



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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	<b>CZERWONKA</b> Lukasz	<b>32</b>		M30	14		00:11:11	<b>00:23:13.90</b>	<b>00:23:18.60</b>	+00:04:29 (19.3%)	4:38	12.9 (80.6%)
39	<b>PODWYSZYŃSKI</b> Sylwester	<b>141</b>	KW PSP SZCZECIN	M40	9		00:11:28	<b>00:23:31.30</b>	<b>00:23:33.15</b>	+00:04:44 (20.1%)	4:42	12.8 (80.0%)
40	<b>RÓŻAŃSKI</b> Marcin	<b>153</b>	BRZÓZKI	M30	15	Move Trzebież	00:11:48	<b>00:23:43.95</b>	<b>00:23:43.95</b>	+00:04:55 (20.7%)	4:44	12.6 (78.8%)
41	<b>KOCHMAN</b> Beniamin	<b>83</b>	14ZBOT/142 BLP TRZEBIATÓW	M20	9	14ZBOT/142 BLP Drużyna Alfa	00:10:46	<b>00:23:40.20</b>	<b>00:23:45.40</b>	+00:04:56 (20.8%)	4:44	12.7 (79.4%)
42	<b>WEINAR</b> Wojciech	<b>187</b>	WOJTEK & OLA	M20	10		00:11:30	<b>00:23:50.90</b>	<b>00:23:53.60</b>	+00:05:04 (21.3%)	4:46	12.6 (78.8%)
43	<b>PROKOP</b> Agata	<b>146</b>		K30	1		00:11:44	<b>00:23:53.20</b>	<b>00:23:55.90</b>	+00:05:06 (21.4%)	4:46	12.6 (78.8%)
44	<b>KLAUZIŃSKI</b> Arkadiusz	<b>82</b>		M40	10		00:11:33	<b>00:24:00.55</b>	<b>00:24:04.00</b>	+00:05:15 (21.8%)	4:48	12.5 (78.1%)
45	<b>LEWANDOWSKI</b> Grzegorz	<b>100</b>		M60+	1		00:11:47	<b>00:24:03.45</b>	<b>00:24:06.45</b>	+00:05:17 (22.0%)	4:48	12.5 (78.1%)
46	<b>RYTTEL</b> Marcin	<b>159</b>	14ZBOT/142 BLP TRZEBIATÓW	M40	11	14ZBOT/142 BLP Drużyna Bravo	00:11:41	<b>00:24:09.50</b>	<b>00:24:15.10</b>	+00:05:26 (22.4%)	4:49	12.4 (77.5%)
47	<b>PAŁASZEWSKA</b> Karolina	<b>130</b>	14ZBOT/142 BLP TRZEBIATÓW	K30	2	14ZBOT/142 BLP Drużyna Alfa	00:11:37	<b>00:24:29.95</b>	<b>00:24:33.95</b>	+00:05:45 (23.4%)	4:53	12.3 (76.9%)
48	<b>BOSEK</b> Oskar	<b>23</b>	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	11		00:12:00	<b>00:24:42.65</b>	<b>00:24:50.85</b>	+00:06:01 (24.3%)	4:56	12.1 (75.6%)
49	<b>MICHALAK</b> Jacek	<b>111</b>		M50	7		00:12:16	<b>00:24:49.85</b>	<b>00:24:53.85</b>	+00:06:04 (24.4%)	4:57	12.1 (75.6%)
50	<b>PODYMA</b> Marek	<b>142</b>		M40	12		00:12:24	<b>00:24:48.30</b>	<b>00:24:54.05</b>	+00:06:05 (24.4%)	4:57	12.1 (75.6%)
51	<b>CZEKAJEWSKI</b> Mateusz	<b>31</b>	14ZBOT/142 BLP TRZEBIATÓW	M20	12	14ZBOT/142 BLP Drużyna Bravo	00:11:47	<b>00:24:50.55</b>	<b>00:24:55.40</b>	+00:06:06 (24.5%)	4:58	12.1 (75.6%)
52	<b>POPŁAWSKA</b> Weronika	<b>144</b>	DPT RUN TEAM SZCZECIN	K40	1	DPT RUN TEAM SZCZECIN	00:12:04	<b>00:24:59.35</b>	<b>00:25:02.85</b>	+00:06:13 (24.9%)	4:59	12 (75.0%)
53	<b>KŁACZYŃSKA</b> Danuta	<b>912</b>	FARTY PUSZCZY	K40	2	Farty Puszczy	00:12:09	<b>00:25:03.85</b>	<b>00:25:07.90</b>	+00:06:18 (25.1%)	5:00	12 (75.0%)
54	<b>ŁAWNICZAK</b> Sebastian	<b>105</b>		M40	13		00:12:29	<b>00:25:02.85</b>	<b>00:25:11.65</b>	+00:06:22 (25.3%)	5:00	12 (75.0%)
55	<b>POŻYCZKA</b> Małgorzata	<b>145</b>		K50	1		00:12:18	<b>00:25:13.50</b>	<b>00:25:16.00</b>	+00:06:27 (25.5%)	5:02	11.9 (74.4%)
56	<b>SIWAK</b> Łukasz	<b>165</b>	DPT RUN TEAM SZCZECIN	M30	16	DPT RUN TEAM SZCZECIN	00:12:12	<b>00:25:17.40</b>	<b>00:25:17.40</b>	+00:06:28 (25.6%)	5:03	11.9 (74.4%)
57	<b>SOLIŃSKA</b> Emilia	<b>166</b>	SOSW NR 1 DNR	K20	3	SOSW Nr 1 DNR	00:12:20	<b>00:25:19.00</b>	<b>00:25:26.90</b>	+00:06:37 (26.1%)	5:03	11.8 (73.8%)
58	<b>MIŁOSZEWICZ</b> Adam	<b>113</b>		M20	13		00:12:17	<b>00:25:25.80</b>	<b>00:25:30.35</b>	+00:06:41 (26.2%)	5:05	11.8 (73.8%)
59	<b>PARUZEL</b> Joanna	<b>131</b>	HULK TEAM POLICE	K30	3	Hulk Team Police	00:12:16	<b>00:25:29.95</b>	<b>00:25:31.30</b>	+00:06:42 (26.3%)	5:05	11.8 (73.8%)
60	<b>ZABORA</b> Paweł	<b>199</b>	SPINER-POLICE	M40	14		00:12:30	<b>00:25:21.55</b>	<b>00:25:32.65</b>	+00:06:43 (26.3%)	5:04	11.8 (73.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
61	<b>DYMOWSKI Paweł</b>	<b>40</b>		M30	17		00:12:36	<b>00:25:30.90</b>	<b>00:25:38.80</b>	+00:06:49 (26.6%)	5:06	11.8 (73.8%)
62	<b>DYDEK Arkadiusz</b>	<b>211</b>	14ZBOT/SKB DZIK	M20	14	Bieg Korczaka 2	00:12:14	<b>00:25:40.00</b>	<b>00:25:41.85</b>	+00:06:52 (26.8%)	5:08	11.7 (73.1%)
63	<b>JANKA Joanna</b>	<b>74</b>	BIEG KORCZAKA	K40	3	Bieg Korczaka Raz	00:12:38	<b>00:25:37.90</b>	<b>00:25:43.50</b>	+00:06:54 (26.9%)	5:07	11.7 (73.1%)
64	<b>HRYNKIEWICZ-PAWŁASZEK Anna</b>	<b>70</b>	MOW IM. JANUSZA KORCZAKA W SZCZECINIE / SWIM2TRI	K40	4	MOW im. J. Korczaka w Szczecinie_2	00:12:19	<b>00:25:44.50</b>	<b>00:25:44.50</b>	+00:06:55 (26.9%)	5:08	11.7 (73.1%)
65	<b>JAROSŁAWSKA Sandra</b>	<b>75</b>	HULK TEAM POLICE	K30	4	Hulk Team Police	00:12:31	<b>00:25:44.25</b>	<b>00:25:48.45</b>	+00:06:59 (27.1%)	5:08	11.7 (73.1%)
66	<b>HAMAN Kacper</b>	<b>65</b>	DPT RUN TEAM SZCZECIN	M30	18	DPT RUN TEAM SZCZECIN	00:12:08	<b>00:25:45.35</b>	<b>00:25:49.25</b>	+00:07:00 (27.1%)	5:09	11.7 (73.1%)
67	<b>TOKARZ Joanna</b>	<b>180</b>	WIECZORNE BIEGANIE W SZCZECINIE	K40	5	Wieczorne Bieganie w Szczecinie	00:12:41	<b>00:25:51.65</b>	<b>00:25:59.00</b>	+00:07:10 (27.6%)	5:10	11.6 (72.5%)
68	<b>DOŁĘGOWSKI Marek</b>	<b>908</b>	GMINA WOLIN	M50	8	King Maciuś Team	00:12:46	<b>00:26:05.70</b>	<b>00:26:10.40</b>	+00:07:21 (28.1%)	5:13	11.5 (71.9%)
69	<b>MURAWSKA Wioletta</b>	<b>115</b>	KB DZIK POLICE	K50	2		00:13:01	<b>00:26:25.60</b>	<b>00:26:25.60</b>	+00:07:36 (28.8%)	5:17	11.4 (71.3%)
70	<b>BARTOSZEWSKI Paweł</b>	<b>11</b>	L-BUG RUN	M40	15		00:13:09	<b>00:26:15.10</b>	<b>00:26:29.25</b>	+00:07:40 (29.0%)	5:15	11.4 (71.3%)
71	<b>PIOTROWSKI Michał</b>	<b>139</b>		M20	15		00:12:38	<b>00:26:18.85</b>	<b>00:26:31.05</b>	+00:07:42 (29.0%)	5:15	11.4 (71.3%)
72	<b>PINKOS Tomasz</b>	<b>136</b>	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	16		00:13:04	<b>00:26:20.55</b>	<b>00:26:32.10</b>	+00:07:43 (29.1%)	5:16	11.4 (71.3%)
73	<b>LEWANDOWSKI Krzysztof</b>	<b>102</b>	RAZ SZCZECIN	M50	9	RAZ Szczecin	00:13:14	<b>00:26:35.30</b>	<b>00:26:42.10</b>	+00:07:53 (29.5%)	5:19	11.3 (70.6%)
74	<b>STĘPNIAK Lesław</b>	<b>222</b>	14ZBOT/SKB DZIK	M40	16		00:13:02	<b>00:26:37.50</b>	<b>00:26:44.80</b>	+00:07:55 (29.7%)	5:19	11.3 (70.6%)
75	<b>ŚWIERCZ Sylwester</b>	<b>179</b>		M40	17		00:13:01	<b>00:26:54.05</b>	<b>00:27:04.10</b>	+00:08:15 (30.5%)	5:22	11.2 (70.0%)
76	<b>KRÓLAK Beata</b>	<b>91</b>		K60+	1		00:13:14	<b>00:27:07.00</b>	<b>00:27:12.65</b>	+00:08:23 (30.9%)	5:25	11.1 (69.4%)
77	<b>KOCUR Kacper</b>	<b>84</b>	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	17		00:13:32	<b>00:27:05.60</b>	<b>00:27:16.60</b>	+00:08:27 (31.0%)	5:25	11.1 (69.4%)
78	<b>KRÓLIK Jakub</b>	<b>93</b>	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	18		00:12:42	<b>00:27:09.65</b>	<b>00:27:18.45</b>	+00:08:29 (31.1%)	5:25	11 (68.8%)
79	<b>PIECYK Katarzyna</b>	<b>134</b>		K30	5		00:12:48	<b>00:27:20.85</b>	<b>00:27:24.15</b>	+00:08:35 (31.3%)	5:28	11 (68.8%)
80	<b>FILIPOWICZ Oliwer</b>	<b>50</b>		M20	19		00:12:36	<b>00:27:22.35</b>	<b>00:27:26.45</b>	+00:08:37 (31.4%)	5:28	11 (68.8%)
81	<b>RYDZYŃSKA Sandra</b>	<b>67</b>		K20	4		00:13:01	<b>00:27:34.65</b>	<b>00:27:34.65</b>	+00:08:45 (31.8%)	5:30	10.9 (68.1%)
82	<b>WITORZĘĆ Dariusz</b>	<b>193</b>		M40	18		00:13:34	<b>00:27:26.90</b>	<b>00:27:35.40</b>	+00:08:46 (31.8%)	5:29	10.9 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
83	<b>STRZELEC Tomasz</b>	<b>916</b>	KB HERMES GRYFINO	M40	19		00:13:46	<b>00:27:25.75</b>	<b>00:27:37.20</b>	+00:08:48 (31.9%)	5:29	10.9 (68.1%)
84	<b>PAWLUŚ Tomasz</b>	<b>133</b>	5 PUŁK INŻYNIERYJNY / BIEG KORCZAKA	M40	20	Wirtualny Bieg	00:13:41	<b>00:27:27.25</b>	<b>00:27:38.95</b>	+00:08:50 (31.9%)	5:29	10.9 (68.1%)
85	<b>MAŁACHOWSKA Katarzyna</b>	<b>108</b>		K20	5		00:13:24	<b>00:27:31.15</b>	<b>00:27:40.45</b>	+00:08:51 (32.0%)	5:30	10.9 (68.1%)
86	<b>FILIPOWICZ Klaudia</b>	<b>48</b>		K20	6		00:13:33	<b>00:27:37.80</b>	<b>00:27:42.00</b>	+00:08:53 (32.1%)	5:31	10.9 (68.1%)
87	<b>BUJNOWSKA Anita</b>	<b>26</b>		K30	6		00:13:36	<b>00:27:39.90</b>	<b>00:27:45.05</b>	+00:08:56 (32.2%)	5:31	10.8 (67.5%)
88	<b>KOŁDON Kryspin</b>	<b>86</b>	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	20		00:12:32	<b>00:27:38.40</b>	<b>00:27:47.05</b>	+00:08:58 (32.3%)	5:31	10.9 (68.1%)
89	<b>STANEK Paweł</b>	<b>170</b>		M50	10	#kresowabiega	00:13:50	<b>00:27:37.65</b>	<b>00:27:47.55</b>	+00:08:58 (32.3%)	5:31	10.9 (68.1%)
90	<b>ROZEN Agnieszka</b>	<b>2</b>		K40	6	#kresowabiega	00:13:51	<b>00:27:38.85</b>	<b>00:27:47.80</b>	+00:08:58 (32.3%)	5:31	10.9 (68.1%)
91	<b>JOŃSKI Mateusz</b>	<b>79</b>	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	21	Move Trzebież	00:13:07	<b>00:27:41.10</b>	<b>00:27:49.50</b>	+00:09:00 (32.4%)	5:32	10.8 (67.5%)
92	<b>KOMAROWSKI Tomasz</b>	<b>87</b>	AMPIO TEAM	M30	19	AMPIO Team 3	00:13:33	<b>00:27:38.55</b>	<b>00:27:53.20</b>	+00:09:04 (32.5%)	5:31	10.9 (68.1%)
93	<b>GUŁAJEWSKI Rafał</b>	<b>63</b>	14ZBOT/142 BLP TRZEBIATÓW	M40	21	14ZBOT/142 BLP Drużyna Alfa	00:13:24	<b>00:27:47.50</b>	<b>00:27:55.15</b>	+00:09:06 (32.6%)	5:33	10.8 (67.5%)
94	<b>KRUŻBERSKA Katarzyna</b>	<b>902</b>		K20	7		00:13:49	<b>00:27:59.75</b>	<b>00:28:01.60</b>	+00:09:12 (32.9%)	5:35	10.7 (66.9%)
95	<b>RYŃSKI Daniel</b>	<b>158</b>	SOSW NR 1 DNR	M20	22	SOSW Nr 1 DNR	00:13:10	<b>00:28:08.40</b>	<b>00:28:11.40</b>	+00:09:22 (33.3%)	5:37	10.7 (66.9%)
96	<b>RZYMSKA Marta</b>	<b>160</b>		K40	7		00:13:49	<b>00:28:05.30</b>	<b>00:28:12.45</b>	+00:09:23 (33.3%)	5:37	10.7 (66.9%)
97	<b>MADRAK Anna</b>	<b>107</b>	HULK TEAM POLICE	K40	8	Hulk Team Police	00:13:37	<b>00:28:13.65</b>	<b>00:28:17.45</b>	+00:09:28 (33.5%)	5:38	10.6 (66.3%)
98	<b>WOJTAT Adam</b>	<b>194</b>		M60+	2		00:13:34	<b>00:28:11.35</b>	<b>00:28:19.05</b>	+00:09:30 (33.6%)	5:38	10.6 (66.3%)
99	<b>PILAWSKI Piotr</b>	<b>135</b>	TOST I PIWO (TIP)	M30	20		00:13:52	<b>00:28:25.40</b>	<b>00:28:25.40</b>	+00:09:36 (33.8%)	5:41	10.6 (66.3%)
100	<b>ZEMANKIEWICZ Łukasz</b>	<b>206</b>		M40	22		00:13:30	<b>00:28:28.30</b>	<b>00:28:34.35</b>	+00:09:45 (34.1%)	5:41	10.5 (65.6%)
101	<b>BANAŚ Oskar</b>	<b>8</b>	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	23		00:13:33	<b>00:28:29.25</b>	<b>00:28:38.45</b>	+00:09:49 (34.3%)	5:41	10.5 (65.6%)
102	<b>NIEWADZIK Ula</b>	<b>120</b>		K50	3		00:13:57	<b>00:28:31.05</b>	<b>00:28:39.00</b>	+00:09:50 (34.3%)	5:42	10.5 (65.6%)
103	<b>DZBANUSZEK Krzysztof</b>	<b>41</b>	BKS SKORPION	M40	23		00:14:08	<b>00:28:34.30</b>	<b>00:28:39.15</b>	+00:09:50 (34.3%)	5:42	10.5 (65.6%)
104	<b>FILIPOWICZ Patrycja</b>	<b>47</b>		K40	9	Filipy	00:14:08	<b>00:28:34.40</b>	<b>00:28:39.25</b>	+00:09:50 (34.3%)	5:42	10.5 (65.6%)
105	<b>ADAMIAK Artur</b>	<b>4</b>	AMPIO TEAM	M30	21	AMPIO Team 2	00:14:06	<b>00:28:29.15</b>	<b>00:28:43.25</b>	+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	<b>STACHOWSKI Andrzej</b>	<b>169</b>	MONIAGYM	M50	11		00:13:52	<b>00:28:32.90</b>	<b>00:28:44.55</b>	+00:09:55 (34.5%)	5:42	10.5 (65.6%)
107	<b>BORKOWSKA ZIELKE Magdalena</b>	<b>20</b>	BIEG KORCZAKA	K30	7		00:13:53	<b>00:28:39.95</b>	<b>00:28:45.45</b>	+00:09:56 (34.6%)	5:43	10.5 (65.6%)
108	<b>SZAFRAŃSKA Klaudia</b>	<b>214</b>		K20	8		00:14:08	<b>00:28:53.00</b>	<b>00:29:03.40</b>	+00:10:14 (35.2%)	5:46	10.4 (65.0%)
109	<b>SZAFRAŃSKI Marek</b>	<b>213</b>		M20	24		00:14:07	<b>00:28:51.70</b>	<b>00:29:03.60</b>	+00:10:14 (35.3%)	5:46	10.4 (65.0%)
110	<b>CZYCZYN Angelika</b>	<b>34</b>	BIEG KORCZAKA	K30	8		00:13:58	<b>00:29:03.35</b>	<b>00:29:08.80</b>	+00:10:19 (35.4%)	5:48	10.3 (64.4%)
111	<b>FECAK Jacek</b>	<b>45</b>	14ZBOT/142 BLP TRZEBIATÓW	M20	25	14ZBOT/142 BLP Drużyna Alfa	00:13:04	<b>00:29:02.95</b>	<b>00:29:09.45</b>	+00:10:20 (35.5%)	5:48	10.3 (64.4%)
112	<b>NATALCZYK Ewelina</b>	<b>116</b>	BIEG KORCZAKA	K30	9	Bieg Korczaka Raz	00:14:23	<b>00:29:19.90</b>	<b>00:29:27.25</b>	+00:10:38 (36.1%)	5:51	10.2 (63.8%)
113	<b>WIĘCKOWSKA Joanna</b>	<b>189</b>		K30	10		00:14:04	<b>00:29:29.40</b>	<b>00:29:39.30</b>	+00:10:50 (36.6%)	5:53	10.2 (63.8%)
114	<b>WRÓBLEWSKI Emil</b>	<b>197</b>		M30	22		00:14:34	<b>00:29:34.35</b>	<b>00:29:43.15</b>	+00:10:54 (36.7%)	5:54	10.1 (63.1%)
115	<b>RADCZUK Karolina</b>	<b>905</b>		K40	10		00:14:33	<b>00:29:49.65</b>	<b>00:29:49.65</b>	+00:11:00 (36.9%)	5:57	10.1 (63.1%)
116	<b>ZAKRZEWSKA Sylwia</b>	<b>203</b>	FSD RUN DRERZDENKO	K30	11		00:14:12	<b>00:29:45.55</b>	<b>00:29:51.50</b>	+00:11:02 (37.0%)	5:57	10.1 (63.1%)
117	<b>JAGIELSKI Karol</b>	<b>72</b>	FCB	M40	24		00:14:17	<b>00:29:44.70</b>	<b>00:29:58.20</b>	+00:11:09 (37.2%)	5:56	10.1 (63.1%)
118	<b>WIŚNIEWSKI Czesław</b>	<b>192</b>	MARATOŃCZYK SZCZECIN	M60+	3		00:14:31	<b>00:30:02.50</b>	<b>00:30:06.30</b>	+00:11:17 (37.5%)	6:00	10 (62.5%)
119	<b>FAMULSKI Mateusz</b>	<b>44</b>	AMPIO TEAM	M20	26	AMPIO Team 2	00:15:17	<b>00:30:05.45</b>	<b>00:30:21.60</b>	+00:11:32 (38.0%)	6:01	10 (62.5%)
120	<b>HNAT Aleksandra</b>	<b>69</b>	AMPIO TEAM	K20	9	AMPIO Team 5	00:15:18	<b>00:30:06.45</b>	<b>00:30:21.80</b>	+00:11:32 (38.0%)	6:01	10 (62.5%)
121	<b>POLEHONKA Olha</b>	<b>143</b>	WOJTEK & OLA	K30	12		00:15:04	<b>00:30:19.35</b>	<b>00:30:25.45</b>	+00:11:36 (38.2%)	6:03	9.9 (61.9%)
122	<b>ZAKROCKA Magdalena</b>	<b>202</b>	AMPIO TEAM	K30	13	AMPIO Team 3	00:14:59	<b>00:30:26.75</b>	<b>00:30:40.15</b>	+00:11:51 (38.6%)	6:05	9.9 (61.9%)
123	<b>BOBER Łukasz</b>	<b>17</b>		M40	25		00:15:35	<b>00:30:43.05</b>	<b>00:30:55.85</b>	+00:12:06 (39.2%)	6:08	9.8 (61.3%)
124	<b>BUJACZ Angelika</b>	<b>24</b>	AMPIO TEAM	K50	4	AMPIO Team 2	00:16:00	<b>00:30:51.50</b>	<b>00:31:06.00</b>	+00:12:17 (39.5%)	6:10	9.7 (60.6%)
125	<b>KUPNIEWSKA Aleksandra</b>	<b>903</b>	LOVELASY	K40	11		00:15:04	<b>00:31:01.05</b>	<b>00:31:06.85</b>	+00:12:17 (39.5%)	6:12	9.7 (60.6%)
126	<b>MISIUK Marta</b>	<b>904</b>	LOVELASY	K30	14		00:15:04	<b>00:31:00.95</b>	<b>00:31:07.15</b>	+00:12:18 (39.5%)	6:12	9.7 (60.6%)
127	<b>KRUSZEWICZ Dalida</b>	<b>95</b>	AMPIO TEAM	K40	12	AMPIO Team 4	00:15:59	<b>00:30:52.85</b>	<b>00:31:07.90</b>	+00:12:18 (39.6%)	6:10	9.7 (60.6%)
128	<b>KRUSZEWICZ Aleksander</b>	<b>94</b>	AMPIO TEAM	M40	26	AMPIO Team 4	00:15:57	<b>00:30:51.75</b>	<b>00:31:07.95</b>	+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	<b>BIEŃKOWSKA-GLIGA Anna</b>	<b>15</b>	WIELGOWO NA BIEGOWO	K40	13		00:15:34	<b>00:31:04.05</b>	<b>00:31:08.75</b>	+00:12:19 (39.6%)	6:12	9.7 (60.6%)
130	<b>JAWÓR Magdalena</b>	<b>78</b>		K30	15		00:15:33	<b>00:31:05.15</b>	<b>00:31:10.35</b>	+00:12:21 (39.6%)	6:13	9.7 (60.6%)
131	<b>ORLON Barbara</b>	<b>127</b>	BIEG KORCZAKA	K50	5		00:15:24	<b>00:31:10.15</b>	<b>00:31:16.10</b>	+00:12:27 (39.8%)	6:14	9.6 (60.0%)
132	<b>STECKA Urszula</b>	<b>172</b>	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	10	MOW im. J. Korczaka w Szczecinie_2	00:14:32	<b>00:31:14.35</b>	<b>00:31:17.75</b>	+00:12:28 (39.9%)	6:14	9.6 (60.0%)
133	<b>LIGENZA Gosia</b>	<b>104</b>	14ZBOT/142 BLP TRZEBIATÓW	K30	16	14ZBOT/142 BLP Drużyna Bravo	00:15:05	<b>00:31:17.95</b>	<b>00:31:24.00</b>	+00:12:35 (40.1%)	6:15	9.6 (60.0%)
134	<b>BARTKOWSKA Beata</b>	<b>9</b>	WIELGOWO NA BIEGOWO	K50	6		00:15:34	<b>00:31:20.60</b>	<b>00:31:25.30</b>	+00:12:36 (40.1%)	6:16	9.6 (60.0%)
135	<b>PIOTROWSKI Krzysztof</b>	<b>138</b>	AMPIO TEAM	M40	27	AMPIO Team 4	00:15:46	<b>00:31:24.45</b>	<b>00:31:39.40</b>	+00:12:50 (40.6%)	6:16	9.6 (60.0%)
136	<b>PRZYGODA Adrian</b>	<b>148</b>	SOSW NR 1 DNR	M20	27	SOSW Nr 1 DNR	00:13:52	<b>00:31:52.00</b>	<b>00:31:54.75</b>	+00:13:05 (41.0%)	6:22	9.4 (58.8%)
137	<b>PROTASIEWICZ Agnieszka</b>	<b>147</b>	BIEG KORCZAKA	K40	14	Bieg Korczaka 2	00:15:19	<b>00:31:50.30</b>	<b>00:31:58.65</b>	+00:13:09 (41.2%)	6:22	9.4 (58.8%)
138	<b>NOWAKOWSKA Adriana</b>	<b>121</b>	BIEG KORCZAKA	K40	15	Bieg Korczaka Raz	00:15:28	<b>00:32:02.05</b>	<b>00:32:08.75</b>	+00:13:19 (41.5%)	6:24	9.4 (58.8%)
139	<b>REKOWSKA Danuta</b>	<b>152</b>		K60+	2		00:15:40	<b>00:32:07.20</b>	<b>00:32:09.95</b>	+00:13:21 (41.5%)	6:25	9.3 (58.1%)
140	<b>JAKSINA Anna</b>	<b>73</b>	BIEG KORCZAKA	K40	16	Bieg Korczaka 2	00:15:23	<b>00:32:13.25</b>	<b>00:32:19.95</b>	+00:13:31 (41.8%)	6:26	9.3 (58.1%)
141	<b>ZIÓŁKOWSKA Sylwia</b>	<b>919</b>	FARTY PUSZCZY	K40	17	Farty Puszczy	00:15:35	<b>00:32:15.95</b>	<b>00:32:21.15</b>	+00:13:32 (41.8%)	6:27	9.3 (58.1%)
142	<b>ANDRUSZKIEWICZ Maciej</b>	<b>5</b>	AMPIO TEAM	M40	28	AMPIO Team 5	00:16:12	<b>00:32:14.75</b>	<b>00:32:25.30</b>	+00:13:36 (42.0%)	6:26	9.3 (58.1%)
143	<b>BUJACZ Mikołaj</b>	<b>25</b>	AMPIO TEAM	M20	28	AMPIO Team 2	00:16:03	<b>00:32:13.25</b>	<b>00:32:28.50</b>	+00:13:39 (42.1%)	6:26	9.3 (58.1%)
144	<b>KAMIŃSKA Magdalena</b>	<b>910</b>	PUM SZCZECIN	K40	18	Bieg Korczaka	00:15:29	<b>00:32:25.85</b>	<b>00:32:32.05</b>	+00:13:43 (42.2%)	6:29	9.3 (58.1%)
145	<b>BIELKA Weronika</b>	<b>14</b>		K20	11		00:15:32	<b>00:32:21.60</b>	<b>00:32:32.55</b>	+00:13:43 (42.2%)	6:28	9.3 (58.1%)
146	<b>ZIELIŃSKI Kacper</b>	<b>207</b>	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	29		00:15:44	<b>00:32:30.70</b>	<b>00:32:39.10</b>	+00:13:50 (42.4%)	6:30	9.2 (57.5%)
147	<b>KĘDZIERSKA Alicja</b>	<b>81</b>	AMPIO TEAM	K30	17	AMPIO Team 3	00:16:12	<b>00:32:41.20</b>	<b>00:32:54.50</b>	+00:14:05 (42.8%)	6:32	9.2 (57.5%)
148	<b>HAWRYLUK WIRASZKA Anna</b>	<b>68</b>	AMPIO TEAM	K30	18	AMPIO Team 3	00:16:12	<b>00:32:47.60</b>	<b>00:33:01.50</b>	+00:14:12 (43.0%)	6:33	9.2 (57.5%)
149	<b>STACHOWICZ-HAWRYLAK Sylwia</b>	<b>906</b>	BIEG KORCZAKA	K50	7	Bieg Korczaka Raz	00:15:29	<b>00:32:57.10</b>	<b>00:33:03.85</b>	+00:14:14 (43.1%)	6:35	9.1 (56.9%)
150	<b>ĆWIKLIŃSKI Łukasz</b>	<b>35</b>	AMPIO TEAM	M30	23		00:16:11	<b>00:32:54.35</b>	<b>00:33:09.30</b>	+00:14:20 (43.2%)	6:34	9.1 (56.9%)
151	<b>MROŻEK Dominik</b>	<b>114</b>		M20	30		00:17:20	<b>00:33:13.60</b>	<b>00:33:23.35</b>	+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	<b>HARNATKIEWICZ Kamila</b>	<b>66</b>	AMPIO TEAM	K30	19	AMPIO Team 2	00:16:15	<b>00:33:21.45</b>	<b>00:33:30.95</b>	+00:14:42 (43.9%)	6:40	9 (56.3%)
153	<b>BŁĄŻEJEWSKA-JANNASZ Kamila</b>	<b>16</b>		K30	20		00:16:51	<b>00:34:05.20</b>	<b>00:34:15.90</b>	+00:15:26 (45.1%)	6:49	8.8 (55.0%)
154	<b>GADOMSKI Marcin</b>	<b>56</b>	AMPIO TEAM	M40	29	Ampio Team 1	00:16:55	<b>00:34:25.05</b>	<b>00:34:35.75</b>	+00:15:46 (45.6%)	6:53	8.7 (54.4%)
155	<b>GADOMSKA Honorata</b>	<b>54</b>	AMPIO TEAM	K40	19	Ampio Team 1	00:16:54	<b>00:34:26.05</b>	<b>00:34:36.15</b>	+00:15:47 (45.6%)	6:53	8.7 (54.4%)
156	<b>DOPIERAŁA Małgorzata</b>	<b>37</b>		K30	21		00:17:17	<b>00:34:48.15</b>	<b>00:34:58.65</b>	+00:16:09 (46.2%)	6:57	8.6 (53.8%)
157	<b>SZKLARZ Oliwia</b>	<b>176</b>	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	12	MOW im. J. Korczaka w Szczecinie_2	00:17:13	<b>00:35:19.75</b>	<b>00:35:22.65</b>	+00:16:33 (46.8%)	7:03	8.5 (53.1%)
158	<b>PUFF Agata</b>	<b>150</b>		K30	22		00:17:44	<b>00:35:11.95</b>	<b>00:35:24.80</b>	+00:16:35 (46.9%)	7:02	8.5 (53.1%)
159	<b>WÓJCIK Olga</b>	<b>125</b>	WIECZORNE BIEGANIE W SZCZECINIE	K40	20	Wieczne Bieganie w Szczecinie	00:16:43	<b>00:35:19.00</b>	<b>00:35:26.90</b>	+00:16:37 (46.9%)	7:03	8.5 (53.1%)
160	<b>MATUSZEWSKA Edyta</b>	<b>109</b>	WIECZORNE BIEGANIE W SZCZECINIE	K40	21	Wieczne Bieganie w Szczecinie	00:16:45	<b>00:35:19.60</b>	<b>00:35:27.80</b>	+00:16:38 (46.9%)	7:03	8.5 (53.1%)
161	<b>SZYMAŃSKA Anna</b>	<b>178</b>	14ZBOT/142 BLP TRZEBIATÓW	K40	22	14ZBOT/142 BLP Drużyna Bravo	00:16:36	<b>00:35:43.40</b>	<b>00:35:50.10</b>	+00:17:01 (47.5%)	7:08	8.4 (52.5%)
162	<b>DYDEK Dorota</b>	<b>39</b>	14ZBOT/SKB DZIK	K50	8	Bieg Korczaka 2	00:16:46	<b>00:35:56.65</b>	<b>00:35:58.60</b>	+00:17:09 (47.7%)	7:11	8.3 (51.9%)
163	<b>KAMZELSKI Bartosz</b>	<b>80</b>	AMPIO TEAM	M20	31	AMPIO Team 5	00:16:33	<b>00:36:00.90</b>	<b>00:36:15.85</b>	+00:17:26 (48.1%)	7:12	8.3 (51.9%)
164	<b>DZIK Joanna</b>	<b>43</b>		K20	13	DPT RUN TEAM SZCZECIN	00:17:13	<b>00:36:12.70</b>	<b>00:36:17.70</b>	+00:17:28 (48.2%)	7:14	8.3 (51.9%)
165	<b>CYBULSKI Grzegorz</b>	<b>30</b>		M60+	4		00:17:45	<b>00:36:05.50</b>	<b>00:36:18.00</b>	+00:17:29 (48.2%)	7:13	8.3 (51.9%)
166	<b>SOŁTYS Krzysztof</b>	<b>168</b>	BIEG KORCZAKA	M20	32	Bieg Korczaka	00:17:25	<b>00:36:19.90</b>	<b>00:36:34.30</b>	+00:17:45 (48.6%)	7:15	8.3 (51.9%)
167	<b>GADOMSKA Maja</b>	<b>55</b>	AMPIO TEAM	K20	14	Ampio Team 1	00:16:53	<b>00:36:32.80</b>	<b>00:36:43.75</b>	+00:17:54 (48.8%)	7:18	8.2 (51.3%)
168	<b>GETKA Seweryn</b>	<b>58</b>	AMPIO TEAM	M40	30	Ampio Team 1	00:16:29	<b>00:36:28.85</b>	<b>00:36:44.40</b>	+00:17:55 (48.8%)	7:17	8.2 (51.3%)
169	<b>SADZIK DURKA Marta</b>	<b>162</b>	FITBRACTWO	K50	9	Fitbractwo	00:17:32	<b>00:36:40.55</b>	<b>00:36:46.30</b>	+00:17:57 (48.8%)	7:20	8.2 (51.3%)
170	<b>MICHALAK Krystian</b>	<b>110</b>		M20	33		00:17:21	<b>00:36:46.50</b>	<b>00:36:57.35</b>	+00:18:08 (49.1%)	7:21	8.2 (51.3%)
171	<b>WAWRZYCKA Natalia</b>	<b>186</b>		K20	15		00:17:10	<b>00:36:55.55</b>	<b>00:37:04.25</b>	+00:18:15 (49.2%)	7:23	8.1 (50.6%)
172	<b>SCHULZ Magdalena</b>	<b>164</b>		K20	16		00:18:02	<b>00:37:10.95</b>	<b>00:37:22.40</b>	+00:18:33 (49.7%)	7:26	8.1 (50.6%)
173	<b>STERNA Magdalena</b>	<b>174</b>	BIEG KORCZAKA	K30	23	Bieg Korczaka	00:17:27	<b>00:37:21.65</b>	<b>00:37:26.05</b>	+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	<b>FUTYMA Karolina</b>	<b>53</b>	AMPIO TEAM	K30	24	AMPIO Team 3	00:17:41	<b>00:37:21.55</b>	<b>00:37:29.75</b>	+00:18:40 (49.8%)	7:28	8 (50.0%)
175	<b>SOŁTYS Julia</b>	<b>167</b>		K40	23		00:17:35	<b>00:37:28.00</b>	<b>00:37:35.15</b>	+00:18:46 (49.9%)	7:29	8 (50.0%)
176	<b>FIJĄLEK Natalia</b>	<b>46</b>	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	17	MOW im. J. Korczaka w Szczecinie_1	00:17:37	<b>00:37:55.45</b>	<b>00:37:55.45</b>	+00:19:06 (50.4%)	7:35	7.9 (49.4%)
177	<b>KORCZAK Edyta</b>	<b>89</b>		K30	25		00:18:01	<b>00:38:06.80</b>	<b>00:38:15.50</b>	+00:19:26 (50.8%)	7:37	7.9 (49.4%)
178	<b>DOLECKI Dominik</b>	<b>36</b>		M30	24		00:18:00	<b>00:38:06.65</b>	<b>00:38:16.10</b>	+00:19:27 (50.8%)	7:37	7.9 (49.4%)
179	<b>STYBA Sandra</b>	<b>175</b>	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	18	MOW im. J. Korczaka w Szczecinie_1	00:18:20	<b>00:38:59.25</b>	<b>00:38:59.25</b>	+00:20:10 (51.7%)	7:47	7.7 (48.1%)
180	<b>RUMOWSKA Agnieszka</b>	<b>156</b>		K30	26		00:19:38	<b>00:40:25.35</b>	<b>00:40:34.95</b>	+00:21:46 (53.6%)	8:05	7.4 (46.3%)
181	<b>GÓRSKA Agnieszka</b>	<b>909</b>		K40	24		00:19:35	<b>00:40:22.55</b>	<b>00:40:35.05</b>	+00:21:46 (53.6%)	8:04	7.4 (46.3%)
182	<b>PIOTROWSKA Dorota</b>	<b>137</b>	AMPIO TEAM	K40	25	AMPIO Team 4	00:19:19	<b>00:40:48.30</b>	<b>00:41:02.30</b>	+00:22:13 (54.2%)	8:09	7.4 (46.3%)
183	<b>ZYCH Daria</b>	<b>208</b>	AMPIO TEAM	K20	19	AMPIO Team 5	00:19:19	<b>00:40:48.45</b>	<b>00:41:02.45</b>	+00:22:13 (54.2%)	8:09	7.4 (46.3%)
184	<b>GETKA Michał</b>	<b>59</b>	AMPIO TEAM	M30	25	Ampio Team 1	00:19:50	<b>00:41:08.50</b>	<b>00:41:24.35</b>	+00:22:35 (54.6%)	8:13	7.3 (45.6%)
185	<b>WOJTAT Halina</b>	<b>918</b>	KS POGODNI NORDIKOWCY SZCZECIN	K50	10		00:20:11	<b>00:41:31.30</b>	<b>00:41:41.05</b>	+00:22:52 (54.9%)	8:18	7.2 (45.0%)
186	<b>TOMASZEWSKA Beata</b>	<b>181</b>	HULK TEAM POLICE	K30	27	Hulk Team Police	00:18:43	<b>00:42:16.80</b>	<b>00:42:20.70</b>	+00:23:31 (55.6%)	8:27	7.1 (44.4%)
187	<b>SZCZERBIŃSKA Barbara</b>	<b>917</b>		K60+	3		00:20:32	<b>00:42:27.70</b>	<b>00:42:40.25</b>	+00:23:51 (55.9%)	8:29	7.1 (44.4%)
188	<b>KOWALSKA Joanna</b>	<b>913</b>	--	K30	28		00:20:33	<b>00:42:28.40</b>	<b>00:42:40.40</b>	+00:23:51 (55.9%)	8:29	7.1 (44.4%)
189	<b>PARCHIMOWICZ Janusz</b>	<b>915</b>		M60+	5		00:20:52	<b>00:43:02.95</b>	<b>00:43:15.50</b>	+00:24:26 (56.5%)	8:36	7 (43.8%)
190	<b>WALKIEWICZ Agnieszka</b>	<b>184</b>	SOSW NR 1 DNR	K20	20	SOSW Nr 1 DNR	00:20:47	<b>00:43:55.15</b>	<b>00:43:57.95</b>	+00:25:09 (57.2%)	8:47	6.8 (42.5%)
191	<b>WOLSKA Magdalena</b>	<b>195</b>		K40	26		00:20:17	<b>00:43:54.15</b>	<b>00:44:03.45</b>	+00:25:14 (57.3%)	8:46	6.8 (42.5%)
192	<b>BOROWSKA Gabriela</b>	<b>22</b>		K40	27		00:20:17	<b>00:43:57.05</b>	<b>00:44:06.50</b>	+00:25:17 (57.3%)	8:47	6.8 (42.5%)
193	<b>BODNAR Zbigniew</b>	<b>901</b>	BIEG KORCZAKA	M60+	6	Bieg Korczaka Raz	00:22:50	<b>00:46:51.65</b>	<b>00:47:05.50</b>	+00:28:16 (60.0%)	9:22	6.4 (40.0%)
194	<b>WANDYSZEWSKI Kacper</b>	<b>185</b>	SOSW NR 1 DNR	M20	34		00:21:57	<b>00:48:24.15</b>	<b>00:48:27.75</b>	+00:29:38 (61.2%)	9:40	6.2 (38.8%)
195	<b>JASIŃSKI Patryk</b>	<b>76</b>	SOSW NR 1 DNR	M20	35		00:21:58	<b>00:48:40.65</b>	<b>00:48:43.95</b>	+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	<b>HAWRYLAK Marcin</b>	<b>1</b>	14ZBOT/142 BLP TRZEBIATÓW / BIEG KORCZAKA	M50	12	Wirtualny Bieg	00:30:45	<b>00:51:56.45</b>	<b>00:53:01.00</b>	+00:34:12 (64.5%)	10:23	5.8 (36.3%)
	<b>PABIŚ Liwia</b>	<b>129</b>	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20		MOW im. J. Korczaka w Szczecinie_1	00:26:02 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 197 wynik(ów)