



BIEG SZLAKIEM DZIKA

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dziki Weekend 2020
Stowarzyszenie Klub Biegowy Dzik
2020-08-22
Police
10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	NOWICKI Bartosz	1004	BNOW SPORTS	M2 30-39	1	01:01:00	00:41:23.65	01:42:24.55		4:08	14.5 (100%)
2	PAWLISIAK Paweł	991	BBL POLICE	M2 30-39	2	00:01:17	00:44:04.75	00:45:22.70	+00:02:41 (6.1%)	4:24	13.6 (93.8%)
3	HRYNKO Jacek	953	15 BRYGADA ZMECHANIZOWANA W GIŻYCKU	M1 16-29	1	01:53:00	00:44:05.70	02:37:06.30	+00:02:42 (6.1%)	4:24	13.6 (93.8%)
4	BARAŃSKI Przemysław	1112	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M1 16-29	2	00:14:00	00:44:43.65	00:58:44.25	+00:03:20 (7.5%)	4:28	13.4 (92.4%)
5	SIECZKOWSKI Michał	1108		M2 30-39	3	00:01:22	00:45:02.90	00:46:25.25	+00:03:39 (8.1%)	4:30	13.3 (91.7%)
6	OLICHOWSKI Mateusz	1124	SURVIWAŁTEAM	M1 16-29	3	00:01:42	00:46:27.15	00:48:09.70	+00:05:03 (10.9%)	4:38	12.9 (89.0%)
7	RUDZIŃSKI Jacek	1126	KB HERMES GRYFINO / KW PSP SZCZECIN	M4 50-59	1	00:15:20	00:46:28.75	01:01:49.45	+00:05:05 (10.9%)	4:38	12.9 (89.0%)
8	APIECIONEK Mateusz	1253	UKL SEMKA	M1 16-29	4	00:04:05	00:47:36.05	00:51:42.00	+00:06:12 (13.0%)	4:45	12.6 (86.9%)
9	ALEKSANDROV Denys	941	TRIGYM	M1 16-29	5	00:02:05	00:47:59.25	00:50:04.85	+00:06:35 (13.7%)	4:47	12.5 (86.2%)
10	SCHMIDT Thomas	756	BRAUNSCHWEIG HASH HOUSE HARRIERS	M2 30-39	4	00:14:47	00:48:00.40	01:02:47.50	+00:06:36 (13.8%)	4:48	12.5 (86.2%)
11	OLESZCZUK Dominik	1106	OŻW SZCZECIN	M2 30-39	5	00:57:44	00:48:43.40	01:46:27.80	+00:07:19 (15.0%)	4:52	12.3 (84.8%)
12	WASILEWSKI Andrzej	826		M3 40-49	1	01:29:25	00:49:37.35	02:19:02.75	+00:08:13 (16.6%)	4:57	12.1 (83.4%)
13	ZYGMUNT Tomasz	798	OŻW SZCZECIN	M3 40-49	2	00:57:37	00:49:41.05	01:47:18.05	+00:08:17 (16.7%)	4:58	12.1 (83.4%)
14	WRÓBLEWSKI Michał	983	LIFE4FIT	M3 40-49	3	00:01:27	00:49:57.30	00:51:24.55	+00:08:33 (17.1%)	4:59	12 (82.8%)

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15	MAZUR Emilusz	955	KM PSP KOSZALIN	M3 40-49	4	00:13:37	00:50:03.45	01:03:40.70	+00:08:39 (17.3%)	5:00	12 (82.8%)
16	RYNKIEWICZ Jędrzej	985	15 GIŻYCKA BRYGADY ZMECHANIZOWANA	M2 30-39	6	01:28:47	00:50:07.05	02:18:54.80	+00:08:43 (17.4%)	5:00	12 (82.8%)
17	GRZESIK Eugeniusz	1163	KMPSP KOSZALIN	M4 50-59	2	00:05:16	00:50:34.70	00:55:51.35	+00:09:11 (18.2%)	5:03	11.9 (82.1%)
18	HOŁYŃSKI Leszek	679	KM PSP SZCZECIN	M2 30-39	7	00:01:47	00:51:13.85	00:53:01.15	+00:09:50 (19.2%)	5:07	11.7 (80.7%)
19	CHENON Guillaume	796		M2 30-39	8	01:39:56	00:51:15.00	02:31:11.00	+00:09:51 (19.2%)	5:07	11.7 (80.7%)
20	KRAWCZYK Paweł	649	OPONKI TEAM	M1 16-29	6	00:02:08	00:51:15.30	00:53:23.55	+00:09:51 (19.2%)	5:07	11.7 (80.7%)
21	KRZEŚNIEWSKI Marcin	646	ROWEROWY ZAŁOM	M3 40-49	5	00:01:30	00:51:27.45	00:52:57.60	+00:10:03 (19.6%)	5:08	11.7 (80.7%)
22	GRYGORCEWICZ Jan	925	SKB DZIK	M4 50-59	3	00:40:56	00:51:51.75	01:32:48.40	+00:10:28 (20.2%)	5:11	11.6 (80.0%)
23	STOLARCZUK Grzegorz	954		M2 30-39	9	00:02:14	00:51:57.15	00:54:11.25	+00:10:33 (20.3%)	5:11	11.5 (79.3%)
24	DUCHNOWSKI Łukasz	952	15 GIZYCKA BRYGADA ZMECHANIZOWANA	M2 30-39	10	01:48:13	00:52:19.05	02:40:32.80	+00:10:55 (20.9%)	5:13	11.5 (79.3%)
25	KAPŁANIAK Adrian	986	BBL POLICE	M2 30-39	11	00:01:20	00:52:53.00	00:54:13.30	+00:11:29 (21.7%)	5:17	11.3 (77.9%)
26	BARAŃSKI Bogusław	1113	MLUKS TRZEBIATÓW	M5 60+	1	00:11:35	00:53:03.50	01:04:39.30	+00:11:39 (22.0%)	5:18	11.3 (77.9%)
27	WAJS Sebastian	1109	12BZ/ZWT	M2 30-39	12	00:01:37	00:53:12.10	00:54:49.40	+00:11:48 (22.2%)	5:19	11.3 (77.9%)
28	ARLUKIEWICZ Grzegorz	705		M2 30-39	13	00:22:47	00:53:33.70	01:16:21.65	+00:12:10 (22.7%)	5:21	11.2 (77.2%)
29	GERLICH Kai	732	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	7	00:14:59	00:53:51.25	01:08:50.40	+00:12:27 (23.1%)	5:23	11.1 (76.6%)
30	ŻARCZYŃSKI Błażej	1102	BIEGAM U KOLESİ	M2 30-39	14	00:07:56	00:53:58.40	01:01:54.40	+00:12:34 (23.3%)	5:23	11.1 (76.6%)
31	ZELEK Darek	965		M3 40-49	6	00:16:27	00:54:22.10	01:10:50.05	+00:12:58 (23.9%)	5:26	11 (75.9%)
32	MORGIEWICZ Piotr	962	RUNGRYF GRYFICE	M4 50-59	4	03:22:53	00:54:26.35	04:17:20.05	+00:13:02 (24.0%)	5:26	11 (75.9%)
33	DZIADEK Krzysztof	901	BIEGOLAS KOSZALIN	M2 30-39	15	01:44:41	00:54:38.10	02:39:19.45	+00:13:14 (24.2%)	5:27	11 (75.9%)
34	FĄFEREK Piotr	879		M2 30-39	16	00:02:11	00:54:38.45	00:56:49.60	+00:13:14 (24.2%)	5:27	11 (75.9%)
35	IWANIEC Dariusz	713	BIEGOLAS KOSZALIN	M3 40-49	7	01:44:33	00:54:44.80	02:39:18.50	+00:13:21 (24.4%)	5:28	11 (75.9%)
36	TOMICZAK Krzysztof	660		M3 40-49	8	01:43:27	00:55:01.80	02:38:29.40	+00:13:38 (24.8%)	5:30	10.9 (75.2%)
37	SŁOWIK Jacek	635		M2 30-39	17	00:20:33	00:55:11.10	01:15:44.85	+00:13:47 (25.0%)	5:31	10.9 (75.2%)

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38	ROGALSKI Marcin	1093	VOCALIS SZCZECIN	M4 50-59	5	00:02:19	00:55:18.05	00:57:37.30	+00:13:54 (25.1%)	5:31	10.8 (74.5%)
39	RUŚKIEWICZ Wojciech	943	DELOITTE ADVENTURE TEAM	M2 30-39	18	00:01:51	00:55:30.20	00:57:22.05	+00:14:06 (25.4%)	5:33	10.8 (74.5%)
40	NIEWCZAS Jakub	935	DZIKA SIGMA	M1 16-29	8	00:06:23	00:55:42.35	01:02:06.30	+00:14:18 (25.7%)	5:34	10.8 (74.5%)
41	BABICZ Wojtek	884	BRIDGESTONE STARGARD RUNNERS	M3 40-49	9	00:25:52	00:55:48.40	01:21:40.75	+00:14:24 (25.8%)	5:34	10.8 (74.5%)
42	WOSZCZYK Sebastian	621	DZIKIE DZIKI GORZÓW	M3 40-49	10	00:29:36	00:55:52.25	01:25:29.10	+00:14:28 (25.9%)	5:35	10.7 (73.8%)
43	JASTAK Paweł	665		M3 40-49	11	00:11:00	00:56:17.85	01:07:17.90	+00:14:54 (26.5%)	5:37	10.7 (73.8%)
44	GÓRNIAK Dariusz	1070		M4 50-59	6	00:01:02	00:56:22.25	00:57:25.15	+00:14:58 (26.6%)	5:38	10.6 (73.1%)
45	BIEŃKOWSKI Tomasz	861	BIEGOLAS	M2 30-39	19	01:44:44	00:56:26.75	02:41:11.15	+00:15:03 (26.7%)	5:38	10.6 (73.1%)
46	SAWICKI Bartosz	762	DZIKIE DZIKI GORZÓW	M1 16-29	9	00:27:25	00:56:35.05	01:24:00.60	+00:15:11 (26.8%)	5:39	10.6 (73.1%)
47	KUŁAKOWSKI Dawid	676	BIEGOLAS KOSZALIN	M3 40-49	12	01:44:38	00:56:35.15	02:41:14.05	+00:15:11 (26.8%)	5:39	10.6 (73.1%)
48	KRZYWIEC Grzegorz	874	BBL POLICE	M2 30-39	20	00:04:08	00:56:39.60	01:00:47.80	+00:15:15 (26.9%)	5:39	10.6 (73.1%)
49	MICERSKI Tomasz	666	BIEGOLAS KOSZALIN	M3 40-49	13	01:44:35	00:56:42.10	02:41:17.95	+00:15:18 (27.0%)	5:40	10.6 (73.1%)
50	OSTOJSKI Ireneusz	966	DLL PARTNERS	M3 40-49	14	00:44:39	00:57:00.75	01:41:40.60	+00:15:37 (27.4%)	5:42	10.5 (72.4%)
51	ELLMANN Filip	868	PIJANEGO MISTRZA STYL	M2 30-39	21	00:10:03	00:57:05.65	01:07:09.30	+00:15:42 (27.5%)	5:42	10.5 (72.4%)
52	PĘDZIK Marek	1082		M1 16-29	10	00:41:26	00:57:36.15	01:39:02.90	+00:16:12 (28.1%)	5:45	10.4 (71.7%)
53	PYREK Krzysztof	663	JOKER	M3 40-49	15	00:44:37	00:57:45.25	01:42:22.50	+00:16:21 (28.3%)	5:46	10.4 (71.7%)
54	PIĘTKA Grzegorz	655	HELL'S HEAVEN SZCZECIN	M3 40-49	16	02:21:13	00:57:59.95	03:19:13.65	+00:16:36 (28.6%)	5:47	10.3 (71.0%)
55	SZYSZKO Filip	1131	DLL PARTNERS	M1 16-29	11	01:13:32	00:58:08.05	02:11:40.50	+00:16:44 (28.8%)	5:48	10.3 (71.0%)
56	KĘDZIOR Jakub	607	DECATHLON PIŁA	M1 16-29	12	00:38:16	00:58:20.80	01:36:37.70	+00:16:57 (29.1%)	5:50	10.3 (71.0%)
57	BARTOSIEWICZ Adam	1119		M3 40-49	17	00:08:42	00:58:28.20	01:07:10.30	+00:17:04 (29.2%)	5:50	10.3 (71.0%)
58	WIŚNIEWSKI Mariusz	581	IHUHU TEAM	M2 30-39	22	00:09:43	00:58:33.25	01:08:16.45	+00:17:09 (29.3%)	5:51	10.2 (70.3%)
59	OLEJARZ Damian	636	POL-BUD POLICE	M2 30-39	23	01:12:53	00:58:36.50	02:11:30.25	+00:17:12 (29.4%)	5:51	10.2 (70.3%)
60	KOCZKODAJ Kamil	805	OŻW SZCZECIN	M2 30-39	24	00:57:33	00:58:38.00	01:56:11.95	+00:17:14 (29.4%)	5:51	10.2 (70.3%)

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61	ZYCH Krzysztof	988	SRAMMAGEDON SŁAWOBORZE	M2 30-39	25	00:16:23	00:58:42.00	01:15:05.35	+00:17:18 (29.5%)	5:52	10.2 (70.3%)
62	BLIZNA Rafał	1118		M2 30-39	26	01:30:30	00:58:48.40	02:29:18.55	+00:17:24 (29.6%)	5:52	10.2 (70.3%)
63	GIETKO Piotr	1080		M3 40-49	18	00:12:45	00:59:00.25	01:11:45.70	+00:17:36 (29.8%)	5:54	10.2 (70.3%)
64	MATUSIAK Rafał	639	WŚCIEKŁE PSY	M1 16-29	13	00:42:53	00:59:07.20	01:42:00.90	+00:17:43 (30.0%)	5:54	10.1 (69.7%)
65	DYMOWSKI Paweł	1094	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	27	00:09:08	00:59:10.95	01:08:19.30	+00:17:47 (30.1%)	5:55	10.1 (69.7%)
66	PARADZIŃSKI Dawid	770		M1 16-29	14	00:55:53	00:59:15.10	01:55:08.25	+00:17:51 (30.1%)	5:55	10.1 (69.7%)
67	WOJDYŁA Michał	909	ROYAL RUNNERS TEAM	M2 30-39	28	00:44:43	00:59:19.05	01:44:02.95	+00:17:55 (30.2%)	5:55	10.1 (69.7%)
68	GĄGOL Marek	996	ZAMENA	M2 30-39	29	00:45:03	00:59:25.95	01:44:29.05	+00:18:02 (30.4%)	5:56	10.1 (69.7%)
69	KOMSTA Rafał	668	PAN WĄSKI I JEGO MAFIA	M2 30-39	30	00:02:16	00:59:38.15	01:01:54.95	+00:18:14 (30.6%)	5:57	10.1 (69.7%)
70	SOBAŃSKA Karolina	916	SKB DZIK	M2 30-39	31	00:01:32	00:59:50.25	01:01:22.70	+00:18:26 (30.8%)	5:59	10 (69.0%)
71	ZABŁOCKI Paweł	1084	BRIDGESTONE RUNNERS	M2 30-39	32	00:57:56	01:00:05.05	01:58:02.00	+00:18:41 (31.1%)	6:00	10 (69.0%)
72	GÓSKI Tomasz	886	TEAM SPIRIT NOWA SÓL	M3 40-49	19	00:17:56	01:00:05.60	01:18:01.60	+00:18:41 (31.1%)	6:00	10 (69.0%)
73	KNIOŁA Łukasz	603	PIŁA TEAM	M3 40-49	20	00:21:05	01:00:09.70	01:21:14.95	+00:18:46 (31.2%)	6:00	10 (69.0%)
74	PASTERNAK Rafał	923	ODRA GRYFINO	M2 30-39	33	00:03:45	01:00:17.00	01:04:02.80	+00:18:53 (31.3%)	6:01	10 (69.0%)
75	TOMCZAK Artur	896	DIRTY SPARROWS	M2 30-39	34	00:02:39	01:00:29.65	01:03:08.80	+00:19:06 (31.6%)	6:02	9.9 (68.3%)
76	KONDELA Paweł	612	OŻW SZCZECIN	M3 40-49	21	00:57:42	01:00:54.75	01:58:36.95	+00:19:31 (32.0%)	6:05	9.9 (68.3%)
77	SOBCZAK Paweł	1086		M2 30-39	35	00:03:10	01:00:59.70	01:04:10.05	+00:19:36 (32.1%)	6:05	9.8 (67.6%)
78	KRUSZYNA Robert	761		M3 40-49	22	00:04:57	01:01:03.70	01:06:01.15	+00:19:40 (32.2%)	6:06	9.8 (67.6%)
79	GRZYB Albert	645		M1 16-29	15	00:09:35	01:01:24.20	01:11:00.05	+00:20:00 (32.6%)	6:08	9.8 (67.6%)
80	PIESZAK Tomasz	1083	OŻW SZCZECIN	M2 30-39	36	00:19:18	01:01:33.45	01:20:52.30	+00:20:09 (32.8%)	6:09	9.7 (66.9%)
81	BĘDKOWSKI Piotr	1123	SWIM2TRO	M2 30-39	37	00:02:49	01:01:43.30	01:04:33.10	+00:20:19 (32.9%)	6:10	9.7 (66.9%)
82	DYDEK Arkadiusz	1160	SKB DZIK	M1 16-29	16	00:06:50	01:01:54.15	01:08:44.30	+00:20:30 (33.1%)	6:11	9.7 (66.9%)
83	WALCZAK Tadeusz	1057		M4 50-59	7	00:15:27	01:02:00.80	01:17:27.80	+00:20:37 (33.2%)	6:12	9.7 (66.9%)

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84	BOCK Udo	729	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	23	00:14:23	01:02:01.60	01:16:25.45	+00:20:37 (33.3%)	6:12	9.7 (66.9%)
85	WOŁK Marcin	712	KSF	M2 30-39	38	00:14:12	01:02:05.80	01:16:18.70	+00:20:42 (33.3%)	6:12	9.7 (66.9%)
86	DUDKA Robert	902		M2 30-39	39	00:47:47	01:02:08.30	01:49:55.35	+00:20:44 (33.4%)	6:12	9.7 (66.9%)
87	LEWANDOWSKI Piotr	1154	SKB DZIK	M3 40-49	24	00:07:03	01:02:13.35	01:09:16.80	+00:20:49 (33.5%)	6:13	9.6 (66.2%)
88	GARBACIAK Tomasz	1085		M2 30-39	40	00:49:45	01:02:20.70	01:52:06.10	+00:20:57 (33.6%)	6:14	9.6 (66.2%)
89	KUCHARCZYK Robert	764	RANGRYF	M4 50-59	8	00:36:20	01:02:25.90	01:38:46.45	+00:21:02 (33.7%)	6:14	9.6 (66.2%)
90	CZYLKOWSKI Patryk	1001		M2 30-39	41	00:05:40	01:02:29.65	01:08:10.50	+00:21:06 (33.8%)	6:14	9.6 (66.2%)
91	LENCEWICZ Grzegorz	590	HUSARIA RACE TEAM SZCZECIN	M2 30-39	42	00:08:20	01:02:30.05	01:10:50.25	+00:21:06 (33.8%)	6:15	9.6 (66.2%)
92	KRUK Bartosz	934		M2 30-39	43	02:06:36	01:02:33.15	03:09:09.80	+00:21:09 (33.8%)	6:15	9.6 (66.2%)
93	GADOWSKI Wojciech	753	NIE PROWOKUJ LOCHY MIERZYN	M2 30-39	44	00:56:24	01:02:33.60	01:58:57.85	+00:21:09 (33.8%)	6:15	9.6 (66.2%)
94	STAŃCZYK Sławomir	906	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	45	00:44:25	01:02:39.10	01:47:05.00	+00:21:15 (33.9%)	6:15	9.6 (66.2%)
95	STRZEMIŃSKI Bartłomiej	846		M1 16-29	17	00:06:19	01:02:40.15	01:08:59.40	+00:21:16 (33.9%)	6:16	9.6 (66.2%)
96	GRALEWICZ Robert	600		M3 40-49	25	00:25:17	01:02:40.95	01:27:58.40	+00:21:17 (34.0%)	6:16	9.6 (66.2%)
97	LÜCKOFF Marc Steffen	748	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	26	00:15:01	01:02:53.90	01:17:55.80	+00:21:30 (34.2%)	6:17	9.5 (65.5%)
98	WÓJCIK Krzysztof	650	DĄBROWSKI TEAM	M2 30-39	46	00:04:11	01:03:11.65	01:07:22.85	+00:21:48 (34.5%)	6:19	9.5 (65.5%)
99	ARAMOWICZ Sławomir	749		M2 30-39	47	00:57:47	01:03:12.10	02:00:59.70	+00:21:48 (34.5%)	6:19	9.5 (65.5%)
100	SZKUTNIK Arkadiusz	974	MON	M4 50-59	9	00:01:05	01:03:19.60	01:04:25.45	+00:21:55 (34.6%)	6:19	9.5 (65.5%)
101	RAKOCZY Bartosz	995	DZIKIE DZIKI GORZÓW	M2 30-39	48	00:44:09	01:03:20.00	01:47:29.35	+00:21:56 (34.6%)	6:20	9.5 (65.5%)
102	HAWRYLAK Marcin	766	BIEG KORCZAKA	M4 50-59	10	00:04:24	01:03:24.65	01:07:49.25	+00:22:01 (34.7%)	6:20	9.5 (65.5%)
103	PIEKARSKI Kamil	610		M2 30-39	49	00:33:11	01:03:25.90	01:36:37.55	+00:22:02 (34.7%)	6:20	9.5 (65.5%)
104	GERLICH Klaus	734	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	11	00:14:26	01:03:28.50	01:17:55.40	+00:22:04 (34.8%)	6:20	9.5 (65.5%)
105	PASZKO Daniel	872	WIECZORNE BIEGANIE SZCZECIN / KOMPAS TEAM POLICE	M3 40-49	27	00:02:02	01:03:34.65	01:05:37.20	+00:22:11 (34.9%)	6:21	9.4 (64.8%)
106	ROSZAK Zbigniew	647	WATAHA ŁĄCZY NAS BIEGANIE	M2 30-39	50	00:01:54	01:04:04.45	01:05:58.90	+00:22:40 (35.4%)	6:24	9.4 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	MILANOWICZ Maciej	883	BRIDGESTONE STARGARD RUNNERS	M2 30-39	51	00:58:07	01:04:04.55	02:02:12.10	+00:22:40 (35.4%)	6:24	9.4 (64.8%)
108	LINOWSKI Włodzimierz	989		M1 16-29	18	01:09:39	01:04:33.95	02:14:13.90	+00:23:10 (35.9%)	6:27	9.3 (64.1%)
109	SIEDLER Martin	827		M2 30-39	52	01:00:59	01:04:45.10	02:05:44.50	+00:23:21 (36.1%)	6:28	9.3 (64.1%)
110	DROŹDZIŃSKI Konrad	945	RAZ SZCZECIN	M2 30-39	53	02:18:03	01:04:45.75	03:22:49.65	+00:23:22 (36.1%)	6:28	9.3 (64.1%)
111	GRALEWICZ Albert	601		M1 16-29	19	00:23:01	01:04:52.05	01:27:53.50	+00:23:28 (36.2%)	6:29	9.2 (63.4%)
111	KOŹŁOWSKI Piotr	611	NIECH KTOŚ WEZWIE KARETKĘ	M2 30-39	54	00:38:28	01:04:52.05	01:43:20.70	+00:23:28 (36.2%)	6:29	9.2 (63.4%)
113	BURDZIK Wojciech	975		M1 16-29	20	01:22:43	01:05:00.55	02:27:44.20	+00:23:36 (36.3%)	6:30	9.2 (63.4%)
114	KOŁOMAŃSKI Hubert	1006		M2 30-39	55	00:59:21	01:05:08.25	02:04:30.00	+00:23:44 (36.5%)	6:30	9.2 (63.4%)
115	WITORZĘĆ Dariusz	710		M3 40-49	28	00:06:08	01:05:15.00	01:11:23.00	+00:23:51 (36.6%)	6:31	9.2 (63.4%)
116	PAŃCZYK Tomasz	979		M2 30-39	56	00:34:57	01:05:17.35	01:40:14.75	+00:23:53 (36.6%)	6:31	9.2 (63.4%)
117	ROJEWSKI Mateusz	855		M2 30-39	57	00:34:54	01:05:21.10	01:40:15.35	+00:23:57 (36.7%)	6:32	9.2 (63.4%)
118	KRACZOWSKI Mirosław	1052		M3 40-49	29	00:18:06	01:05:27.05	01:23:33.05	+00:24:03 (36.8%)	6:32	9.2 (63.4%)
119	OGRODZIŃSKI Przemysław	641		M2 30-39	58	00:10:56	01:05:28.40	01:16:25.30	+00:24:04 (36.8%)	6:32	9.2 (63.4%)
120	SZUBCZYŃSKI Marcin	984	DLL PARTNERS	M2 30-39	59	00:36:13	01:05:30.85	01:41:44.80	+00:24:07 (36.8%)	6:33	9.2 (63.4%)
121	SOWA Krzysztof	969		M2 30-39	60	00:44:53	01:05:31.30	01:50:24.85	+00:24:07 (36.8%)	6:33	9.2 (63.4%)
122	WÓJCIK Tomasz	758		M2 30-39	61	02:40:52	01:05:49.90	03:46:41.90	+00:24:26 (37.1%)	6:34	9.1 (62.8%)
123	NĘDZUSIAK Dariusz	690		M4 50-59	12	00:34:02	01:05:52.35	01:39:54.60	+00:24:28 (37.2%)	6:35	9.1 (62.8%)
124	FUDRO Edward	721		M5 60+	2	00:06:32	01:06:16.65	01:12:49.35	+00:24:53 (37.5%)	6:37	9.1 (62.8%)
125	ŚWIĄTEK Bronisław	624	TUP TUP RAZEM	M5 60+	3	00:58:17	01:06:17.30	02:04:34.65	+00:24:53 (37.6%)	6:37	9.1 (62.8%)
126	JĘDRZEJEK Dariusz	791		M2 30-39	62	00:03:14	01:06:35.45	01:09:50.00	+00:25:11 (37.8%)	6:39	9 (62.1%)
127	WASIELEWSKI Jakub	978		M2 30-39	63	01:19:22	01:06:42.25	02:26:05.10	+00:25:18 (37.9%)	6:40	9 (62.1%)
128	TKACZUK Bartosz	741		M1 16-29	21	00:05:23	01:06:45.90	01:12:09.85	+00:25:22 (38.0%)	6:40	9 (62.1%)
129	RUBIN Karol	997	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M1 16-29	22	01:32:45	01:06:59.75	02:39:45.05	+00:25:36 (38.2%)	6:41	9 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	DOMAGALSKI Sławomir	919	SKB DZIK	M3 40-49	30	00:15:17	01:07:04.10	01:22:21.95	+00:25:40 (38.3%)	6:42	8.9 (61.4%)
131	SZULC Marcin	817		M2 30-39	64	00:02:47	01:07:05.10	01:09:52.15	+00:25:41 (38.3%)	6:42	8.9 (61.4%)
132	BOCHENEK Michał	853	AFRO-FIT WATAHA CROSSFIT	M2 30-39	65	00:12:53	01:07:11.40	01:20:04.45	+00:25:47 (38.4%)	6:43	8.9 (61.4%)
133	BILIŃSKI Zbigniew	911	12BZ	M4 50-59	13	00:04:00	01:07:41.45	01:11:42.00	+00:26:17 (38.8%)	6:46	8.9 (61.4%)
134	KIWILSZA Wojciech	583	IHUHU TEAM	M2 30-39	66	00:09:53	01:07:41.55	01:17:34.70	+00:26:17 (38.8%)	6:46	8.9 (61.4%)
135	KAMIONKA Andrzej	724	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	67	01:21:29	01:07:54.15	02:29:23.35	+00:26:30 (39.0%)	6:47	8.8 (60.7%)
136	PATZKE Ingo	738	BRAUNSCHWEIG HAS HOUSE HARRIERS	M4 50-59	14	00:14:52	01:08:08.05	01:23:00.75	+00:26:44 (39.2%)	6:48	8.8 (60.7%)
137	POŁOCZAŃSKI Piotr	811	SZWAGRY BIEGAJĄ	M2 30-39	68	00:07:29	01:08:09.00	01:15:38.40	+00:26:45 (39.3%)	6:48	8.8 (60.7%)
138	SKRZYPIEC Andrzej	701	BIEGACZE ŚWINOUJŚCIE	M5 60+	4	00:10:22	01:08:20.30	01:18:42.90	+00:26:56 (39.4%)	6:50	8.8 (60.7%)
139	ŁAWNICZAK Sebastian	845		M3 40-49	31	00:04:02	01:08:23.05	01:12:25.60	+00:26:59 (39.5%)	6:50	8.8 (60.7%)
140	RYŻ Arkadiusz	973	DLL PARTNERS	M2 30-39	69	00:36:17	01:08:32.70	01:44:50.20	+00:27:09 (39.6%)	6:51	8.8 (60.7%)
141	PODOLAK Mirosław	907		M3 40-49	32	01:24:20	01:08:38.50	02:32:58.95	+00:27:14 (39.7%)	6:51	8.7 (60.0%)
142	SZAKOŁA Pawel	862		M2 30-39	70	00:36:57	01:08:44.90	01:45:42.65	+00:27:21 (39.8%)	6:52	8.7 (60.0%)
143	CZYŻEWSKI Mateusz	857	WKURW_TEAM	M2 30-39	71	00:56:40	01:08:47.15	02:05:27.70	+00:27:23 (39.8%)	6:52	8.7 (60.0%)
144	GĄSIOROWSKI Mariusz	898	MOCZYMORDY CHOCIWEL	M3 40-49	33	00:01:15	01:08:47.25	01:10:02.75	+00:27:23 (39.8%)	6:52	8.7 (60.0%)
145	SĘK Dariusz	1104		M3 40-49	34	00:12:49	01:08:47.75	01:21:37.30	+00:27:24 (39.8%)	6:52	8.7 (60.0%)
146	LISOWSKI Krzysztof	895	TKKF CHOCIWEL	M2 30-39	72	00:01:10	01:08:52.20	01:10:03.15	+00:27:28 (39.9%)	6:53	8.7 (60.0%)
147	ZIELINSKI Arkadiusz	899		M2 30-39	73	00:01:13	01:08:52.75	01:10:05.80	+00:27:29 (39.9%)	6:53	8.7 (60.0%)
148	ZIELIŃSKI Bartosz	900		M2 30-39	74	00:01:13	01:08:53.15	01:10:06.50	+00:27:29 (39.9%)	6:53	8.7 (60.0%)
148	DOBRYCKI Piotr	1133	BRIDGESTONE STARGARD RUNNERS	M3 40-49	35	00:58:11	01:08:53.15	02:07:04.40	+00:27:29 (39.9%)	6:53	8.7 (60.0%)
150	GONTEK Łukasz	875	ŁOSOŚ TEAM	M2 30-39	75	00:10:39	01:08:54.05	01:19:33.65	+00:27:30 (39.9%)	6:53	8.7 (60.0%)
151	ULASS Robert	787		M3 40-49	36	01:09:55	01:09:22.10	02:19:17.85	+00:27:58 (40.3%)	6:56	8.6 (59.3%)
152	ODRZYWOLSKI Michał	714	OŻW SZCZECIN	M2 30-39	76	00:52:01	01:09:33.10	02:01:34.70	+00:28:09 (40.5%)	6:57	8.6 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto	brutto			
153	SYLDATK Patryk	1002		M1 16-29	23	01:00:24	01:09:34.35	02:09:58.90	+00:28:10 (40.5%)	6:57	8.6 (59.3%)
154	PŁUCIENNIK Andrzej	847		M1 16-29	24	00:06:21	01:09:39.20	01:16:00.90	+00:28:15 (40.6%)	6:57	8.6 (59.3%)
155	MĄDRAWSKI Tomasz	680		M3 40-49	37	01:06:13	01:10:02.80	02:16:16.15	+00:28:39 (40.9%)	7:00	8.6 (59.3%)
156	OLĘDZKI Michał	832	WDŚ KMP	M2 30-39	77	00:10:46	01:10:08.00	01:20:54.25	+00:28:44 (41.0%)	7:00	8.6 (59.3%)
157	CZAPLA Tomasz	977		M3 40-49	38	01:19:45	01:10:23.55	02:30:08.95	+00:28:59 (41.2%)	7:02	8.5 (58.6%)
158	ŁYDKA Sylwek	1111		M3 40-49	39	01:33:40	01:10:25.20	02:44:05.60	+00:29:01 (41.2%)	7:02	8.5 (58.6%)
159	PEDZIWIATR Marek	717		M3 40-49	40	00:06:14	01:10:29.50	01:16:43.85	+00:29:05 (41.3%)	7:02	8.5 (58.6%)
160	MEUSIAK Rafał	720		M2 30-39	78	00:24:53	01:10:39.45	01:35:33.40	+00:29:15 (41.4%)	7:03	8.5 (58.6%)
161	NIEWCZAS Tomasz	937	DZIKA SIGMA	M3 40-49	41	00:06:16	01:10:47.60	01:17:03.85	+00:29:23 (41.5%)	7:04	8.5 (58.6%)
162	CARŁO Marcin	801	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	42	00:58:33	01:10:58.65	02:09:32.55	+00:29:35 (41.7%)	7:05	8.5 (58.6%)
163	MRÓZ Tomek	698		M3 40-49	43	00:55:39	01:11:17.05	02:06:57.00	+00:29:53 (41.9%)	7:07	8.4 (57.9%)
164	GERLICH Michael	759	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	15	00:14:31	01:11:17.70	01:25:49.30	+00:29:54 (41.9%)	7:07	8.4 (57.9%)
165	KRZESIŃSKI Damian	815		M2 30-39	79	00:04:36	01:11:33.55	01:16:10.05	+00:30:09 (42.2%)	7:09	8.4 (57.9%)
166	HNAT Rafał	616	DECATHLON PIŁA	M3 40-49	44	00:38:25	01:11:38.20	01:50:03.30	+00:30:14 (42.2%)	7:09	8.4 (57.9%)
167	BOBROWSKI Daniel	1144		M1 16-29	25	00:04:12	01:11:41.30	01:15:54.25	+00:30:17 (42.3%)	7:10	8.4 (57.9%)
168	RAKOWSKI Piotr	860		M4 50-59	16	00:11:20	01:11:59.35	01:23:20.05	+00:30:35 (42.5%)	7:11	8.3 (57.2%)
169	KRUPIEŃCZYK Michał	667		M2 30-39	80	00:15:11	01:12:06.15	01:27:17.60	+00:30:42 (42.6%)	7:12	8.3 (57.2%)
170	NAREJKO Paweł	821		M1 16-29	26	00:01:49	01:12:36.10	01:14:25.80	+00:31:12 (43.0%)	7:15	8.3 (57.2%)
171	SZMYT Marcin	810	SZWAGRY BIEGAJĄ	M2 30-39	81	00:07:26	01:12:37.00	01:20:03.70	+00:31:13 (43.0%)	7:15	8.3 (57.2%)
172	SCHULZE Stefan	745	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	17	00:14:34	01:12:37.95	01:27:12.70	+00:31:14 (43.0%)	7:15	8.3 (57.2%)
173	PAWŁOWSKI Karol	938	DZIKA SIGMA	M3 40-49	45	00:06:00	01:12:56.35	01:18:57.25	+00:31:32 (43.2%)	7:17	8.2 (56.6%)
174	LIPKA Radosła	830	WDŚ KMP	M2 30-39	82	00:20:31	01:12:57.55	01:33:29.00	+00:31:33 (43.3%)	7:17	8.2 (56.6%)
175	KŁYS Robert	829	WDŚ KMP	M3 40-49	46	00:20:26	01:13:03.35	01:33:30.20	+00:31:39 (43.3%)	7:18	8.2 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	TRUKAWKA Andrzej	750	DZIKI ZAKWAS	M2 30-39	83	00:50:46	01:13:10.05	02:03:56.85	+00:31:46 (43.4%)	7:19	8.2 (56.6%)
177	ZDUNEK Piotr	1000		M2 30-39	84	00:50:49	01:13:10.45	02:03:59.90	+00:31:46 (43.4%)	7:19	8.2 (56.6%)
178	ZEMANKIEWICZ Łukasz	825	KANAŁ 6 AM	M2 30-39	85	00:06:42	01:13:13.30	01:19:56.10	+00:31:49 (43.5%)	7:19	8.2 (56.6%)
179	PAWLUŚ Tomasz	589	SSPS CHEMIK POLICE	M3 40-49	47	00:04:15	01:13:13.60	01:17:29.00	+00:31:49 (43.5%)	7:19	8.2 (56.6%)
180	NEJMAN Marcin	933	HAWAJSKIE REKINY	M1 16-29	27	00:06:05	01:13:56.10	01:20:01.90	+00:32:32 (44.0%)	7:23	8.1 (55.9%)
181	JADRYCH Zbigniew	915		M3 40-49	48	00:44:18	01:14:16.30	01:58:35.05	+00:32:52 (44.3%)	7:25	8.1 (55.9%)
182	ŁEMPKOWSKI Janusz	982	DLL PARTNERS	M3 40-49	49	00:10:18	01:14:18.75	01:24:37.15	+00:32:55 (44.3%)	7:25	8.1 (55.9%)
183	HINDZIUK Artsiom	936	DZIKA SIGMA	M2 30-39	86	00:06:26	01:14:43.20	01:21:10.10	+00:33:19 (44.6%)	7:28	8 (55.2%)
184	ZIÓŁKOWSKI Mieczysław	792		M4 50-59	18	00:08:04	01:14:54.80	01:22:59.40	+00:33:31 (44.7%)	7:29	8 (55.2%)
185	PORAZIŃSKI Przemysław	806		M1 16-29	28	00:03:17	01:14:55.15	01:18:12.65	+00:33:31 (44.7%)	7:29	8 (55.2%)
186	SALAUYOU Raman	939	DZIKA SIGMA	M1 16-29	29	00:06:03	01:15:09.35	01:21:12.40	+00:33:45 (44.9%)	7:30	8 (55.2%)
187	KRÜGER Swen	736	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	30	00:14:44	01:15:51.00	01:30:35.75	+00:34:27 (45.4%)	7:35	7.9 (54.5%)
188	CHUDZIŃSKI Bartosz	718		M3 40-49	50	00:57:28	01:15:53.60	02:13:21.70	+00:34:29 (45.5%)	7:35	7.9 (54.5%)
189	URBANOWICZ Piotr	1143		M1 16-29	31	00:04:21	01:15:54.95	01:20:16.45	+00:34:31 (45.5%)	7:35	7.9 (54.5%)
190	KRAWIEC Mateusz	1145		M1 16-29	32	00:04:18	01:16:01.55	01:20:20.20	+00:34:37 (45.6%)	7:36	7.9 (54.5%)
191	MURYN Dawid	951		M1 16-29	33	02:49:46	01:16:13.65	04:06:00.15	+00:34:50 (45.7%)	7:37	7.9 (54.5%)
192	BLAHAK David	958	VO2 MAX TEAM	M1 16-29	34	03:37:49	01:16:47.80	04:54:37.25	+00:35:24 (46.1%)	7:40	7.8 (53.8%)
193	PETRUSIEWICZ Paweł	797		M1 16-29	35	00:53:41	01:16:55.10	02:10:36.45	+00:35:31 (46.2%)	7:41	7.8 (53.8%)
194	WOJTKOWIAK Rafał	999		M3 40-49	51	01:35:54	01:17:08.10	02:53:02.35	+00:35:44 (46.3%)	7:42	7.8 (53.8%)
195	ŁEBKOWSKI Karol	689		M3 40-49	52	00:27:00	01:17:08.85	01:44:09.80	+00:35:45 (46.3%)	7:42	7.8 (53.8%)
196	GANCKE Grzegorz	1005		M3 40-49	53	00:20:37	01:17:43.10	01:38:21.00	+00:36:19 (46.7%)	7:46	7.7 (53.1%)
197	PADUCH Piotr	905		M2 30-39	87	00:07:37	01:17:48.50	01:25:26.45	+00:36:24 (46.8%)	7:46	7.7 (53.1%)
198	KORZENIAK Wojciech	800		M1 16-29	36	00:51:46	01:17:49.20	02:09:36.00	+00:36:25 (46.8%)	7:46	7.7 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	TUZ Bartosz	882	TEAM SPIRIT NOWA SÓL	M2 30-39	88	00:17:44	01:17:51.00	01:35:35.85	+00:36:27 (46.8%)	7:47	7.7 (53.1%)
200	SZYPLOWSKI Dorian	778		M2 30-39	89	00:24:06	01:17:52.55	01:41:58.85	+00:36:28 (46.8%)	7:47	7.7 (53.1%)
201	SZYMAŃSKI Piotr	777		M2 30-39	90	00:24:09	01:17:53.35	01:42:02.50	+00:36:29 (46.9%)	7:47	7.7 (53.1%)
202	WIECZOREK Jakub	651		M1 16-29	37	01:18:31	01:17:53.55	02:36:24.95	+00:36:29 (46.9%)	7:47	7.7 (53.1%)
203	KRZEMIŃSKI Paweł	967	EXT-WLF	M1 16-29	38	00:18:14	01:18:25.70	01:36:40.50	+00:37:02 (47.2%)	7:50	7.7 (53.1%)
204	ZAWADZKI Andrzej	968	EXT-WLF	M1 16-29	39	00:18:11	01:18:28.95	01:36:40.30	+00:37:05 (47.3%)	7:50	7.6 (52.4%)
205	SITEK Alfred	789		M3 40-49	54	01:18:36	01:19:07.00	02:37:43.10	+00:37:43 (47.7%)	7:54	7.6 (52.4%)
206	KAROL Sławomir	793	LOSZKI I WARCHLAKI	M4 50-59	19	00:07:14	01:19:17.30	01:26:31.70	+00:37:53 (47.8%)	7:55	7.6 (52.4%)
207	NOWAK Zbigniew	926	KB DZIK	M5 60+	5	00:40:53	01:19:45.50	02:00:39.35	+00:38:21 (48.1%)	7:58	7.5 (51.7%)
208	BIEGANSKI Tomasz	876		M2 30-39	91	00:03:48	01:19:56.40	01:23:44.95	+00:38:32 (48.2%)	7:59	7.5 (51.7%)
209	GRODZIŃSKI Arkadiusz	640	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	55	00:02:33	01:20:06.20	01:22:39.55	+00:38:42 (48.3%)	8:00	7.5 (51.7%)
210	MURAWSKI Rafał	921	ŁOSOŚ TEAM	M3 40-49	56	00:08:59	01:20:19.35	01:29:19.25	+00:38:55 (48.5%)	8:01	7.5 (51.7%)
211	MISIASZEK Mirosław	1036		M4 50-59	20	01:26:08	01:20:40.65	02:46:49.00	+00:39:17 (48.7%)	8:04	7.4 (51.0%)
212	LÜLLMANN Jörg	739	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	21	00:14:37	01:20:44.95	01:35:22.45	+00:39:21 (48.7%)	8:04	7.4 (51.0%)
213	NASIADEK Arkadiusz	725		M3 40-49	57	00:57:31	01:20:50.25	02:18:21.55	+00:39:26 (48.8%)	8:05	7.4 (51.0%)
214	KUNIKOWSKI Patryk	671	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	92	00:44:21	01:21:39.15	02:06:00.95	+00:40:15 (49.3%)	8:09	7.3 (50.3%)
215	SYCH Zbigniew	839	KB KAMIEŃ POMORSKI	M3 40-49	58	00:22:54	01:23:01.00	01:45:55.15	+00:41:37 (50.1%)	8:18	7.2 (49.7%)
216	MAŁECKI Sebastian	773		M2 30-39	93	00:13:13	01:23:04.50	01:36:17.75	+00:41:40 (50.2%)	8:18	7.2 (49.7%)
217	BIEGAŃSKI Piotr	1089		M2 30-39	94	00:03:51	01:23:11.20	01:27:02.25	+00:41:47 (50.2%)	8:19	7.2 (49.7%)
218	ZAWISZA Tomasz	889	BRIDGESTONE STARGARD RUNNERS	M3 40-49	59	00:57:50	01:23:17.55	02:21:08.10	+00:41:53 (50.3%)	8:19	7.2 (49.7%)
219	DYWELSKI Marcin	1078	BRIDGESTONE STARGARD RUNNERS	M3 40-49	60	00:07:23	01:23:40.15	01:31:04.05	+00:42:16 (50.5%)	8:22	7.2 (49.7%)
220	KWILIŃSKI Emil	993		M3 40-49	61	00:27:16	01:24:34.70	01:51:50.75	+00:43:11 (51.1%)	8:27	7.1 (49.0%)
221	CUPRYJAK Sebastian	1115		M2 30-39	95	00:29:21	01:25:24.45	01:54:46.35	+00:44:00 (51.5%)	8:32	7 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	MLECZEK Roman	775		M3 40-49	62	00:13:34	01:25:25.70	01:38:59.85	+00:44:02 (51.5%)	8:32	7 (48.3%)
223	POST Marcin	864		M2 30-39	96	00:13:09	01:25:34.60	01:38:43.85	+00:44:10 (51.6%)	8:33	7 (48.3%)
224	KLIMEK Krzysztof	726		M3 40-49	63	01:21:42	01:25:48.05	02:47:31.00	+00:44:24 (51.8%)	8:34	7 (48.3%)
225	TRZECIAK Piotr	807		M2 30-39	97	00:22:01	01:27:20.80	01:49:22.00	+00:45:57 (52.6%)	8:44	6.9 (47.6%)
226	JAŚKIEWICZ Krzysztof	682	MSPORT	M3 40-49	64	00:08:01	01:27:21.75	01:35:23.55	+00:45:58 (52.6%)	8:44	6.9 (47.6%)
227	ARCZYŃSKI Jakub	808		M2 30-39	98	00:21:58	01:27:24.55	01:49:22.65	+00:46:00 (52.6%)	8:44	6.9 (47.6%)
228	ZABROCKI Karol	633		M3 40-49	65	00:15:08	01:27:44.65	01:42:52.95	+00:46:21 (52.8%)	8:46	6.8 (46.9%)
229	TUMANOWICZ Tomasz	834		M3 40-49	66	00:21:10	01:27:46.15	01:48:56.90	+00:46:22 (52.8%)	8:46	6.8 (46.9%)
230	WOŹNIAK Rafał	582	IHUHU TEAM	M2 30-39	99	00:09:49	01:27:48.20	01:37:38.10	+00:46:24 (52.9%)	8:46	6.8 (46.9%)
231	KIERUJ Jakub	837	IHUHU TEAM	M1 16-29	40	00:09:46	01:27:52.65	01:37:39.30	+00:46:29 (52.9%)	8:47	6.8 (46.9%)
232	PCIONEK Jacek	833		M2 30-39	100	00:21:12	01:27:59.60	01:49:12.15	+00:46:35 (53.0%)	8:47	6.8 (46.9%)
233	GOWORSKI Jerzy	842	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	101	00:34:37	01:28:00.15	02:02:37.35	+00:46:36 (53.0%)	8:48	6.8 (46.9%)
234	WROŃSKI Julian	990	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	102	00:45:20	01:28:08.95	02:13:29.80	+00:46:45 (53.0%)	8:48	6.8 (46.9%)
235	MACHOLA Bartłomiej	1114	MONIA GYM	M2 30-39	103	00:10:10	01:29:35.50	01:39:45.60	+00:48:11 (53.8%)	8:57	6.7 (46.2%)
236	ZADROŻNY Szymon	657		M3 40-49	67	00:44:34	01:30:36.10	02:15:10.70	+00:49:12 (54.3%)	9:03	6.6 (45.5%)
237	ANIELSKI Sławomir	894		M1 16-29	41	00:40:17	01:31:26.20	02:11:44.00	+00:50:02 (54.7%)	9:08	6.6 (45.5%)
238	ANIELSKI Michał	858		M2 30-39	104	00:40:20	01:31:35.30	02:11:56.05	+00:50:11 (54.8%)	9:09	6.6 (45.5%)
239	ŻOŁNACZ Radek	892		M2 30-39	105	00:40:14	01:31:38.80	02:11:53.20	+00:50:15 (54.8%)	9:09	6.5 (44.8%)
240	NOWOTNIK Wojciech	960		M2 30-39	106	01:12:12	01:32:52.45	02:45:04.55	+00:51:28 (55.4%)	9:17	6.5 (44.8%)
241	STOCK Heiko	743	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	68	00:14:56	01:34:01.15	01:48:58.00	+00:52:37 (56.0%)	9:24	6.4 (44.1%)
242	GUMIELA Adam	828	MELVITRUN	M2 30-39	107	00:29:29	01:34:16.40	02:03:45.55	+00:52:52 (56.1%)	9:25	6.4 (44.1%)
243	SIDORCZUK Tomasz	929	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	69	00:46:41	01:35:28.85	02:22:10.30	+00:54:05 (56.6%)	9:32	6.3 (43.4%)
244	NIEZGODA Adam	619	KOMPAS TEAM	M3 40-49	70	00:21:48	01:36:11.75	01:58:00.45	+00:54:48 (57.0%)	9:37	6.2 (42.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	PARADOWSKI Piotr	697	KB WYSZKÓW	M1 16-29	42	00:44:58	01:37:17.35	02:22:15.35	+00:55:53 (57.5%)	9:43	6.2 (42.8%)
246	BARTNIK Paweł	1132	DLL PARTNERS	M5 60+	6	00:09:58	01:38:28.35	01:48:26.60	+00:57:04 (58.0%)	9:50	6.1 (42.1%)
247	WIECZOREK Wojciech	654		M3 40-49	71	01:18:56	01:39:00.25	02:57:56.70	+00:57:36 (58.2%)	9:54	6.1 (42.1%)
248	CHROBOCINSKI Daniel	819		M1 16-29	43	00:14:20	01:39:08.40	01:53:29.00	+00:57:44 (58.2%)	9:54	6.1 (42.1%)
249	STEMPNIAK Zbigniew	675	REBELS LEGION TEAM	M3 40-49	72	00:11:41	01:40:07.35	01:51:48.90	+00:58:43 (58.7%)	10:00	6 (41.4%)
250	KOGUT Karol	723		M2 30-39	108	00:09:05	01:41:01.20	01:50:06.45	+00:59:37 (59.0%)	10:06	5.9 (40.7%)
251	SOŁTYS Krzysztof	1122		M1 16-29	44	00:09:38	01:41:33.20	01:51:11.60	+01:00:09 (59.2%)	10:09	5.9 (40.7%)
252	BODNAR Zbigniew	652		M5 60+	7	00:06:54	01:43:03.80	01:49:58.10	+01:01:40 (59.8%)	10:18	5.8 (40.0%)
253	PRABUCKI Jarosław	1128	UKL ÓSEMKA POLICE	M3 40-49	73	00:07:06	01:43:16.25	01:50:22.40	+01:01:52 (59.9%)	10:19	5.8 (40.0%)
254	DIKOLENKO Bartosz	964		M2 30-39	109	00:22:04	01:43:37.90	02:05:42.20	+01:02:14 (60.1%)	10:21	5.8 (40.0%)
255	PŁOSA Arkadiusz	780		M3 40-49	74	00:42:45	01:50:56.65	02:33:41.80	+01:09:33 (62.7%)	11:05	5.4 (37.2%)
256	LEWANDOWSKI Janusz	866		M5 60+	8	00:06:35	01:51:41.25	01:58:16.90	+01:10:17 (62.9%)	11:10	5.4 (37.2%)
257	BOBROWSKI Emanuel	1146		M1 16-29	45	01:24:32			+00:26:28	9:16	6.5 (44.8%)
258	ŚWIERCZ Dariusz	605	KPPSP WAŁCZ	M4 50-59	22	00:38:31			+00:52:46	14:32	4.1 (28.3%)

Znaleziono 258 wynik(ów)