



8 EDYCJA POGOŃ RAKA

B4SPORT

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



Klasyfikacja: OPEN -M

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 Michal	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	WASILEWSKI Andrzej	443	WILKI Z CIECHOCINKA	OPEN -M	16	00:23:00.55	+00:04:59 (21.7%)	4:36	13 (77.8%)
17	SICIAREK Maciej	377		OPEN -M	17	00:23:03.10	+00:05:01 (21.8%)	4:36	13 (77.8%)
18	CIEŚLEWICZ Hubert	63		OPEN -M	18	00:23:09.35	+00:05:08 (22.2%)	4:37	13 (77.8%)
19	KONDRAT Krzysztof	188		OPEN -M	19	00:23:12.20	+00:05:10 (22.3%)	4:38	12.9 (77.2%)
20	CHWIEDUK Andrzej	58		OPEN -M	20	00:23:18.05	+00:05:16 (22.7%)	4:39	12.9 (77.2%)
21	ŁUKASIEWICZ Patryk	251		OPEN -M	21	00:23:28.20	+00:05:26 (23.2%)	4:41	12.8 (76.6%)
22	OLEJNIK Przemek	309		OPEN -M	22	00:23:38.00	+00:05:36 (23.7%)	4:43	12.7 (76.0%)
23	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%)
24	TOPOREK Przemysław	426		OPEN -M	24	00:23:54.70	+00:05:53 (24.6%)	4:46	12.6 (75.4%)
25	ZAJĄC Remigiusz	128		OPEN -M	25	00:23:57.10	+00:05:55 (24.8%)	4:47	12.5 (74.9%)
26	WIELOPOLSKI Krzysztof	454		OPEN -M	26	00:24:00.95	+00:05:59 (25.0%)	4:48	12.5 (74.9%)
27	MALLEK Tadeusz	266		OPEN -M	27	00:24:36.70	+00:06:35 (26.8%)	4:55	12.2 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
28	MALYHIN Mikalai	267		OPEN -M	28	00:24:37.30	+00:06:36 (26.8%)	4:55	12.2 (73.1%)
29	FĄFEREK Piotr	107	WIECZORNE BIEGANIE W SZCZECINIE	OPEN -M	29	00:24:37.95	+00:06:36 (26.8%)	4:55	12.2 (73.1%)
30	GRONIEWICZ Mateusz	133	BBL POLICE	OPEN -M	30	00:24:38.75	+00:06:37 (26.9%)	4:55	12.2 (73.1%)
31	CZAJCZYŃSKI Michał	67		OPEN -M	31	00:24:48.10	+00:06:46 (27.3%)	4:57	12.1 (72.5%)
32	CHARĘZA Marcin	52	ZAWADZKIEGO SZCZECIN	OPEN -M	32	00:25:08.35	+00:07:07 (28.3%)	5:01	11.9 (71.3%)
33	WOJNACH Andrzej	464		OPEN -M	33	00:25:25.80	+00:07:24 (29.1%)	5:05	11.8 (70.7%)
34	WOLIŃSKI Krzysztof	468		OPEN -M	34	00:25:30.25	+00:07:29 (29.3%)	5:06	11.8 (70.7%)
35	BORYSEWICZ Paweł	40		OPEN -M	35	00:25:39.90	+00:07:38 (29.8%)	5:07	11.7 (70.1%)
36	ZABORA Paweł	482	SPINER POLICE	OPEN -M	36	00:25:44.95	+00:07:43 (30.0%)	5:08	11.7 (70.1%)
37	KRUPIŃSKI Sebastian	217	EMES STREET BOXING	OPEN -M	37	00:25:46.90	+00:07:45 (30.1%)	5:09	11.6 (69.5%)
38	BERLIŃSKI Mateusz	35	SKB DZIK	OPEN -M	38	00:25:58.55	+00:07:57 (30.6%)	5:11	11.6 (69.5%)
39	CAGRIBAY Emin	50		OPEN -M	39	00:26:01.60	+00:08:00 (30.8%)	5:12	11.5 (68.9%)
40	ŁAWNICZAK Sebastian	247		OPEN -M	40	00:26:02.45	+00:08:01 (30.8%)	5:12	11.5 (68.9%)
41	KRZYSZTOSZEK Wiktor	223		OPEN -M	41	00:26:02.85	+00:08:01 (30.8%)	5:12	11.5 (68.9%)
42	KIERNOŻYCKI Mateusz	179		OPEN -M	42	00:26:17.60	+00:08:16 (31.5%)	5:15	11.4 (68.3%)
43	FURMAŃSKI Marcin	112	WY-BIEGANI SZCZECIN	OPEN -M	43	00:26:30.00	+00:08:28 (32.0%)	5:18	11.3 (67.7%)
44	FIGIEL Patryk	109		OPEN -M	44	00:26:31.55	+00:08:30 (32.1%)	5:18	11.3 (67.7%)
45	SZAJEK Artur	405	HULK TEAM POLICE	OPEN -M	45	00:26:44.65	+00:08:43 (32.6%)	5:20	11.2 (67.1%)
46	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%)
47	CHMIELOWIEC Piotr	55		OPEN -M	47	00:26:56.90	+00:08:55 (33.1%)	5:23	11.1 (66.5%)
48	GLINKA Bogusz	123	RUN4FUN	OPEN -M	48	00:27:07.65	+00:09:06 (33.6%)	5:25	11.1 (66.5%)
49	KUBCZYK Mateusz	226		OPEN -M	49	00:27:17.40	+00:09:16 (34.0%)	5:27	11 (65.9%)
50	ZINKIEWICZ Jarek	497	BIEGOHOLLICA	OPEN -M	50	00:27:20.30	+00:09:19 (34.1%)	5:28	11 (65.9%)
51	KRACZOWSKI Mirosław	209		OPEN -M	51	00:27:31.70	+00:09:30 (34.5%)	5:30	10.9 (65.3%)
52	DZBANUSZEK Krzysztof	102		OPEN -M	52	00:27:34.95	+00:09:33 (34.7%)	5:30	10.9 (65.3%)
53	WAWRZYNIAK Ireneusz	446		OPEN -M	53	00:27:36.10	+00:09:34 (34.7%)	5:31	10.9 (65.3%)
54	TYMUL Jakub	434	#TYMTRITEAM	OPEN -M	54	00:27:40.35	+00:09:39 (34.9%)	5:32	10.8 (64.7%)
55	SCHEURING Dorian	373		OPEN -M	55	00:27:50.55	+00:09:49 (35.3%)	5:34	10.8 (64.7%)
56	CICHOCKI Paweł	59		OPEN -M	56	00:27:57.95	+00:09:56 (35.6%)	5:35	10.7 (64.1%)
57	WYCZOŁEK Mariusz	476	KS PIONIER SZCZECIN	OPEN -M	57	00:27:58.95	+00:09:57 (35.6%)	5:35	10.7 (64.1%)
58	ŁOMAKO Stanisław	249		OPEN -M	58	00:28:00.15	+00:09:58 (35.6%)	5:36	10.7 (64.1%)
59	SULIGA Łukasz	402		OPEN -M	59	00:28:00.50	+00:09:59 (35.7%)	5:36	10.7 (64.1%)
60	BAIZERT Krzysiek	17		OPEN -M	60	00:28:05.10	+00:10:03 (35.8%)	5:37	10.7 (64.1%)
61	MIKA Tomasz	286		OPEN -M	61	00:28:10.25	+00:10:09 (36.0%)	5:38	10.7 (64.1%)
62	SZUBARTOWSKI Grzegorz	413	#FIEGEBIEGA	OPEN -M	62	00:28:14.85	+00:10:13 (36.2%)	5:38	10.6 (63.5%)
63	KOWALSKI Tomasz	204		OPEN -M	63	00:28:16.45	+00:10:15 (36.3%)	5:39	10.6 (63.5%)
64	SKAŁECKI Łukasz	380		OPEN -M	64	00:28:20.85	+00:10:19 (36.4%)	5:40	10.6 (63.5%)
65	WYSOCKI Mirek	478		OPEN -M	65	00:28:30.40	+00:10:29 (36.8%)	5:42	10.5 (62.9%)
66	WOCHNER Kamil	461		OPEN -M	66	00:28:34.45	+00:10:33 (36.9%)	5:42	10.5 (62.9%)
67	KOMÓR Jarosław	187		OPEN -M	67	00:28:44.50	+00:10:43 (37.3%)	5:44	10.4 (62.3%)
68	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%)
69	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%)
70	KAWKA Wojciech	174		OPEN -M	70	00:28:55.50	+00:10:54 (37.7%)	5:47	10.4 (62.3%)
71	WOJTAT Adam	467		OPEN -M	71	00:29:03.35	+00:11:02 (38.0%)	5:48	10.3 (61.7%)

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72	STACHOWSKI Andrzej	387	NOCNYPOYEB	OPEN -M	72	00:29:11.50	+00:11:10 (38.3%)	5:50	10.3 (61.7%)
73	TRACZYK Tomasz	428		OPEN -M	73	00:29:18.15	+00:11:16 (38.5%)	5:51	10.2 (61.1%)
74	CARŁO Marcin	51	WIECZORNE BIEGANIE WSZCZECINIE	OPEN -M	74	00:29:18.30	+00:11:17 (38.5%)	5:51	10.2 (61.1%)
75	FILIPEK Jacek	111	BIEGOHOLLICA	OPEN -M	75	00:29:20.80	+00:11:19 (38.6%)	5:52	10.2 (61.1%)
76	KLEJNOWSKI Krzysztof	11		OPEN -M	76	00:29:22.40	+00:11:21 (38.6%)	5:52	10.2 (61.1%)
77	SZYDŁOWSKI Krzysztof	415		OPEN -M	77	00:29:22.55	+00:11:21 (38.7%)	5:52	10.2 (61.1%)
78	BYLEWSKI Piotr	48	BYLEWSKI AGENCJA REKLAMOWA	OPEN -M	78	00:29:27.40	+00:11:26 (38.8%)	5:53	10.2 (61.1%)
79	KRUSZKO Przemysław	218		OPEN -M	79	00:29:36.25	+00:11:35 (39.1%)	5:55	10.1 (60.5%)
80	ODRZYWOLSKI Michał	308		OPEN -M	80	00:29:40.50	+00:11:39 (39.3%)	5:56	10.1 (60.5%)
81	KASPRZAK Marcin	511	AFFIDEA	OPEN -M	81	00:29:42.45	+00:11:41 (39.3%)	5:56	10.1 (60.5%)
82	RÓŻALSKI Piotr	360	PSG	OPEN -M	82	00:29:46.10	+00:11:44 (39.5%)	5:57	10.1 (60.5%)
83	SOBIERAJ Marcin	386		OPEN -M	83	00:29:51.00	+00:11:49 (39.6%)	5:58	10.1 (60.5%)
84	STĘPNIAK Tomasz	395		OPEN -M	84	00:29:52.95	+00:11:51 (39.7%)	5:58	10 (59.9%)
85	CEGLAREK Łukasz	3	POGOŃ SZCZECIN	OPEN -M	85	00:29:53.00	+00:11:51 (39.7%)	5:58	10 (59.9%)
86	OLEKSYK Patryk	310		OPEN -M	86	00:29:53.30	+00:11:52 (39.7%)	5:58	10 (59.9%)
87	SZAJEK Gabor	406	HULK TEAM POLICE	OPEN -M	87	00:30:07.65	+00:12:06 (40.2%)	6:01	10 (59.9%)
88	BIŚ Krystian	30		OPEN -M	88	00:30:14.70	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
89	POCHODAJ Kamil	336	ĆPAJ SPORT LUBAŃ	OPEN -M	89	00:30:14.80	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
90	GERSZTYN Paweł	119		OPEN -M	90	00:30:14.90	+00:12:13 (40.4%)	6:02	9.9 (59.3%)
91	DOMAGALSKI Sławomir	83	SKB DZIK	OPEN -M	91	00:30:16.00	+00:12:14 (40.5%)	6:03	9.9 (59.3%)
92	KOZŁOWSKI Marcin	207		OPEN -M	92	00:30:18.35	+00:12:17 (40.5%)	6:03	9.9 (59.3%)
93	MISIASZEK Mirosław	289		OPEN -M	93	00:30:21.15	+00:12:19 (40.6%)	6:04	9.9 (59.3%)
94	IWANOWSKI Krzysztof	151		OPEN -M	94	00:30:28.20	+00:12:26 (40.9%)	6:05	9.8 (58.7%)
95	BEDNARZ Arkadiusz	518		OPEN -M	95	00:30:28.35	+00:12:27 (40.9%)	6:05	9.8 (58.7%)
96	WITORZĘĆ Dariusz	460		OPEN -M	96	00:30:29.85	+00:12:28 (40.9%)	6:05	9.8 (58.7%)
97	RUCZYŃSKI Dariusz	361	USK1	OPEN -M	97	00:30:29.95	+00:12:28 (40.9%)	6:05	9.8 (58.7%)
98	SKIBA Michał	381		OPEN -M	98	00:30:30.85	+00:12:29 (40.9%)	6:06	9.8 (58.7%)
99	PAWLOWSKI Aleks	323		OPEN -M	99	00:30:34.40	+00:12:33 (41.1%)	6:06	9.8 (58.7%)
100	MACHUNIK Kacper	254		OPEN -M	100	00:30:37.60	+00:12:36 (41.2%)	6:07	9.8 (58.7%)
101	ZINKOWICZ Patryk	498		OPEN -M	101	00:30:40.40	+00:12:39 (41.2%)	6:08	9.8 (58.7%)
102	NIECHWIADOWICZ Łukasz	300		OPEN -M	102	00:30:50.45	+00:12:49 (41.6%)	6:10	9.7 (58.1%)
103	OLEŚKIEWICZ Michał	311	WY-BIEGANI SZCZECIN	OPEN -M	103	00:31:00.20	+00:12:58 (41.9%)	6:12	9.7 (58.1%)
104	STRÓŻYŃSKI Andrzej	400		OPEN -M	104	00:31:03.80	+00:13:02 (42.0%)	6:12	9.7 (58.1%)
105	ZAJĄC Krzysztof	486		OPEN -M	105	00:31:11.80	+00:13:10 (42.2%)	6:14	9.6 (57.5%)
106	LIS Alan	25		OPEN -M	106	00:31:16.10	+00:13:14 (42.4%)	6:15	9.6 (57.5%)
107	KUBASIK Waldemar	225	BOSMAN SZCZECIN	OPEN -M	107	00:31:18.25	+00:13:17 (42.4%)	6:15	9.6 (57.5%)
108	BARANOWSKI Konrad	22		OPEN -M	108	00:31:28.85	+00:13:27 (42.8%)	6:17	9.5 (56.9%)
109	ZIARNEK Krzysztof	491		OPEN -M	109	00:31:32.80	+00:13:31 (42.9%)	6:18	9.5 (56.9%)
110	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%)
111	WASIELEWSKI Mariusz	442		OPEN -M	111	00:31:45.25	+00:13:44 (43.2%)	6:21	9.4 (56.3%)
112	MATULKA Łukasz	274	#FIEGEBIEGA	OPEN -M	112	00:31:47.05	+00:13:45 (43.3%)	6:21	9.4 (56.3%)
113	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%)
114	CIESIELSKI Paweł	60	KS ŚWIT SZCZECIN	OPEN -M	114	00:32:19.10	+00:14:17 (44.2%)	6:27	9.3 (55.7%)
115	CZEŻYK Paweł	69		OPEN -M	115	00:32:22.00	+00:14:20 (44.3%)	6:28	9.3 (55.7%)

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						netto	Różn		
						5km			
116	OROWICZ Michał	313		OPEN -M	116	00:32:23.65	+00:14:22 (44.4%)	6:28	9.3 (55.7%)
117	WONDOŁOWSKI Stanisław	469	WIECZORNE BIEGANIE	OPEN -M	117	00:32:35.25	+00:14:34 (44.7%)	6:31	9.2 (55.1%)
118	LITKOWIEC Szymon	243		OPEN -M	118	00:33:04.35	+00:15:03 (45.5%)	6:36	9.1 (54.5%)
119	POŁATYŃSKI Bartosz	341		OPEN -M	119	00:33:05.95	+00:15:04 (45.6%)	6:37	9.1 (54.5%)
120	SKORUPA Grzegorz	382		OPEN -M	120	00:33:06.15	+00:15:04 (45.6%)	6:37	9.1 (54.5%)
121	MICHALIK Maciej	284	FUZJA PYRZYCE	OPEN -M	121	00:33:10.40	+00:15:09 (45.7%)	6:38	9 (53.9%)
122	PODLIPSKI Daniel	337		OPEN -M	122	00:33:14.30	+00:15:13 (45.8%)	6:38	9 (53.9%)
123	TALAREK Robert	421	SMT SZCZECIN	OPEN -M	123	00:33:15.85	+00:15:14 (45.8%)	6:39	9 (53.9%)
124	MYSZAK Krzysztof	295		OPEN -M	124	00:33:21.30	+00:15:20 (46.0%)	6:40	9 (53.9%)
125	KONECKI Tomasz	190		OPEN -M	125	00:33:25.40	+00:15:24 (46.1%)	6:41	9 (53.9%)
126	BAREJSZA Robert	24		OPEN -M	126	00:33:26.15	+00:15:24 (46.1%)	6:41	9 (53.9%)
127	KRZEŚNIEWSKI Marcin	520	RAZ SZCZECIN / FIZJOBIEGACZE SZCZECIN	OPEN -M	127	00:33:29.10	+00:15:27 (46.2%)	6:41	9 (53.9%)
128	STERCZEWSKI Piotr	394		OPEN -M	128	00:33:29.75	+00:15:28 (46.2%)	6:41	9 (53.9%)
129	GRZEŚKÓW Daniel	141		OPEN -M	129	00:33:40.70	+00:15:39 (46.5%)	6:44	8.9 (53.3%)
130	GROCHOWICZ Przemysław	132		OPEN -M	130	00:33:41.45	+00:15:40 (46.5%)	6:44	8.9 (53.3%)
131	DURAJCZYK Jacek	97		OPEN -M	131	00:33:46.65	+00:15:45 (46.6%)	6:45	8.9 (53.3%)
132	ANTOŃCZAK Łukasz	13	BORSUKI	OPEN -M	132	00:33:49.15	+00:15:47 (46.7%)	6:45	8.9 (53.3%)
133	BOHDANOWICZ Marek	38	TRIGYM	OPEN -M	133	00:33:54.30	+00:15:53 (46.8%)	6:46	8.8 (52.7%)
134	FECHNER Krzysztof	108		OPEN -M	134	00:34:04.25	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
135	PELC Marek	326		OPEN -M	135	00:34:04.90	+00:16:03 (47.1%)	6:48	8.8 (52.7%)
136	WAWSZCZYK Marek	447		OPEN -M	136	00:34:13.10	+00:16:11 (47.3%)	6:50	8.8 (52.7%)
137	MADEJ Aleksander	257	ŻONA MI KAZAŁA	OPEN -M	137	00:34:13.75	+00:16:12 (47.4%)	6:50	8.8 (52.7%)
138	DZBANUSZEK Mariusz	101		OPEN -M	138	00:34:15.70	+00:16:14 (47.4%)	6:51	8.8 (52.7%)
139	GŁOGOWSKI Jan	127		OPEN -M	139	00:34:16.25	+00:16:15 (47.4%)	6:51	8.8 (52.7%)
140	DRABIK Paweł	84		OPEN -M	140	00:34:26.50	+00:16:25 (47.7%)	6:53	8.7 (52.1%)
141	RUDZEWICZ Mariusz	363		OPEN -M	141	00:34:36.30	+00:16:35 (47.9%)	6:55	8.7 (52.1%)
142	ZUBKIEWICZ Michał	502		OPEN -M	142	00:34:44.90	+00:16:43 (48.1%)	6:56	8.6 (51.5%)
143	BALCER Jacek	18		OPEN -M	143	00:35:06.30	+00:17:05 (48.7%)	7:01	8.5 (50.9%)
144	WIŚNIEWSKI Arkadiusz	459	PARKRUN GORZÓW WIELKOPOLSKI	OPEN -M	144	00:35:20.85	+00:17:19 (49.0%)	7:04	8.5 (50.9%)
145	SŁADKIEWICZ Adam	384		OPEN -M	145	00:35:35.30	+00:17:34 (49.4%)	7:07	8.4 (50.3%)
146	PAWLOWSKI Piotr	322		OPEN -M	146	00:35:38.90	+00:17:37 (49.4%)	7:07	8.4 (50.3%)
147	MASALSKI Robert	273		OPEN -M	147	00:35:43.40	+00:17:42 (49.6%)	7:08	8.4 (50.3%)
148	GODLEWSKI Jarosław	129		OPEN -M	148	00:35:51.70	+00:17:50 (49.7%)	7:10	8.4 (50.3%)
149	WOJNACH Paweł	465	PARKRUN SZCZECIN	OPEN -M	149	00:36:01.00	+00:17:59 (50.0%)	7:12	8.3 (49.7%)
150	CISEK Radosław	64		OPEN -M	150	00:36:13.55	+00:18:12 (50.3%)	7:14	8.3 (49.7%)
151	CZYŻYK Przemysław	72	LUCHERINI	OPEN -M	151	00:36:15.10	+00:18:13 (50.3%)	7:15	8.3 (49.7%)
152	MOŁĘDA Jan	290		OPEN -M	152	00:36:18.05	+00:18:16 (50.4%)	7:15	8.3 (49.7%)
153	WIECZOREK Mariusz	452		OPEN -M	153	00:36:23.05	+00:18:21 (50.5%)	7:16	8.2 (49.1%)
154	CABAJ Tomasz	49	#FIEGEBIEGA	OPEN -M	154	00:36:28.25	+00:18:27 (50.6%)	7:17	8.2 (49.1%)
155	SZYMASZEK Sebastian	417	RUN FOREST RUN	OPEN -M	155	00:36:30.50	+00:18:29 (50.6%)	7:18	8.2 (49.1%)
156	RETECKI Paweł	354		OPEN -M	156	00:36:47.15	+00:18:45 (51.0%)	7:21	8.2 (49.1%)
157	OSICA Bartłomiej	314	DZIKI Z PILCHOWA	OPEN -M	157	00:36:51.55	+00:18:50 (51.1%)	7:22	8.1 (48.5%)
158	PODWYSZYŃSKI Sebastian	339		OPEN -M	158	00:36:59.25	+00:18:58 (51.3%)	7:23	8.1 (48.5%)
159	KRYGER Grzegorz	219	PARKRUN POZNAŃ	OPEN -M	159	00:36:59.80	+00:18:58 (51.3%)	7:23	8.1 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
160	LEOŃCZUK Filip	237	BT	OPEN -M	160	00:37:04.60	+00:19:03 (51.4%)	7:24	8.1 (48.5%)
161	DEKERT Włodzimierz	78		OPEN -M	161	00:37:05.60	+00:19:04 (51.4%)	7:25	8.1 (48.5%)
162	MAHACZEK Adam	259		OPEN -M	162	00:37:27.75	+00:19:26 (51.9%)	7:29	8 (47.9%)
163	MARCISZEWSKI Mirosław	270	NIEZRZESZONY	OPEN -M	163	00:37:32.60	+00:19:31 (52.0%)	7:30	8 (47.9%)
164	REUTT Michał	355		OPEN -M	164	00:38:01.20	+00:19:59 (52.6%)	7:36	7.9 (47.3%)
165	POCHODAJ Karol	335		OPEN -M	165	00:38:01.55	+00:20:00 (52.6%)	7:36	7.9 (47.3%)
166	PIECHOTA Daniel	288		OPEN -M	166	00:38:55.50	+00:20:54 (53.7%)	7:47	7.7 (46.1%)
167	JEMIELITY Robert	162	WYDZIAŁ POŚCIGOWY	OPEN -M	167	00:38:57.10	+00:20:55 (53.7%)	7:47	7.7 (46.1%)
168	JEMIELITY Marcin	33		OPEN -M	168	00:38:57.35	+00:20:56 (53.7%)	7:47	7.7 (46.1%)
169	LIPSKI Łukasz	241	BIEGOHOLLICA	OPEN -M	169	00:39:48.90	+00:21:47 (54.7%)	7:57	7.5 (44.9%)
170	GŁODEK Paweł	124		OPEN -M	170	00:39:55.20	+00:21:53 (54.9%)	7:59	7.5 (44.9%)
171	ADAMSKI Adrian	12	FUTYMKA TEAM	OPEN -M	171	00:40:38.65	+00:22:37 (55.7%)	8:07	7.4 (44.3%)
172	BRUSS Mateusz	44		OPEN -M	172	00:40:40.25	+00:22:39 (55.7%)	8:08	7.4 (44.3%)
173	KACZMAREK Włodzimierz	169		OPEN -M	173	00:40:46.70	+00:22:45 (55.8%)	8:09	7.4 (44.3%)
174	DRENIKOWSKI Tomasz	85		OPEN -M	174	00:42:04.00	+00:24:02 (57.2%)	8:24	7.1 (42.5%)
175	SEJ Paweł	375		OPEN -M	175	00:42:08.60	+00:24:07 (57.2%)	8:25	7.1 (42.5%)
176	DUBA Marcin	90		OPEN -M	176	00:43:20.10	+00:25:18 (58.4%)	8:40	6.9 (41.3%)
177	DURDA Stanisław	100		OPEN -M	177	00:43:32.30	+00:25:31 (58.6%)	8:42	6.9 (41.3%)
178	MARCINKOWSKI Filip	463		OPEN -M	178	00:49:41.95	+00:31:40 (63.7%)	9:56	6 (35.9%)
179	PARCHIMOWICZ Janusz	316		OPEN -M	179	00:51:40.95	+00:33:39 (65.1%)	10:20	5.8 (34.7%)

Znaleziono 179 wynik(ów)