

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: M Open

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	SIECZKOWSKI 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	PRZEMYSŁAWICZ 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	KOZINIEC 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	PODWYSZYŃSKI Sylwester	400		M40	10	00:00:03	00:23:27.20	00:23:30.45	+00:05:33	4:41	12.8
42	KRZYWIEC Marcin	242		M30	16	00:00:04	00:23:28.55	00:23:33.50	+00:05:34	4:41	12.8
43	PĘDZIK Marek	377		M20	9	00:00:13	00:23:31.20	00:23:44.60	+00:05:37	4:42	12.8
44	MICHALAK Jacek	321		M50	2	00:00:02	00:23:38.55	00:23:40.55	+00:05:44	4:43	12.7
45	BIK Marek	31		M20	10	00:00:06	00:23:45.45	00:23:51.45	+00:05:51	4:45	12.6
46	KOMAN Michał	202		M30	17	00:00:03	00:23:57.90	00:24:01.05	+00:06:04	4:47	12.5
47	HAJDUK Maciej	132		M40	11	00:00:03	00:23:59.05	00:24:02.35	+00:06:05	4:47	12.5
48	KOWALCZYK Krzysztof	217		M30	18	00:00:01	00:24:00.15	00:24:01.55	+00:06:06	4:48	12.5
49	JACHIMOWICZ Kamil	146		M20	11	00:00:06	00:24:01.60	00:24:08.55	+00:06:07	4:48	12.5
50	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
51	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
52	CHABROS Mateusz	48		M16	4	00:00:08	00:24:09.30	00:24:18.00	+00:06:15	4:50	12.4
53	GOŁUCH Mateusz	113		M20	12	00:00:08	00:24:09.55	00:24:17.55	+00:06:15	4:49	12.4
54	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
55	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
56	DZIEDZIC Michał	605	12B2	M40	14	00:00:01	00:24:40.35	00:24:41.70	+00:06:46	4:56	12.2
57	GRYGIELEWICZ Leszek	122		M50	3	00:00:05	00:24:43.10	00:24:48.45	+00:06:49	4:56	12.1
58	SIWAK Łukasz	451		M30	20	00:00:01	00:24:45.40	00:24:46.65	+00:06:51	4:57	12.1
59	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
60	JACYKOWSKI Konrad	148		M30	22	00:00:08	00:24:55.30	00:25:03.30	+00:07:01	4:59	12
61	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
62	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
63	ŁUSZCZEWSKI Sebastian	283		M40	15	00:00:14	00:24:58.85	00:25:13.05	+00:07:05	4:59	12
64	WOJTKOWIAK Rafał	566		M40	16	00:00:02	00:25:02.75	00:25:05.25	+00:07:09	5:00	12
65	LEOŃCZUK Filip	269		M20	14	00:00:08	00:25:06.90	00:25:15.20	+00:07:13	5:01	11.9
66	MISZCZAK Damian	329		M30	25	00:00:11	00:25:13.65	00:25:24.80	+00:07:20	5:02	11.9
67	SOSNOWSKI Adrian	465		M40	17	00:00:36	00:25:31.75	00:26:07.90	+00:07:38	5:06	11.8
68	LEŚNIEWSKI Grzegorz	271		M20	15	00:00:30	00:25:33.60	00:26:03.65	+00:07:39	5:06	11.7
69	PLUTO-PRĄDZYŃSKI Piotr	395		M30	26	00:00:37	00:25:38.55	00:26:15.95	+00:07:44	5:07	11.7
70	SZYMCZAK Marcin	504		M40	18	00:00:32	00:25:45.25	00:26:17.60	+00:07:51	5:09	11.7
71	WASIELEWSKI Maciej	534	KOTOBA	M50	4	00:00:09	00:25:46.40	00:25:56.35	+00:07:52	5:09	11.6
72	BIERNACKI Andrzej	29		M40	19	00:00:07	00:25:46.45	00:25:54.05	+00:07:52	5:09	11.6
73	ZDUNEK Piotr	588		M30	27	00:00:45	00:25:46.95	00:26:32.40	+00:07:53	5:09	11.6
74	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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
75	KLEINOWSKI Krzysztof	66		M50	5	00:00:02	00:25:59.90	00:26:02.40	+00:08:06	5:12	11.5
76	BARTOSIŃSKI Piotr	19	TIME55	M50	6	00:00:08	00:26:07.90	00:26:16.20	+00:08:14	5:13	11.5
77	FURMAŃSKI Marcin	97		M30	29	00:00:27	00:26:08.60	00:26:36.50	+00:08:14	5:13	11.5
78	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
79	SENDEROWSKI Maciej	440		M30	30	00:00:21	00:26:12.00	00:26:33.80	+00:08:18	5:14	11.5
80	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
81	GIMINSKI Tomasz	106		M40	20	00:00:10	00:26:23.45	00:26:33.60	+00:08:29	5:16	11.4
82	PIEKARSKI Kamil	380		M30	32	00:00:11	00:26:28.65	00:26:40.35	+00:08:35	5:17	11.3
83	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
84	PATALAS Bartosz	373		M30	34	00:00:19	00:26:34.45	00:26:54.10	+00:08:40	5:19	11.3
85	BRONIEWICZ Paweł	40		M20	16	00:00:45	00:26:41.95	00:27:27.40	+00:08:48	5:20	11.2
86	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
87	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
88	TYMUL Jakub	526		M40	23	00:00:14	00:26:52.40	00:27:07.35	+00:08:58	5:22	11.2
89	GARBACIAK Łukasz	104		M30	35	00:00:21	00:26:54.70	00:27:16.50	+00:09:01	5:23	11.1
90	WOLNY Mariusz	568		M30	36	00:00:13	00:26:55.45	00:27:09.40	+00:09:01	5:23	11.1
91	PIERŚCIŃSKI Sławomir	382		M40	24	00:00:17	00:27:00.50	00:27:18.15	+00:09:06	5:24	11.1
92	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
93	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
94	SIKORA Tomasz	450		M30	37	00:00:05	00:27:08.55	00:27:13.80	+00:09:14	5:25	11.1
95	GUMIEŃCZUK Mankas	613		M16	5	00:00:03	00:27:12.55	00:27:15.95	+00:09:18	5:26	11
96	ŁEBKOWSKI Karol	278		M30	38	00:00:14	00:27:13.70	00:27:27.80	+00:09:20	5:26	11
97	KOSZUTA Bartosz	214		M30	39	00:00:12	00:27:21.50	00:27:33.50	+00:09:27	5:28	11
98	STACHOWSKI Andrzej	468	MONIA GYM	M50	8	00:00:27	00:27:23.25	00:27:50.95	+00:09:29	5:28	11
99	SEPIOTEK Kamil	443	RUNDORFINA	M30	40	00:00:14	00:27:24.75	00:27:39.05	+00:09:31	5:29	10.9
100	ZARZYCKI Piotr	587		M50	9	00:00:10	00:27:34.15	00:27:44.75	+00:09:40	5:30	10.9
101	WAWROWSKI Paweł	537		M30	41	00:00:16	00:27:36.25	00:27:52.60	+00:09:42	5:31	10.9
102	PROCHACKI Marcin	405		M20	17	00:00:40	00:27:38.00	00:28:18.55	+00:09:44	5:31	10.9
103	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
104	JÓŻWIK Tomasz	163		M30	43	00:00:40	00:27:40.45	00:28:21.00	+00:09:46	5:32	10.8
105	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
106	BOBER Kamil	33		M30	45	00:00:33	00:27:44.40	00:28:17.55	+00:09:50	5:32	10.8
107	ANIELSKI Michał	11		M30	46	00:00:46	00:27:47.00	00:28:33.25	+00:09:53	5:33	10.8
108	SZOSTAK Daniel	501		M40	27	00:00:20	00:27:48.25	00:28:09.20	+00:09:54	5:33	10.8
109	BORTNIK Bartosz	39		M30	47	00:00:08	00:27:52.75	00:28:00.80	+00:09:59	5:34	10.8
110	KOMOROWSKI Michał	203		M30	48	00:00:51	00:28:04.20	00:28:55.80	+00:10:10	5:36	10.7
111	CHABROS Jacek	47	EXTREMWOLF	M50	10	00:00:12	00:28:05.35	00:28:17.75	+00:10:11	5:37	10.7
112	KRUCZKOWSKI Maciej	235		M50	11	00:00:11	00:28:10.25	00:28:21.40	+00:10:16	5:38	10.7
113	WOŁOWIEC Łukasz	571		M30	49	00:00:25	00:28:10.95	00:28:36.40	+00:10:17	5:38	10.6
114	GOZDEK Norbert	115		M20	18	00:00:26	00:28:11.05	00:28:37.10	+00:10:17	5:38	10.6
115	NEJMAN Rafał	342		M40	28	00:00:10	00:28:13.95	00:28:24.70	+00:10:20	5:38	10.6
116	MISTELSKI Karol	328		M20	19	00:00:03	00:28:15.50	00:28:19.10	+00:10:21	5:39	10.6
117	TROĆ Robert	519		M40	29	00:00:30	00:28:21.20	00:28:51.55	+00:10:27	5:40	10.6
118	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
119	WILCZOPOLSKI Kamil	545		M20	20	00:00:44	00:28:36.80	00:29:21.30	+00:10:43	5:43	10.5
120	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
121	RUDZEWICZ Mariusz	429		M30	52	00:00:18	00:28:42.35	00:29:00.75	+00:10:48	5:44	10.5
122	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
123	ŻARNICKI Kacper	599		M20	21	00:00:28	00:28:44.05	00:29:12.60	+00:10:50	5:44	10.4
124	MATULKA Łukasz	312		M40	30	00:00:24	00:28:56.75	00:29:21.00	+00:11:03	5:47	10.4
125	CIEŚLIK Paweł	610		M30	53	00:00:26	00:29:21.40	00:29:47.75	+00:11:27	5:52	10.2
126	WÓJCIK Dariusz	578		M30	54	00:00:12	00:29:24.05	00:29:36.35	+00:11:30	5:52	10.2
127	KACZMAREK Grzegorz	169		M40	31	00:00:39	00:29:34.80	00:30:14.75	+00:11:41	5:55	10.1
128	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
129	TRZECIAK Jakub	521		M20	23	00:00:37	00:29:36.85	00:30:13.95	+00:11:43	5:55	10.1
130	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
131	ROMANOWICZ Marek	422		M50	13	00:00:15	00:29:47.80	00:30:03.75	+00:11:54	5:57	10.1
132	DESZ Sebastian	71		M30	55	00:00:05	00:29:55.35	00:30:01.30	+00:12:01	5:59	10
133	PTAK Krzysztof	409		M30	56	00:00:38	00:30:00.60	00:30:38.80	+00:12:06	6:00	10
134	DOMAGALSKI Maciej	77		M19	5	00:00:06	00:30:07.55	00:30:14.45	+00:12:13	6:01	10
135	JARCZEWSKI Damian	156		M30	57	00:00:47	00:30:09.20	00:30:56.75	+00:12:15	6:01	10
136	GUARDIAK 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
137	GŁUSZEK Włodzimierz	388	#1973	M20	25	00:00:38	00:30:31.40	00:31:09.40	+00:12:37	6:06	9.8
138	KURZYŃSKI Ryszard	254		M40	32	00:00:36	00:30:36.30	00:31:13.05	+00:12:42	6:07	9.8
139	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
140	MAĆKOWIAK Łukasz	291		M30	58	00:00:37	00:30:39.90	00:31:17.15	+00:12:46	6:08	9.8
141	PODWYSZYŃSKI Sebastian	100		M40	34	00:00:34	00:30:41.65	00:31:16.00	+00:12:48	6:08	9.8
142	KROSMAN Grzegorz	230		M30	59	00:00:46	00:30:44.35	00:31:30.80	+00:12:50	6:08	9.8
143	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
144	JASIŃSKI Robert	159		M40	35	00:00:18	00:30:56.60	00:31:14.90	+00:13:02	6:11	9.7
145	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
146	DROZDEK Tomasz	82		M50	15	00:00:19	00:31:10.25	00:31:30.20	+00:13:16	6:14	9.6
147	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
148	LEMANSKI Marcin	267		M30	62	00:00:19	00:31:34.65	00:31:53.95	+00:13:41	6:18	9.5
149	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
150	NIEZIOŁEK Piotr	345		M60	1	00:00:45	00:31:38.65	00:32:23.70	+00:13:45	6:19	9.5
151	PASEK Adam	369		M30	63	00:00:29	00:31:43.00	00:32:12.80	+00:13:49	6:20	9.5
152	SĘK Marcin	445		M30	64	00:00:38	00:31:51.35	00:32:29.65	+00:13:57	6:22	9.4
153	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
154	SŁADKIEWICZ Adam	459		M40	37	00:00:08	00:31:57.15	00:32:05.65	+00:14:03	6:23	9.4
155	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
156	ZIĘBA Norbert	593		M20	26	00:00:08	00:32:09.30	00:32:18.20	+00:14:15	6:26	9.3
157	SAWCZYN Stefan	437		M60	3	00:00:04	00:32:25.60	00:32:30.20	+00:14:31	6:29	9.2
158	CIECIOROWSKI Robert	56		M40	38	00:00:03	00:32:27.30	00:32:30.40	+00:14:33	6:29	9.2
159	GŁOGOWSKI Jan	108		M50	16	00:00:21	00:32:38.50	00:32:59.80	+00:14:44	6:31	9.2
160	GAJDZIŃSKI Ryszard	101		M50	17	00:00:29	00:32:41.30	00:33:10.50	+00:14:47	6:32	9.2
161	WAWSZCZYK Marek	7		M20	27	00:00:17	00:32:51.15	00:33:08.15	+00:14:57	6:34	9.1
162	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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
163	KUZAK Krzysztof	256		M20	28	00:00:14	00:32:53.30	00:33:08.15	+00:14:59	6:34	9.1
164	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
165	MIŚNIK Łukasz	330		M40	40	00:00:24	00:33:00.50	00:33:24.90	+00:15:06	6:36	9.1
166	STASZEWSKI Łukasz	473		M30	67	00:00:20	00:33:40.50	00:34:01.05	+00:15:46	6:44	8.9
167	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
168	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
169	FIEDZIUSZKO Jasiu	94		M30	68	00:00:23	00:35:15.60	00:35:39.35	+00:17:21	7:03	8.5
170	NIEZGODA Adam	344		M40	43	00:00:19	00:36:27.40	00:36:46.70	+00:18:33	7:17	8.2
171	KACPERSKI Wiktor	166		M19	6	00:00:11	00:36:44.05	00:36:55.55	+00:18:50	7:20	8.2
172	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
173	MEDZIŃSKI Dariusz	320		M40	44	00:00:19	00:37:15.55	00:37:34.75	+00:19:21	7:27	8.1
174	BODNAR Zbigniew	34		M70	2	00:00:39	00:37:23.45	00:38:02.65	+00:19:29	7:28	8
175	PARCHIMOWICZ Janusz	367		M60	4	00:00:24	00:37:35.80	00:38:00.30	+00:19:42	7:31	8
176	SKOCZYLAS Patryk	455		M20	29	00:00:47	00:37:39.75	00:38:26.75	+00:19:46	7:31	8
177	SEJ Paweł	439		M30	69	00:00:48	00:37:43.55	00:38:31.65	+00:19:49	7:32	8
178	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
179	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
180	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
181	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
182	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
183	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
184	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
185	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
186	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
187	BARANOWSKI Jerzy	2		M60	5	00:00:28	00:42:50.10	00:43:18.60	+00:24:56	8:34	7
188	DOMAGALSKI Sławomir	76		M40	48	00:00:41	00:43:13.05	00:43:55.00	+00:25:19	8:38	6.9
189	KOPYŚ Mirosław	210		M50	21	00:00:29	00:45:35.65	00:46:04.65	+00:27:42	9:07	6.6

Znaleziono 189 wynik(ów)