

41.PKO PÓŁMARATON SZCZECIN "NA RAZ" - EDYCJA WIRTUALNA

B4SPORT

Wydarzenie: WIRTUALNY 41. PKO PÓŁMARATON SZCZECIN
Organizator: Stowarzyszenie K2 Partners
Data: 2020-08-01
Miejsce: Polska
Dystans: 21.1 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M 30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
1	VOLKOV Viktor	1735	O CO BIEGA	M 30	1	00:00:00	21,1 KM	+00:00:00	3:44	16 (100%)
2	TOKAREK Przemysław	1876	BIEGAMBOLUBIĘ GUBIN	M 30	2	00:00:00	21,1 KM	+00:01:00	3:47	15.8 (98.8%)
3	KUCKI Kamil	1247	ASFALTOVE DZIKI	M 30	3	00:00:00	21,1 KM	+00:02:21	3:51	15.5 (96.9%)
4	STUBIEDA Robert	115	KARLINOBIEGAJ	M 30	4	00:00:00	21,1 KM	+00:06:25	4:03	14.8 (92.5%)
5	KOMOROWSKI Tomasz	858		M 30	5	00:00:00	21,1 KM	+00:06:53	4:04	14.7 (91.9%)
6	STACHOWIAK Łukasz	818		M 30	6	00:00:00	21,1 KM	+00:08:04	4:09	14.4 (90.0%)
7	SZEWCZYK Łukasz	1405	REHAU CROSSACTIVE	M 30	7	00:00:00	21,1 KM	+00:08:07	4:08	14.5 (90.6%)
8	VOJAK Tamas	979		M 30	8	00:00:00	21,1 KM	+00:08:33	4:09	14.4 (90.0%)
9	ŁOJKO Michał Esteban	1035	MISIA:* - KOCHAM CIE CORECZKO (R DKA)	M 30	9	00:00:00	21,1 KM	+00:08:34	4:09	14.4 (90.0%)
10	DYCZYŃSKI Leszek	452	KU PAMIĘCI POLEGŁYCH ŻOŁNIERZY 12 BZ	M 30	10	00:00:00	21,1 KM	+00:11:50	4:18	13.9 (86.9%)
11	KIDA Rafał	433	SOKOŁÓW TEAM	M 30	11	00:00:00	21,1 KM	+00:12:22	4:20	13.8 (86.3%)
12	WÓJTOWICZ Przemysław	430	OSP WZGÓRZE	M 30	12	00:00:00	21,1 KM	+00:12:28	4:21	13.8 (86.3%)
13	SROKA Adam	378	KB GMINA CZARNKÓW	M 30	13	00:00:00	21,1 KM	+00:12:30	4:20	13.8 (86.3%)
14	FURMAŃSKI Marcin	41	ZIELONAESENCJA.PL	M 30	14	00:00:00	21,1 KM	+00:12:49	4:21	13.8 (86.3%)
15	PIĘTKA Maciej	1808		M 30	15	00:00:00	21,1 KM	+00:13:47	4:24	13.6 (85.0%)
16	KRENN Peter	523	DIE KOCHANILES	M 30	16	00:00:00	21,1 KM	+00:13:52	4:24	13.6 (85.0%)
17	MANDZIEJ Marek	1414	DTR BIEGA / MARIO TEAM	M 30	17	00:00:00	21,1 KM	+00:14:19	4:25	13.5 (84.4%)
18	KOWALSKI Tomasz	735	12BZ "KU CZCI PAMIĘCI"	M 30	18	00:00:00	21,1 KM	+00:14:25	4:26	13.5 (84.4%)
19	ZYCHLA Grzegorz	1813	SU 07	M 30	19	00:00:00	21,1 KM	+00:14:28	4:28	13.4 (83.8%)
20	MAJEWSKI Krystian	1340	RUNEDA	M 30	20	00:00:00	21,1 KM	+00:14:53	4:27	13.5 (84.4%)
21	JASTAK Paweł	669		M 30	21	00:00:00	21,1 KM	+00:17:00	4:33	13.2 (82.5%)
22	MICHLEWICZ Krzysiek	1297		M 30	22	00:00:00	21,1 KM	+00:17:41	4:35	13.1 (81.9%)
23	SZCZEPAŃSKI Adam	1220	KB PIONIER SZCZECIN	M 30	23	00:00:00	21,1 KM	+00:19:01	4:39	12.9 (80.6%)
24	SMOLIŃSKI Marek	1053		M 30	24	00:00:00	21,1 KM	+00:19:22	4:42	12.7 (79.4%)
25	ŻYTOWIECKI Dawid	1342		M 30	25	00:00:00	21,1 KM	+00:19:52	4:41	12.8 (80.0%)
26	UTECHT Sławomir	574		M 30	26	00:00:00	21,1 KM	+00:19:56	4:41	12.8 (80.0%)
27	PASIERSKI Mateusz	423	ZAKWAS KOLKA SKURCZ TEAM	M 30	27	00:00:00	21,1 KM	+00:20:06	4:42	12.8 (80.0%)
28	KONIOR Michał	1466		M 30	28	00:00:00	21,1 KM	+00:20:11	4:42	12.7 (79.4%)
29	LASKOWSKI Marcin	1457	MAD RUNNERS	M 30	29	00:00:00	21,1 KM	+00:20:12	4:42	12.7 (79.4%)
30	NADROWSKI Kamil	60		M 30	30	00:00:00	21,1 KM	+00:20:18	4:42	12.7 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
31	NIEWIADOMSKI Paweł	43		M 30	31	00:00:00	21,1 KM	+00:20:24	4:42	12.7 (79.4%)
32	STOLORZ Wojciech	590	IMIELIN BIEGA	M 30	32	00:00:00	21,1 KM	+00:20:30	4:43	12.7 (79.4%)
33	KOPCZYŃSKI Marcin	1058	SYCOWICE BIEGIEM	M 30	33	00:00:00	21,1 KM	+00:20:54	4:44	12.7 (79.4%)
34	MANTUR Paweł	173		M 30	34	00:00:00	21,1 KM	+00:21:11	4:46	12.6 (78.8%)
35	DRYGAS Rafał	474		M 30	35	00:00:00	21,1 KM	+00:21:30	4:46	12.6 (78.8%)
36	WAIS Mariusz	1520		M 30	36	00:00:00	21,1 KM	+00:21:33	4:46	12.5 (78.1%)
37	LARSEN Jack	1479		M 30	37	00:00:00	21,1 KM	+00:21:37	4:46	12.6 (78.8%)
38	FILIPIAK Adam	631	ŁÓDŹ KOCHA SPORT	M 30	38	00:00:00	21,1 KM	+00:21:50	4:47	12.5 (78.1%)
39	PIOTROWSKI Bogdan	600		M 30	39	00:00:00	21,1 KM	+00:21:53	4:47	12.5 (78.1%)
40	SEIFERT Mariusz	346	ROZBIEGANE MYSŁOWICE	M 30	40	00:00:00	21,1 KM	+00:22:06	4:47	12.5 (78.1%)
41	STWORA Robert	1382	ZUW DEL KOSZALIN	M 30	41	00:00:00	21,1 KM	+00:22:19	4:48	12.5 (78.1%)
42	DROBYSZEWSKI Krzysztof	1090		M 30	42	00:00:00	21,1 KM	+00:22:21	4:48	12.5 (78.1%)
43	BIELAK Tomasz	480		M 30	43	00:00:00	21,1 KM	+00:22:24	4:48	12.5 (78.1%)
44	PAWLAK Marek	1687		M 30	44	00:00:00	21,1 KM	+00:22:39	4:49	12.4 (77.5%)
45	SKUMIAŁ Oskar	1619	USB USTKA	M 30	45	00:00:00	21,1 KM	+00:22:59	4:50	12.4 (77.5%)
46	TYSZUK Artur	907	POLSKA RUNNING TEAM	M 30	46	00:00:00	21,1 KM	+00:23:00	4:51	12.3 (76.9%)
47	DORNIAC Karol	1868		M 30	47	00:00:00	21,1 KM	+00:23:01	4:52	12.3 (76.9%)
48	KUCHTA Piotr	1198	KB PIONIER SZCZECIN	M 30	48	00:00:00	21,1 KM	+00:23:04	4:50	12.4 (77.5%)
49	BARTELA Łukasz	1598	TEAMOCHAL	M 30	49	00:00:00	21,1 KM	+00:23:17	4:51	12.4 (77.5%)
50	GRACZYK Tomasz	223		M 30	50	00:00:00	21,1 KM	+00:23:34	4:51	12.3 (76.9%)
51	ROJEWSKI Wojciech	1694	MOJE BIEGOWE HIMALAJE	M 30	51	00:00:00	21,1 KM	+00:23:36	4:52	12.3 (76.9%)
52	KOŁODZIEJCZYK Marcin	604		M 30	52	00:00:00	21,1 KM	+00:23:40	4:52	12.3 (76.9%)
53	BARTEL Piotr	1525		M 30	53	00:00:00	21,1 KM	+00:23:56	4:53	12.3 (76.9%)
54	DAWIDOWICZ Tomasz	1049	TODA MEBLE	M 30	54	00:00:00	21,1 KM	+00:23:57	4:53	12.3 (76.9%)
55	BLIZNA Rafał	1656		M 30	55	00:00:00	21,1 KM	+00:24:02	4:53	12.3 (76.9%)
56	KRZEMIŃSKI Mariusz	882	ZG RUN	M 30	56	00:00:00	21,1 KM	+00:24:03	4:53	12.3 (76.9%)
57	ZBĄSKI Krzesimir	1116		M 30	57	00:00:00	21,1 KM	+00:24:19	4:54	12.2 (76.3%)
58	MASEWICZ Grzegorz	359	KB ZOFANNA GORZÓW WLKP.	M 30	58	00:00:00	21,1 KM	+00:24:32	4:54	12.2 (76.3%)
59	WOLFRAM Dawid	999	KAS	M 30	59	00:00:00	21,1 KM	+00:24:48	4:55	12.2 (76.3%)
60	WAWRZYNIAK Paweł	396	RUNNER'S POWER	M 30	60	00:00:00	21,1 KM	+00:24:52	4:55	12.2 (76.3%)
61	KORDELA Marcin	712	SZCZECIŃSKI KLUB SPORTOWY TAEKWON-DO	M 30	61	00:00:00	21,1 KM	+00:24:58	4:55	12.2 (76.3%)
62	BYLINA Piotr	220	WWW.BOKSWPOLSCIE.PL	M 30	62	00:00:00	21,1 KM	+00:25:04	4:56	12.2 (76.3%)
63	LASOTA Mateusz	1789	FEEL THE GRAVEL	M 30	63	00:00:00	21,1 KM	+00:26:11	4:59	12 (75.0%)
64	ŻYŁA Bartłomiej	415		M 30	64	00:00:00	21,1 KM	+00:26:14	4:59	12 (75.0%)
65	PRZYBYLSKI Tomasz	546		M 30	65	00:00:00	21,1 KM	+00:26:32	5:01	12 (75.0%)
66	ZAJĄC Adam	613		M 30	66	00:00:00	21,1 KM	+00:26:35	5:00	12 (75.0%)
67	KĄDZIOŁKA Artur	1364	DOCHODZIMY W 2H :-)	M 30	67	00:00:00	21,1 KM	+00:26:44	5:00	12 (75.0%)
68	GWIŹDŹ Grzegorz	1799		M 30	68	00:00:00	21,1 KM	+00:26:47	5:01	12 (75.0%)
69	DUDZIŃSKI Piotr	1689		M 30	69	00:00:00	21,1 KM	+00:26:52	5:01	11.9 (74.4%)
70	PARUSZEWSKI Robert	1270	BOJANO BIEGA	M 30	70	00:00:00	21,1 KM	+00:26:54	5:01	11.9 (74.4%)
71	RYBANIEC Marcin	1091		M 30	71	00:00:00	21,1 KM	+00:27:04	5:01	11.9 (74.4%)
72	SŁODOWSKI Paweł	1208		M 30	72	00:00:00	21,1 KM	+00:27:04	5:01	11.9 (74.4%)
73	ZDUN Grzegorz	1782	#RUNNINGTEAM83	M 30	73	00:00:00	21,1 KM	+00:27:05	5:01	11.9 (74.4%)
74	GRZONKA Maciej	1884		M 30	74	00:00:00	21,1 KM	+00:27:36	5:03	11.9 (74.4%)
75	TORZECKI Jarosław	151	KROTOSZYŃSKA GRUPA BIEGOWA	M 30	75	00:00:00	21,1 KM	+00:27:44	5:03	11.8 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
76	SZYMAREK Bartosz	1029	SMASHING PAPKINS	M 30	76	00:00:00	21,1 KM	+00:27:46	5:03	11.8 (73.8%)
77	WAPINSKI Maciej	1326	PSE	M 30	77	00:00:00	21,1 KM	+00:27:57	5:04	11.8 (73.8%)
78	SZYSZKA Konrad	437	WIECZORNE BIEGANIE W SZCZECINIE	M 30	78	00:00:00	21,1 KM	+00:28:35	5:06	11.8 (73.8%)
79	SOWA Mateusz	388	JW4531	M 30	79	00:00:00	21,1 KM	+00:28:35	5:07	11.7 (73.1%)
80	ZYBER Maciej	1688	PEEK TEAM	M 30	80	00:00:00	21,1 KM	+00:28:36	5:06	11.8 (73.8%)
81	TOMALA Szymon	706	JERZY FRANEK	M 30	81	00:00:00	21,1 KM	+00:28:40	5:06	11.7 (73.1%)
82	TOPOREK Przemysław	371		M 30	82	00:00:00	21,1 KM	+00:28:54	5:07	11.7 (73.1%)
83	KRIEDEMANN Guido	1135	KNAK - RUNNERS	M 30	83	00:00:00	21,1 KM	+00:29:00	5:07	11.7 (73.1%)
84	PAWLOWSKI Tomasz	491		M 30	84	00:00:00	21,1 KM	+00:29:07	5:09	11.6 (72.5%)
85	BARTOSIK Maciej	1412		M 30	85	00:00:00	21,1 KM	+00:29:19	5:08	11.7 (73.1%)
86	RYNDAK Lukasz	1794	POLSKA RUNNING TEAM	M 30	86	00:00:00	21,1 KM	+00:29:24	5:08	11.7 (73.1%)
87	NIPARKO Bartosz	678		M 30	87	00:00:00	21,1 KM	+00:29:31	5:08	11.7 (73.1%)
88	BIELECKI Wojciech	132	OSP WZGÓRZE	M 30	88	00:00:00	21,1 KM	+00:29:40	5:11	11.6 (72.5%)
89	PODLECKI Andrzej	686		M 30	89	00:00:00	21,1 KM	+00:29:57	5:10	11.6 (72.5%)
90	WESOŁOWSKI Marcin	939		M 30	90	00:00:00	21,1 KM	+00:29:58	5:10	11.6 (72.5%)
91	TARASIEWICZ Mateusz	1867	WIR	M 30	91	00:00:00	21,1 KM	+00:29:58	5:10	11.6 (72.5%)
92	KOZŁOWSKI Grzegorz	373	NIGHT RUNNERS WRZEŚNIA	M 30	92	00:00:00	21,1 KM	+00:29:59	5:10	11.6 (72.5%)
93	JUSTYŃSKI Andrzej	1254		M 30	93	00:00:00	21,1 KM	+00:30:01	5:10	11.6 (72.5%)
94	WIECHA Sebastian	1378		M 30	94	00:00:00	21,1 KM	+00:30:06	5:10	11.6 (72.5%)
95	KOMSTA Rafał	783		M 30	95	00:00:00	21,1 KM	+00:30:14	5:10	11.6 (72.5%)
96	WOŁOSIK Dominik	292	DOMINIK WOŁOSIK	M 30	96	00:00:00	21,1 KM	+00:30:20	5:11	11.6 (72.5%)
97	PTAK Michał	1239	J3 TRIATHLON TEAM	M 30	97	00:00:00	21,1 KM	+00:30:23	5:11	11.6 (72.5%)
98	WAWRZYNIAK Damian	1708	ROZBIEGAJMY RADOMSKO	M 30	98	00:00:00	21,1 KM	+00:30:26	5:11	11.6 (72.5%)
99	MAJCHRZAK Bogusław	1128		M 30	99	00:00:00	21,1 KM	+00:30:27	5:11	11.6 (72.5%)
100	BUKOWIECKI Krzysztof	279	KB MARATON TUREK	M 30	100	00:00:00	21,1 KM	+00:30:30	5:11	11.5 (71.9%)
101	KUŹNIARSKI Paweł	1225	T-MOBILE SPORT TEAM	M 30	101	00:00:00	21,1 KM	+00:30:33	5:11	11.5 (71.9%)
102	PAWLAK Krzysztof	1301		M 30	102	00:00:00	21,1 KM	+00:30:39	5:12	11.5 (71.9%)
103	GMIŃSKI Dariusz	1553	PKO BP S.A.	M 30	103	00:00:00	21,1 KM	+00:30:41	5:12	11.5 (71.9%)
104	KORNILUK Paweł	1622	USB	M 30	104	00:00:00	21,1 KM	+00:30:52	5:12	11.5 (71.9%)
105	NOWAK Paweł	1333		M 30	105	00:00:00	21,1 KM	+00:31:31	5:14	11.4 (71.3%)
106	ZIOMEK Paweł	1141		M 30	106	00:00:00	21,1 KM	+00:31:32	5:14	11.4 (71.3%)
107	BARTHA Adrian	1339		M 30	107	00:00:00	21,1 KM	+00:31:38	5:16	11.4 (71.3%)
108	SZYMAŃSKI Wojciech	1578		M 30	108	00:00:00	21,1 KM	+00:31:40	5:15	11.4 (71.3%)
109	PAWLAK Kamil	842		M 30	109	00:00:00	21,1 KM	+00:31:46	5:15	11.4 (71.3%)
110	KĘDZIORA Piotr	145		M 30	110	00:00:00	21,1 KM	+00:31:49	5:16	11.4 (71.3%)
111	WOLNY Mariusz	1667		M 30	111	00:00:00	21,1 KM	+00:32:01	5:16	11.4 (71.3%)
112	PAŁETKO Marek	1095	NYSA BIEGA	M 30	112	00:00:00	21,1 KM	+00:32:02	5:24	11.1 (69.4%)
113	GRUCELSKI Michał	772		M 30	113	00:00:00	21,1 KM	+00:32:18	5:16	11.4 (71.3%)
114	PAWŁOWSKI Piotr	1194		M 30	114	00:00:00	21,1 KM	+00:32:19	5:16	11.4 (71.3%)
115	DEPTA Krzysztof	440		M 30	115	00:00:00	21,1 KM	+00:32:25	5:17	11.4 (71.3%)
116	BYŚ Mateusz	1624		M 30	116	00:00:00	21,1 KM	+00:32:43	5:18	11.3 (70.6%)
117	SOWA Michał	1629	PLANETA NISKO	M 30	117	00:00:00	21,1 KM	+00:32:49	5:18	11.3 (70.6%)
118	ŻUKOWSKI Marcin	1146		M 30	118	00:00:00	21,1 KM	+00:32:49	5:18	11.3 (70.6%)
119	BANDURA Bogdan	531	PRCI	M 30	119	00:00:00	21,1 KM	+00:32:53	5:18	11.3 (70.6%)
120	KISZKOWIAK Łukasz	1406	WAT	M 30	120	00:00:00	21,1 KM	+00:33:08	5:19	11.3 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
121	FILIPIAK Krzysztof	1757	T.CH.	M 30	121	00:00:00	21,1 KM	+00:33:13	5:19	11.3 (70.6%)
122	SIKORSKI Marcin	1362	1982	M 30	122	00:00:00	21,1 KM	+00:33:13	5:19	11.3 (70.6%)
123	PYPEĆ Bartosz	408		M 30	123	00:00:00	21,1 KM	+00:33:16	5:19	11.3 (70.6%)
124	SZEŁEMEJ Łukasz	1		M 30	124	00:00:00	21,1 KM	+00:33:28	5:20	11.2 (70.0%)
125	OKOŁO-KUŁAK Marek	1477		M 30	125	00:00:00	21,1 KM	+00:33:39	5:20	11.2 (70.0%)
126	ZABOROWSKI Tomasz	1101		M 30	126	00:00:00	21,1 KM	+00:33:42	5:20	11.2 (70.0%)
127	GRUDOWSKI Konrad	395		M 30	127	00:00:00	21,1 KM	+00:33:46	5:20	11.2 (70.0%)
128	KARASIEWICZ Łukasz	20		M 30	128	00:00:00	21,1 KM	+00:33:48	5:21	11.2 (70.0%)
129	JACOBY Jens	1841	HELENE FISCHER FANCLUB	M 30	129	00:00:00	21,1 KM	+00:33:52	5:21	11.2 (70.0%)
130	JAROS Marcin	1354	ODDZIAŁ PREWENCJI POLICJI W KATOWICACH	M 30	130	00:00:00	21,1 KM	+00:34:10	5:22	11.2 (70.0%)
131	HOŁYŃSKI Leszek	1847	KM PSP SZCZECIN	M 30	131	00:00:00	21,1 KM	+00:34:13	5:22	11.2 (70.0%)
132	LAMENT Karol	332		M 30	132	00:00:00	21,1 KM	+00:34:18	5:22	11.2 (70.0%)
133	KULESZA Damian	1298	ADIDAS RUNNERS WARSAW	M 30	133	00:00:00	21,1 KM	+00:34:20	5:22	11.2 (70.0%)
134	BURA Krystian	1711	#KFC RUN	M 30	134	00:00:00	21,1 KM	+00:34:34	5:23	11.1 (69.4%)
135	SKIRZYŃSKI Dariusz	919		M 30	135	00:00:00	21,1 KM	+00:34:34	5:23	11.1 (69.4%)
136	LASKOWSKI Mariusz	1454	NIGHT RUNNERS WRZEŚNIA	M 30	136	00:00:00	21,1 KM	+00:34:39	5:23	11.1 (69.4%)
137	MRÓZ Tomasz	1338	WIOCHA BIEGA	M 30	137	00:00:00	21,1 KM	+00:34:42	5:23	11.1 (69.4%)
138	URYCH Łukasz	1164	RUN AS ONE	M 30	138	00:00:00	21,1 KM	+00:34:47	5:23	11.1 (69.4%)
139	JAWORSKI Tomasz	1110		M 30	139	00:00:00	21,1 KM	+00:34:50	5:24	11.1 (69.4%)
140	TRACZYK Przemek	860	ASFALTLOVE DZIKI	M 30	140	00:00:00	21,1 KM	+00:34:53	5:24	11.1 (69.4%)
141	JUREWICZ Jarosław	1204		M 30	141	00:00:00	21,1 KM	+00:34:58	5:24	11.1 (69.4%)
142	NIEDZIELA Jakub	577		M 30	142	00:00:00	21,1 KM	+00:35:04	5:24	11.1 (69.4%)
143	SZUBARTOWICZ Marek	547		M 30	143	00:00:00	21,1 KM	+00:35:10	5:26	11 (68.8%)
144	ŻURAWSKI Michał	504	TOTALSHINE	M 30	144	00:00:00	21,1 KM	+00:35:10	5:24	11.1 (69.4%)
145	POTEREWICZ Mateusz	1678		M 30	145	00:00:00	21,1 KM	+00:35:11	5:25	11.1 (69.4%)
146	PIETRZAK Tomasz	989	WILD TRAIL RUNNER	M 30	146	00:00:00	21,1 KM	+00:35:12	5:25	11.1 (69.4%)
147	CZAJKA Bartosz	1356		M 30	147	00:00:00	21,1 KM	+00:35:27	5:25	11.1 (69.4%)
148	ŁUSZCZKI Kamil	788		M 30	148	00:00:00	21,1 KM	+00:35:29	5:25	11 (68.8%)
149	BRZUSZEK Mateusz	1432		M 30	149	00:00:00	21,1 KM	+00:35:44	5:26	11 (68.8%)
150	STĘPIEŃ Adrian	231		M 30	150	00:00:00	21,1 KM	+00:35:46	5:26	11 (68.8%)
151	KOWALSKI Łukasz	610		M 30	151	00:00:00	21,1 KM	+00:35:49	5:26	11 (68.8%)
152	TOKARSKI Marcin	770		M 30	152	00:00:00	21,1 KM	+00:35:59	5:27	11 (68.8%)
153	CHMIELEWSKI Bartosz	1320		M 30	153	00:00:00	21,1 KM	+00:36:02	5:27	11 (68.8%)
154	GROBELNY Mariusz	1442		M 30	154	00:00:00	21,1 KM	+00:36:05	5:28	11 (68.8%)
155	ZACH Paweł	951	PAN	M 30	155	00:00:00	21,1 KM	+00:36:08	5:27	11 (68.8%)
156	GOŁĘBIEWSKI Paweł	210		M 30	156	00:00:00	21,1 KM	+00:36:09	5:27	11 (68.8%)
157	BARTOSZYŃSKI Dominik	1341	BASKET RYPIN	M 30	157	00:00:00	21,1 KM	+00:36:09	5:27	11 (68.8%)
158	PIKUŁA Jacek	601	BIEGNĘ BYLE DOBIEĆ	M 30	158	00:00:00	21,1 KM	+00:36:19	5:28	11 (68.8%)
159	RADWAŃSKI Marcin	1425		M 30	159	00:00:00	21,1 KM	+00:36:21	5:28	11 (68.8%)
160	KSIĄŻEK Kamil	893		M 30	160	00:00:00	21,1 KM	+00:36:36	5:29	10.9 (68.1%)
161	BORYCZKA Szymon	850	POWOLI DO CELU	M 30	161	00:00:00	21,1 KM	+00:36:44	5:29	10.9 (68.1%)
162	JERUZOL Marcin	1167		M 30	162	00:00:00	21,1 KM	+00:36:54	5:29	10.9 (68.1%)
163	STĘPNIK Robert	389	WIECZORNE BIEGANIE W SZCZECINIE	M 30	163	00:00:00	21,1 KM	+00:37:09	5:30	10.9 (68.1%)
164	KRUPIŃSKI Maciej	1250		M 30	164	00:00:00	21,1 KM	+00:37:14	5:32	10.8 (67.5%)
165	PAW Piotr	646		M 30	165	00:00:00	21,1 KM	+00:37:28	5:34	10.8 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
166	JASTRZĘBSKI Jakub	1511		M 30	166	00:00:00	21,1 KM	+00:37:44	5:32	10.8 (67.5%)
167	WRZOCZOL Paweł	1623	TRIGYM	M 30	167	00:00:00	21,1 KM	+00:37:44	5:32	10.8 (67.5%)
168	LACIAK Sebastian	1759	DOWIESZ SIĘ W SWOIM CZASIE	M 30	168	00:00:00	21,1 KM	+00:37:54	5:32	10.8 (67.5%)
169	GRZYWACZ Karol	974	LOLO TEAM	M 30	169	00:00:00	21,1 KM	+00:37:55	5:32	10.8 (67.5%)
170	BEDNARZ Krzysztof	1816	SCB	M 30	170	00:00:00	21,1 KM	+00:38:07	5:33	10.8 (67.5%)
171	SKRZYŃSKI Rafał	1739	RUNONLINE	M 30	171	00:00:00	21,1 KM	+00:38:09	5:33	10.8 (67.5%)
172	TROJANOWSKI Kamil	1391		M 30	172	00:00:00	21,1 KM	+00:38:09	5:33	10.8 (67.5%)
173	PAWLIK Krzysztof	725	POLISH RUNNERS CLUB IRELAND	M 30	173	00:00:00	21,1 KM	+00:38:15	5:33	10.8 (67.5%)
174	WÓJCIK Radosław	254		M 30	174	00:00:00	21,1 KM	+00:38:16	5:33	10.8 (67.5%)
175	CHOJNACKI Bartosz	1448		M 30	175	00:00:00	21,1 KM	+00:38:16	5:33	10.8 (67.5%)
176	MOTŁOCH Piotr	1611		M 30	176	00:00:00	21,1 KM	+00:38:21	5:34	10.8 (67.5%)
177	SZADKOWSKI Dawid	698	WICHER SIENIAWA	M 30	177	00:00:00	21,1 KM	+00:38:30	5:34	10.8 (67.5%)
178	RZEMPOŁUCH Rafał	155		M 30	178	00:00:00	21,1 KM	+00:38:34	5:34	10.8 (67.5%)
179	DOMOŃ Grzegorz	709		M 30	179	00:00:00	21,1 KM	+00:38:39	5:35	10.7 (66.9%)
180	SALAMON Łukasz	1661		M 30	180	00:00:00	21,1 KM	+00:38:47	5:35	10.7 (66.9%)
181	WĘGLARZ Sławowir	962		M 30	181	00:00:00	21,1 KM	+00:38:50	5:35	10.7 (66.9%)
182	SIWAK Łukasz	212		M 30	182	00:00:00	21,1 KM	+00:38:51	5:35	10.7 (66.9%)
183	SUCHECKI Przemysław	1801	KS POMORSKA	M 30	183	00:00:00	21,1 KM	+00:39:13	5:40	10.6 (66.3%)
184	SZEWEC Tomek	208		M 30	184	00:00:00	21,1 KM	+00:39:13	5:37	10.7 (66.9%)
185	MARTYNIUK Ryszard	130	GMINA STRZELCE OPOLSKIE	M 30	185	00:00:00	21,1 KM	+00:39:14	5:36	10.7 (66.9%)
186	WIĘCKOWSKI Sebastian	565		M 30	186	00:00:00	21,1 KM	+00:39:18	5:36	10.7 (66.9%)
187	ABRAHAMOWICZ Jakub	1308	QBA	M 30	187	00:00:00	21,1 KM	+00:39:26	5:37	10.7 (66.9%)
188	KUJACIŃSKI Łukasz	1044	GSK FIT PIORUNY	M 30	188	00:00:00	21,1 KM	+00:39:41	5:37	10.7 (66.9%)
189	RECLIK Łukasz	921	APRT	M 30	189	00:00:00	21,1 KM	+00:39:48	5:38	10.6 (66.3%)
190	JAKUBOWICZ Dawid	1067		M 30	190	00:00:00	21,1 KM	+00:39:48	5:38	10.6 (66.3%)
191	KONSEK Jacek	723		M 30	191	00:00:00	21,1 KM	+00:39:52	5:39	10.6 (66.3%)
192	MIADZIELEC Artur	1533		M 30	192	00:00:00	21,1 KM	+00:39:59	5:38	10.6 (66.3%)
193	TYCZYŃSKI Krzysztof	1321	CZERWONAK BIEGA	M 30	193	00:00:00	21,1 KM	+00:40:01	5:38	10.6 (66.3%)
194	DENESZEWSKI Tomek	104		M 30	194	00:00:00	21,1 KM	+00:40:01	5:38	10.6 (66.3%)
195	STRÓŻYK Artur	1445		M 30	195	00:00:00	21,1 KM	+00:40:02	5:38	10.6 (66.3%)
196	GROCKI Mirosław	1059	HAZOKI	M 30	196	00:00:00	21,1 KM	+00:40:31	5:40	10.6 (66.3%)
197	WASIELEWSKI Błażej	380	DRUŻYNA SZPIKU	M 30	197	00:00:00	21,1 KM	+00:40:32	5:41	10.6 (66.3%)
198	SACHARSKI Bartłomiej	222	WIECZORNE BIEGANIE W SZCZECINIE	M 30	198	00:00:00	21,1 KM	+00:40:36	5:40	10.6 (66.3%)
199	NYCZ Marcin	1375		M 30	199	00:00:00	21,1 KM	+00:40:37	5:40	10.6 (66.3%)
200	MAZUR Kamil	671		M 30	200	00:00:00	21,1 KM	+00:40:37	5:40	10.6 (66.3%)
201	PIETRZAK Krzysztof	718	BIEGAMBOLUBIĘ GORZÓW	M 30	201	00:00:00	21,1 KM	+00:40:48	5:42	10.5 (65.6%)
202	CZYŻEWSKI Mateusz	637	WKURW_TEAM PAPRYKARZE	M 30	202	00:00:00	21,1 KM	+00:40:50	5:41	10.6 (66.3%)
203	CIEMCIOCH Damian	1190		M 30	203	00:00:00	21,1 KM	+00:40:55	5:41	10.5 (65.6%)
204	TARGOŃSKI Sławomir	656	1980	M 30	204	00:00:00	21,1 KM	+00:40:55	5:41	10.5 (65.6%)
205	URBAŃCZAK Szymon	1143	DOBICONNECT	M 30	205	00:00:00	21,1 KM	+00:40:57	5:41	10.5 (65.6%)
206	HRYNIEWICZ Jacek	904	KONGSBERG K-RUNNERS	M 30	206	00:00:00	21,1 KM	+00:40:57	5:41	10.5 (65.6%)
207	CIELOCH Krzysztof	1312		M 30	207	00:00:00	21,1 KM	+00:41:01	5:41	10.5 (65.6%)
208	KACZMARZYK Bartłomiej	959		M 30	208	00:00:00	21,1 KM	+00:41:06	5:41	10.5 (65.6%)
209	WINKLER Sebastian	667	DOCHODZIMY W 2H :)	M 30	209	00:00:00	21,1 KM	+00:41:07	5:41	10.5 (65.6%)
210	JASTRZĘBSKI Maciej	323		M 30	210	00:00:00	21,1 KM	+00:41:13	5:42	10.5 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
211	UMIŃSKI Robert	918		M 30	211	00:00:00	21,1 KM	+00:41:24	5:42	10.5 (65.6%)
212	SZUDEJKO Michał	869		M 30	212	00:00:00	21,1 KM	+00:41:44	5:49	10.3 (64.4%)
213	ZIELIŃSKI Sławomir	1191		M 30	213	00:00:00	21,1 KM	+00:42:09	5:44	10.4 (65.0%)
214	BIWOJNO Paweł	844		M 30	214	00:00:00	21,1 KM	+00:42:15	5:45	10.4 (65.0%)
215	CHYŁA Dawid	751		M 30	215	00:00:00	21,1 KM	+00:42:18	5:45	10.4 (65.0%)
216	HORZELA Adam	1303	HURAGAN LIGOTA	M 30	216	00:00:00	21,1 KM	+00:42:21	5:45	10.4 (65.0%)
217	STOLC Ireneusz	545	KASZUBSKI BIEGACZ	M 30	217	00:00:00	21,1 KM	+00:42:22	5:45	10.4 (65.0%)
218	KULA Adam	808		M 30	218	00:00:00	21,1 KM	+00:42:23	5:45	10.4 (65.0%)
219	LELENIEWSKI Jacek	892		M 30	219	00:00:00	21,1 KM	+00:42:29	5:45	10.4 (65.0%)
220	PAJCHROWSKI Michał	988		M 30	220	00:00:00	21,1 KM	+00:42:44	5:46	10.4 (65.0%)
221	STEFANIAK Paweł	106	12BZ/14BUJ	M 30	221	00:00:00	21,1 KM	+00:42:47	5:46	10.4 (65.0%)
222	KALBARCZYK Maciej	696		M 30	222	00:00:00	21,1 KM	+00:42:48	5:46	10.4 (65.0%)
223	DZIEDZIC Dominik	1196		M 30	223	00:00:00	21,1 KM	+00:42:50	5:46	10.4 (65.0%)
224	KOWCZYK Marcin	1535		M 30	224	00:00:00	21,1 KM	+00:42:55	5:47	10.4 (65.0%)
225	VLADYMYROV Dmytro	472	WATAHA	M 30	225	00:00:00	21,1 KM	+00:43:15	5:47	10.3 (64.4%)
226	BARANOWSKI Łukasz	724		M 30	226	00:00:00	21,1 KM	+00:43:20	5:48	10.3 (64.4%)
227	LELITO Piotr	1334		M 30	227	00:00:00	21,1 KM	+00:43:24	5:48	10.3 (64.4%)
228	WŁOSZAK Marek	100		M 30	228	00:00:00	21,1 KM	+00:43:28	5:48	10.3 (64.4%)
229	FRANKOWSKI Mariusz	541		M 30	229	00:00:00	21,1 KM	+00:43:34	5:49	10.3 (64.4%)
230	GACH Krzysztof	581	1987	M 30	230	00:00:00	21,1 KM	+00:43:45	5:49	10.3 (64.4%)
231	ZAJĄC Paweł	1111		M 30	231	00:00:00	21,1 KM	+00:43:49	5:51	10.3 (64.4%)
232	KLOS Tomasz	1108		M 30	232	00:00:00	21,1 KM	+00:43:51	5:49	10.3 (64.4%)
233	JARZĄBEK Michał	1117	MICHAŁ JARZĄBEK	M 30	233	00:00:00	21,1 KM	+00:43:55	5:49	10.3 (64.4%)
234	CZUBALA Michał	573		M 30	234	00:00:00	21,1 KM	+00:44:02	5:50	10.3 (64.4%)
235	MARCULA Emil	1048		M 30	235	00:00:00	21,1 KM	+00:44:25	5:51	10.2 (63.8%)
236	DOBOSZ Piotr	1725	1980	M 30	236	00:00:00	21,1 KM	+00:44:29	5:51	10.2 (63.8%)
237	KOWALSKI Piotr	1662	BMWP	M 30	237	00:00:00	21,1 KM	+00:44:30	5:55	10.1 (63.1%)
238	KOŁOMAŃSKI Hubert	1581		M 30	238	00:00:00	21,1 KM	+00:44:37	5:51	10.2 (63.8%)
239	PYTEL Jarosław	365	PARKRUN CHRZANÓW	M 30	239	00:00:00	21,1 KM	+00:44:38	5:51	10.2 (63.8%)
240	USEWICZ Maciej	1165		M 30	240	00:00:00	21,1 KM	+00:44:41	5:52	10.2 (63.8%)
241	KOCHANIAK Andrzej	902	PODLASKI BIMBER	M 30	241	00:00:00	21,1 KM	+00:44:58	5:52	10.2 (63.8%)
242	SMARZEK Tomasz	1866	MBANK	M 30	242	00:00:00	21,1 KM	+00:44:59	5:53	10.2 (63.8%)
243	ROŻEK Marcin	1568	CSWL POZNAŃ	M 30	243	00:00:00	21,1 KM	+00:44:59	5:52	10.2 (63.8%)
244	MIKOŁAJCZYK Łukasz	1778		M 30	244	00:00:00	21,1 KM	+00:44:59	5:52	10.2 (63.8%)
245	PAWLAK Krzysztof	246		M 30	245	00:00:00	21,1 KM	+00:45:02	5:53	10.2 (63.8%)
246	SWIEZACZYNSKI Piotr	1015		M 30	246	00:00:00	21,1 KM	+00:45:33	5:54	10.2 (63.8%)
247	MUSIŃSKI Bartosz	1026		M 30	247	00:00:00	21,1 KM	+00:45:38	5:54	10.1 (63.1%)
248	PYRZAK Paweł	880		M 30	248	00:00:00	21,1 KM	+00:45:59	5:55	10.1 (63.1%)
249	GABIS Krzysztof	1296		M 30	249	00:00:00	21,1 KM	+00:46:04	5:55	10.1 (63.1%)
250	GAPYS Michał	1311		M 30	250	00:00:00	21,1 KM	+00:46:20	5:56	10.1 (63.1%)
251	GRECZUK Paweł	1575		M 30	251	00:00:00	21,1 KM	+00:46:29	5:57	10.1 (63.1%)
252	ZAJĄC Łukasz	1539	KS KROTOSZ KROTOSZYN	M 30	252	00:00:00	21,1 KM	+00:46:34	5:57	10.1 (63.1%)
253	BARTECKI Tomasz	1217		M 30	253	00:00:00	21,1 KM	+00:47:06	5:58	10 (62.5%)
254	CIBOROWSKI Dawid	1702		M 30	254	00:00:00	21,1 KM	+00:47:31	6:00	10 (62.5%)
255	GRZYWACZ Marcin	910		M 30	255	00:00:00	21,1 KM	+00:47:47	6:00	10 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
256	KONIKOWSKI Daniel	1879		M 30	256	00:00:00	21,1 KM	+00:47:49	6:00	10 (62.5%)
257	DOMAŃSKI Piotr	1883		M 30	257	00:00:00	21,1 KM	+00:47:53	6:01	10 (62.5%)
258	BABAK Łukasz	1616		M 30	258	00:00:00	21,1 KM	+00:48:05	6:01	10 (62.5%)
259	WALOTKA Filip	1752	GVT	M 30	259	00:00:00	21,1 KM	+00:48:08	6:01	9.9 (61.9%)
260	CIESIOLKIEWICZ Mariusz	1032		M 30	260	00:00:00	21,1 KM	+00:48:13	6:02	9.9 (61.9%)
261	KOWALCZYK Piotr	588		M 30	261	00:00:00	21,1 KM	+00:48:16	6:02	9.9 (61.9%)
262	OGRODZIŃSKI Przemysław	697		M 30	262	00:00:00	21,1 KM	+00:48:25	6:02	9.9 (61.9%)
263	JASIŃSKI Krzysztof	1363	BIEGNĘ BYLE DOBIEĆ	M 30	263	00:00:00	21,1 KM	+00:48:25	6:02	9.9 (61.9%)
264	JANOSZKA Piotr	534		M 30	264	00:00:00	21,1 KM	+00:48:29	6:06	9.8 (61.3%)
265	KOROWIEC Michał	1064		M 30	265	00:00:00	21,1 KM	+00:48:30	6:02	9.9 (61.9%)
266	CHĄDZYŃSKI Marcin	233		M 30	266	00:00:00	21,1 KM	+00:48:42	6:03	9.9 (61.9%)
267	SZYMAŃSKI Sławomir	411		M 30	267	00:00:00	21,1 KM	+00:48:45	6:03	9.9 (61.9%)
268	WRÓBLEWSKI Tomasz	1660		M 30	268	00:00:00	21,1 KM	+00:48:53	6:03	9.9 (61.9%)
269	WOJDA Artur	71		M 30	269	00:00:00	21,1 KM	+00:48:53	6:03	9.9 (61.9%)
270	PODWYSOCKI Adrian	1685		M 30	270	00:00:00	21,1 KM	+00:48:55	6:04	9.9 (61.9%)
271	KUZIEL Marcin	179	BLACK RUNNING STRONIE ŚLĄSKIE	M 30	271	00:00:00	21,1 KM	+00:49:05	6:04	9.9 (61.9%)
272	WÓJCIK Łukasz	1273	WÓJCIKI	M 30	272	00:00:00	21,1 KM	+00:49:06	6:04	9.9 (61.9%)
273	ZIOBROWSKI Dawid	1592		M 30	273	00:00:00	21,1 KM	+00:49:12	6:04	9.9 (61.9%)
274	SOWA Krzysztof	189	ZWIEDZANIE PRZEZ BIEGANIE	M 30	274	00:00:00	21,1 KM	+00:49:14	6:04	9.9 (61.9%)
275	DUDZIŃSKI Kamil	175		M 30	275	00:00:00	21,1 KM	+00:49:17	6:05	9.9 (61.9%)
276	URZĘDOWSKI Piotr	1103	PYRZYCE BIEGAJĄ	M 30	276	00:00:00	21,1 KM	+00:49:19	6:05	9.9 (61.9%)
277	BARANSKI Krzysztof	1283	LEŚNA EKIPA	M 30	277	00:00:00	21,1 KM	+00:49:20	6:13	9.6 (60.0%)
278	ŁUCZAK Zbigniew	797		M 30	278	00:00:00	21,1 KM	+00:49:20	6:05	9.9 (61.9%)
279	SCHILLING Alexander	1078	FAHRENWALDE	M 30	279	00:00:00	21,1 KM	+00:49:43	6:06	9.8 (61.3%)
280	MURAWSKI Radosław	932		M 30	280	00:00:00	21,1 KM	+00:49:45	6:06	9.8 (61.3%)
281	PETRUKOBYCH Maksym	1423		M 30	281	00:00:00	21,1 KM	+00:49:46	6:06	9.8 (61.3%)
282	ZABORA Paweł	1869	SPINER POLICE	M 30	282	00:00:00	21,1 KM	+00:50:12	6:07	9.8 (61.3%)
283	WIKTORSKI Sebastian	88		M 30	283	00:00:00	21,1 KM	+00:50:14	6:07	9.8 (61.3%)
284	BASZUN Michał	925		M 30	284	00:00:00	21,1 KM	+00:50:21	6:08	9.8 (61.3%)
285	BERNATOWICZ Karol	422		M 30	285	00:00:00	21,1 KM	+00:50:25	6:09	9.7 (60.6%)
286	URBANKIEWICZ Marcin	56	PIOTROWICKIE BEBOKI	M 30	286	00:00:00	21,1 KM	+00:50:49	6:09	9.7 (60.6%)
287	RZĄSIK Łukasz	1336		M 30	287	00:00:00	21,1 KM	+00:50:55	6:09	9.7 (60.6%)
288	MAJ Mariusz	790	KB WIKON NOWA SOL	M 30	288	00:00:00	21,1 KM	+00:51:15	6:10	9.7 (60.6%)
289	FORNAL Patryk	1562		M 30	289	00:00:00	21,1 KM	+00:51:19	6:10	9.7 (60.6%)
290	GOLIŃSKI Krzysztof	1155		M 30	290	00:00:00	21,1 KM	+00:51:22	6:12	9.7 (60.6%)
291	SAWICKI Krzysztof	1805		M 30	291	00:00:00	21,1 KM	+00:51:23	6:11	9.7 (60.6%)
292	KOMOROWSKI Michał	1031		M 30	292	00:00:00	21,1 KM	+00:51:31	6:11	9.7 (60.6%)
293	WALKIEWICZ Łukasz	582		M 30	293	00:00:00	21,1 KM	+00:51:33	6:11	9.7 (60.6%)
294	TANAJEWSKI Dariusz	827	GEORUNGERS	M 30	294	00:00:00	21,1 KM	+00:51:35	6:11	9.7 (60.6%)
295	ADAMOWSKI Tomasz	1006		M 30	295	00:00:00	21,1 KM	+00:51:36	6:11	9.7 (60.6%)
296	BUDNY Wojciech	1650		M 30	296	00:00:00	21,1 KM	+00:51:48	6:12	9.7 (60.6%)
297	WILGOCKI Radosław	1264		M 30	297	00:00:00	21,1 KM	+00:52:01	6:12	9.7 (60.6%)
298	OLEK Zbigniew	1516		M 30	298	00:00:00	21,1 KM	+00:52:03	6:12	9.7 (60.6%)
299	SIWEK Tomasz	205		M 30	299	00:00:00	21,1 KM	+00:52:36	6:14	9.6 (60.0%)
300	SUSEL Aleksander	21		M 30	300	00:00:00	21,1 KM	+00:52:46	6:15	9.6 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
301	POCZĄTEK Błażej	1772	POWER DOPPLER TEAM	M 30	301	00:00:00	21,1 KM	+00:52:52	6:15	9.6 (60.0%)
302	KOŚCIUCZUK Bartosz	1200		M 30	302	00:00:00	21,1 KM	+00:52:59	6:15	9.6 (60.0%)
303	GRABOWSKI Marcin	90	KOTY POZNAŃ	M 30	303	00:00:00	21,1 KM	+00:53:00	6:15	9.6 (60.0%)
304	DURDA Paweł	1471		M 30	304	00:00:00	21,1 KM	+00:53:28	6:17	9.5 (59.4%)
305	DUDKA Robert	1259	SZCZECIN	M 30	305	00:00:00	21,1 KM	+00:53:28	6:17	9.5 (59.4%)
306	KRYSIAK Dawid	399	WIECZORNE BIEGANIE W SZCZECINIE	M 30	306	00:00:00	21,1 KM	+00:53:57	6:18	9.5 (59.4%)
307	HYJEK Karol	485	GIŻYCKI BIEGACZ	M 30	307	00:00:00	21,1 KM	+00:53:59	6:18	9.5 (59.4%)
308	BENSZ Dariusz	1019		M 30	308	00:00:00	21,1 KM	+00:54:05	6:18	9.5 (59.4%)
309	ROJEWSKI Mateusz	1584		M 30	309	00:00:00	21,1 KM	+00:54:06	6:19	9.5 (59.4%)
310	KISIECKI Marcin	929		M 30	310	00:00:00	21,1 KM	+00:54:12	6:19	9.5 (59.4%)
311	OKRÓJ Dawid	1171		M 30	311	00:00:00	21,1 KM	+00:54:35	6:20	9.5 (59.4%)
312	GIBIEC Wojciech	1122		M 30	312	00:00:00	21,1 KM	+00:54:53	6:21	9.4 (58.8%)
313	KOWALCZUK Dariusz	1404	ALIPLAST ALUMINIUM EXTRUSION	M 30	313	00:00:00	21,1 KM	+00:55:09	6:21	9.4 (58.8%)
314	ZAKRZEWSKI Tomasz	1840	RYPIN	M 30	314	00:00:00	21,1 KM	+00:55:16	6:22	9.4 (58.8%)
315	MISZ Hubert	272	WSPÓLNA TEAM	M 30	315	00:00:00	21,1 KM	+00:55:32	6:22	9.4 (58.8%)
316	WIŚNIEWSKI Adam	1526		M 30	316	00:00:00	21,1 KM	+00:55:35	6:23	9.4 (58.8%)
317	BOŻEK Marcin	83		M 30	317	00:00:00	21,1 KM	+00:55:48	6:26	9.3 (58.1%)
318	RUDZIEWICZ Michał	1640		M 30	318	00:00:00	21,1 KM	+00:56:01	6:24	9.4 (58.8%)
319	KRUCZEK Grzegorz	1189		M 30	319	00:00:00	21,1 KM	+00:56:01	6:24	9.4 (58.8%)
320	WESOŁOWSKI Łukasz	873		M 30	320	00:00:00	21,1 KM	+00:56:13	6:24	9.4 (58.8%)
321	ŚLIWCZYŃSKI Damian	802	BIEGANIE NA ŚNIADANIE	M 30	321	00:00:00	21,1 KM	+00:56:23	6:25	9.3 (58.1%)
322	OTOK Arkadiusz	609		M 30	322	00:00:00	21,1 KM	+00:56:33	6:25	9.3 (58.1%)
323	CZYŻ Stanisław	1232		M 30	323	00:00:00	21,1 KM	+00:57:40	6:28	9.3 (58.1%)
324	CISEK Michał	462		M 30	324	00:00:00	21,1 KM	+00:58:00	6:29	9.2 (57.5%)
325	KASPRZAK Maciej	317		M 30	325	00:00:00	21,1 KM	+00:58:12	6:30	9.2 (57.5%)
326	ELERT Mariusz	1878		M 30	326	00:00:00	21,1 KM	+00:58:14	6:30	9.2 (57.5%)
327	DERA Tomasz	1060	CZERWONAK BIEGA	M 30	327	00:00:00	21,1 KM	+00:58:16	6:30	9.2 (57.5%)
328	GOLONKA Piotr	1072		M 30	328	00:00:00	21,1 KM	+00:58:18	6:30	9.2 (57.5%)
329	KUCIEL Robert	1775	RUNNING BOLĘCIN	M 30	329	00:00:00	21,1 KM	+00:58:39	6:31	9.2 (57.5%)
330	SURMACZ Tomasz	618		M 30	330	00:00:00	21,1 KM	+00:58:49	6:32	9.2 (57.5%)
331	ORYL Mariusz	386		M 30	331	00:00:00	21,1 KM	+00:58:59	6:32	9.2 (57.5%)
332	SZARMACH Andrzej	146	PŁOCK BIEGA NO AGE LIMIT	M 30	332	00:00:00	21,1 KM	+00:59:16	6:33	9.1 (56.9%)
333	PŁOCH Piotr	1737		M 30	333	00:00:00	21,1 KM	+00:59:21	6:37	9.1 (56.9%)
334	CZECHOWICZ Łukasz	1241		M 30	334	00:00:00	21,1 KM	+00:59:32	6:34	9.1 (56.9%)
335	LIS Mateusz	1182	HOLIDAY INN GDAŃSK - CITY CENTRE	M 30	335	00:00:00	21,1 KM	+00:59:35	6:34	9.1 (56.9%)
336	POLESZAK Adam	284		M 30	336	00:00:00	21,1 KM	+00:59:36	6:34	9.1 (56.9%)
337	PACHOLSKI Sławomir	943		M 30	337	00:00:00	21,1 KM	+00:59:46	6:34	9.1 (56.9%)
338	DZBANUSZEK Mariusz	181		M 30	338	00:00:00	21,1 KM	+00:59:59	6:35	9.1 (56.9%)
339	SEMENIUK Rafał	1487	24 BLP	M 30	339	00:00:00	21,1 KM	+01:00:05	6:35	9.1 (56.9%)
340	KOZŁOWSKI Grzegorz	1498		M 30	340	00:00:00	21,1 KM	+01:00:06	6:35	9.1 (56.9%)
341	KANIEWSKI Łukasz	1603	AKTYWNA KCYNIA	M 30	341	00:00:00	21,1 KM	+01:00:16	6:36	9.1 (56.9%)
342	BRODAKCI Paweł	1675		M 30	342	00:00:00	21,1 KM	+01:00:43	6:37	9.1 (56.9%)
343	SOBIECH Karol	648	POBIEDZISKA RUNNING TEAM	M 30	343	00:00:00	21,1 KM	+01:00:49	6:37	9 (56.3%)
344	FURMANEK Łukasz	501		M 30	344	00:00:00	21,1 KM	+01:01:20	6:39	9 (56.3%)
345	GRZYWKA Kamil	1137		M 30	345	00:00:00	21,1 KM	+01:01:47	6:40	9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
346	KUMALA Sebastian	1379		M 30	346	00:00:00	21,1 KM	+01:02:37	6:43	8.9 (55.6%)
347	GOLUSINSKI Krzysztof	1112		M 30	347	00:00:00	21,1 KM	+01:02:52	6:43	8.9 (55.6%)
348	TYLKA Marcin	297		M 30	348	00:00:00	21,1 KM	+01:03:15	6:44	8.9 (55.6%)
349	SZAŁAŚNY Piotr	505	TESTYOUTDOOROWE.PL	M 30	349	00:00:00	21,1 KM	+01:03:22	6:45	8.9 (55.6%)
350	MAJEWSKI Damian	1738		M 30	350	00:00:00	21,1 KM	+01:03:49	6:46	8.9 (55.6%)
351	DELALICZ DE LAVAL Rafał	1173		M 30	351	00:00:00	21,1 KM	+01:04:00	6:52	8.7 (54.4%)
352	SZYMAŃSKI Michał	997		M 30	352	00:00:00	21,1 KM	+01:04:06	6:47	8.8 (55.0%)
353	RZESZÓTKO Tomasz	1329	T1000	M 30	353	00:00:00	21,1 KM	+01:04:14	6:47	8.8 (55.0%)
354	MADEJ Aleksander	460		M 30	354	00:00:00	21,1 KM	+01:04:30	6:48	8.8 (55.0%)
355	MARCIN Marcin	756	VICTORIA JAWORZNO	M 30	355	00:00:00	21,1 KM	+01:04:30	6:48	8.8 (55.0%)
356	PIGŁA Michał	1213	SPORTOWY KAŻMIERZ	M 30	356	00:00:00	21,1 KM	+01:04:58	6:49	8.8 (55.0%)
357	KUFEL Krzysztof	101	PATOBIEGANIE	M 30	357	00:00:00	21,1 KM	+01:05:13	6:50	8.8 (55.0%)
358	SYROKA Przemysław	684		M 30	358	00:00:00	21,1 KM	+01:05:17	6:50	8.8 (55.0%)
359	PODKEŚNY Piotr	1504		M 30	359	00:00:00	21,1 KM	+01:05:40	6:52	8.7 (54.4%)
360	SOKULSKI Marcin	1839	KASZANKI	M 30	360	00:00:00	21,1 KM	+01:06:56	6:55	8.7 (54.4%)
361	HAUBOLD Marcel	1480		M 30	361	00:00:00	21,1 KM	+01:07:39	6:57	8.6 (53.8%)
362	RAJKOWSKI Tomasz	170		M 30	362	00:00:00	21,1 KM	+01:08:26	6:59	8.6 (53.8%)
363	SZWAJKOWSKI Przemysław	1235		M 30	363	00:00:00	21,1 KM	+01:08:36	7:00	8.6 (53.8%)
364	JURCZYŃSKI Piotr	964	BEZIKI RULEZZZZ	M 30	364	00:00:00	21,1 KM	+01:08:57	7:01	8.6 (53.8%)
365	MATUSIK Michał	1063		M 30	365	00:00:00	21,1 KM	+01:09:19	7:02	8.5 (53.1%)
366	JEZIOR Bartosz	672	KUTOUAKI	M 30	366	00:00:00	21,1 KM	+01:09:24	7:02	8.5 (53.1%)
367	CZYŻEWSKI Łukasz	342	PATOBIEGANIE	M 30	367	00:00:00	21,1 KM	+01:09:35	7:02	8.5 (53.1%)
368	JĘDRZEJEK Marek	495		M 30	368	00:00:00	21,1 KM	+01:10:00	7:04	8.5 (53.1%)
369	STEFAŃSKI Radosław	63		M 30	369	00:00:00	21,1 KM	+01:10:17	7:04	8.5 (53.1%)
370	ERDMANN Piotr	562	POMELO PIOTR ERDMANN	M 30	370	00:00:00	21,1 KM	+01:10:45	7:06	8.4 (52.5%)
371	SODNOMGOMBO Alimaa	216		M 30	371	00:00:00	21,1 KM	+01:10:53	7:06	8.4 (52.5%)
372	GŁADZIK Aleksander	140	KOMPAS TEAM	M 30	372	00:00:00	21,1 KM	+01:11:06	7:07	8.4 (52.5%)
373	SOKALSKI Przemek	886		M 30	373	00:00:00	21,1 KM	+01:11:07	7:07	8.4 (52.5%)
374	GÓRNIAK Jarosław	566	JARBUD	M 30	374	00:00:00	21,1 KM	+01:11:53	7:09	8.4 (52.5%)
375	BAKOWSKI Rafał	1515		M 30	375	00:00:00	21,1 KM	+01:12:43	7:11	8.3 (51.9%)
376	LIPSKI Łukasz	431	BIEGOHOLLIKA	M 30	376	00:00:00	21,1 KM	+01:13:01	7:12	8.3 (51.9%)
377	WÓJCIK Robert	1022		M 30	377	00:00:00	21,1 KM	+01:14:02	7:15	8.3 (51.9%)
378	KRUK Michał	1644	DOCHODZIMY W 2H :)	M 30	378	00:00:00	21,1 KM	+01:14:35	7:17	8.2 (51.3%)
379	KUJAWA Michał	1790		M 30	379	00:00:00	21,1 KM	+01:15:45	7:20	8.2 (51.3%)
380	WRĘCZYCKI Łukasz	269		M 30	380	00:00:00	21,1 KM	+01:16:11	7:21	8.2 (51.3%)
381	MACIEJEWSKI Robert	1593	BIEGAM BO LUBIĘ	M 30	381	00:00:00	21,1 KM	+01:16:12	7:21	8.2 (51.3%)
382	BONIECKI Dariusz	825		M 30	382	00:00:00	21,1 KM	+01:16:17	7:21	8.1 (50.6%)
383	DZIEPAK Piotr	193	1. BLTR / MROKOWSKA WOLA NA BIEGANIE	M 30	383	00:00:00	21,1 KM	+01:16:24	7:22	8.1 (50.6%)
384	FRAK Wojciech	1268		M 30	384	00:00:00	21,1 KM	+01:16:34	7:22	8.1 (50.6%)
385	SOSIŃSKI Paweł	1218		M 30	385	00:00:00	21,1 KM	+01:17:44	7:26	8.1 (50.6%)
386	SKOWROŃ Jakub	1651		M 30	386	00:00:00	21,1 KM	+01:18:21	7:27	8 (50.0%)
387	BAUMGART Grzegorz	211	STARGARD JA SIĘ NIE ŚCIGAM	M 30	387	00:00:00	21,1 KM	+01:18:24	7:27	8 (50.0%)
388	SKIBA Michał	219	PRZYJACIÓŁ ZIMNEGO PIWA	M 30	388	00:00:00	21,1 KM	+01:18:52	7:29	8 (50.0%)
389	NOWACKI Michał	760		M 30	389	00:00:00	21,1 KM	+01:19:10	7:30	8 (50.0%)
390	DĘBEK Radosław	108		M 30	390	00:00:00	21,1 KM	+01:19:14	7:30	8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Dystans	Różn	Tempo min/km	Tempo km/h
391	KOWALCZYK Marcin	1157		M 30	391	00:00:00	21,1 KM	+01:19:35	7:31	8 (50.0%)
392	BILGOŃ Wojciech	347		M 30	392	00:00:00	21,1 KM	+01:21:05	7:35	7.9 (49.4%)
393	AUGUSTYNIAK Michał	1214		M 30	393	00:00:00	21,1 KM	+01:21:31	7:36	7.9 (49.4%)
394	ROGAŁSKI Kamil	1673		M 30	394	00:00:00	21,1 KM	+01:22:10	7:38	7.8 (48.8%)
395	LACHOWSKI Karol	1187	AEGONRUN	M 30	395	00:00:00	21,1 KM	+01:23:03	7:42	7.8 (48.8%)
396	KUZNETSOVA Maria	729		M 30	396	00:00:00	21,1 KM	+01:23:53	7:43	7.8 (48.8%)
397	MICHALAK Mateusz	1033		M 30	397	00:00:00	21,1 KM	+01:25:49	7:49	7.7 (48.1%)
398	DUDA Łukasz	1489	MIRAZ RACE TEAM	M 30	398	00:00:00	21,1 KM	+01:25:53	7:49	7.7 (48.1%)
399	FREJTAG Dawid	1638	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M 30	399	00:00:00	21,1 KM	+01:26:20	7:50	7.7 (48.1%)
400	ZABORSKI Mirosław	1279		M 30	400	00:00:00	21,1 KM	+01:27:19	7:53	7.6 (47.5%)
401	OSIŃSKI Jacek	1462	1981	M 30	401	00:00:00	21,1 KM	+01:27:23	7:53	7.6 (47.5%)
402	SURY Adam	363		M 30	402	00:00:00	21,1 KM	+01:28:28	7:56	7.6 (47.5%)
403	SZUMLAS Marcin	1420	#SZUMITEAM	M 30	403	00:00:00	21,1 KM	+01:32:51	8:09	7.4 (46.3%)
404	KOZIOŁ Paweł	1037		M 30	404	00:00:00	21,1 KM	+01:32:54	8:09	7.4 (46.3%)
405	SOJKA Marcin	1693	WKURW_TEAM	M 30	405	00:00:00	21,1 KM	+01:33:04	8:09	7.4 (46.3%)
406	BELKOWSKI Jakub	1797		M 30	406	00:00:00	21,1 KM	+01:36:42	8:19	7.2 (45.0%)
407	POPIELA Sebastian	1440	OPTYK BARTKOWIAK TEAM	M 30	407	00:00:00	21,1 KM	+01:37:44	8:22	7.2 (45.0%)
408	HORWAT Krystian	112	KLUB ZIMNEGO PIWA	M 30	408	00:00:00	21,1 KM	+01:38:02	8:23	7.1 (44.4%)
409	KEMPA Jozef	1732		M 30	409	00:00:00	21,1 KM	+01:38:24	8:24	7.1 (44.4%)
410	WIĄCEK Jakub	1039		M 30	410	00:00:00	21,1 KM	+01:38:30	8:25	7.1 (44.4%)
411	ORLIKOWSKI Robert	1523	POŁCZYN BIEGA ♥	M 30	411	00:00:00	21,1 KM	+01:39:10	8:26	7.1 (44.4%)
412	TORNBY Kim	295		M 30	412	00:00:00	21,1 KM	+01:39:53	8:29	7.1 (44.4%)
413	ANIELSKI Michał	1192		M 30	413	00:00:00	21,1 KM	+01:41:42	8:34	7 (43.8%)
414	WOLFF Michał	747	AKTYWNA KCYNIA	M 30	414	00:00:00	21,1 KM	+01:46:14	8:47	6.8 (42.5%)
415	KULCZAKIEWICZ Karol	1536		M 30	415	00:00:00	21,1 KM	+01:48:55	8:54	6.7 (41.9%)
416	BANDEL Adam	1478		M 30	416	00:00:00	21,1 KM	+01:49:01	8:54	6.7 (41.9%)
417	ŁOZICKI Krzysztof	1434	NOTODZIDA	M 30	417	00:00:00	21,1 KM	+01:50:21	8:59	6.7 (41.9%)
418	STASZEWSKI Konrad	1579	PROFESSIONAL-FIGHTER WIKING TEAM	M 30	418	00:00:00	21,1 KM	+01:51:11	9:01	6.7 (41.9%)
419	NOWAK Patryk	1421		M 30	419	00:00:00	21,1 KM	+01:53:44	9:08	6.6 (41.3%)
420	NIEMIEC Jakub	634		M 30	420	00:00:00	21,1 KM	+01:55:37	9:13	6.5 (40.6%)
421	SEREDYŃSKI Grzegorz	840	PARKRUN GORZÓW WIELKOPOLSKI	M 30	421	00:00:00	21,1 KM	+02:00:27	9:27	6.3 (39.4%)
422	CHUPTYŚ Adrian	424	RUNDORFINA	M 30	422	00:00:00	21,1 KM	+02:17:55	10:17	5.8 (36.3%)
423	PACEK Cezary	1290		M 30	423	00:00:00	21,1 KM	+02:26:32	10:41	5.6 (35.0%)
424	ZYGMUNT Patryk	1004		M 30	424	00:00:00	21,1 KM	+03:13:26	12:55	4.6 (28.8%)
425	KITALA Radosław	301	WILK TRENUJE FAMILY (WTF)	M 30	425	00:00:00	21,1 KM	+03:17:33	13:06	4.6 (28.8%)
426	SZYMANOWICZ Marcin	1097		M 30	426	00:00:00	21,1 KM	+04:29:35	16:31	3.6 (22.5%)
427	ŁOWCZAK Jacek	664	TEAM ZABIEGANEDNI	M 30	427	00:00:00	21,1 KM	+05:02:14	18:04	3.3 (20.6%)

Znaleziono 427 wynik(ów)