

## I BIEG MTS HAMER

Miejsce: MIASTKO - 2015-07-05

Organizator: Miasteczkie Towarzystwo Sportowe HAMER w Miastku , Urząd Miejski w Miastku

| Miejsce Open | Numer | Nazwisko           | Imię       | Płeć | Miejsce pięć M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość      | Klub                               | DYSTANS | Wynik   | km/h  | min/km | Punkt 1 | Punkt 2 | Punkt 3 |
|--------------|-------|--------------------|------------|------|--------------------|--------|---------------|--------------------|------------------|------------------------------------|---------|---------|-------|--------|---------|---------|---------|
| 1            | 117   | WIRKUS             | LUKASZ     | M    | 1                  | 1988   | M 0-29        |                    | LIPNICA          | TALEX-BORZYTUCHOM                  | 10      | 0:34:20 | 17,48 | 03:26  | 0:08:17 | 0:17:03 | 0:25:39 |
| 2            | 85    | SAVCHUK            | RUSLAN     | M    | 2                  | 1986   | M 0-29        |                    | KOLOMYJA/UKRAINA | ACHILLES-LESZNO                    | 10      | 0:34:21 | 17,47 | 03:26  | 0:08:16 | 0:17:03 | 0:25:39 |
| 3            | 70    | SZYMAJDA           | GRZEGORZ   | M    | 3                  | 1983   | M 30-39       |                    | 75-108 KOSZALIN  | 4 RUN TKKF KOSZALIN                | 10      | 0:37:33 | 15,98 | 03:45  | 0:09:16 | 0:18:47 | 0:28:20 |
| 4            | 86    | PTASHUK            | KATSIARYNA | K    | 1                  | 1991   | K 0-29        |                    | MIŃSK            | ACHILES LESZNO                     | 10      | 0:37:34 | 15,97 | 03:45  | 0:09:19 | 0:18:48 | 0:28:21 |
| 5            | 98    | WOJTKIEWICZ        | MATEUSZ    | M    | 4                  | 1995   | M 0-29        |                    | BIAŁOGARD        | KB "DZIESIĄTKA BIAŁOGARD"          | 10      | 0:37:37 | 15,95 | 03:46  | 0:08:53 | 0:18:29 | 0:28:13 |
| 6            | 80    | WITKIEWICZ         | ERYK       | M    | 5                  | 1976   | M 30-39       |                    | BIAŁOGARD        | KLUB BIEGACZA DZIESIĄTKA BIAŁOGARD | 10      | 0:37:57 | 15,79 | 03:48  | 0:09:02 | 0:18:36 | 0:28:17 |
| 7            | 76    | WIERZEJSKI         | SŁAWOMIR   | M    | 6                  | 1969   | M 40-49       |                    | BYTÓW            | KLUB BIEGACZA "GOCH BYTÓW"         | 10      | 0:38:31 | 15,58 | 03:51  | 0:09:04 | 0:18:53 | 0:28:46 |
| 8            | 116   | MASŁOWSKI          | MATEUSZ    | M    | 7                  | 1986   | M 0-29        | 1                  | SŁUPSK           | 7 BRYGADA OBRONY WYBRZEŻA          | 10      | 0:39:30 | 15,19 | 03:57  | 0:09:16 | 0:19:00 | 0:29:09 |
| 9            | 97    | LECKI              | MATEUSZ    | M    | 8                  | 1986   | M 0-29        | 2                  | SZCZECINEK       | NIEZALEŻNI BIAŁY BÓR               | 10      | 0:39:36 | 15,15 | 03:58  | 0:10:10 | 0:20:00 | 0:29:58 |
| 10           | 20    | JASIŃSKI           | PIOTR      | M    | 9                  | 1993   | M 0-29        | 3                  | WOŁCZA MAŁA      |                                    | 10      | 0:40:06 | 14,96 | 04:01  | 0:09:39 | 0:19:43 | 0:30:09 |
| 11           | 99    | IGNACZAK           | PIOTR      | M    | 10                 | 1994   | M 0-29        | 4                  | BIAŁOGARD        | KB 10 BIAŁOGARD                    | 10      | 0:40:18 | 14,89 | 04:02  | 0:09:42 | 0:19:52 | 0:30:18 |
| 12           | 34    | KRYCZKA            | STANISŁAW  | M    | 11                 | 1969   | M 40-49       | 1                  | MIASTKO          | MTS HAMER                          | 10      | 0:40:23 | 14,86 | 04:02  | 0:09:40 | 0:19:45 | 0:30:10 |
| 13           | 4     | BRZOZOWSKI         | PIOTR      | M    | 12                 | 1977   | M 30-39       | 1                  | ROKITKI          | BIEGAJĄCY TCZEW                    | 10      | 0:40:24 | 14,85 | 04:02  | 0:10:12 | 0:20:27 | 0:30:32 |
| 14           | 104   | NAGÓREK            | KAMIL      | M    | 13                 | 1983   | M 30-39       | 2                  | SŁUPSK           | NIGHT RUNNERS SŁUPSK               | 10      | 0:40:50 | 14,69 | 04:05  | 0:09:41 | 0:19:52 | 0:30:23 |
| 15           | 53    | PAWŁOWSKA          | MARLENA    | K    | 2                  | 1973   | K 40-49       |                    | CZŁUCHÓW         |                                    | 10      | 0:40:57 | 14,65 | 04:06  | 0:09:33 | 0:19:51 | 0:30:22 |
| 16           | 84    | ŻUCHOWSKI          | MACIEJ     | M    | 14                 | 1985   | M 30-39       | 3                  | TRZEBIELINO      | KPPSP BYTÓW JRG MIASTKO            | 10      | 0:41:12 | 14,56 | 04:07  | 0:09:40 | 0:19:58 | 0:30:34 |
| 17           | 54    | PAZDA-POZORSKA     | GOSIUNIA   | K    | 3                  | 1982   | K 30-39       |                    | SŁUPSK           | NIGHTRUNNERS SŁUPSK                | 10      | 0:41:57 | 14,30 | 04:12  | 0:09:42 | 0:20:15 | 0:31:10 |
| 18           | 90    | POCHRANOWICZ       | ALEKSANDRA | K    | 4                  | 1990   | K 0-29        |                    | BIAŁY BÓR        | NIEZALEŻNI BIAŁY BÓR               | 10      | 0:42:46 | 14,03 | 04:17  | 0:10:23 | 0:20:53 | 0:31:50 |
| 19           | 89    | POCHRANOWICZ       | JANUSZ     | M    | 15                 | 1956   | M 50 i więcej | 1                  | BIAŁY BÓR        | NIEZALEŻNI BIAŁY BÓR               | 10      | 0:42:46 | 14,03 | 04:17  | 0:10:23 | 0:20:53 | 0:31:49 |
| 20           | 82    | ŻAKOWSKI           | RAFAŁ      | M    | 16                 | 1974   | M 40-49       | 2                  | SZCZECINEK       | NIEZALEŻNI BOR                     | 10      | 0:42:55 | 13,98 | 04:17  | 0:10:16 | 0:21:13 | 0:32:15 |
| 21           | 93    | BEDNARZ            | JAKUB      | M    | 17                 | 1998   | M 0-29        | 5                  | MIASTKO          |                                    | 10      | 0:42:56 | 13,98 | 04:18  | 0:09:49 | 0:21:14 | 0:32:13 |
| 22           | 79    | WITKIEWICZ         | MAGDALENA  | K    | 5                  | 1978   | K 30-39       |                    | BIAŁOGARD        | KLUB BIEGACZA DZIESIĄTKA BIAŁOGARD | 10      | 0:42:56 | 13,98 | 04:18  | 0:10:28 | 0:21:17 | 0:32:13 |
| 23           | 118   | FERENC             | RAFAŁ      | M    | 18                 | 1983   | M 30-39       | 4                  | MIASTKO          |                                    | 10      | 0:43:03 | 13,94 | 04:18  | 0:10:35 | 0:21:24 | 0:32:27 |
| 24           | 105   | KLINKUSZ           | ADRIAN     | M    | 19                 | 1978   | M 30-39       | 5                  | SŁUPSK           |                                    | 10      | 0:43:10 | 13,90 | 04:19  | 0:09:51 | 0:21:15 | 0:32:05 |
| 25           | 120   | GAJLEWICZ          | DOMINIK    | M    | 20                 | 1986   | M 0-29        | 6                  | MIASTKO          |                                    | 10      | 0:43:17 | 13,86 | 04:20  | 0:09:59 | 0:20:53 | 0:32:01 |
| 26           | 23    | JURA               | KRZYSZTOF  | M    | 21                 | 1971   | M 40-49       | 3                  | MIASTKO          | MTS HAMER                          | 10      | 0:43:37 | 13,76 | 04:22  | 0:09:56 | 0:21:00 | 0:32:21 |
| 27           | 8     | DWULIT             | DARIUSZ    | M    | 22                 | 1970   | M 40-49       | 4                  | MIASTKO          | MTS HAMER                          | 10      | 0:44:21 | 13,53 | 04:26  | 0:10:12 | 0:21:32 | 0:33:11 |
| 28           | 32    | KROPIDŁOWSKI       | ZDZISŁAW   | M    | 23                 | 1967   | M 40-49       | 5                  | MIASTKO          |                                    | 10      | 0:44:27 | 13,50 | 04:27  | 0:10:30 | 0:21:32 | 0:33:00 |
| 29           | 50    | NOGA               | SEBASTIAN  | M    | 24                 | 1992   | M 0-29        | 7                  | KOSZALIN         | 4 RUN TKKF KOSZALIN                | 10      | 0:44:29 | 13,49 | 04:27  | 0:10:34 | 0:21:42 | 0:33:18 |
| 30           | 15    | JABŁOŃSKI          | KRZYSZTOF  | M    | 25                 | 1982   | M 30-39       | 6                  | MIASTKO          |                                    | 10      | 0:44:33 | 13,47 | 04:27  | 0:10:05 | 0:21:22 | 0:33:03 |
| 31           | 112   | MAJEWSKI           | ANDRZEJ    | M    | 26                 | 1970   | M 40-49       | 6                  | MIASTKO          | HAMER MIASTKO                      | 10      | 0:44:40 | 13,43 | 04:28  | 0:11:05 | 0:22:23 | 0:33:43 |
| 32           | 106   | ŚWIATEK-BRZEZIŃSKI | HUBERT     | M    | 27                 | 1999   | M 0-29        | 8                  |                  |                                    | 10      | 0:45:37 | 13,15 | 04:34  | 0:11:09 | 0:22:39 | 0:34:14 |
| 33           | 10    | FELSKA             | ANNA       | K    | 6                  | 1968   | K 40-49       |                    | MIASTKO          | MZS WOŁCZA MAŁA/ MTS HAMER         | 10      | 0:45:51 | 13,09 | 04:35  | 0:11:01 | 0:22:31 | 0:34:08 |
| 34           | 121   | ROGOZA             | MATEUSZ    | M    | 28                 | 1991   | M 0-29        | 9                  | ZIELIN           | NIEZRZESZONY                       | 10      | 0:46:21 | 12,94 | 04:38  | 0:10:26 | 0:21:37 | 0:33:33 |

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| Miejsce Open | Numer | Nazwisko         | Imię       | Płeć | Miejsce pięć M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość    | Klub                               | DYSTANS | Wynik   | km/h  | min/km | Punkt 1 | Punkt 2 | Punkt 3 |
|--------------|-------|------------------|------------|------|--------------------|--------|---------------|--------------------|----------------|------------------------------------|---------|---------|-------|--------|---------|---------|---------|
| 35           | 107   | MOSZYŃSKI        | JACEK      | M    | 29                 | 1964   | M 50 i więcej | 2                  | KOSZALIN       | 4RUN TKKF KOSZALIN                 | 10      | 0:46:42 | 12,85 | 04:40  | 0:11:24 | 0:23:02 | 0:34:59 |
| 36           | 11    | FELSKI           | MARIUSZ    | M    | 30                 | 1967   | M 40-49       | 7                  | MIASTKO        | MZS WOLCZA MAŁA/ MTS HAMER         | 10      | 0:46:43 | 12,84 | 04:40  | 0:11:22 | 0:22:52 | 0:34:50 |
| 37           | 1     | BEDNARCZYK       | ARKADIUSZ  | M    | 31                 | 1973   | M 40-49       | 8                  | KOBYLNICA      | STOPA SŁUPSK                       | 10      | 0:46:44 | 12,84 | 04:40  | 0:10:29 | 0:22:15 | 0:34:34 |
| 38           | 88    | LANGE            | PIOTR      | M    | 32                 | 1969   | M 40-49       | 9                  | WĘGORZYŃKO     |                                    | 10      | 0:47:12 | 12,71 | 04:43  | 0:11:42 | 0:23:43 | 0:35:40 |
| 39           | 108   | BRZOZOWSKI       | PAWEŁ      | M    | 33                 | 1977   | M 30-39       | 7                  | GDAŃSK         | AKADEMIA BIEGANIA                  | 10      | 0:47:23 | 12,66 | 04:44  | 0:11:30 | 0:23:21 | 0:35:27 |
| 40           | 3     | BOHDAN           | JAKUB      | M    | 34                 | 1998   | M 0-29        | 10                 | MIASTKO        |                                    | 10      | 0:48:18 | 12,42 | 04:50  | 0:11:25 | 0:23:22 | 0:35:51 |
| 41           | 16    | JAMNIAK          | BARTOSZ    | M    | 35                 | 1987   | M 0-29        | 11                 | MIASTKO        |                                    | 10      | 0:48:34 | 12,35 | 04:51  | 0:10:28 | 0:22:40 | 0:35:41 |
| 42           | 67    | SZAŁKOWSKI       | WOJTEK     | M    | 36                 | 1976   | M 30-39       | 8                  | USTKA          |                                    | 10      | 0:49:17 | 12,17 | 04:56  | 0:12:22 | 0:24:36 | 0:37:02 |
| 43           | 18    | JANKIEWICZ       | TOMASZ     | M    | 37                 | 1975   | M 40-49       | 10                 | MIASTKO        | MTS HAMER                          | 10      | 0:49:20 | 12,16 | 04:56  | 0:12:06 | 0:24:36 | 0:37:13 |
| 44           | 43    | MERDA            | PIOTR      | M    | 38                 | 1979   | M 30-39       | 9                  | MIASTKO        | MTS HAMER                          | 10      | 0:49:29 | 12,13 | 04:57  | 0:11:43 | 0:24:09 | 0:36:59 |
| 45           | 42    | MERDA            | KATARZYNA  | K    | 7                  | 1982   | K 30-39       | 1                  | MIASTKO        |                                    | 10      | 0:49:30 | 12,12 | 04:57  | 0:11:46 | 0:24:18 | 0:37:08 |
| 46           | 14    | IWASZKO          | KRZYSZTOF  | M    | 39                 | 1980   | M 30-39       | 10                 | MIASTKO        | KPSP BYTÓW JRG MIASTKO TEAM ZODHAN | 10      | 0:49:43 | 12,07 | 04:58  | 0:11:30 | 0:24:02 | 0:36:57 |
| 47           | 56    | PIASKOWIAK       | ARTUR      | M    | 40                 | 1983   | M 30-39       | 11                 | BORNE SULINOWO | BORNE BIEGA                        | 10      | 0:49:43 | 12,07 | 04:58  | 0:11:12 | 0:23:52 | 0:37:08 |
| 48           | 33    | KRUPKA           | PIOTR      | M    | 41                 | 1977   | M 30-39       | 12                 | MIASTKO        | TEAM OPTIM                         | 10      | 0:49:48 | 12,05 | 04:59  | 0:12:06 | 0:24:36 | 0:37:24 |
| 49           | 52    | PATUREJ-KRUPKA   | ANNA       | K    | 8                  | 1981   | K 30-39       | 2                  | MIASTKO        | TEAM OPTIM                         | 10      | 0:49:48 | 12,05 | 04:59  | 0:12:06 | 0:24:38 | 0:37:24 |
| 50           | 31    | KOWALCZYK        | MACIEJ     | M    | 42                 | 1985   | M 30-39       | 13                 | GDAŃSK         | KS TĘCZA                           | 10      | 0:50:13 | 11,95 | 05:01  | 0:11:36 | 0:24:08 | 0:37:16 |
| 51           | 37    | KUCHARSKI        | PRZEMEK    | M    | 43                 | 1985   | M 30-39       | 14                 | MIASTKO        | TIR                                | 10      | 0:50:13 | 11,95 | 05:01  | 0:12:23 | 0:24:35 | 0:37:08 |
| 52           | 114   | KOZŁOWIECKI      | WALDEMAR   | M    | 44                 | 1951   | M 50 i więcej | 3                  | KOSZALIN       | TKKF KOSZALIN                      | 10      | 0:50:29 | 11,89 | 05:03  | 0:12:00 | 0:24:33 | 0:37:36 |
| 53           | 125   | SZABLA           | EWELINA    | K    | 9                  | 1985   | K 30-39       | 3                  | MIASTKO        |                                    | 10      | 0:50:34 | 11,87 | 05:03  | 0:11:59 | 0:24:33 | 0:37:36 |
| 54           | 47    | MRUGALSKI        | STANISŁAW  | M    | 45                 | 1964   | M 50 i więcej | 4                  | MIASTKO        |                                    | 10      | 0:50:37 | 11,85 | 05:04  | 0:11:54 | 0:24:35 | 0:37:38 |
| 55           | 109   | STRYSZKO         | ARTUR      | M    | 46                 | 1981   | M 30-39       | 15                 | SŁUPSK         | NIGHT RUNNERS SŁUPSK               | 10      | 0:50:56 | 11,78 | 05:06  | 0:11:28 | 0:24:24 | 0:37:49 |
| 56           | 122   | SZYMAŃSKI        | MATEUSZ    | M    | 47                 | 1986   | M 0-29        | 12                 | MIASTKO        |                                    | 10      | 0:51:05 | 11,75 | 05:06  | 0:11:47 | 0:24:26 | 0:37:53 |
| 57           | 92    | OLECHNOWICZ      | SŁAWOMIR   | M    | 48                 | 1975   | M 40-49       | 11                 | SŁUPSK         | STOPA SŁUPSK                       | 10      | 0:51:18 | 11,70 | 05:08  | 0:11:55 | 0:24:34 | 0:37:25 |
| 58           | 24    | JURA             | MICHAŁ     | M    | 49                 | 1997   | M 0-29        | 13                 | MIASTKO        |                                    | 10      | 0:51:25 | 11,67 | 05:08  | 0:11:25 | 0:23:57 | 0:37:39 |
| 59           | 95    | STOJANOWSKA      | MAŁGORZATA | K    | 10                 | 1966   | K 40-49       | 1                  | MIASTKO        |                                    | 10      | 0:51:27 | 11,66 | 05:09  | 0:12:28 | 0:25:22 | 0:38:37 |
| 60           | 74    | TUROWSKI         | WOJCIECH   | M    | 50                 | 1967   | M 40-49       | 12                 | USTKA          |                                    | 10      | 0:51:31 | 11,65 | 05:09  | 0:11:35 | 0:24:16 | 0:37:55 |
| 61           | 91    | JANKOWSKI        | ROBERT     | M    | 51                 | 1980   | M 30-39       | 16                 | MIASTKO        |                                    | 10      | 0:51:42 | 11,61 | 05:10  | 0:12:08 | 0:24:39 | 0:37:50 |
| 62           | 69    | SZUTA            | GRZEGORZ   | M    | 52                 | 1964   | M 50 i więcej | 5                  | MIASTKO        |                                    | 10      | 0:51:42 | 11,61 | 05:10  | 0:12:03 | 0:24:44 | 0:38:19 |
| 63           | 5     | BUTKIEWICZ       | WOJCIECH   | M    | 53                 | 1961   | M 50 i więcej | 6                  | MIASTKO        | NIEZRZESZONY                       | 10      | 0:51:46 | 11,59 | 05:11  | 0:12:05 | 0:24:57 | 0:38:23 |
| 64           | 22    | JĘDRASZKO        | MAGDA      | K    | 11                 | 1985   | K 30-39       | 4                  | PASIEKA        |                                    | 10      | 0:51:48 | 11,58 | 05:11  | 0:12:07 | 0:24:38 | 0:37:55 |
| 65           | 65    | SPALIK           | MICHAŁ     | M    | 54                 | 1997   | M 0-29        | 14                 | MIASTKO        | II LO KOSZALIN                     | 10      | 0:51:54 | 11,56 | 05:11  | 0:11:25 | 0:23:58 | 0:37:39 |
| 66           | 103   | PLUTO-PRONZIŃSKA | KATARZYNA  | K    | 12                 | 1985   | K 30-39       | 5                  | KOŁCZYGŁOWY    | SMASHING PAPKINS                   | 10      | 0:52:22 | 11,46 | 05:14  | 0:12:29 | 0:25:31 | 0:39:00 |
| 67           | 28    | KARNICKI         | ZYGMUNT    | M    | 55                 | 1955   | M 50 i więcej | 7                  | KOSZALIN       | 4 RUN TKKF KOSZALIN                | 10      | 0:52:46 | 11,37 | 05:17  | 0:11:58 | 0:24:49 | 0:38:55 |
| 68           | 26    | KARCZ            | PIOTR      | M    | 56                 | 1988   | M 0-29        | 15                 | GDAŃSK         |                                    | 10      | 0:52:57 | 11,33 | 05:18  | 0:11:48 | 0:24:27 | 0:38:25 |

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| Miejsce Open | Numer | Nazwisko      | Imię       | Płeć | Miejsce pięć M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość    | Klub                   | DYSTANS | Wynik   | km/h  | min/km | Punkt 1 | Punkt 2 | Punkt 3 |
|--------------|-------|---------------|------------|------|--------------------|--------|---------------|--------------------|----------------|------------------------|---------|---------|-------|--------|---------|---------|---------|
| 69           | 40    | ŁASZCZ        | ADAM       | M    | 57                 | 1965   | M 50 i więcej | 8                  | MIASTKO        |                        | 10      | 0:53:12 | 11,28 | 05:19  | 0:13:19 | 0:26:40 | 0:40:12 |
| 70           | 128   | GRABOWSKI     | MICHAŁ     | M    | 58                 | 1997   | M 0-29        | 16                 |                |                        | 10      | 0:53:26 | 11,23 | 05:21  | 0:11:24 | 0:25:01 | 0:39:45 |
| 71           | 131   | CYBULSKI      | ROBERT     | M    | 59                 | 1999   | M 0-29        | 17                 | MIASTKO        |                        | 10      | 0:53:26 | 11,23 | 05:21  | 0:11:25 | 0:25:01 | 0:39:45 |
| 72           | 51    | OZYMKO        | JAN        | M    | 60                 | 1965   | M 50 i więcej | 9                  | MIASTKO        |                        | 10      | 0:53:33 | 11,20 | 05:21  | 0:12:46 | 0:26:09 | 0:39:54 |
| 73           | 36    | KRZEWIŃSKA    | MAŁGORZATA | K    | 13                 | 1959   | K 50 i więcej | 1                  | KOSZALIN       | 4RUN TKKF KOSZALIN     | 10      | 0:53:42 | 11,17 | 05:22  | 0:12:48 | 0:26:13 | 0:39:59 |
| 74           | 81    | WOJCIEKIAN    | STANISŁAW  | M    | 61                 | 1956   | M 50 i więcej | 10                 | REDZIKOWO      |                        | 10      | 0:53:42 | 11,17 | 05:22  | 0:13:01 | 0:26:17 | 0:40:06 |
| 75           | 27    | KARGUL        | JACEK      | M    | 62                 | 1979   | M 30-39       | 17                 | SŁUPSK         | NIGHT RUNNERS SŁUPSK   | 10      | 0:53:42 | 11,17 | 05:22  | 0:12:02 | 0:25:10 | 0:39:26 |
| 76           | 61    | ROKUSZEWSKI   | PAWEŁ      | M    | 63                 | 1989   | M 0-29        | 18                 | TRZCINNO       |                        | 10      | 0:54:13 | 11,07 | 05:25  | 0:13:33 | 0:27:02 | 0:40:44 |
| 77           | 94    | JANAS         | BEATA      | K    | 14                 | 1980   | K 30-39       | 6                  | POZNAŃ         |                        | 10      | 0:54:23 | 11,03 | 05:26  | 0:13:03 | 0:26:47 | 0:40:50 |
| 78           | 124   | MRUGAŁA       | KAROL      | M    | 64                 | 1984   | M 30-39       | 18                 | MIASTKO        |                        | 10      | 0:54:30 | 11,01 | 05:27  | 0:13:06 | 0:26:52 | 0:40:58 |
| 79           | 127   | ZBLEWSKI      | PATRYK     | M    | 65                 | 1984   | M 30-39       | 19                 | SŁUPSK         | NIGHT RUNNERS SŁUPSK   | 10      | 0:54:31 | 11,01 | 05:27  | 0:12:22 | 0:25:51 | 0:39:40 |
| 80           | 62    | SCHWEDA       | IGOR       | M    | 66                 | 1998   | M 0-29        | 19                 | PASIEKA        |                        | 10      | 0:54:39 | 10,98 | 05:28  | 0:11:43 | 0:26:07 | 0:40:48 |
| 81           | 25    | KANIEWSKI     | JACEK      | M    | 67                 | 1976   | M 30-39       | 20                 | SŁAWNO         | W.P.K. SŁOŃ TEAM USTKA | 10      | 0:54:44 | 10,96 | 05:28  | 0:13:05 | 0:26:38 | 0:40:45 |
| 82           | 49    | NETREBA       | TOMASZ     | M    | 68                 | 1986   | M 0-29        | 20                 | SŁUPSK         | WPK SŁOŃ TEAM          | 10      | 0:54:54 | 10,93 | 05:29  | 0:12:49 | 0:26:40 | 0:41:07 |
| 83           | 17    | JANICKA       | KATARZYNA  | K    | 15                 | 1984   | K 30-39       | 7                  | KOSZALIN       |                        | 10      | 0:55:15 | 10,86 | 05:31  | 0:12:48 | 0:26:38 | 0:41:07 |
| 84           | 48    | NAKONIECZNY   | RAFAŁ      | M    | 69                 | 1984   | M 30-39       | 21                 | KOSZALIN       | BAJADERKI KOSZALIN     | 10      | 0:55:15 | 10,86 | 05:31  |         |         |         |
| 85           | 102   | NAZARKO       | GOSIA      | K    | 16                 | 1976   | K 30-39       | 8                  | SŁUPSK         | BBL                    | 10      | 0:55:43 | 10,77 | 05:34  | 0:12:27 | 0:26:00 | 0:40:51 |
| 86           | 100   | CHYREK        | ŁUKASZ     | M    | 70                 | 1979   | M 30-39       | 22                 | SŁUPSK         | NIGHT RUNNERS SŁUPSK   | 10      | 0:55:43 | 10,77 | 05:34  | 0:12:27 | 0:26:00 | 0:40:51 |
| 87           | 57    | POZORSKI      | KRZYSZTOF  | M    | 71                 | 1981   | M 30-39       | 23                 | SŁUPSK         | NIGHT RUNNERS SŁUPSK   | 10      | 0:55:43 | 10,77 | 05:34  | 0:13:27 | 0:27:21 | 0:41:19 |
| 88           | 41    | MARSZAŁKOWSKI | RADOSŁAW   | M    | 72                 | 1988   | M 0-29        | 21                 | PRZYBRDA       |                        | 10      | 0:56:34 | 10,61 | 05:39  | 0:13:22 | 0:27:39 | 0:42:25 |
| 89           | 123   | MACIEJEWSKI   | MACIEJ     | M    | 73                 | 1990   | M 0-29        | 22                 | MIASTKO        |                        | 10      | 0:57:14 | 10,48 | 05:43  | 0:10:30 | 0:25:19 | 0:41:28 |
| 90           | 13    | GRELA         | MACIEJ     | M    | 74                 | 1988   | M 0-29        | 23                 | SZCZECINEK     |                        | 10      | 0:57:28 | 10,44 | 05:45  | 0:12:59 | 0:27:13 | 0:42:37 |
| 91           | 96    | KRUKOWSKI     | JERZY      | M    | 75                 | 1952   | M 50 i więcej | 11                 | MIASTKO        | HAMER                  | 10      | 0:58:21 | 10,28 | 05:50  | 0:12:57 | 0:27:22 | 0:42:37 |
| 92           | 77    | WILKOWSKI     | KRZYSZTOF  | M    | 76                 | 1979   | M 30-39       | 24                 | KOSZALIN       |                        | 10      | 0:58:23 | 10,28 | 05:50  | 0:12:49 | 0:26:49 | 0:42:13 |
| 93           | 7     | DĄBROWSKA     | ALICJA     | K    | 17                 | 1966   | K 40-49       | 2                  | SIANÓW         | ROZBIEGANY KOSZALIN    | 10      | 0:58:28 | 10,26 | 05:51  | 0:13:21 | 0:27:45 | 0:43:07 |
| 94           | 101   | GAWIN         | PAULINA    | K    | 18                 | 1987   | K 0-29        | 1                  | SŁUPSK         | NIGHT RUNNERS          | 10      | 0:58:28 | 10,26 | 05:51  | 0:13:04 | 0:28:35 | 0:43:32 |
| 95           | 64    | SOROKA        | TOMASZ     | M    | 77                 | 1986   | M 0-29        | 24                 | SŁUPSK         | NIGHT RUNNERS SŁUPSK   | 10      | 0:58:28 | 10,26 | 05:51  | 0:13:04 | 0:28:35 | 0:43:32 |
| 96           | 119   | ŻYWICKA       | AGNIESZKA  | K    | 19                 | 1986   | K 0-29        | 2                  | OSŁAWA DĄBROWA |                        | 10      | 0:59:06 | 10,15 | 05:55  | 0:13:28 | 0:28:42 | 0:43:43 |
| 97           | 83    | ŻAKOWSKI      | DOMINIKA   | K    | 20                 | 2004   | K 0-29        | 3                  | SZCZECINEK     | NIEZALEŻNI BOR         | 10      | 0:59:21 | 10,11 | 05:56  | 0:13:49 | 0:28:43 | 0:44:09 |
| 98           | 72    | TURCZYN       | GRZEGORZ   | M    | 78                 | 1970   | M 40-49       | 13                 | SŁUPSK         | NR SŁUPSK              | 10      | 0:59:22 | 10,11 | 05:56  | 0:12:38 | 0:26:58 | 0:42:54 |
| 99           | 63    | SOKÓŁ         | PAWEŁ      | M    | 79                 | 1996   | M 0-29        | 25                 | MIASTKO        |                        | 10      | 0:59:44 | 10,04 | 05:58  | 0:12:36 | 0:28:06 | 0:44:37 |
| 100          | 46    | MROCZEK       | PRZEMYSŁAW | M    | 80                 | 1976   | M 30-39       | 25                 | SŁUPSK         | NIGHT RUNNERS SŁUPSK   | 10      | 0:59:45 | 10,04 | 05:58  | 0:14:43 | 0:29:33 | 0:44:31 |
| 101          | 2     | BOGUSZ        | MARIETTA   | K    | 21                 | 1990   | K 0-29        | 4                  | SIEMIANICE     | NIGHT RUNNERS SŁUPSK   | 10      | 0:59:46 | 10,04 | 05:59  | 0:14:29 | 0:28:38 | 0:43:55 |
| 102          | 21    | JASKÓLSKI     | PIOTR      | M    | 81                 | 1985   | M 30-39       | 26                 | SŁUPSK         | NIGHT RUNNERS SŁUPSK   | 10      | 0:59:47 | 10,04 | 05:59  | 0:14:29 | 0:28:35 | 0:43:55 |

**I BIEG MTS HAMER**

Miejsce: MIASTKO - 2015-07-05

Organizator: Miasteczkie Towarzystwo Sportowe HAMER w Miastku , Urząd Miejski w Miastku

| Miejsce Open | Numer | Nazwisko     | Imię            | Płeć | Miejsce pięć M / K | Rok ur | Kategoria     | Miejsce kat. M / K | Miejscowość    | Klub                   | DYSTANS | Wynik   | km/h  | min/km | Punkt 1 | Punkt 2 | Punkt 3 |
|--------------|-------|--------------|-----------------|------|--------------------|--------|---------------|--------------------|----------------|------------------------|---------|---------|-------|--------|---------|---------|---------|
| 103          | 45    | MIKOŁAJUN    | KAMILA          | K    | 22                 | 1984   | K 30-39       | 9                  | SŁUPSK         |                        | 10      | 0:59:48 | 10,03 | 05:59  | 0:14:29 | 0:28:38 | 0:43:56 |
| 104          | 19    | JANKOWSKA    | MONIKA          | K    | 23                 | 1990   | K 0-29        | 5                  | SZCZECINEK     |                        | 10      | 1:00:01 | 10,00 | 06:00  | 0:13:15 | 0:28:14 | 0:44:00 |
| 105          | 55    | PETA         | RENATA          | K    | 24                 | 1977   | K 30-39       | 10                 | MIASTKO        |                        | 10      | 1:00:33 | 9,91  | 06:03  | 0:14:08 | 0:29:15 | 0:44:55 |
| 106          | 58    | PUŚCIAN      | KRZYSZTOF KAMIL | M    | 82                 | 1974   | M 40-49       | 14                 | MANOWO         | GIMNAZJUM W MANOWIE    | 10      | 1:00:41 | 9,89  | 06:04  | 0:13:22 | 0:28:46 | 0:45:13 |
| 107          | 35    | KRYGIER      | IRENEUSZ        | M    | 83                 | 1978   | M 30-39       | 27                 | USTKA          | W.P.K. SŁOŃ TEAM USTKA | 10      | 1:01:24 | 9,77  | 06:08  | 0:14:00 | 0:29:05 | 0:45:13 |
| 108          | 129   | KŁOSIŃSKI    | STANISŁAW       | M    | 84                 | 1957   | M 50 i więcej | 12                 | CHLEBOWO       |                        | 10      | 1:02:03 | 9,67  | 06:12  | 0:13:46 | 0:29:27 | 0:45:21 |
| 109          | 113   | KOPOWICZ     | BOŻENA          | K    | 25                 | 1977   | K 30-39       | 11                 | SŁUPSK         |                        | 10      | 1:02:49 | 9,55  | 06:17  | 0:15:06 | 0:30:43 | 0:46:50 |
| 110          | 6     | CYBULSKA     | ELŻBIETA        | K    | 26                 | 1957   | K 50 i więcej | 2                  | MIASTKO        |                        | 10      | 1:04:21 | 9,32  | 06:26  | 0:15:08 | 0:30:46 | 0:47:24 |
| 111          | 133   | PETRYNA      | MAŁGORZATA      | K    | 27                 | 1972   | K 40-49       | 3                  | WĘGORZYNKO     |                        | 10      | 1:04:24 | 9,32  | 06:26  | 0:14:29 | 0:29:57 | 0:46:53 |
| 112          | 9     | FELSKA       | KATARZYNA       | K    | 28                 | 1987   | K 0-29        | 6                  | SŁUPSK         | NIGHT RUNNERS SŁUPSK   | 10      | 1:05:18 | 9,19  | 06:32  | 0:14:43 | 0:30:45 | 0:48:07 |
| 113          | 71    | TREJDER      | MARIA           | K    | 29                 | 1973   | K 40-49       | 4                  | KOSZALIN       | BAJADERKI KOSZALIN     | 10      | 1:05:28 | 9,16  | 06:33  | 0:15:05 | 0:31:42 | 0:49:06 |
| 114          | 73    | TUROWSKA     | KATARZYNA       | K    | 30                 | 1963   | K 50 i więcej | 3                  | USTKA          |                        | 10      | 1:05:38 | 9,14  | 06:34  | 0:14:38 | 0:30:12 | 0:47:36 |
| 115          | 29    | KLEPACZ      | TOMASZ          | M    | 85                 | 1982   | M 30-39       | 28                 | MIASTKO        |                        | 10      | 1:05:40 | 9,14  | 06:34  | 0:13:36 | 0:30:02 | 0:48:31 |
| 116          | 68    | SZUTA        | EWA             | K    | 31                 | 1972   | K 40-49       | 5                  | 77-200 MIASTKO |                        | 10      | 1:05:43 | 9,13  | 06:34  | 0:14:38 | 0:31:18 | 0:49:13 |
| 117          | 110   | BŁASZKIEWICZ | MARTYNA         | K    | 32                 | 1985   | K 30-39       | 12                 | SŁUPSK         | NIGHT RUNNERS SŁUPSK   | 10      | 1:13:33 | 8,16  | 07:21  | 0:17:13 | 0:35:05 | 0:53:39 |
| 118          | 111   | KLIMSKI      | MICHAŁ          | M    | 86                 | 1988   | M 0-29        | 26                 | USTKA          | BBL SŁUPSK             | 10      | 1:13:36 | 8,15  | 07:22  | 0:17:13 | 0:35:06 | 0:53:38 |
| 119          | 115   | BARTNIK      | MARIAN          | M    | 87                 | 1931   | M 50 i więcej | 13                 | KOSZALIN       |                        | 10      | 1:22:02 | 7,31  | 08:12  | 0:18:35 | 0:38:51 | 0:59:58 |