



Wydarzenie: Dziki Weekend 2021
Organizator: Stowarzyszenie Klub Biegowy Dzik
Data: 2021-08-21
Miejsce: Police
Dystans: 10 km

BIEG SZLAKIEM DZIKA

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BRAUN Grzegorz	122	BRAUNSPA W	M1 16-29	1	00:00:02	00:20:35	00:41:44.20	00:41:46.50		4:10	14.4 (100%)
2	RUSEK Kamil	315	FEHLAU RUN TEAM	M2 30-39	1	00:00:02	00:21:01	00:42:41.05	00:42:43.35	+00:00:56 (2.2%)	4:16	14.1 (97.9%)
3	BARAŃSKI Przemysław	381	KMPSP SZCZECIN / MLUKS TRZEBIATÓW	M1 16-29	2	00:00:02	00:21:07	00:42:56.90	00:42:59.40	+00:01:12 (2.8%)	4:17	14 (97.2%)
4	OLICHOWSKI Mateusz	4	WOLFTEAM	M2 30-39	2	00:00:02	00:21:15	00:42:59.90	00:43:02.70	+00:01:15 (2.9%)	4:17	14 (97.2%)
5	PLESNER Krzysztof	377	JRG 3 SZCZECIN	M3 40-49	1	00:00:02	00:21:48	00:44:19.50	00:44:22.05	+00:02:35 (5.8%)	4:25	13.5 (93.8%)
6	BIEGAŃSKI Piotr	18		M2 30-39	3	00:35:44	00:35:29	00:45:05.55	01:20:50.30	+00:03:21 (7.4%)	4:30	13.3 (92.4%)
7	KRZEŚNIEWSKI Marcin	96	ROWEROWY ZAŁOM	M3 40-49	2	00:00:02	00:23:10	00:47:07.70	00:47:10.55	+00:05:23 (11.4%)	4:42	12.7 (88.2%)
8	CHENON Guillaume	100	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	3	00:00:08	00:23:59	00:47:51.70	00:47:59.75	+00:06:07 (12.8%)	4:47	12.5 (86.8%)
9	WASILEWSKI Andrzej	7	WILKI Z CIECHOCINKA	M3 40-49	4	00:00:08	00:24:01	00:48:28.30	00:48:36.30	+00:06:44 (13.9%)	4:50	12.4 (86.1%)
10	SCHMIDT Thomas	143	HASH HOUSE HARRIERS BS	M2 30-39	4	00:00:16	00:24:50	00:48:56.90	00:49:13.45	+00:07:12 (14.7%)	4:53	12.3 (85.4%)
11	TOMCZYK Tomasz	48	KMPSP SZCZECIN	M2 30-39	5	00:00:04	00:24:21	00:48:58.80	00:49:03.10	+00:07:14 (14.8%)	4:53	12.3 (85.4%)
12	ADAMSKI Janusz	380	VO2MAX	M4 50-59	1	00:00:05	00:24:25	00:49:15.55	00:49:20.80	+00:07:31 (15.3%)	4:55	12.2 (84.7%)
13	CHAJA Radosław	401		M2 30-39	6	00:00:03	00:24:01	00:49:25.55	00:49:28.75	+00:07:41 (15.6%)	4:56	12.1 (84.0%)
14	GRYGORCEWICZ Jan	106	POLICE	M4 50-59	2	00:00:04	00:24:26	00:49:33.30	00:49:37.50	+00:07:49 (15.8%)	4:57	12.1 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	LIPERTOWICZ Sebastian	303	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	7	00:00:05	00:24:19	00:49:53.40	00:49:58.45	+00:08:09 (16.3%)	4:59	12 (83.3%)
16	WRÓBLEWSKI Michał	125	LIFE4FIT	M3 40-49	5	00:00:03	00:24:19	00:50:38.90	00:50:41.90	+00:08:54 (17.6%)	5:03	11.8 (81.9%)
17	FAFEREK Piotr	116	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	8	00:00:03	00:24:45	00:50:53.55	00:50:57.40	+00:09:09 (18.0%)	5:05	11.8 (81.9%)
18	PRZYBYSZ Marcin	67	WYMIARMEBLI.PL	M2 30-39	9	00:00:03	00:25:17	00:51:20.20	00:51:23.90	+00:09:36 (18.7%)	5:08	11.7 (81.3%)
19	KUPS Michał	385		M2 30-39	10	00:00:08	00:25:09	00:51:26.35	00:51:34.35	+00:09:42 (18.9%)	5:08	11.7 (81.3%)
20	TUBACKI Dawid	2	MMM BIGOSIK!	M1 16-29	3	00:00:04	00:25:02	00:51:31.55	00:51:36.50	+00:09:47 (19.0%)	5:09	11.6 (80.6%)
21	OSTOJSKI Ireneusz	45	DLL PARTNERS	M3 40-49	6	00:00:03	00:25:11	00:51:38.50	00:51:41.70	+00:09:54 (19.2%)	5:09	11.6 (80.6%)
22	NOWICKI Marcin	384		M3 40-49	7	00:00:08	00:25:29	00:51:48.70	00:51:57.30	+00:10:04 (19.4%)	5:10	11.6 (80.6%)
23	ZELEK Darek	79	POLICZANIN	M3 40-49	8	00:00:02	00:25:38	00:52:04.80	00:52:07.70	+00:10:20 (19.9%)	5:12	11.5 (79.9%)
24	OKIENCZUK Radek	55	T-RUN-OZAURY	M2 30-39	11	00:00:05	00:25:08	00:52:09.10	00:52:14.45	+00:10:24 (20.0%)	5:12	11.5 (79.9%)
25	GRALEWICZ Albert	3	MM	M1 16-29	4	00:00:05	00:25:48	00:52:10.10	00:52:15.65	+00:10:25 (20.0%)	5:13	11.5 (79.9%)
26	KOCZKODAJ Kamil	199	ŻANDARMERIA WOJSKOWA	M2 30-39	12	00:00:06	00:26:12	00:52:39.40	00:52:45.70	+00:10:55 (20.7%)	5:15	11.4 (79.2%)
27	ARLUKIEWICZ Grzegorz	196		M2 30-39	13	00:00:07	00:26:37	00:53:00.40	00:53:07.80	+00:11:16 (21.3%)	5:18	11.3 (78.5%)
28	DYDEK Edyta	648	SKB DZIK	K1 16-29	1	00:00:03	00:25:51	00:53:03.80	00:53:06.80	+00:11:19 (21.3%)	5:18	11.3 (78.5%)
29	ORCIŃSKI Paweł	398	SKB DZIK	M3 40-49	9	00:00:04	00:26:13	00:53:16.00	00:53:20.00	+00:11:31 (21.6%)	5:19	11.3 (78.5%)
30	GÓRNIAK Dariusz	301	RUNNERS	M4 50-59	3	00:00:02	00:26:15	00:53:33.05	00:53:35.65	+00:11:48 (22.1%)	5:21	11.2 (77.8%)
31	CZARNECKA Barbara	58		K2 30-39	1	00:00:04	00:26:45	00:53:36.30	00:53:40.50	+00:11:52 (22.1%)	5:21	11.2 (77.8%)
32	ULEWICZ Krzysztof	383		M3 40-49	10	00:00:08	00:26:28	00:53:45.50	00:53:54.10	+00:12:01 (22.4%)	5:22	11.2 (77.8%)
33	SŁOWIK Jacek	177		M2 30-39	14	00:00:06	00:26:12	00:53:48.95	00:53:55.80	+00:12:04 (22.4%)	5:22	11.2 (77.8%)
34	SZYŁOWICZ Daniel	404		M2 30-39	15	00:00:05	00:26:34	00:53:52.05	00:53:57.35	+00:12:07 (22.5%)	5:23	11.1 (77.1%)
35	BARAŃSKI Bogusław	382	MLUKS TRZEBIATÓW	M5 60+	1	00:00:02	00:26:01	00:53:53.05	00:53:55.85	+00:12:08 (22.5%)	5:23	11.1 (77.1%)
36	BOCHENEK Michał	28	SEKTOR DOBREJ ZABAWY	M2 30-39	16	00:00:03	00:26:36	00:53:57.95	00:54:01.75	+00:12:13 (22.7%)	5:23	11.1 (77.1%)
37	GOŁĘBIEWSKI Tomasz	102	PSP SZCZECIN	M2 30-39	17	00:00:04	00:27:16	00:54:16.65	00:54:21.15	+00:12:32 (23.1%)	5:25	11.1 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	SAWICKI Bartosz	194	DZIKIE DZIKI GORZÓW	M2 30-39	18	00:00:06	00:26:39	00:54:18.45	00:54:24.80	+00:12:34 (23.1%)	5:25	11 (76.4%)
39	MARZEC Karolina	156	DZIKIE DZIKI GORZÓW	K3 40-49	1	00:00:03	00:26:42	00:54:19.55	00:54:23.05	+00:12:35 (23.2%)	5:25	11 (76.4%)
40	ALABRYDZIŃSKA Agnieszka	643	SKB DZIK	K2 30-39	2	00:00:05	00:27:14	00:54:52.45	00:54:58.00	+00:13:08 (23.9%)	5:29	10.9 (75.7%)
41	PASIKOWSKI Kamil	644	SKB DZIK	M1 16-29	5	00:00:04	00:26:10	00:55:05.45	00:55:09.45	+00:13:21 (24.2%)	5:30	10.9 (75.7%)
42	ZERZUT Jarosław	101	FARTY PUSZCZY	M4 50-59	4	00:00:05	00:27:31	00:55:16.65	00:55:21.70	+00:13:32 (24.5%)	5:31	10.9 (75.7%)
43	SIEDLER Martin	41	SV DONSBRUGGEN 06	M2 30-39	19	00:00:11	00:26:30	00:55:40.95	00:55:52.15	+00:13:56 (25.0%)	5:34	10.8 (75.0%)
44	MATUSEWICZ Paweł	108		M1 16-29	6	00:00:07	00:26:38	00:55:42.00	00:55:49.50	+00:13:57 (25.1%)	5:34	10.8 (75.0%)
45	KRUK Bartosz	127	ORTOKOTY	M2 30-39	20	00:00:08	00:21:45	00:55:42.80	00:55:51.40	+00:13:58 (25.1%)	5:34	10.8 (75.0%)
46	SOBCZAK Paweł	379		M2 30-39	21	00:00:07	00:27:21	00:56:15.50	00:56:23.30	+00:14:31 (25.8%)	5:37	10.7 (74.3%)
47	BRUMIRSKI Bartek	92	NIEZRZESZONY	M2 30-39	22	00:00:19	00:28:11	00:56:20.85	00:56:40.45	+00:14:36 (25.9%)	5:38	10.7 (74.3%)
48	BĘDKOWSKI Piotr	308	SWIM2TRI	M2 30-39	23	00:00:09	00:27:24	00:56:46.55	00:56:56.05	+00:15:02 (26.5%)	5:40	10.6 (73.6%)
49	KNIAŻ Tomasz	147	HELL'S HEAVEN SZCZECIN	M3 40-49	11	00:00:11	00:27:09	00:56:55.20	00:57:06.45	+00:15:11 (26.7%)	5:41	10.5 (72.9%)
50	ORYL Mariusz	198	ŻANDARMERIA WOJSKOWA	M2 30-39	24	00:00:07	00:28:24	00:57:02.35	00:57:09.50	+00:15:18 (26.8%)	5:42	10.5 (72.9%)
51	FILDEBRANDT Basia	81	SEKTOR DOBREJ ZABAWY	K2 30-39	3	00:00:03	00:28:09	00:57:13.75	00:57:17.55	+00:15:29 (27.1%)	5:43	10.5 (72.9%)
52	KOKOWSKI Jacek	309	JACEK KOKOWSKI	M3 40-49	12	00:00:08	00:27:23	00:57:18.95	00:57:27.35	+00:15:34 (27.2%)	5:43	10.5 (72.9%)
53	GIETKO Piotr	378	MIĘTUSY	M3 40-49	13	00:00:13	00:28:01	00:57:25.95	00:57:39.75	+00:15:41 (27.3%)	5:44	10.4 (72.2%)
54	ZABLOCKI Paweł	411		M2 30-39	25	00:00:12	00:28:17	00:57:38.60	00:57:51.05	+00:15:54 (27.6%)	5:45	10.4 (72.2%)
55	CHRISTIAN Seebode	152	HASH HOUSE HARRIERS BS	M4 50-59	5	00:00:17	00:29:44	00:58:06.00	00:58:23.90	+00:16:21 (28.2%)	5:48	10.3 (71.5%)
56	BARTOSIEWICZ Adam	304	OCR POLSKA	M3 40-49	14	00:00:06	00:28:40	00:58:10.00	00:58:16.60	+00:16:25 (28.2%)	5:49	10.3 (71.5%)
57	NIEWCZAS Jakub	24	DZIKA SIGMA	M1 16-29	7	00:00:28	00:28:13	00:58:14.05	00:58:42.55	+00:16:29 (28.3%)	5:49	10.3 (71.5%)
58	SAWICKI Bartosz	399	DZIKIE DZIKI GORZÓW	M2 30-39	26	00:00:22	00:30:05	00:58:38.40	00:59:01.05	+00:16:54 (28.8%)	5:51	10.2 (70.8%)
59	PODOLAK Mirosław	9	GRUPA AZOTY	M3 40-49	15	00:00:12	00:29:02	00:58:38.65	00:58:51.00	+00:16:54 (28.8%)	5:51	10.2 (70.8%)
60	CZERWIŃSKI Paweł	51	HULK TEAM POLICE	M1 16-29	8	00:00:07	00:28:17	00:58:39.95	00:58:47.30	+00:16:55 (28.9%)	5:51	10.2 (70.8%)

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61	ANIOŁA-KUSZ Dominik	319		M3 40-49	16	00:00:18	00:28:53	00:58:44.75	00:59:03.65	+00:17:00 (29.0%)	5:52	10.2 (70.8%)
62	TROJNAR Maciej	70	T-RUN-OZAURY	M2 30-39	27	00:00:07	00:28:35	00:58:52.35	00:58:59.45	+00:17:08 (29.1%)	5:53	10.2 (70.8%)
63	BUHMANN Philip	53	HASH HOUSE HARRIERS BS	M2 30-39	28	00:00:17	00:31:31	00:58:57.35	00:59:14.55	+00:17:13 (29.2%)	5:53	10.2 (70.8%)
63	SCHULZE Jan Michael	150	HASH HOUSE HARRIERS BS	M1 16-29	9	00:00:16	00:30:25	00:58:57.35	00:59:14.20	+00:17:13 (29.2%)	5:53	10.2 (70.8%)
65	GRALEWICZ Robert	56	MM	M3 40-49	17	00:00:05	00:28:52	00:59:14.80	00:59:20.65	+00:17:30 (29.6%)	5:55	10.1 (70.1%)
66	ELLMANN Filip	57	STYL PIJANEGO MISTRZA	M2 30-39	29	00:00:04	00:28:19	00:59:15.40	00:59:19.70	+00:17:31 (29.6%)	5:55	10.1 (70.1%)
67	JASTRZEMSKI Patryk	397		M2 30-39	30	00:00:13	00:29:38	00:59:22.45	00:59:36.25	+00:17:38 (29.7%)	5:56	10.1 (70.1%)
68	SKOCZYLAS Patryk	228	INCOM POLSKA	M1 16-29	10	00:00:24	00:30:51	00:59:38.50	01:00:02.50	+00:17:54 (30.0%)	5:57	10.1 (70.1%)
69	MATYSIAK Sławomir	95	OCR GRUBAS TEAM	M2 30-39	31	00:00:04	00:29:35	00:59:44.45	00:59:49.40	+00:18:00 (30.1%)	5:58	10 (69.4%)
70	LENCEWICZ Grzegorz	61	VO2MAX	M2 30-39	32	00:00:04	00:27:45	00:59:50.40	00:59:55.15	+00:18:06 (30.3%)	5:59	10 (69.4%)
71	KOŁOMAŃSKI Hubert	59	BSHAUS	M2 30-39	33	00:00:36	00:30:11	00:59:51.15	01:00:27.90	+00:18:06 (30.3%)	5:59	10 (69.4%)
72	JĘDRYKA Anna	97	OCR GRUBAS TEAM	K1 16-29	2	00:00:04	00:29:34	00:59:52.40	00:59:57.10	+00:18:08 (30.3%)	5:59	10 (69.4%)
73	WOŁK Marcin	320	KSF	M2 30-39	34	00:00:15	00:30:24	01:00:07.30	01:00:22.45	+00:18:23 (30.6%)	6:00	10 (69.4%)
74	NIKLAS Małgorzata	314	KSF	K2 30-39	4	00:00:15	00:30:22	01:00:07.55	01:00:22.75	+00:18:23 (30.6%)	6:00	10 (69.4%)
75	GERLICH Klaus Stephan	174	HASH HOUSE HARRIERS BS	M4 50-59	6	00:00:08	00:28:40	01:00:15.85	01:00:23.90	+00:18:31 (30.7%)	6:01	10 (69.4%)
76	KURPIEWSKI Piotr	82	BBKTS	M1 16-29	11	00:00:10	00:29:18	01:00:21.00	01:00:31.45	+00:18:36 (30.8%)	6:02	9.9 (68.8%)
77	GÓRSKI Tomasz	33	MODRZYCA HUNTERS	M3 40-49	18	00:00:39	00:32:31	01:00:31.00	01:01:10.20	+00:18:46 (31.0%)	6:03	9.9 (68.8%)
78	MURAWSKA Wioletta	200	KB DZIK POLICE	K4 50-59	1	00:00:04	00:30:26	01:00:35.95	01:00:40.60	+00:18:51 (31.1%)	6:03	9.9 (68.8%)
79	MODZELEWSKI Piotr	625		M1 16-29	12	00:00:05	00:29:40	01:00:52.20	01:00:57.25	+00:19:08 (31.4%)	6:05	9.9 (68.8%)
80	SOWA Krzysztof	203	ZWIEDZANIE PRZEZ BIEGANIE	M2 30-39	35	00:00:08	00:28:58	01:00:52.70	01:01:01.30	+00:19:08 (31.4%)	6:05	9.9 (68.8%)
81	LOBA Jakub	618	DZIK	M1 16-29	13	00:00:05	00:31:42	01:00:58.50	01:01:03.75	+00:19:14 (31.6%)	6:05	9.8 (68.1%)
82	ECHAUST Artur	233	NEPTUN	M2 30-39	36	00:00:09	00:29:32	01:01:03.60	01:01:13.30	+00:19:19 (31.6%)	6:06	9.8 (68.1%)
83	BOCK Agnieszka	144	HASH HOUSE HARRIERS BS	K3 40-49	2	00:00:09	00:30:34	01:01:38.70	01:01:48.20	+00:19:54 (32.3%)	6:09	9.7 (67.4%)

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84	WITKOWSKI Emil	23	-	M2 30-39	37	00:00:30	00:30:54	01:01:39.30	01:02:09.30	+00:19:55 (32.3%)	6:09	9.7 (67.4%)
85	KIRAGA Jarek	29	ZS CROSSFIT SZCZECIN	M2 30-39	38	00:00:29	00:30:53	01:01:40.30	01:02:09.70	+00:19:56 (32.3%)	6:10	9.7 (67.4%)
86	ŁAWNICZAK Sebastian	232	ALUHAK	M3 40-49	19	00:00:27	00:30:31	01:01:59.80	01:02:27.45	+00:20:15 (32.7%)	6:11	9.7 (67.4%)
87	KACZMAREK Mateusz	373		M1 16-29	14	00:00:14	00:30:30	01:02:13.45	01:02:28.20	+00:20:29 (32.9%)	6:13	9.6 (66.7%)
88	BUDNICKI Grzegorz	99	NO PAIN NO GAIN	M2 30-39	39	00:00:19	00:30:49	01:02:15.05	01:02:34.25	+00:20:30 (33.0%)	6:13	9.6 (66.7%)
89	BOCK Udo	151	HASH HOUSE HARRIERS BS	M3 40-49	20	00:00:10	00:30:33	01:02:16.30	01:02:26.30	+00:20:32 (33.0%)	6:13	9.6 (66.7%)
90	SZULC Marcin	84	DZIKI	M2 30-39	40	00:00:09	00:30:31	01:02:16.65	01:02:25.75	+00:20:32 (33.0%)	6:13	9.6 (66.7%)
91	LEŚNIAK Piotr	318	GRUPA AZOTY POLICE	M1 16-29	15	01:08:30	00:31:29	01:02:22.75	02:10:53.70	+00:20:38 (33.1%)	6:14	9.6 (66.7%)
92	KACZMAREK Michał	216	GRUPA AZOTY POLYOLEFINS	M2 30-39	41	00:00:19	00:31:05	01:02:42.00	01:03:01.45	+00:20:57 (33.4%)	6:16	9.6 (66.7%)
93	KONOPACKI Sławek	197	SZCZECIN	M2 30-39	42	00:00:06	00:31:04	01:02:44.75	01:02:51.40	+00:21:00 (33.5%)	6:16	9.6 (66.7%)
94	JAROSŁAWSKA Sandra	103	HULK TEAM POLICE	K2 30-39	5	00:00:06	00:30:21	01:02:45.65	01:02:51.70	+00:21:01 (33.5%)	6:16	9.6 (66.7%)
95	DUDKA Robert	31	SZCZECIN	M2 30-39	43	00:00:28	00:32:10	01:02:46.75	01:03:14.80	+00:21:02 (33.5%)	6:16	9.6 (66.7%)
96	SIWAK Łukasz	310	-	M2 30-39	44	00:00:03	00:30:16	01:02:49.00	01:02:52.20	+00:21:04 (33.6%)	6:16	9.6 (66.7%)
97	DOBRYCKI Piotr	231	BRIDGESTONE STARGARD RUNNERS	M3 40-49	21	00:00:13	00:31:40	01:02:54.60	01:03:08.20	+00:21:10 (33.7%)	6:17	9.5 (66.0%)
98	KAMIONKA Andrzej	32	14 ZBOT	M2 30-39	45	00:00:12	00:31:17	01:02:56.05	01:03:09.00	+00:21:11 (33.7%)	6:17	9.5 (66.0%)
99	MĄDRAWSKI Tomasz	66		M3 40-49	22	00:00:11	00:31:32	01:03:13.25	01:03:24.90	+00:21:29 (34.0%)	6:19	9.5 (66.0%)
100	SYCHEL Magdalena	130	POLICE	K3 40-49	3	00:00:12	00:31:27	01:03:20.05	01:03:32.40	+00:21:35 (34.1%)	6:20	9.5 (66.0%)
101	TYRCHA Szymon	222	INCOM POLSKA	M2 30-39	46	00:00:24	00:32:12	01:03:23.80	01:03:48.00	+00:21:39 (34.2%)	6:20	9.5 (66.0%)
102	KIWILSZA Wojciech	104	IHUHU TEAM	M2 30-39	47	00:00:12	00:31:10	01:03:25.10	01:03:37.20	+00:21:40 (34.2%)	6:20	9.5 (66.0%)
103	SĘK Dariusz	375	MIĘTUSY	M3 40-49	23	00:00:14	00:30:27	01:03:27.25	01:03:41.55	+00:21:43 (34.2%)	6:20	9.5 (66.0%)
104	ROSZKOWSKI Artur	395		M3 40-49	24	00:00:09	00:31:26	01:03:35.85	01:03:45.20	+00:21:51 (34.4%)	6:21	9.4 (65.3%)
105	BRANDES Tilman	145	HASH HOUSE HARRIERS BS	M2 30-39	48	00:00:17	00:32:25	01:03:37.45	01:03:54.70	+00:21:53 (34.4%)	6:21	9.4 (65.3%)
106	KISIEL Kamila	410	BRIDGESTONE STARGARD RUNNERS	K1 16-29	3	00:00:12	00:31:31	01:03:46.35	01:03:59.05	+00:22:02 (34.6%)	6:22	9.4 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	BALCERZAK Przemysław	205	UKL ÓSEMKA POLICE	M2 30-39	49	00:00:09	00:31:18	01:03:56.00	01:04:05.10	+00:22:11 (34.7%)	6:23	9.4 (65.3%)
108	KRZEMIEN Patrycja	302	SAMOTNY SAMOTNIK	K2 30-39	6	00:00:16	00:32:08	01:04:02.20	01:04:18.75	+00:22:18 (34.8%)	6:24	9.4 (65.3%)
109	URBANOWICZ Piotr	624	SKB DZIK	M1 16-29	16	00:00:05	00:32:34	01:04:07.05	01:04:12.30	+00:22:22 (34.9%)	6:24	9.4 (65.3%)
110	KOMSTA Rafał	91	RAFAŁ K.	M3 40-49	25	00:00:20	00:30:39	01:04:21.85	01:04:42.40	+00:22:37 (35.2%)	6:26	9.3 (64.6%)
111	WITORZĘĆ Dariusz	162	!	M3 40-49	26	00:00:15	00:31:48	01:04:34.85	01:04:50.20	+00:22:50 (35.4%)	6:27	9.3 (64.6%)
112	PATZKE Ingo	159	HASH HOUSE HARRIERS BS	M4 50-59	7	00:00:17	00:32:28	01:04:55.95	01:05:13.15	+00:23:11 (35.7%)	6:29	9.2 (63.9%)
113	POSZUMSKA Gabriela	77	SZCZECIN	K1 16-29	4	00:00:26	00:32:25	01:04:56.90	01:05:23.25	+00:23:12 (35.7%)	6:29	9.2 (63.9%)
114	KRÓL Kamil	121	SOCIOS SILESIA	M2 30-39	50	00:00:13	00:32:09	01:05:01.10	01:05:14.40	+00:23:16 (35.8%)	6:30	9.2 (63.9%)
115	DIDYCHUK Serhii	225	ALUHAK	M2 30-39	51	00:00:16	00:32:31	01:05:13.05	01:05:29.35	+00:23:28 (36.0%)	6:31	9.2 (63.9%)
116	SKRZYPIEC Andrzej	172	BIEGACZE ŚWINOUJŚCIE	M5 60+	2	00:00:16	00:31:18	01:05:28.10	01:05:44.35	+00:23:43 (36.2%)	6:32	9.2 (63.9%)
117	LEWANDOWSKA Anna	120	HELL'S HEAVEN SZCZECIN	K3 40-49	4	00:00:11	00:31:53	01:05:42.75	01:05:54.30	+00:23:58 (36.5%)	6:34	9.1 (63.2%)
118	KAMIŃSKI Kamil	86	LUBIN	M2 30-39	52	00:00:10	00:31:23	01:05:43.35	01:05:53.80	+00:23:59 (36.5%)	6:34	9.1 (63.2%)
119	ARMATA Matthias	184	HASH HOUSE HARRIERS BS	M2 30-39	53	00:00:19	00:32:22	01:05:57.30	01:06:16.75	+00:24:13 (36.7%)	6:35	9.1 (63.2%)
120	ROMANOWICZ Monika	185	DZIKIE ŻÓŁWIE	K2 30-39	7	00:00:18	00:32:18	01:05:59.55	01:06:18.25	+00:24:15 (36.8%)	6:35	9.1 (63.2%)
121	WESOŁOWSKI Arkadiusz	85		M3 40-49	27	00:00:12	00:31:05	01:06:02.45	01:06:15.35	+00:24:18 (36.8%)	6:36	9.1 (63.2%)
122	PADUCH Piotr	190	GRUPA AZOTY POLICE SERWIS	M2 30-39	54	00:00:13	00:33:01	01:06:04.15	01:06:17.95	+00:24:19 (36.8%)	6:36	9.1 (63.2%)
123	BACHORSKI Paweł	213	GRUPA AZOTY POLICE	M3 40-49	28	00:00:22	00:32:49	01:06:16.25	01:06:38.35	+00:24:32 (37.0%)	6:37	9.1 (63.2%)
124	KLEPACKI Bartek	60	NOWOPOL	M2 30-39	55	00:00:20	00:33:38	01:06:29.40	01:06:50.25	+00:24:45 (37.2%)	6:38	9 (62.5%)
125	SENDEROWSKI Maciej	210	KLUB	M2 30-39	56	00:00:20	00:33:32	01:06:29.80	01:06:50.65	+00:24:45 (37.2%)	6:38	9 (62.5%)
126	WÓJCIK Krzysztof	180	DĄBROWSKI TEAM	M2 30-39	57	00:00:10	00:31:35	01:06:31.50	01:06:41.65	+00:24:47 (37.3%)	6:39	9 (62.5%)
127	KACPRZAK Beata	5	MODRZYCA HUNTERS	K2 30-39	8	00:00:39	00:32:44	01:06:44.60	01:07:23.70	+00:25:00 (37.5%)	6:40	9 (62.5%)
128	ŚWIĄTEK Bronisław	139	SAMOTNY WILK	M5 60+	3	00:00:21	00:32:14	01:06:48.60	01:07:10.05	+00:25:04 (37.5%)	6:40	9 (62.5%)
129	POŹNIAK Aleksandra	187		K2 30-39	9	00:00:06	00:34:15	01:06:59.85	01:07:06.30	+00:25:15 (37.7%)	6:41	9 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	ADACH Milena	40	DZIKUSY	K1 16-29	5	00:00:14	00:33:02	01:07:01.45	01:07:16.20	+00:25:17 (37.7%)	6:42	9 (62.5%)
131	JADRYCH Zbigniew	161	STARGARD	M3 40-49	29	00:00:09	00:34:46	01:07:02.35	01:07:12.25	+00:25:18 (37.7%)	6:42	9 (62.5%)
132	WIECKOWSKA Joanna	68	.	K1 16-29	6	00:00:15	00:33:41	01:07:20.05	01:07:35.70	+00:25:35 (38.0%)	6:44	8.9 (61.8%)
133	STOCK Heiko	183	HASH HOUSE HARRIERS BS	M3 40-49	30	00:00:18	00:33:30	01:07:37.75	01:07:56.55	+00:25:53 (38.3%)	6:45	8.9 (61.8%)
134	RADCZUK Mariusz	153	KOMPAS TEAM	M3 40-49	31	00:00:11	00:33:07	01:07:41.45	01:07:53.25	+00:25:57 (38.3%)	6:46	8.9 (61.8%)
135	RADCZUK Karolina	140	KOMPAS TEAM	K3 40-49	5	00:00:12	00:33:09	01:07:47.30	01:07:59.45	+00:26:03 (38.4%)	6:46	8.9 (61.8%)
136	JANKA Aleksandra	306	HT POLICE	K1 16-29	7	00:00:27	00:32:16	01:07:50.70	01:08:17.95	+00:26:06 (38.5%)	6:47	8.8 (61.1%)
137	ŁEMPICKI Maciej	47	KP PSP GRYFINO	M2 30-39	58	00:00:18	00:34:08	01:07:58.80	01:08:17.20	+00:26:14 (38.6%)	6:47	8.8 (61.1%)
138	STEYN Anna	416	AMPIO TEAM	K2 30-39	10	00:00:24	00:34:09	01:08:07.75	01:08:32.70	+00:26:23 (38.7%)	6:48	8.8 (61.1%)
139	DORAWA-ZIOMEK Anna	165	DZIKIE ŻÓŁWIE	K2 30-39	11	00:00:17	00:33:41	01:08:08.20	01:08:25.45	+00:26:24 (38.7%)	6:48	8.8 (61.1%)
140	NOWACZYK Wojciech	374		M2 30-39	59	00:00:10	00:33:06	01:08:13.75	01:08:24.35	+00:26:29 (38.8%)	6:49	8.8 (61.1%)
141	MIKULSKI Michał	209	DLL	M4 50-59	8	00:00:07	00:32:55	01:08:23.90	01:08:31.45	+00:26:39 (39.0%)	6:50	8.8 (61.1%)
142	HARABASZ Jakub	223	BRIDGESTONE STARGARD RUNNERS	M2 30-39	60	00:00:13	00:32:10	01:08:28.45	01:08:41.75	+00:26:44 (39.0%)	6:50	8.8 (61.1%)
143	PIOTROWSKA Anna	141	WOJO	K1 16-29	8	00:52:31	00:34:10	01:08:36.10	02:01:07.80	+00:26:51 (39.2%)	6:51	8.7 (60.4%)
144	SUCHODOLSKA Aleksandra	189	DZIKIE ŻÓŁWIE	K2 30-39	12	00:00:18	00:34:41	01:08:43.65	01:09:02.45	+00:26:59 (39.3%)	6:52	8.7 (60.4%)
145	PŁUCIENNIK Andrzej	167		M1 16-29	17	00:00:22	00:33:44	01:08:48.20	01:09:10.70	+00:27:04 (39.3%)	6:52	8.7 (60.4%)
146	BRODA Gracjan	119	BEZ KLUBU	M2 30-39	61	00:00:09	00:31:59	01:09:09.35	01:09:18.65	+00:27:25 (39.6%)	6:54	8.7 (60.4%)
147	STECIUK Michał	224	ENEA OPERATOR	M2 30-39	62	00:00:32	00:35:21	01:09:09.55	01:09:42.10	+00:27:25 (39.7%)	6:54	8.7 (60.4%)
148	ZIELIŃSKI Maciej	75	POLISH ARMY GIRLS	M3 40-49	32	00:00:22	00:33:56	01:09:21.70	01:09:43.75	+00:27:37 (39.8%)	6:56	8.7 (60.4%)
149	ZIELIŃSKA Monika	78	POLISH ARMY GIRLS	K3 40-49	6	00:00:22	00:33:55	01:09:23.15	01:09:45.25	+00:27:38 (39.8%)	6:56	8.6 (59.7%)
150	DYDEK Dorota	646	SKB DZIK	K4 50-59	2	00:00:13	00:34:19	01:09:36.00	01:09:49.10	+00:27:51 (40.0%)	6:57	8.6 (59.7%)
151	SCHULZE Stefan	134	HASH HOUSE HARRIERS BS	M4 50-59	9	00:00:17	00:35:00	01:09:43.70	01:10:01.50	+00:27:59 (40.1%)	6:58	8.6 (59.7%)
152	PATZKE Petra	166	HASH HOUSE HARRIERS BS	K4 50-59	3	00:00:11	00:34:47	01:09:49.80	01:10:01.65	+00:28:05 (40.2%)	6:58	8.6 (59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	KURKIEREWICZ Mariusz	181		M3 40-49	33	00:00:15	00:34:53	01:09:55.35	01:10:10.40	+00:28:11 (40.3%)	6:59	8.6 (59.7%)
154	SAWICKA-WERS Urszula	409		K2 30-39	13	00:00:15	00:35:32	01:09:59.20	01:10:15.05	+00:28:15 (40.4%)	6:59	8.6 (59.7%)
155	GAJEWSKA Katarzyna	6	KS LUBIN	K2 30-39	14	00:00:10	00:34:38	01:10:07.20	01:10:17.35	+00:28:23 (40.5%)	7:00	8.6 (59.7%)
156	JAWORSKI Dawid	64	MMM BIGOSIK!	M1 16-29	18	00:00:08	00:31:16	01:10:08.10	01:10:16.45	+00:28:23 (40.5%)	7:00	8.6 (59.7%)
157	ROGALSKI Marcin	323	VOCALIS SZCZECIN	M4 50-59	10	00:00:29	00:37:19	01:10:26.25	01:10:55.80	+00:28:42 (40.7%)	7:02	8.5 (59.0%)
158	SALAUYOU Roman	74	DZIKA SIGMA	M2 30-39	63	00:00:30	00:35:17	01:10:32.55	01:11:03.30	+00:28:48 (40.8%)	7:03	8.5 (59.0%)
159	MROZIK Mariusz	44	TEAM BIEGOWY SZCZECINEK	M3 40-49	34	00:00:07	00:35:19	01:10:34.05	01:10:41.85	+00:28:49 (40.9%)	7:03	8.5 (59.0%)
160	MICHALIK Monika	387		K3 40-49	7	00:00:06	00:34:37	01:10:42.10	01:10:48.85	+00:28:57 (41.0%)	7:04	8.5 (59.0%)
161	SYGUŁA Marek	388		M3 40-49	35	00:00:06	00:34:37	01:10:43.05	01:10:49.60	+00:28:58 (41.0%)	7:04	8.5 (59.0%)
162	SOBAŃSKA Karolina	386	SKB DZIK	K2 30-39	15	00:00:06	00:34:37	01:10:43.45	01:10:50.25	+00:28:59 (41.0%)	7:04	8.5 (59.0%)
163	PAWŁOWSKI Karol	46	DZIKA SIGMA	M3 40-49	36	00:00:30	00:35:13	01:10:47.55	01:11:17.70	+00:29:03 (41.0%)	7:04	8.5 (59.0%)
164	ŁANIEWSKA Hanna	322	SŁODYCZ MIODU - HARDOŚĆ OGNIA - JESLI ZWAŹPISZ CZAR PRYŚNIE ,D	K2 30-39	16	00:00:21	00:35:23	01:10:48.45	01:11:09.95	+00:29:04 (41.1%)	7:04	8.5 (59.0%)
165	PAKURA Krzysztof	128	ŁAWECZKANTEAM	M3 40-49	37	00:00:21	00:35:24	01:10:49.70	01:11:10.85	+00:29:05 (41.1%)	7:04	8.5 (59.0%)
166	WIECZOREK Jakub	136	WIECZORKI3	M1 16-29	19	00:00:24	00:34:49	01:10:55.50	01:11:19.90	+00:29:11 (41.2%)	7:05	8.5 (59.0%)
167	BRENDA Jowita	105	J	K2 30-39	17	00:00:05	00:34:45	01:11:00.75	01:11:06.35	+00:29:16 (41.2%)	7:06	8.5 (59.0%)
168	GERLICH Michael	170	HASH HOUSE HARRIERS BS	M4 50-59	11	00:00:09	00:34:30	01:11:18.80	01:11:27.80	+00:29:34 (41.5%)	7:07	8.4 (58.3%)
169	ZAKRZEWSKA Sylwia	188	FSD RUN DREZDENKO	K2 30-39	18	00:00:06	00:34:14	01:11:37.80	01:11:44.55	+00:29:53 (41.7%)	7:09	8.4 (58.3%)
170	ŚWIERCZ Dariusz	173	DECATHLON PIŁA	M4 50-59	12	00:00:16	00:34:46	01:12:01.40	01:12:17.95	+00:30:17 (42.1%)	7:12	8.3 (57.6%)
171	PAWLUŚ Tomasz	176	SSPS CHEMIK POLICE	M3 40-49	38	00:00:14	00:35:50	01:12:24.15	01:12:39.00	+00:30:39 (42.4%)	7:14	8.3 (57.6%)
172	DOMŻALSKA Aneta	129	ACTION GIRLS - BABKI WARIATKI	K3 40-49	8	00:00:14	00:35:53	01:12:24.20	01:12:38.50	+00:30:40 (42.4%)	7:14	8.3 (57.6%)
173	DOBACZEWSKA Ewa	126	ACTION GIRLS - BABKI WARIATKI	K3 40-49	9	00:00:13	00:35:58	01:12:24.55	01:12:38.20	+00:30:40 (42.4%)	7:14	8.3 (57.6%)
174	NARÓC Aneta	118	ACTION GIRLS - BABKI WARIATKI	K3 40-49	10	00:00:13	00:35:54	01:12:25.60	01:12:39.55	+00:30:41 (42.4%)	7:14	8.3 (57.6%)
175	FREJTAG Dawid	52	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M2 30-39	64	00:00:37	00:36:07	01:12:46.05	01:13:23.40	+00:31:01 (42.6%)	7:16	8.2 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	PODOLAK Julia	14		K1 16-29	9	00:00:12	00:36:09	01:12:48.00	01:13:00.35	+00:31:03 (42.7%)	7:16	8.2 (56.9%)
177	ŚWIETLIK Alicja	138	-	K4 50-59	4	00:00:10	00:34:35	01:12:53.95	01:13:04.40	+00:31:09 (42.7%)	7:17	8.2 (56.9%)
178	LOBA Jacek	619	DZIK	M3 40-49	39	00:00:05	00:33:15	01:13:42.15	01:13:47.45	+00:31:57 (43.4%)	7:22	8.1 (56.3%)
179	BEDNARZ Katarzyna	178	NESSI TEAM	K3 40-49	11	00:00:16	00:35:52	01:13:45.20	01:14:01.60	+00:32:01 (43.4%)	7:22	8.1 (56.3%)
180	MÜLLER Kathrin	155	HASH HOUSE HARRIERS BS	K4 50-59	5	00:00:17	00:36:30	01:13:48.45	01:14:05.90	+00:32:04 (43.5%)	7:22	8.1 (56.3%)
181	SIDORCZUK Tomasz	89	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	40	00:00:15	00:35:53	01:14:16.85	01:14:32.80	+00:32:32 (43.8%)	7:25	8.1 (56.3%)
182	KIERUJ Jakub	54	IHUUH TEAM	M1 16-29	20	00:00:11	00:35:55	01:14:34.65	01:14:46.45	+00:32:50 (44.0%)	7:27	8 (55.6%)
183	FORNALIK Krzysztof	80	POLISH ARMY GIRLS	M2 30-39	65	00:00:22	00:39:05	01:14:49.45	01:15:12.10	+00:33:05 (44.2%)	7:28	8 (55.6%)
184	MATYSEK Ireneusz	37	KOMANDOS WAŁECKI	M5 60+	4	00:00:23	00:35:34	01:14:53.60	01:15:17.00	+00:33:09 (44.3%)	7:29	8 (55.6%)
185	WIECZOREK Magdalena	135	WIECZORKI3	K3 40-49	12	00:00:27	00:36:37	01:14:54.85	01:15:22.30	+00:33:10 (44.3%)	7:29	8 (55.6%)
186	BIEGANSKI Tomasz	72	TOMEK	M2 30-39	66	00:00:07	00:34:40	01:14:59.85	01:15:07.20	+00:33:15 (44.3%)	7:29	8 (55.6%)
187	JABŁONKA Mariusz	20	DZIADY OCR	M3 40-49	41	00:00:13	00:36:47	01:15:11.30	01:15:24.55	+00:33:27 (44.5%)	7:31	8 (55.6%)
188	TUZ Bartosz	132	MODRZYCA HUNTERS	M2 30-39	67	00:00:39	00:35:36	01:15:37.35	01:16:16.45	+00:33:53 (44.8%)	7:33	7.9 (54.9%)
189	TUZ Gabriela	115	MODRZYCA HUNTERS	K2 30-39	19	00:00:38	00:35:49	01:15:39.15	01:16:17.55	+00:33:54 (44.8%)	7:33	7.9 (54.9%)
190	KĘDZIERSKA Alicja	420	AMPIO TEAM	K2 30-39	20	00:00:25	00:37:30	01:16:33.55	01:16:59.00	+00:34:49 (45.5%)	7:39	7.8 (54.2%)
191	HAWRYLUK-WIRASZKA Anna	419	AMPIO TEAM	K2 30-39	21	00:00:25	00:37:30	01:16:33.85	01:16:58.85	+00:34:49 (45.5%)	7:39	7.8 (54.2%)
192	KACPRZAK Krystian	98	DZIKA SIGMA	M1 16-29	21	00:00:31	00:37:27	01:16:35.15	01:17:06.25	+00:34:50 (45.5%)	7:39	7.8 (54.2%)
193	BANOWSKA Iwona	76	GAPS	K3 40-49	13	00:00:28	00:36:56	01:16:45.35	01:17:13.95	+00:35:01 (45.6%)	7:40	7.8 (54.2%)
194	STAŃCZYK Sławomir	62	OSIR STARGARD	M2 30-39	68	00:00:10	00:37:13	01:17:03.55	01:17:13.80	+00:35:19 (45.8%)	7:42	7.8 (54.2%)
195	KUNIKOWSKI Patryk	17	STARGARD JA SIĘ NIE ŚCIGAM	M3 40-49	42	00:00:10	00:37:12	01:17:04.60	01:17:14.80	+00:35:20 (45.9%)	7:42	7.8 (54.2%)
196	KUNIKOWSKA Patrycja	8	STARGARD JA SIĘ NIE ŚCIGAM	K2 30-39	22	00:00:09	00:37:15	01:17:04.70	01:17:14.30	+00:35:20 (45.9%)	7:42	7.8 (54.2%)
197	SZYMCZAK Łukasz	22	FARTY PUSZCZY / SZYMTECH	M3 40-49	43	00:00:12	00:36:37	01:17:14.00	01:17:26.55	+00:35:29 (46.0%)	7:43	7.8 (54.2%)
198	NAJMARK Małgorzata	220		K3 40-49	14	00:00:09	00:38:39	01:17:20.35	01:17:29.45	+00:35:36 (46.0%)	7:44	7.8 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	MISIASZEK Mirosław	157	MIŚKI	M4 50-59	13	00:00:25	00:36:35	01:17:53.25	01:18:18.50	+00:36:09 (46.4%)	7:47	7.7 (53.5%)
200	MULARCZYK Krzysztof	35	SAM SE LATAM	M2 30-39	69	00:00:12	00:37:12	01:18:16.20	01:18:29.15	+00:36:32 (46.7%)	7:49	7.7 (53.5%)
201	NOWAK Zbigniew	39	KB DZIK POLICE	M5 60+	5	00:00:09	00:38:40	01:18:33.85	01:18:42.90	+00:36:49 (46.9%)	7:51	7.6 (52.8%)
202	HNAT Rafał	146	DECATHLON PIŁA	M3 40-49	44	00:00:22	00:34:35	01:18:42.95	01:19:05.80	+00:36:58 (47.0%)	7:52	7.6 (52.8%)
203	ZAKOŚCIELNA Katarzyna	179	DZIKIE ŻÓŁWIE	K2 30-39	23	00:00:17	00:37:33	01:18:45.70	01:19:03.60	+00:37:01 (47.0%)	7:52	7.6 (52.8%)
204	WIŚNIEWSKA Marta	123	IHUHU TEAM	K1 16-29	10	00:00:11	00:37:46	01:18:52.60	01:19:04.30	+00:37:08 (47.1%)	7:53	7.6 (52.8%)
205	KAROLCZAK Magdalena	25	IHUHU TEAM	K3 40-49	15	00:00:10	00:38:09	01:19:33.95	01:19:44.85	+00:37:49 (47.5%)	7:57	7.5 (52.1%)
206	GRALEWICZ Magdalena	11	MM	K3 40-49	16	00:00:18	00:38:35	01:19:41.80	01:19:59.90	+00:37:57 (47.6%)	7:58	7.5 (52.1%)
207	PIOTROWSKI Krzysztof	417	AMPIO TEAM	M3 40-49	45	00:00:26	00:37:29	01:19:47.35	01:20:13.85	+00:38:03 (47.7%)	7:58	7.5 (52.1%)
208	RYBACKI Wojciech	113	IHUHU TEAM	M1 16-29	22	00:00:10	00:41:53	01:20:01.55	01:20:12.45	+00:38:17 (47.8%)	8:00	7.5 (52.1%)
209	ZIELIŃSKA-RYŻ Katarzyna	215	DLL PARTNERS	K3 40-49	17	00:21:06	00:38:54	01:20:03.80	01:41:09.90	+00:38:19 (47.9%)	8:00	7.5 (52.1%)
210	BANAŚ Anna	217	DLL PARTNERS	K2 30-39	24	00:21:05	00:38:53	01:20:04.40	01:41:10.15	+00:38:20 (47.9%)	8:00	7.5 (52.1%)
211	WIEŻEL Hanna	376	-	K2 30-39	25	00:00:14	00:39:06	01:21:09.75	01:21:24.30	+00:39:25 (48.6%)	8:06	7.4 (51.4%)
212	WOŹNIAK Rafał	87	IHUHU TEAM	M2 30-39	70	00:00:11	00:38:09	01:21:52.65	01:22:04.40	+00:40:08 (49.0%)	8:11	7.3 (50.7%)
213	WASILEWSKA Agata	112	POLISH ARMY GIRLS	K1 16-29	11	00:00:23	00:39:05	01:22:42.50	01:23:05.80	+00:40:58 (49.5%)	8:16	7.3 (50.7%)
214	GOWORSKI Jerzy	49	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	71	00:00:20	00:39:01	01:23:01.60	01:23:22.20	+00:41:17 (49.7%)	8:18	7.2 (50.0%)
215	BIEGANSKI Piotr	408		M2 30-39	72	00:00:09	00:39:48	01:23:20.35	01:23:29.35	+00:41:36 (49.9%)	8:20	7.2 (50.0%)
216	RYBACKA Agnieszka	30	IHUHU TEAM	K1 16-29	12	00:00:10	00:41:54	01:23:38.75	01:23:49.70	+00:41:54 (50.1%)	8:21	7.2 (50.0%)
217	KOLEJ Monika	16	DZIKIE DZIKI GORZÓW	K3 40-49	18	00:00:07	00:39:04	01:24:26.50	01:24:34.25	+00:42:42 (50.6%)	8:26	7.1 (49.3%)
218	BOCHENEK Jadwiga	65	SEKTOR DOBREJ ZABAWY	K3 40-49	19	00:00:04	00:39:18	01:24:30.25	01:24:34.25	+00:42:46 (50.6%)	8:27	7.1 (49.3%)
219	TOMASZEWSKA Beata	211	HULK TEAM POLICE	K2 30-39	26	00:00:28	00:40:20	01:24:51.15	01:25:19.70	+00:43:06 (50.8%)	8:29	7.1 (49.3%)
220	RYMAREK Rafał	227	ALUHAK	M3 40-49	46	00:00:29	00:40:59	01:26:03.25	01:26:32.55	+00:44:19 (51.5%)	8:36	7 (48.6%)
221	REBELKA Małgorzata	73	STYL PIJANEGO MISTRZA	K1 16-29	13	00:00:09	00:40:19	01:26:23.70	01:26:33.55	+00:44:39 (51.7%)	8:38	6.9 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	BORODZIUK Magdalena	114	SZCZECIN	K3 40-49	20	00:00:19	00:41:11	01:26:24.90	01:26:44.35	+00:44:40 (51.7%)	8:38	6.9 (47.9%)
223	KRYSZEWSKA Magdalena	109	DZIKIE ŻÓŁWIE	K2 30-39	27	00:00:17	00:40:41	01:26:34.05	01:26:51.60	+00:44:49 (51.8%)	8:39	6.9 (47.9%)
224	LEŚNIEWSKA Julia	403	DLL PARTNERS	K3 40-49	21	00:00:06	00:41:18	01:26:49.15	01:26:55.35	+00:45:04 (51.9%)	8:40	6.9 (47.9%)
225	LEBIODA Alicja	88	SPEEDSKI	K3 40-49	22	00:00:14	00:42:49	01:27:35.50	01:27:49.80	+00:45:51 (52.4%)	8:45	6.9 (47.9%)
226	PIEKARZEWSKI Stanisław	124	DZIKUSY	M4 50-59	14	00:00:15	00:41:26	01:28:25.70	01:28:41.50	+00:46:41 (52.8%)	8:50	6.8 (47.2%)
227	PIEKARZEWSKA Małgorzata	63	DZIKUSY	K3 40-49	23	00:00:15	00:41:26	01:28:26.05	01:28:41.90	+00:46:41 (52.8%)	8:50	6.8 (47.2%)
228	RUMOWSKA Agnieszka	93	.	K2 30-39	28	00:00:15	00:43:31	01:28:58.65	01:29:13.80	+00:47:14 (53.1%)	8:53	6.7 (46.5%)
229	ANIELSKA Anna	202	KARLINO	K2 30-39	29	00:00:16	00:43:51	01:29:45.25	01:30:01.25	+00:48:01 (53.5%)	8:58	6.7 (46.5%)
230	SEŃ Agata	201	XYZ	K2 30-39	30	00:00:16	00:43:51	01:29:45.70	01:30:01.80	+00:48:01 (53.5%)	8:58	6.7 (46.5%)
231	LENER Sławomir	1	EKSPEDYCJA NORDIC TEAM	M5 60+	6	00:00:28	00:44:14	01:29:48.05	01:30:16.55	+00:48:03 (53.5%)	8:58	6.7 (46.5%)
232	MARGULA-JAŚKOWSKA Dorota	186	KLINIKA CHIRURGII SZCZĘKOWO-TWARZOWEJ	K2 30-39	31	00:00:14	00:43:32	01:30:51.00	01:31:05.40	+00:49:06 (54.1%)	9:05	6.6 (45.8%)
233	SOROKA-MITUŁA Grażyna	307	SŁONECZNE BABECZKI	K3 40-49	24	00:00:29	00:44:20	01:30:52.15	01:31:21.75	+00:49:07 (54.1%)	9:05	6.6 (45.8%)
234	WIECZOREK Wojciech	169	WIECZORKI3	M3 40-49	47	00:00:30	00:41:04	01:31:46.05	01:32:16.05	+00:50:01 (54.5%)	9:10	6.5 (45.1%)
235	PRABUCKA Karolina	107	UKL ÓSEMKA POLICE	K3 40-49	25	00:00:20	00:45:14	01:32:12.80	01:32:33.65	+00:50:28 (54.7%)	9:13	6.5 (45.1%)
236	PRABUCKI Jarosław	83	UKL ÓSEMKA POLICE	M3 40-49	48	00:00:21	00:45:14	01:32:13.05	01:32:34.25	+00:50:28 (54.7%)	9:13	6.5 (45.1%)
237	JAWORSKI Krystian	15	MMM BIGOSIK!	M1 16-29	23	00:00:09	00:39:57	01:32:15.85	01:32:24.90	+00:50:31 (54.8%)	9:13	6.5 (45.1%)
238	KRAWIEC Krzysztof	312	ZS TRAINING CENTER	M2 30-39	73	00:00:26	00:45:04	01:35:17.75	01:35:44.00	+00:53:33 (56.2%)	9:31	6.3 (43.8%)
239	MAĆKOWIAK Agnieszka	313	ZS TRAINING CENTER	K1 16-29	14	00:00:25	00:45:06	01:35:18.10	01:35:43.95	+00:53:33 (56.2%)	9:31	6.3 (43.8%)
240	MAĆKOWIAK Andrzej	311	ZS TRAINING CENTER	M5 60+	7	00:00:25	00:47:37	01:36:17.45	01:36:43.25	+00:54:33 (56.7%)	9:37	6.2 (43.1%)
241	MIAŻEK Paweł	226	ENEA OPERATOR	M1 16-29	24	00:00:33	00:45:39	01:36:42.95	01:37:16.85	+00:54:58 (56.8%)	9:40	6.2 (43.1%)
242	HERBUŚ Michał	230	ENEA OPERATOR	M1 16-29	25	00:00:34	00:45:38	01:36:43.85	01:37:17.85	+00:54:59 (56.9%)	9:40	6.2 (43.1%)
243	BARTNIK Paweł	406	DLL PARTNERS	M5 60+	8	00:00:22	00:47:38	01:37:51.10	01:38:13.15	+00:56:06 (57.3%)	9:47	6.1 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
244	KRUSZEWICZ-KOWALEWSKA Alina	317	AMPIO TEAM	K3 40-49	26	00:00:26	00:50:23	01:41:53.85	01:42:20.55	+01:00:09 (59.0%)	10:11	5.9 (41.0%)
245	BOŚKO Paulina	38	BŁOTNE SUSŁY	K2 30-39	32	00:00:11	00:49:25	01:45:18.75	01:45:29.80	+01:03:34 (60.4%)	10:31	5.7 (39.6%)
246	MIKLEWICZ Agata	34	BŁOTNE SUSŁY	K2 30-39	33	00:00:10	00:49:25	01:45:19.25	01:45:29.80	+01:03:35 (60.4%)	10:31	5.7 (39.6%)
247	WOROCH Tomasz	36	BŁOTNE SUSŁY	M2 30-39	74	00:00:10	00:49:45	01:45:23.00	01:45:33.80	+01:03:38 (60.4%)	10:32	5.7 (39.6%)
248	JEŻ Maja	110	BŁOTNE SUSŁY	K2 30-39	34	00:00:10	00:49:45	01:45:23.50	01:45:34.10	+01:03:39 (60.4%)	10:32	5.7 (39.6%)
249	BODNAR Zbigniew	191	BIEG KORCZAKA	M5 60+	9	00:00:27	00:51:26	01:46:42.25	01:47:09.80	+01:04:58 (60.9%)	10:40	5.6 (38.9%)
250	MISIASZEK Beata	158	MIŚKI	K4 50-59	6	00:00:24	00:49:43	01:47:44.25	01:48:08.90	+01:06:00 (61.3%)	10:46	5.6 (38.9%)
251	ŻUKOWSKA Joanna	131		K2 30-39	35	00:00:35	00:49:57	01:55:49.35	01:56:25.20	+01:14:05 (64.0%)	11:34	5.2 (36.1%)
252	GORYŃSKA Daria	111		K2 30-39	36	00:00:07	00:51:14	01:56:18.85	01:56:26.75	+01:14:34 (64.1%)	11:37	5.2 (36.1%)
253	KRÓL Magdalena	10		K2 30-39	37	00:00:35	00:51:10	01:56:25.85	01:57:01.40	+01:14:41 (64.2%)	11:38	5.2 (36.1%)
254	PŁOSA Monika	94	-	K3 40-49	27	00:00:36	01:00:08	02:00:40.75	02:01:17.50	+01:18:56 (65.4%)	12:04	5 (34.7%)
255	PŁOSA Arkadiusz	50	-	M3 40-49	49	00:00:36	01:00:06	02:00:40.95	02:01:17.45	+01:18:56 (65.4%)	12:04	5 (34.7%)
256	KOSIANOWSKA Monika	168	GRUPA MALBORK/ MALBORSKIE MORSY / WOT	K4 50-59	7	00:00:07	01:00:24	02:02:32.25	02:02:39.75	+01:20:48 (65.9%)	12:15	4.9 (34.0%)
257	KOŁACZYŃSKA Monika	164	UMG	K3 40-49	28	00:00:06	01:00:28	02:02:35.20	02:02:41.95	+01:20:51 (66.0%)	12:15	4.9 (34.0%)
258	WARCHOŁ Kamil	27	OCR GRUBAS TEAM	M1 16-29	26	00:00:27	01:08:25	02:23:06.95	02:23:34.50	+01:41:22 (70.8%)	14:18	4.2 (29.2%)
	KRZYŻANOWSKA Ewelina	26	-	K2 30-39		DNF	00:33:10 DNF	DNF	DNF		-	- (0.0%)
	GERLICH Kai	163	HASH HOUSE HARRIERS BS	M1 16-29		DNF	00:24:01 DNF	DNF	DNF		-	- (0.0%)
	SZKUTNIK Arkadiusz	204	MON	M4 50-59		DNF	00:36:41 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 261 wynik(ów)