



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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
116	<b>CZECH-WOJNACH Kasia</b>	<b>68</b>	USK 1	OPEN -K	35	<b>00:29:43.55</b>	+00:11:42 (39.4%)	5:56	10.1 (60.5%)
117	<b>RÓŻALSKI Piotr</b>	<b>360</b>	PSG	OPEN -M	82	<b>00:29:46.10</b>	+00:11:44 (39.5%)	5:57	10.1 (60.5%)
118	<b>ŁAWRYNOWICZ Ewa</b>	<b>248</b>	FITMAMY	OPEN -K	36	<b>00:29:47.45</b>	+00:11:46 (39.5%)	5:57	10.1 (60.5%)
119	<b>ŁUKASIEWICZ Agnieszka</b>	<b>250</b>	KB HERMES GRZYFINO	OPEN -K	37	<b>00:29:47.50</b>	+00:11:46 (39.5%)	5:57	10.1 (60.5%)
120	<b>SOBIERAJ Marcin</b>	<b>386</b>		OPEN -M	83	<b>00:29:51.00</b>	+00:11:49 (39.6%)	5:58	10.1 (60.5%)
121	<b>STĘPNIAK Tomasz</b>	<b>395</b>		OPEN -M	84	<b>00:29:52.95</b>	+00:11:51 (39.7%)	5:58	10 (59.9%)
122	<b>CEGLAREK Łukasz</b>	<b>3</b>	POGOŃ SZCZECIN	OPEN -M	85	<b>00:29:53.00</b>	+00:11:51 (39.7%)	5:58	10 (59.9%)
123	<b>OLEKSYK Patryk</b>	<b>310</b>		OPEN -M	86	<b>00:29:53.30</b>	+00:11:52 (39.7%)	5:58	10 (59.9%)
124	<b>PODHAJNA-PIETRZAK Oliwia</b>	<b>398</b>		OPEN -K	38	<b>00:29:56.50</b>	+00:11:55 (39.8%)	5:59	10 (59.9%)
125	<b>DUMA Małgorzata</b>	<b>95</b>	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	39	<b>00:29:57.30</b>	+00:11:56 (39.8%)	5:59	10 (59.9%)
126	<b>KACZMAREK Arleta</b>	<b>170</b>	KOBIECE BIEGANIE	OPEN -K	40	<b>00:29:58.65</b>	+00:11:57 (39.9%)	5:59	10 (59.9%)
127	<b>JANOWSKA CICHECKA Julita</b>	<b>156</b>	FIT MAMY	OPEN -K	41	<b>00:30:02.45</b>	+00:12:01 (40.0%)	6:00	10 (59.9%)
128	<b>SZAJEK Gabor</b>	<b>406</b>	HULK TEAM POLICE	OPEN -M	87	<b>00:30:07.65</b>	+00:12:06 (40.2%)	6:01	10 (59.9%)
129	<b>BĄCIK Aneta</b>	<b>26</b>		OPEN -K	42	<b>00:30:14.55</b>	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
130	<b>BIŚ Krystian</b>	<b>30</b>		OPEN -M	88	<b>00:30:14.70</b>	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
131	<b>POCHODAJ Kamil</b>	<b>336</b>	ĆPAJ SPORT LUBAŃ	OPEN -M	89	<b>00:30:14.80</b>	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
132	<b>GERSZTYN Paweł</b>	<b>119</b>		OPEN -M	90	<b>00:30:14.90</b>	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
133	<b>DOMAGALSKI Sławomir</b>	<b>83</b>	SKB DZIK	OPEN -M	91	<b>00:30:16.00</b>	+00:12:14 (40.5%)	6:03	9.9 (59.3%)
134	<b>MAJEWSKA Małgorzata</b>	<b>262</b>		OPEN -K	43	<b>00:30:17.05</b>	+00:12:15 (40.5%)	6:03	9.9 (59.3%)
135	<b>MIELEC Marta</b>	<b>285</b>		OPEN -K	44	<b>00:30:17.60</b>	+00:12:16 (40.5%)	6:03	9.9 (59.3%)
136	<b>KOZŁOWSKI Marcin</b>	<b>207</b>		OPEN -M	92	<b>00:30:18.35</b>	+00:12:17 (40.5%)	6:03	9.9 (59.3%)
137	<b>RAJSKA Aleksandra</b>	<b>349</b>		OPEN -K	45	<b>00:30:19.70</b>	+00:12:18 (40.6%)	6:03	9.9 (59.3%)
138	<b>STANISZEWSKA-KUŚ Magdalena</b>	<b>388</b>	MGM WARSZEWO	OPEN -K	46	<b>00:30:20.85</b>	+00:12:19 (40.6%)	6:04	9.9 (59.3%)
139	<b>MISIASZEK Mirosław</b>	<b>289</b>		OPEN -M	93	<b>00:30:21.15</b>	+00:12:19 (40.6%)	6:04	9.9 (59.3%)
140	<b>IWANOWSKI Krzysztof</b>	<b>151</b>		OPEN -M	94	<b>00:30:28.20</b>	+00:12:26 (40.9%)	6:05	9.8 (58.7%)
141	<b>BEDNARZ Arkadiusz</b>	<b>518</b>		OPEN -M	95	<b>00:30:28.35</b>	+00:12:27 (40.9%)	6:05	9.8 (58.7%)
142	<b>TRYBUŁA Ewelina</b>	<b>430</b>	USK 1	OPEN -K	47	<b>00:30:28.80</b>	+00:12:27 (40.9%)	6:05	9.8 (58.7%)
143	<b>WITORZĘĆ Dariusz</b>	<b>460</b>		OPEN -M	96	<b>00:30:29.85</b>	+00:12:28 (40.9%)	6:05	9.8 (58.7%)
144	<b>RUCZYŃSKI Dariusz</b>	<b>361</b>	USK1	OPEN -M	97	<b>00:30:29.95</b>	+00:12:28 (40.9%)	6:05	9.8 (58.7%)
145	<b>SKIBA Michał</b>	<b>381</b>		OPEN -M	98	<b>00:30:30.85</b>	+00:12:29 (40.9%)	6:06	9.8 (58.7%)
146	<b>PAWŁOWSKI Aleks</b>	<b>323</b>		OPEN -M	99	<b>00:30:34.40</b>	+00:12:33 (41.1%)	6:06	9.8 (58.7%)
147	<b>KASPEREK Weronika</b>	<b>510</b>	AFFIDEA	OPEN -K	48	<b>00:30:37.45</b>	+00:12:36 (41.2%)	6:07	9.8 (58.7%)
148	<b>MACHUNIK Kacper</b>	<b>254</b>		OPEN -M	100	<b>00:30:37.60</b>	+00:12:36 (41.2%)	6:07	9.8 (58.7%)
149	<b>ZINKOWICZ Patryk</b>	<b>498</b>		OPEN -M	101	<b>00:30:40.40</b>	+00:12:39 (41.2%)	6:08	9.8 (58.7%)
150	<b>NIECHWIADOWICZ Diana</b>	<b>299</b>		OPEN -K	49	<b>00:30:48.10</b>	+00:12:46 (41.5%)	6:09	9.7 (58.1%)
151	<b>NIECHWIADOWICZ Łukasz</b>	<b>300</b>		OPEN -M	102	<b>00:30:50.45</b>	+00:12:49 (41.6%)	6:10	9.7 (58.1%)
152	<b>GUTOWSKA Izabela</b>	<b>142</b>		OPEN -K	50	<b>00:30:58.90</b>	+00:12:57 (41.8%)	6:11	9.7 (58.1%)
153	<b>OLEŚKIEWICZ Michał</b>	<b>311</b>	WY-BIEGANI SZCZECIN	OPEN -M	103	<b>00:31:00.20</b>	+00:12:58 (41.9%)	6:12	9.7 (58.1%)
154	<b>STRÓŻYŃSKI Andrzej</b>	<b>400</b>		OPEN -M	104	<b>00:31:03.80</b>	+00:13:02 (42.0%)	6:12	9.7 (58.1%)
155	<b>ZAJĄC Krzysztof</b>	<b>486</b>		OPEN -M	105	<b>00:31:11.80</b>	+00:13:10 (42.2%)	6:14	9.6 (57.5%)
156	<b>SYDOR Kasia</b>	<b>403</b>	EL TORO DE ORO	OPEN -K	51	<b>00:31:14.25</b>	+00:13:13 (42.3%)	6:14	9.6 (57.5%)
157	<b>STRAK Izabela</b>	<b>399</b>		OPEN -K	52	<b>00:31:14.30</b>	+00:13:13 (42.3%)	6:14	9.6 (57.5%)
158	<b>LIS Alan</b>	<b>25</b>		OPEN -M	106	<b>00:31:16.10</b>	+00:13:14 (42.4%)	6:15	9.6 (57.5%)
159	<b>KIERNOŻYCKA Kasia</b>	<b>178</b>		OPEN -K	53	<b>00:31:17.90</b>	+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	<b>00:31:18.25</b>	+00:13:17 (42.4%)	6:15	9.6 (57.5%)
161	ZIENTEK Małgorzata	494	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	54	<b>00:31:19.80</b>	+00:13:18 (42.5%)	6:15	9.6 (57.5%)
162	DŁUGOKĘCKA Sylwia	82		OPEN -K	55	<b>00:31:22.80</b>	+00:13:21 (42.6%)	6:16	9.6 (57.5%)
163	BARANOWSKI Konrad	22		OPEN -M	108	<b>00:31:28.85</b>	+00:13:27 (42.8%)	6:17	9.5 (56.9%)
164	BARANOWSKA Izabela	21		OPEN -K	56	<b>00:31:29.05</b>	+00:13:27 (42.8%)	6:17	9.5 (56.9%)
165	TUCZYŃSKA Natalia	432		OPEN -K	57	<b>00:31:32.05</b>	+00:13:30 (42.9%)	6:18	9.5 (56.9%)
166	ZIARNEK Krzysztof	491		OPEN -M	109	<b>00:31:32.80</b>	+00:13:31 (42.9%)	6:18	9.5 (56.9%)
167	HAWRANIAK Natalia	148		OPEN -K	58	<b>00:31:36.85</b>	+00:13:35 (43.0%)	6:19	9.5 (56.9%)
168	PAWELCZAK Cezary	319	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -M	110	<b>00:31:38.10</b>	+00:13:36 (43.0%)	6:19	9.5 (56.9%)
169	CIEŚLA Patrycja	61		OPEN -K	59	<b>00:31:41.30</b>	+00:13:40 (43.1%)	6:20	9.5 (56.9%)
170	KLOFIK Małgorzata	183		OPEN -K	60	<b>00:31:41.65</b>	+00:13:40 (43.1%)	6:20	9.5 (56.9%)
171	WASIELEWSKI Mariusz	442		OPEN -M	111	<b>00:31:45.25</b>	+00:13:44 (43.2%)	6:21	9.4 (56.3%)
172	MATULKA Łukasz	274	#FIEGEBIEGA	OPEN -M	112	<b>00:31:47.05</b>	+00:13:45 (43.3%)	6:21	9.4 (56.3%)
173	TUNDYS Iwona	433	USK1 SZCZECIN	OPEN -K	61	<b>00:31:51.75</b>	+00:13:50 (43.4%)	6:22	9.4 (56.3%)
174	WEISS Sebastian	448	KLUB HDK PRZY OPP W SZCZECINIE	OPEN -M	113	<b>00:31:58.05</b>	+00:13:56 (43.6%)	6:23	9.4 (56.3%)
175	TOSNOWIEC Dominika	427		OPEN -K	62	<b>00:32:01.65</b>	+00:14:00 (43.7%)	6:24	9.4 (56.3%)
176	HIRSCH Aga	149		OPEN -K	63	<b>00:32:03.85</b>	+00:14:02 (43.8%)	6:24	9.4 (56.3%)
177	CZUBA Emilia	71		OPEN -K	64	<b>00:32:04.20</b>	+00:14:02 (43.8%)	6:24	9.4 (56.3%)
178	WIĄCEK Anna	451	KOBIECIE BIEGANIE	OPEN -K	65	<b>00:32:08.75</b>	+00:14:07 (43.9%)	6:25	9.3 (55.7%)
179	TOMCZYK Katarzyna	425		OPEN -K	66	<b>00:32:09.20</b>	+00:14:07 (44.0%)	6:25	9.3 (55.7%)
180	KULETA Adriana	229		OPEN -K	67	<b>00:32:11.90</b>	+00:14:10 (44.0%)	6:26	9.3 (55.7%)
181	ZIENDA Magdalena	493		OPEN -K	68	<b>00:32:16.80</b>	+00:14:15 (44.2%)	6:27	9.3 (55.7%)
182	CIESIELSKI Paweł	60	KS ŚWIT SZCZECIN	OPEN -M	114	<b>00:32:19.10</b>	+00:14:17 (44.2%)	6:27	9.3 (55.7%)
183	CZEŻYK Paweł	69		OPEN -M	115	<b>00:32:22.00</b>	+00:14:20 (44.3%)	6:28	9.3 (55.7%)
184	OROWICZ Michał	313		OPEN -M	116	<b>00:32:23.65</b>	+00:14:22 (44.4%)	6:28	9.3 (55.7%)
185	MRÓZ Aleksandra	293	WIECZORNE BIEGANIE	OPEN -K	69	<b>00:32:25.25</b>	+00:14:24 (44.4%)	6:29	9.3 (55.7%)
186	KRUCZKOWSKA Agnieszka	214		OPEN -K	70	<b>00:32:27.55</b>	+00:14:26 (44.5%)	6:29	9.2 (55.1%)
187	KRUCZKOWSKA Malwina	215		OPEN -K	71	<b>00:32:27.70</b>	+00:14:26 (44.5%)	6:29	9.2 (55.1%)
188	JURYS Elzbieta	167		OPEN -K	72	<b>00:32:28.20</b>	+00:14:26 (44.5%)	6:29	9.2 (55.1%)
189	WONDOŁOWSKI Stanisław	469	WIECZORNE BIEGANIE	OPEN -M	117	<b>00:32:35.25</b>	+00:14:34 (44.7%)	6:31	9.2 (55.1%)
190	PŁAWSKA Ewa	332	MGM WARSZEWO	OPEN -K	73	<b>00:32:37.55</b>	+00:14:36 (44.8%)	6:31	9.2 (55.1%)
191	RADWAŃSKA Anna	347		OPEN -K	74	<b>00:32:41.50</b>	+00:14:40 (44.9%)	6:32	9.2 (55.1%)
192	WASYLENKO Agnieszka	444		OPEN -K	75	<b>00:32:42.80</b>	+00:14:41 (44.9%)	6:32	9.2 (55.1%)
193	PROTASIEWICZ Agnieszka	345		OPEN -K	76	<b>00:32:48.30</b>	+00:14:47 (45.1%)	6:33	9.1 (54.5%)
194	JABŁOŃSKA Aleksandra	152		OPEN -K	77	<b>00:32:56.25</b>	+00:14:55 (45.3%)	6:35	9.1 (54.5%)
195	BABENKO Angelika	14		OPEN -K	78	<b>00:32:56.50</b>	+00:14:55 (45.3%)	6:35	9.1 (54.5%)
196	KŁOS Magdalena	184		OPEN -K	79	<b>00:32:59.10</b>	+00:14:57 (45.4%)	6:35	9.1 (54.5%)
197	WOJCIECHOWSKA Justyna	462		OPEN -K	80	<b>00:33:03.80</b>	+00:15:02 (45.5%)	6:36	9.1 (54.5%)
198	LITKOWIEC Szymon	243		OPEN -M	118	<b>00:33:04.35</b>	+00:15:03 (45.5%)	6:36	9.1 (54.5%)
199	POŁATYŃSKI Bartosz	341		OPEN -M	119	<b>00:33:05.95</b>	+00:15:04 (45.6%)	6:37	9.1 (54.5%)
200	SKORUPA Grzegorz	382		OPEN -M	120	<b>00:33:06.15</b>	+00:15:04 (45.6%)	6:37	9.1 (54.5%)
201	MICHALIK Maciej	284	FUZJA PYRZYCE	OPEN -M	121	<b>00:33:10.40</b>	+00:15:09 (45.7%)	6:38	9 (53.9%)
202	POGORZELSKA Sylwia	340		OPEN -K	81	<b>00:33:10.85</b>	+00:15:09 (45.7%)	6:38	9 (53.9%)
203	WANDACHOWICZ Paulina	439	FIT MAMY	OPEN -K	82	<b>00:33:10.90</b>	+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	<b>KRYNICKA Elżbieta</b>	<b>221</b>	FUZJA PYRZYCE	OPEN -K	83	<b>00:33:12.75</b>	+00:15:11 (45.7%)	6:38	9 (53.9%)
205	<b>RUDNICKA Agnieszka</b>	<b>362</b>	FUZJA	OPEN -K	84	<b>00:33:12.95</b>	+00:15:11 (45.7%)	6:38	9 (53.9%)
206	<b>GALIKOWSKA Wioletta</b>	<b>117</b>	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	85	<b>00:33:13.25</b>	+00:15:12 (45.8%)	6:38	9 (53.9%)
207	<b>MARSZAŁEK Katarzyna</b>	<b>272</b>	FUZJA PYRZYCE	OPEN -K	86	<b>00:33:13.30</b>	+00:15:12 (45.8%)	6:38	9 (53.9%)
208	<b>PODLIPSKI Daniel</b>	<b>337</b>		OPEN -M	122	<b>00:33:14.30</b>	+00:15:13 (45.8%)	6:38	9 (53.9%)
209	<b>TALAREK Zofia</b>	<b>422</b>		OPEN -K	87	<b>00:33:15.55</b>	+00:15:14 (45.8%)	6:39	9 (53.9%)
210	<b>TALAREK Robert</b>	<b>421</b>	SMT SZCZECIN	OPEN -M	123	<b>00:33:15.85</b>	+00:15:14 (45.8%)	6:39	9 (53.9%)
211	<b>SZAJEK Marta</b>	<b>404</b>	HULK TEAM POLICE	OPEN -K	88	<b>00:33:19.75</b>	+00:15:18 (45.9%)	6:39	9 (53.9%)
212	<b>MYSZAK Katarzyna</b>	<b>294</b>		OPEN -K	89	<b>00:33:21.15</b>	+00:15:19 (46.0%)	6:40	9 (53.9%)
213	<b>MYSZAK Krzysztof</b>	<b>295</b>		OPEN -M	124	<b>00:33:21.30</b>	+00:15:20 (46.0%)	6:40	9 (53.9%)
214	<b>WARDĘGA Monika</b>	<b>440</b>	#FIEGEBIEGA	OPEN -K	90	<b>00:33:21.80</b>	+00:15:20 (46.0%)	6:40	9 (53.9%)
215	<b>SZUBERT-ADAMSKA Ewelina</b>	<b>414</b>	FUTYMKA TEAM	OPEN -K	91	<b>00:33:22.85</b>	+00:15:21 (46.0%)	6:40	9 (53.9%)
216	<b>KOŁODZIEJCZYK Anna</b>	<b>186</b>		OPEN -K	92	<b>00:33:24.05</b>	+00:15:22 (46.0%)	6:40	9 (53.9%)
217	<b>LIZUREJ Aleksandra</b>	<b>245</b>		OPEN -K	93	<b>00:33:24.55</b>	+00:15:23 (46.1%)	6:40	9 (53.9%)
218	<b>KONECKI Tomasz</b>	<b>190</b>		OPEN -M	125	<b>00:33:25.40</b>	+00:15:24 (46.1%)	6:41	9 (53.9%)
219	<b>BAREJSZA Robert</b>	<b>24</b>		OPEN -M	126	<b>00:33:26.15</b>	+00:15:24 (46.1%)	6:41	9 (53.9%)
220	<b>WABISZEWICZ Katarzyna</b>	<b>437</b>		OPEN -K	94	<b>00:33:27.85</b>	+00:15:26 (46.1%)	6:41	9 (53.9%)
221	<b>GŁOGOWSKA Katarzyna</b>	<b>126</b>	FIT MAMY GRZEPNICA	OPEN -K	95	<b>00:33:28.65</b>	+00:15:27 (46.2%)	6:41	9 (53.9%)
222	<b>KRZEŚNIEWSKI Marcin</b>	<b>520</b>	RAZ SZCZECIN / FIZJOBIEGACZE SZCZECIN	OPEN -M	127	<b>00:33:29.10</b>	+00:15:27 (46.2%)	6:41	9 (53.9%)
223	<b>BORKOWSKA ZIELKE Magdalena</b>	<b>39</b>		OPEN -K	96	<b>00:33:29.15</b>	+00:15:27 (46.2%)	6:41	9 (53.9%)
224	<b>STERCZEWSKI Piotr</b>	<b>394</b>		OPEN -M	128	<b>00:33:29.75</b>	+00:15:28 (46.2%)	6:41	9 (53.9%)
225	<b>ZUBA Lucyna</b>	<b>501</b>		OPEN -K	97	<b>00:33:33.00</b>	+00:15:31 (46.3%)	6:42	8.9 (53.3%)
226	<b>RYBARCZYK Justyna</b>	<b>365</b>		OPEN -K	98	<b>00:33:35.85</b>	+00:15:34 (46.4%)	6:43	8.9 (53.3%)
227	<b>KACZMAREK Gosia</b>	<b>168</b>		OPEN -K	99	<b>00:33:40.00</b>	+00:15:38 (46.5%)	6:44	8.9 (53.3%)
228	<b>GRZEŚKÓW Daniel</b>	<b>141</b>		OPEN -M	129	<b>00:33:40.70</b>	+00:15:39 (46.5%)	6:44	8.9 (53.3%)
229	<b>GROCHOWICZ Przemysław</b>	<b>132</b>		OPEN -M	130	<b>00:33:41.45</b>	+00:15:40 (46.5%)	6:44	8.9 (53.3%)
230	<b>ZAKRZEWSKA Anna</b>	<b>5</b>		OPEN -K	100	<b>00:33:46.50</b>	+00:15:45 (46.6%)	6:45	8.9 (53.3%)
231	<b>DURAJCZYK Jacek</b>	<b>97</b>		OPEN -M	131	<b>00:33:46.65</b>	+00:15:45 (46.6%)	6:45	8.9 (53.3%)
232	<b>DUDEK-IGNACZAK Joanna</b>	<b>93</b>		OPEN -K	101	<b>00:33:48.60</b>	+00:15:47 (46.7%)	6:45	8.9 (53.3%)
233	<b>ANTOŃCZAK Łukasz</b>	<b>13</b>	BORSUKI	OPEN -M	132	<b>00:33:49.15</b>	+00:15:47 (46.7%)	6:45	8.9 (53.3%)
234	<b>BOHDANOWICZ Marek</b>	<b>38</b>	TRIGYM	OPEN -M	133	<b>00:33:54.30</b>	+00:15:53 (46.8%)	6:46	8.8 (52.7%)
235	<b>JAREMCZUK-ŁAZARZ Dorota</b>	<b>158</b>	MOTI TEAM	OPEN -K	102	<b>00:33:56.40</b>	+00:15:55 (46.9%)	6:47	8.8 (52.7%)
236	<b>KOŚCIŃSKA Elżbieta</b>	<b>198</b>	WOJSKOWY KLUB HONOROWYCH DAWCÓW KRWI SZCZECIN	OPEN -K	103	<b>00:34:03.45</b>	+00:16:02 (47.1%)	6:48	8.8 (52.7%)
237	<b>FECHNER Krzysztof</b>	<b>108</b>		OPEN -M	134	<b>00:34:04.25</b>	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
238	<b>WAWRZECZKO Anna</b>	<b>445</b>		OPEN -K	104	<b>00:34:04.35</b>	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
239	<b>USZPOLEWICZ Monika</b>	<b>436</b>		OPEN -K	105	<b>00:34:04.70</b>	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
240	<b>PELC Marek</b>	<b>326</b>		OPEN -M	135	<b>00:34:04.90</b>	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
241	<b>HAPONIUK Weronika</b>	<b>146</b>		OPEN -K	106	<b>00:34:05.50</b>	+00:16:04 (47.1%)	6:49	8.8 (52.7%)
242	<b>RAK Alicja</b>	<b>350</b>		OPEN -K	107	<b>00:34:07.25</b>	+00:16:06 (47.2%)	6:49	8.8 (52.7%)
243	<b>ZALEWSKA Ewa</b>	<b>487</b>	USK 1 SZCZECIN	OPEN -K	108	<b>00:34:08.50</b>	+00:16:07 (47.2%)	6:49	8.8 (52.7%)
244	<b>JAKUBOWSKA Anna</b>	<b>153</b>		OPEN -K	109	<b>00:34:11.95</b>	+00:16:10 (47.3%)	6:50	8.8 (52.7%)
245	<b>GUZ Joanna</b>	<b>513</b>	AFFIDEA	OPEN -K	110	<b>00:34:13.00</b>	+00:16:11 (47.3%)	6:50	8.8 (52.7%)
246	<b>WAWSZCZYK Marek</b>	<b>447</b>		OPEN -M	136	<b>00:34:13.10</b>	+00:16:11 (47.3%)	6:50	8.8 (52.7%)
247	<b>MADEJ Anna</b>	<b>256</b>		OPEN -K	111	<b>00:34:13.50</b>	+00:16:12 (47.3%)	6:50	8.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
248	<b>MADEJ Aleksander</b>	<b>257</b>	ŻONA MI KAZAŁA	OPEN -M	137	<b>00:34:13.75</b>	+00:16:12 (47.4%)	6:50	8.8 (52.7%)
249	<b>DZBANUSZEK Mariusz</b>	<b>101</b>		OPEN -M	138	<b>00:34:15.70</b>	+00:16:14 (47.4%)	6:51	8.8 (52.7%)
250	<b>SZCZĘCH Martyna</b>	<b>409</b>		OPEN -K	112	<b>00:34:15.80</b>	+00:16:14 (47.4%)	6:51	8.8 (52.7%)
251	<b>GŁOGOWSKI Jan</b>	<b>127</b>		OPEN -M	139	<b>00:34:16.25</b>	+00:16:15 (47.4%)	6:51	8.8 (52.7%)
252	<b>DRABIK Paweł</b>	<b>84</b>		OPEN -M	140	<b>00:34:26.50</b>	+00:16:25 (47.7%)	6:53	8.7 (52.1%)
253	<b>ANDRZEJEWSKA Adrianna</b>	<b>328</b>		OPEN -K	113	<b>00:34:27.65</b>	+00:16:26 (47.7%)	6:53	8.7 (52.1%)
254	<b>RUDZEWICZ Mariusz</b>	<b>363</b>		OPEN -M	141	<b>00:34:36.30</b>	+00:16:35 (47.9%)	6:55	8.7 (52.1%)
255	<b>SEMKO Olha</b>	<b>376</b>		OPEN -K	114	<b>00:34:41.90</b>	+00:16:40 (48.1%)	6:56	8.6 (51.5%)
256	<b>ZUBKIEWICZ Michał</b>	<b>502</b>		OPEN -M	142	<b>00:34:44.90</b>	+00:16:43 (48.1%)	6:56	8.6 (51.5%)
257	<b>YAKOBCHUK Inna</b>	<b>480</b>		OPEN -K	115	<b>00:34:45.40</b>	+00:16:44 (48.2%)	6:57	8.6 (51.5%)
258	<b>ŁUPKOWSKA-GRYGORCEWICZ Aleksandra</b>	<b>252</b>		OPEN -K	116	<b>00:34:57.10</b>	+00:16:55 (48.4%)	6:59	8.6 (51.5%)
259	<b>GRYGORCEWICZ -ŚLWIŃSKA Magdalena</b>	<b>138</b>		OPEN -K	117	<b>00:35:00.45</b>	+00:16:59 (48.5%)	7:00	8.6 (51.5%)
260	<b>BALCER Jacek</b>	<b>18</b>		OPEN -M	143	<b>00:35:06.30</b>	+00:17:05 (48.7%)	7:01	8.5 (50.9%)
261	<b>BALCER Ewa</b>	<b>19</b>		OPEN -K	118	<b>00:35:06.45</b>	+00:17:05 (48.7%)	7:01	8.5 (50.9%)
262	<b>DRĘŻEK Anna</b>	<b>88</b>		OPEN -K	119	<b>00:35:17.55</b>	+00:17:16 (48.9%)	7:03	8.5 (50.9%)
263	<b>KONIK Aneta</b>	<b>191</b>	POLICZANKI	OPEN -K	120	<b>00:35:18.35</b>	+00:17:17 (49.0%)	7:03	8.5 (50.9%)
264	<b>WIŚNIEWSKI Arkadiusz</b>	<b>459</b>	PARKRUN GORZÓW WIELKOPOLSKI	OPEN -M	144	<b>00:35:20.85</b>	+00:17:19 (49.0%)	7:04	8.5 (50.9%)
265	<b>MONDZELEWSKA Beata</b>	<b>291</b>	LZS WOŁCZKOWO	OPEN -K	121	<b>00:35:21.60</b>	+00:17:20 (49.0%)	7:04	8.5 (50.9%)
266	<b>GIERCHOWSKA Monika</b>	<b>120</b>	BBL POLICE	OPEN -K	122	<b>00:35:30.95</b>	+00:17:29 (49.3%)	7:06	8.5 (50.9%)
267	<b>PAWLICKA Joanna</b>	<b>507</b>		OPEN -K	123	<b>00:35:31.30</b>	+00:17:30 (49.3%)	7:06	8.4 (50.3%)
268	<b>SŁADKIEWICZ Adam</b>	<b>384</b>		OPEN -M	145	<b>00:35:35.30</b>	+00:17:34 (49.4%)	7:07	8.4 (50.3%)
269	<b>PAWŁOWSKI Piotr</b>	<b>322</b>		OPEN -M	146	<b>00:35:38.90</b>	+00:17:37 (49.4%)	7:07	8.4 (50.3%)
270	<b>PAWŁOWSKA Justyna</b>	<b>321</b>		OPEN -K	124	<b>00:35:41.15</b>	+00:17:39 (49.5%)	7:08	8.4 (50.3%)
271	<b>MASALSKI Robert</b>	<b>273</b>		OPEN -M	147	<b>00:35:43.40</b>	+00:17:42 (49.6%)	7:08	8.4 (50.3%)
272	<b>PAWEŁCZYK Marzena</b>	<b>320</b>	USK1	OPEN -K	125	<b>00:35:46.35</b>	+00:17:45 (49.6%)	7:09	8.4 (50.3%)
273	<b>KRAM Barbara</b>	<b>210</b>		OPEN -K	126	<b>00:35:48.55</b>	+00:17:47 (49.7%)	7:09	8.4 (50.3%)
274	<b>GODLEWSKI Jarosław</b>	<b>129</b>		OPEN -M	148	<b>00:35:51.70</b>	+00:17:50 (49.7%)	7:10	8.4 (50.3%)
275	<b>FUTYMA Karolina</b>	<b>113</b>	FUTYMKA TEAM	OPEN -K	127	<b>00:35:52.20</b>	+00:17:50 (49.8%)	7:10	8.4 (50.3%)
276	<b>DĄBSKA Karolina</b>	<b>76</b>		OPEN -K	128	<b>00:35:52.75</b>	+00:17:51 (49.8%)	7:10	8.4 (50.3%)
277	<b>BUDZYŃSKA Alicja</b>	<b>45</b>	VETKA TEAM	OPEN -K	129	<b>00:35:56.60</b>	+00:17:55 (49.9%)	7:11	8.3 (49.7%)
278	<b>KORBAL Małgorzata</b>	<b>192</b>		OPEN -K	130	<b>00:35:57.40</b>	+00:17:56 (49.9%)	7:11	8.3 (49.7%)
279	<b>JAKSINA Anna</b>	<b>212</b>	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	131	<b>00:35:59.55</b>	+00:17:58 (49.9%)	7:11	8.3 (49.7%)
280	<b>WOJNACH Paweł</b>	<b>465</b>	PARKRUN SZCZECIN	OPEN -M	149	<b>00:36:01.00</b>	+00:17:59 (50.0%)	7:12	8.3 (49.7%)
281	<b>ROSIAK-SYPNIEWSKA Paulina Ewa</b>	<b>357</b>		OPEN -K	132	<b>00:36:07.45</b>	+00:18:06 (50.1%)	7:13	8.3 (49.7%)
282	<b>CISEK Radosław</b>	<b>64</b>		OPEN -M	150	<b>00:36:13.55</b>	+00:18:12 (50.3%)	7:14	8.3 (49.7%)
283	<b>CZYŻYK Przemysław</b>	<b>72</b>	LUCHERINI	OPEN -M	151	<b>00:36:15.10</b>	+00:18:13 (50.3%)	7:15	8.3 (49.7%)
284	<b>MANDUK-CZYŻYK Nina</b>	<b>269</b>	LUCHERINI	OPEN -K	133	<b>00:36:15.95</b>	+00:18:14 (50.3%)	7:15	8.3 (49.7%)
285	<b>MOLĘDA Jan</b>	<b>290</b>		OPEN -M	152	<b>00:36:18.05</b>	+00:18:16 (50.4%)	7:15	8.3 (49.7%)
286	<b>KOWALCZYK Joanna</b>	<b>202</b>		OPEN -K	134	<b>00:36:20.35</b>	+00:18:19 (50.4%)	7:16	8.3 (49.7%)
287	<b>WIECZOREK Mariusz</b>	<b>452</b>		OPEN -M	153	<b>00:36:23.05</b>	+00:18:21 (50.5%)	7:16	8.2 (49.1%)
288	<b>ZASADZIŃSKA Natalia</b>	<b>483</b>	INCOMKI	OPEN -K	135	<b>00:36:26.15</b>	+00:18:24 (50.5%)	7:17	8.2 (49.1%)
289	<b>CABAJ Tomasz</b>	<b>49</b>	#FIEGEBIEGA	OPEN -M	154	<b>00:36:28.25</b>	+00:18:27 (50.6%)	7:17	8.2 (49.1%)
290	<b>LEWANDOWSKA Beata</b>	<b>238</b>		OPEN -K	136	<b>00:36:29.45</b>	+00:18:28 (50.6%)	7:17	8.2 (49.1%)
291	<b>SZYMASZEK Sebastian</b>	<b>417</b>	RUN FOREST RUN	OPEN -M	155	<b>00:36:30.50</b>	+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	<b>00:36:31.65</b>	+00:18:30 (50.7%)	7:18	8.2 (49.1%)
293	KARLIN-GRAŻEWICZ Katarzyna	173	HIPOHONDRYCZKI 2024	OPEN -K	138	<b>00:36:34.35</b>	+00:18:33 (50.7%)	7:18	8.2 (49.1%)
294	KOZINA Joanna	205		OPEN -K	139	<b>00:36:46.30</b>	+00:18:45 (51.0%)	7:21	8.2 (49.1%)
295	JASZCZERSKA Asia	159		OPEN -K	140	<b>00:36:46.55</b>	+00:18:45 (51.0%)	7:21	8.2 (49.1%)
296	RETECKI Pawel	354		OPEN -M	156	<b>00:36:47.15</b>	+00:18:45 (51.0%)	7:21	8.2 (49.1%)
297	JARCZEWSKA Renata	499		OPEN -K	141	<b>00:36:49.30</b>	+00:18:48 (51.1%)	7:21	8.1 (48.5%)
298	OSICA Bartłomiej	314	DZIKI Z PILCHOWA	OPEN -M	157	<b>00:36:51.55</b>	+00:18:50 (51.1%)	7:22	8.1 (48.5%)
299	PODWYSZYŃSKI Sebastian	339		OPEN -M	158	<b>00:36:59.25</b>	+00:18:58 (51.3%)	7:23	8.1 (48.5%)
300	KRYGER Grzegorz	219	PARKRUN POZNAŃ	OPEN -M	159	<b>00:36:59.80</b>	+00:18:58 (51.3%)	7:23	8.1 (48.5%)
301	HARWAT Katarzyna	147	PARKRUN SZCZECIN	OPEN -K	142	<b>00:37:00.80</b>	+00:18:59 (51.3%)	7:24	8.1 (48.5%)
302	KRUPA Paulina	216		OPEN -K	143	<b>00:37:01.55</b>	+00:19:00 (51.3%)	7:24	8.1 (48.5%)
303	JAŚKOWIAK Katarzyna	160		OPEN -K	144	<b>00:37:03.35</b>	+00:19:02 (51.4%)	7:24	8.1 (48.5%)
304	LEOŃCZUK Filip	237	BT	OPEN -M	160	<b>00:37:04.60</b>	+00:19:03 (51.4%)	7:24	8.1 (48.5%)
305	DEKERT Włodzimierz	78		OPEN -M	161	<b>00:37:05.60</b>	+00:19:04 (51.4%)	7:25	8.1 (48.5%)
306	PAŹDZIOR Paulina	325		OPEN -K	145	<b>00:37:06.35</b>	+00:19:05 (51.4%)	7:25	8.1 (48.5%)
307	DURDA Katarzyna	99	UNIWERSYTECKI SZPITAL KLINICZNY NR 1	OPEN -K	146	<b>00:37:08.95</b>	+00:19:07 (51.5%)	7:25	8.1 (48.5%)
308	DIACHENKO Oksana	81		OPEN -K	147	<b>00:37:14.95</b>	+00:19:13 (51.6%)	7:26	8.1 (48.5%)
309	GIERGIELEWICZ Marta	121		OPEN -K	148	<b>00:37:27.00</b>	+00:19:25 (51.9%)	7:29	8 (47.9%)
310	MAHACZEK Adam	259		OPEN -M	162	<b>00:37:27.75</b>	+00:19:26 (51.9%)	7:29	8 (47.9%)
311	DURAJCZYK Patrycja	96		OPEN -K	149	<b>00:37:29.65</b>	+00:19:28 (51.9%)	7:29	8 (47.9%)
312	LUDWICKA Weronika	246		OPEN -K	150	<b>00:37:30.10</b>	+00:19:28 (51.9%)	7:30	8 (47.9%)
313	MARCISZEWSKI Mirosław	270	NIEZRZESZONY	OPEN -M	163	<b>00:37:32.60</b>	+00:19:31 (52.0%)	7:30	8 (47.9%)
314	WIŚNIEWSKA Agnieszka	457	PARKRUN GORZÓW WIELKOPOLSKI	OPEN -K	151	<b>00:37:36.80</b>	+00:19:35 (52.1%)	7:31	8 (47.9%)
315	LITKOWIEC Patrycja	242		OPEN -K	152	<b>00:37:46.30</b>	+00:19:45 (52.3%)	7:33	7.9 (47.3%)
316	SCHULZ Magdalena	374		OPEN -K	153	<b>00:38:00.60</b>	+00:19:59 (52.6%)	7:36	7.9 (47.3%)
317	POCHODAJ Joanna	334		OPEN -K	154	<b>00:38:00.65</b>	+00:19:59 (52.6%)	7:36	7.9 (47.3%)
318	BŁASZCZYK Anita	32		OPEN -K	155	<b>00:38:00.85</b>	+00:19:59 (52.6%)	7:36	7.9 (47.3%)
319	REUTT Michał	355		OPEN -M	164	<b>00:38:01.20</b>	+00:19:59 (52.6%)	7:36	7.9 (47.3%)
320	POCHODAJ Karol	335		OPEN -M	165	<b>00:38:01.55</b>	+00:20:00 (52.6%)	7:36	7.9 (47.3%)
321	MATUSZAK Anita	277	MATUSZAK TEAM	OPEN -K	156	<b>00:38:03.90</b>	+00:20:02 (52.7%)	7:36	7.9 (47.3%)
322	SAMOLEJ Monika	372		OPEN -K	157	<b>00:38:36.40</b>	+00:20:35 (53.3%)	7:43	7.8 (46.7%)
323	CYBULSKA Joanna	65		OPEN -K	158	<b>00:38:46.40</b>	+00:20:45 (53.5%)	7:45	7.7 (46.1%)
324	KAŹMIERSKA Bożena	176	FIT MAMY	OPEN -K	159	<b>00:38:46.45</b>	+00:20:45 (53.5%)	7:45	7.7 (46.1%)
325	CZAJCZYŃSKA Monika	66		OPEN -K	160	<b>00:38:50.10</b>	+00:20:48 (53.6%)	7:46	7.7 (46.1%)
326	ZIMER Paulina	496		OPEN -K	161	<b>00:38:50.80</b>	+00:20:49 (53.6%)	7:46	7.7 (46.1%)
327	BEDNARZ Justyna	28		OPEN -K	162	<b>00:38:53.40</b>	+00:20:52 (53.7%)	7:46	7.7 (46.1%)
328	PIECHOTA Daniel	288		OPEN -M	166	<b>00:38:55.50</b>	+00:20:54 (53.7%)	7:47	7.7 (46.1%)
329	JEMIELITY Robert	162	WYDZIAŁ POŚCIGOWY	OPEN -M	167	<b>00:38:57.10</b>	+00:20:55 (53.7%)	7:47	7.7 (46.1%)
330	JEMIELITY Marcin	33		OPEN -M	168	<b>00:38:57.35</b>	+00:20:56 (53.7%)	7:47	7.7 (46.1%)
331	ROSZKOWSKA Monika	359	INCOMKI	OPEN -K	163	<b>00:39:05.30</b>	+00:21:04 (53.9%)	7:49	7.7 (46.1%)
332	NOWACZYK Ewa	302	INCOMKI	OPEN -K	164	<b>00:39:05.50</b>	+00:21:04 (53.9%)	7:49	7.7 (46.1%)
333	BIAŁKOWSKA Gabriela	29	INCOMKI	OPEN -K	165	<b>00:39:06.90</b>	+00:21:05 (53.9%)	7:49	7.7 (46.1%)
334	REDLARSKA Anna	353	KOBIECE BIEGANIE	OPEN -K	166	<b>00:39:17.15</b>	+00:21:15 (54.1%)	7:51	7.6 (45.5%)
335	GAWROŃSKA Monika	118		OPEN -K	167	<b>00:39:42.60</b>	+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	<b>LIPSKI Łukasz</b>	<b>241</b>	BIEGOHOLLICA	OPEN -M	169	<b>00:39:48.90</b>	+00:21:47 (54.7%)	7:57	7.5 (44.9%)
337	<b>GŁODEK Paweł</b>	<b>124</b>		OPEN -M	170	<b>00:39:55.20</b>	+00:21:53 (54.9%)	7:59	7.5 (44.9%)
338	<b>GŁODEK Małgorzata</b>	<b>125</b>		OPEN -K	168	<b>00:39:55.70</b>	+00:21:54 (54.9%)	7:59	7.5 (44.9%)
339	<b>WOŹNIAK Marta</b>	<b>472</b>		OPEN -K	169	<b>00:39:55.95</b>	+00:21:54 (54.9%)	7:59	7.5 (44.9%)
340	<b>LICZBIŃSKA-HANKE Małgorzata</b>	<b>240</b>		OPEN -K	170	<b>00:39:59.95</b>	+00:21:58 (54.9%)	7:59	7.5 (44.9%)
341	<b>MATUSZEWSKA Edyta</b>	<b>275</b>		OPEN -K	171	<b>00:40:32.10</b>	+00:22:30 (55.5%)	8:06	7.4 (44.3%)
342	<b>WĘGIERSKA Patrycja</b>	<b>450</b>	INCOMKI	OPEN -K	172	<b>00:40:37.80</b>	+00:22:36 (55.6%)	8:07	7.4 (44.3%)
343	<b>HALKO Elżbieta</b>	<b>144</b>	INCOMKI	OPEN -K	173	<b>00:40:37.95</b>	+00:22:36 (55.6%)	8:07	7.4 (44.3%)
344	<b>ADAMSKI Adrian</b>	<b>12</b>	FUTYMKA TEAM	OPEN -M	171	<b>00:40:38.65</b>	+00:22:37 (55.7%)	8:07	7.4 (44.3%)
345	<b>ŻYWICKA Barbara</b>	<b>506</b>		OPEN -K	174	<b>00:40:38.75</b>	+00:22:37 (55.7%)	8:07	7.4 (44.3%)
346	<b>BRUSS Mateusz</b>	<b>44</b>		OPEN -M	172	<b>00:40:40.25</b>	+00:22:39 (55.7%)	8:08	7.4 (44.3%)
347	<b>MAHACZEK Karolina</b>	<b>260</b>		OPEN -K	175	<b>00:40:44.30</b>	+00:22:43 (55.8%)	8:08	7.4 (44.3%)
348	<b>DZIĘCIOŁ Kasia</b>	<b>104</b>		OPEN -K	176	<b>00:40:45.60</b>	+00:22:44 (55.8%)	8:09	7.4 (44.3%)
349	<b>KACZMAREK Włodzimierz</b>	<b>169</b>		OPEN -M	173	<b>00:40:46.70</b>	+00:22:45 (55.8%)	8:09	7.4 (44.3%)
350	<b>JÓZEFOWICZ Monika</b>	<b>166</b>		OPEN -K	177	<b>00:40:47.70</b>	+00:22:46 (55.8%)	8:09	7.4 (44.3%)
351	<b>WASIELEWSKA Katarzyna</b>	<b>441</b>		OPEN -K	178	<b>00:41:01.45</b>	+00:23:00 (56.1%)	8:12	7.3 (43.7%)
352	<b>WOŹNIAK Emilia</b>	<b>471</b>		OPEN -K	179	<b>00:41:04.05</b>	+00:23:02 (56.1%)	8:12	7.3 (43.7%)
353	<b>SZKUCIAK Joanna</b>	<b>411</b>		OPEN -K	180	<b>00:41:04.80</b>	+00:23:03 (56.1%)	8:12	7.3 (43.7%)
354	<b>DEKERT Monika</b>	<b>77</b>		OPEN -K	181	<b>00:41:29.25</b>	+00:23:28 (56.6%)	8:17	7.2 (43.1%)
355	<b>BACZA Anna</b>	<b>15</b>		OPEN -K	182	<b>00:41:30.10</b>	+00:23:28 (56.6%)	8:18	7.2 (43.1%)
356	<b>BORYS-GUT Magdalena</b>	<b>41</b>		OPEN -K	183	<b>00:41:34.50</b>	+00:23:33 (56.7%)	8:18	7.2 (43.1%)
357	<b>KIECZUR Magdalena</b>	<b>509</b>	AFFIDEA	OPEN -K	184	<b>00:41:37.50</b>	+00:23:36 (56.7%)	8:19	7.2 (43.1%)
358	<b>MIKA Małgorzata</b>	<b>287</b>		OPEN -K	185	<b>00:41:45.25</b>	+00:23:44 (56.8%)	8:21	7.2 (43.1%)
359	<b>DRENIKOWSKI Tomasz</b>	<b>85</b>		OPEN -M	174	<b>00:42:04.00</b>	+00:24:02 (57.2%)	8:24	7.1 (42.5%)
360	<b>TADYCH Beata</b>	<b>420</b>		OPEN -K	186	<b>00:42:07.70</b>	+00:24:06 (57.2%)	8:25	7.1 (42.5%)
361	<b>SEJ Paweł</b>	<b>375</b>		OPEN -M	175	<b>00:42:08.60</b>	+00:24:07 (57.2%)	8:25	7.1 (42.5%)
362	<b>DEMBOWSKA Monika</b>	<b>79</b>		OPEN -K	187	<b>00:42:12.65</b>	+00:24:11 (57.3%)	8:26	7.1 (42.5%)
363	<b>MAŁECKA Kamila</b>	<b>268</b>	INCOMKI	OPEN -K	188	<b>00:42:32.55</b>	+00:24:31 (57.6%)	8:30	7.1 (42.5%)
364	<b>RADZIEWICZ Anna</b>	<b>348</b>	#FIEGEBIEGA	OPEN -K	189	<b>00:42:35.80</b>	+00:24:34 (57.7%)	8:31	7 (41.9%)
365	<b>MATUSZEWSKA Agnieszka</b>	<b>278</b>	#FIEGEBIEGA	OPEN -K	190	<b>00:42:35.90</b>	+00:24:34 (57.7%)	8:31	7 (41.9%)
366	<b>RZEPKA Aleksandra</b>	<b>367</b>		OPEN -K	191	<b>00:42:57.05</b>	+00:24:55 (58.0%)	8:35	7 (41.9%)
367	<b>HAPONIUK Joanna</b>	<b>145</b>		OPEN -K	192	<b>00:43:04.60</b>	+00:25:03 (58.2%)	8:36	7 (41.9%)
368	<b>PŁOSA Monika</b>	<b>333</b>		OPEN -K	193	<b>00:43:09.25</b>	+00:25:08 (58.2%)	8:37	7 (41.9%)
369	<b>STENZEL Nikola</b>	<b>392</b>		OPEN -K	194	<b>00:43:18.70</b>	+00:25:17 (58.4%)	8:39	6.9 (41.3%)
370	<b>STENZEL Agnieszka</b>	<b>391</b>		OPEN -K	195	<b>00:43:19.40</b>	+00:25:18 (58.4%)	8:39	6.9 (41.3%)
371	<b>DUBA Marcin</b>	<b>90</b>		OPEN -M	176	<b>00:43:20.10</b>	+00:25:18 (58.4%)	8:40	6.9 (41.3%)
372	<b>GINIEWSKA Ewa</b>	<b>122</b>		OPEN -K	196	<b>00:43:26.30</b>	+00:25:25 (58.5%)	8:41	6.9 (41.3%)
373	<b>ODRZYWOLSKA Ania</b>	<b>307</b>		OPEN -K	197	<b>00:43:27.40</b>	+00:25:26 (58.5%)	8:41	6.9 (41.3%)
374	<b>DURDA Stanisław</b>	<b>100</b>		OPEN -M	177	<b>00:43:32.30</b>	+00:25:31 (58.6%)	8:42	6.9 (41.3%)
375	<b>BEDNARSKA Ewelina</b>	<b>27</b>	INCOMKI	OPEN -K	198	<b>00:43:39.15</b>	+00:25:37 (58.7%)	8:43	6.9 (41.3%)
376	<b>WOJTAT Halina</b>	<b>466</b>		OPEN -K	199	<b>00:43:46.40</b>	+00:25:45 (58.8%)	8:45	6.9 (41.3%)
377	<b>JEŻ Maja</b>	<b>164</b>	USK1	OPEN -K	200	<b>00:43:55.95</b>	+00:25:54 (59.0%)	8:47	6.8 (40.7%)
378	<b>ZAJĄC Natalia</b>	<b>485</b>		OPEN -K	201	<b>00:44:04.35</b>	+00:26:03 (59.1%)	8:48	6.8 (40.7%)
379	<b>WROŃSKA Weronika</b>	<b>473</b>	MGM WARSZEWO	OPEN -K	202	<b>00:44:05.55</b>	+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	<b>DREŚCIK Weronika</b>	<b>86</b>	AKADEMIA UŚMIECHU	OPEN -K	203	<b>00:44:48.75</b>	+00:26:47 (59.8%)	8:57	6.7 (40.1%)
381	<b>KRAWCZYK Joanna</b>	<b>213</b>		OPEN -K	204	<b>00:44:57.20</b>	+00:26:55 (59.9%)	8:59	6.7 (40.1%)
382	<b>WIŚNIEWSKA Agnieszka</b>	<b>458</b>		OPEN -K	205	<b>00:44:59.60</b>	+00:26:58 (59.9%)	8:59	6.7 (40.1%)
383	<b>WIECZOREK Małgorzata</b>	<b>453</b>		OPEN -K	206	<b>00:45:21.80</b>	+00:27:20 (60.3%)	9:04	6.6 (39.5%)
384	<b>FALKOWSKA Bogusława</b>	<b>105</b>		OPEN -K	207	<b>00:45:22.45</b>	+00:27:21 (60.3%)	9:04	6.6 (39.5%)
385	<b>KOSZALSKA Marta</b>	<b>196</b>	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -K	208	<b>00:45:23.10</b>	+00:27:21 (60.3%)	9:04	6.6 (39.5%)
386	<b>JEMIELITY Alicja</b>	<b>161</b>	WYDZIAŁ POŚCIGOWY	OPEN -K	209	<b>00:46:17.15</b>	+00:28:15 (61.1%)	9:15	6.5 (38.9%)
387	<b>WEISS-WIKTORSKA Iwona</b>	<b>449</b>	WYDZIAŁ POŚCIGOWY	OPEN -K	210	<b>00:47:11.75</b>	+00:29:10 (61.8%)	9:26	6.4 (38.3%)
388	<b>MARCINKOWSKI Filip</b>	<b>463</b>		OPEN -M	178	<b>00:49:41.95</b>	+00:31:40 (63.7%)	9:56	6 (35.9%)
389	<b>POTORSKA Joanna</b>	<b>343</b>		OPEN -K	211	<b>00:49:42.05</b>	+00:31:40 (63.7%)	9:56	6 (35.9%)
390	<b>MICHALAK Monika</b>	<b>283</b>	FUTYMKA TEAM	OPEN -K	212	<b>00:49:47.10</b>	+00:31:45 (63.8%)	9:57	6 (35.9%)
391	<b>PARCHIMOWICZ Janusz</b>	<b>316</b>		OPEN -M	179	<b>00:51:40.95</b>	+00:33:39 (65.1%)	10:20	5.8 (34.7%)
392	<b>NOWAK Aneta</b>	<b>303</b>	FUTYMKA TEAM	OPEN -K	213	<b>00:51:41.30</b>	+00:33:40 (65.1%)	10:20	5.8 (34.7%)
393	<b>LITWINIAK Izabela</b>	<b>244</b>	FUTYMKA TEAM	OPEN -K	214	<b>00:51:41.40</b>	+00:33:40 (65.1%)	10:20	5.8 (34.7%)
394	<b>MALINOWSKA-WASILUK Agnieszka</b>	<b>263</b>		OPEN -K	215	<b>00:51:52.50</b>	+00:33:51 (65.3%)	10:22	5.8 (34.7%)
395	<b>BAGIŃSKA Magdalena</b>	<b>508</b>	AFFIDEA	OPEN -K	216	<b>00:51:54.25</b>	+00:33:53 (65.3%)	10:22	5.8 (34.7%)
396	<b>ADAMIAK Małgorzata</b>	<b>10</b>	INCOMKI	OPEN -K	217	<b>00:52:12.55</b>	+00:34:11 (65.5%)	10:26	5.7 (34.1%)
397	<b>RYKOWSKA Olga</b>	<b>366</b>	INCOMKI	OPEN -K	218	<b>00:52:12.90</b>	+00:34:11 (65.5%)	10:26	5.7 (34.1%)
398	<b>KUŚMIERCZYK Aleksandra</b>	<b>232</b>	INCOMKI	OPEN -K	219	<b>00:52:14.15</b>	+00:34:12 (65.5%)	10:26	5.7 (34.1%)
399	<b>ZALEWSKA Paulina</b>	<b>488</b>	INCOMKI	OPEN -K	220	<b>00:52:14.25</b>	+00:34:13 (65.5%)	10:26	5.7 (34.1%)
400	<b>LEHMANN Patrycja</b>	<b>236</b>	INCOMKI	OPEN -K	221	<b>00:52:15.40</b>	+00:34:14 (65.5%)	10:27	5.7 (34.1%)
401	<b>KOWALSKA Zenobia</b>	<b>203</b>		OPEN -K	222	<b>00:55:15.50</b>	+00:37:14 (67.4%)	11:03	5.4 (32.3%)
401	<b>KOSZALSKA Bożena</b>	<b>197</b>		OPEN -K	222	<b>00:55:15.50</b>	+00:37:14 (67.4%)	11:03	5.4 (32.3%)
403	<b>ROSIŃSKA Karolina</b>	<b>358</b>	USK 1	OPEN -K	224	<b>00:55:57.80</b>	+00:37:56 (67.8%)	11:11	5.4 (32.3%)
404	<b>STERCZEWSKA Joanna</b>	<b>393</b>	USK 1	OPEN -K	225	<b>00:55:59.45</b>	+00:37:58 (67.8%)	11:11	5.4 (32.3%)
405	<b>STEC Karolina</b>	<b>389</b>	USK 1	OPEN -K	226	<b>00:55:59.85</b>	+00:37:58 (67.8%)	11:11	5.4 (32.3%)
406	<b>BURAKOWSKA Magdalena</b>	<b>47</b>	USK 1	OPEN -K	227	<b>00:56:00.20</b>	+00:37:58 (67.8%)	11:12	5.4 (32.3%)
407	<b>SIKORA Małgorzata</b>	<b>378</b>	USK 1	OPEN -K	228	<b>00:56:00.90</b>	+00:37:59 (67.8%)	11:12	5.4 (32.3%)
408	<b>KAPŁUN Beata</b>	<b>172</b>		OPEN -K	229	<b>00:56:03.00</b>	+00:38:01 (67.8%)	11:12	5.4 (32.3%)
409	<b>MAJCHEREK Paulina</b>	<b>261</b>		OPEN -K	230	<b>00:57:58.70</b>	+00:39:57 (68.9%)	11:35	5.2 (31.1%)
410	<b>PAWŁOWSKA Agata</b>	<b>324</b>		OPEN -K	231				(0.0%)

Znaleziono 410 wynik(ów)