



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: M-OPEN

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	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%)
52	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%)
53	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%)
54	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%)
55	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%)
56	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%)
57	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%)
58	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%)
59	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%)
60	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%)

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						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km	netto 15km	Różn		
61	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%)
62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
73	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)

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						Bike_All 0.698km	Spike_All 7.151km	Bike_All 7.849km	Spike_All 14.303km				
84	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%)
85	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%)
86	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%)
87	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%)
88	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%)
89	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%)
90	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%)
91	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%)
92	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%)
93	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%)
94	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%)
95	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%)
96	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%)
97	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%)
98	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%)
99	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%)
100	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%)
101	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%)
102	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%)
103	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%)
104	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%)
105	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%)
106	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%)

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	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%)
108	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%)
109	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%)
110	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%)
111	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%)
112	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%)
113	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%)
114	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%)
115	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%)
116	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%)
117	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%)
118	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%)
119	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%)
120	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%)
121	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%)
122	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%)
123	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%)
124	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%)
125	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%)
126	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%)
127	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%)
128	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%)
129	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%)

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	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%)
131	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%)
132	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%)
133	PEKAŁA 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%)
134	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%)
135	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%)
136	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%)
137	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%)
138	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%)
139	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%)
140	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%)
141	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%)
142	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%)
143	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%)
144	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%)
145	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%)
146	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%)
147	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%)
148	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%)
149	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%)
150	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%)
151	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%)
152	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%)

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	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%)
154	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%)
155	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%)
156	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%)
157	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%)
158	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%)
159	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%)
160	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%)
161	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%)
162	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%)
163	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%)
164	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%)
165	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%)
166	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%)
167	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%)
168	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%)
169	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%)
170	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%)
171	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%)
172	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%)
173	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%)
174	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%)
175	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%)

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	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%)
177	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%)
178	MAJDCIŃSKI 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%)
179	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%)
180	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%)
181	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%)
182	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%)
183	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%)
184	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%)
185	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%)
186	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%)
187	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%)
188	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%)
189	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%)
190	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%)
191	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%)
192	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%)
193	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%)
194	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%)
195	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%)
196	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%)
197	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%)
198	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%)

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	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%)
200	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%)
201	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%)
202	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%)
203	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%)
204	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%)
205	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%)
206	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%)
207	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%)
208	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%)
209	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%)
210	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%)
211	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%)
212	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%)
213	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%)
214	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%)
215	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%)
216	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%)
217	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%)
218	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%)
219	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%)
220	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%)
221	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%)

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	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%)
223	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%)
224	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%)
225	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%)
226	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%)
227	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%)
228	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%)
229	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%)
230	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%)
231	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%)
232	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%)
233	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%)
234	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%)
235	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%)
236	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%)
237	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%)
238	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%)
239	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%)
240	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%)
241	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%)
242	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%)
243	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%)
244	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				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	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%)
246	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%)
247	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%)
248	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%)
249	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%)
250	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%)
251	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%)
252	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%)
253	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%)
254	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%)
255	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%)
256	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%)
257	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%)
258	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%)
259	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%)
260	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%)
261	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%)
262	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%)
263	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%)
264	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%)
265	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%)
266	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%)
267	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%)

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	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%)
269	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%)
270	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%)
271	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%)
272	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%)
273	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%)
274	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%)
275	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%)
276	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%)
277	ŁYSON 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%)
278	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%)
279	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%)
280	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%)
281	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%)
282	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%)
283	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%)
284	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%)
285	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%)
286	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%)
287	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%)
288	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%)
289	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%)
290	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%)

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		
291	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%)
292	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%)
293	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%)
294	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%)
295	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%)
296	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%)
297	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%)
298	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%)
299	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%)
300	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%)
301	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%)
302	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%)
303	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%)
304	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%)
305	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%)
306	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%)
307	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%)
308	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%)
309	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%)
310	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%)
311	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%)
312	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%)
313	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%)

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	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%)
315	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%)
316	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%)
317	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%)
318	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%)
319	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%)
320	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%)
321	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%)
322	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%)
323	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%)
324	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%)
325	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%)
326	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%)
327	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%)
328	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%)
329	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%)
330	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%)
331	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%)
332	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%)
333	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%)
334	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%)
335	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%)
336	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%)

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	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%)
338	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%)
339	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%)
340	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%)
341	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%)
342	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%)
343	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%)
344	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%)
345	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%)
346	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%)
347	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%)
348	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%)
349	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%)
350	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%)
351	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%)
352	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%)
353	KAŁUŻYŃSKI 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%)
354	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%)
355	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%)
356	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%)
357	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%)
358	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%)
359	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%)

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	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%)
361	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%)
362	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%)
363	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%)
364	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%)
365	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%)
366	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%)
367	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%)
368	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%)
369	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%)
370	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%)
371	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%)
372	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%)
373	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%)
374	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%)
375	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%)
376	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%)
377	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%)
378	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%)
379	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%)
380	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%)
381	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%)
382	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%)

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	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%)
384	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%)
385	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%)
386	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%)
387	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%)
388	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%)
389	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%)
390	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%)
391	ŁYSOŃ 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%)
392	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%)
393	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%)
394	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%)
395	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%)
396	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%)
397	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%)
398	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%)
399	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%)
400	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%)
401	MŁODZIEJEWSKI 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%)
402	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%)
403	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%)
404	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%)
405	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%)

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	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%)
407	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%)
408	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%)
409	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%)
410	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%)
411	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%)
412	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%)
413	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%)
414	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%)
415	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%)
416	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%)
417	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%)
418	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%)
419	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%)
420	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%)
421	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%)
422	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%)
423	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%)
424	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%)
425	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%)
426	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%)
426	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%)
428	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%)

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	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%)
430	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%)
431	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%)
432	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%)
433	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%)
434	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%)
435	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%)
436	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%)
437	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%)
438	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%)
439	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%)
440	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%)
441	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%)
442	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%)
443	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%)
444	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%)
445	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%)
446	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%)
447	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%)
448	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%)
449	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%)
450	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%)
451	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Bike_All	Spike_All	Bike_All	Spike_All	Czas	Różn	Tempo	Tempo
						0.698km	7.151km	7.849km	14.303km	netto 15km		min/km	km/h
452	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%)
453	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%)
454	KALETKA Damian	229		M30	51	00:02:35	00:26:51	00:29:33			+00:00:47	3:45	15.9 (95.8%)
455	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%)
456	KAZIMIERSKI Piotr	241		M30	52	00:03:01	00:32:11	00:35:42			+00:06:57	4:32	13.2 (79.5%)
457	RADAWIEC Kamil	464		M40	101	00:02:49	00:28:51				+00:02:38	4:02	14.9 (89.8%)
458	DEJNEKO Tomasz	100		M40	102	00:03:40	00:40:11				+00:13:59	5:37	10.7 (64.5%)
459	BIZUNOWICZ Krystian	39	ROZBIEGANY GOLENIÓW	M40	103	02:09:59					+	185:41	0.3 (1.8%)
460	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 461 wynik(ów)