



## BIEG GŁÓWNY - 5 KM

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

**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

Klasyfikacja: OPEN Mężczyźni

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	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%)
13	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%)
14	KUCHTA Piotr	97	KB PIONIER	M30	4	KB Pionier	00:10:30	00:21:41.90	00:21:43.70	+00:02:54 (13.4%)	4:20	13.8 (86.3%)

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>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%)
16	<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%)
17	<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%)
18	<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%)
19	<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%)
20	<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%)
21	<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%)
22	<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%)
23	<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%)
24	<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%)
25	<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%)
26	<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%)
27	<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%)
28	<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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<b>CZERWONKA Lukasz</b>	<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%)
37	<b>PODWYSZYŃSKI Sylwester</b>	<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%)

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>RÓŻAŃSKI Marcin</b>	<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%)
39	<b>KOCHMAN Beniamin</b>	<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%)
40	<b>WEINAR Wojciech</b>	<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%)
41	<b>KLAUZIŃSKI Arkadiusz</b>	<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%)
42	<b>LEWANDOWSKI Grzegorz</b>	<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%)
43	<b>RYTTEL Marcin</b>	<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%)
44	<b>BOSEK Oskar</b>	<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%)
45	<b>MICHALAK Jacek</b>	<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%)
46	<b>PODYMA Marek</b>	<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%)
47	<b>CZEKAJEWSKI Mateusz</b>	<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%)
48	<b>ŁAWNICZAK Sebastian</b>	<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%)
49	<b>SIWAK Łukasz</b>	<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%)
50	<b>MIŁOSZEWICZ Adam</b>	<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%)
51	<b>ZABORA Paweł</b>	<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%)
52	<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%)
53	<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%)
54	<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%)
55	<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%)
56	<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%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)

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>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%)
62	<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%)
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<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%)
68	<b>KOŁDON Krystian</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%)
69	<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%)
70	<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%)
71	<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%)
72	<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%)
73	<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%)
74	<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%)
75	<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%)
76	<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%)
77	<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%)
78	<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%)
79	<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%)
80	<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%)
81	<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%)
82	<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%)
83	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	JAGIELSKI Karol	72	FCB	M40	24		00:14:17	00:29:44.70	00:29:58.20	+00:11:09 (37.2%)	5:56	10.1 (63.1%)
85	WIŚNIEWSKI Czesław	192	MARATOŃCZYK SZCZECIN	M60+	3		00:14:31	00:30:02.50	00:30:06.30	+00:11:17 (37.5%)	6:00	10 (62.5%)
86	FAMULSKI Mateusz	44	AMPIO TEAM	M20	26	AMPIO Team 2	00:15:17	00:30:05.45	00:30:21.60	+00:11:32 (38.0%)	6:01	10 (62.5%)
87	BOBER Łukasz	17		M40	25		00:15:35	00:30:43.05	00:30:55.85	+00:12:06 (39.2%)	6:08	9.8 (61.3%)
88	KRUSZEWICZ Aleksander	94	AMPIO TEAM	M40	26	AMPIO Team 4	00:15:57	00:30:51.75	00:31:07.95	+00:12:19 (39.6%)	6:10	9.7 (60.6%)
89	PIOTROWSKI Krzysztof	138	AMPIO TEAM	M40	27	AMPIO Team 4	00:15:46	00:31:24.45	00:31:39.40	+00:12:50 (40.6%)	6:16	9.6 (60.0%)
90	PRZYGODA Adrian	148	SOSW NR 1 DNR	M20	27	SOSW Nr 1 DNR	00:13:52	00:31:52.00	00:31:54.75	+00:13:05 (41.0%)	6:22	9.4 (58.8%)
91	ANDRUSZKIEWICZ Maciej	5	AMPIO TEAM	M40	28	AMPIO Team 5	00:16:12	00:32:14.75	00:32:25.30	+00:13:36 (42.0%)	6:26	9.3 (58.1%)
92	BUJACZ Mikołaj	25	AMPIO TEAM	M20	28	AMPIO Team 2	00:16:03	00:32:13.25	00:32:28.50	+00:13:39 (42.1%)	6:26	9.3 (58.1%)
93	ZIELIŃSKI Kacper	207	MŁODZIEŻOWY OŚRODEK WYCHOWAWCZY W TRZEBIEŻY	M20	29		00:15:44	00:32:30.70	00:32:39.10	+00:13:50 (42.4%)	6:30	9.2 (57.5%)
94	ĆWIKLIŃSKI Łukasz	35	AMPIO TEAM	M30	23		00:16:11	00:32:54.35	00:33:09.30	+00:14:20 (43.2%)	6:34	9.1 (56.9%)
95	MROŻEK Dominik	114		M20	30		00:17:20	00:33:13.60	00:33:23.35	+00:14:34 (43.6%)	6:38	9 (56.3%)
96	GADOMSKI Marcin	56	AMPIO TEAM	M40	29	Ampio Team 1	00:16:55	00:34:25.05	00:34:35.75	+00:15:46 (45.6%)	6:53	8.7 (54.4%)
97	KAMZELSKI Bartosz	80	AMPIO TEAM	M20	31	AMPIO Team 5	00:16:33	00:36:00.90	00:36:15.85	+00:17:26 (48.1%)	7:12	8.3 (51.9%)
98	CYBULSKI Grzegorz	30		M60+	4		00:17:45	00:36:05.50	00:36:18.00	+00:17:29 (48.2%)	7:13	8.3 (51.9%)
99	SOŁTYS Krzysztof	168	BIEG KORCZAKA	M20	32	Bieg Korczaka	00:17:25	00:36:19.90	00:36:34.30	+00:17:45 (48.6%)	7:15	8.3 (51.9%)
100	GETKA Seweryn	58	AMPIO TEAM	M40	30	Ampio Team 1	00:16:29	00:36:28.85	00:36:44.40	+00:17:55 (48.8%)	7:17	8.2 (51.3%)
101	MICHALAK Krystian	110		M20	33		00:17:21	00:36:46.50	00:36:57.35	+00:18:08 (49.1%)	7:21	8.2 (51.3%)
102	DOLECKI Dominik	36		M30	24		00:18:00	00:38:06.65	00:38:16.10	+00:19:27 (50.8%)	7:37	7.9 (49.4%)
103	GETKA Michał	59	AMPIO TEAM	M30	25	Ampio Team 1	00:19:50	00:41:08.50	00:41:24.35	+00:22:35 (54.6%)	8:13	7.3 (45.6%)
104	PARCHIMOWICZ Janusz	915		M60+	5		00:20:52	00:43:02.95	00:43:15.50	+00:24:26 (56.5%)	8:36	7 (43.8%)
105	BODNAR Zbigniew	901	BIEG KORCZAKA	M60+	6	Bieg Korczaka Raz	00:22:50	00:46:51.65	00:47:05.50	+00:28:16 (60.0%)	9:22	6.4 (40.0%)
106	WANDYSZEWSKI Kacper	185	SOSW NR 1 DNR	M20	34		00:21:57	00:48:24.15	00:48:27.75	+00:29:38 (61.2%)	9:40	6.2 (38.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	<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%)
108	<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%)

Znaleziono 108 wynik(ów)