19:47 (20.1%)	4:40	12.9 (80.1%)
37	<b>PIECHOWSKI Krzysztof</b>	<b>87</b>	LOKATOR NIERUCHOMOŚCI PIŁA	M-3	15	00:23:42	00:48:38	01:13:43	<b>01:38:49</b>	<b>01:38:53</b>	+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	<b>SAWICKI Eligiusz</b>	<b>106</b>		M-6	6	00:24:03	00:48:43	01:13:45	<b>01:38:47</b>	<b>01:38:53</b>	+00:20:05 (20.3%)	4:40	12.8 (79.5%)
39	<b>RUDNIK Jerzy</b>	<b>146</b>	FLORIAN CHOJNICE	M-8	2	00:23:13	00:47:40	01:13:27	<b>01:40:02</b>	<b>01:40:07</b>	+00:21:19 (21.3%)	4:44	12.7 (78.9%)
40	<b>STOLARÓW Robert</b>	<b>113</b>	ACTIVE MALBORK	M-4	5	00:24:10	00:48:39	01:14:11	<b>01:40:10</b>	<b>01:40:14</b>	+00:21:26 (21.4%)	4:44	12.6 (78.3%)
41	<b>JAROSZ Dariusz</b>	<b>36</b>	4RUN TKKF KOSZALIN	M-4	6	00:25:01	00:49:59	01:15:13	<b>01:40:25</b>	<b>01:40:33</b>	+00:21:45 (21.6%)	4:45	12.6 (78.3%)
42	<b>POLLEY Adam</b>	<b>91</b>	LZS "JEDNOŚĆ" ŁOBŻENICA	M-3	16	00:24:22	00:49:27	01:14:44	<b>01:40:46</b>	<b>01:40:57</b>	+00:22:09 (21.9%)	4:46	12.6 (78.3%)
43	<b>ROMEJ Elżbieta</b>	<b>103</b>	LŁKB "TRUCHT"	K-6	1	00:23:40	00:48:19	01:14:08	<b>01:41:14</b>	<b>01:41:20</b>	+00:22:32 (22.2%)	4:47	12.5 (77.6%)
44	<b>KULPA Marcin</b>	<b>59</b>	CSLOG GRUPA	M-3	17	00:22:48	00:47:14	01:13:19	<b>01:41:25</b>	<b>01:41:33</b>	+00:22:45 (22.4%)	4:48	12.5 (77.6%)
45	<b>TOMCZAK Zbigniew</b>	<b>144</b>	ALTOM GNIEZNO	M-8	3	00:24:27	00:49:34	01:15:20	<b>01:41:33</b>	<b>01:41:39</b>	+00:22:51 (22.5%)	4:48	12.5 (77.6%)
46	<b>PIKULIK Jarosław</b>	<b>89</b>	LZS "JEDNOŚĆ" ŁOBŻENICA	M-2	2	00:23:30	00:47:18	01:11:44	<b>01:41:40</b>	<b>01:41:50</b>	+00:23:02 (22.6%)	4:49	12.5 (77.6%)
47	<b>SZYMIKOWSKI Jarosław</b>	<b>152</b>		M-3	18	00:24:25	00:49:34	01:15:40	<b>01:41:48</b>	<b>01:41:59</b>	+00:23:11 (22.7%)	4:49	12.4 (77.0%)
48	<b>ZWOLIŃSKI Jan</b>	<b>135</b>	4RUN TKKF KOSZALIN	M-5	7	00:23:39	00:48:28	01:14:41	<b>01:42:11</b>	<b>01:42:15</b>	+00:23:27 (22.9%)	4:50	12.4 (77.0%)
49	<b>MILACHOWSKI Sebastian</b>	<b>74</b>	SBZZ ZŁOTÓW	M-3	19	00:25:00	00:50:49	01:17:02	<b>01:42:37</b>	<b>01:42:44</b>	+00:23:56 (23.3%)	4:51	12.3 (76.4%)
50	<b>OŻÓG Jarosław</b>	<b>83</b>		M-5	8	00:25:41	00:51:26	01:17:31	<b>01:42:50</b>	<b>01:42:58</b>	+00:24:10 (23.5%)	4:52	12.3 (76.4%)
51	<b>KRAKOWIAK Sławomir</b>	<b>53</b>		M-4	7	00:25:01	00:49:59	01:16:01	<b>01:43:18</b>	<b>01:43:26</b>	+00:24:38 (23.8%)	4:53	12.3 (76.4%)
52	<b>MEJGIER Paweł</b>	<b>72</b>	TKKF WODNIK WIĘCBORK	M-5	9	00:25:25	00:51:15	01:17:29	<b>01:43:28</b>	<b>01:43:36</b>	+00:24:48 (23.9%)	4:54	12.2 (75.8%)
53	<b>GRABOWSKA Maria</b>	<b>25</b>	FUNDACJA AKTYWNE TRZEMESZNO	K-4	3	00:25:00	00:50:56	01:17:35	<b>01:44:02</b>	<b>01:44:07</b>	+00:25:19 (24.3%)	4:55	12.2 (75.8%)
54	<b>REINKE Maciej</b>	<b>100</b>	KB MECHANIK PIŁA	M-3	20	00:25:16	00:51:19	01:17:31	<b>01:44:17</b>	<b>01:44:22</b>	+00:25:34 (24.5%)	4:56	12.1 (75.2%)
55	<b>ZYGMUNT Marcin</b>	<b>136</b>	PZU SPORT TEAM	M-4	8	00:25:46	00:51:19	01:17:19	<b>01:44:13</b>	<b>01:44:23</b>	+00:25:35 (24.5%)	4:56	12.1 (75.2%)
56	<b>PIKULIK Jerzy</b>	<b>88</b>	TKKF WODNIK WIĘCBORK	M-8	4	00:24:46	00:50:43	01:17:16	<b>01:44:26</b>	<b>01:44:38</b>	+00:25:50 (24.7%)	4:56	12.1 (75.2%)
57	<b>LINDA Jan</b>	<b>64</b>	LEŚNY LUDEK	M-3	21	00:25:01	00:50:49	01:17:03	<b>01:44:37</b>	<b>01:44:43</b>	+00:25:55 (24.7%)	4:57	12.1 (75.2%)
58	<b>SIKORSKI Witold</b>	<b>107</b>	KB RUN 42	M-6	7	00:25:17	00:52:31	01:19:25	<b>01:44:46</b>	<b>01:44:55</b>	+00:26:07 (24.9%)	4:57	12.1 (75.2%)
59	<b>BUCZYŃSKI Eugeniusz</b>	<b>9</b>	2 BRYGADA ZMECHANIZOWANA	M-3	22	00:24:45	00:50:18	01:17:31	<b>01:44:59</b>	<b>01:45:13</b>	+00:26:25 (25.1%)	4:58	12.1 (75.2%)
60	<b>WALENDZIAK Ryszard</b>	<b>122</b>	22. BAZA LOTNICTWA POLSKIEGO	M-4	9	00:24:18	00:49:42	01:17:08	<b>01:45:28</b>	<b>01:45:37</b>	+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	<b>SOBOLEWSKI Piotr</b>	<b>110</b>	22. BAZA LOTNICTWA POLSKIEGO	M-2	3	00:24:05	00:51:00	01:18:23	<b>01:45:26</b>	<b>01:45:37</b>	+00:26:49 (25.4%)	4:59	12 (74.5%)
62	<b>WALIŃSKA Agnieszka</b>	<b>150</b>		K-4	4	00:26:05	00:52:26	01:18:52	<b>01:45:34</b>	<b>01:45:40</b>	+00:26:52 (25.4%)	5:00	12 (74.5%)
63	<b>REITER Eugeniusz</b>	<b>101</b>		M-9	1	00:24:43	00:51:11	01:19:00	<b>01:45:38</b>	<b>01:45:46</b>	+00:26:58 (25.5%)	5:00	12 (74.5%)
64	<b>MOCNY Piotr</b>	<b>75</b>	SPARTANIE DZIECIOM	M-4	10	00:26:49	00:53:21	01:19:46	<b>01:45:46</b>	<b>01:45:59</b>	+00:27:11 (25.6%)	5:00	12 (74.5%)
65	<b>RATAJCZAK Rajmund</b>	<b>98</b>		M-6	8	00:25:20	00:51:43	01:19:12	<b>01:46:09</b>	<b>01:46:18</b>	+00:27:30 (25.9%)	5:01	11.9 (73.9%)
66	<b>WILCZYŃSKI Jarosław</b>	<b>124</b>	NIEZRZESZONY (UCZESTNIK NA WÓZKU INWALIDZKIM)	M-3	23	00:25:14	00:51:12	01:18:05	<b>01:46:30</b>	<b>01:46:38</b>	+00:27:50 (26.1%)	5:02	11.9 (73.9%)
67	<b>ŻYLICZ Paweł</b>	<b>141</b>	STOPA SŁUPSK	M-2	4	00:26:29	00:54:00	01:19:51	<b>01:46:38</b>	<b>01:46:41</b>	+00:27:53 (26.1%)	5:03	11.9 (73.9%)
68	<b>ZIOMEK Joanna</b>	<b>133</b>	4RUN TKKF KOSZALIN	K-4	5	00:25:53	00:51:38	01:18:56	<b>01:46:39</b>	<b>01:46:47</b>	+00:27:59 (26.2%)	5:03	11.9 (73.9%)
69	<b>DOMINIAK Andrzej</b>	<b>17</b>	KB STOPA ŁÓDŹ	M-8	5	00:24:17	00:50:24	01:17:53	<b>01:46:53</b>	<b>01:46:59</b>	+00:28:11 (26.3%)	5:03	11.8 (73.3%)
70	<b>ŁUKASZEWSKI Tomasz</b>	<b>139</b>	KB MANIAC POZNAŃ	M-7	2	00:25:57	00:52:17	01:19:05	<b>01:46:50</b>	<b>01:47:05</b>	+00:28:17 (26.4%)	5:03	11.9 (73.9%)
71	<b>SAWICKI Krzysztof</b>	<b>158</b>	DRUŻYNA SZPIKU	M-2	5	00:25:10	00:52:03	01:19:58	<b>01:48:12</b>	<b>01:48:24</b>	+00:29:36 (27.3%)	5:07	11.7 (72.7%)
72	<b>ZIOMEK Darek</b>	<b>132</b>	4RUN TKKF KOSZALIN	M-5	10	00:25:20	00:52:32	01:20:42	<b>01:49:07</b>	<b>01:49:11</b>	+00:30:23 (27.8%)	5:10	11.6 (72.0%)
73	<b>ZIÓŁKOWSKI Wojciech</b>	<b>134</b>	KB GOCH BYTÓW	M-3	24	00:25:00	00:51:08	01:19:31	<b>01:49:21</b>	<b>01:49:26</b>	+00:30:38 (28.0%)	5:10	11.6 (72.0%)
74	<b>LIETZ Renata</b>	<b>63</b>	FZGT	K-2	1	00:25:03	00:52:03	01:20:19	<b>01:49:24</b>	<b>01:49:33</b>	+00:30:45 (28.1%)	5:11	11.6 (72.0%)
75	<b>DUDEK Edward</b>	<b>20</b>	RKB "BACA"RADZIECHOWY	M-8	6	00:26:13	00:53:37	01:21:33	<b>01:49:34</b>	<b>01:49:37</b>	+00:30:49 (28.1%)	5:11	11.6 (72.0%)
76	<b>ZAGRODZKI Ireneusz</b>	<b>129</b>	KLUB BIEGACZA TUPOT USTKA	M-7	3	00:26:01	00:52:58	01:21:17	<b>01:49:35</b>	<b>01:49:48</b>	+00:31:00 (28.2%)	5:11	11.6 (72.0%)
77	<b>ANKUDOWICZ Damian</b>	<b>2</b>	STAROSTWO POWIATOWE W ZŁOTOWIE	M-3	25	00:25:26	00:52:17	01:20:40	<b>01:50:01</b>	<b>01:50:05</b>	+00:31:17 (28.4%)	5:12	11.5 (71.4%)
78	<b>URBAŃSKA Emilia</b>	<b>155</b>		K-3	2	00:26:08	00:52:56	01:21:14	<b>01:50:16</b>	<b>01:50:28</b>	+00:31:40 (28.7%)	5:13	11.5 (71.4%)
79	<b>RATAJCZYK Robert</b>	<b>99</b>	4RUN TEAM PIŁA	M-2	6	00:26:39	00:52:45	01:21:18	<b>01:50:37</b>	<b>01:50:49</b>	+00:32:01 (28.9%)	5:14	11.4 (70.8%)
80	<b>SZWEDA Karol</b>	<b>118</b>		M-7	4	00:25:15	00:52:29	01:20:37	<b>01:50:55</b>	<b>01:51:02</b>	+00:32:14 (29.0%)	5:15	11.4 (70.8%)
81	<b>KOWALSKI Zbigniew</b>	<b>46</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-7	5	00:25:52	00:53:19	01:22:04	<b>01:50:58</b>	<b>01:51:06</b>	+00:32:18 (29.1%)	5:15	11.4 (70.8%)
82	<b>GÓRA Agnieszka</b>	<b>28</b>	MARATOŃCZYK OKONEK	K-3	3	00:26:49	00:54:33	01:22:28	<b>01:51:06</b>	<b>01:51:18</b>	+00:32:30 (29.2%)	5:15	11.4 (70.8%)
83	<b>TERER Kipkemoi</b>	<b>120</b>		M-5	11	00:24:18	00:51:51	01:21:06	<b>01:51:31</b>	<b>01:51:40</b>	+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	<b>NAKONIECZNY Rafał</b>	<b>79</b>	BAJADERKI KOSZALIN	M-3	26	00:27:10	00:54:39	01:22:43	<b>01:51:53</b>	<b>01:52:00</b>	+00:33:12 (29.6%)	5:18	11.3 (70.2%)
84	<b>JANICKA Katarzyna</b>	<b>32</b>	BAJADERKI KOSZALIN	K-3	4	00:27:10	00:54:40	01:23:18	<b>01:51:54</b>	<b>01:52:00</b>	+00:33:12 (29.6%)	5:18	11.3 (70.2%)
86	<b>KOZA Mariusz</b>	<b>47</b>		M-3	27	00:24:47	00:51:13	01:20:09	<b>01:53:08</b>	<b>01:53:19</b>	+00:34:31 (30.5%)	5:21	11.2 (69.6%)
87	<b>KUJATT Wojciech</b>	<b>58</b>	KUJATT RUNNERS TEAM	M-3	28	00:26:52	00:55:39	01:25:08	<b>01:53:58</b>	<b>01:54:03</b>	+00:35:15 (30.9%)	5:24	11.1 (68.9%)
88	<b>KOZŁOWIECKI Waldemar</b>	<b>49</b>	4RUN TKKF KOSZALIN	M-8	7	00:28:21	00:57:23	01:27:05	<b>01:54:09</b>	<b>01:54:22</b>	+00:35:34 (31.1%)	5:24	11.1 (68.9%)
89	<b>DRACZYŃSKI Zygmunt</b>	<b>18</b>	LŁKB "TRUCHT"	M-9	2	00:26:50	00:54:35	01:23:21	<b>01:54:18</b>	<b>01:54:30</b>	+00:35:42 (31.2%)	5:25	11.1 (68.9%)
90	<b>MROCZKOWSKA Marta</b>	<b>76</b>		K-3	5	00:26:58	00:55:21	01:24:46	<b>01:54:38</b>	<b>01:54:52</b>	+00:36:04 (31.4%)	5:25	11 (68.3%)
91	<b>KRÓLIKOWSKI Andrzej</b>	<b>156</b>		M-7	6	00:27:21	00:56:32	01:25:36	<b>01:54:43</b>	<b>01:54:53</b>	+00:36:05 (31.4%)	5:26	11 (68.3%)
92	<b>ZBLEWSKI Patryk</b>	<b>130</b>		M-3	29	00:28:07	00:56:30	01:25:31	<b>01:54:59</b>	<b>01:55:13</b>	+00:36:25 (31.6%)	5:26	11 (68.3%)
93	<b>WIELGUS Paweł</b>	<b>123</b>	ENERGA OPERATOR TOO SZCZECINEK	M-3	30	00:26:55	00:54:57	01:24:36	<b>01:55:34</b>	<b>01:55:40</b>	+00:36:52 (31.9%)	5:28	11 (68.3%)
94	<b>GRZELAK Karina</b>	<b>26</b>	BIEGNIJMY.PL	K-3	6	00:26:59	00:55:22	01:25:16	<b>01:55:28</b>	<b>01:55:41</b>	+00:36:53 (31.9%)	5:28	11 (68.3%)
95	<b>PAECH Ziemowit</b>	<b>84</b>		M-5	12	00:28:20	00:57:14	01:26:21	<b>01:55:37</b>	<b>01:55:48</b>	+00:37:00 (32.0%)	5:28	10.9 (67.7%)
96	<b>MARKOWSKI Andrzej</b>	<b>68</b>	4RUN TKKF KOSZALIN	M-8	8	00:27:16	00:56:21	01:27:09	<b>01:55:53</b>	<b>01:56:00</b>	+00:37:12 (32.1%)	5:29	10.9 (67.7%)
97	<b>PERLIK Grzegorz</b>	<b>86</b>	MIAŁEM SZCZĘŚCIE...	M-8	9	00:28:52	00:57:13	01:26:49	<b>01:56:21</b>	<b>01:56:34</b>	+00:37:46 (32.4%)	5:30	10.9 (67.7%)
98	<b>RADTKE Arkadiusz</b>	<b>96</b>	SBZZ ZŁOTÓW	M-1	2	00:25:36	00:55:11	01:24:59	<b>01:57:05</b>	<b>01:57:10</b>	+00:38:22 (32.7%)	5:32	10.8 (67.1%)
99	<b>CHODOR Martyna</b>	<b>13</b>	4RUN TKKF KOSZALIN	K-3	7	00:25:53	00:53:38	01:25:15	<b>01:57:25</b>	<b>01:57:34</b>	+00:38:46 (33.0%)	5:33	10.8 (67.1%)
100	<b>KOZŁOWSKI Klaudiusz</b>	<b>50</b>		M-2	7	00:26:48	00:55:20	01:26:03	<b>01:57:52</b>	<b>01:58:07</b>	+00:39:19 (33.3%)	5:35	10.7 (66.5%)
101	<b>ŻELECHOWSKA Magdalena</b>	<b>140</b>		K-3	8	00:28:20	00:57:27	01:28:24	<b>01:58:55</b>	<b>01:59:05</b>	+00:40:17 (33.8%)	5:38	10.6 (65.8%)
102	<b>HAŁAJKO Magdalena</b>	<b>30</b>	BABECZKI	K-3	9	00:28:21	00:57:28	01:28:24	<b>01:59:05</b>	<b>01:59:15</b>	+00:40:27 (33.9%)	5:38	10.6 (65.8%)
103	<b>ANDRUSZKIEWICZ Grzegorz</b>	<b>1</b>	PARKRUN SZCZECINEK	M-3	31	00:29:47	00:58:38	01:28:58	<b>01:59:40</b>	<b>01:59:54</b>	+00:41:06 (34.3%)	5:40	10.6 (65.8%)
104	<b>WIŚNIEWSKI Daniel</b>	<b>127</b>		M-7	7	00:29:51	00:59:34	01:28:31	<b>02:00:38</b>	<b>02:00:50</b>	+00:42:02 (34.8%)	5:43	10.5 (65.2%)
105	<b>DYRCZ Marika</b>	<b>21</b>	MKS ŚWIĘC SŁAWNO	K-3	10	00:29:52	01:00:35	01:31:49	<b>02:02:20</b>	<b>02:02:34</b>	+00:43:46 (35.7%)	5:47	10.3 (64.0%)
106	<b>DROŹDŹ Piotr</b>	<b>19</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-5	13	00:26:06	00:54:09	01:26:10	<b>02:03:12</b>	<b>02:03:21</b>	+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	<b>SZLECHT Piotr</b>	<b>116</b>	BRAK		M-2	8	00:26:33	00:56:53	01:29:11	<b>02:03:15</b>	<b>02:03:30</b>	+00:44:42 (36.2%)	5:50	10.3 (64.0%)
108	<b>KOPROWSKI Tomasz</b>	<b>45</b>	ZHP		M-2	9	00:26:33	00:56:54	01:29:12	<b>02:03:32</b>	<b>02:03:47</b>	+00:44:59 (36.3%)	5:51	10.2 (63.4%)
109	<b>ZYGMUNT Angelika</b>	<b>137</b>			K-4	6	00:29:51	01:00:06	01:31:57	<b>02:03:57</b>	<b>02:04:08</b>	+00:45:20 (36.5%)	5:52	10.2 (63.4%)
110	<b>JARUGA Artur</b>	<b>37</b>			M-3	32	00:30:17	01:01:27	01:32:36	<b>02:04:46</b>	<b>02:04:56</b>	+00:46:08 (36.9%)	5:54	10.1 (62.7%)
111	<b>MIELCZAREK Mateusz</b>	<b>73</b>	NIGHT RUNNERS SŁUPSK		M-2	10	00:28:20	00:57:30	01:28:24	<b>02:04:54</b>	<b>02:05:08</b>	+00:46:20 (37.0%)	5:55	10.1 (62.7%)
112	<b>PYTLARZ Waldemar</b>	<b>93</b>	4RUN TEAM PIŁA		M-6	9	00:29:52	01:00:06	01:31:57	<b>02:05:40</b>	<b>02:05:51</b>	+00:47:03 (37.4%)	5:57	10.1 (62.7%)
113	<b>KARASOWSKI Marek</b>	<b>39</b>	BRAK		M-7	8	00:27:23	00:56:38	01:28:41	<b>02:06:48</b>	<b>02:07:01</b>	+00:48:13 (38.0%)	6:00	10 (62.1%)
114	<b>LASOTA Mirosław</b>	<b>60</b>			M-8	10	00:29:47	01:01:14	01:33:56	<b>02:07:41</b>	<b>02:07:57</b>	+00:49:09 (38.4%)	6:03	9.9 (61.5%)
115	<b>DZIESZUK Dariusz</b>	<b>22</b>	4RUN TKKF KOSZALIN		M-5	14	00:28:25	00:57:32	01:30:59	<b>02:08:31</b>	<b>02:08:37</b>	+00:49:49 (38.7%)	6:05	9.9 (61.5%)
116	<b>POZORSKI Krzysztof</b>	<b>92</b>	NIGHTRUNNERS SŁUPSK		M-3	33	00:30:36	01:02:13	01:34:24	<b>02:08:32</b>	<b>02:08:46</b>	+00:49:58 (38.8%)	6:05	9.8 (60.9%)
117	<b>BZÓWKA Bogdan</b>	<b>153</b>			M-4	11	00:28:21	00:57:55	01:31:46	<b>02:09:24</b>	<b>02:09:37</b>	+00:50:49 (39.2%)	6:07	9.8 (60.9%)
118	<b>ZDANOWSKI Marian</b>	<b>131</b>			M-7	9	00:31:11	01:03:50	01:36:50	<b>02:09:27</b>	<b>02:09:42</b>	+00:50:54 (39.2%)	6:08	9.8 (60.9%)
119	<b>ŁUKASZEWSKI Szymon</b>	<b>138</b>	KB MANIAC POZNAŃ		M-5	15	00:30:45	01:02:50	01:37:24	<b>02:11:30</b>	<b>02:11:45</b>	+00:52:57 (40.2%)	6:13	9.6 (59.6%)
120	<b>PYDYN Andrzej</b>	<b>149</b>			M-6	10	00:29:20	01:01:44	01:37:02	<b>02:11:50</b>	<b>02:11:56</b>	+00:53:08 (40.3%)	6:14	9.6 (59.6%)
120	<b>PYDYN Regina</b>	<b>148</b>			K-6	2	00:29:21	01:01:45	01:37:04	<b>02:11:51</b>	<b>02:11:56</b>	+00:53:08 (40.3%)	6:14	9.6 (59.6%)
122	<b>BIALIK Wiesław</b>	<b>3</b>	K. B. SPRINT ŚWIDWIN		M-8	11	00:29:26	01:02:46	01:38:29	<b>02:15:25</b>	<b>02:15:35</b>	+00:56:47 (41.9%)	6:25	9.3 (57.8%)
123	<b>MAŃKOWSKA Janina</b>	<b>70</b>	JASTROWIE		K-6	3	00:29:52	01:01:22	01:39:16	<b>02:16:45</b>	<b>02:16:54</b>	+00:58:06 (42.4%)	6:28	9.3 (57.8%)
124	<b>BUJAK Justyna</b>	<b>10</b>	KUJATT RUNNERS TEAM		K-3	11	00:32:08	01:06:20	01:41:16	<b>02:16:58</b>	<b>02:17:04</b>	+00:58:16 (42.5%)	6:29	9.2 (57.1%)
125	<b>LASOTA Irena</b>	<b>61</b>			K-8	1	00:30:35	01:05:17	01:42:55	<b>02:23:26</b>	<b>02:23:33</b>	+01:04:45 (45.1%)	6:47	8.8 (54.7%)
126	<b>TREJDER Maria</b>	<b>121</b>	BAJADERKI KOSZALIN		K-4	7	00:34:28	01:10:59	01:47:13	<b>02:23:27</b>	<b>02:23:36</b>	+01:04:48 (45.1%)	6:47	8.8 (54.7%)
127	<b>KASIEWSKA Ewa Katarzyna</b>	<b>41</b>	WKB META LUBLINIEC		K-9	1	00:36:15	01:16:32	01:57:03	<b>02:38:05</b>	<b>02:38:20</b>	+01:19:32 (50.2%)	7:29	8 (49.7%)
128	<b>OKOŁOWICZ Sebastian</b>	<b>145</b>			M-3	34	00:23:58	00:49:39	01:18:51			+00:19:37	4:57	12.1 (75.2%)
129	<b>WARYLEWSKI Dariusz</b>	<b>154</b>			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	<b>BARTNIK Marian</b>	<b>147</b>	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	<b>GÓRA Sylwester</b>	<b>29</b>	MARATOŃCZYK OKONEK	M-4	13	00:22:35	00:46:13				+00:07:08	4:21	13.8 (85.7%)
132	<b>WIĘZIK Henryk</b>	<b>126</b>		M-10	2	00:28:36					+00:09:25	5:23	11.1 (68.9%)

Znaleziono 132 wynik(ów)