



BIEG SZLAKIEM DZIKA

B4SPORT

Wydarzenie: Dziki Weekend 2020
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2020-08-22
Miejsce: Police
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	NOWICKI Bartosz	1004	BNOW SPORTS	M2 30-39	1	01:01:00	00:41:23.65	01:42:24.55		4:08	14.5 (100%)
2	PAWLISIAK Paweł	991	BBL POLICE	M2 30-39	2	00:01:17	00:44:04.75	00:45:22.70	+00:02:41 (6.1%)	4:24	13.6 (93.8%)
3	HRYNKO Jacek	953	15 BRYGADA ZMECHANIZOWANA W GIŻYCKU	M1 16-29	1	01:53:00	00:44:05.70	02:37:06.30	+00:02:42 (6.1%)	4:24	13.6 (93.8%)
4	BARAŃSKI Przemysław	1112	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M1 16-29	2	00:14:00	00:44:43.65	00:58:44.25	+00:03:20 (7.5%)	4:28	13.4 (92.4%)
5	SIECZKOWSKI Michał	1108		M2 30-39	3	00:01:22	00:45:02.90	00:46:25.25	+00:03:39 (8.1%)	4:30	13.3 (91.7%)
6	OLICHOWSKI Mateusz	1124	SURVIWAŁTEAM	M1 16-29	3	00:01:42	00:46:27.15	00:48:09.70	+00:05:03 (10.9%)	4:38	12.9 (89.0%)
7	RUDZIŃSKI Jacek	1126	KB HERMES GRYFINO / KW PSP SZCZECIN	M4 50-59	1	00:15:20	00:46:28.75	01:01:49.45	+00:05:05 (10.9%)	4:38	12.9 (89.0%)
8	APIECIONEK Mateusz	1253	UKL SEMKA	M1 16-29	4	00:04:05	00:47:36.05	00:51:42.00	+00:06:12 (13.0%)	4:45	12.6 (86.9%)
9	ALEKSANDROV Denys	941	TRIGYM	M1 16-29	5	00:02:05	00:47:59.25	00:50:04.85	+00:06:35 (13.7%)	4:47	12.5 (86.2%)
10	SCHMIDT Thomas	756	BRAUNSCHWEIG HASH HOUSE HARRIERS	M2 30-39	4	00:14:47	00:48:00.40	01:02:47.50	+00:06:36 (13.8%)	4:48	12.5 (86.2%)
11	OLESZCZUK Dominik	1106	OŻW SZCZECIN	M2 30-39	5	00:57:44	00:48:43.40	01:46:27.80	+00:07:19 (15.0%)	4:52	12.3 (84.8%)
12	WASILEWSKI Andrzej	826		M3 40-49	1	01:29:25	00:49:37.35	02:19:02.75	+00:08:13 (16.6%)	4:57	12.1 (83.4%)
13	ZYGMUNT Tomasz	798	OŻW SZCZECIN	M3 40-49	2	00:57:37	00:49:41.05	01:47:18.05	+00:08:17 (16.7%)	4:58	12.1 (83.4%)
14	WRÓBLEWSKI Michał	983	LIFE4FIT	M3 40-49	3	00:01:27	00:49:57.30	00:51:24.55	+00:08:33 (17.1%)	4:59	12 (82.8%)

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15	MAZUR Emiliusz	955	KM PSP KOSZALIN	M3 40-49	4	00:13:37	00:50:03.45	01:03:40.70	+00:08:39 (17.3%)	5:00	12 (82.8%)
16	RYNKIEWICZ Jdrzej	985	15 GIŻYCKA BRYGADY ZMECHANIZOWANA	M2 30-39	6	01:28:47	00:50:07.05	02:18:54.80	+00:08:43 (17.4%)	5:00	12 (82.8%)
17	GRZESIK Eugeniusz	1163	KMPSP KOSZALIN	M4 50-59	2	00:05:16	00:50:34.70	00:55:51.35	+00:09:11 (18.2%)	5:03	11.9 (82.1%)
18	HOŁYŃSKI Leszek	679	KM PSP SZCZECIN	M2 30-39	7	00:01:47	00:51:13.85	00:53:01.15	+00:09:50 (19.2%)	5:07	11.7 (80.7%)
19	CHENON Guillaume	796		M2 30-39	8	01:39:56	00:51:15.00	02:31:11.00	+00:09:51 (19.2%)	5:07	11.7 (80.7%)
20	KRAWCZYK Paweł	649	OPONKI TEAM	M1 16-29	6	00:02:08	00:51:15.30	00:53:23.55	+00:09:51 (19.2%)	5:07	11.7 (80.7%)
21	KRZEŚNIEWSKI Marcin	646	ROWEROWY ZAŁOM	M3 40-49	5	00:01:30	00:51:27.45	00:52:57.60	+00:10:03 (19.6%)	5:08	11.7 (80.7%)
22	GRYGORCEWICZ Jan	925	SKB DZIK	M4 50-59	3	00:40:56	00:51:51.75	01:32:48.40	+00:10:28 (20.2%)	5:11	11.6 (80.0%)
23	STOLARCZUK Grzegorz	954		M2 30-39	9	00:02:14	00:51:57.15	00:54:11.25	+00:10:33 (20.3%)	5:11	11.5 (79.3%)
24	DUCHNOWSKI Łukasz	952	15 GIZYCKA BRYGADA ZMECHANIZOWANA	M2 30-39	10	01:48:13	00:52:19.05	02:40:32.80	+00:10:55 (20.9%)	5:13	11.5 (79.3%)
25	KAPŁANIAK Adrian	986	BBL POLICE	M2 30-39	11	00:01:20	00:52:53.00	00:54:13.30	+00:11:29 (21.7%)	5:17	11.3 (77.9%)
26	PILARCZYK Katarzyna	709	DRUŻYNA KSF	K2 30-39	1	00:14:07	00:53:00.45	01:07:07.65	+00:11:36 (21.9%)	5:18	11.3 (77.9%)
27	BARAŃSKI Bogusław	1113	MLUKS TRZEBIATÓW	M5 60+	1	00:11:35	00:53:03.50	01:04:39.30	+00:11:39 (22.0%)	5:18	11.3 (77.9%)
28	WAJS Sebastian	1109	12BZ/ZWT	M2 30-39	12	00:01:37	00:53:12.10	00:54:49.40	+00:11:48 (22.2%)	5:19	11.3 (77.9%)
29	ARLUKIEWICZ Grzegorz	705		M2 30-39	13	00:22:47	00:53:33.70	01:16:21.65	+00:12:10 (22.7%)	5:21	11.2 (77.2%)
30	GERLICH Kai	732	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	7	00:14:59	00:53:51.25	01:08:50.40	+00:12:27 (23.1%)	5:23	11.1 (76.6%)
31	ŻARCZYŃSKI Błażej	1102	BIEGAM U KOLESI	M2 30-39	14	00:07:56	00:53:58.40	01:01:54.40	+00:12:34 (23.3%)	5:23	11.1 (76.6%)
32	ZELEK Darek	965		M3 40-49	6	00:16:27	00:54:22.10	01:10:50.05	+00:12:58 (23.9%)	5:26	11 (75.9%)
33	MORGIEWICZ Piotr	962	RUNGRYF GRZYFICE	M4 50-59	4	03:22:53	00:54:26.35	04:17:20.05	+00:13:02 (24.0%)	5:26	11 (75.9%)
34	DZIADEK Krzysztof	901	BIEGOLAS KOSZALIN	M2 30-39	15	01:44:41	00:54:38.10	02:39:19.45	+00:13:14 (24.2%)	5:27	11 (75.9%)
35	FĄFEREK Piotr	879		M2 30-39	16	00:02:11	00:54:38.45	00:56:49.60	+00:13:14 (24.2%)	5:27	11 (75.9%)
36	IWANIEC Dariusz	713	BIEGOLAS KOSZALIN	M3 40-49	7	01:44:33	00:54:44.80	02:39:18.50	+00:13:21 (24.4%)	5:28	11 (75.9%)
37	TOMICZAK Krzysztof	660		M3 40-49	8	01:43:27	00:55:01.80	02:38:29.40	+00:13:38 (24.8%)	5:30	10.9 (75.2%)

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38	SŁOWIK Jacek	635		M2 30-39	17	00:20:33	00:55:11.10	01:15:44.85	+00:13:47 (25.0%)	5:31	10.9 (75.2%)
39	ROGALSKI Marcin	1093	VOCALIS SZCZECIN	M4 50-59	5	00:02:19	00:55:18.05	00:57:37.30	+00:13:54 (25.1%)	5:31	10.8 (74.5%)
40	MARZEC Karolina	961	DZIKIE DZIKI GORZÓW	K3 40-49	1	00:27:28	00:55:19.70	01:22:47.80	+00:13:56 (25.2%)	5:31	10.8 (74.5%)
41	RUŚKIEWICZ Wojciech	943	DELOITTE ADVENTURE TEAM	M2 30-39	18	00:01:51	00:55:30.20	00:57:22.05	+00:14:06 (25.4%)	5:33	10.8 (74.5%)
42	NIEWCZAS Jakub	935	DZIKA SIGMA	M1 16-29	8	00:06:23	00:55:42.35	01:02:06.30	+00:14:18 (25.7%)	5:34	10.8 (74.5%)
43	BABICZ Wojtek	884	BRIDGESTONE STARGARD RUNNERS	M3 40-49	9	00:25:52	00:55:48.40	01:21:40.75	+00:14:24 (25.8%)	5:34	10.8 (74.5%)
44	WOSZCZYK Sebastian	621	DZIKIE DZIKI GORZÓW	M3 40-49	10	00:29:36	00:55:52.25	01:25:29.10	+00:14:28 (25.9%)	5:35	10.7 (73.8%)
45	DYDEK Edyta	1159	SKB DZIK	K1 16-29	1	00:01:25	00:56:11.15	00:57:36.40	+00:14:47 (26.3%)	5:37	10.7 (73.8%)
46	JASTAK Paweł	665		M3 40-49	11	00:11:00	00:56:17.85	01:07:17.90	+00:14:54 (26.5%)	5:37	10.7 (73.8%)
47	GÓRNIAK Dariusz	1070		M4 50-59	6	00:01:02	00:56:22.25	00:57:25.15	+00:14:58 (26.6%)	5:38	10.6 (73.1%)
48	BIĘNKOWSKI Tomasz	861	BIEGOLAS	M2 30-39	19	01:44:44	00:56:26.75	02:41:11.15	+00:15:03 (26.7%)	5:38	10.6 (73.1%)
49	SAWICKI Bartosz	762	DZIKIE DZIKI GORZÓW	M1 16-29	9	00:27:25	00:56:35.05	01:24:00.60	+00:15:11 (26.8%)	5:39	10.6 (73.1%)
50	KUŁAKOWSKI Dawid	676	BIEGOLAS KOSZALIN	M3 40-49	12	01:44:38	00:56:35.15	02:41:14.05	+00:15:11 (26.8%)	5:39	10.6 (73.1%)
51	KRZYWIEC Grzegorz	874	BBL POLICE	M2 30-39	20	00:04:08	00:56:39.60	01:00:47.80	+00:15:15 (26.9%)	5:39	10.6 (73.1%)
52	MICERSKI Tomasz	666	BIEGOLAS KOSZALIN	M3 40-49	13	01:44:35	00:56:42.10	02:41:17.95	+00:15:18 (27.0%)	5:40	10.6 (73.1%)
53	OSTOJSKI Ireneusz	966	DLL PARTNERS	M3 40-49	14	00:44:39	00:57:00.75	01:41:40.60	+00:15:37 (27.4%)	5:42	10.5 (72.4%)
54	ELLMANN Filip	868	PIJANEGO MISTRZA STYL	M2 30-39	21	00:10:03	00:57:05.65	01:07:09.30	+00:15:42 (27.5%)	5:42	10.5 (72.4%)
55	MARZENA Kruszczyńska	1158		K2 30-39	2	00:01:45	00:57:33.90	00:59:18.90	+00:16:10 (28.1%)	5:45	10.4 (71.7%)
56	PĘDZIK Marek	1082		M1 16-29	10	00:41:26	00:57:36.15	01:39:02.90	+00:16:12 (28.1%)	5:45	10.4 (71.7%)
57	PYREK Krzysztof	663	JOKER	M3 40-49	15	00:44:37	00:57:45.25	01:42:22.50	+00:16:21 (28.3%)	5:46	10.4 (71.7%)
58	PIĘTKA Grzegorz	655	HELL'S HEAVEN SZCZECIN	M3 40-49	16	02:21:13	00:57:59.95	03:19:13.65	+00:16:36 (28.6%)	5:47	10.3 (71.0%)
59	SZYSZKO Filip	1131	DLL PARTNERS	M1 16-29	11	01:13:32	00:58:08.05	02:11:40.50	+00:16:44 (28.8%)	5:48	10.3 (71.0%)
60	KĘDZIOR Jakub	607	DECATHLON PIŁA	M1 16-29	12	00:38:16	00:58:20.80	01:36:37.70	+00:16:57 (29.1%)	5:50	10.3 (71.0%)

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61	CIELUCH Paulina	1252	GRUPA AZOTY POLICE	K2 30-39	3	00:03:57	00:58:26.25	01:02:24.05	+00:17:02 (29.2%)	5:50	10.3 (71.0%)
62	BARTOSIEWICZ Adam	1119		M3 40-49	17	00:08:42	00:58:28.20	01:07:10.30	+00:17:04 (29.2%)	5:50	10.3 (71.0%)
63	WIŚNIEWSKI Mariusz	581	IHUHU TEAM	M2 30-39	22	00:09:43	00:58:33.25	01:08:16.45	+00:17:09 (29.3%)	5:51	10.2 (70.3%)
64	OLEJARZ Damian	636	POL-BUD POLICE	M2 30-39	23	01:12:53	00:58:36.50	02:11:30.25	+00:17:12 (29.4%)	5:51	10.2 (70.3%)
65	KOCZKODAJ Kamil	805	OŻW SZCZECIN	M2 30-39	24	00:57:33	00:58:38.00	01:56:11.95	+00:17:14 (29.4%)	5:51	10.2 (70.3%)
66	ZYCH Krzysztof	988	SRAMMAGEDON SŁAWOBORZE	M2 30-39	25	00:16:23	00:58:42.00	01:15:05.35	+00:17:18 (29.5%)	5:52	10.2 (70.3%)
67	BLIZNA Rafał	1118		M2 30-39	26	01:30:30	00:58:48.40	02:29:18.55	+00:17:24 (29.6%)	5:52	10.2 (70.3%)
68	GIETKO Piotr	1080		M3 40-49	18	00:12:45	00:59:00.25	01:11:45.70	+00:17:36 (29.8%)	5:54	10.2 (70.3%)
69	MATUSIAK Rafał	639	WŚCIEKŁE PSY	M1 16-29	13	00:42:53	00:59:07.20	01:42:00.90	+00:17:43 (30.0%)	5:54	10.1 (69.7%)
70	DYMOWSKI Paweł	1094	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	27	00:09:08	00:59:10.95	01:08:19.30	+00:17:47 (30.1%)	5:55	10.1 (69.7%)
71	PARADZIŃSKI Dawid	770		M1 16-29	14	00:55:53	00:59:15.10	01:55:08.25	+00:17:51 (30.1%)	5:55	10.1 (69.7%)
72	WOJDYŁA Michał	909	ROYAL RUNNERS TEAM	M2 30-39	28	00:44:43	00:59:19.05	01:44:02.95	+00:17:55 (30.2%)	5:55	10.1 (69.7%)
73	GĄGOL Marek	996	ZAMENA	M2 30-39	29	00:45:03	00:59:25.95	01:44:29.05	+00:18:02 (30.4%)	5:56	10.1 (69.7%)
74	KOMSTA Rafał	668	PAN WĄSKI I JEGO MAFIA	M2 30-39	30	00:02:16	00:59:38.15	01:01:54.95	+00:18:14 (30.6%)	5:57	10.1 (69.7%)
75	SOBAŃSKA Karolina	916	SKB DZIK	M2 30-39	31	00:01:32	00:59:50.25	01:01:22.70	+00:18:26 (30.8%)	5:59	10 (69.0%)
76	ZABŁOCKI Paweł	1084	BRIDGESTONE RUNNERS	M2 30-39	32	00:57:56	01:00:05.05	01:58:02.00	+00:18:41 (31.1%)	6:00	10 (69.0%)
77	GÓSKI Tomasz	886	TEAM SPIRIT NOWA SÓL	M3 40-49	19	00:17:56	01:00:05.60	01:18:01.60	+00:18:41 (31.1%)	6:00	10 (69.0%)
78	KNIOŁA Łukasz	603	PIŁA TEAM	M3 40-49	20	00:21:05	01:00:09.70	01:21:14.95	+00:18:46 (31.2%)	6:00	10 (69.0%)
79	PASTERNAK Rafał	923	ODRA GRYFINO	M2 30-39	33	00:03:45	01:00:17.00	01:04:02.80	+00:18:53 (31.3%)	6:01	10 (69.0%)
80	NIKLAS Małgorzata	711	KSF	K2 30-39	4	00:14:03	01:00:24.55	01:14:28.20	+00:19:00 (31.5%)	6:02	9.9 (68.3%)
81	TOMCZAK Artur	896	DIRTY SPARROWS	M2 30-39	34	00:02:39	01:00:29.65	01:03:08.80	+00:19:06 (31.6%)	6:02	9.9 (68.3%)
82	KONDELA Paweł	612	OŻW SZCZECIN	M3 40-49	21	00:57:42	01:00:54.75	01:58:36.95	+00:19:31 (32.0%)	6:05	9.9 (68.3%)
83	SOBCZAK Paweł	1086		M2 30-39	35	00:03:10	01:00:59.70	01:04:10.05	+00:19:36 (32.1%)	6:05	9.8 (67.6%)

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84	KRUSZYNA Robert	761		M3 40-49	22	00:04:57	01:01:03.70	01:06:01.15	+00:19:40 (32.2%)	6:06	9.8 (67.6%)
85	PASIEKA Agnieszka	768	21. BAZA LOTNICTWA TAKTYCZNEGO	K2 30-39	5	00:09:30	01:01:23.05	01:10:54.00	+00:19:59 (32.6%)	6:08	9.8 (67.6%)
86	GRZYB Albert	645		M1 16-29	15	00:09:35	01:01:24.20	01:11:00.05	+00:20:00 (32.6%)	6:08	9.8 (67.6%)
87	HABRAT Barbara	816	AKADEMIA WOJSK LĄDOWYCH	K1 16-29	2	00:01:39	01:01:26.75	01:03:06.30	+00:20:03 (32.6%)	6:08	9.8 (67.6%)
88	PIESZAK Tomasz	1083	OŻW SZCZECIN	M2 30-39	36	00:19:18	01:01:33.45	01:20:52.30	+00:20:09 (32.8%)	6:09	9.7 (66.9%)
89	BĘDKOWSKI Piotr	1123	SWIM2TRO	M2 30-39	37	00:02:49	01:01:43.30	01:04:33.10	+00:20:19 (32.9%)	6:10	9.7 (66.9%)
90	DYDEK Arkadiusz	1160	SKB DZIK	M1 16-29	16	00:06:50	01:01:54.15	01:08:44.30	+00:20:30 (33.1%)	6:11	9.7 (66.9%)
91	WALCZAK Tadeusz	1057		M4 50-59	7	00:15:27	01:02:00.80	01:17:27.80	+00:20:37 (33.2%)	6:12	9.7 (66.9%)
92	BOCK Udo	729	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	23	00:14:23	01:02:01.60	01:16:25.45	+00:20:37 (33.3%)	6:12	9.7 (66.9%)
93	WOŁK Marcin	712	KSF	M2 30-39	38	00:14:12	01:02:05.80	01:16:18.70	+00:20:42 (33.3%)	6:12	9.7 (66.9%)
94	DUDKA Robert	902		M2 30-39	39	00:47:47	01:02:08.30	01:49:55.35	+00:20:44 (33.4%)	6:12	9.7 (66.9%)
95	LEWANDOWSKI Piotr	1154	SKB DZIK	M3 40-49	24	00:07:03	01:02:13.35	01:09:16.80	+00:20:49 (33.5%)	6:13	9.6 (66.2%)
96	GARBACIAK Tomasz	1085		M2 30-39	40	00:49:45	01:02:20.70	01:52:06.10	+00:20:57 (33.6%)	6:14	9.6 (66.2%)
97	KUCHARCZYK Robert	764	RANGRYF	M4 50-59	8	00:36:20	01:02:25.90	01:38:46.45	+00:21:02 (33.7%)	6:14	9.6 (66.2%)
98	CZYLKOWSKI Patryk	1001		M2 30-39	41	00:05:40	01:02:29.65	01:08:10.50	+00:21:06 (33.8%)	6:14	9.6 (66.2%)
99	LENCEWICZ Grzegorz	590	HUSARIA RACE TEAM SZCZECIN	M2 30-39	42	00:08:20	01:02:30.05	01:10:50.25	+00:21:06 (33.8%)	6:15	9.6 (66.2%)
100	WILK Anna	1121		K1 16-29	3	00:08:55	01:02:31.20	01:11:27.00	+00:21:07 (33.8%)	6:15	9.6 (66.2%)
101	KRUK Bartosz	934		M2 30-39	43	02:06:36	01:02:33.15	03:09:09.80	+00:21:09 (33.8%)	6:15	9.6 (66.2%)
102	GADOWSKI Wojciech	753	NIE PROWOKUJ LOCHY MIERZYN	M2 30-39	44	00:56:24	01:02:33.60	01:58:57.85	+00:21:09 (33.8%)	6:15	9.6 (66.2%)
103	STAŃCZYK Sławomir	906	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	45	00:44:25	01:02:39.10	01:47:05.00	+00:21:15 (33.9%)	6:15	9.6 (66.2%)
104	STRZEMIŃSKI Bartłomiej	846		M1 16-29	17	00:06:19	01:02:40.15	01:08:59.40	+00:21:16 (33.9%)	6:16	9.6 (66.2%)
105	GRALEWICZ Robert	600		M3 40-49	25	00:25:17	01:02:40.95	01:27:58.40	+00:21:17 (34.0%)	6:16	9.6 (66.2%)
106	LÜCKOFF Marc Steffen	748	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	26	00:15:01	01:02:53.90	01:17:55.80	+00:21:30 (34.2%)	6:17	9.5 (65.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	WÓJCIK Krzysztof	650	DĄBROWSKI TEAM	M2 30-39	46	00:04:11	01:03:11.65	01:07:22.85	+00:21:48 (34.5%)	6:19	9.5 (65.5%)
108	ARAMOWICZ Sławomir	749		M2 30-39	47	00:57:47	01:03:12.10	02:00:59.70	+00:21:48 (34.5%)	6:19	9.5 (65.5%)
109	BOCK Agnieszka	728	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	6	00:14:29	01:03:14.95	01:17:44.20	+00:21:51 (34.6%)	6:19	9.5 (65.5%)
110	SZKUTNIK Arkadiusz	974	MON	M4 50-59	9	00:01:05	01:03:19.60	01:04:25.45	+00:21:55 (34.6%)	6:19	9.5 (65.5%)
111	RAKOCZY Bartosz	995	DZIKIE DZIKI GORZÓW	M2 30-39	48	00:44:09	01:03:20.00	01:47:29.35	+00:21:56 (34.6%)	6:20	9.5 (65.5%)
112	HAWRYŁAK Marcin	766	BIEG KORCZAKA	M4 50-59	10	00:04:24	01:03:24.65	01:07:49.25	+00:22:01 (34.7%)	6:20	9.5 (65.5%)
113	PIEKARSKI Kamil	610		M2 30-39	49	00:33:11	01:03:25.90	01:36:37.55	+00:22:02 (34.7%)	6:20	9.5 (65.5%)
114	GERLICH Klaus	734	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	11	00:14:26	01:03:28.50	01:17:55.40	+00:22:04 (34.8%)	6:20	9.5 (65.5%)
115	PASZKO Daniel	872	WIECZORNE BIEGANIE SZCZECIN / KOMPAS TEAM POLICE	M3 40-49	27	00:02:02	01:03:34.65	01:05:37.20	+00:22:11 (34.9%)	6:21	9.4 (64.8%)
116	POGORZELSKA Aleksandra	602	DECATHLON PIŁA	K1 16-29	4	00:38:22	01:03:40.55	01:42:03.15	+00:22:16 (35.0%)	6:22	9.4 (64.8%)
117	ROSZAK Zbigniew	647	WATAHA ŁĄCZY NAS BIEGANIE	M2 30-39	50	00:01:54	01:04:04.45	01:05:58.90	+00:22:40 (35.4%)	6:24	9.4 (64.8%)
118	MILANOWICZ Maciej	883	BRIDGESTONE STARGARD RUNNERS	M2 30-39	51	00:58:07	01:04:04.55	02:02:12.10	+00:22:40 (35.4%)	6:24	9.4 (64.8%)
119	KAMIŃSKA Adrianna	976	BBL POLICE	K2 30-39	7	00:21:52	01:04:12.80	01:26:05.00	+00:22:49 (35.5%)	6:25	9.3 (64.1%)
120	LINOWSKI Włodzimierz	989		M1 16-29	18	01:09:39	01:04:33.95	02:14:13.90	+00:23:10 (35.9%)	6:27	9.3 (64.1%)
121	SIEDLER Martin	827		M2 30-39	52	01:00:59	01:04:45.10	02:05:44.50	+00:23:21 (36.1%)	6:28	9.3 (64.1%)
122	DROŹDZIŃSKI Konrad	945	RAZ SZCZECIN	M2 30-39	53	02:18:03	01:04:45.75	03:22:49.65	+00:23:22 (36.1%)	6:28	9.3 (64.1%)
123	GRALEWICZ Albert	601		M1 16-29	19	00:23:01	01:04:52.05	01:27:53.50	+00:23:28 (36.2%)	6:29	9.2 (63.4%)
123	KOZŁOWSKI Piotr	611	NIECH KTOŚ WEZWIE KARETKĘ	M2 30-39	54	00:38:28	01:04:52.05	01:43:20.70	+00:23:28 (36.2%)	6:29	9.2 (63.4%)
125	BURDZIK Wojciech	975		M1 16-29	20	01:22:43	01:05:00.55	02:27:44.20	+00:23:36 (36.3%)	6:30	9.2 (63.4%)
126	KOŁOMAŃSKI Hubert	1006		M2 30-39	55	00:59:21	01:05:08.25	02:04:30.00	+00:23:44 (36.5%)	6:30	9.2 (63.4%)
127	WITORZĘĆ Dariusz	710		M3 40-49	28	00:06:08	01:05:15.00	01:11:23.00	+00:23:51 (36.6%)	6:31	9.2 (63.4%)
128	PAŃCZYK Tomasz	979		M2 30-39	56	00:34:57	01:05:17.35	01:40:14.75	+00:23:53 (36.6%)	6:31	9.2 (63.4%)
129	ROJEWSKI Mateusz	855		M2 30-39	57	00:34:54	01:05:21.10	01:40:15.35	+00:23:57 (36.7%)	6:32	9.2 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	KRACZOWSKI Mirosław	1052		M3 40-49	29	00:18:06	01:05:27.05	01:23:33.05	+00:24:03 (36.8%)	6:32	9.2 (63.4%)
131	OGRODZIŃSKI Przemysław	641		M2 30-39	58	00:10:56	01:05:28.40	01:16:25.30	+00:24:04 (36.8%)	6:32	9.2 (63.4%)
132	SZUBCZYŃSKI Marcin	984	DLL PARTNERS	M2 30-39	59	00:36:13	01:05:30.85	01:41:44.80	+00:24:07 (36.8%)	6:33	9.2 (63.4%)
133	SOWA Krzysztof	969		M2 30-39	60	00:44:53	01:05:31.30	01:50:24.85	+00:24:07 (36.8%)	6:33	9.2 (63.4%)
134	WÓJCIK Tomasz	758		M2 30-39	61	02:40:52	01:05:49.90	03:46:41.90	+00:24:26 (37.1%)	6:34	9.1 (62.8%)
135	NĘDZUSIAK Dariusz	690		M4 50-59	12	00:34:02	01:05:52.35	01:39:54.60	+00:24:28 (37.2%)	6:35	9.1 (62.8%)
136	FUDRO Edward	721		M5 60+	2	00:06:32	01:06:16.65	01:12:49.35	+00:24:53 (37.5%)	6:37	9.1 (62.8%)
137	ŚWIĄTEK Bronisław	624	TUP TUP RAZEM	M5 60+	3	00:58:17	01:06:17.30	02:04:34.65	+00:24:53 (37.6%)	6:37	9.1 (62.8%)
138	MÜLLER Kathrin	757	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	1	00:15:04	01:06:18.45	01:21:23.25	+00:24:54 (37.6%)	6:37	9 (62.1%)
139	KRUSZYNA Renata	760		K2 30-39	8	00:04:45	01:06:26.40	01:11:11.95	+00:25:02 (37.7%)	6:38	9 (62.1%)
140	JĘDRZEJEK Dariusz	791		M2 30-39	62	00:03:14	01:06:35.45	01:09:50.00	+00:25:11 (37.8%)	6:39	9 (62.1%)
141	WASIELEWSKI Jakub	978		M2 30-39	63	01:19:22	01:06:42.25	02:26:05.10	+00:25:18 (37.9%)	6:40	9 (62.1%)
142	BUBEŁA Kamila	1096		K2 30-39	9	00:13:02	01:06:42.70	01:19:45.30	+00:25:19 (38.0%)	6:40	9 (62.1%)
143	TKACZUK Bartosz	741		M1 16-29	21	00:05:23	01:06:45.90	01:12:09.85	+00:25:22 (38.0%)	6:40	9 (62.1%)
144	RUBIN Karol	997	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M1 16-29	22	01:32:45	01:06:59.75	02:39:45.05	+00:25:36 (38.2%)	6:41	9 (62.1%)
145	SYCHEL Magdalena	719		K3 40-49	2	00:01:59	01:07:01.80	01:09:01.60	+00:25:38 (38.2%)	6:42	9 (62.1%)
146	DOMAGALSKI Sławomir	919	SKB DZIK	M3 40-49	30	00:15:17	01:07:04.10	01:22:21.95	+00:25:40 (38.3%)	6:42	8.9 (61.4%)
147	SZULC Marcin	817		M2 30-39	64	00:02:47	01:07:05.10	01:09:52.15	+00:25:41 (38.3%)	6:42	8.9 (61.4%)
148	LEWANDOWSKA Malgorzata	727	TG'SOKÓŁ GNIEWKOWO	K4 50-59	2	00:04:39	01:07:08.00	01:11:47.10	+00:25:44 (38.3%)	6:42	8.9 (61.4%)
149	BOCHENEK Michał	853	AFRO-FIT WATAHA CROSSFIT	M2 30-39	65	00:12:53	01:07:11.40	01:20:04.45	+00:25:47 (38.4%)	6:43	8.9 (61.4%)
150	POSZUMSKA Gabriela	903		K1 16-29	5	00:48:17	01:07:37.85	01:55:55.65	+00:26:14 (38.8%)	6:45	8.9 (61.4%)
151	BILIŃSKI Zbigniew	911	12BZ	M4 50-59	13	00:04:00	01:07:41.45	01:11:42.00	+00:26:17 (38.8%)	6:46	8.9 (61.4%)
152	KIWILSZA Wojciech	583	IHUHU TEAM	M2 30-39	66	00:09:53	01:07:41.55	01:17:34.70	+00:26:17 (38.8%)	6:46	8.9 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	DUDA Milena	1100	OŻW SZCZECIN	K3 40-49	3	00:57:39	01:07:42.30	02:05:21.75	+00:26:18 (38.9%)	6:46	8.9 (61.4%)
154	KAMIONKA Andrzej	724	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	67	01:21:29	01:07:54.15	02:29:23.35	+00:26:30 (39.0%)	6:47	8.8 (60.7%)
155	PATZKE Ingo	738	BRAUNSCHWEIG HAS HOUSE HARRIERS	M4 50-59	14	00:14:52	01:08:08.05	01:23:00.75	+00:26:44 (39.2%)	6:48	8.8 (60.7%)
156	POŁOCZAŃSKI Piotr	811	SZWAGRY BIEGAJĄ	M2 30-39	68	00:07:29	01:08:09.00	01:15:38.40	+00:26:45 (39.3%)	6:48	8.8 (60.7%)
157	MASYS Agnieszka	617	GRUPA MALBORK	K3 40-49	4	00:29:33	01:08:13.30	01:37:46.95	+00:26:49 (39.3%)	6:49	8.8 (60.7%)
158	SKRZYPIEC Andrzej	701	BIEGACZE ŚWINOUJŚCIE	M5 60+	4	00:10:22	01:08:20.30	01:18:42.90	+00:26:56 (39.4%)	6:50	8.8 (60.7%)
159	ŁAWNICZAK Sebastian	845		M3 40-49	31	00:04:02	01:08:23.05	01:12:25.60	+00:26:59 (39.5%)	6:50	8.8 (60.7%)
160	RYŻ Arkadiusz	973	DLL PARTNERS	M2 30-39	69	00:36:17	01:08:32.70	01:44:50.20	+00:27:09 (39.6%)	6:51	8.8 (60.7%)
161	PODOLAK Mirosław	907		M3 40-49	32	01:24:20	01:08:38.50	02:32:58.95	+00:27:14 (39.7%)	6:51	8.7 (60.0%)
162	SZAKOŁA Pawel	862		M2 30-39	70	00:36:57	01:08:44.90	01:45:42.65	+00:27:21 (39.8%)	6:52	8.7 (60.0%)
163	JAROSŁAWSKA Sandra	1095		K2 30-39	10	00:08:25	01:08:45.40	01:17:10.90	+00:27:21 (39.8%)	6:52	8.7 (60.0%)
164	CZYŻEWSKI Mateusz	857	WKURW_TEAM	M2 30-39	71	00:56:40	01:08:47.15	02:05:27.70	+00:27:23 (39.8%)	6:52	8.7 (60.0%)
165	GĄSIOROWSKI Mariusz	898	MOCZYMORDY CHOCIWEL	M3 40-49	33	00:01:15	01:08:47.25	01:10:02.75	+00:27:23 (39.8%)	6:52	8.7 (60.0%)
166	SĘK Dariusz	1104		M3 40-49	34	00:12:49	01:08:47.75	01:21:37.30	+00:27:24 (39.8%)	6:52	8.7 (60.0%)
167	CZYŻEWSKA Mirosława	856	WKURW_TEAM	K2 30-39	11	00:56:37	01:08:50.10	02:05:27.50	+00:27:26 (39.9%)	6:53	8.7 (60.0%)
168	LISOWSKI Krzysztof	895	TKKF CHOCIWEL	M2 30-39	72	00:01:10	01:08:52.20	01:10:03.15	+00:27:28 (39.9%)	6:53	8.7 (60.0%)
169	ZIELINSKI Arkadiusz	899		M2 30-39	73	00:01:13	01:08:52.75	01:10:05.80	+00:27:29 (39.9%)	6:53	8.7 (60.0%)
170	ZIELIŃSKI Bartosz	900		M2 30-39	74	00:01:13	01:08:53.15	01:10:06.50	+00:27:29 (39.9%)	6:53	8.7 (60.0%)
170	DOBRYCKI Piotr	1133	BRIDGESTONE STARGARD RUNNERS	M3 40-49	35	00:58:11	01:08:53.15	02:07:04.40	+00:27:29 (39.9%)	6:53	8.7 (60.0%)
172	GONTEK Łukasz	875	ŁOSOŚ TEAM	M2 30-39	75	00:10:39	01:08:54.05	01:19:33.65	+00:27:30 (39.9%)	6:53	8.7 (60.0%)
173	KOTWICKA Ela	930		K2 30-39	12	00:08:16	01:08:59.85	01:17:16.80	+00:27:36 (40.0%)	6:53	8.7 (60.0%)
174	ROSIŃSKA Kamila	948	BRIDGESTONE STARGARD RUNNERS	K2 30-39	13	00:58:00	01:09:03.35	02:07:03.95	+00:27:39 (40.1%)	6:54	8.7 (60.0%)
175	ULASS Robert	787		M3 40-49	36	01:09:55	01:09:22.10	02:19:17.85	+00:27:58 (40.3%)	6:56	8.6 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	BRZESKA Ewa	998	HELL'S HEAVEN SZCZECIN	K1 16-29	6	00:02:25	01:09:25.05	01:11:50.45	+00:28:01 (40.4%)	6:56	8.6 (59.3%)
177	ZARZECZAŃSKA-JANASIK Blanka	613		K2 30-39	14	00:22:08	01:09:26.45	01:31:35.25	+00:28:02 (40.4%)	6:56	8.6 (59.3%)
178	ODRZYWOLSKI Michał	714	OŻW SZCZECIN	M2 30-39	76	00:52:01	01:09:33.10	02:01:34.70	+00:28:09 (40.5%)	6:57	8.6 (59.3%)
179	ROMANOWICZ Monika	623	DZIKIE ŻÓŁWIE	K2 30-39	15	00:03:34	01:09:33.65	01:13:07.90	+00:28:10 (40.5%)	6:57	8.6 (59.3%)
180	SYLDATK Patryk	1002		M1 16-29	23	01:00:24	01:09:34.35	02:09:58.90	+00:28:10 (40.5%)	6:57	8.6 (59.3%)
181	PŁUCIENNIK Andrzej	847		M1 16-29	24	00:06:21	01:09:39.20	01:16:00.90	+00:28:15 (40.6%)	6:57	8.6 (59.3%)
182	MĄDRAWSKI Tomasz	680		M3 40-49	37	01:06:13	01:10:02.80	02:16:16.15	+00:28:39 (40.9%)	7:00	8.6 (59.3%)
183	OLEŃDZKI Michał	832	WDŚ KMP	M2 30-39	77	00:10:46	01:10:08.00	01:20:54.25	+00:28:44 (41.0%)	7:00	8.6 (59.3%)
184	CZAPLA Tomasz	977		M3 40-49	38	01:19:45	01:10:23.55	02:30:08.95	+00:28:59 (41.2%)	7:02	8.5 (58.6%)
185	ŁYDKA Sylwek	1111		M3 40-49	39	01:33:40	01:10:25.20	02:44:05.60	+00:29:01 (41.2%)	7:02	8.5 (58.6%)
186	PEDZIWIATR Marek	717		M3 40-49	40	00:06:14	01:10:29.50	01:16:43.85	+00:29:05 (41.3%)	7:02	8.5 (58.6%)
187	MEUSIAK Rafał	720		M2 30-39	78	00:24:53	01:10:39.45	01:35:33.40	+00:29:15 (41.4%)	7:03	8.5 (58.6%)
188	DORAWA-ZIOMEK Anna	622	DZIKIE ŻÓŁWIE	K2 30-39	16	00:03:29	01:10:46.85	01:14:16.00	+00:29:23 (41.5%)	7:04	8.5 (58.6%)
189	NIEWCZAS Tomasz	937	DZIKA SIGMA	M3 40-49	41	00:06:16	01:10:47.60	01:17:03.85	+00:29:23 (41.5%)	7:04	8.5 (58.6%)
190	KNIOŁA Agnieszka	606	PIŁA TEAM	K2 30-39	17	00:21:03	01:10:55.65	01:31:59.20	+00:29:32 (41.6%)	7:05	8.5 (58.6%)
191	CARŁO Marcin	801	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	42	00:58:33	01:10:58.65	02:09:32.55	+00:29:35 (41.7%)	7:05	8.5 (58.6%)
192	KRZEMIEN Patrycja	627		K2 30-39	18	00:22:44	01:11:08.15	01:33:52.30	+00:29:44 (41.8%)	7:06	8.4 (57.9%)
193	MRÓZ Tomek	698		M3 40-49	43	00:55:39	01:11:17.05	02:06:57.00	+00:29:53 (41.9%)	7:07	8.4 (57.9%)
194	GERLICH Michael	759	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	15	00:14:31	01:11:17.70	01:25:49.30	+00:29:54 (41.9%)	7:07	8.4 (57.9%)
195	KRZESIŃSKI Damian	815		M2 30-39	79	00:04:36	01:11:33.55	01:16:10.05	+00:30:09 (42.2%)	7:09	8.4 (57.9%)
196	HNAT Rafał	616	DECATHLON PIŁA	M3 40-49	44	00:38:25	01:11:38.20	01:50:03.30	+00:30:14 (42.2%)	7:09	8.4 (57.9%)
197	BOBROWSKI Daniel	1144		M1 16-29	25	00:04:12	01:11:41.30	01:15:54.25	+00:30:17 (42.3%)	7:10	8.4 (57.9%)
198	KRZESIŃSKA Katarzyna	814	BOHAR PALETY RUNNERS	K2 30-39	19	00:04:27	01:11:42.40	01:16:09.60	+00:30:18 (42.3%)	7:10	8.4 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	ŁANIEWSKA Hanna	1099	A MIAŁO BYĆ TAK PIĘKNIE - 'WYSTAWIONA' BIEGNĘ SAMA	K2 30-39	20	00:15:49	01:11:52.60	01:27:41.80	+00:30:28 (42.4%)	7:11	8.3 (57.2%)
200	KISIEL Kamila	1103		K1 16-29	7	00:58:04	01:11:52.75	02:09:57.00	+00:30:29 (42.4%)	7:11	8.3 (57.2%)
201	RAKOWSKI Piotr	860		M4 50-59	16	00:11:20	01:11:59.35	01:23:20.05	+00:30:35 (42.5%)	7:11	8.3 (57.2%)
202	KRUPIEŃCZYK Joanna	587		K2 30-39	21	00:15:14	01:12:00.60	01:27:15.20	+00:30:36 (42.5%)	7:12	8.3 (57.2%)
203	KRUPIEŃCZYK Michał	667		M2 30-39	80	00:15:11	01:12:06.15	01:27:17.60	+00:30:42 (42.6%)	7:12	8.3 (57.2%)
204	SUCHODOLSKA Aleksandra	638	DZIKIE ŻÓŁWIE	K2 30-39	22	00:03:25	01:12:07.00	01:15:32.55	+00:30:43 (42.6%)	7:12	8.3 (57.2%)
205	TOMCZAK Joanna	897	DIRTY SPARROWS	K2 30-39	23	00:02:41	01:12:20.05	01:15:01.60	+00:30:56 (42.8%)	7:14	8.3 (57.2%)
206	NAREJKO Paweł	821		M1 16-29	26	00:01:49	01:12:36.10	01:14:25.80	+00:31:12 (43.0%)	7:15	8.3 (57.2%)
207	SZMYT Marcin	810	SZWAGRY BIEGAJĄ	M2 30-39	81	00:07:26	01:12:37.00	01:20:03.70	+00:31:13 (43.0%)	7:15	8.3 (57.2%)
208	SCHULZE Stefan	745	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	17	00:14:34	01:12:37.95	01:27:12.70	+00:31:14 (43.0%)	7:15	8.3 (57.2%)
209	ZAKRZEWSKA Sylwia	700	FSD RUN DREZDENKO	K2 30-39	24	00:02:57	01:12:38.05	01:15:35.20	+00:31:14 (43.0%)	7:15	8.3 (57.2%)
210	LIASHENKO Liliia	752	TRIGYM	K1 16-29	8	00:02:54	01:12:55.40	01:15:49.90	+00:31:31 (43.2%)	7:17	8.2 (56.6%)
211	PAWŁOWSKI Karol	938	DZIKA SIGMA	M3 40-49	45	00:06:00	01:12:56.35	01:18:57.25	+00:31:32 (43.2%)	7:17	8.2 (56.6%)
212	LIPKA Radosła	830	WDŚ KMP	M2 30-39	82	00:20:31	01:12:57.55	01:33:29.00	+00:31:33 (43.3%)	7:17	8.2 (56.6%)
213	KŁYS Robert	829	WDŚ KMP	M3 40-49	46	00:20:26	01:13:03.35	01:33:30.20	+00:31:39 (43.3%)	7:18	8.2 (56.6%)
214	TRUKAWKA Andrzej	750	DZIKI ZAKWAS	M2 30-39	83	00:50:46	01:13:10.05	02:03:56.85	+00:31:46 (43.4%)	7:19	8.2 (56.6%)
215	ZDUNEK Piotr	1000		M2 30-39	84	00:50:49	01:13:10.45	02:03:59.90	+00:31:46 (43.4%)	7:19	8.2 (56.6%)
216	ZEMANKIEWICZ Łukasz	825	KANAŁ 6 AM	M2 30-39	85	00:06:42	01:13:13.30	01:19:56.10	+00:31:49 (43.5%)	7:19	8.2 (56.6%)
217	PAWLUŚ Tomasz	589	SSPS CHEMIK POLICE	M3 40-49	47	00:04:15	01:13:13.60	01:17:29.00	+00:31:49 (43.5%)	7:19	8.2 (56.6%)
218	ŻYLUK-GADOWSKA Paulina	754	NIE PROWOKUJ LOCHY MIERZYN	K2 30-39	25	00:20:14	01:13:15.95	01:33:30.75	+00:31:52 (43.5%)	7:19	8.2 (56.6%)
219	JAROSŁAWSKA Jowita	1098		K2 30-39	26	00:08:22	01:13:47.95	01:22:10.90	+00:32:24 (43.9%)	7:22	8.1 (55.9%)
220	NEJMAN Marcin	933	HAWAJSKIE REKINY	M1 16-29	27	00:06:05	01:13:56.10	01:20:01.90	+00:32:32 (44.0%)	7:23	8.1 (55.9%)
221	KUSTRA Paulina	843	BBL POLICE	K2 30-39	27	00:30:45	01:14:07.75	01:44:53.45	+00:32:44 (44.2%)	7:24	8.1 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	JADRYCH Zbigniew	915		M3 40-49	48	00:44:18	01:14:16.30	01:58:35.05	+00:32:52 (44.3%)	7:25	8.1 (55.9%)
223	ŁEMPKOWSKI Janusz	982	DLL PARTNERS	M3 40-49	49	00:10:18	01:14:18.75	01:24:37.15	+00:32:55 (44.3%)	7:25	8.1 (55.9%)
224	ŁEMPKOWSKA Beata	980	DLL PARTNERS	K3 40-49	5	00:10:15	01:14:21.50	01:24:36.65	+00:32:57 (44.3%)	7:26	8.1 (55.9%)
225	ŚWIETLIK Alicja	716		K4 50-59	3	00:17:52	01:14:30.70	01:32:23.65	+00:33:07 (44.4%)	7:27	8.1 (55.9%)
226	NIEWADZIK Ula	932		K3 40-49	6	00:08:13	01:14:38.30	01:22:52.20	+00:33:14 (44.5%)	7:27	8 (55.2%)
227	HINDZIUK Artsiom	936	DZIKA SIGMA	M2 30-39	86	00:06:26	01:14:43.20	01:21:10.10	+00:33:19 (44.6%)	7:28	8 (55.2%)
228	KOMSTA Beata	669	PAN WĄSKI I JEGO MAFIA	K3 40-49	7	00:19:04	01:14:45.15	01:33:49.70	+00:33:21 (44.6%)	7:28	8 (55.2%)
229	ZAKOŚCIELNA Katarzyna	626	DZIKIE ŻÓŁWIE	K2 30-39	28	00:03:23	01:14:48.20	01:18:11.40	+00:33:24 (44.7%)	7:28	8 (55.2%)
230	ZIÓŁKOWSKI Mieczysław	792		M4 50-59	18	00:08:04	01:14:54.80	01:22:59.40	+00:33:31 (44.7%)	7:29	8 (55.2%)
231	PORAZIŃSKI Przemysław	806		M1 16-29	28	00:03:17	01:14:55.15	01:18:12.65	+00:33:31 (44.7%)	7:29	8 (55.2%)
232	SALAUYOU Raman	939	DZIKA SIGMA	M1 16-29	29	00:06:03	01:15:09.35	01:21:12.40	+00:33:45 (44.9%)	7:30	8 (55.2%)
233	BEDNARZ Katarzyna	702		K3 40-49	8	00:12:40	01:15:14.40	01:27:55.35	+00:33:50 (45.0%)	7:31	8 (55.2%)
234	REBELKA Małgorzata	869		K1 16-29	9	00:10:01	01:15:18.80	01:25:20.20	+00:33:55 (45.0%)	7:31	8 (55.2%)
235	KACPRZAK Beata	1091		K2 30-39	29	00:17:48	01:15:26.85	01:33:15.50	+00:34:03 (45.1%)	7:32	8 (55.2%)
236	JUSINSKA Anna	771		K3 40-49	9	00:09:25	01:15:28.60	01:24:53.75	+00:34:04 (45.2%)	7:32	8 (55.2%)
237	KRÜGER Swen	736	BRAUNSCHWEIG HASH HOUSE HARRIERS	M1 16-29	30	00:14:44	01:15:51.00	01:30:35.75	+00:34:27 (45.4%)	7:35	7.9 (54.5%)
238	CHUDZIŃSKI Bartosz	718		M3 40-49	50	00:57:28	01:15:53.60	02:13:21.70	+00:34:29 (45.5%)	7:35	7.9 (54.5%)
239	URBANOWICZ Piotr	1143		M1 16-29	31	00:04:21	01:15:54.95	01:20:16.45	+00:34:31 (45.5%)	7:35	7.9 (54.5%)
240	KRAWIEC Mateusz	1145		M1 16-29	32	00:04:18	01:16:01.55	01:20:20.20	+00:34:37 (45.6%)	7:36	7.9 (54.5%)
241	PODOLAK Julia	908		K1 16-29	10	01:24:16	01:16:11.85	02:40:28.70	+00:34:48 (45.7%)	7:37	7.9 (54.5%)
242	MURYN Dawid	951		M1 16-29	33	02:49:46	01:16:13.65	04:06:00.15	+00:34:50 (45.7%)	7:37	7.9 (54.5%)
243	PIOTROWSKA Małgorzata	848		K1 16-29	11	00:06:28	01:16:16.80	01:22:45.65	+00:34:53 (45.7%)	7:37	7.9 (54.5%)
244	BIENIAS Emilia	947	RAGNAROK SZCZECIN	K1 16-29	12	02:49:38	01:16:21.30	04:05:59.85	+00:34:57 (45.8%)	7:38	7.9 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	BLAHAK David	958	VO2 MAX TEAM	M1 16-29	34	03:37:49	01:16:47.80	04:54:37.25	+00:35:24 (46.1%)	7:40	7.8 (53.8%)
246	LEWANDOWSKA Anna	747		K3 40-49	10	00:02:28	01:16:53.20	01:19:21.90	+00:35:29 (46.2%)	7:41	7.8 (53.8%)
247	PETRUSIEWICZ Paweł	797		M1 16-29	35	00:53:41	01:16:55.10	02:10:36.45	+00:35:31 (46.2%)	7:41	7.8 (53.8%)
248	WOJTKOWIAK Rafał	999		M3 40-49	51	01:35:54	01:17:08.10	02:53:02.35	+00:35:44 (46.3%)	7:42	7.8 (53.8%)
249	ŁEBKOWSKI Karol	689		M3 40-49	52	00:27:00	01:17:08.85	01:44:09.80	+00:35:45 (46.3%)	7:42	7.8 (53.8%)
250	PUPEK Małgorzata	687	WILKI Z CIECHOCINKA	K2 30-39	30	00:26:57	01:17:11.50	01:44:09.40	+00:35:47 (46.4%)	7:43	7.8 (53.8%)
251	ORLON Barbara	699	FSD RUN DREZDENKO	K4 50-59	4	00:03:07	01:17:11.90	01:20:18.90	+00:35:48 (46.4%)	7:43	7.8 (53.8%)
252	BACHORSKA Dorota	767	FITOSKI TEAM	K3 40-49	11	00:09:28	01:17:24.45	01:26:52.70	+00:36:00 (46.5%)	7:44	7.8 (53.8%)
253	KOWALKOWSKA Beata	913		K2 30-39	31	00:59:17	01:17:32.90	02:16:50.65	+00:36:09 (46.6%)	7:45	7.7 (53.1%)
254	WIECZOREK Magdalena	656		K3 40-49	12	01:19:12	01:17:37.65	02:36:49.90	+00:36:14 (46.7%)	7:45	7.7 (53.1%)
255	GANCKE Grzegorz	1005		M3 40-49	53	00:20:37	01:17:43.10	01:38:21.00	+00:36:19 (46.7%)	7:46	7.7 (53.1%)
256	PADUCH Piotr	905		M2 30-39	87	00:07:37	01:17:48.50	01:25:26.45	+00:36:24 (46.8%)	7:46	7.7 (53.1%)
257	GEILICH Katja	733	BRAUNSCHWEIG HASH HOUSE HARRIERS	K2 30-39	32	00:14:50	01:17:49.05	01:32:39.50	+00:36:25 (46.8%)	7:46	7.7 (53.1%)
258	KORZENIAK Wojciech	800		M1 16-29	36	00:51:46	01:17:49.20	02:09:36.00	+00:36:25 (46.8%)	7:46	7.7 (53.1%)
259	TUZ Bartosz	882	TEAM SPIRIT NOWA SÓL	M2 30-39	88	00:17:44	01:17:51.00	01:35:35.85	+00:36:27 (46.8%)	7:47	7.7 (53.1%)
260	MIKICIUK Natalia	799		K1 16-29	13	00:51:44	01:17:51.10	02:09:35.60	+00:36:27 (46.8%)	7:47	7.7 (53.1%)
261	SZYPLOWSKI Dorian	778		M2 30-39	89	00:24:06	01:17:52.55	01:41:58.85	+00:36:28 (46.8%)	7:47	7.7 (53.1%)
262	SZYMAŃSKI Piotr	777		M2 30-39	90	00:24:09	01:17:53.35	01:42:02.50	+00:36:29 (46.9%)	7:47	7.7 (53.1%)
263	GRALEWICZ Magdalena	599		K3 40-49	13	00:21:29	01:17:53.45	01:39:23.25	+00:36:29 (46.9%)	7:47	7.7 (53.1%)
264	WIECZOREK Jakub	651		M1 16-29	37	01:18:31	01:17:53.55	02:36:24.95	+00:36:29 (46.9%)	7:47	7.7 (53.1%)
265	TUZ Gabriela	888	TEAM SPIRIT NOWA SÓL	K2 30-39	33	00:17:41	01:17:54.30	01:35:35.85	+00:36:30 (46.9%)	7:47	7.7 (53.1%)
266	DYDEK Dorota	1162	SKB DZIK	K4 50-59	5	00:21:17	01:17:56.55	01:39:14.40	+00:36:32 (46.9%)	7:47	7.7 (53.1%)
267	PATZKE Petra	737	BRAUNSCHWEIG HASH HOUSE HARRIERS	K4 50-59	6	00:14:41	01:17:57.65	01:32:38.75	+00:36:34 (46.9%)	7:47	7.7 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	BEDNAREK Natalia	963	DECATHLON PIŁA	K1 16-29	14	00:38:20	01:18:12.30	01:56:32.70	+00:36:48 (47.1%)	7:49	7.7 (53.1%)
269	KRZEMIŃSKI Paweł	967	EXT-WLF	M1 16-29	38	00:18:14	01:18:25.70	01:36:40.50	+00:37:02 (47.2%)	7:50	7.7 (53.1%)
270	MARSCHAŁKOWSKA Dorota	1081	KM PSP KOSZALIN	K4 50-59	7	00:05:38	01:18:26.40	01:24:04.75	+00:37:02 (47.2%)	7:50	7.6 (52.4%)
271	ZAWADZKI Andrzej	968	EXT-WLF	M1 16-29	39	00:18:11	01:18:28.95	01:36:40.30	+00:37:05 (47.3%)	7:50	7.6 (52.4%)
272	DĄBROWSKA Paulina	744		K1 16-29	15	00:21:55	01:18:34.80	01:40:30.00	+00:37:11 (47.3%)	7:51	7.6 (52.4%)
273	SITEK Alfred	789		M3 40-49	54	01:18:36	01:19:07.00	02:37:43.10	+00:37:43 (47.7%)	7:54	7.6 (52.4%)
274	BIELSKA Ola	703		K2 30-39	34	00:55:36	01:19:16.25	02:14:52.85	+00:37:52 (47.8%)	7:55	7.6 (52.4%)
275	KAROL Sławomir	793	LOSZKI I WARCHLAKI	M4 50-59	19	00:07:14	01:19:17.30	01:26:31.70	+00:37:53 (47.8%)	7:55	7.6 (52.4%)
276	NOWAK Zbigniew	926	KB DZIK	M5 60+	5	00:40:53	01:19:45.50	02:00:39.35	+00:38:21 (48.1%)	7:58	7.5 (51.7%)
277	BIEGANSKI Tomasz	876		M2 30-39	91	00:03:48	01:19:56.40	01:23:44.95	+00:38:32 (48.2%)	7:59	7.5 (51.7%)
278	GRODZIŃSKI Arkadiusz	640	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	55	00:02:33	01:20:06.20	01:22:39.55	+00:38:42 (48.3%)	8:00	7.5 (51.7%)
279	MURAWSKI Rafał	921	ŁOSOŚ TEAM	M3 40-49	56	00:08:59	01:20:19.35	01:29:19.25	+00:38:55 (48.5%)	8:01	7.5 (51.7%)
280	MISIASZEK Mirosław	1036		M4 50-59	20	01:26:08	01:20:40.65	02:46:49.00	+00:39:17 (48.7%)	8:04	7.4 (51.0%)
281	DANILUK Małgorzata	809		K1 16-29	16	00:53:27	01:20:44.20	02:14:11.70	+00:39:20 (48.7%)	8:04	7.4 (51.0%)
282	LÜLLMANN Jörg	739	BRAUNSCHWEIG HASH HOUSE HARRIERS	M4 50-59	21	00:14:37	01:20:44.95	01:35:22.45	+00:39:21 (48.7%)	8:04	7.4 (51.0%)
283	CAŁKA Barbara	914		K3 40-49	14	00:12:09	01:20:46.00	01:32:55.30	+00:39:22 (48.7%)	8:04	7.4 (51.0%)
284	NASIADEK Arkadiusz	725		M3 40-49	57	00:57:31	01:20:50.25	02:18:21.55	+00:39:26 (48.8%)	8:05	7.4 (51.0%)
285	SAWICKA - WERS Urszula	707	SAR-BSR KOŁOBRZEG MARATON TEAM	K2 30-39	35	00:12:37	01:20:55.95	01:33:33.90	+00:39:32 (48.9%)	8:05	7.4 (51.0%)
286	SUSZA Małgorzata	643		K3 40-49	15	00:12:06	01:20:59.50	01:33:05.50	+00:39:35 (48.9%)	8:05	7.4 (51.0%)
287	WALENT Marta	870		K2 30-39	36	00:09:40	01:21:31.60	01:31:12.55	+00:40:07 (49.2%)	8:09	7.4 (51.0%)
288	ULASS Patrycja	786		K1 16-29	17	01:08:56	01:21:38.80	02:30:34.90	+00:40:15 (49.3%)	8:09	7.3 (50.3%)
289	KUNIKOWSKI Patryk	671	STARGARD JA SIĘ NIE ŚCIGAM	M2 30-39	92	00:44:21	01:21:39.15	02:06:00.95	+00:40:15 (49.3%)	8:09	7.3 (50.3%)
290	POŹNIAK Aleksandra	769	DZIKIE DZIKI GORZÓW	K2 30-39	37	00:41:11	01:21:44.50	02:02:56.00	+00:40:20 (49.4%)	8:10	7.3 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	KUNIKOWSKA Patrycja	672	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	38	00:44:14	01:21:46.20	02:06:00.95	+00:40:22 (49.4%)	8:10	7.3 (50.3%)
292	MUSKAŁA Beata	831	WDŚ KMP	K4 50-59	8	00:10:42	01:22:47.25	01:33:30.20	+00:41:23 (50.0%)	8:16	7.2 (49.7%)
293	MAŁECKA Anna	772		K3 40-49	16	00:13:16	01:22:48.00	01:36:04.90	+00:41:24 (50.0%)	8:16	7.2 (49.7%)
294	SYCH Zbigniew	839	KB KAMIEŃ POMORSKI	M3 40-49	58	00:22:54	01:23:01.00	01:45:55.15	+00:41:37 (50.1%)	8:18	7.2 (49.7%)
295	SYCH Małgorzata	838	KB KAMIEŃ POMORSKI	K3 40-49	17	00:22:51	01:23:04.00	01:45:55.35	+00:41:40 (50.2%)	8:18	7.2 (49.7%)
296	MAŁECKI Sebastian	773		M2 30-39	93	00:13:13	01:23:04.50	01:36:17.75	+00:41:40 (50.2%)	8:18	7.2 (49.7%)
297	BIEGAŃSKI Piotr	1089		M2 30-39	94	00:03:51	01:23:11.20	01:27:02.25	+00:41:47 (50.2%)	8:19	7.2 (49.7%)
298	ZAWISZA Tomasz	889	BRIDGESTONE STARGARD RUNNERS	M3 40-49	59	00:57:50	01:23:17.55	02:21:08.10	+00:41:53 (50.3%)	8:19	7.2 (49.7%)
299	PIERZAKOWSKA Agnieszka	614	SZALONE MAMUŚKI	K2 30-39	39	00:08:45	01:23:22.85	01:32:07.95	+00:41:59 (50.4%)	8:20	7.2 (49.7%)
300	BOCHENEK Jadwiga	854	AFRO-FIT WATAHA CROSSFIT	K2 30-39	40	00:11:31	01:23:26.45	01:34:58.15	+00:42:02 (50.4%)	8:20	7.2 (49.7%)
301	MISIUK Marta	618		K2 30-39	41	00:08:39	01:23:28.30	01:32:07.75	+00:42:04 (50.4%)	8:20	7.2 (49.7%)
302	DYWELSKI Marcin	1078	BRIDGESTONE STARGARD RUNNERS	M3 40-49	60	00:07:23	01:23:40.15	01:31:04.05	+00:42:16 (50.5%)	8:22	7.2 (49.7%)
303	MAJCHER Małgorzata	597	PIŁA TEAM	K3 40-49	18	00:21:08	01:23:49.65	01:44:57.70	+00:42:26 (50.6%)	8:22	7.2 (49.7%)
304	SERKOWSKA Paulina	1101		K1 16-29	18	00:07:58	01:23:51.40	01:31:50.05	+00:42:27 (50.6%)	8:23	7.2 (49.7%)
305	KIJO-ŁYDKA Magdalena	1110		K2 30-39	42	01:33:37	01:24:01.20	02:57:38.90	+00:42:37 (50.7%)	8:24	7.1 (49.0%)
306	NAJMARK Małgorzata	695	NORDICOVE LOVE POLICE	K3 40-49	19	00:27:10	01:24:14.80	01:51:25.35	+00:42:51 (50.9%)	8:25	7.1 (49.0%)
307	KWILIŃSKI Emil	993		M3 40-49	61	00:27:16	01:24:34.70	01:51:50.75	+00:43:11 (51.1%)	8:27	7.1 (49.0%)
308	PIEPZOWSKA Sylwia	877		K3 40-49	20	00:27:07	01:24:42.00	01:51:49.70	+00:43:18 (51.1%)	8:28	7.1 (49.0%)
309	SAKOWSKA-CARŁO Magda	802	WIECZORNE BIEGANIE W SZCZECINIE	K2 30-39	43	00:58:54	01:24:48.50	02:23:43.20	+00:43:24 (51.2%)	8:28	7.1 (49.0%)
310	CUPRYJAK Sebastian	1115		M2 30-39	95	00:29:21	01:25:24.45	01:54:46.35	+00:44:00 (51.5%)	8:32	7 (48.3%)
311	MLECZEK Roman	775		M3 40-49	62	00:13:34	01:25:25.70	01:38:59.85	+00:44:02 (51.5%)	8:32	7 (48.3%)
312	WOJCIECHOWSKA Maja	1116		K1 16-29	19	00:29:18	01:25:28.00	01:54:46.25	+00:44:04 (51.6%)	8:32	7 (48.3%)
313	JEZIOREK Agnieszka	774		K3 40-49	21	00:13:30	01:25:29.55	01:38:59.90	+00:44:05 (51.6%)	8:32	7 (48.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
314	POST Marcin	864		M2 30-39	96	00:13:09	01:25:34.60	01:38:43.85	+00:44:10 (51.6%)	8:33	7 (48.3%)
315	TOMICZAK Marta	661		K3 40-49	22	01:42:03	01:25:38.50	03:07:42.45	+00:44:14 (51.7%)	8:33	7 (48.3%)
316	POST Mariola	865		K3 40-49	23	00:13:05	01:25:44.15	01:38:50.05	+00:44:20 (51.7%)	8:34	7 (48.3%)
317	KLIMEK Krzysztof	726		M3 40-49	63	01:21:42	01:25:48.05	02:47:31.00	+00:44:24 (51.8%)	8:34	7 (48.3%)
318	LOBA Zuzanna	873	DZIK	K1 16-29	20	00:31:52	01:26:02.20	01:57:55.00	+00:44:38 (51.9%)	8:36	7 (48.3%)
319	LEBIODA Alicja	880		K3 40-49	24	01:29:20	01:26:26.85	02:55:47.80	+00:45:03 (52.1%)	8:38	6.9 (47.6%)
320	TRZECIAK Piotr	807		M2 30-39	97	00:22:01	01:27:20.80	01:49:22.00	+00:45:57 (52.6%)	8:44	6.9 (47.6%)
321	JAŚKIEWICZ Krzysztof	682	MSPORT	M3 40-49	64	00:08:01	01:27:21.75	01:35:23.55	+00:45:58 (52.6%)	8:44	6.9 (47.6%)
322	ARCZYŃSKI Jakub	808		M2 30-39	98	00:21:58	01:27:24.55	01:49:22.65	+00:46:00 (52.6%)	8:44	6.9 (47.6%)
323	PRABUCKA Weronika	1129	UKL ÓSEMKA POLICE	K1 16-29	21	00:07:11	01:27:28.15	01:34:39.95	+00:46:04 (52.7%)	8:44	6.9 (47.6%)
324	ZWYRBLIS KŁAPOUCH Wioletta	927		K3 40-49	25	00:10:29	01:27:30.70	01:38:00.00	+00:46:07 (52.7%)	8:45	6.9 (47.6%)
325	WIŚNIEWSKA Marta	585	IHUHU TEAM	K1 16-29	22	00:10:06	01:27:31.45	01:37:38.00	+00:46:07 (52.7%)	8:45	6.9 (47.6%)
326	ZABROCKI Karol	633		M3 40-49	65	00:15:08	01:27:44.65	01:42:52.95	+00:46:21 (52.8%)	8:46	6.8 (46.9%)
327	TUMANOWICZ Tomasz	834		M3 40-49	66	00:21:10	01:27:46.15	01:48:56.90	+00:46:22 (52.8%)	8:46	6.8 (46.9%)
328	WOŹNIAK Rafał	582	IHUHU TEAM	M2 30-39	99	00:09:49	01:27:48.20	01:37:38.10	+00:46:24 (52.9%)	8:46	6.8 (46.9%)
329	KIERUJ Jakub	837	IHUHU TEAM	M1 16-29	40	00:09:46	01:27:52.65	01:37:39.30	+00:46:29 (52.9%)	8:47	6.8 (46.9%)
330	PCIONEK Jacek	833		M2 30-39	100	00:21:12	01:27:59.60	01:49:12.15	+00:46:35 (53.0%)	8:47	6.8 (46.9%)
331	GOWORSKI Jerzy	842	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	101	00:34:37	01:28:00.15	02:02:37.35	+00:46:36 (53.0%)	8:48	6.8 (46.9%)
332	WROŃSKI Julian	990	STARGARD. JA SIĘ NIE ŚCIGAM	M2 30-39	102	00:45:20	01:28:08.95	02:13:29.80	+00:46:45 (53.0%)	8:48	6.8 (46.9%)
333	KUCHARCZYK Paulina	782		K1 16-29	23	00:36:37	01:28:10.15	02:04:47.20	+00:46:46 (53.1%)	8:49	6.8 (46.9%)
334	PYREK Iwona	662		K2 30-39	44	00:44:29	01:28:39.75	02:13:09.00	+00:47:16 (53.3%)	8:51	6.8 (46.9%)
335	MACHOLA Bartłomiej	1114	MONIA GYM	M2 30-39	103	00:10:10	01:29:35.50	01:39:45.60	+00:48:11 (53.8%)	8:57	6.7 (46.2%)
336	WIŚNIEWSKA Sandra	1003		K1 16-29	24	01:00:27	01:29:57.35	02:30:25.00	+00:48:33 (54.0%)	8:59	6.7 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
337	KUŹMIŃSKA Weronika	696		K1 16-29	25	01:42:59	01:30:29.60	03:13:29.50	+00:49:05 (54.3%)	9:02	6.6 (45.5%)
338	DZIEDZINA Roksana	708	KLUB SPORTOWY FITNESS	K2 30-39	45	00:14:09	01:30:30.75	01:44:40.65	+00:49:07 (54.3%)	9:03	6.6 (45.5%)
339	ZADROŻNY Szymon	657		M3 40-49	67	00:44:34	01:30:36.10	02:15:10.70	+00:49:12 (54.3%)	9:03	6.6 (45.5%)
340	RUTKOWSKA Anna	648	WATAHA WAŁCZ	K4 50-59	9	00:44:32	01:30:37.35	02:15:09.55	+00:49:13 (54.3%)	9:03	6.6 (45.5%)
341	BIAŁOWOLSKA-MICHNIACKA Elwira	1125	IRON TEAM SZCZECIN	K2 30-39	46	00:06:10	01:30:43.80	01:36:54.65	+00:49:20 (54.4%)	9:04	6.6 (45.5%)
342	KAROL Monika	794	LOSZKI I WARCHLAKI	K1 16-29	26	00:07:31	01:30:44.75	01:38:16.60	+00:49:21 (54.4%)	9:04	6.6 (45.5%)
343	NOWAK Aneta	683	NORDICOWELOVE POLICE	K3 40-49	26	00:27:13	01:31:17.90	01:58:31.60	+00:49:54 (54.7%)	9:07	6.6 (45.5%)
344	BORODZIUK Magdalena	776	WOT	K3 40-49	27	00:45:40	01:31:25.80	02:17:05.95	+00:50:02 (54.7%)	9:08	6.6 (45.5%)
345	ANIELSKI Sławomir	894		M1 16-29	41	00:40:17	01:31:26.20	02:11:44.00	+00:50:02 (54.7%)	9:08	6.6 (45.5%)
346	KULEWSKA Joanna	1097	NORDICOWELOVE POLICE	K3 40-49	28	00:27:05	01:31:26.35	01:58:31.40	+00:50:02 (54.7%)	9:08	6.6 (45.5%)
347	ANIELSKI Michał	858		M2 30-39	104	00:40:20	01:31:35.30	02:11:56.05	+00:50:11 (54.8%)	9:09	6.6 (45.5%)
348	ŻOŁNACZ Radek	892		M2 30-39	105	00:40:14	01:31:38.80	02:11:53.20	+00:50:15 (54.8%)	9:09	6.5 (44.8%)
349	KAROLCZAK Magdalena	584	IHUHU TEAM	K3 40-49	29	00:10:32	01:31:40.05	01:42:12.75	+00:50:16 (54.8%)	9:10	6.5 (44.8%)
350	ANIELSKA Anna	893		K2 30-39	47	00:40:11	01:31:42.20	02:11:53.35	+00:50:18 (54.9%)	9:10	6.5 (44.8%)
351	SEŃ Agata	859		K2 30-39	48	00:40:07	01:31:47.10	02:11:54.70	+00:50:23 (54.9%)	9:10	6.5 (44.8%)
352	ZIELIŃSKA-RYŻ Katarzyna	970	DLL PARTNERS	K2 30-39	49	00:36:05	01:32:34.20	02:08:40.10	+00:51:10 (55.3%)	9:15	6.5 (44.8%)
353	STACH Sara	959		K1 16-29	27	01:12:14	01:32:50.35	02:45:05.10	+00:51:26 (55.4%)	9:17	6.5 (44.8%)
354	NOWOTNIK Wojciech	960		M2 30-39	106	01:12:12	01:32:52.45	02:45:04.55	+00:51:28 (55.4%)	9:17	6.5 (44.8%)
355	PERROT Magdalena	688	WILKI Z CIECHOCINKA	K3 40-49	30	00:27:19	01:33:11.70	02:00:31.40	+00:51:48 (55.6%)	9:19	6.4 (44.1%)
356	BANAŚ Anna	981	DLL PARTNERS	K2 30-39	50	00:35:07	01:33:23.70	02:08:31.20	+00:52:00 (55.7%)	9:20	6.4 (44.1%)
357	BIAŁOWAŚ Alicja	785		K2 30-39	51	00:46:52	01:33:28.80	02:20:21.35	+00:52:05 (55.7%)	9:20	6.4 (44.1%)
358	CHROBOCIŃSKA Elżbieta	820		K4 50-59	10	00:14:15	01:33:30.35	01:47:46.30	+00:52:06 (55.7%)	9:21	6.4 (44.1%)
359	PUFF Agata	987	DLL PARTNERS	K2 30-39	52	00:35:04	01:33:33.30	02:08:37.90	+00:52:09 (55.8%)	9:21	6.4 (44.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
360	SZAJEK Marta	1055	HULK TEAM POLICE	K3 40-49	31	01:21:35	01:33:55.80	02:55:31.20	+00:52:32 (55.9%)	9:23	6.4 (44.1%)
361	STOCK Heiko	743	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	68	00:14:56	01:34:01.15	01:48:58.00	+00:52:37 (56.0%)	9:24	6.4 (44.1%)
362	GUMIELA Adam	828	MELVITRUN	M2 30-39	107	00:29:29	01:34:16.40	02:03:45.55	+00:52:52 (56.1%)	9:25	6.4 (44.1%)
363	HAJDUKIEWICZ Anna	928		K3 40-49	32	00:10:25	01:34:34.65	01:45:00.50	+00:53:11 (56.2%)	9:27	6.3 (43.4%)
364	KAROL Agnieszka	795	LOSZKI I WARCHLAKI	K3 40-49	33	00:07:35	01:34:36.20	01:42:11.25	+00:53:12 (56.2%)	9:27	6.3 (43.4%)
365	KOSMAL-BRZYCHCY Agnieszka	946		K3 40-49	34	00:10:36	01:34:44.05	01:45:20.20	+00:53:20 (56.3%)	9:28	6.3 (43.4%)
366	ULASS Agnieszka	788		K3 40-49	35	00:53:23	01:35:12.70	02:28:35.85	+00:53:49 (56.5%)	9:31	6.3 (43.4%)
367	BANASIAK Adrianna	1067		K2 30-39	53	00:03:43	01:35:19.45	01:39:02.90	+00:53:55 (56.6%)	9:31	6.3 (43.4%)
368	OSTROWSKA Ewa	1068		K1 16-29	28	00:03:37	01:35:25.25	01:39:02.50	+00:54:01 (56.6%)	9:32	6.3 (43.4%)
369	SIDORCZUK Tomasz	929	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	69	00:46:41	01:35:28.85	02:22:10.30	+00:54:05 (56.6%)	9:32	6.3 (43.4%)
370	WIELGUS-ULATOWSKA Joanna	942	HELLS HEAVEN SZCZECIN	K2 30-39	54	01:53:15	01:35:50.30	03:29:05.50	+00:54:26 (56.8%)	9:35	6.3 (43.4%)
371	NIEZGODA Adam	619	KOMPAS TEAM	M3 40-49	70	00:21:48	01:36:11.75	01:58:00.45	+00:54:48 (57.0%)	9:37	6.2 (42.8%)
372	KUPNIEWSKA Aleksandra	620	KOMPAS TEAM	K2 30-39	55	00:21:42	01:36:18.55	01:58:00.80	+00:54:54 (57.0%)	9:37	6.2 (42.8%)
373	ADAM Kamila	972	DLL PARTNERS	K2 30-39	56	00:29:11	01:37:04.20	02:06:16.15	+00:55:40 (57.4%)	9:42	6.2 (42.8%)
374	PARADOWSKI Piotr	697	KB WYSZKÓW	M1 16-29	42	00:44:58	01:37:17.35	02:22:15.35	+00:55:53 (57.5%)	9:43	6.2 (42.8%)
375	BARTNIK Paweł	1132	DLL PARTNERS	M5 60+	6	00:09:58	01:38:28.35	01:48:26.60	+00:57:04 (58.0%)	9:50	6.1 (42.1%)
376	WIECZOREK Wojciech	654		M3 40-49	71	01:18:56	01:39:00.25	02:57:56.70	+00:57:36 (58.2%)	9:54	6.1 (42.1%)
377	CHROBOCINSKI Daniel	819		M1 16-29	43	00:14:20	01:39:08.40	01:53:29.00	+00:57:44 (58.2%)	9:54	6.1 (42.1%)
378	MAŁKOWSKA Ewa	878		K3 40-49	36	01:55:13	01:39:19.55	03:34:32.60	+00:57:55 (58.3%)	9:55	6 (41.4%)
379	STEMPNIAK Zbigniew	675	REBELS LEGION TEAM	M3 40-49	72	00:11:41	01:40:07.35	01:51:48.90	+00:58:43 (58.7%)	10:00	6 (41.4%)
380	MISIASZEK Beata	1037		K4 50-59	11	01:19:04	01:40:14.10	02:59:18.65	+00:58:50 (58.7%)	10:01	6 (41.4%)
381	STEMPNIAK Katarzyna	674	REBELS LEGION TEAM	K2 30-39	57	00:10:53	01:40:55.15	01:51:48.75	+00:59:31 (59.0%)	10:05	5.9 (40.7%)
382	KOGUT Karol	723		M2 30-39	108	00:09:05	01:41:01.20	01:50:06.45	+00:59:37 (59.0%)	10:06	5.9 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
383	KUCHARCZYK Elżbieta	763	RUN GRYF	K3 40-49	37	00:36:39	01:41:07.40	02:17:47.35	+00:59:43 (59.1%)	10:06	5.9 (40.7%)
384	SOŁTYS Krzysztof	1122		M1 16-29	44	00:09:38	01:41:33.20	01:51:11.60	+01:00:09 (59.2%)	10:09	5.9 (40.7%)
385	LIŚKIEWICZ Katarzyna	971	DLL PARTNERS	K3 40-49	38	00:29:09	01:42:42.10	02:11:51.35	+01:01:18 (59.7%)	10:16	5.8 (40.0%)
386	BODNAR Zbigniew	652		M5 60+	7	00:06:54	01:43:03.80	01:49:58.10	+01:01:40 (59.8%)	10:18	5.8 (40.0%)
387	PRABUCKA Karolina	1127	UKL ÓSEMKA POLICE	K3 40-49	39	00:07:09	01:43:12.90	01:50:22.10	+01:01:49 (59.9%)	10:19	5.8 (40.0%)
388	PRABUCKI Jarosław	1128	UKL ÓSEMKA POLICE	M3 40-49	73	00:07:06	01:43:16.25	01:50:22.40	+01:01:52 (59.9%)	10:19	5.8 (40.0%)
389	DIKOLENKO Bartosz	964		M2 30-39	109	00:22:04	01:43:37.90	02:05:42.20	+01:02:14 (60.1%)	10:21	5.8 (40.0%)
390	RUBAJ Anna	684		K2 30-39	58	00:07:48	01:44:45.50	01:52:33.85	+01:03:21 (60.5%)	10:28	5.7 (39.3%)
391	PIERŚCIŃSKA Marzena	920		K3 40-49	40	00:07:51	01:44:48.85	01:52:39.95	+01:03:25 (60.5%)	10:28	5.7 (39.3%)
392	GÓRSKA Agnieszka	685	NORDICOWELOVE POLICE	K3 40-49	41	00:07:45	01:44:50.45	01:52:36.05	+01:03:26 (60.5%)	10:29	5.7 (39.3%)
393	TOMASZEWSKA Beata	851		K2 30-39	59	00:07:42	01:44:51.15	01:52:33.60	+01:03:27 (60.5%)	10:29	5.7 (39.3%)
394	KRÓL Magdalena	922		K2 30-39	60	00:13:22	01:44:54.90	01:58:17.30	+01:03:31 (60.5%)	10:29	5.7 (39.3%)
395	KRUSZEWICZ-KOWALEWSKA Alina	1258	AMPIO SMART HOME	K3 40-49	42	00:02:22	01:45:21.55	01:47:43.60	+01:03:57 (60.7%)	10:32	5.7 (39.3%)
396	MICHALSKA Karolina	588	KOMPAS TEAM	K1 16-29	29	00:21:45	01:50:19.40	02:12:04.70	+01:08:55 (62.5%)	11:01	5.4 (37.2%)
397	PŁOSA Arkadiusz	780		M3 40-49	74	00:42:45	01:50:56.65	02:33:41.80	+01:09:33 (62.7%)	11:05	5.4 (37.2%)
398	PŁOSA Monika	765		K2 30-39	61	00:42:41	01:50:59.70	02:33:41.60	+01:09:36 (62.7%)	11:05	5.4 (37.2%)
399	HAŁAS Renata	704	SZYBCIEJ NIE MOGE	K4 50-59	12	00:06:39	01:51:36.90	01:58:16.10	+01:10:13 (62.9%)	11:09	5.4 (37.2%)
400	LEWANDOWSKI Janusz	866		M5 60+	8	00:06:35	01:51:41.25	01:58:16.90	+01:10:17 (62.9%)	11:10	5.4 (37.2%)
401	GORYŃSKA Daria	950		K1 16-29	30	00:01:56	01:54:09.70	01:56:06.45	+01:12:46 (63.7%)	11:24	5.3 (36.6%)
402	STACHOWIAK Monika	992		K3 40-49	43	00:35:11	02:01:45.50	02:36:56.95	+01:20:21 (66.0%)	12:10	4.9 (33.8%)
403	PUZIO Hanna	783		K2 30-39	62	00:46:49	02:12:32.65	02:59:22.05	+01:31:09 (68.8%)	13:15	4.5 (31.0%)
404	PUZIO Joanna	784		K2 30-39	63	00:46:45	02:12:37.15	02:59:23.00	+01:31:13 (68.8%)	13:15	4.5 (31.0%)
405	KOŁACZYŃSKA Monika	625		K3 40-49	44	00:21:22	02:13:44.40	02:35:06.45	+01:32:20 (69.0%)	13:22	4.5 (31.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
406	NOWAK Marta	1064		K2 30-39	64	00:08:49			+	0:11	315.8 (2,177.9%)
407	WANTUCH Marzena	917	DZIKI WEEKEND	K2 30-39	65	00:01:34			+00:10:07	6:00	10 (69.0%)
408	BOBROWSKI Emanuel	1146		M1 16-29	45	01:24:32			+00:26:28	9:16	6.5 (44.8%)
409	CICHECKA Joanna	836	NORDICOWELOVE	K4 50-59	13	00:11:03			+00:47:51	13:33	4.4 (30.3%)
410	ŚWIERCZ Dariusz	605	KPPSP WAŁCZ	M4 50-59	22	00:38:31			+00:52:46	14:32	4.1 (28.3%)
	GÓRNIAK Joanna	1069		K4 50-59		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 411 wynik(ów)