



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## 3 ETAPY (NOC, DZIEŃ, EKSTREMALNY)

**DZIKI WEEKEND 2024**  
Stowarzyszenie Klub Biegowy Dzik  
2024-08-18  
Police  
10 km

B4SPORT

 **HERKULES**  
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Etap 1	Etap 2	Etap 3	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GOLEC Rafał</b>	<b>156</b>	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	M-30	1	Tak	00:20:43.00	00:43:24.00	00:58:56.00	<b>02:03:03.00</b>		5:28	11 (100%)
2	<b>SZYPKOWSKI Marek</b>	<b>258</b>	NOTEĆ OCR CZARNKÓW	M-40	1		00:22:50.00	00:47:30.00	01:04:01.00	<b>02:14:21.00</b>	+00:11:18 (8.4%)	5:58	10 (90.9%)
3	<b>SAKOSIK Marcin</b>	<b>242</b>	TERMINATORUN	M-16	1	Tak	00:23:12.00	00:52:10.00	01:02:12.00	<b>02:17:34.00</b>	+00:14:31 (10.6%)	6:06	9.8 (89.1%)
4	<b>WÓJCICKI Paweł</b>	<b>281</b>	GRUPA MALBORK	M-40	2	Tak	00:23:26.00	00:48:27.00	01:15:27.00	<b>02:27:20.00</b>	+00:24:17 (16.5%)	6:32	9.2 (83.6%)
5	<b>NIERZWICKI Grzegorz</b>	<b>216</b>	GRUPA MALBORK	M-50	1	Tak	00:24:32.00	00:52:49.00	01:11:04.00	<b>02:28:25.00</b>	+00:25:22 (17.1%)	6:35	9.1 (82.7%)
6	<b>HOLYŃSKI Leszek</b>	<b>161</b>	FIRETEAM	M-30	2	Tak	00:23:59.00	00:50:11.00	01:17:30.00	<b>02:31:40.00</b>	+00:28:37 (18.9%)	6:44	8.9 (80.9%)
7	<b>RUSEK Kamil</b>	<b>240</b>		M-40	3		00:23:18.00	00:48:52.00	01:19:55.00	<b>02:32:05.00</b>	+00:29:02 (19.1%)	6:45	8.9 (80.9%)
8	<b>SKOWROŃSKI Andrzej</b>	<b>246</b>	GRUPA MALBORK	M-30	3	Tak	00:25:16.00	00:56:06.00	01:14:21.00	<b>02:35:43.00</b>	+00:32:40 (21.0%)	6:55	8.7 (79.1%)
9	<b>WOJTASIK Fabian</b>	<b>279</b>	WOJSKO POLSKIE	M-16	2	Tak	00:25:14.00	00:55:01.00	01:15:35.00	<b>02:35:50.00</b>	+00:32:47 (21.0%)	6:55	8.7 (79.1%)
10	<b>KACZOR Michał</b>	<b>170</b>	2BSAP	M-16	3	Tak	00:25:18.00	00:53:15.00	01:20:31.00	<b>02:39:04.00</b>	+00:36:01 (22.6%)	7:04	8.5 (77.3%)
11	<b>GOŁĘBIEWSKI Tomasz</b>	<b>340</b>	FIRE TEAM	M-40	4	Tak	00:27:12.00	00:55:14.00	01:17:30.00	<b>02:39:56.00</b>	+00:36:53 (23.1%)	7:06	8.4 (76.4%)
12	<b>SZMYCIŃSKI Piotr</b>	<b>256</b>	ARBUZY	M-16	4		00:25:38.00	00:55:12.00	01:19:54.00	<b>02:40:44.00</b>	+00:37:41 (23.4%)	7:08	8.4 (76.4%)
13	<b>LOBA Jakub</b>	<b>195</b>	SKB DZIK	M-16	5		00:23:01.00	00:52:22.00	01:28:30.00	<b>02:43:53.00</b>	+00:40:50 (24.9%)	7:17	8.2 (74.5%)
14	<b>DYDEK Edyta</b>	<b>300</b>	SKB DZIK	K-16	1	Tak	00:27:35.00	00:57:34.00	01:19:26.00	<b>02:44:35.00</b>	+00:41:32 (25.2%)	7:18	8.2 (74.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Etap 1	Etap 2	Etap 3	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>BĘDKOWSKI Piotr</b>	<b>129</b>	SWIM2TRI	M-30	4		00:25:53.00	00:54:38.00	01:26:18.00	<b>02:46:49.00</b>	+00:43:46 (26.2%)	7:24	8.1 (73.6%)
16	<b>OSTOJSKI Ireneusz</b>	<b>225</b>		M-40	5		00:27:53.00	00:58:02.00	01:21:27.00	<b>02:47:22.00</b>	+00:44:19 (26.5%)	7:26	8.1 (73.6%)
17	<b>SAKOSIK Krystian</b>	<b>241</b>	WOJOWNIK Z PŁOCICZNA	M-40	6		00:23:55.00	01:21:04.00	01:02:46.00	<b>02:47:45.00</b>	+00:44:42 (26.6%)	7:27	8 (72.7%)
18	<b>ZELEK Darek</b>	<b>288</b>		M-50	2		00:26:24.00	00:55:55.00	01:26:17.00	<b>02:48:36.00</b>	+00:45:33 (27.0%)	7:29	8 (72.7%)
19	<b>POPCZYK Mariusz</b>	<b>232</b>		M-30	5		00:28:31.00	00:57:47.00	01:22:21.00	<b>02:48:39.00</b>	+00:45:36 (27.0%)	7:29	8 (72.7%)
20	<b>PARADZIŃSKI Dawid</b>	<b>226</b>	OCR NOWOGARD	M-16	6		00:27:25.00	00:57:40.00	01:24:30.00	<b>02:49:35.00</b>	+00:46:32 (27.4%)	7:32	8 (72.7%)
21	<b>CHENON Guillaume</b>	<b>138</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-40	7		00:25:44.00	00:52:00.00	01:33:19.00	<b>02:51:03.00</b>	+00:48:00 (28.1%)	7:36	7.9 (71.8%)
22	<b>LEŻYŃSKI Jarosław</b>	<b>193</b>		M-40	8		00:26:42.00	00:56:05.00	01:29:39.00	<b>02:52:26.00</b>	+00:49:23 (28.6%)	7:39	7.8 (70.9%)
23	<b>WILENTO Sebastian</b>	<b>274</b>		M-30	6		00:27:33.00	00:56:47.00	01:28:12.00	<b>02:52:32.00</b>	+00:49:29 (28.7%)	7:40	7.8 (70.9%)
24	<b>RAK Sebastian</b>	<b>236</b>		M-30	7	Tak	00:24:52.00	00:53:24.00	01:34:54.00	<b>02:53:10.00</b>	+00:50:07 (28.9%)	7:41	7.8 (70.9%)
25	<b>KILAR Michał</b>	<b>174</b>	VERTEMED	M-16	7		00:28:42.00	01:00:38.00	01:30:44.00	<b>03:00:04.00</b>	+00:57:01 (31.7%)	8:00	7.5 (68.2%)
26	<b>ĆWIK Katarzyna</b>	<b>142</b>	BPK	K-30	1	Tak	00:28:22.00	00:57:47.00	01:34:54.00	<b>03:01:03.00</b>	+00:58:00 (32.0%)	8:02	7.5 (68.2%)
27	<b>BORUCIŃSKI Tomasz</b>	<b>133</b>	FC GRYFINO	M-30	8		00:28:26.00	00:59:10.00	01:33:49.00	<b>03:01:25.00</b>	+00:58:22 (32.2%)	8:03	7.4 (67.3%)
28	<b>KURPIEWSKA Agnieszka</b>	<b>189</b>		K-30	2	Tak	00:29:45.00	01:03:29.00	01:33:50.00	<b>03:07:04.00</b>	+01:04:01 (34.2%)	8:18	7.2 (65.5%)
29	<b>WEBER Mirela</b>	<b>272</b>		K-30	3		00:29:31.00	01:02:34.00	01:35:47.00	<b>03:07:52.00</b>	+01:04:49 (34.5%)	8:20	7.2 (65.5%)
30	<b>BARAŃSKA Kasia</b>	<b>124</b>	GRUPA MALBORK	K-30	4		00:30:34.00	01:03:41.00	01:34:27.00	<b>03:08:42.00</b>	+01:05:39 (34.8%)	8:23	7.2 (65.5%)
31	<b>KRZEŚNIEWSKI Marcin</b>	<b>184</b>	RAZ SZCZECIN	M-40	9		00:26:45.00	00:57:26.00	01:45:30.00	<b>03:09:41.00</b>	+01:06:38 (35.1%)	8:25	7.1 (64.5%)
32	<b>WOJNOWSKI Wacław</b>	<b>277</b>		M-30	9		00:26:55.00	00:59:30.00	01:44:34.00	<b>03:10:59.00</b>	+01:07:56 (35.6%)	8:29	7.1 (64.5%)
33	<b>MALYHIN Mikalai</b>	<b>198</b>		M-40	10		00:30:43.00	01:01:45.00	01:41:13.00	<b>03:13:41.00</b>	+01:10:38 (36.5%)	8:36	7 (63.6%)
34	<b>MATUSIAK Mariusz</b>	<b>203</b>	HELL'S HEAVEN SZCZECIN	M-40	11		00:29:00.00	01:03:05.00	01:41:43.00	<b>03:13:48.00</b>	+01:10:45 (36.5%)	8:36	7 (63.6%)
35	<b>WEBER Patryk</b>	<b>271</b>		M-30	10	Tak	00:32:04.00	01:05:43.00	01:36:28.00	<b>03:14:15.00</b>	+01:11:12 (36.7%)	8:38	6.9 (62.7%)
36	<b>GORZAŁA Filip</b>	<b>157</b>	18 BATALION ROZPOZNAWCZY UŁANÓW WILEŃSKICH	M-16	8	Tak	00:29:29.00	01:02:24.00	01:42:55.00	<b>03:14:48.00</b>	+01:11:45 (36.8%)	8:39	6.9 (62.7%)
37	<b>DUDKA Robert</b>	<b>146</b>		M-30	11		00:28:51.00	00:57:53.00	01:52:49.00	<b>03:19:33.00</b>	+01:16:30 (38.3%)	8:52	6.8 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Etap 1	Etap 2	Etap 3	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
38	<b>NAREJKO Paweł</b>	<b>213</b>		M-30	12		00:30:46.00	01:03:55.00	01:48:42.00	<b>03:23:23.00</b>	+01:20:20 (39.5%)	9:02	6.6 (60.0%)
39	<b>KURPIEWSKI Piotr</b>	<b>190</b>		M-30	13	Tak	00:29:40.00	01:03:05.00	01:54:51.00	<b>03:27:36.00</b>	+01:24:33 (40.7%)	9:13	6.5 (59.1%)
40	<b>SCHROEDER Piotr</b>	<b>244</b>	SOKÓŁ TEAM	M-16	9		00:28:27.00	00:53:20.00	02:06:27.00	<b>03:28:14.00</b>	+01:25:11 (40.9%)	9:15	6.5 (59.1%)
41	<b>NOWAK Piotr</b>	<b>220</b>		M-16	10		00:33:25.00	01:14:56.00	01:40:05.00	<b>03:28:26.00</b>	+01:25:23 (41.0%)	9:15	6.5 (59.1%)
42	<b>BUCHOLC Zbigniew</b>	<b>136</b>		M-40	12		00:30:17.00	01:06:38.00	01:51:37.00	<b>03:28:32.00</b>	+01:25:29 (41.0%)	9:16	6.5 (59.1%)
43	<b>MIKSZA Paweł</b>	<b>210</b>	21 BAZA LOTNICTWA TAKTYCZNEGO	M-30	14	Tak	00:30:04.00	01:04:00.00	01:55:43.00	<b>03:29:47.00</b>	+01:26:44 (41.3%)	9:19	6.4 (58.2%)
44	<b>LEŚNIAK Piotr</b>	<b>191</b>		M-16	11		00:27:58.00	00:55:52.00	02:06:46.00	<b>03:30:36.00</b>	+01:27:33 (41.6%)	9:21	6.4 (58.2%)
45	<b>MURAWSKA Wioletta</b>	<b>211</b>	SKB DZIK	K-50	1		00:33:10.00	01:05:03.00	01:52:52.00	<b>03:31:05.00</b>	+01:28:02 (41.7%)	9:22	6.4 (58.2%)
46	<b>BAK Tomasz</b>	<b>127</b>	NA PRZYPALE ALBO WCALE!!!	M-40	13		00:33:02.00	01:15:29.00	01:42:57.00	<b>03:31:28.00</b>	+01:28:25 (41.8%)	9:23	6.4 (58.2%)
47	<b>KARPIŃSKI Mateusz</b>	<b>172</b>		M-16	12		00:25:32.00	00:58:47.00	02:07:18.00	<b>03:31:37.00</b>	+01:28:34 (41.9%)	9:24	6.4 (58.2%)
48	<b>DYDEK Arkadiusz</b>	<b>296</b>	SKB DZIK	M-30	15	Tak	00:25:56.00	00:57:33.00	02:09:00.00	<b>03:32:29.00</b>	+01:29:26 (42.1%)	9:26	6.4 (58.2%)
49	<b>MARCHEWKA Łukasz</b>	<b>199</b>		M-30	16		00:31:58.00	01:07:54.00	01:52:58.00	<b>03:32:50.00</b>	+01:29:47 (42.2%)	9:27	6.3 (57.3%)
50	<b>SŁONINA Kamil</b>	<b>247</b>		M-16	13		00:30:07.00	01:05:18.00	01:58:25.00	<b>03:33:50.00</b>	+01:30:47 (42.5%)	9:30	6.3 (57.3%)
51	<b>FLORKIEWICZ Wiola</b>	<b>148</b>	KOBIETA RAKIETA	K-30	5		00:34:32.00	01:12:16.00	01:47:40.00	<b>03:34:28.00</b>	+01:31:25 (42.6%)	9:31	6.3 (57.3%)
52	<b>TROJANOWSKA-BARAN Aleksandra</b>	<b>265</b>	OŻW SZCZECIN	K-30	6	Tak	00:30:32.00	01:04:52.00	01:59:10.00	<b>03:34:34.00</b>	+01:31:31 (42.7%)	9:32	6.3 (57.3%)
53	<b>KAMIONKA Andrzej</b>	<b>171</b>	14 ZBOT	M-40	14	Tak	00:33:17.00	01:11:31.00	01:52:55.00	<b>03:37:43.00</b>	+01:34:40 (43.5%)	9:40	6.2 (56.4%)
54	<b>NAWROCKI Krzysztof</b>	<b>214</b>		M-30	17	Tak	00:33:18.00	01:09:37.00	01:55:11.00	<b>03:38:06.00</b>	+01:35:03 (43.6%)	9:41	6.2 (56.4%)
55	<b>PTAK Krzysztof</b>	<b>235</b>		M-40	15		00:34:28.00	01:20:44.00	01:43:26.00	<b>03:38:38.00</b>	+01:35:35 (43.7%)	9:43	6.2 (56.4%)
56	<b>OLEKSYK Patryk</b>	<b>224</b>		M-30	18		00:33:03.00	01:12:52.00	01:52:48.00	<b>03:38:43.00</b>	+01:35:40 (43.7%)	9:43	6.2 (56.4%)
57	<b>JUSINSKA Anna</b>	<b>169</b>		K-50	2	Tak	00:35:32.00	01:13:48.00	01:49:45.00	<b>03:39:05.00</b>	+01:36:02 (43.8%)	9:44	6.2 (56.4%)
58	<b>WASILEWSKI Andrzej</b>	<b>267</b>	WILKI Z CIECHOCINKA	M-40	16		00:26:10.00	00:54:24.00	02:19:14.00	<b>03:39:48.00</b>	+01:36:45 (44.0%)	9:46	6.1 (55.5%)
59	<b>JAMRÓZ Renata</b>	<b>163</b>	BIGYELLOWFOOT ADVENTURE TEAM	K-50	3		00:36:03.00	01:11:53.00	01:53:03.00	<b>03:40:59.00</b>	+01:37:56 (44.3%)	9:49	6.1 (55.5%)
60	<b>ZALEWSKI Sylwester</b>	<b>286</b>	VO2MAX RACING TEAM	M-40	17		00:31:51.00	01:09:42.00	01:59:35.00	<b>03:41:08.00</b>	+01:38:05 (44.4%)	9:49	6.1 (55.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Etap 1	Etap 2	Etap 3	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
61	<b>PAWLAK Przemysław</b>	<b>227</b>	WSP	M-40	18		00:28:31.00	01:03:16.00	02:10:06.00	<b>03:41:53.00</b>	+01:38:50 (44.5%)	9:51	6.1 (55.5%)
62	<b>KĄŻMIERCZAK Magda</b>	<b>173</b>		K-16	2	Tak	00:35:03.00	01:18:22.00	01:50:38.00	<b>03:44:03.00</b>	+01:41:00 (45.1%)	9:57	6 (54.5%)
63	<b>TABAKA Krzysztof</b>	<b>261</b>	EŚ	M-40	19		00:35:04.00	01:18:22.00	01:50:39.00	<b>03:44:05.00</b>	+01:41:02 (45.1%)	9:57	6 (54.5%)
64	<b>ZABORA Paweł</b>	<b>292</b>		M-40	20		00:31:53.00	01:09:47.00	02:04:52.00	<b>03:46:32.00</b>	+01:43:29 (45.7%)	10:04	6 (54.5%)
65	<b>ŚWIĄTEK Bronisław</b>	<b>260</b>	SAMOTNY WILK	M-60	1		00:33:12.00	01:17:29.00	01:56:20.00	<b>03:47:01.00</b>	+01:43:58 (45.8%)	10:05	5.9 (53.6%)
65	<b>DYDEK Dorota</b>	<b>293</b>	SKB DZIK	K-50	4	Tak	00:35:06.00	01:14:36.00	01:57:19.00	<b>03:47:01.00</b>	+01:43:58 (45.8%)	10:05	5.9 (53.6%)
67	<b>WAWRZYCKI Przemysław</b>	<b>268</b>	WSP	M-40	21		00:30:19.00	01:06:45.00	02:10:07.00	<b>03:47:11.00</b>	+01:44:08 (45.8%)	10:05	5.9 (53.6%)
68	<b>ODRZYWOLSKI Michał</b>	<b>223</b>	OŻW SZCZECIN	M-30	19	Tak	00:35:02.00	01:15:08.00	01:57:26.00	<b>03:47:36.00</b>	+01:44:33 (45.9%)	10:06	5.9 (53.6%)
69	<b>KUNIKOWSKI Patryk</b>	<b>187</b>	NO NAMES	M-40	22		00:36:03.00	01:01:56.00	02:09:38.00	<b>03:47:37.00</b>	+01:44:34 (45.9%)	10:06	5.9 (53.6%)
70	<b>TOKARSKI Rafał</b>	<b>263</b>	RAZ SZCZECIN	M-50	3		00:31:34.00	01:03:16.00	02:13:41.00	<b>03:48:31.00</b>	+01:45:28 (46.2%)	10:09	5.9 (53.6%)
71	<b>TRYSZCZ Tobiasz</b>	<b>266</b>	ZBPŚ	M-30	20		00:32:13.00	01:09:40.00	02:08:43.00	<b>03:50:36.00</b>	+01:47:33 (46.6%)	10:14	5.9 (53.6%)
72	<b>JADRYCH Zbigniew</b>	<b>162</b>	NO NAMES	M-40	23		00:35:58.00	01:05:01.00	02:09:38.00	<b>03:50:37.00</b>	+01:47:34 (46.6%)	10:14	5.9 (53.6%)
73	<b>BAGIŃSKA Laura</b>	<b>123</b>	BYLE RUCH	K-30	7		00:35:19.00	01:16:57.00	02:01:00.00	<b>03:53:16.00</b>	+01:50:13 (47.2%)	10:22	5.8 (52.7%)
74	<b>NOWAK Grzegorz</b>	<b>219</b>		M-40	24		00:32:54.00	01:11:44.00	02:09:00.00	<b>03:53:38.00</b>	+01:50:35 (47.3%)	10:23	5.8 (52.7%)
75	<b>TARGOSZ Łukasz</b>	<b>262</b>		M-30	21		00:32:50.00	01:11:02.00	02:10:08.00	<b>03:54:00.00</b>	+01:50:57 (47.4%)	10:24	5.8 (52.7%)
76	<b>GOLAŃSKI Paweł</b>	<b>155</b>	1312	M-16	14		00:33:02.00	01:11:12.00	02:11:30.00	<b>03:55:44.00</b>	+01:52:41 (47.8%)	10:28	5.7 (51.8%)
77	<b>CIĘŻKI Mariusz</b>	<b>139</b>		M-40	25		00:32:15.00	01:10:42.00	02:13:20.00	<b>03:56:17.00</b>	+01:53:14 (47.9%)	10:30	5.7 (51.8%)
78	<b>SZARUGA Wojciech</b>	<b>254</b>	LKS ZANTYR SZTUM	M-30	22	Tak	00:27:06.00	01:11:03.00	02:19:48.00	<b>03:57:57.00</b>	+01:54:54 (48.3%)	10:34	5.7 (51.8%)
79	<b>ZIÓŁKOWSKI Mariusz</b>	<b>291</b>		M-50	4		00:33:24.00	01:06:53.00	02:18:49.00	<b>03:59:06.00</b>	+01:56:03 (48.5%)	10:37	5.6 (50.9%)
80	<b>DANILUK-DUPLA Ewa</b>	<b>143</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-40	1		00:32:38.00	01:10:44.00	02:15:53.00	<b>03:59:15.00</b>	+01:56:12 (48.6%)	10:38	5.6 (50.9%)
81	<b>MATYSEK Ireneusz</b>	<b>205</b>	KOMANDOS WAŁECKI	M-60	2		00:39:33.00	01:21:02.00	01:59:24.00	<b>03:59:59.00</b>	+01:56:56 (48.7%)	10:39	5.6 (50.9%)
82	<b>BARAŃSKI Rysio</b>	<b>125</b>		M-30	23	Tak	00:37:10.00	01:16:56.00	02:06:22.00	<b>04:00:28.00</b>	+01:57:25 (48.8%)	10:41	5.6 (50.9%)
83	<b>CHALKIAS Damian</b>	<b>137</b>	CHARLIE	M-30	24		00:34:35.00	01:17:46.00	02:08:11.00	<b>04:00:32.00</b>	+01:57:29 (48.8%)	10:41	5.6 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Etap 1	Etap 2	Etap 3	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
84	<b>SULIŃSKI Ewelina</b>	<b>252</b>	MAZDA SZCZECIN	K-30	8		00:34:40.00	01:15:27.00	02:12:41.00	<b>04:02:48.00</b>	+01:59:45 (49.3%)	10:47	5.6 (50.9%)
85	<b>SZAJEK Artur</b>	<b>253</b>	HULK TEAM POLICE	M-40	26		00:31:36.00	01:05:56.00	02:25:49.00	<b>04:03:21.00</b>	+02:00:18 (49.4%)	10:48	5.5 (50.0%)
86	<b>PLAWGO Jarosław</b>	<b>231</b>		M-50	5		00:37:04.00	01:13:27.00	02:13:47.00	<b>04:04:18.00</b>	+02:01:15 (49.6%)	10:51	5.5 (50.0%)
87	<b>NOWEK Dawid</b>	<b>222</b>	1312	M-16	15		00:35:10.00	01:17:29.00	02:11:51.00	<b>04:04:30.00</b>	+02:01:27 (49.7%)	10:52	5.5 (50.0%)
88	<b>ŚLEDŹ Przemysław</b>	<b>259</b>	LESZCZE	M-40	27		00:34:04.00	01:09:14.00	02:21:54.00	<b>04:05:12.00</b>	+02:02:09 (49.8%)	10:53	5.5 (50.0%)
89	<b>SZEWczyk Ludmiła</b>	<b>255</b>	GRUPA MALBORK	K-30	9		00:34:51.00	01:11:04.00	02:19:49.00	<b>04:05:44.00</b>	+02:02:41 (49.9%)	10:55	5.5 (50.0%)
90	<b>JANUSZ Michał</b>	<b>165</b>		M-40	28		00:35:16.00	01:17:19.00	02:14:28.00	<b>04:07:03.00</b>	+02:04:00 (50.2%)	10:58	5.5 (50.0%)
91	<b>GOWORSKI Jerzy</b>	<b>158</b>	WIECZORNE BIEGANIE W SZCZECINIE	M-30	25		00:34:43.00	01:15:30.00	02:19:05.00	<b>04:09:18.00</b>	+02:06:15 (50.6%)	11:04	5.4 (49.1%)
92	<b>SUCHODOLSKA Aleksandra</b>	<b>251</b>	DZIKIE ŻÓŁWIE	K-30	10		00:34:44.00	01:10:37.00	02:25:29.00	<b>04:10:50.00</b>	+02:07:47 (50.9%)	11:08	5.4 (49.1%)
93	<b>FURMANIAK Piotr</b>	<b>149</b>	GRUPA MALBORK	M-40	29		00:28:18.00	01:03:28.00	02:41:00.00	<b>04:12:46.00</b>	+02:09:43 (51.3%)	11:14	5.3 (48.2%)
94	<b>FAFEREK Piotr</b>	<b>147</b>	KSJAKO	M-30	26		00:27:26.00	00:56:14.00	02:49:45.00	<b>04:13:25.00</b>	+02:10:22 (51.4%)	11:15	5.3 (48.2%)
95	<b>SAWICKA - WERS Urszula</b>	<b>243</b>	NADMORSZY BIEGACZE KOŁOBRZEG	K-30	11		00:36:07.00	01:11:06.00	02:28:52.00	<b>04:16:05.00</b>	+02:13:02 (51.9%)	11:22	5.3 (48.2%)
96	<b>KOŁOSOWSKA Klaudia</b>	<b>178</b>	MMM BIGOSIK	K-16	3		00:32:46.00	01:03:27.00	02:42:16.00	<b>04:18:29.00</b>	+02:15:26 (52.4%)	11:29	5.2 (47.3%)
97	<b>NOWAK Marta</b>	<b>218</b>	GRUPA AZOTY ZAKŁADY CHEMICZNE POLICE S.A.	K-40	2		00:37:40.00	01:32:10.00	02:09:00.00	<b>04:18:50.00</b>	+02:15:47 (52.5%)	11:30	5.2 (47.3%)
98	<b>ROMANOWICZ Monika</b>	<b>237</b>	DZIKIE ŻÓŁWIE	K-30	12		00:34:57.00	01:18:34.00	02:25:30.00	<b>04:19:01.00</b>	+02:15:58 (52.5%)	11:30	5.2 (47.3%)
99	<b>NIERZWICKI Krzysztof</b>	<b>215</b>		M-30	27		00:38:44.00	01:24:57.00	02:17:14.00	<b>04:20:55.00</b>	+02:17:52 (52.8%)	11:35	5.2 (47.3%)
99	<b>ROSTECKA Magdalena</b>	<b>238</b>		K-16	4		00:38:42.00	01:24:57.00	02:17:16.00	<b>04:20:55.00</b>	+02:17:52 (52.8%)	11:35	5.2 (47.3%)
101	<b>NOWAK Zbigniew</b>	<b>221</b>	SKB DZIK	M-60	3		00:40:10.00	01:22:40.00	02:18:18.00	<b>04:21:08.00</b>	+02:18:05 (52.9%)	11:36	5.2 (47.3%)
102	<b>LIZUREJ Aleksandra</b>	<b>194</b>	12 BZ	K-16	5		00:58:19.00	01:09:17.00	02:14:17.00	<b>04:21:53.00</b>	+02:18:50 (53.0%)	11:38	5.2 (47.3%)
103	<b>ZAKOŚCIELNA Katarzyna</b>	<b>285</b>	DZIKIE ŻÓŁWIE	K-30	13		00:35:45.00	01:21:12.00	02:25:29.00	<b>04:22:26.00</b>	+02:19:23 (53.1%)	11:39	5.1 (46.4%)
104	<b>DORAWA-ZIOMEK Anna</b>	<b>145</b>	DZIKIE ŻÓŁWIE	K-30	14		00:38:14.00	01:21:10.00	02:25:30.00	<b>04:24:54.00</b>	+02:21:51 (53.5%)	11:46	5.1 (46.4%)
105	<b>NOWACZYK Wojciech</b>	<b>217</b>		M-40	30		00:35:55.00	01:14:11.00	02:35:15.00	<b>04:25:21.00</b>	+02:22:18 (53.6%)	11:47	5.1 (46.4%)
106	<b>BEDNARZ Katarzyna</b>	<b>128</b>		K-50	5		00:40:30.00	01:20:12.00	02:28:51.00	<b>04:29:33.00</b>	+02:26:30 (54.3%)	11:58	5 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Etap 1	Etap 2	Etap 3	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>JAWORSKI Dawid</b>	<b>166</b>	MMM BIGOSIK	M-30	28		00:29:15.00	01:21:41.00	02:42:14.00	<b>04:33:10.00</b>	+02:30:07 (55.0%)	12:08	4.9 (44.5%)
108	<b>BACH Agata</b>	<b>122</b>		K-30	15		00:37:26.00	01:15:35.00	02:41:00.00	<b>04:34:01.00</b>	+02:30:58 (55.1%)	12:10	4.9 (44.5%)
109	<b>NAPIÓRKOWSKI Paweł</b>	<b>212</b>	KWP SZCZECIN	M-30	29	Tak	00:31:18.00	01:05:35.00	02:57:26.00	<b>04:34:19.00</b>	+02:31:16 (55.1%)	12:11	4.9 (44.5%)
110	<b>ZARZECKA Kamila</b>	<b>287</b>	GRUPA MALBORK	K-30	16		00:37:38.00	01:18:19.00	02:39:29.00	<b>04:35:26.00</b>	+02:32:23 (55.3%)	12:14	4.9 (44.5%)
111	<b>KRZEMIŃSKI Kacper</b>	<b>183</b>		M-16	16		00:47:48.00	01:21:13.00	02:27:36.00	<b>04:36:37.00</b>	+02:33:34 (55.5%)	12:17	4.9 (44.5%)
112	<b>SEŃCZYK Sara</b>	<b>245</b>		K-16	6		00:40:08.00	01:37:39.00	02:22:45.00	<b>04:40:32.00</b>	+02:37:29 (56.1%)	12:28	4.8 (43.6%)
113	<b>GIERMAKOWSKI Błażej</b>	<b>154</b>		M-30	30		00:30:21.00	01:06:51.00	03:04:31.00	<b>04:41:43.00</b>	+02:38:40 (56.3%)	12:31	4.8 (43.6%)
114	<b>MICHALIK Maciej</b>	<b>209</b>		M-50	6		00:40:39.00	01:06:54.00	02:56:36.00	<b>04:44:09.00</b>	+02:41:06 (56.7%)	12:37	4.8 (43.6%)
115	<b>KUREK Paulina</b>	<b>188</b>	PCHEŁKA	K-16	7		00:40:24.00	01:35:12.00	02:33:10.00	<b>04:48:46.00</b>	+02:45:43 (57.4%)	12:50	4.7 (42.7%)
116	<b>GARSTKA Izabela</b>	<b>152</b>	GRUPA MALBORK	K-40	3		00:41:26.00	01:29:51.00	02:39:17.00	<b>04:50:34.00</b>	+02:47:31 (57.7%)	12:54	4.6 (41.8%)
117	<b>BOŚKO Paulina</b>	<b>134</b>	DOGS, CATS, PROSECCO & FRIENDS	K-30	17		00:42:31.00	01:30:25.00	02:40:10.00	<b>04:53:06.00</b>	+02:50:03 (58.0%)	13:01	4.6 (41.8%)
118	<b>BORKOWSKA Ewelina</b>	<b>132</b>	MALBORSKIE MORSY	K-30	18		00:43:37.00	01:33:28.00	02:40:52.00	<b>04:57:57.00</b>	+02:54:54 (58.7%)	13:14	4.5 (40.9%)
119	<b>MATYSIAK Sławomir</b>	<b>206</b>	DZIKI SPECJALNEJ TROSKI	M-30	31		00:41:18.00	00:50:51.00	03:25:54.00	<b>04:58:03.00</b>	+02:55:00 (58.7%)	13:14	4.5 (40.9%)
120	<b>ZEMŁA Dawid</b>	<b>289</b>	DZIKI SPECJALNEJ TROSKI	M-30	32		00:41:18.00	00:50:56.00	03:25:53.00	<b>04:58:07.00</b>	+02:55:04 (58.7%)	13:14	4.5 (40.9%)
121	<b>KOBIERSKA Agata</b>	<b>176</b>	FUZJA	K-30	19		00:40:38.00	01:26:55.00	02:55:50.00	<b>05:03:23.00</b>	+03:00:20 (59.4%)	13:29	4.4 (40.0%)
122	<b>STÓJ Paulina</b>	<b>250</b>	FUZJA	K-40	4		00:40:39.00	01:26:56.00	02:55:51.00	<b>05:03:26.00</b>	+03:00:23 (59.4%)	13:29	4.4 (40.0%)
123	<b>KRÓL Krzysztof</b>	<b>181</b>	DOGS, CATS, PROSECCO & FRIENDS	M-30	33		00:45:45.00	01:37:32.00	02:40:44.00	<b>05:04:01.00</b>	+03:00:58 (59.5%)	13:30	4.4 (40.0%)
124	<b>MARSZAŁEK Katarzyna</b>	<b>201</b>		K-40	5		00:40:41.00	01:26:53.00	02:56:30.00	<b>05:04:04.00</b>	+03:01:01 (59.5%)	13:30	4.4 (40.0%)
125	<b>RUDNICKA Agnieszka</b>	<b>239</b>	FUZJA	K-30	20		00:40:39.00	01:26:56.00	02:56:30.00	<b>05:04:05.00</b>	+03:01:02 (59.5%)	13:30	4.4 (40.0%)
125	<b>ZIELIŃSKA Kinga</b>	<b>290</b>	FUZJA	K-30	20		00:40:39.00	01:26:55.00	02:56:31.00	<b>05:04:05.00</b>	+03:01:02 (59.5%)	13:30	4.4 (40.0%)
127	<b>JEDRZEJCZYK Olga</b>	<b>167</b>		K-30	22		00:40:39.00	01:26:54.00	02:56:33.00	<b>05:04:06.00</b>	+03:01:03 (59.5%)	13:30	4.4 (40.0%)
128	<b>KRYNICKA Elżbieta</b>	<b>182</b>		K-50	6		00:40:39.00	01:26:56.00	02:56:34.00	<b>05:04:09.00</b>	+03:01:06 (59.5%)	13:31	4.4 (40.0%)
129	<b>KRÓL Magdalena</b>	<b>180</b>	DOGS, CATS, PROSECCO & FRIENDS	K-30	23		00:46:48.00	01:37:31.00	02:41:35.00	<b>05:05:54.00</b>	+03:02:51 (59.8%)	13:35	4.4 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Etap 1	Etap 2	Etap 3	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
130	<b>KNAPIK Justyna</b>	<b>175</b>	DZIKI SPECJALNEJ TROSKI	K-30	24		00:37:11.00	01:17:03.00	03:25:54.00	<b>05:20:08.00</b>	+03:17:05 (61.6%)	14:13	4.2 (38.2%)
131	<b>FUTYMA Paweł</b>	<b>151</b>	FUTYMKA TEAM	M-40	31		00:37:21.00	01:26:15.00	03:19:05.00	<b>05:22:41.00</b>	+03:19:38 (61.9%)	14:20	4.2 (38.2%)
132	<b>JĘDRYKA Anna</b>	<b>168</b>	DZIKI SPECJALNEJ TROSKI	K-30	25		00:41:19.00	01:18:38.00	03:25:52.00	<b>05:25:49.00</b>	+03:22:46 (62.2%)	14:28	4.1 (37.3%)
133	<b>FUTYMA Karolina</b>	<b>150</b>	FUTYMKA TEAM	K-30	26		00:46:26.00	01:26:17.00	03:19:05.00	<b>05:31:48.00</b>	+03:28:45 (62.9%)	14:44	4.1 (37.3%)
134	<b>BARCIK Kamil</b>	<b>126</b>	DZIKI SPECJALNEJ TROSKI	M-30	34		00:41:17.00	01:25:55.00	03:25:52.00	<b>05:33:04.00</b>	+03:30:01 (63.1%)	14:48	4.1 (37.3%)
135	<b>GUMIELA Adam</b>	<b>159</b>		M-30	35		00:58:10.00	01:52:54.00	02:49:41.00	<b>05:40:45.00</b>	+03:37:42 (63.9%)	15:08	4 (36.4%)
136	<b>WĄSOWICZ Natalia</b>	<b>270</b>		K-16	8		00:47:14.00	01:41:21.00	03:33:30.00	<b>06:02:05.00</b>	+03:59:02 (66.0%)	16:05	3.7 (33.6%)
137	<b>STACHOWICZ Małgorzata</b>	<b>248</b>		K-40	6		00:47:14.00	01:41:21.00	03:33:31.00	<b>06:02:06.00</b>	+03:59:03 (66.0%)	16:05	3.7 (33.6%)
137	<b>WĄSOWICZ Krzysztof</b>	<b>269</b>		M-16	17		00:47:14.00	01:41:21.00	03:33:31.00	<b>06:02:06.00</b>	+03:59:03 (66.0%)	16:05	3.7 (33.6%)
	<b>OSTROWSKI Artur</b>	<b>64</b>		M-16			00:31:13.00 DNF	01:04:22.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>MĄDRAWSKI Tomasz</b>	<b>207</b>		M-50			00:35:01.00 DNF	01:12:44.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)
	<b>WITCZAK Łukasz</b>	<b>275</b>	BIEGNĘ PO ROMPERA	M-40			00:35:54.00 DNF	01:16:29.00 DNF	00:00:00.00 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 141 wynik(ów)