

# BIEG 55-LECIA UNIwersYTETU POMORSKIEGO

B4SPORT

**Wydarzenie:** Bieg 55-lecia Uniwersytetu Pomorskiego  
**Organizator:** Uniwersytet Pomorski  
**Data:** 2024-06-06  
**Miejsce:** Słupsk  
**Dystans:** 5.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.4km	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Arkadiusz</b>	<b>77</b>	TKKF KOSZALIN	OPEN-M	1	00:01:15	<b>00:21:03.65</b>		3:49	15.7 (100%)
2	<b>OSIŃSKI Wojciech</b>	<b>111</b>	TEAM ZABIEGANEDNI	OPEN-M	2	00:01:10	<b>00:21:15.20</b>	+00:00:11 (0.9%)	3:51	15.5 (98.7%)
3	<b>GUZOWSKI Dariusz</b>	<b>50</b>	TALEX BORZYTUCHOM	OPEN-M	3	00:01:19	<b>00:22:25.40</b>	+00:01:21 (6.1%)	4:04	14.7 (93.6%)
4	<b>CHOLEWIŃSKI Artur</b>	<b>19</b>	TEAM CH	OPEN-M	4	00:01:19	<b>00:22:45.60</b>	+00:01:41 (7.5%)	4:08	14.5 (92.4%)
5	<b>CZAJKA Maciej</b>	<b>23</b>		OPEN-M	5	00:01:26	<b>00:22:51.50</b>	+00:01:47 (7.9%)	4:09	14.4 (91.7%)
6	<b>BARAN Radosław</b>	<b>7</b>		OPEN-M	6	00:01:19	<b>00:23:06.00</b>	+00:02:02 (8.8%)	4:12	14.3 (91.1%)
7	<b>DUDA Grzegorz</b>	<b>36</b>	BEST BEASTS	OPEN-M	7	00:01:22	<b>00:23:09.40</b>	+00:02:05 (9.1%)	4:12	14.3 (91.1%)
8	<b>GAJEWSKI Andrzej</b>	<b>43</b>	STOPA SŁUPSK	OPEN-M	8	00:01:19	<b>00:23:18.70</b>	+00:02:15 (9.7%)	4:14	14.2 (90.4%)
9	<b>SZOZDA Arkadiusz</b>	<b>179</b>		OPEN-M	9	00:01:28	<b>00:23:27.60</b>	+00:02:23 (10.2%)	4:15	14.1 (89.8%)
10	<b>DOMARUS Kamila</b>	<b>34</b>		OPEN - K	1	00:01:18	<b>00:23:47.00</b>	+00:02:43 (11.4%)	4:19	13.9 (88.5%)
11	<b>CZYŻYKOWSKI Mateusz</b>	<b>28</b>		OPEN-M	10	00:01:20	<b>00:24:17.90</b>	+00:03:14 (13.3%)	4:24	13.6 (86.6%)
12	<b>ŻULIŃSKI Jakub</b>	<b>172</b>		OPEN-M	11	00:01:24	<b>00:24:51.25</b>	+00:03:47 (15.3%)	4:31	13.3 (84.7%)
13	<b>METLICKA Wiktoria</b>	<b>100</b>	7 BOW/TALEX	OPEN - K	2	00:01:27	<b>00:25:10.15</b>	+00:04:06 (16.3%)	4:34	13.1 (83.4%)
14	<b>ŻYLICZ Paweł</b>	<b>173</b>	STOPA SŁUPSK	OPEN-M	12	00:01:36	<b>00:25:17.15</b>	+00:04:13 (16.7%)	4:35	13.1 (83.4%)
15	<b>MAJKOWSKI Krzysztof</b>	<b>92</b>	KALIOP POLAND	OPEN-M	13	00:01:36	<b>00:25:34.30</b>	+00:04:30 (17.6%)	4:38	12.9 (82.2%)
16	<b>JANKOWSKI Grzegorz</b>	<b>53</b>	POZYTYWNIENIE NAKRĘCONY	OPEN-M	14	00:01:40	<b>00:25:38.45</b>	+00:04:34 (17.9%)	4:39	12.9 (82.2%)
17	<b>ANTOSIAK Grzegorz</b>	<b>4</b>		OPEN-M	15	00:01:33	<b>00:25:39.75</b>	+00:04:36 (17.9%)	4:39	12.9 (82.2%)
18	<b>JANKOWSKI Piotr</b>	<b>185</b>	NAKRECENI	OPEN-M	16	00:01:46	<b>00:25:44.40</b>	+00:04:40 (18.2%)	4:40	12.8 (81.5%)
19	<b>ANTOSIK Grzegorz</b>	<b>5</b>	KB BRYZA POSTOMINO	OPEN-M	17	00:01:27	<b>00:25:46.90</b>	+00:04:43 (18.3%)	4:41	12.8 (81.5%)
20	<b>KOWALCZYK Marcin</b>	<b>76</b>	STOPA SŁUPSK/AKTYWNA FABRYKA	OPEN-M	18	00:01:36	<b>00:25:54.70</b>	+00:04:51 (18.7%)	4:42	12.7 (80.9%)
21	<b>KAWALEC Konrad</b>	<b>63</b>		OPEN-M	19	00:01:37	<b>00:26:11.35</b>	+00:05:07 (19.6%)	4:45	12.6 (80.3%)
22	<b>NACZK Wiktoria</b>	<b>104</b>	KB BIEGAJĄCY DIETETYK TEAM/ POLIPACK TEAM GWE	OPEN - K	3	00:01:28	<b>00:26:14.60</b>	+00:05:10 (19.7%)	4:46	12.6 (80.3%)
23	<b>STUPIN Uładzislau</b>	<b>139</b>	POMORSKI UNIwersYTET	OPEN-M	20	00:01:40	<b>00:26:16.75</b>	+00:05:13 (19.9%)	4:46	12.6 (80.3%)
24	<b>GULBITOWICZ Karol</b>	<b>49</b>		OPEN-M	21	00:01:18	<b>00:26:20.25</b>	+00:05:16 (20.0%)	4:47	12.5 (79.6%)
25	<b>PIŁAT Paweł</b>	<b>117</b>	BEST BEASTS	OPEN-M	22	00:01:38	<b>00:26:22.10</b>	+00:05:18 (20.1%)	4:47	12.5 (79.6%)
26	<b>GRACHEL Przemek</b>	<b>47</b>	AJ FABRYKA MEBLI	OPEN-M	23	00:01:41	<b>00:26:35.75</b>	+00:05:32 (20.8%)	4:50	12.4 (79.0%)
27	<b>ZAGÓRSKI Krzysztof</b>	<b>165</b>		OPEN-M	24	00:01:28	<b>00:26:47.10</b>	+00:05:43 (21.4%)	4:52	12.3 (78.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.4km	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
28	<b>CZYŻYKOWSKI Krzysztof</b>	<b>29</b>		OPEN-M	25	00:01:35	<b>00:26:48.65</b>	+00:05:45 (21.4%)	4:52	12.3 (78.3%)
29	<b>KALISZEWSKA Beata</b>	<b>59</b>		OPEN - K	4	00:01:36	<b>00:27:00.00</b>	+00:05:56 (22.0%)	4:54	12.2 (77.7%)
30	<b>ŚCISŁY Łukasz</b>	<b>147</b>		OPEN-M	26	00:01:37	<b>00:27:17.70</b>	+00:06:14 (22.8%)	4:57	12.1 (77.1%)
31	<b>MENCEL Miłosz</b>	<b>99</b>		OPEN-M	27	00:01:53	<b>00:27:40.25</b>	+00:06:36 (23.9%)	5:01	11.9 (75.8%)
32	<b>PRUSAK Marcin</b>	<b>125</b>		OPEN-M	28	00:01:37	<b>00:27:46.90</b>	+00:06:43 (24.2%)	5:02	11.9 (75.8%)
33	<b>KARGUL Jacek</b>	<b>176</b>	BIEG 5500	OPEN-M	29	00:01:41	<b>00:27:51.75</b>	+00:06:48 (24.4%)	5:03	11.8 (75.2%)
34	<b>HAPKA Weronika</b>	<b>192</b>	AML	OPEN - K	5	00:01:44	<b>00:27:53.15</b>	+00:06:49 (24.5%)	5:04	11.8 (75.2%)
35	<b>PRASOL Adrian</b>	<b>124</b>		OPEN-M	30	00:01:32	<b>00:28:02.90</b>	+00:06:59 (24.9%)	5:05	11.8 (75.2%)
36	<b>PRZYGÓCKI Sylwester</b>	<b>126</b>	LION STRONG TEAM	OPEN-M	31	00:01:47	<b>00:28:03.25</b>	+00:06:59 (24.9%)	5:06	11.8 (75.2%)
37	<b>OLESZEK Jerzy</b>	<b>109</b>	SZKOŁA PODOFICERSKA MW	OPEN-M	32	00:01:39	<b>00:28:05.45</b>	+00:07:01 (25.0%)	5:06	11.8 (75.2%)
38	<b>KLIATSKIN Dawyd</b>	<b>177</b>		OPEN-M	33	00:01:51	<b>00:28:09.50</b>	+00:07:05 (25.2%)	5:07	11.7 (74.5%)
39	<b>MCCARTY Benjamin</b>	<b>98</b>	AEGIS ASHORE	OPEN-M	34	00:01:54	<b>00:28:17.50</b>	+00:07:13 (25.6%)	5:08	11.7 (74.5%)
39	<b>OSIŃSKI Paweł</b>	<b>112</b>	TEAM ZABIEGANEDNI	OPEN-M	34	00:01:32	<b>00:28:17.50</b>	+00:07:13 (25.6%)	5:08	11.7 (74.5%)
41	<b>KONSTANCZAK Bartosz</b>	<b>72</b>	BAKUBAJK	OPEN-M	36	00:01:54	<b>00:28:20.55</b>	+00:07:16 (25.7%)	5:09	11.6 (73.9%)
42	<b>NOWICKI Mateusz</b>	<b>107</b>	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	OPEN-M	37	00:01:46	<b>00:28:33.65</b>	+00:07:30 (26.3%)	5:11	11.6 (73.9%)
43	<b>WIZE Małgorzata</b>	<b>161</b>		OPEN - K	6	00:01:33	<b>00:28:34.65</b>	+00:07:31 (26.3%)	5:11	11.6 (73.9%)
44	<b>KISIEL Paweł</b>	<b>67</b>	BIBLIOTEKA UNIwersytetu Pomorskiego	OPEN-M	38	00:02:00	<b>00:28:35.00</b>	+00:07:31 (26.3%)	5:11	11.5 (73.2%)
45	<b>KLIMCZAK Agnieszka</b>	<b>70</b>	BBL SŁUPSK	OPEN - K	7	00:01:39	<b>00:28:44.50</b>	+00:07:40 (26.7%)	5:13	11.5 (73.2%)
46	<b>KLENIEWSKI Piotr</b>	<b>69</b>		OPEN-M	39	00:01:48	<b>00:29:01.55</b>	+00:07:57 (27.4%)	5:16	11.4 (72.6%)
47	<b>KIEŁCZYŃSKI Dawid</b>	<b>66</b>	TEAM DAVE BUKÓWKA	OPEN-M	40	00:01:40	<b>00:29:04.00</b>	+00:08:00 (27.5%)	5:17	11.4 (72.6%)
48	<b>PAULAU Maksim</b>	<b>113</b>	UNIwersytet Pomorski	OPEN-M	41	00:01:52	<b>00:29:26.55</b>	+00:08:22 (28.5%)	5:21	11.2 (71.3%)
49	<b>TRAPP Sebastian</b>	<b>153</b>	LION STRONG TEAM	OPEN-M	42	00:01:46	<b>00:29:29.10</b>	+00:08:25 (28.6%)	5:21	11.2 (71.3%)
50	<b>TOMCZAK Dominik</b>	<b>152</b>	WPK SŁOŃ TEAM	OPEN-M	43	00:01:38	<b>00:29:34.40</b>	+00:08:30 (28.8%)	5:22	11.2 (71.3%)
51	<b>SHURYHA Karina</b>	<b>133</b>	SZKOŁA PODSTAWOWA NR 1	OPEN - K	8	00:01:32	<b>00:29:35.40</b>	+00:08:31 (28.8%)	5:22	11.2 (71.3%)
52	<b>KAMIŃSKI Zbigniew</b>	<b>60</b>	ANANASY Z 3 FAL	OPEN-M	44	00:01:38	<b>00:29:46.35</b>	+00:08:42 (29.3%)	5:24	11.1 (70.7%)
53	<b>BEDNARCZYK Arkadiusz</b>	<b>181</b>	STOPA SŁUPSK	OPEN-M	45	00:01:55	<b>00:29:50.65</b>	+00:08:47 (29.4%)	5:25	11.1 (70.7%)
54	<b>KWIATEK Karol</b>	<b>83</b>		OPEN-M	46	00:01:44	<b>00:30:09.60</b>	+00:09:05 (30.2%)	5:28	10.9 (69.4%)
55	<b>ZAJĄC Dariusz</b>	<b>166</b>	PRIVATE	OPEN-M	47	00:01:44	<b>00:30:11.35</b>	+00:09:07 (30.2%)	5:29	10.9 (69.4%)
56	<b>PATRYKA Bartosz</b>	<b>180</b>	UNIwersytet Pomorski	OPEN-M	48	00:01:28	<b>00:30:14.75</b>	+00:09:11 (30.4%)	5:29	10.9 (69.4%)
57	<b>ZIELONKA Mateusz</b>	<b>169</b>	7BOW	OPEN-M	49	00:01:48	<b>00:30:29.25</b>	+00:09:25 (30.9%)	5:32	10.8 (68.8%)
58	<b>OLECHNOWICZ Sławomir</b>	<b>108</b>	STOPA SŁUPSK	OPEN-M	50	00:01:49	<b>00:30:31.20</b>	+00:09:27 (31.0%)	5:32	10.8 (68.8%)
59	<b>ŚLEDŹ Przemysław</b>	<b>148</b>		OPEN-M	51	00:01:56	<b>00:30:40.85</b>	+00:09:37 (31.4%)	5:34	10.8 (68.8%)
60	<b>TYREK Katarzyna</b>	<b>155</b>	7 BOW	OPEN - K	9	00:01:32	<b>00:30:48.15</b>	+00:09:44 (31.6%)	5:36	10.7 (68.2%)
61	<b>MALEC Piotr</b>	<b>94</b>		OPEN-M	52	00:01:27	<b>00:30:57.05</b>	+00:09:53 (32.0%)	5:37	10.7 (68.2%)
62	<b>SCHLAIS Kyle</b>	<b>132</b>		OPEN-M	53	00:01:57	<b>00:30:58.55</b>	+00:09:54 (32.0%)	5:37	10.7 (68.2%)
63	<b>NOWAK Paweł</b>	<b>106</b>	WOLF TEAM	OPEN-M	54	00:02:03	<b>00:31:03.30</b>	+00:09:59 (32.2%)	5:38	10.6 (67.5%)
64	<b>FRUBA Karina</b>	<b>41</b>	STOPA SŁUPSK / KORONA SZCZECIN	OPEN - K	10	00:01:49	<b>00:31:11.45</b>	+00:10:07 (32.5%)	5:40	10.6 (67.5%)
65	<b>TRUSIAK Miłosz</b>	<b>191</b>		OPEN-M	55	00:01:55	<b>00:31:12.85</b>	+00:10:09 (32.5%)	5:40	10.6 (67.5%)
66	<b>BIAŁECKI Rafał</b>	<b>9</b>		OPEN-M	56	00:01:59	<b>00:31:34.50</b>	+00:10:30 (33.3%)	5:44	10.5 (66.9%)
67	<b>KLATKA Zofia</b>	<b>193</b>	AML	OPEN - K	11	00:01:45	<b>00:31:35.95</b>	+00:10:32 (33.4%)	5:44	10.4 (66.2%)
68	<b>RÓŻAŃSKI Maciej</b>	<b>182</b>		OPEN-M	57	00:01:50	<b>00:31:43.75</b>	+00:10:40 (33.6%)	5:46	10.4 (66.2%)
69	<b>PIWOŃSKI Robert</b>	<b>118</b>	NIGHT RUNNERS SŁUPSK	OPEN-M	58	00:02:21	<b>00:31:43.90</b>	+00:10:40 (33.6%)	5:46	10.4 (66.2%)
70	<b>ŻMIJEWSKI Wojciech</b>	<b>171</b>		OPEN-M	59	00:01:55	<b>00:32:03.65</b>	+00:11:00 (34.3%)	5:49	10.3 (65.6%)
71	<b>KOSICKA Iwona</b>	<b>74</b>	STOPA SŁUPSK	OPEN - K	12	00:01:56	<b>00:32:10.80</b>	+00:11:07 (34.6%)	5:50	10.3 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.4km	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
72	<b>KANIA Brajan</b>	<b>61</b>	-/BIEGAM BO LUBIĘ - SŁUPSK	OPEN-M	60	00:01:45	<b>00:32:16.15</b>	+00:11:12 (34.7%)	5:52	10.2 (65.0%)
73	<b>GRABOWSKA Kinga</b>	<b>46</b>	ANANASY Z 3FAL	OPEN - K	13	00:01:54	<b>00:32:17.85</b>	+00:11:14 (34.8%)	5:52	10.2 (65.0%)
74	<b>STOJEWSKA Katarzyna</b>	<b>138</b>	KLUB BIEGACZA SPOKO	OPEN - K	14	00:01:55	<b>00:32:22.90</b>	+00:11:19 (35.0%)	5:53	10.2 (65.0%)
75	<b>SUCHARSKI Tadeusz</b>	<b>178</b>	UNIwersytet Pomorski	OPEN-M	61	00:01:48	<b>00:32:43.75</b>	+00:11:40 (35.7%)	5:56	10.1 (64.3%)
76	<b>HEC Tomek</b>	<b>51</b>		OPEN-M	62	00:01:57	<b>00:33:02.05</b>	+00:11:58 (36.2%)	6:00	10 (63.7%)
77	<b>KUBICA Agnieszka</b>	<b>78</b>		OPEN - K	15	00:01:44	<b>00:33:02.45</b>	+00:11:58 (36.3%)	6:00	10 (63.7%)
78	<b>SZAREK Marta</b>	<b>141</b>	PSYCHE	OPEN - K	16	00:01:58	<b>00:33:04.55</b>	+00:12:00 (36.3%)	6:00	10 (63.7%)
79	<b>CISZEWSKA Anna</b>	<b>21</b>		OPEN - K	17	00:02:02	<b>00:33:04.60</b>	+00:12:00 (36.3%)	6:00	10 (63.7%)
80	<b>LESIAK Marcin</b>	<b>85</b>		OPEN-M	63	00:02:02	<b>00:33:04.75</b>	+00:12:01 (36.3%)	6:00	10 (63.7%)
81	<b>KOS Krystian</b>	<b>73</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH	OPEN-M	64	00:01:51	<b>00:33:16.95</b>	+00:12:13 (36.7%)	6:02	9.9 (63.1%)
82	<b>ORZECHOWSKI Tobiasz</b>	<b>110</b>		OPEN-M	65	00:02:07	<b>00:33:22.05</b>	+00:12:18 (36.9%)	6:04	9.9 (63.1%)
83	<b>WIĘSEK Borys</b>	<b>160</b>		OPEN-M	66	00:01:53	<b>00:34:04.00</b>	+00:13:00 (38.2%)	6:11	9.7 (61.8%)
84	<b>ICHIKAWA Fidayuto</b>	<b>52</b>	UNIwersytet Pomorski	OPEN-M	67	00:02:00	<b>00:34:24.55</b>	+00:13:20 (38.8%)	6:15	9.6 (61.1%)
85	<b>DAUNETSKAS Arnis</b>	<b>30</b>	UNIwersytet Pomorski	OPEN-M	68	00:01:42	<b>00:34:28.90</b>	+00:13:25 (38.9%)	6:16	9.6 (61.1%)
86	<b>SZEWCZYK Julia</b>	<b>142</b>		OPEN - K	18	00:02:01	<b>00:34:30.00</b>	+00:13:26 (39.0%)	6:16	9.6 (61.1%)
87	<b>ZALEWSKI Grzegorz</b>	<b>188</b>	W P K SŁOŃ TEAM	OPEN-M	69	00:02:01	<b>00:34:48.20</b>	+00:13:44 (39.5%)	6:19	9.5 (60.5%)
88	<b>PŁONKA Marcel</b>	<b>122</b>		OPEN-M	70	00:01:44	<b>00:34:49.00</b>	+00:13:45 (39.5%)	6:19	9.5 (60.5%)
89	<b>WŁODARCZYK Marta</b>	<b>162</b>	STOPA SŁUPSK	OPEN - K	19	00:02:06	<b>00:35:11.30</b>	+00:14:07 (40.1%)	6:23	9.4 (59.9%)
90	<b>CZYŻEWSKI Michał</b>	<b>27</b>		OPEN-M	71	00:01:48	<b>00:35:23.25</b>	+00:14:19 (40.5%)	6:26	9.3 (59.2%)
91	<b>ŁUBKOWSKA Magdalena</b>	<b>89</b>		OPEN - K	20	00:01:58	<b>00:35:28.20</b>	+00:14:24 (40.6%)	6:26	9.3 (59.2%)
92	<b>KLEJDYSZ Beata</b>	<b>68</b>		OPEN - K	21	00:02:11	<b>00:35:30.00</b>	+00:14:26 (40.7%)	6:27	9.3 (59.2%)
93	<b>XX Mieszko</b>	<b>183</b>		OPEN-M	72	00:02:04	<b>00:35:42.00</b>	+00:14:38 (41.0%)	6:29	9.2 (58.6%)
94	<b>MURAWSKA Katarzyna</b>	<b>103</b>		OPEN - K	22	00:02:08	<b>00:35:44.85</b>	+00:14:41 (41.1%)	6:29	9.2 (58.6%)
95	<b>GRZESIK Damian</b>	<b>48</b>		OPEN-M	73	00:02:01	<b>00:35:54.80</b>	+00:14:51 (41.4%)	6:31	9.2 (58.6%)
96	<b>STANKIEWICZ Mateusz</b>	<b>137</b>		OPEN-M	74	00:02:01	<b>00:35:55.15</b>	+00:14:51 (41.4%)	6:31	9.2 (58.6%)
97	<b>BORODZIUK Wiktor</b>	<b>14</b>		OPEN-M	75		<b>00:36:04.30</b>	+00:15:00 (41.6%)	6:33	9.1 (58.0%)
98	<b>KUBIŃSKI Rafał</b>	<b>80</b>	NIGHT RUNNERS SŁUPSK	OPEN-M	76	00:02:21	<b>00:36:11.85</b>	+00:15:08 (41.8%)	6:34	9.1 (58.0%)
99	<b>BORODZIUK Aneta</b>	<b>13</b>		OPEN - K	23	00:02:25	<b>00:36:17.05</b>	+00:15:13 (42.0%)	6:35	9.1 (58.0%)
100	<b>ROSIĄK Przemysław</b>	<b>127</b>		OPEN-M	77	00:02:22	<b>00:36:28.15</b>	+00:15:24 (42.3%)	6:37	9 (57.3%)
101	<b>KUBICA Liliana</b>	<b>79</b>		OPEN - K	24	00:02:07	<b>00:36:28.25</b>	+00:15:24 (42.3%)	6:37	9 (57.3%)
102	<b>SAGAŁA Patrycja</b>	<b>129</b>		OPEN - K	25	00:02:26	<b>00:36:28.50</b>	+00:15:24 (42.3%)	6:37	9 (57.3%)
103	<b>MIELNICZUK Jakub</b>	<b>101</b>	UNIwersytet Pomorski	OPEN-M	78	00:02:06	<b>00:37:08.65</b>	+00:16:05 (43.3%)	6:45	8.9 (56.7%)
104	<b>KNAP Kajetan</b>	<b>174</b>	PROGRES FITNESS KLUB	OPEN-M	79	00:02:13	<b>00:37:14.25</b>	+00:16:10 (43.4%)	6:46	8.9 (56.7%)
105	<b>TOMASZEWSKI Mateusz</b>	<b>151</b>	PROGRES FITNESS KLUB	OPEN-M	80	00:02:07	<b>00:37:14.35</b>	+00:16:10 (43.4%)	6:46	8.9 (56.7%)
106	<b>PLUTA Marcin</b>	<b>120</b>	PROGRES FITNESS KLUB	OPEN-M	81	00:02:07	<b>00:37:14.50</b>	+00:16:10 (43.4%)	6:46	8.9 (56.7%)
107	<b>KOTECKI Grzegorz</b>	<b>75</b>		OPEN-M	82	00:02:39	<b>00:37:45.85</b>	+00:16:42 (44.2%)	6:51	8.7 (55.4%)
108	<b>KNAP Marta</b>	<b>175</b>	PROGRES FITNESS KLUB	OPEN - K	26	00:02:13	<b>00:38:04.95</b>	+00:17:01 (44.7%)	6:55	8.7 (55.4%)
109	<b>ŁOPACIUK Magdalena</b>	<b>87</b>		OPEN - K	27	00:02:20	<b>00:38:30.35</b>	+00:17:26 (45.3%)	7:00	8.6 (54.8%)
110	<b>MARCZAK Małgorzata</b>	<b>95</b>	W P K SŁOŃ TEAM	OPEN - K	28	00:02:07	<b>00:38:37.55</b>	+00:17:33 (45.5%)	7:01	8.5 (54.1%)
111	<b>KOŁACZYŃSKI Radek</b>	<b>71</b>		OPEN-M	83	00:01:29	<b>00:38:55.95</b>	+00:17:52 (45.9%)	7:04	8.5 (54.1%)
112	<b>PŁODZIEŃ Karolina</b>	<b>121</b>		OPEN - K	29	00:01:55	<b>00:39:20.15</b>	+00:18:16 (46.5%)	7:09	8.4 (53.5%)
113	<b>PIETRZYCKA Andronika</b>	<b>114</b>		OPEN - K	30	00:02:27	<b>00:39:30.95</b>	+00:18:27 (46.7%)	7:10	8.4 (53.5%)
114	<b>PIETRZYCKI Andrzej</b>	<b>116</b>		OPEN-M	84	00:02:27	<b>00:39:31.15</b>	+00:18:27 (46.7%)	7:11	8.4 (53.5%)
115	<b>ALIAKSEICHYK Arseni</b>	<b>2</b>		OPEN-M	85	00:02:15	<b>00:39:37.45</b>	+00:18:33 (46.8%)	7:12	8.3 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.4km	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
116	<b>KARAŚ Radosław</b>	<b>189</b>	NR SŁUPSK	OPEN-M	86	00:02:16	<b>00:39:50.55</b>	+00:18:46 (47.1%)	7:14	8.3 (52.9%)
117	<b>STANISZEK Bogusław</b>	<b>136</b>	TUPOT USTKA	OPEN-M	87	00:02:22	<b>00:40:01.30</b>	+00:18:57 (47.4%)	7:16	8.2 (52.2%)
118	<b>FRUBA Andrzej</b>	<b>42</b>		OPEN-M	88	00:02:34	<b>00:41:19.25</b>	+00:20:15 (49.0%)	7:30	8 (51.0%)
119	<b>DREWNIAK Magdalena</b>	<b>35</b>		OPEN - K	31	00:02:15	<b>00:41:49.15</b>	+00:20:45 (49.6%)	7:36	7.9 (50.3%)
120	<b>SZNIGIR Katarzyna</b>	<b>143</b>		OPEN - K	32	00:02:29	<b>00:42:07.25</b>	+00:21:03 (50.0%)	7:39	7.8 (49.7%)
121	<b>ZIĘBA Agnieszka</b>	<b>170</b>		OPEN - K	33	00:02:27	<b>00:42:15.05</b>	+00:21:11 (50.2%)	7:40	7.8 (49.7%)
122	<b>ANTONIAK Monika</b>	<b>3</b>		OPEN - K	34	00:02:28	<b>00:42:15.60</b>	+00:21:11 (50.2%)	7:40	7.8 (49.7%)
123	<b>JAWORSKI Jędrzej</b>	<b>55</b>	UNIwersytet Pomorski	OPEN-M	89	00:02:02	<b>00:43:19.35</b>	+00:22:15 (51.4%)	7:52	7.6 (48.4%)
124	<b>SZUMSKA Monika</b>	<b>145</b>	NIGHT RUNNERS	OPEN - K	35	00:02:26	<b>00:43:33.75</b>	+00:22:30 (51.7%)	7:55	7.6 (48.4%)
125	<b>SZUMSKA Paulina</b>	<b>146</b>	NIGHT RUNNERS	OPEN - K	36	00:02:07	<b>00:43:34.45</b>	+00:22:30 (51.7%)	7:55	7.6 (48.4%)
126	<b>CIŻMOWSKA Barbara</b>	<b>22</b>	MTS HAMER MIASTKO	OPEN - K	37	00:02:34	<b>00:44:08.65</b>	+00:23:05 (52.3%)	8:01	7.5 (47.8%)
127	<b>TOMASZEWSKA Aleksandra</b>	<b>150</b>	STUDENTKA 1SPS	OPEN - K	38	00:02:27	<b>00:44:27.75</b>	+00:23:24 (52.6%)	8:04	7.4 (47.1%)
128	<b>TSYHANKOV Oleksandr</b>	<b>154</b>		OPEN-M	90	00:02:13	<b>00:44:28.00</b>	+00:23:24 (52.6%)	8:05	7.4 (47.1%)
129	<b>DIKHTIARUK Artem</b>	<b>32</b>		OPEN-M	91	00:02:24	<b>00:44:35.50</b>	+00:23:31 (52.8%)	8:06	7.4 (47.1%)
130	<b>WASILEWICZ Kamila</b>	<b>157</b>		OPEN - K	39	00:02:09	<b>00:45:32.75</b>	+00:24:29 (53.8%)	8:16	7.2 (45.9%)
131	<b>FIRA Oliwia</b>	<b>39</b>		OPEN - K	40	00:02:07	<b>00:45:36.45</b>	+00:24:32 (53.8%)	8:17	7.2 (45.9%)
132	<b>ZAMARO Julia</b>	<b>167</b>		OPEN - K	41	00:02:09	<b>00:45:36.90</b>	+00:24:33 (53.8%)	8:17	7.2 (45.9%)
132	<b>ELLWARD Karolina</b>	<b>37</b>		OPEN - K	41	00:02:08	<b>00:45:36.90</b>	+00:24:33 (53.8%)	8:17	7.2 (45.9%)
134	<b>SAVYTSKYI Bohdan</b>	<b>131</b>		OPEN-M	92	00:02:15	<b>00:46:13.45</b>	+00:25:09 (54.4%)	8:24	7.1 (45.2%)
135	<b>VASYLENKO Vitalii</b>	<b>156</b>		OPEN-M	93	00:02:18	<b>00:48:16.60</b>	+00:27:12 (56.4%)	8:46	6.8 (43.3%)
136	<b>SALAHOR Anna</b>	<b>130</b>	UNIwersytet Pomorski	OPEN - K	43	00:02:23	<b>00:48:40.30</b>	+00:27:36 (56.7%)	8:50	6.8 (43.3%)
137	<b>CZARNY Jakub</b>	<b>187</b>		OPEN-M	94	00:02:25	<b>00:48:48.15</b>	+00:27:44 (56.8%)	8:52	6.8 (43.3%)
138	<b>CZARNY Aleksandra</b>	<b>24</b>	ANANASY Z 3 FAL	OPEN - K	44	00:02:24	<b>00:48:50.20</b>	+00:27:46 (56.9%)	8:52	6.8 (43.3%)
139	<b>URBAN Ewelina</b>	<b>186</b>	ANANASY Z 3 FAL	OPEN - K	45	00:02:25	<b>00:48:50.40</b>	+00:27:46 (56.9%)	8:52	6.8 (43.3%)
140	<b>POHABALO Kostiantyn</b>	<b>123</b>		OPEN-M	95	00:02:18	<b>00:48:53.30</b>	+00:27:49 (56.9%)	8:53	6.8 (43.3%)
141	<b>BOSENKO Yelizaveta</b>	<b>15</b>		OPEN - K	46	00:02:14	<b>00:48:54.25</b>	+00:27:50 (56.9%)	8:53	6.7 (42.7%)
142	<b>BAŁUT Nikodem</b>	<b>6</b>	BIEGAJĄCY DIETETYK TEAM	OPEN-M	96	00:02:20	<b>00:49:23.40</b>	+00:28:19 (57.4%)	8:58	6.7 (42.7%)
143	<b>LAPSHEVICH Yulyana</b>	<b>84</b>		OPEN - K	47	00:02:23	<b>00:49:55.90</b>	+00:28:52 (57.8%)	9:04	6.6 (42.0%)
144	<b>YANKOVENKO Maksym</b>	<b>164</b>		OPEN-M	97	00:02:24	<b>00:50:08.75</b>	+00:29:05 (58.0%)	9:06	6.6 (42.0%)
145	<b>MIMIEC Jakub</b>	<b>102</b>	UNIwersytet Pomorski	OPEN-M	98	00:01:53	<b>00:51:02.40</b>	+00:29:58 (58.7%)	9:16	6.5 (41.4%)
146	<b>RYBARCZYK Anna</b>	<b>128</b>		OPEN - K	48	00:02:54	<b>00:51:04.75</b>	+00:30:01 (58.8%)	9:17	6.5 (41.4%)
147	<b>JONATOWSKI Tomek</b>	<b>56</b>	UNIwersytet Pomorski	OPEN-M	99	00:02:19	<b>00:51:06.80</b>	+00:30:03 (58.8%)	9:17	6.5 (41.4%)
148	<b>KACZMARSKA Patrycja</b>	<b>58</b>	UNIwersytet Pomorski	OPEN - K	49	00:02:18	<b>00:51:11.70</b>	+00:30:08 (58.9%)	9:18	6.4 (40.8%)
149	<b>MAKUCH Jakub</b>	<b>93</b>	UNIwersytet Pomorski	OPEN-M	100	00:02:10	<b>00:51:18.05</b>	+00:30:14 (58.9%)	9:19	6.4 (40.8%)
150	<b>DOBROVOLSKYI Anton</b>	<b>33</b>	UNIwersytet Pomoski	OPEN-M	101	00:02:18	<b>00:51:27.00</b>	+00:30:23 (59.1%)	9:21	6.4 (40.8%)
151	<b>PLICHTA Zofia</b>	<b>119</b>	UNIwersytet Pomorski	OPEN - K	50	00:02:09	<b>00:52:06.30</b>	+00:31:02 (59.6%)	9:28	6.3 (40.1%)
152	<b>GUZE Roksana</b>	<b>209</b>		OPEN - K	51	00:02:31	<b>00:52:35.40</b>	+00:31:31 (60.0%)	9:33	6.3 (40.1%)
153	<b>BELKA Zuzanna</b>	<b>8</b>		OPEN - K	52	00:02:02	<b>00:56:14.85</b>	+00:35:11 (62.6%)	10:13	5.9 (37.6%)
154	<b>FALKOWSKI Kacper</b>	<b>38</b>	UNIwersytet Pomorski	OPEN-M	102	00:02:31	<b>00:56:49.60</b>	+00:35:45 (62.9%)	10:19	5.8 (36.9%)
155	<b>KIEJZIK Wiktoria</b>	<b>65</b>	UNIwersytet Pomorski	OPEN - K	53	00:02:34	<b>00:57:22.30</b>	+00:36:18 (63.3%)	10:25	5.8 (36.9%)
156	<b>KATERLI Angelina</b>	<b>62</b>		OPEN - K	54	00:02:26		+00:01:11	6:05	9.9 (63.1%)
157	<b>WASILEWSKA Laura</b>	<b>184</b>	UNIwersytet Pomorski	OPEN - K	55	00:02:26		+00:01:11	6:05	9.9 (63.1%)
158	<b>WÓJCIK Agata</b>	<b>163</b>	UNIwersytet Pomorski	OPEN - K	56	00:02:32		+00:01:17	6:20	9.5 (60.5%)
159	<b>JARNECKA Alicja</b>	<b>54</b>	UNIwersytet Pomorski	OPEN - K	57	00:02:36		+00:01:21	6:30	9.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.4km	Czas netto 5.5km	Różn	Tempo min/km	Tempo km/h
160	<b>DETLAFF Sebastian</b>	<b>31</b>		OPEN-M	103	00:02:42		+00:01:27	6:45	8.9 (56.7%)

Znaleziono 160 wynik(ów)