

Miejsce	Miejsce K	Nr. Start	Nazwisko	Imię	Miejscowość	Klub	Rocznik	Kategoria	Miejsce w kat.	Czas NETTO:	Tempo	Węglaz 23 km	Miejsce:	Tempo	Rycerzowie 38,9 km	Miejsce:	Tempo	Dolina Regi 46,6 km	Miejsce:	Tempo				
1		68	ŚWIĘTOCHOWSKI	PATRYK	MIŃSK MAZOWIECKI	Marathon & over	2004	M JUNIOR	-	04:35:47	00:04:28	min/km	01:37:00	3	00:04:13	min/km	02:49:50	2	00:04:23	min/km	03:26:10	2	00:04:25	min/km
2		39	SZYMAŃSKI	PAWEŁ	SZCZECIN	Fizjobjeżdże Szczecin	1986	M SENIOR	4	04:43:29	00:04:30	min/km	01:34:00	1	00:04:05	min/km	02:49:20	1	00:04:23	min/km	03:26:10	1	00:04:25	min/km
3		44	FLORCZAK	SEBASTIAN	STARGARD	SKL Stargard	1980	M SENIOR	1	05:00:32	00:04:52	min/km	01:41:00	4	00:04:23	min/km	03:05:10	4	00:04:47	min/km	03:45:40	4	00:04:51	min/km
4		75	WOJTALIK	ŁUKASZ	POLCZYN ZDRÓJ		1983	M SENIOR	1	05:12:24	00:04:58	min/km	01:36:00	2	00:04:10	min/km	02:54:33	3	00:04:40	min/km	03:39:10	3	00:04:42	min/km
5		51	GRUPA	JAREK	STARGARD	SKL Stargard	1982	M SENIOR	2	05:13:58	00:05:05	min/km	01:47:00	6	00:04:39	min/km	03:09:30	6	00:04:54	min/km	03:55:06	6	00:05:03	min/km
6		23	SZYMAŃSKI	PIOTR	POLCZYN ZDRÓJ		1985	M SENIOR	3	05:19:44	00:05:05	min/km	01:45:00	5	00:04:34	min/km	03:06:10	5	00:04:59	min/km	03:51:55	5	00:04:59	min/km
7		77	KOCIUBA	PRZEMYSŁAW	SZCZECIN	TT-SZCZECIN	1989	M JUNIOR	1	05:28:12	00:05:19	min/km	01:54:00	9	00:04:57	min/km	03:19:35	9	00:05:09	min/km	04:02:04	7	00:05:12	min/km
8		29	SZCZEPAŃSKI	ADAM	SZCZECIN	Fizjobjeżdże / Albatrosy	1981	M SENIOR	4	05:29:14	00:05:13	min/km	01:49:00	7	00:04:44	min/km	03:17:07	7	00:05:06	min/km	04:03:06	9	00:05:13	min/km
9		63	BŁADEK	SLAWOMIR	WITKOWO DRUGIE		1985	M SENIOR	5	05:31:17	00:05:16	min/km	01:50:00	8	00:04:47	min/km	03:17:15	8	00:05:06	min/km	04:02:50	8	00:05:13	min/km
10		48	CARUK	DAMIAN	KAMIEN POMORSKI	PGN NIERUCHOMOŚCI	1975	M SENIOR	6	05:37:51	00:05:22	min/km	01:55:00	10	00:05:00	min/km	03:20:00	10	00:05:10	min/km	04:06:30	10	00:05:17	min/km
11		35	SKIBA	MARIUSZ	SZCZECIN	KS Ironman Szczecin	1985	M SENIOR	7	05:50:11	00:05:34	min/km	01:59:00	12	00:05:10	min/km	03:24:40	11	00:05:17	min/km	04:16:37	11	00:05:30	min/km
12		17	KAWIECKI	PAWEŁ	NIDZICA	OW Koszalin	1994	M JUNIOR	2	05:52:15	00:05:36	min/km	01:57:00	11	00:05:05	min/km	03:27:05	12	00:05:21	min/km	04:18:30	12	00:05:33	min/km
13		53	GOLIŃSKI	ŁUKASZ	ŚWIDWIN	3:10 TEAM ŚWIDWIN	1979	M SENIOR	8	05:58:40	00:05:42	min/km	02:06:00	15	00:05:29	min/km	03:41:09	15	00:05:43	min/km	04:30:18	14	00:05:48	min/km
14		13	GROCHOWAŁSKI	RAFAŁ	ŚWIDWIN	3:10 TEAM ŚWIDWIN	1978	M SENIOR	9	06:07:54	00:05:51	min/km	02:06:00	16	00:05:29	min/km	03:41:10	16	00:05:43	min/km	04:30:24	15	00:05:48	min/km
15	1	72	ROMAŃSKA	KAROLINA	ŚWINOUJŚCIE	RK ATHLETIC WARSZAWA	1985	K SENIOR	-	06:11:56	00:05:55	min/km	02:01:00	13	00:05:16	min/km	03:40:45	14	00:05:42	min/km	04:35:11	18	00:05:54	min/km
16		45	STERNIK	TOMASZ	BIAŁOGARD	Pasja Team	1976	M-SENIOR	10	06:11:57	00:05:55	min/km	02:06:00	17	00:05:29	min/km	03:41:13	17	00:05:43	min/km	04:35:10	17	00:05:54	min/km
17	2	15	SZUBERT	AGNIESZKA	USTRONIE MOR	Kolobrzeg Biega	1979	K-SENIOR	-	06:14:18	00:05:57	min/km	02:16:00	32	00:05:55	min/km	03:50:30	26	00:05:57	min/km	04:30:13	13	00:05:48	min/km
18		16	SZUBERT	MARCIN	USTRONIE MOR	Kolobrzeg Biega	1977	M-SENIOR	11	06:14:22	00:05:57	min/km	02:16:00	33	00:05:55	min/km	03:50:30	27	00:05:57	min/km	04:39:12	20	00:05:59	min/km
19		74	RYCERSKI	RAFAŁ	CZAPLINEK	Dominik Grządziel Team	1983	M-SENIOR	12	06:18:28	00:06:01	min/km	02:11:00	26	00:05:42	min/km	03:48:35	23	00:05:54	min/km	04:41:38	23	00:06:03	min/km
20		54	PIETRZYK	TOMASZ	ŚWIDWIN	3:10 Time	1979	M-SENIOR	13	06:19:23	00:06:02	min/km	02:06:00	18	00:05:29	min/km	03:43:00	18	00:05:46	min/km	04:35:12	19	00:05:54	min/km
21		58	KRĘPA	DANIEL	DOBRA	Extrene Wolf	1976	M-SENIOR	14	06:22:07	00:06:04	min/km	02:11:00	27	00:05:42	min/km	03:51:11	28	00:05:58	min/km	04:45:20	27	00:06:07	min/km
22		49	CHLEWIŃSKI	ŁUKASZ	STARGARD		1986	M-SENIOR	15	06:25:27	00:06:08	min/km	02:11:00	28	00:05:42	min/km	03:48:42	24	00:05:55	min/km	04:44:30	26	00:06:06	min/km
23		24	JANKOWSKI	MARIUSZ	BYTÓW	Pozytywnie nakrecony	1977	M-SENIOR	16	06:25:35	00:06:08	min/km	02:06:00	19	00:05:29	min/km	03:45:25	19	00:05:49	min/km	04:39:55	21	00:06:00	min/km
24		32	WASILEWSKI	ANDRZEJ	SZCZECIN	Wilki z Ciechocinka	1978	M-SENIOR	17	06:26:55	00:06:09	min/km	02:35:00	62	00:06:44	min/km	04:07:05	40	00:06:23	min/km	05:00:33	35	00:06:27	min/km
25		33	KROCZYŃSKI	SLAWOMIR	KOŁOBRZEG	BIEGOLAS KOSZALIN-KOŁOBRZEGG	1961	M-WETERAN	1	06:27:15	00:06:09	min/km	02:06:00	20	00:05:29	min/km	03:47:38	22	00:05:53	min/km	04:44:12	25	00:06:06	min/km
26		46	WĘGLEWICZ	MACIEJ	KOSZALIN	Biegolasy Koszalin	1985	M-SENIOR	18	06:29:33	00:06:12	min/km	02:06:00	21	00:05:29	min/km	03:49:05	25	00:05:55	min/km	04:45:40	28	00:06:08	min/km
27		70	ADAMSKI	JANUSZ	SZCZECIN	Vo2max Racing Team	1969	M-WETERAN	2	06:30:05	00:06:12	min/km	02:06:00	22	00:05:29	min/km	03:45:37	21	00:05:50	min/km	04:41:25	22	00:06:02	min/km
28		5	SURDACKI	PIOTR	SZCZECIN		1976	M-SENIOR	19	06:30:51	00:06:13	min/km	02:18:00	40	00:06:00	min/km	04:02:48	33	00:06:16	min/km	05:02:54	37	00:06:30	min/km
29		59	ORSZULAK	ŁUKASZ	DOBRA	Toucan	1984	M-SENIOR	20	06:32:48	00:06:15	min/km	02:11:00	29	00:05:42	min/km	03:52:03	29	00:06:00	min/km	04:50:18	29	00:06:14	min/km
30	3	41	WOSZTYL	AUCIA	KOSZALIN		1987	K-SENIOR	-	06:40:03	00:06:22	min/km	02:17:00	38	00:05:57	min/km	04:02:30	32	00:06:16	min/km	04:56:54	31	00:06:22	min/km
31		76	CHMIELEWSKI	TOMASZ	BARWICZE	Vo2max Racing Team	1981	M-SENIOR	21	06:40:08	00:06:22	min/km	02:06:00	23	00:05:29	min/km	03:45:28	20	00:05:50	min/km	04:42:55	24	00:06:04	min/km
32		1	WEINAR	WOJCIECH	ŚWIDWIN		1993	M-JUNIOR	3	06:43:48	00:06:25	min/km	02:16:00	34	00:05:55	min/km	04:03:34	34	00:06:18	min/km	04:57:20	32	00:06:23	min/km
33		43	REJDAK	MARCIN	SZCZECIN	KS Ironman Szczecin	1981	M-SENIOR	22	06:45:42	00:06:27	min/km	02:05:00	14	00:05:26	min/km	03:39:20	13	00:05:40	min/km	04:30:55	16	00:05:49	min/km
34		12	MUCHA	MICHAŁ	SZCZECIN	Nocny poYeb	1980	M-SENIOR	23	06:51:23	00:06:32	min/km	02:22:00	45	00:06:10	min/km	04:04:03	37	00:06:18	min/km	05:07:13	40	00:06:36	min/km
35		38	KOPACZ	MIROSLAW	POZNAŃ		1955	M-WETERAN	3	06:52:01	00:06:33	min/km	02:24:00	48	00:06:16	min/km	04:08:47	41	00:06:26	min/km	05:07:30	41	00:06:36	min/km
36	4	64	GRABOWSKA-LESISZ	ANETA	KOSZALIN		1978	M-SENIOR	1	06:53:46	00:06:35	min/km	02:18:00	41	00:06:00	min/km	04:15:38	46	00:06:36	min/km	05:11:16	45	00:06:41	min/km
37		66	WILK	DANIEL	KRZYŻ WLKP.		1972	M-WETERAN	4	06:53:47	00:06:35	min/km	02:18:00	42	00:06:00	min/km	04:15:38	47	00:06:36	min/km	05:11:15	44	00:06:41	min/km
38		28	OLEJNICZAK	KONRAD	SZCZECIN	FIZYBIEGACZE SZCZECIN	1975	M-SENIOR	24	06:54:50	00:06:36	min/km	02:16:00	35	00:05:55	min/km	04:04:01	36	00:06:18	min/km	05:02:54	38	00:06:30	min/km
39		34	ŁUGOWSKI	MAREK	SZCZECIN	UTM170	1974	M-SENIOR	25	06:54:51	00:06:36	min/km	02:16:00	36	00:05:55	min/km	04:04:03	38	00:06:18	min/km	05:02:36	36	00:06:30	min/km
40		47	ŻOŁĄDEK	PAWEŁ	STAROGARD GD	Wataha Wilków	1989	M-JUNIOR	4	06:59:01	00:06:40	min/km	02:06:00	24	00:05:29	min/km	03:53:15	30	00:06:02	min/km	04:59:57	34	00:06:26	min/km
41		36	LESZCZYŹLOWSKI	ŁUKASZ	ZIELENIEWO	8 Batalion Remontowy Kolobrzeg	1981	M-SENIOR	26	06:59:53	00:06:41	min/km	02:17:00	39	00:05:57	min/km	04:06:24	39	00:06:22	min/km	05:06:55	39	00:06:35	min/km
42		2	BARAŃSKI	JANUSZ	SZCZECIN		1967	M-WETERAN	5	07:00:14	00:06:41	min/km	02:16:00	37	00:05:55	min/km	04:03:36	35	00:06:18	min/km	04:59:33	33	00:06:26	min/km
43		55	KUCHARSKI	WALDEMAR	SZCZECIN	TT-SZ-N	1969	M-WETERAN	6	07:08:52	00:06:49	min/km	02:25:00	50	00:06:18	min/km	04:10:00	43	00:06:28	min/km	05:09:21	42	00:06:38	min/km
44		78	PIETRAKOWSKI	GRZEGORZ	SZCZECIN	TT-SZCZECIN	1979	M-SENIOR	27	07:08:54	00:06:49	min/km	02:26:00	51	00:06:21	min/km	04:10:02	44	00:06:28	min/km	05:09:21	43	00:06:38	min/km
45		50	OBERT	PAWEŁ	DAMNICA	Stopa Słupsk	1978	M-SENIOR	28	07:09:36	00:06:50	min/km	02:14:00	30	00:05:50	min/km	04:13:25	45	00:06:33	min/km	05:17:50	47	00:06:49	min/km
46	5	14	WITCZAK	JOLANTA	LUSOWO	Tarnowo Podgórne poziom bliżej	1966	K-WETERAN	1	07:11:30	00:06:52	min/km	02:23:00	46	00:06:13	min/km	04:21:40	53	00:06:46	min/km	05:21:00	50	00:06:53	min/km
47		40	SPRINGER	MARCIN	ZŁOCIENIEC	TEAMDRSS	1978	M-SENIOR	29	07:11:52	00:06:52	min/km	02:10:00	25	00:05:39	min/km	03:58:30	31	00:06:10	min/km	04:56:53	30	00:06:22	min/km
48		4	MALYSZ	KAMIL	WELTYW	MEJLY TEAM	1988	M-SENIOR	30	07:14:29	00:06:54	min/km	02:27:00	52	00:06:23	min/km	04:17:35	51	00:06:39	min/km	05:23:17	51	00:06:56	min/km
49		9	ZABŁOCKI	BARTOSZ	GRYFINO	BiegnijWaszWstydOszczędź	1988	M-SENIOR	31	07:14:30	00:06:54	min/km	02:27:00	53	00:06:23	min/km	04:17:36	52	00:06:39	min/km	05:23:18	52	00:06:56	min/km
50		6	TYLMAN	PIOTR	CZAPLINEK	Rundorfina	1982	M-SENIOR	32	07:17:45	00:06:58	min/km	02:15:00	31	00:05:52	min/km	04:09:29	42						