


# DOBRA PIĄTKA - BIEG

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

**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)