



ZIMOWA ZA-DYSZKA - MIASTKO - 10KM

B4SPORT

Organizator: Miasteckie Towarzystwo Sportowe HAMER w Miastku
Data: 2016-02-21
Miejsce: Miastko
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ZBLEWSKI Tadeusz	209	4 RUN TEAM BYTÓW	M-2	1	00:00:07	00:34:06.35	00:34:13.75		3:24	17.6 (100%)
2	WIRKUS Łukasz	206	ULKS TALEX BORZYTUCHM - KARO TEAM	M-1	1	00:00:07	00:34:13.80	00:34:21.35	+00:00:07 (0.4%)	3:25	17.5 (99.4%)
3	GUZOWSKI Dariusz	31	CARRY PET FOOD TRZEBIELINO	M-3	1	00:00:08	00:35:52.80	00:36:00.90	+00:01:46 (4.9%)	3:35	16.7 (94.9%)
4	BORYCHOWSKI Mariusz	4	KB TUPOT USTKA	M-3	2	00:00:07	00:35:54.00	00:36:01.60	+00:01:47 (5.0%)	3:35	16.7 (94.9%)
5	SZYMAŃSKI Sylwester	203	TEAM BIEGOWY SZCZECINEK/ULKS BARWICE	M-3	3	00:00:07	00:36:23.55	00:36:30.70	+00:02:17 (6.3%)	3:38	16.5 (93.8%)
6	WENT Jakub	205		M-2	2	00:00:08	00:36:43.90	00:36:51.90	+00:02:37 (7.1%)	3:40	16.3 (92.6%)
7	GUZOWSKI Denis	150	WYŻSZA SZKOŁA POLICJI W SZCZYTNIIE	M-1	2	00:00:07	00:37:02.55	00:37:09.95	+00:02:56 (7.9%)	3:42	16.2 (92.0%)
8	SZOPIŃSKI Dariusz	110	URZĄD GMINY PRZECHLEWO	M-2	3	00:00:08	00:37:47.00	00:37:55.50	+00:03:40 (9.7%)	3:46	15.9 (90.3%)
9	KOWALSKI Mirosław	56	TEAM BIEGOWY SZCZECINEK	M-4	1	00:00:07	00:38:05.60	00:38:13.50	+00:03:59 (10.5%)	3:48	15.7 (89.2%)
10	MASŁOWSKI Mateusz	174	WIN-PRO ŻUKOWO	M-1	3	00:00:08	00:38:17.50	00:38:25.80	+00:04:11 (10.9%)	3:49	15.7 (89.2%)
11	GARSKI Krystin	27	ŚWIAT PŁYTEK/SEXYRUNNERS	M-3	4	00:00:11	00:38:53.40	00:39:05.15	+00:04:47 (12.3%)	3:53	15.4 (87.5%)
12	ZIEMAN Michał	133	KB GOCH BYTÓW	M-1	4	00:00:08	00:39:26.10	00:39:34.10	+00:05:19 (13.5%)	3:56	15.2 (86.4%)
13	ULDYNOWICZ Łukasz	119	MLUKS MOKASYN PŁOTY	M-2	4	00:00:07	00:39:54.80	00:40:02.10	+00:05:48 (14.6%)	3:59	15 (85.2%)
14	MAŃSKI Patryk	227	TALEX BORZYTUCHOM	M-1	5	00:00:11	00:40:35.15	00:40:46.20	+00:06:28 (16.0%)	4:03	14.8 (84.1%)
15	KRYCZKA Stanisław	58	MTS HAMER MIASTKO	M-3	5	00:00:08	00:40:42.70	00:40:51.10	+00:06:36 (16.2%)	4:04	14.7 (83.5%)
16	GAJLEWICZ Dominik	26	MTS HAMER MIASTKO	M-2	5	00:00:08	00:40:46.45	00:40:55.20	+00:06:40 (16.4%)	4:04	14.7 (83.5%)
17	JURA Krzysztof	45	MTS HAMER	M-3	6	00:00:07	00:41:27.85	00:41:35.25	+00:07:21 (17.7%)	4:08	14.5 (82.4%)
18	JASIŃSKI Piotr	158		M-1	6	00:00:11	00:41:28.60	00:41:40.30	+00:07:22 (17.8%)	4:08	14.5 (82.4%)
19	BEDNARZ Jakub	139	MTS HAMER MIASTKO	M-1	7	00:00:09	00:41:40.65	00:41:50.35	+00:07:34 (18.2%)	4:10	14.4 (81.8%)
20	SKRZYBALSKI Kamil	217		M-1	8	00:00:08	00:41:47.55	00:41:56.05	+00:07:41 (18.4%)	4:10	14.4 (81.8%)
21	SIEMIĄTKOWSKI Robert	97	RUNNERSWALDE	M-2	6	00:00:10	00:42:04.55	00:42:15.30	+00:07:58 (18.9%)	4:12	14.3 (81.3%)
22	WANTOCH REKOWSKI Zbigniew	122	JRG MIASTKO	M-3	7	00:00:10	00:42:09.45	00:42:19.60	+00:08:03 (19.1%)	4:12	14.2 (80.7%)
23	RYCHTER Antonina	193	MKL SZCZECINEK KARO TEAM	K-2	1	00:00:07	00:42:14.15	00:42:22.00	+00:08:07 (19.2%)	4:13	14.2 (80.7%)
24	FELSKA Anna	23	MŻS WOŁCZA MAŁA	K-3	1	00:00:08	00:42:20.45	00:42:28.90	+00:08:14 (19.4%)	4:14	14.2 (80.7%)
25	WNUK Stanisław	130	MARATONCZYK WIELKI KLINCZ	M-4	2	00:00:10	00:42:45.00	00:42:55.80	+00:08:38 (20.2%)	4:16	14 (79.5%)
26	CHUDY Henryk	10	K.S. OLSZEWSKI I SYNOWIE	M-4	3	00:00:12	00:42:51.30	00:43:03.90	+00:08:44 (20.4%)	4:17	14 (79.5%)
27	FERENC Rafał	146		M-2	7	00:00:10	00:43:19.10	00:43:29.40	+00:09:12 (21.3%)	4:19	13.9 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	JASKÓLSKI Piotr	43	NIGHT RUNNERS SŁUPSK	M-2	8	00:00:11	00:43:39.85	00:43:51.60	+00:09:33 (21.9%)	4:22	13.7 (77.8%)
29	OKOŁOTOWICZ Sebastian	83		M-2	9	00:00:14	00:44:01.75	00:44:16.50	+00:09:55 (22.5%)	4:24	13.6 (77.3%)
30	KOISZEWSKI Krzysztof	52	MIRAP LĘBORK	M-3	8	00:00:09	00:44:17.65	00:44:27.20	+00:10:11 (23.0%)	4:25	13.5 (76.7%)
31	REGLIŃSKA Joanna	190	KB GOCH BYTÓW	K-1	1	00:00:13	00:44:20.55	00:44:33.75	+00:10:14 (23.1%)	4:26	13.5 (76.7%)
32	WIELEBA Marlena	124	KB TUPOT USTKA	K-1	2	00:00:08	00:44:22.80	00:44:31.75	+00:10:16 (23.2%)	4:26	13.5 (76.7%)
33	PIOTRKOWSKI Tomasz	91	STOPA SŁUPSK	M-2	10	00:00:09	00:44:26.55	00:44:35.90	+00:10:20 (23.3%)	4:26	13.5 (76.7%)
34	SPALIK Michał	102	MTS HAMER	M-1	9	00:00:11	00:44:36.15	00:44:47.40	+00:10:29 (23.5%)	4:27	13.5 (76.7%)
35	ECKERT Zbigniew	21	TEAM BIEGOWY SZCZECINEK	M-3	9	00:00:17	00:44:37.45	00:44:54.70	+00:10:31 (23.6%)	4:27	13.4 (76.1%)
36	JAMNIAK Bartosz	156	MTS HAMER MIASTKO	M-1	10	00:00:09	00:44:48.85	00:44:58.10	+00:10:42 (23.9%)	4:28	13.4 (76.1%)
37	KALWAT Marcin	160		M-1	11	00:00:10	00:44:50.65	00:45:01.40	+00:10:44 (23.9%)	4:29	13.4 (76.1%)
38	DWULIT Dariusz	18	MTS HAMER MIASTKO	M-3	10	00:00:19	00:45:07.30	00:45:26.40	+00:11:00 (24.4%)	4:30	13.3 (75.6%)
39	SMAGOWSKI Wojciech	99	K.B.SPRINT ŚWIDWIN	M-2	11	00:00:14	00:45:11.30	00:45:25.75	+00:11:04 (24.5%)	4:31	13.3 (75.6%)
40	ŻYLICZ Paweł	219	STOPA SŁUPSK	M-1	12	00:00:09	00:45:19.05	00:45:28.30	+00:11:12 (24.7%)	4:31	13.2 (75.0%)
41	JAŹDŹEWSKI Sebastian	159	KB GOCH BYTÓW	M-2	12	00:00:13	00:45:21.55	00:45:34.90	+00:11:15 (24.8%)	4:32	13.2 (75.0%)
42	FELSKI Mariusz	24	MŹS WOŁCZA MAŁA	M-3	11	00:00:18	00:45:22.55	00:45:40.80	+00:11:16 (24.8%)	4:32	13.2 (75.0%)
43	MAKOWIECKI Marcin	69	MLUKS MOKASYN PŁOTY	M-2	13	00:00:07	00:45:23.35	00:45:30.75	+00:11:17 (24.9%)	4:32	13.2 (75.0%)
44	BOROWSKI Tomasz	142	MTS HAMER	M-4	4	00:00:17	00:45:35.00	00:45:52.20	+00:11:28 (25.2%)	4:33	13.2 (75.0%)
45	LANGE Piotr	64	MŹS WOŁCZA MAŁA	M-3	12	00:00:08	00:45:53.40	00:46:01.50	+00:11:47 (25.7%)	4:35	13.1 (74.4%)
46	JANKIEWICZ Tomasz	39	MTS HAMER MIASTKO	M-3	13	00:00:09	00:45:59.90	00:46:09.80	+00:11:53 (25.9%)	4:36	13 (73.9%)
47	ŚLIWAK-BŁOŃSKA Anna	116		K-2	2	00:00:15	00:46:26.20	00:46:41.70	+00:12:19 (26.6%)	4:38	12.9 (73.3%)
48	KUBIŃSKI Rafał	59	ALLIANZ RUNNING TEAM	M-4	5	00:00:13	00:46:38.40	00:46:51.40	+00:12:32 (26.9%)	4:39	12.9 (73.3%)
49	MERDA Piotr	73	MTS HAMER MIASTKO	M-2	14	00:00:09	00:46:40.50	00:46:50.40	+00:12:34 (26.9%)	4:40	12.9 (73.3%)
50	JAKUBOWSKI Krystian	38		M-2	15	00:00:10	00:46:41.35	00:46:52.25	+00:12:35 (27.0%)	4:40	12.8 (72.7%)
51	JĘDRYCZKA Kamil	228		M-1	13	00:00:15	00:46:42.00	00:46:57.25	+00:12:35 (27.0%)	4:40	12.8 (72.7%)
52	GAWRON Piotr	29	KB GOCH BYTÓW	M-3	14	00:00:15	00:46:56.75	00:47:12.70	+00:12:50 (27.4%)	4:41	12.8 (72.7%)
53	PETA Andrzej	88	MTS HAMER MIASTKO	M-3	15	00:00:08	00:47:16.35	00:47:24.65	+00:13:10 (27.9%)	4:43	12.7 (72.2%)
54	CHYREK Łukasz	222	NIGHT RUNNERS SŁUPSK	M-2	16	00:00:12	00:47:19.30	00:47:31.35	+00:13:12 (27.9%)	4:43	12.7 (72.2%)
55	MERDA Katarzyna	74	MTS HAMER MIASTKO	K-2	3	00:00:09	00:47:19.35	00:47:28.45	+00:13:13 (27.9%)	4:43	12.7 (72.2%)
56	SPALIK Mariusz	103	MTSHAMER	M-3	16	00:00:08	00:47:20.45	00:47:29.20	+00:13:14 (28.0%)	4:44	12.7 (72.2%)
57	BARANOWSKI Piotr	136	SFX	M-2	17	00:00:20	00:47:29.00	00:47:49.10	+00:13:22 (28.2%)	4:44	12.6 (71.6%)
58	BARGAŃSKA Justyna	137		K-2	4	00:00:16	00:47:41.00	00:47:57.35	+00:13:34 (28.5%)	4:46	12.6 (71.6%)
59	MYDŁOWSKI Maciej	76	TEAM BIEGOWY SZCZECINEK	M-2	18	00:00:26	00:47:47.90	00:48:14.45	+00:13:41 (28.6%)	4:46	12.6 (71.6%)
60	MUERAU-NOWICKA Hanna	178	KB GOCH BYTÓW	K-4	1	00:00:14	00:47:55.20	00:48:09.85	+00:13:48 (28.8%)	4:47	12.5 (71.0%)
61	GAJEK Artur	25	KORZYBSKIE REKINY	M-3	17	00:00:16	00:47:56.90	00:48:13.30	+00:13:50 (28.9%)	4:47	12.5 (71.0%)
62	GRZYSTEK Marcin	149		M-2	19	00:00:17	00:48:08.30	00:48:26.25	+00:14:01 (29.2%)	4:48	12.5 (71.0%)
63	SIKORSKI Witold	197	KB RUN 42	M-4	6	00:00:15	00:48:09.50	00:48:25.30	+00:14:03 (29.2%)	4:49	12.5 (71.0%)
64	SOKOŁOWSKI Maciej	100		M-2	20	00:00:15	00:48:13.50	00:48:28.70	+00:14:07 (29.3%)	4:49	12.4 (70.5%)
65	STRZELECKI Zbigniew	105	KORZYBSKIE REKINY	M-4	7	00:00:16	00:48:16.40	00:48:32.70	+00:14:10 (29.3%)	4:49	12.4 (70.5%)
66	KOŁODZIEJCZAK Grzegorz	165	PARKRUN SZCZECINEK	M-3	18	00:00:18	00:48:21.60	00:48:40.15	+00:14:15 (29.5%)	4:50	12.4 (70.5%)
67	SKOWYRSKI Janusz	98	TKKF KOSZALIN / ROWERIA KOSZALIN	M-4	8	00:00:09	00:48:26.10	00:48:35.70	+00:14:19 (29.6%)	4:50	12.4 (70.5%)
68	WILIŃSKI Marek	126		M-4	9	00:00:13	00:48:29.75	00:48:43.70	+00:14:23 (29.7%)	4:51	12.4 (70.5%)
69	BUTOWICZ Adam	9		M-4	10	00:00:11	00:48:36.35	00:48:47.85	+00:14:30 (29.8%)	4:51	12.3 (69.9%)
70	ŻYWICKI Bartosz	135	DZIKI KOSZALIN	M-2	21	00:00:21	00:48:38.95	00:49:00.15	+00:14:32 (29.9%)	4:51	12.3 (69.9%)
71	SZABLA Ewelina	108		K-2	5	00:00:10	00:48:45.75	00:48:56.05	+00:14:39 (30.1%)	4:52	12.3 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	WILKOWSKI Krzysztof	127		M-2	22	00:00:10	00:48:46.95	00:48:57.25	+00:14:40 (30.1%)	4:52	12.3 (69.9%)
73	GONTARZ Rafał	148	POZYTYWNA ENDORFINA	M-3	19	00:00:16	00:49:04.95	00:49:21.20	+00:14:58 (30.5%)	4:54	12.2 (69.3%)
74	NOWODWORSKA Justyna	82	SCIGAŁ TEAM	K-2	6	00:00:16	00:49:13.10	00:49:29.35	+00:15:06 (30.7%)	4:55	12.2 (69.3%)
75	MASZKA Emilia	175	TENISKLUBBYTÓW	K-2	7	00:00:14	00:49:22.55	00:49:37.05	+00:15:16 (30.9%)	4:56	12.1 (68.8%)
76	NOWAK Piotr	79	CZARNE BIEGA	M-2	23	00:00:23	00:49:23.75	00:49:47.05	+00:15:17 (31.0%)	4:56	12.1 (68.8%)
77	KLUCZEWSKA Emilia	50		K-2	8	00:00:15	00:49:27.85	00:49:42.90	+00:15:21 (31.0%)	4:56	12.1 (68.8%)
78	MRUGALSKA Magdalena	75	JW 1223	K-1	3	00:00:17	00:49:43.25	00:50:00.85	+00:15:36 (31.4%)	4:58	12.1 (68.8%)
79	ZIENTARSKA Joanna	134	ŚWIAT PŁYTEK U KRYSPIŃ	K-3	2	00:00:12	00:49:49.05	00:50:01.25	+00:15:42 (31.5%)	4:58	12 (68.2%)
80	PUŚCIAN Krzysztof Kamil	95	GIMNAZJUM W MANOWIE	M-3	20	00:00:15	00:49:56.60	00:50:11.70	+00:15:50 (31.7%)	4:59	12 (68.2%)
81	DUDZIAK Piotr	16		M-3	21	00:00:07	00:50:01.50	00:50:09.40	+00:15:55 (31.8%)	5:00	12 (68.2%)
82	KALICKI Jerzy	218		M-4	11	00:00:09	00:50:15.25	00:50:25.00	+00:16:08 (32.1%)	5:01	11.9 (67.6%)
83	JARMOŁA Anna	41		K-2	9	00:00:18	00:50:15.40	00:50:33.60	+00:16:09 (32.1%)	5:01	11.9 (67.6%)
84	ZBLEWSKI Patryk	132	NIGHT RUNNERS SŁUPSK	M-2	24	00:00:11	00:50:23.60	00:50:35.05	+00:16:17 (32.3%)	5:02	11.9 (67.6%)
85	IWASZKO Krzysztof	35	MTS HAMER, ZOCHAN TEAM	M-2	25	00:00:26	00:50:31.00	00:50:57.70	+00:16:24 (32.5%)	5:03	11.9 (67.6%)
86	JABŁOŃSKI Krzysztof	37		M-2	26	00:00:14	00:50:52.70	00:51:06.85	+00:16:46 (33.0%)	5:05	11.8 (67.0%)
87	PAKUŁA Przemek	85	MTS HAMER MIASTKO	M-3	22	00:00:25	00:51:06.65	00:51:32.10	+00:17:00 (33.3%)	5:06	11.7 (66.5%)
88	BOBER Jakub	3		M-1	14	00:00:10	00:51:09.15	00:51:19.60	+00:17:02 (33.3%)	5:06	11.7 (66.5%)
89	ŁASZCZ Adam	65	MTS HAMER MIASTKO	M-4	12	00:00:12	00:51:18.15	00:51:30.50	+00:17:11 (33.5%)	5:07	11.7 (66.5%)
90	ŚWIETLIK Tomasz	117		M-4	13	00:00:17	00:51:18.30	00:51:35.40	+00:17:11 (33.5%)	5:07	11.7 (66.5%)
91	JĘDRASZKO Magda	44	MTS HAMER	K-2	10	00:00:17	00:51:18.70	00:51:35.80	+00:17:12 (33.5%)	5:07	11.7 (66.5%)
92	ROGALSKI Roberto	191	TKKF KOSZALIN	M-2	27	00:00:10	00:51:35.95	00:51:46.10	+00:17:29 (33.9%)	5:09	11.6 (65.9%)
93	SZYMAŃSKI Tomasz	115	TEAM BIEGOWY SZCZECINEK	M-3	23	00:00:26	00:51:47.10	00:52:13.60	+00:17:40 (34.1%)	5:10	11.6 (65.9%)
94	OZYMKO Jan	84		M-4	14	00:00:27	00:51:48.00	00:52:15.00	+00:17:41 (34.2%)	5:10	11.6 (65.9%)
95	WÓJCIK Damian	208	RUNNERSWALDE DARŁOWO	M-3	24	00:00:21	00:51:56.10	00:52:17.90	+00:17:49 (34.3%)	5:11	11.6 (65.9%)
96	WALIŃSKA Agnieszka	120	WOLNA JAK PTAK	K-3	3	00:00:11	00:51:58.75	00:52:10.45	+00:17:52 (34.4%)	5:11	11.5 (65.3%)
97	KOZŁOWIECKI Waldemar	216	TKKF KOSZALIN	M-4	15	00:00:21	00:52:28.15	00:52:49.95	+00:18:21 (35.0%)	5:14	11.4 (64.8%)
98	SZCZEPANIAK Jacek	109	KORZYBSKIE REKINY	M-3	25	00:00:16	00:52:31.60	00:52:47.60	+00:18:25 (35.1%)	5:15	11.4 (64.8%)
99	HRYCIÓW Paweł	33	BIĄŁOGARD	M-2	28	00:00:24	00:52:34.00	00:52:58.85	+00:18:27 (35.1%)	5:15	11.4 (64.8%)
100	GAWIECKI Piotr	223	ROZBIEGANY KOSZALIN	M-3	26	00:00:08	00:52:35.50	00:52:43.80	+00:18:29 (35.1%)	5:15	11.4 (64.8%)
101	KUŁAKOWSKI Dawid	62	AMADORES	M-2	29	00:00:14	00:52:40.85	00:52:55.05	+00:18:34 (35.3%)	5:16	11.4 (64.8%)
102	KUCHENBEKIER Arkadiusz	61		M-3	27	00:00:21	00:52:46.60	00:53:07.60	+00:18:40 (35.4%)	5:16	11.4 (64.8%)
103	BOGUSZ Marietta	141	NIGHT RUNNERS SŁUPSK	K-1	4	00:00:10	00:52:56.15	00:53:07.10	+00:18:49 (35.6%)	5:17	11.3 (64.2%)
104	KARGUL Jacek	161	NIGHT RUNNERS SŁUPSK	M-2	30	00:00:10	00:52:56.80	00:53:07.10	+00:18:50 (35.6%)	5:17	11.3 (64.2%)
105	SZYMAŃSKI Jarosław	114	TEAM BIEGOWY SZCZECINEK	M-3	28	00:00:28	00:53:00.90	00:53:29.40	+00:18:54 (35.7%)	5:18	11.3 (64.2%)
106	KĘPKA Mirosław	49	K.B. SPRINT ŚWIDWIN	M-3	29	00:00:13	00:53:01.45	00:53:14.50	+00:18:55 (35.7%)	5:18	11.3 (64.2%)
107	CZAICKI Paweł	230		M-1	15	00:00:12	00:53:05.00	00:53:17.00	+00:18:58 (35.8%)	5:18	11.3 (64.2%)
108	MIKOWSKI Kamil	215		M-2	31	00:00:24	00:53:07.50	00:53:32.35	+00:19:01 (35.8%)	5:18	11.3 (64.2%)
109	REMBARZ Piotr	96		M-2	32	00:00:16	00:53:11.00	00:53:27.15	+00:19:04 (35.9%)	5:19	11.3 (64.2%)
110	KLIMSKI Michał	220		M-1	16	00:00:11	00:53:13.20	00:53:24.40	+00:19:06 (35.9%)	5:19	11.3 (64.2%)
111	NOWAK Adam	81	TEAM BIEGOWY SZCZECINEK	M-4	16	00:00:17	00:53:19.65	00:53:37.55	+00:19:13 (36.0%)	5:20	11.3 (64.2%)
112	SOROKA Tomasz	101	NIGHT RUNNERS SŁUPSK	M-2	33	00:00:10	00:53:24.25	00:53:34.80	+00:19:17 (36.1%)	5:20	11.2 (63.6%)
113	MALEK Andrzej	172	POZYTYWNA ENDORFINA	M-4	17	00:00:19	00:53:25.00	00:53:44.05	+00:19:18 (36.2%)	5:20	11.2 (63.6%)
114	SZYCA Karolina	111		K-1	5	00:00:22	00:53:26.75	00:53:49.45	+00:19:20 (36.2%)	5:20	11.2 (63.6%)
115	DOMASZK Zbigniew	15		M-3	30	00:00:14	00:53:30.95	00:53:45.55	+00:19:24 (36.3%)	5:21	11.2 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
116	JURA Kazimierz	46	MTS HAMER	M-4	18	00:00:29	00:53:33.00	00:54:02.60	+00:19:26 (36.3%)	5:21	11.2 (63.6%)
117	SZUTA Grzegorz	221		M-4	19	00:00:17	00:53:35.60	00:53:53.20	+00:19:29 (36.4%)	5:21	11.2 (63.6%)
118	WOWK Adrian	207		M-1	17	00:00:09	00:53:39.80	00:53:49.05	+00:19:33 (36.4%)	5:22	11.2 (63.6%)
119	NAZARKO Małgorzata	77	BBL SŁUPSK / NIGHT RUNNERS SŁUPSK	K-3	4	00:00:12	00:53:44.70	00:53:57.00	+00:19:38 (36.5%)	5:22	11.2 (63.6%)
120	PETA Renata	87	MTS HAMER MIASTKO	K-2	11	00:00:08	00:53:52.65	00:54:01.40	+00:19:46 (36.7%)	5:23	11.1 (63.1%)
121	MAJKOWSKI Stanisław	68	KB GOCH BYTÓW	M-4	20	00:00:14	00:54:05.90	00:54:20.05	+00:19:59 (37.0%)	5:24	11.1 (63.1%)
122	PRZYMORSKI Waldemar	94		M-3	31	00:00:24	00:54:11.75	00:54:36.10	+00:20:05 (37.1%)	5:25	11.1 (63.1%)
123	SZYMAŃSKI Mateusz	113		M-2	34	00:00:24	00:54:11.90	00:54:36.00	+00:20:05 (37.1%)	5:25	11.1 (63.1%)
124	HRYHOROWICZ Joanna	34	NIGHT RUNNERS SŁUPSK	K-2	12	00:00:13	00:54:26.85	00:54:40.40	+00:20:20 (37.4%)	5:26	11 (62.5%)
125	PLISKOWSKA Anna	92		K-2	13	00:00:19	00:54:34.95	00:54:54.90	+00:20:28 (37.5%)	5:27	11 (62.5%)
126	FELSKA Kasia	22	NIGHT RUNNERS SŁUPSK	K-1	6	00:00:12	00:54:47.05	00:54:59.80	+00:20:40 (37.7%)	5:28	11 (62.5%)
127	SZYMAŃSKA Ewa	112	TEAM BIEGOWY SZCZECINEK	K-3	5	00:00:28	00:54:51.60	00:55:20.30	+00:20:45 (37.8%)	5:29	10.9 (61.9%)
128	PRZYBYŁ Tadeusz	93		M-3	32	00:00:20	00:54:52.05	00:55:12.30	+00:20:45 (37.8%)	5:29	10.9 (61.9%)
129	GWIAZDA Mariusz	151	-	M-3	33	00:00:18	00:54:52.80	00:55:11.40	+00:20:46 (37.9%)	5:29	10.9 (61.9%)
130	WALCZAK Robert	214		M-3	34	00:00:13	00:55:02.15	00:55:15.45	+00:20:55 (38.0%)	5:30	10.9 (61.9%)
131	DEREŃ Grzegorz	14	K.B. SPRINT ŚWIDWIN	M-3	35	00:00:12	00:55:04.40	00:55:16.40	+00:20:58 (38.1%)	5:30	10.9 (61.9%)
132	MARCULA Agata	173		K-2	14	00:00:20	00:55:08.25	00:55:28.80	+00:21:01 (38.1%)	5:30	10.9 (61.9%)
133	JANKIEWICZ Helena	40	MTS HAMER MIASTKO	K-2	15	00:00:09	00:55:17.90	00:55:27.20	+00:21:11 (38.3%)	5:31	10.8 (61.4%)
134	SIENICKI Piotr	194	ROZBIEGANY KOSZALIN	M-3	36	00:00:12	00:55:22.20	00:55:35.10	+00:21:15 (38.4%)	5:32	10.8 (61.4%)
135	MARCZAK Andrzej	71		M-4	21	00:00:16	00:55:30.25	00:55:47.15	+00:21:23 (38.6%)	5:33	10.8 (61.4%)
136	MICERSKI Tomek	177	BEZ KLUBU	M-3	37	00:00:13	00:55:40.70	00:55:54.55	+00:21:34 (38.7%)	5:34	10.8 (61.4%)
137	TURCZYN Grzegorz	118	NIGHT RUNNERS SŁUPSK	M-3	38	00:00:24	00:56:01.85	00:56:25.85	+00:21:55 (39.1%)	5:36	10.7 (60.8%)
138	SULL Kacper	107	NIGHT RUNNERS SŁUPSK	M-1	18	00:00:13	00:56:03.05	00:56:16.60	+00:21:56 (39.2%)	5:36	10.7 (60.8%)
139	KARNICKI Zygmunt	48	TKKF KOSZALIN	M-4	22	00:00:10	00:56:29.75	00:56:39.80	+00:22:23 (39.6%)	5:38	10.6 (60.2%)
140	JABŁOŃSKA Renata	36	TEAM BIEGOWY SZCZECINEK	K-2	16	00:00:25	00:56:35.15	00:57:00.90	+00:22:28 (39.7%)	5:39	10.6 (60.2%)
141	DWULIT Katarzyna	19		K-2	17	00:00:16	00:57:16.70	00:57:33.65	+00:23:10 (40.5%)	5:43	10.5 (59.7%)
142	WENCŁAWSKI Michał	123	ARAGORTEAM	M-1	19	00:00:12	00:57:46.75	00:57:59.35	+00:23:40 (41.0%)	5:46	10.4 (59.1%)
143	BAK Zbigniew	2	RUNNERSWALDE	M-2	35	00:00:22	00:57:47.45	00:58:09.60	+00:23:41 (41.0%)	5:46	10.4 (59.1%)
144	PUDŁOS Paweł	188	S Ł U P S K	M-3	39	00:00:12	00:57:57.30	00:58:09.40	+00:23:50 (41.2%)	5:47	10.4 (59.1%)
145	GREBIENIK Andrzej	30		M-3	40	00:00:23	00:58:09.40	00:58:32.70	+00:24:03 (41.4%)	5:48	10.3 (58.5%)
146	MALCZEWSKI Dariusz	171	BOBOLICE	M-4	23	00:00:19	00:58:21.85	00:58:41.20	+00:24:15 (41.6%)	5:50	10.3 (58.5%)
147	PIEKARZEWICZ Tomasz	186	BOBOLICE	M-3	41	00:00:19	00:58:22.35	00:58:41.45	+00:24:16 (41.6%)	5:50	10.3 (58.5%)
148	SULL Agnieszka	106	NIGHT RUNNERS SŁUPSK	K-3	6	00:00:14	00:58:24.95	00:58:38.95	+00:24:18 (41.6%)	5:50	10.3 (58.5%)
149	DWULIT Dominik	17	KORZYBSKIE REKINY	M-1	20	00:00:20	00:59:02.95	00:59:22.95	+00:24:56 (42.2%)	5:54	10.2 (58.0%)
150	ANDRUSZKIEWICZ Grzegorz	1	PARKRUN SZCZECINEK	M-2	36	00:00:27	00:59:08.60	00:59:36.20	+00:25:02 (42.3%)	5:54	10.1 (57.4%)
151	BORYS Przemysław	5	BIEGNIJMY.PL	M-2	37	00:00:23	00:59:33.30	00:59:56.30	+00:25:26 (42.7%)	5:57	10.1 (57.4%)
152	ZIĘBA Paweł	210		M-3	42	00:00:12	00:59:52.15	01:00:04.85	+00:25:45 (43.0%)	5:59	10 (56.8%)
153	KOWALSKA Amanda	226		K-1	7	00:00:21	01:00:15.70	01:00:36.70	+00:26:09 (43.4%)	6:01	10 (56.8%)
154	MUSZYŃSKI Jacek	179	KB GOCH BYTÓW	M-4	24	00:00:14	01:00:27.50	01:00:42.25	+00:26:21 (43.6%)	6:02	9.9 (56.3%)
155	GAWLIK Artur	28	BIEGNIJMY.PL	M-2	38	00:00:27	01:00:28.65	01:00:55.95	+00:26:22 (43.6%)	6:02	9.9 (56.3%)
156	WŁAŚNIAK Jowita	129	DZIKI KOSZALIN	K-2	18	00:00:21	01:00:37.05	01:00:58.05	+00:26:30 (43.7%)	6:03	9.9 (56.3%)
157	BEDNARZ Michał	140	MTS HAMER MIASTKO	M-1	21	00:00:21	01:00:40.50	01:01:01.70	+00:26:34 (43.8%)	6:04	9.9 (56.3%)
158	WIERZBICKI Kacper	125	JW 1223	M-1	22	00:00:25	01:00:40.70	01:01:06.15	+00:26:34 (43.8%)	6:04	9.9 (56.3%)
159	KOWALENKO Robert	55	BIAŁOGARD	M-2	39	00:00:25	01:00:46.40	01:01:12.15	+00:26:40 (43.9%)	6:04	9.9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
160	MARCZAK Małgorzata	70		K-4	2	00:00:17	01:01:06.00	01:01:23.50	+00:26:59 (44.2%)	6:06	9.8 (55.7%)
161	JASIŃSKI Marek	229		M-3	43	00:00:16	01:01:08.00	01:01:24.00	+00:27:01 (44.2%)	6:06	9.8 (55.7%)
162	CYBULSKA Elżbieta	11		K-4	3	00:00:28	01:01:18.00	01:01:46.20	+00:27:11 (44.4%)	6:07	9.8 (55.7%)
163	BASIAK Krystian	138	KOSZALIN	M-2	40	00:00:24	01:01:32.75	01:01:57.35	+00:27:26 (44.6%)	6:09	9.7 (55.1%)
164	JAKUBCZYK Agnieszka	155	BABECZKI KOSZALIN	K-1	8	00:00:22	01:02:04.60	01:02:27.35	+00:27:58 (45.1%)	6:12	9.7 (55.1%)
165	ŁYCZEK Ilona	66		K-3	7	00:00:20	01:02:33.25	01:02:53.25	+00:28:26 (45.5%)	6:15	9.6 (54.5%)
166	JONIK Maciej	225		M-3	44	00:00:22	01:02:40.15	01:03:02.25	+00:28:33 (45.6%)	6:16	9.6 (54.5%)
167	NOWAK Sylwia	180	CZARNE BIEGA	K-2	19	00:00:23	01:02:45.35	01:03:08.75	+00:28:39 (45.7%)	6:16	9.6 (54.5%)
168	STASZKIEWICZ Magdalena	213	MTS HAMER	K-2	20	00:00:09	01:03:29.70	01:03:38.95	+00:29:23 (46.3%)	6:20	9.5 (54.0%)
169	PETRYNA Małgorzata	89		K-3	8	00:00:24	01:03:33.95	01:03:57.95	+00:29:27 (46.3%)	6:21	9.4 (53.4%)
170	STASZEWSKA Aneta	104		K-3	9	00:00:20	01:03:37.80	01:03:57.90	+00:29:31 (46.4%)	6:21	9.4 (53.4%)
171	KOŁODZIEJCZAK Agnieszka	53		K-3	10	00:00:19	01:03:38.45	01:03:58.10	+00:29:32 (46.4%)	6:21	9.4 (53.4%)
172	RUDNIK Tomasz	192		M-2	41	00:00:19	01:04:10.85	01:04:30.55	+00:30:04 (46.9%)	6:25	9.3 (52.8%)
173	SŁOMSKI Zenon	199	KORZYBSKIE REKINY	M-4	25	00:00:15	01:04:14.85	01:04:30.55	+00:30:08 (46.9%)	6:25	9.3 (52.8%)
174	DREWNIAK Cezary	224		M-4	26	00:00:21	01:10:29.60	01:10:51.50	+00:36:23 (51.6%)	7:03	8.5 (48.3%)
175	WIŚNIEWSKA Izabela	128		K-3	11	00:00:27	01:14:37.05	01:15:04.75	+00:40:30 (54.3%)	7:27	8 (45.5%)
176	JARZEMBIŃSKA Beata	42	KB GOCH BYTÓW	K-4	4	00:00:15	01:15:31.65	01:15:46.90	+00:41:25 (54.8%)	7:33	7.9 (44.9%)

Znaleziono 176 wynik(ów)