

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ZACZKO Jacek	115	CHYBA NIE DAM RADY	M40-49	1		00:18:13	00:37:09.35		3:42	16.2 (100%)
2	GIBA Jacek	40	MKL MARATON ŚWINOUJŚCIE	M50-59	1		00:19:02	00:38:38.35	+00:01:29 (3.8%)	3:51	15.5 (95.7%)
3	WASILEWSKI Andrzej	109		M40-49	2		00:19:33	00:38:44.45	+00:01:35 (4.1%)	3:52	15.5 (95.7%)
4	ŁUCZKO Grzegorz	59	NATURAL BORN RUNNERS TEAM	M30-39	1		00:19:11	00:38:56.40	+00:01:47 (4.6%)	3:53	15.4 (95.1%)
5	DERDA Robert	29	TT SZCZECIN	M40-49	3		00:19:15	00:39:39.70	+00:02:30 (6.3%)	3:57	15.1 (93.2%)
6	SZLACHTA Jakub	104		M30-39	2		00:19:22	00:40:29.30	+00:03:19 (8.2%)	4:02	14.8 (91.4%)
7	ZIELINSKI Sławomir	120	HUSARIA	M40-49	4		00:19:48	00:41:32.70	+00:04:23 (10.6%)	4:09	14.4 (88.9%)
8	WOLIŃSKI Andrzej	113		M50-59	2	Tak	00:20:57	00:43:06.95	+00:05:57 (13.8%)	4:18	13.9 (85.8%)
9	JASIUCHNA Marek	44	JASIUCHNA TEAM	M30-39	3		00:21:29	00:43:50.30	+00:06:40 (15.2%)	4:23	13.7 (84.6%)
10	KOWALSKI Zdzisław	52	KB KAMIEŃ POMORSKI	M50-59	3		00:21:29	00:43:58.05	+00:06:48 (15.5%)	4:23	13.6 (84.0%)
11	PIETRAS Marcin	85		M40-49	5		00:21:57	00:44:05.70	+00:06:56 (15.7%)	4:24	13.6 (84.0%)
12	ZAWADZKI Mateusz	119		M30-39	4		00:22:00	00:44:30.85	+00:07:21 (16.5%)	4:27	13.5 (83.3%)
13	BARAŃSKI Bogusław	7	MLUKS TRZEBIATÓW	M60+	1		00:21:49	00:44:31.60	+00:07:22 (16.6%)	4:27	13.5 (83.3%)
14	BOROWSKA Karolina	14	MONIA GYM	K30-39	1		00:21:48	00:44:46.75	+00:07:37 (17.0%)	4:28	13.4 (82.7%)
15	GAWLE Łukasz	39	UNITY LINE	M30-39	5		00:21:38	00:44:53.70	+00:07:44 (17.2%)	4:29	13.4 (82.7%)
16	WOLIŃSKA Emilia	112		K50-59	1	Tak	00:22:05	00:45:13.20	+00:08:03 (17.8%)	4:31	13.3 (82.1%)
17	REJDAK Marcin	90		M40-49	6		00:22:29	00:45:31.65	+00:08:22 (18.4%)	4:33	13.2 (81.5%)
18	BANASZCZAK Bartek	5		M16-29	1	Tak	00:22:13	00:45:33.00	+00:08:23 (18.4%)	4:33	13.2 (81.5%)
19	DZIERZKOWSKA Aleksandra	35		K50-59	2		00:22:33	00:45:46.80	+00:08:37 (18.8%)	4:34	13.1 (80.9%)
20	MAJKA Dariusz	62	ŚWINOUJŚCIE	M30-39	6		00:22:41	00:45:54.25	+00:08:44 (19.1%)	4:35	13.1 (80.9%)
21	ZAJĄC Maciej	116		M30-39	7		00:22:40	00:46:05.65	+00:08:56 (19.4%)	4:36	13 (80.2%)
22	DZHUHAN Andrii	33		M30-39	8		00:21:32	00:46:22.20	+00:09:12 (19.9%)	4:38	12.9 (79.6%)
23	NAWROCKI Piotr	72	KB PIONIER SZCZECIN	M50-59	4		00:22:29	00:46:23.10	+00:09:13 (19.9%)	4:38	12.9 (79.6%)
24	BRZAŃKAŁA Waldemar	17	KB KAMIEŃ POMORSKI	M50-59	5		00:22:00	00:46:38.95	+00:09:29 (20.4%)	4:39	12.9 (79.6%)
25	MAĆKOWIAK Piotr	61		M30-39	9		00:22:37	00:47:02.00	+00:09:52 (21.0%)	4:42	12.8 (79.0%)
26	ROMAŃSKA Karolina	91	BIEGACZE ŚWINOUJŚCIE	K30-39	2		00:22:48	00:47:02.20	+00:09:52 (21.0%)	4:42	12.8 (79.0%)
27	NIEMIADA Marek	73		M40-49	7		00:23:18	00:47:14.95	+00:10:05 (21.4%)	4:43	12.7 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap	Czas	Różn	Tempo min/km	Tempo km/h
							5km	netto 10km			
28	ANIELSKA Anna	2		K30-39	3		00:22:42	00:47:17.75	+00:10:08 (21.4%)	4:43	12.7 (78.4%)
29	KOWALSKA Dorota	51	KB KAMIEŃ POMORSKI	K50-59	3		00:23:09	00:47:23.20	+00:10:13 (21.6%)	4:44	12.7 (78.4%)
30	MYŚLEWSKI Janusz	71		M40-49	8		00:22:52	00:47:48.45	+00:10:39 (22.3%)	4:46	12.6 (77.8%)
31	OLEJNIK Przemek	76	NIEZRZESZONY	M50-59	6		00:22:53	00:47:58.25	+00:10:48 (22.5%)	4:47	12.5 (77.2%)
32	JELONEK Michał	45		M40-49	9		00:22:50	00:47:58.45	+00:10:49 (22.6%)	4:47	12.5 (77.2%)
33	KALETA Paweł	47		M30-39	10		00:24:49	00:48:12.00	+00:11:02 (22.9%)	4:49	12.4 (76.5%)
34	BORKOWSKI Aleksander	13	MKL- MARATON	M60+	2		00:23:52	00:48:33.20	+00:11:23 (23.5%)	4:51	12.4 (76.5%)
35	KAZIMIERSKA Żaneta	128		K40-49	1	Tak	00:23:54	00:48:43.45	+00:11:34 (23.7%)	4:52	12.3 (75.9%)
36	JUDKIEWICZ Piotr	46		M40-49	10	Tak	00:23:16	00:48:48.25	+00:11:38 (23.9%)	4:52	12.3 (75.9%)
37	RZEMIENIECKA-GRUDZIEN Joanna	92	BIEGACZE ŚWINOUJŚCIE	K40-49	2		00:24:00	00:48:55.80	+00:11:46 (24.1%)	4:53	12.3 (75.9%)
38	WOJCIECHOWSKI Roman	111		M50-59	7		00:24:04	00:49:19.50	+00:12:10 (24.7%)	4:55	12.2 (75.3%)
39	BIELAN Artur	11		M40-49	11		00:23:54	00:49:41.95	+00:12:32 (25.2%)	4:58	12.1 (74.7%)
40	NOWAK Radosław	74		M40-49	12		00:23:39	00:49:48.45	+00:12:39 (25.4%)	4:58	12 (74.1%)
41	PYREK Rafał	87	RUN FOR FUN BEZRZECZE	M40-49	13		00:23:49	00:50:25.60	+00:13:16 (26.3%)	5:02	11.9 (73.5%)
42	ZIÓŁKOWSKI Rafał	121	BIEGACZE ŚWINOUJŚCIE	M30-39	11		00:23:47	00:50:26.60	+00:13:17 (26.3%)	5:02	11.9 (73.5%)
43	STĘPNIAK Grzegorz	101	K. B. KAMIEŃ POMORSKI	M40-49	14		00:25:30	00:50:52.65	+00:13:43 (27.0%)	5:05	11.8 (72.8%)
44	PACZYŃSKA Joanna	82		K30-39	4		00:24:20	00:51:34.45	+00:14:25 (28.0%)	5:09	11.6 (71.6%)
45	CHADAŚ Jarosław	22		M30-39	12		00:24:37	00:51:56.90	+00:14:47 (28.5%)	5:11	11.6 (71.6%)
46	CHOWAŃSKI Bartosz	23	CJS TŁUMACZENIA / LIPIAŃSKI BIEG PARTYZANTA	M40-49	15		00:25:58	00:51:57.00	+00:14:47 (28.5%)	5:11	11.5 (71.0%)
47	SKOCZYŁAS Patryk	97		M16-29	2		00:25:12	00:52:24.05	+00:15:14 (29.1%)	5:14	11.5 (71.0%)
48	BZDAWKA Rafał	21	BIEGACZE ŚWINOUJŚCIE	M40-49	16		00:26:15	00:52:40.70	+00:15:31 (29.5%)	5:16	11.4 (70.4%)
49	ZAMARA Zbigniew	118		M30-39	13		00:23:20	00:52:54.70	+00:15:45 (29.8%)	5:17	11.3 (69.8%)
50	BANASZKIEWICZ Rafał	6		M40-49	17		00:25:44	00:52:55.25	+00:15:45 (29.8%)	5:17	11.3 (69.8%)
51	WRÓBEL Tomasz	127		M40-49	18		00:26:10	00:53:23.85	+00:16:14 (30.4%)	5:20	11.2 (69.1%)
52	MORDAK Andrzej	67	BIEGACZE ŚWINOUJŚCIE	M50-59	8		00:26:41	00:54:07.95	+00:16:58 (31.4%)	5:24	11.1 (68.5%)
53	GANCARCZYK Michał	38		M16-29	3		00:24:44	00:54:09.95	+00:17:00 (31.4%)	5:24	11.1 (68.5%)
54	OSOBNIAK Ryszard	79		M60+	3		00:26:54	00:54:19.30	+00:17:09 (31.6%)	5:25	11 (67.9%)
55	KRÓLAK Beata	55	SP8 POLICE	K50-59	4		00:26:31	00:54:29.25	+00:17:19 (31.8%)	5:26	11 (67.9%)
56	KILJAN Grzegorz	125		M50-59	9		00:26:43	00:54:41.15	+00:17:31 (32.1%)	5:28	11 (67.9%)
57	DRZEWIECKI Arkadiusz	32	BIEGACZE ŚWINOUJŚCIE	M50-59	10		00:26:55	00:54:46.90	+00:17:37 (32.2%)	5:28	11 (67.9%)
58	DRZEWIECKA Agnieszka	31	BIEGACZE ŚWINOUJŚCIE	K50-59	5		00:26:55	00:54:47.30	+00:17:37 (32.2%)	5:28	11 (67.9%)
59	MURAWSKA Monika	68	BIEGACZE ŚWINOUJŚCIE	K40-49	3		00:26:51	00:54:54.75	+00:17:45 (32.3%)	5:29	10.9 (67.3%)
60	MUSIAŁ Dariusz	70		M40-49	19		00:26:52	00:55:05.75	+00:17:56 (32.6%)	5:30	10.9 (67.3%)
61	SZEWCZYK Magdalena	103	MONIA GYM	K30-39	5		00:27:16	00:55:12.35	+00:18:03 (32.7%)	5:31	10.9 (67.3%)
62	OLSZYK Tadeusz	77	MKL MARATON	M60+	4		00:27:12	00:55:15.70	+00:18:06 (32.8%)	5:31	10.9 (67.3%)
63	MURAWSKI Arkadiusz	69		M16-29	4		00:26:49	00:55:28.35	+00:18:19 (33.0%)	5:32	10.8 (66.7%)
64	RAJCHEL Marcin	89		M30-39	14		00:27:09	00:56:00.00	+00:18:50 (33.7%)	5:36	10.7 (66.0%)
65	APERLIŃSKI Adam	4		M40-49	20		00:27:10	00:56:03.50	+00:18:54 (33.7%)	5:36	10.7 (66.0%)
66	APERLIŃSKA Patrycja	3		K40-49	4		00:27:11	00:56:03.65	+00:18:54 (33.7%)	5:36	10.7 (66.0%)
67	ORŁOWSKI Bolesław	78	ENDORFINA NOWOGARD	M60+	5		00:27:37	00:56:14.90	+00:19:05 (33.9%)	5:37	10.7 (66.0%)
68	NOWAK-PIASECKA Dorota	75	FIT KETTLEBELL	K30-39	6		00:27:23	00:56:18.50	+00:19:09 (34.0%)	5:37	10.7 (66.0%)
69	FIRLIK Mirosław	37	KB KAMIEN POMORSKI	M50-59	11		00:27:25	00:56:29.50	+00:19:20 (34.2%)	5:38	10.6 (65.4%)
70	SOJKA Krzysztof	100	BIEGACZE ŚWINOUJŚCIE	M30-39	15		00:26:22	00:57:10.15	+00:20:00 (35.0%)	5:43	10.5 (64.8%)
71	SIKORSKA Anna	96		K40-49	5		00:27:25	00:57:11.45	+00:20:02 (35.0%)	5:43	10.5 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap	Czas	Różn	Tempo min/km	Tempo km/h
							5km	netto 10km			
72	CIEMNA Joanna	25		K40-49	6	Tak	00:27:37	00:57:31.15	+00:20:21 (35.4%)	5:45	10.4 (64.2%)
73	GUZ Krzysztof	42		M40-49	21		00:27:19	00:58:03.70	+00:20:54 (36.0%)	5:48	10.3 (63.6%)
74	KĘSKA Katarzyna	48		K40-49	7		00:28:09	00:58:13.00	+00:21:03 (36.2%)	5:49	10.3 (63.6%)
75	ŻUREK Marta	84		K30-39	7		00:29:19	00:58:28.35	+00:21:19 (36.5%)	5:50	10.3 (63.6%)
76	KOŁYSZKO Piotr	49	BIEGACZE ŚWINOUJŚCIE	M30-39	16		00:28:16	00:59:13.35	+00:22:04 (37.3%)	5:55	10.1 (62.3%)
77	KWIATKOWSKI Zygmunt	126		M60+	6		00:29:27	00:59:26.60	+00:22:17 (37.5%)	5:56	10.1 (62.3%)
78	PACIOREK Wioletta	81	MORSY ROSKILDE	K40-49	8		00:28:51	01:00:15.95	+00:23:06 (38.3%)	6:01	10 (61.7%)
79	SĘKOWSKA Magdalena	95		K50-59	6		00:29:29	01:00:34.40	+00:23:25 (38.7%)	6:03	9.9 (61.1%)
80	DEBERNY Mariusz	27		M40-49	22		00:28:52	01:00:34.80	+00:23:25 (38.7%)	6:03	9.9 (61.1%)
81	SZUMIŃSKA Irena	105	ORANGE POLSKA	K60+	1		00:29:47	01:01:07.10	+00:23:57 (39.2%)	6:06	9.8 (60.5%)
82	DEMKOWICZ Ireneusz	28	WEGAS	M50-59	12	Tak	00:28:53	01:01:19.70	+00:24:10 (39.4%)	6:07	9.8 (60.5%)
83	GAWLE MIKULSKA Karina	124		K40-49	9		00:30:00	01:02:16.20	+00:25:06 (40.3%)	6:13	9.6 (59.3%)
84	BEDNARZ Katarzyna	10		K40-49	10		00:30:11	01:02:20.60	+00:25:11 (40.4%)	6:14	9.6 (59.3%)
85	WRÓBLEWSKA Anna	114	KLUB BIEGACZA KAMIEŃ POMORSKI	K30-39	8		00:30:07	01:02:57.50	+00:25:48 (41.0%)	6:17	9.5 (58.6%)
86	GMIŃSKA Natalia	41		K30-39	9		00:31:03	01:03:27.00	+00:26:17 (41.4%)	6:20	9.5 (58.6%)
87	SEMEZH Ira	94	WEGAS	K30-39	10	Tak	00:30:32	01:03:36.25	+00:26:26 (41.6%)	6:21	9.4 (58.0%)
88	MISTELSKI Karol	66		M16-29	5		00:29:51	01:03:37.65	+00:26:28 (41.6%)	6:21	9.4 (58.0%)
89	WASILEWICZ Kazimierz	108	KURKA WODNA	M60+	7		00:29:51	01:03:45.00	+00:26:35 (41.7%)	6:22	9.4 (58.0%)
90	CICHY Beata	24		K16-29	1		00:30:50	01:03:52.80	+00:26:43 (41.8%)	6:23	9.4 (58.0%)
91	DOMALEWSKA Teresa	30	BIEGACZE SWINOUJSCIE	K60+	2		00:28:56	01:04:24.20	+00:27:14 (42.3%)	6:26	9.3 (57.4%)
92	BURY Jacek	19	WYLUZOWANI BIEGACZE	M50-59	13		00:30:50	01:04:30.85	+00:27:21 (42.4%)	6:27	9.3 (57.4%)
93	ZALEWSKI Mariusz	117	FIZJOTERAPIA DZIECIĘCA D. ZALEWSKI	M50-59	14		00:30:51	01:04:32.60	+00:27:23 (42.4%)	6:27	9.3 (57.4%)
94	BURY Marianna	18	WYLUZOWANI BIEGACZE	K40-49	11		00:30:53	01:04:32.85	+00:27:23 (42.4%)	6:27	9.3 (57.4%)
95	AMERNIK Katarzyna	1	SZCZYPTA SZCZECINA	K40-49	12		00:31:28	01:04:47.05	+00:27:37 (42.6%)	6:28	9.3 (57.4%)
96	MASŁOWSKA Barbara	65		K40-49	13		00:30:32	01:04:59.50	+00:27:50 (42.8%)	6:29	9.2 (56.8%)
97	MALINOWSKA Magdalena	64	MORSY ROSKILDE	K30-39	11		00:30:01	01:05:24.80	+00:28:15 (43.2%)	6:32	9.2 (56.8%)
98	SAWIŃSKA Anna	93	NORDICANIA TEAM	K40-49	14		00:31:25	01:05:33.05	+00:28:23 (43.3%)	6:33	9.2 (56.8%)
99	SZCZEPANOWSKI Andrzej	102		M40-49	23		00:31:24	01:05:33.35	+00:28:24 (43.3%)	6:33	9.2 (56.8%)
100	CIEMNA Regina	26		K60+	3		00:31:56	01:05:53.80	+00:28:44 (43.6%)	6:35	9.1 (56.2%)
101	JASIUCHNA Aleksandra	43	JASIUCHNA TEAM	K30-39	12		00:31:16	01:06:19.60	+00:29:10 (44.0%)	6:37	9 (55.6%)
102	WENTA Julia	110		K30-39	13		00:31:17	01:06:20.00	+00:29:10 (44.0%)	6:38	9 (55.6%)
103	ŁUKASZEWICZ Hanna	60		K30-39	14		00:31:28	01:07:27.05	+00:30:17 (44.9%)	6:44	8.9 (54.9%)
104	ELBIŃSKA-KRAWCZUK Monika	36	BIEGACZE ŚWINOUJŚCIE	K40-49	15		00:33:02	01:08:22.20	+00:31:12 (45.7%)	6:50	8.8 (54.3%)
105	KRAWCZUK Amelia	53	BIEGACZE ŚWINOUJŚCIE	K16-29	2		00:33:03	01:08:22.80	+00:31:13 (45.7%)	6:50	8.8 (54.3%)
106	PRAWDA Iwona	86	WIECZORNE BIEGANIE	K40-49	16		00:32:06	01:09:09.60	+00:32:00 (46.3%)	6:54	8.7 (53.7%)
107	SOCZÓWKA Agnieszka	99	TERMINATORUN	K30-39	15		00:32:02	01:09:10.80	+00:32:01 (46.3%)	6:55	8.7 (53.7%)
108	SOCZÓWKA Roman	98		M50-59	15		00:31:34	01:09:11.05	+00:32:01 (46.3%)	6:55	8.7 (53.7%)
109	BŁĄŻEJEWSKA-JANNASZ Kamila	12		K30-39	16		00:35:41	01:12:27.55	+00:35:18 (48.7%)	7:14	8.3 (51.2%)
110	BZDAWKA Joanna	20	BIEGACZE ŚWINOUJŚCIE	K40-49	17		00:34:50	01:14:16.45	+00:37:07 (50.0%)	7:25	8.1 (50.0%)
111	OTOCKA Agnieszka	80	BIEGACZE ŚWINOUJŚCIE	K40-49	18		00:34:52	01:14:16.80	+00:37:07 (50.0%)	7:25	8.1 (50.0%)
112	ŚWISTAK Grzegorz	107		M50-59	16		00:35:54	01:15:04.50	+00:37:55 (50.5%)	7:30	8 (49.4%)
113	LUBITZ André	58	LAUFMÜTZEN - USEDOM	M50-59	17		00:36:00	01:17:55.65	+00:40:46 (52.3%)	7:47	7.7 (47.5%)
114	BOŚKO Paulina	15		K30-39	17		00:42:11	01:25:32.25	+00:48:22 (56.6%)	8:33	7 (43.2%)
115	KRÓL Magdalena	54		K30-39	18		00:42:12	01:25:32.75	+00:48:23 (56.6%)	8:33	7 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
116	BĄCZYK Adam	9	MONIA GYM	M40-49	24						(0.0%)
	PYZIK Waldemar	88		M60+			DNF	DNF		-	- (0.0%)

Znaleziono 117 wynik(ów)