



BIEG GŁÓWNY - 5 KM

B4SPORT

Wydarzenie: 3 BIEG KORCZAKA
Organizator: Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla Dzieci Niepełnosprawnych Ruchowo w Policach im. Marii Grzegorzewskiej
Data: 2022-04-09
Miejsce: Police
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	RUSEK Kamil	157	FEHLAU RUN TEAM	M30	1		00:09:13	00:18:48.25	00:18:48.95		3:45	16 (100%)
2	ZACZKO Jacek	200	ZDARTE PODESZWY	M40	1		00:09:33	00:19:14.65	00:19:16.70	+00:00:27 (2.4%)	3:50	15.6 (97.5%)
3	OPAS Adam	126	UKL ÓSEMKA POLICE	M40	2	UKL Ósemka Police	00:09:34	00:19:33.55	00:19:34.80	+00:00:45 (3.9%)	3:54	15.3 (95.6%)
4	APIECIONEK Mateusz	6	UKL ÓSEMKA POLICE	M30	2	UKL Ósemka Police	00:09:34	00:19:43.40	00:19:44.65	+00:00:55 (4.7%)	3:56	15.2 (95.0%)
5	ZAMOIC Daniel	204		M20	1		00:09:31	00:19:48.95	00:19:51.55	+00:01:02 (5.3%)	3:57	15.2 (95.0%)
6	WÓJCIAK Marcin	196	DIETETYKA ROSNIJWWIEDZE.COM	M20	2		00:09:35	00:19:54.90	00:19:56.45	+00:01:07 (5.6%)	3:58	15.1 (94.4%)
7	FILIPOWSKI Dariusz	51		M50	1	FehlaRunTeams and Friends	00:09:41	00:19:57.95	00:19:58.50	+00:01:09 (5.8%)	3:59	15 (93.8%)
8	ŁUKASZEWSKI Sebastian	106	STARGARDZKI KLUB LEKKOATLETYCZNY	M40	3		00:09:44	00:20:06.40	00:20:08.05	+00:01:19 (6.5%)	4:01	14.9 (93.1%)
9	STANISZCZAK Łukasz	171		M20	3		00:09:38	00:20:23.40	00:20:25.00	+00:01:36 (7.8%)	4:04	14.7 (91.9%)
10	ŻYWICKI Janusz	209	KB PIONIER	M50	2	KB Pionier	00:10:04	00:20:42.10	00:20:43.60	+00:01:54 (9.2%)	4:08	14.5 (90.6%)
11	MICHAŁOWSKI Kacper	112	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	4	Move Trzebież	00:10:32	00:21:12.50	00:21:20.20	+00:02:31 (11.8%)	4:14	14.2 (88.8%)
12	DYDEK Edyta	38	14ZBOT/SKB DZIK	K20	1	Bieg Korczaka 2	00:10:30	00:21:19.30	00:21:20.45	+00:02:31 (11.8%)	4:15	14.1 (88.1%)
13	BORGER Krzysztof	19	UKL ÓSEMKA POLICE	M40	4	UKL Ósemka Police	00:10:41	00:21:20.45	00:21:24.20	+00:02:35 (12.1%)	4:16	14.1 (88.1%)
14	JASTRZĘBSKI Jarosław	77		M30	3		00:10:26	00:21:26.50	00:21:28.90	+00:02:39 (12.4%)	4:17	14 (87.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	WASIELEWSKA Paulina	210	UKL ÓSEMKA POLICE	K20	2	UKL Ósemka Police	00:10:30	00:21:30.00	00:21:33.00	+00:02:44 (12.7%)	4:18	14 (87.5%)
16	KUCHTA Piotr	97	KB PIONIER	M30	4	KB Pionier	00:10:30	00:21:41.90	00:21:43.70	+00:02:54 (13.4%)	4:20	13.8 (86.3%)
17	GORSZKA Damian	61		M20	5		00:10:23	00:21:50.50	00:21:52.70	+00:03:03 (14.0%)	4:22	13.7 (85.6%)
18	WESOŁOWSKI Marcin	907		M30	5		00:10:36	00:21:56.10	00:21:58.05	+00:03:09 (14.3%)	4:23	13.7 (85.6%)
19	LEŚNIEWSKI Grzegorz	99	LEŚNE WILCZE JEDNOROŻCE	M30	6		00:10:38	00:21:54.30	00:22:00.70	+00:03:11 (14.5%)	4:22	13.7 (85.6%)
20	CIECHANOWSKI Radosław	29	14ZBOT/142 BLP TRZEBIATÓW	M20	6	14ZBOT/142 BLP Drużyna Alfa	00:10:40	00:21:54.45	00:22:01.10	+00:03:12 (14.5%)	4:22	13.7 (85.6%)
21	PUCHALSKI Grzegorz	149	MOBILNA WULKANIZACJA 536-226-226	M30	7	DPT RUN TEAM SZCZECIN	00:10:36	00:22:23.30	00:22:24.80	+00:03:35 (16.1%)	4:28	13.4 (83.8%)
22	CZUB Paweł	33	DZIKIE KOTY	M20	7	Dzikie Koty	00:10:55	00:22:27.65	00:22:31.10	+00:03:42 (16.4%)	4:29	13.4 (83.8%)
23	ŻARCZYŃSKI Błażej	217	KP PSP POLICE	M30	8		00:11:14	00:22:28.00	00:22:33.60	+00:03:44 (16.6%)	4:29	13.4 (83.8%)
24	OLEKSIUK Przemysław	124	OLEKSIUKOWIE	M30	9		00:11:14	00:22:31.65	00:22:36.35	+00:03:47 (16.8%)	4:30	13.3 (83.1%)
25	HAŁGAS Piotr	64		M30	10		00:10:55	00:22:33.60	00:22:36.60	+00:03:47 (16.8%)	4:30	13.3 (83.1%)
26	CHENON Guillaume	215		M40	5		00:10:53	00:22:30.70	00:22:38.60	+00:03:49 (16.9%)	4:30	13.3 (83.1%)
27	GRYGORCEWICZ Jan	224	UKL ÓSEMKA	M50	3		00:10:49	00:22:36.80	00:22:40.55	+00:03:51 (17.0%)	4:31	13.3 (83.1%)
28	ARLUKIEWICZ Grzegorz	7	TOST I PIWO (TIP)	M30	11		00:11:13	00:22:36.25	00:22:42.80	+00:03:53 (17.2%)	4:31	13.3 (83.1%)
29	PLATA Robert	140	14ZBOT/142 BLP TRZEBIATÓW	M50	4	14ZBOT/142 BLP Drużyna Bravo	00:11:27	00:22:44.30	00:22:52.25	+00:04:03 (17.7%)	4:32	13.2 (82.5%)
30	FILIPOWICZ Robert	49		M40	6		00:11:15	00:22:51.10	00:22:55.65	+00:04:06 (17.9%)	4:34	13.1 (81.9%)
31	LEWANDOWSKI Daniel	101	AKTYWNE LISEWO	M30	12		00:11:08	00:22:57.05	00:22:59.00	+00:04:10 (18.1%)	4:35	13.1 (81.9%)
32	ZELEK Darek	205		M40	7		00:11:17	00:22:59.20	00:23:01.40	+00:04:12 (18.3%)	4:35	13.1 (81.9%)
33	BOJKO Marek	18		M50	5		00:11:26	00:22:56.25	00:23:02.00	+00:04:13 (18.3%)	4:35	13.1 (81.9%)
34	OLEJNIK Przemek	123		M50	6		00:10:56	00:23:01.10	00:23:03.80	+00:04:14 (18.4%)	4:36	13 (81.3%)
35	WICHROWSKI Grzegorz	188	FIZJOBIEGACZE	M40	8		00:11:14	00:23:00.80	00:23:04.40	+00:04:15 (18.5%)	4:36	13 (81.3%)
36	OSIADACZ Dominik	128	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	8	Move Trzebież	00:11:14	00:23:08.05	00:23:16.00	+00:04:27 (19.1%)	4:37	13 (81.3%)
37	SANETRA Dawid	163	UKL OSEMKA	M30	13	UKL Ósemka Police	00:11:16	00:23:15.25	00:23:18.15	+00:04:29 (19.3%)	4:39	12.9 (80.6%)

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38	CZERWONKA Lukasz	32		M30	14		00:11:11	00:23:13.90	00:23:18.60	+00:04:29 (19.3%)	4:38	12.9 (80.6%)
39	PODWYSZYŃSKI Sylwester	141	KW PSP SZCZECIN	M40	9		00:11:28	00:23:31.30	00:23:33.15	+00:04:44 (20.1%)	4:42	12.8 (80.0%)
40	RÓŻAŃSKI Marcin	153	BRZÓZKI	M30	15	Move Trzebież	00:11:48	00:23:43.95	00:23:43.95	+00:04:55 (20.7%)	4:44	12.6 (78.8%)
41	KOCHMAN Beniamin	83	14ZBOT/142 BLP TRZEBIATÓW	M20	9	14ZBOT/142 BLP Drużyna Alfa	00:10:46	00:23:40.20	00:23:45.40	+00:04:56 (20.8%)	4:44	12.7 (79.4%)
42	WEINAR Wojciech	187	WOJTEK & OLA	M20	10		00:11:30	00:23:50.90	00:23:53.60	+00:05:04 (21.3%)	4:46	12.6 (78.8%)
43	PROKOP Agata	146		K30	1		00:11:44	00:23:53.20	00:23:55.90	+00:05:06 (21.4%)	4:46	12.6 (78.8%)
44	KLAUZIŃSKI Arkadiusz	82		M40	10		00:11:33	00:24:00.55	00:24:04.00	+00:05:15 (21.8%)	4:48	12.5 (78.1%)
45	LEWANDOWSKI Grzegorz	100		M60+	1		00:11:47	00:24:03.45	00:24:06.45	+00:05:17 (22.0%)	4:48	12.5 (78.1%)
46	RYTTEL Marcin	159	14ZBOT/142 BLP TRZEBIATÓW	M40	11	14ZBOT/142 BLP Drużyna Bravo	00:11:41	00:24:09.50	00:24:15.10	+00:05:26 (22.4%)	4:49	12.4 (77.5%)
47	PAŁASZEWSKA Karolina	130	14ZBOT/142 BLP TRZEBIATÓW	K30	2	14ZBOT/142 BLP Drużyna Alfa	00:11:37	00:24:29.95	00:24:33.95	+00:05:45 (23.4%)	4:53	12.3 (76.9%)
48	BOSEK Oskar	23	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	11		00:12:00	00:24:42.65	00:24:50.85	+00:06:01 (24.3%)	4:56	12.1 (75.6%)
49	MICHALAK Jacek	111		M50	7		00:12:16	00:24:49.85	00:24:53.85	+00:06:04 (24.4%)	4:57	12.1 (75.6%)
50	PODYMA Marek	142		M40	12		00:12:24	00:24:48.30	00:24:54.05	+00:06:05 (24.4%)	4:57	12.1 (75.6%)
51	CZEKAJEWSKI Mateusz	31	14ZBOT/142 BLP TRZEBIATÓW	M20	12	14ZBOT/142 BLP Drużyna Bravo	00:11:47	00:24:50.55	00:24:55.40	+00:06:06 (24.5%)	4:58	12.1 (75.6%)
52	POPŁAWSKA Weronika	144	DPT RUN TEAM SZCZECIN	K40	1	DPT RUN TEAM SZCZECIN	00:12:04	00:24:59.35	00:25:02.85	+00:06:13 (24.9%)	4:59	12 (75.0%)
53	KŁACZYŃSKA Danuta	912	FARTY PUSZCZY	K40	2	Farty Puszczy	00:12:09	00:25:03.85	00:25:07.90	+00:06:18 (25.1%)	5:00	12 (75.0%)
54	ŁAWNICZAK Sebastian	105		M40	13		00:12:29	00:25:02.85	00:25:11.65	+00:06:22 (25.3%)	5:00	12 (75.0%)
55	POŻYCZKA Małgorzata	145		K50	1		00:12:18	00:25:13.50	00:25:16.00	+00:06:27 (25.5%)	5:02	11.9 (74.4%)
56	SIWAK Łukasz	165	DPT RUN TEAM SZCZECIN	M30	16	DPT RUN TEAM SZCZECIN	00:12:12	00:25:17.40	00:25:17.40	+00:06:28 (25.6%)	5:03	11.9 (74.4%)
57	SOLIŃSKA Emilia	166	SOSW NR 1 DNR	K20	3	SOSW Nr 1 DNR	00:12:20	00:25:19.00	00:25:26.90	+00:06:37 (26.1%)	5:03	11.8 (73.8%)
58	MIŁOSZEWICZ Adam	113		M20	13		00:12:17	00:25:25.80	00:25:30.35	+00:06:41 (26.2%)	5:05	11.8 (73.8%)
59	PARUZEL Joanna	131	HULK TEAM POLICE	K30	3	Hulk Team Police	00:12:16	00:25:29.95	00:25:31.30	+00:06:42 (26.3%)	5:05	11.8 (73.8%)
60	ZABORA Paweł	199	SPINER-POLICE	M40	14		00:12:30	00:25:21.55	00:25:32.65	+00:06:43 (26.3%)	5:04	11.8 (73.8%)

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61	DYMOWSKI Paweł	40		M30	17		00:12:36	00:25:30.90	00:25:38.80	+00:06:49 (26.6%)	5:06	11.8 (73.8%)
62	DYDEK Arkadiusz	211	14ZBOT/SKB DZIK	M20	14	Bieg Korczaka 2	00:12:14	00:25:40.00	00:25:41.85	+00:06:52 (26.8%)	5:08	11.7 (73.1%)
63	JANKA Joanna	74	BIEG KORCZAKA	K40	3	Bieg Korczaka Raz	00:12:38	00:25:37.90	00:25:43.50	+00:06:54 (26.9%)	5:07	11.7 (73.1%)
64	HRYNKIEWICZ-PAWŁASZEK Anna	70	MOW IM. JANUSZA KORCZAKA W SZCZECINIE / SWIM2TRI	K40	4	MOW im. J. Korczaka w Szczecinie_2	00:12:19	00:25:44.50	00:25:44.50	+00:06:55 (26.9%)	5:08	11.7 (73.1%)
65	JAROSŁAWSKA Sandra	75	HULK TEAM POLICE	K30	4	Hulk Team Police	00:12:31	00:25:44.25	00:25:48.45	+00:06:59 (27.1%)	5:08	11.7 (73.1%)
66	HAMAN Kacper	65	DPT RUN TEAM SZCZECIN	M30	18	DPT RUN TEAM SZCZECIN	00:12:08	00:25:45.35	00:25:49.25	+00:07:00 (27.1%)	5:09	11.7 (73.1%)
67	TOKARZ Joanna	180	WIECZORNE BIEGANIE W SZCZECINIE	K40	5	Wieczorne Bieganie w Szczecinie	00:12:41	00:25:51.65	00:25:59.00	+00:07:10 (27.6%)	5:10	11.6 (72.5%)
68	DOŁĘGOWSKI Marek	908	GMINA WOLIN	M50	8	King Maciuś Team	00:12:46	00:26:05.70	00:26:10.40	+00:07:21 (28.1%)	5:13	11.5 (71.9%)
69	MURAWSKA Wioletta	115	KB DZIK POLICE	K50	2		00:13:01	00:26:25.60	00:26:25.60	+00:07:36 (28.8%)	5:17	11.4 (71.3%)
70	BARTOSZEWSKI Paweł	11	L-BUG RUN	M40	15		00:13:09	00:26:15.10	00:26:29.25	+00:07:40 (29.0%)	5:15	11.4 (71.3%)
71	PIOTROWSKI Michał	139		M20	15		00:12:38	00:26:18.85	00:26:31.05	+00:07:42 (29.0%)	5:15	11.4 (71.3%)
72	PINKOS Tomasz	136	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	16		00:13:04	00:26:20.55	00:26:32.10	+00:07:43 (29.1%)	5:16	11.4 (71.3%)
73	LEWANDOWSKI Krzysztof	102	RAZ SZCZECIN	M50	9	RAZ Szczecin	00:13:14	00:26:35.30	00:26:42.10	+00:07:53 (29.5%)	5:19	11.3 (70.6%)
74	STĘPNIAK Lesław	222	14ZBOT/SKB DZIK	M40	16		00:13:02	00:26:37.50	00:26:44.80	+00:07:55 (29.7%)	5:19	11.3 (70.6%)
75	ŚWIERCZ Sylwester	179		M40	17		00:13:01	00:26:54.05	00:27:04.10	+00:08:15 (30.5%)	5:22	11.2 (70.0%)
76	KRÓLAK Beata	91		K60+	1		00:13:14	00:27:07.00	00:27:12.65	+00:08:23 (30.9%)	5:25	11.1 (69.4%)
77	KOCUR Kacper	84	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	17		00:13:32	00:27:05.60	00:27:16.60	+00:08:27 (31.0%)	5:25	11.1 (69.4%)
78	KRÓLIK Jakub	93	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	18		00:12:42	00:27:09.65	00:27:18.45	+00:08:29 (31.1%)	5:25	11 (68.8%)
79	PIECYK Katarzyna	134		K30	5		00:12:48	00:27:20.85	00:27:24.15	+00:08:35 (31.3%)	5:28	11 (68.8%)
80	FILIPOWICZ Oliwer	50		M20	19		00:12:36	00:27:22.35	00:27:26.45	+00:08:37 (31.4%)	5:28	11 (68.8%)
81	RYDZYŃSKA Sandra	67		K20	4		00:13:01	00:27:34.65	00:27:34.65	+00:08:45 (31.8%)	5:30	10.9 (68.1%)
82	WITORZĘĆ Dariusz	193		M40	18		00:13:34	00:27:26.90	00:27:35.40	+00:08:46 (31.8%)	5:29	10.9 (68.1%)

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83	STRZELEC Tomasz	916	KB HERMES GRYFINO	M40	19		00:13:46	00:27:25.75	00:27:37.20	+00:08:48 (31.9%)	5:29	10.9 (68.1%)
84	PAWLUŚ Tomasz	133	5 PUŁK INŻYNIERYJNY / BIEG KORCZAKA	M40	20	Wirtualny Bieg	00:13:41	00:27:27.25	00:27:38.95	+00:08:50 (31.9%)	5:29	10.9 (68.1%)
85	MAŁACHOWSKA Katarzyna	108		K20	5		00:13:24	00:27:31.15	00:27:40.45	+00:08:51 (32.0%)	5:30	10.9 (68.1%)
86	FILIPOWICZ Klaudia	48		K20	6		00:13:33	00:27:37.80	00:27:42.00	+00:08:53 (32.1%)	5:31	10.9 (68.1%)
87	BUJNOWSKA Anita	26		K30	6		00:13:36	00:27:39.90	00:27:45.05	+00:08:56 (32.2%)	5:31	10.8 (67.5%)
88	KOŁDON Krystian	86	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	20		00:12:32	00:27:38.40	00:27:47.05	+00:08:58 (32.3%)	5:31	10.9 (68.1%)
89	STANEK Paweł	170		M50	10	#kresowabiega	00:13:50	00:27:37.65	00:27:47.55	+00:08:58 (32.3%)	5:31	10.9 (68.1%)
90	ROZEN Agnieszka	2		K40	6	#kresowabiega	00:13:51	00:27:38.85	00:27:47.80	+00:08:58 (32.3%)	5:31	10.9 (68.1%)
91	JOŃSKI Mateusz	79	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	21	Move Trzebież	00:13:07	00:27:41.10	00:27:49.50	+00:09:00 (32.4%)	5:32	10.8 (67.5%)
92	KOMAROWSKI Tomasz	87	AMPIO TEAM	M30	19	AMPIO Team 3	00:13:33	00:27:38.55	00:27:53.20	+00:09:04 (32.5%)	5:31	10.9 (68.1%)
93	GUŁAJEWSKI Rafał	63	14ZBOT/142 BLP TRZEBIATÓW	M40	21	14ZBOT/142 BLP Drużyna Alfa	00:13:24	00:27:47.50	00:27:55.15	+00:09:06 (32.6%)	5:33	10.8 (67.5%)
94	KRUŻBERSKA Katarzyna	902		K20	7		00:13:49	00:27:59.75	00:28:01.60	+00:09:12 (32.9%)	5:35	10.7 (66.9%)
95	RYŃSKI Daniel	158	SOSW NR 1 DNR	M20	22	SOSW Nr 1 DNR	00:13:10	00:28:08.40	00:28:11.40	+00:09:22 (33.3%)	5:37	10.7 (66.9%)
96	RZYMSKA Marta	160		K40	7		00:13:49	00:28:05.30	00:28:12.45	+00:09:23 (33.3%)	5:37	10.7 (66.9%)
97	MADRAK Anna	107	HULK TEAM POLICE	K40	8	Hulk Team Police	00:13:37	00:28:13.65	00:28:17.45	+00:09:28 (33.5%)	5:38	10.6 (66.3%)
98	WOJTAT Adam	194		M60+	2		00:13:34	00:28:11.35	00:28:19.05	+00:09:30 (33.6%)	5:38	10.6 (66.3%)
99	PILAWSKI Piotr	135	TOST I PIWO (TIP)	M30	20		00:13:52	00:28:25.40	00:28:25.40	+00:09:36 (33.8%)	5:41	10.6 (66.3%)
100	ZEMANKIEWICZ Łukasz	206		M40	22		00:13:30	00:28:28.30	00:28:34.35	+00:09:45 (34.1%)	5:41	10.5 (65.6%)
101	BANAŚ Oskar	8	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	23		00:13:33	00:28:29.25	00:28:38.45	+00:09:49 (34.3%)	5:41	10.5 (65.6%)
102	NIEWADZIK Ula	120		K50	3		00:13:57	00:28:31.05	00:28:39.00	+00:09:50 (34.3%)	5:42	10.5 (65.6%)
103	DZBANUSZEK Krzysztof	41	BKS SKORPION	M40	23		00:14:08	00:28:34.30	00:28:39.15	+00:09:50 (34.3%)	5:42	10.5 (65.6%)
104	FILIPOWICZ Patrycja	47		K40	9	Filipy	00:14:08	00:28:34.40	00:28:39.25	+00:09:50 (34.3%)	5:42	10.5 (65.6%)
105	ADAMIAK Artur	4	AMPIO TEAM	M30	21	AMPIO Team 2	00:14:06	00:28:29.15	00:28:43.25	+00:09:54 (34.5%)	5:41	10.5 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
106	STACHOWSKI Andrzej	169	MONIAGYM	M50	11		00:13:52	00:28:32.90	00:28:44.55	+00:09:55 (34.5%)	5:42	10.5 (65.6%)
107	BORKOWSKA ZIELKE Magdalena	20	BIEG KORCZAKA	K30	7		00:13:53	00:28:39.95	00:28:45.45	+00:09:56 (34.6%)	5:43	10.5 (65.6%)
108	SZAFRAŃSKA Klaudia	214		K20	8		00:14:08	00:28:53.00	00:29:03.40	+00:10:14 (35.2%)	5:46	10.4 (65.0%)
109	SZAFRAŃSKI Marek	213		M20	24		00:14:07	00:28:51.70	00:29:03.60	+00:10:14 (35.3%)	5:46	10.4 (65.0%)
110	CZYCZYN Angelika	34	BIEG KORCZAKA	K30	8		00:13:58	00:29:03.35	00:29:08.80	+00:10:19 (35.4%)	5:48	10.3 (64.4%)
111	FECAK Jacek	45	14ZBOT/142 BLP TRZEBIATÓW	M20	25	14ZBOT/142 BLP Drużyna Alfa	00:13:04	00:29:02.95	00:29:09.45	+00:10:20 (35.5%)	5:48	10.3 (64.4%)
112	NATALCZYK Ewelina	116	BIEG KORCZAKA	K30	9	Bieg Korczaka Raz	00:14:23	00:29:19.90	00:29:27.25	+00:10:38 (36.1%)	5:51	10.2 (63.8%)
113	WIĘCKOWSKA Joanna	189		K30	10		00:14:04	00:29:29.40	00:29:39.30	+00:10:50 (36.6%)	5:53	10.2 (63.8%)
114	WRÓBLEWSKI Emil	197		M30	22		00:14:34	00:29:34.35	00:29:43.15	+00:10:54 (36.7%)	5:54	10.1 (63.1%)
115	RADCZUK Karolina	905		K40	10		00:14:33	00:29:49.65	00:29:49.65	+00:11:00 (36.9%)	5:57	10.1 (63.1%)
116	ZAKRZEWSKA Sylwia	203	FSD RUN DRERZDENKO	K30	11		00:14:12	00:29:45.55	00:29:51.50	+00:11:02 (37.0%)	5:57	10.1 (63.1%)
117	JAGIELSKI Karol	72	FCB	M40	24		00:14:17	00:29:44.70	00:29:58.20	+00:11:09 (37.2%)	5:56	10.1 (63.1%)
118	WIŚNIEWSKI Czesław	192	MARATOŃCZYK SZCZECIN	M60+	3		00:14:31	00:30:02.50	00:30:06.30	+00:11:17 (37.5%)	6:00	10 (62.5%)
119	FAMULSKI Mateusz	44	AMPIO TEAM	M20	26	AMPIO Team 2	00:15:17	00:30:05.45	00:30:21.60	+00:11:32 (38.0%)	6:01	10 (62.5%)
120	HNAT Aleksandra	69	AMPIO TEAM	K20	9	AMPIO Team 5	00:15:18	00:30:06.45	00:30:21.80	+00:11:32 (38.0%)	6:01	10 (62.5%)
121	POLEHONKA Olha	143	WOJTEK & OLA	K30	12		00:15:04	00:30:19.35	00:30:25.45	+00:11:36 (38.2%)	6:03	9.9 (61.9%)
122	ZAKROCKA Magdalena	202	AMPIO TEAM	K30	13	AMPIO Team 3	00:14:59	00:30:26.75	00:30:40.15	+00:11:51 (38.6%)	6:05	9.9 (61.9%)
123	BOBER Łukasz	17		M40	25		00:15:35	00:30:43.05	00:30:55.85	+00:12:06 (39.2%)	6:08	9.8 (61.3%)
124	BUJACZ Angelika	24	AMPIO TEAM	K50	4	AMPIO Team 2	00:16:00	00:30:51.50	00:31:06.00	+00:12:17 (39.5%)	6:10	9.7 (60.6%)
125	KUPNIEWSKA Aleksandra	903	LOVELASY	K40	11		00:15:04	00:31:01.05	00:31:06.85	+00:12:17 (39.5%)	6:12	9.7 (60.6%)
126	MISIUK Marta	904	LOVELASY	K30	14		00:15:04	00:31:00.95	00:31:07.15	+00:12:18 (39.5%)	6:12	9.7 (60.6%)
127	KRUSZEWICZ Dalida	95	AMPIO TEAM	K40	12	AMPIO Team 4	00:15:59	00:30:52.85	00:31:07.90	+00:12:18 (39.6%)	6:10	9.7 (60.6%)
128	KRUSZEWICZ Aleksander	94	AMPIO TEAM	M40	26	AMPIO Team 4	00:15:57	00:30:51.75	00:31:07.95	+00:12:19 (39.6%)	6:10	9.7 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
129	BIEŃKOWSKA-GLIGA Anna	15	WIELGOWO NA BIEGOWO	K40	13		00:15:34	00:31:04.05	00:31:08.75	+00:12:19 (39.6%)	6:12	9.7 (60.6%)
130	JAWÓR Magdalena	78		K30	15		00:15:33	00:31:05.15	00:31:10.35	+00:12:21 (39.6%)	6:13	9.7 (60.6%)
131	ORLON Barbara	127	BIEG KORCZAKA	K50	5		00:15:24	00:31:10.15	00:31:16.10	+00:12:27 (39.8%)	6:14	9.6 (60.0%)
132	STECKA Urszula	172	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	10	MOW im. J. Korczaka w Szczecinie_2	00:14:32	00:31:14.35	00:31:17.75	+00:12:28 (39.9%)	6:14	9.6 (60.0%)
133	LIGENZA Gosia	104	14ZBOT/142 BLP TRZEBIATÓW	K30	16	14ZBOT/142 BLP Drużyna Bravo	00:15:05	00:31:17.95	00:31:24.00	+00:12:35 (40.1%)	6:15	9.6 (60.0%)
134	BARTKOWSKA Beata	9	WIELGOWO NA BIEGOWO	K50	6		00:15:34	00:31:20.60	00:31:25.30	+00:12:36 (40.1%)	6:16	9.6 (60.0%)
135	PIOTROWSKI Krzysztof	138	AMPIO TEAM	M40	27	AMPIO Team 4	00:15:46	00:31:24.45	00:31:39.40	+00:12:50 (40.6%)	6:16	9.6 (60.0%)
136	PRZYGODA Adrian	148	SOSW NR 1 DNR	M20	27	SOSW Nr 1 DNR	00:13:52	00:31:52.00	00:31:54.75	+00:13:05 (41.0%)	6:22	9.4 (58.8%)
137	PROTASIEWICZ Agnieszka	147	BIEG KORCZAKA	K40	14	Bieg Korczaka 2	00:15:19	00:31:50.30	00:31:58.65	+00:13:09 (41.2%)	6:22	9.4 (58.8%)
138	NOWAKOWSKA Adriana	121	BIEG KORCZAKA	K40	15	Bieg Korczaka Raz	00:15:28	00:32:02.05	00:32:08.75	+00:13:19 (41.5%)	6:24	9.4 (58.8%)
139	REKOWSKA Danuta	152		K60+	2		00:15:40	00:32:07.20	00:32:09.95	+00:13:21 (41.5%)	6:25	9.3 (58.1%)
140	JAKSINA Anna	73	BIEG KORCZAKA	K40	16	Bieg Korczaka 2	00:15:23	00:32:13.25	00:32:19.95	+00:13:31 (41.8%)	6:26	9.3 (58.1%)
141	ZIÓŁKOWSKA Sylwia	919	FARTY PUSZCZY	K40	17	Farty Puszczy	00:15:35	00:32:15.95	00:32:21.15	+00:13:32 (41.8%)	6:27	9.3 (58.1%)
142	ANDRUSZKIEWICZ Maciej	5	AMPIO TEAM	M40	28	AMPIO Team 5	00:16:12	00:32:14.75	00:32:25.30	+00:13:36 (42.0%)	6:26	9.3 (58.1%)
143	BUJACZ Mikołaj	25	AMPIO TEAM	M20	28	AMPIO Team 2	00:16:03	00:32:13.25	00:32:28.50	+00:13:39 (42.1%)	6:26	9.3 (58.1%)
144	KAMIŃSKA Magdalena	910	PUM SZCZECIN	K40	18	Bieg Korczaka	00:15:29	00:32:25.85	00:32:32.05	+00:13:43 (42.2%)	6:29	9.3 (58.1%)
145	BIELKA Weronika	14		K20	11		00:15:32	00:32:21.60	00:32:32.55	+00:13:43 (42.2%)	6:28	9.3 (58.1%)
146	ZIELIŃSKI Kacper	207	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	29		00:15:44	00:32:30.70	00:32:39.10	+00:13:50 (42.4%)	6:30	9.2 (57.5%)
147	KĘDZIERSKA Alicja	81	AMPIO TEAM	K30	17	AMPIO Team 3	00:16:12	00:32:41.20	00:32:54.50	+00:14:05 (42.8%)	6:32	9.2 (57.5%)
148	HAWRYLUK WIRASZKA Anna	68	AMPIO TEAM	K30	18	AMPIO Team 3	00:16:12	00:32:47.60	00:33:01.50	+00:14:12 (43.0%)	6:33	9.2 (57.5%)
149	STACHOWICZ-HAWRYLAK Sylwia	906	BIEG KORCZAKA	K50	7	Bieg Korczaka Raz	00:15:29	00:32:57.10	00:33:03.85	+00:14:14 (43.1%)	6:35	9.1 (56.9%)
150	ĆWIKLIŃSKI Łukasz	35	AMPIO TEAM	M30	23		00:16:11	00:32:54.35	00:33:09.30	+00:14:20 (43.2%)	6:34	9.1 (56.9%)
151	MROŻEK Dominik	114		M20	30		00:17:20	00:33:13.60	00:33:23.35	+00:14:34 (43.6%)	6:38	9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
152	HARNATKIEWICZ Kamila	66	AMPIO TEAM	K30	19	AMPIO Team 2	00:16:15	00:33:21.45	00:33:30.95	+00:14:42 (43.9%)	6:40	9 (56.3%)
153	BŁĄŻEJEWSKA-JANNASZ Kamila	16		K30	20		00:16:51	00:34:05.20	00:34:15.90	+00:15:26 (45.1%)	6:49	8.8 (55.0%)
154	GADOMSKI Marcin	56	AMPIO TEAM	M40	29	Ampio Team 1	00:16:55	00:34:25.05	00:34:35.75	+00:15:46 (45.6%)	6:53	8.7 (54.4%)
155	GADOMSKA Honorata	54	AMPIO TEAM	K40	19	Ampio Team 1	00:16:54	00:34:26.05	00:34:36.15	+00:15:47 (45.6%)	6:53	8.7 (54.4%)
156	DOPIERAŁA Małgorzata	37		K30	21		00:17:17	00:34:48.15	00:34:58.65	+00:16:09 (46.2%)	6:57	8.6 (53.8%)
157	SZKLARZ Oliwia	176	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	12	MOW im. J. Korczaka w Szczecinie_2	00:17:13	00:35:19.75	00:35:22.65	+00:16:33 (46.8%)	7:03	8.5 (53.1%)
158	PUFF Agata	150		K30	22		00:17:44	00:35:11.95	00:35:24.80	+00:16:35 (46.9%)	7:02	8.5 (53.1%)
159	WÓJCIK Olga	125	WIECZORNE BIEGANIE W SZCZECINIE	K40	20	Wieczne Bieganie w Szczecinie	00:16:43	00:35:19.00	00:35:26.90	+00:16:37 (46.9%)	7:03	8.5 (53.1%)
160	MATUSZEWSKA Edyta	109	WIECZORNE BIEGANIE W SZCZECINIE	K40	21	Wieczne Bieganie w Szczecinie	00:16:45	00:35:19.60	00:35:27.80	+00:16:38 (46.9%)	7:03	8.5 (53.1%)
161	SZYMAŃSKA Anna	178	14ZBOT/142 BLP TRZEBIATÓW	K40	22	14ZBOT/142 BLP Drużyna Bravo	00:16:36	00:35:43.40	00:35:50.10	+00:17:01 (47.5%)	7:08	8.4 (52.5%)
162	DYDEK Dorota	39	14ZBOT/SKB DZIK	K50	8	Bieg Korczaka 2	00:16:46	00:35:56.65	00:35:58.60	+00:17:09 (47.7%)	7:11	8.3 (51.9%)
163	KAMZELSKI Bartosz	80	AMPIO TEAM	M20	31	AMPIO Team 5	00:16:33	00:36:00.90	00:36:15.85	+00:17:26 (48.1%)	7:12	8.3 (51.9%)
164	DZIK Joanna	43		K20	13	DPT RUN TEAM SZCZECIN	00:17:13	00:36:12.70	00:36:17.70	+00:17:28 (48.2%)	7:14	8.3 (51.9%)
165	CYBULSKI Grzegorz	30		M60+	4		00:17:45	00:36:05.50	00:36:18.00	+00:17:29 (48.2%)	7:13	8.3 (51.9%)
166	SOŁTYS Krzysztof	168	BIEG KORCZAKA	M20	32	Bieg Korczaka	00:17:25	00:36:19.90	00:36:34.30	+00:17:45 (48.6%)	7:15	8.3 (51.9%)
167	GADOMSKA Maja	55	AMPIO TEAM	K20	14	Ampio Team 1	00:16:53	00:36:32.80	00:36:43.75	+00:17:54 (48.8%)	7:18	8.2 (51.3%)
168	GETKA Seweryn	58	AMPIO TEAM	M40	30	Ampio Team 1	00:16:29	00:36:28.85	00:36:44.40	+00:17:55 (48.8%)	7:17	8.2 (51.3%)
169	SADZIK DURKA Marta	162	FITBRACTWO	K50	9	Fitbractwo	00:17:32	00:36:40.55	00:36:46.30	+00:17:57 (48.8%)	7:20	8.2 (51.3%)
170	MICHALAK Krystian	110		M20	33		00:17:21	00:36:46.50	00:36:57.35	+00:18:08 (49.1%)	7:21	8.2 (51.3%)
171	WAWRZYCKA Natalia	186		K20	15		00:17:10	00:36:55.55	00:37:04.25	+00:18:15 (49.2%)	7:23	8.1 (50.6%)
172	SCHULZ Magdalena	164		K20	16		00:18:02	00:37:10.95	00:37:22.40	+00:18:33 (49.7%)	7:26	8.1 (50.6%)
173	STERNA Magdalena	174	BIEG KORCZAKA	K30	23	Bieg Korczaka	00:17:27	00:37:21.65	00:37:26.05	+00:18:37 (49.7%)	7:28	8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
174	FUTYMA Karolina	53	AMPIO TEAM	K30	24	AMPIO Team 3	00:17:41	00:37:21.55	00:37:29.75	+00:18:40 (49.8%)	7:28	8 (50.0%)
175	SOŁTYS Julia	167		K40	23		00:17:35	00:37:28.00	00:37:35.15	+00:18:46 (49.9%)	7:29	8 (50.0%)
176	FIJĄLEK Natalia	46	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	17	MOW im. J. Korczaka w Szczecinie_1	00:17:37	00:37:55.45	00:37:55.45	+00:19:06 (50.4%)	7:35	7.9 (49.4%)
177	KORCZAK Edyta	89		K30	25		00:18:01	00:38:06.80	00:38:15.50	+00:19:26 (50.8%)	7:37	7.9 (49.4%)
178	DOLECKI Dominik	36		M30	24		00:18:00	00:38:06.65	00:38:16.10	+00:19:27 (50.8%)	7:37	7.9 (49.4%)
179	STYBA Sandra	175	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	18	MOW im. J. Korczaka w Szczecinie_1	00:18:20	00:38:59.25	00:38:59.25	+00:20:10 (51.7%)	7:47	7.7 (48.1%)
180	RUMOWSKA Agnieszka	156		K30	26		00:19:38	00:40:25.35	00:40:34.95	+00:21:46 (53.6%)	8:05	7.4 (46.3%)
181	GÓRSKA Agnieszka	909		K40	24		00:19:35	00:40:22.55	00:40:35.05	+00:21:46 (53.6%)	8:04	7.4 (46.3%)
182	PIOTROWSKA Dorota	137	AMPIO TEAM	K40	25	AMPIO Team 4	00:19:19	00:40:48.30	00:41:02.30	+00:22:13 (54.2%)	8:09	7.4 (46.3%)
183	ZYCH Daria	208	AMPIO TEAM	K20	19	AMPIO Team 5	00:19:19	00:40:48.45	00:41:02.45	+00:22:13 (54.2%)	8:09	7.4 (46.3%)
184	GETKA Michał	59	AMPIO TEAM	M30	25	Ampio Team 1	00:19:50	00:41:08.50	00:41:24.35	+00:22:35 (54.6%)	8:13	7.3 (45.6%)
185	WOJTAT Halina	918	KS POGODNI NORDIKOWCY SZCZECIN	K50	10		00:20:11	00:41:31.30	00:41:41.05	+00:22:52 (54.9%)	8:18	7.2 (45.0%)
186	TOMASZEWSKA Beata	181	HULK TEAM POLICE	K30	27	Hulk Team Police	00:18:43	00:42:16.80	00:42:20.70	+00:23:31 (55.6%)	8:27	7.1 (44.4%)
187	SZCZERBIŃSKA Barbara	917		K60+	3		00:20:32	00:42:27.70	00:42:40.25	+00:23:51 (55.9%)	8:29	7.1 (44.4%)
188	KOWALSKA Joanna	913	--	K30	28		00:20:33	00:42:28.40	00:42:40.40	+00:23:51 (55.9%)	8:29	7.1 (44.4%)
189	PARCHIMOWICZ Janusz	915		M60+	5		00:20:52	00:43:02.95	00:43:15.50	+00:24:26 (56.5%)	8:36	7 (43.8%)
190	WALKIEWICZ Agnieszka	184	SOSW NR 1 DNR	K20	20	SOSW Nr 1 DNR	00:20:47	00:43:55.15	00:43:57.95	+00:25:09 (57.2%)	8:47	6.8 (42.5%)
191	WOLSKA Magdalena	195		K40	26		00:20:17	00:43:54.15	00:44:03.45	+00:25:14 (57.3%)	8:46	6.8 (42.5%)
192	BOROWSKA Gabriela	22		K40	27		00:20:17	00:43:57.05	00:44:06.50	+00:25:17 (57.3%)	8:47	6.8 (42.5%)
193	BODNAR Zbigniew	901	BIEG KORCZAKA	M60+	6	Bieg Korczaka Raz	00:22:50	00:46:51.65	00:47:05.50	+00:28:16 (60.0%)	9:22	6.4 (40.0%)
194	WANDYSZEWSKI Kacper	185	SOSW NR 1 DNR	M20	34		00:21:57	00:48:24.15	00:48:27.75	+00:29:38 (61.2%)	9:40	6.2 (38.8%)
195	JASIŃSKI Patryk	76	SOSW NR 1 DNR	M20	35		00:21:58	00:48:40.65	00:48:43.95	+00:29:55 (61.4%)	9:44	6.2 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
196	HAWRYLAK Marcin	1	14ZBOT/142 BLP TRZEBIATÓW / BIEG KORCZAKA	M50	12	Wirtualny Bieg	00:30:45	00:51:56.45	00:53:01.00	+00:34:12 (64.5%)	10:23	5.8 (36.3%)
	PABIŚ Liwia	129	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20		MOW im. J. Korczaka w Szczecinie_1	00:26:02 DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 197 wynik(ów)