

## 7. Nadmorski Bieg Uzdrowiskowy

DĄBKI, 26 lipca 2020

### Klasyfikacja

#### 10 km

| Wyniki wg czasu netto |       |                              |      |                                 |             |       |             |              |              |         |
|-----------------------|-------|------------------------------|------|---------------------------------|-------------|-------|-------------|--------------|--------------|---------|
| Miej.                 | Numer | Nazwisko i imię              | Kat. | Klub-Miasto-Kraj                | K/M         | M/Kat | 3.4 km      | 5 km         | Wynik        |         |
| 1                     | 199   | BŁASZCZYK Patryk             | M20  | Lks Jantar Ustka (POL)          | 1           | 1     | 0:10:53(1)  | 0:15:58(1)   | 0:32:19      |         |
| 2                     | 179   | GARSKI Dawid                 | M20  | Baszta Bytów (POL)              | 2           | 2     | 0:11:29(2)  | 0:16:54(17)  | 0:34:29      |         |
| 3                     | 125   | POBŁOCKI Piotr               | M50  | Pobłoccy Bożena Piotr (POL)     | 3           | 1     | 0:11:45(4)  | 0:17:16(33)  | 0:34:47      |         |
| 4                     | 145   | KARCZ Artur                  | M40  | UKS Ekonomik Maratończyk Łębor  | 4           | 1     | 0:11:42(3)  | 0:17:23(49)  | 0:35:55      |         |
| 5                     | 94    | KĘPKA Adrian                 | M20  | Zabiegani (POL)                 | W (1),S (1) | 5     | 3           | 0:12:04(5)   | 0:17:51(65)  | 0:36:36 |
| 6                     | 51    | BAGROWSKI Tomasz             | M30  | Radość Biegania (POL)           | 6           | 1     | 0:12:25(7)  | 0:18:22(81)  | 0:37:27      |         |
| 7                     | 137   | HUBERT Łukasz                | M30  | EKIPA PIKA (POL)                | 7           | 2     | 0:12:24(6)  | 0:18:22(97)  | 0:37:43      |         |
| 8                     | 58    | MAIK Daria                   | K20  | LUKS STRAT NAKŁO (POL)          | 1           | 1     | 0:13:04(17) | 0:19:08(161) | 0:38:25      |         |
| 9                     | 159   | PIETRZYKOWSKI Sławomir       | M40  | Kielce (POL)                    | 8           | 2     | 0:12:56(9)  | 0:19:06(129) | 0:38:27      |         |
| 10                    | 188   | KURIATA Robert               | M50  | ZLB ZŁOTORYJA (POL)             | 9           | 2     | 0:12:51(8)  | 0:18:58(113) | 0:38:40      |         |
| 11                    | 7     | RUDNIKOWSKI Maciej           | M40  | Zabiegani (POL)                 | S (2)       | 10    | 3           | 0:13:04(15)  | 0:19:06(145) | 0:38:40 |
| 12                    | 155   | OLEK Artur                   | M40  | biegusiem.pl (POL)              | 11          | 4     | 0:13:14(19) | 0:19:23(257) | 0:38:44      |         |
| 13                    | 200   | HURUK Jan                    | M60  | Orw Słowiniec Poddąbie (POL)    | 12          | 1     | 0:13:01(13) | 0:19:11(209) | 0:38:58      |         |
| 14                    | 49    | KAZIMIERCZAK Rafał           | M40  | Brzeziny (POL)                  | 13          | 5     | 0:13:04(16) | 0:19:09(177) | 0:39:04      |         |
| 15                    | 170   | FOLTYNIEWICZ Maciej          | M40  | MKP Szczecinek (POL)            | 14          | 6     | 0:13:00(12) | 0:19:11(193) | 0:39:07      |         |
| 16                    | 36    | SZOPIŃSKI Tomasz             | M30  | KB Bryza Postomino (POL)        | S (3)       | 15    | 3           | 0:12:57(11)  | 0:19:13(225) | 0:39:28 |
| 17                    | 61    | WITKIEWICZ Eryk              | M40  | Witkiewicz Magdalena Eryk (POL) | 16          | 7     | 0:12:56(10) | 0:19:16(241) | 0:39:57      |         |
| 18                    | 196   | BIŁAN Paweł                  | M40  | Gubin (POL)                     | 17          | 8     | 0:13:15(20) | 0:19:46(337) | 0:40:22      |         |
| 19                    | 181   | CZAPLIŃSKI Jacek             | M30  | Zabiegani (POL)                 | 18          | 4     | 0:13:10(18) | 0:19:37(273) | 0:40:26      |         |
| 20                    | 122   | POBŁOCKA-GŁOGOWSKA Katarzyna | K20  | UKS Ekonomik Maratończyk Łębor  | 2           | 2     | 0:13:21(22) | 0:19:43(289) | 0:40:29      |         |
| 21                    | 103   | PICK Tomasz                  | M50  | EKIPA PIKA (POL)                | 19          | 3     | 0:13:37(25) | 0:20:08(369) | 0:40:33      |         |
| 22                    | 38    | WILCZEWSKI Krzysztof         | M30  | KB SPOKO Sławno (POL)           | S (4)       | 20    | 5           | 0:13:27(23)  | 0:19:54(353) | 0:40:48 |
| 23                    | 185   | SZYMAŃSKI Łukasz             | M30  | SKS POBIEROWO (POL)             | 21          | 6     | 0:13:02(14) | 0:19:44(305) | 0:41:18      |         |
| 24                    | 26    | WALEŃSKI Michał              | M40  | TKKF Koszalin (POL)             | 22          | 9     | 0:13:32(24) | 0:20:09(385) | 0:41:31      |         |
| 25                    | 70    | FELIKSIAK Łukasz             | M30  | Oborniki (POL)                  | 23          | 7     | 0:14:18(35) | 0:21:05(513) | 0:41:43      |         |
| 26                    | 18    | JABŁOŃSKI Tomasz             | M40  | KB SPOKO Sławno (POL)           | S (5)       | 24    | 10          | 0:14:10(32)  | 0:20:53(481) | 0:41:55 |
| 27                    | 127   | ELENDT Tomasz                | M30  | Tuchomie (POL)                  | 25          | 8     | 0:14:04(30) | 0:20:48(465) | 0:41:57      |         |
| 28                    | 161   | PIETRZYKOWSKI Jakub          | M10  | Kielce (POL)                    | 26          | 1     | 0:14:02(29) | 0:20:42(433) | 0:41:58      |         |
| 29                    | 120   | GOSTKOWSKI Łukasz            | M30  | Bytów (POL)                     | 27          | 9     | 0:13:52(27) | 0:20:29(401) | 0:42:04      |         |
| 30                    | 166   | PAWLAK Mariusz               | M30  | Lubań (POL)                     | 28          | 10    | 0:13:49(26) | 0:20:33(417) | 0:42:05      |         |
| 31                    | 183   | STRÓŻYŃSKI Daniel            | M40  | Wołów Biega (POL)               | 29          | 11    | 0:14:08(31) | 0:20:56(497) | 0:42:24      |         |
| 32                    | 158   | PŁAZA Ryszard                | M50  | Darłowo (POL)                   | S (6)       | 30    | 4           | 0:14:48(42)  | 0:21:29(593) | 0:42:32 |
| 33                    | 88    | GGRZESIK Eugeniusz           | M50  | KM PSP Koszalin (POL)           | 31          | 5     | 0:13:54(28) | 0:20:46(449) | 0:42:38      |         |
| 34                    | 172   | GRYCMAN Kazimierz            | M40  | brak (POL)                      | 32          | 12    | 0:14:59(49) | 0:21:45(641) | 0:43:03      |         |
| 35                    | 195   | ZATOŃ Olga                   | K30  | Biegaj z Mańkiem Team (POL)     | 3           | 1     | 0:14:13(34) | 0:21:06(529) | 0:43:15      |         |
| 36                    | 130   | PĘKAŁA Piotr                 | M40  | Koszalin (POL)                  | 33          | 13    | 0:15:07(54) | 0:22:05(753) | 0:43:28      |         |
| 37                    | 19    | SIEMIĄTKOWSKI Robert         | M40  | Darłowskie Charty (POL)         | S (7)       | 34    | 14          | 0:15:00(50)  | 0:21:50(705) | 0:43:37 |
| 38                    | 140   | ROMAŃSKI Piotr               | M40  | Piotrków Trybunalski (POL)      | 35          | 15    | 0:14:38(40) | 0:21:33(625) | 0:43:39      |         |
| 39                    | 63    | ŚWITAL Leszek                | M40  | Morsy Margonin (POL)            | 36          | 16    | 0:14:11(33) | 0:21:07(545) | 0:43:39      |         |
| 40                    | 118   | SÓJKA Klaudia                | K20  | UKS Wiking Rychnowy (POL)       | 4           | 3     | 0:14:40(41) | 0:21:50(721) | 0:43:41      |         |
| 41                    | 150   | BAJGERT Robert               | M50  | VOLTAIX.PL (POL)                | 37          | 6     | 0:14:27(36) | 0:21:23(561) | 0:44:05      |         |
| 42                    | 151   | KORMAN Kamil                 | M20  | EKIPA PIKA (POL)                | 38          | 4     | 0:14:28(37) | 0:21:27(577) | 0:44:15      |         |
| 43                    | 148   | KOZIEŁ Paweł                 | M40  | Rąbino (POL)                    | 39          | 17    | 0:14:36(38) | 0:21:32(609) | 0:44:15      |         |
| 44                    | 48    | WIERNICKI Remigiusz          | M30  | Darłowo (POL)                   | 40          | 11    | 0:15:04(52) | 0:22:09(785) | 0:44:23      |         |
| 45                    | 65    | PRĘDKI Grzegorz              | M30  | KB Bryza Postomino (POL)        | S (8)       | 41    | 12          | 0:14:50(44)  | 0:21:49(673) | 0:44:26 |
| 46                    | 44    | ŁAGUTKO Kamila               | K40  | KB SPOKO Sławno (POL)           | S (9)       | 5     | 1           | 0:14:50(43)  | 0:21:50(689) | 0:44:27 |
| 47                    | 99    | MAKOWSKI Tomasz              | M40  | Makowscy Magdalena Tomasz (PO   | 42          | 18    | 0:15:20(56) | 0:22:20(817) | 0:44:31      |         |
| 48                    | 167   | KRZEŚNIEWSKI Marcin          | M40  | Rowerowy Załom (POL)            | 43          | 19    | 0:14:57(47) | 0:22:05(737) | 0:44:46      |         |
| 49                    | 57    | ŻURAWIK Piotr                | M50  | Grupa M. Kępice (POL)           | 44          | 7     | 0:14:57(46) | 0:22:06(769) | 0:45:14      |         |
| 50                    | 73    | WITKIEWICZ Magda             | K40  | Witkiewicz Magdalena Eryk (POL) | 6           | 2     | 0:15:06(53) | 0:22:22(849) | 0:45:15      |         |
| 51                    | 35    | TŁUSTEK Łukasz               | M30  | KB Bryza Postomino (POL)        | S (10)      | 45    | 13          | 0:14:57(48)  | 0:22:10(801) | 0:45:29 |

| Miej. | Numer | Nazwisko i imię         | Kat. | Klub-Miasto-Kraj                   | K/M          | M/Kat | 3.4 km | 5 km         | Wynik         |         |
|-------|-------|-------------------------|------|------------------------------------|--------------|-------|--------|--------------|---------------|---------|
| 52    | 78    | MAZUR Emilusz           | M40  | pędzący Ogr (POL)                  | W (2),S (11) | 46    | 20     | 0:15:27(60)  | 0:22:42(897)  | 0:45:29 |
| 53    | 152   | ŚMIGIELSKI Radosław     | M30  | Dębowo (POL)                       |              | 47    | 14     | 0:15:27(59)  | 0:22:38(865)  | 0:45:35 |
| 54    | 13    | CZYŻNIELEWSKI Arkadiusz | M30  | RRC LDZ (POL)                      |              | 48    | 15     | 0:15:43(65)  | 0:23:03(945)  | 0:45:40 |
| 55    | 62    | DRAŻKOWSKI Tomasz       | M10  | MKP Szczecinek (POL)               |              | 49    | 2      | 0:14:37(39)  | 0:21:47(657)  | 0:46:18 |
| 56    | 134   | SZYMAŃSKI Piotr         | M40  | Rosnowo (POL)                      |              | 50    | 21     | 0:15:59(74)  | 0:23:05(961)  | 0:46:22 |
| 57    | 12    | PŁOSKI Krzysztof        | M40  | Darłowskie Charty (POL)            | W (3),S (12) | 51    | 22     | 0:15:45(67)  | 0:23:14(993)  | 0:46:49 |
| 58    | 124   | POBŁOCKA Bożena         | K50  | Pobłoccy Bożena Piotr (POL)        | 7            |       | 1      | 0:16:03(76)  | 0:23:24(1089) | 0:46:49 |
| 59    | 3     | RYDLEWSKI Marek         | M50  | Damian Rudnik Team / RUN BYDG      |              | 52    | 8      | 0:15:26(58)  | 0:22:57(929)  | 0:46:50 |
| 60    | 5     | TREDER Marian           | M50  | Team Treder (POL)                  |              | 53    | 9      | 0:15:48(69)  | 0:23:20(1041) | 0:47:10 |
| 61    | 182   | STASZEWSKI Jan          | M50  | Zakrzewo (POL)                     | W (4),S (13) | 54    | 10     | 0:15:19(55)  | 0:22:44(913)  | 0:47:13 |
| 62    | 90    | CHOJNACKI Maciej        | M40  | Chojnaccy Małgorzata Maciej (POL)  |              | 55    | 23     | 0:16:03(75)  | 0:23:43(1185) | 0:47:23 |
| 63    | 132   | BRYGAŁA Magdalena       | K40  | Darłowo (POL)                      | S (14)       | 8     | 3      | 0:15:03(51)  | 0:22:40(881)  | 0:47:37 |
| 64    | 53    | MOTYKOWSKA Ksenia       | K30  | KB SPOKO Sławno (POL)              | S (15)       | 9     | 2      | 0:15:45(68)  | 0:23:23(1057) | 0:47:42 |
| 65    | 59    | GAWRYSIAK Przemek       | M40  | Włodarka (POL)                     |              | 56    | 24     | 0:15:37(62)  | 0:23:06(977)  | 0:47:44 |
| 66    | 83    | FABICH Adrian           | M30  | Ustecka szkoła biegania (POL)      |              | 57    | 16     | 0:16:09(80)  | 0:23:38(1169) | 0:47:47 |
| 67    | 8     | WIERZBICKI Sylwester    | M30  | Darłowskie Charty (POL)            | W (5),S (16) | 58    | 17     | 0:16:04(78)  | 0:23:50(1281) | 0:47:56 |
| 68    | 34    | MARCINKOWSKI Jacek      | M40  | EKIPA PIKA (POL)                   |              | 59    | 25     | 0:14:56(45)  | 0:22:21(833)  | 0:47:57 |
| 69    | 153   | KUKIEŁA Tomasz          | M40  | Rozbiegany Fun Club Karoliniki i M |              | 60    | 26     | 0:16:14(82)  | 0:23:45(1233) | 0:48:06 |
| 70    | 22    | KRUPIŃSKI Krzysztof     | M50  | e-urológ.eu (POL)                  |              | 61    | 11     | 0:16:16(84)  | 0:23:55(1297) | 0:48:09 |
| 71    | 24    | BLOCH Radosław          | M30  | Krosno (POL)                       |              | 62    | 18     | 0:15:38(63)  | 0:23:27(1105) | 0:48:20 |
| 72    | 171   | PRZYBYŁ Elżbieta        | K40  | Cidry Lotajom (POL)                | 10           |       | 4      | 0:16:19(85)  | 0:24:02(1345) | 0:48:30 |
| 73    | 25    | GOSTOMCZYK Krzysztof    | M40  | KB SPOKO Sławno (POL)              | S (17)       | 63    | 27     | 0:15:48(70)  | 0:23:23(1073) | 0:48:37 |
| 74    | 141   | BARUTOWICZ Grzegorz     | M30  | Koszalin (POL)                     |              | 64    | 19     | 0:16:21(87)  | 0:23:56(1313) | 0:48:39 |
| 75    | 85    | WASZAK Karol            | M30  | KORZYBSKIE REKINY (POL)            |              | 65    | 20     | 0:15:34(61)  | 0:23:19(1025) | 0:48:43 |
| 76    | 56    | ZIEIŃSKI Damian         | M30  | Darłowo (POL)                      | S (18)       | 66    | 21     | 0:16:06(79)  | 0:23:50(1265) | 0:48:59 |
| 77    | 50    | HARBUTIAK Monika        | K20  | Cisowo (POL)                       | W (6),S (19) | 11    | 4      | 0:15:51(71)  | 0:23:35(1153) | 0:49:01 |
| 78    | 67    | WĄTŁY Wojciech          | M40  | Wątlł Anna Wojciech (POL)          |              | 67    | 28     | 0:16:03(77)  | 0:23:43(1201) | 0:49:11 |
| 79    | 6     | SIESS Jarosław          | M50  | Pabianice (POL)                    |              | 68    | 12     | 0:16:20(86)  | 0:24:01(1329) | 0:49:11 |
| 80    | 2     | HEŁAK Krzysztof         | M20  | Geo Run (POL)                      |              | 69    | 5      | 0:15:43(64)  | 0:23:30(1121) | 0:49:21 |
| 81    | 162   | GAWĘŁ Zbigniew          | M60  | POMERIDERS Słupsk (POL)            |              | 70    | 2      | 0:15:45(66)  | 0:23:30(1137) | 0:49:24 |
| 82    | 149   | KWIETNIEWSKI Daniel     | M40  | Koszalin (POL)                     |              | 71    | 29     | 0:15:52(72)  | 0:23:47(1249) | 0:49:26 |
| 83    | 142   | KRZEWIŃSKA Małgorzata   | K60  | Tkkf Koszalin (POL)                | 12           |       | 1      | 0:16:52(97)  | 0:24:39(1457) | 0:49:33 |
| 84    | 104   | TOMCZYK Mateusz         | M20  | Sławno (POL)                       | S (20)       | 72    | 6      | 0:16:54(99)  | 0:24:42(1473) | 0:49:38 |
| 85    | 76    | NIECKARZ Krzysztof      | M40  | Nieckarz Monika Krzysztof (POL)    | S (21)       | 73    | 30     | 0:15:58(73)  | 0:23:45(1217) | 0:49:40 |
| 86    | 178   | KISIELIŃSKI Igor        | M50  | TKKF KOSZALIN (POL)                |              | 74    | 13     | 0:16:44(94)  | 0:24:38(1441) | 0:49:41 |
| 87    | 14    | WILKOWSKI Krzysztof     | M40  | FOR-REST-RUN Koszalin (POL)        |              | 75    | 31     | 0:16:54(100) | 0:24:53(1537) | 0:50:03 |
| 88    | 74    | NIECKARZ Monika         | K30  | Nieckarz Monika Krzysztof (POL)    | S (22)       | 13    | 3      | 0:16:22(88)  | 0:24:50(1505) | 0:50:15 |
| 89    | 194   | SMÓŁKA Rafał            | M40  | Libiąż (POL)                       |              | 76    | 32     | 0:16:57(101) | 0:25:02(1601) | 0:50:15 |
| 90    | 28    | PROTASEWICZ Andrzej     | M40  | KB SPOKO Sławno (POL)              | S (23)       | 77    | 33     | 0:17:06(106) | 0:25:05(1617) | 0:50:16 |
| 91    | 128   | WÓJCIK Damian           | M50  | Runnerswalde Darłowo (POL)         | S (24)       | 78    | 14     | 0:17:04(105) | 0:25:01(1585) | 0:50:19 |
| 92    | 111   | JABŁOŃSKI Andrzej       | M40  | Czarne (POL)                       |              | 79    | 34     | 0:15:21(57)  | 0:23:14(1009) | 0:50:20 |
| 93    | 4     | WIELGAT Łukasz          | M30  | KB Bryza Postomino (POL)           | S (25)       | 80    | 22     | 0:16:10(81)  | 0:24:14(1377) | 0:50:24 |
| 94    | 165   | MAJŁOWSKI Aleksander    | M70+ | Gorzów Wlkp (POL)                  |              | 81    | 1      | 0:16:49(95)  | 0:24:44(1489) | 0:50:40 |
| 95    | 110   | KOWALCZYK Piotr         | M30  | FOR-REST-RUN Koszalin (POL)        |              | 82    | 23     | 0:16:54(98)  | 0:24:55(1569) | 0:50:50 |
| 96    | 136   | ZIOBRO Tomasz           | M40  | Krosno Miasto Szkoła(KGB) (POL)    |              | 83    | 35     | 0:16:58(102) | 0:25:14(1665) | 0:50:55 |
| 97    | 139   | ORLOWSKI Maciej         | M30  | Darłowskie Charty (POL)            | W (7),S (26) | 84    | 24     | 0:17:02(104) | 0:25:10(1649) | 0:51:08 |
| 98    | 113   | KAŚNICKA Tamara         | K40  | Nieckowo (POL)                     | 14           |       | 5      | 0:17:32(114) | 0:25:42(1729) | 0:51:12 |
| 99    | 75    | STRZELECKI Zbigniew     | M60  | KORZYBSKIE REKINY (POL)            |              | 85    | 3      | 0:17:33(115) | 0:25:45(1745) | 0:51:14 |
| 100   | 121   | ŚWIETLIK Tomasz         | M60  | Leo Team (POL)                     |              | 86    | 4      | 0:16:27(91)  | 0:24:32(1409) | 0:51:20 |
| 101   | 163   | SAWIŃSKI Jacek          | M40  | Koszalin (POL)                     |              | 87    | 36     | 0:17:52(120) | 0:26:00(1857) | 0:51:52 |
| 102   | 32    | IDZIAK Paweł            | M30  | Husaria Szczecinek (POL)           |              | 88    | 25     | 0:16:35(93)  | 0:24:38(1425) | 0:52:03 |
| 103   | 81    | SZCZEPANIAK Jacek       | M50  | KORZYBSKIE REKINY (POL)            |              | 89    | 15     | 0:16:34(92)  | 0:25:10(1633) | 0:52:05 |
| 104   | 109   | LEWIŃSKI Krzysztof      | M50  | Biegiem Przez Polskę (POL)         |              | 90    | 16     | 0:17:39(117) | 0:25:52(1825) | 0:52:18 |
| 105   | 197   | SOMINKA Andrzej         | M50  | Ssb (POL)                          | S (27)       | 91    | 17     | 0:16:25(90)  | 0:24:25(1393) | 0:52:30 |
| 106   | 47    | KULCZYK Katarzyna       | K30  | Bryza Postomino (POL)              | S (28)       | 15    | 4      | 0:17:21(111) | 0:25:33(1681) | 0:52:39 |
| 107   | 191   | ORDAK Sławomir          | M40  | Ordak Iwona Sławomir (POL)         | W (8),S (29) | 92    | 37     | 0:16:51(96)  | 0:24:55(1553) | 0:52:46 |
| 108   | 21    | ROGOŻA Ireneusz         | M40  | Koszalin (POL)                     |              | 93    | 38     | 0:17:30(113) | 0:25:53(1841) | 0:52:52 |
| 109   | 190   | CZERNIAK Henryk         | M70+ | Czerniak Elżbieta Henryk (POL)     |              | 94    | 2      | 0:17:26(112) | 0:25:49(1777) | 0:52:58 |
| 110   | 169   | KOWALSKI Tomek          | M40  | KS Stocznia Darłowo (POL)          | S (30)       | 95    | 39     | 0:17:17(108) | 0:25:39(1713) | 0:53:03 |
| 111   | 160   | NOWACZYK Christian      | M20  | Bobolin (POL)                      | W (9),S (31) | 96    | 7      | 0:17:56(123) | 0:26:23(1905) | 0:53:20 |
| 112   | 31    | WARCHOŁ Dariusz         | M30  | KGHM ZG RUN (POL)                  |              | 97    | 26     | 0:17:18(109) | 0:25:45(1761) | 0:53:38 |

| Miej. | Numer | Nazwisko i imię             | Kat. | Klub-Miasto-Kraj                   | K/M           | M/Kat | 3.4 km       | 5 km          | Wynik         |         |
|-------|-------|-----------------------------|------|------------------------------------|---------------|-------|--------------|---------------|---------------|---------|
| 113   | 66    | GAJEK Artur                 | M40  | KORZYBSKIE REKINY (POL)            | 98            | 40    | 0:17:52(119) | 0:26:20(1889) | 0:54:06       |         |
| 114   | 154   | PAWLUS Grzegorz             | M20  | 4Fun Run Team (POL)                | 99            | 8     | 0:17:18(110) | 0:25:49(1793) | 0:54:11       |         |
| 115   | 23    | PERLIK Katarzyna            | K20  | Miastko (POL)                      | 16            | 5     | 0:16:15(83)  | 0:24:53(1521) | 0:54:11       |         |
| 116   | 100   | KĘDZIORA Marek              | M60  | Danceland Wrocław (POL)            | 100           | 5     | 0:17:08(107) | 0:25:50(1809) | 0:54:16       |         |
| 117   | 193   | KORBUT Anna                 | K40  | Libiąż (POL)                       | 17            | 6     | 0:17:36(116) | 0:26:20(1873) | 0:54:21       |         |
| 118   | 40    | PUTNO Małgorzata            | K40  | KB SPOKO Sławno (POL)              | S (32)        | 7     | 0:18:06(126) | 0:26:41(1937) | 0:54:33       |         |
| 119   | 96    | GABRYELEWICZ Kasiula        | K30  | Zaniemyśl (POL)                    | 19            | 5     | 0:18:01(124) | 0:26:50(1969) | 0:54:51       |         |
| 120   | 173   | MAJŁOWSKA Irena             | K60  | Ks.team.baryła Gorzów Wlkp. (PO    | 20            | 2     | 0:18:08(128) | 0:26:51(1985) | 0:55:17       |         |
| 121   | 95    | JAWORSKI Grzegorz           | M40  | ... (POL)                          | 101           | 41    | 0:18:14(131) | 0:26:54(2033) | 0:55:20       |         |
| 122   | 143   | JAMROZ Jacek                | M40  | Olimpiady Specjalne Polska - Święt | 102           | 42    | 0:17:53(121) | 0:26:31(1921) | 0:55:33       |         |
| 123   | 10    | STOPA Marcin                | M30  | KB Bryza Postomino (POL)           | S (33)        | 27    | 0:17:00(103) | 0:25:38(1697) | 0:55:50       |         |
| 124   | 115   | ZARZYCKI Dariusz            | M40  | Zarzyccy Izabela Dariusz (POL)     | 104           | 43    | 0:18:42(142) | 0:27:51(2257) | 0:55:50       |         |
| 125   | 52    | KASPRZYK Bogdan             | M40  | KM PSP Koszalin/ jrg-2 (POL)       | 105           | 44    | 0:18:14(132) | 0:27:03(2049) | 0:55:59       |         |
| 126   | 144   | PUŚCIAN Krzysztof           | M40  | SP Manowo (POL)                    | 106           | 45    | 0:18:34(137) | 0:27:07(2065) | 0:56:03       |         |
| 127   | 187   | NOWAK Marek                 | M30  | Darłowsie Charty (POL)             | S (34)        | 107   | 28           | 0:19:05(149)  | 0:28:22(2481) | 0:56:03 |
| 128   | 133   | MAJEWSKA Dorota             | K50  | Redlino (POL)                      | 21            | 2     | 0:18:25(135) | 0:27:23(2097) | 0:56:15       |         |
| 129   | 146   | LUPKE Marcin                | M30  | Darłowskie Charty (POL)            | N (10),S (35) | 108   | 29           | 0:19:06(152)  | 0:28:20(2433) | 0:56:20 |
| 130   | 168   | CZERNIAK Elżbieta           | K60  | Czerniak Elżbieta Henryk (POL)     | 22            | 3     | 0:18:42(143) | 0:27:35(2129) | 0:56:21       |         |
| 131   | 138   | PONICKI Tomasz              | M40  | Team Ujście (POL)                  | 109           | 46    | 0:18:51(147) | 0:27:45(2193) | 0:56:30       |         |
| 132   | 55    | PRYZWAN Karolina            | K30  | Rusko (POL)                        | N (11),S (36) | 23    | 6            | 0:18:47(146)  | 0:27:48(2225) | 0:56:51 |
| 133   | 135   | ANTOSIEWICZ Konrad          | M50  | Łódź (POL)                         | 110           | 18    | 0:18:21(134) | 0:27:18(2081) | 0:56:52       |         |
| 134   | 71    | WĄTŁA Anna                  | K40  | Wątlci Anna Wojciech (POL)         | 24            | 8     | 0:19:35(165) | 0:28:30(2497) | 0:56:52       |         |
| 135   | 105   | BERESKA Artur               | M30  | JA SAM (POL)                       | 111           | 30    | 0:18:06(125) | 0:26:52(2001) | 0:56:59       |         |
| 136   | 60    | KACZMAREK Artur             | M50  | Koszalin (POL)                     | 112           | 19    | 0:19:11(154) | 0:28:12(2385) | 0:57:06       |         |
| 137   | 147   | MAZUR Krzysztof             | M20  | Częstochowa (POL)                  | 113           | 9     | 0:18:18(133) | 0:27:45(2177) | 0:57:13       |         |
| 138   | 11    | KOZŁOWSKI Waldemar          | M60  | (POL)                              | 114           | 6     | 0:18:06(127) | 0:26:49(1953) | 0:57:32       |         |
| 139   | 84    | SZYSZKOWSKI Tomasz          | M30  | FOR-REST-RUN Koszalin (POL)        | 115           | 31    | 0:19:17(159) | 0:28:17(2401) | 0:57:34       |         |
| 140   | 131   | SZYSZKOWSKA Kasia           | K30  | Koszalin (POL)                     | 25            | 7     | 0:19:17(158) | 0:28:18(2417) | 0:57:35       |         |
| 141   | 72    | KUCZYŃSKI Rafał             | M40  | 26 2 (POL)                         | 116           | 47    | 0:19:04(148) | 0:28:00(2305) | 0:57:49       |         |
| 142   | 82    | WOJNIUSZ Kamila             | K20  | Darłowo (POL)                      | S (37)        | 26    | 6            | 0:19:28(162)  | 0:28:45(2577) | 0:57:57 |
| 143   | 15    | GOLDWASSER Zbigniew         | M50  | Kb Sobótka (POL)                   | 117           | 20    | 0:18:45(144) | 0:28:01(2321) | 0:58:00       |         |
| 144   | 198   | MORDACZ Tomasz              | M30  | Porzecze Biega (POL)               | N (12),S (38) | 118   | 32           | 0:19:17(157)  | 0:28:21(2465) | 0:58:12 |
| 145   | 186   | NIŻAŃSKI Wojciech           | M50  | osoba prywatna (POL)               | 119           | 21    | 0:19:14(156) | 0:28:38(2545) | 0:58:23       |         |
| 146   | 1     | SZKATULSKI Tomasz           | M30  | Darłowskie Charty (POL)            | S (39)        | 120   | 33           | 0:19:06(151)  | 0:28:21(2449) | 0:58:36 |
| 147   | 93    | BAKALARZ Katarzyna          | K30  | Darłowo (POL)                      | S (40)        | 27    | 8            | 0:18:12(130)  | 0:27:39(2161) | 0:58:37 |
| 148   | 91    | BAKALARZ Adam               | M30  | REHA OMT (POL)                     | S (41)        | 121   | 34           | 0:18:11(129)  | 0:27:38(2145) | 0:58:38 |
| 149   | 92    | KURZAWINSKA-JABŁOŃSKA Kasia | K40  | Czarne Biega (POL)                 | 28            | 9     | 0:18:39(139) | 0:28:11(2369) | 0:58:57       |         |
| 150   | 156   | STRASZAK Łukasz             | M30  | Lecymy Durś (POL)                  | 122           | 35    | 0:18:45(145) | 0:27:49(2241) | 0:58:58       |         |
| 151   | 101   | ROMANOWSKI Rafał            | M30  | Łączany (POL)                      | 123           | 36    | 0:19:21(161) | 0:28:43(2561) | 0:59:07       |         |
| 152   | 177   | PRZYBYŁ Rafał               | M40  | Radzionków (POL)                   | 124           | 48    | 0:18:35(138) | 0:27:48(2209) | 0:59:09       |         |
| 153   | 17    | ŁOŚ Michał                  | M40  | Razem Trenujemy Sport (POL)        | 125           | 49    | 0:18:39(140) | 0:27:54(2273) | 0:59:35       |         |
| 154   | 129   | JASIEŃECKI Piotr            | M50  | KP ZEFIR WYSZEWO (POL)             | 126           | 22    | 0:20:00(172) | 0:29:17(2641) | 0:59:44       |         |
| 155   | 29    | RUTKOWSKI Artur             | M30  | RUNking (POL)                      | 127           | 37    | 0:17:46(118) | 0:26:54(2017) | 0:59:45       |         |
| 156   | 184   | GONTARZ Wojciech            | M30  | Darłowskie Charty (POL)            | S (42)        | 128   | 38           | 0:19:09(153)  | 0:28:32(2513) | 0:59:56 |
| 157   | 46    | MARCZYK Kamil               | M30  | Press glass biegamy i wspieramy (  | 129           | 39    | 0:19:11(155) | 0:28:33(2529) | 0:59:59       |         |
| 158   | 68    | TELESIEWICZ Henryk          | M70+ | KB SPOKO Sławno (POL)              | S (43)        | 130   | 3            | 0:18:39(141)  | 0:27:27(2113) | 1:00:04 |
| 159   | 157   | JERMAKOWICZ Ania            | K30  | power training (POL)               | 29            | 9     | 0:19:21(160) | 0:29:03(2593) | 1:00:06       |         |
| 160   | 97    | GONTEK Łukasz               | M30  | BATORY (POL)                       | 131           | 40    | 0:17:54(122) | 0:27:59(2289) | 1:00:09       |         |
| 161   | 89    | SAWICKI Stanisław           | M50  | BBL (POL)                          | 132           | 23    | 0:19:05(150) | 0:28:07(2353) | 1:00:14       |         |
| 162   | 108   | CHOJNACKA Małgorzata        | K30  | Chojnaccy Małgorzata Maciej (POL   | 30            | 10    | 0:19:47(168) | 0:29:10(2609) | 1:00:45       |         |
| 163   | 20    | KRAWCZUK Dariusz            | M30  | Gleżnowo (POL)                     | N (13),S (44) | 133   | 41           | 0:19:52(169)  | 0:29:10(2625) | 1:01:11 |
| 164   | 106   | KRUSZYŃSKI Stanisław        | M60  | Darłowskie Charty (POL)            | 134           | 7     | 0:20:04(173) | 0:29:37(2689) | 1:01:14       |         |
| 165   | 176   | KUBALA Marek                | M50  | Katowice (POL)                     | 135           | 24    | 0:19:28(163) | 0:29:20(2657) | 1:01:37       |         |
| 166   | 43    | MARCINKIEWICZ Mariusz       | M40  | Sportera (POL)                     | 136           | 50    | 0:16:23(89)  | 0:24:06(1361) | 1:01:43       |         |
| 167   | 86    | GÓRSKI Michał               | M30  | Kontra Darłowo (POL)               | N (14),S (45) | 137   | 42           | 0:18:31(136)  | 0:28:01(2337) | 1:03:04 |
| 168   | 9     | MATUSIAK Mirosław           | M30  | ArdentCode (POL)                   | 138           | 43    | 0:20:23(175) | 0:30:10(2737) | 1:03:24       |         |
| 169   | 114   | ZARZYCKA Izabela            | K40  | Zarzyccy Izabela Dariusz (POL)     | 31            | 10    | 0:19:45(167) | 0:29:41(2705) | 1:03:29       |         |
| 170   | 42    | BEDNARZ Katarzyna           | K40  | Kołobrzeg (POL)                    | 32            | 11    | 0:20:35(177) | 0:30:23(2801) | 1:03:39       |         |
| 171   | 174   | BUKOWSKI Przemysław         | M40  | Stocznia Darłowo (POL)             | S (46)        | 139   | 51           | 0:19:40(166)  | 0:29:53(2721) | 1:03:50 |
| 172   | 33    | KAZIMIEROWICZ Radosław      | M40  | VTT KOSZALIN (POL)                 | 140           | 52    | 0:19:31(164) | 0:29:29(2673) | 1:04:42       |         |
| 173   | 54    | WIERNICKI Łukasz            | M30  | Darłowo (POL)                      | S (47)        | 141   | 44           | 0:19:57(170)  | 0:30:18(2769) | 1:04:52 |

| Miej. | Numer | Nazwisko i imię             | Kat. | Klub-Miasto-Kraj                |               | K/M | M/Kat | 3.4 km       | 5 km          | Wynik   |
|-------|-------|-----------------------------|------|---------------------------------|---------------|-----|-------|--------------|---------------|---------|
| 174   | 37    | WIERNICKA Natalia           | K30  | Darłowo (POL)                   | S (48)        | 33  | 11    | 0:19:57(171) | 0:30:18(2785) | 1:04:53 |
| 175   | 117   | MEGGER Agata                | K40  | Żyj z energią (POL)             |               | 34  | 12    | 0:21:06(180) | 0:31:24(2865) | 1:04:55 |
| 176   | 69    | GŁOWACKI Włodzimierz        | M70+ | Koszalin (POL)                  |               | 142 | 4     | 0:20:08(174) | 0:30:17(2753) | 1:05:03 |
| 177   | 30    | MARCZAK Małgorzata          | K60  | Żelkowo (POL)                   |               | 35  | 4     | 0:20:24(176) | 0:30:43(2817) | 1:05:33 |
| 178   | 192   | ORDAK Iwona                 | K40  | Ordak Iwona Sławomir (POL)      | N (15),S (49) | 36  | 13    | 0:20:49(178) | 0:31:03(2833) | 1:05:38 |
| 179   | 98    | MAKOWSKA Magdalena          | K40  | Makowscy Magdalena Tomasz (PO   |               | 37  | 14    |              | 0:57:19(3105) | 1:06:11 |
| 180   | 64    | KACZMAREK Agata             | K40  | Koszalin (POL)                  |               | 38  | 15    | 0:21:22(184) | 0:31:51(2897) | 1:07:03 |
| 181   | 119   | MOTOWIDŁO-ZAWADZKA Izabella | K40  | Decathlon Power Słupsk (POL)    |               | 39  | 16    | 0:21:07(181) | 0:31:50(2881) | 1:07:05 |
| 182   | 102   | MARSCHAŁKOWSKA Dorota       | K50  | Koszalin (POL)                  |               | 40  | 3     | 0:20:54(179) | 0:31:18(2849) | 1:07:08 |
| 183   | 39    | JASZENIECKA Beata           | K50  | Koszalin (POL)                  |               | 41  | 4     | 0:21:22(183) | 0:31:51(2913) | 1:07:09 |
| 184   | 123   | ROGOZIŃSKI Henryk           | M40  | Bukowski Klub Biegacza (POL)    |               | 143 | 53    | 0:23:09(191) | 0:33:49(3041) | 1:08:15 |
| 185   | 45    | CEBO Marta                  | K30  | Sławkowskie Włóczy-Kije SAMO SI |               | 42  | 12    | 0:22:02(188) | 0:32:51(2993) | 1:09:08 |
| 186   | 164   | HELLER Zdzisław             | M60  | herbmaratonow.pl (POL)          |               | 144 | 8     | 0:21:56(186) | 0:32:37(2929) | 1:09:33 |
| 187   | 175   | GAWIECKI Piotr              | M40  | Rozbiegany Koszalin (POL)       |               | 145 | 54    | 0:21:56(187) | 0:32:45(2961) | 1:11:02 |
| 188   | 180   | GAWIECKA Mariola            | K40  | Rozbiegany Koszalin (POL)       |               | 43  | 17    | 0:21:55(185) | 0:32:44(2945) | 1:11:02 |
| 189   | 77    | GLISZCZYŃSKI Łukasz         | M20  | Świat Płytek U Kruspina (POL)   |               | 146 | 10    | 0:21:19(182) | 0:32:50(2977) | 1:12:31 |
| 190   | 79    | WĄTŁA Gabriela              | K10  | Team Zalesice (POL)             |               | 44  | 1     | 0:24:12(194) | 0:35:24(3073) | 1:12:39 |
| 191   | 27    | SUŁEK Dorota                | K30  | KB Bryza Postomino (POL)        | S (50)        | 45  | 13    | 0:22:04(189) | 0:33:04(3009) | 1:12:55 |
| 192   | 87    | OLCZYKOWSKI Bartosz         | M40  | Dabki K Koszalina (POL)         | N (16),S (51) | 147 | 55    | 0:22:05(190) | 0:33:23(3025) | 1:13:30 |
| 193   | 41    | KOZŁOWIECKI Małgorzata      | K60  | (POL)                           |               | 46  | 5     | 0:24:03(192) | 0:35:20(3057) | 1:15:21 |
| 194   | 80    | BUDZYŃSKA Elżbieta          | K50  | Słupsk (POL)                    |               | 47  | 5     | 0:24:11(193) | 0:37:47(3089) | 1:16:33 |

Zawodnicy nie sklasyfikowani

|     |                    |      |      |                         |     |
|-----|--------------------|------|------|-------------------------|-----|
| 16  | OBARA Żaneta       | 1976 | K40  | UKS SZYBKIE ŁOPES NEKLA |     |
| 107 | BRUGIER Anna       | 1977 | K40  | Kowalewice              |     |
| 112 | DAMPS Julita       | 1981 | K30  | Night Runners Słupsk    |     |
| 116 | DURMAN Dawid       | 1996 | M20  | Darłowo                 |     |
| 126 | CERK Łukasz        | 1990 | M30  | MKP Szczecinek          | DNF |
| 189 | WYGANOWSKI Andrzej | 1945 | M70+ | Wygan                   |     |

## 7. Nadmorski Bieg Uzdrowskiowy

DĄBKI, 26 lipca 2020

### Klasyfikacja drużynowa

| Miejsce        | Klub-Miasto                            |                                 |                 | Suma               |
|----------------|----------------------------------------|---------------------------------|-----------------|--------------------|
| <b>1</b>       | <b>UKS Ekonomik Maratończyk Lębork</b> |                                 |                 | <b>01:51:11</b>    |
| <b>3</b>       | 125                                    | POBŁOCKI Piotr                  | M50             | 0:34:47            |
| <b>4</b>       | 145                                    | KARCZ Artur                     | M40             | 0:35:55            |
| <b>20</b>      | 122                                    | POBŁOCKA-GŁOGOWSKA Katarz       | K20             | 0:40:29            |
| <del>58</del>  | <del>124</del>                         | <del>POBŁOCKA Bożena</del>      | <del>K50</del>  | <del>0:46:49</del> |
| <b>2</b>       | <b>Zabiegani</b>                       |                                 |                 | <b>01:55:42</b>    |
| <b>5</b>       | 94                                     | KĘPKA Adrian                    | M20             | 0:36:36            |
| <b>11</b>      | 7                                      | RUDNIKOWSKI Maciej              | M40             | 0:38:40            |
| <b>19</b>      | 181                                    | CZAPLIŃSKI Jacek                | M30             | 0:40:26            |
| <b>3</b>       | <b>EKIPA PIKA</b>                      |                                 |                 | <b>02:02:31</b>    |
| <b>7</b>       | 137                                    | HUBERT Łukasz                   | M30             | 0:37:43            |
| <b>21</b>      | 103                                    | PICK Tomasz                     | M50             | 0:40:33            |
| <b>42</b>      | 151                                    | KORMAN Kamil                    | M20             | 0:44:15            |
| <del>68</del>  | <del>34</del>                          | <del>MARCINKOWSKI Jacek</del>   | <del>M40</del>  | <del>0:47:57</del> |
| <b>4</b>       | <b>KB SPOKO Sławno</b>                 |                                 |                 | <b>02:07:10</b>    |
| <b>22</b>      | 38                                     | WILCZEWSKI Krzysztof            | M30             | 0:40:48            |
| <b>26</b>      | 18                                     | JABŁOŃSKI Tomasz                | M40             | 0:41:55            |
| <b>46</b>      | 44                                     | ŁAGUTKO Kamila                  | K40             | 0:44:27            |
| <del>64</del>  | <del>53</del>                          | <del>MOTYKOWSKA Ksenia</del>    | <del>K30</del>  | <del>0:47:42</del> |
| <del>73</del>  | <del>25</del>                          | <del>GOSTOMCZYK Krzysztof</del> | <del>M40</del>  | <del>0:48:37</del> |
| <del>85</del>  | <del>76</del>                          | <del>NIECKARZ Krzysztof</del>   | <del>M40</del>  | <del>0:49:40</del> |
| <del>88</del>  | <del>74</del>                          | <del>NIECKARZ Monika</del>      | <del>K30</del>  | <del>0:50:15</del> |
| <del>90</del>  | <del>28</del>                          | <del>PROTASEWICZ Andrzej</del>  | <del>M40</del>  | <del>0:50:16</del> |
| <del>118</del> | <del>40</del>                          | <del>PUTNO Małgorzata</del>     | <del>K40</del>  | <del>0:54:33</del> |
| <del>158</del> | <del>68</del>                          | <del>TELESIEWICZ Henryk</del>   | <del>M70+</del> | <del>1:00:04</del> |
| <b>5</b>       | <b>Team Zalesice I</b>                 |                                 |                 | <b>02:21:05</b>    |
| <b>47</b>      | 99                                     | MAKOWSKI Tomasz                 | M40             | 0:44:31            |
| <b>62</b>      | 90                                     | CHOJNACKI Maciej                | M40             | 0:47:23            |
| <b>78</b>      | 67                                     | WĄTŁY Wojciech                  | M40             | 0:49:11            |
| <b>6</b>       | <b>Team Zalesice II</b>                |                                 |                 | <b>03:03:48</b>    |
| <b>134</b>     | 71                                     | WĄTŁA Anna                      | K40             | 0:56:52            |
| <b>162</b>     | 108                                    | CHOJNACKA Małgorzata            | K30             | 1:00:45            |
| <b>179</b>     | 98                                     | MAKOWSKA Magdalena              | K40             | 1:06:11            |

| Miejsce | Klub-Miasto |  |  | Suma |
|---------|-------------|--|--|------|
|---------|-------------|--|--|------|

## 7. Nadmorski Bieg Uzdrowiskowy

DĄBKI, 26 lipca 2020

### Klasyfikacja drużynowa

| Miejsce    | Klub-Miasto                        |                      |      | Suma            |
|------------|------------------------------------|----------------------|------|-----------------|
| <b>1</b>   | <b>Pobłoccy Bożena Piotr</b>       |                      |      | <b>01:21:36</b> |
| <b>3</b>   | 125                                | POBŁOCKI Piotr       | M50  | 0:34:47         |
| <b>58</b>  | 124                                | POBŁOCKA Bożena      | K50  | 0:46:49         |
| <b>2</b>   | <b>Witkiewicz Magdalena Eryk</b>   |                      |      | <b>01:25:12</b> |
| <b>17</b>  | 61                                 | WITKIEWICZ Eryk      | M40  | 0:39:57         |
| <b>50</b>  | 73                                 | WITKIEWICZ Magda     | K40  | 0:45:15         |
| <b>3</b>   | <b>Nieckarz Monika Krzysztof</b>   |                      |      | <b>01:39:55</b> |
| <b>85</b>  | 76                                 | NIECKARZ Krzysztof   | M40  | 0:49:40         |
| <b>88</b>  | 74                                 | NIECKARZ Monika      | K30  | 0:50:15         |
| <b>4</b>   | <b>Wątl Anna Wojciech</b>          |                      |      | <b>01:46:03</b> |
| <b>78</b>  | 67                                 | WĄTŁY Wojciech       | M40  | 0:49:11         |
| <b>134</b> | 71                                 | WĄTŁA Anna           | K40  | 0:56:52         |
| <b>5</b>   | <b>Chojnaccy Małgorzata Maciej</b> |                      |      | <b>01:48:08</b> |
| <b>62</b>  | 90                                 | CHOJNACKI Maciej     | M40  | 0:47:23         |
| <b>162</b> | 108                                | CHOJNACKA Małgorzata | K30  | 1:00:45         |
| <b>6</b>   | <b>Czerniak Elżbieta Henryk</b>    |                      |      | <b>01:49:19</b> |
| <b>109</b> | 190                                | CZERNIAK Henryk      | M70+ | 0:52:58         |
| <b>130</b> | 168                                | CZERNIAK Elżbieta    | K60  | 0:56:21         |
| <b>7</b>   | <b>Makowscy Magdalena Tomasz</b>   |                      |      | <b>01:50:42</b> |
| <b>47</b>  | 99                                 | MAKOWSKI Tomasz      | M40  | 0:44:31         |
| <b>179</b> | 98                                 | MAKOWSKA Magdalena   | K40  | 1:06:11         |
| <b>8</b>   | <b>Ordak Iwona Sławomir</b>        |                      |      | <b>01:58:24</b> |
| <b>107</b> | 191                                | ORDAK Sławomir       | M40  | 0:52:46         |
| <b>178</b> | 192                                | ORDAK Iwona          | K40  | 1:05:38         |
| <b>9</b>   | <b>Zarzyccy Izabela Dariusz</b>    |                      |      | <b>01:59:19</b> |
| <b>124</b> | 115                                | ZARZYCKI Dariusz     | M40  | 0:55:50         |
| <b>169</b> | 114                                | ZARZYCKA Izabela     | K40  | 1:03:29         |

| Miejsce | Klub-Miasto |  |  | Suma |
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