



# XXX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

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

XXX PÓŁMARATON LIPCOWY OKONEK  
Gmina Okonek  
2017-07-15  
Okonek  
21.1 km



Klasyfikacja: M-OPEN

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

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		
14	<b>SARNOWSKI Janusz</b>	<b>375</b>	LILL SPORT	M45-49	3	00:21:40	00:43:51	01:06:38	<b>01:29:47.45</b>	+00:10:08 (11.3%)	4:15	14.1 (88.7%)
15	<b>OCHNIO Ryszard</b>	<b>414</b>	POLONIA JASTROWIE	M40-44	6	00:21:40	00:43:47	01:06:40	<b>01:29:53.70</b>	+00:10:14 (11.4%)	4:15	14.1 (88.7%)
16	<b>MYSZKOWSKI Jan</b>	<b>339</b>		M55-59	1	00:22:03	00:44:22	01:07:05	<b>01:30:05.90</b>	+00:10:27 (11.6%)	4:16	14.1 (88.7%)
17	<b>KORAB Szymon</b>	<b>310</b>	KORZYBSKIE REKINY	M30-39	2	00:22:00	00:44:20	01:07:26	<b>01:30:39.50</b>	+00:11:00 (12.1%)	4:17	14 (88.1%)
18	<b>KĘDZIORA Rafał</b>	<b>305</b>	ŚWIAT BIEGACZA FEHLAU RUN TEAM	M40-44	7	00:21:25	00:44:10	01:07:40	<b>01:31:14.85</b>	+00:11:36 (12.7%)	4:19	13.9 (87.4%)
19	<b>BARAŃSKI Bogusław</b>	<b>413</b>	MLUKS TRZEBIATÓW	M55-59	2	00:21:47	00:44:30	01:07:56	<b>01:31:47.00</b>	+00:12:08 (13.2%)	4:20	13.8 (86.8%)
20	<b>MROZIK Daniel</b>	<b>337</b>		M30-39	3	00:21:44	00:44:27	01:07:51	<b>01:32:15.60</b>	+00:12:36 (13.7%)	4:22	13.7 (86.2%)
21	<b>ŚWIĄTKOWSKI Cezary</b>	<b>411</b>		M18-29	3	00:23:30	00:46:36	01:09:36	<b>01:32:11.60</b>	+00:12:32 (13.6%)	4:22	13.7 (86.2%)
22	<b>KRÓL Krzysztof</b>	<b>314</b>		M50-54	4	00:22:20	00:45:19	01:08:56	<b>01:32:26.75</b>	+00:12:48 (13.8%)	4:22	13.7 (86.2%)
23	<b>ROKOSZ Radosław</b>	<b>370</b>	JW 1223 KOSZALIN	M30-39	4	00:22:31	00:45:27	01:08:51	<b>01:33:06.50</b>	+00:13:27 (14.5%)	4:24	13.6 (85.5%)
24	<b>LESZCZYŃSKI Michał</b>	<b>324</b>	SYBERIAN HUSKY TEAM	M30-39	5	00:22:48	00:46:23	01:10:05	<b>01:33:39.95</b>	+00:14:01 (15.0%)	4:26	13.5 (84.9%)
25	<b>RETKA Bartosz</b>	<b>369</b>		M30-39	6	00:23:00	00:46:06	01:09:23	<b>01:33:45.15</b>	+00:14:06 (15.0%)	4:26	13.5 (84.9%)
26	<b>KULESZA Adam</b>	<b>321</b>	CSWL POZNAŃ	M30-39	7	00:22:17	00:45:17	01:09:36	<b>01:34:38.75</b>	+00:15:00 (15.8%)	4:29	13.4 (84.3%)
27	<b>KWIATEK Wojciech</b>	<b>323</b>		M45-49	4	00:23:28	00:47:18	01:11:33	<b>01:35:05.05</b>	+00:15:26 (16.2%)	4:30	13.3 (83.6%)
28	<b>TERESZCZUK Karol</b>	<b>396</b>	LOKATOR NIERUCHOMOŚCI PIŁA	M45-49	5	00:23:29	00:47:04	01:11:14	<b>01:35:41.80</b>	+00:16:03 (16.8%)	4:32	13.2 (83.0%)
29	<b>DANIELAK Michał</b>	<b>270</b>	ORKIESTRA WOJSKOWA W TORUNIU	M40-44	8	00:22:49	00:46:26	01:11:03	<b>01:35:59.00</b>	+00:16:20 (17.0%)	4:32	13.2 (83.0%)
30	<b>PAWLAK Marcin</b>	<b>352</b>		M30-39	8	00:23:01	00:46:59	01:11:41	<b>01:36:35.95</b>	+00:16:57 (17.6%)	4:34	13.1 (82.4%)
31	<b>SŁONKA Sławomir</b>	<b>380</b>	MKS DEBRZNO	M30-39	9	00:21:45	00:44:18	01:08:45	<b>01:36:37.60</b>	+00:16:58 (17.6%)	4:34	13.1 (82.4%)
32	<b>KULPA Marcin</b>	<b>322</b>		M30-39	10	00:22:58	00:46:10	01:11:06	<b>01:36:38.30</b>	+00:16:59 (17.6%)	4:34	13.1 (82.4%)
33	<b>ECKERT Zbigniew</b>	<b>274</b>	TEAM BIEGOWY SZCZECINEK	M45-49	6	00:22:37	00:46:58	01:11:53	<b>01:37:09.90</b>	+00:17:31 (18.0%)	4:36	13 (81.8%)
34	<b>SAWICKI Eligiusz</b>	<b>378</b>		M50-54	5	00:23:39	00:47:47	01:12:36	<b>01:37:15.30</b>	+00:17:36 (18.1%)	4:36	13 (81.8%)
35	<b>KUCZYŃSKI Piotr</b>	<b>318</b>	NKB CHYŻY NOWY TOMYŚL	M60-64	1	00:23:34	00:47:46	01:12:37	<b>01:37:33.25</b>	+00:17:54 (18.4%)	4:37	13 (81.8%)
36	<b>BIAŁCZYK Mariusz</b>	<b>255</b>	LOKATOR NIERUCHOMOŚCI PIŁA	M40-44	9	00:23:31	00:47:22	01:12:11	<b>01:37:47.60</b>	+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		
37	<b>OKOŁOTOWICZ Sebastian</b>	<b>344</b>		M30-39	11	00:20:40	00:43:32	01:08:52	<b>01:37:57.35</b>	+00:18:18 (18.7%)	4:38	12.9 (81.1%)
38	<b>PIECHOWSKI Krzysztof</b>	<b>357</b>	LOKATOR NIERUCHOMOŚCI PIŁA	M40-44	10	00:23:31	00:47:22	01:13:04	<b>01:38:42.15</b>	+00:19:03 (19.3%)	4:40	12.8 (80.5%)
39	<b>PĘKAŁA Piotr</b>	<b>354</b>	ROZBIEGANY KOSZALIN	M45-49	7	00:24:50	00:49:29	01:14:10	<b>01:38:46.05</b>	+00:19:07 (19.4%)	4:40	12.8 (80.5%)
40	<b>KONDERA Zbigniew</b>	<b>308</b>	4RUN TEAM PIŁA	M40-44	11	00:23:45	00:48:35	01:13:46	<b>01:38:46.35</b>	+00:19:07 (19.4%)	4:40	12.8 (80.5%)
41	<b>BULIKOWSKI Paweł</b>	<b>410</b>		M40-44	12	00:23:16	00:47:38	01:13:02	<b>01:39:14.35</b>	+00:19:35 (19.7%)	4:42	12.8 (80.5%)
42	<b>JAROSZ Dariusz</b>	<b>313</b>	TKKF KOSZALIN	M40-44	13	00:24:46	00:49:21	01:14:13	<b>01:39:36.85</b>	+00:19:58 (20.0%)	4:43	12.7 (79.9%)
43	<b>PROKOPOWICZ Marcin</b>	<b>363</b>	3:33 TEAM JASTROWIE	M30-39	12	00:23:26	00:48:34	01:14:20	<b>01:39:58.45</b>	+00:20:19 (20.3%)	4:44	12.7 (79.9%)
44	<b>ŚWITAL Leszek</b>	<b>394</b>	PCH_RUN -MORSY MARGONIN	M40-44	14	00:23:00	00:46:54	01:13:11	<b>01:40:04.00</b>	+00:20:25 (20.4%)	4:44	12.7 (79.9%)
45	<b>PFAJFER Marek</b>	<b>355</b>	SPÓJNIA BIAŁE BŁOTA	M30-39	13	00:25:36	00:50:57	01:15:57	<b>01:40:07.50</b>	+00:20:28 (20.5%)	4:44	12.6 (79.2%)
46	<b>WALTER Przemysław</b>	<b>397</b>	KB 10 BIAŁOGARD	M45-49	8	00:24:19	00:48:50	01:13:58	<b>01:40:15.85</b>	+00:20:37 (20.6%)	4:45	12.6 (79.2%)
47	<b>WRÓBLEWSKI Mateusz</b>	<b>404</b>	KORZYBSKIE REKINY	M18-29	4	00:22:48	00:46:22	01:12:45	<b>01:40:31.35</b>	+00:20:52 (20.8%)	4:45	12.6 (79.2%)
48	<b>GRABOWSKI Rafał</b>	<b>284</b>	KORZYBSKIE REKINY	M30-39	14	00:22:22	00:46:10	01:11:32	<b>01:40:32.45</b>	+00:20:53 (20.8%)	4:45	12.6 (79.2%)
49	<b>PIASECKI Paweł</b>	<b>356</b>		M40-44	15	00:24:53	00:50:15	01:15:31	<b>01:40:33.35</b>	+00:20:54 (20.8%)	4:45	12.6 (79.2%)
50	<b>STRZELECKI Zbigniew</b>	<b>383</b>	KORZYBSKIE REKINY	M60-64	2	00:24:06	00:49:04	01:14:49	<b>01:40:34.20</b>	+00:20:55 (20.8%)	4:45	12.6 (79.2%)
51	<b>WILKOWSKI Krzysztof</b>	<b>398</b>		M30-39	15	00:24:42	00:50:00	01:16:21	<b>01:41:06.20</b>	+00:21:27 (21.2%)	4:47	12.5 (78.6%)
52	<b>WYGRALAK Piotr</b>	<b>418</b>	DRUŻYNA SZPIKU	M30-39	16	00:24:02	00:49:21	01:15:04	<b>01:41:18.80</b>	+00:21:40 (21.4%)	4:48	12.5 (78.6%)
53	<b>ORZEŁ Przemysław</b>	<b>347</b>		M40-44	16	00:23:37	00:47:51	01:14:14	<b>01:41:46.65</b>	+00:22:07 (21.7%)	4:49	12.4 (78.0%)
54	<b>KOPACZ Mirosław</b>	<b>309</b>		M60-64	3	00:24:48	00:50:10	01:16:04	<b>01:41:53.70</b>	+00:22:14 (21.8%)	4:49	12.4 (78.0%)
55	<b>ELMINOWSKI Jacek</b>	<b>275</b>		M40-44	17	00:24:00	00:49:55	01:16:06	<b>01:42:12.95</b>	+00:22:34 (22.1%)	4:50	12.4 (78.0%)
56	<b>RÓŻAŃSKI Jacek</b>	<b>371</b>	NIEZRZESZONY	M45-49	9	00:23:52	00:49:28	01:16:01	<b>01:42:54.60</b>	+00:23:15 (22.6%)	4:52	12.3 (77.4%)
57	<b>SNIEGOCKI Paweł</b>	<b>382</b>	STADO PĘDZĄCYCH ŚLIMAKÓW/WUEF CLUB DECATHLON	M30-39	17	00:25:45	00:51:02	01:17:18	<b>01:43:27.05</b>	+00:23:48 (23.0%)	4:54	12.2 (76.7%)
58	<b>PIETRZAK Kamil</b>	<b>358</b>	ACTIVE MALBORK	M30-39	18	00:24:31	00:49:47	01:16:02	<b>01:43:36.95</b>	+00:23:58 (23.1%)	4:54	12.2 (76.7%)
59	<b>CZACHOROWSKI Karol</b>	<b>267</b>		M30-39	19	00:26:22	00:52:52	01:18:38	<b>01:43:38.40</b>	+00:23:59 (23.2%)	4:54	12.2 (76.7%)

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									netto 21.1km	Różn		
60	MILACHOWSKI Sebastian	335		M30-39	20	00:26:23	00:52:52	01:18:38	<b>01:43:38.65</b>	+00:23:59 (23.2%)	4:54	12.2 (76.7%)
61	RUDNIK Jerzy	372	FLORIAN	M65-69	1	00:24:19	00:50:04	01:16:43	<b>01:43:43.15</b>	+00:24:04 (23.2%)	4:54	12.2 (76.7%)
62	LITAROWICZ Adam	327		M55-59	3	00:23:02	00:48:48	01:15:34	<b>01:44:05.60</b>	+00:24:26 (23.5%)	4:56	12.2 (76.7%)
63	MAJŁOWSKI Aleksander	331		M65-69	2	00:25:02	00:50:57	01:17:26	<b>01:44:06.10</b>	+00:24:27 (23.5%)	4:56	12.2 (76.7%)
64	JUNGLING Mirosław	299		M45-49	10	00:25:36	00:50:43	01:16:42	<b>01:44:32.95</b>	+00:24:54 (23.8%)	4:57	12.1 (76.1%)
65	KACZMAREK Robert	300	NIGHT RUNNERS	M30-39	21	00:26:19	00:52:47	01:18:33	<b>01:44:57.50</b>	+00:25:18 (24.1%)	4:58	12.1 (76.1%)
66	MAŃKOWSKI Dariusz	333	JASTROWIE	M50-54	6	00:24:44	00:51:00	01:17:59	<b>01:45:09.90</b>	+00:25:31 (24.3%)	4:59	12 (75.5%)
67	KOWALCZYK Mariusz	312	BRAK	M40-44	18	00:23:29	00:50:39	01:18:33	<b>01:45:24.80</b>	+00:25:46 (24.4%)	4:59	12 (75.5%)
68	JONATOWSKI Grzegorz	297		M30-39	22	00:26:22	00:52:52	01:19:25	<b>01:45:38.80</b>	+00:26:00 (24.6%)	5:00	12 (75.5%)
69	HETZIG Piotr	291	4RUN TEAM PIŁA	M50-54	7	00:25:24	00:51:38	01:18:35	<b>01:45:39.75</b>	+00:26:01 (24.6%)	5:00	12 (75.5%)
70	PROTASIEWICZ Robert	364		M40-44	19	00:26:27	00:53:09	01:19:44	<b>01:45:48.35</b>	+00:26:09 (24.7%)	5:00	12 (75.5%)
71	LASOTA Mirosław	416		M60-64	4	00:26:06	00:52:19	01:19:01	<b>01:45:52.45</b>	+00:26:13 (24.8%)	5:01	12 (75.5%)
72	GRABOWSKI Jerzy	285		M45-49	11	00:26:11	00:52:41	01:19:28	<b>01:45:53.95</b>	+00:26:15 (24.8%)	5:01	12 (75.5%)
73	KUJATT Wojciech	319	RUN PRO SPORT	M40-44	20	00:27:22	00:54:08	01:09:06	<b>01:46:03.40</b>	+00:26:24 (24.9%)	5:01	11.9 (74.8%)
74	RATAJCZAK Rajmund	368		M55-59	4	00:24:28	00:50:32	01:17:48	<b>01:46:09.15</b>	+00:26:30 (25.0%)	5:01	11.9 (74.8%)
75	IWANICKI Jerzy	293	4RUN TEAM PIŁA	M60-64	5	00:26:13	00:52:35	01:19:22	<b>01:46:14.65</b>	+00:26:35 (25.0%)	5:02	11.9 (74.8%)
76	MROSZYŃSKI Wojciech	336	NIGHT RUNNERS	M18-29	5	00:26:21	00:52:48	01:19:00	<b>01:46:47.25</b>	+00:27:08 (25.4%)	5:03	11.9 (74.8%)
77	RYBSKI Mariusz	373		M30-39	23	00:25:22	00:51:53	01:19:19	<b>01:46:58.90</b>	+00:27:20 (25.6%)	5:04	11.8 (74.2%)
78	KARCZEWSKI Krzysztof	301	PGB SPORTOWA PACZKA	M55-59	5	00:26:38	00:53:41	01:20:58	<b>01:47:30.85</b>	+00:27:52 (25.9%)	5:05	11.8 (74.2%)
79	PAŁKA Zenon	351	AMAZON	M30-39	24	00:23:51	00:50:30	01:19:01	<b>01:47:46.65</b>	+00:28:07 (26.1%)	5:06	11.7 (73.6%)
80	MURAWICZ Grzegorz	412		M55-59	6	00:26:26	00:53:22	01:20:47	<b>01:47:56.30</b>	+00:28:17 (26.2%)	5:06	11.7 (73.6%)
81	KOCLEJDA Grzegorz	307		M30-39	25	00:27:42	00:55:24	01:22:18	<b>01:48:05.25</b>	+00:28:26 (26.3%)	5:07	11.7 (73.6%)
82	BRALSKI Andrzej	259	#ZABIEGANINOCA	M30-39	26	00:26:22	00:53:09	01:20:40	<b>01:48:22.65</b>	+00:28:43 (26.5%)	5:08	11.7 (73.6%)

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		
83	<b>SŁONKA Mariusz</b>	<b>381</b>		M30-39	27	00:22:04	00:48:09	01:17:12	<b>01:49:36.30</b>	+00:29:57 (27.3%)	5:11	11.5 (72.3%)
84	<b>GAJEK Artur</b>	<b>279</b>	KORZYBSKIE REKINY	M40-44	21	00:27:22	00:55:17	01:22:46	<b>01:49:46.05</b>	+00:30:07 (27.4%)	5:12	11.5 (72.3%)
85	<b>SAWICKI Leszek</b>	<b>377</b>	UZALEŻNIENIA MNIE TYKO SPORT	M30-39	28	00:29:45	00:57:18	01:23:43	<b>01:49:54.45</b>	+00:30:15 (27.5%)	5:12	11.5 (72.3%)
86	<b>KOSIŃSKI Zbigniew</b>	<b>311</b>	NBR	M40-44	22	00:27:37	00:55:13	01:22:06	<b>01:50:00.20</b>	+00:30:21 (27.6%)	5:12	11.5 (72.3%)
87	<b>PISAŃCZYN Krzysztof</b>	<b>359</b>	LOKATOR NIERUCHOMOŚCI PIŁA	M40-44	23	00:23:26	00:50:22	01:19:59	<b>01:50:37.30</b>	+00:30:58 (28.0%)	5:14	11.4 (71.7%)
88	<b>DWULIT Dominik</b>	<b>272</b>	KORZYBSKIE REKINY	M18-29	6	00:27:14	00:54:47	01:22:47	<b>01:51:01.10</b>	+00:31:22 (28.3%)	5:15	11.4 (71.7%)
89	<b>BORUCKI Krystian</b>	<b>258</b>	BORKO.PL	M30-39	29	00:26:41	00:53:14	01:21:55	<b>01:51:19.40</b>	+00:31:40 (28.5%)	5:16	11.4 (71.7%)
90	<b>JAWORSKI Jakub</b>	<b>295</b>	SYBERIAN HUSKY TEAM	M18-29	7	00:25:21	00:54:49	01:22:03	<b>01:52:22.25</b>	+00:32:43 (29.1%)	5:19	11.3 (71.1%)
91	<b>KARWAT Stanisław</b>	<b>302</b>	PARKRUN	M55-59	7	00:26:43	00:54:56	01:23:56	<b>01:52:24.05</b>	+00:32:45 (29.1%)	5:19	11.3 (71.1%)
92	<b>GRABIŃSKI Waldemar</b>	<b>282</b>	ROGOZIŃSKI KLUB BIEGACZA	M40-44	24	00:30:01	00:58:23	01:25:54	<b>01:53:41.40</b>	+00:34:02 (29.9%)	5:23	11.1 (69.8%)
93	<b>KOLANKOWSKI Andrzej</b>	<b>251</b>		M55-59	8	00:26:11	00:52:48	01:22:06	<b>01:54:08.25</b>	+00:34:29 (30.2%)	5:24	11.1 (69.8%)
94	<b>ŚWIETLIK Tomasz</b>	<b>393</b>		M55-59	9	00:27:46	00:56:43	01:25:38	<b>01:54:33.45</b>	+00:34:54 (30.5%)	5:25	11.1 (69.8%)
95	<b>PERLIK Grzegorz</b>	<b>353</b>		M60-64	6	00:28:37	00:56:44	01:25:40	<b>01:54:41.95</b>	+00:35:03 (30.6%)	5:26	11 (69.2%)
96	<b>FORTUNA Damian</b>	<b>278</b>		M30-39	30	00:29:42	00:58:04	01:26:45	<b>01:55:23.25</b>	+00:35:44 (31.0%)	5:28	11 (69.2%)
97	<b>POLGUJ Piotr-Roman</b>	<b>360</b>	PARKRUN-MKL SZCZECINEK	M70+	1	00:23:57	00:51:19	01:20:56	<b>01:55:37.95</b>	+00:35:59 (31.1%)	5:28	10.9 (68.6%)
98	<b>ANDRUSZKIEWICZ Grzegorz</b>	<b>252</b>	PARKIEM SZCZECINEK	M40-44	25	00:27:39	00:55:33	01:26:53	<b>01:58:30.45</b>	+00:38:51 (32.8%)	5:37	10.7 (67.3%)
99	<b>WNUK Grzegorz</b>	<b>402</b>	100 MARATHON CLUB POLSKA	M45-49	12	00:28:55	00:58:43	01:28:37	<b>01:58:48.65</b>	+00:39:09 (33.0%)	5:37	10.7 (67.3%)
100	<b>ŻUKOWSKI Cezary</b>	<b>408</b>	ROZBIEGANY KOSZALIN	M30-39	31	00:29:14	00:59:07	01:30:25	<b>02:02:34.60</b>	+00:42:55 (35.0%)	5:48	10.3 (64.8%)
101	<b>OKONEK Kazimierz</b>	<b>346</b>		M65-69	3	00:25:34	00:54:36	01:25:43	<b>02:03:19.75</b>	+00:43:41 (35.4%)	5:50	10.3 (64.8%)
102	<b>SAWCZUK Rafał</b>	<b>376</b>		M30-39	32	00:26:59	00:56:52	01:28:24	<b>02:03:27.90</b>	+00:43:49 (35.5%)	5:51	10.3 (64.8%)
103	<b>PORWICH Henryk</b>	<b>361</b>	WU-EF CLUB SWADZIM TARNOWO PDG.	M70+	2	00:28:19	00:59:22	01:26:56	<b>02:04:07.95</b>	+00:44:29 (35.8%)	5:52	10.2 (64.2%)
104	<b>MUSIAŁOWSKI Kazimierz</b>	<b>338</b>	KAMUS MARATON	M65-69	4	00:30:50	01:02:27	01:33:22	<b>02:04:32.75</b>	+00:44:54 (36.1%)	5:54	10.2 (64.2%)
105	<b>CHOJNIAK Wiesław</b>	<b>265</b>		M40-44	26	00:34:11	01:08:17	01:38:55	<b>02:08:54.95</b>	+00:49:16 (38.2%)	6:06	9.8 (61.6%)

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
106	<b>WOJCIECHOWSKI Andrzej</b>	<b>403</b>		M30-39	33	00:29:57	01:01:19	01:34:53	<b>02:09:54.65</b>	+00:50:15 (38.7%)	6:09	9.7 (61.0%)
107	<b>BARDON Otokar</b>	<b>254</b>	WWW.PODROZEMALEIDUZE.EU	M50-54	8	00:30:44	01:02:40	01:35:59	<b>02:10:47.30</b>	+00:51:08 (39.1%)	6:11	9.7 (61.0%)
108	<b>ZAREMBA Maciej</b>	<b>406</b>		M30-39	34	00:29:42	01:01:02	01:36:19	<b>02:13:48.55</b>	+00:54:09 (40.5%)	6:20	9.5 (59.7%)
109	<b>HELLER Zdzisław</b>	<b>290</b>	NIEZRZESZONY	M60-64	7	00:30:50	01:04:19	01:39:16	<b>02:14:32.85</b>	+00:54:54 (40.8%)	6:22	9.4 (59.1%)
110	<b>NOWAK Bartłomiej</b>	<b>343</b>	SAILING TEAM FERAJNA	M40-44	27	00:30:57	01:03:56	01:39:21	<b>02:18:03.60</b>	+00:58:24 (42.3%)	6:32	9.2 (57.9%)
111	<b>STURMOWSKI Adam</b>	<b>384</b>	PIWO TO MOJE PALIWO	M30-39	35	00:28:44	01:01:44	01:38:07	<b>02:19:03.90</b>	+00:59:25 (42.7%)	6:35	9.1 (57.2%)
112	<b>SZULC Robert</b>	<b>389</b>		M55-59	10	00:35:12	01:12:18	01:50:56	<b>02:29:46.40</b>	+01:10:07 (46.8%)	7:05	8.5 (53.5%)
113	<b>NIKOLAJUK Robert</b>	<b>342</b>		M30-39	36	00:28:19	01:01:29	01:37:13		+00:37:40	6:06	9.8 (61.6%)
	<b>MACIEJEWSKI Henryk</b>	<b>329</b>	SZWLA	M70+		00:37:02 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 114 wynik(ów)