



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieg Mikołajkowy
Stowarzyszenie BiegamBoLubie Team Police
2019-12-01
Police
10 km

VII BIEG MIKOŁAJKOWY

B4SPORT
INTELEGENE ZAWODY SPORTOWE

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MINKO Arkadiusz	535		M-30	1	Friends Team				00:16:55	00:35:10.30	00:35:10.30		3:31	17.1 (100%)
2	PIWOWARCZYK Wojciech	2	EUROPA SYSTEMS	M-20	1	Friends Team				00:16:55	00:35:47.30	00:35:48.05	+00:00:37 (1.8%)	3:34	16.8 (98.2%)
2	BIENIEK Kamil	57	PRZECIW MYSLIWYM	M-30	2					00:17:08	00:35:46.95	00:35:48.05	+00:00:37 (1.8%)	3:34	16.8 (98.2%)
4	PAWLIŃSKI Piotr	3	GRUPA AZOTY POLICE	M-30	3				Tak	00:17:18	00:36:21.50	00:36:22.90	+00:01:12 (3.3%)	3:38	16.5 (96.5%)
5	WILK Adrian	939	KS IRONMAN	M-20	2					00:17:33	00:36:24.20	00:36:25.30	+00:01:15 (3.4%)	3:38	16.5 (96.5%)
6	DACKA Patryk	14		M-30	4					00:17:39	00:36:31.85	00:36:32.40	+00:01:22 (3.7%)	3:39	16.4 (95.9%)
7	KUBISZTAŁ Wojciech	417	KB PIONIER SZCZECIN	M-30	5	Friends Team				00:17:39	00:36:46.95	00:36:48.40	+00:01:38 (4.4%)	3:40	16.3 (95.3%)
8	TROĆ Daniel	816	MKL SZCZECIN	M-16	1	Friends Team				00:17:46	00:37:02.20	00:37:02.20	+00:01:51 (5.0%)	3:42	16.2 (94.7%)
9	RYCAK Bartosz	690		M-20	3			Tak		00:17:45	00:37:10.00	00:37:11.70	+00:02:01 (5.4%)	3:43	16.1 (94.2%)
10	SANIEWSKI Dariusz	11	UKL ÓSEMKA POLICE	M-30	6	UKL Ósemka Police			Tak	00:17:52	00:37:23.80	00:37:24.75	+00:02:14 (6.0%)	3:44	16 (93.6%)
11	NIEWIADOMSKI Konrad	929	AC MILAN	M-30	7					00:18:09	00:37:35.45	00:37:37.15	+00:02:26 (6.5%)	3:45	16 (93.6%)
12	FILIPOWSKI Dariusz	186	FEHLARUNTEAM	M-40	1	Friends Team				00:18:05	00:37:43.65	00:37:45.05	+00:02:34 (6.8%)	3:46	15.9 (93.0%)
13	SZYMAŃSKI Łukasz	944		M-30	8					00:18:04	00:37:45.65	00:37:46.75	+00:02:36 (6.9%)	3:46	15.9 (93.0%)
14	ZABIELSKI Józef	892		M-40	2			Tak		00:18:25	00:38:19.20	00:38:19.20	+00:03:08 (8.2%)	3:49	15.7 (91.8%)
15	APIECIONEK Mateusz	4	UKL ÓSEMKA POLICE	M-20	4	UKL Ósemka Police			Tak	00:18:13	00:38:32.50	00:38:34.70	+00:03:24 (8.8%)	3:51	15.6 (91.2%)
16	CHAWAWKO Jonasz	953		M-40	3					00:18:27	00:38:43.75	00:38:45.25	+00:03:34 (9.2%)	3:52	15.5 (90.6%)
17	HOPPE Grzegorz	264	WIECZORNE BIEGANIE W SZCZECINIE	M-30	9	Wieczorne Bieganie w Szczecinie				00:18:14	00:38:56.15	00:38:56.15	+00:03:45 (9.7%)	3:53	15.4 (90.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
18	KUBLER Andrzej	418	WIECZORNE BIEGANIE W SZCZECINIE	M-30	10			Tak		00:18:58	00:38:54.25	00:38:57.45	+00:03:47 (9.7%)	3:53	15.4 (90.1%)
19	WASILEWSKI Andrzej	837		M-40	4	TRI GYM				00:18:41	00:38:55.20	00:38:58.95	+00:03:48 (9.8%)	3:53	15.4 (90.1%)
20	KAPŁANIAK Adrian	326	WIECZORNE BIEGANIE W SZCZECINIE	M-30	11	BBL POLICE		Tak		00:18:06	00:38:59.10	00:38:59.10	+00:03:48 (9.8%)	3:53	15.4 (90.1%)
21	OKRUTA Bartłomiej	696		M-30	12					00:18:39	00:39:01.20	00:39:05.25	+00:03:54 (10.0%)	3:54	15.4 (90.1%)
22	GORSZKA Damian	922	PARKRUN SZCZECIN	M-20	5					00:18:23	00:39:43.85	00:39:46.00	+00:04:35 (11.6%)	3:58	15.1 (88.3%)
23	WÓJCIAK Marcin	883		M-20	6					00:19:12	00:40:05.35	00:40:05.35	+00:04:55 (12.3%)	4:00	15 (87.7%)
24	PIELECHOWSKI Piotr	622	INCOM POLSKA SP. Z O.O.	M-20	7					00:19:24	00:40:06.45	00:40:09.55	+00:04:59 (12.4%)	4:00	15 (87.7%)
25	WOJNACH Andrzej	866	SZCZECIN	M-40	5					00:18:56	00:40:22.55	00:40:24.75	+00:05:14 (13.0%)	4:02	14.9 (87.1%)
26	SKALSKI Mateusz	712		M-30	13	UKL Ósemka Police			Tak	00:19:34	00:40:42.10	00:40:43.75	+00:05:33 (13.6%)	4:04	14.7 (86.0%)
27	OSETEK Sebastian	595	KB HERMES GRYFINO	M-30	14	KB Hermes Gryfino				00:19:36	00:40:41.95	00:40:45.35	+00:05:35 (13.7%)	4:04	14.7 (86.0%)
28	KANTORSKI Michał	325		M-20	8					00:19:48	00:41:25.35	00:41:29.80	+00:06:19 (15.2%)	4:08	14.5 (84.8%)
29	SERWIN Krzysztof	705	WIECZORNE BIEGANIE W SZCZECINIE	M-30	15	Wieczorne Bieganie w Szczecinie				00:19:34	00:41:32.10	00:41:36.55	+00:06:26 (15.5%)	4:09	14.4 (84.2%)
30	SZYMCZAK Marcin	795		M-40	6			Tak		00:20:07	00:41:44.65	00:41:44.65	+00:06:34 (15.7%)	4:10	14.4 (84.2%)
31	GLINA Rafał	211		M-40	7					00:20:07	00:41:43.85	00:41:47.55	+00:06:37 (15.8%)	4:10	14.4 (84.2%)
32	PLUTA Grzegorz	637	KB HERMES GRYFINO	M-50	1	KB Hermes Gryfino				00:20:04	00:41:51.25	00:41:52.45	+00:06:42 (16.0%)	4:11	14.3 (83.6%)
33	JUNAK Michał	309		M-16	2				Tak	00:19:52	00:42:09.95	00:42:12.45	+00:07:02 (16.7%)	4:13	14.2 (83.0%)
34	ALEKSANDROV Denys	16	TRIGYM	M-20	9	TRI GYM				00:19:44	00:42:07.95	00:42:13.20	+00:07:02 (16.7%)	4:12	14.2 (83.0%)
35	NAWROCKI Konrad	562		M-30	16					00:20:24	00:42:13.90	00:42:17.75	+00:07:07 (16.8%)	4:13	14.2 (83.0%)
36	GWARDIAK Bartłomiej	247	PRIME CARGO POLAND	M-20	10					00:20:26	00:42:18.80	00:42:23.15	+00:07:12 (17.0%)	4:13	14.2 (83.0%)
37	FAFEREK Piotr	176	SSC SALLING GROUP/ TRIGYM	M-30	17	TRI GYM				00:20:22	00:42:37.30	00:42:42.25	+00:07:31 (17.6%)	4:15	14.1 (82.5%)
38	MALISZEWSKI Paweł	502		M-30	18					00:20:37	00:42:44.10	00:42:47.00	+00:07:36 (17.8%)	4:16	14 (81.9%)
39	NADKIERNICZNY Zbyszek	556	GRYFUS SZCZECIN	M-40	8					00:20:25	00:42:49.40	00:42:52.20	+00:07:41 (18.0%)	4:17	14 (81.9%)
40	NIEWIADOMSKI Filip	569	AC MILAN	M-16	3					00:20:31	00:42:54.40	00:42:58.55	+00:07:48 (18.2%)	4:17	14 (81.9%)
41	BURAS Radosław	86		M-30	19			Tak		00:20:31	00:43:01.65	00:43:01.65	+00:07:51 (18.3%)	4:18	13.9 (81.3%)
42	EWERT-KRZEMIENIEWSKI Stanisław	173		M-30	20					00:21:02	00:42:59.85	00:43:07.25	+00:07:56 (18.4%)	4:18	14 (81.9%)

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43	OLEJNIK Przemek	582	NIEZRZESZONY	M-50	2					00:20:48	00:43:05.45	00:43:10.25	+00:07:59 (18.5%)	4:18	13.9 (81.3%)
44	OLEJARZ Damian	578		M-30	21					00:20:29	00:43:06.55	00:43:10.60	+00:08:00 (18.5%)	4:18	13.9 (81.3%)
45	GULAK Konrad	240		M-20	11					00:21:43	00:43:01.45	00:43:12.80	+00:08:02 (18.6%)	4:18	13.9 (81.3%)
46	KACZMAREK Maciej	317	BROS TEAM	M-20	12					00:20:19	00:43:14.00	00:43:17.25	+00:08:06 (18.7%)	4:19	13.9 (81.3%)
47	MAJ Krzysztof	494	WIECZORNE BIEGANIE W SZCZECINIE	M-16	4					00:20:19	00:43:15.10	00:43:17.95	+00:08:07 (18.8%)	4:19	13.9 (81.3%)
48	PELC Marek	613	12 BZ	M-30	22			Tak		00:20:45	00:43:25.50	00:43:26.95	+00:08:16 (19.1%)	4:20	13.8 (80.7%)
49	KRZEŚNIEWSKI Marcin	412	ROWEROWY ZAŁOM	M-40	9	TRI GYM				00:20:24	00:43:28.55	00:43:30.75	+00:08:20 (19.2%)	4:20	13.8 (80.7%)
50	WIERSZYCKI Jarosław	845	WIECZORNE BIEGANIE W SZCZECINIE	M-50	3	Wieczorne Bieganie w Szczecinie				00:20:40	00:43:32.25	00:43:34.70	+00:08:24 (19.3%)	4:21	13.8 (80.7%)
51	FILIPCZAK Tomasz	183		M-30	23				Tak	00:20:58	00:43:52.65	00:43:59.00	+00:08:48 (20.0%)	4:23	13.7 (80.1%)
52	ZALEWSKI Maciej	897		M-40	10					00:21:11	00:43:59.10	00:44:02.85	+00:08:52 (20.2%)	4:23	13.6 (79.5%)
53	ANDRUSZKIEWICZ Adrian	20	ADI RUNNER TEAM	M-16	5					00:20:44	00:44:01.40	00:44:04.00	+00:08:53 (20.2%)	4:24	13.6 (79.5%)
54	ZELEK Darek	904		M-40	11					00:20:53	00:44:12.15	00:44:13.30	+00:09:03 (20.5%)	4:25	13.6 (79.5%)
55	MIROWSKI Blazej	536	UKL OSEMKA POLICE	M-30	24					00:21:44	00:44:23.10	00:44:26.70	+00:09:16 (20.9%)	4:26	13.5 (78.9%)
56	WESOŁOWSKI Marcin	839		M-30	25					00:21:37	00:44:24.95	00:44:29.45	+00:09:19 (20.9%)	4:26	13.5 (78.9%)
57	ANDRUSZKIEWICZ Damian	19		M-16	6					00:20:12	00:44:32.60	00:44:33.85	+00:09:23 (21.1%)	4:27	13.5 (78.9%)
58	TOPOREK Przemysław	813		M-30	26					00:21:23	00:44:18.85	00:44:34.90	+00:09:24 (21.1%)	4:25	13.5 (78.9%)
59	SANETRA Dawid	699	UKL OSEMKA	M-30	27	UKL Ósemka Police				00:21:30	00:44:35.30	00:44:36.75	+00:09:26 (21.2%)	4:27	13.5 (78.9%)
60	CHODOROWSKI Szymon	101	MY PORTOWCY	M-30	28					00:20:48	00:44:44.85	00:44:47.95	+00:09:37 (21.5%)	4:28	13.4 (78.4%)
61	KWAŚNIEWSKI Bartosz	436		M-16	7					00:20:33	00:44:52.75	00:44:54.95	+00:09:44 (21.7%)	4:29	13.4 (78.4%)
62	HOŁOWEŃKO Marcin	262		M-40	12			Tak		00:21:30	00:44:58.90	00:45:02.60	+00:09:52 (21.9%)	4:29	13.3 (77.8%)
63	KIRILOW Piotr	341		M-30	29					00:21:33	00:45:02.35	00:45:07.95	+00:09:57 (22.1%)	4:30	13.3 (77.8%)
64	DĘBICKI Jakub	143		M-16	8					00:21:38	00:45:01.25	00:45:16.25	+00:10:05 (22.3%)	4:30	13.3 (77.8%)
65	JANCZURA Artur	923	BIEGAM BO LUBIE	M-40	13					00:21:16	00:45:18.45	00:45:20.75	+00:10:10 (22.4%)	4:31	13.2 (77.2%)
66	KUFEL Marcin	423	BREL II	M-40	14					00:22:00	00:45:21.85	00:45:25.40	+00:10:15 (22.6%)	4:32	13.2 (77.2%)
67	HOŁYŃSKI Leszek	263	KM PSP SZCZECIN	M-30	30			Tak		00:21:55	00:45:27.25	00:45:31.20	+00:10:20 (22.7%)	4:32	13.2 (77.2%)

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68	LIEBNER Patryk	462	TRIGYM	M-30	31					00:21:56	00:45:28.95	00:45:35.50	+00:10:25 (22.9%)	4:32	13.2 (77.2%)
69	DOBERSZTYN Błażej	145		M-40	15					00:21:27	00:45:31.45	00:45:35.95	+00:10:25 (22.9%)	4:33	13.2 (77.2%)
70	CZYŻ Adam	133		M-40	16					00:21:56	00:45:38.25	00:45:41.85	+00:10:31 (23.0%)	4:33	13.1 (76.6%)
71	ROBAK Dawid	932		M-30	32					00:21:28	00:45:33.45	00:45:45.40	+00:10:35 (23.1%)	4:33	13.2 (77.2%)
72	ŚPIEWAK Konrad	803		M-30	33					00:22:04	00:45:38.30	00:45:47.70	+00:10:37 (23.2%)	4:33	13.1 (76.6%)
73	KASPEROWICZ Dariusz	330	INCOM POLSKA SP. Z O.O.	M-40	17					00:21:51	00:45:59.35	00:46:04.40	+00:10:54 (23.7%)	4:35	13 (76.0%)
74	ALEKSIEWICZ Adrian	18	WIECZORNE BIEGANIE W SZCZECINIE	M-40	18					00:21:52	00:46:08.50	00:46:13.85	+00:11:03 (23.9%)	4:36	13 (76.0%)
75	WOŁYNIEC Szymon	878	WIECZORNE BIEGANIE W SZCZECINIE	M-20	13					00:22:17	00:46:19.05	00:46:25.45	+00:11:15 (24.2%)	4:37	13 (76.0%)
76	BĘDKOWSKI Piotr	50		M-20	14	TRI GYM				00:21:45	00:46:20.80	00:46:25.60	+00:11:15 (24.2%)	4:38	12.9 (75.4%)
77	DOBERSZTYN Franek	146		M-16	9					00:21:27	00:46:24.30	00:46:29.05	+00:11:18 (24.3%)	4:38	12.9 (75.4%)
78	BABICZ Wojtek	27	BRIDGESTONE STARGARD RUNNERS	M-40	19					00:22:12	00:46:29.85	00:46:35.05	+00:11:24 (24.5%)	4:39	12.9 (75.4%)
79	HAWRYLAK Marcin	253	AMPIO TEAM	M-50	4	Bieg Korczaka				00:22:21	00:46:37.70	00:46:39.25	+00:11:28 (24.6%)	4:39	12.9 (75.4%)
80	BOJKO Marek	66		M-40	20					00:22:28	00:46:21.20	00:46:44.45	+00:11:34 (24.8%)	4:38	12.9 (75.4%)
81	PODZISZYŃSKI Sylwester	934	KWP SP SZCZECIN	M-40	21			Tak		00:22:18	00:46:41.25	00:46:45.60	+00:11:35 (24.8%)	4:40	12.9 (75.4%)
82	BALCERZAK Przemysław	32	UKL ÓSEMKA POLICE	M-30	34	UKL Ósemka Police			Tak	00:22:16	00:46:45.95	00:46:47.80	+00:11:37 (24.8%)	4:40	12.8 (74.9%)
83	MILANOWICZ Maciej	533	BRIDGESTONE STARGARD RUNNERS	M-30	35					00:22:54	00:46:43.30	00:46:50.05	+00:11:39 (24.9%)	4:40	12.8 (74.9%)
84	NAWROCKI Piotr	959		M-50	5	Bieg Korczaka				00:22:38	00:46:44.95	00:46:51.20	+00:11:40 (24.9%)	4:40	12.8 (74.9%)
85	BIELATKO Marcin	54	DRAWNO	M-30	36					00:22:30	00:46:52.20	00:46:57.70	+00:11:47 (25.1%)	4:41	12.8 (74.9%)
85	CHARĘZA Marcin	97	ZAWADZKIEGO SZCZECIN	M-30	36					00:22:45	00:46:40.65	00:46:57.70	+00:11:47 (25.1%)	4:40	12.9 (75.4%)
87	KĘDZIELEWSKI Łukasz	334	WIECZORNE BIEGANIE W SZCZECINIE	M-30	38					00:22:45	00:46:40.80	00:46:57.95	+00:11:47 (25.1%)	4:40	12.9 (75.4%)
88	ŁOŚ Jarosław	479	#RUSZ4LITERY	M-30	39					00:22:22	00:46:56.15	00:47:01.80	+00:11:51 (25.2%)	4:41	12.8 (74.9%)
89	JASINSKI Arkadiusz	290		M-40	22					00:22:16	00:47:00.25	00:47:03.65	+00:11:53 (25.3%)	4:42	12.8 (74.9%)
90	SROGA Maciej	738		M-30	40	TRI GYM			Tak	00:21:58	00:47:14.85	00:47:14.85	+00:12:04 (25.6%)	4:43	12.7 (74.3%)
91	WAHN Przemysław	828		M-30	41					00:22:46	00:46:51.15	00:47:19.15	+00:12:08 (25.7%)	4:41	12.8 (74.9%)
92	BERNACKI Mariusz	49	MODLITWA BIEGANIA GRYFINO	M-40	23					00:22:45	00:47:10.65	00:47:19.55	+00:12:09 (25.7%)	4:43	12.7 (74.3%)
93	KRYWALD Rafal	409	SKB.DZIK	M-40	24					00:22:29	00:47:19.95	00:47:24.00	+00:12:13 (25.8%)	4:44	12.7 (74.3%)

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94	HETMAŃSKI Arek	257	LOVELASY	M-30	42				Tak		00:22:55	00:46:59.75	00:47:25.95	+00:12:15 (25.8%)	4:41	12.8 (74.9%)
95	PASIKOWSKI Kamil	960	SKB DZIK	M-20	15	SKB DZIK	Dydek				00:22:30	00:47:25.00	00:47:28.90	+00:12:18 (25.9%)	4:44	12.7 (74.3%)
96	WOLSKI Tomasz	877	WIECZORNE BIEGANIE W SZCZECINIE	M-40	25						00:22:54	00:47:26.60	00:47:32.40	+00:12:22 (26.0%)	4:44	12.6 (73.7%)
97	JUDKIEWICZ Piotr	308		M-40	26						00:22:46	00:47:30.45	00:47:34.95	+00:12:24 (26.1%)	4:45	12.6 (73.7%)
98	MUCHA Piotr	12	FIZJOBIEGACZE SZCZECIN	M-40	27						00:23:02	00:47:28.60	00:47:35.05	+00:12:24 (26.1%)	4:44	12.6 (73.7%)
99	TOKARSKI Rafał	809	RAZ SZCZECIN	M-50	6						00:23:23	00:47:32.75	00:47:38.60	+00:12:28 (26.2%)	4:45	12.6 (73.7%)
100	MARKS Maciej	512	STOWARZYSZENIE DOŁUJE - KOŚCINO	M-40	28						00:22:36	00:47:35.10	00:47:39.85	+00:12:29 (26.2%)	4:45	12.6 (73.7%)
101	DRABARZ Michał	153	ZAWADZKIEGO SZCZECIN	M-40	29						00:23:02	00:47:31.70	00:47:42.45	+00:12:32 (26.3%)	4:45	12.6 (73.7%)
102	STODOLNY Paweł	750		M-30	43						00:23:20	00:47:33.90	00:47:43.80	+00:12:33 (26.3%)	4:45	12.6 (73.7%)
103	JASTRZEBSKI Daniel	294		M-40	30						00:23:14	00:47:47.90	00:47:53.70	+00:12:43 (26.6%)	4:46	12.6 (73.7%)
104	HOŁOWCZAK Krzysztof	261		M-30	44						00:23:01	00:47:54.45	00:48:05.20	+00:12:54 (26.9%)	4:47	12.5 (73.1%)
105	DZIEDZIC Michał	167	12 BZ	M-30	45			Tak			00:23:14	00:48:14.20	00:48:16.70	+00:13:06 (27.1%)	4:49	12.4 (72.5%)
106	KOTOWSKI Dominik	376	GRUPA AZOTY	M-30	46				Tak		00:23:42	00:48:23.55	00:48:23.55	+00:13:13 (27.3%)	4:50	12.4 (72.5%)
107	KACZMAREK Jan	319		M-60	1						00:23:14	00:48:17.00	00:48:26.10	+00:13:15 (27.4%)	4:49	12.4 (72.5%)
108	BUTRYN Krzysztof	13	AKTYWNE CHOSZCZNO	M-40	31			Tak			00:22:56	00:48:23.25	00:48:28.05	+00:13:17 (27.4%)	4:50	12.4 (72.5%)
109	KAMIŃSKI Sławomir	323	KMP ŚWINOUJŚCIE	M-30	47			Tak			00:23:19	00:48:11.55	00:48:35.70	+00:13:25 (27.6%)	4:49	12.5 (73.1%)
110	SOBCZAK Paweł	723	CHMIELEWSKI TEAM - BBL POLICE	M-30	48						00:23:40	00:48:46.00	00:48:46.00	+00:13:35 (27.9%)	4:52	12.3 (71.9%)
111	GIERASIMOWICZ Szymon	208	TOTALSPORT.PL	M-40	32						00:22:47	00:48:43.75	00:48:46.55	+00:13:36 (27.9%)	4:52	12.3 (71.9%)
112	KOŹMIC Ryszard	388	SHELL DUŃSKA SZCZECIN	M-60	2						00:22:49	00:48:48.95	00:48:50.50	+00:13:40 (28.0%)	4:52	12.3 (71.9%)
113	KOWALCZYK Paweł	1	ELITARNY KLUB BIEGACZA - POWOLNI Z NADWAGĄ	M-30	49						00:23:22	00:48:43.10	00:48:51.40	+00:13:41 (28.0%)	4:52	12.3 (71.9%)
114	CHARLEJ Ireneusz	98	WIECZORNE BIEGANIE W SZCZECINIE	M-40	33			Tak			00:23:08	00:48:51.65	00:48:51.65	+00:13:41 (28.0%)	4:53	12.3 (71.9%)
115	OLEJNIK Wojciech	581		M-20	16						00:24:20	00:48:47.85	00:48:58.60	+00:13:48 (28.2%)	4:52	12.3 (71.9%)
116	ZAZULAK Andrzej	902		M-50	7			Tak			00:23:23	00:48:53.95	00:49:00.70	+00:13:50 (28.2%)	4:53	12.3 (71.9%)
117	JANOWICZ Mateusz	281		M-30	50						00:23:58	00:48:33.65	00:49:07.60	+00:13:57 (28.4%)	4:51	12.4 (72.5%)
118	PIĄTEK Krystian	619	GRYFINO	M-30	51						00:24:11	00:48:54.85	00:49:09.55	+00:13:59 (28.5%)	4:53	12.3 (71.9%)
119	AUGUSTYNIAK Grzegorz	26		M-40	34						00:24:15	00:49:02.45	00:49:10.10	+00:13:59 (28.5%)	4:54	12.2 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.		5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
120	GRYGORCEWICZ Władysław	231	SKB DZIK POLICE	M-60	3	SKB DZIK			Tak		00:23:20	00:49:07.20	00:49:12.55	+00:14:02 (28.5%)	4:54	12.2 (71.3%)
121	PODOLAK Mirosław	640	KP PSP GRYFINO	M-40	35			Tak			00:23:57	00:49:08.05	00:49:14.10	+00:14:03 (28.6%)	4:54	12.2 (71.3%)
122	TRYCH Adrian	820	KM PSP SZCZECIN	M-40	36			Tak			00:23:13	00:49:23.50	00:49:25.55	+00:14:15 (28.8%)	4:56	12.1 (70.8%)
123	LEŚNIAK Dariusz	452		M-50	8						00:23:12	00:49:18.55	00:49:30.00	+00:14:19 (28.9%)	4:55	12.2 (71.3%)
124	MISZCZYSZYN Bartosz	539		M-30	52						00:24:27	00:48:57.15	00:49:36.55	+00:14:26 (29.1%)	4:53	12.3 (71.9%)
125	BYLEWSKI Piotr	90	AGENCJA REKLAMOWA BYLEWSKI	M-50	9						00:23:59	00:49:31.35	00:49:36.90	+00:14:26 (29.1%)	4:57	12.1 (70.8%)
126	STEFANIAK Piotr	744		M-30	53						00:23:59	00:49:26.05	00:49:37.05	+00:14:26 (29.1%)	4:56	12.1 (70.8%)
127	NIEWIADA Marek	568		M-30	54			Tak			00:24:18	00:49:25.65	00:49:37.50	+00:14:27 (29.1%)	4:56	12.1 (70.8%)
128	LENCEWICZ Grzegorz	449	HUSARIA RACE TEAM SZCZECIN	M-30	55						00:23:47	00:49:32.10	00:49:38.85	+00:14:28 (29.2%)	4:57	12.1 (70.8%)
129	GRYGIELEWICZ Leszek	230		M-50	10						00:23:46	00:49:34.50	00:49:39.45	+00:14:29 (29.2%)	4:57	12.1 (70.8%)
130	FRANKIEWICZ Grzegorz	189		M-30	56						00:24:27	00:49:19.20	00:49:41.35	+00:14:31 (29.2%)	4:55	12.2 (71.3%)
131	PIWOWARSKI Darek	632	WIECZORNE BIEGANIE W SZCZECINIE	M-40	37						00:24:41	00:49:16.20	00:49:42.55	+00:14:32 (29.2%)	4:55	12.2 (71.3%)
132	FAŁOWSKI Bartek	175		M-16	10						00:24:12	00:49:30.85	00:49:43.95	+00:14:33 (29.3%)	4:57	12.1 (70.8%)
133	GĄGOL Marek	205		M-30	57						00:24:30	00:49:27.70	00:49:46.35	+00:14:36 (29.3%)	4:56	12.1 (70.8%)
134	BANASIAK Andrzej	35		M-40	38						00:23:13	00:49:43.65	00:49:52.25	+00:14:41 (29.5%)	4:58	12.1 (70.8%)
135	KOMAN Michał	356		M-30	58						00:23:43	00:49:48.80	00:49:57.85	+00:14:47 (29.6%)	4:58	12 (70.2%)
136	SZYMAŃSKI Sławomir	790	SŁAWOMIR SZYMAŃSKI	M-30	59						00:25:02	00:49:36.45	00:50:01.10	+00:14:50 (29.7%)	4:57	12.1 (70.8%)
137	LEWICKI Piotr	457	WOLNY STRZELEC	M-30	60			Tak			00:23:14	00:50:00.60	00:50:01.75	+00:14:51 (29.7%)	5:00	12 (70.2%)
138	ZAJĄC Maciej	896		M-30	61						00:24:21	00:49:55.65	00:50:02.50	+00:14:52 (29.7%)	4:59	12 (70.2%)
139	NAREJKO Paweł	560		M-20	17			Tak			00:23:53	00:50:03.40	00:50:08.25	+00:14:57 (29.8%)	5:00	12 (70.2%)
140	KOZŁOWSKI Krzysztof	386		M-30	62						00:24:54	00:49:59.70	00:50:08.85	+00:14:58 (29.9%)	4:59	12 (70.2%)
141	KOSMACZEWSKI Ryszard	371	JUDO TEAM SZCZECIN	M-30	63						00:23:38	00:50:02.90	00:50:11.80	+00:15:01 (29.9%)	5:00	12 (70.2%)
142	ZAWLIK Tomasz	901	POZYTYWNIIE ZAKRĘCENI	M-40	39						00:24:30	00:49:58.15	00:50:13.15	+00:15:02 (30.0%)	4:59	12 (70.2%)
143	PRAWDA Sebastian	650	WIECZORNE BIEGANIE W SZCZECINIE	M-40	40						00:25:39	00:49:47.90	00:50:16.50	+00:15:06 (30.0%)	4:58	12 (70.2%)
144	ŁAWNICZAK Sebastian	472		M-40	41				Tak		00:24:07	00:50:02.55	00:50:19.50	+00:15:09 (30.1%)	5:00	12 (70.2%)
145	BUDNY Wojciech	81		M-30	64						00:23:56	00:50:16.65	00:50:24.85	+00:15:14 (30.2%)	5:01	11.9 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
146	TWÓR Sławomir	156	FIZJOBIEGACZE SZCZECIN	M-40	42			Tak		00:25:05	00:50:22.80	00:50:27.35	+00:15:17 (30.3%)	5:02	11.9 (69.6%)
147	SACHARSKI Bartłomiej	695	WIECZORNE BIEGANIE W SZCZECINIE	M-30	65					00:24:44	00:50:08.55	00:50:35.75	+00:15:25 (30.5%)	5:00	12 (70.2%)
148	KRÓLEWICZ Szymon	398		M-30	66					00:24:42	00:50:26.85	00:50:43.60	+00:15:33 (30.7%)	5:02	11.9 (69.6%)
149	WITORZĘĆ Dariusz	867		M-40	43					00:24:14	00:50:42.20	00:50:49.40	+00:15:39 (30.8%)	5:04	11.8 (69.0%)
150	ORŁOWSKI Paweł	590	1977	M-40	44					00:24:32	00:50:33.75	00:50:50.20	+00:15:39 (30.8%)	5:03	11.9 (69.6%)
151	JONASIK Tomasz	305		M-30	67			Tak		00:25:13	00:50:34.90	00:50:51.45	+00:15:41 (30.8%)	5:03	11.9 (69.6%)
152	SKRZYPIEC Andrzej	718	BIEGACZE ŚWINOUJŚCIE	M-60	4	Biegacze Świnoujście				00:25:52	00:50:37.25	00:50:59.10	+00:15:48 (31.0%)	5:03	11.8 (69.0%)
153	KACPERSKI Piotr	315		M-50	11					00:24:00	00:50:53.45	00:50:59.80	+00:15:49 (31.0%)	5:05	11.8 (69.0%)
154	PLUCINSKI Wojciech	636		M-40	45					00:25:27	00:50:53.35	00:51:01.85	+00:15:51 (31.1%)	5:05	11.8 (69.0%)
155	KRZYWIEC Marcin	414		M-30	68					00:24:07	00:50:57.25	00:51:04.65	+00:15:54 (31.1%)	5:05	11.8 (69.0%)
156	SĄLAMAJ Piotr	698	JKB PODBÓRZ	M-50	12					00:24:39	00:50:43.85	00:51:07.45	+00:15:57 (31.2%)	5:04	11.8 (69.0%)
157	FILIPIAK Michał	185		M-40	46					00:24:45	00:51:00.55	00:51:09.90	+00:15:59 (31.3%)	5:06	11.8 (69.0%)
158	JARZYNA Ryszard	289	SZWLA STARGARD	M-40	47					00:23:18	00:51:07.95	00:51:09.95	+00:15:59 (31.3%)	5:06	11.7 (68.4%)
159	KIBITLEWSKI Łukasz	336		M-30	69					00:25:03	00:51:25.55	00:51:28.45	+00:16:18 (31.7%)	5:08	11.7 (68.4%)
160	BAGIŃSKI Marcin	29		M-30	70					00:26:01	00:51:24.10	00:51:28.95	+00:16:18 (31.7%)	5:08	11.7 (68.4%)
161	MAŁOCHA Adam	507		M-16	11	Biegacze Świnoujście	Małocha			00:24:40	00:51:20.45	00:51:32.75	+00:16:22 (31.8%)	5:08	11.7 (68.4%)
162	PIĘTKA Grzegorz	624	503071645	M-40	48					00:25:07	00:50:45.35	00:51:40.55	+00:16:30 (31.9%)	5:04	11.8 (69.0%)
163	FIRLIK Mirosław	187	KB KAMIEŃ POMORSKI	M-50	13					00:25:10	00:51:28.65	00:51:42.35	+00:16:32 (32.0%)	5:08	11.7 (68.4%)
164	ŁUKASIEWICZ Robert	481		M-40	49					00:25:25	00:51:28.80	00:51:44.75	+00:16:34 (32.0%)	5:08	11.7 (68.4%)
165	SZYMKIEWICZ Robert	796	TEAM GRYFICI	M-50	14					00:24:28	00:51:41.25	00:51:47.65	+00:16:37 (32.1%)	5:10	11.6 (67.8%)
166	WALCZAK Tadeusz	829		M-50	15					00:24:17	00:51:51.15	00:51:53.65	+00:16:43 (32.2%)	5:11	11.6 (67.8%)
167	PAWŁASZEK Lech	611		M-30	71					00:25:29	00:51:59.35	00:52:07.95	+00:16:57 (32.5%)	5:11	11.5 (67.3%)
168	WILKOWSKI Tomasz	858	PYRZYCE BIEGAJĄ	M-30	72					00:26:09	00:51:43.05	00:52:12.60	+00:17:02 (32.6%)	5:10	11.6 (67.8%)
169	FURMAŃSKI Marcin	192		M-30	73					00:24:35	00:52:15.80	00:52:19.85	+00:17:09 (32.8%)	5:13	11.5 (67.3%)
170	SOWISZ Cezary	737	SOWISZ TEAM	M-50	16		SOWISZ TEAM			00:25:42	00:52:03.95	00:52:21.15	+00:17:10 (32.8%)	5:12	11.5 (67.3%)
171	KORKUĆ Krzysztof	368		M-40	50					00:24:51	00:52:16.10	00:52:33.00	+00:17:22 (33.1%)	5:13	11.5 (67.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
172	STANKIEWICZ Krzysztof	741		M-40	51					00:24:51	00:52:16.40	00:52:33.05	+00:17:22 (33.1%)	5:13	11.5 (67.3%)
173	MAJ Patryk	492	HUSARIA RACE TEAM SZCZECIN	M-20	18					00:24:45	00:52:34.70	00:52:34.70	+00:17:24 (33.1%)	5:15	11.4 (66.7%)
174	SKOCZYŁAS Patryk	714	INCOM POLSKA SP. Z O.O.	M-20	19					00:25:39	00:51:57.70	00:52:35.40	+00:17:25 (33.1%)	5:11	11.5 (67.3%)
175	MLECZEK Roman	540	BABINEK BIEGA	M-40	52					00:25:53	00:52:23.70	00:52:37.90	+00:17:27 (33.2%)	5:14	11.5 (67.3%)
176	KARASIEWICZ Łukasz	327	GRUBASY RUN SZCZECIN	M-30	74					00:25:00	00:52:36.85	00:52:40.60	+00:17:30 (33.2%)	5:15	11.4 (66.7%)
177	KULON Aleksander	427	GRUBASY RUN SZCZECIN	M-20	20					00:25:00	00:52:36.85	00:52:40.70	+00:17:30 (33.2%)	5:15	11.4 (66.7%)
178	OLEŚKIEWICZ Michał	583		M-30	75					00:25:58	00:52:35.00	00:52:45.15	+00:17:34 (33.3%)	5:15	11.4 (66.7%)
179	JESIONKA Jarek	301	STOWARZYSZENIE NASZA ŚWIERCZYNA	M-40	53					00:26:41	00:52:19.10	00:52:52.65	+00:17:42 (33.5%)	5:13	11.5 (67.3%)
180	PLISZKA Dariusz	635		M-20	21					00:26:26	00:52:28.60	00:52:53.25	+00:17:42 (33.5%)	5:14	11.4 (66.7%)
181	CIEŚLA Paweł	121		M-30	76			Tak		00:25:54	00:52:31.00	00:52:54.75	+00:17:44 (33.5%)	5:15	11.4 (66.7%)
182	TYMUL Jakub	823	#TYMTRITEAM	M-40	54					00:25:10	00:52:42.00	00:52:57.20	+00:17:46 (33.6%)	5:16	11.4 (66.7%)
183	MAŁOCHA Mariusz	506	DZIADY OCR	M-40	55	Biegacze Świnoujście	Małocha			00:25:36	00:52:50.30	00:53:02.25	+00:17:51 (33.7%)	5:17	11.4 (66.7%)
184	FILIPIAK Przemysław	184		M-30	77					00:26:08	00:52:49.15	00:53:09.35	+00:17:59 (33.8%)	5:16	11.4 (66.7%)
185	ANIOŁA-KUSZ Dominik	22		M-40	56					00:25:38	00:52:33.90	00:53:10.50	+00:18:00 (33.9%)	5:15	11.4 (66.7%)
186	ZARZYCKI Piotr	900		M-50	17					00:25:38	00:53:00.15	00:53:11.10	+00:18:00 (33.9%)	5:18	11.3 (66.1%)
187	GWIAŹDZIŃSKI Jakub	949		M-30	78					00:25:49	00:52:55.05	00:53:20.00	+00:18:09 (34.1%)	5:17	11.3 (66.1%)
188	PASŁAWSKI Paweł	396		M-30	79					00:25:28	00:53:13.65	00:53:21.55	+00:18:11 (34.1%)	5:19	11.3 (66.1%)
189	KOWALCZYK Paweł	380	HOŻA TEAM	M-40	57					00:26:13	00:52:58.40	00:53:22.55	+00:18:12 (34.1%)	5:17	11.3 (66.1%)
190	PRYMELSKI Jarosław	655		M-30	80					00:26:13	00:53:25.25	00:53:35.35	+00:18:25 (34.4%)	5:20	11.2 (65.5%)
191	CHOWAŃSKI Bartosz	105	CJS TŁUMACZENIA	M-40	58					00:25:43	00:53:30.65	00:53:38.10	+00:18:27 (34.4%)	5:21	11.2 (65.5%)
192	GÓRSKI Łukasz	225		M-20	22					00:25:43	00:53:09.30	00:53:38.35	+00:18:28 (34.4%)	5:18	11.3 (66.1%)
193	DUDKA Robert	158		M-30	81					00:27:15	00:53:17.55	00:53:44.15	+00:18:33 (34.5%)	5:19	11.3 (66.1%)
194	WASZKIEWICZ Jakub	838		M-20	23					00:26:57	00:53:21.35	00:53:45.40	+00:18:35 (34.6%)	5:20	11.2 (65.5%)
195	SZUSTAK Robert	786	JAEGER POLSKA	M-40	59					00:26:17	00:53:36.00	00:53:47.55	+00:18:37 (34.6%)	5:21	11.2 (65.5%)
196	KOCHAŃSKI Tomek	348		M-40	60					00:24:55	00:53:37.15	00:53:48.45	+00:18:38 (34.6%)	5:21	11.2 (65.5%)
197	BARTOSIŃSKI Piotr	44	TIME55	M-50	18					00:26:01	00:53:43.25	00:53:51.25	+00:18:40 (34.7%)	5:22	11.2 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
198	KRACZOWSKI Mirosław	389		M-40	61					00:25:50	00:53:42.40	00:53:53.95	+00:18:43 (34.7%)	5:22	11.2 (65.5%)
199	STĘPNIAK Lesław	749		M-40	62				Tak	00:25:40	00:53:44.45	00:53:55.90	+00:18:45 (34.8%)	5:22	11.2 (65.5%)
200	RAKOWSKI Piotr	665		M-50	19					00:25:49	00:53:37.25	00:53:56.50	+00:18:46 (34.8%)	5:21	11.2 (65.5%)
201	CHLEBOWSKI Hubert	99	RUNGRYF GRYFICE	M-30	82					00:26:49	00:53:49.60	00:53:59.95	+00:18:49 (34.9%)	5:22	11.1 (64.9%)
202	DYWELSKI Marcin	950	BRIDGESTONE STARGARD RUNNERS	M-30	83					00:25:28	00:53:27.00	00:54:00.65	+00:18:50 (34.9%)	5:20	11.2 (65.5%)
203	BANAŚ Marcin	38	WIECZORNE BIEGANIE W SZCZECINIE	M-40	63					00:26:45	00:53:34.45	00:54:01.10	+00:18:50 (34.9%)	5:21	11.2 (65.5%)
204	WRZOUCHOL Paweł	966	BRIDGESTONE STARGARD RUNNERS	M-30	84					00:25:55	00:53:59.65	00:54:05.15	+00:18:54 (35.0%)	5:24	11.1 (64.9%)
205	DYKOWSKI Karol	163	WICHER WARSZEWO	M-30	85					00:26:55	00:53:50.35	00:54:10.65	+00:19:00 (35.1%)	5:23	11.1 (64.9%)
206	MISZCZAK Damian	538		M-30	86					00:27:55	00:54:09.80	00:54:18.00	+00:19:07 (35.2%)	5:25	11.1 (64.9%)
207	JAKUBOWSKI Marcin	275		M-30	87					00:26:44	00:54:19.30	00:54:34.15	+00:19:23 (35.5%)	5:26	11 (64.3%)
208	WOJTKOWIAK Rafał	873		M-40	64				Tak	00:25:57	00:54:14.55	00:54:35.95	+00:19:25 (35.6%)	5:25	11.1 (64.9%)
209	KOZŁOWSKI Adam	387	WIECZORNE BIEGANIE W SZCZECINIE	M-40	65					00:25:28	00:54:21.40	00:54:38.65	+00:19:28 (35.6%)	5:26	11 (64.3%)
210	DYMNY Artur	165	SSC SALLING GROUP	M-30	88					00:25:46	00:54:29.35	00:54:39.50	+00:19:29 (35.7%)	5:26	11 (64.3%)
211	STRZYGA Mariusz	756	STARGARD.JA SIĘ NIE ŚCIGAM	M-40	66					00:27:24	00:54:15.90	00:54:42.55	+00:19:32 (35.7%)	5:25	11.1 (64.9%)
212	PEDA Leszek	612		M-60	5					00:26:48	00:54:39.45	00:54:46.90	+00:19:36 (35.8%)	5:27	11 (64.3%)
213	TOMCZYK Ferdynand	812	MODLITWA BIEGANIA GRYFINO	M-50	20					00:27:17	00:54:18.40	00:54:53.15	+00:19:42 (35.9%)	5:25	11 (64.3%)
214	REUTT Michał	672		M-30	89				Tak	00:26:56	00:54:18.40	00:54:54.20	+00:19:43 (35.9%)	5:25	11 (64.3%)
215	KULIG Krzysztof	426	MODLITWA BIEGANIA GRYFINO	M-40	67					00:27:18	00:54:22.80	00:54:56.35	+00:19:46 (36.0%)	5:26	11 (64.3%)
216	ZELEK Mariusz	903	MODLITWA BIEGANIA GRYFINO	M-40	68					00:27:18	00:54:22.65	00:54:56.40	+00:19:46 (36.0%)	5:26	11 (64.3%)
217	ZIELIŃSKI Kamil	911	SMT SZCZECIN	M-30	90				Tak	00:26:29	00:54:44.80	00:54:59.10	+00:19:48 (36.0%)	5:28	11 (64.3%)
218	WOŹNIAK Piotr	881	WIECZORNE BIEGANIE W SZCZECINIE	M-30	91					00:26:56	00:54:30.40	00:55:05.10	+00:19:54 (36.2%)	5:27	11 (64.3%)
219	GUTOWSKI Tomasz	246	HAWAJSKIE REKINY	M-30	92					00:26:09	00:54:48.15	00:55:06.55	+00:19:56 (36.2%)	5:28	10.9 (63.7%)
220	BOHONOS Adam	65		M-40	69					00:26:07	00:55:04.15	00:55:07.25	+00:19:56 (36.2%)	5:30	10.9 (63.7%)
221	WYGŁADACZ Arkadiusz	891	UKS 13 WIELGOWO	M-40	70					00:26:09	00:54:49.70	00:55:08.15	+00:19:57 (36.2%)	5:29	10.9 (63.7%)
222	GOŁĄBIOWSKI Jarek	216	BIEGACZE SWINOUJSCIE	M-50	21	Biegacze Świnoujście				00:27:02	00:54:56.95	00:55:17.95	+00:20:07 (36.4%)	5:29	10.9 (63.7%)
223	WOJTOWICZ Wiesław	874		M-40	71					00:26:12	00:55:12.75	00:55:19.90	+00:20:09 (36.4%)	5:31	10.9 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
224	OLICHWER Rafał	584		M-20	24					00:27:12	00:55:06.15	00:55:23.80	+00:20:13 (36.5%)	5:30	10.9 (63.7%)
225	SZKUDLAREK Krzysztof	774		M-50	22					00:26:26	00:55:15.90	00:55:25.20	+00:20:14 (36.5%)	5:31	10.9 (63.7%)
226	GUTOWSKI Paweł	244	EMKA STARGARD	M-30	93					00:27:13	00:55:00.30	00:55:25.45	+00:20:15 (36.5%)	5:30	10.9 (63.7%)
227	WONDOŁOWSKI Stanisław	880	WIECZORNE BIEGANIE	M-60	6					00:26:34	00:55:27.30	00:55:30.70	+00:20:20 (36.6%)	5:32	10.8 (63.2%)
228	MAZUREK Grzegorz	522	GWIK	M-40	72	Babcia i Wnuki				00:27:31	00:55:20.80	00:55:37.55	+00:20:27 (36.8%)	5:32	10.8 (63.2%)
229	KLABAN Szymon	342		M-40	73					00:26:43	00:55:11.80	00:55:39.10	+00:20:28 (36.8%)	5:31	10.9 (63.7%)
230	WÓJCIK Wojciech	885	WKURW_TEAM	M-30	94	Wkurw Team Szczecin				00:27:15	00:55:27.20	00:55:39.35	+00:20:29 (36.8%)	5:32	10.8 (63.2%)
230	ZIELIŃSKI Filip	912		M-30	94					00:27:48	00:55:07.70	00:55:39.35	+00:20:29 (36.8%)	5:30	10.9 (63.7%)
232	BANASZAK Marcin	37		M-30	96					00:27:45	00:55:13.45	00:55:39.80	+00:20:29 (36.8%)	5:31	10.9 (63.7%)
233	SOSNOWSKI Adrian	732		M-40	74					00:27:34	00:55:09.80	00:55:40.20	+00:20:29 (36.8%)	5:31	10.9 (63.7%)
234	KAMIONKA Andrzej	324	WIECZORNE BIEGANIE W SZCZECINIE	M-30	97					00:26:30	00:55:22.70	00:55:41.60	+00:20:31 (36.8%)	5:32	10.8 (63.2%)
235	GLUGLA Michał	951		M-30	98					00:27:44	00:55:16.75	00:55:42.75	+00:20:32 (36.9%)	5:31	10.9 (63.7%)
236	GARBACIAK Łukasz	197		M-30	99					00:27:11	00:55:37.95	00:55:51.60	+00:20:41 (37.0%)	5:33	10.8 (63.2%)
237	STĘPNIAK Grzegorz	747	KLUB BIEGACZA KAMIEŃ POMORSKI	M-40	75					00:27:00	00:55:37.60	00:55:51.70	+00:20:41 (37.0%)	5:33	10.8 (63.2%)
238	CZYŻEWSKI Mateusz	136	WKURW_TEAM	M-30	100	Wkurw Team Szczecin				00:27:15	00:55:39.70	00:55:52.90	+00:20:42 (37.1%)	5:33	10.8 (63.2%)
239	BRATKO Przemysław	72		M-20	25					00:25:50	00:55:29.45	00:55:53.45	+00:20:43 (37.1%)	5:32	10.8 (63.2%)
240	JAWORCZYKOWSKI Paweł	298		M-30	101					00:27:44	00:55:30.10	00:56:02.35	+00:20:52 (37.2%)	5:33	10.8 (63.2%)
241	SAWARYN Damian	702		M-20	26					00:26:33	00:55:42.75	00:56:05.75	+00:20:55 (37.3%)	5:34	10.8 (63.2%)
242	SZULC Marcin	785		M-30	102					00:26:32	00:55:37.35	00:56:06.70	+00:20:56 (37.3%)	5:33	10.8 (63.2%)
243	BOBER Kamil	62	WKURW_TEAM SZCZECIN	M-30	103					00:27:53	00:55:55.10	00:56:07.25	+00:20:56 (37.3%)	5:35	10.7 (62.6%)
244	GÓRNIAK Dariusz	220		M-50	23					00:27:14	00:55:57.60	00:56:11.90	+00:21:01 (37.4%)	5:35	10.7 (62.6%)
245	PRUSZANOW Marcin	654	KB HERMES GRYFINO	M-40	76	KB Hermes Gryfino				00:28:07	00:55:36.90	00:56:16.60	+00:21:06 (37.5%)	5:33	10.8 (63.2%)
246	BARCZYK Krzysztof	9		M-40	77					00:27:30	00:55:25.30	00:56:23.15	+00:21:12 (37.6%)	5:32	10.8 (63.2%)
247	LASZKIEWICZ Waldemar	441		M-50	24				Tak	00:26:59	00:56:20.10	00:56:26.15	+00:21:15 (37.7%)	5:38	10.7 (62.6%)
248	JAKUBOWSKI Jan	276	GRUPA SZCZECIN-BUKOWO	M-60	7					00:26:53	00:56:31.35	00:56:40.35	+00:21:30 (37.9%)	5:39	10.6 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
249	SOWA Krzysztof	733		M-30	104					00:27:18	00:56:12.45	00:56:41.40	+00:21:31 (38.0%)	5:37	10.7 (62.6%)
250	SERDYŃSKI Adam	704		M-50	25					00:27:21	00:56:36.20	00:56:42.10	+00:21:31 (38.0%)	5:39	10.6 (62.0%)
251	SZCZYGIELSKI Radosław	772	DECATHLON SZCZECIN	M-30	105					00:27:28	00:56:34.75	00:56:44.00	+00:21:33 (38.0%)	5:39	10.6 (62.0%)
252	HANKE Patryk	252		M-20	27					00:27:27	00:56:33.90	00:56:44.05	+00:21:33 (38.0%)	5:39	10.6 (62.0%)
253	OSIŃSKI Albert	596		M-20	28					00:27:39	00:56:34.60	00:56:44.20	+00:21:33 (38.0%)	5:39	10.6 (62.0%)
254	SZMYD Kacper	779	V-KA CHAT POGOŃ SZCZECIN	M-30	106					00:27:08	00:56:12.75	00:56:46.65	+00:21:36 (38.1%)	5:37	10.7 (62.6%)
255	ŻARNICKI Kacper	915		M-20	29					00:28:25	00:56:25.75	00:56:55.00	+00:21:44 (38.2%)	5:38	10.6 (62.0%)
256	MECHLIŃSKI Radosław	525		M-30	107			Tak		00:28:16	00:56:17.50	00:56:59.90	+00:21:49 (38.3%)	5:37	10.7 (62.6%)
257	ORŁOWSKI Bolesław	591		M-60	8					00:28:00	00:57:02.25	00:57:04.50	+00:21:54 (38.4%)	5:42	10.5 (61.4%)
258	ANIELSKI Michał	21		M-30	108					00:27:47	00:56:25.40	00:57:05.05	+00:21:54 (38.4%)	5:38	10.6 (62.0%)
259	PERŻYŁO Krzysztof	616		M-20	30					00:26:47	00:56:58.30	00:57:09.85	+00:21:59 (38.5%)	5:41	10.5 (61.4%)
260	GUMOWSKI Daniel	243		M-40	78					00:27:10	00:56:51.30	00:57:10.85	+00:22:00 (38.5%)	5:41	10.6 (62.0%)
261	SZLARB Paweł	775	ISPL PAWEŁ SZLARB	M-50	26					00:27:06	00:56:53.20	00:57:11.10	+00:22:00 (38.5%)	5:41	10.5 (61.4%)
262	GULAK Paweł	239		M-30	109					00:27:26	00:57:11.70	00:57:11.70	+00:22:01 (38.5%)	5:43	10.5 (61.4%)
263	ŁABACZ Piotr	471		M-16	12					00:28:31	00:56:55.55	00:57:16.35	+00:22:06 (38.6%)	5:41	10.5 (61.4%)
264	MAJCHER Radek	495	PUSZCZA TEAM	M-40	79					00:28:11	00:57:16.95	00:57:16.95	+00:22:06 (38.6%)	5:43	10.5 (61.4%)
265	KOMOROWSKI Michał	360		M-30	110					00:27:12	00:56:46.45	00:57:18.00	+00:22:07 (38.6%)	5:40	10.6 (62.0%)
266	LIGOCKI Paweł	465	VATICAN FAMILY	M-20	31					00:26:46	00:57:12.15	00:57:18.20	+00:22:07 (38.6%)	5:43	10.5 (61.4%)
267	CHROBOCIŃSKI Jan	108		M-20	32					00:28:42	00:56:58.80	00:57:26.15	+00:22:15 (38.8%)	5:41	10.5 (61.4%)
268	DEREŃ Grzegorz	142	21 BAZA LOTNICTWA TAKTYCZNEGO	M-40	80			Tak		00:27:57	00:57:19.60	00:57:27.30	+00:22:17 (38.8%)	5:44	10.5 (61.4%)
269	PAWLUŚ Tomasz	610	SSPS CHEMIK POLICE	M-30	111	Bieg Korczaka		Tak		00:26:51	00:57:09.00	00:57:28.25	+00:22:17 (38.8%)	5:42	10.5 (61.4%)
270	WÓJCIK Krzysztof	884	DABROWSKI TEAM	M-30	112					00:26:24	00:56:45.55	00:57:30.95	+00:22:20 (38.8%)	5:40	10.6 (62.0%)
271	RUDZEWICZ Mariusz	686		M-30	113					00:26:22	00:57:29.35	00:57:31.70	+00:22:21 (38.9%)	5:44	10.4 (60.8%)
272	SWOBODA Piotr	760	LOVELASY	M-30	114					00:26:55	00:57:31.35	00:57:32.05	+00:22:21 (38.9%)	5:45	10.4 (60.8%)
272	PLĄSEK Sylwester	634	LOVELASY	M-40	81				Tak	00:26:53	00:57:30.70	00:57:32.05	+00:22:21 (38.9%)	5:45	10.4 (60.8%)
274	KRASNODEBSKI Konrad	391	BBL POLICE	M-40	82	BBL POLICE				00:26:55	00:57:31.30	00:57:32.25	+00:22:21 (38.9%)	5:45	10.4 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
275	CZERWIŃSKI Dariusz	132	LOVELASY	M-50	27					00:26:53	00:57:31.35	00:57:32.45	+00:22:22 (38.9%)	5:45	10.4 (60.8%)
276	MIEDZIŃSKI Łukasz	530		M-30	115				Tak	00:26:51	00:57:14.35	00:57:33.70	+00:22:23 (38.9%)	5:43	10.5 (61.4%)
277	MAĆKOWIAK Łukasz	488	WOPR STARGARD	M-30	116					00:27:13	00:57:09.70	00:57:34.80	+00:22:24 (38.9%)	5:42	10.5 (61.4%)
278	GOZDEK Norbert	218		M-20	33					00:28:19	00:57:26.95	00:57:37.70	+00:22:27 (39.0%)	5:44	10.4 (60.8%)
279	WINIARSKI Marcin	860		M-40	83			Tak		00:27:37	00:57:14.70	00:57:38.25	+00:22:27 (39.0%)	5:43	10.5 (61.4%)
280	SZYSZKOWSKI Rafał	76		M-30	117					00:28:41	00:57:39.25	00:57:48.35	+00:22:38 (39.2%)	5:45	10.4 (60.8%)
281	KUFEL Krzysztof	422	PATOBIEGANIE	M-30	118					00:27:25	00:57:19.40	00:57:48.65	+00:22:38 (39.2%)	5:43	10.5 (61.4%)
282	RAKOCA Piotr	664		M-30	119					00:28:01	00:57:17.30	00:57:50.65	+00:22:40 (39.2%)	5:43	10.5 (61.4%)
283	KOMOROWSKI Tomasz	361		M-40	84					00:28:12	00:57:33.20	00:57:52.10	+00:22:41 (39.2%)	5:45	10.4 (60.8%)
284	BIEGOŃSKI Tomasz	964		M-30	120					00:26:28	00:57:44.25	00:57:52.45	+00:22:42 (39.2%)	5:46	10.4 (60.8%)
285	DENEKO Maciej	141	SPRINT LOGISTYKA POLSKA SP. ZO.O SP.K	M-40	85					00:28:45	00:57:24.65	00:57:56.80	+00:22:46 (39.3%)	5:44	10.5 (61.4%)
286	KACZMAREK Kazimierz	318	BROS TEAM	M-50	28					00:27:35	00:57:38.70	00:58:01.75	+00:22:51 (39.4%)	5:45	10.4 (60.8%)
287	WARYCH Bogumił	835		M-60	9					00:29:39	00:57:40.80	00:58:05.05	+00:22:54 (39.4%)	5:46	10.4 (60.8%)
288	CHWIEJ Marcin	111	BIEGACZE ŚWINOUJŚCIE	M-30	121	Biegacze Świnoujście				00:29:40	00:57:44.45	00:58:05.25	+00:22:54 (39.5%)	5:46	10.4 (60.8%)
289	STRZELEC Tomasz	755	KB HERMES GRYFINO	M-40	86	KB Hermes Gryfino				00:29:20	00:57:25.10	00:58:05.35	+00:22:55 (39.5%)	5:44	10.4 (60.8%)
290	GOZDYRA Darek	219	RAZ SZCZECIN	M-40	87					00:29:03	00:57:26.05	00:58:08.20	+00:22:57 (39.5%)	5:44	10.4 (60.8%)
291	GOŁUBOWICZ Daniel	938		M-30	122					00:27:10	00:57:46.95	00:58:10.40	+00:23:00 (39.5%)	5:46	10.4 (60.8%)
292	WOŁYŃSKI Dominik	879		M-30	123				Tak	00:30:18	00:57:50.15	00:58:24.40	+00:23:14 (39.8%)	5:47	10.4 (60.8%)
293	ŻURAWSKI Michał	918		M-40	88					00:28:35	00:57:41.00	00:58:25.05	+00:23:14 (39.8%)	5:46	10.4 (60.8%)
294	SZYMAŃSKI Michał	793	BIEG PO BROWAR	M-30	124					00:29:51	00:58:30.35	00:58:30.35	+00:23:20 (39.9%)	5:51	10.3 (60.2%)
295	BUREK Andrzej	87	K.S.P IM.ŚW.RODZINY-SZCZECIN	M-60	10					00:29:13	00:58:11.90	00:58:39.50	+00:23:29 (40.0%)	5:49	10.3 (60.2%)
296	CHYBOWSKI Jarosław	113		M-40	89					00:28:53	00:58:27.65	00:58:41.45	+00:23:31 (40.1%)	5:50	10.3 (60.2%)
296	SZOTA Robert	783	SMT SZCZECIN	M-30	125					00:30:25	00:58:17.00	00:58:41.45	+00:23:31 (40.1%)	5:49	10.3 (60.2%)
298	KASPRZAK Marek	332		M-50	29					00:29:06	00:58:20.80	00:58:46.45	+00:23:36 (40.2%)	5:50	10.3 (60.2%)
299	BIELINOWICZ Bartosz	55		M-40	90			Tak		00:27:35	00:58:29.85	00:58:51.75	+00:23:41 (40.2%)	5:51	10.3 (60.2%)
300	JUDEK Krzysztof	307		M-60	11					00:28:42	00:58:27.90	00:58:52.30	+00:23:42 (40.3%)	5:50	10.3 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
301	WILKLISZ Wojcidch	857		M-40	91					00:28:15	00:58:27.15	00:58:52.60	+00:23:42 (40.3%)	5:50	10.3 (60.2%)
302	DOMAGALSKI Sławomir	149	SKB DZIK	M-40	92	SKB DZIK				00:29:06	00:58:38.00	00:59:10.00	+00:23:59 (40.6%)	5:51	10.2 (59.6%)
303	KOZICKI Zbigniew	385	PARKRUN GRUDZIADZ	M-50	30					00:28:31	00:59:06.30	00:59:17.85	+00:24:07 (40.7%)	5:54	10.2 (59.6%)
304	KRZEMIONKA Daniel	411	12BZ	M-40	93			Tak	Tak	00:28:13	00:59:13.50	00:59:24.75	+00:24:14 (40.8%)	5:55	10.1 (59.1%)
305	LISICKI Jan	468	SZCZECIN	M-60	12					00:29:25	00:59:24.75	00:59:37.40	+00:24:27 (41.0%)	5:56	10.1 (59.1%)
306	ŁEBKOWSKI Karol	476		M-30	126					00:28:30	00:59:05.25	00:59:41.05	+00:24:30 (41.1%)	5:54	10.2 (59.6%)
307	NAKLICKI Marcin	558		M-30	127					00:30:06	00:59:09.75	00:59:43.95	+00:24:33 (41.1%)	5:54	10.1 (59.1%)
308	ROSZATYCKI Cezary	684		M-30	128					00:28:16	00:59:27.40	00:59:45.75	+00:24:35 (41.1%)	5:56	10.1 (59.1%)
309	ROSZATYCKI Łukasz	685	WIECZORNE BIEGANIE	M-30	129					00:28:16	00:59:27.75	00:59:45.85	+00:24:35 (41.1%)	5:56	10.1 (59.1%)
310	RUMOWSKI Tomasz	687	WIECZORNE BIEGANIE SZCZECIN	M-40	94					00:28:26	00:59:43.50	00:59:46.55	+00:24:36 (41.2%)	5:58	10 (58.5%)
311	DRYJAŃSKI Robert	155	KB HERMES GRYFINO	M-40	95	KB Hermes Gryfino				00:29:16	00:59:06.15	00:59:46.65	+00:24:36 (41.2%)	5:54	10.2 (59.6%)
312	ZEMANKIEWICZ Łukasz	907	KANAL 6AM	M-30	130					00:27:52	00:59:39.45	00:59:47.15	+00:24:36 (41.2%)	5:58	10.1 (59.1%)
313	CZECHOWICZ Michał	130		M-30	131					00:28:35	00:59:38.05	00:59:47.70	+00:24:37 (41.2%)	5:57	10.1 (59.1%)
314	DUDZIK Tomek	160		M-30	132					00:28:35	00:59:38.80	00:59:47.85	+00:24:37 (41.2%)	5:57	10.1 (59.1%)
315	JARCZEWSKI Damian	284		M-30	133					00:28:35	00:59:38.40	00:59:54.15	+00:24:43 (41.3%)	5:57	10.1 (59.1%)
316	BŁAZIAK Sebastian	59		M-30	134					00:30:48	00:59:38.35	01:00:06.80	+00:24:56 (41.5%)	5:57	10.1 (59.1%)
317	SZYMCZAK Marcin	794	WKURW_TEAM	M-40	96					00:28:01	00:59:53.50	01:00:06.85	+00:24:56 (41.5%)	5:59	10 (58.5%)
318	SZOSTAK Daniel	782		M-40	97					00:27:54	01:00:01.15	01:00:09.15	+00:24:58 (41.5%)	6:00	10 (58.5%)
319	BRENDA Grzegorz	73		M-20	34	Babcia i Wnuki	Wróżki i Bałwanki			00:29:09	00:59:55.85	01:00:10.30	+00:25:00 (41.5%)	5:59	10 (58.5%)
320	MAGADZIA Marek	491		M-30	135					00:28:34	00:59:55.05	01:00:10.65	+00:25:00 (41.6%)	5:59	10 (58.5%)
321	WILINSKI Marek	853	KB SPRINT SWIDWIN	M-50	31					00:30:40	00:59:39.80	01:00:18.85	+00:25:08 (41.7%)	5:57	10.1 (59.1%)
322	GUTOWSKI Sebastian	245	K.B. SPRINT ŚWIDWIN	M-40	98			Tak		00:30:41	00:59:40.40	01:00:18.90	+00:25:08 (41.7%)	5:58	10.1 (59.1%)
323	REJNIAK Wojciech	670	SSC SALLING GROUP.	M-30	136	SSC Salling Group				00:29:41	00:59:55.50	01:00:20.15	+00:25:09 (41.7%)	5:59	10 (58.5%)
324	CZYŻEWSKI Łukasz	135		M-30	137					00:27:56	00:59:54.10	01:00:22.80	+00:25:12 (41.7%)	5:59	10 (58.5%)
325	SZYMAŃSKI Wojciech	792		M-30	138					00:30:17	00:59:45.40	01:00:23.10	+00:25:12 (41.8%)	5:58	10 (58.5%)
326	SZMYT Mariusz	780		M-40	99					00:30:20	00:59:45.40	01:00:23.30	+00:25:13 (41.8%)	5:58	10 (58.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.		5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
327	WOJSZCZYK Michał	870	BRIDGESTONE STRAGARD RUNNERS	M-30	139						00:30:19	00:59:45.65	01:00:23.45	+00:25:13 (41.8%)	5:58	10 (58.5%)
328	SZYŁOWICZ Daniel	603		M-40	100						00:27:00	01:00:09.60	01:00:24.15	+00:25:13 (41.8%)	6:01	10 (58.5%)
329	RAJCHEL Marcin	661		M-30	140						00:28:46	00:59:56.40	01:00:25.60	+00:25:15 (41.8%)	5:59	10 (58.5%)
330	KONEFAŁ Piotr	362	GRUPA BANKIETOWA	M-30	141						00:32:58	01:00:03.70	01:00:45.05	+00:25:34 (42.1%)	6:00	10 (58.5%)
331	SZCZYGIELSKI Paweł	771	BENEPOL	M-30	142						00:29:16	01:00:17.15	01:00:45.90	+00:25:35 (42.1%)	6:01	10 (58.5%)
332	MILEWSKI Adrian	534	DECATHLON SZCZECIN	M-30	143						00:28:11	01:00:33.60	01:00:56.30	+00:25:46 (42.3%)	6:03	9.9 (57.9%)
333	WOLNY Wojciech	876	GWIEZDNI WOLNI	M-50	32						00:29:26	01:00:54.35	01:01:08.30	+00:25:58 (42.5%)	6:05	9.8 (57.3%)
334	PENTELA Mariusz	614	MORE GROUP TEAM	M-40	101						00:29:09	01:01:01.50	01:01:16.00	+00:26:05 (42.6%)	6:06	9.8 (57.3%)
335	LEBIODA Krzysztof	445	WIECZORNE BIEGANIE W SZCZECINIE	M-40	102						00:29:47	01:01:28.65	01:01:42.15	+00:26:31 (43.0%)	6:08	9.8 (57.3%)
336	SZEKIETA Arkadiusz	773	RUNGRYF GRYFICE	M-50	33						00:29:57	01:01:37.60	01:01:44.55	+00:26:34 (43.0%)	6:09	9.7 (56.7%)
337	MAZUR Łukasz	520		M-30	144						00:31:29	01:01:28.60	01:01:57.20	+00:26:46 (43.2%)	6:08	9.8 (57.3%)
338	PIASECKI Krzysztof	618		M-30	145						00:30:54	01:01:28.55	01:01:59.20	+00:26:48 (43.3%)	6:08	9.8 (57.3%)
339	SZYMAŃSKI Marek	791	KB KAMIEŃ POMORSKI	M-30	146						00:29:45	01:01:41.35	01:02:00.75	+00:26:50 (43.3%)	6:10	9.7 (56.7%)
340	JAREMA Jacek	285	KLUB BIEGACZA KAMIEŃ POMORSKI	M-40	103						00:29:44	01:01:40.85	01:02:00.95	+00:26:50 (43.3%)	6:10	9.7 (56.7%)
341	KRAWCZYK Paweł	392	TRIGYM SZCZECIN	M-20	35						00:29:45	01:01:38.55	01:02:03.80	+00:26:53 (43.3%)	6:09	9.7 (56.7%)
342	ORYL Mariusz	592		M-30	147						00:32:29	01:01:22.60	01:02:12.60	+00:27:02 (43.5%)	6:08	9.8 (57.3%)
343	ŻYŁA Przemysław	920	BIEGAM SAM	M-30	148			Tak			00:28:37	01:01:57.25	01:02:14.90	+00:27:04 (43.5%)	6:11	9.7 (56.7%)
344	SZMELING Patryk	778		M-16	13						00:32:00	01:01:49.35	01:02:22.50	+00:27:12 (43.6%)	6:10	9.7 (56.7%)
345	HALEJCIO Stefan	251	MODLITWA BIEGANIE	M-50	34						00:31:55	01:02:02.30	01:02:23.35	+00:27:13 (43.6%)	6:12	9.7 (56.7%)
346	KONOPKA Patryk	364		M-40	104						00:30:18	01:01:59.65	01:02:34.35	+00:27:24 (43.8%)	6:12	9.7 (56.7%)
347	SZMELING Grzegorz	777		M-30	149						00:30:39	01:02:01.10	01:02:34.55	+00:27:24 (43.8%)	6:12	9.7 (56.7%)
348	KOŁAKOWSKI Dariusz	353	K.B.SPRINT ŚWIDWIN	M-40	105			Tak			00:31:20	01:01:58.35	01:02:38.25	+00:27:27 (43.8%)	6:11	9.7 (56.7%)
349	BRUSS Mateusz	930		M-20	36						00:30:37	01:02:06.40	01:02:40.00	+00:27:29 (43.9%)	6:12	9.7 (56.7%)
350	GODEK Cezary	214		M-30	150						00:30:35	01:02:04.15	01:02:40.15	+00:27:29 (43.9%)	6:12	9.7 (56.7%)
351	PILAWSKI Piotr	627		M-20	37						00:29:40	01:02:08.25	01:02:43.10	+00:27:32 (43.9%)	6:12	9.7 (56.7%)
352	JASIŃSKI Robert	292	FLEX POLICE	M-40	106						00:30:43	01:02:30.05	01:02:45.45	+00:27:35 (44.0%)	6:15	9.6 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.		5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
353	MAŁECKI Sebastian	504		M-30	151						00:29:14	01:02:44.70	01:03:08.85	+00:27:58 (44.3%)	6:16	9.6 (56.1%)
354	MACIBORSKI Mirosław	484	WIECZORNE BIEGANIE W SZCZECINIE	M-50	35						00:30:36	01:03:13.85	01:03:43.40	+00:28:33 (44.8%)	6:19	9.5 (55.6%)
355	MASŁOWSKI Artur	515		M-40	107						00:30:41	01:03:21.60	01:03:44.90	+00:28:34 (44.8%)	6:20	9.5 (55.6%)
356	MARKIEWICZ Kamil	956		M-20	38						00:31:39	01:03:12.60	01:03:50.90	+00:28:40 (44.9%)	6:19	9.5 (55.6%)
357	CIEMNY Tadeusz	118		M-60	13						00:31:14	01:03:13.60	01:03:58.15	+00:28:47 (45.0%)	6:19	9.5 (55.6%)
358	KUNIKOWSKI Patryk	429	STARGARD JA SIĘ NIE ŚCIGAM	M-30	152						00:30:41	01:03:31.80	01:03:58.90	+00:28:48 (45.0%)	6:21	9.4 (55.0%)
359	GŁOGOWSKI Jan	213		M-50	36						00:30:50	01:03:50.85	01:04:02.15	+00:28:51 (45.1%)	6:23	9.4 (55.0%)
360	SZYDŁOWSKI Wojciech	789	BIEG PO BROWAR	M-30	153						00:29:24	01:03:22.60	01:04:04.65	+00:28:54 (45.1%)	6:20	9.5 (55.6%)
361	ZABROCKI Karol	893		M-30	154			Tak			00:31:56	01:03:36.65	01:04:10.60	+00:29:00 (45.2%)	6:21	9.4 (55.0%)
362	ŻUK Krzychu	916	SSC SALLING GROUP	M-30	155	SSC Salling Group					00:30:43	01:04:03.75	01:04:27.90	+00:29:17 (45.4%)	6:24	9.4 (55.0%)
363	GASIEWICZ Damian	202		M-20	39						00:32:44	01:03:47.35	01:04:30.85	+00:29:20 (45.5%)	6:22	9.4 (55.0%)
364	GASIEWICZ Roman	201		M-50	37						00:32:44	01:03:48.15	01:04:31.40	+00:29:21 (45.5%)	6:22	9.4 (55.0%)
365	SOKÓŁ Mirosław	730	KRÓL GÓR	M-50	38						00:32:44	01:03:48.30	01:04:31.85	+00:29:21 (45.5%)	6:22	9.4 (55.0%)
366	WOJCIECHOWSKI Jacek	868	MH AUTOMATYKA	M-40	108						00:31:23	01:04:58.25	01:05:21.55	+00:30:11 (46.2%)	6:29	9.2 (53.8%)
367	BIELAŃSKI Krzysztof	53	1958	M-60	14						00:31:29	01:05:09.05	01:05:34.40	+00:30:24 (46.4%)	6:30	9.2 (53.8%)
368	TYRCHA Szymon	824	INCOM POLSKA SP. Z O.O.	M-30	156						00:32:50	01:05:22.70	01:06:01.65	+00:30:51 (46.7%)	6:32	9.2 (53.8%)
369	WILCZOPOLSKI Jarosław	852		M-20	40						00:31:14	01:05:38.90	01:06:04.45	+00:30:54 (46.8%)	6:33	9.1 (53.2%)
370	CHROBOCINSKI Daniel	106		M-20	41						00:31:56	01:05:43.65	01:06:10.95	+00:31:00 (46.9%)	6:34	9.1 (53.2%)
371	KEPKA Mirosław	333	K.B.SPRINT ŚWIDWIN	M-40	109						00:32:59	01:05:35.95	01:06:15.30	+00:31:05 (46.9%)	6:33	9.1 (53.2%)
372	KURZYŃSKI Ryszard	433		M-40	110			Tak			00:32:12	01:05:43.75	01:06:24.90	+00:31:14 (47.0%)	6:34	9.1 (53.2%)
373	BEJSTER Przemysław	48		M-60	15						00:31:38	01:05:54.05	01:06:26.80	+00:31:16 (47.1%)	6:35	9.1 (53.2%)
374	HOFMAN Tomasz	259		M-30	157						00:32:42	01:05:50.40	01:06:29.40	+00:31:19 (47.1%)	6:35	9.1 (53.2%)
375	CHOMIAK Aleksander	104		M-20	42						00:32:37	01:05:55.25	01:06:35.00	+00:31:24 (47.2%)	6:35	9.1 (53.2%)
376	KURP Maciej	431	WIECZORNE BIEGANIE W SZCZECINIE	M-40	111						00:31:23	01:06:03.95	01:06:38.80	+00:31:28 (47.2%)	6:36	9.1 (53.2%)
377	MASŁOWSKI Marcin	514	PARKRUN GORZÓW	M-40	112						00:32:00	01:06:19.25	01:06:40.95	+00:31:30 (47.3%)	6:37	9 (52.6%)
378	MAŚLENIK Piotr	75		M-40	113						00:32:08	01:06:07.50	01:06:43.15	+00:31:32 (47.3%)	6:36	9.1 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
379	PODWALSKI Piotr	924		M-30	158					00:34:32	01:06:25.75	01:06:48.15	+00:31:37 (47.3%)	6:38	9 (52.6%)
380	KOWALCZYK Jan	378	WIECZORNE BIEGANIE W SZCZECINIE	M-40	114					00:32:31	01:06:27.85	01:06:55.20	+00:31:44 (47.4%)	6:38	9 (52.6%)
381	NIEDZIÓŁKA Krystian	564		M-40	115			Tak		00:32:04	01:06:47.45	01:07:09.15	+00:31:58 (47.6%)	6:40	9 (52.6%)
382	CALY Przemek	93		M-30	159					00:32:12	01:06:41.30	01:07:10.20	+00:31:59 (47.6%)	6:40	9 (52.6%)
383	KRUSZEWICZ Aleksander	407	AMPIO TEAM	M-40	116					00:31:06	01:06:53.15	01:07:15.10	+00:32:04 (47.7%)	6:41	9 (52.6%)
384	KOMAROWSKI Tomasz	358	AMPIO TEAM	M-30	160					00:30:43	01:07:02.70	01:07:15.15	+00:32:04 (47.7%)	6:42	8.9 (52.0%)
385	PIOTROWSKI Krzysztof	631	AMPIO TEAM	M-40	117					00:31:14	01:07:02.30	01:07:15.50	+00:32:05 (47.7%)	6:42	9 (52.6%)
386	WIERZCHOWSKI Arkadiusz	847	BRIDGESTONE STARGARD RUNNERS	M-40	118					00:32:59	01:06:35.95	01:07:16.90	+00:32:06 (47.7%)	6:39	9 (52.6%)
387	SZCZEPAŃSKI Przemysław	770		M-30	161					00:31:21	01:06:42.15	01:07:17.15	+00:32:06 (47.7%)	6:40	9 (52.6%)
388	PODLECKI Łukasz	639		M-30	162					00:33:10	01:07:10.85	01:07:32.45	+00:32:22 (47.9%)	6:43	8.9 (52.0%)
389	ROLLA Dorian	676		M-40	119					00:33:00	01:06:55.45	01:07:32.65	+00:32:22 (47.9%)	6:41	9 (52.6%)
390	KAROLAK Łukasz	329		M-30	163			Tak		00:33:41	01:07:00.05	01:07:35.70	+00:32:25 (48.0%)	6:42	9 (52.6%)
391	HAJDUKIEWICZ Jarek	249	SH 549	M-50	39					00:31:51	01:07:10.80	01:07:48.55	+00:32:38 (48.1%)	6:43	8.9 (52.0%)
392	FIAŁKOWSKI Marcin	179		M-30	164			Tak		00:31:21	01:07:15.65	01:07:51.45	+00:32:41 (48.2%)	6:43	8.9 (52.0%)
393	SIWEK Piotr	711		M-40	120					00:31:33	01:07:56.85	01:08:09.30	+00:32:59 (48.4%)	6:47	8.8 (51.5%)
394	MOSKWA Grzegorz	547	12BZ	M-40	121			Tak		00:32:30	01:07:34.05	01:08:23.80	+00:33:13 (48.6%)	6:45	8.9 (52.0%)
395	GALANT Kamil	193	KONDOMINIUM	M-20	43					00:31:59	01:08:14.00	01:08:47.80	+00:33:37 (48.9%)	6:49	8.8 (51.5%)
396	TOMASZEWSKI Dominik	811	ŁOWCY KILOMETRÓW	M-30	165					00:33:00	01:08:05.90	01:08:50.15	+00:33:39 (48.9%)	6:48	8.8 (51.5%)
397	PAWELCZAK Cezary	606	PARKRUN SZCZECIN	M-50	40					00:33:37	01:08:19.30	01:08:56.35	+00:33:46 (49.0%)	6:49	8.8 (51.5%)
398	LEWANDOWSKI Janusz	455	WIECZORNE BIEGANIE W SZCZECINIE	M-60	16					00:33:37	01:08:19.55	01:08:56.75	+00:33:46 (49.0%)	6:49	8.8 (51.5%)
399	BURZYCH Ireneusz	89	LEŃ POLICE	M-60	17					00:29:44	01:08:55.05	01:09:05.20	+00:33:54 (49.1%)	6:53	8.7 (50.9%)
400	KARWIŃSKI Feliks	963		M-20	44					00:33:02	01:08:49.55	01:09:22.10	+00:34:11 (49.3%)	6:53	8.7 (50.9%)
401	KUBISISK Damian	416	BIEG WIKINGA WOLIN	M-30	166			Tak		00:33:02	01:08:49.50	01:09:22.50	+00:34:12 (49.3%)	6:52	8.7 (50.9%)
402	PAŁOSZ Daniel	601	WEGAS WOLIN	M-40	122					00:33:04	01:08:51.20	01:09:23.40	+00:34:13 (49.3%)	6:53	8.7 (50.9%)
403	TARNOWSKI Jarosław	808	WOLIN	M-30	167					00:33:04	01:08:51.70	01:09:23.55	+00:34:13 (49.3%)	6:53	8.7 (50.9%)
404	PRZEWORSKI Marcin	942	BEST-COACH.PL	M-40	123					00:34:11	01:09:06.25	01:09:24.55	+00:34:14 (49.3%)	6:54	8.7 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	Klasyfikacja IV M.P. Grupy Azoty S.A.	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
405	ORZECHOWSKI Łukasz	593		M-30	168					00:31:58	01:09:00.50	01:09:25.75	+00:34:15 (49.3%)	6:54	8.7 (50.9%)
406	LICHT Michał	460	EMEL ATHLETIC TEAM	M-30	169					00:36:52	01:09:06.00	01:09:36.95	+00:34:26 (49.5%)	6:54	8.7 (50.9%)
407	MAKUCH Marcin	498		M-40	124					00:33:11	01:09:27.30	01:09:41.60	+00:34:31 (49.5%)	6:56	8.6 (50.3%)
408	DŁUGOKĘCKI Mateusz	144	ELITARNY KLUB BIEGACZA 'POWOLNI Z NADWAGĄ'	M-30	170					00:31:28	01:09:33.35	01:09:41.95	+00:34:31 (49.5%)	6:57	8.6 (50.3%)
409	DOBRYCKI Piotr	148		M-40	125					00:35:59	01:09:14.35	01:09:53.85	+00:34:43 (49.7%)	6:55	8.7 (50.9%)
410	WINIARSKI Michał	859		M-20	45					00:32:01	01:09:48.25	01:10:03.20	+00:34:52 (49.8%)	6:58	8.6 (50.3%)
411	ELEROWSKI Krzysztof	172	FIZJOBIEGACZE SZCZECIN	M-50	41					00:33:06	01:10:05.40	01:10:36.80	+00:35:26 (50.2%)	7:00	8.6 (50.3%)
412	ŁAZARONEK Przemysław	474	SIODEMKI@INSTA	M-40	126					00:34:40	01:10:07.60	01:10:41.75	+00:35:31 (50.2%)	7:00	8.6 (50.3%)
413	KROMRYCH Maciej	393		M-40	127					00:35:26	01:10:34.30	01:11:24.80	+00:36:14 (50.7%)	7:03	8.5 (49.7%)
414	SZMAJDZIŃSKI Tomasz	776		M-30	171					00:35:15	01:11:08.85	01:11:47.30	+00:36:37 (51.0%)	7:06	8.4 (49.1%)
415	RUSINEK Radosław	688		M-40	128					00:35:11	01:11:49.95	01:12:34.75	+00:37:24 (51.5%)	7:11	8.4 (49.1%)
416	MUŃKO Łukasz	552		M-30	172					00:35:13	01:11:50.80	01:12:35.40	+00:37:25 (51.5%)	7:11	8.4 (49.1%)
417	GAPSKI Tomasz	196	WIECZORNE BIEGANIE W SZCZECINIE	M-40	129					00:34:48	01:13:35.10	01:14:06.95	+00:38:56 (52.5%)	7:21	8.2 (48.0%)
418	BARTNIK Jarosław	43		M-40	130					00:34:48	01:13:57.30	01:14:45.35	+00:39:35 (53.0%)	7:23	8.1 (47.4%)
419	FIEDOROWICZ Damian	181		M-40	131					00:36:24	01:14:14.75	01:14:52.75	+00:39:42 (53.0%)	7:25	8.1 (47.4%)
420	KRÓL Krzysztof	395		M-30	173					00:35:30	01:14:29.30	01:15:18.40	+00:40:08 (53.3%)	7:26	8.1 (47.4%)
421	GUMIENNY Andrzej	241	ŚRUNDUNIA	M-60	18					00:35:54	01:14:30.95	01:15:19.30	+00:40:09 (53.3%)	7:27	8.1 (47.4%)
422	ZERZUT Jarosław	908	ŚRUNDUNIA SZCZECIN	M-50	42					00:35:55	01:14:31.30	01:15:20.15	+00:40:09 (53.3%)	7:27	8.1 (47.4%)
423	CICHOCKI Jakub	114	DRUŻYNA SZPIKU/HKS SKAUT	M-40	132					00:35:54	01:14:36.25	01:15:24.55	+00:40:14 (53.4%)	7:27	8 (46.8%)
424	STACHOWSKI Andrzej	739		M-50	43					00:36:24	01:14:47.15	01:15:30.55	+00:40:20 (53.4%)	7:28	8 (46.8%)
425	BĄCZYK Adam	957	MONIA GYM	M-40	133					00:36:18	01:14:47.60	01:15:35.65	+00:40:25 (53.5%)	7:28	8 (46.8%)
426	CIERPISZEWSKI Tomasz	119		M-30	174					00:35:58	01:15:24.90	01:16:02.10	+00:40:51 (53.7%)	7:32	8 (46.8%)
427	CIEŚLAK Adam	122	LEGENDARY POWER SZEWC	M-50	44					00:35:59	01:16:31.55	01:16:47.90	+00:41:37 (54.2%)	7:39	7.8 (45.6%)
428	STAŃCZYK Sławomir	742	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	175					00:37:21	01:16:35.90	01:17:20.25	+00:42:09 (54.5%)	7:39	7.8 (45.6%)
429	BODNAR Zbigniew	64		M-60	19	Bieg Korczaka				00:37:04	01:17:02.45	01:17:46.15	+00:42:35 (54.8%)	7:42	7.8 (45.6%)
430	LIPERTOWICZ Sebastian	466	LOVELASY/WIECZORNE BIEGANIE W SZCZECINIE	M-30	176					00:38:42	01:16:53.20	01:17:46.45	+00:42:36 (54.8%)	7:41	7.8 (45.6%)

Klasyfikacja IV M.P. Grupy Azoty S.A.														
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna	Klasyfikacja Rodzinna	Klasyfikacja Mundurowa	5km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
431	NEUMANN Michał	563		M-40	134				00:37:16	01:17:03.70	01:17:52.85	+00:42:42 (54.8%)	7:42	7.8 (45.6%)
432	KOPCEWICZ Henryk	365	CROWN GOLENIÓW	M-60	20				00:36:59	01:17:25.65	01:18:05.60	+00:42:55 (55.0%)	7:44	7.7 (45.0%)
433	WIELIŃSKI Krzysztof	843	KB HERMES GRYFINO	M-60	21	KB Hermes Gryfino			00:35:45	01:17:36.60	01:18:25.95	+00:43:15 (55.2%)	7:45	7.7 (45.0%)
434	LIGOCKI Tomasz	464	BIO-SPA ALEKSANDRA BURKOWSKA	M-40	135				00:37:34	01:19:18.95	01:20:04.85	+00:44:54 (56.1%)	7:55	7.6 (44.4%)
435	BEBKO Daniel	47		M-30	177				00:37:39	01:22:42.00	01:23:22.85	+00:48:12 (57.8%)	8:16	7.3 (42.7%)
436	SOŁTYS Krzysztof	731	DECATHLON SZCZECIN	M-20	46				00:39:46	01:26:12.05	01:26:51.15	+00:51:40 (59.5%)	8:37	7 (40.9%)
437	PROCHACKI Marcin	651		M-20	47				00:39:02	01:28:02.80	01:28:37.20	+00:53:26 (60.3%)	8:48	6.8 (39.8%)
438	MALEC Mariusz	499	NIEZDIAGNOZOWANI W SZALE	M-40	136				00:45:35	01:34:27.15	01:35:10.70	+01:00:00 (63.0%)	9:26	6.4 (37.4%)
	ROSIAK Marcin	5	WIECZORNE BIEGANIE W SZCZECINIE	M-30					00:44:59 DNF	DNF	DNF		-	- (0.0%)
	ROSIK Sebastian	681	WIECZORNE BIEGANIE W SZCZECINIE	M-30					DNF	DNF	DNF		-	- (0.0%)

Znaleziono 440 wynik(ów)