



# XXXII BIEG ZAŚLUBIN KOŁOBRZEG 15 KM

B4SPORT

**Organizator:** Stowarzyszenie "Bieg Zaślubin"; Miejski Ośrodek Sportu i Rekreacji w Kołobrzegu  
**Data:** 2018-03-11  
**Miejsce:** Kołobrzeg  
**Dystans:** 15 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	Czas netto 15km	Różn	Tempo min/km	Tempo km/h
1	<b>ZWIĄZEK Paweł</b>	<b>642</b>	WIECZORNE BIEGANIE W SZCZECINIE	M30	1	00:02:24	00:26:12	00:28:45	00:51:44	<b>00:54:12.10</b>		3:36	16.6 (100%)
2	<b>PAWLIŃSKI Piotr</b>	<b>421</b>	GRUPA AZOTY POLICE	M30	2	00:02:28	00:26:15	00:28:48	00:52:16	<b>00:54:47.50</b>	+00:00:35 (1.1%)	3:39	16.4 (98.8%)
3	<b>BRAUN Grzegorz</b>	<b>46</b>	RUNGRYF GRYFICE	M20	1	00:02:22	00:26:31	00:29:06	00:52:48	<b>00:55:15.60</b>	+00:01:03 (1.9%)	3:41	16.3 (98.2%)
4	<b>ORZECZOWSKI Kamil</b>	<b>405</b>	TKKF KOSZALIN	M30	3	00:02:36	00:26:42	00:29:20	00:53:10	<b>00:55:35.55</b>	+00:01:23 (2.5%)	3:42	16.2 (97.6%)
5	<b>FIDO Adam</b>	<b>128</b>	36DROP	M40	1	00:02:32	00:26:44	00:29:22	00:53:20	<b>00:55:42.25</b>	+00:01:30 (2.7%)	3:42	16.2 (97.6%)
6	<b>KARCZ Artur</b>	<b>235</b>	DRUŻYNA SZPIKU	M35	1	00:02:31	00:26:44	00:29:22	00:53:20	<b>00:55:44.85</b>	+00:01:32 (2.8%)	3:42	16.1 (97.0%)
7	<b>PRENDECKI Rafał</b>	<b>447</b>		M35	2	00:02:30	00:26:19	00:28:56	00:53:16	<b>00:55:45.30</b>	+00:01:33 (2.8%)	3:43	16.1 (97.0%)
8	<b>RYCAK Bartosz</b>	<b>494</b>	5 PUŁK INŻYNIERYJNY	M20	2	00:02:33	00:26:44	00:29:22	00:53:27	<b>00:56:00.95</b>	+00:01:48 (3.2%)	3:44	16.1 (97.0%)
9	<b>POLAK Szymon</b>	<b>440</b>	ROZBIEGANY KOSZALIN	M40	2	00:02:32	00:26:20	00:28:58	00:53:38	<b>00:56:18.15</b>	+00:02:06 (3.7%)	3:45	16 (96.4%)
10	<b>HELAK Karol</b>	<b>187</b>	K B AKTYWNI KRZYŻ WLKP	M45	1	00:02:36	00:26:53	00:29:33	00:54:16	<b>00:56:59.95</b>	+00:02:47 (4.9%)	3:48	15.8 (95.2%)
11	<b>NOWAK Daniel</b>	<b>389</b>	ROZBIEGANY GOLENIÓW	M35	3	00:02:26	00:26:56	00:29:35	00:54:49	<b>00:57:26.25</b>	+00:03:14 (5.6%)	3:49	15.7 (94.6%)
12	<b>TERLIKOWSKI Grzegorz</b>	<b>577</b>		M30	4	00:02:38	00:27:13	00:29:55	00:55:01	<b>00:57:29.05</b>	+00:03:16 (5.7%)	3:49	15.7 (94.6%)
13	<b>KUBIAK Piotr</b>	<b>293</b>	PRECON POLSKA-JASTROWIE	M35	4	00:02:39	00:27:25	00:30:07	00:55:01	<b>00:57:30.25</b>	+00:03:18 (5.7%)	3:50	15.7 (94.6%)
14	<b>BIENKOWSKI Rafał</b>	<b>668</b>		M45	2	00:02:35	00:27:14	00:29:59	00:55:06	<b>00:57:48.05</b>	+00:03:35 (6.2%)	3:51	15.6 (94.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
15	<b>WOJTKIEWICZ Mateusz</b>	<b>680</b>	KB 10 BIAŁOGARD	M20	3	00:02:42	00:27:17	00:30:02	00:55:24	<b>00:58:00.00</b>	+00:03:47 (6.5%)	3:52	15.5 (93.4%)
16	<b>SZOPIŃSKI Tomasz</b>	<b>559</b>	KB BRYZA POSTOMINO	M35	5	00:02:45	00:27:35	00:30:19	00:55:32	<b>00:58:02.70</b>	+00:03:50 (6.6%)	3:52	15.5 (93.4%)
17	<b>RUTKOWSKI Jan</b>	<b>492</b>	GKS KASZUBI LUZINO	M40	3	00:02:39	00:27:33	00:30:18	00:55:32	<b>00:58:03.75</b>	+00:03:51 (6.6%)	3:52	15.5 (93.4%)
18	<b>SIADAK Arkadiusz</b>	<b>505</b>		M35	6	00:02:35	00:27:05	00:29:50	00:55:35	<b>00:58:15.30</b>	+00:04:03 (7.0%)	3:53	15.5 (93.4%)
19	<b>ULDYNOWICZ Łukasz</b>	<b>591</b>	MLUKS MOKASYN PŁOTY	M35	7	00:02:39	00:27:39	00:30:27	00:55:47	<b>00:58:26.75</b>	+00:04:14 (7.3%)	3:53	15.4 (92.8%)
20	<b>BUDZIAK Zbigniew</b>	<b>55</b>	BENOBUDZIAK.PL	M45	3	00:02:33	00:27:23	00:30:12	00:55:57	<b>00:58:38.80</b>	+00:04:26 (7.6%)	3:54	15.3 (92.2%)
21	<b>ŁAZOWSKI Marcin</b>	<b>339</b>	POGOŃ SZCZECIN	M35	8	00:02:45	00:27:40	00:30:25	00:56:05	<b>00:58:46.10</b>	+00:04:34 (7.8%)	3:55	15.3 (92.2%)
22	<b>RUDNIKOWSKI Maciej</b>	<b>488</b>	BIEGUZDROWISKOWY.PL	M40	4	00:02:36	00:27:25	00:30:14	00:56:14	<b>00:58:51.30</b>	+00:04:39 (7.9%)	3:55	15.3 (92.2%)
23	<b>WITKIEWICZ Eryk</b>	<b>615</b>		M40	5	00:02:40	00:28:11	00:30:57	00:56:12	<b>00:58:56.10</b>	+00:04:44 (8.0%)	3:55	15.3 (92.2%)
24	<b>SZYMAŃSKI Łukasz</b>	<b>568</b>	SKS POBIEROWO	M20	4	00:02:32	00:27:43	00:30:30	00:56:26	<b>00:59:03.65</b>	+00:04:51 (8.2%)	3:56	15.2 (91.6%)
25	<b>GŁÓW Tomasz</b>	<b>159</b>	KREISEL RUNNING TEAM	M45	4	00:02:38	00:27:52	00:30:41	00:56:25	<b>00:59:04.80</b>	+00:04:52 (8.3%)	3:56	15.2 (91.6%)
26	<b>ŻMUDA Tomasz</b>	<b>644</b>	CW FANZA KOŁOBRZEG	M40	6	00:02:37	00:27:47	00:30:37	00:56:30	<b>00:59:17.10</b>	+00:05:05 (8.6%)	3:57	15.2 (91.6%)
27	<b>GOLIŃSKI Łukasz</b>	<b>161</b>	K.B. SPRINT ŚWIDWIN	M35	9	00:02:44	00:28:14	00:31:06	00:56:47	<b>00:59:24.00</b>	+00:05:11 (8.8%)	3:57	15.2 (91.6%)
28	<b>KOTARSKI Wiesław</b>	<b>273</b>	GRUPA AZOTY POLICE	M60	1	00:02:38	00:27:48	00:30:37	00:56:40	<b>00:59:27.80</b>	+00:05:15 (8.8%)	3:57	15.1 (91.0%)
29	<b>KONARSKI Bartosz</b>	<b>260</b>	ERAKAWY RUNNERS	M40	7	00:02:43	00:28:22	00:31:10	00:56:44	<b>00:59:27.80</b>	+00:05:15 (8.8%)	3:57	15.1 (91.0%)
30	<b>NAGLACKI Grzegorz</b>	<b>385</b>	MLUKS TRZEBIATÓW	M45	5	00:02:33	00:27:15	00:30:00	00:56:53	<b>00:59:36.70</b>	+00:05:24 (9.1%)	3:58	15.1 (91.0%)
31	<b>CZOSNOWSKI Krzysztof</b>	<b>91</b>	KB HERMES GRYFINO	M40	8	00:02:43	00:28:12	00:31:00	00:56:57	<b>00:59:36.15</b>	+00:05:24 (9.1%)	3:58	15.1 (91.0%)
32	<b>KUBISZ Mateusz</b>	<b>296</b>	KOŁOBRZEG MARATON TEAM	M30	5	00:02:39	00:27:53	00:30:42	00:56:55	<b>00:59:38.05</b>	+00:05:25 (9.1%)	3:58	15.1 (91.0%)
33	<b>ELIASZ Wiktor</b>	<b>123</b>	KMKL SZTORM KOŁOBRZEG	M16	1	00:02:36	00:28:33	00:31:27	00:57:12	<b>00:59:48.70</b>	+00:05:36 (9.4%)	3:59	15.1 (91.0%)
34	<b>GROCHOWALSKI Rafał</b>	<b>170</b>	21 BLT/K.B. SPRINT ŚWIDWIN	M40	9	00:02:46	00:28:23	00:31:13	00:57:22	<b>01:00:07.65</b>	+00:05:55 (9.9%)	4:00	15 (90.4%)
35	<b>ANTONOWICZ Wojciech</b>	<b>11</b>		M50	1	00:02:40	00:28:23	00:31:15	00:57:31	<b>01:00:14.80</b>	+00:06:02 (10.0%)	4:01	14.9 (89.8%)
36	<b>SAPIKOWSKI Mariusz</b>	<b>502</b>	ROZBIEGANY GOLENIÓW	M40	10	00:02:40	00:28:18	00:31:10	00:57:37	<b>01:00:18.45</b>	+00:06:06 (10.1%)	4:01	14.9 (89.8%)
37	<b>BARTKOWIAK Janusz</b>	<b>25</b>	K.B. MENTOR	M20	5	00:02:41	00:28:37	00:31:29	00:57:33	<b>01:00:23.95</b>	+00:06:11 (10.3%)	4:01	14.9 (89.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
38	<b>FIAŁKA Maciej</b>	<b>127</b>	LOKATOR PIŁA	M40	11	00:02:42	00:28:29	00:31:22	00:57:39	<b>01:00:22.30</b>	+00:06:10 (10.2%)	4:01	14.9 (89.8%)
39	<b>GARBACZ Krzysztof</b>	<b>140</b>		M45	6	00:02:41	00:27:58	00:30:51	00:57:44	<b>01:00:32.90</b>	+00:06:20 (10.5%)	4:02	14.9 (89.8%)
40	<b>KOPCEWICZ Robert</b>	<b>262</b>	ROZBIEGANY GOLENIÓW	M50	2	00:02:40	00:28:20	00:31:12	00:57:45	<b>01:00:37.35</b>	+00:06:25 (10.6%)	4:02	14.8 (89.2%)
41	<b>BURDA Robert</b>	<b>62</b>	KOSPEL	M40	12	00:02:44	00:28:24	00:31:16	00:57:55	<b>01:00:41.30</b>	+00:06:29 (10.7%)	4:02	14.8 (89.2%)
42	<b>PRĘDKI Grzegorz</b>	<b>448</b>	KB BRYZA POSTOMINO	M30	7	00:02:45	00:28:43	00:31:33	00:58:09	<b>01:00:52.30</b>	+00:06:40 (11.0%)	4:03	14.8 (89.2%)
43	<b>PISKORZ Szymon</b>	<b>431</b>	KP PSP GRYFICE	M30	6	00:02:41	00:28:34	00:31:25	00:58:14	<b>01:00:51.95</b>	+00:06:39 (10.9%)	4:03	14.8 (89.2%)
44	<b>OBOLIK Mirosław</b>	<b>393</b>		M55	1	00:02:47	00:28:14	00:31:06	00:58:10	<b>01:01:02.85</b>	+00:06:50 (11.2%)	4:04	14.7 (88.6%)
45	<b>PIECYK Robert</b>	<b>429</b>		M40	13	00:02:43	00:28:45	00:31:41	00:58:25	<b>01:01:14.75</b>	+00:07:02 (11.5%)	4:05	14.7 (88.6%)
46	<b>CENTKA Jakub</b>	<b>69</b>	TEAM ŚWIĘTA	M20	6	00:02:41	00:28:50	00:31:49	00:58:44	<b>01:01:23.15</b>	+00:07:11 (11.7%)	4:05	14.7 (88.6%)
47	<b>KOLEBUK Marek</b>	<b>255</b>	MG	M55	2	00:02:36	00:28:38	00:31:34	00:58:41	<b>01:01:31.55</b>	+00:07:19 (11.9%)	4:06	14.6 (88.0%)
48	<b>KIESZKOWSKI Adam</b>	<b>250</b>	TRI RZEŻNIA	M30	8	00:02:43	00:28:26	00:31:22	00:58:39	<b>01:01:35.05</b>	+00:07:22 (12.0%)	4:06	14.6 (88.0%)
49	<b>ZWOLIŃSKI Jan</b>	<b>643</b>	TKKF KOSZALIN	M50	3	00:02:52	00:29:38	00:32:32	00:59:03	<b>01:01:40.70</b>	+00:07:28 (12.1%)	4:06	14.6 (88.0%)
50	<b>KRAWCZYK Mateusz</b>	<b>287</b>	AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	M20	7	00:02:48	00:29:11	00:32:07	00:59:00	<b>01:01:43.85</b>	+00:07:31 (12.2%)	4:06	14.6 (88.0%)
51	<b>POBŁOCKA Katarzyna</b>	<b>437</b>	UKS EKONOMIK MARATOŃCZYK LĘBORK	K20	1	00:02:43	00:28:15	00:31:08	00:58:51	<b>01:01:49.35</b>	+00:07:37 (12.3%)	4:07	14.6 (88.0%)
52	<b>BIEDRZYCKI Andrzej</b>	<b>33</b>	OSP STARY BOREK	M60	2	00:02:44	00:28:46	00:31:43	00:58:52	<b>01:01:49.85</b>	+00:07:37 (12.3%)	4:07	14.6 (88.0%)
53	<b>KOWALSKI Cezary</b>	<b>277</b>	PARKRUN SZCZECIN	M50	4	00:02:45	00:29:12	00:32:11	00:59:15	<b>01:02:05.60</b>	+00:07:53 (12.7%)	4:08	14.5 (87.3%)
54	<b>CZAPLIŃSKI Jacek</b>	<b>690</b>	TAGER KOSZALIN	M35	10	00:02:44	00:29:01	00:31:56	00:59:33	<b>01:02:23.90</b>	+00:08:11 (13.1%)	4:09	14.4 (86.7%)
55	<b>BAJGERT Robert</b>	<b>15</b>		M45	7	00:02:44	00:28:54	00:31:53	00:59:33	<b>01:02:25.65</b>	+00:08:13 (13.2%)	4:09	14.4 (86.7%)
56	<b>RATAJCZAK Janusz</b>	<b>468</b>	KB AKTYWNI KRZYŻ WLKP	M55	3	00:02:45	00:28:50	00:31:52	00:59:32	<b>01:02:28.85</b>	+00:08:16 (13.3%)	4:09	14.4 (86.7%)
57	<b>STACHOWICZ Wiesław</b>	<b>672</b>	BRZOZA BIEGA	M45	8	00:03:07	00:30:49	00:32:58	01:00:01	<b>01:02:30.55</b>	+00:08:18 (13.3%)	4:10	14.4 (86.7%)
58	<b>WITKIEWICZ Magda</b>	<b>616</b>		K40	1	00:02:57	00:29:53	00:32:49	00:59:49	<b>01:02:34.85</b>	+00:08:22 (13.4%)	4:10	14.4 (86.7%)
59	<b>KOŚCIELNIAK Robert</b>	<b>271</b>	TKKF KOSZALIN	M50	5	00:02:52	00:29:49	00:32:45	01:00:04	<b>01:02:46.30</b>	+00:08:34 (13.7%)	4:11	14.3 (86.1%)
60	<b>PRENDECKI Marcin</b>	<b>446</b>		M40	14	00:02:58	00:29:34	00:32:24	01:00:02	<b>01:02:51.35</b>	+00:08:39 (13.8%)	4:11	14.3 (86.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
61	<b>RUTKOWSKA Joanna</b>	<b>491</b>	GKS KASZUBI LUZINO	K40	2	00:02:45	00:29:01	00:32:01	00:59:58	<b>01:02:53.05</b>	+00:08:40 (13.8%)	4:11	14.3 (86.1%)
62	<b>DUDZIŃSKA Maja</b>	<b>115</b>		K40	3	00:02:55	00:29:50	00:32:47	01:00:05	<b>01:03:04.70</b>	+00:08:52 (14.1%)	4:12	14.3 (86.1%)
63	<b>ANDREJCZUK Piotr</b>	<b>7</b>	KB AKTYWNI KRZYŻ WLKP	M35	11	00:02:46	00:29:12	00:32:08	01:00:09	<b>01:03:06.00</b>	+00:08:53 (14.1%)	4:12	14.3 (86.1%)
64	<b>CENTKA Michał</b>	<b>67</b>	TEAM ŚWIĘTA	M40	15	00:02:39	00:28:59	00:31:56	01:00:10	<b>01:03:11.15</b>	+00:08:59 (14.2%)	4:12	14.2 (85.5%)
65	<b>BIEDRZYCKI Krzysztof</b>	<b>31</b>		M45	9	00:02:45	00:29:02	00:32:03	01:00:23	<b>01:03:29.80</b>	+00:09:17 (14.6%)	4:14	14.2 (85.5%)
66	<b>MORGIEWICZ Piotr</b>	<b>380</b>	RUNGRYF GRYFICE	M50	6	00:02:48	00:30:04	00:33:04	01:00:33	<b>01:03:32.00</b>	+00:09:19 (14.7%)	4:14	14.2 (85.5%)
67	<b>POTASZNIK Artur</b>	<b>444</b>	MARATOŃCZYK TEAM SZCZECIN	M45	10	00:02:47	00:29:47	00:32:52	01:00:53	<b>01:03:45.50</b>	+00:09:33 (15.0%)	4:15	14.1 (84.9%)
68	<b>PŁOŃSKI Jakub</b>	<b>435</b>	DZIKIE DZIKI GORZÓW	M35	12	00:02:48	00:29:53	00:32:50	01:01:01	<b>01:03:57.65</b>	+00:09:45 (15.3%)	4:15	14.1 (84.9%)
69	<b>ANTOSIK Grzegorz</b>	<b>12</b>	KB BRYZA POSTOMINO	M40	16	00:02:54	00:30:08	00:33:04	01:01:16	<b>01:04:04.10</b>	+00:09:52 (15.4%)	4:16	14 (84.3%)
70	<b>HARASIMOWICZ Sławek</b>	<b>184</b>	DĘBNOTEAM	M40	17	00:02:40	00:29:03	00:32:09	01:01:16	<b>01:04:09.55</b>	+00:09:57 (15.5%)	4:16	14 (84.3%)
71	<b>TOMALIK Karol</b>	<b>662</b>	KAROLMAN	M40	18	00:02:56	00:30:14	00:33:15	01:01:15	<b>01:04:16.65</b>	+00:10:04 (15.7%)	4:17	14 (84.3%)
72	<b>MICHALSKI Janusz</b>	<b>370</b>		M50	7	00:03:04	00:30:44	00:33:48	01:01:40	<b>01:04:21.15</b>	+00:10:09 (15.8%)	4:17	14 (84.3%)
73	<b>KIERZNOWSKI Andrzej</b>	<b>249</b>	KB WYGAN	M60	3	00:02:50	00:30:28	00:33:32	01:01:42	<b>01:04:31.05</b>	+00:10:18 (16.0%)	4:18	13.9 (83.7%)
74	<b>PRYK Rafał</b>	<b>456</b>	ROZBIEGANY GOLENIÓW	M40	19	00:02:52	00:30:31	00:33:36	01:01:44	<b>01:04:35.30</b>	+00:10:23 (16.1%)	4:18	13.9 (83.7%)
75	<b>PAKULSKI Marcin</b>	<b>413</b>		M40	20	00:03:12	00:30:37	00:33:40	01:01:49	<b>01:04:41.65</b>	+00:10:29 (16.2%)	4:18	13.9 (83.7%)
76	<b>MERDA Katarzyna</b>	<b>367</b>	MTS HAMER MIASTKO	K35	1	00:02:49	00:30:20	00:33:22	01:01:45	<b>01:04:41.95</b>	+00:10:29 (16.2%)	4:18	13.9 (83.7%)
77	<b>SOBCZYK Łukasz</b>	<b>516</b>	KOŁOBRZEG BIEGA	M40	21	00:02:52	00:29:53	00:32:53	01:01:41	<b>01:04:42.50</b>	+00:10:30 (16.2%)	4:18	13.9 (83.7%)
78	<b>TROŚNIAK Piotr</b>	<b>683</b>	KB 10 BIAŁOGARD	M45	11	00:02:59	00:30:20	00:33:30	01:02:03	<b>01:04:57.90</b>	+00:10:45 (16.6%)	4:19	13.9 (83.7%)
79	<b>STEFANOWICZ Paweł</b>	<b>530</b>	ORLEN RUNNING TEAM	M40	22	00:02:56	00:30:37	00:33:48	01:02:09	<b>01:05:05.95</b>	+00:10:53 (16.7%)	4:20	13.8 (83.1%)
80	<b>GŁOĆKO Wojciech</b>	<b>153</b>		M40	23	00:02:41	00:30:06	00:33:07	01:01:53	<b>01:05:08.40</b>	+00:10:56 (16.8%)	4:20	13.8 (83.1%)
81	<b>ZAWADZKI Damian</b>	<b>635</b>	KB WYGAN	M35	13	00:02:59	00:30:54	00:33:57	01:02:21	<b>01:05:19.20</b>	+00:11:07 (17.0%)	4:21	13.8 (83.1%)
82	<b>ROMANOWSKI Dariusz</b>	<b>478</b>	KPW ŚWINOUJŚCIE	M35	14	00:03:05	00:30:45	00:33:49	01:02:23	<b>01:05:23.75</b>	+00:11:11 (17.1%)	4:21	13.8 (83.1%)
83	<b>DURKOWSKI Dawid</b>	<b>116</b>	TATO BIEGA	M30	9	00:03:09	00:31:05	00:34:04	01:02:35	<b>01:05:26.50</b>	+00:11:14 (17.2%)	4:21	13.8 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
84	<b>SZCZUPACZYŃSKI Arkadiusz</b>	<b>551</b>	RUNGRYF GRYFICE	M55	4	00:02:44	00:30:55	00:34:02	01:02:26	<b>01:05:29.20</b>	+00:11:17 (17.2%)	4:21	13.7 (82.5%)
85	<b>BARAŃSKI Bogusław</b>	<b>21</b>	MLUKS TRZEBIATÓW	M60	4	00:02:45	00:30:48	00:33:57	01:02:36	<b>01:05:36.55</b>	+00:11:24 (17.4%)	4:22	13.7 (82.5%)
86	<b>WYSZKOWSKI Marcin</b>	<b>629</b>	KOŁOBRZEG MARATON TEAM	M45	12	00:02:59	00:30:56	00:33:57	01:02:51	<b>01:05:42.55</b>	+00:11:30 (17.5%)	4:22	13.7 (82.5%)
87	<b>BARANOWSKI Piotr</b>	<b>19</b>		M40	24	00:03:01	00:30:58	00:34:02	01:02:44	<b>01:05:54.40</b>	+00:11:42 (17.8%)	4:23	13.7 (82.5%)
88	<b>MICHAŁOWSKI Jan</b>	<b>371</b>	KB HERMES GRYFINO	M55	5	00:03:04	00:31:33	00:34:41	01:02:58	<b>01:05:55.05</b>	+00:11:42 (17.8%)	4:23	13.7 (82.5%)
89	<b>BZDAWKA Rafał</b>	<b>66</b>	KPW ŚWINOUJŚCIE	M40	25	00:03:07	00:32:02	00:35:06	01:02:59	<b>01:05:55.35</b>	+00:11:43 (17.8%)	4:23	13.7 (82.5%)
90	<b>PIŁCZYŃSKI Zbigniew</b>	<b>663</b>		M55	6	00:02:53	00:30:45	00:33:54	01:02:59	<b>01:05:59.15</b>	+00:11:47 (17.9%)	4:23	13.6 (81.9%)
91	<b>PLUTA Grzegorz</b>	<b>433</b>	KB HERMES GRYFINO	M55	7	00:02:48	00:30:06	00:33:14	01:02:58	<b>01:06:01.65</b>	+00:11:49 (17.9%)	4:24	13.6 (81.9%)
92	<b>MICKIEWICZ Adam</b>	<b>658</b>	JW 3937	M30	10	00:03:09	00:31:01	00:34:11	01:03:12	<b>01:06:02.75</b>	+00:11:50 (17.9%)	4:24	13.6 (81.9%)
93	<b>SOWIŃSKI Saturnin</b>	<b>521</b>	1.SLT	M50	8	00:03:00	00:30:57	00:34:05	01:03:14	<b>01:06:17.80</b>	+00:12:05 (18.2%)	4:25	13.6 (81.9%)
94	<b>ZEMBIK Grzegorz</b>	<b>637</b>	KB HERMES GRYFINO	M50	9	00:02:59	00:31:27	00:34:35	01:03:19	<b>01:06:20.35</b>	+00:12:08 (18.3%)	4:25	13.6 (81.9%)
95	<b>GIERLACH Jacek</b>	<b>152</b>	STOPA SŁUPSK	M20	8	00:02:57	00:30:35	00:33:43	01:03:30	<b>01:06:36.05</b>	+00:12:23 (18.6%)	4:26	13.5 (81.3%)
96	<b>KOSAKOWSKI Marian</b>	<b>266</b>	MARATOŃCZYK TEAM SZCZECIN	M60	5	00:02:56	00:31:01	00:34:08	01:03:37	<b>01:06:36.35</b>	+00:12:24 (18.6%)	4:26	13.5 (81.3%)
97	<b>CHUDY Henryk</b>	<b>79</b>	KS OLSZEWSKI I SYNOWIE	M60	6	00:02:53	00:30:17	00:33:27	01:03:25	<b>01:06:42.85</b>	+00:12:30 (18.8%)	4:26	13.5 (81.3%)
98	<b>RUSIECKI Henryk</b>	<b>490</b>	HERMES GRYFINO	M65	1	00:02:58	00:31:50	00:34:58	01:03:42	<b>01:06:43.35</b>	+00:12:31 (18.8%)	4:26	13.5 (81.3%)
99	<b>KOSIŃSKI Mateusz</b>	<b>269</b>	DRUŻYNA SZPIKU	M20	9	00:03:05	00:31:55	00:35:02	01:03:58	<b>01:06:45.15</b>	+00:12:33 (18.8%)	4:27	13.5 (81.3%)
100	<b>BULIKOWSKI Tomasz</b>	<b>59</b>		M35	15	00:03:08	00:31:49	00:34:56	01:03:54	<b>01:06:45.50</b>	+00:12:33 (18.8%)	4:27	13.5 (81.3%)
101	<b>PROŚNIEWSKI Mirosław</b>	<b>450</b>	RUNGRYF GRYFICE	M35	16	00:02:48	00:30:18	00:33:21	01:03:29	<b>01:06:48.20</b>	+00:12:36 (18.9%)	4:27	13.5 (81.3%)
102	<b>CHOMONT Rafał</b>	<b>74</b>		M40	26	00:03:03	00:31:18	00:34:25	01:03:42	<b>01:06:49.80</b>	+00:12:37 (18.9%)	4:27	13.5 (81.3%)
103	<b>WARDYN Jarek</b>	<b>600</b>		M40	27	00:02:58	00:31:52	00:34:57	01:04:03	<b>01:06:54.95</b>	+00:12:42 (19.0%)	4:27	13.4 (80.7%)
104	<b>KAMIŃSKA Agata</b>	<b>231</b>	PARKRUN SZCZECIN	K30	1	00:02:59	00:31:52	00:34:57	01:03:59	<b>01:06:56.55</b>	+00:12:44 (19.0%)	4:27	13.4 (80.7%)
105	<b>IWANOWSKI Rafał</b>	<b>199</b>	AT AKTYWNY TRZEBIATÓW	M35	17	00:03:00	00:31:04	00:34:14	01:03:53	<b>01:07:08.10</b>	+00:12:56 (19.3%)	4:28	13.4 (80.7%)
106	<b>KULIŃSKI Bogdan</b>	<b>306</b>	GŁOGÓW DRUŻYNA SZPIKU KGHM	M55	8	00:02:59	00:31:17	00:34:34	01:04:07	<b>01:07:16.80</b>	+00:13:04 (19.4%)	4:29	13.4 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
107	<b>PLATA Tadeusz</b>	<b>432</b>	MARATOŃCZYK TEAM SZCZECIN	M65	2	00:02:54	00:31:16	00:34:27	01:04:01	<b>01:07:18.35</b>	+00:13:06 (19.5%)	4:29	13.4 (80.7%)
108	<b>LEŚNIEWSKI Konrad</b>	<b>321</b>	KB BRYZA POSTOMINO	M20	10	00:02:54	00:30:41	00:33:52	01:04:03	<b>01:07:18.40</b>	+00:13:06 (19.5%)	4:29	13.4 (80.7%)
109	<b>SZMYTKOWSKI Bartosz</b>	<b>558</b>		M30	11	00:03:06	00:31:27	00:34:33	01:04:15	<b>01:07:21.45</b>	+00:13:09 (19.5%)	4:29	13.4 (80.7%)
110	<b>SAMBOR Krzysztof</b>	<b>501</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M30	12	00:02:52	00:30:57	00:34:08	01:04:08	<b>01:07:23.55</b>	+00:13:11 (19.6%)	4:29	13.4 (80.7%)
111	<b>PUCHAŁA Sławomir</b>	<b>459</b>	BLUE TEAM PIŁA	M45	13	00:02:53	00:30:57	00:34:08	01:04:09	<b>01:07:23.60</b>	+00:13:11 (19.6%)	4:29	13.4 (80.7%)
112	<b>ODWROT Hubert</b>	<b>394</b>	3:33 TEAM	M45	14	00:03:07	00:31:52	00:35:04	01:04:24	<b>01:07:32.90</b>	+00:13:20 (19.8%)	4:30	13.3 (80.1%)
113	<b>MAKSYMOWICZ Kornelia</b>	<b>352</b>		K35	2	00:03:00	00:31:28	00:34:42	01:04:29	<b>01:07:37.00</b>	+00:13:24 (19.8%)	4:30	13.3 (80.1%)
114	<b>JAROCHOWICZ Norbert</b>	<b>210</b>		M45	15	00:02:52	00:30:52	00:34:13	01:04:45	<b>01:07:50.90</b>	+00:13:38 (20.1%)	4:31	13.3 (80.1%)
115	<b>JANKIEWICZ Tomasz</b>	<b>204</b>	MTS HAMER MIASTKO	M40	28	00:02:48	00:31:45	00:35:00	01:04:49	<b>01:07:51.10</b>	+00:13:39 (20.1%)	4:31	13.3 (80.1%)
116	<b>OLESZCZAK Robert</b>	<b>399</b>	KP PSP GRYFICE	M40	29	00:03:13	00:31:42	00:34:51	01:04:42	<b>01:07:51.70</b>	+00:13:39 (20.1%)	4:31	13.3 (80.1%)
117	<b>ŚLIWA Marek</b>	<b>571</b>	NUTRILITE TEAM	M45	16	00:02:53	00:31:01	00:34:16	01:04:45	<b>01:07:53.70</b>	+00:13:41 (20.2%)	4:31	13.3 (80.1%)
118	<b>PŁAŻAŁSKI Łukasz</b>	<b>434</b>	HUSARIA RACE TEAM GRYFICE	M35	18	00:02:53	00:31:25	00:34:38	01:04:59	<b>01:07:59.40</b>	+00:13:47 (20.3%)	4:31	13.2 (79.5%)
119	<b>TWARÓG Eugeniusz</b>	<b>585</b>		M40	30	00:02:59	00:31:32	00:34:46	01:05:01	<b>01:08:02.15</b>	+00:13:50 (20.3%)	4:32	13.2 (79.5%)
120	<b>SZCZYGIELSKI Radosław</b>	<b>552</b>		M30	13	00:03:00	00:31:46	00:35:01	01:04:54	<b>01:08:05.75</b>	+00:13:53 (20.4%)	4:32	13.2 (79.5%)
121	<b>FILAROWSKI Stefan</b>	<b>129</b>	GRUPA NURKÓW INŻYNIERII	M45	17	00:03:04	00:31:37	00:34:51	01:04:56	<b>01:08:09.75</b>	+00:13:57 (20.5%)	4:32	13.2 (79.5%)
122	<b>FRYDRYCH Wojciech</b>	<b>133</b>	KOŁOBRZEG MARATON TEAM	M30	14	00:03:05	00:32:34	00:35:46	01:05:14	<b>01:08:09.85</b>	+00:13:57 (20.5%)	4:32	13.2 (79.5%)
123	<b>MACKOJĆ Krzysztof</b>	<b>348</b>		M45	18	00:02:51	00:31:27	00:34:44	01:04:57	<b>01:08:10.55</b>	+00:13:58 (20.5%)	4:32	13.2 (79.5%)
124	<b>SURDAKCI Piotr</b>	<b>545</b>		M40	31	00:02:59	00:31:55	00:35:10	01:05:11	<b>01:08:15.30</b>	+00:14:03 (20.6%)	4:33	13.2 (79.5%)
125	<b>KAŻMIERCZAK Robert</b>	<b>624</b>		M45	19	00:03:08	00:32:30	00:35:45	01:05:26	<b>01:08:22.50</b>	+00:14:10 (20.7%)	4:33	13.2 (79.5%)
126	<b>OSTROWSKI Marian</b>	<b>410</b>	SENIOR 54	M60	7	00:03:07	00:31:53	00:35:09	01:05:16	<b>01:08:29.20</b>	+00:14:17 (20.9%)	4:33	13.1 (78.9%)
127	<b>FIŁONOWICZ Monika</b>	<b>131</b>		K40	4	00:02:59	00:31:40	00:34:57	01:05:24	<b>01:08:36.15</b>	+00:14:24 (21.0%)	4:34	13.1 (78.9%)
128	<b>BIELECKI Andrzej</b>	<b>36</b>	3:33 TEAM	M45	20	00:03:05	00:32:06	00:35:20	01:05:27	<b>01:08:39.00</b>	+00:14:26 (21.0%)	4:34	13.1 (78.9%)
129	<b>MALINOWSKI Zbigniew</b>	<b>356</b>	KOŁOBRZEG MORZEM SPORTÓW	M60	8	00:03:11	00:32:46	00:35:58	01:05:39	<b>01:08:41.65</b>	+00:14:29 (21.1%)	4:34	13.1 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
130	<b>SOBKOWIAK Robert</b>	<b>518</b>		M50	10	00:03:02	00:31:18	00:34:33	01:05:32	<b>01:08:46.80</b>	+00:14:34 (21.2%)	4:35	13.1 (78.9%)
131	<b>KWINTAL Janek</b>	<b>313</b>		M45	21	00:03:14	00:32:44	00:36:02	01:05:58	<b>01:08:51.40</b>	+00:14:39 (21.3%)	4:35	13.1 (78.9%)
132	<b>ŁOWICKI Bartosz</b>	<b>341</b>	PRUSZCZ BIEGA	M20	11	00:02:52	00:31:30	00:34:48	01:05:47	<b>01:08:52.45</b>	+00:14:40 (21.3%)	4:35	13.1 (78.9%)
133	<b>DYMEK Paweł</b>	<b>120</b>	KB AKTYWNI KRZYŻ WLKP	M35	19	00:02:59	00:31:28	00:34:43	01:05:43	<b>01:08:56.15</b>	+00:14:44 (21.4%)	4:35	13.1 (78.9%)
134	<b>LIPIŃSKI Krzysztof</b>	<b>327</b>	KB MANIAC POZNAŃ	M55	9	00:03:24	00:32:49	00:36:04	01:05:57	<b>01:09:02.70</b>	+00:14:50 (21.5%)	4:36	13 (78.3%)
135	<b>AUGUSTYNIAK Grzegorz</b>	<b>14</b>	PAN	M40	32	00:03:09	00:32:33	00:35:50	01:06:02	<b>01:09:07.85</b>	+00:14:55 (21.6%)	4:36	13 (78.3%)
136	<b>ŻMUDA Jarosław</b>	<b>646</b>	CW FANZA KOŁOBRZEG	M40	33	00:03:01	00:32:30	00:35:50	01:06:11	<b>01:09:08.35</b>	+00:14:56 (21.6%)	4:36	13 (78.3%)
137	<b>SZYMANOWICZ Łukasz</b>	<b>565</b>		M40	34	00:03:04	00:31:34	00:34:51	01:05:47	<b>01:09:09.30</b>	+00:14:57 (21.6%)	4:36	13 (78.3%)
138	<b>BULIKOWSKI Paweł</b>	<b>60</b>		M45	22	00:03:14	00:32:38	00:35:55	01:06:02	<b>01:09:12.95</b>	+00:15:00 (21.7%)	4:36	13 (78.3%)
139	<b>LANGIEWICZ Jacek</b>	<b>317</b>	MKJ POLICE	M60	9	00:03:16	00:32:39	00:35:57	01:06:02	<b>01:09:16.90</b>	+00:15:04 (21.8%)	4:37	13 (78.3%)
140	<b>KASPEROWICZ Dariusz</b>	<b>239</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	35	00:03:10	00:31:38	00:34:51	01:06:08	<b>01:09:23.70</b>	+00:15:11 (21.9%)	4:37	13 (78.3%)
141	<b>PĘKAŁA Piotr</b>	<b>427</b>	ROZBIEGANY KOSZALIN	M45	23	00:03:22	00:33:45	00:37:06	01:06:19	<b>01:09:23.90</b>	+00:15:11 (21.9%)	4:37	13 (78.3%)
142	<b>ANDRYSKOWSKI Zdzisław</b>	<b>682</b>	KOLARZ-POL	M45	24	00:02:46	00:31:16	00:34:32	01:06:14	<b>01:09:30.60</b>	+00:15:18 (22.0%)	4:38	12.9 (77.7%)
143	<b>BEDNARCZYK Tomasz</b>	<b>28</b>		M30	15	00:03:14	00:32:35	00:35:48	01:06:17	<b>01:09:30.95</b>	+00:15:18 (22.0%)	4:38	12.9 (77.7%)
144	<b>LEWANDOWSKI Piotr</b>	<b>324</b>	SKB DZIK	M35	20	00:03:10	00:32:22	00:35:45	01:06:24	<b>01:09:33.20</b>	+00:15:21 (22.1%)	4:38	12.9 (77.7%)
145	<b>BRATUŚ Andrzej</b>	<b>45</b>	EUROTRUCK S.C.	M40	36	00:03:08	00:32:40	00:36:00	01:06:34	<b>01:09:44.85</b>	+00:15:32 (22.3%)	4:39	12.9 (77.7%)
146	<b>KUKIEŁA Tomasz</b>	<b>299</b>	ROZBIEGANA KUKIEŁKA	M35	21	00:03:18	00:32:45	00:35:57	01:06:38	<b>01:09:46.50</b>	+00:15:34 (22.3%)	4:39	12.9 (77.7%)
147	<b>CYBULSKI Robert</b>	<b>86</b>	HAMER MIASTKO	M45	25	00:03:13	00:33:26	00:36:45	01:06:52	<b>01:09:57.75</b>	+00:15:45 (22.5%)	4:39	12.9 (77.7%)
148	<b>UKRAIŃSKI Sławomir</b>	<b>590</b>	KOŁOBRZEG BIEGA	M50	11	00:03:02	00:32:09	00:35:31	01:06:46	<b>01:10:03.35</b>	+00:15:51 (22.6%)	4:40	12.8 (77.1%)
149	<b>STACHOWIAK Ryszard</b>	<b>524</b>		M65	3	00:03:16	00:31:58	00:35:19	01:06:47	<b>01:10:07.00</b>	+00:15:54 (22.7%)	4:40	12.8 (77.1%)
150	<b>PROKOPOWICZ Marcin</b>	<b>449</b>	3:33 TEAM	M35	22	00:03:11	00:33:19	00:36:38	01:07:04	<b>01:10:16.80</b>	+00:16:04 (22.9%)	4:41	12.8 (77.1%)
151	<b>KOSECKA Katarzyna</b>	<b>267</b>	KB WYGAN	K35	3	00:03:02	00:33:26	00:36:44	01:07:12	<b>01:10:19.85</b>	+00:16:07 (22.9%)	4:41	12.8 (77.1%)
152	<b>LITWINOWICZ Renata</b>	<b>329</b>	KB WYGAN	K40	5	00:03:20	00:33:22	00:36:43	01:07:18	<b>01:10:26.05</b>	+00:16:13 (23.0%)	4:41	12.8 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
153	<b>MICHALAK Jacek</b>	<b>368</b>		M55	10	00:03:01	00:32:10	00:35:31	01:07:13	<b>01:10:27.50</b>	+00:16:15 (23.1%)	4:41	12.8 (77.1%)
154	<b>TALAREK Robert</b>	<b>575</b>	KRZEWINKOWA	M40	37	00:03:07	00:32:41	00:36:09	01:07:29	<b>01:10:34.30</b>	+00:16:22 (23.2%)	4:42	12.8 (77.1%)
155	<b>DUDA Andrzej</b>	<b>114</b>		M50	12	00:02:46	00:32:24	00:35:48	01:07:26	<b>01:10:36.75</b>	+00:16:24 (23.2%)	4:42	12.7 (76.5%)
156	<b>GIEDRYS Wojtek</b>	<b>149</b>	3:33 TEAM	M45	26	00:03:02	00:32:15	00:35:38	01:07:15	<b>01:10:36.95</b>	+00:16:24 (23.2%)	4:42	12.7 (76.5%)
157	<b>MALICKI Grzegorz</b>	<b>354</b>	SCYZORYK	M45	27	00:03:19	00:32:57	00:36:19	01:07:29	<b>01:10:42.35</b>	+00:16:30 (23.3%)	4:42	12.7 (76.5%)
158	<b>TRZECIAK Dariusz</b>	<b>584</b>	KOŁOBRZEG BIEGA	M45	28	00:03:13	00:33:17	00:36:39	01:07:43	<b>01:10:46.45</b>	+00:16:34 (23.4%)	4:43	12.7 (76.5%)
159	<b>POLAŃSKI Dariusz</b>	<b>441</b>	ORZEŁ MRZEŻYNO	M50	13	00:02:53	00:32:01	00:35:23	01:07:15	<b>01:10:47.45</b>	+00:16:35 (23.4%)	4:43	12.7 (76.5%)
160	<b>BRZÓSKA Eugeniusz</b>	<b>52</b>	KB HERMES GRYFINO	M55	11	00:03:08	00:33:12	00:36:36	01:07:35	<b>01:10:48.30</b>	+00:16:36 (23.4%)	4:43	12.7 (76.5%)
161	<b>STAŃCZYK Sławomir</b>	<b>527</b>	STARGARD. JA SIĘ NIE ŚCIGAM	M30	16	00:03:23	00:33:44	00:37:01	01:07:47	<b>01:10:49.60</b>	+00:16:37 (23.5%)	4:43	12.7 (76.5%)
162	<b>KOŁTUNIAK Hubert</b>	<b>259</b>		M40	38	00:03:19	00:33:39	00:36:55	01:07:46	<b>01:10:55.00</b>	+00:16:42 (23.6%)	4:43	12.7 (76.5%)
163	<b>TAMAS Mateusz</b>	<b>576</b>		M20	12	00:03:21	00:33:22	00:36:40	01:07:43	<b>01:10:55.80</b>	+00:16:43 (23.6%)	4:43	12.7 (76.5%)
164	<b>POLGUJ Piotr</b>	<b>442</b>	PARKRUN MKL SZCZECINEK	M70	1	00:03:04	00:32:15	00:35:38	01:07:28	<b>01:10:57.95</b>	+00:16:45 (23.6%)	4:43	12.7 (76.5%)
165	<b>OLESZCZAK Piotr</b>	<b>400</b>	OSP GRYFICE	M16	2	00:03:27	00:32:44	00:35:53	01:07:37	<b>01:10:59.35</b>	+00:16:47 (23.6%)	4:43	12.7 (76.5%)
166	<b>TOWSTOKORY Marek</b>	<b>579</b>		M40	39	00:02:58	00:33:15	00:36:42	01:07:54	<b>01:11:17.05</b>	+00:17:04 (24.0%)	4:45	12.6 (75.9%)
167	<b>ROMEJ Elżbieta</b>	<b>481</b>	LŁKB TRUCHT ŁOBEZ	K50	1	00:03:02	00:32:43	00:36:04	01:07:44	<b>01:11:19.45</b>	+00:17:07 (24.0%)	4:45	12.6 (75.9%)
168	<b>SZOTA Robert</b>	<b>560</b>	SMT SZCZECIN	M30	17	00:03:16	00:34:28	00:37:47	01:08:32	<b>01:11:27.40</b>	+00:17:15 (24.1%)	4:45	12.6 (75.9%)
169	<b>ROJEK Michał</b>	<b>476</b>		M35	23	00:03:24	00:34:37	00:37:59	01:08:24	<b>01:11:32.20</b>	+00:17:20 (24.2%)	4:46	12.6 (75.9%)
170	<b>GUZIKIEWICZ Mirosław</b>	<b>177</b>	ROZBIEGANY GOLENIÓW	M45	29	00:03:25	00:34:41	00:37:55	01:08:24	<b>01:11:36.65</b>	+00:17:24 (24.3%)	4:46	12.6 (75.9%)
171	<b>CHRZANOWSKI Mariusz</b>	<b>669</b>		M50	14	00:03:13	00:32:58	00:36:16	01:07:58	<b>01:11:38.45</b>	+00:17:26 (24.3%)	4:46	12.6 (75.9%)
172	<b>WILKOWSKI Krzysztof</b>	<b>614</b>	L	M35	24	00:03:03	00:32:49	00:36:15	01:08:11	<b>01:11:38.50</b>	+00:17:26 (24.3%)	4:46	12.6 (75.9%)
173	<b>ZAWADZKI Adrian</b>	<b>681</b>	REGA TRZEBIATÓW	M20	13	00:02:31	00:32:26	00:35:37	01:08:33	<b>01:11:39.50</b>	+00:17:27 (24.4%)	4:46	12.6 (75.9%)
174	<b>SZYDŁOWSKI Witold</b>	<b>564</b>		M55	12	00:03:01	00:32:40	00:36:00	01:08:31	<b>01:11:57.25</b>	+00:17:45 (24.7%)	4:47	12.5 (75.3%)
175	<b>HOPPE Bronisław</b>	<b>196</b>	JW 3937	M35	25	00:03:24	00:33:25	00:36:49	01:08:54	<b>01:12:00.85</b>	+00:17:48 (24.7%)	4:48	12.5 (75.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
176	<b>MARTYNOWICZ Tobiasz</b>	<b>359</b>	GRABOWO	M30	18	00:02:58	00:30:37	00:34:03	01:08:35	<b>01:12:03.95</b>	+00:17:51 (24.8%)	4:48	12.5 (75.3%)
177	<b>DARONIN Pavlo</b>	<b>95</b>		M35	26	00:03:31	00:34:46	00:38:00	01:08:56	<b>01:12:05.40</b>	+00:17:53 (24.8%)	4:48	12.5 (75.3%)
178	<b>GROCHOWSKI Krzysztof</b>	<b>171</b>		M30	19	00:03:14	00:33:12	00:36:40	01:08:34	<b>01:12:06.65</b>	+00:17:54 (24.8%)	4:48	12.5 (75.3%)
179	<b>KUKIEŁKA Wojciech</b>	<b>300</b>		M35	27	00:03:59	00:34:58	00:38:20	01:08:53	<b>01:12:07.80</b>	+00:17:55 (24.9%)	4:48	12.5 (75.3%)
180	<b>BUCZKOWSKI Jacek</b>	<b>54</b>	8BREM	M45	30	00:03:06	00:33:27	00:36:54	01:09:18	<b>01:12:12.95</b>	+00:18:00 (24.9%)	4:48	12.5 (75.3%)
181	<b>RÓŻYCKI Edward</b>	<b>485</b>	MUKS TORNADO	M65	4	00:03:28	00:34:40	00:38:05	01:09:05	<b>01:12:20.20</b>	+00:18:08 (25.1%)	4:49	12.4 (74.7%)
182	<b>KUŹMIŃSKA Maryla</b>	<b>673</b>	BRZOZA BIEGA	K35	4	00:03:25	00:34:10	00:37:35	01:09:03	<b>01:12:23.75</b>	+00:18:11 (25.1%)	4:49	12.4 (74.7%)
183	<b>NADOLNY Przemysław</b>	<b>384</b>	INTER-COPY SZCZECIN	M40	40	00:03:24	00:34:23	00:37:45	01:09:16	<b>01:12:27.35</b>	+00:18:15 (25.2%)	4:49	12.4 (74.7%)
184	<b>WĘDZIŃSKI Maciej</b>	<b>607</b>	RUNGRYF GRYFICE	M40	41	00:03:05	00:32:50	00:36:18	01:09:07	<b>01:12:29.85</b>	+00:18:17 (25.2%)	4:50	12.4 (74.7%)
185	<b>KARCZEWSKI Krzysztof</b>	<b>236</b>	PG SPORTOWA PACZKA	M55	13	00:03:21	00:34:33	00:37:57	01:09:27	<b>01:12:35.10</b>	+00:18:23 (25.3%)	4:50	12.4 (74.7%)
186	<b>CHMIELEWSKI Kamil</b>	<b>73</b>	GRABOWO	M20	14	00:03:42	00:35:19	00:38:47	01:09:41	<b>01:12:36.55</b>	+00:18:24 (25.4%)	4:50	12.4 (74.7%)
187	<b>PETA Andrzej</b>	<b>426</b>	MTS HAMER MIASTKO	M45	31	00:03:13	00:33:42	00:37:07	01:09:13	<b>01:12:37.55</b>	+00:18:25 (25.4%)	4:50	12.4 (74.7%)
188	<b>JUZYSZYN-BRAŃSKA Alicja</b>	<b>221</b>		K30	2	00:02:57	00:33:32	00:36:59	01:09:17	<b>01:12:37.75</b>	+00:18:25 (25.4%)	4:50	12.4 (74.7%)
189	<b>OTOKA Kasia</b>	<b>411</b>		K40	6	00:03:11	00:34:02	00:37:31	01:09:24	<b>01:12:40.65</b>	+00:18:28 (25.4%)	4:50	12.4 (74.7%)
190	<b>SKAŁECKI Robert</b>	<b>511</b>	PARKRUN ŚWIDWIN	M45	32	00:03:17	00:32:47	00:36:03	01:09:29	<b>01:12:43.95</b>	+00:18:31 (25.5%)	4:50	12.4 (74.7%)
191	<b>TADROWSKI Tomasz</b>	<b>574</b>		M45	33	00:03:25	00:34:33	00:37:57	01:09:38	<b>01:12:44.45</b>	+00:18:32 (25.5%)	4:50	12.4 (74.7%)
192	<b>MAJDZIŃSKI Paweł</b>	<b>350</b>	GRABOWO	M20	15	00:03:40	00:35:20	00:38:48	01:09:42	<b>01:13:01.75</b>	+00:18:49 (25.8%)	4:52	12.3 (74.1%)
193	<b>CIESZYŃSKI Marcin</b>	<b>84</b>		M35	28	00:03:27	00:35:10	00:38:35	01:10:01	<b>01:13:03.15</b>	+00:18:51 (25.8%)	4:52	12.3 (74.1%)
194	<b>PRZYBYSZ Michał</b>	<b>457</b>		M30	20	00:03:04	00:33:50	00:37:17	01:09:44	<b>01:13:05.20</b>	+00:18:53 (25.8%)	4:52	12.3 (74.1%)
195	<b>ŁAWNICZAK Justyna</b>	<b>337</b>	TEAM ŚWIĘTA	K35	5	00:02:57	00:33:18	00:36:45	01:09:46	<b>01:13:07.80</b>	+00:18:55 (25.9%)	4:52	12.3 (74.1%)
196	<b>MAŁKIŃSKI Józef</b>	<b>358</b>	RWT W BYDGOSZCZY	M60	10	00:03:31	00:34:40	00:38:07	01:09:46	<b>01:13:08.10</b>	+00:18:56 (25.9%)	4:52	12.3 (74.1%)
197	<b>CHABOWSKA Karolina</b>	<b>70</b>		K30	3	00:03:03	00:33:43	00:37:12	01:09:54	<b>01:13:18.25</b>	+00:19:06 (26.1%)	4:53	12.3 (74.1%)
198	<b>ANDRYSKOWSKI Marek</b>	<b>8</b>	STOWARZYSZENIE 42,2 LĘBORK	M50	15	00:03:19	00:34:54	00:38:22	01:10:07	<b>01:13:19.55</b>	+00:19:07 (26.1%)	4:53	12.3 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
199	<b>WALERIAŃCZYK Roman</b>	<b>599</b>	GMINA KOŁOBRZEG	M50	16	00:03:11	00:34:16	00:37:52	01:10:02	<b>01:13:21.95</b>	+00:19:09 (26.1%)	4:53	12.3 (74.1%)
200	<b>MIECZKOWSKI Michał</b>	<b>674</b>	KTC KOŁOBRZEG	M55	14	00:03:23	00:34:16	00:37:42	01:09:51	<b>01:13:22.95</b>	+00:19:10 (26.1%)	4:53	12.3 (74.1%)
201	<b>GERKE Mateusz</b>	<b>148</b>		M20	16	00:03:29	00:34:53	00:38:17	01:10:20	<b>01:13:23.65</b>	+00:19:11 (26.1%)	4:53	12.3 (74.1%)
202	<b>JONKO Wojciech</b>	<b>217</b>		M65	5	00:03:09	00:32:59	00:36:31	01:09:42	<b>01:13:23.85</b>	+00:19:11 (26.2%)	4:53	12.3 (74.1%)
203	<b>CYNARSKI Marek</b>	<b>87</b>		M40	42	00:03:29	00:34:57	00:38:20	01:10:12	<b>01:13:30.40</b>	+00:19:18 (26.3%)	4:54	12.2 (73.5%)
204	<b>PENDRAK Kamil</b>	<b>425</b>		M30	21	00:03:30	00:35:40	00:39:09	01:10:20	<b>01:13:33.15</b>	+00:19:21 (26.3%)	4:54	12.2 (73.5%)
205	<b>DYBUS Thomas Henri</b>	<b>119</b>	ROZBIEGANY GOLENIÓW	M45	34	00:04:01	00:34:35	00:37:49	01:10:11	<b>01:13:33.70</b>	+00:19:21 (26.3%)	4:54	12.2 (73.5%)
206	<b>DADEŁO Robert</b>	<b>93</b>		M45	35	00:03:22	00:34:27	00:37:53	01:10:07	<b>01:13:37.25</b>	+00:19:25 (26.4%)	4:54	12.2 (73.5%)
207	<b>KALETKA Dariusz</b>	<b>228</b>	KALETKA TEAM	M55	15	00:03:21	00:34:07	00:37:33	01:10:07	<b>01:13:38.30</b>	+00:19:26 (26.4%)	4:54	12.2 (73.5%)
208	<b>AUGUSTYNIAK Jakub</b>	<b>13</b>	GRABOWO	M20	17	00:03:28	00:33:53	00:37:18	01:10:10	<b>01:13:39.10</b>	+00:19:27 (26.4%)	4:54	12.2 (73.5%)
209	<b>GRYGORUK Cezary</b>	<b>173</b>		M50	17	00:03:29	00:35:14	00:38:43	01:10:25	<b>01:13:39.40</b>	+00:19:27 (26.4%)	4:54	12.2 (73.5%)
210	<b>KULINICZ Agnieszka</b>	<b>305</b>	ROZBIEGANY GOLENIÓW	K35	6	00:03:27	00:34:48	00:38:15	01:10:18	<b>01:13:39.85</b>	+00:19:27 (26.4%)	4:54	12.2 (73.5%)
211	<b>STRUŚ Artur</b>	<b>536</b>	KB BRYZA POSTOMINO	M50	18	00:03:20	00:34:23	00:37:53	01:10:25	<b>01:13:43.30</b>	+00:19:31 (26.5%)	4:54	12.2 (73.5%)
212	<b>FABICH Adrian</b>	<b>124</b>	USB/ BALTIC SEALS	M30	22	00:03:30	00:36:45	00:40:27	01:10:40	<b>01:13:44.60</b>	+00:19:32 (26.5%)	4:55	12.2 (73.5%)
213	<b>SZCZEPAŃSKI Zbigniew</b>	<b>549</b>	MACIEJUNIO	M60	11	00:03:07	00:33:53	00:37:27	01:10:24	<b>01:13:46.50</b>	+00:19:34 (26.5%)	4:55	12.2 (73.5%)
214	<b>TROCKI Robert</b>	<b>580</b>		M40	43	00:03:08	00:34:41	00:38:09	01:10:32	<b>01:13:46.60</b>	+00:19:34 (26.5%)	4:55	12.2 (73.5%)
215	<b>UZNAŃSKI Ryszard</b>	<b>596</b>		M45	36	00:03:04	00:33:47	00:37:20	01:10:25	<b>01:13:47.00</b>	+00:19:34 (26.5%)	4:55	12.2 (73.5%)
216	<b>GAWEŁ Zbigniew</b>	<b>143</b>	MIASTO SŁUPSK	M60	12	00:03:23	00:34:43	00:38:12	01:10:16	<b>01:13:47.90</b>	+00:19:35 (26.6%)	4:55	12.2 (73.5%)
217	<b>POMORYNKO Krzysztof</b>	<b>443</b>		M35	29	00:03:24	00:34:59	00:38:23	01:10:41	<b>01:13:55.90</b>	+00:19:43 (26.7%)	4:55	12.2 (73.5%)
218	<b>BANAŚ Adam</b>	<b>18</b>		M35	30	00:03:16	00:34:40	00:38:11	01:10:39	<b>01:14:01.45</b>	+00:19:49 (26.8%)	4:56	12.2 (73.5%)
219	<b>STĘPA Bartosz</b>	<b>531</b>	DRUŻYNA SZPIKU	M20	18	00:03:22	00:33:55	00:37:27	01:10:58	<b>01:14:05.45</b>	+00:19:53 (26.8%)	4:56	12.1 (72.9%)
220	<b>WYGANOWSKI Andrzej</b>	<b>628</b>	K.B.WYGAN	M70	2	00:03:27	00:35:17	00:38:45	01:10:56	<b>01:14:10.90</b>	+00:19:58 (26.9%)	4:56	12.1 (72.9%)
221	<b>LITZBARSKI Marek</b>	<b>330</b>	DUDYCZ RUN	M50	19	00:03:31	00:35:44	00:39:16	01:11:05	<b>01:14:13.70</b>	+00:20:01 (27.0%)	4:56	12.1 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
222	<b>WOJCIECHOWSKA-HRYCYK Agata</b>	<b>620</b>		K50	2	00:03:16	00:34:42	00:38:13	01:10:55	<b>01:14:15.85</b>	+00:20:03 (27.0%)	4:57	12.1 (72.9%)
223	<b>PYTLARZ Waldemar</b>	<b>463</b>		M55	16	00:03:38	00:35:39	00:39:06	01:11:00	<b>01:14:18.10</b>	+00:20:06 (27.1%)	4:57	12.1 (72.9%)
224	<b>LANGE Damian</b>	<b>316</b>	12 WOLIŃSKI DYWIZJON TRĄLOWCÓW	M30	23	00:03:01	00:32:16	00:35:49	01:10:48	<b>01:14:19.45</b>	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
225	<b>SOSIN Tomasz</b>	<b>520</b>	SZWLA	M55	17	00:03:33	00:34:58	00:38:29	01:10:58	<b>01:14:19.75</b>	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
226	<b>ROMANIUK Wojciech</b>	<b>477</b>	NIEZRZESZONY	M45	37	00:03:31	00:35:21	00:38:50	01:11:13	<b>01:14:19.85</b>	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
227	<b>JĘDRASZKO Magda</b>	<b>214</b>	MTS HAMER MIASTKO	K30	4	00:03:30	00:35:14	00:38:41	01:11:04	<b>01:14:20.30</b>	+00:20:08 (27.1%)	4:57	12.1 (72.9%)
228	<b>SZUBERT Marcin</b>	<b>563</b>	KOŁOBRZEG BIEGA	M40	44	00:03:45	00:35:55	00:39:22	01:11:05	<b>01:14:31.75</b>	+00:20:19 (27.3%)	4:58	12.1 (72.9%)
229	<b>MEISSNER Bogusław</b>	<b>365</b>	K.B. SPRINT ŚWIDWIN	M55	18	00:03:20	00:34:06	00:37:37	01:11:01	<b>01:14:35.10</b>	+00:20:23 (27.3%)	4:58	12.1 (72.9%)
230	<b>DOMAGAŁA Sławomir</b>	<b>107</b>	KORYUKAN ŚWIDWIN	M40	45	00:03:19	00:34:06	00:37:37	01:11:02	<b>01:14:43.20</b>	+00:20:31 (27.5%)	4:58	12 (72.3%)
231	<b>SZYPOSYŃSKI Kamil</b>	<b>570</b>	MECENAS I PRZYJACIELE	M40	46	00:03:21	00:34:07	00:37:39	01:11:02	<b>01:14:44.00</b>	+00:20:31 (27.5%)	4:58	12 (72.3%)
232	<b>ŻUKOWSKI Cezary</b>	<b>648</b>	MIGAWKOWE.PL / ROZBIEGANY KOSZALIN	M35	31	00:03:20	00:35:27	00:39:00	01:11:30	<b>01:14:46.60</b>	+00:20:34 (27.5%)	4:59	12 (72.3%)
233	<b>HOC Dariusz</b>	<b>193</b>		M45	38	00:03:17	00:34:23	00:37:52	01:11:35	<b>01:14:49.70</b>	+00:20:37 (27.6%)	4:59	12 (72.3%)
234	<b>LUBERAŃSKI Patryk</b>	<b>333</b>	GRABOWO	M20	19	00:03:25	00:35:31	00:39:00	01:11:39	<b>01:14:52.50</b>	+00:20:40 (27.6%)	4:59	12 (72.3%)
235	<b>BARTOSZUK Adam</b>	<b>26</b>	MORSY KOŁOBRZEG	M40	47	00:03:26	00:36:24	00:39:58	01:11:54	<b>01:14:54.50</b>	+00:20:42 (27.6%)	4:59	12 (72.3%)
236	<b>MIGALSKA-STANKIEWICZ Lucyna</b>	<b>373</b>		K35	7	00:03:06	00:34:25	00:38:00	01:11:24	<b>01:14:55.20</b>	+00:20:43 (27.7%)	4:59	12 (72.3%)
237	<b>CHORAŻEWSKI Sebastian</b>	<b>76</b>		M40	48	00:03:11	00:34:58	00:38:28	01:11:48	<b>01:15:01.75</b>	+00:20:49 (27.8%)	5:00	12 (72.3%)
238	<b>PRUSZANOW Marcin</b>	<b>452</b>	KB HERMES GRYFINO	M40	49	00:03:32	00:35:53	00:39:18	01:12:01	<b>01:15:14.80</b>	+00:21:02 (28.0%)	5:01	12 (72.3%)
239	<b>NOWAK Klaudia</b>	<b>390</b>	ROZBIEGANY GOLENIÓW	K35	8	00:03:26	00:35:17	00:38:48	01:11:48	<b>01:15:17.45</b>	+00:21:05 (28.0%)	5:01	12 (72.3%)
240	<b>OTTO Michał</b>	<b>666</b>		M30	24	00:03:04	00:33:44	00:37:17	01:11:38	<b>01:15:17.65</b>	+00:21:05 (28.0%)	5:01	12 (72.3%)
241	<b>CIEPŁUCHA Marcin</b>	<b>81</b>	SZCZECINBUKOWE	M40	50	00:03:18	00:34:01	00:37:27	01:11:36	<b>01:15:19.30</b>	+00:21:07 (28.0%)	5:01	11.9 (71.7%)
242	<b>ANIOŁA Dominik</b>	<b>10</b>		M35	32	00:03:23	00:34:57	00:38:33	01:12:08	<b>01:15:40.50</b>	+00:21:28 (28.4%)	5:02	11.9 (71.7%)
243	<b>WOLSKI Tomasz</b>	<b>623</b>	WIECZORNE BIEGANIE W SZCZECINIE	M45	39	00:03:20	00:34:24	00:38:04	01:12:15	<b>01:15:42.25</b>	+00:21:30 (28.4%)	5:02	11.9 (71.7%)
244	<b>HERMAN Paweł</b>	<b>189</b>	MLUKS TRZEBIATÓW	M40	51	00:03:28	00:35:14	00:38:40	01:12:16	<b>01:15:44.25</b>	+00:21:32 (28.4%)	5:03	11.9 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
245	<b>SZELIGA Paweł</b>	<b>555</b>	KPP KOŁOBRZEG	M45	40	00:03:42	00:36:56	00:40:29	01:12:34	<b>01:15:45.25</b>	+00:21:33 (28.5%)	5:03	11.9 (71.7%)
246	<b>JĘDRZEJAK Maciej</b>	<b>216</b>	BIEGACZE ŚWINOUJŚCIE	M40	52	00:03:20	00:35:02	00:38:34	01:12:15	<b>01:15:48.95</b>	+00:21:36 (28.5%)	5:03	11.9 (71.7%)
247	<b>CEBULAK Dariusz</b>	<b>686</b>	AT AKTYWNY TRZEBIATÓW	M40	53	00:03:26	00:35:29	00:39:05	01:12:19	<b>01:15:49.50</b>	+00:21:37 (28.5%)	5:03	11.9 (71.7%)
248	<b>GAŚIOREK Tomasz</b>	<b>671</b>	BRZOZA BIEGA	M55	19	00:03:36	00:35:47	00:39:25	01:12:25	<b>01:15:51.50</b>	+00:21:39 (28.5%)	5:03	11.9 (71.7%)
249	<b>HAŁY Dorian</b>	<b>656</b>		M16	3	00:03:04	00:32:08	00:35:25	01:12:42	<b>01:15:57.15</b>	+00:21:45 (28.6%)	5:03	11.8 (71.1%)
250	<b>MAJCHRZAK Paweł</b>	<b>349</b>	KARLINO BIEGAJ	M40	54	00:02:53	00:34:03	00:37:24	01:12:31	<b>01:15:57.80</b>	+00:21:45 (28.6%)	5:03	11.8 (71.1%)
251	<b>ŻYWOT Norbert</b>	<b>651</b>	KOŁOBRZEG BIEGA - PARKRUN	M40	55	00:03:09	00:34:46	00:38:22	01:12:28	<b>01:15:59.40</b>	+00:21:47 (28.7%)	5:04	11.8 (71.1%)
252	<b>OPALIŃSKI Stanisław</b>	<b>403</b>	KOŁOBRZEG BIEGA - PARKRUN	M60	13	00:03:06	00:34:47	00:38:18	01:12:31	<b>01:16:03.75</b>	+00:21:51 (28.7%)	5:04	11.8 (71.1%)
253	<b>SZUBERT Julia</b>	<b>561</b>	KOŁOBRZEG BIEGA	K16	1	00:03:12	00:34:54	00:38:24	01:12:41	<b>01:16:06.45</b>	+00:21:54 (28.8%)	5:04	11.8 (71.1%)
254	<b>KUCZER Agata</b>	<b>660</b>		K30	5	00:03:27	00:35:48	00:39:26	01:12:53	<b>01:16:07.90</b>	+00:21:55 (28.8%)	5:04	11.8 (71.1%)
255	<b>NOWICKI Tomasz</b>	<b>661</b>	SZWLA	M50	20	00:03:26	00:35:47	00:39:25	01:12:52	<b>01:16:08.25</b>	+00:21:56 (28.8%)	5:04	11.8 (71.1%)
256	<b>LEWANDOWSKI Jacek</b>	<b>325</b>		M40	56	00:03:38	00:36:21	00:39:58	01:13:03	<b>01:16:10.40</b>	+00:21:58 (28.8%)	5:04	11.8 (71.1%)
257	<b>DURMAN Sławomir</b>	<b>117</b>		M30	25	00:03:24	00:36:34	00:40:22	01:13:14	<b>01:16:26.20</b>	+00:22:14 (29.1%)	5:05	11.8 (71.1%)
258	<b>CZERWIŃSKI Marcin</b>	<b>90</b>	GRABOWO	M20	20	00:03:15	00:34:09	00:37:53	01:13:33	<b>01:16:31.95</b>	+00:22:19 (29.2%)	5:06	11.8 (71.1%)
259	<b>CIESZYŃSKI Mariusz</b>	<b>83</b>	BEAUTY STUDIO LĘBORK	M40	57	00:03:31	00:35:40	00:39:16	01:13:00	<b>01:16:44.75</b>	+00:22:32 (29.4%)	5:07	11.7 (70.5%)
260	<b>OLSZYK Tadeusz</b>	<b>401</b>	BIEGACZE ŚWINOUJŚCIE	M60	14	00:03:30	00:36:38	00:40:14	01:13:21	<b>01:16:45.70</b>	+00:22:33 (29.4%)	5:07	11.7 (70.5%)
261	<b>ROGOWSKI Robert</b>	<b>474</b>	SKRZYWIENI GOŚCIE	M45	41	00:03:28	00:35:23	00:38:53	01:12:47	<b>01:16:47.60</b>	+00:22:35 (29.4%)	5:07	11.7 (70.5%)
262	<b>KOWALCZYK Mariusz</b>	<b>276</b>	ROZBIEGANY KOSZALIN	M40	58	00:03:24	00:35:59	00:39:56	01:13:38	<b>01:16:50.50</b>	+00:22:38 (29.5%)	5:07	11.7 (70.5%)
263	<b>ROGOWSKI Krystian</b>	<b>475</b>	SKRZYWIENI GOŚCIE	M16	4	00:02:57	00:34:30	00:38:04	01:12:57	<b>01:16:59.40</b>	+00:22:47 (29.6%)	5:07	11.7 (70.5%)
264	<b>PAWELEC Artur</b>	<b>419</b>	ROZBIEGANY GOLENIÓW	M45	42	00:03:31	00:37:00	00:40:39	01:13:58	<b>01:16:59.45</b>	+00:22:47 (29.6%)	5:08	11.7 (70.5%)
265	<b>KUSZ Radosław</b>	<b>311</b>	KRÓLICZKI W PLECAKU	M40	59	00:03:12	00:35:30	00:39:10	01:13:29	<b>01:17:08.90</b>	+00:22:56 (29.7%)	5:08	11.7 (70.5%)
266	<b>GRZELAK Sebastian</b>	<b>175</b>	ROZBIEGANY GOLENIÓW	M55	20	00:03:33	00:37:01	00:40:40	01:14:00	<b>01:17:13.15</b>	+00:23:01 (29.8%)	5:08	11.7 (70.5%)
267	<b>KOSIOR Piotr</b>	<b>270</b>		M45	43	00:03:13	00:34:34	00:38:16	01:13:33	<b>01:17:18.25</b>	+00:23:06 (29.9%)	5:09	11.6 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
268	<b>MARZEC Łukasz</b>	<b>360</b>		M35	33	00:03:39	00:36:51	00:40:29	01:13:44	<b>01:17:20.95</b>	+00:23:08 (29.9%)	5:09	11.6 (69.9%)
269	<b>TROJANOWICZ Wiesław</b>	<b>581</b>		M40	60	00:03:49	00:35:47	00:39:32	01:13:31	<b>01:17:23.30</b>	+00:23:11 (30.0%)	5:09	11.6 (69.9%)
270	<b>ZABROCKI Karol</b>	<b>630</b>		M35	34	00:03:24	00:36:23	00:39:57	01:13:55	<b>01:17:27.45</b>	+00:23:15 (30.0%)	5:09	11.6 (69.9%)
271	<b>LIZAKOWSKI Piotr</b>	<b>331</b>	NYHA IV SZCZECIN	M40	61	00:03:26	00:35:27	00:39:07	01:13:57	<b>01:17:31.80</b>	+00:23:19 (30.1%)	5:10	11.6 (69.9%)
272	<b>GUZIKIEWICZ Marcin</b>	<b>178</b>	ROZBIEGANY GOLENIÓW	M40	62	00:03:33	00:35:13	00:38:46	01:13:04	<b>01:17:38.95</b>	+00:23:26 (30.2%)	5:10	11.6 (69.9%)
273	<b>STOJECKI Bartosz</b>	<b>532</b>	ROZBIEGANY GOLENIÓW	M40	63	00:03:34	00:35:14	00:38:47	01:13:05	<b>01:17:39.15</b>	+00:23:27 (30.2%)	5:10	11.6 (69.9%)
274	<b>GRABOWSKA Marta</b>	<b>165</b>		K20	2	00:03:15	00:35:15	00:39:00	01:14:05	<b>01:17:43.25</b>	+00:23:31 (30.3%)	5:10	11.6 (69.9%)
275	<b>PARADOWSKA Ewelina</b>	<b>414</b>	ZA - BIEGANE BABECZKI. NOWOGARD	K30	6	00:03:48	00:36:53	00:40:31	01:14:13	<b>01:17:46.45</b>	+00:23:34 (30.3%)	5:11	11.6 (69.9%)
276	<b>WILKLISZ Wojciech</b>	<b>613</b>		M45	44	00:03:15	00:35:27	00:39:10	01:14:20	<b>01:17:48.05</b>	+00:23:35 (30.3%)	5:11	11.6 (69.9%)
277	<b>STOLARCZYK Maciej</b>	<b>533</b>		M45	45	00:03:49	00:36:15	00:39:52	01:14:20	<b>01:17:48.90</b>	+00:23:36 (30.3%)	5:11	11.6 (69.9%)
278	<b>KOŁECKI Tomasz</b>	<b>257</b>		M35	35	00:03:57	00:38:00	00:41:37	01:14:20	<b>01:17:50.90</b>	+00:23:38 (30.4%)	5:11	11.6 (69.9%)
279	<b>JANKOWIAK Marek</b>	<b>205</b>		M35	36	00:03:57	00:38:01	00:41:37	01:14:21	<b>01:17:51.30</b>	+00:23:39 (30.4%)	5:11	11.6 (69.9%)
280	<b>HOFMAN Paweł</b>	<b>195</b>		M30	26	00:03:45	00:38:45	00:42:07	01:14:46	<b>01:17:54.35</b>	+00:23:42 (30.4%)	5:11	11.6 (69.9%)
281	<b>ADAMOWICZ Daniel</b>	<b>4</b>	KB PIONIER SZCZECIN	M30	27	00:03:18	00:34:21	00:37:50	01:14:43	<b>01:18:08.20</b>	+00:23:56 (30.6%)	5:12	11.5 (69.3%)
282	<b>DROŹDZIŃSKI Konrad</b>	<b>113</b>		M35	37	00:03:25	00:34:47	00:38:19	01:14:37	<b>01:18:13.25</b>	+00:24:01 (30.7%)	5:12	11.5 (69.3%)
283	<b>WIELGAT Łukasz</b>	<b>609</b>	KB BRYZA POSTOMINO	M30	28	00:03:42	00:35:48	00:39:30	01:14:44	<b>01:18:17.80</b>	+00:24:05 (30.8%)	5:13	11.5 (69.3%)
284	<b>KACHNOWICZ-BUKAŁA Izabela</b>	<b>223</b>	ROZBIEGANY GOLENIÓW	K40	7	00:03:30	00:36:59	00:40:37	01:14:48	<b>01:18:20.05</b>	+00:24:07 (30.8%)	5:13	11.5 (69.3%)
285	<b>REPKA Marek</b>	<b>470</b>	LUPUS TEAM	M45	46	00:03:28	00:36:11	00:39:54	01:14:48	<b>01:18:23.25</b>	+00:24:11 (30.9%)	5:13	11.5 (69.3%)
286	<b>BUZAŁA Walenty</b>	<b>64</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	21	00:03:30	00:35:22	00:39:51	01:14:48	<b>01:18:33.40</b>	+00:24:21 (31.0%)	5:14	11.5 (69.3%)
287	<b>NACHYŁA Piotr</b>	<b>383</b>	STOPA SŁUPSK	M45	47	00:03:47	00:37:10	00:40:54	01:15:12	<b>01:18:37.90</b>	+00:24:25 (31.1%)	5:14	11.4 (68.7%)
288	<b>DOMAŃSKI Adam</b>	<b>109</b>	JW 3775	M40	64	00:03:40	00:37:10	00:40:54	01:15:31	<b>01:18:48.80</b>	+00:24:36 (31.2%)	5:15	11.4 (68.7%)
289	<b>ORYSIAK Tomek</b>	<b>404</b>	ŁOBEZ	M30	29	00:03:37	00:36:46	00:40:21	01:15:34	<b>01:18:53.45</b>	+00:24:41 (31.3%)	5:15	11.4 (68.7%)
290	<b>MAZUREK Ryszard</b>	<b>362</b>		M60	15	00:03:49	00:37:14	00:40:57	01:15:28	<b>01:19:00.70</b>	+00:24:48 (31.4%)	5:16	11.4 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
291	<b>KĘDZIORA Patryk</b>	<b>246</b>	GRABOWO	M20	21	00:03:52	00:38:59	00:42:38	01:15:56	<b>01:19:01.80</b>	+00:24:49 (31.4%)	5:16	11.4 (68.7%)
292	<b>JAWORSKI Robert</b>	<b>212</b>	KB BRYZA POSTOMINO	M40	65	00:03:39	00:35:54	00:39:41	01:15:10	<b>01:19:03.45</b>	+00:24:51 (31.4%)	5:16	11.4 (68.7%)
293	<b>SERWADCZAK Piotr</b>	<b>504</b>	P+E	M45	48	00:03:12	00:35:25	00:39:07	01:15:23	<b>01:19:05.50</b>	+00:24:53 (31.5%)	5:16	11.4 (68.7%)
294	<b>LISIK Justyna</b>	<b>328</b>	DECATHLON SŁUPSK	K35	9	00:03:29	00:37:10	00:40:51	01:15:32	<b>01:19:06.60</b>	+00:24:54 (31.5%)	5:16	11.4 (68.7%)
295	<b>RUDNIK Tomasz</b>	<b>487</b>		M35	38	00:03:20	00:34:27	00:37:58	01:15:01	<b>01:19:08.85</b>	+00:24:56 (31.5%)	5:16	11.4 (68.7%)
296	<b>PODKOWA Piotr</b>	<b>438</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	66	00:03:00	00:32:40	00:36:08	01:14:32	<b>01:19:10.40</b>	+00:24:58 (31.5%)	5:16	11.4 (68.7%)
297	<b>JABŁOŃSKI Andrzej</b>	<b>200</b>	NIEZRZESZONY	M45	49	00:03:46	00:36:49	00:40:32	01:15:26	<b>01:19:11.35</b>	+00:24:59 (31.6%)	5:16	11.4 (68.7%)
298	<b>SZCZYGIELSKI Michał</b>	<b>553</b>	KOŁOBRZEG MARATON TEAM	M35	39	00:03:28	00:36:16	00:39:56	01:15:42	<b>01:19:11.45</b>	+00:24:59 (31.6%)	5:16	11.4 (68.7%)
299	<b>BRZEZIŃSKI Krzysztof</b>	<b>51</b>		M45	50	00:03:41	00:37:25	00:41:09	01:15:36	<b>01:19:12.60</b>	+00:25:00 (31.6%)	5:16	11.4 (68.7%)
300	<b>SZUBERT Agnieszka</b>	<b>562</b>	KOŁOBRZEG BIEGA	K35	10	00:03:45	00:37:34	00:41:09	01:15:51	<b>01:19:13.90</b>	+00:25:01 (31.6%)	5:16	11.4 (68.7%)
301	<b>BARAŃSKI Grzegorz</b>	<b>20</b>	SAR-BSR KOŁOBRZEG KMT	M45	51	00:03:56	00:37:58	00:41:40	01:15:45	<b>01:19:17.15</b>	+00:25:05 (31.6%)	5:17	11.4 (68.7%)
302	<b>HASS Anita</b>	<b>185</b>	E-FIZJO TEAM	K35	11	00:03:24	00:35:57	00:39:43	01:15:37	<b>01:19:19.10</b>	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
303	<b>FURMAN Tomasz</b>	<b>134</b>		M50	21	00:03:20	00:36:12	00:39:55	01:15:13	<b>01:19:19.40</b>	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
304	<b>HRYCAJ Tomasz</b>	<b>197</b>		M30	30	00:03:35	00:36:59	00:40:45	01:15:43	<b>01:19:20.00</b>	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
305	<b>ŻURKOWSKI Tomasz</b>	<b>650</b>	BIEGAM Z ŻONĄ	M50	22	00:03:27	00:36:21	00:40:04	01:15:49	<b>01:19:25.55</b>	+00:25:13 (31.8%)	5:17	11.3 (68.1%)
306	<b>ŻURKOWSKA Iwona</b>	<b>649</b>	BIEGAM Z MĘŻEM	K50	3	00:03:27	00:36:20	00:40:03	01:15:49	<b>01:19:26.25</b>	+00:25:14 (31.8%)	5:17	11.3 (68.1%)
307	<b>ŁYSOŃ Piotr</b>	<b>345</b>		M20	22	00:03:46	00:39:45	00:43:32	01:16:27	<b>01:19:27.95</b>	+00:25:15 (31.8%)	5:17	11.3 (68.1%)
308	<b>RAŚ Ryszard Marek</b>	<b>467</b>	EKO-WOD-KAN	M65	6	00:03:13	00:36:44	00:40:34	01:15:51	<b>01:19:29.90</b>	+00:25:17 (31.8%)	5:18	11.3 (68.1%)
309	<b>DZIKOWSKI Karol</b>	<b>122</b>		M30	31	00:03:25	00:36:24	00:40:06	01:15:48	<b>01:19:31.85</b>	+00:25:19 (31.8%)	5:18	11.3 (68.1%)
310	<b>SIKORSKI Adam</b>	<b>508</b>	SIKORROWO	M30	32	00:03:20	00:36:25	00:40:22	01:16:09	<b>01:19:34.35</b>	+00:25:22 (31.9%)	5:18	11.3 (68.1%)
311	<b>CIBORSKI Sławomir</b>	<b>80</b>	NIEZRZESZONY	M40	67	00:03:36	00:36:38	00:40:18	01:15:40	<b>01:19:38.40</b>	+00:25:26 (31.9%)	5:18	11.3 (68.1%)
312	<b>WEGNER Aneta</b>	<b>603</b>		K35	12	00:03:31	00:36:46	00:40:28	01:16:04	<b>01:19:50.65</b>	+00:25:38 (32.1%)	5:19	11.3 (68.1%)
313	<b>DEJNAK Mariola</b>	<b>99</b>		K55	1	00:03:18	00:36:45	00:40:36	01:16:01	<b>01:19:54.85</b>	+00:25:42 (32.2%)	5:19	11.3 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
314	<b>KONOPIŃSKI Leszek</b>	<b>261</b>	BIEGACZE ŚWINOUJŚCIE	M60	16	00:03:30	00:36:20	00:40:06	01:16:20	<b>01:20:04.45</b>	+00:25:52 (32.3%)	5:20	11.2 (67.5%)
315	<b>ZIENCINA Marcin</b>	<b>640</b>		M35	40	00:03:46	00:38:10	00:42:04	01:16:49	<b>01:20:12.80</b>	+00:26:00 (32.4%)	5:20	11.2 (67.5%)
316	<b>BUJANOWSKI Grzegorz</b>	<b>58</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	68	00:03:32	00:36:37	00:40:27	01:16:27	<b>01:20:14.15</b>	+00:26:02 (32.4%)	5:21	11.2 (67.5%)
317	<b>NIERYCHLEWSKI Maciej</b>	<b>388</b>	BEZRZECZE TEAM	M40	69	00:03:36	00:37:54	00:41:38	01:16:36	<b>01:20:17.00</b>	+00:26:04 (32.5%)	5:21	11.2 (67.5%)
318	<b>WODNICKA Ewa</b>	<b>619</b>	RUNGRYF GRYFICE	K50	4	00:03:58	00:39:14	00:43:07	01:16:53	<b>01:20:17.30</b>	+00:26:05 (32.5%)	5:21	11.2 (67.5%)
319	<b>GAJEWSKI Przemysław</b>	<b>677</b>		M40	70	00:03:49	00:39:04	00:42:53	01:16:39	<b>01:20:25.10</b>	+00:26:13 (32.6%)	5:21	11.2 (67.5%)
320	<b>CIESZYŃSKA Marta</b>	<b>82</b>	BEAUTY STUDIO LĘBORK	K40	8	00:03:31	00:36:44	00:40:26	01:16:30	<b>01:20:27.35</b>	+00:26:15 (32.6%)	5:21	11.2 (67.5%)
321	<b>CENTKA Katarzyna</b>	<b>68</b>	TEAM ŚWIĘTA	K35	13	00:03:27	00:37:08	00:40:50	01:16:51	<b>01:20:28.20</b>	+00:26:16 (32.6%)	5:21	11.2 (67.5%)
322	<b>ŁUCZEJKO Sławomir</b>	<b>342</b>	TEAM BIEGOWY SZCZECINEK	M50	23	00:03:37	00:37:06	00:40:49	01:16:40	<b>01:20:32.45</b>	+00:26:20 (32.7%)	5:22	11.2 (67.5%)
323	<b>STACHOWSKI Andrzej</b>	<b>525</b>		M50	24	00:03:37	00:38:09	00:41:54	01:16:52	<b>01:20:34.40</b>	+00:26:22 (32.7%)	5:22	11.2 (67.5%)
324	<b>TWOROGAL Robert</b>	<b>586</b>		M40	71	00:03:57	00:37:59	00:41:42	01:16:54	<b>01:20:37.10</b>	+00:26:25 (32.8%)	5:22	11.2 (67.5%)
325	<b>SUJAK Włodzimierz</b>	<b>543</b>	MARECKI VS EQUATOR	M60	17	00:04:04	00:38:35	00:42:20	01:17:06	<b>01:20:39.15</b>	+00:26:27 (32.8%)	5:22	11.2 (67.5%)
326	<b>DAWIDOWSKI Michał</b>	<b>96</b>	KP PSP KAMIEŃ POMORSKI/ENDORFINA NOWOGARD	M40	72	00:03:31	00:37:58	00:41:39	01:17:12	<b>01:20:42.35</b>	+00:26:30 (32.8%)	5:22	11.2 (67.5%)
327	<b>KANIEWSKA Alicja</b>	<b>234</b>	AKADEMIA BIEGANIA	K50	5	00:03:41	00:38:00	00:41:47	01:17:02	<b>01:20:46.10</b>	+00:26:34 (32.9%)	5:23	11.1 (66.9%)
328	<b>MOCZYŃSKI Leszek</b>	<b>378</b>	BIEGAM DLA BYDGOSZCZY	M65	7	00:03:39	00:36:59	00:40:45	01:16:54	<b>01:20:47.10</b>	+00:26:35 (32.9%)	5:23	11.1 (66.9%)
329	<b>ORZEŁ Jacek</b>	<b>406</b>		M45	52	00:03:31	00:37:12	00:40:59	01:17:00	<b>01:20:48.45</b>	+00:26:36 (32.9%)	5:23	11.1 (66.9%)
330	<b>PRUSS Kasia</b>	<b>451</b>	WKURW_TEAM	K40	9	00:03:51	00:38:25	00:42:16	01:17:23	<b>01:20:49.60</b>	+00:26:37 (32.9%)	5:23	11.1 (66.9%)
331	<b>BIELEWICZ Anna</b>	<b>37</b>	STOPA SŁUPSK	K40	10	00:03:26	00:37:07	00:40:58	01:17:19	<b>01:20:51.20</b>	+00:26:39 (33.0%)	5:23	11.1 (66.9%)
332	<b>ADRYAN Adam</b>	<b>5</b>	CKB SŁUPSK	M40	73	00:03:26	00:37:07	00:40:58	01:17:18	<b>01:20:51.30</b>	+00:26:39 (33.0%)	5:23	11.1 (66.9%)
333	<b>KACZMARCZYK Stanisław</b>	<b>225</b>	SZWLA	M60	18	00:03:38	00:37:39	00:41:26	01:17:16	<b>01:20:58.05</b>	+00:26:45 (33.1%)	5:23	11.1 (66.9%)
334	<b>GÓRECKA-MITORAJ Justyna</b>	<b>163</b>	MAMY TO !	K35	14	00:03:34	00:36:56	00:40:42	01:17:08	<b>01:21:00.40</b>	+00:26:48 (33.1%)	5:24	11.1 (66.9%)
335	<b>KĘDZIERSKI Dawid</b>	<b>700</b>		M16	5	00:03:58	00:38:45	00:42:29	01:17:21	<b>01:21:01.15</b>	+00:26:49 (33.1%)	5:24	11.1 (66.9%)
336	<b>KORNIOWSKA Ewelina</b>	<b>688</b>	KOŁOBRZEG MARATON TEAM	K40	11	00:03:44	00:37:54	00:41:42	01:17:26	<b>01:21:07.25</b>	+00:26:55 (33.2%)	5:24	11.1 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
337	<b>LENARTOWICZ Stanisław</b>	<b>319</b>		M55	22	00:03:46	00:37:51	00:41:36	01:17:22	<b>01:21:09.50</b>	+00:26:57 (33.2%)	5:24	11.1 (66.9%)
338	<b>SZCZYGIEŁ Paweł</b>	<b>554</b>		M30	33	00:03:24	00:36:34	00:40:22	01:17:12	<b>01:21:13.10</b>	+00:27:01 (33.3%)	5:24	11.1 (66.9%)
339	<b>HASS Artur</b>	<b>186</b>	E-FIZJO TEAM	M35	41	00:03:25	00:36:10	00:39:44	01:17:20	<b>01:21:24.90</b>	+00:27:12 (33.4%)	5:25	11.1 (66.9%)
340	<b>SPYCHAŁA Maciej</b>	<b>523</b>	WRONIECKI KLUB BIEGACZA	M40	74	00:04:04	00:41:28	00:45:26	01:18:14	<b>01:21:29.65</b>	+00:27:17 (33.5%)	5:25	11 (66.3%)
341	<b>KOZŁOWSKI Witold</b>	<b>283</b>		M35	42	00:03:40	00:38:35	00:42:04	01:18:35	<b>01:21:44.50</b>	+00:27:32 (33.7%)	5:27	11 (66.3%)
342	<b>MYSZYŃSKI Paweł</b>	<b>382</b>		M35	43	00:03:26	00:36:21	00:40:04	01:17:49	<b>01:21:49.10</b>	+00:27:37 (33.8%)	5:27	11 (66.3%)
343	<b>ŁAZARCZYK Wacław Bogdan</b>	<b>338</b>		M65	8	00:03:55	00:39:23	00:43:11	01:18:06	<b>01:21:51.40</b>	+00:27:39 (33.8%)	5:27	11 (66.3%)
344	<b>DRABAREK Agata</b>	<b>111</b>	BIEGACZE ŚWINOUJŚCIE	K20	3	00:04:03	00:40:31	00:44:24	01:18:41	<b>01:22:01.90</b>	+00:27:49 (33.9%)	5:28	11 (66.3%)
345	<b>KĘPKA Karolina</b>	<b>247</b>	STOPA SŁUPSK	K40	12	00:03:49	00:38:27	00:42:23	01:18:23	<b>01:22:02.20</b>	+00:27:50 (33.9%)	5:28	11 (66.3%)
346	<b>ZIELIŃSKI Grzegorz</b>	<b>638</b>	BIEGAM DLA PRZYJEMNOŚCI	M65	9	00:03:46	00:38:04	00:41:53	01:18:08	<b>01:22:05.10</b>	+00:27:53 (34.0%)	5:28	11 (66.3%)
347	<b>CHORAŻEWSKA Andżelika</b>	<b>75</b>		K40	13	00:03:42	00:38:38	00:42:31	01:18:25	<b>01:22:10.85</b>	+00:27:58 (34.0%)	5:28	11 (66.3%)
348	<b>SAJNÓG Joanna</b>	<b>500</b>	KOŁOBRZEG MARATON TEAM	K30	7	00:03:48	00:38:44	00:42:33	01:18:55	<b>01:22:14.75</b>	+00:28:02 (34.1%)	5:29	10.9 (65.7%)
349	<b>KIEŁKOWSKI Przemysław</b>	<b>248</b>	KOŁOBRZEG MARATON TEAM	M35	44	00:03:48	00:38:44	00:42:33	01:18:55	<b>01:22:15.10</b>	+00:28:03 (34.1%)	5:29	10.9 (65.7%)
350	<b>BROŻYNA Renata</b>	<b>48</b>		K45	1	00:03:45	00:38:42	00:42:33	01:18:51	<b>01:22:29.15</b>	+00:28:17 (34.3%)	5:29	10.9 (65.7%)
351	<b>BARRA Marzena</b>	<b>22</b>	8 FOW	K20	4	00:03:53	00:39:31	00:43:29	01:19:06	<b>01:22:33.40</b>	+00:28:21 (34.3%)	5:30	10.9 (65.7%)
352	<b>RUCIŃSKI Marcin</b>	<b>486</b>		M35	45	00:03:53	00:39:31	00:43:29	01:19:06	<b>01:22:33.80</b>	+00:28:21 (34.4%)	5:30	10.9 (65.7%)
353	<b>ROSA Sebastian</b>	<b>483</b>		M20	23	00:03:43	00:38:42	00:42:38	01:18:48	<b>01:22:34.90</b>	+00:28:22 (34.4%)	5:30	10.9 (65.7%)
354	<b>TRZECIAK Anna</b>	<b>583</b>	KOŁOBRZEG BIEGA	K45	2	00:03:46	00:38:45	00:42:35	01:19:13	<b>01:22:52.05</b>	+00:28:39 (34.6%)	5:31	10.9 (65.7%)
355	<b>JĘDRUSZAK Marek</b>	<b>215</b>		M60	19	00:03:43	00:38:07	00:42:06	01:19:06	<b>01:23:00.65</b>	+00:28:48 (34.7%)	5:32	10.8 (65.1%)
356	<b>SIELICKI Mateusz</b>	<b>506</b>		M20	24	00:03:46	00:39:11	00:42:53	01:19:36	<b>01:23:14.30</b>	+00:29:02 (34.9%)	5:32	10.8 (65.1%)
357	<b>MALICKI Krzysztof</b>	<b>353</b>	AKTYWNI Z CUKRZYCĄ	M40	75	00:03:58	00:39:14	00:43:08	01:19:39	<b>01:23:16.10</b>	+00:29:04 (34.9%)	5:33	10.8 (65.1%)
358	<b>KOSIDŁO Monika</b>	<b>268</b>		K20	5	00:03:29	00:36:56	00:41:00	01:19:39	<b>01:23:17.95</b>	+00:29:05 (34.9%)	5:33	10.8 (65.1%)
359	<b>RONIJ Łukasz</b>	<b>482</b>	ANDREW'S TEAM	M35	46	00:04:06	00:41:13	00:44:38	01:19:47	<b>01:23:21.75</b>	+00:29:09 (35.0%)	5:33	10.8 (65.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
360	<b>KULCZYK Katarzyna</b>	<b>303</b>	KB BRYZA POSTOMINO	K35	15	00:03:42	00:38:18	00:42:10	01:19:27	<b>01:23:22.65</b>	+00:29:10 (35.0%)	5:33	10.8 (65.1%)
361	<b>KOZIARZ Anna</b>	<b>280</b>		K35	16	00:03:45	00:38:24	00:42:18	01:19:40	<b>01:23:27.10</b>	+00:29:15 (35.1%)	5:33	10.8 (65.1%)
362	<b>BORKOWSKA-KOWALCZYK Daria</b>	<b>44</b>	ROZBIEGANY KOSZALIN	K35	17	00:03:44	00:38:43	00:42:37	01:19:49	<b>01:23:30.65</b>	+00:29:18 (35.1%)	5:34	10.8 (65.1%)
363	<b>KĘDZIERSKI Krzysztof</b>	<b>245</b>	SMT SZCZECIN	M50	25	00:03:42	00:38:33	00:42:32	01:19:41	<b>01:23:39.85</b>	+00:29:27 (35.2%)	5:34	10.8 (65.1%)
364	<b>IWANICKA Bożena</b>	<b>198</b>	ROBIGANY GOLENIOW	K60	1	00:03:35	00:38:24	00:42:18	01:19:39	<b>01:23:47.30</b>	+00:29:35 (35.3%)	5:35	10.7 (64.5%)
365	<b>BERENT Robert</b>	<b>30</b>	TUPOT USTKA	M50	26	00:03:51	00:38:35	00:42:18	01:19:54	<b>01:23:53.35</b>	+00:29:41 (35.4%)	5:35	10.7 (64.5%)
366	<b>GODOŃ Piotr</b>	<b>160</b>	GRABOWO	M30	34	00:03:41	00:36:59	00:40:57	01:19:41	<b>01:23:56.35</b>	+00:29:44 (35.4%)	5:35	10.7 (64.5%)
367	<b>WOLAŃSKI Mariusz</b>	<b>622</b>		M50	27	00:04:00	00:39:44	00:43:35	01:20:08	<b>01:23:57.95</b>	+00:29:45 (35.4%)	5:35	10.7 (64.5%)
368	<b>OKOŁO-KUŁAK Ola</b>	<b>396</b>	ŁOBEZ	K45	3	00:04:10	00:40:49	00:44:47	01:20:23	<b>01:23:59.40</b>	+00:29:47 (35.5%)	5:35	10.7 (64.5%)
369	<b>PRYCIŃSKI Krzysztof</b>	<b>455</b>		M40	76	00:03:34	00:39:28	00:43:22	01:20:23	<b>01:24:00.20</b>	+00:29:48 (35.5%)	5:36	10.7 (64.5%)
370	<b>KULIK Sebastian</b>	<b>304</b>	GRABOWO	M35	47	00:03:23	00:36:26	00:40:29	01:19:45	<b>01:24:01.00</b>	+00:29:48 (35.5%)	5:36	10.7 (64.5%)
371	<b>OPACZYK Paweł</b>	<b>402</b>	PRESTO TRAVEL	M60	20	00:03:52	00:39:32	00:43:28	01:20:11	<b>01:24:03.55</b>	+00:29:51 (35.5%)	5:36	10.7 (64.5%)
372	<b>ZŁOTNICKA-TRYBUCHOWSKA Małgorzata</b>	<b>679</b>		K35	18	00:04:11	00:40:41	00:44:35	01:20:27	<b>01:24:04.35</b>	+00:29:52 (35.5%)	5:36	10.7 (64.5%)
373	<b>RUTKOWSKI Lucjan</b>	<b>493</b>	ARCAN TEAM	M55	23	00:04:01	00:39:44	00:43:32	01:20:34	<b>01:24:07.15</b>	+00:29:55 (35.6%)	5:36	10.7 (64.5%)
374	<b>GRABOWSKA Elżbieta</b>	<b>166</b>		K50	6	00:03:48	00:39:20	00:43:19	01:20:21	<b>01:24:08.30</b>	+00:29:56 (35.6%)	5:36	10.7 (64.5%)
375	<b>JANUSZEWSKA Anna</b>	<b>208</b>		K35	19	00:03:18	00:39:06	00:43:00	01:20:29	<b>01:24:09.20</b>	+00:29:57 (35.6%)	5:36	10.7 (64.5%)
376	<b>ŁANGOWSKA Iwona</b>	<b>335</b>	KOŁOBRZEG MARATON TEAM	K50	7	00:03:55	00:39:17	00:43:17	01:20:41	<b>01:24:14.30</b>	+00:30:02 (35.7%)	5:36	10.7 (64.5%)
377	<b>PASIKOWSKI Piotr</b>	<b>415</b>	BALTICUS	M50	28	00:03:26	00:38:41	00:42:47	01:20:01	<b>01:24:17.95</b>	+00:30:05 (35.7%)	5:37	10.7 (64.5%)
378	<b>UZNAŃSKA Agata</b>	<b>595</b>		K50	8	00:03:56	00:39:18	00:43:18	01:20:42	<b>01:24:18.25</b>	+00:30:06 (35.7%)	5:37	10.7 (64.5%)
378	<b>DUSZYŃSKI Kamil</b>	<b>118</b>	GRABOWO	M20	25	00:03:26	00:36:53	00:40:51	01:20:52	<b>01:24:18.25</b>	+00:30:06 (35.7%)	5:37	10.7 (64.5%)
380	<b>DIDŁUCH Jacek</b>	<b>103</b>	KOŁOBRZEG BIEGA MARATON TEAM	M40	77	00:03:14	00:36:34	00:40:17	01:20:28	<b>01:24:18.45</b>	+00:30:06 (35.7%)	5:37	10.7 (64.5%)
381	<b>KRASIŃSKI Witold</b>	<b>286</b>	JW 1223	M45	53	00:03:21	00:36:10	00:40:05	01:20:10	<b>01:24:19.30</b>	+00:30:07 (35.7%)	5:37	10.7 (64.5%)
382	<b>RZESZOTARSKI Jacek</b>	<b>498</b>	SAR-BSR KOŁOBRZEG MARATON TEAM	M40	78	00:03:57	00:37:58	00:43:52	01:20:49	<b>01:24:19.90</b>	+00:30:07 (35.7%)	5:37	10.7 (64.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
383	<b>KUKIEŁKA Anna</b>	<b>301</b>		K35	20	00:03:59	00:39:26	00:43:18	01:20:28	<b>01:24:22.60</b>	+00:30:10 (35.8%)	5:37	10.7 (64.5%)
384	<b>KOWALCZYK Piotr</b>	<b>275</b>		M35	48	00:03:27	00:38:29	00:42:32	01:20:36	<b>01:24:28.60</b>	+00:30:16 (35.8%)	5:37	10.7 (64.5%)
385	<b>BUDZIŃSKI Paweł</b>	<b>57</b>	DRUŻYNA SZPIKU	M35	49	00:03:38	00:38:37	00:42:24	01:20:41	<b>01:24:28.90</b>	+00:30:16 (35.8%)	5:37	10.7 (64.5%)
386	<b>BIEDRZYCKI Dawid</b>	<b>34</b>		M20	26	00:03:30	00:38:54	00:42:49	01:21:00	<b>01:24:36.00</b>	+00:30:23 (35.9%)	5:38	10.6 (63.9%)
387	<b>DRACZYŃSKI Zygmunt</b>	<b>112</b>	TRUCHT ŁOBEZ	M70	3	00:03:44	00:38:30	00:42:26	01:20:38	<b>01:24:39.95</b>	+00:30:27 (36.0%)	5:38	10.6 (63.9%)
388	<b>OKOŃ Stanisław</b>	<b>397</b>	KB WYGAN	M50	29	00:03:32	00:35:42	00:39:21	01:20:09	<b>01:24:42.95</b>	+00:30:30 (36.0%)	5:38	10.6 (63.9%)
389	<b>BUDZICH Marcin</b>	<b>56</b>		M30	35	00:03:57	00:41:19	00:45:22	01:21:34	<b>01:24:43.95</b>	+00:30:31 (36.0%)	5:38	10.6 (63.9%)
390	<b>DOBEK Tomasz</b>	<b>104</b>		M30	36	00:03:58	00:40:23	00:44:22	01:21:13	<b>01:24:48.95</b>	+00:30:36 (36.1%)	5:39	10.6 (63.9%)
391	<b>PRYCA Adam</b>	<b>453</b>	POMORSKI DYWIZJON STRAŻY GRANICZNEJ ŚWINOUJŚCIE	M35	50	00:04:06	00:41:05	00:44:59	01:21:34	<b>01:24:49.80</b>	+00:30:37 (36.1%)	5:39	10.6 (63.9%)
392	<b>DENISIUK Krzysztof</b>	<b>101</b>	SZCZECIN	M60	21	00:03:47	00:39:49	00:43:46	01:21:06	<b>01:24:53.65</b>	+00:30:41 (36.2%)	5:39	10.6 (63.9%)
393	<b>SZŁAPKA Dariusz</b>	<b>557</b>		M50	30	00:03:55	00:40:18	00:44:20	01:21:23	<b>01:24:58.25</b>	+00:30:46 (36.2%)	5:39	10.6 (63.9%)
394	<b>WRÓBLEWSKI Jarosław</b>	<b>627</b>	RAZ SZCZECIN	M45	54	00:03:46	00:39:23	00:43:20	01:21:11	<b>01:25:01.70</b>	+00:30:49 (36.3%)	5:40	10.6 (63.9%)
395	<b>HAŁAS Tomasz</b>	<b>181</b>		M55	24	00:04:01	00:40:40	00:44:39	01:21:15	<b>01:25:02.05</b>	+00:30:49 (36.3%)	5:40	10.6 (63.9%)
396	<b>NOWAK-IGNACAK Monika</b>	<b>391</b>		K40	14	00:03:39	00:38:55	00:42:51	01:20:55	<b>01:25:02.45</b>	+00:30:50 (36.3%)	5:40	10.6 (63.9%)
397	<b>MIELEWCZYK Radosław</b>	<b>372</b>	GRABOWO	M20	27	00:03:54	00:39:57	00:44:02	01:21:20	<b>01:25:10.95</b>	+00:30:58 (36.4%)	5:40	10.6 (63.9%)
398	<b>GŁOWACKI Adrian</b>	<b>158</b>	MAGIKKOMPUTEROWY	M30	37	00:03:54	00:39:24	00:43:17	01:21:18	<b>01:25:19.80</b>	+00:31:07 (36.5%)	5:41	10.5 (63.3%)
399	<b>GAWĘDA Emil</b>	<b>144</b>	GMINA DARŁOWO	M30	38	00:03:58	00:42:01	00:46:01	01:21:53	<b>01:25:19.85</b>	+00:31:07 (36.5%)	5:41	10.5 (63.3%)
400	<b>MŁODZIEJEWSKA Iwona</b>	<b>374</b>	KB WYGAN	K45	4	00:03:51	00:40:24	00:44:26	01:21:33	<b>01:25:20.25</b>	+00:31:08 (36.5%)	5:41	10.5 (63.3%)
401	<b>ŚLIWIŃSKA Małgorzata</b>	<b>572</b>	KPW ŚWINOUJŚCIE	K40	15	00:03:52	00:39:31	00:43:29	01:21:43	<b>01:25:23.00</b>	+00:31:10 (36.5%)	5:41	10.5 (63.3%)
402	<b>CZEKIERDA Bartosz</b>	<b>89</b>	GMINA DYGOWO	M20	28	00:02:35	00:31:56	00:35:21	01:22:05	<b>01:25:24.45</b>	+00:31:12 (36.5%)	5:41	10.5 (63.3%)
403	<b>SZCZERBA Łukasz</b>	<b>550</b>		M30	39	00:04:17	00:41:02	00:44:59	01:21:50	<b>01:25:36.65</b>	+00:31:24 (36.7%)	5:42	10.5 (63.3%)
404	<b>SOWA Krzysztof</b>	<b>654</b>		M30	40	00:03:34	00:38:59	00:42:53	01:21:19	<b>01:25:40.35</b>	+00:31:28 (36.7%)	5:42	10.5 (63.3%)
405	<b>SZYMAŃSKA Karolina</b>	<b>566</b>	BS FAMILY TEAM	K16	2	00:03:58	00:39:22	00:43:23	01:21:58	<b>01:25:41.40</b>	+00:31:29 (36.7%)	5:42	10.5 (63.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
406	<b>BARTECKA Ewelina</b>	<b>24</b>	KUNA KOWANÓWKO	K35	21	00:03:49	00:39:38	00:43:36	01:21:38	<b>01:25:44.80</b>	+00:31:32 (36.8%)	5:42	10.5 (63.3%)
407	<b>RZEPKA Bartosz</b>	<b>497</b>	KUNA KOWANÓWKO	M35	51	00:03:51	00:39:40	00:43:37	01:21:47	<b>01:25:45.65</b>	+00:31:33 (36.8%)	5:43	10.5 (63.3%)
408	<b>OSSES Wojciech</b>	<b>408</b>	KUNA KOWANÓWKO	M35	52	00:03:50	00:39:39	00:43:36	01:21:42	<b>01:25:45.90</b>	+00:31:33 (36.8%)	5:43	10.5 (63.3%)
409	<b>KRZESIŃSKI Michał</b>	<b>292</b>		M30	41	00:03:30	00:35:07	00:38:48	01:21:15	<b>01:25:48.90</b>	+00:31:36 (36.8%)	5:43	10.5 (63.3%)
410	<b>REPKA Anna</b>	<b>471</b>	LUPUS TEAM	K40	16	00:03:51	00:40:23	00:44:24	01:22:01	<b>01:25:50.50</b>	+00:31:38 (36.9%)	5:43	10.5 (63.3%)
411	<b>GIEDRYS Eliza</b>	<b>151</b>	3:33 TEAM	K20	6	00:04:15	00:42:35	00:46:35	01:22:12	<b>01:25:53.05</b>	+00:31:40 (36.9%)	5:43	10.5 (63.3%)
412	<b>LAL Monika</b>	<b>315</b>	RUNGRYF GRYFICE	K50	9	00:03:58	00:40:12	00:44:13	01:22:06	<b>01:25:53.45</b>	+00:31:41 (36.9%)	5:43	10.5 (63.3%)
413	<b>GŁOWACKI Kamil</b>	<b>157</b>	GRABOWO	M20	29	00:03:41	00:39:30	00:43:43	01:22:16	<b>01:26:00.20</b>	+00:31:48 (37.0%)	5:44	10.5 (63.3%)
414	<b>LAJTER Jerzy</b>	<b>314</b>	4RUN TEAM PIŁA	M65	10	00:03:55	00:39:55	00:44:03	01:22:22	<b>01:26:15.90</b>	+00:32:03 (37.2%)	5:45	10.4 (62.7%)
415	<b>PASTERNAK Wojciech</b>	<b>416</b>		M40	79	00:04:03	00:40:40	00:44:42	01:22:46	<b>01:26:21.55</b>	+00:32:09 (37.2%)	5:45	10.4 (62.7%)
416	<b>JAZOWSKA Kamila</b>	<b>213</b>	KOŁOBRZEG MARATON TEAM	K30	8	00:03:37	00:39:46	00:43:54	01:22:36	<b>01:26:23.55</b>	+00:32:11 (37.3%)	5:45	10.4 (62.7%)
417	<b>MICHALSKI Adam</b>	<b>653</b>		M35	53	00:03:36	00:39:46	00:43:54	01:22:36	<b>01:26:23.95</b>	+00:32:11 (37.3%)	5:45	10.4 (62.7%)
418	<b>DĄBROWSKI Wiktor</b>	<b>98</b>	PAŃSTWO DĄBREK	M20	30	00:04:02	00:41:24	00:45:30	01:22:37	<b>01:26:25.85</b>	+00:32:13 (37.3%)	5:45	10.4 (62.7%)
419	<b>DOBREK Izabela</b>	<b>105</b>	PAŃSTWO DĄBREK	K20	7	00:04:03	00:41:25	00:45:31	01:22:38	<b>01:26:26.10</b>	+00:32:14 (37.3%)	5:45	10.4 (62.7%)
420	<b>PEDA Leszek</b>	<b>423</b>	POLICE	M65	11	00:03:42	00:39:00	00:42:56	01:22:21	<b>01:26:28.15</b>	+00:32:16 (37.3%)	5:45	10.4 (62.7%)
421	<b>OLEJNIK Janusz</b>	<b>398</b>		M50	31	00:03:52	00:40:32	00:44:35	01:22:36	<b>01:26:30.80</b>	+00:32:18 (37.3%)	5:46	10.4 (62.7%)
422	<b>ŻUKOWSKA Małgorzata</b>	<b>647</b>		K30	9	00:04:08	00:41:29	00:45:29	01:22:45	<b>01:26:34.15</b>	+00:32:22 (37.4%)	5:46	10.4 (62.7%)
423	<b>MAČZKOWSKA Wioletta</b>	<b>364</b>	JATRENUJE	K40	17	00:04:01	00:39:55	00:43:49	01:22:24	<b>01:26:40.25</b>	+00:32:28 (37.5%)	5:46	10.4 (62.7%)
424	<b>KALUŻYŃSKI Piotr</b>	<b>230</b>	WRONIECKI KLUB BIEGACZA	M50	32	00:04:05	00:41:30	00:45:27	01:23:04	<b>01:26:43.95</b>	+00:32:31 (37.5%)	5:46	10.4 (62.7%)
425	<b>ZAROBIAK Piotr</b>	<b>633</b>	WIECZORNE BIEGANIE W SZCZECINIE	M35	54	00:03:46	00:39:39	00:43:38	01:22:45	<b>01:26:54.10</b>	+00:32:42 (37.6%)	5:47	10.4 (62.7%)
426	<b>ZAROBIAK Katarzyna</b>	<b>632</b>	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:03:48	00:39:40	00:43:39	01:22:46	<b>01:26:54.90</b>	+00:32:42 (37.6%)	5:47	10.4 (62.7%)
427	<b>ŻMUDA Monika</b>	<b>645</b>	CW FANZA KOŁOBRZEG	K40	19	00:03:53	00:40:36	00:44:44	01:23:06	<b>01:26:59.65</b>	+00:32:47 (37.7%)	5:48	10.3 (62.0%)
428	<b>MAKOWSKI Dariusz</b>	<b>351</b>	KB HERMES GRYFINO	M50	33	00:04:03	00:40:21	00:44:21	01:22:50	<b>01:27:07.75</b>	+00:32:55 (37.8%)	5:48	10.3 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
429	<b>KOZŁOWSKI Maciej</b>	<b>282</b>		M40	80	00:03:47	00:39:35	00:43:39	01:23:06	<b>01:27:21.75</b>	+00:33:09 (38.0%)	5:49	10.3 (62.0%)
430	<b>WITKOWSKI Andrzej</b>	<b>617</b>		M50	34	00:03:54	00:39:39	00:43:58	01:23:34	<b>01:27:37.90</b>	+00:33:25 (38.1%)	5:50	10.3 (62.0%)
431	<b>GAJDZIS Magdalena</b>	<b>137</b>		K50	10	00:04:11	00:42:16	00:46:27	01:23:49	<b>01:27:41.40</b>	+00:33:29 (38.2%)	5:50	10.3 (62.0%)
432	<b>ŚWIERCZ Dariusz</b>	<b>573</b>	WAŁECKA ŚCIEMA	M50	35	00:03:37	00:39:44	00:43:52	01:23:13	<b>01:27:41.95</b>	+00:33:29 (38.2%)	5:50	10.3 (62.0%)
433	<b>JOŃCZYK Tadeusz</b>	<b>218</b>	SAM SOBIE BIEGAM :)	M45	55	00:03:50	00:40:57	00:45:14	01:24:10	<b>01:27:45.15</b>	+00:33:33 (38.2%)	5:51	10.3 (62.0%)
434	<b>KULAWIŃSKI Marek</b>	<b>302</b>		M45	56	00:04:09	00:41:18	00:45:16	01:23:54	<b>01:27:47.20</b>	+00:33:35 (38.3%)	5:51	10.3 (62.0%)
435	<b>POKORNY Edward</b>	<b>439</b>	TUPOT USTKA	M70	4	00:03:57	00:41:09	00:45:20	01:23:55	<b>01:27:48.35</b>	+00:33:36 (38.3%)	5:51	10.3 (62.0%)
436	<b>KOWALSKI Zbigniew</b>	<b>278</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	25	00:03:36	00:39:30	00:43:38	01:23:28	<b>01:27:49.75</b>	+00:33:37 (38.3%)	5:51	10.2 (61.4%)
437	<b>TYLKA Małgosia</b>	<b>588</b>		K30	10	00:03:51	00:41:59	00:46:05	01:23:59	<b>01:27:51.60</b>	+00:33:39 (38.3%)	5:51	10.2 (61.4%)
438	<b>ZIEMKIEWICZ Jarek</b>	<b>639</b>	UKS RUNNING TEAM	M40	81	00:03:51	00:41:59	00:46:05	01:23:58	<b>01:27:51.70</b>	+00:33:39 (38.3%)	5:51	10.2 (61.4%)
439	<b>DANOWSKI Maciej</b>	<b>94</b>	FITNES CLUB FORMA	M40	82	00:03:49	00:40:38	00:44:54	01:24:30	<b>01:27:52.65</b>	+00:33:40 (38.3%)	5:51	10.2 (61.4%)
440	<b>LEWANDOWSKI Mirosław</b>	<b>323</b>	GOLENIÓW	M55	26	00:04:06	00:40:40	00:44:50	01:23:50	<b>01:27:53.00</b>	+00:33:40 (38.3%)	5:51	10.2 (61.4%)
441	<b>BRZUSZKIEWICZ Agata</b>	<b>53</b>	ROZBIEGANY GOLENIÓW	K30	11	00:03:42	00:40:09	00:44:14	01:23:48	<b>01:27:53.30</b>	+00:33:41 (38.3%)	5:51	10.2 (61.4%)
442	<b>KOŁODZIEJSKI Wojtek</b>	<b>258</b>		M35	55	00:03:59	00:41:22	00:45:32	01:23:58	<b>01:27:54.15</b>	+00:33:42 (38.3%)	5:51	10.2 (61.4%)
443	<b>PUŚCIAN Krzysztof</b>	<b>460</b>	SP W MANOWIE	M40	83	00:03:55	00:40:43	00:44:51	01:23:53	<b>01:27:56.25</b>	+00:33:44 (38.4%)	5:51	10.2 (61.4%)
444	<b>KUREK Aneta</b>	<b>309</b>		K40	20	00:03:56	00:40:44	00:44:53	01:23:54	<b>01:27:56.45</b>	+00:33:44 (38.4%)	5:51	10.2 (61.4%)
445	<b>PIETRZAK Mariola</b>	<b>430</b>	BABECZKI KOSZALIN	K50	11	00:03:56	00:40:32	00:44:42	01:24:07	<b>01:27:57.25</b>	+00:33:45 (38.4%)	5:51	10.2 (61.4%)
446	<b>HANĆ Ryszard</b>	<b>182</b>		M50	36	00:03:48	00:41:26	00:45:41	01:23:47	<b>01:27:58.20</b>	+00:33:46 (38.4%)	5:51	10.2 (61.4%)
447	<b>SZYNKOWSKI Krzysztof</b>	<b>569</b>	BULK-CARGO PORT SZCZECIN	M45	57	00:03:55	00:40:35	00:44:34	01:24:02	<b>01:27:59.00</b>	+00:33:46 (38.4%)	5:51	10.2 (61.4%)
448	<b>DEPTA Paweł</b>	<b>102</b>		M40	84	00:04:08	00:42:25	00:46:30	01:24:15	<b>01:27:59.85</b>	+00:33:47 (38.4%)	5:52	10.2 (61.4%)
449	<b>JANISZEWSKI Mieczysław</b>	<b>203</b>	BULK-CARGO PORT SZCZECIN	M55	27	00:03:58	00:40:46	00:44:56	01:24:02	<b>01:27:59.95</b>	+00:33:47 (38.4%)	5:51	10.2 (61.4%)
449	<b>JANISZEWSKA Marlena</b>	<b>202</b>	BULK-CARGO PORT SZCZECIN	K30	12	00:03:55	00:40:46	00:44:57	01:24:03	<b>01:27:59.95</b>	+00:33:47 (38.4%)	5:52	10.2 (61.4%)
451	<b>SKWARK Krzysztof</b>	<b>514</b>		M40	85	00:03:55	00:40:25	00:44:34	01:23:39	<b>01:28:00.15</b>	+00:33:48 (38.4%)	5:52	10.2 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
452	<b>GRZELAK Karina</b>	<b>174</b>	ROZBIEGANY KOSZALIN	K40	21	00:03:55	00:40:55	00:45:05	01:24:05	<b>01:28:00.55</b>	+00:33:48 (38.4%)	5:52	10.2 (61.4%)
453	<b>KOSAKOWSKA Barbara</b>	<b>265</b>	MARATOŃCZYK TEAM SZCZECIN	K55	2	00:03:49	00:41:48	00:45:48	01:24:01	<b>01:28:00.60</b>	+00:33:48 (38.4%)	5:52	10.2 (61.4%)
454	<b>ADAMCZYK Piotr</b>	<b>3</b>		M40	86	00:04:04	00:40:54	00:44:57	01:24:13	<b>01:28:08.55</b>	+00:33:56 (38.5%)	5:52	10.2 (61.4%)
455	<b>GAZARKIEWICZ Antoni</b>	<b>147</b>	BHMW_GDYNIA	M65	12	00:04:00	00:41:09	00:45:19	01:24:16	<b>01:28:13.60</b>	+00:34:01 (38.6%)	5:52	10.2 (61.4%)
456	<b>BANAŚ Marcin</b>	<b>664</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	87	00:03:43	00:38:36	00:42:45	01:23:54	<b>01:28:15.80</b>	+00:34:03 (38.6%)	5:53	10.2 (61.4%)
457	<b>DOMAŃSKI Dominik</b>	<b>110</b>		M35	56	00:03:48	00:40:49	00:45:03	01:24:26	<b>01:28:22.30</b>	+00:34:10 (38.7%)	5:53	10.2 (61.4%)
458	<b>RUDZIŃSKI Jacek</b>	<b>489</b>	KB HERMES GRYFINO	M45	58	00:03:10	00:48:12	00:51:11	01:24:23	<b>01:28:41.00</b>	+00:34:28 (38.9%)	5:54	10.1 (60.8%)
459	<b>KORNAK Wiktoria</b>	<b>264</b>		K16	3	00:03:30	00:39:46	00:43:54	01:24:48	<b>01:28:43.95</b>	+00:34:31 (38.9%)	5:54	10.1 (60.8%)
460	<b>MOTYCZYŃSKA Patrycja</b>	<b>381</b>		K20	8	00:04:18	00:42:52	00:47:05	01:25:16	<b>01:28:48.95</b>	+00:34:36 (39.0%)	5:55	10.1 (60.8%)
461	<b>GIEDRYS Marta</b>	<b>150</b>	3:33 TEAM	K20	9	00:04:15	00:42:47	00:46:49	01:24:52	<b>01:28:52.45</b>	+00:34:40 (39.0%)	5:55	10.1 (60.8%)
462	<b>WŁODARCZYK Józef</b>	<b>618</b>	SZURAM SOBIE	M60	22	00:04:05	00:40:46	00:44:44	01:24:50	<b>01:29:02.10</b>	+00:34:50 (39.1%)	5:56	10.1 (60.8%)
463	<b>SZADKOWSKA Anna</b>	<b>546</b>	BBL INOWROCŁAW	K60	2	00:04:03	00:42:00	00:46:09	01:25:20	<b>01:29:14.05</b>	+00:35:01 (39.3%)	5:56	10.1 (60.8%)
464	<b>STACHURSKA Agnieszka</b>	<b>526</b>	BEM KOŁOBRZEG	K35	22	00:03:56	00:41:39	00:45:49	01:25:45	<b>01:29:33.15</b>	+00:35:21 (39.5%)	5:58	10.1 (60.8%)
465	<b>KISIELIŃSKI Igor</b>	<b>251</b>	TKKF KOSZALIN	M50	37	00:03:45	00:39:02	00:43:13	01:25:19	<b>01:29:41.35</b>	+00:35:29 (39.6%)	5:58	10 (60.2%)
466	<b>KACZOR Piotr</b>	<b>227</b>	GWIEZDNA FLOTA MASZEWO	M40	88	00:03:59	00:42:49	00:47:03	01:25:45	<b>01:29:42.65</b>	+00:35:30 (39.6%)	5:58	10 (60.2%)
467	<b>OGRODOWCZYK Jagoda</b>	<b>395</b>		K30	13	00:03:56	00:39:54	00:44:00	01:25:33	<b>01:29:47.90</b>	+00:35:35 (39.6%)	5:59	10 (60.2%)
468	<b>KUJAWA Ewelina</b>	<b>298</b>		K40	22	00:03:49	00:40:35	00:44:48	01:25:33	<b>01:29:51.00</b>	+00:35:38 (39.7%)	5:59	10 (60.2%)
469	<b>BURSZTA Marta</b>	<b>63</b>	KARLINO BIEGAJ	K20	10	00:03:43	00:41:12	00:45:17	01:25:59	<b>01:29:55.15</b>	+00:35:43 (39.7%)	5:59	10 (60.2%)
470	<b>GAŁECKI Jacek</b>	<b>138</b>	KARLINO BIEGAJ	M50	38	00:03:42	00:41:11	00:45:16	01:25:58	<b>01:29:56.15</b>	+00:35:44 (39.7%)	5:59	10 (60.2%)
471	<b>SKORUPA Edward</b>	<b>512</b>		M55	28	00:04:00	00:41:03	00:45:13	01:25:30	<b>01:29:57.75</b>	+00:35:45 (39.8%)	5:59	10 (60.2%)
472	<b>WENCŁAWSKI Michał</b>	<b>606</b>	DECATHLON SŁUPSK	M20	31	00:03:51	00:40:57	00:45:16	01:26:02	<b>01:29:58.95</b>	+00:35:46 (39.8%)	5:59	10 (60.2%)
473	<b>WASIAK Sylwester</b>	<b>601</b>	GWIEZDNA FLOTA MASZEWO	M35	57	00:03:58	00:42:48	00:47:04	01:26:02	<b>01:30:01.40</b>	+00:35:49 (39.8%)	6:00	10 (60.2%)
474	<b>KUBISIAK Damian</b>	<b>295</b>		M35	58	00:03:54	00:42:24	00:46:18	01:25:54	<b>01:30:02.45</b>	+00:35:50 (39.8%)	6:00	10 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
475	<b>CZARNECKA Teresa</b>	<b>88</b>		K30	14	00:03:56	00:40:25	00:44:36	01:26:04	<b>01:30:04.50</b>	+00:35:52 (39.8%)	6:00	10 (60.2%)
476	<b>PASZTOR Ania</b>	<b>418</b>		K20	11	00:04:18	00:42:52	00:47:05	01:26:13	<b>01:30:11.95</b>	+00:35:59 (39.9%)	6:00	10 (60.2%)
477	<b>KUBIAK Monika</b>	<b>655</b>		K35	23	00:03:33	00:42:14	00:46:48	01:26:45	<b>01:30:16.85</b>	+00:36:04 (40.0%)	6:01	10 (60.2%)
478	<b>SZYMAŃSKI Artur</b>	<b>567</b>	BS FAMILY TEAM	M40	89	00:03:59	00:41:22	00:45:32	01:26:09	<b>01:30:19.70</b>	+00:36:07 (40.0%)	6:01	10 (60.2%)
479	<b>GARGULIŃSKI Andrzej</b>	<b>142</b>		M40	90	00:04:03	00:42:02	00:46:20	01:26:43	<b>01:30:37.90</b>	+00:36:25 (40.2%)	6:02	9.9 (59.6%)
480	<b>STRZELCZYK Wioletta</b>	<b>539</b>		K40	23	00:04:02	00:42:15	00:46:28	01:26:25	<b>01:30:42.50</b>	+00:36:30 (40.2%)	6:02	9.9 (59.6%)
481	<b>HNAT Rafał</b>	<b>190</b>	KP PSP WAŁCZ	M45	59	00:03:56	00:42:48	00:45:48	01:25:48	<b>01:30:45.35</b>	+00:36:33 (40.3%)	6:03	9.9 (59.6%)
482	<b>DZIEKOŃSKI Jacek</b>	<b>121</b>		M60	23	00:03:53	00:40:49	00:44:52	01:26:33	<b>01:30:55.85</b>	+00:36:43 (40.4%)	6:03	9.9 (59.6%)
483	<b>KARMELITA Ewa</b>	<b>237</b>	ŁOBZONKA WYRZYSK	K60	3	00:03:50	00:41:20	00:45:41	01:26:43	<b>01:31:04.45</b>	+00:36:52 (40.5%)	6:04	9.9 (59.6%)
484	<b>MAŁECKI Artur</b>	<b>357</b>		M40	91	00:04:13	00:44:07	00:48:20	01:27:36	<b>01:31:06.15</b>	+00:36:54 (40.5%)	6:04	9.9 (59.6%)
485	<b>ŁYSON Andrzej</b>	<b>344</b>		M35	59	00:03:47	00:41:54	00:46:15	01:27:13	<b>01:31:06.65</b>	+00:36:54 (40.5%)	6:04	9.9 (59.6%)
486	<b>DOBRUK Agnieszka</b>	<b>106</b>		K45	5	00:04:11	00:42:01	00:46:21	01:27:15	<b>01:31:20.35</b>	+00:37:08 (40.7%)	6:05	9.9 (59.6%)
487	<b>URLICKI Lech</b>	<b>593</b>	KB SPOCENI NOWA SÓL	M65	13	00:03:50	00:41:37	00:45:53	01:27:17	<b>01:31:34.05</b>	+00:37:21 (40.8%)	6:06	9.8 (59.0%)
488	<b>WIELGOSZ Leszek</b>	<b>610</b>	KB SPOCENI NOWA SÓL	M55	29	00:03:51	00:41:37	00:45:53	01:27:17	<b>01:31:34.55</b>	+00:37:22 (40.8%)	6:06	9.8 (59.0%)
489	<b>ROZMUS Tomasz</b>	<b>484</b>		M30	42	00:03:50	00:40:55	00:45:07	01:27:22	<b>01:31:40.60</b>	+00:37:28 (40.9%)	6:06	9.8 (59.0%)
490	<b>GRABOWSKI Marek</b>	<b>167</b>		M50	39	00:03:45	00:40:42	00:44:51	01:27:39	<b>01:31:48.05</b>	+00:37:35 (41.0%)	6:07	9.8 (59.0%)
491	<b>KUBIK Monika</b>	<b>294</b>		K40	24	00:04:05	00:42:50	00:47:09	01:27:37	<b>01:31:49.65</b>	+00:37:37 (41.0%)	6:07	9.8 (59.0%)
492	<b>ZDANOWICZ Marek</b>	<b>636</b>	SAVE THE RING	M45	60	00:03:37	00:42:01	00:46:19	01:27:44	<b>01:31:51.95</b>	+00:37:39 (41.0%)	6:07	9.8 (59.0%)
493	<b>MICHALSKA Agnieszka</b>	<b>369</b>		K55	3	00:04:08	00:42:49	00:47:04	01:27:50	<b>01:31:59.00</b>	+00:37:46 (41.1%)	6:07	9.8 (59.0%)
494	<b>ADAMCZYK Arkadiusz</b>	<b>1</b>	BLUE TEAM PIŁA	M50	40	00:04:00	00:42:32	00:46:48	01:27:53	<b>01:32:05.00</b>	+00:37:52 (41.1%)	6:08	9.8 (59.0%)
495	<b>MALINOWSKA Anna</b>	<b>355</b>	ŁOBEZ	K35	24	00:04:11	00:43:05	00:47:22	01:28:15	<b>01:32:17.80</b>	+00:38:05 (41.3%)	6:09	9.8 (59.0%)
496	<b>SERKIS Piotr</b>	<b>503</b>	ŁOBEZ	M30	43	00:04:09	00:42:42	00:47:06	01:28:17	<b>01:32:18.95</b>	+00:38:06 (41.3%)	6:09	9.7 (58.4%)
497	<b>LEPPERT Katarzyna</b>	<b>320</b>		K30	15	00:03:58	00:43:02	00:47:21	01:28:04	<b>01:32:29.50</b>	+00:38:17 (41.4%)	6:10	9.7 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
498	<b>KACZMAREK Zenon</b>	<b>226</b>	MORSY KOŁOBRZEG	M70	5	00:04:05	00:42:05	00:46:28	01:27:59	<b>01:32:34.05</b>	+00:38:21 (41.4%)	6:10	9.7 (58.4%)
499	<b>PŁUSKA Tadeusz</b>	<b>436</b>		M65	14	00:03:31	00:39:58	00:44:02	01:27:59	<b>01:32:37.95</b>	+00:38:25 (41.5%)	6:10	9.7 (58.4%)
500	<b>MŁODZIEJSKI Krzysztof</b>	<b>375</b>		M45	61	00:03:42	00:40:36	00:45:05	01:28:34	<b>01:32:42.85</b>	+00:38:30 (41.5%)	6:10	9.7 (58.4%)
501	<b>HOFMAN Mateusz</b>	<b>194</b>	MONAR GRABOWO	M20	32	00:03:44	00:39:28	00:44:37	01:28:44	<b>01:32:46.80</b>	+00:38:34 (41.6%)	6:11	9.7 (58.4%)
502	<b>KROCZYŃSKA Kinga</b>	<b>288</b>		K35	25	00:03:56	00:42:08	00:46:44	01:28:46	<b>01:32:48.65</b>	+00:38:36 (41.6%)	6:11	9.7 (58.4%)
503	<b>BIELAK Wojciech</b>	<b>35</b>	UKS EKONOM KOŁOBRZEG	M16	6	00:03:38	00:38:36	00:43:17	01:29:14	<b>01:32:51.75</b>	+00:38:39 (41.6%)	6:11	9.7 (58.4%)
504	<b>STASIAK Sylwia</b>	<b>528</b>	BRAK	K40	25	00:03:55	00:42:42	00:47:02	01:28:36	<b>01:32:53.30</b>	+00:38:41 (41.6%)	6:11	9.7 (58.4%)
505	<b>PTASZYŃSKA Katarzyna</b>	<b>458</b>	KOŁOBRZEG MARATON TEAM	K60	4	00:04:14	00:43:39	00:47:56	01:28:43	<b>01:32:57.25</b>	+00:38:45 (41.7%)	6:11	9.7 (58.4%)
506	<b>GZELA Olga</b>	<b>180</b>	ROZBIEGANY KOSZALIN	K35	26	00:03:46	00:42:13	00:46:32	01:29:01	<b>01:33:02.65</b>	+00:38:50 (41.7%)	6:12	9.7 (58.4%)
507	<b>SIWEK Piotr</b>	<b>510</b>	GWIEZDNA FLOTA MASZEWO	M35	60	00:03:56	00:42:47	00:47:10	01:28:44	<b>01:33:14.95</b>	+00:39:02 (41.9%)	6:13	9.7 (58.4%)
508	<b>SIWEK Arleta</b>	<b>509</b>	GWIEZDNA FLOTA MASZEWO	K35	27	00:03:55	00:42:50	00:47:11	01:28:44	<b>01:33:15.00</b>	+00:39:02 (41.9%)	6:13	9.7 (58.4%)
509	<b>KAZIMIERSKI Marek</b>	<b>242</b>		M30	44	00:03:27	00:39:24	00:43:42	01:28:34	<b>01:33:20.95</b>	+00:39:08 (41.9%)	6:13	9.6 (57.8%)
510	<b>BANASZKIEWICZ Kasia</b>	<b>17</b>		K50	12	00:03:49	00:42:43	00:47:02	01:29:16	<b>01:33:46.00</b>	+00:39:33 (42.2%)	6:15	9.6 (57.8%)
511	<b>SKRZYPCZAK Bogusław</b>	<b>652</b>		M40	92	00:04:32	00:45:40	00:49:52	01:29:55	<b>01:33:53.70</b>	+00:39:41 (42.3%)	6:15	9.6 (57.8%)
512	<b>KĘDZIORA Sara</b>	<b>244</b>		K30	16	00:04:00	00:42:46	00:47:10	01:30:19	<b>01:33:59.05</b>	+00:39:46 (42.3%)	6:15	9.6 (57.8%)
513	<b>MAZUREK Barbara</b>	<b>363</b>	BABECZKI KOSZALIN	K35	28	00:03:50	00:42:03	00:46:29	01:29:59	<b>01:34:05.80</b>	+00:39:53 (42.4%)	6:16	9.6 (57.8%)
514	<b>SPIESZYŃSKI Michał</b>	<b>522</b>		M30	45	00:03:55	00:41:40	00:46:07	01:29:29	<b>01:34:10.30</b>	+00:39:58 (42.4%)	6:16	9.6 (57.8%)
515	<b>KLUCZYŃSKI Mariusz</b>	<b>252</b>		M30	46	00:03:52	00:41:24	00:45:38	01:30:10	<b>01:34:12.75</b>	+00:40:00 (42.5%)	6:16	9.6 (57.8%)
516	<b>DOMAŃSKA Katarzyna</b>	<b>108</b>		K40	26	00:04:07	00:43:39	00:48:01	01:29:49	<b>01:34:12.80</b>	+00:40:00 (42.5%)	6:16	9.6 (57.8%)
517	<b>PIĄTEK Mateusz</b>	<b>428</b>	13. DYWIZJON TRĄŁOWCÓW GDYNIA	M30	47	00:03:49	00:42:41	00:46:56	01:30:25	<b>01:34:22.60</b>	+00:40:10 (42.6%)	6:17	9.5 (57.2%)
518	<b>GAŁUSZKA Marcin</b>	<b>139</b>	FINISZ MORĄG	M40	93	00:03:55	00:42:28	00:47:01	01:29:31	<b>01:34:26.45</b>	+00:40:14 (42.6%)	6:17	9.5 (57.2%)
519	<b>WOŹNIAK Jacek</b>	<b>657</b>		M45	62	00:04:10	00:44:14	00:48:37	01:30:20	<b>01:34:29.70</b>	+00:40:17 (42.6%)	6:17	9.5 (57.2%)
520	<b>ROMAŃSKI Maciej</b>	<b>480</b>	TATACOWYMIATA	M30	48	00:04:09	00:43:05	00:47:26	01:30:18	<b>01:34:43.20</b>	+00:40:31 (42.8%)	6:18	9.5 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
521	<b>KURZAJCZYK Joanna</b>	<b>310</b>	4RUN TEAM PIŁA	K45	6	00:03:48	00:43:22	00:47:57	01:30:23	<b>01:34:47.70</b>	+00:40:35 (42.8%)	6:19	9.5 (57.2%)
522	<b>SZEWCZYK Monika</b>	<b>556</b>		K20	12	00:04:18	00:44:40	00:48:58	01:30:37	<b>01:34:48.10</b>	+00:40:36 (42.8%)	6:19	9.5 (57.2%)
523	<b>KAŻMIERCZAK Ewelina</b>	<b>243</b>		K20	13	00:04:17	00:44:39	00:48:58	01:30:36	<b>01:34:48.95</b>	+00:40:36 (42.8%)	6:19	9.5 (57.2%)
524	<b>GARBACZ-ZATORSKA Milena</b>	<b>141</b>		K40	27	00:03:58	00:43:07	00:47:37	01:30:16	<b>01:34:53.00</b>	+00:40:40 (42.9%)	6:19	9.5 (57.2%)
525	<b>WÓJCIK Aleksandra</b>	<b>626</b>		K20	14	00:03:53	00:43:39	00:48:12	01:31:00	<b>01:34:53.15</b>	+00:40:41 (42.9%)	6:19	9.5 (57.2%)
526	<b>BRYNDZA Piotr</b>	<b>49</b>		M40	94	00:04:05	00:43:16	00:47:34	01:30:43	<b>01:35:34.60</b>	+00:41:22 (43.3%)	6:22	9.4 (56.6%)
527	<b>KOŚKA Marek</b>	<b>272</b>	PRECON POLSKA-JASTROWIE	M30	49	00:04:20	00:45:24	00:49:40	01:31:22	<b>01:35:39.80</b>	+00:41:27 (43.3%)	6:22	9.4 (56.6%)
528	<b>GAWLIŃSKI Marcin</b>	<b>145</b>	BLUE TEAM PIŁA	M35	61	00:04:05	00:44:21	00:48:43	01:31:39	<b>01:35:48.80</b>	+00:41:36 (43.4%)	6:23	9.4 (56.6%)
529	<b>TYKA Edward</b>	<b>587</b>	NIESTOWARZYSZONY	M75	1	00:04:08	00:42:32	00:47:00	01:31:24	<b>01:35:52.75</b>	+00:41:40 (43.5%)	6:23	9.4 (56.6%)
530	<b>STRZELCZYK Edyta</b>	<b>540</b>	P+E	K45	7	00:03:43	00:43:08	00:47:45	01:31:30	<b>01:36:04.80</b>	+00:41:52 (43.6%)	6:24	9.4 (56.6%)
531	<b>BEDNARZ Katarzyna</b>	<b>29</b>		K40	28	00:04:13	00:44:00	00:48:23	01:32:06	<b>01:36:28.20</b>	+00:42:16 (43.8%)	6:25	9.3 (56.0%)
532	<b>FALKIEWICZ Jolanta</b>	<b>126</b>		K60	5	00:03:54	00:43:02	00:47:29	01:32:07	<b>01:36:32.50</b>	+00:42:20 (43.9%)	6:26	9.3 (56.0%)
533	<b>ŁUKASZYK Eliza</b>	<b>343</b>		K30	17	00:03:32	00:42:13	00:46:47	01:32:19	<b>01:36:42.30</b>	+00:42:30 (44.0%)	6:26	9.3 (56.0%)
534	<b>STUDNIARZ Joanna</b>	<b>541</b>		K50	13	00:04:13	00:44:36	00:49:04	01:32:43	<b>01:37:19.80</b>	+00:43:07 (44.3%)	6:29	9.2 (55.4%)
535	<b>PYDYNOWSKA Elżbieta</b>	<b>461</b>		K55	4	00:04:08	00:43:38	00:48:02	01:32:58	<b>01:37:31.75</b>	+00:43:19 (44.4%)	6:30	9.2 (55.4%)
536	<b>KUSZKA Katarzyna</b>	<b>312</b>		K20	15	00:04:20	00:46:17	00:50:42	01:32:59	<b>01:37:36.60</b>	+00:43:24 (44.5%)	6:30	9.2 (55.4%)
537	<b>MACIOSZEK Agnieszka</b>	<b>347</b>		K40	29	00:04:06	00:43:36	00:47:58	01:33:47	<b>01:37:48.60</b>	+00:43:36 (44.6%)	6:31	9.2 (55.4%)
538	<b>BONEW Marcin</b>	<b>665</b>		M40	95	00:03:43	00:43:07	00:47:40	01:33:15	<b>01:37:53.95</b>	+00:43:41 (44.6%)	6:31	9.2 (55.4%)
539	<b>REMBARZ Piotr</b>	<b>469</b>		M30	50	00:03:49	00:41:23	00:45:49	01:32:40	<b>01:37:58.10</b>	+00:43:46 (44.7%)	6:31	9.2 (55.4%)
540	<b>KOŁAKOWSKI Dariusz</b>	<b>256</b>	K.B. SPRINT ŚWIDWIN	M45	63	00:03:53	00:53:31	00:58:00	01:34:08	<b>01:38:04.80</b>	+00:43:52 (44.7%)	6:32	9.2 (55.4%)
541	<b>PAWLIUTKIN Aleksandr</b>	<b>422</b>		M40	96	00:04:05	00:44:40	00:49:13	01:33:50	<b>01:38:13.00</b>	+00:44:00 (44.8%)	6:32	9.2 (55.4%)
542	<b>GRABOWICZ Jerzy</b>	<b>164</b>	TUPOT USTKA	M70	6	00:04:02	00:40:36	00:44:53	01:33:43	<b>01:38:18.10</b>	+00:44:06 (44.9%)	6:33	9.2 (55.4%)
543	<b>PASTERNAK Magdalena</b>	<b>417</b>		K35	29	00:04:13	00:44:38	00:49:10	01:34:20	<b>01:38:43.15</b>	+00:44:31 (45.1%)	6:34	9.1 (54.8%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto 15km	Różn	Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
544	<b>HELLER Zdzisław</b>	<b>188</b>	NIEZRZESZONY	M60	24	00:03:55	00:45:25	00:50:03	01:34:37	<b>01:38:47.50</b>	+00:44:35 (45.1%)	6:35	9.1 (54.8%)
545	<b>SIENICKI Piotr</b>	<b>507</b>	FOR-REST-RUN TEAM	M40	97	00:03:46	00:43:07	00:47:52	01:34:14	<b>01:39:02.20</b>	+00:44:50 (45.3%)	6:36	9.1 (54.8%)
546	<b>KACZMAREK Agnieszka</b>	<b>685</b>		K40	30	00:03:45	00:43:06	00:47:51	01:34:13	<b>01:39:02.70</b>	+00:44:50 (45.3%)	6:36	9.1 (54.8%)
547	<b>PRENDECKA Sylwia</b>	<b>445</b>		K30	18	00:03:40	00:44:25	00:48:52	01:34:32	<b>01:39:16.85</b>	+00:45:04 (45.4%)	6:37	9.1 (54.8%)
548	<b>DURDA Małgorzata</b>	<b>659</b>		K35	30	00:04:15	00:46:14	00:50:50	01:35:01	<b>01:39:22.65</b>	+00:45:10 (45.5%)	6:37	9.1 (54.8%)
549	<b>KURCZ Barbara</b>	<b>308</b>	BABECZKI KOSZALIN	K45	8	00:04:11	00:46:02	00:50:41	01:34:49	<b>01:39:29.25</b>	+00:45:17 (45.5%)	6:38	9 (54.2%)
550	<b>WIESIOŁEK Grzegorz</b>	<b>612</b>		M45	64	00:03:41	00:44:46	00:49:06	01:35:14	<b>01:39:35.90</b>	+00:45:23 (45.6%)	6:38	9 (54.2%)
551	<b>SŁOMSKI Zenon</b>	<b>515</b>	KORZYBSKIE REKINY	M70	7	00:03:51	00:42:58	00:47:28	01:34:37	<b>01:39:45.35</b>	+00:45:33 (45.7%)	6:39	9 (54.2%)
552	<b>BARSZCZAK Tomasz</b>	<b>23</b>	KOŁOBRZEG BIEGA	M20	33	00:04:26	00:46:07	00:50:30	01:34:57	<b>01:39:47.95</b>	+00:45:35 (45.7%)	6:39	9 (54.2%)
552	<b>RZYDUCH Piotr</b>	<b>499</b>		M40	98	00:04:03	00:45:27	00:49:51	01:35:23	<b>01:39:47.95</b>	+00:45:35 (45.7%)	6:39	9 (54.2%)
554	<b>STRYCZEWSKA Barbara</b>	<b>537</b>		K40	31	00:04:05	00:46:25	00:51:00	01:35:37	<b>01:40:01.35</b>	+00:45:49 (45.8%)	6:40	9 (54.2%)
555	<b>BYKOWSKI Bogdan</b>	<b>65</b>	BRACTWO BIEGACZY Z-GORA	M65	15	00:04:07	00:44:22	00:49:00	01:35:35	<b>01:40:02.00</b>	+00:45:49 (45.8%)	6:40	9 (54.2%)
556	<b>MORAWSKA Monika</b>	<b>379</b>		K40	32	00:04:09	00:47:06	00:51:15	01:35:49	<b>01:40:02.30</b>	+00:45:50 (45.8%)	6:40	9 (54.2%)
557	<b>RODAK Agnieszka</b>	<b>473</b>		K55	5	00:04:17	00:45:57	00:50:34	01:35:29	<b>01:40:03.35</b>	+00:45:51 (45.8%)	6:40	9 (54.2%)
558	<b>KRANZMANN-ŻELEPIEŃ Anna</b>	<b>285</b>		K40	33	00:03:51	00:45:30	00:50:03	01:35:16	<b>01:40:08.20</b>	+00:45:56 (45.9%)	6:40	9 (54.2%)
559	<b>SODNOMGOMBO Alimaa</b>	<b>684</b>	FIZJOBIEGACZE	K55	6	00:04:13	00:46:02	00:50:43	01:35:54	<b>01:40:13.35</b>	+00:46:01 (45.9%)	6:40	9 (54.2%)
560	<b>WAŚOWICZ Anna</b>	<b>602</b>		K35	31	00:03:48	00:44:13	00:48:31	01:35:47	<b>01:40:35.55</b>	+00:46:23 (46.1%)	6:42	8.9 (53.6%)
561	<b>ŁABUŃ Aleksandra</b>	<b>334</b>		K30	19	00:04:07	00:45:15	00:49:48	01:36:09	<b>01:40:46.55</b>	+00:46:34 (46.2%)	6:43	8.9 (53.6%)
562	<b>BIERNACKI Rene</b>	<b>38</b>		M70	8	00:04:22	00:46:43	00:51:25	01:36:11	<b>01:41:00.55</b>	+00:46:48 (46.3%)	6:44	8.9 (53.6%)
563	<b>ŁOPIŃSKI Aleksy</b>	<b>340</b>	4RUN TEAM PIŁA	M70	9	00:04:44	00:47:17	00:52:52	01:36:40	<b>01:41:06.55</b>	+00:46:54 (46.4%)	6:44	8.9 (53.6%)
564	<b>SCHMIDT Dariusz</b>	<b>670</b>		M50	41	00:04:12	00:46:36	00:51:04	01:36:51	<b>01:41:16.45</b>	+00:47:04 (46.5%)	6:45	8.9 (53.6%)
565	<b>PELC Marzena</b>	<b>424</b>	RUNGRYF GRZYFICE	K40	34	00:04:02	00:45:56	00:50:55	01:37:04	<b>01:41:22.25</b>	+00:47:10 (46.5%)	6:45	8.9 (53.6%)
566	<b>LOBA Jerzy</b>	<b>332</b>	LUKS BAŁTYK DZIWNÓW	M70	10	00:04:17	00:44:28	00:48:54	01:36:15	<b>01:41:37.55</b>	+00:47:25 (46.7%)	6:46	8.9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
567	<b>TRYBUCH Joanna</b>	<b>582</b>		K35	32	00:04:19	00:47:20	00:52:09	01:38:13	<b>01:43:05.40</b>	+00:48:53 (47.4%)	6:52	8.7 (52.4%)
568	<b>FOLTYNOWICZ Bernard</b>	<b>132</b>	MARATOŃCZYK TEAM SZCZECIN	M70	11	00:04:16	00:46:48	00:51:31	01:38:21	<b>01:43:07.55</b>	+00:48:55 (47.4%)	6:52	8.7 (52.4%)
569	<b>CSULITS Claudia</b>	<b>85</b>		K45	9	00:04:06	00:46:24	00:51:18	01:38:48	<b>01:43:31.60</b>	+00:49:19 (47.6%)	6:54	8.7 (52.4%)
570	<b>WOŹNIAK Piotr</b>	<b>667</b>		M55	30	00:03:48	00:56:54	01:00:05	01:37:58	<b>01:44:00.50</b>	+00:49:48 (47.9%)	6:56	8.7 (52.4%)
571	<b>LEWANDOWSKA Izabela</b>	<b>322</b>		K40	35	00:04:13	00:49:27	00:54:08	01:39:50	<b>01:44:20.65</b>	+00:50:08 (48.1%)	6:57	8.6 (51.8%)
572	<b>KURASIŃSKA Dorota</b>	<b>307</b>	WIECZORNE BIEGANIE W SZCZECINIE	K45	10	00:04:06	00:47:02	00:51:48	01:40:23	<b>01:44:56.50</b>	+00:50:44 (48.4%)	6:59	8.6 (51.8%)
573	<b>JAROSZ Artur</b>	<b>211</b>		M35	62	00:03:51	00:46:30	00:51:14	01:41:23	<b>01:45:34.15</b>	+00:51:22 (48.7%)	7:02	8.5 (51.2%)
574	<b>ZAKRZEWSKI Tadeusz</b>	<b>675</b>		M65	16	00:04:00	00:45:12	00:50:08	01:40:38	<b>01:45:35.95</b>	+00:51:23 (48.7%)	7:02	8.5 (51.2%)
575	<b>KASIERSKA Ewa Katarzyna</b>	<b>238</b>	WKB META LUBLINIEC	K70	1	00:04:21	00:49:12	00:54:02	01:40:59	<b>01:45:37.95</b>	+00:51:25 (48.7%)	7:02	8.5 (51.2%)
576	<b>KOZŁOWSKA Kinga</b>	<b>281</b>		K40	36	00:04:11	00:47:47	00:52:52	01:40:59	<b>01:45:46.00</b>	+00:51:33 (48.8%)	7:03	8.5 (51.2%)
577	<b>USZPOLEWICZ Patryk</b>	<b>594</b>		M35	63	00:04:40	00:49:14	00:54:09	01:41:08	<b>01:46:01.85</b>	+00:51:49 (48.9%)	7:04	8.5 (51.2%)
578	<b>JAŃCZUK Stanisław</b>	<b>209</b>	NOCNE WILKI	M50	42	00:04:14	00:49:38	00:54:11	01:41:19	<b>01:46:20.90</b>	+00:52:08 (49.0%)	7:05	8.5 (51.2%)
579	<b>WIELIŃSKI Krzysztof</b>	<b>611</b>	KB HERMES GRYFINO	M65	17	00:04:22	00:47:57	00:52:40	01:41:33	<b>01:46:24.55</b>	+00:52:12 (49.1%)	7:05	8.5 (51.2%)
580	<b>JURKIEWICZ Wioletta</b>	<b>220</b>	WIECZORNE BIEGANIE W SZCZECINIE	K45	11	00:04:11	00:47:56	00:53:05	01:42:24	<b>01:47:18.20</b>	+00:53:06 (49.5%)	7:09	8.4 (50.6%)
581	<b>JANKOWSKI Remigiusz</b>	<b>207</b>		M35	64	00:04:03	00:47:00	00:52:17	01:42:52	<b>01:47:21.60</b>	+00:53:09 (49.5%)	7:09	8.4 (50.6%)
582	<b>KRYSA Krzysztof</b>	<b>291</b>		M45	65	00:03:52	00:48:12	00:53:22	01:43:39	<b>01:47:50.35</b>	+00:53:38 (49.7%)	7:11	8.3 (50.0%)
583	<b>ADAMCZYK Mirosław</b>	<b>2</b>		M45	66	00:04:40	00:49:15	00:54:10	01:42:43	<b>01:47:57.45</b>	+00:53:45 (49.8%)	7:11	8.3 (50.0%)
584	<b>BURCHARDT Mirka</b>	<b>61</b>	RWT W BYDGOSZCZY	K65	1	00:04:10	00:46:24	00:51:27	01:45:01	<b>01:50:23.75</b>	+00:56:11 (50.9%)	7:21	8.2 (49.4%)
585	<b>RAMA Janusz</b>	<b>465</b>	KOŁOBRZEG BIEGA - PARKRUN	M45	67	00:04:41	00:52:05	00:57:05	01:47:57	<b>01:53:14.05</b>	+00:59:01 (52.1%)	7:32	7.9 (47.6%)
586	<b>RAMA Ewa</b>	<b>466</b>	KOŁOBRZEG BIEGA - PARKRUN	K50	14	00:04:42	00:52:06	00:57:06	01:47:59	<b>01:53:14.45</b>	+00:59:02 (52.1%)	7:33	7.9 (47.6%)
587	<b>ANGIEL Władysław</b>	<b>9</b>	TKKF KOLEJARZ BYDGOSZCZ	M80+	1	00:04:36	00:53:11	00:58:22	01:48:05	<b>01:53:21.75</b>	+00:59:09 (52.2%)	7:33	7.9 (47.6%)
588	<b>JURCZAK Jarosław</b>	<b>219</b>		M60	25	00:04:28	00:52:12	00:57:38	01:49:12	<b>01:54:51.05</b>	+01:00:38 (52.8%)	7:39	7.8 (47.0%)
589	<b>KĘDZIERSKI Jarosław</b>	<b>699</b>		M45	68	00:04:09	00:49:36	00:55:05	01:49:43	<b>01:55:20.40</b>	+01:01:08 (53.0%)	7:41	7.8 (47.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat					Czas		Tempo min/km	Tempo km/h
						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
590	<b>STASZYŃSKA Marianna</b>	<b>529</b>	BTC,,ORZEŁ"	K60	6	00:04:21	00:52:16	00:57:25	01:50:55	<b>01:56:23.25</b>	+01:02:11 (53.4%)	7:45	7.7 (46.4%)
591	<b>KOPCEWICZ Henryk</b>	<b>263</b>		M65	18	00:04:43	00:52:22	00:57:38	01:50:47	<b>01:56:43.20</b>	+01:02:31 (53.6%)	7:46	7.7 (46.4%)
592	<b>MŁYNAREK Aneta</b>	<b>377</b>	BIEGAM BO LUBIĘ	K35	33	00:05:10	00:59:13	01:05:01	01:52:23	<b>01:57:32.10</b>	+01:03:20 (53.9%)	7:50	7.7 (46.4%)
593	<b>MŁYNAREK Piotr</b>	<b>376</b>		M40	99	00:05:10	00:59:14	01:05:01	01:52:23	<b>01:57:32.35</b>	+01:03:20 (53.9%)	7:50	7.7 (46.4%)
594	<b>KAMIŃSKI Andrzej</b>	<b>232</b>		M40	100	00:05:11	00:59:15	01:05:02	01:52:24	<b>01:57:34.35</b>	+01:03:22 (53.9%)	7:50	7.7 (46.4%)
595	<b>KABACIŃSKI Bronisław</b>	<b>47</b>	TUPOT USTKA	M70	12	00:04:49	00:53:32	00:58:38	01:52:07	<b>01:57:37.25</b>	+01:03:25 (53.9%)	7:50	7.7 (46.4%)
596	<b>BORKOWSKA Ewa</b>	<b>43</b>		K65	2	00:04:53	00:55:04	01:00:26	01:55:00	<b>02:00:14.70</b>	+01:06:02 (54.9%)	8:01	7.5 (45.2%)
597	<b>STRUSKI Stanisław</b>	<b>535</b>	NIEZRZESZONY	M70	13	00:04:36	00:55:31	01:00:46	01:56:20	<b>02:01:50.60</b>	+01:07:38 (55.5%)	8:07	7.4 (44.6%)
598	<b>SZCZEBLEWSKI Józef</b>	<b>547</b>		M60	26	00:04:07	00:55:03	01:00:38	01:58:04	<b>02:04:00.35</b>	+01:09:48 (56.3%)	8:16	7.3 (44.0%)
599	<b>BARTNIK Marian</b>	<b>676</b>	TKKF KOSZALIN	M80+	2	00:05:49	01:08:58	01:16:03	02:19:54	<b>02:30:05.65</b>	+01:35:53 (63.9%)	10:00	6 (36.1%)
600	<b>KALETKA Damian</b>	<b>229</b>		M30	51	00:02:35	00:26:51	00:29:33			+00:00:47	3:45	15.9 (95.8%)
601	<b>BEMOWICZ Tomasz</b>	<b>479</b>	KB WYGAN	M45	69	00:02:58	00:30:53	00:34:04			+00:05:19	4:20	13.8 (83.1%)
602	<b>KAZIMIERSKI Piotr</b>	<b>241</b>		M30	52	00:03:01	00:32:11	00:35:42			+00:06:57	4:32	13.2 (79.5%)
603	<b>RADAWIEC Kamil</b>	<b>464</b>		M40	101	00:02:49	00:28:51				+00:02:38	4:02	14.9 (89.8%)
604	<b>DEJNEKO Tomasz</b>	<b>100</b>		M40	102	00:03:40	00:40:11				+00:13:59	5:37	10.7 (64.5%)
605	<b>SZYMAŃSKA Irmina</b>	<b>678</b>		K40	37	00:04:16	00:47:40				+00:21:27	6:40	9 (54.2%)
606	<b>BIZUNOWICZ Krystian</b>	<b>39</b>	ROZBIEGANY GOLENIÓW	M40	103	02:09:59					+	185:41	0.3 (1.8%)
607	<b>SKOWRONSKI Bogdan</b>	<b>513</b>	SZWLA	M55	31								(0.0%)
DNC	<b>GŁOGOWSKI Adam</b>	<b>155</b>	ATC-CARGO TEAM	M20		00:02:17	00:10:27	00:12:53	00:58:51	<b>01:01:48.90</b>		-	- (0.0%)

Znaleziono 608 wynik(ów)