



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

## XXXI BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

Stowarzyszenie "Bieg Zaślubin"  
2017-03-12  
Kołobrzeg  
15 km

B4SPORT



Klasyfikacja: WP

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	<b>BORZĘCKI Norbert</b>	<b>64</b>	KOSZALIN	M35	1	00:00:03	00:19:59	00:33:53	<b>00:50:19.10</b>	<b>00:50:22.25</b>		3:21	17.9 (100%)
2	<b>CZERNIEWSKI Marcin</b>	<b>125</b>	7 BRYGADA OBRONY WYBRZEŻA	M20	4	00:00:04	00:20:13	00:34:24	<b>00:51:30.10</b>	<b>00:51:34.30</b>	+00:01:11 (2.3%)	3:26	17.5 (97.8%)
3	<b>WOJCIECHOWSKI Jarosław</b>	<b>836</b>	BIEGACZ Z JAROSŁAWCA	M35	2	00:00:03	00:20:30	00:35:12	<b>00:51:43.85</b>	<b>00:51:47.65</b>	+00:01:24 (2.7%)	3:26	17.4 (97.2%)
4	<b>MANIKOWSKI Piotr</b>	<b>465</b>	KPPSP ZŁOTÓW	M35	3	00:00:05	00:20:56	00:36:03	<b>00:54:03.25</b>	<b>00:54:08.25</b>	+00:03:44 (6.9%)	3:36	16.7 (93.3%)
5	<b>TERLIKOWSKI Grzegorz</b>	<b>919</b>		M30	4	00:00:04	00:21:39	00:37:18	<b>00:55:38.15</b>	<b>00:55:42.35</b>	+00:05:19 (9.6%)	3:42	16.2 (90.5%)
6	<b>BŁASZCZYK Zbigniew</b>	<b>896</b>		M40	3	00:00:09	00:21:23	00:37:16	<b>00:56:19.20</b>	<b>00:56:28.20</b>	+00:06:00 (10.7%)	3:45	16 (89.4%)
7	<b>EMILIT Grzegorz</b>	<b>172</b>	DZIESIĄTKA BIAŁOGARD	M30	5	00:00:07	00:22:12	00:38:03	<b>00:56:37.55</b>	<b>00:56:45.00</b>	+00:06:18 (11.1%)	3:46	15.9 (88.8%)
8	<b>GIBA Jacek</b>	<b>198</b>	MKL MARATON ŚWINOUJŚCIE	M45	2	00:00:04	00:22:19	00:38:25	<b>00:57:16.95</b>	<b>00:57:20.95</b>	+00:06:57 (12.2%)	3:49	15.7 (87.7%)
9	<b>BUŁAW Piotr</b>	<b>75</b>	JW 4094, 4RUN TEAM PIŁA	M30	9	00:00:05	00:22:21	00:38:51	<b>00:57:44.05</b>	<b>00:57:49.05</b>	+00:07:24 (12.8%)	3:50	15.6 (87.2%)
10	<b>KRAKOWSKI Piotr</b>	<b>375</b>	KB PIAST MIĘDZYRZECZ	M20	10	00:00:06	00:22:15	00:38:44	<b>00:58:16.40</b>	<b>00:58:22.70</b>	+00:07:57 (13.7%)	3:53	15.4 (86.0%)
11	<b>DĄBROWSKI Robert</b>	<b>135</b>	JW 2117	M35	11	00:00:06	00:22:51	00:39:29	<b>00:58:18.50</b>	<b>00:58:25.15</b>	+00:07:59 (13.7%)	3:53	15.4 (86.0%)
12	<b>SZOPIŃSKI Tomasz</b>	<b>748</b>	KB BRYZA POSTOMINO	M30	10	00:00:04	00:22:29	00:39:13	<b>00:58:32.90</b>	<b>00:58:37.50</b>	+00:08:13 (14.1%)	3:54	15.4 (86.0%)
13	<b>BARAN Jacek</b>	<b>25</b>		M55	1	00:00:05	00:22:42	00:39:22	<b>00:58:48.15</b>	<b>00:58:53.15</b>	+00:08:29 (14.4%)	3:55	15.3 (85.5%)
14	<b>PIECYK Robert</b>	<b>915</b>	BT KOŁOBRZEG	M40	8	00:00:05	00:22:28	00:39:20	<b>00:59:04.20</b>	<b>00:59:09.30</b>	+00:08:45 (14.8%)	3:56	15.2 (84.9%)

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
15	<b>GŁUSZCZAK Kazimierz</b>	<b>204</b>	TEAM KOPEĆ	M40	12	00:00:04	00:22:20	00:39:30	<b>00:59:42.75</b>	<b>00:59:47.40</b>	+00:09:23 (15.7%)	3:58	15.1 (84.4%)
16	<b>BIEDRZYCKI Adam</b>	<b>42</b>	CW FANZA KOŁOBRZEG	M30	11	00:00:05	00:22:27	00:39:19	<b>01:00:01.95</b>	<b>01:00:07.55</b>	+00:09:42 (16.2%)	4:00	15 (83.8%)
17	<b>PISKORZ Szymon</b>	<b>574</b>	KP PSP GRYFICE	M30	12	00:00:07	00:23:24	00:40:41	<b>01:00:08.95</b>	<b>01:00:16.65</b>	+00:09:49 (16.3%)	4:00	15 (83.8%)
18	<b>MENTLAK Dariusz</b>	<b>477</b>	KP PSP GRYFICE	M35	15	00:00:06	00:23:25	00:40:42	<b>01:00:09.30</b>	<b>01:00:16.00</b>	+00:09:50 (16.4%)	4:00	15 (83.8%)
19	<b>KALETA Sebastian</b>	<b>305</b>	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH KOSZALIN	M40	14	00:00:08	00:23:28	00:40:34	<b>01:00:22.10</b>	<b>01:00:30.35</b>	+00:10:03 (16.6%)	4:01	14.9 (83.2%)
20	<b>TOMASZEWSKI Dawid</b>	<b>773</b>	SZWLA STARGARD	M40	17	00:00:08	00:23:27	00:40:37	<b>01:00:45.00</b>	<b>01:00:53.90</b>	+00:10:25 (17.2%)	4:03	14.8 (82.7%)
21	<b>BIEDRZYCKI Krzysztof</b>	<b>43</b>		M45	6	00:00:05	00:23:36	00:40:46	<b>01:00:53.85</b>	<b>01:00:59.55</b>	+00:10:34 (17.4%)	4:03	14.8 (82.7%)
22	<b>BEMOWICZ Tomasz</b>	<b>40</b>	KB WYGAN	M45	8	00:00:06	00:23:33	00:40:43	<b>01:01:02.50</b>	<b>01:01:08.65</b>	+00:10:43 (17.6%)	4:04	14.7 (82.1%)
23	<b>STACHOWIAK Adrian</b>	<b>708</b>		M30	14	00:00:09	00:23:26	00:40:54	<b>01:01:04.20</b>	<b>01:01:13.25</b>	+00:10:45 (17.6%)	4:04	14.7 (82.1%)
24	<b>ZATORSKI Zbigniew</b>	<b>867</b>	X---O---X	M35	18	00:00:22	00:23:20	00:40:58	<b>01:01:13.35</b>	<b>01:01:36.05</b>	+00:10:54 (17.8%)	4:04	14.7 (82.1%)
25	<b>MYSZKOWSKI Jan</b>	<b>497</b>		M55	3	00:00:12	00:23:52	00:41:38	<b>01:02:03.10</b>	<b>01:02:15.95</b>	+00:11:44 (18.9%)	4:08	14.5 (81.0%)
26	<b>ANTOSIK Grzegorz</b>	<b>16</b>	KB BRYZA POSTOMINO/JW 1223	M40	22	00:00:06	00:23:45	00:41:33	<b>01:02:06.00</b>	<b>01:02:12.85</b>	+00:11:46 (19.0%)	4:08	14.5 (81.0%)
27	<b>BARCZAK Rafał</b>	<b>26</b>	KPP ZŁOTÓW	M40	23	00:00:16	00:23:54	00:41:46	<b>01:02:08.50</b>	<b>01:02:25.25</b>	+00:11:49 (19.0%)	4:08	14.5 (81.0%)
28	<b>TOMCZAK Marek</b>	<b>774</b>	ROZBIEGANY KOSZALIN	M35	21	00:00:09	00:24:17	00:42:09	<b>01:02:19.15</b>	<b>01:02:28.75</b>	+00:12:00 (19.3%)	4:09	14.4 (80.4%)
29	<b>GROCHOWALSKI Rafał</b>	<b>217</b>	KB.SPRINT.ŚWIDWIN	M35	24	00:00:10	00:24:16	00:42:09	<b>01:02:43.75</b>	<b>01:02:54.45</b>	+00:12:24 (19.8%)	4:10	14.3 (79.9%)
30	<b>CICHOŃCZUK Antoni</b>	<b>109</b>	AKADEMIA MARYNARKI WOJENNEJ	M65	1	00:00:05	00:23:55	00:41:56	<b>01:02:47.10</b>	<b>01:02:52.50</b>	+00:12:28 (19.9%)	4:11	14.3 (79.9%)
31	<b>GRABSZTUNOWICZ Robert</b>	<b>214</b>	TT SZCZECIN	M40	27	00:00:14	00:25:36	00:43:54	<b>01:03:22.90</b>	<b>01:03:37.15</b>	+00:13:03 (20.6%)	4:13	14.2 (79.3%)
32	<b>BACHORSKI Tomasz</b>	<b>20</b>	KS GRYF KIETRZ	M45	14	00:00:27	00:23:55	00:42:38	<b>01:03:58.95</b>	<b>01:04:26.65</b>	+00:13:39 (21.4%)	4:15	14.1 (78.8%)
33	<b>SZLEGIER Dariusz</b>	<b>745</b>	BIEGAMYRAZEM.PL	M40	30	00:00:06	00:24:21	00:43:02	<b>01:04:07.95</b>	<b>01:04:14.65</b>	+00:13:48 (21.5%)	4:16	14 (78.2%)
34	<b>KUCZERA Przemysław</b>	<b>397</b>	HURPAGUNS TRIATHLON TEAM	M35	28	00:00:23	00:25:05	00:43:29	<b>01:04:21.70</b>	<b>01:04:45.25</b>	+00:14:02 (21.8%)	4:17	14 (78.2%)
35	<b>MARCINIAK Robert</b>	<b>467</b>		M40	39	00:00:06	00:24:52	00:43:55	<b>01:05:42.70</b>	<b>01:05:48.90</b>	+00:15:23 (23.4%)	4:22	13.7 (76.5%)
36	<b>OLESZCZAK Robert</b>	<b>521</b>	KP PSP GRYFICE	M40	41	00:00:06	00:24:04	00:43:15	<b>01:05:50.60</b>	<b>01:05:57.55</b>	+00:15:31 (23.6%)	4:23	13.7 (76.5%)
37	<b>OLESZCZAK Piotr</b>	<b>522</b>	OSP GRYFICE	M16	3	00:00:06	00:25:21	00:44:43	<b>01:05:53.80</b>	<b>01:06:00.00</b>	+00:15:34 (23.6%)	4:23	13.7 (76.5%)

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
38	<b>WYSZKOWSKI Marcin</b>	<b>859</b>	KB WYGAN	M40	42	00:00:19	00:24:47	00:44:02	<b>01:06:04.60</b>	<b>01:06:24.45</b>	+00:15:45 (23.8%)	4:24	13.6 (76.0%)
39	<b>BURAK Piotr</b>	<b>82</b>	TRZEBIATÓW	M35	36	00:00:22	00:25:35	00:44:52	<b>01:06:07.75</b>	<b>01:06:30.40</b>	+00:15:48 (23.9%)	4:24	13.6 (76.0%)
40	<b>REMBECKI Marcin</b>	<b>620</b>		M30	22	00:00:30	00:23:28	00:41:27	<b>01:06:09.40</b>	<b>01:06:40.15</b>	+00:15:50 (23.9%)	4:24	13.6 (76.0%)
41	<b>KARCZ Artur</b>	<b>310</b>		M35	42	00:00:11	00:27:26	00:47:10	<b>01:07:04.65</b>	<b>01:07:16.25</b>	+00:16:45 (25.0%)	4:28	13.4 (74.9%)
42	<b>BARTOSZUK Adam</b>	<b>30</b>	BT KOŁOBRZEG	M40	45	00:00:05	00:25:10	00:45:05	<b>01:07:14.05</b>	<b>01:07:19.95</b>	+00:16:54 (25.2%)	4:28	13.4 (74.9%)
43	<b>FILAROWSKI Stefan</b>	<b>177</b>	GRUPA NURKÓW INŻYNIERII	M45	29	00:00:26	00:26:16	00:45:21	<b>01:07:17.70</b>	<b>01:07:44.40</b>	+00:16:58 (25.2%)	4:29	13.4 (74.9%)
44	<b>MAZUR Emiliusz</b>	<b>474</b>	ŻYJ Z ENERGIA	M40	46	00:00:06	00:24:02	00:43:07	<b>01:07:19.95</b>	<b>01:07:26.25</b>	+00:17:00 (25.3%)	4:29	13.4 (74.9%)
45	<b>KRAKOWIAK Sławomir</b>	<b>374</b>		M40	48	00:00:16	00:25:44	00:45:31	<b>01:07:47.80</b>	<b>01:08:04.55</b>	+00:17:28 (25.8%)	4:31	13.3 (74.3%)
46	<b>URBAŃSKI Tomasz</b>	<b>791</b>		M45	32	00:00:13	00:25:52	00:45:33	<b>01:07:59.85</b>	<b>01:08:13.00</b>	+00:17:40 (26.0%)	4:32	13.2 (73.7%)
47	<b>STASIOŁEK Tomasz</b>	<b>711</b>	KLUB MIŁOŚNIKÓW ŻONY (CUDZEJ)	M45	33	00:00:26	00:26:21	00:45:42	<b>01:07:59.90</b>	<b>01:08:26.65</b>	+00:17:40 (26.0%)	4:32	13.2 (73.7%)
48	<b>HOLYŃSKI Leszek</b>	<b>255</b>	WIECZORNE BIEGANIE W SZCZECINIE	M30	30	00:00:25	00:26:14	00:46:35	<b>01:08:43.30</b>	<b>01:09:08.45</b>	+00:18:24 (26.8%)	4:34	13.1 (73.2%)
49	<b>DURMAN Sławomir</b>	<b>164</b>		M30	31	00:00:17	00:26:28	00:46:15	<b>01:08:47.80</b>	<b>01:09:05.75</b>	+00:18:28 (26.9%)	4:35	13.1 (73.2%)
50	<b>KRUKOWSKI Adam</b>	<b>383</b>		M30	33	00:00:19	00:26:03	00:46:39	<b>01:08:53.20</b>	<b>01:09:12.55</b>	+00:18:34 (27.0%)	4:35	13.1 (73.2%)
51	<b>WIERZBICKI Jakub</b>	<b>816</b>	ŚWIDWIN	M30	34	00:00:10	00:25:18	00:45:29	<b>01:08:57.55</b>	<b>01:09:08.45</b>	+00:18:38 (27.0%)	4:35	13 (72.6%)
52	<b>POLAŃSKI Dariusz</b>	<b>586</b>	JW 3411 MRZEŻYNO	M45	37	00:00:11	00:27:26	00:47:15	<b>01:09:13.30</b>	<b>01:09:24.80</b>	+00:18:54 (27.3%)	4:36	13 (72.6%)
53	<b>BUCZKOWSKI Jacek</b>	<b>76</b>	8BREM	M40	58	00:00:09	00:26:01	00:46:43	<b>01:09:24.30</b>	<b>01:09:33.80</b>	+00:19:05 (27.5%)	4:37	13 (72.6%)
54	<b>SKRZOS Tomasz</b>	<b>679</b>		M40	61	00:00:20	00:25:21	00:45:35	<b>01:09:33.65</b>	<b>01:09:54.15</b>	+00:19:14 (27.7%)	4:38	12.9 (72.1%)
55	<b>STORCZYK-RAK Agnieszka</b>	<b>717</b>		K30	6	00:00:37	00:26:18	00:46:54	<b>01:10:04.35</b>	<b>01:10:41.70</b>	+00:19:45 (28.2%)	4:40	12.8 (71.5%)
56	<b>RUMISTRZEWICZ Artur</b>	<b>642</b>		M40	62	00:00:20	00:27:01	00:47:30	<b>01:10:09.15</b>	<b>01:10:29.15</b>	+00:19:50 (28.3%)	4:40	12.8 (71.5%)
57	<b>RUMISTRZEWICZ Robert</b>	<b>641</b>		M30	36	00:00:19	00:27:02	00:47:31	<b>01:10:10.70</b>	<b>01:10:30.35</b>	+00:19:51 (28.3%)	4:40	12.8 (71.5%)
58	<b>SZYMAŃSKI Piotr</b>	<b>758</b>		M40	64	00:00:47	00:27:12	00:47:37	<b>01:10:12.45</b>	<b>01:10:59.85</b>	+00:19:53 (28.3%)	4:40	12.8 (71.5%)
59	<b>KURKOWSKA Magdalena</b>	<b>925</b>		K30	7	00:00:19	00:26:03	00:46:39	<b>01:10:14.55</b>	<b>01:10:34.35</b>	+00:19:55 (28.4%)	4:41	12.8 (71.5%)
60	<b>HOPPE Bronislaw</b>	<b>256</b>	JW3937 MRZEŻYNO	M35	57	00:00:08	00:25:43	00:46:06	<b>01:10:14.85</b>	<b>01:10:23.35</b>	+00:19:55 (28.4%)	4:41	12.8 (71.5%)

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
61	<b>KUBLER Andrzej</b>	<b>393</b>	ROZBIEGANY GOLENIÓW	M35	58	00:00:41	00:26:37	00:47:13	<b>01:10:18.55</b>	<b>01:10:59.70</b>	+00:19:59 (28.4%)	4:41	12.8 (71.5%)
62	<b>WYSZCZELSKI Paweł</b>	<b>858</b>	HQ MNCNE	M40	65	00:00:24	00:26:49	00:47:36	<b>01:10:39.65</b>	<b>01:11:04.35</b>	+00:20:20 (28.8%)	4:42	12.7 (70.9%)
63	<b>DĄBROWSKI Wiktor</b>	<b>137</b>		M20	23	00:00:11	00:27:15	00:47:42	<b>01:11:03.45</b>	<b>01:11:14.75</b>	+00:20:44 (29.2%)	4:44	12.7 (70.9%)
64	<b>WEREMIJ Sławek</b>	<b>809</b>		M40	70	00:00:18	00:26:54	00:47:41	<b>01:11:22.85</b>	<b>01:11:41.05</b>	+00:21:03 (29.5%)	4:45	12.6 (70.4%)
65	<b>ADAMCZAK Krzysztof</b>	<b>1</b>	SZWLA STARGARD	M55	12	00:00:23	00:27:14	00:47:33	<b>01:11:23.65</b>	<b>01:11:47.55</b>	+00:21:04 (29.5%)	4:45	12.6 (70.4%)
66	<b>RAMA Janusz</b>	<b>609</b>		M40	71	00:00:36	00:26:31	00:47:13	<b>01:11:38.35</b>	<b>01:12:14.90</b>	+00:21:19 (29.8%)	4:46	12.6 (70.4%)
67	<b>RATAJEWSKI Arkadiusz</b>	<b>616</b>		M35	65	00:00:22	00:26:45	00:47:55	<b>01:11:57.40</b>	<b>01:12:19.40</b>	+00:21:38 (30.1%)	4:47	12.5 (69.8%)
68	<b>SROKA Robert</b>	<b>706</b>		M40	73	00:00:32	00:27:35	00:48:48	<b>01:12:07.25</b>	<b>01:12:40.20</b>	+00:21:48 (30.2%)	4:48	12.5 (69.8%)
69	<b>PRZYBYSZ Michał</b>	<b>597</b>		M30	42	00:00:45	00:26:52	00:47:38	<b>01:12:08.90</b>	<b>01:12:54.55</b>	+00:21:49 (30.3%)	4:48	12.5 (69.8%)
70	<b>HOC Dariusz</b>	<b>252</b>		M40	74	00:00:12	00:26:51	00:48:21	<b>01:12:24.30</b>	<b>01:12:36.95</b>	+00:22:05 (30.5%)	4:49	12.4 (69.3%)
71	<b>GRYGORUK Cezary</b>	<b>222</b>		M50	19	00:00:08	00:26:53	00:48:26	<b>01:12:57.05</b>	<b>01:13:05.20</b>	+00:22:37 (31.0%)	4:51	12.3 (68.7%)
72	<b>MAŁKIŃSKI Józef</b>	<b>464</b>	RWT W BYDGOSZCZY	M60	13	00:00:42	00:27:34	00:49:03	<b>01:13:14.55</b>	<b>01:13:56.85</b>	+00:22:55 (31.3%)	4:52	12.3 (68.7%)
73	<b>GRZESIUK Rafał</b>	<b>229</b>		M40	79	00:00:49	00:28:31	00:50:25	<b>01:13:15.65</b>	<b>01:14:05.10</b>	+00:22:56 (31.3%)	4:53	12.3 (68.7%)
74	<b>KŁOSKOWSKI Dariusz</b>	<b>338</b>	NIGHT RUNNERS	M40	81	00:00:17	00:27:15	00:49:05	<b>01:13:23.10</b>	<b>01:13:40.65</b>	+00:23:04 (31.4%)	4:53	12.3 (68.7%)
75	<b>GRZELAK Sebastian</b>	<b>226</b>	ROZBIEGANY GOLENIÓW	M50	22	00:00:17	00:27:35	00:49:22	<b>01:13:34.45</b>	<b>01:13:51.90</b>	+00:23:15 (31.6%)	4:54	12.2 (68.2%)
76	<b>TUCHORSKA Julita</b>	<b>783</b>		K30	14	00:00:12	00:27:01	00:48:49	<b>01:13:43.50</b>	<b>01:13:56.10</b>	+00:23:24 (31.7%)	4:54	12.2 (68.2%)
77	<b>MĘDEL Cezary</b>	<b>479</b>		M40	84	00:00:17	00:27:49	00:49:34	<b>01:13:46.55</b>	<b>01:14:03.65</b>	+00:23:27 (31.8%)	4:55	12.2 (68.2%)
78	<b>CIESZYŃSKI Mariusz</b>	<b>113</b>	BEAUTY-STUDIO LĘBORK	M40	85	00:00:29	00:27:57	00:49:37	<b>01:13:53.35</b>	<b>01:14:22.60</b>	+00:23:34 (31.9%)	4:55	12.2 (68.2%)
79	<b>WIATRZYK Krzysztof</b>	<b>811</b>	DARŁOWO	M45	54	00:00:18	00:26:42	00:48:32	<b>01:14:00.60</b>	<b>01:14:18.75</b>	+00:23:41 (32.0%)	4:56	12.2 (68.2%)
80	<b>SATRO Piotr</b>	<b>663</b>	KP PSP KOŁOBRZEG	M35	74	00:00:36	00:27:29	00:49:37	<b>01:14:03.35</b>	<b>01:14:40.05</b>	+00:23:44 (32.1%)	4:56	12.2 (68.2%)
81	<b>PIELICH Konrad</b>	<b>568</b>		M30	49	00:00:54	00:27:16	00:48:59	<b>01:14:14.20</b>	<b>01:15:08.35</b>	+00:23:55 (32.2%)	4:56	12.1 (67.6%)
82	<b>KUKIEŁKA Wojciech</b>	<b>400</b>		M35	76	00:00:42	00:28:39	00:50:13	<b>01:14:40.20</b>	<b>01:15:23.00</b>	+00:24:21 (32.6%)	4:58	12.1 (67.6%)
83	<b>KACZOROWSKI Mieczysław</b>	<b>301</b>	109 SZPITAL WOJSKOWY	M45	58	00:00:13	00:28:10	00:50:08	<b>01:14:45.40</b>	<b>01:14:58.55</b>	+00:24:26 (32.7%)	4:59	12 (67.0%)

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
84	<b>MRUGALSKA Magdalena</b>	<b>937</b>	JW1223	K20	4	00:00:30	00:27:42	00:49:56	<b>01:14:52.45</b>	<b>01:15:22.95</b>	+00:24:33 (32.8%)	4:59	12 (67.0%)
85	<b>TEKIEL Marcin</b>	<b>771</b>	OSP DYGOWO	M35	79	00:00:36	00:27:29	00:49:37	<b>01:14:54.90</b>	<b>01:15:31.80</b>	+00:24:35 (32.8%)	4:59	12 (67.0%)
86	<b>MEISSNER Bogusław</b>	<b>476</b>		M50	28	00:00:27	00:27:58	00:50:07	<b>01:15:33.55</b>	<b>01:16:01.35</b>	+00:25:14 (33.4%)	5:02	11.9 (66.5%)
87	<b>ZIOMKO Rafał</b>	<b>876</b>		M45	60	00:00:29	00:27:55	00:50:05	<b>01:15:33.60</b>	<b>01:16:02.70</b>	+00:25:14 (33.4%)	5:02	11.9 (66.5%)
88	<b>BODYS Marek</b>	<b>54</b>	KB HERMES GRYFINO	M35	81	00:00:28	00:27:06	00:50:21	<b>01:16:22.45</b>	<b>01:16:51.05</b>	+00:26:03 (34.1%)	5:05	11.8 (65.9%)
89	<b>SOROCZYŃSKI Cezary</b>	<b>697</b>		M45	63	00:00:11	00:27:52	00:50:40	<b>01:16:38.05</b>	<b>01:16:49.25</b>	+00:26:18 (34.3%)	5:06	11.7 (65.4%)
90	<b>KWIATKOWSKI Grzegorz</b>	<b>414</b>	DOWÓDZTWO 12SDZ	M40	100	00:00:35	00:26:29	00:49:38	<b>01:16:46.70</b>	<b>01:17:22.15</b>	+00:26:27 (34.5%)	5:07	11.7 (65.4%)
91	<b>NAROŻNIAK Mariusz</b>	<b>501</b>	RUNGRYF GRYFICE	M35	83	00:00:23	00:27:34	00:51:03	<b>01:17:13.00</b>	<b>01:17:36.70</b>	+00:26:53 (34.8%)	5:08	11.7 (65.4%)
92	<b>RUDZEWICZ Mariusz</b>	<b>640</b>		M30	62	00:00:39	00:28:12	00:51:50	<b>01:17:36.70</b>	<b>01:18:16.25</b>	+00:27:17 (35.2%)	5:10	11.6 (64.8%)
93	<b>ZADROŻNY Szymon</b>	<b>860</b>	RUNNERS OF WAŁCZ	M35	86	00:00:35	00:29:29	00:53:00	<b>01:18:11.45</b>	<b>01:18:46.70</b>	+00:27:52 (35.6%)	5:12	11.5 (64.2%)
94	<b>DEREŃ Grzegorz</b>	<b>143</b>	KB.SPRINT.ŚWIDWIN	M40	102	00:00:52	00:29:36	00:52:53	<b>01:18:20.05</b>	<b>01:19:12.85</b>	+00:28:00 (35.8%)	5:13	11.5 (64.2%)
95	<b>SZEWCZYKOWSKI Grzegorz</b>	<b>743</b>	BYDGOSKIE ŻÓŁWIE	M35	90	00:00:33	00:27:59	00:50:53	<b>01:19:37.85</b>	<b>01:20:10.90</b>	+00:29:18 (36.8%)	5:18	11.3 (63.1%)
96	<b>DAWIDOWSKI Michał</b>	<b>133</b>	ENDORFINA NOWOGARD	M35	92	00:00:28	00:31:16	00:55:34	<b>01:19:44.10</b>	<b>01:20:12.95</b>	+00:29:25 (36.9%)	5:18	11.3 (63.1%)
97	<b>KURAS Piotr</b>	<b>408</b>		M65	10	00:00:18	00:28:07	00:51:56	<b>01:19:48.95</b>	<b>01:20:07.60</b>	+00:29:29 (37.0%)	5:19	11.3 (63.1%)
98	<b>ŻYWOT Norbert</b>	<b>890</b>		M40	114	00:00:57	00:29:36	00:53:14	<b>01:20:26.70</b>	<b>01:21:23.80</b>	+00:30:07 (37.5%)	5:21	11.2 (62.6%)
99	<b>PARADOWSKA Ewelina</b>	<b>546</b>	ZA - BIEGANE BABECZKI. NOWOGARD	K30	26	00:00:34	00:31:18	00:55:28	<b>01:20:47.40</b>	<b>01:21:21.60</b>	+00:30:28 (37.7%)	5:23	11.1 (62.0%)
100	<b>JUSIŃSKA Anna</b>	<b>895</b>		K45	15	00:00:22	00:30:19	00:54:23	<b>01:21:06.75</b>	<b>01:21:28.95</b>	+00:30:47 (38.0%)	5:24	11.1 (62.0%)
101	<b>BUCH Jacek</b>	<b>74</b>	NIEZRZESZONY	M50	38	00:00:37	00:29:35	00:53:36	<b>01:21:15.55</b>	<b>01:21:53.15</b>	+00:30:56 (38.1%)	5:25	11.1 (62.0%)
102	<b>ROSA Malwina</b>	<b>632</b>		K30	27	00:00:44	00:30:16	00:54:15	<b>01:21:23.40</b>	<b>01:22:07.90</b>	+00:31:04 (38.2%)	5:25	11.1 (62.0%)
103	<b>ŚWIERCZ Dariusz</b>	<b>764</b>		M50	39	00:00:22	00:28:45	00:54:01	<b>01:21:28.10</b>	<b>01:21:50.60</b>	+00:31:09 (38.2%)	5:25	11 (61.5%)
104	<b>KLEINSZMID Marta</b>	<b>334</b>	OSP BIAŁY BÓR	K40	15	00:00:20	00:30:22	00:54:43	<b>01:23:13.30</b>	<b>01:23:34.10</b>	+00:32:54 (39.5%)	5:32	10.8 (60.3%)
105	<b>KURZYMSKI Piotr</b>	<b>411</b>	BIZON TEAM	M45	74	00:00:13	00:29:52	00:55:12	<b>01:23:33.35</b>	<b>01:23:47.20</b>	+00:33:14 (39.8%)	5:34	10.8 (60.3%)
106	<b>SUPROŃ Izabela</b>	<b>726</b>		K35	23	00:00:21	00:30:21	00:55:43	<b>01:25:08.00</b>	<b>01:25:29.05</b>	+00:34:48 (40.9%)	5:40	10.6 (59.2%)

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
107	<b>BUDZICH Marcin</b>	<b>77</b>		M30	77	00:00:51	00:32:28	00:58:04	<b>01:25:39.45</b>	<b>01:26:31.05</b>	+00:35:20 (41.3%)	5:42	10.5 (58.7%)
108	<b>KOŁAKOWSKI Dariusz</b>	<b>344</b>	KB.SPRINT.ŚWIDWIN	M45	76	00:00:53	00:33:44	00:59:44	<b>01:26:58.10</b>	<b>01:27:52.00</b>	+00:36:39 (42.1%)	5:47	10.3 (57.5%)
109	<b>WASIAK Sylwester</b>	<b>803</b>	GWIEZDNA FLOTA MASZEWO	M35	107	00:00:54	00:32:31	01:00:13	<b>01:30:18.85</b>	<b>01:31:13.40</b>	+00:39:59 (44.3%)	6:01	10 (55.9%)
110	<b>KAMIŃSKI Andrzej</b>	<b>308</b>	NAKIELSKI KLUB BIEGACZA	M40	142	00:00:58	00:34:18	01:01:17	<b>01:31:46.50</b>	<b>01:32:45.20</b>	+00:41:27 (45.2%)	6:07	9.8 (54.7%)
111	<b>GAŁKA Marcin</b>	<b>184</b>		M35	110	00:00:08	00:32:16	01:00:25	<b>01:31:47.50</b>	<b>01:31:55.80</b>	+00:41:28 (45.2%)	6:07	9.8 (54.7%)
112	<b>RZYDUCH Piotr</b>	<b>656</b>	RWT W BYDGOSZCZY	M40	143	00:00:40	00:33:16	01:01:05	<b>01:32:10.70</b>	<b>01:32:51.55</b>	+00:41:51 (45.4%)	6:08	9.8 (54.7%)
113	<b>HNAT Rafał</b>	<b>249</b>	RUNNERS OF WAŁCZ	M45	83	00:00:25	00:29:55	00:59:49	<b>01:34:30.50</b>	<b>01:34:56.35</b>	+00:44:11 (46.8%)	6:18	9.5 (53.1%)
114	<b>KUPREWICZ Grzegorz</b>	<b>406</b>	JW1223	M30	83	00:00:13	00:33:56	01:03:23	<b>01:35:01.05</b>	<b>01:35:14.75</b>	+00:44:41 (47.0%)	6:20	9.5 (53.1%)
115	<b>TUDRUJ Andrzej</b>	<b>784</b>		M40	149	00:00:20	00:32:30	01:02:46	<b>01:39:13.35</b>	<b>01:39:33.75</b>	+00:48:54 (49.3%)	6:36	9.1 (50.8%)
116	<b>SIKORA Tomasz</b>	<b>670</b>		M55	47	00:00:16	00:34:51	01:06:00	<b>01:39:27.05</b>	<b>01:39:43.40</b>	+00:49:07 (49.4%)	6:37	9 (50.3%)
117	<b>PASEK Jan</b>	<b>549</b>		M60	38	00:00:12	00:37:46	01:12:47	<b>01:51:28.50</b>	<b>01:51:41.35</b>	+01:01:09 (54.9%)	7:25	8.1 (45.3%)

Znaleziono 117 wynik(ów)