



8 EDYCJA POGOŃ RAKA

B4SPORT

Organizator: Stowarzyszenie Walki z Rakiem Płuca Oddział
Szczecin
Data: 2024-10-05
Miejsce: Szczecin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PAŃKO Andrzej	519		OPEN -M	1	00:18:01.25		3:36	16.7 (100%)
2	ZYGOŃ Artur	503	ZACHODNIOPOMORSKI URZĄD WOJEWÓDZKI	OPEN -M	2	00:19:56.50	+00:01:55 (9.6%)	3:59	15.1 (90.4%)
3	ŁAZOWSKI Marcin	1	POGOŃ SZCZECIN	OPEN -M	3	00:20:05.75	+00:02:04 (10.3%)	4:01	14.9 (89.2%)
4	KUT Norbert	233		OPEN -M	4	00:20:25.40	+00:02:24 (11.8%)	4:05	14.7 (88.0%)
5	MICHALCZYSZYN Tomasz	4	POGOŃ SZCZECIN	OPEN -M	5	00:20:50.70	+00:02:49 (13.5%)	4:10	14.4 (86.2%)
6	SZAŃCA Maciej	407		OPEN -M	6	00:20:53.90	+00:02:52 (13.8%)	4:10	14.4 (86.2%)
7	GAJEK Andrzej	116		OPEN -M	7	00:21:13.50	+00:03:12 (15.1%)	4:14	14.1 (84.4%)
8	MALINOWSKI Norbert	264		OPEN -M	8	00:21:16.85	+00:03:15 (15.3%)	4:15	14.1 (84.4%)
9	MACHAŁEK Łukasz	253		OPEN -M	9	00:21:25.05	+00:03:23 (15.9%)	4:17	14 (83.8%)
10	ZABŁOCKI Bartosz	481		OPEN -M	10	00:21:36.80	+00:03:35 (16.6%)	4:19	13.9 (83.2%)
11	PASŁAWSKI Filip	317	FIZJOBIEGACZE	OPEN -M	11	00:21:38.55	+00:03:37 (16.7%)	4:19	13.9 (83.2%)
12	PUSZCZAK Marcin	2	POGOŃ SZCZECIN	OPEN -M	12	00:21:42.40	+00:03:41 (17.0%)	4:20	13.8 (82.6%)
13	POTRAWSKI Michał	344	ARSENAL	OPEN -M	13	00:22:03.60	+00:04:02 (18.3%)	4:24	13.6 (81.4%)
14	ŻAK Mateusz	504	OŚ AZS POZNAŃ	OPEN -M	14	00:22:17.40	+00:04:16 (19.2%)	4:27	13.5 (80.8%)
15	JĘDRZEJEWSKI Wojciech	165	MGM WARSZEWO	OPEN -M	15	00:22:48.60	+00:04:47 (21.0%)	4:33	13.2 (79.0%)
16	DROŹDZEWSKA Paulina	89		OPEN -K	1	00:22:50.45	+00:04:49 (21.1%)	4:34	13.1 (78.4%)
17	WASILEWSKI Andrzej	443	WILKI Z CIECHOCINKA	OPEN -M	16	00:23:00.55	+00:04:59 (21.7%)	4:36	13 (77.8%)
18	SICIAREK Maciej	377		OPEN -M	17	00:23:03.10	+00:05:01 (21.8%)	4:36	13 (77.8%)
19	CIEŚLEWICZ Hubert	63		OPEN -M	18	00:23:09.35	+00:05:08 (22.2%)	4:37	13 (77.8%)
20	KONDRAT Krzysztof	188		OPEN -M	19	00:23:12.20	+00:05:10 (22.3%)	4:38	12.9 (77.2%)
21	CHWIEDUK Andrzej	58		OPEN -M	20	00:23:18.05	+00:05:16 (22.7%)	4:39	12.9 (77.2%)
22	ŁUKASIEWICZ Patryk	251		OPEN -M	21	00:23:28.20	+00:05:26 (23.2%)	4:41	12.8 (76.6%)
23	OLEJNIK Przemek	309		OPEN -M	22	00:23:38.00	+00:05:36 (23.7%)	4:43	12.7 (76.0%)
24	KRZEŚNIEWSKI Marcin	222	RAZ SZCZECIN / FIZJOBIEGACZE SZCZECIN	OPEN -M	23	00:23:39.65	+00:05:38 (23.8%)	4:43	12.7 (76.0%)
25	TOPOREK Przemysław	426		OPEN -M	24	00:23:54.70	+00:05:53 (24.6%)	4:46	12.6 (75.4%)
26	ZAJĄC Remigiusz	128		OPEN -M	25	00:23:57.10	+00:05:55 (24.8%)	4:47	12.5 (74.9%)
27	WIELOPOLSKI Krzysztof	454		OPEN -M	26	00:24:00.95	+00:05:59 (25.0%)	4:48	12.5 (74.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	DYDEK Edyta	34	SKB DZIK	OPEN -K	2	00:24:02.40	+00:06:01 (25.0%)	4:48	12.5 (74.9%)
29	JETTKA-MATERKA Natalia	163		OPEN -K	3	00:24:16.35	+00:06:15 (25.8%)	4:51	12.4 (74.3%)
30	KONDRAT Olga	189		OPEN -K	4	00:24:32.00	+00:06:30 (26.5%)	4:54	12.2 (73.1%)
31	MALLEK Tadeusz	266		OPEN -M	27	00:24:36.70	+00:06:35 (26.8%)	4:55	12.2 (73.1%)
32	MALYHIN Mikalai	267		OPEN -M	28	00:24:37.30	+00:06:36 (26.8%)	4:55	12.2 (73.1%)
33	FAFEREK Piotr	107	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -M	29	00:24:37.95	+00:06:36 (26.8%)	4:55	12.2 (73.1%)
34	GRONIEWICZ Mateusz	133	BBL POLICE	OPEN -M	30	00:24:38.75	+00:06:37 (26.9%)	4:55	12.2 (73.1%)
35	CZAJCZYŃSKI Michał	67		OPEN -M	31	00:24:48.10	+00:06:46 (27.3%)	4:57	12.1 (72.5%)
36	KAWKA Aneta	175		OPEN -K	5	00:24:52.90	+00:06:51 (27.6%)	4:58	12.1 (72.5%)
37	KUT Ewa	234		OPEN -K	6	00:24:53.70	+00:06:52 (27.6%)	4:58	12.1 (72.5%)
38	NIEWIAROWSKA Weronika	301		OPEN -K	7	00:24:58.20	+00:06:56 (27.8%)	4:59	12 (71.9%)
39	CHARĘZA Marcin	52	ZAWADZKIEGO SZCZECIN	OPEN -M	32	00:25:08.35	+00:07:07 (28.3%)	5:01	11.9 (71.3%)
40	BOCIANOWSKA-NIEMCZYK Paulina	37	FIT MAMY	OPEN -K	8	00:25:17.15	+00:07:15 (28.7%)	5:03	11.9 (71.3%)
41	DURAJCZYK Magdalena	98		OPEN -K	9	00:25:22.55	+00:07:21 (29.0%)	5:04	11.8 (70.7%)
42	WOJNACH Andrzej	464		OPEN -M	33	00:25:25.80	+00:07:24 (29.1%)	5:05	11.8 (70.7%)
43	WOLIŃSKI Krzysztof	468		OPEN -M	34	00:25:30.25	+00:07:29 (29.3%)	5:06	11.8 (70.7%)
44	POPŁAWSKA Weronika	342	LKS PRZECŁAW	OPEN -K	10	00:25:39.25	+00:07:38 (29.8%)	5:07	11.7 (70.1%)
45	BORYSEWICZ Paweł	40		OPEN -M	35	00:25:39.90	+00:07:38 (29.8%)	5:07	11.7 (70.1%)
46	ZABORA Paweł	482	SPINER POLICE	OPEN -M	36	00:25:44.95	+00:07:43 (30.0%)	5:08	11.7 (70.1%)
47	KRUPIŃSKI Sebastian	217	EMES STREET BOXING	OPEN -M	37	00:25:46.90	+00:07:45 (30.1%)	5:09	11.6 (69.5%)
48	BERLIŃSKI Mateusz	35	SKB DZIK	OPEN -M	38	00:25:58.55	+00:07:57 (30.6%)	5:11	11.6 (69.5%)
49	CAGRIBAY Emin	50		OPEN -M	39	00:26:01.60	+00:08:00 (30.8%)	5:12	11.5 (68.9%)
50	ŁAWNICZAK Sebastian	247		OPEN -M	40	00:26:02.45	+00:08:01 (30.8%)	5:12	11.5 (68.9%)
51	KRZYSZTOSZEK Wiktor	223		OPEN -M	41	00:26:02.85	+00:08:01 (30.8%)	5:12	11.5 (68.9%)
52	KIERNOŻYCKI Mateusz	179		OPEN -M	42	00:26:17.60	+00:08:16 (31.5%)	5:15	11.4 (68.3%)
53	FURMAŃSKI Marcin	112	WY-BIEGANI SZCZECIN	OPEN -M	43	00:26:30.00	+00:08:28 (32.0%)	5:18	11.3 (67.7%)
54	KAMIŃSKA Adriana	171		OPEN -K	11	00:26:31.00	+00:08:29 (32.0%)	5:18	11.3 (67.7%)
55	FIGIEL Patryk	109		OPEN -M	44	00:26:31.55	+00:08:30 (32.1%)	5:18	11.3 (67.7%)
56	PIERZAK Magdalena	327		OPEN -K	12	00:26:44.10	+00:08:42 (32.6%)	5:20	11.2 (67.1%)
57	SZAJEK Artur	405	HULK TEAM POLICE	OPEN -M	45	00:26:44.65	+00:08:43 (32.6%)	5:20	11.2 (67.1%)
58	ADAMOWICZ Monika	180		OPEN -K	13	00:26:47.75	+00:08:46 (32.7%)	5:21	11.2 (67.1%)
59	HNYDA Martyna	150		OPEN -K	14	00:26:49.45	+00:08:48 (32.8%)	5:21	11.2 (67.1%)
60	KIELISZKOWSKI Konrad	177	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -M	46	00:26:49.75	+00:08:48 (32.8%)	5:21	11.2 (67.1%)
61	CHMIELOWIEC Piotr	55		OPEN -M	47	00:26:56.90	+00:08:55 (33.1%)	5:23	11.1 (66.5%)
62	CHESKO Olha	53		OPEN -K	15	00:27:03.60	+00:09:02 (33.4%)	5:24	11.1 (66.5%)
63	CZEŻYK-SZLACHCIKOWSKA Ewa	70		OPEN -K	16	00:27:05.25	+00:09:04 (33.5%)	5:25	11.1 (66.5%)
64	GLINKA Bogusz	123	RUN4FUN	OPEN -M	48	00:27:07.65	+00:09:06 (33.6%)	5:25	11.1 (66.5%)
65	KUBCZYK Mateusz	226		OPEN -M	49	00:27:17.40	+00:09:16 (34.0%)	5:27	11 (65.9%)
66	ZINKIEWICZ Jarek	497	BIEGOHOLLICA	OPEN -M	50	00:27:20.30	+00:09:19 (34.1%)	5:28	11 (65.9%)
67	KRACZOWSKI Mirosław	209		OPEN -M	51	00:27:31.70	+00:09:30 (34.5%)	5:30	10.9 (65.3%)
68	DZBANUSZEK Krzysztof	102		OPEN -M	52	00:27:34.95	+00:09:33 (34.7%)	5:30	10.9 (65.3%)
69	WAWRZYŃIAK Ireneusz	446		OPEN -M	53	00:27:36.10	+00:09:34 (34.7%)	5:31	10.9 (65.3%)
70	CHMIELOWIEC Karolina	56		OPEN -K	17	00:27:40.00	+00:09:38 (34.9%)	5:32	10.8 (64.7%)
71	TYMUL Jakub	434	#TYMTRITEAM	OPEN -M	54	00:27:40.35	+00:09:39 (34.9%)	5:32	10.8 (64.7%)

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72	BRANICA Hanna	42	MGM WARSZEWO	OPEN -K	18	00:27:45.55	+00:09:44 (35.1%)	5:33	10.8 (64.7%)
73	SCHEURING Dorian	373		OPEN -M	55	00:27:50.55	+00:09:49 (35.3%)	5:34	10.8 (64.7%)
74	CICHOCKI Paweł	59		OPEN -M	56	00:27:57.95	+00:09:56 (35.6%)	5:35	10.7 (64.1%)
75	WYCZOŁEK Mariusz	476	KS PIONIER SZCZECIN	OPEN -M	57	00:27:58.95	+00:09:57 (35.6%)	5:35	10.7 (64.1%)
76	ŁOMAKO Stanisław	249		OPEN -M	58	00:28:00.15	+00:09:58 (35.6%)	5:36	10.7 (64.1%)
77	SULIGA Łukasz	402		OPEN -M	59	00:28:00.50	+00:09:59 (35.7%)	5:36	10.7 (64.1%)
78	BAIZERT Krzysiek	17		OPEN -M	60	00:28:05.10	+00:10:03 (35.8%)	5:37	10.7 (64.1%)
79	MIKA Tomasz	286		OPEN -M	61	00:28:10.25	+00:10:09 (36.0%)	5:38	10.7 (64.1%)
80	TARNAWSKA Marlena	423		OPEN -K	19	00:28:13.15	+00:10:11 (36.1%)	5:38	10.6 (63.5%)
81	NOWICKA Aleksandra	305		OPEN -K	20	00:28:14.30	+00:10:13 (36.2%)	5:38	10.6 (63.5%)
82	SZUBARTOWSKI Grzegorz	413	#FIEGEBIEGA	OPEN -M	62	00:28:14.85	+00:10:13 (36.2%)	5:38	10.6 (63.5%)
83	KOWALSKI Tomasz	204		OPEN -M	63	00:28:16.45	+00:10:15 (36.3%)	5:39	10.6 (63.5%)
84	MATYSIAK Ania	280		OPEN -K	21	00:28:16.95	+00:10:15 (36.3%)	5:39	10.6 (63.5%)
85	SKAŁECKI Łukasz	380		OPEN -M	64	00:28:20.85	+00:10:19 (36.4%)	5:40	10.6 (63.5%)
86	WYSOCKI Mirek	478		OPEN -M	65	00:28:30.40	+00:10:29 (36.8%)	5:42	10.5 (62.9%)
87	SIWIELA Katarzyna	379		OPEN -K	22	00:28:31.30	+00:10:30 (36.8%)	5:42	10.5 (62.9%)
88	BUJNOWSKA Anita	46		OPEN -K	23	00:28:32.60	+00:10:31 (36.9%)	5:42	10.5 (62.9%)
89	WOCHNER Kamil	461		OPEN -M	66	00:28:34.45	+00:10:33 (36.9%)	5:42	10.5 (62.9%)
90	KOZŁOWSKA Karolina	206		OPEN -K	24	00:28:37.80	+00:10:36 (37.1%)	5:43	10.5 (62.9%)
91	KOWALSKA Dorota	512	AFFIDEA	OPEN -K	25	00:28:38.60	+00:10:37 (37.1%)	5:43	10.5 (62.9%)
92	GAJDA Aleksandra	115	KLUB USK 1 SZCZECIN	OPEN -K	26	00:28:42.80	+00:10:41 (37.2%)	5:44	10.5 (62.9%)
93	KOMÓR Jarosław	187		OPEN -M	67	00:28:44.50	+00:10:43 (37.3%)	5:44	10.4 (62.3%)
94	DUKLA Łukasz	94	NAJGRUBSZY WUJEK NA DZIELNI	OPEN -M	68	00:28:47.25	+00:10:46 (37.4%)	5:45	10.4 (62.3%)
95	KRYMOWSKI Rafał	220	NAJGRUBSZY WUJEK NA DZIELNI	OPEN -M	69	00:28:47.80	+00:10:46 (37.4%)	5:45	10.4 (62.3%)
96	KAWKA Wojciech	174		OPEN -M	70	00:28:55.50	+00:10:54 (37.7%)	5:47	10.4 (62.3%)
97	OPALA Izabela	312		OPEN -K	27	00:29:02.25	+00:11:01 (37.9%)	5:48	10.3 (61.7%)
98	WOJTAT Adam	467		OPEN -M	71	00:29:03.35	+00:11:02 (38.0%)	5:48	10.3 (61.7%)
99	NATALCZYK Ewelina	297		OPEN -K	28	00:29:04.35	+00:11:03 (38.0%)	5:48	10.3 (61.7%)
100	RZYMSKA Marta	368	TRIGYM	OPEN -K	29	00:29:06.75	+00:11:05 (38.1%)	5:49	10.3 (61.7%)
101	STACHOWSKI Andrzej	387	NOCNYPOYEB	OPEN -M	72	00:29:11.50	+00:11:10 (38.3%)	5:50	10.3 (61.7%)
102	SAKOWSKA-CARŁO Magda	371	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	30	00:29:16.85	+00:11:15 (38.5%)	5:51	10.3 (61.7%)
103	TRACZYK Tomasz	428		OPEN -M	73	00:29:18.15	+00:11:16 (38.5%)	5:51	10.2 (61.1%)
104	CARŁO Marcin	51	WIECZORNE BIEGANIE WSZCZECINIE	OPEN -M	74	00:29:18.30	+00:11:17 (38.5%)	5:51	10.2 (61.1%)
105	FILIPEK Jacek	111	BIEGOHOLLICA	OPEN -M	75	00:29:20.80	+00:11:19 (38.6%)	5:52	10.2 (61.1%)
106	KLEJNOWSKI Krzysztof	11		OPEN -M	76	00:29:22.40	+00:11:21 (38.6%)	5:52	10.2 (61.1%)
107	SZYDŁOWSKI Krzysztof	415		OPEN -M	77	00:29:22.55	+00:11:21 (38.7%)	5:52	10.2 (61.1%)
108	BIĘCZYK Iwona	364	WY-BIEGANI SZCZECIN	OPEN -K	31	00:29:24.70	+00:11:23 (38.7%)	5:52	10.2 (61.1%)
109	BYLEWSKI Piotr	48	BYLEWSKI AGENCJA REKLAMOWA	OPEN -M	78	00:29:27.40	+00:11:26 (38.8%)	5:53	10.2 (61.1%)
110	KRUSZKO Przemysław	218		OPEN -M	79	00:29:36.25	+00:11:35 (39.1%)	5:55	10.1 (60.5%)
111	ODRZYWOLSKI Michał	308		OPEN -M	80	00:29:40.50	+00:11:39 (39.3%)	5:56	10.1 (60.5%)
112	SZELAĞIEWCZ Magdalena	410		OPEN -K	32	00:29:41.45	+00:11:40 (39.3%)	5:56	10.1 (60.5%)
113	ŻYLUK Bożena	505	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	33	00:29:41.65	+00:11:40 (39.3%)	5:56	10.1 (60.5%)
114	KASPRZAK Marcin	511	AFFIDEA	OPEN -M	81	00:29:42.45	+00:11:41 (39.3%)	5:56	10.1 (60.5%)
115	HAK Karolina	143		OPEN -K	34	00:29:43.25	+00:11:42 (39.4%)	5:56	10.1 (60.5%)

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						5km	Różn		
116	CZECH-WOJNACH Kasia	68	USK 1	OPEN -K	35	00:29:43.55	+00:11:42 (39.4%)	5:56	10.1 (60.5%)
117	RÓŻALSKI Piotr	360	PSG	OPEN -M	82	00:29:46.10	+00:11:44 (39.5%)	5:57	10.1 (60.5%)
118	ŁAWRYNOWICZ Ewa	248	FITMAMY	OPEN -K	36	00:29:47.45	+00:11:46 (39.5%)	5:57	10.1 (60.5%)
119	ŁUKASIEWICZ Agnieszka	250	KB HERMES GRZYFINO	OPEN -K	37	00:29:47.50	+00:11:46 (39.5%)	5:57	10.1 (60.5%)
120	SOBIERAJ Marcin	386		OPEN -M	83	00:29:51.00	+00:11:49 (39.6%)	5:58	10.1 (60.5%)
121	STĘPNIAK Tomasz	395		OPEN -M	84	00:29:52.95	+00:11:51 (39.7%)	5:58	10 (59.9%)
122	CEGLAREK Łukasz	3	POGOŃ SZCZECIN	OPEN -M	85	00:29:53.00	+00:11:51 (39.7%)	5:58	10 (59.9%)
123	OLEKSYK Patryk	310		OPEN -M	86	00:29:53.30	+00:11:52 (39.7%)	5:58	10 (59.9%)
124	PODHAJNA-PIETRZAK Oliwia	398		OPEN -K	38	00:29:56.50	+00:11:55 (39.8%)	5:59	10 (59.9%)
125	DUMA Małgorzata	95	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	39	00:29:57.30	+00:11:56 (39.8%)	5:59	10 (59.9%)
126	KACZMAREK Arleta	170	KOBIECE BIEGANIE	OPEN -K	40	00:29:58.65	+00:11:57 (39.9%)	5:59	10 (59.9%)
127	JANOWSKA CICHECKA Julita	156	FIT MAMY	OPEN -K	41	00:30:02.45	+00:12:01 (40.0%)	6:00	10 (59.9%)
128	SZAJEK Gabor	406	HULK TEAM POLICE	OPEN -M	87	00:30:07.65	+00:12:06 (40.2%)	6:01	10 (59.9%)
129	BĄCIK Aneta	26		OPEN -K	42	00:30:14.55	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
130	BIŚ Krystian	30		OPEN -M	88	00:30:14.70	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
131	POCHODAJ Kamil	336	ĆPAJ SPORT LUBAŃ	OPEN -M	89	00:30:14.80	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
132	GERSZTYN Paweł	119		OPEN -M	90	00:30:14.90	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
133	DOMAGALSKI Sławomir	83	SKB DZIK	OPEN -M	91	00:30:16.00	+00:12:14 (40.5%)	6:03	9.9 (59.3%)
134	MAJEWSKA Małgorzata	262		OPEN -K	43	00:30:17.05	+00:12:15 (40.5%)	6:03	9.9 (59.3%)
135	MIELEC Marta	285		OPEN -K	44	00:30:17.60	+00:12:16 (40.5%)	6:03	9.9 (59.3%)
136	KOZŁOWSKI Marcin	207		OPEN -M	92	00:30:18.35	+00:12:17 (40.5%)	6:03	9.9 (59.3%)
137	RAJSKA Aleksandra	349		OPEN -K	45	00:30:19.70	+00:12:18 (40.6%)	6:03	9.9 (59.3%)
138	STANISZEWSKA-KUŚ Magdalena	388	MGM WARSZEWO	OPEN -K	46	00:30:20.85	+00:12:19 (40.6%)	6:04	9.9 (59.3%)
139	MISIASZEK Mirosław	289		OPEN -M	93	00:30:21.15	+00:12:19 (40.6%)	6:04	9.9 (59.3%)
140	IWANOWSKI Krzysztof	151		OPEN -M	94	00:30:28.20	+00:12:26 (40.9%)	6:05	9.8 (58.7%)
141	BEDNARZ Arkadiusz	518		OPEN -M	95	00:30:28.35	+00:12:27 (40.9%)	6:05	9.8 (58.7%)
142	TRYBUŁA Ewelina	430	USK 1	OPEN -K	47	00:30:28.80	+00:12:27 (40.9%)	6:05	9.8 (58.7%)
143	WITORZĘĆ Dariusz	460		OPEN -M	96	00:30:29.85	+00:12:28 (40.9%)	6:05	9.8 (58.7%)
144	RUCZYŃSKI Dariusz	361	USK1	OPEN -M	97	00:30:29.95	+00:12:28 (40.9%)	6:05	9.8 (58.7%)
145	SKIBA Michał	381		OPEN -M	98	00:30:30.85	+00:12:29 (40.9%)	6:06	9.8 (58.7%)
146	PAWŁOWSKI Aleks	323		OPEN -M	99	00:30:34.40	+00:12:33 (41.1%)	6:06	9.8 (58.7%)
147	KASPEREK Weronika	510	AFFIDEA	OPEN -K	48	00:30:37.45	+00:12:36 (41.2%)	6:07	9.8 (58.7%)
148	MACHUNIK Kacper	254		OPEN -M	100	00:30:37.60	+00:12:36 (41.2%)	6:07	9.8 (58.7%)
149	ZINKOWICZ Patryk	498		OPEN -M	101	00:30:40.40	+00:12:39 (41.2%)	6:08	9.8 (58.7%)
150	NIECHWIADOWICZ Diana	299		OPEN -K	49	00:30:48.10	+00:12:46 (41.5%)	6:09	9.7 (58.1%)
151	NIECHWIADOWICZ Łukasz	300		OPEN -M	102	00:30:50.45	+00:12:49 (41.6%)	6:10	9.7 (58.1%)
152	GUTOWSKA Izabela	142		OPEN -K	50	00:30:58.90	+00:12:57 (41.8%)	6:11	9.7 (58.1%)
153	OLEŚKIEWICZ Michał	311	WY-BIEGANI SZCZECIN	OPEN -M	103	00:31:00.20	+00:12:58 (41.9%)	6:12	9.7 (58.1%)
154	STRÓŻYŃSKI Andrzej	400		OPEN -M	104	00:31:03.80	+00:13:02 (42.0%)	6:12	9.7 (58.1%)
155	ZAJĄC Krzysztof	486		OPEN -M	105	00:31:11.80	+00:13:10 (42.2%)	6:14	9.6 (57.5%)
156	SYDOR Kasia	403	EL TORO DE ORO	OPEN -K	51	00:31:14.25	+00:13:13 (42.3%)	6:14	9.6 (57.5%)
157	STRAK Izabela	399		OPEN -K	52	00:31:14.30	+00:13:13 (42.3%)	6:14	9.6 (57.5%)
158	LIS Alan	25		OPEN -M	106	00:31:16.10	+00:13:14 (42.4%)	6:15	9.6 (57.5%)
159	KIERNOŻYCKA Kasia	178		OPEN -K	53	00:31:17.90	+00:13:16 (42.4%)	6:15	9.6 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
160	KUBASIK Waldemar	225	BOSMAN SZCZECIN	OPEN -M	107	00:31:18.25	+00:13:17 (42.4%)	6:15	9.6 (57.5%)
161	ZIENTEK Małgorzata	494	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	54	00:31:19.80	+00:13:18 (42.5%)	6:15	9.6 (57.5%)
162	DŁUGOKĘCKA Sylwia	82		OPEN -K	55	00:31:22.80	+00:13:21 (42.6%)	6:16	9.6 (57.5%)
163	BARANOWSKI Konrad	22		OPEN -M	108	00:31:28.85	+00:13:27 (42.8%)	6:17	9.5 (56.9%)
164	BARANOWSKA Izabela	21		OPEN -K	56	00:31:29.05	+00:13:27 (42.8%)	6:17	9.5 (56.9%)
165	TUCZYŃSKA Natalia	432		OPEN -K	57	00:31:32.05	+00:13:30 (42.9%)	6:18	9.5 (56.9%)
166	ZIARNEK Krzysztof	491		OPEN -M	109	00:31:32.80	+00:13:31 (42.9%)	6:18	9.5 (56.9%)
167	HAWRANIAK Natalia	148		OPEN -K	58	00:31:36.85	+00:13:35 (43.0%)	6:19	9.5 (56.9%)
168	PAWELCZAK Cezary	319	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -M	110	00:31:38.10	+00:13:36 (43.0%)	6:19	9.5 (56.9%)
169	CIEŚLA Patrycja	61		OPEN -K	59	00:31:41.30	+00:13:40 (43.1%)	6:20	9.5 (56.9%)
170	KLOFIK Małgorzata	183		OPEN -K	60	00:31:41.65	+00:13:40 (43.1%)	6:20	9.5 (56.9%)
171	WASIELEWSKI Mariusz	442		OPEN -M	111	00:31:45.25	+00:13:44 (43.2%)	6:21	9.4 (56.3%)
172	MATULKA Łukasz	274	#FIEGEBIEGA	OPEN -M	112	00:31:47.05	+00:13:45 (43.3%)	6:21	9.4 (56.3%)
173	TUNDYS Iwona	433	USK1 SZCZECIN	OPEN -K	61	00:31:51.75	+00:13:50 (43.4%)	6:22	9.4 (56.3%)
174	WEISS Sebastian	448	KLUB HDK PRZY OPP W SZCZECINIE	OPEN -M	113	00:31:58.05	+00:13:56 (43.6%)	6:23	9.4 (56.3%)
175	TOSNOWIEC Dominika	427		OPEN -K	62	00:32:01.65	+00:14:00 (43.7%)	6:24	9.4 (56.3%)
176	HIRSCH Aga	149		OPEN -K	63	00:32:03.85	+00:14:02 (43.8%)	6:24	9.4 (56.3%)
177	CZUBA Emilia	71		OPEN -K	64	00:32:04.20	+00:14:02 (43.8%)	6:24	9.4 (56.3%)
178	WIĄCEK Anna	451	KOBIECIE BIEGANIE	OPEN -K	65	00:32:08.75	+00:14:07 (43.9%)	6:25	9.3 (55.7%)
179	TOMCZYK Katarzyna	425		OPEN -K	66	00:32:09.20	+00:14:07 (44.0%)	6:25	9.3 (55.7%)
180	KULETA Adriana	229		OPEN -K	67	00:32:11.90	+00:14:10 (44.0%)	6:26	9.3 (55.7%)
181	ZIENDA Magdalena	493		OPEN -K	68	00:32:16.80	+00:14:15 (44.2%)	6:27	9.3 (55.7%)
182	CIESIELSKI Paweł	60	KS ŚWIT SZCZECIN	OPEN -M	114	00:32:19.10	+00:14:17 (44.2%)	6:27	9.3 (55.7%)
183	CZEŻYK Paweł	69		OPEN -M	115	00:32:22.00	+00:14:20 (44.3%)	6:28	9.3 (55.7%)
184	OROWICZ Michał	313		OPEN -M	116	00:32:23.65	+00:14:22 (44.4%)	6:28	9.3 (55.7%)
185	MRÓZ Aleksandra	293	WIECZORNE BIEGANIE	OPEN -K	69	00:32:25.25	+00:14:24 (44.4%)	6:29	9.3 (55.7%)
186	KRUCZKOWSKA Agnieszka	214		OPEN -K	70	00:32:27.55	+00:14:26 (44.5%)	6:29	9.2 (55.1%)
187	KRUCZKOWSKA Malwina	215		OPEN -K	71	00:32:27.70	+00:14:26 (44.5%)	6:29	9.2 (55.1%)
188	JURYS Elzbieta	167		OPEN -K	72	00:32:28.20	+00:14:26 (44.5%)	6:29	9.2 (55.1%)
189	WONDOŁOWSKI Stanisław	469	WIECZORNE BIEGANIE	OPEN -M	117	00:32:35.25	+00:14:34 (44.7%)	6:31	9.2 (55.1%)
190	PŁAWSKA Ewa	332	MGM WARSZEWO	OPEN -K	73	00:32:37.55	+00:14:36 (44.8%)	6:31	9.2 (55.1%)
191	RADWAŃSKA Anna	347		OPEN -K	74	00:32:41.50	+00:14:40 (44.9%)	6:32	9.2 (55.1%)
192	WASYLENKO Agnieszka	444		OPEN -K	75	00:32:42.80	+00:14:41 (44.9%)	6:32	9.2 (55.1%)
193	PROTASIEWICZ Agnieszka	345		OPEN -K	76	00:32:48.30	+00:14:47 (45.1%)	6:33	9.1 (54.5%)
194	JABŁOŃSKA Aleksandra	152		OPEN -K	77	00:32:56.25	+00:14:55 (45.3%)	6:35	9.1 (54.5%)
195	BABENKO Angelika	14		OPEN -K	78	00:32:56.50	+00:14:55 (45.3%)	6:35	9.1 (54.5%)
196	KŁOS Magdalena	184		OPEN -K	79	00:32:59.10	+00:14:57 (45.4%)	6:35	9.1 (54.5%)
197	WOJCIECHOWSKA Justyna	462		OPEN -K	80	00:33:03.80	+00:15:02 (45.5%)	6:36	9.1 (54.5%)
198	LITKOWIEC Szymon	243		OPEN -M	118	00:33:04.35	+00:15:03 (45.5%)	6:36	9.1 (54.5%)
199	POŁATYŃSKI Bartosz	341		OPEN -M	119	00:33:05.95	+00:15:04 (45.6%)	6:37	9.1 (54.5%)
200	SKORUPA Grzegorz	382		OPEN -M	120	00:33:06.15	+00:15:04 (45.6%)	6:37	9.1 (54.5%)
201	MICHALIK Maciej	284	FUZJA PYRZYCE	OPEN -M	121	00:33:10.40	+00:15:09 (45.7%)	6:38	9 (53.9%)
202	POGORZELSKA Sylwia	340		OPEN -K	81	00:33:10.85	+00:15:09 (45.7%)	6:38	9 (53.9%)
203	WANDACHOWICZ Paulina	439	FIT MAMY	OPEN -K	82	00:33:10.90	+00:15:09 (45.7%)	6:38	9 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
204	KRYNICKA Elżbieta	221	FUZJA PYRZYCE	OPEN -K	83	00:33:12.75	+00:15:11 (45.7%)	6:38	9 (53.9%)
205	RUDNICKA Agnieszka	362	FUZJA	OPEN -K	84	00:33:12.95	+00:15:11 (45.7%)	6:38	9 (53.9%)
206	GALIKOWSKA Wioletta	117	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	85	00:33:13.25	+00:15:12 (45.8%)	6:38	9 (53.9%)
207	MARSZAŁEK Katarzyna	272	FUZJA PYRZYCE	OPEN -K	86	00:33:13.30	+00:15:12 (45.8%)	6:38	9 (53.9%)
208	PODLIPSKI Daniel	337		OPEN -M	122	00:33:14.30	+00:15:13 (45.8%)	6:38	9 (53.9%)
209	TALAREK Zofia	422		OPEN -K	87	00:33:15.55	+00:15:14 (45.8%)	6:39	9 (53.9%)
210	TALAREK Robert	421	SMT SZCZECIN	OPEN -M	123	00:33:15.85	+00:15:14 (45.8%)	6:39	9 (53.9%)
211	SZAJEK Marta	404	HULK TEAM POLICE	OPEN -K	88	00:33:19.75	+00:15:18 (45.9%)	6:39	9 (53.9%)
212	MYSZAK Katarzyna	294		OPEN -K	89	00:33:21.15	+00:15:19 (46.0%)	6:40	9 (53.9%)
213	MYSZAK Krzysztof	295		OPEN -M	124	00:33:21.30	+00:15:20 (46.0%)	6:40	9 (53.9%)
214	WARDĘGA Monika	440	#FIEGEBIEGA	OPEN -K	90	00:33:21.80	+00:15:20 (46.0%)	6:40	9 (53.9%)
215	SZUBERT-ADAMSKA Ewelina	414	FUTYMKA TEAM	OPEN -K	91	00:33:22.85	+00:15:21 (46.0%)	6:40	9 (53.9%)
216	KOŁODZIEJCZYK Anna	186		OPEN -K	92	00:33:24.05	+00:15:22 (46.0%)	6:40	9 (53.9%)
217	LIZUREJ Aleksandra	245		OPEN -K	93	00:33:24.55	+00:15:23 (46.1%)	6:40	9 (53.9%)
218	KONECKI Tomasz	190		OPEN -M	125	00:33:25.40	+00:15:24 (46.1%)	6:41	9 (53.9%)
219	BAREJSZA Robert	24		OPEN -M	126	00:33:26.15	+00:15:24 (46.1%)	6:41	9 (53.9%)
220	WABISZEWICZ Katarzyna	437		OPEN -K	94	00:33:27.85	+00:15:26 (46.1%)	6:41	9 (53.9%)
221	GŁOGOWSKA Katarzyna	126	FIT MAMY GRZEPNICA	OPEN -K	95	00:33:28.65	+00:15:27 (46.2%)	6:41	9 (53.9%)
222	KRZEŚNIEWSKI Marcin	520	RAZ SZCZECIN / FIZJOBIEGACZE SZCZECIN	OPEN -M	127	00:33:29.10	+00:15:27 (46.2%)	6:41	9 (53.9%)
223	BORKOWSKA ZIELKE Magdalena	39		OPEN -K	96	00:33:29.15	+00:15:27 (46.2%)	6:41	9 (53.9%)
224	STERCZEWSKI Piotr	394		OPEN -M	128	00:33:29.75	+00:15:28 (46.2%)	6:41	9 (53.9%)
225	ZUBA Lucyna	501		OPEN -K	97	00:33:33.00	+00:15:31 (46.3%)	6:42	8.9 (53.3%)
226	RYBARCZYK Justyna	365		OPEN -K	98	00:33:35.85	+00:15:34 (46.4%)	6:43	8.9 (53.3%)
227	KACZMAREK Gosia	168		OPEN -K	99	00:33:40.00	+00:15:38 (46.5%)	6:44	8.9 (53.3%)
228	GRZEŚKÓW Daniel	141		OPEN -M	129	00:33:40.70	+00:15:39 (46.5%)	6:44	8.9 (53.3%)
229	GROCHOWICZ Przemysław	132		OPEN -M	130	00:33:41.45	+00:15:40 (46.5%)	6:44	8.9 (53.3%)
230	ZAKRZEWSKA Anna	5		OPEN -K	100	00:33:46.50	+00:15:45 (46.6%)	6:45	8.9 (53.3%)
231	DURAJCZYK Jacek	97		OPEN -M	131	00:33:46.65	+00:15:45 (46.6%)	6:45	8.9 (53.3%)
232	DUDEK-IGNACZAK Joanna	93		OPEN -K	101	00:33:48.60	+00:15:47 (46.7%)	6:45	8.9 (53.3%)
233	ANTOŃCZAK Łukasz	13	BORSUKI	OPEN -M	132	00:33:49.15	+00:15:47 (46.7%)	6:45	8.9 (53.3%)
234	BOHDANOWICZ Marek	38	TRIGYM	OPEN -M	133	00:33:54.30	+00:15:53 (46.8%)	6:46	8.8 (52.7%)
235	JAREMCZUK-ŁAZARZ Dorota	158	MOTI TEAM	OPEN -K	102	00:33:56.40	+00:15:55 (46.9%)	6:47	8.8 (52.7%)
236	KOŚCIŃSKA Elżbieta	198	WOJSKOWY KLUB HONOROWYCH DAWCÓW KRWI SZCZECIN	OPEN -K	103	00:34:03.45	+00:16:02 (47.1%)	6:48	8.8 (52.7%)
237	FECHNER Krzysztof	108		OPEN -M	134	00:34:04.25	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
238	WAWRZECZKO Anna	445		OPEN -K	104	00:34:04.35	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
239	USZPOLEWICZ Monika	436		OPEN -K	105	00:34:04.70	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
240	PELC Marek	326		OPEN -M	135	00:34:04.90	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
241	HAPONIUK Weronika	146		OPEN -K	106	00:34:05.50	+00:16:04 (47.1%)	6:49	8.8 (52.7%)
242	RAK Alicja	350		OPEN -K	107	00:34:07.25	+00:16:06 (47.2%)	6:49	8.8 (52.7%)
243	ZALEWSKA Ewa	487	USK 1 SZCZECIN	OPEN -K	108	00:34:08.50	+00:16:07 (47.2%)	6:49	8.8 (52.7%)
244	JAKUBOWSKA Anna	153		OPEN -K	109	00:34:11.95	+00:16:10 (47.3%)	6:50	8.8 (52.7%)
245	GUZ Joanna	513	AFFIDEA	OPEN -K	110	00:34:13.00	+00:16:11 (47.3%)	6:50	8.8 (52.7%)
246	WAWSZCZYK Marek	447		OPEN -M	136	00:34:13.10	+00:16:11 (47.3%)	6:50	8.8 (52.7%)
247	MADEJ Anna	256		OPEN -K	111	00:34:13.50	+00:16:12 (47.3%)	6:50	8.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
248	MADEJ Aleksander	257	ŻONA MI KAZAŁA	OPEN -M	137	00:34:13.75	+00:16:12 (47.4%)	6:50	8.8 (52.7%)
249	DZBANUSZEK Mariusz	101		OPEN -M	138	00:34:15.70	+00:16:14 (47.4%)	6:51	8.8 (52.7%)
250	SZCZĘCH Martyna	409		OPEN -K	112	00:34:15.80	+00:16:14 (47.4%)	6:51	8.8 (52.7%)
251	GŁOGOWSKI Jan	127		OPEN -M	139	00:34:16.25	+00:16:15 (47.4%)	6:51	8.8 (52.7%)
252	DRABIK Paweł	84		OPEN -M	140	00:34:26.50	+00:16:25 (47.7%)	6:53	8.7 (52.1%)
253	ANDRZEJEWSKA Adrianna	328		OPEN -K	113	00:34:27.65	+00:16:26 (47.7%)	6:53	8.7 (52.1%)
254	RUDZEWICZ Mariusz	363		OPEN -M	141	00:34:36.30	+00:16:35 (47.9%)	6:55	8.7 (52.1%)
255	SEMKO Olha	376		OPEN -K	114	00:34:41.90	+00:16:40 (48.1%)	6:56	8.6 (51.5%)
256	ZUBKIEWICZ Michał	502		OPEN -M	142	00:34:44.90	+00:16:43 (48.1%)	6:56	8.6 (51.5%)
257	YAKOBCHUK Inna	480		OPEN -K	115	00:34:45.40	+00:16:44 (48.2%)	6:57	8.6 (51.5%)
258	ŁUPKOWSKA-GRYGORCEWICZ Aleksandra	252		OPEN -K	116	00:34:57.10	+00:16:55 (48.4%)	6:59	8.6 (51.5%)
259	GRYGORCEWICZ -ŚLWIŃSKA Magdalena	138		OPEN -K	117	00:35:00.45	+00:16:59 (48.5%)	7:00	8.6 (51.5%)
260	BALCER Jacek	18		OPEN -M	143	00:35:06.30	+00:17:05 (48.7%)	7:01	8.5 (50.9%)
261	BALCER Ewa	19		OPEN -K	118	00:35:06.45	+00:17:05 (48.7%)	7:01	8.5 (50.9%)
262	DRĘŻEK Anna	88		OPEN -K	119	00:35:17.55	+00:17:16 (48.9%)	7:03	8.5 (50.9%)
263	KONIK Aneta	191	POLICZANKI	OPEN -K	120	00:35:18.35	+00:17:17 (49.0%)	7:03	8.5 (50.9%)
264	WIŚNIEWSKI Arkadiusz	459	PARKRUN GORZÓW WIELKOPOLSKI	OPEN -M	144	00:35:20.85	+00:17:19 (49.0%)	7:04	8.5 (50.9%)
265	MONDZELEWSKA Beata	291	LZS WOŁCZKOWO	OPEN -K	121	00:35:21.60	+00:17:20 (49.0%)	7:04	8.5 (50.9%)
266	GIERCHOWSKA Monika	120	BBL POLICE	OPEN -K	122	00:35:30.95	+00:17:29 (49.3%)	7:06	8.5 (50.9%)
267	PAWLICKA Joanna	507		OPEN -K	123	00:35:31.30	+00:17:30 (49.3%)	7:06	8.4 (50.3%)
268	SŁADKIEWICZ Adam	384		OPEN -M	145	00:35:35.30	+00:17:34 (49.4%)	7:07	8.4 (50.3%)
269	PAWŁOWSKI Piotr	322		OPEN -M	146	00:35:38.90	+00:17:37 (49.4%)	7:07	8.4 (50.3%)
270	PAWŁOWSKA Justyna	321		OPEN -K	124	00:35:41.15	+00:17:39 (49.5%)	7:08	8.4 (50.3%)
271	MASALSKI Robert	273		OPEN -M	147	00:35:43.40	+00:17:42 (49.6%)	7:08	8.4 (50.3%)
272	PAWEŁCZYK Marzena	320	USK1	OPEN -K	125	00:35:46.35	+00:17:45 (49.6%)	7:09	8.4 (50.3%)
273	KRAM Barbara	210		OPEN -K	126	00:35:48.55	+00:17:47 (49.7%)	7:09	8.4 (50.3%)
274	GODLEWSKI Jarosław	129		OPEN -M	148	00:35:51.70	+00:17:50 (49.7%)	7:10	8.4 (50.3%)
275	FUTYMA Karolina	113	FUTYMKA TEAM	OPEN -K	127	00:35:52.20	+00:17:50 (49.8%)	7:10	8.4 (50.3%)
276	DĄBSKA Karolina	76		OPEN -K	128	00:35:52.75	+00:17:51 (49.8%)	7:10	8.4 (50.3%)
277	BUDZYŃSKA Alicja	45	VETKA TEAM	OPEN -K	129	00:35:56.60	+00:17:55 (49.9%)	7:11	8.3 (49.7%)
278	KORBAL Małgorzata	192		OPEN -K	130	00:35:57.40	+00:17:56 (49.9%)	7:11	8.3 (49.7%)
279	JAKSINA Anna	212	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	131	00:35:59.55	+00:17:58 (49.9%)	7:11	8.3 (49.7%)
280	WOJNACH Paweł	465	PARKRUN SZCZECIN	OPEN -M	149	00:36:01.00	+00:17:59 (50.0%)	7:12	8.3 (49.7%)
281	ROSIAK-SYPNIEWSKA Paulina Ewa	357		OPEN -K	132	00:36:07.45	+00:18:06 (50.1%)	7:13	8.3 (49.7%)
282	CISEK Radosław	64		OPEN -M	150	00:36:13.55	+00:18:12 (50.3%)	7:14	8.3 (49.7%)
283	CZYŻYK Przemysław	72	LUCHERINI	OPEN -M	151	00:36:15.10	+00:18:13 (50.3%)	7:15	8.3 (49.7%)
284	MANDUK-CZYŻYK Nina	269	LUCHERINI	OPEN -K	133	00:36:15.95	+00:18:14 (50.3%)	7:15	8.3 (49.7%)
285	MOLĘDA Jan	290		OPEN -M	152	00:36:18.05	+00:18:16 (50.4%)	7:15	8.3 (49.7%)
286	KOWALCZYK Joanna	202		OPEN -K	134	00:36:20.35	+00:18:19 (50.4%)	7:16	8.3 (49.7%)
287	WIECZOREK Mariusz	452		OPEN -M	153	00:36:23.05	+00:18:21 (50.5%)	7:16	8.2 (49.1%)
288	ZASADZIŃSKA Natalia	483	INCOMKI	OPEN -K	135	00:36:26.15	+00:18:24 (50.5%)	7:17	8.2 (49.1%)
289	CABAJ Tomasz	49	#FIEGEBIEGA	OPEN -M	154	00:36:28.25	+00:18:27 (50.6%)	7:17	8.2 (49.1%)
290	LEWANDOWSKA Beata	238		OPEN -K	136	00:36:29.45	+00:18:28 (50.6%)	7:17	8.2 (49.1%)
291	SZYMASZEK Sebastian	417	RUN FOREST RUN	OPEN -M	155	00:36:30.50	+00:18:29 (50.6%)	7:18	8.2 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
292	FASSERO GAMBA Noemi	106		OPEN -K	137	00:36:31.65	+00:18:30 (50.7%)	7:18	8.2 (49.1%)
293	KARLIN-GRAŻEWICZ Katarzyna	173	HIPOHONDRYCZKI 2024	OPEN -K	138	00:36:34.35	+00:18:33 (50.7%)	7:18	8.2 (49.1%)
294	KOZINA Joanna	205		OPEN -K	139	00:36:46.30	+00:18:45 (51.0%)	7:21	8.2 (49.1%)
295	JASZCZERSKA Asia	159		OPEN -K	140	00:36:46.55	+00:18:45 (51.0%)	7:21	8.2 (49.1%)
296	RETECKI Pawel	354		OPEN -M	156	00:36:47.15	+00:18:45 (51.0%)	7:21	8.2 (49.1%)
297	JARCZEWSKA Renata	499		OPEN -K	141	00:36:49.30	+00:18:48 (51.1%)	7:21	8.1 (48.5%)
298	OSICA Bartłomiej	314	DZIKI Z PILCHOWA	OPEN -M	157	00:36:51.55	+00:18:50 (51.1%)	7:22	8.1 (48.5%)
299	PODWYSZYŃSKI Sebastian	339		OPEN -M	158	00:36:59.25	+00:18:58 (51.3%)	7:23	8.1 (48.5%)
300	KRYGER Grzegorz	219	PARKRUN POZNAŃ	OPEN -M	159	00:36:59.80	+00:18:58 (51.3%)	7:23	8.1 (48.5%)
301	HARWAT Katarzyna	147	PARKRUN SZCZECIN	OPEN -K	142	00:37:00.80	+00:18:59 (51.3%)	7:24	8.1 (48.5%)
302	KRUPA Paulina	216		OPEN -K	143	00:37:01.55	+00:19:00 (51.3%)	7:24	8.1 (48.5%)
303	JAŚKOWIAK Katarzyna	160		OPEN -K	144	00:37:03.35	+00:19:02 (51.4%)	7:24	8.1 (48.5%)
304	LEOŃCZUK Filip	237	BT	OPEN -M	160	00:37:04.60	+00:19:03 (51.4%)	7:24	8.1 (48.5%)
305	DEKERT Włodzimierz	78		OPEN -M	161	00:37:05.60	+00:19:04 (51.4%)	7:25	8.1 (48.5%)
306	PAŹDZIOR Paulina	325		OPEN -K	145	00:37:06.35	+00:19:05 (51.4%)	7:25	8.1 (48.5%)
307	DURDA Katarzyna	99	UNIWERSYTECKI SZPITAL KLINICZNY NR 1	OPEN -K	146	00:37:08.95	+00:19:07 (51.5%)	7:25	8.1 (48.5%)
308	DIACHENKO Oksana	81		OPEN -K	147	00:37:14.95	+00:19:13 (51.6%)	7:26	8.1 (48.5%)
309	GIERGIELEWICZ Marta	121		OPEN -K	148	00:37:27.00	+00:19:25 (51.9%)	7:29	8 (47.9%)
310	MAHACZEK Adam	259		OPEN -M	162	00:37:27.75	+00:19:26 (51.9%)	7:29	8 (47.9%)
311	DURAJCZYK Patrycja	96		OPEN -K	149	00:37:29.65	+00:19:28 (51.9%)	7:29	8 (47.9%)
312	LUDWICKA Weronika	246		OPEN -K	150	00:37:30.10	+00:19:28 (51.9%)	7:30	8 (47.9%)
313	MARCISZEWSKI Mirosław	270	NIEZRZESZONY	OPEN -M	163	00:37:32.60	+00:19:31 (52.0%)	7:30	8 (47.9%)
314	WIŚNIEWSKA Agnieszka	457	PARKRUN GORZÓW WIELKOPOLSKI	OPEN -K	151	00:37:36.80	+00:19:35 (52.1%)	7:31	8 (47.9%)
315	LITKOWIEC Patrycja	242		OPEN -K	152	00:37:46.30	+00:19:45 (52.3%)	7:33	7.9 (47.3%)
316	SCHULZ Magdalena	374		OPEN -K	153	00:38:00.60	+00:19:59 (52.6%)	7:36	7.9 (47.3%)
317	POCHODAJ Joanna	334		OPEN -K	154	00:38:00.65	+00:19:59 (52.6%)	7:36	7.9 (47.3%)
318	BŁASZCZYK Anita	32		OPEN -K	155	00:38:00.85	+00:19:59 (52.6%)	7:36	7.9 (47.3%)
319	REUTT Michał	355		OPEN -M	164	00:38:01.20	+00:19:59 (52.6%)	7:36	7.9 (47.3%)
320	POCHODAJ Karol	335		OPEN -M	165	00:38:01.55	+00:20:00 (52.6%)	7:36	7.9 (47.3%)
321	MATUSZAK Anita	277	MATUSZAK TEAM	OPEN -K	156	00:38:03.90	+00:20:02 (52.7%)	7:36	7.9 (47.3%)
322	SAMOLEJ Monika	372		OPEN -K	157	00:38:36.40	+00:20:35 (53.3%)	7:43	7.8 (46.7%)
323	CYBULSKA Joanna	65		OPEN -K	158	00:38:46.40	+00:20:45 (53.5%)	7:45	7.7 (46.1%)
324	KAŹMIERSKA Bożena	176	FIT MAMY	OPEN -K	159	00:38:46.45	+00:20:45 (53.5%)	7:45	7.7 (46.1%)
325	CZAJCZYŃSKA Monika	66		OPEN -K	160	00:38:50.10	+00:20:48 (53.6%)	7:46	7.7 (46.1%)
326	ZIMER Paulina	496		OPEN -K	161	00:38:50.80	+00:20:49 (53.6%)	7:46	7.7 (46.1%)
327	BEDNARZ Justyna	28		OPEN -K	162	00:38:53.40	+00:20:52 (53.7%)	7:46	7.7 (46.1%)
328	PIECHOTA Daniel	288		OPEN -M	166	00:38:55.50	+00:20:54 (53.7%)	7:47	7.7 (46.1%)
329	JEMIELITY Robert	162	WYDZIAŁ POŚCIGOWY	OPEN -M	167	00:38:57.10	+00:20:55 (53.7%)	7:47	7.7 (46.1%)
330	JEMIELITY Marcin	33		OPEN -M	168	00:38:57.35	+00:20:56 (53.7%)	7:47	7.7 (46.1%)
331	ROSZKOWSKA Monika	359	INCOMKI	OPEN -K	163	00:39:05.30	+00:21:04 (53.9%)	7:49	7.7 (46.1%)
332	NOWACZYK Ewa	302	INCOMKI	OPEN -K	164	00:39:05.50	+00:21:04 (53.9%)	7:49	7.7 (46.1%)
333	BIAŁKOWSKA Gabriela	29	INCOMKI	OPEN -K	165	00:39:06.90	+00:21:05 (53.9%)	7:49	7.7 (46.1%)
334	REDLARSKA Anna	353	KOBIECE BIEGANIE	OPEN -K	166	00:39:17.15	+00:21:15 (54.1%)	7:51	7.6 (45.5%)
335	GAWROŃSKA Monika	118		OPEN -K	167	00:39:42.60	+00:21:41 (54.6%)	7:56	7.6 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
336	LIPSKI Łukasz	241	BIEGOHOLLICA	OPEN -M	169	00:39:48.90	+00:21:47 (54.7%)	7:57	7.5 (44.9%)
337	GŁODEK Paweł	124		OPEN -M	170	00:39:55.20	+00:21:53 (54.9%)	7:59	7.5 (44.9%)
338	GŁODEK Małgorzata	125		OPEN -K	168	00:39:55.70	+00:21:54 (54.9%)	7:59	7.5 (44.9%)
339	WOŹNIAK Marta	472		OPEN -K	169	00:39:55.95	+00:21:54 (54.9%)	7:59	7.5 (44.9%)
340	LICZBIŃSKA-HANKE Małgorzata	240		OPEN -K	170	00:39:59.95	+00:21:58 (54.9%)	7:59	7.5 (44.9%)
341	MATUSZEWSKA Edyta	275		OPEN -K	171	00:40:32.10	+00:22:30 (55.5%)	8:06	7.4 (44.3%)
342	WĘGIERSKA Patrycja	450	INCOMKI	OPEN -K	172	00:40:37.80	+00:22:36 (55.6%)	8:07	7.4 (44.3%)
343	HALKO Elżbieta	144	INCOMKI	OPEN -K	173	00:40:37.95	+00:22:36 (55.6%)	8:07	7.4 (44.3%)
344	ADAMSKI Adrian	12	FUTYMKA TEAM	OPEN -M	171	00:40:38.65	+00:22:37 (55.7%)	8:07	7.4 (44.3%)
345	ŻYWICKA Barbara	506		OPEN -K	174	00:40:38.75	+00:22:37 (55.7%)	8:07	7.4 (44.3%)
346	BRUSS Mateusz	44		OPEN -M	172	00:40:40.25	+00:22:39 (55.7%)	8:08	7.4 (44.3%)
347	MAHACZEK Karolina	260		OPEN -K	175	00:40:44.30	+00:22:43 (55.8%)	8:08	7.4 (44.3%)
348	DZIĘCIOŁ Kasia	104		OPEN -K	176	00:40:45.60	+00:22:44 (55.8%)	8:09	7.4 (44.3%)
349	KACZMAREK Włodzimierz	169		OPEN -M	173	00:40:46.70	+00:22:45 (55.8%)	8:09	7.4 (44.3%)
350	JÓZEFOWICZ Monika	166		OPEN -K	177	00:40:47.70	+00:22:46 (55.8%)	8:09	7.4 (44.3%)
351	WASIELEWSKA Katarzyna	441		OPEN -K	178	00:41:01.45	+00:23:00 (56.1%)	8:12	7.3 (43.7%)
352	WOŹNIAK Emilia	471		OPEN -K	179	00:41:04.05	+00:23:02 (56.1%)	8:12	7.3 (43.7%)
353	SZKUCIAK Joanna	411		OPEN -K	180	00:41:04.80	+00:23:03 (56.1%)	8:12	7.3 (43.7%)
354	DEKERT Monika	77		OPEN -K	181	00:41:29.25	+00:23:28 (56.6%)	8:17	7.2 (43.1%)
355	BACZA Anna	15		OPEN -K	182	00:41:30.10	+00:23:28 (56.6%)	8:18	7.2 (43.1%)
356	BORYS-GUT Magdalena	41		OPEN -K	183	00:41:34.50	+00:23:33 (56.7%)	8:18	7.2 (43.1%)
357	KIECZUR Magdalena	509	AFFIDEA	OPEN -K	184	00:41:37.50	+00:23:36 (56.7%)	8:19	7.2 (43.1%)
358	MIKA Małgorzata	287		OPEN -K	185	00:41:45.25	+00:23:44 (56.8%)	8:21	7.2 (43.1%)
359	DRENIKOWSKI Tomasz	85		OPEN -M	174	00:42:04.00	+00:24:02 (57.2%)	8:24	7.1 (42.5%)
360	TADYCH Beata	420		OPEN -K	186	00:42:07.70	+00:24:06 (57.2%)	8:25	7.1 (42.5%)
361	SEJ Paweł	375		OPEN -M	175	00:42:08.60	+00:24:07 (57.2%)	8:25	7.1 (42.5%)
362	DEMBOWSKA Monika	79		OPEN -K	187	00:42:12.65	+00:24:11 (57.3%)	8:26	7.1 (42.5%)
363	MAŁECKA Kamila	268	INCOMKI	OPEN -K	188	00:42:32.55	+00:24:31 (57.6%)	8:30	7.1 (42.5%)
364	RADZIEWICZ Anna	348	#FIEGEBIEGA	OPEN -K	189	00:42:35.80	+00:24:34 (57.7%)	8:31	7 (41.9%)
365	MATUSZEWSKA Agnieszka	278	#FIEGEBIEGA	OPEN -K	190	00:42:35.90	+00:24:34 (57.7%)	8:31	7 (41.9%)
366	RZEPKA Aleksandra	367		OPEN -K	191	00:42:57.05	+00:24:55 (58.0%)	8:35	7 (41.9%)
367	HAPONIUK Joanna	145		OPEN -K	192	00:43:04.60	+00:25:03 (58.2%)	8:36	7 (41.9%)
368	PŁOSA Monika	333		OPEN -K	193	00:43:09.25	+00:25:08 (58.2%)	8:37	7 (41.9%)
369	STENZEL Nikola	392		OPEN -K	194	00:43:18.70	+00:25:17 (58.4%)	8:39	6.9 (41.3%)
370	STENZEL Agnieszka	391		OPEN -K	195	00:43:19.40	+00:25:18 (58.4%)	8:39	6.9 (41.3%)
371	DUBA Marcin	90		OPEN -M	176	00:43:20.10	+00:25:18 (58.4%)	8:40	6.9 (41.3%)
372	GINIEWSKA Ewa	122		OPEN -K	196	00:43:26.30	+00:25:25 (58.5%)	8:41	6.9 (41.3%)
373	ODRZYWOLSKA Ania	307		OPEN -K	197	00:43:27.40	+00:25:26 (58.5%)	8:41	6.9 (41.3%)
374	DURDA Stanisław	100		OPEN -M	177	00:43:32.30	+00:25:31 (58.6%)	8:42	6.9 (41.3%)
375	BEDNARSKA Ewelina	27	INCOMKI	OPEN -K	198	00:43:39.15	+00:25:37 (58.7%)	8:43	6.9 (41.3%)
376	WOJTAT Halina	466		OPEN -K	199	00:43:46.40	+00:25:45 (58.8%)	8:45	6.9 (41.3%)
377	JEŻ Maja	164	USK1	OPEN -K	200	00:43:55.95	+00:25:54 (59.0%)	8:47	6.8 (40.7%)
378	ZAJĄC Natalia	485		OPEN -K	201	00:44:04.35	+00:26:03 (59.1%)	8:48	6.8 (40.7%)
379	WROŃSKA Weronika	473	MGM WARSZEWO	OPEN -K	202	00:44:05.55	+00:26:04 (59.1%)	8:49	6.8 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
380	DREŚCIK Weronika	86	AKADEMIA UŚMIECHU	OPEN -K	203	00:44:48.75	+00:26:47 (59.8%)	8:57	6.7 (40.1%)
381	KRAWCZYK Joanna	213		OPEN -K	204	00:44:57.20	+00:26:55 (59.9%)	8:59	6.7 (40.1%)
382	WIŚNIEWSKA Agnieszka	458		OPEN -K	205	00:44:59.60	+00:26:58 (59.9%)	8:59	6.7 (40.1%)
383	WIECZOREK Małgorzata	453		OPEN -K	206	00:45:21.80	+00:27:20 (60.3%)	9:04	6.6 (39.5%)
384	FALKOWSKA Bogusława	105		OPEN -K	207	00:45:22.45	+00:27:21 (60.3%)	9:04	6.6 (39.5%)
385	KOSZALSKA Marta	196	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	208	00:45:23.10	+00:27:21 (60.3%)	9:04	6.6 (39.5%)
386	JEMIELITY Alicja	161	WYDZIAŁ POŚCIGOWY	OPEN -K	209	00:46:17.15	+00:28:15 (61.1%)	9:15	6.5 (38.9%)
387	WEISS-WIKTORSKA Iwona	449	WYDZIAŁ POŚCIGOWY	OPEN -K	210	00:47:11.75	+00:29:10 (61.8%)	9:26	6.4 (38.3%)
388	MARCINKOWSKI Filip	463		OPEN -M	178	00:49:41.95	+00:31:40 (63.7%)	9:56	6 (35.9%)
389	POTORSKA Joanna	343		OPEN -K	211	00:49:42.05	+00:31:40 (63.7%)	9:56	6 (35.9%)
390	MICHALAK Monika	283	FUTYMKA TEAM	OPEN -K	212	00:49:47.10	+00:31:45 (63.8%)	9:57	6 (35.9%)
391	PARCHIMOWICZ Janusz	316		OPEN -M	179	00:51:40.95	+00:33:39 (65.1%)	10:20	5.8 (34.7%)
392	NOWAK Aneta	303	FUTYMKA TEAM	OPEN -K	213	00:51:41.30	+00:33:40 (65.1%)	10:20	5.8 (34.7%)
393	LITWINIAK Izabela	244	FUTYMKA TEAM	OPEN -K	214	00:51:41.40	+00:33:40 (65.1%)	10:20	5.8 (34.7%)
394	MALINOWSKA-WASILUK Agnieszka	263		OPEN -K	215	00:51:52.50	+00:33:51 (65.3%)	10:22	5.8 (34.7%)
395	BAGIŃSKA Magdalena	508	AFFIDEA	OPEN -K	216	00:51:54.25	+00:33:53 (65.3%)	10:22	5.8 (34.7%)
396	ADAMIAK Małgorzata	10	INCOMKI	OPEN -K	217	00:52:12.55	+00:34:11 (65.5%)	10:26	5.7 (34.1%)
397	RYKOWSKA Olga	366	INCOMKI	OPEN -K	218	00:52:12.90	+00:34:11 (65.5%)	10:26	5.7 (34.1%)
398	KUŚMIERCZYK Aleksandra	232	INCOMKI	OPEN -K	219	00:52:14.15	+00:34:12 (65.5%)	10:26	5.7 (34.1%)
399	ZALEWSKA Paulina	488	INCOMKI	OPEN -K	220	00:52:14.25	+00:34:13 (65.5%)	10:26	5.7 (34.1%)
400	LEHMANN Patrycja	236	INCOMKI	OPEN -K	221	00:52:15.40	+00:34:14 (65.5%)	10:27	5.7 (34.1%)
401	KOWALSKA Zenobia	203		OPEN -K	222	00:55:15.50	+00:37:14 (67.4%)	11:03	5.4 (32.3%)
401	KOSZALSKA Bożena	197		OPEN -K	222	00:55:15.50	+00:37:14 (67.4%)	11:03	5.4 (32.3%)
403	ROSIŃSKA Karolina	358	USK 1	OPEN -K	224	00:55:57.80	+00:37:56 (67.8%)	11:11	5.4 (32.3%)
404	STERCZEWSKA Joanna	393	USK 1	OPEN -K	225	00:55:59.45	+00:37:58 (67.8%)	11:11	5.4 (32.3%)
405	STEĆ Karolina	389	USK 1	OPEN -K	226	00:55:59.85	+00:37:58 (67.8%)	11:11	5.4 (32.3%)
406	BURAKOWSKA Magdalena	47	USK 1	OPEN -K	227	00:56:00.20	+00:37:58 (67.8%)	11:12	5.4 (32.3%)
407	SIKORA Małgorzata	378	USK 1	OPEN -K	228	00:56:00.90	+00:37:59 (67.8%)	11:12	5.4 (32.3%)
408	KAPŁUN Beata	172		OPEN -K	229	00:56:03.00	+00:38:01 (67.8%)	11:12	5.4 (32.3%)
409	MAJCHEREK Paulina	261		OPEN -K	230	00:57:58.70	+00:39:57 (68.9%)	11:35	5.2 (31.1%)
410	PAWŁOWSKA Agata	324		OPEN -K	231				(0.0%)

Znaleziono 410 wynik(ów)