

IV BIEG POGOŃ RAKA - SZCZECIN

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Organizator: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
Data: 2020-10-04
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	271	MKL SZCZECIN	M Open	1	00:00:03	00:18:38.30	00:18:42.00		3:43	16.1
2	PRZEKOPOWICZ Bartosz	200	#TEAMSZWARC	M Open	2	00:00:08	00:19:20.05	00:19:29.00	+00:00:41	3:52	15.5
3	WASILEWSKI Andrzej	282		M Open	3	00:01:43	00:19:33.10	00:21:16.30	+00:00:54	3:54	15.3
4	HOPPE Grzegorz	70	WECZORNE BIEGANIE W SZCZECINIE	M Open	4	00:00:13	00:19:43.00	00:19:56.50	+00:01:04	3:56	15.2
5	WOJNACH Andrzej	320		M Open	5	00:00:11	00:20:01.75	00:20:12.80	+00:01:23	4:00	15
6	MACIEJEWSKI Krzysztof	134		M Open	6	00:12:56	00:20:58.95	00:33:55.75	+00:02:20	4:11	14.3
7	OLEJARZ Damian	171	POL-BUD POLICE	M Open	7	00:09:08	00:21:13.85	00:30:22.15	+00:02:35	4:14	14.1
8	TOPOREK Przemysław	318		M Open	8	00:03:32	00:21:27.35	00:24:59.40	+00:02:49	4:17	14
9	KAPŁANIAK Adrian	297	WECZORNE BIEGANIE W SZCZECINIE	M Open	9	00:08:28	00:21:31.70	00:30:00.65	+00:02:53	4:18	13.9
10	KWAŚNIEWSKI Bartosz	115	PB27	M Open	10	00:02:30	00:21:50.60	00:24:21.00	+00:03:12	4:22	13.7
11	MOSPINEK Dorian	237		M Open	11	00:00:40	00:21:57.25	00:22:37.30	+00:03:18	4:23	13.7
12	WESOŁOWSKI Marcin	286		M Open	12	00:01:25	00:21:59.85	00:23:25.25	+00:03:21	4:23	13.6
13	BODNARCZUK Tomasz	16	FIZJOBIEGACZE	M Open	13	00:00:56	00:22:09.55	00:23:06.00	+00:03:31	4:25	13.5
14	HIEROWSKI Wojciech	67	K-RUNNERS	M Open	14	00:10:59	00:22:26.30	00:33:25.80	+00:03:48	4:29	13.4
15	WAJS Sebastian	277	12BZ/ZWT	M Open	15	00:02:34	00:22:28.50	00:25:02.95	+00:03:50	4:29	13.4
16	PELC Marek	185	12 BZ	M Open	16	00:01:07	00:22:33.35	00:23:40.65	+00:03:55	4:30	13.3
17	ROSIAK Marcin	212	WECZORNE BIEGANIE W SZCZECINIE	M Open	17	00:12:17	00:22:47.45	00:35:05.25	+00:04:09	4:33	13.2
18	WIERZCHOWSKI Piotr	291		M Open	18	00:16:04	00:22:55.65	00:39:00.00	+00:04:17	4:35	13.1
19	LEWANDOWSKI Daniel	121	AKTYWNE LISEWO	M Open	19	00:06:30	00:22:58.10	00:29:28.25	+00:04:19	4:35	13.1
20	KRZEŚNIEWSKI Marcin	107	ROWEROWY ZAŁOM	M Open	20	00:24:32	00:23:02.05	00:47:34.75	+00:04:23	4:36	13
21	ŁOŚ Jarosław	128	#RUSZ4LITERY	M Open	21	00:01:49	00:23:12.80	00:25:02.45	+00:04:34	4:38	12.9
22	MUSIAŁA Krzysztof	164		M Open	22	00:06:55	00:23:17.25	00:30:12.60	+00:04:38	4:39	12.9
23	CHARĘZA Marcin	21	ZAWADZKIEGO SZCZECIN	M Open	23	00:08:08	00:23:21.25	00:31:29.75	+00:04:42	4:40	12.8
24	PIOTROWSKI Marek	193	ROZBIEGANY GOLENIÓW	M Open	24	00:04:53	00:23:29.45	00:28:23.25	+00:04:51	4:41	12.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
25	FIENKO Dariusz	49		M Open	25	00:04:24	00:23:31.95	00:27:56.55	+00:04:53	4:42	12.8
26	DĘBICKI Jakub	35		M Open	26	00:15:35	00:23:32.40	00:39:07.65	+00:04:54	4:42	12.7
27	GRZANKOWSKI Konrad	59		M Open	27	00:07:46	00:23:36.90	00:31:23.80	+00:04:58	4:43	12.7
28	TALAREK Robert	267	TELERANEK	M Open	28	00:26:46	00:23:40.15	00:50:26.85	+00:05:01	4:44	12.7
29	DZIEDZIC Michał	45		M Open	29	00:01:07	00:23:47.55	00:24:55.40	+00:05:09	4:45	12.6
30	STODOLNY Paweł	248		M Open	30	00:07:42	00:23:56.20	00:31:38.80	+00:05:17	4:47	12.5
31	FIENKO Katarzyna	48		K Open	1	00:02:01	00:23:59.00	00:26:00.20	+00:05:20	4:47	12.5
32	MOSZYŃSKI Maciej	161	EKOPROJEKT RUN TEAM	M Open	31	00:10:20	00:24:00.35	00:34:21.10	+00:05:22	4:48	12.5
33	KRAWCZYK Mateusz	102	KB PIONIER SZCZECIN/AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	M Open	32	00:01:05	00:24:25.45	00:25:31.40	+00:05:47	4:53	12.3
34	PODWYSZYŃSKI Sylwester	195	KW PSP SZCZECIN	M Open	33	00:01:18	00:24:26.35	00:25:44.95	+00:05:48	4:53	12.3
35	KĘPKA Karol	88		M Open	34	00:07:55	00:24:31.35	00:32:26.45	+00:05:53	4:54	12.2
36	DYDEK Edyta	333	SKB DZIK	K Open	2	00:53:20	00:24:32.45	01:17:53.25	+00:05:54	4:54	12.2
37	WOLSKI Tomasz	300	WECZORNE BIEGANIE W SZCZECINIE	M Open	35	00:02:48	00:24:39.95	00:27:28.40	+00:06:01	4:55	12.2
38	DUDZIŃSKI Wojtek	44		M Open	36	00:05:53	00:24:43.70	00:30:36.90	+00:06:05	4:56	12.1
39	ADAMOWICZ Daniel	1	KB PIONIER	M Open	37	00:00:22	00:24:49.40	00:25:11.45	+00:06:11	4:57	12.1
40	SZYŁOWICZ Daniel	263	TYMTRITEAM	M Open	38	00:02:24	00:24:55.05	00:27:19.05	+00:06:16	4:59	12
41	TYMUL Jakub	276	#TYMTRITEAM	M Open	39	00:02:23	00:24:55.10	00:27:18.80	+00:06:16	4:59	12
42	BUKOWIECKI Adam	20		M Open	40	00:05:20	00:24:58.50	00:30:19.30	+00:06:20	4:59	12
43	WYPYCH Maciej	304	KONGSBERG K-RUNNERS	M Open	41	00:10:56	00:25:08.50	00:36:05.45	+00:06:30	5:01	11.9
44	SOBIERAJ Marcin	242		M Open	42	00:00:20	00:25:09.85	00:25:30.15	+00:06:31	5:01	11.9
45	TROJGA Karolina	273	WECZORNE BIEGANIE W SZCZECINIE	K Open	3	00:02:40	00:25:21.25	00:28:01.60	+00:06:42	5:04	11.8
46	CIESZYŃSKA Marika	27	RAZ SZCZECIN	K Open	4	01:05:03	00:25:26.75	01:30:29.80	+00:06:48	5:05	11.8
47	CIEŚLA Paweł	29		M Open	43	00:09:31	00:25:34.25	00:35:06.05	+00:06:55	5:06	11.7
48	PIĄTEK Kamil	187		M Open	44	00:05:44	00:25:35.85	00:31:20.45	+00:06:57	5:07	11.7
49	SACHARSKI Bartłomiej	219	WECZORNE BIEGANIE W SZCZECINIE	M Open	45	00:01:55	00:25:36.00	00:27:31.15	+00:06:57	5:07	11.7
50	GUTOWSKI Paweł	63	EMKA STARGARD	M Open	46	00:00:12	00:25:37.65	00:25:50.20	+00:06:59	5:07	11.7
51	TURCZYK Marcin	326		M Open	47	00:04:19	00:25:38.65	00:29:58.05	+00:07:00	5:07	11.7
52	BANASIAK Andrzej	4		M Open	48	00:09:12	00:25:40.00	00:34:52.50	+00:07:01	5:08	11.7
53	RUMOWSKI Tomasz	315		M Open	49	00:04:14	00:25:47.40	00:30:01.50	+00:07:09	5:09	11.6
54	ŁAWNICZAK Sebastian	125		M Open	50	00:05:02	00:25:48.85	00:30:51.70	+00:07:10	5:09	11.6
55	MAZUR Marta	151	SWM2TRI	K Open	5	00:13:09	00:25:49.30	00:38:58.90	+00:07:11	5:09	11.6
56	PASZKO Daniel	183	WECZORNE BIEGANIE W SZCZECINIE / KOMPAS TEAM POLICE	M Open	51	00:02:42	00:25:50.50	00:28:33.05	+00:07:12	5:10	11.6
57	SIWAK Łukasz	232		M Open	52	00:00:18	00:25:51.35	00:26:10.30	+00:07:13	5:10	11.6
58	MICHALAK Jacek	153		M Open	53	00:05:31	00:26:03.15	00:31:34.95	+00:07:24	5:12	11.5
59	HAWRYLAK Marcin	66	RAGNAROK SZCZECIN	M Open	54	00:00:57	00:26:04.55	00:27:02.25	+00:07:26	5:12	11.5
60	IZWIKOW Monika	75		K Open	6	00:07:24	00:26:09.35	00:33:33.40	+00:07:31	5:13	11.5
61	ŁUKASIEWICZ Robert	129		M Open	55	00:06:14	00:26:14.90	00:32:29.15	+00:07:36	5:14	11.4
62	BARTOSZEWSKI Paweł	7	L-BUG RUN	M Open	56	00:09:00	00:26:23.70	00:35:24.20	+00:07:45	5:16	11.4
63	WITORZĘĆ Dariusz	299		M Open	57	00:02:03	00:26:24.45	00:28:27.85	+00:07:46	5:16	11.4
64	BIK Marek	12		M Open	58	00:06:00	00:26:35.35	00:32:35.45	+00:07:57	5:19	11.3

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65	PASIKOWSKI Kami	334	SKB DZIK	M Open	59	00:53:18	00:26:43.60	01:20:02.25	+00:08:05	5:20	11.2
66	WIKLAK Natalia	292		K Open	7	00:01:35	00:26:43.85	00:28:19.30	+00:08:05	5:20	11.2
67	CZUBA Emilia	32		K Open	8	00:02:17	00:26:46.10	00:29:04.00	+00:08:07	5:21	11.2
68	MULTAN Sebastian	163	LECĘ NA SZCZECIN	M Open	60	00:07:57	00:26:48.50	00:34:45.75	+00:08:10	5:21	11.2
69	HAJDUK Maciej	64	NIEBKO TERROR	M Open	61	00:06:59	00:26:49.05	00:33:48.65	+00:08:10	5:21	11.2
70	KAMIŃSKI Roman	84	RUMUŃSKA RODZINA ZE SZCZECINA	M Open	62	00:06:56	00:26:55.60	00:33:52.55	+00:08:17	5:23	11.1
71	MISZCZAK Damian	158		M Open	63	00:07:38	00:26:59.75	00:34:38.50	+00:08:21	5:23	11.1
72	MAŚLANKA Klaudia	147	#TYMTRITEAM	K Open	9	00:02:21	00:27:03.45	00:29:24.60	+00:08:25	5:24	11.1
73	PRZYBYLSKI Karol	201		M Open	64	00:09:04	00:27:08.10	00:36:13.00	+00:08:29	5:25	11.1
74	ŁYDKA Sylwek	131		M Open	65	00:08:26	00:27:10.55	00:35:36.85	+00:08:32	5:26	11
75	GIMINSKI Tomasz	53	SKUTER DRIVER ODPROWADZANIE AUT	M Open	66	00:07:31	00:27:21.95	00:34:53.15	+00:08:43	5:28	11
76	GIMINSKI Wiktor	54	SKUTER DRIVER ODPROWADZANIE AUT	M Open	67	00:07:29	00:27:24.25	00:34:53.40	+00:08:45	5:28	10.9
77	SERKOWSKA Paulina	228		K Open	10	00:08:11	00:27:29.15	00:35:40.70	+00:08:50	5:29	10.9
78	ZAPOR Anna	307		K Open	11	00:08:00	00:27:36.75	00:35:37.05	+00:08:58	5:31	10.9
79	WEISS Sebastian	285		M Open	68	00:05:25	00:27:38.75	00:33:04.20	+00:09:00	5:31	10.9
80	POPŁAWSKA Weronika	198	LKS PRZECŁAW	K Open	12	00:05:47	00:27:42.25	00:33:29.85	+00:09:03	5:32	10.8
81	MADEJ Anna	138	UKL ÓSEMKA POLICE	K Open	13	00:07:33	00:27:44.15	00:35:17.35	+00:09:05	5:32	10.8
82	BOBER Kamil	13	WKURW_TEAM	M Open	69	00:02:57	00:27:44.65	00:30:42.40	+00:09:06	5:32	10.8
83	BEJSTER Przemysław	10	WIECZORNE BIEGANIE W SZCZECINIE	M Open	70	00:01:58	00:27:46.45	00:29:44.65	+00:09:08	5:33	10.8
84	RADCZUK Mariusz	205	KOMPAS TEAM	M Open	71	00:05:11	00:27:46.50	00:32:58.10	+00:09:08	5:33	10.8
85	RADCZUK Karolina	204	KOMPAS TEAM	K Open	14	00:05:09	00:27:48.55	00:32:57.75	+00:09:10	5:33	10.8
86	SOBECKI Tomasz	241		M Open	72	00:05:56	00:27:51.10	00:33:47.90	+00:09:12	5:34	10.8
87	RACHUTA Piotr	203		M Open	73	00:15:48	00:27:53.80	00:43:42.25	+00:09:15	5:34	10.8
88	STANEK Bartosz	323	WKURW-TEAM	M Open	74	00:09:45	00:28:01.25	00:37:46.95	+00:09:22	5:36	10.7
89	RUDNIK-MIJAL Małgorzata	215	ZMĘCZENI NA STARCIE	K Open	15	00:07:53	00:28:02.15	00:35:55.35	+00:09:23	5:36	10.7
90	CHROBOCIŃSKI Jan	26		M Open	75	00:01:33	00:28:06.50	00:29:39.90	+00:09:28	5:37	10.7
91	KOLSKA Lena	322	WKURW-TEAM	K Open	16	00:09:38	00:28:06.75	00:37:45.40	+00:09:28	5:37	10.7
92	STACHOWSKI Andrzej	244	MONIGYM	M Open	76	00:04:52	00:28:07.15	00:32:59.80	+00:09:28	5:37	10.7
93	PADUCH Piotr	179		M Open	77	00:01:28	00:28:10.20	00:29:38.55	+00:09:31	5:38	10.7
94	NEJMAN Rafał	166		M Open	78	00:00:44	00:28:12.60	00:28:56.65	+00:09:34	5:38	10.6
95	ŁAWKIEL Natalia	124		K Open	17	00:00:50	00:28:16.65	00:29:07.30	+00:09:38	5:39	10.6
96	OLEŚKIEWICZ Michał	173	RAZ SZCZECIN	M Open	79	00:14:26	00:28:22.90	00:42:48.95	+00:09:44	5:40	10.6
97	PRAWDZIUK Janusz	199		M Open	80	00:01:04	00:28:24.80	00:29:29.50	+00:09:46	5:40	10.6
98	ŁEBKOWSKI Karol	126		M Open	81	00:01:41	00:28:37.10	00:30:18.60	+00:09:58	5:43	10.5
99	MACIĄŻEK Anna	132		K Open	18	00:07:14	00:28:42.20	00:35:56.30	+00:10:03	5:44	10.5
100	WIŚNIEWSKI Czesław	298	MARATOŃCZYK SZCZECIN	M Open	82	00:06:08	00:28:43.00	00:34:51.20	+00:10:04	5:44	10.4
101	ŁĄCZAK Justyna	118	ASSECO ACTIVE TEAM	K Open	19	00:07:27	00:28:45.30	00:36:12.35	+00:10:07	5:45	10.4
102	ZAWADZKI Jarosław	309		M Open	83	00:16:46	00:28:46.40	00:45:32.60	+00:10:08	5:45	10.4
103	PAROL Grzegorz	181		M Open	84	00:05:29	00:28:52.80	00:34:21.85	+00:10:14	5:46	10.4
104	WIECZOREK Jakub	289		M Open	85	00:06:42	00:28:56.60	00:35:39.50	+00:10:18	5:47	10.4
105	SĄŁAGA Dariusz	319	BKS SKORPION SZCZECIN	M Open	86	00:00:26	00:29:00.70	00:29:27.30	+00:10:22	5:48	10.3
106	REKOWSKA Danuta	206		K Open	20	00:04:17	00:29:02.90	00:33:20.50	+00:10:24	5:48	10.3

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107	SŁODOWNIK Konrad	236	SZKOŁA JĘZYKÓW OBCYCH PROFESSIONAL SCHOOL	M Open	87	00:06:11	00:29:08.60	00:35:20.50	+00:10:30	5:49	10.3
108	NATALCZYK Ewelina	165		K Open	21	00:16:30	00:29:09.80	00:45:39.95	+00:10:31	5:49	10.3
109	KARPIENIA Ewa	87		K Open	22	00:15:42	00:29:15.10	00:44:57.85	+00:10:36	5:51	10.3
110	PACYNA Renata	178	KOZIELICE BIEGA	K Open	23	00:02:31	00:29:15.20	00:31:47.00	+00:10:36	5:51	10.3
111	ŻARNICKI Kacper	313		M Open	88	00:08:42	00:29:18.60	00:38:01.45	+00:10:40	5:51	10.2
112	ROJEWSKA Weronika	208		K Open	24	00:08:32	00:29:20.65	00:37:52.80	+00:10:42	5:52	10.2
113	RZYMSKA Marta	218	OSTRE DZIDY	K Open	25	00:02:08	00:29:22.75	00:31:31.30	+00:10:44	5:52	10.2
114	KOZŁOWSKA Karolina	99	#BIEGACZE	K Open	26	00:15:54	00:29:24.30	00:45:18.50	+00:10:46	5:52	10.2
115	GOŁUCH Mateusz	56		M Open	89	00:03:23	00:29:27.95	00:32:51.40	+00:10:49	5:53	10.2
116	SZOSTAK Daniel	259		M Open	90	00:01:20	00:29:29.45	00:30:50.30	+00:10:51	5:53	10.2
117	BĄCIK Aneta	8		K Open	27	00:08:53	00:29:33.95	00:38:27.40	+00:10:55	5:54	10.2
118	WONDOŁOWSKI Stanisław	301	WECZORNE BIEGANIE	M Open	91	00:06:20	00:29:45.65	00:36:06.55	+00:11:07	5:57	10.1
119	SAKOWSKA-CARŁO Magda	221	WECZORNE BIEGANIE W SZCZECINIE	K Open	28	00:01:16	00:29:53.10	00:31:09.55	+00:11:14	5:58	10
120	KRUCZKOWSKI Maciej	105		M Open	92	00:06:53	00:29:56.80	00:36:50.70	+00:11:18	5:59	10
121	POGORZELSKA Sylwia	197	WECZORNE BIEGANIE W SZCZECINIE	K Open	29	00:03:53	00:29:57.65	00:33:51.60	+00:11:19	5:59	10
122	KRUCZKOWSKA Malwina	103		K Open	30	00:06:52	00:29:58.50	00:36:50.50	+00:11:20	5:59	10
123	SIKORA Magdalena	230		K Open	31	00:02:45	00:29:59.20	00:32:44.60	+00:11:20	5:59	10
124	KRUCZKOWSKA Agnieszka	104		K Open	32	00:06:49	00:30:00.95	00:36:50.75	+00:11:22	6:00	10
125	KAMIONKA Andrzej	85	WECZORNE BIEGANIE W SZCZECINIE	M Open	93	00:17:58	00:30:03.70	00:48:02.55	+00:11:25	6:00	10
126	KOMOROWSKI Michał	93		M Open	94	00:02:37	00:30:05.00	00:32:42.15	+00:11:26	6:01	10
127	SCHNEIDER Aleksandra	224		K Open	33	00:01:00	00:30:07.95	00:31:08.65	+00:11:29	6:01	10
128	KOZŁOWSKI Marcin	100	#BIEGACZE	M Open	95	00:15:57	00:30:08.40	00:46:05.60	+00:11:30	6:01	10
129	PUPEK Małgorzata	202	WLKI Z CIECHOCINKA	K Open	34	00:01:40	00:30:13.60	00:31:53.65	+00:11:35	6:02	9.9
130	ŁUKASIEWICZ Agnieszka	130	KB HERMES GRYFINO	K Open	35	00:04:56	00:30:14.30	00:35:10.90	+00:11:36	6:02	9.9
131	JAWORSKA Sonia	79		K Open	36	00:00:51	00:30:18.00	00:31:09.75	+00:11:39	6:03	9.9
132	PIĄTEK Karolina	186		K Open	37	00:05:42	00:30:24.85	00:36:07.30	+00:11:46	6:04	9.9
133	BUJNOWSKA Anita	19		K Open	38	00:01:38	00:30:26.15	00:32:04.60	+00:11:47	6:05	9.9
134	SZYMCZAK Marcin	316	WKURW-TEAM	M Open	96	00:09:53	00:30:27.35	00:40:20.40	+00:11:49	6:05	9.9
135	SURDAKCI Jerzy	251	DRUŻYNA SZPIKU	M Open	97	00:03:10	00:30:28.80	00:33:39.35	+00:11:50	6:05	9.8
136	MISIASZEK Mirosław	157		M Open	98	00:06:47	00:30:39.30	00:37:26.80	+00:12:01	6:07	9.8
137	TURCZYK Marta	274		K Open	39	00:02:10	00:30:42.90	00:32:53.50	+00:12:04	6:08	9.8
138	GAŁUSZKO Dagmara	51		K Open	40	00:26:38	00:30:55.40	00:57:33.50	+00:12:17	6:11	9.7
139	KOPKA Elżbieta	94	WECZORNE BIEGANIE W SZCZECINIE	K Open	41	00:03:06	00:30:55.85	00:34:02.65	+00:12:17	6:11	9.7
140	MATUSZAK Justyna	148	RUNDORFINA	K Open	42	00:00:46	00:30:59.30	00:31:46.00	+00:12:21	6:11	9.7
141	WIECZOREK Magdalena	287		K Open	43	00:06:34	00:31:04.50	00:37:39.20	+00:12:26	6:12	9.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
142	JASIŃSKI Robert	78		M Open	99	00:15:23	00:31:04.75	00:46:28.60	+00:12:26	6:12	9.7
143	SMOLSKA Barbara	239		K Open	44	00:26:34	00:31:07.10	00:57:42.00	+00:12:28	6:13	9.6
144	DOMAGALSKA Daria	38		K Open	45	00:12:40	00:31:14.90	00:43:55.00	+00:12:36	6:14	9.6
145	CHŁAPOWSKA Ewelina	22		K Open	46	00:00:55	00:31:16.40	00:32:11.60	+00:12:38	6:15	9.6
146	ORLON Barbara	174		K Open	47	00:02:27	00:31:16.95	00:33:44.00	+00:12:38	6:15	9.6
147	RÓŻYCKA Karina	214		K Open	48	00:05:06	00:31:24.30	00:36:30.60	+00:12:46	6:16	9.6
148	ROPIAK Renata	211		K Open	49	00:20:39	00:31:27.00	00:52:06.30	+00:12:48	6:17	9.5
149	KALINOWSKA Karolina	83		K Open	50	00:20:38	00:31:27.60	00:52:05.70	+00:12:49	6:17	9.5
150	KIJO-ŁYDKA Magdalena	89		K Open	51	00:08:22	00:31:28.35	00:39:50.95	+00:12:50	6:17	9.5
151	FLEJTERSKI Mateusz	50		M Open	100	00:08:39	00:31:28.45	00:40:08.35	+00:12:50	6:17	9.5
152	WASIELEWSKI Mariusz	281		M Open	101	00:08:51	00:31:30.95	00:40:22.30	+00:12:52	6:18	9.5
153	MATYSIAK Magdalena	149		K Open	52	00:04:59	00:31:40.05	00:36:39.10	+00:13:01	6:20	9.5
154	MADEJ Aleksander	136		M Open	102	00:09:24	00:31:40.20	00:41:04.20	+00:13:01	6:20	9.5
155	MADEJ Anna	137		K Open	53	00:09:23	00:31:40.80	00:41:03.80	+00:13:02	6:20	9.5
156	MURAWSKA Dorota	317		K Open	54	00:02:06	00:31:40.95	00:33:46.95	+00:13:02	6:20	9.5
157	WAWSZCZYK Marek	284		M Open	103	00:37:03	00:31:44.65	01:08:48.25	+00:13:06	6:20	9.5
158	ROMAŃSKA Joanna	210		K Open	55	00:00:53	00:31:44.70	00:32:38.00	+00:13:06	6:20	9.5
159	KWIATKOWSKA Aleksandra	116		K Open	56	00:01:52	00:31:45.05	00:33:37.40	+00:13:06	6:21	9.4
160	ŁODZIATO Magdalena	127	TURKEYS TEAM	K Open	57	00:01:11	00:31:50.95	00:33:02.35	+00:13:12	6:22	9.4
161	TOKARCZYK Marta	269		K Open	58	00:16:57	00:31:51.10	00:48:48.60	+00:13:12	6:22	9.4
162	PODWYSZYŃSKI Sebastian	196		M Open	104	00:07:01	00:31:59.35	00:39:00.50	+00:13:21	6:23	9.4
163	BEJSTER Przemysław	9	WECZORNE BIEGANIE W SZCZECINIE	M Open	105	00:06:18	00:32:07.35	00:38:25.65	+00:13:29	6:25	9.3
164	MIŚNIK Zofia	160		K Open	59	00:06:24	00:32:08.30	00:38:32.55	+00:13:30	6:25	9.3
165	STACHOWICZ-HAWRYŁAK Sylwia	243		K Open	60	00:09:58	00:32:16.95	00:42:15.05	+00:13:38	6:27	9.3
166	NOWAKOWSKA Adriana	170		K Open	61	00:07:44	00:32:18.45	00:40:03.10	+00:13:40	6:27	9.3
167	MRÓZ Marta	162		K Open	62	00:02:12	00:32:21.40	00:34:34.20	+00:13:43	6:28	9.3
168	TOŁKACZ Karolina	270		K Open	63	00:01:45	00:32:21.70	00:34:06.75	+00:13:43	6:28	9.3
169	SZWABOWSKA Karolina	262		K Open	64	00:08:05	00:32:40.05	00:40:45.80	+00:14:01	6:32	9.2
170	MAZUR Emilia	150		K Open	65	00:08:03	00:32:42.60	00:40:45.90	+00:14:04	6:32	9.2
171	MAKSYM Sylwia	143	BKS SKORPION SZCZECIN	K Open	66	00:00:17	00:32:43.75	00:33:00.90	+00:14:05	6:32	9.2
171	GŁOGOWSKI Jan	55		M Open	106	00:09:17	00:32:43.75	00:42:01.65	+00:14:05	6:32	9.2
173	HARWAT Katarzyna	65		K Open	67	00:24:21	00:32:46.10	00:57:07.30	+00:14:07	6:33	9.2
174	BORTNIK Bartosz	18		M Open	107	00:03:28	00:32:48.30	00:36:16.60	+00:14:10	6:33	9.1
175	DESZ Sebastian	33		M Open	108	00:01:30	00:32:49.40	00:34:20.30	+00:14:11	6:33	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	RUTKOWSKI Konrad	217	RAGNAROK SZCZECIN	M Open	109	00:03:40	00:32:53.30	00:36:33.70	+00:14:15	6:34	9.1
177	CIESIELCZYK Bartosz	216		M Open	110	00:03:36	00:33:01.35	00:36:37.55	+00:14:23	6:36	9.1
178	ŚWITALSKA Edyta	265	SZCZECIŃSKIE CENTRUM TRENINGU PERSONALNEGO	K Open	68	00:06:31	00:33:05.45	00:39:37.20	+00:14:27	6:37	9.1
179	MARCINKIEWICZ-ZIOMEK Oliwia	146		K Open	69	00:01:09	00:33:06.95	00:34:16.65	+00:14:28	6:37	9.1
180	JAKUBOWSKA Anna	76		K Open	70	00:02:54	00:33:19.45	00:36:14.00	+00:14:41	6:39	9
181	PIOTROWSKI Krzysztof	192	AMPIO TEAM	M Open	111	00:03:51	00:33:19.75	00:37:11.05	+00:14:41	6:39	9
182	STELMACH Artur	245		M Open	112	00:16:13	00:33:20.60	00:49:33.75	+00:14:42	6:40	9
183	PIOTROWSKA Dorota	189	AMPIO TEAM	K Open	71	00:03:48	00:33:22.20	00:37:11.00	+00:14:43	6:40	9
184	WIELGUS-ULATOWSKA Joanna	290		K Open	72	00:24:44	00:33:25.90	00:58:10.30	+00:14:47	6:41	9
185	PACH Magdalena	177		K Open	73	00:08:19	00:33:32.85	00:41:52.10	+00:14:54	6:42	8.9
186	ZIELIŃSKA Ludmiła	312	KB WKON NOWA SÓL	K Open	74	00:20:58	00:33:33.05	00:54:31.40	+00:14:54	6:42	8.9
187	ZAKRZEWSKA Anna	306		K Open	75	00:17:50	00:33:34.25	00:51:24.80	+00:14:55	6:42	8.9
188	MAHACZEK Adam	139		M Open	113	00:19:12	00:33:35.90	00:52:48.20	+00:14:57	6:43	8.9
189	MACIBORSKI Mirosław	133	WECZORNE BIEGANIE W SZCZECINIE	M Open	114	00:34:51	00:33:43.50	01:08:35.10	+00:15:05	6:44	8.9
190	IZNEROWICZ Monika	74	WECZORNE BIEGANIE W SZCZECINIE	K Open	76	00:03:11	00:33:44.25	00:36:56.00	+00:15:05	6:44	8.9
191	PAWELCZAK Cezary	184	WECZORNE BIEGANIE W SZCZECINIE	M Open	115	00:07:21	00:33:49.75	00:41:11.20	+00:15:11	6:45	8.9
192	CIEŚLA Agnieszka	28		K Open	77	00:07:36	00:34:01.40	00:41:38.25	+00:15:23	6:48	8.8
193	KOŚCIŃSKI Jacek	98		M Open	116	00:25:00	00:34:04.65	00:59:05.60	+00:15:26	6:48	8.8
194	SOBCZAK-KUFEL Ilona	240	PATOBIEGANIE	K Open	78	00:18:37	00:34:08.95	00:52:46.25	+00:15:30	6:49	8.8
195	LEBIODA Alicja	119		K Open	79	00:07:17	00:34:09.30	00:41:27.05	+00:15:31	6:49	8.8
196	KOŚCIŃSKA Elżbieta	97		K Open	80	00:25:00	00:34:09.55	00:59:10.00	+00:15:31	6:49	8.8
197	MAKSIMOWICZ Paweł	142		M Open	117	00:12:48	00:34:20.05	00:47:08.05	+00:15:41	6:52	8.7
198	WIŚNIEWSKA Marta	295	PATOBIEGANIE	K Open	81	00:18:22	00:34:24.80	00:52:46.90	+00:15:46	6:52	8.7
199	DĘBICKA Iwona	34		K Open	82	00:15:29	00:34:28.85	00:49:58.75	+00:15:50	6:53	8.7
200	MAJCHEREK Paulina	140		K Open	83	00:14:59	00:34:32.60	00:49:32.25	+00:15:54	6:54	8.7
201	WIECZOREK Wojciech	288	WECZORKI3	M Open	118	00:06:45	00:34:34.45	00:41:19.85	+00:15:56	6:54	8.7
202	SKIBA Michał	234		M Open	119	00:05:13	00:34:37.55	00:39:50.90	+00:15:59	6:55	8.7
203	DZIĘCIOŁ Katarzyna	46		K Open	84	00:02:51	00:34:40.70	00:37:32.00	+00:16:02	6:56	8.7
204	KUZAK Krzysztof	114		M Open	120	00:07:49	00:34:41.35	00:42:30.40	+00:16:03	6:56	8.6
205	LEMAŃSKI Marcin	120		M Open	121	00:15:14	00:34:43.80	00:49:58.20	+00:16:05	6:56	8.6
206	CHROBOCINSKI Daniel	24		M Open	122	00:04:02	00:34:54.45	00:38:57.00	+00:16:16	6:58	8.6
207	JEKSIWA Anna	11		K Open	85	00:04:11	00:34:55.70	00:39:07.05	+00:16:17	6:59	8.6
208	SULEJA Joanna	250		K Open	86	00:17:27	00:35:11.00	00:52:38.30	+00:16:32	7:02	8.5
209	WASYLÓW Katarzyna	283		K Open	87	00:13:53	00:35:12.00	00:49:05.00	+00:16:33	7:02	8.5
210	SATEJA-FLEJETRSKA Paulina	223		K Open	88	00:08:36	00:35:14.50	00:43:50.50	+00:16:36	7:02	8.5
211	KUROWSKA Ewa	321		K Open	89	00:38:22	00:35:20.85	01:13:43.05	+00:16:42	7:04	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
212	DUDA Piotr	43	12 BZ	M Open	123	00:00:58	00:35:24.00	00:36:22.70	+00:16:45	7:04	8.5
213	SYDOR Katarzyna	252	RUNDORFINA	K Open	90	00:00:45	00:35:29.95	00:36:15.40	+00:16:51	7:05	8.5
214	CHROBOCIŃSKA Elżbieta	25		K Open	91	00:03:59	00:35:35.50	00:39:34.85	+00:16:57	7:07	8.4
215	KURZYŃSKI Ryszard	112		M Open	124	00:07:11	00:35:37.45	00:42:48.65	+00:16:59	7:07	8.4
216	BAIZERT Krzysiek	3		M Open	125	00:05:17	00:35:41.40	00:40:58.60	+00:17:03	7:08	8.4
217	DZIWIŚZ Bogusława	47	#BIEGACZE	K Open	92	00:07:07	00:35:42.10	00:42:49.55	+00:17:03	7:08	8.4
218	NIEWIAROWSKA Weronika	168		K Open	93	00:05:14	00:35:43.40	00:40:58.30	+00:17:05	7:08	8.4
219	KOLASA Agnieszka	92		K Open	94	00:06:26	00:35:45.45	00:42:12.30	+00:17:07	7:09	8.4
220	STODOLNA Ewa	247		K Open	95	00:07:41	00:35:45.50	00:43:26.85	+00:17:07	7:09	8.4
221	ZIELIŃSKA Beata	311		K Open	96	00:08:56	00:35:46.45	00:44:42.95	+00:17:08	7:09	8.4
222	JARCZEWSKA Renata	77		K Open	97	00:00:48	00:35:49.35	00:36:38.15	+00:17:11	7:09	8.4
223	MAZURAK Joanna	152		K Open	98	00:34:50	00:36:01.50	01:10:51.80	+00:17:23	7:12	8.3
224	SZEPLEWICZ Małgosia	257		K Open	99	00:01:02	00:36:18.75	00:37:21.15	+00:17:40	7:15	8.3
225	MIJAL Przemysław	154	ZMĘCZENI NA STARCIE	M Open	126	00:07:51	00:36:19.50	00:44:10.90	+00:17:41	7:15	8.3
226	KOSIŃSKA Agnieszka	96	WECZORNE BIEGANIE	K Open	100	00:03:55	00:36:20.25	00:40:16.10	+00:17:41	7:16	8.3
227	WIKTOROWSKA Katarzyna	293		K Open	101	00:01:22	00:36:41.65	00:38:04.55	+00:18:03	7:20	8.2
228	ROMANOWICZ Marek	209		M Open	127	00:12:33	00:36:42.20	00:49:15.45	+00:18:03	7:20	8.2
229	OSIŃSKI Grzegorz	176		M Open	128	00:03:45	00:36:54.10	00:40:39.70	+00:18:15	7:22	8.1
230	PIOTROWSKA Julita	190		K Open	102	00:00:28	00:37:06.90	00:37:35.65	+00:18:28	7:25	8.1
231	MALCZAK-RAJ Dominika	144		K Open	103	00:00:23	00:37:12.25	00:37:35.70	+00:18:33	7:26	8.1
232	SEJ Paweł	225		M Open	129	00:18:11	00:37:17.45	00:55:28.85	+00:18:39	7:27	8
233	KUPIŚZ Kasia	110		K Open	104	00:00:35	00:37:26.30	00:38:01.30	+00:18:48	7:29	8
234	LASKOWSKA Beata	117		K Open	105	00:00:42	00:37:30.35	00:38:12.60	+00:18:52	7:30	8
235	ANDRZEJEWSKA Sylwia	2	ŚLIMKA BIEGA	K Open	106	00:05:39	00:37:32.15	00:43:12.10	+00:18:53	7:30	8
236	KILIAN PAWELEC Katarzyna	90	MONIKA GYM	K Open	107	00:07:05	00:37:42.95	00:44:48.30	+00:19:04	7:32	8
237	MACULEWICZ Gabriela	135		K Open	108	00:05:50	00:38:02.45	00:43:52.85	+00:19:24	7:36	7.9
238	SIEDLECKI Adam	327	GIENEK TEAM	M Open	130	00:11:04	00:38:14.90	00:49:19.60	+00:19:36	7:38	7.8
239	SZALEWICZ Małgorzata	253	SZYBCIEJ NIE MOGĘ	K Open	109	00:11:02	00:38:16.25	00:49:18.45	+00:19:37	7:39	7.8
240	KURASIŃSKA Dorota	111		K Open	110	00:03:19	00:38:36.45	00:41:56.10	+00:19:58	7:43	7.8
241	ORSZULSKA Magdalena	175	WECZORNE BIEGANIE W SZCZECINIE	K Open	111	00:03:15	00:38:38.85	00:41:54.70	+00:20:00	7:43	7.8
242	SZCZERBIŃSKA Barbara	256		K Open	112	00:10:45	00:38:40.05	00:49:25.70	+00:20:01	7:44	7.8
243	KUSZYK Małgorzata	113		K Open	113	00:03:03	00:38:40.90	00:41:44.85	+00:20:02	7:44	7.8
244	HURKO-PIOTROWSKA Paulina	72		K Open	114	00:04:07	00:38:43.05	00:42:51.00	+00:20:04	7:44	7.7
245	WOŹNIAK Karolina	303		K Open	115	00:04:36	00:38:49.95	00:43:26.45	+00:20:11	7:45	7.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
246	WYSOCKA Izabela	305		K Open	116	00:06:37	00:38:50.35	00:45:27.75	+00:20:12	7:46	7.7
247	WOŹNIAK Kacper	302		M Open	131	00:04:35	00:38:51.75	00:43:27.50	+00:20:13	7:46	7.7
248	GÓRSKA Agnieszka	57	SZALONE WLCZYCE	K Open	117	00:04:31	00:39:15.85	00:43:47.80	+00:20:37	7:51	7.6
249	GRABOŃ-GRZEŚKOWIAK Gabriela	58		K Open	118	00:26:31	00:39:19.50	01:05:51.30	+00:20:41	7:51	7.6
250	SZUDARSKA Kasia	261		K Open	119	00:26:29	00:39:21.30	01:05:50.30	+00:20:43	7:52	7.6
251	MISIASZEK Beata	156		K Open	120	00:06:41	00:39:29.55	00:46:10.70	+00:20:51	7:53	7.6
252	DOMAGALSKI Sławomir	40	SKB DZIK	M Open	132	00:12:44	00:40:17.55	00:53:01.95	+00:21:39	8:03	7.4
253	CIEŚLAK Adam	30	LEGENDARY POWER SZEWC	M Open	133	00:04:48	00:40:28.30	00:45:17.20	+00:21:50	8:05	7.4
254	BODNAR Zbigniew	15	BIEG KORCZAKA	M Open	134	00:04:41	00:40:35.50	00:45:17.10	+00:21:57	8:07	7.4
255	OLEJNIK Agnieszka	172	AGA ROZBIEGANI MAMA	K Open	121	00:02:15	00:40:37.50	00:42:52.95	+00:21:59	8:07	7.4
256	SAŁAGA Anna	222	BKS SKORIOPN SZCZECIN	K Open	122	00:00:24	00:40:47.45	00:41:12.20	+00:22:09	8:09	7.4
257	WASIELEWSKA Katarzyna	280		K Open	123	00:08:48	00:41:02.25	00:49:50.80	+00:22:23	8:12	7.3
258	PŁOSA Monika	194		K Open	124	00:08:45	00:41:04.10	00:49:49.65	+00:22:25	8:12	7.3
259	LIGNOWSKA Martyna	122		K Open	125	00:20:31	00:41:55.50	01:02:27.10	+00:23:17	8:23	7.2
260	HUDECKA Evelyn	71		K Open	126	00:05:01	00:42:10.25	00:47:11.40	+00:23:31	8:26	7.1
261	GUBERNIAK Andrzej	62	TURKEYS TEAM	M Open	135	00:01:13	00:42:38.10	00:43:51.45	+00:23:59	8:31	7
262	PARCHIMOWICZ Janusz	180		M Open	136	00:04:33	00:43:00.35	00:47:33.40	+00:24:22	8:36	7
263	SIKORA Magdalena	231		K Open	127	00:04:28	00:43:02.70	00:47:31.00	+00:24:24	8:36	7
264	DOMAGALSKI Maciej	41		M Open	137	00:06:05	00:43:22.10	00:49:27.60	+00:24:43	8:40	6.9
265	TADYCH Beata	266		K Open	128	00:17:39	00:44:25.45	01:02:04.75	+00:25:47	8:53	6.8
266	MALINOWSKA-WASILUK Agnieszka	145	MATKI-WARIATKI	K Open	129	00:07:35	00:45:07.40	00:52:42.90	+00:26:29	9:01	6.6
267	ŻUK Paweł	314		M Open	138	00:00:39	00:45:22.75	00:46:01.90	+00:26:44	9:04	6.6
268	ZDUNOWSKI Zdzisław	310		M Open	139	00:05:35	00:45:37.45	00:51:13.20	+00:26:59	9:07	6.6
269	ŚLIWIŃSKA Anna	264	BOKSERSKI SKORPION	K Open	130	00:00:32	00:46:06.70	00:46:39.50	+00:27:28	9:13	6.5
270	DOMAGALSKA Agata	39	SKB DZIK	K Open	131	00:06:02	00:46:58.80	00:53:01.70	+00:28:20	9:23	6.4
271	KORACH Aleksandra	95		K Open	132	00:00:37	00:47:01.70	00:47:38.85	+00:28:23	9:24	6.4
272	SIENKIEWICZ Jolanta	229	DMUCHAWEC GOLENIÓW	K Open	133	00:04:05	00:48:05.85	00:52:10.90	+00:29:27	9:37	6.2
273	BARTOŁD Marta	6		K Open	134	00:00:30	00:49:07.50	00:49:38.40	+00:30:29	9:49	6.1
274	LITWINIAK Izabela	123		K Open	135	00:08:15	00:52:26.45	01:00:41.70	+00:33:48	10:29	5.7
275	PELC Marek	185	12 BZ	M Open	140	00:01:07					

Znaleziono 275 wynik(ów)