



# BIEG SZLAKIEM DZIKA

B4SPORT

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

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BRAUN Grzegorz</b>	<b>122</b>	BRAUNSPAW	M1 16-29	1	00:00:02	00:20:35	<b>00:41:44.20</b>	<b>00:41:46.50</b>		4:10	14.4 (100%)
2	<b>RUSEK Kamil</b>	<b>315</b>	FEHLAU RUN TEAM	M2 30-39	1	00:00:02	00:21:01	<b>00:42:41.05</b>	<b>00:42:43.35</b>	+00:00:56 (2.2%)	4:16	14.1 (97.9%)
3	<b>BARAŃSKI Przemysław</b>	<b>381</b>	KMPSP SZCZECIN / MLUKS TRZEBIATÓW	M1 16-29	2	00:00:02	00:21:07	<b>00:42:56.90</b>	<b>00:42:59.40</b>	+00:01:12 (2.8%)	4:17	14 (97.2%)
4	<b>OLICHOWSKI Mateusz</b>	<b>4</b>	WOLFTEAM	M2 30-39	2	00:00:02	00:21:15	<b>00:42:59.90</b>	<b>00:43:02.70</b>	+00:01:15 (2.9%)	4:17	14 (97.2%)
5	<b>PLESNER Krzysztof</b>	<b>377</b>	JRG 3 SZCZECIN	M3 40-49	1	00:00:02	00:21:48	<b>00:44:19.50</b>	<b>00:44:22.05</b>	+00:02:35 (5.8%)	4:25	13.5 (93.8%)
6	<b>BIEGAŃSKI Piotr</b>	<b>18</b>		M2 30-39	3	00:35:44	00:35:29	<b>00:45:05.55</b>	<b>01:20:50.30</b>	+00:03:21 (7.4%)	4:30	13.3 (92.4%)
7	<b>KRZEŚNIEWSKI Marcin</b>	<b>96</b>	ROWEROWY ZAŁOM	M3 40-49	2	00:00:02	00:23:10	<b>00:47:07.70</b>	<b>00:47:10.55</b>	+00:05:23 (11.4%)	4:42	12.7 (88.2%)
8	<b>CHENON Guillaume</b>	<b>100</b>	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	3	00:00:08	00:23:59	<b>00:47:51.70</b>	<b>00:47:59.75</b>	+00:06:07 (12.8%)	4:47	12.5 (86.8%)
9	<b>WASILEWSKI Andrzej</b>	<b>7</b>	WILKI Z CIECHOCINKA	M3 40-49	4	00:00:08	00:24:01	<b>00:48:28.30</b>	<b>00:48:36.30</b>	+00:06:44 (13.9%)	4:50	12.4 (86.1%)
10	<b>SCHMIDT Thomas</b>	<b>143</b>	HASH HOUSE HARRIERS BS	M2 30-39	4	00:00:16	00:24:50	<b>00:48:56.90</b>	<b>00:49:13.45</b>	+00:07:12 (14.7%)	4:53	12.3 (85.4%)
11	<b>TOMCZYK Tomasz</b>	<b>48</b>	KMPSP SZCZECIN	M2 30-39	5	00:00:04	00:24:21	<b>00:48:58.80</b>	<b>00:49:03.10</b>	+00:07:14 (14.8%)	4:53	12.3 (85.4%)
12	<b>ADAMSKI Janusz</b>	<b>380</b>	VO2MAX	M4 50-59	1	00:00:05	00:24:25	<b>00:49:15.55</b>	<b>00:49:20.80</b>	+00:07:31 (15.3%)	4:55	12.2 (84.7%)
13	<b>CHAJA Radosław</b>	<b>401</b>		M2 30-39	6	00:00:03	00:24:01	<b>00:49:25.55</b>	<b>00:49:28.75</b>	+00:07:41 (15.6%)	4:56	12.1 (84.0%)
14	<b>GRYGORCEWICZ Jan</b>	<b>106</b>	POLICE	M4 50-59	2	00:00:04	00:24:26	<b>00:49:33.30</b>	<b>00:49:37.50</b>	+00:07:49 (15.8%)	4:57	12.1 (84.0%)
15	<b>LIPERTOWICZ Sebastian</b>	<b>303</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	7	00:00:05	00:24:19	<b>00:49:53.40</b>	<b>00:49:58.45</b>	+00:08:09 (16.3%)	4:59	12 (83.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>WRÓBLEWSKI Michał</b>	<b>125</b>	LIFE4FIT	M3 40-49	5	00:00:03	00:24:19	<b>00:50:38.90</b>	<b>00:50:41.90</b>	+00:08:54 (17.6%)	5:03	11.8 (81.9%)
17	<b>FAFEREK Piotr</b>	<b>116</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	8	00:00:03	00:24:45	<b>00:50:53.55</b>	<b>00:50:57.40</b>	+00:09:09 (18.0%)	5:05	11.8 (81.9%)
18	<b>PRZYBYSZ Marcin</b>	<b>67</b>	WYMIARMEBLI.PL	M2 30-39	9	00:00:03	00:25:17	<b>00:51:20.20</b>	<b>00:51:23.90</b>	+00:09:36 (18.7%)	5:08	11.7 (81.3%)
19	<b>KUPS Michał</b>	<b>385</b>		M2 30-39	10	00:00:08	00:25:09	<b>00:51:26.35</b>	<b>00:51:34.35</b>	+00:09:42 (18.9%)	5:08	11.7 (81.3%)
20	<b>TUBACKI Dawid</b>	<b>2</b>	MMM BIGOSIK!	M1 16-29	3	00:00:04	00:25:02	<b>00:51:31.55</b>	<b>00:51:36.50</b>	+00:09:47 (19.0%)	5:09	11.6 (80.6%)
21	<b>OSTOJSKI Ireneusz</b>	<b>45</b>	DLL PARTNERS	M3 40-49	6	00:00:03	00:25:11	<b>00:51:38.50</b>	<b>00:51:41.70</b>	+00:09:54 (19.2%)	5:09	11.6 (80.6%)
22	<b>NOWICKI Marcin</b>	<b>384</b>		M3 40-49	7	00:00:08	00:25:29	<b>00:51:48.70</b>	<b>00:51:57.30</b>	+00:10:04 (19.4%)	5:10	11.6 (80.6%)
23	<b>ZELEK Darek</b>	<b>79</b>	POLICZANIN	M3 40-49	8	00:00:02	00:25:38	<b>00:52:04.80</b>	<b>00:52:07.70</b>	+00:10:20 (19.9%)	5:12	11.5 (79.9%)
24	<b>OKIENCZUK Radek</b>	<b>55</b>	T-RUN-OZAURY	M2 30-39	11	00:00:05	00:25:08	<b>00:52:09.10</b>	<b>00:52:14.45</b>	+00:10:24 (20.0%)	5:12	11.5 (79.9%)
25	<b>GRALEWICZ Albert</b>	<b>3</b>	MM	M1 16-29	4	00:00:05	00:25:48	<b>00:52:10.10</b>	<b>00:52:15.65</b>	+00:10:25 (20.0%)	5:13	11.5 (79.9%)
26	<b>KOCZKODAJ Kamil</b>	<b>199</b>	ŻANDARMERIA WOJSKOWA	M2 30-39	12	00:00:06	00:26:12	<b>00:52:39.40</b>	<b>00:52:45.70</b>	+00:10:55 (20.7%)	5:15	11.4 (79.2%)
27	<b>ARLUKIEWICZ Grzegorz</b>	<b>196</b>		M2 30-39	13	00:00:07	00:26:37	<b>00:53:00.40</b>	<b>00:53:07.80</b>	+00:11:16 (21.3%)	5:18	11.3 (78.5%)
28	<b>ORCIŃSKI Paweł</b>	<b>398</b>	SKB DZIK	M3 40-49	9	00:00:04	00:26:13	<b>00:53:16.00</b>	<b>00:53:20.00</b>	+00:11:31 (21.6%)	5:19	11.3 (78.5%)
29	<b>GÓRNIAK Dariusz</b>	<b>301</b>	RUNNERS	M4 50-59	3	00:00:02	00:26:15	<b>00:53:33.05</b>	<b>00:53:35.65</b>	+00:11:48 (22.1%)	5:21	11.2 (77.8%)
30	<b>ULEWICZ Krzysztof</b>	<b>383</b>		M3 40-49	10	00:00:08	00:26:28	<b>00:53:45.50</b>	<b>00:53:54.10</b>	+00:12:01 (22.4%)	5:22	11.2 (77.8%)
31	<b>SŁOWIK Jacek</b>	<b>177</b>		M2 30-39	14	00:00:06	00:26:12	<b>00:53:48.95</b>	<b>00:53:55.80</b>	+00:12:04 (22.4%)	5:22	11.2 (77.8%)
32	<b>SZYŁOWICZ Daniel</b>	<b>404</b>		M2 30-39	15	00:00:05	00:26:34	<b>00:53:52.05</b>	<b>00:53:57.35</b>	+00:12:07 (22.5%)	5:23	11.1 (77.1%)
33	<b>BARAŃSKI Bogusław</b>	<b>382</b>	MLUKS TRZEBIATÓW	M5 60+	1	00:00:02	00:26:01	<b>00:53:53.05</b>	<b>00:53:55.85</b>	+00:12:08 (22.5%)	5:23	11.1 (77.1%)
34	<b>BOCHENEK Michał</b>	<b>28</b>	SEKTOR DOBREJ ZABAWY	M2 30-39	16	00:00:03	00:26:36	<b>00:53:57.95</b>	<b>00:54:01.75</b>	+00:12:13 (22.7%)	5:23	11.1 (77.1%)
35	<b>GOŁĘBIEWSKI Tomasz</b>	<b>102</b>	PSP SZCZECIN	M2 30-39	17	00:00:04	00:27:16	<b>00:54:16.65</b>	<b>00:54:21.15</b>	+00:12:32 (23.1%)	5:25	11.1 (77.1%)
36	<b>SAWICKI Bartosz</b>	<b>194</b>	DZIKIE DZIKI GORZÓW	M2 30-39	18	00:00:06	00:26:39	<b>00:54:18.45</b>	<b>00:54:24.80</b>	+00:12:34 (23.1%)	5:25	11 (76.4%)
37	<b>PASIKOWSKI Kamil</b>	<b>644</b>	SKB DZIK	M1 16-29	5	00:00:04	00:26:10	<b>00:55:05.45</b>	<b>00:55:09.45</b>	+00:13:21 (24.2%)	5:30	10.9 (75.7%)
38	<b>ZERZUT Jarosław</b>	<b>101</b>	FARTY PUSZCZY	M4 50-59	4	00:00:05	00:27:31	<b>00:55:16.65</b>	<b>00:55:21.70</b>	+00:13:32 (24.5%)	5:31	10.9 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>SIEDLER Martin</b>	<b>41</b>	SV DONSBRUGGEN 06	M2 30-39	19	00:00:11	00:26:30	<b>00:55:40.95</b>	<b>00:55:52.15</b>	+00:13:56 (25.0%)	5:34	10.8 (75.0%)
40	<b>MATUSEWICZ Paweł</b>	<b>108</b>		M1 16-29	6	00:00:07	00:26:38	<b>00:55:42.00</b>	<b>00:55:49.50</b>	+00:13:57 (25.1%)	5:34	10.8 (75.0%)
41	<b>KRUK Bartosz</b>	<b>127</b>	ORTOKOTY	M2 30-39	20	00:00:08	00:21:45	<b>00:55:42.80</b>	<b>00:55:51.40</b>	+00:13:58 (25.1%)	5:34	10.8 (75.0%)
42	<b>SOBCZAK Paweł</b>	<b>379</b>		M2 30-39	21	00:00:07	00:27:21	<b>00:56:15.50</b>	<b>00:56:23.30</b>	+00:14:31 (25.8%)	5:37	10.7 (74.3%)
43	<b>BRUMIRSKI Bartek</b>	<b>92</b>	NIEZRZESZONY	M2 30-39	22	00:00:19	00:28:11	<b>00:56:20.85</b>	<b>00:56:40.45</b>	+00:14:36 (25.9%)	5:38	10.7 (74.3%)
44	<b>BĘDKOWSKI Piotr</b>	<b>308</b>	SWIM2TRI	M2 30-39	23	00:00:09	00:27:24	<b>00:56:46.55</b>	<b>00:56:56.05</b>	+00:15:02 (26.5%)	5:40	10.6 (73.6%)
45	<b>KNIAŻ Tomasz</b>	<b>147</b>	HELL'S HEAVEN SZCZECIN	M3 40-49	11	00:00:11	00:27:09	<b>00:56:55.20</b>	<b>00:57:06.45</b>	+00:15:11 (26.7%)	5:41	10.5 (72.9%)
46	<b>ORYL Mariusz</b>	<b>198</b>	ŻANDARMERIA WOJSKOWA	M2 30-39	24	00:00:07	00:28:24	<b>00:57:02.35</b>	<b>00:57:09.50</b>	+00:15:18 (26.8%)	5:42	10.5 (72.9%)
47	<b>KOKOWSKI Jacek</b>	<b>309</b>	JACEK KOKOWSKI	M3 40-49	12	00:00:08	00:27:23	<b>00:57:18.95</b>	<b>00:57:27.35</b>	+00:15:34 (27.2%)	5:43	10.5 (72.9%)
48	<b>GIETKO Piotr</b>	<b>378</b>	MIĘTUSY	M3 40-49	13	00:00:13	00:28:01	<b>00:57:25.95</b>	<b>00:57:39.75</b>	+00:15:41 (27.3%)	5:44	10.4 (72.2%)
49	<b>ZABLOCKI Paweł</b>	<b>411</b>		M2 30-39	25	00:00:12	00:28:17	<b>00:57:38.60</b>	<b>00:57:51.05</b>	+00:15:54 (27.6%)	5:45	10.4 (72.2%)
50	<b>CHRISTIAN Seebode</b>	<b>152</b>	HASH HOUSE HARRIERS BS	M4 50-59	5	00:00:17	00:29:44	<b>00:58:06.00</b>	<b>00:58:23.90</b>	+00:16:21 (28.2%)	5:48	10.3 (71.5%)
51	<b>BARTOSIEWICZ Adam</b>	<b>304</b>	OCR POLSKA	M3 40-49	14	00:00:06	00:28:40	<b>00:58:10.00</b>	<b>00:58:16.60</b>	+00:16:25 (28.2%)	5:49	10.3 (71.5%)
52	<b>NIEWCZAS Jakub</b>	<b>24</b>	DZIKA SIGMA	M1 16-29	7	00:00:28	00:28:13	<b>00:58:14.05</b>	<b>00:58:42.55</b>	+00:16:29 (28.3%)	5:49	10.3 (71.5%)
53	<b>SAWICKI Bartosz</b>	<b>399</b>	DZIKIE DZIKI GORZÓW	M2 30-39	26	00:00:22	00:30:05	<b>00:58:38.40</b>	<b>00:59:01.05</b>	+00:16:54 (28.8%)	5:51	10.2 (70.8%)
54	<b>PODOLAK Mirosław</b>	<b>9</b>	GRUPA AZOTY	M3 40-49	15	00:00:12	00:29:02	<b>00:58:38.65</b>	<b>00:58:51.00</b>	+00:16:54 (28.8%)	5:51	10.2 (70.8%)
55	<b>CZERWIŃSKI Paweł</b>	<b>51</b>	HULK TEAM POLICE	M1 16-29	8	00:00:07	00:28:17	<b>00:58:39.95</b>	<b>00:58:47.30</b>	+00:16:55 (28.9%)	5:51	10.2 (70.8%)
56	<b>ANIOŁA-KUSZ Dominik</b>	<b>319</b>		M3 40-49	16	00:00:18	00:28:53	<b>00:58:44.75</b>	<b>00:59:03.65</b>	+00:17:00 (29.0%)	5:52	10.2 (70.8%)
57	<b>TROJNAR Maciej</b>	<b>70</b>	T-RUN-OZAURY	M2 30-39	27	00:00:07	00:28:35	<b>00:58:52.35</b>	<b>00:58:59.45</b>	+00:17:08 (29.1%)	5:53	10.2 (70.8%)
58	<b>BUHMANN Philip</b>	<b>53</b>	HASH HOUSE HARRIERS BS	M2 30-39	28	00:00:17	00:31:31	<b>00:58:57.35</b>	<b>00:59:14.55</b>	+00:17:13 (29.2%)	5:53	10.2 (70.8%)
58	<b>SCHULZE Jan Michael</b>	<b>150</b>	HASH HOUSE HARRIERS BS	M1 16-29	9	00:00:16	00:30:25	<b>00:58:57.35</b>	<b>00:59:14.20</b>	+00:17:13 (29.2%)	5:53	10.2 (70.8%)
60	<b>GRALEWICZ Robert</b>	<b>56</b>	MM	M3 40-49	17	00:00:05	00:28:52	<b>00:59:14.80</b>	<b>00:59:20.65</b>	+00:17:30 (29.6%)	5:55	10.1 (70.1%)
61	<b>ELLMANN Filip</b>	<b>57</b>	STYL PIJANEGO MISTRZA	M2 30-39	29	00:00:04	00:28:19	<b>00:59:15.40</b>	<b>00:59:19.70</b>	+00:17:31 (29.6%)	5:55	10.1 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	<b>JASTRZEMSKI Patryk</b>	<b>397</b>		M2 30-39	30	00:00:13	00:29:38	<b>00:59:22.45</b>	<b>00:59:36.25</b>	+00:17:38 (29.7%)	5:56	10.1 (70.1%)
63	<b>SKOCZYLAS Patryk</b>	<b>228</b>	INCOM POLSKA	M1 16-29	10	00:00:24	00:30:51	<b>00:59:38.50</b>	<b>01:00:02.50</b>	+00:17:54 (30.0%)	5:57	10.1 (70.1%)
64	<b>MATYSIAK Sławomir</b>	<b>95</b>	OCR GRUBAS TEAM	M2 30-39	31	00:00:04	00:29:35	<b>00:59:44.45</b>	<b>00:59:49.40</b>	+00:18:00 (30.1%)	5:58	10 (69.4%)
65	<b>LENCEWICZ Grzegorz</b>	<b>61</b>	VO2MAX	M2 30-39	32	00:00:04	00:27:45	<b>00:59:50.40</b>	<b>00:59:55.15</b>	+00:18:06 (30.3%)	5:59	10 (69.4%)
66	<b>KOŁOMAŃSKI Hubert</b>	<b>59</b>	BSHAUS	M2 30-39	33	00:00:36	00:30:11	<b>00:59:51.15</b>	<b>01:00:27.90</b>	+00:18:06 (30.3%)	5:59	10 (69.4%)
67	<b>WOŁK Marcin</b>	<b>320</b>	KSF	M2 30-39	34	00:00:15	00:30:24	<b>01:00:07.30</b>	<b>01:00:22.45</b>	+00:18:23 (30.6%)	6:00	10 (69.4%)
68	<b>GERLICH Klaus Stephan</b>	<b>174</b>	HASH HOUSE HARRIERS BS	M4 50-59	6	00:00:08	00:28:40	<b>01:00:15.85</b>	<b>01:00:23.90</b>	+00:18:31 (30.7%)	6:01	10 (69.4%)
69	<b>KURPIEWSKI Piotr</b>	<b>82</b>	BBKTS	M1 16-29	11	00:00:10	00:29:18	<b>01:00:21.00</b>	<b>01:00:31.45</b>	+00:18:36 (30.8%)	6:02	9.9 (68.8%)
70	<b>GÓRSKI Tomasz</b>	<b>33</b>	MODRZYCA HUNTERS	M3 40-49	18	00:00:39	00:32:31	<b>01:00:31.00</b>	<b>01:01:10.20</b>	+00:18:46 (31.0%)	6:03	9.9 (68.8%)
71	<b>MODZELEWSKI Piotr</b>	<b>625</b>		M1 16-29	12	00:00:05	00:29:40	<b>01:00:52.20</b>	<b>01:00:57.25</b>	+00:19:08 (31.4%)	6:05	9.9 (68.8%)
72	<b>SOWA Krzysztof</b>	<b>203</b>	ZWIEDZANIE PRZEZ BIEGANIE	M2 30-39	35	00:00:08	00:28:58	<b>01:00:52.70</b>	<b>01:01:01.30</b>	+00:19:08 (31.4%)	6:05	9.9 (68.8%)
73	<b>LOBA Jakub</b>	<b>618</b>	DZIK	M1 16-29	13	00:00:05	00:31:42	<b>01:00:58.50</b>	<b>01:01:03.75</b>	+00:19:14 (31.6%)	6:05	9.8 (68.1%)
74	<b>ECHAUST Artur</b>	<b>233</b>	NEPTUN	M2 30-39	36	00:00:09	00:29:32	<b>01:01:03.60</b>	<b>01:01:13.30</b>	+00:19:19 (31.6%)	6:06	9.8 (68.1%)
75	<b>WITKOWSKI Emil</b>	<b>23</b>	-	M2 30-39	37	00:00:30	00:30:54	<b>01:01:39.30</b>	<b>01:02:09.30</b>	+00:19:55 (32.3%)	6:09	9.7 (67.4%)
76	<b>KIRAGA Jarek</b>	<b>29</b>	ZS CROSSFIT SZCZECIN	M2 30-39	38	00:00:29	00:30:53	<b>01:01:40.30</b>	<b>01:02:09.70</b>	+00:19:56 (32.3%)	6:10	9.7 (67.4%)
77	<b>ŁAWNICZAK Sebastian</b>	<b>232</b>	ALUHAK	M3 40-49	19	00:00:27	00:30:31	<b>01:01:59.80</b>	<b>01:02:27.45</b>	+00:20:15 (32.7%)	6:11	9.7 (67.4%)
78	<b>KACZMAREK Mateusz</b>	<b>373</b>		M1 16-29	14	00:00:14	00:30:30	<b>01:02:13.45</b>	<b>01:02:28.20</b>	+00:20:29 (32.9%)	6:13	9.6 (66.7%)
79	<b>BUDNICKI Grzegorz</b>	<b>99</b>	NO PAIN NO GAIN	M2 30-39	39	00:00:19	00:30:49	<b>01:02:15.05</b>	<b>01:02:34.25</b>	+00:20:30 (33.0%)	6:13	9.6 (66.7%)
80	<b>BOCK Udo</b>	<b>151</b>	HASH HOUSE HARRIERS BS	M3 40-49	20	00:00:10	00:30:33	<b>01:02:16.30</b>	<b>01:02:26.30</b>	+00:20:32 (33.0%)	6:13	9.6 (66.7%)
81	<b>SZULC Marcin</b>	<b>84</b>	DZIKI	M2 30-39	40	00:00:09	00:30:31	<b>01:02:16.65</b>	<b>01:02:25.75</b>	+00:20:32 (33.0%)	6:13	9.6 (66.7%)
82	<b>LEŚNIAK Piotr</b>	<b>318</b>	GRUPA AZOTY POLICE	M1 16-29	15	01:08:30	00:31:29	<b>01:02:22.75</b>	<b>02:10:53.70</b>	+00:20:38 (33.1%)	6:14	9.6 (66.7%)
83	<b>KACZMAREK Michał</b>	<b>216</b>	GRUPA AZOTY POLYOLEFINS	M2 30-39	41	00:00:19	00:31:05	<b>01:02:42.00</b>	<b>01:03:01.45</b>	+00:20:57 (33.4%)	6:16	9.6 (66.7%)
84	<b>KONOPACKI Sławek</b>	<b>197</b>	SZCZECIN	M2 30-39	42	00:00:06	00:31:04	<b>01:02:44.75</b>	<b>01:02:51.40</b>	+00:21:00 (33.5%)	6:16	9.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>DUDKA Robert</b>	<b>31</b>	SZCZECIN	M2 30-39	43	00:00:28	00:32:10	<b>01:02:46.75</b>	<b>01:03:14.80</b>	+00:21:02 (33.5%)	6:16	9.6 (66.7%)
86	<b>SIWAK Łukasz</b>	<b>310</b>	-	M2 30-39	44	00:00:03	00:30:16	<b>01:02:49.00</b>	<b>01:02:52.20</b>	+00:21:04 (33.6%)	6:16	9.6 (66.7%)
87	<b>DOBRYCKI Piotr</b>	<b>231</b>	BRIDGESTONE STARGARD RUNNERS	M3 40-49	21	00:00:13	00:31:40	<b>01:02:54.60</b>	<b>01:03:08.20</b>	+00:21:10 (33.7%)	6:17	9.5 (66.0%)
88	<b>KAMIONKA Andrzej</b>	<b>32</b>	14 ZBOT	M2 30-39	45	00:00:12	00:31:17	<b>01:02:56.05</b>	<b>01:03:09.00</b>	+00:21:11 (33.7%)	6:17	9.5 (66.0%)
89	<b>MĄDRAWSKI Tomasz</b>	<b>66</b>		M3 40-49	22	00:00:11	00:31:32	<b>01:03:13.25</b>	<b>01:03:24.90</b>	+00:21:29 (34.0%)	6:19	9.5 (66.0%)
90	<b>TYRCHA Szymon</b>	<b>222</b>	INCOM POLSKA	M2 30-39	46	00:00:24	00:32:12	<b>01:03:23.80</b>	<b>01:03:48.00</b>	+00:21:39 (34.2%)	6:20	9.5 (66.0%)
91	<b>KIWILSZA Wojciech</b>	<b>104</b>	IHUUH TEAM	M2 30-39	47	00:00:12	00:31:10	<b>01:03:25.10</b>	<b>01:03:37.20</b>	+00:21:40 (34.2%)	6:20	9.5 (66.0%)
92	<b>SĘK Dariusz</b>	<b>375</b>	MIĘTUSY	M3 40-49	23	00:00:14	00:30:27	<b>01:03:27.25</b>	<b>01:03:41.55</b>	+00:21:43 (34.2%)	6:20	9.5 (66.0%)
93	<b>ROSZKOWSKI Artur</b>	<b>395</b>		M3 40-49	24	00:00:09	00:31:26	<b>01:03:35.85</b>	<b>01:03:45.20</b>	+00:21:51 (34.4%)	6:21	9.4 (65.3%)
94	<b>BRANDES Tilman</b>	<b>145</b>	HASH HOUSE HARRIERS BS	M2 30-39	48	00:00:17	00:32:25	<b>01:03:37.45</b>	<b>01:03:54.70</b>	+00:21:53 (34.4%)	6:21	9.4 (65.3%)
95	<b>BALCERZAK Przemysław</b>	<b>205</b>	UKL ÓSEMKA POLICE	M2 30-39	49	00:00:09	00:31:18	<b>01:03:56.00</b>	<b>01:04:05.10</b>	+00:22:11 (34.7%)	6:23	9.4 (65.3%)
96	<b>URBANOWICZ Piotr</b>	<b>624</b>	SKB DZIK	M1 16-29	16	00:00:05	00:32:34	<b>01:04:07.05</b>	<b>01:04:12.30</b>	+00:22:22 (34.9%)	6:24	9.4 (65.3%)
97	<b>KOMSTA Rafał</b>	<b>91</b>	RAFAŁ K.	M3 40-49	25	00:00:20	00:30:39	<b>01:04:21.85</b>	<b>01:04:42.40</b>	+00:22:37 (35.2%)	6:26	9.3 (64.6%)
98	<b>WITORZEĆ Dariusz</b>	<b>162</b>	!	M3 40-49	26	00:00:15	00:31:48	<b>01:04:34.85</b>	<b>01:04:50.20</b>	+00:22:50 (35.4%)	6:27	9.3 (64.6%)
99	<b>PATZKE Ingo</b>	<b>159</b>	HASH HOUSE HARRIERS BS	M4 50-59	7	00:00:17	00:32:28	<b>01:04:55.95</b>	<b>01:05:13.15</b>	+00:23:11 (35.7%)	6:29	9.2 (63.9%)
100	<b>KRÓL Kamil</b>	<b>121</b>	SOCIOS SILESIA	M2 30-39	50	00:00:13	00:32:09	<b>01:05:01.10</b>	<b>01:05:14.40</b>	+00:23:16 (35.8%)	6:30	9.2 (63.9%)
101	<b>DIDYCHUK Serhii</b>	<b>225</b>	ALUHAK	M2 30-39	51	00:00:16	00:32:31	<b>01:05:13.05</b>	<b>01:05:29.35</b>	+00:23:28 (36.0%)	6:31	9.2 (63.9%)
102	<b>SKRZYPIEC Andrzej</b>	<b>172</b>	BIEGACZE ŚWINOUJŚCIE	M5 60+	2	00:00:16	00:31:18	<b>01:05:28.10</b>	<b>01:05:44.35</b>	+00:23:43 (36.2%)	6:32	9.2 (63.9%)
103	<b>KAMIŃSKI Kamil</b>	<b>86</b>	LUBIN	M2 30-39	52	00:00:10	00:31:23	<b>01:05:43.35</b>	<b>01:05:53.80</b>	+00:23:59 (36.5%)	6:34	9.1 (63.2%)
104	<b>ARMATA Matthias</b>	<b>184</b>	HASH HOUSE HARRIERS BS	M2 30-39	53	00:00:19	00:32:22	<b>01:05:57.30</b>	<b>01:06:16.75</b>	+00:24:13 (36.7%)	6:35	9.1 (63.2%)
105	<b>WESOŁOWSKI Arkadiusz</b>	<b>85</b>		M3 40-49	27	00:00:12	00:31:05	<b>01:06:02.45</b>	<b>01:06:15.35</b>	+00:24:18 (36.8%)	6:36	9.1 (63.2%)
106	<b>PADUCH Piotr</b>	<b>190</b>	GRUPA AZOTY POLICE SERWIS	M2 30-39	54	00:00:13	00:33:01	<b>01:06:04.15</b>	<b>01:06:17.95</b>	+00:24:19 (36.8%)	6:36	9.1 (63.2%)
107	<b>BACHORSKI Paweł</b>	<b>213</b>	GRUPA AZOTY POLICE	M3 40-49	28	00:00:22	00:32:49	<b>01:06:16.25</b>	<b>01:06:38.35</b>	+00:24:32 (37.0%)	6:37	9.1 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	<b>KLEPACKI Bartek</b>	<b>60</b>	NOWOPOL	M2 30-39	55	00:00:20	00:33:38	<b>01:06:29.40</b>	<b>01:06:50.25</b>	+00:24:45 (37.2%)	6:38	9 (62.5%)
109	<b>SENDEROWSKI Maciej</b>	<b>210</b>	KLUB	M2 30-39	56	00:00:20	00:33:32	<b>01:06:29.80</b>	<b>01:06:50.65</b>	+00:24:45 (37.2%)	6:38	9 (62.5%)
110	<b>WÓJCIK Krzysztof</b>	<b>180</b>	DĄBROWSKI TEAM	M2 30-39	57	00:00:10	00:31:35	<b>01:06:31.50</b>	<b>01:06:41.65</b>	+00:24:47 (37.3%)	6:39	9 (62.5%)
111	<b>ŚWIĄTEK Bronisław</b>	<b>139</b>	SAMOTNY WILK	M5 60+	3	00:00:21	00:32:14	<b>01:06:48.60</b>	<b>01:07:10.05</b>	+00:25:04 (37.5%)	6:40	9 (62.5%)
112	<b>JADRYCH Zbigniew</b>	<b>161</b>	STARGARD	M3 40-49	29	00:00:09	00:34:46	<b>01:07:02.35</b>	<b>01:07:12.25</b>	+00:25:18 (37.7%)	6:42	9 (62.5%)
113	<b>STOCK Heiko</b>	<b>183</b>	HASH HOUSE HARRIERS BS	M3 40-49	30	00:00:18	00:33:30	<b>01:07:37.75</b>	<b>01:07:56.55</b>	+00:25:53 (38.3%)	6:45	8.9 (61.8%)
114	<b>RADCZUK Mariusz</b>	<b>153</b>	KOMPAS TEAM	M3 40-49	31	00:00:11	00:33:07	<b>01:07:41.45</b>	<b>01:07:53.25</b>	+00:25:57 (38.3%)	6:46	8.9 (61.8%)
115	<b>ŁEMPICKI Maciej</b>	<b>47</b>	KP PSP GRYFINO	M2 30-39	58	00:00:18	00:34:08	<b>01:07:58.80</b>	<b>01:08:17.20</b>	+00:26:14 (38.6%)	6:47	8.8 (61.1%)
116	<b>NOWACZYK Wojciech</b>	<b>374</b>		M2 30-39	59	00:00:10	00:33:06	<b>01:08:13.75</b>	<b>01:08:24.35</b>	+00:26:29 (38.8%)	6:49	8.8 (61.1%)
117	<b>MIKULSKI Michał</b>	<b>209</b>	DLL	M4 50-59	8	00:00:07	00:32:55	<b>01:08:23.90</b>	<b>01:08:31.45</b>	+00:26:39 (39.0%)	6:50	8.8 (61.1%)
118	<b>HARABASZ Jakub</b>	<b>223</b>	BRIDGESTONE STARGARD RUNNERS	M2 30-39	60	00:00:13	00:32:10	<b>01:08:28.45</b>	<b>01:08:41.75</b>	+00:26:44 (39.0%)	6:50	8.8 (61.1%)
119	<b>PŁUCIENNIK Andrzej</b>	<b>167</b>		M1 16-29	17	00:00:22	00:33:44	<b>01:08:48.20</b>	<b>01:09:10.70</b>	+00:27:04 (39.3%)	6:52	8.7 (60.4%)
120	<b>BRODA Gracjan</b>	<b>119</b>	BEZ KLUBU	M2 30-39	61	00:00:09	00:31:59	<b>01:09:09.35</b>	<b>01:09:18.65</b>	+00:27:25 (39.6%)	6:54	8.7 (60.4%)
121	<b>STECIUK Michał</b>	<b>224</b>	ENEA OPERATOR	M2 30-39	62	00:00:32	00:35:21	<b>01:09:09.55</b>	<b>01:09:42.10</b>	+00:27:25 (39.7%)	6:54	8.7 (60.4%)
122	<b>ZIELIŃSKI Maciej</b>	<b>75</b>	POLISH ARMY GIRLS	M3 40-49	32	00:00:22	00:33:56	<b>01:09:21.70</b>	<b>01:09:43.75</b>	+00:27:37 (39.8%)	6:56	8.7 (60.4%)
123	<b>SCHULZE Stefan</b>	<b>134</b>	HASH HOUSE HARRIERS BS	M4 50-59	9	00:00:17	00:35:00	<b>01:09:43.70</b>	<b>01:10:01.50</b>	+00:27:59 (40.1%)	6:58	8.6 (59.7%)
124	<b>KURKIEREWICZ Mariusz</b>	<b>181</b>		M3 40-49	33	00:00:15	00:34:53	<b>01:09:55.35</b>	<b>01:10:10.40</b>	+00:28:11 (40.3%)	6:59	8.6 (59.7%)
125	<b>JAWORSKI Dawid</b>	<b>64</b>	MMM BIGOSIK!	M1 16-29	18	00:00:08	00:31:16	<b>01:10:08.10</b>	<b>01:10:16.45</b>	+00:28:23 (40.5%)	7:00	8.6 (59.7%)
126	<b>ROGALSKI Marcin</b>	<b>323</b>	VOCALIS SZCZECIN	M4 50-59	10	00:00:29	00:37:19	<b>01:10:26.25</b>	<b>01:10:55.80</b>	+00:28:42 (40.7%)	7:02	8.5 (59.0%)
127	<b>SALAUYOU Roman</b>	<b>74</b>	DZIKA SIGMA	M2 30-39	63	00:00:30	00:35:17	<b>01:10:32.55</b>	<b>01:11:03.30</b>	+00:28:48 (40.8%)	7:03	8.5 (59.0%)
128	<b>MROZIK Mariusz</b>	<b>44</b>	TEAM BIEGOWY SZCZECINEK	M3 40-49	34	00:00:07	00:35:19	<b>01:10:34.05</b>	<b>01:10:41.85</b>	+00:28:49 (40.9%)	7:03	8.5 (59.0%)
129	<b>SYGUŁA Marek</b>	<b>388</b>		M3 40-49	35	00:00:06	00:34:37	<b>01:10:43.05</b>	<b>01:10:49.60</b>	+00:28:58 (41.0%)	7:04	8.5 (59.0%)
130	<b>PAWŁOWSKI Karol</b>	<b>46</b>	DZIKA SIGMA	M3 40-49	36	00:00:30	00:35:13	<b>01:10:47.55</b>	<b>01:11:17.70</b>	+00:29:03 (41.0%)	7:04	8.5 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	<b>PAKURA Krzysztof</b>	<b>128</b>	ŁAWECZKANTEAM	M3 40-49	37	00:00:21	00:35:24	<b>01:10:49.70</b>	<b>01:11:10.85</b>	+00:29:05 (41.1%)	7:04	8.5 (59.0%)
132	<b>WIECZOREK Jakub</b>	<b>136</b>	WIECZORKI3	M1 16-29	19	00:00:24	00:34:49	<b>01:10:55.50</b>	<b>01:11:19.90</b>	+00:29:11 (41.2%)	7:05	8.5 (59.0%)
133	<b>GERLICH Michael</b>	<b>170</b>	HASH HOUSE HARRIERS BS	M4 50-59	11	00:00:09	00:34:30	<b>01:11:18.80</b>	<b>01:11:27.80</b>	+00:29:34 (41.5%)	7:07	8.4 (58.3%)
134	<b>ŚWIERCZ Dariusz</b>	<b>173</b>	DECATHLON PIŁA	M4 50-59	12	00:00:16	00:34:46	<b>01:12:01.40</b>	<b>01:12:17.95</b>	+00:30:17 (42.1%)	7:12	8.3 (57.6%)
135	<b>PAWLUŚ Tomasz</b>	<b>176</b>	SSPS CHEMIK POLICE	M3 40-49	38	00:00:14	00:35:50	<b>01:12:24.15</b>	<b>01:12:39.00</b>	+00:30:39 (42.4%)	7:14	8.3 (57.6%)
136	<b>FREJTAG Dawid</b>	<b>52</b>	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M2 30-39	64	00:00:37	00:36:07	<b>01:12:46.05</b>	<b>01:13:23.40</b>	+00:31:01 (42.6%)	7:16	8.2 (56.9%)
137	<b>LOBA Jacek</b>	<b>619</b>	DZIK	M3 40-49	39	00:00:05	00:33:15	<b>01:13:42.15</b>	<b>01:13:47.45</b>	+00:31:57 (43.4%)	7:22	8.1 (56.3%)
138	<b>SIDORCZUK Tomasz</b>	<b>89</b>	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	40	00:00:15	00:35:53	<b>01:14:16.85</b>	<b>01:14:32.80</b>	+00:32:32 (43.8%)	7:25	8.1 (56.3%)
139	<b>KIERUJ Jakub</b>	<b>54</b>	IHUHU TEAM	M1 16-29	20	00:00:11	00:35:55	<b>01:14:34.65</b>	<b>01:14:46.45</b>	+00:32:50 (44.0%)	7:27	8 (55.6%)
140	<b>FORNALIK Krzysztof</b>	<b>80</b>	POLISH ARMY GIRLS	M2 30-39	65	00:00:22	00:39:05	<b>01:14:49.45</b>	<b>01:15:12.10</b>	+00:33:05 (44.2%)	7:28	8 (55.6%)
141	<b>MATYSEK Ireneusz</b>	<b>37</b>	KOMANDOS WAŁECKI	M5 60+	4	00:00:23	00:35:34	<b>01:14:53.60</b>	<b>01:15:17.00</b>	+00:33:09 (44.3%)	7:29	8 (55.6%)
142	<b>BIEGANSKI Tomasz</b>	<b>72</b>	TOMEK	M2 30-39	66	00:00:07	00:34:40	<b>01:14:59.85</b>	<b>01:15:07.20</b>	+00:33:15 (44.3%)	7:29	8 (55.6%)
143	<b>JABŁONKA Mariusz</b>	<b>20</b>	DZIADY OCR	M3 40-49	41	00:00:13	00:36:47	<b>01:15:11.30</b>	<b>01:15:24.55</b>	+00:33:27 (44.5%)	7:31	8 (55.6%)
144	<b>TUZ Bartosz</b>	<b>132</b>	MODRZYCA HUNTERS	M2 30-39	67	00:00:39	00:35:36	<b>01:15:37.35</b>	<b>01:16:16.45</b>	+00:33:53 (44.8%)	7:33	7.9 (54.9%)
145	<b>KACPRZAK Krystian</b>	<b>98</b>	DZIKA SIGMA	M1 16-29	21	00:00:31	00:37:27	<b>01:16:35.15</b>	<b>01:17:06.25</b>	+00:34:50 (45.5%)	7:39	7.8 (54.2%)
146	<b>STAŃCZYK Sławomir</b>	<b>62</b>	OSIR STARGARD	M2 30-39	68	00:00:10	00:37:13	<b>01:17:03.55</b>	<b>01:17:13.80</b>	+00:35:19 (45.8%)	7:42	7.8 (54.2%)
147	<b>KUNIKOWSKI Patryk</b>	<b>17</b>	STARGARD JA SIĘ NIE ŚCIGAM	M3 40-49	42	00:00:10	00:37:12	<b>01:17:04.60</b>	<b>01:17:14.80</b>	+00:35:20 (45.9%)	7:42	7.8 (54.2%)
148	<b>SZYMCZAK Łukasz</b>	<b>22</b>	FARTY PUSZCZY / SZYMTECH	M3 40-49	43	00:00:12	00:36:37	<b>01:17:14.00</b>	<b>01:17:26.55</b>	+00:35:29 (46.0%)	7:43	7.8 (54.2%)
149	<b>MISIASZEK Mirosław</b>	<b>157</b>	MIŚKI	M4 50-59	13	00:00:25	00:36:35	<b>01:17:53.25</b>	<b>01:18:18.50</b>	+00:36:09 (46.4%)	7:47	7.7 (53.5%)
150	<b>MULARCZYK Krzysztof</b>	<b>35</b>	SAM SE LATAM	M2 30-39	69	00:00:12	00:37:12	<b>01:18:16.20</b>	<b>01:18:29.15</b>	+00:36:32 (46.7%)	7:49	7.7 (53.5%)
151	<b>NOWAK Zbigniew</b>	<b>39</b>	KB DZIK POLICE	M5 60+	5	00:00:09	00:38:40	<b>01:18:33.85</b>	<b>01:18:42.90</b>	+00:36:49 (46.9%)	7:51	7.6 (52.8%)
152	<b>HNAT Rafał</b>	<b>146</b>	DECATHLON PIŁA	M3 40-49	44	00:00:22	00:34:35	<b>01:18:42.95</b>	<b>01:19:05.80</b>	+00:36:58 (47.0%)	7:52	7.6 (52.8%)
153	<b>PIOTROWSKI Krzysztof</b>	<b>417</b>	AMPIO TEAM	M3 40-49	45	00:00:26	00:37:29	<b>01:19:47.35</b>	<b>01:20:13.85</b>	+00:38:03 (47.7%)	7:58	7.5 (52.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Loop 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	<b>RYBACKI Wojciech</b>	<b>113</b>	IHUUH TEAM	M1 16-29	22	00:00:10	00:41:53	<b>01:20:01.55</b>	<b>01:20:12.45</b>	+00:38:17 (47.8%)	8:00	7.5 (52.1%)
155	<b>WOŹNIAK Rafał</b>	<b>87</b>	IHUUH TEAM	M2 30-39	70	00:00:11	00:38:09	<b>01:21:52.65</b>	<b>01:22:04.40</b>	+00:40:08 (49.0%)	8:11	7.3 (50.7%)
156	<b>GOWORSKI Jerzy</b>	<b>49</b>	WIECZORNE BIEGANIE W SZCZECINIE	M2 30-39	71	00:00:20	00:39:01	<b>01:23:01.60</b>	<b>01:23:22.20</b>	+00:41:17 (49.7%)	8:18	7.2 (50.0%)
157	<b>BIEGANSKI Piotr</b>	<b>408</b>		M2 30-39	72	00:00:09	00:39:48	<b>01:23:20.35</b>	<b>01:23:29.35</b>	+00:41:36 (49.9%)	8:20	7.2 (50.0%)
158	<b>RYMAREK Rafał</b>	<b>227</b>	ALUHAK	M3 40-49	46	00:00:29	00:40:59	<b>01:26:03.25</b>	<b>01:26:32.55</b>	+00:44:19 (51.5%)	8:36	7 (48.6%)
159	<b>PIEKARZEWSKI Stanisław</b>	<b>124</b>	DZIKUSY	M4 50-59	14	00:00:15	00:41:26	<b>01:28:25.70</b>	<b>01:28:41.50</b>	+00:46:41 (52.8%)	8:50	6.8 (47.2%)
160	<b>LENER Sławomir</b>	<b>1</b>	EKSPEDYCJA NORDIC TEAM	M5 60+	6	00:00:28	00:44:14	<b>01:29:48.05</b>	<b>01:30:16.55</b>	+00:48:03 (53.5%)	8:58	6.7 (46.5%)
161	<b>WIECZOREK Wojciech</b>	<b>169</b>	WIECZORKI3	M3 40-49	47	00:00:30	00:41:04	<b>01:31:46.05</b>	<b>01:32:16.05</b>	+00:50:01 (54.5%)	9:10	6.5 (45.1%)
162	<b>PRABUCKI Jarosław</b>	<b>83</b>	UKL ÓSEMKA POLICE	M3 40-49	48	00:00:21	00:45:14	<b>01:32:13.05</b>	<b>01:32:34.25</b>	+00:50:28 (54.7%)	9:13	6.5 (45.1%)
163	<b>JAWORSKI Krystian</b>	<b>15</b>	MMM BIGOSIK!	M1 16-29	23	00:00:09	00:39:57	<b>01:32:15.85</b>	<b>01:32:24.90</b>	+00:50:31 (54.8%)	9:13	6.5 (45.1%)
164	<b>KRAWIEC Krzysztof</b>	<b>312</b>	ZS TRAINING CENTER	M2 30-39	73	00:00:26	00:45:04	<b>01:35:17.75</b>	<b>01:35:44.00</b>	+00:53:33 (56.2%)	9:31	6.3 (43.8%)
165	<b>MAĆKOWIAK Andrzej</b>	<b>311</b>	ZS TRAINING CENTER	M5 60+	7	00:00:25	00:47:37	<b>01:36:17.45</b>	<b>01:36:43.25</b>	+00:54:33 (56.7%)	9:37	6.2 (43.1%)
166	<b>MIĄZEK Paweł</b>	<b>226</b>	ENEA OPERATOR	M1 16-29	24	00:00:33	00:45:39	<b>01:36:42.95</b>	<b>01:37:16.85</b>	+00:54:58 (56.8%)	9:40	6.2 (43.1%)
167	<b>HERBUŚ Michał</b>	<b>230</b>	ENEA OPERATOR	M1 16-29	25	00:00:34	00:45:38	<b>01:36:43.85</b>	<b>01:37:17.85</b>	+00:54:59 (56.9%)	9:40	6.2 (43.1%)
168	<b>BARTNIK Paweł</b>	<b>406</b>	DLL PARTNERS	M5 60+	8	00:00:22	00:47:38	<b>01:37:51.10</b>	<b>01:38:13.15</b>	+00:56:06 (57.3%)	9:47	6.1 (42.4%)
169	<b>WOROCH Tomasz</b>	<b>36</b>	BŁOTNE SUSŁY	M2 30-39	74	00:00:10	00:49:45	<b>01:45:23.00</b>	<b>01:45:33.80</b>	+01:03:38 (60.4%)	10:32	5.7 (39.6%)
170	<b>BODNAR Zbigniew</b>	<b>191</b>	BIEG KORCZAKA	M5 60+	9	00:00:27	00:51:26	<b>01:46:42.25</b>	<b>01:47:09.80</b>	+01:04:58 (60.9%)	10:40	5.6 (38.9%)
171	<b>PŁOSA Arkadiusz</b>	<b>50</b>	-	M3 40-49	49	00:00:36	01:00:06	<b>02:00:40.95</b>	<b>02:01:17.45</b>	+01:18:56 (65.4%)	12:04	5 (34.7%)
172	<b>WARCHOŁ Kamil</b>	<b>27</b>	OCR GRUBAS TEAM	M1 16-29	26	00:00:27	01:08:25	<b>02:23:06.95</b>	<b>02:23:34.50</b>	+01:41:22 (70.8%)	14:18	4.2 (29.2%)
	<b>GERLICH Kai</b>	<b>163</b>	HASH HOUSE HARRIERS BS	M1 16-29		DNF	00:24:01 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>SZKUTNIK Arkadiusz</b>	<b>204</b>	MON	M4 50-59		DNF	00:36:41 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 174 wynik(ów)