

XXX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

Wydarzenie: XXX PÓŁMARATON LIPCOWY OKONEK
Organizator: Gmina Okonek
Data: 2017-07-15
Miejsce: Okonek
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Start_All 10.6km	Start_All 15.9km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	JEZERSKI Grzegorz	296	LZS WIATROWO	M50-54	1	00:19:51	00:39:45	00:59:33	01:19:38.75		3:46	15.9 (100%)
2	HOFFMAN Aleksander	292	PRECON POLSKA-JASTROWIE	M45-49	1	00:19:52	00:39:47	01:00:23	01:21:07.25	+00:01:28 (1.8%)	3:50	15.6 (98.1%)
3	KUJAWA Krzysztof	320	WIĘCKOWSKI TEAM	M40-44	1	00:20:05	00:40:15	01:00:35	01:21:18.95	+00:01:40 (2.1%)	3:51	15.6 (98.1%)
4	CHĘTNIK Rafał	263	LKS ZANTYR SZTUM	M40-44	2	00:19:54	00:40:23	01:01:04	01:21:58.60	+00:02:19 (2.8%)	3:53	15.4 (96.9%)
5	GRABIŃSKI Wojciech	281	ROGOZIŃSKI KLUB BIEGACZA	M18-29	1	00:19:50	00:39:50	01:00:42	01:22:21.35	+00:02:42 (3.3%)	3:54	15.4 (96.9%)
6	KUŁAKOWSKI Artur	264	FLORIAN	M40-44	3	00:19:49	00:39:38	01:00:44	01:22:40.70	+00:03:01 (3.7%)	3:55	15.3 (96.2%)
7	BŁASZCZYK Zbigniew	417		M40-44	4	00:19:51	00:39:59	01:01:24	01:23:57.85	+00:04:19 (5.1%)	3:58	15.1 (95.0%)
8	WITKIEWICZ Eryk	401	BIAŁOGARD	M40-44	5	00:21:19	00:42:20	01:03:17	01:24:07.95	+00:04:29 (5.3%)	3:59	15 (94.3%)
9	BRZUZY Łukasz	260	FLORIAN CHOJNICE	M18-29	2	00:19:49	00:39:58	01:02:19	01:24:42.50	+00:05:03 (6.0%)	4:00	14.9 (93.7%)
10	OSIŃSKI Ryszard	348	ACTIVE MALBORK	M50-54	2	00:20:42	00:42:05	01:03:51	01:25:25.95	+00:05:47 (6.8%)	4:02	14.8 (93.1%)
11	KUBIAK Piotr	317	PRECON POLSKA-JASTROWIE	M30-39	1	00:21:28	00:43:21	01:05:14	01:26:51.40	+00:07:12 (8.3%)	4:07	14.6 (91.8%)
12	KRÓLIKOWSKI Edward	315	KB MANIAC	M45-49	2	00:21:56	00:44:07	01:05:58	01:27:14.80	+00:07:36 (8.7%)	4:08	14.5 (91.2%)
13	GRZESIK Eugeniusz	287	TKKF KOSZALIN	M50-54	3	00:21:41	00:43:48	01:05:52	01:27:15.50	+00:07:36 (8.7%)	4:08	14.5 (91.2%)
14	SARNOWSKI Janusz	375	LILL SPORT	M45-49	3	00:21:40	00:43:51	01:06:38	01:29:47.45	+00:10:08 (11.3%)	4:15	14.1 (88.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Start_All 10.6km	Start_All 15.9km	Czas		Tempo min/km	Tempo km/h
									netto 21.1km	Różn		
15	OCHNIO Ryszard	414	POLONIA JASTROWIE	M40-44	6	00:21:40	00:43:47	01:06:40	01:29:53.70	+00:10:14 (11.4%)	4:15	14.1 (88.7%)
16	WITKIEWICZ Magda	400	KB 10 BIAŁOGARD	K30-39	1	00:22:04	00:44:22	01:07:06	01:29:55.05	+00:10:16 (11.4%)	4:15	14.1 (88.7%)
17	MYSZKOWSKI Jan	339		M55-59	1	00:22:03	00:44:22	01:07:05	01:30:05.90	+00:10:27 (11.6%)	4:16	14.1 (88.7%)
18	KORAB Szymon	310	KORZYBSKIE REKINY	M30-39	2	00:22:00	00:44:20	01:07:26	01:30:39.50	+00:11:00 (12.1%)	4:17	14 (88.1%)
19	KĘDZIORA Rafał	305	ŚWIAT BIEGACZA FEHLAU RUN TEAM	M40-44	7	00:21:25	00:44:10	01:07:40	01:31:14.85	+00:11:36 (12.7%)	4:19	13.9 (87.4%)
20	BARAŃSKI Bogusław	413	MLUKS TRZEBIATÓW	M55-59	2	00:21:47	00:44:30	01:07:56	01:31:47.00	+00:12:08 (13.2%)	4:20	13.8 (86.8%)
21	MROZIK Daniel	337		M30-39	3	00:21:44	00:44:27	01:07:51	01:32:15.60	+00:12:36 (13.7%)	4:22	13.7 (86.2%)
22	ŚWIĄTKOWSKI Cezary	411		M18-29	3	00:23:30	00:46:36	01:09:36	01:32:11.60	+00:12:32 (13.6%)	4:22	13.7 (86.2%)
23	KRÓL Krzysztof	314		M50-54	4	00:22:20	00:45:19	01:08:56	01:32:26.75	+00:12:48 (13.8%)	4:22	13.7 (86.2%)
24	ROKOSZ Radosław	370	JW 1223 KOSZALIN	M30-39	4	00:22:31	00:45:27	01:08:51	01:33:06.50	+00:13:27 (14.5%)	4:24	13.6 (85.5%)
25	LESZCZYŃSKI Michał	324	SYBERIAN HUSKY TEAM	M30-39	5	00:22:48	00:46:23	01:10:05	01:33:39.95	+00:14:01 (15.0%)	4:26	13.5 (84.9%)
26	RETKA Bartosz	369		M30-39	6	00:23:00	00:46:06	01:09:23	01:33:45.15	+00:14:06 (15.0%)	4:26	13.5 (84.9%)
27	KULESZA Adam	321	CSWL POZNAŃ	M30-39	7	00:22:17	00:45:17	01:09:36	01:34:38.75	+00:15:00 (15.8%)	4:29	13.4 (84.3%)
28	KWIATEK Wojciech	323		M45-49	4	00:23:28	00:47:18	01:11:33	01:35:05.05	+00:15:26 (16.2%)	4:30	13.3 (83.6%)
29	TERESZCZUK Karol	396	LOKATOR NIERUCHOMOŚCI PIŁA	M45-49	5	00:23:29	00:47:04	01:11:14	01:35:41.80	+00:16:03 (16.8%)	4:32	13.2 (83.0%)
30	DANIELAK Michał	270	ORKIESTRA WOJSKOWA W TORUNIU	M40-44	8	00:22:49	00:46:26	01:11:03	01:35:59.00	+00:16:20 (17.0%)	4:32	13.2 (83.0%)
31	PAWLAK Marcin	352		M30-39	8	00:23:01	00:46:59	01:11:41	01:36:35.95	+00:16:57 (17.6%)	4:34	13.1 (82.4%)
32	SŁONKA Sławomir	380	MKS DEBRZNO	M30-39	9	00:21:45	00:44:18	01:08:45	01:36:37.60	+00:16:58 (17.6%)	4:34	13.1 (82.4%)
33	KULPA Marcin	322		M30-39	10	00:22:58	00:46:10	01:11:06	01:36:38.30	+00:16:59 (17.6%)	4:34	13.1 (82.4%)
34	ECKERT Zbigniew	274	TEAM BIEGOWY SZCZECINEK	M45-49	6	00:22:37	00:46:58	01:11:53	01:37:09.90	+00:17:31 (18.0%)	4:36	13 (81.8%)
35	SAWICKI Eligiusz	378		M50-54	5	00:23:39	00:47:47	01:12:36	01:37:15.30	+00:17:36 (18.1%)	4:36	13 (81.8%)
36	KUCZYŃSKI Piotr	318	NKB CHYŻY NOWY TOMYŚL	M60-64	1	00:23:34	00:47:46	01:12:37	01:37:33.25	+00:17:54 (18.4%)	4:37	13 (81.8%)
37	BIAŁCZYK Mariusz	255	LOKATOR NIERUCHOMOŚCI PIŁA	M40-44	9	00:23:31	00:47:22	01:12:11	01:37:47.60	+00:18:08 (18.6%)	4:38	12.9 (81.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Start_All 10.6km	Start_All 15.9km	Czas		Tempo min/km	Tempo km/h
									netto 21.1km	Różn		
38	OKOŁOTOWICZ Sebastian	344		M30-39	11	00:20:40	00:43:32	01:08:52	01:37:57.35	+00:18:18 (18.7%)	4:38	12.9 (81.1%)
39	PIECHOWSKI Krzysztof	357	LOKATOR NIERUCHOMOŚCI PIŁA	M40-44	10	00:23:31	00:47:22	01:13:04	01:38:42.15	+00:19:03 (19.3%)	4:40	12.8 (80.5%)
40	PĘKAŁA Piotr	354	ROZBIEGANY KOSZALIN	M45-49	7	00:24:50	00:49:29	01:14:10	01:38:46.05	+00:19:07 (19.4%)	4:40	12.8 (80.5%)
41	KONDERA Zbigniew	308	4RUN TEAM PIŁA	M40-44	11	00:23:45	00:48:35	01:13:46	01:38:46.35	+00:19:07 (19.4%)	4:40	12.8 (80.5%)
42	BULIKOWSKI Paweł	410		M40-44	12	00:23:16	00:47:38	01:13:02	01:39:14.35	+00:19:35 (19.7%)	4:42	12.8 (80.5%)
43	SZABLA Ewelina	386		K30-39	2	00:24:46	00:49:21	01:14:13	01:39:36.85	+00:19:58 (20.0%)	4:43	12.7 (79.9%)
43	JAROSZ Dariusz	313	TKKF KOSZALIN	M40-44	13	00:24:46	00:49:21	01:14:13	01:39:36.85	+00:19:58 (20.0%)	4:43	12.7 (79.9%)
45	PROKOPOWICZ Marcin	363	3:33 TEAM JASTROWIE	M30-39	12	00:23:26	00:48:34	01:14:20	01:39:58.45	+00:20:19 (20.3%)	4:44	12.7 (79.9%)
46	ŚWITAL Leszek	394	PCH_RUN -MORSY MARGONIN	M40-44	14	00:23:00	00:46:54	01:13:11	01:40:04.00	+00:20:25 (20.4%)	4:44	12.7 (79.9%)
47	PFAJFER Marek	355	SPÓJNIA BIAŁE BŁOTA	M30-39	13	00:25:36	00:50:57	01:15:57	01:40:07.50	+00:20:28 (20.5%)	4:44	12.6 (79.2%)
48	WALTER Przemysław	397	KB 10 BIAŁOGARD	M45-49	8	00:24:19	00:48:50	01:13:58	01:40:15.85	+00:20:37 (20.6%)	4:45	12.6 (79.2%)
49	WRÓBLEWSKI Mateusz	404	KORZYBSKIE REKINY	M18-29	4	00:22:48	00:46:22	01:12:45	01:40:31.35	+00:20:52 (20.8%)	4:45	12.6 (79.2%)
50	GRABOWSKI Rafał	284	KORZYBSKIE REKINY	M30-39	14	00:22:22	00:46:10	01:11:32	01:40:32.45	+00:20:53 (20.8%)	4:45	12.6 (79.2%)
51	PIASECKI Paweł	356		M40-44	15	00:24:53	00:50:15	01:15:31	01:40:33.35	+00:20:54 (20.8%)	4:45	12.6 (79.2%)
52	STRZELECKI Zbigniew	383	KORZYBSKIE REKINY	M60-64	2	00:24:06	00:49:04	01:14:49	01:40:34.20	+00:20:55 (20.8%)	4:45	12.6 (79.2%)
53	GÓRZYŃSKA Małgorzata	280	TRISPACE	K40-44	1	00:25:04	00:50:08	01:15:15	01:40:56.30	+00:21:17 (21.1%)	4:47	12.5 (78.6%)
54	WILKOWSKI Krzysztof	398		M30-39	15	00:24:42	00:50:00	01:16:21	01:41:06.20	+00:21:27 (21.2%)	4:47	12.5 (78.6%)
55	WYGRALAK Piotr	418	DRUŻYNA SZPIKU	M30-39	16	00:24:02	00:49:21	01:15:04	01:41:18.80	+00:21:40 (21.4%)	4:48	12.5 (78.6%)
56	ORZEŁ Przemysław	347		M40-44	16	00:23:37	00:47:51	01:14:14	01:41:46.65	+00:22:07 (21.7%)	4:49	12.4 (78.0%)
57	KOPACZ Mirosław	309		M60-64	3	00:24:48	00:50:10	01:16:04	01:41:53.70	+00:22:14 (21.8%)	4:49	12.4 (78.0%)
58	ELMINOWSKI Jacek	275		M40-44	17	00:24:00	00:49:55	01:16:06	01:42:12.95	+00:22:34 (22.1%)	4:50	12.4 (78.0%)
59	FIŁONOWICZ Monika	276		K30-39	3	00:23:43	00:49:01	01:15:51	01:42:32.85	+00:22:54 (22.3%)	4:51	12.3 (77.4%)
60	RÓŻAŃSKI Jacek	371	NIEZRZESZONY	M45-49	9	00:23:52	00:49:28	01:16:01	01:42:54.60	+00:23:15 (22.6%)	4:52	12.3 (77.4%)

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									netto 21.1km	Różn		
61	SNIEGOCKI Paweł	382	STADO PĘDZĄCYCH ŚLIMAKÓW/WUEF CLUB DECATHLON	M30-39	17	00:25:45	00:51:02	01:17:18	01:43:27.05	+00:23:48 (23.0%)	4:54	12.2 (76.7%)
62	PIETRZAK Kamil	358	ACTIVE MALBORK	M30-39	18	00:24:31	00:49:47	01:16:02	01:43:36.95	+00:23:58 (23.1%)	4:54	12.2 (76.7%)
63	CZACHOROWSKI Karol	267		M30-39	19	00:26:22	00:52:52	01:18:38	01:43:38.40	+00:23:59 (23.2%)	4:54	12.2 (76.7%)
64	MILACHOWSKI Sebastian	335		M30-39	20	00:26:23	00:52:52	01:18:38	01:43:38.65	+00:23:59 (23.2%)	4:54	12.2 (76.7%)
65	KRZYŻANIAK Agnieszka	316	NIGHT RUNNERS	K30-39	4	00:25:21	00:50:49	01:17:10	01:43:40.30	+00:24:01 (23.2%)	4:54	12.2 (76.7%)
66	RUDNIK Jerzy	372	FLORIAN	M65-69	1	00:24:19	00:50:04	01:16:43	01:43:43.15	+00:24:04 (23.2%)	4:54	12.2 (76.7%)
67	LITAROWICZ Adam	327		M55-59	3	00:23:02	00:48:48	01:15:34	01:44:05.60	+00:24:26 (23.5%)	4:56	12.2 (76.7%)
68	MAJŁOWSKI Aleksander	331		M65-69	2	00:25:02	00:50:57	01:17:26	01:44:06.10	+00:24:27 (23.5%)	4:56	12.2 (76.7%)
69	JUNGLING Mirosław	299		M45-49	10	00:25:36	00:50:43	01:16:42	01:44:32.95	+00:24:54 (23.8%)	4:57	12.1 (76.1%)
70	KACZMAREK Robert	300	NIGHT RUNNERS	M30-39	21	00:26:19	00:52:47	01:18:33	01:44:57.50	+00:25:18 (24.1%)	4:58	12.1 (76.1%)
71	MAŃKOWSKI Dariusz	333	JASTROWIE	M50-54	6	00:24:44	00:51:00	01:17:59	01:45:09.90	+00:25:31 (24.3%)	4:59	12 (75.5%)
72	KOWALCZYK Mariusz	312	BRAK	M40-44	18	00:23:29	00:50:39	01:18:33	01:45:24.80	+00:25:46 (24.4%)	4:59	12 (75.5%)
73	JAROSZEWSKA Justyna	294	4RUN TEAM	K30-39	5	00:25:24	00:51:39	01:18:35	01:45:38.30	+00:25:59 (24.6%)	5:00	12 (75.5%)
74	JONATOWSKI Grzegorz	297		M30-39	22	00:26:22	00:52:52	01:19:25	01:45:38.80	+00:26:00 (24.6%)	5:00	12 (75.5%)
75	HETZIG Piotr	291	4RUN TEAM PIŁA	M50-54	7	00:25:24	00:51:38	01:18:35	01:45:39.75	+00:26:01 (24.6%)	5:00	12 (75.5%)
76	PROTASIEWICZ Robert	364		M40-44	19	00:26:27	00:53:09	01:19:44	01:45:48.35	+00:26:09 (24.7%)	5:00	12 (75.5%)
77	LASOTA Mirosław	416		M60-64	4	00:26:06	00:52:19	01:19:01	01:45:52.45	+00:26:13 (24.8%)	5:01	12 (75.5%)
78	GRABOWSKI Jerzy	285		M45-49	11	00:26:11	00:52:41	01:19:28	01:45:53.95	+00:26:15 (24.8%)	5:01	12 (75.5%)
79	KUJATT Wojciech	319	RUN PRO SPORT	M40-44	20	00:27:22	00:54:08	01:09:06	01:46:03.40	+00:26:24 (24.9%)	5:01	11.9 (74.8%)
80	RATAJCZAK Rajmund	368		M55-59	4	00:24:28	00:50:32	01:17:48	01:46:09.15	+00:26:30 (25.0%)	5:01	11.9 (74.8%)
81	IWANICKI Jerzy	293	4RUN TEAM PIŁA	M60-64	5	00:26:13	00:52:35	01:19:22	01:46:14.65	+00:26:35 (25.0%)	5:02	11.9 (74.8%)
82	WITCZAK Jolanta	399	TARNOWO PODGÓRNE - POZIOM BLIŻEJ	K50-54	1	00:25:17	00:52:08	01:19:10	01:46:25.80	+00:26:47 (25.2%)	5:02	11.9 (74.8%)
83	MROSZYŃSKI Wojciech	336	NIGHT RUNNERS	M18-29	5	00:26:21	00:52:48	01:19:00	01:46:47.25	+00:27:08 (25.4%)	5:03	11.9 (74.8%)

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									netto 21.1km	Różn		
84	RYBSKI Mariusz	373		M30-39	23	00:25:22	00:51:53	01:19:19	01:46:58.90	+00:27:20 (25.6%)	5:04	11.8 (74.2%)
85	OWCZARCAK Monika	349	NIGHT RUNNERS	K30-39	6	00:25:21	00:51:53	01:19:19	01:47:01.40	+00:27:22 (25.6%)	5:04	11.8 (74.2%)
86	KARCZEWSKI Krzysztof	301	PGB SPORTOWA PACZKA	M55-59	5	00:26:38	00:53:41	01:20:58	01:47:30.85	+00:27:52 (25.9%)	5:05	11.8 (74.2%)
87	PAŁKA Zenon	351	AMAZON	M30-39	24	00:23:51	00:50:30	01:19:01	01:47:46.65	+00:28:07 (26.1%)	5:06	11.7 (73.6%)
88	MURAWICZ Grzegorz	412		M55-59	6	00:26:26	00:53:22	01:20:47	01:47:56.30	+00:28:17 (26.2%)	5:06	11.7 (73.6%)
89	KOCLEJDA Grzegorz	307		M30-39	25	00:27:42	00:55:24	01:22:18	01:48:05.25	+00:28:26 (26.3%)	5:07	11.7 (73.6%)
90	BRALSKI Andrzej	259	#ZABIEGANINOCA	M30-39	26	00:26:22	00:53:09	01:20:40	01:48:22.65	+00:28:43 (26.5%)	5:08	11.7 (73.6%)
91	SŁONKA Mariusz	381		M30-39	27	00:22:04	00:48:09	01:17:12	01:49:36.30	+00:29:57 (27.3%)	5:11	11.5 (72.3%)
92	GAJEK Artur	279	KORZYBSKIE REKINY	M40-44	21	00:27:22	00:55:17	01:22:46	01:49:46.05	+00:30:07 (27.4%)	5:12	11.5 (72.3%)
93	SAWICKI Leszek	377	UZALEŻNIENIA MNIE TYKO SPORT	M30-39	28	00:29:45	00:57:18	01:23:43	01:49:54.45	+00:30:15 (27.5%)	5:12	11.5 (72.3%)
94	NIESPODZIANA Ania	341	ROGOZIŃSKI KLUB BIEGACZA	K30-39	7	00:27:39	00:55:15	01:22:40	01:49:56.55	+00:30:17 (27.6%)	5:12	11.5 (72.3%)
95	KOSIŃSKI Zbigniew	311	NBR	M40-44	22	00:27:37	00:55:13	01:22:06	01:50:00.20	+00:30:21 (27.6%)	5:12	11.5 (72.3%)
96	PISAŃCZYN Krzysztof	359	LOKATOR NIERUCHOMOŚCI PIŁA	M40-44	23	00:23:26	00:50:22	01:19:59	01:50:37.30	+00:30:58 (28.0%)	5:14	11.4 (71.7%)
97	DWULIT Dominik	272	KORZYBSKIE REKINY	M18-29	6	00:27:14	00:54:47	01:22:47	01:51:01.10	+00:31:22 (28.3%)	5:15	11.4 (71.7%)
98	BORUCKI Krystian	258	BORKO.PL	M30-39	29	00:26:41	00:53:14	01:21:55	01:51:19.40	+00:31:40 (28.5%)	5:16	11.4 (71.7%)
99	BORKOWSKA-KOWALCZYK Daria	257	BRAK	K30-39	8	00:25:32	00:53:16	01:22:16	01:51:31.95	+00:31:53 (28.6%)	5:17	11.4 (71.7%)
100	JAWORSKI Jakub	295	SYBERIAN HUSKY TEAM	M18-29	7	00:25:21	00:54:49	01:22:03	01:52:22.25	+00:32:43 (29.1%)	5:19	11.3 (71.1%)
101	KARWAT Stanisław	302	PARKRUN	M55-59	7	00:26:43	00:54:56	01:23:56	01:52:24.05	+00:32:45 (29.1%)	5:19	11.3 (71.1%)
102	GRABIŃSKI Waldemar	282	ROGOZIŃSKI KLUB BIEGACZA	M40-44	24	00:30:01	00:58:23	01:25:54	01:53:41.40	+00:34:02 (29.9%)	5:23	11.1 (69.8%)
103	KOLANKOWSKI Andrzej	251		M55-59	8	00:26:11	00:52:48	01:22:06	01:54:08.25	+00:34:29 (30.2%)	5:24	11.1 (69.8%)
104	ŚWIETLIK Tomasz	393		M55-59	9	00:27:46	00:56:43	01:25:38	01:54:33.45	+00:34:54 (30.5%)	5:25	11.1 (69.8%)
105	PERLIK Grzegorz	353		M60-64	6	00:28:37	00:56:44	01:25:40	01:54:41.95	+00:35:03 (30.6%)	5:26	11 (69.2%)
106	SIENKIEWICZ-GADZIKOWSKA Paulina	379		K30-39	9	00:28:09	00:56:40	01:25:39	01:54:48.85	+00:35:10 (30.6%)	5:26	11 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Start_All 10.6km	Start_All 15.9km	Czas		Tempo min/km	Tempo km/h
									netto 21.1km	Różn		
107	FORTUNA Damian	278		M30-39	30	00:29:42	00:58:04	01:26:45	01:55:23.25	+00:35:44 (31.0%)	5:28	11 (69.2%)
108	POLGUJ Piotr-Roman	360	PARKRUN-MKL SZCZECINEK	M70+	1	00:23:57	00:51:19	01:20:56	01:55:37.95	+00:35:59 (31.1%)	5:28	10.9 (68.6%)
109	MAJŁOWSKA Irena	330	KS.TEAM.BARYŁA	K60+	1	00:27:15	00:55:33	01:25:05	01:55:56.80	+00:36:18 (31.3%)	5:29	10.9 (68.6%)
110	FIRLEJ Ewelina	277		K18-29	1	00:28:22	00:56:59	01:27:02	01:56:57.25	+00:37:18 (31.9%)	5:32	10.8 (67.9%)
111	ANDRUSZKIEWICZ Grzegorz	252	PARKIEM SZCZECINEK	M40-44	25	00:27:39	00:55:33	01:26:53	01:58:30.45	+00:38:51 (32.8%)	5:37	10.7 (67.3%)
112	WNUK Grzegorz	402	100 MARATHON CLUB POLSKA	M45-49	12	00:28:55	00:58:43	01:28:37	01:58:48.65	+00:39:09 (33.0%)	5:37	10.7 (67.3%)
113	SZULC Edyta	388		K40-44	2	00:29:36	00:59:35	01:29:48	02:00:30.85	+00:40:52 (33.9%)	5:42	10.5 (66.0%)
114	ŻUKOWSKI Cezary	408	ROZBIEGANY KOSZALIN	M30-39	31	00:29:14	00:59:07	01:30:25	02:02:34.60	+00:42:55 (35.0%)	5:48	10.3 (64.8%)
115	OKONEK Kazimierz	346		M65-69	3	00:25:34	00:54:36	01:25:43	02:03:19.75	+00:43:41 (35.4%)	5:50	10.3 (64.8%)
116	SAWCZUK Rafał	376		M30-39	32	00:26:59	00:56:52	01:28:24	02:03:27.90	+00:43:49 (35.5%)	5:51	10.3 (64.8%)
117	PORWICH Henryk	361	WU-EF CLUB SWADZIM TARNOWO PDG.	M70+	2	00:28:19	00:59:22	01:26:56	02:04:07.95	+00:44:29 (35.8%)	5:52	10.2 (64.2%)
118	MUSIAŁOWSKI Kazimierz	338	KAMUS MARATON	M65-69	4	00:30:50	01:02:27	01:33:22	02:04:32.75	+00:44:54 (36.1%)	5:54	10.2 (64.2%)
119	GZELA Olga	288	ROZBIEGANY KOSZALIN, BABECZKI KOSZALIN	K30-39	10	00:28:29	00:59:42	01:31:51	02:05:35.20	+00:45:56 (36.6%)	5:57	10.1 (63.5%)
120	MAŃKOWSKA Janina	332		K50-54	2	00:28:53	01:00:43	01:34:43	02:07:07.55	+00:47:28 (37.3%)	6:01	10 (62.9%)
121	SULEJA Joanna	385	SZWLA STARGARD	K55-59	1	00:29:00	01:00:04	01:33:32	02:07:28.05	+00:47:49 (37.5%)	6:02	9.9 (62.3%)
122	LASOTA Irena	415		K60+	2	00:30:22	01:02:26	01:34:52	02:07:45.85	+00:48:07 (37.7%)	6:03	9.9 (62.3%)
123	CHOJNIAK Wiesław	265		M40-44	26	00:34:11	01:08:17	01:38:55	02:08:54.95	+00:49:16 (38.2%)	6:06	9.8 (61.6%)
124	SZUMSKA Lidia	390	ZABIEGANI	K40-44	3	00:29:34	01:01:34	01:35:12	02:08:57.70	+00:49:18 (38.2%)	6:06	9.8 (61.6%)
125	KLEDZIK Joanna	306		K30-39	11	00:30:58	01:02:41	01:35:23	02:09:05.25	+00:49:26 (38.3%)	6:07	9.8 (61.6%)
126	WOJCIECHOWSKI Andrzej	403		M30-39	33	00:29:57	01:01:19	01:34:53	02:09:54.65	+00:50:15 (38.7%)	6:09	9.7 (61.0%)
127	BARDON Otokar	254	WWW.PODROZEMALEIDUZE.EU	M50-54	8	00:30:44	01:02:40	01:35:59	02:10:47.30	+00:51:08 (39.1%)	6:11	9.7 (61.0%)
128	GRABOWSKA-LESISZ Aneta	283		K30-39	12	00:28:52	01:01:12	01:35:53	02:12:12.45	+00:52:33 (39.8%)	6:15	9.6 (60.4%)
129	ZAREMBA Maciej	406		M30-39	34	00:29:42	01:01:02	01:36:19	02:13:48.55	+00:54:09 (40.5%)	6:20	9.5 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Start_All 10.6km	Start_All 15.9km	Czas		Tempo min/km	Tempo km/h
									netto 21.1km	Różn		
130	HELLER Zdzisław	290	NIEZRZESZONY	M60-64	7	00:30:50	01:04:19	01:39:16	02:14:32.85	+00:54:54 (40.8%)	6:22	9.4 (59.1%)
131	NOWAK Bartłomiej	343	SAILING TEAM FERAJNA	M40-44	27	00:30:57	01:03:56	01:39:21	02:18:03.60	+00:58:24 (42.3%)	6:32	9.2 (57.9%)
132	STURMOWSKI Adam	384	PIWO TO MOJE PALIWO	M30-39	35	00:28:44	01:01:44	01:38:07	02:19:03.90	+00:59:25 (42.7%)	6:35	9.1 (57.2%)
133	BUJAK Justyna	262	RUN PRO SPORT	K30-39	13	00:34:36	01:10:20	01:46:36	02:22:02.50	+01:02:23 (43.9%)	6:43	8.9 (56.0%)
134	MARCZAK Małgorzata	334	AMATOR	K55-59	2	00:30:29	01:07:42	01:45:51	02:25:36.95	+01:05:58 (45.3%)	6:54	8.7 (54.7%)
135	MOŹDŻEŃ Barbara	409		K55-59	3	00:34:20	01:08:25	01:47:28	02:26:57.65	+01:07:18 (45.8%)	6:57	8.6 (54.1%)
136	SZULC Robert	389		M55-59	10	00:35:12	01:12:18	01:50:56	02:29:46.40	+01:10:07 (46.8%)	7:05	8.5 (53.5%)
137	OKONEK Izabela	345		K45-49	1	00:36:17	01:16:48	01:58:52	02:41:31.80	+01:21:53 (50.7%)	7:39	7.8 (49.1%)
138	NIKOLAJUK Robert	342		M30-39	36	00:28:19	01:01:29	01:37:13		+00:37:40	6:06	9.8 (61.6%)
	MACIEJEWSKI Henryk	329	SZWLA	M70+		00:37:02 DNF	DNF	DNF	DNF		-	- (0.0%)
	MACIEJEWSKA Grażyna	328	SZWLA	K55-59		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 140 wynik(ów)