

# WYNIKI Bieg z okazji 34. Dni Ziemi Sianowskiej 10 km

MIEJSCE OPEN	NR. Id	START.	IMIĘ	NAZWISKO	M/K	MIASTO	KLUB	Kat.wiek.	M.K.W.	START				10000m NETTO	Ostatnie 600m
										START	NETTO	600m	9400m		
1	164		Dawid	Garski	M			M20	1	00:00:08	00:02:03	00:33:44	00:35:30	<b>00:35:22</b>	00:01:38
2	125		Krzysztof	Rudnik	M	Słupsk		M40	1	00:00:08	00:02:04	00:34:12	00:36:17	<b>00:36:09</b>	00:01:57
3	137		Dariusz Mateusz	Kunecki	M	Włocławek	WKB Maratończyk Włocławek	M30	1	00:00:08	00:02:02	00:35:09	00:37:20	<b>00:37:12</b>	00:02:03
4	139		Wojtkiewicz	Wojtkiewicz	M	Białogard	KB 10" Białogard"	M20	2	00:00:08	00:02:04	00:35:36	00:37:48	<b>00:37:40</b>	00:02:04
5	146		ŁUKASZ	WOJTALIK	M	Połczyn Zdrój	k b zdroj	M30	1	00:00:09	00:02:03	00:36:20	00:38:34	<b>00:38:24</b>	00:02:04
6	95		Kamil	Orzechowski	M	Koszalin/Radom	TKKF KOSZALIN	M30	2	00:00:08	00:02:08	00:36:21	00:38:35	<b>00:38:26</b>	00:02:05
7	143		Wojciech	Lech	M	Wrocław	Ital-Auto Szczecin	M20	3	00:00:09	00:02:07	00:37:33	00:39:36	<b>00:39:26</b>	00:01:53
8	86		Bartos	Retka	M	Nosówko		M30	3	00:00:09	00:02:17	00:37:32	00:39:37	<b>00:39:27</b>	00:01:55
9	35		Jerzy	Nejman	M	Koszalin		M30	4	00:00:09	00:02:09	00:37:37	00:39:59	<b>00:39:49</b>	00:02:12
10	135		Karol	Makarewicz	M	Biały Bór		M30	5	00:00:09	00:02:17	00:37:23	00:40:01	<b>00:39:51</b>	00:02:28
11	<b>75</b>		<b>Ula</b>	<b>Kasztelan</b>	<b>K</b>	<b>Koszalin</b>		<b>K30</b>	<b>1</b>	<b>00:00:08</b>	<b>00:02:11</b>	<b>00:37:54</b>	<b>00:40:24</b>	<b>00:40:15</b>	<b>00:02:21</b>
12	81		Michał	Waleński	M	Skibienko	sdrog-koszalin	M40	2	00:00:08	00:02:15	00:38:04	00:40:29	<b>00:40:21</b>	00:02:17
13	118		Jacek	Wojciechowicz	M	Koszalin	www.studiotancapasja.pl	M40	3	00:00:10	00:02:20	00:38:31	00:40:58	<b>00:40:47</b>	00:02:16
14	89		Paweł	Kozieł	M	Rąbino	Kęпка Na Trasie	M40	4	00:00:10	00:02:20	00:38:54	00:41:11	<b>00:41:00</b>	00:02:06
15	140		Eryk	Witkiewicz	M	Białogard		M40	5	00:00:09	00:02:16	00:39:18	00:41:45	<b>00:41:36</b>	00:02:18
16	90		Kamil	Korman	M	Koszalin	8PPLOT	M20	4	00:00:10	00:02:21	00:39:44	00:42:06	<b>00:41:55</b>	00:02:11
17	168		Andrzej	Czaja	M			M50	1	00:00:09	00:02:28	00:39:45	00:42:09	<b>00:41:59</b>	00:02:14
18	39		Wojciech	Smagowski	M	RĄBINO	OSP RĄBINO	M40	6	00:00:09	00:02:20	00:40:15	00:42:55	<b>00:42:46</b>	00:02:31
19	96		Adrian	Bartha	M	Kołobrzeg		M30	6	00:00:10	00:02:18	00:40:42	00:43:08	<b>00:42:57</b>	00:02:15
20	145		Robert	Bajgert	M	Kołobrzeg	VOLTAIX.PL	M50	2	00:00:10	00:02:35	00:40:54	00:43:27	<b>00:43:17</b>	00:02:23
21	94		TOMASZ	URBAŃSKI	M	BIAŁOGARD	Białogard Biega	M50	3	00:00:12	00:02:40	00:41:17	00:43:48	<b>00:43:35</b>	00:02:18
22	29		Piotr	Żurawik	M	Kępice		M50	4	00:00:12	00:02:40	00:41:36	00:44:07	<b>00:43:54</b>	00:02:18
23	61		Sławomir	Kroczyński	M	Kołobrzeg	Biegolas Koszalin	M60	1	00:00:09	00:02:37	00:41:33	00:44:10	<b>00:44:01</b>	00:02:28
24	25		Darek	Iwaniec	M	Sierakowo	Biegolas Koszalin	M40	7	00:00:10	00:02:30	00:41:52	00:44:25	<b>00:44:14</b>	00:02:22
25	152		michał	pietrzak	M	Włocławek	WKB Maratończyk Włocławek	M20	5	00:00:09	00:02:16	00:41:31	00:44:24	<b>00:44:15</b>	00:02:44
26	142		Andrzej	Guzy	M	Dąbrowa Gornicza	Niezrzeszony	M60	2	00:00:09	00:02:29	00:41:42	00:44:30	<b>00:44:21</b>	00:02:39
27	<b>128</b>		<b>Olga</b>	<b>Zatoń</b>	<b>K</b>			<b>K30</b>	<b>2</b>	<b>00:00:09</b>	<b>00:02:22</b>	<b>00:42:05</b>	<b>00:44:40</b>	<b>00:44:31</b>	<b>00:02:26</b>
28	<b>93</b>		<b>Weronika</b>	<b>Spolska</b>	<b>K</b>	<b>Świeszyno</b>	<b>Sobas Team</b>	<b>K20</b>	<b>1</b>	<b>00:00:10</b>	<b>00:02:37</b>	<b>00:42:23</b>	<b>00:44:56</b>	<b>00:44:46</b>	<b>00:02:23</b>
29	26		Mariusz	Malinowski	M	Koszalin		M40	8	00:00:13	00:02:36	00:42:33	00:45:09	<b>00:44:56</b>	00:02:23
30	130		Tomasz	Kukieła	M	Koszalin	Biegolas Koszalin/FC KiM K	M40	9	00:00:11	00:02:41	00:42:44	00:45:19	<b>00:45:07</b>	00:02:23
31	121		Władysław	Wieczorkowski	M	Poznań		M60	3	00:00:09	00:02:27	00:42:58	00:45:45	<b>00:45:36</b>	00:02:38
32	16		Mateusz	Maciejczyk	M	Polanow		M30	7	00:00:09	00:02:29	00:43:19	00:45:51	<b>00:45:42</b>	00:02:23
33	110		Zygmunt	Suchanowski	M	Lotyń	Respect	M50	5	00:00:10	00:02:25	00:43:15	00:46:01	<b>00:45:50</b>	00:02:35
34	150		Krzysztof	Płoski	M	Bobolin	Dom Rybaka Bobolin	M40	10	00:00:10	00:02:34	00:43:55	00:46:26	<b>00:46:15</b>	00:02:20
35	9		Łukasz	Serowski	M	Drzewiany	Biegolas	M30	8	00:00:10	00:02:40	00:43:57	00:46:27	<b>00:46:16</b>	00:02:19
36	83		Jacek	Nowak	M	Boleszewo		M50	6	00:00:12	00:02:38	00:43:49	00:46:41	<b>00:46:28</b>	00:02:39
37	14		Krzysztof	Krupiński	M	Koszalin	e-Urolog	M50	7	00:00:12	00:02:39	00:44:22	00:47:09	<b>00:46:56</b>	00:02:34
38	119		Józef	Paszkiewicz	M	Murowana Goślina	Stróże Poranka / DziadekBiegaUltra	M30	9	00:00:19	00:03:03	00:44:57	00:47:29	<b>00:47:09</b>	00:02:12
39	102		Krzysztof	Wasylewicz	M	Kamień Rymański	Monar	M30	10	00:00:10	00:02:35	00:44:51	00:47:30	<b>00:47:20</b>	00:02:29
40	34		Paweł	Kawiecki	M	Nidzica	OrkiestraWojskowaKoszalin	M20	6	00:00:01	00:02:14	00:44:33	00:47:29	<b>00:47:27</b>	00:02:54
41	148		Karol	Cesarz	M	Gdańsk		M30	11	00:00:13	00:03:03	00:45:26	00:48:09	<b>00:47:56</b>	00:02:30

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42	<b>80 Beata</b>	<b>Maziec</b>	<b>K</b>	<b>Koszalin</b>	<b>Biegolas /TKKF Koszalin</b>	<b>K30</b>	<b>3</b>	<b>00:00:11</b>	<b>00:02:45</b>	<b>00:45:36</b>	<b>00:48:10</b>	<b>00:47:58</b>	<b>00:02:22</b>
43	58 Artur	Brodecki	M	Koszalin	Biegolas	M30	12	00:00:16	00:02:54	00:45:31	00:48:15	00:47:58	00:02:27
44	<b>158 Anna</b>	<b>Rzepecka-Gontar</b>	<b>K</b>			<b>K40</b>	<b>1</b>	<b>00:00:13</b>	<b>00:02:52</b>	<b>00:45:42</b>	<b>00:48:33</b>	<b>00:48:19</b>	<b>00:02:37</b>
45	133 Bartosz	Leszcz	M	Koszalin		M20	7	00:00:14	00:02:55	00:45:42	00:48:40	00:48:25	00:02:43
46	84 PIOTR	ŁOPIŃSKI	M	DREZDENKO	FSD	M40	12	00:00:15	00:02:54	00:45:47	00:48:43	00:48:27	00:02:40
47	141 Piotr	Wiśniewski	M	Białogard Koszalin,		M40	11	00:00:12	00:02:49	00:44:38	00:48:41	00:48:29	00:03:51
48	108 Wiktor Piątek	Piątek	M	pow. Koszalin	JW 1223	M40	14	00:00:21	00:03:05	00:46:52	00:49:31	00:49:10	00:02:18
49	40 Marcin	Kruk	M	koszalin	TKKF Masters Koszalin	M40	13	00:00:13	00:02:41	00:46:18	00:49:27	00:49:13	00:02:55
50	92 Grzegorz	Czarnecki	M			M40	15	00:00:12	00:02:53	00:47:01	00:49:57	00:49:44	00:02:43
51	100 Piotr	Jasieniecki	M	Koszalin	KP ZEFIR WYSZEWO	M50	8	00:00:15	00:03:04	00:47:32	00:50:13	00:49:57	00:02:25
52	48 Łukasz	Borejko	M	Koszalin		M30	13	00:00:16	00:03:15	00:47:24	00:50:16	00:49:59	00:02:35
53	154 Rafał	Gontar	M	Warszawa		M50	9	00:00:14	00:02:59	00:48:10	00:51:09	00:50:54	00:02:44
54	78 Adrian	Mituniewicz	M	Koszalin	BIEGOLAS Koszalin	M30	14	00:00:11	00:02:52	00:48:19	00:51:22	00:51:11	00:02:52
55	131 Jacek	Marcinkowski	M	Świeszyno	SSK Orzeł Świeszyno	M50	10	00:00:10	00:02:46	00:48:25	00:51:23	00:51:12	00:02:47
56	159 Rafał	Dzikoń	M			M40	16	00:00:18	00:03:27	00:48:39	00:51:33	00:51:15	00:02:36
57	57 Tomasz	Sosnowski	M	Koszalin	TKKF Koszalin	M20	8	00:00:10	00:02:23	00:49:34	00:51:31	00:51:20	00:01:46
58	77 Paweł	Garncarek	M	Świeszyno		M40	17	00:00:20	00:03:32	00:48:42	00:51:43	00:51:23	00:02:41
59	<b>144 Beata</b>	<b>Krupińska</b>	<b>K</b>	<b>Koszalin</b>	<b>e-Urolog</b>	<b>K50</b>	<b>1</b>	<b>00:00:24</b>	<b>00:03:20</b>	<b>00:48:45</b>	<b>00:51:49</b>	<b>00:51:25</b>	<b>00:02:40</b>
60	134 Tomasz	Bogacki	M	Koszalin	TKKF Koszalin	M60	4	00:00:12	00:02:54	00:48:33	00:51:39	00:51:27	00:02:54
61	<b>87 Katolina</b>	<b>GRUNWALD</b>	<b>K</b>	<b>Bobolice</b>		<b>K30</b>	<b>4</b>	<b>00:00:11</b>	<b>00:02:49</b>	<b>00:48:35</b>	<b>00:51:40</b>	<b>00:51:28</b>	<b>00:02:53</b>
62	<b>69 Joanna</b>	<b>Kujawa</b>	<b>K</b>	<b>Oborniki</b>		<b>K30</b>	<b>5</b>	<b>00:00:14</b>	<b>00:03:07</b>	<b>00:48:55</b>	<b>00:51:46</b>	<b>00:51:31</b>	<b>00:02:36</b>
63	<b>105 Łucja</b>	<b>Leoniak</b>	<b>K</b>	<b>Szczecinek</b>		<b>K40</b>	<b>2</b>	<b>00:00:12</b>	<b>00:03:12</b>	<b>00:48:45</b>	<b>00:51:46</b>	<b>00:51:34</b>	<b>00:02:49</b>
64	117 Radosław	Gudaniec	M	Koszalin	Triathlon Koszalin	M50	12	00:00:16	00:03:07	00:48:58	00:51:57	00:51:40	00:02:42
65	99 Krzysztof	Kozłowicz	M	Koszalin		M50	11	00:00:00	00:03:14	00:48:47	00:51:42	00:51:42	00:02:55
66	3 Bogdan	Kasprzyk	M	Mścice		M40	18	00:00:15	00:03:05	00:49:08	00:52:06	00:51:51	00:02:43
67	104 Martin	Szczublewski	M	Kamień Rymański	Monar	M20	9	00:00:10	00:02:25	00:48:36	00:52:03	00:51:52	00:03:16
68	27 pawel	orłowski	M	sianow		M40	19	00:00:15	00:03:06	00:48:51	00:52:18	00:52:02	00:03:11
69	<b>63 Marta</b>	<b>Drulik-Holub</b>	<b>K</b>	<b>Koszalin</b>		<b>K40</b>	<b>3</b>	<b>00:00:15</b>	<b>00:03:09</b>	<b>00:49:22</b>	<b>00:52:36</b>	<b>00:52:21</b>	<b>00:02:59</b>
70	62 Marek	Andryskowski	M	Lębork	stowarzyszenie 42,2 Lębork	M50	13	00:00:15	00:03:08	00:49:45	00:52:38	00:52:22	00:02:37
71	107 Michał	Ciechański	M	Zajączkowo	Zdarte Podeszwy	M40	20	00:00:17	00:03:09	00:49:42	00:52:56	00:52:38	00:02:56
72	<b>149 Aleksandra</b>	<b>Giedrowicz</b>	<b>K</b>	<b>Koszalin</b>		<b>K30</b>	<b>6</b>	<b>00:00:19</b>	<b>00:03:05</b>	<b>00:50:01</b>	<b>00:53:02</b>	<b>00:52:42</b>	<b>00:02:41</b>
73	97 Marcin	Kotnowski	M	Koszalin		M40	21	00:00:13	00:03:03	00:50:04	00:53:25	00:53:12	00:03:08
74	17 Alan	Maciejczyk	M	Bytów		M20	10	00:00:12	00:02:46	00:50:04	00:53:35	00:53:22	00:03:18
75	156 Grzegorz	Pawłowski	M			M40	22	00:00:13	00:02:59	00:51:07	00:54:36	00:54:22	00:03:15
76	120 Jakub	Danielak	M			M20	11	00:00:12	00:03:02	00:51:49	00:54:43	00:54:30	00:02:41
77	74 Sebastian	Kosiedowski	M	Ustka	USB USTKA	M40	23	00:00:15	00:02:56	00:51:27	00:54:47	00:54:31	00:03:04
78	<b>44 Paulina</b>	<b>Pietrzyk</b>	<b>K</b>	<b>Sianów</b>	<b>Biegolas</b>	<b>K30</b>	<b>7</b>	<b>00:00:17</b>	<b>00:03:04</b>	<b>00:51:11</b>	<b>00:55:10</b>	<b>00:54:52</b>	<b>00:03:41</b>
79	109 Marcin	Ura	M	Koszalin	Iodołamacze	M40	24	00:00:13	00:03:03	00:51:43	00:55:16	00:55:02	00:03:19
80	51 Waldemar	Kozłowiecki	M	Koszalin	TKKF Koszalin	M70	1	00:00:05	00:02:51	00:51:52	00:55:27	00:55:21	00:03:29
81	20 Tomasz	Danielak	M	Stare Bielice		M20	12	00:00:13	00:03:01	00:51:40	00:55:40	00:55:26	00:03:46
82	32 Sebastian	Antkowiak	M	KOSZALIN	DB - Active	M40	25	00:00:13	00:02:52	00:52:17	00:55:51	00:55:37	00:03:20
83	64 Ryszard	Rutkowski	M	Sianów	Runking.info	M50	14	00:00:09	00:02:36	00:52:19	00:55:52	00:55:43	00:03:24
84	13 Maciej	Angrys	M			M30	15	00:00:19	00:03:33	00:52:41	00:56:06	00:55:47	00:03:06

# WYNIKI Bieg z okazji 34. Dni Ziemi Sianowskiej 10 km

85	4	Dawid	Chabowski	M	Koszalin		M40	26	00:00:15	00:03:18	00:52:33	00:56:37	00:56:21	00:03:48
86	38	Kamila	Wojnusz	K	Darłowo	Feifer Team	K30	8	00:00:12	00:02:46	00:53:16	00:56:40	00:56:27	00:03:11
87	43	Ewelina	Grabarek	K	Wierciszewo		K30	9	00:00:12	00:03:12	00:51:28	00:56:43	00:56:30	00:05:02
88	24	piotr marek	marek	M	Darłowo		M40	27	00:00:22	00:03:20	00:54:15	00:57:19	00:56:56	00:02:41
89	73	Żaneta	Jagła	K	Koszalin		K40	4	00:00:20	00:03:32	00:54:11	00:57:17	00:56:57	00:02:46
90	5	Urszula	Wysocka	K	Koszalin	Sportowe bielice	K30	10	00:00:17	00:03:17	00:54:10	00:57:20	00:57:02	00:02:52
91	123	Michał	Subalski	M	Koszalin	Lodołamacze	M40	28	00:00:13	00:03:03	00:53:45	00:57:20	00:57:06	00:03:21
92	113	ALEKSNADRA	A	K	ROSNOWO		K30	11	00:00:15	00:03:14	00:54:14	00:57:32	00:57:16	00:03:02
93	138	Anna	Lisztwan	K	Koszalin		K30	12	00:00:21	00:03:32	00:54:15	00:57:42	00:57:21	00:03:06
94	82	Dorota	Gudaniec	K	Kretomino	Triathlon Koszalin	K60	1	00:00:16	00:03:15	00:54:09	00:57:41	00:57:24	00:03:15
95	30	Jacek	Rogala	M	Sianów	Fundacja Zastopój	M50	15	00:00:20	00:03:35	00:54:23	00:57:54	00:57:33	00:03:10
96	170	Marcin	Osman	M			M30	16	00:00:22	00:03:54	00:55:07	00:58:10	00:57:48	00:02:41
97	147	Igor	Kisieliński	M	Koszalin	Biegolas	M50	16	00:00:11	00:02:53	00:53:59	00:58:01	00:57:49	00:03:50
98	79	Michał	Kęsik	M	Konikowo	Zdarte Podeszwy	M40	29	00:00:23	00:03:32	00:54:48	00:58:30	00:58:06	00:03:18
99	10	Arkadiusz	Szczypek	M	Sianów	Fundacja Zastopuj	M30	17	00:00:20	00:03:26	00:57:47	01:01:14	01:00:54	00:03:07
100	37	Iwona	Piskorz-Wilczak	K	Konikowo	KDN Klub olimpijczyka im.Ireny w Kaliszu Pomorskim	K40	5	00:00:19	00:03:32	00:57:37	01:01:15	01:00:56	00:03:19
101	132	Rafał	Pietrzyk	M	Kalisz Pomorski		M30	18	00:00:17	00:03:26	00:58:02	01:01:24	01:01:07	00:03:05
102	70	Dominika	Paduch	K	Gdańsk		K30	13	00:00:10	00:03:04	00:58:11	01:01:56	01:01:46	00:03:35
103	106	Paweł	Leszcz	M	Koszalin		M40	30	00:00:14	00:03:05	00:59:00	01:02:47	01:02:32	00:03:32
104	15	Grzegorz	chmara	M			M50	17	00:00:15	00:03:19	00:58:27	01:02:50	01:02:34	00:04:07
105	36	Iwona	Pelka	K	Koszalin		K50	2	00:00:16	00:03:20	00:59:49	01:03:11	01:02:54	00:03:05
106	153	Marek	Gutowski	M	Koszalin		M40	31	00:00:17	00:03:25	00:59:47	01:03:15	01:02:57	00:03:10
107	52	Weronika	Ulman	K	Koszalin		K20	2	00:00:11	00:03:11	01:00:15	01:03:31	01:03:20	00:03:05
108	65	Marta	Wróblewska	K	Koszalin		K40	6	00:00:19	00:03:41	01:00:01	01:03:56	01:03:37	00:03:36
109	71	Monika	Brodecka	K	Koszalin		K30	14	00:00:16	00:03:43	01:01:33	01:05:21	01:05:04	00:03:31
110	165	Katarzyna	Bednarz	K			K40	7	00:00:19	00:03:41	01:02:26	01:06:41	01:06:22	00:03:56
111	126	Maciej	Zieliński	M	Wierciszewo		M20	13	00:00:13	00:02:40	01:04:15	01:07:21	01:07:08	00:02:53
112	22	Anna	ZAWISKA	K	Koszalin		K30	15	00:00:21	00:03:36	01:03:29	01:07:47	01:07:25	00:03:56
113	23	Bartłomiej	Zawiska	M	Koszalin		M30	19	00:00:15	00:03:00	00:50:37	01:07:49	01:07:33	00:16:56
114	155	Beata	Wachholz	K	Sławno	KB Bryza Postomino	K50	3	00:00:17	00:03:32	01:04:17	01:08:03	01:07:45	00:03:28
115	127	Patrycja	Wolf	K	Sianów		K20	3	00:00:12	00:03:04	01:04:10	01:07:59	01:07:47	00:03:37
116	46	Maciej	Maciejewski	M	Koszalin		M30	20	00:00:14	00:02:59	01:03:57	01:08:17	01:08:02	00:04:05
117	169	Renata	Mituniewicz	K	Koszalin		K50	4	00:00:10	00:03:03	01:04:03	01:08:16	01:08:06	00:04:03
118	112	Anna	Suchanowska	K	Lotyń	Respect	K50	5	00:00:11	00:03:34	01:05:00	01:08:49	01:08:37	00:03:37
119	72	Marta	Synakiewicz	K	Skibienko		K30	16	00:00:13	00:03:12	01:05:40	01:10:01	01:09:47	00:04:07
120	157	Bogusław	Staniszek	M			M70	2	00:00:17	00:04:15	01:07:48	01:12:01	01:11:43	00:03:55
121	49	Kamila	Stańczak	K	Koszalin		K30	17	00:00:19	00:03:42	01:09:37	01:14:00	01:13:41	00:04:04
122	28	Janusz	Schmude	M	Warszawa		M20	14	00:00:16	00:03:18	01:12:37	01:16:30	01:16:13	00:03:36
123	68	Krzysztof	Słupczewski	M	Sianów	SDROG K-lin www.koparkakoszalin.pl	M40	32	00:00:03	00:02:15	00:55:13	01:16:38	01:16:35	00:21:22
124	54	Maria	Trejder	K	Koszalin	Bajaderki	K40	8	00:00:20	00:03:57	01:20:27	01:24:50	01:24:30	00:04:03
125	101	Martyna	Kurpiel	K	Kamień Rymański	Monar	K20	4	00:00:10	00:03:06	01:41:30	01:41:42	01:48:30	00:07:00
126	103	Damian	Zacharewicz	M	Kamień Rymański	Monar	M20	1	00:00:10	00:02:29	00:52:46			#####

# WYNIKI Bieg z okazji 34. Dni Ziemi Sianowskiej 10 km

127	151 Mariusz	Krężlewski	M	Łódź	Mpk Łódź	M40	1	00:00:20	00:03:20	00:57:03	#####
128	67 Zbigniew	Maj	M	SIANÓW	Sianów	M40	1	00:00:10	00:03:44		00:00:00

