



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

| Msc | Zawodnik                   | Numer      | Klub                                        | Kategoria | Mkat | Drużyna 1                             | Półmetek<br>2.5km | Czas<br>netto<br>5km | Czas<br>brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------------|------------|---------------------------------------------|-----------|------|---------------------------------------|-------------------|----------------------|-----------------------|----------------------|-----------------|-----------------|
| 38  | <b>PIRÓG Ewa</b>           | <b>97</b>  |                                             | K30       | 1    |                                       | 00:14:10          | <b>00:29:00.00</b>   | <b>00:29:02.65</b>    | +00:07:50<br>(27.0%) | 5:48            | 10.3<br>(72.5%) |
| 39  | <b>ŁAWNICZAK Sebastian</b> | <b>77</b>  |                                             | M40       | 11   |                                       | 00:14:38          | <b>00:29:30.95</b>   | <b>00:29:30.95</b>    | +00:08:19<br>(28.2%) | 5:54            | 10.2<br>(71.8%) |
| 40  | <b>KŁACZKIEWICZ Alicja</b> | <b>56</b>  | WY-BIEGANI SZCZECIN                         | K30       | 2    | Wy-Biegani Szczecin                   | 00:14:45          | <b>00:30:05.80</b>   | <b>00:30:09.25</b>    | +00:08:57<br>(29.7%) | 6:01            | 10<br>(70.4%)   |
| 41  | <b>BIEŃCZYK Iwona</b>      | <b>8</b>   | WY-BIEGANI SZCZECIN                         | K50       | 1    | Wy-Biegani Szczecin                   | 00:14:52          | <b>00:30:15.55</b>   | <b>00:30:18.00</b>    | +00:09:06<br>(30.0%) | 6:03            | 9.9<br>(69.7%)  |
| 42  | <b>BOBER Łukasz</b>        | <b>11</b>  |                                             | M40       | 12   |                                       | 00:15:30          | <b>00:30:41.80</b>   | <b>00:30:51.90</b>    | +00:09:39<br>(31.3%) | 6:08            | 9.8<br>(69.0%)  |
| 43  | <b>BRZEZICKI Kacper</b>    | <b>15</b>  | MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY | M20       | 7    | MOVE Trzebież                         | 00:10:55          | <b>00:30:45.75</b>   | <b>00:30:54.00</b>    | +00:09:42<br>(31.4%) | 6:09            | 9.8<br>(69.0%)  |
| 44  | <b>MATECKI Adrian</b>      | <b>82</b>  | CHABROWE CHODNIKI                           | M20       | 8    |                                       | 00:14:44          | <b>00:30:50.45</b>   | <b>00:30:55.55</b>    | +00:09:43<br>(31.5%) | 6:10            | 9.7<br>(68.3%)  |
| 45  | <b>NOWICKA Aleksandra</b>  | <b>88</b>  |                                             | K30       | 3    |                                       | 00:15:11          | <b>00:30:58.55</b>   | <b>00:31:02.60</b>    | +00:09:50<br>(31.7%) | 6:11            | 9.7<br>(68.3%)  |
| 46  | <b>STANEK Paweł</b>        | <b>126</b> | #KRESOWABIEGA                               | M50       | 5    |                                       | 00:16:32          | <b>00:31:07.65</b>   | <b>00:31:18.85</b>    | +00:10:06<br>(32.3%) | 6:13            | 9.6<br>(67.6%)  |
| 47  | <b>WARDEGA Monika</b>      | <b>139</b> | #FIEGEBIEGA                                 | K30       | 4    | #FIEGEBiega                           | 00:15:20          | <b>00:31:16.25</b>   | <b>00:31:19.15</b>    | +00:10:07<br>(32.3%) | 6:15            | 9.6<br>(67.6%)  |
| 48  | <b>DŻEGAN Bartosz</b>      | <b>152</b> | MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY | M20       | 9    | MOVE Trzebież                         | 00:14:56          | <b>00:31:17.35</b>   | <b>00:31:25.60</b>    | +00:10:13<br>(32.5%) | 6:15            | 9.6<br>(67.6%)  |
| 49  | <b>FILIPOWICZ Oliwer</b>   | <b>35</b>  |                                             | M20       | 10   | Ojciec i syn                          | 00:15:21          | <b>00:31:30.10</b>   | <b>00:31:34.40</b>    | +00:10:22<br>(32.9%) | 6:18            | 9.5<br>(66.9%)  |
| 50  | <b>DOLIŃSKA Laura</b>      | <b>30</b>  | MOW IM. JANUSZA KORCZAKA W SZCZECINIE       | K20       | 2    | MOW im. Janusza Korczaka w Szczecinie | 00:15:37          | <b>00:31:32.35</b>   | <b>00:31:37.75</b>    | +00:10:25<br>(33.0%) | 6:18            | 9.5<br>(66.9%)  |
| 51  | <b>BILK Brandon</b>        | <b>9</b>   | MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY | M20       | 11   | MOVE Trzebież                         | 00:15:16          | <b>00:31:39.25</b>   | <b>00:31:47.70</b>    | +00:10:35<br>(33.3%) | 6:19            | 9.5<br>(66.9%)  |
| 52  | <b>KLAUZINSKA Monika</b>   | <b>54</b>  |                                             | K40       | 2    |                                       | 00:15:39          | <b>00:31:50.80</b>   | <b>00:31:54.00</b>    | +00:10:42<br>(33.5%) | 6:22            | 9.4<br>(66.2%)  |
| 53  | <b>ŚLUBOWSKI Dariusz</b>   | <b>131</b> |                                             | M40       | 13   |                                       | 00:15:51          | <b>00:31:46.90</b>   | <b>00:31:59.45</b>    | +00:10:47<br>(33.7%) | 6:21            | 9.4<br>(66.2%)  |
| 54  | <b>SIWAK Łukasz</b>        | <b>117</b> | KB PIONIER SZCZECIN                         | M30       | 14   | KB Pionier Szczecin                   | 00:15:07          | <b>00:32:01.65</b>   | <b>00:32:04.40</b>    | +00:10:52<br>(33.9%) | 6:24            | 9.4<br>(66.2%)  |
| 55  | <b>BUJNOWSKA Anita</b>     | <b>19</b>  |                                             | K30       | 5    |                                       | 00:16:26          | <b>00:32:08.40</b>   | <b>00:32:15.35</b>    | +00:11:03<br>(34.3%) | 6:25            | 9.3<br>(65.5%)  |
| 56  | <b>UŁANOWICZ Katarzyna</b> | <b>135</b> |                                             | K40       | 3    |                                       | 00:16:04          | <b>00:32:18.40</b>   | <b>00:32:26.35</b>    | +00:11:14<br>(34.6%) | 6:27            | 9.3<br>(65.5%)  |
| 57  | <b>BONIECKA Karolina</b>   | <b>14</b>  |                                             | K30       | 6    |                                       | 00:15:51          | <b>00:32:18.00</b>   | <b>00:32:26.95</b>    | +00:11:15<br>(34.7%) | 6:27            | 9.3<br>(65.5%)  |
| 58  | <b>WITKOWSKI Michał</b>    | <b>148</b> |                                             | M30       | 15   |                                       | 00:16:36          | <b>00:32:20.85</b>   | <b>00:32:29.55</b>    | +00:11:17<br>(34.8%) | 6:28            | 9.3<br>(65.5%)  |
| 59  | <b>WAŚKO Patrycja</b>      | <b>142</b> |                                             | K30       | 7    |                                       | 00:15:40          | <b>00:32:36.75</b>   | <b>00:32:40.55</b>    | +00:11:28<br>(35.1%) | 6:31            | 9.2<br>(64.8%)  |
| 60  | <b>STACHOWSKI Andrzej</b>  | <b>125</b> | MONIAGYM                                    | M50       | 6    |                                       | 00:16:34          | <b>00:32:31.20</b>   | <b>00:32:42.85</b>    | +00:11:30<br>(35.2%) | 6:30            | 9.2<br>(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  | <b>ROZEN Agnieszka</b>       | <b>105</b> | #KRESOWABIEGA                   | K40       | 4    |                                 | 00:16:33       | <b>00:32:33.70</b> | <b>00:32:45.00</b> | +00:11:33 (35.3%) | 6:30         | 9.2 (64.8%) |
| 62  | <b>WARAKSA Anna</b>          | <b>138</b> |                                 | K40       | 5    |                                 | 00:16:11       | <b>00:33:08.80</b> | <b>00:33:12.60</b> | +00:12:00 (36.2%) | 6:37         | 9.1 (64.1%) |
| 63  | <b>KOMÓR Jarosław</b>        | <b>58</b>  |                                 | M30       | 16   |                                 | 00:16:49       | <b>00:33:02.40</b> | <b>00:33:13.50</b> | +00:12:01 (36.2%) | 6:36         | 9.1 (64.1%) |
| 64  | <b>PACYNA Renata</b>         | <b>90</b>  | #FIEGEBIEGA                     | K50       | 2    |                                 | 00:16:00       | <b>00:33:18.35</b> | <b>00:33:21.70</b> | +00:12:09 (36.5%) | 6:39         | 9 (63.4%)   |
| 65  | <b>WRZESZCZ Angelika</b>     | <b>151</b> |                                 | K30       | 8    |                                 | 00:16:08       | <b>00:33:32.45</b> | <b>00:33:36.75</b> | +00:12:24 (36.9%) | 6:42         | 8.9 (62.7%) |
| 66  | <b>DYMOWSKI Paweł</b>        | <b>31</b>  | WIECZORNE BIEGANIE W SZCZECINIE | M40       | 14   | Wieczorne bieganie w Szczecinie | 00:17:27       | <b>00:33:28.80</b> | <b>00:33:41.95</b> | +00:12:30 (37.1%) | 6:41         | 9 (63.4%)   |
| 67  | <b>ŚWIDER Edyta</b>          | <b>133</b> |                                 | K40       | 6    |                                 | 00:17:05       | <b>00:33:40.05</b> | <b>00:33:48.45</b> | +00:12:36 (37.3%) | 6:44         | 8.9 (62.7%) |
| 68  | <b>KRUSZEWICZ Aleksander</b> | <b>66</b>  | AMPIO TEAM                      | M40       | 15   | Ampio Team                      | 00:16:52       | <b>00:33:38.40</b> | <b>00:33:50.40</b> | +00:12:38 (37.4%) | 6:43         | 8.9 (62.7%) |
| 69  | <b>REJBICZ Paulina</b>       | <b>103</b> |                                 | K30       | 9    |                                 | 00:16:36       | <b>00:33:44.15</b> | <b>00:33:50.90</b> | +00:12:38 (37.4%) | 6:44         | 8.9 (62.7%) |
| 70  | <b>CZYCZYN Angelika</b>      | <b>25</b>  |                                 | K40       | 7    |                                 | 00:16:24       | <b>00:33:38.95</b> | <b>00:33:52.40</b> | +00:12:40 (37.4%) | 6:43         | 8.9 (62.7%) |
| 71  | <b>PILAWSKI Piotr</b>        | <b>94</b>  | TIP                             | M30       | 17   |                                 | 00:16:43       | <b>00:33:43.60</b> | <b>00:33:52.85</b> | +00:12:40 (37.4%) | 6:44         | 8.9 (62.7%) |
| 72  | <b>LESZCZYŃSKA Karolina</b>  | <b>74</b>  |                                 | K20       | 3    |                                 | 00:16:41       | <b>00:33:51.00</b> | <b>00:33:54.70</b> | +00:12:42 (37.5%) | 6:46         | 8.9 (62.7%) |
| 73  | <b>SZAJEK Artur</b>          | <b>128</b> | HULK TEAM POLICE                | M40       | 16   | Hulk Team Police                | 00:17:12       | <b>00:34:21.75</b> | <b>00:34:30.15</b> | +00:13:18 (38.6%) | 6:52         | 8.7 (61.3%) |
| 74  | <b>KUBASIK Waldemar</b>      | <b>68</b>  | BOSMAN SZCZECIN                 | M60+      | 3    |                                 | 00:16:27       | <b>00:34:27.80</b> | <b>00:34:33.35</b> | +00:13:21 (38.7%) | 6:53         | 8.7 (61.3%) |
| 75  | <b>KOŁODZIEJ Krzysztof</b>   | <b>57</b>  | LELEMELKI                       | M50       | 7    |                                 | 00:16:46       | <b>00:34:46.50</b> | <b>00:34:52.50</b> | +00:13:40 (39.2%) | 6:57         | 8.6 (60.6%) |
| 76  | <b>ZIENTEK Małgorzata</b>    | <b>157</b> | WIECZORNE BIEGANIE W SZCZECINIE | K40       | 8    |                                 | 00:17:00       | <b>00:35:02.00</b> | <b>00:35:08.50</b> | +00:13:56 (39.7%) | 7:00         | 8.6 (60.6%) |
| 77  | <b>JAKSINA Anna</b>          | <b>46</b>  | DRUŻYNA KORCZAKA                | K40       | 9    | Drużyna Korczaka                | 00:17:04       | <b>00:35:05.20</b> | <b>00:35:08.75</b> | +00:13:56 (39.7%) | 7:01         | 8.6 (60.6%) |
| 78  | <b>SOROKO Kamila</b>         | <b>124</b> |                                 | K30       | 10   |                                 | 00:16:57       | <b>00:35:03.65</b> | <b>00:35:11.00</b> | +00:13:59 (39.7%) | 7:00         | 8.6 (60.6%) |
| 79  | <b>IDZIKOWSKA Magdalena</b>  | <b>44</b>  |                                 | K30       | 11   |                                 | 00:16:57       | <b>00:35:11.10</b> | <b>00:35:16.05</b> | +00:14:04 (39.9%) | 7:02         | 8.5 (59.9%) |
| 80  | <b>WOSZCZYK Renata</b>       | <b>150</b> |                                 | K40       | 10   |                                 | 00:17:18       | <b>00:35:19.70</b> | <b>00:35:19.70</b> | +00:14:07 (40.0%) | 7:03         | 8.5 (59.9%) |
| 81  | <b>SZAJEK Gabor</b>          | <b>129</b> | HULK TEAM POLICE                | M20       | 12   | Hulk Team Police                | 00:17:49       | <b>00:35:30.00</b> | <b>00:35:38.25</b> | +00:14:26 (40.5%) | 7:06         | 8.5 (59.9%) |
| 82  | <b>ANDRUSZKIEWICZ Jakub</b>  | <b>3</b>   |                                 | M20       | 13   |                                 | 00:18:13       | <b>00:35:28.90</b> | <b>00:35:39.00</b> | +00:14:27 (40.5%) | 7:05         | 8.5 (59.9%) |
| 83  | <b>JÓZWICKA Aneta</b>        | <b>49</b>  |                                 | K50       | 3    |                                 | 00:17:10       | <b>00:35:44.05</b> | <b>00:35:51.20</b> | +00:14:39 (40.9%) | 7:08         | 8.4 (59.2%) |

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

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

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

Znaleziono 139 wynik(ów)