



K O Ł O B R Z E S K A
15-stka ZAŚLUBIN

XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT
INTELEKTUALNY SPÓRTOWY ORGANIZATOR

Organizator: Stowarzyszenie "Bieg Zaślubin"
Data: 2017-03-12
Miejsce: Kołobrzeg
Dystans: 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
1	STARZYŃSKI Andrzej	927	CENTRUM EKSPORTOWE KLEMENTYNKA-FERTLEK GORZYCE	M20	1	00:00:03	00:18:36	00:31:11	00:46:28.30	00:46:31.45		3:05	19.4 (100%)
2	MARCHUK Sergii	931	SK KOVEL LKB RUDNIK	M30	1	00:00:03	00:18:36	00:31:11	00:46:42.45	00:46:45.80	+00:00:14 (0.5%)	3:06	19.3 (99.5%)
3	UKRAIŃSKI Sergii	929	SK KOVEL LKB RUDNIK	M20	2	00:00:03	00:19:18	00:32:42	00:49:05.55	00:49:09.15	+00:02:37 (5.3%)	3:16	18.3 (94.3%)
4	BORZĘCKI Norbert	64	KOSZALIN	M35	1	00:00:03	00:19:59	00:33:53	00:50:19.10	00:50:22.25	+00:03:50 (7.6%)	3:21	17.9 (92.3%)
5	POBŁOCKI Piotr	583	UKS EKONOMIK MARATONCZYK LEBORK	M50	1	00:00:03	00:19:58	00:33:52	00:50:19.15	00:50:22.55	+00:03:50 (7.6%)	3:21	17.9 (92.3%)
6	KNOMENKO Volodymyr	928	SK KOVEL LKB RUDNIK	M20	3	00:00:03	00:19:58	00:33:52	00:50:57.70	00:51:00.80	+00:04:29 (8.8%)	3:23	17.7 (91.2%)
7	CZERNIEWSKI Marcin	125	7 BRYGADA OBRONY WYBRZEŻA	M20	4	00:00:04	00:20:13	00:34:24	00:51:30.10	00:51:34.30	+00:05:01 (9.8%)	3:26	17.5 (90.2%)
8	WOJCIECHOWSKI Jarosław	836	BIEGACZ Z JAROSŁAWCA	M35	2	00:00:03	00:20:30	00:35:12	00:51:43.85	00:51:47.65	+00:05:15 (10.2%)	3:26	17.4 (89.7%)
9	ZWIĄZEK Paweł	880	WIECZORNE BIEGANIE W SZCZECINIE	M30	2	00:00:04	00:20:29	00:35:11	00:52:32.55	00:52:37.05	+00:06:04 (11.6%)	3:30	17.1 (88.1%)
10	ROSZKOWSKI Tomasz	634	WARSZAWA NATOLIN ZACHODNI	M30	3	00:00:05	00:20:54	00:35:37	00:53:16.20	00:53:21.20	+00:06:47 (12.8%)	3:33	16.9 (87.1%)
11	WASILEWSKI Marek	804	LOKATOR NIERUCHOMOŚCI PIŁA	M40	1	00:00:03	00:20:59	00:35:56	00:53:47.20	00:53:50.55	+00:07:18 (13.6%)	3:35	16.7 (86.1%)
12	MANIKOWSKI Piotr	465	KPPSP ZŁOTÓW	M35	3	00:00:05	00:20:56	00:36:03	00:54:03.25	00:54:08.25	+00:07:34 (14.0%)	3:36	16.7 (86.1%)
13	GÓRALSKI Marcin	207		M35	4	00:00:04	00:21:19	00:36:37	00:54:10.15	00:54:14.75	+00:07:41 (14.2%)	3:36	16.6 (85.6%)
14	WYROZĘBSKI Łukasz	857		M35	5	00:00:04	00:21:02	00:36:37	00:54:53.05	00:54:57.20	+00:08:24 (15.3%)	3:39	16.4 (84.5%)
15	TERLIKOWSKI Grzegorz	919		M30	4	00:00:04	00:21:39	00:37:18	00:55:38.15	00:55:42.35	+00:09:09 (16.5%)	3:42	16.2 (83.5%)
16	POLAK Szymon	585	ROZBIEGANY KOSZALIN	M40	2	00:00:04	00:21:40	00:37:14	00:55:42.30	00:55:47.10	+00:09:14 (16.6%)	3:42	16.2 (83.5%)
17	SUCHENIA Piotr	724	INOV-8 TEAM / WWW.RUN-PASSION.PL	M35	6	00:00:05	00:22:23	00:38:02	00:55:55.85	00:56:00.85	+00:09:27 (16.9%)	3:43	16.1 (83.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
18	OSOWSKI Tomek	532	NETTO GRUPA BIEGOWA 42,195 DĘBNO	M20	5	00:00:04	00:21:32	00:37:23	00:56:01.35	00:56:06.00	+00:09:33 (17.0%)	3:44	16.1 (83.0%)
19	SIP Tomasz	672		M35	7	00:00:04	00:21:53	00:37:42	00:56:07.15	00:56:11.35	+00:09:38 (17.2%)	3:44	16 (82.5%)
20	KRAUS Damian	377	CHROBRY GRYFICE	M20	6	00:00:04	00:21:51	00:37:35	00:56:16.80	00:56:21.05	+00:09:48 (17.4%)	3:45	16 (82.5%)
21	BŁASZCZYK Zbigniew	896		M40	3	00:00:09	00:21:23	00:37:16	00:56:19.20	00:56:28.20	+00:09:50 (17.5%)	3:45	16 (82.5%)
22	LEŚNIEWSKI Konrad	430	KB BRYZA POSTOMINO	M20	7	00:00:05	00:22:23	00:38:22	00:56:31.15	00:56:36.15	+00:10:02 (17.8%)	3:46	15.9 (82.0%)
23	PANASIUK Siergiei	930	SK KOVEL LKB RUDNIK	M40	4	00:00:03	00:22:17	00:38:25	00:56:38.75	00:56:42.30	+00:10:10 (18.0%)	3:46	15.9 (82.0%)
24	EMILIT Grzegorz	172	DZIESIĄTKA BIAŁOGARD	M30	5	00:00:07	00:22:12	00:38:03	00:56:37.55	00:56:45.00	+00:10:09 (17.9%)	3:46	15.9 (82.0%)
25	KUBISZ Mateusz	392	KOŁOBRZESKI KLUB MORSÓW	M20	8	00:00:04	00:22:04	00:38:07	00:56:42.10	00:56:46.10	+00:10:13 (18.0%)	3:46	15.9 (82.0%)
26	KĘDZIERSKI Andrzej	323		M35	8	00:00:03	00:21:24	00:37:34	00:56:43.85	00:56:47.45	+00:10:15 (18.1%)	3:46	15.9 (82.0%)
27	SIECZKOWSKI Michał	667		M30	6	00:00:07	00:22:18	00:38:24	00:56:41.85	00:56:49.05	+00:10:13 (18.0%)	3:46	15.9 (82.0%)
28	POBŁOCKA Katarzyna	582	UKS EKONOMIK MARATONCZYK LEBORK	K20	1	00:00:04	00:22:17	00:38:23	00:56:47.95	00:56:52.05	+00:10:19 (18.2%)	3:47	15.8 (81.4%)
29	GESS Mariusz	197	GWIK SP. Z O.O.	M40	5	00:00:05	00:22:14	00:38:05	00:56:55.35	00:57:00.35	+00:10:27 (18.4%)	3:47	15.8 (81.4%)
30	RUTKOWSKI Jan	647	GKS KASZUBI LUZINO	M40	6	00:00:09	00:22:25	00:38:19	00:56:57.95	00:57:07.05	+00:10:29 (18.4%)	3:47	15.8 (81.4%)
31	WILCZEWSKI Krzysztof	817	MKS 'ŚWIĘC' SŁAWNO	M30	7	00:00:09	00:22:18	00:38:19	00:56:58.20	00:57:07.30	+00:10:29 (18.4%)	3:47	15.8 (81.4%)
32	NAGLACKI Grzegorz	499	RAZ SZCZECIN	M45	1	00:00:03	00:22:07	00:38:25	00:57:09.80	00:57:13.75	+00:10:41 (18.7%)	3:48	15.7 (80.9%)
33	POBŁOCKA-DOBROWOLSKA Kamila	581	UKS EKONOMIK MARATONCZYK LEBORK	K20	2	00:00:04	00:22:16	00:38:24	00:57:10.95	00:57:14.95	+00:10:42 (18.7%)	3:48	15.7 (80.9%)
34	GIBA Jacek	198	MKL MARATON ŚWINOUJŚCIE	M45	2	00:00:04	00:22:19	00:38:25	00:57:16.95	00:57:20.95	+00:10:48 (18.9%)	3:49	15.7 (80.9%)
35	ŻMUDA Tomasz	887	CW FANZA KOŁOBRZEG	M40	7	00:00:04	00:22:15	00:38:16	00:57:17.25	00:57:22.15	+00:10:48 (18.9%)	3:49	15.7 (80.9%)
36	WILCZEWSKI Mariusz	818	MKS 'ŚWIĘC' SŁAWNO	M30	8	00:00:08	00:22:19	00:38:21	00:57:15.35	00:57:24.00	+00:10:47 (18.8%)	3:49	15.7 (80.9%)
37	BARTKOWIAK Janusz	29	K.B. ZDRÓJ MENTOR	M20	9	00:00:04	00:22:04	00:38:07	00:57:23.25	00:57:27.65	+00:10:54 (19.0%)	3:49	15.7 (80.9%)
38	NOWAK Daniel	508	ROZBIEGANY GOLENIÓW	M35	9	00:00:04	00:21:53	00:38:08	00:57:30.05	00:57:34.65	+00:11:01 (19.2%)	3:50	15.7 (80.9%)
39	BUCLAW Piotr	75	JW 4094, 4RUN TEAM PIŁA	M30	9	00:00:05	00:22:21	00:38:51	00:57:44.05	00:57:49.05	+00:11:15 (19.5%)	3:50	15.6 (80.4%)
40	KOPCEWICZ Robert	350	ROZBIEGANY GOLENIÓW	M50	2	00:00:03	00:22:06	00:38:30	00:58:04.90	00:58:08.50	+00:11:36 (20.0%)	3:52	15.5 (79.9%)
41	WOJNACH Andrzej	837	WIECZORNE BIEGANIE W SZCZECINIE	M45	3	00:00:08	00:22:22	00:38:47	00:58:05.90	00:58:14.40	+00:11:37 (20.0%)	3:52	15.5 (79.9%)
42	KUBIAK Piotr	390	PRECON POLSKA-JASTROWIE	M35	10	00:00:03	00:22:19	00:38:56	00:58:13.80	00:58:17.40	+00:11:45 (20.2%)	3:52	15.5 (79.9%)

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43	PROCHNA Krzysztof	592	MĘŻCZYŻNA	M45	4	00:00:07	00:22:49	00:39:10	00:58:13.35	00:58:20.35	+00:11:45 (20.2%)	3:52	15.5 (79.9%)
44	KRAKOWSKI Piotr	375	KB PIAST MIĘDZYRZECZ	M20	10	00:00:06	00:22:15	00:38:44	00:58:16.40	00:58:22.70	+00:11:48 (20.3%)	3:53	15.4 (79.4%)
45	DĄBROWSKI Robert	135	JW 2117	M35	11	00:00:06	00:22:51	00:39:29	00:58:18.50	00:58:25.15	+00:11:50 (20.3%)	3:53	15.4 (79.4%)
46	GARBACZ Krzysztof	185		M45	5	00:00:05	00:22:29	00:38:59	00:58:25.95	00:58:31.20	+00:11:57 (20.5%)	3:53	15.4 (79.4%)
47	SZOPIŃSKI Tomasz	748	KB BRYZA POSTOMINO	M30	10	00:00:04	00:22:29	00:39:13	00:58:32.90	00:58:37.50	+00:12:04 (20.6%)	3:54	15.4 (79.4%)
48	KOTARSKI Wiesław	361	TKKF TYTAN POLICE	M60	1	00:00:03	00:22:20	00:38:56	00:58:37.95	00:58:41.60	+00:12:09 (20.7%)	3:54	15.3 (78.9%)
49	BARAN Jacek	25		M55	1	00:00:05	00:22:42	00:39:22	00:58:48.15	00:58:53.15	+00:12:19 (21.0%)	3:55	15.3 (78.9%)
50	PIECYK Robert	915	BT KOŁOBRZEG	M40	8	00:00:05	00:22:28	00:39:20	00:59:04.20	00:59:09.30	+00:12:35 (21.3%)	3:56	15.2 (78.4%)
51	GARSKI Kryspin	188	ŚWIAT PŁYTEK/SEXYRUNNERS	M40	9	00:00:07	00:23:04	00:39:40	00:59:07.55	00:59:14.85	+00:12:39 (21.4%)	3:56	15.2 (78.4%)
52	BURDA Robert	85	KOSPEL	M40	10	00:00:09	00:23:06	00:39:59	00:59:11.60	00:59:20.60	+00:12:43 (21.5%)	3:56	15.2 (78.4%)
53	GOLIŃSKI Łukasz	205	KB.SPRINT.ŚWIDWIN	M35	12	00:00:05	00:22:53	00:39:47	00:59:19.95	00:59:25.35	+00:12:51 (21.7%)	3:57	15.2 (78.4%)
54	ANTONOWICZ Wojciech	14		M50	3	00:00:11	00:23:13	00:40:09	00:59:22.15	00:59:33.75	+00:12:53 (21.7%)	3:57	15.2 (78.4%)
55	KRUKOWSKI Błażej	382		M35	13	00:00:08	00:22:51	00:39:42	00:59:23.50	00:59:32.25	+00:12:55 (21.8%)	3:57	15.2 (78.4%)
56	WITKIEWICZ Eryk	828		M40	11	00:00:04	00:22:14	00:38:25	00:59:25.15	00:59:30.10	+00:12:56 (21.8%)	3:57	15.1 (77.8%)
57	GŁUSZCZAK Kazimierz	204	TEAM KOPEĆ	M40	12	00:00:04	00:22:20	00:39:30	00:59:42.75	00:59:47.40	+00:13:14 (22.2%)	3:58	15.1 (77.8%)
58	BIEDRZYCKI Adam	42	CW FANZA KOŁOBRZEG	M30	11	00:00:05	00:22:27	00:39:19	01:00:01.95	01:00:07.55	+00:13:33 (22.6%)	4:00	15 (77.3%)
59	WALCZAK Maciej	796	QUAY POZNAŃ	M35	14	00:00:09	00:23:06	00:40:16	01:00:02.85	01:00:12.15	+00:13:34 (22.6%)	4:00	15 (77.3%)
60	RUDNIKOWSKI Maciej	639	BIEGUZDROWISKOWY.PL	M40	13	00:00:12	00:22:51	00:40:15	01:00:03.25	01:00:15.65	+00:13:34 (22.6%)	4:00	15 (77.3%)
61	PISKORZ Szymon	574	KP PSP GRYFICE	M30	12	00:00:07	00:23:24	00:40:41	01:00:08.95	01:00:16.65	+00:13:40 (22.7%)	4:00	15 (77.3%)
62	MENTLAK Dariusz	477	KP PSP GRYFICE	M35	15	00:00:06	00:23:25	00:40:42	01:00:09.30	01:00:16.00	+00:13:41 (22.7%)	4:00	15 (77.3%)
63	AUGUSTYNIAK Przemek	19		M20	11	00:00:09	00:22:25	00:39:57	01:00:15.20	01:00:24.70	+00:13:46 (22.9%)	4:01	14.9 (76.8%)
64	RATAJCZAK Janusz	613		M55	2	00:00:05	00:22:59	00:40:10	01:00:18.50	01:00:24.05	+00:13:50 (22.9%)	4:01	14.9 (76.8%)
65	WEGNER Przemysław	808		M35	16	00:00:14	00:23:38	00:40:48	01:00:20.55	01:00:35.30	+00:13:52 (23.0%)	4:01	14.9 (76.8%)
66	KALETA Sebastian	305	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40	14	00:00:08	00:23:28	00:40:34	01:00:22.10	01:00:30.35	+00:13:53 (23.0%)	4:01	14.9 (76.8%)
67	KISZ Przemysław	332		M40	15	00:00:08	00:23:26	00:40:43	01:00:29.90	01:00:37.95	+00:14:01 (23.2%)	4:01	14.9 (76.8%)
68	PAJDOSZ Rafał	542	KB BIAŁA BIEGA	M40	16	00:00:08	00:23:33	00:40:39	01:00:37.05	01:00:46.00	+00:14:08 (23.3%)	4:02	14.8 (76.3%)

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						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
69	TOMASZEWSKI Dawid	773	SZWLA STARGARD	M40	17	00:00:08	00:23:27	00:40:37	01:00:45.00	01:00:53.90	+00:14:16 (23.5%)	4:03	14.8 (76.3%)
70	BIEDRZYCKI Krzysztof	43		M45	6	00:00:05	00:23:36	00:40:46	01:00:53.85	01:00:59.55	+00:14:25 (23.7%)	4:03	14.8 (76.3%)
71	ODWROT Hubert	514	3:33 TEAM	M45	7	00:00:10	00:23:31	00:40:49	01:00:56.85	01:01:06.85	+00:14:28 (23.8%)	4:03	14.8 (76.3%)
72	ULDYNOWICZ Łukasz	790	MLUKS MOKASYN PŁOTY	M30	13	00:00:06	00:23:04	00:40:28	01:01:02.15	01:01:08.20	+00:14:33 (23.9%)	4:04	14.7 (75.8%)
73	BEMOWICZ Tomasz	40	KB WYGAN	M45	8	00:00:06	00:23:33	00:40:43	01:01:02.50	01:01:08.65	+00:14:34 (23.9%)	4:04	14.7 (75.8%)
74	STACHOWIAK Adrian	708		M30	14	00:00:09	00:23:26	00:40:54	01:01:04.20	01:01:13.25	+00:14:35 (23.9%)	4:04	14.7 (75.8%)
75	CHWIEJ Marcin	108		M35	17	00:00:11	00:23:25	00:40:50	01:01:07.25	01:01:19.20	+00:14:38 (24.0%)	4:04	14.7 (75.8%)
76	ZATORSKI Zbigniew	867	X---O---X	M35	18	00:00:22	00:23:20	00:40:58	01:01:13.35	01:01:36.05	+00:14:45 (24.1%)	4:04	14.7 (75.8%)
77	OSTASZEWSKI Paweł	535		M40	18	00:00:17	00:23:46	00:41:16	01:01:15.00	01:01:32.40	+00:14:46 (24.1%)	4:05	14.7 (75.8%)
78	CHWALISZ Włodek	106	3:33 TEAM	M45	9	00:00:18	00:23:34	00:41:02	01:01:16.00	01:01:34.50	+00:14:47 (24.1%)	4:05	14.7 (75.8%)
79	BAJGERT Robert	21	VOLTAIX.PL	M45	10	00:00:19	00:23:38	00:41:01	01:01:20.30	01:01:40.00	+00:14:52 (24.2%)	4:05	14.7 (75.8%)
80	LUBIŃSKI Paweł	440	KORALEN TEAM	M40	19	00:00:03	00:22:51	00:40:34	01:01:25.45	01:01:29.35	+00:14:57 (24.3%)	4:05	14.7 (75.8%)
81	ZIEMBIŃSKI Krzysztof	873	DRAWA DRAWSKO	M35	19	00:00:11	00:23:49	00:41:15	01:01:30.30	01:01:42.25	+00:15:02 (24.4%)	4:06	14.6 (75.3%)
82	BIŃCZAK Tomasz	49	OWSB.PL	M40	20	00:00:06	00:23:53	00:41:27	01:01:30.90	01:01:37.85	+00:15:02 (24.5%)	4:06	14.6 (75.3%)
83	FIAŁKA Maciej	176	LOKATOR NIERUCHOMOŚCI PIŁA	M40	21	00:00:06	00:23:36	00:41:16	01:01:33.65	01:01:40.30	+00:15:05 (24.5%)	4:06	14.6 (75.3%)
84	POTASZNIK Artur	589	MARATOŃCZYK TEAM SZCZECIN	M45	11	00:00:05	00:23:24	00:40:59	01:01:37.90	01:01:43.35	+00:15:09 (24.6%)	4:06	14.6 (75.3%)
85	KOWALSKI Cezary	367	PARKRUN SZCZECIN	M50	4	00:00:07	00:23:30	00:41:19	01:01:43.60	01:01:51.00	+00:15:15 (24.7%)	4:06	14.6 (75.3%)
86	HOC Marek	251	LEGE ARTIS	M35	20	00:00:12	00:24:41	00:42:04	01:01:52.75	01:02:04.75	+00:15:24 (24.9%)	4:07	14.5 (74.7%)
87	ŁOWICKI Bartosz	443	PRUSZCZ BIEGA	M20	12	00:00:08	00:23:34	00:41:19	01:01:59.15	01:02:07.65	+00:15:30 (25.0%)	4:07	14.5 (74.7%)
88	PRĘDKI Grzegorz	591	KB BRYZA POSTOMINO	M30	15	00:00:04	00:23:55	00:41:45	01:02:01.85	01:02:06.35	+00:15:33 (25.1%)	4:08	14.5 (74.7%)
89	MYSZKOWSKI Jan	497		M55	3	00:00:12	00:23:52	00:41:38	01:02:03.10	01:02:15.95	+00:15:34 (25.1%)	4:08	14.5 (74.7%)
90	ANTOSIK Grzegorz	16	KB BRYZA POSTOMINO/JW 1223	M40	22	00:00:06	00:23:45	00:41:33	01:02:06.00	01:02:12.85	+00:15:37 (25.2%)	4:08	14.5 (74.7%)
91	BARCZAK Rafał	26	KPP ŻŁOTÓW	M40	23	00:00:16	00:23:54	00:41:46	01:02:08.50	01:02:25.25	+00:15:40 (25.2%)	4:08	14.5 (74.7%)
92	TOMCZAK Marek	774	ROZBIEGANY KOSZALIN	M35	21	00:00:09	00:24:17	00:42:09	01:02:19.15	01:02:28.75	+00:15:50 (25.4%)	4:09	14.4 (74.2%)
93	HARASIMOWICZ Sławek	241	NO GRAVITY	M35	22	00:00:08	00:24:06	00:42:11	01:02:20.50	01:02:29.20	+00:15:52 (25.5%)	4:09	14.4 (74.2%)
94	RYBIŃSKI Grzegorz	649		M30	16	00:00:09	00:24:08	00:42:05	01:02:20.70	01:02:30.20	+00:15:52 (25.5%)	4:09	14.4 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
95	PAKULSKI Marcin	543		M40	24	00:00:49	00:24:27	00:42:01	01:02:22.70	01:03:12.30	+00:15:54 (25.5%)	4:09	14.4 (74.2%)
96	CHUDY Henryk	104	K SOLSZEWSKI I SYNOWIE	M60	2	00:00:07	00:23:09	00:41:00	01:02:22.75	01:02:30.65	+00:15:54 (25.5%)	4:09	14.4 (74.2%)
97	RAGAN Tomasz	607		M35	23	00:00:19	00:23:52	00:41:53	01:02:25.80	01:02:44.80	+00:15:57 (25.6%)	4:09	14.4 (74.2%)
98	WROTECKA Katarzyna	851	4RUN TEAM PIŁA	K30	1	00:00:05	00:24:11	00:42:08	01:02:26.95	01:02:32.35	+00:15:58 (25.6%)	4:09	14.4 (74.2%)
99	GIERLACH Jacek	200	STOPA SŁUPSK	M20	13	00:00:14	00:23:35	00:41:21	01:02:29.30	01:02:43.90	+00:16:01 (25.6%)	4:09	14.4 (74.2%)
100	KOŚCIELNIAK Robert	360	TKKF KOSZALIN	M50	5	00:00:09	00:24:09	00:42:11	01:02:36.60	01:02:46.50	+00:16:08 (25.8%)	4:10	14.4 (74.2%)
101	PAPIERSKA Iwona	545		K30	2	00:00:19	00:24:10	00:42:05	01:02:39.50	01:02:59.45	+00:16:11 (25.8%)	4:10	14.4 (74.2%)
102	ZWOLIŃSKI Jan	882	TKKF KOSZALIN	M45	12	00:00:10	00:24:18	00:42:10	01:02:40.45	01:02:50.45	+00:16:12 (25.9%)	4:10	14.4 (74.2%)
103	RYŚKIEWICZ Rafał	651	AZS PWSZ KOSZALIN	M40	25	00:00:07	00:23:04	00:41:09	01:02:43.30	01:02:50.30	+00:16:15 (25.9%)	4:10	14.4 (74.2%)
104	GROCHOWALSKI Rafał	217	KB.SPRINT.ŚWIDWIN	M35	24	00:00:10	00:24:16	00:42:09	01:02:43.75	01:02:54.45	+00:16:15 (25.9%)	4:10	14.3 (73.7%)
105	CICHOŃCZUK Antoni	109	AKADEMIA MARYNARKI WOJENNEJ	M65	1	00:00:05	00:23:55	00:41:56	01:02:47.10	01:02:52.50	+00:16:18 (26.0%)	4:11	14.3 (73.7%)
106	KIERZNOWSKI Andrzej	327	KB WYGAN	M55	4	00:00:12	00:23:57	00:42:01	01:02:51.70	01:03:03.75	+00:16:23 (26.1%)	4:11	14.3 (73.7%)
107	CHARĘZA Marcin	88	ZAWADZKIEGO SZCZECIN	M35	25	00:00:36	00:23:57	00:41:57	01:02:53.70	01:03:30.40	+00:16:25 (26.1%)	4:11	14.3 (73.7%)
108	KONARSKI Bartosz	346	ERAKAWY RUNNERS	M40	26	00:00:27	00:24:23	00:42:32	01:03:06.10	01:03:33.45	+00:16:37 (26.4%)	4:12	14.3 (73.7%)
109	JASTAK Paweł	286		M35	26	00:00:13	00:23:51	00:41:44	01:03:09.10	01:03:22.70	+00:16:40 (26.4%)	4:12	14.3 (73.7%)
110	KRAWCZYK Mateusz	923	AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	M20	14	00:00:28	00:24:11	00:42:21	01:03:14.50	01:03:43.20	+00:16:46 (26.5%)	4:13	14.2 (73.2%)
111	KIMASZEWSKI Kornel	908		M16	1	00:00:14	00:23:18	00:40:47	01:03:19.55	01:03:34.00	+00:16:51 (26.6%)	4:13	14.2 (73.2%)
112	UZNAŃSKI Wojciech	794	GMINA KOŁOBRZEG	M20	15	00:00:03	00:23:35	00:42:05	01:03:20.25	01:03:23.90	+00:16:51 (26.6%)	4:13	14.2 (73.2%)
113	GRABSZTUNOWICZ Robert	214	TT SZCZECIN	M40	27	00:00:14	00:25:36	00:43:54	01:03:22.90	01:03:37.15	+00:16:54 (26.7%)	4:13	14.2 (73.2%)
114	KOSAKOWSKI Marian	356	MARATOŃCZYK TEAM SZCZECIN	M60	3	00:00:04	00:24:14	00:42:26	01:03:23.75	01:03:28.05	+00:16:55 (26.7%)	4:13	14.2 (73.2%)
115	PROŚNIEWSKI Mirosław	593	RUNGRYF GRYFICE	M35	27	00:00:06	00:23:44	00:42:03	01:03:28.20	01:03:34.60	+00:16:59 (26.8%)	4:13	14.2 (73.2%)
116	SZCZUPACZYŃSKI Arkadiusz	736	RUNGRYF	M50	6	00:00:05	00:24:13	00:42:35	01:03:33.30	01:03:39.20	+00:17:05 (26.9%)	4:14	14.2 (73.2%)
117	MICHALSKI Janusz	484		M50	7	00:00:16	00:24:55	00:43:03	01:03:35.65	01:03:52.55	+00:17:07 (26.9%)	4:14	14.2 (73.2%)
118	JAROSZEWICZ Grzegorz	280	PARKRUN SZCZECIN	M40	28	00:00:09	00:24:10	00:42:18	01:03:40.70	01:03:49.90	+00:17:12 (27.0%)	4:14	14.1 (72.7%)
119	STEFANOWICZ Paweł	714	ORLEN RUNNING TEAM	M40	29	00:00:29	00:24:27	00:43:07	01:03:47.05	01:04:17.00	+00:17:18 (27.1%)	4:15	14.1 (72.7%)
120	UZNAŃSKI Ryszard	793	KOŁOBRZEG BIEGA	M45	13	00:00:06	00:23:36	00:42:15	01:03:48.55	01:03:54.95	+00:17:20 (27.2%)	4:15	14.1 (72.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
121	MACIEJKO Witold	454		M55	5	00:00:06	00:23:54	00:42:41	01:03:51.70	01:03:58.00	+00:17:23 (27.2%)	4:15	14.1 (72.7%)
122	BACHORSKI Tomasz	20	KS GRYF KIETRZ	M45	14	00:00:27	00:23:55	00:42:38	01:03:58.95	01:04:26.65	+00:17:30 (27.4%)	4:15	14.1 (72.7%)
123	FELSKA Anna	174	MŻS WOŁCZA MAŁA	K45	1	00:00:14	00:25:16	00:43:45	01:03:59.65	01:04:14.05	+00:17:31 (27.4%)	4:16	14.1 (72.7%)
124	OLEJNIK Przemek	519	NIEZRZESZONY	M45	15	00:00:14	00:23:53	00:42:35	01:04:01.90	01:04:16.80	+00:17:33 (27.4%)	4:16	14.1 (72.7%)
125	WILK Daniel	820	KLUB BIEGACZA AKTYWNI KRZYŻ WLKP.	M45	16	00:00:08	00:24:11	00:42:54	01:04:02.90	01:04:11.80	+00:17:34 (27.4%)	4:16	14.1 (72.7%)
126	KROCZYŃSKI Sławomir	379		M55	6	00:00:06	00:24:03	00:42:28	01:04:03.15	01:04:10.10	+00:17:34 (27.4%)	4:16	14 (72.2%)
127	SZLEGIER Dariusz	745	BIEGAMYRAZEM.PL	M40	30	00:00:06	00:24:21	00:43:02	01:04:07.95	01:04:14.65	+00:17:39 (27.5%)	4:16	14 (72.2%)
128	CIEKLIŃSKI Jacek	899		M30	17	00:00:37	00:25:10	00:43:20	01:04:14.60	01:04:52.15	+00:17:46 (27.7%)	4:17	14 (72.2%)
129	KUCZERA Przemysław	397	HURPAGUNS TRIATHLON TEAM	M35	28	00:00:23	00:25:05	00:43:29	01:04:21.70	01:04:45.25	+00:17:53 (27.8%)	4:17	14 (72.2%)
130	SZPITER Tomasz	749	OLAWS ZŁOTORYJA	M45	17	00:00:15	00:24:26	00:42:41	01:04:22.00	01:04:37.05	+00:17:53 (27.8%)	4:17	14 (72.2%)
131	LANGE Rafał	416	GWIEZDNA FLOTA MASZEWO	M30	18	00:00:12	00:25:18	00:43:48	01:04:22.30	01:04:35.15	+00:17:54 (27.8%)	4:17	14 (72.2%)
132	DOMAŃSKI Waldemar	941	RUN GRYF GRYFICE	M35	29	00:00:23	00:25:26	00:44:05	01:04:24.50	01:04:48.45	+00:17:56 (27.8%)	4:17	14 (72.2%)
133	MUCHA Piotr	493	FIZJOBIEGACZE SZCZECIN	M35	30	00:00:22	00:24:38	00:43:17	01:04:28.15	01:04:50.55	+00:17:59 (27.9%)	4:17	14 (72.2%)
134	MURAWSKA Wioletta	495	PARKRUN SZCZECIN	K45	2	00:00:08	00:24:27	00:43:02	01:04:29.70	01:04:38.20	+00:18:01 (27.9%)	4:18	14 (72.2%)
135	SURDAKCI Piotr	727	MONIA TEAM	M40	31	00:00:20	00:24:40	00:43:19	01:04:33.70	01:04:54.25	+00:18:05 (28.0%)	4:18	13.9 (71.6%)
136	SOBCZYK Łukasz	686	KOŁOBRZEG BIEGA	M40	32	00:00:06	00:23:55	00:42:35	01:04:39.95	01:04:45.95	+00:18:11 (28.1%)	4:18	13.9 (71.6%)
137	LIPIŃSKI Krzysztof	437		M55	7	00:00:08	00:24:13	00:43:03	01:04:44.15	01:04:52.90	+00:18:15 (28.2%)	4:18	13.9 (71.6%)
138	ZAWADZKI Damian	870	KB WYGAN	M35	31	00:00:12	00:24:49	00:43:25	01:04:44.80	01:04:57.60	+00:18:16 (28.2%)	4:19	13.9 (71.6%)
139	WOJTYŚ Karolina	840		K30	3	00:00:07	00:24:34	00:43:19	01:04:47.00	01:04:54.80	+00:18:18 (28.3%)	4:19	13.9 (71.6%)
140	WALTER Przemysław	801	KB 10 BIAŁOGARD	M45	18	00:00:10	00:24:30	00:43:12	01:04:47.55	01:04:58.15	+00:18:19 (28.3%)	4:19	13.9 (71.6%)
141	SZYMAŃSKI Przemysław	754	REWIZOR TRI	M35	32	00:00:19	00:25:05	00:43:45	01:04:48.75	01:05:08.15	+00:18:20 (28.3%)	4:19	13.9 (71.6%)
142	TCHÓRZEWSKI Marek	770		M45	19	00:00:09	00:24:31	00:43:04	01:04:50.75	01:05:00.70	+00:18:22 (28.3%)	4:19	13.9 (71.6%)
143	PRYK Rafał	596	ROZBIEGANY GOLENIÓW	M40	33	00:00:18	00:25:00	00:43:46	01:04:52.65	01:05:11.35	+00:18:24 (28.4%)	4:19	13.9 (71.6%)
144	TROSNIAK Piotr	778	10 BIAŁOGARD	M45	20	00:00:14	00:24:46	00:43:26	01:04:53.50	01:05:07.65	+00:18:25 (28.4%)	4:19	13.9 (71.6%)
145	BEDNARCZYK Tomasz	37		M30	19	00:00:19	00:25:05	00:43:40	01:04:55.95	01:05:15.05	+00:18:27 (28.4%)	4:19	13.9 (71.6%)
146	KRASKIEWICZ Tomasz	376	BULK CARGO PORT SZCZECIN	M45	21	00:00:11	00:24:17	00:43:12	01:05:02.95	01:05:14.40	+00:18:34 (28.6%)	4:20	13.8 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
147	RACZYŃSKI Kazimierz	604	LINUX MAGAZINE TEAM	M40	34	00:00:16	00:24:35	00:43:17	01:05:06.00	01:05:22.30	+00:18:37 (28.6%)	4:20	13.8 (71.1%)
148	KASPEROWICZ Dariusz	316		M40	35	00:00:16	00:23:50	00:42:32	01:05:15.05	01:05:32.00	+00:18:46 (28.8%)	4:21	13.8 (71.1%)
149	CZEKIERDA Bartosz	123	GMINA DYGOWO	M20	16	00:00:27	00:24:28	00:43:25	01:05:18.15	01:05:46.05	+00:18:49 (28.8%)	4:21	13.8 (71.1%)
150	REKOWSKI Bartosz	618		M16	2	00:00:10	00:24:32	00:43:39	01:05:18.65	01:05:29.25	+00:18:50 (28.8%)	4:21	13.8 (71.1%)
151	KAZIMIERSKI Piotr	319		M30	20	00:00:24	00:25:14	00:44:12	01:05:19.40	01:05:44.20	+00:18:51 (28.9%)	4:21	13.8 (71.1%)
152	KĘDZIELEWSKI Łukasz	321	ZAWADZKIEGO SZCZECIN	M35	33	00:00:36	00:24:37	00:43:34	01:05:22.40	01:05:58.90	+00:18:54 (28.9%)	4:21	13.8 (71.1%)
153	OSTROWSKI Marian	922	SENIOR 54	M60	4	00:00:11	00:24:22	00:43:04	01:05:25.60	01:05:36.60	+00:18:57 (29.0%)	4:21	13.8 (71.1%)
154	GRYCZKA Andrzej	221	KB WYGAN	M50	8	00:00:15	00:24:45	00:43:43	01:05:28.55	01:05:43.95	+00:19:00 (29.0%)	4:21	13.7 (70.6%)
155	LASEK Bartosz	417	RAZ SZCZECIN	M40	36	00:00:26	00:25:05	00:43:46	01:05:30.10	01:05:56.35	+00:19:01 (29.1%)	4:22	13.7 (70.6%)
156	RADAWIEC Kamil	605		M35	34	00:00:10	00:25:22	00:44:26	01:05:30.35	01:05:40.75	+00:19:02 (29.1%)	4:22	13.7 (70.6%)
157	ANDRYSKOWSKI Zdzisław	12		M45	22	00:00:06	00:24:07	00:43:10	01:05:30.80	01:05:37.65	+00:19:02 (29.1%)	4:22	13.7 (70.6%)
158	PASZKIEWICZ Grzegorz	551		M40	37	00:00:11	00:25:21	00:44:25	01:05:31.25	01:05:42.25	+00:19:02 (29.1%)	4:22	13.7 (70.6%)
159	KULIŃSKI Bogdan	920	DRUŻYNA SZPIKU KGHI	M55	8	00:00:09	00:24:23	00:43:17	01:05:32.35	01:05:42.25	+00:19:04 (29.1%)	4:22	13.7 (70.6%)
160	KIJO Patryk	328		M35	35	00:00:45	00:25:56	00:45:01	01:05:39.20	01:06:24.70	+00:19:10 (29.2%)	4:22	13.7 (70.6%)
161	KRÓL Zbigniew	381	KB POŁCZYN-ZDRÓJ	M40	38	00:00:25	00:25:31	00:44:27	01:05:40.80	01:06:06.75	+00:19:12 (29.2%)	4:22	13.7 (70.6%)
162	KOŹMIC Ryszard	371	WSAP SZCZECIN	M60	5	00:00:10	00:24:14	00:43:14	01:05:40.95	01:05:50.95	+00:19:12 (29.2%)	4:22	13.7 (70.6%)
163	PUCHAŁA Sławomir	600	BLUE TEAM PILA	M45	23	00:00:09	00:24:18	00:43:38	01:05:42.30	01:05:51.90	+00:19:14 (29.3%)	4:22	13.7 (70.6%)
164	MARCINIAK Robert	467		M40	39	00:00:06	00:24:52	00:43:55	01:05:42.70	01:05:48.90	+00:19:14 (29.3%)	4:22	13.7 (70.6%)
165	BIAŁKOWSKI Marcin	41	HOSSA TEAM	M40	40	00:00:31	00:25:18	00:44:14	01:05:43.85	01:06:15.50	+00:19:15 (29.3%)	4:22	13.7 (70.6%)
166	OLESZCZAK Robert	521	KP PSP GRYFICE	M40	41	00:00:06	00:24:04	00:43:15	01:05:50.60	01:05:57.55	+00:19:22 (29.4%)	4:23	13.7 (70.6%)
167	OLESZCZAK Piotr	522	OSP GRYFICE	M16	3	00:00:06	00:25:21	00:44:43	01:05:53.80	01:06:00.00	+00:19:25 (29.5%)	4:23	13.7 (70.6%)
168	LATUSZEK Sebastian	418		M20	17	00:00:23	00:25:13	00:44:08	01:05:58.85	01:06:22.65	+00:19:30 (29.6%)	4:23	13.6 (70.1%)
169	FRYDRYCH Wojciech	181	KB WYGAN	M20	18	00:00:20	00:24:46	00:44:00	01:06:04.30	01:06:24.45	+00:19:36 (29.7%)	4:24	13.6 (70.1%)
170	WYSZKOWSKI Marcin	859	KB WYGAN	M40	42	00:00:19	00:24:47	00:44:02	01:06:04.60	01:06:24.45	+00:19:36 (29.7%)	4:24	13.6 (70.1%)
171	PIŃSKI Piotr	572	KREISEL RUNNING TEAM	M30	21	00:00:18	00:24:58	00:43:53	01:06:05.15	01:06:23.25	+00:19:36 (29.7%)	4:24	13.6 (70.1%)
172	RADOMINSKI Piotr	606		M45	24	00:00:15	00:25:10	00:44:24	01:06:06.95	01:06:21.95	+00:19:38 (29.7%)	4:24	13.6 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
173	GIEDRYS Wojtek	199	3:33 TEAM	M45	25	00:00:19	00:25:00	00:43:53	01:06:07.45	01:06:27.35	+00:19:39 (29.7%)	4:24	13.6 (70.1%)
174	JAROCHOWICZ Norbert	279	NTS	M45	26	00:00:05	00:24:29	00:43:41	01:06:07.60	01:06:13.35	+00:19:39 (29.7%)	4:24	13.6 (70.1%)
175	BURAK Piotr	82	TRZEBIATÓW	M35	36	00:00:22	00:25:35	00:44:52	01:06:07.75	01:06:30.40	+00:19:39 (29.7%)	4:24	13.6 (70.1%)
176	REMBECKI Marcin	620		M30	22	00:00:30	00:23:28	00:41:27	01:06:09.40	01:06:40.15	+00:19:41 (29.8%)	4:24	13.6 (70.1%)
177	ROMEJ Elżbieta	630	ŁKB 'TRUCHT' ŁOBEZ	K50	1	00:00:11	00:24:56	00:44:00	01:06:12.75	01:06:23.85	+00:19:44 (29.8%)	4:24	13.6 (70.1%)
178	ŚLIWA Marek	933	NUTRILITE TEAM	M40	43	00:00:09	00:25:24	00:44:27	01:06:20.10	01:06:29.80	+00:19:51 (29.9%)	4:25	13.6 (70.1%)
179	SIWEK Piotr	673	GWIEZDNA FLOTA MASZEWO	M35	37	00:00:13	00:25:17	00:44:31	01:06:28.55	01:06:41.90	+00:20:00 (30.1%)	4:25	13.5 (69.6%)
180	KUKIEŁA Tomasz	399		M35	38	00:00:16	00:25:42	00:45:21	01:06:36.15	01:06:52.45	+00:20:07 (30.2%)	4:26	13.5 (69.6%)
181	HODERNY Adam	253	AT-AKTYWNY TRZEBIATÓW	M40	44	00:00:31	00:24:29	00:43:35	01:06:41.10	01:07:12.25	+00:20:12 (30.3%)	4:26	13.5 (69.6%)
182	GRUSZCZYŃSKI Dawid	220	RANGRYF	M30	23	00:00:30	00:24:29	00:43:35	01:06:41.15	01:07:11.95	+00:20:12 (30.3%)	4:26	13.5 (69.6%)
183	SZCZECIŃSKI Mariusz	733	KRÓLICZKI W PLECAKU	M45	27	00:00:13	00:25:47	00:45:39	01:06:44.65	01:06:58.35	+00:20:16 (30.4%)	4:27	13.5 (69.6%)
184	RUSIECKI Henryk	643	HERMES GRYFINO	M60	6	00:00:27	00:25:26	00:44:48	01:06:50.25	01:07:17.45	+00:20:21 (30.5%)	4:27	13.5 (69.6%)
185	PIETRZYK Tomasz	569	KB.SPRINT.ŚWIDWIN	M35	39	00:00:10	00:24:54	00:44:16	01:06:59.60	01:07:10.35	+00:20:31 (30.6%)	4:28	13.4 (69.1%)
186	WILKOWSKI Krzysztof	823		M35	40	00:00:12	00:25:11	00:44:28	01:07:02.65	01:07:15.20	+00:20:34 (30.7%)	4:28	13.4 (69.1%)
187	GUZIKIEWICZ Marcin	233	ROZBIEGANY GOLENIÓW	M35	41	00:00:18	00:25:15	00:44:32	01:07:03.90	01:07:22.15	+00:20:35 (30.7%)	4:28	13.4 (69.1%)
188	SZCZYGIELSKI Radosław	738		M30	24	00:00:18	00:26:05	00:45:35	01:07:04.35	01:07:23.05	+00:20:36 (30.7%)	4:28	13.4 (69.1%)
189	KARCZ Artur	310		M35	42	00:00:11	00:27:26	00:47:10	01:07:04.65	01:07:16.25	+00:20:36 (30.7%)	4:28	13.4 (69.1%)
190	MORGIEWICZ Piotr	492	RUNGRYF GRYFICE	M50	9	00:00:29	00:26:10	00:45:02	01:07:04.85	01:07:34.45	+00:20:36 (30.7%)	4:28	13.4 (69.1%)
191	SMAGOWSKI Wojciech	684	KB.SPRINT.ŚWIDWIN	M35	43	00:00:24	00:24:42	00:44:11	01:07:12.05	01:07:36.30	+00:20:43 (30.8%)	4:28	13.4 (69.1%)
192	BARTOSZUK Adam	30	BT KOŁOBRZEG	M40	45	00:00:05	00:25:10	00:45:05	01:07:14.05	01:07:19.95	+00:20:45 (30.9%)	4:28	13.4 (69.1%)
193	OLESZCZUK Karol	523		M45	28	00:00:17	00:26:00	00:45:35	01:07:15.15	01:07:32.60	+00:20:46 (30.9%)	4:29	13.4 (69.1%)
194	CZYRNY Łukasz	126		M35	44	00:00:07	00:24:52	00:44:33	01:07:16.20	01:07:23.60	+00:20:47 (30.9%)	4:29	13.4 (69.1%)
195	FILAROWSKI Stefan	177	GRUPA NURKÓW INŻYNIERII	M45	29	00:00:26	00:26:16	00:45:21	01:07:17.70	01:07:44.40	+00:20:49 (30.9%)	4:29	13.4 (69.1%)
196	MAZUR Emilusz	474	ŻYJ Z ENERGIA	M40	46	00:00:06	00:24:02	00:43:07	01:07:19.95	01:07:26.25	+00:20:51 (31.0%)	4:29	13.4 (69.1%)
197	GRUDOWSKI Konrad	219	SZCZECIN BUKOWE	M30	25	00:00:24	00:25:28	00:45:02	01:07:25.75	01:07:50.30	+00:20:57 (31.1%)	4:29	13.3 (68.6%)
198	SKRZYPIEC Andrzej	680	MKL MARATON ŚWINOUJŚCIE	M60	7	00:00:18	00:26:18	00:45:35	01:07:27.40	01:07:45.90	+00:20:59 (31.1%)	4:29	13.3 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
199	KSZCZANOWICZ Jacek	389		M40	47	00:00:43	00:26:04	00:45:24	01:07:33.20	01:08:16.60	+00:21:04 (31.2%)	4:30	13.3 (68.6%)
200	WRÓBLEWSKI Grzegorz	854		M45	30	00:00:38	00:26:18	00:45:59	01:07:33.65	01:08:11.75	+00:21:05 (31.2%)	4:30	13.3 (68.6%)
201	CHAROWSKI Marcin	89		M35	45	00:00:13	00:25:28	00:45:10	01:07:36.90	01:07:50.80	+00:21:08 (31.3%)	4:30	13.3 (68.6%)
202	LENKIEWICZ Piotr	425	AT-AKTYWNY TRZEBIATÓW	M35	46	00:00:30	00:25:42	00:45:12	01:07:39.95	01:08:10.15	+00:21:11 (31.3%)	4:30	13.3 (68.6%)
203	PŁAŻALSKI Łukasz	578	RUNGRYF GRYFICE	M35	47	00:00:30	00:25:43	00:45:13	01:07:40.10	01:08:10.20	+00:21:11 (31.3%)	4:30	13.3 (68.6%)
204	GLONEK Dariusz	201		M45	31	00:00:30	00:25:27	00:45:07	01:07:46.30	01:08:16.35	+00:21:18 (31.4%)	4:31	13.3 (68.6%)
205	KRAKOWIAK Sławomir	374		M40	48	00:00:16	00:25:44	00:45:31	01:07:47.80	01:08:04.55	+00:21:19 (31.5%)	4:31	13.3 (68.6%)
206	AUGUSTYNIAK Grzegorz	18	KB WYGAN	M40	49	00:00:27	00:25:55	00:45:43	01:07:48.15	01:08:15.25	+00:21:19 (31.5%)	4:31	13.3 (68.6%)
207	URBAŃSKI Tomasz	791		M45	32	00:00:13	00:25:52	00:45:33	01:07:59.85	01:08:13.00	+00:21:31 (31.7%)	4:32	13.2 (68.0%)
208	STASIOŁEK Tomasz	711	KLUB MIŁOŚNIKÓW ŻONY (CUDZEJ)	M45	33	00:00:26	00:26:21	00:45:42	01:07:59.90	01:08:26.65	+00:21:31 (31.7%)	4:32	13.2 (68.0%)
209	CHOŁUJ Jarek	96	ROZBIEGANY KOSZALIN	M40	50	00:00:23	00:26:27	00:45:55	01:08:00.30	01:08:23.55	+00:21:32 (31.7%)	4:32	13.2 (68.0%)
210	PIECHOWSKI (JUNIOR) Krzysztof	566	LOKATOR NIERUCHOMOŚCI PIŁA	M16	4	00:00:07	00:25:22	00:45:05	01:08:00.75	01:08:08.65	+00:21:32 (31.7%)	4:32	13.2 (68.0%)
211	SZULC Kamila	753		K30	4	00:00:06	00:25:20	00:45:10	01:08:00.95	01:08:07.80	+00:21:32 (31.7%)	4:32	13.2 (68.0%)
212	PIECHOWSKI Krzysztof	565	LOKATOR NIERUCHOMOŚCI PIŁA	M40	51	00:00:07	00:25:22	00:45:05	01:08:01.10	01:08:08.70	+00:21:32 (31.7%)	4:32	13.2 (68.0%)
213	FLORCZUK Marcin	918	KARATE KYOKUSHIN MORYŃ	M35	48	00:00:27	00:26:47	00:46:22	01:08:02.30	01:08:29.90	+00:21:34 (31.7%)	4:32	13.2 (68.0%)
214	MARCZEWSKI Bartosz	468	SAMODZIELNY PUBLICZNY WOJEWÓDZKI SZPITAL ZESPOLONY W SZCZECINIE	M35	49	00:00:35	00:26:11	00:45:50	01:08:02.90	01:08:38.05	+00:21:34 (31.7%)	4:32	13.2 (68.0%)
215	ADAMCZEWSKI Marcel	3	MORYŃ	M16	5	00:00:27	00:26:47	00:46:22	01:08:02.95	01:08:29.95	+00:21:34 (31.7%)	4:32	13.2 (68.0%)
216	BRZĄKAŁA Waldemar	67	KB KAMIEŃ POMORSKI	M45	34	00:00:18	00:26:04	00:45:51	01:08:04.00	01:08:22.60	+00:21:35 (31.7%)	4:32	13.2 (68.0%)
217	SZYMAŃSKI Marek	755	KLUB BIEGACZA KAMIEŃ POMORSKI	M30	26	00:00:17	00:26:06	00:45:52	01:08:04.35	01:08:22.30	+00:21:36 (31.7%)	4:32	13.2 (68.0%)
218	NOWICKI Michał	512	KB WYGAN	M30	27	00:00:13	00:24:49	00:44:52	01:08:08.00	01:08:21.45	+00:21:39 (31.8%)	4:32	13.2 (68.0%)
219	ZIÓLKOWSKI Leszek	878	4RUN TEAM PIŁA	M30	28	00:00:22	00:26:02	00:45:47	01:08:08.80	01:08:30.90	+00:21:40 (31.8%)	4:32	13.2 (68.0%)
220	PLATA Tadeusz	576	MARATOŃCZYK TEAM SZCZECIN	M65	2	00:00:05	00:25:09	00:44:55	01:08:13.30	01:08:18.90	+00:21:45 (31.9%)	4:32	13.2 (68.0%)
221	FIŁONOWICZ Monika	179		K35	1	00:00:10	00:25:21	00:45:14	01:08:14.50	01:08:25.10	+00:21:46 (31.9%)	4:33	13.2 (68.0%)
222	SZULC Przemysław	752	PRZEMYSŁAW SZULC	M30	29	00:00:14	00:25:38	00:45:45	01:08:17.75	01:08:31.90	+00:21:49 (32.0%)	4:33	13.2 (68.0%)
223	WOJTYSIAK Marcin	839		M20	19	00:00:09	00:25:15	00:45:18	01:08:20.00	01:08:29.40	+00:21:51 (32.0%)	4:33	13.2 (68.0%)
224	RYŻEWSKI Krzysztof	910	QUADIMODO RACING	M45	35	00:00:12	00:25:18	00:45:33	01:08:21.85	01:08:34.25	+00:21:53 (32.0%)	4:33	13.2 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
225	KURAS Mariusz	407		M40	52	00:00:13	00:25:21	00:45:08	01:08:26.45	01:08:39.70	+00:21:58 (32.1%)	4:33	13.2 (68.0%)
226	SOSIN Tomasz	698	SZWLA	M55	9	00:00:17	00:26:07	00:45:55	01:08:26.85	01:08:44.80	+00:21:58 (32.1%)	4:33	13.1 (67.5%)
227	JACHNIK Sabina	268		K45	3	00:00:07	00:25:04	00:44:37	01:08:28.45	01:08:36.35	+00:22:00 (32.1%)	4:33	13.1 (67.5%)
228	SZYDKOWSKI Witold	955		M55	10	00:00:10	00:25:56	00:45:50	01:08:29.15	01:08:39.85	+00:22:00 (32.1%)	4:33	13.1 (67.5%)
228	KUSZ Radosław	412	KRÓLICZKI W PLECAKU	M40	53	00:00:12	00:25:48	00:45:54	01:08:29.15	01:08:41.15	+00:22:00 (32.1%)	4:33	13.1 (67.5%)
230	BIELECKI Andrzej	46	3:33 TEAM	M45	36	00:00:19	00:25:45	00:45:47	01:08:30.40	01:08:49.50	+00:22:02 (32.2%)	4:34	13.1 (67.5%)
231	CZAPLIŃSKI Jacek	120		M35	50	00:00:24	00:26:09	00:46:10	01:08:37.75	01:09:02.10	+00:22:09 (32.3%)	4:34	13.1 (67.5%)
232	TWARÓG Eugeniusz	785	TEAM COLBERG	M40	54	00:00:52	00:26:51	00:46:41	01:08:39.25	01:09:31.55	+00:22:10 (32.3%)	4:34	13.1 (67.5%)
233	DUDA Andrzej	157		M50	10	00:00:12	00:25:19	00:45:23	01:08:41.15	01:08:53.90	+00:22:12 (32.3%)	4:34	13.1 (67.5%)
234	HOŁYŃSKI Leszek	255	WIECZORNE BIEGANIE W SZCZECINIE	M30	30	00:00:25	00:26:14	00:46:35	01:08:43.30	01:09:08.45	+00:22:15 (32.4%)	4:34	13.1 (67.5%)
235	KOŁTUNIAK Hubert	345		M35	51	00:00:10	00:26:10	00:45:48	01:08:43.70	01:08:54.15	+00:22:15 (32.4%)	4:34	13.1 (67.5%)
236	DURMAN Sławomir	164		M30	31	00:00:17	00:26:28	00:46:15	01:08:47.80	01:09:05.75	+00:22:19 (32.5%)	4:35	13.1 (67.5%)
237	SOWISZ Cezary	703	SOWISZ TEAM	M50	11	00:00:29	00:26:16	00:46:07	01:08:48.20	01:09:17.20	+00:22:19 (32.5%)	4:35	13.1 (67.5%)
238	ZAWADA Wiktor	914		M30	32	00:00:27	00:25:19	00:45:24	01:08:48.70	01:09:16.00	+00:22:20 (32.5%)	4:35	13.1 (67.5%)
239	KRUKOWSKI Adam	383		M30	33	00:00:19	00:26:03	00:46:39	01:08:53.20	01:09:12.55	+00:22:24 (32.5%)	4:35	13.1 (67.5%)
240	WIERZBICKI Jakub	816	ŚWIDWIN	M30	34	00:00:10	00:25:18	00:45:29	01:08:57.55	01:09:08.45	+00:22:29 (32.6%)	4:35	13 (67.0%)
241	HARŁUKOWICZ Krzysztof	242		M40	55	00:00:08	00:26:46	00:47:43	01:09:07.00	01:09:15.55	+00:22:38 (32.8%)	4:36	13 (67.0%)
242	CIUPA Marcin	114	H2DESIGN	M40	56	00:00:16	00:25:17	00:45:38	01:09:12.00	01:09:28.75	+00:22:43 (32.8%)	4:36	13 (67.0%)
243	POLAŃSKI Dariusz	586	JW 3411 MRZEŻYNO	M45	37	00:00:11	00:27:26	00:47:15	01:09:13.30	01:09:24.80	+00:22:45 (32.9%)	4:36	13 (67.0%)
244	BUCA Jakub	73		M50	12	00:00:29	00:26:29	00:46:07	01:09:15.05	01:09:44.70	+00:22:46 (32.9%)	4:37	13 (67.0%)
245	HNITECKI Marek	250		M45	38	00:00:30	00:26:39	00:46:32	01:09:15.80	01:09:46.55	+00:22:47 (32.9%)	4:37	13 (67.0%)
246	CHOMONT Rafał	97		M35	52	00:00:10	00:25:39	00:46:02	01:09:16.50	01:09:26.50	+00:22:48 (32.9%)	4:37	13 (67.0%)
247	MIEDZIANOWSKI Mariusz	486	MARIUSZ MIEDZIANOWSKI	M40	57	00:00:22	00:27:16	00:47:12	01:09:17.20	01:09:39.80	+00:22:48 (32.9%)	4:37	13 (67.0%)
248	PIECZYŃSKI Krzysztof	567		M60	8	00:00:05	00:25:48	00:46:06	01:09:20.30	01:09:26.05	+00:22:52 (33.0%)	4:37	13 (67.0%)
249	DYBUS Thomas Henri	166	VFL FOSITE HELGOLAND	M45	39	00:00:17	00:26:26	00:46:39	01:09:23.15	01:09:40.55	+00:22:54 (33.0%)	4:37	13 (67.0%)
250	WITCZUK Maciej Konrad	934	FSD RUN	M35	53	00:00:48	00:26:08	00:46:27	01:09:24.10	01:10:12.95	+00:22:55 (33.0%)	4:37	13 (67.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
251	BUCZKOWSKI Jacek	76	8BREM	M40	58	00:00:09	00:26:01	00:46:43	01:09:24.30	01:09:33.80	+00:22:56 (33.0%)	4:37	13 (67.0%)
252	KIELING Mariusz	325	GULKS BARWICE	M55	11	00:00:11	00:25:29	00:45:43	01:09:24.50	01:09:35.50	+00:22:56 (33.0%)	4:37	13 (67.0%)
253	KUCHARCZYK Marcin	394	3:33 TEAM	M35	54	00:00:20	00:26:17	00:46:28	01:09:27.25	01:09:48.20	+00:22:58 (33.1%)	4:37	13 (67.0%)
254	STĘPNIAK Grzegorz	716	KLUB BIEGACZA KAMIEŃ POMORSKI	M45	40	00:00:14	00:25:09	00:45:09	01:09:27.70	01:09:41.85	+00:22:59 (33.1%)	4:37	13 (67.0%)
255	DUCHOWSKI Robert	156	100% EKIPA GRYFINO	M40	59	00:00:49	00:26:37	00:46:39	01:09:28.90	01:10:18.05	+00:23:00 (33.1%)	4:37	13 (67.0%)
256	TROCKI Robert	777		M40	60	00:00:31	00:26:37	00:46:37	01:09:29.05	01:10:01.00	+00:23:00 (33.1%)	4:38	12.9 (66.5%)
257	GRABSZTUNOWICZ Małgorzata	215	NIEZRZESZONA	K35	2	00:00:13	00:25:37	00:45:52	01:09:31.00	01:09:44.50	+00:23:02 (33.2%)	4:38	12.9 (66.5%)
258	DRZEWIECKI Arkadiusz	155	PARKRUN ŚWINOUJŚCIE	M50	13	00:00:29	00:26:20	00:46:26	01:09:32.05	01:10:01.20	+00:23:03 (33.2%)	4:38	12.9 (66.5%)
259	PĘKAŁA Piotr	562	ROZBIEGANY KOSZALIN	M45	41	00:00:21	00:26:35	00:46:52	01:09:32.60	01:09:54.20	+00:23:04 (33.2%)	4:38	12.9 (66.5%)
260	SKRZOS Tomasz	679		M40	61	00:00:20	00:25:21	00:45:35	01:09:33.65	01:09:54.15	+00:23:05 (33.2%)	4:38	12.9 (66.5%)
261	FERENS Rafał	953	MIASTKO	M30	35	00:00:11	00:23:54	00:44:22	01:09:36.55	01:09:47.65	+00:23:08 (33.2%)	4:38	12.9 (66.5%)
262	CIESIELSKI Dawid	111	KB BRYZA POSTOMINO	M20	20	00:00:32	00:25:50	00:46:12	01:09:38.30	01:10:10.40	+00:23:10 (33.3%)	4:38	12.9 (66.5%)
263	KOZYRA Paweł	370		M35	55	00:00:39	00:26:21	00:46:38	01:09:40.55	01:10:20.30	+00:23:12 (33.3%)	4:38	12.9 (66.5%)
264	SZABLA Ewelina	729		K30	5	00:00:12	00:25:44	00:46:23	01:09:45.50	01:09:57.75	+00:23:17 (33.4%)	4:39	12.9 (66.5%)
265	DUDEK Mateusz	159	KOŁOBRZEG BIEGA	M20	21	00:00:19	00:26:09	00:46:24	01:09:47.20	01:10:06.40	+00:23:18 (33.4%)	4:39	12.9 (66.5%)
266	POBŁOCKA Bożena	580	UKS EKONOMIK MARATONCZYK LEBORK	K45	4	00:00:05	00:26:34	00:47:02	01:09:53.75	01:09:58.75	+00:23:25 (33.5%)	4:39	12.9 (66.5%)
267	KASZTELAN Władysław	317	TRIATHLON KOSZALIN	M35	56	00:00:26	00:26:13	00:46:50	01:10:03.45	01:10:29.95	+00:23:35 (33.7%)	4:40	12.8 (66.0%)
268	JAMROŻY Ryszard	272	TRUCHT ŁOBEZ	M50	14	00:00:38	00:26:26	00:46:47	01:10:03.85	01:10:42.10	+00:23:35 (33.7%)	4:40	12.8 (66.0%)
269	ADAMCZYK Adam	4	ADS SZCZECIN	M60	9	00:00:26	00:25:51	00:46:26	01:10:04.30	01:10:31.00	+00:23:36 (33.7%)	4:40	12.8 (66.0%)
270	STORCZYK-RAK Agnieszka	717		K30	6	00:00:37	00:26:18	00:46:54	01:10:04.35	01:10:41.70	+00:23:36 (33.7%)	4:40	12.8 (66.0%)
271	RUMISTRZEWICZ Artur	642		M40	62	00:00:20	00:27:01	00:47:30	01:10:09.15	01:10:29.15	+00:23:40 (33.8%)	4:40	12.8 (66.0%)
272	PITUŁA Waldemar	575		M40	63	00:00:11	00:25:29	00:45:41	01:10:09.75	01:10:21.20	+00:23:41 (33.8%)	4:40	12.8 (66.0%)
273	RUMISTRZEWICZ Robert	641		M30	36	00:00:19	00:27:02	00:47:31	01:10:10.70	01:10:30.35	+00:23:42 (33.8%)	4:40	12.8 (66.0%)
274	SZYMAŃSKI Piotr	758		M40	64	00:00:47	00:27:12	00:47:37	01:10:12.45	01:10:59.85	+00:23:44 (33.8%)	4:40	12.8 (66.0%)
275	KURKOWSKA Magdalena	925		K30	7	00:00:19	00:26:03	00:46:39	01:10:14.55	01:10:34.35	+00:23:46 (33.8%)	4:41	12.8 (66.0%)
276	HOPPE Bronisław	256	JW3937 MRZEŻYNO	M35	57	00:00:08	00:25:43	00:46:06	01:10:14.85	01:10:23.35	+00:23:46 (33.8%)	4:41	12.8 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
277	GASIEWICZ Damian	192		M20	22	00:00:50	00:27:28	00:47:47	01:10:16.35	01:11:06.65	+00:23:48 (33.9%)	4:41	12.8 (66.0%)
278	KUBLER Andrzej	393	ROZBIEGANY GOLENIÓW	M35	58	00:00:41	00:26:37	00:47:13	01:10:18.55	01:10:59.70	+00:23:50 (33.9%)	4:41	12.8 (66.0%)
279	KUCZER Agata	396		K30	8	00:00:23	00:27:13	00:47:33	01:10:38.50	01:11:01.75	+00:24:10 (34.2%)	4:42	12.7 (65.5%)
280	NOWICKI Tomasz	513	SZWLA	M50	15	00:00:23	00:27:14	00:47:33	01:10:38.60	01:11:01.90	+00:24:10 (34.2%)	4:42	12.7 (65.5%)
281	KISIEL Mariusz	330		M30	37	00:00:39	00:26:54	00:47:21	01:10:39.45	01:11:18.50	+00:24:11 (34.2%)	4:42	12.7 (65.5%)
282	WYSZCZELSKI Paweł	858	HQ MNCNE	M40	65	00:00:24	00:26:49	00:47:36	01:10:39.65	01:11:04.35	+00:24:11 (34.2%)	4:42	12.7 (65.5%)
283	SOBKOWIAK Robert	689		M45	42	00:00:34	00:26:14	00:47:06	01:10:44.45	01:11:19.30	+00:24:16 (34.3%)	4:43	12.7 (65.5%)
284	STĘPIŃSKI Mirosław	715	RUNGRYF GRYFICE	M40	66	00:00:40	00:26:32	00:47:13	01:10:45.45	01:11:25.85	+00:24:17 (34.3%)	4:43	12.7 (65.5%)
285	PLEWA Piotr	577	4RUN TEAM PIŁA	M40	67	00:00:13	00:26:25	00:47:18	01:10:47.10	01:11:00.15	+00:24:18 (34.3%)	4:43	12.7 (65.5%)
286	MICHALSKA Małgorzata	483	KURY Z WOLNEGO WYBIEGU .	K45	5	00:00:34	00:26:15	00:47:06	01:10:48.05	01:11:22.65	+00:24:19 (34.4%)	4:43	12.7 (65.5%)
287	STACHOWIAK Ryszard	707		M60	10	00:00:07	00:25:52	00:47:09	01:10:54.15	01:11:01.30	+00:24:25 (34.5%)	4:43	12.7 (65.5%)
288	JONKO Wojciech	289		M65	3	00:00:18	00:25:41	00:46:28	01:10:57.40	01:11:16.25	+00:24:29 (34.5%)	4:43	12.7 (65.5%)
289	RUDNIK Jerzy	638	FLORIAN	M65	4	00:00:07	00:25:55	00:46:46	01:11:02.45	01:11:10.10	+00:24:34 (34.6%)	4:44	12.7 (65.5%)
290	MATERKA Grzegorz	473	KLB KAMIEŃ POMORSKI	M50	16	00:00:36	00:27:20	00:47:40	01:11:02.60	01:11:38.85	+00:24:34 (34.6%)	4:44	12.7 (65.5%)
291	DĄBROWSKI Wiktor	137		M20	23	00:00:11	00:27:15	00:47:42	01:11:03.45	01:11:14.75	+00:24:35 (34.6%)	4:44	12.7 (65.5%)
292	KULIK Sebastian	943	GRABOWO	M30	38	00:00:26	00:25:55	00:46:43	01:11:03.50	01:11:29.75	+00:24:35 (34.6%)	4:44	12.7 (65.5%)
293	BRZEZICKI Marcin	70		M40	68	00:00:12	00:27:22	00:48:33	01:11:04.85	01:11:17.15	+00:24:36 (34.6%)	4:44	12.7 (65.5%)
294	WOJCIECHOWSKI Marcin	835		M20	24	00:00:18	00:27:15	00:48:26	01:11:07.60	01:11:26.35	+00:24:39 (34.7%)	4:44	12.7 (65.5%)
295	DURKOWSKI Dawid	163		M30	39	00:00:22	00:27:31	00:49:02	01:11:12.05	01:11:34.10	+00:24:43 (34.7%)	4:44	12.6 (64.9%)
296	TALAREK Robert	769		M40	69	00:00:35	00:27:19	00:48:08	01:11:17.70	01:11:52.95	+00:24:49 (34.8%)	4:45	12.6 (64.9%)
297	TELESIEWICZ Henryk	950	GROCH-BYTÓW	M70	1	00:00:17	00:26:19	00:47:45	01:11:18.95	01:11:36.55	+00:24:50 (34.8%)	4:45	12.6 (64.9%)
298	RÓŻYCKI Edward	636	MUKS TORNADO	M60	11	00:00:22	00:27:27	00:48:08	01:11:19.60	01:11:42.10	+00:24:51 (34.8%)	4:45	12.6 (64.9%)
299	JARZYNA Roman	282	SZWLA STARGARD	M45	43	00:00:08	00:26:11	00:47:10	01:11:22.20	01:11:31.05	+00:24:53 (34.9%)	4:45	12.6 (64.9%)
300	WEREMIJ Sławek	809		M40	70	00:00:18	00:26:54	00:47:41	01:11:22.85	01:11:41.05	+00:24:54 (34.9%)	4:45	12.6 (64.9%)
301	ADAMCZAK Krzysztof	1	SZWLA STARGARD	M55	12	00:00:23	00:27:14	00:47:33	01:11:23.65	01:11:47.55	+00:24:55 (34.9%)	4:45	12.6 (64.9%)
302	BRODZK Adam	65		M35	59	00:01:00	00:27:25	00:48:08	01:11:23.80	01:12:23.80	+00:24:55 (34.9%)	4:45	12.6 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km					
303	LEWANDOWSKI Piotr	433	SKB DZIK	M35	60	00:00:32	00:26:58	00:48:05	01:11:26.65	01:11:59.45	+00:24:58 (35.0%)	4:45	12.6 (64.9%)
304	ŻARNOWSKA Katarzyna	884		K40	1	00:00:27	00:27:07	00:47:51	01:11:30.65	01:11:57.95	+00:25:02 (35.0%)	4:46	12.6 (64.9%)
305	AKIER Adrian	9		M20	25	00:00:31	00:26:34	00:47:35	01:11:30.95	01:12:02.15	+00:25:02 (35.0%)	4:46	12.6 (64.9%)
306	MICKIEWICZ Adam	911	JW 3937	M30	40	00:00:08	00:27:04	00:49:13	01:11:31.80	01:11:40.05	+00:25:03 (35.0%)	4:46	12.6 (64.9%)
307	SOKOŁOWSKI Maciej	693		M35	61	00:01:02	00:26:53	00:48:00	01:11:35.40	01:12:38.30	+00:25:07 (35.1%)	4:46	12.6 (64.9%)
308	KRACZKOWSKI Przemysław	372		M35	62	00:00:51	00:26:29	00:47:23	01:11:35.80	01:12:26.95	+00:25:07 (35.1%)	4:46	12.6 (64.9%)
309	KOSIOREK Darek	358		M50	17	00:00:15	00:26:23	00:47:35	01:11:37.80	01:11:53.10	+00:25:09 (35.1%)	4:46	12.6 (64.9%)
310	RAMA Janusz	609		M40	71	00:00:36	00:26:31	00:47:13	01:11:38.35	01:12:14.90	+00:25:10 (35.1%)	4:46	12.6 (64.9%)
311	RÓŻAŃSKI Jacek	635	NIEZRZESZONY	M45	44	00:00:36	00:26:59	00:47:49	01:11:40.60	01:12:16.95	+00:25:12 (35.2%)	4:46	12.6 (64.9%)
312	BOJKOWSKI Janusz	56	KB BRYZA POSTOMINO	M40	72	00:00:43	00:27:50	00:48:40	01:11:40.80	01:12:23.90	+00:25:12 (35.2%)	4:46	12.6 (64.9%)
313	STEFANIAK Piotr	713	ŁEBA MORS POLAND	M55	13	00:00:15	00:27:01	00:47:36	01:11:42.45	01:11:57.70	+00:25:14 (35.2%)	4:46	12.6 (64.9%)
314	PEŁECHATA Julita	559		K20	3	00:00:21	00:26:38	00:48:01	01:11:44.30	01:12:05.50	+00:25:16 (35.2%)	4:46	12.5 (64.4%)
315	KOLANKOWSKI Andrzej	340		M55	14	00:00:27	00:27:29	00:48:29	01:11:44.95	01:12:12.35	+00:25:16 (35.2%)	4:47	12.5 (64.4%)
316	PACZYŃSKA Joanna	540		K30	9	00:00:33	00:26:39	00:47:28	01:11:45.60	01:12:18.60	+00:25:17 (35.2%)	4:47	12.5 (64.4%)
317	WALERIAŃCZYK Roman	798	GMINA KOŁOBRZEG	M45	45	00:00:33	00:27:12	00:48:06	01:11:46.40	01:12:19.80	+00:25:18 (35.3%)	4:47	12.5 (64.4%)
318	WILIŃSKI Marek	819	KB.SPRINT.ŚWIDWIN	M55	15	00:00:53	00:27:54	00:48:35	01:11:47.50	01:12:41.10	+00:25:19 (35.3%)	4:47	12.5 (64.4%)
319	KOWALCZYK Mateusz	364	NETTO GRUPA BIEGOWA 42,195 DĘBNO	M16	6	00:00:29	00:26:49	00:47:44	01:11:48.25	01:12:17.25	+00:25:19 (35.3%)	4:47	12.5 (64.4%)
320	LENIO Dariusz	423		M35	63	00:00:04	00:27:09	00:48:44	01:11:51.95	01:11:56.70	+00:25:23 (35.3%)	4:47	12.5 (64.4%)
321	STRUŚ Artur	720	KB BRYZA POSTOMINO	M50	18	00:00:16	00:26:44	00:48:05	01:11:53.45	01:12:09.80	+00:25:25 (35.4%)	4:47	12.5 (64.4%)
322	KLIMAS Agnieszka	337	RUNGRYF GRYFICE	K30	10	00:00:24	00:26:34	00:47:57	01:11:53.50	01:12:17.55	+00:25:25 (35.4%)	4:47	12.5 (64.4%)
323	UKRAIŃSKI Sławomir	789	KOŁOBRZEG BIEGA	M45	46	00:00:10	00:26:58	00:48:10	01:11:54.45	01:12:04.55	+00:25:26 (35.4%)	4:47	12.5 (64.4%)
324	HASS Artur	245	E-FIZJO	M35	64	00:00:10	00:26:47	00:47:52	01:11:55.60	01:12:05.80	+00:25:27 (35.4%)	4:47	12.5 (64.4%)
325	KAŻMIERCZAK Robert	894		M45	47	00:00:28	00:27:10	00:48:30	01:11:55.80	01:12:23.80	+00:25:27 (35.4%)	4:47	12.5 (64.4%)
326	RATAJEWSKI Arkadiusz	616		M35	65	00:00:22	00:26:45	00:47:55	01:11:57.40	01:12:19.40	+00:25:29 (35.4%)	4:47	12.5 (64.4%)
327	SZYMEROWSKI Łukasz	761		M35	66	00:00:28	00:27:29	00:48:32	01:11:58.75	01:12:27.55	+00:25:30 (35.4%)	4:47	12.5 (64.4%)
328	LITAROWICZ Adam	438	-----	M55	16	00:00:03	00:26:20	00:47:35	01:11:59.50	01:12:03.05	+00:25:31 (35.4%)	4:48	12.5 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
329	DOBAK Stefan	146	KB SZAMOTUŁY	M70	2	00:00:31	00:27:21	00:48:30	01:12:02.85	01:12:34.05	+00:25:34 (35.5%)	4:48	12.5 (64.4%)
330	OTTO Michał	539		M30	41	00:00:13	00:26:16	00:47:35	01:12:04.45	01:12:17.55	+00:25:36 (35.5%)	4:48	12.5 (64.4%)
331	DOMAGAŁA Sławomir	148		M35	67	00:00:19	00:26:21	00:47:30	01:12:04.70	01:12:24.40	+00:25:36 (35.5%)	4:48	12.5 (64.4%)
332	SROKA Robert	706		M40	73	00:00:32	00:27:35	00:48:48	01:12:07.25	01:12:40.20	+00:25:38 (35.6%)	4:48	12.5 (64.4%)
333	PRZYBYSZ Michał	597		M30	42	00:00:45	00:26:52	00:47:38	01:12:08.90	01:12:54.55	+00:25:40 (35.6%)	4:48	12.5 (64.4%)
334	OTOKA Kasia	538	MONIA TEAM	K40	2	00:00:20	00:26:47	00:47:59	01:12:11.05	01:12:31.85	+00:25:42 (35.6%)	4:48	12.5 (64.4%)
335	ROMANOWSKI Piotr	628	BRAK	M30	43	00:00:13	00:26:10	00:47:07	01:12:11.95	01:12:25.00	+00:25:43 (35.6%)	4:48	12.5 (64.4%)
336	KIK Andrzej	329	NIE MARNUJ TLENU	M70	3	00:00:31	00:26:48	00:48:20	01:12:14.25	01:12:45.25	+00:25:45 (35.7%)	4:48	12.5 (64.4%)
337	POLGUJ Piotr	587	MKL,PARKRUNSZCZECINEK	M70	4	00:00:06	00:25:18	00:45:42	01:12:15.45	01:12:21.75	+00:25:47 (35.7%)	4:49	12.5 (64.4%)
338	HASS Anita	244	E-FIZJO	K35	3	00:00:09	00:26:48	00:47:53	01:12:16.30	01:12:25.95	+00:25:48 (35.7%)	4:49	12.5 (64.4%)
339	TRZECIAK Dariusz	781	KOŁOBRZEG BIEGA	M45	48	00:00:41	00:28:08	00:49:13	01:12:17.10	01:12:58.35	+00:25:48 (35.7%)	4:49	12.5 (64.4%)
340	GIERSZYŃSKI Marcin	944	GRABOWO	M20	26	00:00:24	00:27:43	00:49:05	01:12:18.60	01:12:43.25	+00:25:50 (35.7%)	4:49	12.4 (63.9%)
341	PAWELEC Artur	554	ROZBIEGANY GOLENIÓW	M45	49	00:00:15	00:27:17	00:49:04	01:12:20.55	01:12:36.20	+00:25:52 (35.8%)	4:49	12.4 (63.9%)
342	HOC Dariusz	252		M40	74	00:00:12	00:26:51	00:48:21	01:12:24.30	01:12:36.95	+00:25:56 (35.8%)	4:49	12.4 (63.9%)
343	SZYMAŃSKI Mateusz	756		M30	44	00:00:25	00:27:36	00:48:33	01:12:24.90	01:12:50.60	+00:25:56 (35.8%)	4:49	12.4 (63.9%)
344	OSZMIAŃSKI Stanisław	536	KB BRYZA POSTOMINO	M55	17	00:00:27	00:26:00	00:47:35	01:12:25.30	01:12:52.35	+00:25:57 (35.8%)	4:49	12.4 (63.9%)
345	KACZMARCZYK Stanisław	297	SZWLA	M55	18	00:00:17	00:27:05	00:48:13	01:12:29.90	01:12:47.15	+00:26:01 (35.9%)	4:50	12.4 (63.9%)
346	WOJCIECHOWSKA-HRYCYK Agata	834		K45	6	00:00:14	00:26:48	00:48:15	01:12:30.30	01:12:44.90	+00:26:02 (35.9%)	4:50	12.4 (63.9%)
347	DZIKOWSKI Łukasz	169	GRA RUNNERS	M35	68	00:00:42	00:27:46	00:48:30	01:12:30.85	01:13:13.20	+00:26:02 (35.9%)	4:50	12.4 (63.9%)
348	SIKORSKI Adam	898	SIKORROWO	M30	45	00:00:13	00:27:30	00:48:46	01:12:33.95	01:12:47.85	+00:26:05 (36.0%)	4:50	12.4 (63.9%)
349	MALINOWSKI Zbigniew	462	KOŁOBRZEG MORZEM SPORTÓW	M60	12	00:00:37	00:26:20	00:47:38	01:12:34.10	01:13:12.00	+00:26:05 (36.0%)	4:50	12.4 (63.9%)
350	KOSECKA Katarzyna	904	KB WYGAN	K30	11	00:00:13	00:27:29	00:48:46	01:12:34.50	01:12:47.65	+00:26:06 (36.0%)	4:50	12.4 (63.9%)
351	WYGANOWSKI Andrzej	856	KB WYGAN	M70	5	00:00:12	00:27:30	00:48:47	01:12:35.45	01:12:47.70	+00:26:07 (36.0%)	4:50	12.4 (63.9%)
352	DARONIN Pavlo	130		M35	69	00:00:45	00:27:44	00:48:38	01:12:38.95	01:13:24.45	+00:26:10 (36.0%)	4:50	12.4 (63.9%)
353	CIBORSKI Sławomir	916		M40	75	00:00:21	00:27:22	00:48:39	01:12:43.30	01:13:04.45	+00:26:15 (36.1%)	4:50	12.4 (63.9%)
354	SZUBERT Julia	751	KOŁOBRZEG BIEGA	K16	1	00:00:24	00:26:33	00:47:52	01:12:48.00	01:13:12.25	+00:26:19 (36.2%)	4:51	12.4 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
355	CHLEBOWSKI Adam	92	WYSOCKI-SKI TEAM SZCZECIN	M65	5	00:00:14	00:27:06	00:48:33	01:12:49.45	01:13:03.45	+00:26:21 (36.2%)	4:51	12.4 (63.9%)
356	RONIJ Łukasz	631	ANDREW'S TEAM	M35	70	00:00:16	00:27:15	00:48:47	01:12:51.70	01:13:08.55	+00:26:23 (36.2%)	4:51	12.4 (63.9%)
357	BARCZYKOWSKI Grzegorz	27		M40	76	00:00:32	00:27:53	00:49:16	01:12:54.15	01:13:26.15	+00:26:25 (36.3%)	4:51	12.3 (63.4%)
358	PRZYCHÓDZKO Roman	598	KTC KOŁOBRZEG	M45	50	00:00:24	00:26:31	00:47:15	01:12:54.25	01:13:18.50	+00:26:25 (36.3%)	4:51	12.3 (63.4%)
359	ADAMOWICZ Daniel	7	FUNDACJA KROK	M30	46	00:00:24	00:26:15	00:47:40	01:12:56.50	01:13:21.25	+00:26:28 (36.3%)	4:51	12.3 (63.4%)
360	GRYGORUK Cezary	222		M50	19	00:00:08	00:26:53	00:48:26	01:12:57.05	01:13:05.20	+00:26:28 (36.3%)	4:51	12.3 (63.4%)
361	FURMAN Tomasz	182		M50	20	00:00:42	00:27:25	00:48:28	01:12:58.00	01:13:40.10	+00:26:29 (36.3%)	4:51	12.3 (63.4%)
362	TADROWSKI Tomasz	767		M40	77	00:00:30	00:27:35	00:49:16	01:12:59.60	01:13:30.35	+00:26:31 (36.3%)	4:52	12.3 (63.4%)
363	BLOK Karol	50	ORTOPEDA-BLOK.PL	M35	71	00:00:34	00:27:56	00:48:58	01:13:00.85	01:13:35.45	+00:26:32 (36.4%)	4:52	12.3 (63.4%)
364	KULINICZ Agnieszka	403	ROZBIEGANY GOLENIÓW	K35	4	00:00:16	00:27:38	00:49:12	01:13:04.45	01:13:21.05	+00:26:36 (36.4%)	4:52	12.3 (63.4%)
365	KOSIOR Piotr	357		M45	51	00:00:31	00:26:51	00:48:24	01:13:06.15	01:13:37.85	+00:26:37 (36.4%)	4:52	12.3 (63.4%)
366	ROGANOWSKA Danuta	624	ROZBIEGANY KOSZALIN	K30	12	00:00:21	00:27:45	00:49:00	01:13:07.00	01:13:28.30	+00:26:38 (36.4%)	4:52	12.3 (63.4%)
367	WOŹNIAK Piotr	848		M55	19	00:00:38	00:27:16	00:48:19	01:13:09.10	01:13:47.35	+00:26:40 (36.5%)	4:52	12.3 (63.4%)
368	NOWAK Klaudia	509	ROZBIEGANY GOLENIÓW	K30	13	00:00:15	00:27:17	00:49:04	01:13:09.30	01:13:24.95	+00:26:41 (36.5%)	4:52	12.3 (63.4%)
369	MAŁKIŃSKI Józef	464	RWT W BYDGOSZCZY	M60	13	00:00:42	00:27:34	00:49:03	01:13:14.55	01:13:56.85	+00:26:46 (36.6%)	4:52	12.3 (63.4%)
370	SPYCHAŁA Maciej	705	WRONIECKI KLUB BIEGACZA	M40	78	00:00:46	00:27:41	00:49:08	01:13:14.85	01:14:01.70	+00:26:46 (36.6%)	4:53	12.3 (63.4%)
371	GRZESIUK Rafał	229		M40	79	00:00:49	00:28:31	00:50:25	01:13:15.65	01:14:05.10	+00:26:47 (36.6%)	4:53	12.3 (63.4%)
372	IWANIEC Dariusz	261	TKKF KOSZALIN	M40	80	00:00:37	00:27:51	00:49:26	01:13:18.20	01:13:56.10	+00:26:49 (36.6%)	4:53	12.3 (63.4%)
373	WALKER James	799		M35	72	00:00:57	00:27:23	00:48:51	01:13:18.85	01:14:16.75	+00:26:50 (36.6%)	4:53	12.3 (63.4%)
374	SKOWROŃSKI Łukasz	678		M45	52	00:00:22	00:27:40	00:49:25	01:13:19.55	01:13:42.45	+00:26:51 (36.6%)	4:53	12.3 (63.4%)
375	KLOSKOWSKI Dariusz	338	NIGHT RUNNERS	M40	81	00:00:17	00:27:15	00:49:05	01:13:23.10	01:13:40.65	+00:26:54 (36.7%)	4:53	12.3 (63.4%)
376	GROCHOWSKI Krzysztof	218		M30	47	00:00:15	00:26:39	00:48:17	01:13:27.05	01:13:42.80	+00:26:58 (36.7%)	4:53	12.3 (63.4%)
377	GUDANIEC Radosław	230	TRIATHLON KOSZALIN	M50	21	00:00:26	00:27:32	00:49:05	01:13:31.30	01:13:57.40	+00:27:03 (36.8%)	4:54	12.2 (62.9%)
378	GRZELAK Sebastian	226	ROZBIEGANY GOLENIÓW	M50	22	00:00:17	00:27:35	00:49:22	01:13:34.45	01:13:51.90	+00:27:06 (36.8%)	4:54	12.2 (62.9%)
379	ŁĄTKOWSKI Patryk	893	AKADEMIA PIŁKARSKA KOTWICA KOŁOBRZEG	M16	7	00:00:21	00:26:38	00:48:19	01:13:37.70	01:13:58.90	+00:27:09 (36.9%)	4:54	12.2 (62.9%)
380	SIENICKI Piotr	668	OPIUM	M40	82	00:00:36	00:27:30	00:48:35	01:13:38.75	01:14:15.55	+00:27:10 (36.9%)	4:54	12.2 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
381	KARTOSZ Mariusz	315	RUNGRYF GRYFICE	M40	83	00:00:40	00:26:53	00:48:32	01:13:41.10	01:14:21.20	+00:27:12 (36.9%)	4:54	12.2 (62.9%)
382	WOLSKI Tomasz	844		M45	53	00:00:28	00:27:16	00:48:52	01:13:41.35	01:14:09.35	+00:27:13 (36.9%)	4:54	12.2 (62.9%)
383	TUCHORSKA Julita	783		K30	14	00:00:12	00:27:01	00:48:49	01:13:43.50	01:13:56.10	+00:27:15 (37.0%)	4:54	12.2 (62.9%)
384	LITWINOWICZ Beata	905		K40	3	00:00:38	00:27:37	00:49:12	01:13:44.35	01:14:23.15	+00:27:16 (37.0%)	4:55	12.2 (62.9%)
385	MĘDEL Cezary	479		M40	84	00:00:17	00:27:49	00:49:34	01:13:46.55	01:14:03.65	+00:27:18 (37.0%)	4:55	12.2 (62.9%)
386	DAŚKO Marek	131		M55	20	00:00:23	00:28:03	00:49:32	01:13:48.55	01:14:11.80	+00:27:20 (37.0%)	4:55	12.2 (62.9%)
387	KOTOWSKI Dominik	362		M30	48	00:00:36	00:28:08	00:49:46	01:13:52.35	01:14:28.80	+00:27:24 (37.1%)	4:55	12.2 (62.9%)
388	CIESZYŃSKI Mariusz	113	BEAUTY-STUDIO LĘBORK	M40	85	00:00:29	00:27:57	00:49:37	01:13:53.35	01:14:22.60	+00:27:25 (37.1%)	4:55	12.2 (62.9%)
389	CIESZYŃSKI Marcin	112		M35	73	00:00:29	00:27:57	00:49:37	01:13:53.50	01:14:22.80	+00:27:25 (37.1%)	4:55	12.2 (62.9%)
390	SŁOWIŃSKI Roman	683	BIEGAMY RAZEM	M55	21	00:00:07	00:26:46	00:49:01	01:13:58.50	01:14:06.25	+00:27:30 (37.2%)	4:55	12.2 (62.9%)
391	TYLL Grzegorz	788		M60	14	00:00:25	00:27:53	00:50:01	01:13:58.65	01:14:24.55	+00:27:30 (37.2%)	4:55	12.2 (62.9%)
392	GARSKA Joanna	187	ŚWIAT PŁYTEK U KRYSPIŃNA	K40	4	00:00:14	00:27:39	00:49:24	01:13:59.65	01:14:14.45	+00:27:31 (37.2%)	4:56	12.2 (62.9%)
393	WIATRZYK Krzysztof	811	DARŁOWO	M45	54	00:00:18	00:26:42	00:48:32	01:14:00.60	01:14:18.75	+00:27:32 (37.2%)	4:56	12.2 (62.9%)
394	SATRO Piotr	663	KP PSP KOŁOBRZEG	M35	74	00:00:36	00:27:29	00:49:37	01:14:03.35	01:14:40.05	+00:27:35 (37.2%)	4:56	12.2 (62.9%)
395	JAKUBOWSKI Mieczysław	270	KOŁOBRZEG BIEGA	M40	86	00:00:32	00:28:40	00:50:43	01:14:04.25	01:14:36.90	+00:27:35 (37.3%)	4:56	12.2 (62.9%)
396	CHUDZIK Zbigniew	105	TKKF KOSZALIN	M55	22	00:00:14	00:27:34	00:49:18	01:14:05.20	01:14:19.65	+00:27:36 (37.3%)	4:56	12.1 (62.4%)
397	PUŚCIAN Krzysztof	601	GIMNAZJUM W MANOWIE	M40	87	00:00:45	00:27:51	00:49:40	01:14:05.55	01:14:51.45	+00:27:37 (37.3%)	4:56	12.1 (62.4%)
398	CZEPUKOJĆ Wojciech	124		M20	27	00:00:45	00:28:12	00:49:46	01:14:07.95	01:14:53.35	+00:27:39 (37.3%)	4:56	12.1 (62.4%)
399	BRZEZICKA Kornelia	69		K30	15	00:00:11	00:27:38	00:49:26	01:14:09.35	01:14:21.30	+00:27:41 (37.3%)	4:56	12.1 (62.4%)
400	MARECKI Marcin	469	3:33 TEAM	M35	75	00:00:20	00:28:07	00:49:57	01:14:09.45	01:14:29.75	+00:27:41 (37.3%)	4:56	12.1 (62.4%)
401	MIECZKOWSKI Michał	913	KTC KOŁOBRZEG	M55	23	00:00:25	00:27:55	00:49:39	01:14:10.00	01:14:35.45	+00:27:41 (37.3%)	4:56	12.1 (62.4%)
402	SIDORKIEWICZ Anna	666	KLUB BIEGACZA KAMIEŃ POMORSKI	K45	7	00:00:19	00:27:28	00:49:17	01:14:14.15	01:14:33.25	+00:27:45 (37.4%)	4:56	12.1 (62.4%)
403	PIELICH Konrad	568		M30	49	00:00:54	00:27:16	00:48:59	01:14:14.20	01:15:08.35	+00:27:45 (37.4%)	4:56	12.1 (62.4%)
404	ZAWADA Andrzej	868	WYBRZEŻE OBJAZDA	M50	23	00:01:02	00:28:54	00:50:40	01:14:14.95	01:15:17.25	+00:27:46 (37.4%)	4:57	12.1 (62.4%)
405	CZARNECKI Mirosław	122		M55	24	00:00:11	00:27:04	00:49:25	01:14:17.65	01:14:29.15	+00:27:49 (37.4%)	4:57	12.1 (62.4%)
406	ORZEŁ Jacek	530		M45	55	00:00:36	00:27:30	00:49:01	01:14:21.05	01:14:57.85	+00:27:52 (37.5%)	4:57	12.1 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
407	MAKSYMOWICZ Kornelia	460		K30	16	00:00:25	00:27:43	00:49:23	01:14:23.15	01:14:48.40	+00:27:54 (37.5%)	4:57	12.1 (62.4%)
408	KARKOWSKA Wiesława	312		K55	1	00:00:15	00:27:46	00:49:54	01:14:23.80	01:14:39.35	+00:27:55 (37.5%)	4:57	12.1 (62.4%)
409	ROGOŻA Ireneusz	625		M45	56	00:00:23	00:28:05	00:49:40	01:14:26.55	01:14:50.25	+00:27:58 (37.6%)	4:57	12.1 (62.4%)
410	WILKLISZ Wojciech	821	SZCZECIN BIEGA	M45	57	00:00:54	00:27:59	00:50:16	01:14:27.25	01:15:21.80	+00:27:58 (37.6%)	4:57	12.1 (62.4%)
411	CHRZANOWSKI Bartłomiej	103		M30	50	00:00:41	00:28:01	00:49:54	01:14:29.95	01:15:11.00	+00:28:01 (37.6%)	4:58	12.1 (62.4%)
412	JABŁOŃSKI Arkadiusz	267		M40	88	00:00:40	00:27:45	00:49:24	01:14:30.10	01:15:10.40	+00:28:01 (37.6%)	4:58	12.1 (62.4%)
413	ŚWIETLIK Tomasz	766		M55	25	00:00:21	00:28:07	00:49:42	01:14:33.70	01:14:55.30	+00:28:05 (37.7%)	4:58	12.1 (62.4%)
414	HRYCIÓW Paweł	258	BIAŁOGARD	M30	51	00:00:43	00:28:22	00:50:08	01:14:34.45	01:15:17.85	+00:28:06 (37.7%)	4:58	12.1 (62.4%)
415	ORŁOWSKA Beata	529	BEAUTYZONE	K45	8	00:00:37	00:28:13	00:49:53	01:14:35.50	01:15:12.60	+00:28:07 (37.7%)	4:58	12.1 (62.4%)
416	CZAPLICKI Paweł	119	TKKF KOSZALIN	M40	89	00:00:06	00:27:47	00:50:00	01:14:38.75	01:14:45.05	+00:28:10 (37.7%)	4:58	12.1 (62.4%)
417	KLASA Jan	333		M60	15	00:00:18	00:27:14	00:49:12	01:14:40.15	01:14:58.50	+00:28:11 (37.8%)	4:58	12.1 (62.4%)
418	KUKIEŁKA Wojciech	400		M35	76	00:00:42	00:28:39	00:50:13	01:14:40.20	01:15:23.00	+00:28:11 (37.8%)	4:58	12.1 (62.4%)
419	ŁUKASZ Marcin	448	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M20	28	00:00:33	00:27:53	00:49:47	01:14:40.75	01:15:13.75	+00:28:12 (37.8%)	4:58	12.1 (62.4%)
420	JANKOWSKI Lech	276	MARATOŃCZYK TEAM SZCZECIN	M60	16	00:00:25	00:26:34	00:48:46	01:14:42.80	01:15:08.05	+00:28:14 (37.8%)	4:58	12 (61.9%)
421	KACZOROWSKI Mieczysław	301	109 SZPITAL WOJSKOWY	M45	58	00:00:13	00:28:10	00:50:08	01:14:45.40	01:14:58.55	+00:28:17 (37.8%)	4:59	12 (61.9%)
422	RAŚ Ryszard Marek	612	EKO-WOD-KAN	M65	6	00:00:05	00:26:58	00:48:53	01:14:46.30	01:14:51.60	+00:28:18 (37.8%)	4:59	12 (61.9%)
423	PILECKI Robert	571		M35	77	00:00:32	00:28:40	00:50:37	01:14:46.65	01:15:18.65	+00:28:18 (37.9%)	4:59	12 (61.9%)
424	SZCZERBA Beata	734	BEZA TEAM	K40	5	00:00:59	00:28:21	00:50:01	01:14:47.35	01:15:46.60	+00:28:19 (37.9%)	4:59	12 (61.9%)
425	CHRZANOWSKI Mariusz	102		M50	24	00:00:26	00:26:49	00:48:53	01:14:47.65	01:15:14.20	+00:28:19 (37.9%)	4:59	12 (61.9%)
425	FILIPIAK Witold	926		M50	25	00:00:15	00:27:46	00:49:54	01:14:47.65	01:15:03.50	+00:28:19 (37.9%)	4:59	12 (61.9%)
427	BIELENIS Dariusz	47	BEZA TEAM	M50	26	00:00:58	00:28:23	00:50:01	01:14:48.50	01:15:46.80	+00:28:20 (37.9%)	4:59	12 (61.9%)
428	MICERSKI Tomasz	481	TKKF KOSZALIN	M40	90	00:00:38	00:27:55	00:50:01	01:14:50.50	01:15:28.50	+00:28:22 (37.9%)	4:59	12 (61.9%)
429	ROJEK Michał	626		M35	78	00:00:28	00:28:40	00:50:54	01:14:52.00	01:15:20.65	+00:28:23 (37.9%)	4:59	12 (61.9%)
430	MRUGALSKA Magdalena	937	JW1223	K20	4	00:00:30	00:27:42	00:49:56	01:14:52.45	01:15:22.95	+00:28:24 (37.9%)	4:59	12 (61.9%)
431	TEKIEL Marcin	771	OSP DYGOWO	M35	79	00:00:36	00:27:29	00:49:37	01:14:54.90	01:15:31.80	+00:28:26 (38.0%)	4:59	12 (61.9%)
432	SAPIKOWSKA Magdalena	662	ROZBIEGANY GOLENIÓW	K40	6	00:00:16	00:27:38	00:49:22	01:14:56.10	01:15:12.85	+00:28:27 (38.0%)	4:59	12 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
433	KARCZEWSKI Krzysztof	311	AT-AKTYWNY TRZEBIATÓW	M55	26	00:00:42	00:27:30	00:49:41	01:14:59.20	01:15:41.30	+00:28:30 (38.0%)	4:59	12 (61.9%)
434	KUŁAKOWSKI Dawid	404	TKKF KOSZALIN	M40	91	00:00:37	00:27:56	00:50:01	01:15:00.55	01:15:37.75	+00:28:32 (38.0%)	5:00	12 (61.9%)
435	ZDANIUKIEWICZ Grzegorz	871	WĘZEŁ ŁĄCZNOŚCI WAŁCZ	M55	27	00:00:51	00:28:30	00:50:28	01:15:06.00	01:15:57.95	+00:28:37 (38.1%)	5:00	12 (61.9%)
436	ŚLUBOWSKI Dariusz	763		M40	92	00:00:47	00:28:59	00:50:48	01:15:07.20	01:15:54.75	+00:28:38 (38.1%)	5:00	12 (61.9%)
437	WALTER Joanna	800	KB 10 BIAŁOGARD	K45	9	00:00:30	00:28:18	00:50:24	01:15:08.45	01:15:38.85	+00:28:40 (38.2%)	5:00	12 (61.9%)
438	BANAŚ Adam	24		M35	80	00:00:11	00:27:27	00:49:29	01:15:09.65	01:15:21.45	+00:28:41 (38.2%)	5:00	12 (61.9%)
439	WODNICKI Krzysztof	832	RUNGRYF GRYFICE	M30	52	00:00:35	00:27:36	00:49:49	01:15:10.80	01:15:46.25	+00:28:42 (38.2%)	5:00	12 (61.9%)
440	MAJCHRZAK Paweł	936	KB POŁCZYN-ZDRÓJ	M40	93	00:01:02	00:28:59	00:51:10	01:15:11.60	01:16:13.85	+00:28:43 (38.2%)	5:00	12 (61.9%)
441	CHWIEDUK Andrzej	107		M30	53	00:00:29	00:28:00	00:50:19	01:15:12.95	01:15:42.25	+00:28:44 (38.2%)	5:00	12 (61.9%)
442	WRZESZCZ Piotr	855		M40	94	00:00:54	00:27:28	00:49:36	01:15:20.85	01:16:15.80	+00:28:52 (38.3%)	5:01	11.9 (61.3%)
443	GAWRYSIAK Przemysław	193		M40	95	00:00:48	00:28:54	00:51:09	01:15:21.70	01:16:10.60	+00:28:53 (38.3%)	5:01	11.9 (61.3%)
444	KULCZYK Katarzyna	402	KB BRYZA POSTOMINO	K35	5	00:00:23	00:28:18	00:50:48	01:15:29.45	01:15:52.75	+00:29:01 (38.4%)	5:01	11.9 (61.3%)
445	NACHYŁA Paweł	498	DZIKI KOSZALIN	M30	54	00:00:45	00:28:14	00:50:17	01:15:29.90	01:16:15.20	+00:29:01 (38.4%)	5:02	11.9 (61.3%)
446	KISIEL Rafał	331	LEBIEGA BIEGA	M20	29	00:00:39	00:27:45	00:49:55	01:15:30.05	01:16:09.10	+00:29:01 (38.4%)	5:02	11.9 (61.3%)
447	JANKOWSKI Jarosław	275	AT-AKTYWNY TRZEBIATÓW	M45	59	00:00:53	00:28:59	00:50:57	01:15:30.30	01:16:23.30	+00:29:02 (38.5%)	5:02	11.9 (61.3%)
448	WIELGAT Łukasz	813	KB BRYZA POSTOMINO	M30	55	00:00:22	00:27:39	00:49:56	01:15:30.75	01:15:53.05	+00:29:02 (38.5%)	5:02	11.9 (61.3%)
449	KALUZYNSKI Piotr	307		M50	27	00:00:33	00:27:38	00:49:32	01:15:31.75	01:16:04.80	+00:29:03 (38.5%)	5:02	11.9 (61.3%)
450	BURDA Cezary	84		M40	96	00:00:20	00:28:19	00:50:35	01:15:33.35	01:15:53.55	+00:29:05 (38.5%)	5:02	11.9 (61.3%)
451	MEISSNER Bogusław	476		M50	28	00:00:27	00:27:58	00:50:07	01:15:33.55	01:16:01.35	+00:29:05 (38.5%)	5:02	11.9 (61.3%)
452	ZIOMKO Rafał	876		M45	60	00:00:29	00:27:55	00:50:05	01:15:33.60	01:16:02.70	+00:29:05 (38.5%)	5:02	11.9 (61.3%)
453	POKRYWIECKI Łukasz	584	PANORAMA DĘBNO	M20	30	00:00:34	00:28:42	00:50:35	01:15:33.65	01:16:08.25	+00:29:05 (38.5%)	5:02	11.9 (61.3%)
454	LENARTOWICZ Stanisław	422		M55	28	00:00:13	00:28:28	00:50:20	01:15:39.30	01:15:52.90	+00:29:11 (38.6%)	5:02	11.9 (61.3%)
455	DUDZIK Karolina	162		K30	17	00:00:44	00:28:35	00:51:21	01:15:41.00	01:16:25.00	+00:29:12 (38.6%)	5:02	11.9 (61.3%)
456	OSTAPKO Mateusz	534	KLUB BIEGACZA KAMIEŃ POMORSKI	M16	8	00:00:22	00:27:02	00:49:04	01:15:42.60	01:16:05.10	+00:29:14 (38.6%)	5:02	11.9 (61.3%)
457	GÓRECKA-MITORAJ Justyna	208	MAMY TO !	K35	6	00:00:25	00:27:33	00:50:08	01:15:42.90	01:16:08.25	+00:29:14 (38.6%)	5:02	11.9 (61.3%)
458	BUZAŁA Walenty	86	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	29	00:00:32	00:27:59	00:49:52	01:15:47.65	01:16:20.30	+00:29:19 (38.7%)	5:03	11.9 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
459	SZARYŃSKI Adam	731	IRONMAN	M40	97	00:00:08	00:26:46	00:48:45	01:15:48.90	01:15:56.90	+00:29:20 (38.7%)	5:03	11.9 (61.3%)
460	GODOŃ Piotr	947	GRABOWO	M30	56	00:00:25	00:28:29	00:50:31	01:15:51.35	01:16:16.40	+00:29:23 (38.7%)	5:03	11.9 (61.3%)
461	KOZŁOWIECKI Waldemar	875	TKKF KOSZALIN	M65	7	00:00:16	00:28:24	00:50:56	01:15:54.05	01:16:10.15	+00:29:25 (38.8%)	5:03	11.9 (61.3%)
462	KACHNOWICZ-BUKAŁA Izabela	295	ROZBIEGANY GOLENIÓW	K40	7	00:00:17	00:28:20	00:50:58	01:16:05.40	01:16:22.55	+00:29:37 (38.9%)	5:04	11.8 (60.8%)
463	BUKOWIECKA-ANDRYSIAK Małgorzata	80		K40	8	00:00:19	00:27:56	00:50:41	01:16:06.35	01:16:25.75	+00:29:38 (38.9%)	5:04	11.8 (60.8%)
464	NITA Wiesław	503	VILLAGE PUNK RUN	M45	61	00:00:45	00:28:37	00:51:15	01:16:07.20	01:16:52.20	+00:29:38 (38.9%)	5:04	11.8 (60.8%)
465	CZYŻEWSKI Piotr	128	TKKF KOSZALIN	M50	29	00:00:05	00:27:48	00:50:08	01:16:10.80	01:16:16.60	+00:29:42 (39.0%)	5:04	11.8 (60.8%)
466	GAZARKIEWICZ Michał	194	MOTOINTEGRATOR RUNNING TEAM	M40	98	00:00:25	00:29:01	00:51:06	01:16:11.05	01:16:36.15	+00:29:42 (39.0%)	5:04	11.8 (60.8%)
467	KALINOWSKI Krzysztof	306		M55	30	00:00:28	00:28:30	00:50:50	01:16:12.75	01:16:41.25	+00:29:44 (39.0%)	5:04	11.8 (60.8%)
468	OGRODOWICZ Kasia	517	KAMIEŃ POM	K30	18	00:00:19	00:28:00	00:50:22	01:16:18.65	01:16:37.80	+00:29:50 (39.1%)	5:05	11.8 (60.8%)
469	MĘDEL Marta	478	TKKF KOSZALIN	K40	9	00:00:17	00:28:25	00:51:00	01:16:22.20	01:16:39.55	+00:29:53 (39.1%)	5:05	11.8 (60.8%)
470	BODYS Marek	54	KB HERMES GRYFINO	M35	81	00:00:28	00:27:06	00:50:21	01:16:22.45	01:16:51.05	+00:29:54 (39.2%)	5:05	11.8 (60.8%)
471	KAZIMIERSKA Żaneta	318		K45	10	00:00:39	00:28:08	00:50:38	01:16:25.90	01:17:05.65	+00:29:57 (39.2%)	5:05	11.8 (60.8%)
472	PIECHOTA Robert	564		M45	62	00:00:22	00:27:03	00:50:51	01:16:26.80	01:16:49.65	+00:29:58 (39.2%)	5:05	11.8 (60.8%)
473	DEBERNY Mariusz	138		M40	99	00:00:34	00:27:26	00:50:27	01:16:30.05	01:17:04.45	+00:30:01 (39.3%)	5:06	11.8 (60.8%)
474	JAKIMA Szymon	269		M30	57	00:00:24	00:28:33	00:50:58	01:16:30.55	01:16:55.10	+00:30:02 (39.3%)	5:06	11.8 (60.8%)
475	ZAREMSKI Dawid	892		M30	58	00:00:34	00:26:54	00:52:26	01:16:38.00	01:17:12.85	+00:30:09 (39.4%)	5:06	11.7 (60.3%)
476	SOROCZYŃSKI Cezary	697		M45	63	00:00:11	00:27:52	00:50:40	01:16:38.05	01:16:49.25	+00:30:09 (39.4%)	5:06	11.7 (60.3%)
477	ŁUKASIK Marek	447		M35	82	00:00:49	00:29:20	00:51:56	01:16:38.25	01:17:27.35	+00:30:09 (39.4%)	5:06	11.7 (60.3%)
478	GASEK Wiesław	189	KB.SPRINT.ŚWIDWIN	M55	31	00:00:20	00:27:56	00:50:45	01:16:38.70	01:16:59.40	+00:30:10 (39.4%)	5:06	11.7 (60.3%)
479	RATAJCZYK Monika	614		K30	19	00:00:33	00:28:16	00:50:43	01:16:44.30	01:17:17.90	+00:30:16 (39.4%)	5:06	11.7 (60.3%)
480	KWIATKOWSKI Grzegorz	414	DOWÓDZTWO 12SDZ	M40	100	00:00:35	00:26:29	00:49:38	01:16:46.70	01:17:22.15	+00:30:18 (39.5%)	5:07	11.7 (60.3%)
481	KURZAJCZYK Joanna	410	4RUN TEAM PIŁA	K45	11	00:00:12	00:28:13	00:51:02	01:17:02.30	01:17:14.90	+00:30:34 (39.7%)	5:08	11.7 (60.3%)
482	ZŁOTNICKA-BŁASZCZYK Marta	879		K30	20	00:00:36	00:28:03	00:50:24	01:17:03.85	01:17:40.70	+00:30:35 (39.7%)	5:08	11.7 (60.3%)
483	DZIKOWSKI Karol	170		M30	59	00:00:43	00:28:02	00:50:29	01:17:11.00	01:17:54.15	+00:30:42 (39.8%)	5:08	11.7 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
484	NAROŻNIAK Mariusz	501	RUNGRYF GRYFICE	M35	83	00:00:23	00:27:34	00:51:03	01:17:13.00	01:17:36.70	+00:30:44 (39.8%)	5:08	11.7 (60.3%)
485	KRAJEWSKI Józef	373		M55	32	00:00:43	00:28:48	00:51:38	01:17:14.70	01:17:57.75	+00:30:46 (39.8%)	5:08	11.7 (60.3%)
486	PENDRAK Piotr	561	XX	M60	17	00:00:48	00:29:46	00:52:40	01:17:15.20	01:18:03.70	+00:30:46 (39.8%)	5:09	11.7 (60.3%)
487	SZYNTOR Łukasz	935	GRA RUNNERS	M30	60	00:00:42	00:28:44	00:51:29	01:17:15.45	01:17:58.35	+00:30:47 (39.8%)	5:09	11.6 (59.8%)
488	OKOŃ Stanisław	518	KB WYGAN	M50	30	00:00:35	00:28:33	00:50:44	01:17:16.40	01:17:52.10	+00:30:48 (39.9%)	5:09	11.6 (59.8%)
489	BIELAK Wojciech	44		M16	9	00:00:25	00:28:28	00:51:15	01:17:17.90	01:17:43.85	+00:30:49 (39.9%)	5:09	11.6 (59.8%)
490	PRYCIŃSKI Krzysztof	595		M40	101	00:00:48	00:29:31	00:52:47	01:17:26.40	01:18:14.75	+00:30:58 (40.0%)	5:09	11.6 (59.8%)
491	SZCZYGIEŁ Paweł	740		M30	61	00:00:17	00:28:04	00:51:28	01:17:28.35	01:17:45.70	+00:31:00 (40.0%)	5:09	11.6 (59.8%)
492	BAJUK Zbigniew	22		M65	8	00:00:39	00:28:55	00:52:05	01:17:28.55	01:18:08.30	+00:31:00 (40.0%)	5:09	11.6 (59.8%)
493	RUDZEWICZ Mariusz	640		M30	62	00:00:39	00:28:12	00:51:50	01:17:36.70	01:18:16.25	+00:31:08 (40.1%)	5:10	11.6 (59.8%)
494	WOŁOWIEC Przemek	845		M35	84	00:00:22	00:30:02	00:53:05	01:17:37.80	01:18:00.75	+00:31:09 (40.1%)	5:10	11.6 (59.8%)
495	JABŁOŃSKA Elżbieta	263	PARKRUN ŚWINOUJŚCIE	K50	2	00:00:30	00:28:53	00:52:04	01:17:42.05	01:18:12.30	+00:31:13 (40.2%)	5:10	11.6 (59.8%)
496	SERAFIN Paweł	957		M30	63	00:01:00	00:28:57	00:52:18	01:17:44.45	01:18:45.30	+00:31:16 (40.2%)	5:11	11.6 (59.8%)
497	OSOBNIAK Ryszard	531	KOSZALIN	M60	18	00:00:54	00:29:15	00:52:06	01:17:46.85	01:18:41.15	+00:31:18 (40.3%)	5:11	11.6 (59.8%)
498	ZAWADZKA Marzena	869	4RUN TEAM PIŁA	K45	12	00:00:55	00:29:36	00:52:28	01:17:52.25	01:18:48.15	+00:31:23 (40.3%)	5:11	11.6 (59.8%)
499	GŁOWACKA Daria	202		K30	21	00:18:32	00:30:18	00:50:23	01:17:52.80	01:36:24.80	+00:31:24 (40.3%)	5:11	11.6 (59.8%)
500	SOBCZAK Kacper	685		M20	31	00:00:14	00:27:25	00:49:57	01:17:53.40	01:18:07.85	+00:31:25 (40.3%)	5:11	11.6 (59.8%)
501	BEDNARCZYK Piotr	36		M45	64	00:00:48	00:29:32	00:52:47	01:17:56.00	01:18:44.10	+00:31:27 (40.4%)	5:11	11.5 (59.3%)
502	PYTLARZ Waldemar	603	4RUN TEAM PIŁA	M50	31	00:00:55	00:29:35	00:52:28	01:17:56.65	01:18:52.05	+00:31:28 (40.4%)	5:11	11.5 (59.3%)
503	WITKA Piotr	827	ŁEBA MORS POLAND	M50	32	00:00:26	00:28:04	00:51:47	01:17:58.90	01:18:25.00	+00:31:30 (40.4%)	5:11	11.5 (59.3%)
504	GRABOWSKA Marta	209		K20	5	00:00:24	00:29:07	00:52:33	01:18:07.95	01:18:32.30	+00:31:39 (40.5%)	5:12	11.5 (59.3%)
505	TORCZ Karol	776	SZKÓŁKA PŁYWACKA DEPKA KOŁOBRZEG	M35	85	00:00:23	00:27:57	00:50:18	01:18:09.80	01:18:33.70	+00:31:41 (40.5%)	5:12	11.5 (59.3%)
506	ZADROŻNY Szymon	860	RUNNERS OF WAŁCZ	M35	86	00:00:35	00:29:29	00:53:00	01:18:11.45	01:18:46.70	+00:31:43 (40.6%)	5:12	11.5 (59.3%)
507	SZCZETYŃSKA Karolina	735		K30	22	00:01:00	00:30:33	00:53:59	01:18:12.20	01:19:12.55	+00:31:43 (40.6%)	5:12	11.5 (59.3%)
508	HŁYWA Beata	248	KB WYGAN	K40	10	00:00:26	00:30:02	00:53:48	01:18:14.30	01:18:40.55	+00:31:46 (40.6%)	5:12	11.5 (59.3%)
509	MIELEWCZYK Leszek	488	LTS ŁĘBORK	M60	19	00:00:38	00:29:58	00:53:18	01:18:14.65	01:18:53.15	+00:31:46 (40.6%)	5:13	11.5 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
510	KĘPKA Mirosław	324	KB.SPRINT.ŚWIDWIN	M45	65	00:00:53	00:29:36	00:52:53	01:18:19.15	01:19:12.85	+00:31:50 (40.7%)	5:13	11.5 (59.3%)
511	DEREŃ Grzegorz	143	KB.SPRINT.ŚWIDWIN	M40	102	00:00:52	00:29:36	00:52:53	01:18:20.05	01:19:12.85	+00:31:51 (40.7%)	5:13	11.5 (59.3%)
512	KOWALSKI Zbigniew	366	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	33	00:00:33	00:28:56	00:52:23	01:18:22.65	01:18:56.05	+00:31:54 (40.7%)	5:13	11.5 (59.3%)
513	RUTKOWSKA Anna	644		K45	13	00:00:35	00:29:30	00:53:00	01:18:26.25	01:19:01.80	+00:31:57 (40.8%)	5:13	11.5 (59.3%)
514	BORKOWSKA-KOWALCZYK Daria	62	WOMEN'S FIGHT CLUB KOSZALIN	K35	7	00:00:10	00:27:49	00:50:51	01:18:32.15	01:18:42.25	+00:32:03 (40.8%)	5:14	11.5 (59.3%)
515	CYNARSKI Marek	118	GAZOWNIK TEAM	M40	103	00:00:50	00:29:30	00:52:35	01:18:32.80	01:19:22.80	+00:32:04 (40.8%)	5:14	11.5 (59.3%)
516	BŁAŻEWICZ Marta	53		K35	8	00:00:55	00:29:38	00:52:37	01:18:36.70	01:19:31.80	+00:32:08 (40.9%)	5:14	11.5 (59.3%)
517	SZNABEL Alina	747	4RUN TEAM PIŁA	K60	1	00:00:55	00:29:36	00:52:35	01:18:38.75	01:19:34.40	+00:32:10 (40.9%)	5:14	11.4 (58.8%)
518	MARKOWSKI Andrzej	470	TKKF KOSZALIN	M60	20	00:00:14	00:28:06	00:51:43	01:18:41.80	01:18:56.70	+00:32:13 (40.9%)	5:14	11.4 (58.8%)
519	PEŁKA Janusz	560		M55	34	00:00:47	00:29:30	00:53:05	01:18:48.50	01:19:35.75	+00:32:20 (41.0%)	5:15	11.4 (58.8%)
520	WIŚNIEWSKA Magdalena	824		K30	23	00:00:45	00:29:36	00:53:11	01:18:48.55	01:19:34.25	+00:32:20 (41.0%)	5:15	11.4 (58.8%)
521	GRABOWSKA-LESISZ Aneta	211		K35	9	00:00:21	00:28:03	00:51:49	01:18:52.40	01:19:14.10	+00:32:24 (41.1%)	5:15	11.4 (58.8%)
522	NIEWIDZIAJŁO Michał	502		M30	64	00:00:21	00:28:39	00:51:59	01:18:54.40	01:19:15.95	+00:32:26 (41.1%)	5:15	11.4 (58.8%)
523	KUROWSKA Izabela	949	FITOKA	K35	10	00:00:22	00:30:07	00:53:25	01:18:59.90	01:19:22.60	+00:32:31 (41.2%)	5:16	11.4 (58.8%)
524	KACZYŃSKI Mirosław	303		M30	65	00:00:18	00:30:40	00:55:14	01:19:03.35	01:19:21.40	+00:32:35 (41.2%)	5:16	11.4 (58.8%)
525	GRANAT Jarosław	216		M50	33	00:00:48	00:29:47	00:53:11	01:19:07.40	01:19:56.00	+00:32:39 (41.3%)	5:16	11.4 (58.8%)
526	OPALIŃSKI Stanisław	527	KOŁOBRZEG BIEGA	M60	21	00:00:07	00:26:51	00:49:35	01:19:12.15	01:19:19.55	+00:32:43 (41.3%)	5:16	11.4 (58.8%)
527	ŚWIERZKO Artur	765		M40	104	00:00:11	00:28:16	00:52:05	01:19:13.00	01:19:24.10	+00:32:44 (41.3%)	5:16	11.4 (58.8%)
528	FAJER Markus	173	RAZ SZCZECIN	M65	9	00:00:29	00:28:32	00:52:36	01:19:13.70	01:19:43.15	+00:32:45 (41.3%)	5:16	11.4 (58.8%)
529	ANKUDOWICZ Damian	13		M35	87	00:00:19	00:30:04	00:53:41	01:19:17.05	01:19:36.05	+00:32:48 (41.4%)	5:17	11.4 (58.8%)
530	HOK Bożena	254		K45	14	00:00:39	00:30:05	00:53:33	01:19:17.10	01:19:56.20	+00:32:48 (41.4%)	5:17	11.4 (58.8%)
531	KRZEMIEN Ireneusz	388		M50	34	00:00:59	00:29:48	00:53:50	01:19:19.55	01:20:19.15	+00:32:51 (41.4%)	5:17	11.3 (58.2%)
532	OSSES Wojciech	533	KUNA KOWANÓWKO	M35	88	00:00:27	00:30:38	00:54:34	01:19:24.35	01:19:51.65	+00:32:56 (41.5%)	5:17	11.3 (58.2%)
533	RZEPKA Bartosz	654	KUNA KOWANÓWKO	M35	89	00:00:27	00:30:38	00:54:35	01:19:27.00	01:19:54.90	+00:32:58 (41.5%)	5:17	11.3 (58.2%)
534	BĄCZYK Monika	33	MONIA TEAM	K35	11	00:00:46	00:29:33	00:52:48	01:19:27.85	01:20:14.25	+00:32:59 (41.5%)	5:17	11.3 (58.2%)
535	AKIER Magdalena	8		K20	6	00:00:30	00:27:33	00:51:03	01:19:28.85	01:19:59.05	+00:33:00 (41.5%)	5:17	11.3 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
536	CHODYNIECKI Krzysztof	94		M40	105	00:00:47	00:30:06	00:53:42	01:19:33.25	01:20:21.00	+00:33:04 (41.6%)	5:18	11.3 (58.2%)
537	DANOWSKI Maciej	129	FITNESS CLUB FORMA	M40	106	00:00:42	00:30:01	00:53:54	01:19:35.80	01:20:18.15	+00:33:07 (41.6%)	5:18	11.3 (58.2%)
538	BĄCZYK Adam	34	MONIA TEAM	M40	107	00:00:46	00:29:33	00:52:49	01:19:36.10	01:20:22.65	+00:33:07 (41.6%)	5:18	11.3 (58.2%)
539	RYSAK Adrian	650	RUNGRYF GRZYFICE	M20	32	00:00:38	00:28:32	00:52:15	01:19:36.30	01:20:14.70	+00:33:08 (41.6%)	5:18	11.3 (58.2%)
540	SZEWCZYKOWSKI Grzegorz	743	BYDGOSKIE ŻÓŁWIE	M35	90	00:00:33	00:27:59	00:50:53	01:19:37.85	01:20:10.90	+00:33:09 (41.6%)	5:18	11.3 (58.2%)
541	KIEŁKOWSKI Przemysław	326		M35	91	00:00:48	00:30:00	00:53:58	01:19:42.25	01:20:30.90	+00:33:13 (41.7%)	5:18	11.3 (58.2%)
542	SAJNÓG Joanna	659	KOŁOBRZEG MARATON TEAM	K30	24	00:00:48	00:30:00	00:53:58	01:19:42.50	01:20:31.15	+00:33:14 (41.7%)	5:18	11.3 (58.2%)
543	HANULA Piotr	239	BŁĘKITNYPATROL WWF	M40	108	00:00:21	00:29:45	00:54:23	01:19:42.60	01:20:04.20	+00:33:14 (41.7%)	5:18	11.3 (58.2%)
544	MIGALSKA STANKIEWICZ Lucyna	489		K35	12	00:00:30	00:28:49	00:52:55	01:19:43.75	01:20:14.05	+00:33:15 (41.7%)	5:18	11.3 (58.2%)
545	MAJCHRZAK Paweł	458	SUNDAYBIKERS KARLINO TEAM	M40	109	00:00:42	00:29:49	00:53:53	01:19:43.95	01:20:25.95	+00:33:15 (41.7%)	5:18	11.3 (58.2%)
546	DAWIDOWSKI Michał	133	ENDORFINA NOWOGARD	M35	92	00:00:28	00:31:16	00:55:34	01:19:44.10	01:20:12.95	+00:33:15 (41.7%)	5:18	11.3 (58.2%)
547	ZIENCINA Marcin	874		M35	93	00:00:40	00:29:18	00:53:02	01:19:48.75	01:20:29.70	+00:33:20 (41.8%)	5:19	11.3 (58.2%)
548	KURAS Piotr	408		M65	10	00:00:18	00:28:07	00:51:56	01:19:48.95	01:20:07.60	+00:33:20 (41.8%)	5:19	11.3 (58.2%)
549	JANISZEWSKI Mieczysław	273	BULK CARGO PORT SZCZECIN	M55	35	00:00:47	00:29:57	00:53:28	01:19:50.45	01:20:37.95	+00:33:22 (41.8%)	5:19	11.3 (58.2%)
550	WROTECKA Emilia	852		K30	25	00:00:18	00:29:17	00:52:58	01:19:50.60	01:20:09.15	+00:33:22 (41.8%)	5:19	11.3 (58.2%)
550	ZASTAWA Adam	866		M40	110	00:00:47	00:29:58	00:53:28	01:19:50.60	01:20:37.80	+00:33:22 (41.8%)	5:19	11.3 (58.2%)
552	JANUS Grzegorz	277	RAMS TRAINING HOUSE/ RONIN GOLD TEAM	M30	66	00:00:42	00:29:09	00:53:24	01:19:50.75	01:20:32.75	+00:33:22 (41.8%)	5:19	11.3 (58.2%)
553	SAK Piotr	660		M40	111	00:00:26	00:30:02	00:53:48	01:19:57.20	01:20:24.10	+00:33:28 (41.9%)	5:19	11.3 (58.2%)
554	ZIELNIK Daniel	872		M40	112	00:00:54	00:30:07	00:54:04	01:20:00.55	01:20:55.35	+00:33:32 (41.9%)	5:20	11.2 (57.7%)
555	STACHOWSKI Andrzej	709		M45	66	00:00:57	00:29:39	00:52:58	01:20:02.60	01:21:00.15	+00:33:34 (41.9%)	5:20	11.2 (57.7%)
556	DEJNAK Mariola	139		K55	2	00:00:30	00:28:49	00:52:55	01:20:07.80	01:20:38.50	+00:33:39 (42.0%)	5:20	11.2 (57.7%)
557	NAPIERAŁA Bogumił	924	KORA KOSZALIN	M50	35	00:00:41	00:29:22	00:52:53	01:20:09.05	01:20:50.45	+00:33:40 (42.0%)	5:20	11.2 (57.7%)
558	AKIER Tomasz	10	NIEZRZESZONY	M40	113	00:00:29	00:28:06	00:52:09	01:20:09.95	01:20:39.65	+00:33:41 (42.0%)	5:20	11.2 (57.7%)
559	TROSZCZYŃSKA Izabela	779		K20	7	00:01:05	00:29:53	00:53:20	01:20:12.10	01:21:17.35	+00:33:43 (42.1%)	5:20	11.2 (57.7%)
560	BULAK Mateusz	81		M20	33	00:01:05	00:29:52	00:53:21	01:20:12.20	01:21:17.45	+00:33:43 (42.1%)	5:20	11.2 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km					
561	BIELEC Tomasz	45		M20	34	00:00:51	00:29:44	00:53:32	01:20:14.85	01:21:06.15	+00:33:46 (42.1%)	5:21	11.2 (57.7%)
562	SUJAK Włodzimierz	725	MARECKI VS EQUATOR	M55	36	00:01:01	00:30:37	00:54:38	01:20:15.30	01:21:16.45	+00:33:47 (42.1%)	5:21	11.2 (57.7%)
563	WARYSZ Dominik	802	RUNGRYF GRYFICE	M30	67	00:00:44	00:29:58	00:53:46	01:20:15.40	01:20:59.40	+00:33:47 (42.1%)	5:21	11.2 (57.7%)
564	WITA Filip	825	WOLSZTYŃSKI KLUB BIEGOWY	M30	68	00:01:00	00:31:34	00:55:04	01:20:17.30	01:21:18.20	+00:33:49 (42.1%)	5:21	11.2 (57.7%)
565	ŻYWOT Norbert	890		M40	114	00:00:57	00:29:36	00:53:14	01:20:26.70	01:21:23.80	+00:33:58 (42.2%)	5:21	11.2 (57.7%)
566	PTAK Katarzyna	954		K35	13	00:00:22	00:28:46	00:52:49	01:20:29.15	01:20:51.55	+00:34:00 (42.3%)	5:21	11.2 (57.7%)
567	NOWAK-IGNACAK Monika	510		K40	11	00:00:35	00:30:26	00:53:58	01:20:36.40	01:21:11.55	+00:34:08 (42.3%)	5:22	11.2 (57.7%)
568	BARTECKA Ewelina	28	KUNA KOWANÓWKO	K35	14	00:00:27	00:30:37	00:54:35	01:20:40.10	01:21:07.80	+00:34:11 (42.4%)	5:22	11.2 (57.7%)
569	PARADOWSKA Ewelina	546	ZA - BIEGANE BABECZKI. NOWOGARD	K30	26	00:00:34	00:31:18	00:55:28	01:20:47.40	01:21:21.60	+00:34:19 (42.5%)	5:23	11.1 (57.2%)
570	SAJA Przemysław	658		M30	69	00:00:34	00:30:33	00:54:31	01:20:47.80	01:21:22.60	+00:34:19 (42.5%)	5:23	11.1 (57.2%)
571	HRYCAJ Tomasz	257		M30	70	00:00:36	00:30:02	00:53:55	01:20:49.20	01:21:25.25	+00:34:20 (42.5%)	5:23	11.1 (57.2%)
572	DRABARZ Michał	151	ZAWADZKIEGO SZCZECIN	M40	115	00:00:33	00:30:29	00:55:13	01:20:49.45	01:21:23.05	+00:34:21 (42.5%)	5:23	11.1 (57.2%)
573	DENISIUK Krzysztof	140	SZCZECIN	M60	22	00:00:18	00:29:48	00:53:23	01:20:50.45	01:21:09.00	+00:34:22 (42.5%)	5:23	11.1 (57.2%)
574	KRAWCZYK Nata	378	RUN NATKA	K35	15	00:00:40	00:30:03	00:54:04	01:20:53.60	01:21:34.15	+00:34:25 (42.6%)	5:23	11.1 (57.2%)
575	JUSZCZAK Krzysztof	294		M60	23	00:01:07	00:29:22	00:53:19	01:20:56.30	01:22:03.30	+00:34:28 (42.6%)	5:23	11.1 (57.2%)
576	KOZŁOWSKI Maciej	369	AT-AKTYWNY TRZEBIATÓW	M40	116	00:00:17	00:30:37	00:54:40	01:20:57.80	01:21:15.25	+00:34:29 (42.6%)	5:23	11.1 (57.2%)
577	JABŁOŃSKI Mirosław	266	PARKRUN ŚWINOUJŚCIE	M50	36	00:00:35	00:30:02	00:54:03	01:21:00.80	01:21:36.65	+00:34:32 (42.6%)	5:24	11.1 (57.2%)
578	ADAMCZYK Arkadiusz	6	BLUE TEAM PIŁA	M45	67	00:00:11	00:30:24	00:54:16	01:21:03.30	01:21:14.40	+00:34:35 (42.7%)	5:24	11.1 (57.2%)
579	BOROWIEC Mariusz	63		M45	68	00:01:02	00:31:09	00:55:01	01:21:03.85	01:22:06.15	+00:34:35 (42.7%)	5:24	11.1 (57.2%)
580	JUSIŃSKA Anna	895		K45	15	00:00:22	00:30:19	00:54:23	01:21:06.75	01:21:28.95	+00:34:38 (42.7%)	5:24	11.1 (57.2%)
581	MACIOSEK Agnieszka	455		K40	12	00:00:37	00:29:08	00:54:05	01:21:08.85	01:21:46.20	+00:34:40 (42.7%)	5:24	11.1 (57.2%)
582	TOPOLIŃSKI Ireneusz	775	KB BRYZA POSTOMINO	M35	94	00:00:32	00:29:26	00:53:15	01:21:11.35	01:21:43.65	+00:34:43 (42.8%)	5:24	11.1 (57.2%)
583	ŁUCZEJKO Sławomir	444	TEAM BIEGOWY SZCZECINEK	M50	37	00:00:54	00:29:38	00:53:45	01:21:11.55	01:22:06.50	+00:34:43 (42.8%)	5:24	11.1 (57.2%)
584	BUCH Jacek	74	NIEZRZESZONY	M50	38	00:00:37	00:29:35	00:53:36	01:21:15.55	01:21:53.15	+00:34:47 (42.8%)	5:25	11.1 (57.2%)
585	GRABOWSKI Grzegorz	213		M40	117	00:00:40	00:29:38	00:53:42	01:21:21.90	01:22:02.50	+00:34:53 (42.9%)	5:25	11.1 (57.2%)
586	SZYMCZAK Amanda	760		K20	8	00:00:46	00:29:58	00:54:14	01:21:23.05	01:22:09.20	+00:34:54 (42.9%)	5:25	11.1 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km					
587	ROSA Malwina	632		K30	27	00:00:44	00:30:16	00:54:15	01:21:23.40	01:22:07.90	+00:34:55 (42.9%)	5:25	11.1 (57.2%)
588	ŚWIERCZ Dariusz	764		M50	39	00:00:22	00:28:45	00:54:01	01:21:28.10	01:21:50.60	+00:34:59 (43.0%)	5:25	11 (56.7%)
589	SZŁAPKA Dariusz	746		M50	40	00:00:56	00:29:39	00:56:11	01:21:29.40	01:22:26.10	+00:35:01 (43.0%)	5:26	11 (56.7%)
590	JASIANOWSKI Łukasz	283	BTC ORZEŁ BIAŁOGARD	M20	35	00:00:07	00:28:57	00:54:21	01:21:31.20	01:21:38.65	+00:35:02 (43.0%)	5:26	11 (56.7%)
591	KOLANOWSKA Grażyna	341		K55	3	00:00:34	00:30:12	00:54:27	01:21:32.05	01:22:06.50	+00:35:03 (43.0%)	5:26	11 (56.7%)
592	KOLANOWSKI Wojciech	342		M55	37	00:00:34	00:30:12	00:54:27	01:21:32.20	01:22:06.50	+00:35:03 (43.0%)	5:26	11 (56.7%)
593	JASIŃSKI Jarosław	285		M40	118	00:00:59	00:30:14	00:54:16	01:21:36.30	01:22:36.00	+00:35:08 (43.1%)	5:26	11 (56.7%)
594	ADAMCZYK Piotr	5		M40	119	00:00:38	00:30:09	00:54:31	01:21:36.80	01:22:15.35	+00:35:08 (43.1%)	5:26	11 (56.7%)
595	KUCHARCZYK Robert	395	RUNGRYF	M45	69	00:00:43	00:29:01	00:53:02	01:21:39.40	01:22:22.70	+00:35:11 (43.1%)	5:26	11 (56.7%)
596	ARYS Krzysztof	17	AMATOR	M50	41	00:00:52	00:30:25	00:54:49	01:21:42.50	01:22:34.65	+00:35:14 (43.1%)	5:26	11 (56.7%)
597	LENKIEWICZ Stanisław	424	MARATON DEBNO	M55	38	00:00:31	00:30:12	00:54:25	01:21:44.05	01:22:15.70	+00:35:15 (43.1%)	5:26	11 (56.7%)
598	WITKOWSKI Andrzej	829		M50	42	00:00:48	00:29:23	00:54:16	01:21:59.55	01:22:47.65	+00:35:31 (43.3%)	5:27	11 (56.7%)
599	JOŃCZYK Tadeusz	290	DLA IRKA	M45	70	00:00:35	00:29:48	00:54:41	01:22:15.05	01:22:51.00	+00:35:46 (43.5%)	5:29	10.9 (56.2%)
600	KAZIMIERSKI Marek	917		M30	71	00:00:44	00:29:42	00:53:50	01:22:15.50	01:23:00.30	+00:35:47 (43.5%)	5:29	10.9 (56.2%)
601	SKORUPA Edward	676		M55	39	00:00:16	00:28:44	00:52:57	01:22:15.65	01:22:31.65	+00:35:47 (43.5%)	5:29	10.9 (56.2%)
602	SZUBERT Agnieszka	750	KOŁOBRZEG BIEGA	K35	16	00:00:44	00:31:36	00:56:06	01:22:15.75	01:23:00.30	+00:35:47 (43.5%)	5:29	10.9 (56.2%)
603	WRÓBLEWICZ Irena	853	NAKIELSKI KLUB BIEGACZA	K35	17	00:00:40	00:30:26	00:55:05	01:22:17.20	01:22:58.15	+00:35:48 (43.5%)	5:29	10.9 (56.2%)
604	LEŚNIEWSKI Kazimierz	429		M75	1	00:00:16	00:30:40	00:55:12	01:22:23.05	01:22:39.70	+00:35:54 (43.6%)	5:29	10.9 (56.2%)
605	PIÓRO Ewa	573		K40	13	00:00:40	00:30:54	00:55:39	01:22:23.95	01:23:04.25	+00:35:55 (43.6%)	5:29	10.9 (56.2%)
606	WESOŁOWSKI Tomasz	810		M30	72	00:01:01	00:30:52	00:55:27	01:22:24.25	01:23:26.05	+00:35:55 (43.6%)	5:29	10.9 (56.2%)
607	OLESEK Tomasz	524	RASCH POLSKA	M45	71	00:00:56	00:32:04	00:56:32	01:22:25.85	01:23:22.60	+00:35:57 (43.6%)	5:29	10.9 (56.2%)
608	WILKOSZ Tomasz	822	HAIRBOX	M45	72	00:00:35	00:31:56	00:55:57	01:22:27.75	01:23:03.05	+00:35:59 (43.6%)	5:29	10.9 (56.2%)
609	KOWALCZYK Piotr	363		M30	73	00:00:44	00:29:27	00:54:01	01:22:30.45	01:23:14.45	+00:36:02 (43.7%)	5:30	10.9 (56.2%)
610	POTERAŁSKI Radosław	590	JOGGING ŚWINOUJŚCIE	M40	120	00:00:42	00:30:00	00:54:22	01:22:40.70	01:23:23.30	+00:36:12 (43.8%)	5:30	10.9 (56.2%)
610	WIERZBICKA Agata	815		K30	28	00:00:19	00:30:15	00:55:20	01:22:40.70	01:23:00.65	+00:36:12 (43.8%)	5:30	10.9 (56.2%)
612	DZIEKONSKI Jacek	168	ŚLĘZAK TEAM	M60	24	00:00:36	00:29:20	00:53:43	01:22:40.80	01:23:17.70	+00:36:12 (43.8%)	5:30	10.9 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
613	CYBULSKI Michał	117	KB DZIK	M30	74	00:00:39	00:31:38	00:56:52	01:22:42.80	01:23:22.60	+00:36:14 (43.8%)	5:30	10.9 (56.2%)
614	GAJEWSKI Przemek	183		M35	95	00:01:03	00:32:31	00:56:53	01:22:47.60	01:23:51.25	+00:36:19 (43.9%)	5:31	10.9 (56.2%)
615	ŻUKOWSKA Małgorzata	888	NTS	K30	29	00:00:38	00:30:04	00:54:21	01:22:55.20	01:23:34.10	+00:36:26 (44.0%)	5:31	10.9 (56.2%)
616	KORNIOWSKA Ewelina	353	KOŁOBRZEG BIEGA	K40	14	00:00:56	00:31:28	00:56:13	01:23:03.45	01:23:59.70	+00:36:35 (44.0%)	5:32	10.8 (55.7%)
617	KLEINSZMID Marta	334	OSP BIAŁY BÓR	K40	15	00:00:20	00:30:22	00:54:43	01:23:13.30	01:23:34.10	+00:36:45 (44.2%)	5:32	10.8 (55.7%)
618	MARTUSZEWSKI Ryszard	471	RUNNERS OF WAŁCZ	M45	73	00:01:03	00:29:17	00:57:18	01:23:13.80	01:24:17.75	+00:36:45 (44.2%)	5:32	10.8 (55.7%)
619	LIPIŃSKI Błażej	903	TWÓJ STOMATOLOG	M30	75	00:00:35	00:30:04	00:54:53	01:23:16.85	01:23:52.45	+00:36:48 (44.2%)	5:33	10.8 (55.7%)
620	KRÓL Marcin	380		M40	121	00:00:42	00:29:30	00:54:21	01:23:18.05	01:24:00.65	+00:36:49 (44.2%)	5:33	10.8 (55.7%)
621	RZĄDKOWSKA Maria	652		K40	16	00:00:21	00:30:25	00:54:50	01:23:23.00	01:23:44.00	+00:36:54 (44.3%)	5:33	10.8 (55.7%)
622	CHOŚCIŃSKI Piotr	100	HAIRBOX	M40	122	00:00:34	00:31:57	00:56:17	01:23:23.85	01:23:58.35	+00:36:55 (44.3%)	5:33	10.8 (55.7%)
623	HAŁAS Tomasz	237		M50	43	00:00:58	00:31:35	00:56:36	01:23:24.35	01:24:23.10	+00:36:56 (44.3%)	5:33	10.8 (55.7%)
624	LEWANDOWSKI Mirosław	432	RASCH POLSKA GOLENIÓW	M55	40	00:00:56	00:31:54	00:56:29	01:23:32.30	01:24:28.35	+00:37:04 (44.4%)	5:34	10.8 (55.7%)
625	HELLER Zdzisław	246	NIEZRZESZONY	M60	25	00:00:51	00:30:23	00:55:39	01:23:33.00	01:24:24.95	+00:37:04 (44.4%)	5:34	10.8 (55.7%)
626	KURZYMSKI Piotr	411	BIZON TEAM	M45	74	00:00:13	00:29:52	00:55:12	01:23:33.35	01:23:47.20	+00:37:05 (44.4%)	5:34	10.8 (55.7%)
627	TRZEBA Monika	780		K35	18	00:00:18	00:29:57	00:54:58	01:23:34.55	01:23:52.55	+00:37:06 (44.4%)	5:34	10.8 (55.7%)
628	SOWISZ Danuta	702	SOWISZ TEAM	K45	16	00:00:37	00:30:24	00:55:29	01:23:34.75	01:24:12.55	+00:37:06 (44.4%)	5:34	10.8 (55.7%)
629	MACIĄŻEK Renata	451		K35	19	00:00:49	00:31:45	00:56:50	01:23:36.15	01:24:26.05	+00:37:07 (44.4%)	5:34	10.8 (55.7%)
630	MACIĄŻEK Jarosław	450		M35	96	00:00:50	00:31:44	00:56:49	01:23:36.25	01:24:26.35	+00:37:07 (44.4%)	5:34	10.8 (55.7%)
631	KAZUSEK Jan	320	KB BRYZA POSTOMINO	M65	11	00:00:46	00:30:28	00:54:52	01:23:43.45	01:24:29.60	+00:37:15 (44.5%)	5:34	10.8 (55.7%)
632	MAJEWSKI Borys	459		M35	97	00:00:49	00:32:11	00:57:06	01:23:44.75	01:24:34.20	+00:37:16 (44.5%)	5:35	10.7 (55.2%)
633	KRZANOWSKI Marcin	387		M35	98	00:01:03	00:32:18	00:58:04	01:23:44.95	01:24:47.95	+00:37:16 (44.5%)	5:34	10.7 (55.2%)
634	PAPACZEK Małgorzata	544		K30	30	00:01:02	00:33:08	00:57:37	01:23:45.20	01:24:47.60	+00:37:16 (44.5%)	5:35	10.7 (55.2%)
635	MIĄSEK Ryszard	480		M40	123	00:00:56	00:31:06	00:55:43	01:23:46.35	01:24:43.20	+00:37:18 (44.5%)	5:35	10.7 (55.2%)
636	MALINOWSKA Małgorzata	461	KB.SPRINT.ŚWIDWIN	K55	4	00:00:21	00:30:10	00:55:04	01:23:47.35	01:24:08.65	+00:37:19 (44.5%)	5:35	10.7 (55.2%)
637	ŁAZARCZYK Wacław Bogdan	441	ROUTE 11	M60	26	00:00:47	00:32:12	00:57:04	01:23:48.85	01:24:36.60	+00:37:20 (44.6%)	5:35	10.7 (55.2%)
638	GAZARKIEWICZ Antoni	195	BHMW_GDYNIA	M65	12	00:00:40	00:30:53	00:56:25	01:23:51.00	01:24:31.75	+00:37:22 (44.6%)	5:35	10.7 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
639	MAZUREK Barbara	475	BABECZKI KOSZALIN	K35	20	00:00:59	00:30:14	00:55:35	01:23:51.70	01:24:50.95	+00:37:23 (44.6%)	5:35	10.7 (55.2%)
640	KARNICKI Zygmunt	314	TKKF KOSZALIN	M60	27	00:00:15	00:29:23	00:54:18	01:23:58.95	01:24:14.45	+00:37:30 (44.7%)	5:35	10.7 (55.2%)
641	DUDZIAK Piotr	160	KOSZALIN	M40	124	00:00:24	00:29:35	00:54:20	01:24:00.95	01:24:25.15	+00:37:32 (44.7%)	5:36	10.7 (55.2%)
642	KACPRZAK Seweryn	296		M40	125	00:00:54	00:31:40	00:56:51	01:24:06.85	01:25:01.70	+00:37:38 (44.8%)	5:36	10.7 (55.2%)
643	DIDŁUCH Jacek	144	KOŁOBRZEG BIEGA MARATON TEAM	M40	126	00:00:54	00:28:53	00:54:34	01:24:08.65	01:25:03.05	+00:37:40 (44.8%)	5:36	10.7 (55.2%)
644	KONKEL Joanna	347	MKS 'ŚWIĘC' SŁAWNO	K50	3	00:00:19	00:30:19	00:55:19	01:24:10.15	01:24:29.55	+00:37:41 (44.8%)	5:36	10.7 (55.2%)
645	ŁĄCZAK Justyna	419	ASSECO ACTIVE TEAM	K35	21	00:00:30	00:30:04	00:55:07	01:24:15.50	01:24:45.50	+00:37:47 (44.8%)	5:37	10.7 (55.2%)
646	GUZIKOWSKI Tomasz	234	GUZIK TEAM	M35	99	00:00:19	00:30:27	00:56:17	01:24:16.35	01:24:35.45	+00:37:48 (44.9%)	5:37	10.7 (55.2%)
647	HERBA Zbigniew	247	SZWLA	M60	28	00:00:53	00:30:58	00:56:31	01:24:19.60	01:25:13.40	+00:37:51 (44.9%)	5:37	10.7 (55.2%)
648	OPACZYK Paweł	526	PRESTO TRAVEL	M60	29	00:00:55	00:31:31	00:56:52	01:24:22.10	01:25:17.55	+00:37:53 (44.9%)	5:37	10.7 (55.2%)
649	NOWAK Wiesław	507	ROWERY TUROWSKI	M65	13	00:00:54	00:30:58	00:56:30	01:24:26.85	01:25:21.20	+00:37:58 (45.0%)	5:37	10.7 (55.2%)
650	CZARNECKA Teresa	121		K30	31	00:00:31	00:30:01	00:55:41	01:24:32.30	01:25:03.35	+00:38:04 (45.0%)	5:38	10.6 (54.6%)
651	GZELA Olga	236	BABECZKI KOSZALIN, ROZBIEGANY KOSZALIN	K35	22	00:00:15	00:30:05	00:55:53	01:24:34.70	01:24:50.10	+00:38:06 (45.1%)	5:38	10.6 (54.6%)
652	NIERYCHLEWSKI Maciej	932		M40	127	00:00:10	00:30:55	00:56:50	01:24:36.75	01:24:47.05	+00:38:08 (45.1%)	5:38	10.6 (54.6%)
653	WALCZAK Agnieszka	797	TKKF KOSZALIN	K40	17	00:00:16	00:29:21	00:54:58	01:24:42.65	01:24:59.10	+00:38:14 (45.1%)	5:38	10.6 (54.6%)
654	TYKA Edward	787	NIESTOWARZYSZONY	M70	6	00:00:44	00:31:18	00:56:59	01:24:46.65	01:25:31.45	+00:38:18 (45.2%)	5:39	10.6 (54.6%)
655	SODNOMGOMBO Alimaa	691	WIECZORNE BIEGANIE W SZCZECINIE	K55	5	00:00:09	00:30:03	00:55:27	01:24:46.85	01:24:56.15	+00:38:18 (45.2%)	5:39	10.6 (54.6%)
656	REMBARZ Piotr	619		M30	76	00:01:01	00:31:07	00:56:24	01:24:47.15	01:25:48.15	+00:38:18 (45.2%)	5:39	10.6 (54.6%)
657	DOMAŃSKI Adam	150		M40	128	00:00:55	00:32:01	00:57:36	01:24:47.90	01:25:43.30	+00:38:19 (45.2%)	5:39	10.6 (54.6%)
658	ORYSIAK Tomasz	951	GRABOWO	M20	36	00:00:28	00:30:32	00:56:13	01:25:01.90	01:25:30.20	+00:38:33 (45.3%)	5:40	10.6 (54.6%)
659	ANTOSIEWICZ Robert	15	LULACLUB	M45	75	00:00:38	00:31:15	00:56:45	01:25:04.25	01:25:42.65	+00:38:35 (45.4%)	5:40	10.6 (54.6%)
660	WITKA Grażyna	826	ŁEBA MORS POLAND	K50	4	00:00:25	00:31:06	00:57:01	01:25:05.25	01:25:30.70	+00:38:36 (45.4%)	5:40	10.6 (54.6%)
661	LEWICKI Andrzej	434		M60	30	00:00:23	00:31:00	00:56:26	01:25:05.85	01:25:29.45	+00:38:37 (45.4%)	5:40	10.6 (54.6%)
662	SUPROŃ Izabela	726		K35	23	00:00:21	00:30:21	00:55:43	01:25:08.00	01:25:29.05	+00:38:39 (45.4%)	5:40	10.6 (54.6%)
663	SZEWCZYK Monika	742		K20	9	00:00:31	00:31:41	00:57:13	01:25:15.60	01:25:46.70	+00:38:47 (45.5%)	5:41	10.6 (54.6%)
664	BARSZCZEWSKI Sabastian	961	BP WWF	M40	129	00:00:19	00:29:46	00:54:43	01:25:15.80	01:25:35.45	+00:38:47 (45.5%)	5:41	10.6 (54.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
665	GŁOWACKI Jakub	946	GRABOWO	M20	37	00:00:28	00:30:32	00:56:13	01:25:18.50	01:25:47.20	+00:38:50 (45.5%)	5:41	10.5 (54.1%)
666	ŁANGOWSKA Iwona	901	KOŁOBRZEG BIEGA	K50	5	00:00:40	00:31:30	00:57:02	01:25:22.65	01:26:03.60	+00:38:54 (45.6%)	5:41	10.5 (54.1%)
667	LENKIEWICZ Marta	426	AT-AKTYWNY TRZEBIATÓW	K30	32	00:00:41	00:31:26	00:57:16	01:25:26.20	01:26:07.75	+00:38:57 (45.6%)	5:41	10.5 (54.1%)
668	MŁYNAREK Piotr	490		M40	130	00:00:59	00:31:45	00:57:27	01:25:27.55	01:26:27.25	+00:38:59 (45.6%)	5:41	10.5 (54.1%)
669	KACZYŃSKI Henryk	302		M60	31	00:00:12	00:29:08	00:54:46	01:25:30.40	01:25:42.75	+00:39:02 (45.7%)	5:42	10.5 (54.1%)
670	STRZELCZYK Wioletta	721		K40	18	00:00:11	00:30:38	00:56:50	01:25:30.50	01:25:41.50	+00:39:02 (45.7%)	5:42	10.5 (54.1%)
671	WOJTANOWSKI Tomasz	838	KB.SPRINT.ŚWIDWIN	M35	100	00:00:54	00:30:15	00:55:49	01:25:36.65	01:26:30.95	+00:39:08 (45.7%)	5:42	10.5 (54.1%)
672	RUCZKO Sławomir	637	USAA RUCZKO	M40	131	00:00:16	00:30:20	00:55:51	01:25:38.30	01:25:54.95	+00:39:10 (45.7%)	5:42	10.5 (54.1%)
673	WODNICKA Ewa	831	RUNGRYF GRYFICE	K45	17	00:00:44	00:32:04	00:57:56	01:25:38.90	01:26:23.45	+00:39:10 (45.7%)	5:42	10.5 (54.1%)
674	BUDZICH Marcin	77		M30	77	00:00:51	00:32:28	00:58:04	01:25:39.45	01:26:31.05	+00:39:11 (45.7%)	5:42	10.5 (54.1%)
675	DRACZYŃSKI Zygmunt	152	LŁKB TRUCHT ŁOBEZ	M65	14	00:00:39	00:30:04	00:54:35	01:25:41.15	01:26:20.70	+00:39:12 (45.8%)	5:42	10.5 (54.1%)
676	BANAŚ Marcin	23	WIECZORNE BIEGANIE W SZCZECINIE	M35	101	00:01:01	00:31:40	00:57:18	01:25:43.65	01:26:45.10	+00:39:15 (45.8%)	5:42	10.5 (54.1%)
677	KUNA Dawid	405		M20	38	00:00:44	00:31:29	00:57:39	01:25:46.15	01:26:30.80	+00:39:17 (45.8%)	5:43	10.5 (54.1%)
678	GUDANIEC Dorota	231	TRIATHLON KOSZALIN	K55	6	00:00:25	00:31:56	00:57:23	01:25:49.60	01:26:15.05	+00:39:21 (45.9%)	5:43	10.5 (54.1%)
679	MACKOWICZ Aneta	457	REHABILITACJA WOMP SZCZECIN	K40	19	00:00:33	00:31:37	00:57:08	01:25:55.60	01:26:28.65	+00:39:27 (45.9%)	5:43	10.5 (54.1%)
680	KORCZYK Joanna	352	KOŁOBRZESKIE TOWARZYSTWA CYKLISTÓW	K30	33	00:00:53	00:32:12	00:58:22	01:26:04.25	01:26:57.50	+00:39:35 (46.0%)	5:44	10.5 (54.1%)
681	WOLANT Adam	842	KTC KOŁOBRZEG ŚWIAT KÓŁEK	M35	102	00:00:53	00:32:12	00:58:23	01:26:04.90	01:26:57.95	+00:39:36 (46.0%)	5:44	10.5 (54.1%)
682	JABŁOŃSKA Katarzyna	264		K40	20	00:00:40	00:31:14	00:57:42	01:26:10.40	01:26:50.80	+00:39:42 (46.1%)	5:44	10.4 (53.6%)
683	NITA Katarzyna	504	VILLAGE PUNK RUN	K45	18	00:00:44	00:31:02	00:57:02	01:26:11.50	01:26:55.85	+00:39:43 (46.1%)	5:44	10.4 (53.6%)
684	HAWRYLAK Piotr	921		M40	132	00:00:45	00:31:35	00:57:47	01:26:20.50	01:27:05.75	+00:39:52 (46.2%)	5:45	10.4 (53.6%)
685	OGRODOWCZYK Jagoda	516		K30	34	00:00:43	00:31:03	00:57:03	01:26:23.35	01:27:06.75	+00:39:55 (46.2%)	5:45	10.4 (53.6%)
686	PELC Marzena	557	RUN GRYF GRYFICE	K40	21	00:00:44	00:32:04	00:58:04	01:26:24.65	01:27:08.85	+00:39:56 (46.2%)	5:45	10.4 (53.6%)
687	PAJĄK Krzysztof	541	RUNGRYF GRYFICE	M55	41	00:01:03	00:32:18	00:58:15	01:26:39.95	01:27:42.95	+00:40:11 (46.4%)	5:46	10.4 (53.6%)
688	WACHHOLZ Beata	795	KB BRYZA POSTOMINO	K45	19	00:00:46	00:32:19	00:58:08	01:26:41.75	01:27:27.80	+00:40:13 (46.4%)	5:46	10.4 (53.6%)
689	SZELEŹNIAK Monika	741		K40	22	00:00:46	00:31:34	00:57:35	01:26:50.05	01:27:36.95	+00:40:21 (46.5%)	5:47	10.4 (53.6%)
690	JEDLECKA Magdalena	288	LUB WYBIERZ Z LISTY	K40	23	00:00:50	00:32:52	00:58:50	01:26:52.45	01:27:43.20	+00:40:24 (46.5%)	5:47	10.4 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
691	KOŁAKOWSKI Dariusz	344	KB.SPRINT.ŚWIDWIN	M45	76	00:00:53	00:33:44	00:59:44	01:26:58.10	01:27:52.00	+00:40:29 (46.6%)	5:47	10.3 (53.1%)
692	KACZMAREK Zenon	298	KOŁOBRZESKI KLUB MORSÓW	M65	15	00:00:33	00:31:37	00:57:22	01:27:03.50	01:27:36.70	+00:40:35 (46.6%)	5:48	10.3 (53.1%)
693	HAPKE Piotr	240	WAŁECKA ŚCIEMA	M45	77	00:00:26	00:31:24	00:57:55	01:27:04.75	01:27:30.95	+00:40:36 (46.6%)	5:48	10.3 (53.1%)
694	SCHULZ Radek	665	3:33 TEAM	M45	78	00:00:19	00:30:40	00:57:13	01:27:07.80	01:27:27.60	+00:40:39 (46.7%)	5:48	10.3 (53.1%)
695	KANTOR Łukasz	309		M35	103	00:00:37	00:30:13	00:56:14	01:27:09.95	01:27:47.10	+00:40:41 (46.7%)	5:48	10.3 (53.1%)
696	PASZTOR Ania	552		K20	10	00:00:35	00:31:40	00:58:01	01:27:11.60	01:27:46.60	+00:40:43 (46.7%)	5:48	10.3 (53.1%)
697	SOBKOWIAK Magda	688	KURY Z WOLNEGO WYBIEGU .	K45	20	00:00:57	00:31:45	00:57:58	01:27:28.30	01:28:25.55	+00:41:00 (46.9%)	5:49	10.3 (53.1%)
698	ŻELAZEK Beata	885	KURY Z WOLNEGO WYBIEGU .	K45	21	00:00:56	00:31:46	00:57:58	01:27:28.80	01:28:25.75	+00:41:00 (46.9%)	5:49	10.3 (53.1%)
699	NAPIERAŁA Marcin	500		M35	104	00:01:01	00:33:34	01:00:05	01:27:29.75	01:28:31.05	+00:41:01 (46.9%)	5:50	10.3 (53.1%)
700	DROBEK Mateusz	153		M20	39	00:00:23	00:28:52	00:54:35	01:27:29.95	01:27:53.20	+00:41:01 (46.9%)	5:50	10.3 (53.1%)
701	MAŁETKA Piotr	902	TEAM COLBERG	M40	133	00:00:40	00:31:53	00:57:56	01:27:35.80	01:28:16.15	+00:41:07 (46.9%)	5:50	10.3 (53.1%)
702	BORECKI Stanisław	59	4RUN TEAM PIŁA	M60	32	00:00:30	00:33:21	01:00:05	01:27:42.35	01:28:12.75	+00:41:14 (47.0%)	5:50	10.3 (53.1%)
703	BAK Zbigniew	35	RUNNERSWALDE DARŁOWO	M35	105	00:00:34	00:31:32	00:58:30	01:27:50.05	01:28:24.15	+00:41:21 (47.1%)	5:51	10.2 (52.6%)
704	ELBIŃSKA-KRAWCZUK Monika	171		K40	24	00:00:52	00:32:43	00:59:05	01:27:51.15	01:28:43.60	+00:41:22 (47.1%)	5:51	10.2 (52.6%)
705	ADAMCZEWSKA Ewelina	2	MORYŃ	K35	24	00:00:35	00:31:44	00:58:51	01:27:59.05	01:28:34.90	+00:41:30 (47.2%)	5:51	10.2 (52.6%)
706	HRYNIEWICZ Andrzej	259		M55	42	00:00:52	00:32:44	00:59:17	01:28:00.10	01:28:52.15	+00:41:31 (47.2%)	5:52	10.2 (52.6%)
707	KARMELITA Ewa	313	ŁOBZONKA WYRZYSK	K60	2	00:00:11	00:31:41	00:58:19	01:28:01.60	01:28:13.20	+00:41:33 (47.2%)	5:52	10.2 (52.6%)
708	LOBA Jerzy	439		M65	16	00:01:04	00:33:04	00:59:24	01:28:03.25	01:29:07.50	+00:41:34 (47.2%)	5:52	10.2 (52.6%)
709	JASINOWSKA Emilia	284	GIMNAZJUM NR 2 W MIĘDZYCHODZIE	K65	1	00:00:16	00:31:01	00:57:37	01:28:22.00	01:28:38.20	+00:41:53 (47.4%)	5:53	10.2 (52.6%)
710	GRABOWSKI Marek	212		M50	44	00:00:25	00:32:00	00:59:00	01:28:23.00	01:28:48.65	+00:41:54 (47.4%)	5:53	10.2 (52.6%)
711	WIELGUS Marcin	952		M35	106	00:00:28	00:30:03	00:55:33	01:28:27.35	01:28:55.80	+00:41:59 (47.5%)	5:53	10.2 (52.6%)
712	WRONA Józef	891	PORTO-BRYGIER KRZYŻ	M75	2	00:00:41	00:32:54	00:59:32	01:28:46.25	01:29:27.95	+00:42:17 (47.6%)	5:55	10.1 (52.1%)
713	DAWIDOWSKA Magdalena	132		K35	25	00:00:51	00:32:12	00:59:12	01:29:02.25	01:29:53.75	+00:42:33 (47.8%)	5:56	10.1 (52.1%)
714	GRABOWSKA Elżbieta	210		K50	6	00:00:24	00:32:01	00:59:01	01:29:11.35	01:29:36.15	+00:42:43 (47.9%)	5:56	10.1 (52.1%)
715	BĘDZIAK Jerzy	938		M55	43	00:00:10	00:30:56	00:58:00	01:29:12.90	01:29:23.40	+00:42:44 (47.9%)	5:56	10.1 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
716	GRZELAK Karina	225		K40	25	00:00:37	00:32:50	01:00:14	01:29:20.90	01:29:58.20	+00:42:52 (48.0%)	5:57	10.1 (52.1%)
717	GRZESIUK Anna	228		K40	26	00:00:50	00:33:59	01:00:32	01:29:22.70	01:30:13.00	+00:42:54 (48.0%)	5:57	10.1 (52.1%)
718	TRZECIAK Anna	782	KOŁOBRZEG BIEGA	K45	22	00:00:41	00:29:38	00:53:44	01:29:31.45	01:30:12.55	+00:43:03 (48.1%)	5:58	10.1 (52.1%)
719	KWOCZ Krzysztof	415	RUNGRYF	M50	45	00:01:03	00:32:19	00:59:27	01:29:33.05	01:30:36.15	+00:43:04 (48.1%)	5:58	10.1 (52.1%)
720	LIPERTOWICZ Adrianna	436	RUNGRYF GRYFICE	K40	27	00:01:02	00:32:21	00:59:28	01:29:33.55	01:30:36.25	+00:43:05 (48.1%)	5:58	10 (51.5%)
721	WOŹNIAK Jacek	127		M40	134	00:00:06	00:32:10	00:59:21	01:29:41.60	01:29:47.80	+00:43:13 (48.2%)	5:58	10 (51.5%)
722	KONOPIŃSKI Leszek	348	BIEGACZE ŚWINOUJŚCIE	M60	33	00:00:41	00:31:41	00:59:02	01:29:45.05	01:30:26.75	+00:43:16 (48.2%)	5:59	10 (51.5%)
723	OLSZYK Tadeusz	525	BIEGACZE ŚWINOUJŚCIE	M60	34	00:00:41	00:31:41	00:59:01	01:29:45.35	01:30:27.10	+00:43:17 (48.2%)	5:59	10 (51.5%)
724	PAWŁOWSKA Urszula	556		K30	35	00:01:00	00:33:37	01:00:30	01:29:48.40	01:30:49.00	+00:43:20 (48.3%)	5:59	10 (51.5%)
725	SIOŁA Danuta	671	GRA RUNNERS	K40	28	00:00:42	00:30:48	00:57:58	01:29:52.10	01:30:34.10	+00:43:23 (48.3%)	5:59	10 (51.5%)
726	KACZOR Piotr	300	GWIEZDNA FLOTA MASZEWO	M40	135	00:00:29	00:32:56	01:00:38	01:29:56.90	01:30:26.70	+00:43:28 (48.3%)	5:59	10 (51.5%)
727	HANĆ Ryszard	238		M50	46	00:00:55	00:34:00	01:01:58	01:30:00.70	01:30:56.60	+00:43:32 (48.4%)	6:00	10 (51.5%)
728	GARGULIŃSKI Andrzej	186		M40	136	00:00:51	00:32:41	00:59:34	01:30:01.55	01:30:53.20	+00:43:33 (48.4%)	6:00	10 (51.5%)
729	LEKTARSKA Małgorzata	421		K35	26	00:00:21	00:32:11	00:59:03	01:30:05.00	01:30:26.70	+00:43:36 (48.4%)	6:00	10 (51.5%)
730	OKOŁO-KUŁAK Ola	940	GRABOWO	K45	23	00:00:28	00:33:23	01:00:33	01:30:08.60	01:30:36.70	+00:43:40 (48.4%)	6:00	10 (51.5%)
731	WAWRZY尼亚K Przemysław	805	3:33 TEAM	M50	47	00:00:20	00:31:40	00:58:31	01:30:12.00	01:30:32.10	+00:43:43 (48.5%)	6:00	10 (51.5%)
732	WAWRZY尼亚K Anna	806	3:33 TEAM	K35	27	00:00:19	00:31:32	00:58:58	01:30:12.10	01:30:31.70	+00:43:43 (48.5%)	6:00	10 (51.5%)
733	PYDYNOWSKA Elżbieta	602		K55	7	00:00:55	00:32:59	01:00:08	01:30:15.90	01:31:11.45	+00:43:47 (48.5%)	6:01	10 (51.5%)
734	DOMAŃSKA Katarzyna	149		K40	29	00:00:55	00:32:59	01:00:08	01:30:18.40	01:31:13.70	+00:43:50 (48.5%)	6:01	10 (51.5%)
735	WASIAK Sylwester	803	GWIEZDNA FLOTA MASZEWO	M35	107	00:00:54	00:32:31	01:00:13	01:30:18.85	01:31:13.40	+00:43:50 (48.5%)	6:01	10 (51.5%)
736	REMPŁAKOWSKI Krzysztof	622	WE RUN	M40	137	00:00:21	00:32:07	00:59:33	01:30:20.65	01:30:42.55	+00:43:52 (48.6%)	6:01	10 (51.5%)
737	REMPŁAKOWSKA Małgorzata	621	WE RUN	K35	28	00:00:21	00:32:07	00:59:34	01:30:21.15	01:30:42.65	+00:43:52 (48.6%)	6:01	10 (51.5%)
738	PRZYCHÓDZKO Sebastian	841	KTC KOŁOBRZEG ŚWIAT KÓŁEK	M35	108	00:00:32	00:32:53	01:00:36	01:30:26.20	01:30:58.20	+00:43:57 (48.6%)	6:01	10 (51.5%)
739	FIRLIK Mirosław	180		M50	48	00:01:02	00:33:14	00:59:05	01:30:29.45	01:31:32.15	+00:44:01 (48.6%)	6:02	9.9 (51.0%)
740	STYCZYŃSKI Rafał	722		M35	109	00:00:10	00:32:23	00:59:49	01:30:35.50	01:30:45.95	+00:44:07 (48.7%)	6:02	9.9 (51.0%)
741	JAWORSKI Szymon	287		M30	78	00:00:09	00:32:24	00:59:51	01:30:36.00	01:30:45.95	+00:44:07 (48.7%)	6:02	9.9 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
742	RATAJEWSKA Agnieszka	615	FITOSKA	K35	29	00:00:22	00:31:17	00:58:57	01:30:36.70	01:30:58.80	+00:44:08 (48.7%)	6:02	9.9 (51.0%)
743	SKORUPA Justyna	675		K20	11	00:00:15	00:31:09	00:58:20	01:30:48.25	01:31:03.60	+00:44:19 (48.8%)	6:03	9.9 (51.0%)
744	MACKOJĆ Agnieszka	456	RUNGRYF	K45	24	00:00:45	00:33:07	01:00:15	01:30:48.85	01:31:33.95	+00:44:20 (48.8%)	6:03	9.9 (51.0%)
745	PAVLIUTKIN Aleksandr	553		M40	138	00:00:33	00:32:47	01:00:39	01:30:50.25	01:31:23.95	+00:44:21 (48.8%)	6:03	9.9 (51.0%)
746	BARYLSKI Grzegorz	31		M40	139	00:00:35	00:31:44	00:59:00	01:30:53.05	01:31:28.70	+00:44:24 (48.9%)	6:03	9.9 (51.0%)
747	MALINOWSKI Mariusz	463		M40	140	00:00:59	00:33:04	01:00:10	01:30:57.15	01:31:56.65	+00:44:28 (48.9%)	6:03	9.9 (51.0%)
748	UTRAJCZAK Daniel	792		M40	141	00:00:58	00:33:14	01:01:01	01:31:06.45	01:32:05.25	+00:44:38 (49.0%)	6:04	9.9 (51.0%)
749	KRUPINIEWICZ Antoni	384	SKORPION	M45	79	00:00:59	00:32:35	01:00:01	01:31:12.30	01:32:12.10	+00:44:44 (49.0%)	6:04	9.9 (51.0%)
750	RZOŃCA Izabela	655		K40	30	00:00:59	00:33:19	01:00:28	01:31:17.75	01:32:17.30	+00:44:49 (49.1%)	6:05	9.9 (51.0%)
751	KORCZ Sylwia	351	BEZA TEAM	K35	30	00:00:59	00:33:19	01:00:28	01:31:18.40	01:32:17.60	+00:44:50 (49.1%)	6:05	9.9 (51.0%)
752	HARNER Jacek	243		M30	79	00:00:39	00:31:39	00:58:42	01:31:19.40	01:31:59.25	+00:44:51 (49.1%)	6:05	9.9 (51.0%)
753	JABŁOŃSKA Katarzyna	262	FIZJOTERAPIA	K30	36	00:00:58	00:34:16	01:01:30	01:31:24.95	01:32:23.70	+00:44:56 (49.2%)	6:05	9.8 (50.5%)
754	KUBIK Monika	391		K40	31	00:01:01	00:34:14	01:01:07	01:31:26.30	01:32:27.80	+00:44:58 (49.2%)	6:05	9.8 (50.5%)
755	LEPERT Katarzyna	427		K30	37	00:00:43	00:33:15	01:00:49	01:31:38.30	01:32:22.25	+00:45:10 (49.3%)	6:06	9.8 (50.5%)
756	SŁOMSKI Zenon	682	KORZYBSKIE REKINY	M70	7	00:00:55	00:32:17	00:59:36	01:31:39.20	01:32:34.90	+00:45:10 (49.3%)	6:06	9.8 (50.5%)
757	HRYNIEWICZ Ewa	260		K55	8	00:00:50	00:32:53	01:00:43	01:31:40.00	01:32:30.85	+00:45:11 (49.3%)	6:06	9.8 (50.5%)
758	STYGAR Ewa	723		K40	32	00:00:36	00:33:13	01:01:01	01:31:40.65	01:32:16.85	+00:45:12 (49.3%)	6:06	9.8 (50.5%)
759	GASIEWICZ Roman	191		M50	49	00:00:50	00:34:26	01:01:57	01:31:42.45	01:32:33.05	+00:45:14 (49.3%)	6:06	9.8 (50.5%)
760	JABŁOŃSKI Robert	265	FIZJOTERAPIA	M45	80	00:00:58	00:34:15	01:01:30	01:31:43.00	01:32:41.65	+00:45:14 (49.3%)	6:06	9.8 (50.5%)
761	KAMIŃSKI Andrzej	308	NAKIELSKI KLUB BIEGACZA	M40	142	00:00:58	00:34:18	01:01:17	01:31:46.50	01:32:45.20	+00:45:18 (49.4%)	6:07	9.8 (50.5%)
762	GAŁKA Marcin	184		M35	110	00:00:08	00:32:16	01:00:25	01:31:47.50	01:31:55.80	+00:45:19 (49.4%)	6:07	9.8 (50.5%)
763	OŚWIĘCIMSKA Ewelina	537		K30	38	00:00:07	00:32:17	01:00:26	01:31:47.90	01:31:55.80	+00:45:19 (49.4%)	6:07	9.8 (50.5%)
764	BEDNARZ Katarzyna	38		K40	33	00:00:41	00:33:20	01:01:19	01:31:56.70	01:32:38.40	+00:45:28 (49.5%)	6:07	9.8 (50.5%)
765	CHROMICZ Katarzyna	101		K35	31	00:00:36	00:33:14	01:01:01	01:31:57.55	01:32:33.80	+00:45:29 (49.5%)	6:07	9.8 (50.5%)
766	GASIEWICZ Anna	190		K50	7	00:00:50	00:34:25	01:01:57	01:31:59.20	01:32:49.70	+00:45:30 (49.5%)	6:07	9.8 (50.5%)
767	SOKÓŁ Mirosław	696		M45	81	00:00:50	00:34:25	01:01:57	01:31:59.75	01:32:49.85	+00:45:31 (49.5%)	6:07	9.8 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
768	SOKÓŁ Katarzyna	695		K45	25	00:00:49	00:34:26	01:01:58	01:31:59.95	01:32:49.70	+00:45:31 (49.5%)	6:08	9.8 (50.5%)
769	ŁUKASIK Małgorzata	446		K35	32	00:00:49	00:32:34	01:00:50	01:32:06.55	01:32:55.65	+00:45:38 (49.5%)	6:08	9.8 (50.5%)
770	RZYDUCH Piotr	656	RWT W BYDGOSZCZY	M40	143	00:00:40	00:33:16	01:01:05	01:32:10.70	01:32:51.55	+00:45:42 (49.6%)	6:08	9.8 (50.5%)
771	SIWEK Arleta	674	GWIEZDNA FLOTA MASZEWO	K35	33	00:00:30	00:33:12	01:01:26	01:32:16.30	01:32:46.70	+00:45:48 (49.6%)	6:09	9.8 (50.5%)
772	GRABOWSKI Krzysztof	958		M45	82	00:00:52	00:33:51	01:02:03	01:32:20.10	01:33:12.80	+00:45:51 (49.7%)	6:09	9.7 (50.0%)
773	CHAWZIUK Robert	91	PUSZCZYK BUKOWY	M55	44	00:00:48	00:33:49	01:01:53	01:32:30.95	01:33:19.65	+00:46:02 (49.8%)	6:10	9.7 (50.0%)
774	CHAWZIUK Magdalena	90	PUSZCZYK BUKOWY	K45	26	00:00:46	00:33:52	01:01:57	01:32:33.40	01:33:19.80	+00:46:05 (49.8%)	6:10	9.7 (50.0%)
775	PTASZYŃSKA Katarzyna	599	KOŁOBRZEG BIEGA	K60	3	00:00:42	00:33:53	01:02:02	01:32:36.45	01:33:18.75	+00:46:08 (49.8%)	6:10	9.7 (50.0%)
776	ZAMARLIK Tomasz	864	BARDZO FAJNY KLUB	M35	111	00:00:48	00:29:45	00:57:48	01:32:38.60	01:33:27.15	+00:46:10 (49.8%)	6:10	9.7 (50.0%)
777	JANKOWSKI Remigiusz	274		M35	112	00:00:59	00:32:25	01:00:40	01:32:39.40	01:33:39.30	+00:46:11 (49.8%)	6:10	9.7 (50.0%)
778	SKWARK Krzysztof	681		M40	144	00:00:33	00:31:56	00:59:24	01:32:39.45	01:33:13.35	+00:46:11 (49.8%)	6:10	9.7 (50.0%)
779	SZYMCZAK Monika	759		K30	39	00:00:16	00:32:02	01:00:38	01:32:46.95	01:33:02.95	+00:46:18 (49.9%)	6:11	9.7 (50.0%)
780	SOWA Krzysztof	699		M30	80	00:00:33	00:31:34	00:58:25	01:32:53.90	01:33:27.15	+00:46:25 (50.0%)	6:11	9.7 (50.0%)
781	ZIONTKOWSKA Jolanta	877		K55	9	00:00:55	00:33:59	01:01:58	01:33:02.25	01:33:58.20	+00:46:33 (50.1%)	6:12	9.7 (50.0%)
782	BRYNDZA Piotr	66		M40	145	00:00:49	00:32:31	01:02:01	01:33:08.70	01:33:58.00	+00:46:40 (50.1%)	6:12	9.7 (50.0%)
783	SADOWSKA Beata	657		K45	27	00:00:32	00:33:28	01:01:59	01:33:16.50	01:33:49.00	+00:46:48 (50.2%)	6:13	9.6 (49.5%)
784	OLEJNIK Marzena	520	NIEZRZESZONA	K45	28	00:00:17	00:33:43	01:02:05	01:33:26.50	01:33:44.25	+00:46:58 (50.3%)	6:13	9.6 (49.5%)
784	RZESZOTARSKI Jacek	907		M40	146	00:00:58	00:34:34	01:03:12	01:33:26.50	01:34:24.75	+00:46:58 (50.3%)	6:13	9.6 (49.5%)
786	DEPTA Paweł	141		M40	147	00:00:58	00:34:34	01:03:12	01:33:26.55	01:34:24.75	+00:46:58 (50.3%)	6:13	9.6 (49.5%)
787	SERKIS Piotr	942		M30	81	00:00:27	00:33:35	01:02:08	01:33:33.10	01:34:01.00	+00:47:04 (50.3%)	6:14	9.6 (49.5%)
788	NOWACZYK Dorota	505		K45	29	00:00:37	00:33:05	01:01:47	01:33:41.15	01:34:19.05	+00:47:12 (50.4%)	6:14	9.6 (49.5%)
789	BYKOWSKI Bogdan	87	BRACTWO BIEGACZY ZIELONA GORA	M65	17	00:00:46	00:32:05	00:59:42	01:33:51.95	01:34:38.65	+00:47:23 (50.5%)	6:15	9.6 (49.5%)
790	MIEKCZYŃSKA Marta	487	KB.SPRINT.ŚWIDWIN	K35	34	00:00:21	00:33:01	01:01:29	01:34:01.15	01:34:22.35	+00:47:32 (50.6%)	6:16	9.6 (49.5%)
791	SZCZYGIELSKI Michał	739		M30	82	00:00:43	00:34:31	01:03:07	01:34:02.20	01:34:46.00	+00:47:33 (50.6%)	6:16	9.6 (49.5%)
792	BIERNACKI Rene	48		M70	8	00:00:57	00:35:03	01:03:37	01:34:14.75	01:35:12.65	+00:47:46 (50.7%)	6:17	9.5 (49.0%)
793	SERAFIN Justyna	956		K30	40	00:01:00	00:33:38	01:02:07	01:34:20.05	01:35:20.90	+00:47:51 (50.7%)	6:17	9.5 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 15km	brutto 15km			
794	HEJŁASZ Katarzyna	939		K35	35	00:01:00	00:33:38	01:02:08	01:34:20.45	01:35:21.00	+00:47:52 (50.7%)	6:17	9.5 (49.0%)
795	FILIPCZYK Mieczysław	178	NIEZRZESZONY	M55	45	00:00:12	00:32:12	01:00:50	01:34:30.25	01:34:42.55	+00:48:01 (50.8%)	6:18	9.5 (49.0%)
796	HNAT Rafał	249	RUNNERS OF WAŁCZ	M45	83	00:00:25	00:29:55	00:59:49	01:34:30.50	01:34:56.35	+00:48:02 (50.8%)	6:18	9.5 (49.0%)
797	CHOŚCIŃSKA Agnieszka	99	HAIRBOX	K40	34	00:00:34	00:34:24	01:02:39	01:34:41.50	01:35:15.95	+00:48:13 (50.9%)	6:18	9.5 (49.0%)
798	ŻABCZAK Jakub	883	POZNANIANKA	M40	148	00:00:51	00:35:13	01:03:56	01:34:43.85	01:35:34.90	+00:48:15 (50.9%)	6:18	9.5 (49.0%)
798	MASZEROWSKA Marta	472	POZNANIANKA	K40	35	00:00:50	00:35:14	01:03:57	01:34:43.85	01:35:34.65	+00:48:15 (50.9%)	6:18	9.5 (49.0%)
800	BELL Ewa	39		K35	36	00:00:57	00:34:45	01:03:35	01:34:46.95	01:35:44.65	+00:48:18 (51.0%)	6:19	9.5 (49.0%)
801	WALTER Ełiasz	945	GRABOWO	M20	40	00:00:25	00:31:22	01:00:48	01:34:55.10	01:35:20.75	+00:48:26 (51.0%)	6:19	9.5 (49.0%)
802	KUPREWICZ Grzegorz	406	JW1223	M30	83	00:00:13	00:33:56	01:03:23	01:35:01.05	01:35:14.75	+00:48:32 (51.1%)	6:20	9.5 (49.0%)
803	KOLIKOW Antoni	959		M16	10	00:00:14	00:35:39	01:04:05	01:35:13.65	01:35:28.25	+00:48:45 (51.2%)	6:20	9.5 (49.0%)
804	DMITRUK Andrzej	145		M50	50	00:00:24	00:31:49	01:00:31	01:35:34.35	01:35:58.50	+00:49:06 (51.4%)	6:22	9.4 (48.5%)
805	PASEK Paula	548		K30	41	00:00:38	00:34:04	01:03:35	01:35:40.15	01:36:19.10	+00:49:11 (51.4%)	6:22	9.4 (48.5%)
806	LESZCZYŃSKI Roman	428	SO-BIEBIE-GAM	M65	18	00:00:50	00:33:03	01:02:09	01:35:46.15	01:36:36.35	+00:49:17 (51.5%)	6:23	9.4 (48.5%)
807	KURCZ Barbara	409	BABECZKI KOSZALIN	K45	30	00:00:59	00:34:50	01:03:57	01:35:55.35	01:36:54.65	+00:49:27 (51.6%)	6:23	9.4 (48.5%)
808	WIELIŃSKI Krzysztof	814	KB HERMES GRYFINO	M65	19	00:00:56	00:35:26	01:04:34	01:36:15.60	01:37:11.70	+00:49:47 (51.7%)	6:25	9.4 (48.5%)
809	SALITA Lech	661	ALTOM GNIEZNO	M55	46	00:00:51	00:35:00	01:05:25	01:36:23.35	01:37:14.90	+00:49:55 (51.8%)	6:25	9.3 (47.9%)
810	BURCHARDT Mirka	83	RWT W BYDGOSZCZY	K65	2	00:00:40	00:32:51	01:02:46	01:36:25.40	01:37:05.60	+00:49:57 (51.8%)	6:25	9.3 (47.9%)
811	ZAPIEC Aniela	865		K60	4	00:00:31	00:34:10	01:03:27	01:36:34.70	01:37:06.20	+00:50:06 (51.9%)	6:26	9.3 (47.9%)
812	WŁODARCZYK Agnieszka	830		K30	42	00:00:37	00:37:29	01:06:08	01:36:40.85	01:37:18.50	+00:50:12 (51.9%)	6:26	9.3 (47.9%)
813	KUHN-ZAWADZKA Joanna	398	KRÓLICZKI W PLECAKU	K35	37	00:00:47	00:34:04	01:06:34	01:36:44.55	01:37:31.70	+00:50:16 (52.0%)	6:26	9.3 (47.9%)
814	BRZOSTWOSKA Ewa	72	KB BRYZA POSTOMINO	K35	38	00:00:23	00:33:03	01:02:28	01:36:46.85	01:37:10.80	+00:50:18 (52.0%)	6:27	9.3 (47.9%)
815	ODWROT-LEGAWIEC Barbara	515	3:33 TEAM	K40	36	00:00:40	00:35:22	01:04:21	01:36:51.20	01:37:31.35	+00:50:22 (52.0%)	6:27	9.3 (47.9%)
816	ŁUKASZYK Eliza	449	HAIRBOX	K30	43	00:00:31	00:33:06	01:03:23	01:36:51.35	01:37:22.40	+00:50:23 (52.0%)	6:27	9.3 (47.9%)
817	WOŹNIAK Stanisław	849		M65	20	00:00:44	00:33:44	01:03:16	01:36:59.60	01:37:44.30	+00:50:31 (52.1%)	6:28	9.3 (47.9%)
818	KOLASA Tomasz	343		M45	84	00:00:43	00:33:46	01:03:17	01:37:00.60	01:37:44.50	+00:50:32 (52.1%)	6:28	9.3 (47.9%)
819	WĄSOWICZ Anna	807		K35	39	00:01:01	00:34:48	01:04:00	01:37:03.90	01:38:05.70	+00:50:35 (52.1%)	6:28	9.3 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
820	WORONA Przemek	846	NIERZESZONY	M35	113	00:01:00	00:34:15	01:03:27	01:37:16.10	01:38:16.65	+00:50:47 (52.2%)	6:29	9.3 (47.9%)
821	MACIEJEWSKA Anna	906		K40	37	00:00:42	00:34:37	01:04:14	01:37:22.00	01:38:04.10	+00:50:53 (52.3%)	6:29	9.2 (47.4%)
822	JÓZWICKA Aneta	291		K40	38	00:00:31	00:35:01	01:04:54	01:37:26.90	01:37:58.80	+00:50:58 (52.3%)	6:29	9.2 (47.4%)
823	WOSZCZYK Renata	847		K35	40	00:00:31	00:35:00	01:04:54	01:37:26.95	01:37:58.35	+00:50:58 (52.3%)	6:29	9.2 (47.4%)
824	KOZŁOWSKA Kinga	368		K35	41	00:00:58	00:34:36	01:04:00	01:37:36.20	01:38:34.40	+00:51:07 (52.4%)	6:30	9.2 (47.4%)
825	SOBUŚ Jacek	690	JESTESMYFAJNI.PL	M30	84	00:00:50	00:34:58	01:06:23	01:37:42.95	01:38:33.55	+00:51:14 (52.4%)	6:30	9.2 (47.4%)
826	LEŚNIEWSKI Dominik	900	RAMS TRAINING HOUSE	M30	85	00:00:43	00:34:20	01:04:18	01:37:48.75	01:38:31.85	+00:51:20 (52.5%)	6:31	9.2 (47.4%)
827	CSULITS Claudia	115		K45	31	00:00:45	00:34:21	01:04:09	01:37:55.60	01:38:41.00	+00:51:27 (52.5%)	6:31	9.2 (47.4%)
828	ROLINSKI Jan	627	FINISH LINERS	M35	114	00:01:06	00:34:36	01:03:49	01:38:01.35	01:39:07.75	+00:51:33 (52.6%)	6:32	9.2 (47.4%)
829	MANOWSKI Andrzej	466	DENTSU AEGIS RUNNERS	M45	85	00:00:39	00:32:34	01:03:37	01:38:02.70	01:38:41.95	+00:51:34 (52.6%)	6:32	9.2 (47.4%)
830	KAINTOCH David	304	FINISH LINERS	M35	115	00:01:04	00:34:37	01:03:50	01:38:02.85	01:39:07.65	+00:51:34 (52.6%)	6:32	9.2 (47.4%)
831	TUDRUJ Andrzej	784		M40	149	00:00:20	00:32:30	01:02:46	01:39:13.35	01:39:33.75	+00:52:45 (53.2%)	6:36	9.1 (46.9%)
832	WÓDCZAK Katarzyna	850	KB BRYZA POSTOMINO	K20	12	00:00:32	00:35:33	01:06:03	01:39:22.65	01:39:54.95	+00:52:54 (53.2%)	6:37	9.1 (46.9%)
833	SIKORA Tomasz	670		M55	47	00:00:16	00:34:51	01:06:00	01:39:27.05	01:39:43.40	+00:52:58 (53.3%)	6:37	9 (46.4%)
834	SOWIŃSKI Janusz	701	KB BRYZA POSTOMINO	M55	48	00:00:45	00:32:36	01:03:05	01:39:35.65	01:40:21.00	+00:53:07 (53.3%)	6:38	9 (46.4%)
835	NOWICKI Sławomir	511		M55	49	00:00:47	00:35:43	01:06:15	01:40:17.15	01:41:04.15	+00:53:48 (53.7%)	6:41	9 (46.4%)
836	KOSTRZEWA Joanna	359	SZWLA	K35	42	00:00:46	00:35:44	01:06:16	01:40:17.25	01:41:03.65	+00:53:48 (53.7%)	6:41	9 (46.4%)
837	MALINOWSKA Anna	948	GRABOWO	K35	43	00:00:26	00:38:10	01:07:27	01:40:28.90	01:40:55.65	+00:54:00 (53.8%)	6:41	9 (46.4%)
838	SZARYŃSKA Natalia	730	IRONMAN	K16	2	00:00:07	00:33:41	01:05:14	01:40:44.85	01:40:52.15	+00:54:16 (53.9%)	6:43	8.9 (45.9%)
839	DRZEWIECKA Agnieszka	154	PARKRUN ŚWINOUJŚCIE	K45	32	00:00:52	00:33:27	01:01:04	01:40:53.20	01:41:45.95	+00:54:24 (53.9%)	6:43	8.9 (45.9%)
840	ZAKRZEWSKI Tadeusz	863		M60	35	00:00:04	00:33:29	01:04:58	01:41:52.25	01:41:56.65	+00:55:23 (54.4%)	6:47	8.8 (45.4%)
841	GAŁUSZKA Marcin	909	FINISZ MORĄG	M35	116	00:00:08	00:32:11	01:03:41	01:41:57.30	01:42:06.15	+00:55:29 (54.4%)	6:47	8.8 (45.4%)
842	DUSZA Anna	165		K45	33	00:00:43	00:35:49	01:07:28	01:41:58.75	01:42:42.25	+00:55:30 (54.4%)	6:47	8.8 (45.4%)
843	MURAWSKI Waldemar	496		M65	21	00:00:28	00:35:38	01:07:40	01:42:01.55	01:42:29.75	+00:55:33 (54.5%)	6:48	8.8 (45.4%)
844	KULA Szymon	401		M40	150	00:00:43	00:36:16	01:07:26	01:42:05.65	01:42:49.50	+00:55:37 (54.5%)	6:48	8.8 (45.4%)
845	CHODOROWSKA Agnieszka	93	NIE ZRZESZONA	K45	34	00:00:25	00:36:09	01:07:58	01:42:26.60	01:42:51.65	+00:55:58 (54.6%)	6:49	8.8 (45.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas			Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	Bike5_All 6km	Bike10_All 10km	15km	15km			
846	JAMROŻY Jagoda	271		K20	13	00:00:31	00:35:26	01:06:49	01:43:03.35	01:43:34.55	+00:56:35 (54.9%)	6:52	8.7 (44.8%)
847	CWAJDA Karolina	116		K20	14	00:00:33	00:38:45	01:10:21	01:43:08.85	01:43:42.60	+00:56:40 (54.9%)	6:52	8.7 (44.8%)
848	SKOWROŃSKA Dominika	897		K16	3	00:00:24	00:37:23	01:08:05	01:43:30.70	01:43:54.85	+00:57:02 (55.1%)	6:54	8.7 (44.8%)
849	SKOWROŃSKA Anna	677		K40	39	00:00:23	00:37:23	01:08:06	01:43:38.85	01:44:02.75	+00:57:10 (55.2%)	6:54	8.7 (44.8%)
850	JURCZAK Jarosław	293	KS HANZA GOLENIÓW	M60	36	00:00:32	00:35:49	01:07:49	01:43:39.65	01:44:12.55	+00:57:11 (55.2%)	6:54	8.7 (44.8%)
851	SCHMIDT Dariusz	664		M50	51	00:01:01	00:35:36	01:06:51	01:43:41.55	01:44:43.30	+00:57:13 (55.2%)	6:54	8.7 (44.8%)
852	MICHALSKA Agnieszka	482		K55	10	00:00:53	00:36:05	01:08:07	01:43:54.65	01:44:48.50	+00:57:26 (55.3%)	6:55	8.7 (44.8%)
853	GUZOWSKA Iwona	235	KS UZNAM	K50	8	00:00:53	00:36:05	01:08:07	01:43:55.15	01:44:48.75	+00:57:26 (55.3%)	6:55	8.7 (44.8%)
854	KLESZCZ Bożena	335		K40	40	00:00:51	00:36:15	01:08:54	01:43:59.55	01:44:50.90	+00:57:31 (55.3%)	6:55	8.7 (44.8%)
855	BUDZYŃSKA Elżbieta	78	BBL SŁUPSK	K50	9	00:00:31	00:34:57	01:07:02	01:43:59.80	01:44:31.45	+00:57:31 (55.3%)	6:56	8.7 (44.8%)
856	KLESZCZ Adam	336		M40	151	00:00:51	00:36:14	01:08:46	01:44:00.35	01:44:51.95	+00:57:32 (55.3%)	6:56	8.7 (44.8%)
857	SZCZYGIELSKA Aleksandra	737		K35	44	00:00:39	00:36:36	01:08:43	01:44:10.90	01:44:50.00	+00:57:42 (55.4%)	6:56	8.6 (44.3%)
858	BRZEZIŃSKI Łukasz	71		M20	41	00:00:24	00:34:09	01:06:16	01:44:21.35	01:44:45.70	+00:57:53 (55.5%)	6:57	8.6 (44.3%)
859	BRZESKA Magdalena	68		K20	15	00:00:33	00:38:45	01:10:34	01:44:37.20	01:45:11.05	+00:58:08 (55.6%)	6:58	8.6 (44.3%)
860	WENCŁAW-JUSZCZAK Marta	912		K40	41	00:01:01	00:37:08	01:10:13	01:46:33.60	01:47:35.05	+01:00:05 (56.4%)	7:06	8.4 (43.3%)
861	KRYSA Krystian	386		M16	11	00:00:52	00:36:20	01:09:15	01:46:43.30	01:47:35.40	+01:00:15 (56.5%)	7:06	8.4 (43.3%)
862	KRYSA Krzysztof	385		M45	86	00:00:52	00:36:20	01:09:15	01:46:43.50	01:47:36.20	+01:00:15 (56.5%)	7:06	8.4 (43.3%)
863	KACZMAREK Ewa	299		K35	45	00:00:58	00:35:39	01:10:11	01:47:26.35	01:48:24.95	+01:00:58 (56.7%)	7:09	8.4 (43.3%)
864	MACIEJEWSKA Grażyna	452	SZWLA	K55	11	00:00:48	00:38:25	01:11:21	01:47:30.85	01:48:18.90	+01:01:02 (56.8%)	7:10	8.4 (43.3%)
865	DERENOWSKA Stefania	142	RUNGRYF	K50	10	00:00:45	00:38:09	01:11:03	01:47:38.90	01:48:24.45	+01:01:10 (56.8%)	7:10	8.4 (43.3%)
866	RAMA Ewa	610		K50	11	00:01:02	00:37:08	01:10:15	01:47:40.95	01:48:43.05	+01:01:12 (56.8%)	7:10	8.4 (43.3%)
867	LEGAWIEC Paweł	420	3:33 TEAM	M45	87	00:00:40	00:37:29	01:10:34	01:47:47.35	01:48:27.40	+01:01:19 (56.9%)	7:11	8.4 (43.3%)
868	KĘDZIERSKI Jarek	322		M45	88	00:00:22	00:35:16	01:08:13	01:47:56.75	01:48:19.25	+01:01:28 (56.9%)	7:11	8.3 (42.8%)
869	KOPCEWICZ Henryk	349	CROWN GOLENIOW	M60	37	00:00:55	00:37:19	01:10:49	01:49:44.10	01:50:40.05	+01:03:15 (57.7%)	7:19	8.2 (42.3%)
870	PASEK Jan	549		M60	38	00:00:12	00:37:46	01:12:47	01:51:28.50	01:51:41.35	+01:05:00 (58.3%)	7:25	8.1 (41.8%)
871	BORKOWSKA Ewa	61		K65	3	00:00:47	00:39:34	01:14:03	01:52:50.15	01:53:37.35	+01:06:21 (58.8%)	7:31	8 (41.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike5_All 6km	Bike10_All 10km	Czas netto 15km	Czas brutto 15km	Różn	Tempo min/km	Tempo km/h
872	BOMAK Dorota	57		K30	44	00:00:37	00:37:50	01:12:25	01:54:36.85	01:55:14.45	+01:08:08 (59.5%)	7:38	7.9 (40.7%)
873	SZCZEBLEWSKI Józef	732		M60	39	00:00:04	00:40:09	01:15:19	01:55:59.95	01:56:04.65	+01:09:31 (59.9%)	7:44	7.8 (40.2%)
874	MACIEJEWSKI Henryk	453	SZWLA	M75	3	00:00:47	00:39:26	01:16:18	01:57:07.55	01:57:55.10	+01:10:39 (60.3%)	7:48	7.7 (39.7%)
875	MORAWSKA Monika	491		K40	42	00:01:05	00:43:55	01:45:03	02:13:57.70	02:15:02.80	+01:27:29 (65.3%)	8:55	6.7 (34.5%)
876	ROSIŃSKA Janina	633		K70+	1	00:00:05	00:45:47	01:28:52	02:14:44.80	02:14:50.10	+01:28:16 (65.5%)	8:59	6.7 (34.5%)
	REKOWSKI Adam	617	PLK S.A. CENTRALA	M55		DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 877 wynik(ów)