



## BIEG GŁÓWNY - 5 KM

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

**Wydarzenie:** 4. BIEG KORCZAKA  
**Organizator:** Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla Dzieci Niepełnosprawnych Ruchowo w Policach im. Marii Grzegorzewskiej  
**Data:** 2023-04-22  
**Miejsce:** Police  
**Dystans:** 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ZABIELSKI Józef	179		M50	1	00:09:30	00:19:22.00	00:19:22.00		3:52	15.5 (100%)
2	ŁUKASZEWSKI Sebastian	83	STARGARDZKI KLUB LEKKOATLETYCZNY	M40	1	00:09:26	00:19:33.30	00:19:33.30	+00:00:11 (1.0%)	3:54	15.3 (98.7%)
3	STANISZCZAK Łukasz	150		M30	1	00:09:50	00:19:48.50	00:19:48.50	+00:00:26 (2.2%)	3:57	15.2 (98.1%)
4	CHIŻYK Krzysztof	15	NOWE WARPNO TRI	M40	2	00:09:55	00:20:29.50	00:20:29.50	+00:01:07 (5.5%)	4:05	14.6 (94.2%)
5	HARŁUKOWICZ Krzysztof	44	ULTRAKAZIK	M40	3	00:10:07	00:20:54.85	00:20:54.85	+00:01:32 (7.4%)	4:10	14.4 (92.9%)
6	MACIĄGOWSKI Adam	84	KP CHEMIK POLICE	M20	1	00:10:01	00:21:17.15	00:21:17.15	+00:01:55 (9.0%)	4:15	14.1 (91.0%)
7	SADOWSKI Kamil	132	OKS TANOWO	M20	2	00:10:33	00:21:19.70	00:21:19.70	+00:01:57 (9.2%)	4:15	14.1 (91.0%)
8	POGORZELSKI Daniel	114	#FIEGEBIEGA	M40	4	00:10:17	00:21:28.00	00:21:28.00	+00:02:06 (9.8%)	4:17	14 (90.3%)
9	HARHAJ Piotr	43		M30	2	00:10:22	00:21:39.50	00:21:39.50	+00:02:17 (10.6%)	4:19	13.9 (89.7%)
10	GRECZUK Jan	40		M20	3	00:10:58	00:21:47.45	00:21:47.45	+00:02:25 (11.1%)	4:21	13.8 (89.0%)
11	OLEJNIK Przemek	102		M50	2	00:10:51	00:22:09.65	00:22:09.65	+00:02:47 (12.6%)	4:25	13.5 (87.1%)
12	DOBROWOLSKI Adam	24		M40	5	00:10:59	00:22:24.10	00:22:24.10	+00:03:02 (13.5%)	4:28	13.4 (86.5%)
13	KOTARSKI Wiesław	60	GRUPA AZOTY	M60+	1	00:10:57	00:22:25.00	00:22:25.00	+00:03:03 (13.6%)	4:29	13.4 (86.5%)
14	ARLUKIEWICZ Grzegorz	4	TOST I PIWO	M30	3	00:11:24	00:22:39.00	00:22:39.00	+00:03:17 (14.5%)	4:31	13.2 (85.2%)
15	ZELEK Darek	182		M40	6	00:11:00	00:22:44.30	00:22:44.30	+00:03:22 (14.8%)	4:32	13.2 (85.2%)
16	KĘDZIERSKA Karolina	54		K40	1	00:11:17	00:22:52.15	00:22:52.15	+00:03:30 (15.3%)	4:34	13.1 (84.5%)
17	LEWANDOWSKI Daniel	79	WY-BIEGANI SZCZECIN	M30	4	00:11:10	00:22:54.40	00:22:54.40	+00:03:32 (15.5%)	4:34	13.1 (84.5%)
18	WICHROWSKI Grzegorz	173	FIZJOBIEGACZE SZCZECIN	M40	7	00:11:33	00:23:06.60	00:23:06.60	+00:03:44 (16.2%)	4:37	13 (83.9%)
19	HETMAŃSKI Arkadiusz	47	LOVELASY	M40	8	00:11:10	00:23:15.00	00:23:15.00	+00:03:53 (16.7%)	4:39	12.9 (83.2%)
20	KRUPIŃSKI Marcin	65		M40	9	00:11:29	00:23:30.75	00:23:30.75	+00:04:08 (17.6%)	4:42	12.8 (82.6%)
21	NIEMIRO Dominika	96	GRUPA AZOTY POLICE	K30	1	00:11:31	00:23:34.80	00:23:34.80	+00:04:12 (17.9%)	4:42	12.7 (81.9%)
22	GOZDEK Marcin	38	LOVELASY	M30	5	00:11:26	00:23:35.15	00:23:35.15	+00:04:13 (17.9%)	4:43	12.7 (81.9%)
23	PODWYSZYŃSKI Sylwester	112		M50	3	00:11:21	00:23:37.85	00:23:37.85	+00:04:15 (18.0%)	4:43	12.7 (81.9%)
24	SZCZYGIELSKI Radosław	157		M30	6	00:11:37	00:23:40.55	00:23:40.55	+00:04:18 (18.2%)	4:44	12.7 (81.9%)
25	HAŁGAS Piotr	41	OKS TANOWO	M30	7	00:11:01	00:23:50.00	00:23:50.00	+00:04:28 (18.7%)	4:46	12.6 (81.3%)
26	BOJKO Marek	12		M50	4	00:11:28	00:23:52.60	00:23:52.60	+00:04:30 (18.9%)	4:46	12.6 (81.3%)
27	SĘK Bartosz	137		M20	4	00:11:58	00:24:06.60	00:24:06.60	+00:04:44 (19.7%)	4:49	12.4 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
27	ZABŁOCKI Bartosz	180	BIEGNIJWAŚĆWSTYDUOSZCZĘDŹ	M30	8	00:11:40	00:24:06.60	00:24:06.60	+00:04:44 (19.7%)	4:49	12.4 (80.0%)
29	SIERADZAN Kamil	140	WY-BIEGANI SZCZECIN	M20	5	00:11:27	00:24:09.00	00:24:09.00	+00:04:47 (19.8%)	4:49	12.4 (80.0%)
30	LASZKIEWICZ Waldemar	75		M50	5	00:11:46	00:24:20.30	00:24:20.30	+00:04:58 (20.4%)	4:52	12.3 (79.4%)
31	SOBOLEWSKI -SZWED Wojciech	186	TRIGYM	M20	6	00:12:12	00:24:28.55	00:24:28.55	+00:05:06 (20.9%)	4:53	12.3 (79.4%)
32	LUBASIŃSKI Tomasz	82		M40	10	00:11:25	00:24:38.00	00:24:38.00	+00:05:16 (21.4%)	4:55	12.2 (78.7%)
33	REJBICZ Daniel	126		M30	9	00:12:10	00:24:40.90	00:24:40.90	+00:05:18 (21.5%)	4:56	12.2 (78.7%)
34	GOZDOWSKI Daniel	39	#FIEGEBIEGA	M20	7	00:12:05	00:24:42.50	00:24:42.50	+00:05:20 (21.6%)	4:56	12.1 (78.1%)
35	POŻYCZKA Małgorzata	117		K50	1	00:12:01	00:25:03.10	00:25:03.10	+00:05:41 (22.7%)	5:00	12 (77.4%)
36	WEINAR Wojciech	170	OLA & WOJTEK	M30	10	00:12:11	00:25:18.80	00:25:18.80	+00:05:56 (23.5%)	5:03	11.9 (76.8%)
37	FALEŃSKI Dawid	28		M20	8	00:13:06	00:25:24.50	00:25:24.50	+00:06:02 (23.8%)	5:04	11.8 (76.1%)
38	NIEWIAROWSKA Weronika	97		K20	1	00:12:28	00:25:53.65	00:25:53.65	+00:06:31 (25.2%)	5:10	11.6 (74.8%)
39	PAWŁASZEK Lech	108	SWIM2TRI	M40	11	00:13:15	00:26:07.35	00:26:07.35	+00:06:45 (25.9%)	5:13	11.5 (74.2%)
40	SZERSZEŃ Michał	158		M30	11	00:12:35	00:26:10.15	00:26:10.15	+00:06:48 (26.0%)	5:14	11.5 (74.2%)
41	STANISZCZAK Zenon	151		M60+	2	00:12:46	00:26:24.70	00:26:24.70	+00:07:02 (26.7%)	5:16	11.4 (73.5%)
42	BAIZERT Krzysztof	6		M20	9	00:13:26	00:26:34.05	00:26:34.05	+00:07:12 (27.1%)	5:18	11.3 (72.9%)
43	MADRAK Anna	85	HULK TEAM POLICE	K40	2	00:13:08	00:26:52.65	00:26:52.65	+00:07:30 (27.9%)	5:22	11.2 (72.3%)
44	WOLSKI Tomasz	176	WIECZORNE BIEGANIE W SZCZECINIE	M50	6	00:13:22	00:26:55.30	00:26:55.30	+00:07:33 (28.1%)	5:23	11.1 (71.6%)
45	MARCINKIEWICZ Jan	87		M60+	3	00:13:26	00:26:57.10	00:26:57.10	+00:07:35 (28.1%)	5:23	11.1 (71.6%)
46	KUFEL Dariusz	73		M60+	4	00:13:22	00:27:01.75	00:27:01.75	+00:07:39 (28.3%)	5:24	11.1 (71.6%)
47	KOZANECKA Iwona	62		K60+	1	00:13:33	00:27:04.45	00:27:04.45	+00:07:42 (28.5%)	5:24	11.1 (71.6%)
48	HRYNKIEWICZ-PAWŁASZEK Anna	48	MOW SZCZECIN	K40	3	00:13:18	00:27:30.65	00:27:30.65	+00:08:08 (29.6%)	5:30	10.9 (70.3%)
49	CZERWIŃSKI Dariusz	19	LOVELASY	M50	7	00:13:29	00:27:49.00	00:27:49.00	+00:08:27 (30.4%)	5:33	10.8 (69.7%)
50	RASIAK Katarzyna	122		K30	2	00:13:25	00:27:50.35	00:27:50.35	+00:08:28 (30.4%)	5:34	10.8 (69.7%)
51	KAROL Piotr	53	TEAM KAROLKI	M30	12	00:13:33	00:27:56.15	00:27:56.15	+00:08:34 (30.7%)	5:35	10.7 (69.0%)
52	MIKOŁAJUK Aneta	92	SMT SZCZECIN	K40	4	00:13:26	00:27:59.00	00:27:59.00	+00:08:37 (30.8%)	5:35	10.7 (69.0%)
53	KRÓLAK Beata	64	SP8 POLICE	K60+	2	00:13:55	00:28:01.70	00:28:01.70	+00:08:39 (30.9%)	5:36	10.7 (69.0%)
54	LUBASIŃSKA Agnieszka	81		K40	5	00:14:01	00:28:07.70	00:28:07.70	+00:08:45 (31.1%)	5:37	10.7 (69.0%)
55	MAJEWSKI Krzysztof	86	ZDROWY WARIAT	M30	13	00:14:19	00:28:28.05	00:28:28.05	+00:09:06 (32.0%)	5:41	10.5 (67.7%)
56	TARGOSIŃSKI Artur	165		M50	8	00:13:57	00:28:31.05	00:28:31.05	+00:09:09 (32.1%)	5:42	10.5 (67.7%)
57	BOBER Łukasz	10		M40	12	00:14:21	00:28:32.80	00:28:32.80	+00:09:10 (32.2%)	5:42	10.5 (67.7%)
58	PACYNA Renata	106	#FIEGEBIEGA	K50	2	00:13:49	00:28:33.85	00:28:33.85	+00:09:11 (32.2%)	5:42	10.5 (67.7%)
59	BINDAS Mateusz	8	RAZ SZCZECIN	M20	10	00:13:57	00:28:46.55	00:28:46.55	+00:09:24 (32.7%)	5:45	10.4 (67.1%)
60	GIERLINSKI Tomasz	36		M40	13	00:13:50	00:28:51.15	00:28:51.15	+00:09:29 (32.9%)	5:46	10.4 (67.1%)
61	KLIMEK Paweł	56		M40	14	00:13:58	00:28:52.70	00:28:52.70	+00:09:30 (32.9%)	5:46	10.4 (67.1%)
62	PILAWSKI Piotr	110	TIP POLICE	M30	14	00:14:00	00:29:02.20	00:29:02.20	+00:09:40 (33.3%)	5:48	10.3 (66.5%)
63	RASIAK Rafał	123		M30	15	00:13:11	00:29:10.40	00:29:10.40	+00:09:48 (33.6%)	5:50	10.3 (66.5%)
64	KUBASIK Waldemar	72	BOSMAN	M60+	5	00:14:00	00:29:46.75	00:29:46.75	+00:10:24 (35.0%)	5:57	10.1 (65.2%)
65	STACHOWSKI Andrzej	148	MONIAGYM	M50	9	00:13:45	00:29:51.25	00:29:51.25	+00:10:29 (35.1%)	5:58	10.1 (65.2%)
66	KRUŻBERSKA Katarzyna	68		K20	2	00:15:06	00:30:05.80	00:30:05.80	+00:10:43 (35.7%)	6:01	10 (64.5%)
67	DZIEL Dagmara	27	#FIEGEBIEGA	K20	3	00:15:07	00:30:06.65	00:30:06.65	+00:10:44 (35.7%)	6:01	10 (64.5%)
68	JANICKA Karolina	188	TRIGYM	K40	6	00:15:03	00:30:08.80	00:30:08.80	+00:10:46 (35.8%)	6:01	10 (64.5%)
69	CZYCZYN Angelika	20		K30	3	00:14:06	00:30:15.95	00:30:15.95	+00:10:53 (36.0%)	6:03	9.9 (63.9%)
70	KLAUZIŃSKA Monika	55		K30	4	00:14:27	00:30:16.25	00:30:16.25	+00:10:54 (36.0%)	6:03	9.9 (63.9%)
71	ADAMIAK Artur	1	AMPIO TEAM	M30	16	00:14:44	00:30:17.65	00:30:17.65	+00:10:55 (36.1%)	6:03	9.9 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
72	JASIŃSKI Robert	50	FLEKS	M40	15	00:15:09	00:30:18.85	00:30:18.85	+00:10:56 (36.1%)	6:03	9.9 (63.9%)
73	ŚWIERCZ Sylwester	164		M40	16	00:15:32	00:30:20.45	00:30:20.45	+00:10:58 (36.2%)	6:04	9.9 (63.9%)
74	POLEHONKA Olha	115	OLA & WOJTEK	K30	5	00:15:29	00:30:21.80	00:30:21.80	+00:10:59 (36.2%)	6:04	9.9 (63.9%)
75	BONISŁAWSKA Joanna	13		K40	7	00:14:38	00:30:46.05	00:30:46.05	+00:11:24 (37.1%)	6:09	9.8 (63.2%)
76	MATCZAK Krystian	88	#FIEGEBIEGA	M30	17	00:15:39	00:30:47.30	00:30:47.30	+00:11:25 (37.1%)	6:09	9.7 (62.6%)
77	RADCZUK Karolina	119	GANG MARIANA	K40	8	00:15:10	00:31:00.85	00:31:00.85	+00:11:38 (37.6%)	6:12	9.7 (62.6%)
78	RADCZUK Mariusz	120	GANG MARIANA	M40	17	00:15:12	00:31:01.05	00:31:01.05	+00:11:39 (37.6%)	6:12	9.7 (62.6%)
79	RAKOWSKA Kasia	121	#FIEGEBIEGA	K40	9	00:15:37	00:31:03.00	00:31:03.00	+00:11:41 (37.6%)	6:12	9.7 (62.6%)
80	SOBOLEWSKA-SZWED Ewelina	187	TRIGYM	K40	10	00:15:28	00:31:07.75	00:31:07.75	+00:11:45 (37.8%)	6:13	9.6 (61.9%)
81	HARNATKIEWICZ Kamila	45	AMPIO	K30	6	00:14:48	00:31:13.90	00:31:13.90	+00:11:51 (38.0%)	6:14	9.6 (61.9%)
82	STANEK Paweł	149	KRESOWABIEGA	M50	10	00:15:53	00:31:15.80	00:31:15.80	+00:11:53 (38.1%)	6:15	9.6 (61.9%)
83	ROZEN Agnieszka	129	KRESOWABIEGA	K40	11	00:15:51	00:31:15.85	00:31:15.85	+00:11:53 (38.1%)	6:15	9.6 (61.9%)
84	SZAJEK Gabor	155	HULK TEAM POLICE	M20	11	00:16:06	00:31:21.40	00:31:21.40	+00:11:59 (38.2%)	6:16	9.6 (61.9%)
85	RUTKOWSKA Dorota	131	WY-BIEGANI	K50	3	00:15:19	00:31:24.45	00:31:24.45	+00:12:02 (38.3%)	6:16	9.6 (61.9%)
86	SOROKO Kamila	146		K30	7	00:15:28	00:31:28.40	00:31:28.40	+00:12:06 (38.5%)	6:17	9.5 (61.3%)
87	ANDRUSZKIEWICZ Maciej	2	AMPIO TEAM	M40	18	00:16:31	00:31:37.65	00:31:37.65	+00:12:15 (38.8%)	6:19	9.5 (61.3%)
88	RUDZEWICZ Mariusz	130		M30	18	00:15:09	00:31:38.05	00:31:38.05	+00:12:16 (38.8%)	6:19	9.5 (61.3%)
89	PAWLIŃSKI Przemysław	107		M20	12	00:15:07	00:31:52.45	00:31:52.45	+00:12:30 (39.2%)	6:22	9.4 (60.6%)
90	KRUSZEWICZ Dalida	66	AMPIOTEAM	K40	12	00:16:22	00:32:17.50	00:32:17.50	+00:12:55 (40.0%)	6:27	9.3 (60.0%)
91	KRUSZEWICZ Aleksander	67	AMPIOTEAM	M40	19	00:16:22	00:32:17.65	00:32:17.65	+00:12:55 (40.0%)	6:27	9.3 (60.0%)
92	CYBULSKI Tomasz	18		M30	19	00:15:29	00:32:32.30	00:32:32.30	+00:13:10 (40.5%)	6:30	9.2 (59.4%)
93	POGODA Rafał	113	TIP	M30	20	00:15:56	00:32:34.90	00:32:34.90	+00:13:12 (40.6%)	6:30	9.2 (59.4%)
94	STACHOWICZ-HAWRYLAK Sylwia	147	ZACHPOMORSKIE CENTRUM ONKOLOGII	K50	4	00:15:16	00:32:36.75	00:32:36.75	+00:13:14 (40.6%)	6:31	9.2 (59.4%)
95	GRAF Dagmara	190	KRYSTIAN TEAM	K40	13	00:16:08	00:32:45.80	00:32:45.80	+00:13:23 (40.9%)	6:33	9.2 (59.4%)
96	CIACHLA Matylda	17		K30	8	00:16:15	00:32:46.40	00:32:46.40	+00:13:24 (40.9%)	6:33	9.2 (59.4%)
97	MIERZWA-WOLSKA Małgorzata	91		K40	14	00:16:33	00:32:48.75	00:32:48.75	+00:13:26 (41.0%)	6:33	9.1 (58.7%)
98	DENISIUK Krzysztof	22	NIEZRZESZONY	M60+	6	00:16:37	00:32:50.20	00:32:50.20	+00:13:28 (41.0%)	6:34	9.1 (58.7%)
99	SOBOCIŃSKI Maksymilian	144		M40	20	00:16:30	00:32:55.70	00:32:55.70	+00:13:33 (41.2%)	6:35	9.1 (58.7%)
100	JÓZWICKA Aneta	51		K50	5	00:16:22	00:32:57.85	00:32:57.85	+00:13:35 (41.2%)	6:35	9.1 (58.7%)
101	REJBICZ Paulina	125		K30	9	00:16:21	00:32:58.15	00:32:58.15	+00:13:36 (41.3%)	6:35	9.1 (58.7%)
102	WOSZCZYK Renata	178		K40	15	00:16:20	00:33:06.40	00:33:06.40	+00:13:44 (41.5%)	6:37	9.1 (58.7%)
103	GADOMSKI Szymon	32		M20	13	00:16:56	00:33:10.70	00:33:10.70	+00:13:48 (41.6%)	6:38	9 (58.1%)
104	SZAJEK Marta	154	HULK TEAM POLICE	K40	16	00:16:07	00:33:14.85	00:33:14.85	+00:13:52 (41.8%)	6:38	9 (58.1%)
105	MATECKI Adrian	89		M20	14	00:17:31	00:33:23.25	00:33:23.25	+00:14:01 (42.0%)	6:40	9 (58.1%)
106	ANDRUSZKIEWICZ Jakub	3	AMPIO TEAM	M20	15	00:16:31	00:33:48.00	00:33:48.00	+00:14:26 (42.7%)	6:45	8.9 (57.4%)
107	NATALCZYK Ewelina	94		K30	10	00:17:23	00:33:52.05	00:33:52.05	+00:14:30 (42.8%)	6:46	8.9 (57.4%)
108	NOWAKOWSKA Adriana	100		K40	17	00:17:22	00:33:52.25	00:33:52.25	+00:14:30 (42.8%)	6:46	8.9 (57.4%)
109	JAKSINA Anna	185	WIECZORNE BIEGANIE W SZCZECINIE	K40	18	00:17:22	00:33:53.05	00:33:53.05	+00:14:31 (42.8%)	6:46	8.9 (57.4%)
110	KOZAKIEWICZ Joanna	61		K30	11	00:18:02	00:33:53.80	00:33:53.80	+00:14:31 (42.9%)	6:46	8.9 (57.4%)
111	LISICKI Jan	80	PARKRUN SZCZECIN	M60+	7	00:17:23	00:34:05.40	00:34:05.40	+00:14:43 (43.2%)	6:49	8.8 (56.8%)
112	ONYSZK Marta	103	WY-BIEGANI SZCZECIN	K40	19	00:16:46	00:34:07.40	00:34:07.40	+00:14:45 (43.2%)	6:49	8.8 (56.8%)
113	CABAJ Tomasz	14	#FIEGEBIEGA	M20	16	00:16:24	00:34:17.45	00:34:17.45	+00:14:55 (43.5%)	6:51	8.8 (56.8%)
114	PROTASIEWICZ Agnieszka	118		K40	20	00:17:23	00:34:18.45	00:34:18.45	+00:14:56 (43.5%)	6:51	8.7 (56.1%)
115	JUSZKIEWICZ Małgorzata	52		K50	6	00:17:00	00:34:18.75	00:34:18.75	+00:14:56 (43.6%)	6:51	8.7 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
116	ĆWIKLIŃSKI Łukasz	21	AMPIO TEAM	M30	21	00:17:05	<b>00:34:19.60</b>	<b>00:34:19.60</b>	+00:14:57 (43.6%)	6:51	8.7 (56.1%)
117	TOMASZEWSKI Radosław	166		M30	22	00:18:01	<b>00:34:33.25</b>	<b>00:34:33.25</b>	+00:15:11 (44.0%)	6:54	8.7 (56.1%)
118	STARZYŃSKI Konrad	152	SOSW NR 1 DNR	M20	17	00:15:09	<b>00:34:42.70</b>	<b>00:34:42.70</b>	+00:15:20 (44.2%)	6:56	8.6 (55.5%)
119	ŚWIDER Edyta	163		K40	21	00:17:46	<b>00:34:52.35</b>	<b>00:34:52.35</b>	+00:15:30 (44.5%)	6:58	8.6 (55.5%)
120	KRYNICKA Aleksandra	69	SOPFIXTEAM	K30	12	00:16:54	<b>00:34:57.20</b>	<b>00:34:57.20</b>	+00:15:35 (44.6%)	6:59	8.6 (55.5%)
121	KRYNICKI Błażej	70	SOPFIXTEAM	M30	23	00:16:55	<b>00:34:57.35</b>	<b>00:34:57.35</b>	+00:15:35 (44.6%)	6:59	8.6 (55.5%)
122	MAZUR Kamil	90	SOSW NR 1 DNR	M20	18	00:16:55	<b>00:34:57.45</b>	<b>00:34:57.45</b>	+00:15:35 (44.6%)	6:59	8.6 (55.5%)
123	WESOŁOWSKA Marzena	171	KLUB BOKSERSKI BESTIA POLICE	K30	13	00:18:05	<b>00:35:11.90</b>	<b>00:35:11.90</b>	+00:15:49 (45.0%)	7:02	8.5 (54.8%)
124	SZPAK Aleksandra	160	BESTIA POLICE	K20	4	00:18:07	<b>00:35:13.25</b>	<b>00:35:13.25</b>	+00:15:51 (45.0%)	7:02	8.5 (54.8%)
125	GLIŃSKA Beata	37	BESTIA POLICE	K40	22	00:17:57	<b>00:35:14.00</b>	<b>00:35:14.00</b>	+00:15:52 (45.0%)	7:02	8.5 (54.8%)
126	BALCERZAK Mirela	7	KLUB BOKSERSKI BESTIA POLICE	K20	5	00:17:58	<b>00:35:15.15</b>	<b>00:35:15.15</b>	+00:15:53 (45.1%)	7:03	8.5 (54.8%)
127	GAŁKA Agnieszka	35	KLUB BOKSERSKI BESTIA POLICE	K40	23	00:18:01	<b>00:35:17.05</b>	<b>00:35:17.05</b>	+00:15:55 (45.1%)	7:03	8.5 (54.8%)
128	KŁONOWSKI Bartosz	57		M20	19	00:17:40	<b>00:35:27.75</b>	<b>00:35:27.75</b>	+00:16:05 (45.4%)	7:05	8.5 (54.8%)
129	SKIRMUNTT Martyna	142		K40	24	00:17:40	<b>00:35:27.90</b>	<b>00:35:27.90</b>	+00:16:05 (45.4%)	7:05	8.5 (54.8%)
130	POLTORAK Ela	189	TRIGYM	K40	25	00:17:38	<b>00:35:44.45</b>	<b>00:35:44.45</b>	+00:16:22 (45.8%)	7:08	8.4 (54.2%)
131	DOBIES Jolanta	23		K50	7	00:17:59	<b>00:36:08.35</b>	<b>00:36:08.35</b>	+00:16:46 (46.4%)	7:13	8.3 (53.5%)
132	ORŁOWSKA Marta	105	BESTIA POLICE	K30	14	00:18:11	<b>00:36:50.00</b>	<b>00:36:50.00</b>	+00:17:28 (47.4%)	7:22	8.1 (52.3%)
133	KOSOBUCKA Marta	59	BESTIAPOLICE	K30	15	00:18:10	<b>00:36:50.35</b>	<b>00:36:50.35</b>	+00:17:28 (47.4%)	7:22	8.1 (52.3%)
134	ROSIAK Paulina	128		K30	16	00:18:16	<b>00:36:52.05</b>	<b>00:36:52.05</b>	+00:17:30 (47.5%)	7:22	8.1 (52.3%)
135	SZYMCZAK Magdalena	161	GRUPA AZOTY	K30	17	00:17:21	<b>00:36:57.55</b>	<b>00:36:57.55</b>	+00:17:35 (47.6%)	7:23	8.1 (52.3%)
136	KOZANECKI Łukasz	63		M40	21	00:18:45	<b>00:37:18.95</b>	<b>00:37:18.95</b>	+00:17:56 (48.1%)	7:27	8 (51.6%)
137	БОГОМАЗ Галина	184	#FIEGE BIEGA	K50	8	00:16:36	<b>00:37:38.80</b>	<b>00:37:38.80</b>	+00:18:16 (48.6%)	7:31	8 (51.6%)
138	SAVCZENKO Maryna	133	#FIEGEBIEGA	K40	26	00:16:36	<b>00:37:39.50</b>	<b>00:37:39.50</b>	+00:18:17 (48.6%)	7:31	8 (51.6%)
139	GADOMSKA Honorata	29	AMPIO TEAM	K40	27	00:17:35	<b>00:37:46.15</b>	<b>00:37:46.15</b>	+00:18:24 (48.7%)	7:33	7.9 (51.0%)
140	POCZAŃEK Angelika	111	KLUB BOKSERSKI BESTIA POLICE	K40	28	00:18:13	<b>00:38:02.00</b>	<b>00:38:02.00</b>	+00:18:40 (49.1%)	7:36	7.9 (51.0%)
141	SCHAB Patrycja	134		K30	18	00:18:19	<b>00:38:02.45</b>	<b>00:38:02.45</b>	+00:18:40 (49.1%)	7:36	7.9 (51.0%)
142	PORĘBSKI Tomasz	116		M30	24	00:18:19	<b>00:38:03.00</b>	<b>00:38:03.00</b>	+00:18:41 (49.1%)	7:36	7.9 (51.0%)
143	ORŁOWSKA Natalia	104	MOW SZCZECIN	K20	6	00:18:03	<b>00:38:04.25</b>	<b>00:38:04.25</b>	+00:18:42 (49.1%)	7:36	7.9 (51.0%)
144	WALKIEWICZ Agnieszka	167	SOSW NR 1 DNR	K20	7	00:18:22	<b>00:38:06.00</b>	<b>00:38:06.00</b>	+00:18:44 (49.2%)	7:37	7.9 (51.0%)
145	GADOMSKA Maja	30	AMPIO TEAM	K20	8	00:17:36	<b>00:38:15.45</b>	<b>00:38:15.45</b>	+00:18:53 (49.4%)	7:39	7.8 (50.3%)
146	KORCZAK-DOLECKA Edyta	58		K30	19	00:18:37	<b>00:38:17.75</b>	<b>00:38:17.75</b>	+00:18:55 (49.4%)	7:39	7.8 (50.3%)
147	MINDA Katarzyna	93	TIP	K30	20	00:18:54	<b>00:38:34.20</b>	<b>00:38:34.20</b>	+00:19:12 (49.8%)	7:42	7.8 (50.3%)
148	AUGUSTYNIAK Łukasz	5		M20	20	00:18:13	<b>00:38:46.65</b>	<b>00:38:46.65</b>	+00:19:24 (50.1%)	7:45	7.7 (49.7%)
149	CHODZYŃSKA Marta	16		K30	21	00:18:36	<b>00:39:02.30</b>	<b>00:39:02.30</b>	+00:19:40 (50.4%)	7:48	7.7 (49.7%)
150	NIZIO Dorota	98		K30	22	00:19:15	<b>00:39:07.15</b>	<b>00:39:07.15</b>	+00:19:45 (50.5%)	7:49	7.7 (49.7%)
151	NIZIO Grzegorz	99		M30	25	00:19:14	<b>00:39:07.85</b>	<b>00:39:07.85</b>	+00:19:45 (50.5%)	7:49	7.7 (49.7%)
152	LETKO Iwona	77		K50	9	00:19:17	<b>00:39:35.60</b>	<b>00:39:35.60</b>	+00:20:13 (51.1%)	7:55	7.6 (49.0%)
153	SCHULZ Magdalena	135		K20	9	00:19:35	<b>00:39:51.05</b>	<b>00:39:51.05</b>	+00:20:29 (51.4%)	7:58	7.5 (48.4%)
154	DRYŃKOWSKA Emilia	26	KLUB BOKSERSKI BESTIA POLICE	K30	23	00:19:08	<b>00:39:54.20</b>	<b>00:39:54.20</b>	+00:20:32 (51.5%)	7:58	7.5 (48.4%)
155	WOLNA Dorota	175		K40	29	00:19:38	<b>00:40:14.20</b>	<b>00:40:14.20</b>	+00:20:52 (51.9%)	8:02	7.5 (48.4%)
156	SĘPEK Magdalena	138	MOW SZCZECIN	K20	10	00:18:40	<b>00:42:39.20</b>	<b>00:42:39.20</b>	+00:23:17 (54.6%)	8:31	7 (45.2%)
157	WAWRZYCKA Natalia	169		K20	11	00:19:39	<b>00:43:37.45</b>	<b>00:43:37.45</b>	+00:24:15 (55.6%)	8:43	6.9 (44.5%)
158	REKOWSKA Danuta	127		K60+	3	00:18:37	<b>00:43:37.75</b>	<b>00:43:37.75</b>	+00:24:15 (55.6%)	8:43	6.9 (44.5%)
159	LEGWIŃSKA Agnieszka	76		K40	30	00:20:55	<b>00:45:03.80</b>	<b>00:45:03.80</b>	+00:25:41 (57.0%)	9:00	6.7 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
160	<b>WIĄCEK Luiza</b>	<b>172</b>	MOW SZCZECIN	K20	12	00:20:57	<b>00:45:53.45</b>	<b>00:45:53.45</b>	+00:26:31 (57.8%)	9:10	6.5 (41.9%)
161	<b>LEWANDOWSKA Agnieszka</b>	<b>78</b>	KLUB BOKSERSKI POLICE	K30	24	00:21:33	<b>00:46:18.35</b>	<b>00:46:18.35</b>	+00:26:56 (58.2%)	9:15	6.5 (41.9%)
162	<b>PIETKIEWCZ Angelika</b>	<b>109</b>	MOW SZCZECIN	K20	13	00:22:11	<b>00:47:51.75</b>	<b>00:47:51.75</b>	+00:28:29 (59.5%)	9:34	6.3 (40.6%)
163	<b>KURPIEWSKA Klaudia</b>	<b>74</b>	MOW SZCZECIN	K20	14	00:20:56	<b>00:47:53.60</b>	<b>00:47:53.60</b>	+00:28:31 (59.6%)	9:34	6.3 (40.6%)
164	<b>HAWRYLAK Marcin</b>	<b>46</b>	DRUŻYNA KORCZAKA	M50	11	00:21:14	<b>00:47:58.05</b>	<b>00:47:58.05</b>	+00:28:36 (59.6%)	9:35	6.3 (40.6%)
165	<b>SMOŁOWIK Ernest</b>	<b>143</b>	SOSW NR 1 DNR	M20	21	00:16:09			+00:06:39	6:28	9.3 (60.0%)
	<b>JASIŃSKI Patryk</b>	<b>49</b>	SOSW NR 1 DNR	M20		DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 166 wynik(ów)