

III BIEG POGOŃ RAKA - SZCZECIN

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Organizator: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
Data: 2019-10-05
Miejsce: Szczecin
Dystans: 5 km

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	TROĆ Daniel	520		M19	1	00:00:00	00:17:53.65	00:17:53.90		3:34	16.8
2	SIECHKOWSKI Michał	447	KB PIONIER SZCZECIN	M30	1	00:00:00	00:18:01.70	00:18:02.45	+00:00:08	3:36	16.6
3	PRZEKOPOWICZ Bartosz	406	WOJSKO POLSKIE	M20	1	00:00:00	00:18:23.00	00:18:23.55	+00:00:29	3:40	16.3
4	FILIPOWSKI Dariusz	102		M40	1	00:00:00	00:19:12.05	00:19:12.40	+00:01:18	3:50	15.6
5	WASILEWSKI Andrzej	535		M40	2	00:00:04	00:19:37.00	00:19:41.05	+00:01:43	3:55	15.3
6	OLEJARZ Damian	351		M30	2	00:00:01	00:19:55.95	00:19:57.35	+00:02:02	3:59	15.1
7	ŁAZOWSKI Trener	1		M19	2	00:00:01	00:20:00.55	00:20:02.15	+00:02:06	4:00	15
8	MOSPINEK Dorian	335	BKS SKORPION SZCZECIN	M20	2	00:00:01	00:20:12.25	00:20:13.35	+00:02:18	4:02	14.9
9	JASIŃSKI Mateusz	612		M16	1	00:00:01	00:20:24.40	00:20:26.30	+00:02:30	4:05	14.7
10	ILCEWICZ Wojciech	143		M30	3	00:00:03	00:20:33.95	00:20:37.20	+00:02:40	4:06	14.6
11	SZWEJDA Łukasz	611	POGOŃ SZCZECIN	M16	2	00:00:03	00:20:35.85	00:20:39.45	+00:02:42	4:07	14.6
12	HAŁACZKIEWICZ Adam	133	EXTREMEWOLF	M40	3	00:00:04	00:20:52.75	00:20:56.85	+00:02:59	4:10	14.4
13	TOPOREK Przemysław	518		M30	4	00:00:03	00:20:57.70	00:21:00.80	+00:03:04	4:11	14.3
14	KRZEŚNIEWSKI Marcin	241		M40	4	00:00:01	00:21:08.70	00:21:09.95	+00:03:15	4:13	14.2
15	PELC Marek	604	12B2	M30	5	00:00:01	00:21:20.40	00:21:21.65	+00:03:26	4:16	14.1
16	KOZINIĘC Krystian	221	DRUŻYN FILIPA	M40	5	00:00:02	00:21:22.40	00:21:25.20	+00:03:28	4:16	14
17	DUDZIŃSKI Wojtek	85		M20	3	00:00:02	00:21:27.25	00:21:29.45	+00:03:33	4:17	14
18	GRZANKOWSKI Konrad	123		M19	3	00:00:02	00:21:37.05	00:21:39.85	+00:03:43	4:19	13.9
19	TWAROGAL Kamil	524	WIECZORNE BIEGANIE W SZCZECINIE	M20	4	00:00:02	00:21:42.30	00:21:44.50	+00:03:48	4:20	13.8
20	LIPERTOWICZ Sebastian	276	LOVELASY/WIECZORNE BIEGANIE W SZCZECINIE	M30	6	00:00:01	00:21:45.05	00:21:46.65	+00:03:51	4:21	13.8
21	KWAŚNIEWSKI Bartosz	259		M19	4	00:00:01	00:21:45.30	00:21:46.35	+00:03:51	4:21	13.8
22	CHARĘZA Marcin	49	ZAWADZKIEGO SZCZECIN	M30	7	00:00:05	00:21:58.50	00:22:03.65	+00:04:04	4:23	13.7
23	GORSZKA Damian	114	PARKRUN SZCZECIN	M20	5	00:00:00	00:22:10.00	00:22:10.00	+00:04:16	4:26	13.5
24	PIOTROWSKI Marek	392	ROZBIEGANY GOLENIÓW	M40	6	00:00:01	00:22:12.95	00:22:14.70	+00:04:19	4:26	13.5
25	BANASIAK Andrzej	15		M40	7	00:00:12	00:22:19.60	00:22:32.20	+00:04:25	4:28	13.4
26	ROGIEWICZ Remigiusz	419		M40	8	00:00:01	00:22:21.10	00:22:22.80	+00:04:27	4:28	13.4
27	KUZNIEWSKI Andrzej	257	KUZITEAM	M30	8	00:00:03	00:22:32.65	00:22:36.05	+00:04:39	4:30	13.3
28	KRAWCZYK Mateusz	227	KB PIONIER SZCZECIN	M20	6	00:00:04	00:22:41.55	00:22:45.70	+00:04:47	4:32	13.2
29	WAHN Przemysław	529		M30	9	00:00:10	00:22:43.60	00:22:53.75	+00:04:49	4:32	13.2
30	ROJEWSKI Mateusz	421		M30	10	00:00:03	00:22:46.85	00:22:50.60	+00:04:53	4:33	13.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	BARANOWSKI Dominik	111		M30	11	00:00:05	00:22:54.10	00:22:59.25	+00:05:00	4:34	13.1
32	MOCNY Tomasz	332		M30	12	00:00:09	00:22:57.60	00:23:06.60	+00:05:03	4:35	13.1
33	WOLSKI Tomasz	570		M40	9	00:00:08	00:23:11.75	00:23:20.70	+00:05:18	4:38	12.9
34	SROGA Maciej	466		M30	13	00:00:00	00:23:11.95	00:23:12.20	+00:05:18	4:38	12.9
35	HAWRYLAK Marcin	135	AMPIO TEAM	M50	1	00:00:01	00:23:14.80	00:23:16.40	+00:05:21	4:39	12.9
36	KĘPKA Karol	187		M20	7	00:00:39	00:23:15.10	00:23:55.00	+00:05:21	4:39	12.9
37	ŁUSZCZEWSKI Kamil	284		M16	3	00:00:15	00:23:16.30	00:23:31.55	+00:05:22	4:39	12.9
38	MATUSZYŃSKI Wojciech	316		M20	8	00:00:11	00:23:16.65	00:23:28.10	+00:05:23	4:39	12.9
39	STEFANIAK Paweł	475	14BUJ	M30	14	00:00:40	00:23:20.25	00:24:00.50	+00:05:26	4:40	12.9
40	TYLMAN Piotr	525	RUNDORFINA	M30	15	00:00:03	00:23:24.85	00:23:28.40	+00:05:31	4:41	12.8
41	FIENKO Katarzyna	95		K30	1	00:00:01	00:23:26.30	00:23:28.20	+00:05:32	4:41	12.8
42	PODWYSZYŃSKI Sylwester	400		M40	10	00:00:03	00:23:27.20	00:23:30.45	+00:05:33	4:41	12.8
43	KRZYWIEC Marcin	242		M30	16	00:00:04	00:23:28.55	00:23:33.50	+00:05:34	4:41	12.8
44	PĘDZIK Marek	377		M20	9	00:00:13	00:23:31.20	00:23:44.60	+00:05:37	4:42	12.8
45	MICHALAK Jacek	321		M50	2	00:00:02	00:23:38.55	00:23:40.55	+00:05:44	4:43	12.7
46	DYDEK Edyta	3	SKB DZIKOLSKA	K20	1	00:00:00	00:23:43.95	00:23:44.60	+00:05:50	4:44	12.6
47	GOCAŁ Anita	173	UKL ÓSEMKA	K19	1	00:00:02	00:23:44.60	00:23:46.65	+00:05:50	4:44	12.6
48	BIK Marek	31		M20	10	00:00:06	00:23:45.45	00:23:51.45	+00:05:51	4:45	12.6
49	KOMAN Michał	202		M30	17	00:00:03	00:23:57.90	00:24:01.05	+00:06:04	4:47	12.5
50	HAJDUK Maciej	132		M40	11	00:00:03	00:23:59.05	00:24:02.35	+00:06:05	4:47	12.5
51	KOWALCZYK Krzysztof	217		M30	18	00:00:01	00:24:00.15	00:24:01.55	+00:06:06	4:48	12.5
52	JACHIMOWICZ Kamil	146		M20	11	00:00:06	00:24:01.60	00:24:08.55	+00:06:07	4:48	12.5
53	STAŃCZYK Sławomir	470	STARGARD. JA SIĘ NIE ŚCIGAM	M30	19	00:00:10	00:24:01.95	00:24:12.15	+00:06:08	4:48	12.5
54	ŁAWNICZ Sebastian	365	CYRUPC AZOTY	M40	12	00:00:15	00:24:07.70	00:24:23.05	+00:06:14	4:49	12.4
55	CHABROS Mateusz	48		M16	4	00:00:08	00:24:09.30	00:24:18.00	+00:06:15	4:50	12.4
56	GOŁUCH Mateusz	113		M20	12	00:00:08	00:24:09.55	00:24:17.55	+00:06:15	4:49	12.4
57	SOBECKI Tomasz	464	PUSZCZYK BUKOWY	M20	13	00:00:11	00:24:20.20	00:24:31.70	+00:06:26	4:52	12.3
58	IZWIKOW Monika	602		K30	2	00:00:03	00:24:23.55	00:24:27.15	+00:06:29	4:52	12.3
59	PIWOWARSKI Darek	394	WIECZORNE BIEGANIE W SZCZECINIE	M40	13	00:00:12	00:24:39.55	00:24:52.15	+00:06:45	4:56	12.2
60	DZIEDZIC Michał	605	12B2	M40	14	00:00:01	00:24:40.35	00:24:41.70	+00:06:46	4:56	12.2
61	GRYGIELEWICZ Leszek	122		M50	3	00:00:05	00:24:43.10	00:24:48.45	+00:06:49	4:56	12.1
62	SIWAK Łukasz	451		M30	20	00:00:01	00:24:45.40	00:24:46.65	+00:06:51	4:57	12.1
63	GÓRECKA-PAWLAK Edyta	116		K30	3	00:00:03	00:24:47.35	00:24:50.95	+00:06:53	4:57	12.1
64	BARTOSZEWSKI Paweł	20	L-BUG RUN	M30	21	00:00:02	00:24:51.85	00:24:54.55	+00:06:58	4:58	12.1
65	JACYKOWSKI Konrad	148		M30	22	00:00:08	00:24:55.30	00:25:03.30	+00:07:01	4:59	12
66	GOCZEWSKA Joanna	110		K40	1	00:00:02	00:24:56.05	00:24:58.85	+00:07:02	4:59	12
67	DĘBCZYŃSKI Michał	72	WILD HORSE ZÜRICH	M30	23	00:00:05	00:24:56.55	00:25:02.20	+00:07:02	4:59	12
68	LENCEWICZ Grzegorz	268	HUSARIA RACE SZCZECIN	M30	24	00:00:25	00:24:58.45	00:25:23.90	+00:07:04	4:59	12
69	ŁUSZCZEWSKI Sebastian	283		M40	15	00:00:14	00:24:58.85	00:25:13.05	+00:07:05	4:59	12
70	WOJTKOWIAK Rafał	566		M40	16	00:00:02	00:25:02.75	00:25:05.25	+00:07:09	5:00	12
71	LEOŃCZUK Filip	269		M20	14	00:00:08	00:25:06.90	00:25:15.20	+00:07:13	5:01	11.9
72	ZUBEL Agnieszka	596	KITESURFING DĄBIE	K20	2	00:00:01	00:25:10.25	00:25:12.15	+00:07:16	5:02	11.9
73	FIEDOROWICZ Katarzyna	93		K30	4	00:00:07	00:25:11.20	00:25:18.75	+00:07:17	5:02	11.9
74	MISZCZAK Damian	329		M30	25	00:00:11	00:25:13.65	00:25:24.80	+00:07:20	5:02	11.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	ZAPOR Anna	586		K40	2	00:00:47	00:25:17.50	00:26:04.65	+00:07:23	5:03	11.9
76	SKOCZYLAS Natalia	456		K20	3	00:00:30	00:25:22.90	00:25:53.65	+00:07:29	5:04	11.8
77	SOSNOWSKI Adrian	465		M40	17	00:00:36	00:25:31.75	00:26:07.90	+00:07:38	5:06	11.8
78	SZCZEPANIAK Izabela	493		K20	4	00:00:23	00:25:32.85	00:25:56.00	+00:07:39	5:06	11.7
79	LEŚNIEWSKI Grzegorz	271		M20	15	00:00:30	00:25:33.60	00:26:03.65	+00:07:39	5:06	11.7
80	PLUTO-PRĄDZYŃSKI Piotr	395		M30	26	00:00:37	00:25:38.55	00:26:15.95	+00:07:44	5:07	11.7
81	SZYMCZAK Marcin	504		M40	18	00:00:32	00:25:45.25	00:26:17.60	+00:07:51	5:09	11.7
82	WASIELEWSKI Maciej	534	KOTOBA	M50	4	00:00:09	00:25:46.40	00:25:56.35	+00:07:52	5:09	11.6
83	BIERNACKI Andrzej	29		M40	19	00:00:07	00:25:46.45	00:25:54.05	+00:07:52	5:09	11.6
84	ZDUNEK Piotr	588		M30	27	00:00:45	00:25:46.95	00:26:32.40	+00:07:53	5:09	11.6
85	DZBANUSZEK Mariusz	86	SPORTOWE WARSZEWO	M30	28	00:00:08	00:25:48.55	00:25:57.20	+00:07:54	5:09	11.6
86	ŚWIATOWIEC Anna	508		K40	3	00:00:05	00:25:50.60	00:25:56.30	+00:07:56	5:10	11.6
87	PASZKOWSKA Magdalena	370		K30	5	00:00:01	00:25:55.80	00:25:57.55	+00:08:02	5:11	11.6
88	KLEINOWSKI Krzysztof	66		M50	5	00:00:02	00:25:59.90	00:26:02.40	+00:08:06	5:12	11.5
89	BARTOSIŃSKI Piotr	19	TIME55	M50	6	00:00:08	00:26:07.90	00:26:16.20	+00:08:14	5:13	11.5
90	FURMAŃSKI Marcin	97		M30	29	00:00:27	00:26:08.60	00:26:36.50	+00:08:14	5:13	11.5
91	WOJTAT Adam	564	WATAHA ŁĄCZY NAS BIEGANIE	M50	7	00:00:27	00:26:11.05	00:26:38.70	+00:08:17	5:14	11.5
92	SENDEROWSKI Maciej	440		M30	30	00:00:21	00:26:12.00	00:26:33.80	+00:08:18	5:14	11.5
93	STĘPIEŃ Paulina	480		K20	5	00:00:08	00:26:13.70	00:26:22.35	+00:08:20	5:14	11.4
94	ŁĄCZAK Justyna	262	ASSECO ACTIVE TEAM	K40	4	00:00:13	00:26:15.95	00:26:29.35	+00:08:22	5:15	11.4
95	GUTOWSKI Paweł	128	EMKA STARGARD	M30	31	00:00:35	00:26:23.00	00:26:58.85	+00:08:29	5:16	11.4
96	GIMINSKI Tomasz	106		M40	20	00:00:10	00:26:23.45	00:26:33.60	+00:08:29	5:16	11.4
97	PIEKARSKI Kamil	380		M30	32	00:00:11	00:26:28.65	00:26:40.35	+00:08:35	5:17	11.3
98	ZEMANKIEWICZ Łukasz	589	KANAŁ 6 AM	M30	33	00:00:10	00:26:29.45	00:26:40.30	+00:08:35	5:18	11.3
99	JAKUBIAK Anna	149	RAZ SZCZECIN	K50	1	00:00:15	00:26:30.80	00:26:46.45	+00:08:37	5:18	11.3
100	PATALAS Bartosz	373		M30	34	00:00:19	00:26:34.45	00:26:54.10	+00:08:40	5:19	11.3
101	TADYCH Beata	513		K40	5	00:00:12	00:26:35.40	00:26:48.35	+00:08:41	5:19	11.3
102	RASIAK Katarzyna	412		K20	6	00:00:04	00:26:36.00	00:26:40.75	+00:08:42	5:19	11.3
103	BRONIEWICZ Paweł	40		M20	16	00:00:45	00:26:41.95	00:27:27.40	+00:08:48	5:20	11.2
104	HEYDEBRECK Justyna	547	WILK SKOLWIN	K20	7	00:00:35	00:26:43.60	00:27:18.95	+00:08:49	5:20	11.2
105	WILKOSZ Tomasz	546	WILK SKOLWIN	M40	21	00:00:33	00:26:45.05	00:27:18.95	+00:08:51	5:21	11.2
106	GUZIKOWSKI Tomasz	130	GUZIK TEAM	M40	22	00:00:20	00:26:46.70	00:27:07.65	+00:08:53	5:21	11.2
107	TYMUL Jakub	526		M40	23	00:00:14	00:26:52.40	00:27:07.35	+00:08:58	5:22	11.2
108	STROKA Małgosia	481		K30	6	00:00:04	00:26:53.55	00:26:57.85	+00:08:59	5:22	11.2
109	GARBACIAK Łukasz	104		M30	35	00:00:21	00:26:54.70	00:27:16.50	+00:09:01	5:23	11.1
110	WOLNY Mariusz	568		M30	36	00:00:13	00:26:55.45	00:27:09.40	+00:09:01	5:23	11.1
111	PIERŚCIŃSKI Sławomir	382		M40	24	00:00:17	00:27:00.50	00:27:18.15	+00:09:06	5:24	11.1
112	MAJCHER Radek	296	PUSZCZA TEAM	M40	25	00:00:08	00:27:01.70	00:27:10.00	+00:09:08	5:24	11.1
113	KRUSZEWICZ Aleksander	240	AMPIO TEAM	M40	26	00:00:04	00:27:04.00	00:27:08.35	+00:09:10	5:24	11.1
114	JEMIELITY Julita	161		K30	7	00:00:06	00:27:05.15	00:27:11.30	+00:09:11	5:25	11.1
115	SIKORA Tomasz	450		M30	37	00:00:05	00:27:08.55	00:27:13.80	+00:09:14	5:25	11.1
116	GUMIEŃCZUK Mankas	613		M16	5	00:00:03	00:27:12.55	00:27:15.95	+00:09:18	5:26	11
117	ŁEBKOWSKI Karol	278		M30	38	00:00:14	00:27:13.70	00:27:27.80	+00:09:20	5:26	11
118	RZYMSKA Marta	434		K30	8	00:00:23	00:27:17.00	00:27:40.15	+00:09:23	5:27	11

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119	BĄCIK Aneta	21		K40	6	00:00:08	00:27:17.60	00:27:25.90	+00:09:23	5:27	11
120	MILCZANOWSKA Magdalena	325		K30	9	00:00:07	00:27:20.10	00:27:27.70	+00:09:26	5:28	11
121	CZARNULA Czarna	61	WIECZORNE BIEGANIE W GRYFINIE	K30	10	00:00:15	00:27:20.50	00:27:35.55	+00:09:26	5:28	11
122	KOSZUTA Bartosz	214		M30	39	00:00:12	00:27:21.50	00:27:33.50	+00:09:27	5:28	11
123	STACHOWSKI Andrzej	468	MONIA GYM	M50	8	00:00:27	00:27:23.25	00:27:50.95	+00:09:29	5:28	11
124	SEPIOTEK Kamil	443	RUNDORFINA	M30	40	00:00:14	00:27:24.75	00:27:39.05	+00:09:31	5:29	10.9
125	MATUSZAK Justyna	313	RUNDORFINA	K30	11	00:00:12	00:27:30.75	00:27:43.70	+00:09:37	5:30	10.9
126	WIŚNIEWSKA Marta	554	WIECZORNE BIEGANIE W SZCZECINIE	K40	7	00:00:11	00:27:31.25	00:27:43.05	+00:09:37	5:30	10.9
126	ŁAWKIEL Natalia	277		K20	8	00:00:14	00:27:31.25	00:27:45.65	+00:09:37	5:30	10.9
128	ZARZYCKI Piotr	587		M50	9	00:00:10	00:27:34.15	00:27:44.75	+00:09:40	5:30	10.9
129	SAKOWSKA-CARŁO Magda	435	WIECZORNE BIEGANIE W SZCZECINIE	K30	12	00:00:07	00:27:35.50	00:27:42.70	+00:09:41	5:31	10.9
130	WAWROWSKI Paweł	537		M30	41	00:00:16	00:27:36.25	00:27:52.60	+00:09:42	5:31	10.9
131	PROCHACKI Marcin	405		M20	17	00:00:40	00:27:38.00	00:28:18.55	+00:09:44	5:31	10.9
132	SŁODOWNIK Konrad	458	SZKOŁA JĘZYKÓW OBCYCH PROFESSIONAL SCHOOL CHOJNA	M30	42	00:00:05	00:27:39.00	00:27:44.25	+00:09:45	5:31	10.8
133	CHODAK Monika	51	HUSARIA RACE TEAM	K40	8	00:00:10	00:27:39.20	00:27:50.05	+00:09:45	5:32	10.8
134	JÓŻWIK Tomasz	163		M30	43	00:00:40	00:27:40.45	00:28:21.00	+00:09:46	5:32	10.8
135	OLEŚKIEWICZ Michał	354	WIECZORNE BIEGANIE W SZCZECINIE	M30	44	00:00:43	00:27:44.05	00:28:27.15	+00:09:50	5:32	10.8
136	BOBER Kamil	33		M30	45	00:00:33	00:27:44.40	00:28:17.55	+00:09:50	5:32	10.8
137	ANIELSKI Michał	11		M30	46	00:00:46	00:27:47.00	00:28:33.25	+00:09:53	5:33	10.8
138	SEŃ Agata	442		K30	13	00:00:45	00:27:47.10	00:28:32.95	+00:09:53	5:33	10.8
139	SZOSTAK Daniel	501		M40	27	00:00:20	00:27:48.25	00:28:09.20	+00:09:54	5:33	10.8
140	BORTNIK Bartosz	39		M30	47	00:00:08	00:27:52.75	00:28:00.80	+00:09:59	5:34	10.8
141	KARWOWSKA-DĄBROWSKA Karolina	183		K30	14	00:00:24	00:28:00.10	00:28:24.40	+00:10:06	5:36	10.7
142	KOIS Ewa	197		K30	15	00:00:05	00:28:00.45	00:28:06.30	+00:10:06	5:36	10.7
143	KIESZKOWSKA Barbara	189		K30	16	00:00:11	00:28:01.30	00:28:12.85	+00:10:07	5:36	10.7
144	KOMOROWSKI Michał	203		M30	48	00:00:51	00:28:04.20	00:28:55.80	+00:10:10	5:36	10.7
145	HOLLIŃSKA Kinga	138		K30	17	00:00:44	00:28:04.65	00:28:49.55	+00:10:11	5:37	10.7
146	CHABROS Jacek	47	EXTREMWOLF	M50	10	00:00:12	00:28:05.35	00:28:17.75	+00:10:11	5:37	10.7
147	NATALCZYK Ewelina	341		K30	18	00:00:01	00:28:06.40	00:28:07.75	+00:10:12	5:37	10.7
148	KRUCZKOWSKA Malwina	234		K20	9	00:00:11	00:28:09.75	00:28:21.20	+00:10:16	5:38	10.7
149	KRUCZKOWSKI Maciej	235		M50	11	00:00:11	00:28:10.25	00:28:21.40	+00:10:16	5:38	10.7
150	WOŁOWIEC Łukasz	571		M30	49	00:00:25	00:28:10.95	00:28:36.40	+00:10:17	5:38	10.6
151	GOZDEK Norbert	115		M20	18	00:00:26	00:28:11.05	00:28:37.10	+00:10:17	5:38	10.6
152	KRUCZKOWSKA Agnieszka	233		K40	9	00:00:10	00:28:11.10	00:28:21.55	+00:10:17	5:38	10.6
153	KRUPA Roksaba	237		K20	10	00:00:02	00:28:13.95	00:28:16.65	+00:10:20	5:38	10.6
153	NEJMAN Rafał	342		M40	28	00:00:10	00:28:13.95	00:28:24.70	+00:10:20	5:38	10.6
155	KONOPACKA Paulina	204		K30	19	00:00:02	00:28:14.15	00:28:16.65	+00:10:20	5:38	10.6
156	TURCZYK Marta	522		K30	20	00:00:04	00:28:15.15	00:28:19.85	+00:10:21	5:39	10.6
157	MISTELSKI Karol	328		M20	19	00:00:03	00:28:15.50	00:28:19.10	+00:10:21	5:39	10.6
158	SULŻYŃSKA-KOWALCZYK Iza	485		K30	21	00:00:13	00:28:17.15	00:28:30.55	+00:10:23	5:39	10.6
159	NIEWADZIK Ula	343		K40	10	00:00:26	00:28:17.90	00:28:44.05	+00:10:24	5:39	10.6
160	TROĆ Robert	519		M40	29	00:00:30	00:28:21.20	00:28:51.55	+00:10:27	5:40	10.6
161	HAWRYLUK Anna	136		K20	11	00:00:04	00:28:27.10	00:28:31.30	+00:10:33	5:41	10.5
162	REJBICZ Daniel	416		M30	50	00:00:07	00:28:27.75	00:28:35.30	+00:10:34	5:41	10.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	SZWABOWSKA Karolina	503		K20	12	00:00:40	00:28:36.35	00:29:16.55	+00:10:42	5:43	10.5
164	WILCZOPOLSKI Kamil	545		M20	20	00:00:44	00:28:36.80	00:29:21.30	+00:10:43	5:43	10.5
165	WOROCH Dave	573	TOP-PLANT	M30	51	00:00:02	00:28:39.70	00:28:41.90	+00:10:46	5:43	10.5
166	RUDZEWICZ Mariusz	429		M30	52	00:00:18	00:28:42.35	00:29:00.75	+00:10:48	5:44	10.5
167	WONDOŁOWSKI Stanisław	572	WIECZORNE BIEGANIE SZCZECIN	M70	1	00:00:16	00:28:43.60	00:29:00.05	+00:10:49	5:44	10.4
168	ŻARNICKI Kacper	599		M20	21	00:00:28	00:28:44.05	00:29:12.60	+00:10:50	5:44	10.4
169	DOMAGALSKA Daria	75		K20	13	00:00:07	00:28:48.35	00:28:55.75	+00:10:54	5:45	10.4
170	PUPEK Małgorzata	410		K30	22	00:00:13	00:28:48.85	00:29:02.40	+00:10:55	5:45	10.4
171	MATULKA Łukasz	312		M40	30	00:00:24	00:28:56.75	00:29:21.00	+00:11:03	5:47	10.4
172	TOKARCZYK Marta	515		K40	11	00:00:41	00:28:58.00	00:29:39.80	+00:11:04	5:47	10.4
173	KOPKA Elżbieta	207	WIECZORNE BIEGANIE W SZCZECINIE	K50	2	00:00:13	00:28:58.95	00:29:12.00	+00:11:05	5:47	10.4
174	MIKOŁAJCZYK Kinga	324	TRIGYM SZCZECIN	K30	23	00:00:18	00:28:59.50	00:29:17.60	+00:11:05	5:47	10.4
175	KRAŚNIEWSKA Bożena	225		K40	12	00:00:13	00:29:00.30	00:29:13.50	+00:11:06	5:48	10.3
176	GUGAŁA Monika	126		K30	24	00:00:16	00:29:01.95	00:29:18.55	+00:11:08	5:48	10.3
177	IZNEROWICZ Monika	6	WIECZORNE BIEGANIE W SZCZECINIE	K30	25	00:00:13	00:29:08.65	00:29:22.45	+00:11:15	5:49	10.3
178	NADOBNA Kamila	340	STARGARD JA SIĘ NIEŚCIGAM	K30	26	00:00:09	00:29:09.00	00:29:18.85	+00:11:15	5:49	10.3
179	URBAŃSKA-IZYDORCZYK Kinga	528		K30	27	00:00:10	00:29:10.10	00:29:20.60	+00:11:16	5:50	10.3
180	JAKUBOWSKA Patrycja	151		K20	14	00:00:22	00:29:18.95	00:29:41.35	+00:11:25	5:51	10.2
181	STACHOWICZ-HAWRYLAK Sylwia	467	ZACHPOM.CENTRUM ONKOLOGII	K40	13	00:00:31	00:29:20.65	00:29:52.55	+00:11:27	5:52	10.2
182	CIEŚLIK Paweł	610		M30	53	00:00:26	00:29:21.40	00:29:47.75	+00:11:27	5:52	10.2
183	MOSKWA Martyna	334	GO SPORT/ MASZ PRZEBIEGANE	K20	15	00:00:39	00:29:22.80	00:30:01.85	+00:11:29	5:52	10.2
184	GROBELNA Małgorzata	120		K20	16	00:00:22	00:29:23.70	00:29:45.80	+00:11:30	5:52	10.2
185	WÓJCIK Dariusz	578		M30	54	00:00:12	00:29:24.05	00:29:36.35	+00:11:30	5:52	10.2
186	WÓJCIK Aleksandra	577		K30	28	00:00:11	00:29:24.60	00:29:36.35	+00:11:30	5:53	10.2
187	CAŁKA Barbara	46	KOBIECE BIEGANIE	K40	14	00:00:16	00:29:28.60	00:29:44.85	+00:11:34	5:53	10.2
188	ORŁOWSKA Ewa	357	DRUŻYNA FILIPA	K20	17	00:00:06	00:29:33.50	00:29:40.45	+00:11:39	5:54	10.1
189	KACZMAREK Grzegorz	169		M40	31	00:00:39	00:29:34.80	00:30:14.75	+00:11:41	5:55	10.1
190	SZALEWICZ Małgorzata	490		K50	3	00:00:17	00:29:36.35	00:29:53.65	+00:11:42	5:55	10.1
191	OSICA Bartłomiej	361	SPRINT LOGISTYKA	M20	22	00:00:21	00:29:36.70	00:29:57.85	+00:11:43	5:55	10.1
192	TRZECIAK Jakub	521		M20	23	00:00:37	00:29:36.85	00:30:13.95	+00:11:43	5:55	10.1
193	OLEJNIK Ewelina	353		K20	18	00:00:04	00:29:37.45	00:29:41.75	+00:11:43	5:55	10.1
194	WITKOWSKA Kamila	556		K30	29	00:00:12	00:29:38.75	00:29:50.90	+00:11:45	5:55	10.1
195	POGORZELSKA Sylwia	401	WIECZORNE BIEGANIE W SZCZECINIE	K30	30	00:00:05	00:29:39.30	00:29:44.75	+00:11:45	5:55	10.1
196	PIETRUSZKA Sławomir	387	BBL SZCZECIN	M50	12	00:00:27	00:29:42.00	00:30:09.30	+00:11:48	5:56	10.1
197	GUZIAK Joanna	129		K30	31	00:00:49	00:29:43.40	00:30:32.55	+00:11:49	5:56	10.1
198	MORAWIECKA Magdalena	333		K20	19	00:00:22	00:29:45.90	00:30:08.35	+00:11:52	5:57	10.1
199	ROMANOWICZ Marek	422		M50	13	00:00:15	00:29:47.80	00:30:03.75	+00:11:54	5:57	10.1
200	ROJEK Katarzyna	420		K30	32	00:00:41	00:29:48.00	00:30:29.95	+00:11:54	5:57	10.1
201	GÓRSKA Dorota	118		K50	4	00:00:14	00:29:49.15	00:30:04.10	+00:11:55	5:58	10.1
202	ŁODZIATO Magdalena	280	TURKEYS TEAM	K40	15	00:00:12	00:29:50.30	00:30:02.45	+00:11:56	5:58	10.1
203	PIERZAKOWSKA Agnieszka	383	SZALONE MAMUŚKI	K30	33	00:00:35	00:29:53.95	00:30:29.55	+00:12:00	5:58	10
204	KALINOWSKA Karolina	171		K30	34	00:00:40	00:29:54.45	00:30:35.20	+00:12:00	5:59	10
205	ROPIAK Renata	424		K30	35	00:00:40	00:29:54.85	00:30:35.35	+00:12:01	5:59	10
206	DESZ Sebastian	71		M30	55	00:00:05	00:29:55.35	00:30:01.30	+00:12:01	5:59	10

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	ŁUKASIEWICZ Agnieszka	282		K40	16	00:00:13	00:29:56.05	00:30:09.90	+00:12:02	5:59	10
208	MROZOWICZ Agnieszka	337		K20	20	00:00:17	00:29:58.40	00:30:15.65	+00:12:04	5:59	10
209	PTAK Krzysztof	409		M30	56	00:00:38	00:30:00.60	00:30:38.80	+00:12:06	6:00	10
210	DOMAGALSKI Maciej	77		M19	5	00:00:06	00:30:07.55	00:30:14.45	+00:12:13	6:01	10
211	SZOKA-PAWLAK Pati	500		K30	36	00:00:43	00:30:08.35	00:30:52.05	+00:12:14	6:01	10
212	JARCZEWSKI Damian	156		M30	57	00:00:47	00:30:09.20	00:30:56.75	+00:12:15	6:01	10
213	KOSIŃSKA Agnieszka	213	SCTP	K40	17	00:00:05	00:30:21.55	00:30:26.90	+00:12:27	6:04	9.9
214	ŚLIWIŃSKA Justyna	506		K20	21	00:00:05	00:30:29.65	00:30:34.65	+00:12:36	6:05	9.8
215	GWARDIAK Bartłomiej	131	PRIME CARGO POLAND	M20	24	00:00:05	00:30:30.30	00:30:35.55	+00:12:36	6:06	9.8
216	MACIASZCZYK Ewa	288	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:00:06	00:30:30.75	00:30:37.10	+00:12:37	6:06	9.8
217	GŁUSZEK Włodzimierz	388	#1973	M20	25	00:00:38	00:30:31.40	00:31:09.40	+00:12:37	6:06	9.8
218	KURZYŃSKI Ryszard	254		M40	32	00:00:36	00:30:36.30	00:31:13.05	+00:12:42	6:07	9.8
219	DZIWIŚZ Bogusia	90		K40	19	00:00:36	00:30:36.60	00:31:13.35	+00:12:42	6:07	9.8
220	GAPIŃSKI Rafał	103	PROGDAR MARATHON TEAM	M40	33	00:00:42	00:30:37.80	00:31:20.40	+00:12:44	6:07	9.8
221	MAĆKOWIAK Łukasz	291		M30	58	00:00:37	00:30:39.90	00:31:17.15	+00:12:46	6:08	9.8
222	WATEMBORSKA Agnieszka	536		K30	37	00:00:16	00:30:41.25	00:30:57.85	+00:12:47	6:08	9.8
223	PODWYSZYŃSKI Sebastian	100		M40	34	00:00:34	00:30:41.65	00:31:16.00	+00:12:48	6:08	9.8
224	KROSMAN Grzegorz	230		M30	59	00:00:46	00:30:44.35	00:31:30.80	+00:12:50	6:08	9.8
225	BUGORSKA Agata	41		K30	38	00:00:46	00:30:44.65	00:31:30.80	+00:12:51	6:08	9.8
226	KRUSZEWICZ Dalida	239	AMPIO TEAM	K40	20	00:00:35	00:30:50.80	00:31:26.05	+00:12:57	6:10	9.7
227	ŚLUSARZ Iwona	507		K40	21	00:00:42	00:30:53.60	00:31:35.75	+00:12:59	6:10	9.7
228	KŁYSIEWICZ Anna	195		K30	39	00:00:07	00:30:54.95	00:31:02.35	+00:13:01	6:11	9.7
229	MACIBORSKI Mirosław	289	WIECZORNE BIEGANIE W SZCZECINIE	M50	14	00:00:35	00:30:55.25	00:31:31.10	+00:13:01	6:11	9.7
230	JASIŃSKA Natalia	157	EXTREME WOLF	K30	40	00:00:10	00:30:55.45	00:31:06.05	+00:13:01	6:11	9.7
231	JASIŃSKI Robert	159		M40	35	00:00:18	00:30:56.60	00:31:14.90	+00:13:02	6:11	9.7
232	WISZKA Marta	551		K30	41	00:00:19	00:30:57.45	00:31:16.85	+00:13:03	6:11	9.7
233	SOBCZAK-KUFEL Ilona	463		K30	42	00:00:18	00:30:57.90	00:31:16.75	+00:13:04	6:11	9.7
234	SZAJEK Marta	489	HULK TEAM POLICE	K30	43	00:00:03	00:30:58.45	00:31:02.35	+00:13:04	6:11	9.7
235	GLISZCZYŃSKA Anna	107	PYRZYCE BIEGAJĄ	K60	1	00:00:06	00:31:00.70	00:31:07.25	+00:13:07	6:12	9.7
236	SKIBA Michał	454	PARKRUN SZCZECIN	M30	60	00:00:29	00:31:02.50	00:31:31.70	+00:13:08	6:12	9.7
237	MURAWSKA Dorota	339		K50	5	00:00:20	00:31:10.05	00:31:30.20	+00:13:16	6:14	9.6
238	DROZDEK Tomasz	82		M50	15	00:00:19	00:31:10.25	00:31:30.20	+00:13:16	6:14	9.6
239	LEJKOWSKA Daria	265		K30	44	00:00:39	00:31:10.55	00:31:50.35	+00:13:16	6:14	9.6
240	KAMIONKA Andrzej	175	WIECZORNE BIEGANIE W SZCZECINIE	M30	61	00:00:09	00:31:11.15	00:31:21.00	+00:13:17	6:14	9.6
241	ZIELIŃSKA Ludmiła	590	KB WIKON NOWA SÓL	K40	22	00:00:18	00:31:11.55	00:31:30.30	+00:13:17	6:14	9.6
242	MAŚLANKA Zuzanna	311		K20	22	00:00:15	00:31:13.80	00:31:28.95	+00:13:20	6:14	9.6
243	PŁACHTA Monika	396	KOBIECE BIEGANIE	K40	23	00:00:17	00:31:20.85	00:31:37.85	+00:13:27	6:16	9.6
244	KACZMAREK Arleta	168	KOBIECE BIEGANIE	K30	45	00:00:16	00:31:20.95	00:31:37.70	+00:13:27	6:16	9.6
245	GAWRYSIAK Ewa	607		K30	46	00:00:17	00:31:21.70	00:31:39.25	+00:13:28	6:16	9.6
246	KOZINIĘC Ewelina	220	DRUŻYNA FILIPA	K40	24	00:00:07	00:31:25.70	00:31:33.25	+00:13:32	6:17	9.5
247	MARKANICZ Marlena	308	STARGARD JA SIĘ NIE ŚCIGAM	K30	47	00:00:21	00:31:25.85	00:31:47.70	+00:13:32	6:17	9.5
248	ŚWITALSKA Edyta	512	SCTP	K40	25	00:00:28	00:31:34.10	00:32:02.30	+00:13:40	6:18	9.5
249	LEMANSKI Marcin	267		M30	62	00:00:19	00:31:34.65	00:31:53.95	+00:13:41	6:18	9.5
250	KUBIAK Ewelina	243	WIECZORNE BIEGANIE W SZCZECINIE	K30	48	00:00:06	00:31:37.05	00:31:43.70	+00:13:43	6:19	9.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
251	KOŚCIŃSKA Elżbieta	215	WOJSKOWY KLUB HDK	K40	26	00:00:12	00:31:37.45	00:31:50.35	+00:13:43	6:19	9.5
252	DENEKO Maciej	69	SPRINT LOGISTYKA POLSKA	M40	36	00:00:35	00:31:37.65	00:32:13.60	+00:13:44	6:19	9.5
253	NIEZIOŁEK Piotr	345		M60	1	00:00:45	00:31:38.65	00:32:23.70	+00:13:45	6:19	9.5
254	MANOWIECKA Aleksandra	606		K40	27	00:00:09	00:31:42.55	00:31:51.60	+00:13:48	6:20	9.5
255	PASEK Adam	369		M30	63	00:00:29	00:31:43.00	00:32:12.80	+00:13:49	6:20	9.5
256	MARCINKIEWICZ-ZIOMEK Oliwia	306	MISIA JOGI	K30	49	00:00:13	00:31:47.55	00:32:00.90	+00:13:53	6:21	9.4
257	CIEŚLA Agnieszka	565		K30	50	00:00:25	00:31:50.90	00:32:16.65	+00:13:57	6:22	9.4
258	KUPNIEWSKA Aleksandra	251	KOMPAS TEAM	K30	51	00:00:17	00:31:51.05	00:32:08.40	+00:13:57	6:22	9.4
259	SĘK Marcin	445		M30	64	00:00:38	00:31:51.35	00:32:29.65	+00:13:57	6:22	9.4
259	GROOŃ Justyna	418		K30	52	00:00:26	00:31:51.35	00:32:18.20	+00:13:57	6:22	9.4
261	REJBICZ Paulina	417		K20	23	00:00:07	00:31:52.10	00:31:59.55	+00:13:58	6:22	9.4
262	JACYKOWSKA Angelika	147		K30	53	00:00:07	00:31:52.35	00:31:59.45	+00:13:58	6:22	9.4
263	LEWANDOWSKI Janusz	274	WIECZORNE BIEGANIE W SZCZECINIE	M60	2	00:00:28	00:31:53.85	00:32:22.65	+00:14:00	6:22	9.4
264	WERYK Jadwiga	541	NA WZGORZU	K40	28	00:00:15	00:31:55.80	00:32:10.85	+00:14:02	6:23	9.4
265	KUDLA Gosia	245		K30	54	00:00:07	00:31:56.70	00:32:03.90	+00:14:03	6:23	9.4
266	SŁADKIEWICZ Adam	459		M40	37	00:00:08	00:31:57.15	00:32:05.65	+00:14:03	6:23	9.4
267	KISZKIELEWICZ Krzysztof	190	ZET GOLD TEAM DRAWSKO POMORSKIE	M30	65	00:00:15	00:31:57.70	00:32:13.65	+00:14:04	6:23	9.4
268	KULEWSKA Joanna	248	NORDICOWELOVE POLICE	K40	29	00:00:22	00:32:00.60	00:32:23.45	+00:14:06	6:24	9.4
269	DROZDEK Joanna	81	KOMPAS TEAM	K40	30	00:00:17	00:32:01.40	00:32:19.10	+00:14:07	6:24	9.4
270	JUSZKIEWICZ Małgorzata	164	FIZJOBIEGACZE SZCZECIN	K40	31	00:00:29	00:32:05.80	00:32:35.20	+00:14:12	6:25	9.3
271	ZIĘBA Norbert	593		M20	26	00:00:08	00:32:09.30	00:32:18.20	+00:14:15	6:26	9.3
272	MICHALSKA Magda	323	EXTREME WOLF	K30	55	00:00:18	00:32:11.50	00:32:29.95	+00:14:17	6:26	9.3
273	DUDRA Michalina	83		K19	2	00:00:22	00:32:17.15	00:32:39.65	+00:14:23	6:27	9.3
274	DOMAGAŁA Ewa	78		K30	56	00:00:09	00:32:23.95	00:32:33.30	+00:14:30	6:28	9.3
275	SAWCZYN Stefan	437		M60	3	00:00:04	00:32:25.60	00:32:30.20	+00:14:31	6:29	9.2
276	CIECIOROWSKI Robert	56		M40	38	00:00:03	00:32:27.30	00:32:30.40	+00:14:33	6:29	9.2
277	GŁOGOWSKI Jan	108		M50	16	00:00:21	00:32:38.50	00:32:59.80	+00:14:44	6:31	9.2
278	GAJDZIŃSKI Ryszard	101		M50	17	00:00:29	00:32:41.30	00:33:10.50	+00:14:47	6:32	9.2
279	GÓRSKA Agnieszka	117	KLUB BIEGOWY DZIK	K40	32	00:00:23	00:32:45.75	00:33:09.45	+00:14:52	6:33	9.2
280	GABERT Beata	98	RAZ SZCZECIN	K40	33	00:00:14	00:32:50.10	00:33:04.20	+00:14:56	6:34	9.1
281	KRUPA Paulina	236		K30	57	00:00:06	00:32:51.15	00:32:57.30	+00:14:57	6:34	9.1
281	WAWSZCZYK Marek	7		M20	27	00:00:17	00:32:51.15	00:33:08.15	+00:14:57	6:34	9.1
283	MOSKWA Arkadiusz	548	WILK SKOLWIN	M40	39	00:00:33	00:32:52.50	00:33:25.75	+00:14:58	6:34	9.1
284	KUZAK Krzysztof	256		M20	28	00:00:14	00:32:53.30	00:33:08.15	+00:14:59	6:34	9.1
285	RUTKOWSKI Konrad	432	RAGNAROK SZCZECIN	M30	66	00:00:11	00:32:55.40	00:33:07.20	+00:15:01	6:35	9.1
285	ZIOŁO Katarzyna	594		K30	58	00:00:11	00:32:55.40	00:33:07.10	+00:15:01	6:35	9.1
287	DZIĘCIOŁ Kasia	89		K30	59	00:00:15	00:32:55.90	00:33:11.85	+00:15:02	6:35	9.1
288	MIŚNIK Zofia	331		K30	60	00:00:24	00:33:00.25	00:33:24.85	+00:15:06	6:36	9.1
289	MIŚNIK Łukasz	330		M40	40	00:00:24	00:33:00.50	00:33:24.90	+00:15:06	6:36	9.1
290	MAZURAK Joanna	318		K40	34	00:00:34	00:33:06.80	00:33:41.55	+00:15:13	6:37	9.1
291	GRZEBYTA Patrycja	124		K30	61	00:00:37	00:33:10.80	00:33:48.55	+00:15:17	6:38	9
292	STELMACH Daria	476		K20	24	00:00:14	00:33:11.05	00:33:25.45	+00:15:17	6:38	9
293	KRUSIŃSKA Paulina	238		K30	62	00:00:23	00:33:14.75	00:33:38.35	+00:15:21	6:39	9
294	PSUTY Wioletta	408		K40	35	00:00:24	00:33:15.55	00:33:39.90	+00:15:21	6:39	9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
295	BARAŃSKA Anna	16		K30	63	00:00:19	00:33:19.65	00:33:39.30	+00:15:26	6:40	9
296	ZAPARTEK Aleksandra	585		K20	25	00:00:33	00:33:24.70	00:33:58.45	+00:15:31	6:41	9
297	MADELSKA Katarzyna	294		K30	64	00:00:03	00:33:25.95	00:33:29.50	+00:15:32	6:41	9
298	MADALSKA Julia	414		K16	1	00:00:03	00:33:26.40	00:33:29.55	+00:15:32	6:41	9
299	MAŁKOWSKA Ewa	303		K40	36	00:00:05	00:33:29.40	00:33:35.25	+00:15:35	6:42	9
300	MAJOS Justyna	298		K30	65	00:00:07	00:33:35.05	00:33:42.15	+00:15:41	6:43	8.9
301	KUKLINOWSKA Alicja	247		K30	66	00:00:06	00:33:35.55	00:33:42.15	+00:15:41	6:43	8.9
302	WIŚNIEWSKA Karolina	552		K20	26	00:00:22	00:33:38.95	00:34:01.05	+00:15:45	6:43	8.9
303	STASZEWSKI Łukasz	473		M30	67	00:00:20	00:33:40.50	00:34:01.05	+00:15:46	6:44	8.9
304	DZIAŁOWSKA Sara	87	ŚRUNDUNIA SZCZECIN	K20	27	00:00:41	00:33:42.10	00:34:23.45	+00:15:48	6:44	8.9
305	WALENT Marta	530		K30	67	00:00:47	00:33:49.35	00:34:37.30	+00:15:55	6:46	8.9
306	KACZMAREK Kamila	167	BIZON DERCZEWO	K40	37	00:00:09	00:33:51.60	00:34:00.90	+00:15:57	6:46	8.9
307	BIELAWSKA Katarzyna	27		K20	28	00:00:10	00:33:54.55	00:34:05.40	+00:16:00	6:47	8.8
308	ALEKSANDRUK-DUTKIEWICZ Agnieszka	9		K40	38	00:00:23	00:34:00.15	00:34:23.15	+00:16:06	6:48	8.8
309	BOROWSKA Magdalena	305		K40	39	00:00:21	00:34:01.75	00:34:22.80	+00:16:08	6:48	8.8
310	DRAGAN Marzena	79		K50	6	00:00:21	00:34:03.65	00:34:25.45	+00:16:10	6:48	8.8
311	RUTKOWSKA Justyna	431		K40	40	00:00:28	00:34:05.10	00:34:33.30	+00:16:11	6:49	8.8
312	KLEJNOWSKA Kamila	191	STARGARD JA SIĘ NIE ŚCIGAM	K30	68	00:00:10	00:34:21.50	00:34:31.55	+00:16:27	6:52	8.7
313	DĄBROWSKA Katarzyna	65	RUNDORFINA	K30	69	00:00:30	00:34:28.50	00:34:58.90	+00:16:34	6:53	8.7
314	TURKIEWICZ Monika	523		K30	70	00:00:26	00:34:36.60	00:35:03.05	+00:16:42	6:55	8.7
315	ŁYCZEK Agata	285		K40	41	00:00:29	00:34:37.35	00:35:07.10	+00:16:43	6:55	8.7
316	KOLASA Agnieszka	199		K40	42	00:00:39	00:34:37.95	00:35:17.65	+00:16:44	6:55	8.7
317	LASKOWSKA Beata	261		K40	43	00:00:12	00:34:39.65	00:34:52.30	+00:16:46	6:56	8.7
318	SYDOR Katarzyna	488	RUNDORFINA	K30	71	00:00:12	00:34:40.30	00:34:52.40	+00:16:46	6:56	8.7
319	NOJSZEWSKI Tomasz	346	TANCIA TEAM	M40	41	00:00:06	00:34:41.85	00:34:48.20	+00:16:48	6:56	8.6
320	KARASZCZAK Joanna	179		K50	7	00:00:04	00:34:41.95	00:34:46.35	+00:16:48	6:56	8.6
321	ŁAPOT Elżbieta	4		K50	8	00:00:06	00:34:42.15	00:34:48.45	+00:16:48	6:56	8.6
322	PIOTROWSKA Dorota	389	AMPIO TEAM	K40	44	00:00:34	00:34:43.20	00:35:17.65	+00:16:49	6:56	8.6
323	PIOTROWSKI Krzysztof	393	AMPIO TEAM	M40	42	00:00:34	00:34:43.30	00:35:17.80	+00:16:49	6:56	8.6
324	ŚWIĄTEK Joanna	509		K30	72	00:00:46	00:34:50.10	00:35:36.95	+00:16:56	6:58	8.6
325	PODWYSZYŃSKA Hanna	64	MKS KUSY SZCZECIN	K16	2	00:00:15	00:34:54.05	00:35:09.85	+00:17:00	6:58	8.6
326	PACH Magdalena	362		K20	29	00:00:34	00:35:01.80	00:35:36.75	+00:17:08	7:00	8.6
327	ROMAŃSKA Joanna	423		K30	73	00:00:21	00:35:03.25	00:35:24.40	+00:17:09	7:00	8.6
328	JARCZEWSKA Renata	155		K50	9	00:00:15	00:35:07.60	00:35:22.85	+00:17:13	7:01	8.5
329	FIEDZIUSZKO Jasiu	94		M30	68	00:00:23	00:35:15.60	00:35:39.35	+00:17:21	7:03	8.5
330	JAWORSKA Dominika	160		K20	30	00:00:26	00:35:22.70	00:35:49.55	+00:17:29	7:04	8.5
331	TOŁKACZ Karolina	516	SZCZECIN	K30	74	00:00:25	00:35:25.00	00:35:50.20	+00:17:31	7:05	8.5
332	WIETRZYŃSKA Agnieszka	543	MASZ PRZEBIEGANE	K30	75	00:00:39	00:35:25.60	00:36:04.85	+00:17:31	7:05	8.5
333	IWANIUK Małgorzata	144	WIECZORNE BIEGANIE W SZCZECINIE	K30	76	00:00:23	00:35:26.15	00:35:50.10	+00:17:32	7:05	8.5
334	KWIATKOWSKA Julita	260		K30	77	00:00:22	00:35:28.25	00:35:50.70	+00:17:34	7:05	8.5
335	MASTALSKA Małgorzata	310		K20	31	00:00:49	00:35:32.25	00:36:21.95	+00:17:38	7:06	8.4
336	ŁOBODZIŃSKA Wanda	279	RAZ SZCZECIN	K60	2	00:00:15	00:35:35.25	00:35:51.00	+00:17:41	7:07	8.4
337	ORLEWICZ Emilia	355		K19	3	00:00:15	00:35:36.60	00:35:51.65	+00:17:42	7:07	8.4
338	ORSZULSKA Magdalena	358	WIECZORNE BIEGANIE W SZCZECINIE	K40	45	00:00:13	00:35:37.65	00:35:50.70	+00:17:44	7:07	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	OLEJNIK Agnieszka	352		K40	46	00:00:20	00:35:40.45	00:36:00.80	+00:17:46	7:08	8.4
340	NOWAK Aneta	348	NORDICOWELOVE POLICE	K40	47	00:00:23	00:35:41.15	00:36:04.45	+00:17:47	7:08	8.4
341	BŁOGOWSKA Kasia	32	WIECZORNE BIEGANIE W SZCZECINIE	K30	78	00:00:24	00:35:58.10	00:36:22.20	+00:18:04	7:11	8.3
342	PAŹDZIOR Paulina	375		K30	79	00:00:09	00:35:59.25	00:36:09.15	+00:18:05	7:12	8.3
343	KOPYŚ Joanna	209		K20	32	00:00:28	00:36:04.40	00:36:33.20	+00:18:10	7:13	8.3
344	OMIAŃCU Urszula	482		K20	33	00:00:04	00:36:05.45	00:36:10.15	+00:18:11	7:13	8.3
345	LICZBIŃSKA Małgorzata	275		K20	34	00:00:30	00:36:06.80	00:36:37.15	+00:18:13	7:13	8.3
346	KUSZYK Małgorzata	255	AUTONOMICZNA AKADEMIA AIKIDO SZCZECIN	K40	48	00:00:31	00:36:09.70	00:36:40.85	+00:18:16	7:13	8.3
347	KLIMEK Aleksandra	194		K30	80	00:00:25	00:36:09.85	00:36:35.60	+00:18:16	7:14	8.3
348	ANDRZEJEWSKA Sylwia	10		K30	81	00:00:36	00:36:11.50	00:36:47.75	+00:18:17	7:14	8.3
349	HUDECKA Evelyn	140		K30	82	00:00:25	00:36:11.85	00:36:37.60	+00:18:18	7:14	8.3
350	NIEZGODA Adam	344		M40	43	00:00:19	00:36:27.40	00:36:46.70	+00:18:33	7:17	8.2
351	HURKO-PIOTROWSKA Paulina	141		K30	83	00:00:31	00:36:29.45	00:37:01.00	+00:18:35	7:18	8.2
352	WITCZAK-SPERKA Mariola	555		K50	10	00:00:16	00:36:31.50	00:36:47.55	+00:18:37	7:18	8.2
353	MUCHA Martyna	62	KLUB SPORTOWY RUNGRYF	K20	35	00:00:20	00:36:34.15	00:36:55.00	+00:18:40	7:19	8.2
354	OSICA Elżbieta	360		K50	11	00:00:28	00:36:37.25	00:37:05.30	+00:18:43	7:19	8.2
355	DĘBICKA Iwona	73		K40	49	00:00:19	00:36:39.45	00:36:58.75	+00:18:45	7:19	8.2
356	JASIŃSKA Lidia	158		K40	50	00:00:19	00:36:39.70	00:36:58.75	+00:18:46	7:19	8.2
357	PAPIERNIK Karolina	366		K20	36	00:00:26	00:36:39.75	00:37:06.55	+00:18:46	7:20	8.2
358	KACPERSKA Katarzyna	165		K50	12	00:00:11	00:36:43.65	00:36:55.00	+00:18:50	7:20	8.2
359	KACPERSKI Wiktor	166		M19	6	00:00:11	00:36:44.05	00:36:55.55	+00:18:50	7:20	8.2
360	PIERŚCIŃSKA Marzena	381		K40	51	00:00:18	00:36:44.85	00:37:02.85	+00:18:51	7:20	8.2
361	PŁOSA Monika	397		K30	84	00:00:38	00:37:10.35	00:37:48.70	+00:19:16	7:26	8.1
362	LEBIODA Maja	263		K20	37	00:00:34	00:37:13.30	00:37:48.10	+00:19:19	7:26	8.1
363	PRZYBYSZ Katarzyna	407		K30	85	00:00:34	00:37:13.90	00:37:48.25	+00:19:20	7:26	8.1
364	PAWELCZAK Cezary	374	PARKRUN SZCZECIN	M50	18	00:00:36	00:37:14.60	00:37:51.05	+00:19:20	7:27	8.1
365	MEDZIŃSKI Dariusz	320		M40	44	00:00:19	00:37:15.55	00:37:34.75	+00:19:21	7:27	8.1
366	MEDZIŃSKA Małgorzata	319		K40	52	00:00:18	00:37:15.95	00:37:34.55	+00:19:22	7:27	8.1
367	WOJTAT Halina	563		K50	13	00:00:43	00:37:16.20	00:37:59.70	+00:19:22	7:27	8.1
368	RUDOWICZ-GANCARZ Agata	428	DRUŻYNA G	K30	86	00:00:31	00:37:21.25	00:37:52.50	+00:19:27	7:28	8
369	BODNAR Zbigniew	34		M70	2	00:00:39	00:37:23.45	00:38:02.65	+00:19:29	7:28	8
370	KURASIŃSKA Dorota	252	RAZ	K40	53	00:00:29	00:37:24.30	00:37:53.75	+00:19:30	7:28	8
371	HARWAT Katarzyna	134		K40	54	00:00:30	00:37:29.05	00:37:59.70	+00:19:35	7:29	8
371	WISNIEWSKA Agnieszka	550		K40	54	00:00:30	00:37:29.05	00:37:59.60	+00:19:35	7:29	8
373	WELENS Anna	540		K40	56	00:00:33	00:37:35.60	00:38:09.30	+00:19:41	7:31	8
374	PARCHIMOWICZ Janusz	367		M60	4	00:00:24	00:37:35.80	00:38:00.30	+00:19:42	7:31	8
375	HERIAN Gosia	137		K30	87	00:00:33	00:37:35.85	00:38:08.95	+00:19:42	7:31	8
376	ŁUCZYŃSKA Katarzyna	281	WIECZORNE BIEGANIE W SZCZECINIE	K30	88	00:00:33	00:37:36.20	00:38:09.30	+00:19:42	7:31	8
377	MAHACZEK Karolina	295		K30	89	00:00:08	00:37:38.90	00:37:47.60	+00:19:45	7:31	8
378	SKOCZYLAS Patryk	455		M20	29	00:00:47	00:37:39.75	00:38:26.75	+00:19:46	7:31	8
379	SEJ Paweł	439		M30	69	00:00:48	00:37:43.55	00:38:31.65	+00:19:49	7:32	8
380	MALEC Edyta	299	STARGARDZKI KLUB MORSOW MIEDWIANIE	K40	57	00:00:25	00:37:48.85	00:38:14.20	+00:19:55	7:33	7.9
381	REDLARSKA Anna	415	KOBIECE BIEGANIE	K30	90	00:00:25	00:37:49.25	00:38:14.40	+00:19:55	7:33	7.9
382	BIAŁOWAŚ Alicja	26		K30	91	00:00:46	00:37:54.40	00:38:41.15	+00:20:00	7:35	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
383	GUBERNIAK Andrzej	125	TURKEYS TEAM	M50	19	00:00:21	00:37:54.50	00:38:16.00	+00:20:00	7:35	7.9
384	KRAWCZYK Mateusz	226	KB PIONIER SZCZECIN	M20	30	00:00:09	00:37:54.55	00:38:04.45	+00:20:00	7:35	7.9
385	CIESLAK Adam	57	LEGENDARY POWER SZEWC	M50	20	00:00:38	00:37:58.40	00:38:37.05	+00:20:04	7:35	7.9
386	KARCZMARCZYK Adriana	180	SISTERS	K30	92	00:00:23	00:37:58.50	00:38:21.55	+00:20:04	7:35	7.9
387	CIEŚLAK Helena	58	LEGENDARY POWER SZEWC	K50	14	00:00:38	00:37:58.85	00:38:37.20	+00:20:05	7:35	7.9
388	KAPLEWSKA Małgorzata	176		K20	38	00:00:29	00:38:07.95	00:38:37.90	+00:20:14	7:37	7.9
389	LEWAK Arkadiusz	272	LEWACZKI TEAM	M40	45	00:00:30	00:38:12.10	00:38:42.95	+00:20:18	7:38	7.9
390	WŚCISEŁ Karolina	582		K30	93	00:00:41	00:38:24.30	00:39:05.35	+00:20:30	7:40	7.8
391	ROTKIEWICZ Daria	426		K20	39	00:00:43	00:38:24.65	00:39:08.50	+00:20:31	7:41	7.8
392	RZESZOWSKA-BINDAS Paulina	433	AGB NYGUS	K20	40	00:00:43	00:38:25.25	00:39:08.50	+00:20:31	7:41	7.8
393	PIEKARSKA Wioletta	379	GORĄCE CZAJNIKI	K40	58	00:00:07	00:38:28.70	00:38:35.95	+00:20:35	7:41	7.8
394	WOLSKA Aleksandra	569		K20	41	00:00:19	00:38:31.45	00:38:51.40	+00:20:37	7:42	7.8
395	STELMACH Artur	477	GORĄCE CZAJNIKI	M20	31	00:00:07	00:38:37.10	00:38:44.95	+00:20:43	7:43	7.8
396	STELMACH Konrad	478	PCPR STARGARD	M20	32	00:00:07	00:38:37.35	00:38:45.10	+00:20:43	7:43	7.8
397	OSICA Laura	359	GORĄCE CZAJNIKI	K20	42	00:00:06	00:38:37.80	00:38:44.75	+00:20:44	7:43	7.8
398	MATUSZEWSKA Kinga	314	BY ŻYŁO SIĘ ŁŻEJ	K20	43	00:00:41	00:39:00.00	00:39:41.25	+00:21:06	7:48	7.7
399	GUTOWSKA Daria	127	EMKA	K20	44	00:00:37	00:39:15.45	00:39:52.85	+00:21:21	7:51	7.6
400	GÓRSKA Dorota	119		K50	15	00:00:38	00:39:21.55	00:40:00.15	+00:21:27	7:52	7.6
401	KUJAWSKA Irmina	246		K40	59	00:00:06	00:39:25.50	00:39:31.65	+00:21:31	7:53	7.6
402	SURDAKCI Jerzy	486	DRUŻYNA SZPIKU/ ROYAL RUNNERS TEAM	M40	46	00:00:00	00:39:30.00	00:39:30.00	+00:21:36	7:54	7.6
403	PIOTROWSKA Izabela	390	DMUCHAWIEC	K30	94	00:00:31	00:39:32.90	00:40:04.35	+00:21:39	7:54	7.6
404	PUZIO Hania	411		K30	95	00:00:46	00:39:37.60	00:40:24.15	+00:21:43	7:55	7.6
405	BURDA Marlena	45	WIECZORNE BIEGANIE W SZCZECINIE	K30	96	00:00:42	00:40:02.45	00:40:44.50	+00:22:08	8:00	7.5
406	WIŚNIEWSKA Magdalena	553		K50	16	00:00:22	00:40:12.95	00:40:35.10	+00:22:19	8:02	7.5
407	PADOK Magdalena	364	SISTERS	K40	60	00:00:24	00:40:30.60	00:40:55.20	+00:22:36	8:06	7.4
408	STANEJKO Agata	469		K30	97	00:00:42	00:40:32.45	00:41:15.15	+00:22:38	8:06	7.4
409	ŚWIGOST Beata	511		K40	61	00:00:09	00:40:36.80	00:40:46.35	+00:22:43	8:07	7.4
410	WAMKA Anna	531		K30	98	00:00:39	00:40:48.70	00:41:28.00	+00:22:55	8:09	7.3
411	WIKTOROWSKA Katarzyna	544		K30	99	00:00:36	00:40:56.10	00:41:32.35	+00:23:02	8:11	7.3
412	KRÓL Magdalena	231		K30	100	00:00:50	00:40:57.45	00:41:48.10	+00:23:03	8:11	7.3
413	KIELISZEK Anna	188	WIECZORNE BIEGANIE W SZCZECINIE	K30	101	00:00:51	00:41:07.95	00:41:59.00	+00:23:14	8:13	7.3
414	TADYCH Beata	609		K40	62	00:00:20	00:41:19.50	00:41:40.05	+00:23:25	8:16	7.3
415	PIOTROWSKI Bartłomiej	391	STOWARZYSZENIE DMUCHAWIEC	M40	47	00:00:32	00:41:30.45	00:42:02.45	+00:23:36	8:18	7.2
416	RUDZIK Gabriela	430		K30	102	00:00:20	00:41:40.65	00:42:01.35	+00:23:47	8:20	7.2
417	MALINOWSKA-WASILUK Agnieszka	300		K40	63	00:00:26	00:42:06.70	00:42:33.25	+00:24:13	8:25	7.1
418	JEMIELITY Robert	162	WYDZIAŁ POŚCIGOWY	M30	70	00:00:51	00:42:12.55	00:43:03.60	+00:24:18	8:26	7.1
419	KAROL Anna	181		K40	64	00:00:48	00:42:20.10	00:43:08.50	+00:24:26	8:28	7.1
420	BARANOWSKI Jerzy	2		M60	5	00:00:28	00:42:50.10	00:43:18.60	+00:24:56	8:34	7
421	SZUĆKO Ilona	502		K30	103	00:00:43	00:42:50.15	00:43:33.65	+00:24:56	8:34	7
422	HORBA Agnieszka	139		K30	104	00:00:45	00:43:01.40	00:43:46.55	+00:25:07	8:36	7
423	DOMAGALSKA Agata	172	SKB DZIK	K16	3	00:00:42	00:43:12.25	00:43:54.85	+00:25:18	8:38	6.9
424	DOMAGALSKI Sławomir	76		M40	48	00:00:41	00:43:13.05	00:43:55.00	+00:25:19	8:38	6.9
425	KORACH Aleksandra	211		K20	45	00:00:26	00:43:14.70	00:43:40.75	+00:25:21	8:38	6.9
426	KUREK Karolina	253		K20	46	00:00:41	00:43:17.90	00:43:59.40	+00:25:24	8:39	6.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
427	BIELECKA Monika	28	TUPTUP TEAM	K40	65	00:00:49	00:43:40.05	00:44:29.05	+00:25:46	8:44	6.9
428	KOPYŚ Mirosław	210		M50	21	00:00:29	00:45:35.65	00:46:04.65	+00:27:42	9:07	6.6
429	SETA Krysia	444	MONIA GYM	K30	105	00:00:52	00:45:36.45	00:46:28.95	+00:27:42	9:07	6.6
430	MUĆKO Iwona	200		K30	106	00:00:52	00:45:36.90	00:46:29.15	+00:27:43	9:07	6.6
431	GARNCAREK Monika	105	DMUCHAWIEC GOLENIÓW	K30	107	00:00:32	00:45:37.15	00:46:09.65	+00:27:43	9:07	6.6
432	ROSZATYCKA-KRAUSE Agnieszka	425	DMUCHAWIEC GOLENIÓW	K40	66	00:00:32	00:45:37.35	00:46:09.65	+00:27:43	9:07	6.6
433	LEWAK Katarzyna	273	LEWACZKI TEAM	K40	67	00:00:32	00:46:55.50	00:47:27.75	+00:29:01	9:23	6.4
434	KWAŚNA Teresa	258	LEWACZKI TEAM	K60	3	00:00:32	00:46:55.55	00:47:27.75	+00:29:01	9:23	6.4
435	KOPYŚ Magdalena	208		K30	108	00:00:27	00:49:49.10	00:50:16.80	+00:31:55	9:57	6
DQ	SZCZEPANSKA Anna	494		K40		DQ	00:22:11.05 DQ	DQ		0:00	13.5
DQ	STUPNICKA Monika	483		K30		DQ	00:23:15.40 DQ	DQ		0:00	12.9

Znaleziono 437 wynik(ów)