DOBRA PIĄTKA - BIEG

Wydarzenie: Dobra Piątka
Organizator: Stowarzyszenie BiegamBoLubię Team Police
Data: 2019-04-27
Miejsce: Dobra
Dystans: 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**SITARZ Damian**	**382**		M20	1	**00:16:26.20**	**00:16:27.10**		3:17	18.2 (100%)
2	**WILK Rafał**	**378**		M30	1	**00:16:47.10**	**00:16:48.95**	+00:00:21 (2.2%)	3:21	17.9 (98.4%)
3	**RUSEK Kamil**	**274**		M30	2	**00:16:56.05**	**00:16:57.45**	+00:00:30 (3.0%)	3:23	17.7 (97.3%)
4	**SIECZKOWSKI Michał**	**281**	KB PIONIER SZCZECIN	M30	3	**00:17:00.50**	**00:17:02.25**	+00:00:35 (3.4%)	3:24	17.6 (96.7%)
5	**DYCZYŃSKI Leszek**	**71**	1BPZMOT/12BZ	M30	4	**00:17:30.00**	**00:17:32.20**	+00:01:05 (6.2%)	3:30	17.1 (94.0%)
6	**KAPŁANIAK Adrian**	**127**	WIECZORNE BIEGANIE W SZCZECINIE	M30	5	**00:18:05.90**	**00:18:06.55**	+00:01:39 (9.2%)	3:37	16.6 (91.2%)
7	**GORSZKA Damian**	**87**	PARKRUN SZCZECIN	M20	2	**00:18:12.70**	**00:18:13.80**	+00:01:46 (9.8%)	3:38	16.5 (90.7%)
8	**MARYNOWSKI Marcin**	**210**	ENEA SZCZECIN	M40	1	**00:18:17.20**	**00:18:19.40**	+00:01:52 (10.2%)	3:39	16.4 (90.1%)
9	**GAŁAMAGA Radosław**	**79**	GRUPA AZOTY POLICE / LOVELASY	M40	2	**00:18:29.90**	**00:18:32.10**	+00:02:05 (11.2%)	3:42	16.2 (89.0%)
10	**OLEJARZ Damian**	**232**		M30	6	**00:18:43.30**	**00:18:45.30**	+00:02:18 (12.3%)	3:44	16 (87.9%)
11	**KUCZYŃSKI Paweł**	**163**		M40	3	**00:18:44.65**	**00:18:47.00**	+00:02:19 (12.4%)	3:45	16 (87.9%)
12	**GWARDIAK Bartłomiej**	**101**	PRIME CARGO POLAND	M20	3	**00:18:53.20**	**00:18:53.80**	+00:02:26 (12.9%)	3:46	15.9 (87.4%)
13	**HOPPE Grzegorz**	**103**	WIECZORNE BIEGANIE W SZCZECINIE	M30	7	**00:18:53.35**	**00:18:56.85**	+00:02:29 (13.2%)	3:46	15.9 (87.4%)
14	**DOLEŻEK Krystian**	**61**		M40	4	**00:19:10.55**	**00:19:14.15**	+00:02:47 (14.5%)	3:50	15.6 (85.7%)
15	**TOMCZAK Tomasz**	**330**		M40	5	**00:19:17.00**	**00:19:19.60**	+00:02:52 (14.9%)	3:51	15.6 (85.7%)
16	**DUDZIŃSKA Maja**	**70**	PARKRUN SZCZECIN	K40	1	**00:19:24.70**	**00:19:24.70**	+00:02:57 (15.2%)	3:52	15.5 (85.2%)
17	**KRASKIEWICZ Tomasz**	**152**	BULK-CARGO PORT SZCZECIN	M50	1	**00:19:29.05**	**00:19:32.70**	+00:03:05 (15.8%)	3:53	15.4 (84.6%)
18	**SAMOTYJA Magdalena**	**279**	PAMAR MYJNIE	K20	1	**00:19:40.95**	**00:19:43.50**	+00:03:16 (16.6%)	3:56	15.2 (83.5%)
19	**PRZYBYSZ Marcin**	**257**		M30	8	**00:19:37.55**	**00:19:45.90**	+00:03:18 (16.8%)	3:55	15.3 (84.1%)
20	**KANTORSKI Michał**	**126**		M20	4	**00:19:49.95**	**00:19:52.60**	+00:03:25 (17.2%)	3:58	15.1 (83.0%)
21	**ADAMSKI Janusz**	**5**	DUOLIFE TEAM	M50	2	**00:20:07.45**	**00:20:10.25**	+00:03:43 (18.4%)	4:01	14.9 (81.9%)
22	**KOLASA Konrad**	**138**		M40	6	**00:20:12.95**	**00:20:15.10**	+00:03:48 (18.8%)	4:02	14.8 (81.3%)
23	**GRYGORCEWICZ Jan**	**94**		M50	3	**00:20:28.15**	**00:20:30.35**	+00:04:03 (19.8%)	4:05	14.7 (80.8%)
24	**PAŁOSZ Daniel**	**241**	WEGAS WOLIN	M40	7	**00:20:41.40**	**00:20:43.70**	+00:04:16 (20.6%)	4:08	14.5 (79.7%)
25	**WARCHALOWSKI Arkadiusz**	**336**		M40	8	**00:20:40.95**	**00:20:44.40**	+00:04:17 (20.7%)	4:08	14.5 (79.7%)
26	**NAWROCKI Piotr**	**226**	KB PIONIER	M50	4	**00:20:41.70**	**00:20:44.45**	+00:04:17 (20.7%)	4:08	14.5 (79.7%)
27	**KRASNODĘBSKI Konrad**	**155**	BBL POLICE	M40	9	**00:20:44.85**	**00:20:46.05**	+00:04:18 (20.8%)	4:09	14.5 (79.7%)
28	**MAKUCH Marcin**	**202**		M40	10	**00:20:42.30**	**00:20:47.65**	+00:04:20 (20.9%)	4:08	14.5 (79.7%)
29	**KRUK Bartosz**	**158**		M30	9	**00:20:44.90**	**00:20:49.15**	+00:04:22 (21.0%)	4:09	14.5 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	**WAWRZYNIAK Mariusz**	**339**		M40	11	**00:20:48.35**	**00:20:51.00**	+00:04:23 (21.1%)	4:09	14.4 (79.1%)
31	**ŚCIERKO Dawid**	**325**	DZIKIE WIEPRZE	M20	5	**00:20:44.30**	**00:20:53.50**	+00:04:26 (21.3%)	4:08	14.5 (79.7%)
32	**KURPIEWSKI Piotr**	**168**		M20	6	**00:20:44.80**	**00:20:57.80**	+00:04:30 (21.5%)	4:08	14.5 (79.7%)
33	**CENIUCH Magdalena**	**388**	WIECZORNE BIEGANIE W SZCZECINIE	K20	2	**00:20:58.95**	**00:20:59.70**	+00:04:32 (21.6%)	4:11	14.3 (78.6%)
34	**SAMOTYJA Paweł**	**389**	PAMAR MYJNIA	M40	12	**00:21:03.00**	**00:21:05.90**	+00:04:38 (22.0%)	4:12	14.3 (78.6%)
35	**BUDZIŃSKI Bartosz**	**31**		M30	10	**00:21:10.60**	**00:21:15.40**	+00:04:48 (22.6%)	4:14	14.2 (78.0%)
36	**BAGIŃSKI Marcin**	**13**	KONIUCHY OCR	M30	11	**00:21:18.70**	**00:21:19.30**	+00:04:52 (22.8%)	4:15	14.1 (77.5%)
37	**BULSA Marcin**	**35**	PYRZYCE BIEGAJĄ	M40	13	**00:21:21.20**	**00:21:25.50**	+00:04:58 (23.2%)	4:16	14.1 (77.5%)
38	**CHMIELEWSKI Janusz**	**40**	CHMIELEWSKI TEAM-BBL POLICE	M60	1	**00:21:28.10**	**00:21:28.85**	+00:05:01 (23.4%)	4:17	14 (76.9%)
39	**SZCZEŚNIAK Piotr**	**383**		M40	14	**00:21:20.60**	**00:21:31.35**	+00:05:04 (23.6%)	4:16	14.1 (77.5%)
40	**KOWALCZYK Jan**	**148**		M40	15	**00:21:29.40**	**00:21:33.10**	+00:05:06 (23.7%)	4:18	14 (76.9%)
41	**MÓWIŃSKI Tomasz**	**222**		M40	16	**00:21:26.35**	**00:21:33.45**	+00:05:06 (23.7%)	4:17	14 (76.9%)
42	**CHYTRA Daniel**	**43**	LZS GROM STOLEC	M20	7	**00:21:16.90**	**00:21:36.30**	+00:05:09 (23.9%)	4:15	14.1 (77.5%)
43	**BERNACKA-SZYDLIK Karolina**	**20**	BIEGUNKI	K30	1	**00:21:37.65**	**00:21:39.50**	+00:05:12 (24.0%)	4:19	13.9 (76.4%)
44	**KULIS Piotr**	**165**		M20	8	**00:21:43.15**	**00:21:44.90**	+00:05:17 (24.4%)	4:20	13.8 (75.8%)
45	**MARKS Maciej**	**208**		M40	17	**00:21:45.65**	**00:21:49.65**	+00:05:22 (24.6%)	4:21	13.8 (75.8%)
46	**HAWRYLAK Marcin**	**102**	WOLNI W BIEGU/SOSW NR 1 DNR	M50	5	**00:21:47.50**	**00:21:49.80**	+00:05:22 (24.6%)	4:21	13.8 (75.8%)
47	**DOŁĘGOWSKI Mariusz**	**63**	BBL POLICE	M30	12	**00:21:43.30**	**00:21:49.95**	+00:05:22 (24.6%)	4:20	13.8 (75.8%)
48	**PIWOWARSKI Darek**	**247**	WIECZORNE BIEGANIE W SZCZECINIE	M40	18	**00:21:51.55**	**00:21:54.75**	+00:05:27 (24.9%)	4:22	13.7 (75.3%)
49	**GALANT Ryszard**	**78**		M20	9	**00:21:48.95**	**00:21:57.15**	+00:05:30 (25.1%)	4:21	13.8 (75.8%)
50	**GOCAL Anita**	**84**	UKL ÓSEMKA POLICE	K30	2	**00:21:56.85**	**00:21:58.95**	+00:05:31 (25.2%)	4:23	13.7 (75.3%)
51	**KRYWALD Rafal**	**161**		M40	19	**00:22:03.85**	**00:22:04.05**	+00:05:36 (25.4%)	4:24	13.6 (74.7%)
52	**KAMIŃSKA Adriana**	**124**	BBL POLICE	K30	3	**00:22:02.95**	**00:22:05.05**	+00:05:37 (25.5%)	4:24	13.6 (74.7%)
53	**STEFANIAK Paweł**	**295**	14BUJ/12BZ	M30	13	**00:22:01.95**	**00:22:10.65**	+00:05:43 (25.8%)	4:24	13.6 (74.7%)
54	**ŁAWNICZAK Sebastian**	**185**		M40	20	**00:22:08.70**	**00:22:13.60**	+00:05:46 (26.0%)	4:25	13.5 (74.2%)
55	**CIELUCH Paulina**	**44**	CHMIELEWSKI TEAM	K20	3	**00:22:13.50**	**00:22:15.25**	+00:05:48 (26.1%)	4:26	13.5 (74.2%)
56	**MICHALIK - CALY Kasia**	**214**	KOBIECE BIEGANIE	K30	4	**00:22:13.65**	**00:22:15.55**	+00:05:48 (26.1%)	4:26	13.5 (74.2%)
57	**MISZCZAK Damian**	**218**		M30	14	**00:22:02.40**	**00:22:19.60**	+00:05:52 (26.3%)	4:24	13.6 (74.7%)
58	**SOCHACKI Krzysztof**	**289**		M30	15	**00:22:12.25**	**00:22:20.45**	+00:05:53 (26.4%)	4:26	13.5 (74.2%)
59	**KOWAL Tomasz**	**146**		M40	21	**00:22:09.60**	**00:22:25.40**	+00:05:58 (26.6%)	4:26	13.5 (74.2%)
60	**TOMCZAK-CZUWAŁ Sylwia**	**331**	KARKONOSZ RUNNING TEAM	K40	2	**00:22:28.25**	**00:22:32.00**	+00:06:04 (27.0%)	4:29	13.3 (73.1%)
61	**SZKUDLAREK Krzysztof**	**312**		M50	6	**00:22:29.60**	**00:22:34.10**	+00:06:07 (27.1%)	4:30	13.3 (73.1%)
62	**ALABRUDZIŃSKA Agnieszka**	**387**	SZAWLA STARGARD	K30	5	**00:22:29.15**	**00:22:34.20**	+00:06:07 (27.1%)	4:29	13.3 (73.1%)
63	**WIŚNIEWSKA Agata**	**346**		K20	4	**00:22:35.50**	**00:22:38.90**	+00:06:11 (27.4%)	4:31	13.3 (73.1%)
64	**ĆWIRTA-BAŃKOWSKA Małgorzata**	**50**		K20	5	**00:22:36.25**	**00:22:39.20**	+00:06:12 (27.4%)	4:31	13.3 (73.1%)
65	**CEBULA Karol**	**37**		M40	22	**00:22:34.55**	**00:22:41.60**	+00:06:14 (27.5%)	4:30	13.3 (73.1%)
66	**HUSZCZA Piotrek**	**104**	PYRZYCE BIEGAJĄ	M40	23	**00:22:46.20**	**00:22:50.30**	+00:06:23 (28.0%)	4:33	13.2 (72.5%)
67	**WITORZĘĆ Dariusz**	**347**		M40	24	**00:22:49.10**	**00:22:53.85**	+00:06:26 (28.2%)	4:33	13.1 (72.0%)
68	**ZEMANKIEWICZ Łukasz**	**362**	KANAŁ 6AM	M30	16	**00:23:01.60**	**00:23:05.30**	+00:06:38 (28.7%)	4:36	13 (71.4%)
69	**SZAR Aneta**	**303**		K40	3	**00:23:00.30**	**00:23:06.50**	+00:06:39 (28.8%)	4:36	13 (71.4%)
70	**ŻMUDA Krzysztof**	**369**	HUSARIA RACE TEAM	M30	17	**00:23:03.20**	**00:23:11.60**	+00:06:44 (29.1%)	4:36	13 (71.4%)
71	**PROKOP Agata**	**256**		K30	6	**00:23:11.30**	**00:23:15.40**	+00:06:48 (29.3%)	4:38	12.9 (70.9%)
72	**WIRZMAN Rafał**	**372**		M40	25	**00:23:15.95**	**00:23:18.95**	+00:06:51 (29.4%)	4:39	12.9 (70.9%)
73	**KURLEJ Mariusz**	**167**	KB HERMES GRYFINO	M50	7	**00:23:13.25**	**00:23:22.90**	+00:06:55 (29.6%)	4:38	12.9 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
74	**GÓRECKA-PAWLAK Edyta**	**88**		K30	7	**00:23:19.25**	**00:23:22.95**	+00:06:55 (29.6%)	4:39	12.9 (70.9%)
75	**WÓJCIK Katarzyna**	**351**	FIZJOBIEGACZE SZCZECIN	K30	8	**00:23:19.30**	**00:23:23.50**	+00:06:56 (29.7%)	4:39	12.9 (70.9%)
76	**GRYGORCEWICZ Władysław**	**95**	SKB DZIK POLICE	M60	2	**00:23:22.15**	**00:23:27.20**	+00:07:00 (29.9%)	4:40	12.8 (70.3%)
77	**KOMAN Michał**	**140**		M30	18	**00:23:27.20**	**00:23:31.30**	+00:07:04 (30.1%)	4:41	12.8 (70.3%)
78	**CZERWIŃSKI Dariusz**	**48**	LOVELASY	M50	8	**00:23:32.30**	**00:23:33.70**	+00:07:06 (30.2%)	4:42	12.7 (69.8%)
79	**RASIAK Katarzyna**	**263**	1992	K20	6	**00:23:39.85**	**00:23:40.50**	+00:07:13 (30.5%)	4:44	12.7 (69.8%)
80	**GRYGIELEWICZ Leszek**	**92**		M50	9	**00:23:35.25**	**00:23:40.75**	+00:07:13 (30.5%)	4:43	12.7 (69.8%)
81	**DOLEŻEK Agnieszka**	**62**	WIECZORNE BIEGANIE	K30	9	**00:23:39.70**	**00:23:42.25**	+00:07:15 (30.6%)	4:44	12.7 (69.8%)
82	**MURAWSKA Wioletta**	**223**	KB DZIK POLICE	K50	1	**00:23:39.95**	**00:23:44.15**	+00:07:17 (30.7%)	4:44	12.7 (69.8%)
83	**BOGACKI Jan**	**26**	FREDKI	M20	10	**00:23:38.85**	**00:23:48.25**	+00:07:21 (30.9%)	4:43	12.7 (69.8%)
84	**BUKOWIECKI Adam**	**34**		M40	26	**00:23:47.05**	**00:23:51.80**	+00:07:24 (31.1%)	4:45	12.6 (69.2%)
85	**URZĘDOWSKI Piotr**	**333**		M30	19	**00:23:53.90**	**00:23:55.50**	+00:07:28 (31.2%)	4:46	12.6 (69.2%)
86	**KOSZUTA Bartosz**	**144**		M30	20	**00:23:49.35**	**00:23:57.35**	+00:07:30 (31.3%)	4:45	12.6 (69.2%)
87	**DĄBROWSKI Grzegorz**	**57**		M40	27	**00:23:43.00**	**00:23:58.80**	+00:07:31 (31.4%)	4:44	12.6 (69.2%)
88	**SZOSTAK Edyta**	**317**	BIEGUNKI	K30	10	**00:24:02.35**	**00:24:04.95**	+00:07:37 (31.7%)	4:48	12.5 (68.7%)
89	**ŚLUBOWSKI Dariusz**	**327**		M40	28	**00:23:56.35**	**00:24:08.80**	+00:07:41 (31.9%)	4:47	12.5 (68.7%)
90	**ZAGÓRSKI Paweł**	**355**		M20	11	**00:24:03.80**	**00:24:09.30**	+00:07:42 (31.9%)	4:48	12.5 (68.7%)
91	**JAKUBOWSKA Angelika**	**106**	KONIUCHY OCR	K20	7	**00:24:10.90**	**00:24:11.35**	+00:07:44 (32.0%)	4:50	12.4 (68.1%)
92	**KRYSZCZAK Paulina**	**160**	EMEL ATHLETIC TEAM	K20	8	**00:23:58.70**	**00:24:12.50**	+00:07:45 (32.0%)	4:47	12.5 (68.7%)
93	**JAKUBIAK Tomasz**	**374**		M40	29	**00:24:10.75**	**00:24:15.95**	+00:07:48 (32.2%)	4:50	12.4 (68.1%)
94	**BEREŚ Sylwester**	**18**		M40	30	**00:24:01.90**	**00:24:16.20**	+00:07:49 (32.2%)	4:48	12.5 (68.7%)
95	**SZCZUKIEWICZ Aneta**	**307**	WIECZORNE BIEGANIE W SZCZECINIE	K20	9	**00:24:14.95**	**00:24:17.90**	+00:07:50 (32.3%)	4:51	12.4 (68.1%)
96	**OLEJNIK Kamila**	**233**		K30	11	**00:24:16.20**	**00:24:19.05**	+00:07:51 (32.3%)	4:51	12.4 (68.1%)
97	**ZELEK-PAŁOSZ Magdalena**	**361**	WEGAS WOLIN	K40	4	**00:24:16.75**	**00:24:27.45**	+00:08:00 (32.7%)	4:51	12.4 (68.1%)
98	**BRATKO Przemysław**	**29**		M20	12	**00:24:26.60**	**00:24:30.80**	+00:08:03 (32.9%)	4:53	12.3 (67.6%)
99	**ADAMSKA Barbara**	**3**	DOULIFE TEAM	K20	10	**00:24:31.75**	**00:24:35.50**	+00:08:08 (33.1%)	4:54	12.2 (67.0%)
100	**JANKOWSKA Edyta**	**108**	STOWARZYSZENIE BLIŻEJ SIEBIE	K40	5	**00:24:34.05**	**00:24:37.00**	+00:08:09 (33.2%)	4:55	12.2 (67.0%)
101	**JUCHA Kuba**	**117**		M20	13	**00:24:20.60**	**00:24:37.25**	+00:08:10 (33.2%)	4:52	12.3 (67.6%)
102	**SITEK Alfred**	**286**		M30	21	**00:24:23.05**	**00:24:37.85**	+00:08:10 (33.2%)	4:52	12.3 (67.6%)
103	**POGRANICZNY Paweł**	**253**		M40	31	**00:24:24.70**	**00:24:38.15**	+00:08:11 (33.2%)	4:53	12.3 (67.6%)
104	**ŁUKASIEWICZ Robert**	**189**		M40	32	**00:24:35.70**	**00:24:43.00**	+00:08:15 (33.4%)	4:55	12.2 (67.0%)
105	**DENISIUK Krzysztof**	**59**	SZCZECIN	M60	3	**00:24:40.70**	**00:24:45.30**	+00:08:18 (33.5%)	4:56	12.2 (67.0%)
106	**WIENCIS Małgorzata**	**343**		K40	6	**00:24:35.50**	**00:24:47.25**	+00:08:20 (33.6%)	4:55	12.2 (67.0%)
107	**BANUCHA Agata Banucha**	**16**	1969	K50	2	**00:24:42.10**	**00:24:51.00**	+00:08:23 (33.8%)	4:56	12.1 (66.5%)
108	**DĄBROWSKI Sławek**	**58**		M40	33	**00:24:46.90**	**00:24:52.85**	+00:08:25 (33.9%)	4:57	12.1 (66.5%)
109	**GRYGORCEWICZ Justyna**	**93**	GO SPORT	K20	11	**00:24:47.75**	**00:24:56.30**	+00:08:29 (34.0%)	4:57	12.1 (66.5%)
110	**WARSINSKA Monika**	**337**		K30	12	**00:24:46.85**	**00:24:57.60**	+00:08:30 (34.1%)	4:57	12.1 (66.5%)
111	**GOCAL Andrzej**	**85**	UKL ÓSEMKA POLICE	M50	10	**00:24:40.20**	**00:24:58.10**	+00:08:31 (34.1%)	4:56	12.2 (67.0%)
112	**DOMAGALSKI Sławomir**	**64**		M40	34	**00:24:50.85**	**00:25:01.95**	+00:08:34 (34.3%)	4:58	12.1 (66.5%)
113	**BACHMATIUK Sławek**	**11**		M40	35	**00:24:56.60**	**00:25:09.70**	+00:08:42 (34.6%)	4:59	12 (65.9%)
114	**BACZULIS Magdalena**	**12**	KOS BNO SZCZECIN	K40	7	**00:25:03.35**	**00:25:10.30**	+00:08:43 (34.6%)	5:00	12 (65.9%)
115	**SZCZEPAŃSKI Artur**	**305**	FREDKI	M40	36	**00:25:13.15**	**00:25:24.35**	+00:08:57 (35.2%)	5:02	11.9 (65.4%)
116	**JAKUBIAK Anna**	**105**	RAZ SZCZECIN	K50	3	**00:25:14.25**	**00:25:25.50**	+00:08:58 (35.3%)	5:02	11.9 (65.4%)
117	**PEDA Leszek**	**244**		M60	4	**00:25:18.40**	**00:25:30.25**	+00:09:03 (35.5%)	5:03	11.8 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
118	**JURYS Elżbieta**	**119**		K50	4	**00:25:30.60**	**00:25:37.60**	+00:09:10 (35.8%)	5:06	11.8 (64.8%)
119	**TRĘDOWICZ Małgorzata**	**332**		K50	5	**00:25:35.40**	**00:25:38.05**	+00:09:10 (35.8%)	5:07	11.7 (64.3%)
120	**MATUSZAK Anita**	**393**		K40	8	**00:25:36.35**	**00:25:42.50**	+00:09:15 (36.0%)	5:07	11.7 (64.3%)
121	**GAZIŃSKI Przemysław**	**80**	BYLE(DO)JECHAĆ	M30	22	**00:25:36.30**	**00:25:48.90**	+00:09:21 (36.3%)	5:07	11.7 (64.3%)
122	**MAJCHRZAK Piotr**	**198**		M40	37	**00:25:48.80**	**00:25:57.95**	+00:09:30 (36.6%)	5:09	11.6 (63.7%)
123	**MAJCHRZAK Dominika**	**197**		K40	9	**00:25:49.55**	**00:25:58.05**	+00:09:30 (36.6%)	5:10	11.6 (63.7%)
124	**ŚLIWA Marek**	**398**		M40	38	**00:25:59.10**	**00:25:59.10**	+00:09:32 (36.7%)	5:11	11.5 (63.2%)
125	**ACHTELIK Klaudia**	**1**		K20	12	**00:25:58.50**	**00:26:01.35**	+00:09:34 (36.8%)	5:11	11.5 (63.2%)
126	**KUSTRA Paulina**	**169**	BBL POLICE	K30	13	**00:26:00.65**	**00:26:04.10**	+00:09:37 (36.9%)	5:12	11.5 (63.2%)
127	**CALY Przemek**	**36**		M30	23	**00:26:14.10**	**00:26:19.20**	+00:09:52 (37.5%)	5:14	11.4 (62.6%)
128	**RADCZUK Karolina**	**261**		K30	14	**00:26:15.65**	**00:26:21.00**	+00:09:53 (37.6%)	5:15	11.4 (62.6%)
129	**KOWALCZYK Mirosława**	**147**		K50	6	**00:26:12.15**	**00:26:23.05**	+00:09:55 (37.6%)	5:14	11.4 (62.6%)
130	**MICHAŁKO Kamila**	**215**		K30	15	**00:26:17.30**	**00:26:26.45**	+00:09:59 (37.8%)	5:15	11.4 (62.6%)
131	**BIELECKA-JAKUBIAK Paulina**	**373**		K40	10	**00:26:22.90**	**00:26:27.65**	+00:10:00 (37.8%)	5:16	11.4 (62.6%)
132	**WIĄCEK Anna**	**340**	KOBIECE BIEGANIE	K40	11	**00:26:23.55**	**00:26:27.75**	+00:10:00 (37.8%)	5:16	11.4 (62.6%)
133	**JURUĆ Paulina**	**118**	WIECZORNE BIEGANIE W SZCZECINIE	K30	16	**00:26:23.50**	**00:26:35.05**	+00:10:07 (38.1%)	5:16	11.4 (62.6%)
134	**REKOWSKA Danuta**	**265**		K50	7	**00:26:30.80**	**00:26:35.60**	+00:10:08 (38.1%)	5:18	11.3 (62.1%)
135	**MOFINA Piotr**	**219**		M20	14	**00:26:28.10**	**00:26:36.20**	+00:10:09 (38.2%)	5:17	11.3 (62.1%)
136	**BEJSTER Przemysław**	**17**	WIECZORNE BIEGANIE W SZCZECINIE	M60	5	**00:26:34.90**	**00:26:41.35**	+00:10:14 (38.4%)	5:19	11.3 (62.1%)
137	**BUGAJ Marcin**	**32**		M30	24	**00:26:36.80**	**00:26:42.65**	+00:10:15 (38.4%)	5:19	11.3 (62.1%)
138	**WIELIŃSKA Ewelina**	**342**		K20	13	**00:26:32.35**	**00:26:46.65**	+00:10:19 (38.6%)	5:18	11.3 (62.1%)
139	**ROMANOWICZ Marek**	**268**		M50	11	**00:26:45.75**	**00:26:48.25**	+00:10:21 (38.6%)	5:21	11.2 (61.5%)
140	**SUSZA Małgorzata**	**301**		K40	12	**00:26:45.65**	**00:26:54.55**	+00:10:27 (38.9%)	5:21	11.2 (61.5%)
141	**LICHT Michał**	**176**	EMEL ATHLETIC TEAM	M30	25	**00:26:41.00**	**00:26:56.00**	+00:10:28 (38.9%)	5:20	11.2 (61.5%)
142	**CEMBIK Artur**	**39**	EMEL ATHLETIC TEAM	M50	12	**00:26:42.15**	**00:26:56.20**	+00:10:29 (38.9%)	5:20	11.2 (61.5%)
143	**OLEŚKIEWICZ Michał**	**234**		M30	26	**00:26:53.15**	**00:27:02.20**	+00:10:35 (39.2%)	5:22	11.2 (61.5%)
144	**GAJDZIS Magdalena**	**77**		K50	8	**00:26:52.30**	**00:27:02.55**	+00:10:35 (39.2%)	5:22	11.2 (61.5%)
145	**BUJALSKA Anna**	**33**		K40	13	**00:27:04.95**	**00:27:06.95**	+00:10:39 (39.3%)	5:24	11.1 (61.0%)
146	**MARCHIEL Lena**	**206**		K50	9	**00:27:07.60**	**00:27:11.90**	+00:10:44 (39.5%)	5:25	11.1 (61.0%)
147	**SROCZYŃSKA Izabela**	**292**		K30	17	**00:27:11.55**	**00:27:17.40**	+00:10:50 (39.7%)	5:26	11 (60.4%)
148	**SZALEWICZ Małgorzata**	**302**	SZYBCIEJ NIE MOGĘ	K50	10	**00:27:09.75**	**00:27:22.20**	+00:10:55 (39.9%)	5:26	11 (60.4%)
149	**BEREŚ Dominika**	**19**		K20	14	**00:27:09.95**	**00:27:25.25**	+00:10:58 (40.0%)	5:26	11 (60.4%)
150	**KOPKA Elżbieta**	**143**	WIECZORNE BIEGANIE W SZCZECINIE	K50	11	**00:27:19.30**	**00:27:26.55**	+00:10:59 (40.1%)	5:27	11 (60.4%)
151	**POTASZ Robert**	**255**		M40	39	**00:27:18.05**	**00:27:28.20**	+00:11:01 (40.1%)	5:27	11 (60.4%)
152	**MLECZEK Roman**	**384**	BABINEK BIEGA	M40	40	**00:27:14.35**	**00:27:28.60**	+00:11:01 (40.1%)	5:26	11 (60.4%)
153	**STĘPNIAK Monika**	**298**	KOBIECE BIEGANIE	K30	18	**00:27:26.15**	**00:27:29.00**	+00:11:01 (40.1%)	5:29	10.9 (59.9%)
153	**MLECZEK Nela**	**385**	BABINEK BIEGA	K20	15	**00:27:14.90**	**00:27:29.00**	+00:11:01 (40.1%)	5:27	11 (60.4%)
155	**DANKIEWICZ Jarosław**	**52**		M40	41	**00:27:17.05**	**00:27:30.95**	+00:11:03 (40.2%)	5:27	11 (60.4%)
156	**JEZIOREK Agnieszka**	**386**	BABINEK BIEGA	K40	14	**00:27:16.30**	**00:27:31.10**	+00:11:04 (40.2%)	5:27	11 (60.4%)
157	**GRZYBOWSKA Dominika**	**97**		K30	19	**00:27:17.20**	**00:27:32.05**	+00:11:04 (40.2%)	5:27	11 (60.4%)
158	**BANASZAK-GÓRSKA Kinga**	**15**	BIEGUNKI	K40	15	**00:27:24.10**	**00:27:34.35**	+00:11:07 (40.3%)	5:28	10.9 (59.9%)
159	**POGORZELSKA Sylwia**	**252**	WIECZORNE BIEGANIE	K30	20	**00:27:27.60**	**00:27:35.00**	+00:11:07 (40.4%)	5:29	10.9 (59.9%)
160	**ADAMSKA Karolina**	**2**	DUOLIFE TEAM	K20	16	**00:27:35.30**	**00:27:37.85**	+00:11:10 (40.5%)	5:31	10.9 (59.9%)
161	**PŁYTNIK Anna**	**251**	WIECZORNE BIEGANIE W SZCZECINIE	K40	16	**00:27:37.80**	**00:27:45.35**	+00:11:18 (40.7%)	5:31	10.9 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
162	**PYTEL Anna**	**260**	BIEGUNKI	K20	17	**00:27:38.75**	**00:27:49.20**	+00:11:22 (40.9%)	5:31	10.8 (59.3%)
163	**SOBOLEWSKA-SZWED Ewelina**	**392**		K40	17	**00:27:47.95**	**00:27:56.75**	+00:11:29 (41.1%)	5:33	10.8 (59.3%)
164	**JASIŃSKA Natalia**	**112**	WIECZORNE BIEGANIE W SZCZECINIE	K30	21	**00:27:57.25**	**00:28:02.60**	+00:11:35 (41.3%)	5:35	10.7 (58.8%)
165	**MACIASZCZYK Ewa**	**191**	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	**00:27:56.80**	**00:28:02.80**	+00:11:35 (41.3%)	5:35	10.7 (58.8%)
166	**SZOSTAK Daniel**	**316**		M40	42	**00:27:45.65**	**00:28:03.95**	+00:11:36 (41.4%)	5:33	10.8 (59.3%)
167	**KACZMAREK Arleta**	**121**	KOBIECE BIEGANIE	K30	22	**00:28:01.00**	**00:28:04.50**	+00:11:37 (41.4%)	5:36	10.7 (58.8%)
168	**ŻURAWSKA Krystyna**	**370**	BBL POLICE	K20	18	**00:27:55.25**	**00:28:08.25**	+00:11:41 (41.5%)	5:35	10.7 (58.8%)
169	**GORCZYCKA Grażyna**	**86**		K50	12	**00:28:21.35**	**00:28:23.80**	+00:11:56 (42.1%)	5:40	10.6 (58.2%)
170	**MAJEWSKI Karol**	**200**		M30	27	**00:28:16.55**	**00:28:24.55**	+00:11:57 (42.1%)	5:39	10.6 (58.2%)
171	**ŚLIWIŃSKA Justyna**	**326**		K20	19	**00:28:15.55**	**00:28:28.05**	+00:12:00 (42.2%)	5:39	10.6 (58.2%)
172	**ZIELIŃSKA Renata**	**363**	WILLA RUBIN	K50	13	**00:28:18.60**	**00:28:28.55**	+00:12:01 (42.2%)	5:39	10.6 (58.2%)
173	**JANAS Ilona**	**107**		K20	20	**00:28:16.70**	**00:28:32.30**	+00:12:05 (42.4%)	5:39	10.6 (58.2%)
174	**MARKIEWICZ Agnieszka**	**207**		K40	19	**00:28:24.10**	**00:28:38.80**	+00:12:11 (42.6%)	5:40	10.6 (58.2%)
175	**REWERS Aleksandra**	**266**	STOWARZYSZENIE BLIŻEJ SIEBIE	K30	23	**00:28:37.95**	**00:28:41.75**	+00:12:14 (42.7%)	5:43	10.5 (57.7%)
176	**REWERS Artur**	**267**	STOWARZYSZENIE BLIŻEJ SIEBIE	M40	43	**00:28:37.00**	**00:28:41.90**	+00:12:14 (42.7%)	5:43	10.5 (57.7%)
177	**MÓWIŃSKA Katarzyna**	**221**		K40	20	**00:28:40.15**	**00:28:45.50**	+00:12:18 (42.8%)	5:44	10.5 (57.7%)
178	**BACHMATIUK Honorata**	**10**		K40	21	**00:28:37.85**	**00:28:48.00**	+00:12:20 (42.9%)	5:43	10.5 (57.7%)
179	**RUP Anna**	**273**	MK FIZJOTERAPIA SZCZECIN	K30	24	**00:28:34.05**	**00:28:48.10**	+00:12:21 (42.9%)	5:42	10.5 (57.7%)
180	**CHRUSCIEWICZ Justyna**	**41**	BIEGUNKI	K30	25	**00:28:37.65**	**00:28:48.65**	+00:12:21 (42.9%)	5:43	10.5 (57.7%)
181	**NATALCZYK Ewelina**	**225**		K30	26	**00:28:49.20**	**00:28:57.90**	+00:12:30 (43.2%)	5:45	10.4 (57.1%)
182	**STELMACH Andrzej**	**296**		M30	28	**00:28:51.00**	**00:29:03.45**	+00:12:36 (43.4%)	5:46	10.4 (57.1%)
183	**BRZYSKI Łukasz**	**381**		M30	29	**00:29:03.25**	**00:29:07.70**	+00:12:40 (43.5%)	5:48	10.3 (56.6%)
184	**DOMINIAK Kamil**	**65**	TRIGYM SZCZECIN	M30	30	**00:28:50.55**	**00:29:08.15**	+00:12:41 (43.5%)	5:46	10.4 (57.1%)
185	**DOMINIAK Joanna**	**66**	TRIGYM SZCZECIN	K30	27	**00:28:51.65**	**00:29:08.40**	+00:12:41 (43.5%)	5:46	10.4 (57.1%)
186	**ŁĘCKA Karolina**	**186**		K30	28	**00:29:03.90**	**00:29:11.10**	+00:12:44 (43.6%)	5:48	10.3 (56.6%)
186	**MECHERSKA Joanna**	**212**		K30	29	**00:29:01.70**	**00:29:11.10**	+00:12:44 (43.6%)	5:48	10.3 (56.6%)
188	**RUTKOWSKA Justyna**	**275**	SCTP	K40	22	**00:29:07.95**	**00:29:14.30**	+00:12:47 (43.7%)	5:49	10.3 (56.6%)
189	**LUBASZKA Dorota**	**183**		K30	30	**00:29:11.15**	**00:29:19.10**	+00:12:52 (43.9%)	5:50	10.3 (56.6%)
190	**SIERZPUTOWSKA-MANTUR Joanna**	**285**		K50	14	**00:29:10.85**	**00:29:21.45**	+00:12:54 (44.0%)	5:50	10.3 (56.6%)
191	**LATKOWSKA Anna**	**375**		K30	31	**00:29:26.95**	**00:29:37.70**	+00:13:10 (44.5%)	5:53	10.2 (56.0%)
192	**MIELCARZ Aneta**	**182**	KOBIECE BIEGANIE	K30	32	**00:29:42.85**	**00:29:51.90**	+00:13:24 (44.9%)	5:56	10.1 (55.5%)
193	**PAKUŁA Klaudia**	**239**		K20	21	**00:29:46.80**	**00:29:54.30**	+00:13:27 (45.0%)	5:57	10.1 (55.5%)
194	**DROZDEK Joanna**	**68**	KOMPAS TEAM	K40	23	**00:29:43.60**	**00:30:01.40**	+00:13:34 (45.2%)	5:56	10.1 (55.5%)
195	**ZAMARIA Jerzy**	**357**		M60	6	**00:29:47.90**	**00:30:01.50**	+00:13:34 (45.2%)	5:57	10.1 (55.5%)
196	**WIECZOREK Magdalena**	**341**		K40	24	**00:29:54.65**	**00:30:01.60**	+00:13:34 (45.2%)	5:59	10 (54.9%)
197	**KAWKA Arkadiusz**	**131**		M50	13	**00:29:43.55**	**00:30:02.65**	+00:13:35 (45.2%)	5:56	10.1 (55.5%)
198	**SZCZEPANIK Ewa**	**304**		K20	22	**00:29:46.20**	**00:30:02.95**	+00:13:35 (45.3%)	5:57	10.1 (55.5%)
199	**KOMSA Lidia**	**141**		K50	15	**00:29:52.05**	**00:30:04.70**	+00:13:37 (45.3%)	5:58	10 (54.9%)
200	**SPROGIS-PIETRUCZUK Katarzyna**	**291**		K30	33	**00:29:47.70**	**00:30:05.00**	+00:13:37 (45.3%)	5:57	10.1 (55.5%)
201	**NIEMCZYK Marta**	**227**	WIECZORNE BIEGANIE W GRYFINIE	K30	34	**00:29:51.05**	**00:30:07.35**	+00:13:40 (45.4%)	5:58	10.1 (55.5%)
202	**KOLBUSZ Anna**	**139**	WIECZORNE BIEGANIE W SZCZECINIE	K30	35	**00:30:05.05**	**00:30:13.45**	+00:13:46 (45.6%)	6:01	10 (54.9%)
203	**KUTTER Christoph**	**170**	VFB PREUSSEN GMW	M60	7	**00:30:19.35**	**00:30:22.65**	+00:13:55 (45.8%)	6:03	9.9 (54.4%)
204	**STROJNY Alicja**	**300**		K20	23	**00:30:10.65**	**00:30:25.40**	+00:13:58 (45.9%)	6:02	9.9 (54.4%)
205	**BANASIAK Adrianna**	**14**		K30	36	**00:30:09.95**	**00:30:27.35**	+00:14:00 (46.0%)	6:02	9.9 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
206	**DĄBROWSKA Róża**	**56**		K40	25	**00:30:11.05**	**00:30:27.55**	+00:14:00 (46.0%)	6:02	9.9 (54.4%)
207	**OCHAŁ Artur**	**391**		M50	14	**00:30:18.10**	**00:30:33.60**	+00:14:06 (46.2%)	6:03	9.9 (54.4%)
208	**MAKUCH Agata**	**201**		K30	37	**00:30:23.20**	**00:30:38.90**	+00:14:11 (46.3%)	6:04	9.9 (54.4%)
209	**STANIAK Maciej**	**294**		M40	44	**00:30:23.15**	**00:30:41.35**	+00:14:14 (46.4%)	6:04	9.9 (54.4%)
210	**OPOLSKA Agata**	**235**		K30	38	**00:30:23.60**	**00:30:41.50**	+00:14:14 (46.4%)	6:04	9.9 (54.4%)
211	**LEWANDOWSKA Agnieszka**	**175**		K40	26	**00:31:01.10**	**00:31:05.55**	+00:14:38 (47.1%)	6:12	9.7 (53.3%)
212	**ADAMSKA Anna**	**4**	DUOLIFE TEAM	K50	16	**00:31:02.60**	**00:31:07.05**	+00:14:39 (47.1%)	6:12	9.7 (53.3%)
213	**PIĄTKIEWICZ Grażyna**	**245**		K50	17	**00:31:01.20**	**00:31:16.20**	+00:14:49 (47.4%)	6:12	9.7 (53.3%)
214	**BOBROVNYK Dasza**	**24**		K20	24	**00:31:12.25**	**00:31:17.95**	+00:14:50 (47.4%)	6:14	9.6 (52.7%)
215	**CIURZYŃSKA Katarzyna**	**45**	MOJEBEZRZECZE.PL	K30	39	**00:31:12.65**	**00:31:19.00**	+00:14:51 (47.5%)	6:14	9.6 (52.7%)
216	**MARKS Katarzyna**	**209**		K40	27	**00:31:26.75**	**00:31:37.85**	+00:15:10 (48.0%)	6:17	9.5 (52.2%)
217	**JĘDRUCH Danuta**	**114**		K50	18	**00:31:38.70**	**00:31:43.60**	+00:15:16 (48.1%)	6:19	9.5 (52.2%)
218	**WOJTASIK-WIRZMAN Agnieszka**	**371**		K40	28	**00:31:38.35**	**00:31:44.50**	+00:15:17 (48.2%)	6:19	9.5 (52.2%)
219	**WOŹNIAK Aleksandra**	**349**	WIECZORNE BIEGANIE W SZCZECINIE	K20	25	**00:31:40.50**	**00:31:47.70**	+00:15:20 (48.3%)	6:20	9.5 (52.2%)
220	**CORCUERA Carlos**	**47**		M50	15	**00:31:42.15**	**00:31:49.20**	+00:15:22 (48.3%)	6:20	9.5 (52.2%)
221	**ZANIEWSKA Wiktoria**	**376**		K20	26	**00:31:44.40**	**00:31:50.35**	+00:15:23 (48.3%)	6:21	9.4 (51.6%)
222	**REDLARSKA Anna**	**264**	KOBIECE BIEGANIE	K30	40	**00:31:42.05**	**00:31:52.50**	+00:15:25 (48.4%)	6:20	9.5 (52.2%)
223	**ŚWISTAK Grzegorz**	**328**		M50	16	**00:31:44.30**	**00:31:53.95**	+00:15:26 (48.4%)	6:20	9.5 (52.2%)
224	**RADZISZEWICZ Tomasz**	**262**		M50	17	**00:31:53.05**	**00:32:10.95**	+00:15:43 (48.9%)	6:22	9.4 (51.6%)
225	**KAMER Lucyna**	**123**		K40	29	**00:32:02.55**	**00:32:11.05**	+00:15:43 (48.9%)	6:24	9.4 (51.6%)
226	**BOGACKA Ewa**	**25**	FREDKI	K40	30	**00:32:10.55**	**00:32:22.10**	+00:15:55 (49.2%)	6:26	9.3 (51.1%)
227	**KRASNODĘBSKA Julia**	**154**	BBL POLICE	K20	27	**00:32:09.70**	**00:32:22.60**	+00:15:55 (49.2%)	6:26	9.3 (51.1%)
228	**ORLEWICZ Piotr**	**236**	WIECZORNE BIEGANIE	M30	31	**00:32:20.45**	**00:32:32.30**	+00:16:05 (49.4%)	6:28	9.3 (51.1%)
228	**ORLEWICZ Maja**	**237**	WIECZORNE BIEGANIE W SZCZECINIE	K20	28	**00:32:20.10**	**00:32:32.30**	+00:16:05 (49.4%)	6:28	9.3 (51.1%)
230	**STĘPIEŃ Hubert**	**297**		M30	32	**00:32:27.55**	**00:32:35.50**	+00:16:08 (49.5%)	6:29	9.2 (50.5%)
231	**WANAGIEL-BEREŚ Agata**	**335**		K40	31	**00:32:26.55**	**00:32:39.20**	+00:16:12 (49.6%)	6:29	9.2 (50.5%)
232	**STROJNY Joanna**	**299**	RAZ	K40	32	**00:32:32.55**	**00:32:47.75**	+00:16:20 (49.8%)	6:30	9.2 (50.5%)
233	**LANDOWSKA Ewelina**	**380**	SMS POLICE	K30	41	**00:32:48.65**	**00:32:53.80**	+00:16:26 (50.0%)	6:33	9.1 (50.0%)
234	**ZBORALSKI Tomasz**	**379**		M30	33	**00:32:47.55**	**00:32:54.05**	+00:16:26 (50.0%)	6:33	9.1 (50.0%)
235	**DACZKOWSKA Henryka**	**51**	WYWROTKA	K20	29	**00:33:01.30**	**00:33:06.45**	+00:16:39 (50.3%)	6:36	9.1 (50.0%)
236	**SZCZERBIŃSKA Barbara**	**306**		K60	1	**00:33:05.40**	**00:33:12.90**	+00:16:45 (50.5%)	6:37	9.1 (50.0%)
237	**KACZYŃSKI Artur**	**122**		M40	45	**00:33:06.50**	**00:33:17.20**	+00:16:50 (50.6%)	6:37	9.1 (50.0%)
237	**SZLARB Paweł**	**313**	RAZ SZCZECIN	M50	18	**00:33:02.25**	**00:33:17.20**	+00:16:50 (50.6%)	6:36	9.1 (50.0%)
239	**SZLARB Maria**	**314**	RAZ SZCZECIN	K20	30	**00:33:17.95**	**00:33:17.95**	+00:16:50 (50.6%)	6:39	9 (49.5%)
240	**KRUGŁY Magdalena**	**157**		K30	42	**00:33:10.90**	**00:33:26.70**	+00:16:59 (50.8%)	6:38	9 (49.5%)
241	**JĘDRUSIK Dorota**	**115**		K40	33	**00:33:21.35**	**00:33:30.50**	+00:17:03 (50.9%)	6:40	9 (49.5%)
242	**MURAWSKA Ewelina**	**390**		K30	43	**00:33:34.15**	**00:33:39.85**	+00:17:12 (51.1%)	6:42	8.9 (48.9%)
243	**CHUTKOWSKA Katarzyna**	**42**		K30	44	**00:33:34.45**	**00:33:40.90**	+00:17:13 (51.2%)	6:42	8.9 (48.9%)
244	**SAMBORSKA Katarzyna**	**278**		K30	45	**00:33:33.65**	**00:33:41.45**	+00:17:14 (51.2%)	6:42	8.9 (48.9%)
245	**WIKA Marta**	**344**	WIECZORNE BIEGANIE W SZCZECINIE	K20	31	**00:33:41.95**	**00:33:57.35**	+00:17:30 (51.5%)	6:44	8.9 (48.9%)
246	**URBAN-MALADA Patrycja**	**397**		K40	34	**00:33:51.40**	**00:34:02.00**	+00:17:34 (51.7%)	6:46	8.9 (48.9%)
247	**KAWKA Aleksandra**	**130**		K20	32	**00:33:52.20**	**00:34:08.00**	+00:17:40 (51.8%)	6:46	8.9 (48.9%)
248	**PŁOSA Monika**	**250**		K30	46	**00:34:16.40**	**00:34:35.40**	+00:18:08 (52.4%)	6:51	8.8 (48.4%)
249	**KIELCZYK Katarzyna**	**134**	WIECZORNE BIEGANIE W SZCZECINIE	K40	35	**00:34:22.35**	**00:34:35.55**	+00:18:08 (52.4%)	6:52	8.7 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
250	**KOZŁOWSKA Agnieszka**	**151**		K40	36	**00:34:22.90**	**00:34:35.85**	+00:18:08 (52.4%)	6:52	8.7 (47.8%)
251	**OLECH Tosia**	**230**	MHTZ	K20	33	**00:34:56.40**	**00:35:10.60**	+00:18:43 (53.2%)	6:59	8.6 (47.3%)
252	**OLECH Zbigniew**	**231**	MHTZ	M40	46	**00:34:58.25**	**00:35:11.75**	+00:18:44 (53.3%)	6:59	8.6 (47.3%)
253	**ZDANKIEWICZ Olga**	**359**		K30	47	**00:35:29.15**	**00:35:40.85**	+00:19:13 (53.9%)	7:05	8.5 (46.7%)
254	**RUDZIK Gabriela**	**272**		K30	48	**00:36:04.35**	**00:36:09.10**	+00:19:42 (54.5%)	7:13	8.3 (45.6%)
255	**OSOWSKA Anna**	**238**	KOBIECE BIEGANIE	K40	37	**00:36:16.05**	**00:36:25.75**	+00:19:58 (54.8%)	7:15	8.3 (45.6%)
256	**ZAGÓRSKA Joanna**	**354**		K50	19	**00:36:25.40**	**00:36:31.35**	+00:20:04 (55.0%)	7:17	8.2 (45.1%)
257	**- -**	**46**		M40	47	**00:37:16.50**	**00:37:24.80**	+00:20:57 (56.0%)	7:27	8.1 (44.5%)
258	**ALEKSANDROWICZ Joanna**	**6**		K30	49	**00:37:26.70**	**00:37:31.30**	+00:21:04 (56.2%)	7:29	8 (44.0%)
259	**ROSA Braian**	**269**		M20	15	**00:37:26.95**	**00:37:31.40**	+00:21:04 (56.2%)	7:29	8 (44.0%)
260	**KRASNODĘBSKA Magdalena**	**153**	BBL POLICE	K30	50	**00:40:09.80**	**00:40:22.25**	+00:23:55 (59.2%)	8:02	7.5 (41.2%)

Znaleziono 260 wynik(ów)