



K O Ł O B R Z E S K A
15-ska ZAŚLUBIN

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

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				
15	WOJTKIEWICZ Mateusz	680	KB 10 BIAŁOGARD	M20	3	00:02:42	00:27:17	00:30:02	00:55:24	00:58:00.00	+00:03:47 (6.5%)	3:52	15.5 (93.4%)
16	SZOPIŃSKI Tomasz	559	KB BRYZA POSTOMINO	M35	5	00:02:45	00:27:35	00:30:19	00:55:32	00:58:02.70	+00:03:50 (6.6%)	3:52	15.5 (93.4%)
17	RUTKOWSKI Jan	492	GKS KASZUBI LUZINO	M40	3	00:02:39	00:27:33	00:30:18	00:55:32	00:58:03.75	+00:03:51 (6.6%)	3:52	15.5 (93.4%)
18	SIADAK Arkadiusz	505		M35	6	00:02:35	00:27:05	00:29:50	00:55:35	00:58:15.30	+00:04:03 (7.0%)	3:53	15.5 (93.4%)
19	ULDYNOWICZ Łukasz	591	MLUKS MOKASYN PŁOTY	M35	7	00:02:39	00:27:39	00:30:27	00:55:47	00:58:26.75	+00:04:14 (7.3%)	3:53	15.4 (92.8%)
20	BUDZIAK Zbigniew	55	BENOBUDZIAK.PL	M45	3	00:02:33	00:27:23	00:30:12	00:55:57	00:58:38.80	+00:04:26 (7.6%)	3:54	15.3 (92.2%)
21	ŁAZOWSKI Marcin	339	POGOŃ SZCZECIN	M35	8	00:02:45	00:27:40	00:30:25	00:56:05	00:58:46.10	+00:04:34 (7.8%)	3:55	15.3 (92.2%)
22	RUDNIKOWSKI Maciej	488	BIEGUZDROWISKOWY.PL	M40	4	00:02:36	00:27:25	00:30:14	00:56:14	00:58:51.30	+00:04:39 (7.9%)	3:55	15.3 (92.2%)
23	WITKIEWICZ Eryk	615		M40	5	00:02:40	00:28:11	00:30:57	00:56:12	00:58:56.10	+00:04:44 (8.0%)	3:55	15.3 (92.2%)
24	SZYMAŃSKI Łukasz	568	SKS POBIEROWO	M20	4	00:02:32	00:27:43	00:30:30	00:56:26	00:59:03.65	+00:04:51 (8.2%)	3:56	15.2 (91.6%)
25	GŁÓW Tomasz	159	KREISEL RUNNING TEAM	M45	4	00:02:38	00:27:52	00:30:41	00:56:25	00:59:04.80	+00:04:52 (8.3%)	3:56	15.2 (91.6%)
26	ŻMUDA Tomasz	644	CW FANZA KOŁOBRZEG	M40	6	00:02:37	00:27:47	00:30:37	00:56:30	00:59:17.10	+00:05:05 (8.6%)	3:57	15.2 (91.6%)
27	GOLIŃSKI Łukasz	161	K.B. SPRINT ŚWIDWIN	M35	9	00:02:44	00:28:14	00:31:06	00:56:47	00:59:24.00	+00:05:11 (8.8%)	3:57	15.2 (91.6%)
28	KOTARSKI Wiesław	273	GRUPA AZOTY POLICE	M60	1	00:02:38	00:27:48	00:30:37	00:56:40	00:59:27.80	+00:05:15 (8.8%)	3:57	15.1 (91.0%)
29	KONARSKI Bartosz	260	ERAKAWY RUNNERS	M40	7	00:02:43	00:28:22	00:31:10	00:56:44	00:59:27.80	+00:05:15 (8.8%)	3:57	15.1 (91.0%)
30	NAGLACKI Grzegorz	385	MLUKS TRZEBIATÓW	M45	5	00:02:33	00:27:15	00:30:00	00:56:53	00:59:36.70	+00:05:24 (9.1%)	3:58	15.1 (91.0%)
31	CZOSNOWSKI Krzysztof	91	KB HERMES GRYFINO	M40	8	00:02:43	00:28:12	00:31:00	00:56:57	00:59:36.15	+00:05:24 (9.1%)	3:58	15.1 (91.0%)
32	KUBISZ Mateusz	296	KOŁOBRZEG MARATON TEAM	M30	5	00:02:39	00:27:53	00:30:42	00:56:55	00:59:38.05	+00:05:25 (9.1%)	3:58	15.1 (91.0%)
33	ELIASZ Wiktor	123	KMKL SZTORM KOŁOBRZEG	M16	1	00:02:36	00:28:33	00:31:27	00:57:12	00:59:48.70	+00:05:36 (9.4%)	3:59	15.1 (91.0%)
34	GROCHOWALSKI Rafał	170	21 BLT/K.B. SPRINT ŚWIDWIN	M40	9	00:02:46	00:28:23	00:31:13	00:57:22	01:00:07.65	+00:05:55 (9.9%)	4:00	15 (90.4%)
35	ANTONOWICZ Wojciech	11		M50	1	00:02:40	00:28:23	00:31:15	00:57:31	01:00:14.80	+00:06:02 (10.0%)	4:01	14.9 (89.8%)
36	SAPIKOWSKI Mariusz	502	ROZBIEGANY GOLENIÓW	M40	10	00:02:40	00:28:18	00:31:10	00:57:37	01:00:18.45	+00:06:06 (10.1%)	4:01	14.9 (89.8%)
37	BARTKOWIAK Janusz	25	K.B. MENTOR	M20	5	00:02:41	00:28:37	00:31:29	00:57:33	01:00:23.95	+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	FIAŁKA Maciej	127	LOKATOR PIŁA	M40	11	00:02:42	00:28:29	00:31:22	00:57:39	01:00:22.30	+00:06:10 (10.2%)	4:01	14.9 (89.8%)
39	GARBACZ Krzysztof	140		M45	6	00:02:41	00:27:58	00:30:51	00:57:44	01:00:32.90	+00:06:20 (10.5%)	4:02	14.9 (89.8%)
40	KOPCEWICZ Robert	262	ROZBIEGANY GOLENIÓW	M50	2	00:02:40	00:28:20	00:31:12	00:57:45	01:00:37.35	+00:06:25 (10.6%)	4:02	14.8 (89.2%)
41	BURDA Robert	62	KOSPEL	M40	12	00:02:44	00:28:24	00:31:16	00:57:55	01:00:41.30	+00:06:29 (10.7%)	4:02	14.8 (89.2%)
42	PRĘDKI Grzegorz	448	KB BRYZA POSTOMINO	M30	7	00:02:45	00:28:43	00:31:33	00:58:09	01:00:52.30	+00:06:40 (11.0%)	4:03	14.8 (89.2%)
43	PISKORZ Szymon	431	KP PSP GRYFICE	M30	6	00:02:41	00:28:34	00:31:25	00:58:14	01:00:51.95	+00:06:39 (10.9%)	4:03	14.8 (89.2%)
44	OBOLIK Mirosław	393		M55	1	00:02:47	00:28:14	00:31:06	00:58:10	01:01:02.85	+00:06:50 (11.2%)	4:04	14.7 (88.6%)
45	PIECYK Robert	429		M40	13	00:02:43	00:28:45	00:31:41	00:58:25	01:01:14.75	+00:07:02 (11.5%)	4:05	14.7 (88.6%)
46	CENTKA Jakub	69	TEAM ŚWIĘTA	M20	6	00:02:41	00:28:50	00:31:49	00:58:44	01:01:23.15	+00:07:11 (11.7%)	4:05	14.7 (88.6%)
47	KOLEBUK Marek	255	MG	M55	2	00:02:36	00:28:38	00:31:34	00:58:41	01:01:31.55	+00:07:19 (11.9%)	4:06	14.6 (88.0%)
48	KIESZKOWSKI Adam	250	TRI RZEŻNIA	M30	8	00:02:43	00:28:26	00:31:22	00:58:39	01:01:35.05	+00:07:22 (12.0%)	4:06	14.6 (88.0%)
49	ZWOLIŃSKI Jan	643	TKKF KOSZALIN	M50	3	00:02:52	00:29:38	00:32:32	00:59:03	01:01:40.70	+00:07:28 (12.1%)	4:06	14.6 (88.0%)
50	KRAWCZYK Mateusz	287	AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	M20	7	00:02:48	00:29:11	00:32:07	00:59:00	01:01:43.85	+00:07:31 (12.2%)	4:06	14.6 (88.0%)
51	POBŁOCKA Katarzyna	437	UKS EKONOMIK MARATOŃCZYK LĘBORK	K20	1	00:02:43	00:28:15	00:31:08	00:58:51	01:01:49.35	+00:07:37 (12.3%)	4:07	14.6 (88.0%)
52	BIEDRZYCKI Andrzej	33	OSP STARY BOREK	M60	2	00:02:44	00:28:46	00:31:43	00:58:52	01:01:49.85	+00:07:37 (12.3%)	4:07	14.6 (88.0%)
53	KOWALSKI Cezary	277	PARKRUN SZCZECIN	M50	4	00:02:45	00:29:12	00:32:11	00:59:15	01:02:05.60	+00:07:53 (12.7%)	4:08	14.5 (87.3%)
54	CZAPLIŃSKI Jacek	690	TAGER KOSZALIN	M35	10	00:02:44	00:29:01	00:31:56	00:59:33	01:02:23.90	+00:08:11 (13.1%)	4:09	14.4 (86.7%)
55	BAJGERT Robert	15		M45	7	00:02:44	00:28:54	00:31:53	00:59:33	01:02:25.65	+00:08:13 (13.2%)	4:09	14.4 (86.7%)
56	RATAJCZAK Janusz	468	KB AKTYWNI KRZYŻ WLKP	M55	3	00:02:45	00:28:50	00:31:52	00:59:32	01:02:28.85	+00:08:16 (13.3%)	4:09	14.4 (86.7%)
57	STACHOWICZ Wiesław	672	BRZOZA BIEGA	M45	8	00:03:07	00:30:49	00:32:58	01:00:01	01:02:30.55	+00:08:18 (13.3%)	4:10	14.4 (86.7%)
58	WITKIEWICZ Magda	616		K40	1	00:02:57	00:29:53	00:32:49	00:59:49	01:02:34.85	+00:08:22 (13.4%)	4:10	14.4 (86.7%)
59	KOŚCIELNIAK Robert	271	TKKF KOSZALIN	M50	5	00:02:52	00:29:49	00:32:45	01:00:04	01:02:46.30	+00:08:34 (13.7%)	4:11	14.3 (86.1%)
60	PRENDECKI Marcin	446		M40	14	00:02:58	00:29:34	00:32:24	01:00:02	01:02:51.35	+00:08:39 (13.8%)	4:11	14.3 (86.1%)

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

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

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				
107	PLATA Tadeusz	432	MARATOŃCZYK TEAM SZCZECIN	M65	2	00:02:54	00:31:16	00:34:27	01:04:01	01:07:18.35	+00:13:06 (19.5%)	4:29	13.4 (80.7%)
108	LEŚNIEWSKI Konrad	321	KB BRYZA POSTOMINO	M20	10	00:02:54	00:30:41	00:33:52	01:04:03	01:07:18.40	+00:13:06 (19.5%)	4:29	13.4 (80.7%)
109	SZMYTKOWSKI Bartosz	558		M30	11	00:03:06	00:31:27	00:34:33	01:04:15	01:07:21.45	+00:13:09 (19.5%)	4:29	13.4 (80.7%)
110	SAMBOR Krzysztof	501	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M30	12	00:02:52	00:30:57	00:34:08	01:04:08	01:07:23.55	+00:13:11 (19.6%)	4:29	13.4 (80.7%)
111	PUCHAŁA Sławomir	459	BLUE TEAM PIŁA	M45	13	00:02:53	00:30:57	00:34:08	01:04:09	01:07:23.60	+00:13:11 (19.6%)	4:29	13.4 (80.7%)
112	ODWROT Hubert	394	3:33 TEAM	M45	14	00:03:07	00:31:52	00:35:04	01:04:24	01:07:32.90	+00:13:20 (19.8%)	4:30	13.3 (80.1%)
113	MAKSYMOWICZ Kornelia	352		K35	2	00:03:00	00:31:28	00:34:42	01:04:29	01:07:37.00	+00:13:24 (19.8%)	4:30	13.3 (80.1%)
114	JAROCHOWICZ Norbert	210		M45	15	00:02:52	00:30:52	00:34:13	01:04:45	01:07:50.90	+00:13:38 (20.1%)	4:31	13.3 (80.1%)
115	JANKIEWICZ Tomasz	204	MTS HAMER MIASTKO	M40	28	00:02:48	00:31:45	00:35:00	01:04:49	01:07:51.10	+00:13:39 (20.1%)	4:31	13.3 (80.1%)
116	OLESZCZAK Robert	399	KP PSP GRYFICE	M40	29	00:03:13	00:31:42	00:34:51	01:04:42	01:07:51.70	+00:13:39 (20.1%)	4:31	13.3 (80.1%)
117	ŚLIWA Marek	571	NUTRILITE TEAM	M45	16	00:02:53	00:31:01	00:34:16	01:04:45	01:07:53.70	+00:13:41 (20.2%)	4:31	13.3 (80.1%)
118	PŁAŻALSKI Łukasz	434	HUSARIA RACE TEAM GRYFICE	M35	18	00:02:53	00:31:25	00:34:38	01:04:59	01:07:59.40	+00:13:47 (20.3%)	4:31	13.2 (79.5%)
119	TWARÓG Eugeniusz	585		M40	30	00:02:59	00:31:32	00:34:46	01:05:01	01:08:02.15	+00:13:50 (20.3%)	4:32	13.2 (79.5%)
120	SZCZYGIELSKI Radosław	552		M30	13	00:03:00	00:31:46	00:35:01	01:04:54	01:08:05.75	+00:13:53 (20.4%)	4:32	13.2 (79.5%)
121	FILAROWSKI Stefan	129	GRUPA NURKÓW INŻYNIERII	M45	17	00:03:04	00:31:37	00:34:51	01:04:56	01:08:09.75	+00:13:57 (20.5%)	4:32	13.2 (79.5%)
122	FRYDRYCH Wojciech	133	KOŁOBRZEG MARATON TEAM	M30	14	00:03:05	00:32:34	00:35:46	01:05:14	01:08:09.85	+00:13:57 (20.5%)	4:32	13.2 (79.5%)
123	MACKOJĆ Krzysztof	348		M45	18	00:02:51	00:31:27	00:34:44	01:04:57	01:08:10.55	+00:13:58 (20.5%)	4:32	13.2 (79.5%)
124	SURDAKCI Piotr	545		M40	31	00:02:59	00:31:55	00:35:10	01:05:11	01:08:15.30	+00:14:03 (20.6%)	4:33	13.2 (79.5%)
125	KAŻMIERCZAK Robert	624		M45	19	00:03:08	00:32:30	00:35:45	01:05:26	01:08:22.50	+00:14:10 (20.7%)	4:33	13.2 (79.5%)
126	OSTROWSKI Marian	410	SENIOR 54	M60	7	00:03:07	00:31:53	00:35:09	01:05:16	01:08:29.20	+00:14:17 (20.9%)	4:33	13.1 (78.9%)
127	FIŁONOWICZ Monika	131		K40	4	00:02:59	00:31:40	00:34:57	01:05:24	01:08:36.15	+00:14:24 (21.0%)	4:34	13.1 (78.9%)
128	BIELECKI Andrzej	36	3:33 TEAM	M45	20	00:03:05	00:32:06	00:35:20	01:05:27	01:08:39.00	+00:14:26 (21.0%)	4:34	13.1 (78.9%)
129	MALINOWSKI Zbigniew	356	KOŁOBRZEG MORZEM SPORTÓW	M60	8	00:03:11	00:32:46	00:35:58	01:05:39	01:08:41.65	+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	SOBKOWIAK Robert	518		M50	10	00:03:02	00:31:18	00:34:33	01:05:32	01:08:46.80	+00:14:34 (21.2%)	4:35	13.1 (78.9%)
131	KWINTAL Janek	313		M45	21	00:03:14	00:32:44	00:36:02	01:05:58	01:08:51.40	+00:14:39 (21.3%)	4:35	13.1 (78.9%)
132	ŁOWICKI Bartosz	341	PRUSZCZ BIEGA	M20	11	00:02:52	00:31:30	00:34:48	01:05:47	01:08:52.45	+00:14:40 (21.3%)	4:35	13.1 (78.9%)
133	DYMEK Paweł	120	KB AKTYWNI KRZYŻ WLKP	M35	19	00:02:59	00:31:28	00:34:43	01:05:43	01:08:56.15	+00:14:44 (21.4%)	4:35	13.1 (78.9%)
134	LIPIŃSKI Krzysztof	327	KB MANIAC POZNAŃ	M55	9	00:03:24	00:32:49	00:36:04	01:05:57	01:09:02.70	+00:14:50 (21.5%)	4:36	13 (78.3%)
135	AUGUSTYNIAK Grzegorz	14	PAN	M40	32	00:03:09	00:32:33	00:35:50	01:06:02	01:09:07.85	+00:14:55 (21.6%)	4:36	13 (78.3%)
136	ŻMUDA Jarosław	646	CW FANZA KOŁOBRZEG	M40	33	00:03:01	00:32:30	00:35:50	01:06:11	01:09:08.35	+00:14:56 (21.6%)	4:36	13 (78.3%)
137	SZYMANOWICZ Łukasz	565		M40	34	00:03:04	00:31:34	00:34:51	01:05:47	01:09:09.30	+00:14:57 (21.6%)	4:36	13 (78.3%)
138	BULIKOWSKI Paweł	60		M45	22	00:03:14	00:32:38	00:35:55	01:06:02	01:09:12.95	+00:15:00 (21.7%)	4:36	13 (78.3%)
139	LANGIEWICZ Jacek	317	MKJ POLICE	M60	9	00:03:16	00:32:39	00:35:57	01:06:02	01:09:16.90	+00:15:04 (21.8%)	4:37	13 (78.3%)
140	KASPEROWICZ Dariusz	239	WIECZORNE BIEGANIE W SZCZECINIE	M40	35	00:03:10	00:31:38	00:34:51	01:06:08	01:09:23.70	+00:15:11 (21.9%)	4:37	13 (78.3%)
141	PĘKAŁA Piotr	427	ROZBIEGANY KOSZALIN	M45	23	00:03:22	00:33:45	00:37:06	01:06:19	01:09:23.90	+00:15:11 (21.9%)	4:37	13 (78.3%)
142	ANDRYSKOWSKI Zdzisław	682	KOLARZ-POL	M45	24	00:02:46	00:31:16	00:34:32	01:06:14	01:09:30.60	+00:15:18 (22.0%)	4:38	12.9 (77.7%)
143	BEDNARCZYK Tomasz	28		M30	15	00:03:14	00:32:35	00:35:48	01:06:17	01:09:30.95	+00:15:18 (22.0%)	4:38	12.9 (77.7%)
144	LEWANDOWSKI Piotr	324	SKB DZIK	M35	20	00:03:10	00:32:22	00:35:45	01:06:24	01:09:33.20	+00:15:21 (22.1%)	4:38	12.9 (77.7%)
145	BRATUŚ Andrzej	45	EUROTRUCK S.C.	M40	36	00:03:08	00:32:40	00:36:00	01:06:34	01:09:44.85	+00:15:32 (22.3%)	4:39	12.9 (77.7%)
146	KUKIEŁA Tomasz	299	ROZBIEGANA KUKIEŁKA	M35	21	00:03:18	00:32:45	00:35:57	01:06:38	01:09:46.50	+00:15:34 (22.3%)	4:39	12.9 (77.7%)
147	CYBULSKI Robert	86	HAMER MIASTKO	M45	25	00:03:13	00:33:26	00:36:45	01:06:52	01:09:57.75	+00:15:45 (22.5%)	4:39	12.9 (77.7%)
148	UKRAIŃSKI Sławomir	590	KOŁOBRZEG BIEGA	M50	11	00:03:02	00:32:09	00:35:31	01:06:46	01:10:03.35	+00:15:51 (22.6%)	4:40	12.8 (77.1%)
149	STACHOWIAK Ryszard	524		M65	3	00:03:16	00:31:58	00:35:19	01:06:47	01:10:07.00	+00:15:54 (22.7%)	4:40	12.8 (77.1%)
150	PROKOPOWICZ Marcin	449	3:33 TEAM	M35	22	00:03:11	00:33:19	00:36:38	01:07:04	01:10:16.80	+00:16:04 (22.9%)	4:41	12.8 (77.1%)
151	KOSECKA Katarzyna	267	KB WYGAN	K35	3	00:03:02	00:33:26	00:36:44	01:07:12	01:10:19.85	+00:16:07 (22.9%)	4:41	12.8 (77.1%)
152	LITWINOWICZ Renata	329	KB WYGAN	K40	5	00:03:20	00:33:22	00:36:43	01:07:18	01:10:26.05	+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	MICHALAK Jacek	368		M55	10	00:03:01	00:32:10	00:35:31	01:07:13	01:10:27.50	+00:16:15 (23.1%)	4:41	12.8 (77.1%)
154	TALAREK Robert	575	KRZEWINKOWA	M40	37	00:03:07	00:32:41	00:36:09	01:07:29	01:10:34.30	+00:16:22 (23.2%)	4:42	12.8 (77.1%)
155	DUDA Andrzej	114		M50	12	00:02:46	00:32:24	00:35:48	01:07:26	01:10:36.75	+00:16:24 (23.2%)	4:42	12.7 (76.5%)
156	GIEDRYS Wojtek	149	3:33 TEAM	M45	26	00:03:02	00:32:15	00:35:38	01:07:15	01:10:36.95	+00:16:24 (23.2%)	4:42	12.7 (76.5%)
157	MALICKI Grzegorz	354	SCYZORYK	M45	27	00:03:19	00:32:57	00:36:19	01:07:29	01:10:42.35	+00:16:30 (23.3%)	4:42	12.7 (76.5%)
158	TRZECIAK Dariusz	584	KOŁOBRZEG BIEGA	M45	28	00:03:13	00:33:17	00:36:39	01:07:43	01:10:46.45	+00:16:34 (23.4%)	4:43	12.7 (76.5%)
159	POLAŃSKI Dariusz	441	ORZEŁ MRZEŻYNO	M50	13	00:02:53	00:32:01	00:35:23	01:07:15	01:10:47.45	+00:16:35 (23.4%)	4:43	12.7 (76.5%)
160	BRZÓSKA Eugeniusz	52	KB HERMES GRYFINO	M55	11	00:03:08	00:33:12	00:36:36	01:07:35	01:10:48.30	+00:16:36 (23.4%)	4:43	12.7 (76.5%)
161	STAŃCZYK Sławomir	527	STARGARD. JA SIĘ NIE ŚCIGAM	M30	16	00:03:23	00:33:44	00:37:01	01:07:47	01:10:49.60	+00:16:37 (23.5%)	4:43	12.7 (76.5%)
162	KOŁTUNIAK Hubert	259		M40	38	00:03:19	00:33:39	00:36:55	01:07:46	01:10:55.00	+00:16:42 (23.6%)	4:43	12.7 (76.5%)
163	TAMAS Mateusz	576		M20	12	00:03:21	00:33:22	00:36:40	01:07:43	01:10:55.80	+00:16:43 (23.6%)	4:43	12.7 (76.5%)
164	POLGUJ Piotr	442	PARKRUN MKL SZCZECINEK	M70	1	00:03:04	00:32:15	00:35:38	01:07:28	01:10:57.95	+00:16:45 (23.6%)	4:43	12.7 (76.5%)
165	OLESZCZAK Piotr	400	OSP GRYFICE	M16	2	00:03:27	00:32:44	00:35:53	01:07:37	01:10:59.35	+00:16:47 (23.6%)	4:43	12.7 (76.5%)
166	TOWSTOKORY Marek	579		M40	39	00:02:58	00:33:15	00:36:42	01:07:54	01:11:17.05	+00:17:04 (24.0%)	4:45	12.6 (75.9%)
167	ROMEJ Elżbieta	481	LŁKB TRUCHT ŁOBEZ	K50	1	00:03:02	00:32:43	00:36:04	01:07:44	01:11:19.45	+00:17:07 (24.0%)	4:45	12.6 (75.9%)
168	SZOTA Robert	560	SMT SZCZECIN	M30	17	00:03:16	00:34:28	00:37:47	01:08:32	01:11:27.40	+00:17:15 (24.1%)	4:45	12.6 (75.9%)
169	ROJEK Michał	476		M35	23	00:03:24	00:34:37	00:37:59	01:08:24	01:11:32.20	+00:17:20 (24.2%)	4:46	12.6 (75.9%)
170	GUZIKIEWICZ Mirosław	177	ROZBIEGANY GOLENIÓW	M45	29	00:03:25	00:34:41	00:37:55	01:08:24	01:11:36.65	+00:17:24 (24.3%)	4:46	12.6 (75.9%)
171	CHRZANOWSKI Mariusz	669		M50	14	00:03:13	00:32:58	00:36:16	01:07:58	01:11:38.45	+00:17:26 (24.3%)	4:46	12.6 (75.9%)
172	WILKOWSKI Krzysztof	614	L	M35	24	00:03:03	00:32:49	00:36:15	01:08:11	01:11:38.50	+00:17:26 (24.3%)	4:46	12.6 (75.9%)
173	ZAWADZKI Adrian	681	REGA TRZEBIATÓW	M20	13	00:02:31	00:32:26	00:35:37	01:08:33	01:11:39.50	+00:17:27 (24.4%)	4:46	12.6 (75.9%)
174	SZYDŁOWSKI Witold	564		M55	12	00:03:01	00:32:40	00:36:00	01:08:31	01:11:57.25	+00:17:45 (24.7%)	4:47	12.5 (75.3%)
175	HOPPE Bronisław	196	JW 3937	M35	25	00:03:24	00:33:25	00:36:49	01:08:54	01:12:00.85	+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	MARTYNOWICZ Tobiasz	359	GRABOWO	M30	18	00:02:58	00:30:37	00:34:03	01:08:35	01:12:03.95	+00:17:51 (24.8%)	4:48	12.5 (75.3%)
177	DARONIN Pavlo	95		M35	26	00:03:31	00:34:46	00:38:00	01:08:56	01:12:05.40	+00:17:53 (24.8%)	4:48	12.5 (75.3%)
178	GROCHOWSKI Krzysztof	171		M30	19	00:03:14	00:33:12	00:36:40	01:08:34	01:12:06.65	+00:17:54 (24.8%)	4:48	12.5 (75.3%)
179	KUKIEŁKA Wojciech	300		M35	27	00:03:59	00:34:58	00:38:20	01:08:53	01:12:07.80	+00:17:55 (24.9%)	4:48	12.5 (75.3%)
180	BUCZKOWSKI Jacek	54	8BREM	M45	30	00:03:06	00:33:27	00:36:54	01:09:18	01:12:12.95	+00:18:00 (24.9%)	4:48	12.5 (75.3%)
181	RÓŻYCKI Edward	485	MUKS TORNADO	M65	4	00:03:28	00:34:40	00:38:05	01:09:05	01:12:20.20	+00:18:08 (25.1%)	4:49	12.4 (74.7%)
182	KUŹMIŃSKA Maryla	673	BRZOZA BIEGA	K35	4	00:03:25	00:34:10	00:37:35	01:09:03	01:12:23.75	+00:18:11 (25.1%)	4:49	12.4 (74.7%)
183	NADOLNY Przemysław	384	INTER-COPY SZCZECIN	M40	40	00:03:24	00:34:23	00:37:45	01:09:16	01:12:27.35	+00:18:15 (25.2%)	4:49	12.4 (74.7%)
184	WĘDZIŃSKI Maciej	607	RUNGRYF GRYFICE	M40	41	00:03:05	00:32:50	00:36:18	01:09:07	01:12:29.85	+00:18:17 (25.2%)	4:50	12.4 (74.7%)
185	KARCZEWSKI Krzysztof	236	PG SPORTOWA PACZKA	M55	13	00:03:21	00:34:33	00:37:57	01:09:27	01:12:35.10	+00:18:23 (25.3%)	4:50	12.4 (74.7%)
186	CHMIELEWSKI Kamil	73	GRABOWO	M20	14	00:03:42	00:35:19	00:38:47	01:09:41	01:12:36.55	+00:18:24 (25.4%)	4:50	12.4 (74.7%)
187	PETA Andrzej	426	MTS HAMER MIASTKO	M45	31	00:03:13	00:33:42	00:37:07	01:09:13	01:12:37.55	+00:18:25 (25.4%)	4:50	12.4 (74.7%)
188	JUZYSZYN-BRAŃSKA Alicja	221		K30	2	00:02:57	00:33:32	00:36:59	01:09:17	01:12:37.75	+00:18:25 (25.4%)	4:50	12.4 (74.7%)
189	OTOKA Kasia	411		K40	6	00:03:11	00:34:02	00:37:31	01:09:24	01:12:40.65	+00:18:28 (25.4%)	4:50	12.4 (74.7%)
190	SKAŁECKI Robert	511	PARKRUN ŚWIDWIN	M45	32	00:03:17	00:32:47	00:36:03	01:09:29	01:12:43.95	+00:18:31 (25.5%)	4:50	12.4 (74.7%)
191	TADROWSKI Tomasz	574		M45	33	00:03:25	00:34:33	00:37:57	01:09:38	01:12:44.45	+00:18:32 (25.5%)	4:50	12.4 (74.7%)
192	MAJDZIŃSKI Paweł	350	GRABOWO	M20	15	00:03:40	00:35:20	00:38:48	01:09:42	01:13:01.75	+00:18:49 (25.8%)	4:52	12.3 (74.1%)
193	CIESZYŃSKI Marcin	84		M35	28	00:03:27	00:35:10	00:38:35	01:10:01	01:13:03.15	+00:18:51 (25.8%)	4:52	12.3 (74.1%)
194	PRZYBYSZ Michał	457		M30	20	00:03:04	00:33:50	00:37:17	01:09:44	01:13:05.20	+00:18:53 (25.8%)	4:52	12.3 (74.1%)
195	ŁAWNICZAK Justyna	337	TEAM ŚWIĘTA	K35	5	00:02:57	00:33:18	00:36:45	01:09:46	01:13:07.80	+00:18:55 (25.9%)	4:52	12.3 (74.1%)
196	MAŁKIŃSKI Józef	358	RWT W BYDGOSZCZY	M60	10	00:03:31	00:34:40	00:38:07	01:09:46	01:13:08.10	+00:18:56 (25.9%)	4:52	12.3 (74.1%)
197	CHABOWSKA Karolina	70		K30	3	00:03:03	00:33:43	00:37:12	01:09:54	01:13:18.25	+00:19:06 (26.1%)	4:53	12.3 (74.1%)
198	ANDRYSKOWSKI Marek	8	STOWARZYSZENIE 42,2 LĘBORK	M50	15	00:03:19	00:34:54	00:38:22	01:10:07	01:13:19.55	+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	WALERIAŃCZYK Roman	599	GMINA KOŁOBRZEG	M50	16	00:03:11	00:34:16	00:37:52	01:10:02	01:13:21.95	+00:19:09 (26.1%)	4:53	12.3 (74.1%)
200	MIECZKOWSKI Michał	674	KTC KOŁOBRZEG	M55	14	00:03:23	00:34:16	00:37:42	01:09:51	01:13:22.95	+00:19:10 (26.1%)	4:53	12.3 (74.1%)
201	GERKE Mateusz	148		M20	16	00:03:29	00:34:53	00:38:17	01:10:20	01:13:23.65	+00:19:11 (26.1%)	4:53	12.3 (74.1%)
202	JONKO Wojciech	217		M65	5	00:03:09	00:32:59	00:36:31	01:09:42	01:13:23.85	+00:19:11 (26.2%)	4:53	12.3 (74.1%)
203	CYNARSKI Marek	87		M40	42	00:03:29	00:34:57	00:38:20	01:10:12	01:13:30.40	+00:19:18 (26.3%)	4:54	12.2 (73.5%)
204	PENDRAK Kamil	425		M30	21	00:03:30	00:35:40	00:39:09	01:10:20	01:13:33.15	+00:19:21 (26.3%)	4:54	12.2 (73.5%)
205	DYBUS Thomas Henri	119	ROZBIEGANY GOLENIÓW	M45	34	00:04:01	00:34:35	00:37:49	01:10:11	01:13:33.70	+00:19:21 (26.3%)	4:54	12.2 (73.5%)
206	DADEŁO Robert	93		M45	35	00:03:22	00:34:27	00:37:53	01:10:07	01:13:37.25	+00:19:25 (26.4%)	4:54	12.2 (73.5%)
207	KALETKA Dariusz	228	KALETKA TEAM	M55	15	00:03:21	00:34:07	00:37:33	01:10:07	01:13:38.30	+00:19:26 (26.4%)	4:54	12.2 (73.5%)
208	AUGUSTYNIAK Jakub	13	GRABOWO	M20	17	00:03:28	00:33:53	00:37:18	01:10:10	01:13:39.10	+00:19:27 (26.4%)	4:54	12.2 (73.5%)
209	GRYGORUK Cezary	173		M50	17	00:03:29	00:35:14	00:38:43	01:10:25	01:13:39.40	+00:19:27 (26.4%)	4:54	12.2 (73.5%)
210	KULINICZ Agnieszka	305	ROZBIEGANY GOLENIÓW	K35	6	00:03:27	00:34:48	00:38:15	01:10:18	01:13:39.85	+00:19:27 (26.4%)	4:54	12.2 (73.5%)
211	STRUŚ Artur	536	KB BRYZA POSTOMINO	M50	18	00:03:20	00:34:23	00:37:53	01:10:25	01:13:43.30	+00:19:31 (26.5%)	4:54	12.2 (73.5%)
212	FABICH Adrian	124	USB/ BALTIC SEALS	M30	22	00:03:30	00:36:45	00:40:27	01:10:40	01:13:44.60	+00:19:32 (26.5%)	4:55	12.2 (73.5%)
213	SZCZEPAŃSKI Zbigniew	549	MACIEJUNIO	M60	11	00:03:07	00:33:53	00:37:27	01:10:24	01:13:46.50	+00:19:34 (26.5%)	4:55	12.2 (73.5%)
214	TROCKI Robert	580		M40	43	00:03:08	00:34:41	00:38:09	01:10:32	01:13:46.60	+00:19:34 (26.5%)	4:55	12.2 (73.5%)
215	UZNAŃSKI Ryszard	596		M45	36	00:03:04	00:33:47	00:37:20	01:10:25	01:13:47.00	+00:19:34 (26.5%)	4:55	12.2 (73.5%)
216	GAWEŁ Zbigniew	143	MIASTO SŁUPSK	M60	12	00:03:23	00:34:43	00:38:12	01:10:16	01:13:47.90	+00:19:35 (26.6%)	4:55	12.2 (73.5%)
217	POMORYNKO Krzysztof	443		M35	29	00:03:24	00:34:59	00:38:23	01:10:41	01:13:55.90	+00:19:43 (26.7%)	4:55	12.2 (73.5%)
218	BANAŚ Adam	18		M35	30	00:03:16	00:34:40	00:38:11	01:10:39	01:14:01.45	+00:19:49 (26.8%)	4:56	12.2 (73.5%)
219	STĘPA Bartosz	531	DRUŻYNA SZPIKU	M20	18	00:03:22	00:33:55	00:37:27	01:10:58	01:14:05.45	+00:19:53 (26.8%)	4:56	12.1 (72.9%)
220	WYGANOWSKI Andrzej	628	K.B.WYGAN	M70	2	00:03:27	00:35:17	00:38:45	01:10:56	01:14:10.90	+00:19:58 (26.9%)	4:56	12.1 (72.9%)
221	LITZBARSKI Marek	330	DUDYCZ RUN	M50	19	00:03:31	00:35:44	00:39:16	01:11:05	01:14:13.70	+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	WOJCIECHOWSKA-HRYCYK Agata	620		K50	2	00:03:16	00:34:42	00:38:13	01:10:55	01:14:15.85	+00:20:03 (27.0%)	4:57	12.1 (72.9%)
223	PYTLARZ Waldemar	463		M55	16	00:03:38	00:35:39	00:39:06	01:11:00	01:14:18.10	+00:20:06 (27.1%)	4:57	12.1 (72.9%)
224	LANGE Damian	316	12 WOLIŃSKI DYWIZJON TRĄLOWCÓW	M30	23	00:03:01	00:32:16	00:35:49	01:10:48	01:14:19.45	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
225	SOSIN Tomasz	520	SZWLA	M55	17	00:03:33	00:34:58	00:38:29	01:10:58	01:14:19.75	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
226	ROMANIUK Wojciech	477	NIEZRZESZONY	M45	37	00:03:31	00:35:21	00:38:50	01:11:13	01:14:19.85	+00:20:07 (27.1%)	4:57	12.1 (72.9%)
227	JĘDRASZKO Magda	214	MTS HAMER MIASTKO	K30	4	00:03:30	00:35:14	00:38:41	01:11:04	01:14:20.30	+00:20:08 (27.1%)	4:57	12.1 (72.9%)
228	SZUBERT Marcin	563	KOŁOBRZEG BIEGA	M40	44	00:03:45	00:35:55	00:39:22	01:11:05	01:14:31.75	+00:20:19 (27.3%)	4:58	12.1 (72.9%)
229	MEISSNER Bogusław	365	K.B. SPRINT ŚWIDWIN	M55	18	00:03:20	00:34:06	00:37:37	01:11:01	01:14:35.10	+00:20:23 (27.3%)	4:58	12.1 (72.9%)
230	DOMAGAŁA Sławomir	107	KORYUKAN ŚWIDWIN	M40	45	00:03:19	00:34:06	00:37:37	01:11:02	01:14:43.20	+00:20:31 (27.5%)	4:58	12 (72.3%)
231	SZYPOSYŃSKI Kamil	570	MECENAS I PRZYJACIELE	M40	46	00:03:21	00:34:07	00:37:39	01:11:02	01:14:44.00	+00:20:31 (27.5%)	4:58	12 (72.3%)
232	ŻUKOWSKI Cezary	648	MIGAWKOWE.PL / ROZBIEGANY KOSZALIN	M35	31	00:03:20	00:35:27	00:39:00	01:11:30	01:14:46.60	+00:20:34 (27.5%)	4:59	12 (72.3%)
233	HOC Dariusz	193		M45	38	00:03:17	00:34:23	00:37:52	01:11:35	01:14:49.70	+00:20:37 (27.6%)	4:59	12 (72.3%)
234	LUBERAŃSKI Patryk	333	GRABOWO	M20	19	00:03:25	00:35:31	00:39:00	01:11:39	01:14:52.50	+00:20:40 (27.6%)	4:59	12 (72.3%)
235	BARTOSZUK Adam	26	MORSY KOŁOBRZEG	M40	47	00:03:26	00:36:24	00:39:58	01:11:54	01:14:54.50	+00:20:42 (27.6%)	4:59	12 (72.3%)
236	MIGALSKA-STANKIEWICZ Lucyna	373		K35	7	00:03:06	00:34:25	00:38:00	01:11:24	01:14:55.20	+00:20:43 (27.7%)	4:59	12 (72.3%)
237	CHORAŻEWSKI Sebastian	76		M40	48	00:03:11	00:34:58	00:38:28	01:11:48	01:15:01.75	+00:20:49 (27.8%)	5:00	12 (72.3%)
238	PRUSZANOW Marcin	452	KB HERMES GRYFINO	M40	49	00:03:32	00:35:53	00:39:18	01:12:01	01:15:14.80	+00:21:02 (28.0%)	5:01	12 (72.3%)
239	NOWAK Klaudia	390	ROZBIEGANY GOLENIÓW	K35	8	00:03:26	00:35:17	00:38:48	01:11:48	01:15:17.45	+00:21:05 (28.0%)	5:01	12 (72.3%)
240	OTTO Michał	666		M30	24	00:03:04	00:33:44	00:37:17	01:11:38	01:15:17.65	+00:21:05 (28.0%)	5:01	12 (72.3%)
241	CIEPŁUCHA Marcin	81	SZCZECINBUKOWE	M40	50	00:03:18	00:34:01	00:37:27	01:11:36	01:15:19.30	+00:21:07 (28.0%)	5:01	11.9 (71.7%)
242	ANIOŁA Dominik	10		M35	32	00:03:23	00:34:57	00:38:33	01:12:08	01:15:40.50	+00:21:28 (28.4%)	5:02	11.9 (71.7%)
243	WOLSKI Tomasz	623	WIECZORNE BIEGANIE W SZCZECINIE	M45	39	00:03:20	00:34:24	00:38:04	01:12:15	01:15:42.25	+00:21:30 (28.4%)	5:02	11.9 (71.7%)
244	HERMAN Paweł	189	MLUKS TRZEBIATÓW	M40	51	00:03:28	00:35:14	00:38:40	01:12:16	01:15:44.25	+00:21:32 (28.4%)	5:03	11.9 (71.7%)

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				
245	SZELIGA Paweł	555	KPP KOŁOBRZEG	M45	40	00:03:42	00:36:56	00:40:29	01:12:34	01:15:45.25	+00:21:33 (28.5%)	5:03	11.9 (71.7%)
246	JĘDRZEJAK Maciej	216	BIEGACZE ŚWINOUJŚCIE	M40	52	00:03:20	00:35:02	00:38:34	01:12:15	01:15:48.95	+00:21:36 (28.5%)	5:03	11.9 (71.7%)
247	CEBULAK Dariusz	686	AT AKTYWNY TRZEBIATÓW	M40	53	00:03:26	00:35:29	00:39:05	01:12:19	01:15:49.50	+00:21:37 (28.5%)	5:03	11.9 (71.7%)
248	GAŚIOREK Tomasz	671	BRZOZA BIEGA	M55	19	00:03:36	00:35:47	00:39:25	01:12:25	01:15:51.50	+00:21:39 (28.5%)	5:03	11.9 (71.7%)
249	HAŁY Dorian	656		M16	3	00:03:04	00:32:08	00:35:25	01:12:42	01:15:57.15	+00:21:45 (28.6%)	5:03	11.8 (71.1%)
250	MAJCHRZAK Paweł	349	KARLINO BIEGAJ	M40	54	00:02:53	00:34:03	00:37:24	01:12:31	01:15:57.80	+00:21:45 (28.6%)	5:03	11.8 (71.1%)
251	ŻYWOT Norbert	651	KOŁOBRZEG BIEGA - PARKRUN	M40	55	00:03:09	00:34:46	00:38:22	01:12:28	01:15:59.40	+00:21:47 (28.7%)	5:04	11.8 (71.1%)
252	OPALIŃSKI Stanisław	403	KOŁOBRZEG BIEGA - PARKRUN	M60	13	00:03:06	00:34:47	00:38:18	01:12:31	01:16:03.75	+00:21:51 (28.7%)	5:04	11.8 (71.1%)
253	SZUBERT Julia	561	KOŁOBRZEG BIEGA	K16	1	00:03:12	00:34:54	00:38:24	01:12:41	01:16:06.45	+00:21:54 (28.8%)	5:04	11.8 (71.1%)
254	KUCZER Agata	660		K30	5	00:03:27	00:35:48	00:39:26	01:12:53	01:16:07.90	+00:21:55 (28.8%)	5:04	11.8 (71.1%)
255	NOWICKI Tomasz	661	SZWLA	M50	20	00:03:26	00:35:47	00:39:25	01:12:52	01:16:08.25	+00:21:56 (28.8%)	5:04	11.8 (71.1%)
256	LEWANDOWSKI Jacek	325		M40	56	00:03:38	00:36:21	00:39:58	01:13:03	01:16:10.40	+00:21:58 (28.8%)	5:04	11.8 (71.1%)
257	DURMAN Sławomir	117		M30	25	00:03:24	00:36:34	00:40:22	01:13:14	01:16:26.20	+00:22:14 (29.1%)	5:05	11.8 (71.1%)
258	CZERWIŃSKI Marcin	90	GRABOWO	M20	20	00:03:15	00:34:09	00:37:53	01:13:33	01:16:31.95	+00:22:19 (29.2%)	5:06	11.8 (71.1%)
259	CIESZYŃSKI Mariusz	83	BEAUTY STUDIO LĘBORK	M40	57	00:03:31	00:35:40	00:39:16	01:13:00	01:16:44.75	+00:22:32 (29.4%)	5:07	11.7 (70.5%)
260	OLSZYK Tadeusz	401	BIEGACZE ŚWINOUJŚCIE	M60	14	00:03:30	00:36:38	00:40:14	01:13:21	01:16:45.70	+00:22:33 (29.4%)	5:07	11.7 (70.5%)
261	ROGOWSKI Robert	474	SKRZYWIENI GOŚCIE	M45	41	00:03:28	00:35:23	00:38:53	01:12:47	01:16:47.60	+00:22:35 (29.4%)	5:07	11.7 (70.5%)
262	KOWALCZYK Mariusz	276	ROZBIEGANY KOSZALIN	M40	58	00:03:24	00:35:59	00:39:56	01:13:38	01:16:50.50	+00:22:38 (29.5%)	5:07	11.7 (70.5%)
263	ROGOWSKI Krystian	475	SKRZYWIENI GOŚCIE	M16	4	00:02:57	00:34:30	00:38:04	01:12:57	01:16:59.40	+00:22:47 (29.6%)	5:07	11.7 (70.5%)
264	PAWELEC Artur	419	ROZBIEGANY GOLENIÓW	M45	42	00:03:31	00:37:00	00:40:39	01:13:58	01:16:59.45	+00:22:47 (29.6%)	5:08	11.7 (70.5%)
265	KUSZ Radosław	311	KRÓLICZKI W PLECAKU	M40	59	00:03:12	00:35:30	00:39:10	01:13:29	01:17:08.90	+00:22:56 (29.7%)	5:08	11.7 (70.5%)
266	GRZELAK Sebastian	175	ROZBIEGANY GOLENIÓW	M55	20	00:03:33	00:37:01	00:40:40	01:14:00	01:17:13.15	+00:23:01 (29.8%)	5:08	11.7 (70.5%)
267	KOSIOR Piotr	270		M45	43	00:03:13	00:34:34	00:38:16	01:13:33	01:17:18.25	+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	MARZEC Łukasz	360		M35	33	00:03:39	00:36:51	00:40:29	01:13:44	01:17:20.95	+00:23:08 (29.9%)	5:09	11.6 (69.9%)
269	TROJANOWICZ Wiesław	581		M40	60	00:03:49	00:35:47	00:39:32	01:13:31	01:17:23.30	+00:23:11 (30.0%)	5:09	11.6 (69.9%)
270	ZABROCKI Karol	630		M35	34	00:03:24	00:36:23	00:39:57	01:13:55	01:17:27.45	+00:23:15 (30.0%)	5:09	11.6 (69.9%)
271	LIZAKOWSKI Piotr	331	NYHA IV SZCZECIN	M40	61	00:03:26	00:35:27	00:39:07	01:13:57	01:17:31.80	+00:23:19 (30.1%)	5:10	11.6 (69.9%)
272	GUZIKIEWICZ Marcin	178	ROZBIEGANY GOLENIÓW	M40	62	00:03:33	00:35:13	00:38:46	01:13:04	01:17:38.95	+00:23:26 (30.2%)	5:10	11.6 (69.9%)
273	STOJECKI Bartosz	532	ROZBIEGANY GOLENIÓW	M40	63	00:03:34	00:35:14	00:38:47	01:13:05	01:17:39.15	+00:23:27 (30.2%)	5:10	11.6 (69.9%)
274	GRABOWSKA Marta	165		K20	2	00:03:15	00:35:15	00:39:00	01:14:05	01:17:43.25	+00:23:31 (30.3%)	5:10	11.6 (69.9%)
275	PARADOWSKA Ewelina	414	ZA - BIEGANE BABECZKI. NOWOGARD	K30	6	00:03:48	00:36:53	00:40:31	01:14:13	01:17:46.45	+00:23:34 (30.3%)	5:11	11.6 (69.9%)
276	WILKLISZ Wojciech	613		M45	44	00:03:15	00:35:27	00:39:10	01:14:20	01:17:48.05	+00:23:35 (30.3%)	5:11	11.6 (69.9%)
277	STOLARCZYK Maciej	533		M45	45	00:03:49	00:36:15	00:39:52	01:14:20	01:17:48.90	+00:23:36 (30.3%)	5:11	11.6 (69.9%)
278	KOŁECKI Tomasz	257		M35	35	00:03:57	00:38:00	00:41:37	01:14:20	01:17:50.90	+00:23:38 (30.4%)	5:11	11.6 (69.9%)
279	JANKOWIAK Marek	205		M35	36	00:03:57	00:38:01	00:41:37	01:14:21	01:17:51.30	+00:23:39 (30.4%)	5:11	11.6 (69.9%)
280	HOFMAN Paweł	195		M30	26	00:03:45	00:38:45	00:42:07	01:14:46	01:17:54.35	+00:23:42 (30.4%)	5:11	11.6 (69.9%)
281	ADAMOWICZ Daniel	4	KB PIONIER SZCZECIN	M30	27	00:03:18	00:34:21	00:37:50	01:14:43	01:18:08.20	+00:23:56 (30.6%)	5:12	11.5 (69.3%)
282	DROŹDZIŃSKI Konrad	113		M35	37	00:03:25	00:34:47	00:38:19	01:14:37	01:18:13.25	+00:24:01 (30.7%)	5:12	11.5 (69.3%)
283	WIELGAT Łukasz	609	KB BRYZA POSTOMINO	M30	28	00:03:42	00:35:48	00:39:30	01:14:44	01:18:17.80	+00:24:05 (30.8%)	5:13	11.5 (69.3%)
284	KACHNOWICZ-BUKAŁA Izabela	223	ROZBIEGANY GOLENIÓW	K40	7	00:03:30	00:36:59	00:40:37	01:14:48	01:18:20.05	+00:24:07 (30.8%)	5:13	11.5 (69.3%)
285	REPKA Marek	470	LUPUS TEAM	M45	46	00:03:28	00:36:11	00:39:54	01:14:48	01:18:23.25	+00:24:11 (30.9%)	5:13	11.5 (69.3%)
286	BUZAŁA Walenty	64	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	21	00:03:30	00:35:22	00:39:51	01:14:48	01:18:33.40	+00:24:21 (31.0%)	5:14	11.5 (69.3%)
287	NACHYŁA Piotr	383	STOPA SŁUPSK	M45	47	00:03:47	00:37:10	00:40:54	01:15:12	01:18:37.90	+00:24:25 (31.1%)	5:14	11.4 (68.7%)
288	DOMAŃSKI Adam	109	JW 3775	M40	64	00:03:40	00:37:10	00:40:54	01:15:31	01:18:48.80	+00:24:36 (31.2%)	5:15	11.4 (68.7%)
289	ORYSIAK Tomek	404	ŁOBEZ	M30	29	00:03:37	00:36:46	00:40:21	01:15:34	01:18:53.45	+00:24:41 (31.3%)	5:15	11.4 (68.7%)
290	MAZUREK Ryszard	362		M60	15	00:03:49	00:37:14	00:40:57	01:15:28	01:19:00.70	+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	KĘDZIORA Patryk	246	GRABOWO	M20	21	00:03:52	00:38:59	00:42:38	01:15:56	01:19:01.80	+00:24:49 (31.4%)	5:16	11.4 (68.7%)
292	JAWORSKI Robert	212	KB BRYZA POSTOMINO	M40	65	00:03:39	00:35:54	00:39:41	01:15:10	01:19:03.45	+00:24:51 (31.4%)	5:16	11.4 (68.7%)
293	SERWADCZAK Piotr	504	P+E	M45	48	00:03:12	00:35:25	00:39:07	01:15:23	01:19:05.50	+00:24:53 (31.5%)	5:16	11.4 (68.7%)
294	LISIK Justyna	328	DECATHLON SŁUPSK	K35	9	00:03:29	00:37:10	00:40:51	01:15:32	01:19:06.60	+00:24:54 (31.5%)	5:16	11.4 (68.7%)
295	RUDNIK Tomasz	487		M35	38	00:03:20	00:34:27	00:37:58	01:15:01	01:19:08.85	+00:24:56 (31.5%)	5:16	11.4 (68.7%)
296	PODKOWA Piotr	438	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	66	00:03:00	00:32:40	00:36:08	01:14:32	01:19:10.40	+00:24:58 (31.5%)	5:16	11.4 (68.7%)
297	JABŁOŃSKI Andrzej	200	NIEZRZESZONY	M45	49	00:03:46	00:36:49	00:40:32	01:15:26	01:19:11.35	+00:24:59 (31.6%)	5:16	11.4 (68.7%)
298	SZCZYGIELSKI Michał	553	KOŁOBRZEG MARATON TEAM	M35	39	00:03:28	00:36:16	00:39:56	01:15:42	01:19:11.45	+00:24:59 (31.6%)	5:16	11.4 (68.7%)
299	BRZEZIŃSKI Krzysztof	51		M45	50	00:03:41	00:37:25	00:41:09	01:15:36	01:19:12.60	+00:25:00 (31.6%)	5:16	11.4 (68.7%)
300	SZUBERT Agnieszka	562	KOŁOBRZEG BIEGA	K35	10	00:03:45	00:37:34	00:41:09	01:15:51	01:19:13.90	+00:25:01 (31.6%)	5:16	11.4 (68.7%)
301	BARAŃSKI Grzegorz	20	SAR-BSR KOŁOBRZEG KMT	M45	51	00:03:56	00:37:58	00:41:40	01:15:45	01:19:17.15	+00:25:05 (31.6%)	5:17	11.4 (68.7%)
302	HASS Anita	185	E-FIZJO TEAM	K35	11	00:03:24	00:35:57	00:39:43	01:15:37	01:19:19.10	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
303	FURMAN Tomasz	134		M50	21	00:03:20	00:36:12	00:39:55	01:15:13	01:19:19.40	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
304	HRYCAJ Tomasz	197		M30	30	00:03:35	00:36:59	00:40:45	01:15:43	01:19:20.00	+00:25:07 (31.7%)	5:17	11.3 (68.1%)
305	ŻURKOWSKI Tomasz	650	BIEGAM Z ŻONĄ	M50	22	00:03:27	00:36:21	00:40:04	01:15:49	01:19:25.55	+00:25:13 (31.8%)	5:17	11.3 (68.1%)
306	ŻURKOWSKA Iwona	649	BIEGAM Z MĘŻEM	K50	3	00:03:27	00:36:20	00:40:03	01:15:49	01:19:26.25	+00:25:14 (31.8%)	5:17	11.3 (68.1%)
307	ŁYSOŃ Piotr	345		M20	22	00:03:46	00:39:45	00:43:32	01:16:27	01:19:27.95	+00:25:15 (31.8%)	5:17	11.3 (68.1%)
308	RAŚ Ryszard Marek	467	EKO-WOD-KAN	M65	6	00:03:13	00:36:44	00:40:34	01:15:51	01:19:29.90	+00:25:17 (31.8%)	5:18	11.3 (68.1%)
309	DZIKOWSKI Karol	122		M30	31	00:03:25	00:36:24	00:40:06	01:15:48	01:19:31.85	+00:25:19 (31.8%)	5:18	11.3 (68.1%)
310	SIKORSKI Adam	508	SIKORROWO	M30	32	00:03:20	00:36:25	00:40:22	01:16:09	01:19:34.35	+00:25:22 (31.9%)	5:18	11.3 (68.1%)
311	CIBORSKI Sławomir	80	NIEZRZESZONY	M40	67	00:03:36	00:36:38	00:40:18	01:15:40	01:19:38.40	+00:25:26 (31.9%)	5:18	11.3 (68.1%)
312	WEGNER Aneta	603		K35	12	00:03:31	00:36:46	00:40:28	01:16:04	01:19:50.65	+00:25:38 (32.1%)	5:19	11.3 (68.1%)
313	DEJNAK Mariola	99		K55	1	00:03:18	00:36:45	00:40:36	01:16:01	01:19:54.85	+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	KONOPIŃSKI Leszek	261	BIEGACZE ŚWINOUJŚCIE	M60	16	00:03:30	00:36:20	00:40:06	01:16:20	01:20:04.45	+00:25:52 (32.3%)	5:20	11.2 (67.5%)
315	ZIENCINA Marcin	640		M35	40	00:03:46	00:38:10	00:42:04	01:16:49	01:20:12.80	+00:26:00 (32.4%)	5:20	11.2 (67.5%)
316	BUJANOWSKI Grzegorz	58	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40	68	00:03:32	00:36:37	00:40:27	01:16:27	01:20:14.15	+00:26:02 (32.4%)	5:21	11.2 (67.5%)
317	NIERYCHLEWSKI Maciej	388	BEZRZECZE TEAM	M40	69	00:03:36	00:37:54	00:41:38	01:16:36	01:20:17.00	+00:26:04 (32.5%)	5:21	11.2 (67.5%)
318	WODNICKA Ewa	619	RUNGRYF GRYFICE	K50	4	00:03:58	00:39:14	00:43:07	01:16:53	01:20:17.30	+00:26:05 (32.5%)	5:21	11.2 (67.5%)
319	GAJEWSKI Przemysław	677		M40	70	00:03:49	00:39:04	00:42:53	01:16:39	01:20:25.10	+00:26:13 (32.6%)	5:21	11.2 (67.5%)
320	CIESZYŃSKA Marta	82	BEAUTY STUDIO LĘBORK	K40	8	00:03:31	00:36:44	00:40:26	01:16:30	01:20:27.35	+00:26:15 (32.6%)	5:21	11.2 (67.5%)
321	CENTKA Katarzyna	68	TEAM ŚWIĘTA	K35	13	00:03:27	00:37:08	00:40:50	01:16:51	01:20:28.20	+00:26:16 (32.6%)	5:21	11.2 (67.5%)
322	ŁUCZEJKO Sławomir	342	TEAM BIEGOWY SZCZECINEK	M50	23	00:03:37	00:37:06	00:40:49	01:16:40	01:20:32.45	+00:26:20 (32.7%)	5:22	11.2 (67.5%)
323	STACHOWSKI Andrzej	525		M50	24	00:03:37	00:38:09	00:41:54	01:16:52	01:20:34.40	+00:26:22 (32.7%)	5:22	11.2 (67.5%)
324	TWOROGAL Robert	586		M40	71	00:03:57	00:37:59	00:41:42	01:16:54	01:20:37.10	+00:26:25 (32.8%)	5:22	11.2 (67.5%)
325	SUJAK Włodzimierz	543	MARECKI VS EQUATOR	M60	17	00:04:04	00:38:35	00:42:20	01:17:06	01:20:39.15	+00:26:27 (32.8%)	5:22	11.2 (67.5%)
326	DAWIDOWSKI Michał	96	KP PSP KAMIEŃ POMORSKI/ENDORFINA NOWOGARD	M40	72	00:03:31	00:37:58	00:41:39	01:17:12	01:20:42.35	+00:26:30 (32.8%)	5:22	11.2 (67.5%)
327	KANIEWSKA Alicja	234	AKADEMIA BIEGANIA	K50	5	00:03:41	00:38:00	00:41:47	01:17:02	01:20:46.10	+00:26:34 (32.9%)	5:23	11.1 (66.9%)
328	MOCZYŃSKI Leszek	378	BIEGAM DLA BYDGOSZCZY	M65	7	00:03:39	00:36:59	00:40:45	01:16:54	01:20:47.10	+00:26:35 (32.9%)	5:23	11.1 (66.9%)
329	ORZEŁ Jacek	406		M45	52	00:03:31	00:37:12	00:40:59	01:17:00	01:20:48.45	+00:26:36 (32.9%)	5:23	11.1 (66.9%)
330	PRUSS Kasia	451	WKURW_TEAM	K40	9	00:03:51	00:38:25	00:42:16	01:17:23	01:20:49.60	+00:26:37 (32.9%)	5:23	11.1 (66.9%)
331	BIELEWICZ Anna	37	STOPA SŁUPSK	K40	10	00:03:26	00:37:07	00:40:58	01:17:19	01:20:51.20	+00:26:39 (33.0%)	5:23	11.1 (66.9%)
332	ADRYAN Adam	5	CKB SŁUPSK	M40	73	00:03:26	00:37:07	00:40:58	01:17:18	01:20:51.30	+00:26:39 (33.0%)	5:23	11.1 (66.9%)
333	KACZMARCZYK Stanisław	225	SZWLA	M60	18	00:03:38	00:37:39	00:41:26	01:17:16	01:20:58.05	+00:26:45 (33.1%)	5:23	11.1 (66.9%)
334	GÓRECKA-MITORAJ Justyna	163	MAMY TO !	K35	14	00:03:34	00:36:56	00:40:42	01:17:08	01:21:00.40	+00:26:48 (33.1%)	5:24	11.1 (66.9%)
335	KĘDZIERSKI Dawid	700		M16	5	00:03:58	00:38:45	00:42:29	01:17:21	01:21:01.15	+00:26:49 (33.1%)	5:24	11.1 (66.9%)
336	KORNIOWSKA Ewelina	688	KOŁOBRZEG MARATON TEAM	K40	11	00:03:44	00:37:54	00:41:42	01:17:26	01:21:07.25	+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	LENARTOWICZ Stanisław	319		M55	22	00:03:46	00:37:51	00:41:36	01:17:22	01:21:09.50	+00:26:57 (33.2%)	5:24	11.1 (66.9%)
338	SZCZYGIEŁ Paweł	554		M30	33	00:03:24	00:36:34	00:40:22	01:17:12	01:21:13.10	+00:27:01 (33.3%)	5:24	11.1 (66.9%)
339	HASS Artur	186	E-FIZJO TEAM	M35	41	00:03:25	00:36:10	00:39:44	01:17:20	01:21:24.90	+00:27:12 (33.4%)	5:25	11.1 (66.9%)
340	SPYCHAŁA Maciej	523	WRONIECKI KLUB BIEGACZA	M40	74	00:04:04	00:41:28	00:45:26	01:18:14	01:21:29.65	+00:27:17 (33.5%)	5:25	11 (66.3%)
341	KOZŁOWSKI Witold	283		M35	42	00:03:40	00:38:35	00:42:04	01:18:35	01:21:44.50	+00:27:32 (33.7%)	5:27	11 (66.3%)
342	MYSZYŃSKI Paweł	382		M35	43	00:03:26	00:36:21	00:40:04	01:17:49	01:21:49.10	+00:27:37 (33.8%)	5:27	11 (66.3%)
343	ŁAZARCZYK Wacław Bogdan	338		M65	8	00:03:55	00:39:23	00:43:11	01:18:06	01:21:51.40	+00:27:39 (33.8%)	5:27	11 (66.3%)
344	DRABAREK Agata	111	BIEGACZE ŚWINOUJŚCIE	K20	3	00:04:03	00:40:31	00:44:24	01:18:41	01:22:01.90	+00:27:49 (33.9%)	5:28	11 (66.3%)
345	KĘPKA Karolina	247	STOPA SŁUPSK	K40	12	00:03:49	00:38:27	00:42:23	01:18:23	01:22:02.20	+00:27:50 (33.9%)	5:28	11 (66.3%)
346	ZIELIŃSKI Grzegorz	638	BIEGAM DLA PRZYJEMNOŚCI	M65	9	00:03:46	00:38:04	00:41:53	01:18:08	01:22:05.10	+00:27:53 (34.0%)	5:28	11 (66.3%)
347	CHORAŻEWSKA Andżelika	75		K40	13	00:03:42	00:38:38	00:42:31	01:18:25	01:22:10.85	+00:27:58 (34.0%)	5:28	11 (66.3%)
348	SAJNÓG Joanna	500	KOŁOBRZEG MARATON TEAM	K30	7	00:03:48	00:38:44	00:42:33	01:18:55	01:22:14.75	+00:28:02 (34.1%)	5:29	10.9 (65.7%)
349	KIEŁKOWSKI Przemysław	248	KOŁOBRZEG MARATON TEAM	M35	44	00:03:48	00:38:44	00:42:33	01:18:55	01:22:15.10	+00:28:03 (34.1%)	5:29	10.9 (65.7%)
350	BROŻYNA Renata	48		K45	1	00:03:45	00:38:42	00:42:33	01:18:51	01:22:29.15	+00:28:17 (34.3%)	5:29	10.9 (65.7%)
351	BARRA Marzena	22	8 FOW	K20	4	00:03:53	00:39:31	00:43:29	01:19:06	01:22:33.40	+00:28:21 (34.3%)	5:30	10.9 (65.7%)
352	RUCIŃSKI Marcin	486		M35	45	00:03:53	00:39:31	00:43:29	01:19:06	01:22:33.80	+00:28:21 (34.4%)	5:30	10.9 (65.7%)
353	ROSA Sebastian	483		M20	23	00:03:43	00:38:42	00:42:38	01:18:48	01:22:34.90	+00:28:22 (34.4%)	5:30	10.9 (65.7%)
354	TRZECIAK Anna	583	KOŁOBRZEG BIEGA	K45	2	00:03:46	00:38:45	00:42:35	01:19:13	01:22:52.05	+00:28:39 (34.6%)	5:31	10.9 (65.7%)
355	JĘDRUSZAK Marek	215		M60	19	00:03:43	00:38:07	00:42:06	01:19:06	01:23:00.65	+00:28:48 (34.7%)	5:32	10.8 (65.1%)
356	SIELICKI Mateusz	506		M20	24	00:03:46	00:39:11	00:42:53	01:19:36	01:23:14.30	+00:29:02 (34.9%)	5:32	10.8 (65.1%)
357	MALICKI Krzysztof	353	AKTYWNI Z CUKRZYCĄ	M40	75	00:03:58	00:39:14	00:43:08	01:19:39	01:23:16.10	+00:29:04 (34.9%)	5:33	10.8 (65.1%)
358	KOSIDŁO Monika	268		K20	5	00:03:29	00:36:56	00:41:00	01:19:39	01:23:17.95	+00:29:05 (34.9%)	5:33	10.8 (65.1%)
359	RONIJ Łukasz	482	ANDREW'S TEAM	M35	46	00:04:06	00:41:13	00:44:38	01:19:47	01:23:21.75	+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	KULCZYK Katarzyna	303	KB BRYZA POSTOMINO	K35	15	00:03:42	00:38:18	00:42:10	01:19:27	01:23:22.65	+00:29:10 (35.0%)	5:33	10.8 (65.1%)
361	KOZIARZ Anna	280		K35	16	00:03:45	00:38:24	00:42:18	01:19:40	01:23:27.10	+00:29:15 (35.1%)	5:33	10.8 (65.1%)
362	BORKOWSKA-KOWALCZYK Daria	44	ROZBIEGANY KOSZALIN	K35	17	00:03:44	00:38:43	00:42:37	01:19:49	01:23:30.65	+00:29:18 (35.1%)	5:34	10.8 (65.1%)
363	KĘDZIERSKI Krzysztof	245	SMT SZCZECIN	M50	25	00:03:42	00:38:33	00:42:32	01:19:41	01:23:39.85	+00:29:27 (35.2%)	5:34	10.8 (65.1%)
364	IWANICKA Bożena	198	ROBIGANY GOLENIOW	K60	1	00:03:35	00:38:24	00:42:18	01:19:39	01:23:47.30	+00:29:35 (35.3%)	5:35	10.7 (64.5%)
365	BERENT Robert	30	TUPOT USTKA	M50	26	00:03:51	00:38:35	00:42:18	01:19:54	01:23:53.35	+00:29:41 (35.4%)	5:35	10.7 (64.5%)
366	GODOŃ Piotr	160	GRABOWO	M30	34	00:03:41	00:36:59	00:40:57	01:19:41	01:23:56.35	+00:29:44 (35.4%)	5:35	10.7 (64.5%)
367	WOLAŃSKI Mariusz	622		M50	27	00:04:00	00:39:44	00:43:35	01:20:08	01:23:57.95	+00:29:45 (35.4%)	5:35	10.7 (64.5%)
368	OKOŁO-KUŁAK Ola	396	ŁOBEZ	K45	3	00:04:10	00:40:49	00:44:47	01:20:23	01:23:59.40	+00:29:47 (35.5%)	5:35	10.7 (64.5%)
369	PRYCIŃSKI Krzysztof	455		M40	76	00:03:34	00:39:28	00:43:22	01:20:23	01:24:00.20	+00:29:48 (35.5%)	5:36	10.7 (64.5%)
370	KULIK Sebastian	304	GRABOWO	M35	47	00:03:23	00:36:26	00:40:29	01:19:45	01:24:01.00	+00:29:48 (35.5%)	5:36	10.7 (64.5%)
371	OPACZYK Paweł	402	PRESTO TRAVEL	M60	20	00:03:52	00:39:32	00:43:28	01:20:11	01:24:03.55	+00:29:51 (35.5%)	5:36	10.7 (64.5%)
372	ZŁOTNICKA-TRYBUCHOWSKA Małgorzata	679		K35	18	00:04:11	00:40:41	00:44:35	01:20:27	01:24:04.35	+00:29:52 (35.5%)	5:36	10.7 (64.5%)
373	RUTKOWSKI Lucjan	493	ARCAN TEAM	M55	23	00:04:01	00:39:44	00:43:32	01:20:34	01:24:07.15	+00:29:55 (35.6%)	5:36	10.7 (64.5%)
374	GRABOWSKA Elżbieta	166		K50	6	00:03:48	00:39:20	00:43:19	01:20:21	01:24:08.30	+00:29:56 (35.6%)	5:36	10.7 (64.5%)
375	JANUSZEWSKA Anna	208		K35	19	00:03:18	00:39:06	00:43:00	01:20:29	01:24:09.20	+00:29:57 (35.6%)	5:36	10.7 (64.5%)
376	ŁANGOWSKA Iwona	335	KOŁOBRZEG MARATON TEAM	K50	7	00:03:55	00:39:17	00:43:17	01:20:41	01:24:14.30	+00:30:02 (35.7%)	5:36	10.7 (64.5%)
377	PASIKOWSKI Piotr	415	BALTICUS	M50	28	00:03:26	00:38:41	00:42:47	01:20:01	01:24:17.95	+00:30:05 (35.7%)	5:37	10.7 (64.5%)
378	UZNAŃSKA Agata	595		K50	8	00:03:56	00:39:18	00:43:18	01:20:42	01:24:18.25	+00:30:06 (35.7%)	5:37	10.7 (64.5%)
378	DUSZYŃSKI Kamil	118	GRABOWO	M20	25	00:03:26	00:36:53	00:40:51	01:20:52	01:24:18.25	+00:30:06 (35.7%)	5:37	10.7 (64.5%)
380	DIDŁUCH Jacek	103	KOŁOBRZEG BIEGA MARATON TEAM	M40	77	00:03:14	00:36:34	00:40:17	01:20:28	01:24:18.45	+00:30:06 (35.7%)	5:37	10.7 (64.5%)
381	KRASIŃSKI Witold	286	JW 1223	M45	53	00:03:21	00:36:10	00:40:05	01:20:10	01:24:19.30	+00:30:07 (35.7%)	5:37	10.7 (64.5%)
382	RZESZOTARSKI Jacek	498	SAR-BSR KOŁOBRZEG MARATON TEAM	M40	78	00:03:57	00:37:58	00:43:52	01:20:49	01:24:19.90	+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	KUKIEŁKA Anna	301		K35	20	00:03:59	00:39:26	00:43:18	01:20:28	01:24:22.60	+00:30:10 (35.8%)	5:37	10.7 (64.5%)
384	KOWALCZYK Piotr	275		M35	48	00:03:27	00:38:29	00:42:32	01:20:36	01:24:28.60	+00:30:16 (35.8%)	5:37	10.7 (64.5%)
385	BUDZIŃSKI Paweł	57	DRUŻYNA SZPIKU	M35	49	00:03:38	00:38:37	00:42:24	01:20:41	01:24:28.90	+00:30:16 (35.8%)	5:37	10.7 (64.5%)
386	BIEDRZYCKI Dawid	34		M20	26	00:03:30	00:38:54	00:42:49	01:21:00	01:24:36.00	+00:30:23 (35.9%)	5:38	10.6 (63.9%)
387	DRACZYŃSKI Zygmunt	112	TRUCHT ŁOBEZ	M70	3	00:03:44	00:38:30	00:42:26	01:20:38	01:24:39.95	+00:30:27 (36.0%)	5:38	10.6 (63.9%)
388	OKOŃ Stanisław	397	KB WYGAN	M50	29	00:03:32	00:35:42	00:39:21	01:20:09	01:24:42.95	+00:30:30 (36.0%)	5:38	10.6 (63.9%)
389	BUDZICH Marcin	56		M30	35	00:03:57	00:41:19	00:45:22	01:21:34	01:24:43.95	+00:30:31 (36.0%)	5:38	10.6 (63.9%)
390	DOBEK Tomasz	104		M30	36	00:03:58	00:40:23	00:44:22	01:21:13	01:24:48.95	+00:30:36 (36.1%)	5:39	10.6 (63.9%)
391	PRYCA Adam	453	POMORSKI DYWIZJON STRAŻY GRANICZNEJ ŚWINOUJŚCIE	M35	50	00:04:06	00:41:05	00:44:59	01:21:34	01:24:49.80	+00:30:37 (36.1%)	5:39	10.6 (63.9%)
392	DENISIUK Krzysztof	101	SZCZECIN	M60	21	00:03:47	00:39:49	00:43:46	01:21:06	01:24:53.65	+00:30:41 (36.2%)	5:39	10.6 (63.9%)
393	SZŁAPKA Dariusz	557		M50	30	00:03:55	00:40:18	00:44:20	01:21:23	01:24:58.25	+00:30:46 (36.2%)	5:39	10.6 (63.9%)
394	WRÓBLEWSKI Jarosław	627	RAZ SZCZECIN	M45	54	00:03:46	00:39:23	00:43:20	01:21:11	01:25:01.70	+00:30:49 (36.3%)	5:40	10.6 (63.9%)
395	HAŁAS Tomasz	181		M55	24	00:04:01	00:40:40	00:44:39	01:21:15	01:25:02.05	+00:30:49 (36.3%)	5:40	10.6 (63.9%)
396	NOWAK-IGNACAK Monika	391		K40	14	00:03:39	00:38:55	00:42:51	01:20:55	01:25:02.45	+00:30:50 (36.3%)	5:40	10.6 (63.9%)
397	MIELEWCZYK Radosław	372	GRABOWO	M20	27	00:03:54	00:39:57	00:44:02	01:21:20	01:25:10.95	+00:30:58 (36.4%)	5:40	10.6 (63.9%)
398	GŁOWACKI Adrian	158	MAGIKKOMPUTEROWY	M30	37	00:03:54	00:39:24	00:43:17	01:21:18	01:25:19.80	+00:31:07 (36.5%)	5:41	10.5 (63.3%)
399	GAWĘDA Emil	144	GMINA DARŁOWO	M30	38	00:03:58	00:42:01	00:46:01	01:21:53	01:25:19.85	+00:31:07 (36.5%)	5:41	10.5 (63.3%)
400	MŁODZIEJEWSKA Iwona	374	KB WYGAN	K45	4	00:03:51	00:40:24	00:44:26	01:21:33	01:25:20.25	+00:31:08 (36.5%)	5:41	10.5 (63.3%)
401	ŚLIWIŃSKA Małgorzata	572	KPW ŚWINOUJŚCIE	K40	15	00:03:52	00:39:31	00:43:29	01:21:43	01:25:23.00	+00:31:10 (36.5%)	5:41	10.5 (63.3%)
402	CZEKIERDA Bartosz	89	GMINA DYGOWO	M20	28	00:02:35	00:31:56	00:35:21	01:22:05	01:25:24.45	+00:31:12 (36.5%)	5:41	10.5 (63.3%)
403	SZCZERBA Łukasz	550		M30	39	00:04:17	00:41:02	00:44:59	01:21:50	01:25:36.65	+00:31:24 (36.7%)	5:42	10.5 (63.3%)
404	SOWA Krzysztof	654		M30	40	00:03:34	00:38:59	00:42:53	01:21:19	01:25:40.35	+00:31:28 (36.7%)	5:42	10.5 (63.3%)
405	SZYMAŃSKA Karolina	566	BS FAMILY TEAM	K16	2	00:03:58	00:39:22	00:43:23	01:21:58	01:25:41.40	+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	BARTECKA Ewelina	24	KUNA KOWANÓWKO	K35	21	00:03:49	00:39:38	00:43:36	01:21:38	01:25:44.80	+00:31:32 (36.8%)	5:42	10.5 (63.3%)
407	RZEPKA Bartosz	497	KUNA KOWANÓWKO	M35	51	00:03:51	00:39:40	00:43:37	01:21:47	01:25:45.65	+00:31:33 (36.8%)	5:43	10.5 (63.3%)
408	OSSES Wojciech	408	KUNA KOWANÓWKO	M35	52	00:03:50	00:39:39	00:43:36	01:21:42	01:25:45.90	+00:31:33 (36.8%)	5:43	10.5 (63.3%)
409	KRZESIŃSKI Michał	292		M30	41	00:03:30	00:35:07	00:38:48	01:21:15	01:25:48.90	+00:31:36 (36.8%)	5:43	10.5 (63.3%)
410	REPKA Anna	471	LUPUS TEAM	K40	16	00:03:51	00:40:23	00:44:24	01:22:01	01:25:50.50	+00:31:38 (36.9%)	5:43	10.5 (63.3%)
411	GIEDRYS Eliza	151	3:33 TEAM	K20	6	00:04:15	00:42:35	00:46:35	01:22:12	01:25:53.05	+00:31:40 (36.9%)	5:43	10.5 (63.3%)
412	LAL Monika	315	RUNGRYF GRYFICE	K50	9	00:03:58	00:40:12	00:44:13	01:22:06	01:25:53.45	+00:31:41 (36.9%)	5:43	10.5 (63.3%)
413	GŁOWACKI Kamil	157	GRABOWO	M20	29	00:03:41	00:39:30	00:43:43	01:22:16	01:26:00.20	+00:31:48 (37.0%)	5:44	10.5 (63.3%)
414	LAJTER Jerzy	314	4RUN TEAM PIŁA	M65	10	00:03:55	00:39:55	00:44:03	01:22:22	01:26:15.90	+00:32:03 (37.2%)	5:45	10.4 (62.7%)
415	PASTERNAK Wojciech	416		M40	79	00:04:03	00:40:40	00:44:42	01:22:46	01:26:21.55	+00:32:09 (37.2%)	5:45	10.4 (62.7%)
416	JAZOWSKA Kamila	213	KOŁOBRZEG MARATON TEAM	K30	8	00:03:37	00:39:46	00:43:54	01:22:36	01:26:23.55	+00:32:11 (37.3%)	5:45	10.4 (62.7%)
417	MICHALSKI Adam	653		M35	53	00:03:36	00:39:46	00:43:54	01:22:36	01:26:23.95	+00:32:11 (37.3%)	5:45	10.4 (62.7%)
418	DĄBROWSKI Wiktor	98	PAŃSTWO DĄBREK	M20	30	00:04:02	00:41:24	00:45:30	01:22:37	01:26:25.85	+00:32:13 (37.3%)	5:45	10.4 (62.7%)
419	DOBREK Izabela	105	PAŃSTWO DĄBREK	K20	7	00:04:03	00:41:25	00:45:31	01:22:38	01:26:26.10	+00:32:14 (37.3%)	5:45	10.4 (62.7%)
420	PEDA Leszek	423	POLICE	M65	11	00:03:42	00:39:00	00:42:56	01:22:21	01:26:28.15	+00:32:16 (37.3%)	5:45	10.4 (62.7%)
421	OLEJNIK Janusz	398		M50	31	00:03:52	00:40:32	00:44:35	01:22:36	01:26:30.80	+00:32:18 (37.3%)	5:46	10.4 (62.7%)
422	ŻUKOWSKA Małgorzata	647		K30	9	00:04:08	00:41:29	00:45:29	01:22:45	01:26:34.15	+00:32:22 (37.4%)	5:46	10.4 (62.7%)
423	MAĆZKOWSKA Wioletta	364	JATRENUJE	K40	17	00:04:01	00:39:55	00:43:49	01:22:24	01:26:40.25	+00:32:28 (37.5%)	5:46	10.4 (62.7%)
424	KALUŻYŃSKI Piotr	230	WRONIECKI KLUB BIEGACZA	M50	32	00:04:05	00:41:30	00:45:27	01:23:04	01:26:43.95	+00:32:31 (37.5%)	5:46	10.4 (62.7%)
425	ZAROBIAK Piotr	633	WIECZORNE BIEGANIE W SZCZECINIE	M35	54	00:03:46	00:39:39	00:43:38	01:22:45	01:26:54.10	+00:32:42 (37.6%)	5:47	10.4 (62.7%)
426	ZAROBIAK Katarzyna	632	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:03:48	00:39:40	00:43:39	01:22:46	01:26:54.90	+00:32:42 (37.6%)	5:47	10.4 (62.7%)
427	ŻMUDA Monika	645	CW FANZA KOŁOBRZEG	K40	19	00:03:53	00:40:36	00:44:44	01:23:06	01:26:59.65	+00:32:47 (37.7%)	5:48	10.3 (62.0%)
428	MAKOWSKI Dariusz	351	KB HERMES GRYFINO	M50	33	00:04:03	00:40:21	00:44:21	01:22:50	01:27:07.75	+00:32:55 (37.8%)	5:48	10.3 (62.0%)

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		
429	KOZŁOWSKI Maciej	282		M40	80	00:03:47	00:39:35	00:43:39	01:23:06	01:27:21.75	+00:33:09 (38.0%)	5:49	10.3 (62.0%)
430	WITKOWSKI Andrzej	617		M50	34	00:03:54	00:39:39	00:43:58	01:23:34	01:27:37.90	+00:33:25 (38.1%)	5:50	10.3 (62.0%)
431	GAJDZIS Magdalena	137		K50	10	00:04:11	00:42:16	00:46:27	01:23:49	01:27:41.40	+00:33:29 (38.2%)	5:50	10.3 (62.0%)
432	ŚWIERCZ Dariusz	573	WAŁECKA ŚCIEMA	M50	35	00:03:37	00:39:44	00:43:52	01:23:13	01:27:41.95	+00:33:29 (38.2%)	5:50	10.3 (62.0%)
433	JOŃCZYK Tadeusz	218	SAM SOBIE BIEGAM :)	M45	55	00:03:50	00:40:57	00:45:14	01:24:10	01:27:45.15	+00:33:33 (38.2%)	5:51	10.3 (62.0%)
434	KULAWIŃSKI Marek	302		M45	56	00:04:09	00:41:18	00:45:16	01:23:54	01:27:47.20	+00:33:35 (38.3%)	5:51	10.3 (62.0%)
435	POKORNY Edward	439	TUPOT USTKA	M70	4	00:03:57	00:41:09	00:45:20	01:23:55	01:27:48.35	+00:33:36 (38.3%)	5:51	10.3 (62.0%)
436	KOWALSKI Zbigniew	278	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M55	25	00:03:36	00:39:30	00:43:38	01:23:28	01:27:49.75	+00:33:37 (38.3%)	5:51	10.2 (61.4%)
437	TYLKA Małgosia	588		K30	10	00:03:51	00:41:59	00:46:05	01:23:59	01:27:51.60	+00:33:39 (38.3%)	5:51	10.2 (61.4%)
438	ZIEMKIEWICZ Jarek	639	UKS RUNNING TEAM	M40	81	00:03:51	00:41:59	00:46:05	01:23:58	01:27:51.70	+00:33:39 (38.3%)	5:51	10.2 (61.4%)
439	DANOWSKI Maciej	94	FITNES CLUB FORMA	M40	82	00:03:49	00:40:38	00:44:54	01:24:30	01:27:52.65	+00:33:40 (38.3%)	5:51	10.2 (61.4%)
440	LEWANDOWSKI Mirosław	323	GOLENIÓW	M55	26	00:04:06	00:40:40	00:44:50	01:23:50	01:27:53.00	+00:33:40 (38.3%)	5:51	10.2 (61.4%)
441	BRZUSZKIEWICZ Agata	53	ROZBIEGANY GOLENIÓW	K30	11	00:03:42	00:40:09	00:44:14	01:23:48	01:27:53.30	+00:33:41 (38.3%)	5:51	10.2 (61.4%)
442	KOŁODZIEJSKI Wojtek	258		M35	55	00:03:59	00:41:22	00:45:32	01:23:58	01:27:54.15	+00:33:42 (38.3%)	5:51	10.2 (61.4%)
443	PUŚCIAN Krzysztof	460	SP W MANOWIE	M40	83	00:03:55	00:40:43	00:44:51	01:23:53	01:27:56.25	+00:33:44 (38.4%)	5:51	10.2 (61.4%)
444	KUREK Aneta	309		K40	20	00:03:56	00:40:44	00:44:53	01:23:54	01:27:56.45	+00:33:44 (38.4%)	5:51	10.2 (61.4%)
445	PIETRZAK Mariola	430	BABECZKI KOSZALIN	K50	11	00:03:56	00:40:32	00:44:42	01:24:07	01:27:57.25	+00:33:45 (38.4%)	5:51	10.2 (61.4%)
446	HANĆ Ryszard	182		M50	36	00:03:48	00:41:26	00:45:41	01:23:47	01:27:58.20	+00:33:46 (38.4%)	5:51	10.2 (61.4%)
447	SZYNKOWSKI Krzysztof	569	BULK-CARGO PORT SZCZECIN	M45	57	00:03:55	00:40:35	00:44:34	01:24:02	01:27:59.00	+00:33:46 (38.4%)	5:51	10.2 (61.4%)
448	DEPTA Paweł	102		M40	84	00:04:08	00:42:25	00:46:30	01:24:15	01:27:59.85	+00:33:47 (38.4%)	5:52	10.2 (61.4%)
449	JANISZEWSKI Mieczysław	203	BULK-CARGO PORT SZCZECIN	M55	27	00:03:58	00:40:46	00:44:56	01:24:02	01:27:59.95	+00:33:47 (38.4%)	5:51	10.2 (61.4%)
449	JANISZEWSKA Marlena	202	BULK-CARGO PORT SZCZECIN	K30	12	00:03:55	00:40:46	00:44:57	01:24:03	01:27:59.95	+00:33:47 (38.4%)	5:52	10.2 (61.4%)
451	SKWARK Krzysztof	514		M40	85	00:03:55	00:40:25	00:44:34	01:23:39	01:28:00.15	+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	GRZELAK Karina	174	ROZBIEGANY KOSZALIN	K40	21	00:03:55	00:40:55	00:45:05	01:24:05	01:28:00.55	+00:33:48 (38.4%)	5:52	10.2 (61.4%)
453	KOSAKOWSKA Barbara	265	MARATOŃCZYK TEAM SZCZECIN	K55	2	00:03:49	00:41:48	00:45:48	01:24:01	01:28:00.60	+00:33:48 (38.4%)	5:52	10.2 (61.4%)
454	ADAMCZYK Piotr	3		M40	86	00:04:04	00:40:54	00:44:57	01:24:13	01:28:08.55	+00:33:56 (38.5%)	5:52	10.2 (61.4%)
455	GAZARKIEWICZ Antoni	147	BHMW_GDYNIA	M65	12	00:04:00	00:41:09	00:45:19	01:24:16	01:28:13.60	+00:34:01 (38.6%)	5:52	10.2 (61.4%)
456	BANAŚ Marcin	664	WIECZORNE BIEGANIE W SZCZECINIE	M40	87	00:03:43	00:38:36	00:42:45	01:23:54	01:28:15.80	+00:34:03 (38.6%)	5:53	10.2 (61.4%)
457	DOMAŃSKI Dominik	110		M35	56	00:03:48	00:40:49	00:45:03	01:24:26	01:28:22.30	+00:34:10 (38.7%)	5:53	10.2 (61.4%)
458	RUDZIŃSKI Jacek	489	KB HERMES GRYFINO	M45	58	00:03:10	00:48:12	00:51:11	01:24:23	01:28:41.00	+00:34:28 (38.9%)	5:54	10.1 (60.8%)
459	KORNAK Wiktoria	264		K16	3	00:03:30	00:39:46	00:43:54	01:24:48	01:28:43.95	+00:34:31 (38.9%)	5:54	10.1 (60.8%)
460	MOTYCZYŃSKA Patrycja	381		K20	8	00:04:18	00:42:52	00:47:05	01:25:16	01:28:48.95	+00:34:36 (39.0%)	5:55	10.1 (60.8%)
461	GIEDRYS Marta	150	3:33 TEAM	K20	9	00:04:15	00:42:47	00:46:49	01:24:52	01:28:52.45	+00:34:40 (39.0%)	5:55	10.1 (60.8%)
462	WŁODARCZYK Józef	618	SZURAM SOBIE	M60	22	00:04:05	00:40:46	00:44:44	01:24:50	01:29:02.10	+00:34:50 (39.1%)	5:56	10.1 (60.8%)
463	SZADKOWSKA Anna	546	BBL INOWROCŁAW	K60	2	00:04:03	00:42:00	00:46:09	01:25:20	01:29:14.05	+00:35:01 (39.3%)	5:56	10.1 (60.8%)
464	STACHURSKA Agnieszka	526	BEM KOŁOBRZEG	K35	22	00:03:56	00:41:39	00:45:49	01:25:45	01:29:33.15	+00:35:21 (39.5%)	5:58	10.1 (60.8%)
465	KISIELIŃSKI Igor	251	TKKF KOSZALIN	M50	37	00:03:45	00:39:02	00:43:13	01:25:19	01:29:41.35	+00:35:29 (39.6%)	5:58	10 (60.2%)
466	KACZOR Piotr	227	GWIEZDNA FLOTA MASZEWO	M40	88	00:03:59	00:42:49	00:47:03	01:25:45	01:29:42.65	+00:35:30 (39.6%)	5:58	10 (60.2%)
467	OGRODOWCZYK Jagoda	395		K30	13	00:03:56	00:39:54	00:44:00	01:25:33	01:29:47.90	+00:35:35 (39.6%)	5:59	10 (60.2%)
468	KUJAWA Ewelina	298		K40	22	00:03:49	00:40:35	00:44:48	01:25:33	01:29:51.00	+00:35:38 (39.7%)	5:59	10 (60.2%)
469	BURSZTA Marta	63	KARLINO BIEGAJ	K20	10	00:03:43	00:41:12	00:45:17	01:25:59	01:29:55.15	+00:35:43 (39.7%)	5:59	10 (60.2%)
470	GAŁECKI Jacek	138	KARLINO BIEGAJ	M50	38	00:03:42	00:41:11	00:45:16	01:25:58	01:29:56.15	+00:35:44 (39.7%)	5:59	10 (60.2%)
471	SKORUPA Edward	512		M55	28	00:04:00	00:41:03	00:45:13	01:25:30	01:29:57.75	+00:35:45 (39.8%)	5:59	10 (60.2%)
472	WENCŁAWSKI Michał	606	DECATHLON SŁUPSK	M20	31	00:03:51	00:40:57	00:45:16	01:26:02	01:29:58.95	+00:35:46 (39.8%)	5:59	10 (60.2%)
473	WASIAK Sylwester	601	GWIEZDNA FLOTA MASZEWO	M35	57	00:03:58	00:42:48	00:47:04	01:26:02	01:30:01.40	+00:35:49 (39.8%)	6:00	10 (60.2%)
474	KUBISIAK Damian	295		M35	58	00:03:54	00:42:24	00:46:18	01:25:54	01:30:02.45	+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	CZARNECKA Teresa	88		K30	14	00:03:56	00:40:25	00:44:36	01:26:04	01:30:04.50	+00:35:52 (39.8%)	6:00	10 (60.2%)
476	PASZTOR Ania	418		K20	11	00:04:18	00:42:52	00:47:05	01:26:13	01:30:11.95	+00:35:59 (39.9%)	6:00	10 (60.2%)
477	KUBIAK Monika	655		K35	23	00:03:33	00:42:14	00:46:48	01:26:45	01:30:16.85	+00:36:04 (40.0%)	6:01	10 (60.2%)
478	SZYMAŃSKI Artur	567	BS FAMILY TEAM	M40	89	00:03:59	00:41:22	00:45:32	01:26:09	01:30:19.70	+00:36:07 (40.0%)	6:01	10 (60.2%)
479	GARGULIŃSKI Andrzej	142		M40	90	00:04:03	00:42:02	00:46:20	01:26:43	01:30:37.90	+00:36:25 (40.2%)	6:02	9.9 (59.6%)
480	STRZELCZYK Wioletta	539		K40	23	00:04:02	00:42:15	00:46:28	01:26:25	01:30:42.50	+00:36:30 (40.2%)	6:02	9.9 (59.6%)
481	HNAT Rafał	190	KP PSP WAŁCZ	M45	59	00:03:56	00:42:48	00:45:48	01:25:48	01:30:45.35	+00:36:33 (40.3%)	6:03	9.9 (59.6%)
482	DZIEKOŃSKI Jacek	121		M60	23	00:03:53	00:40:49	00:44:52	01:26:33	01:30:55.85	+00:36:43 (40.4%)	6:03	9.9 (59.6%)
483	KARMELITA Ewa	237	ŁOBZONKA WYRZYSK	K60	3	00:03:50	00:41:20	00:45:41	01:26:43	01:31:04.45	+00:36:52 (40.5%)	6:04	9.9 (59.6%)
484	MAŁECKI Artur	357		M40	91	00:04:13	00:44:07	00:48:20	01:27:36	01:31:06.15	+00:36:54 (40.5%)	6:04	9.9 (59.6%)
485	ŁYSON Andrzej	344		M35	59	00:03:47	00:41:54	00:46:15	01:27:13	01:31:06.65	+00:36:54 (40.5%)	6:04	9.9 (59.6%)
486	DOBRUK Agnieszka	106		K45	5	00:04:11	00:42:01	00:46:21	01:27:15	01:31:20.35	+00:37:08 (40.7%)	6:05	9.9 (59.6%)
487	URLICKI Lech	593	KB SPOCENI NOWA SÓL	M65	13	00:03:50	00:41:37	00:45:53	01:27:17	01:31:34.05	+00:37:21 (40.8%)	6:06	9.8 (59.0%)
488	WIELGOSZ Leszek	610	KB SPOCENI NOWA SÓL	M55	29	00:03:51	00:41:37	00:45:53	01:27:17	01:31:34.55	+00:37:22 (40.8%)	6:06	9.8 (59.0%)
489	ROZMUS Tomasz	484		M30	42	00:03:50	00:40:55	00:45:07	01:27:22	01:31:40.60	+00:37:28 (40.9%)	6:06	9.8 (59.0%)
490	GRABOWSKI Marek	167		M50	39	00:03:45	00:40:42	00:44:51	01:27:39	01:31:48.05	+00:37:35 (41.0%)	6:07	9.8 (59.0%)
491	KUBIK Monika	294		K40	24	00:04:05	00:42:50	00:47:09	01:27:37	01:31:49.65	+00:37:37 (41.0%)	6:07	9.8 (59.0%)
492	ZDANOWICZ Marek	636	SAVE THE RING	M45	60	00:03:37	00:42:01	00:46:19	01:27:44	01:31:51.95	+00:37:39 (41.0%)	6:07	9.8 (59.0%)
493	MICHALSKA Agnieszka	369		K55	3	00:04:08	00:42:49	00:47:04	01:27:50	01:31:59.00	+00:37:46 (41.1%)	6:07	9.8 (59.0%)
494	ADAMCZYK Arkadiusz	1	BLUE TEAM PIŁA	M50	40	00:04:00	00:42:32	00:46:48	01:27:53	01:32:05.00	+00:37:52 (41.1%)	6:08	9.8 (59.0%)
495	MALINOWSKA Anna	355	ŁOBEZ	K35	24	00:04:11	00:43:05	00:47:22	01:28:15	01:32:17.80	+00:38:05 (41.3%)	6:09	9.8 (59.0%)
496	SERKIS Piotr	503	ŁOBEZ	M30	43	00:04:09	00:42:42	00:47:06	01:28:17	01:32:18.95	+00:38:06 (41.3%)	6:09	9.7 (58.4%)
497	LEPPERT Katarzyna	320		K30	15	00:03:58	00:43:02	00:47:21	01:28:04	01:32:29.50	+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	KACZMAREK Zenon	226	MORSY KOŁOBRZEG	M70	5	00:04:05	00:42:05	00:46:28	01:27:59	01:32:34.05	+00:38:21 (41.4%)	6:10	9.7 (58.4%)
499	PŁUSKA Tadeusz	436		M65	14	00:03:31	00:39:58	00:44:02	01:27:59	01:32:37.95	+00:38:25 (41.5%)	6:10	9.7 (58.4%)
500	MŁODZIEJSKI Krzysztof	375		M45	61	00:03:42	00:40:36	00:45:05	01:28:34	01:32:42.85	+00:38:30 (41.5%)	6:10	9.7 (58.4%)
501	HOFMAN Mateusz	194	MONAR GRABOWO	M20	32	00:03:44	00:39:28	00:44:37	01:28:44	01:32:46.80	+00:38:34 (41.6%)	6:11	9.7 (58.4%)
502	KROCZYŃSKA Kinga	288		K35	25	00:03:56	00:42:08	00:46:44	01:28:46	01:32:48.65	+00:38:36 (41.6%)	6:11	9.7 (58.4%)
503	BIELAK Wojciech	35	UKS EKONOM KOŁOBRZEG	M16	6	00:03:38	00:38:36	00:43:17	01:29:14	01:32:51.75	+00:38:39 (41.6%)	6:11	9.7 (58.4%)
504	STASIAK Sylwia	528	BRAK	K40	25	00:03:55	00:42:42	00:47:02	01:28:36	01:32:53.30	+00:38:41 (41.6%)	6:11	9.7 (58.4%)
505	PTASZYŃSKA Katarzyna	458	KOŁOBRZEG MARATON TEAM	K60	4	00:04:14	00:43:39	00:47:56	01:28:43	01:32:57.25	+00:38:45 (41.7%)	6:11	9.7 (58.4%)
506	GZELA Olga	180	ROZBIEGANY KOSZALIN	K35	26	00:03:46	00:42:13	00:46:32	01:29:01	01:33:02.65	+00:38:50 (41.7%)	6:12	9.7 (58.4%)
507	SIWEK Piotr	510	GWIEZDNA FLOTA MASZEWO	M35	60	00:03:56	00:42:47	00:47:10	01:28:44	01:33:14.95	+00:39:02 (41.9%)	6:13	9.7 (58.4%)
508	SIWEK Arleta	509	GWIEZDNA FLOTA MASZEWO	K35	27	00:03:55	00:42:50	00:47:11	01:28:44	01:33:15.00	+00:39:02 (41.9%)	6:13	9.7 (58.4%)
509	KAZIMIERSKI Marek	242		M30	44	00:03:27	00:39:24	00:43:42	01:28:34	01:33:20.95	+00:39:08 (41.9%)	6:13	9.6 (57.8%)
510	BANASZKIEWICZ Kasia	17		K50	12	00:03:49	00:42:43	00:47:02	01:29:16	01:33:46.00	+00:39:33 (42.2%)	6:15	9.6 (57.8%)
511	SKRZYPCZAK Bogusław	652		M40	92	00:04:32	00:45:40	00:49:52	01:29:55	01:33:53.70	+00:39:41 (42.3%)	6:15	9.6 (57.8%)
512	KĘDZIORA Sara	244		K30	16	00:04:00	00:42:46	00:47:10	01:30:19	01:33:59.05	+00:39:46 (42.3%)	6:15	9.6 (57.8%)
513	MAZUREK Barbara	363	BABECZKI KOSZALIN	K35	28	00:03:50	00:42:03	00:46:29	01:29:59	01:34:05.80	+00:39:53 (42.4%)	6:16	9.6 (57.8%)
514	SPIESZYŃSKI Michał	522		M30	45	00:03:55	00:41:40	00:46:07	01:29:29	01:34:10.30	+00:39:58 (42.4%)	6:16	9.6 (57.8%)
515	KLUCZYŃSKI Mariusz	252		M30	46	00:03:52	00:41:24	00:45:38	01:30:10	01:34:12.75	+00:40:00 (42.5%)	6:16	9.6 (57.8%)
516	DOMAŃSKA Katarzyna	108		K40	26	00:04:07	00:43:39	00:48:01	01:29:49	01:34:12.80	+00:40:00 (42.5%)	6:16	9.6 (57.8%)
517	PIĄTEK Mateusz	428	13. DYWIZJON TRĄŁOWCÓW GDYNIA	M30	47	00:03:49	00:42:41	00:46:56	01:30:25	01:34:22.60	+00:40:10 (42.6%)	6:17	9.5 (57.2%)
518	GAŁUSZKA Marcin	139	FINISZ MORĄG	M40	93	00:03:55	00:42:28	00:47:01	01:29:31	01:34:26.45	+00:40:14 (42.6%)	6:17	9.5 (57.2%)
519	WOŹNIAK Jacek	657		M45	62	00:04:10	00:44:14	00:48:37	01:30:20	01:34:29.70	+00:40:17 (42.6%)	6:17	9.5 (57.2%)
520	ROMAŃSKI Maciej	480	TATACOWYMIATA	M30	48	00:04:09	00:43:05	00:47:26	01:30:18	01:34:43.20	+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	KURZAJCZYK Joanna	310	4RUN TEAM PIŁA	K45	6	00:03:48	00:43:22	00:47:57	01:30:23	01:34:47.70	+00:40:35 (42.8%)	6:19	9.5 (57.2%)
522	SZEWCZYK Monika	556		K20	12	00:04:18	00:44:40	00:48:58	01:30:37	01:34:48.10	+00:40:36 (42.8%)	6:19	9.5 (57.2%)
523	KAŻMIERCZAK Ewelina	243		K20	13	00:04:17	00:44:39	00:48:58	01:30:36	01:34:48.95	+00:40:36 (42.8%)	6:19	9.5 (57.2%)
524	GARBACZ-ZATORSKA Milena	141		K40	27	00:03:58	00:43:07	00:47:37	01:30:16	01:34:53.00	+00:40:40 (42.9%)	6:19	9.5 (57.2%)
525	WÓJCIK Aleksandra	626		K20	14	00:03:53	00:43:39	00:48:12	01:31:00	01:34:53.15	+00:40:41 (42.9%)	6:19	9.5 (57.2%)
526	BRYNDZA Piotr	49		M40	94	00:04:05	00:43:16	00:47:34	01:30:43	01:35:34.60	+00:41:22 (43.3%)	6:22	9.4 (56.6%)
527	KOŚKA Marek	272	PRECON POLSKA-JASTROWIE	M30	49	00:04:20	00:45:24	00:49:40	01:31:22	01:35:39.80	+00:41:27 (43.3%)	6:22	9.4 (56.6%)
528	GAWLIŃSKI Marcin	145	BLUE TEAM PIŁA	M35	61	00:04:05	00:44:21	00:48:43	01:31:39	01:35:48.80	+00:41:36 (43.4%)	6:23	9.4 (56.6%)
529	TYKA Edward	587	NIESTOWARZYSZONY	M75	1	00:04:08	00:42:32	00:47:00	01:31:24	01:35:52.75	+00:41:40 (43.5%)	6:23	9.4 (56.6%)
530	STRZELCZYK Edyta	540	P+E	K45	7	00:03:43	00:43:08	00:47:45	01:31:30	01:36:04.80	+00:41:52 (43.6%)	6:24	9.4 (56.6%)
531	BEDNARZ Katarzyna	29		K40	28	00:04:13	00:44:00	00:48:23	01:32:06	01:36:28.20	+00:42:16 (43.8%)	6:25	9.3 (56.0%)
532	FALKIEWICZ Jolanta	126		K60	5	00:03:54	00:43:02	00:47:29	01:32:07	01:36:32.50	+00:42:20 (43.9%)	6:26	9.3 (56.0%)
533	ŁUKASZYK Eliza	343		K30	17	00:03:32	00:42:13	00:46:47	01:32:19	01:36:42.30	+00:42:30 (44.0%)	6:26	9.3 (56.0%)
534	STUDNIARZ Joanna	541		K50	13	00:04:13	00:44:36	00:49:04	01:32:43	01:37:19.80	+00:43:07 (44.3%)	6:29	9.2 (55.4%)
535	PYDYNOWSKA Elżbieta	461		K55	4	00:04:08	00:43:38	00:48:02	01:32:58	01:37:31.75	+00:43:19 (44.4%)	6:30	9.2 (55.4%)
536	KUSZKA Katarzyna	312		K20	15	00:04:20	00:46:17	00:50:42	01:32:59	01:37:36.60	+00:43:24 (44.5%)	6:30	9.2 (55.4%)
537	MACIOSZEK Agnieszka	347		K40	29	00:04:06	00:43:36	00:47:58	01:33:47	01:37:48.60	+00:43:36 (44.6%)	6:31	9.2 (55.4%)
538	BONEW Marcin	665		M40	95	00:03:43	00:43:07	00:47:40	01:33:15	01:37:53.95	+00:43:41 (44.6%)	6:31	9.2 (55.4%)
539	REMBARZ Piotr	469		M30	50	00:03:49	00:41:23	00:45:49	01:32:40	01:37:58.10	+00:43:46 (44.7%)	6:31	9.2 (55.4%)
540	KOŁAKOWSKI Dariusz	256	K.B. SPRINT ŚWIDWIN	M45	63	00:03:53	00:53:31	00:58:00	01:34:08	01:38:04.80	+00:43:52 (44.7%)	6:32	9.2 (55.4%)
541	PAWLIUTKIN Aleksandr	422		M40	96	00:04:05	00:44:40	00:49:13	01:33:50	01:38:13.00	+00:44:00 (44.8%)	6:32	9.2 (55.4%)
542	GRABOWICZ Jerzy	164	TUPOT USTKA	M70	6	00:04:02	00:40:36	00:44:53	01:33:43	01:38:18.10	+00:44:06 (44.9%)	6:33	9.2 (55.4%)
543	PASTERNAK Magdalena	417		K35	29	00:04:13	00:44:38	00:49:10	01:34:20	01:38:43.15	+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	HELLER Zdzisław	188	NIEZRZESZONY	M60	24	00:03:55	00:45:25	00:50:03	01:34:37	01:38:47.50	+00:44:35 (45.1%)	6:35	9.1 (54.8%)
545	SIENICKI Piotr	507	FOR-REST-RUN TEAM	M40	97	00:03:46	00:43:07	00:47:52	01:34:14	01:39:02.20	+00:44:50 (45.3%)	6:36	9.1 (54.8%)
546	KACZMAREK Agnieszka	685		K40	30	00:03:45	00:43:06	00:47:51	01:34:13	01:39:02.70	+00:44:50 (45.3%)	6:36	9.1 (54.8%)
547	PRENDECKA Sylwia	445		K30	18	00:03:40	00:44:25	00:48:52	01:34:32	01:39:16.85	+00:45:04 (45.4%)	6:37	9.1 (54.8%)
548	DURDA Małgorzata	659		K35	30	00:04:15	00:46:14	00:50:50	01:35:01	01:39:22.65	+00:45:10 (45.5%)	6:37	9.1 (54.8%)
549	KURCZ Barbara	308	BABECZKI KOSZALIN	K45	8	00:04:11	00:46:02	00:50:41	01:34:49	01:39:29.25	+00:45:17 (45.5%)	6:38	9 (54.2%)
550	WIESIOŁEK Grzegorz	612		M45	64	00:03:41	00:44:46	00:49:06	01:35:14	01:39:35.90	+00:45:23 (45.6%)	6:38	9 (54.2%)
551	SŁOMSKI Zenon	515	KORZYBSKIE REKINY	M70	7	00:03:51	00:42:58	00:47:28	01:34:37	01:39:45.35	+00:45:33 (45.7%)	6:39	9 (54.2%)
552	BARSZCZAK Tomasz	23	KOŁOBRZEG BIEGA	M20	33	00:04:26	00:46:07	00:50:30	01:34:57	01:39:47.95	+00:45:35 (45.7%)	6:39	9 (54.2%)
552	RZYDUCH Piotr	499		M40	98	00:04:03	00:45:27	00:49:51	01:35:23	01:39:47.95	+00:45:35 (45.7%)	6:39	9 (54.2%)
554	STRYCZEWSKA Barbara	537		K40	31	00:04:05	00:46:25	00:51:00	01:35:37	01:40:01.35	+00:45:49 (45.8%)	6:40	9 (54.2%)
555	BYKOWSKI Bogdan	65	BRACTWO BIEGACZY Z-GORA	M65	15	00:04:07	00:44:22	00:49:00	01:35:35	01:40:02.00	+00:45:49 (45.8%)	6:40	9 (54.2%)
556	MORAWSKA Monika	379		K40	32	00:04:09	00:47:06	00:51:15	01:35:49	01:40:02.30	+00:45:50 (45.8%)	6:40	9 (54.2%)
557	RODAK Agnieszka	473		K55	5	00:04:17	00:45:57	00:50:34	01:35:29	01:40:03.35	+00:45:51 (45.8%)	6:40	9 (54.2%)
558	KRANZMANN-ŻELEPIEŃ Anna	285		K40	33	00:03:51	00:45:30	00:50:03	01:35:16	01:40:08.20	+00:45:56 (45.9%)	6:40	9 (54.2%)
559	SODNOMGOMBO Alimaa	684	FIZJOBIEGACZE	K55	6	00:04:13	00:46:02	00:50:43	01:35:54	01:40:13.35	+00:46:01 (45.9%)	6:40	9 (54.2%)
560	WAŚOWICZ Anna	602		K35	31	00:03:48	00:44:13	00:48:31	01:35:47	01:40:35.55	+00:46:23 (46.1%)	6:42	8.9 (53.6%)
561	ŁABUŃ Aleksandra	334		K30	19	00:04:07	00:45:15	00:49:48	01:36:09	01:40:46.55	+00:46:34 (46.2%)	6:43	8.9 (53.6%)
562	BIERNACKI Rene	38		M70	8	00:04:22	00:46:43	00:51:25	01:36:11	01:41:00.55	+00:46:48 (46.3%)	6:44	8.9 (53.6%)
563	ŁOPIŃSKI Aleksy	340	4RUN TEAM PIŁA	M70	9	00:04:44	00:47:17	00:52:52	01:36:40	01:41:06.55	+00:46:54 (46.4%)	6:44	8.9 (53.6%)
564	SCHMIDT Dariusz	670		M50	41	00:04:12	00:46:36	00:51:04	01:36:51	01:41:16.45	+00:47:04 (46.5%)	6:45	8.9 (53.6%)
565	PELC Marzena	424	RUNGRYF GRZYFICE	K40	34	00:04:02	00:45:56	00:50:55	01:37:04	01:41:22.25	+00:47:10 (46.5%)	6:45	8.9 (53.6%)
566	LOBA Jerzy	332	LUKS BAŁTYK DZIWNÓW	M70	10	00:04:17	00:44:28	00:48:54	01:36:15	01:41:37.55	+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	TRYBUCH Joanna	582		K35	32	00:04:19	00:47:20	00:52:09	01:38:13	01:43:05.40	+00:48:53 (47.4%)	6:52	8.7 (52.4%)
568	FOLTYNOWICZ Bernard	132	MARATOŃCZYK TEAM SZCZECIN	M70	11	00:04:16	00:46:48	00:51:31	01:38:21	01:43:07.55	+00:48:55 (47.4%)	6:52	8.7 (52.4%)
569	CSULITS Claudia	85		K45	9	00:04:06	00:46:24	00:51:18	01:38:48	01:43:31.60	+00:49:19 (47.6%)	6:54	8.7 (52.4%)
570	WOŹNIAK Piotr	667		M55	30	00:03:48	00:56:54	01:00:05	01:37:58	01:44:00.50	+00:49:48 (47.9%)	6:56	8.7 (52.4%)
571	LEWANDOWSKA Izabela	322		K40	35	00:04:13	00:49:27	00:54:08	01:39:50	01:44:20.65	+00:50:08 (48.1%)	6:57	8.6 (51.8%)
572	KURASIŃSKA Dorota	307	WIECZORNE BIEGANIE W SZCZECINIE	K45	10	00:04:06	00:47:02	00:51:48	01:40:23	01:44:56.50	+00:50:44 (48.4%)	6:59	8.6 (51.8%)
573	JAROSZ Artur	211		M35	62	00:03:51	00:46:30	00:51:14	01:41:23	01:45:34.15	+00:51:22 (48.7%)	7:02	8.5 (51.2%)
574	ZAKRZEWSKI Tadeusz	675		M65	16	00:04:00	00:45:12	00:50:08	01:40:38	01:45:35.95	+00:51:23 (48.7%)	7:02	8.5 (51.2%)
575	KASIERSKA Ewa Katarzyna	238	WKB META LUBLINIEC	K70	1	00:04:21	00:49:12	00:54:02	01:40:59	01:45:37.95	+00:51:25 (48.7%)	7:02	8.5 (51.2%)
576	KOZŁOWSKA Kinga	281		K40	36	00:04:11	00:47:47	00:52:52	01:40:59	01:45:46.00	+00:51:33 (48.8%)	7:03	8.5 (51.2%)
577	USZPOLEWICZ Patryk	594		M35	63	00:04:40	00:49:14	00:54:09	01:41:08	01:46:01.85	+00:51:49 (48.9%)	7:04	8.5 (51.2%)
578	JAŃCZUK Stanisław	209	NOCNE WILKI	M50	42	00:04:14	00:49:38	00:54:11	01:41:19	01:46:20.90	+00:52:08 (49.0%)	7:05	8.5 (51.2%)
579	WIELIŃSKI Krzysztof	611	KB HERMES GRYFINO	M65	17	00:04:22	00:47:57	00:52:40	01:41:33	01:46:24.55	+00:52:12 (49.1%)	7:05	8.5 (51.2%)
580	JURKIEWICZ Wioletta	220	WIECZORNE BIEGANIE W SZCZECINIE	K45	11	00:04:11	00:47:56	00:53:05	01:42:24	01:47:18.20	+00:53:06 (49.5%)	7:09	8.4 (50.6%)
581	JANKOWSKI Remigiusz	207		M35	64	00:04:03	00:47:00	00:52:17	01:42:52	01:47:21.60	+00:53:09 (49.5%)	7:09	8.4 (50.6%)
582	KRYSA Krzysztof	291		M45	65	00:03:52	00:48:12	00:53:22	01:43:39	01:47:50.35	+00:53:38 (49.7%)	7:11	8.3 (50.0%)
583	ADAMCZYK Mirosław	2		M45	66	00:04:40	00:49:15	00:54:10	01:42:43	01:47:57.45	+00:53:45 (49.8%)	7:11	8.3 (50.0%)
584	BURCHARDT Mirka	61	RWT W BYDGOSZCZY	K65	1	00:04:10	00:46:24	00:51:27	01:45:01	01:50:23.75	+00:56:11 (50.9%)	7:21	8.2 (49.4%)
585	RAMA Janusz	465	KOŁOBRZEG BIEGA - PARKRUN	M45	67	00:04:41	00:52:05	00:57:05	01:47:57	01:53:14.05	+00:59:01 (52.1%)	7:32	7.9 (47.6%)
586	RAMA Ewa	466	KOŁOBRZEG BIEGA - PARKRUN	K50	14	00:04:42	00:52:06	00:57:06	01:47:59	01:53:14.45	+00:59:02 (52.1%)	7:33	7.9 (47.6%)
587	ANGIEL Władysław	9	TKKF KOLEJARZ BYDGOSZCZ	M80+	1	00:04:36	00:53:11	00:58:22	01:48:05	01:53:21.75	+00:59:09 (52.2%)	7:33	7.9 (47.6%)
588	JURCZAK Jarosław	219		M60	25	00:04:28	00:52:12	00:57:38	01:49:12	01:54:51.05	+01:00:38 (52.8%)	7:39	7.8 (47.0%)
589	KĘDZIERSKI Jarosław	699		M45	68	00:04:09	00:49:36	00:55:05	01:49:43	01:55:20.40	+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	STASZYŃSKA Marianna	529	BTC,,ORZEŁ"	K60	6	00:04:21	00:52:16	00:57:25	01:50:55	01:56:23.25	+01:02:11 (53.4%)	7:45	7.7 (46.4%)
591	KOPCEWICZ Henryk	263		M65	18	00:04:43	00:52:22	00:57:38	01:50:47	01:56:43.20	+01:02:31 (53.6%)	7:46	7.7 (46.4%)
592	MŁYNAREK Aneta	377	BIEGAM BO LUBIĘ	K35	33	00:05:10	00:59:13	01:05:01	01:52:23	01:57:32.10	+01:03:20 (53.9%)	7:50	7.7 (46.4%)
593	MŁYNAREK Piotr	376		M40	99	00:05:10	00:59:14	01:05:01	01:52:23	01:57:32.35	+01:03:20 (53.9%)	7:50	7.7 (46.4%)
594	KAMIŃSKI Andrzej	232		M40	100	00:05:11	00:59:15	01:05:02	01:52:24	01:57:34.35	+01:03:22 (53.9%)	7:50	7.7 (46.4%)
595	KABACIŃSKI Bronisław	47	TUPOT USTKA	M70	12	00:04:49	00:53:32	00:58:38	01:52:07	01:57:37.25	+01:03:25 (53.9%)	7:50	7.7 (46.4%)
596	BORKOWSKA Ewa	43		K65	2	00:04:53	00:55:04	01:00:26	01:55:00	02:00:14.70	+01:06:02 (54.9%)	8:01	7.5 (45.2%)
597	STRUSKI Stanisław	535	NIEZRZESZONY	M70	13	00:04:36	00:55:31	01:00:46	01:56:20	02:01:50.60	+01:07:38 (55.5%)	8:07	7.4 (44.6%)
598	SZCZEBLEWSKI Józef	547		M60	26	00:04:07	00:55:03	01:00:38	01:58:04	02:04:00.35	+01:09:48 (56.3%)	8:16	7.3 (44.0%)
599	BARTNIK Marian	676	TKKF KOSZALIN	M80+	2	00:05:49	01:08:58	01:16:03	02:19:54	02:30:05.65	+01:35:53 (63.9%)	10:00	6 (36.1%)
600	KALETKA Damian	229		M30	51	00:02:35	00:26:51	00:29:33			+00:00:47	3:45	15.9 (95.8%)
601	BEMOWICZ Tomasz	479	KB WYGAN	M45	69	00:02:58	00:30:53	00:34:04			+00:05:19	4:20	13.8 (83.1%)
602	KAZIMIERSKI Piotr	241		M30	52	00:03:01	00:32:11	00:35:42			+00:06:57	4:32	13.2 (79.5%)
603	RADAWIEC Kamil	464		M40	101	00:02:49	00:28:51				+00:02:38	4:02	14.9 (89.8%)
604	DEJNEKO Tomasz	100		M40	102	00:03:40	00:40:11				+00:13:59	5:37	10.7 (64.5%)
605	SZYMAŃSKA Irmina	678		K40	37	00:04:16	00:47:40				+00:21:27	6:40	9 (54.2%)
606	BIZUNOWICZ Krystian	39	ROZBIEGANY GOLENIÓW	M40	103	02:09:59					+	185:41	0.3 (1.8%)
607	SKOWRONSKI Bogdan	513	SZWLA	M55	31								(0.0%)
DNC	GŁOGOWSKI Adam	155	ATC-CARGO TEAM	M20		00:02:17	00:10:27	00:12:53	00:58:51	01:01:48.90		-	- (0.0%)

Znaleziono 608 wynik(ów)