



BIEG GŁÓWNY - 5 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: 5. BIEG KORCZAKA
Organizator: Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla Dzieci Niepełnosprawnych Ruchowo w Policach im. Marii Grzegorzewskiej
Data: 2024-04-20
Miejsce: Police
Dystans: 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ŁUKASZEWSKI Sebastian	78	STARGARDZKI KLUB LEKKOATLETYCZNY	M40	1		00:10:24	00:21:09.90	00:21:11.95		4:13	14.2 (100%)
2	KRELA Andrzej	161		M40	2		00:10:48	00:22:04.65	00:22:06.50	+00:00:54 (4.1%)	4:24	13.6 (95.8%)
3	WASILEWSKI Andrzej	140	WILKI Z CIECHOCINKA	M40	3		00:11:00	00:22:04.90	00:22:08.60	+00:00:56 (4.3%)	4:24	13.6 (95.8%)
4	BANKOWSKI Mateusz	7		M30	1		00:11:03	00:22:14.45	00:22:16.90	+00:01:04 (4.9%)	4:26	13.5 (95.1%)
5	GAJEK Andrzej	36		M30	2		00:11:04	00:22:30.00	00:22:30.00	+00:01:18 (5.8%)	4:30	13.3 (93.7%)
6	POKRZYWIŃSKI Krzysztof	92	DRUŻYNA KORCZAKA	M60+	1	Drużyna Korczaka	00:11:20	00:22:56.90	00:23:00.05	+00:01:48 (7.8%)	4:35	13.1 (92.3%)
7	JASTRZĘBSKI Jarosław	47		M40	4		00:11:19	00:23:01.65	00:23:05.40	+00:01:53 (8.2%)	4:36	13 (91.5%)
8	SADOWSKI Kamil	111	PSY PECONA	M30	3	Psy Pecona	00:11:23	00:23:18.60	00:23:21.95	+00:02:10 (9.3%)	4:39	12.9 (90.8%)
9	KUCZYŃSKI Paweł	70		M40	5		00:11:47	00:23:47.35	00:23:50.85	+00:02:38 (11.1%)	4:45	12.6 (88.7%)
10	KARASIEWICZ Łukasz	53	WY-BIEGANI SZCZECIN	M30	4	Wy-Biegani Szczecin	00:11:44	00:24:22.20	00:24:24.55	+00:03:12 (13.2%)	4:52	12.3 (86.6%)
11	MALINOWSKI Norbert	122		M40	6		00:12:11	00:24:27.65	00:24:32.25	+00:03:20 (13.6%)	4:53	12.3 (86.6%)
12	BALCERZAK Przemysław	5	UKL ÓSEMKA POLICE	M40	7	UKL Ósemka Police	00:12:01	00:24:43.20	00:24:45.95	+00:03:34 (14.4%)	4:56	12.1 (85.2%)
13	HAŁGAS Piotr	39	PSY PECONA	M30	5	Psy Pecona	00:11:54	00:24:52.50	00:24:54.65	+00:03:42 (14.9%)	4:58	12.1 (85.2%)
14	OLEJNIK Przemek	89		M50	1		00:12:25	00:25:29.65	00:25:32.55	+00:04:20 (17.0%)	5:05	11.8 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	KACPERSKI Tomasz	51	PSY PECONA	M30	6	Psy Pecona	00:12:14	00:25:34.30	00:25:39.50	+00:04:27 (17.4%)	5:06	11.7 (82.4%)
16	FILIPOWICZ Robert	34		M40	8	Ojciec i syn	00:12:29	00:25:43.90	00:25:47.75	+00:04:35 (17.8%)	5:08	11.7 (82.4%)
17	ZELEK Dariusz	155	DRUŻYNA KORCZAKA	M50	2	Drużyna Korczaka	00:12:35	00:25:53.20	00:25:55.05	+00:04:43 (18.2%)	5:10	11.6 (81.7%)
18	GOŁUBOWICZ Daniel	37		M40	9		00:12:44	00:25:56.95	00:26:03.90	+00:04:51 (18.7%)	5:11	11.6 (81.7%)
19	PODWYSZYŃSKI Sylwester	98	KW PSP SZCZECIN	M50	3		00:12:52	00:26:09.60	00:26:12.20	+00:05:00 (19.1%)	5:13	11.5 (81.0%)
20	ARLUKIEWICZ Grzegorz	4	TOST I PIWO	M30	7		00:13:10	00:26:10.15	00:26:15.55	+00:05:03 (19.3%)	5:14	11.5 (81.0%)
21	RÓŻAŃSKI Marcin	106	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M30	8	MOVE Trzebież	00:13:16	00:26:08.40	00:26:16.15	+00:05:04 (19.3%)	5:13	11.5 (81.0%)
22	ŻARCZYŃSKI Błażej	159	BIEGAM U KOLESI/ KP PSP POLICE	M30	9		00:12:59	00:26:16.40	00:26:22.60	+00:05:10 (19.6%)	5:15	11.4 (80.3%)
23	BINDAS Mateusz	10	WY-BIEGANI SZCZECIN	M20	1	Wy-Biegani Szczecin	00:13:09	00:26:28.30	00:26:30.35	+00:05:18 (20.0%)	5:17	11.3 (79.6%)
24	REJBICZ Paweł	104		M20	2		00:13:09	00:26:30.00	00:26:36.65	+00:05:24 (20.3%)	5:18	11.3 (79.6%)
25	CZERNAK Oskar	6	KLUB BOKSERSKI BESTIA POLICE	M20	3		00:13:04	00:26:33.65	00:26:40.20	+00:05:28 (20.5%)	5:18	11.3 (79.6%)
26	SLIŻ Julia	119		K20	1		00:13:10	00:26:43.05	00:26:46.20	+00:05:34 (20.8%)	5:20	11.2 (78.9%)
27	LEWANDOWSKI Daniel	76	WY-BIEGANI SZCZECIN	M30	10	Wy-Biegani Szczecin	00:13:07	00:27:02.00	00:27:04.55	+00:05:52 (21.7%)	5:24	11.1 (78.2%)
28	HAMAN Kacper	40	WY-BIEGANI SZCZECIN	M30	11	Wy-Biegani Szczecin	00:13:07	00:27:15.90	00:27:18.85	+00:06:06 (22.4%)	5:27	11 (77.5%)
29	FALEŃSKI Dawid	33		M20	4		00:13:39	00:27:47.35	00:27:52.45	+00:06:40 (23.9%)	5:33	10.8 (76.1%)
30	ZAJĄCZKOWSKI Jakub	71	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	5	MOVE Trzebież	00:12:23	00:27:59.20	00:28:04.40	+00:06:52 (24.5%)	5:35	10.7 (75.4%)
31	POPŁAWSKA Weronika	100	LKS PRZECŁAW	K40	1		00:13:40	00:28:03.90	00:28:07.75	+00:06:55 (24.6%)	5:36	10.7 (75.4%)
32	ZGRAJA Piotr	156	BIEGACZE ŚWINOUJŚCIE	M50	4		00:14:08	00:28:07.00	00:28:10.35	+00:06:58 (24.8%)	5:37	10.7 (75.4%)
33	ZABORA Paweł	153	SPINER POLICE	M40	10		00:13:33	00:28:08.50	00:28:12.90	+00:07:00 (24.9%)	5:37	10.7 (75.4%)
34	SĘK Bartosz	114	DRUŻYNA KORCZAKA	M20	6	Drużyna Korczaka	00:14:04	00:28:19.75	00:28:25.30	+00:07:13 (25.4%)	5:39	10.6 (74.6%)
35	CZERWIŃSKI Paweł	24	PSY PECONA	M30	12	Psy Pecona	00:13:39	00:28:25.45	00:28:30.05	+00:07:18 (25.6%)	5:41	10.6 (74.6%)
36	MIECZNIKOWSKI Patryk	84	#FIEGEBIEGA	M30	13	#FIEGEBiega	00:14:00	00:28:32.00	00:28:36.05	+00:07:24 (25.9%)	5:42	10.5 (73.9%)
37	RAKOWSKI Piotr	102		M60+	2		00:14:10	00:28:37.20	00:28:41.85	+00:07:29 (26.1%)	5:43	10.5 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	PIRÓG Ewa	97		K30	1		00:14:10	00:29:00.00	00:29:02.65	+00:07:50 (27.0%)	5:48	10.3 (72.5%)
39	ŁAWNICZAK Sebastian	77		M40	11		00:14:38	00:29:30.95	00:29:30.95	+00:08:19 (28.2%)	5:54	10.2 (71.8%)
40	KŁACZKIEWICZ Alicja	56	WY-BIEGANI SZCZECIN	K30	2	Wy-Biegani Szczecin	00:14:45	00:30:05.80	00:30:09.25	+00:08:57 (29.7%)	6:01	10 (70.4%)
41	BIEŃCZYK Iwona	8	WY-BIEGANI SZCZECIN	K50	1	Wy-Biegani Szczecin	00:14:52	00:30:15.55	00:30:18.00	+00:09:06 (30.0%)	6:03	9.9 (69.7%)
42	BOBER Łukasz	11		M40	12		00:15:30	00:30:41.80	00:30:51.90	+00:09:39 (31.3%)	6:08	9.8 (69.0%)
43	BRZEZICKI Kacper	15	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	7	MOVE Trzebież	00:10:55	00:30:45.75	00:30:54.00	+00:09:42 (31.4%)	6:09	9.8 (69.0%)
44	MATECKI Adrian	82	CHABROWE CHODNIKI	M20	8		00:14:44	00:30:50.45	00:30:55.55	+00:09:43 (31.5%)	6:10	9.7 (68.3%)
45	NOWICKA Aleksandra	88		K30	3		00:15:11	00:30:58.55	00:31:02.60	+00:09:50 (31.7%)	6:11	9.7 (68.3%)
46	STANEK Paweł	126	#KRESOWABIEGA	M50	5		00:16:32	00:31:07.65	00:31:18.85	+00:10:06 (32.3%)	6:13	9.6 (67.6%)
47	WARDEGA Monika	139	#FIEGEBIEGA	K30	4	#FIEGEBiega	00:15:20	00:31:16.25	00:31:19.15	+00:10:07 (32.3%)	6:15	9.6 (67.6%)
48	DŻEGAN Bartosz	152	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	9	MOVE Trzebież	00:14:56	00:31:17.35	00:31:25.60	+00:10:13 (32.5%)	6:15	9.6 (67.6%)
49	FILIPOWICZ Oliwer	35		M20	10	Ojciec i syn	00:15:21	00:31:30.10	00:31:34.40	+00:10:22 (32.9%)	6:18	9.5 (66.9%)
50	DOLIŃSKA Laura	30	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	2	MOW im. Janusza Korczaka w Szczecinie	00:15:37	00:31:32.35	00:31:37.75	+00:10:25 (33.0%)	6:18	9.5 (66.9%)
51	BILK Brandon	9	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	11	MOVE Trzebież	00:15:16	00:31:39.25	00:31:47.70	+00:10:35 (33.3%)	6:19	9.5 (66.9%)
52	KLAUZINSKA Monika	54		K40	2		00:15:39	00:31:50.80	00:31:54.00	+00:10:42 (33.5%)	6:22	9.4 (66.2%)
53	ŚLUBOWSKI Dariusz	131		M40	13		00:15:51	00:31:46.90	00:31:59.45	+00:10:47 (33.7%)	6:21	9.4 (66.2%)
54	SIWAK Łukasz	117	KB PIONIER SZCZECIN	M30	14	KB Pionier Szczecin	00:15:07	00:32:01.65	00:32:04.40	+00:10:52 (33.9%)	6:24	9.4 (66.2%)
55	BUJNOWSKA Anita	19		K30	5		00:16:26	00:32:08.40	00:32:15.35	+00:11:03 (34.3%)	6:25	9.3 (65.5%)
56	UŁANOWICZ Katarzyna	135		K40	3		00:16:04	00:32:18.40	00:32:26.35	+00:11:14 (34.6%)	6:27	9.3 (65.5%)
57	BONIECKA Karolina	14		K30	6		00:15:51	00:32:18.00	00:32:26.95	+00:11:15 (34.7%)	6:27	9.3 (65.5%)
58	WITKOWSKI Michał	148		M30	15		00:16:36	00:32:20.85	00:32:29.55	+00:11:17 (34.8%)	6:28	9.3 (65.5%)
59	WAŚKO Patrycja	142		K30	7		00:15:40	00:32:36.75	00:32:40.55	+00:11:28 (35.1%)	6:31	9.2 (64.8%)
60	STACHOWSKI Andrzej	125	MONIAGYM	M50	6		00:16:34	00:32:31.20	00:32:42.85	+00:11:30 (35.2%)	6:30	9.2 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
61	ROZEN Agnieszka	105	#KRESOWABIEGA	K40	4		00:16:33	00:32:33.70	00:32:45.00	+00:11:33 (35.3%)	6:30	9.2 (64.8%)
62	WARAKSA Anna	138		K40	5		00:16:11	00:33:08.80	00:33:12.60	+00:12:00 (36.2%)	6:37	9.1 (64.1%)
63	KOMÓR Jarosław	58		M30	16		00:16:49	00:33:02.40	00:33:13.50	+00:12:01 (36.2%)	6:36	9.1 (64.1%)
64	PACYNA Renata	90	#FIEGEBIEGA	K50	2		00:16:00	00:33:18.35	00:33:21.70	+00:12:09 (36.5%)	6:39	9 (63.4%)
65	WRZESZCZ Angelika	151		K30	8		00:16:08	00:33:32.45	00:33:36.75	+00:12:24 (36.9%)	6:42	8.9 (62.7%)
66	DYMOWSKI Paweł	31	WIECZORNE BIEGANIE W SZCZECINIE	M40	14	Wieczorne bieganie w Szczecinie	00:17:27	00:33:28.80	00:33:41.95	+00:12:30 (37.1%)	6:41	9 (63.4%)
67	ŚWIDER Edyta	133		K40	6		00:17:05	00:33:40.05	00:33:48.45	+00:12:36 (37.3%)	6:44	8.9 (62.7%)
68	KRUSZEWICZ Aleksander	66	AMPIO TEAM	M40	15	Ampio Team	00:16:52	00:33:38.40	00:33:50.40	+00:12:38 (37.4%)	6:43	8.9 (62.7%)
69	REJBICZ Paulina	103		K30	9		00:16:36	00:33:44.15	00:33:50.90	+00:12:38 (37.4%)	6:44	8.9 (62.7%)
70	CZYCZYN Angelika	25		K40	7		00:16:24	00:33:38.95	00:33:52.40	+00:12:40 (37.4%)	6:43	8.9 (62.7%)
71	PILAWSKI Piotr	94	TIP	M30	17		00:16:43	00:33:43.60	00:33:52.85	+00:12:40 (37.4%)	6:44	8.9 (62.7%)
72	LESZCZYŃSKA Karolina	74		K20	3		00:16:41	00:33:51.00	00:33:54.70	+00:12:42 (37.5%)	6:46	8.9 (62.7%)
73	SZAJEK Artur	128	HULK TEAM POLICE	M40	16	Hulk Team Police	00:17:12	00:34:21.75	00:34:30.15	+00:13:18 (38.6%)	6:52	8.7 (61.3%)
74	KUBASIK Waldemar	68	BOSMAN SZCZECIN	M60+	3		00:16:27	00:34:27.80	00:34:33.35	+00:13:21 (38.7%)	6:53	8.7 (61.3%)
75	KOŁODZIEJ Krzysztof	57	LELEMELKI	M50	7		00:16:46	00:34:46.50	00:34:52.50	+00:13:40 (39.2%)	6:57	8.6 (60.6%)
76	ZIENTEK Małgorzata	157	WIECZORNE BIEGANIE W SZCZECINIE	K40	8		00:17:00	00:35:02.00	00:35:08.50	+00:13:56 (39.7%)	7:00	8.6 (60.6%)
77	JAKSINA Anna	46	DRUŻYNA KORCZAKA	K40	9	Drużyna Korczaka	00:17:04	00:35:05.20	00:35:08.75	+00:13:56 (39.7%)	7:01	8.6 (60.6%)
78	SOROKO Kamila	124		K30	10		00:16:57	00:35:03.65	00:35:11.00	+00:13:59 (39.7%)	7:00	8.6 (60.6%)
79	IDZIKOWSKA Magdalena	44		K30	11		00:16:57	00:35:11.10	00:35:16.05	+00:14:04 (39.9%)	7:02	8.5 (59.9%)
80	WOSZCZYK Renata	150		K40	10		00:17:18	00:35:19.70	00:35:19.70	+00:14:07 (40.0%)	7:03	8.5 (59.9%)
81	SZAJEK Gabor	129	HULK TEAM POLICE	M20	12	Hulk Team Police	00:17:49	00:35:30.00	00:35:38.25	+00:14:26 (40.5%)	7:06	8.5 (59.9%)
82	ANDRUSZKIEWICZ Jakub	3		M20	13		00:18:13	00:35:28.90	00:35:39.00	+00:14:27 (40.5%)	7:05	8.5 (59.9%)
83	JÓZWICKA Aneta	49		K50	3		00:17:10	00:35:44.05	00:35:51.20	+00:14:39 (40.9%)	7:08	8.4 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	SMOŁOWIK Ernest	121	SOSW NR 1 DNR	M20	14	Drużyna Korczaka	00:17:22	00:35:43.10	00:35:54.00	+00:14:42 (40.9%)	7:08	8.4 (59.2%)
85	WESOŁOWSKA Marzena	144	KLUB BOKSERSKI BESTIA POLICE	K30	12		00:17:15	00:35:53.25	00:35:57.60	+00:14:45 (41.0%)	7:10	8.4 (59.2%)
86	KRAWCZYK Magdalena	62		K30	13		00:17:37	00:35:58.30	00:36:06.75	+00:14:54 (41.3%)	7:11	8.3 (58.5%)
87	SZAJEK Marta	127	HULK TEAM POLICE	K40	11	Hulk Team Police	00:17:49	00:36:02.50	00:36:11.25	+00:14:59 (41.4%)	7:12	8.3 (58.5%)
88	MACIĄG Marcin	79		M40	17		00:18:24	00:36:10.30	00:36:19.50	+00:15:07 (41.6%)	7:14	8.3 (58.5%)
89	KUCZMA Patryk	69	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	15	MOVE Trzebież	00:18:03	00:36:28.35	00:36:33.45	+00:15:21 (42.0%)	7:17	8.2 (57.7%)
90	BOHDZIEWICZ Nina	13	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	4	MOW im. Janusza Korczaka w Szczecinie	00:17:47	00:36:48.55	00:36:52.30	+00:15:40 (42.5%)	7:21	8.2 (57.7%)
91	KRUSZEWICZ Dalida	65	AMPIO TEAM	K40	12	Ampio Team	00:18:42	00:36:48.85	00:37:00.05	+00:15:48 (42.7%)	7:21	8.2 (57.7%)
92	BUJACZ Angelika	18	AMPIO TEAM	K50	4	Ampio Team	00:18:42	00:36:48.70	00:37:00.35	+00:15:48 (42.7%)	7:21	8.2 (57.7%)
93	KRUPSKA Krzysztof	64		M50	8		00:19:08	00:36:55.55	00:37:02.40	+00:15:50 (42.8%)	7:23	8.1 (57.0%)
94	WAJER Krzysztof	137		M30	18		00:17:00	00:37:22.20	00:37:30.75	+00:16:18 (43.5%)	7:28	8 (56.3%)
95	MYŚLIWA Małgorzata	99	#FIEGEBIEGA	K30	14	#FIEGEBiega	00:18:38	00:37:22.95	00:37:32.45	+00:16:20 (43.5%)	7:28	8 (56.3%)
96	RAKOWSKA Katarzyna	32	#FIEGEBIEGA	K40	13	#FIEGEBiega	00:18:38	00:37:22.95	00:37:32.50	+00:16:20 (43.5%)	7:28	8 (56.3%)
97	ANDRUSZKIEWICZ Maciej	2		M40	18		00:18:57	00:37:25.60	00:37:35.15	+00:16:23 (43.6%)	7:29	8 (56.3%)
98	ZIĘTEK Ewelina	158		K50	5		00:18:19	00:37:37.75	00:37:40.20	+00:16:28 (43.7%)	7:31	8 (56.3%)
99	ŻENDEŁEK Magdalena	160	ZMĘCZENI NA STARCIE DOBIEGNIEW	K30	15		00:18:32	00:37:46.00	00:37:52.20	+00:16:40 (44.0%)	7:33	7.9 (55.6%)
100	MARKOWSKI Tomasz	80		M40	19		00:18:41	00:37:55.50	00:38:07.80	+00:16:55 (44.4%)	7:35	7.9 (55.6%)
101	PAWLIŃSKI Przemysław	91		M20	16		00:18:14	00:38:14.25	00:38:24.05	+00:17:12 (44.8%)	7:38	7.8 (54.9%)
102	DOLECKI Dominik	29		M30	19		00:18:26	00:38:21.80	00:38:35.70	+00:17:23 (45.1%)	7:40	7.8 (54.9%)
103	MATCZAK Krystian	81	#FIEGEBIEGA	M40	20	#FIEGEBiega	00:18:50	00:38:24.40	00:38:36.10	+00:17:24 (45.1%)	7:40	7.8 (54.9%)
104	JUSZKIEWICZ Małgorzata	50		K50	6		00:18:52	00:38:39.45	00:38:49.10	+00:17:37 (45.4%)	7:43	7.8 (54.9%)
105	CHRZANOWSKA Monika	23		K20	5		00:20:07	00:38:48.50	00:38:56.45	+00:17:44 (45.6%)	7:45	7.7 (54.2%)
106	CABAJ Tomasz	20	#FIEGEBIEGA	M20	17	#FIEGEBiega	00:18:34	00:38:47.55	00:38:57.85	+00:17:45 (45.6%)	7:45	7.7 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	SOŁTYS Krzysztof	123		M20	18		00:18:42	00:38:54.30	00:39:04.70	+00:17:52 (45.8%)	7:46	7.7 (54.2%)
108	KOWALEWSKA Marta	60		K30	16		00:18:58	00:39:05.90	00:39:10.95	+00:17:59 (45.9%)	7:49	7.7 (54.2%)
109	DOBIES Jolanta	27		K50	7		00:19:36	00:39:20.60	00:39:29.25	+00:18:17 (46.3%)	7:52	7.6 (53.5%)
110	DENISIUK Krzysztof	26	NIEZRZESZONY	M60+	4		00:20:00	00:40:08.65	00:40:14.45	+00:19:02 (47.3%)	8:01	7.5 (52.8%)
111	KORGÓL Kasia	59		K30	17		00:20:22	00:40:08.10	00:40:18.25	+00:19:06 (47.4%)	8:01	7.5 (52.8%)
112	JABŁOŃSKA Sylwia	45		K40	14		00:19:54	00:41:10.80	00:41:15.75	+00:20:03 (48.6%)	8:14	7.3 (51.4%)
113	TOMASZEWSKI Radosław	134		M30	20		00:20:11	00:41:17.20	00:41:27.90	+00:20:15 (48.9%)	8:15	7.3 (51.4%)
114	GREBER Kinga	38		K30	18		00:20:54	00:42:04.70	00:42:10.55	+00:20:58 (49.7%)	8:24	7.1 (50.0%)
115	KAMIŃSKA Justyna	52		K40	15		00:20:47	00:42:34.50	00:42:40.80	+00:21:28 (50.3%)	8:30	7 (49.3%)
116	WIELGOSZEWSKA Katarzyna	145		K50	8		00:21:16	00:42:54.90	00:42:54.90	+00:21:42 (50.6%)	8:34	7 (49.3%)
117	PRZYCKA Nikola	101	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	6	MOW im. Janusza Korczaka w Szczecinie	00:17:24	00:42:51.15	00:42:55.65	+00:21:43 (50.6%)	8:34	7 (49.3%)
118	CHOJNACKA Malwina	22	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	7	MOW im. Janusza Korczaka w Szczecinie	00:17:43	00:43:07.45	00:43:11.75	+00:21:59 (50.9%)	8:37	7 (49.3%)
119	SIELICKA Małgorzata	115		K50	9		00:20:31	00:43:04.30	00:43:13.90	+00:22:01 (51.0%)	8:36	7 (49.3%)
120	RUDZIŃSKA Jessika	109	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	8	MOW im. Janusza Korczaka w Szczecinie	00:19:32	00:43:41.65	00:43:45.40	+00:22:33 (51.6%)	8:44	6.9 (48.6%)
121	SMOLIŃSKI Dominik	120	WY-BIEGANI SZCZECIN	M20	19	Wy-Biegani Szczecin	00:20:52	00:45:22.40	00:45:28.20	+00:24:16 (53.4%)	9:04	6.6 (46.5%)
122	SEBASTYN Julia	112	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	9	MOW im. Janusza Korczaka w Szczecinie	00:21:54	00:46:01.45	00:46:06.10	+00:24:54 (54.0%)	9:12	6.5 (45.8%)
123	CHABASIŃSKA Wiwiana	21		K20	10		00:22:14	00:46:05.55	00:46:12.80	+00:25:00 (54.1%)	9:13	6.5 (45.8%)
124	BRZEZIŃSKA Karolina	17		K20	11		00:22:45	00:46:15.40	00:46:22.50	+00:25:10 (54.3%)	9:15	6.5 (45.8%)
125	ŚWIĄTEK Piotr	132		M20	20		00:22:45	00:46:49.80	00:46:57.35	+00:25:45 (54.9%)	9:21	6.4 (45.1%)
126	BRZEZIŃSKA Majka	16		K20	12		00:22:44	00:46:49.70	00:46:57.65	+00:25:45 (54.9%)	9:21	6.4 (45.1%)
127	KRUPSKA Judyta	63		K40	16		00:23:20	00:47:19.75	00:47:21.65	+00:26:09 (55.2%)	9:27	6.3 (44.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
128	ŁĄG Julia	72	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	13	MOW im. Janusza Korczaka w Szczecinie	00:22:46	00:47:43.85	00:47:48.90	+00:26:36 (55.7%)	9:32	6.3 (44.4%)
129	ZAWADZKA Laura	154	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	14	MOW im. Janusza Korczaka w Szczecinie	00:22:47	00:47:47.30	00:47:52.35	+00:26:40 (55.7%)	9:33	6.3 (44.4%)
130	KRZYSZTOSZEK Patrycja	67	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	15	MOW im. Janusza Korczaka w Szczecinie	00:23:25	00:48:48.90	00:48:54.10	+00:27:42 (56.6%)	9:45	6.1 (43.0%)
130	KRACZEK Agnieszka	61	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K20	15	MOW im. Janusza Korczaka w Szczecinie	00:23:25	00:48:49.30	00:48:54.10	+00:27:42 (56.6%)	9:45	6.1 (43.0%)
132	ADAMKOWSKA Natalia	1		K30	19		00:23:16	00:49:47.00	00:49:52.85	+00:28:40 (57.5%)	9:57	6 (42.3%)
133	JĘDRASZCZYK Rafał	48		M30	21		00:23:15	00:49:46.50	00:49:52.90	+00:28:40 (57.5%)	9:57	6 (42.3%)
134	SADOWSKA Julia	110		K20	17		00:24:28	00:50:19.55	00:50:27.20	+00:29:15 (58.0%)	10:03	6 (42.3%)
135	SĘK Dominik	113	DRUŻYNA KORCZAKA	M20	21	Drużyna Korczaka	00:24:45	00:50:48.90	00:51:01.45	+00:29:49 (58.5%)	10:09	5.9 (41.5%)
136	MIELEC Marta	85	DRUŻYNA KORCZAKA	K30	20	Drużyna Korczaka	00:24:44	00:50:47.90	00:51:01.50	+00:29:49 (58.5%)	10:09	5.9 (41.5%)
137	LETKO Iwona	75		K50	10		00:25:20	00:52:02.55	00:52:11.75	+00:30:59 (59.4%)	10:24	5.8 (40.8%)
138	HAWRYŁAK Marcin	42	DRUŻYNA KORCZAKA	M50	9	Drużyna Korczaka	00:07:13	00:51:17.45	00:52:14.75	+00:31:02 (59.4%)	10:15	5.8 (40.8%)
	HRYNKIEWICZ- PAWŁASZEK Anna	43	MOW IM. JANUSZA KORCZAKA W SZCZECINIE	K40		MOW im. Janusza Korczaka w Szczecinie	00:12:45 DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 139 wynik(ów)